

## 29<sup>th</sup> Pentyrch Hill Race

Tuesday, April 28<sup>th</sup>, 2015

Dry, sunny, Very windy & cold

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Thanks to all the athletes who competed at this 29<sup>th</sup> staging of the Pentyrch Hill Race.

Apologies if any of the names of athletes in these provision results are not quite right. Some of the handwriting was very difficult to read. Please let me know if any names need to be changed – or, indeed, if there are any errors in the results.

We had been lucky with the mainly dry weather leading up to the event. On the night, it was dry but cold & very windy, though that wind combined with the underfoot conditions may have helped produce the fast times.

After last year's record entry of 248, it was a delight to record another big field, with the entries reaching 246. That final total included many familiar names as well as a number of 'first-timers'. It was again particularly pleasing to see so many women competing.

In recent years, Peter Ryder (Cardiff AAC) has won the event on four occasions in the previous six years while Daniel Bodman (Aberdare Valley) won in 2013 and has twice been the leading junior man home. Both had run major marathons shortly before this year's race but, even at their best, it is doubtful whether they would have finished close to this year's winner, Harry Jones (Mynyddwyr de Cymru). His winning time of 43:45 was the fastest since Andrew Hunt (Cardiff AAC, 43:33) won in 2007 – when there were only 104 competitors!

It was good to see the north Walian back in action. In his younger days, as a pupil at Bryn Eilian in Colwyn Bay and as a student at UWIC, he showed real promise and, at the age of 25, the Penarth-based athlete has many good years ahead of him.

Despite running the first 16 miles of the London marathon on the Sunday, Daniel Bodman still had enough left in the tank to claim second spot (44:55), 55 seconds ahead of a second Mynyddwyr de Cymru athlete, Chris Jones (45:50), who held off the challenge from Peter Ryder by seven seconds. Peter had finished 21st in the Greater Manchester Marathon earlier in the month.

Thomas Burden (unattached), a top five finisher for the last three years, slipped down to sixth this year in a time of 47:29, just outside his best of 47:08 set in 2014.

In 2013, Pentyrch resident Nick Comerford (M45, 48:00), a past Welsh senior cross-country champion, was the first master athlete to finish. Last year another Pentyrch resident, Sam Ryall (Pontypridd Roadents, M40), improved on his 2013 time by over a minute and a half to finish seventh (48:55) while evergreen Peter Coles (Pontypridd Roadents, M50) was the leading athlete over 50, the eleventh successive year that Peter has been the first finisher in his age group

This year, Peter regained that 'first vet' to finish title, coming home 16th in a sub 50 minute clocking (49:43).

In 2012, there were 27 women competing. The number increased to 48 in 2013 while, last year, there were 61. We had a new total this year - 63, including 40 seniors. For the last three years, the first woman to finish has been Niki Morgan (Chepstow Harriers, W45), but her unbeaten sequence came to an end this year when former junior winner Clara Evans (Pontypridd Roadents) improved her 2014 time (59:15) by just under six minutes (53:31), finishing 40th to claim the win on her first appearance as a senior. Niki was still the first woman over 40, the Chepstow Harrier placing in 63rd with 56:04.

There were five other women in the top 100, including Alice Bedwell (Mynyddwyr de Cymru). Alice, the first woman to finisher in 1987, 1992 and 2002 as well as being the first veteran on six occasions, just missed out on the top 100 last year, finishing 103<sup>rd</sup> in 1 hour and 52 seconds, while, this year, she was 99th in 59:39, again taking the over 50 award.

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The Pentyrch race awards were presented on the night by race organiser John Gough.

It was good to see the support from local clubs – Les Croupiers, Pontypridd Roadents, and San Domenico – as, for the seventh consecutive year, the event included the South Wales Regional Hill Running championships, with individual and team medals on offer. Following a post race scrutiny of the entries, the provisional regional results are listed below.

Because of a mix-up, the South Wales regional awards were neither announced nor presented on the night – and the region apologises for that. It is planned that the individual and team awards will be forwarded to recipients by local Welsh Athletics Network Officer Ryan Spencer-Jones.

Although neither the Pentyrch event nor the South Wales regional championships currently includes a section for over 60 athletes, it was a delight to see two long-time supporters of the event (now competing in the over 60 category) – Mike and Gill Murphy – featuring in the Les Croupiers teams which gained regional medals. Well done, both – and long may you continue to compete!

### Pentyrch Hill Race awards – presented on the night

<b>Senior Men</b>				<b>Senior Women</b>		
	1	Harry Jones			1	Clara Evans
	2	Peter Ryder			2	Laura Clements
	3	Chris Jones			3	Janet Holmes
<b>Men 40</b>				<b>Women 40</b>		
	1	Dafydd Lambert			1	Karen Hackwell
	2	Andrew Jones		<b>Women 45</b>		
<b>Men 45</b>					1	Niki Morgan
	1	Ian Ogilvie		<b>Women 50</b>		
	2	Richard Self			1	Alice Bedwell
<b>Men 50</b>						
	1	Peter Coles				
<b>M55</b>						
	1	Mark Saunders				
<b>Junior Men</b>						
	1	Andrew Bull				

Thanks to:

- John Gough, and his neighbour David Pendlebury, for organising the event
- Up and Under Outdoor Gear for sponsoring the event
- South Wales Regional Athletics Council for providing the numbers, the pins and the regional awards
- Les Croupiers Running Club for supporting the event
- The members of St Catwg's Church, Pentyrch, for providing the course and car park marshals
- The officials – John Chidlow (timekeeper), Geraint Evans (position judge), Bethan Evans and Graham Finlayson
- Melanie Evans for inputting athletes details and the position and times data as well as identifying the race awards
- Pentyrch Rugby Club for allowing the use of the club's facilities

The provisional date for next year's event is Tuesday, April 26<sup>th</sup>, 2016

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Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	JM	SW	W40	W45	W50+	JW	South Wales	SM	M40+	SW	W40+	JM
1	245	43:45	Harry Jones	Mynyddwyr de Cymru	SM	1											N					
2	155	44:55	Daniel Bodman	Aberdare Valley AAC	SM	2											Y	1				
3	128	45:50	Chris Jones	Mynyddwyr de Cymru	SM	3											Y	2				
4	152	45:57	Peter Ryder	Cardiff AAC	SM	4											Y	3				
5	136	46:41	Ben Moon	Mynyddwyr de Cymru	SM	5											Y	4				
6	185	47:29	Thomas Burden	Unattached	SM	6											N					
7	134	48:28	Matt Stott	Mynyddwyr de Cymru	SM	7											N					
8	69	48:29	Adam Bull	Aberdare Valley AAC	JM						1						N					
9	30	48:31	Darren Bishop	Pontypridd Roadents	SM	8											Y	5				
10	158	48:33	Joe Beech	Unattached	SM	9											N					
11	55	48:41	James Munn	Les Croupiers RC	SM	10											N					
12	39	49:21	Rhys Boorman	Aberdare Valley AAC	SM	11											Y	6				
13	213	49:26	Alex Donald	Cardiff AAC	SM	12											Y	7				
14	107	49:32	Simon Bagguley	Unattached	SM	13											N					
15	102	49:39	Stuart Wadlow	Unattached	SM	14											N					
16	173	49:43	Peter Coles	Pontypridd Roadents	M50				1								Y	1				
17	119	50:03	Luke Richards	Unattached	SM	15											N					
18	168	50:29	Matthew Wheeler	Cardiff Triathletes	SM	16											Y	8				
19	76	50:41	Dafydd Lambeth	Islwyn RC	M40		1										N					
20	139	50:53	Oliver Williams	Les Croupiers RC	SM	17											Y	9				
21	199	51:18	Thomas Cromarty	Cardiff Triathletes	SM	18											N					
22	241	51:19	Simon Lawson	Cardiff AAC	SM	19											N					
23	77	51:34	Mark Horsman	Outdoor Fitness RC	SM	20											Y	10				
24	179	51:48	Alec Care	San Domenico RC	SM	21											Y	11				
25	108	51:50	Elliot Dudley	Cardiff Triathletes	SM	22											N					
26	42	51:57	Andy Wilton	San Domenico RC	SM	23											Y	12				
27	153	52:17	Andrew Jones	Unattached	M40		2										N					
28	116	52:22	Mark Joyce	Les Croupiers RC	M40		3										N					
29	114	52:25	Leigh Simmonds	Unattached	M40		4										N					
30	184	52:28	Daniel Thrift	Unattached	SM	24											N					
31	227	52:36	Mark Ponsford	Mynyddwyr de Cymru	SM	25											N					
32	127	52:41	Alun Davies	Les Croupiers RC	SM	26											N					
33	46	52:52	Lee McMeeking	Unattached	SM	27											N					
34	170	53:01	Andrew Davidson	Les Croupiers RC	SM	28											Y	13				
35	174	53:04	Karl James	Unattached	M50				2								N					
36	27	53:25	Gavin Brace	Liswerry Runners	SM	29											N					
37	197	53:26	Morris Attard	Outdoor Fitness RC	SM	30											Y	14				
38	6	53:27	Chris Purdon	Village Vipers	M50				3								Y	2				
39	166	53:29	Adam Morton	Unattached	SM	31											N					
40	37	53:31	Clara Evans	Pontypridd Roadents	SW							1					Y					
41	120	53:48	Sean O'Connor	Pontypridd Roadents	SM	32											Y	15		1		
42	126	53:49	Jamie Westcombe	Unattached	SM	33											N					
43	38	53:56	Stuart Edgar	Cardiff Triathletes	SM	34											N					
44	16	53:56	David Mort	Cardiff Triathletes	SM	35											N					
45	237	54:16	Laura Clements	Unattached	SW							2					N					
46	22	54:24	Nick Denny	Pontypridd Roadents	SM	36											N					
47	131	54:31	Mark Saunders	Mynyddwyr de Cymru	M55				4	1							N					
48	10	54:43	Howard Owen	Les Croupiers RC	SM	37											Y	16				

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Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	JM	SW	W40	W45	W50+	JW	South Wales	SM	M40+	SW	W40+	JM
49	167	54:53	Peter Turnbull	Les Croupiers RC	M50				4								N					
50	223	55:05	Chris Blackmore	Cardiff Harlequins	M40		5										Y		3			
51	75	55:08	Gethin Powell	White Rock Runners	SM	38											Y	17				
52	217	55:16	George Lonsdale	Up & Under	SM	39											N					
53	97	55:16	Chris Medcalf	San Domenico RC	M40		6										N					
54	45	55:21	Andrew Jubb	Unattached	SM	40											N					
55	236	55:24	Paul Evans	Cardiff Triathletes	SM	41											N					
56	178	55:25	Glyn Sansom	San Domenico RC	M50				5								Y		4			
57	33	55:27	Keith James	Islwyn RC	M40		7										N					
58	83	55:36	James White	San Domenico RC	M40		8										Y		5			
59	57	55:43	Ian Ogilvie	Brackla Harriers	M45		9	1									N					
60	78	55:46	Brian Dias	Les Croupiers RC	SM	42											Y	18				
61	89	55:59	Richard Self	Les Croupiers RC	M45		10	2									Y		6			
62	148	56:00	Steven Burnett	Unattached	SM	43											N					
63	101	56:04	Niki Morgan	Chepstow Harriers	W45									1			N					
64	23	56:07	Michael Murphy	Les Croupiers RC	M60				7	2							Y		7			
65	207	56:13	Stuart Baker	Cardiff Triathletes	SM	44											N					
66	154	56:16	Richard Jones	Unattached	SM	45											N					
67	244	56:21	Anthony Bannon	San Domenico RC	SM	46											Y	19				
68	171	56:22	Richard Holmes	Les Croupiers RC	SM	47											N					
69	29	56:25	Marcus Meyrick	Les Croupiers RC	M40		9										Y		8			
70	20	56:33	Daniel Davies	San Domenico RC	SM	48											N					
71	240	57:04	Ian Liddiatt	Cardiff Triathletes	M45		12	3									N					
72	94	57:06	Kerry Galey	Unattached	M50				6								N					
73	117	57:14	William Denny	Pontypridd Roadents	SM	49											N					
74	64	57:15	Jake Vaughan	Pontypridd Roadents	SM	50											N					
75	70	57:47	Simon Pritchard	Pontypridd Roadents	M40		10										Y		9			
76	104	57:55	David Waters	Islwyn RC	M40		11										N					
77	58	58:06	Richard Cronin	Mynyddwyr de Cymru	SM	51											N					
78	50	58:08	Stephen Grigg	Nailsea Running Club	SM	52											Y	20				
79	133	58:15	Kevin Jones	Les Croupiers RC	M45		15	4									Y		10			
80	25	58:16	James Clemence	Mynyddwyr de Cymru	M50				7								Y		11			
81	172	58:18	Janet Holmes	Les Croupiers RC	SW							3					Y			2		
82	80	58:19	Neil Grant	Chepstow Harriers	M55				10	3							N					
83	52	58:24	Lloyd Morgan	San Domenico RC	M40		12										Y		12			
84	65	58:25	Gruff Davies	Unattached	M40		13										N					
85	48	58:27	Rob Gunney	Cardiff Triathletes	M40		14										N					
86	201	58:40	Nick Dallimore	Mynyddwyr de Cymru	M55				11	4							Y		13			
87	130	58:44	Lucy Baker	Mynyddwyr de Cymru	SW							4					Y			3		
88	221	58:45	Roger Mills	Fairwater Runners	M45		19	5									N					
89	11	58:46	Howard Kent	Les Croupiers RC	M55				12	5							Y		14			
90	144	58:52	Richard Price	Celtic Tri	M45		20	6									N					
91	129	59:07	Andy Stott	Mynyddwyr de Cymru	M55				13	6							N					
92	159	59:11	Alicia-Jayne Thorbjorn	Unattached	SW							5					N					
93	36	59:14	Paul Graham	Pontypridd Roadents	SM	53											Y	21				
94	54	59:15	Ian Leaves	Unattached	M40		15										N					
95	26	59:22	Tony Mackay	Pegasus RC	M50				8								N					
96	62	59:25	John Bolton	Unattached	SM	54											N					
97	205	59:32	Owen Morris	Unattached	SM	55											N					

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Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	JM	SW	W40	W45	W50+	JW	South Wales	SM	M40+	SW	W40+	JM	
98	230	59:35	Matthew Gould	Cardiff Triathletes	M50				9								N						
99	132	59:39	Alice Bedwell	Mynyddwyr de Cymru	W50										1		N						
100	195	59:50	Alan Stone	Mynyddwyr de Cymru	M50				10								N						
101	186	59:53	Ian Wang	Les Croupiers RC	SM	56											Y	22					
102	71	59:55	Hywel Morgan	Pontypridd Roadents	SM	57											N						
103	9	60:04	Simon Hazel	Les Croupiers RC	M45		22	7									Y		15				
104	111	60:05	Nigel Graham	Pontypridd Roadents	M45		23	8									N						
105	14	60:07	Geraint Jenkins	Port Talbot Harriers	M40		16										N						
106	164	60:13	Luca Trovesi	Mynyddwyr de Cymru	JM						2						N						
107	138	60:31	Philip Holder	Cardiff Harlequins	M55				17	7							Y						
108	149	60:33	Michael Bunston	Islwyn RC	M45		25	9									N		16				
109	66	60:34	Nick Harris	Cwm Ogwr RC	SM	58											N						
110	99	60:36	Hefin Gruffydd	Pontypridd Roadents	M50				11								N						
111	90	60:39	Mark Jones	Robert Town Runners	M45		26	10									N						
112	231	60:54	Stephen Hanks	Pontypridd Roadents	SM	59											N						
113	146	60:58	Miles Brown	Cardiff Triathletes	M45		27	11									N						
114	51	61:00	Andrew Farrell	WFRA	SM	60											Y	23					
115	169	61:06	Ellie Powell	Cardiff Triathletes	SW							6					N						
116	31	61:14	Dominic Shields	San Domenico RC	M50				12								Y		17				
117	206	61:16	Elfyn Lewis	Eryri Harriers	M45		28	12									N						
118	246	61:21	David Thomas	Outdoor Fitness RC	M45		29	13									N						
119	162	61:23	Julie Scholey	Les Croupiers RC	W55									2			Y						1
120	72	61:36	Cameron Cummings	Pontypridd Roadents	M45		30	14									Y		18				
121	88	61:43	Carl Edwards	Pontypridd Roadents	M45		31	15									N						
122	238	61:52	Richard Mackin	Cardiff Triathletes	M40		17										N						
123	112	61:58	Owen Rogers	Cardiff Metropolitan University	M45		33	16									N						
124	18	61:59	Judith Oakley	Vegan Runners UK	W50										3		N						
125	85	62:13	Oliver Lamford	Cardiff Triathletes	SM	61											N						
126	44	62:33	Chris Selby	San Domenico RC	M40		18										Y		19				
127	96	62:35	Nick Pounder	Pontypridd Roadents	M40		19										N						
128	219	62:46	Adrian Gwilliam	Fairwater Runners	M45		36	17									N						
129	198	62:50	Paul Gilson	Unattached	SM	62											N						
130	215	62:57	Martyn Jenkins	Fairwater Runners	M55				20	8							N						
131	181	63:00	Jeremy Theobald	Cardiff Triathletes	SM	63											Y	24					
132	151	63:04	Jonathan Williams	Fairwater Runners	M45		37	18									N						
133	165	63:09	Paul Morris	Les Croupiers RC	M55				21	9							N						
134	150	63:10	Dewi Gwynedd	South Wales Police	M40		20										N						
135	180	63:11	Chris Williams	Unattached	SM	64											N						
136	125	63:12	Adam Wardle	Cardiff Triathletes	SM	65											N						
137	234	63:19	Alan Gillard	Cardiff Harlequins	M50				13								N						
138	222	63:20	Richard Bowie	Fairwater Runners	M50				14								N						
139	189	63:21	Karen Hackwell	Unattached	W40								1				N						
140	188	63:29	Chris Rothwell	Pontypridd Roadents	M40		21										N						
141	145	63:36	Kelly Felstead	Islwyn RC	SW							7					N						
142	182	63:37	Matt Griffiths	Village Vipers	SM	66											N						
143	226	63:40	Philip Hughes	San Domenico RC	SM	67											N						
144	32	63:42	Marcia Gouveia	San Domenico RC	SW							8					Y			4			
145	161	63:43	Paul Chapman	Les Croupiers RC	M45		40	19									N						
146	187	63:50	Adam Bebb	Pontypridd Roadents	SM	68											N						

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147	4	63:59	David Davies	Village Vipers	SM	69											N						
148	63	64:08	Stephanie Davies	Pontypridd Roadents	SW												Y				5		
149	3	64:23	Stuart Davies	South Wales Tri	M40		22										N						
150	98	64:27	Simon Slinn	Unattached	SM	70											N						
151	13	64:31	Gareth Jenkins	Cwm Ogwr RC	SM	71											N						
152	91	64:42	Dave Smith	Unattached	SM	72											N						
153	8	65:24	Luke Morson	Unattached	SM	73											N						
154	190	65:31	Gavin Griffiths	Bro Dysynni AC	M40		23										N						
155	147	65:41	Glyn Drucker	Unattached	M40		24										N						
156	200	65:47	Tom Woodhall	Unattached	SM	74											N						
157	40	66:10	Gillian Hopkins	Cardiff Triathletes	SW							10					N						
158	86	66:37	Dan Lloyd	Nike Run Club Cardiff	M40		25										N						
159	115	66:39	Hannah Watson	Unattached	SW							11					N						
160	59	66:48	Stephen Wood	Pegasus RC	SM	75											N						
161	73	66:50	Stewart Harding	Nike Run Club Cardiff	SM	76											N						
162	209	66:55	Ian Derrick	Unattached	M45		45	20									N						
163	68	67:03	Andrew Davies	Pontypridd Roadents	M50				15								N						
164	103	67:11	Anthony Howells	Unattached	M40		26										N						
165	113	67:14	Richard Jones	Unattached	SM	77											N						
166	105	67:16	Yvonne Williams	Unattached	W40								2				N						
167	233	67:45	Hattie Le Feuvre	Cardiff Triathletes	W40								3				N						
168	95	67:47	James Roedemer	Unattached	SM	78											N						
169	224	67:50	Anthony Davis	Unattached	SM	79											N						
170	60	67:55	Megan Baker	Stroud AC	SW							12					N						
171	210	67:57	Pete Morfey	Cardiff Harlequins	M55				25	10							Y			20			
172	35	68:03	Neil Cook	Unattached	M45		47	21									N						
173	1	68:07	Bill Snowdon	Cardiff Triathletes	M55				26	11							Y			21			
174	109	68:22	Rob McCarthy	Unattached	M50				16								N						
175	239	68:25	Lauren Foulkes	Unattached	SW							13					N						
176	84	68:33	Sara Macbride-Stewart	Les Croupiers RC	W45									2			N						
177	106	68:49	Heidi Thomas	Unattached	SW							14					N						
178	143	68:53	Ruth Deards	Les Croupiers RC	W45									3			N						
179	7	69:09	Dewi Hughes	Unattached	M55				28	12							N						
180	160	69:12	Caroline Dallimore	Les Croupiers RC	W50										4		Y					2	
181	2	69:17	Neil Coleman	Unattached	M45		48	22									N						
182	202	69:20	Jon Parkes	Unattached	SM	80											N						
183	17	69:25	Alan Roberts	Port Talbot Harriers	M55				29	13							N						
184	87	69:26	Sarah Dodd	Unattached	SW							15					N						
185	47	69:29	Carwyn Bridges	Up & Under	SM	81											N						
186	74	69:37	Sara Brooke-Smith	Pontypridd Roadents	W40								4				Y					3	
187	157	69:38	Mary Beech	Brackla Harriers	W50										5		N						
188	193	70:08	Jane Ash	Les Croupiers RC	W40								5				N						
189	28	70:11	Mathew Lloyd Jones	Unattached	M40		27										N						
190	110	70:13	Richard James	Cwm Ogwr RC	SM	82											N						
191	235	70:37	Sean Hughes	Unattached	SM	83											N						
192	216	70:47	Rebecca Poole	Fairwater Runners	SW							16					N						
193	243	71:11	Glenn Waterhouse	Unattached	SM	84											N						
194	34	71:13	Liam O'Brien	Unattached	SM	85											N						
195	208	71:14	Marc Case	Unattached	M40		28										N						

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196	232	71:24	Tess Gould	Unattached	W50										6		N						
197	212	71:47	Calum Vennard	Les Croupiers RC	SM	86											N						
198	15	72:21	Raymond James	Port Talbot Harriers	M50												N						
199	194	72:22	Simon McCann	Village Vipers	M45		51	23	17								N						
200	61	72:32	John Payne	Les Croupiers RC	M45		52	24									N						
201	177	72:56	Charlotte Goodwin	Unattached	SW							17					N						
202	214	73:15	Jeanette Jenkins	Fairwater Runners	W50										7		N						
203	49	73:17	Chris Shorrocks	Up & Under	M40		29										N						
204	43	73:31	Angharad Pocock	Outdoor Fitness RC	SW							18					N						
205	156	73:57	Colin Prosser	Chepstow Harriers	M50				16								N						
206	211	73:58	Jay Leach	Islwyn RC	M45		54	25									N						
207	79	74:00	Carrie Perry	Robertown Runners	SW							19					N						
208	183	74:12	David Brett	Unattached	SM	87											N						
209	92	75:00	Nicola Symmonds	Unattached	SW							20					N						
210	93	75:00	Katherine Iles	Pencoed Tri Club	SW							21					N						
211	123	75:08	Vicky Luffrum	Road Runners Club	W40								6				N						
212	192	75:09	Emily Capener	Unattached	SW							22					N						
213	229	75:09	Rebecca Christy	Unattached	SW							23					N						
214	53	75:11	Laura Parsons	Nike Run Club Cardiff	SW							24					N						
215	196	75:11	Dave Shields	White Rock Runners	M45		55	26									N						
216	137	75:34	Aisling Pigott	Outdoor Fitness RC	SW							25					N						
217	19	75:43	John Ayres	Port Talbot Harriers	M55				32	14							N						
218	121	75:47	Lowri Roberts	Les Croupiers RC	SW							26					N						
219	41	75:55	Glenda Edwards	Les Croupiers RC	W50										8		N						
220	176	76:06	Rhiannon Law	Outdoor Fitness RC	SW							27					N						
221	24	76:22	Gill Murphy	Les Croupiers RC	W60										9		Y					4	
222	228	76:49	Fiona Hillen	Outdoor Fitness RC	SW							28					N						
223	118	76:57	Colin Crooks	Pegasus RC	M55				33	15							N						
224	163	77:19	Meshari Alsaeed	Mynyddwyr de Cymru	JM						3						Y						1
225	218	77:32	Victoria Reynolds	Fairwater Runners	SW							29					N						
226	56	77:56	Phillip Allen	Pegasus RC	M55				34	16							N						
227	124	78:03	Simon Watts	Mudstac	SM	88											N						
228	100	78:08	Charlotte Barlow	Brackla Harriers	SW							30					N						
229	135	78:49	Gina Schade	Unattached	SW							31					N						
230	82	80:13	Leanne Matthews	Unattached	SW							32					N						
231	81	80:13	Glyn Hicks	Islwyn RC	M55				35	17							N						
232	225	80:30	Sarah Evans	San Domenico RC	SW							33					N						
233	140	80:36	Angela Lewis	Pontypridd Roadents	SW							34					N						
234	141	80:39	Bea Lovegrove-Owen	Pontypridd Roadents	SW							35					N						
235	191	80:55	Sion Rowe	Unattached	JM						4						N						
236	5	80:57	Sophie Norton	Unattached	SW							36					N						
237	67	81:54	Karen Chadwell	Les Croupiers RC	W45									4			N						
238	220	82:18	Helen Gwilliam	Fairwater Runners	W45									5			N						
239	122	85:49	Jessica Harden	Unattached	SW							37					N						
240	21	86:55	Charlene Davies	Port Talbot Harriers	SW							38					N						
241	142	88:22	Christine Lawrence	Pontypridd Roadents	W45									6			N						
242	175	89:38	Helen Wallace	Pontypridd Roadents	SW							39					N						
243	203	89:38	Pamela Flannagan	Pontypridd Roadents	W50										10		N						
244	204	89:38	Sharon Smith	Pontypridd Roadents	W45									7			N						

## 29<sup>th</sup> Pentyrch Hill Race

Tuesday, April 28<sup>th</sup>, 2015

Dry, sunny, very windy & cold

Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	JM	SW	W40	W45	W50+	JW	South Wales	SM	M40+	SW	W40+	JM	
dnf	12		Elaine Ferguson	Pontypridd Roadents	SW												Y						
dnf	242		Laurie Smith	Unattached	SM												N						

### South Wales Regional Hill Running Championship 2015 results

#### Senior Men

**Individual:** 1 Daniel Bodman (Aberdare Valley); 2 Chris Jones (Mynyddwyr de Cymru); 3 Peter Ryder (Cardiff AAC)

**Teams:** 1 Les Croupiers 36 (9 Oliver Williams; 13 Andrew Davidson; 16 Howard Owen); 2 Pontypridd Roadents 41 (5 Darren Bishop; 15 Sean O'Connor; 21 Paul Graham)  
3 San Domenico 42 (11 Alex Care; 12 Andy Wilton; 19 Anthony Bannon)

#### Master Men 40+

**Individual:** 1 Peter Coles (Pontypridd Roadents); 2 Chris Purdon (Village Vipers); 3 Chris Blackmore (Cardiff Harlequins)

**Teams:** 1 Les Croupiers 21 (6 Richard Self; 7 Mike Murphy; 8 Marcus Meyrick); 2 San Domenico 21 (4 Glyn Sansom, 5 James White, 12 Lloyd Morgan); 3 Ponty pridd Roadents 28 (1 Peter Coles; 9 Simon Pritchard; 18 Carl Edwards)

#### Junior Men

**Individual:** 1 Meshari Alsaheed (Mynyddwyr de Cymru)

#### Senior Women

**Individual:** 1 Clara Evans (Pontypridd Roadents); 2 Janet Homes (Les Croupiers); 3 Lucy Baker (Mynyddwyr de Cymru)

Teams: no complete teams

#### Master Women 40+

**Individual:** 1 Julie Scholey (Les Croupiers); 2 Caroline Dallimore (Les Croupiers); 3 Sara Brooke-Smith (Pontypridd Roadents)

Teams: Les Croupiers 7 (1 Julie Scholey; 2 Caroline Dallimore; 4 Gill Murphy)