

Treforest 10k 2025

Overall Results Treforest 10k 2025

Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
1.	1301	Hansell, James	M	1	Senior Men	1	San Domenico RC	34:09	34:10
2.	1386	Munro, Lewis	M	2	Senior Men	2	Islwyn RC	34:14	34:15
3.	1282	Gardiner, Andy	M	3	Senior Men	3	San Domenico RC	34:44	34:45
4.	1318	Hudson, Huw	M	4	Senior Men	4	Penarth and Dinas Runners	35:01	35:01
5.	1320	Hughes, Ben	M	5	U23 Men	1	Pontypridd Roadents AC	35:21	35:21
6.	1398	Oxley, Chris	M	6	V40 Men	1	San Domenico RC	35:22	35:22
7.	1252	Edwards, Gethin Rhys	M	7	V40 Men	2	Pontypridd Roadents AC	36:05	36:06
8.	1066	Blore, James	M	8	Senior Men	5	Chepstow Harriers	36:12	36:14
9.	1481	Wilks, Gary	M	9	Senior Men	6	Islwyn RC	36:21	36:22
10.	1479	Wile, Emyr	M	10	Senior Men	7	Albany Road Run Club	36:25	36:26
11.	1023	Batchelor, Tim	M	11	V40 Men	3	Chepstow Harriers	36:25	36:27
12.	1458	Turner, Matt	M	12	V40 Men	4	San Domenico RC	36:33	36:35
13.	1274	Flynn, Louise	F	1	V35 Women	1	Les Croupiers RC	36:47	36:48
14.	1496	Wood, Alun	M	13	V40 Men	5	Parc Bryn Bach RC	37:13	37:14
15.	1385	Morton, Paul	M	14	V40 Men	6	CDF Runners	37:40	37:43
16.	1283	Gardiner, Matt	M	15	V40 Men	7	Les Croupiers RC	37:45	37:47
17.	1325	Ivins, Jason	M	16	Senior Men	8	Rhondda Valley Runners	37:51	37:52
18.	1390	Murrin, Paul	M	17	V50 Men	1	Chepstow Harriers	37:55	37:57
19.	1276	Francis, Paul	M	18	V50 Men	2	Les Croupiers RC	37:59	37:59
20.	1401	Patterson, Gavin	M	19	V40 Men	8	Parc Bryn Bach RC	38:09	38:11
21.	1367	Martey, Chris	M	20	Senior Men	9	Chepstow Harriers	38:26	38:29
22.	1366	Marshall, Anthony	M	21	V60 Men	1	Chepstow Harriers	38:44	38:47
23.	1396	Owen, Ross	M	22	V40 Men	9	Rhondda Valley Runners	38:53	38:58
24.	1352	Lewis, Gareth	M	23	Senior Men	10	CDF Runners	38:55	38:59
25.	1464	Vickery, Josh	M	24	Senior Men	11	Dragons Running Club - Aberdare	38:59	39:03
26.	1379	Morgan, Emyr	M	25	V50 Men	3	Les Croupiers RC	39:03	39:05
27.	1230	Davies, Huw	M	26	V40 Men	10	San Domenico RC	39:06	39:08
28.	1322	Humphreys, Wayne	M	27	V50 Men	4	Les Croupiers RC	39:14	39:17
29.	531	Adams, John	M	28	V50 Men	5	Rhondda Valley Runners	39:25	39:27
30.	1448	Thomas, Adam	M	29	V40 Men	11	Albany Road Run Club	39:24	39:28
31.	1312	Hodge, Philip	M	30	V60 Men	2	Les Croupiers RC	39:27	39:31
32.	1451	Thomas, Philip	M	31	V40 Men	12		39:40	39:41
33.	1258	Elliott, Ryan	M	32	Senior Men	12	San Domenico RC	39:42	39:44
34.	1358	Logan, Gareth	M	33	Senior Men	13	Les Croupiers RC	39:56	39:58
35.	1334	Jones, Laura	F	2	V45 Women	1	Les Croupiers RC	39:59	40:02
36.	1373	McElvenney, James	M	34	Senior Men	14		40:05	40:06
37.	1323	Inglis, Chris	M	35	Senior Men	15	Running Punks	40:20	40:23
38.	1436	Shawn, Davies	M	36	V40 Men	13	Rhondda Valley Runners	40:20	40:25
39.	1343	Lambert, Kit	M	37	V40 Men	14	Penarth and Dinas Runners	40:21	40:27
40.	1249	Edwards, Andrew	M	38	V40 Men	15	Dragons Running Club - Aberdare	40:29	40:34
41.	1409	Plank, Kevin	M	39	V50 Men	6	San Domenico RC	40:38	40:40
42.	1353	Lewis, Scott	M	40	Senior Men	16	Albany Road Run Club	40:38	40:42
43.	1179	Chamberlain, Julie	F	3	V35 Women	2	Cardiff AAC	40:54	40:56
44.	1419	Prince, Steven	M	41	Senior Men	17	San Domenico RC	41:05	41:09
45.	1324	Isaacs, Daniel	M	42	U23 Men	2		41:02	41:11
46.	1365	Mark, Carter	M	43	V50 Men	7	Penarth and Dinas Runners	41:20	41:26
47.	1304	Hayman, Alex	M	44	U23 Men	3	CDF Runners	41:25	41:30
48.	1123	Bruce, James	M	45	V50 Men	8	Les Croupiers RC	41:29	41:33
49.	1298	Hambleton, Steph	F	4	Senior Women	1	Les Croupiers RC	41:31	41:41
50.	1210	Cook, Matthew	M	46	V50 Men	9		41:41	41:46
51.	1484	Williams, Delyth	F	5	V35 Women	3	San Domenico RC	41:47	41:49
52.	1382	Morgan, Niki	F	6	V55 Women	1	Chepstow Harriers	41:47	41:51
53.	1473	Webber, Gary	M	47	V50 Men	10	Rhondda valley runners	41:54	41:59
54.	1391	Nealon, Carl	M	48	Senior Men	18	Les Croupiers RC	41:59	42:03
55.	1246	Dukes, Nick	M	49	V40 Men	16	Les Croupiers RC	41:58	42:04
56.	1229	Davies, Hannah	F	7	V45 Women	2		41:58	42:06
57.	1296	Gwenter, Matthew	M	50	V40 Men	17	Penarth and Dinas Runners	42:01	42:08
58.	1275	Fowler, Cherry	F	8	V55 Women	2	Chepstow Harriers	42:10	42:13

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Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
59.	1416	Price, Kimberley	F	9	V35 Women	4	Parc Bryn Bach RC	42:33	42:36
60.	1311	Hocking, Jack	M	51	Senior Men	19	CDF Runners	42:31	42:37
61.	1421	Profit, Neil	M	52	V40 Men	18	Islwyn RC	42:36	42:39
62.	1051	Bell, Sarah	F	10	V45 Women	3	Chepstow Harriers	42:38	42:42
63.	1244	Dodd, Paul	M	53	V60 Men	3	Chepstow Harriers	42:40	42:43
64.	987	Barker, Catherine	F	11	V45 Women	4	Penarth and Dinas Runners	42:40	42:45
65.	1461	van Beijnum, Janneke	F	12	V45 Women	5	Les Croupiers RC	42:46	42:52
66.	1449	Thomas, Jeremy	M	54	V60 Men	4	Les Croupiers RC	43:21	43:25
67.	1381	Morgan, Nicholas	M	55	V40 Men	19	Penarth and Dinas Runners	43:23	43:30
68.	1330	Jennings, Ella	F	13	Senior Women	2	Les Croupiers RC	43:21	43:31
69.	1308	Hewitt, Max	M	56	Senior Men	20	Pontypridd Roadents AC	43:25	43:32
70.	1492	Williams, Richard	M	57	V40 Men	20	Rhondda Valley Runners	43:29	43:35
71.	1477	Whitehouse, Craig	M	58	V40 Men	21		43:36	43:45
72.	1468	Voyle, Dewi	M	59	Senior Men	21		43:47	43:57
73.	1355	Lloyd, John	M	60	V60 Men	5	Brackla Harriers	44:00	44:04
74.	1478	Wierowski, Stephen	M	61	V50 Men	11		44:04	44:06
75.	1225	Davies, Ceri	M	62	V40 Men	22	San Domenico RC	44:13	44:17
76.	1350	Lewis, Adrian	M	63	V50 Men	12	Brackla Harriers	44:12	44:17
77.	1392	Neville, Elizabeth	F	14	V35 Women	5	Les Croupiers RC	44:13	44:18
78.	1118	Brooks, Mark	M	64	V50 Men	13	Caerphilly Triers	44:13	44:19
79.	1233	Davies, Mike	M	65	V60 Men	6	Albany Road Run Club	44:16	44:20
80.	1314	Holderness, Steve	M	66	V50 Men	14	Rhondda Valley Runners	44:20	44:26
81.	1333	Jones, Dylan	M	67	V40 Men	23	Aberdare Valley Amateur AC	44:25	44:33
82.	1279	Freeman, Brubeck	M	68	Senior Men	22	San Domenico RC	44:38	44:41
83.	1121	Brown, David	M	69	V50 Men	15	Penarth and Dinas Runners	44:36	44:43
84.	1209	Coleman, Keith	M	70	V50 Men	16	Ogmore Phoenix Runners	44:43	44:51
85.	1377	Monks, Alan	M	71	V40 Men	24	Dragons Running Club - Aberdare	44:54	44:59
86.	1220	Cross, Marc	M	72	V40 Men	25	Griffithstown Harriers	44:59	45:07
87.	1226	Davies, Christopher	M	73	Senior Men	23	CDF Runners	45:24	45:32
88.	1361	Mackay, Tony	M	74	V60 Men	7	Pegasus RC	45:33	45:42
89.	1085	Bowes, Susan	F	15	V45 Women	6	Les Croupiers RC	45:41	45:47
90.	960	Bajjada, Julia	F	16	V55 Women	3	Chepstow Harriers	45:47	45:51
91.	1384	Morris, Jan	F	17	V55 Women	4	Chepstow Harriers	46:30	46:37
92.	1374	Michael, Kayleigh	F	18	Senior Women	3	Pontyclun road runners	46:27	46:47
93.	1438	Shewring, John	M	75	V50 Men	17	Penarth and Dinas Runners	46:50	46:56
94.	1237	Davies, Richard	M	76	V50 Men	18		46:49	46:58
95.	1457	Tucker, Philip	M	77	V60 Men	8	Brackla Harriers	46:53	47:04
96.	1307	Herbert, Mark	M	78	V40 Men	26	Les Croupiers RC	46:57	47:10
97.	1397	Owen, Stephen	M	79	V70 Men	1	Chepstow Harriers	47:03	47:12
98.	1327	Jenkins, Jac	M	80	Senior Men	24		46:56	47:13
99.	1394	Osmond, Clive	M	81	V60 Men	9	Les Croupiers RC	47:05	47:14
100.	1470	Walsh, Rachel	F	19	V45 Women	7	Les Croupiers RC	47:08	47:17
101.	1131	Burley, Gary	M	82	V60 Men	10	Chepstow Harriers	47:11	47:18
102.	956	Bachelor, Darren	M	83	V50 Men	19		47:11	47:24
103.	1074	Boardman, Niall	M	84	Senior Men	25	Islwyn RC	47:18	47:26
104.	1341	Kilby, Joanne	F	20	V45 Women	8	Parc Bryn Bach RC	47:14	47:30
105.	1234	Davies, Natalie	F	21	V35 Women	6	Rhondda Valley Runners	47:25	47:30
106.	1255	Edwards, Janet	F	22	V55 Women	5	Rhondda Valley Runners	47:30	47:36
107.	1360	Lummis, Stephen	M	85	V40 Men	27	Aberdare Valley Amateur AC	47:37	47:46
108.	1426	Richards, Ceri	M	86	V50 Men	20	Chepstow Harriers	47:42	47:56
109.	1257	Edwards, Carl	M	87	V50 Men	21	Rhondda Valley Runners	47:52	47:57
110.	1489	Williams, Neil	M	88	V40 Men	28		47:53	48:06
111.	1482	Williams, Alison	F	23	V45 Women	9		47:53	48:06
112.	1405	Phillips, Geraint	M	89	Senior Men	26		48:04	48:08
113.	1459	Twigg, Geoff	M	90	V70 Men	2	Penarth and Dinas Runners	48:09	48:18
114.	1410	Porter, Alan	M	91	V50 Men	22	Taff Ely Triathlon Club	48:14	48:27
115.	1348	Lelourec, Eleanor	F	24	Senior Women	4	Albany Road Run Club	48:21	48:32
116.	1287	Gooding, Ben	M	92	V40 Men	29	San Domenico RC	48:27	48:36

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117.	1147	Calder, Gideon	M	93	V50 Men	23	Penarth and Dinas Runners	48:31	48:39
118.	1370	Mason, Laura	F	25	V35 Women	7	Pontyclun Road Runners	48:34	48:53
119.	1056	Bissex, Emma	F	26	V45 Women	10	Pegasus RC	48:51	49:00
120.	1052	Beves, Rob	M	94	V60 Men	11	Chepstow Harriers	49:01	49:09
121.	1215	Crees, Libby	F	27	V55 Women	6	Les Croupiers RC	49:11	49:23
122.	1321	Hughes, Niall	M	95	V40 Men	30	San Domenico RC	49:16	49:24
123.	1439	Sinclair, David	M	96	V50 Men	24	Albany Road Run Club	49:18	49:30
124.	1286	George, David	M	97	V50 Men	25	Les Croupiers RC	49:18	49:30
125.	1217	Crockett, Nicola	F	28	V55 Women	7	Chepstow Harriers	49:22	49:32
126.	1248	Edwards, Amy	F	29	V35 Women	8	Rhondda Valley Runners	49:30	49:37
127.	1262	Evans, Alun	M	98	V60 Men	12	Rhondda Valley Runners	49:34	49:37
128.	1412	Powell, Sarah	F	30	V35 Women	9		49:16	49:39
129.	1488	Williams, Nathan	M	99	V40 Men	31	Aberdare Valley Amateur AC	49:31	49:40
130.	1500	Doherty, Tiarnan	M	100	Senior Men	27		49:35	49:50
131.	1160	Caple, Andrew	M	101	V50 Men	26	Albany Road Run Club	49:37	49:51
132.	1263	Evans, Barry	M	102	V50 Men	27	Chepstow Harriers	49:37	49:52
133.	1239	Davies, Sarah	F	31	V45 Women	11	Islwyn RC	49:42	49:54
134.	1469	Wall, Andrew	M	103	V50 Men	28	Chepstow Harriers	49:41	49:56
135.	1364	Manning, David	M	104	Senior Men	28	Rhondda Valley Runners	49:46	49:59
136.	1494	Williamson, Simon	M	105	V60 Men	13	Penarth and Dinas Runners	50:06	50:17
137.	1293	Groves, Jenna	F	32	Senior Women	5	Pegasus RC	50:40	50:52
138.	1476	White, Rebecca	F	33	V35 Women	10	Pontyclun Road Runners	50:35	50:54
139.	1202	Chivers, Emma	F	34	V45 Women	12	Rhondda Valley Runners	50:56	51:02
140.	1022	Bartlett, Natalie	F	35	V35 Women	11	Rhondda Valley Runners	50:53	51:07
141.	990	Barker, Steven	M	106	V50 Men	29	Penarth and Dinas Runners	50:59	51:09
142.	1228	Davies, Gareth	M	107	V50 Men	30	Penarth and Dinas Runners	51:07	51:16
143.	1434	Scholey, Julie	F	36	V65 Women	1	Les Croupiers RC	51:12	51:18
144.	1440	Skidmore, Craig	M	108	V40 Men	32	San Domenico RC	51:20	51:27
145.	1207	Cleary, Lisa	F	37	V55 Women	8	Penarth and Dinas Runners	51:19	51:31
146.	774	Annetts, Tom	M	109	V40 Men	33	Chepstow Harriers	51:33	51:46
147.	1212	Cotter, Shaun	M	110	V50 Men	31		52:00	52:11
148.	1467	Voyle, Caitlin	F	38	Senior Women	6		52:03	52:13
149.	1331	Johns, Amy	F	39	V35 Women	12	Les Croupiers RC	52:11	52:18
150.	975	Baker, Rich	M	111	V50 Men	32	Chepstow Harriers	52:17	52:32
151.	1425	Reeves, Jessica	F	40	V35 Women	13	Rhondda Valley Runners	52:45	52:59
152.	1443	Street, Dave	M	112	V60 Men	14	Albany Road Run Club	52:44	52:59
153.	1213	Cox, Christopher	M	113	V50 Men	33	Chepstow Harriers	53:04	53:11
154.	1431	Ryan, Joanne	F	41	V45 Women	13	Rhondda Valley Runners	53:08	53:22
155.	1295	Groves, Sally	F	42	V55 Women	9	Pegasus RC	53:13	53:26
156.	1280	Fry, Andrew	M	114	V50 Men	34		53:16	53:30
157.	1383	Morgan, Sian	F	43	V35 Women	14	Penarth and Dinas Runners	53:25	53:34
158.	1310	Hobbs, Chris	M	115	V50 Men	35		53:27	53:37
159.	1480	Wile, Ian	M	116	V60 Men	15	Pontypridd Roadents AC	53:22	53:40
160.	1317	Howells, Jay	M	117	Senior Men	29	Ogmore Phoenix Runners	53:43	53:55
161.	1292	Griffiths, Paul	M	118	V70 Men	3	Chepstow Harriers	53:55	54:03
162.	1395	Ostler, Sarah	F	44	V45 Women	14	Pegasus RC	53:54	54:06
163.	1444	Sugden, Ellen	F	45	V45 Women	15	Pegasus RC	54:07	54:19
164.	1277	Francis, Josie	F	46	V55 Women	10	Aberdare Valley Amateur AC	54:07	54:21
165.	1289	Griffiths, David	M	119	V50 Men	36		54:08	54:21
166.	1463	Vaughan, Alan	M	120	V40 Men	34	White Rock Runners	54:10	54:31
167.	1236	Davies, Rebecca	F	47	V35 Women	15	Rhondda Valley Runners	54:20	54:34
168.	888	Attwood, Howard	M	121	V70 Men	4	Llswerry Runners	54:29	54:35
169.	1445	Suter, Pamela	F	48	V45 Women	16	Chepstow Harriers	54:26	54:40
170.	1208	Cobbe, John	M	122	V60 Men	16	Chepstow Harriers	54:34	54:50
171.	1368	Martin, Jenny	F	49	V45 Women	17	Les Croupiers RC	54:49	55:02
172.	995	Barnett, Charles	M	123	V50 Men	37		54:52	55:12
173.	1116	Bradley, Malcolm	M	124	V70 Men	5	Penarth and Dinas Runners	55:05	55:18
174.	931	Avery, Brenda	F	50	V65 Women	2	Chepstow Harriers	55:32	55:39

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175.	1199	Chandler, John	M	125	V60 Men	17	San Domenico RC	55:30	55:42
176.	1034	Bell, Jenni	F	51	V45 Women	18	Chepstow Harriers	55:33	55:47
177.	1265	Evans, Denise	F	52	V55 Women	11	Chepstow Harriers	55:29	55:48
178.	1406	Phillips, Huw	M	126	V50 Men	38	Albany Road Run Club	55:43	55:57
179.	1273	Finch, Shari	F	53	V45 Women	19	Chepstow Harriers	55:47	56:00
180.	1224	Davey, Kate	F	54	V35 Women	16	Rhondda Valley Runners	55:55	56:09
181.	1411	Powell, Jonathan	M	127	V50 Men	39		55:55	56:19
182.	1403	Petersen, Kathryn	F	55	V55 Women	12	Penarth and Dinas Runners	56:10	56:25
183.	1302	Harrison, Mark	M	128	V60 Men	18		56:10	56:27
184.	1240	Davies, Huw	M	129	V50 Men	40	Dragons Running Club - Aberdare	56:10	56:29
185.	1483	Williams, Carrie	F	56	V45 Women	20	Chepstow Harriers	56:19	56:38
186.	1214	Cox, Rob	M	130	V60 Men	19	Pegasus RC	56:29	56:47
187.	1485	Williams, Kathryn	F	57	V35 Women	17	Aberdare Valley Amateur AC	56:58	57:11
188.	1313	Hoey, Michelle	F	58	V45 Women	21	Penarth and Dinas Runners	57:26	57:37
189.	1309	Hill, Steve	M	131	V60 Men	20	Penarth and Dinas Runners	57:27	57:38
190.	1415	Preddy, Steven	M	132	V50 Men	41		57:55	58:10
191.	1138	Calder, Arabella	F	59	V45 Women	22	Penarth and Dinas Runners	58:35	58:49
192.	1270	Feighoney, Lowri	F	60	V35 Women	18	Pegasus RC	58:43	59:02
193.	1303	Hayes, Arthur	M	133	V70 Men	6	San Domenico RC	58:55	59:02
194.	1033	Beech, Mary	F	61	V55 Women	13	Brackla Harriers	58:48	59:04
195.	1243	Dobbs, Alan	M	134	V40 Men	35	Chepstow Harriers	58:58	59:19
196.	1272	Fielding, Sian	F	62	V55 Women	14	Spirit of Monmouth	59:05	59:31
197.	1261	Emily, Pipkin	F	63	Senior Women	7	Llantwit Fardre Ladies	59:22	59:45
198.	1221	Cumming, Debbie	F	64	V55 Women	15	Albany Road Run Club	59:34	59:50
199.	1169	Carlton, Marcus	M	135	V70 Men	7	Chepstow Harriers	59:34	59:51
200.	687	Allen, Phil	M	136	V60 Men	21	Pegasus RC	59:41	59:59
201.	1250	Edwards, Corinne	F	65	Senior Women	8		59:53	1:00:02
202.	1452	Thomas, Rhys	M	137	V50 Men	42	Pegasus RC	59:46	1:00:03
203.	1253	Edwards, Glenda	F	66	V55 Women	16	Les Croupiers RC	59:50	1:00:09
204.	967	Bajwa, Gurbax	F	67	V45 Women	23	Chepstow Harriers	59:56	1:00:13
205.	1232	Davies, Lis	F	68	V45 Women	24		59:56	1:00:17
206.	1402	Pearce, Lucia	F	69	Senior Women	9	Albany Road Run Club	1:00:03	1:00:20
207.	1338	Joslin, Robert	M	138	V50 Men	43	Rhondda Valley Runners	1:00:12	1:00:24
208.	1218	Crofts, Kelly	F	70	V35 Women	19	Les Croupiers RC	1:00:23	1:00:41
209.	692	Andrews, Dave	M	139	V70 Men	8	Chepstow Harriers	1:00:23	1:00:42
210.	1305	Heasley, Brigitte	F	71	V65 Women	3		1:00:28	1:00:44
211.	1487	Williams, Louise	F	72	V45 Women	25	Chepstow Harriers	1:00:43	1:01:02
212.	1235	Davies, Nicola	F	73	V45 Women	26	Albany Road Run Club	1:01:21	1:01:39
213.	1288	Green, Debbie	F	74	V55 Women	17	Chepstow Harriers	1:01:38	1:01:57
214.	1472	Webb, Jacqueline	F	75	V55 Women	18	Chepstow Harriers	1:01:47	1:02:05
215.	1499	Turner, Jamie	M	140	Senior Men	30		1:01:45	1:02:10
216.	1389	Murray- Lines, Delyth	F	76	V45 Women	27	Albany Road Run Club	1:01:56	1:02:12
217.	1101	Bown, Russell	M	141	V60 Men	22		1:02:04	1:02:20
218.	1430	Rushforth, Sian	F	77	Senior Women	10		1:02:21	1:02:36
219.	1010	Barrington, Mandy	F	78	V55 Women	19	Penarth and Dinas Runners	1:02:37	1:02:50
220.	1266	Evans, Marie	F	79	V45 Women	28	Pegasus RC	1:03:24	1:03:45
221.	1435	Seaborne, Stewart	M	142	Senior Men	31	Fairwater Runners	1:03:39	1:03:50
222.	1223	Dacruz, Lynda	F	80	V35 Women	20	Pegasus RC	1:03:31	1:03:51
223.	1497	Zobole, Sarah	F	81	V35 Women	21	Blister Sisters	1:03:27	1:03:52
224.	1498	Powell, Leigh	M	143	Senior Men	32		1:03:28	1:03:53
225.	1378	Monks, Lisa	F	82	V35 Women	22	Dragons Running Club - Aberdare	1:03:34	1:03:54
226.	1216	Crispie, Gerard	M	144	V60 Men	23	Les Croupiers RC	1:03:48	1:04:04
227.	1247	Dunscombe, Sarah	F	83	V45 Women	29	Porthcawl Runners	1:03:50	1:04:11
228.	1219	Crooks, Colin	M	145	V60 Men	24	Pegasus RC	1:03:51	1:04:13
229.	1490	Williams, Rachael	F	84	V55 Women	20	Llantwit Fardre Ladies	1:03:52	1:04:14
230.	790	Anthony, Adam	M	146	V40 Men	36	Roberttown Road Runners	1:03:45	1:04:18
231.	1238	Davies, Ruth	F	85	V55 Women	21		1:04:14	1:04:30
232.	934	Axe, Helen	F	86	V45 Women	30	Chepstow Harriers	1:04:13	1:04:32

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Overall Results Treforest 10k 2025

Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
233.	1222	Cunnane, John	M	147	V70 Men	9	Pontyclun Road Runners	1:04:42	1:04:55
234.	1315	Hopkins, Cerys	F	87	Senior Women	11		1:05:22	1:05:46
235.	1450	Thomas, Michelle	F	88	V45 Women	31	Pegasus RC	1:05:39	1:05:59
236.	1294	Groves, Phil	M	148	V60 Men	25	Pegasus RC	1:05:38	1:05:59
237.	1203	Clancy, Helen	F	89	V55 Women	22	Chepstow Harriers	1:06:02	1:06:19
238.	1028	Bayliss, Jane	F	90	V65 Women	4	Chepstow Harriers	1:06:29	1:06:36
239.	1399	Palterman, Hana	F	91	Senior Women	12	Blister Sisters	1:06:14	1:06:37
240.	1268	Evans, Rhiannon	F	92	V35 Women	23	Pegasus RC	1:06:30	1:06:48
241.	1329	Jenner, Anne	F	93	V55 Women	23	Chepstow Harriers	1:06:28	1:06:49
242.	1200	Chicken, Leah	F	94	Senior Women	13		1:06:45	1:07:11
243.	1475	Wheeler, Richard	M	149	V50 Men	44		1:06:46	1:07:12
244.	856	Ashley, Georgina	F	95	Senior Women	14	Chepstow Harriers	1:07:22	1:07:47
245.	1455	Trivett, Karen	F	96	V45 Women	32		1:07:32	1:07:55
246.	1328	Jenkins, Eden	F	97	Senior Women	15	Blister Sisters	1:07:40	1:08:04
247.	1290	Griffiths, Elizabeth	F	98	V55 Women	24		1:07:45	1:08:08
248.	1281	Fudge, Sian	F	99	V35 Women	24		1:07:45	1:08:09
249.	1227	Davies, Diane	F	100	V55 Women	25	Dragons Running Club - Aberdare	1:08:59	1:09:20
250.	1359	Luker-davies, Suzanne	F	101	V45 Women	33	Dragons Running Club - Aberdare	1:09:00	1:09:20
251.	1285	George, Claire	F	102	V45 Women	34	Les Croupiers RC	1:09:37	1:09:59
252.	1460	Unsted, Sonia	F	103	V55 Women	26	Chepstow Harriers	1:09:45	1:10:03
253.	1442	Smith, Zoe	F	104	Senior Women	16	Blister Sisters	1:09:43	1:10:08
254.	1369	Martin, Karl	M	150	V50 Men	45	Roberttown Road Runners	1:10:12	1:10:23
255.	1454	Tritschler, Neil	M	151	V50 Men	46		1:10:17	1:10:37
256.	1356	Lloyd, Tina	F	105	V55 Women	27	Brackla Harriers	1:10:24	1:10:40
257.	1342	Kittridge, Julia	F	106	V45 Women	35		1:10:50	1:11:14
258.	1429	Rowlands, Rachel	F	107	V45 Women	36		1:10:50	1:11:14
259.	1446	Tannian, Corinna	F	108	V45 Women	37	Chepstow Harriers	1:11:24	1:11:40
260.	1269	Evans, Yanto	M	152	V40 Men	37		1:11:20	1:11:44
261.	1278	Franklin, Deb	F	109	V55 Women	28	Chepstow Harriers	1:11:37	1:11:54
262.	1256	Edwards, Natalie	F	110	V35 Women	25	Dragons Running Club - Aberdare	1:11:59	1:12:19
263.	1059	Blake, Stephen	M	153	V50 Men	47	Roberttown Road Runners	1:12:27	1:12:49
264.	1345	Lawrence, Amy	F	111	Senior Women	17		1:12:48	1:13:11
265.	1177	Caveney, Sandra	F	112	V55 Women	29	Les Croupiers RC	1:13:12	1:13:34
266.	1306	Heath, Peter	M	154	V40 Men	38	Les Croupiers RC	1:13:25	1:13:44
267.	1495	Withey, Morgan	F	113	Senior Women	18		1:13:22	1:13:49
268.	1417	Price, Laura	F	114	V35 Women	26	Blister Sisters	1:13:23	1:13:49
269.	1332	Johnson, Clare	F	115	V65 Women	5	Les Croupiers RC	1:14:03	1:14:24
270.	1245	Downham, Liz	F	116	V55 Women	30	Chepstow Harriers	1:17:15	1:17:33
271.	1291	Griffiths, Margaret	F	117	V65 Women	6	Chepstow Harriers	1:20:53	1:21:15
272.	1205	Clark, Shauna	F	118	Senior Women	19	Blister Sisters	1:21:36	1:22:02
273.	1493	Williams, Sophie	F	119	Senior Women	20	Blister Sisters	1:21:37	1:22:02
274.	1206	Clarke, Chloe	F	120	Senior Women	21	Roberttown Road Runners	1:22:17	1:22:43
275.	1471	Walters, Ruth	F	121	V55 Women	31	Dragons Running Club - Aberdare	1:23:59	1:24:21
276.	1413	Power, Seana	F	122	Senior Women	22		1:23:59	1:24:21
277.	1027	Bayliss, Geoffrey	M	155	V70 Men	10	Chepstow Harriers	1:30:25	1:30:48
278.	1357	Lloyd Jones, Helen	F	123	V65 Women	7	Pegasus RC	1:45:46	1:45:46

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