

**Les Croupiers Running Club**  
**All Time Ranking List - 1 mile**  
**All Athletes - Qualification 5:25 (updated 31 Dec 2014)**

<b>Rank</b>	<b>Athlete</b>	<b>Time</b>	<b>Venue</b>	<b>Date</b>
1	Brian Matthews	04:14	Canton Mile	19/06/1990
2	Martin Haley	04:16	Canton Mile	19/06/1990
2	Mick McGeoch	04:16	Canton Mile	21/06/1988
4	Brett Davis	04:29	Canton Mile	20/06/1989
5	David Bright	04:32	Canton Mile	20/06/1989
6	Oliver Williams	04:38	Mile Championship	05/10/2013
7	Rob Evans	04:39	Canton Mile	20/06/1989
8	Julian Baker	04:42	Bannister Mile Cyncoed	06/05/2004
9	Tom Jeffery	04:44	1 Mile Time Trial	27/07/2012
10	John Walsh	04:45	Butetown Mile - Veterans	28/08/1984
10	Richard Bullen	04:45	Bannister Mile Cyncoed	06/05/2004
12	Chris Millington	04:46	1 Mile Time Trial	06/09/2013
12	Phil Cook	04:46	Bannister Mile Cyncoed	06/05/2004
14	Edward Donovan	04:48	1 Mile Time Trial	06/09/2013
14	Huw Evans	04:48	Mile Championship	05/10/2013
14	Jerome Edwards	04:48	1 Mile Time Trial	15/07/2011
17	Phil Ellis	04:49	Canton Mile	20/06/1989
18	Richard Dunn	04:52	Canton Mile	20/06/1989
18	Rob Sage	04:52	Bannister Mile Cyncoed	06/05/2004
18	Stephen Paterson	04:52	1 Mile Time Trial	15/07/2011
18	Stuart Crees	04:52	Summer Series 1 mile	02/05/2014
22	Mel James	04:54	Butetown Mile - Veterans	26/08/1984
23	Alun Jones	04:56	Summer Series 1 mile	02/05/2014
24	Martin Rees	05:00	Summer Series 1 mile	02/05/2014
25	Nick Tulp	05:01	Summer Series 1 mile	02/05/2014
26	Graham Schultz	05:02	Summer Series 1 mile	02/05/2014
27	Liam Latchford	05:04	Butetown Mile - Veterans	26/08/1984
28	Martin Williams	05:06	1 Mile Time Trial	27/07/2012
28	Matthew Hurford	05:06	Run and Become 1 mile Relay	22/07/2011
30	Kit Edwards	05:07	Bannister Mile Cyncoed	06/05/2004
30	Nick Dukes	05:07	Summer Series 1 mile	02/05/2014
32	Brian Lee	05:10	Butetown Mile - Veterans	26/08/1984
32	Gafin Griffiths	05:10	1 Mile Time Trial	07/09/2012
32	Marc Tilley	05:10	1 Mile Time Trial	26/07/2013
32	Matt Townsend	05:10	Bannister Mile Cyncoed	06/05/2004
36	Mark Finlayson	05:11	Summer Series 1 mile	03/05/2013
36	Stuart Wadlow	05:11	Mile Championship	05/10/2013
38	Ian Withers	05:12	1 Mile Time Trial	19/08/2011
39	Dave Granger	05:13	Canton Mile	20/06/1989
39	Jeff Wood	05:13	Butetown Mile - Veterans	26/08/1984
41	Dave James	05:19	1 Mile Time Trial	27/07/2012
41	Matthew Hopkins	05:19	1 Mile Time Trial	07/09/2012
43	Chris Pineda	05:20	Canton Mile	20/06/1989
43	Jamie Nutt	05:20	1 Mile Time Trial	06/07/2012
43	Matthew Hooper	05:20	1 Mile Time Trial	17/06/2011
46	Brian Dias	05:21	Summer Series 1 mile	02/05/2014
47	David Coles	05:22	Bannister Mile Cyncoed	06/05/2004
47	Mark Joyce	05:22	Bannister Mile Bute Park	08/05/2014
47	Martin Clissold	05:22	Bannister Mile Cyncoed	06/05/2004
47	Terry Caveney	05:22	Canton Mile	20/06/1989

51 Alun Davies	05:23 Summer Series 1 mile	02/05/2014
52 Ben Farag	05:24 1 Mile Time Trial	06/05/2011
52 Gary Howgate	05:24 1 Mile Time Trial	26/07/2013