

## 2015 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:14:17	266	Dewi Griffiths	M		Swansea Harriers
2	0:14:30	249	Michael Ward	M		Cardiff AAC
3	0:14:38	95	Alex George	M	J	Gloucester AC
4	0:14:42	124	Tom Marshall	M		Cardiff AAC
5	0:14:44	233	Chris Carpanini	M		Swansea Harriers
6	0:14:44	98	Christian Lovatt	M	J	Swansea Harriers
7	0:14:48	153	Dan Nash	M		East Cornwall Harriers
8	0:15:03	228	Matthew Edwards	M		Cardiff AAC
9	0:15:03	270	Adam Speake	M		Bristol and West AC
10	0:15:05	214	Michael Kallenberg	M		Cardiff AAC
11	0:15:10	129	Stephen Mitchell	M		Bristol and West AC
12	0:15:28	287	Joshua Entwistle	M		
13	0:15:32	61	Ciaran Lewis	M	J	Cardiff AAC
14	0:15:37	244	Ieuan Thomas	M		Cardiff AAC
15	0:15:39	175	Luke Evans	M		Bristol and West AC
16	0:15:44	234	Jack Gooch	M	J	Cardiff AAC
17	0:15:46	289	Tom Frith	M		Southend AC
18	0:15:46	286	Adam Bull	M		Aberdare VAAC
19	0:15:47	151	James Vincent	M	J	Cardiff AAC
20	0:15:48	96	Richard de-Camps	M		Cheltenham Harriers
21	0:15:55	139	Thomas George	M	J	Gloucester AC
22	0:16:02	74	Jim Norris	M		Miles & Muscle
23	0:16:02	72	Stephen Paterson	M	35	Les Croupiers
24	0:16:02	103	Owen Haswell	M		Cardiff AAC
25	0:16:03	83	Christophert Silver	M		
26	0:16:04	262	Joseph Beech	M		Bridgend AC
27	0:16:07	177	Jac Smith	M	J	Cardiff AAC
28	0:16:08	1182	Charlotte Arter	F		Cardiff AAC
29	0:16:17	251	Peter Ryder	M		Cardiff AAC
30	0:16:27	64	Doug Nicholls	M	35	San Domenico
31	0:16:28	261	Gareth Ayres	M		Port Talbot Harriers
32	0:16:29	77	Gary Wyn Davies	M		Aberystwyth AC
33	0:16:30	195	Elliott Hardee	M		Newport Harriers
34	0:16:32	30	Paul Graham	M		Pontypridd Roadents
35	0:16:32	291	Maciej Bialogonski	M		Bristol and West AC
36	0:16:36	227	Matthew Evans	M		Aberdare VAAC
37	0:16:42	1155	Aled Hughes	M	35	Aberystwyth AC
38	0:16:47	219	Mike Pfeiffer	M	45	Brecon AC
39	0:16:50	3	Rhys Annett	M		San Domenico
40	0:17:01	1164	Henry Mitchell	M		Edinburgh University Hare & Hounds
41	0:17:06	201	Lyndon Mac	M	35	Caerleon RC
42	0:17:07	55	Eamonn Kirk	M	35	Swansea Harriers
43	0:17:08	260	Ben Butler-Madden	M		Penarth and Dinas Runners
44	0:17:09	211	Alaw Beynon-Thomas	F		Swansea Harriers
45	0:17:10	298	Robert John	M	35	Fairwater Runners
46	0:17:11	210	Owen Locke	M	J	Newport Harriers
47	0:17:12	5	Gareth Knight	M		Newport Harriers
48	0:17:12	47	Nick Mackay	M		Swansea Harriers
49	0:17:15	137	Edward Land	M	35	Aberystwyth AC
50	0:17:19	1156	Darren Bishop	M		Pontypridd Roadents
51	0:17:34	13	Michael Bryant	M		Swansea Harriers
52	0:17:35	27	Clara Evans	F		Pontypridd Roadents
53	0:17:39	116	Adrian Lewis	M	35	Aberdare VAAC
54	0:17:40	102	Tim Price	M	35	Knowle & Dorridge Running Club
55	0:17:40	269	Dan Whaites	M		Newport and East Wales Triathlon
56	0:17:51	123	Stephen Mathers	M		Parc Bryn Bach
57	0:17:55	37	Laurence Pole	M	35	Pontypridd Roadents
58	0:17:58	35	Simon David Bagguley	M		
59	0:18:07	84	Stephen Jenkins	M	35	Bridgend AC
60	0:18:08	164	Carwyn Jones	M	35	Cardiff AAC
61	0:18:10	250	Richard Elgar	M		Llisbury Runners
62	0:18:11	107	Alun King	M		Llisbury Runners
63	0:18:11	135	Mark Mitchell	M		
64	0:18:13	82	Rebecca Evans	F		Cardiff AAC
65	0:18:17	1171	Simon Gill	M	35	Llisbury Runners
66	0:18:20	113	Neil Jones	M	35	Cwm Ogwr
67	0:18:21	16	Mike Ridd	M		Llisbury Runners
68	0:18:24	246	Mark Hurford	M	35	Pont-y-pwl & district runners
69	0:18:24	75	Daniel Lewis	M	35	San Domenico
70	0:18:26	38	Steve Davies	M	55	Pont-y-pwl & district runners
71	0:18:28	218	Jon Belcher	M	35	Llisbury Runners
72	0:18:28	184	Gareth Hurman	M	J	
73	0:18:29	247	Jake Brooke-Smith	M	J	Aberdare VAAC
74	0:18:29	1158	Brian Dias	M		Les Croupiers
75	0:18:33	34	Adam Bebb	M		Pontypridd Roadents

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76	0:18:34	188	Philip Thomas	M	35	Pontypridd Roadents
77	0:18:42	73	Martin Cole	M	45	Run4All
78	0:18:44	14	Phil Boorman	M	45	Lliswerry Runners
79	0:18:55	148	James Bruce	M	35	Les Croupiers
80	0:18:55	267	Alun Bonello	M		
81	0:19:03	17	Adam Edwards	M		
82	0:19:05	89	David Mort	M		Cardiff Triathletes
83	0:19:05	8	Marcus Meyrick	M	45	Les Croupiers
84	0:19:08	220	Ste Davison	M	35	
85	0:19:11	45	Alex Williams	M	45	Port Talbot Harriers
86	0:19:14	212	Oliver Harris	M		Lliswerry Runners
87	0:19:15	81	Bethan Evans	F	J	Cardiff AAC
88	0:19:17	168	James Pearce	M	35	Lliswerry Runners
89	0:19:17	106	Andrew Brasington	M	45	Brecon AC
90	0:19:21	178	Allan Peat	M	45	Winchester and District AC
91	0:19:21	115	Emily Lagomarsino	F		San Domenico
92	0:19:24	145	Richard Holmes	M		Les Croupiers
93	0:19:26	19	Philip Hughes	M		San Domenico
94	0:19:27	90	Stuart Edgar	M		Cardiff Triathletes
95	0:19:27	68	Simon Fairclough	M		Pont-y-pwl & district runners
96	0:19:30	87	Kneath Philippart	M	55	Swansea Harriers
97	0:19:34	1097	Gary Flower	M	45	
98	0:19:35	80	Paul Hill	M	45	Pegasus
99	0:19:36	1175	Katie Roby	F		Brecon AC
100	0:19:36	278	Jamie Cattle	M	35	Taff Ely Tri
101	0:19:36	99	Michael Jones	M		Caerphilly Runners
102	0:19:37	282	Kevin Plank	M	35	
103	0:19:37	50	Adrian Woods	M	55	Pont-y-pwl & district runners
104	0:19:37	121	Keith James	M	35	Lliswerry Runners
105	0:19:38	2	Janet Holmes	F		Les Croupiers
106	0:19:39	1174	Liam Smith	M		
107	0:19:42	272	Kerry Gale	M	45	
108	0:19:43	181	Richard Lloyd	M	35	Aberdare VAAC
109	0:19:44	141	Gareth Ryan	M	35	
110	0:19:46	78	Ricci Watts	M		Pont-y-pwl & district runners
111	0:19:47	154	Jemima Osborn	F		
112	0:19:48	52	Ian Macklin	M	45	
113	0:19:48	149	Claire Bruce	F	35	Les Croupiers
114	0:19:48	1183	Steve Daley	M	35	Run4All
115	0:19:49	163	Jeffrey Thomas	M	45	Bridgend RC
116	0:19:49	193	Michael Oliver	M		
117	0:19:49	144	Jordan Lacey	F		Southend AC
118	0:19:51	231	Gavin Crimmings	M	35	Aberdare VAAC
119	0:19:52	125	Sean Haddock	M	35	
120	0:19:53	225	Billy Daniels	M	55	
121	0:19:54	6	Sean Thomasson	M	35	Parc Bryn Bach
122	0:19:56	165	Ian Bell	M	45	San Domenico
123	0:19:57	97	David Evans	M		
124	0:19:58	217	Robert Evans	M	45	Ebbw Vale Running Club
125	0:20:01	259	Lauren Cooper	F		Parc Bryn Bach
126	0:20:06	182	Emma Lighthart	F	J	Cardiff AAC
127	0:20:09	170	Steven Hooper	M	45	Pontypridd Roadents
128	0:20:14	264	Holli Jehu	F	J	Aberdare VAAC
129	0:20:16	44	Paul Donovan	M	45	Pont-y-pwl & district runners
130	0:20:17	105	Bleddyn Jones	M	35	Lliswerry Runners
131	0:20:20	57	Robert Coles	M		Caerphilly Runners
132	0:20:20	48	Marc Durkin	M		Penarth and Dinas Runners
133	0:20:22	239	Liz Davies	F		Cardiff AAC
134	0:20:22	109	Anna Moon	F		San Domenico
135	0:20:24	1151	Neil Stevens	M	45	Ebbw Vale Running Club
136	0:20:24	1	Gavin Chappelle	M	35	
137	0:20:25	248	Raul Reismann	M	35	Swansea Harriers
138	0:20:27	92	Danielle Phillips	F		Parc Bryn Bach
139	0:20:28	229	Russell Dobbs	M	35	Islwyn RC
140	0:20:31	256	Richard Rees	M		
141	0:20:35	283	Sandra Chipper	F	35	Lliswerry Runners
142	0:20:37	258	Carl Evans	M		Nike+ Run Club Cardiff
143	0:20:43	128	Martin Jones	M	45	Swansea Harriers
144	0:20:44	176	Mike Thurgood	M	45	Caerleon RC
145	0:20:44	186	Peter Rodger	M	55	Caerleon RC
146	0:20:44	230	Neil Williams	M	45	Aberdare VAAC
147	0:20:45	143	Gina Hardman	F	45	Bridgend AC
148	0:20:49	29	Paul Lewis	M	45	Swansea Harriers
149	0:20:50	114	Neil Harris	M	35	Cwm Ogwr
150	0:20:50	275	John Durbin	M	35	
151	0:20:53	1269	Matt Brereton	M	35	

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152	0:20:54	202	Rhodri Morris	M		
153	0:20:55	295	Steven Howell	M	35	Celtic Tri
154	0:21:00	241	Stephen May	M	35	
155	0:21:00	150	Christophert Nellins	M	55	Penarth and Dinas Runners
156	0:21:08	290	Adam Wardle	M		Cardiff Triathletes
157	0:21:09	199	Andrew Dickens	M	45	Pont-y-pwl & district runners
158	0:21:11	60	Neil Fitzgerald	M	45	Pontypridd Roadents
159	0:21:13	126	Nick Denny	M	35	Pontypridd Roadents
160	0:21:13	22	Steve Pring	M	45	
161	0:21:14	157	Gareth Phillips	M	35	
162	0:21:14	257	Jacqueline Brace	F	55	Bridgend AC
163	0:21:14	253	Graham Price	M	35	
164	0:21:16	155	Gareth Thomas Hughes	M	35	
165	0:21:17	208	Richard Beech	M	55	Brackla Harriers
166	0:21:18	91	Jazmine Briganti	F	J	
167	0:21:18	142	Mark Neal	M	55	
168	0:21:20	216	Ian Williams	M	55	Ebbw Vale Running Club
169	0:21:24	132	Dominic Shields	M	45	San Domenico
170	0:21:27	43	Nadine Donovan	F	35	Pont-y-pwl & district runners
171	0:21:30	20	Richard David Sheehy	M		Parc Bryn Bach
172	0:21:30	111	Arron Peacock	M	35	
173	0:21:31	10	Keri Jones	F	35	Llisbury Runners
174	0:21:32	190	Stewart Thomson	M	45	Pont-y-pwl & district runners
175	0:21:35	66	Malcolm Bradley	M	55	Penarth and Dinas Runners
176	0:21:37	140	Stuart Lukins	M	35	Llisbury Runners
177	0:21:42	76	Caryl Davies	F		Sarn Helen
178	0:21:43	101	David Proffitt	M	55	Llisbury Runners
179	0:21:43	174	Andrew Bartley	M	35	
180	0:21:46	255	Mark Kallenberg	M	55	Carmarthen Harriers
181	0:21:51	187	Martyn Evans	M		Hendre Lake RC
182	0:21:57	207	David Jones	M	35	
183	0:22:02	274	Neil Lewis	M	55	
184	0:22:05	69	Deborah Matthews	F	45	Swansea Harriers
185	0:22:05	156	Angharad Starr	F		
186	0:22:09	206	Alastair Lewis Mason	M		
187	0:22:11	79	Christophert Rothwell	M	35	Pontypridd Roadents
188	0:22:14	870	Christopher Owens	M		
189	0:22:16	294	Debbie Evans	F	45	Penarth and Dinas Runners
190	0:22:17	299	Huw Jones	M	35	Taff Ely Tri
191	0:22:17	1161	David Nicholas	M	35	
192	0:22:21	118	Andrew Miles	M	55	
193	0:22:24	21	Hefin Gruffydd	M	45	Pontypridd Roadents
194	0:22:28	4	Andrea Hurman	F	45	Penarth and Dinas Runners
195	0:22:32	67	Daniel Morgan	M	35	Bridgend AC
196	0:22:38	25	Kelly Collins	F	35	Parc Bryn Bach
197	0:22:40	147	Tim O'Sullivan	M	55	Les Croupiers
198	0:22:43	131	Marcia Gouveia	F		San Domenico
199	0:22:49	226	Geraint Flye	M		
200	0:22:49	86	Catherine Olivant	F	35	Brecon AC
201	0:22:54	12	Lisa Cleary	F	45	Penarth and Dinas Runners
202	0:22:56	242	Liz May	F	35	
203	0:22:59	1184	Michael Locke	M		
204	0:22:59	46	Sian Phillips	F	45	Swansea Harriers
205	0:23:01	24	Robert King	M	35	Parc Bryn Bach
206	0:23:01	122	Sean Hosking	M	45	
207	0:23:04	171	Garry Griffiths	M	35	Rhondda Valley Runners
208	0:23:07	288	Keith Hughes	M	35	
209	0:23:10	100	Chris Webb	F	35	Swansea Harriers
210	0:23:12	36	Heidi Louise Thomas	F		
211	0:23:15	7	Janet Richards	F	45	Llisbury Runners
212	0:23:22	198	Lou Summers	F	45	Pont-y-pwl & district runners
213	0:23:36	213	Claire Kulisa	F	35	
214	0:23:36	252	Matthew Armstrong	M	45	
215	0:23:44	172	Emma Morris	F		
216	0:23:51	1166	Hayley Jackson	F	35	Parc Bryn Bach
217	0:24:00	39	Steve Hill	M	45	Penarth and Dinas Runners
218	0:24:29	9	Mark Richards	M	45	
219	0:24:32	42	Lisa Griffiths	F	35	Outdoor Fitness
220	0:24:48	205	Carl O'Brien	M	35	
221	0:24:50	136	Jordan Forster	M		
222	0:24:51	88	Angharad Pocock	F	35	
223	0:24:52	104	Elaine Rees	F	45	Outdoor Fitness
224	0:25:09	223	Rees Dobbs	M	55	Islwyn RC
225	0:25:14	71	Bea Lovegrove-Owen	F	35	Pontypridd Roadents
226	0:25:41	162	Ceri Thomas	F	45	
227	0:26:29	117	Vicky Fear	F		Llisbury Runners

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228	0:26:34	23	Michelle Jayne	F	35	Parc Bryn Bach
229	0:26:51	273	Scott Walker	M	35	
230	0:27:16	224	Dian Werret	F	55	Islwyn RC
231	0:28:11	120	Lindsay Gauntlett	F	45	
232	0:29:26	160	Robert William Jones	M	45	
233	0:29:36	41	Andy Morton	M	55	