

## Intercounties 2022

On Saturday 7th May 5 men representing Northern Ireland lined up on the start line in Llanberis, Wales for this years Intercounties race. Timmy Johnston, Aaron McGrady, Jonny Scott, Adam Cunningham & our fearless under 23 counter; Jared Martin joined some of the best runners from Scotland, Wales and all the counties in England in what is always a tough race!



Timmy Johnston & Jonny Scott had both ran this course in 2019 (albeit with a slight change to this years finish) so knew exactly what the guys would be up against. 2019's race was used as the home countries and held in September - a memory being that it was incredibly hot for that time of year!

On arrival in wales on Friday, the rain was pouring and the skies were grey. But things changed by morning and the sun was out for the race! A toasty 20 degrees on the start line and a tough race was about to get even harder!

The race begins on a steep tarmac road before heading onto the open mountain and climbing Moel Eilio. A sharp descent, followed by two more climbs before a final sharp descent onto a gravel track, where competitors were faced with a gruelling 3 miles of hard, fast running before hitting the final run into the finish.

After a slow & steady start, Timmy passed all his teammates to be the first NI runner home in a time of 53:24mins, Aaron wasn't far behind despite a 'blow up' on the gravel track. Jared followed shortly after continuing his great start to this year - and not a hair out of place! Jonny was next,



with Adam (fresh from his excellent Seven Sevens result a few weeks before) just two places behind.



After seeing the girls come in and catching up with some of the runners from other teams, we heading to the lake for a quick dip before heading back to the airport for a flight home that evening. Thanks to the race organisers for a great course and NIMRA for the opportunity to race.