



Mayor of Merthyr Appeals Fund - 2015 Roman Run

2015 Roman Run

Saturday 5 September 2015. 12:00 pm

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>
1	1:41:50	BULL, Adam	Aberdare Valley A.A.C.	Senior Men	06:24.1	158	1
2	1:47:10	TAYLOR, Sean	Pontypool Runners	Senior Men	06:44.3	109	2
3	1:47:44	CREES, Stuart	Les Croupiers R.C.	Senior Men	06:46.4	134	3
4	1:49:30	BAFFULEY, Simon	Unaffiliated	Senior Men	06:53.1	17	4
5	1:49:35	RYALL, Sam	Pontypridd Roadents	Male Vet 40	06:53.4	14	5
6	1:49:50	OWEN, Ian	San Domenico R.C.	Senior Men	06:54.3	170	6
7	1:51:06	JONES, Joshua	Griffithstown Harriers	Senior Men	06:59.1	160	7
8	1:53:00	DAVIES, Steve	Pontypool Runners	Male Vet 40	07:06.3	154	8
9	1:53:28	LEWIS, Simon	Parc Bryn Bach R.C.	Male Vet 40	07:08.0	57	9
10	1:54:30	KILLEEN, Mark	Wye Valley Runners	Senior Men	07:11.9	162	10
11	1:55:36	POWELL, Paul	Unaffiliated	Male Vet 40	07:16.1	153	11
12	1:56:01	DUKES, Nick	Les Croupiers R.C.	Male Vet 40	07:17.7	133	12
13	1:57:35	PRICE, Julian	Parc Bryn Bach R.C.	Male Vet 40	07:23.6	64	13
14	1:58:25	THOMAS, Steve	3M Road Runners	Senior Men	07:26.7	117	14
15	2:00:40	WILLIAMS, Philip	Islwyn Running Club	Senior Men	07:35.2	33	15
16	2:01:10	ROBY, Katie	Brecon A.C.	Senior Ladies	07:37.1	184	16
17	2:01:22	WILLIAMS, Alex	Port Talbot Harriers	Male Vet 40	07:37.8	2	17
18	2:01:49	JAMES, Keith	Islwyn Running Club	Male Vet 40	07:39.5	59	18
19	2:02:08	WOODS, Adrian	Pontypool Runners	Male Vet 40	07:40.7	107	19
20	2:02:10	GETHING, Nicola	Parc Bryn Bach R.C.	Female Vet 35	07:40.9	124	20
21	2:03:25	PIZEY, Matthew	Islwyn Running Club	Senior Men	07:45.6	10	21
22	2:03:56	STEVENS, Darren	Merthyr Running Club	Male Vet 40	07:47.5	97	22
23	2:04:08	WILKINS, Simon	Unaffiliated	Senior Men	07:48.3	29	23
24	2:04:42	MEADOWS, Jon	Wye Valley Runners	Senior Men	07:50.4	161	24
25	2:04:45	THOMPSON, Keith	Rhondda Valley Runners	Male Vet 40	07:50.6	75	25
26	2:06:20	DURBIN, John	Unaffiliated	Senior Men	07:56.6	43	26
27	2:06:30	MARSON, John	Llanelli A.C.	Male Vet 40	07:57.2	89	27
28	2:07:05	ADAMS, Phil	100Km Association	Male Vet 40	07:59.4	152	28
29	2:07:15	DAVIES, Paul	Aberdare Valley A.A.C.	Senior Men	08:00.0	155	29
30	2:08:10	DUNSCOMBE, Mark	Aberdare Valley A.A.C.	Male Vet 40	08:03.5	74	30
31	2:10:08	GRANT, Simon	Penarth and Dinas Runners	Senior Men	08:10.9	4	31
32	2:10:50	JONES, Meinier	Mynydd Du Runners	Female Vet 35	08:13.6	60	32
33	2:11:04	JONES, Ceri	Aberdare Valley A.A.C.	Female Vet 35	08:14.4	103	33
34	2:12:35	CHAPPLE, Darren	Run4All	Male Vet 40	08:20.2	151	34
35	2:13:06	KING, Robert	Parc Bryn Bach R.C.	Senior Men	08:22.1	25	35
36	2:13:59	GRIFFITHS, Barry	Brecon A.C.	Male Vet 40	08:25.4	132	36
37	2:14:58	MACK, Graham	Merthyr Running Club	Male Vet 40	08:29.1	83	37
38	2:15:40	COURTS, Andrew	Port Talbot Harriers	Male Vet 40	08:31.8	91	38
39	2:15:47	JONES, Andy	Penarth and Dinas Runners	Senior Men	08:32.2	145	39
40	2:15:54	GREEN, Ed	Unaffiliated	Male Vet 40	08:32.7	58	40
41	2:16:10	THOMAS, Michael	Unaffiliated	Male Vet 40	08:33.7	186	41
42	2:16:24	BALD, Emma	Brecon A.C.	Female Vet 35	08:34.6	185	42
43	2:17:17	PHILLIPS, Danielle	Parc Bryn Bach R.C.	Senior Ladies	08:37.9	113	43
44	2:18:00	BUTTON, Kris	Merthyr Running Club	Senior Men	08:40.6	128	44
45	2:18:15	DENNY, William	Pontypridd Roadents	Senior Men	08:41.5	177	45
46	2:18:18	THOMAS, Dean	Merthyr Running Club	Male Vet 40	08:41.7	130	46
47	2:18:40	JONES, Stephen	Unaffiliated	Senior Men	08:43.1	168	47
48	2:19:04	PEARCE, Matthew	Unaffiliated	Senior Men	08:44.6	101	48
49	2:19:14	DAVIES, Jeffrey	Unaffiliated	Male Vet 40	08:45.2	11	49
50	2:19:30	CHAPMAN, Tom	Pencoed Tri	Senior Men	08:46.2	178	50
51	2:19:35	THOMAS, Paul	Islwyn Running Club	Senior Men	08:46.6	62	51
52	2:19:44	EDWARDS, Huw	Run4All	Male Vet 40	08:47.1	82	52

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<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>
53	2:19:54	LANGLEY, Keith	Unaffiliated	Male Vet 40	08:47.8	41	53
54	2:20:12	KENWRIGHT, Dawn	Sarn Helen	Female Vet 35	08:48.9	40	54
55	2:21:00	DURKIN, Mark	Penarth and Dinas Runners	Senior Men	08:51.9	146	55
56	2:21:20	PRICE, Brendan	Dragons Running Club	Male Vet 40	08:53.2	50	56
57	2:21:42	JAMES, Steven	Unaffiliated	Senior Men	08:54.5	181	57
58	2:21:44	WINSTONE, Alex	Merthyr Running Club	Senior Men	08:54.7	123	58
59	2:21:50	REES, Jonathan	Merthyr Running Club	Senior Men	08:55.1	126	59
60	2:22:08	GWYNNE-HAMER, Darren	Unaffiliated	Male Vet 40	08:56.2	188	60
61	2:22:26	DOBBS, Russell	Islwyn Running Club	Male Vet 40	08:57.3	88	61
62	2:22:30	JONES, Becca	Brecon A.C.	Female Vet 35	08:57.6	180	62
63	2:22:32	DENTON, Clive	Rhondda Valley Runners	Male Vet 40	08:57.7	20	63
64	2:22:40	BROWNHILL, Diane	Swansea Harriers	Female Vet 35	08:58.2	100	64
65	2:22:45	BAGSHAW, Richard	Chippenham Harriers	Male Vet 40	08:58.5	7	65
66	2:22:55	VOWLES, Emma	Merthyr Running Club	Female Vet 35	08:59.1	129	66
67	2:23:12	BUNNEY, Allen	Aberdare Valley A.A.C.	Male Vet 40	09:00.2	118	67
68	2:23:45	MORGAN, David	Unaffiliated	Male Vet 40	09:02.3	78	68
69	2:23:55	CHAPMAN, Paul	Les Croupiers R.C.	Male Vet 40	09:02.9	138	69
70	2:24:00	TAYLOR, Adrian	Merthyr Running Club	Male Vet 40	09:03.2	23	70
71	2:24:35	DURBIN, Katherine	Merthyr Running Club	Female Vet 35	09:05.4	44	71
72	2:24:50	HOWARD, Melanie	Run4All	Female Vet 35	09:06.4	99	72
73	2:25:20	MISKELL, Louise	3M Road Runners	Female Vet 35	09:08.3	159	73
74	2:25:25	COLLINS, Kelly	Parc Bryn Bach R.C.	Female Vet 35	09:08.6	26	74
75	2:25:40	DIXON, Jason	Islwyn Running Club	Male Vet 40	09:09.5	140	75
76	2:26:58	JONES, Heidi	Unaffiliated	Senior Ladies	09:14.4	18	76
77	2:27:01	MACKAY, Marcelle	Unaffiliated	Male Vet 40	09:14.6	77	77
78	2:27:10	WINDSOR, Kev	Run4All	Male Vet 40	09:15.2	90	78
79	2:27:25	RICHARDS, Maria	Pontypool Runners	Female Vet 35	09:16.1	110	79
80	2:27:42	SANDLES, Robert	3M Road Runners	Male Vet 40	09:17.2	55	80
81	2:27:42	SANDLES, Caroline	3M Road Runners	Female Vet 35	09:17.2	54	81
82	2:27:58	FITZGERALD, Neil	Pontypridd Roadents	Male Vet 40	09:18.2	137	82
83	2:28:24	KETTLEY, Andrew	Rhondda Valley Runners	Senior Men	09:19.8	16	83
84	2:28:29	CHAMPION, Angela	Les Croupiers R.C.	Female Vet 35	09:20.1	21	84
85	2:29:17	THOMAS, Mark	Run4All	Male Vet 40	09:23.2	169	85
86	2:29:19	HUNT, Louise	Penarth and Dinas Runners	Senior Ladies	09:23.3	3	86
87	2:29:52	WILLIAMS, James	Parc Bryn Bach R.C.	Senior Men	09:25.4	8	87
88	2:29:56	ROWE, Paul	Unaffiliated	Male Vet 40	09:25.6	164	88
89	2:30:06	PIGOTT, Aisling	Outdoor Fitness	Senior Ladies	09:26.2	165	89
90	2:30:10	GARDINER, John	Aberdare Valley A.A.C.	Male Vet 40	09:26.5	81	90
91	2:31:25	POLLASTRONE, Nicholas	Chippenham Harriers	Male Vet 40	09:31.2	71	91
92	2:31:42	LLEWELLYN, Michael	Unaffiliated	Male Vet 40	09:32.3	70	92
93	2:31:43	KWOK, Lee	Run4All	Male Vet 40	09:32.3	87	93
94	2:31:53	WILLIAMS, Robin	Unaffiliated	Male Vet 40	09:33.0	187	94
95	2:31:54	DAVIES, Dafydd	Outdoor Fitness	Male Vet 40	09:33.0	163	95
96	2:32:42	BRADFIELD, Kevin	Parc Bryn Bach R.C.	Male Vet 40	09:36.0	122	96
97	2:33:20	HOLLING, Tony	Port Talbot Harriers	Male Vet 40	09:38.4	73	97
98	2:33:35	WILLIAMS, Lisa	3M Road Runners	Female Vet 35	09:39.4	95	98
99	2:33:45	PERKS, Steven	Unaffiliated	Male Vet 40	09:40.0	119	99
100	2:33:58	QUIN, Stephen	Les Croupiers R.C.	Male Vet 40	09:40.8	156	100
101	2:34:20	VINEY, Lewis	Unaffiliated	Male Vet 40	09:42.2	93	101
102	2:34:53	HUGHES, Keith	Unaffiliated	Senior Men	09:44.3	182	102
103	2:35:36	WILLIAMS, Ian	Ebbw Vale R.C.	Male Vet 40	09:47.0	56	103
104	2:35:36	EVANS, Louise	Ebbw Vale R.C.	Female Vet 35	09:47.0	66	104
105	2:35:48	POUNDER, Nick	Pontypridd Roadents	Male Vet 40	09:47.7	147	105
106	2:35:54	AFFLECK, Michael	Swindon Harriers	Male Vet 40	09:48.1	30	106
107	2:36:04	SPEARING, Peter	Unaffiliated	Senior Men	09:48.8	172	107
108	2:36:30	JONES, Richard	Unaffiliated	Male Vet 40	09:50.4	111	108

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109	2:36:56	THOMAS, Rose	Rhayader R.C.	Female Vet 35	09:52.0	31	109
110	2:37:15	WILLIAMS, Alun	Unaffiliated	Senior Men	09:53.2	166	110
111	2:37:44	HALSEY, Graham	Unaffiliated	Senior Men	09:55.0	167	111
112	2:39:10	JENKINS, Lee	Run4All	Senior Men	10:00.4	51	112
113	2:39:12	GORE, David	Unaffiliated	Male Vet 40	10:00.6	148	113
114	2:40:05	MAINWARING, Lesley	Run4All	Female Vet 35	10:03.9	15	114
115	2:40:05	CLARKE, Debra	Run4All	Female Vet 35	10:03.9	85	115
116	2:40:12	HADFIELD, Nick	Dragons Running Club	Male Vet 40	10:04.3	28	116
117	2:40:15	WALTERS, Claire	Merthyr Running Club	Female Vet 35	10:04.5	115	117
118	2:40:38	SCANLON, Jason	Unaffiliated	Senior Men	10:06.0	84	118
119	2:41:02	WILLIAMS, Yvonne	Penarth and Dinas Runners	Female Vet 35	10:07.5	22	119
120	2:41:41	MUNKLEY, Louise	Merthyr Running Club	Female Vet 35	10:09.9	131	120
121	2:42:27	SANDERSON, John	3M Road Runners	Male Vet 40	10:12.8	32	121
122	2:43:15	EVANS, Deborah	Dragons Running Club	Female Vet 35	10:15.9	49	122
123	2:43:35	ADAMS, Lee	Unaffiliated	Male Vet 40	10:17.1	175	123
124	2:43:38	BOURION, Charlyne	Pontypridd Roadents	Senior Ladies	10:17.3	27	124
125	2:43:43	HODGES, Michael	100 Marathon Club	Male Vet 40	10:17.6	157	125
126	2:43:52	PARRY, Joni	Merthyr Running Club	Senior Ladies	10:18.2	125	126
127	2:44:44	ELLISTON, Michael	Les Croupiers R.C.	Male Vet 40	10:21.4	12	127
128	2:46:16	BIRCH, Coleen	Islwyn Running Club	Female Vet 35	10:27.2	36	128
129	2:46:16	TREHARNE, Ruth	Islwyn Running Club	Female Vet 35	10:27.2	38	129
130	2:46:16	JAMES, Donna	Islwyn Running Club	Female Vet 35	10:27.2	63	130
131	2:46:52	MORRIS, Emma	Unaffiliated	Senior Ladies	10:29.5	92	131
132	2:47:02	SLOCOMBE, Paul	Dragons Running Club	Senior Men	10:30.1	65	132
133	2:47:09	O'BRIEN, Gemma	Unaffiliated	Female Vet 35	10:30.6	136	133
134	2:48:06	KENT, Christopher	Run4All	Male Vet 40	10:34.1	80	134
135	2:48:30	JONES, Huw	Unaffiliated	Male Vet 40	10:35.7	102	135
136	2:48:36	MUDRAK, Sergio	Chippenham Harriers	Male Vet 40	10:36.0	19	136
137	2:48:36	DAVID, Colin	Unaffiliated	Male Vet 40	10:36.0	173	137
138	2:49:20	MIRANDA, Tania	Penarth and Dinas Runners	Female Vet 35	10:38.8	9	138
139	2:49:58	JAYNE, Michelle	Parc Bryn Bach R.C.	Female Vet 35	10:41.2	24	139
140	2:51:17	WARD, Jeanette	Penarth and Dinas Runners	Female Vet 35	10:46.2	5	140
141	2:51:30	PINCH, Christopher	Unaffiliated	Male Vet 40	10:47.0	135	141
142	2:52:12	BEBB, Adam	Pontypridd Roadents	Senior Men	10:49.6	179	142
143	2:52:30	HOWKINS, John	Unaffiliated	Male Vet 40	10:50.7	69	143
144	2:53:45	EDWARDS, Glenda	Les Croupiers R.C.	Female Vet 35	10:55.5	37	144
145	2:55:36	ENOCH, Andrew	Unaffiliated	Male Vet 40	11:02.4	176	145
146	2:55:40	RIDGWAY, Luke	Unaffiliated	Senior Men	11:02.7	189	146
147	2:56:48	OWEN, Gary	Run4All	Male Vet 40	11:07.0	105	147
148	2:57:38	DAVIDSON, Suzanne	Islwyn Running Club	Female Vet 35	11:10.1	94	148
149	2:57:56	KNIGHT, Roland	Unaffiliated	Male Vet 40	11:11.2	68	149
150	2:58:58	BRABROOK, Andrea	Unaffiliated	Female Vet 35	11:15.1	114	150
151	3:00:25	JAMES, Paul	Unaffiliated	Senior Men	11:20.6	79	151
152	3:01:03	WATT, Ian	Unaffiliated	Male Vet 40	11:23.0	86	152
153	3:03:00	DAVIES, Ray	Unaffiliated	Male Vet 40	11:30.4	174	153
154	3:04:12	STANDERWICK, Sam	Parc Bryn Bach R.C.	Female Vet 35	11:34.9	47	154
155	3:04:18	JERVIS, Kath	Parc Bryn Bach R.C.	Female Vet 35	11:35.3	121	155
156	3:05:00	JEFFRIES, Teresa	Unaffiliated	Female Vet 35	11:37.9	45	156
157	3:05:00	JONES, Andrea	Dragons Running Club	Female Vet 35	11:37.9	48	157
158	3:05:00	CURTIS, Tricia	Dragons Running Club	Female Vet 35	11:37.9	46	158
159	3:05:00	JONES, Nicola	Dragons Running Club	Female Vet 35	11:37.9	142	159
160	3:05:05	CABLE, Paul	Taff Ely Tri	Male Vet 40	11:38.2	171	160
161	3:06:21	DIXON, Colin	Islwyn Running Club	Male Vet 40	11:43.0	139	161
162	3:08:36	WALLER, Linda	3M Road Runners	Female Vet 35	11:51.5	76	162
163	3:10:30	ARNOLD, Sara	Islwyn Running Club	Male Vet 40	11:58.7	96	163
164	3:10:32	DIXON, Kay	Islwyn Running Club	Female Vet 35	11:58.8	141	164

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165	3:11:53	WHITMARSH, Paul	Penarth and Dinas Runners	Male Vet 40	12:03.9	144	165
166	3:11:54	QUINN AZIZ, Abyd	Penarth and Dinas Runners	Male Vet 40	12:03.9	149	166
167	3:15:05	PERROTT, Samantha	Run4All	Female Vet 35	12:15.9	52	167
168	3:15:05	CHAPPLE, Laura	Run4All	Senior Ladies	12:15.9	150	168
169	3:18:02	RIVERS, Martin	Run4All	Male Vet 40	12:27.1	120	169
170	3:18:02	VYNER, Graham	Run4All	Male Vet 40	12:27.1	143	170
171	3:20:40	LLEWELLYN, Catherine	Merthyr Running Club	Female Vet 35	12:37.0	104	171
172	3:22:22	REES, Wendy	Griffithstown Harriers	Female Vet 35	12:43.4	116	172
173	3:25:04	SINGER, Graham	Unaffiliated	Male Vet 40	12:53.6	98	173
174	3:28:10	SMITH MARKS, Karen	Unaffiliated	Female Vet 35	13:05.3	183	174
175	3:29:19	MANN, Alan	Les Croupiers R.C.	Male Vet 40	13:09.6	127	175

There were 175 finishers in the All Competitors category.