

# 8th MERTHYR MAWR LANE 5km : RESULTS : 1<sup>st</sup> June 2011

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	377	15:25	Matt Evans	SM	Swansea Harriers	
2	376	32	Daniel Hiscox	U20	Swansea Harriers	
3	257	16:02	Julian Baker	M40	Les Croupiers RC	1
4	385	10	Jerome Edwards	M35	Les Croupiers RC	2
5	374	31	James Hunt	U20	Bridgend AC	3
6	371	38	Tom Davis	U20	Porthcawl Runnerslife	
7	386	41	Peter Ryder	SM	Cardiff AAC	
8	394	49	Stephen Shield	SM	San Domenico RC	
9	387	52	Mark Emery	SM	Bridgend AC	4
10	382	56	Ed Donavan	SM	Les Croupiers RC	5
11	368	17:07	Sam Longville	U20	Bridgend AC	6
12	378	10	Gareth Green	SM	San Domenico RC	
13	392	11	Matt Hurford	M35	Les Croupiers RC	7
14	233	13	Anthony Powell	M40	Porthcawl Runnerslife	
15	380	21	Alex Simon	U20	Bridgend AC	8
16	397	23	Paul Speyer	M35	Brackla Harriers	9
17	604	24	Kate Roberts	SW	Bridgend AC	10
18	367	25	Richard Dando	SM	Bridgend AC	11
19	398	27	Ron Sage	SM	Les Croupiers RC	12
20	185	31	Richard Bullen	M50	Les Croupiers RC	13
21	381	40	Gareth Lynch	M35	Les Croupiers RC	14
22	235	45	Brian Richardson	M50	Les Croupiers RC	15
23	373	47	Andrew Hodgeson	M35	Porthcawl Runnerslife	
24	701	48	Dee Buchanan	SM	San Domenico RC	
25	388	50	Matt Hopkins	SM	Les Croupiers RC	16
26	254	55	Simon Osborne	M50	Bridgend AC	17
27	236	57	Glyn Sansom	M45	San Domenico RC	
28	234	18:00	Ben Farag	M45	Les Croupiers RC	18
29	491	09	Rob Hunt	M45	Bridgend AC	19
30	393	15	Mark Windsor	SM	San Domenico RC	
31	193	25	Jeff Thomas	M45	Bridgend AC	20
32	260	29	John Morgan	M45	Brackla Harriers	21
33	261	32	Elio Lepore	M55	Les Croupiers RC	22
34	375	47	Bob Scott	M35	Les Croupiers RC	23
35	250	49	Paul Davies	M45	Port Talbot Harriers	
36	187	51	Sandy Johnston	M60	Les Croupiers RC	24
37	399	52	Andy Gardiner	SM	South Wales Police RC	
38	369	55	Alun Rees	M35	Neath Harriers	
39	253	55	John O'Shea	M55	Les Croupiers RC	25
40	178	19:00	Jason Dickenson	M40	T.R.O.T.S.	
41	365	03	Darren Hall	SM	Unattached	
42	391	04	Alun Jones	M35	Les Croupiers RC	26
43	255	06	Jon Sizer	M50	Unattached	
44	184	09	Mick McGeoch	M55	Les Croupiers RC	27
45	668	11	Katie Beecher	SW	Les Croupiers RC	28
46	389	12	Andrew Russell	M35	Les Croupiers RC	29
47	181	20	David Proud	M40	Les Croupiers RC	30
48	372	26	Will Evans	M35	Porthcawl Runnerslife	
49	252	29	Alun Evans	M45	Unattached	
50	262	30	Ian Ogilvy	M40	Brackla Harriers	31
51	194	39	Andrew Blair	M45	Les Croupiers RC	32

52	616	41	Gabrielle Maine	3	SW	Porthcawl Runnerslife	
53	700	47	Jon Embling		M55	Bridgend AC	33
54	247	48	James Delaney		M55	San Domenico RC	
55	182	20:07	Brendan Jones		M40	Les Croupiers RC	34
56	673	12	Claire Beatty	4	SW	Les Croupiers RC	35
57	643	18	Ruth Barrett	5	SW	San Domenico RC	
58	189	19	Dominic Shields		M45	San Domenico RC	
59	237	21	Julian Maine		M50	Porthcawl Runnerslife	
60	612	25	Lee Bodenham	6	SW	Porthcawl Runnerslife	
61	384	27	Andrew Davidson		SM	Les Croupiers RC	36
62	259	31	Alan Jones		M55	Brackla Harriers	37
63	248	31	Peter Johns		M45	Unattached	
64	370	34	James Bruce		M35	Les Croupiers RC	38
65	383	38	Thomas Murphy		U20	Pontypridd Roadents	
66	174	39	Gareth Rees		M40	Les Croupiers RC	39
67	246	45	David E Williams		M45	Les Croupiers RC	40
68	687	47	Carys Griffiths	7	SW	Bridgend AC	41
69	603	55	Georgie Dando	8	SW	Bridgend AC	42
70	605	21:04	Alice Johnston	9	U20W	Unattached	
71	158	08	Charlotte Johns	10	W40	Brackla Harriers	43
72	244	11	Gary Bodman		M45	Les Croupiers RC	44
73	175	22	Brian Dias		SM	Cardiff AAC	
74	263	26	AN Other		??	Brackla Harriers	45
75	366	26	Daniel Glen		U20	Bridgend AC	46
76	242	27	David Breen		M50	Porthcawl Runnerslife	
77	245	30	Gareth John		M55	Les Croupiers RC	47
78	258	35	Stephen Quin		M40	Les Croupiers RC	48
79	152	40	Debbie Cooke	11	W45	Bridgend AC	49
80	379	46	Marc Evans		M35	Cardiff AAC	
81	390	49	Steve Ridout		M35	Brackla Harriers	50
82	1	22:02	Gina Hardman	12	W40	Bridgend AC	51
83	192	11	Anthony Phillips		M45	Porthcawl Runnerslife	
84	179	17	Andrew Sedgemond		M55	Les Croupiers RC	52
85	256	19	Andrew Dunscombe		M45	Pontypridd Roadents	
86	241	26	Roy Silver		M55	Les Croupiers RC	53
87	154	29	Julie Scholey	13	W50	Les Croupiers RC	54
88	160	34	Andrea Starritt	14	W40	Brackla Harriers	55
89	243	44	Tony Burt		M65	Brackla Harriers	56
90	395	45	Gareth Edwards		SM	Unattached	
91	249	47	David McDonald		M40	Les Croupiers RC	57
92	127	54	Nicola Thomas	15	W40	Porthcawl Runnerslife	
93	238	23:04	Jeff Aston		M60	Les Croupiers RC	58
94	188	07	Alex Ford		M60	Brackla Harriers	59
95	691	22	Gillian McCue	16	SW	Les Croupiers RC	60
96	239	27	Ian Stratton		M40	Brackla Harriers	61
97	156	29	Vanessa Turnbull	17	W45	Les Croupiers RC	62
98	183	37	Howard Kent		M50	Les Croupiers RC	63
99	159	24:05	Tammy Raz-Nick	18	W35	Brackla Harriers	64
100	180	16	Ian Yates		M45	Bridgend AC	65
101	396	24	Dean Crocker		SM	Unattached	
102	166	39	Pat Jones	19	W55	Brackla Harriers	66
103	251	54	Gareth Taylor		M40	Bridgend AC	67
104	190	59	Keith Treharne		M65	Brackla Harriers	68
105	177	25:06	Ian Swanson		M60	Port Talbot Harriers	
106	128	08	Romana Maine	20	W50	Porthcawl Runnerslife	
107	2	15	Jane Ogilvy	21	W45	Brackla Harriers	69

108	676	30	Chloe Lafor	22	SW	Unattached	
109	126	37	Bernadette Wilkinson	23	W45	San Domenico RC	
110	153	26:17	Cath Matler	24	W45	Brackla Harriers	70
111	125	27:11	Rhian Powell	25	W35	Porthcawl Runnerslife	
112	157	43	Cath Evans	26	W60	Brackla Harriers	71
113	121	28:07	Amanda Thompson	27	W50	Les Croupiers RC	72
114	155	17	Linda Jones	28	W45	Unattached	
115	120	48	Al-Lin Kee	29	W40	Les Croupiers RC	73
116	124	57	Eirian Arwyn	30	W55	Les Croupiers RC	74
117	186	29:10	Simon Hudd		M40	Unattached	
118	123	42	Avril Weston	31	W40	Les Croupiers RC	75
119	240	31:44	Errol Alexis		M75	Les Croupiers RC	76

### Complete Team Scores

#### Men – 4 to score

1.	Les Croupiers RC “A”	3	4	10	13	=	30 points
2.	Bridgend AC “A”	5	9	11	15	=	40 points
3.	San Domenico RC	8	12	24	27	=	71 points
4.	Les Croupiers “B”	19	20	21	22	=	82 points
5.	Porthcawl Runnerslife	6	14	23	48	=	91 points
6.	Bridgend AC “B”	18	26	29	31	=	104 points
7.	Les Croupiers “C”	25	28	33	34	=	120 points
8.	Brackla Harriers	16	32	50	62	=	160 points
9.	Les Croupiers “D”	36	39	42	44	=	161 points
10.	Les Croupiers “E”	46	47	51	55	=	199 points
11.	Les Croupiers “F”	61	64	66	67	=	258 points
12.	Les Croupiers “G”	72	77	78	84	=	311 points
13.	Bridgend AC “C”	53	75	100	103	=	331 points
14.	Brackla Harriers “B”	74	81	89	94	=	338 points
15.	Les Croupiers “H”	86	91	93	98	=	368 points

#### Women – 3 to score

1.	Bridgend AC	1	7	8	=	16 points
2.	Les Croupiers “A”	2	4	13	=	19 points
3.	Porthcawl Runnerslife	3	6	15	=	24 points
4.	Brackla Harriers	10	14	18	=	42 points
5.	Les Croupiers “B”	16	17	27	=	60 points
6.	Brackla Harriers “B”	19	21	24	=	64 points
5.	Les Croupiers “C”	29	30	31	=	90 points

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

#### Bridgend & Brackla (33 runners)

3	4	6	8	9	10	11	17	19	20	31	33	37	41	42	43	45	46	49	50
51	55	56	59	61	64	65	66	67	68	69	70	71							

**TOTAL POINTS**  
= 1346

#### Les Croupiers RC (42 runners)

1	2	5	7	12	13	14	15	16	18	22	23	24	25	26	27	28	29	30	32
34	35	36	38	39	40	44	47	48	52	53	54	57	58	60	62	63	72	73	74
75	76	9 runners extra (see rule below) = - 45 points																	

**TOTAL POINTS**  
= 946 – 45  
= 901

### 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 9 extra runners this year; therefore  $1 + 2 + 3 + 4 + \text{etc to } 9 = 45 \text{ points}$  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 ie Les Croupiers RC for 2011

### Weather Conditions

A dry evening, with a south-westerly headwind (12mph) to the turn. Temperatures around 19°C at start.

# MERTHYR MAWR LANE 5km - WINNERS – 2011

	Name	Club	Time	
<b><u>Men</u></b>				
1 <sup>st</sup>	Matt Evans	Swansea Harriers	15:25	
2 <sup>nd</sup>	Daniel Hiscox (u20)	Swansea Harriers	15:35	
3 <sup>rd</sup>	Julian Baker (40+)	Les Croupiers RC	16:02	
<b><u>u20 Man</u></b>				
1 <sup>st</sup>	Daniel Hiscox	Swansea Harriers	15:35	
2 <sup>nd</sup>	James Hunt	Bridgend AC	16.31	
<b><u>40+ Man</u></b>				
1 <sup>st</sup>	Julian Baker	Les Croupiers RC	16:02	
2 <sup>nd</sup>	Anthony Powell	Porthcawl Runnerslife	17:13	
<b><u>50+ Man</u></b>				
1 <sup>st</sup>	Richard Bullen	Les Croupiers RC	17:31	
<b><u>60+ Man</u></b>				
1 <sup>st</sup>	Sandy Johnson	Les Croupiers RC	18:51	<b>RECORD</b>
<b><u>Team (4 to score)</u></b>				
1 <sup>st</sup>	30 pts	Les Croupiers RC	Julian Baker Ed Donovan	Jerome Edwards Matt Hurford
2 <sup>nd</sup>	40 pts	Bridgend AC	James Hunt Sam Longville	Mark Emery Alex Simon
3 <sup>rd</sup>	71 pts	San Domenico RC	Stephen Shields Dee Buchanan	Gareth Green Glyn Sansom
<b><u>Women</u></b>				
1 <sup>st</sup>	Kate Roberts	Bridgend AC	17:24	
2 <sup>nd</sup>	Katie Belcher	Les Croupiers RC	19:11	
3 <sup>rd</sup>	Gabrielle Maine	Porthcawl Runnerslife	19:41	
<b><u>u20 Woman</u></b>				
1 <sup>st</sup>	Alice Johnston	Unattached	21:04	
<b><u>35+ Woman</u></b>				
1 <sup>st</sup>	Charlotte Johns	Brackla Harriers	21:08	
<b><u>45+ Woman</u></b>				
1 <sup>st</sup>	Debbie Cooke	Bridgend AC	21:40	
<b><u>Team (3 to score)</u></b>				
1 <sup>st</sup>	16 pts	Bridgend AC	Kate Roberts Georgie Dando	Carys Griffiths
2 <sup>nd</sup>	19 pts	Les Croupiers RC	Katie Beecher Julie Scholey	Claire Beatty
3 <sup>rd</sup>	24 pts	Porthcawl Runnerslife	Gabrielle Maine Nicola Thomas	Lee Bodenham
<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+	<b>Sandy Johnson</b>	<b>Les Croupiers RC</b>	<b>18:51</b>	<b>2011</b>
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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