

### 2013 Nos Galan Elites

Pos	No	Time	Forename	Surname	M/F	Cat	Club
1	89	00:14:39	Stephen	Mitchell	M		Bristol & West AC
2	134	00:14:46	Ieuan	Thomas	M		Cardiff AAC
3	101	00:14:53	Joshua	Griffiths	M		Swansea Harriers
4	1121	00:15:00	Alex	George	M	J	Gloucester AC
5	1138	00:15:05	Chris	Carpanini	M		
6	1140	00:15:10	Matthew	Janes	M		
7	61	00:15:20	Michael	Kershaw	M		Cardiff AAC
8	1132	00:15:22	Iestyn	Harrett	M		
9	109	00:15:26	Christian	Lovatt	M	J	Carmarthen Harriers
10	150	00:15:31	Michael	Kallenberg	M		Cardiff AAC
11	1124	00:15:50	Rich	De-Camps	M		Gloucester AC
12	154	00:15:56	Jono	Janes	M	J	Bedford and County AC
13	169	00:16:03	Daniel	Chesworth	M		
14	1128	00:16:04	David	Banwell-Clode	M		
15	1	00:16:10	Carl	Hill	M		Cardiff AAC
16	17	00:16:12	James	Miller	M		Cheltenham Harriers
17	135	00:16:12	Oliver	Williams	M		Les Croupiers
18	100	00:16:16	Jon	Barnes	M		Cheltenham Harriers
19	183	00:16:20	Andy	Morgan-Lee	M	40	Thames Hare & Hounds
20	145	00:16:25	Joe	Beech	M		
21	1135	00:16:29	Emrys	Penny	M		
22	48	00:16:33	Hywel	Dinnick	M		MOTI
23	6	00:16:36	Dan	Bodman	M		Aberdare
24	1134	00:16:37	Stuart	Crees	M	35	Les Croupiers
25	142	00:16:38	Gethin	Holland	M		Aberystwyth AC
26	147	00:16:45	Lee	Aherne	M	45	Parc Bryn Bach
27	1102	00:16:49	Kate	Roberts	F		Bridgend AC
28	139	00:16:50	Gary	Davies	M		Aberystwyth University Harriers
29	74	00:17:00	Eamonn	Kirk	M	40	Swansea Harriers
30	93	00:17:03	Lewis	Brunt	M	J	Cardiff AAC
31	1146	00:17:06	Adam	Newton	M		
32	148	00:17:09	Jessica	Parry-Williams	F		Les Croupiers
33	168	00:17:10	Kyle	Davies	M	J	Pontypridd Roadents
34	164	00:17:12	Richard	Dando	M	35	Bridgend AC
35	1113	00:17:13	Jason	Bragg	M		
36	19	00:17:14	Simon Anthony	Lewis	M	35	Parc Bryn Bach
37	1108	00:17:21	Alex	Price	M	J	Rhondda Athletic Club
38	185	00:17:25	Stephen	Thomas	M	45	Aberdare VAAC
39	161	00:17:26	James	Elgar	M		Lliswerry Runners
40	78	00:17:32	Peter	Ryder	M		Cardiff AAC
41	88	00:17:35	Nick	Mackay	M		Swansea Harriers
42	1122	00:17:36	Alaw Beynon	Thomas	F		Swansea Harriers
43	65	00:17:39	Richard	Lloyd	M		Aberdare
44	108	00:17:45	Miles	Thomas	M		Lliswerry Runners
45	143	00:17:47	Gareth	Swan	M		
46	58	00:17:54	Leigh	Jones	M		
47	1141	00:17:57	James	Manson	M		
48	182	00:18:00	Mark	Horsman	M	35	Outdoor Fitness
49	136	00:18:06	Kieran	John	M		Neath Harriers
50	166	00:18:12	John	George	M		
51	1115	00:18:17	Jack	Jones	M		Swansea Harriers
52	76	00:18:21	Phil	Bristow	M	50	San Domenico
53	103	00:18:25	Kneath	Philippart	M	55	Swansea Harriers
54	200	00:18:26	Darren	Bishop	M		Pontypridd Roadents
55	43	00:18:27	Ceri	Tapper	M	40	
56	39	00:18:27	Gareth	Hurman	M	J	
57	111	00:18:27	Simon	Gill	M		Lliswerry Runners
58	191	00:18:29	Steve	Davies	M	50	Pont-y-pwl Runners
59	157	00:18:30	Rebecca	Evans	F	J	Cardiff AAC
60	16	00:18:34	Daniel	Davies	M		San Domenico
61	130	00:18:34	Jamie	Pugh	M		
62	52	00:18:35	Alun	King	M		Lliswerry Runners
63	14	00:18:37	Laurence	Pole	M	35	Pontypridd Roadents
64	42	00:18:41	Alex	Williams	M	45	Port Talbot Harriers
65	87	00:18:44	Matthew	Tippins	M		
66	94	00:18:46	Gethin	Parham	M	40	
67	116	00:18:48	Lee	Watts	M	35	
68	1137	00:18:49	Ffion	Harrett	F		
69	1114	00:18:49	Amanda	Jones	F		
70	50	00:18:49	Darren	Edwards	M	35	Celtic Tri
71	1120	00:18:50	Tyrone	Fowler	M		Newport Harriers
72	107	00:18:51	Richard	Morgan	M		Dragons Aberdare
73	170	00:18:52	Clara	Evans	F		Hereford County AC
74	156	00:18:53	Philip	Thomas	M		Pontypridd Roadents
75	119	00:18:54	Gareth	Beck	M	45	Lliswerry Runners
76	1107	00:18:55	Sean	Price	M	50	Rhondda Athletic Club
77	158	00:18:56	Richard	Elgar	M		Lliswerry Runners
78	1111	00:18:58	Kenneth	O'leary	M	35	
79	1129	00:18:58	Michael	Holloway	M		
80	123	00:19:00	Adrian	Lewis	M	40	Aberdare
81	155	00:19:01	Arwel	Lewis	M	55	Eryri Harriers
82	177	00:19:03	Jason	Rogers	M	40	Celtic Tri
83	51	00:19:04	Steven	Hooper	M	45	Pontypridd Roadents
84	1125	00:19:06	Gary	Howgate	M	40	Les Croupiers
85	1117	00:19:07	Alex	Thomas	M	J	
86	102	00:19:07	Sharon	Leech	F	40	Carmarthen Harriers
87	141	00:19:08	Neil	Williams	M	50	Aberdare

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
88	149	00:19:08	Gafn	griffiths	M		Les Croupiers
89	9	00:19:12	James	Bruce	M	40	Les Croupiers
90	83	00:19:14	Paul	Hill	M	45	
91	132	00:19:19	James	Francis	M		
92	91	00:19:24	Andrew	Brasington	M	45	Brecon AC
93	10	00:19:27	Nicola	Gething	F	40	Parc Bryn Bach
94	77	00:19:27	William	Daniels	M	55	
95	175	00:19:31	Gavin	Crimmings	M		Aberdare
96	13	00:19:33	Jason	Beaumont	M	40	
97	112	00:19:34	Robert	Evans	M	50	Ebbw Vale RC
98	97	00:19:34	Erin	Hayes	F	J	Cardiff AAC
99	47	00:19:34	Clem	Clement	M	50	Penarth & Dinas Runners
100	18	00:19:35	Daman	Jukes	M	40	Parc Bryn Bach
101	1127	00:19:41	Shelly	Brace	F		City of Stoke
102	138	00:19:46	Andrew	Davidson	M		Les Croupiers
103	41	00:19:46	Geoff	Partridge	M	45	Hogweed Trotters
104	115	00:19:47	Bleddyn	Jones	M	35	Lliswerry Runners
105	84	00:19:50	Leigh	Slack	M	45	
106	129	00:19:52	David	Mort	M		Outdoor Fitness
107	1118	00:19:55	Zoe	Thomas	F		Cardiff Met AC
108	1116	00:19:56	Jason	Brewer	M	40	
109	176	00:20:02	Ricci	Watts	M		Pont-y-pwl Runners
110	68	00:20:06	Andrew	Pask	M		Grantham RC
111	79	00:20:09	Dominic	Shields	M	45	San Domenico
112	1149	00:20:10	Jonathan	Williams	M	35	
113	194	00:20:16	James	Foulkes-Nock	M	J	Lliswerry Runners
114	46	00:20:18	Christopher	Nellins	M	60	Penarth & Dinas Runners
115	21	00:20:18	Graham	Vyner	M	45	Run4All
116	1145	00:20:20	Stuart	Edgar	M		Outdoor Fitness
117	69	00:20:20	Tom	Jones	M		
118	1148	00:20:22	Jen	Salter	F	35	Les Croupiers
119	92	00:20:22	Ian	Williams	M	50	Ebbw Vale RC
120	163	00:20:23	Georgie	Dando	F	35	Bridgend AC
121	1143	00:20:25	Richard	Price	M	45	
122	118	00:20:32	Paul	Lewis	M	45	3M Goresinon RR
123	179	00:20:32	Paul	Donovan	M	45	Ponty y pwl & district
124	113	00:20:42	Mark	Busbridge	M	40	Hillingdon AC
125	187	00:20:46	Lee	Gwyn	M		
126	1133	00:20:57	Elaine	Gunthorpe	F		
127	188	00:20:59	Jonathan	Chadwick	M		
128	37	00:21:05	Mike	Thurgood	M	45	Caerleon RC
129	165	00:21:05	Colin	Wellstead	M	50	
130	1126	00:21:06	Jacqueline	Brace	F	50	Bridgend AC
131	120	00:21:06	Christopher	Jones	M	50	Lliswerry Runners
132	98	00:21:12	Jonathan	Hayes	M	45	Cardiff AAC
133	54	00:21:16	Huw	Roberts-Thomas	M		
134	57	00:21:17	Keith	Thompson	M	50	Rhondda Valley Runners
135	172	00:21:19	Allan	Jones	M	55	Brackla Harriers
136	1112	00:21:19	Jordan	Lacey	F	J	Southend AC
137	82	00:21:20	Brendan	Jones	M	40	Les Croupiers
138	49	00:21:21	Phillip	Watts	M		Barry RC
139	1139	00:21:27	Adrian	Corbett	M	50	
140	110	00:21:29	Sarah	Lauder	F		Lliswerry Runners
141	137	00:21:32	Caitlin	Pearson	F		Les Croupiers
142	114	00:21:33	Sarah	Darch	F	35	Hillingdon AC
143	80	00:21:38	Mark	Bailey	M		Aspire RC
144	72	00:21:39	Stephanie	Wade	F	45	Pontypridd Roadents
145	22	00:21:40	Josie	Hunsdon	F	40	
146	53	00:21:44	Anna	Ciolek	F		Village Vipers
147	198	00:21:46	Louise	Summers	F	45	Pontypool Runners
148	75	00:21:46	Stephen	Wood	M	35	Pegasus RC
149	197	00:21:49	Andrew	Dickens	M	40	Pontypool Runners
150	1136	00:21:53	Claire	Manson	F		
151	1131	00:21:56	David	Gunthope	M	35	
152	193	00:21:58	Jodie	Withyman	F		Clevedon AC
153	195	00:21:59	Laurence	Tait	F		
154	186	00:22:03	Coco	Corcoran	M	40	
155	45	00:22:05	Lisa	Cleary	F	45	Penarth & Dinas Runners
156	1147	00:22:10	Tim	Green	M	45	Les Croupiers
157	483	00:22:12	Andy	Davies	M	50	Pontypridd Roadents
158	106	00:22:20	David	Proffitt	M	60	Newport Harriers
159	62	00:22:25	Emma	Feehan	F		
160	38	00:22:26	Andrea	Hurman	F	45	Penarth & Dinas Runners
161	1101	00:22:27	Nicola	Thomas	F	45	Porthcawl Runners
162	24	00:22:28	Jeff	Thomas	M	45	Bridgend AC
163	105	00:22:46	Paul	Davies	M	45	Run4All
164	125	00:22:50	Kieth	Hughes	M	35	
165	184	00:22:57	Tracy	Edwards	F	45	Rhondda Valley Runners
166	153	00:23:19	Brenda	Avery	F	60	Chepstow Harriers
167	173	00:23:28	Steve	Hill	M	50	Penarth & Dinas Runners
168	20	00:23:31	Mark	Jones	M	50	Run4All
169	1109	00:23:37	Kelly	Collins	F		Parc Bryn Bach
170	1142	00:23:46	Ruth	Deards	F	40	
171	192	00:24:07	Elaine	Rees	F	45	Outdoor Fitness
172	32	00:24:07	Dean	Perry	M		
173	199	00:24:13	Romana	Maine	F	50	Porthcawl Runners
174	4	00:24:16	Michelle	Amblin	F	35	Les Croupiers

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<b>Pos</b>	<b>No</b>	<b>Time</b>	<b>Forename</b>	<b>Surname</b>	<b>M/F</b>	<b>Cat</b>	<b>Club</b>
175	67	00:24:16	Angharad	Pocock	F	35	Outdoor Fitness
176	174	00:24:19	Michelle	Hoey	F	35	Penarth & Dinas Runners
177	64	00:24:20	Roger	Jones	M	60	
178	34	00:24:49	Denise	Evans	F	45	Chepstow Harriers
179	35	00:24:49	Mike	Evans	M	55	Chepstow Harriers
180	189	00:24:55	Louise	Ward	F		
181	1110	00:25:12	Ceri	Thomas	F	45	Porthcawl Runners
182	15	00:25:36	Lowri	Phillips	F		San Domenico
183	159	00:25:45	Gillian	Murphy	F	60	Les Croupiers
184	160	00:25:46	Michael	Murphy	M	60	Les Croupiers
185	171	00:26:03	Patricia	Jones	F	55	Brackla Harriers
186	178	00:26:12	Nadine	Donovan	F	40	Ponty y pwl & district
187	190	00:26:26	Donna	Hunkin	F	35	
188	71	00:28:23	Elizabeth	Bird	F		