

## Llangollen Fell Race 2023 Results (16/04/2023)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	2	Tom	Adams	M	V40	17 miles	Ilkley Harriers AC	1:53:24
2	118	Jamie	Pugh	M	Open	17 miles		2:12:02
3	132	Jon	Shield	M	V40	17 miles	Scarpa	2:14:52
4	99	Peter	Middleton	M	V40	17 miles	Shrewsbury AC	2:16:32
5	95	Alex	Mason	M	V40	17 miles	Runners-next-the-sea	2:19:56
6	31	James	Coleman	M	Open	17 miles	Eryri Harriers	2:20:07
7	77	Chris	Jackson	M	Open	17 miles	Glossopdale Harriers	2:24:06
8	62	Sam	Griffiths	M	V40	17 miles	Shrewsbury School Hunt	2:24:21
9	13	Virgil	Barton	M	V50	17 miles	Calder Valley Fell Runners	2:24:32
10	111	Darren	Ould	M	Open	17 miles	Mynyddwyr De Cymru (MDC)	2:25:39
11	6	Rob	Arden	M	V40	17 miles	Tattenhall Runners	2:27:43
12	66	Philip	Hatcher-Moore	M	V40	17 miles		2:28:00
13	93	Grant	Little	M	V40	17 miles	Gog triathlon club	2:31:00
14	134	Paul	Skuse	M	V40	17 miles	Glossopdale Harriers	2:31:12
15	18	Darren	Bentley	M	V40	17 miles	Running pirates	2:31:35
16	70	Rob	Hirst	M	Open	17 miles		2:31:42
17	150	Charlie	Woolcock	M	V40	17 miles	Oswestry Olympians	2:33:24
18	57	Ian	Gibson	M	Open	17 miles	Oswestry Olympians	2:33:50
19	133	Oscar	Simmons	M	Open	17 miles	Oswestry Olympians	2:33:53
20	82	Ian	Jones	M	V50	17 miles		2:35:01
21	147	Stuart	White	M	V40	17 miles	Run Free Fell Runners	2:35:59
22	69	Daniel	Hickey	M	V50	17 miles	Run Free Fell Runners	2:36:06
23	91	John	Langton	M	V60	17 miles	Mercia Fell Runners	2:36:27
24	143	Alice	Walton	F	Open	17 miles	Run Free Fell Runners	2:36:40
25	25	Alan	Bryson	M	V40	17 miles	Cupcake Cartel	2:36:51
26	151	Dean	Yarwood	M	Open	17 miles		2:37:31
27	97	Vincent	McCormack	M	Open	17 miles	Mossley Hill AC	2:40:19
28	7	Henry	Aron	M	Open	17 miles		2:40:43
29	56	Tim	Gears	M	V40	17 miles	Oswestry Olympians	2:40:45

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30	101	Deborah	Millington	F	V50	17 miles	Mercia	2:41:14
31	71	Guy	Holloway	M	V50	17 miles	Bayston Salad Dodgers	2:41:32
32	116	Will	Platts	M	Open	17 miles	Pensby Runners	2:42:34
33	100	Robert James	Miles	M	V40	17 miles	Wrexham Amateur AC	2:42:40
34	94	Matt	Lunt	M	Open	17 miles	Delamere Spartans	2:42:51
35	85	Oliver	Jones	M	Open	17 miles	Cardiff University Triathlon Club	2:43:35
36	83	Kate	Jones	F	Open	17 miles		2:43:39
37	51	Susan	Fourie	F	V40	17 miles	Run Free Fell Runners	2:43:56
38	20	Luke	Blyth	M	Open	17 miles	Oswestry Olympians	2:44:35
39	76	Richard	Hunter	M	V40	17 miles	Shropshire Shufflers	2:44:59
40	123	Evan	Roberts	M	Open	17 miles	Oswestry Olympians	2:45:32
41	35	Julie	Dala	F	V50	17 miles	Pensby Runners	2:45:35
42	30	Lawrence	Coghlan	M	Open	17 miles		2:46:01
43	50	John	Fletcher	M	Open	17 miles		2:46:19
44	63	Alli	Grundy	F	V40	17 miles	Tattenhall Runners	2:46:40
45	79	Adam	Jenkins	M	V40	17 miles		2:46:47
46	105	Peter	Murphy	M	Open	17 miles		2:47:34
47	96	Hazel	McConnell	F	V40	17 miles	Run Free Fell Runners	2:48:35
48	74	Megan Lynne	Hughes	F	V40	17 miles	Eryri Harriers	2:52:16
49	10	Frank	Atherton	M	V50	17 miles	The Green Runners	2:52:29
50	122	Arren	Roberts	M	V50	17 miles	Oswestry Olympians	2:56:06
51	136	John	Snell	M	V60	17 miles	Oswestry Olympians	2:56:35
52	73	Lee	Hubert	M	V40	17 miles	Castle Crusaders	2:57:36
53	80	Tomos	Jenkins	M	Open	17 miles	Run Free Fell Runners	2:58:03
54	45	Gemma	Evans	F	V40	17 miles		2:58:42
55	28	Paul	Challender	M	V40	17 miles	Pensby Runners	2:58:44
56	46	Rob	Evason	M	V50	17 miles		2:59:30
57	103	Rich	Monksmith	M	V40	17 miles	Delamere Spartans	2:59:36
58	37	Hugh	Devereux	M	V50	17 miles	Delamere Spartans	2:59:46
59	128	Mark	Samuels	M	V60	17 miles	Pensby Runners	2:59:52
60	90	Kate	Langley	F	Open	17 miles	Mossley Hill AC	3:01:22

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61	33	Mick	Cooper	M	V50	17 miles	Todmorden Harriers	3:02:39
62	1	Jeff	Adams	M	V60	17 miles	Pensby Runners	3:02:42
63	54	Hannah	Fynn	F	Open	17 miles	Oswestry Olympians	3:04:07
64	131	Steve	Shanahan	M	Open	17 miles		3:05:47
65	52	Ryan	Fulford	M	V40	17 miles	Mercia Fell Runners	3:06:03
66	11	Andrew	Baron	M	V40	17 miles	Glossopdale Harriers	3:06:39
67	135	Jessica	Smith	F	V40	17 miles		3:08:45
68	84	Linda	Jones	F	V50	17 miles	Wrexham aac	3:08:51
69	59	Colin	Goulder	M	V40	17 miles		3:09:56
70	110	Lucy	O'Donnell	F	V40	17 miles		3:10:11
71	23	Kate	Brown	F	V40	17 miles		3:10:13
72	139	Sara	Staniek	F	V50	17 miles	Ambleside AC	3:12:02
73	75	John	Humphreys	M	V40	17 miles	GB Ultras	3:12:18
74	60	Lisa	Grantham	F	V40	17 miles	Pensby Runners	3:13:26
75	149	Emily	Wood	F	V50	17 miles	Eryri Harriers	3:15:59
76	107	Terry	Nelson	M	Open	17 miles		3:16:23
77	43	Chris	Ellis	M	Open	17 miles		3:16:26
78	72	Tom	Holmes	M	V40	17 miles	Run Free Fell Runners	3:19:21
79	146	Nick	Watson	M	Open	17 miles	The Green Runners	3:21:45
80	78	Sarah	Jackson	F	V40	17 miles	Penny Lane Striders	3:21:52
81	53	Tamzin	Furtado	F	Open	17 miles	Run Free Fell Runners	3:22:40
82	49	Peter	Fleming	M	V60	17 miles		3:24:18
83	98	Raymie	McWilliams	M	Open	17 miles	Nantwich Running Club	3:25:24
84	127	Rachel	Rongong	F	V50	17 miles		3:25:52
85	138	Monica	Staniek	F	Open	17 miles	Ambleside AC	3:26:01
86	58	Neil	Gooding	M	V50	17 miles	Pensby Runners	3:27:12
87	55	Jacqui	Gears	F	V40	17 miles	None	3:27:51
88	89	Matthew	Knapper	M	V40	17 miles		3:27:54
89	44	Becky	Evans	F	Open	17 miles	Gnosall Globetrotters	3:27:59
90	117	Stephen	Pooler	M	V50	17 miles		3:28:28
91	64	Flora	Gunner	F	V60	17 miles	Croft Ambrey running club	3:30:14

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92	21	Rosie	Bolton	F	V40	17 miles	Delamere Spartans	3:32:19
93	120	David	Richards	M	V60	17 miles	Formula One Circuit Crew	3:34:56
94	17	Michael	Belshaw	M	V60	17 miles	British Orienteering	3:35:10
95	8	Laura	Ashford	F	Open	17 miles	Chester Triathlon Club	3:35:14
96	24	Paul	Browne	M	V40	17 miles	Pensby Runners	3:36:06
97	67	Janey	Hellmen	F	Open	17 miles		3:36:35
98	27	James	Butterworth	M	Open	17 miles		3:36:38
99	29	Robert	Chalmers	M	V40	17 miles	Pensby Runners	3:39:23
100	137	Alice	Spooner	F	V40	17 miles	Penny Lane Striders	3:40:22
101	15	Sarah	Basey	F	V40	17 miles	Delamere Spartans	3:41:19
102	14	Chris	Basey	M	V50	17 miles	Delamere Spartans	3:41:22
103	119	Sarah-Jayne	Pugh	F	Open	17 miles		3:42:35
104	148	Alun	Williams	M	V50	17 miles		3:43:17
105	112	Richard	Paddock	M	V60	17 miles	Mercia FR	3:49:59
106	88	Vicky	Kehoe	F	V50	17 miles	UTS Running Club	3:50:28
107	113	Bethan	Palmer	F	Open	17 miles		3:50:38
108	32	Joanne	Cook	F	V40	17 miles	Pensby Runners	3:56:11
109	38	Arthur	Diaz	M	V50	17 miles	Chester Road Runners	4:03:15
110	40	Raphael	Dunne	M	V40	17 miles	Pensby Runners	4:04:41
111	102	Robert	Mills	M	V60	17 miles	Stubbington Green Runners	4:04:45
112	140	Jodie	Sumner	F	V40	17 miles		4:05:35
113	121	Claire	Rick	F	V40	17 miles	Pensby Runners	4:10:18
114	145	Jane	Warner	F	V50	17 miles	Parbold Pink Panthers	4:20:44
115	39	Mary	Draper	F	V50	17 miles	Parbold Pink Panthers	4:20:45
116	61	Jill	Gregg	F	V40	17 miles	Parbold Pink Panthers	4:20:51
117	36	Quin	Davies	F	Open	17 miles	Parbold Pink Panthers	4:21:08
118	153	Sweeper	Jamie	M	Open	17 miles		4:21:19
119	81	Ann Claire	Jones	F	V50	17 miles	Prestatyn RC	4:29:53
120	3	Helen	Alefounder	F	V40	17 miles	Prestatyn Running Club	4:29:56
121	9	Charles	Ashley	M	V60	17 miles	Wrexham Amateur AC	4:35:59
122	87	Theresa	Jutla	F	V50	17 miles	Parbold pink panther	4:43:56

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123	152	Susan	Yeung	F	V50	17 miles		4:47:05
124	92	Andrew	Leung	M	V50	17 miles	COBOC	4:47:08
125	34	Nicola	Cooper	F	V40	17 miles		4:47:42