

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

Wednesday, April 25<sup>th</sup>, 2012

Cold, wet, dark & gloomy

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Thanks to all the athletes who competed at this 26<sup>th</sup> staging of the Pentyrch Hill Race, and to everyone who helped with the organisation, especially organiser John Gough.

Apologies if any of the names of athletes are not quite right. Some of the handwriting was very difficult to read. Please let me know if any names need to be changed – or, indeed, if there are any errors in the results.

Given the horrible weather conditions, it was a minor miracle that 134 athletes turned up to compete – and finish. That was one more than last year, but slightly down on the previous highest of 141 in 2010 – both years when the event was held in dry conditions.

With 'local lad' Peter Ryder (Cardiff AAC), winner for the last four years, missing from the starting line, Hugh Aggleton became the pre-race favourite. The Cardiff Harlequins/MDC runner, 8<sup>th</sup> in 2008 and second in both 2009 and 2010, did not disappoint, finishing in a time of 47:31 for victory by over 50 seconds from Gareth Green (San Domenico) with Krzysztof Chrosteu (48:41) in third place.

After a temporary blip last year, when he was beaten by Stefan Simms (Griffithstown), it was back to winning ways in the master men category for Taffs Well resident Peter Coles (Pontypridd Roadents), his eighth success in nine years.

There were an encouraging number of women taking part – 26 – with the top three places filled by master athletes. Niki Morgan (Chepstow, 57:35) was the first to finish, in 31<sup>st</sup> place, with Maria Coultas (Newbury, 58:12) and Kathryn Vaughan (Outdoor Fitness, 58:32) in 33<sup>rd</sup> and 34<sup>th</sup>.

It was good to see the support from local clubs – Les Croupiers, Pontypridd Roadents, San Domenico and Outdoor Fitness – as, for the fourth consecutive year, the event included the South Wales Regional Hill Running championships, with individual and team medals on offer. Following a post race scrutiny of the entries, the provisional results are listed below. Athletes from Outdoor Fitness claimed the club's first regional medals at this event.

### **South Wales Regional Results**

**Senior Men:** 1 Hugh Aggleton (Cardiff Harlequins); 2 Gareth Green (San Domenico); 3 Geraint Lewis (Porthcawl Runnerslife): **Teams:** 1 San Domenico (Gareth Green, Andy Gardiner, Jonty Davies) 12; 2 Outdoor Fitness (Mark Horsman, Jay Hoffman, Gareth Evans) 38

**Master Men:** 1 Peter Coles (Pontypridd Roadents); 2 Nick Frost (Pontypridd Roadents); 3 Julian Carter (MDC): **Teams:** 1 Pontypridd Roadents (Peter Coles, Nick Frost, Gwyn Lloyd) 16; 2 San Domenico (Glyn Sansom, John Diffey, Guy Mawson) 19; 3 Les Croupiers (Richard Self, Simon Hazel, Mick Tabor)

**Senior Women:** 1 Claire Beatty (Les Croupiers) – only 1 finisher: No teams

**Master Women:** 1 Kathryn Vaughan (Outdoor Fitness); 2 Julia Becker (Les Croupiers); 3 Cheryl Hugdell (Outdoor Fitness): **Teams:** 1 Outdoor Fitness (Kathryn Vaughan, Cheryl Hugdell, Angela Hall) 15; 2 Les Croupiers (Julia Becker, Julie Scholey, Caroline Dallimore) 16

The provisional date for next year's event is Tuesday, April 30<sup>th</sup>.

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Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	SW	W35	W40	W45	W50+	South Wales	SM	M40+	SW	W35+
1	60	47:31	Hugh Aggleton	Cardiff Harlequins	SM	1										Y	1			
2	133	48:23	Gareth Green	San Domenico RC	SM	2										Y	2			
3	81	48:41	Krzysztof Chrosteu	Unattached	SM	3										X				
4	135	49:06	Daryll Barnby	Fairwater Runners	SM	4										X				
5	134	49:21	Thomas Burden	Unattached	SM	5										X_R				
6	103	49:30	Peter Coles	Pontypridd Roadents	M45			1								Y		1		
7	109	50:19	Geraint Lewis	Porthcawl Runnerslife	SM	6										Y	3			
8	147	50:54	Matt Stott	Chepstow Harriers	SM	7										X				
9	90	51:04	Richard Johnson	Mynydd Du	SM	8										X				
10	61	51:57	Nick Frost	Pontypridd Roadents	M50				1							Y		2		
11	146	52:14	Andy Gardiner	San Domenico RC	SM	9										Y	4			
12	138	52:54	Julian Carter	Mynyddwyr de Cymru	M40		1									Y		3		
13	143	53:42	Andrew Jones	Unattached	SM	10										X				
14	78	53:49	Rhodri Evans	Pontypridd Roadents	SM	11										Y	5			
15	127	54:16	Jonty Davies	San Domenico	SM	12										Y	6			
16	120	54:23	Daf Davies	Vegan Runners	SM	13										Y	7			
17	45	54:30	Andrew Morrison	Swansea Harriers	SM	14										Y_B	8			
18	106	54:51	Karl James	Unattached	M45			2								X				
19	154	55:32	Dimitri Vorres	Mynydd Du	M45			3								X				
20	42	55:37	Sean O'Connor	Unattached	SM	15										X_R				
21	48	55:41	Christopher Hobson	Newbury AC	SM	16										X				
22	104	56:23	Luke Richards	Unattached	SM	17										X				
23	155	56:29	Glyn Sansom	San Domenico RC	M50				2							Y		4		
24	99	56:31	James White	San Domenico RC	SM	18										Y	9			
25	122	57:11	Morris Attard	Outdoor Fitness	SM	19										X				
26	168	57:17	Steve Harrhy	Lliserwy	M40		2									X				
27	94	57:20	Richard Self	Les Croupiers	M45			4								Y		5		
28	151	57:24	Mark Jones	Unattached	SM	20										X_B				
29	66	57:33	Simon Thomas	Unattached	SM	21										X				
30	68	57:34	Phil Adams	Neath Harriers	M50				3							Y		6		
31	124	57:35	Niki Morgan	Chepstow Harriers	W45									1		X				
32	170	58:04	Matt Hooper	Les Croupiers	SM	22										Y	10			
33	47	58:12	Marie Coultas	Newbury AC	W35							1				X				
34	44	58:32	Kathryn Vaughan	Outdoor Fitness	W40								1			Y				1
35	126	58:35	Mick Archer	Unattached	M45			5								X				
36	166	58:57	John Appleton	Les Croupiers	SM	23										X				
37	50	59:00	John Diffey	San Domenico RC	M45			6								Y		7		
38	84	59:03	Guy Mawson	San Domenico RC	M40		3									Y		8		
39	108	59:06	Simon Hazel	Les Croupiers	M40		4									Y		9		
40	92	59:14	Mick Tabor	Les Croupiers	M55					1						Y		10		
41	132	59:22	David Stubbs	Unattached	M50				4							X				
42	82	59:50	Nick Dallimore	Les Croupiers	M55					2						Y		11		
43	65	59:52	Howard Kent	Les Croupiers	M55					3						Y		12		
44	72	60:04	Gwyn Lloyd	Pontypridd Roadents	M55					4						Y		13		
45	53	60:13	Janos Guta	Unattached	SM	24										X				
46	165	60:29	Jonathan Davies	Islwyn	M40		5									X				
47	169	60:35	Nick Simms	Cardiff Harlequins	SM	25										X				

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Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	SW	W35	W40	W45	W50+	South Wales	SM	M40+	SW	W35+
48	137	60:37	Gareth Gibb	Mynyddwyr de Cymru	M45			7								X				
49	158	60:40	Katie Roby	Mynyddwyr de Cymru	SW						1					X				
50	110	60:44	Claire Beatty	Les Croupiers	SW						2					Y			1	
51	157	61:03	Steve Ironside	Unattached	SM	26										X				
52	64	61:18	Mark Horsman	Outdoor Fitness	SM	27										Y	11			
53	162	61:24	Andy Stott	Mynyddwyr de Cymru	M50				5							X				
54	119	61:27	Julia Becker	Les Croupiers	W35							2				Y				2
55	71	61:28	Jay Hoffman	Outdoor Fitness	SM	28										Y	12			
56	123	61:30	Lou Summers	Chepstow Harriers	M40		6									X				
57	74	61:33	Cheryl Huddell	Outdoor Fitness	W35							3				Y				3
58	139	61:47	Kim Wehden	Islwyn RC	M50				6							X				
59	131	61:57	Stuart Edgar	Outdoor Fitness	SM	29										X				
60	153	62:21	David Thomas	Outdoor Fitness	M45			8								X				
61	85	62:22	Andrew Blair	Les Croupiers	M45			9								Y		14		
62	93	62:25	Robin Smith	Unattached	SM	30										X				
63	144	62:27	Michael Bunston	Islwyn RC	M40		7									X				
64	38	62:31	Grant Burrows	Unattached	M40		8									X				
65	140	62:44	Kerry Price	Islwyn RC	M50				7							X				
66	43	62:48	Simon Pritchard	Unattached	SM	31										X_B				
67	152	62:53	Gareth Jones	Unattached	SM	32										X				
68	116	63:04	John Magee	Les Croupiers	SM	33										X				
69	102	63:08	Phillip Hughes	San Domenico RC	SM	34										X				
70	100	63:23	Carl Edwards	Pontypridd Roadents	M40		9									Y		15		
71	121	63:38	Marcus Lloyd	Unattached	M40		10									X				
72	89	63:48	James Watson	Unattached	SM	35										X				
73	76	63:48	Alex Seborg	Pontypridd Roadents	SM	36										Y	13			
74	95	63:52	Judith Oakley	Port Talbot Harriers	W45									2		X				
75	51	64:05	Jeremy Theobald	Unattached	SM	37										X				
76	148	64:16	Andrew Dickens	Mynydd Du	M40		11									X				
77	98	64:21	Sally Lock	Unattached	SW						3					X				
78	70	64:24	Ceri-Anne Davies	Pontypridd Roadents	W40								2			Y				4
79	128	64:41	Mick Leroyd	Mynyddwyr de Cymru	M45			10								X				
80	69	64:46	Dominic Shields	San Domenico RC	M45			11								Y		16		
81	77	64:55	Andrew Ellison	Rhondda Valley Runners	SM	38										X				
82	118	65:02	David Williams	Les Croupiers	M45			12								X				
83	114	65:14	Gary Bodman	Les Croupiers	M45			13								X				
84	86	65:17	Richard Baker	Unattached	SM	39										X				
85	141	65:18	Neill Parker	Islwyn RC	M40		12									X				
86	75	65:22	Adam West	Unattached	SM	40										X				
87	145	65:22	Clare Biddlecombe	San Domenico RC	W35							4				Y				5
88	160	65:34	Connor Pigott	Unattached	U20M											X				
89	136	65:41	Chris Selby	Unattached	SM	41										X				
90	141	65:46	Neill Parker	Islwyn RC	M40		13									X				
91	80	65:55	Andy Davies	Pontypridd Roadents	M45			14								Y		17		
92	40	66:45	Andrew Cleverley	Outdoor Fitness	M45			15								Y		18		
93	91	66:55	Stephen Quin	Les Croupiers	M40		14									Y		19		
94	159	67:07	Aisling Pigott	Outdoor Fitness	SW						4					X				

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95	107	67:15	Julie Scholey	Les Croupiers	W50										1	Y				6
96	56	67:32	Glyn Hicks	Islwyn RC	M55					5						X				
97	52	67:38	Justin Jones	Pontypridd Roadents	M40		15									Y		20		
98	63	68:12	Graeme Donnan	Les Croupiers	M55					6						Y		21		
99	101	68:42	Jan Edwards	Pontypridd Roadents	W40								3			Y				7
100	83	69:48	Caroline Dallimore	Les Croupiers	W50										2	Y				8
101	105	69:51	Gavin Griffiths	Bro Dysynni	SM	42										Y_R	14			
102	117	70:06	Kirsty Roberts	Les Croupiers	SW						5					X				
103	46	70:09	Gareth Evans	Outdoor Fitness	SM	43										Y	15			
104	167	70:11	Jane Ash	Les Croupiers	W35							5				Y				9
105	150	70:13	Stephen Wood	Pegasus RC	SM	44										X				
106	67	71:40	Dafydd Davies	Outdoor Fitness	SM	45										Y	16			
107	156	71:47	Neil Stephens	Unattached	SM	46										X				
108	54	72:27	Tracy Edwards	Rhondda Valley Runners	W45									3		Y				10
109	96	73:02	Ray James	Port Talbot Harriers	M50				8							X				
110	79	73:14	Stephanie Davies	Pontypridd Roadents	U20W											X				
111	163	73:16	Gill Stott	Mynyddwyr de Cymru	W50										3	X				
112	125	73:39	Annie Stanford	Unattached	U20W											X				
113	41	74:17	Nigel Pearce	Unattached	M45			16								X				
114	97	74:27	Karen Hackwell	Unattached	W40								4			X				
115	142	74:50	James Hobbs	Unattached	M40		16									X				
116	49	75:04	Huw Thomas	Unattached	M40		17									X				
117	113	77:23	Kim Howard Williams	Cardiff Harlequins	M55					7						X				
118	87	78:25	Gareth Withers	Cardiff Harlequins	M50				9							X				
119	37	78:31	Dewi Hughes	Unattached	M55					8						X				
120	62	78:53	Pauline James	Mynyddwyr de Cymru	W50										4	X				
121	39	78:59	Luke Heslop	Unattached	SM	47										X				
122	161	79:48	Rhiannon Law	Outdoor Fitness	SW						6					X				
123	164	79:49	Charlotte Goodwin	Unattached	SW						7					X_B				
124	55	80:32	Paul Tebbutt	Unattached	M45			17								X				
125	57	81:18	Angela Hall	Outdoor Fitness	W45									4		Y				11
126	130	83:03	Angharad Pocock	Outdoor Fitness	SW						8					X				
127	58	83:38	Deiniol Williams	Pegasus RC	M55					9						X				
128	88	84:03	Charlie Harris	Cardiff Harlequins	M55					10						X				
129	112	84:04	John Gwatkin	Cardiff Harlequins	M55					11						X				
130	129	84:18	Tim Webb	Pegasus RC	M55					12						X				
131	59	84:21	Tony Carzana	Pegasus RC	M55					13						Y		22		
132	111	86:05	Arny Williams	Cardiff Harlequins	M55					14						X				
133	115	92:10	Sian Eleri Fudge	Outdoor Fitness	SW						9					X				
134	73	96:01	Rory McKerlich	Unattached	SM	48										X				