

### Merthyr Police 10k, overall results. 22nd August 2004.

Overall race position	Surname	First name	Race number	Male / Female	Age category	Mins	Secs	Organisation / Affiliated club.
1	Gardiner	Richard	103	m	snr	30	47	Cardiff AC
2	Hiscox	Darran	85	m	snr	31	58	Bridgend AC
3	Baker	Julian	86	m	snr	33	18	Les Croupiers
4	Griffiths	Paul	83	m	snr	33	33	Swansea Harriers
5	Jones	Andrew	120	m	snr	33	41	Neath Harriers
6	Humphries	David	61	m	snr	33	53	u/a
7	Doel	Andrew	78	m	40	34	42	Swansea Harriers
8	Flower	Crispin	87	m	snr	35	14	Brecon AC
9	Edmunds	Kit	89	m	snr	35	58	Les Croupiers
10	Garcia	Nigel	121	m	snr	36	34	u/a
11	Williams	John	26	m	40	36	42	Neath Harriers
12	Adams	Phil	73	m	40	36	44	Neath Harriers
13	Lewis	Simon	66	m	snr	37	17	Club 69
14	Lancaster	Gavin	62	m	snr	37	34	u/a
15	Gill	Francis	46	Female	40	37	49	Neath Harriers
16	Davies	David	52	m	45	38	9	Spatans RC
17	Carpenter	Howard	47	m	50	38	20	Neath Harriers
18	Shrell	Davis	81	m	snr	38	26	Newport Harriers
19	Dawes	Paul	65	m	snr	38	52	u/a
20	Russell	Jeff	75	m	50	39	4	Club 69
21	Martin	Amanda	7	Female	35	39	15	u/a
22	Griffiths	John	57	m	50	39	45	Sarn Helen
23	Haines-Jones	Nicola	82	Female	35	40	1	Neath Harriers
24	Clarke	Julia	60	Female	snr	40	8	Cardiff AC
25	Pritchard	Joanna	119	Female	snr	40	15	Les Croupiers
26	Davies	Michael	104	m	50	40	24	Les Croupiers
27	Donnan	Graeme	18	m	50	40	27	Les Croupiers
28	Hill	Gareth	20	m	snr	40	35	u/a
29	Davies	Gron	107	m	40	40	36	u/a
30	John	Robert	13	m	snr	40	39	Les Croupiers
31	Carpanini	John	69	m	40	41	28	South Wales Police
32	Walton	Alan	93	m	snr	41	35	San Domenico
33	Davies	Steve	114	m	snr	42	0	Port Talbot Harriers
34	Rees	Colin	67	m	40	42	7	Club 69
35	Lloyd	Gwyn	80	m	45	42	9	Pontypridd Roadents
36	Anning	Bob	130	m	snr	42	12	Wye Valley Runners
37	Urro	Sandy	129	Female	50	42	14	Wye Valley Runners
38	Coray	Charles	125	m	40	42	23	u/a
39	Haines	Ian	98	m	snr	43	5	u/a
40	Williams	Gareth	42	m	snr	43	8	u/a
41	Coray	Tania	124	Female	40	43	13	u/a
42	Jones	Stephen	100	m	45	43	28	Islwyn
43	Williams	Neil	126	m	40	43	34	u/a
44	Williams	Frank	25	m	50	43	40	Les Croupiers
45	Evans	Alun	96	m	snr	43	41	u/a
46	Proffitt	David	14	m	50	43	45	Newport Harriers
47	Olivant	Mick	34	m	50	43	57	u/a
48	Turner	Amy	88	Female	snr	44	0	Les Croupiers
49	Davies	Davin	44	m	55	44	2	Neath Harriers
50	Jehu	Gareth	21	m	snr	44	6	u/a
51	Thomas	James	56	m	40	44	14	Brackla Harriers
52	Jones	Kevin	5	m	snr	44	19	u/a

53	Woolley	Theresa	91	Female	40	44	22	Centurion RC
54	Todd	Mike	94	m	40	44	33	u/a
55	Hoskins	Philip	53	m	40	44	42	u/a
56	Jervis	Jeffrey	74	m	60	45	8	Club 69
57	Jones	Mandy	99	Female	40	45	12	Islwyn
58	Davies	Lee	39	m	snr	45	31	u/a
59	Davies	Wayne	105	m	snr	45	41	u/a
60	Russell	Kevin	6	m	45	45	52	South Wales Police
61	Haines	Matthew	15	m	snr	46	0	South Wales Police
62	Thomas	Michael	63	m	40	46	10	u/a
63	Boyce	Raymond	59	m	40	46	17	Cornelly Striders
64	Howells	Justin	122	m	snr	46	29	u/a
65	Monnington	Graham	95	m	55	46	37	u/a
66	Davies	Kenneth	45	m	50	46	42	u/a
67	Pilliner	Neil	127	m	snr	47	1	u/a
68	Phillips	Arthur	50	m	70	47	15	Sospan Road Runners
69	Kurmaully	Alun	84	m	snr	47	34	u/a
70	Lancaster	Catherine	19	Female	snr	47	49	u/a
71	Harries	John	16	m	snr	47	50	u/a
72	Mullis	John	54	m	60	48	18	Tipton Harriers
73	Williams	Christopher	97	m	45	48	31	Road Runners
74	Murphy	Andrew	48	m	snr	48	34	u/a
75	Gillard	Paul	15	m	40	48	36	u/a
76	Stevens	Darren	123	m	snr	48	37	u/a
77	Austin	Jacky	37	Female	50	48	38	Club 69
78	Jones	Michael	22	m	snr	48	51	u/a
79	Thomas	Andrew	40	m	snr	49	2	South Wales Police
80	Knight	Roland	70	m	55	49	13	Hengoed Road
81	James	Tim	33	m	snr	49	41	South Wales Police
82	Williams	Joy	111	Female	40	49	52	Hereford Couriers
83	Archer	Paul	55	m	snr	49	58	South Wales Police
84	Parsons	Robin	1	m	70	50	13	Lliswerry Runners
85	James	Dawn	51	Female	40	50	21	u/a
86	Morris	Cefin	11	m	snr	50	30	u/a
87	Clinch	Mike	68	m	45	50	54	u/a
88	Davies	Mark	71	m	snr	51	13	u/a
89	Parry	Michelle	117	Female	snr	51	24	u/a
90	Andrew	Dominic	118	m	snr	51	24	u/a
91	Morgan	Catherine	58	Female	snr	51	38	Maesteg
92	Jones	Marc	2	m	snr	52	6	u/a
93	Davies	Jim	79	m	snr	52	35	u/a
94	Fitzgerald-	Denise	92	Female	40	52	59	u/a
95	Reynolds	John	12	m	snr	53	31	u/a
96	Bruton	David	35	m	45	53	39	u/a
97	Evans	Sara	108	Female	snr	54	15	u/a
98	Evans	Anne Marie	32	Female	snr	55	4	u/a
99	Clark	Peter	116	m	50	55	41	u/a
100	Jones	Neil	49	m	snr	55	49	u/a
101	Thomas	Colin	64	m	45	55	56	u/a
102	Evans	Jeff	110	m	45	56	18	u/a
103	Griffiths	Neil	112	m	snr	56	39	South Wales Police
104	Renwick	Kelly	76	Female	snr	56	46	u/a
105	Turner	Emma	77	Female	snr	56	46	u/a
106	Ryan	Daniel	101	m	snr	56	54	u/a
107	Ryan	Jamie	102	m	snr	57	28	u/a

108	Jones	Dawn	4	Female	35	57	38	South Wales Police
109	Jones	Gavin	109	m	snr	59	1	u/a
110	Singer	Graham	29	m	45	59	17	Taff Ely Tri
111	Emms	Andy	132	m	40	59	44	u/a
112	Mahay	Rachel	131	Female	snr	59	44	u/a
113	Bladen	Alan	72	m	60	60	1	Les Croupiers
114	Dunscombe	Brian	3	m	60	61	38	u/a
115	Tapper	David	90	m	55	61	53	Islwyn
116	Jones	Sian	28	Female	snr	61	58	u/a
117	Llewellyn	Catherine	106	Female	40	62	27	u/a
118	Watts	Allen	43	m	75	62	34	Sarn Helen
119	Finch	Shari	38	Female	snr	67	11	u/a