

## 2017 Treforest 10K - 28/05/2017

### Finisher List

Position	Bib	Name	Gender	Age Group	Club	Time	Status
1.	1695	Joe Beech	m	Senior Men	Brackla Harriers	0:34:13	
2.	1169	Ben Butler-Madden	m	Senior Men	Penarth & Dinas Runners	0:35:15	
3.	1252	Richard Jackson-Hookins	m	Senior Men	Penarth & Dinas Runners	0:35:55	
4.	1541	Richard Jones	m	Mens Masters 40-49	Newport Harriers	0:36:47	
5.	1682	Gary Brown	m	Senior Men	Penarth & Dinas Runners	0:37:18	
6.	1590	Gethin Powell	m	Senior Men	Pontypridd Roadents AC	0:37:22	
7.	1581	Gavin Patterson	m	Senior Men	Parc Bryn Bach Running Club	0:37:35	
8.	1210	Clara Evans	w	Ladies under 23	Cardiff AAC	0:38:00	
9.	1164	Jake Brooke-Smith	m	Men under 23	Pontypridd Roadents AC	0:38:19	
10.	1697	Matthew Gurmin	m	Mens Masters 40-49	Swansea Harriers	0:38:29	
11.	1554	Sean Lewis	m	Men under 23	Brackla Harriers	0:38:46	
12.	1552	Johnny Lam	m	Mens Masters 40-49	San Domenico RC	0:39:02	
13.	1645	Luke Williams	m	Senior Men	San Domenico RC	0:39:42	
14.	1648	Ben Williams	m	Senior Men		0:39:46	
15.	1163	Phil Bristow	m	Mens Masters 50-59	San Domenico RC	0:39:51	
16.	1670	Alex Cornett	m	Senior Men		0:40:23	
17.	1231	Christopher Handley	m	Mens Masters 40-49	Aberdare Athletics Club	0:40:23	
18.	1540	Andrew Jones	m	Mens Masters 40-49		0:40:25	
19.	1663	Elio Lepore	m	Mens Masters 60-69	Les Croupiers RC	0:40:27	
20.	1600	leaun Reed	m	Men under 23	Team Geology	0:40:35	
21.	1152	Ian Bird	m	Senior Men	Port talbot harriers	0:40:47	
22.	1244	matt hopkins	m	Senior Men	Les Croupiers RC	0:40:53	
23.	1640	James White	m	Mens Masters 40-49	San Domenico RC	0:40:58	
24.	1637	Gary Webber	m	Mens Masters 40-49	Rhondda Valley Runners	0:41:51	
25.	1201	Gethin Edwards	m	Senior Men	Pontyclun Road Runners	0:41:53	
26.	1578	Terry O'Brien	m	Mens Masters 50-59		0:41:54	
27.	1208	Alun Evans	m	Mens Masters 50-59		0:41:56	
28.	1603	Frazer Richards	m	Senior Men	Caerphilly Runners	0:42:06	
29.	1613	Glyn Sansom	m	Mens Masters 50-59	San Domenico RC	0:42:11	
30.	1596	Richard Price	m	Mens Masters 40-49		0:42:18	
31.	1167	Claire Bunce	w	Senior Ladies	Red rose runners club	0:42:18	
32.	1634	David Waters	m	Mens Masters 40-49	ISLWYN	0:42:22	
33.	1148	Ian Bell	m	Mens Masters 50-59	San Domenico RC	0:42:24	

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34.	1614	John Seaward	m	Senior Men	San Domenico RC	0:42:36	
35.	1666	Tracie Williams-Rowe	w	Ladies Masters 45-54	Lliswerry	0:42:54	
36.	1667	Michael Murphy	m	Mens Masters 60-69	Les Croupiers RC	0:43:03	
37.	1605	Heledd Roberts	w	Ladies under 23	San Domenico RC	0:43:12	
38.	1166	Liam Bryson	m	Mens Masters 40-49	Caerphilly Runners	0:43:24	
39.	1566	Ryan Minard	m	Senior Men	Aberdare Athletics Club	0:43:35	
40.	1248	Philip Hughes	m	Senior Men	San Domenico RC	0:44:01	
41.	1580	Steve Paskell	m	Mens Masters 40-49	Pontyclun Road Runners	0:44:17	
42.	1220	David Goodall	m	Mens Masters 60-69	White Rock Runners	0:44:29	
43.	1615	Dominic Shields	m	Mens Masters 50-59	San Domenico RC	0:44:41	
44.	1672	Matthew Wheeler	m	Mens Masters 50-59		0:44:51	
45.	1542	Richard Jones	m	Mens Masters 40-49		0:44:54	
46.	1665	Martin Bussell	m	Mens Masters 50-59	Islwyn Running Club	0:44:54	
47.	1550	David Kembery	m	Mens Masters 40-49	CWM OGWR	0:45:00	
48.	1531	Lee Jenkins	m	Senior Men	Run4All Neath	0:45:03	
49.	1633	Carl Walsh	m	Mens Masters 40-49	Rhondda Valley Runners	0:45:05	
50.	1687	Kevin Russell	m	Mens Masters 50-59	Lliswerry	0:45:09	
51.	1598	Craig Pritchard	m	Men under 23		0:45:22	
52.	1688	Owen Davies	m	Senior Men	Lliswerry	0:45:23	
53.	1239	Nick Hayward	m	Senior Men	San Domenico RC	0:45:25	
54.	1194	CLIVE DENTON	m	Mens Masters 40-49	Rhondda Valley Runners	0:45:27	
55.	1200	Amy Edwards	w	Ladies Masters 35-44	Rhondda Valley Runners	0:45:33	
56.	1594	Brendan Price	m	Mens Masters 40-49	Dragons Running Club	0:45:33	
57.	1568	Andrew Morgan	m	Senior Men	Run Caerphilly	0:45:37	
58.	1246	Sam Howell-Jones	m	Senior Men	Pontypridd Roadents AC	0:45:37	
59.	1551	darren kippet	m	Mens Masters 40-49	Parc brynbach	0:45:49	
60.	1218	michael foster	m	Mens Masters 60-69		0:45:54	
61.	1156	Laurent Bono	m	Senior Men		0:45:59	
62.	1198	Andrew Driscoll	m	Senior Men		0:46:02	
63.	1573	David Morgan	m	Mens Masters 40-49		0:46:03	
64.	1171	Rurh Cann	w	Ladies Masters 35-44	Penarth & Dinas Runners	0:46:11	
65.	1587	Antony Phillips	m	Mens Masters 50-59	Bridgend AC	0:46:21	
66.	1209	Debbie Evans	w	Ladies Masters 45-54	Penarth & Dinas Runners	0:46:28	

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67.	1612	Dorian Russell	m	Mens Masters 40-49	Bridgend AC	0:46:32	
68.	1155	Martin Blakebrough	m	Mens Masters 50-59	Spirit of Monmouth Running Club	0:46:33	
69.	1591	Catherine Powell	w	Ladies Masters 35-44	Pontyclun Road Runners	0:46:38	
70.	1188	neil davies	m	Mens Masters 50-59		0:46:39	
71.	1699	Gareth Jenkins	m	Senior Men		0:46:44	
72.	1160	Malcolm Bradley	m	Mens Masters 60-69	Penarth & Dinas Runners	0:46:46	
73.	1696	Richard Jones	m	Mens Masters 40-49		0:46:49	
74.	1676	Wyn Thomas	m	Mens Masters 40-49		0:47:10	
75.	1180	Gareth Copley	m	Senior Men	Refail Runners	0:47:16	
76.	1631	Philip Wakeford	m	Mens Masters 50-59		0:47:37	
77.	1593	Steven Preddy	m	Mens Masters 40-49	Les Croupiers RC	0:47:38	
78.	1182	Jeremy Creasey	m	Mens Masters 50-59	Spirit of Monmouth Running Club	0:47:41	
79.	1563	Dominic Melville	m	Mens Masters 40-49		0:47:42	
80.	1618	Nick Spiller	m	Senior Men		0:47:45	
81.	1588	John Pointon	m	Mens Masters 60-69		0:47:49	
82.	1684	Sian Phillips	w	Ladies Masters 55-64	Swansea Harriers	0:47:55	
83.	1680	Dai Evans	m	Mens Masters 50-59		0:48:03	
84.	1690	Joseph Painter	m	Senior Men	Caerphilly Runners	0:48:14	
85.	1154	Craig Blake	m	Senior Men	Les Croupiers RC	0:48:30	
86.	1233	noel harris	m	Mens Masters 50-59	Caerphilly canaries	0:48:36	
87.	1203	Wayne Enticott	m	Mens Masters 40-49		0:48:49	
88.	1217	Jordan Forster	m	Senior Men		0:49:03	
89.	1157	Ana Filipa Borges	w	Senior Ladies		0:49:07	
90.	1250	Keith Hughes	m	Senior Men		0:49:12	
91.	1195	Paul Dickson	m	Senior Men	Caerphilly canaries	0:49:14	
92.	1698	Ange Martin	w	Ladies Masters 35-44	Caerphilly Runners	0:49:15	
93.	1172	Andrew caple	m	Mens Masters 50-59	CDF Runners	0:49:17	
94.	1662	Philip Hoskins	m	Mens Masters 50-59		0:49:24	
95.	1539	Alan Jones	m	Senior Men		0:49:26	
96.	1617	Andrew Smith	m	Senior Men	Pont-y-pwl & Distrist runners	0:49:26	
97.	1683	Matthew Barrell	m	Mens Masters 40-49		0:49:44	
98.	1237	marc harvey	m	Mens Masters 40-49		0:49:46	
99.	1259	Lucy Janes	w	Ladies under 23	Run Caerphilly	0:49:47	

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100.	1532	Karl Johnson	m	Senior Men	Cwm Ogwr RC	0:49:49	
101.	1245	Melanie Howard	w	Ladies Masters 35-44	Run4All Neath	0:50:09	
102.	1236	andrew harris	m	Senior Men	Caerphilly canaries	0:50:15	
103.	1602	Owen Rees	m	Mens Masters 40-49		0:50:18	
104.	1557	Stephen Locke	m	Mens Masters 40-49	Newport Harriers	0:50:31	
105.	1165	John Bryant	m	Men under 23		0:50:34	
106.	1571	Lucy Morgan	w	Ladies Masters 35-44		0:50:36	
107.	1176	christie coleman	m	Mens Masters 40-49	cwm ogwr r c	0:50:40	
108.	1686	Helen Griffiths	w	Ladies Masters 35-44	Penarth & Dinas Runners	0:51:07	
109.	1681	Leah Treharne	w	Senior Ladies		0:51:17	
110.	1146	Steven Bedford	m	Mens Masters 40-49	Les Croupiers RC	0:51:20	
111.	1660	Caroline Spanton	w	Ladies Masters 35-44		0:51:26	
112.	1199	John Dyer	m	Mens Masters 40-49	Pegasus RC Cardiff	0:51:26	
113.	1646	Kevin Williams	m	Mens Masters 40-49		0:51:35	
114.	1170	Jon Candy	m	Mens Masters 40-49		0:51:37	
115.	1221	Gary Gould	m	Senior Men		0:51:41	
116.	1677	Andrew Cleverley	m	Mens Masters 50-59	Pegasus RC Cardiff	0:51:50	
117.	1561	John Marson	m	Mens Masters 40-49	Llanelli AC	0:51:53	
118.	1189	joanne davies	w	Senior Ladies		0:51:56	
119.	1685	Clare Biddlecombe	w	Ladies Masters 35-44	Lliswerry	0:52:15	
120.	1202	Ray Ellingham	m	Mens Masters 40-49	Lliswerry	0:52:16	
121.	1251	Lindsey Hunt	w	Senior Ladies	Penarth & Dinas Runners	0:52:17	
122.	1181	Shaun Cotter	m	Mens Masters 50-59		0:52:22	
123.	1257	Barry James	m	Mens Masters 60-69	Porthcawl Runners	0:52:27	
124.	1227	Jonathan Griffiths	m	Mens Masters 40-49	fast daps rc	0:52:27	
125.	1622	Vicky Stroud	w	Ladies Masters 35-44	Roberttown Road Runners	0:52:29	
126.	1150	Alex Benson	m	Mens Masters 40-49		0:52:29	
127.	1584	Samantha Perrott	w	Ladies Masters 35-44	RUN4ALL NEATH	0:52:33	
128.	1671	Ruth Sutton	w	Ladies Masters 35-44		0:52:35	
129.	1555	Stephen Lewis	m	Senior Men		0:52:39	
130.	1168	Stuart Buswell	m	Mens Masters 50-59	Caerphilly Runners	0:52:43	
131.	1230	Ceri Haddock	w	Senior Ladies	Pontypridd Roadents AC	0:52:46	
132.	1691	Neil Coleman	m	Mens Masters 50-59		0:52:57	

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Position	Bib	Name	Gender	Age Group	Club	Time	Status
133.	1664	Howard Attwood	m	Mens Masters 60-69	Lliswerry	0:53:03	
134.	1651	Emily Woodford	w	Senior Ladies		0:53:06	
135.	1190	Alex Davies	m	Senior Men		0:53:09	
136.	1241	Steve Hill	m	Mens Masters 50-59	Penarth & Dinas Runners	0:53:17	
137.	1537	Daniel Jones	m	Senior Men		0:53:20	
138.	1162	Rosie Bristow	w	Ladies Masters 35-44	Pegasus RC Cardiff	0:53:26	
139.	1577	Lowri Newman	w	Ladies Masters 45-54		0:53:29	
140.	1226	Phyl Griffiths	m	Mens Masters 50-59		0:53:39	
141.	1242	Michelle Hoey	w	Ladies Masters 35-44	Penarth & Dinas Runners	0:53:50	
142.	1644	Yvonne Williams	w	Ladies Masters 55-64	Penarth & Dinas Runners	0:53:51	
143.	1215	Guy Flavell	m	Mens Masters 40-49		0:54:13	
144.	1630	Calum Vennard	m	Senior Men	Les Croupiers RC	0:54:20	
145.	1193	Sophie Deere	w	Ladies under 23	Brackla Harriers	0:54:59	
146.	1175	Jordan Christopher	m	Men under 23		0:55:09	
147.	1693	Luke Heslop	m	Mens Masters 40-49	Les Croupiers RC	0:55:13	
148.	1560	sandra marshman	w	Ladies Masters 35-44	pontypridd roadents	0:55:27	
149.	1143	Dave Bailyes	m	Mens Masters 50-59	Caerphilly canaries	0:55:34	
150.	1562	Jane Maynard	w	Ladies Masters 45-54	Orpington Road Runners	0:55:34	
151.	1548	Dan Kedward	m	Senior Men		0:55:39	
152.	1597	Marie Price	w	Ladies Masters 35-44		0:55:40	
153.	1213	Claire Fisher	w	Ladies Masters 35-44		0:55:40	
154.	1668	Gill Murphy	w	Ladies Masters 55-64	Les Croupiers RC	0:55:50	
155.	1151	Andrew Beswick	m	Mens Masters 50-59		0:55:51	
156.	1669	Zoe Heydon	w	Ladies Masters 35-44	Islwyn Running Club	0:56:10	
157.	1558	Catherine Lundie	w	Ladies Masters 35-44	Pontyclun Road Runners	0:56:30	
158.	1579	Paul Overfield	m	Mens Masters 40-49		0:56:46	
159.	1567	Peter Minoughan	m	Mens Masters 50-59	Brough Runners	0:57:00	
160.	1145	Rachel Beckley	w	Ladies Masters 35-44	Taff Ely Triathlon Club	0:57:08	
161.	1589	Sarah Pontin	w	Ladies Masters 35-44	Islwyn Running Club	0:57:12	
162.	1538	jason jones	m	Mens Masters 50-59	Port talbot harriers	0:57:45	
163.	1692	Natalee Murphy	w	Ladies Masters 35-44	Roberttown Road Runners	0:57:49	
164.	1178	Joshua Cook	m	Senior Men	Porthcawl Runners	0:58:09	
165.	1249	Rhys Hughes	m	Senior Men		0:58:11	

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166.	1545	Paul Jones	m	Senior Men	Aberdare Athletics Club	0:58:24	
167.	1636	Richard Weaver	m	Mens Masters 40-49		0:58:26	
168.	1564	Hannah Miles	w	Senior Ladies		0:58:32	
169.	1234	rebecca harris	w	Ladies Masters 45-54	Caerphilly canaries	0:58:36	
170.	1592	Emma Louise Poyner	w	Ladies under 23	Team Rees	0:58:43	
171.	1207	brian evans	m	Mens Masters 40-49		0:58:43	
172.	1606	Ruth Robertson	w	Ladies Masters 45-54	San Domenico RC	0:59:00	
173.	1177	Victoria Coles	w	Ladies Masters 35-44	Pont-y-pwl & Distrist runners	0:59:06	
174.	1255	Raymond James	m	Mens Masters 50-59	Port talbot harriers	0:59:09	
175.	1139	Phil Allen	m	Mens Masters 50-59	Pegasus RC Cardiff	0:59:22	
176.	1158	Ben Bowen	m	Senior Men		0:59:39	
177.	1675	Dean Brown	m	Mens Masters 40-49		0:59:44	
178.	1174	Lucia Chiariello	w	Ladies Masters 55-64		0:59:46	
179.	1141	Alyson Attawar	w	Ladies Masters 45-54	Pontypridd Roadents AC	0:59:48	
180.	1565	Andrew Miller	m	Senior Men	Clwb Rhedeg Pontardawe Running Club	0:59:49	
181.	1694	Hayley Tunnacliffe	w	Senior Ladies		0:59:52	
182.	1679	Leah Bayley	w	Ladies Masters 35-44		1:00:08	
183.	1556	Michael Ilewellyn	m	Mens Masters 40-49		1:00:11	
184.	1689	Lucie Davies	w	Senior Ladies		1:00:43	
185.	1258	Tania James Price	w	Ladies Masters 45-54	Pontypool and District	1:00:46	
186.	1608	Sarah Rogers	w	Ladies Masters 35-44		1:00:50	
187.	1632	Dean Wallbank	m	Mens Masters 40-49	Run Caerphilly	1:01:27	
188.	1625	Vanessa Thomas	w	Ladies Masters 45-54	Caerphilly canaries	1:01:27	
189.	1607	Victoria Roderick	w	Ladies Masters 35-44		1:01:36	
190.	1243	Anna Hooper	w	Ladies Masters 35-44		1:01:41	
191.	1149	Marisa Benjamin	w	Senior Ladies	Pont-y-pwl & Distrist runners	1:01:52	
192.	1575	Matt Murray	m	Senior Men	Cwm Ogwr RC	1:01:53	
193.	1544	Alison Jones	w	Ladies Masters 45-54		1:02:04	
194.	1185	nicola crowley	w	Ladies Masters 45-54		1:02:04	
195.	1184	Colin Crooks	m	Mens Masters 60-69	Pegasus RC Cardiff	1:02:14	
196.	1225	Claire Griffiths	w	Ladies Masters 35-44	Caerphilly Runners	1:02:16	
197.	1224	Rhiannon Griffiths	w	Senior Ladies		1:02:57	
198.	1642	Lynda Williams		Ladies Masters 45-54		1:03:09	

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199.	1674	Dean Coombes	m	Senior Men	Pegasus RC Cardiff	1:03:44	
200.	1673	Joshua Payne	m	Mens Masters 50-59	Les Croupiers RC	1:04:08	
201.	1678	Karen Jones	w	Ladies Masters 35-44	Les Croupiers RC	1:04:08	
202.	1186	Shawn Cullen	m	Mens Masters 40-49	Cwm Ogwr RC	1:04:11	
203.	1601	Dave Reed	m	Mens Masters 50-59	Rhondda Valley Runners	1:04:40	
204.	1216	john fonseca	m	Mens Masters 50-59		1:04:40	
205.	1641	Sara Wilkinson	w	Senior Ladies	Parc Bryn Bach Running Club	1:04:42	
206.	1543	Dylan Jones	m	Senior Men	1st for fitness	1:04:46	
207.	1570	Sara Morgan	w	Ladies Masters 35-44	Pegasus RC Cardiff	1:04:50	
208.	1661	David Evans	m	Senior Men		1:05:12	
209.	1616	Nicole Simons	w	Senior Ladies		1:05:12	
210.	1643	Elizabeth Williams	w	Ladies Masters 35-44	Pont-y-pwl & Distrist runners	1:06:36	
211.	1192	Lisa Davies	w	Senior Ladies		1:07:49	
212.	1572	Stacey Morgan	w	Senior Ladies		1:07:53	
213.	1229	Sally Groves	w	Ladies Masters 45-54	Pegasus Running Club	1:08:00	
214.	1254	Sarah James	w	Ladies Masters 35-44	Pegasus Running Club	1:08:00	
215.	1223	robert green	m	Mens Masters 50-59		1:08:31	
216.	1620	Suzanne Spiteri	w	Ladies Masters 35-44		1:08:58	
217.	1235	Joanne Harris	w	Ladies Masters 35-44	Islwyn Running Club	1:12:23	
218.	1549	Michael Kelly	m	Senior Men	Islwyn Running Club	1:12:25	
219.	1623	Nichola Summerill	w	Ladies Masters 35-44	Dragons Running Club	1:17:13	
220.	1205	Carwyn Evans	m	Mens Masters 40-49	Dragons Running Club	1:17:21	
221.	1161	Clare Bradwick	w	Senior Ladies	Dragons Running Club	1:17:21	
222.	1256	Kelly-ann James	w	Ladies Masters 35-44	Port talbot harriers	1:21:33	
223.	1585	Claudia Pheasant-Green	w	Ladies under 23		1:24:40	
224.	1627	Nia Thomas	w	Ladies Masters 35-44	Run With Us	1:24:41	
225.	1546	Kerry Jones	w	Ladies Masters 35-44		1:30:16	
	1138	Emma Addis	w	Ladies Masters 35-44			DNS
	1140	Clare Allen	w	Ladies Masters 45-54	Pegasus RC Cardiff		DNS
	1142	Daphne Austerberry	w	Ladies Masters 65+	Chepstow Harriers		DNS
	1144	Paul Bayona	m	Senior Men	Cornelly Striders		DNS
	1147	Katie Beecher	w	Ladies Masters 35-44	Les Croupiers RC		DNS
	1153	Dean Birt	m	Mens Masters 40-49			DNS

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	1159	Saranne Bowles	w	Ladies Masters 35-44	Women Running Penarth		DNS
	1173	Dean Chapman	m	Mens Masters 50-59			DNS
	1179	Darryl Cook	m	Senior Men	Parc brynbach		DNS
	1183	Michael Crocker	m	Senior Men			DNS
	1187	Ceri Davies	m	Mens Masters 40-49	San Domenico RC		DNS
	1191	Timothy Iloyd Davies	m	Mens Masters 40-49	Pontyclun Road Runners		DNS
	1196	Laura Doel	w	Senior Ladies			DNS
	1197	Rhys Dowling	m	Senior Men			DNS
	1204	Andrew Evans	m	Senior Men			DNS
	1206	Ceridwen Evans	w	Ladies Masters 55-64	Merthyr running club		DNS
	1211	nick everitt	m	Senior Men			DNS
	1212	Emma Feehan	w	Senior Ladies			DNS
	1214	Kev Fitzgerald	m	Mens Masters 60-69			DNS
	1219	Caroline Garnett	w	Ladies Masters 35-44			DNS
	1222	Jane Green	w	Ladies Masters 35-44	Women Running Penarth		DNS
	1228	Steve Grother	m	Mens Masters 40-49	Caerphilly Runners		DNS
	1232	Zoe harris	w	Senior Ladies	Caerphilly canaries		DNS
	1238	Hayley Hawkins	w	Senior Ladies			DNS
	1240	Gary Herring	m	Senior Men			DNS
	1247	Sharron Howells	w	Ladies Masters 45-54	Roberttown Road Runners		DNS
	1253	James Dafydd	m	Senior Men			DNS
	1260	Melanie Jenkins	w	Ladies Masters 35-44			DNS
	1533	Ieuan Jones	m	Men under 23	Cardiff AAC		DNS
	1534	Claire Jones	w	Ladies Masters 35-44	Run With Us		DNS
	1535	Donna Jones	w	Ladies Masters 45-54			DNS
	1536	Hannah Jones	w	Ladies Masters 35-44	Roberttown Road Runners		DNS
	1547	Martin Jones	m	Mens Masters 40-49	Islwyn rc		DNS
	1553	Craig Lewis	m	Senior Men			DNS
	1559	avinash madhav	m	Mens Masters 40-49	amant pablo avinash		DNS
	1569	Matthew Morgan	m	Senior Men			DNS
	1574	Moses Rachael	m	Senior Men			DNS
	1576	Tomos Nash	m	Senior Men			DNS
	1582	david pearce	m	Mens Masters 40-49	Ford BEP Running Club		DNS



## 2017 Treforest 10K - 28/05/2017

### Finisher List

Position	Bib	Name	Gender	Age Group	Club	Time	Status
	1583	Luke Perrott	m	Men under 23			DNS
	1586	Hannah Phillips	w	Senior Ladies	Run Wales		DNS
	1595	Stephanie Price	w	Senior Ladies	Caerphilly canaries		DNS
	1599	Matt Reardon	m	Senior Men	San Domenico RC		DNS
	1604	Dawn Richardson	w	Ladies Masters 45-54			DNS
	1609	Andrew Rogers	m	Mens Masters 40-49			DNS
	1610	Greg Rostocki	m	Senior Men			DNS
	1611	David Rowland	m	Senior Men	Ebbw Vale RC		DNS
	1619	Amie Spiller	w	Senior Ladies			DNS
	1621	Jennifer Stone	w	Ladies Masters 45-54	Cardiff AAC		DNS
	1624	Kate Surtees	w	Senior Ladies			DNS
	1626	Rebecca Thomas	w	Senior Ladies			DNS
	1629	Chris Todd Jones	m	Mens Masters 60-69	Roberttown Road Runners		DNS
	1635	Susan Watson	w	Ladies Masters 45-54	Les Croupiers RC		DNS
	1638	Nia West	w	Senior Ladies	Caerphilly Runners		DNS
	1639	Elaine Wharmby	w	Ladies Masters 45-54	Pegasus RC Cardiff		DNS
	1647	Julie Williams	w	Ladies Masters 45-54	Islwyn rc		DNS
	1649	Sarah Wingfield	w	Ladies Masters 45-54	Women Running Penarth		DNS
	1650	Ben Witcomb	m	Senior Men			DNS
	1652	Laura Wright	w	Ladies under 23	Cardiff AAC		DNS
	1653	Ruth Wright	w	Ladies Masters 45-54			DNS

Number of records: 285