

Les Croupiers RC OLD FATHER TIME 5 Miles Race Results 31 Dec 2023

Position	Name	Age Class	Club	Race No	Time
1	Luke Williams	M35	Micky Morris Racing Team	420	0:26:03
2	Oliver Williams	M35	Les Croupiers RC	414	0:26:27
3	Phil Hambleton	M35	Les Croupiers	407	0:26:33
4	Jon Like	M35	Parc Bryn Bach RC	418	0:26:50
5	Ben Butler-Madden	M40	Pontypridd Roadents AC	453	0:27:04
6	James Thie	M45	Pontypridd Roadents AC	500	0:27:15
7	Sam Jones	M35	Parc Bryn Bach RC	428	0:27:18
8	Huw Evans	M50	Parc Bryn Bach RC	542	0:27:36
9	James Peters	M35	Pontypridd Roadents AC	417	0:27:37
10	Edward Matthews	M35	Pontypridd Roadents AC	408	0:27:44
11	Paul Bradley	M35	Hales owen	427	0:27:52
12	Steve Paterson	M45	Les Croupiers RC	507	0:28:01
13	Lee Aherne	M55	Parc Bryn Bach RC	580	0:28:04
14	Vaughan Edwards	M45	Les Croupiers RC	486	0:28:05
15	David Aubrey	M35	Western Tempo	401	0:28:06
16	Mikey Bryant	M35	Swansea Harriers	403	0:28:29
17	Gary Brown	M40	Les Croupiers RC	452	0:28:41
18	Arwel Evans	M35	Les Croupiers RC	405	0:28:42
19	Darragh Hanley-Crofts	M35	Les Croupiers RC	423	0:28:43
20	Marc Turner	M50	Hales owen	551	0:28:48
21	Ifan Lloyd	M60	Swansea Harriers AC	612	0:29:07
22	Gavin Patterson	M40	Parc Bryn Bach RC	464	0:29:12
23	Tom Gwynne-Harris	M35	Les Croupiers RC	406	0:29:37
24	Nathan Christoforato	M40	Les Croupiers RC	454	0:29:41
25	Gabrielius Stuokus	M35	Swansea Harriers AC	411	0:29:42
26	Danny Evans	M40	Parc Bryn Bach RC	472	0:29:49
27	Robert Pritchard	M40	Lliswerry Runners	465	0:29:58

28	Mark Furnish	M35	San Domenico Road RC	421	0:30:01
29	Daniel Gurmin	M40		467	0:30:12
30	Edward Land	M40	Aberystwyth AC	461	0:30:19
31	Louise Flynn	W40	Les Croupiers RC	722	0:30:39
32	Shelley Chiles	M50	Aberystwyth AC	548	0:30:46
33	Aidan O'Donnell	M45	CDF Runners	494	0:31:08
34	Paul Hayward	M40	Islwyn RC	460	0:31:24
35	Charlie Bendall	M35	Chepstow Harriers	416	0:31:33
36	Ian Bird	M35	Run 4 All	402	0:31:37
37	William Edwards	M50	Porthcawl Runnerslife	545	0:31:38
38	Clare Patterson	W40	Parc Bryn Bach RC	727	0:31:44
39	Niki Puleio	M45	Ogmore Phoenix	496	0:31:47
40	Gareth Logan	M35	Les Croupiers RC	425	0:31:50
41	Stephen Bartlett	M55	Aberdare Valley Amateur AC	578	0:31:55
42	Andy Pearce	M55	Penarth and Dinas Runners	579	0:32:06
43	Kevin Chalke	M60	Penarth and Dinas Runners	605	0:32:12
44	Paul Dodd	M65	Chepstow Harriers	633	0:32:15
45	Tom Oliver	M35	Bridgend AC	426	0:32:27
46	John Seaward	M35	Caerphilly Runners	410	0:32:30
47	Richard Edge	M45	CDF Runners	485	0:32:34
48	Jen Coleman	W45	Les Croupiers RC	760	0:32:38
49	Nicola Jukes	W50	Parc Bryn Bach RC	777	0:32:43
50	James Bruce	M50	Les Croupiers RC	531	0:32:44
51	Paul Deaton	M55	Penarth and Dinas Runners	564	0:32:46
52	Gabriella Booth	W35	Porthcawl runners	701	0:32:47
53	Gethin Powell	M40	Pontypridd Roadents AC	468	0:32:49
54	Ross Flanigan	M55	Penarth and Dinas Runners	566	0:32:57
55	Heidi Waters	W35	Port Talbot Harriers	710	0:32:59
56	Stuart Crees	M45	Les Croupiers RC	503	0:33:01
57	Niki Morgan	W55	Chepstow Harriers	796	0:33:01
58	Richard Bullen	M60	Les Croupiers RC	619	0:33:03

59	Terry Moynihan	M50	Northbrook AC	544	0:33:10
60	Tracey Breedon	W45	Aberystwyth AC	743	0:33:12
61	Lenny Sayers	M45	Les Croupiers RC	501	0:33:15
62	Robert Stephens	M45	Brecon AC	498	0:33:16
63	Cherry Fowler	W50	Chepstow Harriers	774	0:33:16
64	Leah Stephens	W40	Les Croupiers RC	734	0:33:17
65	Jonathan Monk	M40	Pontypridd Roadents AC	462	0:33:26
66	Liz May	W45	Pontypridd Roadents AC	762	0:33:26
67	David Coles	M60	Les Croupiers RC	607	0:33:46
68	Ian Ogilvie	M55	Brackla Harriers	571	0:33:50
69	Michael Ramsey	M60	Les Croupiers RC	618	0:33:51
70	Lee Gwyn	M40	None	458	0:33:56
71	Justine Dawkins	W50	Cornelly Striders	772	0:34:00
72	Jeremy Thomas	M60	Les Croupiers RC	616	0:34:03
73	John Lloyd	M55	Brackla Harriers	583	0:34:10
74	Laura Jones	W40	Les Croupiers RC	731	0:34:17
75	Catherine Barker	W45	Penarth and Dinas Runners	766	0:34:23
76	Claire Phillips	W50	Port Talbot Harriers	788	0:34:27
77	Sean Parry	M40	Cornelly Striders	463	0:34:35
78	Joanne Hudson	W55	Caerphilly Road Runners	795	0:34:37
79	Kimberley Price	W40	Parc Bryn Bach RC	737	0:34:42
80	Alun Wood	M40	Parc Bryn Bach RC	473	0:34:46
81	Alex Hamilton	M35	Burnham On Sea Harriers	415	0:34:47
82	Stephen Summers	M55	Bridgend AC	574	0:34:58
83	Peter Osborne	M60	Llanelli Ath	625	0:35:17
84	Vincent Nazareth	M60	Les Croupiers RC	614	0:35:23
85	Bethan Butler-Madden	W35	Pontypridd Roadents AC	702	0:35:24
86	Aled Hughes	M45	Ogmore phoenix runners	490	0:35:29
87	Sarah Pryor	W45	Les Croupiers RC	755	0:35:32
88	Terry O'Brien	M65		638	0:35:37
89	Alan Vaughan	M45	White rock runners	499	0:35:38

90	Amanda Martin	W55	Tewkesbury AC	805	0:36:03
91	John Carroll	M55	Pontypridd Roadents AC	582	0:36:09
92	Steven Chadwell	M50	Les Croupiers RC	541	0:36:22
93	Huw Griffiths	M40	Severn AC	457	0:36:29
94	Richard Self	M55	Les Croupiers RC	573	0:36:39
95	Tom Miller	M60	Northbrook AC	624	0:36:42
96	Kevin Thomas	M55	Neath Harriers	575	0:36:50
97	Adrian Lewis	M50	Brackla Harriers	536	0:36:51
98	Rachel Walsh	W45	Les Croupiers RC	757	0:36:54
99	Steven Barker	M50	Penarth and Dinas Runners	543	0:36:56
100	Robert Green	M45	Ogmore Phoenix	488	0:37:15
101	Brett Davis	M60	Newport Harriers	609	0:37:28
102	Natasha Barton	W40	Pencoed Panthers	729	0:37:39
103	Huw Williams	M40	Rhondda Valley Runners	474	0:37:52
104	Stuart Felix	M45	Rhondda Valley Runners	502	0:37:53
105	Leonie Roberts	W45	Fairwater runners Cwmbran	767	0:37:55
106	Philip Payne	M60		615	0:37:57
107	Isobel Dawson	W40	Llanelli Ath	738	0:37:58
108	Oscar Calvé	M70	Maratón Rioja	651	0:37:59
109	Neil Ellis	M45	Pontypridd Roadents AC	504	0:38:03
110	Tracey Bond	W50	Cornelly Striders	786	0:38:10
111	Mark Herbert	M40	Les Croupiers RC	469	0:38:17
112	Wayne Chinnock	M40	Pencoed panthers	466	0:38:22
113	Wendy Hurst	W45	Bridgend Athletics	747	0:38:30
114	Jane Sheldon	W50	Penarth and Dinas Runners	780	0:38:32
115	Douglas Young	M35	San Domenico Road RC	422	0:38:35
116	Elio Lepore	M65	Les Croupiers RC	636	0:38:37
117	James George	M50	Penarth and Dinas Runners	533	0:38:45
118	James Davies	M40		470	0:38:48
119	Cathryn Matthews	W40		736	0:38:51
120	Howard Kent	M70	Les Croupiers RC	657	0:38:53

121	Libby Crees	W55	Les Croupiers RC	806	0:38:54
122	Andrew Davies	M60	Pontypridd Roadents AC	621	0:38:55
123	Terry Caveney	M60	Les Croupiers	604	0:39:04
124	Jeremy Dickson	M60	Lliswerry Runners	610	0:39:06
125	Dawn Howles	W55		801	0:39:14
126	Keith Verheyden	M60	FERC	617	0:39:25
127	Nick Pounder	M45	Pontypridd Roadents AC	506	0:39:32
128	Richard Sewell	M65	Penarth	640	0:39:45
129	David Flynn	M65	Les Croupiers RC	644	0:39:49
130	Peter Warren	M65	Les Croupiers RC	642	0:39:58
131	Michelle Amblin	W45	Les Croupiers RC	741	0:40:00
132	Malcolm Bradley	M70	Penarth & Dinas	664	0:40:15
133	Martyn Jones	M55		568	0:40:18
134	Edward Owen	M50	Run Grangetown	538	0:40:24
135	Alexis Briggs	W35	Burnham On Sea Harriers	709	0:40:26
136	Kevin Bradfield	M55	Parc Bryn Bach RC	584	0:40:29
137	Dimon Pritchard	M50	Pontypridd Roadents AC	549	0:40:35
138	Norman Gibson	M65		643	0:40:37
139	Jack Ayoub	M70	Bridgend AC	663	0:40:38
140	Hannah Player	W40	Pencoed Panthers	730	0:40:40
141	Rebekah Miles	W40	Les Croupiers RC	725	0:40:41
142	Sarah Davies	W50	Ogmore Phoenix Runners	771	0:40:45
143	Alan Mason	M60	Les Croupiers RC	613	0:40:49
144	Gary John	M65	Les Croupiers RC	634	0:40:58
145	Amanda Beel	W40		721	0:41:26
146	Richard Morgan	M45	Grangetown	508	0:41:28
147	Sian Schultz	W45		763	0:41:28
148	Justin Jones	M50		547	0:41:34
149	Garth Edwards	M50	Rhondda Valley Runners	550	0:41:42
150	Fiona Drysdale	W50	Ogmore Phoenix	789	0:41:52
151	Jane Lewis	W55	Fairwater Runners Cwmbran	800	0:41:56

152	Claire Bruce	W45	Les Croupiers RC	758	0:41:59
153	Judi Rhys	W60	Les Croupiers	816	0:42:02
154	Andrea Webster	W65	Les Croupiers RC	825	0:42:09
155	Martin Green	M50	Pontypridd Roadents AC	534	0:42:10
156	Stephen Owen	M70	Chepstow Harriers	659	0:42:14
157	Michael H Davies	M70	Les Croupiers RC	653	0:42:17
158	Sally Groves	W60	Pegasus RC	813	0:42:26
159	Becky Griffiths	W45		745	0:43:03
160	Simon Partridge	M70	Neath Harriers AC	660	0:43:13
161	Jane Ogilvie	W55	Brackla Harriers	797	0:43:24
162	Graham Webster	M65	Les Croupiers RC	647	0:43:28
163	Carol Bartle	W60	Ogmore Phoenix Runners	819	0:43:29
164	Stephen Quin	M50	Les Croupiers RC	539	0:43:31
165	Robert Flanagan	M55	Pontypridd Roadents AC	565	0:43:53
166	Romana Maine	W60	Porthcawl Runners	815	0:44:00
167	Joanne Dunscombe	W45	Pegasus RC	764	0:44:05
168	Denise Bradley	W60	Ogmore Phoenix Runners	817	0:44:08
169	Lina Land	W40	Aberystwyth AC	739	0:44:16
170	Tessa Matthews	W65	Llantwit Major Milers	824	0:44:20
171	Theresa Sharland	W35	Aberystwyth AC	707	0:44:25
172	Jacky Miles	W70	Park Brynbach	833	0:44:32
173	Paul Burrows	M45	Trail Monkey Jersey	505	0:44:45
174	Holly Walker	W35	Llantwit major milers	713	0:44:53
175	Rob Jones	M50	Pegasus RC	546	0:44:54
176	Eve Gallop-Evans	W60	Les Croupiers	812	0:44:55
177	Mary Beech	W60	Brackla Harriers	820	0:44:56
178	Nick Harris	M35	Ogmore Phoenix	424	0:45:05
179	Janet Smith	W55	Les Croupiers RC	808	0:45:07
180	Antony Phillips	M55	Bridgend AC	572	0:45:14
181	Tammie Clemett	W50	Ogmore phoenix runners	785	0:45:31
182	Nigel Hammersley	M40	Pegasus RC	459	0:45:39

183	Colin Crooks	M65	Pegasus RC	631	0:45:41
184	Graeme Donnan	M70	Les Croupiers RC	654	0:45:43
185	Phil Allen	M60	Pegasus RC	601	0:45:54
186	Juli Scholey	W60	Les Croupiers RC	691	0:45:58
187	Paul Wesson	M55	Les Croupiers RC	577	0:46:13
188	Paul Allen	M75	Hales owen	671	0:46:19
189	Kelly Crofts	W40	Les Croupiers RC	735	0:46:56
190	Dennis Collins	M55	Rhondda valley runners	563	0:47:00
191	Joanna Friedli	W50	Les Croupiers RC	787	0:47:01
192	Ellie Michael	W45	Pegasus RC	761	0:47:09
193	Philip Brett	M40	Weston AC	451	0:47:10
194	Dawn Hopkins	W45	Ogmore Phoenix Runners	746	0:47:12
195	James Young	M65		645	0:47:20
196	Melanie Thomas	W40	Ogmore Phoenix Runners	728	0:47:20
197	Robert Lewis	M55	Fairwater Runners Cwmbran.	576	0:47:25
198	Dundulyte Dalia	W40	Pencoed Panthers	733	0:47:35
199	Jill Hancock	W60	White Rock runners	814	0:47:49
200	Karen Chadwell	W50	Les Croupiers RC	783	0:47:53
201	Dawne Meynell-Western	W45	Rhondda Valley Runners	749	0:48:00
202	Phil Groves	M60	Pegasus RC	611	0:48:30
203	Karen Phillips	W55	Porthcawl Runners	798	0:48:48
204	Kaye Pedler	W45	Ogmore Phoenix Runners	753	0:48:50
205	Anne Wesson	W50		784	0:49:04
206	Claire Morgan	W45	Bridgend AC	751	0:49:18
207	Laurie Morgan	W40		726	0:49:46
208	Peter Pendle	M65	Veteran Runners	646	0:51:55
209	Tricia Searle	W60	SheRunsCardiff	818	0:52:04
210	Julie Haigh	W65	Caerphilly Runners	822	0:52:21
211	Joanne Jenkins	W50	Pencoed Panthers	775	0:52:51
212	Cerys Peters	W45	Pencoed Panthers	754	0:52:56
213	Stephen Blake	M55	Pegasus RC	562	0:53:05

214	Katie Jones	W40		724	0:53:10
215	Pamela Flanagan	W55	Pontypridd Roadents AC	793	0:53:12
216	Judith Evans	W55	Lliswerry Runners	792	0:54:20
217	Louise Eames	W55	Western Road Runners	809	0:54:38
218	Suzanne Thomas	W55		799	0:55:26
219	Sian Jenkins	W50	Ogmore Phoenix Runners	776	0:55:56
220	John Cunnany	M75	Pontyclun Road Runners	672	0:56:24
221	Stephen New	M55	Penarth and Dinas Runners	570	0:56:25
222	Geoff Wright	M70	Les Croupiers	662	0:56:26
223	Nicki Scott	W35		706	0:56:54
224	Tina Lloyd	W55	Brackla Harriers	807	0:59:36
225	Sarah O'Carroll	W45		752	0:59:56
226	Barrie Roberts	M80	Bournville Harriers	681	1:00:04
227	Linda Harris	W55	Ogmore Phoenix Runners	794	1:01:05
228	Lindsey Clifford	W45	Weston AC	744	1:05:09
229	Helen Williams	W35		708	1:05:20
230	Kirsty Pritchard	W35	Run Grangetown	705	1:05:21
231	Catherine Gape	W40		723	1:05:45
232	Helen Griffiths	W55	Ogmore Phoenix	804	1:09:55
233	Melinda Thomas	W45	Ogmore Phoenix	756	1:10:54
234	Alexis Barrett	W45	Ogmore Phoenix Runners	742	1:10:55
235	Vicki Crispin	W35		703	1:12:46
236	Syd Wheeler	M85	Chepstow Harriers	682	1:40:56