

9th MERTHYR MAWR LANE 5km : RESULTS : 30th 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 | |
| 7 | 161 | 53 | Stephen Shields | SM | San Domenico RC | |
| 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 | 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 |
| 22 | 190 | 25 | Glyn Sansom | M50 | San Domenico RC | |
| 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 | 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 | 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 | 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 | |
| 48 | 178 | 51 | Lloyd Morgan | SM | San Domenico RC | |
| 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 |

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|-----|-----|-------|--------------------|----|------|----------------------|----|
| 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 |

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|-----|-----|-------|-----------------|----|-----|------------------|----|
| 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 | |

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| TOTAL POINTS = 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 |

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| TOTAL POINTS = 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 | |
|---------------------------------|-------------------------|----------------------|--------------------------------|---------------------------------|
| <u>Men</u> | | | | |
| 1 st | Jon Hopkins | Cardiff AAC | 15:15 | |
| 2 nd | Matthew Harvey | Neath Harriers | 16:09 | |
| 3 rd | Ed Donovan | Les Croupiers RC | 16:31 | |
| <u>u20 Man</u> | | | | |
| 1 st | James Hunt | Cardiff AAC | 16:17 | |
| <u>40+ Man</u> | | | | |
| 1 st | Elsidig Ibrahim | Cardiff AAC | 16:51 | |
| <u>50+ Man</u> | | | | |
| 1 st | Glyn Sansom | San Domenico RC | 18:25 | |
| <u>60+ Man</u> | | | | |
| 1 st | Michael Davies | Les Croupiers RC | 21:04 | |
| <u>Team (4 to score)</u> | | | | |
| 1 st | 33 pts | Les Croupiers RC "A" | Ed Donovan Tom Jefferys | Rob Sage Matt Hurford |
| 2 nd | 52 pts | Bridgend AC | Matt Wells Andrew Hodgeson | Richard Dando Rob Hunt |
| 3 rd | 74 pts | Les Croupiers RC "B" | Gareth Lynch Alun Jones | Martin Williams Richard Self |
| <u>Women</u> | | | | |
| 1 st | Kate Roberts | Bridgend AC | 17:16 | |
| 2 nd | Claire Phillips (MW35+) | Port Talbot Harriers | 18:55 | |
| 3 rd | Carys Griffiths | Bridgend AC | 19:30 | |
| 4 th | Jen Salter | Les Croupiers RC | 19:36 | |
| <u>u20 Woman</u> | | | | |
| 1 st | Zoe Thomas | Cardiff AAC | 20:30 | |
| <u>35+ Woman</u> | | | | |
| 1 st | Claire Phillips | Port Talbot Harriers | 18:55 | |
| <u>45+ Woman</u> | | | | |
| 1 st | Kim Wehden | Islwyn RC | 20:16 | |
| <u>Team (3 to score)</u> | | | | |
| 1 st | 14 pts | Bridgend AC | Kate Roberts Gina Hardman | Carys Griffiths |
| 2 nd | 15 pts | Les Croupiers RC | Jen Salter Maria Zubizarita | Claire Beatty |
| 3 rd | 32 pts | Brackla Harriers | Emma Lynch Tammy Raz-Nik | Charlotte Johns |
| <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+ | 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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