

**Les Croupiers Running Club**  
**All Time Ranking List - 5 miles**  
**All Athletes - Qualification 35:20 (updated 31 Dec 2014)**

<b>Rank</b>	<b>Athlete</b>	<b>Time</b>	<b>Venue</b>	<b>Date</b>
1	Jessica Parry-Williams	28:58	Cardiff Bay	05/05/2014
2	Ruth Pickvance	29:10	Great Welsh Run	02/05/2005
3	Beccy Cameron	30:05	Club 69 Midsummer	26/08/1992
4	Angharad Mair	30:21	Wenvoe	27/06/1993
5	Wendy Edwards	30:25	Old Father Time	07/01/2001
5	Edwina Turner	30:25	Ladies Fireworks	17/11/1996
7	Liz Clarke	30:35	Ladies Fireworks	05/11/1995
8	Jane Coker	30:40	Tewksbury	07/05/1995
9	Jo Clarkson	30:56	Club 69 Festive	27/12/1992
10	Maggie Hughes	31:18	Great Welsh Run	02/05/2005
11	Julie Scholey	31:20	Old Father Time	05/01/1997
12	Claire Beatty	31:24	Cardiff Bay	05/05/2014
13	Libby O'Duffy	31:32	Old Father Time	03/01/2010
14	Sue Neal	31:42	Wenvoe	30/06/1991
15	Ruth Collishaw	31:50	Old Father Time	29/12/1991
16	Jo Pritchard	31:57	Ladies Fireworks	07/11/2004
17	Liz Kirwan	32:01	Cardiff Bay	02/05/2011
18	Louise Underdown	32:11	Club 69 Midsummer	24/08/1994
19	Susan Watson	32:12	Cardiff Bay	05/05/2014
20	Ruth Davies	32:14	Great Welsh Run	02/05/2005
21	Veronica Singleton	32:15	Club 69 Midsummer	24/08/1994
22	Carol Miller	32:33	Club 69 Midsummer	27/08/1997
23	Katie Beecher	32:45	Ladies Fireworks	04/11/2007
24	Lindsay Emyr	32:50	Cardiff Bay	02/05/2011
24	Carys Wynne	32:50	Ladies Fireworks	02/11/1997
26	Maria Zubizarreta	33:02	Old Father Time	03/01/2010
27	Jan Williams	33:08	Ladies Fireworks	09/11/2003
28	Kim Ripley	33:12	Ladies Fireworks	03/11/2002
29	Carol Jones-Mathias	33:17	Ladies Fireworks	17/11/1996
30	Liz Manville	33:18	Rhayader	21/03/1992
31	Yvonne Bullen	33:19	Old Father Time	30/12/2001
32	Sue Davies	33:22	Old Father Time	03/01/1999
33	Cheryl Hudgell	33:37		
34	Wendy Boon	33:46	Ladies Fireworks	05/11/2006
35	Paula Ham	33:56	Ladies Fireworks	05/11/2006
36	Cath Tailby	33:59	Great Welsh Run	02/05/2005
37	Wendy M Edwards	34:02	Ladies Fireworks	09/11/2003
38	Jenny Martin	34:06	Great Welsh Run	01/05/2006
39	Beccy Forster	34:10	Wenvoe	26/06/1994
40	Kay Pritchard	34:18	Ladies Fireworks	05/11/1995
41	Lorraine Mountain	34:25	Ladies Fireworks	05/11/1995
42	Anne Mould	34:37	Wenvoe	30/06/1991
43	Liz Sowter	34:49	Great Welsh Run	01/05/2006
44	Heidi Williams	34:52	Ladies Fireworks	03/11/2002
45	Judi Bowsher	35:02	Porthcawl	26/12/2005
45	Julie Lewis	35:02	Great Welsh Run	03/05/2004
47	Deborah Green	35:07	Ladies Fireworks	05/11/2006
48	Julie Dimond	35:12	Rhayader	21/03/1992
48	Aine Kenny	35:12	Pontcanna	06/07/2014
50	Eryl Davies	35:20	Old Father Time	03/01/1999