

Pentyrch Hill Race 26 April 2005

Report by John Gough

The day of the Pentyrch Hill Race, the biggest Fell Race in South Wales, dawned to thick mist nestling on the Garth Mountain. That cleared to give a very sunny afternoon and the hope of a clear evening. An hour before the race started the promised heavy rain duly arrived. Fortunately, and most surprisingly, it stopped a few minutes before the start, giving good running conditions although underfoot it was very slippery.

The race attracted 102 starters (101 finishers); the biggest field and the most competitive for many years. At the end of the first mile, a down hill section, Matthew Collins, Julian Baker (winner in the two previous years), Peter Ryder and Andrew Jones were all pushing to be first into the forestry section, and it remained very competitive through the first very steep and slippery climb through the forest. However, Matthew Collins emerged about 8 seconds in front of Baker, with Ryder a further 10 seconds behind. This gap was maintained on the first climb to the top of the mountain before Collins showed an impressive turn of speed on the steep downhill moorland section. Water was holding just below the surface making this section very slippery. Positions were maintained for the second gruelling climb to the top of the mountain, although Collins again showed his form by extending his lead over Baker, who probably had his 2:26 London Marathon still in his legs. Peter Ryder closed on Baker at this point and came off the top of the mountain for the final down hill mile to the finish just 2 seconds adrift. Baker, however, held Ryder off finishing just 4 seconds ahead at the finishing tape. Collins, meanwhile had extended his lead to 1.01 minutes finishing in an impressive 44:35, 20 seconds outside Baker's record time of 44.14 set in 2004. Andrew Jones continued to have his own private battle with Alex Donald, eventually opening a gap on the final climb that he maintained to finish in fourth place in 46.02.

First lady home in 22nd position overall was Ruth Pickvance in a time of 51.59, just over a minute outside her course record set in 2003. Peter Coles, M40 finished in 7th position in 47.55, and M50 Chris Taylor 11th in 49.28. John Collins, President of the Welsh AAA, and an M60 finished in a very creditable 61st place in 62.04.

Pos	No	Time	Name	Club	AgeG
1	390	44:35	Matthew Collins	MDC	SM
2	393	45:36	Julian Baker	Les Croupiers	SM
3	364	45:40	Peter Ryder	Brycheinnog	SM
4	373	46:02	Andrew Jones	Neath	SM
5	371	46:37	Alex Donald	Cardiff AAC	SM
6	330	47:21	Dave Finn	MDC	SM
7	340	47:55	Peter Coles	Pontypridd Roadents	M40
8	331	48:08	Keith Davies	Les Croupiers	SM
9	93	48:22	Rob Jones	Les Croupiers	M40
10	365	49:03	Tom Gibbs	MDC	SM
11	318	49:28	Chris Taylor	Mercia	M50
12	369	49:38	Phil Adams	Neath	M40
13	392	50:00	Paul Hovarth	San Dominico	SM
14	329	50:17	Samuel Ryall	unattached	SM
15	375	50:39	David Cunningham	unattached	SM
16	100	51:00	Julian Carter	Les Croupiers	SM
17	361	51:08	Mick Tabor	San Domenico	M50
18	332	51:22	Rhys Manning	MDC	SM
19	319	51:34	Alun Williams	Fairwater	M40
20	320	51:39	Mike Chandler	Pontypridd Roadents	M50
21	98	51:50	Matthew Townsend	Les Croupiers	SM
22	350	51:59	Ruth Pickvance	Les Croupiers	W40
23	385	52:40	Craig Ross	unattached	SM
24	395	52:57	Rhys Williams	MDC	SM
25	380	53:04	Ivor Powell	Westbury	SM
26	352	53:40	Steve Robst	unattached	SM
27	322	54:07	Ron Morris	San Domenico	M50
28	346	55:14	Stephen Powell	unattached	M40
29	338	55:49	Greg Brock	unattached	SM
30	339	55:52	Chris Blackmore	Cardiff Harlequins	SM
31	387	55:56	Richard Self	Les Croupiers	SM
32	87	56:18	John Palser	unattached	SM
33	95	56:18	Huw Bevan	unattached	M40
34	357	56:25	Brian Lovett	San Domenico	SM
35	356	56:40	Alan Walton	San Domenico	SM
36	309	56:53	John Griffiths	Cardiff Harlequins	M40
37	376	56:57	Nick Wilson	Cardiff Triathletes	SM
38	391	57:01	Gwyn Lloyd	Pontypridd Roadents	M40
39	341	57:05	Ray Davies	Pontypridd Roadents	M40

40	360	57:30	Anne Evans	Pontypridd Roadents	W45
41	363	57:42	Charles Ryder	Brycheinnog	M50
42	397	57:59	Mick Learoyd	MDC	M40
43	362	58:20	Chris Purdon	Herne Hill Harriers	M40
44	86	58:25	Mark Palser	Cardiff University	SM
45	372	58:30	Neil Williams	unattached	M40
46	388	58:33	Jonathan Williams	Fairwater	SM
47	327	58:40	Alice Bedwell	MDC	W40
48	379	58:42	James Delaney	San Domenico	M40
49	353	58:51	John Shanahan	MDC	M40
50	382	58:58	Jason Scanlon	Pontypridd Roadents	M40
51	94	59:07	Andy Stott	MDC	M40
52	358	59:11	Mark Benbow	Cardiff Harlequins	SM
53	89	59:31	Paul Sullivan	Pontypridd Roadents	M40
54	355	60:06	Luke Richards	unattached	SM
55	383	60:35	Jeff Davies	unattached	SM
56	326	60:44	Philip Hoskins	unattached	SM
57	384	61:18	Mike Bevan	unattached	SM
58	400	61:43	Neil Parker	Islwyn	SM
59	377	61:49	Steve Jones	Islwyn	M40
60	394	61:54	Robert Hector	unattached	SM
61	337	62:04	John Collins	Swansea	M60
62	359	62:17	Geraint Torrington	Westbury	SM
63	328	62:27	Mike Cattling	Road Runners	M40
64	344	62:39	Andrew Blackmore	unattached	SM
65	99	62:55	Andy Ketchin	Cardiff Medics	SM
66	389	63:03	Sharon Woods	Mynydd Ddu	W40
67	374	63:4	Norman Jones	MDC	M40
68	321	63:54	Ray Boyce	Cornelly	M40
69	378	63:58	Carwyn Jenkins	unattached	SM
70	366	64:10	Neil Hendry	Penarth & Dinas	M40
71	398	64:25	Glyn Hicks	Islwyn	M50
72	343	66:11	David Stubbs	unattached	M40
73	317	66:50	Owen Coxall	unattached	SM
74	354	66:59	Tim Jones	MDC	SM
75	335	67:03	Daniel Thomas	unattached	M40
76	334	67:19	Rich Lawrence	unattached	M40
77	399	67:22	Tony Frost	Lliswerry	M50
78	316	67:29	James Bruce	Pegasus	SM
79	342	67:48	Steve Hill	Penarth & Dinas	M40
80	370	67:54	Neil Welsh	Cardiff Harlequins	SM
81	325	68:24	Ian Marshall	unattached	SM
82	367	68:49	Larry Burford	Pegasus	M40
83	349	69:40	Pete Evans	unattached	M50
84	97	69:50	Gareth Bufett	MDC	M50
85	91	70:37	Cledwyn Jones	MDC	M50
86	347	70:45	Steve New	Gwent Police	SM
87	90	71:24	Dave Gilbert	MDC	M50
88	396	71:59	Mary Claydon	MDC	SW
89	348	72:58	Jeff Deere	unattached	M50
90	92	73:15	Jon Sweeting	MDC	M50
91	345	73:38	Mark Davies	unattached	SM
92	336	74:48	Gary Michelsen	unattached	SM
93	333	75:15	Sue Lawrence	unattached	W40
94	96	75:34	Malcolm Parker	Islwyn	M50
95	351	76:21	Khalid Khalifa	unattached	SM
96	386	76:26	Army Williams	Cardiff Harlequins	M50
97	315	77:56	Roland Francos	unattached	M40
98	323	77:56	Helen Kerbey	unattached	SW
99	324	79:08	Les Pugh	MDC	M50
100	88	86:55	Gareth Evans	unattached	SM
101	368	86:58	Eric Heyman	Village Runners	M40