

Arnside Knott Race 19 November 2017
Senior Results

No	Forename	Surname	Club	Cat	Time
20	Luke	Bowen	Ambleside AC	MU21	0:37'32
132	Adam	Osborne	Leeds City AC	M40	0:37'45
81	Sam	Harrison	Bowland Fell Runners	MSEN	0:39'01
109	Harvey	Lord	Black Combe	MSEN	0:39'16
148	Jon	Rylance	AMBLESIDE AC	M40	0:39'18
18	Gareth	Booth	Horwich RM	M40	0:40'22
119	Richard	Mellon	Bowland FR	M40	0:40'55
164	Richard	Stevens	Ambleside AC	M40	0:41'15
107	Sandy	Lockett	Bowland	MSEN	0:41'21
80	James	Harris	Black Combe Runners	MSEN	0:42'22
142	Matthew	Rooke	Black Combe Runners	MSEN	0:42'32
23	Steven	Brennan	Unattached	M50	0:42'45
44	Christopher	De Silver	Lonsdale	MSEN	0:42'54
9	Jamie	Baron	Black Combe Runners	M50	0:42'55
125	Sam	Moon	Helm Hill Runners	M40	0:42'57
156	Stephen	Shorrocks	Barlick Fell Runners	MSEN	0:43'00
197	Philip	Withnall	Lonsdale Fell Runners	MSEN	0:43'27
79	Rob	Harper	Kendal AAC	M40	0:43'38
175	Sharon	Taylor	Helm Hill	WSEN	0:43'39
5	Jacob	Aubrey	Helm Hill	MU21	0:43'52
157	Jake	Shuttleworth	Ambleside AC	MU21	0:43'59
95	Tim	Jenner	UNATTACHED	M40	0:44'01
103	Stuart	Dickson	Ambleside AC	M40	0:44'04
37	Phillip	Craker	Ambleside AC	M40	0:44'15
1	Robert	Askew	Helm Hill	MU21	0:44'18
3	Martin	Askew	Helm Hill	MU21	0:44'20
198	Rowan	Wood	Lonsdale	MSEN	0:44'30
68	John	Gill	Dallam Running Club	MSEN	0:44'31
50	Connor	Duhig	Unattached	MSEN	0:44'33
113	Paul	Mason	Unattached	MSEN	0:44'36
135	Carl	Pawson	Barlick Fell Runners	M40	0:44'45
172	Paul	Targett	UNATTACHED	M50	0:44'58
96	Colin	Jennings	Garstang	M40	0:45'14
27	Imogen	Burrow	Helm Hill Runners	WU21	0:45'19
42	Mark	Davy	Unattached	MSEN	0:45'26
41	Littledave	Cumins	Team KOM	M40	0:46'07
65	Andy	Bryan	Dallam	MSEN	0:46'10
177	Rob	Taylor	unattached	MSEN	0:46'26
75	David	Griffin	Dallam	M50	0:46'31
173	Pete	Taylor	Black Combe Runners	M50	0:46'36
71	Simon	Gora	Garstang RC	MSEN	0:46'42
21	Anthony	Bowness	Kendal AAC	M40	0:46'44

Arnside Knott Race 19 November 2017
Senior Results

161	Michael	Smith	Dallam RC	M40	0:46'57
114	Tom	Matthew	Bowland Fell Runners	M40	0:47'03
168	Ian	Sutcliffe	Stadium Runners	M40	0:47'08
52	Jason	Edmondson	Ambleside AC	M40	0:47'08
33	Tod	Coates	Ambleside AC	M40	0:47'19
143	Rebecca	Rooke	Black Combe Runners	WSEN	0:47'30
165	Robin	Stones	Helm Hill Runners	MSEN	0:47'44
169	Andrew	Sutherland	Unattached	M50	0:48'08
15	George	Blenkinship	Keswick AC	MSEN	0:48'15
159	Richard	Smith	Helm Hill	MSEN	0:48'32
117	Paul	Mcleod	unattached	M50	0:48'47
128	Ken	Murphy	Lonsdale Fell Runners	M50	0:48'59
59	Daniel	Whitehouse	Unattached	MSEN	0:49'04
78	Gary	Owen	Northumberland Fell Runners	M60	0:49'17
97	Andrew	Jennings	Leven Valley AC	M40	0:49'19
99	Brian	Kennedy	Settle Harriers	M50	0:49'25
105	Tyron	Lewis	Dallam	M50	0:49'29
25	Richard	Briscoe	clayton le moors harriers	MSEN	0:49'31
139	Alison	Richards	Helm Hill Runners	W40	0:49'35
176	Roger	Taylor	Preston Harriers	M50	0:49'38
166	Christian	Stretton	Team Pie	M40	0:49'44
87	Andy	Holden	Wharfedale Harriers	M50	0:49'50
180	John	Tomlinson	Penistone Footpath Runners &	M40	0:50'12
189	Robert	Webb	Lonsdale Fell Runners	MSEN	0:50'19
133	Mark	Parsonagekear	Lonsdale	M40	0:50'27
40	Paula	Cullen	Barlick Fell Runners	W40	0:50'29
72	Chris	Green	Ambleside AC	M40	0:50'37
102	Eleanor	Knowles	Ambleside AC	W40	0:50'45
116	Stuart	Mcgurk	Kendal AC	WU21	0:50'52
22	Kevin	Bray	Morpeth Harriers	M50	0:50'58
195	Dominic	Williams	Dundee Mountain Club	MSEN	0:51'14
124	Andy	Mingay	Eden Runners	MSEN	0:51'21
160	Keeley	Smith	Helm Hill	WSEN	0:51'46
123	David	Miller	Chorley A.& T.	M60	0:52'01
171	John Richard	Sykes	Unattached	M50	0:52'14
19	John	Boothman	Barlick fell runners	W50	0:52'22
162	Stephen	Spamer	Bolton Tri	M40	0:52'27
92	Ronald	Hummelink	Lonsdale fell runners	MSEN	0:52'31
115	Amie	Mcavoy	Garstang	WSEN	0:52'33
137	Roger	Quayle	Unattached	M50	0:52'37
24	Renell	Brennan	Ulverston Tri Club	W40	0:53'20
141	Chris	Roberts	Black Combe Runners	M60	0:53'23
163	Mike	Steven	Northumberland Fell Runners	M60	0:53'25

Arnside Knott Race 19 November 2017
Senior Results

193	Nick	Whittaker	Unattached	M50	0:53'29
8	Amy	Ball	Cycle Bunny	W40	0:53'31
130	David	Nichols	Dallam Running Club	MSEN	0:53'34
56	Dickie	Felton	Unattached	M40	0:53'38
60	Charlotte	Foley	Unattached	WSEN	0:54'01
129	Cath	Musetti	Ambleside AC	W50	0:54'20
54	Jim	Evans	Ambleside AC	M40	0:54'34
199	Darren	Woodhams	Unattached	M40	0:54'36
140	Jayne	Rigby	helm hill	W40	0:54'43
67	Phil	Glennon	Ambleside AC	M50	0:54'58
76	Jonny	Grisedale	Helm Hill	M40	0:55'05
196	Sharon	Williams	North Leeds Fell Runners	W50	0:55'09
194	Lynn	Whittaker	Wharfedale Harriers	W50	0:55'10
84	Andrew	Hewitson	Lonsdale Fell Runners	M40	0:55'11
82	Mhairi	Helme	Ambleside AC	WSEN	0:55'26
186	Chris	Myers	Unattached	M40	0:55'32
183	Mike	Troup	Ambleside AC	M60	0:55'41
26	Steve	Broadfoot	Knowsley Harriers & AC	M50	0:55'43
98	Sarah	Jones	Ambleside AC	W40	0:55'50
89	Andrew	Howarth	Clayton le moors harriers	M50	0:55'54
184	Charles	Vereker	Dallam	MSEN	0:55'55
61	Nigel	Garnett	Kendal	M60	0:55'58
32	Gwenda	Cavill	Morpeth harriers	W50	0:56'19
136	Rob	Phillips	Unattached	M40	0:56'31
48	Wendy	Dodds	clayton-le-moors harriers	W60	0:56'33
150	Helen	Samson	Helm Hill	W40	0:57'14
2	Lorna	Askew	Helm Hill	W40	0:57'21
90	Kath	Hoyer	Wesham Road Runners	W50	0:57'25
120	Martin	Metcalfe	Unattached	M50	0:57'29
174	Hazel	Taylor	Black Combe Runners	W50	0:57'31
73	Helen	Greenep	Settle Harriers	W50	0:57'53
122	Richard	Miller	unattached	MSEN	0:57'54
29	Chris	Buxton	LOC	M50	0:58'06
28	Amanda	Burrow	Helm Hill Runners	W40	0:58'16
118	Tony	Mcnaughton	Unattached	M50	0:58'18
13	Mike	Binks	Unattached	MSEN	0:58'36
179	Mr	Tombs	Eden Runners	M40	0:58'56
101	Vicky	Kirkwood	Dallam	W40	0:58'58
47	Libby	Dixon	Ambleside AC	W40	0:58'59
147	Nicola	Rylance	AMBLESIDE AC	W40	0:59'01
138	Peter	Reed	Northumberland Fell Runners	W60	0:59'03
154	Rachel Lee	Scott	COLT	W40	0:59'30
57	Alexander	Finch	Unattached	M50	0:59'36

Arnside Knott Race 19 November 2017
Senior Results

55	Jemma	Evans	Unattached	W40	0:59'38
53	Kat	Evans	Ambleside AC	WSEN	0:59'47
100	Sophie	Kirkby	UNATTACHED	WU21	1:00'08
94	Bryn	Hughes	Unattached	MSEN	1:01'04
69	Amy	Gilligan	Dundee Mountain Club	WSEN	1:01'07
149	Jen	Salt	Wesham	W40	1:01'35
181	Katie	Towers	Barlick Fell Runners	WSEN	1:01'42
191	Angela	White	Cumberland Fell Runners	W40	1:01'50
66	Anne	Giles	Ambleside AC	W50	1:02'28
39	Andrew	Cross	Unattached	MSEN	1:02'50
106	Stephanie	Libby	Lonsdale Fell Runners	WSEN	1:02'51
43	May	Crawford	Helm Hill	WSEN	1:02'56
16	Emma	Blundell	Lonsdale Fell Runners	WSEN	1:03'26
155	John	Sharples	wesham road runners	M60	1:04'04
153	Graham	Schofield	Chorley	M60	1:04'54
30	Ian	Bailey	Unattached	M40	1:06'02
167	Edward	Stuttard	Unattached	M40	1:06'03
46	Andrew	Dewhurst	Unattached	M50	1:06'04
49	Ariane	Domingo	unattached	W40	1:06'13
31	Sandra	Curry	Morpeth harriers	W40	1:06'19
185	Yannis	Vosnakis	IRONKOUKOU	MU21	1:06'45
36	Sheena	Cottam	Garstang Running Club	W40	1:07'00
146	Peta	Rowand	Ambleside AC	W40	1:07'34
145	Miriam	Rosen	Lancaster & Morecambe AC	W60	1:07'44
182	Richard	Treitl	Barlick Fell Runners	M60	1:07'55
134	Julia	Patefield	Garstang running club	W50	1:08'29
4	Christine	Atkinson	Unattached	W50	1:08'31
127	Alistair	Morris	Wesham Road Runners	M50	1:08'36
151	Ann	Peers	Kendal AC	W50	1:09'08
192	Martin	White	Cumberland Fell Runners	M50	1:09'23
158	Kate	Siney	West Yorkshire	WSEN	1:09'38
188	Melanie	Waszkiel	Unattached	W40	1:10'07
62	Jill	Gates	Settle Harriers	W50	1:10'16
74	Florence	Greenwood	Unattached	WSEN	1:11'15
77	Nele	Grussel	UNATTACHED	WU21	1:13'18
63	Charlotte	Geskes	UNATTACHED	WU21	1:13'18
112	Phil	Martin	bowland fellrunners	M70	1:15'11
35	Phil	Corris	Lancashire Constabulary AC	M60	1:20'07
86	Robert	Hirst	Clayton le Moors	M60	1:23'14
17	Helena	Bogner	UNATTACHED	WU21	1:23'50
144	David	Rosen	Lancaster & Morecambe AC	M60	1:24'38