

25th Pentyrch Hill Race

Tuesday, April 26th, 2011

Dry & sunny but with a chilly East wind.

Thanks to all the athletes who competed at this 25th 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.

The 133 entries was slightly down on the previous highest of 141 in 2010.

Given the recent dry weather, fast times were expected but there was disappointment for local lad Peter Ryder, a former Radyr Comprehensive pupil, who was the first to finish for the third year, but in a time slower than in either of the two previous victories.

Nicky Dukes (Les Croupiers) produced his best-ever performance at the event to claim second spot while Matthew Symes impressed. Taffs Well resident Peter Coles (Pontypridd Roadents, M45), the leading Master at this event for the past seven years, was finally beaten by another master athlete - Stefan Simms (Griffithstown, M40), improving by nearly a minute on his 2010 time to claim fourth place – while Daniel Bodman hacked nearly five minutes off last year's clocking to just beat his Pontypridd team-mate to finish fifth, and retain his u20 top spot..

Brackla Harriers provided the winner of the senior women's race, Charlotte Wells finishing in 26th place, almost 80 seconds ahead of Angela Jones (Mynydd Du, W40), with Cheryl Hugdell (Les Croupiers, W35) completing the top three. A record number of 29 women competed.

Athletes from Les Croupiers formed the biggest club contingent competing – there were 27 of the club's members in action, an increase of five on 2010 – but there were 35 unattached athletes taking part, many of whom have the talent to be quality club runners.

For the third consecutive year, the event included the South Wales Regional Hill Running championships. A post race scrutiny of the entries highlighted an unexpected problem which was not picked up when the awards were issued on the night. In the Pentyrch race, the awards for the men's master age group start with M40 and, as a result, athletes in the M35-39 category are listed as 'senior men' on the entry and on the results system. At Regional level, there is only one master category for men and women and both start at 35. This year, a significant number of senior men have reached 'M35' status. The difference in Master Men's age group led to incorrect presentation of Regional awards on the night. The region also provides team awards on the basis of three to score. Only one award was issued on the night – to the Les Croupiers Master Women's team.

South Wales Regional Results

Senior Men: 1 Peter Ryder (Cardiff AAC); 2 Daniel Bodman (Pontypridd); 3 Matthew Wells (Brackla): **No teams**

Master Men (M35+): 1 Nicky Dukes (Les Croupiers); 2 Peter Coles (Pontypridd); 3 Jason Scanlon (Pontypridd): **Team:** 1 Les Croupiers A (1, 4, 5) 10; 2 Pontypridd (2, 3, 7) 12; 3 Les Croupiers B (6, 9, 10) 25; 4 San Domenico (8, 11, 14) 33; 5 Les Croupiers C (12,13, 19) 44

Senior Women: 1 Charlotte Wells (Brackla); 2 Clare Dallimore (Les Croupiers); 3 Anne Follan (Pontypridd): **No teams**

Master Women: 1 Cheryl Hugdell (Les Croupiers); 2 Libby O'Duffy (Les Croupiers); 3 Maria Zubizarreta (Les Croupiers): **Team:** 1 Les Croupiers (1,2, 3) 6

The provisional date for the 2012 Pentyrch Hill Race is Tuesday, April 24th.

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Pos	No	Time	Name	Club	AgeG	SM	M40	M45	M50	M55+	SW	W35	W40-49	W50+	South Wales	SM	M35+	SW	W35+
1	148	45:41	Peter Ryder	Cardiff AAC	SM	1									Y	1			
2	79	47:04	Nick Dukes	Les Croupiers	M35	2									Y		1		
3	107	47:19	Matthew Symes	unnattached	SM	un									N				
4	139	47:23	Stefan Simms	Griffithstown Harriers	M40		1								N				
5	123	47:28	Daniel Bodman	Pontypridd Roadents	JM	JM1									Y	2			
6	101	47:39	Peter Coles	Pontypridd Roadents	M45			1							Y		2		
7	100	48:25	Jason Scanlon	Pontypridd Roadents	M35	3									Y		3		
8	112	48:48	Julian Carter	Les Croupiers	M40		2								Y		4		
9	111	49:08	Matthew Wells	Brackla Harriers	SM	4									Y	3			
10	144	49:28	Sam Ryll	Mynydd Du	SM	5									N				
11	39	49:59	Andrew Hodgson	Brackla Harriers	SM	6									N				
12	173	50:10	Haydn Hartnell	Islwyn	M45			2							N				
13	73	50:30	Matt Hurford	Les Croupiers	M35	7									Y		5		
14	172	50:37	Richard Johnson	Islwyn	SM	8									N				
15	117	51:11	Thomas Shone	unnattached	SM	un									N				
16	45	51:21	Steve Davies	Griffithstown Harriers	M50				1						N				
17	124	51:38	James Richards	Fairwater Runners	SM	9									N				
18	56	51:53	Tom Jeffery	Les Croupiers	SM	10									N				
19	110	52:22	Richard Self	Les Croupiers	M45			3							Y		6		
20	165	52:39	Andy Gardiner	South Wales Police	SM	11									N				
21	70	52:46	Steve Harry	Lliswerry	M45			4							N				
22	177	52:51	Vaughan Edwards	Cardiff Harlequins	SM	12									Y	4			
23	43	53:19	James Bruce	Les Croupiers	SM	13									N				
24	121	53:30	Rhodri Evans	Pontypridd Roadents	M35	14									Y		7		
25	114	54:03	Philip Williams	Islwyn	SM	15									N				
26	40	54:14	Charlotte Wells	Brackla Harriers	SW						1				Y			1	
27	131	54:33	Christian Vaughan-Morris	unnattached	SM	un									N				
28	115	54:34	Glyn Sansom	San Domenico	M45			5							Y		8		
29	134	54:35	Keith James	Lliswerry	SM	16									N				
30	94	54:39	Matt Hopkins	Les Croupiers	SM	17									N				
31	143	54:43	Richard Jones	unnattached	SM	un									N				
32	57	55:03	Neil Lewis	Mynydd Du	M40		3								N				
33	42	55:19	John Morgan	Brackla Harriers	M45			6							N				
34	122	55:26	Michael Davies	unnattached	SM	un									N				
35	59	55:33	Angela Jones	Mynydd Du	W40								1		N				
36	129	55:54	Matthew Hooper	Les Croupiers	JM	JM2									Y	5			
37	72	56:05	Geraint Evans	unnattached	M40		un								N				
38	104	56:06	Nick Dallimore	Les Croupiers	M55					1					Y		9		
39	170	56:06	Andrew Jones	unnattached	M35	un									N				
40	67	56:16	Philip Thomas	Rhondda Tri	SM	18									N				
41	83	56:21	Russell Dobbs	Islwyn	M35	19									N				
42	65	56:25	Alexander Capleton	Les Croupiers	M35	20									Y		10		
43	142	56:46	Johnny Lam	San Domenico	M35	21									Y		11		
44	35	57:05	Howard Kent	Les Croupiers	M55					2					Y		12		

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45	91	57:07	Richie Bristow	San Domenico	M45			7							N				
46	41	57:16	Clive Osmond	Les Croupiers	M50				4						Y		13		
47	44	57:27	Guy Mawson	San Domenico	M40		4								Y		14		
48	95	57:35	Gareth Griffiths	unnattached	M40		un								N				
49	113	57:37	Cheryl Hudgell	Les Croupiers	W35							1			Y				1
50	78	57:39	Gwyn Lloyd	Pontypridd Roadents	M55				3						N				
51	145	58:02	Lisa Blackmore	Outdoor Fitness	W35							2			N				
52	62	58:06	James Delaney	San Domenico	M55				4						N				
53	171	58:08	Cornelius Corcoran	Pontypridd Roadents	M40		5								N				
54	48	58:20	Lou Summers	Chepstow Harriers	W40							2			N				
55	141	58:21	Richard Mordey	San Domenico	M40		6								Y		15		
56	125	58:33	Jonathan Williams	Fairwater Runners	M40		7								Y		16		
57	75	58:41	Dominic Shields	San Domenico	M45			8							Y		17		
58	80	58:48	Alyson Hayes	Les Croupiers	W40							3			N				
59	102	59:00	Steven Hooper	Pontypridd Roadents	M45			9							Y		18		
60	97	59:07	Andrew Proctor	unnattached	M35	un									N				
61	61	59:23	Michael Bunston	Islwyn	M40		8								N				
62	86	59:40	John Magee	Les Croupiers	SM	22									N				
63	119	59:52	Rachel Baker	unnattached	SW							un			N				
64	149	59:55	Andy Davies	Pontypridd Roadents	M45			10							N				
65	58	59:59	Rhys Evans	unnattached	SM	un									N				
66	34	1:00:50	Anne Marie Harris	Mynydd Du	W40							4			N				
67	164	1:01:46	Thomas Murphy	Pontypridd Roadents	JM	JM3									N				
68	90	1:02:12	Darren Shaw	unnattached	SM	un									N				
69	84	1:02:14	Wouter Poortinga	Les Croupiers	M35	23									Y		19		
70	118	1:02:17	David Carroll	unnattached	JM	JM4									N				
71	71	1:02:21	Maria Richards	Islwyn	W35							3			N				
72	116	1:02:38	Dean House	unnattached	M40		un								N				
73	126	1:02:40	Andrew Ellison	Rhondda Valley Runners	SM	24									N				
74	108	1:02:44	Stephen Alexander	Les Croupiers	M40		9								Y		20		
75	105	1:02:50	Clare Dallimore	unnattached	SW							un			N				
76	46	1:02:55	Gareth Evans	Outdoor Fitness	SM	25									N				
77	52	1:03:32	Cain Thomas	Village Vipers	SM	26									N				
78	54	1:03:33	Jon Griffiths	Village Vipers	SM	27									N				
79	127	1:03:51	David McEllinll	unnattached	M35	un									N				
80	93	1:04:24	Daniel Luffman	unnattached	SM	un									N				
81	167	1:04:30	Libby O'Duffy	Les Croupiers	W40							5			Y				2
82	69	1:04:30	Maria Zubizarreta	Les Croupiers	W40							6			Y				3
83	74	1:04:36	Richard Marshall	unnattached	M40		un								N				
84	64	1:04:42	Myles Jordan	unnattached	SM	un									N				
85	50	1:04:45	Dave Wilson	unnattached	SM	un									N				
86	86	1:04:55	John Magee	Les Croupiers	SM	28									N				
87	87	1:05:09	David Williams	Les Croupiers	M45			11							N				
88	147	1:05:12	Nick Pounder	Pontypridd Roadents	SM	29									Y		6		
89	175	1:05:32	Nick Quinn	unnattached	SM	un									N				
90	96	1:05:38	Peter Roberts	Griffithstown Harriers	M50				3						N				

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91	47	1:06:43	Aisling Pigott	unnattached	SW					un					N			
92	85	1:06:45	Roy Silver	Les Croupiers	M50			4							Y		21	
93	51	1:06:48	Jeremy Theobald	unnattached	SM	un									N			
94	146	1:06:50	Carl Edwards	Pontypridd Roadents	M40		10								N			
95	132	1:06:55	Neil Pilliner	unnattached	M40		un								N			
96	38	1:07:13	Graeme Donnan	Les Croupiers	M55				5						Y		22	
97	138	1:07:14	Nick Simms	Cardiff Harlequins	M35	30									N			
98	166	1:07:27	Iwan Jeffreys	unnattached	M40		un								N			
99	81	1:07:52	Duncan Innes	Bristol OK	M45			12							N			
100	109	1:07:58	Stephen Quinn	Les Croupiers	M35	31									N			
101	176	1:08:10	Ute Meister	Mynyddwyr de Cymru	W45						7				N			
102	106	1:08:15	Caroline Dallimore	Les Croupiers	W50							1			Y		2	
103	49	1:08:28	Dick Finch	Chepstow Harriers	M65				6						N			
104	53	1:08:37	Paul Miles	Village Vipers	M40		11								N			
105	68	1:08:57	Kate Hovers	Brecon Tri	W50							2			N			
106	133	1:09:14	Matt Thomas	unnattached	SM	un									N			
107	55	1:09:25	Rob Brown	Chepstow Harriers	M60				7						N			
108	37	1:10:28	Anna Auchterlonie	unnattached	SW					un					N			
109	128	1:10:32	Ross Owen	unnattached	SM	un									N			
110	82	1:10:51	Michael Catling	unnattached	M50			un							N			
111	135	1:11:04	Jane Ash	Les Croupiers	W35						4				N			
112	76	1:11:15	Alan Roberts	Port Talbot Harriers	M55				8						N			
113	136	1:12:33	Anne Follan	Pontypridd Roadents	W40						8				Y		3	
114	174	1:12:42	Tegen Quinn	unnattached	SW					un					N			
115	150	1:12:55	Helen Welch	unnattached	SW					un					N			
116	77	1:13:17	Kirsten Tucker	Port Talbot Harriers	W35						5				N			
117	98	1:13:19	Cecilia Thomas	Outdoor Fitness	W55							3			N			
118	92	1:13:54	Pauline James	unnattached	W50							un			N			
119	33	1:14:43	Angharad Pocock	Outdoor Fitness	SW					2					N			
120	137	1:15:17	John Gwatkin	Cardiff Harlequins	M55				9						N			
121	66	1:15:22	Charlie Harris	Cardiff Harlequins	M60				10						N			
122	36	1:15:27	Paul O'Neill	unnattached	M50			un							N			
123	140	1:16:25	Arny Williams	Cardiff Harlequins	M55				11						N			
124	60	1:16:40	Gareth Withers	Cardiff Harlequins	M50			5							N			
125	88	1:16:42	Ralph Evans	Cardiff Harlequins	M55				12						N			
126	168	1:18:37	Carly Reagon	Les Croupiers	SW					3					N			
127	32	1:19:43	Frank Bowen	unnattached	SM	un									N			
128	99	1:20:40	Heidi Thomas	unnattached	SW					un					N			
129	120	1:20:51	Clare Johnson	Les Croupiers	W65							4			Y		4	
130	63	1:22:24	Michael Jones	Cardiff Triathlon	SM	32									N			
131	31	1:22:25	Huw Thomas	South Wales Police	M40		12								N			
132	169	1:23:37	Elaine Diosi	Pontypridd Roadents	SW					4					N			
dnf	130		Robert Phillips	Pontypridd Roadents	M45													