



Merthyr Police 10 Miler

Merthyr Police 10M

Sunday 11 August 2013. 10:00 am

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
1	1:00:19	RASHID, Sammy	Liverpool Pembroke	Mens Master V40-49	06:01.8	597	1
2	1:00:38	LEWIS, Simon	Parc Bryn Bach R.C.	Senior Men	06:03.7	632	2
3	1:01:09	PHILLIPS, Robin	Westbury Harriers	Senior Men	06:06.8	569	3
4	1:02:23	LEWIS, Geraint	Porthcawl RunnersLife	Senior Men	06:14.2	552	4
5	1:02:49	BARTLETT, Stephen	Unaffiliated	Mens Master V40-49	06:16.8	543	5
6	1:03:03	CROALL, Pete	San Domenico R.C.	Senior Men	06:18.2	594	6
7	1:03:08	DAVIES, Steve	Pontypwl R.C.	Mens Master V50-59	06:18.7	546	7
8	1:06:25	ELLIS, Wayne	Bitton Road Runners	Senior Men	06:38.4	998	8
9	1:06:42	BRAIN, Andrew	Unaffiliated	Senior Men	06:40.1	606	9
10	1:07:11	JUKES, Daman	Parc Bryn Bach R.C.	Mens Master V40-49	06:43.0	626	10
11	1:07:19	WHITE, James	San Domenico R.C.	Mens Master V40-49	06:43.8	598	11
12	1:07:23	GETHING, Nicola	Parc Bryn Bach R.C.	Ladies Master V35-44	06:44.2	627	12
13	1:08:42	EVANS, Robert	Ebbw Vale R.C.	Mens Master V50-59	06:52.1	624	13
14	1:09:04	O'BRIEN, Terry	Unaffiliated	Mens Master V50-59	06:54.3	625	14
15	1:10:10	MILES, Phillip	Parc Bryn Bach R.C.	Mens Master V60-69	07:00.9	602	15
16	1:10:14	DIAS, Brian	Les Croupiers R.C.	Senior Men	07:01.3	640	16
17	1:10:29	POLE, Laurence	Pontypridd Roadents	Senior Men	07:02.8	555	17
18	1:10:32	VYNER, Graham	Run4All	Mens Master V40-49	07:03.1	561	18
19	1:10:34	GUNNING, Debbie	Unaffiliated	Ladies Master V45-54	07:03.3	636	19
20	1:10:58	CASWELL, Damian	Ebbw Vale R.C.	Senior Men	07:05.7	620	20
21	1:11:04	GREENHOUSE, Ray	Ebbw Vale R.C.	Mens Master V40-49	07:06.3	619	21
22	1:11:20	DOWELL, Nikki	Pontypridd Roadents	Senior Men	07:07.9	560	22
23	1:11:25	MAGEE, John	Les Croupiers R.C.	Senior Men	07:08.4	648	23
24	1:12:05	RUSSELL, Tom	Ebbw Vale R.C.	Senior Men	07:12.4	565	24
25	1:12:34	CALLAGHAN, Shaun	Steepholme Pirates	Mens Master V40-49	07:15.3	609	25
26	1:13:00	POOLE, Stephen	Rhondda Valley Runners	Mens Master V50-59	07:17.9	385	26
27	1:13:25	HENLEY, Paul	Great Western Runners	Senior Men	07:20.4	630	27
28	1:14:00	COSTLEY, Phil	Unaffiliated	Senior Men	07:23.9	621	28
29	1:14:12	JONES, Wayne	Brecon A.C.	Mens Master V40-49	07:25.1	578	29
30	1:14:21	WITHERS, Thomas	Unaffiliated	Senior Men	07:26.0	553	30
31	1:14:25	GRIFFITHS, Barry	Brecon A.C.	Mens Master V40-49	07:26.4	639	31
32	1:14:36	MURPHY, Andrew	Unaffiliated	Senior Men	07:27.5	551	32
33	1:15:12	KING, Robert	Parc Bryn Bach R.C.	Senior Men	07:31.1	557	33
34	1:15:13	DOWNES, Sam	Unaffiliated	Senior Men	07:31.2	603	34
35	1:15:23	TAGG, Susan	Parc Bryn Bach R.C.	Ladies Master V45-54	07:32.2	588	35
36	1:15:30	VAUGHAN, Richard	Les Croupiers R.C.	Mens Master V40-49	07:32.9	634	36
37	1:15:47	ROBERTSON, Alan	Forest of Dean A.C.	Mens Master V50-59	07:34.6	616	37
38	1:16:21	JARVIS, Jonathan	Run4All	Senior Men	07:38.0	562	38
39	1:16:25	DUNSCOMBE, Andrew	Unaffiliated	Mens Master V40-49	07:38.4	563	39
40	1:16:27	JONES, Sam	Aberdare Valley A.A.C.	Senior Men	07:38.6	547	40
41	1:16:31	THOMAS, Christopher	Ebbw Vale R.C.	Mens Master V50-59	07:39.0	558	41
42	1:16:33	LANGLEY, Keith	Pontypwl R.C.	Mens Master V50-59	07:39.2	575	42
43	1:16:40	THOMAS, Carolyn	Unaffiliated	Ladies Master V45-54	07:39.9	583	43
44	1:16:56	LEWIS, Beth	Les Croupiers R.C.	Ladies Master V35-44	07:41.5	645	44
45	1:17:09	BODMAN, Gary	Les Croupiers R.C.	Mens Master V50-59	07:42.8	613	45
46	1:17:18	BINDING, Mark	Merthyr Running Club	Senior Men	07:43.7	644	46
47	1:17:20	ALDWORTH, Gill	Brecon A.C.	Ladies Master V35-44	07:43.9	629	47
48	1:17:34	MOORE, Chris	Forest of Dean A.C.	Mens Master V50-59	07:45.3	641	48
49	1:17:44	WATTS, Rikki	Pontypwl R.C.	Senior Men	07:46.3	550	49
50	1:17:50	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	07:46.9	999	50
51	1:18:31	PAYNE, Ian	Unaffiliated	Mens Master V40-49	07:51.0	564	51
52	1:19:59	EVANS, Louise	Ebbw Vale R.C.	Senior Ladies	07:59.8	623	52

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** RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com **

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
53	1:20:05	KEMPTON, Dave	Unaffiliated	Mens Master V50-59	08:00.4	577	53
54	1:20:23	ROPER, Robert	Y Fenni Tri	Mens Master V60-69	08:02.2	585	54
55	1:20:32	DENTON, Clive	Rhondda Valley Runners	Mens Master V40-49	08:03.1	610	55
56	1:20:51	CHAPMAN, Robert	Les Croupiers R.C.	Mens Master V50-59	08:05.0	622	56
57	1:21:00	TREHARNE, Ruth	Islwyn Running Club	Ladies Master V45-54	08:05.9	571	57
58	1:21:12	BLEANEY, Richard	Run4All	Senior Men	08:07.1	642	58
59	1:21:43	GREATREX, Michelle	South Wales Police	Ladies Master V35-44	08:10.2	541	59
60	1:21:53	RUSSELL, Kate	Unaffiliated	Ladies Master V35-44	08:11.2	566	60
61	1:22:55	HUGHES, Rhian	Village Vipers	Senior Ladies	08:17.4	617	61
62	1:23:11	COLLINS, Kelly	Parc Bryn Bach R.C.	Senior Ladies	08:19.0	586	62
63	1:24:16	PARFITT, Rhys	Pontypwl R.C.	Senior Men	08:25.5	593	63
64	1:24:50	WILLIAMS, Rob	Brecon A.C.	Mens Master V50-59	08:28.9	591	64
65	1:25:34	EVANS, Edwin	Welsh Masters AA	Mens Master V60-69	08:33.3	559	65
66	1:25:45	BRITTON, David	Bitton Road Runners	Mens Master V40-49	08:34.4	601	66
67	1:27:12	MARTIN, John	Unaffiliated	Mens Master V50-59	08:43.1	628	67
68	1:27:14	REES, Jonathan	Merthyr Running Club	Senior Men	08:43.3	576	68
69	1:27:25	HUNKIN, Donna	Dragons R.C.	Ladies Master V35-44	08:44.4	587	69
70	1:27:50	OWEN, Melanie	Merthyr Running Club	Ladies Master V35-44	08:46.9	638	70
71	1:27:51	DAVIES, Grant	Unaffiliated	Senior Men	08:47.0	637	71
72	1:27:56	ROPER MARSHALL, Alison	Y Fenni Tri	Senior Ladies	08:47.5	584	72
73	1:28:46	JAMES, Donna	Islwyn Running Club	Ladies Master V45-54	08:52.5	572	73
74	1:29:16	SANDERSON, John	3M Road Runners	Mens Master V50-59	08:55.5	580	74
75	1:30:23	KEATS, Mark	Pegasus R.R.C.	Senior Men	09:02.2	567	75
76	1:30:35	MORGAN, Liz	San Domenico R.C.	Ladies Master V35-44	09:03.4	600	76
77	1:30:50	THOMAS, Rose	Rhayader A.C.	Ladies Master V55-64	09:04.9	579	77
78	1:30:56	THOMAS, Mark	Team Shed	Mens Master V40-49	09:05.5	582	78
79	1:31:11	ASHDOWN, Jeremy	Unaffiliated	Senior Men	09:07.0	608	79
80	1:31:30	EVANS, Deborah	Dragons R.C.	Ladies Master V45-54	09:08.9	631	80
81	1:31:34	COLLINS, Kathrine	Unaffiliated	Senior Ladies	09:09.3	554	81
82	1:31:39	JAYNE, Michelle	Parc Bryn Bach R.C.	Ladies Master V35-44	09:09.8	556	82
83	1:31:58	NEW, Steve	Islwyn Running Club	Mens Master V40-49	09:11.7	618	83
84	1:32:09	POTTER, Nathan	Unaffiliated	Senior Men	09:12.8	544	84
85	1:32:29	JONES, Philip	Unaffiliated	Mens Master V50-59	09:14.8	611	85
86	1:32:43	CADMORE, Andrew	Brecon A.C.	Senior Men	09:16.2	568	86
87	1:33:35	GIPSON, Kelly	Unaffiliated	Ladies Master V45-54	09:21.4	548	87
88	1:33:49	HISCOX, Elaine	Dragons R.C.	Ladies Master V35-44	09:22.8	633	88
89	1:34:15	O'SHAUGHNESSY, Linda	Westbury Harriers	Ladies Master V35-44	09:25.3	574	89
90	1:37:39	SPINNER, David	Unaffiliated	Mens Master V60-69	09:45.7	649	90
91	1:38:00	WILLIAMS, Sian	Brecon A.C.	Ladies Master V45-54	09:47.8	590	91
92	1:38:33	WHITE, Kate	Unaffiliated	Ladies Master V35-44	09:51.1	607	92
93	1:39:31	JONES, Susan	Brecon A.C.	Ladies Master V35-44	09:56.9	549	93
94	1:40:21	WILLIAMS, Christian	Unaffiliated	Mens Master V40-49	10:01.9	596	94
95	1:40:49	DURKEE, Lee	Pontypwl R.C.	Senior Men	10:04.7	589	95
96	1:43:17	POTTER, Diane	Unaffiliated	Ladies Master V45-54	10:19.5	545	96
97	2:09:58	WILLIAMS, Helen	Aberdare Valley A.A.C.	Ladies Master V35-44	12:59.6	570	97
98	2:09:58	MANN, Alan	Les Croupiers R.C.	Mens Master V50-59	12:59.6	595	98

There were 98 finishers in the All Competitors category.