

2017 Nos Galan Fun Run

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:20:08	1344	Matthew Whitney	M	35		1	0:19:54
2	0:20:26	1214	Owen Davies	M		Lliswerry Runners	3	0:20:24
3	0:20:32	707	Aled Hughes	M	35		2	0:20:16
4	0:20:35	952	Allen Bunney	M	45		5	0:20:32
5	0:20:37	1138	Gareth Thompson	M	35		4	0:20:30
6	0:20:40	871	Tim Fry	M	35	Cardiff AAC	6	0:20:39
7	0:21:00	1481	Darren Stevens	M			7	0:20:52
8	0:21:01	1469	Gareth Howells	M		Caerleon Running Club	9	0:20:56
9	0:21:12	1237	Iain Hendry	M	45	Run4All	10	0:21:09
10	0:21:13	1065	Phillip Buckley	M	35		8	0:20:53
11	0:21:14	877	Liam Bryson	M	45	Caerphilly Runners	11	0:21:10
12	0:21:23	1021	Simon Stokes	M		White Rock Runners	12	0:21:13
13	0:21:27	763	Andrew Driscoll	M	35	Aberdare Valley AAC	13	0:21:17
14	0:21:31	617	Dafydd Trystan Davies	M	35	AT Run	15	0:21:27
15	0:21:34	676	Michael Matthews	M	45	Parc Bryn Bach	18	0:21:33
16	0:21:35	635	Mathew Giles	M	35	Run4All	19	0:21:33
17	0:21:37	566	Nicholas Leonard	M			16	0:21:31
18	0:21:41	1012	Kris Denholm	M	45	Ogmore Phoenix	14	0:21:22
19	0:21:42	1324	Gareth Norris	M			21	0:21:35
20	0:21:42	1230	Richard Edge	M	35	Canton Chargers	20	0:21:33
21	0:21:45	573	Keith Verheyden	M	55	Fetch Everyone	22	0:21:40
22	0:21:49	1127	Chris O'Brien	M	35	Pont-y-Pwl and District Runners	17	0:21:32
23	0:21:51	1440	Steven Clatworthy	M	35	Ogmore Phoenix	28	0:21:49
24	0:21:51	1222	Jonathan Lock	M			25	0:21:43
25	0:21:52	849	Nick Butler	M	35	Caerphilly Runners	23	0:21:42
26	0:21:59	421	Steve Burrell	M	50	Pontyclun Road Runners	29	0:21:50
27	0:22:10	1259	Alex Tovey	M	45	Run4All	34	0:22:03
28	0:22:10	423	Phillip Mears	M	45	White Rock Runners	32	0:21:58
29	0:22:11	1180	Liz May	F	35	Pontypridd Roadents	38	0:22:06
30	0:22:12	814	Gareth Evans	M			35	0:22:05
31	0:22:13	720	Rhys Roberts	M		Celtic Tri	26	0:21:47
32	0:22:13	595	Ian Davies	M	45	Parc Bryn Bach	33	0:21:58
33	0:22:14	822	Nathan Vukashin Jones	M		Pontypridd Roadents	31	0:21:58
34	0:22:15	802	Jarrad Wright	M			24	0:21:43
35	0:22:15	1128	Gareth Jenkins	M			30	0:21:55
36	0:22:15	804	Paul Kehl	M	45	Pontyclun Road Runners	27	0:21:49
37	0:22:22	910	Samantha Werrett	F			39	0:22:07
38	0:22:25	842	Andrew Jones	M	45	Parc Bryn Bach	40	0:22:19
39	0:22:31	496	Jason Davies	M	35		46	0:22:29
40	0:22:33	1342	James Thomas	M			41	0:22:20
41	0:22:33	888	Andrew Meadows	M		Parc Bryn Bach	43	0:22:25
42	0:22:35	824	Abigail Petrie	F			45	0:22:27
43	0:22:42	582	Josie Hancox	F	J		36	0:22:06
44	0:22:46	905	Matt Timms	M	35		49	0:22:38
45	0:22:51	1236	James Coombs	M	45		42	0:22:22
46	0:22:53	1034	Trystan Gruffydd	M			57	0:22:50
47	0:22:55	942	Bryan Jones	M	45		51	0:22:43
48	0:23:01	728	Jason Garrahan	M	45	Caerphilly Runners	63	0:22:58
49	0:23:01	572	Philip Vines	M	35		44	0:22:26
50	0:23:02	1389	Peter Jeffries	M	45		59	0:22:53
51	0:23:03	441	Kev Windsor	M	45	Run4All	61	0:22:57
52	0:23:03	552	Terry Caveney	M	55		54	0:22:46
53	0:23:04	1326	Robert Lineham	M		Aberfan Canoe Club	55	0:22:47
54	0:23:04	432	Edward Brown	M	35	White Rock Runners	62	0:22:58
55	0:23:06	1186	Claire Maksimovic	F		Pontypridd Roadents	50	0:22:41
56	0:23:08	1035	Hefin Gruffydd	M	55	Pontypridd Roadents	69	0:23:03
57	0:23:08	1240	Chris Panes	M	45	Roberttown Road Runners	64	0:22:58
58	0:23:09	1188	Ceri Thomas	F	45	Porthcawl Runners	67	0:23:01
59	0:23:09	1051	Wayne Preece	M	55	Yr Hen Blwyf	58	0:22:53
60	0:23:10	957	Kevin MacDonald	M	45	Dragons Running club	60	0:22:56
61	0:23:11	444	Alistair Foulkes-Nock	M	J		37	0:22:06
62	0:23:19	820	Kasey Turner	F	35		71	0:23:07
63	0:23:28	1244	Paige Griffiths	F			52	0:22:44
64	0:23:29	506	Ross Owen	M			68	0:23:01
65	0:23:30	1465	Catherine Olivant	F	35		80	0:23:26
66	0:23:41	593	Lee Richards	M	45	Islwyn RC	75	0:23:13
67	0:23:41	1328	Kevin Bounds	M	35		56	0:22:50
68	0:23:42	540	Andrew Smith	M	35	Pont-y-Pwl and District Runners	47	0:22:37
69	0:23:43	71	Richard Weber	M	45		66	0:23:00
70	0:23:43	741	Andy Reardon	M	45		74	0:23:12
71	0:23:44	916	Sara Williams	F	35	Caerphilly Runners	89	0:23:40
72	0:23:47	1419	Ray Davies	M	55	Aberdare Valley AAC	84	0:23:31
73	0:23:47	624	David Sinclair	M	45		76	0:23:15
74	0:23:48	742	Jon Hussey	M	35		90	0:23:43
75	0:23:48	438	Sian Richards	F			82	0:23:26

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:23:49	476	Bleddyn Webster	M	J		92	0:23:45
77	0:23:49	427	Cerys Swift	F	J	Parc Bryn Bach	85	0:23:33
78	0:23:53	1115	Nicholas Lewis	M	35		65	0:23:00
79	0:23:55	1464	Darren Pugh	M			77	0:23:18
80	0:23:56	859	Cori Cotter	M	J		53	0:22:45
81	0:23:58	664	Brian Saxby	M	55	Run4All	98	0:23:56
82	0:24:00	1207	Mike Donnelly	M	45	Pontyclun Road Runners	78	0:23:22
83	0:24:00	1361	Bethan Donnelly	F			79	0:23:23
84	0:24:03	489	Connor Wills	M			103	0:24:03
85	0:24:03	895	Kevin Bradfield	M	45	Parc Bryn Bach	100	0:24:01
86	0:24:04	1101	Mat Gilliard	M	35		99	0:23:57
87	0:24:04	1245	Trudi Morgan	F	45		104	0:24:03
88	0:24:04	1350	Ian Francis	M			95	0:23:51
89	0:24:05	451	Joanne Ryan	F	35	Rhondda Valley Runners	96	0:23:51
90	0:24:05	1000	Tim Davies	M	35	Pontypridd Roadents	83	0:23:31
91	0:24:06	1387	Matthew Lane	M	35		88	0:23:39
92	0:24:06	891	Mark Jones	M	55		94	0:23:50
93	0:24:06	660	Debbie Richards	F	45	Merthyr Running Club	86	0:23:35
94	0:24:07	833	Maad Khalil	M	55	Pontypridd Roadents	97	0:23:55
95	0:24:08	889	Huw Williams	M	35		70	0:23:04
96	0:24:08	721	Paul Galea	M	45	Roberttown Road Runners	105	0:24:05
97	0:24:11	1318	David Webb	M			81	0:23:26
98	0:24:11	145	Sian Khalil	F	45	Pontypridd Roadents	106	0:24:06
99	0:24:12	614	Ryan Speck	M			48	0:22:38
100	0:24:16	1139	Megan Rhiannon Jones	F			101	0:24:01
101	0:24:20	737	Matthew Lacey	M	35		102	0:24:02
102	0:24:21	1076	Mathew Robinson	M	35		114	0:24:17
103	0:24:21	1347	Carwyn Watkins	M	35		111	0:24:12
104	0:24:21	794	Emma Jones	F			93	0:23:46
105	0:24:24	18	Robert Coles	M		Caerphilly Runners	72	0:23:09
106	0:24:24	961	Tracey Phillips	F	45		73	0:23:10
107	0:24:26	1041	Jason Evans	M	45		107	0:24:10
108	0:24:27	528	Paula Allen	F	35	Pegasus RC	108	0:24:11
109	0:24:28	529	Stephen Wood	M	35	Pegasus RC	109	0:24:11
110	0:24:32	1384	Andrew Reynolds	M	35	Pontypridd Roadents	117	0:24:21
111	0:24:34	946	Vanessa Turnbull	F	45	Caerphilly Runners	121	0:24:29
112	0:24:37	1176	Edwin Hanly	M	55		116	0:24:21
113	0:24:39	1069	John Davies	M	55		120	0:24:29
114	0:24:39	1487	Bethan Powell	F		Pont-y-Pwl and District Runners	113	0:24:16
115	0:24:43	924	James Williams	M			115	0:24:18
116	0:24:43	1284	Lisa Bowen	F	35		122	0:24:30
117	0:24:44	613	Andrew Caple	M	45	CDF Runners	110	0:24:12
118	0:24:46	311	Lou Summers	F	45	Pont-y-Pwl and District Runners	112	0:24:15
119	0:24:47	533	Janet Williams	F	55	Aberdare Valley AAC	131	0:24:46
120	0:24:51	1163	Elaine Rees	F	45	Roberttown Road Runners	128	0:24:45
121	0:24:54	1273	Andrew Jayne	M	45		123	0:24:32
122	0:24:55	1480	Ffion Meinir Davies	F			129	0:24:45
123	0:24:56	959	Jon Finch	M	45	Caerphilly Cycling Club	87	0:23:37
124	0:24:56	948	Jordan Mayo	M			126	0:24:40
125	0:25:02	1084	Heidy Davies	F	45		91	0:23:44
126	0:25:06	597	Gareth Jones	M	55	Chepstow Harriers	135	0:24:48
127	0:25:07	856	Hannah Beadsworth	F			145	0:25:01
128	0:25:08	995	Terence O'Keefe	M	55		125	0:24:37
129	0:25:09	730	Moses Akintioye	M			143	0:24:58
130	0:25:09	315	Carl Lewis	M	35	Caerphilly Runners	150	0:25:06
131	0:25:10	1405	Alun Evans	M	45		133	0:24:47
132	0:25:10	1409	Lloyd Evans	M			134	0:24:47
133	0:25:15	1272	Helen Davies	F	35	Dragons Running club	138	0:24:54
134	0:25:16	1023	Gavin Sorsby	M	35		154	0:25:10
135	0:25:17	677	Darshana Bhattacharjee	F	35		153	0:25:09
136	0:25:22	485	David Hughes	M	35	Dragons Running club	142	0:24:58
137	0:25:23	1478	Katie Allen	F	35	Pont-y-Pwl and District Runners	136	0:24:50
138	0:25:24	1107	Stuart Williams	M	45	Pontypridd Roadents	139	0:24:54
139	0:25:24	1142	Martin Beard	M	45	Ogmore Phoenix	140	0:24:55
140	0:25:25	1371	Martin Davies	M	45		118	0:24:24
141	0:25:25	439	Martin Richards	M	55	Roberttown Road Runners	144	0:24:59
142	0:25:27	475	David Stallard	M	35	Merthyr Running Club	137	0:24:51
143	0:25:28	609	Michael Bevan	M	45	Dragons Running club	157	0:25:13
144	0:25:28	491	Anthony Davies	M			165	0:25:19
145	0:25:28	1252	Tirion Pryce	F		Aberdare Valley AAC	162	0:25:17
146	0:25:29	1253	Mitzi Pryce	F			163	0:25:17
147	0:25:30	406	Alun Williams	M	55		130	0:24:46
148	0:25:32	541	Catrin Morgan	F			132	0:24:46
149	0:25:33	832	Jane Lewis	F	45	Fairwater Runners	160	0:25:16
150	0:25:34	1123	Jake Francis	M			148	0:25:05

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:25:34	591	Alun Wylde	M	45	Ogmore Phoenix	161	0:25:17
152	0:25:34	1204	Vic Bovington	M	55	Caerphilly Runners	119	0:24:28
153	0:25:38	829	Neil Edwards	M	35		147	0:25:04
154	0:25:40	1168	Jennet Holmes	F	35	Pontypridd Roadents	174	0:25:35
155	0:25:42	644	Rachel Edwards	F	45		124	0:24:34
156	0:25:42	1357	James Perdue	M	35		156	0:25:13
157	0:25:43	1279	David Parry	M	45		159	0:25:15
158	0:25:45	768	Carl Davis	M	35		170	0:25:30
159	0:25:49	894	David Manley	M	35	Lliswerry Runners	127	0:24:43
160	0:25:49	743	Deborah Evans	F	55		176	0:25:37
161	0:25:50	1043	Clare Bradwick	F			175	0:25:37
162	0:25:53	657	Angela Potter-Collins	F	45	Lliswerry Runners	158	0:25:14
163	0:25:53	1474	Matthew Lloyd	M			166	0:25:19
164	0:25:55	568	Paul Chapman	M	45	Les Croupiers	151	0:25:06
165	0:25:57	1071	Heather Garratt	F	35		149	0:25:05
166	0:25:57	1390	Allen Bevan	M	55		173	0:25:33
167	0:25:58	1304	Chris Hawkes	M			152	0:25:08
168	0:25:58	1302	Stephen Locke	M	45	Neath Harriers	141	0:24:57
169	0:25:59	1179	Jason Turner	M	45	Swansea Harriers	146	0:25:04
170	0:25:59	1443	Gillian Mason	F	55		183	0:25:44
171	0:26:00	638	Karen Elvers	F	45		182	0:25:44
172	0:26:01	1305	Jon Hilder	M			167	0:25:26
173	0:26:02	987	Sarah Pryor	F	35	Pegasus RC	155	0:25:13
174	0:26:03	1288	Martin Turner	M	45		189	0:25:55
175	0:26:05	1251	Paul Harris	M	35		177	0:25:40
176	0:26:06	569	Robert Haswell	M	55		198	0:26:01
177	0:26:07	1178	Vicky Stroud	F	35	Roberttown Road Runners	172	0:25:33
178	0:26:09	1442	Julie Webster	F	45		202	0:26:06
179	0:26:10	1053	Rhian Hopkins	F	35	Pontypridd Roadents	206	0:26:08
180	0:26:11	477	Richard Webster	M	45		207	0:26:08
181	0:26:13	694	Gareth Key	M		CDF Runners	178	0:25:40
182	0:26:14	990	Suzie Tew	F	45	Parc Bryn Bach	195	0:25:59
183	0:26:15	408	Andrew Smith	M	35		179	0:25:42
184	0:26:17	907	Glyn Hicks	M	55	Roberttown Road Runners	164	0:25:18
185	0:26:17	1141	Betty Lee	F	35		185	0:25:49
186	0:26:18	1277	Denise Bradley	F	55	Ogmore Phoenix	187	0:25:51
187	0:26:19	1044	Claire Lacey-Coles	F		Caerphilly Runners	218	0:26:15
188	0:26:26	1182	Elin Howard	F	35		214	0:26:13
189	0:26:26	1183	Gavin Howard	M	35		216	0:26:14
190	0:26:26	1011	Carl Johnson	M	45	Islwyn RC	194	0:25:59
191	0:26:26	1479	Gareth Wilson Davies	M	55		186	0:25:49
192	0:26:30	839	Lee Jenkins	M	35	Aberdare Dragons	217	0:26:14
193	0:26:31	994	Gareth Ponting	M	45	Dragons Running club	221	0:26:17
194	0:26:33	1247	Braidie Griffiths	F	J		184	0:25:47
195	0:26:33	539	Andrew Way	M	45		169	0:25:30
196	0:26:35	819	Miles Thomas	M	35	Roberttown Road Runners	201	0:26:03
197	0:26:36	1378	Lee Yoxall	M	35		181	0:25:44
198	0:26:37	621	Rhodri Thomas	M	35		191	0:25:58
199	0:26:37	622	Carys Davies	F		Dragons Running club	197	0:26:00
200	0:26:38	1434	Joanne Jackson	F	35		190	0:25:57
201	0:26:39	1157	Alwyn Thomas	M	55	Porthcawl Runners	210	0:26:10
202	0:26:39	1281	Keith Ryan	M	55		215	0:26:13
203	0:26:39	1224	Gary Powell	M	45		225	0:26:24
204	0:26:40	1092	Bretti Paxton	F		Pontypridd Roadents	232	0:26:38
205	0:26:42	645	Ryan Woodward	M	35		168	0:25:29
206	0:26:45	1311	Roger Jones	M	35		171	0:25:31
207	0:26:45	478	David Kempton	M	55	Parc Bryn Bach	212	0:26:12
208	0:26:45	807	Ethan Hodge	M	J		209	0:26:09
209	0:26:46	1471	Jamie Clode	M	35	Bridgend AC	208	0:26:09
210	0:26:48	334	Gemma Harris	F	35	Run4All	227	0:26:29
211	0:26:49	1470	Alice Balaam	F	J	Caerleon Running Club	205	0:26:08
212	0:26:50	648	Justine Aggett	F	45	Maindy Harriers	231	0:26:38
213	0:26:52	564	Jonathan Johns	M	45	Caerphilly Runners	219	0:26:16
214	0:26:53	498	Jo Betty	F	35	Ogmore Phoenix	229	0:26:33
215	0:26:54	629	Mark Griffiths	M	35	Pontypridd Roadents	180	0:25:43
216	0:26:55	519	Victoria Norman	F	35		222	0:26:18
217	0:26:58	1454	Neil Edwards	M	35		237	0:26:44
218	0:26:59	1050	Louise Kirby	F	45	Parc Bryn Bach	192	0:25:58
219	0:26:59	666	Catherine Colleypriest	F	35		193	0:25:58
220	0:27:00	1298	Sara Arnold	F	35	Islwyn RC	200	0:26:02
221	0:27:03	1016	Sara Morgan	F	35	Village vipers	239	0:26:46
222	0:27:03	1356	Andrew Parry	M	35		228	0:26:32
223	0:27:05	1373	Simon Westlake	M	45		188	0:25:53
224	0:27:05	616	Laura Chapple	F	35	Run4All	240	0:26:47
225	0:27:05	1166	Ben Pearce	M	J		211	0:26:12

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:27:07	1126	Amanda Tristram	F	45		203	0:26:07
227	0:27:08	844	John Evans	M	45		248	0:26:56
228	0:27:09	1116	Martin Rivers	M	45	Run4All	257	0:27:05
229	0:27:10	1458	Richard Haddock	M		Pontypridd Roadents	238	0:26:44
230	0:27:11	1372	Eirwen Davies	F	55		260	0:27:07
231	0:27:12	951	Cheryl Bunney	F	45		253	0:27:02
232	0:27:14	1439	Kelly Owen	F	35	Cwm Ogwr Running Club	224	0:26:22
233	0:27:15	1468	Ieuan Williams	M	J		223	0:26:18
234	0:27:15	1476	Jodi Stevens	F	35		233	0:26:41
235	0:27:16	1104	Sian Edwards	F			264	0:27:13
236	0:27:18	487	Steven Cresswell	M	35		213	0:26:13
237	0:27:20	931	Stephanie Ferry	F		CDF Runners	242	0:26:50
238	0:27:23	1314	Michael Kelly	M	35		226	0:26:28
239	0:27:29	1460	Ceri Haddock	F		Pontypridd Roadents	255	0:27:02
240	0:27:29	918	Mike Pobjoy	M	45	Lliswerry Runners	199	0:26:01
241	0:27:31	1143	Joshua Beard	M	J		254	0:27:02
242	0:27:32	632	Robert Joslin	M	45	Rhondda Valley Runners	241	0:26:50
243	0:27:33	1155	Glenn Allan	M	45		196	0:26:00
244	0:27:33	655	Emmi Costello	F	J		243	0:26:53
245	0:27:36	945	Matthew Barrell	M	35		204	0:26:07
246	0:27:36	1310	Richard Treadgold	M	55		261	0:27:07
247	0:27:40	858	David George	M	45	Les Croupiers	266	0:27:15
248	0:27:42	1152	Matthew Doherty	M		White Rock Runners	273	0:27:24
249	0:27:42	407	Eleanor Preece	F		White Rock Runners	270	0:27:24
250	0:27:42	1151	Ceri Davies	F		White Rock Runners	274	0:27:26
251	0:27:43	723	Dawn Surrey	F	35		267	0:27:18
252	0:27:43	1488	Huw Loosemore	M	35		286	0:27:36
253	0:27:44	1134	Laura Hire	F		Parc Bryn Bach	278	0:27:29
254	0:27:44	747	James Beynon	M	45	Ogmore Phoenix	269	0:27:23
255	0:27:45	546	Peter Hire	M			220	0:26:16
256	0:27:46	1418	Helen Meredith-Davies	F	55		287	0:27:36
257	0:27:46	930	Richard Hext	M	35		256	0:27:02
258	0:27:46	474	Louise Munkley	F	35	Merthyr Running Club	263	0:27:10
259	0:27:46	436	Michelle Gooch	F	45	Pont-y-Pwl and District Runners	293	0:27:42
260	0:27:47	1072	Richard Garratt	M	45		246	0:26:55
261	0:27:48	463	Nadia Kafai-Hoare	F		Roberttown Road Runners	298	0:27:45
262	0:27:50	1208	Randal Jones	M	55	Lliswerry Runners	244	0:26:53
263	0:27:50	567	Kay Chapman	F	45	Cardiff AAC	250	0:27:01
264	0:27:52	66	Lianne Willetts	F	45	Caerphilly Runners	265	0:27:14
265	0:27:52	1349	David Brake	M	45		251	0:27:01
266	0:27:52	464	Steven Hoare	M		Roberttown Road Runners	280	0:27:30
267	0:27:53	1477	Stuart Williams	M	35		277	0:27:28
268	0:27:53	1032	Christopher Medlicott	M	35		299	0:27:46
269	0:27:53	1196	Lowri Bowen	F	35		284	0:27:35
270	0:27:54	965	Kirsty Smith	F			234	0:26:42
271	0:27:54	594	Teresa Davies	F	45	Parc Bryn Bach	275	0:27:26
272	0:27:55	501	David Davies	M	55	CDF Runners	290	0:27:38
273	0:27:56	1096	Melanie Hill	F	45	White Rock Runners	281	0:27:33
274	0:27:57	1364	Debra Bayliss	F	45		311	0:27:54
275	0:27:57	1121	Phillip David	M	55		295	0:27:43
276	0:28:00	1338	Dean Jones	M	55		230	0:26:36
277	0:28:02	1177	Natalie Griffiths	F	35	Cornelly Striders	271	0:27:24
278	0:28:03	1423	Stephen Phillips	M	45		276	0:27:28
279	0:28:05	1130	Justin Carter	M	45		292	0:27:41
280	0:28:06	1441	Amy Jenner	F	35	Caerphilly Triers	302	0:27:48
281	0:28:07	909	Gareth Browning	M	55		249	0:26:58
282	0:28:08	722	Christopher Hill	M	45	Lliswerry Runners	245	0:26:55
283	0:28:09	954	Sophie Knight	F			310	0:27:54
284	0:28:09	656	Paula Jones	F	45		304	0:27:48
285	0:28:11	724	Luke Surrey	M	45		303	0:27:48
286	0:28:12	887	Nathan Hobby	M			305	0:27:48
287	0:28:13	713	Paul Jones	M	35	Aberdare Valley AAC	272	0:27:24
288	0:28:15	879	Hannah Griffiths	F		Roberttown Road Runners	307	0:27:52
289	0:28:16	1285	Ian Tyler	M	45		258	0:27:06
290	0:28:17	796	Jeffery Brazeau	M			262	0:27:09
291	0:28:18	1293	Ben Morgan	M			285	0:27:36
292	0:28:19	1194	Dave Sommerville	M	45	Changing Village People	318	0:28:01
293	0:28:20	535	Nicholas Drage	M	45	White Rock Runners	236	0:26:43
294	0:28:21	1106	Ian Thorne	M	45	Pegasus RC	235	0:26:42
295	0:28:24	1435	Nathan Jackson	M	45		296	0:27:43
296	0:28:24	863	Steve Crowther	M	55	Lliswerry Runners	247	0:26:56
297	0:28:25	1467	Bobbie Swift	F	35	Parc Bryn Bach	317	0:27:59
298	0:28:25	428	Darren Swift	M	45	Parc Bryn Bach	313	0:27:57
299	0:28:26	1181	Juli Williams	F	45		279	0:27:29
300	0:28:26	1309	Paul Jones	M	45	Taf Ely Triathlon	300	0:27:46

2017 Nos Galan Fun Run

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:28:26	956	Scott Walker	M	45	Caerphilly Triers	259	0:27:07
302	0:28:28	606	Susan Owen	F	35		322	0:28:07
303	0:28:29	929	Nick Gregory	M			326	0:28:13
304	0:28:30	1172	Roni Margerison	F	35	Lliswerry Runners	282	0:27:35
305	0:28:32	755	Beth Beemer	F	35	Refail Runners	268	0:27:21
306	0:28:33	1149	Gemma Dummett	F	35		324	0:28:09
307	0:28:35	997	David Beddows	M	35	Christian Runners	252	0:27:02
308	0:28:38	404	Nathan Williams	M	35	Aberdare Valley AAC	334	0:28:29
309	0:28:38	494	Andrea Williams	F	35		333	0:28:29
310	0:28:39	425	Sian McGoldrick	F	45	Parc Bryn Bach	321	0:28:07
311	0:28:41	706	Ruth Davies	F		CDF Runners	325	0:28:11
312	0:28:41	601	Caroline Weber	F	35		316	0:27:58
313	0:28:41	1367	Wendy Pritchard	F	45		314	0:27:57
314	0:28:42	1079	Sarah Rogers	F	35		323	0:28:09
315	0:28:42	1362	John Rayner	M	45		336	0:28:29
316	0:28:43	692	Gavin Price-Jenkins	M	35	BeaFit	320	0:28:06
317	0:28:45	507	Gareth Horsnell	M	35		329	0:28:25
318	0:28:46	559	Liz Tottle	F	35		315	0:27:57
319	0:28:46	821	Christie Coleman	M	45	Ogmore Phoenix	309	0:27:53
320	0:28:49	1366	Stuart Allen	M	45	Pont-y-Pwl and District Runners	331	0:28:27
321	0:28:50	798	Suzanne Court	F	45	Parc Bryn Bach	342	0:28:35
322	0:28:51	556	Ann Hurley	F	35	Rhondda Valley Runners	297	0:27:45
323	0:28:52	896	Nicola Davies	F	45	White Rock Runners	337	0:28:31
324	0:28:53	1431	Peter Hunt	M	45	Caerphilly Runners	350	0:28:45
325	0:28:56	1267	Caroline Tinsley	F	35	Caerphilly Triers	289	0:27:37
326	0:28:56	411	Lyndon Thomas	M	45		319	0:28:02
327	0:28:57	684	Christopher Clack	M	35		359	0:28:52
328	0:28:58	1404	Christopher Demellweek	M	45	Caerphilly Runners	341	0:28:34
329	0:28:59	500	Coral Putman	F	45	Vegan Runners UK	362	0:28:56
330	0:29:00	843	Teresa Evans	F	45	Islwyn RC	353	0:28:48
331	0:29:00	1262	Paul Iddon	M	35		354	0:28:48
332	0:29:02	901	Fiona Drysdale	F	45	Ogmore Phoenix	308	0:27:52
333	0:29:02	983	Aaron Lewis	M	35		346	0:28:39
334	0:29:03	999	Mike Welch	M	45		364	0:28:57
335	0:29:06	874	Alan Pritchard	M	55	Parc Bryn Bach	288	0:27:37
336	0:29:10	861	Sean Hosking	M	45		283	0:27:35
337	0:29:10	872	Mark Douglas	M	35	Pontypridd Roadents	291	0:27:41
338	0:29:10	1110	Catherine Llewellyn	F	45	Merthyr Running Club	368	0:29:01
339	0:29:11	678	Rachael Jordan	F	35		370	0:29:03
340	0:29:17	826	Carys Burton	F			301	0:27:47
341	0:29:17	868	Gareth Jones	M	35		347	0:28:40
342	0:29:19	608	Hannah Parry	F		Taf Ely Triathlon	332	0:28:28
343	0:29:20	827	Andrew Monington	M			306	0:27:50
344	0:29:20	876	Huw Davies	M	45	Dragons Running club	344	0:28:38
345	0:29:22	823	Jodie Neale	F		Taf Ely Triathlon	338	0:28:32
346	0:29:22	682	Gina Edwards	F	45		351	0:28:45
347	0:29:22	1223	Clive Cooksey	M	55	Parc Bryn Bach	312	0:27:54
348	0:29:23	1278	Trudy Hurford	F	35	Lliswerry Runners	330	0:28:26
349	0:29:23	1129	Gordon Carter	M	55	Dragons Running club	348	0:28:41
350	0:29:25	1321	Julie Williams	F	35		378	0:29:10
351	0:29:25	652	Michael Lewis	M	55	Parc Bryn Bach	294	0:27:42
352	0:29:28	1291	Thomas Daniel	M	35		356	0:28:49
353	0:29:29	917	Kenneth Wayne Oliver	M	55	Islwyn RC	369	0:29:02
354	0:29:29	1164	Louise Saddler	F	35	Islwyn RC	339	0:28:32
355	0:29:29	502	Carrie Griffiths	F	45	Ogmore Phoenix	366	0:28:58
356	0:29:30	671	Carolyn Williams	F	45	Port Talbot Harriers	365	0:28:58
357	0:29:33	1070	Andrew Davies	M	45		388	0:29:24
358	0:29:33	815	Hannah Miles	F		Les Croupiers	349	0:28:42
359	0:29:36	557	Alun Hurley	M	45	Rhondda Valley Runners	335	0:28:29
360	0:29:39	704	Kris Hamer	M	35	Bike Doctor	358	0:28:51
361	0:29:40	1085	Mark Davies	M	45		328	0:28:24
362	0:29:42	1331	Beth Murphy	F	45		345	0:28:39
363	0:29:43	940	Gareth Evans	M			397	0:29:34
364	0:29:45	1063	Rhiannon Buckley	F		Ogmore Phoenix	389	0:29:25
365	0:29:46	1315	Lee Vincent Rowley	M	35		343	0:28:38
366	0:29:48	691	Jon Abbott	M	35		380	0:29:13
367	0:29:49	490	Sam Akintioye	M			402	0:29:39
368	0:29:50	517	Lisa Chaplin	F	35	Islwyn RC	401	0:29:39
369	0:29:50	1275	Lynne Carter	F	45	Islwyn RC	399	0:29:38
370	0:29:50	882	Rhys Jones	M			352	0:28:45
371	0:29:51	1359	Deb Howell-Jones	F	45		395	0:29:30
372	0:29:51	1175	Liam Zamudio	M		CDF Runners	340	0:28:33
373	0:29:54	1002	Sam Howells	F	45	Caerleon Running Club	373	0:29:04
374	0:29:55	845	Louise Peron	F			355	0:28:49
375	0:29:56	1363	Lisa Fackrell	F	45		398	0:29:35

2017 Nos Galan Fun Run

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:29:58	1066	David Hutchinson	M	45		407	0:29:49
377	0:29:58	782	Louise James	F	45		372	0:29:04
378	0:29:59	435	Amy Jones	F		RunWithUs	375	0:29:06
379	0:29:59	1322	Neil Nuttall	M	55		386	0:29:20
380	0:29:59	1401	Beth Griffiths	F	45		367	0:28:59
381	0:30:00	410	Rhys Lewis	M	35	Parc Bryn Bach	327	0:28:16
382	0:30:00	1004	Kath Jervis	F	55	Parc Bryn Bach	394	0:29:29
383	0:30:01	867	Keith Ellis	M	55		381	0:29:16
384	0:30:01	1268	Helen Williams	F	35	Islwyn RC	396	0:29:32
385	0:30:02	711	Rebecca Walker	F	35		418	0:29:59
386	0:30:02	1184	Kathryn Powell	F	45		374	0:29:04
387	0:30:03	1416	Richard Evans	M	45		377	0:29:07
388	0:30:07	523	David Todd-Jones	M	55		411	0:29:52
389	0:30:07	450	Christopher Todd Jones	M	55	Roberttown Road Runners	409	0:29:50
390	0:30:08	972	Dewi Davies	M	35		385	0:29:17
391	0:30:09	1341	Anthony Beer	M	45		357	0:28:50
392	0:30:09	817	Palvinder Singh	M	35		371	0:29:03
393	0:30:14	1249	Catherine Reen	F	45		422	0:30:03
394	0:30:14	848	Nicola Williams	F	35	Dragons Running club	417	0:29:58
395	0:30:15	1402	Mark Griffiths	M	55		379	0:29:12
396	0:30:15	1369	Martyn Bishop	M	45		363	0:28:57
397	0:30:15	716	Mark Mahoney	M	35		383	0:29:17
398	0:30:15	1295	Hannah Brown	F	35	Islwyn RC	382	0:29:16
399	0:30:19	726	Joshua Jackson	M	J		384	0:29:17
400	0:30:20	852	Rhian White	F			408	0:29:50
401	0:30:20	992	Stephen Edwards	M	35		361	0:28:56
402	0:30:21	1083	Jess Davies	F			376	0:29:06
403	0:30:25	989	Carl Davidge	M	45		441	0:30:19
404	0:30:25	866	Emma Pask	F	35	Islwyn RC	360	0:28:53
405	0:30:27	618	Jimmy Graham	M	35		387	0:29:23
406	0:30:29	548	Katie Hamer	F	35		400	0:29:39
407	0:30:30	762	Dale Williams	M	35		404	0:29:41
408	0:30:32	973	Lisa Gore	F	35		413	0:29:55
409	0:30:33	1088	Caryl Stokes	F	35		419	0:29:59
410	0:30:33	403	Rachel Selby	F	45		410	0:29:51
411	0:30:34	1337	Alyson Smith	F	55		434	0:30:14
412	0:30:43	1047	Richard Goodfellow	M			442	0:30:20
413	0:30:43	818	Claire Lloydthomas	F	45	Roberttown Road Runners	459	0:30:41
414	0:30:45	426	Carole Phillips	F	55		454	0:30:35
415	0:30:46	902	Toby Knoyle	M	35		412	0:29:54
416	0:30:46	599	Linda Woodward	F	45		420	0:30:00
417	0:30:47	1205	Petrina Owen	F	45		421	0:30:00
418	0:30:47	538	Rhiannon Beacham	F	35		405	0:29:43
419	0:30:49	1029	Chris Howells	M	55		393	0:29:29
420	0:30:49	1330	Kelly Lee	F	35		423	0:30:04
421	0:30:50	840	Lisa Davies	F	45	Islwyn RC	440	0:30:19
422	0:30:50	1215	Katie Watts	F			390	0:29:26
423	0:30:50	1216	Jessica Watts	F			391	0:29:26
424	0:30:50	422	Amanda Burrell	F	45	Pontyclun Road Runners	462	0:30:44
425	0:30:51	1360	Linda Edwards	F	45		430	0:30:08
426	0:30:52	486	Amanda Mclaughlin-Jones	F	45		435	0:30:15
427	0:30:52	1403	Rachel Demellweek	F	35	Caerphilly Runners	448	0:30:27
428	0:30:53	1312	Erika Helps	F	45		461	0:30:42
429	0:30:53	637	Stephen New	M	45	Caerphilly Runners	392	0:29:27
430	0:30:55	1133	Victoria O'Brien	F	35		445	0:30:24
431	0:30:56	801	Kara Evans	F			443	0:30:23
432	0:30:56	806	David Lewis	M	45		444	0:30:23
433	0:30:57	1308	Bridie Hurley	F			406	0:29:47
434	0:30:59	1388	Ruth Jeffries	F	45		414	0:29:56
435	0:31:00	654	Claire Sullivan	F	35	Parc Bryn Bach	425	0:30:07
436	0:31:00	653	Dean Sullivan	M	35		426	0:30:07
437	0:31:01	962	Jennifer Stone	F	45	Cardiff AAC	403	0:29:40
438	0:31:02	619	Ross Jones	M	35		457	0:30:40
439	0:31:03	695	Lauren Joll	F			446	0:30:25
440	0:31:03	1170	Mike Warner	M	45	Run4All	439	0:30:18
441	0:31:04	797	Gareth Lloyd	M		Roberttown Road Runners	460	0:30:42
442	0:31:05	998	Helen Welch	F	45	Pontypridd Roadents	471	0:30:57
443	0:31:05	1086	Beverley Jones	F	55		458	0:30:41
444	0:31:05	1087	Steve Jones	M	55		456	0:30:39
445	0:31:09	433	Kay Lawless	F	55	Pontyclun Road Runners	476	0:31:02
446	0:31:11	1054	Nicola Gundry	F	45		415	0:29:58
447	0:31:14	885	Melanie Devinett	F	35		447	0:30:26
448	0:31:14	886	Carl Parry	M	35		449	0:30:27
449	0:31:15	1064	George Buckley	M	J		472	0:30:59
450	0:31:16	482	Victoria Coles	F	35	Pont-y-Pwl and District Runners	427	0:30:07

2017 Nos Galan Fun Run

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:31:16	1080	Tania James Price	F	45	Pont-y-Pwl and District Runners	428	0:30:08
452	0:31:16	455	Marisa Benjamin	F		Pont-y-Pwl and District Runners	432	0:30:12
453	0:31:17	803	Mair Johnson	F		Pontypridd Roadents	437	0:30:17
454	0:31:19	590	Andy Davies	M	45	Pontypridd Roadents	487	0:31:18
455	0:31:21	1339	James Evans	M	35	Rhondda Valley Runners	416	0:29:58
456	0:31:21	1042	Stuart Jenkins	M	45		452	0:30:31
457	0:31:21	1374	Andrew Laity	M	35		451	0:30:31
458	0:31:24	738	Ashley Prosser	M			466	0:30:49
459	0:31:24	1447	Dawn Daniel	F	35		455	0:30:39
460	0:31:25	1218	Jason Morrissey	M	45		431	0:30:08
461	0:31:27	1424	Gareth Phillips	M			470	0:30:53
462	0:31:27	493	Sophie Warne	F			491	0:31:19
463	0:31:28	442	Dylan Thomas	M			433	0:30:12
464	0:31:28	488	Matthew Walford	M			488	0:31:18
465	0:31:28	776	Jane Llewellyn	F	55		453	0:30:32
466	0:31:29	630	Graham Bingham	M	45	Pontypridd Roadents	424	0:30:05
467	0:31:30	1385	Claire James	F	35		475	0:31:01
468	0:31:30	1386	Leigh James	M	55		477	0:31:02
469	0:31:34	668	Philip Scanlon	M	55		429	0:30:08
470	0:31:36	754	Sam Standerwick	F	45	Parc Bryn Bach	479	0:31:05
471	0:31:40	898	Katrina Gooch	F			493	0:31:21
472	0:31:45	674	Mike Brown	M	45		438	0:30:17
473	0:31:47	1233	Ian Edwards	M	55		490	0:31:19
474	0:31:48	413	Matthew Gale	M	35		468	0:30:51
475	0:31:48	472	Lynette Baynham	F	45		485	0:31:16
476	0:31:48	454	Bennett McVeigh	M	45		469	0:30:52
477	0:31:48	693	Sarah Jane Key	F	35	Caerphilly Runners	450	0:30:29
478	0:31:49	854	Delwyn Tyler	M	35	Parc Bryn Bach	484	0:31:13
479	0:31:51	462	Jonathan Davies	M			436	0:30:16
480	0:32:01	466	Gareth Piper	M	45		504	0:31:41
481	0:32:01	641	Allison Dacruz	F	45		492	0:31:20
482	0:32:01	639	Vicky Stevens	F	35		495	0:31:22
483	0:32:01	636	Lisa Storey	F	45	Islwyn RC	513	0:31:50
484	0:32:02	440	Rhys Richards	M			503	0:31:40
485	0:32:03	1003	Martin Green	M	45		467	0:30:49
486	0:32:04	1368	Andrea Bishop	F	45		463	0:30:46
487	0:32:04	809	Dean Thomas	M	35		483	0:31:10
488	0:32:05	1313	Joanne Harris	F	35		480	0:31:06
489	0:32:13	1073	Emma Bounds	F	35	Refail Runners	478	0:31:04
490	0:32:14	547	Steve Ryan	M	35	CDF Runners	507	0:31:42
491	0:32:14	1217	Claire Morrissey	F	45		473	0:30:59
492	0:32:15	943	Andrew Weltch	M	55		515	0:31:53
493	0:32:16	1413	Catrin Morris	F	35		523	0:32:05
494	0:32:17	631	Sian David	F		Almost Athletes	518	0:31:53
495	0:32:17	1412	Eifiona Williams	F	35		526	0:32:06
496	0:32:20	1150	Nicola Brain	F	55		521	0:31:57
497	0:32:21	430	Sarah Evans	F			519	0:31:54
498	0:32:22	1264	Kathryn Evans	F	55		494	0:31:21
499	0:32:23	1241	Susan Gibbs	F	45		516	0:31:53
500	0:32:24	759	Jonathan Ball	M	35		465	0:30:49
501	0:32:24	758	Andrea Jones	F			464	0:30:49
502	0:32:28	1056	Martyn Serpell	M	35		496	0:31:23
503	0:32:28	1055	Laura Serpell	F	35		498	0:31:23
504	0:32:29	415	Rhian Griffiths	F			481	0:31:06
505	0:32:30	416	Claire Lineham	F			482	0:31:07
506	0:32:36	960	Kay Bedford	F	45		520	0:31:55
507	0:32:36	1274	Julie Lewis John	F	35		509	0:31:48
508	0:32:36	1319	William Bateman	M			474	0:31:00
509	0:32:40	1171	Bethan Davies	F			557	0:32:37
510	0:32:40	553	Stephen Blake	M	45	Pegasus RC	531	0:32:11
511	0:32:41	967	Huw Phillips	M	45	Cardiff AAC	497	0:31:23
512	0:32:41	586	Dave Pearce	M	45		502	0:31:36
513	0:32:42	1075	Nicola Cadwallader	F		Caerphilly Runners	489	0:31:18
514	0:32:45	780	Lisa Nicholls	F	45	Lliswerry Runners	500	0:31:33
515	0:32:49	810	Clare Barrett	F	35	Islwyn RC	510	0:31:49
516	0:32:51	857	Christine Beadsworth	F	55		567	0:32:47
517	0:32:51	1109	Caroline Morgan	F	45		499	0:31:26
518	0:32:54	739	Abigail Jones	F			555	0:32:34
519	0:32:54	740	Wayne Jones	M	55		554	0:32:33
520	0:32:54	689	Alun Gray	M	45		486	0:31:16
521	0:32:55	1193	Michelle Noble	F	45		522	0:32:02
522	0:32:56	805	Louise Jenkins	F	35		542	0:32:23
523	0:33:00	718	Helen Cox	F	45		505	0:31:41
524	0:33:04	911	Melanie James	F	35	Rhondda Valley Runners	501	0:31:34
525	0:33:04	526	Nathan Harper	M		Parc Bryn Bach	525	0:32:05

2017 Nos Galan Fun Run

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
526	0:33:05	1243	Nichola Evans	F	45	Rhondda Valley Runners	528	0:32:09
527	0:33:05	465	Dawn Thomas-Thomas	F	45		512	0:31:50
528	0:33:07	1297	Mike King	M	55	Nailsea Running Club	537	0:32:16
529	0:33:08	984	Hilary Wright	F	55	Pontyclun Road Runners	538	0:32:17
530	0:33:08	1417	Kelly Preece	F	35		539	0:32:17
531	0:33:08	1001	Trish Tazzini-Lloyd	F	45		568	0:32:47
532	0:33:09	607	Rhianne Williams	F	35	Islwyn RC	580	0:32:58
533	0:33:10	1057	Tracey Newman	F	45	Les Croupiers	565	0:32:46
534	0:33:11	703	Rachel McDonald	F	35		543	0:32:23
535	0:33:12	1455	Christopher Dunn	M	35		541	0:32:17
536	0:33:16	757	Megan Bunney	F		Aberdare Valley AAC	535	0:32:15
537	0:33:16	499	Alison Jarvis	F	35		508	0:31:43
538	0:33:17	925	Rhys Lewis	M			511	0:31:49
539	0:33:18	471	Donna Scrivens	F	45		566	0:32:46
540	0:33:18	558	Siobhan Barras	F	35		551	0:32:31
541	0:33:19	675	Caroline Matthews	F	45	Parc Bryn Bach	506	0:31:42
542	0:33:19	571	Cheryl Vines	F	35		530	0:32:10
543	0:33:20	401	Nia Lloyd	F	35	Maindy Harriers	577	0:32:54
544	0:33:21	772	Debra Davies	F	35	The Dragons	556	0:32:36
545	0:33:23	813	Ruth Hazell	F	35	Caerphilly Runners	593	0:33:14
546	0:33:24	975	Sue Williams	F	45	Dragons Running club	560	0:32:41
547	0:33:24	912	Michael Markey	M	45	Rhondda Valley Runners	517	0:31:53
548	0:33:26	481	Robert Green	M	55		553	0:32:33
549	0:33:27	1199	Christopher Davies	M	35		571	0:32:49
550	0:33:27	1198	Marie Davies	F	35		570	0:32:48
551	0:33:28	964	Elizabeth Balde	F	45		532	0:32:15
552	0:33:28	1316	Danielle Francombe	F			514	0:31:52
553	0:33:29	853	Kiley Tyler	F		Parc Bryn Bach	576	0:32:53
554	0:33:29	1209	Helen Dawson	F	35	CDF Runners	529	0:32:10
555	0:33:30	1192	Nathan Wise	M			575	0:32:50
556	0:33:30	1191	Ann Wise	F	55		574	0:32:50
557	0:33:31	980	Roger Jones	M	55		540	0:32:17
558	0:33:33	1202	John Dixon	M	45		524	0:32:05
559	0:33:33	1449	Kate Owen	F	45		572	0:32:49
560	0:33:34	986	Julie Smith	F	45	Merthyr Running Club	533	0:32:15
561	0:33:34	864	David Lewis	M	55		527	0:32:06
562	0:33:35	985	Molly Smith	F	J	Merthyr Running Club	534	0:32:15
563	0:33:38	1158	Anna Gambarini	F	45		536	0:32:16
564	0:33:39	1329	John Cooper	M	55	Aberdare Valley AAC	604	0:33:29
565	0:33:42	731	Rebecca Andrews-Walker	F			559	0:32:41
566	0:33:42	473	Zoe Howells	F			589	0:33:10
567	0:33:42	563	Sharon Johns	F	45	Caerphilly Runners	563	0:32:44
568	0:33:44	841	Andy Morton	M	55		562	0:32:42
569	0:33:48	725	Jessica Jackson	F	35		569	0:32:48
570	0:33:48	715	Jayne Palmer	F	35		545	0:32:27
571	0:33:50	795	Laura Willis	F			561	0:32:42
572	0:33:52	634	Shawn Cullen	M	35	Ogmore Phoenix	599	0:33:21
573	0:33:52	449	Calvin Todd Jones	M	35		617	0:33:49
574	0:33:52	596	Jeffrey Baxter	M	45		544	0:32:25
575	0:33:52	1239	Debbie Panes	F	45	Roberttown Road Runners	605	0:33:30
576	0:33:53	1036	Lindsay Ford	F	35	Porthcawl Runners	547	0:32:28
577	0:33:53	1037	Tom Chapman	M	35		548	0:32:28
578	0:33:54	1212	Claire Tidey	F	35		601	0:33:27
579	0:33:56	906	Elaine Hicks	F	55	Roberttown Road Runners	591	0:33:12
580	0:33:56	988	Rachel Davidge	F	35		619	0:33:51
581	0:33:56	1122	Samantha Parsons	F	45	Roberttown Road Runners	578	0:32:55
582	0:33:56	1010	Max Bergmanski	M	55	Caerphilly Runners	552	0:32:33
583	0:33:57	447	Marco Griffiths	M			614	0:33:43
584	0:34:00	1265	Gary Welsh	M	45		610	0:33:37
585	0:34:00	1473	Deborah Satchell	F	45	Pont-y-Pwl and District Runners	546	0:32:28
586	0:34:03	890	Lisa Pickering	F	45	BeaFit	549	0:32:29
587	0:34:03	1132	Amanda Portlock-White	F	45	BeaFit	550	0:32:30
588	0:34:05	1203	Chris Bovington	F	45	Caerphilly Runners	586	0:33:07
589	0:34:12	1159	Rob Coles	M	55		573	0:32:50
590	0:34:14	1077	Paul Thomas	M	35	Islwyn RC	582	0:33:03
591	0:34:14	1290	Ian Robertson	M	55		564	0:32:44
592	0:34:14	1210	Julie Evans	F	35		600	0:33:21
593	0:34:17	688	Sue Gray	F	45	Parc Bryn Bach	558	0:32:39
594	0:34:19	1068	Adam Griffiths	M			587	0:33:08
595	0:34:21	1400	James Griffiths	M			633	0:34:09
596	0:34:21	1019	Claire Rawle	F	35	The Dragons Running club	607	0:33:32
597	0:34:22	570	Joanne Peters	F			596	0:33:17
598	0:34:23	687	Matthew Jones	M			598	0:33:20
599	0:34:25	598	Hayley Yendle	F	45		588	0:33:09
600	0:34:27	779	Paul Warren	M	45		583	0:33:04

2017 Nos Galan Fun Run

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
601	0:34:27	778	Kathryn Warren	F	35		584	0:33:04
602	0:34:27	977	Steven Jenkins	M			585	0:33:05
603	0:34:27	545	Lydia Cawsey	F		First Strides Parc Bryn Bach	579	0:32:57
604	0:34:29	1436	David Warrington	M	45		595	0:33:15
605	0:34:30	1246	Sarah Walker	F	35		594	0:33:14
606	0:34:30	467	Sian Jenkins	F			628	0:34:02
607	0:34:30	1261	Matthew Witcombe	M			608	0:33:35
608	0:34:31	1260	Verena Terry	F			609	0:33:36
609	0:34:33	532	Joanna Davies	F	35	Rhondda Valley Runners	581	0:33:00
610	0:34:40	1379	Sophie Hughes	F			611	0:33:38
611	0:34:41	610	Emily Smith	F		Parc Bryn Bach	590	0:33:10
612	0:34:42	543	Harry Jackson	M	J		613	0:33:43
613	0:34:44	611	Marcus Smith	M	45	Parc Bryn Bach	592	0:33:13
614	0:34:45	1483	Dhana Caple	F	45	CDF Runners	602	0:33:27
615	0:34:45	515	Debbie Cumming	F	45	CDF Runners	603	0:33:28
616	0:34:48	1333	Joanna Jones	F	35		629	0:34:04
617	0:34:49	516	Mike Davies	M	55	CDF Runners	606	0:33:31
618	0:34:50	604	Susan Kelly	F	55		597	0:33:19
619	0:34:51	549	Stephen Hamer	M	35		626	0:34:01
620	0:34:55	658	Tracey Marsh	F	35		612	0:33:41
621	0:34:55	1354	Sian Moore	F	35		640	0:34:25
622	0:35:00	816	Sukhjinder Kaur	F	35		621	0:33:54
623	0:35:00	865	Mary Donnelly	F	55		639	0:34:18
624	0:35:01	1370	Melanie Thomas	F	35		638	0:34:17
625	0:35:03	1093	Claire Lane	F	45	Caerphilly Runners	625	0:34:00
626	0:35:03	1292	Joanne Norton	F	35	Caerphilly Runners	627	0:34:01
627	0:35:03	650	Julie Stokes	F	45		618	0:33:50
628	0:35:04	497	Chris Paxon	M			622	0:33:55
629	0:35:04	1256	Sam Murcutt	F			624	0:33:58
630	0:35:04	1257	Craig Smith	M			623	0:33:58
631	0:35:05	581	Debbie Perry	F	35		637	0:34:15
632	0:35:05	583	Christopher Perry	M	35		635	0:34:13
633	0:35:08	633	Julie Ransom	F	35	Ogmore Phoenix	644	0:34:37
634	0:35:11	708	Ceri-Anne Fidler Jones	F			616	0:33:47
635	0:35:12	753	Karen Dummett	F	45	Islwyn RC	653	0:34:59
636	0:35:13	683	David Edwards	M	35		643	0:34:36
637	0:35:16	520	Rachel Thomas	F	35		645	0:34:39
638	0:35:17	576	Amanda Thompson	F	55	Les Croupiers	646	0:34:47
639	0:35:17	414	Rachel Powell	F		Aberdare Dragons	648	0:34:53
640	0:35:21	574	Maricel Jenkins-Belohorska	F		Parc Bryn Bach	615	0:33:44
641	0:35:25	800	Matthew Meader	M			620	0:33:53
642	0:35:25	1415	Tracey Evans	F	45		642	0:34:33
643	0:35:35	869	Neil Davies	M	45		636	0:34:14
644	0:35:39	1271	Peter Singleton Lawley	M	55		632	0:34:08
645	0:35:39	1270	Veronica Singleton Lawley	F	55		630	0:34:07
646	0:35:39	1269	Samantha Thompson	F	45		631	0:34:07
647	0:35:41	949	Keiran Lewis	M			663	0:35:07
648	0:35:42	756	Tabitha Martinson	F	35		649	0:34:55
649	0:35:46	1375	Darcie Price	F			658	0:35:03
650	0:35:50	1421	Brian Petherick	M	55		634	0:34:09
651	0:35:53	875	Michelle Gill	F	45		641	0:34:31
652	0:35:54	1286	Jonathan Edwards	M	55	Cwm Ogwr Running Club	656	0:35:00
653	0:36:00	551	Hannah Caveney	F			650	0:34:57
654	0:36:00	550	Sandra Caveney	F	45	Les Croupiers	651	0:34:57
655	0:36:11	587	Peter Jackson	M	55	Parc Bryn Bach	664	0:35:11
656	0:36:17	966	Susan Smith	F	35		661	0:35:06
657	0:36:19	862	Gina Goddard	F	45		647	0:34:49
658	0:36:22	1255	Sian Robins	F			684	0:35:56
659	0:36:23	659	Nia Thomas	F	35		671	0:35:37
660	0:36:24	452	Andrew Cleary	M	55		678	0:35:45
661	0:36:24	484	Emma Hughes	F	35	Dragons Running club	688	0:35:59
662	0:36:25	672	Helen Griffiths	F	45	Ogmore Phoenix	685	0:35:58
663	0:36:25	1358	Leah Boon	F		Ogmore Phoenix	686	0:35:58
664	0:36:27	773	Stephanie George	F	35		692	0:36:16
665	0:36:29	1448	Joanne Glöttli	F	35		668	0:35:23
666	0:36:29	719	Enya Lehane	F			657	0:35:01
667	0:36:29	1452	Martin Glaettli	M	35		665	0:35:22
668	0:36:30	971	Ben Romais	M			659	0:35:03
669	0:36:31	1156	Susan Thomas	F	55	Porthcawl Runners	672	0:35:40
670	0:36:32	799	Rachel Meader	F			655	0:35:00
671	0:36:32	456	Laura-Jane Evans	F		CSSC	654	0:34:59
672	0:36:33	457	Russell Evans	M	35	CSSC	652	0:34:59
673	0:36:37	1263	Rachel Williams	F		Team Rees Orrange Army	669	0:35:25
674	0:36:38	495	Sarah Boothby	F		Pontypridd Roadents	702	0:36:30
675	0:36:41	1094	Laura McCarthy	F	55	Pontypridd Roadents	662	0:35:06

2017 Nos Galan Fun Run

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
676	0:36:41	1095	Adrian Bragger	M	55		660	0:35:05
677	0:36:42	1351	Esther Price	F	45		687	0:35:58
678	0:36:43	958	Jane Finch	F	45	Caerphilly Cycling Club	667	0:35:23
679	0:36:44	1028	Sara Jolly	F	45		666	0:35:23
680	0:36:45	1038	Ruth Goodfellow Jones	F	45	Dragons Running club	682	0:35:53
681	0:36:45	761	Katrina Williams	F	35		683	0:35:53
682	0:36:46	680	Andrea Hall	F	35	Lliswerry Runners	679	0:35:49
683	0:36:47	766	Rebecca House Howe	F			701	0:36:27
684	0:36:48	1414	Catherine James	F			673	0:35:40
685	0:36:54	1391	Gareth Hughes	M			670	0:35:27
686	0:36:55	1014	Lorna Bailey	F	35		676	0:35:44
687	0:36:55	1015	Gareth Bailey	M			677	0:35:44
688	0:37:00	1472	Jayne Owen	F	35		716	0:36:52
689	0:37:00	697	Catherine Roberts	F	55	Caerphilly Runners	709	0:36:46
690	0:37:00	670	Angharad Jones	F	35	Caerphilly Runners	707	0:36:45
691	0:37:01	1062	Gerda Tallon	F	55		674	0:35:41
692	0:37:01	1296	Lee Harding	M	35	White Rock Runners	675	0:35:42
693	0:37:05	592	Nicola Richards	F	35	Islwyn RC	680	0:35:52
694	0:37:09	1276	Kate Cardwell	F	45	Islwyn RC	717	0:36:58
695	0:37:13	934	Martine Roberts	F	35	RunWithUs	698	0:36:25
696	0:37:14	1119	Victoria McCallum	F	35		689	0:36:02
697	0:37:14	793	Cerian Arianrhod	F	35	BeaFit	681	0:35:53
698	0:37:17	1422	Shelley Parry	F	35		696	0:36:21
699	0:37:17	1428	Shelley Parry	F	35		695	0:36:21
700	0:37:19	935	Mackenzie Roberts	F	J	RunWithUs	704	0:36:32
701	0:37:19	936	Chanel Roberts	F	J	RunWithUs	705	0:36:32
702	0:37:29	1102	Deborah Jones	F	45		693	0:36:19
703	0:37:29	1103	Matthew Jones	M	45		694	0:36:19
704	0:37:30	1007	Elizabeth Mccaffrey	F			737	0:37:18
705	0:37:30	1144	Carys Crimmings	F	35		735	0:37:10
706	0:37:31	1482	Gavin Crimmings	M	35		734	0:37:09
707	0:37:31	1340	Ashleigh Symon	F			710	0:36:48
708	0:37:37	1013	Diane Llewellyn	F	35		715	0:36:51
709	0:37:39	883	Nadine Romanick	F	J		712	0:36:51
710	0:37:40	605	Michael Dobbs	M	35		714	0:36:51
711	0:37:41	1074	Kelly Angharad Bevan	F	35	Rhondda Valley Runners	690	0:36:13
712	0:37:42	625	Charlotte Jones	F			744	0:37:31
713	0:37:43	709	Martin Fidler Jones	M			691	0:36:15
714	0:37:43	1463	Thomas Tudor	M			706	0:36:45
715	0:37:44	1462	Sadye Baker	F			708	0:36:45
716	0:37:44	1238	Ceri Raffill	F	35		713	0:36:51
717	0:37:45	1232	Jackie Lewis	F	55	Cwm Ogwr Running Club	711	0:36:51
718	0:37:50	1017	Sarah Meah	F	45	Les Croupiers	739	0:37:23
719	0:37:54	453	Catherine McVeigh	F	45		718	0:36:59
720	0:37:56	1231	Rhiannon Smith	F	35		703	0:36:31
721	0:38:13	437	Alan Griffiths	M	55		697	0:36:25
722	0:38:14	651	Owen Griffiths	M	35		700	0:36:27
723	0:38:14	1040	Leanna Griffiths	F			747	0:37:33
724	0:38:14	1450	Huw Griiffiths	M	35		699	0:36:25
725	0:38:14	744	Megan Evans	F			748	0:37:33
726	0:38:16	953	Sharron Bram	F	45		719	0:36:59
727	0:38:18	1059	Nicola Williams	F	55	Dragons Running club	723	0:37:01
728	0:38:18	700	Sarah White	F	45		725	0:37:02
729	0:38:19	701	Ceri Williams	M	55		726	0:37:02
730	0:38:19	1060	Neil Williams	M	55		721	0:37:01
731	0:38:20	1154	Claire Allan	F	35		731	0:37:07
732	0:38:27	974	Joanne Elleu	F	35		736	0:37:10
733	0:38:29	764	Louisa Jones	F	35		728	0:37:03
734	0:38:30	765	Christopher Jones	M	45		730	0:37:04
735	0:38:32	836	Cath Price	F	35		729	0:37:03
736	0:38:32	835	Claire Briggs	F	35		727	0:37:03
737	0:38:32	508	Claire Tapper	F	45	Alfie's Angels Still Running	738	0:37:23
738	0:38:33	690	Jenni Nuttall	F	35		740	0:37:24
739	0:38:33	580	Chloe Jenkins	F			743	0:37:29
740	0:38:34	579	Nicola Jenkins	F	35		745	0:37:31
741	0:38:35	1446	Toni Lacey	F	45		751	0:37:46
742	0:38:35	1393	Jeff Jacobs	M	55		749	0:37:37
743	0:38:35	542	Karen Thomas	F	45	Parc Bryn Bach	732	0:37:07
744	0:38:36	1445	Laura Lewis	F	35	Dragons Running club	720	0:36:59
745	0:38:37	1026	Simon Ball	M	45		722	0:37:01
746	0:38:37	880	Andrew Davies	M	45		724	0:37:02
747	0:38:44	1317	Elisabeth Bateman	F			733	0:37:08
748	0:38:46	460	Ashley Truman	M			757	0:38:07
749	0:38:50	1018	Rebecca Darwin	F	45		746	0:37:32
750	0:38:54	417	Paula Morgan	F	45		760	0:38:18

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
751	0:38:55	1353	Sarah Perdue	F	35		766	0:38:48
752	0:38:55	1355	Lorraine Parry	F	55		765	0:38:48
753	0:38:57	884	Olivia Spencer	F	J		758	0:38:11
754	0:39:00	561	Brenda Evans	F	55	Pontypridd Roadents	741	0:37:26
755	0:39:00	562	Philip Price	M	55		742	0:37:26
756	0:39:03	904	Mark Evans	M	45		752	0:37:52
757	0:39:03	903	Kate Lewis	F			753	0:37:53
758	0:39:05	1089	Rhian Thomas	F	45		762	0:38:30
759	0:39:09	791	Michelle Simmonds	F	35		761	0:38:21
760	0:39:12	1459	Kier Weeks	F			750	0:37:40
761	0:39:16	893	Tracy Symon	F	45		763	0:38:32
762	0:39:22	505	Martyn Llewellyn	M	45		767	0:38:56
763	0:39:22	504	Clare Llewellyn	F	45		768	0:38:56
764	0:39:23	1303	Stacey Hawkes	F			764	0:38:34
765	0:39:37	521	Catherine Jones	F		BeaFit	755	0:37:59
766	0:39:37	522	Ruth Corney	F		BeaFit	754	0:37:58
767	0:39:38	1185	Bethan Evans	F	35	BeaFit	756	0:38:00
768	0:39:46	1061	Joanna Jones	F	35		759	0:38:12
769	0:39:48	518	Sian Baldwin	F	35	Caerphilly Runners	777	0:39:13
770	0:39:48	1058	Lorna Evans	F			776	0:39:13
771	0:39:52	480	Emma Davies	F	35		772	0:39:08
772	0:39:56	575	Carla Parker	F	35		774	0:39:09
773	0:39:58	783	Emily James	F	J		769	0:38:59
774	0:40:01	1248	Louise Dudson	F	45		770	0:39:02
775	0:40:19	784	Mark James	M	45		779	0:39:19
776	0:40:32	685	Katie Morgan-Clack	M	35		790	0:40:27
777	0:40:43	915	Charlotte Jones	F			771	0:39:06
778	0:40:43	811	Sara Mcewen	F	45		786	0:40:01
779	0:40:44	978	Carol Weeks	F	55		775	0:39:12
780	0:40:46	834	Michelle Turner	F	45	Dragons Running club	787	0:40:06
781	0:40:47	1114	Daryl Summerhayes	M			773	0:39:09
782	0:40:50	1320	Gareth Webb	M			778	0:39:13
783	0:40:52	751	Chris Stewart	M	45	Lliswerry Runners	782	0:39:39
784	0:40:54	1147	Chris Beale	M			780	0:39:34
785	0:40:54	1146	Katie Healey	F		CDF Runners	781	0:39:34
786	0:41:13	727	Shaun Jackson	M	35		788	0:40:10
787	0:41:25	750	Dawn Bridges	F	45		785	0:40:00
788	0:41:26	1160	Katy Bridges	F			784	0:39:59
789	0:41:30	615	Kim Peacock	M	55		789	0:40:11
790	0:41:36	979	Sarah Difford	F			783	0:39:57
791	0:41:51	1206	Julie Cook	F	45		793	0:41:08
792	0:42:08	808	Dawn Thomas	F	35		794	0:41:14
793	0:42:17	1287	Gillian Matthews	F	45		798	0:41:37
794	0:42:20	933	Jemma Singer	F			792	0:41:04
795	0:42:25	1211	Ian Dickinson	M			797	0:41:31
796	0:42:32	712	Gemma Jones	F	35		799	0:41:39
797	0:42:34	786	Gaynor Loveless	F	55	Seriously Mad Runners	791	0:40:55
798	0:42:51	851	Robert Thomas	M	35		795	0:41:14
799	0:42:51	850	Sarah Murray	F	45		796	0:41:15
800	0:42:52	892	Lisa Falat	F	35		801	0:42:08
801	0:42:57	932	Sandra Phillips	F	45		800	0:41:42
802	0:43:26	681	Hannah Morgan	F		Roberttown Road Runners	803	0:42:25
803	0:43:45	642	Suzanne Harrison	F	45	Ogmore Phoenix	808	0:43:27
804	0:43:46	643	Simon Harrison	M	45	Ogmore Phoenix	809	0:43:27
805	0:43:48	734	Georgina Thomas	F			806	0:42:46
806	0:43:49	400	Leanne Harris	F			807	0:42:47
807	0:43:50	897	Sharon Millington	F	45		802	0:42:11
808	0:43:53	1352	Samantha Harris	F			805	0:42:46
809	0:43:59	663	Alison Andrews	F	35		811	0:43:40
810	0:44:13	996	Adriana Beddows	F	45		804	0:42:38
811	0:45:16	1457	Emma Moses	F		Dragons Running club	810	0:43:37
812	0:45:28	1266	Erika Neck	F	35	Merthyr Running Club	812	0:44:03
813	0:46:11	982	Jeff Enoch	M	45		814	0:45:04
814	0:46:11	981	Helen Jones	F	45		813	0:45:03
815	0:46:40	445	Lynne Jones	F	55	Parc Bryn Bach	815	0:45:10
816	0:46:48	628	Julia Herbert	F	45	Pontypridd Roadents	818	0:45:29
817	0:46:49	1425	Karen Lewis	F	45	Caerphilly Runners	817	0:45:27
818	0:46:49	686	Liz Rees	F	35	CDF Runners	816	0:45:27
819	0:48:07	1383	Lesley Maksimovic	F	45		819	0:46:44
820	0:48:07	1437	Helen Darling	F	45		820	0:46:46
821	0:50:49	785	Hilary Y	F	45	Seriously Mad Runners	821	0:49:09
822	0:50:50	1105	Claire Thorne	F	35	Pegasus RC	822	0:49:09
823	0:54:55	1046	Helen Mahony	F			823	0:54:35