

## Treforest 10k Treforest 10k

Sunday 29 May 2016. 10:30 am

### Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	0:34:11	REES, Matthew	Swansea Harriers	Senior Men	05:30.0	3171	1
2	0:35:04	BEECH, Joe		Senior Men	05:38.5	3238	2
3	0:35:49	EVANS, Matthew	Aberdare Valley AAC	Senior Men	05:45.7	3283	3
4	0:36:18	IBRAHIM, Elsidig	Cardiff AAC	V 40 Men	05:50.4	3120	4
5	0:36:32	SIMPSON, Ross		Senior Men	05:52.6	3374	5
6	0:37:05	TRIGGS, Daniel	Neath Harriers	Senior Men	05:58.0	3223	6
7	0:37:25	BARTLETT, Stephen		V 40 Men	06:01.2	3133	7
8	0:37:30	DREDGE, Timothy	Caldicot RC	Senior Men	06:02.0	3299	8
9	0:37:33	LEWIS, Geriant	Porthcawl Runners	Senior Men	06:02.5	3139	9
10	0:37:58	THOMAS, Stephen	Aberdare Valley AAC	V 40 Men	06:06.5	3259	10
11	0:38:07	SINCLAIR, Ben	Pontypool & District Runner	Senior Men	06:07.9	3158	11
12	0:38:22	ROBERTS, Sam	East Sutherland AC	Senior Men	06:10.3	3148	12
13	0:38:24	RHIND, Steve	Hendre Lake RC	V 50 Men	06:10.7	3373	13
14	0:38:27	FULCHER, Chris	Neath Harriers	V 40 Men	06:11.2	3225	14
15	0:38:34	LAGOMARSINO, Emily	San Domenico	Senior Ladies	06:12.3	3252	15
16	0:38:57	WILDER, Richard	San Domenico	V 40 Men	06:16.0	3276	16
17	0:39:13	OSBORNE, Peter	Llanelli AAC	V 50 Men	06:18.6	3166	17
18	0:39:15	MORRIS, Owen		Senior Men	06:18.9	3163	18
19	0:39:25	WILLIAMS, Philip	Pontypridd Roadents	Senior Men	06:20.5	3356	19
20	0:39:44	BENNETTO, Marcus	Forrest Of Dean RC	Senior Men	06:23.5	3245	20
21	0:39:57	JONES, Richard	Newport Harriers	V 40 Men	06:25.6	3274	21
22	0:40:05	NOTTINGHAM, Chris		Senior Men	06:26.9	3281	22
23	0:40:09	PATTERSON, Gavin	Parc Bryn Bach	Senior Men	06:27.6	3375	23
24	0:40:10	JONES, Andrew		V 40 Men	06:27.7	3215	24
25	0:40:13	JAMES, Keith	Pontypridd Roadents	V 40 Men	06:28.2	3271	25
26	0:40:19	WILLIAMS, Stephen	Parc Bryn Bach	V 50 Men	06:29.2	3343	26
27	0:40:24	PLANK, Kevin	San Domenico	V 40 Men	06:30.0	3371	27
28	0:40:29	COOPER, Lauren	Parc Bryn Bach	Under 23 Ladies	06:30.8	3296	28
29	0:40:35	DURKIN, Marc	Penarth & Dinas Runners	Senior Men	06:31.7	3340	29
30	0:40:37	LLOYD, Neil	Parc Bryn Bach	V 60 Men	06:32.1	3352	30
31	0:40:47	RAMSEY, Michael		V 50 Men	06:33.7	3155	31
32	0:40:52	COLES, David	Les Croupiers	V 50 Men	06:34.5	3172	32
33	0:40:53	BENNETTT, Steven		V 40 Men	06:34.6	3173	33
34	0:41:07	DAVIES, Sam		Senior Men	06:36.9	3318	34
35	0:41:19	BIRD, Ian	Port Talbot Harriers	Senior Men	06:38.8	3353	35
36	0:41:35	THOMASSON, Sean	Parc Bryn Bach	Senior Men	06:41.4	3306	36
37	0:41:39	MEDCALF, Chris	San Domenico	V 40 Men	06:42.0	3151	37
38	0:41:42	MULLANEY, John	Aberdare Valley AAC	Senior Men	06:42.5	3325	38
39	0:42:07	BATESON, Hannah	Lancaster & Morecambe AC	Senior Ladies	06:46.5	3152	39
40	0:42:32	SANSOM, Glyn	San Domenico	V 50 Men	06:50.6	3300	40
41	0:42:40	WHEELER, Matthew		V 50 Men	06:51.9	3322	41
42	0:42:41	DUNSCOMBE, Mark	Aberdare Valley AAC	V 50 Men	06:52.0	3209	42
43	0:42:41	THRIFT, Daniel	Caerphilly Runners	Senior Men	06:52.0	3321	43
44	0:42:41	WEBBER, Gary	Rhondda Valley Runners	V 40 Men	06:52.0	3311	44
45	0:42:45	DAVIES, Joanne		Senior Ladies	06:52.7	3323	45
46	0:42:45	WATERS, David	Islwyn Running Club	V 40 Men	06:52.7	3331	46
47	0:42:50	LEWIS, Sean	Brackla harriers	Under 23 Men	06:53.5	3212	47
48	0:42:50	O'BRIEN, Terry		V 50 Men	06:53.5	3398	48
49	0:42:56	WEHDEN, Kim	Islwyn Running Club	V 50 Men	06:54.4	3169	49
50	0:42:59	REED, Ieuan		Under 23 Men	06:54.9	3437	50
51	0:43:14	MURPHY, Michael	Les Croupiers	V 60 Men	06:57.3	3240	51
52	0:43:18	PHILLIPS, Ross	Caerphilly Runners	Under 23 Men	06:58.0	3466	52

\* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportssystem.co.uk Webresults on www.runnerswebuk.com \*

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**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
53	0:43:25	LAMORTE, Mark	Caerphilly Runners	Senior Men	06:59.1	3485	53
54	0:43:30	EVANS, Robert	Ebbw Vale RC	V 50 Men	06:59.9	3348	54
55	0:43:39	GOODALL, David	White Rock Runners	V 60 Men	07:01.4	3365	55
56	0:43:49	HARVEY, Jacob		V 40 Men	07:03.0	3131	56
57	0:43:53	JONES, Richard		Senior Men	07:03.6	3214	57
58	0:43:54	BEECH, Richard	Brackla harriers	V 50 Men	07:03.8	3192	58
59	0:43:58	WIERGOWSKI, Stephen		V 50 Men	07:04.4	3346	59
60	0:43:58	HAINES, Mike		Senior Men	07:04.4	3186	60
61	0:44:14	NELMS, Jo	Caerphilly Runners	V 35 Ladies	07:07.0	3320	61
62	0:44:22	FULCHER, Kyle	Neath Harriers	Senior Men	07:08.3	3224	62
63	0:44:24	CHIPPER, Sandra	Lliswerry Runners	V 45 Ladies	07:08.6	3159	63
64	0:44:27	LAMMIE, Jason	Clevedon AAC	V 40 Men	07:09.1	3129	64
65	0:44:29	WILLIAMS, Ian	Ebbw Vale RC	V 50 Men	07:09.4	3350	65
66	0:44:32	ROBERTS, Oliver		Senior Men	07:09.9	3278	66
67	0:44:33	DAVIES, Neil		V 50 Men	07:10.0	3324	67
68	0:44:35	HUTCHERSON, Matt		Under 23 Men	07:10.4	3127	68
69	0:44:41	JONES, Keri	Lliswerry Runners	V 45 Ladies	07:11.3	3412	69
70	0:44:48	TOOP, Samantha	Pontypool & District Runner	Senior Ladies	07:12.5	3157	70
71	0:44:50	THOMAS, James	Parc Bryn Bach	Senior Men	07:12.8	3377	71
72	0:44:53	DOBBS, Russell	Islwyn Running Club	V 40 Men	07:13.3	3288	72
73	0:44:54	CLIFTON, Josh		Senior Men	07:13.4	3126	73
74	0:45:03	RICHARDS, Gareth		Senior Men	07:14.9	3366	74
75	0:45:05	FRY, Tim	Cardiff AAC	Senior Men	07:15.2	3168	75
76	0:45:10	HARRIS, Rod		V 50 Men	07:16.0	3134	76
77	0:45:16	IRVINE, Neil		V 40 Men	07:17.0	3285	77
78	0:45:25	PRICE, Brendan	Dragons Running Club	V 40 Men	07:18.4	3368	78
79	0:45:28	MINARD, Ryan	Aberdare Valley AAC	Senior Men	07:18.9	3317	79
80	0:45:29	EVANS, Alun		V 50 Men	07:19.1	3210	80
81	0:45:32	PANES, Chris	Roberttown Runners	V 50 Men	07:19.5	3421	81
82	0:45:38	JONES, David	Merthyr Running Club	V 50 Men	07:20.5	3471	82
83	0:45:46	GOULE, Deb		V 35 Ladies	07:21.8	3493	83
84	0:45:47	HARRHY, Ian	Lliswerry Runners	V 50 Men	07:21.9	3142	84
85	0:45:50	WELLSTEAD, Colin		V 50 Men	07:22.4	3261	85
86	0:45:52	WALL, Andrew		Senior Men	07:22.8	3239	86
87	0:45:56	PHILLIPS, Antony		V 50 Men	07:23.4	3226	87
88	0:46:03	EDWARDS, Emma	Caerphilly Runners	Senior Ladies	07:24.5	3303	88
89	0:46:04	PHILLIPS, David	Caerphilly Runners	V 50 Men	07:24.7	3467	89
90	0:46:09	WILLIAMS, Chris		V 40 Men	07:25.5	3233	90
91	0:46:15	POWELL, Kris		Senior Men	07:26.5	3187	91
92	0:46:24	RUSSELL, Dorian Lee		V 40 Men	07:27.9	3229	92
93	0:46:58	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	07:33.4	3423	93
94	0:47:14	TREHARNE, Craig		Senior Men	07:35.9	3286	94
95	0:47:20	STEELE, Richac	Brackla Harriet's	Senior Men	07:36.9	3362	95
96	0:47:20	POCKNELL, Justin	Caerleon RC	V 40 Men	07:36.9	3333	96
97	0:47:21	DAVIES, Neil		V 50 Men	07:37.1	3324	97
98	0:47:23	Unregistered Competitor		NDB	07:37.4		98
99	0:47:25	PASKELL, Stephen	Pontyclun Runners	V 40 Men	07:37.7	3147	99
100	0:47:26	WILLIAMS, Simon	Caerphilly Runners	V 40 Men	07:37.9	3153	100
101	0:47:29	VAUGHAN, Richard		V 40 Men	07:38.4	3199	101
102	0:47:33	BRADBOURNE, Jamie		Senior Men	07:39.0	3472	102
103	0:47:37	DAVIES, William	Rhondda Valley Runners	Senior Men	07:39.6	3347	103
104	0:47:48	TUDOPE, Robert	Lliswerry Runners	V 40 Men	07:41.4	3337	104
105	0:47:54	DENTON, Clive	Rhondda Valley Runners	V 40 Men	07:42.4	3305	105
106	0:47:59	BOWES, Susan	Les Croupiers	V 35 Ladies	07:43.2	3361	106
107	0:48:09	LLOYD, Christian		Senior Men	07:44.8	3180	107
108	0:48:14	MORGAN, Hywel		Under 23 Men	07:45.6	3124	108

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
109	0:48:15	DOWLING, Rhys		Senior Men	07:45.8	3231	109
110	0:48:18	EVANS, Craig		V 60 Men	07:46.2	3190	110
111	0:48:24	DAVIES, William	Rhondda Valley Runners	Senior Men	07:47.2	3347	111
112	0:48:28	GRIFFITHS, Claire	Caerphilly Runners	V 35 Ladies	07:47.9	3487	112
113	0:48:28	WHEETMAN, Daffydd	Islwyn Running Club	V 40 Men	07:47.9	3264	113
114	0:48:28	WILLIAMS, Lynda		V 45 Ladies	07:47.9	3376	114
115	0:48:29	JOHNSON, Carl	Islwyn Running Club	V 40 Men	07:48.0	3330	115
116	0:48:32	WILLIAMS, Jacob		Senior Men	07:48.5	3123	116
117	0:48:49	BUSWELL, Stuart	Team Rees Runners	V 50 Men	07:51.2	3445	117
118	0:48:55	WILLIAMS, Meirion		V 40 Men	07:52.2	3176	118
119	0:48:56	WILLIAMS, Eyvonne	Roberttown Runners	V 35 Ladies	07:52.4	3154	119
120	0:48:56	TIMMS, Matthew		V 40 Men	07:52.4	3406	120
121	0:48:57	O'SULLIVAN, Tim	Les Croupiers	V 50 Men	07:52.5	3121	121
122	0:49:03	COLLINS, Kelly	Parc Bryn Bach	V 35 Ladies	07:53.5	3266	122
123	0:49:03	GRIFFITHS WARNER, Darren	Pontypridd Roadents	V 50 Men	07:53.5	3270	123
124	0:49:09	PRITCHARD, Michael		V 60 Men	07:54.4	3175	124
125	0:49:17	WILLIAMS, Dylan		Senior Men	07:55.7	3439	125
126	0:49:18	Unregistered Competitor		NDB	07:55.9		126
127	0:49:21	LAW, Nerys	East Sutherland AC	Senior Ladies	07:56.4	3405	127
128	0:49:21	HARRIS, Noel	NEWT	V 50 Men	07:56.4	3468	128
129	0:49:23	ENTICOTTE, Wayne		V 40 Men	07:56.7	3230	129
130	0:49:26	SHIELDS, Dominic	San Domenico	V 50 Men	07:57.2	3277	130
131	0:49:26	DICKSON, Jeremy	Llswerry Runners	V 50 Men	07:57.2	3292	131
132	0:49:26	MORGAN, Lee		V 40 Men	07:57.2	3195	132
133	0:49:27	GRIFFITHS, Garry	Rhondda Valley Runners	V 40 Men	07:57.3	3491	133
134	0:04:28	RAMSEY, Andrew	Caerphilly Runners	Senior Men	00:43.1	3301	134
135	0:49:31	BURGE, Christian		Senior Men	07:58.0	3219	135
136	0:49:35	ATTWOOD, Howard	Llswerry Runners	V 60 Men	07:58.6	3358	136
137	0:49:38	VELLACOTT, Victoria		V 35 Ladies	07:59.1	3396	137
138	0:49:47	DAVIES, Hannah		V 35 Ladies	08:00.6	3150	138
139	0:50:04	MORGAN, Barry	Ford Motor Company	Senior Men	08:03.3	3227	139
140	0:50:15	WILLIAMS, Kevin		V 40 Men	08:05.1	3289	140
141	0:50:28	PHILLIPS, Lee	Parc Bryn Bach	V 40 Men	08:07.2	3430	141
142	0:50:32	NEWBOULD, Grace	Women Running Penarth	Senior Ladies	08:07.8	3390	142
143	0:50:33	WILLIAMS, Ian	Ebbw Vale RC	V 50 Men	08:08.0	3350	143
144	0:50:39	EVANS, Deborah	Dragons Running Club	V 55 Ladies	08:08.9	3167	144
145	0:50:40	BEEMER, Lars	Refail runners	V 40 Men	08:09.1	3426	145
146	0:50:44	AVERY, Brenda	Chepstow Harriers	V 65 Ladies	08:09.7	3149	146
147	0:50:51	BEECH, Liz	Bracknell	V 55 Ladies	08:10.9	3178	147
148	0:50:52	BASSETT, Caroline	Pegasus Running Club	Senior Ladies	08:11.0	3450	148
149	0:50:53	MORGAN, Neil		V 40 Men	08:11.2	3128	149
150	0:50:55	BRAITHWAITE, Paul	Richard Rees Runners	V 40 Men	08:11.5	3372	150
151	0:51:05	THOMAS, Heidi Louise		Senior Ladies	08:13.1	3392	151
152	0:51:25	BLOODWORTH, Christopher		V 50 Men	08:16.3	3443	152
153	0:51:26	PAYNE, Ian		V 50 Men	08:16.5	3235	153
154	0:51:29	VENNARD, Calum	Les Croupiers	Senior Men	08:17.0	3234	154
155	0:51:34	PHILLIPS, Steven	Islwyn Running Club	Senior Men	08:17.8	3357	155
156	0:51:42	STROUD, Vicky	Roberttown Runners	V 35 Ladies	08:19.1	3164	156
157	0:51:43	JENKINS, Dan		Senior Men	08:19.2	3138	157
158	0:51:44	MATTHEW, Robertson	Penarth & Dinas Runners	Senior Men	08:19.4	3478	158
159	0:51:58	ROBERTS, Amy	Cwm Ogwr	Under 23 Ladies	08:21.6	3236	159
160	0:52:03	ROBERTS`, Chris	Cwm Ogwr	V 40 Men	08:22.4	3237	160
161	0:52:08	ELLINGHAM, Ray	Llswerry Runners	V 50 Men	08:23.3	3202	161
162	0:52:17	PRICE, Kim		Senior Ladies	08:24.7	3473	162
163	0:52:18	HARVARD, Peter	Seariously Mad Runners	V 60 Men	08:24.9	3256	163
164	0:52:19	GRIFFITHS, Mark		V 40 Men	08:25.0	3216	164

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
165	0:52:31	BENNETTO, Graham	Forrest Of Dean RC	V 50 Men	08:27.0	3246	165
166	0:52:34	HOSHING, Sean		V 40 Men	08:27.4	3200	166
167	0:52:41	ELIIS, Robert	Caerphilly Runners	V 40 Men	08:28.6	3360	167
168	0:52:43	BENSON, Alex		V 40 Men	08:28.9	3197	168
169	0:52:50	FORSTER, Jordan		Senior Men	08:30.0	3461	169
170	0:52:51	WILLIAMS, Steve	Lliswerry Runners	V 60 Men	08:30.2	3272	170
171	0:52:52	KEMPTON, David	Parc Bryn Bach	V 50 Men	08:30.3	3275	171
172	0:52:53	BROWN, Evie		Under 23 Ladies	08:30.5	3189	172
173	0:52:54	TREHARNE, Ruth	Islwyn Running Club	V 45 Ladies	08:30.7	3170	173
174	0:53:10	HILL, Andrew		V 40 Men	08:33.2	3182	174
175	0:53:16	BARRELL, Matt		V 40 Men	08:34.2	3183	175
176	0:53:19	WILLIAMS, Stephen	Port Talbot Harriers	V 40 Men	08:34.7	3486	176
177	0:53:21	MEAD, Jonathan		V 50 Men	08:35.0	3484	177
178	0:53:21	CHURCH, Michelle		V 35 Ladies	08:35.0	3422	178
179	0:53:27	LOVE , Matthew		Senior Men	08:36.0	3213	179
180	0:53:30	ASH, Cerys	Cardiff AAC	V 45 Ladies	08:36.4	3302	180
181	0:53:31	POYNER, John		V 50 Men	08:36.6	3415	181
182	0:53:34	SMITH, Sharron	Caerphilly Runners	V 45 Ladies	08:37.1	3419	182
183	0:53:35	JONES, Graham		V 60 Men	08:37.2	3418	183
184	0:53:45	COLEMAN, Christie	Cwm Ogwr	V 45 Ladies	08:38.9	3253	184
185	0:53:47	RUMBILL, Rebecca		V 35 Ladies	08:39.2	3146	185
186	0:53:49	MONKLY, Louise	Merthyr Running Club	V 35 Ladies	08:39.5	3141	186
187	0:53:54	COPLEY, Gareth	Refail runners	Senior Men	08:40.3	3262	187
188	0:53:56	ALDWORTH, Alex	Caerphilly Runners	Senior Men	08:40.6	3492	188
189	0:53:58	LEWIS, Carl	Caerphilly Runners	Senior Men	08:40.9	3145	189
190	0:54:10	JENKINS, Ceri Anne	Lliswerry Runners	V 35 Ladies	08:42.9	3156	190
191	0:54:11	SINCLAIR, Nicola	Lliswerry Runners	V 35 Ladies	08:43.0	3184	191
192	0:54:11	PEARCE, Hugh Kenneth		V 40 Men	08:43.0	3284	192
193	0:54:12	GARRAHAN, Jason	Caerphilly Runners	V 40 Men	08:43.2	3413	193
194	0:54:12	JORDAN, Rachael	Pontypridd Roadents	V 35 Ladies	08:43.2	3344	194
195	0:54:28	FLAVELL, Guy		V 40 Men	08:45.8	3293	195
196	0:54:30	COLES, Marie	Caerphilly Runners	V 35 Ladies	08:46.1	3319	196
197	0:54:33	PRITCHARD, Jamie		Senior Men	08:46.6	3174	197
198	0:54:33	DAVIES, Joanne		Senior Ladies	08:46.6	3323	198
199	0:54:36	GOUDE, Andrea	Bristol & West AAC	V 35 Ladies	08:47.1	3130	199
200	0:54:58	WRIGHT, Tim	Lliswerry Runners	V 50 Men	08:50.6	3268	200
201	0:54:58	SUTTON, Ruth		V 35 Ladies	08:50.6	3297	201
202	0:54:58	YOUNG, Peter		V 60 Men	08:50.6	3254	202
203	0:55:06	PRICE, Marie		V 35 Ladies	08:51.9	3447	203
204	0:55:08	FISHER, Claire		V 35 Ladies	08:52.2	3446	204
205	0:55:10	DALEY, Marc		Senior Men	08:52.5	3162	205
206	0:55:35	TUDOPE, Jacqui	Lliswerry Runners	V 35 Ladies	08:56.6	3336	206
207	0:55:35	WILLIAMS, Christopher	Port Talbot Harriers	V 40 Men	08:56.6	3144	207
208	0:55:39	JOHNSON, Collette	Caerphilly Runners	Senior Ladies	08:57.2	3135	208
209	0:55:41	COWELL, Philip		V 50 Men	08:57.5	3132	209
210	0:55:45	DANIEL, Katrina	Caerphilly Runners	Senior Ladies	08:58.2	3402	210
211	0:55:46	JAMES, Ray	Harriers	V 50 Men	08:58.3	3207	211
212	0:55:51	CHIPPER, Neil	Lliswerry Runners	V 50 Men	08:59.1	3160	212
213	0:56:05	SMITH, Carol		V 35 Ladies	09:01.4	3140	213
214	0:56:10	STREET, Richard	Pegasus Running Club	V 60 Men	09:02.2	3339	214
215	0:56:23	REED, Dave	Rhondda Valley Runners	V 50 Men	09:04.3	3476	215
216	0:56:27	PARKER, Elizabeth	Lliswerry Runners	V 35 Ladies	09:04.9	3269	216
217	0:56:28	SINCLAIR, Kristian	Lliswerry Runners	Senior Men	09:05.1	3185	217
218	0:56:35	REES, Zoe	Caerphilly Runners	Senior Ladies	09:06.2	3380	218
219	0:56:50	TAYLOR, Dominic	Caerphilly Runners	Senior Men	09:08.6	3342	219
220	0:56:55	ROWLANDS, Ffion		Senior Ladies	09:09.4	3436	220

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
221	0:56:59	LEWIS, Karen	Caerphilly Runners	V 45 Ladies	09:10.1	3341	221
222	0:57:12	JONES, Claire	Merthyr Running Club	V 45 Ladies	09:12.2	3310	222
223	0:57:13	AYENDERRIE, Gareth		Senior Men	09:12.3	3125	223
224	0:57:18	DAVIES, Tim		Senior Men	09:13.1	3201	224
225	0:57:21	ALLEN, Phil	Pegasus Running Club	V 50 Men	09:13.6	3244	225
226	0:57:22	STONE, Chris		Senior Men	09:13.8	3388	226
227	0:57:23	WARBURTON, Beverley	Penarth & Dinas Runners	V 45 Ladies	09:13.9	3349	227
228	0:57:26	BRISTOW, Rosie	Pegasus	V 35 Ladies	09:14.4	3248	228
229	0:57:26	THOMAS, Kirsty		Senior Ladies	09:14.4	3260	229
230	0:57:26	HADIGATE, Denise	Islwyn Running Club	V 35 Ladies	09:14.4	3378	230
231	0:57:28	JAYNE, Michelle	Parc Bryn Bach	V 35 Ladies	09:14.7	3265	231
232	0:57:33	CARTER, Nicole		V 45 Ladies	09:15.5	3119	232
233	0:57:36	TODD JONES, Christopher	Roberttown Runners	V 60 Men	09:16.0	3313	233
234	0:57:38	PERRY, Carrie	Roberttown Runners	V 35 Ladies	09:16.3	3312	234
235	0:57:38	WARNER, Ian John		V 50 Men	09:16.3	3381	235
236	0:57:39	MURPHY, Gill	Les Croupiers	V 55 Ladies	09:16.5	3241	236
237	0:57:41	MURRAY-LINES, Delyth		V 35 Ladies	09:16.8	3355	237
238	0:57:48	BEER, Jane		V 55 Ladies	09:18.0	3328	238
239	0:57:48	ROBINSON, Alice		Under 23 Ladies	09:18.0	3181	239
240	0:58:01	MEAD, Vicky		V 45 Ladies	09:20.0	3483	240
241	0:58:06	LAW, Rhiannon	Outdoor Fitness	Senior Ladies	09:20.9	3404	241
242	0:58:15	JACKA HALL, Kelly	Islwyn Running Club	V 35 Ladies	09:22.3	3370	242
243	0:58:27	EVANS, Jennifer		V 35 Ladies	09:24.2	3391	243
244	0:58:32	BROWN, Mike		V 40 Men	09:25.0	3282	244
245	0:58:32	DAVIS, Hilary		V 45 Ladies	09:25.0	3307	245
246	0:58:36	CROOKS, Colin	Pegasus	V 60 Men	09:25.7	3251	246
247	0:58:47	ROZNIAKOWSKI, Rafal		Senior Men	09:27.4	3118	247
248	0:58:51	Unregistered Competitor		NDB	09:28.1		248
249	0:58:54	Unregistered Competitor		NDB	09:28.6		249
250	0:58:57	Unregistered Competitor		NDB	09:29.1		250
251	0:59:00	ANDERSON, Clare	Llswerry Runners	V 45 Ladies	09:29.5	3394	251
252	0:59:05	JONES, Vicki	Islwyn Running Club	V 35 Ladies	09:30.3	3258	252
253	0:59:09	WILLIAMS, Natalie		V 35 Ladies	09:31.0	3314	253
254	0:59:28	GARLAND, Sarah		V 35 Ladies	09:34.0	3290	254
255	0:59:42	YANDALL, Claire	White Rock Runners	Senior Ladies	09:36.3	3329	255
256	0:59:43	WILLIAMS, Huw	Rhondda Valley Runners	Senior Men	09:36.5	3143	256
257	0:59:45	DOWLING, Rhys		Senior Men	09:36.8	3231	257
258	0:59:46	WILLIAMS, Andrew		V 50 Men	09:36.9	3228	258
259	0:59:46	REES, Cerys		V 35 Ladies	09:36.9	3198	259
260	0:59:52	BERGMANSKI, Max	Caerphilly Runners	V 50 Men	09:37.9	3488	260
261	0:59:52	PRYOR, Bethan	Darlings In Daps	V 35 Ladies	09:37.9	3451	261
262	0:59:58	MORGAN, Ann Marie	Darlings In Daps	V 45 Ladies	09:38.9	3458	262
263	1:00:03	EXTON, Kirsty		Senior Ladies	09:39.7	3401	263
264	1:00:12	GARDNER, Vicky	Caerphilly Runners	V 35 Ladies	09:41.1	3177	264
265	1:00:12	JONES, Jayne	Islwyn Running Club	V 45 Ladies	09:41.1	3463	265
266	1:00:15	WILLETTS, Lianne	Caerphilly Runners	V 35 Ladies	09:41.6	3469	266
267	1:00:31	NELMS, Jo	Caerphilly Runners	V 35 Ladies	09:44.2	3320	267
268	1:00:39	ROGERS, Rebecca		Senior Ladies	09:45.5	3464	268
269	1:00:41	ROGERS, Ian		Senior Men	09:45.8	3465	269
270	1:00:41	HOPKINS, Craig		Senior Men	09:45.8	3218	270
271	1:00:49	Unregistered Competitor		NDB	09:47.1		271
272	1:00:49	Unregistered Competitor		NDB	09:47.1		272
273	1:01:34	Unregistered Competitor		NDB	09:54.3		273
274	1:01:50	COOK, Claire		V 35 Ladies	09:56.9	3221	274
275	1:01:52	JACOBS, Nicola		Senior Ladies	09:57.2	3222	275
276	1:01:53	HINAM, Angharad	Caerphilly Runners	V 35 Ladies	09:57.4	3369	276

\* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportssystem.co.uk Webresults on www.runnerswebuk.com \*

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
277	1:01:54	EDWARDS, Emma	Caerphilly Runners	Senior Ladies	09:57.5	3303	277
278	1:01:54	WILKINS, Susan	Brackla harriers	V 55 Ladies	09:57.5	3204	278
279	1:02:26	PIPER, Gareth		V 40 Men	10:02.7	3243	279
280	1:02:46	MCNABB, Brian		V 50 Men	10:05.9	3194	280
281	1:02:47	JONES, Haulwen		Senior Men	10:06.1	3193	281
282	1:03:12	THEOPHILUS, Alex		Senior Men	10:10.1	3395	282
283	1:03:13	JONES, Louise		V 35 Ladies	10:10.2	3217	283
284	1:03:15	JANUARY, Maxine		V 45 Ladies	10:10.6	3442	284
285	1:03:31	BOYES, Judith		V 45 Ladies	10:13.1	3136	285
286	1:04:22	FORSEY, Yvonne	Lliswerry Runners	V 55 Ladies	10:21.4	3304	286
287	1:04:45	DAVIES, Ann	Cwm Ogwr	V 55 Ladies	10:25.1	3137	287
288	1:05:03	PRICE, Ruth		V 35 Ladies	10:27.9	3332	288
289	1:05:05	LLOYD THOMAS, Claire	Roberttown Runners	V 35 Ladies	10:28.3	3161	289
290	1:05:48	CLEMENTS, Jane	Porthcawl Runners	V 35 Ladies	10:35.2	3273	290
291	1:05:50	MORSE, Paul		Senior Men	10:35.5	3414	291
292	1:05:51	LEGGE, Leanne	Darlings In Daps	V 35 Ladies	10:35.7	3457	292
293	1:06:15	ANTHONY, Sian	Darlings In Daps	V 35 Ladies	10:39.5	3452	293
294	1:06:15	RUSSELL, Kirsty	Darlings In Daps	Senior Ladies	10:39.5	3460	294
295	1:06:35	THOMAS, Melanie	Rhondda Valley Runners	V 35 Ladies	10:42.8	3363	295
296	1:06:43	ALLEN, Jessica		Senior Ladies	10:44.0	3438	296
297	1:06:50	WILLIAMS, Lynda		V 45 Ladies	10:45.2	3376	297
298	1:06:51	CLARKE, Jackie	Outdoor Fitness	V 45 Ladies	10:45.3	3165	298
299	1:07:07	ROGERS, Sarah		V 35 Ladies	10:47.9	3327	299
300	1:07:15	JAMES PRICE, Tania		V 45 Ladies	10:49.2	3326	300
301	1:07:22	JONES, Hannah		Senior Ladies	10:50.3	3354	301
302	1:07:30	O'CONNELL, Ronan	Pontypridd Roadents	V 40 Men	10:51.6	3345	302
303	1:07:32	SPITERI, Suzanne		V 45 Ladies	10:51.9	3308	303
304	1:07:34	WILLIAMS, Juli	Islwyn Running Club	V 45 Ladies	10:52.2	3257	304
305	1:07:34	JOHNSON, Sian	Islwyn Running Club	Senior Ladies	10:52.2	3397	305
306	1:07:48	PERRY, Carrie	Roberttown Runners	V 35 Ladies	10:54.5	3312	306
307	1:08:10	BROWN, Dave		V 50 Men	10:58.0	3188	307
308	1:08:31	REES, Emma	Pontypridd Roadents	Senior Ladies	11:01.4	3179	308
309	1:08:40	EVANS, Carwyn	Dragons Running Club	V 40 Men	11:02.9	3475	309
310	1:09:31	JENKINS, Sian		Senior Ladies	11:11.1	3315	310
311	1:10:10	PROSSER, 180475	Ali's Bunnies	V 35 Ladies	11:17.3	3407	311
312	1:10:10	DACRUZ, Allison	Ali's Bunnies	V 45 Ladies	11:17.3	3403	312
313	1:10:15	JONES, Martyn	Lliswerry Runners	V 50 Men	11:18.1	3434	313
314	1:10:17	STEVENS, Vicky	Ali's Bunnies	V 35 Ladies	11:18.5	3408	314
315	1:10:17	SIMPSON, Tania	Ali's Bunnies	V 35 Ladies	11:18.5	3409	315
316	1:10:53	MOORE, Leasa		V 35 Ladies	11:24.3	3399	316
317	1:11:06	PHILLIPS, Melanie	Parc Bryn Bach	V 35 Ladies	11:26.4	3431	317
318	1:11:17	VILE, Dewi		Under 23 Men	11:28.1	3364	318
319	1:11:20	ALEN, Kelly Ann	Port Talbot Harriers	V 35 Ladies	11:28.6	3208	319
320	1:11:57	HURST, Thomas		Senior Men	11:34.6	3279	320
321	1:13:03	JOHNSON, Danielle		Senior Ladies	11:45.2	3334	322
322	1:13:10	JOHNSON, Bev		V 45 Ladies	11:46.3	3335	323
323	1:13:22	MCKEOWN, Harry		Senior Men	11:48.2	3249	324
324	1:13:35	ROBERTS, Oliva		Senior Ladies	11:50.3	3294	325
325	1:13:35	EDWARDS, Leeanne		V 35 Ladies	11:50.3	3295	326
326	1:14:27	Unregistered Competitor		NDB	11:58.7		327
327	1:16:25	HICKS, Elaine	Islwyn Running Club	V 55 Ladies	12:17.7	3205	328
328	1:16:25	HICKS, Glyn	Islwyn Running Club	V 60 Men	12:17.7	3206	329
329	1:17:24	JONES, Sian	Lliswerry Runners	V 35 Ladies	12:27.2	3435	330
330	1:19:04	AUSTERBERRY, Daphne	Chepstow Harriers	V 65 Ladies	12:43.3	3309	331
331	1:19:38	BARRET, Lucy		V 35 Ladies	12:48.7	3400	332
332	1:19:47	BATES, Emma		V 35 Ladies	12:50.2	3255	333

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
333	1:19:47	GIBBONS, Natalie		V 35 Ladies	12:50.2	3386	334
334	1:22:18	BOOTHBY, Sarah	Pontypridd Roadents	Senior Ladies	13:14.5	3191	335

There were 334 finishers in the All Competitors category.