

Les Croupiers Running Club
All Time Ranking List - 5 km
Women Athletes - Qualification 20:45 (updated 31 Dec 2014)

Rank	Athlete	Time	Venue	Date
1	Jessica Parry-Williams	16:58	Cardiff parkrun 291	07/09/2013
2	Delyth Jones	18:04	BVAF	20/05/2000
3	Angharad Mair	18:05	Hereford Race 2	29/04/1993
4	Wendy Edwards	18:22	Barry (Track)	23/08/1995
5	Ruth Tyler	18:33	Cardiff parkrun 110	03/04/2010
6	Jo Pritchard	18:34	SSAFA Race 1	26/05/2004
7	Claire Beatty	18:35	Cardiff parkrun 323	19/04/2014
8	Carys Hughes	18:36	Merthyr Mawr Lane	28/05/2014
9	Ruth Davies	18:40	SSAFA Race 2	21/06/2006
10	Jen Salter	18:46	Cardiff parkrun 296	12/10/2013
11	Carol Miller	18:53	Race For Life - Cardiff	09/07/1997
11	Libby O'Duffy	18:53	Cardiff parkrun 223	02/06/2012
13	Katie Beecher	18:55	Cardiff parkrun 361	25/12/2014
14	Edwina Turner	18:57	Race For Life - Cardiff	09/07/1997
15	Liz Clarke	19:03	Newport (Track)	17/06/1995
15	Louise Underdown	19:03	Hereford Race 2	05/05/1994
17	Sue Davies	19:07	Danville	07/06/1998
17	Julie Scholey	19:07	SSAFA Race 1	21/05/2003
19	Jane Coker	19:12	Wells City Centre	29/05/1995
20	Gabriella Maine	19:18	Race of Truth	15/08/2013
20	Maria Zubizarreta	19:18	Cardiff parkrun 142	13/11/2010
22	Mel Dando	19:22	Cardiff parkrun 187	01/10/2011
23	Helen Jessop	19:23	Cardiff parkrun 211	10/03/2012
24	Lindsay Emyr	19:27	Ty Hafan (Barry)	07/05/2006
25	Liz Kirwan	19:31	Cardiff parkrun 192	05/11/2011
26	Sara Keranen	19:35	Race For Life - Cardiff	09/07/1997
27	Mel Minshull	19:36	SSAFA Race 3	22/07/2009
27	Kim Ripley	19:36	Race of Truth	29/08/2002
29	Emma Hatherall	19:38	Nos Galan	31/12/2012
30	Yvonne Bullen	19:42	Poole	09/04/2002
31	Nicky McWilliam	19:45	Cardiff parkrun 265	09/03/2013
32	Cheryl Hudgell	19:49	Cardiff parkrun 20	28/06/2008
33	Tammy Thomas	19:52	SSAFA Race 1	21/05/2003
34	Cath Tailby	19:54	Newport Transp. Br. Race 2	02/08/2001
34	Carys Wynne	19:54	Race For Life - Cardiff	08/07/1998
36	Veronica Singleton	20:00	Stopsley Striders	14/07/1996
37	Wendy Boon	20:06	SSAFA Race 1	26/05/2004
37	Susan Watson	20:06	Merthyr Mawr Lane	28/05/2014
39	Sophie Irvine	20:10	Cardiff parkrun 358	06/12/2014
40	Angharad Rhys	20:20	Cardiff parkrun 213	24/03/2012
41	Ruth McLees	20:26		
41	Caitlin Pearson	20:26	Summer Sizzler	06/08/2014
43	Aileen Lyons	20:27	Summer Sizzler	01/08/2012
44	Paula Ham	20:29	Globe Inn (Gloucester)	17/06/2005
45	Janet Holmes	20:33	Cardiff parkrun 353	01/11/2014
46	Heidi Williams	20:38	SSAFA Race 3	24/07/2002
47	Jenny Martin	20:41	SSAFA Race 1	26/05/2005
48	Hazel Craven	20:44	Cardiff parkrun 350	11/10/2014
48	Alice Johnston	20:44	Cardiff parkrun 214	31/03/2012