

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	Llisbury	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	Oscari 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	TROT's	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	34.55
65	182	Graeme Donnan	Les Croupiers	M55	34.57
66	159	Tim O'Sullivan	Les Croupiers	M50	34.59
67	218	Malcolm Bradley	Penarth and Dinas	M60	35.00
68	80	Daniel Wiseman	UA	M35	35.03
69	5	Clare Biddlecombe	San Domenico	W35	35.05
70	119	Kellinu Portelli	Les Croupiers	M45	35.13
71	213	David Smout	Parc Bryn Bach	M60	35.15
72	117	David E Williams	Les Croupiers	M45	35.16
73	183	Gary John	Les Croupiers	M55	35.31
74	202	Paul Allen	Halesowen	M65	35.37
75	128	Dominic Shields	San Domenico	M45	35.39
76	299	Alan Mann	Les Croupiers	M50	35.54
77	137	Geoff Jones	UA	M45	36.00
78	168	John Scanlon	Thornbury	M50	36.01
79	1	Jo Tucker	Les Croupiers	W35	36.02
80	206	Brian Gough	Pontypridd Roadents	M70	36.25
81	210	David Oak	Port Talbot	M65	36.36
82	176	Kevin Russell	San Domenico	M50	36.37
83	46	Veronica Singleton	Les Croupiers	W50	36.39
84	85	Marc Evans	San Domenico	M35	36.40
85	4	Mandy Morris	Port Talbot	W35	36.41
86	28	Andrea Hurman	Penarth and Dinas	W45	36.48
87	71	Wouter Poortinga	Les Croupiers	M35	36.51
88	134	Andy Davies	Pontypridd Roadents	M45	36.52
89	124	Rod Perons	Les Croupiers	M45	36.53
90	20	Ceri Brambley-Tucker	Port Talbot	W40	37.11
91	49	Julie Scholey	Les Croupiers	W50	37.14
92	132	Steve Hill	Penarth and Dinas	M45	37.15
93	94	Justin Jones	Pontypridd Roadents	M40	37.17
94	185	Andrew Sedgmond	Les Croupiers	M55	37.24
95	136	Brian Phillips	Parc Bryn Bach	M45	37.29
96	189	Michael Pritchard	UA	M55	37.37
97	61	Fiona Davies	Pontypridd Roadents	W55	37.52
98	208	Colin Anthony	Port Talbot	M65	38.04
99	195	Roy Silver	Les Croupiers	M55	38.09
100	116	Gareth Rees	Les Croupiers	M45	38.27
101	201	Jeff Aston	Les Croupiers	M60	38.31
102	300	Loretta Daley	Les Croupiers	W45	38.34
103	192	Paul Jenkins	UA	M55	38.42
104	135	Steve New	100 Marathon Club	M45	38.45
105	41	Maureen Emmett	I.I.F.	W50	38.48
106	161	Mike Rossiter	Les Croupiers	M50	38.53
107	83	Fadi Baydoun	UA	M35	38.57
108	82	Stuart Thomas	Hogweed Trotters	M35	39.01
109	207	Dave Weston	UA	M60	39.08

110	156	Terry O'Brien	UA	M50	39.20
111	212	Clive Brooks	UA	M60	39.21
112	56	Brenda Avery	Chepstow Harriers	W60	39.24
113	84	Paul Evans	Brecon	M35	39.25
114	198	David Hebbes	UA	M60	39.29
115	175	Raymond James	Port Talbot	M50	39.30
116	86	David McDonald	Les Croupiers	M40	39.38
117	3	Michelle Greatrex	Gwent Police	W35	39.43
118	220	Ceri Davies	San Domenico	M35	39.48
119	171	Robert Williams	Brecon	M50	39.57
120	60	Yvonne Williams	Penarth and Dinas	W55	40.01
121	16	Dawn Howells	Barry and Vale	W40	40.05
122	170	John Martin	UA	M50	40.13
123	226	Graham Webster	UA	M55	40.25
124	45	Tina Rossiter	Les Croupiers	W50	40.28
125	64	Andrea Webster	UA	W55	40.47
126	24	Nicole Gray	UA	W40	40.49
127	127	John Lewis	UA	M45	40.54
128	141	Gary Bird	UA	M45	41.13
129	6	Sarah Dodd	UA	W35	41.57
130	22	Amanda Thomas	UA	W40	42.11
131	211	Richard Brown	Sheen Shufflers	M60	42.23
132	215	Syd Wheeler	Chepstow Harriers	M70	42.54
133	197	Ian Swanson	Port Talbot	M60	43.21
134	209	Ron Morgan	UA	M65	43.36
135	15	Bernadette Jones	Pontypridd Roadents	W40	43.38
136	228	Nigel Jones	Llanelli Strollers	M55	43.58
137	58	Gill Murphy	Les Croupiers	W55	44.03
138	27	Nicola Trigg	UA	W45	44.10
139	152	Ian John Warner	UA	M50	44.32
140	42	Amanda Thompson	Les Croupiers	W50	44.37
141	2	Hayley Stephens	UA	W35	44.53
142	25	Ann Follan	Pontypridd Roadents	W40	45.15
143	21	Christine Faulkner	Les Croupiers	W40	46.11
144	12	Rhian Llewellyn	Les Croupiers	W40	46.27
145	23	Andrea Goodfellow	RWRP	W40	46.55
146	133	Peter Shamley	UA	M45	47.15
147	18	Leona Shamley	Rhondda Valley	W40	47.16
148	214	Chris Plaisted	UA	M65	48.06
149	17	Helen Welch	Pontypridd Roadents	W40	48.09
150	200	Geoff Wright	Les Croupiers	M60	48.30
151	19	Tracey Newman	Les Croupiers	W40	48.31
152	217	Peter Morgan	UA	M65	48.34
153	57	Mal Rowson	Les Croupiers	W60	48.39
154	59	Kay Nellins	Womens Runners Penarth	W55	48.43
155	63	Judith Baydoun	UA	W55	50.15