

Treforest 10k 2021

Overall Results

Place	Bib	Name	Gender	AG	Club	ChipTim	GunTime
10k							
1.	102	Brown, Adam	M	U23 Men	Merthyr Running Club	33:38	33:39
2.	84	Bodman, Daniel	M	Senior Men	Pontypridd Roadents AC	33:43	33:44
3.	356	Kennedy, Ben	M	Senior Men	Les Croupiers RC	35:27	35:29
4.	398	Reardon, Joseph	M	U23 Men	Aberdare Valley Amateur AC	37:22	37:22
5.	393	Price, Alex	M	U23 Men	Les Croupiers RC	38:16	38:17
6.	4	Adams, John	M	V50 Men	Rhondda Valley Runners	39:18	39:21
7.	420	Stuokus, Gabriellus	M	Senior Men	Tri Hard Harriers	39:28	39:29
8.	359	Lloyd, Dewi	M	Senior Men		39:53	39:56
9.	337	Hill, Darren	M	V40 Men	Taff Ely Tri	40:18	40:20
10.	429	Trend, Harry	M	U23 Men	San Domenico Road RC	40:39	40:41
11.	441	Wilder, Sally	F	V35 Women	San Domenico Road RC	40:56	40:58
12.	75	Bennett, David	M	V50 Men	Porthcawl Runners	41:09	41:11
13.	405	Ridley, Neil	M	V40 Men	Rhondda Valley Runners	41:26	41:31
14.	228	Dale, Ian	M	V50 Men	Royton Road Runners	41:38	41:43
15.	34	Baralos, Rachael	F	V35 Women	Caerphilly Runners	41:48	41:53
16.	433	Walsh, Carl	M	V40 Men	Ogmore Phoenix Runners	41:51	41:56
17.	185	Cooper, Joseph	M	Senior Men		41:50	41:59
18.	350	Jukes, Nicola	F	V45 Women	Parc Bryn Bach RC	42:01	42:03
19.	383	Owen, Ross	M	Senior Men	Rhondda Valley Runners	41:58	42:04
20.	412	Sayce, Ethan	M	U23 Men	Parc Bryn Bach RC	42:09	42:13
21.	174	Coleman, Keith	M	V50 Men	Ogmore Phoenix Runners	42:12	42:16
22.	26	Barham, Andrew	M	Senior Men	Caerphilly Runners	42:15	42:17
23.	31	Hazell, Richard	M	Senior Men	Caerphilly Runners	42:21	42:25
24.	340	Hughes, Craig	M	Senior Men		42:31	42:33
25.	438	Webber, Gary	M	V50 Men	Rhondda Valley Runners	42:50	42:54
26.	236	Daniels, William	M	V60 Men	Pontyclun Road Runners	42:57	43:00
27.	380	O'Brien, Terry	M	V60 Men		42:56	43:02
28.	176	Connaire,	F	Senior Women	Les Croupiers RC	43:13	43:17
29.	316	Foster, Michael	M	V60 Men	Pontypridd Roadents AC	43:50	43:52
30.	312	Evans, Sheryl	F	V45 Women	Hereford Couriers	44:49	44:53
31.	367	Meredith, Bryan	M	V50 Men	Rhondda Valley Runners	44:59	45:03
32.	401	Rees, Benjamin	M	Senior Men	Caerphilly Runners	45:13	45:19
33.	327	Hardman, Gina	F	V45 Women	Bridgend AC	45:34	45:37
34.	249	Davies, Naomi	F	Senior Women	Caerphilly Runners	45:41	45:45
35.	394	Price, Brendan	M	V40 Men		45:50	45:55
36.	395	Price, Robert	M	V40 Men		45:51	45:55
37.	391	Pratt, Chris	M	V50 Men	Ogmore Phoenix Runners	46:10	46:18
38.	342	Jenkins, Daniel	M	V40 Men	Ogmore Phoenix Runners	46:07	46:19
39.	445	Williams, Sara	F	V45 Women	Caerphilly Runners	46:47	46:52
40.	326	Hambridge, Lloyd	M	Senior Men	Islwyn RC	46:58	47:00
41.	442	Williams, Huw	M	Senior Men	Rhondda Valley Runners	46:55	47:02
42.	321	Gater, Alex	M	U23 Men		47:08	47:12
43.	329	Harrhy, Ian	M	V60 Men	Llswerry Runners	47:00	47:12
44.	222	Curnow, Allan	M	V50 Men	Bitton Road Runners	47:02	47:13
45.	272	Edwards, Amy	F	V35 Women	Rhondda Valley Runners	47:20	47:25
46.	446	Williams, Sian	F	V35 Women		47:28	47:36
47.	443	Williams, Kevin	M	V40 Men		47:41	47:48
48.	225	Curnow, Sally	F	V55 Women	Bitton Road Runners	48:18	48:28
49.	344	Johnson, Carl	M	Senior Men	Islwyn RC	48:28	48:33

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Place	Bib	Name	Gender	AG	Club	ChipTim	GunTime
50.	313	Felix, Stuart	M	V40 Men	Rhondda Valley Runners	48:30	48:39
51.	223	Curnow, Luka	M	Senior Men		48:32	48:43
52.	346	Jones, Dylan	M	V40 Men	Aberdare Valley Amateur AC	48:40	48:51
53.	348	Jones, Neil	M	V40 Men	Rhondda Valley Runners	48:50	48:56
54.	440	Webster, Graham	M	V60 Men	Les Croupiers RC	48:51	48:58
55.	403	Rees, Zoe	F	Senior Women	Caerphilly Runners	49:14	49:23
56.	434	Ward, Stuart	M	Senior Men	Caerphilly Runners	49:23	49:32
57.	416	Singh, Darpan	M	V40 Men	Pontyclun Road Runners	49:51	49:58
58.	410	Ryan, Joanne	F	V45 Women	Rhondda Valley Runners	50:06	50:13
59.	202	Corbett, Adrian	M	V60 Men		50:31	50:32
60.	369	Morgan, Hywel	M	V40 Men	Islwyn RC	50:27	50:40
61.	347	Jones, Huw	M	V40 Men		50:34	50:43
62.	439	Webster, Andrea	F	V65 Women	Les Croupiers RC	50:38	50:46
63.	281	Edwards, John	M	V70 Men	Lliswerry Runners	50:45	50:57
64.	129	Chapman, Kay	F	V45 Women	Les Croupiers RC	50:52	50:59
65.	381	Olsen, Mark	M	Senior Men		50:54	51:04
66.	339	Howells, Jay	M	Senior Men	Ogmore Phoenix Runners	50:55	51:07
67.	40	Barrell, Matthew	M	V40 Men	St. Mellons Tri	51:23	51:32
68.	271	Denton, Clive	M	V50 Men	Rhondda Valley Runners	51:32	51:37
69.	404	Richards, Rhys	M	Senior Men	Roberttown Road Runners	51:30	51:40
70.	372	Morgan, Stacey	F	V55 Women	Pont-y-pwl & District Runners	51:40	51:44
71.	319	Gardiner, Rhys	M	Senior Men		51:41	51:51
72.	417	Smith, Kirsty	F	Senior Women	Rhondda Valley Runners	51:55	52:01
73.	366	McGregor, Matthew	M	V40 Men		51:52	52:01
74.	419	Sowerby, Esther	F	V35 Women	Roberttown Road Runners	52:08	52:18
75.	414	Sewell, Richard	M	V60 Men	Les Croupiers RC	52:15	52:24
76.	82	Bevan, Allen	M	V60 Men		52:13	52:24
77.	374	Morton, Emily	F	V35 Women	Pontypridd Roadents AC	52:18	52:24
78.	415	Shewring, David	M	Senior Men	Pontyclun Road Runners	52:37	52:44
79.	349	Jones, Paul	M	V40 Men	Aberdare Valley Amateur AC	52:35	52:45
80.	100	Bradley, Denise	F	V55 Women	Ogmore Phoenix Runners	52:47	52:55
81.	101	Bradley, Malcolm	M	V70 Men	Penarth & Dinas Runners	53:22	53:28
82.	325	Groves, Sally	F	V55 Women	Pegasus RC	53:23	53:32
83.	211	Cotter, Shaun	M	V50 Men		53:26	53:36
84.	431	Vincent, Royston	M	Senior Men	Pontypridd Roadents AC	53:33	53:41
85.	421	Sugden, Ellen	F	V45 Women	Pegasus RC	54:06	54:15
86.	409	Rowell, Kaylee	F	Senior Women		54:41	54:55
87.	353	Kembery, David	M	V50 Men	Ogmore Phoenix Runners	55:01	55:09
88.	215	Creedon, Tracey	F	V35 Women	Les Croupiers RC	54:58	55:11
89.	324	Grandon, Tony	M	V70 Men	Outdoor Fitness	55:03	55:16
90.	338	Howard, Elin	F	V35 Women	Clwb Run Wales	55:12	55:23
91.	61	Bedford, Kay	F	V55 Women	Merthyr Running Club	56:02	56:10
92.	428	Tomlins, Ceri	F	V35 Women	Caerphilly Runners	56:23	56:28
93.	328	Harford, Adrian	M	V60 Men		56:28	56:39
94.	387	Phillips, Donna	F	V35 Women		56:47	56:51
95.	364	Marchant, Jean	F	V55 Women	Pontypridd Roadents AC	56:48	56:54
96.	333	Heywood, Jillian	F	V45 Women	Royton Road Runners	56:57	57:07
97.	167	Coburn, Ray	M	V40 Men	Rhondda Valley Runners	57:36	57:43
98.	384	Pardoe, Amanda	F	V45 Women	Caerphilly Runners	57:49	57:54
99.	255	Davies, Rebecca	F	V35 Women	Rhondda Valley Runners	57:52	57:57

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Place	Bib	Name	Gender	AG	Club	ChipTim	GunTime
100.	444	Williams, Rachael	F	V45 Women	Llantwit Fardre Ladies Running	57:57	58:10
101.	375	Murphy, Gillian	F	V65 Women	Les Croupiers RC	58:12	58:24
102.	360	Long, Bethan	F	V35 Women		58:18	58:25
103.	376	Murphy, Michael	M	V60 Men	Les Croupiers RC	58:22	58:26
104.	351	Kear, Samantha	F	V45 Women		58:25	58:39
105.	361	Lundie, Catherine	F	V35 Women		58:33	58:46
106.	368	Morgan, Darren	M	V50 Men	Penarth & Dinas Runners	59:10	59:16
107.	427	Thomas, Samantha	F	V45 Women		59:44	59:53
108.	67	Bell, Claire	F	V55 Women	Les Croupiers RC	59:43	59:57
109.	386	Paul, Andrew	M	V60 Men		1:01:06	1:01:17
110.	323	Graham, Molly	F	Senior Women	Porthcawl Runners	1:01:07	1:01:18
111.	406	Roberts, Deb	F	V45 Women	Porthcawl Runners	1:01:07	1:01:19
112.	83	Blackmore, Aloma	F	V35 Women		1:01:22	1:01:30
113.	317	Fudge, Sian-eleri	F	V35 Women		1:02:16	1:02:31
114.	336	Hicks, Glyn	M	V70 Men	Roberttown Road Runners	1:02:16	1:02:32
115.	424	Thirb, Nadia	F	V35 Women		1:02:39	1:02:55
116.	216	Cumming, Debbie	F	V55 Women	CDF Runners	1:03:06	1:03:18
117.	423	Taylor, Paula	F	V45 Women		1:03:38	1:03:50
118.	16	Akintioye, Samuel	M	Senior Men		1:03:37	1:03:52
119.	385	Parry-Jones,	F	V45 Women	Les Croupiers RC	1:04:36	1:04:49
120.	373	Moriarty, Clare	F	V45 Women		1:04:50	1:05:05
121.	7	Addis, Leanne	F	V45 Women	Rhondda Valley Runners	1:07:22	1:07:34
122.	212	Cotter, Wendy	F	V55 Women		1:08:20	1:08:32
123.	320	Garland, Sarah	F	V45 Women		1:08:20	1:08:33
124.	371	Morgan, Paula	F	V45 Women	Merthyr Running Club	1:08:52	1:09:00
125.	362	Maguire, Cath	F	V35 Women		1:10:29	1:10:36
126.	407	Rogers, Kay	F	V45 Women	Seriously Mad Runners	1:10:47	1:11:02
127.	422	Taylor, Karen	F	V35 Women	Rhondda Valley Runners	1:10:54	1:11:08
128.	335	Hicks, Elaine	F	V65 Women	Roberttown Road Runners	1:15:53	1:16:08
129.	447	Wynn, Elspeth	F	V55 Women	Roberttown Road Runners	1:15:53	1:16:08
130.	408	Roughley, Carol	F	V35 Women	Pontypridd Roadents AC	1:17:21	1:17:35
131.	17	Aldridge, Paula	F	V45 Women		1:17:36	1:17:50
132.	332	Hext, Tracy	F	V35 Women	Roberttown Road Runners	1:25:24	1:25:39

Number of records: 132