

UP THE NAB - MEN

2016 RESULTS

Position	Race no.	Name	Cat	Club	Time	Cat Pos	Team Pos
1	18	SIMON BAILEY	SEN	MERCIA FELL RUNNERS	0:34:04	1	1
2	153	STEVEN HEBBLETHWAITE	SEN	KESWICK AC	0:34:10	2	1
3	324	SAM TOSH	SEN	ROSSENDALE HARRIERS	0:34:27	3	1
4	237	BEN MOUNSEY	SEN	CALDER VALLEY FELL RUNNERS	0:34:41	4	1
5	167	ROB HOPE	V40	PUDSEY & BRAMLEY AC	0:34:58	1	1
6	366	JACK WOOD	SEN	ILKLEY HARRIERS AC	0:35:06	5	1
7	32	CARL BELL	SEN	KESWICK AC	0:35:16	6	2
8	385	RHYS FINDLAY-ROBINSON	SEN	DARK PEAK FELL RUNNERS	0:35:21	7	1
9	136	KARL GRAY	V45	CALDER VALLEY FELL RUNNERS	0:35:27	1	2
10	179	ROB JEBB	V40	BINGLEY HARRIERS & AC	0:35:31	2	1
11	166	IAN HOLMES	V50	BINGLEY HARRIERS & AC	0:35:37	1	2
12	110	MATTHEW ELKINGTON	U23	DARK PEAK FELL RUNNERS	0:35:44	1	2
13	246	NEIL NORTHROP	SEN	DARK PEAK FELL RUNNERS	0:35:54	8	3
14	200	MARK LAMB	SEN	KESWICK AC	0:35:54	9	3
15	111	TIM ELLIS	SEN	CALDER VALLEY FELL RUNNERS	0:35:55	10	3
16	362	PHIL WINSKILL	SEN	KESWICK AC	0:36:03	11	4
17	308	SAM STEAD	SEN	KESWICK AC	0:36:04	12	5
18	51	JON BOWIE	SEN	MERCIA FELL RUNNERS	0:36:07	13	2
19	190	DARREN KAY	V45	CALDER VALLEY FELL RUNNERS	0:36:12	2	4
20	382	TOM ADDISON	SEN	HELM HILL RUNNERS	0:36:18	14	1
21	227	TOM MCGUINNESS	U23	EAST CHESHIRE HARRIERS & TAMESIDE AC	0:36:25	2	1
22	225	FELIX MCGRATH	U23	WESTBURY HARRIERS	0:36:29	3	1
23	392	BILLY CARTWRIGHT	SEN	MATLOCK	0:36:30	15	1
24	287	TOM SAVILLE	U23	DARK PEAK FELL RUNNERS	0:36:30	4	4
25	194	JAMES KEVAN	SEN	HORWICH R M I HARRIERS	0:36:32	16	1
26	42	STUART BOND	SEN	DARK PEAK FELL RUNNERS	0:36:34	17	5
27	254	GRAHAM PEARCE	SEN	PUDSEY & BRAMLEY AC	0:36:37	18	2
28	258	ADAM PERRY	SEN	HELM HILL RUNNERS	0:36:39	19	2
29	395	NICK LEIGH	SEN	HORWICH R M I HARRIERS	0:36:41	20	2
30	63	TOM BRUNT	V40	DARK PEAK FELL RUNNERS	0:36:44	3	6
31	203	ROBBERT LITTLE	SEN	DARK PEAK FELL RUNNERS	0:36:45	21	7



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32	281	JACK ROSS	SEN	STAFFORDSHIRE MOORLANDS AC	0:36:45	22	1
33	242	WILLIAM NEIL	SEN	MERCIA FELL RUNNERS	0:36:53	23	3
34	138	GARRY GREENHOW	SEN	AMBLESIDE AC	0:36:59	24	1
35	359	JOSH WILLIAMS	SEN	DARK PEAK FELL RUNNERS	0:37:02	25	8
36	164	KIERAN HODGSON	V40	HELM HILL RUNNERS	0:37:05	4	3
37	25	MIKE BARRON	SEN	AMBLESIDE AC	0:37:08	26	2
38	163	PETER HODGES	SEN	DARK PEAK FELL RUNNERS	0:37:09	27	9
39	87	NEAL CRAMPTON	SEN	PUDSEY & BRAMLEY AC	0:37:19	28	3
40	218	PHIL MARSDEN	SEN	BOLTON UNITED HARRIERS & AC	0:37:21	29	1
41	208	MATTHEW LOCKYER	SEN	PUDSEY & BRAMLEY AC	0:37:24	30	4
42	21	NICHOLAS BARBER	SEN	PENNINE FELL RUNNERS	0:37:27	31	1
43	365	NIGEL WOOD	V40	HELM HILL RUNNERS	0:37:30	5	4
44	86	JAMES CRAIG	SEN	BARLICK FELL RUNNERS	0:37:34	32	1
45	106	CHRIS EDIS	SEN	KESWICK AC	0:37:36	33	6
46	214	DAVE LUND	SEN	DARK PEAK FELL RUNNERS	0:37:40	34	10
47	316	ANDY SWIFT	SEN	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:37:51	35	1
48	352	ALEX WHITTEM	SEN	CALDER VALLEY FELL RUNNERS	0:38:13	36	5
49	219	LUKE MAUDE	SEN	BARLICK FELL RUNNERS	0:38:14	37	2
50	264	BEN PROCTOR	SEN	HELM HILL RUNNERS	0:38:14	38	5
51	168	RICHARD HOUGHTON	V50	PENNINE FELL RUNNERS	0:38:16	2	2
52	47	WILL BOOTHMAN	SEN	DARK PEAK FELL RUNNERS	0:38:17	39	11
53	360	JASON WILLIAMS	V40	CALDER VALLEY FELL RUNNERS	0:38:21	6	6
54	216	JOE MANN	U23	AMBLESIDE AC	0:38:28	5	3
55	211	HARVEY LORD	SEN	BLACK COMBE RUNNERS	0:38:32	40	1
56	139	STEWART GREGORY	V50	HOLME PIERREPONT RC	0:38:40	3	1
57	259	MATT PERRY	SEN	CLAYTON-LE-MOOR HARRIERS	0:38:50	41	1
58	368	JACK WRIGHT	U23	AMBLESIDE AC	0:38:59	6	4
59	174	CHRIS JACKSON	SEN	GLOSSOPDALE HARRIERS	0:39:04	42	1
60	369	JON WRIGHT	V45	TODMORDEN HARRIERS	0:39:13	3	1
61	268	STEPHEN PYKE	V50	DARK PEAK FELL RUNNERS	0:39:19	4	12
62	81	DANIEL COLLINGE	U23	CLAYTON-LE-MOOR HARRIERS	0:39:20	7	2



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63	346	TIM WERRETT	V40	MERCIA FELL RUNNERS	0:39:23	7	4
64	198	STEVE KNOWLES	V40	PENNINE FELL RUNNERS	0:39:26	8	3
65	121	STEVE FRANKLIN	SEN	TOTLEY AC	0:39:29	43	1
66	141	IAN GRINDLEY	V50	MERCIA FELL RUNNERS	0:39:30	5	5
67	381	DAVE MILLIKEN	V50	HORWICH R M I HARRIERS	0:39:33	6	3
68	399	JAMES LOUGE	V45	CALDER VALLEY FELL RUNNERS	0:39:41	4	7
69	321	ADAM TAYLOR	SEN	DARK PEAK FELL RUNNERS	0:39:44	44	13
70	172	JOHN HUNT	V45	DARK PEAK FELL RUNNERS	0:39:46	5	14
71	328	NICK TREITL	SEN	BARLICK FELL RUNNERS	0:39:47	45	3
72	357	DANIEL WILKINSON	V40	ILKLEY HARRIERS AC	0:39:49	9	2
73	195	DAMIAN KILPIN	SEN	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:39:52	46	2
74	33	LUKE BERESFORD	SEN	RIPLEY RUNNING CLUB	0:40:02	47	1
75	58	GARETH BRIGGS	V40	DARK PEAK FELL RUNNERS	0:40:02	10	15
76	92	NOEL CURTIS	V40	PENNINE FELL RUNNERS	0:40:02	11	4
77	119	DARREN FISHWICK	V45	CHORLEY ATHLETIC & TRI	0:40:11	6	1
78	127	ED GAMBLE	V50	CHESHIRE HILL RACES	0:40:13	7	1
79	40	ANDY BLACKETT	SEN	DURHAM FELL RUNNERS	0:40:21	48	1
80	22	NICK BARBER	V40	TODMORDEN HARRIERS	0:40:22	12	2
81	279	MIKE ROBINSON	V45	DARK PEAK FELL RUNNERS	0:40:42	7	16
82	2	SIMON ADNEY	SEN	MERCIA FELL RUNNERS	0:40:47	49	6
83	314	RICHARD STIRZAKER	SEN	ROCHDALE HARRIERS & AC	0:40:53	50	1
84	256	JON PEMBERTON	SEN	DARK PEAK FELL RUNNERS	0:40:56	51	17
85	56	PATRICK BRENNAN	SEN	ROSSENDALE HARRIERS	0:41:03	52	2
86	108	MICK EGNER	V60	SETTLE HARRIERS	0:41:15	1	1
87	236	DAVE MOTLEY	SEN	CLAYTON-LE-MOOR HARRIERS	0:41:20	53	3
88	31	STEVE BELL	V50	DARK PEAK FELL RUNNERS	0:41:26	8	18
89	349	ROBERT WHITE	V40	BUXTON & DISTRICT AC	0:41:37	13	1
90	14	CHRISTOPHER ATHERTON	SEN	AMBLESIDE AC	0:41:43	54	5
91	217	JONNY MARCHANT	V40	HELM HILL RUNNERS	0:41:46	14	6
92	146	BOBBY HAGAN	SEN	KESWICK AC	0:41:48	55	7
93	26	VIRGIL BARTON	V40	MERCIA FELL RUNNERS	0:41:50	15	7



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94	7	STEVE ANGUS	V45	KESWICK AC	0:41:57	8	8
95	83	SIMON COLLINS	SEN	YORK KNAVESMIRE HARRIERS	0:42:01	56	1
96	310	MICK STENTON	V55	DARK PEAK FELL RUNNERS	0:42:02	1	19
97	307	CRAIG STANSFIELD	V45	ROSSENDALE HARRIERS	0:42:02	9	3
98	34	ANDY BERRY	SEN	BARLICK FELL RUNNERS	0:42:02	57	4
99	358	SAMUAL WILLIAMS	SEN	DARK PEAK FELL RUNNERS	0:42:03	58	20
100	292	MATTHEW SEDDON	SEN	PUDSEY & BRAMLEY AC	0:42:07	59	5
101	327	STEPHEN TILFORD	SEN	WAKEFIELD & DISTRICT HARRIERS	0:42:08	60	1
102	393	NEIL ASHCROFT	V45	AMBLESIDE AC	0:42:10	10	6
103	335	MARK WALSH	V45	DARWIN DASHERS	0:42:15	11	1
104	248	DAVE NUTTALL	V50	BOWLAND FELL RUNNERS	0:42:18	9	1
105	206	ANDY LLOYD	V45	HORWICH R M I HARRIERS	0:42:18	12	4
106	154	CARL HELIWELL	V40	CLAYTON-LE-MOOR HARRIERS	0:42:29	16	4
107	150	SAM HARRISON	SEN	BOWLAND FELL RUNNERS	0:42:36	61	2
108	94	MARCEL DARLING	V45	SHELTON STRIDERS	0:42:39	13	1
109	137	JAMES GRAY	SEN	ST THERESA'S AC	0:42:40	62	1
110	171	MATTHEW HULLEY	V40	PENNINE FELL RUNNERS	0:42:41	17	5
111	181	PAUL JEGGO	V55	SPRINGFIELD	0:42:44	2	1
112	406	MATTHEW TWYFORD	SEN	GLOSSOPDALE HARRIERS	0:42:47	63	2
113	187	ANDY ROBINSON	V50	MERCIA FELL RUNNERS	0:42:50	10	8
114	325	BEN TETLER	SEN	GLOSSOPDALE HARRIERS	0:42:53	64	3
115	67	RICHARD BYERS	V50	CHESHIRE HILL RACES	0:42:54	11	2
116	223	TOM MCGAFF	V60	CHESHIRE HILL RACES	0:42:58	2	3
117	309	CHRIS STEELE	SEN	BORROWDALE FELL RUNNERS	0:43:04	65	1
118	302	STEPHEN SMITHIES	V45	CALDER VALLEY FELL RUNNERS	0:43:04	14	8
119	59	ANDREW BRITTON	V40	IDLE AC	0:43:05	18	1
120	142	KRISTIAN GROOM	SEN	DARK PEAK FELL RUNNERS	0:43:07	66	21
121	182	PAUL JENKINSON	V45	ERYRI HARRIERS	0:43:10	15	1
122	160	LEIGH HINCHCLIFFE	V45	PUDSEY PACERS	0:43:13	16	1
123	400	DARRAN HAWKINS	V50	PENNINE FELL RUNNERS	0:43:16	12	6
124	394	KARL STEINEGGER	SEN	AMBLESIDE AC	0:43:21	67	7



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125	348	SEAMUS WHITE	V40	STAFFORDSHIRE MOORLANDS AC	0:43:26	19	2
126	289	GRAHAM SCHOLFIELD	V60	HORWICH R M I HARRIERS	0:43:33	3	5
127	95	CHRIS DAVIES	V60	SADDLEWORTH RUNNERS	0:43:39	4	1
128	363	IAN WINTERBURN	V50	DARK PEAK FELL RUNNERS	0:43:52	13	22
129	212	SAUL LOVATT	SEN	GLOSSOPDALE HARRIERS	0:43:57	68	4
130	356	RYAN WILKINSON	SEN	CLAYTON-LE-MOOR HARRIERS	0:44:02	69	5
131	98	MATT HARRISON	V40	MERCIA FELL RUNNERS	0:44:05	20	9
132	234	JOHN MILLEN	V40	BLACK COMBE RUNNERS	0:44:14	21	2
133	45	VINCENT BOOTH	V50	CHESHIRE HILL RACES	0:44:16	14	4
134	101	ANDY DICKENSON	V50	DARK PEAK FELL RUNNERS	0:44:23	15	23
135	49	NIALL BOURKE	SEN	PUDSEY & BRAMLEY AC	0:44:26	70	6
136	230	ANDY MCMURDO	SEN	PENNINE FELL RUNNERS	0:44:29	71	7
137	16	BARRY ATKINSON	V55	YORK KNAVESMIRE HARRIERS	0:44:30	3	2
138	303	CHRIS SNELL	SEN	CLAYTON-LE-MOOR HARRIERS	0:44:31	72	6
139	72	GARY CHADDERTON	V50	HORWICH R M I HARRIERS	0:44:31	16	6
140	135	BEN GRANT	V65	HARROGATE HARRIERS	0:44:36	1	1
141	130	ROY GIBSON	V55	KENDAL AC	0:44:38	4	1
142	62	SIMON BROWNE	V40	DENBY DALE ATHLETICS CLUB	0:44:48	22	1
143	402	LOUIS FORSHAW-PERRING	U23	BUXTON & DISTRICT AC	0:45:02	8	2
144	373	JOHN DOYLE	V50	PENNINE FELL RUNNERS	0:45:03	17	8
145	340	IAN WARHURST	V55	PENNINE FELL RUNNERS	0:45:05	5	9
146	129	ANDY GIBBONS	SEN	BINGLEY HARRIERS & AC	0:45:06	73	3
147	350	ANTHONY WHITEHOUSE	V60	TOTLEY AC	0:45:09	5	2
148	275	SIMON RIPPON	V50	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:45:19	18	3
149	320	MARCUS TAYLOR	V45	BURNDEN ROAD RUNNERS	0:45:29	17	1
150	295	ANDY SHAW	V50	HOLMFIRTH HARRIERS AC	0:45:39	19	1
151	270	JOHN RAINFORD	V50	PRESTON HARRIERS	0:45:43	20	1
152	133	GEOFFREY GOUGH	V55	CLAYTON-LE-MOOR HARRIERS	0:45:57	6	7
153	272	SIMON REED	V55	DARK PEAK FELL RUNNERS	0:46:07	7	24
154	354	CHRIS WILCOX	V60	CLWYDIAN RANGE RUNNERS	0:46:10	6	1
155	337	LEIGH WARBURTON	V55	BOWLAND FELL RUNNERS	0:46:23	8	3



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156	192	DAVID KEELING	V50	CHESHIRE HILL RACES	0:46:26	21	5
157	263	MARTYN POLLITT	V55	BURNDEN ROAD RUNNERS	0:46:27	9	2
158	151	ANDY HAUSER	V60	HOLMFIRTH HARRIERS AC	0:46:33	7	2
159	173	STEVE JACKSON	V60	HORWICH R M I HARRIERS	0:46:40	8	7
160	380	ANDREW BRAITHWAITE	V40	TRAWDEN AC	0:46:44	23	1
161	261	OLIVER PIKE	SEN	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:46:48	74	4
162	30	CARL BEDSON	V45	GLOSSOPDALE HARRIERS	0:46:52	18	5
163	185	NICK JONES	V40	BUXTON & DISTRICT AC	0:46:56	24	3
164	390	JONATHAN CLEAVER	SEN	CLAYTON-LE-MOOR HARRIERS	0:47:00	75	8
165	220	GREG MAY	SEN	TODMORDEN HARRIERS	0:47:01	76	3
166	46	JOHN BOOTHMAN	V50	BARLICK FELL RUNNERS	0:47:04	22	5
167	396	ROBERT MURPHY	V50	GLOSSOPDALE HARRIERS	0:47:07	23	6
168	387	PATRICK TWENTYMAN	U23	BUXTON & DISTRICT AC	0:47:09	9	4
169	239	DAVID MULLIN	V45	MERCIA FELL RUNNERS	0:47:12	19	10
170	165	KEITH HOLMES	V60	DARK PEAK FELL RUNNERS	0:47:16	9	25
171	176	PETER JACKSON	V55	BARLICK FELL RUNNERS	0:47:20	10	6
172	336	BRIAN WALTON	V60	HORWICH R M I HARRIERS	0:47:23	10	8
173	274	ALAN RENFREE	V55	UNATTACHED	0:47:27	11	
174	75	IAN CHARLESWORTH	V50	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:47:30	24	5
175	122	STEPHEN FRY	V50	HARROGATE HARRIERS	0:47:37	25	2
176	104	ANDREW DRIVER	SEN	BARLICK FELL RUNNERS	0:47:39	77	7
177	20	ADRIAN BAKER	V55	DARK PEAK FELL RUNNERS	0:47:42	12	26
178	383	JOSH ADDISON	SEN	HELM HILL RUNNERS	0:47:44	78	7
179	189	STEVE JONES	SEN	KESWICK AC	0:47:54	79	9
180	221	GRAHAM MCARA	V60	CHESHIRE HILL RACES	0:47:58	11	6
181	105	PETER ECCLESTON	SEN	DARK PEAK FELL RUNNERS	0:48:05	80	27
182	82	DAVE COLLINS	V60	TODMORDEN HARRIERS	0:48:06	12	4
183	389	ROWLAND MAYLAN	V45	BUXTON & DISTRICT AC	0:48:11	20	5
184	112	MARK ELLITHORN	V50	CHORLEY ATHLETIC & TRI	0:48:14	26	2
185	132	MARTYN GOODWIN	V55	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:48:15	13	6
186	48	RICHARD BOUGLAS	SEN	BUXTON & DISTRICT AC	0:48:16	81	6



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187	407	PETER NICHOLSON	SEN	EAST CHESHIRE HARRIERS & TAMESIDE AC	0:48:19	82	2
188	271	BEN RATCLIFFE	U23	KEELE UNIVERSITY ATHLETICS & CROSS COUNTRY	0:48:25	10	1
189	3	RICK ALDRED	V40	BUXTON & DISTRICT AC	0:48:30	25	7
190	345	ANDY WATTS	V65	CHESHIRE HILL RACES	0:48:45	2	7
191	323	SIMON TAYLOR	SEN	DARWIN DASHERS	0:48:53	83	2
192	241	TIM MURRAY	V55	HELM HILL RUNNERS	0:48:57	14	8
193	96	ANDREW DAVIES	V65	BRIDGNORTH RUNNING CLUB	0:49:03	3	1
194	342	STEVE WATHALL	V55	RETFORD AC	0:49:05	15	1
195	364	STUART WOLSTENHOLME	V45	TODMORDEN HARRIERS	0:49:07	21	5
196	74	CHRIS CHARLESWORTH	V40	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:49:09	26	7
197	117	FRANK FIELDING	V60	PENNINE FELL RUNNERS	0:49:12	13	10
198	17	PETER BAILEY	V50	BUXTON & DISTRICT AC	0:49:20	27	8
199	19	ADAM BAIRO	V40	AMBLESIDE AC	0:49:23	27	8
200	255	PHILIP PEARCE	SEN	GLOSSOPDALE HARRIERS	0:49:38	84	7
201	269	MARK QUINCE	V45	BUXTON & DISTRICT AC	0:50:01	22	9
202	41	SIMON BOLTON	V50	CHESHIRE HILL RACES	0:50:04	28	8
203	8	RICK ANSELL	V55	TRING RUNNING CLUB	0:50:04	16	1
204	157	NICK HEWITT	V60	BOWLAND FELL RUNNERS	0:50:18	14	4
205	305	DICK SPENDLOVE	V70	CALDER VALLEY FELL RUNNERS	0:50:32	1	9
206	351	GLEN WHITTAKER	V50	BARLICK FELL RUNNERS	0:50:38	29	8
207	134	DAVID GOULD	V60	MERCIA FELL RUNNERS	0:50:46	15	11
208	386	NICK ANDRALOJC	V50	HARROGATE HARRIERS	0:50:57	30	3
209	405	MARK FERGUSON	SEN	WOLVES & BILSON	0:51:01	85	1
210	38	JOHN BIRCHENOUGH	V60	ROSSENDALE HARRIERS	0:51:06	16	4
211	69	KIERAN CARR	V70	CLAYTON-LE-MOOR HARRIERS	0:51:15	2	9
212	388	ALI ALSAADI	V40	BELLE VUE RACERS	0:51:19	28	1
213	229	MICHAEL MCLOUGHLIN	V60	PRESTON HARRIERS	0:51:30	17	2
214	152	PEDRO HAVELOCK	SEN	CANNOCK & STAFFORD AC	0:51:42	86	1
215	401	TIM HORROCKS	V50	PENNINE FELL RUNNERS	0:51:49	31	11
216	57	ALAN BRETNALL	V65	PENNINE FELL RUNNERS	0:51:52	4	12
217	245	JEFFREY NORMAN	V70	ALTRINCHAM & DISTRICT AC	0:52:01	3	1



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218	186	RICHARD JONES	SEN	ST THERESA'S AC	0:52:04	87	2
219	398	GEOFFREY COOPER	V45	RIPLEY	0:52:15	23	1
220	50	DAVE BOWEN	V60	PENNINE FELL RUNNERS	0:52:20	18	13
221	404	RICHARD APPLEWHITE	V40	MACCLESFIELD HARRIERS	0:52:22	29	1
222	71	MICHAEL CAYTON	SEN	HORWICH R M I HARRIERS	0:52:25	88	9
223	403	DAVID FORSHAW	V45	BUXTON & DISTRICT AC	0:52:25	24	10
224	257	STEVEN PEPPER	SEN	GLOSSOPDALE HARRIERS	0:52:33	89	8
225	148	NICK HAM	V50	GLOSSOPDALE HARRIERS	0:52:47	32	9
226	24	PHILIP BARNES	V55	PENNINE FELL RUNNERS	0:52:55	17	14
227	384	DAVID APPELYARD	V50	HELM HILL RUNNERS	0:53:06	33	9
228	103	ADRIAN DIXON	V65	FELL RUNNERS ASSOCIATION	0:53:09	5	1
229	301	IAN SMITH	V60	BOLTON UNITED HARRIERS & AC	0:53:15	19	2
230	288	MIKE SCANDRETT	SEN	KESWICK AC	0:53:16	90	10
231	283	STUART RUSSELL	V40	LIVERPOOL RUNNING CLUB	0:53:25	30	1
232	170	PETER HUDSON	V55	MERCIA FELL RUNNERS	0:53:54	18	12
233	235	DAVID MILTON	V45	HOLMFIRTH HARRIERS AC	0:53:58	25	3
234	317	TREVOR SYMONDS	V60	FELL RUNNERS ASSOCIATION	0:54:05	20	2
235	372	LAURENCE KEIGHLEY	V45	BURNDEN ROAD RUNNERS	0:54:12	26	3
236	260	GEORGE PIER	U23	CLAYTON-LE-MOOR HARRIERS	0:54:27	11	10
237	205	GRAHAM LLOYD	V50	CALDER VALLEY FELL RUNNERS	0:54:34	34	10
238	285	ANDREW RUSSELL	V50	HELM HILL RUNNERS	0:54:47	35	10
239	397	SIMON BOTTRILL	V45	STILTON STRIDERS	0:54:50	27	1
240	319	DAVE TAIT	V65	DARK PEAK FELL RUNNERS	0:54:56	6	28
241	311	JOHN STEPHENSON	V55	GLOSSOPDALE HARRIERS	0:55:09	19	10
242	315	ROD SUTCLIFFE	V60	CALDER VALLEY FELL RUNNERS	0:57:27	21	11
243	68	PETER CALLADINE	V60	SADDLEWORTH RUNNERS	0:57:41	22	2
244	131	RICHARD GOFF	SEN	BUXTON & DISTRICT AC	0:57:58	91	11
245	158	TREVOR HIBBERT	SEN	SINFIN RUNNING CLUB	0:58:13	92	1
246	118	STEPHEN FISH	V60	CLAYTON-LE-MOOR HARRIERS	0:58:16	23	11
247	55	GRAHAM BREEZE	V70	WHARFEDALE HARRIERS	1:00:10	4	1
248	91	MICHAEL CROOK	V65	HORWICH R M I HARRIERS	1:01:19	7	10



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UP THE NAB - MEN

2016 RESULTS

Position	Race no.	Name	Cat	Club	Time	Cat Pos	Team Pos
249	391	NEVILLE MCGRAW	V70	GLOSSOPDALE HARRIERS	1:01:37	5	11
250	123	PAUL FRYERS	V45	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	1:01:54	28	8
251	326	LES THURSTON	V65	BISHOPS STORTFORD RC	1:02:48	8	1
252	338	ANDY WARBURTON	V50	BURNDEN ROAD RUNNERS	1:03:10	36	4
253	140	NEVILLE GRIFFITHS	V70	SPECTRUM STRIDERS	1:03:25	6	1
254	116	CALVIN FERGUSON	SEN	CALDER VALLEY FELL RUNNERS	1:03:45	93	12
255	60	RAYMOND BROWN	V75	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	1:04:20	1	9
256	10	JOHN ARMISTEAD	V70	DARK PEAK FELL RUNNERS	1:04:22	7	29
257	109	PETER EHRHARDT	V70	TODMORDEN HARRIERS	1:04:41	8	6
258	126	STUART GALL	SEN	ST THERESA'S AC	1:04:48	94	3
259	169	ANDY HOWIE	V60	PENNINE FELL RUNNERS	1:05:04	24	15
260	374	MICHAEL FLATLEY	SEN	LIVERPOOL RUNNING CLUB	1:05:09	95	2
261	79	CHRIS CLARK	V65	KESWICK AC	1:05:16	9	11
262	403	DAVID FORSHAW	V45	BUXTON & DISTRICT AC	1:05:16	24	10
263	54	JEREMY BRAYSHAW	V65	TOTLEY AC	1:08:04	10	3
264	193	DUNCAN KENNEDY	SEN	LIVERPOOL RUNNING CLUB	1:08:41	96	3
265	107	CHRIS EDWARDS	V45	DARK PEAK FELL RUNNERS	1:09:09	30	30
266	78	ARTHUR CLARE-HAY	V70	MERCIA FELL RUNNERS	1:11:46	9	13
267	13	ROGER ASHBY	V70	PENNINE FELL RUNNERS	1:12:02	10	16