

Position	Name	Time	Gender	Age Category	Club	Race Number
Cottrell Park Summer 10K						
1.	Tom McCarthy	0:37:21	m	Senior Men	Neath Harriers	656
2.	Stephen Bartlett	0:38:34	m	Mens Masters 40-49	Pontypridd Roadents AC	670
3.	Frédéric Barbette	0:39:02	m	Mens Masters 40-49		644
4.	Alan Davies	0:39:29	m	Mens Masters 60-69	Llanelli ac	617
5.	Simon David Bagguley	0:40:36	m	Senior Men		660
6.	Andy Wilton	0:41:27	m	Senior Men	San Domenico RC	638
7.	Aaron Jones	0:41:55	m	Mens Masters 40-49		596
8.	Kevin Fosbury	0:42:15	m	Senior Men		688
9.	Fiona Bussell	0:42:27	w	Ladies Masters 35-44	San Domenico RC	637
10.	Mike Ridd	0:43:19	m	Senior Men	Lliswerry RC	649
11.	Kevin Plank	0:43:34	m	Mens Masters 40-49	San Domenico RC	696
12.	Joe Wilda	0:44:12	m	Senior Men		598
13.	Mark Evans	0:44:40	m	Senior Men	Les Croupiers RC	709
14.	James Jones	0:44:54	m	Senior Men		592
15.	Jacob Harvey	0:45:01	m	Mens Masters 40-49		574
16.	Ian Hoskins	0:45:18	m	Mens Masters 40-49	3M Gorseinon Road Runners	577
17.	Rebecca Rothwell	0:46:16	w	Senior Ladies	Lliswerry RC	648
18.	Aled Huws	0:46:20	m	Senior Men		673
19.	Jamie Vanstone	0:46:23	m	Senior Men	Cwm Ogwr	685
20.	Gary Webber	0:46:34	m	Mens Masters 40-49	rhondda valley runners	583
21.	Michael Murphy	0:47:01	m	Mens Masters 60-69	Les Croupiers RC	681
22.	Craig Tindal	0:47:11	m	Senior Men	3m Gorseinon road runners	653
23.	Richard Beech	0:47:27	m	Mens Masters 50-59	Brackla Harriers	700
24.	Richard Webster	0:47:48	m	Mens Masters 60-69	3M Gorseinon Road Runners	680
25.	Judith Oakley	0:47:55	w	Ladies Masters 45-54	Vegan Runners UK	650
26.	Simon Vaughan	0:47:58	m	Mens Masters 40-49	3M Gorseinon Road Runners	645
28.	Carl Walsh	0:48:38	m	Mens Masters 40-49	Rhondda	664
27.	Deb Goule	0:48:43	w	Ladies Masters 35-44	Porthcawl runners	667
29.	Richard Griffiths	0:48:43	m	Senior Men		621
30.	Gary Prewett	0:48:52	m	Mens Masters 40-49		694
31.	Simon Stokes	0:49:05	m	Senior Men	White Rock Runners	585
32.	David Cascarina	0:49:13	m	Mens Masters 50-59		593
34.	John Darlington	0:49:31	m	Mens Masters 50-59	Islwyn	678
33.	Ian Cuthbert	0:49:32	m	Mens Masters 50-59	Brackla harriers	708

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Position	Name	Time	Gender	Age Category	Club	Race Number
35.	Lee Waters	0:49:47	m	Senior Men		647
37.	Grant Wakeman	0:50:01	m	Mens Masters 40-49	Islwyn Running Club	591
36.	Mike Took	0:50:02	m	Senior Men		626
38.	Mark Passmore	0:50:43	m	Senior Men		669
39.	Robert Coster	0:50:49	m	Senior Men		632
40.	Justin Jones	0:51:29	m	Mens Masters 40-49	Pontypridd Roadents AC	671
41.	Tom Frost	0:51:39	m	Senior Men		704
42.	Claire Curtin	0:51:43	w	Senior Ladies	White Rock Runners	584
44.	Garry Griffiths	0:51:44	m	Mens Masters 40-49	Rhondda valley runners	665
43.	Michael Gibbons	0:51:49	m	Mens Masters 50-59	Bramhall	580
45.	Daniel Clark	0:51:55	m	Senior Men	Cwm Ogwr running club	657
46.	Paul Frost	0:52:33	m	Mens Masters 50-59		703
47.	Christopher Jones	0:53:39	m	Mens Masters 40-49	3M Gorseinon Road Runners	655
49.	Joanne Ryan	0:53:47	w	Ladies Masters 35-44	Rhondda Valley Runners	586
50.	Jason Garrahan	0:53:50	m	Mens Masters 40-49	Caerphilly Runners	620
48.	Heidi Louise Thomas	0:53:51	w	Senior Ladies		594
51.	Elizabeth Beech	0:54:03	w	Ladies Masters 55-64	Brackla Harriers	699
52.	Rebecca Coster	0:54:29	w	Senior Ladies		631
54.	Joanna Rendall	0:54:32	w	Ladies Masters 35-44		640
53.	Simon Hurford	0:54:39	m	Senior Men		676
55.	Daniel Binks	0:54:49	m	Senior Men	white rock runners	697
56.	Mary Beech	0:54:52	w	Ladies Masters 45-54	Brackla Harriers	646
57.	Coleen Birch	0:55:03	w	Ladies Masters 35-44		601
58.	David Boucher	0:55:09	m	Mens Masters 60-69		607
60.	Meirion Williams	0:55:13	m	Mens Masters 40-49		663
59.	Karl Johnson	0:55:14	m	Senior Men	Roberttown Road Runners	719
61.	Rachel Biggar	0:55:47	w	Senior Ladies		639
62.	Adrian Bytrielway	0:56:12	m	Mens Masters 40-49		717
63.	Robert Cox	0:57:02	m	Mens Masters 50-59		605
64.	Amy Wilda	0:57:24	w	Senior Ladies		599
65.	Nige Rees	0:57:31	m	Mens Masters 40-49		610
66.	Steven Burton	0:57:39	m	Senior Men		652
67.	Christie Coleman	0:57:58	m	Mens Masters 40-49	Cwm Ogwr running club	569
68.	Chris Jones	0:58:04	m	Mens Masters 60-69	Roberttown Road Runners	720
69.	Martin Hignell	0:58:30	m	Mens Masters 40-49		609

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Position	Name	Time	Gender	Age Category	Club	Race Number
71.	Andrew Boucheron	0:58:37	m	Senior Men		624
70.	Ralph Davey	0:58:39	m	Mens Masters 70+	Les Croupiers RC	716
72.	Ray James	0:58:46	m	Mens Masters 50-59	Port Talbot Harriers	690
73.	Matthew Harris	0:58:58	m	Mens Masters 50-59		606
74.	Tomas Forsey	0:59:00	m	Senior Men	Lliswerry RC	712
75.	Neil Davies	0:59:04	m	Mens Masters 40-49		642
76.	Jon Hussey	0:59:18	m	Senior Men		679
77.	Kyra Fisher	0:59:19	w	Ladies Masters 35-44		625
78.	Lloyd Wood	0:59:25	m	Senior Men		590
79.	Stacey Swain	0:59:26	w	Senior Ladies		611
80.	Helen Griffiths	0:59:45	w	Ladies Masters 35-44	penarth and dinas runners	705
81.	Tim Petterson	1:00:01	m	Mens Masters 40-49		613
82.	Emily Donnan-Courtade	1:00:16	w	Senior Ladies	Les Croupiers RC	635
83.	Sarah Nightingale	1:00:40	w	Ladies Masters 35-44		711
84.	Richard Williams	1:00:41	m	Senior Men		710
85.	Nicola Davies	1:00:50	w	Ladies Masters 35-44	White Rock Runners	573
86.	Gareth Burford	1:00:50	m	Senior Men		623
87.	Sara Morgan	1:01:13	w	Ladies Masters 35-44	village vipers	630
88.	Ruth Robertson	1:01:32	w	Ladies Masters 45-54	San Domenico RC	672
89.	Peter Clement	1:01:57	m	Mens Masters 50-59		654
90.	Sharon Trivett	1:02:00	w	Ladies Masters 45-54		641
91.	Suzi Jones	1:02:04	w	Ladies Masters 35-44		597
92.	Delphine Jones	1:02:24	w	Ladies Masters 35-44	Parc Bryn Bach Running Club	618
93.	Carole Bird	1:02:40	w	Ladies Masters 45-54		701
94.	Melanie Williams	1:02:44	w	Senior Ladies	White Rock Runners	572
95.	Christine Gibbons	1:02:53	w	Ladies Masters 55-64	Bramhall	579
96.	Gillian Murphy	1:03:11	w	Ladies Masters 55-64	Les Croupiers RC	682
97.	Kevin James	1:03:51	m	Mens Masters 40-49		687
98.	Jackie Lambeth	1:04:10	w	Ladies Masters 45-54		614
99.	Ellie Hughes	1:04:36	w	Senior Ladies		714
100.	Claire Russell	1:04:40	w	Ladies Masters 35-44		634
101.	Stina Watkins	1:04:44	w	Senior Ladies		707
102.	Louise Phillips	1:04:49	w	Ladies Masters 35-44	Pontypridd Roadents AC	718
103.	Sarah Passmore	1:04:56	w	Senior Ladies		668
104.	Nigel Best	1:05:59	m	Mens Masters 50-59		658

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Position	Name	Time	Gender	Age Category	Club	Race Number
105.	Caroline Obrien	1:06:24	w	Senior Ladies		576
106.	Sian Llewellyn	1:06:40	w	Senior Ladies	Village Vipers	693
107.	Julie Williams	1:06:43	w	Ladies Masters 45-54	Islwyn	675
108.	Sarah Murphy	1:06:52	w	Senior Ladies	n/a	683
109.	Lisa Nicholls	1:07:27	w	Ladies Masters 45-54	Lliswerry RC	588
110.	Julie Stokes	1:07:36	w	Ladies Masters 45-54	Lliswerry RC	695
111.	Raven Timms	1:07:38	w	Ladies Masters 35-44	Lliswerry RC	698
112.	Kirsty McGowan	1:07:43	w	Senior Ladies	Les Croupiers RC	677
113.	David Heald	1:08:25	m	Mens Masters 40-49		666
114.	Allan Smith	1:09:57	m	Mens Masters 70+	3M Gorseinon Road Runners	715
115.	Sara Wilkinson	1:10:05	w	Senior Ladies	Prac Bryn Bach	674
116.	Laura Coombes	1:11:18	w	Ladies Masters 35-44	Les Croupiers RC	659
117.	Jacqueline Davidge	1:11:18	w	Ladies Masters 45-54	Lliswerry RC	686
118.	Maxine Rhodes	1:12:59	w	Ladies Masters 45-54	Pnt Y Pwl	600
119.	Thomas Beer	1:13:03	m	Senior Men		713
120.	Melissa Beard	1:13:30	w	Senior Ladies		582
121.	Janine Lane	1:13:40	w	Ladies Masters 35-44	Lliswerry RC	684
122.	Jemma White	1:13:59	w	Ladies Masters 35-44		575
123.	David Grimsell	1:19:17	m	Mens Masters 50-59	Team Rees	571
124.	Emma Harris	1:21:13	w	Ladies Masters 35-44		578
125.	Helen Jones	1:21:54	w	Ladies Masters 35-44		615
126.	Emma Price	1:21:55	w	Ladies Masters 35-44		616
127.	Amy Uren	1:21:55	w	Senior Ladies		622
128.	Debbie Moran	1:23:13	w	Ladies Masters 45-54		702
129.	Chris Stewart	1:23:15	m	Mens Masters 50-59		589
130.	Claire Mardon	1:33:43	w	Ladies Masters 35-44		661
131.	Clair Houston	1:33:43	w	Ladies Masters 35-44	Pontypridd Roadents AC	651
	Rozana Mansoor	DNF	w	Senior Ladies		581
	Ronald Morris	DNF	m	Mens Masters 60-69	San Domenico RC	633
	Graeme Donnan	DNF	m	Mens Masters 60-69	Les Croupiers RC	636
	Paola Marks	DNF	w	Ladies Masters 35-44	Cardiff Triathlon	706
	Paul Gillard	DNS	m	Senior Men		566
	Neil Walker	DNS	m	Senior Men		567
	Liam Bryson	DNS	m	Mens Masters 40-49	caerphilly runners	568
	Kenneth Wayne Oliver	DNS	m	Mens Masters 50-59	Islwyn r/c	570

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Position	Name	Time	Gender	Age Category	Club	Race Number
	Michael Bryant	DNS	m	Senior Men	Swansea Harriers	587
	Aynsley Cummings	DNS	w	Senior Ladies	Parc Bryn Bach Running Club	595
	Sean Birch	DNS	m	Mens Masters 40-49	100 MARATHON CLUB	602
	John Lloyd	DNS	m	Mens Masters 50-59		603
	Tina Lloyd	DNS	w	Ladies Masters 45-54		604
	Lucy Boucher	DNS	w	Senior Ladies		608
	Nicky Lewis	DNS	w	Ladies Masters 35-44	Newport Harriers	612
	Melissa Heap	DNS	w	Senior Ladies		619
	Lisa Nicholls	DNS	w	Ladies Masters 45-54	Lliswerry RC	627
	Chris Stewart	DNS	m	Mens Masters 50-59		628
	Richard Sheehy	DNS	m	Senior Men	Parc Bryn Bach Running Club	629
	Karl Thomas	DNS	m	Senior Men		643
	Phillip Miles	DNS	m	Mens Masters 60-69	Prac Bryn Bach	662
	Rachel Waters	DNS	w	Ladies Masters 35-44		689
	Erica Knight	DNS	w	Ladies Masters 45-54		691
	Andy Davies	DNS	m	Mens Masters 50-59	Pontypridd Roadents AC	692

Number of records: 155