

# 9<sup>th</sup> MERTHYR MAWR LANE 5km : RESULTS : 29<sup>th</sup> May 2013

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	9	16:04	Lewys Hobbs	SM	Swansea Harriers		
2	8	16:06	Daniel Bodman	SM	Aberdare Valley		
3	23	16:14	Matt Wells	SM	Bridgend AC	1	
4	24	16:21	Elliot Coles	SM	Leeds City		
5	20	16:22	Ed Donavan	SM	Les Croupiers RC	2	
6	25	16:35	Oliver Williams	SM	Les Croupiers RC	3	
7	7	16:39	James Hunt	JM	Cardiff AAC		
8	26	16:44	Tom Davis	JM	Porthcawl Runners		
9	11	16:46	Mark Emery	SM	Bridgend AC	4	
10	58	16:49	Andrew Hodgson	V40	Bridgend AC	5	
11	4	16:51	Richard Dando	SM	Bridgend AC	6	
12	21	16:59	Nick Dukes	SM	Les Croupiers RC	7	
13	77	17:12	Matt Hurford	SM	Les Croupiers RC	8	
14	84	17:27	Martin Williams	V40	Les Croupiers RC	9	
15	2	17:34	Benji Edwards	JM	Bridgend AC	10	
16	22	17:38	Tom Jeffery	SM	Les Croupiers RC	11	
17	81	17:42	Alun Jones	V40	Les Croupiers RC	12	
18	93	17:45	Anthony Williams	V50	U/A		
19	94	17:51	Brian Richardson	V50	Les Croupiers RC	13	
20	17	18:01	Matt Hopkins	SM	Les Croupiers RC	14	
21	16	18:19	Geraint Lewis	SM	Porthcawl Runners		
22	10	18:21	Jonathan Williams	SM	Swansea Harriers		
23	92	18:22	Elio Lapore	V50	Les Croupiers RC	15	
24	73	18:26	Alun Evans	V40	Rhondda Valley		
25	62	18:28	Rob Hunt	V50	Bridgend AC	16	
26	95	18:32	Glyn Sansom	V50	San Domenico RC		
27	86	18:33	Peter Williams	V40	Bridgend AC	17	
28	64	18:38	Dean House	V40	Pegasus		
29	74	18:40	Mike Murphy	V50	Les Croupiers RC	18	
30	5	18:56	Justin Lott	SM	Bridgend AC	19	
31	88	18:58	Ian Ogilvie	V40	Brackla Harriers	20	
32	82	19:02	David Proud	V40	Les Croupiers RC	21	
33	60	19:12	Jeff Thomas	V40	Bridgend AC	22	
34	27	19:13	Brian Diaz	SM	Les Croupiers RC	23	
35	3	19:22	Daniel Glen	JM	Bridgend AC	24	
36	63	19:26	Mick McGeoch	V50	Les Croupiers RC	25	
37	1	19:36	Dave Williams	SM	Aberdare Valley AC		
38	15	19:39	John Burridge	SM	Cwm Ogwr Runners		
39	18	19:43	Lloyd Morgan	SM	San Domenico RC		
40	53	19:45	Keith Powell	V60	Cornelly Striders		
41	59	19:46	Huw Roberts	V50	Bridgend AC	26	
42	71	19:54	David E. Williams	V50	Les Croupiers RC	27	
43	106	19:58	Gabriella Maine	1	SW	Les Croupiers RC	28
44	87	19:59	Howard Kent	V60	Les Croupiers RC	29	
45	19	20:11	James Francis	SM	U/A		
46	102	20:23	Carys Griffiths	2	SW	Bridgend AC	30
47	104	20:25	Maria Gouveia	3	SW	San Domenico RC	
48	56	20:29	Ron Morris	V60	San Domenico RC		
49	78	20:33	Alun Jones	V50	Brackla Harriers	31	
50	12	20:53	Richard Jones	SM	Cornelly Striders		
51	76	20:58	James Delaney	V50	San Domenico RC		

52	66	21:00	Clive Osmond		V50	Les Croupiers RC	32
53	67	21:07	Anthony Phillips		V40	Porthcawl Runners	
54	83	21:13	Paul Morris		V50	Les Croupiers RC	33
55	75	21:16	Jeffery Hanson		V50	U/A	
56	65	21:19	Roy Silver		V50	Les Croupiers RC	34
57	129	21:28	Charlotte Johns	4	FV45	Brackla Harriers	35
58	13	21:34	Barry Morgan		SM	Brackla Harriers	36
59	14	21:43	Gareth Jenkins		SM	Cwm Ogwr Runners	
60	69	21:48	Gareth Rees		V40	Les Croupiers	37
61	141	21:50	Sharon Ford	5	FV35	Porthcawl Runners	
62	90	21:53	Stephen Quin		V40	Les Croupiers RC	38
63	123	21:56	Julie Scholey	6	FV45	Les Croupiers RC	39
64	122	22:03	Clare Hughes	7	FV35	Bridgend AC	40
65	128	22:12	Nicola Thomas	8	FV45	Porthcawl Runners	
66	109	22:18	Gemma Bright	9	SW	Bridgend AC	41
67	103	22:22	Jasmine Briganti	10	JW	Porthcawl Runners	
68	61	22:24	Andrew Sedgmond		V50	Les Croupiers	42
69	50	22:33	David Evans		V40	U/A	
70	91	22:47	Steve Ridout		V40	Brackla Harriers	43
71	135	22:48	Hannah Withers	11	FV35	San Domenico RC	
72	131	22:59	Tammy Raz-Nik	12	FV35	Brackla Harriers	44
73	89	23:04	Alex Ford		V60	Brackla Harriers	45
74	137	23:24	Libby Lavis	13	FV55	Brackla Harriers	46
75	6	23:27	John Seaward		SM	San Domenico RC	
76	70	23:28	Tony Burt		V70	Brackla Harriers	47
77	54	23:30	Huw Williams		V40	Bridgend AC	48
78	132	23:33	Helen Davies	14	FV45	Cwm Ogwr Runners	
79	68	23:46	Gary Bodman		V50	Les Croupiers RC	49
80	85	23:51	Ray James		V40	Port Talbot Harriers	
81	80	23:59	Jeff Aston		V60	Les Croupiers RC	50
82	72	24:09	Malcolm Jones		V60	Brackla Harriers	51
83	127	24:16	Romana Maine	15	FV45	Porthcawl Runners	
84	107	24:25	Helen Scott	16	SW	Porthcawl Runners	
85	140	24:35	Meinir Tuckey	17	FV35	Bridgend AC	52
86	139	25:11	Pat Jones	18	FV55	Brackla Harriers	53
87	79	25:42	Steve Gibbins		V60	Porthcawl Runners	
88	55	25:43	Simon Hudd		V40	U/A	
89	130	26:08	Gill Murphy	19	FV55	Les Croupiers RC	54
90	57	26:19	Simon Davies		V40	U/A	
91	105	26:23	Cari Randall	20	SW	Les Croupiers RC	55
92	133	26:40	Amanda Thompson	21	FV45	Les Croupiers RC	56
93	136	26:46	Liz Morgan	22	FV35	San Domenico RC	
94	121	26:49	Karen Phillips	23	FV45	Brackla Harriers	57
95	138	27:39	Karen Phillips	24	FV45	Porthcawl Runners	
96	134	28:22	Clare Johnson	25	FV65	Les Croupiers RC	58
97	120	30:07	Sian Tossell	26	FV45	Brackla Harriers	59
98	124	30:41	Rachel Leicester	27	FV35	U/A	
99	126	30:41	Sue Pound	28	FV45	U/A	
100	108	30:45	Angela Walsh	29	SW	Porthcawl Runners	

## Complete Team Scores

### **Men – 4 to score**

1.	Bridgend AC “A”	3	9	10	11	=	33 points
2.	Les Croupiers RC “A”	5	6	12	13	=	36 points
3.	Les Croupiers RC “B”	14	16	17	19	=	66 points
4.	Les Croupiers RC “C”	20	23	27	29	=	99 points
5.	Bridgend AC “B”	15	25	30	33	=	103 points
6.	Les Croupiers RC “D”	32	34	36	42	=	144 points
7.	San Domenico RC	26	39	48	51	=	164 points
8.	Les Croupiers RC “E”	60	62	68	79	=	169 points
9.	Porthcawl Runners	8	21	53	87	=	169 points
10.	Les Croupiers RC “F”	44	52	54	56	=	206 points
11.	Brackla Harriers	31	49	58	70	=	208 points

### **Women – 3 to score**

1.	Bridgend AC	2	7	9	=	16 points
2.	Porthcawl Runners “A”	5	8	10	=	23 points
3.	Les Croupiers RC “A”	1	6	19	=	26 points
4.	Brackla Harriers “A”	4	12	13	=	29 points
5.	San Domenico RC	3	11	22	=	34 points
6.	Porthcawl Runners “B”	15	16	24	=	55 points
7.	Les Croupiers RC “B”	20	21	25	=	66 points
8.	Brackla Harriers “B”	18	23	59	=	100 points

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

#### **Bridgend & Brackla (29 runners)**

1	4	5	6	10	16	17	19	20	22	24	26	30	31	
35	36	40	41	43	44	45	46	47	48	51	52	53	57	59

<b>TOTAL POINTS</b> = 958
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#### **Les Croupiers RC (30 runners)**

2	3	7	8	9	11	12	13	14	15	18	21	23	25	27
28	29	32	33	34	37	38	39	42	49	50	54	55	56	58

<b>TOTAL POINTS</b> = 784 – 1 = 783
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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 2013

### **Weather Conditions**

A damp evening, drizzle at start easing up with a south-westerly headwind (10mph) to the turn. Temperature around 17°C.

# MERTHYR MAWR LANE 5km - WINNERS – 2013

	Name	Club	Time	
<b><u>Men</u></b>				
1 <sup>st</sup>	Lewys Hobbs	Swansea Harriers	16:04	
2 <sup>nd</sup>	Daniel Bodman	Aberdare Valley	16:06	
3 <sup>rd</sup>	Matt Wells	Bridgend AC	16:14	
<b><u>u20 Man</u></b>				
1 <sup>st</sup>	James Hunt	Cardiff AAC	16:39	
<b><u>40+ Man</u></b>				
1 <sup>st</sup>	Andrew Hodgson	Bridgend AC	16:49	
<b><u>50+ Man</u></b>				
1 <sup>st</sup>	Anthony Williams	Unattached	17:45	
<b><u>60+ Man</u></b>				
1 <sup>st</sup>	Keith Powell	Cornelly Striders	19:45	
<b><u>70+ Man</u></b>				
1 <sup>st</sup>	Tony Burt	Brackla Harriers	23:28	
<b><u>Team (4 to score)</u></b>				
1 <sup>st</sup>	33 pts	Bridgend AC	Matt Wells Richard Dando	Andrew Hodgson Mark Emery
2 <sup>nd</sup>	36 pts	Les Croupiers RC "A"	Ed Donovan Matt Hurford	Nicky Duke Oliver Williams
3 <sup>rd</sup>	66 pts	Les Croupiers RC "B"	Martin Williams Alun Jones	Tom Jeffery Brian Richardson
<b><u>Women</u></b>				
1 <sup>st</sup>	Gabriella Maine	Les Croupiers RC	19:58	
2 <sup>nd</sup>	Carys Griffiths	Bridgend AC	20:23	
3 <sup>rd</sup>	Maria Gouveia	San Domenico RC	20:25	
<b><u>u20 Woman</u></b>				
1 <sup>st</sup>	Jazmine Briganti	Porthcawl Runners	22:22	
<b><u>35+ Woman</u></b>				
1 <sup>st</sup>	Sharon Ford	Porthcawl Runners	21:50	
<b><u>45+ Woman</u></b>				
1 <sup>st</sup>	Charlotte Johns	Brackla Harriers	22:28	
<b><u>Team (3 to score)</u></b>				
1 <sup>st</sup>	18 pts	Bridgend AC	Carys Griffiths Gemma Bright	Clare Hughes
2 <sup>nd</sup>	23 pts	Porthcawl Harriers	Sharon Ford Jazmine Briganti	Nicola Thomas
3 <sup>rd</sup>	26 pts	Les Croupiers RC	Gabriella Maine Gill Murphy	Julie Scholey
<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+	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
<b>Master Ladies 55+</b>	<b>Libby Lavis</b>	<b>Brackla Harriers</b>	<b>23:24</b>	<b>2013</b>
Junior Ladies	Zoe Thomas	Bridgend AC	18:46	2009

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# MERTHYR MAWR LANE 5KM : ROLL OF HONOUR 2004 – 2013

## Senior Men

2004	Darren Hiscox	Bridgend AC	15:38	
<b>2005</b>	<b>Richard Gardiner</b>	<b>Cardiff AAC</b>	<b>14:48</b>	<b>RECORD</b>
2006	Richard Gardiner	Cardiff AAC	14:54	
2007	Johnny Phillips	Cardiff AAC	14:53	
2008	Lewys Hobbs	Swansea Harriers	14:59	
2009	Daniel Gurmin	Swansea Harriers	15:01	
2010	Richard Gardiner	Cardiff AAC	15:08	
2011	Matt Evans	Swansea Harriers	15:25	
2012	Jon Hopkins	Cardiff AAC	15:15	
2013	Lewys Hobbs	Swansea Harriers	16:04	

## Junior Man (u20)

2004	Ashley Brace	Bridgend AC	19:14	
2005	Ashley Brace	Bridgend AC	21:41	
2006	Jonathan Butler	Swansea Harriers	16:44	
2007	Robbie O`Shea	Unattached	20:02	
2008	Kieran Mackintosh	Port Talbot Harriers	17:47	
2009	Morgan Davies	Pencoed Tri Club	18:45	
<b>2010</b>	<b>Jonathan Hopkins</b>	<b>Bridgend AC</b>	<b>15:25</b>	<b>RECORD</b>
2011	Daniel Hiscox	Swansea Harriers	15:35	
2012	James Hunt	Cardiff AAC	16:17	
2013	James Hunt	Cardiff AAC	16:39	

## Masters Men 40+

<b>2004</b>	<b>Andy Eynon</b>	<b>Bridgend AC</b>	<b>15:41</b>	<b>RECORD</b>
2005	Sean Tobin	Swansea Harriers	16:06	
2006	Paul Richards	Unattached	16:15	
2007	Lee Ahearne	Club 69	16:15	
2008	Richie Bullen	Les Croupiers RC	16:28	
2009	Richie Bullen	Les Croupiers RC	16:52	
2010	Phil Cook	Les Croupiers RC	16:41	
2011	Julian Baker	Les Croupiers RC	16:02	
2012	Elsidig Ibrahim	Cardiff AAC	16:51	
2013	Andrew Hodgson	Bridgend AC	16:49	

## Masters Men 50+

2004	Peter Davies	Brackla Harriers	18:00	
2005	Peter Davies	Brackla Harriers	17:44	
<b>2006</b>	<b>Peter Davies</b>	<b>Bridgend AC</b>	<b>17:17</b>	<b>RECORD</b>
2007	Huw Roberts	Bridgend AC	17:37	
2008	Mick McGeoch	Les Croupiers RC	17:43	
2009	Mick McGeoch	Les Croupiers RC	17:55	
2010	Simon Osborne	Bridgend AC	17:21	
2011	Richard Bullen	Les Croupiers RC	17:31	
2012	Glyn Sansom	San Domenico RC	18:25	
2013	Anthony Williams	Unattached	17:45	

## Masters Men 60+

2005	Jon Kerstin	Welsh Masters	19:51	
2006	Tony Burt	Brackla Harriers	21:08	
2007	Jeff Aston	Les Croupiers RC	21:22	
2008	John Collins	Swansea Harriers	21:09	
2009	Eric Hughes	Bridgend AC	21:10	
2010	Ron Morris	San Domenico R.C.	19:17	
<b>2011</b>	<b>Sandy Johnson</b>	<b>Les Croupiers RC</b>	<b>18:51</b>	<b>RECORD</b>
2012	Michael Davies	Les Croupiers RC	21:04	
2013	Keith Powell	Cornelly Striders	19:45	

**Masters Men 70+**

<b>2009</b>	<b>Eric Hughes</b>	<b>Bridgend AC</b>	<b>21:10</b>	<b>RECORD</b>
2010	Alan Bladen	Les Croupiers	29:51	
2011	Errol Alexis	Les Croupiers RC	31:44	
2013	Tony Burt	Brackla Harriers	23:28	

**Senior Women**

2004	Fiona Davies	Bridgend AC	20:01	
2005	Elouise Crowley	Cardiff AAC	17:33	
2006	Catherine Dugdale	Swansea Harriers	16:49	
2007	Ann Marie Hutchison	Neath Harriers	17.13	
2008	Claire Phillips	Swansea Harriers	19.25	
2009	Debbie Rees	Cardiff AAC	17.41	
<b>2010</b>	<b>Helen Tucker</b>	<b>Bridgend AC</b>	<b>16:20</b>	<b>RECORD</b>
2011	Kate Roberts	Bridgend AC	17:24	
2012	Kate Roberts	Bridgend AC	17:16	
2013	Gabriella Maine	Les Croupiers RC	19:58	

**Junior Woman (u20)**

2006	Grace Osborne	Bridgend AC	27:40	
2007	Alice Johnston	Cardiff AAC	21.47	
<b>2009</b>	<b>Zoe Thomas</b>	<b>Bridgend AC</b>	<b>18:46</b>	<b>RECORD</b>
2010	Ffion Lewis	Bridgend AC	18:48	
2011	Alice Johnston	Unattached	21:04	
2012	Zoe Thomas	Cardiff AAC	20:30	
2013	Jazmine Briganti	Porthcawl Runners	22:22	

**Masters Women 35+**

2004	Fiona Davies	Bridgend AC	20:01	
<b>2005</b>	<b>Satu Haikala</b>	<b>Brecon AC</b>	<b>18:32</b>	<b>RECORD</b>
2006	Lindsay Emyr	Les Croupiers RC	19:29	
2007	Claire Phillips	Swansea Harriers	19.36	
2008	Debbie Cooke	Bridgend AC	20.25	
2009	Debbie Cooke	Bridgend AC	20.34	
2010	Libby O'Duffy	Les Croupiers	19:06	
2011	Charlotte Johns	Brackla Harriers	21:08	
2012	Claire Phillips	Port Talbot Harriers	18:55	
2013	Sharon Ford	Porthcawl Runners	21:50	

**Masters Women 45+**

2004	Fiona Davies	Bridgend AC	20:01	
2005	Fiona Davies	Bridgend AC	20:40	
2006	Wendy Boon	Les Croupiers RC	20:32	
<b>2007</b>	<b>Francis Gill</b>	<b>Neath Harriers</b>	<b>19.00</b>	<b>RECORD</b>
2008	Libby Lavis	Brackla Harriers	22.14	
2009	Yvonne Bullen	Les Croupiers RC	21.32	
2010	Julie Scholey	Les Croupiers RC	21:52	
2011	Debbie Cooke	Bridgend AC	21:40	
2012	Charlotte Johns	Brackla Harriers	20:53	
2013	Charlotte Johns	Brackla Harriers	22:28	

**Masters Women 55+**

2009	Gill Murphy	Les Croupiers RC	27:07	
2010	Kath Evans	Brackla Harriers	26:40	
2011	Pat Jones	Brackla Harriers	24:39	
2012	Pat Jones	Brackla Harriers	23:49	
<b>2013</b>	<b>Libby Lavis</b>	<b>Brackla Harriers</b>	<b>23:24</b>	<b>RECORD</b>

<b>Team Winners</b>	<b>Men</b>	<b>Women</b>	<b>Mob Match</b>
2004	Bridgend AC	Brackla Harriers	Bridgend AC
2005	Cardiff AAC	Neath Harriers	Les Croupiers RC
2006	Cardiff AAC	Les Croupiers RC	Bridgend AC & Brackla H
2007	Cardiff AAC	Les Croupiers RC	Les Croupiers RC
2008	Les Croupiers RC	Les Croupiers RC	Bridgend AC & Brackla H
2009	Les Croupiers RC	Bridgend AC	Bridgend AC & Brackla H
2010	Swansea Harriers	Bridgend AC	Bridgend AC & Brackla H
2011	Les Croupiers RC	Bridgend AC	Les Croupiers RC
2012	Les Croupiers RC	Bridgend AC	Les Croupiers RC
2013	Bridgend AC	Bridgend AC	Les Croupiers RC