

Wasdale

9 July 2017

Pos	No	Name	Club	Cat	Time
1	83	Carl Bell	Keswick AC	MSEN	3:40:53
2	93	Karl Gray	Calder Valley FR	M45	3:50:05
3	203	Sam Tosh	Rossendale Harriers	MSEN	3:50:30
4	100	Simon Bailey	Mercia FR	MSEN	3:52:09
5	24	Rob Jebb	Bingley Harriers	M40	3:52:52
6	210	john Spill	Oxford University	MU21	4:00:47
7	148	Jack Wood	Ilkley Harriers	MSEN	4:05:37
8	220	Sam Watson	Wharfedale Harriers	MSEN	4:06:32
9	231	Pete Vale	Mercia FR	M45	4:06:39
10	255	Ben Abdelnoor	Ambleside AC	MSEN	4:10:36
11	198	Joshua Jardine	Helm Hill Runners	MU23	4:13:04
12	263	Martin Mikkelsen-Barron	Borrowdale FR	MSEN	4:13:58
13	235	Calum Tinnion	Ellenborough AC	MSEN	4:17:11
14	240	James Appleton	Keswick AC	MSEN	4:17:14
15	182	Nicholas Barber	Pennine FR	MSEN	4:17:22
16	91	Kieran Hodgson	Helm Hill Runners	M40	4:17:36
17	275	Andrew Schofield	Borrowdale FR	M45	4:17:51
18	145	Sam Stead	Keswick AC	MSEN	4:18:12
19	261	Steven Hebblethwaite	Keswick AC	MSEN	4:19:29
20	262	Alasdair Anthony	Ochil Hill Runners	M40	4:20:06
21	251	Tom Gibbs	Ambleside AC	M45	4:22:22
22	48	Logan Mills		MSEN	4:22:53
23	28	Peter Davies	Dark Peak FR	MSEN	4:23:09
24	232	Richard McGrath	Ellenborough AC	M40	4:27:59
25	218	Jon Rylance	Ambleside AC	M40	4:28:33
26	266	Noah Hurton	Eden Runners	MU21	4:28:40
27	207	Andy Swift	Calder Valley FR	MSEN	4:29:14
28	105	Josh Williams	Dark Peak FR	MSEN	4:31:00
29	135	Shane Ohly	Helm Hill Runners	M40	4:33:00
30	62	Timothy Cowin	Helm Hill Runners	M40	4:33:34
31	104	Dave Taylor	Dark Peak FR	M50	4:33:41
32	204	Ian Symington	Calder Valley FR	MSEN	4:33:58
33	44	Jonny Malley	Ambleside AC	MSEN	4:34:45
34	149	John Hunt	Dark Peak FR	M50	4:34:58
35	208	Andrew Worster	Todmorden Harriers	MSEN	4:35:20
36	4	Will Boothman	Dark Peak FR	MSEN	4:36:12
37	101	John Helme	Ambleside AC	MSEN	4:36:54
38	173	Harvey Lord	Black Combe Runners	MSEN	4:37:18
39	242	Tom Gomersall	Bingley Harriers	MSEN	4:37:38
40	140	Barry Wilkinson	Borrowdale FR	M50	4:38:18
41	166	Harry Holmes	Pudsey & Bramley AC	MSEN	4:39:11
42	171	Richard Mellon	Bowland FR	M45	4:40:43
43	69	Stephen Pyke	Dark Peak FR	M50	4:40:58
44	222	Mark Lamb	Keswick AC	MSEN	4:41:19
45	110	Anna Lupton	Black Combe Runners	WSEN	4:41:26
46	197	Nichola Jackson	Preston Harriers	WSEN	4:41:28
47	170	Alisdair Burns	Wharfedale Harriers	MSEN	4:42:38
48	41	Joe Blackett	Dark Peak FR	M50	4:43:39
49	133	Dave Ward	Pennine FR	M40	4:45:09
50	126	Catherine Spurden	Keswick AC	WSEN	4:45:12
51	245	Chris Lister	Ellenborough AC	MSEN	4:46:48
52	211	Nigel Wood	Helm Hill Runners	M40	4:47:04
53	119	Kelli Roberts	Ambleside AC	WSEN	4:47:07
54	156	Rupert Allison	Dark Peak FR	MSEN	4:48:05
55	34	Andrew Jebb	Bingley Harriers	M40	4:49:09

56	5	Philip Pearson	Northern Fells RC	M55	4:49:11
57	160	Mark Baddeley	Lincoln Wellington AC	M40	4:50:18
58	64	Matt Driver	Holcombe Harriers	MSEN	4:50:25
59	92	Chris Jackson	Pennine FR	MSEN	4:50:46
60	183	Tom Simpson	Ambleside AC	MU23	4:51:28
61	238	Peter Mackie	Shettleston Harriers	M40	4:52:44
62	283	Graeme Brown	Todmorden Harriers	M40	4:52:56
63	223	Lee Newton	Keswick AC	MSEN	4:54:28
64	199	Noel Curtis	Pennine FR	M40	4:56:53
65	120	Mark Roberts	Borrowdale FR	M55	4:57:10
66	61	Judith Jepson	Dark Peak FR	W50	4:57:20
67	63	Martin Perry	Esk Valley Fell Club	MSEN	4:58:19
68	137	Max Wainwright	Dark Peak FR	MU23	4:58:43
69	134	Rick Stuart	Helm Hill Runners	M50	4:58:58
70	26	Stephen Edwards	Calder Valley FR	M40	4:59:00
71	112	Andrew Slattery	Keswick AC	M45	4:59:43
72	227	David Williams	Ellenborough AC	MSEN	5:00:10
73	138	Nicky Spinks	Dark Peak FR	W50	5:00:37
74	47	Matty Brennan	Erewash Valley RC	MSEN	5:00:43
75	107	David Sykes	Dark Peak FR	M40	5:01:37
76	84	Andrew Holmes	Pennine FR	MSEN	5:02:59
77	272	Tom Bush	Pennine FR	MSEN	5:04:10
78	19	Garth McGimpsey	Mourne Runners	MSEN	5:05:14
79	79	Mike Robinson	Dark Peak FR	M45	5:06:41
80	215	Ken Sutor	Cheshire Hash House Harriers	M40	5:08:44
81	121	Peter Rigby		MSEN	5:09:43
82	38	Matthew Seddon	Pudsey & Bramley AC	MSEN	5:09:52
83	247	Peter Kemp	Ellenborough AC	M40	5:10:17
84	7	Johnathan Cooper-Knock	Totley AC	MSEN	5:14:36
85	51	Darren Fishwick	Chorley A & Tri Club	M45	5:14:39
86	94	Paul Fauset	Dark Peak FR	M40	5:14:51
87	124	Leigh Warburton	Bowland FR	M55	5:15:38
88	285	David Lund	Dark Peak FR	MSEN	5:17:19
89	78	Gwyn Bellamy	Westerlands CCC	MSEN	5:17:22
90	68	Ben Grant	Harrogate H & AC	M65	5:17:27
91	221	Craig Smith	Keswick AC	M50	5:18:12
92	151	Ben Beaumont	Mercia FR	MSEN	5:18:22
93	237	Jonathan Melia	Rossendale Harriers	M45	5:18:50
94	122	Phil Scarf	Calder Valley FR	M50	5:19:04
95	111	Zoe Procter	Pennine FR	W40	5:19:21
96	268	Ian Ferguson	Bingley Harriers	M55	5:19:36
97	246	John Nicoll	Keswick AC	M45	5:19:43
98	43	David Gregory		M40	5:21:30
99	181	Neil Ashcroft	Ambleside AC	M45	5:22:22
100	228	Jamie Lawler		M40	5:22:23
101	194	Paul Jeggo	Springfield Striders	M55	5:22:40
102	74	Paul Hobbs	Todmorden Harriers	M40	5:22:44
103	146	Peter Watson	Erewash Valley RC	MSEN	5:23:10
104	216	Martin Terry	Clayton-le-Moors Harriers	M55	5:23:13
105	258	Nick Barber	Todmorden Harriers	M40	5:23:30
106	250	Natalie Hawkrigg	Northern Fells RC	W45	5:23:33
107	42	Edmond Jackson	Ambleside AC	M50	5:23:46
108	179	Peter Crompton	CFR	M60	5:23:53
109	277	Richard Stevens	Ambleside AC	M40	5:25:14
110	249	Edward Sneddon	Mercia FR	M40	5:27:36
111	125	Jim Turner	Bowland FR	MSEN	5:27:53
112	81	Simon Mounsey	Howgill Harriers	M45	5:28:40
113	200	Rupert Bonington	Keswick AC	M45	5:29:45
114	205	Douglas Zinis	Calder Valley FR	MSEN	5:30:06
115	239	Mark Messenger	Macclesfield Harriers	M50	5:30:09
116	113	David White	Helm Hill Runners	M45	5:30:28

117	15	Mick Allen	CFR	MSEN	5:30:54
118	269	Tony Heron	Todmorden Harriers	M45	5:33:21
119	103	Ian Warhurst	Pennine FR	M55	5:33:34
120	155	Eleanor Johnstone	FRA	WU23	5:35:40
121	196	Paul Jackson	Dark Peak FR	MSEN	5:35:46
122	127	Stephen Storey	Penistone FR & AC	M60	5:36:38
123	248	Mark Fussell	CFR	MSEN	5:36:59
124	82	Steve Jones	Keswick AC	MSEN	5:37:30
125	36	Gemma Ford	Todmorden Harriers	WSEN	5:38:28
126	144	Jacob Tonkin	Keswick AC	MSEN	5:38:36
127	162	Iain Illstone	Calder Valley FR	MSEN	5:41:07
128	18	Allan McKeown	Bowland FR	M40	5:41:09
129	9	Jenny Caddick	Dark Peak FR	W45	5:41:19
130	131	Stephen Shorrock	Barlick FR	MSEN	5:43:45
131	80	Paul Haigh	Calder Valley FR	MSEN	5:45:08
132	224	Trudy Beetham	Keswick AC	W40	5:46:00
133	226	John Beetham	Keswick AC	M40	5:46:02
134	244	Dave Cudby	Truro RC	MSEN	5:46:43
135	273	Neil Lowry		M40	5:47:23
136	32	Deborah Gowans	Accrington RR	W50	5:47:25
137	219	Jean Powell	Wharfedale Harriers	W45	5:47:33
138	271	Johnnie Watson	Calder Valley FR	M45	5:47:35
139	45	Jack Foxall	Dark Peak FR	M40	5:47:49
140	161	Rachel Pilling	Pudsey & Bramley AC	WSEN	5:48:05
141	259	Mark Brooks	Puretrail Running	M50	5:48:23
142	128	James Pierce	Penistone FR & AC	M40	5:49:35
143	17	Richard Bolton	Pennine FR	M40	5:50:29
144	13	Leigh Hinchliffe	Pudsey Pacers RC	M45	5:50:31
145	132	Chris Wilcox	Buckley Runners	M60	5:51:04
146	139	Jim Tyson	Ambleside AC	M40	5:51:51
147	72	Matt Dumenil	Pennine FR	MSEN	5:52:20
148	98	Lorraine Slater	Barlick FR	W45	5:52:22
149	191	James Halse	Dark Peak FR	M40	5:52:23
150	46	Michael Mallen	Keswick AC	M60	5:52:34
151	37	Carl Bedson	Cheshire Hill Racers	M45	5:52:36
152	89	Michelle Foxwell	Ambleside AC	W40	5:52:48
153	99	John Boothman	Barlick FR	M50	5:52:53
154	186	Carrie Gibson	Helm Hill Runners	W45	5:52:56
155	147	Ian Race	Helm Hill Runners	M55	5:54:21
156	180	James Pearce		M45	5:55:36
157	22	Keith Holmes	Dark Peak FR	M60	5:55:39
158	281	Jason Lewis		M45	5:56:40
159	280	Dave Cumins	Mow Cop Runners	M45	5:56:40
160	256	Tom Wright	Truro RC	M40	5:56:50
161	57	Paul Mason	CFR	M55	5:57:12
162	177	Greg Crowley	Dark Peak FR	M50	5:57:43
163	88	Stephen Morran	Bolton United Harriers	M60	5:57:48
164	233	Tom Foster	Mercia FR	M40	5:58:30
165	1	Phil Hodgson	Todmorden Harriers	M60	5:59:28
166	71	Alison Richards	Helm Hill Runners	W40	6:00:03
167	60	Stephen Paul Coope	Bowland FR	M50	6:00:12
168	225	Philip Shaw	Mansfield Harriers	M50	6:00:43
169	163	Graham Pilling	Pudsey & Bramley AC	MSEN	6:01:06
170	192	Marcel Darling	Shelton Striders	M45	6:01:08
171	274	Toby Woodhead		M40	6:01:18
172	254	Stephen Bark	Skegness & District RC	M45	6:01:56
173	52	Andrew Harrison	Preston Harriers	MSEN	6:02:11
174	260	Chris Rainbow	Skegness & District RC	M50	6:02:32
175	27	Simon Barkley	Oswestry Olympians	M40	6:03:07
176	25	Andrew Bradley	CFR	M50	6:03:14
177	6	Steven Foley	Horwich RMI Harriers	M45	6:03:26

178	212	Paul Simpson	Ambeside AC	M50	6:04:24
179	21	Karen Pickles	Pudsey & Bramley AC	W45	6:05:33
180	123	Neil Sidaway	CFR	M50	6:05:36
181	154	Tim Murray	Helm Hill Runners	M55	6:05:39
182	2	Claire Duffield	Todmorden Harriers	W40	6:06:10
183	136	Alison Wainwright	Dark Peak FR	W45	6:07:22
184	174	Peter Carvell	Congleton Harriers	M40	6:08:26
185	56	Chris Hewitson	Congleton Harriers	M40	6:08:29
186	33	Nigel Jeff	Buxton AC	M50	6:10:39
187	67	Eleanor Knowles	Ambleside AC	W45	6:11:15
188	30	Nick Hewitt	Bowland FR	M60	6:11:31
189	129	Andy Watts	Cheshire Hill Racers	M65	6:11:59
190	264	Rachel Findlay-Robinson	Keswick AC	WSEN	6:12:13
191	55	Victoria Haworth	Keswick AC	WSEN	6:12:14
192	153	Chris Axon	British Army	MSEN	6:12:23
193	59	Graham Kelly	Westerlands CCC	M45	6:13:48
194	12	Mike Hitchmough	Newburgh Nomads	M50	6:17:49
195	106	Richard Mead	Dark Peak FR	M45	6:18:02
196	178	Andrew Roberts	Congleton Harriers	M45	6:18:21
197	77	Outi Kamarainen	Ilkley Harriers	WSEN	6:18:42
198	165	Rowena Browne	Bowland FR	W55	6:18:43
199	65	Marie Robson	Helm Hill Runners	W45	6:19:13
200	97	Gary Bradley	Barlick FR	M50	6:19:26
201	96	Lawrence Day	Ambleside AC	M40	6:19:54
202	168	Rick Ansell	Tring RC	M55	6:20:28
203	85	Wendy Dodds	Clayton-le-Moors Harriers	W65	6:21:08
204	20	Jonathan Cooper	Helm Hill Runners	M50	6:21:34
205	54	Neil Birchall	Manx FR	M50	6:24:34
206	184	Paul Jennings	CFR	M50	6:24:44
207	284	Warwick Anderson	Pocklington Runners	M45	6:24:54
208	213	Paul Taylor	Saddleworth Runners	M50	6:25:07
209	159	Helen Buchan	Calder Valley FR	WSEN	6:25:10
210	90	Pete Ferris	CFR	M50	6:26:24
211	164	Danny Lim	Elvet Striders	MSEN	6:27:02
212	115	Tony Paul	Telford AC	M40	6:27:49
213	278	Harry Longman	Wreabe Runners	M55	6:27:55
214	49	Lesley Malarkey	Keswick AC	W65	6:28:13
215	176	Jonathan Hardman	Cheshire Hill Racers	MSEN	6:28:33
216	243	Emma Dodd	Wharfedale Harriers	WSEN	6:28:53
217	195	Caroline Harding	Pudsey & Bramley AC	W40	6:28:53
218	39	Peter Hampshire	Pensby Runners	M40	6:29:41
219	95	Edwin Sherstone	Southport Waterloo AC	M50	6:30:18
220	29	Fiona Lynch	Radcliffe AC	W40	6:30:32
221	102	Pat Goodall	Totley AC	W60	6:35:10
222	76	Lucy Hobbs	Todmorden Harriers	W45	6:35:34
223	40	Ruth Metcalfe	Eryri Harriers	W45	6:37:23
224	167	Stuart Russell	Liverpool RC	M45	6:37:30
225	118	Jackie Scarf	Calder Valley FR	W50	6:39:22
226	265	Kate Mansell	Todmorden Harriers	W45	6:39:31
227	257	Robin Tuddenham	Todmorden Harriers	M45	6:39:33
228	50	Vincent Booth	Cheshire Hill Racers	M50	6:43:27
229	152	Huw Jones	Birmingham RA&TC	M50	6:44:35
230	23	Steven O'Keeffe	Northern Fells RC	M45	6:45:49
231	229	Wilfred Bell	Howgill Harriers	M60	6:46:05
232	108	Karl Tuzio	Newburgh Nomads	M50	7:06:44
233	188	Chris Kelsey	Wells City Harriers	M60	7:49:56
234	58	Zachary Ingledew	British Army	MSEN	m5
235	190	Julian Carradice		M55	rtd
236	142	Denise Tunstall	Durham FR	W50	rtd
237	187	Paul Hindle	Wharfedale Harriers	M50	rtd
238	150	Andrew Russell	Helm Hill Runners	M50	rtd

239	282	Steve Smedley		M50	rtd
240	114	Neil Wallace	Pudsey & Bramley AC	M40	rtd
241	217	John Millen	Black Combe Runners	M40	rtd
242	234	Ian Mills	Pennine FR	M40	rtd
243	75	Jane Proctor	Samoens Trail Club	W50	rtd
244	8	Dave Coleshill	Dark Peak FR	M45	rtd
245	53	Mike McLoughlin	Preston Harriers	M60	rtd
246	109	Daryl Mullen	Newburgh Nomads	M50	rtd
247	202	John Thompson	Newburgh Nomads	M45	rtd
248	193	James Cooke	Calder Valley FR	MSEN	rtd
249	143	Toby Sydes	Calder Valley FR	M45	rtd
250	31	Martin Holroyd	Borrowdale FR	M50	rtd
251	214	Richard Talbot	Ambleside AC	M40	rtd
252	117	Lisa Parker	Accrington RR	WSEN	rtd
253	241	David Lawrance	Macclesfield Harriers	M40	rtd
254	209	Jonathan Ulett		MSEN	rtd
255	287	Rowan Ranner	Helm Hill Runners	WSEN	rtd
256	279	Samantha McGrady		W45	rtd
257	201	Paul Woolhouse	Pennine FR	M40	rtd
258	236	Patrick Brennan	Rossendale Harriers	MSEN	rtd
259	157	James Laffar		MSEN	rtd
260	16	Philip Barnes	Pennine FR	M55	rtd
261	185	Eddie Lesniak	Achille Ratti CC	M60	rtd
262	253	Karon Forster	Calder Valley FR	W55	rtd
263	189	Maggie Creber	Carnethy HR	W55	rtd
264	116	Mauro Rotondi	Radcliffe AC	M45	rtd
265	87	Dan Duxbury	Ambleside AC	M40	rtd
266	175	Catherine Niblock	Helm Hill Runners	WSEN	rtd
267	206	Todd Oates	Ambleside AC	MSEN	rtd
268	286	Ashley Kay	Dark Peak FR	M55	rtd
269	14	Francis Hale	Higham Harriers	M45	rtd
270	70	Nick Andralojc	Harrogate H & AC	M55	rtd
271	267	Bill Beckett	Chorley A & Tri Club	M50	rtd
272	252	Rebecca Morgan		WSEN	rtd
273	10	Jonny Dry	Windsor AC	MSEN	rtd
274	11	Richard Harris	Newburgh Nomads	M50	rtd
275	270	Ted Ferguson	Borrowdale FR	MU23	rtd
276	35	Matthew Hulley	Pennine FR	M40	rtd
277	158	Alex Martin		MSEN	rtd
278	141	Brian Walton	Horwich RMI Harriers	M60	rtd
279	230	Phil Winskill	Keswick AC	M40	rtd
280	86	Peter German	Helm Hill Runners	MSEN	rtd
281	172	Simon Higgins	Congleton Harriers	M45	rtd
282	3	Andrew McFarlane	Rossendale Harriers	M45	rtd
283	73	Steve Jackson	Horwich RMI Harriers	M60	rtd
284	169	Steven Knowles	Pennine FR	M45	rtd