

Treforest 10k 2019

Position	Gender	Postion	Category	Forename	Surname	Club	Gun	Chip
1	1		U23 Men	Alex	Price	Swansea Harriers AC	35:46	35:46
2	2		V40 Men	Vaughan	Edwards	Cardiff Harlequins RC	36:26	36:26
3	3		Senior Men	Chris	Oxley	San Domenico Road RC	36:36	36:36
4	4		Senior Men	Mike	Erskine	Les Croupiers RC	36:47	36:47
5	5		Senior Men	Jamie	Vanstone	Pontyclun Road Runners	37:08	37:08
6	6		V40 Men	Neil	Jones	Pontyclun Road Runners	37:19	37:19
7	7		V40 Men	David	Hazell	Caerphilly Runners	37:37	37:37
8	8		Senior Men	Lukasz	Borysiuk	Ami & Emi	38:47	38:47
9	9		Senior Men	Laurent	Bono	Les Croupiers RC	39:09	39:09
10	10		V40 Men	Steven	Lane	Islwyn RC	39:10	39:10
11	11		V40 Men	Nicholas	Dukes	Les Croupiers RC	39:13	39:13
12	12		V40 Men	Chris	Medcalf	San Domenico Road RC	39:30	39:30
13	13		U23 Men	Matthew	Golledge	Caerphilly Runners	39:42	39:42
14	14		Senior Men	Richard	Miller	San Domenico Road RC	39:45	39:45
15	15		Senior Men	Chris	Lewis	South West Road Runners	39:57	39:57
16	16		Senior Men	Grant	Hopkins	Reading Roadrunners	40:18	40:18
17	17		V40 Men	Sean	Kelly	Rhondda Valley Runners	40:35	40:35
18	18		V40 Men	Jacob	Harvey		40:47	40:47
19	19		V40 Men	David	Jones	Pontyclun Road Runners	40:55	40:55
20	1		V45 Women	Nicola	Jukes	Parc Bryn Bach RC	40:57	40:57
21	20		U23 Men	Ethan	Sayce	Parc Bryn Bach RC	41:15	41:15
22	21		V50 Men	Stephen	Wiergowski		42:17	42:17
23	22		V50 Men	Mickey	Havard	San Domenico Road RC	42:18	42:18
24	23		V60 Men	William	Daniels	Rhondda aac	42:36	42:36
25	24		Senior Men	Matthew	Philips	Caerphilly Runners	42:47	42:47
26	25		V50 Men	Matthew	Wheeler		43:01	43:01
27	26		V50 Men	Alan	Matthews	Aberdare Dragons	43:05	43:05
28	27		V50 Men	Martin	Bussell	Islwyn RC	43:21	43:21
29	28		Senior Men	Neil	Addis		43:28	43:28
30	29		V60 Men	Terry	O'Brien		43:33	43:33
31	30		Senior Men	Robert	Hodson		43:36	43:36
32	31		V60 Men	Mark	Williams	Parc Bryn Bach RC	43:39	43:39
33	32		V50 Men	David	Phillips	Caerphilly Runners	43:52	43:52
34	33		V40 Men	James	Lynch	Islwyn RC	43:59	43:59
35	34		V40 Men	Rhyddian	John	Pontyclun Road Runners	44:02	44:02
36	2		V35 Women	Emma	Edwards	Caerphilly Runners	44:04	44:04
37	35		Senior Men	Mark	Burchell	Griffithstown Harriers	44:05	44:05
38	36		V40 Men	John	Hewson		44:14	44:14
39	37		V40 Men	Matthew	Cook		44:19	44:19
40	38		V50 Men	Bryan	Meredith	Rhondda Valley Runners	44:37	44:37
41	39		Senior Men	Nicholas	Hurley	Caerphilly Runners	44:41	44:41
42	40		Senior Men	Neil	Profit	Islwyn RC	44:47	44:47
43	41		Senior Men	Lloyd	Hambridge	Islwyn RC	44:48	44:48
44	42		V40 Men	Darren	Hughes	Caerphilly Runners	44:48	44:48
45	43		V40 Men	Ceri	Davies	Les Croupiers RC	44:56	44:56
46	3		Senior Women	Naomi	Davies	Caerphilly Runners	45:01	45:01
47	44		Senior Men	Gareth	Logan		45:02	45:02
48	45		Senior Men	Stuart	Ward	Caerphilly Runners	45:02	45:02
49	46		V40 Men	Glyn	Drucker	Hengoed Harriers	45:22	45:22
50	47		V40 Men	Richard	Jones		45:26	45:26
51	48		Senior Men	Adam	Cooke		45:29	45:29
52	49		V40 Men	Steven	Phillips	Parc Bryn Bach RC	45:39	45:39

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53		50	Senior Men	Brian	Watson		45:47	45:47
54		51	V40 Men	Philip	Vines		45:51	45:51
55		52	V40 Men	Martin	Jones	Islwyn RC	46:01	46:01
56		53	V50 Men	Gary	Webber	Rhondda Valley Runners	46:10	46:10
57		4	U23 Women	Beth	Jones	Parc Bryn Bach RC	46:14	46:14
58		54	V40 Men	Mark	Parry	Pontypool Phoenix	46:15	46:15
59		55	Senior Men	David	Shewring	Pontyclun Road Runners	46:17	46:17
60		5	V35 Women	Ruth	Cann	Penarth and Dinas	46:19	46:19
61		6	V35 Women	Kelly	Felstead	Islwyn RC	46:25	46:25
62		56	V40 Men	Nick	Morgan	Parc Bryn Bach RC	46:28	46:28
63		57	Senior Men	Rhys	Paul		46:34	46:34
64		7	Senior Women	Rachael	Baralos	Caerphilly Runners	46:35	46:35
65		58	V50 Men	Chris	Panes	Roberttown Road Runners	46:38	46:38
66		59	Senior Men	Andrew	Driscoll	Aberdare Valley AAC	46:57	46:57
67		60	Senior Men	Rhys	Doolan	Griffithstown Harriers	47:01	47:01
68		61	V40 Men	Jason	Niblett		47:01	47:01
69		62	Senior Men	James	Heard		47:01	47:01
70		63	Senior Men	Josh	Moore		47:03	47:03
71		64	V50 Men	Kevin	Bradfield	Parc Bryn Bach RC	47:08	47:08
72		65	V50 Men	David	George	Les Croupiers RC	47:09	47:09
73		66	Senior Men	Robert	Davies	Ystrad Runners	47:30	47:30
74		67	V40 Men	Nicholas	Ling		47:33	47:33
75		68	Senior Men	Gareth	Taylor		47:34	47:34
76		69	V40 Men	Michael	Crocker		47:36	47:36
77		70	V50 Men	Simon	Williams	Caerphilly Runners	47:39	47:39
78		71	Senior Men	Jonathan	Watts		47:45	47:45
79		72	V40 Men	Paul	Chamberlain	Pontyclun Road Runners	47:53	47:53
80		73	V40 Men	Ceri	Irvine	Caerphilly Runners	47:54	47:54
81		8	V35 Women	Amy	Edwards	Rhondda Valley Runners	47:56	47:56
82		74	U23 Men	Luke	Addis		47:59	47:59
83		75	V40 Men	Paul	Dickson	Caerphilly Runners	48:01	48:01
84		76	V60 Men	Malcolm	Bradley	Penarth and Dinas	48:20	48:20
85		77	Senior Men	Kevin	Baker	Ystrad Mynach	48:28	48:28
86		78	Senior Men	Darren	Hiscox		48:32	48:32
87		9	V45 Women	Vanessa	Turnbull	Caerphilly Runners	48:35	48:35
88		79	V40 Men	Andrew	Howells	Hengoed Harriers	48:40	48:40
89		80	Senior Men	Tom	Rushmer		48:43	48:43
90		81	V40 Men	Neil	Harris		48:46	48:46
91		82	V60 Men	Neil	Davies		48:49	48:49
92		10	V55 Women	Sian	Phillips	Swansea Harriers AC	48:57	48:57
93		83	Senior Men	Matthew	Crowle	Parc Bryn Bach RC	49:19	49:19
94		84	Senior Men	James	Phillips	Pontyclun Road Runners	49:37	49:37
95		85	V50 Men	Gwyn	Palfrey	Bleanau Gwent Athletics	49:53	49:53
96		86	V50 Men	Dominic	Shields	San Domenico Road RC	50:00	50:00
97		87	V70 Men	David	Smout	Mynydd Du	50:05	50:05
98		88	V60 Men	John	Sanderson	3M Gorseinon Road	50:07	50:07
99		89	V40 Men	David	Evans	Canton Chargers	50:11	50:11
100		90	V50 Men	Mark	Doorbar		50:16	50:16
101		91	V60 Men	Des	Prosser	Hengoed Harriers	50:25	50:25
102		92	V40 Men	Martin	Croshaw		50:38	50:38
103		93	Senior Men	Rhodri	Smith		50:45	50:45
104		94	Senior Men	Michael	Darke		50:46	50:46

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105	95	V60 Men	Adrian	Corbett	Outdoor Fitness		50:48	50:48
106	11	V45 Women	Lucy	Hammond	Caerphilly Runners		50:49	50:49
107	12	V35 Women	Kelly	Langford	Roberttown Road Runners		51:06	51:06
108	13	V35 Women	Ania	Ciolek	Run4all		51:09	51:09
109	96	V50 Men	Ian	Payne			51:10	51:10
110	14	V65 Women	Brenda	Avery	Chepstow Harriers		51:17	51:17
111	97	V50 Men	Nigel	Bleach	Seriously Mad Runners		51:25	51:25
112	98	Senior Men	Craig	Yendle			51:37	51:37
113	15	Senior Women	Zoe	Rees	Caerphilly Runners		51:42	51:42
114	99	V60 Men	Lyndon	Kenney	Griffithstown Harriers		51:47	51:47
115	16	V35 Women	Rosie	Bristow	Pegasus RC		51:59	51:59
116	100	V40 Men	Dean	Wallbank	Caerphilly Runners		52:04	52:04
117	17	V35 Women	Iona	Pearson			52:14	52:14
118	101	V40 Men	Andrew	Jones			52:22	52:22
119	18	Senior Women	Leanne	Bassett	Rhondda Valley Runners		52:26	52:26
120	19	V35 Women	Laura	Scale			52:32	52:32
121	20	V55 Women	Sally	Groves	Pegasus RC		52:33	52:33
122	102	V50 Men	Neil	Coleman			52:37	52:37
123	103	V50 Men	Mark	Hembury			52:41	52:41
124	21	V55 Women	Beverley	Warburton	Penarth and Dinas		52:42	52:42
125	104	Senior Men	Mike	Garnon	Leighton Fun Runners		52:48	52:48
126	22	Senior Women	Fay	Lawrence	Pontyclun Road Runners		52:54	52:54
127	105	V50 Men	Mal	Evans			53:04	53:04
128	106	V50 Men	Shaun	Cotter			53:07	53:07
129	23	Senior Women	Leah	Lewis			53:07	53:07
130	24	Senior Women	Lizzie	New	Caerphilly Runners		53:13	53:13
131	107	V50 Men	Alun	Jones	Pontypool Phoenix		53:15	53:15
132	108	V50 Men	Dewi	Richards			53:28	53:28
133	25	V45 Women	Emma	Cutler			53:28	53:28
134	109	Senior Men	Mischa	van Eimeren			53:39	53:39
135	26	V35 Women	Jayne	Stephens	Caerphilly Runners		53:45	53:45
136	110	V50 Men	David	Bailyes	Caerphilly Runners		53:46	53:46
137	111	V40 Men	Richard	Cook	Griffithstown Harriers		53:50	53:50
138	112	Senior Men	Karl	Johnson	Ogmore Phoenix Runners		53:52	53:52
139	27	V35 Women	Rebecca	Fitzpatrick			53:53	53:53
140	113	V40 Men	Rob	Rist	Parc Bryn Bach RC		53:58	53:58
141	28	Senior Women	Joanne	East	Pegasus RC		54:08	54:08
142	114	Senior Men	Neil	Jones	Hengoed Harriers		54:11	54:11
143	29	V35 Women	Elin	Howard			54:16	54:16
144	115	Senior Men	Pete	O'Hanlon			54:21	54:21
145	116	V50 Men	Clive	Denton	Rhondda Valley Runners		54:25	54:25
146	117	V40 Men	John	Williams	Rhondda Valley Runners		54:27	54:27
147	30	V45 Women	Melinda	Daley	Pontypool Phoenix		54:30	54:30
148	31	U23 Women	Carys	Dawe	Caerphilly Runners		54:34	54:34
149	118	V50 Men	Nigel	Pearce			54:50	54:50
150	32	V45 Women	Faye	Chamberlain			54:57	54:57
151	33	V65 Women	Yvonne	Williams	Penarth and Dinas		55:04	55:04
152	34	V45 Women	Keren	Beard	Griffithstown Harriers		55:18	55:18
153	35	V45 Women	Gail	Havard	San Domenico Road RC		55:26	55:26
154	119	V40 Men	Stuart	Felix			55:27	55:27
155	120	V50 Men	Stephen	New	Hengoed Harriers		55:31	55:31
156	36	V35 Women	Jen	Williams	Caerphilly Runners		56:04	56:04

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157	121	V50 Men	Russell	Pearce	Hengoed Harriers	56:14	56:14	
158	37	Senior Women	Sarah Jane	Winstone	Pontypridd Roadents AC	56:21	56:21	
159	38	V45 Women	Rosa	Palmer	Pontypool Phoenix	56:28	56:28	
160	122	V40 Men	Guy	Flavell		56:35	56:35	
161	123	V40 Men	Matthew	Barrell		56:36	56:36	
162	39	V35 Women	Helen	Ling		56:46	56:46	
163	40	Senior Women	Sarah	Phillips		56:46	56:46	
164	41	V35 Women	Beth	James	Parc Bryn Bach RC	56:46	56:46	
165	42	V45 Women	Zoe	Elver	Torfaen runners	56:50	56:50	
166	43	Senior Women	Emma	Reed	Pontyclun Road Runners	57:10	57:10	
167	44	V35 Women	Nicola	Womack	Dewsbury road runners	57:13	57:13	
168	124	V60 Men	Philip	George		57:19	57:19	
169	125	V40 Men	Richard	Paull		57:26	57:26	
170	45	V45 Women	Mandy	Barrington	Penarth and Dinas	57:33	57:33	
171	126	V40 Men	Chris	Stone		57:34	57:34	
172	46	V35 Women	Donna	Phillips		57:46	57:46	
173	47	V35 Women	Bethan	Long		57:50	57:50	
174	48	V55 Women	Jill	Hancock	White Rock Runners	57:54	57:54	
175	49	Senior Women	Jenna	Groves	Pegasus RC	58:03	58:03	
176	50	V45 Women	Nicola	Davies	White Rock Runners	58:10	58:10	
177	127	Senior Men	Gareth	Harper	Caerphilly Runners	58:11	58:11	
178	128	V60 Men	Geoff	Wright	Les Croupiers RC	58:17	58:17	
179	51	U23 Women	Erin	Howells	Roberttown Road Runners	58:21	58:21	
180	129	V50 Men	Ron	Godfrey	Pontypool Phoenix	58:22	58:22	
181	130	V60 Men	Glyn	Hicks	Roberttown Road Runners	58:23	58:23	
182	52	V55 Women	Sandra	Jones	White Rock runners	58:34	58:34	
183	53	V45 Women	Hilary	Preece	Edds Eagles	59:09	59:09	
184	54	V35 Women	Sally	O'Connor		59:15	59:15	
185	55	V45 Women	Jayne	Rist	Parc Bryn Bach RC	59:16	59:16	
186	56	V45 Women	Elizabeth	Griffiths		59:23	59:23	
187	131	V60 Men	Tony	Grandon	Outdoor Fitness	59:23	59:23	
188	132	V40 Men	Anthony	Wilford		59:30	59:30	
189	133	V50 Men	Darren	Morgan	Penarth and Dinas	59:41	59:41	
190	57	V35 Women	Rebecca	Davies	Rhondda Valley Runners	59:41	59:41	
191	134	Senior Men	Matthew	Hill		59:51	59:51	
192	135	Senior Men	Andrew	Clarke		59:53	59:53	
193	136	V40 Men	Mark	Douglas	Pontypridd Roadents AC	1:00:22	1:00:22	
194	58	V45 Women	Ruth	Robertson	Les Croupiers RC	1:00:27	1:00:27	
195	137	V40 Men	Mike	Brown		1:00:34	1:00:34	
196	59	V45 Women	Sian	Steadman	Parc Bryn Bach RC	1:00:51	1:00:51	
197	60	V35 Women	Leeanne	Witcombe	Pontypool Phoenix	1:00:53	1:00:53	
198	61	V45 Women	Joanne	Nelmes	Caerphilly Runners	1:00:54	1:00:54	
199	62	V45 Women	Karen	Lewis	Caerphilly Runners	1:00:55	1:00:55	
200	63	V45 Women	Sian	Thomas		1:01:09	1:01:09	
201	138	V40 Men	Marcus	Daniels		1:02:17	1:02:17	
202	64	V35 Women	Heid	Pawlin		1:02:20	1:02:20	
203	65	V35 Women	Amanda	James	Roberttown Road Runners	1:02:37	1:02:37	
204	66	V35 Women	Hannah	Jones	Roberttown Road Runners	1:02:37	1:02:37	
205	67	V45 Women	Sharron	Howells	Roberttown Road Runners	1:02:38	1:02:38	
206	68	V35 Women	Elizabeth	Harwood	Aberdare Valley AAC	1:02:46	1:02:46	
207	139	V50 Men	Julian	Seabourne	Griffithstown Harriers	1:02:57	1:02:57	
208	69	V35 Women	Jennifer	McPadden		1:02:57	1:02:57	

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209		70	V45 Women	Sharon	Pritchard	Ogmore Phoenix Runners	1:03:10	1:03:10
210		71	U23 Women	Caitlin	Darke		1:03:24	1:03:24
211		72	V55 Women	Julia	Churton	Caerphilly Runners	1:03:25	1:03:25
212		73	V45 Women	Paula	Evans	Caerphilly Runners	1:03:28	1:03:28
213		74	V55 Women	Debbie	Bennion	Ogmore Phoenix Runners	1:03:49	1:03:49
214		75	V35 Women	Laura	Coombes	Les Croupiers RC	1:03:59	1:03:59
215		76	V45 Women	Lynda	Williams		1:04:00	1:04:00
216		77	V35 Women	Jackie	Evans	Pontyclun Road runners	1:04:01	1:04:01
217		140	V50 Men	Ian	Edwards		1:04:15	1:04:15
218		78	V35 Women	Angharad	Parry-Jones	Les Croupiers RC	1:04:40	1:04:40
219		79	Senior Women	Nadia	Thirb	Canton Chargers	1:04:57	1:04:57
220		80	Senior Women	Victoria	Proctor	Pontyclun Road Runners	1:04:58	1:04:58
221		81	V45 Women	Julie	Williams	Islwyn RC	1:05:07	1:05:07
222		82	V45 Women	Louise	Saunders		1:05:51	1:05:51
223		141	V40 Men	Christopher	Clack	Aberdare Dragons	1:06:04	1:06:04
224		142	V50 Men	Steve	Warner	Ponty Outdoor Fitness	1:06:05	1:06:05
225		83	V35 Women	Lisa	Watson	Hengoed Harriers	1:06:47	1:06:47
226		84	V45 Women	Menna	Rees	Pontyclun Road Runners	1:07:26	1:07:26
227		143	V50 Men	Phil	Groves	Pegasus RC	1:07:41	1:07:41
228		85	V55 Women	Patricia	Hill	Hengoed Harriers	1:07:44	1:07:44
229		86	Senior Women	Lyndsey	Jenkins		1:08:12	1:08:12
230		87	V65 Women	Hilary	Wright	Pontyclun Road Runners	1:08:34	1:08:34
231		88	V35 Women	Stephanie	Evans	Taff Ely Tri	1:08:35	1:08:35
232		89	V55 Women	Trudy	Phillips	Caerphilly Runners	1:08:37	1:08:37
233		90	V35 Women	Caroline	Evans	AVAAC	1:09:07	1:09:07
234		91	V45 Women	Lisa	Fackrell		1:09:13	1:09:13
235		144	V40 Men	Anthony	Foley		1:09:39	1:09:39
236		92	V45 Women	Jayne	Jones	Hengoed Harriers	1:09:55	1:09:55
237		93	V35 Women	Amy	Hughes		1:10:31	1:10:31
238		94	V45 Women	Nuovella	Williams		1:10:38	1:10:38
239		95	V45 Women	Claire	George	Les Croupiers RC	1:11:13	1:11:13
240		96	V45 Women	Wendy	Cotter	Outdoor Fitness	1:12:15	1:12:15
241		145	V40 Men	Mark	Davies		1:13:38	1:13:38
242		97	V45 Women	Sarah	Garland		1:13:38	1:13:38
243		98	V65 Women	Elaine	Hicks	Roberttown Road Runners	1:15:02	1:15:02
244		99	V35 Women	Emma	Ali		1:16:44	1:16:44
245		100	V35 Women	Sian	Fudge		1:16:44	1:16:44
246		101	V45 Women	Kerri	Brown		1:22:40	1:22:40
247		102	V45 Women	Joanna	Mew		1:22:40	1:22:40
248		103	V35 Women	Carrieanne	Foley		1:22:42	1:22:42
249		104	V45 Women	Claire	Pugh		1:24:02	1:24:02
250		105	V65 Women	Helen	Lloyd Jones	Pegasus RC	1:29:34	1:29:34
251		106	V65 Women	Daphne	Austerberry	Chepstow Harriers	1:30:38	1:30:38
252		107	Senior Women	Krista	Rowe		1:31:47	1:31:47