



Inter - Counties Mountain Running Championships

Sunday 7 May 2023, Sedbergh

Men's Results, 14km 760m

Position	Finish Time	Name	Team	Category	Male Pos.	MU23
1	0:56:00	Andrew Douglas	Scotland - North	M	1	
2	0:56:32	Chris Richards	Cumbria	M	2	
3	0:57:26	Joe Steward	Greater Manchester	M	3	
4	0:57:32	Jacob Adkin	Scotland - East	M	4	
5	0:57:50	Finlay Grant	Derbyshire	MU23	5	1
6	0:58:17	Ross Gollan	Scotland - North	M	6	
7	0:58:22	Jamie Crowe	Scotland - East	M	7	
8	0:58:24	Tim Lamont	Cumbria	M	8	
9	0:58:29	Ben Rothery	Yorkshire	M	9	
10	0:58:41	Grant Cunliffe	Lancashire	M	10	
11	1:00:05	Gavin Dale	Cumbria	M	11	
12	1:00:12	Finn Lydon	Leicestershire & Rutland	M	12	
13	1:00:16	Kieran Cooper	Scotland - West	M	13	
14	1:00:39	Chris Holdsworth	Lancashire	M	14	
15	1:00:51	Edward Corden	Greater Manchester	MU23	15	2
16	1:01:24	James Dunn	Scotland - East	M	16	
17	1:01:28	James Espie	Scotland - North	M	17	
18	1:01:31	Jack Cummings	Yorkshire	M	18	
19	1:01:50	Harry Pulham	Scotland - West	M	19	
20	1:02:34	Gavin Roberts	Wales - North	M	20	
21	1:02:42	Jared Martin	Northern Ireland	MU23	21	3
22	1:03:44	Matthew Elkington	Cumbria	M	22	
23	1:03:47	Oliver Perratt	Shropshire	M	23	
24	1:04:05	Alex Mason	Yorkshire	MU23	24	4
25	1:04:32	Joshua Holgate	Lancashire	M	25	
26	1:04:41	Martin Howard	Yorkshire	M	26	
27	1:04:51	Lewis Bowness	Cumbria	MU23	27	5
28	1:05:15	Sam Deller	Devon	M	28	
29	1:05:23	Tom Haynes	Wales - North	M	29	
30	1:05:41	Kiki Savage	Yorkshire-Reserve	M	30	
31	1:06:08	Ewan Brown	Scotland - East	M	31	
32	1:06:08	Joel Gomes	Wales - North	M	32	
33	1:06:25	Chris MacPherson		M	33	
34	1:06:26	Joseph Hopley	Lancashire	MU23	34	6
35	1:06:36	Dan Dry	Scotland - West	M	35	
36	1:06:39	Joshua McAtee	Northern Ireland	M	36	
37	1:06:52	Jack McKenna	Northern Ireland	M	37	
38	1:07:00	Sam Pedley	Hertfordshire	M	38	
39	1:07:12	Robert Sparks	Scotland - East	MU23	39	7
40	1:07:34	Gregor Malcolm		M	40	
41	1:08:22	Andrew Tees	Northern Ireland	M	41	
42	1:08:27	Richard Smith	Essex	M	42	
43	1:08:33	Jon-Jo Doherty	Merseyside	M	43	



44	1:09:14	Sam Pole	Leicestershire & Rutland	M	44	
45	1:09:41	Philip Critchlow	Leicestershire & Rutland	M	45	
46	1:09:47	Calum Kitching	Scotland - North	M	46	
47	1:09:53	Hamish Murray	North Eastern Counties	M	47	
48	1:10:09	Cynog Williams	Greater Manchester	MU23	48	8
49	1:10:17	John Woodhouse	North Eastern Counties	M	49	
50	1:10:36	Ifan Oldfield	Wales - North	MU23	50	9
51	1:11:07	Thomas Grimes	Essex	M	51	
52	1:11:17	Karl Steinegger	Cheshire	M	52	
53	1:11:33	Michael McTernan	Essex	M	53	
54	1:11:50	William Reed-Wright	Essex	M	54	
55	1:11:59	Lawrence Eccles	Merseyside	M	55	
56	1:12:08	Sion Edwards	Wales - North	M	56	
57	1:12:22	Daniel Wheat	Nottinghamshire	M	57	
58	1:12:24	Jonathan Ford	Wales - East	M	58	
59	1:13:05	Joe Leadley	North Eastern Counties	M	59	
60	1:13:21	John Marrs	Northern Ireland	M	60	
61	1:14:24	Colin Brearley	Nottinghamshire	M	61	
62	1:14:32	James Stuart	Shropshire	M	62	
63	1:15:09	Tim Grimwood	Suffolk	M	63	
64	1:16:01	Harrison Notter	Hampshire	M	64	
65	1:16:13	Warren Renkel	Cheshire	M	65	
66	1:16:35	Danny Hope	Greater Manchester	M	66	
67	1:16:42	Andy Boon	Warwickshire	M	67	
68	1:17:10	Aidan Yapp	Shropshire	MU23	68	10
69	1:17:16	Steven Crowe	Cheshire	M	69	
70	1:17:21	Gavin Jones	Wales - East	M	70	
71	1:17:50	Sam Gunning		MU23	71	11
72	1:18:13	David Frankland	Leicestershire & Rutland	M	72	
73	1:18:18	Simon Lanckham	Worcestershire	M	73	
74	1:18:31	Mick Hill	Greater Manchester	M	74	
75	1:19:37	Peter Eccleston	Warwickshire	M	75	
76	1:20:04	John Hunt	Merseyside	M	76	
77	1:20:25	Chris Pownell	Merseyside	M	77	
78	1:21:36	Nick Hammond	Suffolk	M	78	
79	1:22:36	Nigel Dexter	Worcestershire	M	79	
80	1:22:25	Iain Squires	Worcestershire	M	80	
81	1:22:36	Maxime Ansell	Hertfordshire	M	81	
82	1:22:53	John Evans	Nottinghamshire	M	82	
83	1:23:41	Jonny Pennell	Hertfordshire	M	83	
84	1:24:29	Joe Stringer	North Eastern Counties	M	84	
85	1:25:29	Matthew Hadlum	Warwickshire	M	85	
86	1:25:36	Simeon Foreman	Worcestershire	M	86	
87	1:25:51	Ant Rosevear	Nottinghamshire	M	87	
88	1:28:42	Daniel Dalton	Warwickshire	M	88	
89	1:29:56	Andrew Shipley	Hertfordshire	M	89	
90	1:32:25	Tom Booth	Cheshire	M	90	
91	1:36:42	Dicky Wilkinson	Nottinghamshire-Reserve	M	91	
92	1:38:39	Kenneth Tovell	Suffolk	M	92	