

Old Father Time 5 mile Race

Organised by

Les Croupiers Running Club

Cardiff

30 December 2012



Pos	No.	Athlete	Club	Cat.	Time
1	506	Richard Gardiner	Aberdare	M35	00:26:16
2	505	Jerome Edwards	Les Croupiers	M35	00:26:55
3	594	Peter Coles	Pontypridd	M50	00:27:27
4	503	Stuart Crees	Les Croupiers	M35	00:27:32
5	563	Paul Griffiths	Neath Harriers	M45	00:27:43
6	529	Huw Evans	Les Croupiers	M40	00:28:20
7	504	Garteh Lynch	Les Croupiers	M35	00:28:23
8	533	Julian Baker	Les Croupiers	M40	00:28:38
9	528	Andrew Hodgson	Bridgend A.C.	M40	00:28:48
10	522	Matt Hurford	Les Croupiers	M40	00:29:21
11	523	Alun Jones	Les Croupiers	M40	00:29:54
12	526	Richard Johnson	Islwyn	M40	00:30:06
13	620	Dave James	Les Croupiers	M55	00:30:27
14	589	Peter Osborne	Llanelli A.C.	M50	00:30:36
15	551	Richard Self	Les Croupiers	M45	00:30:41
16	591	Peter Crane	Neath Harriers	M50	00:31:18
17	604	Glyn Sansom	San Domenico	M50	00:31:26
18	592	David Crane	Neath Harriers	M50	00:31:37
19	509	Maurice Attard	Outdoor Fitness	M35	00:31:51
20	527	Geraint Williams	Aberdare	M40	00:31:56
21	596	Phil Bristow	San Domenico	M50	00:31:59
22	598	Simon Dimmer	Forest of Dean A.C.	M50	00:32:07
23	711	Nicola Gething	Parc Bryn Bach	W40	00:32:11
24	560	Peter Kellam	Les Croupiers	M45	00:32:19
25	562	Alun Evans	Rhondda Valley Runners	M45	00:32:20
26	615	Mick McGeoch	Les Croupiers	M55	00:32:22
27	621	Mike Murphy	Les Croupiers	M55	00:33:04
28	531	Daman Jukes	Parc Bryn Bach	M40	00:33:07
29	611	Terry O'Brien	Unattached	M55	00:33:11
30	657	Phil Miles	Parc Bryn Bach	M60	00:33:13
31	647	Howard Kent	Les Croupiers	M60	00:33:15
32	588	Mark Dunscombe	Sarn Helen	M50	00:33:29
33	597	John Morgan	Bridgend A.C.	M50	00:33:38
34	555	Tim Owen	Bridgend A.C.	M45	00:34:01
35	602	Nigel Clement	Penarth and Dinas	M50	00:34:07
36	584	David E Williams	Les Croupiers	M50	00:34:25
37	583	Paul Morris	Les Croupiers	M50	00:34:29
38	524	Daniel Luffman	Unattached	M40	00:34:37
39	623	Neil Davies	Unattached	M55	00:34:40
40	613	Mark Terry	TROT's	M55	00:34:45
41	502	John Magee	Les Croupiers	M35	00:34:54

42	746	Jacqui Brace	Bridgend A.C.	W50	00:35:02
43	582	Hefin Gruffydd	Unattached	M50	00:35:06
44	641	John Gardner	Pembrokeshire Harriers	M70	00:35:14
45	557	Dominic Shields	San Domenico	M45	00:35:21
46	554	Peter Curran	Unattached	M45	00:35:28
47	501	Michael Halsall	Llanelli A.C.	M35	00:35:35
48	614	Martin Pinnell	Les Croupiers	M55	00:35:40
49	622	Allan Jones	Brackla Harriers	M55	00:35:45
50	600	Kevin Russell	San Domenico	M50	00:35:58
51	626	Roy Silver	Les Croupiers	M55	00:36:04
52	656	Brian Gough	Pontypridd	M70	00:36:06
53	530	Steve Quin	Les Croupiers	M40	00:36:11
54	603	Tony Sudworth	Unattached	M50	00:36:14
55	703	Claire Middlecombe	San Domenico	W35	00:36:16
56	627	Robert Ford	Pontypridd	M55	00:36:25
57	525	Carl Edwards	Pontypridd	M40	00:36:42
58	507	Rob Goldsmith	Unattached	M35	00:36:49
59	599	Rod Perons	Les Croupiers	M50	00:36:56
60	559	Andrew Davies	Pontypridd	M45	00:37:00
61	625	Michael Pritchard	Unattached	M55	00:37:13
62	704	Marie Roberts	Unattached	W35	00:37:14
63	565	Steve Alexander	Les Croupiers	M45	00:37:20
64	702	Helen Barrett	Unattached	W35	00:37:26
65	628	David Proffitt	Newport Harriers	M55	00:37:27
66	742	Jo Skilton	San Domenico	W50	00:37:38
67	630	Richard Sewell	Les Croupiers	M55	00:37:48
68	618	Andrew Sedgmond	Les Croupiers	M55	00:38:05
69	732	Loretta Daley	Les Croupiers	W45	00:38:12
70	653	Tony Burt	Brackla Harriers	M70	00:38:15
71	716	Janet Edwards	Pontypridd	W40	00:38:18
72	745	Janet Dimmer	Forest of Dean A.C.	W50	00:38:30
73	648	David Hebbes	Unattached	M60	00:38:31
74	649	Jeff Aston	Les Croupiers	M65	00:39:05
75	586	Alan Mason	Les Croupiers	M50	00:39:15
76	651	Barrie Roberts	Bourneville	M65	00:39:27
77	587	Mike Rossiter	Les Croupiers	M50	00:39:34
78	532	Jonathan Milton	Gwent Police	M40	00:39:42
79	556	Kellinu Portelli	Les Croupiers	M45	00:40:11
80	643	Ralph Davey	Les Croupiers	M65	00:40:14
81	561	Steve New	Islwyn	M45	00:40:17
82	585	David Hodges	Les Croupiers	M50	00:40:22
83	733	Tracey Edwards	Rhondda Valley Runners	W45	00:40:27
84	701	Alice Hurd	Unattached	W35	00:40:32
85	645	John Cunnane	Islwyn	M60	00:40:34
86	731	Jane Williams	Unattached	W45	00:40:35
87	741	Tina Rossiter	Les Croupiers	W50	00:40:38
88	754	Patricia Jones	Brackla Harriers	W55	00:40:46
89	601	Ray Ellingham	San Domenico	M50	00:40:49
90	605	Gary Bird	Unattached	M50	00:40:54
91	661	Richard Brown	Sheen Shufflers	M60	00:41:21
92	631	Graham Webster	Unattached	M55	00:41:24

93	510	Luke Heslop	Unattached	M35	00:41:28
94	655	Geoffrey Bayliss	Chepstow	M65	00:41:30
95	705	Helen Jewitt	Unattached	W35	00:42:05
96	632	John Martin	Unattached	M55	00:42:12
97	593	Andy Morton	Unattached	M50	00:42:25
98	747	Janice Clement	Penarth and Dinas	W50	00:42:34
99	756	Andrea Webster	Unattached	W55	00:43:32
100	652	Keith Treharne	Brackla Harriers	M65	00:43:44
101	744	Amanda Thompson	Les Croupiers	W50	00:43:52
102	751	Kathy Earlham	Bannantyne	W65	00:43:56
103	553	Simon Hudd	Unattached	M45	00:44:33
104	581	Ian John Warner	Unattached	M50	00:44:53
105	753	Gillian Murphy	Les Croupiers	W55	00:44:55
106	624	Frank Williams	Unattached	M55	00:45:13
107	654	Syd Wheeler	Chepstow	M75	00:45:16
108	715	Hannah Fowler	Pencoed	W40	00:45:31
109	617	Alan Mann	Les Croupiers	M55	00:45:48
110	564	Peter Shanley	Unattached	M45	00:45:48
111	717	Amanda Thomas	Unattached	W40	00:46:28
112	718	Leona Shanley	RVR	W40	00:46:40
113	734	Rhian Llewellyn	Les Croupiers	W45	00:46:49
114	629	Keith Lowther	San Domenico	M55	00:47:22
115	558	Huw Williams	Unattached	M45	00:47:28
116	660	Chris Plaisted	Unattached	M65	00:48:15
117	642	Geoff Wright	Les Croupiers	M60	00:48:16
118	755	Mal Rowson	Les Croupiers	W60	00:49:38
119	658	Rod Jones	Les Croupiers	M65	00:49:55
120	508	Alan Lambert	Unattached	M35	00:51:36
121	595	Stephen Walker	Wrexham	M50	00:52:02
122	713	Nicola John	Unattached	W40	00:52:33
123	712	Tracey Newman	Les Croupiers	W40	00:58:50
124	659	Errol Alexis	Les Croupiers	M75	01:02:00