

## Treforest 10k Treforest 10k

Sunday 24 May 2015. 10:30 am

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

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
1	0:33:38	MATTHEWS, Phillip	Swansea Harriers	Senior Men	05:24.7	2730	1
2	0:34:55	BODMAN, Daniel	Aberdare AC	Senior Men	05:37.0	2737	2
3	0:35:08	AHERNE, Lee	Parc Bryn Bach	V40 Men	05:39.1	2812	3
4	0:36:30	EVANS, Matthew	Aberdare AC	Senior Men	05:52.3	2620	4
5	0:36:35	BISHOP, Darren	Pontypridd Roadents	Senior Men	05:53.1	2653	5
6	0:36:35	JONES, David	Caerphilly Runners	Senior Men	05:53.1	2706	6
7	0:36:50	BULL, Adam	Aberdare AC	Under 23 Men	05:55.5	2701	7
8	0:37:00	RHIND, Steve	Hendre Lake RC	V50 Men	05:57.2	2798	8
9	0:37:07	LEWIS, Simon	Aberdare AC	Senior Men	05:58.3	2663	9
10	0:38:07	POLE, Laurence	Pontypridd Roadents	V40 Men	06:07.9	2634	10
11	0:38:16	REES, Stephen	Unaffiliated	V40 Men	06:09.4	2666	11
12	0:38:27	BARTLETT, Stephen	Unaffiliated	V40 Men	06:11.2	2615	12
13	0:38:43	LEWIS, Geraint	Porthcawl	Senior Men	06:13.7	2612	13
14	0:38:46	LEE, Andy	Pont-Y-Pwl & Disrict	V40 Men	06:14.2	2633	14
15	0:38:47	WILLIAMS, Damian	Parc Bryn Bach	V40 Men	06:14.4	2815	15
16	0:39:09	BAGGULEY, Simon	Unaffiliated	Senior Men	06:17.9	2597	16
17	0:39:11	EDWARDS, Adam	Unaffiliated	Senior Men	06:18.2	2714	17
18	0:39:12	JENKINS, Stephen	Bridgend	Senior Men	06:18.4	2807	18
19	0:39:39	EVANS, Clara	Pontypridd Roadents	Under 23 Ladies	06:22.7	2616	19
20	0:39:56	MASON, Nick	Unaffiliated	Senior Men	06:25.5	2828	20
21	0:40:01	GETHING, Nicola	Parc Bryn Bach	V45 Ladies	06:26.3	2697	21
22	0:40:13	MAHONEY, Nick	Les Croupiers	Under 23 Men	06:28.2	2617	22
23	0:40:17	POWELL, Gethin	White Rock Runners	Senior Men	06:28.9	2717	23
24	0:40:32	MORTON, Adam	Unaffiliated	Senior Men	06:31.3	2626	24
25	0:40:40	MORRIS, Owen	Unaffiliated	Senior Men	06:32.6	2628	25
26	0:41:02	SANSOM, Glyn	San Domenico	V50 Men	06:36.1	2824	26
27	0:41:06	SALTER, Adam	Unaffiliated	Senior Men	06:36.7	2650	27
28	0:41:07	HAZELL, David	Caerphilly Runners	Senior Men	06:36.9	2707	28
29	0:41:14	MURPHY, Mike	Les Croupiers	V60 Men	06:38.0	2682	29
30	0:41:19	JONES, Andrew	Unaffiliated	V40 Men	06:38.8	2601	30
31	0:41:23	HANDLEY, Chris	Merthyr RC	V40 Men	06:39.5	2740	31
32	0:41:28	FITZPATRICK, John	Penarth & Dinas	Senior Men	06:40.3	2599	32
33	0:41:36	FRY, Paul	Brighton Tri Club	Senior Men	06:41.6	2755	33
34	0:41:41	FOWLER, Craig	Bridgend	V50 Men	06:42.4	2644	34
35	0:41:43	DANIELS, Billy	Unaffiliated	V50 Men	06:42.7	2819	35
36	0:41:44	SMITH, Steven	Unaffiliated	V40 Men	06:42.8	2624	36
37	0:41:53	EVANS, Robert	Ebbw Vale	V50 Men	06:44.3	2695	37
38	0:42:05	MEDD, Gareth	Unaffiliated	Senior Men	06:46.2	2610	38
39	0:42:09	GOODALL, David	White Rock Runners	V60 Men	06:46.9	2775	39
40	0:42:17	JONES, Neil	Unaffiliated	Senior Men	06:48.2	2750	40
41	0:42:18	JONES, Richard	Unaffiliated	Senior Men	06:48.3	2600	41
42	0:42:21	ROBERTS, Oliver	Unaffiliated	Senior Men	06:48.8	2736	42
43	0:42:21	DUNSCOMBE, Mark	Aberdare AC	V50 Men	06:48.8	2655	43
44	0:42:31	BUNCE, Claire	Red Rose Runners	Senior Ladies	06:50.4	2648	44
45	0:42:33	CULLEN, Ryan	Unaffiliated	Senior Men	06:50.7	2704	45
46	0:42:38	WIERGOWSKI, Stephen	Unaffiliated	V40 Men	06:51.5	2826	46
47	0:42:55	BURNELL, Karl	Rhondda Valley Runners	V40 Men	06:54.3	2733	47
48	0:43:10	BIRD, Ian	Port Talbot Harriers	Senior Men	06:56.7	2747	48
49	0:43:12	PHILLIPS, Danielle	Parc Bryn Bach	Senior Ladies	06:57.0	2757	49
50	0:43:21	DAVIES, Paul	Aberdare AC	Senior Men	06:58.5	2613	50
51	0:43:26	PHILLIPS, Ross	Caerphilly Runners	Under 23 Men	06:59.3	2673	51
52	0:43:38	EVANS, Gavin	Unaffiliated	Senior Men	07:01.2	2790	52

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

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
53	0:43:44	BELL, Ian	San Domenico	V50 Men	07:02.2	2702	53
54	0:43:49	DAVIES, Mike	Nike Running Club	V50 Men	07:03.0	2670	54
55	0:43:55	WEBBER, Gary	Rhondda Valley Runners	V40 Men	07:03.9	2759	55
56	0:44:08	LAMORTE, Mark	Unaffiliated	Senior Men	07:06.0	2728	56
57	0:44:12	HARRIS, Neil	Unaffiliated	V40 Men	07:06.7	2748	57
58	0:44:16	MARSON, John	Llanelli AC	V40 Men	07:07.3	2656	58
59	0:44:21	EVANS, Alun	Unaffiliated	V40 Men	07:08.1	2669	59
60	0:44:25	PHILLIPS, David	Caerphilly Runners	V50 Men	07:08.8	2672	60
61	0:44:32	BROOKES, Sam	Unaffiliated	Senior Men	07:09.9	2698	61
62	0:44:39	KING, Robert	Parc Bryn Bach	Senior Men	07:11.0	2679	62
63	0:44:41	PAYNE, Steve	Unaffiliated	Senior Men	07:11.3	2800	63
64	0:44:44	BEBB, Adam	Pontypridd Roadents	Senior Men	07:11.8	2674	64
65	0:44:49	DELANEY, James	San Domenico	V50 Men	07:12.6	2713	65
66	0:44:54	JONES, Justin	Pontypridd Roadents	V40 Men	07:13.4	2614	66
67	0:45:01	WILLIAMS, Cristopher	CwmOgwr Runners	Senior Men	07:14.5	2639	67
68	0:45:02	LYNCH, Matthew	Unaffiliated	V40 Men	07:14.7	2787	68
69	0:45:06	LEWIS, Elfyn	Eryri Harriers	V40 Men	07:15.4	2762	69
70	0:45:07	DAY, Mark	Team Rees	V40 Men	07:15.5	2792	70
71	0:45:10	LAWRENCE, Richard	Rhondda Valley Runners	V50 Men	07:16.0	2734	71
72	0:45:25	BURNETT, Steven	Unaffiliated	Senior Men	07:18.4	2607	72
73	0:45:26	TUDHOPE, Robert	Liswerry Runners	V40 Men	07:18.6	2604	73
74	0:45:37	REES, Richard	Team Rees	Senior Men	07:20.3	2782	74
75	0:45:52	JONES, Mark	Robertown Runners	V40 Men	07:22.8	2731	75
76	0:45:57	GOUVEIA, Marcia	San Domenico	Senior Ladies	07:23.6	2662	76
77	0:45:58	BUSWELL, Stuart	Team Rees	V40 Men	07:23.7	2939	77
78	0:45:59	KETTLEY, Andrew	Rhondda Valley Runners	Senior Men	07:23.9	2694	78
79	0:46:08	SHIELDS, Dominic	San Domenico	V50 Men	07:25.3	2661	79
80	0:46:08	LEWIS, Dafydd	Fetch Everyone	V40 Men	07:25.3	2660	80
81	0:46:21	PORTELLI, Jonathan	Unaffiliated	Senior Men	07:27.4	2606	81
82	0:46:22	O'SULLIVAN, Tim	Les Croupiers	V50 Men	07:27.6	2652	82
83	0:46:25	THOMAS, Carolyn	Dragons	V45 Ladies	07:28.1	2664	83
84	0:46:42	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	07:30.8	2788	84
85	0:46:42	PRICE, Brendan	Dragons	V40 Men	07:30.8	2665	85
86	0:46:48	PETERSON, Simon	Islwyn Runners	V40 Men	07:31.8	2715	86
87	0:46:48	MELHUIISH, Deb	Unaffiliated	V35 Ladies	07:31.8	2643	87
88	0:46:57	WILLIAMS, Jarod-Lee	Unaffiliated	Under 23 Men	07:33.2	2630	88
89	0:46:58	LEWIS, Sean	Unaffiliated	Under 23 Men	07:33.4	2745	89
90	0:46:58	POCKNELL, Justin	Caerleon RC	V40 Men	07:33.4	2687	90
91	0:47:01	CROCKER, Abbie	Richard Rees	Senior Ladies	07:33.9	2625	91
92	0:47:03	MASON, Janine	Unaffiliated	Senior Ladies	07:34.2	2827	92
93	0:47:08	DENTON, Clive	Rhondda Valley Runners	V40 Men	07:35.0	2829	93
94	0:47:30	JAMES, Daniel	Unaffiliated	Senior Men	07:38.5	2654	94
95	0:47:32	MATTHEWS, Kieran	Rhondda Valley Runners	Senior Men	07:38.8	2814	95
96	0:47:39	HOLDER, Gregory	Unaffiliated	Senior Men	07:40.0	2716	96
97	0:47:42	ATTWOOD, Howard	Lliswerry Runners	V60 Men	07:40.5	2724	97
98	0:47:51	LLOYD, Dan	Nike Running Club	V40 Men	07:41.9	2671	98
99	0:47:54	WILLIAMS, Simon	Caerphilly Runners	V40 Men	07:42.4	2719	99
100	0:47:54	CREASEY, Jeremy	Spirit Of Monmouth	V40 Men	07:42.4	2684	100
101	0:47:58	BREEN, Dave	Porthcawl Runnerlife	V60 Men	07:43.0	2727	101
102	0:48:11	FERGUSON, Tom	Unaffiliated	V50 Men	07:45.1	2602	102
103	0:48:13	MOFFETT, Brian	Parc Bryn Bach	V60 Men	07:45.4	2804	103
104	0:48:14	FOULKES, Lauren	Unaffiliated	Senior Ladies	07:45.6	2623	104
105	0:48:19	HARDING, Stewart	Nike Running Club	Senior Men	07:46.4	2789	105
106	0:48:21	THOMPSON, Matthew	Les Croupiers	Senior Men	07:46.7	2953	106
107	0:48:29	THOMAS, Kristian	Unaffiliated	Under 23 Men	07:48.0	2721	107
108	0:48:31	COLLINS, Kelly	Parc Bryn Bach	V35 Ladies	07:48.3	2678	108

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109	0:48:41	MAINWARING, Andrew	Unaffiliated	V40 Men	07:49.9	2668	109
110	0:48:57	EVANS, Louise	Ebbw Vale	V45 Ladies	07:52.5	2696	110
111	0:48:59	BEECH, Elizabeth	Brackla Harriers	V55 Ladies	07:52.8	2680	111
112	0:49:01	BEECH, Richard	Brackla Harriers	V50 Men	07:53.2	2681	112
113	0:49:04	PRATT, Chris	CwmOgwr Runners	V40 Men	07:53.6	2658	113
114	0:49:10	CAPLE, Andrew	Nike Running Club	V40 Men	07:54.6	2765	114
115	0:49:16	FITZGERALD, Ange	Unaffiliated	V35 Ladies	07:55.6	2778	115
116	0:49:40	FORSEY, Tom	Liswerry Runners	Senior Men	07:59.4	2622	116
117	0:49:46	BRYANT, John	Unaffiliated	Under 23 Men	08:00.4	2699	117
118	0:49:48	EVANS, David	Unaffiliated	V50 Men	08:00.7	2718	118
119	0:49:53	THOMAS, Heidi Louise	Unaffiliated	Senior Ladies	08:01.5	2596	119
120	0:50:05	FITZGERALD, Neil	Pontypridd Roadents	V40 Men	08:03.5	2712	120
121	0:50:06	GRIBBLE, Marcus	Rhondda Valley Runners	Senior Men	08:03.6	2756	121
122	0:50:09	HAPGOOD, Lee	Unaffiliated	V50 Men	08:04.1	2649	122
123	0:50:25	WILLIAMS, Kevin	Combat Training	V40 Men	08:06.7	2725	123
124	0:50:31	MATTHEWS, Andrew	Unaffiliated	V50 Men	08:07.6	2685	124
125	0:50:32	GRIFFITHS-WARNER, Darren	Unaffiliated	V50 Men	08:07.8	2735	125
126	0:50:33	DENTON, Gareth	Rhondda Valley Runners	V40 Men	08:08.0	2835	126
127	0:50:45	PARR, Carys	Team Rees	V35 Ladies	08:09.9	2949	127
128	0:50:58	CARROLL, John	Robertown Runners	V50 Men	08:12.0	2691	128
129	0:50:59	POWELL, Rhos	Unaffiliated	Senior Men	08:12.1	2743	129
130	0:51:01	DONNAN, Graeme	Les Croupiers	V60 Men	08:12.5	2651	130
131	0:51:14	COLEMAN, Neil	Unaffiliated	V40 Men	08:14.6	2657	131
132	0:51:20	NEWMAN, Lowri	Unaffiliated	V45 Ladies	08:15.5	2823	132
133	0:51:34	MORGAN, Carys	Dragons	Senior Ladies	08:17.8	2621	133
134	0:51:42	THOMAS, Rose	Rhayader	V55 Ladies	08:19.1	2738	134
135	0:52:05	HOWELLS, Anthony	Unaffiliated	V40 Men	08:22.8	2595	135
136	0:52:15	DAVIES, Molly	Team Rees	Under 23 Ladies	08:24.4	2793	136
137	0:52:15	JONES, Rebecca	Team Rees	V35 Ladies	08:24.4	2795	137
138	0:52:17	COOK, Andrew	Team Rees	V40 Men	08:24.7	2779	138
139	0:52:34	JONES, Samuel	Islwyn Runners	Under 23 Men	08:27.4	2773	139
140	0:52:35	WELHAM, Roxanne	Unaffiliated	Senior Ladies	08:27.6	2962	140
141	0:52:44	RYAN, Joanne	Rhondda Valley Runners	V35 Ladies	08:29.0	2761	141
142	0:52:47	NORMAN, Matt	Unaffiliated	V50 Men	08:29.5	2605	142
143	0:52:56	JENKINS, Stephen	Unaffiliated	V40 Men	08:31.0	2763	143
144	0:53:05	GARRAHAN, Jason	Caerphilly Runners	V40 Men	08:32.4	2947	144
145	0:53:10	LEWIS, Carl	Unaffiliated	Senior Men	08:33.2	2764	145
146	0:53:25	DEERE, Sophie	Unaffiliated	Under 23 Ladies	08:35.6	2744	146
147	0:53:27	O'BRIEN, Jennifer	Unaffiliated	Senior Ladies	08:36.0	2780	147
148	0:53:28	GREEN, Johnathan	Team Rees	V40 Men	08:36.1	2777	148
149	0:53:30	MCGREGOR, Matthew	Unaffiliated	Senior Men	08:36.4	2833	149
150	0:53:32	JAYNE, Michelle	Parc Bryn Bach	V35 Ladies	08:36.8	2677	150
151	0:53:35	FLAVELL, Guy	Unaffiliated	V40 Men	08:37.2	2619	151
152	0:53:37	TOPCZYLSKO-EVANS, Richard	Merthyr RC	Senior Men	08:37.6	2806	152
153	0:53:57	MEYRICK, Ian	Unaffiliated	Senior Men	08:40.8	2693	153
154	0:53:58	COONICK, Louise	Unaffiliated	Senior Ladies	08:40.9	2741	154
155	0:53:59	COTTER, Shaun	Unaffiliated	V40 Men	08:41.1	2770	155
156	0:54:02	ALLEN, Phil	Pegasus	V50 Men	08:41.6	2710	156
157	0:54:07	HEYDON, Adrian	Team Rees	Senior Men	08:42.4	2805	157
158	0:54:16	ANDERSON, Claire	Liswerry Runners	V45 Ladies	08:43.8	2825	158
159	0:54:20	CROOKS, Colin	Pegasus	V50 Men	08:44.5	2703	159
160	0:54:23	CONLIN, Simon	Unaffiliated	Senior Men	08:45.0	2635	160
161	0:54:25	PAYNE, John	Les Croupiers	V40 Men	08:45.3	2711	161
162	0:54:26	PRYOR, Sarah	Pegasus	V35 Ladies	08:45.5	2640	162
163	0:54:33	CADDY, Simon	Unaffiliated	Senior Men	08:46.6	2915	163
164	0:54:43	POPE, Rachel	Unaffiliated	Senior Ladies	08:48.2	2638	164

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165	0:54:46	EVANS, Oheryl	Hereford & County	V45 Ladies	08:48.7	2675	165
166	0:54:55	FISHER, Claire	Unaffiliated	V35 Ladies	08:50.1	2830	166
167	0:54:55	PRICE, Marie	Unaffiliated	V35 Ladies	08:50.1	2831	167
168	0:55:10	HUSSEY, Jon	Unaffiliated	Senior Men	08:52.5	2742	168
169	0:55:14	PRICE, Kimberley	Unaffiliated	Senior Ladies	08:53.2	2771	169
170	0:55:24	JERUIS, Kath	Parc Bryn Bach	V55 Ladies	08:54.8	2709	170
171	0:55:35	MURPHY, Gill	Les Croupiers	V55 Ladies	08:56.6	2683	171
172	0:55:42	EAST, Ceri	Merthyr RC	V35 Ladies	08:57.7	2813	172
173	0:55:43	HUGHES, Howard	Unaffiliated	V40 Men	08:57.8	2794	173
174	0:56:17	THOMAS, Gwenno	Les Croupiers	V35 Ladies	09:03.3	2659	174
175	0:56:17	KEABLE, Sarah	Team Rees	Senior Ladies	09:03.3	2958	175
176	0:56:24	PROWSE, Robert	Unaffiliated	V50 Men	09:04.4	2732	176
177	0:56:28	NICOL, Mark	Caerphilly Runners	V40 Men	09:05.1	2722	177
178	0:56:35	ROBINSON, Gareth	Unaffiliated	Senior Men	09:06.2	2631	178
179	0:56:37	STANDERWICK, Sam	Parc Bryn Bach	V35 Ladies	09:06.5	2708	179
180	0:56:39	WILLIAMS, David	Unaffiliated	Senior Men	09:06.9	2785	180
181	0:56:50	FISHER, Laura	Team Rees	Senior Ladies	09:08.6	2783	181
182	0:56:58	MEAD, Vicky	Unaffiliated	V45 Ladies	09:09.9	2647	182
183	0:57:03	WARNER, Ian	Unaffiliated	V50 Men	09:10.7	2821	183
184	0:57:03	JONES, Vicki	Islwyn Runners	V35 Ladies	09:10.7	2774	184
185	0:57:05	NORWELL, David	Unaffiliated	Senior Men	09:11.0	2632	185
186	0:57:12	HOLTON, Alison	Parc Bryn Bach	V35 Ladies	09:12.2	2746	186
187	0:57:15	RYAN, Steve	Nike Running Club	V40 Men	09:12.6	2629	187
188	0:57:28	THOMAS, Robert	Unaffiliated	V40 Men	09:14.7	2667	188
189	0:57:32	MORRIS, Ryan	Unaffiliated	Senior Men	09:15.4	2772	189
190	0:57:34	WEBB, Tim	Pegasus	V60 Men	09:15.7	2611	190
191	0:57:39	WILDING, Kayleigh	Unaffiliated	Senior Ladies	09:16.5	2705	191
192	0:57:40	TOY, Julie	Unaffiliated	V45 Ladies	09:16.7	2811	192
193	0:57:50	POWELL, Adrienne	Unaffiliated	Senior Ladies	09:18.3	2776	193
194	0:57:54	FRY, John	Fairwater Runners	V70 Men	09:18.9	2810	194
195	0:58:02	CASWELL, Claire	Unaffiliated	Senior Ladies	09:20.2	2754	195
196	0:58:04	BUSWELL, Isabel	Team Rees	V45 Ladies	09:20.5	2797	196
197	0:58:39	RAIKES, Sharon	Unaffiliated	V55 Ladies	09:26.2	2818	197
198	0:58:45	JONES, Rachel	Islwyn Runners	Senior Ladies	09:27.1	2676	198
199	0:58:45	MARSHMAN, Sandra	Pontypridd Roadents	V35 Ladies	09:27.1	2603	199
200	0:58:49	FORSEY, Yvonne	Lliswerry Runners	V55 Ladies	09:27.8	2723	200
201	0:59:05	CHALABI, Louisa	Unaffiliated	Senior Ladies	09:30.3	2799	201
202	0:59:06	DOUGLAS, Mark	Rhondda Valley Runners	Senior Men	09:30.5	2749	202
203	0:59:18	KEMBREY, Sarah	Liswerry Runners	V35 Ladies	09:32.4	2726	203
204	0:59:30	JACKSON, Debbie	Team Rees	V45 Ladies	09:34.4	2786	204
205	0:59:48	JONES, Carys	Unaffiliated	Senior Ladies	09:37.3	2608	205
206	0:59:56	ISAAC, Sarah	Robertown Runners	Senior Ladies	09:38.6	2609	206
207	1:00:23	MEAD, Jonathan	Unaffiliated	V50 Men	09:42.9	2646	207
208	1:00:33	MACDONALD, Zoe	Pontypridd Roadents	Senior Ladies	09:44.5	2645	208
209	1:00:35	LLOYD THOMAS, Claire	Robertown Runners	V35 Ladies	09:44.8	2598	209
210	1:00:38	MORGAN, Lee	Unaffiliated	V40 Men	09:45.3	2692	210
211	1:01:02	CUMMING, Debbie	Nike Running Club	V45 Ladies	09:49.2	2873	211
212	1:01:06	ROWE, Naomi	Team Rees	V35 Ladies	09:49.8	2781	212
213	1:01:11	MARTIN, Darren	Unaffiliated	V40 Men	09:50.6	2751	213
214	1:01:15	EDWARDS, Karen	Unaffiliated	V35 Ladies	09:51.3	2720	214
215	1:01:21	DENDLE, Joanne	Unaffiliated	V35 Ladies	09:52.2	2820	215
216	1:01:25	Unregistered Competitor		NDB	09:52.9		216
217	1:01:59	TODD JONES, Christopher	Robertown Runners	V50 Men	09:58.3	2627	217
218	1:02:13	PRICE, Richard	Unaffiliated	Senior Men	10:00.6	2689	218
219	1:02:27	PRICE, Ruth	Unaffiliated	V45 Ladies	10:02.8	2690	219
220	1:02:35	O'DARL, Mark	Unaffiliated	V40 Men	10:04.1	2700	220

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

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
221	1:02:50	SMITH, Sharon	Pontypridd Roadents	V45 Ladies	10:06.5	2822	221
222	1:03:12	HANDLEY, Bethan	Team Rees	Senior Ladies	10:10.1	2739	222
223	1:03:13	CHURCH, Paula	Team Rees	V35 Ladies	10:10.2	2760	223
224	1:03:27	COUGHLAN, Abbigail	Team Rees	Under 23 Ladies	10:12.5	2784	224
225	1:04:47	VAUGHAN, Terry	Ebbw Vale	V40 Men	10:25.4	2802	225
226	1:04:55	CADDY, Ruth	Pontypridd Roadents	V45 Ladies	10:26.7	2914	226
227	1:05:49	RODERICK, Victoria	Unaffiliated	V35 Ladies	10:35.3	2637	227
228	1:06:38	REES, Emma	Unaffiliated	Senior Ladies	10:43.2	2642	228
229	1:06:38	FURBER, Alan	Unaffiliated	Senior Men	10:43.2	2641	229
230	1:06:56	WILLIAMS, Julie	Islwyn Runners	V35 Ladies	10:46.1	2768	230
231	1:09:17	AUSTERBERRY, Daphne	Chepstow Harriers	V65 Ladies	11:08.8	2618	231
232	1:11:40	DRUCKER, Glyn	Caerphilly Runners	V40 Men	11:31.8	2832	232
233	1:12:08	HICKS, Elaine	Islwyn Runners	V55 Ladies	11:36.3	2686	233
234	1:12:53	NORTHAM, Sarah	Unaffiliated	Senior Ladies	11:43.6	2688	234
235	1:13:31	TURNER, Samantha	Unaffiliated	V35 Ladies	11:49.7	2752	235
236	1:13:55	BARRETT, Carol	Unaffiliated	V55 Ladies	11:53.5	2803	236
237	1:27:10	GAME-LAMORTE, Kath	Unaffiliated	V35 Ladies	14:01.5	2729	237

There were 237 finishers in the All Competitors category.