

Old Father Time 5
Pontcanna, Cardiff
Sunday 30 December 2007

(incorporating the Welsh Masters 5 mile Championship)

Position	Athlete	Club	Category	Time
1	Peter Coles	Pontypridd	45	26.21
2	Neil Hardee	Newport	40	26.24
3	Andrew Hussey	Cheltenham	40	26.25
4	Paul Griffiths	Neath	40	26.28
5	Lee Aherne	Club 69	40	26.35
6	Phil Crane	Neath	45	27.15
7	Tim Lewis	Bridgend	40	27.26
8	Paul Sperrin	Bitton	45	27.47
9	David Davies	Spa Tans	50	28.29
10	John Foster	Lliswerry	45	29.00
11	Mick Tabor	Les Croupiers	50	29.16
12	Mark Reynolds	Neath	35	29.18
13	Peter Davies	Bridgend	50	29.24
14	Mike Lewis		40	29.27
15	Huw Roberts	Bridgend	50	29.46
16	Evan Jones		40	29.50
17	Mark Anderson	Pewsey Vale	45	29.54
18	Peter Kellam	Les Croupiers	40	30.07
19	Haydn Hartnell	Islwyn	45	30.10
20	Brett Davis	Newport	40	30.14
21	Richard Self	Les Croupiers	40	30.17
22	Ben Farag	Les Croupiers	45	30.18
23	David Crane	Unattached	45	30.19
24	Matt Townsend	Les Croupiers	35	30.19
25	Gerry Crispie	Les Croupiers	45	30.23
26	Geraint Williams	Pontypridd	35	30.27
27	David Davies	Neath	55	30.34
28	Aiden Calloghan	Cardiff		30.35
29	Alan Walton	San Domenico	35	30.38
30	Jon Embling	Bridgend	50	30.47
31	Paul Jenkins		40	30.52
32	Andrew Palmer	Penarth and Dinas	35	30.56
33	Dave Hughes	Bridgend	40	30.59
34	John O'Shea	Les Croupiers	50	31.09
35	Alan Kerr	Bridgend	50	31.16
36	Kevin McCarthy	RRC	40	31.20
37	Chris Blackmore	Cardiff Harlequins	35	31.22
38	Richard Landon		40	31.26
39	Brian Lovett	San Domenico	40	31.32
40	James Picksley	Sparkhill	40	31.36
41	Gareth Jones	Chepstow	60	31.37
42	Mark Dunscombe	Sarn Helen	45	31.38
43	Steve Brace	Bridgend	45	31.40
44	Gareth Hardman	Bridgend	40	31.43
45	Phil Bamsey	Neath	55	31.44
46	Andrew Davies	Pontypridd	40	31.47
47	Mike Davies	Les Croupiers	55	31.50
48	Elio Lapore	Les Croupiers	50	31.52
49	John Summers	Pewsey Vale	50	31.53

50	Stuart McIlroy		35	31.56
51	Richard Sewell	Les Croupiers	50	32.11
52	Darren McAtee	Newport	45	32.21
53	Mike Woods		40	32.23
54	Terry Caveney	Les Croupiers	45	32.23
55	Cyril Walters	TROT's	60	32.33
56	Jim Delaney	San Domenico	50	32.36
57	Tim O'Sullivan	Les Croupiers	45	32.36
58	Howard Kent	Les Croupiers	50	32.58
59	Paul Price		40	33.01
60	Neil Lewis		35	33.11
61	Alan Cox		50	33.16
62	Dominic Shields	San Domenico	40	33.27
63	Alan Mason	Les Croupiers	45	33.30
64	Paul Morris	Les Croupiers	45	33.39
65	Phil Osmond		40	33.41
66	David Oak	Neath	60	33.42
67	Judith Llewellyn	Chepstow	L40	33.45
68	Denis Murphy	Les Croupiers	55	33.48
69	Steve Owen	Les Croupiers	50	33.50
70	Dave Price	Les Croupiers	40	33.51
71	Dave Proud	Les Croupiers	40	33.51
72	Phil Morris	IIF	55	34.08
73	Maureen Emmett	IIF	L50	34.10
74	Alan Mann	Les Croupiers	50	34.18
75	John Cunnane	100k Club	55	34.32
76	Ken Buckle	Cheltenham	65	34.34
77	Stephen Jones	Islwyn	45	34.36
78	Jeff Aston	Les Croupiers	60	34.37
79	Ralph Pattinson		50	34.39
80	Maria Zubizaretta	Les Croupiers	L35	34.49
81	Keith Verheyden		45	34.55
82	Debbie Cockram	Fairwater	L40	34.58
83	Neil Tatnell	Les Croupiers	50	35.02
84	Alex Roberts		40	35.03
85	Paul Sanders	Les Croupiers	50	35.08
86	Jaqui Austin	Club 69	L55	35.12
87	Stephen New	100 Marathon Club	40	35.24
88	Peter Maksimovic		45	35.44
89	Sue Davies		L45	35.48
90	Andrew Sedgmond	Les Croupiers	50	35.52
91	Gill Kellam	Les Croupiers	L45	35.57
92	James McClachan		50	36.10
93	Robert Ford	Pontypridd	50	36.12
94	Judi Rhys	Les Croupiers	L45	36.15
95	Frank Williams	Les Croupiers	50	36.16
96	Sue Tagg	Club 69	L40	36.25
97	Julie Lewis	Les Croupiers	L50	36.28
98	Dave Weeden	Les Croupiers	45	36.52
99	Mandy Jones	Islwyn	L45	36.56
100	Kellinin Portelli		40	36.57
101	Stuart Davidson	Bridgend	55	36.59
102	D Weston		55	37.12
103	Brenda Avery		L55	37.12
104	Robert Lister	Pewsey Vale	50	37.35
105	Caroline Dallimore	Les Croupiers	L50	37.41

106	David Rowlands		40	37.48
107	Hadyn Williams		60	37.53
108	Keith Starr		45	38.01
109	Dave Hebbes		55	38.06
110	Steve Williams	Les Croupiers	50	38.06
111	Judith Oakley	Vegan Runners	L40	38.15
112	Colin Prosser	Chepstow	40	38.28
113	Syd Wheeler	Chepstow	70	38.55
114	M Hilton		40	38.56
115	Robert Phillips	Pontypridd	40	38.57
116	Siobhan Brown	Sparkhill	L35	39.02
117	Paul Davies	Cardiff Triathletes	55	39.10
118	John Plowman		60	39.13
119	Jonathan Tagg		45	39.17
120	Brian Blandford	Neath	70	39.18
121	William Davies	Winchester	75	39.24
122	Ralph Davey	Les Croupiers	60	39.26
123	Mark Tattersall	Neath	65	39.47
124	Davis McDonald		35	40.03
125	David Heath		40	40.04
126	Colin Robinson		35	40.33
127	Ian Swanson	Port Talbot	55	40.41
128	Barry James		55	40.52
129	Chris Osmond		65	40.56
130	Michael Oakley	Vegan Runners	35	40.59
131	Terry Vickery		60	41.03
132	Ian Warner		45	41.19
133	Gerard Newman	Stroud and District	50	41.23
134	Peter Regan		45	41.25
135	Rob Lewis		40	41.26
136	Janice Clement	Penarth and Dinas	L45	41.31
137	Wendy Roberts	Chepstow	L40	42.00
138	Dawn Moules		L35	42.15
139	John Lewis		45	42.15
140	Robert Helyar		40	42.23
141	Clare Johnson	Les Croupiers	L60	42.25
142	David Sanderson	Painswick	55	42.25
143	Sarah Robinson		L40	42.37
144	Howard Prosser		55	42.45
145	Robert Cook		45	42.55
146	Rod Jones	Les Croupiers	60	42.56
147	Grahan Irving		45	42.57
148	Sandra Hustin		L35	42.57
149	Paula James	Pontypridd	L35	43.47
150	Jane Llewellyn	Miskin	L55	44.23
151	Pamela Claney		L50	44.30
152	Kathryn Sweetman	Run 4 Women	L35	44.42
153	Ruth Treharne	Islwyn	L40	44.45
154	Mal Rowson	Les Croupiers	L55	45.21
155	Gary Bird		45	45.33
156	Neil Welsh	Cardiff Harlequins	40	45.45
157	Gary McCarthy		35	46.00
158	Gary Pesticcio		35	46.28
159	Andrew Smith		55	46.32
160	Paul Sydenham		50	46.51
161	Nigel Thomas		50	46.52

162	Jim McCulloch	Penarth and Dinas	50	47.03
163	Joy Davies	Les Croupiers	L45	47.11
164	Pat Searle		L45	47.18
165	Gill Murphy	Les Croupiers	L50	47.21
166	Karen Phillips	Les Croupiers	L40	47.34
167	Martin Matthews		40	47.36
168	Alan Bladen	Les Croupiers	70	48.05
169	Patricia Davidson	Brackla	L50	48.57
170	Jenny Johnson	Les Croupiers	L40	49.08
171	Joy Beavon	Les Croupiers	L40	49.41
172	Judith Baydoun		L50	50.29
173	Eirian Arwyn	Les Croupiers	L50	51.21
174	Anne Donald	Les Croupiers	L55	51.46
175	Geoff Wright	Les Croupiers	55	52.56
176	Rosemary Sanderson	Painswick	L45	56.26
177	Lorna Cimla	Stroud and District	L50	56.26