

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:19:51	1332	Christopher Banfield-Evans	M		
2	0:19:52	655	Matthew Davies	M	35	Aberdare VAAC
3	0:19:56	1013	Courtney Garland	M		
4	0:19:59	1221	Rob Davies	M	45	Liswerry Runners
5	0:20:03	805	Ceri Beynon-Davies	M		
6	0:20:07	1146	Stephen Wiergowski	M	45	
7	0:20:09	923	Simon Darke	M	55	
8	0:20:13	666	Sean McDonnell	M		
9	0:20:21	1039	Gareth Norris	M		
10	0:20:27	453	Rabab Rabab	M	35	Swansea Harriers
11	0:20:30	1005	Matthew Phillips	M		
12	0:20:33	1276	Matthew Brereton	M	35	
13	0:20:38	378	David Morrissey	M		
14	0:20:40	339	Sam Howell-Jones	M		Pontypridd Roadents
15	0:20:41	1096	Dylan Hughes	M		
16	0:20:56	430	Mike Gwynne	M	45	Pontypridd Roadents
17	0:21:04	1245	Rhys Sheldon	M		
18	0:21:05	1321	David Taylor	M		
19	0:21:09	1025	David Roberts	M		
20	0:21:10	310	David Jones	M	45	Merthyr Running Club
21	0:21:18	990	Ben Lewis	M		
22	0:21:21	830	Richard Weber	M	45	
23	0:21:22	1188	Alan Matthews	M	55	Dragons
24	0:21:24	624	Owen Thomas	M		
25	0:21:27	921	Kristian Walters	M	35	
26	0:21:32	675	Nick Hayward	M	35	
27	0:21:34	367	Jason Davies	M	35	
28	0:21:35	1140	Mark Durkin	M		Penarth and Dinas Runners
29	0:21:38	441	Brian Cotton	M	35	Cwm Ogwr
30	0:21:39	982	Matthew Cook	M	35	
31	0:21:40	713	Michael Thurgood	M	45	Caerleon RC
32	0:21:41	334	Dafydd Trystan Davies	M	35	Outdoor Fitness
33	0:21:46	421	Graham Mack	M	55	Merthyr Running Club
34	0:21:46	1249	Dale Lewis	M		
35	0:21:50	716	Gareth Thompson	M	35	
36	0:21:52	932	Marcus Lloyd	M	45	Rhondda Tri
37	0:21:56	832	Keith Verheyden	M	55	Fetch Everyone
38	0:22:01	1352	Morgan Trick	M	J	
39	0:22:05	1077	Richard Griffiths	M		
40	0:22:05	767	Richard Watts	M	35	Port Talbot Harriers
41	0:22:07	426	Jason Garrahan	M	45	Caerphilly Runners
42	0:22:09	354	Andrew Capel	M	35	
43	0:22:12	413	Graham Hillman	M	35	Cwm Ogwr
44	0:22:16	1021	Dean O'Brien	M	35	
45	0:22:16	922	Mark Hutchings	M	45	
46	0:22:17	948	Carwyn Harris	M		
47	0:22:17	799	Stephanie Davies	F		Pontypridd Roadents
48	0:22:20	1011	Bryan Jones	M	45	
49	0:22:22	784	Lynden Mack	M	45	
50	0:22:25	637	Jonathan Hussey	M	35	
51	0:22:27	742	Allen Bunney	M	45	Aberdare VAAC
52	0:22:30	1165	Jonathan Copp	M	J	Celtic Tri
53	0:22:31	625	Rachel Bowen	F	35	Liswerry Runners
54	0:22:31	1358	Simon Parson	M	45	
55	0:22:32	470	Ross Owen	M		Rhondda Valley Runners
56	0:22:36	1032	Simon Stokes	M		White Rock Runners
57	0:22:38	518	Hefin Gruffydd	M	55	Pontypridd Roadents
58	0:22:40	883	Robert Lineham	M		Aberfan Canoe Club
59	0:22:40	556	Lucy Watkins	F		Liswerry Runners
60	0:22:41	1198	Gareth Williams	M		
61	0:22:42	446	Samantha Werrett	F		
62	0:22:42	327	Gareth Key	M		CDF Runners
63	0:22:45	1052	Ella Boorman	F		Liswerry Runners
64	0:22:46	1252	Matthew Lane	M	35	
65	0:22:49	970	Kevin Macdonald	M	45	Dragons
66	0:22:52	567	Jaime Hindle	M	35	CDF Runners
67	0:22:53	535	Mark Collins	M	45	
68	0:22:57	1045	Dale Edwards	M		
69	0:22:59	682	Allyn Jenkins	M	45	
70	0:23:02	513	Lisa Bowen	F	35	
71	0:23:05	594	John Carroll	M	45	Robberttown Road Runners
72	0:23:10	573	Juliet Amner	F	55	Cwm Ogwr
73	0:23:19	1003	Tim Green	M	45	Les Croupiers
74	0:23:21	1157	Jonathan Hooper	M	45	
75	0:23:22	947	Chris Jones	M	55	
76	0:23:23	658	Sara Williams	F	35	Caerphilly Runners

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
77	0:23:23	671	Vanessa Turnbull	F	45	Caerphilly Runners
78	0:23:23	928	Gavin Shopland	M	35	
79	0:23:24	1287	Jarrad Wright	M		
80	0:23:24	1054	Mathew Robinson	M		
81	0:23:25	351	Lee Richards	M	45	Islwyn RC
82	0:23:26	389	Neil Beynon	M	45	
83	0:23:32	1172	Laurence Jones	M		TROTS
84	0:23:33	823	Gareth Jones	M	55	Chepstow Harriers
85	0:23:34	826	Karen Elvers	F	45	Chepstow Harriers
86	0:23:35	522	Edwin Hanly	M	55	
87	0:23:36	1088	Andrew Ofomah	M		
88	0:23:36	578	Elizabeth Bird	F	35	
89	0:23:36	1187	Ryan Jones	M		
90	0:23:36	1189	Bryn Owen	M	35	Clwb Rhedeg Mwnci Bach
91	0:23:36	1253	Garryn Pritchard	M		
92	0:23:37	1076	Mark Jones	M	55	
93	0:23:39	381	Andrew Smith	M	35	Pont-Y-Pwl & District Runners
94	0:23:40	533	Deborah Evans	F	55	Dragons
95	0:23:40	449	Russell Bown	M	55	Pontypridd Roadents
96	0:23:42	374	Marie Coles	F	35	Caerphilly Runners
97	0:23:44	865	Wayne Preece	M	55	Yr Hen Blwyf
98	0:23:45	766	Jeremy Dickson	M	45	Liswerry Runners
99	0:23:46	1247	Stuart Ward	M		
100	0:23:47	376	Michelle Morrissey	F	45	
101	0:23:47	458	Maad Khalil	M	55	Pontypridd Roadents
102	0:23:48	1031	Claire Curtin	F		White Rock Runners
103	0:23:48	1104	Russell Day	M	35	
104	0:23:49	1185	John Davies	M	55	
105	0:23:50	1294	Paul Evans	M	45	
106	0:23:53	644	Mary Beech	F	45	Brackla Harriers
107	0:23:54	1161	Lee Griffiths	M	35	Parc Bryn Bach
108	0:23:54	814	Kevin Barnes	M	45	
109	0:23:55	1354	Huw Williams	M	35	Rhondda Valley Runners
110	0:23:55	674	Martyn Jenkins	M	55	Fairwater Runners Cwmbran
111	0:23:55	427	Langdon Johnathan	M	35	
112	0:23:57	1153	Gareth Piper	M	45	Cwm Ogwr
113	0:23:57	559	Michael Evans	M	45	
114	0:23:58	1336	Craig Smith	M		
115	0:24:03	398	David Sinclair	M	45	White Rock Runners
116	0:24:03	385	Lisa Griffiths	F	35	
117	0:24:04	969	Ioan Williams	M	J	
118	0:24:06	1292	Mark Gabb	M		Cwm Ogwr
119	0:24:06	407	Mike Davies	M	55	CDF Runners
120	0:24:08	319	Terri Lucas	F		
121	0:24:09	804	Rhydian Beynon-Davies	M		
122	0:24:09	712	Gareth Davies	M		
123	0:24:09	673	Jeanette Jenkins	F	55	Fairwater Runners Cwmbran
124	0:24:10	369	Steven Phillips	M	35	Islwyn RC
125	0:24:10	1201	Gavin Williams	M		
126	0:24:11	521	Mat Gilliard	M	35	
127	0:24:12	447	Martin Richards	M	55	
128	0:24:12	1213	Morgan Brown	M		
129	0:24:17	410	Joanne Ryan	F	35	Rhondda Valley Runners
130	0:24:18	770	Christopher Jones	M	45	3M Gorseinon
131	0:24:18	1058	Wayne Jones	M	55	
132	0:24:20	1325	Becki Johnson	F	35	
133	0:24:22	1113	Daniel Evans	M		
134	0:24:22	135	Carl Lewis	M		Caerphilly Runners
135	0:24:25	924	Donna Rodger	F	45	Solent Running Sisters
136	0:24:27	1274	Andrew Caple	M	45	CDF Runners
137	0:24:28	1222	Gayle Sheppard	F	35	Liswerry Runners
138	0:24:28	363	Gary Hughes	M		
139	0:24:29	480	Paul Edwards	M	35	
140	0:24:30	783	Steve Burrell	M	45	Pontyclun Road Runners
141	0:24:32	1297	David Lewis	M		
142	0:24:32	787	Amanda Parry	F	35	Port Talbot Harriers
143	0:24:34	958	Morris Urquhart	M	35	Caerleon RC
144	0:24:35	1126	Clyde Baker	M	45	
145	0:24:36	511	Bethan Ford	F		Pontypridd Roadents
146	0:24:38	871	Stephen Jones	M	45	
147	0:24:38	563	Ryan Woodward	M	35	
148	0:24:41	1289	Dave Smith	M	35	
149	0:24:42	931	Paul Gillard	M	35	
150	0:24:43	905	Ross England	M		
151	0:24:44	652	Stephen Wood	M	35	Pegasus RC
152	0:24:44	651	Paula Allen	F	35	Pegasus RC

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153	0:24:45	1243	Harry Williams	M	45	
154	0:24:47	431	Andrew Thomas	M	45	3M Gorseinon
155	0:24:50	1156	Ben Hooper	M	J	
156	0:24:52	1311	Rafal Rozniakowski	M		
157	0:24:54	811	Kevin Williams	M	35	
158	0:24:54	1093	Neil Chipper	M	55	Liswerry Runners
159	0:24:54	984	Brad Carter	M	35	
160	0:24:55	520	Jonathan Mead	M	55	Pontyclun Road Runners
161	0:24:55	1174	Michael Maiden	M	35	
162	0:24:56	773	Gareth Evans	M		
163	0:24:56	852	Alastair Mason	M		
164	0:24:57	432	Dave Kempton	M	55	Parc Bryn Bach
165	0:24:58	697	Liam Williams	M		Robberttown Road Runners
166	0:25:01	940	Ian Tyler	M	45	
167	0:25:02	646	Rhys Jones	M		
168	0:25:03	1084	Paul Holloway	M	55	
169	0:25:09	842	Marc De Benedictis	M	35	
170	0:25:09	1047	Ross Edwards	M	35	
171	0:25:10	312	Phillip Mears	M	45	White Rock Runners
172	0:25:11	672	Katy Ritchie	F		
173	0:25:13	483	Karen Spiller	F	45	
174	0:25:14	324	Karl Johnson	M		Robberttown Road Runners
175	0:25:14	1019	Callum Walsh	M	J	
176	0:25:16	1179	Mark Hutchings	M	45	
177	0:25:20	846	Martyn Strange	M	55	
178	0:25:22	950	Lee Hopkins	M	35	Aberdare VAAC
179	0:25:22	531	Rachel Edwards	F	45	
180	0:25:25	1227	Simon Jones	M	45	
181	0:25:25	580	Allen Bevan	M	55	Pontypridd Roadents
182	0:25:28	300	Peter Walsh	M		
183	0:25:28	1214	Jennifer Evans	F		
184	0:25:31	803	Paul Beynon-Davies	M	55	
185	0:25:31	355	Michelle Gooch	F	45	Pont-Y-Pwl & District Runners
186	0:25:31	1216	Lucy Deering	F	45	
187	0:25:33	1246	Zoe Rees	F		Caerphilly Runners
188	0:25:34	600	Dianna Tudor	F	35	Cornelly striders
189	0:25:35	610	Fiona Drysdale	F	45	Cwm Ogwr
190	0:25:36	570	James Beaman	M	35	
191	0:25:37	588	David Lewis	M	45	
192	0:25:37	981	Gareth Coopey	M	35	
193	0:25:38	980	Victoria Coopey	F	35	
194	0:25:40	417	Trudi Morgan	F	45	
195	0:25:41	577	Glyn Hicks	M	55	Robberttown Road Runners
196	0:25:44	526	Ann Hurley	F	35	Rhondda Valley Runners
197	0:25:44	481	Philip Jones	M	45	
198	0:25:45	508	Miles Thomas	M	35	Robberttown Road Runners
199	0:25:47	1194	Peter Jeffries	M	45	
200	0:25:48	863	Carl Woodward	M	35	
201	0:25:48	1110	Kara Davies	F		Dragons
202	0:25:48	762	Martyn Liston	M	45	
203	0:25:49	1269	Shelley Stephens	F	35	
204	0:25:50	1158	Rachel Hooper	F	45	
205	0:25:51	1059	Richard Williams	M	45	
206	0:25:52	667	Jeffrey Rees	M	35	
207	0:25:53	956	Paul Morgan	M	55	
208	0:25:54	510	Simon Westlake	M	45	
209	0:25:54	1091	Ryan Jenkins	M		
210	0:25:55	581	Andy Morton	M	55	
211	0:25:55	415	Victoria Hillman	F		Cwm Ogwr
212	0:25:55	1120	Derrick Stephenson	M	55	
213	0:25:55	1079	Kurt Daniel	M		
214	0:25:56	368	Kathleen Walker	F	35	
215	0:25:58	1341	Nigel Jones	M	45	
216	0:25:58	662	Bethan Davies	F		
217	0:25:59	360	David Capel	M	55	
218	0:26:00	524	Hugh Burchard	M	55	Bitton Road Runners
219	0:26:02	558	Roger Beddard	M	55	Dudley Kingswinford
220	0:26:06	851	Gillian Mason	F	55	
221	0:26:07	669	Emma Smith	F	45	Cardiff AAC
222	0:26:09	789	Richard Lloyd Jones	M	45	Aberdare VAAC
223	0:26:09	930	Menna McCarthy	F	45	Dragons
224	0:26:09	1133	Andrew Meadows	M		Brecon AC
225	0:26:11	491	Nathan Vukashin Jones	M		Pontypridd Roadents
226	0:26:13	722	Elizabeth Phillips	F	35	
227	0:26:14	1154	Rachael Jordan	F	35	Pontypridd Roadents
228	0:26:14	1180	Andrew Reynolds	M	35	

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club
229	0:26:15	1319	Amy Jenner	F	35	Caerphilly Runners
230	0:26:16	420	Angharad Ferch Alun	F	35	Clwb Rhedeg Pontardawe RC
231	0:26:16	1330	Stephen Hughes	M	35	
232	0:26:16	515	Vicky Fear	F	35	Liswerry Runners
233	0:26:17	1316	Victoria Stroud	F	35	
234	0:26:18	192	Nadine Donovan	F	35	Pont-Y-Pwl & District Runners
235	0:26:18	560	Lisa Davies	F	35	Islwyn RC
236	0:26:24	1121	Rhian Hopkins	F	35	
237	0:26:24	1036	Ashley Prosser	M		
238	0:26:27	903	Sammyjo Davies	F		
239	0:26:28	552	Robert Haswell	M	55	
240	0:26:28	379	Rhian Taylor	F	35	
241	0:26:29	613	Peter Briganti	M	45	
242	0:26:33	1202	Gareth Jackson	M		
243	0:26:33	554	Thomas Watkins	M		Liswerry Runners
244	0:26:33	574	Rachel Goss	F	35	Cwm Ogwr
245	0:26:36	497	Dave Reed	M	45	Rhondda Valley Runners
246	0:26:41	619	Emma Hillman	F	35	
247	0:26:41	1044	Bethan Marsh	F		
248	0:26:42	629	Rory Sullivan	M		
249	0:26:42	884	Leighton Davies	M	35	
250	0:26:43	416	Christopher Panes	M	45	Robberttown Road Runners
251	0:26:44	1234	Jon Hilder	M		
252	0:26:46	401	Mark Douglas	M	35	
253	0:26:46	456	Nicola Davies	F	45	White Rock Runners
254	0:26:47	353	Carwyn Pritchard	M		
255	0:26:48	973	Ross Evans	M		
256	0:26:48	1124	Laura Smith	F		
257	0:26:49	635	Huw Phillips	M	35	Cardiff AAC
258	0:26:50	536	Lucy Evans	F		Dragons
259	0:26:53	1129	Christie Coleman	M	45	Cwm Ogwr
260	0:26:53	604	Sharon Smith	F	45	Pontypridd Roadents
261	0:26:53	589	Jeff Davies	M	45	
262	0:26:54	603	Sara Morgan	F	35	Village Vipers
263	0:26:54	676	Emma Chivers	F	45	
264	0:26:54	555	Andrew Way	M	35	
265	0:26:55	738	Claire Jones	F	35	
266	0:26:56	974	Steven Lane	M	35	
267	0:26:57	466	Kenneth Wayne Oliver	M	55	Islwyn RC
268	0:26:57	1130	Ceri Thomas	F	45	Porthcawl Runners
269	0:26:59	452	Andy Evans	M	45	
270	0:27:00	549	Heather Garratt	F	35	Cwm Ogwr
271	0:27:01	341	Jules Jones	F	35	Port Talbot Harriers
272	0:27:03	684	Darren Jones	M		
273	0:27:04	877	Chris Williams	M		
274	0:27:04	845	Melanie Hill	F	45	
275	0:27:05	384	Liz Rees	F	35	
276	0:27:06	1323	John Dowdall	F	35	Robberttown Road Runners
277	0:27:10	1048	Tony Edwards	M	45	
278	0:27:11	640	Hannah Beadsworth	F		
279	0:27:11	487	Georgina Fraser	F	45	Cornelly Striders
280	0:27:16	1356	Gareth Davies	M	55	
281	0:27:18	548	Richard Garratt	M	35	Cwm Ogwr
282	0:27:18	1117	Oliver Lake	M		
283	0:27:20	571	Jon Hussey	M	35	
284	0:27:21	1226	John Griffiths	M	55	
285	0:27:21	484	Philip Scanlon	M	55	
286	0:27:22	731	Tom Hymns	M	45	Serpentine
287	0:27:24	1067	James Norris	M		
288	0:27:28	1042	Terry Jones	M	55	Triathlon Coaching Wales
289	0:27:29	953	Roger Jones	M	35	
290	0:27:30	436	Phillip Buckley	M	35	Cwm Ogwr
291	0:27:32	130	Caroline Best	F		Pontypridd Roadents
292	0:27:33	743	Catherine Llewellyn	F	45	Merthyr Running Club
293	0:27:33	517	Alwyn Thomas	M	55	Porthcawl Runners
294	0:27:35	333	Kay Chapman	F	45	Cardiff AAC
295	0:27:35	465	Maria Shopland Pride	F	45	
296	0:27:36	636	Ian Price	M	45	Caerleon RC
297	0:27:37	1040	Sarah Meah	F		
298	0:27:37	1173	Mike Price	M	45	
299	0:27:37	749	Rhys Lewis	M	35	Parc Bryn Bach
300	0:27:38	802	Michael Lewis	M	55	Parc Bryn Bach
301	0:27:40	885	Laura Chapple	F		Run4All Neath
302	0:27:40	896	Ross Sheehan	M		
303	0:27:45	306	Lyndon Thomas	M	45	Rhondda Valley Runners
304	0:27:46	960	Louise Kirby	F	45	Parc Bryn Bach

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305	0:27:46	1345	Kenneth Speirs	M	35	
306	0:27:48	1082	Kev Fitzgerald	M	55	
307	0:27:48	424	Mike Brown	M	45	
308	0:27:49	304	David Williams	M	55	Orrange Army
309	0:27:50	1150	Christopher Jones	M	J	
310	0:27:50	806	Zak Lichniak	M		
311	0:27:51	755	Ryan Lineham	M	J	
312	0:27:55	371	Joanne Burchell	F	35	Merthyr Running Club
313	0:27:56	1309	Jessica Evans	F	J	
314	0:27:56	1307	Alun Evans	M	45	
315	0:28:00	305	Jennifer Stone	F	45	Cardiff AAC
316	0:28:02	933	Roger Jones	M	55	
317	0:28:05	717	Kay Nellins	F	55	Women Running Penarth
318	0:28:05	1272	Louise Mack	F	35	
319	0:28:06	735	Huw Parry	M	55	
320	0:28:06	899	Michael Dobbs	M	35	
321	0:28:06	718	Peter Hastings	M	45	
322	0:28:06	1359	Sam Hastings	F	45	Dragons
323	0:28:08	739	Mark Griffiths	M	55	
324	0:28:10	913	Ann Follan	F	45	Robberttown Road Runners
325	0:28:11	844	Alan Pritchard	M	55	
326	0:28:11	161	Gwen Richards	F	J	Pontypridd Roadents
327	0:28:12	634	Julia Herbert	F	35	Pontypridd Roadents
328	0:28:13	492	Kath Jervis	F	55	Parc Bryn Bach
329	0:28:15	586	Rhodri Thomas	M	35	
330	0:28:16	347	Katie Hamer	F	35	Parc Bryn Bach
331	0:28:16	583	Carys Davies	F		Dragons
332	0:28:16	720	Eleanor Preece	F		White Rock Runners
333	0:28:17	1288	Peter Mortimer	M	45	
334	0:28:18	892	Jason Scanlon	M		
335	0:28:19	582	Jeff Lewis	M	45	Caerphilly Runners
336	0:28:21	691	James Thomas	M	45	Old Parish Running Club
337	0:28:22	423	Clive Cooksey	M	55	
338	0:28:23	1301	Chris Morgan	M	35	
339	0:28:23	519	Scott Stokes	M	35	
340	0:28:24	944	Huw Davies	M	45	
341	0:28:26	1308	Ruth Davies	F	35	
342	0:28:30	715	Mary Scourfield	F	45	Caerleon RC
343	0:28:32	983	Anna Morgan	F	35	Dragons
344	0:28:32	346	John Martin	M		
345	0:28:33	1186	Andrew Davies	M	45	
346	0:28:33	929	David McCarthy	M	45	Dragons
347	0:28:33	1331	Natalie Gibbons	F	35	
348	0:28:36	648	Kristina Jones	F		
349	0:28:36	1015	Wayne Edmond	M	55	
350	0:28:39	1267	Cori Cotter	M	J	
351	0:28:39	912	Christopher Evans	M	35	Run4All Neath
352	0:28:40	1184	Wendy Edwards	F	45	
353	0:28:40	1199	Debra Bayliss	F	45	
354	0:28:40	318	Rebecca Walker	F	35	
355	0:28:41	1108	Kimberley Clarke	F		
356	0:28:42	908	Andrew Aherne	M	35	
357	0:28:42	584	Karen Lewis	F	45	Caerphilly Runners
358	0:28:42	639	Philip Matthews	M	55	Parc Bryn Bach
359	0:28:43	641	Jill Matthews	F	55	Parc Bryn Bach
360	0:28:43	1208	Caroline Tinsley	F	35	
361	0:28:44	1244	Iola Hobbs	F	35	Clwb Rhedeg Pontardawe RC
362	0:28:45	831	Derryl Thomas-Dyer	F	45	
363	0:28:46	1353	Gerard Evans	M		
364	0:28:47	855	Debbie Burrett	F	35	
365	0:28:48	745	Daniel Lynch	M		Team Rees
366	0:28:49	615	Ceri Haddock	F		Robberttown Road Runners
367	0:28:49	616	Richard Haddock	M		Robberttown Road Runners
368	0:28:50	1018	David Preece	M		
369	0:28:53	657	Laura Hire	F		
370	0:28:54	348	Hannah Phillips	F		Run With Us
371	0:28:54	489	Stephen New	M	45	Caerphilly Runners
372	0:28:55	685	Linda Woodward	F	45	
373	0:28:58	744	Lynzi Lynch	F		Team Rees
374	0:29:01	748	Karen Jones	F	35	Dragons
375	0:29:01	1338	Lee Jenkins	M	35	
376	0:29:01	506	Ali Wood	F	45	
377	0:29:02	815	Lisa Chaplin	F	35	
378	0:29:05	1347	Katherine Smith	F		
379	0:29:05	370	Sam Standerwick	F	35	Parc Bryn Bach
380	0:29:06	392	Dale Williams	M	35	

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
381	0:29:08	910	Linda Edwards	F	45	
382	0:29:09	1103	Marie Davies	F	35	
383	0:29:10	1102	Christopher Davies	M	35	
384	0:29:11	1107	Nick Hadfield	M	45	Dragons
385	0:29:11	962	Paul Jones	M	45	
386	0:29:12	854	Liz Steed	F	55	
387	0:29:15	847	Maggie Strange	F	55	
388	0:29:18	764	Claire Jones	F	45	Merthyr Running Club
389	0:29:19	326	Thomas Tatchell	M	35	
390	0:29:20	740	Beth Griffiths	F	45	
391	0:29:21	359	Ellie Hughes	F		
392	0:29:24	330	Carole Phillips	F	45	Parc Bryn Bach
393	0:29:26	914	Gareth Baker	M		
394	0:29:28	314	Marisa Benjamin	F		Pont-Y-Pwl & District Runners
395	0:29:28	206	Bretti Paxton	F		Pontypridd Roadents
396	0:29:29	394	Tania James Price	F	45	
397	0:29:29	759	Lucy Davies	F	35	
398	0:29:30	345	Sarah Rogers	F	35	
399	0:29:30	1383	Joanthan Cotsen	M	35	
400	0:29:34	678	Matthew Gale	M	35	
401	0:29:34	1092	Jason Brown	M	45	
402	0:29:35	546	Gareth Browning	M	45	
403	0:29:35	971	Andrew Phipps	M	45	
404	0:29:35	1223	Mair Davies	F		Clwb Rhedeg Pontardawe RC
405	0:29:36	1090	Caroline Rutter	F		
406	0:29:36	490	Gavin Fraser	M	45	
407	0:29:36	1141	Hannah Toland	F		
408	0:29:38	1293	Claire Williams	F		
409	0:29:38	1291	Karl Williams	M		
410	0:29:42	419	Alun Ab Idris	M	55	
411	0:29:44	1351	Gerwyn Taylor	M	35	
412	0:29:45	575	Helen Dawson	F	35	CDF Runners
413	0:29:46	516	Vicky Mead	F	45	Pontyclun Road Runners
414	0:29:47	1038	Phillip David	M	45	
415	0:29:47	630	Steve Williams	M	35	Liswerry Runners
416	0:29:48	750	Taylor Evans	M	J	
417	0:29:51	495	David Bailyes	M	45	
418	0:29:52	1273	Nadine Davies	F	35	Merthyr Running Club
419	0:29:52	507	Nathan Williams	M		Aberdare VAAC
420	0:29:52	1128	Ian Lewis	M	45	Cwm Ogwr
421	0:29:53	1127	Rhian White	F		
422	0:29:53	698	Jeff Unsworth	M	55	
423	0:29:54	647	Jason Russell	M	35	Islwyn RC
424	0:29:55	322	Lisa Williams	F	35	Pontypridd Roadents
425	0:29:55	1022	Caroline Davies	F	45	Rhondda Valley Runners
426	0:29:55	1023	Martin Davies	M	45	
427	0:29:57	848	Stephen Hoare	M		
428	0:30:00	1282	Daniel Williams	M		
429	0:30:00	614	Simon Caddy	M		Pontypridd Roadents
430	0:30:01	592	Edward Malarczyk	M	55	
431	0:30:03	763	Debra Simmonds	F	45	
432	0:30:03	504	Steve Whyte	M	45	
433	0:30:04	382	Lisa Innes	F	35	CDF Runners
434	0:30:04	344	Gethin Price	M		CDF Runners
435	0:30:05	1314	Pamela Browning	F		Parc Bryn Bach
436	0:30:05	505	Claire Lloyd Thomas	F	35	Robberttown Road Runners
437	0:30:05	873	Petrina Owen	F	45	
438	0:30:05	509	Kathryn Edwards	F	45	
439	0:30:07	1229	Gareth Lawless	M	35	
440	0:30:08	1195	Ruth Jeffries	F	35	
441	0:30:08	543	Paul Reid	M	35	Dragons
442	0:30:09	500	Stephen Edwards	M	35	
443	0:30:11	1270	Adam Bowdler	M	35	
444	0:30:13	1072	Julia Picton	F	35	
445	0:30:14	1060	Jamie Rowland	M	35	
446	0:30:16	1299	Dylan Thomas	M		
447	0:30:18	775	Craig Smith	M		
448	0:30:19	336	Natalie Williams	F	35	Merthyr Running Club
449	0:30:19	320	Dean Thomas	M	35	Run With Us
450	0:30:20	287	Dawn Thomas-Mountford	F	45	
451	0:30:21	708	Mark Davies	M	45	
452	0:30:21	525	Natalie Neale	F		
453	0:30:21	1284	Christine Evans	F	55	
454	0:30:21	979	Christian Trivett	M	35	
455	0:30:22	1296	Cerys Jeffries	F	J	
456	0:30:22	837	Teresa Callaghan	F	45	Dragons

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
457	0:30:23	550	Lee Williams	M		
458	0:30:23	557	Rhiannon Beacham	F	35	
459	0:30:23	723	Emma Rees	F		Pontypridd Roadents
460	0:30:23	1382	Kevin Davies	M	35	
461	0:30:24	591	Debra Davies	F	35	Dragons
462	0:30:26	988	Clyde Phillips	M	55	
463	0:30:26	1068	Lee Nelson	M	45	
464	0:30:26	818	Luke Surrey	M	45	
465	0:30:29	649	Keith Ellis	M	55	
466	0:30:34	620	Christopher Todd Jones	M	55	
467	0:30:34	693	David Todd-Jones	M	55	
468	0:30:34	1326	Dave Pearce	M	45	
469	0:30:36	396	Caroline Morgan	F	45	
470	0:30:37	373	John Oakley	M	45	
471	0:30:44	1147	David Withers	M		
472	0:30:45	1142	Gareth Hill	M	35	
473	0:30:47	1300	Christina Pearce	F	35	
474	0:30:47	602	Jane Llewellyn	F	55	
475	0:30:48	1080	Wayne Carter	M	45	
476	0:30:51	115	Katie Allen	F	35	Pont-Y-Pwl & District Runners
477	0:30:52	482	Julie Haigh	F	55	Caerphilly Runners
478	0:30:52	812	Robert William Jones	M	45	
479	0:30:54	677	Gina Edwards	F	45	
480	0:30:56	598	Peter Jackson	M	55	
481	0:30:56	729	Stuart Minett	M	J	
482	0:30:57	1230	Fiona Stewart	F		
483	0:30:58	1197	Andrea Bishop	F	45	
484	0:30:59	1320	Colin Crooks	M	55	
485	0:31:00	670	Emma Evans	F	35	
486	0:31:01	512	Helen Griffiths	F	45	Cwm Ogwr
487	0:31:04	100	Janet Williams	F	55	Dragons
488	0:31:05	1046	Kimberly Williams	F		
489	0:31:05	935	Gareth Owen	M	45	
490	0:31:06	936	Kristofer Powell	M		Bridgend AC
491	0:31:07	939	Michael Haines	M	55	
492	0:31:08	1089	Holly Spencer	F		
493	0:31:08	683	Rhys Lewis	M		
494	0:31:09	978	Melanie Daniels	F	35	
495	0:31:10	397	Lee Harding	M	35	White Rock Runners
496	0:31:10	1094	Gwenno Griffiths	F		
497	0:31:12	665	Simon Young	M	45	
498	0:31:15	361	Jodie Neale	F		
499	0:31:17	1263	Neil Edwards	M		
500	0:31:18	1136	Helen Davies	F	35	
501	0:31:19	1138	Simon Davies	M	35	
502	0:31:19	1285	Kara Evans	F		
503	0:31:20	476	Kimberley Davies	F		Cwm Ogwr
504	0:31:24	585	Martyn Serpell	M	35	
505	0:31:25	587	Laura Serpell	F		
506	0:31:25	596	Sarah Evans	F		
507	0:31:27	721	Andrew Smith	M	35	
508	0:31:28	841	Helen Williams	F	35	Islwyn RC
509	0:31:28	433	Gerda Tallon	F	55	
510	0:31:28	408	Debbie Cumming	F	45	CDF Runners
511	0:31:29	1087	Dawn Surrey	F	35	
512	0:31:30	1106	Marie-Andree Lachapelle	F	45	Dragons
513	0:31:32	372	Tamsin Oakley	F	35	
514	0:31:35	700	Rob Coles	M	55	
515	0:31:36	813	Colette Hume	F	35	
516	0:31:37	872	Elizabeth Jones	F	45	
517	0:31:37	597	Trish Tazzini-Lloyd	F	45	
518	0:31:38	643	Coral Putman	F	35	Vegan Runners UK
519	0:31:38	352	Nicola Richards	F	35	
520	0:31:40	488	Kirsty Shellard	F		
521	0:31:40	444	Helen Cox	F	45	BMF Liverpool
522	0:31:42	727	Jonathan Ball	M	35	
523	0:31:45	907	Lucy Cochrane	F		
524	0:31:45	626	Catherine Reen	F	45	Robberttown Road Runners
525	0:31:45	774	Sam Murcutt	F		
526	0:31:46	1098	Mark Mahoney	M	35	
527	0:31:46	967	Jodie Davies	F		
528	0:31:47	541	Lyndon Davies	M	55	
529	0:31:47	856	Phil Gillard	M	55	New Horizons
530	0:31:50	1111	Gail Beynon	F	45	
531	0:31:52	607	Malcolm Davies	M	45	
532	0:31:52	696	Michelle Unsworth	F	45	

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
533	0:31:52	776	Jen Smithson	F		
534	0:31:54	544	Jade Gore	F		
535	0:31:55	542	David Gore	M	45	
536	0:31:56	1139	Pat Stanley	F		Cam Over Running Club
537	0:31:57	1101	Leona Shanley	F	45	Rhondda Valley Runners
538	0:31:58	1116	Alyson Smith	F	45	
539	0:31:58	1256	Geraint Williams	M	35	
540	0:31:59	1254	Sarah Mee	F	35	
541	0:31:59	1125	Owen Smith	M		
542	0:31:59	429	Jo Gwynne	F	35	Pontypridd Roadents
543	0:32:00	404	Sian Tossell	F	45	Cwm Ogwr
544	0:32:03	1131	Lisa Marie Stacey	F	45	
545	0:32:04	343	Bennett McVeigh	M	45	
546	0:32:04	996	Carl Woffington	M	55	Reading Roadrunners
547	0:32:11	1143	Angela Walsh	F		Cwm Ogwr
548	0:32:12	771	Anthony Beer	M	45	
549	0:32:13	1333	Robert Green	M	45	
550	0:32:17	701	Anna Gambarini	F	45	
551	0:32:24	631	Stacey Ward	F	35	Run Squad
552	0:32:26	792	Ian Grimstead	M	45	
553	0:32:29	1237	Carl Semmens	M		
554	0:32:29	377	Kate Owen	F	45	
555	0:32:31	653	Lynne Carter	F	45	Islwyn RC
556	0:32:35	1170	Hannah Miles	F		
557	0:32:36	501	Helen Welch	F	45	Pontypridd Roadents
558	0:32:36	400	Tracy Davies	F	35	
559	0:32:37	1134	Beverley Thomas	F	35	
560	0:32:37	702	Gavin Bendon	M	35	
561	0:32:38	703	Joanne Bendon	F	35	
562	0:32:38	1340	Hazel Nash	F		
563	0:32:39	954	Claire Rawle	F	35	
564	0:32:39	955	Marc Rawle	M	35	
565	0:32:42	1171	Hannah Parry	F	J	
566	0:32:43	989	Joshua Hyde	M	J	
567	0:32:43	975	Michelle Noble	F	45	
568	0:32:43	858	Mark Farmer	M	45	
569	0:32:46	383	Amanda Thompson	F	55	
570	0:32:46	390	Sian David	F		CDF Runners
571	0:32:49	1026	Zoe Hart	F		
572	0:32:51	462	Andrew Cleary	M	55	
573	0:32:52	1335	John Cooper	M	55	
574	0:32:53	906	Gavin Price-Jenkins	M		
575	0:32:54	663	Aled Wynne	M		
576	0:32:55	302	Amy Jones	F		
577	0:32:56	798	Kasey Turner	F	35	
578	0:32:56	1145	Helen Jones	F	35	Taff Ely Tri
579	0:32:56	618	Sarah Ward	F		
580	0:32:59	1105	Katie Day	F	35	
581	0:33:00	579	Samantha Parsons	F	45	Robberttown Road Runners
582	0:33:01	994	Carys Morgan	F		Dragons
583	0:33:02	1233	Matthew Doherty	M	35	
584	0:33:09	737	Tom Chapman	M	35	
585	0:33:09	736	Skye Ford	F	35	
586	0:33:10	915	Joseph Protheroe	M		
587	0:33:10	1020	Meghann Reynolds	F		Dragons
588	0:33:11	1310	Aynsley Cummings	F		Parc Bryn Bach
589	0:33:11	611	Gareth Price	M		Parc Bryn Bach
590	0:33:15	821	Jade Ponting	F		Dragons
591	0:33:15	820	Gareth Ponting	M	45	Dragons
592	0:33:15	434	Steve Ryan	M	35	CDF Runners
593	0:33:17	1135	Sarah Bartram	F		
594	0:33:17	1137	Gary Bartram	M	35	
595	0:33:22	528	Alun Hurley	M	45	Rhondda Valley Runners
596	0:33:24	473	Lee Walters	M	45	
597	0:33:26	695	Christopher Jones	M	45	
598	0:33:26	782	Sarah Elsworth	F		
599	0:33:31	642	Andrew Weltch	M	55	
600	0:33:33	1081	Clifford Evans	M	45	
601	0:33:33	1065	Lisa Evans	F	35	
602	0:33:34	724	Elisha Hughes	F		Dragons
603	0:33:34	992	John-Lloyd Williams	M		
604	0:33:36	943	Suzanne Luker-Davies	F	35	
605	0:33:36	1334	Trudi Edwards	F	35	Dragons
606	0:33:43	977	Philip Williams	M	35	
607	0:33:44	887	Lyndon Walker	M	55	
608	0:33:46	710	Jess Davies	F	J	

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
609	0:33:48	349	Hanna Hughes	F	35	
610	0:33:48	357	Victoria Stevens	F	35	
611	0:33:50	358	Leigh Biddiscombe	F		
612	0:33:50	337	Jodi Stevens	F	35	
613	0:33:50	751	Nicola Lewis	F	35	Parc Bryn Bach
614	0:33:52	393	Katrina Williams	F	35	
615	0:33:53	566	Denise Dukes	F	35	
616	0:33:54	968	Adele Stuart	F	45	
617	0:33:57	1119	Kirsty Smith	F		
618	0:34:00	1083	Susan Smith	F	35	
619	0:34:01	1074	Jeffrey Bassett	M		
620	0:34:02	991	Ann Wise	F	55	
621	0:34:03	1073	Sarah Grant	F		Dragons
622	0:34:04	706	Stewart Webb	M	45	
623	0:34:05	753	Debbie Perry	F	35	
624	0:34:10	822	Michael Williams	M	45	
625	0:34:12	900	Stephen Williams	M	55	
626	0:34:12	1051	Edward Savage	M	55	
627	0:34:16	1266	Sophie Hughes	F		
628	0:34:16	768	Brenda Evans	F	55	Pontypridd Roadents
629	0:34:18	422	Melanie Thomas	F	35	Rhondda Valley Runners
630	0:34:20	435	Kris Denholm	M	45	
631	0:34:20	808	Rhiannon Buckley	F		Cwm Ogwr
632	0:34:21	365	Stephen Hamer	M	35	Parc Bryn Bach
633	0:34:21	1176	Carrie Mapp	F		
634	0:34:23	595	Samantha Turner	F	35	Robberttown Road Runners
635	0:34:28	496	Karen Davies	F	35	
636	0:34:28	1043	Catrin Marsh	F	J	
637	0:34:30	689	Sarah Boothby	F		Pontypridd Roadents
638	0:34:30	529	Kay Lawless	F	55	Pontyclun Road Runners
639	0:34:33	692	Georgia Lehane	F		
640	0:34:33	638	Enya Lehane	F		
641	0:34:37	800	Mark Vincent	M	45	
642	0:34:40	572	Hailey Llewellyn-Hussey	F	35	
643	0:34:43	1112	Paige Horsnell	F		
644	0:34:43	1151	Corri Magor-Horsnell	F	45	
645	0:34:45	380	Katherine Williams	F	35	
646	0:34:45	606	Harriet Edwards	F	35	
647	0:34:46	680	David Edwards	M	35	
648	0:34:46	388	Christine Vorres	F	55	Pont-Y-Pwl & District Runners
649	0:34:48	633	Hayley Benjamin	F	35	
650	0:34:48	632	Jason Benjamin	M	35	
651	0:34:50	612	Ruth Caddy	F	45	Pontypridd Roadents
652	0:34:51	362	Sian Jenkins	F		
653	0:34:54	532	Carwyn Evans	M	45	Dragons
654	0:34:57	1350	Chloe Mathieson	F		
655	0:34:57	959	Sharon Price	F	45	
656	0:34:57	730	Brendan Price	M	35	Dragons
657	0:34:58	993	Martyn Wise	M		
658	0:34:59	1095	Trudy Sheehan	F		
659	0:34:59	1086	Emily Howarth	F		
660	0:35:02	850	Casey Jones	F	J	Sepsis Trust
661	0:35:03	568	Russel Webber	M	55	
662	0:35:05	790	Joanne Vincent	F	45	
663	0:35:05	893	Leanne Jones	F	35	
664	0:35:07	1212	Naiomi Ford	F		
665	0:35:10	1211	Amanda Beauchamp	F	55	
666	0:35:12	1348	Aisling Morgan	F		Caerleon RC
667	0:35:14	1014	Debbie Richards	F	45	
668	0:35:15	849	Aled Edwards	M		Tros Gynnal Plant
669	0:35:17	475	Ruth Walters	F	45	
670	0:35:19	523	Jacqui Spiller	F	45	Islwyn RC
671	0:35:21	1228	Daryl Robbins	M		
672	0:35:22	754	Tracey Evans	F	45	
673	0:35:26	1002	David Lowe	M	55	
674	0:35:27	1196	Sarah Jones	F		Team Rees
675	0:35:31	1238	Nia Parry	F	35	
676	0:35:31	664	Kate Wynne	F		
677	0:35:31	1204	Sian Kirby	F	35	
678	0:35:32	963	Gavin Gibson	M		
679	0:35:32	964	Kate Gibson	F	35	
680	0:35:34	934	Lisa Ellis	F		
681	0:35:37	486	Esther Price	F	45	
682	0:35:38	878	Claire Lineham	F		
683	0:35:43	866	Kyler Jones	F		
684	0:35:43	1283	Melanie Thomas	F	35	Dragons

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
685	0:35:44	654	Kate Cardwell	F	45	Islwyn RC
686	0:35:47	428	Samar Wafa	F	35	CDF Runners
687	0:35:47	1152	Stephen Small	M		
688	0:35:48	886	Ian Edwards	M	55	
689	0:35:51	650	Melissa Fyler	F	35	
690	0:36:00	1268	Leanna Williams	F	35	
691	0:36:02	437	Lynne Jones	F	55	Merthyr Running Club
692	0:36:04	1220	Deborah Morgan	F	J	
693	0:36:04	757	Julie Norris	F	55	
694	0:36:09	1381	Veronica Singleton Lawley	F	55	Les Croupiers
695	0:36:10	890	Peter Lawley	M	55	
696	0:36:10	889	Samantha Thompson	F	45	
697	0:36:12	809	Sarah Thomas	F	35	
698	0:36:13	709	Heidy Davies	F	45	
699	0:36:18	1004	Hilary Green	F	45	
700	0:36:28	576	Elaine Hicks	F	55	Robberttown Road Runners
701	0:36:28	414	Debbie Panes	F	45	Robberttown Road Runners
702	0:36:31	881	Angharad Jones	F	35	
703	0:36:31	880	Cathrine Roberts	F	55	
704	0:36:31	1281	Anouska Beaumont	F	35	Taff Ely Tri
705	0:36:34	810	Leanne Davies	F	35	
706	0:36:34	867	Chris Jenkins	F		
707	0:36:36	1203	Grace Hawkins	F		
708	0:36:43	539	Andrew Davies	M	45	
709	0:36:43	725	Simon Ball	M	45	
710	0:36:46	834	Philip Davies	M	45	
711	0:36:54	843	Sadie Davies	F		Sepsis Trust
712	0:36:57	406	Hilary James	F	45	
713	0:37:00	1041	Nadine Lloyd	F		
714	0:37:00	1298	Sarah Evans	F	35	
715	0:37:01	1162	Rhodri Evans	M	35	Islwyn RC
716	0:37:01	527	Clair Saunders-Grant	F	35	
717	0:37:01	778	Joanne Lewis	F	35	Run With Us
718	0:37:06	679	Heather Payton	F	55	
719	0:37:06	699	Andrea Lacey	F		
720	0:37:07	681	Mike Matthews	M	55	
721	0:37:09	902	Lee Goodwin	M	35	
722	0:37:10	840	Ross Keeling	M	35	Islwyn RC
723	0:37:21	824	Erika Helps	F	45	
724	0:37:26	301	Clair Houston	F	35	Pontypridd Roadents
725	0:37:27	1167	Alan Jones	M	45	
726	0:37:27	315	Donna James	F	45	
727	0:37:27	335	Sarah Jane Key	F		Caerphilly Runners
728	0:37:30	340	Chris Peters	M	35	
729	0:37:32	817	Bethan Jones	F		
730	0:37:32	819	Ben Huffstickler	M		
731	0:37:35	714	Russell Lewis	M	35	
732	0:37:36	1344	Kayleigh Evans	F		
733	0:37:39	538	Matthew West	M	35	
734	0:37:41	399	Rhoss Carter	M		
735	0:37:43	325	Claire Tapper	F	45	
736	0:37:44	1191	Rachel Williams	F		
737	0:37:45	425	Caroline Kone	F	35	
738	0:37:45	1037	Joanne Yurs	F	45	
739	0:37:46	686	Wayne Vincent	M	45	
740	0:37:49	1160	Toni Griffiths-Lewis	F		
741	0:37:54	1205	Elizabeth Humpfreys	F	55	
742	0:37:54	1206	Catherine Scully	F	35	
743	0:37:55	545	Ann-Marie Browning	F	45	
744	0:37:56	859	David Kirk	M	45	Fitmums and Friends
745	0:38:01	876	Judith Edmunds	F	45	
746	0:38:01	874	Sian Locke	F	35	
747	0:38:04	920	Graeme Hughes	M	45	
748	0:38:08	857	Michelle Farmer	F	45	
749	0:38:12	448	Rachel Evans	F		Run With Us
750	0:38:15	711	Stevie Ingram	F		
751	0:38:16	719	Matthew Rees	M		
752	0:38:27	1251	Huw Rowlands	M	J	
753	0:38:28	1250	Mark Howells	M	45	
754	0:38:29	853	John Williams	M	55	
755	0:38:36	972	Laura Evans	F	35	Dragons
756	0:38:36	342	Jeffrey Walker	M	45	
757	0:38:37	987	Gary George	M	35	
758	0:38:39	797	Jill Davies	F	45	
759	0:38:40	1215	Lyndell Davies	F	45	
760	0:38:44	474	Kim Peacock	M	55	

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
761	0:38:52	835	Adrian Bragger	M	55	
762	0:38:53	836	Laura McCarthy	F	55	Pontypridd Roadents
763	0:38:55	1148	Megan Jones	F		
764	0:38:55	1149	Ruth Goodfellow Jones	F	35	
765	0:38:58	366	Steven Jenkins	M	35	
766	0:39:01	1062	Kathryn Rogers	F	45	
767	0:39:06	761	Louise Liston	F	35	
768	0:39:06	765	Judi Cox	F		
769	0:39:06	888	Claire Mardon	F	35	
770	0:39:07	1114	Lee Mardon	M	45	
771	0:39:11	313	Dawn Thomas	F	35	Run With Us
772	0:39:16	391	Michele Williams	F	45	
773	0:39:19	1280	Mellissa Nash	F	35	
774	0:39:22	387	Ruth Roberts	F	35	CDF Runners
775	0:39:30	659	Wayne Phillips	M	55	
776	0:39:30	338	Cathrine McVeigh	F	45	
777	0:39:31	1217	Darren Young	M	35	
778	0:39:34	860	Pam Kirk	F	35	Ackworth Road Runners
779	0:39:37	816	Alexander Howell	M		
780	0:39:37	904	Kayleigh Evans	F		
781	0:39:38	1224	Elizabeth McCaffrey	F		
782	0:39:39	1241	Emma Nicholas	F	35	
783	0:39:59	1343	Claire James	F	35	
784	0:39:59	1328	Leigh James	M		
785	0:40:03	705	Chloe Jenkins	F	J	
786	0:40:04	704	Nicola Jenkins	F	35	
787	0:40:08	1232	Heather Carter-Mcgaughey	F		
788	0:40:09	1200	Carol Weeks	F	55	
789	0:40:16	1118	Dewi Vile	M		
790	0:40:17	1260	Amy Archer	F		
791	0:40:17	1262	Buddug Britton	F	35	
792	0:40:22	503	Samantha Ann Cotter	F		
793	0:40:24	332	Michelle Turner	F	45	
794	0:40:44	791	Kay Bedford	F	45	Run With Us
795	0:40:45	328	Debbie Jones	F	35	Merthyr Running Club
796	0:40:46	1053	Owen Griffiths	M	35	
797	0:40:47	311	Alan Griffiths	M	55	
798	0:40:47	1078	Lisa Bury	F	35	
799	0:40:51	409	Gaynor Loveless	F	55	
800	0:40:51	898	Elizabeth Stuckey	F	45	
801	0:40:59	741	Cheryl Bunney	F	45	Aberdare VAAC
802	0:40:59	1349	Julie Cook	F	45	
803	0:41:04	997	Gareth Howell	M	45	
804	0:41:08	1063	Lynne Jones	F	35	
805	0:41:08	1064	Levi Hallett	F		
806	0:41:08	1122	Marie Jones	F	45	
807	0:41:24	1006	Kathryn Donovan	F	45	
808	0:41:28	1210	Adriana Beddows	F	45	
809	0:41:46	829	Hazel Jones	F	35	
810	0:42:03	599	Kerry Jones	F	35	
811	0:42:05	1049	Karen Meyrick	F	55	Merthyr Running Club
812	0:42:05	1050	Jessica Meyrick	F		Merthyr Running Club
813	0:42:38	617	Paul Thomas	M	35	Islwyn RC
814	0:42:46	551	Joanne Robinson	F	35	Islwyn RC
815	0:42:46	897	Ruth Williams	F	45	
816	0:42:46	605	Andrea Assirati	F	45	
817	0:42:46	1290	Coral Rees	F	35	Islwyn RC
818	0:42:46	609	Clare Morris	F	45	
819	0:42:46	1123	Rhiann Williams	F	35	Islwyn RC
820	0:42:54	965	Helen Lloyd Jones	F	55	Pegasus RC
821	0:42:54	861	Gavin Davies	M		
822	0:42:55	862	John Bounds	M	55	
823	0:42:55	781	Christopher Beale	M		
824	0:42:56	779	Katie Healey	F		CDF Runners
825	0:43:03	999	Susan Collins	F	45	Rhondda Athletics Club
826	0:43:04	998	Nicola Howell	F	45	
827	0:43:07	478	Rhianydd Jenkins	F		
828	0:43:23	1304	Lowri Morgan	F		
829	0:43:26	1339	Sarah Pearce	F	35	
830	0:43:27	1286	Lisa Falat	F	35	Dragons
831	0:43:27	1357	Hannah Barnes	F		Dragons
832	0:43:57	1169	Laura Miles	F		
833	0:44:05	1322	Tegan Warman	F	J	
834	0:44:07	1225	Daniel McCaffrey	M		
835	0:44:23	1132	Ania Ciolek	F	35	Brecon AC
836	0:44:43	1315	Annmarie Pritchard	F	35	

## 2016 Nos Galan Seniors

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
837	0:44:52	796	Aaron Sharpe	M		
838	0:44:55	807	Sarah Liverick	F	35	
839	0:45:00	966	Richard Thyer	M	45	
840	0:45:18	1181	Johnny Callaghan	M	45	
841	0:45:18	1182	Julie Callaghan	F	35	
842	0:45:22	562	Gwyn Jones	F	45	Cardiff AAC
843	0:45:23	564	Ceri Jones	F	J	Cardiff AAC
844	0:45:33	395	Gaynor Orford	F	45	
845	0:46:27	1075	Emma Easter	F		
846	0:48:03	1327	Helen Goode	F	35	
847	0:48:05	777	Alison Lewis	F	45	
848	0:48:06	780	Michael Lewis	M	55	
849	0:48:16	793	Shelley Stephens	F	35	
850	0:48:41	1239	Donna Davies	F	35	
851	0:48:41	1240	Christine Thomas	F	35	
852	0:50:20	608	Bethan Jones	F		
853	0:50:21	321	Mark Coaker	M	35	
854	0:50:21	323	Rhys Coaker	M	J	
855	0:52:31	1030	Carly Hutchings	F		