

Arnside Knott Senior Race 22 November 2105

Position	Time	Number	Forename	Surname	Category	Club
1	35.19	142	Steve	Swarbrick	M40	Bowland Fell Runners
2	35.40	88	Harvey	Lord	MSEN	Blackcombe
3	36.00	24	Tim	Cowin	M40	Howgill Harriers
4	36.15	63	Alex	Hinchcliffe	MU23	Helm Hill
5	36.26	105	Richard	Mellon	M40	Bowland
6	36.32	130	Jon	Rylance	M40	Ambleside
7	36.35	104	Antony	Meanwell	M40	Borrowdale
8	36.54	59	Samuel	Harrison	MSEN	Bowland Fell Runners
9	37.09	134	William	Sisson	MSEN	Kendal AAC
10	37.27	110	John	Millen	M40	Black Combe Runners
11	38.18	29	Heidi	Dent	WSEN	Howgill Harriers
12	38.48	119	Brian	Pennington	MSEN	Howgill Harriers
13	38.55	65	John	Hosker	MSEN	Howgill Harriers
14	38.58	90	Alan	Lucker	M40	Bowland Fell Runners
15	39.29	40	Darren	Fishwick	M40	Chorley
16	39.56	160	Matt	Wilson	M40	Kendal AC
17	40.00	73	Mark	Irving	MSEN	Bowland FR
18	40.13	93	Sean	Maley	M40	North Shields Poly
19	40.28	163	Rowan	Wood	MSEN	Lonsdale
20	40.29	137	Chris	Snell	MSEN	Clayton le Moors Harriers
21	40.31	150	Jim	Turner	MSEN	Bowland Fell Runners
22	40.31	172	Attwood	George	MU23	Dallam
23	40.46	161	Richard	Wilson	MSEN	Kendal AC
24	40.47	114	Matthew	Owen	M40	Bowland Fell Runners
25	41.00	27	James	Dalgleish	M40	Lancaster & Morecambe AC
26	41.06	82	Paul	Knowles	M40	Ambleside AC
27	41.19	76	Colin	Jennings	M40	Garstang
28	41.19	92	Paul	Macfarlane	MSEN	Helm Hill Runners
29	41.40	1	John	Armitstead	MSEN	Helm Hill
30	42.09	26	Andrew	Crowther	M40	Lonsdale Fellrunners
31	42.27	62	Rachel	Hill	W40	Settle
32	42.34	136	Michael	Smith	M40	Dallam RC
33	42.50	95	Pete	Marston	M40	Helm Hill
34	42.51	169	Simon	Waller	M45	Helm Hill
35	43.19	51	John	Gill	MSEN	Unttached
36	43.33	132	Jon	Sear	M40	Lancaster and Morecambe
37	43.43	69	Ronald	Hummelink	MSEN	Lonsdale Fell Runners
38	43.49	165	Thomas	Yates	MSEN	Dallam
39	44.14	152	Mike	Walsh	M60	Kendal AAC
40	44.21	96	Mark	Mason	M40	Kendal AAC
41	44.43	94	Carla	Maley	WSEN	North Shields Poly

42	44.59	140	Martin	Statham	M50	Achille Ratti Climbing Club
43	45.09	64	Brian	Horn	M60	Borrowdale Fell Runners
44	45.11	78	Huw	Johnson	M40	Unattached
45	45.17	124	Patrick	Quinlan	M40	Unattached
46	45.32	120	Andy	Phelps	MSEN	Lonsdale
47	45.42	126	Matt	Richardson	MSEN	Wharfedale Harriers
48	45.43	4	Kathleen	Aubrey	W50	Helm Hill
49	45.45	14	Kevin	Bray	M50	Morpeth Harriers
50	45.46	19	Tod	Coates	M40	Ambleside AC
51	45.50	52	Mike	Gilpin	MSEN	Unattached
52	46.33	44	Nick	Gannicliffe	M50	Dallam
53	46.39	67	Ben	Houghton	MSEN	Howgill Harriers
54	46.43	6	Adam	Baird	M40	Ambleside AC
55	46.54	153	Angela	White	W40	CFR
56	47.03	168	Jamie	Sykes Macleod	MU23	Dallam
57	47.08	103	Amie	Mcavoy	WSEN	Garstang
58	47.34	170	Andy	Holden	M50	Wharfedale Harriers
59	47.49	144	Christopher	Taylor	M60	Mercia Fell Runners
60	47.55	158	Jeremy	Wilkinson	M40	Calder Valley Fell Runners
61	48.29	123	John	Quine	M50	Kendal AC
62	48.39	143	David	Sykes	M40	Lonsdale Fell Runners
63	48.44	18	John	Carty	M40	Unattached
64	48.59	115	Tim	Palmer	M50	Helsby RC
65	49.15	46	Nigel	Garnett	M50	Kendal
66	49.17	148	Mike	Troup	M60	Ambleside AC
67	49.31	32	Chris	Dwyer	MSEN	Unattached
68	49.34	79	Mo	Kelly	WSEN	Howgill Harrier
69	49.35	91	Jenny	Lyon	WSEN	Dallam
70	49.42	106	Ben	Merckel	MU23	Lonsdale Fell Runners
71	49.46	99	Robert	Matthews	MSEN	Meltham AC
72	49.48	107	Quentin	Merritt	M50	Unattached
73	49.53	86	John	Leech	M50	Dallam
74	49.58	138	Stephen	Spamer	M40	Bolton Tri
75	50.08	13	Cathy	Bradley	W40	Wharfedale Harriers
76	50.16	157	Lynn	Whittaker	W50	Wharfedale Harriers
77	50.26	30	Wendy	Dodds	W60	Clayton le Moors Harriers
78	50.40	68	Kath	Hoyer	W50	FRA
79	50.45	141	Paul	Stupples	M40	St Helens Tri
80	50.48	66	Georgia	Houghton	WSEN	Howgill Harriers
81	51.04	113	Claire	Nance	WSEN	Lonsdale
82	51.08	43	Sarah	Folks	W40	Unattached
83	51.59	127	Chloe	Routledge	WU23	Unattached
84	52.09	42	Gordon	Fletcher	M60	FRA
85	52.09	81	Eleanor	Knowles	W40	Ambleside AC

86	52.43	151	Mark	Walker	M50	Kendal AC
87	52.52	22	Lindsey	Cook	W40	Unattached
88	53.14	61	Andrew	Hewitson	M40	Lonsdale
89	53.18	60	Steven	Hartle	MSEN	Parkside Panthers
90	53.25	131	David	Sandford	M50	Unattached
91	53.56	112	Bob	Muirhead	MSEN	COLT
92	54.09	129	Nicola	Rylance	W40	Ambleside
93	54.12	35	Pablo	Engl	M50	Unattached
94	54.28	57	Andrea	Harbourne	W40	Unattached
95	54.33	48	Karen	Gates	W50	Dallam
96	54.39	87	Helena	Lewis	W40	Dallam
97	54.50	121	Dan	Poltawski	MSEN	Batala Mountain Runners
98	54.50	159	Helen	Wilkinson	W40	Calder Valley Fell Runners
99	55.40	80	Vicky	Kirkwood	W40	Dallam
100	55.45	133	Vicki	Sherrington	WSEN	Preston Harriers
101	55.52	149	Hannah	Turner	WSEN	Unattached
102	56.16	171	Ruth	Beal	W40	Unattached
103	56.28	37	Louisa	Engl Lopez	WSEN	Unattached
104	56.33	139	Stan	Stanning	M50	Borrowdale Fell Runners
105	56.35	125	Katie	Read Challen	WU23	Unattached
106	56.45	36	Clair	Engl	W40	Unattached
107	56.53	102	Sharon	Matthews	W40	Unattached
108	57.35	166	Ariane	Gardner	W40	Dallam
109	57.36	23	Phil	Corris	M60	Lancashire Constabulary AC
110	57.43	101	John	Matthews	MSEN	Unattached
111	57.51	147	Richard	Treitl	M60	Barlick Fell Runners
112	57.56	89	Richard	Lote	M50	Unattached
113	58.01	16	Lindsay	Buck	W50	Cumberland Fell Runners
114	58.08	109	Trevor	Metcalfe	M60	Wharfedale Harriers
115	58.16	117	Eden	Parkinson	M40	Unattached
116	58.57	50	Peter	Gibson	M60	Blackpool Wyre and Fylde
117	59.26	7	Amy	Ball	W40	COLT
118	59.27	20	Ian	Conway	M60	Glaxo Hoad Hill
119	59.36	164	Jeffrey	Wright	M50	BWFAC
120	59.45	84	Kate	Lakeland	WSEN	PRESTON HARRIERS
121	59.47	5	Ian	Bailey	M50	COLT
122	60.08	156	Helen	Whitehouse	W50	Dallam Running Club
123	60.17	11	Peter	Booth	MU23	Lancashire
124	60.20	83	Phil	Lakeland	M50	Preston Harriers
125	60.26	75	Christopher	Jamieson	M50	Esk Valley Fell Club
126	61.28	162	Dave	Winkfield	MSEN	Lancaster and Morecambe AC
127	61.32	122	Coral	Price	W50	Unattached
128	61.33	154	Martin	White	M50	CFR
129	64.56	17	Alison	Cahn	W60	Unattached

130	65.21	33	Peter	Edge	M60	Bentham Beagles Running Club
131	65.25	116	Jenny	Palmer	W40	Helsby RC
132	67.52	97	Jo	Matthew	W40	Unattached
133	68.11	167	Karen	Christon	W40	Unattached
134	68.51	2	Christine	Atkinson	W50	Unattached
135	70.47	54	Aimee	Goodings	WSEN	Ulverston Tri Club
136	70.48	55	Al	Goodings	M40	Cumbria
137	80.31	100	Christine	Matthews	W50	Unattached