

Tuesday 25 April 2023. 7:00 pm

## Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:37:13	KNOWLES, Matthew	Lancaster and Morecambe	U21M	130	1
2	0:44:45	DOYLE, Aaron	Lancaster University	U21M	157	2
3	0:44:48	LOCKETT, Sandy	Bowland Fell Runners	M	135	3
4	0:44:55	HODGSON, Kiema	Helm Hill Harriers	M45	105	4
5	0:45:02	NICHOLSON, Tom	Lancaster and Morecambe	M	144	5
6	0:45:06	PENNINGTON, Brian	Howgill Harriers	M45	149	6
7	0:45:15	GOODALL, Alice	Edinburgh Uni Hare and Hounds	U23F	128	7
8	0:46:12	LOVE, Douglas		M40	101	8
9	0:46:16	HARRIS, James	Ambleside AC	M	139	9
10	0:46:17	MILLS, Liam		M	106	10
11	0:46:23	LEE, Gareth	Lonsdale Fell Runners	M	180	11
12	0:46:35	ATKINSON, Sam	Bowland Fell Runners	M	124	12
13	0:46:47	CLARKE, Daniel	Bowland Fell Runners	M	162	13
14	0:46:54	LEWIS, Calum	Dallam Running Club	M	185	14
15	0:48:04	FERGUSON, Samuel	Bowland Fell Runners	M	169	15
16	0:49:20	MELLON, Rich	Bowland Fell Runners	M50	179	16
17	0:49:30	LUPTON, Anna	Black Combe	F40	152	17
18	0:50:09	BARSBY, James	Merely Fell Runners	M	165	18
19	0:50:52	BYE, Daniel	Lonsdale Fell Runners	M40	155	19
20	0:51:18	BLAKEY, Craig	Bowland Fell Runners	M	141	20
21	0:51:32	HETHERINGTON, Jim	Bowland Fell Runners	M	167	21
22	0:52:06	WILSON, David	Bowland Fell Runners	M55	134	22
23	0:52:31	DUGDALE, Paul	Helm Hill Harriers	M55	109	23
24	0:52:40	HOBBS, Joseph	Lonsdale Fell Runners	M	153	24
25	0:52:51	MCGRATTAN, Thomas	Lancaster and Morecambe	U21M	132	25
26	0:53:23	JENNINGS, Colin	Garstang	M	123	26
27	0:53:34	DUNCAN, Steven	Bowland Fell Runners	M40	147	27
28	0:54:34	WRAY, Paul	East Hill Harriers	M45	102	28
29	0:54:48	CHARNLEY, Peter	Bowland Fell Runners	M50	178	29
30	0:54:56	MYERSCOUGH, Steve	Wesham Road Runners	M45	114	30
31	0:55:07	MAIDEN, Christopher Paul	Bowland Fell Runners	M50	107	31
32	0:55:41	LEVITT, Callum	Lancaster University	U21M	151	32
33	0:55:52	ROBINSON, Sean	Howgill Harriers	M45	174	33
34	0:55:54	COOK, Samuel	Billinge Running Club	U21M	158	34
35	0:55:58	CROPPER, Mark	Helm Hill Harriers	M45	182	35
36	0:56:11	BOLLAND, Sean	Bowland Fell Runners	M50	177	36
37	0:56:16	LAWSON, Peter	Howgill Harriers	M	183	37
38	0:56:21	LONSDALE, Anna	Lancaster University	U23F	160	38
39	0:56:35	ROBINSON, Isaac	Howgill Harriers	U21M	173	39
40	0:56:54	GAFFNEY, James	Merely Fell Runners	M	166	40
41	0:56:59	PAGE, Rhiannon	Lonsdale Fell Runners	F	161	41
42	0:57:00	JONES, David	Bowland Fell Runners	M	143	42
43	0:57:23	BALL, Jack	Settle Harriers	U23M	175	43
44	0:57:24	WHITE, David	Helm Hill Harriers	M50	108	44
45	0:57:54	LEWIS, Tyron	Dallam Running Club	M55	184	45
46	0:57:57	WILLIAMS, Ian		M55	150	46
47	0:59:09	BRIGGS, Luke		U23M	129	47
48	0:59:54	WOODHOUSE, Peter		M50	140	48
49	1:00:29	CRAWFORD, Robert	Howgill Harriers	M45	181	49
50	1:00:35	FOSKER, Sophie	Bowland Fell Runners	F45	136	50
51	1:00:46	ROBINSON, Theo	Howgill Harriers	U21M	171	51
52	1:00:53	GODFREY, Claire	Garstang	F	120	52
53	1:01:47	WELSH, Ali	Bowland Fell Runners	M60	121	53
54	1:01:48	NAYLOR, John	Wesham Road Runners	M40	112	54
55	1:01:48	GRICE, Stuart	Wesham Road Runners	M	186	55
56	1:01:57	BELLARBY, James	Bowland Fell Runners	M45	142	56
57	1:02:06	NICHOLS, David	Dallam Running Club	M40	148	57

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58	1:02:26	FALGATE, Mike	Helm Hill Harriers	M60	170	58
59	1:02:57	JARVIS, Richard	Dallam Running Club	M55	154	59
60	1:03:18	JONES, David	Garstang	M60	122	60
61	1:03:23	VINCENT, Ian		M40	137	61
62	1:03:52	DUGDALE, Evelyn	Helm Hill Harriers	F55	110	62
63	1:04:04	DAVISON, Pete	Hoad Hill Harriers	M55	111	63
64	1:04:07	SMYTH, Kyle	Lancaster University	U23M	159	64
65	1:04:16	SULLIVAN, Carmel	Wesham Road Runners	F55	118	65
66	1:04:42	HOGG, Ian	Wesham Road Runners	M	103	66
67	1:04:44	TWIST, Kay	Wesham Road Runners	F50	113	67
68	1:05:22	ELLIOTT, SARAH	Lancaster and Morecambe	F45	168	68
69	1:05:53	WELSH, Sarah	Bowland Fell Runners	F45	119	69
70	1:06:16	LUDLEY, Kate	Lonsdale Fell Runners	F45	163	70
71	1:06:25	ELLWOOD, Pete		M55	133	71
72	1:08:38	OCKENDEN, Mary	Bowland Fell Runners	F60	116	72
73	1:09:36	MCHARDY, Beth		F	176	73
74	1:10:09	RODEN, Simon		M55	164	74
75	1:10:43	FISHER, Jim	Howgill Harriers	M60	145	75
76	1:11:04	ROBINSON, Zoe	Howgill Harriers	F40	172	76
77	1:12:38	ROBERTS, Chris	Black Combe	M65	115	77
78	1:13:24	MERCEY, Jacky		F60	126	78
79	1:13:43	DANSON, James	Wesham Road Runners	M55	117	79
80	1:17:53	LAW, Nigel		M55	156	80
81	1:18:21	SCHOFIELD, Graham		M70	104	81
82	1:19:41	MCGRATTAN, Juliet	261 Club Lancaster	F50	131	82
83	1:25:04	OLDHAM, Liam		M	146	83
84	1:29:47	RAWSTHORNE, Rachel		F40	138	84
85	1:34:11	KEMPSTER, Liz		F60	125	85
86	1:40:26	OLIVER, Sue	Kendal Tri Club	F60	127	86

There were 86 finishers in the All Competitors category.