

Arnside Knott Race 20th November 2016

Senior Results

Position	Time	Number	Forename	Surname	Category	Club or Unattached
1	36.13	4	Chris	Arthur	MSEN	Bowland Fell Runners
2	39.00	48	Raymond	Edgar	MSEN	Unattached
3	39.36	91	Josh	Jardine	MU23	Helm Hill
4	40.24	97	Harvey	Lord	MSEN	Black Combe
5	40.39	18	Luke	Bowen	MU23	Ambleside
6	41.08	108	Antony	Meanwell	M40	Borrowdale
7	41.19	142	Jon	Rylance	M40	Ambleside AC
8	41.58	111	John	Millen	M40	Black Combe Runners
9	42.09	75	James	Harris	MSEN	Team KOM
10	42.27	31	Kirk	Wadsworth	M40	Helm Hill
11	42.28	49	James	Edwards	M40	Lonsdale Fell Runners
12	42.31	125	Brian	Pennington	M40	Howgill Harriers
13	42.38	42	Heidi	Dent	WSEN	Howgill Harriers
14	42.53	74	Michael	Hallas	MSEN	Horwich RMI Harriers
15	43.12	107	Robert	Crawford	M40	Howgill Harriers
16	43.22	10	Doug	Love	MSEN	Bowland Fell Runners
17	43.34	104	Phil	Mather	MSEN	Lonsdale Fell Runners
18	44.01	70	James	Gray	MSEN	Bowland Fell Runners
19	44.08	41	Christopher	De Silver	MSEN	Lonsdale Fell Runners
20	44.18	102	Sean	Maley	M40	North Shields Poly
21	44.19	113	Sam	Moon	M40	Helm Hill
22	44.31	124	Carl	Pawson	M40	Barlick Fell runners
23	44.49	139	Matthew	Rooke	MSEN	Black Combe Runners
24	44.58	59	Darren	Fishwick	M40	CHORLEY
25	45.05	35	James	Dagleish	M40	Lancaster & Morecambe AC

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26	45.41	6	Martin	Askew	MU23	Helm Hill
27	45.54	84	John	Hosker	MSEN	Howgill Harriers
28	46.00	103	Carla	Maley	WSEN	North Shields Poly
29	46.14	135	Tom	Roberts	M40	Unattached
30	46.37	136	Sean	Robinson	MSEN	Howgill Harriers
31	46.54	168	Barry	Wheeler	MSEN	Red Rose Road Runners
32	47.02	29	Jules	Coleman	M50	Lonsdale Fell Runners
33	47.11	175	Thomas	Yates	MSEN	Dallam
34	47.30	92	Colin	Jennings	M40	Garstang
35	47.32	114	Ken	Murphy	M50	Lonsdale Fell Runners
36	47.36	80	John	Hewitt	M50	Glossopdale Harriers
37	47.41	65	John	Gill	MSEN	Dallam
38	47.45	101	Ellie	Maddocks	WSEN	Lonsdale Fell Runners
39	47.48	123	Hugh	Paterson	M40	unattached
40	47.51	32	Tom	Matthew	M40	Bowland Fell Runners
41	47.58	2	John	Armitstead	MSEN	Helm Hill
42	48.00	46	John	Douglas	M40	Allithwaite Running Club
43	48.09	28	Tod	Coates	M40	Ambleside AC
44	48.09	72	David	Griffin	M50	Dallam
45	48.13	87	Ronald	Hummelink	MSEN	Lonsdale Fell Runners
46	48.17	85	Ashey	Howell	MSEN	Eden Runners
47	48.20	27	Andrew	Christie	MSEN	Red Rose Road Runners
48	48.22	33	Dave	Cumins	M40	Team KOM
49	48.33	158	Jonathan	Tombs	M40	Eden Runners
50	48.42	115	Claire	Nance	WSEN	Lonsdale Fell Runners
51	48.52	89	Kristina	Jackson	WSEN	Allithwaite Running Club

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52	49.01	116	Christopher	Nattress	MSEN	Unattached
53	49.10	156	Alice	Swift	WSEN	Chorlton Runners
54	49.14	81	Rachel	Hill	W40	Settle Harriers
55	49.21	140	Rebecca	Gledhill	WSEN	Black Combe Runners
56	49.27	14	Simon	Waller	M40	Helm Hill
57	49.33	131	David	Pryor	MSEN	Unattached
58	49.38	39	Matt	Davis	MSEN	Howgill Harriers
59	50.40	146	Jon	Sear	M40	Lancaster and Morecambe AC
60	50.45	1	Paul	Appleby	M50	Northumberland Fell Runners
61	50.47	150	Andrew	Stokes	M60	unattached
62	51.15	26	Gary	Mason	M50	Keswick
63	51.20	100	Paul	Mackie	M40	Lancaster and Morecambe
64	51.26	117	Frank	Nightingale	M50	Red Rose Road Runners
65	51.33	20	Kevin	Bray	M50	Morpeth Harriers
66	51.46	126	Andy	Phelps	MSEN	Lonsdale Fell Runners
67	52.05	51	Chris	Evans	M40	Ambleside
68	52.06	73	Sarah	Hall	WSEN	Red Rose Road Runners
69	52.54	36	Philip	Davidson	M50	Red Rose Road Runners
70	53.45	105	Stuart	Mcgurk	M50	Kendal AC
71	53.57	21	Gareth	Brown	MSEN	Ulverston Tri Club
72	54.00	38	Carla	Davies	WSEN	RED ROSE ROAD RUNNERS
73	54.02	166	Steve	Wathall	M50	Retford AC
74	54.05	99	Ciaran	Lynch	M40	Pensby
75	54.13	66	Louise	Goddard	W50	Lancaster and Morecambe
76	54.40	16	Gareth	Bell	MSEN	Red Rose Road Runners
77	54.46	112	David	Miller	M60	Chorley A. & T.

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78	54.55	62	Nick	Gannicliffe	M50	Dallam
79	54.59	169	Angela	White	W40	CFR
80	55.02	50	Cliff	Etherden	M60	LOC
81	55.18	161	Mike	Troup	M60	Ambleside AC
82	55.30	3	Alistair	Arnott	M40	Allithwaite Running Club
83	55.35	64	Sam	Gibbs	M40	Helm Hill
84	55.36	134	Chris	Roberts	M60	Black Combe Runners
85	55.49	93	Niall	Johnson	M50	Unattached
86	55.51	54	Dickie	Felton	M40	unattached
87	56.17	79	Andrew	Hewitson	M40	Lonsdale Fell Runners
88	56.39	15	Paul	Bates	M60	Lonsdale Fellrunners
89	56.41	24	Simon	Calvert	M40	Lancaster & Morecambe AC
90	57.02	71	Helen	Greenep	W50	Settle Harriers
91	57.21	44	Wendy	Dodds	W60	Clayton-le-Moors Harriers
92	57.33	98	Kate	Ludley	WSEN	Lonsdale Fell Runners
93	57.41	90	Luke	Jacobs	MSEN	Unattached
94	57.42	78	Peter	Henderson	M40	Unattached
95	57.49	165	Andrew	Shepherd	MSEN	Unattached
96	57.59	61	Sarah	Folks	W40	Ambleside
97	58.00	95	Vicky	Kirkwood	W40	Dallam
98	58.03	82	Kel	Hirst	WSEN	Colt
99	58.22	141	Nicola	Rylance	W40	Ambleside AC
100	58.47	9	John	Leech	M50	Dallam
101	58.52	47	Christopher	Dwyer	MSEN	unattached
102	58.53	25	John	Carty	M40	unattached
103	59.32	12	Kat	Evans	WSEN	Ambleside

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104	59.35	153	Paul	Stupples	M40	St Helens Tri
105	59.42	127	Paula	Plowman	W50	Red Rose Road Runners
106	60.07	106	Clare	Mckenna	W40	Horwich RMI
107	60.49	147	Richard	Simpson	M60	unattached
108	60.56	86	Kath	Hoyer	W50	FRA
109	61.03	145	Rachel Lee	Scott	W40	COLT
110	61.05	5	Lorna	Askew	W40	Helm Hill
111	61.10	132	Peter	Reed	M60	NFR
112	61.31	43	Libby	Dixon	W40	Ambleside
113	61.33	171	Lynn	Whittaker	W50	Wharfedale Harriers
114	61.34	143	David	Sandford	M50	unattached
115	61.36	148	Rod	Smith	M60	Bentham Beagles
116	62.05	162	Victoria	Upton	WSEN	Helm Hill Runners
117	62.11	130	Jane	Proctor	W50	Samoens Trail Team
118	62.47	57	Stephen	Fish	M60	Clayton Le Moors
119	62.58	96	Phil	Lakeland	M50	Preston Harriers
120	63.00	138	Jim	Robson	M60	Allithwaite Running Club
121	63.30	137	Zoe	Robinson	WSEN	Howgill Harriers
122	63.34	149	Claire	Shaw	WSEN	Red Rose Road Runners
123	63.35	19	Gareth	Bradburn-Sims	M40	Howgill Harriers
124	64.05	109	Lynn	Melvin	W50	Red Rose
125	64.37	163	Ian	Verber	M60	Black Combe Runners
126	65.19	129	Mark	Procter	M40	Unattached
127	65.34	160	Richard	Treitl	M60	Barlick Fell Runners
128	65.47	110	Alison	Mercer	W50	Red Rose Road Runners
129	66.03	128	Debbie	Porter	W40	Red Rose Road Runners

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130	66.41	172	Stephen	Wilson	M40	Allithwaite Running Club
131	66.54	22	Lindsay	Buck	W50	Cumberland Fell Runners
132	67.27	119	Emma	Blundell	WSEN	Lonsdale Fell Runners
133	67.46	144	Graham	Schofield	M60	Chorley
134	67.52	121	Steve	Padmore	M60	unattached
135	67.53	170	Martin	White	M50	CFR
136	68.07	174	Jeffrey	Wright	M50	Blackpool Wyre and Fylde ac
137	68.36	7	Chris	Atkinson	W50	Lancaster Woman's Running Group
138	69.46	133	Grant	Remington	MSEN	Unattached
139	70.31	83	Cat	Holden	W40	Red Rose Road Runners
140	71.13	37	Rhian	Davies	WSEN	Unattached
141	73.57	63	Bob	Gibbs	M60	SYO
142	74.41	118	Pita	Oates	W40	RED ROSE ROAD RUNNERS
143	77.30	151	Mary	Stokes	W70	unattached
144	78.07	11	Sue	Austin	W50	Red rose road runners
145	78.07	52	Jenny	Fairclough	W50	Red Rose Road Runners
146	79.11	88	Tammy	Hutchinson	WSEN	COLT
	WD	60	George	Fletcher	M70	Red Rose Road Runners