

# 9<sup>th</sup> MERTHYR MAWR LANE 5km : RESULTS : 30<sup>th</sup> May 2012

Organised by **Bridgend AC**. Thanks to **St Johns Ambulance**, **Merthyr Mawr Estate** and **Mr Tudor** (Farmer) and the **Tennis Club** for their support, and assistance of many **Bridgend AC** members and friends who helped out. Look forward to seeing you next year.

<i>Pos</i>	<i>No</i>	<i>Time</i>	<i>Name</i>	<i>Age</i>	<i>Club</i>	<i>Mob Pos</i>	
1	153	15:15	Jon Hopkins	SM	Cardiff AAC		
2	177	16:09	Matt Harvey	SM	Neath Harrier		
3	151	17	James Hunt	u20M	Cardiff AAC		
4	159	31	Ed Donovan	SM	Les Croupiers RC	1	
5	171	47	Matt Wells	SM	Bridgend AC	2	
6	75	51	Elsidig Ibrahim	M40	Cardiff AAC		
<b>7</b>	<b>161</b>	<b>53</b>	<b>Stephen Shields</b>	<b>SM</b>	<b>San Domenico RC</b>		
8	176	54	Rob Sage	SM	Les Croupiers RC	3	
9	164	55	Tom Jefferys	SM	Les Croupiers RC	4	
10	157	17:14	Tom Davis	u20M	Porthcawl Runners		
11	104	16	Kate Roberts	1	SW	Bridgend AC	5
12	174	17	Matthew Hurford	SM	Les Croupiers RC	6	
13	167	23	Richard Dando	SM	Bridgend AC	7	
14	165	27	Gareth Lynch	SM	Les Croupiers RC	8	
15	168	33	Geraint Lewis	SM	Porthcawl Runners		
16	155	34	Andrew Hodgeson	M40	Bridgend AC	9	
17	175	44	Paul Speyer	SM	Brackla Harriers	10	
18	58	50	Rob Hunt	M40	Bridgend AC	11	
19	65	18:00	Martin Williams	M40	Les Croupiers RC	12	
20	196	05	Alun Jones	M40	Les Croupiers RC	13	
21	92	12	Richard Self	M40	Les Croupiers RC	14	
<b>22</b>	<b>190</b>	<b>25</b>	<b>Glyn Sansom</b>	<b>M50</b>	<b>San Domenico RC</b>		
23	158	28	Chris Jenkins	SM	Porthcawl Runners		
24	85	30	Mike Murphy	M50	Les Croupiers RC	15	
25	166	32	Mark Emery	SM	Bridgend AC	16	
26	93	33	Ceri Griffiths	M40	Brackla Harriers	17	
27	94	34	Alex Williams	M40	Port Talbot Harriers		
28	66	43	Brian Richardson	M50	Les Croupiers RC	18	
29	154	48	James Bruce	SM	Les Croupiers RC	19	
30	152	51	Matthew Herbert	SM	Bridgend AC	20	
31	124	55	Clare Phillips	2	W35	Port Talbot Harriers	
32	78	56	Jon O`Shea	M50	Les Croupiers RC	21	
33	99	58	Ian Ogilvie	M40	Brackla Harriers	22	
34	60	59	Peter Davies	M50	Bridgend AC	23	
35	88	19:01	Andrew Blair	M40	Les Croupiers RC	24	
36	61	07	Philip Probert	M40	Unattached		
37	91	12	Alun Evans	M40	Unattached		
38	97	16	Paul Davies	M40	Port Talbot Harriers		
39	72	24	Huw Roberts	M50	Bridgend AC	25	
40	103	30	Carys Griffiths	3	SW	Bridgend AC	26
41	69	30	Anthony Powell	M40	Porthcawl Runners		
42	70	31	Phil Meyler	M50	Pontypridd Roadents		
43	86	35	Dave Proud	M40	Les Croupiers RC	27	
44	129	36	Jen Salter	4	W35	Les Croupiers RC	28
45	74	37	Brendan Jones	M40	Les Croupiers RC	29	
46	169	41	John Kirkham	SM	Bridgend AC	30	
47	67	51	Julian Maine	M50	Porthcawl Runners		
<b>48</b>	<b>178</b>	<b>51</b>	<b>Lloyd Morgan</b>	<b>SM</b>	<b>San Domenico RC</b>		
49	189	52	Jon Embling	M50	Bridgend AC	31	
50	163	52	Ed Ashley	SM	Les Croupiers RC	32	
51	194	53	Peter Kellam	M40	Les Croupiers RC	33	

52	112	54	Claire Beatty	5	SW	Les Croupiers RC	34
53	76	55	Mick McGeoch		M50	Les Croupiers RC	35
54	63	57	Jeff Thomas		M40	Bridgend AC	36
55	172	20:00	Andrew Russell		SM	Les Croupiers RC	37
56	200	06	Phil Cook		M40	Les Croupiers RC	38
57	131	09	Maria Zubizarita	6	W35	Les Croupiers RC	39
58	119	13	Emma Lynch	7	W35	Brackla Harriers	40
59	192	16	Kim Wehden	8	W45	Islwyn RC	
60	197	16	Peter Johns		M40	Unattached	
61	84	29	Kris Denholm		M40	Brackla Harriers	41
62	90	30	Allan Jones		M50	Brackla Harriers	42
63	110	30	Zoe Thomas	9	U20W	Cardiff AAC	
64	102	31	Gina Hardman	10	W35	Bridgend AC	43
65	59	39	David E Williams		M40	Les Croupiers RC	44
66	156	45	Richard Jones		SM	Cornelly Striders	
67	106	51	Gabriella Maine	11	SW	Porthcawl Runners	
68	83	52	Richard Dyke		M40	Brackla Harriers	45
69	111	53	Charlotte Johns	12	W45	Brackla Harriers	46
70	82	56	Wayne Frewen		M50	Brackla Harriers	47
71	198	21:04	Michael Davies		M60	Les Croupiers RC	48
72	96	10	Stephen Quin		M40	Les Croupiers RC	49
73	62	16	Gary John		M50	Les Croupiers RC	50
74	191	23	James Delany		M50	San Domenico RC	
75	77	29	Dominic Shields		M40	San Domenico RC	
76	120	39	Tammy Raz-nick	13	W35	Brackla Harriers	51
77	101	22:09	Julie Scholey	14	W50	Les Croupiers RC	52
78	71	10	Bob Woolerton		M60	Unattached	
79	123	20	Aine Kenny	15	SW	Les Croupiers RC	53
80	118	22	Andrea Starritt	16	W45	Brackla Harriers	54
81	130	24	Jane Ogilvie	17	W45	Brackla Harriers	55
82	51	33	Gareth Rees		M40	Les Croupiers RC	56
83	52	39	David Evans		M40	Unattached	
84	170	40	James Samuel		SM	Unattached	
85	114	45	Eleri Lougher	18	SW	Brackla Harriers	57
86	73	48	Andrew Sedgmond		M50	Les Croupiers RC	58
87	160	49	Gareth Jenkins		SM	Unattached	
88	199	58	Tim Green		M40	Les Croupiers RC	59
89	173	59	Chris Johnson		SM	Porthcawl Runners	
90	195	23:07	Tony Nicholas		M40	Les Croupiers RC	60
91	98	12	Rory Coleman		M50	Les Croupiers RC	61
92	128	18	Anne- Marie Tucker	19	SW	Run4All	
93	193	22	Ray James		M50	Port Talbot Harriers	
94	80	26	Tony Burt		M60	Brackla Harriers	62
95	83	29	Richard Pearson		M40	Brackla Harriers	63
96	68	30	Ian Stratton		M40	Brackla Harriers	64
97	132	34	Libby Lavis	20	W45	Brackla Harriers	65
98	122	49	Pat Jones	21	W55	Brackla Harriers	66
99	107	51	Romana Maine	22	W45	Porthcawl Runners	
100	113	24:48	Lindsey Lewis	23	SW	Bridgend AC	67
101	162	48	John Lewis		SM	Bridgend AC	68
102	64	55	Stephen Gibbons		M60	Porthcawl Runners	
103	109	25:01	Ceri Thomas	24	W45	Porthcawl Runners	
104	79	03	Jeff Aston		M60	Les Croupiers RC	69
105	117	15	Cath Hather	25	W45	Brackla Harriers	70
106	81	44	Ralph Davey		M60	Les Croupiers RC	71
107	89	48	Keith Treharne		M60	Brackla Harriers	72

108	95	26:09	Ian Michael		M40	Unattached	
109	121	39	Jill Murphy	26	W55	Les Croupiers RC	73
110	100	27:32	Amanda Thompson	27	W45	Les Croupiers RC	74
111	134	57	Liz Morgan	28	W35	San Domenico RC	
112	127	59	Katy Rees	29	SW	Run4All	
113	125	28:11	Kath Evans	30	W55	Brackla Harriers	75
114	105	46	Eirian Alwyn	31	W55	Les Croupiers RC	76
115	126	29:29	Judith Michael	32	W35	Run4All	
116	115	30:28	Sian Tossell	33	W45	Brackla Harriers	77
117	116	31:23	Linda Lloyd	34	W45	Brackla Harriers	78
118	108	44	Avril Westren	35	W55	Les Croupiers RC	79
119	133	33:32	Linda Eckman	36	W35	Unattached	

### Complete Team Scores

#### Men – 4 to score

1.	Les Croupiers RC “A”	4	8	9	12	=	33 points
2.	Bridgend AC “A”	5	13	16	18	=	52 points
3.	Les Croupiers “B”	14	19	20	21	=	74 points
4.	Porthcawl Runners	10	15	23	41	=	89 points
5.	Les Croupiers “C”	24	28	29	32	=	113 points
6.	Bridgend AC “B”	25	30	34	39	=	128 points
7.	Brackla Harriers	17	26	33	61	=	137 points
8.	San Domenico RC	7	22	48	74	=	151 points
9.	Les Croupiers “D”	35	43	45	50	=	173 points
10.	Les Croupiers “E”	51	53	55	56	=	215 points
11.	Bridgend AC “C”	46	49	54	101	=	250 points
12.	Les Croupiers “F”	65	71	72	73	=	281 points
13.	Brackla Harriers “B”	62	68	70	94	=	294 points
14.	Les Croupiers “G”	82	86	88	90	=	346 points

#### Women – 3 to score

1.	Bridgend AC	1	3	10	=	14 points
2.	Les Croupiers “A”	4	5	6	=	15 points
3.	Brackla Harriers “A”	7	12	13	=	32 points
4.	Brackla Harriers “B”	16	17	18	=	51 points
5.	Porthcawl Runners	11	22	24	=	57 points
6.	Brackla Harriers “C”	20	21	25	=	66 points
7.	Les Croupiers “B”	15	26	27	=	68 points
8.	Run 4 All	19	29	32	=	80 points
9.	Brackla Harriers “D”	29	30	31	=	97 points

### Mob Match Scoring - Bridgend AC & Brackla Harriers v Les Croupiers RC

#### Bridgend & Brackla (39 runners)

2	5	7	9	10	11	16	17	20	22	23	25	26	30	31	36	40	41	42	43
45	46	47	51	54	55	57	62	63	64	65	66	67	68	70	72	75	77	78	

<b>TOTAL POINTS</b> = 1638
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#### Les Croupiers RC (40 runners)

1	3	4	6	8	12	13	14	15	18	19	21	24	27	28	29	32	33	34	35
37	38	39	44	48	49	50	52	53	56	58	59	60	61	69	71	73	74	76	79

<b>TOTAL POINTS</b> = 1522 – 1 = 1521
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### MOB MATCH SCORING RULE (Adopted 2007)

The score of every team finisher is added, up to the last scorer of the team with the least number of finishers; then every runner the other team finishes, beyond the last scoring team member of the opponents, there will be a deduction the following - 1 point for 1 runner, 2 points for 2 runners, 3 points for 3 runners etc. Consequently Les Croupiers RC had 1 extra runner this year; therefore 1 point is deducted from the score. This rule gives a team an incentive to get as many runners to compete. The team with the lowest score will be deemed the Mob Match Winners ie Les Croupiers RC for 2012

### Weather Conditions

A dry evening, with a south-westerly headwind (10mph) to the turn. Temperatures around 16°C at start.

# MERTHYR MAWR LANE 5km - WINNERS – 2012

	Name	Club	Time	
<b><u>Men</u></b>				
1 <sup>st</sup>	Jon Hopkins	Cardiff AAC	15:15	
2 <sup>nd</sup>	Matthew Harvey	Neath Harriers	16:09	
3 <sup>rd</sup>	Ed Donovan	Les Croupiers RC	16:31	
<b><u>u20 Man</u></b>				
1 <sup>st</sup>	James Hunt	Cardiff AAC	16:17	
<b><u>40+ Man</u></b>				
1 <sup>st</sup>	Elsidig Ibrahim	Cardiff AAC	16:51	
<b><u>50+ Man</u></b>				
1 <sup>st</sup>	Glyn Sansom	San Domenico RC	18:25	
<b><u>60+ Man</u></b>				
1 <sup>st</sup>	Michael Davies	Les Croupiers RC	21:04	
<b><u>Team (4 to score)</u></b>				
1 <sup>st</sup>	33 pts	Les Croupiers RC "A"	Ed Donovan Tom Jefferys	Rob Sage Matt Hurford
2 <sup>nd</sup>	52 pts	Bridgend AC	Matt Wells Andrew Hodgeson	Richard Dando Rob Hunt
3 <sup>rd</sup>	74 pts	Les Croupiers RC "B"	Gareth Lynch Alun Jones	Martin Williams Richard Self
<b><u>Women</u></b>				
1 <sup>st</sup>	Kate Roberts	Bridgend AC	17:16	
2 <sup>nd</sup>	Claire Phillips (MW35+)	Port Talbot Harriers	18:55	
3 <sup>rd</sup>	Carys Griffiths	Bridgend AC	19:30	
4 <sup>th</sup>	Jen Salter	Les Croupiers RC	19:36	
<b><u>u20 Woman</u></b>				
1 <sup>st</sup>	Zoe Thomas	Cardiff AAC	20:30	
<b><u>35+ Woman</u></b>				
1 <sup>st</sup>	Claire Phillips	Port Talbot Harriers	18:55	
<b><u>45+ Woman</u></b>				
1 <sup>st</sup>	Kim Wehden	Islwyn RC	20:16	
<b><u>Team (3 to score)</u></b>				
1 <sup>st</sup>	14 pts	Bridgend AC	Kate Roberts Gina Hardman	Carys Griffiths
2 <sup>nd</sup>	15 pts	Les Croupiers RC	Jen Salter Maria Zubizarita	Claire Beatty
3 <sup>rd</sup>	32 pts	Brackla Harriers	Emma Lynch Tammy Raz-Nik	Charlotte Johns
<b><u>Course Records</u></b>				
<b>Senior Men</b>	Richard Gardiner	Cardiff AAC	14:48	2005
Masters 40+	Andy Eynon	Bridgend AC	15:41	2004
Masters 50+	Peter Davies	Bridgend AC	17:17	2006
Masters 60+	Sandy Johnson	Les Croupiers RC	18:51	2011
Masters 70+	Eric Hughes	Bridgend AC	21:10	2009
Junior Man	Jonathan Hopkins	Bridgend AC	15:25	2010
Senior Ladies	Helen Jenkins	Bridgend AC	16:20	2010
Master Ladies 35+	Satu Haikala	Brecon AC	18:32	2005
Master Ladies 45+	Frances Gill	Neath Harriers	19:00	2007
Master Ladies 55+	Kath Evans	Brackla Harriers	26:40	2010
Junior Ladies	Zoe Thomas	Bridgend AC	18:46	2009

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