

## 2017 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:14:29	154	Ieuan Thomas	M		Cardiff AAC	1	0:14:29
2	0:14:33	328	Matt Clowes	M		Cardiff AAC	3	0:14:33
3	0:14:34	322	Kristian Jones	M		Swansea Harriers	2	0:14:33
4	0:14:47	326	Michael Ward	M		Cardiff AAC	5	0:14:46
5	0:14:47	325	Iestyn Harrett	M			4	0:14:46
6	0:14:54	180	Carwyn Jones	M	35	Cardiff AAC	6	0:14:53
7	0:14:54	76	Christian Lovatt	M		Swansea Harriers	7	0:14:53
8	0:14:55	22	Dan Nash	M		Cardiff AAC	8	0:14:53
9	0:15:06	234	Steve Mitchell	M		Bristol & West AC	9	0:15:06
10	0:15:12	324	Jack Gooch	M		Swansea Harriers	10	0:15:12
11	0:15:17	190	James Hunt	M		Cardiff AAC	11	0:15:16
12	0:15:22	58	Ciaran Lewis	M		Cardiff AAC	12	0:15:20
13	0:15:39	184	Michael Kershaw	M		Cardiff AAC	13	0:15:38
14	0:15:45	174	Jonathan Janes	M		Bedford & County AC	15	0:15:45
15	0:15:46	329	James Vincent	M		Cardiff AAC	14	0:15:44
16	0:15:53	323	Stephen Morris	M		Cardiff AAC	16	0:15:52
17	0:16:18	223	Jac Smith	M	J	Cardiff AAC	17	0:16:17
18	0:16:30	119	Daniel Bodman	M			18	0:16:28
19	0:16:35	122	Owen Locke	M	J	Neath Harriers	19	0:16:32
20	0:16:36	63	Richard Jackson-Hookins	M	35	Penarth and Dinas Runners	21	0:16:34
21	0:16:36	138	Tom Mccarthy	M		Neath Harriers	20	0:16:34
22	0:16:36	172	Chris Thornley	M		Bedford & County AC	25	0:16:36
23	0:16:37	143	Michael Lewis	M		Fairwater Runners	22	0:16:35
24	0:16:38	79	David Aubrey	M		Cheltenham Harriers	23	0:16:35
25	0:16:38	144	Billy Hayton	M		Pontypridd Roadents	24	0:16:36
26	0:16:41	49	Neil Jones	M	35	Ogmore Phoenix	26	0:16:37
27	0:16:42	201	Matthew Grantham	M		Mickey Morris Racing Team	27	0:16:39
28	0:16:42	278	Peter Ryder	M	35	Aberdare Valley AAC	28	0:16:39
29	0:16:44	217	Matthew Evans	M		Aberdare Valley AAC	29	0:16:41
30	0:16:46	258	Andrew Reynolds	M	35	Neath Harriers	30	0:16:43
31	0:16:47	100	Aled Hughes	M	35	Aberystwyth AC	31	0:16:45
32	0:16:49	247	Alaw Beynon-Thomas	F		Swansea Harriers	32	0:16:46
33	0:16:51	153	Darren Bishop	M	35	Pontypridd Roadents	33	0:16:48
34	0:17:05	207	Patrick Jones	M		Swansea Harriers	37	0:17:04
35	0:17:05	140	Edward Land	M	35	Aberystwyth AC	35	0:17:01
36	0:17:06	245	Matthew Jacklin	M	35	Aberdare Valley AAC	36	0:17:03
37	0:17:08	286	Donovan Williams Hale	M	J	Bridgend AC	38	0:17:04
38	0:17:08	150	Matthew O'Keefe	M	35		34	0:16:59
39	0:17:09	197	Jake Brooke-Smith	M	J		39	0:17:06
40	0:17:11	28	Paul Graham	M		Pontypridd Roadents	40	0:17:08
41	0:17:11	126	David Jones	M			41	0:17:08
42	0:17:20	103	Craig Jones	M		Swansea Harriers	42	0:17:18
43	0:17:22	225	Carl Cable	M	45		43	0:17:18
44	0:17:24	1	Alex Price	M		Swansea Harriers	46	0:17:24
45	0:17:24	62	Matthew Hurford	M	45	Les Croupiers	44	0:17:20
46	0:17:26	88	Vaughan Edwards	M	35	Cardiff Harlequins	45	0:17:24
47	0:17:30	146	Gareth Hurman	M			49	0:17:30
48	0:17:30	130	Martyn Driscoll	M	35	MDC	47	0:17:26
49	0:17:32	118	Jon Belcher	M	35	Lliswerry Runners	48	0:17:26
50	0:17:35	242	Gareth Ayres	M		Port Talbot Harriers	50	0:17:31
51	0:17:36	10	Emyr Morgan	M	45	Les Croupiers	51	0:17:32
52	0:17:37	209	Andrew How	M	35	Hendre Lake RC	52	0:17:33
53	0:17:47	228	Samuel Richards	M		Pontypridd Roadents	53	0:17:42
54	0:17:47	14	Nathan Petrie	M		Run4All	54	0:17:45
55	0:17:48	34	Anthony Roper	M	45	Bristol & West AC	55	0:17:46
56	0:17:49	330	Sian Edwards	F		Swansea Harriers	56	0:17:46
57	0:17:54	21	Stephen Mathers	M	35	Parc Bryn Bach	61	0:17:54
58	0:17:55	246	Adrian Lewis	M	45	Aberdare Valley AAC	57	0:17:50
59	0:17:58	262	Richard Elgar	M		Lliswerry Runners	59	0:17:53
60	0:17:59	105	Christopher Jeynes	M	35	Brackla Harriers	58	0:17:52
61	0:18:03	26	Josh Dixon	M		Les Croupiers	60	0:17:54
62	0:18:06	318	Richard Dando	M	35	Bridgend AC	63	0:18:03
63	0:18:07	60	Luke Spencer	M		Aberdare Valley AAC	62	0:18:03
64	0:18:12	29	Clara Evans	F		Cardiff AAC	66	0:18:11
65	0:18:13	7	Ryan Cullen	M		CDF Runners	64	0:18:05
66	0:18:14	93	Kieran John	M			67	0:18:11
67	0:18:15	107	Peter Morton	M			65	0:18:06
68	0:18:17	134	Gary Brown	M	35	Penarth and Dinas Runners	68	0:18:13
69	0:18:24	12	Gareth Knight	M	35	Neath Harriers	70	0:18:20
70	0:18:25	222	Caspar Donnison	M		Thames Valley Harriers	71	0:18:25
71	0:18:27	277	Liam Osborne	M		Bridgend AC	69	0:18:20
72	0:18:33	95	Ryan Bowen	M			74	0:18:29
73	0:18:35	19	Tom Martin	M		CDF Runners	72	0:18:26
74	0:18:35	175	Jonathan Jarvis	M		Run4All	73	0:18:27
75	0:18:35	57	Anthony Bannon	M		San Domenico RC	75	0:18:29

## 2017 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:18:37	233	Nino Gatti	M		Port Talbot Harriers	76	0:18:30
77	0:18:40	108	Megan Mcbrien	F		RSCAC	79	0:18:33
78	0:18:40	182	Rhys Knight	M	35	Caerleon Running Club	78	0:18:33
79	0:18:41	2	Sam Howell-Jones	M		Pontypridd Roadents	77	0:18:32
80	0:18:42	106	David Bennett	M	45	Porthcawl Runners	80	0:18:33
81	0:18:43	215	Andy Pearce	M	45	Cardiff Triathletes	81	0:18:40
82	0:18:48	290	Martin Cole	M	45	Run4All	82	0:18:41
83	0:18:50	260	Alex Cornett	M			85	0:18:45
84	0:18:51	84	Mark Hiddlestone	M	35	Port Talbot Harriers	83	0:18:43
85	0:18:52	36	David Richardson	M		Pont-y-Pwl and District Runners	88	0:18:48
86	0:18:54	177	Gareth Jones	M	35	Pontypridd Roadents	84	0:18:45
87	0:18:54	257	Jeff Thomas	M	45	Bridgend AC	86	0:18:47
88	0:18:57	224	Steven Smith	M	45	Aberdare Valley AAC	87	0:18:47
89	0:19:02	80	Kristian Walters	M	35	Pontypridd Roadents	89	0:18:54
90	0:19:03	306	Neil Brooke-Smith	M	45	Pontypridd Roadents	91	0:18:58
91	0:19:06	157	Daniel Newton	M		Swansea Harriers	92	0:19:00
92	0:19:07	35	Gethin Powell	M	35	Pontypridd Roadents	90	0:18:58
93	0:19:09	188	Caerwyn Phillips	M	J	Cardiff AAC	95	0:19:06
94	0:19:13	54	Simon Tootell	M	35		93	0:19:04
95	0:19:15	81	Gethin Edwards	M	35	Pontyclun Road Runners	94	0:19:04
96	0:19:15	97	Phil Bristow	M	55	San Domenico RC	97	0:19:08
97	0:19:15	238	Matthew Davies	M	35	Aberdare Valley AAC	98	0:19:09
98	0:19:15	4	Steve Payne	M	35	Caerphilly Runners	96	0:19:06
99	0:19:16	285	Sandra Chipper	F	45	Lliswerry Runners	99	0:19:10
100	0:19:17	248	Stephen May	M	45	Pontypridd Roadents	101	0:19:11
101	0:19:19	244	Gareth Price	M			102	0:19:12
102	0:19:20	44	Samuel Jackson	M	J		103	0:19:12
103	0:19:20	192	James Bruce	M	35	Les Croupiers	100	0:19:10
104	0:19:22	239	Gwyn Johnson	M		Pontypridd Roadents	107	0:19:22
105	0:19:23	205	Alex Jackson	M	J		104	0:19:15
106	0:19:25	6	Helen Sharpe	F	35	Bristol & West AC	105	0:19:15
107	0:19:29	312	Andrew Dickens	M	35	Pont-y-Pwl and District Runners	106	0:19:21
108	0:19:30	274	Brian Dias	M		Cardiff AAC	110	0:19:26
109	0:19:34	164	Jamie Vanstone	M	35		108	0:19:23
110	0:19:35	94	Shelley Brace	F		City of Stoke	111	0:19:30
111	0:19:37	194	Neil Williams	M	55	Aberdare Valley AAC	109	0:19:26
112	0:19:37	218	Lauren Cooper	F		Parc Bryn Bach	112	0:19:31
113	0:19:38	68	Helen-Marie Davies	F	35	Swansea Harriers	113	0:19:32
114	0:19:42	176	Steven Hooper	M	45	Pontypridd Roadents	115	0:19:34
115	0:19:43	92	Andrew Brasington	M	45	Ebbw Vale RC	119	0:19:43
116	0:19:44	32	Tomos Phillips	M		CDF Runners	114	0:19:34
117	0:19:46	31	Lee Walters	M	45	Aberdare Valley AAC	116	0:19:35
118	0:19:47	319	Georgie Dando	F	35	Bridgend AC	117	0:19:42
119	0:19:52	340	Sharon Leech	F	45	Carmarthen harriers	121	0:19:46
120	0:19:52	123	Richard Price	M		Parc Bryn Bach	118	0:19:42
121	0:19:53	120	Robert Evans	M	55	Ebbw Vale RC	120	0:19:43
122	0:19:56	89	Steve Davies	M	55	Pont-y-Pwl and District Runners	123	0:19:48
123	0:19:57	251	Janneke Van Beijnum	F	35	Les Croupiers	126	0:19:52
124	0:20:00	50	Stephen Carter	M	45	Parc Bryn Bach	124	0:19:50
125	0:20:01	33	Darragh Crofts	M		Pegasus RC	122	0:19:47
126	0:20:01	237	Stephen Davies	M			129	0:19:54
127	0:20:02	196	Mark Hutchings	M	45	Canton Chargers	125	0:19:50
128	0:20:02	113	Christopher Lewis	M		Run4All	128	0:19:53
129	0:20:04	8	Gareth Jones	M			135	0:20:04
130	0:20:04	15	Matthew Mulcahy	M	45	Caerleon Running Club	127	0:19:52
131	0:20:05	40	Christopher Gay	M	35	Ebbw Vale RC	133	0:20:02
132	0:20:05	230	Andrew Pask	M	35		132	0:20:00
133	0:20:08	202	Ryan Minard	M		Aberdare Valley AAC	130	0:19:57
134	0:20:11	195	Ricci Watts	M		Pont-y-Pwl and District Runners	138	0:20:06
135	0:20:12	288	Luke Hurley	M	35	Islwyn RC	131	0:19:59
136	0:20:15	20	Daryl Beggs	M	35	Les Croupiers	139	0:20:06
137	0:20:15	75	Paul Morton	M	35		136	0:20:04
138	0:20:16	283	Philip Rose	M			134	0:20:02
139	0:20:17	114	Chris Lloyd	M		Run4All	142	0:20:13
140	0:20:17	268	Nick Hayward	M	35	San Domenico RC	140	0:20:09
141	0:20:17	156	Caryl Davies	F		Sarn Helen	141	0:20:11
142	0:20:18	112	Dan Lloyd	M	35	CDF Runners	137	0:20:06
143	0:20:23	221	Jemima Osborn	F		Swansea Harriers	143	0:20:16
144	0:20:31	236	Paul Hill	M	45		145	0:20:22
145	0:20:33	259	Paul Davies	M	35	Aberdare Valley AAC	146	0:20:27
146	0:20:33	169	Simonarke Darke	M	55	Maindy Harriers	144	0:20:20
147	0:20:42	16	Danielle Phillips	F			148	0:20:34
148	0:20:44	47	Jim Murray	M	45	Pontypridd Roadents	147	0:20:32
149	0:20:46	111	Steven Bridges	M	45		149	0:20:34
150	0:20:50	305	Ieuan Kingston	M	35	Pont-y-Pwl and District Runners	150	0:20:45

## 2017 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:20:51	42	Sean McDonnell	M			151	0:20:45
152	0:21:00	161	Daniel Pickering	M			152	0:20:54
153	0:21:09	155	Charlotte Green	F	35	Swansea Harriers	154	0:20:59
154	0:21:11	232	Gareth Morgan	M	45		153	0:20:57
155	0:21:13	30	Phoebe Marsden	F	J	Neath Harriers	155	0:21:04
156	0:21:21	38	Kevin Dupe	M	45	Caerleon Running Club	158	0:21:21
157	0:21:25	241	Darren Kippeest	M	45	Parc Bryn Bach	157	0:21:19
158	0:21:30	316	Jordan Lacey	F		Southend AC	159	0:21:25
159	0:21:31	25	Lisa Cleary	F	45	Penarth and Dinas Runners	156	0:21:19
160	0:21:36	206	Rachel Evans	F	45	Run4All	161	0:21:26
161	0:21:36	109	Angharad Starr	F	35	Caerphilly Runners	162	0:21:26
162	0:21:37	151	Catherine Powell	F	35	Pontyclun Road Runners	160	0:21:26
163	0:21:41	339	Dominic Shields	M	45	San Domenico RC	163	0:21:29
164	0:21:42	298	Brendan Price	M	35	Dragons Running club	165	0:21:32
165	0:21:43	296	Ethan Sherrard	M	J		168	0:21:38
166	0:21:45	266	Natasha Irvine	F	35		164	0:21:29
167	0:21:46	255	Carl Edwards	M	45	Pontypridd Roadents	170	0:21:41
168	0:21:48	317	Jon Laney	M			167	0:21:36
169	0:21:49	287	Eleri Rogers	F	35	CDF Runners	166	0:21:33
170	0:21:50	96	Jacqueline Brace	F	55	Bridgend AC	173	0:21:42
171	0:21:50	73	Simon Coombes	M	35	Swansea Harriers	169	0:21:40
172	0:21:56	231	Steve Pring	M	45		172	0:21:41
173	0:21:57	171	Hayley Griffiths	F	35	Run4All	171	0:21:41
174	0:21:58	27	Rebecca Cox	F		Les Croupiers	175	0:21:44
175	0:21:59	211	Peter Rodger	M	55	Caerleon Running Club	176	0:21:47
176	0:22:00	275	Matt Reardon	M	35	San Domenico RC	174	0:21:43
177	0:22:07	338	Kim Morgan	F	35		177	0:21:53
178	0:22:22	43	Sheryl Evans	F	45	Hereford Couriers	178	0:22:07
179	0:22:24	256	Jan Edwards	F	45	Pontypridd Roadents	182	0:22:18
180	0:22:26	200	Dawn Knight	F	35	Canton Chargers	179	0:22:13
181	0:22:27	168	Andrew Jones	M			180	0:22:15
182	0:22:32	91	Jordan Forster	M	35		181	0:22:15
183	0:22:32	147	Andrea Hurman	F	45	Penarth and Dinas Runners	183	0:22:19
184	0:22:34	67	Chris Pratt	M	45	Ogmore Phoenix	184	0:22:23
185	0:22:43	220	Ffion Davies	F		Port Talbot Harriers	186	0:22:32
186	0:22:47	187	Martyn Evans	M		Hendre Lake RC	185	0:22:31
187	0:22:49	308	Lawrence Chen	M	35	Lordshill Road Runners	187	0:22:36
188	0:22:49	307	Jim Davies	M	35	Southampton Athletic Club	188	0:22:36
189	0:22:54	102	Josephine Bishop	F		Ogmore Phoenix	189	0:22:42
190	0:23:12	213	Bethan Ford	F	35	Pontypridd Roadents	190	0:23:00
191	0:23:14	3	Nicholas Morgan	M	45		191	0:23:02
192	0:23:20	141	Lina Verseckaite	F	35		193	0:23:11
193	0:23:23	345	Maree Jesson	F	45		194	0:23:14
194	0:23:25	264	Cheryl Tanner	F	35		192	0:23:09
195	0:23:29	263	Rachel Donnison	F		Cardiff AAC	196	0:23:25
196	0:23:33	51	Ruth Butterfield	F	35	Parc Bryn Bach	195	0:23:19
197	0:23:45	300	Katharine Collins	F	35	Parc Bryn Bach	198	0:23:33
198	0:23:47	69	Stephanie Davies	F		Pontypridd Roadents	202	0:23:39
199	0:23:48	331	Jasmine Bowyer	F		Cardiff Triathletes	197	0:23:32
200	0:23:48	332	Shona Bennett	F		CDF Runners	199	0:23:34
201	0:23:52	23	Paul Adams	M	35	Caerleon Running Club	201	0:23:36
202	0:23:52	24	Charlotte Moran	F	35	Caerleon Running Club	200	0:23:35
203	0:24:01	11	Kayleigh Wilding	F		CDF Runners	203	0:23:47
204	0:24:04	252	Carl Woodward	M	35	Roberttown Road Runners	204	0:23:49
205	0:24:08	293	Liz Carpenter-Davies	F		Parc Bryn Bach	205	0:23:55
206	0:24:10	45	Hayley Jackson	F	35		206	0:23:55
207	0:24:28	337	Mary Beech	F	45	Brackla Harriers	207	0:24:16
208	0:24:47	301	Michelle Jayne	F	35	Parc Bryn Bach	208	0:24:37
209	0:24:53	270	Beth Jones	F	J	Parc Bryn Bach	209	0:24:39
210	0:24:56	116	Emma-Jane Morris	F		Ogmore Phoenix	210	0:24:40
211	0:24:56	135	Elizabeth Sim	F	35		211	0:24:40
212	0:25:00	336	Susanna Winstanley	F			212	0:24:46
213	0:25:12	276	Sophie Gott	F	35	Hendre Lake RC	213	0:24:57
214	0:25:22	149	Delphine Jones	F	35	Parc Bryn Bach	214	0:25:08
215	0:25:36	216	Helen Griffiths	F		Hendre Lake RC	215	0:25:20
216	0:26:21	162	Kathryn Manley	F		Lliswerry Runners	216	0:26:10
217	0:26:32	136	Jen Smithson	F		Torfaen Triathlon Club	217	0:26:15