



## Mayor of Merthyr Tydfil Appeals Fund

### 2009 Roman Run 16M

Saturday 5 September 2009. 12:00 pm

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

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	1:40:45	REES, Andrew	Un-affiliated	Senior Men	06:17.7	155	1
2	1:49:20	HUMPHRIES, Afan	Cwmbran Harriers	Senior Men	06:49.9	132	2
3	1:51:08	SPEYER, Paul	Brackla Harriers	Senior Men	06:56.6	147	3
4	1:52:55	PARKER, Chris	Port Talbot Harriers	Male Vet 40	07:03.3	9	4
5	1:53:20	LEWIS, Simon	Parc Bryn Bach R.C.	Male Vet 40	07:04.9	72	5
6	1:54:25	DAVISON, Andy	Un-affiliated	Senior Men	07:08.9	78	6
7	1:54:57	FULCHER, Chris	Port Talbot Harriers	Male Vet 40	07:10.9	10	7
8	1:56:25	RYALL, Sam	Mynydd Du	Senior Men	07:16.4	85	8
9	1:56:30	EVANS, Ryan	Celtic Tri	Senior Men	07:16.7	100	9
10	1:59:40	WEAVER, Adrian	Port Talbot Harriers	Senior Men	07:28.6	12	10
11	1:59:40	JACKLIN, Matthew	Un-affiliated	Senior Men	07:28.6	183	11
12	2:01:25	OGILVIE, Ian	Brackla Harriers	Male Vet 40	07:35.2	124	12
13	2:01:25	WILLIAMS, Leighton	Celtic Tri	Senior Men	07:35.2	143	13
14	2:01:43	DAVIES, Christopher	Islwyn R.C.	Senior Men	07:36.3	130	14
15	2:01:56	STEVENS (L), Darren	Un-affiliated	Senior Men	07:37.1	112	15
16	2:02:12	ENGLISH, Mike	Chepstow Harriers	Male Vet 40	07:38.1	38	16
17	2:02:28	HARDMAN, Gareth	Bridgend A.C.	Male Vet 40	07:39.1	96	17
18	2:02:37	EDE, Michael	Cheltenham Harriers	Male Vet 40	07:39.7	175	18
19	2:02:40	MORGAN, Kelly	South Wales Police	Senior Ladies	07:39.8	103	19
20	2:04:30	LLOYD, Haydn	Sarn Helen	Senior Men	07:46.7	83	20
21	2:04:37	POLLATRONE, Nick	Chippenham Harriers	Male Vet 40	07:47.2	89	21
22	2:04:39	BUCK, Martin	Brecon A.C.	Male Vet 40	07:47.3	191	22
23	2:04:50	MCDONALD, Ian	South Wales Police	Male Vet 40	07:48.0	173	23
24	2:05:54	DIFFEY, John	South Wales Police	Male Vet 40	07:52.0	102	24
25	2:05:59	HOWE, Gary	3M Gorseinon Road Runners	Male Vet 40	07:52.3	55	25
26	2:06:25	TODD, Glyn	Opington Road Runners	Male Vet 40	07:53.9	122	26
27	2:06:52	BRISTOW, Richard	South Wales Police	Male Vet 40	07:55.6	104	27
28	2:07:11	FAWCETT, Mike	Wye Valley Runners	Male Vet 40	07:56.8	129	28
29	2:07:35	LOVETT, Brian	San Domenico Road Runners	Male Vet 40	07:58.3	114	29
30	2:07:35	MACKAY, James	Un-affiliated	Senior Men	07:58.3	192	30
31	2:07:37	EVANS, Gareth	Un-affiliated	Male Vet 40	07:58.4	51	31
32	2:07:38	CABLE, Paul	Taff Ely Tri Club	Male Vet 40	07:58.5	128	32
33	2:07:39	DICKS, John	Un-affiliated	Male Vet 40	07:58.5	79	33
34	2:08:06	GRIFFITHS, Gareth	Un-affiliated	Male Vet 40	08:00.2	177	34
35	2:08:35	FOWLER, Bethan	The TriLife	Senior Ladies	08:02.0	97	35
36	2:08:40	RICHARDS, Lyn	Un-affiliated	Male Vet 40	08:02.3	4	36
37	2:08:51	HUGHES, Hugh	Un-affiliated	Senior Men	08:03.0	59	37
38	2:09:04	WILLIAMS, Geraint	Un-affiliated	Senior Men	08:03.8	74	38
39	2:09:15	MORGAN, Edward	Taff Ely Tri Club	Male Vet 40	08:04.5	58	39
40	2:09:17	JONES, Roger	Un-affiliated	Male Vet 40	08:04.7	37	40
41	2:09:58	DICKINSON, Jason	TROT's	Male Vet 40	08:07.2	180	41
42	2:10:10	WEBSTER, Richard	3M Gorseinon Road Runners	Male Vet 40	08:08.0	52	42
43	2:11:30	DELANEY, Jim	San Domenico Road Runners	Male Vet 40	08:13.0	57	43
44	2:11:57	WRIGHT, Jonathan	Un-affiliated	Male Vet 40	08:14.7	117	44
45	2:12:08	JONES, Mark	Pontypridd Roadents	Male Vet 40	08:15.3	127	45
46	2:12:15	BIRCH, Sean	Un-affiliated	Male Vet 40	08:15.8	126	46
47	2:12:17	SAUNDERS (L), Alun	Un-affiliated	Senior Men	08:15.9	181	47
48	2:12:19	CHAMMINGS, Martin	Parc Bryn Bach R.C.	Senior Men	08:16.0	73	48
49	2:12:21	WALSH, Steve	3M Gorseinon Road Runners	Male Vet 40	08:16.2	56	49
50	2:13:32	JONES, Lisa	Un-affiliated	Female Vet 35	08:20.6	77	50
51	2:13:50	MORATH, Stephen	Un-affiliated	Senior Men	08:21.7	140	51
52	2:14:05	COOK, John	Sospan Road Runners	Male Vet 40	08:22.7	157	52
53	2:14:20	GARDNER, Leighton	Port Talbot Harriers	Male Vet 40	08:23.6	15	53
54	2:14:24	DAY, Richard	Pontypridd Roadents	Male Vet 40	08:23.8	82	54
55	2:14:28	POWELL (L), Paul	Un-affiliated	Male Vet 40	08:24.1	179	55
56	2:14:54	LEWIS, Russell	Un-affiliated	Senior Men	08:25.7	113	56
57	2:15:11	LLOYD, Clare	Un-affiliated	Senior Ladies	08:26.8	64	57

Results produced by San Domenico Road Runners | Cardiff | Wales | [www.sandomenico.org.uk](http://www.sandomenico.org.uk)

\* RaceMaster98 from Sport Systems +44(0)870 5123 [www.sportssystem.co.uk](http://www.sportssystem.co.uk) Webresults on [www.runnerswebuk.com](http://www.runnerswebuk.com) \*

**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/mile</i>	<i>Race No</i>	<i>Race Place</i>
58	2:15:17	GREGIS (L), Paul	Un-affiliated	Male Vet 40	08:27.1	185	58
59	2:15:25	ALLAN, Peat	Eastleigh Running Club	Male Vet 40	08:27.6	95	59
60	2:15:38	SINGLETON, Veronica	Les Croupiers RRC	Female Vet 35	08:28.5	160	60
61	2:15:50	EVANS, Martyn	Un-affiliated	Male Vet 40	08:29.2	90	61
62	2:15:59	DAVIES, Eryllois	Tram Wycori	Senior Ladies	08:29.8	145	62
63	2:16:05	THOMAS, P.G.	Brackla Harriers	Male Vet 40	08:30.1	151	63
64	2:16:17	KEDDLE, Michael	Un-affiliated	Senior Men	08:30.9	163	64
65	2:17:04	THOMAS, Simon	Un-affiliated	Male Vet 40	08:33.8	2	65
66	2:17:45	SANDLES, Robert	3M Gorseinon Road Runners	Male Vet 40	08:36.4	53	66
67	2:18:12	JENKINS, D	Un-affiliated	Male Vet 40	08:38.1	176	67
68	2:18:39	HERD, Andrew	Builth & District R.C.	Senior Men	08:39.8	101	68
69	2:19:02	JEHU (L), Gareth	Aberdare Valley A.A.C.	Male Vet 40	08:41.2	159	69
70	2:19:05	CHARLES, Paul	Pegasus R.C.	Male Vet 40	08:41.4	35	70
71	2:19:17	JONES, Mandy	Islwyn R.C.	Female Vet 35	08:42.1	23	71
72	2:19:38	COLVIN, Graham	3M Gorseinon Road Runners	Male Vet 40	08:43.5	54	72
73	2:19:51	WILLIAMS, Jonathan	Fairwater Runners	Male Vet 40	08:44.3	167	73
74	2:20:25	BOON, Richard	Les Croupiers RRC	Male Vet 40	08:46.4	158	74
75	2:20:30	TAYLOR (L), Adrian	Un-affiliated	Male Vet 40	08:46.7	115	75
76	2:20:40	TROW, Wesley	Team Wecori	Senior Men	08:47.3	110	76
77	2:21:00	MOSELEY, Carol	Port Talbot Harriers	Senior Ladies	08:48.6	14	77
78	2:21:20	EVANS, Mal	Un-affiliated	Male Vet 40	08:49.8	150	78
79	2:21:40	JOHNS, David	Un-affiliated	Male Vet 40	08:51.1	3	79
80	2:21:41	LEWIS, Terry	Islwyn R.C.	Male Vet 40	08:51.1	94	80
81	2:21:43	DAVIES (L), Gavin	Un-affiliated	Senior Men	08:51.3	25	81
82	2:22:15	DIFFIELD, Helen	Chepstow Harriers	Female Vet 35	08:53.3	116	82
83	2:22:16	JONES, Steve	Un-affiliated	Male Vet 40	08:53.3	50	83
84	2:22:54	MORRIS, Kevin	Un-affiliated	Male Vet 40	08:55.7	26	84
85	2:22:59	BARLOW, Richard	Les Croupiers RRC	Male Vet 40	08:56.0	184	85
86	2:23:05	SMITH, Griff	Bedford Harriers	Male Vet 40	08:56.4	161	86
87	2:23:55	RUSSELL, Kevin	South Wales Police	Male Vet 40	08:59.5	106	87
88	2:23:58	NASH, Mike	3M Gorseinon Road Runners	Male Vet 40	08:59.7	69	88
89	2:24:25	PINNER, Simon	Team Wecori	Male Vet 40	09:01.4	138	89
90	2:24:42	DAVIES, Chris	Llswerry Runners	Male Vet 40	09:02.5	164	90
91	2:25:25	VYNER, Graham	3M Gorseinon Road Runners	Male Vet 40	09:05.1	76	91
92	2:25:29	DAVIES, Jeff	Un-affiliated	Male Vet 40	09:05.4	67	92
93	2:25:57	THOMAS, David	Sarn Helen	Male Vet 40	09:07.1	60	93
94	2:26:35	JAMES (L), Paul	Un-affiliated	Senior Men	09:09.5	63	94
95	2:27:02	TAGG, Sue	Parc Bryn Bach R.C.	Female Vet 35	09:11.2	133	95
96	2:27:06	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	09:11.5	61	96
97	2:27:53	JONES, Allan	Brackla Harriers	Male Vet 40	09:14.4	30	97
98	2:28:11	GWYNNE-HAMER (L), Darren	Un-affiliated	Senior Men	09:15.5	168	98
99	2:28:30	WILLIAMS, Nigel	Un-affiliated	Male Vet 40	09:16.7	5	99
100	2:28:36	ALLEN, Mark	South Wales Police	Senior Men	09:17.1	118	100
101	2:28:42	BENNETT, Sophie	San Domenico Road Runners	Senior Ladies	09:17.5	109	101
102	2:28:43	BOWN, Russell	Yeovil Town R.R.C.	Male Vet 40	09:17.5	136	102
103	2:28:49	BRITTON, David	Un-affiliated	Senior Men	09:17.9	193	103
104	2:28:54	WOODS, Gareth	Fairwater Runners	Male Vet 40	09:18.2	166	104
105	2:28:58	RAINBIRD (L), Derek	Parc Bryn Bach R.C.	Male Vet 40	09:18.4	148	105
106	2:29:01	JAMES, Steve	Un-affiliated	Senior Men	09:18.6	178	106
107	2:29:21	ROWE, Paul	Un-affiliated	Male Vet 40	09:19.9	135	107
108	2:29:40	JONES, Richard	Un-affiliated	Male Vet 40	09:21.1	142	108
109	2:29:43	BARLOW, Monica	Sarn Helen	Female Vet 35	09:21.3	91	109
110	2:30:01	PHILLIPS, Sian	Swansea Harriers	Female Vet 35	09:22.4	40	110
111	2:30:08	LEE (L), Sean	Un-affiliated	Male Vet 40	09:22.8	170	111
112	2:30:22	MISKELL, Louise	3M Gorseinon Road Runners	Female Vet 35	09:23.7	68	112
113	2:30:23	THOMAS, Michael	Un-affiliated	Male Vet 40	09:23.8	171	113
114	2:31:00	SPEAKE, Celia	Builth & District R.C.	Female Vet 35	09:26.1	98	114
115	2:31:05	GARDINER, Bob	Team Wecori	Male Vet 40	09:26.4	149	115
116	2:31:35	MUDRAK, Sergio	Chippenham Harriers	Male Vet 40	09:28.3	62	116
117	2:32:05	SANDLES, Carolyn	3M Gorseinon Road Runners	Female Vet 35	09:30.1	134	117

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118	2:32:09	CLATWORTHY, Joanne	Un-affiliated	Senior Ladies	09:30.4	165	118
119	2:32:12	DAVIES, Keith	Un-affiliated	Male Vet 40	09:30.6	182	119
120	2:32:13	BOWIE, Richard	Fairwater Runners	Male Vet 40	09:30.6	47	120
121	2:32:45	MAJER, Ray	Sospan Road Runners	Male Vet 40	09:32.6	48	121
122	2:32:50	ROTHWELL, Andrew	Un-affiliated	Male Vet 40	09:32.9	41	122
123	2:33:30	ELLIOTT, Troy	Un-affiliated	Senior Men	09:35.4	186	123
124	2:33:32	MILES, Jacky	Parc Bryn Bach R.C.	Female Vet 35	09:35.6	70	124
125	2:33:32	MILES, Phil	Parc Bryn Bach R.C.	Male Vet 40	09:35.6	71	125
126	2:34:02	LEWIS (L), Andrew	South Wales Police	Male Vet 40	09:37.4	172	126
127	2:34:15	WILSON, Michael	Un-affiliated	Senior Men	09:38.3	137	127
128	2:35:25	BIRCH, Coleen	Islwyn R.C.	Female Vet 35	09:42.6	84	128
129	2:35:36	SEAMAN, Carl	Rhondda Valley Runners	Senior Men	09:43.3	121	129
130	2:35:45	EDWARDS, Tracy	Rhondda Valley Runners	Female Vet 35	09:43.9	18	130
131	2:36:44	BARLOW, Robin	Sarn Helen	Male Vet 40	09:47.6	92	131
132	2:37:07	HARDY (L), Michael	Un-affiliated	Male Vet 40	09:49.0	44	132
133	2:37:07	DAVIES, Dawn	Un-affiliated	Female Vet 35	09:49.0	81	133
134	2:37:35	HARRIS, Rachel	Un-affiliated	Senior Ladies	09:50.8	141	134
135	2:37:47	HOWELLS, Gareth	Un-affiliated	Senior Men	09:51.5	20	135
136	2:37:50	SUMMERS, Rob	Chepstow Harriers	Male Vet 40	09:51.7	188	136
137	2:37:54	THOMAS, James	Brackla Harriers	Male Vet 40	09:51.9	19	137
138	2:37:54	PREECE, Wayne	Un-affiliated	Male Vet 40	09:51.9	39	138
139	2:37:54	RIDOUT, Mike	Brackla Harriers	Male Vet 40	09:51.9	17	139
140	2:38:29	JONES (L), Ian	Un-affiliated	Senior Men	09:54.1	75	140
141	2:39:04	BARNES, Rich	Road Runners Club	Male Vet 40	09:56.3	154	141
142	2:39:20	ROCHE, Julie	Fairwater Runners	Female Vet 35	09:57.3	22	142
143	2:40:45	JAMES (L), Gerald	Un-affiliated	Male Vet 40	10:02.6	31	143
144	2:40:46	ROYLE (L), Colin	Un-affiliated	Male Vet 40	10:02.7	190	144
145	2:41:15	TIMMS, Andrew	Un-affiliated	Senior Men	10:04.5	86	145
146	2:41:19	FORD, Andrew	Ledbury & District Harriers	Male Vet 40	10:04.8	34	146
147	2:41:21	CANNING, Jason	Un-affiliated	Senior Men	10:04.9	189	147
148	2:41:32	TUSON, Mark	Un-affiliated	Male Vet 40	10:05.6	7	148
149	2:42:44	TRACEY, Peter	Un-affiliated	Senior Men	10:10.1	162	149
150	2:42:45	JARVIS, Helen	Un-affiliated	Senior Ladies	10:10.1	107	150
151	2:42:58	JONES (L), Craig	Un-affiliated	Senior Men	10:10.9	169	151
152	2:44:35	JONES, Stephen	Islwyn R.C.	Male Vet 40	10:17.0	24	152
153	2:45:45	HARDY, Stephen	Un-affiliated	Male Vet 40	10:21.4	45	153
154	2:45:50	HOPKINS, Vicki	Un-affiliated	Female Vet 35	10:21.7	33	154
155	2:46:46	EDWARDS (L), Ron	Un-affiliated	Male Vet 40	10:25.2	46	155
156	2:46:48	REES, Andy	Un-affiliated	Male Vet 40	10:25.3	8	156
157	2:47:44	FRISK COOK, Eva	Sospan Road Runners	Female Vet 35	10:28.8	156	157
158	2:48:40	MORGAN (L), David	Un-affiliated	Male Vet 40	10:32.3	80	158
159	2:51:08	JAMES (L), Andy	Un-affiliated	Senior Men	10:41.6	146	159
160	2:51:25	MEREDITH, Rhodri	Un-affiliated	Male Vet 40	10:42.6	187	160
161	2:53:48	LLOYD, Christine	Un-affiliated	Female Vet 35	10:51.6	16	161
162	2:53:48	TODD, Tracey	Opington Road Runners	Female Vet 35	10:51.6	123	162
163	2:56:07	BOYCE, Raymond	Cornelly Striders	Male Vet 40	11:00.2	49	163
164	2:57:03	DRAPER (L), Sarah	Un-affiliated	Senior Ladies	11:03.7	99	164
165	2:58:23	PARKER, Malcolm	Islwyn R.C.	Male Vet 40	11:08.7	27	165
166	3:00:05	OGILVIE, Jane	Brackla Harriers	Female Vet 35	11:15.1	125	166
167	3:00:05	SHORNEG, Michelle	Brackla Harriers	Female Vet 35	11:15.1	144	167
168	3:03:51	ALLEN (L), David	Un-affiliated	Senior Men	11:29.2	28	168
169	3:04:14	LEWIS, Julie	Islwyn R.C.	Female Vet 35	11:30.7	93	169
170	3:04:14	BICKETT, Sara	Brackla Harriers	Female Vet 35	11:30.7	152	170
171	3:05:06	JONES, Patricia	Brackla Harriers	Female Vet 35	11:33.9	29	171
172	3:10:54	SINGER (L), Graham	Un-affiliated	Male Vet 40	11:55.7	108	172
173	3:11:58	JONES, Sian	Un-affiliated	Female Vet 35	11:59.7	139	173
174	3:14:10	CLAPHAM, Penny	Teign Valley R.C.	Female Vet 35	12:07.9	21	174
175	3:18:59	LLEWELLYN (L), Catherine	Un-affiliated	Female Vet 35	12:26.0	111	175
176	3:28:21	HOSKINS, Thomas	Un-affiliated	Senior Men	13:01.1	120	176
177	3:28:21	DIERDEN, Rick	Un-affiliated	Senior Men	13:01.1	119	177

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**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/mile</i>	<i>Race No</i>	<i>Race Place</i>
178	3:32:59	GODDARD, Tony	Un-affiliated	Male Vet 40	13:18.5	153	178
179	3:39:39	BURRIDGE, Marianne	Fairwater Runners	Female Vet 35	13:43.5	42	179
180	3:50:00	PRICE, Julian	Un-affiliated	Senior Men	14:22.3	1	180

There were 180 finishers in the All Competitors category.