

## 2014 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:18:56	352	Stephen Rees	M	45	
2	0:19:13	262	Neil Jones	M	35	
3	0:19:21	1090	Andrew Brasington	M	50	Brecon AC
4	0:19:31	331	Stephen Wiergowski	M	45	
5	0:19:38	475	Carl Edwards	M	45	Pontypridd Roadents
6	0:19:40	424	Steven Smith	M	45	
7	0:19:40	496	Andrew Reddy	M		Aberdare VAAC
8	0:20:12	1108	Mike Worlock	M	50	
9	0:20:32	259	Neil Harris	M	40	
10	0:20:32	595	Aled Jones	M		
11	0:20:33	1010	John Marson	M	40	Sospan Road Runners
12	0:20:36	686	Mark Neal	M	55	
13	0:20:42	1067	Adam Pryor	M	40	
14	0:20:48	329	Steve Pring	M	50	
15	0:20:49	365	Richard Haddock	M		Robertstown Road Runners
16	0:20:51	306	Kevin Raymond	M	50	Cwm Ogwr Running Club
17	0:20:53	515	Barri Edwards	M	45	
18	0:21:01	819	Paul Thomas	M	35	Islwyn RC
19	0:21:07	1120	Jonathan Lock	M		
20	0:21:14	795	Arron Peacock	M	35	
21	0:21:19	390	Tim Green	M	45	Les Croupiers
22	0:21:22	582	S Power	M	40	
23	0:21:23	494	Peter Rodger	M		
24	0:21:24	411	Andrew Gates	M	55	Totton Running Club
25	0:21:29	915	Huw Jenkins	M	40	
26	0:21:31	322	Russ Wareham	M	40	Islwyn RC
27	0:21:32	395	Mark Bryant	M	45	
28	0:21:32	571	Andrew Roberts	M	40	
29	0:21:37	387	Robert King	M	35	Parc Bryn Bach RC
30	0:21:38	414	David Evans	M		
31	0:21:42	914	Fred Pidgeon	M	60	Notts AC
32	0:21:43	1123	Tom Hearn	M	40	Southampton Athletic Club
33	0:21:46	1056	Neil Davies	M	40	
34	0:21:48	925	Andy James	M	40	Lliswerry Runners
35	0:21:56	812	Keith Verheyden	M	55	Fetch Everyone
36	0:21:56	893	Jason Davies	M	35	
37	0:21:56	653	John Adams	M	45	
38	0:21:57	383	Marcus Lloyd	M	45	Outdoor Fitness
39	0:21:58	292	Justin Pocknell	M	45	Caerleon Running Club
40	0:21:59	1033	Ryan Stuckey	M	40	
41	0:22:01	1013	Carwyn Harris	M		
42	0:22:01	828	Graham Colvin	M	50	Celtic Tri
43	0:22:04	1132	Gareth Boulton	M		
44	0:22:05	561	Geoffrey Jones	M	45	Pontypridd Roadents
45	0:22:09	1072	Dafydd Trystan Davies	M	40	Outdoor Fitness
46	0:22:09	945	Graham Mack	M	55	Merthyr Running Club
47	0:22:09	870	Matt Brereton	M	35	
48	0:22:10	308	Matt Greenough	M	35	
49	0:22:13	313	Nina Brocklebank	F	40	3M Gorseinon RR
50	0:22:13	964	Brendan Price	M	35	Dragons Running Club
51	0:22:15	594	martyn Bidwell	M	50	Lliswerry Runners
52	0:22:16	796	Darren Jason Booth	M	40	Dragons Running Club
53	0:22:18	474	Runner 474	M		
54	0:22:21	570	Matthew Lane	M		
55	0:22:24	832	Jodie Withyman	F		Clevedon AC
56	0:22:32	924	Martin Price	M	50	
57	0:22:32	1113	Matthew Phillips	M		
58	0:22:33	599	Lee German	M	40	
59	0:22:34	598	Runner 598	M		
60	0:22:36	465	Deborah Evans	F	50	Dragons Running Club
61	0:22:36	1058	Neil Lewis	M	55	
62	0:22:36	851	Neil Jones	M	35	
63	0:22:37	549	Richard Jones	M	50	
64	0:22:37	877	Dale Edwards	M		
65	0:22:41	981	Linda Thomas	M	50	Pont-y-pwl & District Runners
66	0:22:43	815	Jodie Harrison	F		
67	0:22:48	637	Chris Wall	M		
68	0:22:48	858	Huw Thomas	M		
69	0:22:49	513	Paul Griffiths	M	40	
70	0:22:50	294	Kevin Davies	M	50	
71	0:22:50	864	Martyn Jones	M	50	Lliswerry Runners
72	0:22:52	620	Lee Richards	M	45	Pontypridd Roadents
73	0:23:06	1097	Michael Harvey	M		RCT Homes
74	0:23:07	679	Charlie Sam Warburto George	M		
75	0:23:09	985	Mark Griffiths	M	40	
76	0:23:09	468	Kelly Felstead	F	35	Islwyn RC

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
77	0:23:11	488	Stephen Hughes	M	40	
78	0:23:11	460	Iestyn Henson	M	45	
79	0:23:13	576	Paul Harvey	M		Islwyn RC
80	0:23:13	709	Matthew Phillips	M	35	
81	0:23:15	831	Paul Dursley	M	60	Lliswerry Runners
82	0:23:19	545	Rachael Davey	F		Penarth & Dinas Runners
83	0:23:21	484	Richard Lowcock James	M	35	Cwm Ogwr Running Club
84	0:23:22	770	Huw Jones	M	40	
85	0:23:24	1066	Mathew Robinson	M		
86	0:23:24	632	Richard Watts	M	35	Celtic Tri
87	0:23:24	1127	David Gore	M	45	
88	0:23:25	701	Wayne Preece	M	60	Yr Hen Blwyf
89	0:23:26	592	Steve Wall	M	35	
90	0:23:26	1036	David Hutchinson	M	45	
91	0:23:27	900	Kevin MacDonald	M	45	Dragons Running Club
92	0:23:27	944	Hannah Beadsworth	F		
93	0:23:27	297	Lee Durkee	M	35	Pont-y-pwl & District Runners
94	0:23:29	580	Wayne Jones	F	55	
95	0:23:29	1026	Lee Davies	M	45	Dragons Running Club
96	0:23:30	342	Paul Evans	M	50	
97	0:23:31	374	Paul Harris	M	35	
98	0:23:35	891	Lee Hopkins	M		Aberdare VAAC
99	0:23:37	700	Paul Holloway	M	60	
100	0:23:38	579	Richard Beech	M	50	Brackla Harriers
101	0:23:45	257	Paul Chapman	M	45	Les Croupiers
102	0:23:47	785	Simon Riddiford	M	35	
103	0:23:50	556	Robert Lineham	M		
104	0:23:50	1061	Paul Gillard	M	55	
105	0:23:50	490	Mike Woods	M	45	
106	0:23:51	948	Michael Ryan	M		
107	0:23:53	849	Dr Rachel Bowen	F	35	Lliswerry Runners
108	0:23:56	852	Sara Williams	F	35	Outdoor Fitness
109	0:23:56	1041	Kevin Williams	M	40	
110	0:23:57	633	Martyn Booth	M		
111	0:24:00	998	Declan Hansen-Spurre	M	J	
112	0:24:00	908	Phil Bosman	M		
113	0:24:01	866	Liam Richards	M	J	
114	0:24:04	930	Joshua Lee	M	J	
115	0:24:05	413	Paul Hallett	M	55	Totton Running Club
116	0:24:06	385	Stephen David Jones	M	50	
117	0:24:07	601	Steve Burrell	M	45	
118	0:24:15	875	Ross Edwards	M		
119	0:24:20	473	Thomas Reader	M		
120	0:24:21	1128	Daniel Haman	M		
121	0:24:23	1005	Jeremy Lewis	M	40	Dragons Running Club
122	0:24:27	555	Ceri-Anne Davies	F	45	Pontypridd Roadents
123	0:24:29	683	Tracy Evans	F	40	Rhondda Valley Runners
124	0:24:30	909	Phyl Griffiths	M	45	
125	0:24:30	1125	Matthew Rees	M		
126	0:24:33	793	Simon David Jones	M	50	Aberdare VAAC
127	0:24:37	597	Tyrone Pope	M	40	
128	0:24:38	859	Dan Hermouet	M	35	
129	0:24:38	593	Alex Tovey	M	40	Run4All Neath
130	0:24:39	868	Stuart Davies	M	40	
131	0:24:39	980	Andrew Thomas	M	50	Pont-y-pwl & District Runners
132	0:24:40	1068	Craig Smith	F		
133	0:24:43	1006	Darren Bachelor	M	40	
134	0:24:45	586	Michelle Jayne	F	35	Parc Bryn Bach RC
135	0:24:46	551	Michael Maiden	M	40	
136	0:24:48	1089	Gwen Smith	F	45	3M Gorseinon RR
137	0:24:49	54	Stuart Laslett	M	45	
138	0:24:49	122	Alastair Mason	M		
139	0:24:50	949	Bernadette Jones	F	40	Pontypridd Roadents
140	0:24:51	1074	Angharad Starr	F		
141	0:24:51	1024	Leanne Moore	F		Run4All Neath
142	0:24:51	721	Gareth Jones	M		
143	0:24:56	521	Ryan Minard	M		
144	0:24:57	1122	Paul Nowaczek	M	45	Islwyn RC
145	0:24:58	1000	Sharon Newell	F	45	Pont-y-pwl & District Runners
146	0:24:59	1117	Louise Dennett	F		
147	0:25:01	489	John Mursell	M	70	Totton Running Club
148	0:25:01	643	Daniel Morgan	M	35	Bridgend AC
149	0:25:01	578	Kristifor Powell	M		
150	0:25:03	509	Catryn Roberts	F	35	
151	0:25:04	618	Paul Jones	M		
152	0:25:04	587	Suzanne Davidson	F	35	Islwyn RC

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
153	0:25:06	1017	Bethan Ford	F		Pontypridd Roadents
154	0:25:06	1060	Tony Dally	M	45	
155	0:25:10	895	Alyson Egan	F	45	Run4All Neath
156	0:25:10	1020	Paul Matthews	M	35	Robertstown Road Runners
157	0:25:12	836	Peter Jeffries	M	40	
158	0:25:13	337	Mary Beech	F	50	Brackla Harriers
159	0:25:15	682	Hollie Wellstead	M		
160	0:25:15	588	Mark Jones	M	50	Run4All Neath
161	0:25:16	575	Martyn Serpell	M		
162	0:25:16	876	Tony Edwards	M	55	
163	0:25:17	1126	Luke Brennan	M		
164	0:25:18	1047	Morwenna Holdworth	F	35	
165	0:25:22	471	Gareth Davies	M	55	Aberdare VAAC
166	0:25:23	476	Clive William Cooksey	M	70	Parc Bryn Bach RC
167	0:25:23	910	Dr Jess Ellis	F		
168	0:25:23	716	Jeff Rees	M	35	
169	0:25:24	814	Neil Coleman	M	45	
170	0:25:24	835	Kelvin Henley	M	45	Ebbw Vale
171	0:25:25	564	John Weeks	M	55	
172	0:25:26	133	Nicola Gowing	F	45	
173	0:25:29	786	Jason Scanlon	M		
174	0:25:30	826	Andrew Raloh	M	50	Lliswerry Runners
175	0:25:32	621	Louise Richards	F	45	Pontypridd Roadents
176	0:25:35	449	James Williams	M		Parc Bryn Bach RC
177	0:25:36	299	Stuart Ropke	M	40	
178	0:25:38	762	Melissa Pearce	F	45	Blaenau Gwent AC
179	0:25:39	759	Gareth Morgan	M	40	
180	0:25:41	182	Natalie Richards	F		
181	0:25:43	718	Sally Reid	F	45	3M Gorseinon RR
182	0:25:44	650	Claire Griffiths	F	40	
183	0:25:46	880	Gareth Key	M		
184	0:25:50	354	Lyndon Thomas	M	45	Rhondda Valley Runners
185	0:25:51	276	Ruth Powell	F		Islwyn RC
186	0:25:51	754	Christopher Gethin	M		
187	0:25:54	410	Jason Garrahan	M	40	
188	0:25:54	808	Nia Thomas	F	35	Taf Bargoed Runners
189	0:25:56	821	Trefor Beese	M	65	
190	0:25:59	867	Carys Morgan	F		Dragons Running Club
191	0:25:59	541	Robert Haswell	M	50	
192	0:25:59	529	Emma McCarthy	F		
193	0:26:00	740	Stuart Sandy	M		
194	0:26:01	972	Rhian Davies	F	35	
195	0:26:01	973	Jane Griffiths	F	35	
196	0:26:01	743	Dewi Felstead	M	35	
197	0:26:04	258	Darren Griffiths-Warner	M	45	
198	0:26:05	1129	Lisa Burnell	F	45	Rhondda Valley Runners
199	0:26:05	883	Neil Chipper	M	50	Lliswerry Runners
200	0:26:06	1086	Taylor Bennett	M	J	
201	0:26:07	1009	Stephen James	M		Merthyr Running Club
202	0:26:07	988	Roger Jones	M	40	
203	0:26:09	532	Christine Jones	F	55	Celtic Tri
204	0:26:09	425	Janet Foote	F	55	Totton Running Club
205	0:26:09	428	Simon Ball	M	40	
206	0:26:09	596	Jonathan Jones	M	50	
207	0:26:10	442	Luke Surrey	M	45	
208	0:26:11	725	Gillian Glennon	F	50	Reading Roadrunners
209	0:26:11	1028	Cheryl Morgan	F	40	Pontypridd Roadents
210	0:26:12	482	Wayne Edmond	M	60	
211	0:26:15	1088	Keith Starr	M	65	
212	0:26:15	323	Huw Phillips	M	40	Cardiff AAC
213	0:26:15	590	Chris Davies	M	40	
214	0:26:16	1027	Patrick Williams	M	65	
215	0:26:16	635	David Lewis	M		
216	0:26:17	1116	Dylan James Edmunds	M	J	
217	0:26:18	1130	Christopher Palmer	M		
218	0:26:18	932	Dean Turner	M	35	Lliswerry Runners
219	0:26:18	696	Denise Evans	F	50	Chepstow Harriers
220	0:26:18	670	Allen Bevan	M	55	Pontypridd Roadents
221	0:26:18	931	Leanne Phillips	F	40	Lliswerry Runners
222	0:26:19	1131	Christian Bishop	M		
223	0:26:19	519	Stephen Job	M	45	Sospan Road Runners
224	0:26:20	263	Jon Hussey	M		
225	0:26:20	697	Mike Evans	M	55	Chepstow Harriers
226	0:26:21	648	Cath Jones	F	40	Maindy Running Club
227	0:26:21	1016	Jamie Cattle	M	40	
228	0:26:22	640	Gareth Evans	M		

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
229	0:26:22	755	Allyn Jenkins	M	50	
230	0:26:24	326	Denise Bradley	F	50	Cwm Ogwr Running Club
231	0:26:25	615	Philip Amphlett	M	40	
232	0:26:26	1119	Jason Davies	M	40	
233	0:26:26	278	Hayley Jackson	F	40	Parc Bryn Bach RC
234	0:26:26	591	Sara Morgan	F	35	Pontypridd Roadents
235	0:26:27	1044	Bethan Jones	F	35	
236	0:26:27	351	Selina Chan	F		
237	0:26:27	1103	Andrew Davies	F	40	RCT Homes
238	0:26:27	437	Kenneth Wayne Oliver	M	50	Islwyn RC
239	0:26:28	691	Laura Chapple	F		Run4All Neath
240	0:26:31	1166	Sian Khalil	F	45	Pontypridd Roadents
241	0:26:37	769	Richard Williams	M	40	
242	0:26:37	713	Danielle Goldsworthy	F		
243	0:26:39	723	David Gillard	M	55	Reading Roadrunners
244	0:26:42	609	Philip Jones	M	45	
245	0:26:43	896	Nick Jenkins	M	50	Run4All Neath
246	0:26:43	605	Ryan Brown	M	J	
247	0:26:43	1062	Derrick Stephenson	M	55	
248	0:26:44	899	Martin Rivers	M	45	Run4All Neath
249	0:26:44	845	Teresa Jeffries	F	50	Dragons Running Club
250	0:26:47	961	Gareth Baker	M		
251	0:26:49	662	Stuart Jones	M		
252	0:26:49	453	Gary Bodman	M	50	Les Croupiers
253	0:26:50	1049	Dean Bartlett	M	45	
254	0:26:50	1023	Alison Sheedy	F	45	Lliswerry Runners
255	0:26:50	459	Charmaine House	F		
256	0:26:50	1031	Diana Tudor	F	40	Run4All Neath
257	0:26:51	401	Justin Joshi	M		
258	0:26:53	517	Ryan Day	M		
259	0:26:53	957	Lee Winterbourn	M	40	
260	0:26:54	286	David Gunthorpe	M	35	Pontypridd Roadents
261	0:26:54	1098	Darryl Davies	M	45	RCT Homes
262	0:26:55	607	Zoe Anthony	F	35	
263	0:26:56	121	James Carl Mason	M		
264	0:26:59	742	Katja Empson	F	40	
265	0:26:59	965	Paul Taylor	M	45	
266	0:27:00	548	Claire Louie Davies	F	50	Dragons Running Club
267	0:27:00	861	Gareth Coopey	M	35	
268	0:27:01	862	Victoria Coopey	F	35	Pontypridd Roadents
269	0:27:02	962	Martin Morgan	M	40	
270	0:27:04	483	Ken Beck	M	65	Reading Roadrunners
271	0:27:04	363	Ceri Haddock	F		Robertstown Road Runners
272	0:27:07	123	Gillian Mason	F	50	
273	0:27:08	1021	Leanne Matthews	F		Robertstown Road Runners
274	0:27:09	1050	Jonny Hodges	M		
275	0:27:10	922	Ashley Prosser	M		
276	0:27:10	685	Lyndsey Price	F		
277	0:27:13	903	Myfanwy Perrott	F		Run4All Neath
278	0:27:16	526	Rachel Dickson	F		
279	0:27:17	530	Ashley Comley	M		
280	0:27:18	911	Ali Wood	F	45	
281	0:27:18	277	Sam Standerwick	F	40	Parc Bryn Bach RC
282	0:27:19	942	Jonathan Pritchard	M	40	
283	0:27:21	940	Roger Jones	M	60	
284	0:27:27	792	Zara Tippins	F		Celtic Tri
285	0:27:28	1043	Peter Young	M	60	
286	0:27:29	534	Kyle Griffiths	M	45	
287	0:27:35	735	Michael Bevan	M	40	
288	0:27:36	260	Kay Chapman	F	45	Cardiff AAC
289	0:27:38	784	David Davies	M	45	
290	0:27:40	757	Sarah Stewart	F		
291	0:27:42	505	Victoria Hislop	F	40	
292	0:27:44	542	Michael Doxsey	M	35	
293	0:27:44	367	Janice Clement	F	55	Penarth & Dinas Runners
294	0:27:47	269	Rene Pilbeam	F	60	Totton Running Club
295	0:27:50	275	Carl Lewis	M		
296	0:27:51	531	Owen Cotton	M		
297	0:27:51	478	Shaun Thomas	M	J	
298	0:27:52	446	Alison Holton	F	40	
299	0:27:52	302	Jacqui Spiller	F	50	
300	0:27:54	680	Rob George	M	50	
301	0:27:58	1012	Maad Khalil	M	50	
302	0:27:59	968	Philip Scanlon	M	50	
303	0:27:59	361	Gareth Ponting	M	45	Dragons Running Club
304	0:28:01	524	Mark Griffiths	M	50	

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305	0:28:02	997	Neil Davies	M	55	
306	0:28:02	995	Joanne Davies	F		
307	0:28:02	619	Ashley Davies	M		
308	0:28:04	309	Deborah Howells	F	35	
309	0:28:05	654	Claire Adams	F	40	
310	0:28:05	938	Karen Penny	F	45	Lliswerry Runners
311	0:28:10	332	Chris O'Brien	M		
312	0:28:11	933	Ian George	M	45	Run4All Neath
313	0:28:12	493	Andrew Williams	M	45	
314	0:28:13	608	Joshua Morgan	M		Aberdare Town
315	0:28:13	860	Vaida Andrijauskaite	F		
316	0:28:16	523	Beth Griffiths	F	50	
317	0:28:18	614	Jason Nelder	M	40	
318	0:28:20	889	Jo Griffiths	F	45	Amman Valley Harriers
319	0:28:22	776	Huw Bennett	M	J	
320	0:28:24	773	Dean Phillips	M	40	
321	0:28:26	656	Rebecca Hopkins	F		
322	0:28:26	952	Alex Williams	M	40	Village Vipers
323	0:28:27	976	David Evans	M		
324	0:28:28	738	Alun Radcliffe	M	35	
325	0:28:28	628	Linda Exton	F	50	
326	0:28:28	481	Tina Wilson	F		Reading Roadrunners
327	0:28:29	321	Jennifer Stone	F	45	
328	0:28:30	180	Karl Burnell	M	45	Rhondda Valley Runners
329	0:28:31	627	Rachel Cook	F		
330	0:28:31	630	Angela Lewis	F	35	Pontypridd Roadents
331	0:28:34	651	Vicky Stroud	F	35	
332	0:28:35	338	Berwyn Lloyd	M	35	
333	0:28:35	441	Wendy Hughes	F		
334	0:28:37	782	Mary Scourfield	F	45	Caerleon Running Club
335	0:28:37	400	Gareth Morris	M		
336	0:28:38	727	Lisa Davies	F	45	
337	0:28:39	76	Elizabeth Bird	F		
338	0:28:39	69	Elaine Rees	F	45	Outdoor Fitness
339	0:28:41	461	Joanne Ryan	F	40	
340	0:28:41	470	Neil Jones	M	35	
341	0:28:42	1055	Chris Mellow	M	40	
342	0:28:42	325	Katie Hamer	F	35	
343	0:28:43	1059	Marc Jones	M	45	
344	0:28:45	581	Keiron Montague	M		
345	0:28:45	1094	Tracey Edwards	F	45	Rhondda Valley Runners
346	0:28:48	516	Paul Jones	M	50	Sospan Road Runners
347	0:28:51	617	Lyndon Davies	M	55	
348	0:28:51	301	Nicola Davies	F	40	
349	0:28:51	1075	Melanie Hill	F	40	
350	0:28:56	963	Robert Price	M	35	
351	0:28:58	398	Jason Keywood	M	40	
352	0:28:59	626	Robert Wood	M	40	
353	0:29:04	655	Arthur Yarranton	M	70	Run4All Neath
354	0:29:05	810	Lisa Thompson	F	40	
355	0:29:05	585	Suzu Lloyd	F	35	
356	0:29:06	261	Paul Reid	M	35	
357	0:29:07	266	Dale Williams	M		
358	0:29:09	720	Christopher Spry	M	45	Rhondda Triathlon Club
359	0:29:12	711	Jill Matthews	F	60	
360	0:29:14	451	Colin Lloyd	M	45	
361	0:29:15	1115	Julie Oliver	F	45	Dragons Running Club
362	0:29:18	678	Nigel Thomas	M	55	
363	0:29:18	987	Sarah Hunt	F	50	
364	0:29:18	518	Carys Davies	F		
365	0:29:19	1151	Rhodri Thomas	M		
366	0:29:20	426	Sarah Bidwell	F	45	
367	0:29:22	840	David Brake	M	50	
368	0:29:23	397	Thomas Tatchell	M	35	
369	0:29:23	675	Sophie Dark	F		
370	0:29:23	552	Louise Graham	F	35	Pontypridd Roadents
371	0:29:24	1080	Simon Davies	M	35	
372	0:29:25	892	Catherine Hoile-Davies	F	45	Run4All Neath
373	0:29:26	781	Alan Dunkley	M	50	
374	0:29:26	779	Susan Richards	F	45	
375	0:29:28	939	Matt Jones	M		
376	0:29:28	979	Kelly Bowen	F		
377	0:29:30	645	Anthony Beer	M	50	
378	0:29:32	1045	Simon Caddy	M		
379	0:29:33	955	Robert Dalglish	M	55	
380	0:29:33	440	Roanna Levannais	F		

## 2014 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
381	0:29:35	452	Steve Morgan	M	50	Run4All Neath
382	0:29:36	300	Kay Morgan	F	35	Pont-y-pwl & District Runners
383	0:29:37	953	Gordon Carter	M	65	
384	0:29:37	935	Lucy Evans	F		Dragons Running Club
385	0:29:40	477	Rebecca Cooksey	F	40	Parc Bryn Bach RC
386	0:29:40	469	Jonathan Ball	M	40	
387	0:29:42	647	Hazel Wheeler	F	40	Run4All Neath
388	0:29:44	947	Keith Ryan	M	65	
389	0:29:45	1112	Colette Hume	F	40	
390	0:29:45	989	Dr Liz Steed	F	50	
391	0:29:46	822	Kara Evans	F		
392	0:29:47	823	Christine Evans	F	60	
393	0:29:48	1039	Emma Powell	F	35	
394	0:29:50	1038	Susan Hallam	F	45	
395	0:29:50	612	Morwenna Phillips	F		Lliswerry Runners
396	0:29:51	623	Emma Crowl	F	35	
397	0:29:51	423	Emma Smith	F	40	
398	0:29:51	364	Mike Gwynne	M	40	
399	0:29:53	347	Kay Nellins	F	55	Women Running Penarth
400	0:29:54	1029	Alan Gregory	M	45	
401	0:29:56	928	Julie Stokes	F	45	Lliswerry Runners
402	0:29:56	788	Julia Patrick	F	40	Rhondda Valley Runners
403	0:29:56	830	Lynda Dursley	F	50	Lliswerry Runners
404	0:29:56	1002	Miles Thomas	M	40	
405	0:29:56	1003	Claire Lloyd-Thomas	F	40	Robertstown Road Runners
406	0:29:59	1069	Kelly Fowler	F		
407	0:29:59	333	John Oakley	M	35	
408	0:29:59	669	Sammyjo Davies	F		
409	0:30:01	334	Tamsin Oakley	F	35	
410	0:30:04	753	Stephen New	M	45	Islwyn RC
411	0:30:07	772	Clare Morgans	F	35	
412	0:30:10	751	Claire Jones	F	45	Merthyr Running Club
413	0:30:10	710	Philip Matthews	M	60	
414	0:30:11	1124	Cosma Spalluto	F	45	Southampton Athletic Club
415	0:30:12	1077	Noel Powell	M	45	
416	0:30:12	271	Huw Gough	M	35	
417	0:30:13	320	Kenneth Chirighin	M	45	
418	0:30:13	775	Emma Donnelly	F	35	
419	0:30:13	837	Ruth Jeffries	F	40	
420	0:30:15	809	Steven Lane	M	35	
421	0:30:16	584	Hannah Griffiths	F		
422	0:30:20	629	Darren Jones	M		
423	0:30:24	1042	Caroline Roberts	F		
424	0:30:26	404	Stephen Hughes	M	45	
425	0:30:28	327	Steve Hamer	M	40	
426	0:30:28	863	Helen Dawson	F	35	Bedford Harriers
427	0:30:32	1082	Sharon Powell	F	45	
428	0:30:32	838	Jodie Davies	F	J	
429	0:30:33	958	Elaine Wells	F	50	
430	0:30:33	885	John Wells	M	50	
431	0:30:34	897	Gareth Rees	M		
432	0:30:34	563	Stephen Whitehead	M	45	
433	0:30:35	479	Clyde Phillips	M	65	
434	0:30:37	873	Steven Whyte	M	50	
435	0:30:39	431	Jade Garthwaite	F		
436	0:30:39	432	Andy Farrell	M		
437	0:30:40	445	Cody Allen	F		
438	0:30:41	616	Caroline Morgan	F	40	
439	0:30:42	511	Matt Jones	M	40	
440	0:30:43	846	Catherine Reen	F	45	
441	0:30:43	375	Louise Harris	F	45	
442	0:30:45	827	Linda Colvin	F	50	
443	0:30:47	559	Kevin Davies	M	40	
444	0:30:47	522	Graham Gough	M	65	
445	0:30:48	499	Laura Castillo	F	J	
446	0:30:48	1064	Cheryl Bunnney	F	40	
447	0:30:49	1095	Ryan Hamer	M	J	Mountain Ash Comp
448	0:30:49	498	Lisa Vercelli	F	35	
449	0:30:50	287	Fahrat Ali	F		
450	0:30:50	994	Joshua Hyde	M	J	
451	0:30:50	1063	Megan Bunnney	F	J	
452	0:30:58	538	Jamie Bowen	M	40	
453	0:30:59	444	Demi Griffiths	F		
454	0:30:59	1081	Helen Davies	F	40	
455	0:31:01	1076	Cheryl Powell	F	45	
456	0:31:04	402	Aled Edwards	M	55	

## 2014 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
457	0:31:05	544	Leah Doxsey	F		
458	0:31:07	557	Andy Coughtrey-Smith	M		Born to Run Netherton
459	0:31:08	430	Chris Vardon	M		
460	0:31:08	919	Ryan Jones	M		
461	0:31:08	429	Lauren Vardon	F		
462	0:31:11	1040	Roger Howard	M	50	
463	0:31:12	905	Gary Twell	M		
464	0:31:14	816	Meirion Harrison	M	45	
465	0:31:14	813	Mark Carter	M	45	
466	0:31:15	422	Jessica Jones	F	40	
467	0:31:17	539	Simon Young	M	35	
468	0:31:17	1030	Janine Thomas	F	40	
469	0:31:23	631	Steve Douey	M	45	
470	0:31:29	291	Lisa Williams	F	40	
471	0:31:31	780	Ieuan Bennett	M	50	
472	0:31:31	778	Nia Bennett	F	50	
473	0:31:34	1011	Teresa Hillier	F	50	Run4All Neath
474	0:31:35	1118	Christopher Todd-Jones	M	55	
475	0:31:37	1078	Andrew Davies	M	50	
476	0:31:41	288	Ian Jenkins	M	40	
477	0:31:42	825	Russel Webber	M	65	
478	0:31:43	318	Liam Beattie	M		
479	0:31:51	535	Steve Jones	M		
480	0:31:52	433	Nicola Gannon	F	45	Outdoor Fitness
481	0:31:58	761	Katherine Bevan	F	35	Blaenau Gwent AC
482	0:31:59	1102	Anwen Rees	F	35	RCT Homes
483	0:32:06	839	Amanda Roddis	F	35	
484	0:32:07	525	Jason Benjamin	M		Parc Bryn Bach RC
485	0:32:09	303	Mair Davies	F		Pontardawe
486	0:32:10	763	Dr Nicholas Jones	M	40	
487	0:32:10	265	Katrina Williams	F	35	
488	0:32:10	798	Ian Diamond	M	40	
489	0:32:11	799	Christine Diamond	F	40	
490	0:32:11	676	Steve Williams	M	55	
491	0:32:12	956	Kate Gray	F		
492	0:32:15	307	Adrian Hayward	M	40	Lliswerry Runners
493	0:32:15	934	Janine George	F	40	Run4All Neath
494	0:32:15	901	Sian Tossell	F	45	Brackla Harriers
495	0:32:17	355	Ingrid Thomas	F	50	Port Talbot Harriers
496	0:32:17	439	Richard Parry	F		
497	0:32:18	690	Staceyann Proctor	F		
498	0:32:20	304	Tracy Ann Griffiths	F	35	
499	0:32:20	533	Ieuan Jones	M	50	Celtic Tri
500	0:32:26	954	Christine Dalgleish	F	50	
501	0:32:30	1019	Edward Savage	M	55	
502	0:32:31	1008	Andrew Weltch	M	50	
503	0:32:31	941	Annes Lewis	F		
504	0:32:31	314	Hannah Phillips	F		
505	0:32:38	894	Maria Berrett	F	55	
506	0:32:39	1051	Georgina Evans	F		
507	0:32:40	290	Cath Pendleton	F	40	
508	0:32:40	766	Heather Payton	F	65	
509	0:32:42	399	Wendy Collie	F	40	
510	0:32:45	996	Jordan Christopher	M	J	
511	0:32:47	606	Peter Anthony	M	50	
512	0:32:48	1096	Frances Whitmarsh	F		
513	0:32:48	673	Richard Crock	M	35	
514	0:32:48	771	Chris Jones	M	50	
515	0:32:48	412	Jane Llewellyn	F	55	
516	0:32:48	574	Laura Serpell	F		
517	0:32:50	1015	Christopher Hill	M	40	Dragons Running Club
518	0:32:50	672	Fiona Crook	F	45	
519	0:32:50	882	Alison Brown	F	35	Dragons Running Club
520	0:32:50	255	Darryn Price	M	45	
521	0:32:51	282	Hailey Llewellyn	F		
522	0:32:52	274	Ruth Caddy	F	40	Pontypridd Roadents
523	0:32:52	1111	Andrew Gilbert	M	40	
524	0:32:53	458	Carl Woffington	M	65	Reading Roadrunners
525	0:32:55	871	Elizabeth Marshall	F	40	
526	0:32:55	904	Jules Jones	F	35	Run4All Neath
527	0:33:00	744	Caroline Lewis	F	35	
528	0:33:04	346	Vanessa Turnbull	F	45	
529	0:33:04	1022	Tracey Anderson	F	40	
530	0:33:04	848	Fiona Drysdale	F	40	
531	0:33:04	703	Naomi Harries	F	35	
532	0:33:06	285	Rob Harrison	M	35	Cardiff Triathletes

## 2014 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
533	0:33:08	739	Alison Sandy	F	55	
534	0:33:12	253	Skye Ford	F		
535	0:33:12	252	Tom Chapman	M		
536	0:33:13	416	Linda Woodward	F	40	
537	0:33:14	417	Rachael Majer	F	40	
538	0:33:17	558	Tamsin Coughtrey-Smith	F	45	Born to Run Netherton
539	0:33:20	1109	Wayne Vincent	M	50	
540	0:33:20	610	Marie-Claire Hopkin	F	40	Dragons Running Club
541	0:33:20	695	Helen Edwards	F	40	Dragons Running Club
542	0:33:23	373	Anne Lalic	F	50	
543	0:33:27	554	Emma Wicks	F	35	Born to Run Netherton
544	0:33:28	324	Karen Spiller	F	50	
545	0:33:28	455	Rhian Atkins	F	40	
546	0:33:29	472	Carwyn Evans	M	45	Dragons Running Club
547	0:33:29	456	Mathew Atkins	M	45	
548	0:33:37	681	Wendy Gribble	F	45	
549	0:33:38	485	Brian Price	M	45	
550	0:33:39	888	Michael Jones	M	35	
551	0:33:44	937	Mark Faulkner	M	55	Lliswerry Runners
552	0:33:45	406	Joanne Roberts	F	35	
553	0:33:45	409	Lisa Carter	F	40	
554	0:33:47	466	Samuel Wilkins	M		
555	0:33:53	565	Jeff Enoch	M	45	
556	0:33:56	510	Maria Gill	F	35	
557	0:33:58	514	Scott Mcloone	M	40	Taff Ely Triathlon Club
558	0:34:00	857	Shannon Williams	F		
559	0:34:00	407	Claire Rood	F	35	Dragons Running Club
560	0:34:01	850	Gareth Evans	M	J	
561	0:34:01	315	Kirsty Thomas	F		
562	0:34:02	501	Justin Whale	M		
563	0:34:03	790	Karen Aitchison	F	40	Run4All Neath
564	0:34:03	789	Katie Wilson	F		
565	0:34:04	829	John Lovegrove	M	45	
566	0:34:04	657	Kelly Davies	F	35	Dragons Running Club
567	0:34:04	537	Cara St Clair	F	35	Dragons Running Club
568	0:34:05	358	Tania Roach	F	40	
569	0:34:09	684	Lynne Jones	F	55	Merthyr Running Club
570	0:34:11	280	Claire Price	F	45	Run4All Neath
571	0:34:11	659	Sian Wadham	F	35	Run4All Neath
572	0:34:18	296	Chris Jones	M	40	
573	0:34:19	768	Samantha Mansfield	F	40	
574	0:34:20	376	Fiona O'Leary	F	45	
575	0:34:21	1070	Peter Rees	M	55	
576	0:34:24	377	Maria Lalic	F	55	
577	0:34:28	415	Bernard Majer	M	60	
578	0:34:28	1007	Zoe Grant	F	35	
579	0:34:30	663	Anna Gambarini	F	35	
580	0:34:37	310	David Kirk	M	40	
581	0:34:44	999	Cerys Shanley	F	35	
582	0:34:49	543	Rhiannon Anthony	F		
583	0:34:52	330	Amy Thomas	F		
584	0:34:54	1101	Scott Davis	M	35	RCT Homes
585	0:34:56	1001	Allyson Sullivan	F	45	
586	0:34:56	991	Jessica Hyde	F	J	
587	0:34:59	480	Kim Peacock	M	55	
588	0:35:01	625	Deborah Wood	F	40	Lliswerry Runners
589	0:35:01	350	Rachel Morgan	F		
590	0:35:02	1037	Ian Edwards	M	50	
591	0:35:06	443	Dawn Surrey	F	40	
592	0:35:09	817	Allison Harrison	F	45	
593	0:35:10	844	Lee -John Baker	M	35	
594	0:35:14	379	Richard Wilson	M	40	
595	0:35:14	378	Kathryn Bates	F	40	Pontypridd Roadents
596	0:35:14	380	Cherie Wilson	F	40	
597	0:35:14	767	Geraint Walker	M		
598	0:35:22	674	Peter Dark	M	60	
599	0:35:30	1114	Lorna May Bailey	F	35	
600	0:35:31	636	Mellissa Nash	F	35	
601	0:35:33	974	Annouska Louise Beaumont	F	35	Taff Ely Triathlon Club
602	0:35:33	393	Nicola Evans	F	35	
603	0:35:40	664	Rob Coles	M	50	
604	0:35:40	371	Rachel Wallbank	F	40	
605	0:35:42	1085	Laura Pinney	F	35	Pontypridd Roadents
606	0:35:47	486	David Carney	M	75	Bromsgrove & Redditch AC
607	0:35:49	986	Peter Swales	M	55	
608	0:35:50	270	Ceri-Anne Fidler Jones	F		



## 2014 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
609	0:35:52	281	Lynette Howells	F	45	
610	0:35:52	267	Martin Fidler Jones	M		Pontypridd Roadents
611	0:35:59	671	Ron Smith	M	50	
612	0:36:12	950	Leah Hawkins	F		
613	0:36:13	951	Christopher Russell	F		
614	0:36:15	492	Claire Furey	F	35	
615	0:36:15	719	Richard Price	M	40	
616	0:36:19	801	Stephanie Jones	F	40	
617	0:36:20	353	Rebecca Rees	F		
618	0:36:25	879	Sarah Jane Key	F		
619	0:36:28	797	Lynnette Booth	F	45	Dragons Running Club
620	0:36:31	842	Jemma Hull	F		
621	0:36:31	1105	Laura Slade-Jones	F		
622	0:36:33	1104	Rhydian Slade-Jones	M		
623	0:36:43	959	Owen Marc Jones	M		
624	0:36:44	960	Catherine Elizabeth Moore	F		
625	0:36:45	741	Staceyann Kerr	F		
626	0:36:45	343	Chris Edwards	M		
627	0:36:47	890	Gail Jones	F	55	
628	0:36:48	356	Rhian Moran	F	40	Merthyr Running Club
629	0:36:59	865	Sian Jones	F		Lliswerry Runners
630	0:37:15	694	Catrin Williams	F		
631	0:37:18	853	Susan Price	F	50	
632	0:37:23	420	Sue Luker	F	40	Dragons Running Club
633	0:37:23	929	Sali Thomas	F		The Flinstones
634	0:37:23	902	Sara Bidwell	F		The Flinstones
635	0:37:25	936	Craig Thomas	M		The Flinstones
636	0:37:25	733	Owen Griffiths	M	40	
637	0:37:26	508	Andrew Morgan	M	35	
638	0:37:26	419	Julie Cook	F	50	Dragons Running Club
639	0:37:26	652	Owena Simpson	F	40	
640	0:37:27	500	Abbey Cook	F		Dragons Running Club
641	0:37:27	507	Michael Goodwin	M	40	
642	0:37:27	389	Pip Cook	F	45	Dragons Running Club
643	0:37:33	405	Lisa Falay	F	35	Dragons Running Club
644	0:37:33	418	Mel Thomas	F		Dragons Running Club
645	0:37:39	394	Kathryn Peters	F	40	Start Wadlow Running Club
646	0:37:44	251	Alan Griffiths	M	55	
647	0:37:52	436	Carl Lineham	M	35	
648	0:37:52	435	Amy Keagle	F		
649	0:37:58	774	Sarah Brown	F	35	
650	0:38:08	661	Jeffrey Davies	M	45	
651	0:38:08	660	Rachael Goldthorpe	F	40	
652	0:38:10	990	John Williams	M	75	
653	0:38:15	384	Elizabeth Jones	F	45	
654	0:38:28	284	Leigh Thomas	F	40	
655	0:38:28	298	Nicola Haman	F	45	
656	0:38:29	993	Sarah Louise Meah	F		
657	0:38:30	992	Johannah Hyde	F	40	
658	0:38:34	568	Ursula Rogers	F	35	
659	0:38:35	569	Hywel Jones	M	35	Reading Roadrunners
660	0:38:54	642	Joanne Edwards	F	35	
661	0:38:57	641	Sian Young	F	35	
662	0:39:01	665	James Carey	M		
663	0:39:02	666	Elena Mair Carey	F		
664	0:39:04	613	Gary George	M	40	
665	0:39:12	646	Gail Eaves	F	40	
666	0:39:14	969	Christine McKnight	F	40	
667	0:39:14	978	Julie Edwards	F	35	
668	0:39:20	1057	Rachel Howell	F		
669	0:39:30	624	Wendy Edwards	F	50	Run4All Neath
670	0:39:32	698	Lianne Wilding	F	40	
671	0:39:33	699	Sharon Smith	F	40	
672	0:39:39	359	Sarah Mann	F		
673	0:39:55	506	Nicola Roche	F	35	
674	0:39:55	874	Stephen Edwards	M	40	
675	0:40:12	804	Kenny Johnson	M	55	
676	0:40:14	372	Patricia Jones	F	60	
677	0:40:20	912	Ceri Pritchard	M	40	
678	0:40:28	560	Debra Davies	F		
679	0:40:36	752	Annette Allen	F	45	
680	0:40:47	254	Andrew Davies	M	40	
681	0:40:47	256	Caroline Davies	F	40	
682	0:40:55	566	Helen Jones	F	45	
683	0:40:55	520	Nicola Woodward	F		
684	0:40:59	764	Joanne Jones	F	35	

## 2014 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
685	0:41:09	421	Joanne Davies	F	35	
686	0:41:09	491	Jason Sheppard	M	35	Rhondda Valley Runners
687	0:41:14	305	Helen Glover	F	45	
688	0:41:17	317	David John Brittain	M		
689	0:41:19	283	Clair Houston	F	35	Pontypridd Roadents
690	0:41:19	366	Jo Gwynne	F	40	Pontypridd Roadents
691	0:41:20	1034	Syraya Jina	F		
692	0:41:21	1035	Jayne Lutwyche	F		
693	0:41:47	731	Louise Mack	F	35	
694	0:42:20	336	Geoff Cheetham	M	60	RCT Homes
695	0:42:20	1100	Jane Jones	F	45	RCT Homes
696	0:42:41	1087	Gill Bennett	F	50	
697	0:43:34	448	Jodie Hayden	F	35	
698	0:43:34	450	Scott Hayden	M	35	Lliswerry Runners
699	0:43:40	328	Robyn Kingston	F		
700	0:43:46	746	Megan Keywood	F	J	
701	0:43:58	583	H Jones	F	40	
702	0:44:00	732	Elaine Horsey	F	60	
703	0:44:17	760	Samantha Cotter	F		
704	0:44:19	316	Karen Taylor	F		
705	0:44:28	1032	Emma Easter	F		
706	0:44:39	906	Mechelle Kerby	F		
707	0:47:53	847	Jeremy Hayman	M	45	
708	0:47:53	408	Ffion Morgan	F	J	
709	0:48:45	311	Pamela Kirk	F	40	
710	1:00:07	463	Tracey Samuels	F	40	Caerphillyrun