

2013 Nos Galan Seniors

Pos	No	Time	Forename	Surname	M/F	Cat	Club
1	790	00:19:21	Terence	Fairbank	M		
2	322	00:19:28	Ceri	Beynon-Davies	M		
3	210	00:19:39	Mike	Tate	M	40	Celtic Tri
4	230	00:19:48	James	Pearce	M	35	Llswerry Runners
5	324	00:19:50	James	Cattle	M	35	Taff Ely Triathlon
6	814	00:20:00	Paul	Jurkiewicz	M	35	
7	361	00:20:02	Stephen	Wiergowski	M	45	
8	933	00:20:10	Gareth	Norris	M		
9	616	00:20:15	Matthew	Evans	M		
10	1025	00:20:18	Robert	John Davies	M	40	
11	603	00:20:23	Peadar	O'Tuathail	M	35	
12	893	00:20:24	Oliver	Harris	M		Llswerry Runners
13	1032	00:20:29	Steven	Jones	M	40	
14	496	00:20:30	Marc	Fitzgibbon	M		
15	463	00:20:35	Andrew	Reddy	M		AVAAC
16	969	00:20:36	Allen	Bunney	M	45	Aberdare VAAC
17	602	00:20:39	Dave	Stanfield	M	50	Yeovil Town RRC
18	767	00:20:43	Craig	Evans	M	35	
19	940	00:20:43	Steve	Dyton	M	35	
20	233	00:20:45	Barrie	Edwards	M	40	
21	1030	00:20:46	Stuart	Davies	M	35	
22	968	00:20:47	Paul	Sabin	M	55	
23	872	00:20:48	Lee	Walters	M	40	
24	691	00:20:53	Lee George	Hopkins	M		
25	323	00:20:58	Rhydian	Beynon-Davies	M		
26	251	00:20:58	Jonathan	Hooper	M	45	
27	943	00:21:01	Dan	Phillips	M	35	
28	241	00:21:03	Rhydwyn	Harris	M	45	Islwyn RC
29	514	00:21:04	Sean	McDonell	M		
30	667	00:21:08	Jake	Morgan	M	40	
31	743	00:21:09	Stephen	Hanks	M		
32	974	00:21:10	Lyn	Cartwright	M	35	
33	639	00:21:11	Johnathan	Lock	M		
34	804	00:21:11	Paul	Arnold	M	50	Celtic Tri
35	387	00:21:12	Adrian	Hoffman	M	40	
36	521	00:21:18	Hefin	Gruffydd	M	50	
37	624	00:21:24	Christopher	Gosling	M		
38	722	00:21:28	Steve	Wall	M	35	
39	926	00:21:29	Richard	Haddock	M		
40	1014	00:21:30	Helen	Jones	F	40	
41	918	00:21:33	Nigel	Foulkes-Nock	M	40	Llswerry Runners
42	408	00:21:36	Marc	Durkin	M		Penarth & Dinas Runners
43	368	00:21:38	David	Goodall	M	60	
44	723	00:21:39	Lyndon	West	M	35	
45	656	00:21:46	Shawn	Davies	M	35	
46	855	00:21:48	Dave	Hughes	M	45	Bridgend AC
47	821	00:21:49	Stephen	Power	M	40	
48	1019	00:21:50	Marcus	Lloyd	M	45	
49	936	00:21:50	Scott	Roberts	M	J	
50	436	00:21:52	Simon	Smith	M	50	
51	954	00:21:54	Nicholas	Pounder	M	35	Pontypridd Roadents
52	815	00:21:59	Nicholas	Harris	M		Cwm Ogwr RC
53	1037	00:22:00	Wayne	Jones	M	50	
54	523	00:22:05	Neil	Davies	M	40	
55	644	00:22:05	Stephen	Pring	M	45	
56	428	00:22:06	Jeff	Davies	M	45	
57	658	00:22:06	Arron	Peacock	M	35	
58	437	00:22:07	Carolyn	Thomas	F	45	Dragons
59	1045	00:22:09	Alex	Grove	M		
60	1051	00:22:11	Dominic	Ryland	M		
61	679	00:22:12	Paul	Thomas	M	35	
62	742	00:22:12	Paul	Harvey	M		Islwyn RC
63	858	00:22:15	Daniel	Pickering	M	J	
64	295	00:22:17	Mark	Edwards	M		Celtic Tri
65	888	00:22:19	Michael	Gillard	M	35	Rhondda Valley Runners
66	876	00:22:20	Allan	Gill	M	35	
67	847	00:22:24	Mark	Bryant	M	45	
68	828	00:22:26	Ann	Evans	F	55	
69	898	00:22:26	Donna	Rodger	F	45	Helterworth Harriers
70	245	00:22:27	Nick	James	M	40	Dragons
71	953	00:22:28	Robert	King	M	35	Parc Bryn Bach
72	1040	00:22:28	Rhys	Ryland	M	50	
73	711	00:22:28	John	Pryer	M	45	
74	831	00:22:30	Ceri-Anne	Davies	F	45	Pontypridd Roadents
75	85	00:22:32	Dai	Richards	M	50	Celtic Tri
76	354	00:22:33	Mark	Neal	M	55	
77	892	00:22:33	David	Gore	M	45	
78	1027	00:22:37	Neil	Lewis	M	50	
79	633	00:22:38	Dan	Johns	M		
80	474	00:22:42	Kerry	Galey	M	45	
81	867	00:22:43	Kieran	McDonnell	M	55	
82	473	00:22:45	Richard	Lloyd Jones	M	50	
83	305	00:22:45	Jon	Bell	M	35	
84	906	00:22:47	Kelly	Waite	F		Islwyn RC
85	264	00:22:50	Oliver	Lake	M		
86	942	00:22:50	Paul	Davies	M	35	
87	363	00:22:51	Matthew	Lane	M		

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
88	866	00:22:51	Alistair	Thomson	M		
89	853	00:22:53	Andrew	Kettley	M		
90	659	00:22:54	Michael	Woods	M	45	
91	982	00:22:59	Paul	Griffiths	M	40	
92	559	00:23:04	Owan	Hicks	M		
93	308	00:23:04	Paul	Nowaczek	M	40	Lliswerry Runners
94	707	00:23:04	Ian	Hutchinson	M	45	
95	224	00:23:04	Mark	Morgan	M	40	
96	970	00:23:05	Mathew	Robinson	M		
97	469	00:23:05	Wayne	Preece	M	60	Old Parish Maesteg
98	432	00:23:05	Paul	Dursley	M	60	Lliswerry Runners
99	271	00:23:06	Mike	Ridout	M	60	Old Parish Maesteg
100	800	00:23:06	Bethan	Evans	F		
101	133	00:23:06	Hannah	Beadsworth	F		
102	459	00:23:07	Marcus	Meyrick	M	40	
103	792	00:23:09	David	Kennedy	M	55	
104	849	00:23:11	Trevor	Hay	M	50	Draggons RC
105	758	00:23:11	Claire	Thomas	F	40	
106	629	00:23:13	Chris	Jones	M	50	
107	1001	00:23:13	Jayne	Arnold	F	40	Celtic Tri
108	604	00:23:15	Chris	Armstrong	M		
109	803	00:23:18	Geraint	Evans	M	50	
110	321	00:23:18	Paul	Beynon-Davies	M	55	
111	992	00:23:20	Neil	Jones	M	35	
112	835	00:23:21	Sara	Morgan	F	35	
113	438	00:23:23	Graham	Colvin	M	50	Celtic Tri
114	551	00:23:23	Ozhan	O'Sullivan	M		
115	1029	00:23:24	Andrew	Hilton	M	40	
116	205	00:23:25	David	Manley	M	35	Lliswerry Runners
117	994	00:23:26	Kevin	Williams	M	35	
118	345	00:23:28	Paul	Landeq	M	45	
119	812	00:23:29	John	Davies	M	50	
120	285	00:23:29	Paul	Evans	M	50	
121	411	00:23:32	Andrew	Lewis	M		Taff Ely Triathlon
122	580	00:23:35	Paul	Holloway	M	50	
123	891	00:23:35	Grant	Gore	M		
124	318	00:23:39	Jordan	Kibble	M		Islwyn RC
125	660	00:23:43	Dean	Turner	M	35	Lliswerry Runners
126	653	00:23:43	Vanessa	Turnbull	F	45	
127	81	00:23:47	Allen	Bevan	M	55	
128	938	00:23:47	Chris	Price	M	40	Rhayader RC
129	491	00:23:49	Carl	Edwards	M	40	Pontypridd Roadents
130	488	00:23:49	Jan	Edwards	F	45	Pontypridd Roadents
131	1004	00:23:51	Chris	Wood	M	40	
132	721	00:23:51	Lee	Rossiter	M	40	
133	208	00:23:53	Maxine	Rhodes	F	45	Lliswerry Runners
134	378	00:23:55	Kelly	Felstead	F	35	
135	249	00:23:55	Marc	Harrison	M		
136	655	00:23:56	Gareth	Davies	M		
137	951	00:23:58	Philip	Protheroe	M	50	
138	1002	00:23:58	Liz	Beech	F	50	
139	402	00:24:00	Robert	Rowe	M	45	
140	897	00:24:04	Matthew	Barnard	M	35	
141	486	00:24:05	Robert	Allen	M		
142	778	00:24:05	Paul	Graham	M		Pontypridd Roadents
143	984	00:24:06	Gwyn	Jones	M	45	
144	990	00:24:07	Stephen	Jones	M	50	
145	833	00:24:08	Simon	Morgan	M	40	
146	541	00:24:08	Russell	Bown	M	55	Pontypridd Roadents
147	879	00:24:11	Geoff	Jones	M	45	
148	988	00:24:11	Simon	Grigg-Williams	M	40	
149	1000	00:24:12	Peter	Cushion	M	45	
150	339	00:24:15	Peter	Hawkins	M	45	
151	599	00:24:16	Martyn	Serpell	M		
152	810	00:24:16	Martyn	Cook	M		
153	542	00:24:18	Tim	O'Sullivan	M	55	Les Croupiers
154	772	00:24:18	Andy	Ainsworth	M		
155	353	00:24:18	Tim	Washbrook	M		
156	766	00:24:20	Andrew	Cleverley	M	45	Outdoor Fitness
157	346	00:24:21	Chris	Gentle	M	45	Lliswerry Runners
158	222	00:24:24	Dave	Hodges	M	50	Les Croupiers
159	993	00:24:26	Sara	Williams	F	35	
160	250	00:24:27	Matthew	Harrison	M		
161	613	00:24:30	Ifan	Jones	M	45	Maldwyn Harriers
162	218	00:24:32	Paul	Chapman	M	40	Les Croupiers
163	793	00:24:33	Jamie	Bowen	M	40	
164	948	00:24:35	Deborah	Evans	F	50	
165	557	00:24:35	Glyn	Hicks	M	60	Islwyn RC
166	908	00:24:36	Scott	Hayden	M	35	Lliswerry Runners
167	533	00:24:36	David	Gates	M	50	Lliswerry Runners
168	870	00:24:36	Nadine	Winstone	F	35	
169	357	00:24:36	Tomos	Grove	M		
170	519	00:24:40	Simon	Westlake	M	45	
171	572	00:24:42	Huw	Thomas	M	45	
172	863	00:24:42	Daniel	Joseph	M		
173	511	00:24:43	Paul	Gillard	M	50	
174	737	00:24:43	Jonathan	Thomas	M		

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
175	534	00:24:43	David	Hutchinson	M	45	
176	497	00:24:44	Gareth	Morgan	M	40	
177	531	00:24:44	Warren	Tilke	M	40	Pontypridd Roadents
178	770	00:24:44	Selina	Chan	F		
179	338	00:24:45	Stephen	Nicholas	M		
180	374	00:24:47	David	Hebbes	M	60	
181	726	00:24:48	John	Weeks	M	55	
182	820	00:24:50	Sean	Scully	M		
183	979	00:24:52	Richard	Lawrence	M	40	Rhondda Valley Runners
184	352	00:24:53	Jodie	Williams	F		Les Croupiers
185	961	00:24:54	Carl	Jones	M		
186	830	00:24:55	Teresa	Jeffries	F	45	
187	231	00:24:58	Ryan	Wilson	M		
188	1010	00:25:01	Nia Angharad	Ward	F	J	Cardiff AAC
189	590	00:25:02	Paul	Morris	M		Draggons RC
190	386	00:25:02	Michael	Davies	M	50	
191	941	00:25:04	Lee	Richards	M	45	
192	832	00:25:05	Jonathan	Humphreys	M		Westbournr RC
193	718	00:25:07	Jason	Scanlon	M		
194	410	00:25:07	Vaughan	Lewis	M	55	
195	899	00:25:07	Mary	Beech	F	50	
196	1011	00:25:09	Tanya	Bevan	F	35	
197	932	00:25:12	Danny	Morgan	M	55	Ebbw Vale RC
198	522	00:25:13	Martin	Price	M	45	
199	930	00:25:16	Sharon	Newell	F	40	Ebbw Vale RC
200	788	00:25:19	Andrew	Ralph	M	50	Lliswerry Runners
201	777	00:25:21	Mark	Tambini	M		
202	286	00:25:21	Stephen	Hughes	M	35	
203	435	00:25:22	Liz	Smith	F	50	
204	126	00:25:22	Anne-Marie	Wilkins	F	40	Les Croupiers
205	887	00:25:22	Tracy	Evans	F	40	Rhondda Valley Runners
206	752	00:25:25	Roger	Jones	M	40	
207	822	00:25:25	Dan	Hopkin	M		
208	652	00:25:26	Philip	Amphlett	M	35	
209	362	00:25:29	Darren	Jones	M		
210	213	00:25:31	Anna	Te Water Naude	F		
211	270	00:25:31	Tony	Dally	M	45	Dragons
212	962	00:25:32	Rob	George	M	45	
213	558	00:25:33	Gareth	Wynne	M		
214	753	00:25:34	Steve	Tucker	M	45	
215	760	00:25:36	Matthew	Gillard	M		
216	342	00:25:39	Geraint	Smith	M	40	Run4All
217	957	00:25:40	Ross	Capel	M		
218	610	00:25:42	Matthew	Norris	M		
219	482	00:25:43	Stephanie	Davies	F		Pontypridd Roadents
220	688	00:25:43	Gavin	Simon	M	35	
221	344	00:25:44	Fiona	Drysdale	F	40	
222	465	00:25:45	Michelle	Johnson	F		Islwyn RC
223	642	00:25:47	Trudi	Cook	F	40	3M Goresinon RR
224	351	00:25:48	Ben	Jones	M	35	
225	530	00:25:48	Rhian	Hopkins	F	35	Pontypridd Roadents
226	290	00:25:50	Paul	Iwanski	M	35	
227	383	00:25:51	Aimee	Clement-Jones	F		
228	663	00:25:51	Neil	Jones	M	35	
229	554	00:25:52	Neil	Chipper	M	50	Lliswerry Runners
230	757	00:25:53	Richard	Beech	M	50	
231	950	00:25:55	Joshua	Barnes	M	J	
232	683	00:25:55	John	Jenkins	M	70	Celtic Tri
233	882	00:25:55	John	Adams	M	45	
234	1026	00:25:57	Ian	Lewis	M	40	
235	539	00:25:59	Iestyn	Henson	M	45	
236	985	00:25:59	Yvette	Raymen	F	40	
237	739	00:26:00	Ben	Lewis	M	J	
238	490	00:26:01	Nigel	Gaen	M	45	
239	1035	00:26:02	Gareth	Davies	M	55	
240	896	00:26:02	Martin	Davies	M	45	
241	727	00:26:03	Heather	Garratt	F	35	
242	537	00:26:04	Darren	Warner	M	45	
243	578	00:26:05	Zoe	Anthony	F	35	
244	981	00:26:06	Rhys	E Jones	M		
245	314	00:26:06	Richard	Govier	M	50	
246	258	00:26:06	Paul	Jones	M	50	
247	640	00:26:07	Gillian	Mason	F	50	
248	320	00:26:08	Nicholas	Jenkins	M	45	Run4All
249	846	00:26:09	Gareth	Edmonds	M		
250	916	00:26:10	Rosalie	Evans	F	35	
251	259	00:26:10	Ceri	Donovan	F	40	Lliswerry Runners
252	596	00:26:12	Dave	Sommerville	M	40	
253	545	00:26:13	Angela	Burt	F	45	Islwyn RC
254	764	00:26:14	Dave	Brown	M	50	
255	874	00:26:14	David	Mccarthy	M	45	
256	735	00:26:15	Sara	Morgan	F	35	Pontypridd Roadents
257	413	00:26:18	Neil	Coleman	M	45	
258	12	00:26:19	Malcolm	Bradley	M	60	Penarth & Dinas Runners
259	375	00:26:19	James	Francis	M	35	
260	765	00:26:21	Ryan	Clift	M		
261	852	00:26:21	Anne	Joseph	F	55	

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
262	709	00:26:22	Nadine	Cannon	F		
263	708	00:26:22	Martin	Millett	M	40	
264	783	00:26:22	Gareth	Keetch	M		
265	756	00:26:23	Philip	Swann	M	50	Sospan RR
266	677	00:26:24	Gideon	Jones	M	50	
267	894	00:26:25	Luke	Surrey	M	40	
268	293	00:26:26	Terry	Jones	M	60	Celtic Tri
269	587	00:26:26	Lance	Whiteley	M	40	
270	697	00:26:30	James	Mason	M		
271	1015	00:26:30	Keith	Starr	M	65	
272	728	00:26:32	Richard	Garratt	M	40	
273	219	00:26:32	Key	Chapman	F	45	Cardiff AAC
274	447	00:26:35	David	Thompson	M	45	
275	698	00:26:37	Zara	Tippins	F		
276	298	00:26:40	Jeanette	Ward	F	50	Women Running Penarth
277	960	00:26:42	Nicola	Angell	F		
278	987	00:26:42	Kelly	Bowen	F		
279	289	00:26:43	Jenna	Ponting	F		
280	797	00:26:47	John	Griffiths	M	60	
281	922	00:26:47	Bernadette	Jones	F	40	Pontypridd Roadents
282	701	00:26:47	Chris	Peberdy	M		
283	638	00:26:49	Alastair	Mason	M	J	
284	768	00:26:50	Gareth	Lougher	M		
285	404	00:26:51	Janice	Clement	F	55	Penarth & Dinas Runners
286	967	00:26:55	Caroline	Roberts	F		
287	661	00:26:56	Leanne	Phillips	F	40	Lliswerry Runners
288	952	00:26:58	Michelle	Jayne	F	35	Parc Bryn Bach
289	651	00:26:58	Victoria	Coopey	F		
290	601	00:26:58	Gareth	Coopey	M	35	
291	379	00:26:59	Dewi	Felstead	M	35	
292	817	00:27:01	Sarah	Cremins	F		
293	795	00:27:02	Ashley	Fovarque	M	45	
294	434	00:27:02	Phyl	Griffiths	M	45	
295	889	00:27:03	Andrew	Timms	M	40	
296	776	00:27:03	Nicky	Roberts	M		
297	1028	00:27:04	Chris	Howells	M	35	
298	400	00:27:04	Andrew	Cleary	M	50	
299	931	00:27:05	Keri	Hamer	F	35	Ebbw Vale RC
300	657	00:27:05	Christian	Rees	M	40	
301	986	00:27:05	Robert	Gray	M	40	
302	513	00:27:07	Will	Wilkinson	M	40	
303	955	00:27:08	Jack	Kathrens	M	40	
304	956	00:27:08	Judith	Vandijk	F	35	
305	56	00:27:08	Sian	Wigley	F	50	
306	762	00:27:12	Jason	Garrahan	M	40	
307	631	00:27:12	Sian	Wadham	F	35	Run4All
308	243	00:27:15	Jordan	Edwards	M		
309	520	00:27:16	Philip	Jones	M	45	
310	861	00:27:16	Carl	Roberts	M	35	Pontypool & District Runners
311	1043	00:27:21	Martin	Morgan	M	40	
312	328	00:27:22	Peter	Bradley	M	50	
313	418	00:27:23	Keith	Walters	M	50	
314	856	00:27:23	Tracey	Cartwright	F	40	
315	834	00:27:24	Cerith	Thomas	M		
316	266	00:27:25	Fleur	Jones	F	35	
317	746	00:27:27	Kenneth	Oliver	M	50	Islwyn RC
318	423	00:27:28	Claire	Jenkins	F		
319	209	00:27:29	Nick	Jackson	M	45	Lliswerry Runners
320	421	00:27:32	Andrew	Boggis	M	40	
321	654	00:27:34	Peter	Young	M	60	
322	1050	00:27:35	Alex	Smith	M		
323	809	00:27:35	Rhys	Ward	M		
324	217	00:27:36	Steven	Downes	M	40	
325	367	00:27:37	Paul	Shepperd	M	50	
326	481	00:27:39	Gareth	Evans	M		
327	563	00:27:41	Gethyn	Evans	M	55	
328	680	00:27:42	Nick	Roe	M	55	
329	591	00:27:42	Cathrine	Jones	F	40	Maindy Harriers
330	267	00:27:43	Wayne	Edmond	M	60	
331	307	00:27:44	Karen	Aitchison	F	40	Run4All
332	978	00:27:44	Ian	Stratton	M		Brackla Harriers
333	1009	00:27:45	Alison	Hurford	F	50	Bristol & West AC
334	976	00:27:45	Jonathan	Hurford	M	60	Great Western Runners
335	878	00:27:46	Stephen	Reynolds	M	40	
336	611	00:27:46	James	Norris	M	35	
337	350	00:27:46	Sorrel	Williams	F	35	Abingdon & Vale Triathlon Club
338	476	00:27:47	Darren	Booth	M	40	
339	862	00:27:49	Alan	Evans	M	70	
340	645	00:27:50	Shaun	Thomas	M	J	
341	635	00:27:52	Alex	Tovey	M	40	Run4All
342	841	00:27:52	Ryan	Minard	M		
343	236	00:27:53	Andrew	Davies	M	40	
344	232	00:27:53	Simon	Ball	M	40	
345	607	00:27:58	Limara	Nott	F		
346	589	00:27:58	Tracy	Hooper	F	40	
347	966	00:27:58	Dylan	Mortimer	M	J	
348	510	00:27:59	Andrew	Hopkins	M	50	

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
349	836	00:28:01	Sheryl	Evans	F	45	Hereford Couriers
350	446	00:28:01	Ron	Singleton-Lawley	F	50	
351	748	00:28:01	Kevin	Barnes	M	50	Hereford Couriers
352	403	00:28:01	Kay	Nellins	F	55	Women Running Penarth
353	508	00:28:01	Catherine	Hopkins	F	50	
354	311	00:28:02	Lyn	Evans	M	55	Penarth & Dinas Runners
355	939	00:28:02	Louse	Richards	F	45	
356	382	00:28:06	Gavin	Williams	M		
357	964	00:28:09	Adrian	Price	M		
358	911	00:28:11	Simon	Caddy	M		
359	509	00:28:13	Terry	Goss	F	50	
360	706	00:28:15	Nicola	Beck	F	40	Lliswerry Runners
361	880	00:28:15	Rhiannon	Beck	F		Lliswerry Runners
362	356	00:28:15	Edward	Sprague	M	35	
363	917	00:28:16	Bethan	Jones	F		
364	349	00:28:17	Mark	Carter	M	45	
365	234	00:28:19	Richard	Llewellyn	M	45	
366	268	00:28:24	Stuart	Laslett	M	45	
367	458	00:28:24	Graham	Gough	M	65	
368	1008	00:28:26	Caroline	Thomas	F	40	
369	565	00:28:27	James	Thomas	M	50	Old Parish RC
370	927	00:28:28	Ceri	Haddock	F		
371	381	00:28:29	Gareth	Evans	M		
372	738	00:28:30	Sue	Williams	F	40	
373	963	00:28:31	Marc	Fry	M		
374	398	00:28:31	Lisa	Henry	F		
375	854	00:28:31	Leighton	Davies	M	45	
376	786	00:28:32	Louise	Howson	F	40	Caerleon RC
377	971	00:28:32	Megan	Bunney	F	J	Aberdare VAAC
378	676	00:28:32	Matt	Jones	M	40	
379	468	00:28:33	Martyn	Jones	M	45	Lliswerry Runners
380	630	00:28:34	Shawn	Davies	M	35	
381	839	00:28:34	Andrew	Davies	M	50	Aberdare
382	869	00:28:37	Rachel	Thomson	F		
383	998	00:28:40	Allan	Smith	M	80	3M Goresinon RR
384	444	00:28:45	Ali	Wood	F	45	
385	826	00:28:47	Richard	Williams	M	40	
386	306	00:28:47	Amanda	Gilbert	F	45	Run4All
387	425	00:28:49	Chris	Jenkins	F	35	
388	573	00:28:49	Clyde	Baker	M	40	
389	600	00:28:50	Adrian	Thomas	M	40	
390	319	00:28:52	Dewi John	Ward	M	45	
391	919	00:28:52	Victoria	Williams	F		
392	784	00:28:52	Stuart	Davies	M	35	
393	782	00:28:57	Alex	Calado	F	40	
394	1042	00:28:59	SGT	Butcher	M		
395	478	00:28:59	Neil	Hooper	M	45	
396	439	00:29:00	Linda	Colvin	F	50	Celtic Tri
397	528	00:29:01	Noel	Powell	M	45	
398	636	00:29:02	Fiona	Crook	F	45	
399	329	00:29:05	Anthony	Lawrence	M	45	
400	662	00:29:06	Lisa	Mann	F	35	Rhondda Valley Runners
401	518	00:29:06	Tony	Hall	M	65	
402	472	00:29:06	Lee	Vincent Rowley	M	35	
403	412	00:29:09	Stuart	Wakefield	M	35	
404	460	00:29:11	Carol	Bartle	F	50	
405	300	00:29:14	Mandy	Riby	F	45	
406	284	00:29:15	Samantha	Rosie	F	45	Pontypridd Roadents
407	747	00:29:17	Lorraine	Swain	F	50	Draggons RC
408	443	00:29:18	Steve	Whyte	M	50	
409	605	00:29:20	Philip	Norris	M	50	
410	627	00:29:22	Kelly	Phillips	F		
411	883	00:29:22	Nathan	Adams	M	J	
412	675	00:29:22	Kristin	Davis	F		
413	980	00:29:23	Julia	Patrick	F	40	Rhondda Valley Runners
414	818	00:29:23	Lloyd	Edwards	M		
415	819	00:29:23	Lucy	Scott	F		
416	477	00:29:27	Beth	Griffiths	F	50	
417	399	00:29:28	Ruth	Williams	F	45	
418	532	00:29:30	Cara	Gates	F	40	Lliswerry Runners
419	621	00:29:30	Sarah	Worsfold	F		Draggons RC
420	235	00:29:32	Jonathan	Ball	M	35	
421	813	00:29:33	Cerys	John	F		
422	364	00:29:33	Amnthyony	Beer	M	45	
423	802	00:29:34	Adam	Price	M		
424	690	00:29:35	Beth	Murphy	F	40	
425	1024	00:29:38	Stuart	Sandy	M		
426	389	00:29:44	Chris	Saunders	M	35	
427	774	00:29:44	Claire	Ainsworth	F		
428	333	00:29:45	Philip	Scanlon	M	50	
429	479	00:29:45	Mark	Griffiths	M	50	
430	487	00:29:49	Nigel	Thomas	M	55	
431	394	00:29:49	Andrew	Neak	M	40	
432	214	00:29:49	Johann	Te Water Naude	M	55	
433	433	00:29:52	Lynda	Dursley	F	50	Lliswerry Runners
434	713	00:29:56	Kelly	Daniel	F	35	
435	871	00:29:57	Jeremy	Lewis	M	40	

2013 Nos Galan Seniors

Pos	No	Time	Forename	Surname	M/F	Cat	Club
436	498	00:30:00	Caroline	Morgan	F	40	
437	779	00:30:00	Arthur	Yarranton	M	70	Run4All
438	1048	00:30:01	Bethan	Jenkins	F		
439	55	00:30:01	Manon	Wigley	F	J	
440	524	00:30:02	Jeniffer	Jones	F	40	
441	475	00:30:06	Corey	Booth	M	55	
442	426	00:30:07	Mike	Gwynne	F	40	
443	972	00:30:11	Jonh	Cooper	M	45	
444	843	00:30:13	Stuart	Brown	M	35	Draagons RC
445	261	00:30:15	Chris	Edwards	M		
446	860	00:30:17	Denise	Williams	F	60	
447	761	00:30:17	Richard	Martin	M		
448	507	00:30:18	Patrick	Gandy	M	40	
449	355	00:30:20	Alison	Robertson	F		
450	975	00:30:21	Hiram	Mullan	M	40	
451	326	00:30:22	Denise	Bradley	F	50	
452	929	00:30:23	Darren	Sparks	M	40	
453	452	00:30:24	Gavin	Jones	M	35	
454	903	00:30:28	Sophie	Dark	F		
455	859	00:30:29	Aaron	Locke	M	45	
456	693	00:30:30	Duane	Jones	M		
457	1041	00:30:30	FUS	Miles	M		
458	296	00:30:31	Aled	Edwards	M	55	
459	612	00:30:33	Kevin	Davies	M	40	
460	384	00:30:33	Lucinda	Cadwallader	F		
461	705	00:30:35	Meirion	Harrison	M	45	
462	665	00:30:39	Mike	Knight	M	40	
463	996	00:30:41	Susan	Hallam	F	45	
464	716	00:30:41	Hazel	Wheeler	F	40	Run4All
465	1046	00:30:42	Kate	Owen	F		
466	221	00:30:43	Laura	Mullins	F		
467	220	00:30:43	Dan	Gray	M		
468	276	00:30:45	Jane	llewellyn	F	55	
469	597	00:30:46	Emma	Catteau-Gilchrist	F		
470	669	00:30:46	Jacqueline	Spencer	F	45	
471	598	00:30:46	Julien	Catteau	M		
472	791	00:30:46	Carys	Davies	F		
473	801	00:30:46	Lucy	O'connor	F		
474	807	00:30:47	Rhodri	Thomas	M		
475	736	00:30:51	Julie	Bye	F	35	
476	944	00:30:51	Mark	Howells	M	45	
477	341	00:30:53	Margit	Grovers	F	45	
478	529	00:30:53	Cheryl	Powell	F	45	
479	317	00:30:56	Michelle	Rivett	F	40	Les Croupiers
480	489	00:30:57	Huw	Phillips	M	40	
481	799	00:30:58	Daniel	Evans	M		
482	577	00:30:59	Maria	Shepperd	F	45	
483	310	00:31:00	Aled	Hughes	M	35	Cwm Ogwr RC
484	283	00:31:01	Ruth	Cochran	F	45	Pontypridd Roadents
485	615	00:31:02	Elizabeth	Walker	F	40	
486	1003	00:31:04	Wayne	Millard	M	40	Tri Preston
487	995	00:31:05	Royer	Howard	M	50	
488	1023	00:31:09	Alison	Sandy	F	50	
489	282	00:31:11	Alan	Gregory	M	45	
490	949	00:31:11	Richard	Barnes	M	45	
491	215	00:31:18	Rebecca	Te Water Naude	F	J	
492	454	00:31:21	Huw	Gough	M	35	
493	504	00:31:22	Dawn	Daniel	F	35	
494	824	00:31:22	Rachel	Tregoning	F		
495	734	00:31:22	Sarah-Jayne	Pritchard	F		
496	973	00:31:23	Rachel	Grose	F	45	
497	332	00:31:24	Helen	Davies	F	35	
498	620	00:31:24	Simon	Davies	M	35	
499	920	00:31:26	Dawn	Kenealy-Jones	F	45	
500	303	00:31:27	Rachel	Taylor	F		
501	924	00:31:29	Andrew	Davies	M	40	
502	330	00:31:29	Christine	Lawrence	F	45	
503	252	00:31:30	Rachael	Hooper	F	45	
504	325	00:31:30	Leeann	Saunders	F	40	
505	816	00:31:31	David	Mech	M	40	
506	780	00:31:32	Elinor	Keetch	F		
507	781	00:31:32	Peter	Coulman	M	60	
508	646	00:31:35	Manon	Ludlam	F		
509	299	00:31:37	Kirsty	Shellard	F		Dragons
510	842	00:31:38	Nick	Llewellyn	M	35	
511	877	00:31:38	Christopher	Hill	M	35	
512	717	00:31:39	Suzanne	Pugh	F	40	
513	547	00:31:40	Matthew	Jones	M		
514	549	00:31:40	Tristram	Evans	M	35	
515	467	00:31:42	Samantha	Evans	F		
516	921	00:31:43	Geoff	Cheetham	M	60	
517	674	00:31:44	Geraldine	Smallman	F	45	
518	377	00:31:45	John	Oakley	M	40	
519	376	00:31:45	Tamsin	Oakley	F	35	
520	1018	00:31:48	Ward	Griffiths	M	45	
521	1020	00:31:48	Bridgette	Griffiths	F	45	
522	570	00:31:48	Alison	Evans	F	45	Women's RC

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
523	571	00:31:48	David	Evans	M	50	
524	237	00:31:49	Samuel	Wilkins	M		
525	649	00:31:49	Katie	Rumble	F		Rhondda Valley Runners
526	934	00:31:51	Paul	Shopland	M	45	
527	702	00:31:51	Maria	Berrett	F	50	
528	1021	00:31:53	Andrew	Donnelly	M	45	
529	617	00:31:53	Carys	Morgan	F		
530	823	00:32:02	Hollie	Wellstead	F		
531	287	00:32:04	David	Hughes	M		
532	729	00:32:09	Edward	Savage	M	50	
533	316	00:32:09	Samantha	Perrott	F	40	Run4All
534	1022	00:32:13	David	Todd-Jones	M	55	
535	907	00:32:16	Joshua	Morgan	M		
536	517	00:32:16	Fiona	O'Leary	F	45	
537	845	00:32:17	A	Addiscott	M	50	
538	904	00:32:18	Mari	Jones	F		
539	257	00:32:19	Rachael	Majer	F	35	
540	256	00:32:20	Linda	Woodward	F	40	
541	1012	00:32:22	Martin	Jones	M		Les Croupiers
542	1006	00:32:24	Carl	Parnell	M	45	
543	1007	00:32:24	Tracey	Parnell	F	45	
544	536	00:32:26	Huw	Morgan	M		N.E.W.T
545	502	00:32:26	Michael	Fentham	M		
546	754	00:32:31	Ceri	Johnson	F		
547	625	00:32:33	Bethan	Farmer	F	35	
548	628	00:32:34	Chris	Farmer	M	35	
549	725	00:32:38	Charlotte	Jones	F		
550	913	00:32:38	Greg	Mears	M	45	
551	495	00:32:39	Lowri	Jones	F		
552	789	00:32:39	Sian	Tossell	F	45	Brackla Harriers
553	494	00:32:39	Sally	Taylor	F		
554	588	00:32:39	Elin	Thomas	F		
555	840	00:32:40	Diane	Lewellyn	F		
556	773	00:32:50	Gemma	Ainsworth	F		
557	385	00:32:50	Kathryn	Bates	F	40	
558	556	00:32:51	Eline	Hicks	F	55	Islwyn RC
559	395	00:32:53	Cherie	Neak	F	40	
560	909	00:32:53	Ruth	Caddy	F	40	
561	745	00:32:56	Lowri	Protheroe	F		
562	884	00:32:57	Claire	Adams	F	40	
563	775	00:33:00	Brian	Price	M	40	
564	873	00:33:01	Menna	Mccarthy	F	40	
565	1049	00:33:07	Lindsay	Ford	F		
566	246	00:33:07	Thomas	Chapman	M		
567	848	00:33:09	Jules	Jones	F		Run4All
568	441	00:33:10	Geraint	Rhodes	M	35	
569	440	00:33:11	Amanda	Roddis	F	35	
570	915	00:33:12	Michael	Doxsey	M	35	
571	827	00:33:14	Shelley	Traylor	F	35	
572	895	00:33:16	Dawn	Surrey	F	40	
573	751	00:33:18	Richard	Nuell	M	60	Portishead RC
574	415	00:33:21	Rhian	Atkins	F	40	
575	704	00:33:22	Allison	Harrison	F	45	
576	414	00:33:22	Mathew	Atkins	M	45	
577	829	00:33:25	Stephen	Janes	M	60	
578	347	00:33:32	John	Davies	M	70	
579	535	00:33:37	Michael	Brown	M	45	
580	637	00:33:37	Robert	Workman	M	40	Run4All
581	579	00:33:38	Peter	Anthony	M	50	
582	744	00:33:45	Kevin	Protheroe	M	55	
583	666	00:33:49	Marie-Claire	Hopkin	F	40	Draggons RC
584	991	00:33:55	Ian	Edwards	M	50	
585	240	00:33:56	Mike	Davies	M	50	Caerleon RC
586	239	00:33:57	Debbie	Cumming	F	50	Caerleon RC
587	566	00:33:58	Amy	Edwards	F		
588	569	00:33:59	Jon	Edwards	M		
589	380	00:34:05	Rhian	Evans	F		
590	857	00:34:07	Lisa	Pickering	F	45	
591	937	00:34:09	Toni	Lacey	F	40	
592	947	00:34:12	Sarah	Kochalski	F	45	
593	1034	00:34:14	Tania	Corbett	F	50	
594	724	00:34:19	Alison	Jones	F	50	Lliswerry Runners
595	450	00:34:23	Jemma	Jones	F		Rhondda Valley Runners
596	348	00:34:24	Catherine	Evans	F	40	
597	805	00:34:29	Kindre	Morgan	F	40	
598	503	00:34:30	Darran	Thomas	M	40	
599	983	00:34:31	Tony	Henebery	M	45	Mumbles Milers RRC
600	787	00:34:35	Nick	Lewis	M	50	
601	1036	00:34:36	Geraint	Walker	M		
602	914	00:34:36	Leah	Jones	F		
603	397	00:34:40	Wendy	Salter	F	40	
604	451	00:34:42	Jade	Jones	F		
605	890	00:34:42	Rachel	Morgan	F		
606	684	00:34:45	Sarah	Jones	F	40	
607	301	00:34:46	Mellissa	Nash	F	35	
608	584	00:34:46	Olive	Whiteley	F	35	
609	461	00:34:48	Sarah	Hunt	F	50	

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
610	456	00:34:48	Catherine	Pendleton	F	40	
611	462	00:34:51	Helen	Griffiths	F	45	Cwm Ogwr RC
612	959	00:34:54	Miles	Thomas	M	35	
613	958	00:34:54	Claire	Lloyd Thomas	F	40	
614	553	00:34:58	Sam	Mason	F		
615	1105	00:34:58	Nick	Denny	M	35	Pontypridd Roadents
616	238	00:35:02	Nia	Bryn	F		Dragons
617	336	00:35:04	Sean	Snooks	M		
618	223	00:35:04	Joanna	Hodges	F	35	Women Running Penarth
619	331	00:35:09	Maria	Lalic	F	55	
620	997	00:35:16	Trevor	Turner	M	65	Ebbw Vale RC
621	999	00:35:17	Anne	Shaw	F	50	
622	811	00:35:22	Amy	Verheyden	F		
623	910	00:35:22	Lara	Jones	F		
624	546	00:35:24	Rhiannon	Jones	F		
625	470	00:35:24	Berwyn	Lloyd	M	55	
626	608	00:35:25	Claire	Nott	F		
627	606	00:35:25	Claire	Rood	F		
628	796	00:35:30	Michael	Bevan	M	40	
629	485	00:35:36	Cody	Allen	F		
630	902	00:35:48	Peter	Dark	M	55	
631	373	00:35:49	Alyson	Price	F	35	Merthyr RC
632	755	00:35:53	Claire Louise	Davies	F	50	
633	392	00:35:56	Lisa	Williams	F	40	
634	525	00:36:01	Andrew	Morgan	M	35	
635	526	00:36:02	Mike	Goodwin	M	40	
636	343	00:36:02	Angela	Davies	F	45	
637	1031	00:36:08	Darren	Hillier	M	40	
638	844	00:36:08	Allson	Brown	F	35	
639	885	00:36:13	Catherine	James	F		
640	273	00:36:19	Lee	Morris	M	55	Fairlands Valley Spartans
641	275	00:36:19	Helen	Morris	F	45	Fairlands Valley Spartans
642	516	00:36:20	Gary	George	M	40	
643	512	00:36:21	Gary	Hobbs	M	45	Village Vipers
644	671	00:36:22	Lydia	Hobbs	F	J	
645	288	00:36:29	Chris	Jones	M	40	
646	670	00:36:30	Susan	Hobbs	F	45	
647	388	00:36:34	Mary	Scourfield	F	45	
648	254	00:36:36	Kirsti	Malterud	F	45	
649	1044	00:36:37	Runner	1044	M		
650	741	00:36:39	Paul	Evans	M	40	
651	712	00:36:39	Edward	Wells	M		
652	710	00:36:39	Alex	Lang	F		
653	594	00:36:42	Anouska	Beaumont	F	35	
654	501	00:36:43	Rebekah	Wrenn	F		
655	419	00:36:44	Ruth	Walters	F	45	
656	564	00:36:45	Richard	Williams	M	55	
657	750	00:36:46	Sam	Standerwick	F	40	
658	881	00:36:52	Angela	Weeks	F	65	
659	865	00:37:06	Hayley	Blignaut	F	35	
660	269	00:37:06	David	Carney	M	75	Bromsgrove & Redditch
661	714	00:37:34	Neil	Wheeler	M	40	Run4All
662	678	00:37:39	Jane	Roe	F	50	
663	499	00:37:40	Elizabeth	Clark	F	45	
664	561	00:37:51	Felicity	Armstrong	F	35	
665	562	00:37:51	Elizabeth	Bennett	F	35	
666	586	00:37:58	Jason	Meredith	M	40	
667	585	00:37:59	Joanne	Meredith	F	40	
668	370	00:38:03	Jeff	MacLean	M	35	
669	369	00:38:03	Sally	MacLean	F	35	
670	928	00:38:11	Nicole	Walters	F	40	
671	265	00:38:28	Alan	Griffiths	M	65	
672	424	00:38:45	Jo-Ann	Gwynne	F	40	
673	864	00:38:50	Jaki	Chadwick	F	55	
674	759	00:38:51	Claire	Pugh	F	40	Outdoor Fitness
675	309	00:39:00	Angela	Rees	F		
676	480	00:39:10	Peter Jmaes	Stanley	M	50	
677	543	00:39:11	Anna	Withey	F		
678	1047	00:39:14	Lucie	Jenkins	F		
679	255	00:39:25	Jean	Williams	F	50	
680	253	00:39:25	Lillebeth	Larun	F	50	
681	685	00:39:38	Caroline	James	F		
682	687	00:39:39	Andrew	James	M	35	
683	492	00:39:50	Carolyn	Smith	F	35	Outdoor Fitness
684	416	00:39:52	Mark	Thomas	M	45	Team Shed
685	417	00:39:52	Vicky	Thomas	F	J	
686	720	00:39:57	Bethan	Clark	F		
687	544	00:39:59	Ignacio	Figueirido	M	50	
688	560	00:39:59	Rhydian	Williams	M	55	
689	900	00:40:09	Jill	Mumford	F	50	
690	901	00:40:09	Amee	Coombes	F		
691	366	00:40:26	Stephanie	Jones	F	35	
692	740	00:40:45	Sarah	Evans	F	35	
693	445	00:41:11	Ann	Thompson	F	50	
694	619	00:41:12	Alison	Kitchener	F		
695	242	00:42:29	Adrian	Strain	M	45	
696	673	00:42:31	Chloe	England	F	J	

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
697	719	00:42:31	Julia	James	F	35	
698	466	00:43:48	Sian	Jones	F		Liswerry Runners
699	227	00:43:51	Charlotte	Landeg-Cox	F	35	
700	583	00:44:09	Bennett	McVeigh	M	40	
701	593	00:44:40	Annette	Allen	F	40	
702	207	00:45:04	Michael	Jones	M	50	
703	500	00:45:04	Clare	Woolford	F	45	
704	977	00:49:18	Jennifer	Williams	F	60	