

**Merthyr Police 10K Road Race**  
**The 4th Annual Merthyr Police 10K**

Sunday 19 August 2007. 10:30 am

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/Km</i>	<i>Race</i>	<i>Race</i>
1	0:32:25	GARDINER, Richard (RC)	Cardiff A.A.C.	Senior Men	03:14.5	95	1
2	0:34:03	JONES, Carwyn (RC)	Cardiff A.A.C.	Senior Men	03:24.3	84	2
3	0:34:09	AHERNE, Lee	Club 69	Men Vet 35-44	03:24.9	59	3
4	0:34:15	GRIFFITHS, Paul	Neath Harriers	Men Vet 35-44	03:25.5	138	4
5	0:34:22	KIBBLE, Phil	Swansea Harriers	Men Vet 35-44	03:26.2	26	5
6	0:35:27	PATERSON, Stephen (RC)	San Domenico Road Runners	Senior Men	03:32.7	5	6
7	0:35:35	CREES, Stuart (RC)	Les Croupiers R.R.C.	Senior Men	03:33.5	12	7
8	0:35:55	FROST, Nick (RC)	Pontypridd Roadents R.C.	Men Vet 45-54	03:35.5	51	8
9	0:36:00	BROOM, John	Holmfirth Harriers	Men Vet 35-44	03:36.0	267	9
10	0:36:04	TAKATA, Edward (RC)	Cardiff A.A.C.	Senior Men	03:36.4	56	10
11	0:36:08	GAUNT, Martin	Unattached	Senior Men	03:36.8	208	11
12	0:36:27	THOMAS, Stephen	Islwyn R.C.	Men Vet 35-44	03:38.7	215	12
13	0:37:19	SCANLON, Jason (RC)	Pontypridd Roadents R.C.	Men Vet 35-44	03:43.9	219	13
14	0:37:33	HARRIS, John (RC)	Les Croupiers R.R.C.	Senior Men	03:45.3	216	14
15	0:37:45	WEBBORN, Martin	Swansea Harriers	Men Vet 45-54	03:46.5	52	15
16	0:37:47	PARKES, Matthew (RC)	Bridgend A.C.	Senior Men	03:46.7	217	16
17	0:37:49	HOWELL, Scott (RC)	Les Croupiers R.R.C.	Men Vet 45-54	03:46.9	269	17
18	0:38:02	LAVER, Toby	Reading Road Runners	Senior Men	03:48.2	271	18
19	0:38:25	WALTON, Alan (RC)	San Domenico Road Runners	Men Vet 35-44	03:50.5	34	19
20	0:38:47	MURPHY, Symon	Pontypridd Roadents R.C.	Senior Men	03:52.7	82	20
21	0:38:52	PENGILLY, Tim (RC)	Les Croupiers R.R.C.	Senior Men	03:53.2	201	21
22	0:38:57	COLES, David (RC)	Les Croupiers R.R.C.	Men Vet 45-54	03:53.7	39	22
23	0:39:06	TEED, Ivan	Chepstow Harriers	Senior Men	03:54.6	108	23
24	0:39:08	MEYLER, Phil (RC)	Pontypridd Roadents R.C.	Men Vet 45-54	03:54.8	207	24
25	0:39:13	BAKER, Andrew (RC)	Pontypridd Roadents R.C.	Men Vet 35-44	03:55.3	257	25
26	0:39:31	HEADON, Dave (RC)	Les Croupiers R.R.C.	Men Vet 45-54	03:57.1	16	26
27	0:39:50	RAINBIRD, Derek (RC)	Club 69	Men Vet 45-54	03:59.0	98	27
28	0:40:00	LLOYD, Neil	Unattached	Men Vet 45-54	04:00.0	44	28
29	0:40:02	OSMOND, Clive (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:00.2	243	29
30	0:40:04	MURPHY, Mike (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:00.4	55	30
31	0:40:06	TOWNSEND, Matthew (RC)	Les Croupiers R.R.C.	Men Vet 35-44	04:00.6	45	31
32	0:40:09	GRIFFITHS, Bryn (RC)	Bridgend A.C.	Senior Men	04:00.9	125	32
33	0:40:10	PHILLIPS, Clare	Swansea Harriers	Ladies Vet 35-44	04:01.0	25	33
34	0:40:12	OWEN, Dylan (RC)	Les Croupiers R.R.C.	Men Vet 35-44	04:01.2	48	34
35	0:40:31	HARTNELL, Haydn	Islwyn R.C.	Men Vet 45-54	04:03.1	231	35
36	0:40:54	BRISTOW, Richard (RC)	South Wales Police Athletic	Men Vet 35-44	04:05.4	126	36
37	0:40:58	SAUNDERS, Alun (RC)	Unattached	Men Vet 35-44	04:05.8	8	37
38	0:40:59	DUNSCOMBE, Mark (RC)	Sarn Helen	Men Vet 45-54	04:05.9	252	38
39	0:41:05	GARLICK, David	Unattached	Men Vet 55-64	04:06.5	113	39
40	0:41:07	LANCASTER, Gavin	Total Fitness Bath	Men Vet 35-44	04:06.7	35	40
41	0:41:08	WEAVER, Adrian	Port Talbot	Senior Men	04:06.8	96	41
42	0:41:11	DAVIES, Andrew	Pontypridd Roadents R.C.	Men Vet 35-44	04:07.1	53	42
43	0:41:13	MORRIS, Ron (RC)	San Domenico Road Runners	Men Vet 55-64	04:07.3	31	43
44	0:41:16	PRICE, Paul (RC)	Unattached	Men Vet 35-44	04:07.6	47	44
45	0:41:24	HOLLAND, Craig (RC)	Pontypridd Roadents R.C.	Men Vet 35-44	04:08.4	24	45
46	0:41:42	CORCORAN, Cornelius (RC)	Pontypridd Roadents R.C.	Men Vet 35-44	04:10.2	114	46
47	0:41:47	GRIFFITHS, Gareth (RC)	Unattached	Men Vet 35-44	04:10.7	118	47
48	0:41:50	PALMER, Andrew (RC)	Penarth & Dinas Runners	Men Vet 35-44	04:11.0	77	48
49	0:41:52	REES, Colin	Club 69	Men Vet 45-54	04:11.2	102	49
50	0:41:55	JEHU, Gareth	Taff Ely Triathletes	Men Vet 35-44	04:11.5	40	50
51	0:41:56	PHIPPS, Elaine	Reading Road Runners	Senior Ladies	04:11.6	270	51
52	0:42:00	DAVIES, Ceri-anne (RC)	Pontypridd Roadents R.C.	Ladies Vet 35-44	04:12.0	92	52
53	0:42:02	WILLIAMS, Alex	26.2 Road Runners Club	Men Vet 35-44	04:12.2	42	53
54	0:42:10	LLOYD, Gwyn	Pontypridd Roadents R.C.	Men Vet 45-54	04:13.0	68	54
55	0:42:11	STATHAM, Jason	Swansea Harriers	Men Vet 35-44	04:13.1	32	55
56	0:42:12	SANSOM, Glyn (RC)	San Domenico Road Runners	Men Vet 45-54	04:13.2	134	56

57	0:42:20	MORGAN, Kelly (RC)	Pontypridd Roadents R.C.	Senior Ladies	04:14.0	218	57
58	0:42:22	MORRIS, Lee	Unattached	Senior Men	04:14.2	238	58
59	0:42:24	STEVENS, Darren (RC)	Unattached	Men Vet 35-44	04:14.4	107	59
60	0:42:25	SPENCER, Andrew	Fairwater Runners	Men Vet 35-44	04:14.5	246	60
61	0:42:27	BROCK, Darryl	Unattached	Men Vet 35-44	04:14.7	57	61
62	0:42:45	SEARLE, Leigh (RC)	Unattached	Men Vet 35-44	04:16.5	120	62
63	0:42:54	DAVIES, Lee	Pontypridd Roadents R.C.	Men Vet 35-44	04:17.4	66	63
64	0:43:00	PITMAN, Rhys (RC)	Pontypridd Roadents R.C.	Senior Men	04:18.0	46	64
65	0:43:02	DELANEY, James (RC)	San Domenico Road Runners	Men Vet 45-54	04:18.2	30	65
66	0:43:18	O'SULLIVAN, Tim (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:19.8	7	66
67	0:43:19	DONNAN, Graeme (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:19.9	4	67
68	0:43:32	DAVIES, Michael (RC)	Les Croupiers R.R.C.	Men Vet 55-64	04:21.2	18	68
69	0:43:36	SEWELL, Richard (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:21.6	133	69
70	0:43:44	BURNE, Peter (RC)	Unattached	Senior Men	04:22.4	76	70
71	0:43:44	SHORT, Peter	Forest of Dean A.C.	Men Vet 45-54	04:22.4	253	71
72	0:43:57	SMITH, Jonathan	Wye Valley Runners	Senior Men	04:23.7	264	72
73	0:43:59	BEATTY, Claire (RC)	Les Croupiers R.R.C.	Senior Ladies	04:23.9	11	73
74	0:44:06	DUNSCOMBE, Andrew (RC)	Brackla Harriers	Men Vet 35-44	04:24.6	50	74
75	0:44:14	AYRES, Gareth	Port Talbot	Senior Men	04:25.4	97	75
76	0:44:22	PHILLIPS, Justin (RC)	Unattached	Senior Men	04:26.2	131	76
77	0:45:10	SHIELDS, Dominic (RC)	San Domenico Road Runners	Men Vet 35-44	04:31.0	69	77
78	0:45:16	THOMAS, Nigel	Unattached	Men Vet 45-54	04:31.6	255	78
79	0:45:17	LEWIS, Stephen (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:31.7	249	79
80	0:45:24	ASTON, Jeff (RC)	Les Croupiers R.R.C.	Men Vet 55-64	04:32.4	2	80
81	0:45:27	HAM, Jade Alexander (RC)	Unattached	Senior Ladies	04:32.7	93	81
82	0:45:34	DAVIES, Paul	Unattached	Men Vet 35-44	04:33.4	29	82
83	0:45:41	MCDONNELL, Kieran (RC)	Unattached	Men Vet 45-54	04:34.1	23	83
84	0:45:49	FORD, Robert (RC)	Pontypridd Roadents R.C.	Men Vet 45-54	04:34.9	140	84
85	0:45:52	KNIGHT, Paul (RC)	Unattached	Senior Men	04:35.2	88	85
86	0:45:54	NEW, Stephen (RC)	100 Marathon Club	Men Vet 35-44	04:35.4	220	86
87	0:45:58	DAVIES, Wayne (RC)	Unattached	Men Vet 35-44	04:35.8	3	87
88	0:45:59	THOMAS, Michael	Unattached	Men Vet 45-54	04:35.9	136	88
89	0:46:02	RIVAS, Jose (RC)	Les Croupiers R.R.C.	Senior Men	04:36.2	28	89
90	0:46:04	BOON, Wendy (RC)	Les Croupiers R.R.C.	Ladies Vet 45-54	04:36.4	38	90
91	0:46:07	LEWIS, Mike	Talgarth	Men Vet 35-44	04:36.7	60	91
92	0:46:12	FOLLAN, Anne (RC)	Pontypridd Roadents R.C.	Ladies Vet 35-44	04:37.2	128	92
93	0:46:16	STREET, Mark Andrew (RC)	Unattached	Men Vet 35-44	04:37.6	221	93
94	0:46:25	URRO, Sandy	Unattached	Ladies Vet 55-64	04:38.5	9	94
95	0:46:25	ANNING, Bob	Unattached	Men Vet 35-44	04:38.5	10	95
96	0:46:26	CLARKE, Julia (RC)	Cardiff A.A.C.	Senior Ladies	04:38.6	67	96
97	0:46:27	WILLIAMS, Frank (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:38.7	245	97
98	0:46:39	RUSSELL, Andrew (RC)	Les Croupiers R.R.C.	Senior Men	04:39.9	247	98
99	0:46:56	DAVIES, Neil (RC)	Unattached	Men Vet 35-44	04:41.6	91	99
100	0:47:00	DAVIES, Sue	Unattached	Ladies Vet 45-54	04:42.0	117	100
101	0:47:07	MARTIN, Steve (RC)	Unattached	Men Vet 35-44	04:42.7	111	101
102	0:47:09	SEDGEMOND, Andrew (RC)	Les Croupiers R.R.C.	Men Vet 45-54	04:42.9	72	102
103	0:47:21	MORGAN, Lloyd (RC)	San Domenico Road Runners	Senior Men	04:44.1	62	103
104	0:47:22	BARNES, Rich	Road Runners Club	Men Vet 45-54	04:44.2	71	104
105	0:47:25	HILL, Steve (RC)	Penarth & Dinas Runners	Men Vet 35-44	04:44.5	64	105
106	0:47:25	MONK, Bernie	Club 69	Men Vet 55-64	04:44.5	87	106
107	0:47:27	EMINERY, Kevinn (RC)	Pontypridd Roadents R.C.	Men Vet 45-54	04:44.7	22	107
108	0:47:40	JAMES, Tim (RC)	Unattached	Senior Men	04:46.0	262	108
109	0:47:43	AVERY, Brenda	Unattached	Ladies Vet 55-64	04:46.3	256	109
110	0:47:45	THOMAS, David	Unattached	Men Vet 35-44	04:46.5	254	110
111	0:47:50	BRADLEY, Malcolm (RC)	Colaps	Men Vet 55-64	04:47.0	121	111
112	0:47:51	GWYNNE-HAMER, Darren (RC)	Unattached	Men Vet 35-44	04:47.1	83	112
113	0:47:54	PATERSON, Keith (RC)	San Domenico Road Runners	Men Vet 55-64	04:47.4	6	113
114	0:47:54	FERGUSON, Julia (RC)	Pontypridd Roadents R.C.	Ladies Vet 35-44	04:47.4	259	114
115	0:47:57	LEWIS, Julie (RC)	Les Croupiers R.R.C.	Ladies Vet 45-54	04:47.7	250	115
116	0:48:04	JARVIS, Helen (RC)	Pontypridd Roadents R.C.	Senior Ladies	04:48.4	73	116
117	0:48:54	STREET, Marc (RC)	Unattached	Senior Men	04:53.4	222	117

118	0:49:11	OLIVANT, Mike	Highgate Harriers	Men Vet 55-64	04:55.1	37	118
119	0:49:12	READ, Adrian	Unattached	Men Vet 35-44	04:55.2	21	119
120	0:49:15	SAUNDERS, Richard (RC)	Cardiff Triathletes	Senior Men	04:55.5	100	120
121	0:49:22	PILLINER, Neil (RC)	Unattached	Men Vet 35-44	04:56.2	141	121
122	0:49:27	YOUNG, Peter (RC)	Unattached	Men Vet 55-64	04:56.7	94	122
123	0:49:28	GREATREX, Michelle (RC)	Gwent Police Athletic	Senior Ladies	04:56.8	58	123
124	0:49:31	LEWIS, Andrew (RC)	South Wales Police Athletic	Men Vet 35-44	04:57.1	13	124
125	0:49:35	DAVEY, Ralph	Les Croupiers R.R.C.	Men Vet 55-64	04:57.5	86	125
126	0:49:56	GRIFFITH, Sian	Chepstow Harriers	Senior Ladies	04:59.6	109	126
127	0:50:19	WILLIAMS, Stephen (RC)	Les Croupiers R.R.C.	Men Vet 45-54	05:01.9	132	127
128	0:50:26	PHIPPS, Lisa (RC)	San Domenico Road Runners	Ladies Vet 35-44	05:02.6	137	128
129	0:50:29	HURD, Ian (RC)	Unattached	Men Vet 45-54	05:02.9	41	129
130	0:50:38	EDWARDS, Amy (RC)	Rhondda Valley Runners	Senior Ladies	05:03.8	204	130
131	0:50:39	JONES, Stephen (RC)	Unattached	Men Vet 35-44	05:03.9	130	131
132	0:50:42	MATTHEWS, Christa	Unattached	Senior Ladies	05:04.2	211	132
133	0:50:42	PIERPOINT, Louise	Unattached	Senior Ladies	05:04.2	209	133
134	0:50:46	EVERED, Jeremy	Dursley & District A.C.	Men Vet 35-44	05:04.6	17	134
135	0:50:57	VAN DER WERF, Hanneke	Wye Valley Runners	Ladies Vet 35-44	05:05.7	85	135
136	0:50:58	WOOD, Ged	Unattached	Men Vet 45-54	05:05.8	89	136
137	0:51:33	RABAIOTTI, Mario	Unattached	Men Vet 35-44	05:09.3	110	137
138	0:51:41	ADKINS, Shelagh	Caerleon	Ladies Vet 55-64	05:10.1	135	138
139	0:51:57	MORRIS, Allan (RC)	Unattached	Men Vet 55-64	05:11.7	123	139
140	0:52:29	HURD, Alice (RC)	Les Croupiers R.R.C.	Senior Ladies	05:14.9	43	140
141	0:52:35	DAVIES, Mike	Unattached	Men Vet 45-54	05:15.5	129	141
142	0:52:48	MANN, Alan (RC)	Les Croupiers R.R.C.	Men Vet 45-54	05:16.8	19	142
143	0:52:49	PHILLIPS, Robert (RC)	Pontypridd Roadents R.C.	Men Vet 35-44	05:16.9	112	143
144	0:52:53	WILLIAMS, Bethan (RC)	Unattached	Senior Ladies	05:17.3	70	144
145	0:53:03	JERVIS, Jeff	Club 69	Men Vet 65+	05:18.3	104	145
146	0:53:05	LAVELLE, Tina	Hay Hotfooters	Ladies Vet 45-54	05:18.5	122	146
147	0:53:09	O'CONNELL, Sanjida	Unattached	Ladies Vet 35-44	05:18.9	235	147
148	0:53:22	JOHNSON, Clare (RC)	Les Croupiers R.R.C.	Ladies Vet 55-64	05:20.2	20	148
149	0:53:36	LANCASTER, Catherine	Unattached	Senior Ladies	05:21.6	36	149
150	0:53:37	WARNER, Ian (RC)	Unattached	Men Vet 45-54	05:21.7	205	150
151	0:54:18	GAUNT, Alison (RC)	Larkfield A.C.	Senior Ladies	05:25.8	224	151
152	0:54:24	WILLIAMS, Christopher	Unattached	Men Vet 45-54	05:26.4	142	152
153	0:54:25	LLEWELYN, Michael (RC)	Unattached	Men Vet 35-44	05:26.5	124	153
154	0:54:40	CLARK, Peter	Unattached	Men Vet 45-54	05:28.0	260	154
155	0:54:52	HARTREY, Sarah (RC)	Brackla Harriers	Senior Ladies	05:29.2	49	155
156	0:55:05	HUSBAND, Sheryl (RC)	Unattached	Ladies Vet 35-44	05:30.5	233	156
157	0:55:10	ADAMS, Chris	Unattached	Men Vet 45-54	05:31.0	127	157
158	0:55:15	PEYTON, Nerys (RC)	Unattached	Senior Ladies	05:31.5	79	158
159	0:55:17	HOLDERNESS, Stephen (RC)	Unattached	Men Vet 35-44	05:31.7	240	159
160	0:55:22	DAVIES, Ann (RC)	Pontypridd Roadents R.C.	Ladies Vet 45-54	05:32.2	74	160
161	0:55:27	JAMES, Paula (RC)	Pontypridd Roadents R.C.	Ladies Vet 35-44	05:32.7	75	161
162	0:55:28	BOWDEN, Morgan (RC)	Unattached	Senior Men	05:32.8	65	162
163	0:55:33	KELLY, Karyn (RC)	Unattached	Ladies Vet 35-44	05:33.3	27	163
164	0:55:45	MCSHERRY, John (RC)	Unattached	Men Vet 35-44	05:34.5	258	164
165	0:56:10	JERVIS, Kath	Club 69	Ladies Vet 45-54	05:37.0	103	165
166	0:56:34	GREEN, Clare	San Domenico Road Runners	Ladies Vet 35-44	05:39.4	33	166
167	0:56:45	WESSON, Anne (RC)	Unattached	Ladies Vet 35-44	05:40.5	116	167
168	0:56:50	SINGER, Graham (RC)	Unattached	Men Vet 45-54	05:41.0	200	168
169	0:56:59	GRIFFITHS, Aileen	Forest of Dean A.C.	Ladies Vet 45-54	05:41.9	213	169
170	0:57:05	EVANS, Gareth (RC)	Unattached	Men Vet 35-44	05:42.5	15	170
171	0:57:08	HARDING, Phil (RC)	Unattached	Men Vet 45-54	05:42.8	244	171
172	0:57:12	BROWN, Sian (RC)	Unattached	Ladies Vet 45-54	05:43.2	139	172
173	0:57:17	SMITH, Hae-kyong	Wye Valley Runners	Ladies Vet 45-54	05:43.7	263	173
174	0:57:18	MORGAN, Claire	Forest of Dean A.C.	Ladies Vet 45-54	05:43.8	212	174
175	0:57:28	JONES, Allison	Unattached	Senior Ladies	05:44.8	90	175
176	0:57:32	PERRY, Dave (RC)	Unattached	Men Vet 45-54	05:45.2	239	176
177	0:57:35	LYONS, Catherine (RC)	Unattached	Senior Ladies	05:45.5	261	177
178	0:57:41	ROBERTS, Anne (RC)	Unattached	Ladies Vet 45-54	05:46.1	228	178
179	0:57:43	JOHNSON, James (RC)	Unattached	Men Vet 65+	05:46.3	1	179
180	0:57:48	HOWELL, Roger (RC)	Penarth & Dinas Runners	Men Vet 55-64	05:46.8	78	180

181	0:57:53	LAWRENCE, Wendy	Forest of Dean A.C.	Ladies Vet 45-54	05:47.3	206	181
182	0:58:12	BIRD, Graham	Unattached	Men Vet 45-54	05:49.2	242	182
183	0:58:12	FEAR, Claire	Unattached	Senior Ladies	05:49.2	241	183
184	0:58:34	EMMS, Shaun	Hay Hotfooters	Men Vet 65+	05:51.4	265	184
185	0:58:52	CLEMENT, Tina (RC)	Unattached	Ladies Vet 35-44	05:53.2	99	185
186	0:59:04	LLEWELLYN, Catherine (RC)	Unattached	Ladies Vet 35-44	05:54.4	119	186
187	0:59:07	JONES, Charles	Cornelly Striders	Men Vet 45-54	05:54.7	63	187
188	0:59:11	REGAN, Pete (RC)	Unattached	Men Vet 45-54	05:55.1	236	188
189	0:59:11	CLANCY, Pamela (RC)	Unattached	Ladies Vet 45-54	05:55.1	230	189
190	0:59:13	STEVENS, Bernard (RC)	Unattached	Men Vet 55-64	05:55.3	105	190
191	0:59:20	BRIGHT, Russell (RC)	Penarth & Dinas Runners	Men Vet 45-54	05:56.0	268	191
192	0:59:49	BOWDEN, Hywel (RC)	Unattached	Senior Men	05:58.9	202	192
193	1:00:12	COTTER, Keith (RC)	Unattached	Men Vet 45-54	06:01.2	14	193
194	1:01:02	STEVENS, Sandra (RC)	Unattached	Ladies Vet 55-64	06:06.2	106	194
195	1:01:17	MURPHY, Gill (RC)	Les Croupiers R.R.C.	Ladies Vet 45-54	06:07.7	54	195
196	1:01:26	WESSON, Paul (RC)	Unattached	Men Vet 35-44	06:08.6	115	196
197	1:01:53	PARKER, John	Unattached	Men Vet 65+	06:11.3	223	197
198	1:02:50	YOUNG, April (RC)	Unattached	Ladies Vet 45-54	06:17.0	80	198
199	1:02:50	DAVIES, Karen (RC)	Unattached	Senior Ladies	06:17.0	81	199
200	1:03:38	VALDOR, Andrew (RC)	Unattached	Men Vet 35-44	06:21.8	101	200
201	1:05:13	MORGAN, Elizabeth (RC)	San Domenico Road Runners	Senior Ladies	06:31.3	61	201

There were 201 finishers in the All Competitors category.