

# MERTHYR MAWR LANE 5km RESULTS – 27<sup>th</sup> May 2009

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 26<sup>th</sup> May 2010!**

<i>Pos</i>	<i>No</i>	<i>Time</i>	<i>Name</i>	<i>Age</i>	<i>Club</i>	<i>Mob Pos</i>
1	22	15:01	Daniel Gurmin	SM	Swansea Harriers	~
2	18	57	Elliot Cole	SM	Bridgend AC	~
3	35	16:45	Jamie Nutt	SM	Les Croupiers RC	1
4	34	47	Nick Dukes	SM	Les Croupiers RC	2
5	54	52	Richie Bullen	M45	Les Croupiers RC	3
6	27	55	Gareth Jenkins	SM	Brackla Harriers	4
7	163	59	Phil Cook	M40	Les Croupiers RC	5
8	17	17:11	Stephen Richard	SM	Swansea Harriers	~
9	80	32	Martin Williams	M40	Les Croupiers RC	6
10	93	33	Anthony Powell	SM	Neath Harriers	~
11	24	37	Charles Walsh	SM	Port Talbot Harriers	~
12	21	38	Andrew Cleverly	SM	Swansea Harriers	~
13	102	41	Debbie Rees	1 SW	Cardiff AAC	~
14	30	47	Mark Emery	SM	Bridgend AC	7
15	77	55	Mick McGeoch	M50	Les Croupiers RC	8
16	71	18:03	Peter Davies	M50	Bridgend AC	9
17	26	05	Paul Speyer	SM	Brackla Harriers	10
18	25	08	Adrian Cleever	SM	Port Talbot Harriers	~
19	32	13	Matthew Wells	SM	Brackla Harriers	11
20	100	14	Nick Rees	M50	Les Croupiers RC	12
21	38	15	Steve Morris	SM	Bridgend AC	13
22	74	16	Huw Roberts	M50	Bridgend AC	14
23	31	19	Matt Hurford	SM	Les Croupiers RC	15
24	53	21	Mike Lewis	M40	Les Croupiers RC	16
25	103	23	Katie Roberts	2 SW	Bridgend AC	17
26	98	25	Steve Hooper	M40	Pontypridd Roadents	~
27	81	27	Ben Farag	M45	Les Croupiers RC	18
28	164	29	Derek Scarborough	M50	Bridgend AC	19
29	23	33	Rob Scott	SM	Les Croupiers RC	20
30	65	35	Jeff Thomas	M40	Bridgend AC	21
31	167	36	Adam Rees	M40	Bridgend AC	22
32	55	39	Dave Hughes	M40	Bridgend AC	23
33	40	41	Matthew Davies	SM	Pencoed Tri Club	~
34	64	42	Matt Townsend	M40	Les Croupiers RC	24
35	69	44	Jon Embling	M50	Bridgend AC	25
36	15	45	Morgan Davies	JM	Pencoed Tri Club	~
37	66	47	Gareth Hardman	M40	Bridgend AC	26
38	103	48	Zoe Thomas	3 JW	Bridgend AC	27
39	51	51	Alex Williams	M40	Port Talbot Harriers	~
40	10	52	Matthew Herbert	SM	Bridgend AC	28
41	162	54	Glyn Sansom	M45	San Domenico RC	~
42	88	19:03	Andrew Davies	M45	Pontypridd Roadents	~
43	73	08	Mike Murphy	M55	Les Croupiers RC	29
44	28	10	Matt Hopkins	SM	Les Croupiers RC	30
45	11	16	Andrew Russell	SM	Les Croupiers RC	31
46	12	18	Mike Hallsall	SM	Llanelli AAC	~
47	85	21	Andrew Thomas	M45	Brackla Harriers	32
48	144	29	Libby O'Duffy	4 F40	Les Croupiers RC	33
49	91	33	Eurof Davies	M40	Les Croupiers RC	34
50	39	36	Shaun Broome	SM	Neath Harriers	~

51	76	36	John Morgan		M45	Brackla Harriers	35
52	165	36	John Diffy		M45	Les Croupiers RC	36
53	37	38	Paul Ezard		SM	Brackla Harriers	37
54	68	42	Paul Davies		M40	Swansea Harriers	~
55	83	43	Peter Johns		M40	Brackla Harriers	38
56	63	48	Rob Evans		M55	Les Croupiers RC	39
57	13	53	Lloyd Morgan		SM	San Domenico RC	~
58	57	54	Ron Morris		M55	San Domenico RC	~
59	107	55	Bethan Wood	5	JW	UWIC	~
60	111	57	Cheryl Hudgell	6	SW	Les Croupiers RC	40
61	72	58	Dominic Shields		M40	San Domenico RC	~
62	52	20:04	Phil Probert		M40	Unattached	~
63	84	17	Wayne Frewen		M50	Brackla Harriers	41
64	20	22	Andrew Smith		SM	Swansea Harriers	~
65	195	30	Paul Ford		SM	Brackla Harriers	42
66	16	32	Paul Prothoroe		SM	Brackla Harriers	43
67	151	34	Debbie Cooke	7	F40	Bridgend AC	44
68	133	38	Gina Hardman	8	F35	Bridgend AC	45
69	59	49	Eirwyn Rees		M45	San Domenico RC	~
70	14	50	Darran Hall		SM	Unattached	~
71	58	55	James Delaney		M50	San Domenico RC	~
72	61	21:00	Graeme Donnan		M55	Les Croupiers RC	46
73	137	00	Charlotte Johns	9	F40	Brackla Harriers	47
74	92	04	Paul Bigmore		M50	Brackla Harriers	48
75	79	10	Eric Hughes		M70	Bridgend AC	49
76	67	13	Alan Johns		M55	Brackla Harriers	50
77	108	14	Jenny Hughes	10	SW	Les Croupiers RC	51
78	138	14	Andrea Starritt	11	F40	Brackla Harriers	52
79	109	22	Liz Ashton	12	SW	Les Croupiers RC	53
80	96	27	Nick Darroch		M50	Brackla Harriers	54
81	132	32	Yvonne Bullen	13	F45	Les Croupiers RC	55
82	86	37	Mario Rabiotti		M45	Port Talbot Harriers	~
83	62	38	Jeff Aston		M60	Les Croupiers RC	56
84	105	41	Claire Hughes	14	SW	Bridgend AC	57
85	139	53	Elsbeth Jenkins	15	F35	Brackla Harriers	58
86	140	58	Julie Scholey	16	F45	Les Croupiers RC	59
87	89	22:03	Andrew Sedgemond		M50	Les Croupiers RC	60
88	19	09	Mark Potter		SM	Brackla Harriers	61
89	29	10	Kristian Shearan		SM	Brackla Harriers	62
90	168	14	Frank Williams		M55	Les Croupiers RC	63
91	36	24	Andy Mundy		SM	Les Croupiers RC	64
92	70	25	Michael Dicks		SM	Les Croupiers RC	65
93	196	27	Steve Brace		M45	Bridgend AC	66
94	82	27	Tony Burt		M65	Brackla Harriers	67
95	110	31	Jenny Topalian	17	SW	Unattached	~
96	146	32	Wendy Owen	18	F35	San Domenico RC	~
97	90	44	Gerry O'Beirne		M50	Les Croupiers RC	68
98	141	46	Sara McBride-Stewart	19	F40	Les Croupiers RC	69
99	95	49	David McDonald		M40	Les Croupiers RC	70
100	87	23:00	Roland Matthews		M65	Brackla Harriers	71
101	94	10	James Thomas		M45	Brackla Harriers	72
102	78	20	Howard Brown		M60	Les Croupiers RC	73
103	99	44	Chris Morgan		M40	Les Croupiers RC	74
104	56	55	Alistair Miller		M40	Unattached	~
105	75	56	Keith Treharne		M60	Brackla Harriers	75

106	161	24:00	Evatt Cummings		M40	Bridgend AC	76
107	112	21	Lisa Durston	<b>20</b>	SW	Unattached	~
108	115	22	Hannah Davies	<b>21</b>	SW	Les Croupiers RC	77
109	33	24	Paul Raymond		M35	Bridgend AC	78
110	106	35	Stephanie Davies	<b>22</b>	JW	Unattached	~
111	118	25:43	Isabel Hughes	<b>23</b>	JW	Bridgend AC	79
112	135	27:07	Gill Murphy	<b>24</b>	F55	Les Croupiers RC	80
113	104	40	Sarah Howe	<b>25</b>	SW	Unattached	~
114	145	44	Sara Birkett	<b>26</b>	F35	Brackla Harriers	81
115	150	48	Kath Evans	<b>27</b>	F55	Brackla Harriers	82
116	117	55	Hannah Manley	<b>28</b>	SW	Bridgend AC	83
117	60	28:23	Simon Hudd		M40	Unattached	~
118	96	38	Andrew Cookson		M40	Unattached	~
119	143	38	Sophie Lewis	<b>29</b>	F35	Unattached	~
120	149	39	Paula James	<b>30</b>	F35	Pontypridd Roadents	~
121	121	29:04	Lisa Ekman	<b>31</b>	F35	Brackla Harriers	84
122	113	06	Catherine Thomas	<b>32</b>	SW	Unattached	~
123	142	46	Patricia Davidson	<b>33</b>	F50	Brackla Harriers	85
124	147	30:55	Shirley Rose	<b>34</b>	F45	Brackla Harriers	86
125	116	59	Ali Gunn	<b>35</b>	SW	Les Croupiers RC	87
126	134	31:26	Sian Ackland	<b>36</b>	F40	Brackla Harriers	88
127	114	48	Maria Carr	<b>37</b>	SW	Les Croupiers RC	89
128	136	32:22	Paula Thomas	<b>38</b>	F50	Brackla Harriers	90

# MERTHYR MAWR LANE 5km - WINNERS – 2009

	Name	Club	Time
<b><u>Men</u></b>			
1 <sup>st</sup>	Daniel Gurmin	Swansea Harriers	15:01
2 <sup>nd</sup>	Elliot Cole	Bridgend AC	15:57
3 <sup>rd</sup>	Jamie Nutt	Les Croupiers RC	16:45
<b><u>u20 Man</u></b>			
1 <sup>st</sup>	Morgan Davies	Pencoed Tri Club	18:45
<b><u>40+ Man</u></b>			
1 <sup>st</sup>	Richie Bullen	Les Croupiers RC	16:52
<b><u>50+ Man</u></b>			
1 <sup>st</sup>	Mick McGeoch	Les Croupiers RC	17.55
<b><u>60+ Man</u></b>			
1 <sup>st</sup>	Eric Hughes	Bridgend AC	21.10
<b><u>Team (4 to score)</u></b>			
1 <sup>st</sup>	19 pts	Les Croupiers RC "A"	Jamie Nutt Richie Bullen Nick Dukes Phil Cook
2 <sup>nd</sup>	53 pts	Bridgend AC	Elliot Cole Peter Davies Mark Emery Steve Morris
3 <sup>rd</sup>	67 pts	Les Croupiers RC "B"	Martin Williams Nick Rees Mick McGeoch Matt Hurford
<b><u>Women</u></b>			
1 <sup>st</sup>	Debbie Rees	Cardiff AAC	17.41
2 <sup>nd</sup>	Katie Roberts	Bridgend AC	18.23
3 <sup>rd</sup>	Libby O'Duffy	Les Croupiers	19.29
<b><u>u20 Woman</u></b>			
1 <sup>st</sup>	Zoe Thomas	Bridgend AC	18:46
<b><u>35+ Woman</u></b>			
1 <sup>st</sup>	Debbie Cooke	Bridgend AC	20.34
<b><u>45+ Woman</u></b>			
1 <sup>st</sup>	Yvonne Bullen	Les Croupiers	21.32
<b><u>Team (3 to score)</u></b>			
1 <sup>st</sup>	12 pts	Bridgend AC	Katie Roberts Debbie Cooke Zoe Thomas
2 <sup>nd</sup>	20 pts	Les Croupiers	Libby O'Duffy Jenny Hughes Cheryl Hudgell
3 <sup>rd</sup>	35 pts	Brackla Harriers	Charlotte Johns Elspeth Jenkins Andrea Starritt

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

### **Bridgend & Brackla (51 runners)**

4	7	9	10	11	13	14	17	19	21	22	23	25	26	27	28	32	35	37	38
41	42	43	44	45	47	48	49	50	52	54	57	58	61	62	66	67	71	72	75
76	78	79	81	82	83	84	85	86	88	90	11 extra runners (see rule below) = -66								

<b>TOTAL POINTS</b> = 1447 – 66 = 1381
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### **Les Croupiers RC (39 runners)**

1	2	3	5	6	8	12	15	16	18	20	24	29	30	31	33	34	36	39	40
46	51	53	55	56	59	60	63	64	65	68	69	70	73	74	77	80	87	89	

<b>TOTAL POINTS</b> = 1661
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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 Bridgend & Brackla had 11 extra runners this year; therefore  $1 + 2 + 3 + 4 + \text{etc to } 11 = 66$  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.

### Complete Team Scores

#### Men – 4 to score

1.	Les Croupiers RC “A”	3	4	5	7	=	19 points
2.	Bridgend AC	2	14	16	21	=	53 points
3.	Les Croupiers “B”	9	15	20	23	=	67 points
4.	Swansea Harriers	1	8	12	54	=	75 points
5.	Brackla Harriers	6	17	19	47	=	89 points
6.	Bridgend AC “B”	22	28	30	31	=	111 points
7.	Les Croupiers “C”	24	27	29	34	=	114 points
8.	Port Talbot Harriers	32	43	53	56	=	184 points

#### Women – 3 to score

1.	Bridgend AC	2	3	7	=	12 points
2.	Les Croupiers “A”	4	6	10	=	20 points
3.	Les Croupiers “B”	12	13	16	=	41 points
4.	Brackla Harriers	9	11	15	=	35 points
5.	Bridgend AC “B”	8	14	23	=	45 points
6.	Les Croupiers “C”	18	21	24	=	63 points

### Weather Conditions

Heavy rain throughout the day and left the course very wet with puddles. It was damp with 12 -15mph head wind on the first half of the race. Temperature was 14° C at start time.

### Course Records

<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+	Jon Kersting	Swansea Harriers	19.51	2005
Masters 70+	Eric Hughes	Bridgend AC	21.10	2009
Junior Man	Jonathan Butler	Swansea Harriers	16.44	2006
<b>Senior Ladies</b>	Catherine Dugdale	Swansea Harriers	16.49	2006
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 any queries regarding the results, this event or Bridgend AC please contact Steve Brace on:-*

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