

30th Pentyrch Hill Race

Tuesday, April 26th, 2016

Dry, sunny, Very windy & cold

Thanks to all the athletes who competed at this 30th 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. There were difficulties in two unexpected areas (1) Some athlete forgot to include their name on the entry form and (2) some athletes pinned their race number on their leggings making it difficult for the position judges to record, particularly with the number of athletes finishing on occasions.

We had been lucky with the mainly dry weather leading up to the event. On the night, it was dry but cold and very windy on the top of the Garth.

There was a new record to entry of 277. That final total included many familiar names as well as a number of 'first-timers'. There were more than 90 senior men, and a new record of 89 women. The numbers of athletes at 60 and over also increased and there were 17 residents of Pentyrch competing – with Owen Morris, from Bron Haul, the first of them to finish.

With last years' winner, Harry Jones (Mynyddwyr de Cymru), reported to be out in Thailand, pre-race speculation put Daniel Bodman (Aberdare Valley) or Peter Ryder (Cardiff AAC) as the potential winner. In recent years, Peter Ryder (Cardiff AAC) has won the event on four occasions in the past eight years while Daniel won in 2013 and has twice been the leading junior man home.

The speculation proved correct as Daniel, the chairman of the Aberdare club, came home clear in 44:19, his fastest time at Pentyrch, with Peter, still looking for that elusive fifth win, 16 seconds further back. The duo had opened up a gap to third placed Iwan Norton (45:15) while Oscar Partridge (Mynydd Du) in fourth fifth (46:31). (Iwan is listed as NNRT. Does anyone know what this stand for?)

Thomas Burden (unattached), a top six finisher for the last four years, climbed back into fifth place in his fastest ever time (46:48) on this course.

While the battle for 'first vet home' title went for the first time to Dafydd Lambeth (Islwyn, M40, 50:34, 12th), Taffs Well resident Peter Coles (Pontypridd Roadents, M50) was not far behind, finishing 13th in 51:00 to claim an award for the 13th year.

While all this was going on, one hugely impressive performance slipped largely under the radar. Last year's senior women's winner – Clara Evans (Pontypridd Roadents) - has made a major improvement this year, and it showed in her performance here. Last year her winning time was 53:31. This time, she raced round in 51:08 to finish 14th overall, an improvement of over two minutes – and a new course record. Well done, Clara! Second place went to Katie Robie (MDC, 55:07, 42nd) with Clara's team-mate Laura Tinwell finishing third (57:44, 59th)

From 2012 to 2014, the first woman to finish was Niki Morgan (Chepstow Harriers, W45), but her unbeaten sequence came to an end last year when she still the first woman over 40, and she repeated that placing again this year, finishing as the first vet in 51st place overall (56:57), and third woman home.

Last year there were only five women finishers in the first 100 home. This year, that number had grown to nine, 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 in 2015, but she bounced back this time to finish 88th (60:42) as she competed as a W55 for the first time at Pentyrch.

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Before the Pentyrch race awards were presented on the night by organiser John Gough, those still present were on hand to watch John receive a Meritorious Award from Welsh Athletics Limited in recognition of his service to athletics in Wales as a member of Beddau AC, as a long serving former field judge, as a past secretary of the old Mid Glamorgan County Association and as organiser for the Pentyrch Hill Race since 1986.

It was good to see the support from local clubs – Les Croupiers, Pontypridd Roadents, Penarth & Dinas and San Domenico – as, for the eighth consecutive year, the event included the South Wales Regional Hill Running championships, with individual and team medals on offer. Individual awards were made on the night, together with those from 2015, and, subject to any corrections which may occur to these provisional results, team awards will be forwarded to clubs.

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
- Regional President John Penny for presenting the regional awards and for officiating as a position judge.
- 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

In compiling these results, please note:

1. There are four athletes not recorded in the results:
42 Rob Gunney (unattached, M40)
62 Will Spurrier (Unattached, SM)
173 Liz May (Pontypridd Roadents, SW)
178 Gwyn Lloyd (Pontypridd Roadents, M60)

In addition, there are four positions for which we do not have the number of the finisher – positions 98, 118, 119, & 120.

We have been in touch with Will Spurrier.

If anyone can shed any light on the finishing positions of the other three athletes, please contact Pete Morris on 029 20891248.

2. One athlete arrived at the finish and went through the finishing line but he had not entered the race. His time is listed at the bottom of the results. We very much hope that, in future years, this does not happen again.

The provisional date for next year's event is Tuesday, April 25th, 2017

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Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50-59	M60+	SW	W40	W45	W50+	JW	South Wales?	SM	M40+	SW	W40+	JW
1	10	44:19	Daniel Bodman	Aberdare VAAC	SM	1										Y	1				
2	86	44:35	Peter Ryder	Cardiff AAC	SM	2										Y	2				
3	4	45:15	Iwan Norton	NNRT	SM	3										N					
4	310	46:31	Oscar Partridge	Mynydd Du	SM	4										N					
5	101	46:48	Thomas Burden	Unattached	SM	5										N					
6	96	47:51	Jack Brown	Unattached	SM	6										N					
7	78	48:01	Darren Bishop	Pontypridd Roadents	SM	7										Y	3				
8	57	48:53	Paul Graham	Pontypridd Roadents	SM	8										Y	4				
9	45	49:54	Alun Wood	Mynydd Du	SM	9										N					
10	140	49:59	Gareth Crossway	Unattached	SM	10										N					
11	182	50:08	Lee Mills	Islwyn RC	SM	11										N					
12	181	50:34	Dafydd Lambeth	Islwyn RC	M40		1									N					
13	154	51:00	Peter Coles	Pontypridd Roadents	M50				1							Y		1			
14	58	51:08	Clara Evans	Pontypridd Roadents	SW	2					1					Y			1		
15	7	51:19	Owen Morris	Unattached	SM	12										N					
16	275	51:36	Philip Williams	Pontypridd Roadents	SM	13										Y	5				
17	28	51:42	Rob Sage	Les Croupiers RC	SM	14										Y	6				
18	188	52:09	Andrew Jones	Unattached	M40		2									N					
19	136	52:12	Tim Hindle	Brecon	M45			1								N					
20	79	52:25	Neil Jones	Pontyclun Road Runners	SM	15										N					
21	148	52:42	Oliver Burrows	Unattached	SM	16										N					
22	143	52:45	Richard Jackson-Hookins	Penarth & Dinas Runners	SM	17										Y	7				
23	137	52:46	Gethin Powell	White Rock Runners	SM	18										Y	8				
24	130	52:49	Anthony Bannon	San Domenico RC	SM	19										Y	9				
25	274	52:58	Karl James	Neath Harriers	M50				2							Y		2			
26	297	53:07	Dave Buchanan	San Domenico RC	SM	20										N					
27	157	53:09	Malcom O'Brien	Unattached	SM	21										N					
28	296	53:29	Wayne Beynon	Unattached	SM	22										N					
29	18	53:44	John Aggleton	Mynyddwyr de Cymru	M60					1						Y		3			
30	266	53:59	Simon Thomas	San Domenico RC	M40		3									Y		4			
31	34	54:09	Ian Macklin	Mynyddwyr de Cymru	M45			2								N					
32	196	54:13	Rhodri Evans	Pontypridd Roadents	M40		4									Y		5			
33	139	54:16	Matthew Forde	Unattached	SM	23										N					
34	38	54:18	Mark Buxton	Mynyddwyr de Cymru	SM	24										N					
35	100	54:21	Jamie Clode	Bridgend AC	SM	25										Y	10				
36	52	54:25	Peter Turnbull	Les Croupiers RC	M50				3							N					
37	175	54:30	Patrick Lees	Cardiff Triathletes	SM	26										Y	11				
38	189	54:43	Richard Self	Les Croupiers RC	M50				4							Y		6			
39	127	54:44	Daniel Thrift	Unattached	SM	27										N					
40	107	54:45	Andy Jones	Penarth & Dinas Runners	SM	28										Y	12				
41	35	54:53	Richard Cronin	Mynyddwyr de Cymru	SM	29										N					
42	49	55:07	Katie Roby	Mynyddwyr de Cymru	SW	3					2					N					
43	183	55:11	Paul Hayward	Islwyn RC	SM	30										N					
44	144	55:15	Gareth Huw Griffiths	Unattached	M45			3								N					

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45	249	55:23	Mark Saunders	Mynyddwyr de Cymru	M55				5							N					
46	298	55:35	Ceri Davies	San Domenico RC	M40		5									Y		7			
47	27	56:00	Elio Lepore	Les Croupiers RC	M60					2						Y		8			
48	323	56:09	Paul Chester	WFRA	M40		6									N					
49	3	56:24	Darren Jones	Cardiff Harlequins	SM	31										Y	13				
50	129	56:49	Liam Osborne	Pontypridd Roadents	SM	32										N					
51	60	56:57	Niki Morgan	Chepstow Harriers	W45	58							1			N					
52	106	56:59	Mark Durkin	Penarth & Dinas Runners	SM	33										Y	14				
53	290	57:01	Andrew Evans	Unattached	M45			4								N					
54	269	57:05	Andrew Dickens	Mynydd Du	M45			5								N					
55	198	57:16	Lee McMeeking	Unattached	M40		7									N					
56	89	57:30	Ian Ogilvie	Brackla Harriers	M45			6								Y		9			
57	190	57:34	Richard Jones	Unattached	SM	34										N					
58	267	57:40	David Morris	Unattached	SM	35										N					
59	259	57:44	Laura Tinwell	Pontypridd Roadents	SW	4					3					N					
60	262	57:47	Gary Davies	Mynyddwyr de Cymru	SM	36										N					
61	248	57:51	Oliver Lamford	Mynyddwyr de Cymru	SM	37										N					
62	281	57:54	Glyn Sansom	San Domenico RC	M50				6							Y		10			
63	161	58:00	Geraint Jenkins	Port Talbot Harriers	M40		8									N					
64	176	58:04	Nick Denny	Pontypridd Roadents	SM	38										N					
65	270	58:11	Lou Summers	Mynydd Du	W45	59							2			N					
66	170	58:28	Alec Care	San Domenico RC	SM	39										Y	15				
67	87	58:30	Huw Pullen	Unattached	SM	40										N					
68	97	58:36	David Beard	Unattached	SM	41										N					
69	66	58:40	Neil Grant	Chepstow Harriers	M60					3						N					
70	122	58:48	Carl Edwards	Pontypridd Roadents	M45			7								Y		11			
71	171	58:50	Matthew Hooper	Les Croupiers RC	SM	42										Y	16				
72	99	58:52	Natalie Taylor	Mynydd Du	SW	5					4					N					
73	158	58:55	Sean McNally	Unattached	SM	43										N					
74	30	58:58	Elaine Ferguson	Pontypridd Roadents	SW	6					5					Y			2		
75	77	59:06	Jamie Bishop	Pontypridd Roadents	SM	44										Y	17				
76	309	59:12	Simon Slinn	Unattached	SM	45										N					
77	147	59:27	Rob McAllister	Unattached	SM	46										N					
78	75	59:35	Tony Mackay	Pegasus RC	M50				7							N					
79	1	59:36	Nick Harris	Cwm Ogwr RC	SM	47										N					
80	51	59:44	Robert Wilson	Penarth & Dinas Runners	M55				8							N					
81	277	59:47	David Underhill	Unattached	SM	48										N					
82	110	59:55	David Harden	Unattached	SM	49										N					
83	151	60:05	Matthew Lynch	Unattached	M40		9									N					
84	131	60:20	Nigel Graham	Unattached	M45			8								N					
85	263	60:26	John Magee	Les Croupiers RC	M40		10									N					
86	40	60:28	Howard Kent	Les Croupiers RC	M60					4						Y		12			
87	71	60:32	Paul Thomas	Islwyn RC	M40		11									N					
88	250	60:42	Alice Bedwell	Mynyddwyr de Cymru	W55	83								1		N					

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89	174	60:47	Stephen May	Pontypridd Roadents	M40		12									N					
90	305	60:49	Kerry Gale	Unattached	M50				9							N					
91	6	60:54	Stephen Owen	Chepstow Harriers	M60					5						N					
92	70	60:58	Nick Young	Cardiff Tri	SM	50										Y	18				
93	69	60:59	Hefin Gruffydd	Pontypridd Roadents	M50				10							N					
94	253	60:59	Richard Howells	Unattached	SM	51										N					
95	9	61:00	Richard D Jones	Unattached	M40		13									N					
96	134	61:04	Stewart Harding	CDF Runners	SM	52										N					
97	180	61:09	Craig Smith	Pegasus RC	SM	53										Y	19				
98	XX	61:12	Unknown athlete	Not recorded	#N/A											N					
99	32	61:15	Cath Tailby	Penarth & Dinas Runners	W45	60							3			Y				1	
100	304	61:20	Peter Llewellyn	Unattached	SM	54										N					
101	109	61:24	Gareth Jones	Mynyddwyr de Cymru	M65					6						N					
102	260	61:28	Harry Row	Unattached	SM	55										N					
103	65	61:29	Rhys Griffiths	Hendre Lake RC	SM	56										N					
104	98	61:32	Patrick Keating	Unattached	SM	57										N					
105	247	61:33	Paul Harvey	Pontypool	SM	58										N					
106	162	61:36	Ian Leaves	Unattached	M40		14									N					
107	11	61:46	Sally Lock	Unattached	SW	7					6					N					
108	150	62:08	Glenn Powell	Penarth & Dinas Runners	SM	59										N					
109	184	62:32	David Cornish	Port Talbot Harriers	M50				11							N					
110	291	62:39	Gina Hardman	Bridgend AC	W45	61							4			Y				2	
111	123	62:46	Jan Edwards	Pontypridd Roadents	W45	62							5			Y				3	
112	125	62:54	Richard Bowie	Fairwater Runners	M50				12							N					
113	17	63:00	John Kerley	AS Chamonix	M60					7						N					
114	292	63:01	Jessica Ellis	Les Croupiers RC	SW	8					7					N					
115	276	63:04	Robert Haley	Unattached	SM	60										N					
116	111	63:06	Pat Westlake	Unattached	M50				13							N					
117	317	63:16	Jeremy Theobald	Cardiff Tri	SM	61										Y	20				
118	XX	63:16	Unknown athlete	Not recorded	#N/A											N					
119	XX	63:20	Unknown athlete	Not recorded	#N/A											N					
120	XX	63:22	Unknown athlete	Not recorded	#N/A											N					
121	22	63:26	Anna Lewis	Unattached	SW	9					8					N					
122	169	63:40	Ian Bell	San Domenico RC	M50				14							Y		13			
123	312	63:51	Paul Gilson	Unattached	SM	62										N					
124	314	63:53	Will Owens?	Unattached	SM	63										N					
125	286	63:54	Jeanette Jenkins	Fairwater Runners	W55	77							2			N					
126	33	63:59	Roy Silver	Les Croupiers RC	M55				15							Y		14			
127	108	64:07	Karen Elvers	Mynyddwyr de Cymru	W40	42						1				N					
128	67	64:08	Martin Slucutt	Swansea Harriers	SM	64										N					
129	124	64:09	John Carroll	Roberttown Runners	M50				16							N					
130	197	64:10	Liz Merrifield	Unattached	SW	10					9					N					
131	271	64:11	Steven Burnett	Unattached	SM	65										N					
132	90	64:12	Judith Oakley	Vegan Runners	W50	72								3		N					

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133	141	64:19	Stuart Davies	South Wales Police Tri	M45			9								N					
134	272	64:32	Ruth Deards	Les Croupiers RC	W45	63							6			Y				4	
135	177	64:39	Martin Gebbett	Horstorth Fellindale	M50				17							N					
136	172	64:44	Linda Woodland	Port Talbot Harriers	W55	78								4		N					
137	13	64:56	Glyn Drucker	Caerphilly Runners	M40		15									Y		15			
138	155	64:58	Dewi Gwynedd	Unattached	M40		16									N					
139	278	65:08	Kat Hunter	Unattached	SW	11					10					N					
140	16	65:17	Dave Mathews	Penarth & Dinas Runners	SM	66										N					
141	264	65:21	Bob Ford	Pontypridd Roadents	M60					8						Y		16			
142	268	65:27	Jonathan Morris	Unattached	SM	67										N					
143	252	65:33	Kris Powell	Unattached	SW	12					11					N					
144	311	65:42	Nicholas Pounder	Pontypridd Roadents	M40		17									Y		17			
145	63	65:46	Aisling Pigott	Outdoor Fitness	SW	13					12					Y			3		
146	200	65:48	Neill Parker	Islwyn RC	M45			10								N					
147	285	65:58	Martyn Jenkins	Fairwater Runners	M55				18							N					
148	119	66:04	Adrian Gwilliam	Fairwater Runners	M50				19							N					
149	142	66:24	Neil Coleman	Unattached	M50				20							N					
150	288	66:37	Dean McNeil-Jones	Unattached	M45			11								N					
151	287	66:42	Andrew Ramsey	Caerphilly Runners	SM	68										N					
152	159	66:50	Tim Buckley	Chepstow Harriers	M45			12								N					
153	282	66:54	Karen Hackwell	Unattached	W40	43						2				N					
154	251	67:05	Daniel Morgan	Bridgend AC	SM	69										Y	21				
155	165	67:19	Lisa Cleary	Penarth & Dinas Runners	W50	73								5		Y				5	
156	289	67:21	Rachel Garside	Unattached	W45	64							7			N					
157	133	67:22	Tim O'Sullivan	Les Croupiers RC	M55				21							Y		18			
158	121	67:38	Peter Dorrington	Unattached	SM	70										N					
159	114	67:39	Stephen Paskell	Pontyclun Road Runners	M40		18									N					
160	194	67:39	Gwyn Jones	Les Croupiers RC	M50				22							N					
161	50	67:44	Neil Cook	Unattached	M45			13								N					
162	36	67:45	Andrew Palmer	Penarth & Dinas Runners	M45			14								Y		19			
163	146	67:52	Jon Griffiths	Village Vipers	M40		19									N					
164	273	67:58	Haydn Griffiths	Mynyddwyr de Cymru	M55				23							N					
165	261	68:01	Emma Battensby	Unattached	SW	14					13					N					
166	39	68:06	Elaine Wharmby	Pegasus RC	W50	74								6		N					
167	308	68:25	Adrian Eggleton	Unattached	M45			15								N					
168	88	68:35	Julie Scholey	Les Croupiers RC	W55	79								7		Y				6	
169	258	68:47	Hywel Williams	Caerphilly Runners	SM	71										N					
170	179	68:48	Stephen Wood	Pegasus RC	SM	72										Y	22				
171	48	68:51	Joyce Dodd	Chepstow Harriers	W60	84								8		N					
172	315	69:10	Jenni Bell	Chepstow Harriers	W40	44						3				N					
173	14	69:13	Andrew Oliver	Chepstow Harriers	M45			16								N					
174	116	69:14	Tim Gibbs	Unattached	SM	73										N					
175	115	69:17	Martin Charles	Pontyclun Road Runners	SM	74										N					
176	163	69:18	Paula Allen	Pegasus RC	W40	45						4				N					

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177	187	69:20	Chris Chambost	Pontyclun Road Runners	SM	75										N					
178	302	69:21	Heidi Thomas	Unattached	SW	15					14					N					
179	152	69:32	Kevin Fowler	Pegasus RC	M55				24							N					
180	199	69:33	David E Williams	Les Croupiers RC	M50				25							N					
181	195	69:42	Jane Ash	Les Croupiers RC	W40	46						5				N					
182	185	69:50	Caroline Dallimore	Les Croupiers RC	W60	85								9		Y				7	
183	301	70:09	Kevin Duncan	Unattached	SM	76										N					
184	24	70:15	Steve Hill	Penarth & Dinas Runners	M50				26							N					
185	303	70:21	Neil Stephens	Unattached	SM	77										N					
186	68	70:24	Beth Lewis	Les Croupiers RC	SW	16					15					Y			4		
187	29	70:27	Matt Robertson	Penarth & Dinas Runners	SM	78										Y	23				
188	102	70:43	Rebecca Brumbill	Pontyclun Road Runners	SW	17					16					N					
189	55	70:51	Sara Macbride-Stewart	Unattached	W45	65							8			N					
190	316	71:01	Kim Carwardine	Chepstow Harriers	SW	18					17					N					
191	72	71:04	Gavin Simon	Unattached	SM	79										N					
192	164	71:08	Yvonne Williams	Penarth & Dinas Runners	W60	86								10		Y				8	
193	193	71:09	Gwen Richards	Pontypridd Roadents	JW										1	Y					1
194	84	71:20	Chris Purdon	Unattached	M50				27							N					
195	64	71:31	Christine Farr	SWOC	W40	47						6				N					
196	283	71:40	Peter Jenkins	Unattached	SM	80										N					
197	160	71:49	Jen Danger Harding	Chepstow Harriers	SW	19					18					N					
198	31	71:54	Chris Selby	San Domenico RC	M40		20									Y		20			
199	319	71:54	Abigail Foulkes	Unattached	SW	20					19					N					
200	156	71:57	Alan Roberts	Port Talbot Harriers	M60					9						N					
201	56	71:58	Andrew Isaac	Unattached	M55				28							N					
202	43	71:58	Steve Terry	Unattached	M40		21									N					
203	126	72:06	Jonathan Parkes	Unattached	SM	81										N					
204	313	72:08	Charlotte Goodwin	Unattached	SW	21					20					N					
205	118	72:09	Jonathan Mead	Pontyclun Road Runners	M55				29							N					
206	61	72:13	Trystan Hopkin	Unattached	SM	82										N					
207	20	72:35	Christopher Shorroch	Unattached	M40		22									N					
208	41	72:42	Rhian Durham	Pontypridd Roadents	SW	22					21					Y			5		
209	167	72:45	Ben Gooding	Pegasus RC	SM	83										N					
210	168	72:46	Emma Bissex	Pegasus RC	SW	23					22					N					
211	145	72:53	Stephen Quin	Les Croupiers RC	M40		23									N					
212	105	73:12	Anne Follan	Roberttown Runners	W45	66							9			N					
213	46	73:13	Katie Mortimer-Jones	Pontyclun Road Runners	SW	24					23					N					
214	8	73:20	Laura Jones	Unattached	W40	48						7				N					
215	21	73:22	Christie Coleman	Cwm Ogwr RC	M45			17								N					
216	53	73:40	Paul Edwards	Cardiff AAC	M40		24									N					
217	255	73:42	Rebecca Christy	Unattached	SW	25					24					N					
218	81	73:44	Gareth Jones	Pontyclun Road Runners	SM	84										N					
219	26	73:48	Jon Reynolds	Unattached	SM	85										N					
220	153	73:58	Sian Khalil	Pontypridd Roadents	W45	67							10			N					

30th Pentyrch Hill Race

Tuesday, April 26th, 2016

Dry, sunny, Very windy & cold

Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50-59	M60+	SW	W40	W45	W50+	JW	South Wales?	SM	M40+	SW	W40+	JW
221	103	74:02	Carrie Perry	Roberttown Runners	W40	49						8				N					
222	294	74:05	Fiona Drysdale	Cwm Ogwr RC	W45	68							11			N					
223	293	74:05	Vanessa Turnbull	Caerphilly Runners	W50	75								11		N					
224	104	74:12	Natalee Murphy	Roberttown Runners	SW	26					25					N					
225	5	74:12	Glyn Hicks	Islwyn RC	M65					10						N					
226	83	74:22	Jeff Davies	Unattached	M50				30							N					
227	82	74:22	Emma Chivers	Unattached	W45	69							12			N					
228	265	74:40	Charlotte Barlow	Brackla Harriers	SW	27					26					N					
229	149	74:45	Sophie Gott	Hendre Lake RC	SW	28					27					Y			6		
230	2	75:30	Dewi Hughes	Unattached	M60					11						N					
231	19	75:30	Ian James	Unattached	SM	86										N					
232	54	75:41	Jemma Nurse	Les Croupiers RC	W40	50						9				N					
233	320	75:50	Lowri Roberts	Les Croupiers RC	W40	51						10				N					
234	295	76:14	Nathan Jones	Pontypridd Roadents	SM	87										N					
235	12	76:23	Simon Watts	Unattached	SM	88										N					
236	318	76:35	William Powell	Hendre Lake RC	SM	89										N					
237	166	76:47	John Ayres	Port Talbot Harriers	M60					12						N					
238	128	76:53	Penny Aubrey	Unattached	SW	29					28					N					
239	138	76:59	Joanne Lombardi	Unattached	SW	30					29					N					
240	322	77:06	Anna Helsing	Penarth & Dinas Runners	W50	76								12		N					
241	120	77:08	Giulia Teso	Unattached	SW	31					30					N					
242	47	77:10	Lucy McCobb	Pontyclun Road Runners	W40	52						11				N					
243	15	77:28	Graeme Donnan	Les Croupiers RC	M60					13						Y		21			
244	76	77:41	John Payne	Unattached	M50				31							N					
245	23	78:22	Tim Petterson	Pontyclun Road Runners	M40		25									N					
246	91	78:30	Ray James	Port Talbot Harriers	M55				32							N					
247	44	78:36	Mike Jones	Unattached	M40		26									N					
248	192	78:37	Nicola Bowman	Unattached	W45	70							13			N					
249	254	79:18	Fiona Hillen	Unattached	SW	32					31					N					
250	257	80:14	Jen Williams	Caerphilly Runners	SW	33					32					N					
251	256	80:14	Michaela John	Unattached	W40	53						12				N					
252	74	80:29	Jenna Groves	Pegasus RC	SW	34					33					N					
253	73	80:30	Hugh Morgan	Eryri Harriers	M40		27									N					
254	307	80:51	Sarah Evans	San Domenico RC	W40	54						13				N					
255	80	80:53	James Harris	Pontyclun Road Runners	SM	90										N					
256	25	80:53	Michelle Hoey	Penarth & Dinas Runners	SW	35					34					N					
257	284	80:54	Ruth Owens	Penarth & Dinas Runners	SW	36					35					N					
258	306	82:03	Nicola Tonge	Unattached	W40	55						14				N					
259	186	82:05	Liz Stead	Unattached	W55	80								13		N					
260	85	82:28	Matthew Harris	Pontyclun Road Runners	M50				33							N					
261	117	82:28	Vicky Mead	Pontyclun Road Runners	W45	71							14			N					
262	280	82:34	Pat Searle	Unattached	W55	81								14		N					
263	279	82:36	Wendy Holloway	Unattached	W40	56						15				N					
264	132	86:33	Chris Todd Jones	Roberttown Runners	M60					14						N					

30th Pentyrch Hill Race

Tuesday, April 26th, 2016

Dry, sunny, Very windy & cold

Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50-59	M60+	SW	W40	W45	W50+	JW	South Wales?	SM	M40+	SW	W40+	JW
265	95	86:46	Nia Kirk	Unattached	SW	37					36					N					
266	94	86:47	Kelly-Ann Allen	Port Talbot Harriers	SW	38					37					N					
267	135	87:21	Kristina Salmone	CDF Runners	SW	39					38					N					
268	299	89:29	Suzanne Fancourt	Unattached	SW	40					39					N					
269	300	89:30	Sian Taylor	Unattached	SW	41					40					N					
270	59	90:53	Dave Andrews	Chepstow Harriers	M65					15						N					
271	37	91:12	Ian Kognetho	Chepstow Harriers	M55				34							N					
272	92	92:50	Richard Crook	Unattached	M45			18								N					
273	93	92:50	Jane Llewellyn	Unattached	W55	82								15		N					
274	321	96:05	Beata Jakubvak	Unattached	W40	57						16				N					
275	112	109:54	Daphne Austerberry	Chepstow Harriers	W65	88								16		N					
276	113	110:08	Wendy Cheng	Unattached	W60	87								17		N					
	xx	74:16	Unknown athlete	Not entered												N					
dnf	191		Pete Morfey	Cardiff Harlequins	M60											Y					

South Wales Regional Hill Running Championship 2015 results

Senior Men

Individual: 1 Daniel Bodman (Aberdare Valley); 2 Peter Ryder (Cardiff AAC); 3 Darren Bishop (Pontypridd Roadents)

Teams: 1 Pontypridd Roadents 12 (3 Darren Bisop; 4 Paul Graham, 5 Phil Williams); 2 Penarth & Dinas 33 (7 Richard Jackson-Hookins; 12 Andy Jones; 14 Mark Durkin)

Only 2 team

Master Men 40+

Individual: 1 Peter Coles (Pontypridd Roadents); 2 Karl James (Neath Harriers); 3 John Aggleton (Mynyddwyr de Cymru)

Teams: 1 Pontypridd Roadents 17 (1 Peter Coles; 5 Rhodri Evans; 11 Carl Edwards); 2 San Domenico 21 (4 Simon Thomas, 7 Ceri Davies, 10 Glyn Sansom); 3 Les Croupiers A 26 (6 Richard Self; 8 Elio Lepore; 12 Howard Kent)

Junior Men

Individual: No award

Senior Women

Individual: 1 Clara Evans (Pontypridd Roadents); 2 Elain Ferguson (Pontypridd Roadents); 3 Aisling Piggott (Outdoor Fitness)

Teams: 1 Pontypridd Roadents (1 Clara Evans; 2 Elaine Ferguson; 5 Rhian Durham)

Master Women 40+

Individual: 1 Cath Taiby (Penarth & Dinas); 2 Gina Hardman (Bridgend); 3 Jan Edwards (Pontypridd Roadents)

Teams: 1 Penarth & Dinas 14 (1 Cath Taiby, 5 Lisa Cleary; 8 Yvonne Williams); 2 Les Croupiers 17 (4 Ruth Deards; 6 Julie Scholey; 7 Caroline Dallimore)