

## 31<sup>st</sup> Pentyrch Hill Race

Tuesday, April 25<sup>th</sup>, 2017

Dry, sunny, windy & cold

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Thanks to all the athletes who competed at this 31<sup>st</sup> staging of the Pentyrch Hill Race.

Apologies if any of the names of athletes in these results are not quite right. Some of the handwriting was very difficult to read – and there was also a problem with some competitors listing their age group incorrectly.

For a second year the weather leading up to the event had been mainly dry and, although we had a hail shower around 4 pm, it was a dry but cold evening and very windy on the top of the Garth.

Numbers were down from last year's record entry of 277, possibly because of the proximity to 'London' and to the Welsh Masters staging their first track & field league fixture of the summer on the same evening.

244 athletes were present at the new start in the centre of the village, on the corner of Mountain Road, and they had a much easier run out to the turn onto Tyn y Coed Road.

There were 105 senior men competing but the number of women entered was down from 89 to 53 – and 18 residents of Pentyrch took part, with Gethin Powell (White Rock Runners), the first of them to finish in twelfth place.

With four times winner Peter Ryder not taking part this year, it was a relatively straightforward task for Aberdare Valley Chairman Daniel Bodman to repeat last year's double success as both event winner and South Wales regional champion, and his time will stand as a new course best. This was his third 'senior' winner at Pentyrch, and he also was the leading junior in 2010 and 2011.

Daniel finished over two and half minutes clear of Matthew Grantham (Micky Morris). Neither the Pentyrch race nor South Wales region makes awards for 'juniors', so Matthew received the second placed senior trophy.

Unattached athletes Samuel Gregory and Dave Lawson finished third and fourth before a close contest between Matt Stott (Mynddwy'r de Cymru) and James Nunn (Cardiff Triathletes) for fifth place, with Nunn having to settle for sixth but claiming the lead M40 award.

Stephen Bartlett (Pontypridd Roadents) finished eleventh to take first place in the M45-49 section while it was a delight to see Adrian Woods (Mynydd Du, M55) back in the Pentyrch race, and taking the lead M50+ trophy.

In the women's competition, it was particularly pleasing to see Natasha Cockram making her event debut. A talented junior, Natasha went to the United States to study for her degree at Tulsa University. Now she is back and, despite a low-key 2016 and a strapped knee, she showed that she is ready to make a real impact on the Welsh endurance scene racing to tenth place overall in 49:32, the first female to finish under 50 minutes at the event.

Helen Brown (Mynydd Du) claimed the W40 award, finishing 50<sup>th</sup> in 56:29, with her team-mate Bethan Hawksley and Pentyrch resident Sally Lock finishing 64<sup>th</sup> (57:47) and 70<sup>th</sup> (58:23) respectively as second and third senior women.

Experienced Cath Taiby (Penarth & Dinas, 107, 61:47) was the first W45 home with Judith Oakley (Vegan Runners, 62:27) close behind in 112<sup>th</sup> to claim the lead place in the W50+ section.

For the ninth year, the event included the South Wales Regional Hill Running championships. Sadly, the entries were disappointing with only 42 competitors being deemed to satisfy eligibility criteria. Following a decision in January, only individual awards are now made, and these were presented on the night by Regional President John Penny in possibly his last official function before he steps down from office in June.

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 not only the course and car park marshals but also the additional administrative helpers before the race start
- The officials – John Chidlow (timekeeper), Geraint Evans (position judge), and Graham Finlayson
- Regional President John Penny for presenting the regional awards and for officiating as a position judge.
- Melanie Evans and the team 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
- South Wales Police for their help and support

The provisional date for the 2018 event is Tuesday, April 24<sup>th</sup>, 2018.

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### South Wales Regional Hill Running Championship 2017 results

#### Senior Men

**Individual:** 1 Daniel Bodman (Aberdare Valley); 2 Jake Brooke-Smith (Pontypridd Roadents); 3 John Jackson (Les Croupiers RC)

#### Master Men 40-49

**Individual:** 1 Richard Wilder (San Domenico RC); 2 Phil Williams (Pontypridd Roadents); 3 Chris Medcalf (San Domenico RC)

#### Master Men 50+

**Individual:** 1 Ian Olgilvie (Brackla Harriers); 2 John Aggleton (Mynyddwyr de Cymru); 3 Dominic Shields (San Domenico RC)

#### Senior Women

**Individual:** 1 Stephanie Davies (Pontypridd Roadents); 2 Mhairi-Clair Stewart (Cardiff Triathletes); 3 Aisling Piggott (Outdoor Fitness)

#### Master Women 40-49

**Individual:** 1 Cath Taiby (Penarth & Dinas); 2 Christine Farr (Mynyddwyr de Cymru); 3 Karen Elvers (Mynyddwyr de Cymru)

#### Master Women 50+

**Individual:** 1 Julie Scholey (Les Croupiers RC); 2 Juliet Amner (Cwm Ogwr RC); only two awards)

### Photographs

Two photographers were in action on Tuesday night.

Johnny Lam (San Domenico) was out on the course, and his photographs can be accessed at:

<https://www.flickr.com/photos/sandomenicorrc/albums/72157679846125454>

The photos are from approximately 2.75 miles and most from the descent at approximately 5.75 miles (ran out of camera battery at this point) - at around the same spot as the ones taken in 2015.

Grace Davies took photographs at the start, and at the finish and they are probably available on the internet but I am not sure of the reference.