

5 miles Ranking List 2009

1	Dave J Williams	27:35	Cardiff Bay	26.07.09
2	Phil Cook	28:03	Cardiff Bay	26.07.09
3	Nick Dukes	28:11	Cardiff Bay	26.07.09
4	Stuart McIlroy	29:30	Glynneath	26.12.09
5	Dave Coles	29:49	Cardiff Bay	26.07.09
6	Matthew Hurford	29:51	Cardiff Bay	26.07.09
7	Gerry Crispie	30:46	Glynneath	26.12.09
8	Ben Farag	30:52	Cardiff Bay	26.07.09
9	Paulo Simoes	31:05	Cardiff Bay	26.07.09
10	Mike Murphy	31:27	Cardiff Bay	26.07.09
11	Marcus Coles	31:45	Cardiff Bay	26.07.09
12	David Proud	31:48	Cardiff Bay	26.07.09
13	Shayne Sawyers	32:32	Cardiff Bay	26.07.09
14	Steve Owen	33:12	Cardiff Bay	26.07.09
15	Alan Mason	33:48	Glynneath	26.12.09
16	Shaun Connor	33:57	Cardiff Bay	26.07.09
17	Alan Mann	34:32	Cardiff Bay	26.07.09
18	Loretta Daley	35:24	Cardiff Bay	26.07.09
19	Alun Jones	35:36	Cardiff Bay	26.07.09
20	Eleri Price	35:49	Cardiff Bay	26.07.09
21	Andy Mundy	35:52	Cardiff Bay	26.07.09
22	Mike Davies	36:13	Glynneath	26.12.09
23	Neil Tatnell	37:07	Cardiff Bay	26.07.09
24	Des Davies	40:06	Cardiff Bay	26.07.09
25	Chris Morgan	41:15	Rhayader	21.03.09
26	Anne Tatnell	41:54	Cardiff Bay	26.07.09
27	Tracey Newman	43:25	Cardiff Bay	26.07.09
28	Alan Bladen	46:09	Cardiff Bay	26.07.09
29	Gillian Murphy	46:09	Cardiff Bay	26.07.09
30	Joanne Gamba	46:32	Cardiff Bay	26.07.09
31	Anne Donald	49:54	Cardiff Bay	26.07.09
32	David McDonald	52:47	Cardiff Bay	26.07.09