

## 47th Cilcain Mountain Race

Monday 26th August 2019

Race No	Name	RaceTime	Cat	Rank	Cat Rank	Club	
121	Stephen Skates	32:47	M40	1	1	Prestatyn RC	M
131	Tom Booth	33:01	MSnr	2	1	West Cheshire	M
52	Gavin Roberts	33:29	MSnr	3	2	Eryri Harriers	M
13	Christopher Larkin	33:41	MSnr	4	2	Helsby RC	M
135	Lawrence Eccles	34:02	MSnr	5	3	Penny Lane Striders	M
144	Rob Grantham	34:46	M40	6	3	Pensby Runners	M
23	Matthew Anthony	34:54	M18	7	1	Deeside AAC	M
69	Ifan Gruff Oldfield	35:00	MSnr	8	4	Wrexham AAC	M
60	Lloyd Taggart	35:06	M50	9	1	Manx fell Runners	M
53	Scott Nixon	35:38	MSnr	10	5	Ellesmere port RC	M
153	Joel Gomes	35:45	MSnr	11	6	Wrexham AAC	M
76	Sam Bellis	36:00	MSnr	12	7	Buckley Runners	M
15	John Heap	36:08	M40	13	4	Wirral AC	M
54	Ed Woodhead	36:50	M18	14	2	Deeside AAC	M
103	Jez Brown	36:57	M40	15	5	Buckley Runners	M
164	Alex Staniforth	37:23	MSnr	16	8	West Cheshire	M
80	Simon Edwards	37:45	M40	17	6	Buckley Runners	M
117	Andrew Clague	38:17	M50	18	2	Wrexham AAC	M
88	Andy Gibbons	38:26	MSnr	19	9	Warrington RR	M
124	Daniel Jones	38:35	MSnr	20	10	Denbigh Harriers	M
118	Gareth Williams	38:47	M50	21	3	Vale Royal AC	M
123	Tony Wood	38:58	MSnr	22	11	Denbigh Harriers	M
93	Andrew Peers	39:27	MSnr	23	12	Buckley Runners	M
97	Colin Walsh	39:31	MSnr	24	13	Penny Lane Striders	M
35	Gemma Moore	39:38	FSnr	25	1	NWRRRC	F
77	Daniel Font	40:11	MSnr	26	14	Deeside Orienteering Club	M
130	Peter Jones	40:24	M40	27	7	Oswestry	M
83	Steve Toogood	40:26	M50	28	4	Buckley Runners	M
101	Anthony Woodall	40:39	M40	29	8	West Cheshire	M
59	Timothy Woodhead	40:40	M50	30	5	Deeside AAC	M
108	Rowan John Hughes	40:57	MSnr	31	15	Berzerkers	M
139	Kevin Smith	41:07	M40	32	9	Helsby RC	M
137	John Simpson	41:17	M50	33	6	prestatyn RC	M
6	Gary Macalister	41:24	M40	34	10	Avon Valley Runners	M
159	Andrew Grimsahw	41:39	MSnr	35	16	Spa Striders	M
68	Tim Dempsey	41:55	MSnr	36	17	Wharfedale harriers	M
116	Rob Barber	42:12	M40	37	11		M
162	Jonathan Cole	42:15	M40	38	12	Ellesmere port RC	M
115	Michael Robbins	42:20	M50	39	7	Wrexham AAC	M
8	Peter Hampshire	42:26	M40	40	13	Pensby Runners	M
106	Lee Lumb	42:31	M40	41	14	Tattenhall Runners	M
138	Arwel Lewis	42:35	M60	42	1	Eryri Harriers	M
38	Simone Capponi	42:37	M40	43	15	Penny Lane Striders	M
39	Stuart Thomas	42:41	M40	44	16	Buckley Runners	M
22	Richard Anthony-Garrido	42:46	MSnr	45	18		M
42	David Pryse	42:48	MSnr	46	19		M
100	Tony Sangha	42:50	M50	47	8	West Cheshire	M
149	Steve Bellis	42:55	M60	48	2	Buckley Runners	M
141	Kate Macfarlane	43:03	FSnr	49	2	Penny Lane Striders	F
65	Susan Fourie	43:07	F40	50	1	Chester Tri	F
26	Tim Kermod	43:11	M40	51	17	Rob Paul Circuit & Fitness	M
92	Dave Farrow	43:16	M50	52	9	Mercia FR	M
51	Guy Holloway	43:25	M40	53	18	Bayston Hill Salad Dodgers	M
151	David Green	43:30	MSnr	54	20	Pensby Runners	M
73	John Halson	43:31	M50	55	10	Liverpool Pembroke & Sefton Harriers	M
154	Ian Shorrock	43:49	M40	56	19	Pensby Runners	M
27	Neil Burdett	43:59	M40	57	20		M
16	Mark Smith	44:02	M40	58	21	Pensby Runners	M
111	Jay Cofax	44:08	MSnr	59	21	Ellesmere port RC	M
136	Jenna Bagnall	44:42	F18	60	1	Prestatyn RC	F
74	Nigel Grant	44:48	M50	61	11	Penny Lane Striders	M
89	Bruce Humphrey	44:53	M40	62	22		M
75	Richard Hayes	45:01	M40	63	23	West Cheshire	M
107	Neil Goodine	45:07	M40	64	24		M
5	Steve Brady	45:11	M40	65	25		M
126	Jeff Adams	45:15	M60	66	3	Pensby Runners	M
7	David Duncan Williams	45:30	M50	67	12	Harlequins orienteering Club	M
119	Iain Wood	45:34	M60	68	4	Chester Tri	M
47	William Brooks	45:41	MSnr	69	22		M
114	David Idenden	45:46	M50	70	13		M

29	Gareth Jaggard	45:52	MSnr	71	23	Clwydian Range Runners	M
31	Tom Worthington	45:52	MSnr	72	24	Clwydian Range Runners	M
166	Fred Aird	46:00	M60	73	5	Deestridders	M
155	Colin Dobbs	46:34	M40	74	26	Penny Lane Striders	M
91	Richard Borne	47:01	M50	75	14	Mysteruns	M
160	Matt Hall	47:20	MSnr	76	25		M
19	David Alan Smith	47:31	M40	77	27	South Cheshire Harriers	M
61	Frederick Smith	47:47	MSnr	78	26	Clwydian Range Runners	M
152	Gary Parker	47:52	MSnr	79	27	Pensby Runners	M
105	Steve Emery	47:55	M50	80	15		M
140	Michael O Rourke	47:57	MSnr	81	28	Penny Lane Striders	M
79	Steven Brown	48:01	M40	82	28	prestatyn RC	M
49	Nigel Crompton	48:06	M50	83	16		M
122	Helen Ashworth	48:10	FSnr	84	3	prestatyn RC	F
132	Andrew Carter	48:17	M40	85	29	West Cheshire	M
102	Duncan Jones	48:24	M60	86	6	Denbigh Harriers	M
85	Tim Palmer	48:49	M50	87	17	Helsby RC	M
163	Jeff Norman	48:59	M70	88	1	Altrincham Dist AC	M
90	Nola Calladine	49:08	F40	89	2		F
34	Nikita Berry	49:14	FSnr	90	4	Clwydian Range Runners	F
82	John Pritchard	49:19	M50	91	18	Outfit	M
58	Alex Humphreys	49:24	MSnr	92	29		M
20	Andy Kedmond	49:38	M50	93	19	Halkyn MR	M
95	Christine Cammilare	49:47	FSnr	94	5	Deestridders	F
148	Rebecca Massey	49:48	F40	95	3	Tattenhall Runners	F
150	Mark Gallagher	50:27	MSnr	96	30	West Cheshire	M
25	Andy McIntosh	50:32	M40	97	30	Buckley Runners	M
18	Anne Rosbottom	50:37	F40	98	4	Wirral AC	F
110	Claire Wyn-Jones	51:09	FSnr	99	6	Ellesmere port RC	F
112	Brad Critchley	51:09	MSnr	100	31	Ellesmere port RC	M
125	Jack Richards	51:46	MSnr	101	32		M
36	Charles Ashley	51:49	M60	102	7	Wrexham AAC	M
50	Jayne Price	51:52	FSnr	103	7	Pensby Runners	F
157	Charlotte Rawcliffe	52:31	FSnr	104	8	Penny Lane Striders	F
44	Robert Pryse	52:33	MSnr	105	33		M
165	John Jennings	52:42	M50	106	20	Ellesmere port RC	M
71	John Morris	52:48	M70	107	2	Buckley Runners	M
64	Tim Tucker	52:55	MSnr	108	34		M
17	Matt Price	53:16	M40	109	31		M
45	Tom Pryse	53:27	MSnr	110	35		M
109	Edward Roper	53:33	MSnr	111	36	Newport A District RC	M
145	Lisa Grantham	53:39	F40	112	5	Pensby Runners	F
9	Paul Wildermuth	53:42	M70	113	3		M
98	Jill Wright	53:43	FSnr	114	9		F
28	Hayley Winder	53:45	F40	115	6	Radcliffe AC	F
99	Katie Shilcock	53:50	FSnr	116	10		F
113	Lynda Bramham	54:01	F40	117	7		F
158	Sarah Jackson	54:03	F40	118	8	Penny Lane Striders	F
104	Sam Coupe	54:10	MSnr	119	37		M
63	Joy Hunter	54:13	FSnr	120	11	Buckley Runners	F
30	Charlotte Jaggard	54:27	FSnr	121	12	Clwydian Range Runners	F
156	Cheryl Pace	54:28	F40	122	9	Penny Lane Striders	F
81	Alexandra Fletcher	54:38	FSnr	123	13	Eryri Harriers	F
1	Iain Hobson	54:51	M40	124	32	Buckley Runners	M
72	Estelle Patrick	55:03	F50	125	1	Harlech tri Club	F
84	Debbie Read	55:13	F60	126	1	Helsby RC	F
2	Lucie Skates	55:24	F40	127	10		F
70	geoff Collins	55:33	M60	128	8	Helsby RC	M
94	Thomas Jones	55:40	MSnr	129	38	Buckley Runners	M
33	Melanie Berry	56:15	F40	130	11	Clwydian Range Runners	F
21	Freya Redmond	56:28	FSnr	131	14	Halkyn MR	F
41	Peter Speirs	56:30	M70	132	4		M
40	Brygida Gorecka	56:43	FSnr	133	15		f
10	Brian Lovell	56:53	M60	134	9		M
129	Anthony Brockway	57:09	M50	135	21	Wirral AC	M
4	Oliver Skates	57:20	M18	136	3	Ruthin	M
12	Nigel Pratton	57:23	M70	137	5	Pensby Runners	M
3	James Skates	57:27	M40	138	33		M
78	Pauly D Jones	57:30	M50	139	22	Deeside Orienteering Club	M
146	Matthew Crook	58:16	M50	140	23		M
32	Tony Schenck	58:28	M60	141	10		M
127	Mark Dalaeyne	58:39	M60	142	11	Berzerkers	M
55	Laura Dowdeswell	58:52	FSnr	143	16	Ellesmere port RC	F

67	<b>Karen Smith</b>	<b>59:06</b>	F40	144	12	Chester Tri	F
62	<b>Sabine Hoekema</b>	<b>59:35</b>	F40	145	13		F
142	<b>Anthony James Green</b>	<b>59:40</b>	M60	146	12	Penny Lane Striders	M
57	<b>Jenny Williamson</b>	<b>59:44</b>	FSnr	147	17	Eryri Harriers	F
11	<b>John Mcvey</b>	<b>00:27</b>	M50	148	24		M
66	<b>Sally Napther</b>	<b>00:37</b>	F50	149	2	chester Tri	F
24	<b>Alex Duffy</b>	<b>00:50</b>	F40	150	14	West Cheshire	F
46	<b>Evelyn Dimatulac</b>	<b>00:52</b>	F40	151	15		F
161	<b>Helen Baxandall</b>	<b>01:04</b>	F50	152	3	Prestatyn RC	F
133	<b>Cara Jones</b>	<b>01:34</b>	F40	153	16	Prestatyn RC	F
120	<b>Katie Wilby</b>	<b>01:55</b>	F40	154	17	Eryri Harriers	F
56	<b>Brian Henry Williams</b>	<b>02:12</b>	M60	155	13	Ellesmere port RC	M
147	<b>Jessica Arkley</b>	<b>03:02</b>	FSnr	156	18		F
128	<b>Maria Brockway</b>	<b>03:13</b>	F50	157	4	Wirral AC	F
96	<b>Helen Acefounder</b>	<b>04:12</b>	F40	158	18	Prestatyn RC	F
14	<b>Sarah Larkin</b>	<b>06:13</b>	F40	159	19	Halton & Frodsham Harriers	F
134	<b>Julia Evans</b>	<b>06:27</b>	F50	160	5	Prestatyn RC	F
37	<b>Ben Hornsby-Bond</b>	<b>07:08</b>	MSnr	161	39		M
143	<b>Anne Oxbrough</b>	<b>08:32</b>	F40	162	20	Penny Lane Striders	F
43	<b>Sophie Pryse-Robertson</b>	<b>10:40</b>	FSnr	163	19		F
86	<b>Kay Cottrell</b>	<b>10:41</b>	F60	164	2	Run Free Llangollen	F
48	<b>John Thomas</b>	<b>12:57</b>	M70	165	6		M
87	<b>Alyson Winn</b>	<b>56:10</b>	F60	166	3	llangollen RC	F