

# The FRA Inter-Counties Championship 2015 at Betws-y-Coed on Saturday 16th May 2015

## Junior Women - Under 16 — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time				
1	2	Scarlet Dale	Cumbria	21:57	9	13 Shauna Williamson	Lancashire	24:51
2	9	Jemima Elgood	Yorkshire	22:09	10	6 Annabelle McQueen	North Wales	25:01
3	3	Helen Thornhill	Derbyshire	22:58	11	5 Heather Corden	Gtr Manchester	25:15
4	8	Erica Byram	Yorkshire	23:09	12	12 Alice Pier	Lancashire	26:05
5	15	Lily McGuinness	Gtr Manchester	24:01	13	4 Rachel Bailey	Gtr Manchester	26:17
6	10	Victoria Merrick	Yorkshire	24:09	14	14 \$Catrib Donnelly	Menai Track & Field	26:53
7	7	Holly Roberts	North Wales	24:32	15	11 Sarah Longshaw	Lancashire	27:31
8	1	Imogen Burrow	Cumbria	24:40				

## Junior Women - Under 16 — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Yorkshire	6 —	2 Jemima Elgood	4 Erica Byram
2	Cumbria	9 —	1 Scarlet Dale	8 Imogen Burrow
3	Gtr Manchester	16 —	5 Lily McGuinness	11 Heather Corden
4	North Wales	17 —	7 Holly Roberts	10 Annabelle McQueen
5	Lancashire	21 —	9 Shauna Williamson	12 Alice Pier

## Junior Women - Under 18 — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time				
1	113	\$Heidi Davies	Brecon	20:48	8	111 Joanne Williamson	Yorkshire	26:17
2	105	Elizabeth Apsley	Gtr Manchester	22:47	9	101 Chloe Broad	Cheshire	27:09
3	108	Bronwen Jenkinson	North Wales	23:42	10	110 Hannah Thom	Yorkshire	27:51
4	107	Mollie Davies	North Wales	24:12	11	103 Sophie Quince	Derbyshire	27:57
5	104	Jennifer Willison	Derbyshire	24:15	12	106 Katie Oakley	Gtr Manchester	28:08
6	112	Lucy Williamson	Yorkshire	24:36	13	109 Lowri Jones	North Wales	28:20
7	102	Katie Clarke	Cheshire	24:56				

## Junior Women - Under 18 — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	North Wales	5 —	2 Bronwen Jenkinson	3 Mollie Davies
2	Yorkshire	12 —	5 Lucy Williamson	7 Joanne Williamson
3	Gtr Manchester	12 —	1 Elizabeth Apsley	11 Katie Oakley
4	Cheshire	14 —	6 Katie Clarke	8 Chloe Broad
5	Derbyshire	14 —	4 Jennifer Willison	10 Sophie Quince

## Junior Men - Under 16 — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time				
1	58	Joshua Boyle	Lancashire	18:33	13	72 \$Steffan Williams	Eryri Harriers	21:24
2	70	Matthew Willis	North Wales	18:45	14	56 Joe Uprichard	Derbyshire	21:29
3	54	Elliott Matier	Cumbria	19:09	15	60 Curtis Holt	Lancashire	21:38
4	66	Nathan Smith	Yorkshire	19:24	16	69 Joe Edmondson	Cumbria	21:41
5	65	Matthew Merrick	Yorkshire	19:29	17	57 Luke Massey	Gtr Manchester	21:46
6	52	Christopher Larkin	Cheshire	19:36	18	73 Kieran Forrest	North Wales	21:46
7	68	\$Luke Davies	Brecon	19:48	19	59 Ryan Clarke	Lancashire	23:05
8	64	James Lund	Yorkshire	20:01	20	74 Sian Jones	North Wales	23:12
9	62	Ryan Cain	North Wales	20:06	21	51 Thomas Adkins	Cheshire	23:14
10	53	Joe Dugdale	Cumbria	20:08	22	71 \$Joe Starling	Mercia Fell Runners	23:37
11	63	Keayrn Hopley	Staffordshire	20:27	23	67 Ryan Hodgkiss	Staffordshire	25:40
12	55	L ForshawPerring	Derbyshire	20:37				

## Junior Men - Under 16 — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Yorkshire	9 —	4 Nathan Smith	5 Matthew Merrick
2	North Wales	10 —	2 Matthew Willis	8 Ryan Cain
3	Cumbria	12 —	3 Elliott Matier	9 Joe Dugdale
4	Lancashire	14 —	1 Joshua Boyle	13 Curtis Holt
5	Derbyshire	23 —	11 L ForshawPerring	12 Joe Uprichard
6	Cheshire	25 —	6 Christopher Larkin	19 Thomas Adkins
7	Staffordshire	30 —	10 Keayrn Hopley	20 Ryan Hodgkiss

## Junior Men - Under 18 — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time				
1	157	Ciaran Lewis	South Wales	18:23	10	168 \$Gavin Bryson	Gala Harriers	20:39
2	163	Jack Hindle	Lancashire	19:14	11	167 Euan Nicholls	Kent	20:44
3	159	Chris Law	Yorkshire	19:34	12	160 Kai Sunman	Yorkshire	21:03
4	158	Jack Denton	Yorkshire	19:35	13	165 \$Billy Starling	Mercia Fell Runners	21:05
5	166	Jamie Ward	Staffordshire	19:51	14	153 Callum Seymour	Merseyside	21:22
6	164	Jordan McDonald	Lancashire	19:57	15	152 Matthew Sutton	Gtr Manchester	21:45
7	151	George SmedleyCastle	Derbyshire	20:05	16	156 Sam Curwen	South Wales	23:40
8	154	Cai Linton	North Wales	20:05	17	155 Martin Finne	North Wales	25:24
9	162	Callum Davidson	Lancashire	20:36				

## Junior Men - Under 18 — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Yorkshire	7 —	3 Chris Law	4 Jack Denton
2	Lancashire	8 —	2 Jack Hindle	6 Jordan McDonald
3	South Wales	15 —	1 Ciaran Lewis	14 Sam Curwen
4	North Wales	23 —	8 Cai Linton	15 Martin Finne

# The FRA Inter-Counties Championship 2015 at Betws-y-Coed on Saturday 16th May 2015

## Senior Ladies — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time								
1	242	Emma Clayton		Yorkshire	40:29	26	201 Laura Bestow		Cheshire				48:38
2	206	Annie Conway		Cumbria	40:35	27	247 Sally Ratcliffe	U23	7	Gtr Manchester			48:41
3	209	Sarah McCormack		Cumbria	41:05	28	235 Clara Evans	U23	8	South Wales			48:43
4	229	Louise Mercer	U23	1 Scotland East	41:12	29	241 Marie Voice			Warwickshire			49:02
5	245	Katie Walshaw		Yorkshire	41:21	30	213 Lisa Grantham	L40	3	Merseyside			49:29
6	401	Rebecca Hilland		Team Bath	41:27	31	214 Emily Kearney	U23	9	Merseyside			49:31
7	248	Lindsey Brindle		Lancashire	42:25	32	237 Rachel Pilling			Staffordshire			49:54
8	208	Anna Lupton		Cumbria	43:17	33	249 Christina Singleton	U23	10	Lancashire			50:17
9	246	Helen Glover		Yorkshire	43:29	34	225 Hannah Hardy	U23	11	Nottinghamshire			51:14
10	231	Georgia Tindley	U23	2 Scotland East	43:41	35	205 Louisa Harrison			Cheshire			51:21
11	228	Sophie Horrock	U23	3 Scotland East	43:44	36	218 Jenny Hemming	L40	4	North Wales			51:30
12	239	Emma Gould		Warwickshire	44:16	37	236 Amy Jones			South Wales			52:07
13	207	Heidi Dent		Cumbria	44:21	38	215 Sarah Kearney	L40	5	Merseyside			52:11
14	251	Helen Leigh		Lancashire	44:39	39	221 Hazel McLaughlin	L40	6	Northern Ireland			52:19
15	244	Becky Penty		Yorkshire	44:44	40	216 Anne Rosbottom	L40	7	Merseyside			52:28
16	243	Georgia Malir	U23	4 Yorkshire	45:29	41	219 Megam Hughes	L40	8	North Wales			52:37
17	234	Katie Beecher		South Wales	45:44	42	233 Lucy Baker			South Wales			52:47
18	210	Christina Wijekak	U23	5 Cumbria	46:25	43	240 Elouise Lee			Warwickshire			52:47
19	250	Nicola Jackson	U23	6 Lancashire	46:32	44	227 Amelia Mitchel	U23	12	Nottinghamshire			53:26
20	223	Shileen O'Kane	L45	1 Northern Ireland	46:33	45	404 Natalie Greaves			Unattached			54:21
21	252	Joanne Nelson		Lancashire	46:53	46	204 Karon Forster	L50	1	Cheshire			55:31
22	232	Joanna Zakrzewski		Scotland West	46:57	47	222 San McNeilly			Northern Ireland			55:34
23	220	Andrea Rowlands	L40	1 North Wales	47:01	48	217 Louise Emery Jones			North Wales			56:37
24	238	Andrea Deathridge	L40	2 Warwickshire	48:10	49	212 Caroline Scott	L40	9	Derbyshire			57:38
25	405	Zanthe Wray		Dark Peak	48:15	50	202 Lucy Burch	U23	13	Cheshire			1:01:41

## Senior Ladies — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Cumbria	12	—	2	Annie Conway	3	Sarah McCormack	7	Anna Lupton
2	Yorkshire	14	—	1	Emma Clayton	5	Katie Walshaw	8	Helen Glover
3	Scotland East	23	—	4	Louise Mercer	9	Georgia Tindley	10	Sophie Horrock
4	Lancashire	37	—	6	Lindsey Brindle	13	Helen Leigh	18	Nicola Jackson
5	Warwickshire	61	—	11	Emma Gould	23	Andrea Deathridge	27	Marie Voice
6	South Wales	77	—	16	Katie Beecher	26	Clara Evans	35	Amy Jones
7	Merseyside	93	—	28	Lisa Grantham	29	Emily Kearney	36	Sarah Kearney
8	North Wales	95	—	22	Andrea Rowlands	34	Jenny Hemming	39	Megam Hughes
9	Cheshire	100	—	24	Laura Bestow	33	Louisa Harrison	43	Karon Forster
10	Northern Ireland	100	—	19	Shileen O'Kane	37	Hazel McLaughlin	44	San McNeilly

## Senior Ladies (Vets) — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time
1	223	Shileen O'Kane	L45	1 Northern Ireland	46:33
2	220	Andrea Rowlands	L40	1 North Wales	47:01
3	238	Andrea Deathridge	L40	2 Warwickshire	48:10
4	213	Lisa Grantham	L40	3 Merseyside	49:29
5	218	Jenny Hemming	L40	4 North Wales	51:30
6	215	Sarah Kearney	L40	5 Merseyside	52:11
7	221	Hazel McLaughlin	L40	6 Northern Ireland	52:19
8	216	Anne Rosbottom	L40	7 Merseyside	52:28
9	219	Megam Hughes	L40	8 North Wales	52:37
10	204	Karon Forster	L50	1 Cheshire	55:31
11	212	Caroline Scott	L40	9 Derbyshire	57:38

# The FRA Inter-Counties Championship 2015 at Betws-y-Coed on Saturday 16th May 2015

## Senior Men — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time					
1	367	Andrew Douglas		Scotland West	45:26	45	361 James Espie		Scotland North	54:26
2	341	Chris Smith		Middlesex	46:15	46	317 Stefan Bramwell	V40	5 Derbyshire	54:30
3	385	Tom Adams		Yorkshire	47:14	47	350 Jez Brown		North Wales	54:41
4	301	Owain Jones		Avon & Somerset	47:28	48	369 Kenny Richmond	V45	3 Scotland West	55:07
5	394	Gary Priestley		Lancashire	47:33	49	305 Max Wainwright		Cheshire	55:11
6	377	Simon Bailey		Staffordshire	47:40	50	326 Paul Massey		Gtr Manchester	55:12
7	387	Ben Mounsey		Yorkshire	47:44	51	310 John Deegan	V45	4 Cumbria	55:17
8	386	Tom Addison		Yorkshire	48:27	52	337 John Hunt	V45	5 Merseyside	55:20
9	364	Tom Martyn		Scotland East	48:29	53	318 Ian Mills		Derbyshire	55:27
10	362	Andy Fallas		Scotland East	48:37	54	359 Graham Moffatt	V45	6 Nottinghamshire	55:35
11	355	Gavin Mulholland	V40	1 Northern Ireland	48:44	55	319 Neil Barkell		Devon	55:39
12	395	Maximilion Nicholls	U23	1 Kent	48:48	56	331 Josh Hubbard		Leicestershire	55:48
13	325	Chris Farrell		Gtr Manchester	48:51	57	354 Paul McAnespie	V40	6 Northern Ireland	55:55
14	329	Ady Whitwam		Herefordshire	49:04	58	375 Dan Brazier		Staffordshire	56:33
15	368	Iain MacCorquodale		Scotland West	49:38	59	349 John Parkinson	V45	7 North Wales	56:37
16	388	Karl Grey	V45	1 Yorkshire	49:52	60	323 John Yells	U23	10 Devon	56:38
17	406	Neil Northop		Dark Peak	49:59	61	351 Owen Roberts	U23	11 North Wales	56:39
18	363	Andrew Lawler	U23	2 Scotland East	50:08	62	322 Christian Hewitt	U23	12 Devon	57:30
19	303	Matt Whitfield		Avon & Somerset	50:09	63	358 Luke Marshall		Nottinghamshire	57:32
20	316	Stuart Bond		Derbyshire	50:16	64	311 Dave Fulford		Cumbria	57:34
21	342	Carl Avery		North East	50:26	65	408 Simon Lanckham		Bromsgrove & Redditch	57:36
22	334	Richard Burney		Merseyside	50:37	66	345 Gary Robson	V45	8 North East	58:08
23	324	Michael Cayton		Gtr Manchester	50:48	67	307 Tom McGaff	V60	1 Cheshire	58:12
24	366	Gwyn Bellamy		Scotland West	51:00	68	314 James Turner		Cumbria	58:14
25	373	Harry Jones		South Wales	51:20	69	332 Mark Lambell		Leicestershire	58:20
26	378	Rob Little		Staffordshire	51:21	70	312 Gavin Lloyd	U23	13 Cumbria	58:22
27	389	Tom Saville	U23	3 Yorkshire	51:28	71	309 Karl Steinegger		Cheshire	58:36
28	365	Ben Stevenson	U23	4 Scotland East	52:01	72	371 Gavin Gates		South Wales	58:59
29	308	Andrew Lamont		Cheshire	52:03	73	327 Dave Marsh		Gtr Manchester	59:29
30	353	Allan Bogle		Northern Ireland	52:10	74	321 Allister Bristow	V40	7 Devon	59:32
31	393	Christopr Holdsworth		Lancashire	52:11	75	403 Craig Burrow		Unattached	59:47
32	347	Russell Bentley		North Wales	52:12	76	384 Pete Matthews		Warwickshire	1:00:02
33	379	Matt Lockyer		Staffordshire	52:17	77	360 Anthony Squire		Nottinghamshire	1:01:39
34	352	Andrew Annett	U23	5 Northern Ireland	52:19	78	402 Dag Hilland		Unattached	1:02:42
35	333	Jason Williams	V40	2 Leicestershire	52:33	79	370 Daniel Bodman		South Wales	1:03:36
36	344	Jordan Bell	U23	6 North East	52:43	80	357 Paul Grogan	V50	1 Nottinghamshire	1:04:05
37	302	Felix McGrath	U23	7 Avon & Somerset	53:14	81	410 Mat Fenwick		Unattached	1:04:06
38	336	Rob Grantham	V40	3 Merseyside	53:50	82	407 Graham Pilling		Pudsey & Bramley	1:05:14
39	383	Phillip Gould		Warwickshire	53:51	83	381 Ben Beaumont		Warwickshire	1:05:38
40	382	Matthew Elkington	U23	8 Warwickshire	53:58	84	320 Richard Best	V50	2 Devon	1:08:25
41	338	Philip Robertson	U23	9 Merseyside	54:16	85	372 Paul Graham		South Wales	1:11:36
42	315	Nicholas Barber	V40	4 Derbyshire	54:18	86	328 Kevin Barnes	V50	3 Herefordshire	1:29:05
43	391	Chris Singleton		Lancashire	54:19	87	380 Sean O'Halloran		Suffolk	1:44:02
44	346	Iain Twaddle	V45	2 North East	54:23					

## Senior Men — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Yorkshire	18	—	3	Tom Adams	7	Ben Mounsey	8	Tom Addison
2	Scotland East	36	—	9	Tom Martyn	10	Andy Fallas	17	Andrew Lawler
3	Scotland West	39	—	1	Andrew Douglas	15	Iain MacCorquodale	23	Gwyn Bellamy
4	Avon & Somerset	58	—	4	Owain Jones	18	Matt Whitfield	36	Felix McGrath
5	Staffordshire	63	—	6	Simon Bailey	25	Rob Little	32	Matt Lockyer
6	Northern Ireland	73	—	11	Gavin Mulholland	29	Allan Bogle	33	Andrew Annett
7	Lancashire	77	—	5	Gary Priestley	30	Christopr Holdsworth	42	Chris Singleton
8	Gtr Manchester	84	—	13	Chris Farrell	22	Michael Cayton	49	Paul Massey
9	Merseyside	98	—	21	Richard Burney	37	Rob Grantham	40	Philip Robertson
10	North East	98	—	20	Carl Avery	35	Jordan Bell	43	Iain Twaddle
11	Derbyshire	105	—	19	Stuart Bond	41	Nicholas Barber	45	Stefan Bramwell
12	North Wales	135	—	31	Russell Bentley	46	Jez Brown	58	John Parkinson
13	Cheshire	141	—	28	Andrew Lamont	48	Max Wainwright	65	Tom McGaff
14	Warwickshire	150	—	38	Phillip Gould	39	Matthew Elkington	73	Pete Matthews
15	Leicestershire	156	—	34	Jason Williams	55	Josh Hubbard	67	Mark Lambell
16	South Wales	169	—	24	Harry Jones	70	Gavin Gates	75	Daniel Bodman
17	Devon	174	—	54	Neil Barkell	59	John Yells	61	Christian Hewitt
18	Cumbria	179	—	50	John Deegan	63	Dave Fulford	66	James Turner
19	Nottinghamshire	189	—	53	Graham Moffatt	62	Luke Marshall	74	Anthony Squire

## Senior Men (Vets) — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time					
1	355	Gavin Mulholland	V40	1 Northern Ireland	48:44	11	359 Graham Moffatt	V45	6 Nottinghamshire	55:35
2	388	Karl Grey	V45	1 Yorkshire	49:52	12	354 Paul McAnespie	V40	6 Northern Ireland	55:55
3	333	Jason Williams	V40	2 Leicestershire	52:33	13	349 John Parkinson	V45	7 North Wales	56:37
4	336	Rob Grantham	V40	3 Merseyside	53:50	14	345 Gary Robson	V45	8 North East	58:08
5	315	Nicholas Barber	V40	4 Derbyshire	54:18	15	307 Tom McGaff	V60	1 Cheshire	58:12
6	346	Iain Twaddle	V45	2 North East	54:23	16	321 Allister Bristow	V40	7 Devon	59:32
7	317	Stefan Bramwell	V40	5 Derbyshire	54:30	17	357 Paul Grogan	V50	1 Nottinghamshire	1:04:05
8	369	Kenny Richmond	V45	3 Scotland West	55:07	18	320 Richard Best	V50	2 Devon	1:08:25
9	310	John Deegan	V45	4 Cumbria	55:17	19	328 Kevin Barnes	V50	3 Herefordshire	1:29:05
10	337	John Hunt	V45	5 Merseyside	55:20					