

**SOUTH WALES SUMMER HILL SERIES 2005
FINAL RESULT**

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	Naomi Law	Unattached	F	S					74.11	64					63.25	76	24.52	67	207
11	Patrick Wooddisse	MDC	M	S					54.16	100							18.42	100	200
12	Dimitri Vorres	Griffithstown Harriers	M	V40	39.34	99	45.33	98											198
13	Gareth Craft	MDC	M	S											52.07	98	18.56	99	198
14	Julian Carter	Les Croupiers	M	S			47.46	94							49.51	103			196
15	Crispin Flower	Mynydd Du	M	S					55.41	98							19	99	196
16	Douglas Adlam	MDC	M	S											48.54	105	20.45	89	194
17	Russell Mapp	Ludlow	M	V40					62.02	86							20.53	89	175
18	Andy Darby	Newport Harriers	M	V50					61.46	86							21.32	85	172
19	Rhys Williams	MDC	M	S	46.11	82					42.24	88							170
20	John Syms	MDC	M	S					63.59	82							21.01	88	170
21	Dan Booth	MDC	M	S					62.48	84							21.4	85	169
22	Peter Crane	Unattached	M	V40			50.42	87					49.55	82					169
23	Aled Williams	Sarn Helen	M	V40							44.47	82			60.17	83			164
24	Jason Scanlon	Pontypridd Rodents	M	S			50.49	87					51.50	77					164
25	Greg Dainty	Unattached	M	S			51.07	86					52.24	76					162
26	Angela Jones	Mynydd Du	F	V40			51.52	84	67.12	76									161
27	Andy Stott	MDC	M	V40	47.17	80							53.45	73					152
28	Ken Jones	MDC	M	V40					68.23	74			51.31	78					152
29	Martin Lucas	MDC	M	V50											63.51	76	24.10	71	147
30	Stephen Jones	Islwyn	M	V40	51.45	68							52.42	75					144
31	Sharon Woods	Mynydd Du	F	V40	51.23	69	57.50	71											140
32	Daniel Thomas	Unattached	M	V40	51.27	69	57.48	71											140
33	David Malatynski	MDC	M	V40					71.21	69			55.37	68					137
34	Mandy Jones	Islwyn	F	V40	51.20	69							55.54	68					137
35	Eric Meredith	MDC	M	V60					87.31	39					75.54	52	28.55	46	137
36	Emma Bayliss	Griffithstown Harriers	F	S	51.36	69			71.33	68									137
37	John Sweeting	MDC	M	V50							50.17	67					24.25	70	137
38	Pete Morfey	Cardiff Harlequins	M	V40					70.36	70							25.08	66	136
39	Ellie Salisbury	Eryri	F	V40					75.34	61							24.30	69	130

A runner's best four results to count

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FINAL RESULT**

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	Glyn Hicks	Islwyn	M	V40			60.18	66					58.08	62					128
41	Neil Lewis	Hereford Couriers	M	S	63.45	38											20.54	89	126
42	Noel Harris	Unattached	M	S			62.12	61					59.47	59					120
43	Andy Mullett	City of Bath AC	M	V50					74.49	62							27.27	54	116
44	Helen Bennett	Unattached	F	S					81.26	50							26.15	60	110
45	Andrew Abbott	Sarn Helen	M	S							35.40	106							106
46	Mark Jennings	Cardiff AC	M	S	37.03	106													106
47	Paul Harper	Great Western Runners	M	S									39.53	106					106
48	Carwyn Thomas	Sarn Helen	M	S							36.20	104							104
49	Dave Gilbert	MDC	M	V50	58.27	51			81.10	51									102
50	Christine Tanner	Griffithstown Harriers	F	V40	59.03	50	66.27	52											101
51	Hywell Davies	Unattached	M	S									42.03	100					100
52	Kevin Spilman	Cheltenham	M	V40					54.37	100									100
53	Mark Saunders	MDC	M	V40	39.28	100													100
54	Matthew Gilbert	Wreccsam	M	S					55.03	99									99
55	Phil Adams	Neath Harriers	M	V40	40.03	98													98
56	Haydn Lloyd	Sarn Helen	M	S							38.43	98							98
57	Les Hewitson	Ingli Runners	M	V40							38.48	97							97
58	John Montgomery	Buckley Runners	M	V40					56.07	97									97
59	Stephen Patterson	Pegasus	M	S									43.46	96					96
60	Rob Mullett	Westbury	M	J													19.33	96	96
61	Craig Jones	Eryri	M	S													19.37	95	95
62	Carwyn Phillips	Trots	M	S							39.43	95							95
63	Mike Duxbury	Stroud	M	S													19.44	95	95
64	Colin Lancaster	Ludlow	M	V40					57.30	94									94
65	David Currie	Southampton RC	M	S					57.36	94									94
66	Gareth Williams	Cybi	M	S													19.54	94	94
67	Tom Wye	Unattached	M	S							40.24	93							93
68	Alun Harries	Bois Beca	M	V40							40.36	93							93
69	Dai Richards	MDC	M	V40											55.06	93			93
70	David Burton	Dursley AC	M	V40					58.23	93									93
71	Irfon Thomas	Sarn Helen	M	S							40.52	92							92
72	Ifor Powell	Westbury	M	S													20.17	92	92
73	David Williams	Unattached	M	S									46.06	91					91
74	Max Seff	Hereford Couriers	M	V40									46.08	91					91
75	Simon Sharp	Buckley Runners	M	S					59.22	91									91
76	Andy Bickerstaff	Ranelagh Harriers	M	V40					59.28	91									91
77	Calvin Williams	Sarn Helen	M	V40							41.26	91							91
78	Daniel James	Pontypridd Roadents	M	S			49.14	90											90

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					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
79	Matthew Lawson	Chepstow Harriers	M	S					59.50	90									90
80	Kevin Lewis	Neath Harriers	M	V40									46.32	90					90
81	Roger Chamberlain	Sri Chinmoy AC	M	S			49.32	90											90
82	Gwilym Satchell	Unattached	M	S											56.43	89			89
83	Adrian Orringe	Mynydd Du	M	V50			49.41	89											89
84	Alun Williams	Unattached	M	S							41.59	89							89
85	Michael Bridge	Rhondda Road Runners	M	S									47.01	89					89
86	Russell Mapp	Ludlow Runners	M	V40													20.53	89	89
87	Tony Robson	Pennine FR	M	S													20.55	89	89
88	Cledwyn Jones	MDC	M	V60	58.12	52			88.54	36									88
89	Phillip Williams	Unattached	M	S									47.32	88					88
90	Chris Addy	Rugby Mountaineering Club	M	S							42.41	87							87
91	Richard Wright	Unattached	M	S					61.21	87									87
92	Alun Williams	Fairwater	M	V40									47.42	87					87
93	Gavin Fisher	Unattached	M	V40			50.40	87											87
94	Jessica Turnbull	Cheltenham	F	S					61.27	87									87
95	Graham Jefferies	Cardigan RC	M	V40							42.53	87							87
96	Kevin Betts	Fairwater	M	V40													21.17	87	87
97	Michael Chandler	Pontypridd Roadents	M	V50			50.55	86											86
98	Dorian Jones	Unattached	M	S							43.03	86							86
99	Craig Fowler	Pontypridd Roadents	M	V40			51.08	86											86
100	Simon Blease	Brycheiniog	M	V40													21.25	86	86
101	Glyn Lloyd	Pontypridd Roadents	M	V40			51.15	86											86
102	Mark Bryant	MDC	M	V40													21.28	86	86
103	Thomas Guy	Griffithstown Harriers	M	S	45.07	85													85
104	Calvin Thomas	Islwyn	M	V50									48.33	85					85
105	Owen Derrick	Pembs Harriers	M	S							43.31	85							85
106	Gerard Gormley	Griffithstown Harriers	M	S	45.21	85													85
107	John Diffey	Les Croupiers	M	V40									48.57	84					84
108	Dafydd Richards	Unattached	M	S							43.51	84							84
109	John Aggleton	MDC	M	V50													21.46	84	84
110	Steve Herington	Hereford Couriers	M	V50					63.08	84									84
111	Peter Davies	Sarn Helen	M	V50							44.03	84							84
112	Gary Mikelsen	Unattached	M	S	62.09	42	71.17	41											83
113	Shan Roberts	Ingli Runners	F	S							44.56	81							81
114	Gordon Orme	Birchfield Harriers	M	V60							44.57	81							81
115	Andrew Toft	Unattached	M	V40							45.05	81							81
116	Adrian Woods	Mynydd Du	M	V40			53.32	81											81
117	Ray Davies	Pontypridd Roadents	M	V40			53.32	81											81

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					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
118	Chris Ashworth	Dursley AC	M	V50					64.56	81									81
119	Luke Richards	Unattached	M	S			53.45	80											80
120	Peter Burne	MDC	M	S												22.36	80		80
121	Emma Turner	Mynydd Du	F	S			54.07	79											79
122	Mark Dunscombe	Sarn Helen	M	V40							45.40	79							79
123	Alice Bedwell	MDC	F	V40	47.25	79													79
124	Richard Williams	Gwent Police	M	S			54.15	79											79
125	Gwyn Lloyd	Pontypridd Rodents	M	V50									51.09	79					79
126	Andrew Mather	Pembs Tri	M	S							45.50	79							79
127	Richard Bromley	Dursley AC	M	V50					65.54	79									79
128	Jim Redmond	Unattached	M	S							45.57	79							79
129	Christine Currie	Southampton RC	F	S					66.06	78									78
130	Stephen Force	Unattached	M	V40									51.24	78					78
131	John Burt	Dursley AC	M	S					66.10	78									78
132	Dewi Jones	Trots	M	V50							46.07	78							78
133	Brenda Jones	Bro Dysynni AC	F	V60					86.59	40							30.22	38	78
134	Gareth Jones	Sarn Helen	M	S							46.08	78							78
135	Shane Wilde	Islwyn	M	V40									51.41	78					78
136	Martin Green	Forest of Dean	M	V40					66.46	77									77
137	Norman Jones	MDC	M	V40	48.42	76													76
138	Lyn Rees	Sarn Helen	M	V50							46.56	76							76
139	Lynn Green	Ingli Runners	F	V40							47.05	76							76
140	Rebecca Harris	Unattached	F	S			55.50	76											76
141	Keith Firkin	Ranelagh Harriers	M	V40					67.50	75									75
142	Luke Malarz	Chepstow Harriers	M	S									52.52	75					75
143	Gareth Jones	Chepstow Harriers	M	V50									52.53	75					75
144	John Sinnett	Pembrokeshire Harriers	M	V40									52.57	75					75
145	Stephen Tweedale	Sarn Helen	M	V40							47.27	75							75
146	Matt Mead	Unattached	M	S							47.35	74							74
147	Paul Rees	Machen RFC	M	S									53.21	74					74
148	David Allen	Wye Valley Runners	M	V40					68.40	74									74
149	David Wood	Dursley AC	M	V40					68.50	73									73
150	Gareth Llewellyn	Unattached	M	S									53.31	73					73
151	Jane Buck	Cardigan RC	F	V40							47.56	73							73
152	Gareth Davies	Fittlewirth Flyers	M	S							48.03	73							73
153	Richard Wall	Hereford Couriers	M	V40									53.40	73					73
154	Robert Walter	Unattached	M	V40							48.07	73							73
155	Clive Evans	Aberystwyth AC	M	V50							48.08	73							73
156	Liz Francis	Unattached	F	S			57.07	73											73

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					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
157	Jim Cooper	Trots	M	V40							48.15	73							73
158	Dick Finch	MDC	M	V60					69.24	72									72
159	Chris Thomas	MDC	M	V50													24.03	72	72
160	Patrick Sullivan	Islwyn	M	S									54.12	72					72
161	John Morris	Buckley Runners	M	V60					69.45	72									72
162	Maggie Hughes	Unattached	F	S									54.19	71					71
163	Martin Brock	Unattached	M	S			57.45	71											71
164	Lyndon Currie	Dartford Road Runners	M	V40									54.52	70					70
165	Dave Hill	NWRC	M	V50													24.22	70	70
166	Peter Ainsworth	Unattached	M	V40							49.17	70							70
167	Andrew Blackmore	MDC	M	S									55.02	70					70
168	Darren Stevens	Unattached	M	S									55.09	69					69
169	Douglas Davies	Llandovery Roadents	M	V40					70.59	69									69
170	Richard Davies	Cardigan Squash Club	M	S							49.28	69							69
171	Cenydd Powell	Unattached	M	S							49.33	69							69
172	Peter Nicholas	Unattached	M	V40							49.37	69							69
173	P Nesbitt	Rugby Mountaineering Club	M	V40							49.44	69							69
174	John Schlann	Unattached	M	S									55.47	68					68
175	Tim Jones	MDC	M	S			59.14	68											68
176	Roland Sherwood	Ingli Runners	M	V60							50.03	68							68
177	Julie Davies	Griffithstown Harriers	F	S			59.28	67											67
178	Les Pugh	MDC	M	V50	64.09	37							71.45	30					67
179	Sue Ashton	Chepstow Harriers	F	V50					72.26	67									67
180	Lee Williams	Unattached	M	S									56.21	67					67
181	Iwan Adams-Lewis	Cardigan Town FC	M	S							50.29	67							67
182	Mark Roblin	Unattached	M	S							50.31	67							67
183	Jeff Rees	Neath Harriers	M	V50											68.35	66			66
184	Gary Evans	Blaenafon Joggers	M	V50											68.36	66			66
185	Graham Wood	Ludlow	M	V40					72.40	66									66
186	John Robinson	Pontypridd Rodents	M	S									56.36	66					66
187	Brian Healey	Cardigan RC	M	V50							50.46	66							66
188	Chris Williams	Unattached	M	V40									56.46	66					66
189	Steve Brown	MDC	M	V50													25.13	66	66
190	Kevin Russell	South Wales Police	M	V40									56.49	66					66
191	Jane Williams	Cardigan RC	F	S							50.53	66							66
192	Mike Woods	Unattached	M	S									56.53	65					65
193	Maggie Oliver	Eryri	F	V50													25.19	65	65
194	Frances Williams	Cardiff AC	F	V40											69.37	64			64
195	Ross Powell	WFRA	M	V50													25.27	64	64

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					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
196	Darren Marshman	Unattached	M	S									57.44	63					63
197	Keith Paterson	Pegasus	M	V60									57.47	63					63
198	Melanie Evans	Unattached	F	S							51.55	63							63
199	Penelope Ann Rees	Trots	F	S							51.57	63							63
200	Chris Bache	Unattached	M	S									58.01	63					63
201	Mike Hodges	Trots	M	V50							52.04	62							62
202	John Battersby	MDC	M	V70											82.50	39	33.04	24	62
203	Hannah Jarvis	Les Croupiers	F	S									58.12	62					62
204	Richard Simpson	Unattached	M	S									58.17	62					62
205	Fred Yearsley	Dursley AC	M	V50					75.04	62									62
206	Leigh Lawry	Unatt	M	S													25.58	62	62
207	Rhys Lewis	Unattached	M	S									58.40	61					61
208	John Korowajczyk	Cheltenham	M	S					75.48	61									61
209	William Harman	Unattached	M	S							52.53	60							60
210	Tony Phillips	Griffithstown Harriers	M	V50	54.56	60													60
211	Lon Morgan	Trots	F	V40							53.01	60							60
212	Malcolm Maskell	Unattached	M	V40							53.30	59							59
213	Lyndon Sutton	Unattached	M	V50									60.04	58					58
214	Richard Scalon	Unattached	M	V50							53.48	58							58
215	Richard Llewellyn	Unattached	M	S									60.11	58					58
216	Laura Sell	Dartford Road Runners	F	S									60.20	57					57
217	Jessica Carey	Unattached	F	S							54.04	57							57
218	Rebecca Edwards	Unattached	F	S							54.10	57							57
219	Alan Johnstone	Ingli Runners	M	V50							54.14	57							57
220	Daniela Woodbridge	Fairwater	F	S													27.14	55	55
221	Doug Webb	Unattached	M	V40									61.38	54					54
222	Ian Turnbull	FOD	M	V70													27.22	54	54
223	Chris Harry	Unattached	M	S			66.36	52											52
224	Adrian Moir	MDC	M	V40					81.00	51									51
225	Peter Browne	Griffithstown Harriers	M	V50	58.31	51													51
226	Harry Duff	Unattached	M	V40									63.29	50					50
227	Gareth Evans	Blaenafon Joggers	M	V50					81.48	50									50
228	Kate Hovers	Brecon AC	F	V40											78.00	48			48
229	David Phillips	Pembs Harriers	M	V50							57.31	48							48
230	Steve Brown	Unattached	M	S							57.34	48							48
231	Bill Ridge	Unattached	M	V40							57.52	47							47
232	Theresa Woolley	Centurion Running Club	F	V40									65.07	46					46
233	Steve Hill	Penarth & Dinas	M	V50									65.30	45					45
234	Neil Thomas	Islwyn	M	S			69.43	45											45

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					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
235	Barnaby Brown	Unattached	M	S							58.57	44							44
236	Malcolm Parker	Islwyn	M	V50			69.54	44											44
237	Gary Dale	Unattached	M	S			70.12	43											43
238	Jane Batten	Unattached	F	S							59.21	43							43
239	Mark Thwaites	Unattached	M	V40									66.21	43					43
240	Damien Kelly	Unattached	M	S							59.44	42							42
241	Eric Bailey	Chepstow Harriers	M	V50									66.45	42					42
242	David Crawford	Unattached	M	V40							59.48	42							42
243	Marion Pohl	Unattached	F	V40					85.58	42									42
244	Justin Evans	Unattached	M	S							59.52	42							42
245	Mike Dovelad	Unattached	M	V40							60.14	41							41
246	Ros Douglas	Unattached	M	S							60.15	41							41
247	Tony Goddard	Taff Ely Triathlon Club	M	S									67.24	41					41
248	Tony Davies	Unattached	M	V50							61.15	38							38
249	Julie Suff	Hereford Couriers	F	S									68.44	37					37
250	Andrew Evans	Mersey Tri	M	V40							62.05	36							36
251	Andrea Mageean	Chester Tru	F	S							62.05	36							36
252	Caryl Davies	Sarn Helen	F	J							62.26	35							35
253	Helen Duffield	Chepstow Harriers	F	S					91.07	32									32
254	Vanessa Lawson	Chepstow Harriers	F	S					91.22	32									32
255	Amanda Edgeworth	Unattached	F	S	66.02	32													32
256	Ceri Jones	Unattached	F	S	66.02	32													32
257	Gareth Buffett	MDC	M	V50					92.55	29.08									29
258	John Plowman	Unattached	M	V60									72.56	27					27
259	Julian Collins	Unattached	M	J							66.23	25							25
260	Denise Fitzgerald Davies	Unattached	F	V40									74.30	24					24
261	Jennifer Stone	Unattached	M	S			79.20	23											23
262	John Slack	Unattached	M	V40			79.20	23											23
263	Neil Pugh	Unattached	M	S			79.20	23											23
264	Alison Morgan	Unattached	F	S			79.20	23											23
265	Jane Morris	Unattached	F	S							67.58	20							20
266	Rhys Morris	Unattached	M	J							68.30	19							19
267	Jane Mapp	Ludlow Runners	F	V40												34.06	18		18
268	Tessa Cooper	Trots	F	V40							69.30	16							16
269	Joanna Sharp	Ludlow	F	V40					100.21	15									15
270	Elaine Davies	Unattached	F	V40									78.32	14					14
271	Tracey Newman	Les Croupiers	F	S									78.37	14					14
272	Andrew Thompson	Griffithstown Harriers	M	V40	74.11	11													11
273	Peter Langley	Griffithstown Harriers	M	V50	74.11	11													11

A runner's best four results to count

**SOUTH WALES SUMMER HILL SERIES 2005
FINAL RESULT**

				Coity		Guto Nyth Bran		Waun Fach		Ras Beca		Machen		Llyn y Fan		Fan Fawr			
Pos.	Name		M/F	Cat.	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Total
274	Sian Jenkins	Sarn Helen	F	J							72.01	10							10
275	Edward Newman	Unattached	M	V50									81.59	6					6
276	Ella Carey	Unattached	F	S							73.42	5							5
277	Geoff Clegg	WFRA	M	V70													43.49	1	1
278	Graham Williams	Unattached	M	V60							82.20	1							1
279	Robin Parsons	Lliswerry Runners	M	V70									93.38	1					1
280	Anne Follan	Pontypridd Rodents	F	S									93.11	1					1
281	Sheila Lloyd	WFRA	F	V50													43.36	1	1
282	Peter Townend	Unattached	M	V50									84.30						0

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