

# OLD FATHER TIME 5 MILE

Line Through = Disqualified

Place	Name (Team)	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	JAMES THIE (CAAC)		RUNNER	80	00:26:27.590	03:17	18.2kph	M	39	
2	RICHARD JACKSON-HOOKINS (P&D)		RUNNER	31	00:26:50.866	03:20	18.0kph	M	36	
3	ALED HUGHES		RUNNER	58	00:27:07.182	03:22	17.8kph	M	40	
4	RICH BAKER (LCRC)		RUNNER	92	00:27:16.419	03:23	17.7kph	M	47	
5	DAVID JOHN WILLIAMS (LCRC)		RUNNER	73	00:27:16.874	03:23	17.7kph	M	36	
6	BEN BUTLER-MADDEN (P&D)		RUNNER	63	00:27:20.457	03:23	17.7kph	M	36	
7	SIMON LEWIS (PONTYRD)		RUNNER	53	00:27:34.386	03:25	17.5kph	M	40	
8	MARC TURNER		RUNNER	68	00:28:06.734	03:29	17.2kph	M	44	
9	STEPHEN BARTLETT (PONTYRD)		RUNNER	66	00:28:30.932	03:32	16.9kph	M	50	
10	HUW EVANS (LCRC)		RUNNER	61	00:28:45.811	03:34	16.8kph	M	45	
11	ANDREW BLAIR (LCRC)		RUNNER	21	00:29:09.472	03:37	16.6kph	M	53	
12	STUART CREES (LES CROUPIERS)		RUNNER	32	00:29:12.757	03:37	16.5kph	M	40	
13	MARK HORSMAN		RUNNER	74	00:29:16.649	03:38	16.5kph	M	39	
14	GARY BROWN (P&D)		RUNNER	46	00:29:37.719	03:40	16.3kph	M	36	
15	JASON PRICE		RUNNER	48	00:29:39.922	03:41	16.3kph	M	48	
16	ALAN DAVIES		RUNNER	42	00:29:40.539	03:41	16.3kph	M	65	
17	SIMON MILES (PONTYRD)		RUNNER	43	00:30:04.636	03:44	16.1kph	M	42	
18	DAVE JAMES (LES CROUPIERS)		RUNNER	30	00:30:07.141	03:44	16.0kph	M	60	
19	KEITH JAMES (PONTYRD)		RUNNER	59	00:30:23.853	03:46	15.9kph	M	43	
20	JULIAN BOON (FOD)		RUNNER	45	00:30:28.402	03:47	15.8kph	M	48	
21	LAURENCE POLE (PONTYRD)		RUNNER	47	00:30:36.777	03:48	15.8kph	M	43	
22	LLINOS JONES		RUNNER	226	00:30:43.871	03:49	15.7kph	F	36	
23	PHILIP WILLIAMS (PONTYRD)		RUNNER	79	00:31:01.768	03:51	15.6kph	M	40	
24	DAVE LOWTHIAN (FOD)	LYDBROOK, GB	RUNNER	2	00:31:21.770	03:53	15.4kph	M	51	3092069
25	RICHARD BULLEN (LCRC)		RUNNER	26	00:31:30.050	03:54	15.3kph	M	57	7020841
26	VINCENT NAZARETH (LCRC)		RUNNER	86	00:31:39.554	03:56	15.3kph	M	56	
27	DANIEL LUFFMAN (LCRC)		RUNNER	75	00:31:41.685	03:56	15.2kph	M	44	
28	JOHNNY LAM (SANDOM)		RUNNER	34	00:31:43.700	03:56	15.2kph	M	44	
29	DAVID COLES (LCRC)		RUNNER	67	00:32:36.211	04:03	14.8kph	M	58	
30	DAVID PROUD (LCRC)		RUNNER	76	00:32:45.208	04:04	14.7kph	M	50	
31	DAVID SAUNDERS		RUNNER	95	00:32:51.333	04:04	14.7kph	M	35	
32	NICOLA JUKES (PBB)		RUNNER	231	00:33:02.235	04:06	14.6kph	F	47	
33	JOHN HILL		RUNNER	71	00:33:04.501	04:06	14.6kph	M	66	
34	RICHARD DAVIES (LES CROUPIERS)		RUNNER	39	00:33:24.503	04:09	14.5kph	M	51	
35	HUW ROBERTS (BRID)		RUNNER	57	00:33:48.511	04:12	14.3kph	M	60	
36	ANDREW CAPEL		RUNNER	81	00:33:59.551	04:13	14.2kph	M	43	
37	NATHANIEL PALMER (LCRC)		RUNNER	85	00:34:23.546	04:16	14.0kph	M	47	
38	DAVID PLACE		RUNNER	91	00:34:28.191	04:17	14.0kph	M	54	
39	SIMON CARTLIDGE		RUNNER	89	00:34:32.251	04:17	14.0kph	M	46	
40	ROBERT PARKER (PONTYRD)		RUNNER	50	00:34:34.881	04:17	14.0kph	M	35	
41	LIBBY CREES (LCRC)		RUNNER	214	00:34:35.508	04:17	14.0kph	F	49	
42	MICK MCGEOCH (LCRC)		RUNNER	19	00:34:40.847	04:18	13.9kph	M	62	
43	DEB CHICK (PTH)		RUNNER	227	00:34:53.986	04:20	13.8kph	F	55	
44	JOANNE REES		RUNNER	219	00:35:14.146	04:22	13.7kph	F	43	
45	CATHERINE BARKER (P&D)		RUNNER	221	00:35:33.276	04:25	13.6kph	F	40	
46	ALAN ROBERTSON (FOD)		RUNNER	44	00:35:47.016	04:26	13.5kph	M	63	
47	RUTH CANN (P&D)		RUNNER	225	00:36:04.814	04:29	13.4kph	F	36	

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Place	Name (Team)	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
48	PHILIP VINES	PONTYPRIDD, GB	RUNNER	29	00:36:26.893	04:31	13.2kph	M	41	
49	GARETH JOHN (LCRC)	CARDIFF, GB	RUNNER	8	00:36:27.112	04:31	13.2kph	M	63	7020720
50	KERRI JAMES		RUNNER	234	00:36:37.024	04:33	13.2kph	F	46	
51	GWYN JONES (LES CROUPIERS)		RUNNER	35	00:36:41.394	04:33	13.2kph	M	52	
52	SARAH MCCARTHY (LCRC)	CARDIFF, GB	RUNNER	215	00:36:44.413	04:33	13.1kph	F	45	
53	STEPHEN QUIN (LCRC)		RUNNER	70	00:36:45.458	04:34	13.1kph	M	46	
54	DOUGLAS ?		RUNNER	94	00:36:47.151	04:34	13.1kph	M	35	
55	ROB EVANS (LES CROUPIERS)		RUNNER	38	00:36:47.952	04:34	13.1kph	M	64	
56	KERI JONES (PBB)		RUNNER	220	00:36:50.945	04:34	13.1kph	F	46	
57	PAUL ALLEN		RUNNER	72	00:37:01.656	04:36	13.0kph	M	71	
58	KEITH MCGEOCH (LCRC)		RUNNER	20	00:37:23.416	04:38	12.9kph	M	67	
59	JENNY MARTIN (LCRC)		RUNNER	213	00:37:25.453	04:39	12.9kph	F	38	
60	JOHN GARDENER (PEMBH)	HAVERFORDWEST, GB	RUNNER	4	00:37:29.300	04:39	12.9kph	M	76	7027530
61	JUDI RHYS (LCRC)		RUNNER	233	00:37:43.583	04:41	12.8kph	F	56	
62	MARTYN JENKINS (FAIR)		RUNNER	78	00:38:03.529	04:43	12.7kph	M	56	
63	ALAN MASON (LCRC)	CARDIFF, GB	RUNNER	11	00:38:09.233	04:44	12.7kph	M	57	7020872
64	KEVIN BRADFIELD (PBB)		RUNNER	41	00:38:12.900	04:44	12.6kph	M	52	
65	MARK EVANS (BRACK)		RUNNER	49	00:38:16.833	04:45	12.6kph	M	54	
66	GRAHAM CARRICK (PEGS)	CARDIFF, GB	RUNNER	33	00:38:22.396	04:46	12.6kph	M	53	2038991
67	JEANETTE JENKINS (FAIR)		RUNNER	237	00:38:25.415	04:46	12.6kph	F	56	
68	MICHELLE AMBLIN (LCRC)		RUNNER	229	00:38:27.688	04:46	12.6kph	F	42	
69	GEMMA HEWITT (FOD)		RUNNER	232	00:38:43.801	04:48	12.5kph	F	35	
70	MICHAEL HALSALL		RUNNER	52	00:38:45.477	04:48	12.5kph	M	44	
71	ADRIAN MATHIAS		RUNNER	51	00:38:52.061	04:49	12.4kph	M	52	
72	GRAHAM WEBSTER (LCRC)		RUNNER	60	00:38:58.855	04:50	12.4kph	M	60	
73	BRIAN GOUGH (PONTYRD)		RUNNER	69	00:38:59.501	04:50	12.4kph	M	76	
74	YVONNE BULLEN (LCRC)		RUNNER	208	00:39:01.850	04:51	12.4kph	F	53	7020842
75	GEOFF JONES		RUNNER	55	00:39:18.233	04:53	12.3kph	M	52	
76	PHILLIP PAYNE		RUNNER	40	00:39:23.525	04:53	12.3kph	M	54	
77	ANDREA WEBSTER (LCRC)		RUNNER	228	00:39:41.139	04:55	12.2kph	F	60	
78	GARETH JONES (CHEP)		RUNNER	65	00:40:02.630	04:58	12.1kph	M	70	
79	STEVEN PREDDY (LCRC)	PONTYPRIDD, GB	RUNNER	17	00:40:11.657	04:59	12.0kph	M	48	7041974
80	RAFAL ROZNAKOWSKI		RUNNER	88	00:40:23.932	05:01	12.0kph	M	32	
81	DAVE HEBBES	PENARTH, GB	RUNNER	5	00:41:24.344	05:08	11.7kph	M	68	
82	SALLY GROVES (PEGS)	CARDIFF, GB	RUNNER	204	00:41:47.243	05:11	11.6kph	F	54	70387438
83	GERRY CRISPIE (LCRC)		RUNNER	93	00:41:47.657	05:11	11.6kph	M	56	
84	NATALIE CARTLIDGE		RUNNER	241	00:42:07.855	05:14	11.5kph	F	47	
85	RALPH DAVEY (LCRC)	WENVOE, GB	RUNNER	16	00:42:23.211	05:16	11.4kph	M	73	7020849
86	ERIK DANIELSEN		RUNNER	54	00:42:40.675	05:18	11.3kph	M	52	
87	BRENDA AVERY (CHEP)		RUNNER	238	00:42:58.099	05:20	11.2kph	F	67	
88	DAVID GEORGE (LCRC)	CARDIFF, GB	RUNNER	9	00:42:58.472	05:20	11.2kph	M	49	7044264
89	HUW PARRY (LCRC)		RUNNER	83	00:43:00.369	05:20	11.2kph	M	60	
90	FIROUZ MAL (LCRC)	CARDIFF, GB	RUNNER	25	00:43:02.962	05:20	11.2kph	M	60	7020870
91	DAN GROVES (PEGS)		RUNNER	64	00:43:09.830	05:21	11.2kph	M	48	
92	GRAEME DONNAN (LCRC)	CARDIFF, GB	RUNNER	10	00:43:12.191	05:22	11.2kph	M	64	7020854
93	FRANK WILLIAMS (LCRC)		RUNNER	56	00:43:19.948	05:23	11.1kph	M	0	
94	CLAIRE BELL (LCRC)	CARDIFF, GB	RUNNER	218	00:43:29.801	05:24	11.1kph	F	54	7044588
95	CHRISTIE COLEMAN	CARDIFF,	RUNNER	13	00:43:33.543	05:24	11.1kph	M	51	7021961
96	RICHARD STREET (PEGS)	BARRY, GB	RUNNER	22	00:43:37.057	05:25	11.1kph	M	63	7029951

# OLD FATHER TIME 5 MILE

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Place	Name (Team)	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
97	JO POWELL		RUNNER	224	00:43:38.525	05:25	11.1kph	F	44	
98	RACHEL HIGGINSON (LCRC)	CARDIFF, GB	RUNNER	217	00:43:57.904	05:27	11.0kph	F	37	
99	TINA ROSSITER (LCRC)	CARDIFF, GB	RUNNER	201	00:44:00.575	05:28	11.0kph	F	56	7021960
100	GLENDA EDWARDS (LCRC)	CARDIFF, GB	RUNNER	203	00:44:02.794	05:28	11.0kph	F	54	7021342
101	PAULA KENNEDY		RUNNER	223	00:44:25.823	05:31	10.9kph	F	48	
102	RACHAEL FINLAYSON		RUNNER	240	00:44:30.203	05:31	10.8kph	F	46	
103	LORRETTA DALY (LCRC)		RUNNER	205	00:44:32.018	05:32	10.8kph	F	51	
104	RICHARD BROWN		RUNNER	84	00:44:43.602	05:33	10.8kph	M	67	
105	DAVID CAPEL		RUNNER	82	00:44:53.541	05:34	10.8kph	M	68	
106	JOHN PAYNE (LES CROUPIERS)		RUNNER	36	00:45:41.967	05:40	10.6kph	M	52	
107	STUART BALL (LES CROUPIERS)		RUNNER	37	00:45:42.385	05:40	10.6kph	M	40	
108	JULIE BROUGHTON (LCRC)		RUNNER	242	00:46:03.930	05:43	10.5kph	F	51	
109	LUKE HESLOP (PEGS)		RUNNER	90	00:46:04.148	05:43	10.5kph	M	40	
110	KAREN ELVERS (CHEP)		RUNNER	230	00:46:20.381	05:45	10.4kph	F	46	
111	ELIZABETH RANDALL (LCRC)		RUNNER	239	00:46:38.711	05:47	10.4kph	F	36	
112	DAVID MCDONALD (LCRC)		RUNNER	24	00:46:39.489	05:47	10.3kph	M	49	
113	CERI TAPPER (PONTYRD)		RUNNER	62	00:46:59.145	05:50	10.3kph	M	48	
114	GEOFFREY BAYLISS (CHEP)	CHEPSTOW, GB	RUNNER	23	00:47:41.245	05:55	10.1kph	M	71	7018202
115	JANE BAYLISS (CHEP)	CHEPSTOW, GB	RUNNER	206	00:48:21.830	06:00	10.0kph	F	65	7018203
116	HELEN WILLIAMS		RUNNER	236	00:48:26.100	06:01	10.0kph	F	36	
117	IAN SWANSON (PORT TALBOT HARRIERS)	PORT TALBOT, GB	RUNNER	6	00:48:28.249	06:01	10.0kph	M	67	7019792
118	GEOFF WRIGHT (LCRC)		RUNNER	15	00:48:34.009	06:02	9.9kph	M	68	
119	ALAN MANN (LCRC)		RUNNER	18	00:48:46.641	06:03	9.9kph	M	60	
120	JON MARTIN (LCRC)		RUNNER	28	00:49:00.716	06:05	9.9kph	M	40	
121	LISA DAVIES		RUNNER	222	00:49:22.388	06:08	9.8kph	F	44	
122	JEFF ASTON (LCRC)	CARDIFF, GB	RUNNER	12	00:49:53.713	06:12	9.7kph	M	70	7020706
123	LISA WILLIAMS (PONTYRD)		RUNNER	235	00:50:06.374	06:13	9.6kph	F	44	
124	LAURA COOMBES (LCRC)	CARDIFF, GB	RUNNER	209	00:50:41.628	06:17	9.5kph	F	41	7040586
125	CATRIN EVANS (LCRC)	CARDIFF, GB	RUNNER	211	00:51:02.682	06:20	9.5kph	F	44	7044108
126	COLIN CROOKS (PEGS)		RUNNER	77	00:52:44.796	06:33	9.2kph	M	62	
127	PHIL GROVES (PEGS)	CARDIFF, GB	RUNNER	3	00:52:45.014	06:33	9.2kph	M	57	
128	SYD WHEELER (CHEP)	LYDNEY, GB	RUNNER	1	00:53:31.759	06:39	9.0kph	M	80	7018436
129	TRACEY NEWMAN (LCRC)		RUNNER	216	00:54:30.752	06:46	8.9kph	F	47	
130	HELEN HUBBACK (LCRC)	CARDIFF, GB	RUNNER	210	00:54:40.681	06:47	8.8kph	F	45	7044560
131	CLAIRE GEORGE (LCRC)	CARDIFF, GB	RUNNER	202	00:54:40.930	06:47	8.8kph	F	46	7044443
132	JOHN GORDON (D&SH)	RHOOSE, GB	RUNNER	14	00:55:24.520	06:53	8.7kph	M	64	2714298
133	YUSUF RANGOONWALA (LCRC)		RUNNER	87	01:01:12.152	07:36	7.9kph	M	39	