

**Les Croupiers Running Club**  
**Old Father Time 5 mile road race**  
**Pontcanna, Cardiff**  
**28 December 2014**

<b>Pos</b>	<b>Number</b>	<b>Athlete</b>	<b>Club</b>	<b>Cat</b>	<b>Time</b>
1	502	James Thie	Cardiff	M35	25.31
2	551	Lee Aherne	Park Bryn Bach	M45	26.37
3	532	Huw Evans	Les Croupiers	M40	26.39
4	647	Martin Rees	Les Croupiers	M60	26.48
5	505	Gavin Gates	Bridgend	M35	27.59
6	591	Peter Coles	Pontypridd	M50	28.30
7	536	David J Williams	Les Croupiers	M40	28.41
8	507	Doug Nicholls	San Domenico	M35	28.44
9	564	Paul Talbot	Neath	M45	29.01
10	506	Stuart Crees	Les Croupiers	M35	29.13
11	524	Owen Flage	Oldham and Ryton	M40	29.15
12	600	Anthony Williams	Aberdare	M50	29.22
13	590	Martin Williams	Les Croupiers	M50	29.31
14	504	Nick Dukes	Les Croupiers	M35	29.46
15	583	Andy Blair	Les Croupiers	M50	29.49
16	560	David Proud	Les Croupiers	M45	29.59
17	616	Dave Coles	Les Croupiers	M55	30.05
18	585	Mark Rutter	Harwich Runners	M50	30.13
19	531	Matt Govier	Les Croupiers	M40	30.31
20	521	James Bruce	Les Croupiers	M40	30.31
21	597	Hadyn Hartnell	Islwyn	M50	30.43
22	528	Laurence Pole	Pontypridd	M40	30.50
23	599	Phil Bristow	San Domenico	M50	30.55
24	529	Neil Brooksmith	Pontypridd	M40	31.15
25	592	Vincent Nazareth	Les Croupiers	M50	31.17
26	552	Richard Self	Les Croupiers	M45	31.18
27	711	Nicola Gething	Park Bryn Bach	W40	31.21
28	554	David Lowthian	Forest of Dean	M45	31.35
29	617	Dave James	Les Croupiers	M55	31.46
30	703	Louise Howells	Lliswerry	W35	31.54
31	737	Clare Phillips	Port Talbot	W45	32.02
32	746	Angharad Mair	Les Croupiers	W50	32.13
33	614	Mick McGeoch	Les Croupiers	M55	32.17
34	568	Alex Williams	Port Talbot	M45	32.19
35	525	Daniel Luffman	Les Croupiers	M40	32.23
36	631	Nigel Clements	Penarth and Dinas	M55	32.27
37	634	Terry O'Brien	Unattached	M55	32.29
38	619	Huw Roberts	Bridgend	M55	32.35
39	503	Matt Creed	Lliswerry	M35	32.46
40	601	Peter Turnbull	Les Croupiers	M50	32.51
41	526	John Marson	Sospan Road Runners	M40	32.52
42	593	Gareth Hardman	Bridgend	M50	33.07
43	555	Adam Jones	Chiltern Harriers	M45	33.10
44	621	Greg Newhams	Bridgend	M55	33.20
45	567	Peter Kellam	Les Croupiers	M45	33.28
46	522	Marcus Meyrick	Les Croupiers	M40	33.29
47	651	Gordon Orme	Welsh Masters	M70	33.31
48	618	Julian Maine	Porthcawl Runners	M55	33.53
49	650	Rob Evans	Les Croupiers	M60	34.09

50	751	Jacqueline Brace	Bridgend	W55	34.16
51	530	Brian Paynter	Unattached	M40	34.18
52	570	Duncan Ayscough	Unattached	M45	34.23
53	660	Allan Jones	Brackla Harriers	M60	34.31
54	523	Steve Chadwell	Unattached	M40	34.45
55	632	Huw Parry	Les Croupiers	M55	34.52
56	630	Terry Caveney	Les Croupiers	M55	34.53
57	718	Cath Tailby	Penarth and Dinas	W40	35.01
58	744	Louise McKee	Eton Tri Club	W50	35.03
59	596	Gerry Crispie	Les Croupiers	M50	35.06
60	659	Malcolm Bradley	Penarth and Dinas	M60	35.15
61	702	Sarah Lauder	Lliswerry	W35	35.22
62	533	Wayne Rayner	Lliswerry	M40	35.30
63	641	John Gardener	Pembrokeshire Harriers	M70	35.32
64	740	Libby O'Duffy	Les Croupiers	W45	35.38
65	622	Michael Pritchard	Unattached	M55	35.49
66	623	Roy Silver	Les Croupiers	M55	35.50
67	655	Gary John	Les Croupiers	M60	35.52
68	509	Steven Sheard	Cardiff	M35	35.54
69	584	Alan Mason	Les Croupiers	M50	36.01
70	589	Ian Bell	San Domenico	M50	36.12
71	534	Andrew Capel	Unattached	M40	36.25
72	716	Rowena White	San Domenico	W40	36.28
73	661	Courtney Taylor	San Domenico	M60	36.31
74	582	Rod Perons	Les Croupiers	M50	36.35
75	755	Julie Scholey	Les Croupiers	W55	36.38
76	629	Neil Davies	Unattached	M55	36.41
77	627	Richard Sewell	Les Croupiers	M55	36.50
78	626	Graham Webster	Unattached	M55	36.52
79	598	Hefin Gruffydd	Pontypridd	M50	36.53
80	748	Debbie Cockram	Fairwater	W50	37.00
81	559	Steve Alexander	Les Croupiers	M45	37.02
82	569	Paul Chapman	Les Croupiers	M45	37.04
83	713	Keri-Lyn Jones	Lliswerry	W40	37.07
84	556	Peter Wilson	Malvern Joggers	M45	37.13
85	714	Catherine Olivant	Brecon	W40	37.18
86	587	Geoff Jones	Unattached	M50	37.28
87	586	Jeremy Holmes	Unattached	M50	37.35
88	624	Kim Provis	Unattached	M55	37.42
89	735	Loretta Daley	Les Croupiers	W45	37.44
90	633	John Morlin	Unattached	M55	37.48
91	603	Christopher Jenkins	Unattached	M50	37.51
92	773	Amanda Nicholson	Unattached	W45	37.51
93	620	Mike Evans	Chepstow	M55	37.52
94	719	Elizabeth Stokes	Griffithstown	W40	38.03
95	656	John Plain	Les Croupiers	M65	38.05
96	565	Ian Tarr	Unattached	M45	38.08
97	595	Ray Ellingham	Lliswerry	M50	38.08
98	561	Kevin Bradford	Unattached	M45	38.16
99	563	Kellinu Portelli	Les Croupiers	M45	38.18
100	756	Andrea Webster	Unattached	W55	38.23
101	611	Firouz Mal	Les Croupiers	M55	38.30
102	717	Sarah McCarthy	Les Croupiers	W40	38.34
103	594	John Lewis	Barry and Vale	M50	38.37
104	646	Barrie Roberts	Bourneville Harriers	M70	38.38
105	706	Sarah Dodd	Unattached	W35	38.39

106	658 Eric Davey	Llanelli	M65	38.41
107	642 Graeme Donnan	Les Croupiers	M60	38.49
108	527 Fadi Baydoun	Unattached	M40	38.56
109	715 Hannah Withers	San Domenico	W40	38.58
110	566 David McDonald	Les Croupiers	M45	39.00
111	745 Denise Evans	Chepstow	W50	39.05
112	705 Beth Lewis	Les Croupiers	W35	39.07
113	508 Luke Heslop	Les Croupiers	M35	39.13
114	628 Kevin Russell	Llswerry	M55	39.33
115	615 Alan Mann	Les Croupiers	M55	39.46
116	625 Peter Balmont	Barry and Vale	M55	40.11
117	754 Yvonne Williams	Penarth and Dinas	W55	40.13
118	602 Brian Jones	Unattached	M50	40.57
119	635 Colin Crooks	Pegasus	M55	41.02
120	741 Tina Rossiter	Les Croupiers	W50	41.10
121	553 Simon Hudd	Unattached	M45	41.23
122	557 Huw Williams	Bridgend	M45	41.28
123	743 Sarah Perons	Les Croupiers	W50	41.44
124	645 Ralph Davey	Les Croupiers	M70	41.45
125	732 Sandra Hustin	Les Croupiers	W45	41.52
126	757 Janice Clement	Penarth and Dinas	W55	41.56
127	657 Richard Brown	Sheen Shufflers	M60	42.03
128	771 Wendy Davies	Unattached	W50	42.14
129	739 Dawn Howles	Barry and Vale	W45	42.38
130	704 Betsan Evans	Unattached	W35	42.52
131	537 Huw Phillips	Cardiff	M40	42.54
132	654 Jeff Aston	Les Croupiers	M65	42.59
133	558 Dirk Schmaljohann	Les Croupiers	M45	43.24
134	652 Geoff Bayliss	Chepstow	M65	44.11
135	604 Pete Hodges	Unattached	M50	44.14
136	758 Sharon Raikes	Unattached	W55	44.25
137	759 Gelda Tallon	Unattached	W55	44.29
138	707 Paula Allen	Unattached	W35	44.30
139	747 Rosalind Edmonds	Taff Ely Triathlon	W50	44.57
140	648 Syd Wheeler	Chepstow	M75	45.04
141	613 Ian John Warner	Unattached	M55	45.05
142	612 Mike Rossiter	Les Croupiers	M55	45.41
143	753 Clare Johnson	Les Croupiers	W55	46.11
144	736 Karen Chadwell	Les Croupiers	W45	46.15
145	644 Geoff Wright	Les Croupiers	M65	48.21
146	588 Alex Owen	Unattached	M50	49.12
147	752 Mal Rowson	Les Croupiers	W55	49.51
148	772 Claire Jones	Merthyr RC	W45	51.26
149	750 Sandra Caveney	Les Croupiers	W50	51.29
150	720 Hayley Pugh	Pontypridd	W40	52.35
151	738 Ruth Cochran	Pontypridd	W45	53.44
152	749 Sarah Meah	Les Croupiers	W50	54.56
153	774 Elizabeth Hodges	Unattached	W50	56.27
154	653 Errol Alexis	Les Croupiers	M75	56.51