

Les Croupiers Running Club
Old Father Time 5 mile road race
Pontcanna, Cardiff
27 December 2015

Pos Number Athlete Club Cat Time

1 9 Stephen Paterson Les Croupiers M35 26.11
2 33 Huw Evans Les Croupiers M40 26.27
3 3 Kieran White Hercules Wimbledon M35 26.55
4 34 Jerome Edwards Les Croupiers M40 27.00
5 4 Doug Nicholls San Domenico M35 27.18
6 22 Matthew Jacklin Aberdare M40 27.31
7 88 Mike Pfeiffer Brecon M50 27.34
8 91 Peter Coles Pontypridd M50 27.43
9 24 Andrew Hodgeson Bridgend M40 28.26
10 1 Stuart Crees Les Croupiers M35 28.31
11 2 Gavin Gates Bridgend M35 28.42
12 94 Royston Whitehouse Neath M50 29.04
13 84 Andrew Blair Les Croupiers M50 29.22
14 23 Matt Pryor Les Croupiers M40 29.55
15 138 Peter Osborne Llanelli M55 30.12
16 26 Robert Davies Islwyn M40 30.22
17 125 Dave Coles Les Croupiers M55 30.25
18 31 Matt Govier Les Croupiers M40 30.31
19 8 Simon Gill Lliswerry M35 30.51
20 177 David Davies Brecon M60 30.59
21 5 Andy Wilton San Domenico M35 31.00
22 53 Owain Lewis Belgrave M45 31.04
23 129 David James Les Croupiers M55 31.09
24 124 Richard Bullen Les Croupiers M55 31.14
25 25 Owen Flage Oldham and Royston M40 31.21
26 36 James Bruce Les Croupiers M40 31.25
27 100 Haydn Hartnell Islwyn M50 31.26
28 55 Kevin Jones Les Croupiers M45 31.26
29 147 Billy Daniels Unattached M55 31.28
30 103 Glyn Sansom San Domenico M50 31.31
31 86 Craig Fowler Bridgend M50 31.35
32 52 Alex Williams Port Talbot M45 31.36
33 95 Vincent Nazareth Les Croupiers M50 31.39
34 267 Angharad Mair Les Croupiers W50 31.43
35 98 Colin McQueen Brackla M50 31.49
36 27 Daniel Luffman Les Croupiers M40 31.53
37 67 Marcus Meyrick Les Croupiers M45 31.55
38 32 Stuart Mcllroy Les Croupiers M40 31.58
39 90 John Morgan Bridgend M50 32.04

40 59 Brian Lovett San Domenico M45 32.14
41 225 Susannah Bulpin San Domenico W40 32.19
42 28 Rob Davies Lliswerry M40 32.24
43 83 Mark Baker Northbrook AC M50 32.36
44 93 Ian Bell San Domenico M50 32.47
45 171 John Hill Halesowen M60 32.56
46 136 Clem Clement Penarth and Dinas M55 33.04
47 66 Nick Stocker Bridgend M45 33.06
48 134 Greg Newhams Bridgend M55 33.14
49 167 Mick McGeoch Les Croupiers M60 33.22
50 54 Richard Price Celtic Tri M45 33.23
51 60 Brian Evans Spirit of Monmouth M45 33.39
52 187 Gareth Jones Chepstow M65 33.41
53 203 Georgina Dando Bridgend W35 33.46
54 224 Rachel Matthews Cardiff W40 33.51
55 96 Kim Wehden Islwyn M50 33.59
56 173 Howard Kent Les Croupiers M60 34.08
57 181 Neil Grant Chepstow M60 34.11
58 229 Sandra Chipper Lliswerry W40 34.15
59 69 Richard Webber Unattached M45 34.26
60 29 Russell Dobbs Islwyn M40 34.28
61 139 Neil Davies Unattached M55 34.29
62 243 Libby Bohemen Les Croupiers W45 34.33
63 292 Jacqueline Brace Bridgend W55 34.47
64 184 Gordon Orme Carmarthen M70 34.50
65 221 Catherine Stephens Bridgend W40 35.03
66 89 Jeff Hanson Rhondda AC M50 35.06
67 56 Huw James Cardiff M45 35.10
68 143 Richard Sewell Les Croupiers M55 35.13
69 166 John Gardener Pembrokeshire M70 35.16
70 245 Jenny Phillips Llanelli W45 35.18
71 140 Richard Beech Brackla M55 35.20
72 61 Chris Denholm Brackla M45 35.29
73 204 Sarah Lauder Lliswerry W35 35.36
74 168 Mike Davies Les Croupiers M65 35.39
75 176 Rob Evans Les Croupiers M60 35.40
76 6 Neil Jones Unattached M35 35.42
77 130 Michael Gibbons Branhall Runners M55 35.50
78 223 Keri Jones Lliswerry M40 35.53
79 145 Kevin Russell Lliswerry M55 35.56
80 68 Paul Chapman Les Croupiers M45 36.01
81 92 Dominic Shields San Domenico M50 36.14
82 57 Paul Martin Westend Runners M45 36.31
83 97 Anthony Phillips Bridgend M50 36.33
84 137 Stuart Duncan Chepstow M55 36.37

85 127 Paul Morris Les Croupiers M55 36.39
86 170 Paul Allen Halesowen M65 36.42
87 121 Alan Mason Les Croupiers M55 36.44
88 62 Anthony Lewis Cwm Ogwr M45 36.52
89 185 Mike Evans Chepstow M65 36.55
90 133 Michael Pritchard Unattached M55 36.56
91 179 Bob Smith Builth Wells M60 37.02
92 291 Julie Scholey Les Croupiers W55 37.06
93 37 Stephen Quin Les Croupiers M40 37.07
94 102 Gerry Crispie Les Croupiers M50 37.13
95 58 Peter Wilson Malvern Joggers M45 37.17
96 87 Gareth Hardman Bridgend M50 37.24
97 175 Gary John Les Croupiers M60 37.33
98 146 Richard Treadgold Unattached M55 37.35
99 244 Ruth Deards Les Croupiers W45 37.36
100 174 Alan Jones Brackla M60 37.40
101 228 Clare Biddlecombe Lliswerry W40 37.48
102 51 David McDonald Les Croupiers M45 38.07
103 266 Lisa Cleary Penarth and Dinas W50 38.12
104 64 Stephen Summers Pencoed Tri M45 38.19
105 163 Brian Gough Pontypridd M75 38.22
106 99 Geoff Jones Unattached M50 38.26
107 227 Karen Elvers Chepstow W40 38.40
108 101 Rod Perons Les Croupiers M50 38.42
109 135 Roy Silver Les Croupiers M55 39.31
110 10 Luke Heslop Les Croupiers M35 39.35
111 30 Andrew Williamson Pegasus M40 39.45
112 241 Loretta Daley Les Croupiers W45 39.53
113 161 Dave Hebbes Unattached M65 39.56
114 123 Firouz Mal Les Croupiers M55 39.59
115 63 Christie Coleman Cwm Ogwr M45 40.03
116 162 Andrew Sedgemond Les Croupiers M60 40.11
117 142 Huw Parry Les Croupiers M55 40.26
118 265 Mary Beech Brackla W50 40.28
119 264 Ruth Treharne Islwyn W50 40.30
120 178 Barrie Roberts Bourneville M70 40.32
121 201 Lisa Griffiths Outdoor Fitness W35 40.37
122 282 Brenda Avery Chepstow W65 40.38
123 262 Yvonne Bullen Les Croupiers W50 40.40
124 131 Liam Daly Builth and District M55 40.43
125 202 Joanne Davies Unattached W35 40.48
126 144 Ray Ellingham Lliswerry M55 41.03
127 35 Marc Case Unattached M40 41.06
128 290 Yvonne Williams Penarth and Dinas W60 41.11
129 226 Sara Williams Caerffili W40 41.14

130 182 Dave Andrews Chepstow M65 41.17
131 246 Rachel Kennedy Lliswerry W45 41.38
132 222 Sarah Pryor Pegasus W40 41.42
133 172 Jeff Aston Les Croupiers M65 42.05
134 281 Rose Thomas Rhayader RC W60 42.09
135 289 Liz Beech Brackla W55 42.39
136 21 Fadi Baydoun Unattached M40 42.49
137 186 Richard Street Pegasus M60 42.52
138 7 James Brown Unattached M35 43.07
139 65 Paul Wesson Les Croupiers M45 43.07
140 247 Anne Follan Pontypridd W45 43.18
141 169 Ralph Davey Les Croupiers M70 43.44
142 104 Peter Hodges Unattached M50 43.56
143 141 Ian Warner Unattached M55 44.11
144 122 Alan Mann Les Croupiers M55 44.34
145 285 Christine Gibbons Branhall Runners W55 44.38
146 180 Geoffrey Bayliss Chepstow M65 44.52
147 293 Sharon Reikes Unattached W55 44.59
148 70 Dan Peterson Unattached M45 45.18
149 164 Ian Swanson Port Talbot M65 45.23
150 288 Jane Bayliss Chepstow W60 45.52
151 132 Ales Owen Unattached M55 45.56
152 286 Clare Johnson Les Croupiers W70 46.14
153 183 Mike King Nailsea M65 46.35
154 287 Janice Clement Penarth and Dinas W55 46.42
155 242 Tracey Newman Les Croupiers W45 47.33
156 165 Syd Wheeler Chepstow M75 50.30
157 284 Mal Rowson Les Croupiers W65 51.08
158 263 Sarah Meah Les Croupiers W50 54.13
159 283 Judith Baydoun Unattached W60 54.48
160 268 Elizabeth Hodges Unattached W50 57.16
161 128 Keith Lowther San Domenico M55 57.55