

**Les Croupiers Running Club**  
**All Time Ranking List - 5 miles**  
**All Athletes - Qualification 28:20 (updated 31 Dec 2014)**

Rank	Athlete	Time	Venue	Date
1	John Cox	25:37	Wenvoe	18/07/1999
2	Julian Baker	25:46	Great Welsh Run	03/05/2004
3	Kelvin Turner	25:48	Hewlett Packard	06/07/1997
4	Paul Smith	25:50	Club 69 Midsummer	25/08/1993
5	Graham Breen	25:52	Cardiff Bay	06/05/2013
6	Huw Roberts	26:05	Wenvoe	28/06/1992
7	Jerome Edwards	26:10	Cardiff Bay	06/05/2013
8	David J Williams	26:13	Great Welsh Run	02/06/2002
9	Richard Bullen	26:14	Club 69 Midsummer	21/08/1991
10	Mick McGeoch	26:19	Old Father Time	05/01/1997
10	Mike SurrIDGE	26:19	Club 69 Midsummer	23/08/1995
10	Alun Williams	26:19	Dolgellau	29/07/2006
13	Paul Wheeler	26:29	Old Father Time	30/12/2001
14	Geran Hughes	26:36	Wenvoe	30/06/1996
15	Huw Evans	26:37	Old Father Time	28/12/2014
16	Keith Noble	26:48	Wenvoe	27/06/1993
16	Martin Rees	26:48	Old Father Time	28/12/2014
18	Rob Sage	26:53	Cardiff Bay	06/05/2013
19	Lee Aherne	26:54		
20	Stuart Crees	26:57	Great Welsh Run	01/05/2006
21	Phil Cook	26:58	Great Welsh Run	05/05/2003
21	Chris Miles	26:58	Club 69 Midsummer	21/08/1991
23	Oliver Williams	27:01	Glynneath	26/12/2013
24	Paul Coker	27:08	Tewksbury	07/05/1995
25	Keith McGeoch	27:10	Hewlett Packard	06/07/1997
26	Chris Discombe	27:13	Great Welsh Run	01/05/2006
27	Sandy Johnston	27:20	Oswestry	23/06/2000
28	Stephen Paterson	27:25	Pontcanna	17/06/2012
29	Martin Pengilly	27:26	Wenvoe	26/06/1994
30	Simon Nurse	27:28	Wenvoe	18/07/1999
31	Paul Belcher	27:34	Wenvoe	30/06/1991
32	Dave Williams	27:35	Cardiff Bay	26/07/2009
33	Chris Davies	27:37	Wenvoe	30/06/1991
33	John Dimond	27:37	Club 69 Midsummer	26/08/1992
33	Gareth Thomas	27:37	Great Welsh Run	02/05/2005
36	Edward Donovan	27:45	Guy Fawkes	06/11/2011
36	Richard Dunn	27:45	Club 69 Midsummer	21/08/1991
38	Nick Dukes	27:46	Old Father Time	02/01/2012
39	Eero Keranen	27:47	Old Father Time	04/01/1998
40	Steve Robst	27:51	Wenvoe	18/07/1999
41	Kelvin Sullivan	27:57	Club 69 Midsummer	21/08/1991
42	Matthew Hurford	27:59	Cardiff Bay	06/05/2013
43	Dave Powell	28:02	Old Father Time	30/12/2001
44	Neil Tatnell	28:04	Wenvoe	30/06/1991
45	Rob Evans	28:10	Forest Farm	21/05/1996
46	Nigel Webb	28:15	Old Father Time	30/12/2001
47	Rob Jones	28:16	Great Welsh Run	02/05/2005
47	Martin Pinnell	28:16	Wenvoe	26/06/1994
49	Peter Kellam	28:17	Great Welsh Run	05/05/2003
50	Matt Townsend	28:20	Great Welsh Run	02/05/2005