

# Merthyr Mawr Countryside 5 Mile 2009 ~ Results

Pos	No	Christian Name	SURNAME	Time	Sex	Age	Club
1	174	Simon	OSBORNE	29.57	M	45	Bridgend AC
2	192	Rob	HUNT	30.12	M	45	Bridgend AC
3	180	Paul	SPEYER	30.50	M	35	Brackla Harriers
4	191	Katie	ROBERTS	32.04	F	20	Bridgend AC
5	230	Glyn	SANSOM	37.38	M	45	San Domenico RC
6	232	Graham	BETTY	37.39	M	35	u/a
7	189	Will	CAMPION	38.07	M	35	u/a
8	200	Andrew	DUNSCOMBE	39.09	M	40	Pontypridd Roadents
9	179	Steven	NEW	43.17	M	40	100 Marathon Club
10	197	Jane	OGILVY	44.19	F	40	Brackla Harriers
11	90	Alan	LOCKE	44.21	M	55	u/a
12	185	Ed	TUCKER	45.33	M	45	Bridgend AC
13	188	Andrew	THOMAS	45.37	M	45	Brackla Harriers
14	187	Dominic	SHIELDS	45.38	M	40	San Domenico RC
15	195	Richard	HILL	45.48	M	Sen	Brackla Harriers
16	186	Sue	DAVIES	45.53	F	45	u/a
17	183	James	DELANEY	46.00	M	50	San Domenico RC
18	172	Gareth	TAYLOR	46.06	M	35	u/a
19	231	Rachel	ALLEN	46.30	F	Sen	Brackla Harriers
20	175	Michael	HALSALL	46.33	M	35	Llanelli AAC
21	176	Nigel	JONES	46.36	M	50	Llanelli AAC
22	199	Pat	JONES	46.41	F	55	Brackla Harriers
23	193	Kathleen	EVANS	47.24	F	55	Brackla Harriers
24	194	Joanne	HOPKINS	47.32	F	Sen	Brackla Harriers
25	173	Simon	HUDD	47.40	M	40	u/a
26	190	Alex	WILLIAMS	48.00	M	40	Brackla Harriers
27	196	Ian	OGILVIE	48.17	M	40	Brackla Harriers
28	177	Katie	BEECHER	48.31	F	Sen	Les Croupiers RC
29	184	Jon	SIZER	48.51	M	50	u/a
30	171	Andrew	MUNDY	49.48	M	35	Brackla Harriers
31	198	Allan	JONES	49.49	M	55	Brackla Harriers
32	178	Mike	WOODS	49.50	M	40	u/a

## Prizes

### MEN

1	Simon	OSBORNE	29.57	M	45	Bridgend AC
2	Rob	HUNT	30.12	M	45	Bridgend AC
3	Paul	SPEYER	30.50	M	35	Brackla Harriers
M 40+	Glyn	SANSOM	37.38	M	45	San Domenico RC
M 50+	Alan	LOCKE	44.21	M	55	u/a

### WOMEN

1	Katie	ROBERTS	32.04	F	20	Bridgend AC
2	Jane	OGILVY	44.19	F	40	Brackla Harriers
3	Sue	DAVIES	45.53	F	45	u/a
MW 35+	Pat	JONES	46.41	F	55	Brackla Harriers
MW 45+	Kathleen	EVANS	47.24	F	55	Brackla Harriers