

25th Pentrych Hill Race

Tuesday, April 26th, 2011

Dry & sunny but with a chilly East wind.

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 Ryall	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 Les	SM	10									N				
19	110	52:22	Richard Self	Croupiers South	M45			3							Y		6		
20	165	52:39	Andy Gardiner	Wales Police	SM	11									N				
21	70	52:46	Steve Harry	Llisbury	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	Llisbury	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				

