

33rd Pentyrch Hill Race

Provisional results

Tuesday, April 30th

dry, cool

Pos	Time	Bib	Athlete	Club	Age Group	Age	Counter
1	46:03	60	Daniel BODMAN	Aberdare Valley AAC	SENM		1-SENM
2	49:04	224	John HOWELLS	Pontypridd Roadents	SENM		2-SENM
3	49:04	10	Darren BISHOP	Pontypridd Roadents	SENM		3-SENM
4	49:41	260	Lewis ROBERTS	Les Croupiers RC	SENM		4-SENM
5	50:07	242	Matt O'KEEFE	Mynyddwyr de Cymru	SENM		5-SENM
6	50:35	24	Alex HIRST	Mynyddwyr de Cymru	SENM		6-SENM
7	51:12	216	Stefan SIMMS	Micky Morris Racing Team	MM50		1-MM50
8	52:25	76	Dan SUMMERS	Westbury Harriers	SENM		7-SENM
9	53:39	267	Mark PALMER	Achilli Ratti Climbing Club	MM55		1-MM55
10	54:08	217	Robert JOHN	Micky Morris Racing Team	MM40		1-MM40
11	54:28	269	Gethin EDWARDS	Pontyclun RR	MM40		2-MM40
12	55:56	4	Gethin POWELL	Pontypridd Roadents	SENM		8-SENM
13	55:57	246	Daniel THRIFT	Pontypridd Roadents	SENM		9-SENM
14	55:59	74	Jonathan FORD	Fairwater Runners	SENM		10-SENM
15	56:40	57	Wayne BEYNON	unattached	SENM		11-SENM
16	56:45	234	Christopher JEYNES	Brackla Harriers	MM40		3-MM40
17	56:52	284	Karl JAMES	Les Croupiers RC	MM55		2-MM55
18	56:59	89	Julian BAKER	unattached	MM50		2-MM50
19	57:07	27	Matt JAMES	unattached	SENM		12-SENM
20	57:16	230	Gareth MEDD	Pontyclun RR	SENM		13-SENM
21	57:20	225	Adrian PEARCE	Ogmore Phoenix Runners	MM45		1-MM45
22	57:32	23	Richard CRONIN	Mynyddwyr de Cymru	SENM		14-SENM
23	57:39	316	Steve DUFFIN	unattached	SENM		15-SENM
24	57:43	100	Tom LAWSON	Mynyddwyr de Cymru	MM50		3-MM50
25	57:44	208	Rob SAGE	Les Croupiers RC	MM40		4-MM40
26	57:46	266	Katie BEECHER	Les Croupiers RC	MW40	1-MW40	
27	57:49	236	Aled DAVIES	unattached	SENM		16-SENM
28	58:41	291	Ben LITTLEJOHNS	unattached	SENM		17-SENM
29	58:41	35	Callum PRIEST	Pontypridd Roadents	SENM		18-SENM
30	59:11	319	Alec CARE	San Domenico RC	SENM		19-SENM
31	59:25	324	Paul LACEY	unattached	SENM		20-SENM
32	59:40	239	Nathaniel SWAIN	Mynyddwyr de Cymru	SENM		21-SENM
33	59:45	268	Simon DARKE	Maindy Harriers	MM60		1-MM60
34	60:05	252	Oliver LAMFORD	Mynyddwyr de Cymru	SENM		22-SENM
35	60:42	90	Andrew MATHIAS	Chepstow Harriers	SENM		23-SENM
36	60:59	329	Gwyn JOHNSON	Pontypridd Roadents	SENM		24-SENM
37	61:03	97	David HARDEN	Pontypridd Roadents	SENM		25-SENM
38	61:32	276	Andy PEARSON	Cardiff Triathletes	MM40		5-MM40
39	61:35	9	Phil BRISTOW	San Domenico RC	MM55		3-MM55
40	61:48	54	Ian MACKLIN	Mynyddwyr de Cymru	MM45		2-MM45
41	61:50	228	Nathaniel PALMER	Les Croupiers RC	MM45		3-MM45
42	61:57	247	Lucy ALLEN	San Domenico RC	SENW	1-SENW	
43	62:12	204	Huw PULLEN	unattached	MM40		6-MM40
44	62:22	332	Matthew LYNCH	Pontyclun RR	MM45		4-MM45
45	62:30	61	Sally LOCK	unattached	MW40	2-MW40	
46	62:31	98	Jamie WESTCOMBE	Team Bath	SENM		26-SENM
47	62:33	28	Richard SELF	Les Croupiers RC	MM50		4-MM50
48	62:34	212	Clare DALLIMORE	Mynyddwyr de Cymru	SENW	2-SENW	
49	62:34	205	Rhodri EVANS	Pontypridd Roadents	MM40		7-MM40
50	62:49	262	Alan MATTHEWS	Dragons RC	MM55		4-MM55
51	62:53	336	Eifion ROBERTS	unattached	SENM		27-SENM
52	62:57	337	Owain BEVAN	unattached	SENM		28-SENM

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53	63:05	227	Dylan HUGHES	Pontypridd Roadents	SENM		29-SENM
54	63:11	207	James TOMBS	unattached	MM40		8-MM40
55	63:16	13	Jack CAUNT	unattached	MM40		9-MM40
56	63:16	327	Emily PAYNE	unattached	MW40	3-MW40	
57	63:25	70	Peter TURNBULL	Les Croupiers RC	MM55		5-MM55
58	63:44	18	Gary DAVIES	Mynyddwyr de Cymru	MM40		10-MM40
59	63:54	79	Stephen MORGAN	Fairwater Runners	MM45		5-MM45
60	63:55	2	Aled HUGHES	Ogmore Phoenix Runners	MM40		11-MM40
61	64:02	29	Robert HALEY	unattached	SENM		30-SENM
62	64:07	96	Ian OGILVIE	Brackla Harriers	MM50		5-MM50
63	64:18	293	Scott BURBIDGE-SMITH	unattached	SENM		31-SENM
64	64:19	30	Rob HOOK	Chepstow Harriers	MM55		6-MM55
65	64:25	45	Ceri SHAVE	unattached	SENM		32-SENM
66	64:36	264	Richard WEBER	unattached	MM45		6-MM45
67	64:38	273	Stephen WIERGOWSKI	unattached	MM50		6-MM50
68	64:40	17	Darren SHAW	Mynyddwyr de Cymru	MM40		12-MM40
69	64:42	31	Rhydian DAVIES	unattached	SENM		33-SENM
70	65:06	36	Anna LEWIS	unattached	SENW	3-SENW	
71	65:27	69	Emma BATTENSBY	Mynyddwyr de Cymru	SENW	4-SENW	
72	65:30	215	Paul HARRIS	Pontypridd Roadents	MM40		13-MM40
73	65:57	323	Brad MEDDINGS	unattached	SENM		34-SENM
74	66:01	92	David MATHEWS	Penarth & Dinas Runners	SENM		35-SENM
75	66:03	93	Mike PARFITT	unattached	MM50		7-MM50
76	66:15	82	Alan STONE	Mynyddwyr de Cymru	MM55		7-MM55
77	66:21	325	Lucy FOSTER	unattached	SENW	5-SENW	
78	66:42	218	Adrian DAVIES	Pontyclun RR	MM45		7-MM45
79	66:52	203	Simon SLINN	unattached	SENM		36-SENM
80	66:54	244	Liz MAY	Pontypridd Roadents	MW40	4-MW40	
81	66:56	22	Hefin GRUFFYDD	Pontypridd Roadents	MM55		8-MM55
82	66:57	20	Richard JONES	unattached	MM40		14-MM40
83	67:01	261	Lee MCMEEKING	unattached	MM40		15-MM40
84	67:11	15	Stephanie DAVIES	Pontypridd Roadents	SENW	6-SENW	
85	67:14	257	Ainsley RICHARDS	unattached	SENW	7-SENW	
86	67:17	46	Aileen LYONS	Les Croupiers RC	SENW	8-SENW	
87	67:18	243	Sam LARKINS	unattached	MM40		16-MM40
88	67:35	308	Andrew SMITH	Pont-y-Pwl & District	SENM		37-SENM
89	67:50	58	Benjamin LOCKIE	unattached	SENM		38-SENM
90	67:55	49	Susannah BULPIN	San Domenico RC	MW45	1-MW45	
91	67:59	321	Richard HEXT	Roberttown Road Runners	SENM		39-SENM
92	68:10	240	Finnian MCEVOY	unattached	SENM		40-SENM
93	68:14	250	Jenny ADAMS	Les Croupiers RC	SENW	9-SENW	
94	68:17	37	Alexander CAPLETON	Les Croupiers RC	MM40		17-MM40
95	68:21	313	Richard JONES	unattached	SENM		41-SENM
96	68:32	289	Hywel WILLIAMS	Caerphilly Runners	SENM		42-SENM
97	68:34	52	Alun MILLS	unattached	SENM		43-SENM
98	68:36	64	Cath TAILBY	Penarth & Dinas Runners	MW45	2-MW45	
99	68:41	200	Michael BUNSTON	Islwyn RC	MM50		8-MM50
100	68:46	283	Mark GILLEY	unattached	SENM		44-SENM
101	68:52	33	Carl EDWARDS	Pontypridd Roadents	MM50		9-MM50
102	69:00	238	Richard MORDEY	unattached	MM50		10-MM50
103	69:08	282	Rob SANDERSON	unattached	SENM		45-SENM
104	69:18	42	Steve PASKELL	Pontyclun RR	MM40		18-MM40
105	69:21	312	Paul LAWRENCE	Agile Therapy Run	SENM		46-SENM

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106	69:24	11	Martin SLUCUTT	Swansea Harriers	MM40		19-MM40
107	69:36	209	Tom BOURTON	unattached	MM40		20-MM40
108	69:39	253	Clare BIDDLECOMBE	Lliserwy Runners	MW45	3-MW45	
109	69:47	298	Matthew ZVEREV	unattached	SENM		47-SENM
110	69:50	21	Clive OSMOND	Les Croupiers RC	MM55		9-MM55
111	69:54	32	Jan EDWARDS	Pontypridd Roadents	MW50	1-MW50	
112	69:59	263	Simon WILLIAMSON	Penarth & Dinas Runners	MM60		2-MM60
113	70:13	277	Becky AICHELER	unattached	SENW	10-SENW	
114	70:14	8	Matt GRAY	Mynyddwyr de Cymru	MM40		21-MM40
115	70:15	40	Jeff DAVIES	unattached	MM50		11-MM50
116	70:18	315	Andrew BROWN	unattached	MM45		8-MM45
117	70:19	48	Simon MCCANN	Village Vipers	MM50		12-MM50
118	70:30	85	Neill PARKER	Islwyn RC	MM50		13-MM50
119	70:39	271	Malcolm BRADLEY	Penarth & Dinas Runners	MM65		1-MM65
120	70:43	290	Vanessa TURNBULL	unattached	MW50	2-MW50	
121	70:53	65	Fiona DAVIES	Pontypridd Roadents	MW60	1-MW60	
122	70:53	50	Gwyn LLOYD	Pontypridd Roadents	MM60		3-MM60
123	71:04	295	Gareth HOWELL	Les Croupiers RC	SENM		48-SENM
124	71:08	292	Andrew RAMSEY	unattached	SENM		49-SENM
125	71:16	272	Catherine POWELL	Pontyclun RR	MW40	5-MW40	
126	71:17	305	Mike CARMOCK	unattached	MM45		9-MM45
127	71:28	87	Kerry PRICE	Islwyn RC	MM60		4-MM60
128	71:34	241	Rhys HEAL	CDF Runners	SENM		50-SENM
129	71:48	68	Alan GILLARD	Cardiff Harlequins RC	MM55		10-MM55
130	72:00	73	Christopher NELLINS	Penarth & Dinas Runners	MM65		2-MM65
131	72:05	220	James GRANT	unattached	SENM		51-SENM
132	72:21	322	Ellie LACEY	unattached	SENW	11-SENW	
133	72:35	229	Matthew BENBOW	Pontyclun RR	SENM		52-SENM
134	72:43	223	Vicki WILSON	unattached	MW45	4-MW45	
135	72:47	274	Lolly EVANS	Les Croupiers RC	MW45	5-MW45	
136	72:53	56	Terry MCCARTHY	Penarth & Dinas Runners	MM60		5-MM60
137	73:06	67	Julie SCHOLEY	Les Croupiers RC	MW55	1-MW55	
138	73:15	94	Christine FARR	Mynyddwyr de Cymru	MW40	6-MW40	
139	73:25	333	Gareth DAVIES	Penarth & Dinas Runners	MM40		22-MM40
140	73:28	75	Adrian GWILLIAM	Fairwater Runners	MM50		14-MM50
141	73:33	88	Brian SAXBY	Run4All	MM55		11-MM55
142	73:40	84	Paul HARVEY	Pont-y-Pwl & District	SENM		53-SENM
143	73:52	304	James MATTHEWS	unattached	MM55		12-MM55
144	73:58	279	David WEBB	unattached	MM40		23-MM40
145	73:59	219	Leon ELSTON	unattached	SENM		54-SENM
146	74:01	297	Ruth Sutton	Pontypridd Roadents	MW40	7-MW40	
147	74:04	280	Samuel LETHERBY GRIBBLE	unattached	SENM		55-SENM
148	74:25	12	Peter DORRINGTON	unattached	MM40		24-MM40
149	74:33	211	Jennet HOLMES	Pontypridd Roadents	MW45	6-MW45	
150	74:50	6	Steven PREDDY	Les Croupiers RC	MM45		10-MM45
151	74:51	71	Rebecca POOLE	Fairwater Runners	SENW	12-SENW	
152	74:52	270	Matthew SAUNDERS	unattached	SENM		56-SENM
153	74:56	86	Melissa MORGAN	Islwyn RC	SENW	13-SENW	
154	75:29	318	Huw WILLIAMS	Rhondda Valley Runners	SENM		57-SENM
155	75:31	83	Paul EDWARDS	Cardiff Athletics	MM40		25-MM40
156	75:35	38	Stephen WOOD	Pegasus RC	MM40		26-MM40
157	76:03	80	Mike DONNELLY	Pontyclun RR	MM45		11-MM45

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158	76:10	14	Andy DAVIES	Pontypridd Roadents	MM55		13-MM55
159	76:14	25	Karen ELVERS	Mynyddwyr de Cymru	MW45	7-MW45	
160	76:16	335	Gwyn JONES	Les Croupiers RC	MM55		14-MM55
161	76:18	237	Susan BOWES	Les Croupiers RC	MW40	8-MW40	
162	76:33	285	Ashley EDWARDS	unattached	MM50		15-MM50
163	76:37	302	Paul CHAPMAN	Les Croupiers RC	MM50		16-MM50
164	76:39	334	Owain THOMAS	unattached	SENM		58-SENM
165	76:45	317	Helen PERRY	San Domenico RC	SENW	14-SENW	
166	76:49	320	Alexander DAVIES	unattached	SENM		59-SENM
167	76:52	221	Corinne LOCKE	unattached	SENW	15-SENW	
168	76:54	306	Jenni BELL	Chepstow Harriers	MW45	8-MW45	
169	76:57	256	Richard BARNETT	unattached	SENM		60-SENM
170	77:15	91	Nick POWELL	Chepstow Harriers	SENM		61-SENM
171	77:33	254	Hannah MURCH	unattached	SENW	16-SENW	
172	77:45	39	Nick POUNDER	Pontypridd Roadents	MM40		27-MM40
173	77:55	299	Tim O'SULLIVAN	Les Croupiers RC	MM60		6-MM60
174	78:01	235	Andy REES	unattached	MM60		7-MM60
175	78:05	307	Ruth DEARDS	Les Croupiers RC	MW45	9-MW45	
176	78:12	222	Liam O'BRIEN	unattached	SENM		62-SENM
177	78:21	72	Andrew CREBER	Chepstow Harriers	MM60		8-MM60
178	78:28	300	David BRETT	Hengoed Harriers	MM40		28-MM40
179	78:36	231	Michael DARKE	unattached	SENM		63-SENM
180	78:42	34	Rosie BRISTOW	Pegasus RC	MW40	9-MW40	
181	79:04	233	Stuart HERN	unattached	MM45		12-MM45
182	79:05	259	Abby FORSTER	Pontypridd Roadents	SENW	17-SENW	
183	79:07	63	Joanne MARSHALL	Pontyclun RR	SENW	18-SENW	
184	79:13	296	Jane ASH	Les Croupiers RC	MW40	10-MW40	
185	79:21	309	Julia BAJJADA	Chepstow Harriers	MW45	10-MW45	
186	79:34	275	Mark SALTER	unattached	MM45		13-MM45
187	79:39	7	Glyn HICKS	Roberttown Road Runners	MM65		3-MM65
188	79:58	294	Rachel Garside	unattached	MW50	3-MW50	
189	80:05	206	Norman JONES	Mynyddwyr de Cymru	MM55		15-MM55
190	80:45	3	Sarah BURDETT	Les Croupiers RC	SENW	19-SENW	
191	80:48	278	Peter JENKINS	unattached	SENM		64-SENM
192	81:02	62	Katie MORTIMER JONES	Pontyclun RR	MW40	11-MW40	
193	81:07	66	Lucy MCCOBB	Pontyclun RR	MW40	12-MW40	
194	81:14	328	Sian KHALIL	Pontypridd Roadents	MW50	4-MW50	
195	81:47	339	Tj GOLDING	unattached	MM40		29-MM40
196	82:01	251	Lauren FOULKES	Les Croupiers RC	SENW	20-SENW	
197	82:24	311	Barry EVANS	Chepstow Harriers	MM50		17-MM50
198	83:01	5	Tim GIBBS	unattached	SENM		65-SENM
199	83:22	245	Ruth CANN	Penarth & Dinas Runners	SENW	21-SENW	
200	83:25	59	Claire BELL	Les Croupiers RC	MW55	2-MW55	
201	83:27	81	Yvonne WILLIAMS	Penarth & Dinas Runners	MW65	1-MW65	
202	83:29	55	Juliet AMNER	unattached	MW55	3-MW55	
203	83:44	53	Kirsty SMITH	Rhondda Valley Runners	SENW	22-SENW	
204	83:53	1	Darren GRIFFITHS-WARNER	Pontypridd Roadents	MM50		18-MM50
205	84:01	301	Fiona DRYSDALE	Ogmore Phoenix Runners	MW45	11-MW45	
206	84:04	19	Laura JONES	unattached	MW40	13-MW40	
207	84:49	226	Nick HARRIS	Ogmore Phoenix Runners	SENM		66-SENM
208	84:54	44	Karl JOHNSON	Ogmore Phoenix Runners	SENM		67-SENM
209	84:58	281	Rares CIVREZV	unattached	SENM		68-SENM

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210	85:02	258	Dominic HAYES	unattached	SENM		69-SENM
211	85:20	43	Nick BURDEN	unattached	MM65		4-MM65
212	85:26	214	Caroline BEST	Pontypridd Roadents	SENW	23-SENW	
213	86:15	249	Vaughn GIBSON	Pontyclun RR	MM45		14-MM45
214	86:15	248	Miguel SUTCLIFFE	Pontyclun RR	MM50		19-MM50
215	86:50	16	Mark NICOL	Chepstow Harriers	MM45		15-MM45
216	87:07	47	Sarah HOOK	Village Vipers	MW40	14-MW40	
217	87:09	51	Rachel OWEN	Village Vipers	SENW	24-SENW	
218	87:09	210	Andrew HOMER	Village Vipers	MM40		30-MM40
219	88:44	310	Denise EVANS	Chepstow Harriers	MW50	5-MW50	
220	89:00	265	Charlotte GOODWIN	unattached	SENW	25-SENW	
221	89:02	202	Robert JONES	unattached	SENM		70-SENM
222	89:02	201	Emelye ALLMARK	unattached	SENW	26-SENW	
223	89:02	255	Vicky STRAND	unattached	MW40	15-MW40	
224	89:53	213	Rhian DURHAM	Pontypridd Roadents	SENW	27-SENW	
225	90:01	338	Cat PLACE	unattached	SENW	28-SENW	
226	90:14	41	Laura SCALE	unattached	MW40	16-MW40	
227	91:01	77	Caroline HELLARD	Pontyclun RR	SENW	29-SENW	
228	91:11	331	Jane PETERSON	White Rock Runners	MW50	6-MW50	
229	91:11	330	Jill HANCOCK	White Rock Runners	MW55	4-MW55	
230	93:33	78	Hamish HUGHSON	unattached	MM45		16-MM45
231	94:01	314	Katja EMPSON	unattached	MW40	17-MW40	
232	94:10	26	Iwan JEFFREYS	unattached	MM50		20-MM50
233	95:54	232	James BRAKE	unattached	SENM		71-SENM
234	96:21	99	Simon WATTS	unattached	MM40		31-MM40
235	96:49	303	Peter DICKSON	unattached	MM60		9-MM60
236	101:07	326	Luke HESLOP	Pegasus RC	MM40		32-MM40
237	101:55	95	Kate DARLINGTON	Sirius Runners	MW40	18-MW40	
238	121:10	286	Shari FINCH	Chepstow Harriers	MW40	19-MW40	
239	121:10	288	Anne JENNER	Chepstow Harriers	MW55	5-MW55	
240	121:10	287	Sharron BURRIDGE	Chepstow Harriers	MW45	12-MW45	

Hill Race Awards

Women

Katie Beecher (Les Croupiers, W40, 57:46) was the first female finisher

Senior Women

Position	Name	Club/unattached	Time	Hill Race award
42	Lucy Allen	San Domenico RC	61:57	1
48	Clare Dallimore	Mynyddwyr de Cymru	62:34	2
70	Anna Lewis	Unattached	65:06	3

Veteran Women 40-44

Position	Name	Club/unattached	Time	Hill Race award
26	Katie Beecher	Les Croupiers RC	57:46	1
45	Sally Lock	Unattached	62:30	2

Veteran Women 45-49

Position	Name	Club/unattached	Time	Hill Race award
90	Susannah Bulpin	San Domenico RC	67:58	1
98	Cath Tailby	Penarth & Dinas R	68:36	2

Veteran Women 50+

Position	Name	Club/unattached	Time	Hill Race award
111	Jan Edwards	Pontypridd Roadents	69:54	1

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Men

Daniel Bodman (Aberdare Valley, SM, 46:03) won by three minutes. His fourth senior win at the event, matching the victories of Julian Baker (Les Croupiers) and Peter Ryder (Cardiff AAC). It was good to see Julian competing again this year, as an M50 and finishing 18th.

Senior Men

Position	Name	Club/unattached	Time	Hill Race award
1	Daniel Bodman	Aberdare Valley AAC	46:03	1
2	John Howells	Pontypridd Roadents	49:04	2
3	Darren Bishop	Pontypridd Roadents	49:04	3

Veteran Men 40-44

Position	Name	Club/unattached	Time	Hill Race award
10	Robert John	Micky Morris RT	54:08	1
11	Gethin Edwards	Pontyclun Road R	54:28	2

Veteran Men 45-49

Position	Name	Club/unattached	Time	Hill Race award
21	Adrian Pearce	Ogmore Pheonix R	57:20	1
40	Ian Macklin	Mynyddwyr de Cymru	61:48	2

Veteran Men 50+

Position	Name	Club/unattached	Time	Hill Race award
7	Stefan Simms	Micky Morris RT	51:12	1

South Wales Regional Hill running championships

Sadly, Regional Chairman Dai Williams and Secretary Jamie Clode experienced problems with the new system that they were using to check regional eligibility and were unable to make any presentations on the night.