

## Les Croupiers RC OLD FATHER TIME 5 Miles Race Results

### 31 Dec 2023

Position	Name	Age Class	Club	Race No	Time
1	Luke Williams	M35	Micky Morris Racing Team	420	0:26:03
2	Oliver Williams	M35	Les Croupiers RC	414	0:26:27
3	Phil Hambleton	M35	Les Croupiers	407	0:26:33
4	Jon Like	M35	Parc Bryn Bach RC	418	0:26:50
5	Ben Butler-Madden	M40	Pontypridd Roadents AC	453	0:27:04
6	James Thie	M45	Pontypridd Roadents AC	500	0:27:15
7	Sam Jones	M35	Parc Bryn Bach RC	428	0:27:18
8	Huw Evans	M50	Parc Bryn Bach RC	542	0:27:36
9	James Peters	M35	Pontypridd Roadents AC	417	0:27:37
10	Edward Matthews	M35	Pontypridd Roadents AC	408	0:27:44
11	Paul Bradley	M35	Hales owen	427	0:27:52
12	Steve Paterson	M45	Les Croupiers RC	507	0:28:01
13	Lee Aherne	M55	Parc Bryn Bach RC	580	0:28:04
14	Vaughan Edwards	M45	Les Croupiers RC	486	0:28:05
15	David Aubrey	M35	Western Tempo	401	0:28:06
16	Mikey Bryant	M35	Swansea Harriers	403	0:28:29
17	Gary Brown	M40	Les Croupiers RC	452	0:28:41
18	Arwel Evans	M35	Les Croupiers RC	405	0:28:42
19	Darragh Hanley-Crofts	M35	Les Croupiers RC	423	0:28:43
20	Marc Turner	M50	Hales owen	551	0:28:48
21	Ifan Lloyd	M60	Swansea Harriers AC	612	0:29:07
22	Gavin Patterson	M40	Parc Bryn Bach RC	464	0:29:12
23	Tom Gwynne-Harris	M35	Les Croupiers RC	406	0:29:37
24	Nathan Christoforato	M40	Les Croupiers RC	454	0:29:41
25	Gabrielius Stuokus	M35	Swansea Harriers AC	411	0:29:42
26	Danny Evans	M40	Parc Bryn Bach RC	472	0:29:49
27	Robert Pritchard	M40	Lliswerry Runners	465	0:29:58

<b>28</b>	Mark Furnish	M35	San Domenico Road RC	<b>421</b>	<b>0:30:01</b>
<b>29</b>	Daniel Gurmin	M40		<b>467</b>	<b>0:30:12</b>
<b>30</b>	Edward Land	M40	Aberystwyth AC	<b>461</b>	<b>0:30:19</b>
<b>31</b>	Louise Flynn	W40	Les Croupiers RC	<b>722</b>	<b>0:30:39</b>
<b>32</b>	Shelley Chiles	M50	Aberystwyth AC	<b>548</b>	<b>0:30:46</b>
<b>33</b>	Aidan O'Donnell	M45	CDF Runners	<b>494</b>	<b>0:31:08</b>
<b>34</b>	Paul Hayward	M40	Islwyn RC	<b>460</b>	<b>0:31:24</b>
<b>35</b>	Charlie Bendall	M35	Chepstow Harriers	<b>416</b>	<b>0:31:33</b>
<b>36</b>	Ian Bird	M35	Run 4 All	<b>402</b>	<b>0:31:37</b>
<b>37</b>	William Edwards	M50	Porthcawl Runnerslife	<b>545</b>	<b>0:31:38</b>
<b>38</b>	Clare Patterson	W40	Parc Bryn Bach RC	<b>727</b>	<b>0:31:44</b>
<b>39</b>	Niki Puleio	M45	Ogmore Phoenix	<b>496</b>	<b>0:31:47</b>
<b>40</b>	Gareth Logan	M35	Les Croupiers RC	<b>425</b>	<b>0:31:50</b>
<b>41</b>	Stephen Bartlett	M55	Aberdare Valley Amateur AC	<b>578</b>	<b>0:31:55</b>
<b>42</b>	Andy Pearce	M55	Penarth and Dinas Runners	<b>579</b>	<b>0:32:06</b>
<b>43</b>	Kevin Chalke	M60	Penarth and Dinas Runners	<b>605</b>	<b>0:32:12</b>
<b>44</b>	Paul Dodd	M65	Chepstow Harriers	<b>633</b>	<b>0:32:15</b>
<b>45</b>	Tom Oliver	M35	Bridgend AC	<b>426</b>	<b>0:32:27</b>
<b>46</b>	John Seaward	M35	Caerphilly Runners	<b>410</b>	<b>0:32:30</b>
<b>47</b>	Richard Edge	M45	CDF Runners	<b>485</b>	<b>0:32:34</b>
<b>48</b>	Jen Coleman	W45	Les Croupiers RC	<b>760</b>	<b>0:32:38</b>
<b>49</b>	Nicola Jukes	W50	Parc Bryn Bach RC	<b>777</b>	<b>0:32:43</b>
<b>50</b>	James Bruce	M50	Les Croupiers RC	<b>531</b>	<b>0:32:44</b>
<b>51</b>	Paul Deaton	M55	Penarth and Dinas Runners	<b>564</b>	<b>0:32:46</b>
<b>52</b>	Gabriella Booth	W35	Porthcawl runners	<b>701</b>	<b>0:32:47</b>
<b>53</b>	Gethin Powell	M40	Pontypridd Roadents AC	<b>468</b>	<b>0:32:49</b>
<b>54</b>	Ross Flanigan	M55	Penarth and Dinas Runners	<b>566</b>	<b>0:32:57</b>
<b>55</b>	Heidi Waters	W35	Port Talbot Harriers	<b>710</b>	<b>0:32:59</b>
<b>56</b>	Stuart Crees	M45	Les Croupiers RC	<b>503</b>	<b>0:33:01</b>
<b>57</b>	Niki Morgan	W55	Chepstow Harriers	<b>796</b>	<b>0:33:01</b>
<b>58</b>	Richard Bullen	M60	Les Croupiers RC	<b>619</b>	<b>0:33:03</b>

59	Terry Moynihan	M50	Northbrook AC	<b>544</b>	0:33:10
60	Tracey Breedon	W45	Aberystwyth AC	<b>743</b>	0:33:12
61	Lenny Sayers	M45	Les Croupiers RC	<b>501</b>	0:33:15
62	Robert Stephens	M45	Brecon AC	<b>498</b>	0:33:16
63	Cherry Fowler	W50	Chepstow Harriers	<b>774</b>	0:33:16
64	Leah Stephens	W40	Les Croupiers RC	<b>734</b>	0:33:17
65	Jonathan Monk	M40	Pontypridd Roadents AC	<b>462</b>	0:33:26
66	Liz May	W45	Pontypridd Roadents AC	<b>762</b>	0:33:26
67	David Coles	M60	Les Croupiers RC	<b>607</b>	0:33:46
68	Ian Ogilvie	M55	Brackla Harriers	<b>571</b>	0:33:50
69	Michael Ramsey	M60	Les Croupiers RC	<b>618</b>	0:33:51
70	Lee Gwyn	M40	None	<b>458</b>	0:33:56
71	Justine Dawkins	W50	Cornelly Striders	<b>772</b>	0:34:00
72	Jeremy Thomas	M60	Les Croupiers RC	<b>616</b>	0:34:03
73	John Lloyd	M55	Brackla Harriers	<b>583</b>	0:34:10
74	Laura Jones	W40	Les Croupiers RC	<b>731</b>	0:34:17
75	Catherine Barker	W45	Penarth and Dinas Runners	<b>766</b>	0:34:23
76	Claire Phillips	W50	Port Talbot Harriers	<b>788</b>	0:34:27
77	Sean Parry	M40	Cornelly Striders	<b>463</b>	0:34:35
78	Joanne Hudson	W55	Caerphilly Road Runners	<b>795</b>	0:34:37
79	Kimberley Price	W40	Parc Bryn Bach RC	<b>737</b>	0:34:42
80	Alun Wood	M40	Parc Bryn Bach RC	<b>473</b>	0:34:46
81	Alex Hamilton	M35	Burnham On Sea Harriers	<b>415</b>	0:34:47
82	Stephen Summers	M55	Bridgend AC	<b>574</b>	0:34:58
83	Peter Osborne	M60	Llanelli Ath	<b>625</b>	0:35:17
84	Vincent Nazareth	M60	Les Croupiers RC	<b>614</b>	0:35:23
85	Bethan Butler-Madden	W35	Pontypridd Roadents AC	<b>702</b>	0:35:24
86	Aled Hughes	M45	Ogmore phoenix runners	<b>490</b>	0:35:29
87	Carole Goddard	W50	Les Croupiers RC	<b>755</b>	0:35:32
88	Terry O'Brien	M65		<b>638</b>	0:35:37
89	Alan Vaughan	M45	White rock runners	<b>499</b>	0:35:38

<b>90</b>	Amanda Martin	W55	Tewkesbury AC	<b>805</b>	<b>0:36:03</b>
<b>91</b>	John Carroll	M55	Pontypridd Roadents AC	<b>582</b>	<b>0:36:09</b>
<b>92</b>	Steven Chadwell	M50	Les Croupiers RC	<b>541</b>	<b>0:36:22</b>
<b>93</b>	Huw Griffiths	M40	Severn AC	<b>457</b>	<b>0:36:29</b>
<b>94</b>	Richard Self	M55	Les Croupiers RC	<b>573</b>	<b>0:36:39</b>
<b>95</b>	Tom Miller	M60	Northbrook AC	<b>624</b>	<b>0:36:42</b>
<b>96</b>	Kevin Thomas	M55	Neath Harriers	<b>575</b>	<b>0:36:50</b>
<b>97</b>	Adrian Lewis	M50	Brackla Harriers	<b>536</b>	<b>0:36:51</b>
<b>98</b>	Rachel Walsh	W45	Les Croupiers RC	<b>757</b>	<b>0:36:54</b>
<b>99</b>	Steven Barker	M50	Penarth and Dinas Runners	<b>543</b>	<b>0:36:56</b>
<b>100</b>	Robert Green	M45	Ogmore Phoenix	<b>488</b>	<b>0:37:15</b>
<b>101</b>	Brett Davis	M60	Newport Harriers	<b>609</b>	<b>0:37:28</b>
<b>102</b>	Natasha Barton	W40	Pencoed Panthers	<b>729</b>	<b>0:37:39</b>
<b>103</b>	Huw Williams	M40	Rhondda Valley Runners	<b>474</b>	<b>0:37:52</b>
<b>104</b>	Stuart Felix	M45	Rhondda Valley Runners	<b>502</b>	<b>0:37:53</b>
<b>105</b>	Leonie Roberts	W45	Fairwater runners Cwmbran	<b>767</b>	<b>0:37:55</b>
<b>106</b>	Philip Payne	M60		<b>615</b>	<b>0:37:57</b>
<b>107</b>	Isobel Dawson	W40	Llanelli Ath	<b>738</b>	<b>0:37:58</b>
<b>108</b>	Oscar Calvé	M70	Maratón Rioja	<b>651</b>	<b>0:37:59</b>
<b>109</b>	Neil Ellis	M45	Pontypridd Roadents AC	<b>504</b>	<b>0:38:03</b>
<b>110</b>	Tracey Bond	W50	Cornelly Striders	<b>786</b>	<b>0:38:10</b>
<b>111</b>	Mark Herbert	M40	Les Croupiers RC	<b>469</b>	<b>0:38:17</b>
<b>112</b>	Wayne Chinnock	M40	Pencoed panthers	<b>466</b>	<b>0:38:22</b>
<b>113</b>	Wendy Hurst	W45	Bridgend Athletics	<b>747</b>	<b>0:38:30</b>
<b>114</b>	Jane Sheldon	W50	Penarth and Dinas Runners	<b>780</b>	<b>0:38:32</b>
<b>115</b>	Douglas Young	M35	San Domenico Road RC	<b>422</b>	<b>0:38:35</b>
<b>116</b>	Elio Lepore	M65	Les Croupiers RC	<b>636</b>	<b>0:38:37</b>
<b>117</b>	James George	M50	Penarth and Dinas Runners	<b>533</b>	<b>0:38:45</b>
<b>118</b>	James Davies	M40		<b>470</b>	<b>0:38:48</b>
<b>119</b>	Cathryn Matthews	W40		<b>736</b>	<b>0:38:51</b>
<b>120</b>	Howard Kent	M70	Les Croupiers RC	<b>657</b>	<b>0:38:53</b>

<b>121</b>	Libby Crees	W55	Les Croupiers RC	<b>806</b>	<b>0:38:54</b>
<b>122</b>	Andrew Davies	M60	Pontypridd Roadents AC	<b>621</b>	<b>0:38:55</b>
<b>123</b>	Terry Caveney	M60	Les Croupiers	<b>604</b>	<b>0:39:04</b>
<b>124</b>	Jeremy Dickson	M60	Lliswerry Runners	<b>610</b>	<b>0:39:06</b>
<b>125</b>	Dawn Howles	W55		<b>801</b>	<b>0:39:14</b>
<b>126</b>	Keith Verheyden	M60	FERC	<b>617</b>	<b>0:39:25</b>
<b>127</b>	Nick Pounder	M45	Pontypridd Roadents AC	<b>506</b>	<b>0:39:32</b>
<b>128</b>	Richard Sewell	M65	Penarth	<b>640</b>	<b>0:39:45</b>
<b>129</b>	David Flynn	M65	Les Croupiers RC	<b>644</b>	<b>0:39:49</b>
<b>130</b>	Peter Warren	M65	Les Croupiers RC	<b>642</b>	<b>0:39:58</b>
<b>131</b>	Michelle Amblin	W45	Les Croupiers RC	<b>741</b>	<b>0:40:00</b>
<b>132</b>	Malcolm Bradley	M70	Penarth & Dinas	<b>664</b>	<b>0:40:15</b>
<b>133</b>	Martyn Jones	M55		<b>568</b>	<b>0:40:18</b>
<b>134</b>	Edward Owen	M50	Run Grangetown	<b>538</b>	<b>0:40:24</b>
<b>135</b>	Alexis Briggs	W35	Burnham On Sea Harriers	<b>709</b>	<b>0:40:26</b>
<b>136</b>	Kevin Bradfield	M55	Parc Bryn Bach RC	<b>584</b>	<b>0:40:29</b>
<b>137</b>	Dimon Pritchard	M50	Pontypridd Roadents AC	<b>549</b>	<b>0:40:35</b>
<b>138</b>	Norman Gibson	M65		<b>643</b>	<b>0:40:37</b>
<b>139</b>	Jack Ayoub	M70	Bridgend AC	<b>663</b>	<b>0:40:38</b>
<b>140</b>	Hannah Player	W40	Pencoed Panthers	<b>730</b>	<b>0:40:40</b>
<b>141</b>	Rebekah Miles	W40	Les Croupiers RC	<b>725</b>	<b>0:40:41</b>
<b>142</b>	Sarah Davies	W50	Ogmore Phoenix Runners	<b>771</b>	<b>0:40:45</b>
<b>143</b>	Alan Mason	M60	Les Croupiers RC	<b>613</b>	<b>0:40:49</b>
<b>144</b>	Gary John	M65	Les Croupiers RC	<b>634</b>	<b>0:40:58</b>
<b>145</b>	Amanda Beel	W40		<b>721</b>	<b>0:41:26</b>
<b>146</b>	Richard Morgan	M45	Grangetown	<b>508</b>	<b>0:41:28</b>
<b>147</b>	Sian Schultz	W45		<b>763</b>	<b>0:41:28</b>
<b>148</b>	Justin Jones	M50		<b>547</b>	<b>0:41:34</b>
<b>149</b>	Garth Edwards	M50	Rhondda Valley Runners	<b>550</b>	<b>0:41:42</b>
<b>150</b>	Fiona Drysdale	W50	Ogmore Phoenix	<b>789</b>	<b>0:41:52</b>
<b>151</b>	Jane Lewis	W55	Fairwater Runners Cwmbran	<b>800</b>	<b>0:41:56</b>

<b>152</b>	Claire Bruce	W45	Les Croupiers RC	<b>758</b>	<b>0:41:59</b>
<b>153</b>	Judi Rhys	W60	Les Croupiers	<b>816</b>	<b>0:42:02</b>
<b>154</b>	Andrea Webster	W65	Les Croupiers RC	<b>825</b>	<b>0:42:09</b>
<b>155</b>	Martin Green	M50	Pontypridd Roadents AC	<b>534</b>	<b>0:42:10</b>
<b>156</b>	Stephen Owen	M70	Chepstow Harriers	<b>659</b>	<b>0:42:14</b>
<b>157</b>	Michael H Davies	M70	Les Croupiers RC	<b>653</b>	<b>0:42:17</b>
<b>158</b>	Sally Groves	W60	Pegasus RC	<b>813</b>	<b>0:42:26</b>
<b>159</b>	Becky Griffiths	W45		<b>745</b>	<b>0:43:03</b>
<b>160</b>	Simon Partridge	M70	Neath Harriers AC	<b>660</b>	<b>0:43:13</b>
<b>161</b>	Jane Ogilvie	W55	Brackla Harriers	<b>797</b>	<b>0:43:24</b>
<b>162</b>	Graham Webster	M65	Les Croupiers RC	<b>647</b>	<b>0:43:28</b>
<b>163</b>	Carol Bartle	W60	Ogmore Phoenix Runners	<b>819</b>	<b>0:43:29</b>
<b>164</b>	Stephen Quin	M50	Les Croupiers RC	<b>539</b>	<b>0:43:31</b>
<b>165</b>	Robert Flanagan	M55	Pontypridd Roadents AC	<b>565</b>	<b>0:43:53</b>
<b>166</b>	Romana Maine	W60	Porthcawl Runners	<b>815</b>	<b>0:44:00</b>
<b>167</b>	Joanne Dunscombe	W45	Pegasus RC	<b>764</b>	<b>0:44:05</b>
<b>168</b>	Denise Bradley	W60	Ogmore Phoenix Runners	<b>817</b>	<b>0:44:08</b>
<b>169</b>	Lina Land	W40	Aberystwyth AC	<b>739</b>	<b>0:44:16</b>
<b>170</b>	Tessa Matthews	W65	Llantwit Major Milers	<b>824</b>	<b>0:44:20</b>
<b>171</b>	Theresa Sharland	W35	Aberystwyth AC	<b>707</b>	<b>0:44:25</b>
<b>172</b>	Jacky Miles	W70	Park Brynbach	<b>833</b>	<b>0:44:32</b>
<b>173</b>	Paul Burrows	M45	Trail Monkey Jersey	<b>505</b>	<b>0:44:45</b>
<b>174</b>	Holly Walker	W35	Llantwit major milers	<b>713</b>	<b>0:44:53</b>
<b>175</b>	Rob Jones	M50	Pegasus RC	<b>546</b>	<b>0:44:54</b>
<b>176</b>	Eve Gallop-Evans	W60	Les Croupiers	<b>812</b>	<b>0:44:55</b>
<b>177</b>	Mary Beech	W60	Brackla Harriers	<b>820</b>	<b>0:44:56</b>
<b>178</b>	Nick Harris	M35	Ogmore Phoenix	<b>424</b>	<b>0:45:05</b>
<b>179</b>	Janet Smith	W55	Les Croupiers RC	<b>808</b>	<b>0:45:07</b>
<b>180</b>	Antony Phillips	M55	Bridgend AC	<b>572</b>	<b>0:45:14</b>
<b>181</b>	Tammie Clemett	W50	Ogmore phoenix runners	<b>785</b>	<b>0:45:31</b>
<b>182</b>	Nigel Hammersley	M40	Pegasus RC	<b>459</b>	<b>0:45:39</b>

<b>183</b>	Colin Crooks	M65	Pegasus RC	<b>631</b>	<b>0:45:41</b>
<b>184</b>	Graeme Donnan	M70	Les Croupiers RC	<b>654</b>	<b>0:45:43</b>
<b>185</b>	Phil Allen	M60	Pegasus RC	<b>601</b>	<b>0:45:54</b>
<b>186</b>	Juli Scholey	W60	Les Croupiers RC	<b>691</b>	<b>0:45:58</b>
<b>187</b>	Paul Wesson	M55	Les Croupiers RC	<b>577</b>	<b>0:46:13</b>
<b>188</b>	Paul Allen	M75	Hales owen	<b>671</b>	<b>0:46:19</b>
<b>189</b>	Kelly Crofts	W40	Les Croupiers RC	<b>735</b>	<b>0:46:56</b>
<b>190</b>	Dennis Collins	M55	Rhondda valley runners	<b>563</b>	<b>0:47:00</b>
<b>191</b>	Joanna Friedli	W50	Les Croupiers RC	<b>787</b>	<b>0:47:01</b>
<b>192</b>	Ellie Michael	W45	Pegasus RC	<b>761</b>	<b>0:47:09</b>
<b>193</b>	Philip Brett	M40	Weston AC	<b>451</b>	<b>0:47:10</b>
<b>194</b>	Dawn Hopkins	W45	Ogmore Phoenix Runners	<b>746</b>	<b>0:47:12</b>
<b>195</b>	James Young	M65		<b>645</b>	<b>0:47:20</b>
<b>196</b>	Melanie Thomas	W40	Ogmore Phoenix Runners	<b>728</b>	<b>0:47:20</b>
<b>197</b>	Robert Lewis	M55	Fairwater Runners Cwmbran.	<b>576</b>	<b>0:47:25</b>
<b>198</b>	Dundulyte Dalia	W40	Pencoed Panthers	<b>733</b>	<b>0:47:35</b>
<b>199</b>	Jill Hancock	W60	White Rock runners	<b>814</b>	<b>0:47:49</b>
<b>200</b>	Karen Chadwell	W50	Les Croupiers RC	<b>783</b>	<b>0:47:53</b>
<b>201</b>	Dawne Meynell-Western	W45	Rhondda Valley Runners	<b>749</b>	<b>0:48:00</b>
<b>202</b>	Phil Groves	M60	Pegasus RC	<b>611</b>	<b>0:48:30</b>
<b>203</b>	Karen Phillips	W55	Porthcawl Runners	<b>798</b>	<b>0:48:48</b>
<b>204</b>	Kaye Pedler	W45	Ogmore Phoenix Runners	<b>753</b>	<b>0:48:50</b>
<b>205</b>	Anne Wesson	W50		<b>784</b>	<b>0:49:04</b>
<b>206</b>	Claire Morgan	W45	Bridgend AC	<b>751</b>	<b>0:49:18</b>
<b>207</b>	Laurie Morgan	W40		<b>726</b>	<b>0:49:46</b>
<b>208</b>	Peter Pendle	M65	Veteran Runners	<b>646</b>	<b>0:51:55</b>
<b>209</b>	Tricia Searle	W60	SheRunsCardiff	<b>818</b>	<b>0:52:04</b>
<b>210</b>	Julie Haigh	W65	Caerphilly Runners	<b>822</b>	<b>0:52:21</b>
<b>211</b>	Joanne Jenkins	W50	Pencoed Panthers	<b>775</b>	<b>0:52:51</b>
<b>212</b>	Cerys Peters	W45	Pencoed Panthers	<b>754</b>	<b>0:52:56</b>
<b>213</b>	Stephen Blake	M55	Pegasus RC	<b>562</b>	<b>0:53:05</b>

<b>214</b>	Katie Jones	W40		<b>724</b>	<b>0:53:10</b>
<b>215</b>	Pamela Flanagan	W55	Pontypridd Roadents AC	<b>793</b>	<b>0:53:12</b>
<b>216</b>	Judith Evans	W55	Lliswerry Runners	<b>792</b>	<b>0:54:20</b>
<b>217</b>	Louise Eames	W55	Western Road Runners	<b>809</b>	<b>0:54:38</b>
<b>218</b>	Suzanne Thomas	W55		<b>799</b>	<b>0:55:26</b>
<b>219</b>	Sian Jenkins	W50	Ogmore Phoenix Runners	<b>776</b>	<b>0:55:56</b>
<b>220</b>	John Cunnane	M75	Pontyclun Road Runners	<b>672</b>	<b>0:56:24</b>
<b>221</b>	Stephen New	M55	Penarth and Dinas Runners	<b>570</b>	<b>0:56:25</b>
<b>222</b>	Geoff Wright	M70	Les Croupiers	<b>662</b>	<b>0:56:26</b>
<b>223</b>	Nicki Scott	W35		<b>706</b>	<b>0:56:54</b>
<b>224</b>	Tina Lloyd	W55	Brackla Harriers	<b>807</b>	<b>0:59:36</b>
<b>225</b>	Sarah O'Carroll	W45		<b>752</b>	<b>0:59:56</b>
<b>226</b>	Barrie Roberts	M80	Bournville Harriers	<b>681</b>	<b>1:00:04</b>
<b>227</b>	Linda Harris	W55	Ogmore Phoenix Runners	<b>794</b>	<b>1:01:05</b>
<b>228</b>	Lindsey Clifford	W45	Weston AC	<b>744</b>	<b>1:05:09</b>
<b>229</b>	Helen Williams	W35		<b>708</b>	<b>1:05:20</b>
<b>230</b>	Kirsty Pritchard	W35	Run Grangetown	<b>705</b>	<b>1:05:21</b>
<b>231</b>	Catherine Gape	W40		<b>723</b>	<b>1:05:45</b>
<b>232</b>	Helen Griffiths	W55	Ogmore Phoenix	<b>804</b>	<b>1:09:55</b>
<b>233</b>	Melinda Thomas	W45	Ogmore Phoenix	<b>756</b>	<b>1:10:54</b>
<b>234</b>	Alexis Barrett	W45	Ogmore Phoenix Runners	<b>742</b>	<b>1:10:55</b>
<b>235</b>	Vicki Crispin	W35		<b>703</b>	<b>1:12:46</b>
<b>236</b>	Syd Wheeler	M85	Chepstow Harriers	<b>682</b>	<b>1:40:56</b>