

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

Tuesday, April 30<sup>th</sup>, 2013 Cool, sunny, not a lot of wind (by Pentyrch standards!)

Pos	N	Time	Name	Club	AgeG	SM	M40	M45	M50	M55	M60	SW	W40	W45	W50	JW	SWalesR	SM	M40+	SW	W40+
1	107	45:14	Daniel Bodman	Aberdare Valley AAC	SM	1											Y	1			
2	197	45:28	Peter Ryder	Cardiff AAC	SM	2											Y	2			
3	146	46:22	Matt Stott	Mynyddwyr de Cymru	SM	3											Y	3			
4	108	46:35	Thomas Burden	Unattached	SM	4											N				
5	42	46:41	Gareth Ayres	Port Talbot Harriers	SM	5											N				
6	727	47:19	Krzysztof Chrostek	Ajax CC	SM	6											N				
7	236	47:44	Daryll Barnby	Fairwater Runners	SM	7											N				
8	95	48:00	Nick Comerford	Unattached	M45			1									Y		X		
9	181	48:03	Sean Taylor	Fairwater Runners	SM	8											N				
10	224	48:04	Oliver Williams	Les Croupiers RC	SM	9											Y	4			
11	59	48:06	Andrew Hodgson	Bridgend AC	M40		1										Y		1		
12	212	48:18	Peter Coles	Pontypridd Roadents	M50				1								Y		2		
13	190	48:29	Nick Dukes	Les Croupiers RC	SM	10											Y	5			
14	149	48:37	Matt Hurford	Les Croupiers RC	M40		2										Y		3		
15	193	50:38	Sam Ryall	Mynydd Du	SM	11											Y	6			
16	720	51:05	Dafydd Lambeth	Islwyn RC	M40		3										N				
17	35	51:14	Luke Richards	Unattached	SM	12											N				
18	175	51:25	Alex Lewis	Neath Harriers	SM	13											N				
19	238	51:51	Julian Carter	Mynyddwyr de Cymru	M45			2									Y		4		
20	705	52:04	Andrew Jones	Unattached	SM	14											N				
21	226	52:18	Darren Bishop	Pontypridd Roadents	SM	15											N				
22	173	52:34	Sam Roberts	Unattached	SM	16											N				
23	38	52:40	James Bruce	Les Croupiers RC	SM	17											N				
24	127	52:51	Alex Donald	Cardiff AAC	SM	18											Y	7			
25	219	52:55	Rhodri Evans	Pontypridd Roadents	SM	19											N				
26	192	53:42	Andy Wilton	San Domenico RC	SM	20											Y	8			
27	78	53:43	Lee McMeeking	Unattached	SM	21											N				
28	105	53:44	Philip Thomas	Rhondda Tri	SM	22											N				
29	86	53:45	Craig Fowler	Bridgend AC	M45			3									Y		5		
30	97	53:47	Jonathon Barlow	Unattached	SM	23											N				
31	211	54:04	Glyn Sansom	San Domenico RC	M50				2								Y		6		
32	189	54:13	John Aggleton	Mynyddwyr de Cymru	M55					1							Y		7		
33	721	54:17	Johnny Lam	San Domenico RC	M40		4										Y		8		
34	43	54:22	Andrew Baker	Pontypridd Roadents	M45			4									Y		9		
35	719	54:29	Robert Wilson	Penarth & Dinas	M55					2							N				
36	74	54:35	Sean O'Connor	Pontypridd Roadents	SM	24											Y	9			
37	701	54:38	Edward Dickson	Mynyddwyr de Cymru	SM	25											Y	10			
38	715	54:42	Chris Purdon	Unattached	M50					3							N				
39	712	54:50	Paul Dawes	San Domenico RC	M45			5									Y		10		
40	222	55:03	Chris Blackmore	Cardiff Harlequins	M40		5										Y		11		
41	65	55:11	Daman Jukes	Parc Bryn Bach	M40		6										N				
42	209	55:14	Niki Morgan	Chepstow Harriers	W45									1			N				
43	710	55:49	Gareth Jones	Unattached	SM	26											N				
44	218	55:58	Gary Howgate	Les Croupiers RC	M40		7										Y		12		
45	708	56:03	Gary Davies	Mynyddwyr de Cymru	SM	27											N				
46	726	56:11	Mark Cason	Unattached	M40		8										N				

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47	204	56:20	Pete Croall	San Domenico RC	SM	28											Y	11			
48	213	56:24	Anthony Cullinane	Pontypridd Roadents	M40		9										Y		13		
49	150	56:30	Brian Dias	Les Croupiers RC	SM	29											Y	12			
50	716	56:42	Ceri Davies	San Domenico RC	SM	30											Y	13			
51	130	56:58	Gavin Brace	Unattached	SM	31											N				
52	88	56:59	Ceri Shave	Unattached	SM	32											Y	X			
53	45	57:03	Ian Williams	Port Talbot Harriers	M45			6									N				
54	73	57:06	Richard Segust	Unattached	M45			7									N				
55	194	57:08	Katie Roby	Mynyddwyr de Cymru	SW							1					Y				1
56	198	57:13	Nick Dallimore	Les Croupiers RC	M55					3							Y		14		
57	210	57:24	Roger Mills	Fairwater Runners	M40		10										N				
58	75	57:27	David Mort	Outdoor Fitness	SM	33											N				
59	228	57:28	Calum Vennard	Les Croupiers RC	SM	34											N				
60	214	57:33	Billy Davies	Unattached	M55					4							N				
61	92	57:38	Lloyd Morgan	San Domenico RC	SM	35											Y	14			
62	54	57:47	Howard Kent	Les Croupiers RC	M60							1					Y		15		
63	208	57:48	Lou Summers	Chepstow Harriers	W45									2			N				
64	185	57:55	Tony Acton	Unattached	M45			8									N				
65	167	57:56	Heidi Williams	Pontypridd Roadents	SW							2					Y				2
66	186	57:57	Jeremy Theobald	Cardiff Tri Club	SM	36											N				
67	84	57:58	Gruff Davies	Unattached	M40		11										N				
68	109	58:20	Richie Bristow	San Domenico RC	M45			9									Y		16		
69	205	58:28	Richard Self	Les Croupiers RC	M45			10									Y		17		
70	200	58:35	Mick Tabor	Les Croupiers RC	M55					5							Y		18		
71	246	58:39	Doug Nicholls	San Domenico RC	SM	37											Y	15			
72	174	58:46	Andrew Ellison	Rhondda Valley Runners	SM	38											N				
73	179	58:49	Mike Podesta	Unattached	M50					4							N				
74	711	58:50	Alan Walton	San Domenico RC	M40		12										Y		19		
75	147	58:52	Andrew Stott	Mynyddwyr de Cymru	M50					5							N				
76	242	58:58	Clare Biddlecombe	San Domenico RC	SW							3					Y				3
77	188	59:03	Howard Owen	Les Croupiers RC	SM	39											Y	16			
78	91	59:08	Aileen Lyons	Les Croupiers RC	SW							4					Y				4
79	71	59:09	Simon Pritchard	Pontypridd Roadents	SM	40											N				
80	221	59:13	Philip Holder	Cardiff Harlequins	M50					6							Y		20		
81	83	59:17	Dominic Shields	San Domenico RC	M45			11									Y		21		
82	239	59:34	Ian Wang	Unattached	SM	41											N				
83	55	59:39	John Hopkins	Port Talbot Harriers	M50					7							N				
84	244	59:43	Kevin Russell	San Domenico RC	M50					8							Y		22		
85	128	59:49	Alun Davies	Les Croupiers RC	SM	42											N				
86	237	59:50	Carl Edwards	Pontypridd Roadents	M40		13										N				
87	94	59:52	James Clemence	Mynyddwyr de Cymru	M50					9							Y		23		
88	51	60:17	Steven Dinham	Port Talbot Harriers	SM	43											N				
89	707	60:20	Mick Learoyd	Mynyddwyr de Cymru	M50					10							Y		24		
90	129	60:40	Gwyn Lloyd	Pontypridd Roadents	M55					6							N				
91	165	60:55	Wouter Poortinga	Les Croupiers RC	M40		14										Y		25		
92	225	61:02	Nikki Dowell	Pontypridd Roadents	SM	44											Y	17			
93	223	61:04	Andrew Dickens	Pont-y-Pwl Runners	M40		15										N				
94	110	61:06	Alan Gillard	Cardiff Harlequins	M50					11							N				

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95	196	61:09	Emily Lagomarsino	Cardiff University	JW											1	N				
96	245	61:10	Richard Weber	South Wales Police	M40		16										N				
97	133	61:11	Alex Brown	Unattached	SM	45											N				
98	206	61:17	Neil Grant	Chepstow Harriers	M55					7							N				
99	41	61:20	James Delaney	San Domenico RC	M55					8							Y		26		
100	140	61:21	Neill Parker	Islwyn RC	M45			12									N				
101	183	61:22	Marcia Smith	San Domenico RC	SW							5					Y			5	
102	201	61:24	Nigel Graham	Unattached	M40		17										N				
103	85	61:25	Dewi Gwynedd	Unattached	SM	46											N				
104	37	61:43	Carol Moseley	Port Talbot Harriers	SW							6					N				
105	722	61:55	James Watson	Unattached	SM	47											N				
106	77	62:01	Annie Stanford	Unattached	JW											2	N				
107	203	62:02	Adrian Bull	Unattached	SM	48											N				
108	231	62:07	Tess Loftus	Unattached	SW							7					N				
109	47	62:33	Mandy Morris	Port Talbot Harriers	W40								1				N				
110	46	62:34	Hywel Jones	Pontypridd Roadents	SM	49											Y	18			
111	180	62:37	Sasha Habgood	Mynydd Du	W40								2				N				
112	220	62:41	Paul Morris	Les Croupiers RC	M50					12							Y		27		
113	99	62:49	Andy Davies	Pontypridd Roadents	M50					13							Y		28		
114	718	62:58	Claire Maksimovic	Pontypridd Roadents	SW							8					Y			6	
115	724	63:04	Julia Koch	Unattached	JW											3	N				
116	56	63:14	Mario Rabaiotti	Port Talbot Harriers	M50					14							N				
117	723	63:16	Samuel Leonard	Unattached	SM	50											N				
118	79	63:25	David Gunthorpe	Cardiff Tri	SM	51											N				
119	68	63:39	Simon Hazel	Les Croupiers RC	M40		18										Y		29		
120	195	64:11	Chris Wagner	Unattached	SM	52											N				
121	187	64:14	Michael Bunston	Islwyn RC	M40		19										N				
122	53	64:21	Alan Perkins	Port Talbot Harriers	M60						2						N				
123	709	64:27	Neil Stephens	Unattached	SM	53											N				
124	725	64:31	Julie Scholey	Les Croupiers RC	W50										1		Y				1
125	171	64:42	Stuart Davies	Unattached	M40		20										N				
126	169	64:45	Mark Thomas	Unattached	SM	54											N				
127	191	64:51	Androo Underhill	Unattached	SM	55											Y	X			
128	48	65:08	Judith Oakley	Port Talbot Harriers	W45									3			N				
129	234	65:10	Matthew Davies	Unattached	M40		21										N				
130	131	65:37	Neil Pilliner	Unattached	M40		22										N				
131	69	65:51	Nigel Pearce	Pontypridd Roadents	M45			13									N				
132	199	65:52	Caroline Dallimore	Les Croupiers RC	W55										1		Y				2
133	240	65:53	Lizzie Wilkinson	Unattached	SW							9					N				
134	70	66:18	Nick Simms	Cardiff Harlequins	SM	56											Y	19			
135	217	66:22	Chris Selby	San Domenico RC	SM	57											Y	20			
136	49	66:36	Pauline Williams	Port Talbot Harriers	W50										2		N				
137	63	66:37	David E Williams	Les Croupiers RC	M50					15							N				
138	142	66:44	Jason Dixon	Islwyn RC	M40		23										N				
139	233	66:48	Emma Stephenson	Unattached	SW							10					N				
140	702	67:03	Jonathan Crane	Unattached	SM	58											N				
141	202	67:19	Tess Gould	South Wales Police	W50										3		Y				3
142	184	67:28	Rebecca Williams	Outdoor Fitness	SW							11					Y			7	

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143	182	67:39	Catherine Gourmelon	Unattached	SW							12					N				
144	143	67:42	Paul Harvey	Islwyn RC	SM	59											N				
145	706	67:49	Vanessa Turnbull	Unattached	W45									4			N				
146	235	68:11	Tristin Willis	Unattached	SM	60											N				
147	704	68:15	Kirsti Roberts	Les Croupiers RC	SW							13					Y			8	
148	170	68:16	Rhys Steel	Unattached	SM	61											N				
149	57	68:16	Peter Deacon	Port Talbot Harriers	M55					9							N				
150	241	68:17	Anna Auchterlonie	Unattached	SW							14					N				
151	141	68:26	Kelly Waite	Islwyn RC	SW							15					N				
152	80	68:31	Rachael Finlayson	Outdoor Fitness	W40								3				N				
153	36	68:34	Daniel Vandenburg	Les Croupiers RC RC	SM	62											N				
154	44	68:53	John Ayres	Port Talbot Harriers	M45			14									N				
155	703	69:11	Jane Ash	Les Croupiers RC	SW							16					Y			9	
156	144	70:05	Duncan Innes	Bristol OK	M50					16							N				
157	93	70:21	Gareth Evans	Outdoor Fitness	SM	63											N				
158	145	70:27	Ross McMeeking	Unattached	SM	64											N				
159	243	70:51	Ray Ellingham	San Domenico RC	M50					17							Y		30		
160	247	71:18	Gavin Griffiths	Bro Dysynni	M40		24										N				
161	177	71:26	Rhiannon Law	Outdoor Fitness	SW							17					N				
162	137	71:34	Mia Hansen	Unattached	SW							18					N				
163	89	72:00	Andrew Palmer	Unattached	SM	65											Y	X			
164	33	72:04	David Bingham	Unattached	M40		25										N				
165	106	72:14	Graeme Donnan	Les Croupiers RC	M55					10							Y		31		
166	39	72:17	Raymond James	Port Talbot Harriers	M50					18							N				
167	227	72:21	Phill Thomas	Unattached	M60						3						N				
168	176	72:22	Charlotte Goodwin	Unattached	SW							19					N				
169	81	72:47	Steve Hill	Penarth & Dinas	M50					19							N				
170	82	72:47	Michelle Hoey	Penarth & Dinas	SW							20					N				
171	230	72:56	Katherine Hunter	Unattached	SW							21					N				
172	232	73:03	Lesley Carpenter	Unattached	W40								4				N				
173	216	73:25	Fiona Drysdale	Unattached	W40								5				N				
174	713	73:48	Terry Lewis	Islwyn RC	M50					20							N				
175	714	73:48	Julie Lewis	Islwyn RC	W45									5			N				
176	67	73:54	Chris Shorrock	Unattached	M40		26										N				
177	72	73:57	Victoria Jones	Taff Ely Tri	SW							22					N				
178	717	74:05	Philip Cowell	Unattached	M45			15									N				
179	61	74:10	Colin Prosser	Chepstow Harriers	M45			16									N				
180	100	74:26	Stephanie Davies	Pontypridd Roadents	JW											4	Y			X	
181	166	74:39	Sophie Hedges	Pontypridd Roadents	SW							23					Y			10	
182	40	75:41	Alan Roberts	Port Talbot Harriers	M55					11							N				
183	98	75:56	Caz Nightingale	Les Croupiers RC	W45									6			N				
184	58	75:59	Angie Hall	Outdoor Fitness	W45									7			N				
185	178	76:00	Fiona Hillen	Unattached	SW							24					N				
186	248	76:27	Anthony Davis	Unattached	SM	66											N				
187	215	76:31	Bernadette Wilkinson	San Domenico RC	W45									8			N				
188	96	77:46	Colin Crooks	Pegasus RC	M55					12							N				
189	172	78:03	Tim Webb	Pegasus RC	M60						4						Y		32		
190	64	78:05	Glenda Edwards	Les Croupiers RC	W45									9			Y				4

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191	52	78:20	Tony Holling	Port Talbot Harriers	M55					13							N				
192	136	78:31	Luke Heslop	Les Croupiers RC	SM	67											N				
193	76	78:44	Melonie Senior	Islwyn RC	W40								6				N				
194	60	78:46	Glyn Hicks	Islwyn RC	M60						5						N				
195	138	78:57	John Gwatkn	Cardiff Harlequins	M60						6						N				
196	139	78:58	Arny Williams	Cardiff Harlequins	M65						7						N				
197	66	81:46	David Notton	Unattached	SM	68											Y	X			
198	229	81:48	Peter Jenkins	Unattached	SM	69											N				
199	90	83:27	Deinol Williams	Pegasus RC	M60						8						N				
200	148	84:00	Amanda Thompson	Les Croupiers RC	W50										4		Y				5
201	87	85:18	Cari Randal	Les Croupiers RC	SM	70											N				
202	62	85:19	Gary Bodman	Les Croupiers RC	M50				21								N				
Dnf	207		Mike Pedley	Mynyddwyr de Cymru	M50																