

Pentyrch 7M - 2014

Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	JM	SW	W40	W45	W50+	JW	SW	Reg	SM	M40+
1	81	0:46:00	Peter Ryder	Cardiff AAC	SM	1												Y	1	
2	210	0:47:08	Thomas Burden	Unattached	SM	2												N		
3	62	0:47:55	Tom Marley	Cardiff AAC	SM	3												Y	2	
4	79	0:47:56	Oliver Williams	Les Croupiers RC	SM	4												Y	3	
5	51	0:48:06	Matt Stott	Mynyddwyr de Cymru	SM	5												N		
6	196	0:48:28	James Blore	Chepstow Harriers	SM	6												N		
7	133	0:48:55	Sam Ryall	Pontypridd Roadents	M40		1											Y		1
8	26	0:49:19	Matthew Hurford	Les Croupiers RC	M40		2											Y		2
9	235	0:49:38	Tom Jeffery	Les Croupiers RC	SM	7												Y	4	
10	226	0:50:04	Ben Sears	Unattached	SM	8												N		
11	107	0:50:17	Darren Bishop	Pontypridd Roadents	SM	9												Y	5	
12	202	0:50:27	Peter Coles	Pontypridd Roadents	M50				1									Y		3
13	99	0:50:38	Dafydd Lambeth	Islwyn RC	M40		3											N		
14	85	0:50:52	Chris Harrhy	Liswerry	M45			1										N		
15	52	0:50:59	Tsen Moon	Mynyddwyr de Cymru	SM	10												Y	6	
16	47	0:51:07	Andrew Baker	Pontypridd Roadents	M45			2										Y		4
17	124	0:51:11	Sam Roberts	Outdoor Fitness	SM	11												N		
18	190	0:51:21	Jason Kiely	Nike Run Cardiff	SM	12												N		
19	63	0:51:24	Luke Richards	Unattached	SM	13												N		
20	16	0:52:10	Daniel Bodman	Aberdare Valley AAC	SM	14												Y	7	
21	195	0:52:16	Andrew Mathias	Chepstow Harriers	SM	15												N		
22	233	0:52:22	Tom Baldwin	Unattached	SM	16												N		
23	157	0:52:27	Andrew Jones	Unattached	M40		4											N		
24	44	0:52:32	Emyr Roberts	Unattached	M40		5											N		
25	185	0:52:50	Julian Carter	Mynyddwyr de Cymru	M45			3										Y		5
26	127	0:52:51	Alex Care	San Domenico RC	SM	17												Y	8	
27	183	0:53:20	Mark Saunders	Islwyn RC	M50				2									N		
28	83	0:53:24	Tom Barr	Unattached	SM	18												N		
29	14	0:53:27	James Bruce	Les Croupiers RC	M40		6											N		
30	132	0:53:59	Adam Morton	Unattached	SM	19												N		
31	169	0:54:14	Richard Self	Les Croupiers RC	M45			4										Y		6
32	91	0:54:15	Mark Joyce	Les Croupiers RC	M40		7											Y		7
33	160	0:54:35	Gary Brown	Penarth & Dinas Runners	SM	20												Y	9	
34	238	0:54:38	Alun Wood	Islwyn RC	SM	21												N		
35	89	0:54:45	David Mort	Outdoor Fitness	SM	22												N		

36	148	0:55:04	Glyn Sansom	San Domenico RC	M50		3			Y	8
37	76	0:55:05	Ian Ogilvie	Brackla Harriers	M45	5				N	
38	193	0:55:12	Niki Morgan	Chepstow Harriers	W45			1		N	
39	66	0:55:13	Philip Williams	Islwyn RC	SM	23				N	
40	65	0:55:21	Tom Brookes	Unattached	SM	24				N	
41	31	0:55:22	Lee McMeeking	Unattached	SM	25				N	
42	88	0:55:22	Stuart Edgar	Outdoor Fitness	SM	26				N	
43	123	0:55:23	Andy Wilton	San Domenico RC	SM	27				Y	10
44	106	0:55:37	Nick Denny	Pontypridd Roadents	SM	28				N	
45	200	0:55:45	Karl James	Unattached	M50		4			N	
46	57	0:55:53	John Diffey	San Domenico RC	M50		5			Y	9
47	155	0:56:01	Charles Walsh	Port Talbot Harriers	SM	29				N	
48	222	0:56:03	Jeremy Theobald	Cardiff Triathlon Club	SM	30				N	
49	240	0:56:06	Johnny Lam	San Domenico RC	M40	8				Y	10
50	228	0:56:10	Andrew Jubb	Unattached	SM	31				N	
51	78	0:56:16	Ceri Shave	Unattached	SM	32				N	
52	173	0:56:26	Leigh Simmonds	Unattached	SM	33				N	
53	139	0:56:29	Howard Owen	Les Croupiers RC	SM	34				Y	11
54	172	0:56:32	Laura Jackson	Unattached	SW			1		N	
55	116	0:56:35	Nick Frost	Pontypridd Roadents	M50		6			Y	11
56	158	0:56:52	Robert Wilson	Penarth & Dinas Runners	M55				1	N	
57	3	0:56:55	Brian Dias	Les Croupiers RC	SM	35				Y	12
58	232	0:57:04	Steven Burnett	Unattached	SM	36				N	
59	146	0:57:18	Andrew Blackmore	Mynyddwyr de Cymru	M45		6			N	
60	35	0:57:20	Dale Gardiner	Unattached	SM	37				N	
61	113	0:57:23	Mike Murphy	Les Croupiers RC	M60			2		Y	12
62	64	0:57:26	Simon Pritchard	Pontypridd Roadents	M40	9				Y	13
63	70	0:57:30	Nikki Dowell	Pontypridd Roadents	SM	38				Y	13
64	236	0:57:59	Andrew Davidson	Les Croupiers RC	SM	39				N	
65	208	0:58:03	Gary Davies	Mynyddwyr de Cymru	SM	40				N	
66	129	0:58:04	Emily Cowper-Coles	Cardiff University	SW				2	N	
67	136	0:58:08	James White	San Domenico RC	M40	10				Y	14
68	175	0:58:23	Chris Blackmore	Cardiff Harlequins RC	M40	11				N	
69	248	0:58:24	Dan Marsh	Unattached	SM	41				N	
70	215	0:58:27	Shaun Farbon	Les Croupiers RC	SM	42				N	
71	55	0:58:33	Mark Ponsford	Mynyddwyr de Cymru	SM	43				N	
72	100	0:58:39	Philip Thomas	Pontypridd Roadents	SM	44				Y	14
73	151	0:58:42	Gruffudd Davies	Unattached	M40	12				N	
74	212	0:58:44	Paul Jones	Unattached	SM	45				N	

75	95	0:58:47	Richard Holmes	Unattached	SM	46						N	
76	242	0:58:47	Andrew Dickens	Pontypool Runners	M40		13					N	
77	29	0:58:54	Mike Gleeson	Swansea Harriers	M40		14					N	
78	118	0:58:55	Robin Smith	Unattached	SM	47						N	
79	125	0:58:56	Jamie Westcombe	Unattached	SM	48						N	
80	142	0:59:02	Caitlin Pearson	Les Croupiers RC	SW				3			Y	
81	234	0:59:12	Matthew Hooper	Les Croupiers RC	SM	49						Y	15
82	194	0:59:14	Neil Grant	Chepstow Harriers	M60				3			N	
83	218	0:59:15	Clara Evans	Pontypridd Roadents	JW						1	N	
84	58	0:59:15	Vincent Nazareth	Unattached	M50			7				N	
85	108	0:59:17	William Denny	Pontypridd Roadents	SM	50						N	
86	61	0:59:26	Mark Dunscombe	Sarn Helen	M50			8				N	
87	82	0:59:30	Duncan Hyde	Unattached	SM	51						N	
88	192	0:59:34	Steve Harrhy	Liswerry Runners	M50			9				N	
89	237	0:59:37	Gareth Griffiths	Unattached	M45		7					N	
90	143	0:59:40	Lucy Baker	Mynyddwyr de Cymru	SW					4		Y	
91	6	0:59:48	Kerry Gale	Unattached	M45		8					N	
92	7	0:59:51	Howard Kent	Les Croupiers RC	M60				4			Y	15
93	4	0:59:56	David Williams	Aberdare Valley AAC	SM	52						Y	16
94	241	1:00:00	Lou Summers	Pontypool Runners	W45					2		N	
95	243	1:00:04	Gavin Brace	Liswerry Runners	SM	53						N	
96	59	1:00:05	Laurence Pole	Pontypridd Roadents	SM	54						Y	17
97	144	1:00:14	Rosemary Moorhouse-Gann	Mynyddwyr de Cymru	SW					5		Y	
98	103	1:00:18	Darren Jones	Cardiff Harlequins RC	SM	55						Y	18
99	245	1:00:25	Mick Learoyd	Mynyddwyr de Cymru	M55				5			Y	16
100	93	1:00:31	Aileen Lyons	Les Croupiers RC	SW					6		Y	
101	75	1:00:40	Mike Pedley	Mynyddwyr de Cymru	M50			10				N	
102	201	1:00:45	Kevin Russell	Liswerry Runners	M50			11				N	
103	184	1:00:52	Alice Bedwell	Islwyn RC	W50						1	N	
104	68	1:00:55	Jay Hoffman	Outdoor Fitness	SM	56						N	
105	126	1:00:57	Gwyn Lloyd	Pontypridd Roadents	M55				6			N	
106	156	1:00:59	Richard Jones	Unattached	SM	57						N	
107	22	1:01:03	Mike Davies	Caerleon RC	M55				7			N	
108	206	1:01:17	Paul Thomas	Islwyn RC	SM	58						N	
109	216	1:01:17	Neil Parker	Islwyn RC	M45		9					N	
110	203	1:01:30	David Thomas	Outdoor Fitness	M45		10					N	
111	18	1:01:36	Martin Slucutt	Swansea Harriers	SM	59						N	
112	168	1:01:46	Clare Dallimore	Mynyddwyr de Cymru	SW					7		Y	
113	230	1:01:52	Ceri Davies	San Domenico RC	SM	60						Y	19

114	74	1:02:12	Hywel Jones	Pontypridd Roadents	SM	61			Y	20
115	104	1:02:15	Paul Gilson	Unattached	SM	62			N	
116	138	1:02:18	David Waters	Islwyn RC	M40		15		N	
117	101	1:02:30	Dan Mathieu	Unattached	M40		16		N	
118	27	1:02:36	Simon Hazel	Les Croupiers RC	M40		17		Y	17
119	41	1:02:43	Judith Oakley	Port Talbot Harriers	W45			3	N	
120	117	1:02:44	Philip Holder	Cardiff Harlequins RC	M50			12	Y	18
121	141	1:02:45	Catherine Tailby	Penarth & Dinas Runners	W40			1	N	
122	11	1:02:46	Tony Mackay	Unattached	M45		11		N	
123	191	1:02:50	Steven Hooper	Pontypridd Roadents	M45		12		Y	19
124	209	1:02:54	Alan Stone	Mynyddwyr de Cymru	M50		13		N	
125	80	1:02:58	James Delaney	San Domenico RC	M55			8	Y	20
126	84	1:03:01	Andy Davies	Pontypridd Roadents	M50		14		Y	21
127	86	1:03:04	Andy Farrell	Unattached	SM	63			N	
128	231	1:03:06	Jonathan Williams	Fairwater Runners	M45		13		N	
129	159	1:03:14	Malcolm Bradley	Penarth & Dinas Runners	M55			9	Y	22
130	112	1:03:15	Marcia Gouveia	San Domenico RC	SW			8	Y	
131	20	1:03:29	Paul Maksimovic	Pontypridd Roadents	SM	64			N	
132	152	1:03:30	Alan Gillard	Cardiff Harlequins RC	M50		15		N	
133	92	1:03:34	Justin Jones	Aberdare Valley AAC	M40		18		Y	23
134	229	1:03:35	Neil Goode	Maiden Newton Runners	M40		19		N	
135	110	1:03:36	Gareth Ahearne	Unattached	SM	65			N	
136	115	1:03:39	Daffydd Weetman	Islwyn RC	SM	66			N	
137	77	1:03:42	Lorraine Langdon	Outdoor Fitness	SW			9	N	
138	187	1:03:45	Duncan Campbell	Unattached	SM	67			N	
139	30	1:03:45	Ian Leaves	Unattached	SM	68			N	
140	219	1:03:50	Michael Bunston	Islwyn RC	M45		14		N	
141	217	1:03:51	Paul Graham	Pontypridd Roadents	SM	69			N	
142	10	1:03:57	Rachel Evans	Run4All Neath	W40			2	Y	
143	2	1:04:15	Marcus Meyrick	Les Croupiers RC	M40		20		Y	24
144	214	1:04:17	Kelly Laite	Islwyn RC	SW			10	N	
145	13	1:04:29	Emily Kendrick	Unattached	SW			11	N	
146	165	1:04:37	Elfyn Lewis	Eryri Harriers	M40		21		N	
147	154	1:04:49	Beth Lewis	Les Croupiers RC	SW			12	Y	
148	166	1:05:02	Nicholas Harris	Cwm Ogwr RC	SM	70			N	
149	37	1:05:11	Steven Perks	Run4All Neath	M50		16		N	
150	42	1:05:20	Geraint Jenkins	Port Talbot Harriers	M40		22		N	
151	96	1:05:37	Janet Holmes	Les Croupiers RC	SW			13	N	
152	223	1:05:45	Chris Tully	Cardiff Triathlon Club	SM	71			N	

153	15	1:05:46	Neil Cook	Unattached	M45		15				N	
154	28	1:05:48	Neil Wheeler	Run4All	M40	23					N	
155	45	1:05:56	Ian Derrick	Unattached	M45		16				N	
156	188	1:06:07	Nigel Graham	Unattached	M45		17				N	
157	197	1:06:08	Kat Hunter	Unattached	SW			14			N	
158	174	1:06:14	Karen Hackwell	Unattached	W40				3		N	
159	189	1:06:18	Dewi Gwynedd	Unattached	SM	72					N	
160	72	1:06:23	Mark Roe	Cardiff Tri	SM	73					N	
161	177	1:06:26	Vanessa Turnbull	Unattached	W45				4		N	
162	186	1:06:46	Andrew Underhill	Unattached	SM	74					N	
163	130	1:06:47	Huw Parry	Les Croupiers RC	M55			10			Y	25
164	111	1:06:51	Julie Lewis	Islwyn RC	W45					5	N	
165	105	1:06:52	Clare Ryan	Up & Under	SW				15		N	
166	239	1:06:58	Matt Griffiths	Village Vipers	SM	75					N	
167	19	1:07:02	Glyn Hicks	Islwyn RC	M60			11			N	
168	220	1:07:06	Julie Scholey	Les Croupiers RC	W50					2	Y	
169	244	1:07:18	Jonathan Griffiths	Village Vipers	M40	24					N	
170	1	1:07:20	Chris Purdon	Unattached	M50		17				N	
171	162	1:07:25	Gareth Jones	Chepstow Harriers	M50		18				N	
172	69	1:07:35	Maria Richards	Mynydd Du	W40				4		N	
173	34	1:07:41	Elaine Ferguson	Pontypridd Roadents	SW				16		Y	
174	211	1:07:56	Nick Pounder	Pontypridd Roadents	SM	76					Y	21
175	94	1:07:58	Duncan Innes	Bristol OK	M50		19				N	
176	170	1:08:07	Rebecca Read	Outdoor Fitness	SW				17		Y	
177	98	1:08:10	Andrew Foster	Up & Under	SM	77					N	
178	164	1:08:12	Jason Richards	Unattached	M45		18				N	
179	221	1:08:12	Simon Watkins	Unattached	M50		20				N	
180	182	1:08:20	Stephen Wood	Pegasus RC	SM	78					N	
181	17	1:08:30	Pat Westlake	Unattached	M45		19				N	
182	71	1:08:34	Angela Champion	Les Croupiers RC	SW				18		N	
183	137	1:08:38	Trystan Edwards	Unattached	M40	25					N	
184	9	1:09:11	Luke Morson	Unattached	SM	79					N	
185	23	1:09:27	Norman Jones	Mynyddwyr de Cymru	M50		21				Y	26
186	97	1:09:44	Aisling Pigott	Outdoor Fitness	SW				19		Y	
187	153	1:10:11	David Davies	Village Vipers	SM	80					N	
188	247	1:10:12	Anna Lindsay	Unattached	SW				20		N	
189	67	1:10:33	Jo Haddon	Outdoor Fitness	SW				21		N	
190	171	1:10:34	Rachael Finlayson	Outdoor Fitness	W40					5	N	
191	150	1:10:41	Gareth Jenkins	Cwm Ogwr RC	SM	81					Y	22

192	8	1:10:48	Vicky Jones	Taff Ely Tri	SW			22		Y
193	167	1:10:52	Caroline Dallimore	Les Croupiers RC	W55				3	Y
194	60	1:10:55	David E Williams	Les Croupiers RC	M50		22			N
195	5	1:10:57	Mark Bailey	Unattached	M40	26				N
196	225	1:10:59	Sarah Dodd	Unattached	SW			23		N
197	147	1:11:02	Matthew Rees	Liswerry Runners	SM	82				N
198	43	1:11:20	Marc Case	Unattached	M40	27				N
199	128	1:11:25	Andrew Cleverley	Unattached	M45		20			N
200	213	1:11:29	Andrew Bennett	Unattached	M40	28				N
201	205	1:11:31	Gavin Griffiths	Bro Dysynni AC	M40	29				N
202	246	1:11:41	Jane Ash	Les Croupiers RC	M40	30				N
203	33	1:11:49	Anna Helsing	Penarth & Dinas Runners	W50				4	N
204	119	1:11:49	Huw Williams	Unattached	SM	83				N
205	161	1:12:12	Karen Elvers	Chepstow Harriers	W40			6		N
206	178	1:12:23	Roxanne Welham	Unattached	SW			24		N
207	21	1:12:24	Neil Coleman	Unattached	M45		21			N
208	149	1:12:29	Pete Morfey	Cardiff Harlequins RC	M55			12		Y
209	179	1:12:45	Non Davies	Mynydd Du	SW				25	N
210	109	1:13:09	Phill Thomas	Les Croupiers RC	M55					Y
211	176	1:13:17	Fiona Drysdale	Unattached	W40				7	N
212	38	1:13:20	Anne Follan	Pontypridd Roadents	W40				8	Y
213	121	1:13:23	Hannah Watson	Unattached	SW				26	N
214	12	1:13:47	David Bingham	Up and Under	M50		23			N
215	48	1:13:47	Elan Winter	Unattached	SM	84				N
216	207	1:13:50	Gavin Simon	Unattached	SM	85				N
217	180	1:14:05	Delyth Wright	Mynydd Du	SW				27	N
218	87	1:14:58	Natalie Richards	Unattached	SW				28	N
219	90	1:15:00	Anthony Holling	Port Talbot Harriers	M55			14		N
220	135	1:15:02	Rhian Durham	Pontypridd Roadents	SW				29	N
221	163	1:15:25	Ben Sykes	Unattached	SM	86				N
222	140	1:15:32	Jane Blethyn	Penarth & Dinas Runners	W55				5	N
223	40	1:15:35	Ray James	Port Talbot Harriers	M50		24			N
224	134	1:15:56	Rhian Hopkins	Pontypridd Roadents	SW				30	N
225	56	1:16:26	Hannah Withers	San Domenico RC	W40				9	Y
226	145	1:17:10	Meshan Alsaeed	Mynyddwyr de Cymru	JM			1		Y
227	102	1:17:15	Norman Carter	Up & Under	M65					N
228	46	1:18:54	Gareth Evans	Outdoor Fitness	SM	87				N
229	73	1:19:06	Sean Hughes	Unattached	SM	88				N
230	227	1:19:07	Colin Crooks	Pegasus RC	M55			16		N

231	54	1:19:10	Cerys Ash	Unattached	W45			6	N
232	120	1:19:16	Lowri Roberts	Unattached	SW		31		N
233	224	1:19:35	Simon McCann	Village Vipers	M45	22			N
234	32	1:19:39	Glenda Edwards	Les Croupiers RC	W50			6	N
235	49	1:19:41	Michelle Hoey	Penarth & Dinas Runners	SW		32		N
236	50	1:19:41	Steve Hill	Penarth & Dinas Runners	M50	25			N
237	53	1:19:56	Angela Hall	Outdoor Fitness	W45			7	Y
238	199	1:20:00	Clare Adams	Unattached	SW		33		N
239	198	1:20:00	Tarquin Adams	Unattached	SM	89			N
240	39	1:20:35	Maria Ioannou	Pontypridd Roadents	SW		34		Y
241	122	1:20:53	Luke Heslop	Les Croupiers RC	SM	90			N
242	181	1:21:48	Tim Webb	Pegasus RC	M60		17		Y
243	114	1:22:20	Gill Murphy	Les Croupiers RC	W60			7	Y
244	131	1:22:45	Lucy Cleverley	Unattached	SW		35		N
245	204	1:23:22	Jay Leach	Islwyn RC	M40	31			N
246	25	1:25:42	Amanda Thompson	Les Croupiers RC	W50			8	Y
247	24	1:59:11	Paula Stockley	3M Gorseinon	SW		36		N

JM SW W40+ JW

1

1

2

3

4

5

6

1

7

2

8

9

10

11

3

4

5

1

6

12

7

8