

Caerphilly Trail Races 2024 Results (18/02/2024)

| Position | No. | First name | Surname | Gender | Age Cat. | Course | Club | Time |
|----------|-----|-------------|--------------|--------|----------|--------|---------------------------|---------|
| 1 | 101 | Chris | Gould | M | Open | 10K | White rock runners | 0:51:01 |
| 2 | 92 | Victor | Garcia | M | Open | 10K | | 0:54:35 |
| 3 | 229 | Jordan | Rumbles | M | Open | 10K | | 0:54:50 |
| 4 | 110 | Sally | Hall | F | Open | 10K | Lliswerry Runners | 0:55:02 |
| 5 | 219 | Mattia | Reiniger | M | Open | 10K | | 0:56:06 |
| 6 | 256 | Ben | Thomas | M | Open | 10K | | 0:56:21 |
| 7 | 278 | Lewis | Warrington | M | Open | 10K | | 0:56:28 |
| 8 | 193 | Sasha | Oldham | F | Open | 10K | | 0:56:32 |
| 9 | 153 | Justin | Llewellyn | M | V45 | 10K | | 0:56:33 |
| 10 | 188 | Elis Llyr | Nuttall | M | Open | 10K | Team Rees Gym | 0:56:37 |
| 11 | 119 | Luke | Hobden | M | Open | 10K | | 0:57:38 |
| 12 | 233 | Ethan | Sayce | M | Open | 10K | Parc Bryn Bach RC | 0:58:16 |
| 13 | 54 | Euan | Davies | M | Open | 10K | | 0:58:28 |
| 14 | 222 | Lewis | Richards | M | Open | 10K | | 0:58:34 |
| 15 | 255 | Adrian | Thomas | M | Open | 10K | | 0:58:35 |
| 16 | 129 | Dafydd | Jones | M | Open | 10K | | 0:59:13 |
| 17 | 187 | Ben | Nurcombe | M | Open | 10K | | 0:59:57 |
| 18 | 33 | Nick | Causier | M | Open | 10K | Caerphilly Runners | 1:00:15 |
| 19 | 152 | Jarrad | Llewellyn | M | Open | 10K | | 1:00:41 |
| 20 | 20 | Douglas | Brain | M | V45 | 10K | | 1:01:09 |
| 21 | 72 | Lee | Edwards | M | Open | 10K | 3m | 1:01:24 |
| 22 | 81 | Sebastian | Ferris | M | Open | 10K | | 1:02:35 |
| 23 | 170 | George | Moore | M | Open | 10K | | 1:02:41 |
| 24 | 9 | Daniel | Beech | M | Open | 10K | | 1:02:50 |
| 25 | 135 | Matthew | Jones | M | Open | 10K | Les Croupiers RC | 1:03:25 |
| 26 | 2 | Andrew Paul | Barham | M | V45 | 10K | Caerphilly Runners | 1:03:30 |
| 27 | 275 | Abbie | Wallerberger | F | Open | 10K | Penarth and Dinas Runners | 1:03:33 |
| 28 | 104 | Alun | Griffiths | M | Open | 10K | | 1:03:49 |
| 29 | 108 | Alastair | Hacking | M | V45 | 10K | | 1:04:28 |

| Position | No. | First name | Surname | Gender | Age Cat. | Course | Club | Time |
|----------|-----|------------|----------------|--------|----------|--------|------------------------|---------|
| 30 | 62 | Rhys | Davies | M | Open | 10K | | 1:05:12 |
| 31 | 293 | Craig | Whitehouse | M | V45 | 10K | | 1:05:43 |
| 32 | 16 | Colin | Blackmore | M | V45 | 10K | | 1:05:48 |
| 33 | 30 | Anna | Capey | F | Open | 10K | | 1:05:49 |
| 34 | 159 | Aileen | Lyons | F | Open | 10K | Les Croupiers RC | 1:06:10 |
| 35 | 145 | Patrick | Lambart | M | V45 | 10K | Ystrad runners | 1:06:43 |
| 36 | 151 | Robert | Lineham | M | Open | 10K | | 1:07:31 |
| 37 | 192 | Alison | Oldham | F | V45 | 10K | | 1:07:34 |
| 38 | 155 | Poppy | Loader-Spiller | F | Open | 10K | | 1:07:40 |
| 39 | 250 | Ruth | Sutton | F | V45 | 10K | Pontypridd Roadents AC | 1:07:42 |
| 40 | 47 | Ben | Cottam | M | V45 | 10K | Caerphilly Runners | 1:07:45 |
| 41 | 254 | Stephen | Teague | M | V45 | 10K | | 1:08:06 |
| 42 | 63 | Tom | Davies | M | Open | 10K | | 1:08:09 |
| 43 | 162 | Simon | Maksimovic | M | Open | 10K | | 1:08:11 |
| 44 | 65 | Jac | Donovan | M | Open | 10K | Run4All Neath | 1:08:19 |
| 45 | 223 | Rhodri | Rickard | M | Open | 10K | | 1:08:42 |
| 46 | 29 | Vaughan | Budd | M | Open | 10K | Run4All | 1:08:45 |
| 47 | 150 | Rose | Lewis | F | Open | 10K | CDF Runners | 1:08:56 |
| 48 | 38 | Alex | Cisneros | M | Open | 10K | | 1:09:12 |
| 49 | 198 | Gareth | Partridge | M | Open | 10K | | 1:09:26 |
| 50 | 144 | John | Lamb | M | Open | 10K | | 1:09:30 |
| 51 | 61 | Rhys | Davies | M | Open | 10K | | 1:09:54 |
| 52 | 56 | Ieuan | Davies | M | Open | 10K | | 1:10:54 |
| 53 | 6 | Jade | Bazylkiewicz | F | Open | 10K | Ogmore phoenix | 1:11:41 |
| 54 | 85 | Neil | Foley | M | V45 | 10K | | 1:11:52 |
| 55 | 225 | Jennifer | Robertson | F | Open | 10K | | 1:12:40 |
| 56 | 73 | Nicholas | Elliot | M | V45 | 10K | | 1:12:41 |
| 57 | 66 | Claire | Dunbar-Bowen | F | V45 | 10K | Ogmore phoenix runners | 1:13:03 |
| 58 | 46 | Elaine | Cooper | F | V45 | 10K | | 1:13:16 |
| 59 | 149 | Neil | Lewis | M | Open | 10K | | 1:13:26 |
| 60 | 10 | Richard | Belbin | M | V45 | 10K | Lliswerry Runners | 1:14:45 |

| Position | No. | First name | Surname | Gender | Age Cat. | Course | Club | Time |
|----------|-----|------------|---------------|--------|----------|--------|------------------------|---------|
| 61 | 82 | Kieron | Fletcher | M | Open | 10K | Pontypridd Roadents AC | 1:14:51 |
| 62 | 240 | Katerina | Sidiropoulou | F | Open | 10K | | 1:14:55 |
| 63 | 50 | Martin | Croucher | M | V45 | 10K | Caerleon RC | 1:15:17 |
| 64 | 200 | Heather | Pells | F | V45 | 10K | CDF runners | 1:15:22 |
| 65 | 238 | Ashley | Shepherd | M | Open | 10K | | 1:15:25 |
| 66 | 197 | Sean | Parker | M | Open | 10K | | 1:15:32 |
| 67 | 158 | Christina | Lowe | F | Open | 10K | | 1:15:54 |
| 68 | 232 | Brian | Saxby | M | V45 | 10K | Run4All Neath | 1:15:56 |
| =69 | 32 | Al | Carr | M | Open | 10K | | 1:16:10 |
| =69 | 210 | Richard | Price | M | Open | 10K | | 1:16:10 |
| 71 | 146 | Tom | Latham | M | Open | 10K | None | 1:16:13 |
| 72 | 163 | Tobi | Male | M | Open | 10K | | 1:16:50 |
| 73 | 36 | Emily | Chinn | F | V45 | 10K | Lliswerry Runners | 1:16:57 |
| 74 | 189 | Judith | Oakley | F | V45 | 10K | Vegan Runners UK | 1:17:00 |
| =75 | 41 | Chris | Clark | M | Open | 10K | | 1:17:04 |
| =75 | 239 | Freya | Shepherd | F | Open | 10K | | 1:17:04 |
| =75 | 154 | Matt | Lloyd | M | Open | 10K | | 1:17:04 |
| 78 | 305 | Richard | Wyatt | M | V45 | 10K | Emersons Green | 1:17:12 |
| 79 | 175 | Oliver | Morgan-Davies | M | Open | 10K | | 1:17:19 |
| 80 | 161 | Michael | Mahony | M | Open | 10K | | 1:17:28 |
| 81 | 291 | Chris | Weston | M | Open | 10K | | 1:17:41 |
| 82 | 1 | Josh | Armitage | M | Open | 10K | | 1:17:55 |
| 83 | 289 | Phil | West | M | V45 | 10K | | 1:18:00 |
| 84 | 171 | Pete | Morfey | M | V45 | 10K | | 1:18:32 |
| 85 | 22 | Cat | Braun | F | Open | 10K | | 1:18:47 |
| 86 | 140 | Sandra | Kendall | F | V45 | 10K | | 1:19:21 |
| 87 | 208 | Robin | Powell | M | Open | 10K | | 1:19:36 |
| 88 | 284 | Steffan | Webb | M | V45 | 10K | | 1:19:37 |
| 89 | 237 | David | Sheard | M | V45 | 10K | Ogmore Phoenix Runners | 1:19:46 |
| 90 | 183 | Michelle | Nino | F | V45 | 10K | She Runs Cardiff | 1:19:48 |
| 91 | 48 | Hugh | Cowling | M | Open | 10K | | 1:20:02 |

| Position | No. | First name | Surname | Gender | Age Cat. | Course | Club | Time |
|----------|-----|------------|--------------|--------|----------|--------|------------------------|---------|
| 92 | 37 | Tom | Christensen | M | Open | 10K | | 1:20:13 |
| 93 | 52 | Mac | Dale | M | Open | 10K | | 1:20:14 |
| 94 | 167 | Charlie | Miles | M | Open | 10K | | 1:20:20 |
| 95 | 283 | Emily | Webb | F | Open | 10K | | 1:20:23 |
| 96 | 142 | Katarzyna | Krzeminska | F | V45 | 10K | | 1:20:27 |
| 97 | 143 | Robert | Krzeminski | M | V45 | 10K | | 1:20:33 |
| 98 | 299 | Sophie | Williams | F | Open | 10K | | 1:20:35 |
| 99 | 186 | Krzysztof | Nowicki | M | Open | 10K | | 1:20:36 |
| 100 | 19 | Bronwen | Boyce | F | V45 | 10K | | 1:21:14 |
| 101 | 114 | Jeremy | Hayes | M | V45 | 10K | Heathwood Triathlon | 1:21:28 |
| 102 | 118 | Marc | Hill | M | Open | 10K | Slinn Allstars | 1:21:45 |
| 103 | 39 | Michelle | Clabon | F | V45 | 10K | Caerleon | 1:21:48 |
| 104 | 139 | Mathew | Kemble | M | Open | 10K | | 1:22:12 |
| 105 | 228 | Georgina | Rowntree | F | Open | 10K | | 1:22:30 |
| 106 | 272 | Sarah | Parry | F | V45 | 10K | She runs Cardiff | 1:22:49 |
| 107 | 199 | Jon | Pearn | M | V45 | 10K | Run4AllNeath | 1:23:05 |
| 108 | 28 | Catrin | Budd | F | Open | 10K | Run4All | 1:23:53 |
| 109 | 224 | Stuart | Roberts | M | Open | 10K | | 1:23:59 |
| 110 | 84 | Rachel | Flint | F | Open | 10K | Rhiwbina Runners | 1:24:19 |
| 111 | 83 | Michael | Fletcher | M | Open | 10K | Pontypridd Roadents AC | 1:24:34 |
| 112 | 100 | Silvia | Goss | F | Open | 10K | Vegan Runners UK | 1:24:42 |
| 113 | 212 | Maisy | Provan | F | Open | 10K | | 1:24:51 |
| 114 | 13 | Bethan | Benger | F | Open | 10K | | 1:25:01 |
| 115 | 276 | Lynds | Walsh | F | Open | 10K | | 1:25:02 |
| 116 | 196 | Michael | Owens | M | Open | 10K | Good Gym Race Team | 1:25:17 |
| 117 | 51 | Alec | Curtis | M | V45 | 10K | | 1:25:51 |
| 118 | 67 | Lee | Dunbar-Bowen | M | V45 | 10K | Ogmore Phoenix Runners | 1:26:20 |
| 119 | 292 | Paul | White | M | V45 | 10K | Caldicot running club | 1:26:43 |
| 120 | 273 | Adrian | Urban | M | Open | 10K | | 1:27:21 |
| =121 | 69 | Fiona | Eagle | F | V45 | 10K | Run4All | 1:27:37 |
| =121 | 274 | Rafal | Urban | M | Open | 10K | | 1:27:37 |

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|----------|-----|------------|------------|--------|----------|--------|-------------------------|---------|
| =123 | 55 | Huw | Davies | M | Open | 10K | Ystrad runners | 1:27:42 |
| =123 | 111 | Melanie | Harry | F | Open | 10K | | 1:27:42 |
| 125 | 180 | Natalie | Neill | F | V45 | 10K | | 1:28:05 |
| 126 | 246 | Amy | Spillane | F | V45 | 10K | Cheltenham running club | 1:28:11 |
| 127 | 227 | Mark | Roman | M | V45 | 10K | | 1:28:12 |
| 128 | 206 | Xenia | Porteous | F | Open | 10K | Albany Road | 1:28:30 |
| 129 | 166 | Laura | McEwen | F | Open | 10K | | 1:28:31 |
| 130 | 90 | Oliver | Gabe | M | Open | 10K | | 1:28:54 |
| =131 | 113 | Jake | Hawkyard | M | Open | 10K | | 1:29:09 |
| =131 | 12 | Jocelyn | Bell | F | Open | 10K | She Runs: Cardiff | 1:29:09 |
| 133 | 57 | Keith | Davies | M | V45 | 10K | | 1:29:10 |
| 134 | 112 | Phil | Hawkins | M | V45 | 10K | Xx | 1:29:39 |
| 135 | 165 | Emily | McElhinney | F | Open | 10K | SheRuns Cardiff | 1:29:40 |
| 136 | 266 | Melanie | Thomas | F | Open | 10K | Ogmore Phoenix Runners | 1:30:03 |
| 137 | 14 | Alastair | Betty | M | V45 | 10K | | 1:30:06 |
| 138 | 75 | Anna | Evans | F | Open | 10K | | 1:30:26 |
| 139 | 207 | Jacq | Powell | F | Open | 10K | | 1:30:42 |
| 140 | 257 | Catrin | Thomas | F | Open | 10K | | 1:31:13 |
| 141 | 213 | Arnstein | Prytz | M | V45 | 10K | | 1:31:14 |
| 142 | 132 | Mali | Jones | F | Open | 10K | | 1:31:20 |
| =143 | 49 | Cheryl | Cross | F | V45 | 10K | | 1:31:27 |
| =143 | 134 | Matt | Jones | M | V45 | 10K | | 1:31:27 |
| 145 | 286 | Andy | Weltch | M | V45 | 10K | | 1:32:13 |
| =146 | 226 | Krista | Robinson | F | V45 | 10K | | 1:32:22 |
| =146 | 235 | Mark | Scriven | M | V45 | 10K | | 1:32:22 |
| 148 | 25 | Rachel | Brewer | F | V45 | 10K | Rhiwbina | 1:32:44 |
| 149 | 116 | Cailey | Herridge | F | Open | 10K | LFLRC | 1:33:07 |
| 150 | 300 | Steve | Williams | M | V45 | 10K | | 1:33:37 |
| 151 | 21 | Sarah | Brain | F | V45 | 10K | | 1:33:59 |
| 152 | 136 | Peri | Jones | F | Open | 10K | CDF Runners | 1:34:03 |
| 153 | 268 | Myfanwy | Thomas | F | Open | 10K | She Runs: Cardiff | 1:34:12 |

| Position | No. | First name | Surname | Gender | Age Cat. | Course | Club | Time |
|----------|-----|-------------|---------------|--------|----------|--------|------------------------|---------|
| 154 | 60 | Owain | Davies | M | Open | 10K | CDF Runners | 1:35:09 |
| 155 | 109 | Angela | Hall | F | V45 | 10K | | 1:35:23 |
| 156 | 282 | Lilah-Grace | Watkins | F | Open | 10K | | 1:35:29 |
| =157 | 281 | Levi | Watkins | M | Open | 10K | | 1:35:36 |
| =157 | 204 | Rachel | Phillips | F | V45 | 10K | | 1:35:36 |
| 159 | 87 | Isabel | Francis | F | Open | 10K | Run4All Neath | 1:36:23 |
| 160 | 184 | Jen | Nisbett | F | Open | 10K | | 1:36:38 |
| 161 | 130 | Ffian | Jones | F | Open | 10K | | 1:37:04 |
| 162 | 138 | Nikola | Jurcakova | F | Open | 10K | CDF Runners | 1:37:08 |
| 163 | 244 | Madeline | Smith | F | Open | 10K | LGT | 1:37:12 |
| 164 | 249 | Sally | Styles | F | V45 | 10K | | 1:37:29 |
| 165 | 270 | Angela | Thorpe | F | V45 | 10K | RUN4ALL | 1:37:47 |
| 166 | 182 | Claire | Newell | F | V45 | 10K | Parc Bryn Bach RC | 1:38:03 |
| 167 | 15 | Amy | Bevan | F | Open | 10K | | 1:38:22 |
| 168 | 181 | Elen | Newcombe-ling | F | Open | 10K | | 1:38:30 |
| 169 | 179 | Katie | Navoa | F | Open | 10K | | 1:38:52 |
| 170 | 124 | Eduard | Incze | M | Open | 10K | Lonely Goats | 1:38:56 |
| 171 | 191 | Marie | O'Hanrahan | F | Open | 10K | | 1:38:57 |
| 172 | 230 | Fran | Rushworth | F | V45 | 10K | | 1:39:20 |
| =173 | 259 | Elinor | Thomas | F | Open | 10K | | 1:39:31 |
| =173 | 97 | Laura | Good | F | Open | 10K | | 1:39:31 |
| 175 | 18 | Paul | Blick | M | V45 | 10K | | 1:39:46 |
| 176 | 98 | Eva | Goodhead | F | V45 | 10K | Lonely Goat AC | 1:39:59 |
| 177 | 120 | Dawn | Hopkins | F | V45 | 10K | Ogmore Phoenix Runners | 1:40:07 |
| 178 | 64 | Rowena | Dinham | F | V45 | 10K | Llantwit Fardre Ladies | 1:40:37 |
| 179 | 296 | Kat | Williams | F | Open | 10K | She Runs Cardiff | 1:41:49 |
| 180 | 236 | Tricia | Searle | F | V45 | 10K | SheRunsCardiff | 1:42:37 |
| 181 | 68 | David | Eagle | M | V45 | 10K | Run4All Neath | 1:42:40 |
| 182 | 103 | Cerys | Gregory | F | Open | 10K | | 1:42:56 |
| 183 | 177 | Thomas | Morris | M | Open | 10K | | 1:42:57 |
| 184 | 271 | Isabel | Trowbridge | F | Open | 10K | | 1:43:11 |

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|----------|-----|------------|--------------|--------|----------|--------|------------------------|---------|
| 185 | 58 | Louisa | Davies | F | Open | 10K | | 1:43:12 |
| 186 | 252 | Darren | Talbot | M | V45 | 10K | CDF Runners | 1:43:23 |
| 187 | 231 | Claire | Russell | F | V45 | 10K | | 1:43:26 |
| 188 | 173 | Diane | Morgan | F | V45 | 10K | Parc Bryn Bach RC | 1:43:27 |
| 189 | 99 | Joseph | Gordon-Lusty | M | Open | 10K | | 1:43:28 |
| 190 | 7 | Sally | Beach | F | Open | 10K | | 1:43:44 |
| 191 | 43 | Stuart | Coates | M | V45 | 10K | Caerphilly Runners | 1:44:57 |
| 192 | 220 | Amelia | Richards | F | Open | 10K | | 1:44:58 |
| =193 | 234 | Hannah | Scott | F | Open | 10K | Cardiff Triathletes | 1:45:00 |
| =193 | 137 | Sophie | Jones | F | Open | 10K | | 1:45:00 |
| 195 | 131 | Nicola | Mason | F | V45 | 10K | Les Croupiers | 1:45:40 |
| 196 | 280 | Gudrun | Waters | F | V45 | 10K | SheRuns Cardiff | 1:46:09 |
| =197 | 203 | Jackie | Phillips | F | V45 | 10K | None | 1:46:10 |
| =197 | 264 | Laura | Thomas | F | V45 | 10K | | 1:46:10 |
| =199 | 105 | Nikita | Griffiths | F | Open | 10K | | 1:46:21 |
| =199 | 107 | Susan | Griffiths | F | V45 | 10K | Ystrad runners | 1:46:21 |
| 201 | 17 | Stephen | Blake | M | V45 | 10K | Pegasus RC | 1:46:23 |
| 202 | 214 | Sally | Purchase | F | Open | 10K | | 1:46:29 |
| 203 | 127 | Laura | Jenkins | F | Open | 10K | | 1:46:37 |
| 204 | 126 | Jen | Jenkins | F | Open | 10K | | 1:46:57 |
| 205 | 148 | Carly | Lewis | F | Open | 10K | | 1:47:07 |
| 206 | 216 | Martine | Rapson | F | V45 | 10K | | 1:47:08 |
| =207 | 185 | Calum | Norval | M | Open | 10K | | 1:47:17 |
| =207 | 295 | Dafydd | Williams | M | Open | 10K | | 1:47:17 |
| 209 | 178 | Kamillah | Naseriyan | F | Open | 10K | | 1:47:18 |
| =210 | 172 | Danielle | Morgan | F | Open | 10K | | 1:47:32 |
| =210 | 157 | Joanne | Loughman | F | V45 | 10K | | 1:47:32 |
| =212 | 288 | Paul | Wesson | M | V45 | 10K | Les Croupiers RC | 1:47:35 |
| =212 | 8 | Rhiannon | Beacham | F | V45 | 10K | | 1:47:35 |
| 214 | 27 | Claire | Brooks | F | V45 | 10K | Llantwit Fardre Ladies | 1:48:00 |
| =215 | 91 | Anna | Gambarini | F | V45 | 10K | | 1:48:43 |

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|----------|-----|------------|---------------|--------|----------|--------|-------------------------------------|---------|
| =215 | 44 | Rob | Coles | M | V45 | 10K | | 1:48:43 |
| 217 | 40 | Henrietta | Clare | F | V45 | 10K | | 1:49:04 |
| 218 | 218 | Sian | Regan | F | Open | 10K | | 1:49:05 |
| 219 | 115 | Nathan | Hazell | M | Open | 10K | | 1:49:06 |
| 220 | 190 | Alan | Odoherthy | M | Open | 10K | | 1:49:08 |
| =221 | 201 | Ellen | Perry | F | V45 | 10K | Good Gym Race Team | 1:50:11 |
| =221 | 242 | Natalie | Smalley | F | Open | 10K | | 1:50:11 |
| =221 | 251 | Rebecca | Sykes | F | Open | 10K | | 1:50:11 |
| 224 | 35 | Laura | Chandler | F | Open | 10K | Outdoor fitness | 1:50:12 |
| 225 | 298 | Rachael | Williams | F | V45 | 10K | Llantwit Fardre Ladies running club | 1:52:47 |
| =226 | 253 | Anne | Taylor-Jones | F | Open | 10K | | 1:53:34 |
| =226 | 96 | Francesca | Godfrey | F | Open | 10K | | 1:53:34 |
| 228 | 106 | Rhian | Griffiths | F | Open | 10K | | 1:53:39 |
| 229 | 287 | Anne | Wesson | F | V45 | 10K | | 1:54:10 |
| 230 | 194 | Claire | Orford | F | V45 | 10K | Caerleon RC | 1:54:11 |
| 231 | 195 | Michelle | Osmond | F | V45 | 10K | Caerleon RC | 1:54:28 |
| 232 | 26 | Gemma | Brimble | F | Open | 10K | Clwb Run Wales | 1:56:43 |
| 233 | 302 | Sara | Winney | F | V45 | 10K | | 1:57:12 |
| 234 | 211 | Victoria | Pritchard | F | Open | 10K | She Runs: Cardiff | 1:57:13 |
| =235 | 331 | Luke | Stephens | M | Open | 10K | CDF Runners | 1:57:36 |
| =235 | 247 | Wendy | Lawrence | F | V45 | 10K | Forest of Dean AC | 1:57:36 |
| 237 | 265 | Matthew | Thomas | M | V45 | 10K | | 1:57:51 |
| 238 | 34 | Esther | Chambers | F | V45 | 10K | She Runs | 1:57:55 |
| 239 | 285 | Naomi | Webster | F | Open | 10K | | 1:59:02 |
| 240 | 86 | Carmel | Fox | F | V45 | 10K | | 1:59:15 |
| 241 | 122 | Kat | Humphrey | F | Open | 10K | Lonely Goats | 2:00:50 |
| 242 | 168 | Natalie | Miller | F | Open | 10K | | 2:00:52 |
| 243 | 294 | Sarah | Wickham | F | Open | 10K | | 2:02:36 |
| 244 | 174 | Izzy | Morgan-Davies | F | Open | 10K | | 2:08:43 |
| 245 | 59 | Nick | Davies | M | V45 | 10K | | 2:08:44 |
| 246 | 301 | Adam | Window | M | Open | 10K | | 2:09:20 |

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|----------|-----|------------|----------|--------|----------|--------|--------------------|---------|
| =247 | 261 | Heulwen | Thomas | F | V45 | 10K | | 2:16:49 |
| =247 | 269 | Sarah | Thomas | F | V45 | 10K | She Runs: Cardiff | 2:16:49 |
| 249 | 306 | HsiaoYun | Yang | F | Open | 10K | She Runs Cardiff | 2:17:22 |
| 250 | 297 | Nichola | Williams | F | V45 | 10K | | 2:17:35 |
| =251 | 215 | Rachel | Quinn | F | V45 | 10K | | 2:17:36 |
| =251 | 304 | Samantha | Wright | F | Open | 10K | | 2:17:36 |
| 253 | 93 | Amy | Genders | F | Open | 10K | | 2:18:51 |
| 254 | 241 | Charlotte | Simpson | F | V45 | 10K | CDF Runners | 2:31:44 |
| 255 | 263 | Julie | Thomas | F | V45 | 10K | Caerphilly Runners | 2:31:53 |