

Les Croupiers Running Club
Old Father Time 5 mile Road Race
Pontcanna, Cardiff
27 December 2015

Pos	Number	Athlete	Club	Cat	Time
1	9	Stephen Paterson	Les Croupiers	M35	26.11
2	33	Huw Evans	Les Croupiers	M40	26.27
3	3	Kieran White	Hercules Wimbledon	M35	26.55
4	34	Jerome Edwards	Les Croupiers	M40	27.00
5	4	Doug Nicholls	San Domenico	M35	27.18
6	22	Matthew Jacklin	Aberdare	M40	27.31
7	88	Mike Pfeiffer	Brecon	M50	27.34
8	91	Peter Coles	Pontypridd	M50	27.43
9	24	Andrew Hodgeson	Bridgend	M40	28.26
10	1	Stuart Crees	Les Croupiers	M35	28.31
11	2	Gavin Gates	Bridgend	M35	28.42
12	94	Royston Whitehouse	Neath	M50	29.04
13	84	Andrew Blair	Les Croupiers	M50	29.22
14	23	Matt Pryor	Les Croupiers	M40	29.55
15	138	Peter Osborne	Llanelli	M55	30.12
16	26	Robert Davies	Islwyn	M40	30.22
17	125	Dave Coles	Les Croupiers	M55	30.25
18	31	Matt Govier	Les Croupiers	M40	30.31
19	8	Simon Gill	Llswerry	M35	30.51
20	177	David Davies	Brecon	M60	30.59
21	5	Andy Wilton	San Domenico	M35	31.00
22	53	Owain Lewis	Belgrave	M45	31.04
23	129	David James	Les Croupiers	M55	31.09
24	124	Richard Bullen	Les Croupiers	M55	31.14
25	25	Owen Flage	Oldham and Royston	M40	31.21
26	36	James Bruce	Les Croupiers	M40	31.25
27	100	Haydn Hartnell	Islwyn	M50	31.26
28	55	Kevin Jones	Les Croupiers	M45	31.26
29	147	Billy Daniels	Unattached	M55	31.28
30	103	Glyn Sansom	San Domenico	M50	31.31
31	86	Craig Fowler	Bridgend	M50	31.35
32	52	Alex Williams	Port Talbot	M45	31.36
33	95	Vincent Nazareth	Les Croupiers	M50	31.39
34	267	Angharad Mair	Les Croupiers	W50	31.43
35	98	Colin McQueen	Brackla	M50	31.49
36	27	Daniel Luffman	Les Croupiers	M40	31.53
37	67	Marcus Meyrick	Les Croupiers	M45	31.55
38	32	Stuart Mclroy	Les Croupiers	M40	31.58
39	90	John Morgan	Bridgend	M50	32.04
40	59	Brian Lovett	San Domenico	M45	32.14
41	225	Susannah Bulpin	San Domenico	W40	32.19
42	28	Rob Davies	Llswerry	M40	32.24
43	83	Mark Baker	Northbrook AC	M50	32.36
44	93	Ian Bell	San Domenico	M50	32.47
45	171	John Hill	Halesowen	M60	32.56
46	136	Clem Clement	Penarth and Dinas	M55	33.04
47	66	Nick Stocker	Bridgend	M45	33.06
48	134	Greg Newhams	Bridgend	M55	33.14
49	167	Mick McGeoch	Les Croupiers	M60	33.22

50	54 Richard Price	Celtic Tri	M45	33.23
51	60 Brian Evans	Spirit of Monmouth	M45	33.39
52	187 Gareth Jones	Chepstow	M65	33.41
53	203 Georgina Dando	Bridgend	W35	33.46
54	224 Rachel Matthews	Cardiff	W40	33.51
55	96 Kim Wehden	Islwyn	M50	33.59
56	173 Howard Kent	Les Croupiers	M60	34.08
57	181 Neil Grant	Chepstow	M60	34.11
58	229 Sandra Chipper	Lliswerry	W40	34.15
59	69 Richard Webber	Unattached	M45	34.26
60	29 Russell Dobbs	Islwyn	M40	34.28
61	139 Neil Davies	Unattached	M55	34.29
62	243 Libby Bohemen	Les Croupiers	W45	34.33
63	292 Jacqueline Brace	Bridgend	W55	34.47
64	184 Gordon Orme	Carmarthen	M70	34.50
65	221 Catherine Stephens	Bridgend	W40	35.03
66	89 Jeff Hanson	Rhondda AC	M50	35.06
67	56 Huw James	Cardiff	M45	35.10
68	143 Richard Sewell	Les Croupiers	M55	35.13
69	166 John Gardener	Pembrokeshire	M70	35.16
70	245 Jenny Phillips	Llanelli	W45	35.18
71	140 Richard Beech	Brackla	M55	35.20
72	61 Chris Denholm	Brackla	M45	35.29
73	204 Sarah Lauder	Lliswerry	W35	35.36
74	168 Mike Davies	Les Croupiers	M65	35.39
75	176 Rob Evans	Les Croupiers	M60	35.40
76	6 Neil Jones	Unattached	M35	35.42
77	130 Michael Gibbons	Branhall Runners	M55	35.50
78	223 Keri Jones	Lliswerry	W40	35.53
79	145 Kevin Russell	Lliswerry	M55	35.56
80	68 Paul Chapman	Les Croupiers	M45	36.01
81	92 Dominic Shields	San Domenico	M50	36.14
82	57 Paul Martin	Westend Runners	M45	36.31
83	97 Anthony Phillips	Bridgend	M50	36.33
84	137 Stuart Duncan	Chepstow	M55	36.37
85	127 Paul Morris	Les Croupiers	M55	36.39
86	170 Paul Allen	Halesowen	M65	36.42
87	121 Alan Mason	Les Croupiers	M55	36.44
88	62 Anthony Lewis	Cwm Ogwr	M45	36.52
89	185 Mike Evans	Chepstow	M65	36.55
90	133 Michael Pritchard	Unattached	M55	36.56
91	179 Bob Smith	Builth Wells	M60	37.02
92	291 Julie Scholey	Les Croupiers	W55	37.06
93	37 Stephen Quin	Les Croupiers	M40	37.07
94	102 Gerry Crispie	Les Croupiers	M50	37.13
95	58 Peter Wilson	Malvern Joggers	M45	37.17
96	87 Gareth Hardman	Bridgend	M50	37.24
97	175 Gary John	Les Croupiers	M60	37.33
98	146 Richard Treadgold	Unattached	M55	37.35
99	244 Ruth Deards	Les Croupiers	W45	37.36
100	174 Alan Jones	Brackla	M60	37.40
101	228 Clare Biddlecombe	Lliswerry	W40	37.48
102	51 David McDonald	Les Croupiers	M45	38.07
103	266 Lisa Cleary	Penarth and Dinas	W50	38.12
104	64 Stephen Summers	Pencoed Tri	M45	38.19
105	163 Brian Gough	Pontypridd	M75	38.22

106	99 Geoff Jones	Unattached	M50	38.26
107	227 Karen Elvers	Chepstow	W40	38.40
108	101 Rod Perons	Les Croupiers	M50	38.42
109	135 Roy Silver	Les Croupiers	M55	39.31
110	10 Luke Heslop	Les Croupiers	M35	39.35
111	30 Andrew Williamson	Pegasus	M40	39.45
112	241 Loretta Daley	Les Croupiers	W45	39.53
113	161 Dave Hebbes	Unattached	M65	39.56
114	123 Firouz Mal	Les Croupiers	M55	39.59
115	63 Christie Coleman	Cwm Ogwr	M45	40.03
116	162 Andrew Sedgemond	Les Croupiers	M60	40.11
117	142 Huw Parry	Les Croupiers	M55	40.26
118	265 Mary Beech	Brackla	W50	40.28
119	264 Ruth Treharne	Islwyn	W50	40.30
120	178 Barrie Roberts	Bourneville	M70	40.32
121	201 Lisa Griffiths	Outdoor Fitness	W35	40.37
122	282 Brenda Avery	Chepstow	W65	40.38
123	262 Yvonne Bullen	Les Croupiers	W50	40.40
124	131 Liam Daly	Builth and District	M55	40.43
125	202 Joanne Davies	Unattached	W35	40.48
126	144 Ray Ellingham	Lliswerry	M55	41.03
127	35 Marc Case	Unattached	M40	41.06
128	290 Yvonne Williams	Penarth and Dinas	W60	41.11
129	226 Sara Williams	Caerffili	W40	41.14
130	182 Dave Andrews	Chepstow	M65	41.17
131	246 Rachel Kennedy	Lliswerry	W45	41.38
132	222 Sarah Pryor	Pegasus	W40	41.42
133	172 Jeff Aston	Les Croupiers	M65	42.05
134	281 Rose Thomas	Rhayader RC	W60	42.09
135	289 Liz Beech	Brackla	W55	42.39
136	21 Fadi Baydoun	Unattached	M40	42.49
137	186 Richard Street	Pegasus	M60	42.52
138	7 James Brown	Unattached	M35	43.07
139	65 Paul Wesson	Les Croupiers	M45	43.07
140	247 Anne Follan	Pontypridd	W45	43.18
141	169 Ralph Davey	Les Croupiers	M70	43.44
142	104 Peter Hodges	Unattached	M50	43.56
143	141 Ian Warner	Unattached	M55	44.11
144	122 Alan Mann	Les Croupiers	M55	44.34
145	285 Christine Gibbons	Branhall Runners	W55	44.38
146	180 Geoffrey Bayliss	Chepstow	M65	44.52
147	293 Sharon Reikes	Unattached	W55	44.59
148	70 Dan Peterson	Unattached	M45	45.18
149	164 Ian Swanson	Port Talbot	M65	45.23
150	288 Jane Bayliss	Chepstow	W60	45.52
151	132 Ales Owen	Unattached	M55	45.56
152	286 Clare Johnson	Les Croupiers	W70	46.14
153	183 Mike King	Nailsea	M65	46.35
154	287 Janice Clement	Penarth and Dinas	W55	46.42
155	242 Tracey Newman	Les Croupiers	W45	47.33
156	165 Syd Wheeler	Chepstow	M75	50.30
157	284 Mal Rowson	Les Croupiers	W65	51.08
158	263 Sarah Meah	Les Croupiers	W50	54.13
159	283 Judith Baydoun	Unattached	W60	54.48
160	268 Elizabeth Hodges	Unattached	W50	57.16
161	128 Keith Lowther	San Domenico	M55	57.55