



Old Father Time 5 mile Sunday 29th December 2019

Pos	Time	Bib #	Name	Age Group	Club
1	00:26:12	1	Richard Jackson-Hookins	M35-39	Les Croupiers RC
2	00:26:53	35	Mark Horsman	M40-44	Pontypridd Roadents
3	00:27:11	11	Matthew Evans	M35-39	Aberdare Valley AAC
4	00:27:22	21	David Keenan	M35-39	Llanelli
5	00:27:28	16	Dean Longley	M35-39	Prestatyn
6	00:27:33	14	Geraint Williams	M35-39	Run4All, Neath
7	00:27:38	24	Martyn Winser	M35-39	Chepstow Harriers
8	00:27:43	7	Gary Brown	M35-39	Penarth & Dinas
9	00:28:01	82	Huw Evans	M45-49	Les Croupiers RC
10	00:28:08	41	Joe Thomas	M40-44	Bridgend AC
11	00:28:16	31	David Craig	M40-44	Les Croupiers RC
12	00:28:17	75	Matt Hurford	M45-49	Les Croupiers RC
13	00:28:22	2	Neil Reynolds	M35-39	San Domenico RC
14	00:28:26	99	Stephen Bartlett	M50-54	Pontypridd Roadents
15	00:28:27	163	Ifan Lloyd	M60-64	Swansea Harriers
16	00:28:49	19	Chris Oxley	M35-39	San Domenico RC
17	00:29:02	71	Keith James	M45-49	Pontypridd Roadents
18	00:29:09	12	Nathan Christoforato	M35-39	Penarth & Dinas
19	00:29:18	36	Neil Jones	M40-44	Pontyclun RRC
20	00:29:37	43	Christopher Jeynes	M40-44	Brackla Harriers
21	00:29:50	26	Gareth Poston	M35-39	Port Talbot Harriers
22	00:29:54	33	Sean Kelly	M40-44	Rhondda Valley
23	00:29:56	160	Dave James	M60-64	Les Croupiers RC
24	00:29:57	62	Adrian Lewis	M45-49	Aberdare Valley AAC
25	00:29:58	39	Nicki Puleio	M40-44	Ogmore Phoenix
26	00:30:02	20	Duncan McLaughlan	M35-39	Les Croupiers RC
27	00:30:12	30	Joe Stoate	M35-39	unattached
28	00:30:12	66	Matt Govier	M45-49	Les Croupiers RC
29	00:30:19	70	Nick Dukes	M45-49	Les Croupiers RC
30	00:30:30	233	Katie Beecher	F40-44	Les Croupiers RC
31	00:30:30	90	Richard Baker	M45-49	Les Croupiers RC
32	00:30:33	81	Adrian Pearce	M45-49	Ogmore Phoenix
33	00:30:39	17	Paul Morton	M35-39	Les Croupiers RC
34	00:31:00	8	Neil Price	M35-39	Ogmore Phoenix
35	00:31:03	128	Vincent Nazareth	M55-59	Les Croupiers RC
36	00:31:10	210	Llinos Jones	F35-39	Swansea Harriers
37	00:31:16	13	Matt Hopkins	M35-39	Les Croupiers RC
38	00:31:27	229	Helen-Marie Davies	F40-44	Swansea Harriers
39	00:31:32	9	Lee Gwyn	M35-39	unattached
40	00:31:40	125	Richie Bullen	M55-59	Les Croupiers RC
41	00:31:45	80	Laurence Pole	M45-49	Pontypridd Roadents
42	00:31:55	313	Jim Murray	M45-49	Pontypridd Roadents
43	00:31:56	44	Gareth Lynch	M40-44	Les Croupiers RC
44	00:32:00	142	Peter Osborne	M55-59	Llanelli

Pos	Time	Bib #	Name	Age Group	Club
45	00:32:04	73	James Bruce	M45-49	Les Croupiers RC
46	00:32:16	4	Andrew Pask	M35-39	Grantham RC
47	00:32:17	37	John Light	M40-44	San Domenico RC
48	00:32:26	133	Haydn Hartnell	M55-59	Parc Bryn Bach
49	00:32:27	162	Dave Coles	M60-64	Les Croupiers RC
50	00:32:28	76	Bryn Griffiths	M45-49	Rhondda AC
51	00:32:29	157	David Walker	M60-64	Les Croupiers RC
52	00:32:34	154	Mark Williams	M60-64	Parc Bryn Bach
53	00:32:35	129	Gareth Hardman	M55-59	Pontyclun RRC
54	00:32:40	42	Aled Hughes	M40-44	Ogmore Phoenix
55	00:32:43	134	Phil Bristow	M55-59	San Domenico RC
56	00:32:44	93	Richard Self	M50-54	Les Croupiers RC
57	00:32:57	74	Stephen May	M45-49	Pontypridd Roadents
58	00:33:00	165	Mark Neal	M60-64	Aberdare Valley AAC
59	00:33:02	97	Richard Davies	M50-54	Les Croupiers RC
60	00:33:06	69	Michael Halsall	M45-49	Llanelli
61	00:33:13	191	Elio Lepore	M65-69	Les Croupiers RC
62	00:33:15	201	Danielle Phillips	F35-39	Les Croupiers RC
63	00:33:16	77	David Bennett	M45-49	Porthcawl Runners
64	00:33:20	312	Dean McMinn	M45-49	Outdoor Fitness
65	00:33:21	250	Susannah Bulpin	F45-49	San Domenico RC
66	00:33:24	94	Mike Evans	M50-54	Les Croupiers RC
67	00:33:36	137	Colin McQueen	M55-59	Brackla Harriers
68	00:33:37	232	Katherine Barker	F40-44	Penarth & Dinas
69	00:33:38	23	Neema Mal	M35-39	Les Croupiers RC
70	00:33:40	132	Bryan Meredith	M55-59	Rhondda Valley
71	00:33:45	135	Michael Ramsey	M55-59	Les Croupiers RC
72	00:33:48	102	Steve Hooper	M50-54	Pontypridd Roadents
73	00:34:00	136	Sean Price	M55-59	Les Croupiers RC
74	00:34:12	65	Marcus Meyrick	M45-49	Les Croupiers RC
75	00:34:18	186	John Davies	M65-69	Penarth & Dinas
76	00:34:19	246	Nicky Thomas	F45-49	Les Croupiers RC
77	00:34:24	86	Simon Cartlidge	M45-49	San Domenico RC
78	00:34:27	143	Brett Davis	M55-59	Newport Harriers
79	00:34:28	63	Richard Vaughan	M45-49	unattached
80	00:34:29	89	Stephen Barker	M45-49	Penarth & Dinas
81	00:34:30	181	Mike Murphy	M65-69	Les Croupiers RC
82	00:34:39	141	Phil Hodge	M55-59	Les Croupiers RC
83	00:34:39	249	Deb Roberts	F45-49	Porthcawl Runners
84	00:34:42	248	Gina Hardman	F45-49	Bridgend AC
85	00:34:45	28	Gareth Jenkins	M35-39	Ogmore Phoenix
86	00:34:51	227	Liz May	F40-44	Pontypridd Roadents
87	00:34:54	96	Alan Porter	M50-54	unattached
88	00:34:55	184	Ron Morris	M70-74	San Domenico RC
89	00:34:56	3	Brian Dias	M35-39	Cardiff AAC
90	00:35:04	18	Eugene O'Sullivan	M35-39	Pegasus RC
91	00:35:21	6	Nick Venables	M35-39	Llanelli
92	00:35:24	27	Hector Cortes	M35-39	Les Croupiers RC
93	00:35:26	271	Kay Chapman	F50-54	Les Croupiers RC
94	00:35:32	88	Richard Weber	M45-49	South Wales Police
95	00:35:50	155	Mick McGeoch	M60-64	Les Croupiers RC
96	00:35:52	245	Sarah McCarthy	F45-49	Les Croupiers RC
97	00:36:02	230	Susan Bowes	F40-44	Les Croupiers RC

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98	00:36:10	101	Nick Osman	M50-54	Parc Bryn Bach
99	00:36:13	91	David George	M50-54	Les Croupiers RC
100	00:36:21	189	Phil Harding	M65-69	Avon Valley
101	00:36:27	67	Andrew Martin	M45-49	unattached
102	00:36:32	211	Julie Crane	F35-39	Cardiff AAC
103	00:36:32	166	Kevin Russell	M60-64	Lliswerry
104	00:36:33	257	Claire Biddlecombe	F45-49	Lliswerry
105	00:36:38	179	Howard Kent	M65-69	Les Croupiers RC
106	00:36:42	156	Terry Caveney	M60-64	Les Croupiers RC
107	00:36:44	252	Lolly Evans	F45-49	Les Croupiers RC
108	00:36:51	256	Cath Tailby	F45-49	Penarth & Dinas
109	00:37:04	29	Alex McInch	M35-39	unattached
110	00:37:12	296	Kathryn Morton	F60-64	Cheltenham & County H
111	00:37:14	87	Calvin Hold	M45-49	Swansea Harriers
112	00:37:19	158	Richie Sewell	M60-64	Les Croupiers RC
113	00:37:22	183	John Edwards	M70-74	Lliswerry
114	00:37:25	100	Clive Denton	M50-54	Rhondda Valley
115	00:37:29	303	Jeanette Jenkins	F55-59	Fairwater Runners
116	00:37:31	241	Jane Sheldon	F45-49	unattached
117	00:37:34	15	Huw Williams	M35-39	Rhondda Valley
118	00:37:40	314	Greg Harris	M45-49	Ogmore Phoenix
119	00:37:47	292	Yvonne Bullen	F55-59	Les Croupiers RC
120	00:38:06	177	Gary John	M65-69	Les Croupiers RC
121	00:38:08	255	Rebecca Playle	F45-49	Les Croupiers RC
122	00:38:10	315	Nathaniel Palmer	M45-49	Les Croupiers RC
123	00:38:10	131	Hefin Gruffydd	M55-59	Pontypridd Roadents
124	00:38:14	92	Paul Chapman	M50-54	Les Croupiers RC
125	00:38:17	222	Jenny Martin	F40-44	Les Croupiers RC
126	00:38:33	152	Dave Kempton	M60-64	Parc Bryn Bach
127	00:38:38	84	Andrew Williamson	M45-49	Pegasus RC
128	00:38:45	104	Dominic Shields	M50-54	San Domenico RC
129	00:38:49	190	Gareth Jones	M70-74	Chepstow Harriers
130	00:38:52	139	Jeff Jones	M55-59	unattached
131	00:38:54	161	Graham Webster	M60-64	Les Croupiers RC
132	00:38:55	226	Faye Martin	F40-44	Les Croupiers RC
133	00:38:57	127	Andrew Davies	M55-59	Pontypridd Roadents
134	00:39:03	225	Tonia Smreczak	F40-44	Les Croupiers RC
135	00:39:10	311	Jerome Timbrel	M45-49	Quantock Harriers
136	00:39:13	180	Brian Gough	M75-79	Pontypridd Roadents
137	00:39:14	243	Carole Goddard	F45-49	Les Croupiers RC
138	00:39:16	22	Philip Brett	M35-39	Heath Massive
139	00:39:29	153	Andrew Worthington	M60-64	Sospan
140	00:39:36	85	Stephen Locke	M45-49	Pontypridd Roadents
141	00:39:43	145	Ray Ellingham	M55-59	Lliswerry
142	00:39:54	144	Gerry Crispie	M55-59	Les Croupiers RC
143	00:39:57	291	Sally Groves	F55-59	Pegasus RC
144	00:40:00	140	Paddy Brennan	M55-59	unattached
145	00:40:02	178	Graeme Donnan	M65-69	Les Croupiers RC
146	00:40:03	78	Martin Croshaw	M45-49	unattached
147	00:40:04	304	Veronica Singleton	F55-59	Les Croupiers RC
148	00:40:11	298	Andrea Webster	F60-64	Les Croupiers RC
149	00:40:13	278	Sian Khalil	F50-54	Pontypridd Roadents
150	00:40:17	193	Owen Cooper	M70-74	Builth & District

Pos	Time	Bib #	Name	Age Group	Club
151	00:40:56	207	Kate Jones	F35-39	Pontyclun RRC
152	00:41:00	126	Jon Hooper	M55-59	Les Croupiers RC
153	00:41:04	251	Karen Elvers	F45-49	Chepstow Harriers
154	00:41:07	301	Brenda Avery	F65-69	Chepstow Harriers
155	00:41:08	187	John Horsman	M65-69	Cardigan RC
156	00:41:19	105	Paul Wesson	M50-54	Les Croupiers RC
157	00:41:34	130	Jon Doolan	M55-59	Les Croupiers RC
158	00:41:57	247	Tracey Coakley	F45-49	unattached
159	00:42:14	206	Bethan Ford	F35-39	Pontypridd Roadents
160	00:42:17	208	Laura Anthony	F35-39	Pontyclun RRC
161	00:42:18	209	Shakira Bennett	F35-39	Pontyclun RRC
162	00:42:20	68	Michael Driscoll	M45-49	Les Croupiers RC
163	00:42:26	202	Rebekah Miles	F35-39	unattached
164	00:42:29	203	Katie James	F35-39	Les Croupiers RC
165	00:42:37	72	Stephen Quinn	M45-49	Les Croupiers RC
166	00:42:41	138	Ian MacKenzie	M55-59	Les Croupiers RC
167	00:42:48	79	Fadi Daydoun	M45-49	unattached
168	00:42:50	159	Firouz Mal	M60-64	Les Croupiers RC
169	00:42:51	45	Luke Heslop	M40-44	Pegasus RC
170	00:42:54	34	Richard Sibbick	M40-44	Les Croupiers RC
171	00:43:06	213	Jo Gamba	F35-39	Ogmore Phoenix
172	00:43:18	253	Natalie Cartlidge	F45-49	San Domenico RC
173	00:43:28	277	Rachel Kennedy	F50-54	Lliswerry
174	00:43:30	214	Bethan McMinn	F35-39	unattached
175	00:43:41	272	Joanna Friedli	F50-54	Les Croupiers RC
176	00:43:51	38	Stephen Wood	M40-44	Pegasus RC
177	00:43:53	185	Frank Williams	M65-69	unattached
178	00:43:59	25	Peter Heath	M35-39	Les Croupiers RC
179	00:44:12	299	Jill Hancock	F55-59	White Rock Runners
180	00:44:41	205	Adele Taylor	F35-39	Les Croupiers RC
181	00:44:55	294	Gill Murphy	F65-69	Les Croupiers RC
182	00:45:01	173	James McClenaghan	M65-69	unattached
183	00:45:08	98	Robert Joslin	M50-54	Rhondda Valley
184	00:45:09	171	Dave Hebbes	M70-74	unattached
185	00:45:23	175	Michael Lewis	M75-79	Parc Bryn Bach
186	00:45:57	5	Luigi Bonifacio	M35-39	Llanelli
187	00:45:58	300	Trisha Searle	F55-59	Canton Chargers
188	00:46:07	103	David McDonald	M50-54	Les Croupiers RC
189	00:46:10	83	Brett Jones	M45-49	Les Croupiers RC
190	00:46:31	95	Gareth Rees	M50-54	unattached
191	00:46:34	10	Lee Harding	M35-39	White Rock Runners
192	00:46:48	123	Phil Groves	M55-59	Pegasus RC
193	00:46:59	297	Clare Bell	F55-59	Les Croupiers RC
194	00:47:11	221	Nicola Lewis	F40-44	Parc Bryn Bach
195	00:47:13	305	Jean Marchant	F55-59	unattached
196	00:47:18	194	David Capel	M70-74	unattached
197	00:47:35	275	Debra Price	F50-54	Les Croupiers RC
198	00:47:38	204	Alison Lloyd	F35-39	unattached
199	00:47:44	254	Anne Wesson	F45-49	unattached
200	00:47:53	188	Geoffrey Bayliss	M70-74	Chepstow Harriers
201	00:48:10	302	Susan Davis	F55-59	Lliswerry
202	00:48:59	192	Barry James	M65-69	Porthcawl Runners
203	00:49:04	151	Ian Warner	M60-64	unattached

Pos	Time	Bib #	Name	Age Group	Club
204	00:50:01	40	Dorian Boulter	M40-44	unattached
205	00:50:14	293	Sandra Caveney	F55-59	Les Croupiers RC
206	00:50:26	176	Ian Swanson	M65-69	Port Talbot Harriers
207	00:51:08	228	Dawne Meynell-Western	F40-44	Rhondda Valley
208	00:51:08	274	Sian Jenkins	F50-54	Ogmore Phoenix
209	00:51:24	224	Kate Llewellyn	F40-44	unattached
210	00:51:30	242	Tracey Newman	F45-49	Les Croupiers RC
211	00:51:49	182	Geoff Wright	M70-74	Les Croupiers RC
212	00:51:51	195	Nigel Leyton Jones	M65-69	Llanelli
213	00:52:11	273	Louise Eames	F50-54	unattached
214	00:52:55	295	Clare Johnston	F70-74	Les Croupiers RC
215	00:53:11	244	Helen Hubback	F45-49	Les Croupiers RC
216	00:53:12	223	Laura Coombs	F40-44	Les Croupiers RC
217	00:53:19	32	Jon Martin	M40-44	Les Croupiers RC
218	00:58:35	164	Alan Mann	M60-64	Les Croupiers RC
219	01:00:48	174	Syd Wheeler	M80-84	Chepstow Harriers
220	01:03:25	231	Lindsey Cox	F40-44	Heath Massive
221	01:03:25	276	Arlene Osman	F50-54	Parc Bryn Bach



The Old Father Time Road Race

