

## 2014 Nos Galan Elites

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:14:40	160	Andrew Davies	M	35	Stockport Harriers
2	0:14:40	167	Mike Ward	M		Cardiff AAC
3	0:14:41	169	Stephen Mitchell	M		Bristol & West AC
4	0:14:42	197	Ieuan Thomas	M		Cardiff AAC
5	0:14:45	78	Christopher Carpanini	M		Swansea Harriers
6	0:14:46	72	Joshua Griffiths	M		Swansea Harriers
7	0:14:58	244	Alex George	M	J	Gloucester AC
8	0:15:02	1179	Carwyn Jones	M	35	Cardiff AAC
9	0:15:25	94	Jonathan James	M	J	Bedford and County
10	0:15:27	129	Michael Kallenberg	M		Cardiff AAC
11	0:15:41	1181	Matthew Edwards	M		Cardiff AAC
12	0:15:52	1172	Jack Gooch	M	J	Cardiff AAC
13	0:15:53	55	Ciaran Lewis	M	J	Cardiff AAC
14	0:15:56	1156	Nick Wood	M		
15	0:15:56	176	Adam Davies	M		
16	0:15:58	245	Thomas George	M	J	Gloucester AC
17	0:16:01	231	Richard De-Camps	M		Gloucester AC
18	0:16:08	185	Daniel Chesworth	M		
19	0:16:16	164	Runner 164	M		
20	0:16:17	103	Rhys Boorman	M		Aberdare VAAC
21	0:16:19	1173	Dean Longley	M		Prestatyn Running Club
22	0:16:20	41	Lee Aherne	M	45	Parc Bryn Bach RC
23	0:16:32	1155	Gareth Lewis	M		
24	0:16:34	113	Owen Haswell	M		Cardiff AAC
25	0:16:36	155	Ben Sears	M		Pontypridd Roadents
26	0:16:36	152	Gary Wyn Davies	M		Aberystwyth AC
27	0:16:36	227	Peter Ryder	M		Cardiff AAC
28	0:16:46	1169	Sam Longville	M		
29	0:16:49	22	Julian Price	M	45	Parc Bryn Bach RC
30	0:17:01	189	Adam Newton	M		Swansea Harriers
31	0:17:11	1174	Richard Dando	M	35	Bridgend AC
32	0:17:11	170	Alex Crossland	M		Clevedon AC
33	0:17:12	63	Doug Nicholls	M	35	San Domenico RC
34	0:17:15	8	Runner 8	M		
35	0:17:27	106	Alex Williams	M	45	Port Talbot Harriers
36	0:17:30	1180	Alaw Beynon Thomas	F		Swansea Harriers
37	0:17:32	33	Nick Mackay	M		Swansea Harriers
38	0:17:33	1178	Steve Darby	M	45	Barnsley AC
39	0:17:34	210	Matthew Evans	M		Aberdare VAAC
40	0:17:34	1182	Jessica Parry-Williams	F		Les Croupiers
41	0:17:38	131	Alan Davies	M	60	3M Gorseinon RR
42	0:17:38	159	Alex Price	M	J	Rhondda
43	0:17:39	246	James Elgar	M		Llisbury Runners
44	0:17:40	75	Ryan Thomas	M		
45	0:17:44	1177	Hannah Oldroyd	F		UK Net Runner
46	0:17:52	211	Stephen Thomas	M	45	Aberdare VAAC
47	0:17:52	120	Matthew Tippins	M		Amman Valley Harriers
48	0:17:55	96	Andrew Blair	M	50	Lew
49	0:18:00	98	Paul Reismann	M	40	Swansea Harriers
50	0:18:04	48	Gareth Hurman	M	J	
51	0:18:06	89	Steve Davies	M	55	Pontypool Running Club
52	0:18:07	34	Mark Horsman	M	35	Outdoor Fitness
53	0:18:09	171	Gareth Coady	M		Wick Carriers
54	0:18:09	134	Charlotte Gaughan	F		Cardiff AAC
55	0:18:10	102	Gareth Knight	M		Newport Harriers
56	0:18:11	165	David Proud	M	45	Les Croupiers
57	0:18:13	108	Simon David Bagguley	M		
58	0:18:14	222	Neil Jones	M	35	
59	0:18:15	172	Alun Bonello	M		
60	0:18:16	238	Kate Roberts	F		Swansea Harriers
61	0:18:17	26	Damian Williams	M	45	Parc Bryn Bach RC
62	0:18:22	198	Matthew Reynolds	M		Celtic Tri
63	0:18:23	5	Kneath Philippart	M	55	Swansea Harriers
64	0:18:23	144	Clara Evans	F		Pontypridd Roadents
65	0:18:27	110	Adrian Lewis	M	40	Aberdare VAAC
66	0:18:28	4	Laurence Pole	M	40	Pontypridd Roadents
67	0:18:29	1168	Carys Hughes	F		
68	0:18:34	105	Brian Dias	M		Les Croupiers
69	0:18:36	233	Jon Belcher	M	35	Llisbury Runners
70	0:18:37	217	Paul Davies	M	50	Run4All Neath
71	0:18:37	92	Nick Lewis	M		White Rock Runners
72	0:18:42	186	Phil Bristow	M	50	San Domenico RC
73	0:18:42	249	Martin Cole	M	45	
74	0:18:44	104	Richard Self	M	45	Les Croupiers
75	0:18:45	119	James Bruce	M	40	Les Croupiers
76	0:18:46	148	Chris Lloyd	M		Islwyn RC

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77	0:18:46	31	Martin Jones	M	35	Islwyn RC
78	0:18:49	177	Nick Griffiths	M	45	Amman Valley Harriers
79	0:18:51	130	Neil Brooke-Smith	M	40	Pontypridd Roadents
80	0:18:55	90	James Levannais	M		Ebbw Vale
81	0:18:56	86	Philip Thomas	M		Pontypridd Roadents
82	0:19:02	81	Claire Beatty	F	35	Les Croupiers
83	0:19:04	214	Alex Thomas	M		
84	0:19:06	203	Gethin Parham	M	40	Parc Bryn Bach RC
85	0:19:07	221	Richard Elgar	M		Lliswerry Runners
86	0:19:12	14	Nicola Gething	F	40	Parc Bryn Bach RC
87	0:19:14	1167	Nick Denny	M	35	Pontypridd Roadents
88	0:19:15	65	Steven Jones	M	40	Port Talbot Harriers
89	0:19:15	150	James Pearce	M	35	Lliswerry Runners
90	0:19:16	1175	Kerry Gale	M	45	
91	0:19:18	207	Oliver Harris	M		Lliswerry Runners
92	0:19:21	188	Steven Hooper	M	45	Pontypridd Roadents
93	0:19:23	240	Gareth Ryan	M		Rhondda
94	0:19:23	24	Paul Evans	M		Cardiff Triathletes
95	0:19:25	141	John George	M		
96	0:19:26	192	Matthew Pearce	M		
97	0:19:26	194	Robert Evans	M	50	Ebbw Vale
98	0:19:27	209	Andrew Dickens	M	40	Pont-y-pwl & District Runners
99	0:19:28	74	Leigh Jones	M		Rhondda Valley Runners
100	0:19:29	157	Sean Price	M	50	Rhondda
101	0:19:30	232	Billy Daniels	M	55	
102	0:19:31	1170	Anthony Cullinane	M	40	RCT Homes
103	0:19:31	184	Gavin Crimmings	M	35	Aberdare VAAC
104	0:19:32	145	Paul Graham	M		Pontypridd Roadents
105	0:19:35	235	Kirsty O'Connell	F		Pontypridd Roadents
106	0:19:38	225	Neil Williams	M	50	Aberdare VAAC
107	0:19:38	29	Julian Williams	M		Parc Bryn Bach RC
108	0:19:40	6	David Mort	M		Outdoor Fitness
109	0:19:41	18	Andrew Addicott	M	35	Cardiff Triathletes
110	0:19:46	83	Bleddyn Jones	M	35	Lliswerry Runners
111	0:19:47	101	Geoff Partridge	M	45	Bristol & West AC
112	0:19:49	10	Stuart Edgar	M		Outdoor Fitness
113	0:19:50	107	Jamie Clode	M		Bridgend AC
114	0:19:52	208	Lou Summers	F	45	Pont-y-pwl & District Runners
115	0:19:53	200	Timothy Owen	M	50	Bridgend AC
116	0:19:55	66	Clem Clement	M	55	Penarth & Dinas Runners
117	0:19:55	149	Paul Hill	M	45	Pegasus RRC
118	0:19:57	163	Liz Davies	F		Cardiff AAC
119	0:20:05	137	Paul Davies	M	35	Merthyr Tydfil
120	0:20:08	205	Jane Pidgeon	F	50	Notts AC
121	0:20:09	218	Kevin Walford	M	45	Cornelly Striders
122	0:20:10	19	Andrew Flayling	M	35	Penarth & Dinas Runners
123	0:20:17	61	Gafin Griffiths	M		Les Croupiers
124	0:20:17	241	Kenneth O'leary	M	35	
125	0:20:20	17	Alan King	M		Lliswerry Runners
126	0:20:20	204	William Denny	M	35	Pontypridd Roadents
127	0:20:20	115	Marcus Meyrick	M	40	Les Croupiers
128	0:20:21	21	Elaine Ferguson	F		Pontypridd Roadents
129	0:20:23	16	Ruth Phillips	F		Lliswerry Runners
130	0:20:23	201	Lee Perrott	M	35	Run4All Neath
131	0:20:26	191	Stuart Lukins	M	35	Lliswerry Runners
132	0:20:29	42	Emma Bayliss	F		Pont-y-pwl & District Runners
133	0:20:30	196	Mark Kallenberg	M	50	Carmarthen Harriers
134	0:20:32	27	Paul Donovan	M	45	Pont-y-pwl & District Runners
135	0:20:32	30	Ffion Davies	F		Pontypridd Roadents
136	0:20:34	1158	Chris Lewis	M		Run4All Neath
137	0:20:35	213	Nick Harris	M		Cwm Ogwr Running Club
138	0:20:37	97	Rebecca Bennett	F		Swansea Harriers
139	0:20:39	3	Thomas Chapman	M		Pencoed Tri
140	0:20:42	223	Stuart Davies	M	35	
141	0:20:44	95	Mike Bessell	M		White Rock Runners
142	0:20:47	117	Julian Davies	M	45	Pontypridd Roadents
143	0:20:54	114	Kirk Freeman	M	35	White Rock Runners
144	0:20:58	58	Christopher Nellins	M	60	Penarth & Dinas Runners
145	0:21:02	118	Stephen Lewis	M	40	Celtic Tri
146	0:21:04	80	Phill Watts	M		
147	0:21:06	179	Mike Thurgood	M	45	Caerleon Running Club
148	0:21:07	219	Jacqueline Brace	F	55	Bridgend AC
149	0:21:11	25	Simon Pritchard	M	40	Pontypridd Roadents
150	0:21:11	216	Darren Chapple	M	40	Run4All Neath
151	0:21:12	236	Adrian Jenkins	M	50	Lliswerry Runners
152	0:21:12	1171	Gemma Parry-Williams	F		

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153	0:21:13	190	Sarah Lauder	F	35	Lliswerry Runners
154	0:21:14	15	Malcolm Bradley	M	60	Penarth & Dinas Runners
155	0:21:15	43	Ricci Watts	M		Pontypool
156	0:21:16	32	Catrin Davies	F		Pontypridd Roadents
157	0:21:23	7	Phillip Mears	M	45	White Rock Runners
158	0:21:25	68	Elaine Ferguson	F		Pontypridd Roadents
159	0:21:28	250	Paul Sabin	M	55	
160	0:21:31	64	Helen Jones	F	45	Port Talbot Harriers
161	0:21:31	234	James Pugh	M		
162	0:21:36	166	Matthew Buckley	M		
163	0:21:36	151	Caryl Davies	F		Sarn Helen
164	0:21:43	46	Steven Howell	M	40	
165	0:21:44	142	Colin Wellstead	M	50	
166	0:21:46	1154	Gina Hardman	F	40	Bridgend AC
167	0:21:46	111	Daniel Aberdeen	M	35	WRR
168	0:21:47	124	Claire Maksimovic	F		Pontypridd Roadents
169	0:21:50	39	Keri Jones	F	40	Lliswerry Runners
170	0:21:50	1159	Hefin Gruffydd	M	50	Pontypridd Roadents
171	0:21:59	49	Andrea Hurman	F	45	Penarth & Dinas Runners
172	0:22:03	1160	Julia Harris	F	50	Run4All Neath
173	0:22:11	51	Catrin Cousins	F	35	White Rock Runners
174	0:22:11	183	Andrew Kettley	M		Rhondda Valley Runners
175	0:22:12	1164	Sadie Jenkins	F	40	
176	0:22:14	20	Charlotte Addicott	F	35	Cardiff Triathlon
177	0:22:22	11	James Nunn	M	35	Cardiff Triathlon
178	0:22:32	112	Catherine Olivant	F		Brecon AC
179	0:22:36	35	Holly Jane-Thomas	F		Pont-y-pwl & District Runners
180	0:22:41	1165	Megan Clark-Reid	F		Run4All Neath
181	0:22:46	138	Neil Wheeler	M	40	Run4All Neath
182	0:22:48	84	James Ashley	M	40	
183	0:22:56	135	Matthew Armstrong	M	45	
184	0:23:01	226	Sarah Shilham	F	35	
185	0:23:03	36	Sian Phillips	F	50	Swansea Harriers
186	0:23:04	1161	Liz Breech	F	50	Brackla Harriers
187	0:23:07	93	Kelly Collins	F		Parc Bryn Bach RC
188	0:23:10	158	Angharad Price	F		Cardiff AAC
189	0:23:17	62	Lisa Griffiths	F	35	Outdoor Fitness
190	0:23:20	243	David Powell	M	45	Cardiff Triathletes
191	0:23:20	162	Nicola Howls	F		Islwyn RC
192	0:23:25	193	Anna Ciolek	F		
193	0:23:27	230	Stephen Wood	M	35	Pegasus RRC
194	0:23:27	47	Fiona Cross	F		Pont-y-pwl & District Runners
195	0:23:36	140	Keith Hughes	M	35	
196	0:23:37	1176	Heidi Louise Thomas	F		
197	0:23:39	202	Rev Barrie Roberts	M	70	Bournville Harriers
198	0:23:44	45	Michelle Davey	F	45	Pontypool District Runners
199	0:23:51	71	Stuart Wadlow	M	35	Outdoor Fitness
200	0:23:53	87	Angela Delaney	F	45	Swansea Harriers
201	0:23:57	1163	Katherine Collins	F	35	Parc Bryn Bach RC
202	0:23:57	82	Michelle Amblin	F	35	Les Croupiers
203	0:24:03	9	Angharad Pocock	F	35	Outdoor Fitness
204	0:24:12	161	Sue Jones	F	45	
205	0:24:24	128	Sara Brooke-Smith	F	40	Pontypridd Roadents
206	0:24:56	237	Ceri Jenkins	F	35	Lliswerry Runners
207	0:25:01	2	Hannah O'Connor	F	J	
208	0:25:04	224	Rhiannon Griffin	F	35	Parc Bryn Bach RC
209	0:25:12	53	Michelle Hoey	F	35	Penarth & Dinas Runners
210	0:26:26	206	Hannah Cusack	F		
211	0:26:36	28	Nadine Donovan	F	40	Pont-y-pwl & District Runners
212	0:26:43	37	Lisa Haf	F		
213	0:26:50	154	Dhana Caple	F	40	Nike+