

# Cottrell Park Christmas Cracker 10K & 5K

## Finisher List

TotalRank	Bib	Name	Sex	AG	Club	Time
<b>10K</b>						
1.	242	Stephen Paterson	m	Vets M35	Les Croupiers	0:36:17.5
2.	244	Oliver Williams	m	Senior Men	Les Croupiers	0:36:35.1
3.	37	Jerome Edwards	m	Vets M40	Les Croupiers	0:37:20.7
4.	248	James Nunn	m	Vets M35	Les Croupiers	0:38:05.5
5.	193	Richard	m	Vets M30	Penarth and dinas runners	0:38:23.9
6.	108	Matthew Hurford	m	Vets M40	Les Croupiers	0:38:44.7
7.	112	David Coles	m	Vets M55	Les Croupiers	0:42:38.6
8.	272	Sharon Leech	w	Vets W45	carmarthen harriers	0:42:48.3
9.	121	Kevin Jones	m	Vets M45	Les Croupiers	0:42:51.5
10.	111	David Moore	m	Vets M40	Brackla Harriers	0:42:53.2
11.	209	Anthony Bannon	m	Vets M30	San Domenico RC	0:43:15.2
12.	265	Chris Wood	m	Senior Men	White rock runners	0:43:23.6
13.	251	Gavin Evans	m	Vets M30	Penarth and Dinas Runners	0:43:24.5
14.	138	Morris Attard	m	Vets M40	Outdoor Fitness	0:44:11.7
15.	238	Sam Brookes	m	Vets M30		0:44:50.8
16.	252	Danielle Phillips	w	Vets W30	Parc Brynbach RC	0:44:57.3
17.	289	David Bennett	m	Vets M45	Porthcawl Runners	0:45:10.0
18.	100	David Mort	m	Vets M30	Cardiff Triathlon	0:45:39.9
19.	283	Jamie Vanstone	m	Vets M35		0:45:44.6
20.	18	Ian Bell	m	Vets M50	San Domenico RC	0:45:46.8
21.	300	Andrew Mundy	m	Vets M40	Brackla Harriers	0:45:55.5
22.	67	Gareth Hall	m	Vets M35	Newport East Wales Triathlon	0:45:58.6
23.	280	Marcus Sherreard	m	Vets M40		0:46:04.0
24.	169	Mickey Havard	m	Vets M45	San Domenico RC	0:46:25.8
25.	286	Rebecca John	w	Vets W30		0:46:33.3
26.	50	Terry O'brien	m	Vets M55		0:46:42.3
27.	290	Rob Bennett	m	Vets M40	Porthcawl Runners	0:46:57.3
28.	216	Jonathan North	m	Vets M30		0:47:06.0
29.	221	Michael Murphy	m	Vets M60	Les Croupiers	0:47:16.7
30.	201	Paul James	m	Vets M35		0:47:21.6
31.	267	Brian Cotton	m	Vets M35		0:47:35.6
32.	165	Gina Hardman	w	Vets W45	bridgend ac	0:48:12.6
33.	45	David Holloway	m	Vets M30	Caldicot	0:48:12.8
34.	41	Phill Watts	m	Vets M35		0:48:30.0
35.	256	Simon Lamb	m	Vets M45	Cardiff University Athletics	0:48:44.4
36.	44	Tony Mackay	m	Vets M50	Pegasus RC	0:48:48.9
37.	239	Rob Gunney	m	Vets M40	Cardiff Triathlon	0:48:53.0
38.	180	Kevin Russell	m	Vets M55	Lliswerry RC	0:48:56.9
39.	240	Rhyddian John	m	Vets M35		0:49:18.8
40.	115	Richard Beech	m	Vets M55	brackla harriers	0:49:21.2
41.	96	Chris Moles	m	Vets M45	Village vipers	0:49:41.7
42.	299	Gareth Jenkins	m	Vets M30	Cwm Ogwr Running Club	0:49:47.8
43.	277	Rob Wilcox	m	Vets M45		0:49:52.7
44.	132	Michael Gibbons	m	Vets M55	Bramhall	0:50:05.0
45.	213	Malcolm Bradley	m	Vets M65	Penarth and Dinas Runners	0:50:16.5
46.	93	Gareth Hart	m	Vets M45	Caerleon R C	0:50:19.2
47.	203	Rhodri Thomas	m	Vets M35		0:50:35.5
48.	211	Marcia Gouveia	w	Vets W30	San Domenico RC	0:51:04.6
49.	106	Adam Cooke	m	Vets M30		0:51:05.9
50.	250	Edward Brown	m	Vets M40	White Rock Runners	0:51:17.0

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TotalRank	Bib	Name	Sex	AG	Club	Time
51.	217	Stephen North	m	Senior Men		0:51:26.8
52.	92	Sian Jones	w	Vets W35	Caerleon R C	0:51:34.9
53.	88	Gavin David	m	Vets M40		0:51:45.6
54.	89	Kerri Matthews	w	Vets W35		0:51:48.6
55.	65	Roberts Heledd	w	Senior Women		0:51:53.0
56.	261	James Williams	m	Senior Men	Parc Brynbach RC	0:51:54.4
57.	181	Clare Biddlecombe	w	Vets W40	Lliswerry RC	0:51:56.0
58.	192	Tyrone Broome	m	Vets M50	Lliswerry RC	0:52:00.7
59.	205	Abbie Crocker	w	Senior Women		0:52:19.5
60.	204	Greg Callow	m	Senior Men		0:52:19.6
61.	260	Pete Stunell	m	Vets M40	Les Croupiers	0:52:22.7
62.	257	Michael Elliston	m	Vets M40	Les Croupiers	0:52:45.9
63.	218	Lewis John	m	Vets M35		0:52:52.0
64.	120	Steve Jackson	m	Vets M45		0:53:08.4
65.	279	Reuben Evans	m	Vets M50		0:53:11.8
66.	32	Cuong Tran	m	Vets M35		0:53:23.8
67.	142	Mark Hembury	m	Vets M50		0:53:25.2
68.	220	Matthew Smith	m	Senior Men		0:53:25.9
69.	47	Paul Currie	m	Vets M40	Barry running club	0:53:28.2
70.	285	John Pryer	m	Vets M45	White Rock Runners	0:53:55.2
71.	90	Alison Scrivens	w	Vets W45	Caerleon R C	0:54:00.2
72.	140	Wayne Enticott	m	Vets M45		0:54:22.4
73.	104	Mary Beech	w	Vets W50	Brackla Harriers	0:54:29.2
74.	135	Ian Thorne	m	Vets M45	Pegasus RC	0:54:39.4
75.	197	Peter Havard	m	Vets M65		0:54:40.3
76.	167	Helen Williams	w	Vets W40	Fairwater Runners Cwmbran	0:54:49.6
77.	186	Andrew Painter	m	Vets M45		0:54:58.2
78.	160	Susan Bowes	w	Vets W35		0:54:58.9
79.	243	Christie Coleman	m	Vets M45	cwm ogwr running club	0:55:06.2
80.	287	Kate Philli	w	Juniors U23		0:55:21.6
81.	28	Karen Payne	w	Vets W40	Caerleon R C	0:55:45.6
82.	175	Victoria Vellacott	w	Vets W35		0:55:53.6
83.	294	Malin Falck	w	Vets W40	Les Croupiers	0:56:00.6
84.	210	Hayley Jackson	w	Vets W40	Parc Brynbach RC	0:56:05.1
85.	168	Brenda Avery	w	Vets W65	Chepstow Harriers	0:56:16.4
86.	174	Jason Garrahan	m	Vets M40	Caerphilly Runners	0:56:39.4
87.	195	Lee Waters	m	Vets M35		0:56:43.4
88.	264	Lars Beemer	m	Vets M40		0:56:52.3
89.	59	Deborah Evans	w	Vets W55	Dragons Running Club	0:56:53.8
90.	176	Jon Hussey	m	Vets M35		0:57:31.7
91.	190	Ray Ellingham	m	Vets M55	Lliswerry RC	0:57:39.2
92.	191	Katrina Daniel	w	Juniors U23		0:57:42.5
93.	124	Paul Frost	m	Vets M50		0:57:43.1
94.	137	Martyn Rees	m	Vets M45		0:57:53.8
95.	98	Emma Bowen	w	Vets W40		0:57:59.7
96.	97	Paul Bowen	m	Vets M45		0:57:59.8
97.	130	Lyn Evans	m	Vets M55	Penarth and Dinas Runners	0:58:10.2
98.	206	Alison Kibblewhite	w	Vets W45		0:58:12.3
99.	274	Dave Shields	m	Vets M45	White Rock Runners	0:58:33.4
100.	118	Mark Jennings	m	Vets M40	Cardiff Triathlon	0:58:39.2
101.	259	Craig Hinks	m	Vets M40		0:58:47.0
102.	258	Helen Little	w	Vets W40	Brackla Harriers	0:58:47.4

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TotalRank	Bib	Name	Sex	AG	Club	Time
103.	30	David Kempton	m	Vets M55	Parc Brynbach RC	0:58:55.8
104.	31	Brett Regulski	m	Vets M55	Chepstow Harriers	0:59:10.3
105.	87	Steve Tippett	m	Vets M35	N/A	0:59:16.5
106.	86	Steve Hooper	m	Vets M35	N/A	0:59:16.6
107.	196	Huw Jones	m	Vets M30		0:59:20.8
108.	105	Jemma Sedgmond	w	Senior Women	Les Croupiers	0:59:29.0
109.	43	Amy Morgan	w	Vets W30	Caerphilly Runners	0:59:29.9
110.	85	Michael Thomas	m	Vets M55		0:59:33.5
111.	207	Natalya Chedzey	w	Vets W35		0:59:37.8
112.	73	Montserrat Bray	w	Juniors U23		0:59:39.2
113.	74	Fiona Bray	w	Juniors U23		0:59:39.4
114.	295	Nigel Rees	m	Vets M45		0:59:44.9
115.	7	Grace Newbould	w	Senior Women	Women Running Penarth	0:59:48.8
116.	99	Lara Powell	w	Teenagers (female) U		1:00:11.7
117.	228	Colette Hume	w	Vets W40		1:00:20.7
118.	198	Julie Broughton	w	Vets W45	Les Croupiers	1:00:25.9
119.	53	Robert Wood	m	Vets M40	Lliswerry RC	1:00:28.4
120.	84	Joanne Corlett	w	Vets W35		1:00:32.6
121.	179	Neil Sidney	m	Vets M40	Lliswerry RC	1:00:47.5
122.	199	Richard Street	m	Vets M60	Pegasus RC	1:01:06.9
123.	266	Jason Webb	m	Vets M45		1:01:18.4
124.	225	Pally Singh Baryana	m	Vets M40		1:01:20.7
125.	17	Lisa Davies	w	Vets W40		1:01:21.6
126.	131	Christine Gibbons	w	Vets W55	Bramhall	1:01:45.1
127.	123	Rachel Frost	w	Vets W45		1:01:49.8
128.	159	Sam Standerwick	w	Vets W40	Parc Brynbach RC	1:01:56.8
129.	8	Sara Morgan	w	Vets W35	village vipers	1:02:00.6
130.	46	Alex-Marie Llewellyn	w	Senior Women	Caldicot	1:02:03.9
131.	284	Sasha Macken	w	Vets W40	Les Croupiers	1:02:16.6
132.	291	Sharon Trivett	w	Vets W45		1:02:32.6
133.	144	Martin Hignell	m	Vets M40		1:02:34.5
134.	62	Nicola Davies	w	Vets W40	White Rock Runners	1:02:42.6
135.	200	Andrew Paul	m	Vets M60		1:02:42.6
136.	178	Rhys Dowling	m	Vets M35		1:02:47.5
137.	226	Sue Donoghue	w	Vets W50		1:03:19.5
138.	298	Sian Wigley	w	Vets W50	RVR	1:03:30.7
139.	141	Leanne Howells	w	Vets W35	Rhondda Valley Runners	1:03:37.3
140.	16	Beverley Meek-Welsh	w	Vets W55		1:03:42.0
141.	4	Helen Clancy	w	Vets W45	Chepstow Harriers	1:03:45.2
142.	117	Bethan Turner	w	Juniors U23		1:04:31.4
143.	229	Marie Morse	w	Vets W45		1:04:37.0
144.	145	Paul Blannin	m	Vets M45		1:04:47.5
145.	116	Abigail Page	w	Juniors U23		1:04:53.5
146.	223	Louise Davies	w	Vets W45		1:04:55.4
147.	254	Gareth Robinson	m	Vets M40		1:04:56.8
148.	119	Helen Fry	w	Vets W30		1:05:00.1
149.	148	Rachel Davies	w	Vets W40	N/a	1:05:14.2
150.	147	Beverley Davies	w	Vets W35	N/a	1:05:14.3
151.	163	Karyn Williams	w	Vets W35		1:05:14.6
152.	255	Clare Johnson	w	Vets W70	Les Croupiers	1:06:19.9
153.	182	Paul Davies	m	Vets M65	Cardiff Triathlon	1:06:39.2
154.	71	Andrew Bray	m	Vets M50		1:06:51.6

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## Finisher List

TotalRank	Bib	Name	Sex	AG	Club	Time
155.	107	Amanda Thompson	w	Vets W55	Les Croupiers	1:07:00.2
156.	188	Ally Twigg	w	Senior Women		1:07:01.9
157.	164	Ruth Davies	w	Vets W40		1:07:03.5
158.	194	Sarah Evans	w	Vets W45	Pont-y-pwl and District	1:07:03.9
159.	114	Sara Weston	w	Vets W40		1:07:06.6
160.	113	Rebecca Jenkins	w	Vets W35		1:07:07.2
161.	278	Alana Wilcox	w	Vets W40		1:07:45.1
162.	149	Cari Randall	w	Senior Women		1:07:58.5
163.	81	Christine Lawrence	w	Vets W45	Pontypridd Roadents AC	1:08:08.1
164.	1	Thomas Tatchell	m	Vets M35		1:08:13.1
165.	269	Matthew Marsden	m	Vets M40		1:08:26.4
166.	268	Trudi Marsden	w	Vets W40		1:08:26.6
167.	184	Rhys Lewis	m	Vets M40	Parc Brynbach RC	1:08:41.7
168.	187	Geoff Twigg	m	Vets M60		1:08:48.0
169.	275	Helen Williams	w	Vets W35	Islwyn	1:09:28.0
170.	80	Anthony Lawrence	m	Vets M50	Pontypridd Roadents AC	1:09:28.2
171.	296	Paola Marks	w	Vets W35		1:09:56.3
172.	215	Marianne Jenkins	w	Vets W45		1:10:05.4
173.	249	Eleanor Preece	w	Vets W30	White Rock Runners	1:10:26.0
174.	143	Denise Aplin	w	Vets W40		1:10:52.2
175.	70	Viv Collins	w	Vets W45		1:11:02.3
176.	293	Sophie Carpenter	w	Vets W40		1:11:05.4
177.	173	Dawne Meynell-Western	w	Vets W35	Rhondda Valley Runners	1:11:25.3
178.	227	Jo Clements	w	Vets W45		1:11:42.2
179.	152	Hedd Wood	w	Vets W45		1:11:43.4
180.	151	Melissa Davies	w	Vets W35		1:11:44.2
181.	208	Gareth Jones	m	Vets M35		1:12:06.0
182.	136	Jayne Evans	w	Vets W60		1:12:12.8
183.	15	Sian Pearce	w	Vets W35		1:13:02.1
184.	276	Ross Keeling	m	Vets M35		1:13:30.4
185.	2	Gill Ellis	w	Vets W55	Chepstow Harriers	1:14:06.0
186.	13	Claire Lewis	w	Vets W40		1:14:06.1
187.	14	Richard Lewis	m	Vets M40		1:14:06.5
188.	83	Sarah Meah	w	Vets W50	Les Croupiers	1:15:12.1
189.	166	Sarah James	w	Vets W40		1:16:41.5
190.	224	Sukhi Baryana	w	Vets W35		1:18:09.8
191.	20	Alice Roythorne	w	Vets W35		1:18:26.4
192.	288	Michael Lewis	m	Vets M70	Parc Brynbach RC	1:21:33.6
193.	153	Claire Ward	w	Vets W40		1:21:44.2
194.	237	Jacqueline Williams	w	Vets W50		1:21:59.0
195.	128	Kay Lawless	w	Vets W55		1:22:00.1
196.	38	Ruth Cochran	w	Vets W50	Pontypridd Roadents AC	1:22:23.0
197.	230	Laura Stephenson	w	Vets W30		1:22:42.2
198.	52	Deb Wood	w	Vets W40	Lliswerry RC	1:24:20.5
199.	68	Kelly Gaffney	w	Vets W30	Newport East Wales Triathlon	1:24:20.5
200.	21	Daphne Austerberry	w	Vets W70	Chepstow Harriers	1:25:40.4
201.	231	Charles Ian Allen	m	Vets M50		1:25:43.1
202.	185	Nicola Lewis	w	Vets W35	Parc Brynbach RC	1:26:25.4

## 5K

1.	49	Ian Herbert	m	Vets M50		0:22:30.5
2.	125	Tom Frost	m	Teenagers (male) U20		0:22:54.9

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TotalRank	Bib	Name	Sex	AG	Club	Time
3.	271	Dafydd Herbert	m	Teenagers (male) U16		0:23:13.0
4.	172	Dan Havard	m	Teenagers (male) U18		0:24:16.8
5.	126	Beth Frost	w	Teenagers (female) U		0:26:57.1
6.	245	Jenna Morgan	w	Vets W30		0:28:23.5
7.	246	Eve Bird	w	Teenagers (female) U		0:28:39.3
8.	235	Andrew Bartley	m	Vets M35		0:28:46.3
9.	170	Ellie Havard	w	Teenagers (female) U	San Domenico RC	0:30:50.3
10.	234	Helen Kerbey	w	Vets W45		0:31:08.4
11.	222	Gillian Murphy	w	Vets W60	Les Croupiers	0:31:09.1
12.	157	Paris Alexander	w	Teenagers (female) U		0:31:11.0
13.	232	Carole Bird	w	Vets W45		0:32:20.2
14.	270	Liz Beech	w	Vets W55	Brackla harriers	0:32:20.9
15.	281	Eva Wilcox	w	Teenagers (female) U		0:32:38.5
16.	282	Ffion Vickers	w	Teenagers (female) U		0:32:38.7
17.	56	Allan Smith	m	Vets M80	3m gorseinon r r	0:32:53.4
18.	103	Andrew Shergold	m	Vets M45		0:32:55.7
19.	171	Gail Havard	w	Vets W45		0:33:22.9
20.	236	Catherine Colleypriest	w	Vets W35	Cr@p tri	0:33:22.9
21.	212	Sophie Sainsbury	w	Senior Women		0:33:26.4
22.	102	Sharon Shergold	w	Vets W45		0:33:35.0
23.	273	James Howell	m	Vets M40		0:33:59.2
24.	214	Ian Jenkins	m	Vets M40	White Rock Runners	0:34:38.1
25.	233	Eleanor Bird	w	Juniors U23		0:35:37.9
26.	247	Emma Clark	w	Senior Women		0:35:38.8
27.	19	Claire Mullett	w	Vets W30		0:35:39.8
28.	79	Rachel Stone	w	Vets W40		0:35:54.7
29.	146	Louise Maxwell-Lyte	w	Vets W35		0:36:01.1
30.	3	Suzie Shepherd	w	Vets W45		0:36:58.2
31.	22	Anne Jenner	w	Vets W50	Chepstow Harriers	0:36:58.4
32.	72	Catharine Bray	w	Vets W50		0:37:56.0
33.	78	Julie Callender	w	Vets W40		0:38:10.3
34.	162	Ben Romais	m	Vets M30		0:38:50.7
35.	36	Ronan O'Neill	m	Vets M30		0:39:01.6
36.	35	Rhiannon Gilbert	w	Vets W30		0:39:03.1
37.	158	Alex Turner	w	Vets W50		0:39:29.4
38.	61	Caitlin Hicks	w	Juniors U23		0:41:50.0
39.	58	Carwyn Evans	m	Vets M45	Dragons Running Club	0:42:38.2
40.	76	Jenny Davies	w	Vets W35		0:42:46.0
41.	77	Hope Chester	w	Senior Women		0:42:54.3
42.	75	Samantha Stonehewer	w	Vets W35		0:44:35.8

Number of records: 244