

MERTHYR MAWR LANE 5km RESULTS – 26th May 2010

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. See you on **Wednesday 25th May 2011!**

<i>Pos</i>	<i>No</i>	<i>Time</i>	<i>Name</i>	<i>Age</i>	<i>Club</i>	<i>Mob Pos</i>	
1	5	15:08	Richie Gardiner	SM	Cardiff AAC		
2	4	25	Jonathan Hopkins	JM	Bridgend AC	1	
3	8	41	Lewys Hobbs	SM	Swansea Harriers		
4	7	47	Dan Gurmin	SM	Swansea Harriers		
5	6	59	Steve Davies	SM	Swansea Harriers		
6	109	16:20	Helen Jenkins	1	SW	Bridgend AC	2
7	9	22	David Rees	SM	Swansea Harriers		
8	348	41	Phil Cook	M40	Les Croupiers RC	3	
9	23	43	Nick Dukes	SM	Les Croupiers RC	4	
10	25	58	Mark Emery	SM	Bridgend AC	5	
11	349	17:09	Nick Frost	M45	Pontypridd Roadents		
12	301	14	Richard Bullen	M45	Les Croupiers RC	6	
13	309	16	Martin Williams	SM	Les Croupiers RC	7	
14	26	18	Matthew Wells	SM	Brackla Harriers	8	
15	329	21	Simon Osborne	M50	Bridgend AC	9	
16	356	24	Simon Wilson	M40	Swansea Harriers		
17	12	32	Richard Dando	SM	Bridgend AC	10	
18	29	36	Lyndon Tudor-Maisey	SM	Les Croupiers RC	11	
19	14	38	Andrew Rimmer	SM	Swansea Harriers		
20	19	39	Stuart Crees	SM	Les Croupiers RC	12	
21	22	44	Stephen Shields	SM	San Domenico RC		
22	24	48	Paul Speyer	SM	Brackla Harriers	13	
23	314	51	Dave Headon	M50	Les Croupiers RC	14	
24	304	54	Mick McGeoch	M50	Les Croupiers RC	15	
25	317	56	Steve Hooper	M40	Pontypridd Roadents		
26	31	18:02	Bryn Griffiths	SM	Bridgend AC	16	
27	333	03	Alex Williams	M40	Port Talbot Harriers		
28	110	06	Kate Roberts	2	SW	Bridgend AC	17
29	325	10	Jeff Thomas	M40	Bridgend AC	18	
30	28	13	Ross Simpson	SM	Unattached		
31	1	15	Matthew Herbert	SM	Bridgend AC	19	
32	141	16	Elysia Ridley	3	SW	Swansea Harriers	
33	16	17	Rob Scott	SM	Les Croupiers RC	20	
34	310	19	Rob Hunt	M45	Bridgend AC	21	
35	326	25	Alan Evans	M40	Unattached		
36	357	27	Phil Jenkins	M45	Bridgend AC	22	
37	316	29	Ben Farag	M45	Les Croupiers RC	23	
38	21	32	Matt Hopkins	SM	Les Croupiers RC	24	
39	342	35	John O'Shea	M50	Les Croupiers RC	25	
40	351	41	Andy Eynon	M45	Bridgend AC	26	
41	129	48	Ffion Lewis	4	JW	Bridgend AC	27
42	355	56	Derek Scarborough	M50	Bridgend AC	28	
43	345	19:00	Paul Dawes	M45	San Domenico RC		
44	20	04	Calum Cheshire	SM	Les Croupiers RC	29	
45	30	05	Phil Probert	SM	Unattached		
46	127	06	Libby O'Duffy	5	W40	Les Croupiers RC	30
47	2	08	Jon Embling	M50	Bridgend AC	31	
48	328	10	Mike Murphy	M55	Les Croupiers RC	32	
49	18	12	Andrew Russell	SM	Les Croupiers RC	33	
50	344	15	Alan Walton	M40	San Domenico RC		
51	303	17	Ron Morris	M60	San Domenico RC		

52	340	22	Huw Roberts		M50	Bridgend AC	34
53	312	24	Matt Townsend		M40	Les Croupiers RC	35
54	353	29	Paul Ezard		M40	Brackla Harriers	36
55	341	33	John Morgan		M40	Brackla Harriers	37
56	322	35	John Diffey		M45	Les Croupiers RC	38
57	347	20:03	Andrew Thomas		M45	Brackla Harriers	39
58	321	04	Dominic Shields		M45	San Domenico RC	
59	337	06	Kell Portelli		M40	Les Croupiers RC	40
60	338	10	Shaun Connor		M40	Les Croupiers RC	41
61	137	13	Charlotte Wells	6	SW	Brackla Harriers	42
62	313	18	Michael Rimmer		M50	Swansea Harriers	
63	323	22	Alan Mann		M50	Les Croupiers RC	43
64	3	25	Brian Dias		SM	Cardiff AAC	
65	332	28	Michael Davies		M60	Les Croupiers RC	44
66	17	39	Richard Boon		M50	Les Croupiers RC	45
67	13	43	Michael Halsall		SM	Llanelli AAC	
68	123	53	Lisa Jones	7	W35	Unattached	
69	352	21:03	Gary Ash		M40	Unattached	
70	133	04	Clare Beatty	8	SW	Les Croupiers RC	46
71	330	09	Graeme Donnan		M55	Les Croupiers RC	47
72	339	14	James Delaney		M50	San Domenico RC	
73	10	15	Barry Morgan		SM	Brackla Harriers	48
74	142	19	Sian Kirk	9	SW	Swansea Harriers	
75	30	20	Stephen Quin		SM	Les Croupiers RC	49
76	306	29	Alex Ford		M55	Brackla Harriers	50
77	27	37	Simon Carter		SM	Brackla Harriers	51
78	131	41	Charlotte Johns	10	W40	Brackla Harriers	52
79	11	45	Darran Hall		SM	Unattached	
80	346	47	Alan Jones		M50	Brackla Harriers	53
81	126	52	Julie Scholey	11	W50	Les Croupiers RC	54
82	136	58	Carys Griffiths	12	SL	Unattached	
83	350	22:06	Warren Tilke		M40	Pontypridd Roadents	
84	315	18	James Thomas		M45	Brackla Harriers	55
85	334	25	Evatt Cummings		M40	Bridgend AC	56
86	302	30	Anthony Kavanagh		M65	Brackla Harriers	57
87	318	47	Paul Bigmore		M55	Brackla Harriers	58
88	336	53	Andrew Sedgmond		M55	Les Croupiers RC	59
89	320	56	David Oak		M60	Port Talbot Harriers	
90	354	58	Stephen Williams		M50	Les Croupiers RC	60
91	331	23:11	Roy Silver		M50	Les Croupiers RC	61
92	335	29	Tony Burt		M65	Brackla Harriers	62
93	132	35	Jenny Hughes	13	SW	Les Croupiers RC	63
94	124	46	Rhiannon Gardiner	14	W35	Unattached	
95	307	57	Alan Lock		M55	Bridgend AC	64
96	140	07	Venessa Turnbull	15	W40	Womens Running Network	
97	130	13	Libby Lavis	16	W50	Brackla Harriers	65
98	122	27	Ceri Thomas	17	W40	Bridgend AC	66
99	15	49	Gareth Taylor		M40	Unattached	
100	327	53	Ian Stratton		M40	Brackla Harriers	67
101	319	56	Alistair Miller		M40	Unattached	
102	134	57	Frances Williams	18	W45	San Domenico RC	
103	138	25:29	Kirstin Tucker	19	SW	Swansea Harriers	
104	311	43	Keith Treharne		M60	Brackla Harriers	68
105	343	26:04	Ian Yates		M45	Pencoed Tri Club	
106	128	40	Kath Evans	20	M60	Brackla Harriers	69
107	125	41	Gill Murphy	21	W55	Les Croupiers RC	70

108	139	28:23	Jemma Davies	22	SW	Unattached	
109	308	52	Simon Hudd		M40	Unattached	
110	324	29:51	Alan Bladen		M70	Les Croupiers RC	71
111	135	34:18	Lisa Ekman	23	W35	Brackla Harriers	72
112	121	34:18	Lesley Bigmore	24	W35	Brackla Harriers	73

Complete Team Scores

Men – 4 to score

1.	Swansea Harriers	3	4	5	7	=	19 points
2.	Les Croupiers RC “A”	8	9	12	13	=	42 points
3.	Bridgend AC “A”	2	10	15	17	=	44 points
4.	Les Croupiers “B”	18	20	23	24	=	85 points
5.	Bridgend AC “B”	26	29	31	34	=	120 points
6.	Brackla Harriers	14	22	54	55	=	145 points
7.	Les Croupiers “C”	33	37	38	39	=	147 points
8.	Bridgend AC “C”	36	40	42	47	=	165 points
9.	San Domenico RC	21	43	50	51	=	165 points
10.	Les Croupiers “D”	44	48	49	53	=	194 points
11.	Les Croupiers “E”	56	59	60	63	=	238 points
12.	Les Croupiers “F”	65	66	71	72	=	274 points
13.	Brackla Harriers “B”	57	73	76	77	=	283 points
14.	Brackla Harriers “C”	80	84	86	87	=	337 points
15.	Les Croupiers “G”	75	88	90	91	=	344 points

Women – 3 to score

1.	Bridgend AC	1	2	4	=	7 points
2.	Les Croupiers “A”	5	8	11	=	24 points
3.	Swansea Harriers	3	9	19	=	31 points
4.	Brackla Harriers	6	10	16	=	32 points
5.	Brackla Harriers “B”	20	23	24	=	67 points

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

Bridgend & Brackla (40 runners)

1	2	5	8	9	10	13	16	17	18	19	21	22	26	27	28	31	34	36	37
39	42	48	50	51	52	53	55	56	57	58	62	64	65	66	67	68	69	72	73

7 extra runners (see rule below) = - 28

TOTAL POINTS
= 1067 - 28
= 1039

Les Croupiers RC (33 runners)

3	4	6	7	11	12	14	15	20	23	24	25	29	30	32	33	35	38	40	41
43	44	45	46	47	49	54	59	60	61	63	70	71							

TOTAL POINTS
= 1154

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 Bridgend & Brackla had 11 extra runners this year; therefore $1 + 2 + 3 + 4 + \text{etc to } 7 = 28$ points 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.

Weather Conditions

A dry, calm evening with temperatures around 18° C at start time, made perfect running conditions.

MERTHYR MAWR LANE 5km - WINNERS – 2010

		Name	Club	Time	
<u>Men</u>					
1 st		Richard Gardiner	Cardiff AAC	15:08	
2 nd		Lewys Hobbs	Bridgend AC	15:41	
3 rd		Dan Gurmin	Swansea Harriers	15:47	
<u>u20 Man</u>					
1 st		Jonathan Hopkins	Bridgend AC	15:25	
<u>40+ Man</u>					
1 st		Phil Cook	Les Croupiers RC	16:41	
<u>50+ Man</u>					
1 st		Simon Osborne	Bridgend AC	17:21	
<u>60+ Man</u>					
1 st		Ron Morris	San Domenico R.C.	19:17	
<u>Team (4 to score)</u>					
1 st	19 pts	Swansea Harriers	Lewys Hobbs Steve Davies	Dan Gurmin David Rees	
2 nd	42 pts	Les Croupiers "A"	Phil Cook Richard Bullen	Nick Dukes Martin Williams	
3 rd	44 pts	Bridgend AC	Jonathan Hopkins Simon Osborne	Mark Emery Richard Dando	
<u>Women</u>					
1 st		Helen Tucker	Bridgend AC	16:20	
2 nd		Kate Roberts	Bridgend AC	18:06	
3 rd		Elysia Ridley	Swansea Harriers	18;16	
<u>u20 Woman</u>					
1 st		Ffion Lewis	Bridgend AC	18:48	
<u>35+ Woman</u>					
1 st		Libby O'Duffy	Les Croupiers	19:06	
<u>45+ Woman</u>					
1 st		Julie Scholey	Les Croupiers	21:52	
<u>Team (3 to score)</u>					
1 st	7 pts	Bridgend AC	Helen Jenkins Ffion Lewis	Katie Roberts	
2 nd	24 pts	Les Croupiers RC	Libby O'Duffy Julie Scholey	Clare Beatty	
3 rd	31 pts	Swansea Harriers	Elysia Ridley Kirstin Tucker	Sian Kirk	
<u>Course Records</u>					
Senior Men		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+		Ron Morris	San Domenico RC	19:17	2010
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	27:07	2009
Junior Ladies		Zoe Thomas	Bridgend AC	18;46	2009

For queries contact Steve Brace on:- steve.brace@welshathletics.org or 07989445627