

FRA Inter-Counties Championship 2016

Moel Eilio Saturday 14th May 2016

SENIOR AND UNDER 23 MEN

(Open Runners not counted in Inter-County placings)

Pos	No	Time	Name	Club (if known)	County	Cat	Pos	
							U/23	Snr
1	639	60.31	Ben Mounsey	Calder Valley Fell Runners	Yorkshire	MSnr		1
2	624	60.51	Simon Bailey	Mercia Fell Runners	Staffordshire	MSnr		2
3	560	60.54	Chris Smith	Thames Valley Harriers	Middlesex	MSnr		3
4	533	61.05	Maximilian Nicholls	Tonbridge AC	Kent	MU/23	1	4
5	638	62.15	Tom Adams	Ilkley Harriers	Yorkshire	MSnr		5
6	526	62.27	Chris Farrell	Horwich RMI Harriers	Greater Manchester	MSnr		6
7	646	63.10	Alex Pilcher	Derby AC	Derbyshire	MSnr		7
8	606	63.15	Andy Fallas	Carnethy HRC	Scotland East	MSnr		8
9	569	63.18	Harry Coates	Wallsend Harriers / North East	North East	MSnr		9
10	657	63.29	Tim Davies	Mercia Fell Runners	North Wales	MSnr		10
11	524	63.31	Tom McGuinness	East Cheshire Harriers	Greater Manchester	MU/23	2	11
12	643	63.54	Rob Jebb		Yorkshire	MSnr		12
13	173	64.33	Mathew Roberts	Calder Valley Fell Runners	-			
14	545	64.36	Chris Holdsworth		Lancashire	MSnr		13
15	587	64.53	William McKee	Northern Ireland	Northern Ireland	MSnr		14
16	651	64.56	Gareth Wyn Hughes	Mercia Fell Runners	North Wales	MSnr		15
17	637	64.58	Tom Saville	Dark Peak Fell Runners	Yorkshire	MU/23	3	16
18	658	65.12	Gary Priestley	Salford Harriers	Lancashire	MSnr		17
19	618	65.21	Jon Bowie	Mercia Fell Runners	Shropshire	MSnr		18
20	577	65.31	Russell Bentley	Rhedwyr Eryri Harriers	North Wales	MSnr		19
21	608	65.43	Sam Alexander	Westerlands CCC	Scotland West	MSnr		20
22	655	65.45	Jack Wood	Ilkley Harriers	Yorkshire	MSnr		21
23	609	65.51	Kenny Richmond	Shettleston	Scotland West	MSnr		22
24	611	65.56	Mark Sutherland	Westerlands CCC	Scotland West	MSnr		23
25	626	66.03	Rob Little	Dark Peak Fell Runners	Staffordshire	MSnr		24
26	536	66.06	Julian Rendall	Tonbridge AC	Kent	MSnr		25
27	620	66.11	Peter Ryder	Cardiff AAC	South Wales	MSnr		26
28	501	66.21	Felix McGrath	Westbury Harriers	Avon and Somerset	MU/23	4	27
29	504	66.34	George Foster	Dundee Hawkhill Harriers	Central Scotland	MSnr		28
30	584	66.44	Zak Hanna	Northern Ireland	Northern Ireland	MU/23	5	29
31	627	66.47	William Neill	Mercia Fell Runners	Staffordshire	MSnr		30
32	648	66.53	Billy Cartwright	Matlock AC	Derbyshire	MSnr		31
33	578	67.53	Richard Roberts	Rhedwyr Eryri Harriers	North Wales	MSnr		32
34	607	67.58	Alastair Thurlbeck	Glasgow University Hares and Hounds	Scotland West	MU/23	6	33
35	659	68.15	Alistair Murray	Horwich RMI Harriers	Greater Manchester	MSnr		34
36	576	68.17	Owen Roberts	Rhedwyr Eryri Harriers	North Wales	MU/23	7	35
38	585	69.11	Shane Donnelly	Northern Ireland	Northern Ireland	MSnr		36
39	119	69.27	Jez Brown	Buckley	-			
40	634	69.28	Connor Carson	Kenilworth Runners	Warwickshire	MSnr		37
41	543	69.31	Callum Davidson		Lancashire	MU/23	8	38
42	593	70.04	Andrew Stuart	Beeston AC	Nottinghamshire	MSnr		39
43	604	70.11	Liam Braby	Carnethy HRC	Scotland East	MU/23	9	40
44	549	70.25	Jason Williams	Hermitage Harriers rc	Leicestershire	MSnr		41
45	590	70.36	Bradley Gram-Hansen	Redhill road runners	Nottinghamshire	MSnr		42

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							U/23	Snr
46	586	70.45	David Hicks	Northern Ireland	Northern Ireland	MSnr		43
47	528	70.48	Simon Pymm	Horwich RMI Harriers	Greater Manchester	MSnr		44
48	509	71.08	Martin Cliffe	Rhedwyr Eryri Harriers	Cheshire	MSnr		45
49	548	71.13	Adam Taylor	Dark Peak Fell Runners	Leicestershire	MSnr		46
50	132	71.29	Dyfed Whiteside Thomas	Rhedwyr Eryri Harriers	-			
51	640	71.43	Nicholas Barber	Pennine Fell Runners	Derbyshire	MSnr		47
52	633	71.48	Lloyd Biddell	Mercia Fell Runners	Warwickshire	MSnr		48
53	28	71.51	Tim Budd	Glossopdale Harriers	-			
54	557	71.55	Victor Mound	Highgate Harriers	Middlesex	MU/23	10	49
55	17	71.57	Dylan Griffiths	Rhedwyr Hebog	-			
56	556	72.05	John Hunt	Wirral AC	Merseyside	MSnr		50
59	647	72.32	Gary Bailey	Northern Ireland	Northern Ireland	MSnr		51
60	512	72.37	Karl Steinegger	Cheshire	Cheshire	MSnr		52
61	42	72.38	Mark Davies	North Wales Road Runners	-			
62	147	72.39	Chris Jackson	Glossopdale Harriers	-			
63	567	72.40	William Robson	North Shields Polytechnic	North East	MU/23	11	53
64	617	72.44	Simon Adney	Mercia Fell Runners	Shropshire	MSnr		54
66	592	72.52	Anthony Squire	Holme Pierrepont Running Club	Nottinghamshire	MSnr		55
67	503	72.58	Graeme Campbell	Ochil Hill Runners	Central Scotland	MSnr		56
68	61	73.03	John Parkinson	Rhedwyr Eryri Harriers	-			
69	554	73.23	Phil Robertson	Wirral AC	Merseyside	MU/23	12	57
70	518	73.30	John Yells	Edinburgh University Hare and Hounds	Devon	MSnr		58
71	129	73.31	Dewi Owen	Rhedwyr Eryri Harriers	-			
73	120	73.44	Shaun Davies	Rhedwyr Eryri Harriers	-			
74	555	73.48	Lawrence Eccles	Penny Lane Striders	Merseyside	MSnr		59
75	636	74.03	Richard Simkiss	mcarkissendurance	Warwickshire	MSnr		60
76	19	74.07	Richard Williams		-			
77	535	74.09	Christian Poulton	Cambridge Harriers	Kent	MSnr		61
78	158	74.40	Craig Jones	Rhedwyr Eryri Harriers	-			
79	645	74.46	Tim Shieff	Derby AC	Derbyshire	MSnr		62
81	175	75.01	Michael Corrales	NWRRRC	-			
82	625	75.05	David Bethell	City of Stoke	Staffordshire	MSnr		63
83	162	75.10	Neil Ashcroft	Ambleside AC	-			
84	568	75.16	Scott Ellis		North East	MSnr		64
86	169	75.20	Johnny Moore	Rhedwyr Eryri Harriers	-			
88	654	75.27	Virgil Barton	Mercia Fell Runners	Shropshire	MSnr		65
89	511	75.34	Jim O'Hara	Helsby Running Club	Cheshire	MSnr		66
90	121	75.37	Simon Edwards	Buckley	-			
93	619	76.05	Glen Speake	Shropshire	Shropshire	MSnr		67
96	115	76.17	Phil Lynes	Hebog	-			
97	605	76.18	Lucas Cheskin	Moorfoot Runners	Scotland East	MU/23	13	68
99	181	76.45	Arthur Livesey		-			
100	599	76.49	Henry Hart		Oxfordshire	MU/23	14	69
101	598	76.57	Jonty de la Harpe		Oxfordshire	MU/23	15	70
102	13	76.06	Ifan Jones	Rhedwyr Eryri Harriers	-			
103	45	76.14	Emlyn Owen	Rhedwyr Eryri Harriers	-			
104	570	76.18	David Moir	Tyne Bridge Harriers	North East	MSnr		71
105	151	76.27	Malcolm Davies	Hebog	-			

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							U/23	Snr
106	65	77.48	Llion Iwan	Rhedwyr Eryri Harriers	-			
107	99	78.13	Russell Owen	Rhedwyr Eryri Harriers	-			
111	86	79.08	Paul Jeggo	Springfield	-			
114	25	79.38	Ross Roberts	Rhedwyr Eryri Harriers	-			
115	171	80.01	Gary House	Runstrong	-			
116	37	80.26	Phillip Roberts	Helsby Running Club	-			
117	150	80.51	Goronwy Hughes	Hebog	-			
120	542	81.10	Danny Collinge		Lancashire	MU/23	16	72
121	128	81.20	Huw Owen	Rhedwyr Eryri Harriers	-			
122	148	81.39	Christian Russel-Pollock		-			
123	41	81.54	Ben Fletcher	Helsby Running Club	-			
124	113	82.03	John Aggleton	MDC	-			
125	122	82.21	Andy Pritchard	Buckley	-			
126	616	82.26	Jack Agnew	Mercia Fell Runners	Shropshire	MU/23	17	73
127	600	82.33	Roger Thetford	Oxfordshire	Oxfordshire	MSnr		74
128	571	82.35	John Tollitt	Northumberland Fell Runners	North East	MSnr		75
129	34	82.47	Chris Baynham-Hughes	Helsby Running Club	-			
131	534	82.53	Stephen Hodges	Cambridge Harriers	Kent	MSnr		76
132	47	82.56	Gwion Williams	Rhedwyr Eryri Harriers	-			
133	91	83.01	Vic Belshaw	Denbigh Harriers	-			
134	116	83.04	Ed Harmer	Rhedwyr Eryri Harriers	-			
135	149	83.10	Derek Weaver	Rhedwyr Eryri Harriers	-			
136	78	83.12	Jeremy Randell	Meirionnydd Running Club	-			
140	165	84.09	Iwan Edgar	Rhedwyr Eryri Harriers	-			
141	139	84.14	Gary Williams	Rhedwyr Eryri Harriers	-			
143	530	84.34	Michael Burgess	Tring Running Club	Hertfordshire	MSnr		77
144	11	84.41	Kieran Lewis		-			
145	20	84.46	Barnaby Crawshaw	Pennine Fell Runners	-			
146	124	84.52	Michael Reynolds	Mercia Fell Runners	-			
147	16	84.58	Ralph Pawling	Pensby Runners	-			
148	70	84.59	Mark Agnew	Mercia Fell Runners	-			
150	98	85.15	Arwel Lewis	Rhedwyr Eryri Harriers	-			
151	154	85.21	Chris Wilcox	Clwydian Range Runners	-			
153	176	85.24	Gary Porter-Jones	Rhedwyr Eryri Harriers	-			
154	650	85.27	Clem Dixon	Cambridge Harriers	Kent	MSnr		78
155	547	85.40	Thomas Snowden	OWLS Ac	Leicestershire	MSnr		79
156	153	85.52	Alan Duncan	Bowland FR	-			
158	641	85.57	Paul Woolhouse	Southwell RC	Nottinghamshire	MSnr		80
161	66	86.26	Rob Crane		-			
162	177	86.38	Glen Davies	Mercia Fell Runners	-			
163	164	86.56	Leon Davzes	NWRRC	-			
164	559	87.09	Andrew Owen	London Heathside	Middlesex	MSnr		81
165	529	87.15	Simon Barnett	Tring Running Club	Hertfordshire	MSnr		82
167	31	87.20	Elfyn Hughes	Rhedwyr Hebog	-			
169	90	87.34	Aled Owen		-			
171	137	88.20	Steven Toogood	Buckley	-			
172	156	88.23	Eilir Evans		-			
175	80	88.46	Stephen Emanuel		-			

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176	130	88.48	Guto Edwards	Rhedwyr Eryri Harriers	-			
180	180	89.04	David Livesey		-			
182	64	89.07	Ben Beachell	Rhedwyr Eryri Harriers	-			
183	107	89.08	Michael Kelly	Leighton Buzzard Athletic	-			
184	106	89.28	David Marham	Leighton Buzzard Athletic	-			
185	531	89.30	Ian Gower	Tring Running Club	Hertfordshire	MSnr		83
186	101	89.32	Martin Green	Maldwyn Harriers	-			
187	134	89.39	Richard Borne	Mysteruns Off-Roaders	-			
189	77	90.06	Emlyn Roberts	Rhedwyr Eryri Harriers	-			
190	2	90.08	Nathan Price		-			
191	22	90.28	Tom Albiston		-			
194	532	90.44	Jon Salmon	Tring Running Club	Hertfordshire	MSnr		84
195	183	90.46	Rob Barber	Wrexham	-			
196	157	91.10	Graham David	Mysteruns Off-Roaders	-			
198	170	91.17	Rhys Tudur		-			
201	102	91.35	Nich Bradley	Meirionnydd Running Club	-			
205	97	91.55	Dylan Huws		-			
207	163	92.07	Saul Cluer		-			
208	109	92.33	Paul Tucker		-			
211	108	92.52	Steven Marham	Leighton Buzzard Athletic	-			
213	138	92.58	Peter Roberts	Buckley	-			
214	6	93.05	Oliver Rowe	Mercia Fell Runners	-			
217	40	93.21	Nick Jones	Rhedwyr Eryri Harriers	-			
218	103	93.37	David Gould	Mercia Fell Runners	-			
223	100	95.05	Kean Rowlands	Rhedwyr Eryri Harriers	-			
227	123	95.40	Emyr Gibson	Rhedwyr Eryri Harriers	-			
228	127	96.10	Matthew Larmour	Southville RC	-			
236	74	98.38	Tim Palmer	Helsby Running Club	-			
238	94	99.44	Duncan Jones	Denbigh Harriers	-			
240	63	100.05	Jim Tinnion	Mercia Fell Runners	-			
241	179	100.06	David Ellis	Cybi Striders	-			
243	133	100.14	John Humphries	Mysteruns Off-Roaders	-			
246	144	100.42	Kevin Lane	Rhedwyr Eryri Harriers	-			
247	58	100.44	Gareth Ellis		-			
248	93	100.45	Kenny Forster	Spectrum Striders	-			
249	73	101.03	Jim Jones	Helsby Running Club	-			
252	7	101.20	Thomas Mollekin	Mynydd Du	-			
253	59	102.22	Steven Allport		-			
254	81	102.37	David York	Tattenhall Runners	-			
256	140	102.56	John Morris	Buckley	-			
260	178	104.56	Graham McVey		-			
261	126	105.02	Jeremy H Williams	Rhedwyr Eryri Harriers	-			
264	160	105.28	William Evans		-			
265	118	105.43	Harri Roberts	Rhedwyr Eryri Harriers	-			
266	146	105.51	Pete Hill	Altrincham & District	-			
267	105	106.05	Ian Marshall	Cambridge Harriers	-			
268	161	106.26	Gary Gunner	Croft Ambrey	-			
271	36	106.54	Gary Clarke	Oswestry Olympians	-			

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							U/23	Snr
272	38	106.57	Stuart Elliott		-			
273	72	107.31	Richard Taylor	Blackburn Harriers	-			
279	502	110.53	Alan Roberts	Vale of Aylesbury	Buckinghamshire	MSnr		85
281	15	112.26	John Whitehead	Helsby Running Club	-			
282	135	114.07	David Wright	Bangor University	-			
284	174	116.28	Eddie Lesniak	Achille Ratti CC	-			
285	112	116.29	Alwyn Oliver	Rhedwyr Eryri Harriers	-			
290	541	DNF	Jacob Boyle		Lancashire	MU/23		
291	525	DNF	Michael Cayton	Horwich RMI Harriers	Greater Manchester	MSnr		