

Pentyrch HILL 2010

Pos	No	Time	Name	Club	AgeG
1	140	45:17	Peter Ryder	Cardiff	SM
2	90	46:21	Tom Gibbs	Chepstow	SM
3	122	47:19	Peter Coles	Pontypridd Roadents	M45
4	63	47:30	Hugh Aggleton	Mynyddwyr de Cymru	SM
5	105	48:20	Stefan Simms	Griffithstown	M40
6	74	49:56	Bryn Griffiths	Bridgend	SM
7	81	49:59	Julian Carter	Mynyddwyr de Cymru	M40
8	67	50:15	Sam Ryall	Mynydd Du	SM
9	182	50:52	Dafydd Lambeth	Islwyn	SM
10	40	51:06	David Williams	Parc Bryn Bach	SM
11	110	51:41	Dimitri Vorres	Griffithstown	M45
12	73	51:51	Andy Cleves	Les Croupiers	SM
13	64	51:56	Rhodri Evans	Pontypridd Roadents	SM
14	59	52:01	Adrian Weaver	Neath	SM
15	109	52:27	Daniel Bodman	Pontypridd Roadents	JM
16	33	52:50	Steve Davies	Griffithstown	M50
17	62	53:09	John Aggleton	Mynyddwyr de Cymru	M50
18	89	53:22	Rob Scott	Les Croupiers	SM
19	52	53:23	Chris Taylor	Mynyddwyr de Cymru	M55
20	79	53:27	Phil Adams	Neath	M45
21	99	53:39	Garga Chamberlain	Sri Chinmoy	M40
22	135	54:00	Richard Jones	Unattached	SM
23	129	54:06	Richard Johnson	Islwyn	SM
24	143	54:11	Graham Betty	Griffithstown	SM
25	94	54:27	Ben Moon	Mynyddwyr de Cymru	SM
26	36	54:30	Andrew Hoogson	South Wales Police	SM
27	144	54:54	Adam Smith	Cardiff Harlequins	SM
28	45	54:59	Adrian Savery	Thornbury	SM
29	137	55:02	Thomas Shone	Unattached	SM
30	57	55:40	John Diffey	Les Croupiers	M45
31	82	55:57	Glyn Samson	San Domenico	M45
32	148	56:00	Mark Saunders	Islwyn	M50
33	54	56:06	Steve Harrhy	Llswerry	M45
34	71	56:10	Dominic Shields	San Domenico	M45
35	111	56:23	Gwyn Lloyd	Pontypridd Roadents	M50
36	100	56:43	John O'Shea	Les Croupiers	M55
37	177	57:17	Jon Wright	Penarth & Dinas	M40
38	106	57:21	Lloyd Morgan	San Domenico	SM
39	108	57:26	Lewis Pilkington	Cardiff Triathletes	SM
40	131	57:27	Vaughan Edwards	Unattached	SM
41	168	57:39	Matthew Hooper	Unattached	JM
42	115	57:42	Nick Dallimore	Les Croupiers	M55
43	146	57:48	Dan Mathien	Unattached	SM
44	125	58:00	Sandra Pinkham	Port Talbot	W45
45	61	58:10	Luke Richards	Unattached	SM
46	56	58:13	Alexander Capleton	Unattached	SM
47	38	58:30	David Smout	Parc Bryn Bach	M55
48	139	58:39	Steffan Daniel	Unattached	SM
49	127	58:44	Richard Bristow	San Domenico	M45
50	172	58:53	Neill Parker	Islwyn	M40

51	77	59:02	Clive Osmond	Les Croupiers	M45
52	93	59:05	Haydn Griffiths	Mynyddwyr de Cymru	M50
53	68	59:27	Phil Bristow	San Domenico	M45
54	142	59:33	Alice Bedwell	Islwyn	W45
55	170	59:39	Kerry Price	Islwyn	M50
56	75	59:41	Alan Walton	San Domenico	M40
57	130	59:43	Kevin Russell	San Domenico	M50
58	32	59:50	Howard Kent	Les Croupiers	M55
59	69	59:53	Cheryl Hudgell	Les Croupiers	SW
60	49	60:04	Peter Turnbull	Unattached	M45
61	37	60:07	Michael Graz	Chepstow	M40
62	91	60:12	Darren Shaw	Unattached	SM
63	70	60:16	Jay Hoffman	Unattached	SM
64	118	60:23	Mick Tabor	Les Croupiers	M50
65	48	61:01	Steve Beckwith	Unattached	SM
66	121	61:02	Richard Sewell	Les Croupiers	M50
67	120	61:24	Steve Davies	Port Talbot	M40
68	50	61:37	Graeme Donnan	Les Croupiers	M55
69	145	61:43	Eurof Davies	Les Croupiers	M45
70	76	61:54	Daniel Luffman	Unattached	SM
71	183	62:07	Julian Sanders	Unattached	SM
72	107	62:15	Liz Merrifield	Les Croupiers	SW
73	128	62:24	Rachel Allan	Griffithstown	SW
74	86	62:49	Sharon Woods	Mynydd Du	W50
75	113	63:03	Dean Llewellyn	South Wales Police	SM
76	173	63:07	Andrew Blair	Les Croupiers	M45
77	78	63:13	Dewi Gwynedd	Unattached	SM
78	44	63:29	Richard Mordey	Unattached	M40
79	112	63:32	Michelle Greatrex	Griffithstown	W35
80	181	63:33	Trystan Hopkin	Unattached	SM
81	134	63:50	Andrew Morgan	Unattached	SM
82	104	64:17	Paul Harmes	Unattached	M40
83	126	64:19	Ceri Brambley-Tucker	Port Talbot	W40
84	147	64:29	Hywel Williams	Unattached	M40
85	124	64:32	Pauline Williams	Port Talbot	W45
86	132	64:34	Jan Hall	Les Croupiers	W45
87	159	64:43	Pete Morfey	Cardiff Harlequins	M50
88	180	64:57	Gareth Griffiths	Mynyddwyr de Cymru	M40
89	185	65:03	Alan Gillard	Unattached	M45
90	116	65:12	Caroline Dallimore	Les Croupiers	W50
91	123	65:16	Hollie Ryder	Notts AC	JW
92	160	65:26	Julie Scholey	Les Croupiers	W50
93	66	65:31	Judith Oakley	Port Talbot	W45
94	42	65:41	Tom Rumens	Unattached	SM
95	34	65:54	Neil Coleman	San Domenico	M40
96	141	66:11	Christine Farr	Unattached	SW
97	97	66:16	Richard Boon	Les Croupiers	M50
98	117	66:40	Clare Dallimore	Welsh Fell Runners	SW
99	119	66:53	Michael Catling	Welsh Fell Runners	M45
100	43	67:11	Peter Mainstone	Thornbury	M55
101	96	67:19	Kim Williams	Cardiff Harquelins	M55
102	178	67:34	John Cunnane	Islwyn	M55
103	39	67:42	Ian Marshall	Unattached	SM
104	103	67:49	James Hobbs	Unattached	M40
105	88	67:51	John Carpanini	Unattached	M45

106	55	67:52	Alan Perkins	Port Talbot	M55
107	60	67:54	Roy Silver	Welsh Fell Runners	M50
108	169	67:55	Matt Davies	Unattached	SM
109	176	67:58	Alexandra Fudge	Unattached	W35
110	175	68:04	Daryl Davies	Unattached	SM
111	171	68:09	Vanessa Turnbull	Womens Running Network	W40
112	174	68:10	Matt Jukes	South Yorkshire Police	SM
113	101	68:16	Matt Thomas	Unattached	SM
114	102	68:27	Karl Johns	Les Croupiers	SM
115	133	68:46	David Thomas	Unattached	SM
116	72	69:26	Mark Salter	Unattached	M40
117	46	69:35	Maddie Parrott	Thornbury	W45
118	65	70:41	Yvonne Brown	Port Talbot	W50
119	179	70:44	Gerry O'Beirne	Les Croupiers	M50
120	41	71:04	Sam Dumbleton	San Domenico	SM
121	80	71:21	Tracy Edwards	Rhondda Valley Runners	W45
122	138	72:14	Angharad Daniel	Unattached	SW
123		72:15	Mike Ellis	Unattached	SM
124	149	73:15	Stephen Quin	Les Croupiers	SM
125	92	74:21	Raymond James	Port Talbot	M45
126	95	74:35	John Gwathn	Cardiff High School OB	M55
127	85	74:53	Clare Houghton	Penarth & Dinas	SW
128	114	75:00	Frank Bowen	Unattached	SM
129	35	75:58	Roland Knight	Unattached	M55
130	51	75:59	Carl Haines	Unattached	M50
131	87	76:56	Mike Jones	Unattached	SM
132	136	78:07	Rod Jones	Les Croupiers	M55
133	150	78:45	Arny Williams	Cardiff Harlequins	M55
134	53	79:48	Mike Clinch	Unattached	M50
135	84	80:10	Terry Lewis	Islwyn	M45
136	83	80:10	Julie Lewis	Islwyn	W40
137	47	80:19	Chris Shorrock	Unattached	SM
138	98	82:09	Ed Silverton	Sri Chinmoy	M40
I	58	83:32	Clare Johnson	Les Croupiers	W50
dns	31		Chris Purden	Unattached	
dnf	184		Mike Wild	Unattached	