

Position	Name	Time	Gender	Age Category	Club	Race Number
Cottrell Park Christmas Cracker 10K						
1.	Oliver Williams	0:35:38	m	Senior Men	Les Croupiers RC	211
2.	Ben Butler-Madden	0:38:05	m	Mens Masters 35-44	Penarth and Dinas Runners	141
3.	Matthew Hurford	0:38:13	m	Mens Masters 35-44	Les Croupiers RC	68
4.	Nathan Flear	0:38:51	m	Senior Men	3M's Gorseinon Road Runners	262
5.	Oliver Hurley	0:39:16	m	Senior Men		287
6.	Neil Jones	0:39:27	m	Mens Masters 35-44	Cwm Ogwr RC	147
7.	Jake Brooke-Smith	0:39:30	m	Senior Men	Pontypridd Roadents RC	267
8.	Alan Davies	0:39:40	m	Mens Masters 55-64	Llanelli ac	200
9.	Aeron Evans	0:40:13	m	Senior Men		274
10.	Lucy Marland	0:40:27	w	Senior Ladies	Cardiff AAC	62
11.	Alec Care	0:40:49	m	Senior Men	San Domenico R.C.	47
12.	James Page	0:41:16	m	Senior Men		298
13.	Martyn Driscoll	0:42:41	m	Mens Masters 35-44	MDC	294
14.	Sharon Leech	0:42:51	w	Ladies Masters 45-54	carmarthen harriers	97
15.	Rory Aldritt	0:43:00	m	Senior Men		102
16.	Andy Wilton	0:43:04	m	Mens Masters 35-44	San Domenico R.C.	116
17.	John Seaward	0:43:10	m	Senior Men	San Domenico R.C.	196
18.	Sean Hart	0:43:44	m	Senior Men		256
19.	Michael Ramsey	0:44:16	m	Mens Masters 45-54		230
20.	Neil Brooke-Smith	0:44:22	m	Mens Masters 45-54	Pontypridd Roadents RC	266
21.	Richard Jackson-Hookins	0:45:29	m	Mens Masters 35-44	Penarth and Dinas Runners	12
22.	Matthew Brereton	0:45:39	m	Mens Masters 35-44		103
23.	Robert Gale	0:45:54	m	Mens Masters 35-44	Parc Bryn Bach Running Club	275
24.	John Lloyd	0:46:03	m	Mens Masters 45-54	Brackla Harriers	245
25.	Ronald Morris	0:46:25	m	Mens Masters 65+	San Domenico R.C.	174
26.	Lucy Boucher	0:46:27	w	Senior Ladies		73
27.	Luke Hurley	0:46:37	m	Mens Masters 35-44	Islwyn Running Club	286
28.	Craig Tindal	0:46:41	m	Senior Men	3M's Gorseinon Road Runners	71
29.	Stuart Wallace	0:46:42	m	Senior Men		254
30.	Kristian Walters	0:46:44	m	Mens Masters 35-44	Pontypridd Roadents RC	235
31.	Ian Bell	0:46:50	m	Mens Masters 55-64	San Domenico R.C.	27
32.	Rebecca John	0:47:13	w	Senior Ladies		48
33.	Rhys Pugh	0:47:17	m	Senior Men		244
34.	Gina Hardman	0:47:23	w	Ladies Masters 45-54	Bridgend AC	133

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Position	Name	Time	Gender	Age Category	Club	Race Number
35.	Carl Walsh	0:47:24	m	Mens Masters 45-54	Rhondda Valley Runners	189
36.	Stephen Paskell	0:47:33	m	Mens Masters 35-44		190
37.	Lucy Sullivan	0:47:37	w	Senior Ladies	Cardiff Triathlon	13
38.	Colin Mcqueen	0:47:43	m	Mens Masters 45-54	Brackla Harriers	258
39.	Richard Jenkins	0:47:45	m	Mens Masters 45-54		290
40.	Paul Currie	0:48:09	m	Mens Masters 35-44		250
41.	Catherine Tailby	0:48:11	w	Ladies Masters 45-54	Penarth and Dinas Runners	17
42.	Mark Worrall	0:48:36	m	Mens Masters 45-54	Cwm Ogwr RC	259
43.	Judith Oakley	0:48:44	w	Ladies Masters 45-54	Vegan Runners UK	44
44.	Matthew Bunce	0:48:46	m	Mens Masters 35-44	Brackla Harriers	242
45.	Heledd Roberts	0:48:56	w	Senior Ladies	San Domenico R.C.	203
46.	Gethin Edwards	0:49:13	m	Mens Masters 35-44		218
47.	Michael Elliston	0:49:15	m	Mens Masters 45-54	Les Croupiers RC	5
48.	Daniel Richards	0:49:22	m	Senior Men		227
49.	Frank Atherton	0:50:12	m	Mens Masters 55-64	Penarth and Dinas Runners	208
50.	Aled Hughes	0:50:23	m	Mens Masters 35-44	Cwm Ogwr RC	204
51.	Daniel Jones	0:50:30	m	Senior Men	Brackla Harriers	101
52.	Andrew Thomas	0:50:30	m	Mens Masters 45-54		261
53.	Dhana Caple	0:50:30	w	Ladies Masters 35-44		9
54.	Dale Gardiner	0:50:31	m	Mens Masters 35-44		284
55.	Eleri Rogers	0:50:38	w	Ladies Masters 35-44	CDF	249
56.	Matthew Robertson	0:50:48	m	Mens Masters 35-44		84
57.	Gary John	0:50:49	m	Mens Masters 55-64	Les Croupiers RC	126
58.	Catherine Powell	0:50:55	w	Ladies Masters 35-44		296
59.	Tom Frost	0:51:02	m	Senior Men		291
60.	Richard Sewell	0:51:19	m	Mens Masters 55-64	Les Croupiers RC	297
61.	Gareth O'Hara	0:51:26	m	Senior Men		191
62.	Clive Denton	0:51:33	m	Mens Masters 45-54	RHONDDA VALLEY RUNNERS	283
63.	Paul O'Reilly	0:51:42	m	Mens Masters 35-44		192
64.	Bill Snowdon	0:51:50	m	Mens Masters 55-64	Cardiff Triathlon	63
65.	Louise Hunt	0:51:55	w	Ladies Masters 35-44	Penarth and Dinas Runners	25
66.	Louise Mckee	0:52:00	w	Ladies Masters 45-54		152
67.	Lee Waters	0:52:04	m	Mens Masters 35-44		228
68.	Steve Lewis	0:52:10	m	Mens Masters 55-64	Les Croupiers RC	171
69.	Mike Spencer	0:52:24	m	Mens Masters 55-64		119

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Position	Name	Time	Gender	Age Category	Club	Race Number
70.	Jason Garrahan	0:52:29	m	Mens Masters 45-54	Caerphilly Runners	255
71.	Shona Bennett	0:52:35	w	Senior Ladies		32
72.	Ruth Cann	0:52:38	w	Ladies Masters 35-44	Penarth and Dinas Runners	251
73.	Mark Francis	0:52:45	m	Mens Masters 45-54	Brackla Harriers	231
74.	Christopher Simons	0:52:49	m	Senior Men	3M's Gorseinon Road Runners	221
75.	Amber Jordan	0:52:58	w	Senior Ladies		11
76.	Richard Dyke	0:53:00	m	Mens Masters 45-54	Cornelly Striders AC	39
77.	Mark Davies	0:53:04	m	Mens Masters 35-44		173
78.	Martin Charles	0:53:08	m	Mens Masters 35-44		107
79.	Beth Frost	0:53:09	w	Senior Ladies		292
80.	Charlotte Johns	0:53:10	w	Ladies Masters 45-54	Brackla Harriers	295
81.	Andrea Starritt	0:53:10	w	Ladies Masters 45-54	Brackla Harriers	299
82.	Neil Sidney	0:53:22	m	Mens Masters 45-54	Lliswerry Runners	91
83.	Nigel Bleach	0:53:26	m	Mens Masters 45-54		16
84.	Anthony Lawrence	0:53:28	m	Mens Masters 45-54		28
85.	Ryan Bartlett	0:53:52	m	Senior Men		49
86.	Katrina Daniel	0:53:53	w	Senior Ladies	Caerphilly Runners	223
87.	Tracie Williams-Rowe	0:53:54	w	Ladies Masters 35-44	Lliswerry Runners	66
88.	Graham Carrick	0:53:56	m	Mens Masters 45-54	Pegasus RC	202
89.	Jon Reynolds	0:54:01	m	Mens Masters 35-44		175
90.	Megan Poulson	0:54:05	w	Senior Ladies	San Domenico R.C.	222
91.	Gareth Boon	0:54:34	m	Mens Masters 45-54	N/a	199
92.	Helen Griffiths	0:54:35	w	Ladies Masters 35-44	Penarth and Dinas Runners	289
93.	Gabriella Green	0:54:35	w	Ladies Masters 45-54	Les Croupiers RC	167
94.	Dafydd Lewis	0:54:47	m	Mens Masters 35-44	Fetch Everyone	265
95.	Jeremy Holmes	0:54:48	m	Mens Masters 45-54		153
96.	David Boucher	0:54:56	m	Mens Masters 65+		72
97.	Adam Farr	0:54:58	m	Mens Masters 35-44		114
98.	Tony Mackay	0:55:00	m	Mens Masters 45-54	Pegasus RC	179
99.	Andrew Caple	0:55:02	m	Mens Masters 45-54	CDF Runners	85
100.	Paul Frost	0:55:03	m	Mens Masters 45-54		278
101.	Mary Beech	0:55:13	w	Ladies Masters 45-54	Brackla Harriers	118
102.	Jeffrey Evans	0:55:23	m	Mens Masters 45-54		38
103.	Karl Johnson	0:55:32	m	Senior Men	Roberttown roadrunners	24
104.	Elfed Joseph	0:55:38	m	Mens Masters 55-64	3M's Gorseinon Road Runners	127

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Position	Name	Time	Gender	Age Category	Club	Race Number
105.	Victoria Vellacott	0:55:38	w	Ladies Masters 35-44		137
106.	Lucy Morgan	0:55:55	w	Ladies Masters 35-44		247
107.	Jackie Bourne	0:56:04	w	Ladies Masters 45-54	Brackla Harriers	215
108.	Andy Jones	0:56:10	m	Mens Masters 35-44	Penarth and Dinas Runners	233
109.	Paula Allen	0:56:13	w	Ladies Masters 35-44	Pegasus RC	89
110.	Em Bissex	0:56:13	w	Ladies Masters 35-44	Pegasus RC	209
111.	Stephen Wood	0:56:13	m	Mens Masters 35-44	Pegasus RC	90
112.	Eve Gallop-Evans	0:56:19	w	Ladies Masters 45-54	LCRC	273
113.	Matthew Jenkins	0:56:20	m	Mens Masters 35-44	None	195
114.	Christopher Jones	0:56:26	m	Mens Masters 45-54	3M's Gorseinon Road Runners	81
115.	Danielle Roberts	0:56:34	w	Senior Ladies		125
116.	Elizabeth Beech	0:56:36	w	Ladies Masters 55-64	Brackla Harriers	94
117.	Phil Thomas	0:56:37	m	Mens Masters 45-54		260
118.	Malin Falck	0:56:43	w	Ladies Masters 35-44	Les Croupiers RC	185
119.	Mike Dando	0:56:44	m	Senior Men		193
120.	Rich Skyrme	0:56:49	m	Mens Masters 35-44		257
121.	Matthew Watkins	0:56:53	m	Senior Men		234
122.	Peter Havard	0:57:00	m	Mens Masters 65+		148
123.	Alison Allen	0:57:09	w	Ladies Masters 35-44	Cornelly Striders AC	224
124.	Greg Allen	0:57:09	m	Mens Masters 45-54	Cornelly Striders AC	225
125.	Peter Jones	0:57:12	m	Mens Masters 35-44		157
126.	Jen Bacon	0:57:12	w	Senior Ladies		158
127.	Nige Rees	0:57:43	m	Mens Masters 45-54		1
128.	Jeff Davies	0:57:47	m	Mens Masters 45-54		163
129.	Emma Chivers	0:57:48	w	Ladies Masters 45-54		164
130.	Stephanie Bailey	0:57:51	w	Senior Ladies		108
131.	Hannah Carter	0:57:51	w	Senior Ladies		109
132.	Eve Bird	0:57:58	w	Senior Ladies		43
133.	Paul O'Neill	0:58:08	m	Mens Masters 55-64		293
134.	Joanne Meredith	0:58:08	w	Senior Ladies	Pegasus RC	216
135.	Nicola Sage	0:58:12	w	Ladies Masters 45-54	Les Croupiers RC	169
136.	Kevin Button	0:58:20	m	Senior Men		238
137.	Hayley Jackson	0:59:28	w	Ladies Masters 35-44	Parc Bryn Bach Running Club	243
138.	Adrian Davies	0:59:39	m	Mens Masters 35-44		241
139.	Liam Daly	0:59:43	m	Mens Masters 55-64	Builth & District	288

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Position	Name	Time	Gender	Age Category	Club	Race Number
140.	Bethan Apglyn	1:00:04	w	Senior Ladies	Penarth and Dinas Runners	206
141.	Andrew Palmer	1:00:07	m	Mens Masters 45-54	Penarth and Dinas Runners	134
142.	Sara El-Khatib	1:00:07	w	Ladies Masters 35-44	Penarth and Dinas Runners	92
143.	Yvonne Williams	1:00:15	w	Ladies Masters 55-64	Penarth and Dinas Runners	37
144.	John Moyle	1:00:16	m	Mens Masters 45-54		135
145.	Dave Shields	1:00:18	m	Mens Masters 45-54	White Rock Runners	236
146.	Kath Jervis	1:00:21	w	Ladies Masters 55-64	Parc Bryn Bach Running Club	276
147.	Dave Middleton	1:00:33	m	Mens Masters 55-64		213
148.	Andrew Phillips	1:00:39	m	Senior Men		237
149.	Christie Coleman	1:00:52	m	Mens Masters 45-54	cwm ogwr r c	183
150.	Dan Webb	1:01:07	m	Mens Masters 45-54		117
151.	Helen Priest	1:01:09	w	Ladies Masters 35-44		219
152.	Elaine Morse	1:01:09	w	Ladies Masters 45-54	Welsh Tri	187
153.	Julie Harvey	1:01:12	w	Ladies Masters 55-64		214
154.	Paul Wesson	1:01:26	m	Mens Masters 45-54	Les Croupiers RC	150
155.	Karl Perry	1:01:28	m	Mens Masters 45-54		210
156.	Lisa Davies	1:01:32	w	Ladies Masters 35-44	Islwyn Running Club	77
157.	Rachel Keeling	1:01:40	w	Senior Ladies	San Domenico R.C.	253
158.	Rachel Lonergan	1:01:53	w	Senior Ladies	CDF Runners	285
159.	Andrew Paul	1:01:59	m	Mens Masters 55-64		57
160.	Ruth Robertson	1:02:13	w	Ladies Masters 45-54	San Domenico R.C.	52
161.	Peter Roberts	1:02:17	m	Mens Masters 45-54		80
162.	Louise Hogan	1:02:24	w	Ladies Masters 35-44	Cornelly Striders AC	226
163.	Kenneth Wayne Oliver	1:02:54	m	Mens Masters 55-64	Islwyn Running Club	20
164.	Debbie Carter	1:03:12	w	Senior Ladies	Ystrad Mynach Running Club	106
165.	Christopher Todd Jones	1:03:18	m	Mens Masters 55-64		21
166.	Garry Wharmby	1:03:26	m	Mens Masters 45-54	Pegasus RC	75
167.	Helen Kerbey	1:03:38	w	Ladies Masters 45-54		178
168.	Carole Bird	1:03:38	w	Ladies Masters 45-54		42
169.	Amy-Jayne Murray	1:03:44	w	Senior Ladies	Lliswerry Runners	50
170.	Janet Moyle	1:04:16	w	Ladies Masters 45-54		136
171.	Beatrice Roberts	1:04:18	w	Ladies Masters 35-44		212
172.	Bethan Waters	1:04:25	w	Ladies Masters 35-44		6
173.	Gareth Piper	1:04:27	m	Mens Masters 45-54	Cwm Ogwr RC	168
174.	Helen Williams	1:04:28	w	Ladies Masters 35-44	Islwyn Running Club	64

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Position	Name	Time	Gender	Age Category	Club	Race Number
175.	Anne Wesson	1:04:29	w	Ladies Masters 45-54		151
176.	Matt Murray	1:05:04	m	Mens Masters 35-44	Cwm Ogwr RC	165
177.	Graham Bingham	1:05:05	m	Mens Masters 45-54	Pontypridd Roadents RC	40
178.	Sian Rushforth	1:05:29	w	Senior Ladies		272
179.	Kin Cheung	1:05:30	w	Ladies Masters 35-44	Emersons Green Running Club	159
180.	Alexandra Twigg	1:05:47	w	Senior Ladies		41
181.	Ryan Price	1:05:47	m	Senior Men		65
182.	Julie Broughton	1:05:47	w	Ladies Masters 45-54	Les Croupiers RC	263
183.	Sarah Gronow	1:05:47	w	Ladies Masters 35-44		160
184.	Sue Gershenson	1:05:47	w	Ladies Masters 45-54	White Rock Runners	10
185.	Martyn Parsons	1:05:47	m	Mens Masters 45-54		56
186.	Terry Kemp	1:06:26	m	Senior Men		142
187.	Rachel Frost	1:06:35	w	Ladies Masters 45-54		279
188.	Beverly Davies	1:06:45	w	Ladies Masters 35-44		131
189.	Karyn Williams	1:06:45	w	Ladies Masters 35-44		188
190.	Paul Bayona	1:06:58	m	Mens Masters 35-44	Cornelly Striders AC	35
191.	Rachael Bayona	1:06:58	w	Ladies Masters 35-44	Cornelly Striders AC	36
192.	Lisa Lewis	1:07:09	w	Ladies Masters 35-44		130
193.	Katherine Iles	1:07:25	w	Ladies Masters 35-44		205
194.	Sasha Macken	1:07:34	w	Ladies Masters 35-44	Les Croupiers RC	128
195.	Caroline Robson-Glen	1:07:42	w	Ladies Masters 35-44		129
196.	Jayne Powney	1:07:58	w	Ladies Masters 35-44	Cwm Ogwr RC	176
197.	Sarah Evans	1:08:32	w	Ladies Masters 45-54	Pontypool & District AC	747
198.	Ruth Davies	1:08:32	w	Ladies Masters 35-44		83
199.	Christine Lawrence	1:09:15	w	Ladies Masters 45-54		29
200.	Sam Standerwick	1:09:20	w	Ladies Masters 35-44	Parc Bryn Bach Running Club	30
201.	Clare Johnson	1:09:30	w	Ladies Masters 65+	Les Croupiers RC	181
202.	Julia Herbert	1:09:37	w	Ladies Masters 35-44	Pontypridd Roadents RC	34
203.	Andrea Garrington	1:09:40	w	Ladies Masters 45-54	Pencoed Tri	248
204.	Sian Pearce	1:10:20	w	Ladies Masters 35-44	Islwyn Running Club	76
205.	Ellie Rush	1:11:12	w	Ladies Masters 35-44		113
206.	Amy Bevan	1:11:17	w	Senior Ladies	Ystrad Mynach Running Club	105
207.	Tina Lloyd	1:11:22	w	Ladies Masters 45-54		246
208.	Melissa Davies	1:11:27	w	Ladies Masters 35-44		282
209.	Natalie Jones	1:11:31	w	Ladies Masters 35-44		100

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210.	Hedd Wood	1:11:31	w	Ladies Masters 45-54		281
211.	Catherine Colleypriest	1:12:15	w	Ladies Masters 35-44		69
212.	Mark O'Dare	1:12:20	m	Mens Masters 45-54	Pontypridd Roadents RC	207
213.	Jo Snook	1:12:58	w	Ladies Masters 35-44		86
214.	Cath Wicks	1:12:58	w	Ladies Masters 35-44		87
215.	Marisa Chadney	1:12:58	w	Ladies Masters 35-44		88
216.	Christina Hawkins	1:13:12	w	Senior Ladies		82
217.	Kate Derrick	1:13:13	w	Senior Ladies		96
218.	Amanda Thompson	1:13:55	w	Ladies Masters 55-64	Les Croupiers RC	67
219.	Michael Oakley	1:14:01	m	Mens Masters 35-44	Vegan Runners UK	45
220.	Janice Francis	1:14:08	w	Ladies Masters 45-54	Brackla Harriers	232
221.	Cameron Coles	1:14:40	m	Senior Men		15
222.	Natalie Taylor	1:14:48	w	Ladies Masters 35-44		162
223.	Denise Aplin	1:14:49	w	Ladies Masters 45-54		31
224.	Geoff Twigg	1:14:49	m	Mens Masters 55-64		33
225.	Matthew Jenkins	1:14:54	m	Mens Masters 35-44	None	177
226.	Caroline Shaw	1:14:55	w	Ladies Masters 35-44	N/a	110
227.	Emily Welsh	1:15:23	w	Ladies Masters 35-44	Islwyn Running Club	268
228.	Tracy Buckle	1:15:29	w	Ladies Masters 45-54	Pegasus RC	112
229.	Sarah James	1:15:30	w	Ladies Masters 35-44	Pegasus RC	201
230.	Chris Stanlake	1:15:36	m	Mens Masters 35-44	Cwm Ogwr RC	59
231.	Delia Domachowski	1:15:59	w	Ladies Masters 45-54	Cornelly Striders AC	26
232.	Richard Davies	1:16:47	m	Mens Masters 65+		70
233.	Angela Parry	1:16:47	w	Ladies Masters 55-64	Cwm Ogwr RC	61
234.	Lowri Owen	1:19:00	w	Senior Ladies		115
235.	Bernadette McCarthy	1:21:22	w	Ladies Masters 45-54		154
236.	Kay Lawless	1:22:33	w	Ladies Masters 55-64		2
237.	Rhian Pole	1:23:21	w	Ladies Masters 35-44		8
238.	Donna Farr	1:23:21	w	Ladies Masters 35-44		23
239.	Mark Pole	1:23:22	m	Mens Masters 45-54		7
240.	Kathryn Bates	1:23:38	w	Ladies Masters 45-54	Pontypridd Roadents RC	93
241.	Rachel Gibbs	1:26:06	w	Ladies Masters 45-54		277
242.	Daphne Austerberry	1:27:20	w	Ladies Masters 65+	CHEPSTOW HARRIERS	180
243.	Nicola Cornock	1:38:12	w	Ladies Masters 35-44	Cwm Ogwr RC	60
244.	Pippa Clark	1:39:04	w	Senior Ladies	Cwm Ogwr RC	144

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Position	Name	Time	Gender	Age Category	Club	Race Number
245.	Claire Taylor	1:40:53	w	Ladies Masters 35-44	Cwm Ogwr RC	280
246.	Llinos Humphreys	1:41:26	w	Senior Ladies	Cwm Ogwr RC	170
	Samuel Broughton	DNF	m	Senior Men	Pegasus RC	264
	Paul Davies	DNF	m	Mens Masters 65+		166
	Michael Lewis	DNS	m	Senior Men	Cardiff Met	271
	Rob Lewis	DNS	m	Mens Masters 45-54	Fairwater runners	270
	Jane Lewis	DNS	w	Ladies Masters 45-54	Fairwater runners	269
	Lynne Sellers	DNS	w	Ladies Masters 45-54		252
	Mark Davies	DNS	m	Mens Masters 45-54		240
	Heidy Davies	DNS	w	Ladies Masters 45-54		239
	Pete Bromfield	DNS	m	Senior Men	Tri Force Endurance	172
	Sarah Evans	DNS	w	Ladies Masters 35-44	San Domenico R.C.	161
	Anita Harper	DNS	w	Ladies Masters 45-54		156
	Clare Carter	DNS	w	Ladies Masters 35-44		155
	Mikhael Puar	DNS	m	Mens Masters 35-44		149
	Tim Phillips	DNS	m	Mens Masters 35-44	Cwm Ogwr RC	146
	Mark Jennings	DNS	m	Mens Masters 35-44		145
	Billy Harriss	DNS	m	Senior Men	San Domenico R.C.	143
	Teleri Williams	DNS	w	Ladies Masters 45-54		140
	Vanessa King	DNS	w	Ladies Masters 55-64		138
	Gareth Hardman	DNS	m	Mens Masters 45-54	Bridgend AC	132
	Kinga Fekete	DNS	w	Ladies Masters 35-44		124
	Elizabeth Mahoney	DNS	w	Ladies Masters 35-44		123
	Katherine Hughes	DNS	w	Ladies Masters 35-44		122
	Natalie Hobart	DNS	w	Senior Ladies		121
	Toni Brace	DNS	w	Ladies Masters 35-44		120
	Caroline John	DNS	w	Ladies Masters 45-54		111
	Martin Jones	DNS	m	Mens Masters 35-44	Islwyn Running Club	104
	Jamie Farr	DNS	m	Mens Masters 35-44		99
	Kelly Griffith	DNS	w	Ladies Masters 35-44		98
	Richard Beech	DNS	m	Mens Masters 55-64	Brackla Harriers	95
	Wyn Innes	DNS	m	Mens Masters 45-54	Cardiff Triathlon	79
	John-Paul Piper	DNS	m	Senior Men		78
	Elaine Wharmby	DNS	w	Ladies Masters 45-54	Pegasus RC	74
	Catriona Savage	DNS	w	Ladies Masters 35-44		58

Cottrell Park Christmas Cracker 10K - 10AM, Sunday 17th December 2016



Position	Name	Time	Gender	Age Category	Club	Race Number
	Richard Elliott	DNS	m	Senior Men		55
	Michael Wilson	DNS	m	Senior Men		54
	Jon Cummings	DNS	m	Senior Men		53
	Ceri Davies	DNS	m	Mens Masters 35-44	San Domenico R.C.	51
	Bernadette Wilkinson	DNS	w	Ladies Masters 45-54	San Domenico R.C.	46
	Malcolm Bradley	DNS	m	Mens Masters 65+	Penarth and Dinas Runners	22
	Andy Davies	DNS	m	Senior Men		19
	Holly Billington	DNS	w	Senior Ladies		18
	Simon Osborne	DNS	m	Mens Masters 55-64	Bridgend AC	14
	Ceri Stephens	DNS	m	Senior Men		4
	Louise Quatermass	DNS	w	Ladies Masters 35-44	Lliswerry Runners	3
	Helen Maitland-Evans	DNS	w	Ladies Masters 35-44		220
	Pamela Flanagan	DNS	w	Ladies Masters 45-54	Pontypridd Roadents RC	217
	Caragh Hogan	DNS	w	Ladies Masters 35-44		198
	Yasmin Ford	DNS	w	Ladies Masters 45-54		197
	Christopher Todd Jones	DNS	m	Mens Masters 55-64		194
	Tim Petterson	DNS	m	Mens Masters 35-44		186
	Simon Waller	DNS	m	Mens Masters 45-54		184
	Chris Millington	DNS	m	Senior Men	Les Croupiers RC	182

Number of records: 298