

31st Pentyrch Hill Race – provisional results

Tuesday, April 25th, 2017

Dry, sunny, Very windy & cold

Pentyrch Hill Race results

South Wales Regional results

No	Time	Name	Club	Pentyrch Hill Race results										South Wales Regional results						
				AgeG	SM	M40	M45	M50+	SW	W40	W45	W50+	SoWal	SM	M40-49	M50+	SW	W40-49	W50+	
1	13	43:47	Daniel Bodman	Aberdare Valley AAC	SM	1								Y	1					
2	181	46:29	Matthew Grantham	Micky Morris RT	JM	2								N						
3	70	46:45	Samuel Gregory	Unattached	SM	3								N						
4	199	47:41	Dave Lawson	Unattached	SM	4								N						
5	37	48:19	Matt Stott	Mynyddwyr de Cymru	SM	5								N						
6	186	48:21	James Nunn	Cardiff Triathletes	M40		1							N						
7	53	48:56	Jake Brooke-Smith	Pontypridd Roadents	JM	6								Y	2					
8	22	49:19	Richard Wilder	San Domenico RC	M40		2							Y		1				
9	139	49:20	John Jackson	Les Croupiers RC	SM	7								Y	3					
10	180	49:32	Natasha Cockram	Micky Morris RT	SW					1				N						
11	75	49:54	Stephen Bartlett	Pontypridd Roadents	M45			1						N						
12	57	50:03	Gethin Powell	White Rock Runners	SM	8								Y	4					
13	46	50:12	Thomas Walters	Unattached	SM	9								N						
14	25	50:16	Andrew How	Hendre Lake RC	SM	10								Y	5					
15	190	50:33	David Penney	Unattached	SM	11								N						
16	238	50:34	James Page	Cardiff Triathletes	SM	12								N						
17	221	50:34	Nicholas Lewis	White Rock Runners	SM	13								Y	6					
18	71	51:10	Tom Cromarty	Cardiff Triathletes	SM	14								N						
19	1	51:15	Alun Wood	Mynydd Du	SM	15								N						
20	183	51:31	Daniel Thirft	Caerphilly Runners	SM	16								N						
21	112	51:50	Wayne Beynon	Unattached	SM	17								N						
22	63	51:53	Elliot Dunley	Bridgend AC	SM	18								Y	7					
23	74	52:00	Justin Phillips	Pontypridd Roadents	M40		3							N						
24	160	52:02	Philip Williams	Pontypridd Roadents	M40		4							Y		2				
25	217	52:38	Anthony Bannon	San Domenico RC	SM	19								Y	8					
26	179	52:44	James Manson	Cardiff Triathletes	M40		5							N						
27	14	52:48	Josh Dixon	Les Croupiers RC	SM	20								N						
28	200	53:05	Andrew Jones	Unattached	M40		6							N						
29	210	53:36	James Williams	Unattached	SM	21								N						
30	103	53:39	Jamie Clode	Bridgend AC	SM	22								Y	9					
31	123	53:42	Liam Osborne	Bridgend AC	SM	23								N						
32	146	54:18	Mark Buxton	Mynyddwyr de Cymru	SM	24								N						
33	72	54:23	Neil Jones	Pontyclun RR	SM	25								N						
34	44	54:26	Chris Medcalf	San Domenico RC	M40		7							Y		3				

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No	Time	Name	Club	AgeG	SM	M40	M45	M50+	SW	W40	W45	W50+	SoWal	SM	M40-49	M50+	SW	W40-49	W50+	
35	115	54:39	Malcolm O'Brien	Unattached	SM	26							N							
36	208	54:53	Howard Owen	Unattached	SM	27							N							
37	130	54:59	Phil Read	Unattached	M40		8						N							
38	223	55:23	Adrian Woods	Mynydd Du	M55			1					N							
39	39	55:30	Paul Dodd	Chepstow Harriers	M55			2					N							
40	55	55:34	James Bruce	Les Croupiers RC	M40		9						N							
41	140	55:36	Daniel Harrison	Unattached	SM	28							N							
42	231	55:40	Andrew Brasington	Ebbw Vale RC	M50			3					N							
43	17	55:45	Simon Thomas	San Domenico RC	M40		10						Y		4					
44	85	55:46	Luke Williams	San Domenico RC	SM	29							Y	10						
45	196	55:58	Hopcyn Matthews	Unattached	SM	30							N							
46	83	56:03	Gethin Edwards	Pontyclun RR	SM	31							N							
47	173	56:12	Adam Wardle	Cardiff Triathletes	SM	32							N							
48	108	56:12	Alistair Downes	San Domenico RC	SM	33							N							
49	243	56:23	James Davies	South Wales Police	SM	34							N							
50	54	56:29	Helen Brown	Mynydd Du	W40					1			N							
51	68	56:30	David Place	Unattached	M50			4					N							
52	147	56:32	Ian Ogilvie	Brackla Harriers	M50			5					Y			1				
53	167	56:46	Matthew Hooper	Les Croupiers RC	SM	35							Y	11						
54	191	56:48	John Seaward	San Domenico RC	SM	36							N							
55	65	56:49	Gareth Jones	Pontypridd Roadents	SM	37							N							
56	26	56:50	Kristian Walters	Pontypridd Roadents	SM	38							N							
57	121	56:57	Gary Davies	Mynyddwyr de Cymru	SM	39							N							
58	224	56:59	Nathan Kersley	Pont-Y-Pwl Runners	SM	40							N							
59	175	57:20	Oliver Lamford	Mynyddwyr de Cymru	SM	41							N							
60	104	57:25	Patrick Tudor	Unattached	SM	42							N							
61	234	57:30	Ade White	Islwyn RC	M50			6					N							
62	58	57:42	John Aggleton	Mynyddwyr de Cymru	M60			7					Y			2				
63	20	57:44	Jonathan North	Unattached	SM	43							N							
64	192	57:47	Bethan Hawksley	Mynydd Du	SW				2				N							
65	225	57:48	Peter Hopson	San Domenico RC	M45			2					N							
66	93	57:50	Daniel Burgess	Aberystwyth AC	M40		11						N							
67	204	57:52	Matthew Pearce	Unattached	SM	44							N							
68	162	57:54	Oliver Smith	Unattached	SM	45							N							

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69	48	58:07		Huw Thomas	Unattached	M40		12							N							
70	12	58:23		Sally Lock	Unattached	SW					3				N							
71	77	58:24		Kris Powell	Bridgend AC	SM	46								N							
72	43	58:31		Andrew Ellison	Unattached	SM	47								N							
73	9	58:51		Mal Evans	Unattached	M50				8					N							
74	187	58:57		Paul Evans	Cardiff Triathletes	SM	48								N							
75	49	58:59		David Waters	Islwyn RC	M40		13							N							
76	6	59:00		Gareth Thomas	Cardiff Triathletes	SM	49								N							
77	188	59:09		Harry Vercoe	Unattached	SM	50								N							
78	168	59:26		Richard Howells	Unattached	SM	51								N							
79	228	59:30		Tom Duck	Unattached	SM	52								N							
80	202	59:32		Phillip Hughes	San Domenico RC	SM	53								N							
81	45	59:35		Neil Grant	Chepstow Harriers	M65				9					N							
82	227	59:36		Peter Llewellyn	Unattached	SM	54								N							
83	170	59:39		Nathaniel Palmer	Les Croups	M45			3						N							
84	185	59:40		Gwyn Johnson	Pontypridd Roadents	SM	55								Y	12						
85	16	60:12		Richard David Jones	Unattached	M40		14							N							
86	142	60:18		Simon Morgan	Taff Ely Tri	M45			4						Y		5					
87	144	60:22		Andy Pearson	Unattached	M40		15							N							
88	18	60:28		Stephanie Davies	Pontypridd Roadents	SW					4				Y					1		
89	69	60:30		Will Denny	Pontypridd Roadents	M40		16							N							
90	113	60:33		Robert Parker	Pontypridd Roadents	SM	56								N							
91	29	60:34		Adam Evans	Unattached	SM	57								N							
92	8	60:35		Anna Lewis	Unattached	SW					5				N							
93	92	60:51		Jon Thiel	Bridgend AC	SM	58								Y	13						
94	27	61:01		James Harvey	Cardiff Triathletes	SM	59								N							
95	235	61:06		Michael Bunston	Islwyn RC	M45			5						N							
96	4	61:07		Dominic Shields	San Domenico RC	M50				10					Y			3				
97	193	61:09		Andrew Hawksley	Mynydd Du	SM	60								N							
98	99	61:13		Jamie Bishop	Pontypridd Roadents	SM	61								N							
99	21	61:26		Glyn Drucker	Caerphilly Runners	M45			6						N							
100	137	61:28		David Harden	Unattached	SM	62								N							
101	76	61:33		Steve Paskell	Pontyclun RR	M40		17							N							
102	100	61:39		John McGurkin	Unattached	SM	63								N							

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103	218	61:43		Alan Stone	Mynyddwyr de Cymru	M55				11					N							
104	242	61:44		Richard Weber	South Wales Police	M45			7						N							
105	114	61:45		Sean McNally	Unattached	SM	64								N							
106	36	61:46		Paul Watts	Unattached	M40		18							N							
107	155	61:47		Cath Tailby	Penarth & Dinas Runners	W45							1		Y						1	
108	106	61:49		Michael Wing	Unattached	SM	65								N							
109	109	61:55		James White	San Domenico RC	M40		19							Y		6					
110	95	62:16		Stephen May	Pontypridd Roadents	M45			8						N							
111	124	62:20		Stephen West	Unattached	SM	66								N							
112	78	62:27		Judith Oakley	Vegan Runners	W50								1	N							
113	110	62:30		John Light	Unattached	SM	67								N							
114	201	62:46		Jeremy Theobald	Cardiff Triathletes	M40		20							Y		7					
115	143	62:52		Harry Row	Unattached	SM	68								N							
116	97	63:00		Andy Stott	Mynyddwyr de Cymru	M55				12					N							
117	117	63:16		Adrian Gwilliam	Fairwater Runners	M50				13					N							
118	233	63:20		Kerry Price	Islwyn RC	M55				14					N							
119	150	63:20		Stephen Wood	Pegasus RC	M40		21							Y		8					
120	86	63:24		Ian Bell	San Domenico RC	M55				15					Y			4				
121	230	63:27		Matthew Nightingale	Unattached	SM	69								N							
122	174	63:27		James Grant	Unattached	SM	70								N							
123	94	63:33		Liz May	Pontypridd Roadents	SW					6				N							
124	50	63:36		Rhys Ryland	Unattached	M55				16					N							
125	239	63:47		Marc Recoquille	Unattached	M45			9						N							
126	120	63:48		Ross Youlden	Pontyclun RR	SM	71								N							
127	19	63:49		Christine Farr	Mynyddwyr de Cymru	W40						2			Y						2	
128	189	64:03		Robert Haley	Rhondda Triathlon Club	SM	72								N							
129	158	64:11		Paul Morton	Penarth & Dinas Runners	SM	73								Y	14						
130	80	64:28		Catherine Powell	Pontyclun RR	SW					7				N							
131	161	64:38		Emma Battensby	Mynyddwyr de Cymru	SW					8				N							
132	126	64:52		Adrian Davies	Pontyclun RR	M40		22							N							
133	56	64:56		Alan Matthews	Dragons RC	M55				17					N							
134	23	64:56		Brendan Price	Dragons RC	M40		23							N							
135	166	65:07		Michael Crocker	Unattached	SM	74								N							
136	136	65:17		Jack Caunt	Pentyrch Runners	SM	75								N							

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137	125	65:30		Paul Harvey	Pont-Y-Pwl Runners	SM	76								N							
138	10	65:32		Iestyn Henson	Pontypridd Roadents	M50				18					Y			5				
139	11	65:34		Andy Davies	Pontypridd Roadents	M50				19					Y			6				
140	213	65:34		Adam Johnson	CDF Runners	SM	77								N							
141	169	65:36		Karen Elvers	Mynyddwyr de Cymru	W45							2		Y						3	
142	64	65:38		Mhairi-Clair Stewart	Cardiff Triathletes	SW					9				Y				2			
143	237	65:40		Lucy Dovey	Unattached	W40						3			N							
144	98	65:41		Nicholas Pounder	Pontypridd Roadents	M40		24							N							
145	165	65:45		Dave Smith	Unattached	SM	78								N							
146	244	65:50		Andy Palmer	Unattached	SM	79								N							
147	207	65:59		Hywel Williams	Caerphilly Runners	SM	80								N							
148	226	66:06		Tom Woodall	Unattached	SM	81								N							
149	131	66:07		Richard Jones	Unattached	SM	82								N							
150	216	66:13		Jeanette Jenkins	Fairwater Runners	W55								2	N							
151	5	66:25		Carl Reed	Unattached	SM	83								N							
152	203	66:37		Andrew Underhill	San Domenico RC	SM	84								N							
153	205	66:37		Rhys Evans	Unattached	SM	85								N							
154	172	66:43		Gwyn Jones	Les Croupiers RC	M50				20					N							
155	215	66:50		Martyn Jenkins	Fairwater Runners	M55				21					N							
156	79	66:55		Yvonne Brown	Vegetarian A&CC	W55								3	N							
157	41	67:25		Martin Charles	Pontyclun RR	SM	86								N							
158	182	67:29		Jon James	Pontyclun RR	M40		25							N							
159	129	67:31		Chris Chambost	Pontyclun RR	SM	87								N							
160	87	67:31		Lolly Burvill	Les Croupiers RC	W45							3		Y						4	
161	159	67:41		Malcolm Bradley	Penarth & Dinas Runners	M65				22					N							
162	194	67:51		Adam MacNee	Unattached	SM	88								N							
163	195	67:51		Samuel Willis	Unattached	SM	89								N							
164	151	67:53		Karen Hackwell	Unattached	W45							4		N							
165	66	67:58		Mark Gabb	Cwm Ogwr RC	SM	90								Y	15						
166	7	67:58		Nick Harris	Cwm Ogwr RC	SM	91								N							
167	28	68:05		Leon Elston	Unattached	SM	92								N							
168	2	68:16		Fiona Redmond	Unattached	SW					10				N							
169	184	68:22		Gianmarco Eichittella	Unattached	SM	93								N							
170	107	68:23		Leon Pisari	unattached	SM	94								N							

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171	138	68:29	Peter Dorrington	Pentyrch Runners	SM	95									N							
172	222	68:37	Sharon Woods	Mynydd Du	W55									4	N							
173	141	68:39	Tim Munn	Pontyclun RR	M40			26							N							
174	157	68:41	Hannah Knight	Unattached	SW						11				N							
175	171	68:43	Gareth D Jones	Mynyddwyr de Cymru	M65					23					Y			7				
176	3	68:49	Liam O'Brien	Unattached	SM	96									N							
177	219	68:53	Haydn Griffiths	Mynyddwyr de Cymru	M55					24					N							
178	240	68:55	Simon Cawthorn	Unattached	M45				10						N							
179	111	69:00	Julie Scholey	Les Croupiers RC	W55									5	Y							1
180	30	69:16	Neil Cook	Unattached	M45				11						N							
181	88	69:20	Michelle Amblin	Les Croupiers RC	W40							5			Y					5		
182	60	69:25	Mike Donnelly	Pontyclun RR	M45				12						N							
183	198	69:49	Carys Darie	Unattached	SW						12				N							
184	61	69:54	Mary Beech	Brackla Harriers	W50									6	N							
185	51	69:59	Neil Coleman	Unattached	M50					25					N							
186	89	70:06	Megan Poulson	San Domenico RC	SW						13				Y				3			
187	135	70:10	Becks Williams	Pontyclun RR	W40							6			N							
188	24	70:12	Stephen Blake	Unattached	M50					26					N							
189	84	70:17	Becky Brumbill	Pontyclun RR	SW						14				N							
190	145	70:27	Iona Pearson	Unattached	W40							7			N							
191	148	70:48	Nigel Pearce	Unattached	W50									7	N							
192	105	71:01	Bev Jones	Fairwater Runners	W45								5		N							
193	47	71:08	Juliet Amner	Cwm Ogwr RC	W55									8	Y							2
194	241	71:12	Sian Khalil	Pontypridd Roadents	W50									9	N							
195	62	71:13	Paul Smith	Unattached	SM	97									N							
196	236	71:16	Cerys Ash	Cardiff AAC	W45								6		N							
197	40	71:55	Gavin Hargrave	Unattached	SM	98									N							
198	38	72:13	Lindsey Hunt	Penarth & Dinas Runners	SW						15				N							
199	212	72:32	Charlotte Goodwin	Unattached	SW						16				N							
200	214	72:33	Sarah Dodd	Unattached	W40							8			N							
201	96	73:12	Daniel Morgan	Bridgend AC	SM	99									N							
202	122	73:15	Katie Mortimer-Jones	Pontyclun RR	W40							9			N							
203	15	73:26	Laura Jones	Unattached	W40							10			N							
204	149	73:38	Rhian Durham	Pontypridd Roadents	SW						17				N							

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205	132	74:05		Michael Ellis	Unattached	SM	100								N							
206	32	74:55		Hannah Withers	San Domenico RC	W40						11			N							
207	178	75:04		Claire Manson	Cardiff Triathletes	SW					18				N							
208	102	75:11		Faye Martin	Unattached	SW					19				N							
209	133	75:43		Michael Catling	WFRA	M55				27					N							
210	128	75:55		Neill Parker	Islwyn RC	M45			13						N							
211	232	76:04		Hannah Murch	Unattached	SW					20				N							
212	134	76:37		Lucy McCobb	Pontyclun RR	W40						12			N							
213	163	77:26		Sophie Gott	Hendre Lake RC	W40						13			N							
214	177	77:30		Owain Thomas	Unattached	SM	101								N							
215	42	77:39		Tim Gibbs	Unattached	SM	102								N							
216	118	77:43		Caroline Best	Pontypridd Roadents	SW					21				N							
217	229	77:51		Caroline Nightingale	Vegan Runners	W50								11	N							
218	35	77:56		Andrew Isaac	Unattached	M50				28					N							
219	164	79:00		Anna Helsing	Penarth & Dinas Runners	W50								12	N							
220	59	79:00		Vaughn Gibson	Pontyclun RR	M40		27							N							
221	176	79:56		Rebecca Smith-Williams	Unattached	SW					22				N							
222	73	80:20		Louise Phillips	Pontypridd Roadents	SW					23				N							
223	91	80:37		Miguel Sutcliffe	Pontyclun RR	M45			14						N							
224	127	80:57		Phil Allen	Pegasus RC	M50				29					N							
225	211	81:00		Chris Ahern	CDF Runners	SM	103								N							
226	209	81:00		Ruth Davies	CDF Runners	SW					24				N							
227	156	81:16		Penny Aubrey	Unattached	SW					25				N							
228	101	83:22		Lee Harding	White Rock Runners	SM	104								N							
229	154	83:33		Joanne Lombardi	Unattached	SW					26				N							
230	90	84:02		Hanna Smith	Pontyclun RR	SW					27				N							
231	152	84:25		Timothy Webb	Pegasus RC	M65				30					Y			8				
232	82	85:26		Richard Crock	Vegetarian A&CC	M50				31					N							
233	81	85:27		Jane Llewellyn	Unattached	W60								13	N							
234	220	85:34		Garry Wharmby	Pegasus RC	M50				32					N							
235	116	85:36		Helen Gwilliam	Fairwater Runners	W45							7		N							
236	34	86:52		Chris White	Unattached	SM	105								N							
237	52	86:52		Graham Rowland	Unattached	SM	106								N							
238	33	86:54		Simon Watts	Unattached	M40		28							N							

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239	31	87:05	Katja Empson	Unattached	W40						15			N									
240	119	89:02	Nick Williams	Fairwater Runners	SM	107								N									
241	206	90:27	Louise Reynolds	Pontyclun RR	SW					28				N									
242	197	95:10	Josef Kanderton	Unattached	JM	108								N									
243	153	95:18	Leisa Jones	Unattached	W50								14	N									
244	67	96:42	Peter Dickson	Unattached	M60				33					N									