

## 2016 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:14:11	1418	Kristian Jones	M		Swansea Harriers
2	0:14:13	163	Ieuan Thomas	M		Cardiff AAC
3	0:14:18	271	Alex George	M		Gloucester AC
4	0:14:23	173	Joshua Griffiths	M		Swansea Harriers
5	0:14:37	1417	Jack Goodwin	M		Bedford and County
6	0:14:38	29	Dan Nash	M		East Cornwall Harriers
7	0:14:43	261	Stephen Mitchell	M		
8	0:14:43	1414	Matthew Bergin	M		Bedford and County
9	0:14:44	1400	Carwyn Jones	M	35	Cardiff AAC
10	0:14:59	262	Owain Jones	M	35	Bristol & West AC
11	0:15:02	227	Ben Cole	M		Tonbridge AC
12	0:15:03	1422	Michael Hiscott	M		Maidenhead Athletics Club
13	0:15:05	28	Ciaran Lewis	M	J	Cardiff AAC
14	0:15:07	1416	Jack Douglas	M		Bedford and County
15	0:15:11	104	James Hunt	M		Cardiff AAC
16	0:15:22	1419	Ross Matherson	M		Lasswade Athletics
17	0:15:26	40	Matthew Rees	M		Swansea Harriers
18	0:15:27	272	Thomas George	M		Gloucester AC
19	0:15:35	197	James Vincent	M	J	Cardiff AAC
20	0:15:38	1415	Michael Harrison	M		Bedford and County
21	0:15:40	1412	Joshua Junn	M		Bedford and County
22	0:15:41	231	Alex Bampton	M		Cheltenham Harriers
23	0:15:41	170	Jac Smith	M	J	Cardiff AAC
24	0:15:45	160	Owen Haswell	M		Cardiff Uni
25	0:15:55	1410	Stephen Morris	M		Cardiff AAC
26	0:15:56	266	Chris Silver	M		Maidenhead Athletics Club
27	0:15:58	177	Aled Hughes	M	35	Aberystwyth AC
28	0:16:00	289	Charlotte Arter	F		Cardiff AAC
29	0:16:06	205	Mike Burrett	M	35	Leeds City Ac
30	0:16:08	62	Andrew Tuckey	M	35	Bridgend AC
31	0:16:14	18	Paul Graham	M		Pontypridd Roadents
32	0:16:18	51	Doug Nicholls	M	35	Les Croupiers
33	0:16:24	107	Stefan Simms	M	45	Mickey Morris Racing Team
34	0:16:27	247	Matthew Evans	M		Aberdare VAAC
35	0:16:28	88	Gareth Ayres	M		Port Talbot Harriers
36	0:16:29	1438	Nicole Roberts	F		Birchfield Harriers
37	0:16:29	156	Ben Butler-Madden	M	35	Penarth and Dinas Runners
38	0:16:29	276	Robert Male	M		Rugby and Northhampton
39	0:16:33	26	Elliott Hardee	M		Newport Harriers
40	0:16:33	1423	Kerry O'Flaherty	F	35	
41	0:16:36	290	Rob Johnson	M	35	Aberystwyth AC
42	0:16:38	89	Gary Wyn Davies	M		Aberystwyth AC
43	0:16:41	138	Darren Bishop	M	35	Pontypridd Roadents
44	0:16:44	230	Dan Thomas	M		
45	0:16:44	260	Peter Ryder	M	35	Aberdare VAAC
46	0:16:45	111	Matthew Jacklin	M	35	Aberdare AAC
47	0:16:46	56	David Aubrey	M		Cheltenham & County Harriers
48	0:16:47	1421	Clara Evans	F		Pontypridd Roadents
49	0:16:50	282	Mike Pfeiffer	M	45	Brecon AC
50	0:16:53	187	Isaac Thurgood	M	J	newport harriers
51	0:16:55	1405	Andrew De-Camps	M		Gloucester AC
52	0:16:55	154	Gareth Hurman	M	J	
53	0:16:56	299	Charlotte Taylor-Green	F		
54	0:16:57	118	Stuart Crees	M	35	Les Croupiers
55	0:17:03	109	Robert John	M	35	
56	0:17:04	1426	Patrick Jones	M		Sheffield Hallam Univeristy
57	0:17:08	75	Neil Jones	M	35	Cwm Ogwr
58	0:17:09	35	Eamonn Kirk	M	45	Swansea Harriers
59	0:17:20	235	Alaw Beynon-Thomas	F		Swansea Harriers
60	0:17:22	1425	Lucy Marland	F		Cardiff AAC
61	0:17:24	149	Vaughan Edwards	M	35	Cardiff Harlequins
62	0:17:29	48	Matthew Hurford	M	35	Les Croupiers
63	0:17:31	77	Nathan Flear	M		3M Gorseinon
64	0:17:33	291	Nicholas Tulp	M		Les Croupiers
65	0:17:33	15	Gareth Knight	M	35	Newport Harriers
66	0:17:34	8	Nick Mackay	M		Swansea Harriers
67	0:17:37	294	Carys Hughes	F		Cardiff AAC
68	0:17:40	166	Thomas Guest	M	45	Swansea Harriers
69	0:17:40	5	Jake Brooke-Smith	M	J	Pontypridd Roadents
70	0:17:43	221	Sarah Morris	F		
71	0:17:46	3	Rebecca Evans	F		Cardiff AAC
72	0:17:46	157	Jon Belcher	M	35	Liswerry Runners
73	0:17:49	169	Emily Lagomarsino	F		San Domenico
74	0:17:49	171	Liam McDonnell	M		
75	0:17:55	41	Megan McBrien	F		RSCAC
76	0:17:55	1401	Kieran John	M		

## 2016 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
77	0:17:56	147	Adrian Lewis	M	45	Aberdare VAAC
78	0:17:57	53	Richard Elgar	M		Liswerry Runners
79	0:18:01	121	Jason Turner	M	45	Swansea Harriers
80	0:18:01	208	Richard Lloyd	M	35	Aberdare AAC
81	0:18:03	36	Stephen Mathers	M		Parc Bryn Bach
82	0:18:03	67	Laurence Pole	M	35	Pontypridd Roadents
83	0:18:09	13	Ceri Tapper	M	45	
84	0:18:13	194	Owen Locke	M	J	Newport Harriers
85	0:18:13	288	Tom Chapman	M	35	Pencoed Tri
86	0:18:17	106	Naomi Reid	F	J	Cardiff AAC
87	0:18:18	165	Gabrielius Stuokus	M		Les Croupiers
88	0:18:23	21	Gethin Powell	M		White Rock Runners
89	0:18:26	295	Gavin Patterson	M		Parc Bryn Bach
90	0:18:28	37	Philip Williams	M	35	Pontypridd Roadents
91	0:18:29	50	David Richardson	M		Pont-Y-Pwl & District Runners
92	0:18:33	284	Simon Dill	M		Swansea Harriers
93	0:18:35	248	Dale Williams	M	35	Brecon AC
94	0:18:35	172	Steven Smith	M	45	Cardiff AAC
95	0:18:38	259	Sam Moore	M		Cornelly Striders
96	0:18:39	190	Lee Watts	M	35	
97	0:18:41	202	Owain Strange	M		
98	0:18:46	125	Chris Lloyd	M		Run4All Neath
99	0:18:46	186	Lee Williams	M		
100	0:18:49	146	Martin Cole	M	45	Run4All Neath
101	0:18:50	179	Anthony Bannon	M		San Domenico
102	0:18:50	47	Ricci Watts	M		Pont-Y-Pwl & District Runners
103	0:18:51	274	Philip Boorman	M	45	Liswerry Runners
104	0:18:53	12	Bethan Evans	F	J	Cardiff AAC
105	0:18:54	1427	Jemima Osborn	F		Swansea Harriers
106	0:18:54	193	John Seaward	M		San Domenico
107	0:18:58	234	Liam Osborne	M		Pontypridd Roadents
108	0:19:01	204	Darryl Cook	M	35	Parc Bryn Bach
109	0:19:02	142	James Bruce	M	35	
110	0:19:03	174	Sharon Leech	F	45	Carmarthen Harriers
111	0:19:04	74	Geraint Williams	M		
112	0:19:06	224	Hannah Bateson	F		Lancaster and Morcombe
113	0:19:13	158	Stephen Carter	M	45	Parc Bryn Bach
114	0:19:18	1404	Brian Paynter	M	45	Les Croupiers
115	0:19:18	129	Kevin Fosbury	M		
116	0:19:18	246	Lee Stuart	M	55	
117	0:19:20	91	Steve Payne	M	35	Caerphilly Runners
118	0:19:23	54	Andrew Dickens	M	45	Pont-Y-Pwl & District Runners
119	0:19:24	93	Jonathon Astley	M		Parc Bryn Bach
120	0:19:25	293	Helen Sharpe	F	35	Bristol & West AC
121	0:19:27	229	Alastair Gardner	M		Northampton and Rugby
122	0:19:28	1402	Christopher Gay	M	35	Ebbw Vale RC
123	0:19:35	80	Steven Hooper	M	45	Pontypridd Roadents
124	0:19:37	219	Gafin Griffiths	M	35	Les Croupiers
125	0:19:39	98	Jeff Thomas	M	45	Bridgend AC
126	0:19:40	191	Paul Donovan	M	45	Pont-Y-Pwl & District Runners
127	0:19:42	85	Gary Webber	M	45	Rhondda Valley Runners
128	0:19:42	267	Kerry Galey	M	45	
129	0:19:43	213	Robert Evans	M	45	Ebbw Vale RC
130	0:19:44	251	Bleddyn Jones	M	35	BRAT
131	0:19:48	167	David Matthews	M	35	
132	0:19:49	292	Daryl Beggs	M	35	Bristol & West AC
133	0:19:49	268	Dan Lloyd	M	35	CDF Runners
134	0:19:50	183	Tom Martin	M		CDF Runners
135	0:19:52	283	Andrew Pask	M	35	Grantham running Club
136	0:19:53	6	Helen-Marie Davies	F	35	Swansea Harriers
137	0:19:55	207	Paul Hill	M	45	Pegasus RC
138	0:19:57	244	Niel Harris	M	35	Cwm Ogwr
139	0:19:59	152	Richard Rees	M	35	Orrange Army
140	0:19:59	143	Claire Bruce	F	35	
141	0:19:59	59	Kristie O'Connell	F		Pontypridd Roadents
142	0:20:00	217	Gavin Crimmings	M	35	
143	0:20:01	254	Mark Kallenberg	M	55	Cardigan Running Club
144	0:20:02	108	Geoff Partridge	M	45	Bristol & West AC
145	0:20:09	279	Billy Daniels	M	55	
146	0:20:13	214	Gavin Chappelle	M	35	CDF Runners
147	0:20:13	96	Andrew Jones	M	45	Parc Bryn Bach
148	0:20:15	155	Matthew Mulcahy	M	35	Caerleon RC
149	0:20:16	49	Holli Jehu	F	J	Aberdare VAAC
150	0:20:17	124	Peter Llewellyn	M	35	
151	0:20:17	92	Tom McCarthy	M		
152	0:20:20	1420	Gareth Morgan	M	45	

## 2016 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
153	0:20:21	16	Danielle Phillips	F		Parc Bryn Bach
154	0:20:21	63	Ian Kent	M		Parc Bryn Bach
155	0:20:21	97	Rachel Evans	F	35	
156	0:20:24	256	Gareth Howells	M		Caerleon RC
157	0:20:24	176	David Evans	M		
158	0:20:25	39	Dan Morgan	M		Swansea Harriers
159	0:20:32	168	Steve Daley	M	35	
160	0:20:34	252	Lauren Cooper	F		Parc Bryn Bach
161	0:20:39	1411	Steven Bridges	M	45	Aberdare AAC
162	0:20:41	151	Peter Rodger	M	55	Caerleon RC
163	0:20:43	24	Ryan Minard	M		Aberdare VAAC
164	0:20:44	116	Eleri Rogers	F	35	CDF Runners
165	0:20:52	27	Gina Hardman	F	45	Bridgend AC
166	0:20:53	14	Rachel Lewis	F	35	Parc Bryn Bach
167	0:20:55	70	Cheryl Evans	F		Victoria Park Harriers and Tower Ham
168	0:20:55	140	Jamie Bishop	M		
169	0:20:57	1428	Jordan Lacey	F		
170	0:21:02	94	Kris Powell	M		Bridgend AC
171	0:21:07	7	Terry Vaughan	M	35	Parc Bryn Bach
172	0:21:10	86	Carl Edwards	M	45	Pontypridd Roadents
173	0:21:15	38	Alex Williams	M	45	
174	0:21:17	298	Huw Jones	M	45	Taff Ely Tri
175	0:21:19	223	Dominic Shields	M	45	San Domenico
176	0:21:19	105	Sheryl Evans	F	45	Hereford Couriers
177	0:21:21	112	Caryl Wyn Davies	F		Sarn Helen
178	0:21:23	87	Janet Edwards	F	45	Pontypridd Roadents
179	0:21:24	43	Daniel Morgan	M	35	Bridgend AC
180	0:21:28	242	Steven Howell	M	35	Triathlon Coaching Wales
181	0:21:29	117	Robert Evans	M	55	Les Croupiers
182	0:21:31	144	Iestyn Henson	M	45	Pontypridd Roadents
183	0:21:32	114	Steve Pring	M	45	
184	0:21:34	175	Maria Anthony	F	45	Chepstow Harriers
185	0:21:39	198	Andrew Miles	M	55	
186	0:21:41	162	Ffion Davies	F		
187	0:21:45	139	Paul Galea	M	45	Robberttown Road Runners
188	0:21:47	189	Christopher Nellinschristophern	M	55	Penarth and Dinas Runners
189	0:21:47	103	Julie Cashell	F	35	Parc Bryn Bach
190	0:21:49	245	Stephen Taylor	M	45	
191	0:22:01	258	Sophie Moore	F	35	Bridgend AC
192	0:22:01	209	Martyn Evans	M		Hendre Lake RC
193	0:22:01	211	Darren Chapple	M	35	Run4All Neath
194	0:22:02	150	Jazmine Briganti	F	J	
195	0:22:14	83	Dhana Caple	F	35	
196	0:22:23	286	Paul Adams	M	35	Caerleon RC
197	0:22:33	78	Roni Margerison	F	35	Liswerry Runners
198	0:22:36	269	Neil Lewis	M	55	
199	0:22:37	60	Chris Webb	F	35	Swansea Harriers
200	0:22:38	265	Dennis Collins	M	45	Rhondda Valley Runners
201	0:22:41	203	Mick Hill	M	35	Tipton Harriers
202	0:22:42	195	Christopher Perry	M	35	
203	0:22:45	66	Lisa Cleary	F	45	Penarth and Dinas Runners
204	0:22:47	131	Mathew Buckley	M		
205	0:22:47	133	Connor Lewis	M		
206	0:22:47	153	Andrea Hurman	F	45	
207	0:22:53	188	Anthony Lewis	M	45	Parc Bryn Bach
208	0:23:04	145	Jeri-Lynne Grabham	F	J	Neath Harriers
209	0:23:04	184	Jordan Forster	M		
210	0:23:10	285	Charlotte Moran	F	35	Caerleon RC
211	0:23:23	65	Bethan Powell	F		Pont-Y-Pwl & District Runners
212	0:23:33	20	Sian Phillips	F	55	Swansea Harriers
213	0:23:38	10	Hayley Jackson	F	35	Parc Bryn Bach
214	0:23:39	1406	Shona Bennett	F		
215	0:23:39	1408	Heather Williams	F	35	
216	0:23:43	159	Ruth Butterfield	F	35	Parc Bryn Bach
217	0:23:45	33	Joni Parry	F		Merthyr Running Club
218	0:23:48	178	Becca Gledhill	F		Pont-Y-Pwl & District Runners
219	0:23:52	218	Selina Chan	F		
220	0:23:53	249	Sian Khalil	F	45	Pontypridd Roadents
221	0:24:08	277	Angela Delaney	F	45	
222	0:24:32	137	Elaine Rees	F	45	Robberttown Road Runners
223	0:24:49	255	Sean Hosking	M	45	
224	0:25:21	232	Bernadette Wilkinson	F	45	San Domenico
225	0:26:23	84	Nick Denny	M	35	Pontypridd Roadents
226	0:26:39	141	Bobbie Swift	F	35	Parc Bryn Bach