

**Merthyr Police 10K 2008****2008 Merthyr Police 10K**

Sunday 17 August 2008. 10:30 am

**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	0:32:18	JONES, Carwyn	Cardiff A.A.C.	Senior Men	03:13.8	338	1
2	0:34:11	PATERSON, Stephen	San Domenico Road Runners	Senior Men	03:25.1	357	2
3	0:35:11	COLES, Peter	Pontypridd Roadents	Men Vet 45-54	03:31.1	214	3
4	0:36:02	DUKES, Nick	Les Croupiers RRC	Senior Men	03:36.2	211	4
5	0:36:53	MURPHY, Symon	Pontypridd Roadents	Senior Men	03:41.3	324	5
6	0:37:09	PICKVANCE, Ruth	Les Croupiers RRC	Ladies Vet 45-54	03:42.9	331	6
7	0:37:10	MCGEOCH, Mick	Les Croupiers RRC	Men Vet 45-54	03:43.0	206	7
8	0:37:13	GEORGE, Phillip	Les Croupiers RRC	Men Vet 35-44	03:43.3	245	8
9	0:37:17	DIXON, Leah	Neath Harriers	Senior Ladies	03:43.7	277	9
10	0:37:32	HOOLE, David	Penarth and Dinas Runners	Men Vet 35-44	03:45.2	149	10
11	0:38:01	PITMAN, Rhys	Pontypridd Roadents	Senior Men	03:48.1	280	11
12	0:38:04	CLEMENT, Clem	Penarth and Dinas Runners	Men Vet 45-54	03:48.4	158	12
13	0:38:09	EVANS, Jerome	Port Talbot Harriers	Senior Men	03:48.9	278	13
14	0:38:23	DAVIES, Martin Gareth	Kidderminster & Stourport A.C.	Men Vet 35-44	03:50.3	208	14
15	0:38:53	JACKLIN, Matthew	Un-affiliated	Senior Men	03:53.3	184	15
16	0:38:55	BRIDGES, Steven	Aberdare R.C.	Men Vet 35-44	03:53.5	387	16
17	0:39:07	FROST, David	Parc Bryn Bach R.C.	Men Vet 35-44	03:54.7	239	17
18	0:39:23	BRACE, Steve	Bridgend A.C.	Men Vet 45-54	03:56.3	389	18
19	0:39:29	MARTIN, Clare	Wells City Harriers	Senior Ladies	03:56.9	362	19
20	0:39:33	COOKE, Ashley	Hereford Couriers	Men Vet 45-54	03:57.3	233	20
21	0:39:39	WEAVER, Adrian	Port Talbot Harriers	Senior Men	03:57.9	274	21
22	0:39:55	PALMER, Andrew	Penarth & Dinas Runners (T44)	Men Vet 35-44	03:59.5	350	22
23	0:39:59	EVANS, Alun	Un-affiliated	Men Vet 35-44	03:59.9	354	23
24	0:40:19	MCCARTHY, Kevin	Road Runners Club	Men Vet 35-44	04:01.9	166	24
25	0:40:21	WARRELL, Stephen	Pontypridd Roadents	Men Vet 35-44	04:02.1	244	25
26	0:40:22	JONES, Ian	Un-affiliated	Men Vet 45-54	04:02.2	352	26
27	0:40:24	RINGHAM, Liz	Avon Valley Runners	Ladies Vet 35-44	04:02.4	292	27
28	0:40:26	JONES, Stuart	Penarth and Dinas Runners	Senior Men	04:02.6	332	28
29	0:40:28	PRICE, Paul	Un-affiliated	Men Vet 35-44	04:02.8	313	29
30	0:40:30	MORRIS, Paul	Les Croupiers RRC	Men Vet 45-54	04:03.0	156	30
31	0:40:33	HALSALL, Michael	Llanelli A.A.C.	Men Vet 35-44	04:03.3	315	31
32	0:40:37	TURNER, Peter	Cornelly Striders	Men Vet 55-64	04:03.7	246	32
33	0:40:43	NOBLE, Andrew	Wye Valley Runners	Men Vet 35-44	04:04.3	386	33
34	0:40:53	GUNTON, Dominic	Un-affiliated	Senior Men	04:05.3	150	34
35	0:40:57	O'SHEA, John	Les Croupiers RRC	Men Vet 45-54	04:05.7	320	35
36	0:41:06	GUY, Thomas	Griffithstown Harriers	Men Vet 35-44	04:06.6	377	36
37	0:41:07	DAVIES, Paul	Swansea Harriers	Men Vet 35-44	04:06.7	345	37
38	0:41:21	SAUNDERS, Alun	Un-affiliated	Men Vet 35-44	04:08.1	248	38
39	0:41:26	OSMOND, Clive	Les Croupiers RRC	Men Vet 45-54	04:08.6	159	39
40	0:41:27	HERBERT, Matthew	Cornelly Striders	Senior Men	04:08.7	169	40
41	0:41:29	WHITTLE, Mark	RAF triathlon	Men Vet 35-44	04:08.9	243	41
42	0:41:36	GARLICK, David	Un-affiliated	Men Vet 55-64	04:09.6	334	42
43	0:41:39	POORTINGA, Wouter	Les Croupiers RRC	Men Vet 35-44	04:09.9	153	43
44	0:41:41	HOARE, Julian	Un-affiliated	Men Vet 35-44	04:10.1	165	44
45	0:41:44	JONES, Adam	Chiltern Harriers A.C.	Men Vet 35-44	04:10.4	337	45
46	0:41:50	MORRIS, Lee	Un-affiliated	Senior Men	04:11.0	227	46
47	0:41:52	CASWELL, Damian	Ebbw Vale R.C.	Senior Men	04:11.2	294	47
48	0:41:54	MORGAN, Kelly	Pontypridd Roadents	Senior Ladies	04:11.4	342	48
49	0:41:54	DAVIES, Michael	Les Croupiers RRC	Men Vet 55-64	04:11.4	152	49
50	0:42:02	LEWIS, Chris	Un-affiliated	Senior Men	04:12.2	284	50
51	0:42:07	OAK, David	Port Talbot Harriers	Men Vet 55-64	04:12.7	201	51
52	0:42:12	SCRIVEN, Gareth	Un-affiliated	Senior Men	04:13.2	180	52
53	0:42:15	LLOYD, Gwyn	Pontypridd Roadents	Men Vet 45-54	04:13.5	327	53
54	0:42:22	SHIELDS, Dominic	San Domenico Road Runners	Men Vet 35-44	04:14.2	236	54
55	0:42:25	DONNAN, Graeme	Les Croupiers RRC	Men Vet 55-64	04:14.5	286	55
56	0:42:28	LEECH, Sharon	Amman Valley Runners	Ladies Vet 35-44	04:14.8	143	56

57	0:42:32	COOKE, Alison	Hereford Couriers	Ladies Vet 45-54	04:15.2	232	57
58	0:42:37	KERSLEY, Nathan	Un-affiliated	Senior Men	04:15.7	249	58
59	0:42:53	STEVENS, Darren	Un-affiliated	Men Vet 35-44	04:17.3	374	59
60	0:42:57	JONES, Richard	Cornelly Striders	Senior Men	04:17.7	230	60
61	0:43:08	RUSSELL, Andrew	Les Croupiers RRC	Senior Men	04:18.8	235	61
62	0:43:10	SHORT, Peter	Forest of Dean A.C.	Men Vet 55-64	04:19.0	388	62
63	0:43:15	DAVIES, Lee	Pontypridd Roadents	Men Vet 35-44	04:19.5	275	63
64	0:43:21	DAVEY, Eric	Llanelli A.A.C.	Men Vet 55-64	04:20.1	310	64
65	0:43:22	ASTON, Jeff	Les Croupiers RRC	Men Vet 55-64	04:20.2	178	65
66	0:43:31	OWEN, Stephen	Les Croupiers RRC	Men Vet 45-54	04:21.1	179	66
67	0:43:34	BAYLISS, Nick	Un-affiliated	Senior Men	04:21.4	224	67
68	0:43:40	PITT, Stephen	Un-affiliated	Men Vet 35-44	04:22.0	346	68
69	0:43:41	LEWIS, Alex	Un-affiliated	Senior Men	04:22.1	285	69
70	0:43:52	WILLIAMS, Nick	Les Croupiers RRC	Men Vet 45-54	04:23.2	302	70
71	0:44:00	RINGHAM, Simon	Avon Valley Runners	Men Vet 35-44	04:24.0	291	71
72	0:44:00	HEMMENS, Scott	Un-affiliated	Senior Men	04:24.0	240	72
73	0:44:11	EVANS, Rhydian	Tri Talk	Senior Men	04:25.1	336	73
74	0:44:15	LEWIS, Mike	Un-affiliated	Men Vet 35-44	04:25.5	308	74
75	0:44:29	TAYLOR, Adrian	Hills Plymouth Gazelles	Men Vet 45-54	04:26.9	304	75
76	0:44:29	WILLIAMS, Craig	Un-affiliated	Senior Men	04:26.9	172	76
77	0:44:33	SCHOLEY, Julie	Les Croupiers RRC	Ladies Vet 45-54	04:27.3	317	77
78	0:44:44	MORRIS, Andrew	Ebbw Vale R.C.	Senior Men	04:28.4	296	78
79	0:44:46	DAVIES, Neil	Un-affiliated	Men Vet 35-44	04:28.6	279	79
80	0:45:11	PARS, Stephen	Ebbw Vale R.C.	Men Vet 35-44	04:31.1	229	80
81	0:45:15	MATTHEWS, Andrew	Un-affiliated	Men Vet 35-44	04:31.5	309	81
82	0:45:17	JONES, Craig	Un-affiliated	Men Vet 35-44	04:31.7	383	82
83	0:45:18	JOHN, Gareth	Les Croupiers RRC	Men Vet 45-54	04:31.8	234	83
84	0:45:20	DAVIES, Fiona	Bridgend A.C.	Ladies Vet 45-54	04:32.0	147	84
85	0:45:21	JAMES, Tim	South Wales Police	Men Vet 35-44	04:32.1	188	85
86	0:45:24	HAM, Jade	Un-affiliated	Senior Ladies	04:32.4	349	86
87	0:45:27	PRICE, Brett	Un-affiliated	Senior Men	04:32.7	290	87
88	0:45:28	PROFFITT, David	Newport Harriers	Men Vet 55-64	04:32.8	287	88
89	0:45:31	HAINES, Matthew	Un-affiliated	Men Vet 35-44	04:33.1	343	89
90	0:45:38	THOMAS, Michael	Un-affiliated	Men Vet 45-54	04:33.8	341	90
91	0:45:39	PRICE, Andrew	Ebbw Vale R.C.	Senior Men	04:33.9	295	91
92	0:45:42	ASHLEY, Ed	Un-affiliated	Senior Men	04:34.2	329	92
93	0:46:03	DAVIES, Michael	Un-affiliated	Men Vet 45-54	04:36.3	197	93
94	0:46:04	HASELHURST, Sally	San Domenico Road Runners	Senior Ladies	04:36.4	247	94
95	0:46:09	WILLIAMS, Frank	Les Croupiers RRC	Men Vet 55-64	04:36.9	203	95
96	0:46:14	SIMOES, Paulo	Un-affiliated	Senior Men	04:37.4	351	96
97	0:46:34	HOTSON, Adam	Un-affiliated	Senior Men	04:39.4	219	97
98	0:46:39	JONES, Stephen	Islwyn R.C.	Men Vet 45-54	04:39.9	160	98
99	0:46:41	JAMES, Andrew	Un-affiliated	Senior Men	04:40.1	355	99
100	0:46:43	WILLIAMS, Frances	San Domenico Road Runners	Ladies Vet 35-44	04:40.3	237	100
101	0:46:46	GWYNNE-HAMER, Darren	Un-affiliated	Men Vet 35-44	04:40.6	316	101
102	0:46:50	GWYNEDD, Dewi	Un-affiliated	Senior Men	04:41.0	325	102
103	0:46:51	HENDRY, Neil	Penarth and Dinas Runners	Men Vet 45-54	04:41.1	145	103
104	0:46:55	CROSS, Wayne	Un-affiliated	Men Vet 35-44	04:41.5	204	104
105	0:46:59	COCKWELL, Rhydian	Cardiff Harlequins	Men Vet 35-44	04:41.9	241	105
106	0:47:06	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	04:42.6	183	106
107	0:47:13	BASSETT, Jeremy	Un-affiliated	Men Vet 35-44	04:43.3	356	107
108	0:47:20	BRIDGE, Christina	Un-affiliated	Senior Ladies	04:44.0	306	108
109	0:47:31	THOMAS, David	Un-affiliated	Men Vet 45-54	04:45.1	372	109
110	0:47:52	O'SHEA, Robert	Un-affiliated	Senior Men	04:47.2	318	110
111	0:47:55	JONES, Mandy	Islwyn R.C.	Ladies Vet 45-54	04:47.5	161	111
112	0:48:02	EVANS, Anne Marie	Parc Bryn Bach R.C.	Ladies Vet 35-44	04:48.2	330	112
113	0:48:04	HOLLOWAY, Jayson	Un-affiliated	Men Vet 35-44	04:48.4	312	113
114	0:48:05	ROWE, Leslie	Un-affiliated	Ladies Vet 45-54	04:48.5	305	114
115	0:48:07	DEWDNEY, Stuart	Un-affiliated	Men Vet 45-54	04:48.7	369	115
116	0:48:08	HOWELLS, Justin	Hills Plymouth Gazelles	Men Vet 35-44	04:48.8	363	116
117	0:48:08	MARTIN, John	Un-affiliated	Men Vet 45-54	04:48.8	250	117
118	0:48:14	JAMES, Nicola	Penarth and Dinas Runners	Senior Ladies	04:49.4	335	118
119	0:48:19	HILL, Steve	Penarth and Dinas Runners	Men Vet 45-54	04:49.9	187	119

120	0:48:23	AVERY, Brenda	Chepstow Harriers	Ladies Vet 55-64	04:50.3	367	120
121	0:48:25	HARDING, Christopher	Un-affiliated	Senior Men	04:50.5	185	121
122	0:48:26	RUBBAN, Hussain	Un-affiliated	Senior Men	04:50.6	347	122
123	0:48:27	COLEMAN, Neil	Un-affiliated	Men Vet 35-44	04:50.7	311	123
124	0:49:05	SAUNDERS, Richard	Un-affiliated	Senior Men	04:54.5	358	124
125	0:49:11	PHIPPS, Lisa	San Domenico Road Runners	Ladies Vet 35-44	04:55.1	384	125
126	0:49:25	LEE, Sean	Un-affiliated	Men Vet 45-54	04:56.5	380	126
127	0:49:26	JAMES, Ray	Port Talbot Harriers	Men Vet 45-54	04:56.6	344	127
128	0:49:34	EDWARDS, John	Pontypridd Roadents	Senior Men	04:57.4	222	128
129	0:49:49	ANTHONY, Colin	Port Talbot Harriers	Men Vet 55-64	04:58.9	202	129
130	0:49:53	WATKINS, Mike	Muller Running Club	Men Vet 35-44	04:59.3	209	130
131	0:49:54	DAVEY, Ralph	Les Croupiers RRC	Men Vet 55-64	04:59.4	379	131
132	0:50:06	WALLACE, Ian	South Wales Police	Men Vet 45-54	05:00.6	189	132
133	0:50:14	SUTHERLAND, Jamie	Un-affiliated	Men Vet 35-44	05:01.4	282	133
134	0:50:20	JONES, Stephen	Un-affiliated	Men Vet 35-44	05:02.0	196	134
135	0:50:21	TOMOS, Hywel	Un-affiliated	Men Vet 35-44	05:02.1	364	135
136	0:50:22	DUFTY, Kim	Un-affiliated	Men Vet 45-54	05:02.2	323	136
137	0:50:32	DAVIES, Liam	Un-affiliated	Men Vet 45-54	05:03.2	217	137
138	0:50:40	HEATON, Phil	Un-affiliated	Men Vet 45-54	05:04.0	283	138
139	0:50:42	WEBB, David	Un-affiliated	Senior Men	05:04.2	328	139
140	0:50:46	DAVIES, A	Un-affiliated	Ladies Vet 45-54	05:04.6	216	140
141	0:51:01	PHILLIPS, Robert	Pontypridd Roadents	Men Vet 45-54	05:06.1	223	141
142	0:51:08	JONES, Hayley	Un-affiliated	Senior Ladies	05:06.8	368	142
143	0:51:12	COTTNAM, Peter	Penarth and Dinas Runners	Men Vet 35-44	05:07.2	382	143
144	0:51:21	EDWARDS, Tracy	Rhondda Valley Runners	Ladies Vet 35-44	05:08.1	376	144
145	0:51:28	TUTHILL, Gwynne	Un-affiliated	Men Vet 35-44	05:08.8	195	145
146	0:51:37	JAMES, Holly	Un-affiliated	Senior Ladies	05:09.7	289	146
147	0:51:38	WILLIAMS, Maria	Almost Athletes	Ladies Vet 35-44	05:09.8	218	147
148	0:51:57	DOHENY, Laura	Un-affiliated	Ladies Vet 45-54	05:11.7	238	148
149	0:52:09	NORMAN, Matt	Un-affiliated	Men Vet 35-44	05:12.9	307	149
150	0:52:15	ROWLANDS, Mark	Un-affiliated	Men Vet 35-44	05:13.5	348	150
151	0:52:19	JONES, Nigel	Pontypridd Roadents	Men Vet 45-54	05:13.9	242	151
152	0:52:24	STEVENS, Bernard	Un-affiliated	Men Vet 55-64	05:14.4	373	152
153	0:52:28	JAMES, Anthony	Un-affiliated	Men Vet 35-44	05:14.8	170	153
154	0:52:31	PHILLIPS, Rachel	Bitton Road Runners	Ladies Vet 35-44	05:15.1	215	154
155	0:52:58	ANTAL, Sandor	Aberystwyth University Harriers	Men Vet 35-44	05:17.8	385	155
156	0:53:07	GRANDON, Tony	Un-affiliated	Men Vet 55-64	05:18.7	366	156
157	0:53:08	CLEMENT, Janice	Penarth and Dinas Runners	Ladies Vet 45-54	05:18.8	157	157
158	0:53:10	LORD, Jo	Hay Hotfooters	Ladies Vet 45-54	05:19.0	303	158
159	0:53:36	LAVELLE, Tina	Hay Hotfooters	Ladies Vet 45-54	05:21.6	301	159
160	0:53:47	COMPTON, Peter	Forest of Dean A.C.	Men Vet 35-44	05:22.7	175	160
161	0:54:14	WATKINS, Steven	Un-affiliated	Men Vet 45-54	05:25.4	181	161
162	0:54:20	DURHAM, Rhian	Pontypridd Roadents	Senior Ladies	05:26.0	221	162
163	0:54:23	WILLIAMS, Christopher	Un-affiliated	Men Vet 45-54	05:26.3	390	163
164	0:54:33	MALONEY, Peter	Griffithstown Harriers	Men Vet 55-64	05:27.3	148	164
165	0:54:43	DAVIES, Kate	Un-affiliated	Senior Ladies	05:28.3	293	165
166	0:54:49	GRIFFITHS, Aileen	Forest of Dean A.C.	Ladies Vet 45-54	05:28.9	171	166
167	0:54:52	BROWN, Sian	Un-affiliated	Ladies Vet 45-54	05:29.2	378	167
168	0:55:03	MASON, Allen	Un-affiliated	Men Vet 35-44	05:30.3	193	168
169	0:55:03	SUTTON, Andy	Un-affiliated	Senior Men	05:30.3	191	169
170	0:55:12	MORGAN, Claire	Forest of Dean A.C.	Ladies Vet 45-54	05:31.2	163	170
171	0:55:22	KOWALYSHEN, Kara	Un-affiliated	Senior Ladies	05:32.2	272	171
172	0:55:28	SINGER, Graham	Un-affiliated	Men Vet 45-54	05:32.8	333	172
173	0:55:36	STONE, Philip	Un-affiliated	Men Vet 55-64	05:33.6	168	173
174	0:55:47	LLEWELLYN, Catherine	Un-affiliated	Ladies Vet 35-44	05:34.7	370	174
175	0:55:56	EMMS, Shaun	Hay Hotfooters	Men Vet 65+	05:35.6	226	175
176	0:55:57	HENDRY, Joanne	Penarth and Dinas Runners	Ladies Vet 35-44	05:35.7	144	176
177	0:56:15	STEVENS, Sandra	Un-affiliated	Ladies Vet 55-64	05:37.5	375	177
178	0:56:28	BEARD, Angharad	Un-affiliated	Senior Ladies	05:38.8	314	178
179	0:56:37	LEIGHTON, Nigel	Llanelli Strollers	Men Vet 45-54	05:39.7	299	179
180	0:56:40	GRIFFITHS, Neil	Un-affiliated	Senior Men	05:40.0	326	180
181	0:56:53	PUGSLEY, Helen	Un-affiliated	Ladies Vet 35-44	05:41.3	273	181
182	0:56:58	TOMOS, Sian	Un-affiliated	Ladies Vet 35-44	05:41.8	365	182

183	0:56:58	HARDING, Philip	Un-affiliated	Men Vet 45-54	05:41.8	186	183
184	0:57:05	LAWRENCE, Wendy	Forest of Dean A.C.	Ladies Vet 45-54	05:42.5	276	184
185	0:57:05	ROBERTS, Anne	Un-affiliated	Ladies Vet 45-54	05:42.5	155	185
186	0:57:05	RHEAD, Joanna	Ebbw Vale R.C.	Ladies Vet 35-44	05:42.5	298	186
187	0:57:10	CLANCY, Pamela	Un-affiliated	Ladies Vet 45-54	05:43.0	182	187
188	0:57:39	PARRY, Mike	Un-affiliated	Men Vet 45-54	05:45.9	339	188
189	0:58:12	HOWELL, Roger	Penarth and Dinas Runners	Men Vet 55-64	05:49.2	361	189
190	0:58:24	WILLIAMS, Lynwen	Un-affiliated	Senior Ladies	05:50.4	300	190
191	0:58:54	COTTNAM, Patricia	Penarth and Dinas Runners	Ladies Vet 45-54	05:53.4	381	191
192	0:59:12	EDMUNDS, Elly	Un-affiliated	Ladies Vet 35-44	05:55.2	371	192
193	0:59:30	MURPHY, Gill	Les Croupiers RRC	Ladies Vet 45-54	05:57.0	359	193
194	0:59:31	MURPHY, Mike	Les Croupiers RRC	Men Vet 45-54	05:57.1	360	194
195	0:59:59	NEWNES, Gareth	Un-affiliated	Senior Men	05:59.9	297	195
196	0:59:59	POOLE, Nicola	Les Croupiers RRC	Senior Ladies	05:59.9	281	196
197	1:01:52	ARWYN, Eirian Heledd	Les Croupiers RRC	Ladies Vet 55-64	06:11.2	205	197
198	1:02:19	OSBORNE, Kathy	Ware Joggers	Ladies Vet 45-54	06:13.9	162	198
199	1:02:56	DAVIES, Philip	3M Gorseinon Road Runners	Men Vet 55-64	06:17.6	225	199
200	1:02:59	WAKERLEY, Gary	Forest of Dean A.C.	Men Vet 45-54	06:17.9	174	200
201	1:03:25	GREGORY, Kevin	Un-affiliated	Men Vet 35-44	06:20.5	198	201
202	1:03:39	HAYWARD, Geraldine	Un-affiliated	Ladies Vet 45-54	06:21.9	321	202
203	1:03:40	LEWIS, David	PSOF	Men Vet 45-54	06:22.0	322	203
204	1:03:48	MADDEN, Steve	Un-affiliated	Men Vet 35-44	06:22.8	192	204
205	1:05:04	HALLETT, Menna	Un-affiliated	Senior Ladies	06:30.4	288	205
206	1:08:14	PHILLIPS, Karen	Les Croupiers RRC	Ladies Vet 35-44	06:49.4	319	206
207	1:10:48	RUIZ, Erika	Un-affiliated	Ladies Vet 35-44	07:04.8	176	207
208	1:11:16	AUSTERBERRY, Daphne	Un-affiliated	Ladies Vet 65+	07:07.6	340	208