

# SOUTH WALES SUMMER HILL SERIES 2005

## MEN

Pos.	Name		M/F	Cat.	Coity		Guto Nyth Bran		Waun Fach		Ras Beca		Machen		Llyn y Fan		Fan Fawr		Total
					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Geoff Oldrid	Aberystwyth AC	M	V50					61.00	88	40.14	94		0	50.40	101	20.45	89	372
2	John Darby	MDC	M	V50	51.10	70	52.33	83	65.50	79			52.32	76	59.12	85	22.21	81	327
3	Phillip Morris	Hereford Couriers	M	V50	62.34	41	52.21	83			45.42	79	52.05	77	58.12	87			326
4	Matthew Collins	MDC	M	S			42.38	105	52.12	104			39.44	106					315
5	Ed Whiting	Cardiff Harlequins	M	S					68.03	75			52.11	77	58.01	87	23.55	73	311
6	Martin Cortvriend	Macclesfield	M	V50					85.06	43	44.23	83	50.49	80	56.52	89			295
7	Julian Matthews	Fairwater	M	S	40.14	98	46.48	96					45.52	91					285
8	Geraint Hussey	Unattached	M	S	51.10	70	57.12	72			48.56	71	57.08	65	71.00	62			278
9	Andrew Jones	Mynydd Du	M	S			41.31	107									17.37	106	214
10	Patrick Wooddisse	MDC	M	S					54.16	100							18.42	100	200
11	Dimitri Vorres	Griffithstown Harriers	M	V40	39.34	99	45.33	98											198
12	Gareth Craft	MDC	M	S											52.07	98	18.56	99	198
13	Julian Carter	Les Croupiers	M	S			47.46	94							49.51	103			196
14	Crispin Flower	Mynydd Du	M	S					55.41	98							19	99	196
15	Douglas Adlam	MDC	M	S											48.54	105	20.45	89	194
16	Russell Mapp	Ludlow	M	V40					62.02	86							20.53	89	175
17	Andy Darby	Newport Harriers	M	V50					61.46	86							21.32	85	172
18	Rhys Williams	MDC	M	S	46.11	82					42.24	88							170
19	John Syms	MDC	M	S					63.59	82							21.01	88	170
20	Dan Booth	MDC	M	S					62.48	84							21.4	85	169
21	Peter Crane	Unattached	M	V40			50.42	87					49.55	82					169
22	Aled Williams	Sarn Helen	M	V40							44.47	82			60.17	83			164
23	Jason Scanlon	Pontypridd Rodents	M	S			50.49	87					51.50	77					164
24	Greg Dainty	Unattached	M	S			51.07	86					52.24	76					162
25	Andy Stott	MDC	M	V40	47.17	80							53.45	73					152
26	Ken Jones	MDC	M	V40					68.23	74			51.31	78					152
27	Martin Lucas	MDC	M	V50											63.51	76	24.10	71	147
28	Stephen Jones	Islwyn	M	V40	51.45	68							52.42	75					144
29	Daniel Thomas	Unattached	M	V40	51.27	69	57.48	71											140
30	David Malatynski	MDC	M	V40					71.21	69			55.37	68					137
31	Eric Meredith	MDC	M	V60					87.31	39					75.54	52	28.55	46	137
32	John Sweeting	MDC	M	V50							50.17	67					24.25	70	137
33	Pete Morfey	Cardiff Harlequins	M	V40					70.36	70							25.08	66	136
34	Glyn Hicks	Islwyn	M	V40			60.18	66					58.08	62					128
35	Neil Lewis	Hereford Couriers	M	S	63.45	38											20.54	89	126
36	Noel Harris	Unattached	M	S			62.12	61					59.47	59					120
37	Andy Mullett	City of Bath AC	M	V50					74.49	62							27.27	54	116
38	Andrew Abbott	Sarn Helen	M	S							35.40	106							106
39	Mark Jennings	Cardiff AC	M	S	37.03	106													106

A runner's best four results to count

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Pos.	Name		M/F	Cat.	Coity		Guto Nyth Bran		Waun Fach		Ras Beca		Machen		Llyn y Fan		Fan Fawr		Total
					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
40	Paul Harper	Great Western Runners	M	S									39.53	106					106
41	Carwyn Thomas	Sarn Helen	M	S							36.20	104							104
42	Dave Gilbert	MDC	M	V50	58.27	51			81.10	51									102
43	Hywell Davies	Unattached	M	S									42.03	100					100
44	Kevin Spilman	Cheltenham	M	V40					54.37	100									100
45	Mark Saunders	MDC	M	V40	39.28	100													100
46	Matthew Gilbert	Wreccsam	M	S					55.03	99									99
47	Phil Adams	Neath Harriers	M	V40	40.03	98													98
48	Haydn Lloyd	Sarn Helen	M	S							38.43	98							98
49	Les Hewitson	Ingli Runners	M	V40							38.48	97							97
50	John Montgomery	Buckley Runners	M	V40					56.07	97									97
51	Stephen Patterson	Pegasus	M	S									43.46	96					96
52	Rob Mullett	Westbury	M	J													19.33	96	96
53	Craig Jones	Eryri	M	S													19.37	95	95
54	Carwyn Phillips	Trots	M	S							39.43	95							95
55	Mike Duxbury	Stroud	M	S													19.44	95	95
56	Colin Lancaster	Ludlow	M	V40					57.30	94									94
57	David Currie	Southampton RC	M	S					57.36	94									94
58	Gareth Williams	Cybi	M	S													19.54	94	94
59	Tom Wye	Unattached	M	S							40.24	93							93
60	Alun Harries	Bois Beca	M	V40							40.36	93							93
61	Dai Richards	MDC	M	V40											55.06	93			93
62	David Burton	Dursley AC	M	V40					58.23	93									93
63	Irfon Thomas	Sarn Helen	M	S							40.52	92							92
64	Ifor Powell	Westbury	M	S													20.17	92	92
65	David Williams	Unattached	M	S									46.06	91					91
66	Max Seff	Hereford Couriers	M	V40									46.08	91					91
67	Simon Sharp	Buckley Runners	M	S					59.22	91									91
68	Andy Bickerstaff	Ranelagh Harriers	M	V40					59.28	91									91
69	Calvin Williams	Sarn Helen	M	V40							41.26	91							91
70	Daniel James	Pontypridd Roadents	M	S			49.14	90											90
71	Matthew Lawson	Chepstow Harriers	M	S					59.50	90									90
72	Kevin Lewis	Neath Harriers	M	V40									46.32	90					90
73	Roger Chamberlain	Sri Chinmoy AC	M	S			49.32	90											90
74	Gwilym Satchell	Unattached	M	S											56.43	89			89
75	Adrian Orringe	Mynydd Du	M	V50			49.41	89											89
76	Alun Williams	Unattached	M	S							41.59	89							89
77	Michael Bridge	Rhondda Road Runners	M	S									47.01	89					89
78	Tony Robson	Pennine FR	M	S													20.55	89	89

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					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
79	Cledwyn Jones	MDC	M	V60	58.12	52			88.54	36									88
80	Phillip Williams	Unattached	M	S									47.32	88					88
81	Chris Addy	Rugby Mountaineering Club	M	S							42.41	87							87
82	Richard Wright	Unattached	M	S					61.21	87									87
83	Alun Williams	Fairwater	M	V40									47.42	87					87
84	Gavin Fisher	Unattached	M	V40			50.40	87											87
85	Graham Jefferies	Cardigan RC	M	V40							42.53	87							87
86	Kevin Betts	Fairwater	M	V40												21.17	87		87
87	Michael Chandler	Pontypridd Roadents	M	V50			50.55	86											86
88	Dorian Jones	Unattached	M	S							43.03	86							86
89	Craig Fowler	Pontypridd Roadents	M	V40			51.08	86											86
90	Simon Blease	Brycheiniog	M	V40												21.25	86		86
91	Glyn Lloyd	Pontypridd Roadents	M	V40			51.15	86											86
92	Mark Bryant	MDC	M	V40												21.28	86		86
93	Thomas Guy	Griffithstown Harriers	M	S	45.07	85													85
94	Calvin Thomas	Islwyn	M	V50									48.33	85					85
95	Owen Derrick	Pembs Harriers	M	S							43.31	85							85
96	Gerard Gormley	Griffithstown Harriers	M	S	45.21	85													85
97	John Diffey	Les Croupiers	M	V40									48.57	84					84
98	Dafydd Richards	Unattached	M	S							43.51	84							84
99	John Aggleton	MDC	M	V50												21.46	84		84
100	Steve Herington	Hereford Couriers	M	V50					63.08	84									84
101	Peter Davies	Sarn Helen	M	V50							44.03	84							84
102	Gary Mikelsen	Unattached	M	S	62.09	42	71.17	41											83
103	Gordon Orme	Birchfield Harriers	M	V60							44.57	81							81
104	Andrew Toft	Unattached	M	V40							45.05	81							81
105	Adrian Woods	Mynydd Du	M	V40			53.32	81											81
106	Ray Davies	Pontypridd Roadents	M	V40			53.32	81											81
107	Chris Ashworth	Dursley AC	M	V50					64.56	81									81
108	Luke Richards	Unattached	M	S			53.45	80											80
109	Peter Burne	MDC	M	S												22.36	80		80
110	Mark Dunscombe	Sarn Helen	M	V40							45.40	79							79
111	Richard Williams	Gwent Police	M	S			54.15	79											79
112	Gwyn Lloyd	Pontypridd Rodents	M	V50									51.09	79					79
113	Andrew Mather	Pembs Tri	M	S							45.50	79							79
114	Richard Bromley	Dursley AC	M	V50					65.54	79									79
115	Jim Redmond	Unattached	M	S							45.57	79							79
116	Stephen Force	Unattached	M	V40									51.24	78					78
117	John Burt	Dursley AC	M	S					66.10	78									78

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Pos.	Name		M/F	Cat.	Coity		Guto Nyth Bran		Waun Fach		Ras Beca		Machen		Llyn y Fan		Fan Fawr		Total
					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
118	Dewi Jones	Trots	M	V50							46.07	78							78
119	Gareth Jones	Sarn Helen	M	S							46.08	78							78
120	Shane Wilde	Islwyn	M	V40									51.41	78					78
121	Martin Green	Forest of Dean	M	V40					66.46	77									77
122	Norman Jones	MDC	M	V40	48.42	76													76
123	Lyn Rees	Sarn Helen	M	V50							46.56	76							76
124	Keith Firkin	Ranelagh Harriers	M	V40					67.50	75									75
125	Luke Malarz	Chepstow Harriers	M	S									52.52	75					75
126	Gareth Jones	Chepstow Harriers	M	V50									52.53	75					75
127	John Sinnett	Pembrokeshire Harriers	M	V40									52.57	75					75
128	Stephen Tweedale	Sarn Helen	M	V40							47.27	75							75
129	Matt Mead	Unattached	M	S							47.35	74							74
130	Paul Rees	Machen RFC	M	S									53.21	74					74
131	David Allen	Wye Valley Runners	M	V40					68.40	74									74
132	David Wood	Dursley AC	M	V40					68.50	73									73
133	Gareth Llewellyn	Unattached	M	S									53.31	73					73
134	Gareth Davies	Fittlewirth Flyers	M	S							48.03	73							73
135	Richard Wall	Hereford Couriers	M	V40									53.40	73					73
136	Robert Walter	Unattached	M	V40							48.07	73							73
137	Clive Evans	Aberystwyth AC	M	V50							48.08	73							73
138	Jim Cooper	Trots	M	V40							48.15	73							73
139	Dick Finch	MDC	M	V60					69.24	72									72
140	Chris Thomas	MDC	M	V50													24.03	72	72
141	Patrick Sullivan	Islwyn	M	S									54.12	72					72
142	John Morris	Buckley Runners	M	V60					69.45	72									72
143	Martin Brock	Unattached	M	S			57.45	71											71
144	Lyndon Currie	Dartford Road Runners	M	V40									54.52	70					70
145	Dave Hill	NWRC	M	V50													24.22	70	70
146	Peter Ainsworth	Unattached	M	V40							49.17	70							70
147	Andrew Blackmore	MDC	M	S									55.02	70					70
148	Darren Stevens	Unattached	M	S									55.09	69					69
149	Douglas Davies	Llandovery Roadents	M	V40					70.59	69									69
150	Richard Davies	Cardigan Squash Club	M	S							49.28	69							69
151	Cenydd Powell	Unattached	M	S							49.33	69							69
152	Peter Nicholas	Unattached	M	V40							49.37	69							69
153	P Nesbitt	Rugby Mountaineering Club	M	V40							49.44	69							69
154	John Schlann	Unattached	M	S									55.47	68					68
155	Tim Jones	MDC	M	S			59.14	68											68
156	Roland Sherwood	Ingli Runners	M	V60							50.03	68							68

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Pos.	Name		M/F	Cat.	Coity		Guto Nyth Bran		Waun Fach		Ras Beca		Machen		Llyn y Fan		Fan Fawr		Total
					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
157	Les Pugh	MDC	M	V50	64.09	37							71.45	30					67
158	Lee Williams	Unattached	M	S									56.21	67					67
159	Iwan Adams-Lewis	Cardigan Town FC	M	S							50.29	67							67
160	Mark Roblin	Unattached	M	S							50.31	67							67
161	Jeff Rees	Neath Harriers	M	V50											68.35	66			66
162	Gary Evans	Blaenafon Joggers	M	V50											68.36	66			66
163	Graham Wood	Ludlow	M	V40					72.40	66									66
164	John Robinson	Pontypridd Rodents	M	S									56.36	66					66
165	Brian Healey	Cardigan RC	M	V50							50.46	66							66
166	Chris Williams	Unattached	M	V40									56.46	66					66
167	Steve Brown	MDC	M	V50													25.13	66	66
168	Kevin Russell	South Wales Police	M	V40									56.49	66					66
169	Mike Woods	Unattached	M	S									56.53	65					65
170	Ross Powell	WFRA	M	V50													25.27	64	64
171	Darren Marshman	Unattached	M	S									57.44	63					63
172	Keith Paterson	Pegasus	M	V60									57.47	63					63
173	Chris Bache	Unattached	M	S									58.01	63					63
174	Mike Hodges	Trots	M	V50							52.04	62							62
175	John Battersby	MDC	M	V70											82.50	39	33.04	24	62
176	Richard Simpson	Unattached	M	S									58.17	62					62
177	Fred Yearsley	Dursley AC	M	V50					75.04	62									62
178	Leigh Lawry	Unatt	M	S													25.58	62	62
179	Rhys Lewis	Unattached	M	S									58.40	61					61
180	John Korowajczyk	Cheltenham	M	S					75.48	61									61
181	William Harman	Unattached	M	S							52.53	60							60
182	Tony Phillips	Griffithstown Harriers	M	V50	54.56	60													60
183	Malcolm Maskell	Unattached	M	V40							53.30	59							59
184	Lyndon Sutton	Unattached	M	V50									60.04	58					58
185	Richard Scalon	Unattached	M	V50							53.48	58							58
186	Richard Llewellyn	Unattached	M	S									60.11	58					58
187	Alan Johnstone	Ingli Runners	M	V50							54.14	57							57
188	Doug Webb	Unattached	M	V40									61.38	54					54
189	Ian Turnbull	FOD	M	V70													27.22	54	54
190	Chris Harry	Unattached	M	S			66.36	52											52
191	Adrian Moir	MDC	M	V40					81.00	51									51
192	Peter Browne	Griffithstown Harriers	M	V50	58.31	51													51
193	Harry Duff	Unattached	M	V40									63.29	50					50
194	Gareth Evans	Blaenafon Joggers	M	V50					81.48	50									50
195	David Phillips	Pembs Harriers	M	V50							57.31	48							48

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					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
196	Steve Brown	Unattached	M	S							57.34	48							48
197	Bill Ridge	Unattached	M	V40							57.52	47							47
198	Steve Hill	Penarth & Dinas	M	V50									65.30	45					45
199	Neil Thomas	Islwyn	M	S			69.43	45											45
200	Barnaby Brown	Unattached	M	S							58.57	44							44
201	Malcolm Parker	Islwyn	M	V50			69.54	44											44
202	Gary Dale	Unattached	M	S			70.12	43											43
203	Mark Thwaites	Unattached	M	V40									66.21	43					43
204	Damien Kelly	Unattached	M	S							59.44	42							42
205	Eric Bailey	Chepstow Harriers	M	V50									66.45	42					42
206	David Crawford	Unattached	M	V40							59.48	42							42
207	Justin Evans	Unattached	M	S							59.52	42							42
208	Mike Dovelad	Unattached	M	V40							60.14	41							41
209	Ros Douglas	Unattached	M	S							60.15	41							41
210	Tony Goddard	Taff Ely Triathlon Club	M	S									67.24	41					41
211	Tony Davies	Unattached	M	V50							61.15	38							38
212	Andrew Evans	Mersey Tri	M	V40							62.05	36							36
213	Gareth Buffett	MDC	M	V50					92.55	29.08									29
214	John Plowman	Unattached	M	V60									72.56	27					27
215	Julian Collins	Unattached	M	J							66.23	25							25
216	Jennifer Stone	Unattached	M	S			79.20	23											23
217	John Slack	Unattached	M	V40			79.20	23											23
218	Neil Pugh	Unattached	M	S			79.20	23											23
219	Rhys Morris	Unattached	M	J							68.30	19							19
220	Andrew Thompson	Griffithstown Harriers	M	V40	74.11	11													11
221	Peter Langley	Griffithstown Harriers	M	V50	74.11	11													11
222	Edward Newman	Unattached	M	V50									81.59	6					6
223	Geoff Clegg	WFRA	M	V70												43.49	1		1
224	Graham Williams	Unattached	M	V60							82.20	1							1
225	Robin Parsons	Lliswerry Runners	M	V70									93.38	1					1
226	Peter Townend	Unattached	M	V50									84.30						1

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