

Llangollen Fell Race (Time Trial) Results (23/08/2020)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	5	Joel	Gomes	M	V40	17 miles	Wrexham Amateur AC	2:01:01
2	13	Matt	Taylor	M	Open	17 miles	South Cheshire Harriers	2:06:35
3	151	Gavin	Roberts	M	Open	17 miles	Eryri Harriers	2:14:16
4	2	Jez	Brown	M	V40	17 miles	Buckley Runners	2:15:48
5	55	Darren	Bentley	M	V40	17 miles	Cannock Chase trail runners	2:16:33
6	121	Simon	Oliver	M	V40	17 miles	Chester Triathlon Club	2:18:30
7	8	David	Morris	M	Open	17 miles	South Cheshire Harriers	2:23:17
8	1	Luke	Beresford	M	Open	17 miles	Ripley RC	2:24:32
9	9	Chris	Palmer	M	Open	17 miles	Run Free Fell Runners Llangollen	2:25:10
10	11	Daniel	Robb	M	Open	17 miles	RunFree	2:27:24
11	123	Liza	Bradshaw	F	Open	17 miles	CLC Striders	2:27:43
12	17	Peter	Eccleston	M	Open	17 miles	Coventry Godiva Harriers	2:30:28
13	25	Tracy	Rogers	F	Open	17 miles	Buckley Runners	2:32:33
14	117	Jonathan	Cole	M	V40	17 miles	Ellesmere Port RC	2:33:17
15	149	Lee	Wilkinson	M	V40	17 miles	South Cheshire Harriers	2:34:15
16	110	Grant	Little	M	Open	17 miles	Chester Triathlon Club	2:34:36
17	10	Chris	Rampling	M	Open	17 miles	Medway and Maidstone AC	2:36:02
18	100	Richard	Eccles	M	V50	17 miles	NWRRRC	2:36:45
19	24	Neil	Rochester	M	Open	17 miles	Oswestry Olympians	2:36:58
20	134	Wayne	Davies	M	Open	17 miles	Maldwyn Harriers	2:38:50
21	4	Dan	Gill	M	V40	17 miles	South Cheshire Harriers	2:39:57
22	137	Will	Hawkes	M	Open	17 miles		2:40:08
23	49	Simon	Fletcher	M	V50	17 miles		2:41:13
24	145	Andy	Hind	M	V40	17 miles	Northwich Running Club	2:43:13
25	130	Chris	Ray	M	Open	17 miles		2:44:05
26	7	Mark	Hill	M	Open	17 miles	Ellesmere Port RC	2:44:27
27	129	Michael	O'Rourke	M	Open	17 miles	Penny Lane Striders	2:44:38
28	59	Sikobe	Litaba	M	V50	17 miles	Glossopdale Harriers	2:46:05
29	21	Lee	Hubert	M	V40	17 miles	Lonely Goat RC	2:46:31

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30	62	Terry	Nelson	M	Open	17 miles		2:46:58
31	80	Neil	Owen	M	V60	17 miles	Run Free Fell Runners	2:47:08
32	146	Mark	Kemp	M	V40	17 miles	Hermitage Harries	2:47:12
33	120	Bernie	Morris	M	V40	17 miles	Buckley Runners	2:47:28
34	94	Andrew	Baron	M	Open	17 miles	Glossopdale Harriers	2:47:29
35	133	Lawrence	Coghlan	M	Open	17 miles		2:47:45
36	127	Kate	Macfarlane	F	Open	17 miles	Penny Lane Striders	2:49:49
37	15	Paul	Wathan	M	Open	17 miles	Eryri Harriers	2:49:59
38	122	George	Robinson	M	Open	17 miles		2:52:34
39	26	Stephen	Bellis	M	V60	17 miles	Buckley Runners	2:52:43
40	116	Mike	Alexander	M	V40	17 miles	WeSwimRun	2:52:45
41	67	Susan	Fourie	F	V40	17 miles		2:53:12
42	36	Paul	Chrip	M	V50	17 miles	Delamere Spartans	2:53:20
43	16	Ruby	Bye	F	Open	17 miles		2:53:22
44	104	Darran	Wilson	M	V50	17 miles	Run Sandymoor	2:53:41
45	118	Paul	Instone	M	V40	17 miles		2:53:50
46	46	Emma	Collins	F	V50	17 miles	Denbigh Harriers	2:53:54
47	90	Matthew	Jones	M	V40	17 miles	Ripley RC	2:53:59
48	88	Alan	Edwards	M	V50	17 miles		2:54:27
49	65	Colin	Perry	M	V40	17 miles	Shrewsbury AC	2:54:55
50	60	Warren	McNally	M	V40	17 miles	Lonely Goat RC	2:55:45
51	68	Rachel	Hollins	F	V40	17 miles	Chester Triathlon Club	2:56:11
52	125	Stella	Hayden	F	Open	17 miles	Penny Lane Striders	2:57:29
53	139	Ashley	Pole	M	Open	17 miles		2:58:23
54	69	Emma	Lynch	F	Open	17 miles	Runstrong	2:58:54
55	97	Mike	Burton	M	V40	17 miles	Glossopdale Harriers	2:59:51
56	101	Neil	Gooding	M	V50	17 miles	Pensby Runners	3:00:03
57	3	Sarah	Cordingley	F	Open	17 miles	Maldwyn Harriers	3:00:24
58	70	Mel	Morris	F	V40	17 miles	Denbigh Harriers	3:00:37
59	32	Al	Wathan	M	V60	17 miles		3:01:32
60	73	Sarah	Thurley	F	Open	17 miles	Wrekin Road Runners	3:01:52

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61	19	Will	Garton	M	Open	17 miles	Clwydian Range Runners	3:03:11
62	143	Matthew	White	M	Open	17 miles		3:03:21
63	102	Mat	Jones	M	V50	17 miles	Denbigh Harriers	3:03:46
64	98	David	Culpan	M	V50	17 miles	Stainland Lions RC	3:06:49
65	112	Jo	Scholes	F	V40	17 miles	Sandbach Striders	3:06:51
66	107	Scott	Damerum	M	V50	17 miles	Dragons Running Club (Sale)	3:08:20
67	39	Rebecca	Massey	F	V40	17 miles	Tattenhall Runners	3:08:33
68	81	Sarah	Proudmore	F	V50	17 miles	Congleton Harriers	3:09:38
69	35	Christine	Cammillare	F	Open	17 miles	Deestriders	3:10:00
70	99	Karl	Davies	M	V50	17 miles	Mercia Fell Runners	3:10:26
71	96	Kate	Bowden	F	V50	17 miles	Glossopdale Harriers	3:11:09
72	83	Elaine	Sargent	F	V50	17 miles	Run Free Fellrunners	3:11:21
73	77	Helen	Jeffery	F	V40	17 miles	Congleton Harriers	3:12:51
74	74	Susan	Wallace	F	V40	17 miles	Run Free Fell Runners	3:12:58
75	22	Sal	Jefford	F	Open	17 miles	Run Free Fell Runners	3:13:03
76	38	Tim	Holloway	M	V50	17 miles	Delamere Spartans	3:13:42
77	20	Kate	Heathcock	F	V50	17 miles	Mow Cop Runners	3:14:03
78	109	Maria	Jensen	F	V40	17 miles	Sandbach Striders	3:14:41
79	76	Jo	Grandfield	F	V50	17 miles	Whitchurch Whippets	3:17:01
80	128	Laura	Macfarlane	F	Open	17 miles	Glossopdale Harriers	3:19:46
81	44	Thea	Wilson	F	V40	17 miles		3:20:46
82	148	Stuart	Squires	M	V40	17 miles		3:21:16
83	111	Gareth	Roberts	M	V40	17 miles		3:21:55
84	84	John	Sedman	M	V50	17 miles		3:24:30
85	124	Simon	Burke	M	Open	17 miles	Bad Boy Running Club	3:26:45
86	23	Andrea	Muirhead	F	Open	17 miles		3:28:27
87	41	Louise	Shannon Binns	F	V40	17 miles	Lancaster & Morecambe AC	3:28:45
88	136	Matt	Hail	M	Open	17 miles		3:29:00
89	18	Tamzin	Furtado	F	Open	17 miles		3:31:07
90	66	Caire	Cherrie	F	Open	17 miles		3:32:26
91	72	Elaine	Richardson	F	V40	17 miles	Vegan Runners UK	3:32:33

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92	95	Dirk	Baynham	M	V50	17 miles	Dudley Kingswinford RC	3:33:41
93	103	Alun	Williams	M	V50	17 miles	Wfra	3:34:02
94	150	Francis	Wooff	M	V50	17 miles	Chorlton Runners	3:34:54
95	91	Peter	Lester-Owen	M	V50	17 miles	Denbigh Harriers RC	3:35:04
96	144	Samantha	Hartley	F	Open	17 miles	Chorlton Runners	3:35:25
97	105	James	Butterworth	M	Open	17 miles		3:35:36
98	108	Mike	Egglenton	M	Open	17 miles		3:36:00
99	31	Martin	Sheppard	M	V60	17 miles	Redway Runners	3:36:09
100	63	Amy	Aldridge	F	V40	17 miles	Lawley running club	3:37:46
101	71	Sara	Reeve	F	Open	17 miles	Delamere Spartans	3:38:23
102	131	Steven	Brown	M	V50	17 miles	Prestatyn RC	3:38:32
103	79	Robert	Mills	M	V60	17 miles	Stubbington Green Runners	3:40:39
104	58	Andrea	Jones	F	V40	17 miles	Llangollen Running Club	3:41:30
105	51	Carl	Hopkinson	M	V50	17 miles	Ripley RC	3:42:51
106	82	Rachel	Ronging	F	V50	17 miles	Fetch Everyone	3:42:56
107	92	Tim	Nolan	M	V40	17 miles	Run Free Fell Runners	3:44:33
108	86	Menai	Baugh	F	V60	17 miles	Denbigh Harriers	3:44:58
109	89	Colin	Jones	M	V50	17 miles		3:50:17
110	140	Ruth	Port	F	V40	17 miles	Razzer's Runners	3:52:44
111	119	Alan	Johnstone	M	V70	17 miles	Run Free Fell Runners	3:53:23
112	28	Seghir	Messamah	M	V60	17 miles	Eryri Harriers	3:53:33
113	29	William	Pritchard	M	Open	17 miles		3:55:25
114	142	Morag	Sutton	F	V40	17 miles	Northwich Running Club	4:00:24
115	61	Laura	Millard	F	V40	17 miles		4:01:18
116	53	Helen	Alefounder	F	V40	17 miles	Prestatyn RC	4:02:59
117	45	Felicity	Aries	F	V50	17 miles	Eryri Harriers	4:17:13
118	40	Anne	Oxbrough	F	V40	17 miles	Penny Lane Striders	4:22:29
119	27	Farrah	Hunter-Coley	F	V40	17 miles	Dudley Kingswinford RC	4:29:10
120	153	Sweeper	2	M	Open	17 miles		4:31:07
121	152	Sweeper	1	M	Open	17 miles		4:31:09
122	56	Joanne	Cocklin	F	V40	17 miles		5:41:54

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123	57	Stuart	Cocklin	M	V40	17 miles		5:41:55
#	85	Gwyneth	Tyrer	F	V40	17 miles	Maldwyn Harriers	rtd at CP1 - Cynr y Brain
#	75	Sean	Clarke	M	V40	17 miles		rtd at CP1 - Cynr y Brain