

# Treforest 10k 2024

## Overall Results

Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
1.	993	Hughes, Ben	M	1	U23 Men	1	Pontypridd Roadents AC	34:01	34:01
2.	1026	Keating, Tadhgh	M	2	Senior Men	1	Les Croupiers RC	34:04	34:04
3.	958	Gardiner, Andy	M	3	Senior Men	2	San Domenico Road RC	34:49	34:50
4.	898	Cottrell, Lloyd	M	4	Senior Men	3	Lliswerry Runners	35:01	35:02
5.	1017	Jones, Toby	M	5	V40 Men	1	Lliswerry Runners	35:52	35:54
6.	1100	Phillips, Tomos	M	6	Senior Men	4	CDF Runners	36:07	36:09
7.	1004	Johns, Martin	M	7	Senior Men	5	Lliswerry Runners	36:11	36:12
8.	996	Ivins, Jason	M	8	Senior Men	6		36:26	36:26
9.	1190	Wood, Alun	M	9	V40 Men	2	Parc Bryn Bach RC	36:33	36:34
10.	951	Flynn, Louise	F	1	V35 Women	1	Les Croupiers RC	36:35	36:36
11.	1082	Newman, Tom	M	10	V40 Men	3	Caerleon RC	36:35	36:37
12.	797	Caulkett, Kenneth	M	11	V40 Men	4	Albany Road Run Club	36:57	36:58
13.	1096	Patterson, Gavin	M	12	V40 Men	5	Parc Bryn Bach RC	37:20	37:22
14.	1129	Rowling, Martyn	M	13	V40 Men	6		37:23	37:25
15.	948	Fell, Emily	F	2	Senior Women	1	CDF Runners	37:25	37:28
16.	1193	Wright, Henry	M	14	V40 Men	7	White Rock Runners	37:35	37:37
17.	947	Fairbank, Terrence	M	15	Senior Men	7	Aberdare Valley Amateur AC	37:37	37:38
18.	1164	Tucker, Liam	M	16	Senior Men	8	Lliswerry Runners	37:48	37:51
19.	846	Collins, Craig	M	17	V40 Men	8	Lliswerry Runners	37:59	38:01
20.	1050	Logan, Gareth	M	18	Senior Men	9	Les Croupiers RC	38:04	38:05
21.	767	Bunce, Ryan	M	19	Senior Men	10	Brackla Harriers	38:11	38:14
22.	981	Hill, Michael	M	20	Senior Men	11	Les Croupiers RC	38:14	38:16
23.	1038	Lee, Phil	M	21	V40 Men	9	Lliswerry Runners	38:27	38:29
24.	1112	Pugsley, Jack	M	22	Senior Men	12	Porthcawl Runners	38:30	38:32
25.	957	Gardiner, Matt	M	23	V40 Men	10	Les Croupiers RC	38:35	38:37
26.	1091	Owen, Ross	M	24	Senior Men	13	Rhondda Valley Runners	38:39	38:44
27.	1080	Nealon, Carl	M	25	Senior Men	14	Les Croupiers RC	38:52	38:53
28.	1144	Stamp, Andrew	M	26	V50 Men	1	Griffithstown Harriers	39:19	39:21
29.	1097	Paul, Keith	M	27	V50 Men	2	Taunton AC	39:23	39:25
30.	1140	Smith, Lee	M	28	Senior Men	15	Lliswerry Runners	39:38	39:41
31.	1058	Mason, Adrian	M	29	V60 Men	1	Les Croupiers RC	39:57	39:59
32.	980	Heywood, Jamie	M	30	Senior Men	16	Vegan Runners UK	39:57	40:00
33.	1191	Wookey, Emma	F	3	Senior Women	2	Lliswerry Runners	39:58	40:02
34.	759	Bruce, James	M	31	V50 Men	3	Les Croupiers RC	40:03	40:04
35.	1103	Plank, Kevin	M	32	V50 Men	4	San Domenico Road RC	40:28	40:31
36.	916	Davies, Shawn	M	33	V40 Men	11	Rhondda Valley Runners	40:26	40:34
37.	972	Gruffydd, Daniel	M	34	Senior Men	17		40:38	40:40
38.	1049	Lloyd, Leam	M	35	Senior Men	18		40:57	41:02
39.	1041	Lewis, Scott	M	36	Senior Men	19	Albany Road Run Club	41:01	41:06
40.	1035	Lane, Steven	M	37	V50 Men	5	Islwyn RC	41:06	41:09
41.	1109	Profit, Neil	M	38	V40 Men	12	Islwyn RC	41:19	41:23
42.	761	Bulpin, Susannah	F	4	V45 Women	1	San Domenico Road RC	41:23	41:27
43.	1113	Rabaiotti, Anthony	M	39	Senior Men	20	Port Talbot Harriers	41:26	41:29
44.	961	Gill, Simon	M	40	V40 Men	13	Lliswerry Runners	41:39	41:43
45.	1025	Jukes, Nicola	F	5	V45 Women	2	Parc Bryn Bach RC	41:42	41:44
46.	755	Brooks, Sebastian	M	41	Senior Men	21	Caerphilly Runners	42:06	42:08
47.	938	Edwards, Hywel	M	42	V50 Men	6	San Domenico Road RC	42:05	42:09
48.	678	Baralos, Rachael	F	6	V35 Women	2	Caerphilly Runners	42:02	42:11
49.	1132	Samuel, James	M	43	V40 Men	14		42:09	42:19
50.	1133	Santese, Giuseppe	M	44	V40 Men	15	Brackla Harriers	42:18	42:23
51.	935	Edwards, Emma	F	7	V35 Women	3	Caerphilly Runners	42:24	42:33
52.	1102	Pirvu, Anelu	M	45	Senior Men	22	Caerleon RC	42:28	42:35
53.	1018	Jones, Rhys	M	46	Senior Men	23	Pontyclun Road Runners	42:47	42:52
54.	1126	Rose, Antoinette	F	8	Senior Women	3	Lliswerry Runners	42:55	43:01
55.	756	Brown, James	M	47	Senior Men	24	Lliswerry Runners	42:55	43:01
56.	1145	Steele, Richard	M	48	V40 Men	16	Brackla Harriers	43:04	43:10
57.	910	Davies, Mike	M	49	V60 Men	2	Albany Road Run Club	43:16	43:23
58.	1198	Williams, Delyth	F	9	V35 Women	4	San Domenico Road RC	43:33	43:36

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Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
59.	901	Cross, Marc	M	50	V40 Men	17	Griffithstown Harriers	43:41	43:46
60.	780	Calvert, David	M	51	Senior Men	25	Rhondda Valley Runners	43:40	43:48
61.	1016	Jones, Randal	M	52	V60 Men	3	Llisbury Runners	43:42	43:49
62.	1127	Rossiter, Conor	M	53	Senior Men	26	Dragons Running Club	43:47	43:50
63.	921	Davies, Danielle	F	10	V35 Women	5		43:48	43:51
64.	1068	Morgan, Nadine grace	F	11	Senior Women	4	San Domenico Road RC	43:47	43:51
65.	1178	White, James	M	54	V50 Men	7	San Domenico Road RC	43:41	43:52
66.	1108	Price, Kimberley	F	12	V35 Women	6	Parc Bryn Bach RC	43:51	43:55
67.	1081	Neville, Elizabeth	F	13	V35 Women	7	Les Croupiers RC	43:52	43:56
68.	1136	Shewring, David	M	55	V40 Men	18	Pontyclun Road Runners	43:53	43:58
69.	1098	Pearce, Matthew	M	56	V40 Men	19		43:52	44:03
70.	917	Davies, Ceri	M	57	V40 Men	20	San Domenico Road RC	43:58	44:10
71.	749	Bowes, Susan	F	14	V45 Women	3	Les Croupiers RC	44:17	44:21
72.	954	Francis, Jack	M	58	Senior Men	27		44:18	44:22
73.	1156	Taylor-Price, Evan	M	59	U23 Men	2		44:13	44:25
74.	1062	Meyrick, Marcus	M	60	V50 Men	8	Les Croupiers RC	44:26	44:29
75.	831	Chadwell, Steve	M	61	V50 Men	9	Les Croupiers RC	44:26	44:36
76.	1115	Rees, Benjamin	M	62	V40 Men	21	Caerphilly Runners	44:29	44:37
77.	1001	Jennings, Ella	F	15	U23 Women	1	Les Croupiers RC	44:36	44:42
78.	1157	Thomas, Adam	M	63	V40 Men	22	Albany Road Run Club	44:37	44:42
79.	1042	Lewis, Adrian	M	64	V50 Men	10	Brackla Harriers	44:33	44:43
80.	1003	Johns, Charlotte	F	16	V55 Women	1	Brackla Harriers	44:43	44:51
81.	1064	Monks, Alan	M	65	V40 Men	23	Dragons Running Club	44:51	44:54
82.	1105	Poulson, Megan	F	17	Senior Women	5	San Domenico Road RC	44:52	44:56
83.	807	Cawthorn, Simon	M	66	V50 Men	11	Llisbury Runners	44:52	44:59
84.	1172	Walters, Jessie	F	18	Senior Women	6		44:55	45:01
85.	907	Daniels, William	M	67	V60 Men	4	Pontyclun Road Runners	44:58	45:01
86.	997	Jacobs, Claire	F	19	V45 Women	4	Les Croupiers RC	45:04	45:07
87.	1162	Truman, Ashley	M	68	Senior Men	28	Taff Ely Triathlon Club	45:03	45:10
88.	1011	Jones, Dylan	M	69	V40 Men	24	Aberdare Valley Amateur AC	45:03	45:13
89.	1008	Johnson, Carl	M	70	V50 Men	12	Islwyn RC	45:09	45:15
90.	1014	Jones, Martin	M	71	V40 Men	25	Islwyn RC	45:16	45:16
91.	1048	Lloyd, John	M	72	V50 Men	13	Brackla Harriers	45:17	45:21
92.	1119	Richards, Elizabeth	F	20	V55 Women	2	Caerleon RC	45:25	45:32
93.	732	Biangolino, Gabriel	M	73	Senior Men	29		45:15	45:40
94.	772	Bussell, Martin	M	74	V50 Men	14	Islwyn RC	45:38	45:42
95.	1055	Maloney, Emma	F	21	Senior Women	7	Llisbury Runners	45:56	46:05
96.	1114	Radford, Daniel	M	75	Senior Men	30		46:07	46:12
97.	1094	Parker, Gethin	M	76	V40 Men	26	Les Croupiers RC	46:11	46:15
98.	1036	Langford, Kelly	F	22	V35 Women	8	Merthyr Running Club	46:14	46:19
99.	913	Davies, Robert	M	77	V50 Men	15	Llisbury Runners	46:23	46:30
100.	1067	Morgan, David	M	78	V50 Men	16	Rhondda Valley Runners	46:29	46:37
101.	1087	Ogilvie, Ian	M	79	V50 Men	17	Brackla Harriers	46:24	46:38
102.	1065	Moran, Charlotte	F	23	V45 Women	5	Caerleon RC	46:33	46:39
103.	729	Bell, Ian	M	80	V60 Men	5	San Domenico Road RC	46:39	46:44
104.	1170	Walsh, Rachel	F	24	V45 Women	6	Les Croupiers RC	46:39	46:44
105.	984	Hobson, James	M	81	Senior Men	31	Llisbury Runners	46:36	46:48
106.	701	Beard, Martin	M	82	V50 Men	18	Ogmore Phoenix Runners	46:50	46:58
107.	930	Divall, Colin	M	83	V40 Men	27	Taunton AC	46:53	47:00
108.	1181	Wilkes, Sarah	F	25	Senior Women	8	Llisbury Runners	46:53	47:03
109.	991	Hooper, Ryan	M	84	Senior Men	32	Maverick Races	47:10	47:19
110.	1089	Olsen, Mark	M	85	Senior Men	33		47:15	47:20
111.	1090	Osmond, Clive	M	86	V60 Men	6	Les Croupiers RC	47:12	47:23
112.	979	Herbert, Mark	M	87	V40 Men	28	Les Croupiers RC	47:24	47:30
113.	928	Dickson, Jeremy	M	88	V60 Men	7	Llisbury Runners	47:22	47:34
114.	1030	Kembrey, Sarah	F	26	V45 Women	7	Llisbury Runners	47:28	47:38
115.	1163	Tucker, Philip	M	89	V60 Men	8	Brackla Harriers	47:28	47:39
116.	918	Davies, Richard	M	90	V50 Men	19		47:36	47:44

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117.	1031	Kent, Howard	M	91	V70 Men	1	Les Croupiers RC	47:36	47:48
118.	1069	Morris, Ronald	M	92	V70 Men	2	San Domenico Road RC	47:47	47:51
119.	1150	Talbot, Keran	F	27	V55 Women	3	Lliswerry Runners	47:46	47:54
120.	768	Burton, Chris	M	93	Senior Men	34		47:45	48:06
121.	964	Greaves, Scott	M	94	Senior Men	35	Parc Bryn Bach RC	47:53	48:09
122.	1092	Panes, Chris	M	95	V50 Men	20	Merthyr Triathlon Club	48:05	48:11
123.	1054	Malarczyk, Carys-Sian	F	28	V35 Women	9	Islwyn RC	48:10	48:17
124.	1122	Roach, Dafydd	M	96	V40 Men	29		48:20	48:30
125.	914	Davies, Chris	M	97	V60 Men	9	Lliswerry Runners	48:34	48:42
126.	929	Divall, Tabitha	F	29	V35 Women	10	Taunton AC	48:37	48:44
127.	1165	Underhill, Andrew	M	98	V40 Men	30	San Domenico Road RC	48:27	48:46
128.	944	Evans, Antony	M	99	V40 Men	31	Caerleon RC	48:33	48:50
129.	744	Boardman, Niall	M	100	Senior Men	36		48:52	48:59
130.	1037	Lauder, Sarah	F	30	V35 Women	11	Lliswerry Runners	49:00	49:07
131.	1076	Murphy, Michael	M	101	V70 Men	3	Les Croupiers RC	48:56	49:08
132.	937	Edwards, Janet	F	31	V55 Women	4	Rhondda Valley Runners	49:13	49:17
133.	943	Ellis, Robert	M	102	V50 Men	21	Caerphilly Runners	49:18	49:24
134.	1040	Lelourec, Eleanor	F	32	Senior Women	9	Albany Road Run Club	49:16	49:25
135.	1111	Pugh, Thomas	M	103	Senior Men	37		49:21	49:38
136.	939	Edwards, Thomas	M	104	Senior Men	38		49:16	49:40
137.	792	Carrafa, Sharon	F	33	V45 Women	8	Islwyn RC	49:35	49:42
138.	1086	Ogilvie, Jane	F	34	V55 Women	5	Brackla Harriers	49:34	49:44
139.	1124	Robins, Caitlin	F	35	Senior Women	10		49:37	49:46
140.	949	Fergus, Lorraine	F	36	V45 Women	9	Lliswerry Runners	49:39	49:51
141.	566	Amblin, Michelle	F	37	V45 Women	10	Les Croupiers RC	49:55	50:01
142.	1188	Williamson, Andrew	M	105	V40 Men	32	White Rock Runners	49:55	50:21
143.	1046	Llewellyn Jones, Cai	M	106	Senior Men	39	White Rock Runners	49:55	50:21
144.	1166	Vaughan, Alan	M	107	V40 Men	33	White Rock Runners	49:54	50:21
145.	978	Heal, Rhys	M	108	Senior Men	40	Fat Baby Run Club	50:02	50:24
146.	926	Dean, James	M	109	Senior Men	41		50:15	50:26
147.	1130	Ryan, Joanne	F	38	V45 Women	11	Rhondda Valley Runners	50:25	50:30
148.	1176	Wheel, Stephen	M	110	V40 Men	34		50:21	50:35
149.	1155	Taylor, Martin	M	111	V50 Men	22		50:29	50:42
150.	709	Beard, Joshua	M	112	Senior Men	42		50:54	51:02
151.	1104	Pobjoy, Mike	M	113	V50 Men	23	Lliswerry Runners	51:02	51:12
152.	966	Green, Robin	M	114	V60 Men	10	Taunton AC	51:12	51:25
153.	1175	Westacott, Leanne	F	39	V45 Women	12	Lliswerry Runners	51:22	51:31
154.	1005	Johns, Amy	F	40	V35 Women	12		51:34	51:37
155.	1015	Jones, Brian	M	115	V50 Men	24	Les Croupiers RC	51:34	51:46
156.	1168	Wade, Alex	M	116	Senior Men	43		51:52	52:05
157.	775	Bysouth, Mark	M	117	V40 Men	35	Taunton AC	51:57	52:10
158.	836	Chandler, John	M	118	V60 Men	11	San Domenico Road RC	52:08	52:25
159.	952	Foster, Graham	M	119	V60 Men	12	Brackla Harriers	52:18	52:31
160.	1079	Muteham, Louise	F	41	V35 Women	13	Lliswerry Runners	52:22	52:31
161.	1141	Sowerby, Esther	F	42	V35 Women	14		52:42	52:47
162.	1158	Thomas, Samantha	F	43	V45 Women	13	Caerphilly Runners	52:40	52:57
163.	1029	Kembery, David	M	120	V50 Men	25	Ogmore Phoenix Runners	52:43	52:58
164.	510	Adams, Paul	M	121	V40 Men	36	Caerleon RC	52:43	52:59
165.	1125	Robinson, Andrew	M	122	V40 Men	37		52:50	53:05
166.	963	Grant, Christopher	M	123	V60 Men	13	Caerphilly Runners	52:48	53:06
167.	982	Hill, Steve	M	124	V60 Men	14	Penarth and Dinas Runners	52:58	53:10
168.	893	Cotter, Shaun	M	125	V50 Men	26		53:05	53:10
169.	1189	Winter, Kelli	F	44	V35 Women	15	Team Rees	53:10	53:16
170.	1006	Johns, David	M	126	V60 Men	15		53:15	53:18
171.	837	Chinnock, Emyr	M	127	Senior Men	44	Ynysybwll Road Runners	53:10	53:20
172.	1110	Pryor, Sarah	F	45	V45 Women	14	Les Croupiers RC	53:09	53:25
173.	1053	Lyons, Stacey	F	46	V35 Women	16		53:28	53:48
174.	1107	Preece, Wayne	M	128	V70 Men	4	Clwb Rhedeg Maesteg	53:32	53:52

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175.	986	Hodgson, Kate	F	47	Senior Women	11	Lliswerry Runners	53:51	54:02
176.	736	Blaber, Justine	F	48	V55 Women	6	Lliswerry Runners	54:02	54:13
177.	863	Collins, Stephen	M	129	V60 Men	16		54:07	54:15
178.	1007	Johns, Susan	F	49	V55 Women	7		54:25	54:28
179.	1043	Lewis, Robert	M	130	V70 Men	5	Caerphilly Runners	54:17	54:35
180.	1167	Vennard, Calum	M	131	Senior Men	45		54:17	54:38
181.	915	Davies, Rebecca	F	50	V35 Women	17	Rhondda Valley Runners	54:30	54:38
182.	840	Coles, Angela	F	51	V45 Women	15	Brackla Harriers	54:27	54:40
183.	1183	Williams, Anthony	M	132	V50 Men	27	Hengoed Harriers	54:30	54:49
184.	1083	Nicolas, Rhys	M	133	Senior Men	46		54:39	54:55
185.	1084	O'Neill, Tanya	F	52	V45 Women	16	Albany Road Run Club	54:39	54:58
186.	971	Groves, Sally	F	53	V55 Women	8	Pegasus RC	54:48	55:04
187.	968	Griffiths, David	M	134	V50 Men	28		54:47	55:05
188.	743	Blank, Lily	F	54	Senior Women	12	Albany Road Run Club	54:50	55:07
189.	973	Hall, Melanie	F	55	V35 Women	18	Brackla Harriers	54:54	55:07
190.	906	Dance, Steve	M	135	V50 Men	29	Caerleon RC	54:55	55:12
191.	670	Avery, Brenda	F	56	V65 Women	1	Chepstow Harriers	55:12	55:18
192.	989	Holding, Michael	M	136	V50 Men	30		55:02	55:21
193.	1071	Morris, Westley	M	137	V40 Men	38		55:04	55:22
194.	1192	Workman, Michael	M	138	V40 Men	39	Caerphilly Runners	55:12	55:30
195.	1185	Williams, Rebecca	F	57	V35 Women	19		55:28	55:38
196.	1134	Scholey, Julie	F	58	V55 Women	9	Les Croupiers RC	55:27	55:44
197.	969	Groombridge, Julia	F	59	V55 Women	10	Lliswerry Runners	55:40	55:53
198.	976	Harrison, Mark	M	139	V60 Men	17		55:45	56:01
199.	1137	Simmonds, Tracey	F	60	V55 Women	11	Yr Hen Blwyf	55:48	56:02
200.	1187	Williams, Liam	M	140	Senior Men	47		56:02	56:08
201.	912	Davies, David	M	141	V60 Men	18	CDF Runners	55:56	56:12
202.	946	Fairbank, Louise	F	61	Senior Women	13	Aberdare Valley Amateur AC	56:00	56:15
203.	1180	Wilding, Kayleigh	F	62	V35 Women	20	CDF Runners	55:56	56:18
204.	962	Grandon, Tony	M	142	V70 Men	6		56:14	56:28
205.	664	Attwood, Howard	M	143	V70 Men	7	Lliswerry Runners	56:15	56:29
206.	908	Davey, Kate	F	63	V35 Women	21	Rhondda Valley Runners	56:16	56:31
207.	983	Hinton, Tracey	F	64	V45 Women	17	Lliswerry Runners	56:24	56:32
208.	905	Dally, John	M	144	V50 Men	31	Lliswerry Runners	56:24	56:33
209.	988	Holding, Emily	F	65	Senior Women	14		56:18	56:38
210.	804	Caulkett, Jenny	F	66	V45 Women	18	Albany Road Run Club	56:29	56:49
211.	1194	Wyatt, Hannah	F	67	Senior Women	15	Caerphilly Runners	56:48	57:00
212.	1174	Ware, Lauren	F	68	Senior Women	16		56:53	57:01
213.	941	Edwards, Gareth Morgan	M	145	V40 Men	40		56:41	57:03
214.	1039	Lees, Rebecca	F	69	V45 Women	19	Hengoed Harriers	56:50	57:12
215.	1045	Light, Marie	F	70	V35 Women	22		57:03	57:12
216.	902	Cumming, Debbie	F	71	V55 Women	12	Albany Road Run Club	56:59	57:13
217.	1146	Steer, Ellie	F	72	Senior Women	17	Taunton AC	57:04	57:16
218.	1012	Jones, Lucy ann	F	73	V55 Women	13	Albany Road Run Club	57:03	57:17
219.	1024	Joslin, Rob	M	146	V50 Men	32	Rhondda Valley Runners	57:04	57:19
220.	1063	Mock, Barri	M	147	V50 Men	33		57:01	57:22
221.	994	Hurford, Trudy	F	74	V45 Women	20	Lliswerry Runners	57:09	57:22
222.	813	Chadwell, Karen	F	75	V45 Women	21	Les Croupiers RC	57:08	57:29
223.	1149	Summers, Craig	M	148	V40 Men	41		57:35	57:50
224.	721	Beech, Mary	F	76	V55 Women	14	Brackla Harriers	57:37	57:50
225.	922	Davies, Jenna	F	77	Senior Women	18		57:55	58:00
226.	909	Davidge, Jacqueline	F	78	V55 Women	15	Lliswerry Runners	57:59	58:11
227.	1021	Jones, Mark	M	149	V50 Men	34	Roberttown Road Runners	58:08	58:16
228.	1182	Williams, Kathryn	F	79	V35 Women	23	Aberdare Valley Amateur AC	58:15	58:24
229.	965	Green, Ursula	F	80	V45 Women	22	Taunton AC	58:14	58:34
230.	1148	Stroud, Vicky	F	81	V45 Women	23		58:33	58:44
231.	1002	John, Gary	M	150	V60 Men	19	Les Croupiers RC	58:33	58:47
232.	950	Fielding, Sian	F	82	V55 Women	16	Spirit of Monmouth	58:28	58:50

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## Overall Results

Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
233.	1117	Wheeler, Richard	M	151	V50 Men	35		58:28	58:51
234.	977	Hayes, Arthur	M	152	V70 Men	8	San Domenico Road RC	58:52	59:08
235.	677	Bailyes, Dave	M	153	V60 Men	20		58:51	59:09
236.	1099	Phillips, Huw	M	154	V50 Men	36	Albany Road Run Club	58:51	59:13
237.	899	Crispie, Gerry	M	155	V60 Men	21	Les Croupiers RC	59:00	59:17
238.	1161	Thomas, Ross	M	156	Senior Men	48		59:05	59:19
239.	1078	Murray- Lines, Delyth	F	83	V45 Women	24	Albany Road Run Club	59:07	59:21
240.	1128	Roux, Emily	F	84	Senior Women	19	Women Running Penarth	59:13	59:35
241.	1106	Powell, Jonathan	M	157	V40 Men	42		59:18	59:43
242.	936	Edwards, Glenda	F	85	V55 Women	17	Les Croupiers RC	59:47	1:00:06
243.	970	Groves, Jayne	F	86	V35 Women	24	Heath Massive Run Club	1:00:00	1:00:24
244.	697	Bates, Nicole	F	87	Senior Women	20		1:00:11	1:00:25
245.	992	Howard, Elin	F	88	V35 Women	25	Clwb Run Cymru	1:00:20	1:00:34
246.	923	Davies, Eleri	F	89	V55 Women	18		1:00:50	1:01:02
247.	1171	Walters, Rachel	F	90	V45 Women	25	Rhondda Valley Runners	1:01:18	1:01:34
248.	1186	Williams, Rachael	F	91	V55 Women	19		1:01:32	1:01:46
249.	1032	Kington, Sharron	F	92	V55 Women	20	Taunton AC	1:01:43	1:02:02
250.	911	Davies, Gareth	M	158	V50 Men	37	Albany Road Run Club	1:02:11	1:02:33
251.	1073	Morris, Ceri	F	93	Senior Women	21		1:02:24	1:02:40
252.	904	Dally, Tracy	F	94	V55 Women	21	Lliswerry Runners	1:02:34	1:02:44
253.	1135	Sherer, Kate	F	95	V35 Women	26		1:02:36	1:02:51
254.	1139	Smith, Katherine	F	96	V35 Women	27	Albany Road Run Club	1:02:41	1:03:01
255.	998	James, Robert	M	159	V60 Men	22	Moovers	1:02:47	1:03:11
256.	1061	McGuire, Paul	M	160	V40 Men	43		1:03:05	1:03:25
257.	933	Dursley, Lynda	F	97	V55 Women	22	Lliswerry Runners	1:03:19	1:03:30
258.	927	Dibe, Larissa	F	98	Senior Women	22		1:03:22	1:03:48
259.	726	Bell, Claire	F	99	V55 Women	23	Les Croupiers RC	1:03:39	1:03:59
260.	999	James, Ray	M	161	V60 Men	23		1:03:40	1:04:02
261.	1077	Murphy, Gillian	F	100	V65 Women	2	Les Croupiers RC	1:03:51	1:04:07
262.	903	Cunnane, John Patrick	M	162	V70 Men	9	Pontyclun Road Runners	1:04:04	1:04:16
263.	919	Davies, Ruth	F	101	V55 Women	24		1:03:58	1:04:19
264.	1060	McGrath, Jessica Marie	F	102	Senior Women	23		1:04:03	1:04:25
265.	940	Edwards, Tracy	F	103	V55 Women	25		1:04:03	1:04:25
266.	615	Anthony, Adam	M	163	V40 Men	44	Ynysybwl Road Runners	1:04:02	1:04:29
267.	1093	Paris, Debbie	F	104	V45 Women	26	Pegasus RC	1:05:02	1:05:19
268.	1120	Richards, Kathryn	F	105	V45 Women	27		1:05:00	1:05:19
269.	852	Collins, Tracey	F	106	V55 Women	26	Lliswerry Runners	1:05:16	1:05:26
270.	932	Dursley, Paul	M	164	V70 Men	10	Lliswerry Runners	1:05:39	1:05:52
271.	1075	Murphy, Sarah	F	107	V35 Women	28	CDF Runners	1:07:25	1:07:42
272.	1154	Taylor, Cerys	F	108	Senior Women	24		1:08:21	1:08:46
273.	1153	Taylor, Dean	M	165	V50 Men	38		1:08:22	1:08:46
274.	1020	Jones, Emma	F	109	V35 Women	29	Roberttown Road Runners	1:08:47	1:08:59
275.	974	Hardman, Shannon	F	110	Senior Women	25	Albany Road Run Club	1:08:51	1:09:13
276.	1013	Jones, Kayleigh	F	111	Senior Women	26	Badass Mother Runner	1:09:12	1:09:35
277.	1152	Taylor, Michelle	F	112	V45 Women	28	Ystrad Mynach Running Club	1:09:36	1:09:55
278.	959	Garland, Sarah	F	113	V45 Women	29		1:09:47	1:10:01
279.	873	Cooper, Kirsty	F	114	V45 Women	30		1:09:45	1:10:06
280.	1095	Parry-Jones, Angharad	F	115	V45 Women	31	Les Croupiers RC	1:09:56	1:10:15
281.	1184	Williams, Jonathan	M	166	V60 Men	24		1:10:05	1:10:27
282.	1196	Bolderson, Julie	F	116	V55 Women	27	Roberttown Road Runners	1:10:22	1:10:42
283.	942	Edwards, Corinne	F	117	Senior Women	27		1:10:17	1:10:44
284.	924	De'Abreu, Stephanie	F	118	Senior Women	28		1:10:51	1:11:06
285.	925	De'Abreu, Tyrone	M	167	Senior Men	49		1:10:52	1:11:07
286.	920	Davies, Elisabeth	F	119	V45 Women	32		1:11:03	1:11:27
287.	1072	Morris, Sion	M	168	Senior Men	50		1:11:07	1:11:30
288.	1057	Martin, Karl	M	169	V50 Men	39	Roberttown Road Runners	1:12:27	1:12:38
289.	1047	Lloyd, Tina	F	120	V55 Women	28	Brackla Harriers	1:12:53	1:13:06
290.	1044	Lewis, Gemma	F	121	V35 Women	30		1:12:50	1:13:17

## Treforest 10k 2024

### Overall Results

Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
291.	1142	Spiers, Kierran	M	170	Senior Men	51	Ogmore Phoenix Runners	1:13:40	1:14:07
292.	1070	Morris, Jordan	F	122	V35 Women	31	Ystrad Mynach Running Club	1:14:09	1:14:28
293.	1009	Johnson, Clare	F	123	V65 Women	3	Les Croupiers RC	1:14:39	1:14:58
294.	1088	Olsen, Samantha	F	124	Senior Women	29		1:15:10	1:15:25
295.	895	Cotter, Wendy	F	125	V55 Women	29		1:15:13	1:15:28
296.	1019	Jones, Alison	F	126	V55 Women	30	RCT	1:16:48	1:17:08
297.	1195	Wynn, Elspeth	F	127	V65 Women	4	Roberttown Road Runners	1:19:26	1:19:48
298.	839	Clarke, Chloe	F	128	Senior Women	30	Roberttown Road Runners	1:19:26	1:19:48
299.	1151	Taylor, Suzanne	F	129	V35 Women	32	Lliswerry Runners	1:22:31	1:22:57
300.	1143	Spiers, Sam	M	171	V60 Men	25	Ogmore Phoenix Runners	1:25:05	1:25:31
301.	955	Friel-Rogers, Alison	F	130	V45 Women	33	Ystrad Mynach Running Club	1:31:28	1:31:53
302.	945	Evans, Robert	M	172	V50 Men	40	Ystrad Mynach Running Club	1:31:33	1:31:56
303.	1197	Chandler, Laura	F	131	Senior Women	31	Outdoor Fitness	1:38:04	1:38:20

Number of records: 303