

Les Croupiers Running Club
Old Father Time 5 mile Road Race
Pontcanna, Cardiff
01 January 2017

Pos	Number	Athlete	Club	Cat	Time
1	5	James Thie	Cardiff AAC	M35	26.00
2	24	Jerome Edwards	Les Croupiers RC	M40	26.37
3	27	Richard Gardiner	Aberdare Valley AC	M40	26.45
4	7	Glyn Fletcher	Les Croupiers RC	M35	27.28
5	2	Jack Tremlett	TROTs	M35	27.35
6	4	Darren Bishop	Pontypridd Roadents	M35	27.35
7	8	Doug Nicholls	Les Croupiers RC	M35	27.45
8	54	Steve Bartlett	Pontypridd Roadents	M45	29.02
9	82	Andy Blair	Les Croupiers RC	M50	29.17
10	86	Royston Whitehouse	Neath Harriers	M50	29.29
11	22	Simon Miles	Pontypridd Roadents	M40	30.00
12	127	Dave James	Les Croupiers RC	M55	30.09
13	55	Ceri Tapper	Unattached	M45	30.29
14	132	Vince Nazareth	Les Croupiers RC	M55	30.35
15	129	Peter Osborne	Llanelli AC	M55	30.38
16	130	Dave Coles	Les Croupiers RC	M55	31.10
17	23	Matt Govier	Les Croupiers RC	M40	31.16
18	84	Gordon Harold	Cardiff AAC	M50	31.24
19	204	Katie Beecher	Les Croupiers RC	W35	31.34
20	88	Peter Turnbull	Les Croupiers RC	M50	31.46
21	21	Dan Luffman	Les Croupiers RC	M40	31.57
22	57	David Proud	Les Croupiers RC	M45	32.12
23	205	Janet Holmes	Les Croupiers RC	W35	32.28
24	91	Richard Price	Unattached	M50	33.00
25	81	Brett Davis	Newport Harriers	M50	33.06
26	58	Evatt Cummings	Bridgend AC	M45	33.22
27	288	Angharad Mair	Les Croupiers RC	W55	33.24
28	171	Mike Murphy	Les Croupiers RC	M60	33.25
29	6	Matt Hopkins	Les Croupiers RC	M35	33.37
30	175	Ron Morris	San Domenico RC	M65	34.07
31	202	Elizabeth Tremlett	Unattached	W35	34.54
32	10	Steven Wood	Pegasus	M35	35.04
33	25	Andrew Capel	Unattached	M40	35.12
34	177	Phil Miles	Parc Bryn Bach	M65	35.18
35	128	Jeff Hanson	Rhondda AC	M55	35.22
36	56	Matt Townsend	Les Croupiers RC	M45	35.26
37	180	Gordon Orme	Carmarthen Harriers	M70	35.33
38	53	Steve Chadwell	Unattached	M45	35.58
39	92	Dominic Shields	San Domenico RC	M50	36.02
40	265	Judith Oakley	Vegan Runners	W50	36.08
41	245	Keri Jones	Llisswerry Runners	W45	36.13
42	248	Libby Bohemen	Les Croupiers RC	W45	36.16
43	264	Debbie Cockram	Fairwater Runners	W50	36.19
44	9	Matt Thompson	Les Croupiers RC	M35	36.21
45	51	Stephen Preddy	Les Croupiers RC	M45	36.35
46	163	John Gardener	Pembrokeshire Harriers	M75	36.59
47	123	Alan Mason	Les Croupiers RC	M55	37.08
48	201	Jenny Martin	Les Croupiers RC	W35	37.11
49	85	Kevin Bradfield	Parc Bryn Bach	M50	37.14

50	183 Phil Allen	Halesowen	M70	37.16
51	89 Geoff Jones	Unattached	M50	37.19
52	172 Richard Sewell	Les Croupiers RC	M60	37.23
53	174 Allan Jones	Brackla Harriers	M60	37.32
54	287 Fiona Davies	Pontypridd Roadents	W60	37.34
55	178 Gareth Jones	Chepstow Harriers	M60	37.36
56	266 Lisa Cleary	Penarth and Dinas AC	W50	37.41
57	179 Gary John	Les Croupiers RC	M60	37.46
58	181 Richard Treadgold	Unattached	M60	37.50
59	246 Joanne Hudson	Unattached	W45	37.52
60	176 Michael Pritchard	Unattached	M60	38.28
61	121 Alan Rockliffe	Unattached	M55	38.43
62	131 Gerry Crispie	Les Croupiers RC	M55	39.03
63	90 Phillip Payne	Unattached	M50	39.03
64	221 Sarah Dodd	Unattached	W40	39.06
65	247 Karen Elvers	Chepstow Harriers	W45	39.21
66	26 Paul Jones	Pontypool	M40	39.45
67	263 Yvonne Bullen	Les Croupiers RC	W50	40.15
68	125 Richard Bullen	Les Croupiers RC	M55	40.17
69	182 Mike Evans	Chepstow Harriers	M60	40.44
70	87 Peter Curran	Unattached	M50	40.51
71	93 Rod Perons	Les Croupiers RC	M50	41.25
72	165 Graeme Donnan	Les Croupiers RC	M60	41.34
73	262 Loretta Daley	Les Croupiers RC	W50	41.40
74	162 Dave Hebbes	Unattached	M60	41.53
75	122 Mike Rossiter	Les Croupiers RC	M55	42.05
76	83 John Payne	Les Croupiers RC	M50	42.23
77	244 Sioned Harold	Unattached	W45	42.49
78	173 Ralph Davey	Les Croupiers RC	M70	43.59
79	285 Gill Murphy	Les Croupiers RC	W60	44.00
80	261 Kim Rockliffe	Unattached	W50	45.29
81	282 Tina Rossiter	Les Croupiers RC	W55	45.30
82	286 Liz Denton	Les Croupiers RC	W55	46.09
83	168 Jeff Aston	Les Croupiers RC	M65	46.57
84	203 Elizabeth Randall	Les Croupiers RC	W35	47.09
85	169 Ian Swanson	Port Talbot Harriers	M65	47.33
86	1 Jon Martin	Les Croupiers RC	M35	47.51
87	52 David McDonald	Les Croupiers RC	M45	47.51
88	3 Stuart Ball	Les Croupiers RC	M35	48.53
89	242 Karen Chadwell	Les Croupiers RC	W45	48.53
90	124 Alan Mann	Les Croupiers RC	M55	51.56
91	243 Tracey Newman	Les Croupiers RC	W45	53.20