

fra-results-2023

Competitor Name	Category	Club	Time
Jack Wood	MSEN	Ilkley Harriers	00:38:03
Alex Hammond	MU21	Team Bath AC	00:39:47
Phil Mather	MSEN	Lonsdale FR	00:40:11
Andy Fidrmuc	MSEN	U/A	00:40:28
Sam Harrison	MSEN	Bowland FR	00:40:30
Mark Bispham	MV40	Bowland FR	00:40:35
Jos Addison	MSEN	Helm Hill	00:40:46
Alastair Dunn	MV50	Helm Hill	00:41:11
Tom Belcher	MSEN	Chorley A+T	00:41:15
Sean Bollard	MV50	Bowland FR	00:41:24
Joe Todd	MV45	Kendal AC	00:41:26
Philip Leybourne	MV55	Blackpool W & F AC	00:41:28
Thomas Crabtree	MSEN	Wesham RR	00:41:34
Penny Butler	WSEN	U/A	00:42:38
Craig Roberts	MV55	Kendal AC	00:42:58
Anna Lupton	WV45	Black Combe FR	00:43:04
William Sisson	MSEN	Kendal AC	00:43:43
Andrew Wallace	MV40	Kendal AC	00:43:54
Norman Hayhurst	MV60	Bowland FR	00:44:50
Paul Dugdale	MV55	Helm Hill	00:44:54
Felix Barker	MSEN	Ambleside	00:45:08
Michael McGovern	MV50	Moorfoot runners	00:45:13
Katherine Klunder	WV40	Chorley A+T	00:45:16
Josh Jardine	MSEN	U/A	00:46:05
Stuart Hemmings	MV55	Chorley A+T	00:46:13
Alekzander Walker	MSEN	Wesham RR	00:46:16
Darren McDermott	MV50	Preston Harriers	00:46:18
Jo Hickman Dunne	WSEN	Helm Hill	00:46:30
Damien Brook	MSEN	U/A	00:46:39
Robert Thorpe	MSEN	Leigh Harriers	00:46:44
Carl Groome	MV50	Wesham RR	00:46:54
Lindsay Brindle	WV40	Horwich RMI	00:47:16

Christopher Barnes	MSEN	U/A	00:47:30
Michael Riley	MV55	Chorley A+T	00:47:35
Christopher Bridge	MSEN	Red Rose RR	00:48:05
Millie Hindle	WSEN	Bingley Harriers	00:48:14
Michael Dugdale	MSEN	Helm Hill	00:48:52
Steve Myerscough	MV45	Wesham RR	00:48:59
Sean Robinson	MV45	Howgill Harriers	00:49:02
Pat Mclver	MV55	Howgill Harriers	00:49:07
Stephen Woodruffe	MV60	Red Rose RR	00:49:30
Alice Rea	WSEN	Helm Hill	00:49:35
Crispin Halsall	MV55	Bowland FR	00:49:37
Amber Pilkington	WU21	Chorley A+T	00:49:40
Stephen Roberts	MV50	Kendal AC	00:49:47
Steph Jones	WV40	Ambleside	00:51:04
Chris Farrimond	MSEN	Chorley A+T	00:51:12
Tom Prescott	MSEN	Preston Harriers	00:51:13
Simon Major	MSEN	Red Rose RR	00:51:37
Alexandra Dent	WSEN	Lonsdale FR	00:51:54
Nick Higham	MV55	U/A	00:52:23
Stuart Grice	MSEN	Wesham RR	00:52:39
Tom Holmes	MSEN	CAAT	00:52:41
Martin Quinn	MV50	Chorley A+T	00:53:15
Jules Coleman	MV55	Lonsdale FR	00:53:31
Robert Crawford	MV45	Howgill Harriers	00:53:35
Adrian Pilkington	MV50	Chorley A+T	00:53:38
Bill Beckett	MV55	Chorley A+T	00:54:19
Mark Selby	MV45	Lytham St Annes RR	00:54:28
Hannah Caulfield	WV40	Chorley A+T	00:54:32
Steve Baker	MV60	Chorley A+T	00:54:34
Philip Butler	MV60	Red Rose RR	00:54:57
Ian Nicols-Hogg	MSEN	Wesham RR	00:55:06
Michael Childs	MV40	Lonsdale FR	00:55:11
Ian Schofield	MV40	U/A	00:55:18
Evelyn Dugdale	WV55	Helm Hill	00:56:24

Coreen McGovern	WV50	Moorfoot runners	00:57:04
Fran Connolly	WV40	U/A	00:57:12
Olivia Wiggans	WSEN	Red Rose RR	00:57:18
Tom Sharp	MV40	U/A	00:57:30
Alexander Oakley	MU21	U/A	00:57:37
Martin Beetham	MV50	U/A	00:57:48
Sarah Moon	WV45	Helm Hill	00:58:26
Jane Bowles	WV55	Chorley A+T	00:58:27
Chris Bluck	MV40	Blackpool W & F AC	00:58:43
Claire McDermott	WV50	Preston Harriers	00:58:45
Natalie Murphy	WV55	Rosendale	00:58:57
Kay Twist	WV50	Wesham RR	00:59:01
Phil Davies	MV50	Preston Harriers	00:59:03
Gary Corcoran	MV50	Red Rose RR	00:59:40
Nick Cross	MV40	U/A	00:59:43
Darrell Pickering	MV60	Blackpool W & F AC	00:59:55
Paul Bates	MV70	Lonsdale FR	01:00:35
John Wiggans	MV50	Red Rose RR	01:00:47
Andrew Howarth	MV60	Clayton-le-Moors Har	01:01:30
Stephen E Roberts	MV60	U/A	01:01:31
Mike Peat	MV60	Lonsdale FR	01:01:43
Darryl Hardman	MV45	U/A	01:01:45
David Ashton	MV60	Todmorden Harriers	01:01:47
Patrick Hopwood	MSEN	U/A	01:01:49
Keith Masser	MV65	Helm Hill	01:01:54
Martin Bates	MV65	Wesham RR	01:02:20
Julia N H Rolfe	WV60	Lytham St Annes RR	01:02:26
Zoe Robinson	WV40	Howgill Harriers	01:03:23
Colin Valentine	MV60	Keswick AC	01:03:41
Paula Plowman	WV60	Red Rose RR	01:04:14
Stephen Libby	MV60	Eden Runners	01:04:46
Greg Oulton	MV55	Lytham St Annes RR	01:05:26
Georgina Hampson	WSEN	Red Rose RR	01:06:24
Finlay McCalman	MV55	Wesham RR	01:07:08

Andrew Gittins	MV60	Black Combe FR	01:07:20
Ben Higginson	MV65	Preston Harriers	01:07:31
Graham Holden	MV65	Lonsdale FR	01:07:36
Kirsty Holland	WSEN	Wesham RR	01:07:51
Jennifer Burtonwood	WV55	U/A	01:08:07
Olga Wiggins	WV40	Preston Harriers	01:09:19
Claire Barrowdale	WV50	U/A	01:09:23
Don Oakley	MV55	Malmesbury Jackdaw	01:09:34
Jill Libby	WV65	Eden Runners	01:09:44
Alison Mercer	WV60	Red Rose RR	01:10:51
Cheryl Rickwood	WV40	U/A	01:12:26
Mitchell O'Hare	MSEN	U/A	01:12:27
Jenny Beyer	WSEN	U/A	01:17:19
Sally Deacon	WV55	Wesham RR	01:17:23
Rick Pinches	MV50	Blackpool W & F AC	01:18:26
Phil Lakeland	MV65	Preston Harriers	01:25:09
Darryl Hopwood	MV55	U/A	01:25:54
John Dunn	MV45	Blackpool W & F AC	01:26:38
Wendy Hope	WV45	U/A	01:29:09
Karen Smith	WV55	Thornton Cleveleys R	01:36:09
Robert Massey	MV75	Blackpool W & F AC	01:38:47
Tom Tipping	MV55	Helm Hill	DNF