

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 | mcarckissendurance | 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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| 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 | | |