

# Treforest 10k 2026

## Overall Results

Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
1.	1784	Williams, Dane	M	1	Senior Men	1	Parc Bryn Bach RC	34:13	34:13
2.	1548	Gardiner, Andy	M	2	Senior Men	2	San Domenico RC	34:20	34:20
3.	1769	Wade, Thomas	M	3	Senior Men	3	Parc Bryn Bach RC	34:54	34:54
4.	1424	Craig, David	M	4	V40 Men	1	Les Croupiers	35:49	35:49
5.	900	Aherne, Lee	M	5	V50 Men	1	Parc Bryn Bach RC	36:03	36:04
6.	1591	Jacklin, Matthew	M	6	V50 Men	2	Aberdare Valley AAC	36:15	36:15
7.	1762	Turner, Matthew	M	7	V40 Men	2	San Domenico RC	36:39	36:41
8.	1561	Griffiths, Rory	M	8	U23 Men	1	Bridgend Athletics	37:05	37:06
9.	1691	Oram, Ashley	M	9	Senior Men	4	Aberdare Valley AAC	37:26	37:27
10.	1679	Morton, Paul	M	10	V40 Men	3	Penarth & Dinas Runners	37:31	37:33
11.	1347	Burridge, John	M	11	V40 Men	4	Ogmore Phoenix Runners	37:41	37:42
12.	1585	Humphreys, Wayne	M	12	V50 Men	3	Les Croupiers	37:51	37:54
13.	1613	Jones, Matthew	M	13	Senior Men	5	Les Croupiers	37:58	38:02
14.	1643	Lloyd, Leam	M	14	Senior Men	6		38:05	38:05
15.	1720	Richards, Callum	M	15	Senior Men	7		38:17	38:19
16.	1271	Blair, Andrew	M	16	V60 Men	1	Les Croupiers	38:19	38:21
17.	1758	Thomas, Gryff	M	17	U23 Men	2	Aberdare Valley AAC	38:28	38:29
18.	1547	Gabriele, Gino	M	18	V40 Men	5		38:32	38:34
19.	1507	Davies, Matthew	M	19	V40 Men	6	Aberdare Valley AAC	38:48	38:49
20.	1346	Bunce, Ryan	M	20	Senior Men	8	Bridgend Athletics	38:57	38:58
21.	1750	Taylor-Price, Evan	M	21	U23 Men	3	Ystrad Mynach RC	39:07	39:07
22.	1388	Chinnock, Emyr	M	22	Senior Men	9	Roberttown Road Runners	39:26	39:28
23.	1674	Morgan, Michael	M	23	V40 Men	7		39:20	39:28
24.	626	Adams, John	M	24	V50 Men	4	Rhondda Valley Runners	39:26	39:29
25.	1513	Davies, Shawn	M	25	V40 Men	8	Rhondda Valley Runners	39:29	39:32
26.	1677	Morris, Daniel	M	26	Senior Men	10	Rhondda Valley Runners	39:33	39:35
27.	1660	Medcalf, Chris	M	27	V50 Men	5	San Domenico RC	39:44	39:47
28.	1672	Morgan, Emyr	M	28	V50 Men	6	Les Croupiers	39:55	39:56
29.	1580	Hodge, Phil	M	29	V60 Men	2	Les Croupiers	39:57	40:01
30.	1524	Eason, Joe	M	30	Senior Men	11		40:01	40:04
31.	1632	Lewis, Geraint	M	31	V40 Men	9		40:04	40:08
32.	1631	Lewis, Gareth	M	32	V40 Men	10	CDF Runners	40:17	40:20
33.	1549	Gardiner, Matt	M	33	V40 Men	11	Les Croupiers	40:26	40:29
34.	1755	Thomas, Philip	M	34	V40 Men	12		40:31	40:36
35.	1795	Williams-Evans, Dylan	M	35	V50 Men	7		40:38	40:39
36.	1514	Davis, Andrew	M	36	Senior Men	12		40:51	40:53
37.	1753	Thomas, Mark	M	37	V50 Men	8	Aberdare Valley AAC	40:55	40:57
38.	1474	Darcy, Rhydian	M	38	V40 Men	13	CDF Runners	40:56	41:00
39.	1704	Plank, Kevin	M	39	V50 Men	9	San Domenico RC	41:06	41:09
40.	1751	Thomas, Gethin	M	40	Senior Men	13	Islwyn RC	41:08	41:13
41.	1618	Jukes, Nicola	F	1	V55 Women	1	Parc Bryn Bach RC	41:12	41:16
42.	1519	Duggan, Steven	M	41	V40 Men	14	Parc Bryn Bach RC	41:22	41:24
43.	1634	Lewis, Jason	M	42	V40 Men	15	Parc Bryn Bach RC	41:28	41:32
44.	1714	Pullen, Marc	M	43	V50 Men	10	Parc Bryn Bach RC	41:39	41:43
45.	1593	James, Matthew	M	44	Senior Men	14	San Domenico RC	41:41	41:43
46.	1532	Edwards, Reuben	M	45	Senior Men	15	Rhondda Valley Runners	41:44	41:46
47.	1571	Tyler, Ryan	M	46	V40 Men	16		41:43	41:48
48.	1554	Greaves, Scott	M	47	Senior Men	16	Parc Bryn Bach RC	41:47	41:52
49.	1349	Burridge, Kieron	M	48	Senior Men	17	Ogmore Phoenix Runners	41:59	42:01
50.	1563	Harris, Dale	M	49	Senior Men	18	Parc Bryn Bach RC	41:59	42:04
51.	1616	Jordan, Adam	M	50	Senior Men	19		42:02	42:05
52.	1779	Whitehouse, Craig	M	51	V40 Men	17		42:02	42:07
53.	1690	Olsen, Mark	M	52	V40 Men	18		41:58	42:07
54.	1326	Bruce, James	M	53	V50 Men	11	Les Croupiers	42:07	42:11
55.	1709	Price, Kimberley	F	2	V35 Women	1	Parc Bryn Bach RC	42:10	42:13
56.	1797	Wood, Alun	M	54	V40 Men	19	Parc Bryn Bach RC	42:12	42:15
57.	1669	Mordey, Joseph	M	55	Senior Men	20	Les Croupiers	42:13	42:17
58.	1785	Williams, Delyth	F	3	V35 Women	2	San Domenico RC	42:27	42:29

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59.	1520	Dukes, Nicholas	M	56	V50 Men	12	Les Croupiers	42:28	42:33
60.	1588	Hurley, Nicholas	M	57	Senior Men	21	Islwyn RC	42:35	42:42
61.	1551	George, Ioan	M	58	U23 Men	4	Aberdare Valley AAC	42:41	42:45
62.	1765	van Beijnum, Janneke	F	4	V45 Women	1	Les Croupiers	42:46	42:50
63.	1545	Fry, Tim	M	59	V40 Men	20	Lliswerry Runners	42:49	42:54
64.	1598	Jennings, Ella	F	5	Senior Women	1	Les Croupiers	42:50	42:56
65.	1693	Overton, Olivia	F	6	Senior Women	2	Les Croupiers	43:09	43:16
66.	1336	Bull, Michael	M	60	Senior Men	22	Les Croupiers	43:09	43:17
67.	1340	Bulpin, Susannah	F	7	V45 Women	2	San Domenico RC	43:21	43:26
68.	1354	Calvert, David	M	61	V40 Men	21	Rhondda Valley Runners	43:26	43:29
69.	1680	Mulford, Ffion	F	8	U23 Women	1	Rhondda AC	43:35	43:36
70.	1523	Eames, Bryony	F	9	Senior Women	3	Les Croupiers	43:29	43:36
71.	1509	Davies, Peter	M	62	V40 Men	22	Sarn Helen	43:34	43:43
72.	1211	Barham, Andy	M	63	V50 Men	13	Caerphilly Runners	43:41	43:45
73.	1337	Bullen, Richard	M	64	V60 Men	3	Les Croupiers	43:43	43:49
74.	1602	Jones, Abigail	F	10	Senior Women	4	Penarth & Dinas Runners	43:49	43:55
75.	1715	Rabab, Samir	M	65	V50 Men	14	Swansea Harriers	43:54	44:04
76.	1700	Pearce, Matthew	M	66	V40 Men	23		44:02	44:15
77.	1793	Williams, Richard	M	67	V40 Men	24	Rhondda Valley Runners	44:15	44:23
78.	1297	Boulter, Adam	M	68	Senior Men	23		43:58	44:25
79.	1711	Probert, Rory	M	69	Senior Men	24		44:27	44:32
80.	1538	Ferguson, Aimee	F	11	V35 Women	3	Builth & District RC	44:30	44:34
81.	1791	Williams, Mark	M	70	V60 Men	4	Aberdare Valley AAC	44:37	44:42
82.	1560	Griffiths, Mark	M	71	V50 Men	15	Rhondda Valley Runners	44:39	44:47
83.	1626	Lammin, Rachel	F	12	Senior Women	5	Les Croupiers	44:57	45:04
84.	1582	Huggett, James	M	72	V40 Men	25		45:01	45:17
85.	1300	Boxhall-James, Victoria	F	13	V35 Women	4	Parc Bryn Bach RC	45:22	45:30
86.	1606	Jones, Gareth	M	73	V50 Men	16	Ogmore Phoenix Runners	45:40	45:44
87.	1675	Morgan, Rhys	M	74	Senior Men	25		45:40	45:45
88.	1552	Gooding, Ben	M	75	V40 Men	26	San Domenico RC	46:05	46:11
89.	1531	Edwards, Hywel	M	76	V50 Men	17	San Domenico RC	46:06	46:12
90.	1566	Harris, William	M	77	U23 Men	5		46:16	46:21
91.	1647	Loughlin, Kieran	M	78	V40 Men	27	Ystrad Mynach RC	46:23	46:29
92.	1375	Casado, David	M	79	V40 Men	28	Pegasus RC	46:36	46:46
93.	1599	Jeremiah, Sarah	F	14	V45 Women	3	Parc Bryn Bach RC	46:44	46:52
94.	1781	Wierowski, Stephen	M	80	V60 Men	5		46:51	46:53
95.	1447	Cunningham, Neil	M	81	V40 Men	29		47:08	47:12
96.	1201	Baker, Cory	M	82	Senior Men	26	Pontyclun Road Runners	47:12	47:21
97.	1766	Vaughan, Richard	M	83	V50 Men	18		47:20	47:34
98.	1771	Walsh, Andrew	M	84	Senior Men	27		47:28	47:42
99.	1692	Osmond, Clive	M	85	V60 Men	6	Les Croupiers	47:39	47:47
100.	1623	Kent, Howard	M	86	V70 Men	1	Les Croupiers	47:57	47:59
101.	1319	Brown, Matthew	M	87	Senior Men	28	CDF Runners	47:58	48:12
102.	1764	Twigg, Geoff	M	88	V70 Men	2	Penarth & Dinas Runners	48:10	48:17
103.	1717	Rees, Carol	F	15	V55 Women	2	Les Croupiers	48:12	48:24
104.	1770	Walker, Sam	M	89	Senior Men	29		48:18	48:31
105.	1723	Roberts, Billy	M	90	Senior Men	30		48:12	48:33
106.	1525	Edwards, Amy	F	16	V35 Women	5	Rhondda Valley Runners	48:27	48:34
107.	1575	Herbert, Mark	M	91	V40 Men	30	Les Croupiers	48:27	48:34
108.	1721	Ricketts, Colin	M	92	V50 Men	19		48:23	48:36
109.	1542	Fraser, Jamie	M	93	V40 Men	31	Lliswerry Runners	48:29	48:38
110.	1259	Beaney, Rachel	F	17	Senior Women	6	Pegasus RC	48:33	48:43
111.	1362	Caple, Andrew	M	94	V60 Men	7	Albany Road Run Club	48:41	48:53
112.	1603	Jones, Andrew	M	95	V50 Men	20		48:57	49:01
113.	1790	Williams, Lauren	F	18	V35 Women	6	Caerleon RC	48:54	49:02
114.	1462	Dalton, Rhodri	M	96	Senior Men	31		48:51	49:04
115.	1628	Langford, Matthew	M	97	Senior Men	32	Rhondda Valley Runners	49:09	49:15
116.	1757	Thomas, Wyn	M	98	V50 Men	21		49:04	49:16

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117.	1267	Bissex, Em	F	19	V45 Women	4	San Domenico RC	49:11	49:17
118.	1686	Nicholls, Alison	F	20	V55 Women	3	Brecon AC	49:19	49:28
119.	1339	Bullen, Yvonne	F	21	V55 Women	4	Les Croupiers	49:48	50:00
120.	1600	Johns, Amy	F	22	V35 Women	7	Les Croupiers	50:05	50:07
121.	1376	Caveney, Terry	M	99	V60 Men	8	Les Croupiers	50:02	50:08
122.	1173	Bagguley, Heidi	F	23	V35 Women	8		50:27	50:33
123.	1648	Mahoney, Phillip	M	100	V40 Men	32		50:17	50:38
124.	1534	Evans, Gail	F	24	V35 Women	9	Dragons RC	50:31	50:43
125.	1612	Jones, Mark	M	101	V60 Men	9	Dragons RC	50:31	50:43
126.	1516	Denton, Clive	M	102	V50 Men	22	Rhondda Valley Runners	50:39	50:47
127.	1422	Cotter, Shaun	M	103	V60 Men	10		50:49	50:59
128.	1627	Langford, Katie	F	25	Senior Women	7	Rhondda Valley Runners	51:13	51:22
129.	1642	Llewellyn, Lee	M	104	V40 Men	33	Neath Harriers	51:02	51:25
130.	1682	Murphy, Tim	M	105	V50 Men	23		51:18	51:36
131.	1569	Harrison, Peter	M	106	V60 Men	11		51:15	51:43
132.	1544	Fry, Tammy	F	26	V35 Women	10	Caerleon RC	51:42	51:48
133.	1664	Miles, Rebekah	F	27	V45 Women	5	Les Croupiers	51:39	51:51
134.	1633	Lewis, Jane	F	28	V55 Women	5	Lliswerry Runners	51:45	51:56
135.	1747	Tabor, Michael	M	107	V70 Men	3	Les Croupiers	51:53	51:58
136.	1553	Grant, Christopher	M	108	V60 Men	12	Caerphilly Runners	52:05	52:11
137.	1654	Mason, Alan	M	109	V60 Men	13	Les Croupiers	52:08	52:18
138.	1638	Lewis, Rachel	F	29	V45 Women	6	Parc Bryn Bach RC	52:10	52:21
139.	1630	Lewis, Anthony	M	110	V50 Men	24	Parc Bryn Bach RC	52:10	52:21
140.	1533	Ellis, Robert	M	111	V50 Men	25		52:22	52:24
141.	1665	Mock, Barri	M	112	V50 Men	26		52:10	52:28
142.	1705	Pollock, Chris	M	113	V60 Men	14	Penarth & Dinas Runners	52:22	52:31
143.	1773	Ward, Craig	M	114	V40 Men	34	Islwyn RC	52:41	52:56
144.	1620	Kallas, Joe	M	115	Senior Men	33		52:42	52:57
145.	1579	Hodge, Neil	M	116	V60 Men	15	Les Croupiers	53:23	53:29
146.	1558	Griffiths, David	M	117	V50 Men	27		53:26	53:40
147.	1778	White, Rebecca	F	30	V35 Women	11	Pontyclun Road Runners	53:30	53:40
148.	1673	Morgan, Lucy	F	31	V45 Women	7		53:35	53:42
149.	1518	Drysdale, Fiona	F	32	V55 Women	6	Ogmore Phoenix Runners	53:26	53:43
150.	1712	Prothero, Emma	F	33	V35 Women	12		53:40	53:46
151.	1777	Webber, Carl	M	118	V60 Men	16		54:10	54:27
152.	1728	Roberts, Sean	M	119	V50 Men	28		54:16	54:39
153.	1732	Sandbrook, Rhydian	M	120	V40 Men	35	Pegasus RC	54:26	54:41
154.	1387	Chandler, John	M	121	V60 Men	17	San Domenico RC	54:25	54:43
155.	1782	Wiggin, Amy	F	34	V35 Women	13		54:45	54:48
156.	1587	Huntley, Rhianne	F	35	U23 Women	2		54:45	54:58
157.	1570	Harvey, Jacob	M	122	V50 Men	29		54:54	55:04
158.	1716	Rawle, Ethan	M	123	U23 Men	6	Aberdare Valley AAC	55:19	55:24
159.	1735	Sharpe, Rhys	M	124	Senior Men	34		55:04	55:26
160.	1407	Colbourne, Mandy	F	36	V65 Women	1	TROTS	55:25	55:34
161.	1510	Davies, Rebecca	F	37	V35 Women	14	Rhondda Valley Runners	55:31	55:40
162.	1420	Coombs, Richard	M	125	V50 Men	30		55:31	55:47
163.	1567	Harrison, Emma	F	38	V45 Women	8	Crickhowell RC	55:29	55:50
164.	1159	Attwood, Howard	M	126	V70 Men	4	Lliswerry Runners	55:46	55:55
165.	1607	Jones, Gavin	M	127	V40 Men	36		55:39	55:59
166.	1453	Dally, John	M	128	V50 Men	31	Lliswerry Runners	56:02	56:11
167.	1578	Hinton, Tracey	F	39	V55 Women	7		56:02	56:11
168.	1539	Francis, Josie	F	40	V55 Women	8	Aberdare Valley AAC	56:10	56:23
169.	1713	Provis, Kim	M	129	V60 Men	18		56:24	56:40
170.	1645	Lloyd-Davies, Aleisha	F	41	Senior Women	8		56:33	56:42
171.	1536	Evans, Keiron	M	130	Senior Men	35		56:34	56:42
172.	1703	Petersen, Kathryn	F	42	V55 Women	9	Penarth & Dinas Runners	56:46	56:55
173.	1800	Lewis, Carl	M	131	V40 Men	37		56:47	56:58
174.	1787	Williams, John	M	132	V50 Men	32		56:37	56:59

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175.	1696	Parry, Sarah	F	43	V55 Women	10		56:50	57:01
176.	1754	Thomas, Myfanwy	F	44	V45 Women	9	Clwb Run Wales	57:14	57:25
177.	1640	Light, Marie	F	45	V35 Women	15		57:23	57:30
178.	1568	Harrison, Mark	M	133	V60 Men	19	Rhondda Valley Runners	57:36	57:47
179.	1695	Parker, Brian	M	134	V50 Men	33	Roberttown Road Runners	57:38	57:51
180.	1706	Powell, Jonathan	M	135	V50 Men	34		57:47	58:07
181.	1619	Kallas, Abbie	F	46	V35 Women	16		58:11	58:25
182.	1741	Stephens, Jayne	F	47	V45 Women	10	Caerphilly Runners	58:30	58:37
183.	1543	Fry, Nick	M	136	V40 Men	38	Caerleon RC	58:25	58:38
184.	1541	Fraser, Dirkje	F	48	V45 Women	11	Lliswerry Runners	58:28	58:41
185.	1636	Lewis, Robert	M	137	V60 Men	20	Lliswerry Runners	58:30	58:42
186.	1789	Williams, Kathryn	F	49	V35 Women	17	Clwb Run Wales	58:46	58:57
187.	1530	Edwards, Hannah	F	50	V35 Women	18		58:59	59:03
188.	1729	Robins, Caitlin	F	51	Senior Women	9	Roberttown Road Runners	59:03	59:11
189.	1264	Bellamy, Darren	M	138	V50 Men	35		59:18	59:33
190.	1555	Greenman, Ian	M	139	V60 Men	21		59:18	59:34
191.	1526	Edwards, Catherine	F	52	V45 Women	12	Ystrad Mynach RC	59:30	59:43
192.	1372	Carter, Brandon	M	140	U23 Men	7		59:37	59:57
193.	1316	Brandon, Paul	M	141	Senior Men	36		59:38	59:57
194.	1614	Jones, Sophie	F	53	Senior Women	10		59:53	1:00:06
195.	1668	Montoto, Anne-Marie	F	54	V55 Women	11	Merthyr RC	59:48	1:00:08
196.	1734	Scholey, Julie	F	55	V65 Women	2	Les Croupiers	59:56	1:00:09
197.	1428	Crispie, Gerard	M	142	V60 Men	22	Les Croupiers	59:59	1:00:13
198.	1491	David, Erin	F	56	U23 Women	3		1:00:18	1:00:22
199.	1465	Dance, Steve	M	143	V50 Men	36	Caerleon RC	1:00:15	1:00:27
200.	1529	Edwards, Glenda	F	57	V55 Women	12	Les Croupiers	1:00:16	1:00:29
201.	1573	Hazell, Dani	F	58	V35 Women	19		1:00:21	1:00:30
202.	1799	Yurechuk, Samantha	F	59	Senior Women	11		1:00:12	1:00:32
203.	953	Anderson, Alicia	F	60	U23 Women	4		1:00:20	1:00:38
204.	1710	Price-Morris, Angharad	F	61	Senior Women	12	Les Croupiers	1:00:30	1:00:46
205.	1708	Price, Angharad	F	62	V45 Women	13	Les Croupiers	1:00:46	1:00:59
206.	1718	Rees, David	M	144	V60 Men	23		1:00:57	1:01:13
207.	1604	Jones, Cerys	F	63	Senior Women	13		1:01:16	1:01:24
208.	1231	Barrell, Matthew	M	145	V50 Men	37		1:00:59	1:01:25
209.	1658	Mcgregor, Matthew	M	146	V50 Men	38		1:01:32	1:01:48
210.	1629	Lee, Jessica	F	64	V45 Women	14	Caldicot Running Club	1:01:42	1:02:01
211.	1254	Beale, Charlotte	F	65	V35 Women	20		1:01:42	1:02:01
212.	1522	Eagle, Fiona	F	66	V45 Women	15	Tri Hard Harriers	1:01:53	1:02:12
213.	1663	Michael, Rhys	M	147	V40 Men	39		1:01:48	1:02:12
214.	1427	Crawshaw, James	M	148	Senior Men	37		1:01:51	1:02:13
215.	1537	Feighoney, Lowri	F	67	V35 Women	21	Pegasus RC	1:02:04	1:02:25
216.	1780	Whitelam, Emma	F	68	V45 Women	16		1:02:12	1:02:30
217.	1746	Swain, Paul	M	149	V40 Men	40	Dragons RC	1:02:27	1:02:38
218.	675	Addis, Emma	F	69	V45 Women	17		1:02:28	1:02:43
219.	1768	Voyle, Jane	F	70	V55 Women	13	Roberttown Road Runners	1:02:52	1:03:02
220.	1584	Hughes, Sarah-Jane	F	71	V45 Women	18	Brecon AC	1:03:10	1:03:19
221.	1590	Hussien, Kirsty	F	72	Senior Women	14		1:03:19	1:03:37
222.	1740	Stephens, Rachael	F	73	V35 Women	22	Caerleon RC	1:03:39	1:03:53
223.	1564	Harris, Erin	F	74	U23 Women	5		1:03:54	1:04:00
224.	1432	Crooks, Colin	M	150	V70 Men	5	Pegasus RC	1:03:51	1:04:08
225.	1687	Nuttall, Louise	F	75	V55 Women	14	Pontyclun Road Runners	1:04:03	1:04:19
226.	1408	Collins, Dennis	M	151	V60 Men	24	Rhondda Valley Runners	1:04:12	1:04:25
227.	1400	Clayton, Lisa	F	76	V45 Women	19		1:04:08	1:04:30
228.	1676	Morgan, Suzanne	F	77	V55 Women	15		1:04:16	1:04:35
229.	1344	Bumford, Ted	M	152	V60 Men	25		1:04:21	1:04:38
230.	1572	Hayes, Arthur	M	153	V70 Men	6	San Domenico RC	1:04:43	1:05:02
231.	1506	Davies, Lis	F	78	V45 Women	20		1:04:49	1:05:04
232.	1739	Soffe, Anthony	M	154	Senior Men	38		1:04:46	1:05:07

## Treforest 10k 2026

### Overall Results

Pl.	Bib	Name	Gender	Gen.Rank	Age Cat. (AC)	AC.Rank	Club	ChipTime	GunTime
233.	1730	Rowe, Tracy	F	79	V55 Women	16	Pontyclun Road Runners	1:04:56	1:05:12
234.	1641	Lippiatt, Katie	F	80	Senior Women	15	Islwyn RC	1:05:03	1:05:17
235.	1724	Roberts, David	M	155	V50 Men	39		1:05:35	1:05:51
236.	1617	Joslin, Robert	M	156	V50 Men	40	Rhondda Valley Runners	1:05:42	1:05:54
237.	1608	Jones, Jake	M	157	Senior Men	39	Islwyn RC	1:05:44	1:05:57
238.	1659	McGuire, Paul	M	158	V40 Men	41		1:05:40	1:05:59
239.	1577	Hinchcliffe, Andrew	M	159	V40 Men	42		1:06:06	1:06:28
240.	1550	Geen, Kelly	F	81	V35 Women	23		1:06:06	1:06:28
241.	1786	Williams, James	M	160	V40 Men	43	Run4All Neath	1:06:32	1:06:46
242.	1597	Jenkkns, Sian	F	82	V55 Women	17	Ogmore Phoenix Runners	1:06:41	1:06:59
243.	1646	Loughlin, Hannah	F	83	V35 Women	24	Ystrad Mynach RC	1:06:49	1:07:04
244.	1635	Lewis, Nerys	F	84	Senior Women	16		1:06:52	1:07:10
245.	1284	Blake, Stephen	M	161	V50 Men	41	Roberttown Road Runners	1:07:24	1:07:32
246.	1437	Cummings, Angharad	F	85	V45 Women	21		1:07:21	1:07:41
247.	1656	Mathias, Jane	F	86	V55 Women	18		1:07:40	1:07:55
248.	1725	Roberts, Emily	F	87	U23 Women	6		1:07:54	1:08:12
249.	1456	Dally, Tracy	F	88	V55 Women	19	Lliswerry Runners	1:08:01	1:08:12
250.	1743	Strachan, Suzanne	F	89	V45 Women	22		1:08:10	1:08:28
251.	1335	Buchanan, Rebecca	F	90	V35 Women	25	Caerleon RC	1:08:23	1:08:37
252.	1666	Monks, Alan	M	162	V40 Men	44	Dragons RC	1:09:05	1:09:16
253.	1667	Monks, Lisa	F	91	V35 Women	26	Dragons RC	1:09:05	1:09:17
254.	1501	Davies, Catrin	F	92	Senior Women	17		1:08:59	1:09:18
255.	1662	Michael, Ray	F	93	V35 Women	27		1:08:56	1:09:20
256.	1540	Frank, Cherry	F	94	V55 Women	20		1:09:39	1:09:55
257.	1441	Cunnane, John	M	163	V70 Men	7	Pontyclun Road Runners	1:09:42	1:09:58
258.	1596	Jenkins, Zoe	F	95	V45 Women	23		1:10:06	1:10:29
259.	1748	Taylor, Michelle	F	96	V45 Women	24	Ystrad Mynach RC	1:10:16	1:10:31
260.	1414	Connor, Sion	M	164	U23 Men	8		1:10:46	1:11:10
261.	1521	Eagle, David	M	165	V50 Men	42	Tri Hard Harriers	1:10:54	1:11:14
262.	1794	Williams, Philip	M	166	V50 Men	43	Pencoed Panthers	1:10:55	1:11:15
263.	1678	Morris, Jordan	F	97	V35 Women	28	Ystrad Mynach RC	1:11:03	1:11:18
264.	1652	Martin, Karl	M	167	V50 Men	44	Roberttown Road Runners	1:11:24	1:11:32
265.	1737	Smith, Carmelita	F	98	V55 Women	21		1:11:19	1:11:34
266.	1515	Denning, Michael	M	168	V40 Men	45		1:11:38	1:12:01
267.	1685	New, Stephen	M	169	V60 Men	26	100 Marathon Club	1:12:00	1:12:23
268.	1707	Price, Alyson	F	99	V45 Women	25	Merthyr RC	1:12:21	1:12:41
269.	1742	Stevens, Aaron	M	170	Senior Men	40		1:13:24	1:13:49
270.	1759	Tritschler, Neil	M	171	V50 Men	45		1:13:39	1:13:59
271.	1592	James, Amy	F	100	V45 Women	26		1:14:13	1:14:36
272.	1576	Hill, Evie	F	101	Senior Women	18		1:14:55	1:15:12
273.	1639	Light, Katie	F	102	Senior Women	19		1:15:38	1:15:56
274.	1404	Colbourne, Derek	M	172	V70 Men	8		1:16:55	1:17:19
275.	1601	Johnson, Clare	F	103	V65 Women	3	Les Croupiers	1:21:33	1:21:50
276.	1000	Aston, Jeffrey	M	173	V70 Men	9	Les Croupiers	1:24:50	1:24:50
277.	1719	Rees, Tracey	F	104	V55 Women	22		1:34:10	1:34:31
278.	1517	Drewitt-Jones, Tania	F	105	V35 Women	29	Vegan Runners UK	1:42:14	1:42:37
279.	1738	Smith, Karen	F	106	V55 Women	23	Merthyr RC	1:45:47	1:46:09
280.	1644	Lloyd Jones, Helen	F	107	V65 Women	4	Pegasus RC	1:48:15	1:48:15

Number of records: 280