

28th Pentyrch Hill Race

Tuesday, April 29th, 2014 Cool, sunny, not a lot of wind (by Pentyrch standards!) – for the second year

Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	JM	SW	W40	W45	W50+	JW	SW Reg	SM	M40+	JM	SW	W40+	JW
Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	JM	SW	W40	W45	W50+	JW	SW Reg	SM	M40+	JM	SW	W40+	JW
1	81	46:00	Peter Ryder	Cardiff AAC	SM	1											Y	1					
2	210	47:08	Thomas Burden	Unattached	SM	2											N						
3	62	47:55	Tom Marley	Cardiff AAC	SM	3											Y	2					
4	79	47:56	Oliver Williams	Les Croupiers RC	SM	4											Y	3					
5	51	48:06	Matt Stott	Mynyddwyr de Cymru	SM	5											N						
6	196	48:28	James Blore	Chepstow Harriers	SM	6											N						
7	133	48:55	Sam Ryall	Pontypridd Roadents	M40		1										Y		1				
8	26	49:19	Matthew Hurford	Les Croupiers RC	M40		2										Y		2				
9	235	49:38	Tom Jeffery	Les Croupiers RC	SM	7											Y	4					
10	226	50:04	Ben Sears	Unattached	SM	8											N						
11	107	50:17	Darren Bishop	Pontypridd Roadents	SM	9											Y	5					
12	202	50:27	Peter Coles	Pontypridd Roadents	M50				1								Y		3				
13	99	50:38	Dafydd Lambeth	Islwyn RC	M40		3										N						
14	85	50:52	Chris Harry	Liswerry	M45			1									N						
15	52	50:59	Tsen Moon	Mynyddwyr de Cymru	SM	10											Y	6					
16	47	51:07	Andrew Baker	Pontypridd Roadents	M45			2									Y		4				
17	124	51:11	Sam Roberts	Outdoor Fitness	SM	11											N						
18	190	51:21	Jason Kiely	Nike Run Cardiff	SM	12											N						
19	63	51:24	Luke Richards	Unattached	SM	13											N						
20	16	52:10	Daniel Bodman	Aberdare Valley AAC	SM	14											Y	7					
21	195	52:16	Andrew Mathias	Chepstow Harriers	SM	15											N						
22	233	52:22	Tom Baldwin	Unattached	SM	16											N						
23	157	52:27	Andrew Jones	Unattached	M40		4										N						
24	44	52:32	Emyr Roberts	Unattached	M40		5										N						
25	185	52:50	Julian Carter	Mynyddwyr de Cymru	M45			3									Y		5				
26	127	52:51	Alex Care	San Domenico RC	SM	17											Y	8					
27	183	53:20	Mark Saunders	Islwyn RC	M50				2								N						
28	83	53:24	Tom Barr	Unattached	SM	18											N						
29	14	53:27	James Bruce	Les Croupiers RC	M40		6										N						
30	132	53:59	Adam Morton	Unattached	SM	19											N						
31	169	54:14	Richard Self	Les Croupiers RC	M45			4									Y		6				
32	91	54:15	Mark Joyce	Les Croupiers RC	M40		7										Y		7				
33	160	54:35	Gary Brown	Penarth & Dinas Runners	SM	20											Y	9					
34	238	54:38	Alun Wood	Islwyn RC	SM	21											N						
35	89	54:45	David Mort	Outdoor Fitness	SM	22											N						
36	148	55:04	Glyn Sansom	San Domenico RC	M50				3								Y		8				
37	76	55:05	Ian Ogilvie	Brackla Harriers	M45			5									N						
38	193	55:12	Niki Morgan	Chepstow Harriers	W45									1			N						
39	66	55:13	Philip Williams	Islwyn RC	SM	23											N						
40	65	55:21	Tom Brookes	Unattached	SM	24											N						
41	31	55:22	Lee McMeeking	Unattached	SM	25											N						
42	88	55:22	Stuart Edgar	Outdoor Fitness	SM	26											N						
43	123	55:23	Andy Wilton	San Domenico RC	SM	27											Y	10					
44	106	55:37	Nick Denny	Pontypridd Roadents	SM	28											N						
45	200	55:45	Karl James	Unattached	M50				4								N						
46	57	55:53	John Diffey	San Domenico RC	M50				5								Y		9				
47	155	56:01	Charles Walsh	Port Talbot Harriers	SM	29											N						

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48	222	56:03	Jeremy Theobald	Cardiff Triathlon Club	SM	30											N						
49	240	56:06	Johnny Lam	San Domenico RC	M40		8										Y		10				
50	228	56:10	Andrew Jubb	Unattached	SM	31											N						
51	78	56:16	Ceri Shave	Unattached	SM	32											N						
52	173	56:26	Leigh Simmonds	Unattached	SM	33											N						
53	139	56:29	Howard Owen	Les Croupiers RC	SM	34											Y	11					
54	172	56:32	Laura Jackson	Unattached	SW							1					N						
55	116	56:35	Nick Frost	Pontypridd Roadents	M50				6								Y		11				
56	158	56:52	Robert Wilson	Penarth & Dinas Runners	M55					1							N						
57	3	56:55	Brian Dias	Les Croupiers RC	SM	35											Y	12					
58	232	57:04	Steven Burnett	Unattached	SM	36											N						
59	146	57:18	Andrew Blackmore	Mynyddwyr de Cymru	M45			6									N						
60	35	57:20	Dale Gardiner	Unattached	SM	37											N						
61	113	57:23	Mike Murphy	Les Croupiers RC	M60					2							Y		12				
62	64	57:26	Simon Pritchard	Pontypridd Roadents	M40		9										Y		13				
63	70	57:30	Nikki Dowell	Pontypridd Roadents	SM	38											Y	13					
64	236	57:59	Andrew Davidson	Les Croupiers RC	SM	39											N						
65	208	58:03	Gary Davies	Mynyddwyr de Cymru	SM	40											N						
66	129	58:04	Emily Cowper-Coles	Cardiff University	SW							2					N						
67	136	58:08	James White	San Domenico RC	M40		10										Y		14				
68	175	58:23	Chris Blackmore	Cardiff Harlequins RC	M40		11										N						
69	248	58:24	Dan Marsh	Unattached	SM	41											N						
70	215	58:27	Shaun Farbon	Les Croupiers RC	SM	42											N						
71	55	58:33	Mark Ponsford	Mynyddwyr de Cymru	SM	43											N						
72	100	58:39	Philip Thomas	Pontypridd Roadents	SM	44											Y	14					
73	151	58:42	Gruffudd Davies	Unattached	M40		12										N						
74	212	58:44	Paul Jones	Unattached	SM	45											N						
75	95	58:47	Richard Holmes	Unattached	SM	46											N						
76	242	58:47	Andrew Dickens	Pontypool Runners	M40		13										N						
77	29	58:54	Mike Gleeson	Swansea Harriers	M40		14										N						
78	118	58:55	Robin Smith	Unattached	SM	47											N						
79	125	58:56	Jamie Westcombe	Unattached	SM	48											N						
80	142	59:02	Caitlin Pearson	Les Croupiers RC	SW							3					Y				1		
81	234	59:12	Matthew Hooper	Les Croupiers RC	SM	49											Y	15					
82	194	59:14	Neil Grant	Chepstow Harriers	M60												N						
83	218	59:15	Clara Evans	Pontypridd Roadents	JW											1	N						1
84	58	59:15	Vincent Nazareth	Unattached	M50				7								N						
85	108	59:17	William Denny	Pontypridd Roadents	SM	50											N						
86	61	59:26	Mark Dunscombe	Sarn Helen	M50				8								N						
87	82	59:30	Duncan Hyde	Unattached	SM	51											N						
88	192	59:34	Steve Harry	Liswerry Runners	M50				9								N						
89	237	59:37	Gareth Griffiths	Unattached	M45			7									N						
90	143	59:40	Lucy Baker	Mynyddwyr de Cymru	SW							4					Y				2		
91	6	59:48	Kerry Galey	Unattached	M45			8									N						
92	7	59:51	Howard Kent	Les Croupiers RC	M60					4							Y		15				
93	4	59:56	David Williams	Aberdare Valley AAC	SM	52											Y	16					
94	241	60:00	Lou Summers	Pontypool Runners	W45									2			N						
95	243	60:04	Gavin Brace	Liswerry Runners	SM	53											N						

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96	59	60:05	Laurence Pole	Pontypridd Roadents	SM	54											Y	17					
97	144	60:14	Rosemary Moorhouse-Gann	Mynyddwyr de Cymru	SW							5					Y				3		
98	103	60:18	Darren Jones	Cardiff Harlequins RC	SM	55											Y	18					
99	245	60:25	Mick Learoyd	Mynyddwyr de Cymru	M55					5							Y		16				
100	93	60:31	Aileen Lyons	Les Croupiers RC	SW							6					Y				4		
101	75	60:40	Mike Pedley	Mynyddwyr de Cymru	M50				10								N						
102	201	60:45	Kevin Russell	Liswerry Runners	M50				11								N						
103	184	60:52	Alice Bedwell	Islwyn RC	W50										1		N						
104	68	60:55	Jay Hoffman	Outdoor Fitness	SM	56											N						
105	126	60:57	Gwyn Lloyd	Pontypridd Roadents	M55					6							N						
106	156	60:59	Richard Jones	Unattached	SM	57											N						
107	22	61:03	Mike Davies	Caerleon RC	M55					7							N						
108	206	61:17	Paul Thomas	Islwyn RC	SM	58											N						
109	216	61:17	Neil Parker	Islwyn RC	M45			9									N						
110	203	61:30	David Thomas	Outdoor Fitness	M45			10									N						
111	18	61:36	Martin Slucutt	Swansea Harriers	SM	59											N						
112	168	61:46	Clare Dallimore	Mynyddwyr de Cymru	SW							7					Y				5		
113	230	61:52	Ceri Davies	San Domenico RC	SM	60											Y	19					
114	74	62:12	Hywel Jones	Pontypridd Roadents	SM	61											Y	20					
115	104	62:15	Paul Gilson	Unattached	SM	62											N						
116	138	62:18	David Waters	Islwyn RC	M40		15										N						
117	101	62:30	Dan Mathieu	Unattached	M40		16										N						
118	27	62:36	Simon Hazel	Les Croupiers RC	M40		17										Y		17				
119	41	62:43	Judith Oakley	Port Talbot Harriers	W45									3			N						
120	117	62:44	Philip Holder	Cardiff Harlequins RC	M50				12								Y		18				
121	141	62:45	Catherine Tailby	Penarth & Dinas Runners	W40								1				N						
122	11	62:46	Tony Mackay	Unattached	M45			11									N						
123	191	62:50	Steven Hooper	Pontypridd Roadents	M45			12									Y		19				
124	209	62:54	Alan Stone	Mynyddwyr de Cymru	M50				13								N						
125	80	62:58	James Delaney	San Domenico RC	M55					8							Y		20				
126	84	63:01	Andy Davies	Pontypridd Roadents	M50				14								Y		21				
127	86	63:04	Andy Farrell	Unattached	SM	63											N						
128	231	63:06	Jonathan Williams	Fairwater Runners	M45			13									N						
129	159	63:14	Malcolm Bradley	Penarth & Dinas Runners	M55					9							Y		22				
130	112	63:15	Marcia Gouveia	San Domenico RC	SW							8					Y				6		
131	20	63:29	Paul Maksimovic	Pontypridd Roadents	SM	64											N						
132	152	63:30	Alan Gillard	Cardiff Harlequins RC	M50				15								N						
133	92	63:34	Justin Jones	Aberdare Valley AAC	M40		18										Y		23				
134	229	63:35	Neil Goode	Maiden Newton Runners	M40		19										N						
135	110	63:36	Gareth Ahearne	Unattached	SM	65											N						
136	115	63:39	Daffydd Weetman	Islwyn RC	SM	66											N						
137	77	63:42	Lorraine Langdon	Outdoor Fitness	SW							9					N						
138	187	63:45	Duncan Campbell	Unattached	SM	67											N						
139	30	63:45	Ian Leaves	Unattached	SM	68											N						
140	219	63:50	Michael Bunston	Islwyn RC	M45			14									N						
141	217	63:51	Paul Graham	Pontypridd Roadents	SM	69											N						
142	10	63:57	Rachel Evans	Run4All Neath	W40								2				Y					1	
143	2	64:15	Marcus Meyrick	Les Croupiers RC	M40		20										Y		24				

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144	214	64:17	Kelly Laité	Islwyn RC	SW							10					N						
145	13	64:29	Emily Kendrick	Unattached	SW							11					N						
146	165	64:37	Elfyn Lewis	Eryri Harriers	M40		21										N						
147	154	64:49	Beth Lewis	Les Croupiers RC	SW							12					Y				7		
148	166	65:02	Nicholas Harris	Cwm Ogwr RC	SM	70											N						
149	37	65:11	Steven Perks	Run4All Neath	M50				16								N						
150	42	65:20	Geraint Jenkins	Port Talbot Harriers	M40		22										N						
151	96	65:37	Janet Holmes	Les Croupiers RC	SW							13					N						
152	223	65:45	Chris Tully	Cardiff Triathlon Club	SM	71											N						
153	15	65:46	Neil Cook	Unattached	M45			15									N						
154	28	65:48	Neil Wheeler	Run4All	M40		23										N						
155	45	65:56	Ian Derrick	Unattached	M45			16									N						
156	188	66:07	Nigel Graham	Unattached	M45			17									N						
157	197	66:08	Kat Hunter	Unattached	SW							14					N						
158	174	66:14	Karen Hackwell	Unattached	W40								3				N						
159	189	66:18	Dewi Gwynedd	Unattached	SM	72											N						
160	72	66:23	Mark Roe	Cardiff Tri	SM	73											N						
161	177	66:26	Vanessa Turnbull	Unattached	W45									4			N						
162	186	66:46	Andrew Underhill	Unattached	SM	74											N						
163	130	66:47	Huw Parry	Les Croupiers RC	M55					10							Y		25				
164	111	66:51	Julie Lewis	Islwyn RC	W45									5			N						
165	105	66:52	Clare Ryan	Up & Under	SW							15					N						
166	239	66:58	Matt Griffiths	Village Vipers	SM	75											N						
167	19	67:02	Glyn Hicks	Islwyn RC	M60					11							N						
168	220	67:06	Julie Scholey	Les Croupiers RC	W50										2		Y					2	
169	244	67:18	Jonathan Griffiths	Village Vipers	M40		24										N						
170	1	67:20	Chris Purdon	Unattached	M50				17								N						
171	162	67:25	Gareth Jones	Chepstow Harriers	M50				18								N						
172	69	67:35	Maria Richards	Mynydd Du	W40								4				N						
173	34	67:41	Elaine Ferguson	Pontypridd Roadents	SW							16					Y				8		
174	211	67:56	Nick Pounder	Pontypridd Roadents	SM	76											Y	21					
175	94	67:58	Duncan Innes	Bristol OK	M50				19								N						
176	170	68:07	Rebecca Read	Outdoor Fitness	SW							17					Y					9	
177	98	68:10	Andrew Foster	Up & Under	SM	77											N						
178	164	68:12	Jason Richards	Unattached	M45			18									N						
179	221	68:12	Simon Watkins	Unattached	M50				20								N						
180	182	68:20	Stephen Wood	Pegasus RC	SM	78											N						
181	17	68:30	Pat Westlake	Unattached	M45			19									N						
182	71	68:34	Angela Champion	Les Croupiers RC	SW							18					N						
183	137	68:38	Trystan Edwards	Unattached	M40		25										N						
184	9	69:11	Luke Morson	Unattached	SM	79											N						
185	23	69:27	Norman Jones	Mynyddwyr de Cymru	M50				21								Y		26				
186	97	69:44	Aisling Pigott	Outdoor Fitness	SW							19					Y					10	
187	153	70:11	David Davies	Village Vipers	SM	80											N						
188	247	70:12	Anna Lindsay	Unattached	SW							20					N						
189	67	70:33	Jo Haddon	Outdoor Fitness	SW							21					N						
190	171	70:34	Rachael Finlayson	Outdoor Fitness	W40								5				N						
191	150	70:41	Gareth Jenkins	Cwm Ogwr RC	SM	81											Y	22					

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192	8	70:48	Vicky Jones	Taff Ely Tri	SW							22					Y				11		
193	167	70:52	Caroline Dallimore	Les Croupiers RC	W55										3		Y					3	
194	60	70:55	David E Williams	Les Croupiers RC	M50				22								N						
195	5	70:57	Mark Bailey	Unattached	M40		26										N						
196	225	70:59	Sarah Dodd	Unattached	SW							23					N						
197	147	71:02	Matthew Rees	Liswerry Runners	SM	82											N						
198	43	71:20	Marc Case	Unattached	M40		27										N						
199	128	71:25	Andrew Cleverley	Unattached	M45			20									N						
200	213	71:29	Andrew Bennett	Unattached	M40		28										N						
201	205	71:31	Gavin Griffiths	Bro Dysynni AC	M40		29										N						
202	246	71:41	Jane Ash	Les Croupiers RC	M40		30										N						
203	33	71:49	Anna Helsing	Penarth & Dinas Runners	W50										4		N						
204	119	71:49	Huw Williams	Unattached	SM	83											N						
205	161	72:12	Karen Elvers	Chepstow Harriers	W40								6				N						
206	178	72:23	Roxanne Welham	Unattached	SW							24					N						
207	21	72:24	Neil Coleman	Unattached	M45			21									N						
208	149	72:29	Pete Morfey	Cardiff Harlequins RC	M55					12							Y		27				
209	179	72:45	Non Davies	Mynydd Du	SW							25					N						
210	109	73:09	Phill Thomas	Les Croupiers RC	M55					13							Y		28				
211	176	73:17	Fiona Drysdale	Unattached	W40								7				N						
212	38	73:20	Anne Follan	Pontypridd Roadents	W40								8				Y					4	
213	121	73:23	Hannah Watson	Unattached	SW							26					N						
214	12	73:47	David Bingham	Up and Under	M50				23								N						
215	48	73:47	Elan Winter	Unattached	SM	84											N						
216	207	73:50	Gavin Simon	Unattached	SM	85											N						
217	180	74:05	Delyth Wright	Mynydd Du	SW							27					N						
218	87	74:58	Natalie Richards	Unattached	SW							28					N						
219	90	75:00	Anthony Holling	Port Talbot Harriers	M55					14							N						
220	135	75:02	Rhian Durham	Pontypridd Roadents	SW							29					N						
221	163	75:25	Ben Sykes	Unattached	SM	86											N						
222	140	75:32	Jane Blethyn	Penarth & Dinas Runners	W55										5		N						
223	40	75:35	Ray James	Port Talbot Harriers	M50				24								N						
224	134	75:56	Rhian Hopkins	Pontypridd Roadents	SW							30					N						
225	56	76:26	Hannah Withers	San Domenico RC	W40								9				Y					5	
226	145	77:10	Meshan Alsaeed	Mynyddwyr de Cymru	JM						1						Y			1			
227	102	77:15	Norman Carter	Up & Under	M65					15							N						
228	46	78:54	Gareth Evans	Outdoor Fitness	SM	87											N						
229	73	79:06	Sean Hughes	Unattached	SM	88											N						
230	227	79:07	Colin Crooks	Pegasus RC	M55					16							N						
231	54	79:10	Cerys Ash	Unattached	W45									6			N						
232	120	79:16	Lowri Roberts	Unattached	SW							31					N						
233	224	79:35	Simon McCann	Village Vipers	M45			22									N						
234	32	79:39	Glenda Edwards	Les Croupiers RC	W50										6		N						
235	49	79:41	Michelle Hoey	Penarth & Dinas Runners	SW							32					N						
236	50	79:41	Steve Hill	Penarth & Dinas Runners	M50				25								N						
237	53	79:56	Angela Hall	Outdoor Fitness	W45									7			Y					6	
238	199	80:00	Clare Adams	Unattached	SW							33					N						
239	198	80:00	Tarquin Adams	Unattached	SM	89											N						

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240	39	80:35	Maria Ioannou	Pontypridd Roadents	SW							34					Y				12		
241	122	80:53	Luke Heslop	Les Croupiers RC	SM	90											N						
242	181	81:48	Tim Webb	Pegasus RC	M60					17							Y		29				
243	114	82:20	Gill Murphy	Les Croupiers RC	W60										7		Y					7	
244	131	82:45	Lucy Cleverley	Unattached	SW							35					N						
245	204	83:22	Jay Leach	Islwyn RC	M40		31										N						
246	25	85:42	Amanda Thompson	Les Croupiers RC	W50										8		Y					8	
247	24	119:11	Paula Stockley	3M Gorseinon	SW							36					N						

South Wales Region

Senior Men

Individual: 1 Peter Ryder (Cardiff AAC); 2 Tom Marley (Cardiff AAC); 3 Oliver Williams (Les Croupiers)

Teams: 1 Les Croupiers 18 (3 Oliver Williams; 4 Tom Jeffery; 11 Howard Owen); 2 Pontypridd Roadents 32 (5 Darren Bishop; 13 Nikki Dowell; 14 Phillip Thomas)
3 San Domenico 37 (8 Alex Care; 10 Andy Wilton; 19 Ceri Davies)

Master Men 40+

Individual: 1 Sam Ryall (Pontypridd Roadents); 2 Matthew Hurford (Les Croupiers); 3 Peter Coles (Pontypridd Roadents)

Teams: 1 Ponty pridd Roadents A 8 (1 Sam Ryall; 3 Peter Coles; 4 Andrew Baker); 2 Les Croupiers A (2 Matt Hurford; 6 Richard Self; 7 Mark Joyce); 3 San Domenico 27 (8 Glyn Sansom; 9 Jon Diffey; 10 Johnny Lam)

Junior Men

Individual: 1 Meshan Alsaheed (Mynyddwyr de Cymru)

Senior Women

Individual: 1 Caitlin Pearson (Les Croupiers); 2 Lucy Baker (Mynyddwyr de Cymru); 3 Rosemary Moorhouse-Gann (Mynyddwyr de Cymru)

Team: 1 Les Croupiers 12 (1 Caitlin Pearson, 4 Aileen Lyon; 7 Beth Lewis) – only one complete team

Master Women 40+

Individual: 1 Rachel Evans (Run4All Neath); 2 Julie Scholey (Les Croupiers); 3 Caroline Dallimore (Les Croupiers)

Team: 1 Les Croupiers 12 (2 Julie scholey; 3 Caroline Dallimore; 7 Gill Murphy)

Junior Women

Individual: 1 Clara Evans (Pontypridd Roadents)