

Les Croupiers Running Club
Old Father Time 5 mile

Pontcanna, Cardiff
29 December 2013

Pos	Number	Athlete	Club	Cat	Time
1	542	Richard Gardiner	Aberdare	M40	25.29
2	503	James Thie	Cardiff A.A.C.	M35	25.32
3	536	Huw Evans	Les Croupiers	M40	26.27
4	527	Drew Hodgson	Bridgend	M40	27.17
5	507	Jerome Edwards	Les Croupiers	M35	27.21
6	502	Stuart Crees	Les Croupiers	M35	27.25
7	598	Peter Coles	Pontypridd Roadents	M50	27.37
8	561	Julian Baker	Les Croupiers	M45	27.40
9	501	Nick Dukes	Les Croupiers	M35	27.52
10	568	Mike Pfeiffer	Brecon	M45	28.00
11	509	Dean Johnston	Neath Harriers	M35	28.07
12	526	Matt Hurford	Les Croupiers	M40	28.09
13	529	Eamonn Kirk	Swansea Harriers	M40	28.15
14	541	Richard Wilder	San Domenico	M40	28.28
15	558	Stephen Thomas	Aberdare	M45	28.30
16	588	Peter Osborne	Llanelli	M50	28.34
17	504	Simon Lewis	Parc Bryn Bach	M35	28.45
18	604	Royston Whitehouse	Neath Harriers	M50	28.55
19	543	John Driscoll	London Heathside	M40	29.01
20	619	David Davies	Brecon	M55	29.33
21	597	Peter Crane	Neath Harriers	M50	29.56
22	514	Maurice Attard	Outdoor Fitness	M35	30.02
23	508	Lyndon Tudor-Maisey	Les Croupiers	M35	30.13
24	596	Steve Smith	Swansea Harriers	M50	30.16
25	591	David Coles	Les Croupiers	M50	30.37
26	537	Geraint Williams	Aberdare	M40	30.55
27	523	James Bruce	Les Croupiers	M40	30.57
28	608	Glyn Sansom	San Domenico	M50	31.03
29	512	Andrew Jones	Unattached	M35	31.06
30	655	Mike Murphy	Les Croupiers	M60	31.09
31	565	Alex Williams	Port Talbot Harriers	M45	31.26
32	713	Susannah Bulpin	San Domenico	F40	31.30
33	590	John Morgan	Bridgend	M50	31.34
34	621	Huw Roberts	Bridgend	M55	31.38
35	532	Damon Jukes	Parc Bryn Bach	M40	32.02
36	715	Nicola Gething	Parc Bryn Bach	F40	32.10
37	544	Gary Howgate	Les Croupiers	M40	32.34
38	630	Terry O'Brien	Unattached	M55	32.39
39	622	Mick McGeoch	Les Croupiers	M55	32.46
40	506	Dave Williams	Brecon	M35	32.49
41	702	Kelly Morgan	Aberdare	F35	32.54
42	564	Peter Turnbull	Les Croupiers	M45	32.55
43	534	Daniel Luffman	Unattached	M40	32.56
44	737	Libby O'Duffy	Les Croupiers	F45	32.57
45	566	Alun Evans	Rhondda	M45	32.58
46	661	Howard Kent	Les Croupiers	M60	32.59

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47	717	Gina Hardman	Bridgend	F40	32.59
48	624	John Summers	Pewsey Vale	M55	33.00
49	563	Phil Osmond	Unattached	M45	33.05
50	556	Dominic Shields	San Domenico	M45	33.20
51	701	Rachel Matthews	Cardiff A.A.C.	F35	33.25
52	656	Gordon Orme	Carmarthen Harriers	M70	33.32
53	602	Jeff Hanson	Unattached	M50	33.34
54	658	Christopher Nellins	Penarth and Dinas	M60	33.38
55	660	Peter Turner	Llanelli	M60	33.50
56	593	Mark Anderson	Pewsey Vale	M50	33.53
57	594	Paul Morris	Les Croupiers	M50	33.59
58	595	Tim Owen	Bridgend	M50	34.04
59	528	John Marson	Sospan Runners	M40	34.09
60	600	Kevin Russell	South Wales Police	M50	34.11
61	629	James Delaney	San Domenico	M55	34.17
62	554	Jonathan Hayes	Cardiff A.A.C.	M45	34.27
63	626	Allan Jones	Brackla Harriers	M55	34.32
64	535	Steve Chadwell	Unattached	M40	34.36
65	587	Terry Caveney	Les Croupiers	M50	34.38
66	651	Paul Allen	Halesowen A.A.C	M65	34.47
67	586	Alan Mason	Les Croupiers	M50	34.48
68	584	Hefin Gruffydd	Unattached	M50	34.49
69	567	Dave Hughes	Bridgend	M45	34.50
70	720	Clare Biddlecombe	San Domenico	F40	34.54
71	625	Martin Pinnell	Les Croupiers	M55	34.59
72	540	Peter Stunnell	Les Croupiers	M40	35.00
73	583	Mike Rossiter	Les Croupiers	M50	35.15
74	718	Jo Tucker	Les Croupiers	F40	35.23
75	627	Martin Mellor	Rhondda	M55	35.24
76	530	Wouter Poortinga	Les Croupiers	M40	35.33
77	623	Michael Pritchard	Unattached	M55	35.38
78	531	Paul Burton	Les Croupiers	M40	35.44
79	538	Chris Selby	San Domenico	M40	35.53
80	611	Gary John	Les Croupiers	M55	35.57
81	618	Mike Evans	Chepstow Harriers	M55	36.00
82	599	Andy Davies	Pontypridd Roadents	M50	36.05
83	654	Brian Gough	Pontypridd Roadents	M70	36.09
84	539	Stephen Quin	Les Croupiers	M40	36.10
85	603	Rod Perons	Les Croupiers	M50	36.31
86	631	Huw Parry	Unattached	M55	36.54
87	553	Tim Green	Les Croupiers	M45	36.55
88	617	Firouz Mal	Les Croupiers	M55	36.56
89	551	David McDonald	Les Croupiers	M45	36.57
90	652	Eric Davey	Llanelli	M60	36.58
91	743	Debbie Cockram	Fairwater	F50	36.59
92	615	Andrew Sedgmond	Les Croupiers	M55	37.06

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93	513	Lee Sutherland	Bridgend	M35	37.18
94	605	Gerry Crispie	Les Croupiers	M50	37.24
95	613	Alan Mann	Les Croupiers	M55	37.30
96	521	Michael Halsall	Llanelli	M40	37.35
97	557	Kevin Bradfield	Unattached	M45	37.37
98	552	Kel Portelli	Les Croupiers	M45	37.41
99	705	Beth Lewis	Les Croupiers	F35	37.49
100	641	Dave Hebbes	Unattached	M60	37.49
101	562	Jeff Davies	Unattached	M45	37.55
102	706	Mari Roberts	Les Croupiers	F35	37.55
103	753	Teresa Tranter	Chepstow Harriers	F60	37.56
104	714	Catherine Olivant	Brecon	F40	37.57
105	751	Brenda Avery	Chepstow Harriers	F60	37.58
106	653	Barrie Roberts	Bourneville	M70	37.59
107	524	Paul Chapman	Les Croupiers	M40	38.22
108	735	Catherine Hayes	Cardiff A.A.C.	F45	38.22
109	642	Jeff Aston	Les Croupiers	M65	39.00
110	585	David Hodges	Les Croupiers	M50	39.06
111	704	Michelle Amblin	Les Croupiers	F35	39.18
112	662	John Cunnane	Islwyn R.C.	M65	39.31
113	510	Matthew Heirene	Unattached	M35	39.35
114	569	Neil Welch	Unattached	M45	39.36
115	741	Tina Rossiter	Les Croupiers	F50	39.41
116	733	Yvonne Bullen	Les Croupiers	F45	39.55
117	744	Debbie Otley	Pontypridd Roadents	F50	39.58
118	592	Colin Prosser	Chepstow Harriers	M50	40.02
119	560	John Payne	Les Croupiers	M45	40.10
120	601	Ray Ellingham	San Domenico	M50	40.30
121	606	Gary Bird	Unattached	M50	40.40
122	648	Ralph Davey	Les Croupiers	M65	41.04
123	650	Gary Hyatt	Les Croupiers	M65	41.35
124	559	Huw Williams	Bridgend	M45	41.44
125	511	Luke Heslop	Les Croupiers	M35	41.45
126	632	Colin Crooks	Pegasus	M55	41.59
127	659	Richard Brown	Sheen Shufflers	M60	42.06
128	736	Jennifer Stone	Unattached	F45	42.14
129	734	Kay Chapman	Cardiff A.A.C.	F45	42.15
130	555	Simon Hudd	Unattached	M45	42.38
131	752	Gill Murphy	Les Croupiers	F60	42.44
132	646	Geoff Bayliss	Chepstow Harriers	M65	42.57
133	716	Anne Follan	Pontypridd Roadents	F40	43.22
134	645	Syd Wheeler	Chepstow Harriers	M75	43.24
135	533	Wayne Taylor	Unattached	M40	43.26
136	649	Ian Swanson	Port Talbot Harriers	M60	44.29
137	614	Ian John Warner	Unattached	M55	44.31
138	754	Kay Nellins	Womens Running	F55	44.40

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139	756	Sharon Raikes	Unattached	F55	44.46
140	581	Ian Mackenzie	Les Croupiers	M50	45.26
141	644	Alan Smith	3Ms Gorseinon	M80	45.31
142	570	Oliver Tutas	Les Croupiers	M45	45.46
143	620	Nigel Leighton-Jones	Llanelli	M55	45.52
144	712	Michelle Rivett	Les Croupiers	F40	46.10
145	711	Tracey Newman	Les Croupiers	F40	47.47
146	647	Geoff Wright	Les Croupiers	M60	48.48
147	757	Kathleen Evans	Brackla Harriers	F60	49.18
148	731	Ruth Cochran	Pontypridd Roadents	F45	49.41
149	745	Jenny Dowell	Unattached	F50	50.18
150	721	Natalie Wilcox	Unattached	F40	52.29
151	746	Veronica Singleton	Les Croupiers	F50	52.29
152	755	Daphne Austerberry	Chepstow Harriers	F70	53.16
153	747	Lizzy Hodges	Unattached	F50	58.35
154	607	Peter Hodges	Unattached	M50	58.35
155	719	Angela Healey	Unattached	F40	60.24