

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                       | M/F | Cat | Club                          |
|---------|----------|------|----------------------------|-----|-----|-------------------------------|
| 1       | 0:19:47  | 761  | Gareth Jones               | M   |     |                               |
| 2       | 0:19:49  | 1320 | Lee Davies                 | M   | 45  | Dragons Running Club          |
| 3       | 0:19:55  | 1317 | Marc Fitzgibbon            | M   |     | Caerphilly Runners            |
| 4       | 0:20:12  | 822  | Ceri Beynon-Davies         | M   |     |                               |
| 5       | 0:20:41  | 1342 | Andy Weltch                | M   | 45  |                               |
| 6       | 0:20:45  | 937  | Alex Turner                | M   |     |                               |
| 7       | 0:20:47  | 779  | John Adams                 | M   | 45  |                               |
| 8       | 0:20:47  | 1033 | Stephen Wiergowski         | M   | 45  |                               |
| 9       | 0:20:49  | 738  | Matthew Robins             | M   | 35  |                               |
| 10      | 0:20:51  | 366  | Allen Bunney               | M   | 45  | Aberdare VAAC                 |
| 11      | 0:20:53  | 821  | Rhydian Beynon-Davies      | M   |     |                               |
| 12      | 0:20:54  | 1045 | Phillip Thomas             | M   | 35  |                               |
| 13      | 0:20:55  | 659  | Marcus Lloyd               | M   | 45  | Rhondda Tri                   |
| 14      | 0:21:12  | 548  | Carl Parry                 | M   | 35  |                               |
| 15      | 0:21:13  | 1141 | Lewis Hawthorne            | M   |     |                               |
| 16      | 0:21:14  | 1292 | Mark Bryant                | M   | 45  |                               |
| 17      | 0:21:15  | 1270 | Rhys Morgan                | M   | J   |                               |
| 18      | 0:21:16  | 1118 | David Cornock              | M   | 45  | Barnes Runners                |
| 19      | 0:21:18  | 889  | Paul Thomas                | M   | 35  | Islwyn RC                     |
| 20      | 0:21:21  | 1177 | Damien Barnard             | M   |     |                               |
| 21      | 0:21:23  | 615  | Paul Griffiths             | M   | 35  |                               |
| 22      | 0:21:24  | 737  | Keith Verheyden            | M   | 55  | FERC                          |
| 23      | 0:21:25  | 702  | Jessica Stacey             | F   |     |                               |
| 24      | 0:21:27  | 1354 | Brent Reed                 | M   | 45  | Aberdare VAAC                 |
| 25      | 0:21:28  | 457  | Neil Jones                 | M   | 35  |                               |
| 26      | 0:21:34  | 549  | Russell Bown               | M   | 55  |                               |
| 27      | 0:21:35  | 903  | Tim Fry                    | M   | 35  | Cardiff AAC                   |
| 28      | 0:21:37  | 1103 | Paul Evans                 | M   | 35  | Brecon AC                     |
| 29      | 0:21:41  | 1297 | Mark Edwards               | M   |     | Celtic Tri                    |
| 30      | 0:21:45  | 1047 | Brendan Price              | M   | 35  | Dragons Running Club          |
| 31      | 0:21:47  | 504  | Rhys Jones                 | M   |     |                               |
| 32      | 0:21:49  | 1228 | Paul Sabin                 | M   | 55  | Codsall Runners               |
| 33      | 0:21:55  | 532  | Chris Jones                | M   | 45  |                               |
| 34      | 0:21:57  | 415  | Jason Davies               | M   | 35  |                               |
| 35      | 0:22:00  | 451  | Simon Best                 | M   | 35  | Pont-y-pwl & district runners |
| 36      | 0:22:03  | 1092 | Steven Ironside            | M   | 35  |                               |
| 37      | 0:22:04  | 1312 | Vaughan Lewis              | M   | 55  |                               |
| 38      | 0:22:05  | 429  | Paul Chapman               | M   | 45  | Les Croupiers                 |
| 39      | 0:22:07  | 1356 | Dimitri Vorres             | M   | 45  | Pont-y-pwl & district runners |
| 40      | 0:22:10  | 1060 | Graham Mack                | M   | 55  | Merthyr Running Club          |
| 41      | 0:22:13  | 1199 | Carwyn Harris              | M   |     |                               |
| 42      | 0:22:13  | 1128 | Gareth Morgan              | M   | 45  |                               |
| 43      | 0:22:13  | 1181 | Jake Edwards               | M   |     |                               |
| 44      | 0:22:15  | 1025 | Neil Davies                | M   | 35  |                               |
| 45      | 0:22:16  | 1274 | Lloyd Crisp                | M   |     |                               |
| 46      | 0:22:17  | 332  | Carl Edwards               | M   | 45  | Pontypridd Roadents           |
| 47      | 0:22:17  | 1220 | Matthew Phillips           | M   |     |                               |
| 48      | 0:22:17  | 390  | Michael Gibbons            | M   | 55  | Bramhall Runners              |
| 49      | 0:22:21  | 577  | Andrew Thomas              | M   | 45  | 3M Gorseinon Road Runners     |
| 50      | 0:22:21  | 455  | Paul Harris                | M   | 35  | Robertstown Road Runners      |
| 51      | 0:22:22  | 1022 | Christopher Banfield-Evans | M   |     |                               |
| 52      | 0:22:26  | 1187 | James Pulman               | M   | 45  |                               |
| 53      | 0:22:28  | 482  | Dale Edwards               | M   |     |                               |
| 54      | 0:22:28  | 444  | John Carroll               | M   | 45  | Robertstown Road Runners      |
| 55      | 0:22:31  | 1253 | Dean O'Brien               | M   | 35  |                               |
| 56      | 0:22:32  | 644  | Gareth David Jones         | M   | 55  | Chepstow Harriers             |
| 57      | 0:22:33  | 333  | Janet Edwards              | F   | 45  | Pontypridd Roadents           |
| 58      | 0:22:33  | 1169 | Karen Trepka Elvers        | F   | 35  | Chepstow Harriers             |
| 59      | 0:22:38  | 1173 | John Frampton              | M   | 35  |                               |
| 60      | 0:22:39  | 512  | Carwyn Pritchard           | M   |     |                               |
| 61      | 0:22:41  | 1344 | Alexander David Clarke     | M   |     |                               |
| 62      | 0:22:44  | 934  | Matthew Timms              | M   | 35  |                               |
| 63      | 0:22:46  | 895  | Debbie Cockram             | F   | 45  | Fairwater Runners             |
| 64      | 0:22:46  | 1176 | Ania Ciolek                | F   | 35  | Brecon AC                     |
| 65      | 0:22:47  | 650  | Ashlyn Picton              | F   |     | Rhondda Valley Runners        |
| 66      | 0:22:53  | 892  | Graham Colvin              | M   | 45  | Pontardawe Runners            |
| 67      | 0:22:54  | 355  | Martyn Jenkins             | M   | 55  | Fairwater Runners             |
| 68      | 0:22:55  | 975  | Richard Skyrme             | M   | 35  |                               |
| 69      | 0:22:57  | 1255 | Lyndon Joshua              | M   | 35  |                               |
| 70      | 0:22:58  | 591  | Paul Dursley               | M   | 55  | Lliswerry Runners             |
| 71      | 0:22:58  | 1214 | Ffion Birt                 | F   | J   |                               |
| 72      | 0:22:59  | 1213 | Dean Birt                  | M   | 35  |                               |
| 73      | 0:23:02  | 1351 | Mark Morgan                | M   | 35  |                               |
| 74      | 0:23:03  | 1095 | Mike Lewis                 | M   | 45  |                               |
| 75      | 0:23:05  | 354  | Jeanette Jenkins           | F   | 55  | Fairwater Runners             |

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| Gun Pos | Gun Time | No   | Name                  | M/F | Cat | Club                     |
|---------|----------|------|-----------------------|-----|-----|--------------------------|
| 76      | 0:23:06  | 1321 | Jenna Ponting         | F   |     | Dragons Running Club     |
| 77      | 0:23:08  | 636  | Mathew Robinson       | M   |     |                          |
| 78      | 0:23:12  | 1134 | Kathryn Manley        | F   |     | Lliswerry Runners        |
| 79      | 0:23:14  | 1276 | Craig Hinks           | M   | 35  |                          |
| 80      | 0:23:15  | 263  | Joseph Beech          | M   |     | Bridgend AC              |
| 81      | 0:23:16  | 813  | Stephen Williams      | M   | 35  | Port Talbot Harriers     |
| 82      | 0:23:17  | 533  | Geoff Jones           | M   | 45  | Pontypridd Roadents      |
| 83      | 0:23:20  | 973  | Adrian Jenkins        | M   | 45  | Lliswerry Runners        |
| 84      | 0:23:21  | 1314 | Steven Julier         | M   | 45  | Aberdare VAAC            |
| 85      | 0:23:23  | 1349 | Peter Jeffries        | M   | 35  |                          |
| 86      | 0:23:26  | 1234 | Jonathan Hooper       | M   | 45  |                          |
| 87      | 0:23:26  | 54   | Andy Davies           | M   | 45  | Pontypridd Roadents      |
| 88      | 0:23:26  | 507  | Javier Mecho          | M   | 45  |                          |
| 89      | 0:23:29  | 526  | Matthew Lane          | M   |     |                          |
| 90      | 0:23:29  | 372  | Bryan Jones           | M   | 45  |                          |
| 91      | 0:23:29  | 632  | Martin Price          | M   | 45  |                          |
| 92      | 0:23:31  | 596  | Michael Maiden        | M   | 35  |                          |
| 93      | 0:23:31  | 572  | Deborah Evans         | F   | 55  | Dragons Running Club     |
| 94      | 0:23:32  | 358  | Jamie Smith           | M   |     | Caerphilly Runners       |
| 95      | 0:23:37  | 279  | Lauren Foulkes        | F   |     | Les Croupiers            |
| 96      | 0:23:40  | 714  | Gavin Sorsby          | M   | 35  |                          |
| 97      | 0:23:40  | 359  | Julie Cashell         | F   | 35  | Parc Bryn Bach           |
| 98      | 0:23:41  | 389  | David Sinclair        | M   | 45  | Nike+ Run Club Cardiff   |
| 99      | 0:23:41  | 509  | Wayne Jones           | M   | 55  |                          |
| 100     | 0:23:43  | 306  | Mike Davies           | M   | 55  |                          |
| 101     | 0:23:43  | 1235 | Paula Allen           | F   | 35  | Pegasus                  |
| 102     | 0:23:44  | 716  | David Hutchinson      | M   | 45  |                          |
| 103     | 0:23:45  | 836  | Richard Jones         | M   | 45  | Aberdare VAAC            |
| 104     | 0:23:47  | 1013 | Liam Boggis           | M   |     |                          |
| 105     | 0:23:47  | 860  | Paul Galea            | M   | 45  | Robertstown Road Runners |
| 106     | 0:23:47  | 472  | Jason Garrahan        | M   | 35  | Caerphilly Runners       |
| 107     | 0:23:48  | 305  | Lee Griffiths         | M   | 35  | Parc Bryn Bach           |
| 108     | 0:23:49  | 378  | Ryan Minard           | M   |     | Dragons Running Club     |
| 109     | 0:23:52  | 798  | Jonathan Evans        | M   | 45  |                          |
| 110     | 0:23:53  | 628  | Ross Edwards          | M   |     |                          |
| 111     | 0:23:55  | 1204 | Vanessa Turnbull      | F   | 45  | Caerphilly Runners       |
| 112     | 0:23:55  | 1044 | Connor Thomas         | M   | J   |                          |
| 113     | 0:23:55  | 953  | Katherine Durbin      | F   | 35  | Merthyr Running Club     |
| 114     | 0:23:55  | 619  | Wayne Preece          | M   | 55  | Old Parish               |
| 115     | 0:23:57  | 788  | Rachel Bowen          | F   | 35  | Lliswerry Runners        |
| 116     | 0:23:57  | 360  | Lee Richards          | M   | 45  |                          |
| 117     | 0:23:58  | 540  | Mary Beech            | F   | 45  | Brackla Harriers         |
| 118     | 0:23:58  | 747  | John Davies           | M   | 45  |                          |
| 119     | 0:24:00  | 920  | Allyn Jenkins         | M   | 45  |                          |
| 120     | 0:24:00  | 739  | Cerith Griffiths      | M   | 45  |                          |
| 121     | 0:24:02  | 582  | Ross Evans            | M   |     |                          |
| 122     | 0:24:03  | 1132 | David Jones           | M   | 45  | Merthyr Running Club     |
| 123     | 0:24:04  | 951  | Charlotte Ralph       | F   |     | Lliswerry Runners        |
| 124     | 0:24:05  | 1337 | Richard Lawrence      | M   | 45  | Rhondda Valley Runners   |
| 125     | 0:24:07  | 1107 | Kevin Williams        | M   | 35  |                          |
| 126     | 0:24:07  | 374  | Heather Garratt       | F   | 35  | Cwm Ogwr                 |
| 127     | 0:24:08  | 1193 | Andrew Timms          | M   | 35  |                          |
| 128     | 0:24:10  | 381  | Lee Kwok              | M   | 35  | Run4All                  |
| 129     | 0:24:10  | 1090 | Lee Hopkins           | M   |     | Aberdare VAAC            |
| 130     | 0:24:11  | 302  | Alex Tovey            | M   | 35  | Run4All                  |
| 131     | 0:24:11  | 450  | Andrew Caple          | M   | 45  | Nike+ Run Club Cardiff   |
| 132     | 0:24:15  | 467  | Justin Pocknell       | M   | 45  | Caerleon RC              |
| 133     | 0:24:16  | 456  | Sara Williams         | F   | 35  | Caerphilly Runners       |
| 134     | 0:24:17  | 1335 | Mark Price            | M   | 45  |                          |
| 135     | 0:24:17  | 385  | Mike Gwynne           | M   | 45  | Pontypridd Roadents      |
| 136     | 0:24:18  | 922  | Chris Perry           | M   | 35  |                          |
| 137     | 0:24:19  | 336  | Jon Harris            | M   | 45  |                          |
| 138     | 0:24:23  | 879  | Paul Gillard          | M   | 55  |                          |
| 139     | 0:24:26  | 1293 | Yvette Gray           | F   | 35  |                          |
| 140     | 0:24:26  | 1138 | Lyndsey Price         | F   |     | Aberdare VAAC            |
| 141     | 0:24:27  | 1336 | Angela Potter-Collins | F   | 45  | Lliswerry Runners        |
| 142     | 0:24:28  | 945  | Christopher Gethin    | M   |     |                          |
| 143     | 0:24:29  | 823  | Paul Beynon-Davies    | M   | 55  |                          |
| 144     | 0:24:29  | 994  | Terry Jones           | M   | 55  |                          |
| 145     | 0:24:30  | 834  | Mark Hutchings        | M   | 45  |                          |
| 146     | 0:24:31  | 1197 | Terri Lucas           | F   |     |                          |
| 147     | 0:24:32  | 1172 | Brad Carter           | M   | 35  |                          |
| 148     | 0:24:32  | 371  | Terry Vaughan         | M   | 35  | Parc Bryn Bach           |
| 149     | 0:24:33  | 1012 | Dale Lewis            | M   |     |                          |
| 150     | 0:24:33  | 373  | Richard Garratt       | M   | 35  | Cwm Ogwr                 |
| 151     | 0:24:34  | 1154 | Gordon Carter         | M   | 55  | Taff Ely Tri             |

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| Gun Pos | Gun Time | No   | Name                         | M/F | Cat | Club                          |
|---------|----------|------|------------------------------|-----|-----|-------------------------------|
| 152     | 0:24:36  | 1365 | Stephen Wood                 | M   | 35  | Pegasus                       |
| 153     | 0:24:39  | 1291 | Scott Cartwright             | M   | 35  |                               |
| 154     | 0:24:40  | 701  | Geraint Griffiths Southcombe | M   | 35  |                               |
| 155     | 0:24:46  | 463  | Simon Westlake               | M   | 45  |                               |
| 156     | 0:24:46  | 1264 | Ray Davies                   | M   | 55  |                               |
| 157     | 0:24:48  | 915  | Gareth Price                 | M   |     |                               |
| 158     | 0:24:48  | 1319 | Tony Dally                   | M   | 45  | Taff Ely Tri                  |
| 159     | 0:24:48  | 606  | Samantha Werrett             | F   |     |                               |
| 160     | 0:24:50  | 1279 | Shelley Stephens             | F   | 35  | Dragons Running Club          |
| 161     | 0:24:51  | 960  | Samantha Jayne Davies        | F   | 35  |                               |
| 162     | 0:24:51  | 1153 | Sara Morgan                  | F   | 35  | Taff Ely Tri                  |
| 163     | 0:24:52  | 708  | Beth Murphy                  | F   | 35  |                               |
| 164     | 0:24:54  | 710  | Nigel Foulkes-Nock           | M   | 45  | Lliswerry Runners             |
| 165     | 0:24:55  | 345  | Bethan Ford                  | F   |     | Pontypridd Roadents           |
| 166     | 0:24:58  | 777  | Derrick Stephenson           | M   | 55  |                               |
| 167     | 0:25:01  | 552  | Matthew Gilliard             | M   |     |                               |
| 168     | 0:25:03  | 322  | Ella Boorman                 | F   | J   | Lliswerry Runners             |
| 169     | 0:25:03  | 576  | David Kempton                | M   | 55  | Parc Bryn Bach                |
| 170     | 0:25:04  | 365  | Martin Rivers                | M   | 45  | Run4All                       |
| 171     | 0:25:05  | 863  | Sian Khalil                  | F   | 45  | Pontypridd Roadents           |
| 172     | 0:25:14  | 393  | Gareth Key                   | M   |     | Nike+ Run Club Cardiff        |
| 173     | 0:25:14  | 583  | Jeremy Dickson               | M   | 45  | Lliswerry Runners             |
| 174     | 0:25:17  | 1303 | Cerianne Summerill           | F   | 35  |                               |
| 175     | 0:25:20  | 904  | David Johns                  | M   | 55  |                               |
| 176     | 0:25:21  | 1032 | Grahame Jones                | M   | 35  | Lliswerry Runners             |
| 177     | 0:25:22  | 1345 | Michael Woods                | M   | 45  |                               |
| 178     | 0:25:27  | 608  | Andrew Thomas                | M   | 45  | Pont-y-pwl & district runners |
| 179     | 0:25:27  | 607  | Linda Thomas                 | F   | 45  | Pont-y-pwl & district runners |
| 180     | 0:25:30  | 1211 | Kyle Richards                | M   |     |                               |
| 181     | 0:25:31  | 647  | Dave Reed                    | M   | 45  | Rhondda Valley Runners        |
| 182     | 0:25:31  | 783  | Huw Thomas                   | M   | 45  |                               |
| 183     | 0:25:32  | 410  | Lyn Evans                    | M   | 55  | Penarth and Dinas Runners     |
| 184     | 0:25:32  | 408  | Kathryn Kearney              | F   | 45  | Run4All                       |
| 185     | 0:25:33  | 643  | Jason Scanlon                | M   |     |                               |
| 186     | 0:25:33  | 1278 | Helen Little                 | M   | 35  | Brackla Harriers              |
| 187     | 0:25:34  | 495  | Glyn Hicks                   | M   | 55  | Robertstown Road Runners      |
| 188     | 0:25:35  | 579  | Angharad ferch Alun          | F   | 35  |                               |
| 189     | 0:25:37  | 1203 | Gareth Wilson Davies         | M   | 55  |                               |
| 190     | 0:25:40  | 646  | Mark Douglas                 | M   | 35  | Rhondda Valley Runners        |
| 191     | 0:25:40  | 1189 | Katie Allen                  | F   | 35  | Pont-y-pwl & district runners |
| 192     | 0:25:41  | 303  | Gemma Harris                 | F   |     | Run4All                       |
| 193     | 0:25:41  | 831  | Melissa Pearce               | F   | 45  | Blaenau Gwent AC              |
| 194     | 0:25:43  | 1308 | Michael Bevan                | M   | 45  | Dragons Running Club          |
| 195     | 0:25:44  | 1328 | Peter Hawkins                | M   | 45  |                               |
| 196     | 0:25:44  | 1366 | Helen Davies                 | F   | 35  | Dragons Running Club          |
| 197     | 0:25:45  | 854  | Gareth Coopey                | M   | 35  |                               |
| 198     | 0:25:45  | 621  | John Kelly                   | M   | 45  | Cardiff AAC                   |
| 199     | 0:25:46  | 987  | Joshua Lee                   | M   | J   |                               |
| 200     | 0:25:47  | 856  | Victoria Coopey              | F   | 35  |                               |
| 201     | 0:25:47  | 984  | Neil Chipper                 | M   | 55  | Lliswerry Runners             |
| 202     | 0:25:50  | 1071 | Donna Hunkin                 | F   | 35  | Taff Ely Tri                  |
| 203     | 0:25:51  | 912  | Stephanie Ferry              | F   |     | Nike+ Run Club Cardiff        |
| 204     | 0:25:52  | 1098 | Paul Morgan                  | M   | 45  |                               |
| 205     | 0:25:53  | 1281 | Chloe Sheldon                | F   |     |                               |
| 206     | 0:25:55  | 729  | Sharon Newell                | F   | 45  | Pont-y-pwl & district runners |
| 207     | 0:25:56  | 770  | Keri Hamer                   | F   | 35  | Pont-y-pwl & district runners |
| 208     | 0:25:58  | 690  | Jo Dowdall                   | F   | 35  |                               |
| 209     | 0:26:00  | 209  | Elizabeth Beech              | F   | 55  | Brackla Harriers              |
| 210     | 0:26:01  | 399  | Elizabeth Van Heusden        | F   |     |                               |
| 211     | 0:26:01  | 535  | Teresa Jeffries              | F   | 45  | Dragons Running Club          |
| 212     | 0:26:02  | 597  | Fiona Drysdale               | F   | 45  | Cwm Ogwr                      |
| 213     | 0:26:02  | 348  | Philip Matthews              | M   | 55  | Parc Bryn Bach                |
| 214     | 0:26:02  | 620  | Karen Spiller                | F   | 45  |                               |
| 215     | 0:26:03  | 958  | Bernadette Jones             | F   | 45  | Pontypridd Roadents           |
| 216     | 0:26:05  | 944  | Ryan Brown                   | M   | J   |                               |
| 217     | 0:26:08  | 841  | Mark Gambold                 | M   | 35  |                               |
| 218     | 0:26:09  | 840  | Mark Wiles                   | M   | 35  |                               |
| 219     | 0:26:10  | 1267 | Andrew Meadows               | M   |     |                               |
| 220     | 0:26:10  | 1223 | Andrew Weeks                 | M   | 35  |                               |
| 221     | 0:26:10  | 955  | Bevan Allen                  | M   | 55  | Pontypridd Roadents           |
| 222     | 0:26:10  | 1056 | Luke Evans                   | M   |     |                               |
| 223     | 0:26:11  | 544  | Stuart Laslett               | M   | 45  |                               |
| 224     | 0:26:11  | 1375 | Gareth Ponting               | M   | 45  | Dragons Running Club          |
| 225     | 0:26:11  | 624  | Matthew Ponting              | M   |     | Dragons Running Club          |
| 226     | 0:26:11  | 677  | Anne Follan                  | F   | 45  |                               |
| 227     | 0:26:13  | 622  | Maldwyn Winterburn           | M   | 45  |                               |

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| Gun Pos | Gun Time | No   | Name                | M/F | Cat | Club                          |
|---------|----------|------|---------------------|-----|-----|-------------------------------|
| 228     | 0:26:14  | 432  | Carl Lewis          | M   |     | Caerphilly Runners            |
| 229     | 0:26:15  | 329  | Sheryl Evans        | F   | 45  | Hereford Couriers             |
| 230     | 0:26:15  | 925  | Kirstie Davies      | F   | 35  | Robertstown Road Runners      |
| 231     | 0:26:15  | 600  | Kevin Barnes        | M   | 45  | Hereford Couriers             |
| 232     | 0:26:17  | 959  | Andrew Davies       | M   | 35  | RCT Homes                     |
| 233     | 0:26:17  | 1063 | Nigel Gaen          | M   | 45  |                               |
| 234     | 0:26:18  | 350  | Lee Richards        | M   | 45  | Pontypridd Roadents           |
| 235     | 0:26:18  | 936  | Stuart Jones        | M   |     |                               |
| 236     | 0:26:21  | 569  | Keith Ryan          | M   | 55  |                               |
| 237     | 0:26:22  | 800  | Mark Collins        | M   | 45  |                               |
| 238     | 0:26:24  | 651  | Gillian Mason       | F   | 45  |                               |
| 239     | 0:26:24  | 721  | Emma Blow           | F   | 35  | Robertstown Road Runners      |
| 240     | 0:26:24  | 1324 | Stephen Blow        | M   | 35  |                               |
| 241     | 0:26:25  | 985  | David Brake         | M   | 45  |                               |
| 242     | 0:26:26  | 603  | Robert Lineham      | M   |     |                               |
| 243     | 0:26:26  | 967  | Ceri Haddock        | F   |     | RCT Homes                     |
| 244     | 0:26:27  | 404  | Marie Coles         | F   | 35  | Caerphilly Runners            |
| 245     | 0:26:27  | 966  | Richard Haddock     | M   |     | RCT Homes                     |
| 246     | 0:26:29  | 1304 | Peter Summerill     | M   | 35  |                               |
| 247     | 0:26:30  | 1231 | Dave Hebbes         | M   | 55  |                               |
| 248     | 0:26:30  | 1057 | Jonathan Mead       | M   | 55  |                               |
| 249     | 0:26:31  | 1350 | Hannah Darbyshire   | F   |     | Dragons Running Club          |
| 250     | 0:26:32  | 1179 | Elizabeth Carpenter | F   |     |                               |
| 251     | 0:26:33  | 669  | Sharron Mulcahy     | F   | 35  |                               |
| 252     | 0:26:35  | 352  | Ian James           | M   | 35  |                               |
| 253     | 0:26:36  | 670  | David Mulcahy       | M   | 35  |                               |
| 254     | 0:26:37  | 713  | Geraint Kathrens    | M   | 35  |                               |
| 255     | 0:26:37  | 855  | Marie Hurford       | F   |     | Pont-y-pwl & district runners |
| 256     | 0:26:37  | 917  | Andrew Ralph        | M   | 45  | Lliswerry Runners             |
| 257     | 0:26:38  | 769  | Lyndon Thomas       | M   | 45  | Rhondda Valley Runners        |
| 258     | 0:26:38  | 1072 | Kevin Fitzgerald    | M   | 55  |                               |
| 259     | 0:26:40  | 1355 | Graham Bingham      | M   | 45  | Pontypridd Roadents           |
| 260     | 0:26:40  | 460  | Peter Briganti      | M   | 45  |                               |
| 261     | 0:26:41  | 584  | Roger Jones         | M   | 35  |                               |
| 262     | 0:26:42  | 1358 | Deborah Otley       | F   | 55  | Pontypridd Roadents           |
| 263     | 0:26:43  | 349  | Louise Richards     | F   | 45  | Pontypridd Roadents           |
| 264     | 0:26:43  | 938  | Michelle George     | F   | 35  | Team Rees                     |
| 265     | 0:26:44  | 998  | Stephen Jones       | M   | 45  |                               |
| 266     | 0:26:44  | 780  | Claire Adams        | F   | 45  | Rhondda Valley Runners        |
| 267     | 0:26:46  | 1115 | Caroline Greening   | F   | 35  |                               |
| 268     | 0:26:47  | 398  | Dale Williams       | M   | 35  |                               |
| 269     | 0:26:49  | 1117 | Sophie Tyler        | F   |     |                               |
| 270     | 0:26:49  | 588  | Roni Margerison     | F   | 35  | Lliswerry Runners             |
| 271     | 0:26:50  | 402  | Sam Standerwick     | F   | 35  | Parc Bryn Bach                |
| 272     | 0:26:50  | 403  | Rhian Hopkins       | F   | 35  | Pontypridd Roadents           |
| 273     | 0:26:51  | 222  | Barrie Johnson      | M   | 45  |                               |
| 274     | 0:26:51  | 221  | Nicola Gowing       | F   | 45  |                               |
| 275     | 0:26:58  | 1311 | Ffion Meinir Davies | F   |     |                               |
| 276     | 0:26:59  | 940  | Gareth Rhys Davies  | M   |     |                               |
| 277     | 0:27:00  | 1102 | Ben Morgan          | M   |     |                               |
| 278     | 0:27:00  | 525  | Robert Haswell      | M   | 55  |                               |
| 279     | 0:27:01  | 699  | Tyrone Pope         | M   | 35  |                               |
| 280     | 0:27:03  | 972  | Cerianne Jenkins    | F   | 35  | Lliswerry Runners             |
| 281     | 0:27:04  | 1094 | Sian Thomas         | F   | 35  |                               |
| 282     | 0:27:05  | 531  | Rhian Taylor        | F   | 35  |                               |
| 283     | 0:27:07  | 1010 | Richard Williams    | M   | 45  |                               |
| 284     | 0:27:09  | 534  | Barri Edwards       | M   | 45  | Caerphilly Runners            |
| 285     | 0:27:09  | 435  | Darren Davies       | M   | 35  |                               |
| 286     | 0:27:10  | 736  | Emma Smith          | F   | 35  |                               |
| 287     | 0:27:11  | 884  | Suzanne Davidson    | F   | 35  | Islwyn RC                     |
| 288     | 0:27:12  | 876  | Leanne Phillips     | F   | 35  | Lliswerry Runners             |
| 289     | 0:27:12  | 334  | Simon Ball          | M   | 45  |                               |
| 290     | 0:27:12  | 500  | Jeff Unsworth       | M   | 45  | Lliswerry Runners             |
| 291     | 0:27:13  | 370  | Jonathan Ball       | M   |     |                               |
| 292     | 0:27:13  | 674  | Shaw Jones          | M   |     | Pont-y-pwl & district runners |
| 293     | 0:27:14  | 309  | Lucy Evans          | F   |     | Dragons Running Club          |
| 294     | 0:27:14  | 527  | Philip Jones        | M   | 45  |                               |
| 295     | 0:27:15  | 873  | Clive Cooksey       | M   | 55  | Parc Bryn Bach                |
| 296     | 0:27:15  | 1251 | Keith Starr         | M   | 55  |                               |
| 297     | 0:27:15  | 490  | Daniel Fallon       | M   |     |                               |
| 298     | 0:27:16  | 1167 | Michelle Gooch      | F   | 45  | Pont-y-pwl & district runners |
| 299     | 0:27:18  | 668  | Peter Young         | M   | 55  |                               |
| 300     | 0:27:22  | 382  | Claire Jones        | F   | 45  | Merthyr Running Club          |
| 301     | 0:27:23  | 1257 | Carys Davies        | F   |     |                               |
| 302     | 0:27:23  | 1081 | David Davies        | M   | 45  |                               |
| 303     | 0:27:24  | 452  | Michelle Best       | F   | 35  | Pont-y-pwl & district runners |

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                | M/F | Cat | Club                     |
|---------|----------|------|---------------------|-----|-----|--------------------------|
| 304     | 0:27:24  | 894  | James Mason         | M   |     |                          |
| 305     | 0:27:25  | 1256 | Rhodri Thomas       | M   |     |                          |
| 306     | 0:27:26  | 722  | Robert Morgan       | M   | 45  |                          |
| 307     | 0:27:28  | 530  | Philip Scanlon      | M   | 55  |                          |
| 308     | 0:27:29  | 473  | Kenneth Oliver      | M   | 55  | Islwyn RC                |
| 309     | 0:27:31  | 803  | Kurt Daniel         | M   |     |                          |
| 310     | 0:27:31  | 1061 | Stephen Christie    | M   |     |                          |
| 311     | 0:27:32  | 675  | Eamonn Breheny      | M   | 45  |                          |
| 312     | 0:27:33  | 347  | Jill Matthews       | F   | 55  | Parc Bryn Bach           |
| 313     | 0:27:36  | 942  | Tina Wilson         | F   | 55  | Reading Roadrunners      |
| 314     | 0:27:36  | 685  | Robert Evans        | M   | 45  |                          |
| 315     | 0:27:36  | 420  | Stephen Edwards     | M   | 35  |                          |
| 316     | 0:27:38  | 556  | Laura Mullett       | F   |     |                          |
| 317     | 0:27:39  | 312  | Huw Phillips        | M   | 35  | Cardiff AAC              |
| 318     | 0:27:40  | 1068 | Hywel Butts         | M   | 35  |                          |
| 319     | 0:27:41  | 1066 | Chris Ashton        | M   | 45  |                          |
| 320     | 0:27:44  | 633  | Louise Munkley      | F   | 35  | Merthyr Running Club     |
| 321     | 0:27:45  | 943  | Philip George       | M   | 55  |                          |
| 322     | 0:27:46  | 1163 | Mark Day            | M   | 45  | Team Rees                |
| 323     | 0:27:47  | 1352 | Trudy Logue         | F   | 35  |                          |
| 324     | 0:27:48  | 528  | Roger Jones         | M   | 55  |                          |
| 325     | 0:27:49  | 1202 | Peter Mortimer      | M   | 45  |                          |
| 326     | 0:27:49  | 431  | Jennifer Stone      | F   | 45  | Cardiff AAC              |
| 327     | 0:27:50  | 709  | Richard Evans       | M   | 45  |                          |
| 328     | 0:27:51  | 430  | Kenneth Chirighin   | M   | 45  |                          |
| 329     | 0:27:53  | 173  | Ceri Bartley        | F   | 35  | Islwyn RC                |
| 330     | 0:27:53  | 449  | Kelly Marie James   | F   |     |                          |
| 331     | 0:27:54  | 441  | Dion Lacy           | M   |     |                          |
| 332     | 0:27:57  | 1123 | Phyl Griffiths      | M   | 45  |                          |
| 333     | 0:28:02  | 1188 | Alex Aldworth       | M   |     | Caerphilly Runners       |
| 334     | 0:28:02  | 809  | Sarah Meah          | F   |     |                          |
| 335     | 0:28:06  | 1343 | Jack Price          | M   | J   |                          |
| 336     | 0:28:08  | 896  | Paul Jones          | M   | 55  |                          |
| 337     | 0:28:08  | 910  | Louise Kirby        | F   | 45  | Parc Bryn Bach           |
| 338     | 0:28:09  | 771  | Eleanor Preece      | F   |     | White Rock Runners       |
| 339     | 0:28:09  | 700  | Gethyb Evans        | M   | 55  |                          |
| 340     | 0:28:10  | 567  | Beverly McCarthy    | F   | 45  |                          |
| 341     | 0:28:12  | 1113 | Aled Edwards        | M   | 35  | Brecon Triathlon Club    |
| 342     | 0:28:13  | 914  | Andrew Lloyd        | M   |     | Amman Valley Harriers    |
| 343     | 0:28:14  | 479  | Rhys Lewis          | M   | 35  | Parc Bryn Bach           |
| 344     | 0:28:14  | 543  | Miles Thomas        | M   | 35  | Robertstown Road Runners |
| 345     | 0:28:14  | 542  | Claire LloydThomas  | F   | 35  | Robertstown Road Runners |
| 346     | 0:28:15  | 1083 | Jenna Horn          | F   | 35  | Run4All                  |
| 347     | 0:28:17  | 741  | Caroline Thomas     | F   |     |                          |
| 348     | 0:28:17  | 414  | Vicki Jones         | F   | 35  | Islwyn RC                |
| 349     | 0:28:20  | 434  | Carrie Perry        | F   | 35  |                          |
| 350     | 0:28:20  | 1329 | Gerard Evans        | M   |     |                          |
| 351     | 0:28:20  | 1170 | Mary Scourfield     | F   | 45  | Caerleon RC              |
| 352     | 0:28:21  | 1185 | Wendy Tokach        | F   | 35  |                          |
| 353     | 0:28:22  | 612  | Jonathan Bishop     | M   |     |                          |
| 354     | 0:28:23  | 1034 | Samantha Mogford    | F   |     | Amman Valley Harriers    |
| 355     | 0:28:23  | 353  | Gemma Bebb          | F   |     | Pontypridd Roadents      |
| 356     | 0:28:24  | 843  | Liz Steed           | F   | 55  |                          |
| 357     | 0:28:25  | 995  | Lee Harding         | M   | 35  | White Rock Runners       |
| 358     | 0:28:28  | 392  | Christine Gibbons   | F   | 55  | Bramhall Runners         |
| 359     | 0:28:29  | 1127 | Caroline Morgan     | F   | 45  |                          |
| 360     | 0:28:30  | 757  | Gareth Baker        | M   |     |                          |
| 361     | 0:28:30  | 772  | Andrew Smith        | M   | 35  |                          |
| 362     | 0:28:32  | 653  | Clyde Phillips      | M   | 55  |                          |
| 363     | 0:28:35  | 649  | Hayley Gittins      | F   | 35  | Rhondda Valley Runners   |
| 364     | 0:28:35  | 554  | Andy Sutton         | M   | 35  |                          |
| 365     | 0:28:36  | 454  | Leanne Howells      | F   | 35  |                          |
| 366     | 0:28:38  | 881  | Rosemary Sibley     | F   |     |                          |
| 367     | 0:28:38  | 826  | Karen Aitchison     | F   | 35  |                          |
| 368     | 0:28:39  | 1038 | Gordon Carter       | M   | 55  | Dragons Running Club     |
| 369     | 0:28:39  | 395  | Luke Surrey         | F   | 45  |                          |
| 370     | 0:28:42  | 590  | Lynda Dursley       | F   | 55  | Lliswerry Runners        |
| 371     | 0:28:45  | 1245 | Peter Dark          | M   | 55  |                          |
| 372     | 0:28:48  | 1227 | Caroline Roberts    | F   |     | Codsall Runners          |
| 373     | 0:28:48  | 1360 | Nick Roe            | M   | 55  |                          |
| 374     | 0:28:48  | 733  | Eleri Llwyd Dafydd  | F   | 35  |                          |
| 375     | 0:28:49  | 810  | Louise Harris       | F   |     |                          |
| 376     | 0:28:49  | 897  | Stephen Job         | M   | 45  | Sospan Road Runner       |
| 377     | 0:28:49  | 1065 | Rhiannon Withey     | F   | 35  |                          |
| 378     | 0:28:50  | 1131 | Catherine Llewellyn | F   | 45  | Merthyr Running Club     |
| 379     | 0:28:51  | 1198 | John Brodrick       | M   | 35  |                          |

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                  | M/F | Cat | Club                      |
|---------|----------|------|-----------------------|-----|-----|---------------------------|
| 380     | 0:28:56  | 1299 | Adam Bowdler          | M   | 35  | Dragons Running Club      |
| 381     | 0:28:58  | 331  | Catherine Reem        | F   | 45  |                           |
| 382     | 0:28:58  | 362  | Louise Harris         | F   | 45  | Robertstown Road Runners  |
| 383     | 0:28:59  | 941  | Kate Owen             | F   | 45  | Canton Chargers           |
| 384     | 0:29:00  | 561  | Gareth Howell         | M   | 45  |                           |
| 385     | 0:29:00  | 341  | Kathleen Jervis       | F   | 55  | Parc Bryn Bach            |
| 386     | 0:29:00  | 498  | Nigel Richards        | M   | 45  | Lliswerry Runners         |
| 387     | 0:29:01  | 754  | Jonny Hodges          | M   |     |                           |
| 388     | 0:29:02  | 304  | Jacqui Spiller        | F   | 45  | Islwyn RC                 |
| 389     | 0:29:05  | 439  | Paul Reid             | M   | 35  | Dragons Running Club      |
| 390     | 0:29:06  | 324  | Rachel Dawkes         | F   |     | Caerphilly Runners        |
| 391     | 0:29:11  | 1073 | John Pugsley          | M   | 45  |                           |
| 392     | 0:29:11  | 1126 | Wayne Warner          | M   | 45  |                           |
| 393     | 0:29:13  | 899  | Wayne Edmond          | M   | 55  |                           |
| 394     | 0:29:14  | 693  | Kevin Mathias         | M   | 35  |                           |
| 395     | 0:29:18  | 406  | Michael Kearney       | M   | 55  | Run4All                   |
| 396     | 0:29:18  | 484  | Kimberley Williams    | F   |     |                           |
| 397     | 0:29:19  | 1244 | Sophie Dark           | F   | 35  |                           |
| 398     | 0:29:19  | 570  | Lyndon Davies         | M   | 55  |                           |
| 399     | 0:29:20  | 555  | David Evans           | M   |     |                           |
| 400     | 0:29:20  | 1190 | David Lewis           | M   | 45  |                           |
| 401     | 0:29:20  | 989  | Paul Lee              | M   | 45  |                           |
| 402     | 0:29:21  | 1347 | Jordan Christopher    | M   | J   |                           |
| 403     | 0:29:21  | 954  | Vicky Stroud          | F   | 35  | Robertstown Road Runners  |
| 404     | 0:29:21  | 648  | Stephen New           | M   | 45  | Islwyn RC                 |
| 405     | 0:29:22  | 538  | Anthony Beer          | M   | 45  |                           |
| 406     | 0:29:22  | 706  | Emily Marsh           | F   |     |                           |
| 407     | 0:29:23  | 614  | Paul Wesson           | M   | 45  | Les Croupiers             |
| 408     | 0:29:23  | 1359 | Jane Roe              | F   | 55  |                           |
| 409     | 0:29:24  | 688  | Sarah Beamish         | F   | 35  | Lliswerry Runners         |
| 410     | 0:29:26  | 1055 | Gareth Jones          | M   |     |                           |
| 411     | 0:29:26  | 623  | Melanie Hill          | F   | 45  |                           |
| 412     | 0:29:27  | 864  | Maad Khalil           | M   | 55  |                           |
| 413     | 0:29:28  | 613  | Anne Wesson           | F   | 35  |                           |
| 414     | 0:29:30  | 712  | Sara Morgan           | F   | 35  | Village Vipers            |
| 415     | 0:29:30  | 1205 | Keiron Montague       | M   |     |                           |
| 416     | 0:29:31  | 1046 | Robert Price          | M   | 35  |                           |
| 417     | 0:29:32  | 927  | Dennis Mays           | M   | 55  |                           |
| 418     | 0:29:32  | 1058 | Vicky Mead            | F   | 45  |                           |
| 419     | 0:29:34  | 1088 | Helen Williams        | F   | 35  | Islwyn RC                 |
| 420     | 0:29:34  | 407  | Lisa Williams         | F   | 35  | Pontypridd Roadents       |
| 421     | 0:29:37  | 1121 | Kim Pedersen          | F   | 35  |                           |
| 422     | 0:29:37  | 1122 | Paul Neale            | M   | 45  |                           |
| 423     | 0:29:38  | 793  | Huw Parry             | M   | 45  |                           |
| 424     | 0:29:40  | 426  | Jason Cates           | M   | 35  |                           |
| 425     | 0:29:40  | 575  | Lee Morgan            | M   | 45  |                           |
| 426     | 0:29:41  | 1091 | Keely Jarvis          | F   |     |                           |
| 427     | 0:29:42  | 1273 | Andrew Templeman      | M   |     |                           |
| 428     | 0:29:43  | 593  | Christina Pearce      | F   | 35  |                           |
| 429     | 0:29:45  | 1076 | Darren Treadgold      | M   | 45  |                           |
| 430     | 0:29:48  | 991  | Christian Trivett     | M   |     |                           |
| 431     | 0:29:49  | 1006 | John Richards         | M   | 35  |                           |
| 432     | 0:29:49  | 862  | Andrew Davies         | M   | 45  | Aberdare VAAC             |
| 433     | 0:29:51  | 1217 | Emily Baggs           | F   |     | White Rock Runners        |
| 434     | 0:29:52  | 663  | Dawne Meynell-Western | F   | 35  | Rhondda Valley Runners    |
| 435     | 0:29:53  | 992  | Sarah Cremins         | F   | 35  | White Rock Runners        |
| 436     | 0:29:55  | 346  | Gwen Smith            | F   | 45  | 3M Gorseinon Road Runners |
| 437     | 0:29:57  | 1212 | Lisa Thompson         | F   | 45  |                           |
| 438     | 0:30:07  | 1296 | Justin Round          | M   | 35  |                           |
| 439     | 0:30:09  | 511  | Jodie Davies          | F   | J   |                           |
| 440     | 0:30:09  | 681  | Lawrence White-Lyon   | M   | 35  |                           |
| 441     | 0:30:10  | 1230 | Mark Mahoney          | M   | 35  |                           |
| 442     | 0:30:11  | 616  | Kay Nellins           | F   | 55  | Women Running Penarth     |
| 443     | 0:30:12  | 363  | Nicola Davies         | F   | 35  | White Rock Runners        |
| 444     | 0:30:13  | 1030 | Julie Bye             | F   | 35  |                           |
| 445     | 0:30:13  | 976  | Mark Howells          | M   | 45  |                           |
| 446     | 0:30:14  | 698  | Jackie Spencer        | F   | 45  |                           |
| 447     | 0:30:14  | 423  | Kay Chapman           | F   | 45  | Cardiff AAC               |
| 448     | 0:30:16  | 1254 | Lisa Mytton           | F   | 35  | Merthyr Running Club      |
| 449     | 0:30:17  | 419  | Hannah Griffiths      | F   |     |                           |
| 450     | 0:30:18  | 1249 | Laura Rendell         | F   |     | Lliswerry Runners         |
| 451     | 0:30:18  | 536  | Natalie Hussey        | F   | 35  |                           |
| 452     | 0:30:19  | 510  | Stephen Hughes        | M   | 35  |                           |
| 453     | 0:30:19  | 905  | Linda Colvin          | F   | 45  | Pontardawe Runners        |
| 454     | 0:30:20  | 448  | Simon Davies          | M   | 35  |                           |
| 455     | 0:30:20  | 592  | Karl Williams         | M   |     |                           |

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                  | M/F | Cat | Club                         |
|---------|----------|------|-----------------------|-----|-----|------------------------------|
| 456     | 0:30:23  | 1100 | Ben Lewis             | M   | J   |                              |
| 457     | 0:30:25  | 1226 | John William Weeks    | M   | 55  |                              |
| 458     | 0:30:26  | 971  | Justin Carter         | M   | 45  |                              |
| 459     | 0:30:27  | 1348 | Ruth Jeffries         | F   | 35  |                              |
| 460     | 0:30:28  | 1263 | Maria Shopland Pride  | F   | 45  |                              |
| 461     | 0:30:36  | 1261 | Matthew Evans         | M   | 35  |                              |
| 462     | 0:30:36  | 957  | Helen Davies          | F   | 35  |                              |
| 463     | 0:30:38  | 1322 | Amanda Ruck           | F   | 35  |                              |
| 464     | 0:30:39  | 642  | Alyson Price          | F   | 35  | Merthyr Running Club         |
| 465     | 0:30:41  | 1089 | Rachel Loosmore       | F   |     |                              |
| 466     | 0:30:41  | 697  | Kevin Spencer         | M   | 35  |                              |
| 467     | 0:30:42  | 990  | Jon Williams          | M   |     |                              |
| 468     | 0:30:42  | 792  | Rhys Lewis            | M   |     |                              |
| 469     | 0:30:43  | 657  | Steven Lane           | M   | 35  |                              |
| 470     | 0:30:45  | 405  | Steve Hamer           | M   | 35  | Parc Bryn Bach               |
| 471     | 0:30:48  | 386  | Jo Gwynne             | F   | 35  | Pontypridd Roadents          |
| 472     | 0:30:50  | 819  | Jarrad Williams       | M   | J   |                              |
| 473     | 0:30:51  | 645  | Nina Manuel           | F   | 35  |                              |
| 474     | 0:30:51  | 1272 | Adam Rees             | M   |     |                              |
| 475     | 0:30:54  | 1286 | Karen Dawson          | F   | 45  | Womens Running Club of Wales |
| 476     | 0:30:54  | 1298 | John Cooper           | M   | 55  |                              |
| 477     | 0:30:54  | 1285 | Marc Withers          | M   |     |                              |
| 478     | 0:30:55  | 1300 | Karen Shemwell        | F   | 45  |                              |
| 479     | 0:30:55  | 1242 | Wendy Baron           | F   | 35  |                              |
| 480     | 0:30:55  | 711  | Paul Davies           | M   | 35  | Aberdare VAAC                |
| 481     | 0:30:56  | 968  | Simon Davies          | M   | 35  |                              |
| 482     | 0:30:56  | 950  | Tyrone Davies         | M   | 45  |                              |
| 483     | 0:30:57  | 1201 | Victoria Brake        | F   | 35  |                              |
| 484     | 0:30:57  | 1301 | Dan Phillips          | M   | 35  |                              |
| 485     | 0:31:00  | 689  | Mervyn Weightman-Bent | M   | 55  | Llisswerry Runners           |
| 486     | 0:31:01  | 1218 | Michael Jones         | M   | 35  |                              |
| 487     | 0:31:04  | 1036 | Christine Diamond     | F   | 35  | Dragons Running Club         |
| 488     | 0:31:04  | 1015 | Claire Rawle          | F   | 35  | Dragons Running Club         |
| 489     | 0:31:04  | 1014 | Alys Dally            | F   |     | Dragons Running Club         |
| 490     | 0:31:05  | 1346 | Evan Cragg            | M   |     |                              |
| 491     | 0:31:06  | 1137 | Mike King             | M   | 55  | Nailsea Running Club         |
| 492     | 0:31:07  | 627  | Helen Cox             | F   | 45  | BMF Liverpool                |
| 493     | 0:31:07  | 835  | Clive Thompson        | M   | 55  |                              |
| 494     | 0:31:10  | 158  | Sarah Meah            | F   | 45  | Les Croupiers                |
| 495     | 0:31:11  | 541  | Diane Edwards         | F   | 45  |                              |
| 496     | 0:31:17  | 1275 | Graham Templeman      | M   | 55  |                              |
| 497     | 0:31:19  | 377  | Catryn Roberts        | F   | 35  |                              |
| 498     | 0:31:22  | 578  | Alun ab Idris         | M   | 55  |                              |
| 499     | 0:31:23  | 883  | Judith Armit          | F   | 55  |                              |
| 500     | 0:31:27  | 375  | Sarah Evans           | F   |     |                              |
| 501     | 0:31:28  | 307  | Victoria McCallum     | F   | 35  |                              |
| 502     | 0:31:32  | 1020 | Suzanne Luker-Davies  | F   | 35  |                              |
| 503     | 0:31:33  | 296  | Huw Davies            | M   | 45  |                              |
| 504     | 0:31:34  | 553  | Elizabeth Bird        | F   |     |                              |
| 505     | 0:31:36  | 1000 | Carl Williams         | M   |     |                              |
| 506     | 0:31:36  | 1208 | Rhys Gittings Owen    | M   |     |                              |
| 507     | 0:31:37  | 794  | Nick Taylor           | M   | 55  |                              |
| 508     | 0:31:38  | 974  | Lee Rowley            | M   | 35  |                              |
| 509     | 0:31:38  | 1133 | Michael Lewis         | M   | 55  | Parc Bryn Bach               |
| 510     | 0:31:38  | 519  | Martin Glaetli        | M   | 35  |                              |
| 511     | 0:31:38  | 416  | Tracy Evans           | F   | 35  | Rhondda Valley Runners       |
| 512     | 0:31:38  | 494  | Cerys James           | F   | J   | Rhondda Valley Runners       |
| 513     | 0:31:39  | 1250 | Hannah Lett-Logue     | F   |     |                              |
| 514     | 0:31:40  | 1243 | Nigel Jones           | M   | 35  |                              |
| 515     | 0:31:41  | 948  | Christine Evans       | F   | 55  |                              |
| 516     | 0:31:41  | 1246 | Leah Suchecki         | F   | 35  |                              |
| 517     | 0:31:43  | 1052 | Louisa Addiscott      | F   | 35  | Dragons Running Club         |
| 518     | 0:31:44  | 529  | Arthur Yarranton      | M   | 55  | Run4All                      |
| 519     | 0:31:46  | 1210 | Claire Tidey          | F   | 35  |                              |
| 520     | 0:31:46  | 1143 | Fion Wen Jones        | F   |     | Aberdare VAAC                |
| 521     | 0:31:46  | 661  | Jade Louise Gore      | F   |     |                              |
| 522     | 0:31:46  | 1039 | Simon Davies Jones    | M   | 45  | Aberdare VAAC                |
| 523     | 0:31:47  | 658  | David Leonard Gore    | M   | 45  |                              |
| 524     | 0:31:49  | 445  | Ian Jenkins           | M   | 35  | White Rock Runners           |
| 525     | 0:31:50  | 979  | Jennifer Pierce       | F   |     |                              |
| 526     | 0:31:51  | 782  | Carys Burton          | F   |     |                              |
| 527     | 0:31:52  | 778  | Andrew Monington      | M   |     |                              |
| 528     | 0:31:52  | 930  | Linda Woodward        | F   | 45  |                              |
| 529     | 0:31:52  | 1334 | Petrina Owen          | F   | 45  |                              |
| 530     | 0:31:52  | 672  | Edward Savage         | M   | 55  |                              |
| 531     | 0:31:53  | 865  | Carl Woffington       | M   | 55  | Reading Roadrunners          |

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                       | M/F | Cat | Club                          |
|---------|----------|------|----------------------------|-----|-----|-------------------------------|
| 532     | 0:31:55  | 1289 | Stephanie Davies           | F   | 35  |                               |
| 533     | 0:31:58  | 1262 | Keith Ellis                | M   | 55  |                               |
| 534     | 0:31:58  | 1080 | Abbie Pask                 | F   |     |                               |
| 535     | 0:31:59  | 618  | Elisha Hughes              | F   |     | Dragons Running Club          |
| 536     | 0:32:00  | 1315 | Meghann Reynolds           | F   |     | Dragons Running Club          |
| 537     | 0:32:02  | 1232 | David Todd-Jones           | M   | 55  |                               |
| 538     | 0:32:02  | 376  | Christopher Todd Jones     | M   | 55  | Robertstown Road Runners      |
| 539     | 0:32:02  | 413  | Michael Doxsey             | M   | 35  |                               |
| 540     | 0:32:06  | 1062 | Arianne Grail              | F   |     |                               |
| 541     | 0:32:07  | 1239 | Laura Serpell              | F   |     |                               |
| 542     | 0:32:07  | 1341 | Joel Carter                | M   | J   |                               |
| 543     | 0:32:08  | 308  | Debbie Cumming             | F   | 45  |                               |
| 544     | 0:32:10  | 1240 | Martyn Serpell             | M   | 35  |                               |
| 545     | 0:32:14  | 630  | Mark Vincent               | M   | 35  |                               |
| 546     | 0:32:15  | 844  | Clyde Baker                | M   | 35  |                               |
| 547     | 0:32:17  | 1233 | Rachel Hooper              | F   | 45  |                               |
| 548     | 0:32:17  | 387  | Melanie Daniels            | F   | 35  |                               |
| 549     | 0:32:20  | 1290 | Gemma Clayton              | F   |     |                               |
| 550     | 0:32:21  | 933  | Andrew Thomas              | M   | 45  |                               |
| 551     | 0:32:22  | 335  | Mary Harris                | F   | 45  |                               |
| 552     | 0:32:23  | 1309 | Sarah Evans                | F   |     |                               |
| 553     | 0:32:25  | 1265 | Helen Meredith-Davies      | F   | 55  |                               |
| 554     | 0:32:27  | 921  | Josie Hancox               | F   | J   |                               |
| 555     | 0:32:29  | 442  | Hailey Llewellyn           | F   | 35  |                               |
| 556     | 0:32:30  | 748  | Wayne Vincent              | M   | 45  |                               |
| 557     | 0:32:30  | 383  | Philip Williams            | M   | 35  |                               |
| 558     | 0:32:30  | 32   | Jane Llewellyn             | F   | 55  |                               |
| 559     | 0:32:32  | 1008 | David Bartholomew Williams | M   |     |                               |
| 560     | 0:32:32  | 1238 | Richard Crook              | M   | 45  |                               |
| 561     | 0:32:33  | 339  | Mark Davies                | M   | 45  |                               |
| 562     | 0:32:33  | 828  | John Lovegrove             | M   | 45  |                               |
| 563     | 0:32:34  | 1124 | Meriel Rees                | F   | 35  |                               |
| 564     | 0:32:35  | 1050 | Diane Llewellen            | F   | 35  | Dragons Running Club          |
| 565     | 0:32:35  | 732  | Debra Davies               | F   | 35  | Dragons Running Club          |
| 566     | 0:32:36  | 1191 | Georgia Lehane             | F   |     |                               |
| 567     | 0:32:36  | 730  | Kevin Davies               | M   | 35  |                               |
| 568     | 0:32:36  | 412  | Sian Pearce                | F   | 35  |                               |
| 569     | 0:32:37  | 1237 | Fiona Crook                | F   | 45  |                               |
| 570     | 0:32:39  | 1316 | Sarah Williams             | F   | 35  |                               |
| 571     | 0:32:40  | 913  | Kathryn Evans              | F   | 55  |                               |
| 572     | 0:32:43  | 837  | Helen Harbord              | F   | 35  | Merthyr Running Club          |
| 573     | 0:32:44  | 1027 | James Thomas               | M   | 45  | Old Parish                    |
| 574     | 0:32:45  | 499  | Amanda Richards            | F   | 45  | Lliswerry Runners             |
| 575     | 0:32:45  | 520  | Steven Jones               | M   |     |                               |
| 576     | 0:32:48  | 654  | Joshua Hyde                | M   | J   |                               |
| 577     | 0:32:49  | 505  | Simon Young                | M   | 35  |                               |
| 578     | 0:32:49  | 885  | Ryan Griffiths             | M   | J   |                               |
| 579     | 0:32:52  | 682  | Gail White-Lyon            | F   | 45  |                               |
| 580     | 0:32:53  | 1247 | Mark Moran                 | M   | 35  |                               |
| 581     | 0:32:53  | 453  | Steph Swain                | F   | 35  | Pont-y-pwl & district runners |
| 582     | 0:32:53  | 501  | Michelle Unsworth          | F   | 45  | Lliswerry Runners             |
| 583     | 0:32:54  | 1363 | Lisa Wilson                | F   |     |                               |
| 584     | 0:32:54  | 1023 | Alan Bloomfield            | M   | 45  |                               |
| 585     | 0:32:55  | 400  | Katrina Williams           | F   | 35  |                               |
| 586     | 0:32:55  | 750  | Helena James               | F   | 35  |                               |
| 587     | 0:32:56  | 749  | Lisa Williams              | F   | 45  |                               |
| 588     | 0:32:58  | 1340 | Mark Carter                | M   | 45  |                               |
| 589     | 0:33:00  | 425  | Christine Vorres           | F   | 55  | Pont-y-pwl & district runners |
| 590     | 0:33:00  | 787  | Hayley Kemp                | F   | 35  |                               |
| 591     | 0:33:01  | 1037 | Menna McCarthy             | F   | 45  | Dragons Running Club          |
| 592     | 0:33:06  | 919  | Sian Thomas                | F   | 45  |                               |
| 593     | 0:33:07  | 918  | Paul Thomas                | M   |     |                               |
| 594     | 0:33:13  | 446  | Anna Gambarini             | F   | 35  |                               |
| 595     | 0:33:13  | 665  | Ian Edwards                | M   | 55  |                               |
| 596     | 0:33:15  | 488  | Chris Jones                | M   | 35  |                               |
| 597     | 0:33:15  | 916  | Karen Ralph                | F   | 45  | Lliswerry Runners             |
| 598     | 0:33:16  | 1086 | Hayley Davies              | F   | 35  |                               |
| 599     | 0:33:16  | 1082 | Fran Davies                | F   | 45  |                               |
| 600     | 0:33:17  | 367  | Chantelle Jones            | F   |     |                               |
| 601     | 0:33:17  | 368  | Meg Bunney                 | F   | J   |                               |
| 602     | 0:33:18  | 369  | Sian Jenkins               | F   |     |                               |
| 603     | 0:33:19  | 411  | Leah Doxsey                | F   |     |                               |
| 604     | 0:33:21  | 440  | Tasmin Oakley              | F   | 35  |                               |
| 605     | 0:33:24  | 437  | John Oakley                | M   | 35  |                               |
| 606     | 0:33:25  | 1087 | Ross Keeling               | M   | 35  | Islwyn RC                     |
| 607     | 0:33:27  | 421  | Sarah-Jane Key             | F   |     | Islwyn RC                     |



## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name               | M/F | Cat | Club                          |
|---------|----------|------|--------------------|-----|-----|-------------------------------|
| 608     | 0:33:28  | 605  | Toni Lacey         | F   | 45  |                               |
| 609     | 0:33:29  | 539  | Mike Matthews      | M   | 55  |                               |
| 610     | 0:33:30  | 1112 | Sarah-Jane Hughes  | F   | 35  | Brecon Triathlon Club         |
| 611     | 0:33:31  | 1323 | John Williams      | M   |     |                               |
| 612     | 0:33:31  | 1111 | Alison Nicholls    | F   | 45  |                               |
| 613     | 0:33:34  | 1077 | Emma Parker        | F   | 35  | Pont-y-pwl & district runners |
| 614     | 0:33:35  | 1333 | Jayne Parker-Jones | F   | 35  |                               |
| 615     | 0:33:38  | 338  | Heidy Davies       | F   | 45  |                               |
| 616     | 0:33:40  | 1109 | Susan Hallam       | F   | 45  |                               |
| 617     | 0:33:41  | 326  | Andrew Davies      | M   | 45  |                               |
| 618     | 0:33:41  | 898  | Leah Coleman       | F   |     |                               |
| 619     | 0:33:42  | 839  | Cody Allen         | F   |     |                               |
| 620     | 0:33:43  | 1101 | Sai Kurmaully      | F   | 35  |                               |
| 621     | 0:33:43  | 947  | Kara Evans         | F   |     |                               |
| 622     | 0:33:44  | 1338 | Joanna Kanda       | F   | 45  |                               |
| 623     | 0:33:44  | 508  | Geoff Cheetham     | M   | 55  |                               |
| 624     | 0:33:45  | 571  | Carwyn Evans       | M   | 45  | Dragons Running Club          |
| 625     | 0:33:47  | 476  | Samantha Parsons   | F   | 45  | Robertstown Road Runners      |
| 626     | 0:33:47  | 759  | Louise Gethin      | F   |     |                               |
| 627     | 0:33:52  | 1353 | Michelle Noble     | F   | 45  |                               |
| 628     | 0:33:56  | 391  | Simon Caddy        | M   |     | Pontypridd Roadents           |
| 629     | 0:33:57  | 791  | Ryan Smith         | M   | 35  |                               |
| 630     | 0:33:57  | 401  | Ruth Caddy         | F   | 45  | Pontypridd Roadents           |
| 631     | 0:34:00  | 462  | Daniel Evans       | M   |     |                               |
| 632     | 0:34:06  | 447  | Rob Coles          | M   | 55  |                               |
| 633     | 0:34:11  | 718  | Darren Young       | M   | 35  |                               |
| 634     | 0:34:11  | 1195 | Cathrine Silver    | F   | 35  |                               |
| 635     | 0:34:12  | 635  | Wyn Howell         | M   | 55  |                               |
| 636     | 0:34:12  | 361  | Nicola Richards    | F   | 35  | Islwyn RC                     |
| 637     | 0:34:13  | 1339 | Sara Evans         | F   | 35  |                               |
| 638     | 0:34:18  | 418  | Matthew West       | M   | 35  |                               |
| 639     | 0:34:19  | 691  | Paul Buckle        | M   | 45  |                               |
| 640     | 0:34:21  | 422  | Hayley Williams    | F   | 35  |                               |
| 641     | 0:34:22  | 461  | Joanne Evans       | F   | 35  | Parc Bryn Bach                |
| 642     | 0:34:25  | 928  | Bernard Majer      | M   | 55  |                               |
| 643     | 0:34:26  | 929  | Rachael Majer      | F   | 35  |                               |
| 644     | 0:34:26  | 652  | Rhian Morgan       | F   | 35  |                               |
| 645     | 0:34:29  | 764  | David Chin         | M   |     |                               |
| 646     | 0:34:29  | 566  | Anthony Hall       | M   | 55  |                               |
| 647     | 0:34:29  | 609  | Russel Webber      | M   | 55  |                               |
| 648     | 0:34:30  | 1051 | Andrew Addiscott   | M   | 45  |                               |
| 649     | 0:34:32  | 1026 | Keri Bloomfield    | F   | 45  |                               |
| 650     | 0:34:33  | 715  | Sian Tossell       | F   | 45  | Cwm Ogwr                      |
| 651     | 0:34:33  | 617  | Nigel Thomas       | M   | 55  |                               |
| 652     | 0:34:34  | 1011 | David Lowe         | M   | 55  |                               |
| 653     | 0:34:37  | 911  | Stephanie Nicholas | F   |     |                               |
| 654     | 0:34:37  | 935  | Ruth Williams      | F   | 35  | Team Rees                     |
| 655     | 0:34:39  | 1018 | Rhian Button       | F   | 35  | Merthyr Running Club          |
| 656     | 0:34:43  | 337  | Katherine Williams | F   | 35  | Parc Bryn Bach                |
| 657     | 0:34:43  | 1192 | Martin Miles       | M   | 35  |                               |
| 658     | 0:34:44  | 924  | Kirsty Phillips    | F   |     |                               |
| 659     | 0:34:45  | 546  | Nicola Lewis       | F   |     | Parc Bryn Bach                |
| 660     | 0:34:46  | 496  | Elaine Hicks       | F   | 55  | Robertstown Road Runners      |
| 661     | 0:34:53  | 1307 | Brian Price        | M   | 45  |                               |
| 662     | 0:34:54  | 477  | Helenne Jones      | F   | 35  | Taff Ely Tri                  |
| 663     | 0:34:55  | 581  | Georgina Evans     | F   |     |                               |
| 664     | 0:34:55  | 1306 | Sharon Price       | F   | 45  |                               |
| 665     | 0:34:56  | 1248 | Rhian Moran        | F   | 45  | Merthyr Running Club          |
| 666     | 0:34:56  | 518  | Joanne Glaettli    | F   | 35  |                               |
| 667     | 0:34:58  | 743  | Nia Bryan          | F   |     |                               |
| 668     | 0:34:58  | 765  | Kirsty Shellard    | F   |     |                               |
| 669     | 0:34:59  | 563  | Samuel Wilkins     | M   |     |                               |
| 670     | 0:35:01  | 868  | Stephanie Jones    | F   |     |                               |
| 671     | 0:35:05  | 988  | Tracey Gibbs       | F   | 45  |                               |
| 672     | 0:35:05  | 342  | Gavin Fraser       | M   | 45  |                               |
| 673     | 0:35:05  | 340  | Georgina Fraser    | F   | 45  | Cornelly Striders AC          |
| 674     | 0:35:07  | 923  | Debbie Perry       | F   | 35  |                               |
| 675     | 0:35:21  | 812  | Claire Louise      | F   | 45  | Dragons Running Club          |
| 676     | 0:35:21  | 1035 | Ian Diamond        | M   | 45  | Dragons Running Club          |
| 677     | 0:35:23  | 1150 | Alun Roach         | M   | 35  |                               |
| 678     | 0:35:24  | 662  | Kay Lawless        | F   | 55  |                               |
| 679     | 0:35:25  | 1028 | Dean Coombes       | M   |     |                               |
| 680     | 0:35:27  | 786  | Matt Kemp          | M   | 35  |                               |
| 681     | 0:35:28  | 1149 | Sian Roach         | F   | 35  |                               |
| 682     | 0:35:30  | 1108 | Roger Howard       | M   | 45  |                               |
| 683     | 0:35:33  | 703  | Barrie Montague    | M   | 55  |                               |

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                   | M/F | Cat | Club                     |
|---------|----------|------|------------------------|-----|-----|--------------------------|
| 684     | 0:35:35  | 1325 | Paul Jones             | M   | 45  |                          |
| 685     | 0:35:35  | 1326 | Kelsey Jones           | F   |     |                          |
| 686     | 0:35:41  | 489  | Faye Fallon            | F   |     |                          |
| 687     | 0:35:45  | 664  | Samantha Turner        | F   | 35  | Robertstown Road Runners |
| 688     | 0:35:46  | 1125 | Nicola Gannon          | F   | 45  | Outdoor Fitness          |
| 689     | 0:35:47  | 666  | Katherine Hann-Jones   | F   | 35  |                          |
| 690     | 0:35:47  | 634  | Leanne Hale-lewis      | F   | 35  |                          |
| 691     | 0:35:50  | 878  | Stevie Ingram          | F   |     |                          |
| 692     | 0:35:51  | 357  | Trish Tazzini-Lloyd    | F   | 35  |                          |
| 693     | 0:35:51  | 356  | David Tazzini-Lloyd    | M   | 35  |                          |
| 694     | 0:35:52  | 827  | Jennifer Evans         | F   | 35  |                          |
| 695     | 0:35:54  | 692  | Tracy Buckle           | F   | 35  |                          |
| 696     | 0:35:56  | 997  | Elizabeth Jones        | F   | 45  |                          |
| 697     | 0:35:56  | 1041 | Hannah Munkley         | F   |     |                          |
| 698     | 0:36:04  | 602  | Allyson Sullivan       | F   | 45  | Merthyr Running Club     |
| 699     | 0:36:22  | 318  | Katie Healey           | F   |     | Nike+ Run Club Cardiff   |
| 700     | 0:36:23  | 931  | Christopher Beale      | M   |     |                          |
| 701     | 0:36:24  | 631  | Joanne Vincent         | F   | 45  |                          |
| 702     | 0:36:25  | 317  | Melanie Phillips       | F   | 35  | Parc Bryn Bach           |
| 703     | 0:36:27  | 11   | Lee Phillips           | M   | 35  | Parc Bryn Bach           |
| 704     | 0:36:32  | 790  | Sian Jones             | F   | 35  | Lliswerry Runners        |
| 705     | 0:36:34  | 717  | Julie Gibson           | F   | 45  | Lliswerry Runners        |
| 706     | 0:36:34  | 789  | Martyn Jones           | M   | 45  | Lliswerry Runners        |
| 707     | 0:36:35  | 952  | Carl Lineham           | M   | 35  |                          |
| 708     | 0:36:37  | 629  | Amy Lineham            | F   |     |                          |
| 709     | 0:36:38  | 1120 | Emma Nicholas          | F   | 35  |                          |
| 710     | 0:36:41  | 1147 | Nicole Webber          | F   |     |                          |
| 711     | 0:36:42  | 1129 | Stephen Webber         | M   | 45  |                          |
| 712     | 0:36:46  | 1116 | Leigh Jacka            | F   |     |                          |
| 713     | 0:36:50  | 1040 | Ellen Williams         | F   | 45  |                          |
| 714     | 0:36:53  | 599  | Mellissa Nash          | F   | 35  |                          |
| 715     | 0:36:54  | 559  | Alison Brown           | F   | 35  | Dragons Running Club     |
| 716     | 0:36:57  | 396  | Dawn Surrey            | F   | 35  |                          |
| 717     | 0:36:58  | 1196 | Nicola Evans           | F   |     |                          |
| 718     | 0:36:59  | 1194 | Rhiannon Evans         | F   |     |                          |
| 719     | 0:37:03  | 962  | Sarah Kirton           | F   |     |                          |
| 720     | 0:37:04  | 961  | Ellis Cunliffe         | F   |     | RCT Homes                |
| 721     | 0:37:05  | 513  | Amanda De Benedictis   | F   | 35  |                          |
| 722     | 0:37:06  | 815  | Jinine Madley          | F   |     |                          |
| 723     | 0:37:11  | 1219 | Ida Sanders            | F   |     |                          |
| 724     | 0:37:11  | 996  | Leeann Barrett         | F   | 35  |                          |
| 725     | 0:37:12  | 1093 | David Thomas           | M   |     |                          |
| 726     | 0:37:15  | 1016 | Catherine Hutchings    | F   |     | Lliswerry Runners        |
| 727     | 0:37:23  | 795  | Gareth Bailey          | M   |     |                          |
| 728     | 0:37:23  | 811  | Lorna Bailey           | F   | 35  |                          |
| 729     | 0:37:23  | 310  | Kim Peacock            | F   | 55  |                          |
| 730     | 0:37:28  | 678  | Rebecca Jones          | F   | 35  |                          |
| 731     | 0:37:28  | 516  | Cara St Clair          | F   | 35  |                          |
| 732     | 0:37:35  | 626  | Anouska Beaumont       | F   | 35  | Taff Ely Tri             |
| 733     | 0:37:40  | 466  | Natalie Gibbons        | F   |     |                          |
| 734     | 0:37:43  | 866  | Gary George            | M   | 35  |                          |
| 735     | 0:37:45  | 888  | Martin Fidler Jones    | M   |     |                          |
| 736     | 0:37:46  | 887  | Ceri-Anne Fidler Jones | F   |     |                          |
| 737     | 0:37:51  | 832  | Nadine Lloyd           | F   |     |                          |
| 738     | 0:37:51  | 820  | Jyothy Nair            | F   | 35  |                          |
| 739     | 0:38:02  | 364  | Cheryl Bunney          | F   | 35  | Aberdare VAAC            |
| 740     | 0:38:02  | 762  | Julie Cook             | F   | 45  |                          |
| 741     | 0:38:06  | 328  | Rhiann Williams        | F   | 35  |                          |
| 742     | 0:38:06  | 471  | Carin Davies           | F   | 45  |                          |
| 743     | 0:38:06  | 320  | Andrea Assirati        | F   | 45  |                          |
| 744     | 0:38:06  | 327  | Joanne Robinson        | F   | 35  | Islwyn RC                |
| 745     | 0:38:13  | 130  | Gwen Richards          | F   | J   | Pontypridd Roadents      |
| 746     | 0:38:14  | 667  | Sara Kelly             | F   | 35  | Pontypridd Roadents      |
| 747     | 0:38:14  | 319  | Julia Herbert          | F   | 35  |                          |
| 748     | 0:38:15  | 380  | Rhian Nash             | F   |     |                          |
| 749     | 0:38:21  | 1225 | Dawn Daniel            | F   | 35  |                          |
| 750     | 0:38:21  | 1229 | Lisa Daniel            | F   | 35  |                          |
| 751     | 0:38:22  | 1283 | Sioned Haf             | F   |     |                          |
| 752     | 0:38:22  | 1282 | Antonio Rizzo          | M   | 35  |                          |
| 753     | 0:38:23  | 763  | Steven Hoare           | M   |     |                          |
| 754     | 0:38:24  | 491  | Mair Johnson           | F   |     |                          |
| 755     | 0:38:34  | 311  | Nicola Phillips        | F   | 35  |                          |
| 756     | 0:38:49  | 872  | Sian Locke             | F   | 45  |                          |
| 757     | 0:38:49  | 871  | Judith Edmunds         | F   | 45  |                          |
| 758     | 0:38:50  | 1259 | Nadine Davies          | F   | 35  | Merthyr Running Club     |
| 759     | 0:38:54  | 776  | Hayley Burton          | F   | 55  |                          |

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                | M/F | Cat | Club                  |
|---------|----------|------|---------------------|-----|-----|-----------------------|
| 760     | 0:38:55  | 802  | Kevin Hamer         | M   | 55  |                       |
| 761     | 0:38:55  | 774  | Lewis Burton        | M   |     |                       |
| 762     | 0:39:01  | 751  | Sandra Price        | F   | 45  |                       |
| 763     | 0:39:05  | 1364 | Julie Edwards       | F   | 35  |                       |
| 764     | 0:39:06  | 805  | Christine McKnight  | F   | 35  |                       |
| 765     | 0:39:18  | 427  | Alan Griffiths      | M   | 55  |                       |
| 766     | 0:39:19  | 909  | Owen Griffiths      | M   | 35  |                       |
| 767     | 0:39:19  | 1075 | Craig Thomas        | M   |     |                       |
| 768     | 0:39:20  | 1079 | Joy Griffiths       | F   | 55  |                       |
| 769     | 0:39:21  | 744  | Martin Williams     | M   | 35  |                       |
| 770     | 0:39:22  | 745  | Joanne Dorgan       | F   | 45  |                       |
| 771     | 0:39:23  | 901  | Jeanette Robins     | F   | 45  |                       |
| 772     | 0:39:24  | 679  | Lynsey Taylor       | F   |     |                       |
| 773     | 0:39:24  | 726  | Tracey Evans        | F   | 45  |                       |
| 774     | 0:39:34  | 1067 | Andrea Davies       | F   | 35  | Merthyr Running Club  |
| 775     | 0:39:35  | 433  | Nia Thomas          | F   | 35  | Merthyr Running Club  |
| 776     | 0:39:36  | 523  | David John Brittain | M   |     |                       |
| 777     | 0:39:39  | 517  | Kerry Wakefield     | F   | 35  |                       |
| 778     | 0:39:40  | 926  | Linda Edwards       | F   | 45  |                       |
| 779     | 0:39:46  | 740  | Enfys Hussey        | F   |     | Dragons Running Club  |
| 780     | 0:39:47  | 742  | Cathryn Jones       | F   | 35  | Dragons Running Club  |
| 781     | 0:39:49  | 1136 | Suzanne Kesteven    | F   | 45  |                       |
| 782     | 0:39:49  | 1135 | Ralph Kesteven      | M   | 35  |                       |
| 783     | 0:39:52  | 1021 | Chris Hill          | M   | 35  | Dragons Running Club  |
| 784     | 0:39:53  | 388  | Maria Gill          | F   | 35  |                       |
| 785     | 0:39:54  | 586  | Bennet McVeigh      | M   | 45  |                       |
| 786     | 0:39:55  | 323  | David Kirk          | M   | 35  |                       |
| 787     | 0:39:56  | 487  | Lynne Jones         | F   | 55  | Merthyr Running Club  |
| 788     | 0:39:57  | 766  | Donna Jones         | F   | 45  |                       |
| 789     | 0:39:57  | 767  | Philip Jones        | M   | 45  |                       |
| 790     | 0:40:07  | 1019 | Trudi Edwards       | F   | 35  | Dragons Running Club  |
| 791     | 0:40:07  | 683  | Melanie Thomas      | F   | 35  |                       |
| 792     | 0:40:07  | 861  | Lisa Falat          | F   | 35  | Dragons Running Club  |
| 793     | 0:40:12  | 882  | Jennifer Sibley     | F   |     |                       |
| 794     | 0:40:13  | 880  | Rob Sibley          | M   | 55  | Medway & Maidstone AC |
| 795     | 0:40:18  | 1002 | Louise Davies       | F   | 35  |                       |
| 796     | 0:40:19  | 1284 | Rachel Davies       | F   | 35  |                       |
| 797     | 0:40:27  | 1236 | Helen Williams      | F   | 35  | Les Croupiers         |
| 798     | 0:40:32  | 1294 | Kathryn Taylor      | F   | 35  |                       |
| 799     | 0:40:38  | 704  | Claire Mardon       | F   | 35  |                       |
| 800     | 0:40:47  | 830  | Caroline Garnett    | F   | 35  |                       |
| 801     | 0:40:48  | 1288 | Lisa Pritchard      | F   | 35  |                       |
| 802     | 0:40:49  | 842  | John Williams       | M   | 55  |                       |
| 803     | 0:40:50  | 1271 | Rowan Forsyth       | M   | J   |                       |
| 804     | 0:40:51  | 1287 | Simon Pritchard     | M   | 35  | Pontypridd Roadents   |
| 805     | 0:40:54  | 637  | Jeff Enoch          | M   | 45  |                       |
| 806     | 0:40:56  | 475  | Rhian Traylor       | F   |     |                       |
| 807     | 0:40:57  | 735  | Emma Hillman        | F   | 35  |                       |
| 808     | 0:41:07  | 1064 | Wendy Edwards       | F   | 45  | Run4All               |
| 809     | 0:41:10  | 330  | Stephanie Edwards   | F   |     |                       |
| 810     | 0:41:11  | 993  | Rosemarie Jones     | F   | 55  |                       |
| 811     | 0:41:17  | 562  | Nicola Howell       | F   | 45  |                       |
| 812     | 0:41:22  | 808  | Helena Lloyd Jones  | F   | 55  | Pegasus               |
| 813     | 0:41:24  | 867  | Wayne Phillips      | M   | 55  |                       |
| 814     | 0:41:37  | 847  | Joanne Jones        | F   | 35  |                       |
| 815     | 0:41:54  | 587  | Catherine McVeigh   | F   | 45  |                       |
| 816     | 0:41:57  | 1017 | Lynette Howell      | F   | 45  | Celtic Tri            |
| 817     | 0:42:27  | 869  | Louise Mack         | F   | 35  | Merthyr Running Club  |
| 818     | 0:42:30  | 1042 | Louise Hughes       | F   | 55  |                       |
| 819     | 0:42:31  | 1043 | Chris George        | M   | 45  |                       |
| 820     | 0:42:59  | 321  | Pamela Kirk         | F   | 35  |                       |
| 821     | 0:43:09  | 493  | Ben Romais          | M   |     |                       |
| 822     | 0:43:26  | 1367 | Elizabeth Phillips  | F   | 35  |                       |
| 823     | 0:43:27  | 707  | Bethan Davies       | F   |     |                       |
| 824     | 0:43:27  | 483  | Sian Edwards        | F   |     |                       |
| 825     | 0:43:27  | 705  | Karene Savage       | F   |     |                       |
| 826     | 0:43:27  | 480  | Rebecca Walker      | F   | 35  |                       |
| 827     | 0:44:03  | 680  | Rebecca Spiller     | F   |     |                       |
| 828     | 0:44:07  | 640  | David Howell        | M   |     |                       |
| 829     | 0:44:08  | 639  | Kate Mercer         | F   |     |                       |
| 830     | 0:44:19  | 723  | Ceri Morgan         | F   | 45  |                       |
| 831     | 0:44:44  | 638  | Helen Jones         | F   | 45  |                       |
| 832     | 0:44:44  | 625  | Sarah Handley       | F   | 35  |                       |
| 833     | 0:45:10  | 379  | Helenne Johnson     | F   | 35  |                       |
| 834     | 0:45:35  | 1144 | Kathryn Donovan     | F   | 35  |                       |
| 835     | 0:47:26  | 696  | David Thomas        | M   |     | Barry & The Vale SMR  |

## 2015 Nos Galan Seniors

| Gun Pos | Gun Time | No   | Name                 | M/F | Cat | Club                 |
|---------|----------|------|----------------------|-----|-----|----------------------|
| 836     | 0:47:27  | 694  | Kirstine Hughes      | F   | 35  | Barry & The Vale SMR |
| 837     | 0:48:13  | 1105 | Charlotte Herrington | F   |     |                      |
| 838     | 0:48:47  | 983  | Sharon Baker         | F   | 35  |                      |
| 839     | 0:48:48  | 982  | Annabel Dowell       | F   | 35  |                      |
| 840     | 0:49:05  | 886  | Lorraine Griffiths   | F   | 45  |                      |
| 841     | 0:49:10  | 816  | Jessica Minty        | F   |     |                      |
| 842     | 0:49:30  | 907  | Andrea Jenkins       | F   | 45  | Run4All              |
| 843     | 0:49:30  | 908  | Nicholas Jenkins     | M   | 45  | Run4All              |
| 844     | 0:50:53  | 978  | Debbie Lucey         | F   | 45  |                      |
| 845     | 0:50:54  | 980  | Gareth Lucey         | M   |     |                      |
| 846     | 0:55:13  | 849  | Lisa Keywood         | F   | 35  |                      |
| 847     | 0:55:13  | 848  | Jennifer Williams    | F   | 55  |                      |