

Old Father Time 5 mile Race

Organised by Les Croupiers Running Club Cardiff

2 January 2012

Pos Number Athlete Club Category Time

1 79 Jerome Edwards Les Croupiers M35 26.37
2 88 Chris Williams Neath M40 26.40
3 81 Huw Evans UA M35 26.49
4 131 Peter Coles Pontypridd Roadents M45 27.21
5 126 Mark Hadley Halesowen M45 27.34
6 77 Nick Dukes Les Croupiers M35 27.46
7 89 Paul Talbot Neath M40 28.15
8 73 Rob Sage Les Croupiers M35 28.32
9 96 Andrew Hodgson Bridgend M40 28.51
10 160 Richard Bullen Les Croupiers M50 28.57
11 194 David Davies Brecon M55 29.02
12 167 Nick Frost Pontypridd Roadents M50 29.24
13 123 Richard Self Les Croupiers M45 29.31
14 130 Eddie Ball San Domenico M45 29.35
15 122 Martin Williams Les Croupiers M45 29.43
16 90 Stephen Thomas Islwyn M40 29.47
17 165 Peter Crane Neath M50 29.54
18 74 Matt Hurford Les Croupiers M35 29.59
19 174 John Foster Lliswerry M50 30.01
20 169 Paul Coker Les Croupiers M50 30.20
21 125 Paul Jenkins UA M45 30.22
22 184 Mick McGeoch Les Croupiers M55 30.25
23 199 Tony Davies Aldershot, Farnham and District M60 30.49
24 92 Jonathan Jones Carmarthen M40 30.57
25 78 Andy Cleves Les Croupiers M35 31.03
26 187 Elio Lepore Les Croupiers M55 31.08
27 139 John Morgan Bridgend M45 31.12
28 76 Phillip George Les Croupiers M35 31.17
29 186 Mike Murphy Les Croupiers M55 31.25
30 219 James White San Domenico M35 31.30
31 72 James Bruce Les Croupiers M35 31.35
32 97 Robert Davies Islwyn M40 31.42
33 173 Clem Clement Penarth and Dinas M50 31.48
34 216 Sandy Johnston Les Croupiers M60 31.49
35 95 Alan Walton San Domenico M45 31.51
36 14 Satu Haikala Brecon W40 31.52
37 164 David Crane Neath M50 31.53
38 120 Andy Blair Les Croupiers M45 31.54
39 142 Gareth Hardman Bridgend M45 32.08
40 166 Phil Bristow San Domenico M50 32.21
41 75 Alex Capleton Les Croupiers M35 32.26

42 190 Dave Fisk UA M55 32.28
43 193 Bernard Henderson Port Talbot M55 32.37
44 13 Nicola Gething Parc Bryn Bach W40 32.52
45 205 Oscai Calve Marathon Rioja M60 33.07
46 47 Jane Coker Les Croupiers W50 33.12
47 181 Howard Kent Les Croupiers M55 33.29
48 162 Gerry Crispie Les Croupiers M50 33.34
49 157 Mark Dunscombe Sarn Helen M50 33.44
50 158 Mark Terry TROTs M50 33.45
51 91 Simon Hazel Les Croupiers M40 33.52
52 203 David Davies Neath M60 33.53
53 153 Alan Mason Les Croupiers M50 33.54
54 154 Paul Morris Les Croupiers M50 33.57
55 138 Kim Wehden Islwyn M45 33.59
56 227 Richard Sewell Les Croupiers M50 34.03
57 129 Peter Curran UA M45 34.07
58 151 Phil Morris I.I.F. M50 34.12
59 87 Evatt Cummings Les Croupiers M40 34.18
60 188 Chris Nellins Penarth and Dinas M55 34.25
61 191 Alan Jones Brackla M55 34.31
62 172 Neil Davies UA M50 34.42
63 48 Jacqueline Brace Bridgend W50 34.43
64 93 Stephen Quin Les Croupiers M40 34.47
65 182 Graeme Donnan Les Croupiers M55 34.55
66 159 Tim O'Sullivan Les Croupiers M50 34.57
67 218 Malcolm Bradley Penarth and Dinas M60 34.59
68 80 Daniel Wiseman UA M35 35.00
69 5 Clare Biddlecombe San Domenico W35 35.03
70 119 Kellinu Portelli Les Croupiers M45 35.05
71 213 David Smout Parc Bryn Bach M60 35.13
72 117 David E Williams Les Croupiers M45 35.15
73 183 Gary John Les Croupiers M55 35.16
74 202 Paul Allen Halesowen M65 35.31
75 128 Dominic Shields San Domenico M45 35.37
76 299 Alan Mann Les Croupiers M50 35.39
77 137 Geoff Jones UA M45 35.54
78 168 John Scanlon Thornbury M50 36.00
79 1 Jo Tucker Les Croupiers M35 36.01
80 206 Brian Gough Pontypridd Roadents M70 36.02
81 210 David Oak Port Talbot M65 36.25
82 176 Kevin Russell San Domenico M50 36.36
83 46 Veronica Singleton Les Croupiers W50 36.37
84 85 Marc Evans San Domenico M35 36.39
85 4 Mandy Morris Port Talbot W35 36.40
86 28 Andrea Hurman Penarth and Dinas W45 36.41

87 71 Wouter Poortinga Les Croupiers M35 36.48
88 134 Andy Davies Pontypridd Roadents M45 36.51
89 124 Rod Perons Les Croupiers M45 36.52
90 20 Ceri Brambley-Tucker Port Talbot W40 36.53
91 49 Julie Scholey Les Croupiers W50 37.11
92 132 Steve Hill Penarth and Dinas M45 37.14
93 94 Justin Jones Pontypridd Roadents M40 37.15
94 185 Andrew Sedgmond Les Croupiers M55 37.17
95 136 Brian Phillips Parc Bryn Bach M45 37.24
96 189 Michael Pritchard UA M55 37.29
97 61 Fiona Davies Pontypridd Roadents W55 37.37
98 208 Colin Anthony Port Talbot M65 37.52
99 195 Roy Silver Les Croupiers M55 38.04
100 ? ? ? ? 38.09
101 116 Gareth Rees Les Croupiers M45 38.27
102 201 Jeff Aston Les Croupiers M60 38.31
103 300 Loretta Daley Les Croupiers W45 38.34
104 192 Paul Jenkins UA M55 38.42
105 135 Steve New 100 Martahon Club M45 38.45
106 41 Maureen Emmett I.I.F. W50 38.48
107 161 Mike Rossiter Les Croupiers M50 38.53
108 83 Fadi Baydoun UA M35 38.57
109 82 Stuart Thomas Hogweed Trotters M35 39.01
110 207 Dave Weston UA M60 39.08
111 156 Terry O'Brien UA M50 39.20
112 212 Clive Brooks UA M60 39.21
113 56 Brenda Avery Chepstow Harriers W60 39.24
114 84 Paul Evans Brecon M35 39.25
115 198 David Hebbes UA M60 39.29
116 175 Raymond James Port Talbot M50 39.30
117 86 David McDonald Les Croupiers M40 39.38
118 3 Michelle Greatrex Gwent Police W35 39.43
119 220 Ceri Davies San Domenico M35 39.48
120 171 Robert Williams Brecon M50 39.57
121 60 Yvonne Williams Penarth and Dinas W55 40.01
122 16 Dawn Howells Barry and Vale W40 40.05
123 170 John Martin UA M50 40.13
124 226 Graham Webster UA M55 40.25
125 45 Tina Rossiter Les Croupiers W50 40.28
126 64 Andrea Webster UA W55 40.47
127 24 Nicole Gray UA W40 40.49
128 127 John Lewis UA M45 40.54
129 141 Gary Bird UA M45 41.13
130 6 Sarah Dodd UA W35 41.57
131 22 Amanda Thomas UA W40 42.11

132 211 Richard Brown Sheen Shufflers M60 42.23
133 215 Syd Wheeler Chepstow Harriers M70 42.54
134 197 Ian Swanson Port Talbot M60 43.21
135 209 Ron Morgan UA M65 43.36
136 15 Bernadette Jones Pontypridd Roadents W40 43.38
137 228 Nigel Jones Llanelli Strollers M55 43.58
138 58 Gill Murphy Les Croupiers W55 44.03
139 27 Nicola Trigg UA W45 44.10
140 152 Ian John Warner UA M50 44.32
141 42 Amanda Thompson Les Croupiers W50 44.37
142 2 Hayley Stephens UA W35 44.53
143 25 Ann Follan Pontypridd Roadents W40 45.15
144 21 Christine Faulkner Les Croupiers W40 46.11
145 12 Rhian Llewellyn Les Croupiers W40 46.27
146 23 Andrea Goodfellow RWRP W40 46.55
147 133 Peter Shamley UA M45 47.15
148 18 Leona Shamley Rhondda Valley W40 47.16
149 214 Chris Plaisted UA M65 48.06
150 17 Helen Welch Pontypridd Roadents W40 48.09
151 200 Geoff Wright Les Croupiers M60 48.30
152 19 Tracey Newman Les Croupiers W40 48.31
153 217 Peter Morgan UA M65 48.34
154 57 Mal Rowson Les Croupiers W60 48.39
155 59 Kay Nellins Womens Runners Penarth W55 48.43
156 63 Judith Baydoun UA W55 50.15