

Maesgwm Detour 2023						
Pos	Number	Name	Surname	Club	Cat	Time
1	124	Joe	Steward	Salford Harriers & AC	MSEN	01:21:45
2	57	Billy	Cartwright	Matlock AC	MSEN	01:21:58
3	121	Chris	Richards	Helm Hill Runners	MSEN	01:24:48
4	125	Tim	Lamont	Helm Hill Runners	MSEN	01:27:26
5	129	Mark	Lamb	Keswick ac	MSEN	01:28:34
6	53	Tom	Saville	Dark Peak Fell Runners	MSEN	01:28:46
7	58	Sam	Holding	Cumberland Fell Runners	MSEN	01:28:47
8	64	Steven	Hebblethwaite	Keswick AC	M40	01:28:55
9	52	Gavin	Roberts	Calder Valley Fell Runners	MSEN	01:29:00
10	80	Steven	Halsall	Keswick AC	MSEN	01:29:18
11	33	Alex	Mason	Dark Peak Fell Runners	MU23	01:29:29
12	106	Rob	Jebb	Helm Hill Runners	M45	01:30:03
13	153	Math	Roberts	Calder Valley Fell Runners	M40	01:31:05
14	175	Owain	Jones	Bristol and West AC	M40	01:31:36
15	145	Jack	Agnew	Mercia Fell Runners	MSEN	01:32:20
16	183	Josh	Williams	Dark Peak Fell Runners	MSEN	01:32:45
17	135	Jacob	Hiom	Keswick AC	MSEN	01:32:50
18	126	Kieran	Hodgson	Helm Hill Runners	M45	01:33:06
19	259	Sion	Edwards	Eryri Harriers	MSEN	01:33:11
20	198	Doninic	Jones	Mercia	M40	01:34:43
21	78	Ifan	Oldfield	Wrexham Amateur AC	MU23	01:34:47
22	143	Ollie	George	Sarn Helen	MU19	01:34:54
23	187	Kenny	Richmond	Helm Hill Runners	M50	01:35:36
24	35	Nichola	Jackson	Keswick AC	WSEN	01:35:46
25	174	Sam	Burnstone	Helm Hill Runners	MSEN	01:36:38
26	66	Sam	Stead	Keswick AC	MSEN	01:37:01
27	118	Sara	Willhoit	Mercia Fell Runners	WSEN	01:37:04
28	29	Eve	Pannone	Eden Runners	WU23	01:37:17
29	186	Barney	Plummer	Helm Hill Runners	MSEN	01:37:20
30	19	Shaun	Godsman	Calder Valley Fell Runners	M50	01:38:25
31	93	Justin	Carter	Cambuslang Harriers	M50	01:39:12
32	192	Dyfed	Thomas	Eryri Harriers	M40	01:39:16
33	46	William	Laye	Helm Hill Runners	MSEN	01:41:46
34	21	Wyndham	Turner	Mynydd Du	MSEN	01:41:51
35	6	Pete	Vale	Mercia Fell Runners	M50	01:41:55
36	160	Owain	Schiavone	West Wales	M40	01:42:33
37	68	Natalie	Beadle	Ambleside AC	WSEN	01:42:52
38	147	Chris	Jackson	Glossopdale Harriers	MSEN	01:43:14
39	105	Sharon	Taylor	Helm Hill Runners	W40	01:43:18
40	30	Jez	Brown	Buckley Runners	M50	01:43:20
41	73	Colin	Donnelly	Ron Hill Cambuslang Harriers	M60	01:43:29
42	131	Mark	Taylor	Calder Valley Fell Runners	M50	01:43:32
43	166	John	Hunt	Dark Peak Fell Runners	M55	01:43:34
44	180	Ian	Edwards	Eryri Harriers	MSEN	01:43:42
45	7	Ieuan	Pugh-Jones	Meirionnydd RC	MSEN	01:43:55
46	140	Samuel	Harrison-Paul	Sarn Helen	MU23	01:43:58
47	168	James	Parsons	Helm Hill Runners	M40	01:44:12
48	96	Jack	Robinson	Ambleside AC	MSEN	01:44:16
49	149	Paul	Reilly	Helm Hill Runners	M45	01:44:47
50	47	Simon	Mills	Dark Peak Fell Runners	M40	01:45:24
51	54	James	Baron	Helm Hill Runners	M55	01:45:29
52	9	Aled	Edwards	Eryri Harriers	M40	01:45:32
53	42	Jack	Foxall	Dark Peak Fell Runners	M45	01:45:36
54	95	Oliver	Cox	Mercia Fell Runners	M40	01:45:58
55	91	Ieuan	Belshaw	Eryri Harriers	MSEN	01:46:02
56	113	Craig	Burrow	Helm Hill Runners	M50	01:46:12
57	20	Tom	Turner	Mynydd Du	MSEN	01:46:28
58	258	Owain	Hunt Williams	Eryri Harriers	MSEN	01:46:48
59	181	Joanne	Henderson	Denbigh Harriers	W45	01:47:13
60	15	Simon	Lanckham	Mercia Fell Runners	MSEN	01:48:18
61	12	John	Atyeo	Mercia Fell Runners	M55	01:48:41
62	10	Virgil	Barton	Calder Valley Fell Runners	M50	01:48:42
63	155	Paul	Cornforth	Ambleside AC	M60	01:48:46
64	70	Dafydd	Bryden	0	MSEN	01:50:04
65	13	Mel	Price	Mercia Fell Runners	W50	01:50:24
66	23	Dan	Gilbert	Horwich R M I Harriers	M45	01:50:36
67	65	Anna	Watkinson-Powell	Dark Peak Fell Runners	WSEN	01:51:17
68	178	Harri	Pickering	0	MSEN	01:51:26
69	154	Lou	Osborn	Ambleside AC	W50	01:51:29
70	3	Rhian	Probert	Mynydd Du	W50	01:51:36
71	48	Sally	Fawcett	Dark Peak Fell Runners	W40	01:52:06
72	162	Jack	Buckley	Mercia Fell Runners	MSEN	01:52:21
73	138	Adrian	Davis	Lomond Hill Runners	M60	01:52:52
74	44	David	Griffin	Helm Hill Runners	M60	01:52:57
75	59	Rachel	Pilling	Pudsey & Bramley AC	W40	01:53:29
76	139	Steve	Angus	Keswick AC	M50	01:53:31
77	50	Tony	Bolton	Northern Fells RC	M60	01:54:01
78	40	John	Griffiths	Preston Harriers	M55	01:54:11
79	18	Nicola	Richards	Mercia Fell Runners	W45	01:54:17
80	177	Anna	Drinkwater	Eryri Harriers	WSEN	01:54:34
81	127	Robert James	Miles	Wrexham Amateur AC	M45	01:55:31
82	130	Stuart	White	Run Free Fell Runners	M40	01:55:40
83	133	Rob	Arden	Tattenhall Runners	M40	01:55:46
84	114	Imogen	Burrow	Helm Hill Runners	WSEN	01:56:00
85	193	Theo	Carter	Cambuslang Harriers	MU23	01:56:07
86	60	Graham	Pilling	Pudsey & Bramley AC	M40	01:56:22
87	111	David	Murray	Eryri Harriers	M40	01:56:37
88	24	Bob	Foreman	Matlock AC	M60	01:56:53
89	179	Darren	Hesleton	Bro Dysynni AC	M45	01:57:34
90	119	Kasia	Ospowicz	Eryri Harriers	WSEN	01:57:45
91	195	Darren	Fishwick	Chorley	M50	01:57:57
92	2	Henry	Aron	0	MSEN	01:58:28
93	11	Deborah	Millington	Mercia fell runners	W50	01:58:41
94	22	Mark	Agnew	Mercia Fell Runners	M55	01:58:48
95	159	Gavin	Jones	MonRoss Trailblazers	MSEN	01:58:55
96	172	Alice	Rea	Helm Hill Runners	WSEN	01:58:58
97	156	Neil	McLure	Carnegie Harriers	M55	01:59:07
98	112	Phillip	Delves	Ludlow Runners	MSEN	02:00:25
99	117	Katy	Baugh	Denbigh Harriers	WSEN	2:01:38
100	189	Goronwy	Hughes	Hebog	M50	02:02:07

101	134	Alli	Arden	Tattenhall Runners	W45	02:03:53
102	34	Alice	Gamble	SHUOC	WU23	02:04:36
103	196	Niki	Morgan	Chepstow Harriers	W50	02:05:01
104	109	Sarah	Gerrish	Helm Hill Runners	WSEN	02:05:03
105	142	Daryl	John	West Wales	M45	02:05:10
106	14	Eloise	Lee	Mercia Fell Runners	WSEN	02:05:16
107	169	Emma	McWilliams	Mynydd Du	W40	02:05:56
108	4	Steve	Toogood	Buckley Runners	M60	02:07:46
109	161	Luke	Gahan	0	M5EN	02:08:11
110	190	Catrin	Meurig	0	W40	02:08:23
111	132	Sonia	Williams	Cybi Striders	WSEN	02:08:32
112	84	Bethan	Nadin	Dark Peak Fell Runners	WSEN	02:09:16
113	158	Benn	Thomas	Pudsey & Bramley AC	M40	02:09:45
114	39	Brian	Hickey	Cheshire Hill Racers	M60	02:10:48
115	197	Keira	Hinshelwood	Parc Bryn Bach	WSEN	02:11:37
116	85	Emma	Collins	Denbigh Harriers	W60	02:11:56
117	5	Neil	Vicars-Harris	GOG Triathlon	M50	02:12:15
118	184	David	Naughton	Cheshire Hill Racers	M60	02:12:16
119	83	Victoria	Whitehead	Denbigh Harriers	W50	02:13:22
120	176	Tim	Jones	Croft Ambrey RC	M55	02:13:28
121	199	Megan	Hughes	Eryri Harriers	W40	02:13:30
122	107	Jenny	Rice	Helm Hill Runners	WSEN	02:14:00
123	100	Edward	Beards	Mercia Fell Runners	M55	02:14:59
124	146	Lorna	Askew	Helm Hill Runners	W50	02:17:29
125	97	Caroline	Holden	Helm Hill Runners	W55	02:18:10
126	170	Melina (Mel)	Morris	Denbigh Harriers	W50	02:18:53
127	94	Mick	Moorhouse	Matlock ac	M70	02:19:07
128	101	Sue	Howarth	Mercia Fell Runners	W60	02:19:22
129	128	Steve	Wathall	FRA	M65	02:19:22
130	92	Mike	Snell	Eryri Harriers	M65	02:22:28
131	194	Eden	O'Dea	0	WU23	02:23:00
132	120	Andrew	Butcher	Keswick AC	M55	02:24:14
133	200	Lucy	O'Donnell	Eryri Harriers	W40	02:24:32
134	167	Alison	Richards	Helm Hill Runners	W45	02:26:10
135	152	Emily	Fitzherbert	Helm Hill Runners	W40	02:26:11
136	27	Keith	Holmes	Dark Peak Fell Runners	M65	02:26:13
137	191	John	Jones	Llanwyr Llyn	M75	02:26:14
138	122	Pascal	Smit	The Hague Road Runners	M50	02:26:23
139	90	Dwynwen	Pennant	Rhedwyr Hebog Runners	W50	02:35:44
140	163	Caroline	Caffery	Buckley Runners	W45	02:39:39
141	36	Michael	McLoughlin	Preston Harriers	M70	02:40:12
142	1	Denise	Tunstall	Durham Fell Runners	W55	02:40:38
143	110	Dave	Till	Skye and Lochalsh Running & AC	M60	02:41:06
144	151	Seghir	Messamah	Eryri Harriers	M65	02:42:11
145	164	Flora	Gunner	Croft Ambrey RC	W60	02:42:36
146	116	Don	Powell	Basingstoke & Mid Hants AC	M70	02:42:44
147	182	Ellie	Salisbury	Eryri Harriers	W60	02:47:06
148	137	Jim	Paxman	Dark Peak Fell Runners	M65	02:47:52
149	76	Menai	Baugh	Denbigh Harriers	W65	02:56:46