

2023 LITTLE STRETTON TO STIPERSTONES TIME TRIAL ON FOOT

REPORT with RESULTS

Dominant Dom Does the Double

Dominic Jones repeats last year's win in an age group record time

Becky Griffiths triumphs to surpass her previous 3rd place run



Early and Eager to Start

WEATHER: Misty with drizzle

GROUND: Wet underfoot

SOME SIMPLE SUMMARY STATS: 161 people took part (108 male; 53 female): 77 Solo (19 female) and 42 Pairs (8 all-female).

ORGANISER'S NOTES AND COMMENT:

Congratulations to **Dom Jones** for another win and a very respectable sub-66 time of 63:13 – a mere 4 seconds quicker than his fellow Vet40 **Kris McKenna** in second place. This means that Andy Davies' M40 fastest time was broken twice - and after Andy had expressed his surprise at the start that his time had lasted so long. **Bruce Fanshawe** (4th overall and 3rd solo) now has sub-66 and a couple of Vet runners to aim at next year as well as making sure that Andy Davies (o50 winner) remains behind him.

Well done to **Becky Griffiths** for a fine run finishing in 20th place overall and capitalising on previous experience over her chosen route.

In addition to Becky's run in 1:26:14 there were other particularly notable female performances from: **Chloe Stuart** (in a mixed pair) who ran 1:16:22 at only 13 years old (*look out Sarah Willhoit, your record for fastest lady may be at risk in a few years' time!!*); **Monika Oparka-Hickinbottom & Jules Toone** in 15th place overall posted a very respectable F Pair time under 80 minutes and; **Margaret Kodz** ran under the radar to establish a new fastest W o60 time of 1:48:58. Congratulations, Margaret.

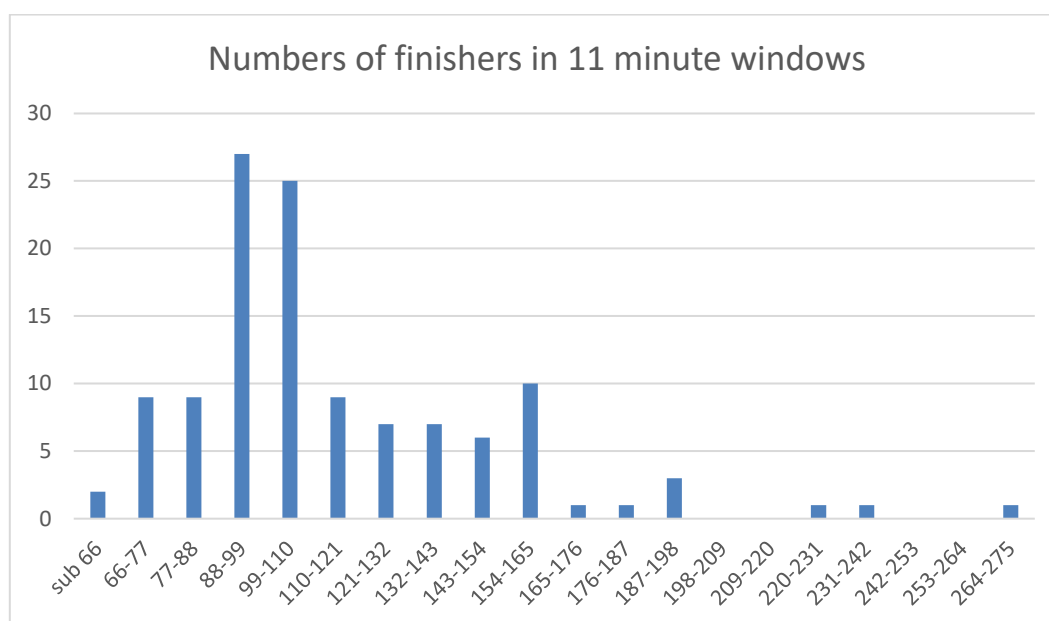
2023 LITTLE STRETTON TO STIPERSTONES TIME TRIAL ON FOOT

REPORT with RESULTS

The men's pairing of **Jack Agnew & Adam Bentham** demonstrated their youthful strength beating seasoned campaigners Virgil Barton & Oli Cox by some 10 minutes. Perhaps we will find out next year whether Jack showed Adam the optimal route.

Of additional note:

- It was nice to see quite a few past outright winners returning - some from history, to compete again in 2023: **Adrian Pickles** (1990); **Paul Cadman** (1993); **Mick Boulton** (1996); **Andy Davies** (2010); **Dominic Jones** (2014, 2016, 2022); **Phil Wilkinson** (2019). Keep going!
- **Lawrie Jones** completed his 25th Time Trial (from 1995 to 2023 incl.) His fastest was 68:59 in 2002 and slowest (!) 90:57 in 2022. An enviable record spread across 21 minutes.
- Some reading these notes might be interested to see a representation (below) of the distribution of participant times – which perhaps demonstrates the appeal of the event across the range of aspirations.
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THE PRIZE WINNERS (CRAIG'S LIST):

- Senior Males - **Dominic Jones** (1:03:13); **Kris McKenna** (03:17); **Bruce Fanshawe** (1:10:07)
- M40 Male - **Mike Frost** (1:13:21)
- M50 Male - **Andy Davies** (1:11:55)
- M60 Male - **John Langton** (1:21:45)
- M70 Male - **Dave Nicholls** (2:17:12)
- Senior Females - **Becky Griffiths** (1:26:14); **Gwyneth Parry** (1:31:05); **Christine Antonette Macam** (1:42:30)
- W40 Female - **Anna Bramall** (1:46:55)
- W50 Female - **Biddy Cole** (1:53:35)
- W60 Female - **Margaret Kodz** (1:48:58)
- W70 Female - None
- Female Pair - **Monika Oparka-Hickinbottom & Jules Toone** (1:19:20)
- Male Pair - **Jack Agnew & Adam Bentham** (1:06:43)
- Mixed Pair - **James Stuart & Chloe Stuart** (1:16:22)
- 1st Girl (Under 17 - part of a team) ***Chloe Stuart** (already mixed pair winner)
- 1st Boy (Under 17 - part of a team) **Matthew Marsh** (1:27:33 - paired with Adrian Marsh)
- Spirit of the Time Trial - **Mick Boulton** Boultons Coaches - whose questionable route choice, which I believe others chose to follow, is safe with me!

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THANK YOU

In addition to the appreciation noted below, we owe a big 'thank you' to **Simon Cooter of Natural England** for arranging the repair of the final descent just in time. This will also now enable the Devils Chair Dash to take place on 26th December. We are able to make a donation to Natural England as a thank you.

THE HELPERS:

- Jenny Henn and Becky Elvins – Registration etc. in the village hall
- Dave Nicholls – Computing
- Mercia FR – use of timing kit
- Dave Clarke and Charlie Leventon - Start
- Jane Atkins and Viv Barnett – Finish
- Boultons Coaches for putting on the bus (*as a sign of gratitude, we won't divulge Mick Boulton's questionable route choice!*). It was good to see the bus full this year.
- Stiperstones Inn for allowing us room to upload the results afterwards and providing those well earned post-race pints and Sunday roasts.

SUMMARY ACCOUNTS: Income: £768. Expenditure: c £330 (Village Hall; web site fees; WFRA; Mercia FR dibber hire; prizes; misc. X's). Donation to Natural England (Stiperstones National Nature Reserve): £375. Reserve/Carry over: c £90.

AND SO It was again a pleasure to see everyone enjoying the annual challenge and I very much look forward to seeing you all next year - **SUNDAY 24TH NOVEMBER 2024.**

Cheers all; *Craig*

Craig Henn - E: craighenn@googlemail.com)

THE RESULTS *(ranked by time taken)*

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Cat</i>	<i>Time</i>
1	Dominic Jones	Mercia FR	M40	01:03:13
2	Kristan McKenna	Avalanche RC	M40	01:03:17
3	Jack Agnew & Adam Bentham	UA	M-PAIR	01:06:43
4	Bruce Fanshawe	Mercia FR	MSEN	01:10:07
5	Andy Davies	Mercia FR	M50	01:11:55
6	Mike Frost	Mercia FR	M40	01:13:21
7	Richard McKenna	Shrewsbury AC	M40	01:13:23
8	Sam Jones	Mercia FR	MSEN	01:13:26
9	Simon White	Telford AC	M40	01:14:26
10	James Stuart & Chloe Stuart	UA	X-PAIR	01:16:22
11	Virgil Barton & Oli Cox	UA	M-PAIR	01:16:52

2023 LITTLE STRETTON TO STIPERSTONES TIME TRIAL ON FOOT

REPORT with RESULTS

Pos	Name	Club	Cat	Time
12	Chris Atherton	Ambleside AC	M40	01:17:19
13	John Atyeo	Mercia FR	M50	01:18:19
14	Ashley Willis	UA	M40	01:18:38
15	Monika Oparka-Hickinbottom & Jules Toone	UA	F-PAIR	01:19:20
16	Mark Agnew	Mercia FR	M50	01:20:08
17	John Langton	Mercia FR	M60	01:21:45
18	Richard Price	Sedgley Striders	MSEN	01:24:03
19	Dan Hartshorn	UA	M40	01:26:12
20	Becky Griffiths	UA	WSEN	01:26:14
21	Phil Wilkinson	Mercia FR	MSEN	01:28:05
22	Vincent Borg	UA	MSEN	01:28:23
23	Dave Saunders	Mercia FR	M40	01:28:31
24	Ben Du Feu	UA	MSEN	01:28:40
25	Lawrie Jones	UA	M60	01:28:48
26	Rob Evason	UA	M50	01:28:52
27	Jack Buckley	Mercia FR	MSEN	01:29:31
28	Charlotte White & Andrew Watkins	UA	X-PAIR	01:30:10
29	Mark Pearson	Mercia FR	M60	01:30:16
30	Ed Davies	Mercia	M60	01:30:22
31	Tim Jones	Croft Ambrey RC	M50	01:30:43
32	Phil Delves	Ludlow Runners	MSEN	01:30:48
33	Chris Harvey	UA	M40	01:30:48
34	Joe Donnelly	UA	MSEN	01:31:02
35	Gwyneth Parry	Mercia FR	WSEN	01:31:05
36	Robin Bacon	Mercia FR	M50	01:31:36
37	Mark Price	UA	MSEN	01:31:51
38	Keelan Serjeant	Holmfirth Harriers	M40	01:33:23
39	David Newton-Badman	UA	M40	01:34:16
40	Paul Gresty	Shropshire Shufflers	M60	01:34:52
41	Karl Clack	Shropshire Shufflers	M40	01:35:20
42	Dave Hills	Mercia	M50	01:35:48
43	Dan Sadd	UA	MSEN	01:36:04

2023 LITTLE STRETTON TO STIPERSTONES TIME TRIAL ON FOOT

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Pos	Name	Club	Cat	Time
44	Adrian Marsh & Matthew Marsh	UA	M-PAIR	01:37:33
45	Shaun Western	Mercia FR	M50	01:37:46
46	Adrian Pickles	Mercia FR	M60	01:38:48
47	Ian Williamson	UA	M50	01:38:51
48	Jack Tavernor	UA	M40	01:39:03
49	Matthew Barrett	UA	MSSEN	01:39:13
50	Rory Bastow Norris	UA	MSSEN	01:41:01
51	Mark Wadsworth & Max Wadsworth	UA	M-PAIR	01:41:14
52	Charlie Sandells	Shropshire Shufflers	M40	01:41:35
53	Steve Atherton	Ambleside AC	M60	01:42:18
54	Christine Antonette Macam	UA	WSEN	01:42:30
55	Mark Bramall	UA	M40	01:42:33
56	James Woodward & Eithan Lattan	UA	M-PAIR	01:43:02
57	Adam Baker & Daran Nicholson	UA	M-PAIR	01:43:20
58	Darren Waters & Jennie Waters	UA	X-PAIR	01:44:26
59	Edward Beards	Mercia FR	M50	01:45:45
60	Jean-Louis Le Roy	UA	M60	01:46:43
61	Mike Arthur	Shropshire Shufflers	M50	01:46:53
62	Paul Cadman & Emma Horne	UA	X-PAIR	01:46:53
63	Anna Bramall	UA	W40	01:46:55
64	Alan Dean & Alfie Dean	UA	M-PAIR	01:47:18
65	Robert Peacey & Sally Mawhinney	UA	X-PAIR	01:47:47
66	Richard Hartley	UA	M40	01:47:51
67	Heather Kieniewicz	UA	WSEN	01:48:00
68	Giles Carey & Andy Brady	UA	M-PAIR	01:48:36
69	Charlie Hay	Mercia FR	WSEN	01:48:42
70	Margaret Kodz	UA	W60	01:48:58
71	Hefa Rowlands & Ifan Jones	UA	M-PAIR	01:49:10
72	Frank Atherton	FRA	M50	01:49:22
73	Michelle Hughes & Jessica Pugh	UA	F-PAIR	01:50:47
74	Naomi Watson	Mercia FR	W40	01:53:16
75	Nickie Jones & Jenny Norton	UA	F-PAIR	01:53:19
76	Biddy Cole	Mercia FR	W50	01:53:35

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Pos	Name	Club	Cat	Time
77	Shay Baker & Cory Halpin	UA	M-PAIR	01:55:23
78	Mark Hill & Tom Phillips	UA	M-PAIR	01:57:40
79	Lucy Heiron	UA	WSEN	01:58:57
80	Charlie Holland & Calvin Wright	UA	M-PAIR	01:59:27
81	John Shirra & Jazmine Shirra	UA	X-PAIR	01:59:56
82	Richard Paddock & Jenny Preece	UA	X-PAIR	02:03:20
83	Sarah Cathcart & Matthew Cathcart	UA	X-PAIR	02:03:55
84	Daniel Wilkes & Simon Leah	UA	M-PAIR	02:04:30
85	Sarah Cole & Cheryl Higgins	UA	F-PAIR	02:06:07
86	Darren Mitchelmore	SAC	M50	02:06:58
87	Janet Hill	Ludlow Runners	W60	02:08:38
88	Melanie Berminham	Chase Harriers	W60	02:08:39
89	Paul Ellis	UA	M50	02:13:11
90	Andrew White	Wrekin Orienteers	M60	02:13:39
91	Yvonne Nicholls	UA	W60	02:15:52
92	Dave Nichols	Mercia FR	M70	02:17:12
93	Michael Bastow & Sarah Wilding	UA	X-PAIR	02:18:10
94	Ann Holmes	UA	W50	02:19:39
95	Marian White	Wrekin Orienteers	W60	02:20:04
96	Philip Bryant & Samantha Bailey	UA	X-PAIR	02:24:10
97	Chris Demaine	UA	MSEN	02:26:37
98	Imogen Harley & Mark Turner	UA	X-PAIR	02:27:04
99	Andrew Duggan & Rebecca Owen-Jones	Wrekin Road R	X-PAIR	02:29:06
100	Molly Beaumont & Lauren Whitaker	UA	F-PAIR	02:30:37
101	Derek O'Connor & Susanne O'Connor	UA	X-PAIR	02:31:14
102	Charlie Brayne & Karen Brayne	UA	X-PAIR	02:34:40
103	Katie Lloyd	UA	WSEN	02:34:42
104	Ann Perry & Shel Shah	UA	F-PAIR	02:36:48
105	Jenny Hartley	BBRC	W40	02:37:04
106	Becky Haydock	UA	X-PAIR	02:38:54
107	Keith Parkes & Rach Parkes	UA	X-PAIR	02:41:16
108	Mark Rimell	UA	M40	02:41:21
109	Joanne Gough	UA	WSEN	02:41:24

2023 LITTLE STRETTON TO STIPERSTONES TIME TRIAL ON FOOT

REPORT with RESULTS

Pos	Name	Club	Cat	Time
110	Humphrey Dunn & Alistair Mitchell	UA	M-PAIR	02:41:42
111	Jocelyn Goldine	UA	WSEN	02:41:48
112	John Hall	FRA	M70	02:55:46
113	Mick Boulton	UA	M70	03:00:45
114	Chris Price & Dan Pritchard	UA	M-PAIR	03:13:03
115	Adrian Donnelly & Eve Cole	UA	X-PAIR	03:13:16
116	Guy Holloway & Emily Holloway	UA	X-PAIR	03:17:02
117	Jennifer Ball & Sarah Clayton	UA	F-PAIR	03:42:03
118	John Sproson & Geoff Sproson	UA	M-PAIR	03:51:57
119	Sharan Williams & Sian Mitchelmore	UA	F-PAIR	04:29:19

A full (and up to date) list of all category records and all Sub 66 (male) and Sub 77 (female) can be seen on the official TT website (www.timetrial.org.uk).

For more information on Fell Running visit the Shropshire Fell Running Facebook page: [Shropshire Fell Running | Facebook](#) or go to the Mercia FR site at www.merciafr.club/ which also displays an expanded version of this year's Time Trial results (<https://merciafr.club/results/time-trial-results-2023>).



Red alert!

Misty conditions on the top made it advisable to have a search dog on duty (photo courtesy of Tom Roo)

