

Old Father Time 5 mile Road Race for Masters  
Pontcanna , Cardiff Sunday 30 December 2018

Pos	Number	Athlete	Club	Cat	Time
1	24	Simon Lewis	Pontypridd Roadents	M40	0:26:13
2	18	Tim Iveson	Builth Wells	M35	0:26:28
3	1	James Thie	Cardiff	M40	0:26:34
4	5	Richard Jackson-Hookins	Les Croupiers RC	M35	0:26:44
5	61	Huw Evans	Les Croupiers RC	M45	0:27:12
6	37	Aled Hughes	Les Croupiers RC	M40	0:27:31
7	15	Darren Bishop	Pontypridd Roadents	M35	0:27:45
8	6	Gary Brown	Penarth and Dinas	M35	0:27:49
9	34	Mark Horsman	Cardigan Runners	M40	0:27:59
10	23	Stuart Crees	Les Croupiers RC	M40	0:28:06
11	13	Chris Oxley	San Domenico	M35	0:28:24
12	14	Neil Reynolds	San Domenico	M35	0:28:40
13	94	Stephen Bartlett	Pontypridd Roadents	M50	0:28:42
14	98	Austin Davies	Brecon	M50	0:28:44
15	25	Sam Ryall	Pontypridd Roadents	M40	0:28:47
16	29	Keith James	Pontypridd Roadents	M40	0:28:49
17	121	Ifan Lloyd	Swansea Harriers	M55	0:28:52
18	54	Rich Baker	Les Croupiers RC	M45	0:29:31
19	75	Johnny Lam	San Domenico	M45	0:29:32
20	33	Lyndon Tudor-Maisey	Les Croupiers RC	M40	0:29:33
21	9	Ian Southwell	Unattached	M35	0:29:37
22	32	David Craig	Unattached	M40	0:29:40
23	70	Emyr Morgan	Les Croupiers RC	M45	0:29:52
24	27	Christopher Jeynes	Brackla Harriers	M40	0:30:03
25	83	Andrew Blair	Les Croupiers RC	M50	0:30:04
26	68	Ian Murdey	Hermitage Harriers	M45	0:30:08
27	16	Nathan Christoforado	Penarth and Dinas	M35	0:30:13
28	89	Paul Flyn	Swansea Harriers	M50	0:30:47
29	97	Martin Williams	Les Croupiers RC	M50	0:30:57
30	36	Rob Sage	Les Croupiers RC	M40	0:31:06
31	7	Gareth Jones	Pontypridd Roadents	M35	0:31:15
32	17	Nathan Reeks	Caldicot	M35	0:31:26
33	57	David Bennett	Porthcawl Runners	M45	0:31:28
34	69	Daniel Luffman	Les Croupiers RC	M45	0:31:31
35	105	Simon Thomas	Vegan Runners	M50	0:31:32
36	267	Niki Morgan	Chepstow Harriers	W50	0:31:33
37	28	Nick Dukes	Les Croupiers RC	M40	0:31:35
38	124	Vincent Nazareth	Les Croupiers RC	M55	0:31:49
39	140	Nick Holliday	Cheltenham Harriers	M60	0:31:51
40	66	Jim Murray	Pontypridd Roadents	M45	0:31:54
41	113	Richard Bullen	Les Croupiers RC	M55	0:31:55
42	118	Phil Bristow	San Domenico	M55	0:31:55
43	135	Elio Lepore	Les Croupiers RC	M60	0:32:01
44	10	Matt Hopkins	Les Croupiers RC	M35	0:32:08
45	59	James Bruce	Les Croupiers RC	M45	0:32:17
46	210	Katie Beecher	Les Croupiers RC	W35	0:32:19
47	4	Gareth Thomas	Cardiff Triathletes	M35	0:32:30
48	19	Paul Morton	Les Croupiers RC	M35	0:32:35

49 74 Nathaniel Palmer Les Croupiers RC M45 0:32:38  
50 143 David Walker Les Croupiers RC M60 0:32:39  
51 225 Helen-Marie Davies Swansea Harriers W40 0:32:50  
52 104 David Proud Les Croupiers RC M50 0:32:51  
53 88 Craig Fowler Cr@pTri M50 0:32:55  
54 93 Gareth Hardman Bridgend AC M50 0:33:03  
55 122 David Cornock Barnes Runners M55 0:33:04  
56 58 Kevin Leonard Unattached M45 0:33:05  
57 211 Janeke Van-Beijnum Les Croupiers RC W35 0:33:09  
58 243 Nicola Jukes Parc Bryn Bach W45 0:33:20  
59 168 Steve Owen Chepstow Harriers M65 0:33:36  
60 52 Steve Preddy Les Croupiers RC M45 0:33:56  
61 251 Gina Hardman Bridgend AC W45 0:34:03  
62 50 Douglas Young AT Run M35 0:34:08  
63 246 Caroline Cotterell Cheltenham Harriers W45 0:34:13  
64 254 Nicky Thomas Les Croupiers RC W45 0:34:14  
65 130 Paul Place Unattached M55 0:34:16  
66 252 Susannah Bulpin Unattached W45 0:34:20  
67 30 John Light San Domenico M40 0:34:24  
68 65 Jamie Sercom Halesowen M45 0:34:28  
69 142 Mark Williams Aberdare M60 0:34:42  
70 3 Jamie Clode Bridgend AC M36 0:34:50  
71 114 Gavin Davies 3Ms Gorseinon M55 0:34:54  
72 161 Rob Evans Les Croupiers RC M65 0:34:58  
73 229 Rachel Lewis Parc Bryn Bach W40 0:35:04  
74 101 Iestyn Henson Pontypridd Roadents M50 0:35:07  
75 76 Steven Barker Penarth and Dinas M45 0:35:08  
76 167 Ron Morris San Domenico M65 0:35:11  
77 265 Lou Summers Torfaen W50 0:35:12  
78 175 Chris Nellins Penarth and Dinas M65 0:35:14  
79 264 Joanne Hudson Caerphilly Runners W50 0:35:32  
80 263 Libby Crees Les Croupiers RC W50 0:35:35  
81 53 Steve Chadwell Les Croupiers RC M45 0:35:40  
82 125 Brett Davis Newport Harriers M55 0:35:58  
83 115 Terry Caveney Les Croupiers RC M55 0:36:01  
84 112 Alan Mason Les Croupiers RC M55 0:36:06  
85 64 Nick Stocker Bridgend AC M45 0:36:09  
86 160 Howard Kent Les Croupiers RC M65 0:36:14  
87 62 Justin Jones Pontypridd Roadents M45 0:36:19  
88 11 Tim Davies Pontypridd Roadents M35 0:36:23  
89 271 Judith Oakley Vegan Runners W50 0:36:25  
90 245 Sarah McCarthy Les Croupiers RC W45 0:36:26  
91 141 Richard Sewell Les Croupiers RC M60 0:36:29  
92 159 Mike Davies Les Croupiers RC M65 0:36:37  
93 123 Richard Beech Brackla Harriers M55 0:36:42  
94 202 Caroline Barrett Pegasus W35 0:36:43  
95 120 Philip Payne Unattached M55 0:36:49  
96 56 Wouter Poortinga Les Croupiers RC M45 0:36:50  
97 226 Julie Caswell Parc Bryn Bach W40 0:36:54  
98 150 Kevin Russell Lliswerry Runners M55 0:37:01  
99 261 Yvonne Bullen Les Croupiers RC W50 0:37:05  
100 117 Paul Morris Les Croupiers M55 0:37:10  
101 119 Andy Davies Pontypridd Roadents M55 0:37:17

102 291 Fiona Davies Pontypridd Roadents W60 0:37:21  
103 12 Sean Parry Cornelly Striders M35 0:37:24  
104 174 Gareth Jones Chepstow Harriers M70 0:37:27  
105 73 Mark Case Unattached M45 0:37:30  
106 131 Stephen Davies Mansfield harriers M60 0:37:33  
107 71 Stephen Locke Pontypridd Roadents M45 0:37:34  
108 2 Jon Hussey Rhoose Runners M35 0:37:35  
109 87 Kevin Bradfield Parc Bryn Bach M50 0:37:37  
110 67 Martin Croshaw Unattached M45 0:37:38  
111 132 Gary John Les Croupiers RC M60 0:37:43  
112 102 Alun Evans Unattached M50 0:37:44  
113 126 Hefin Gruffydd Pontypridd Roadents M55 0:37:49  
114 228 Sarah Pryor Pegasus W40 0:37:57  
115 99 Graham Carrick Pegasus M50 0:37:59  
116 84 Gwyn Jones Les Croupiers RC M50 0:38:10  
117 134 Tim O'Sullivan Les Croupiers RC M60 0:38:14  
118 80 A N Unknown 80 Unknown M45 0:38:23  
119 106 Anthony Lewis Parc Bryn Bach M50 0:38:25  
120 26 Andrew Williamson Pegasus M40 0:38:34  
121 85 Erik Danielson Les Croupiers RC M50 0:38:42  
122 176 Mick Tabor Les Croupiers RC M65 0:38:49  
123 209 Bethan Ford Pontypridd Roadents W35 0:38:51  
124 100 Geoff Jones Unattached M50 0:38:52  
125 172 Brian Gough Pontypridd Roadents M75 0:38:57  
126 201 Jenny martin Les Croupiers RC W35 0:39:08  
127 138 Steve Lewis Les Croupiers RC M60 0:39:11  
128 90 Darren Griffiths-Warner Pontypridd Roadents M50 0:39:16  
129 171 Paul Allen Halesowen M70 0:39:32  
130 227 Michelle Amblin Les Croupiers RC W40 0:39:54  
131 60 Michael Halsall Llanelli AC M45 0:39:59  
132 206 Helen Roberts Unattached W35 0:40:04  
133 169 Jack Ayoub Bridgend AC M65 0:40:05  
134 289 Judi Rhys Les Croupiers RC W55 0:40:09  
135 292 Andrea Webster Les Croupiers RC W60 0:40:11  
136 158 Graeme Donnan Les Croupiers RC M65 0:40:16  
137 284 June Avery Clwb Rhedec Pontardawe W60 0:40:34  
138 146 Graham Webster Les Croupiers RC M60 0:40:39  
139 145 Neil Davies Unattached M60 0:40:43  
140 207 Joanne Davies Unattached W35 0:40:43  
141 295 Veronica Singleton Bedford Harriers W55 0:40:56  
142 92 Shaun Cotter Unattached M50 0:41:05  
143 256 Karen Elvers Chepstow Harriers W45 0:41:12  
144 255 Jennet Holmes Pontypridd Roadents W45 0:41:14  
145 165 Tony Grandon Outdoor Fitness M65 0:41:19  
146 20 Carl Lewis Caerphilly Runners M35 0:41:28  
147 208 Kellie Morgan-Powe Cornelly Striders W35 0:41:30  
148 162 Paul Gaston Surrey Walking Club M70 0:41:32  
149 38 Luke Heslop Pegasus M40 0:41:41  
150 294 Brenda Avery Chepstow Harriers W65 0:41:46  
151 129 Adrian Bragger Pontypridd Roadents M55 0:42:02  
152 281 Sally Groves Pegasus W55 0:42:08  
153 223 Joanne Dunscombe Pegasus W40 0:42:12  
154 282 Clare Bell Les Croupiers RC W55 0:42:31

155 63 Paul Chapman Les Croupiers RC M45 0:42:33  
156 128 Michael Bryant Unattached M55 0:42:34  
157 287 Denise Bradley Ogmore Phoenix W55 0:42:35  
158 153 David Hebbes Unattached M65 0:42:39  
159 95 Stephen New Penarth and Dinas M50 0:42:40  
160 35 Peter Bell Cornelly Striders M40 0:42:49  
161 139 Firouz Mal Les Croupiers RC M60 0:43:06  
162 173 John Horsman Cardigan Runners M65 0:43:10  
163 144 John Martin Unattached M60 0:43:13  
164 72 Dan Groves Pegasus M45 0:43:22  
165 262 Loretta Daley Les Croupiers RC W50 0:43:30  
166 147 James Young Unattached M60 0:43:48  
167 107 Dan Peterson Unattached M50 0:43:58  
168 166 Barrie Roberts Bourneville Harriers M75 0:44:14  
169 270 Fiona Evans Ogmore Phoenix W50 0:44:40  
170 221 Nicola Lewis Parc Bryn Bach W40 0:44:57  
171 177 Richard Brown Unattached M65 0:45:07  
172 290 Patricia Searle Canton Harriers W55 0:45:25  
173 136 Alan Mann Les Croupiers RC M60 0:45:52  
174 203 Kelly Crofts Les Croupiers RC W35 0:46:15  
175 152 Michael Lewis Parc Bryn Bach M75 0:46:42  
176 127 Rod Perons Les Croupiers RC M55 0:46:56  
177 22 Jon Martin Les Croupiers RC M40 0:46:58  
178 103 David McDonald Les Croupiers RC M50 0:46:59  
179 283 Tina Rossiter Les Croupiers RC W55 0:47:15  
180 154 Geoff Wright Les Croupiers RC M65 0:47:36  
181 91 John Payne Les Croupiers RC M50 0:47:37  
182 133 Ian John Warner Unattached M60 0:47:52  
183 157 Ian Swanson Port Talbot Harriers M65 0:48:02  
184 111 Phil Groves Pegasus M55 0:48:21  
185 286 Sandra Caveney Les Croupiers RC W55 0:48:27  
186 96 Graham Bingham Pontypridd Roadents M50 0:48:43  
187 250 Eben Leonard Unattached W45 0:49:17  
188 247 Helen Welch Pontypridd Roadents W45 0:49:22  
189 268 Debra Price Unattached W50 0:49:37  
190 242 Karen Chadwell Les Croupiers RC W45 0:50:11  
191 222 Laura Coombes Les Croupiers RC W40 0:51:05  
192 253 Helen Robertson Les Croupiers RC W45 0:51:06  
193 86 Stephen Blake Unattached M50 0:51:23  
194 269 Helen Griffiths Ogmore Phoenix W50 0:51:34  
195 170 Frank Williams Les Croupiers RC M65 0:51:59  
196 8 David Williams Unattached M35 0:52:00  
197 31 Mark Douglas Pontypridd Roadents M40 0:52:14  
198 266 Wendy Cotter Unattached W50 0:52:41  
199 244 Tracey Newman Les Croupiers RC W45 0:53:05  
200 249 Lisa Davies Islwyn W45 0:53:58  
201 248 Julie Williams Islwyn W45 0:53:59  
202 51 Jerome Timbrell Quantock Harriers M45 0:54:05  
203 155 Syd Wheeler Chepstow Harriers M80 0:54:51  
204 224 Laura Pinney Pontypridd Roadents W40 1:00:17  
205 205 Emily Welsh Islwyn W35 1:00:18  
206 293 Laura McCarthy Pontypridd Roadents W55 1:00:19