

## Cottrell Park Summer 10K - 10AM, Sunday 13th August 2017



Position	Name	GunTime	ChipTime	Gender	Age Category	Club	Race Number
<b>Cottrell Park Summer 10K</b>							
1.	James Thie	0:37:30	0:37:29	m	Mens Masters 35-44	Cardiff AAC	133
2.	Ben Butler-Madden	0:38:27	0:38:26	m	Mens Masters 35-44	Penarth and Dinas Runners	81
3.	Luke Williams	0:39:37	0:39:36	m	Senior Men	San Domenico	100
4.	Alan Davies	0:40:07	0:40:06	m	Mens Masters 65+	Llanelli ac	29
5.	Simon Osborne	0:41:50	0:41:48	m	Mens Masters 55-64	bridgend	106
6.	Adam Brown	0:42:10	0:42:09	m	Senior Men		10
7.	David Brown	0:43:47	0:43:44	m	Mens Masters 45-54		69
8.	Mike Ridd	0:44:17	0:44:16	m	Senior Men	Lliswerry Runners	118
9.	Laurent Bono	0:44:27	0:44:26	m	Senior Men	Pontypridd Roadents AC	40
10.	Rachel Eales	0:44:41	0:44:39	w	Senior Ladies	Penarth and Dinas Runners	99
11.	Nicola Jukes	0:44:58	0:44:57	w	Ladies Masters 45-54	Parc Bryn Bach Running Club	47
12.	Steven Sanges	0:45:07	0:45:01	m	Mens Masters 35-44		83
13.	Gareth Thompson	0:45:53	0:45:51	m	Mens Masters 35-44		42
14.	Harry Trend	0:46:34	0:46:32	m	Senior Men		43
15.	John Magee	0:46:34	0:46:30	m	Mens Masters 35-44		97
16.	Michael Murphy	0:46:45	0:46:44	m	Mens Masters 55-64	Les Croupiers RC	103
17.	Rebecca Rothwell	0:46:50	0:46:50	w	Ladies Masters 35-44	Lliswerry Runners	50
18.	Tom Frost	0:47:05	0:46:53	m	Senior Men		134
19.	Adrian Brown	0:47:20	0:47:12	m	Mens Masters 45-54		115
20.	Judith Oakley	0:48:19	0:48:16	w	Ladies Masters 45-54	Vegan Runners Uk	120
21.	Iain Hendry	0:48:20	0:48:16	m	Mens Masters 45-54	Run4All	119
22.	Andrew Cleverley	0:48:21	0:48:16	m	Mens Masters 45-54	Pegasus Running Club, Cardiff	87
23.	Keri Jones	0:48:33	0:48:31	w	Ladies Masters 45-54	Parc Bryn Bach Running Club	98
24.	Dale Gardiner	0:48:35	0:48:31	m	Mens Masters 35-44		125
25.	Owen Davies	0:49:03	0:49:00	m	Mens Masters 35-44		82
26.	Richard Jenkins	0:49:06	0:48:57	m	Mens Masters 45-54	Cardiff triathletes	22
27.	Nigel Bleach	0:49:08	0:49:06	m	Mens Masters 45-54	SMR	92
28.	Joe Twigg Twigg	0:49:18	0:49:17	m	Senior Men		71
29.	Malcolm Bradley	0:49:23	0:49:20	m	Mens Masters 65+	Penarth and Dinas Runners	64
30.	Matthew Bunce	0:49:35	0:49:31	m	Mens Masters 35-44	Brackla Harriers	122
31.	Rhodri Jones	0:50:09	0:50:07	m	Senior Men		30
32.	David Smout	0:50:55	0:50:52	m	Mens Masters 65+	Parc Bryn Bach Running Club	116
33.	Tim Wright	0:51:27	0:51:20	m	Mens Masters 45-54	Lliswerry Runners	12
34.	Michael Elliston	0:51:48	0:51:45	m	Mens Masters 45-54	Les Croupiers RC	61

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35.	Carl Stockden	0:52:08	0:52:04	m	Mens Masters 45-54		66
36.	Martin Kitchener	0:52:23	0:52:14	m	Mens Masters 45-54		95
37.	Mark G Davies	0:52:48	0:52:47	m	Mens Masters 35-44		89
38.	Mike Pobjoy	0:52:54	0:52:49	m	Mens Masters 45-54	Lliswerry Runners	67
39.	Matthew Barrell	0:53:28	0:53:22	m	Mens Masters 35-44		78
40.	Richard Cole	0:53:40	0:53:31	m	Mens Masters 35-44		94
41.	Nick Sloper	0:53:42	0:53:40	m	Mens Masters 45-54	Chelsea Running Club	68
42.	Melissa Myles	0:53:46	0:53:43	w	Senior Ladies		86
43.	Paul Frost	0:53:51	0:53:44	m	Mens Masters 45-54		109
44.	Dawn Howles	0:54:03	0:53:53	w	Ladies Masters 45-54		63
45.	Ryan Bunce	0:54:05	0:54:00	m	Senior Men	Brackla Harriers	123
46.	Karl Johnson	0:54:26	0:54:22	m	Senior Men	Ogmore Phoenix Runners	62
47.	Ray Davies	0:54:43	0:54:36	m	Mens Masters 55-64	Aberdare Valley AAC	11
48.	Huw Williams	0:55:03	0:54:54	m	Mens Masters 35-44	Rhondda Valley Runners	127
49.	Shaun O'Mahoney	0:55:19	0:55:08	m	Senior Men		33
50.	Andrew Boucheron	0:55:29	0:55:23	m	Mens Masters 35-44		4
51.	John Moyle	0:55:38	0:55:33	m	Mens Masters 45-54		1
52.	Howard Attwood	0:55:42	0:55:35	m	Mens Masters 65+	Lliswerry Runners	8
53.	Adam Farr	0:55:56	0:55:44	m	Mens Masters 35-44		96
54.	Dafydd Middleton	0:56:05	0:55:54	m	Senior Men		27
55.	Michael Probert	0:56:20	0:56:12	m	Mens Masters 45-54	Pontypool	13
56.	Richard Williams	0:56:25	0:56:11	m	Mens Masters 35-44		41
57.	Raven Timms	0:56:26	0:56:20	w	Ladies Masters 35-44		107
58.	Louise Hunt	0:56:52	0:56:47	w	Ladies Masters 35-44	Penarth and Dinas Runners	93
59.	Ian Griffiths	0:57:11	0:57:03	m	Mens Masters 35-44		79
60.	Joanne East	0:57:21	0:57:15	w	Senior Ladies	Pegasus	5
61.	Paul Wesson	0:58:29	0:58:25	m	Mens Masters 45-54	Les Croupiers RC	74
62.	Yvonne Williams	0:58:33	0:58:28	w	Ladies Masters 55-64	Penarth and Dinas Runners	80
63.	Neal Spencer	0:58:53	0:58:42	m	Mens Masters 35-44		19
64.	Nia Williams	0:59:01	0:58:55	w	Senior Ladies		112
65.	Stephen New	0:59:43	0:59:32	m	Mens Masters 45-54	Caerphilly runners	65
66.	Nathan King	0:59:53	0:59:50	m	Senior Men		77
67.	Ceri Jenkins	1:00:13	1:00:06	w	Ladies Masters 35-44	Lliswerry Runners	124
68.	Kirsty Smith	1:00:25	1:00:16	w	Senior Ladies		129
69.	Emma Arscott	1:00:43	1:00:39	w	Ladies Masters 35-44		91

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70.	Kath Jervis	1:01:31	1:01:29	w	Ladies Masters 55-64	Parcbrynbach rc	108
71.	Tracey Coakley	1:01:32	1:01:27	w	Ladies Masters 35-44		28
72.	Gareth Rees	1:01:32	1:01:27	m	Mens Masters 45-54		44
73.	Alun Chapple	1:02:00	1:01:57	m	Mens Masters 45-54		72
74.	Julie Harvey	1:02:21	1:02:10	w	Ladies Masters 55-64		26
75.	Bernadette Wilkinson	1:02:26	1:02:19	w	Ladies Masters 45-54	San Domenico	32
76.	Ben Goodman	1:02:47	1:02:41	m	Senior Men		113
77.	John Deakin	1:02:57	1:02:46	m	Mens Masters 65+	Barry and Vale Harriers	52
78.	Gareth Burford	1:03:05	1:02:59	m	Mens Masters 35-44		3
79.	Gillian Murphy	1:03:06	1:03:01	w	Ladies Masters 55-64	Les Croupiers RC	104
80.	Michael Llewellyn	1:03:07	1:02:53	m	Mens Masters 45-54	Pontyclun Roadrunners - not affiliated to WA	102
81.	Peter Havard	1:03:26	1:03:26	m	Mens Masters 65+	Seriously Mad Runners (Barry)	76
82.	Ben Gollop	1:03:30	1:03:21	m	Senior Men		90
83.	Sharon Trivett	1:03:40	1:03:29	w	Ladies Masters 45-54		45
84.	Julie Harris	1:03:41	1:03:29	w	Ladies Masters 35-44		132
85.	Dave. Middleton	1:03:52	1:03:40	m	Mens Masters 55-64		25
86.	Andrew Miller	1:04:17	1:04:11	m	Mens Masters 35-44	Clwb Rhedeg Pontardawe Running Club	37
87.	Helen Griffiths	1:04:56	1:04:43	w	Ladies Masters 35-44	Penarth and Dinas Runners	101
88.	Geoff Wright	1:05:06	1:04:55	m	Mens Masters 65+	Les Croupiers RC	7
89.	Mari Herbert	1:05:11	1:05:02	w	Ladies Masters 45-54		105
90.	Dani Smith	1:05:15	1:05:05	w	Senior Ladies		110
91.	Linda Chapple	1:06:04	1:06:00	w	Ladies Masters 45-54		73
92.	Marianne Jenkins	1:06:06	1:05:54	w	Ladies Masters 45-54		16
93.	Janet Moyle	1:06:26	1:06:18	w	Ladies Masters 45-54		2
94.	Alex Calado	1:06:27	1:06:12	w	Ladies Masters 45-54		57
95.	Anne Wesson	1:07:44	1:07:34	w	Ladies Masters 45-54		75
96.	Andrew Griffiths	1:07:53	1:07:44	m	Senior Men		21
97.	Alana Pengelly	1:07:57	1:07:54	w	Ladies Masters 35-44		88
98.	Richard Hardy	1:08:00	1:07:50	m	Mens Masters 45-54		54
99.	Kenneth Wayne Oliver	1:08:07	1:08:01	m	Mens Masters 55-64	Isiwyn R/C	17
100.	Karen Thomas	1:08:18	1:08:17	w	Ladies Masters 45-54		15
101.	Michael Oakley	1:08:22	1:08:09	m	Mens Masters 35-44	Vegan Runners Uk	121
102.	Sian Witt	1:09:07	1:08:59	w	Ladies Masters 35-44		14
103.	Anita Harper	1:09:18	1:09:07	w	Ladies Masters 45-54	Caerphilly runners	38
104.	Natalie Vicary	1:10:42	1:10:33	w	Ladies Masters 35-44		60

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105.	Karen Spence	1:10:45	1:10:36	w	Ladies Masters 45-54	Barry and Vale Harriers	51
106.	Kay Lawless	1:11:29	1:11:21	w	Ladies Masters 55-64		9
107.	Karen James	1:12:11	1:12:04	w	Ladies Masters 45-54	Pembs Harriers	138
108.	Olivia Webb	1:13:27	1:13:21	w	Senior Ladies	Pegasus RC	114
109.	Samantha Mead	1:14:34	1:14:25	w	Ladies Masters 35-44	Les Croupiers RC	20
110.	Nigel Best	1:15:15	1:15:08	m	Mens Masters 55-64		34
111.	Mandy Adams	1:15:54	1:15:45	w	Ladies Masters 35-44		59
112.	Cerys Edwards	1:16:33	1:16:23	w	Senior Ladies		111
113.	Jane Coppard	1:18:18	1:18:06	w	Ladies Masters 55-64		117
114.	Karen George	1:18:18	1:18:06	w	Ladies Masters 45-54		85
115.	Lowri Farr	1:19:44	1:19:31	w	Ladies Masters 35-44		18
116.	Lynne Wallace	1:28:41	1:28:30	w	Ladies Masters 45-54		48
117.	Sarah Hedges	1:31:48	1:31:35	w	Ladies Masters 35-44		84
118.	Sarah Thomas	1:37:43	1:37:39	w	Ladies Masters 35-44		70
	Emily Welsh		DNS	w	Ladies Masters 35-44		6
	Francesca Hepburn		DNS	w	Senior Ladies		23
	Kayleigh Houlihan		DNS	w	Senior Ladies		24
	Terisa Maddison		DNS	w	Ladies Masters 45-54		31
	Amanda Hill		DNS	w	Senior Ladies		35
	Fiona Hares		DNS	w	Senior Ladies		36
	Lyndon Tudor Maisey		DNS	m	Mens Masters 35-44	Les Croupiers RC	39
	Martin Bussell		DNS	m	Mens Masters 45-54	Islwyn	46
	Sally Filer		DNS	w	Ladies Masters 55-64	Porthcawl Runners	49
	Gavin Shivers		DNS	m	Mens Masters 35-44		53
	Nina Ray		DNS	w	Ladies Masters 35-44		55
	Mark Ellis		DNS	m	Mens Masters 35-44		56

Number of records: 130