SEDBERGH HILLS FELL RACE 2022 RESULTS TIMED BY SEASONS BEST SPORTS TIMING

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| **Pos** | **Athlete** | **Team** | **Gender** | **Category** | **Bib#** | **Pace** | **Gun Time** | **Chip Time** |
| 1 | Garry Greenhow | Ambleside AC | M | M40 | 34 | 6:21 | 2:23:04 | 2:23:04 |
| 2 | James Harris | Ambleside AC | M | MSEN | 36 | 6:24 | 2:24:15 | 2:24:15 |
| 3 | Alistair Thornton | Howgill Harriers | M | MSEN | 93 | 6:30 | 2:26:46 | 2:26:46 |
| 4 | Oli Murphy | Ilkley Harriers AC | M | MSEN | 70 | 6:31 | 2:26:59 | 2:26:58 |
| 5 | Andy Berry | Keswick AC | M | MSEN | 7 | 6:38 | 2:29:47 | 2:29:46 |
| 6 | Matt Brindle | Ambleside AC | M | M40 | 10 | 6:39 | 2:29:56 | 2:29:56 |
| 7 | Harry Cooling | Howgill Harriers | M | MSEN | 18 | 6:41 | 2:30:52 | 2:30:52 |
| 8 | Sean Leckey | Ambleside AC | M | MSEN | 53 | 6:47 | 2:33:11 | 2:33:11 |
| 9 | Phil Mather | Lonsdale Fell Runners | M | MSEN | 62 | 6:51 | 2:34:28 | 2:34:27 |
| 10 | Lawrence Eccles | Penny Lane Striders | M | MSEN | 26 | 6:52 | 2:34:43 | 2:34:43 |
| 11 | Andrew Jebb | Bingley Harriers & AC | M | M40 | 47 | 6:52 | 2:34:49 | 2:34:48 |
| 12 | Brian Pennington | Howgill Harriers | M | M40 | 74 | 6:54 | 2:35:36 | 2:35:35 |
| 13 | Nic Ward | Northern Fells Running Club | M | MSEN | 101 | 6:57 | 2:36:55 | 2:36:54 |
| 14 | Jack Redvers Harris | Pennine Fell Runners | M | MSEN | 79 | 7:12 | 2:42:16 | 2:42:16 |
| 15 | Nicholas Peat | Helm Hill Runners | M | U23 | 73 | 7:12 | 2:42:27 | 2:42:24 |
| 16 | John Hunt | Dark Peak Fell Runners | M | M50 | 43 | 7:17 | 2:44:09 | 2:44:09 |
| 17 | Ian Ridgeway |  | M | MSEN | 81 | 7:20 | 2:45:35 | 2:45:34 |
| 18 | Ross Litherland |  | M | M40 | 56 | 7:21 | 2:45:42 | 2:45:41 |
| 19 | Scott Coates |  | M | MSEN | 17 | 7:21 | 2:45:48 | 2:45:47 |
| 20 | James Parsons | Helm Hill Runners | M | M40 | 72 | 7:22 | 2:46:07 | 2:46:05 |
| 21 | James Baron | Helm Hill Runners | M | M50 | 4 | 7:23 | 2:46:42 | 2:46:36 |
| 22 | Dave Ward | Pennine Fell Runners | M | M40 | 102 | 7:27 | 2:47:54 | 2:47:53 |
| 23 | Paul Neild | Bowland Fell Runners | M | M40 | 71 | 7:31 | 2:49:39 | 2:49:38 |
| 24 | Spencer Riley | Ambleside AC | M | M40 | 82 | 7:33 | 2:50:18 | 2:50:17 |
| 25 | Eleanor Johnstone | Pennine Fell Runners | F | WSEN | 49 | 7:36 | 2:51:32 | 2:51:30 |
| 26 | Simon Bell | Ilkley Harriers AC | M | MSEN | 6 | 7:39 | 2:52:42 | 2:52:41 |
| 27 | Craig Burrow | Helm Hill Runners | M | M40 | 11 | 7:40 | 2:53:02 | 2:53:01 |
| 28 | Tim Grimwood | Swaledale Runners | M | M40 | 35 | 7:43 | 2:53:58 | 2:53:54 |
| 29 | Craig Jeffery |  | M | M40 | 48 | 8:00 | 3:00:39 | 3:00:35 |
| 30 | Dominic Howell | Clayton-le-Moors Harriers | M | M40 | 42 | 8:01 | 3:00:46 | 3:00:45 |
| 31 | John Rainford | Preston Harriers | M | M60 | 78 | 8:04 | 3:01:55 | 3:01:51 |
| 32 | Sue Richmond | Pennine Fell Runners | F | W40 | 80 | 8:10 | 3:04:15 | 3:04:13 |
| 33 | Mick Procter | Clayton-le-Moors Harriers | M | M50 | 76 | 8:14 | 3:05:32 | 3:05:31 |
| 34 | Tony Bolton | Northern Fells Running Club | M | M50 | 8 | 8:16 | 3:06:31 | 3:06:27 |
| 35 | David James |  | M | M50 | 46 | 8:19 | 3:07:46 | 3:07:42 |

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| 36 | Al Smithson | Mersey Tri | M | MSEN | 89 | 8:21 | 3:08:25 | 3:08:23 |
| 37 | Ben Fletcher | Bowland Fell Runners | M | M40 | 31 | 8:24 | 3:09:35 | 3:09:33 |
| 38 | Steve Turland | Ilkley Harriers AC | M | M50 | 95 | 8:25 | 3:09:58 | 3:09:54 |
| 39 | Richard Veitch | Esk Valley Fell Club | M | M40 | 97 | 8:26 | 3:10:03 | 3:10:00 |
| 40 | Ian Ferguson | Bingley Harriers & AC | M | M60 | 30 | 8:28 | 3:10:54 | 3:10:52 |
| 41 | Andrew Douglas | Helm Hill Runners | M | M40 | 23 | 8:31 | 3:12:15 | 3:12:09 |
| 42 | Stephen Smithies | Calder Valley Fell Runners | M | M50 | 88 | 8:32 | 3:12:25 | 3:12:21 |
| 43 | Ellie Mather | Lonsdale Fell Runners | F | WSEN | 63 | 8:32 | 3:12:27 | 3:12:24 |
| 44 | Mark Children | Lonsdale Fell Runners | M | MSEN | 15 | 8:33 | 3:12:46 | 3:12:43 |
| 45 | David Banks | Kendal Amateur Athletic Club | M | M50 | 3 | 8:35 | 3:13:37 | 3:13:33 |
| 46 | Stewart Macdonald | Bingley Harriers & AC | M | M50 | 61 | 8:37 | 3:14:13 | 3:14:12 |
| 47 | Roger Laycock | Settle Harriers | M | M60 | 52 | 8:50 | 3:19:22 | 3:19:20 |
| 48 | Carlos Bedson | Cheshire Hill Racers | M | M50 | 5 | 8:53 | 3:20:29 | 3:20:27 |
| 49 | Andrew Smith | Barlick Fell Runners | M | M50 | 87 | 8:57 | 3:22:02 | 3:21:59 |
| 50 | Laurence Corbett | Richmond & Zetland Harriers | M | M50 | 19 | 8:59 | 3:22:40 | 3:22:36 |
| 51 | Peter Walker | York Knavesmire Harriers | M | MSEN | 99 | 9:05 | 3:24:53 | 3:24:48 |
| 52 | Bianca Dyer | Helm Hill Runners | F | W40 | 25 | 9:18 | 3:29:41 | 3:29:40 |
| 53 | Giles Hawking | York Knavesmire Harriers | M | M40 | 38 | 9:24 | 3:31:58 | 3:31:54 |
| 54 | Gary Bradley | Barlick Fell Runners | M | M50 | 9 | 9:25 | 3:32:11 | 3:32:10 |
| 55 | Peter German | Helm Hill Runners | M | M40 | 32 | 9:28 | 3:33:21 | 3:33:18 |
| 56 | Andy Poole | Saddleworth Runners Club | M | M50 | 75 | 9:34 | 3:35:45 | 3:35:41 |
| 57 | Nina Walkingshaw | Howgill Harriers | F | W40 | 100 | 9:34 | 3:35:46 | 3:35:42 |
| 58 | Jeremy Judge |  | M | MSEN | 51 | 9:37 | 3:36:52 | 3:36:48 |
| 59 | Jon Underwood | Calder Valley Fell Runners | M | M50 | 96 | 9:39 | 3:37:51 | 3:37:46 |
| 60 | Keith G Holmes | Dark Peak Fell Runners | M | M60 | 40 | 9:48 | 3:40:56 | 3:40:53 |
| 61 | Helen Harrison | Barlick Fell Runners | F | WSEN | 37 | 9:50 | 3:41:36 | 3:41:34 |
| 62 | Richard Campbell | Rossendale Harriers & AC | M | M40 | 12 | 10:01 | 3:45:46 | 3:45:42 |
| 63 | Wendy Dodds | Dallam Running Club | F | W70 | 22 | 10:12 | 3:50:12 | 3:50:09 |
| 64 | Catherine Litherland |  | F | W40 | 57 | 10:25 | 3:54:53 | 3:54:47 |
| 65 | Martin Farrar | Wharfedale Harriers | M | M50 | 29 | 10:33 | 3:57:55 | 3:57:52 |
| 66 | Stephen Lysaczenko | Quantock Orienteers | M | M60 | 60 | 10:34 | 3:58:09 | 3:58:05 |
| 67 | Andrew Mcfarlane | Rossendale Harriers & AC | M | M50 | 64 | 10:35 | 3:58:34 | 3:58:32 |
| 68 | Stephen Baker | Helm Hill Runners | M | M50 | 2 | 10:35 | 3:58:35 | 3:58:30 |
| 69 | Jane Verity | Howgill Harriers | F | W50 | 98 | 10:35 | 3:58:52 | 3:58:47 |
| 70 | Allan Miller |  | M | M60 | 68 | 10:37 | 3:59:29 | 3:59:23 |
| 71 | Sam Gibbs | Helm Hill Runners | M | M40 | 33 | 10:37 | 3:59:38 | 3:59:32 |

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| 72 | Shona Moore | Mersey Tri | F | WSEN | 69 | 10:43 | 4:01:38 | 4:01:33 |
| 73 | Michael McLoughlin | Preston Harriers | M | M60 | 66 | 11:29 | 4:19:03 | 4:18:57 |
| 74 | May Song Crawford | Helm Hill Runners | F | W40 | 90 | 11:32 | 4:19:59 | 4:19:53 |
| 75 | Mathew Driscoll |  | M | M50 | 24 | 12:23 | 4:39:21 | 4:39:18 |
| 76 | Christine Addison | Horsforth Fellandale Club | F | W50 | 1 | 12:29 | 4:41:38 | 4:41:34 |