

5 kilometres Ranking List 2009

1	Chris Discombe	15:17	Bridge Inn	24.02.09
2	Julian Baker	16:04	SSAFA (1)	20.05.09
3	Lee Aherne	16:14	Cardiff parkrun 56	7.03.09
4	Phil Cook	16:19	Cardiff parkrun 61	11.04.09
5	Stuart Crees	16:20	SSAFA (2)	24.06.09
6	Calum Cheshire	16:29	Cardiff parkrun 67	23.05.09
7	Victor Vinyals	16:29	Cardiff parkrun 83	12.09.09
8	Richard Wilder	16:30	Cardiff parkrun 51	31.01.09
9	Dave Williams	16:36	Cardiff parkrun 81	29.08.09
10	Nick Dukes	16:43	Cardiff parkrun 86	3.10.09
11	Jamie Nutt	16:45	Merthyr Mawr Lane	27.05.09
12	Richard Bullen	16:52	Merthyr Mawr Lane	27.05.09
13	Mark Palser	16:55	Cardiff parkrun 67	23.05.09
14	Philip George	16:56	Cardiff parkrun 60	4.04.09
15	Mark Cason	17:10	Cardiff parkrun 56	7.03.09
16	Steve Spiers	17:14	Autism Awareness	16.05.09
17	Rob Sage	17:28	Cardiff parkrun 96	12.12.09
18	Lyndon Tudor-Maisey	17:29	Cardiff parkrun 68	30.05.09
19	Martin Williams	17:32	Merthyr Mawr Lane	27.05.09
20	Daniel Harris	17:35	Welsh Relay	5.04.09
21	Stuart McIlroy	17:40	Cardiff parkrun 84	19.09.09
22	Stuart Reeves	17:42	Rhayader	13.05.09
23	Mick McGeoch	17:42	SSAFA (1)	20.05.09
24	Gareth Morgan	17:43	SSAFA (2)	24.06.09
25	Rob Jones	17:45	SSAFA (2)	24.06.09
26	Dave Headon	17:47	Cardiff parkrun 59	28.03.09
27	Dave Coles	17:49	Cardiff parkrun 87	10.10.09
28	Scott Howell	17:49	SSAFA (1)	20.05.09
29	Gareth Lynch	17:50	Cardiff - St David's Day	1.03.09
30	Richard Self	17:56	Cardiff parkrun 51	31.01.09
31	Matthew Hurford	18:04	SSAFA (2)	24.06.09
32	Julian Carter	18:08	SSAFA (1)	20.05.09
33	Nick Rees	18:14	Merthyr Mawr Lane	27.05.09
34	Mick Tabor	18:19	Cardiff parkrun 74	11.07.09
35	Adam Morton	18:19	SSAFA (1)	20.05.09
36	Eero Keranen	18:21	Cardiff parkrun 72	27.06.09
37	Elio Lepore	18:21	SSAFA (2)	24.06.09
38	Mike Lewis	18:21	Merthyr Mawr Lane	27.05.09
39	Paul Coker	18:24	Cardiff parkrun 47	3.01.09
40	Ben Farag	18:27	Merthyr Mawr Lane	27.05.09
41	Sandy Johnston	18:27	Cardiff parkrun 72	27.06.09
42	Ben Pitman	18:31	Cardiff parkrun 68	30.05.09
43	Matthew Hopkins	18:31	Time Trial	20.08.09
44	Rob Scott	18:33	Merthyr Mawr Lane	27.05.09
45	Peter Kellam	18:39	Welsh Relay	5.04.09
46	Matthew Townsend	18:42	Merthyr Mawr Lane	27.05.09
47	Paulo Simoes	18:42	Cardiff parkrun 78	8.08.09
48	John O'Shea	18:45	Cardiff - St David's Day	1.03.09
49	Shayne Sawyers	18:50	Time Trial	20.08.09
50	Katie Beecher	18:50	SSAFA (3)	22.07.09
51	Brian Richardson	18:53	Cardiff parkrun 62	18.04.09
52	Andrew Russell	18:55	SSAFA (3)	22.07.09
53	Andy Cleves	18:55	Cardiff parkrun 78	8.08.09
54	Jerry Cleall-Harding	18:57	Cardiff parkrun 52	7.02.09
55	Clive Osmond	18:58	Cardiff - St David's Day	1.03.09
56	Jessica Parry-Williams	18:58	Cardiff parkrun 57	14.07.09
57	David Proud	19:00	Time Trial	20.08.09
58	Shaun Connor	19:01	Bushy parkrun 245	11.04.09
59	John Diffey	19:04	Cardiff parkrun 88	17.10.09

60	Rob Evans	19:04	Cardiff parkrun 82	5.09.09
61	Mike Murphy	19:08	Time Trial	20.08.09
62	Marcus Coles	19:09	SSAFA (2)	24.06.09
63	Libby O'Duffy	19:14	Time Trial	20.08.09
64	Simon Nurse	19:14	Cardiff parkrun 90	31.10.09
65	Gerry Crispie	19:17	SSAFA (3)	22.07.09
66	Eurof Davies	19:18	SSAFA (1)	20.05.09
67	Alun Jones	19:20	Cardiff parkrun 94	28.11.09
68	Dave Price	19:20	Cardiff parkrun 72	27.06.09
69	Scott Hemmens	19:22	Cardiff parkrun 88	17.10.09
70	Steffen Scholz	19:23	Cardiff parkrun 95	5.12.09
71	Wouter Poortinga	19:26	Cardiff parkrun 49	17.01.09
72	Jen Salter	19:27	Cardiff parkrun 93	21.11.09
73	Mel Minshull	19:36	SSAFA (3)	22.07.09
74	Ruth Tyler	19:37	Cardiff parkrun 52	7.02.09
75	Maria Zubizarreta	19:40	Cardiff parkrun 97	19.12.09
76	Terry Caveney	19:43	Cardiff parkrun 54	21.02.09
77	Paul Morris	19:46	Cardiff parkrun 79	15.08.09
78	Brendan Jones	19:47	Cardiff parkrun 92	14.11.09
79	Steve Owen	19:49	Time Trial	20.08.09
80	David Lloyd	19:50	Cardiff parkrun 87	10.10.09
81	Richard Boon	19:51	Cardiff parkrun 66	16.05.09
82	Nick Williams	19:52	Cardiff parkrun 79	15.08.09
83	Kellinu Portelli	19:53	Cardiff parkrun 74	11.07.09
84	Richard Sewell	19:56	Cardiff parkrun 48	10.01.09
85	Cheryl Hudgell	19:57	Merthyr Mawr Lane	27.05.09
86	John Magee	20:01	Cardiff parkrun 93	21.11.09
87	Jane Coker	20:05	Bridge Inn	29.09.09
88	Alan Mason	20:08	Time Trial	20.08.09
89	Mike Davies	20:10	Cardiff parkrun 76	25.07.09
90	Martin Pinnell	20:10	Cardiff parkrun 61	11.04.09
91	Howard Kent	20:13	SSAFA (2)	24.06.09
92	Steve Alexander	20:15	Cardiff parkrun 58	21.03.09
93	John Plain	20:19	Time Trial	20.08.09
94	Graeme Donnan	20:19	Cardiff parkrun 65	9.05.09
95	Alan Mann	20:24	Time Trial	20.08.09
96	Jo Pritchard	20:24	SSAFA (1)	20.05.09
97	Liz Ashton	20:35	Cardiff parkrun 80	22.08.09
98	Tim O'Sullivan	20:38	Time Trial	20.08.09
99	Dennis Murphy	20:40	Time Trial	20.08.09
100	David E Williams	20:46	Cardiff parkrun 96	12.12.09
101	Marcia Migay	20:47	Cardiff parkrun 92	14.11.09
102	James Horner	20:48	Cardiff parkrun 87	10.10.09
103	Claire Beatty	20:50	Cardiff parkrun 56	7.03.09
104	David Miller	20:58	Cardiff parkrun 52	7.02.09
105	Martin Peters	21:04	Cardiff parkrun 86	3.10.09
106	Cath Tailby	21:10	Cardiff parkrun 84	19.09.09
107	Jeff Aston	21:11	Cardiff parkrun 67	23.05.09
108	Jenny Hughes	21:11	Time Trial	20.08.09
109	Yvonne Bullen	21:14	SSAFA (1)	20.05.09
110	Loretta Daley	21:17	SSAFA (3)	22.07.09
111	Gary John	21:19	Cardiff - St David's Day	1.03.09
112	Andy Mundy	21:25	SSAFA (3)	22.07.09
113	Gill Kellam	21:25	Cardiff parkrun 58	21.03.09
114	Wendy Boon	21:41	SSAFA (1)	20.05.09
115	Frank Williams	21:42	Time Trial	20.08.09
116	Mike Dix	21:46	SSAFA (1)	20.05.09
117	Eleri Price	21:48	SSAFA (3)	22.07.09
118	Julie Scholey	21:49	SSAFA (1)	20.05.09
119	Andrew Sedgmond	21:56	Time Trial	20.08.09
120	Adam Abraham	21:56	Time Trial	20.08.09

121	Rod Perons	21:56	Cardiff parkrun 86	3.10.09
122	Tim Cummings	22:00	Cardiff parkrun 92	14.11.09
123	Karl Johns	22:03	Cardiff parkrun 60	4.04.09
124	Steve Lewis	22:10	Cardiff parkrun 93	21.11.09
125	Gerry O'Beirne	22:10	SSAFA (2)	24.06.09
126	David Furness	22:10	Cardiff parkrun 72	27.06.09
127	Gary Bodman	22:12	Cardiff parkrun 94	28.11.09
128	Joanne Tucker	22:12	Cardiff parkrun 81	29.08.09
129	Michael Rossiter	22:12	Cardiff parkrun 96	12.12.09
130	Dave Weeden	22:14	Cardiff parkrun 72	27.06.09
131	Alun Williams(2)	22:17	Cardiff parkrun 97	19.12.09
132	David McDonald	22:20	Time Trial	20.08.09
133	Jenny Topalian	22:33	Cardiff parkrun 95	5.12.09
134	Sian Evans	22:35	Cardiff parkrun 84	19.09.09
135	Des Davies	22:37	Cardiff parkrun 85	26.09.09
136	Stephen Williams	22:41	Cardiff parkrun 62	18.04.09
137	Sara MacBride-Stewart	22:46	Merthyr Mawr Lane	27.05.09
138	Sara Keranen	23:08	Cardiff parkrun 71	20.06.09
139	Mark Farrar	23:11	SSAFA (1)	20.05.09
140	Richard Crawford	23:13	Cardiff parkrun 60	4.04.09
141	Chris Morgan	23:20	Cardiff parkrun 60	4.04.09
142	Howard Brown	23:20	Merthyr Mawr Lane	27.05.09
143	Richard Barlow	23:30	Cardiff parkrun 54	21.02.09
144	Sarah McCarthy	23:31	Cardiff parkrun 72	27.06.09
145	Mel James	23:36	Cardiff parkrun 87	10.10.09
146	Ralph Davey	23:50	Cardiff parkrun 87	10.10.09
147	Caroline Dallimore	23:52	Cardiff parkrun 84	19.09.09
148	Jane Ash	23:55	Time Trial	20.08.09
149	Julie Lewis	23:57	Cardiff parkrun 64	2.05.09
150	Hannah Davies	24:22	Merthyr Mawr Lane	27.05.09
151	Gillian McCue	24:26	Cardiff parkrun 91	7.11.09
152	Aelwyn Blythe	24:29	Cardiff parkrun 89	24.10.09
153	Clare Johnson	24:43	Cardiff parkrun 54	21.02.09
154	Jemma Nurse	25:01	Cardiff parkrun 88	17.10.09
155	Sasha Macken	25:09	Cardiff parkrun 96	12.12.09
156	Mark Engstrom	25:39	Cardiff parkrun 94	28.11.09
157	Angharad Roberts	25:57	Cancer Care Cymru	5.04.09
158	Sue Neal	25:57	Welsh Relay	5.04.09
159	Annie Conroy	26:02	Cardiff parkrun 67	23.05.09
160	Gillian Murphy	26:08	Time Trial	20.08.09
161	Sarah Dawes-Clark	26:15	Cardiff parkrun 84	19.09.09
162	Geoff Wright	26:18	Cardiff parkrun 59	28.03.09
163	Linda Jensen	26:22	Cardiff parkrun 57	14.07.09
164	Tina Rossiter	26:41	Cardiff parkrun 96	12.12.09
165	Katie Stevenson	26:42	Cancer Care Cymru	5.04.09
166	Tony Dorsett	26:48	Cardiff parkrun 78	8.08.09
167	Lorna Mackintosh	26:57	Cardiff parkrun 83	12.09.09
168	Gary Pashley	26:58	Cardiff parkrun 71	20.06.09
169	Joanne Gamba	26:59	Cardiff parkrun 90	31.10.09
170	Errol Alexis	27:01	Cardiff parkrun 78	8.08.09
171	Bill Fear	27:19	Cardiff parkrun 94	28.11.09
172	Alan Bladen	27:21	Cardiff parkrun 81	29.08.09
173	Mal Rowson	27:40	Cardiff parkrun 54	21.02.09
174	Anne Donald	27:43	Cardiff parkrun 54	21.02.09
175	Carys Davies	28:08	Cardiff parkrun 86	3.10.09
176	Mal Farnham	28:22	Cancer Care Cymru	5.04.09
177	Gwenno Williams	28:27	Cardiff parkrun 63	25.04.09
178	Sandra Caveney	29:17	Cardiff parkrun 54	21.02.09
179	Kerry Francis	29:30	Cardiff parkrun 58	21.03.09
180	Christine Faulkner	29:53	Cardiff parkrun 97	19.12.09
181	Eirian Arwyn	30:40	SSAFA (3)	22.07.09

182 Joy Davies	30:43	Cardiff - St David's Day	1.03.09
183 Ali Gunn	30:59	Merthyr Mawr Lane	27.05.09
184 Maria Carr	31:08	Cardiff parkrun 72	27.06.09