

Treforest 10k 2023

Overall Results

Place	Bib	Name	Gen	GR	AG	Club	ChipTime	GunTime
Treforest 10k								
1.	861	Tasker, Jacob	M	1	Senior Men	Ogmore phoenix runners	32:11	32:11
2.	688	Flitcroft, Tom	M	2	Senior Men	Les Croupiers	35:26	35:26
3.	887	Williams, Matthew	M	3	Senior Men	Rhondda Valley Runners	36:31	36:34
4.	793	Morris, Phil	M	4	V40 Men	Builth & District RC	36:41	36:41
5.	730	Ivins, Jason	M	5	Senior Men		36:55	36:58
6.	733	James, Matt	M	6	Senior Men		37:02	37:02
7.	691	Francis, Paul	M	7	V40 Men	Les Croupiers	37:17	37:18
8.	666	Dumayne, Antoinette	F	1	Senior Women	Lliswerry Runners	37:32	37:32
9.	779	Medcalf, Chris	M	8	V40 Men	San Domenico RC	38:06	38:07
10.	879	Wedlake, Gavin	M	9	V40 Men	Cardiff Triathlon Club	38:17	38:18
11.	708	Handley, Chris	M	10	V50 Men	Merthyr Triathlon	38:26	38:28
12.	724	Horner, James	M	11	V40 Men	Les Croupiers	38:36	38:38
13.	870	Thomas, Sam	M	12	Senior Men	Rhondda Valley Runners	38:40	38:43
14.	884	Williams, Chris	M	13	V40 Men	Team New 2 Tri	38:54	38:56
15.	90	Ardanaz, Mike	M	14	Senior Men	CDF Runners	39:08	39:09
16.	828	Reardon, Joseph	M	15	U23 Men	Parc Bryn Bach RC	39:31	39:32
17.	501	Cole, Ashley	M	16	U23 Men	Pontypool and district runners	39:37	39:39
18.	694	Garrick, Victor	M	17	Senior Men	Lliswerry Runners	39:35	39:39
19.	865	Thomas, Dafydd	M	18	Senior Men	Meirionnydd Running Club	39:38	39:42
20.	814	Plank, Kevin	M	19	V50 Men	San Domenico RC	39:45	39:48
21.	842	Ryder, Hollie	F	2	Senior Women	St Albans Striders	40:11	40:14
22.	665	Dukes, Nicholas	M	20	V40 Men	Les Croupiers	40:09	40:16
23.	396	Brown, James	M	21	Senior Men	Lliswerry Runners	40:18	40:24
24.	553	Crees, Stuart	M	22	V40 Men	Les Croupiers	40:27	40:33
25.	868	Thomas, Philip	M	23	V40 Men		40:42	40:43
26.	791	Morgan, Tom	M	24	Senior Men	CDF Runners	40:46	40:48
27.	662	Donkin, Michael	M	25	Senior Men		40:56	40:58
28.	712	Hayward, Paul	M	26	V40 Men	Islwyn	41:02	41:04
29.	404	Bunce, Ryan	M	27	Senior Men	Brackla Harriers	41:00	41:04
30.	656	Deaton, Paul	M	28	V50 Men	Penarth & Dinas Runnerzs	41:05	41:09
31.	753	Jukes, Nicola	F	3	V45 Women	Parc Bryn Bach RC	41:10	41:10
32.	747	Jones, Martin	M	29	V40 Men	Islwyn	41:14	41:17
33.	796	Nealon, Carl	M	30	Senior Men		41:16	41:21
34.	802	O'Hare, Katie	F	4	Senior Women	Pontypridd Roadents AC	41:37	41:38
35.	636	Davies, Shawn	M	31	V40 Men	Rhondda Valley Runners	41:57	42:03
36.	885	Williams, Ieuan	M	32	Senior Men		42:20	42:23
37.	731	Jacobs, Claire	F	5	V45 Women	Les Croupiers	42:43	42:46
38.	867	Thomas, Jeremy	M	33	V60 Men	Les Croupiers	42:45	42:49
39.	115	Ashman, Daniel	M	34	V40 Men		42:49	42:55
40.	706	Hambridge, Lloyd	M	35	Senior Men	Islwyn	42:54	42:56
41.	878	Webber, Gary	M	36	V50 Men	Rhondda Valley Runners	43:03	43:06
42.	788	Morgan, Gareth	M	37	V50 Men	Les Croupiers	43:10	43:16
43.	835	Richards, Gareth	M	38	V50 Men	Ogmore phoenix runners	43:29	43:33
44.	824	Profit, Neil	M	39	V40 Men	Islwyn	43:35	43:38
45.	851	Spiller, Nicholas	M	40	V40 Men		43:38	43:41
46.	829	Rees, Ben	M	41	Senior Men	Caerphilly Runners	43:36	43:43
47.	800	Ogilvie, Ian	M	42	V50 Men	Brackla Harriers	43:39	43:44
48.	672	Edwards, Hywel	M	43	V50 Men	San Domenico RC	43:44	43:49
49.	18	Abel, Colette	F	6	Senior Women	CDF Runners	43:49	43:51

Treforest 10k 2023

Overall Results

Place	Bib	Name	Gen	GR	AG	Club	ChipTime	GunTime
50.	437	Burton, Clifford	M	44	V50 Men	Islwyn	43:51	43:53
51.	883	White, Phil	M	45	V50 Men	Vegan Runners UK	43:42	43:58
52.	681	Evans, Alun	M	46	V50 Men		44:08	44:11
53.	720	Holderness, Steve	M	47	V50 Men	Rhondda Valley Runners	44:09	44:13
54.	763	Lloyd, John	M	48	V50 Men	Brackla Harriers	44:14	44:19
55.	811	Phillips, Matthew	M	49	Senior Men	Llanelli AC	44:15	44:22
56.	476	Clayden, Mike	M	50	Senior Men		44:30	44:36
57.	660	Dickinson, Jason	M	51	V50 Men	Vegan Runners UK	44:39	44:45
58.	647	Davies, Mike	M	52	V60 Men	CDF Runners	44:45	44:48
59.	782	Monk, Jonathan	M	53	V40 Men	Pontypridd Roadents AC	44:46	44:54
60.	787	Morgan, David	M	54	V40 Men	Rhondda Valley Runners	44:52	44:56
61.	806	Owen, Luke	M	55	Senior Men	Dragons Aberdare	44:38	45:05
62.	738	Johns, Charlotte	F	7	V55 Women	Brackla Harriers	45:06	45:14
63.	728	Hughes, Owain	M	56	Senior Men		45:22	45:31
64.	614	Davies, Gareth	M	57	V60 Men		45:32	45:36
65.	669	Edwards, Andrew	M	58	V40 Men	Dragons Aberdare	45:15	45:41
66.	715	Hickman, John	M	59	V60 Men	Caerphilly Runners	45:39	45:46
67.	331	Bishop, Jamie	M	60	Senior Men		45:58	46:00
68.	894	Williams, Mark	M	61	V60 Men	Aberdare Valley Amateur AC	45:56	46:02
69.	817	Pobjoy, Mike	M	62	V50 Men	Lliswerry Runners	46:02	46:08
70.	754	Kavanagh, Sarah	F	8	Senior Women	Brackla Harriers	46:06	46:17
71.	783	Moran, Charlotte	F	9	V45 Women	Caerleon RC	46:12	46:19
72.	464	Chick, Paul	M	63	V50 Men		46:28	46:33
73.	794	Murphy, Mark	M	64	V40 Men		46:33	47:02
74.	463	Chapman, Paul	M	65	V50 Men	Les Croupiers	47:06	47:15
75.	450	Caple, Andrew	M	66	V50 Men	CDF Runners	47:16	47:20
76.	710	Hay, Trevor	M	67	V60 Men	Aberdare Valley Amateur AC	47:11	47:26
77.	848	Smith, Andrew	M	68	V40 Men	Pontypool and district runners	47:23	47:28
78.	758	Lauder, Sarah	F	10	V35 Women	Lliswerry Runners	47:23	47:33
79.	667	Earley, Mike	M	69	V60 Men		47:37	47:45
80.	860	Talemi, Avisá	F	11	V35 Women	Caerleon RC	47:39	47:46
81.	805	Osmond, Clive	M	70	V60 Men	Les Croupiers	47:41	47:47
82.	621	Davies, Neil	M	71	V60 Men		47:34	47:52
83.	723	Hopton, Aled	M	72	Senior Men		47:46	47:53
84.	256	Beale, Thomas	M	73	Senior Men		47:36	47:56
85.	695	George, David	M	74	V50 Men	Les Croupiers	47:42	47:56
86.	838	Roberts, Ffion	F	12	Senior Women	CDF Runners	48:03	48:05
87.	880	Wharmby, Elaine	F	13	V55 Women	Brackla Harriers	48:09	48:19
88.	819	Porteous, Graeme	M	75	Senior Men	Moti Albany Road	48:21	48:24
89.	661	Dickson, Jeremy	M	76	V60 Men	Lliswerry Runners	48:15	48:29
90.	748	Jones, Mike	M	77	Senior Men	Parc Bryn Bach RC	48:25	48:31
91.	699	Grant, Christopher	M	78	V60 Men	Caerphilly Runners	48:26	48:32
92.	825	Pryor, Sarah	F	14	V45 Women	Les Croupiers	48:24	48:33
93.	250	Barrow, Junior	M	79	U23 Men		48:32	48:38
94.	862	Taylor, James	M	80	V40 Men	Aberdare Valley Amateur AC	48:24	48:42
95.	874	Tucker, Philip	M	81	V60 Men	Brackla Harriers	48:37	48:45
96.	821	Prabhu, Suraj	M	82	Senior Men	Caerphilly Runners	48:44	48:51
97.	809	Phillips, Geraint	M	83	Senior Men	Canton Chargers	48:46	48:54
98.	816	Plimmer, Katie	F	15	Senior Women	Ogmore phoenix runners	48:50	48:56
99.	686	Felix, Stuart	M	84	V50 Men	Rhondda Valley Runners	48:50	49:03
100.	892	Williams, David	M	85	V50 Men		48:45	49:05

Treforest 10k 2023

Overall Results

Place	Bib	Name	Gen	GR	AG	Club	ChipTime	GunTime
101.	632	Davies, Richard	M	86	V50 Men		48:59	49:15
102.	834	Richards, Elizabeth	F	16	V55 Women	Caerleon RC	49:08	49:16
103.	689	Foster, Graham	M	87	V60 Men	Brackla Harriers	49:05	49:17
104.	766	Loughlin, Kieran	M	88	Senior Men	Ystrad Runners	49:10	49:19
105.	719	Hobbs, Chris	M	89	V50 Men		49:08	49:25
106.	833	Rhys, Judi	F	17	V55 Women	Les Croupiers	49:14	49:26
107.	674	Edwards, Thomas	M	90	U23 Men		49:20	49:28
108.	543	Crees, Libby	F	18	V45 Women	Les Croupiers	49:18	49:32
109.	577	Dafydd, Davies	M	91	U23 Men		49:15	49:36
110.	773	Massey, Philip	M	92	V60 Men		49:12	49:39
111.	714	Herbert, Mark	M	93	V40 Men	Les Croupiers	49:25	49:39
112.	781	Minard, Ryan	M	94	V40 Men	Aberdare Valley Amateur AC	49:29	49:45
113.	841	Ryan, Joanne	F	19	V45 Women	Rhondda Valley Runners	49:50	50:03
114.	803	Orford, Alex	M	95	Senior Men		50:05	50:10
115.	703	Griffiths, Mark	M	96	V50 Men	Rhondda Valley Runners	50:13	50:18
116.	801	Ogilvie, Jane	F	20	V55 Women	Brackla Harriers	50:03	50:21
117.	757	Langford, Kelly	F	21	V35 Women		50:32	50:50
118.	355	Boardman, Niall	M	97	Senior Men		50:45	50:54
119.	627	Davies, Ray	M	98	V60 Men	Aberdare Valley Amateur AC	50:56	51:14
120.	746	Jones, Keith	M	99	V40 Men	Moti Albany Road	51:14	51:17
121.	102	Arthur, Tracey	F	22	V35 Women	Lliswerry Runners	51:12	51:20
122.	668	Edwards, Amy	F	23	V35 Women	Rhondda Valley Runners	51:17	51:21
123.	891	Williams, Rebeccah	F	24	V55 Women	Aberdare Valley Amateur AC	51:07	51:22
124.	448	Campion, Lucy	F	25	V35 Women		51:01	51:24
125.	513	Corbett, Adrian	M	100	V60 Men		51:30	51:31
126.	713	Hearnden, Alex	M	101	V50 Men	Chargers	51:24	51:42
127.	742	Jones, Andrew	M	102	V40 Men	Aberdare Valley Amateur AC	51:31	51:47
128.	845	Scully, Peter	M	103	V40 Men		51:34	51:50
129.	820	Poulter, Richard	M	104	V40 Men		51:37	51:52
130.	576	Cunningham, Michael	M	105	V60 Men	Hengoed Harriers	51:41	51:53
131.	882	Wharmby, Liam	M	106	Senior Men		51:46	51:57
132.	658	Dicker, Rachel	F	26	Senior Women	Pontypridd Roadents AC	51:42	51:58
133.	850	Spencer, Gareth	M	107	Senior Men	Pontypridd Roadents AC	51:54	52:02
134.	696	Glyn, Sion	M	108	Senior Men		51:46	52:05
135.	537	Creedon, Tracey	F	27	V45 Women	Les Croupiers	52:02	52:12
136.	876	Twigg, Geoff	M	109	V60 Men	Clwb Run Wales	52:03	52:20
137.	257	Beard, Thomas	M	110	Senior Men	Caerleon RC	52:18	52:29
138.	635	Davies, Sarah	F	28	V45 Women	Islwyn	52:28	52:37
139.	735	Jehu, Rhys	M	111	Senior Men		52:41	52:51
140.	822	Preddey, Steven	M	112	V50 Men	Les Croupiers	52:44	52:59
141.	727	Hughes, Niall	M	113	V40 Men	San Domenico RC	52:53	53:03
142.	316	Benjamin, Marisa	F	29	V35 Women	Pontypool and district runners	53:10	53:15
143.	866	Thomas, Daniel	M	114	Senior Men		53:11	53:20
144.	847	Sims, Elizabeth	F	30	V55 Women	Caerleon RC	53:13	53:20
145.	705	Groves, Sally	F	31	V55 Women	Pegasus RC	53:08	53:21
146.	680	Errington, Kay	F	32	U23 Women	Morpeth Harriers & AC	53:18	53:26
147.	886	Williams, Kirsty	F	33	V35 Women	Rhondda Valley Runners	53:16	53:29
148.	704	Groves, Abby	F	34	Senior Women	Pegasus RC	53:17	53:33
149.	30	Alder, Matthew	M	115	Senior Men		53:31	53:35
150.	221	Barnes, Kevin	M	116	V60 Men	Hereford couriers	53:34	53:42
151.	515	Cotter, Shaun	M	117	V50 Men		53:38	53:43

Treforest 10k 2023

Overall Results

Place	Bib	Name	Gen	GR	AG	Club	ChipTime	GunTime
152.	889	Williams, Nicola	F	35	V45 Women	Dragons Aberdare	53:29	53:56
153.	517	Cotter, Stephen	M	118	V60 Men	Brackla Harriers	54:00	54:12
154.	812	Phipps, Dean	M	119	V50 Men	Taff Ely Triathlon Club	54:09	54:24
155.	858	Sutton, Paul	M	120	V50 Men		54:45	55:04
156.	815	Player, Hannah	F	36	V35 Women	Pencoed Panthers	54:49	55:10
157.	752	Joslin, Robert	M	121	V50 Men	Rhondda Valley Runners	55:05	55:16
158.	844	Scholey, Julie	F	37	V55 Women	Les Croupiers	55:11	55:21
159.	716	Hill, Steve	M	122	V60 Men	Penarth & Dinas Runnerzs	55:06	55:25
160.	777	McMellin, Grant	M	123	V50 Men	Pegasus RC	55:17	55:34
161.	136	Attwood, Howard	M	124	V70 Men	Lliswerry Runners	55:24	55:35
162.	685	Evans, Tony	M	125	V60 Men		55:27	55:36
163.	630	Davies, Rebecca	F	38	V35 Women	Rhondda Valley Runners	55:30	55:37
164.	769	Martin, Jenny	F	39	V35 Women	Les Croupiers	55:27	55:45
165.	468	Christie, Kevin	M	126	V60 Men	Heath Massive	55:36	55:47
166.	55	Allan, Lindsey	F	40	V45 Women		55:51	56:03
167.	623	Davies, Nicola	F	41	V35 Women		55:52	56:14
168.	590	Dance, Steve	M	127	V50 Men	Caerleon RC	56:01	56:17
169.	740	Johnson, Karl	M	128	Senior Men		56:08	56:23
170.	854	Stephens, Jayne	F	42	V45 Women	Caerphilly Runners	55:59	56:25
171.	578	Dally, John	M	129	V50 Men	Lliswerry Runners	56:21	56:34
172.	784	Moreland, Ryan	M	130	Senior Men		56:21	56:34
173.	377	Broughton, Julie	F	43	V55 Women	Penarth & Dinas Runnerzs	56:18	56:36
174.	857	Sutton, Justine	F	44	V45 Women	Fit2Run	56:44	57:04
175.	702	Griffiths, Hannah	F	45	Senior Women		56:58	57:10
176.	810	Phillips, Jackie	F	46	V45 Women		56:58	57:13
177.	711	Hayes, Pippa	F	47	Senior Women	Pencoed Panthers	56:58	57:19
178.	707	Hammersley, Nigel	M	131	V40 Men	Pegasus RC	57:10	57:26
179.	163	Avery, Brenda	F	48	V65 Women	Chepstow Harriers	57:23	57:33
180.	737	John, Jeff	M	132	Senior Men		57:11	57:35
181.	322	Bills, Sam	F	49	V35 Women	Parc Bryn Bach RC	57:30	57:41
182.	270	Beech, Mary	F	50	V55 Women	Brackla Harriers	57:25	57:43
183.	762	Lewis, Robert	M	133	V70 Men	Caerphilly Runners	57:26	57:51
184.	698	Grandon, Tony	M	134	V70 Men	AT	57:47	57:59
185.	855	Stickler, Laura	F	51	Senior Women		57:44	58:10
186.	859	Swain, Paul	M	135	V40 Men	Dragons Aberdare	57:43	58:11
187.	830	Rees, David	M	136	V60 Men		58:20	58:42
188.	683	Evans, Carwyn	M	137	V50 Men	Dragons Aberdare	58:19	58:47
189.	853	Starkey, Bernard	M	138	V50 Men	Pencoed Panthers	58:29	58:52
190.	562	Crompton, Lyndsay	F	52	V35 Women		58:26	58:53
191.	85	Allen, Phil	M	139	V60 Men	Pegasus RC	58:33	58:54
192.	871	Thomas, Samantha	F	53	V45 Women	Caerphilly Runners	58:42	59:08
193.	725	Howard, Elin	F	54	V35 Women	Run Cymru	59:04	59:22
194.	751	Jones, Rob	M	140	V50 Men	Pegasus RC	59:13	59:25
195.	897	Wyatt, Hannah	F	55	Senior Women	Caerphilly Runners	59:18	59:29
196.	795	Murray- Lines, Delyth	F	56	V45 Women	CDF Runners	59:42	1:00:01
197.	869	Thomas, Richard	M	141	V50 Men	Caerphilly Runners	59:51	1:00:14
198.	684	Evans, Lisanne	F	57	V35 Women	Islwyn	1:00:03	1:00:22
199.	569	Cumming, Debbie	F	58	V55 Women	Moti Albany Road	1:00:29	1:00:38
200.	881	Wharmby, Garry	M	142	V60 Men	Brackla Harriers	1:00:30	1:00:41
201.	682	Evans, Carly	F	59	V35 Women		1:00:21	1:00:41
202.	673	Edwards, Sandra	F	60	V55 Women		1:00:34	1:00:44

Treforest 10k 2023

Overall Results

Place	Bib	Name	Gen	GR	AG	Club	ChipTime	GunTime
203.	890	Williams, Rachael	F	61	V55 Women	Llantwit Fardre Ladies	1:00:23	1:00:47
204.	411	Burdett, Danielle	F	62	V35 Women		1:00:21	1:00:51
205.	745	Jones, Howard	M	143	V60 Men	Brackla Harriers	1:00:45	1:01:03
206.	22	Adams, Paul	M	144	V40 Men	Caerleon RC	1:00:59	1:01:13
207.	565	Crooks, Colin	M	145	V60 Men	Pegasus RC	1:00:51	1:01:14
208.	648	Davis, Dawn	F	63	V45 Women	Caerleon RC	1:01:06	1:01:18
209.	100	Ardanaz-Badia, Anna	F	64	Senior Women		1:01:11	1:01:24
210.	718	Hitchings, Ceri	F	65	V45 Women		1:01:35	1:01:47
211.	402	Browne, Bryan	M	146	V70 Men		1:02:07	1:02:27
212.	622	Davies, Nicola	F	66	V45 Women	Moti Albany Road	1:02:16	1:02:31
213.	786	Morgan, Datren	M	147	V50 Men	Penarth & Dinas Runnerzs	1:02:48	1:02:56
214.	671	Edwards, Glenda	F	67	V55 Women	Les Croupiers	1:02:51	1:03:11
215.	722	Hopkins, Dawn	F	68	V45 Women	Ogmore phoenix runners	1:03:19	1:03:42
216.	527	Cottier, Orlagh	F	69	Senior Women		1:03:25	1:03:45
217.	467	Chivers, Emma	F	70	V45 Women	Rhondda Valley Runners	1:03:41	1:03:51
218.	679	Ellis, Samantha	F	71	V45 Women		1:03:45	1:03:56
219.	843	Salkeld, Lisa	F	72	V45 Women	Pencoed Panthers	1:03:36	1:03:58
220.	690	Foster, Wendy	F	73	V55 Women	Brackla Harriers	1:03:50	1:04:04
221.	877	Walker, Elizabeth	F	74	V55 Women		1:04:31	1:04:50
222.	849	Smith, Sara	F	75	V35 Women	Rhondda Valley Runners	1:04:39	1:04:54
223.	700	Gregory, Keith	M	148	V40 Men	Rhondda Valley Runners	1:04:40	1:04:54
224.	605	Davey, Patricia	F	76	V65 Women		1:04:48	1:05:07
225.	592	Davey, Cathryn	F	77	Senior Women		1:04:49	1:05:07
226.	827	Randall, James	M	149	Senior Men		1:04:38	1:05:09
227.	202	Barker, Helen	F	78	V35 Women		1:04:38	1:05:09
228.	771	Martin, Karl	M	150	V50 Men	Robbertown Road Runners	1:05:12	1:05:24
229.	864	Thomas, Amanda	F	79	V45 Women	Caerphilly Runners	1:05:00	1:05:26
230.	734	James, Ray	M	151	V60 Men		1:05:10	1:05:37
231.	808	Parry-Jones, Angharad	F	80	V45 Women	Les Croupiers	1:05:23	1:05:38
232.	245	Barrett, Ian	M	152	Senior Men	Les Croupiers	1:05:23	1:05:47
233.	785	Morgan, Alison	F	81	V55 Women	Caerphilly Runners	1:05:23	1:05:48
234.	789	Morgan, Huw	M	153	Senior Men		1:05:24	1:05:49
235.	663	Donne, Richard	M	154	V60 Men	3MS Road Runners	1:05:29	1:05:49
236.	778	McVeigh, Bennett	M	155	V50 Men		1:05:34	1:05:50
237.	818	Pontin, Sarah	F	82	V45 Women	Islwyn	1:05:52	1:06:13
238.	693	Garland, Sarah	F	83	V45 Women		1:06:15	1:06:28
239.	760	Lewis, Huw	M	156	Senior Men		1:06:19	1:06:46
240.	750	Jones, Rhian	F	84	V45 Women		1:06:51	1:07:03
241.	875	Tucker, Sarah	F	85	V45 Women	Islwyn	1:06:49	1:07:09
242.	799	Nuttall, Louise	F	86	V45 Women	Pontyclun Road Runners	1:06:48	1:07:14
243.	243	Barrett, Clare	F	87	V45 Women	Islwyn	1:07:09	1:07:31
244.	341	Blake, Stephen	M	157	V50 Men	Pegasus RC	1:07:14	1:07:39
245.	896	Woodward, Alison	F	88	V45 Women	Pencoed Panthers	1:07:19	1:07:42
246.	823	Pritchard, Sharon	F	89	V55 Women	Ogmore phoenix runners	1:07:23	1:07:45
247.	379	Brown, Deborah	F	90	V55 Women	Islwyn	1:07:41	1:08:03
248.	741	Jones, Ally	F	91	V35 Women	Parc Bryn Bach RC	1:08:24	1:08:35
249.	186	Baker, Lisa	F	92	V45 Women	Cr&p Tri	1:09:30	1:09:49
250.	526	Cotterell, Denise	F	93	V55 Women	Port Talbot Harriers	1:09:24	1:09:52
251.	739	Johnson, Clare	F	94	V65 Women	Les Croupiers	1:09:29	1:09:54
252.	776	Mccarthy, Helen	F	95	V45 Women	Moti Albany Road	1:10:17	1:10:46
253.	872	Thomas, Suzanne	F	96	V55 Women		1:10:17	1:10:46

Treforest 10k 2023

Overall Results

Place	Bib	Name	Gen	GR	AG	Club	ChipTime	GunTime
254.	798	Northway, Ruth	F	97	V55 Women	Pontyclun Road Runners	1:10:25	1:10:52
255.	321	Bennion, Debbie	F	98	V55 Women	Ogmore phoenix runners	1:11:24	1:11:48
256.	521	Cotter, Wendy	F	99	V55 Women		1:12:03	1:12:15
257.	579	Dally, Tracy	F	100	V55 Women	Lliswerry Runners	1:12:08	1:12:32
258.	717	Hinton, Tracey	F	101	V45 Women	Lliswerry Runners	1:12:08	1:12:32
259.	770	Martin, Jon	M	158	V40 Men	Les Croupiers	1:14:36	1:15:02
260.	764	Lloyd, Tina	F	102	V55 Women	Brackla Harriers	1:15:40	1:15:54
261.	676	Eilertsen, Kerri	F	103	V45 Women		1:16:38	1:17:06
262.	606	David-Pepperell, Emma	F	104	V45 Women		1:16:38	1:17:06
263.	457	Caveney, Hannah	F	105	V35 Women		1:17:04	1:17:31
264.	132	Aston, Jeffrey	M	159	V70 Men	Les Croupiers	1:17:32	1:18:00
265.	461	Chandler, Laura	F	106	Senior Women	Outdoor Fitness	1:18:48	1:19:01
266.	612	Davies, Elisabeth	F	107	V45 Women		1:19:04	1:19:33
267.	481	Coates, Stuart	M	160	V40 Men	Caerphilly Runners	1:19:47	1:20:14
268.	649	Dean, Nicola	F	108	V45 Women	Griffithstown Harriers	1:19:51	1:20:17
269.	659	Dickins, Jane	F	109	V55 Women	Pencoed Panthers	1:20:40	1:21:02
270.	832	Rees, Tracey	F	110	V55 Women		1:30:05	1:30:29
271.	765	Lloyd Jones, Helen	F	111	V65 Women	Pegasus RC	1:36:06	1:36:35
272.	826	Pymm, Lesley	F	112	V65 Women	Bournville Harriers	1:49:33	1:50:02

Number of records: 272