

## 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 Meco	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

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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	