

5 miles Ranking List 2010

1	+	Ed Donovan	28:34	Cardiff Bay	3.05.10
2		Phil Cook	28:41	Old Father Time	3.01.10
3	+	Lyndon Tudor-Maisey	29:21	Cardiff Bay	3.05.10
4	*	Philip George	29:22	Old Father Time	3.01.10
5	*	Martin Williams	29:41	Old Father Time	3.01.10
6	*	Matthew Hurford	29:49	Cardiff Bay	3.05.10
7		Dave Coles	29:56	Cardiff Bay	3.05.10
8		Mick McGeoch	30:01	Old Father Time	3.01.10
9		Peter Kellam	30:51	Cardiff Bay	3.05.10
10		Sandy Johnston	30:59	Cardiff Bay	3.05.10
11		Paul Coker	31:09	Cardiff Bay	3.05.10
12	+	John Davies	31:24	Cardiff Bay	3.05.10
13	+	Brian Richardson	31:27	Old Father Time	3.01.10
14	*	Libby O'Duffy	31:32	Old Father Time	3.01.10
15	*	Elio Lepore	31:56	Cardiff Bay	3.05.10
16		David Proud	32:01	Old Father Time	3.01.10
17		Mick Tabor	32:16	Old Father Time	3.01.10
18		John Diffey	32:19	Old Father Time	3.01.10
19		Rob Evans	32:31	Old Father Time	3.01.10
20	*	Alun Jones	32:34	Old Father Time	3.01.10
21		Paul Morris	32:36	Old Father Time	3.01.10
22		Gerry Crispie	32:40	Cardiff Bay	3.05.10
23		Mike Murphy	32:40	Cardiff Bay	3.05.10
24		Terry Caveney	32:48	Cardiff Bay	3.05.10
25		Matthew Townsend	32:48	Old Father Time	3.01.10
26	+	Brendan Jones	32:50	Old Father Time	3.01.10
27	*	Maria Zubizarreta	33:02	Old Father Time	3.01.10
28		Marcus Coles	33:16	Cardiff Bay	3.05.10
29		Steve Owen	33:25	Cardiff Bay	3.05.10
30		Jane Coker	33:33	Cardiff Bay	3.05.10
31	+	Eurof Davies	33:35	Cardiff Bay	3.05.10
32		Mike Davies	34:03	Cardiff Bay	3.05.10
33		Tim O'Sullivan	34:25	Cardiff Bay	3.05.10
34		Alan Mason	34:41	Cardiff Bay	3.05.10
35		Shaun Connor	34:49	Old Father Time	3.01.10
36	*	John Magee	35:11	Cardiff Bay	3.05.10
37	*	Kellinu Portelli	35:13	Old Father Time	3.01.10
38		Alan Mann	35:44	Cardiff Bay	3.05.10
39	+	David E Williams	35:50	Old Father Time	3.01.10
40	+	Jen Salter	36:26	Barry 40 Split	14.03.10
41		Richard Sewell	36:37	Cardiff Bay	3.05.10
42	*	Gary Bodman	36:44	Cardiff Bay	3.05.10
43		Liz Ashton	36:44	Cardiff Bay	3.05.10
44		Loretta Daley	36:58	Cardiff Bay	3.05.10
45		Julie Scholey	37:03	Cardiff Bay	3.05.10
46	+	Stephen Quin	37:24	Cardiff Bay	3.05.10
47		Judi Rhys	37:31	Old Father Time	3.01.10
48		Steve Lewis	37:32	Old Father Time	3.01.10
49	+	Karl Johns	37:44	Old Father Time	3.01.10
50	+	Keith Williams	37:46	Old Father Time	3.01.10
51		Frank Williams	38:07	Cardiff Bay	3.05.10
52	+	Gerry O'Beirne	38:19	Cardiff Bay	3.05.10
53	+	Adam Abraham	38:43	Cardiff Bay	3.05.10
54	*	Chris Morgan	39:14	Old Father Time	3.01.10
55		David Miller	39:18	Old Father Time	3.01.10
56	*	Sasha Macken	39:39	Cardiff Bay	3.05.10
57	*	David McDonald	39:52	Old Father Time	3.01.10
58		Ralph Davey	40:26	Old Father Time	3.01.10
59		Caroline Dallimore	40:30	Old Father Time	3.01.10
60		Julie Lewis	40:33	Old Father Time	3.01.10
61	+	Gary Hyatt	41:26	Barry 40 Split	14.03.10
62	+	Roy Silver	41:32	Old Father Time	3.01.10
63		Jemma Nurse	42:34	Old Father Time	3.01.10
64		Rod Jones	43:35	Old Father Time	3.01.10
65		Clare Johnson	44:27	Old Father Time	3.01.10

66	*	Gillian Murphy	45:27	Cardiff Bay	3.05.10
67		Annie Conroy	45:28	Cardiff Bay	3.05.10
68		Carys Davies	46:28	Cardiff Bay	3.05.10
69		Errol Alexis	46:35	Cardiff Bay	3.05.10
70		Mal Rowson	48:21	Cardiff Bay	3.05.10
71		Alan Bladen	48:40	Cardiff Bay	3.05.10
72		Mal Farnham	48:49	Old Father Time	3.01.10
73		Geoff Wright	50:22	Old Father Time	3.01.10
74	+	Lisa Harwood	50:23	Cardiff Bay	3.05.10
75		Anne Donald	50:31	Old Father Time	3.01.10
76		Sandra Caveney	51:23	Old Father Time	3.01.10

* = New PB; + = No previous PB