

Cilcain Mountain Race
PROVISIONAL RESULTS

Bib	Pos	Cat Pos	Time	Firstname	Surname	Age Cat	Local	Team	Notes
207	1	1	00:31:34	Sam	Gunning	MSnr		Cybi	
80	2	2	00:31:44	Edward	Woodhead	MSnr			
173	3	1	00:32:28	Gavin	Roberts	M40		Calder Valley Fell Runners	Robin Woolley
117	4	3	00:32:37	Rhys	Jones	MSnr		Rhedwyr Hebog	
214	5	4	00:33:02	Rhys	Goodrick	MSnr		Vegan Runners UK	
39	6	5	00:33:37	William	Chalk	MSnr		Mynydd Du	
143	7	6	00:33:55	Oberon	Kearney	MSnr		Warriors Pentathlon and Athletic Club	
5	8	7	00:33:58	Jacob	Welsh	MSnr		Deeside AAC	
144	9	1	00:34:23	Ryan	Delaney	M18		Deeside AAC	Julie Tullis
64	10	8	00:34:50	Iestyn	Evans	MSnr		Swansea Bay Orienteering Club	
180	11	9	00:35:04	Scott	Nixon	MSnr			
58	12	10	00:35:28	Jacob	Keast	MSnr		CDF Runners	
48	13	11	00:35:29	James	Shanahan	MSnr			
215	14	12	00:35:50	Michael	Corrales	MSnr			
191	15	2	00:36:01	Joel	Gomes	M40		Mercia Fell Runners	
40	16	13	00:36:08	Wyndham	Turner	MSnr		Mynydd Du	
79	17	14	00:36:42	David	Brilley	MSnr		Buckley RC	
55	18	1	00:36:59	Eden	ODea	FSnr		Deeside AAC	Anderson
78	19	15	00:37:18	Gerard	Coleman	MSnr		Buckley RC	
106	20	16	00:37:27	Tomas	Black	MSnr			
24	21	17	00:37:32	Aron	Evans	MSnr			
70	22	2	00:37:40	Lois	Lee	FSnr		Penny Lane Striders	
110	23	1	00:37:41	Adam	Gordon	M50		Helsby RC	
53	24	2	00:37:56	Dan	Hooper	M50		Sarn helen	
49	25	18	00:38:07	Steve	Shanahan	MSnr			
184	26	19	00:38:24	Ben	Bruford	MSnr			
107	27	3	00:38:29	Katrina	Entwistle	FSnr		Mynydd Du	
46	28	2	00:38:37	Noa	Dafydd	M18		Betsi Runaways	
206	29	3	00:38:49	Mark	Dunham	M40			
111	30	4	00:38:50	Josephine	Hurst	FSnr		Deeside AAC	
94	31	20	00:38:57	Tony	Wood	MSnr		Denbigh Harriers	
158	32	3	00:39:01	Jez	Brown	M50		Buckley RC	
51	33	21	00:39:03	Brett	Mahoney	MSnr		Mynydd Du	
26	34	5	00:39:04	Martha	Owen	FSnr	Y	Deeside AAC	WI Bowl
103	35	6	00:39:12	Efa	Baines	FSnr		Eryri Harriers	
192	36	1	00:39:26	Joanne	Henderson	F40		Denbigh Harriers	
123	37	3	00:39:28	Huw	Maddox	M18		Warriors Pentathlon and Athletic Club	
105	38	22	00:39:41	John	Davies	MSnr		Denbigh Harriers	
152	39	4	00:39:41	Daniel	Jones	M40		Denbigh Harriers	
119	40	5	00:39:42	Marchal	Emery	M40			
183	41	23	00:39:59	James	Bayford	MSnr			
154	42	2	00:40:12	Miranda	Grant-Roberts	F40		Eryri Harriers	
148	43	6	00:40:27	Paul	Lewtey	M40		Deestriders RC	
10	44	24	00:40:32	Stephen	Tomlinson	MSnr		Knowsley Harriers AC	
88	45	3	00:40:36	Ruth	Calcraft	F40		Run free fell runners	
121	46	4	00:40:52	Bevan	Adams	M50		Retford AC	
41	47	7	00:40:54	Thomas	Turner	M40		Mynydd Du	
162	48	7	00:40:59	Sarah	Hunter	FSnr		West Cheshire AC	
13	49	25	00:41:02	Tom	Carson	MSnr	Y		Browner
102	50	26	00:41:12	Matt	Wilkins	MSnr		Buckley RC	
6	51	8	00:41:29	Wes	Sheldon	M40		Mynydd Du	
122	52	9	00:41:41	Henry	Aron	M40			
50	53	10	00:41:47	Steven	Hepton	M40		Mynydd Du	
153	54	11	00:41:49	Neil	Upton	M40		Pensby runners	
38	55	1	00:41:53	Rhian	Probert	F50		Mynydd Du	
128	56	27	00:42:23	Tom	Blower	MSnr			

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135	57	2	00:42:39	Andrea	Rowlands	F50		Eryri Harriers	
67	58	5	00:42:43	Matthew	Harrison	M50		Mercia Fell Runners	
36	59	8	00:42:48	Kani	Hinshelwood	FSnr		Parc Bryn Bach	
195	60	28	00:42:50	Iwan	Williams	MSnr			
16	61	4	00:42:55	Oliver	Skates	M18	Y		
62	62	29	00:42:55	Oliver	Harrison	MSnr			
116	63	9	00:43:10	Mared	Llywelyn	FSnr		Rhedwyr Hebog	
27	64	30	00:43:12	Rowan John	Hughes	MSnr			
12	65	5	00:43:13	Alex	Carson	M18			
97	66	12	00:43:17	George	Aylward	M40		Penny Lane Striders	
17	67	13	00:43:21	Rob	Duckers	M40		Clwydian Range Runners	
145	68	31	00:43:29	Thomas	Knight	MSnr			
37	69	10	00:43:36	Katie	Ironside	FSnr		MDC	
19	70	32	00:43:46	Bo	Hughes	MSnr			
83	71	11	00:43:51	Katy	Baugh	FSnr		Denbigh Harriers	
18	72	12	00:44:19	Beatrice	Hughes	FSnr			
115	73	33	00:44:22	Jon	Davies	MSnr			
204	74	6	00:44:32	Isaac	Hobson	M18			
156	75	6	00:44:50	Neil	Hennigan	M50		Penny Lane Striders	
71	76	4	00:45:04	Lenka	Vidamour	F40		Penny Lane Striders	
75	77	14	00:45:28	Michael	O'Rourke	M40		Penny Lane Striders	
56	78	7	00:45:33	Jonathan	Cole	M50		Ellesmere Port RC	
81	79	8	00:45:57	Joe	McCarthy	M50		North endurance	
182	80	9	00:46:03	Andy	Jones	M50		GOG triathlon	
167	81	13	00:46:53	Jenna	Bagnall	FSnr		Prestatyn RC	
163	82	34	00:46:59	Conor	McKeogh	MSnr			
23	83	35	00:47:03	Tom	Beddis	MSnr		Helsby RC	
35	84	14	00:47:05	Briony	Latter	FSnr		Mynyddwyr De Cymru (MDC)	
150	85	5	00:47:07	Christine	Cammillare	F40		Deestriders RC	
95	86	7	00:47:17	Daniel	Williams	M18	Y		
3	87	10	00:47:28	Iain	Hendry	M50		Neath Harriers	
112	88	6	00:47:34	Sarah	Beeby	F40		Clwydian Range Runners	
134	89	15	00:47:42	Rachel	Jones	FSnr			
66	90	36	00:47:45	Matty	Webber	MSnr			
2	91	15	00:47:47	Paul	Fitzsimmons	M40	Y	Clwydian Range Runners	
92	92	16	00:47:50	Keith	Dunham	M40		Pensby runners	
82	93	7	00:48:01	Ellie	Wood	F40		Pensby runners	
129	94	37	00:48:02	Matthew	Jones	MSnr		Flintshire Run Club	
196	95	1	00:48:11	Arwel	Lewis	M60		Eryri Harriers	
108	96	11	00:48:12	Dan	Hurst	M50		Clwydian Range Runners	
161	97	38	00:48:23	Connor	Jones	MSnr			
60	98	12	00:48:27	Colin	Dobbs	M50		Penny Lane Striders	
11	99	17	00:48:30	Philip	Taylor	M40		Knowsley Harriers AC	
170	100	8	00:48:38	Laura	Baynham-Hughes	F40		Helsby RC	
118	101	18	00:48:39	Gareth	Jones	M40		Prestatyn RC	
199	102	39	00:48:51	Sean	Donoghue	MSnr		Buckley RC	
32	103	13	00:48:52	Neil	Burdett	M50			
189	104	3	00:48:57	Melina	Morris	F50		Denbigh Harriers	
131	105	2	00:48:58	Ian	McCarthy	M60		Knowsley Harriers AC	
178	106	40	00:49:00	Jobe	Urquhart	MSnr			
21	107	41	00:49:12	Mike	Sealey	MSnr		Andy's Man Club	
211	108	19	00:49:14	Owen	Chamberlan	M40			
72	109	42	00:49:19	Jack	Buckton	MSnr		Penny Lane Striders	
210	110	20	00:49:29	Gareth	Edwards	M40			
73	111	14	00:49:41	Stephen	Dipple	M50		Penny Lane Striders	
63	112	43	00:49:49	Mickey	Jones	MSnr			
177	113	44	00:49:52	William	Rowlands	MSnr			

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185	114	3	00:50:03	Peter	Lester-owen	M60		Denbigh Harriers	
155	115	45	00:50:12	Sean	Hennigan	MSnr		Penny Lane Striders	
96	116	16	00:50:13	Sioned	Cordiner	FSnr			
147	117	4	00:50:23	Richard	Worsley	M60		Berserkers	
202	118	15	00:50:55	Simone	Capponi	M50		Bowland Fell Runners	
175	119	16	00:51:32	Jim	Westwood	M50			
205	120	5	00:51:37	Paul	Aird	M60		Deestriders RC	
193	121	17	00:51:43	Charlotte	King	FSnr		Helsby RC	
137	122	18	00:51:57	Hayley	Turner	FSnr		GOG triathlon	
93	123	17	00:52:14	Jefferson	Gard	M50		Penny Lane Striders	
168	124	46	00:52:17	Christian	Goodger	MSnr			
89	125	1	00:52:38	Jeff	Adams	M70		Pensby runners	
124	126	21	00:52:53	Frederick	Smith	M40		Clwydian Range Runners	
139	127	22	00:52:57	John	Whitehead	M40		Helsby RC	
136	128	9	00:53:04	Alexandra	Fletcher	F40		Eryri Harriers	
74	129	18	00:53:23	Terry	Lynch	M50			
142	130	19	00:53:23	Alice	Young	FSnr			
52	131	47	00:53:24	Stephen	Marr	MSnr		Pensby runners	
47	132	48	00:53:27	Todd	Skinner	MSnr			
8	133	6	00:53:35	Nigel	Crompton	M60		Pensby runners	
43	134	10	00:53:46	Sarah	Jackson	F40		Penny Lane Striders	
86	135	20	00:53:50	Holly	Kemp	FSnr			
15	136	11	00:53:55	Lucie	Skates	F40	Y		
138	137	49	00:53:58	Tomos	Rich	MSnr			
33	138	4	00:54:04	Donna	McKenna	F50		Penny Lane Striders	
174	139	12	00:54:16	Jennie	Barker	F40		Ellesmere Port RC	
209	140	23	00:54:24	Lee	Bennett	M40			
14	141	19	00:54:27	James	Skates	M50	Y		
114	142	20	00:54:36	Steven	Brown	M50		Denbigh Harriers	
28	143	7	00:54:38	Mark	Thorley	M60		Buckley RC	
133	144	5	00:54:49	Sarah	Larkin	F50		Helsby RC	
201	145	50	00:55:01	Shaun	Williams	MSnr		Clwydian Range Runners	
140	146	21	00:55:04	Simon	Young	M50		Chester road runners	
146	147	13	00:55:09	Nicola	Harrington	F40		Knowsley Harriers AC	
171	148	8	00:55:22	Steve	Riley	M60		Helsby RC	
166	149	1	00:55:24	Rachel	Arnold	F60		Helsby RC	
90	150	24	00:55:32	Craig	Hunter	M40		Buckley RC	
179	151	14	00:55:42	Lorna	Siddons	F40			
113	152	6	00:55:57	Caroline	O'Brien	F50		Buckley RC	
165	153	22	00:56:10	Mike	Goodenough	M50		Pensby runners	
130	154	25	00:56:32	Richard	Lester	M40		Meirionnydd RC	
31	155	21	00:56:48	Lucy	Burdett	FSnr			
188	156	9	00:57:02	Neville	Freeman	M60		Chester road runners	
120	157	15	00:57:11	Rachel	Jackson	F40		Prestatyn RC	
109	158	22	00:57:42	Hollie	Seanor	FSnr			
30	159	16	00:58:07	Mandy	Cartwright	F40		Denbigh Harriers	
160	160	7	00:58:14	Debbie	Parry	F50			
91	161	8	00:58:23	Oscar	Warner Hunter	M18		Buckley RC	
59	162	17	00:58:34	Cheryl	Pace	F40		Penny Lane Striders	
132	163	8	00:58:40	Ann-Marie	McCarthy	F50		Knowsley Harriers AC	
200	164	23	00:58:52	Paul	Donoghue	M50		Buckley RC	
141	165	23	00:59:19	Olwen	Seward	FSnr			
100	166	9	01:00:26	Maria	Rushton	F50		Deestriders RC	
9	167	24	01:00:37	Michael	O"Hare	M50		Goggins Transport	
34	168	10	01:00:57	Marcus	Hodges	M60			
44	169	11	01:01:04	Antony	Dala	M60		Pensby runners	
151	170	12	01:01:05	Mark	Dakeyne	M60		Prestatyn RC	

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76	171	26	01:01:09	Marc	Slade	M40		Knowsley Harriers AC	
104	172	2	01:01:11	Menai	Baugh	F60		Denbigh Harriers	
4	173	24	01:01:26	Caitlin	Lovell	FSnr			
125	174	25	01:01:27	Hannah	Rich	FSnr	Y		
126	175	26	01:01:28	Lucy	Eames	FSnr	Y		
87	176	27	01:01:33	Lucy	Manifold	FSnr			
1	177	28	01:01:57	Poppy	Fitzsimmons	FSnr	Y	Clwydian Range Runners	
208	178	3	01:02:04	Jackie	Keasley	F60		Helsby RC	
203	179	13	01:02:27	Andy	Affleck	M60			
20	180	29	01:02:30	Betty	Hughes	FSnr			
159	181	10	01:02:39	Sarah	Monteith	F50			
212	182	30	01:02:58	Kerry	Verschueren	FSnr		Ellesmere Port RC	
127	183	51	01:03:10	Sam	Atkins	MSnr	Y		
57	184	11	01:03:34	Sian	Meirion	F50		Buckley RC	
29	185	52	01:03:53	Matthew	Griffiths	MSnr			
54	186	31	01:04:32	Jayne	Price	FSnr		Pensby runners	
149	187	53	01:05:58	Dylan	Phillips	MSnr			
25	188	18	01:06:18	Josie	Davies	F40			
194	189	32	01:06:24	Lucy	Mills	FSnr		Helsby RC	
69	190	14	01:06:46	Jeremy	Coughlan	M60			
172	191	4	01:07:05	Susan	Davies	F60		Pensby runners	
68	192	5	01:07:32	Sara	Jacobs	F60		Eryri Harriers	
65	193	6	01:08:03	Cathy	Wood	F60		Prestatyn RC	
84	194	19	01:08:08	Ruth	van Zalinge	F40			
77	195	2	01:08:22	John	Morris	M70		Buckley RC	
213	196	25	01:08:55	Michael	Harris	M50		Spectrum striders	
157	197	12	01:10:58	Diane	Hennigan	F50		Penny Lane Striders	
169	198	15	01:11:17	Chris	Probert	M60		Pensby runners	
198	199	20	01:12:27	Claire	Harper	F40		Deestriders RC	
197	200	21	01:12:31	Amanda	Scotter	F40		Deestriders RC	
98	201	33	01:12:40	Gwenan	Roberts	FSnr			
101	202	13	01:13:02	Ruth	Jones	F50		Deestriders RC	
186	203	14	01:13:12	Melanie	Renowden	F50			
187	204	22	01:13:13	Verity	Renowden	F40			
22	205	34	01:13:23	Natalie	Sealey	FSnr			
190	206	23	01:13:27	Hayley	Pover	F40		Ellesmere Port RC	
7	207	7	01:18:00	Frances	Atherton	F60			
176	208	27	01:21:28	Andy	Graham	M40		Ellesmere Port RC	
85	209	35	01:22:37	Nia	Brown	FSnr			
42	210	8	01:23:44	Rachel	Rick	F60		Penny Lane Striders	
61	211	24	01:23:45	Anne	Oxbrough	F40		Penny Lane Striders	
45			DNF	Ian	Thomas	M70			
99			DNS/DNF	Julien	Tour	M40		Penny Lane Striders	
164			DNS/DNF	Aidan	McMahon	M50		Pensby runners	
181			DNS/DNF	Tregarran	Percival	M40			