

Nos Galan 2006 - Elite

Pos	Time	No	Name	M/F	Cat	Club
1	14:54	379	James Thie	M		Cardiff AAC
2	14:57	353	Bob Bugden	M		
3	15:03	413	Jorge Thomas	M		Cardiff AAC
4	15:07	354	Mark Powell	M		
5	15:12	23	Matt Janes	M		Bedford & County AC
6	15:20	333	Jonathon Phillips	M		
7	15:35	331	James Williams	M		
8	15:35	369	Daniel Gurmin	M		
9	15:37	482	Matthew Collins	M		Cardiff AAC
10	15:39	21	Gary Davenport	M		Bristol and West AC
11	15:41	376	David Notman	M		Swansea Harriers
12	15:53	25	James Fewtrell	M		Bedford & County AC
13	15:59	408	Sam Walsh	M		Swansea Harriers
14	16:08	398	Stephen Paterson	M		Pegasus RC
15	16:13	31	Rodri Jones	M	V	Westbury Harriers
16	16:20	386	Alex Donald	M		Cardiff AAC
17	16:26	407	Steve Davies	M		Swansea Harriers
18	16:28	27	Paul Richards	M	V	Neath Harriers
19	16:33	332	Gavin Colcombe	M		
20	16:39	360	Lee Ahearne	M	V	
21	16:46	396	Matt Lewis	M		
22	16:48	395	Rick Velati	M		Swansea Harriers
23	16:55	397	Simon Wilson	M	V	
24	16:56	393	Andrea Whitcombe	F	V	Swansea Harriers
25	17:10	494	Matthew Gurmin	M		
26	17:22	7	Stephen Thomas	M		Islwyn RC
27	17:28	12	Adam Lewis	M	J	Aberdare
28	17:34	15	David Alexander	M		West Cheshire AC
29	17:38	364	Matthew Williams	M	J	
30	17:44	6	Owain Jones	M		Swansea Harriers
31	17:47	391	Crispin Flower	M		Brecon AC
32	17:52	399	Lisa Norden	F		Ryssbergets
33	17:54	9	Gavin Fisher	M	V	
34	17:59	30	Eloise Crowley	F		
35	18:14	367	Leah Dixon	F		
36	18:53	392	Carol Bridge	F		Loughborough
37	19:05	24	Phil Meyler	M	SV	Pontypridd Roadents
38	19:35	29	Jeff Thomas	M	V	Bridgend AC
39	19:41	478	Lee Williams	M		
40	19:42	405	Helen Lodder	F	V	Islwyn
41	19:58	28	Alun Saunders	M		
42	20:12	359	Darren Morgan	M		

43	20:32	384	Simon Stone	M		
44	20:34	366	Pete Fieldson	M	V	
45	20:38	19	Kelly Morgan	F		Pontypridd Roadents
46	21:24	32	Veronica Singleton	F	SV	Les Croupiers
47	21:40	1	Deborah Green	F		Les Croupiers
48	21:56	323	Mustapha mahoob	M	V	Aberdare
49	21:57	14	Marc Batcup	M		
50	21:57	16	Laura Bestow	F		West Cheshire AC
51	22:20	26	Paul Ellis	M	V	
52	22:25	20	Victoria Coopey	F		Pontypridd Roadents
53	22:51	441	R Davies	M	V	
54	22:55	382	Philip O'Neil	M	SV	Bedford AC
55	23:04	429	Michael Jones	M	SV	
56	23:05	493	Joanne Davies	F		
57	23:42	276	Sian Davies	F		
58	23:43	267	Kelly Harris	F	J	
59	23:56	321	Linda Turner	F	V	RC
60	23:57	336	Wayne Bowler	M		
61	24:15	316	Gareth Davies	M	SV	Aberdare
62	24:39	496	Janice Fenaroli	F	J	Swansea Harriers
63	25:17	99	Anthony Jenkins	M	V	Aberdare
64	26:01	11	Julie Lewis	F	V	Islwyn RC

Nos Galan 2006 - Adult

Pos	Time	No	Name	M/F	Cat	Club	RCT
1	17:32	496	Jamie Fenaroli	M	J	Swansea Harriers	
2	17:40	89	Jason Scanlon	M		Pontypridd Roadents	
3	18:35	173	Daniel Bodman	M	J		Y
4	18:45	442	John Cheshire	M			
5	18:47	170	Steven Hooper	M	V	Pontypridd Roadents	Y
6	18:55	136	Geraint Williams	M		Pontypridd Roadents	Y
7	19:01	358	Andrew Irving	M			
8	19:11	180	Andy Davies	M	V	Pontypridd Roadents	
9	19:15	189	Leanne Fitzgerald	F	J	Cardiff AAC	
10	19:20	470	Colin Smith	M			
11	19:20	307	Carl Hill	M	J	Blaengwawr Comp	Y
12	19:37	435	Peter Rodger	M	SV	Griffithstown Harriers	
13	19:46	458	Alex Thomas	M	J		
14	19:50	491	Colin R Wallace	M	V		Y
15	19:50	387	Susannah Bulpin	F		San Domenico	
16	19:53	382	Philip O'Neil	M	SV	Bedford AC	
17	19:53	355	Richard Willmot	M			

18	20:07	208	Colin Rees	M			
19	20:10	412	Philip Hurd	M	SV		Y
20	20:14	421	Julia Clarke	F		Cardiff AAC	
21	20:16	161	Neil Williams	M	V		Y
22	20:25	201	Matthew Hooper	M	J	Cardiff AAC	
23	20:28	151	Mat Dorn	M			
24	20:30	422	Mark Suret	M		Cardiff Tri	
25	20:31	378	Chris Corcoran	M		Pontypridd Roadents	Y
26	20:31	138	Jonathan Williams	M			Y
27	20:33	429	Michael Jones	M	SV		Y
28	20:33	202	David Lloyd Jones	M			Y
29	20:36	192	Peter Short	M	SV	Forest of Dean	
30	20:37	143	Dave Wiltshire	M			Y
31	20:38	51	Ceri-Anne Davies	F	V	Pontypridd Roadents	Y
32	20:38	52	Julian Davies	M		Pontypridd Roadents	Y
33	20:49	200	Ann Evans	F	SV		
34	20:50	116	Paul Price	M	V		Y
35	20:52	388	Alex Williams	M		Road Runners	
36	20:55	95	Damien Albert Barnard	M			Y
37	20:57	130	David John Thomas	M	V		
38	21:02	362	Gareth Griffiths	M			Y
39	21:11	57	Neil Davies	M			Y
40	21:25	423	Mike Woods	M			
41	21:29	150	Stuart Millson	M			
42	21:31	164	Mark Bryant	M			
43	21:33	430	Anne Follan	F	V	Pontypridd AC	Y
44	21:37	497	Neil Davies	M	V	NYRRC	
45	21:41	326	Adam Pryor	M			Y
46	21:48	74	Wayne Warner	M			
47	21:53	217	Martin Groves	M			
48	21:56	329	Trevor Hay	M	V		Y
49	21:57	450	Lee Davies	M	V		Y
50	22:01	120	Kerry Evans	M			Y
51	22:06	188	Robert Ford	M	SV	Pontypridd Roadents	Y
52	22:09	356	Paul Lewis	M			
53	22:10	441	R Davies	M	V		Y
54	22:12	212	Gerwyn Phillips	M			Y
55	22:14	361	Keith Roberts	M	V		
56	22:17	383	Simon Thomas	M			Y
57	22:18	71	Andrew Dade	M	SV		
58	22:19	171	John Weeks	M	SV	Islwyn RC	
59	22:26	82	Steve New	M	V	100 Marathon Club	
60	22:26	310	Andrew Lloyd	M			Y
61	22:27	298	Neil Lewis	M	V		Y
62	22:31	149	Neil Coleman	M	V		Y

63	22:32	363	Paul Jones	M			Y
64	22:32	479	Tony Edwards	M	SV		Y
65	22:33	179	Meirion Williams	M	V		Y
66	22:33	299	Mark Williams	M			Y
67	22:33	118	Kevin Davies	M	V		
68	22:35	117	Ashford Davies	M	J		
69	22:36	474	Lee Williams	M	V		Y
70	22:36	409	Philip Gardiner	M		Cardiff AAC	Y
71	22:37	466	Brigid Browne	F	V		
72	22:38	404	Mark Jones	M	V	Pontypridd Roadents	Y
73	22:41	197	Paul Gillard	M	V		Y
74	22:44	183	Phillip White	M			Y
75	22:46	289	Gareth Snook	M	V	British Airways AC	
76	22:52	472	Louise Miskell	F	V	Gorseinon	
77	22:55	103	Peter Young	M	SV		Y
78	22:56	436	Mark Cyll	M			
79	22:59	434	Ian Haines	M		Islwyn	
80	23:00	428	Michelle Hopper	F			
81	23:02	374	Ryan Ewe	M			
82	23:02	375	Callum Cullen	M		Owls AC	
83	23:07	4	Sean Birch	M		Islwyn RC	Y
84	23:09	354	Mark Powell	M			
85	23:14	140	Peter Curran	M	V		
86	23:18	416	David Amos	M	V		
87	23:26	473	Mike Nash	M	V		Y
88	23:27	114	James Williams	M	V		Y
89	23:29	325	Ryan Belcher	M			Y
90	23:35	349	Peterr Cushion	M	V		Y
91	23:39	335	Lyn Cartwright	M			Y
92	23:41	464	Ian Muir	M	V		
93	23:41	91	Richard Walker	M			
94	23:42	100	Michael H Gallagher	M	SV	White Hares HAC	
95	23:43	348	Paul Bounding	M			Y
96	23:44	292	Cai Thomas	M			
97	23:44	297	James Thomas	M	V	Brackla Harriers	
98	23:45	193	Paul Evans	M	V		Y
99	23:45	294	John Davies	M	V		
100	23:46	377	Wayne Preece	M	SV		
101	23:52	406	Bryn Williams	M			
102	23:54	102	Ross Alun Lewis	M			Y
103	23:54	426	John O'Sullivan	M	V		
104	23:56	411	Karen Hurd	F	SV	Taff Ely Tri	Y
105	23:57	148	Roger Fawke	M	SV	Islwyn RC	
106	24:00	96	Mostyn Lineham	M	V		Y
107	24:08	303	Richard Crook	M	V		

108	24:14	175	Stephen Burke	M	V		Y
109	24:15	219	Gareth Cooper	M			Y
110	24:15	55	Clive Oliver	M	V		Y
111	24:16	158	Lisa Phipps	F	V		Y
112	24:17	415	Paula Ace	F			
113	24:21	199	Chris Comley	M	J		Y
114	24:21	328	Michael Hill	M			Y
115	24:27	459	Mark Holt	M	V		
116	24:29	157	Kevin Taylor	M	V		Y
117	24:34	167	Terence Utting	M	V		
118	24:38	346	Simon Kinsey	M			Y
119	24:40	385	Chris Armstrong	M			
120	24:43	168	Dewi John Ward	M			
121	24:44	207	Jan Richards	F	V	Griffithstown Harriers	
122	24:48	446	Paul Blamore	M	SV	Brackla Harriers	
123	24:53	316	Gareth Davies	M	SV	Aberdare	Y
124	24:53	330	Neil Edwards	M			Y
125	24:55	301	Bethan Wall	F	V		
126	24:55	67	Andrew Timms	M			Y
127	24:55	300	Christopher Wall	M	V		
128	24:56	357	Anna Verspoor	F			
129	24:57	425	David Kaged	M	V		
130	24:58	493	Joanne Davies	F			
131	24:59	98	Ryan Jones	M	J		Y
132	24:59	186	Paul L. Shepperd	M	V		Y
133	24:59	131	Kathryn John	F	V		
134	25:07	10	Jacqueline Louise Jones	F	V	Islwyn RC	
135	25:08	172	R T Humphreys	M	SV		Y
136	25:09	499	Robert Oliver	M	V		Y
137	25:10	142	Mark Griffiths	M	V		
138	25:11	214	Andrew Huw Lightfoor	M	V		Y
139	25:11	191	Alan Williams	M	V		
140	25:18	155	Kevin Samuel	M	V	Bitton Road Runners	
141	25:22	115	Tony Hall	M	SV		
142	25:22	264	Nicola Burns	F			Y
143	25:26	324	Louise Belcher	F			
144	25:32	498	Kelvyn Davies	M			Y
145	25:33	293	Ceri Owen Pritchard	M			Y
146	25:34	225	Dale Thomas	M	V		
147	25:37	287	Mathew Rafferty	M			Y
148	25:38	455	Runner 455	M			
149	25:46	327	Stephen Teacher	M			
150	25:52	420	Caroline Gardiner	F			Y
151	25:55	70	Alan Evans	M	SV	Cardiff AAC	
152	25:59	368	Janis Roberts	F	V		Y

153	25:59	66	Peter Payton	M	SV	Islwyn RC	
154	26:00	111	Mark Hughes	M			
155	26:00	97	Gareth Ernest Jones	M	V		Y
156	26:00	439	Adam Price	M			
157	26:02	351	Geraint Phillips	M	V		Y
158	26:14	394	Rhydion Evans	M		Merthyr	
159	26:15	427	John Allen	M			
160	26:16	480	Lee Cunnick	M			
161	26:16	302	Gerard Newman	M	SV	Stroud & District AC	
162	26:17	317	Kerri Matthews	F		Hawthorn	Y
163	26:18	81	Mark H Williams	M	V	Sospan Road Runners	
164	26:21	457	Andrea Harris	F	V		Y
165	26:23	107	Alun Richards	M			Y
166	26:24	106	Elizabeth Thomas	F			
167	26:25	112	Malcolm Parker	M	SV	Islwyn RC	
168	26:27	222	Lyndhurst John Parry	M	SV		Y
169	26:28	88	Trevor Turner	M	SV		
170	26:28	178	Janet Williams	F	V		Y
171	26:32	337	Tina Ward	F			Y
172	26:37	233	Tracey Thomas	F	V		Y
173	26:41	414	Alun James	M			
174	26:45	177	Richard Moodie	M		Sospan Road Runners	
175	26:51	312	Ros Edmonds	F	SV		Y
176	26:53	311	Kate Amos	F		Aberdare Valley AAC	Y
177	26:58	226	Patricia Jones	F	SV	Brackla Harriers	
178	27:00	274	Karen Davies	F			Y
179	27:00	258	Grace Francis	F	V		Y
180	27:01	187	Maria Shepperd	F	V		Y
181	27:03	381	Jon Forsyth	M		Wells City Harriers	
182	27:07	308	Ceri Thomas	F	V	Bridgend AC	
183	27:13	453	Joe Cartwright	M	V		
184	27:17	163	John Griffiths	M	SV	Mt Ash RFC	Y
185	27:17	137	Terry Lewis	M	V		
186	27:19	339	James Neville	M			
187	27:26	433	Cerys Pontin	F			Y
188	27:32	371	Nicholas Thomas	M	V		
189	27:34	342	Anthony Lloyd	M			
190	27:35	206	Stewart Thomson	M	V	Griffithstown Harriers	
191	27:37	56	Colin Gardner	M	SV		
192	27:39	347	John Cooper	M	SV		Y
193	27:39	380	Steve Williams	M	V		Y
194	27:41	152	Samantha Dorn	F	V		
195	27:42	124	Andrew Calderbank	M			Y
196	27:43	3	Coleen Birch	F		Islwyn RC	Y
197	27:44	126	Allen Bunney	M			Y

198	27:47	113	Jennifer Jones	F	V		Y
199	27:48	290	Rodney Edwards	M			Y
200	27:52	338	Martin Neville	M			
201	27:57	105	Heather Davies	F	V		
202	27:58	99	Anthony Jenkins	M	V	Aberdare	Y
203	27:59	64	Andrew Davies	M	V	Aberdare	Y
204	28:01	492	Rhys Cronin	M	J		
205	28:01	77	Molly Melhuish	F			
206	28:02	53	John Nugent	M	V		Y
207	28:03	84	Heather Payton	F	SV	Trent Park RC	
208	28:04	129	Mandy Thomas	F	V		
209	28:04	257	Leah Dyas	F			Y
210	28:06	268	Teresa Jeffries	F	V		Y
211	28:06	286	Phil Bristow	M	V		
212	28:06	255	Karene Jones	F			Y
213	28:09	230	Sara Carter	F			Y
214	28:10	256	Petrina Owen	F	V		Y
215	28:13	343	Ryan Savage	M			Y
216	28:14	344	Eddy Savage	M	V		Y
217	28:16	90	Mark Humphries	M	V		Y
218	28:18	372	Mark Austin	M	V		Y
219	28:18	419	Rhian Taylor	F			
220	28:19	438	Laura Evans	F			
221	28:22	246	Kelly Phillips	F			Y
222	28:24	139	Lynn Goward	F	V	Village Vipers	
223	28:25	141	Beth Griffiths	F	V		
224	28:25	271	Jackie Spencer	F	V		Y
225	28:26	80	Denise Williams	F	SV		
226	28:27	410	Mr Hannon	M	V	Alvis RC	
227	28:27	448	Runner 448	M			
228	28:30	198	Gareth Davies	M	V		Y
229	28:35	389	Robert Hones	M			Y
230	28:36	340	Foukie Wilmari	F			
231	28:37	431	John Parke	M	V		
232	28:38	203	Dean Bennett	M	V		
233	28:41	417	Nigel Williams	M	V		
234	28:44	291	Lloyd Thomas	M	V		
235	28:48	365	Ray Davies	M			Y
236	28:58	269	Angela Williams	F	V		Y
237	29:03	195	Liam Scannell	M	J		Y
238	29:03	194	Kevin Scannell	M		South Wales Police	Y
239	29:04	128	Ellis Davies	M			Y
240	29:09	345	Rachel Archer	F	V		Y
241	29:14	444	K Spiller	F	V		
242	29:14	443	Julia Churchston	F			

243	29:19	101	Emma Laszlo	F			Y
244	29:23	238	April Young	F	V		Y
245	29:23	229	Beth Murphy	F			Y
246	29:28	400	Linda Burnell	F	V	Islwyn	
247	29:29	481	David Norman Rees	M	SV		
248	29:30	85	Glyn Hicks	M	SV	Islwyn RC	
249	29:40	153	Owen Thomas	M			
250	29:41	156	Rebecca Davies	F			
251	29:43	75	Julian French	M	V		
252	29:43	76	Tracy French	F	V		
253	29:45	456	Neil Thomas	M	SV		
254	29:50	350	Peterr Rees	M	V		Y
255	29:52	127	Stephen Pascoe	M	V		Y
256	29:53	182	Sarah Louise Smiles	F		Brackla Harriers	Y
257	29:59	334	Christopher Lewis	M			Y
258	30:02	462	Margaret Levi	F	V		
259	30:07	204	Martin Loosemore	M	V		Y
260	30:08	454	Christine Karddasz	F	SV		
261	30:13	205	Clive Rowe	M			
262	30:16	245	Angela Jones	F	V		Y
263	30:31	218	Kryisia Groves	F	SV		
264	30:51	232	Michelle Davies	F			Y
265	31:00	215	Julie Bush	F	V		
266	31:00	216	Richard Bush	M	V		
267	31:02	87	Gerwyn James	M	V		
268	31:02	341	Nicola Llwyd	F			
269	31:05	248	Frances Davies	F	V		Y
270	31:08	461	Gaynor Jones	F	SV		
271	31:08	321	Linda Turner	F	V	RC	Y
272	31:22	174	Michelle Rogers	F	V		Y
273	31:23	449	Edward Morot	M			
274	31:24	451	Andy John	M	V		
275	31:28	266	Julie Lincham	F	V		Y
276	31:34	432	Lorraine Swain	F	SV		Y
277	31:39	285	Gail Jones	F	SV		Y
278	31:45	236	Catherine Williams	F	V		Y
279	31:51	418	Howard Williams	M			
280	32:19	309	Edward Newman	M	SV	Coffin Dodgers	
281	32:55	319	Beverley Jones	F	V	RC	Y
282	33:01	221	Keith Verheyden	M	V		
283	33:01	220	Amy Verheyden	F	J		
284	33:05	390	Prudence Melhuish	F			
285	33:06	62	Jane Ellis	F			
286	33:06	296	Marian Jebb	F			
287	33:10	244	Joanne Reynolds	F	V		Y

288	33:10	373	I Hag	M	V		Y
289	33:16	228	Lisa Hillman	F	V		Y
290	33:22	176	Jason Sheppard	M			Y
291	33:26	125	Cheryl Bunney	F	V		Y
292	33:30	224	Leanne Jones	F			Y
293	33:33	223	Gregg Morrish	M			Y
294	33:50	471	Sara Smith	F	V		
295	33:50	169	Fiona O'Leary	F	V		Y
296	34:00	185	Tracey Smith	F			Y
297	34:06	119	Steven Meyrick	M	V		Y
298	34:56	108	Karen Bartlett	F	SV		
299	34:56	109	Les Bartlett	M	SV		
300	34:59	440	Helen Davies	F	SV		Y
301	35:00	254	Sue Jones	F	V		Y
302	35:02	267	Kelly Harris	F	J		Y
303	35:02	272	Maria Berrett	F	SV		Y
304	35:03	260	Julie Zalar	F	SV		Y
305	35:13	144	Sharon Raikes	F	SV		
306	35:48	475	Paula James	F	V		
307	35:53	237	Sylvie Hall	F	SV		Y
308	35:53	265	Emma Morgan	F			Y
309	35:59	122	Kate Lloyd Jones	F	V		
310	36:16	277	Emma Bailey	F			Y
311	36:16	284	Natalie Davies	F			Y
312	36:20	288	Jonathan Lloyd	M	V		Y
313	36:40	370	Jill Kingum-Jones	F			Y
314	36:52	445	Laura Bigmore	F			
315	37:00	227	Sian Hobson	F			Y
316	37:00	241	Fay Collins	F	V		Y
317	37:07	336	Wayne Bowler	M			Y
318	37:15	276	Sian Davies	F			Y
319	37:31	315	Moiria Kearley	F	V		
320	37:31	166	Ann Utting	F	SV		
321	37:37	242	Katrina Jones	F	V		Y
322	37:37	306	Erika Bennett	F			Y
323	37:55	231	Caralyn Lewis	F	V		Y
324	37:56	234	Rhian Evans	F	SV		Y
325	39:40	165	Emma Utting	F	J		
326	39:45	73	Helen Lloyd Jones	F	V		
327	42:02	424	Alison Davies	F			
328	43:29	283	Nichola Davies	F			Y
329	43:30	447	Runner 447	M			
330	43:31	495	Beth Corey	F	V		Y
331	44:38	352	Debra Buckley	F	V		Y
332	44:39	275	Karen Jones	F			Y

333	51:36	463	Nerys Thomas	F	V		
334	53:32	263	Stacey Jones	F			Y
335	59:21	278	Claire Walters	F			Y
336	59:21	280	Sonia Button	F	V		Y
337	59:22	281	Emma Davies	F			Y