

NORTHERN FELLS RUNNING CLUB			CARROCK FELL RACE		9-Mar-25	
Race Number	Position	Name	Category	Club	Time	New Records
110	1	Gavin Dale	MSEN	Ambleside AC	0:38:01	
163	2	Richard Keefe	MSEN	Eden Runners	0:39:47	
199	3	Mark Lamb	MSEN	Keswick AC	0:40:00	
354	4	Harry Bolton	MSEN	Keswick AC	0:40:03	
120	5	Jack McAtear	MSEN	Eden Runners	0:40:48	
362	6	Joe Cox	MSEN	Unattached	0:40:54	
200	7	Joseph Dugdale	MSEN	Unattached	0:41:36	
195	8	Michael McGleenan	MSEN	Keswick AC	0:42:41	
157	9	Mark Likeman	M40	CFR	0:43:22	
179	10	Ben Grayson	MSEN	Eden Runners	0:43:47	
361	11	James Harris	MSEN	Ambleside AC	0:45:10	
157	12	Daniel Pons	MSEN	CFR	0:45:44	
143	13	Ross Coles	MSEN	CFR	0:46:56	
193	14	Lee Proctor	M40	Helm Hill	0:47:02	
192	15	Nick Sharp	M50	Ambleside AC	0:47:23	
189	16	Jonny Howe	MSEN	Eden Runners	0:47:42	
115	17	Alex Fairman	MSEN	CFR	0:47:59	
106	18	David Holmes	M40	Border Harriers	0:48:03	
148	19	Chris Roberts	M40	Ambleside AC	0:48:08	
138	20	Tom Nicholson	MSEN	Border Reivers Runners	0:48:10	
113	21	Mark Titmuss	MU23	Horwich Harriers	0:48:37	
112	22	James Titmuss	M40	Horwich Harriers	0:48:44	
140	23	Alessandro Lallo	MSEN	CFR	0:48:47	
133	24	Joel Ireland	MSEN	CFR	0:48:49	
156	25	David Lund	M40	Eden Runners	0:49:02	
178	26	Emily Strathdee	WSEN	Helm Hill	0:49:13	
141	27	Jon Sellick	MSEN	Ambleside AC	0:49:33	
173	28	Shirley Murray	WSEN	Keswick AC	0:49:35	
117	29	Scott Burns	MSEN	Wigan Harriers	0:49:46	
111	30	Sophie Allen	WSEN	Ambleside AC	0:50:01	
364	31	Mathew Rose	MU23	Unattached	0:50:17	
127	32	Peter Taylor	M50	CFR	0:50:34	
149	33	Rob Harper	M50	Ambleside AC	0:50:39	
196	34	John Wallbank	MSEN	Eden Runners	0:50:41	
371	35	Scott Henderson	M40	Westerlands CCC	0:50:43	
369	36	Lochlan Dulson	MSEN	Summit Ultra	0:50:58	
118	37	Martin Adam	M40	Unattached	0:51:26	
145	38	Laurentin Bulprich	MSEN	Ambleside AC	0:51:28	
174	39	Simon Hunter	M50	WCOC	0:51:30	

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157	40	Phil Winskill	M50	Keswick AC	0:52:02	
167	41	Daniel Grisedale	MSEN	CFR	0:52:14	
121	42	Steve Rhodes	M60	Northern Fells RC	0:52:17	New V60 Record
125	43	Tim Lofthouse	M60	Bingley Harriers	0:52:19	
366	44	Steve Everett	M60	Durham City	0:52:22	
187	45	David Langridge	M40	Bollington Harriers	0:52:31	
370	46	Graham Lewis	M40	Northern Fells RC	0:52:52	
164	47	John Skelton	M50	CFR	0:53:07	
122	48	Patrick Gruba	M40	Northern Fells RC	0:53:51	
153	49	David Crout	M50	Keswick AC	0:54:12	
161	50	Hannah Thomas	WSEN	Ambleside AC	0:54:15	
132	51	Neil Weightman	M60	Northern Fells RC	0:54:20	
373	52	Angus Bigmore	MU23	Clayton	0:54:28	
160	53	William Atkinson	MSEN	Unattached	0:54:31	
135	54	Sarah Sigsworth	WSEN	Ambleside AC	0:54:34	
144	55	Richard Rose-Collthard	MSEN	Billinge	0:54:38	
109	56	Calum Fraser	MSEN	CFR	0:54:41	
166	57	Hughie Pollen	MSEN	Unattached	0:55:00	
194	58	Michael Matthews	M40	Border Reivers	0:55:25	
131	59	Keith Murray	M60	Teviotdale Harriers	0:55:27	
102	60	Tony Bolton	M60	Northern Fells RC	0:55:31	
126	61	Rod Welford	M50	CFR	0:55:34	
137	62	Daniel Austin	MSEN	CFR	0:55:34	
184	63	Michael Harrison	MSEN	Eden Runners	0:55:38	
108	64	Andrew Martindale	M50	Northern Fells RC	0:57:18	
128	65	Andrew Bradley	M60	CFR	0:57:21	
197	66	Tanya Lambert	W50	Eden Runners	0:58:24	
130	67	Mark Wise	M60	CFR	0:58:30	
105	68	Martin Bell	M50	Unattached	0:59:00	
198	69	Richard Lambert	M50	Eden Runners	0:59:05	
146	70	Jane Meeks	W60	Borrowdale	0:59:18	
365	71	Christopher Brown	MU23	Unattached	0:59:35	
159	72	Gillian Atkinson	W60	Keswick AC	1:00:37	
172	73	Alex Heron	M60	Eden Runners	1:00:59	
158	74	Owen Mills	M50	Keswick AC	1:01:01	
171	75	Dani De Simone	WSEN	Team Derby Runners	1:01:06	
116	76	Paul Fairman	M70	Unattached	1:01:12	New V70 Record
355	77	Michael Burnid	M50	Unattached	1:01:29	
356	78	Katy Bell	WSEN	Northern Fells RC	1:02:25	
162	79	Will Barton	MSEN	Ambleside AC	1:02:53	

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368	80	Jonathan Wood	MU23	Unattached	1:03:07
359	81	Jim Evans	M50	Ambleside AC	1:03:43
170	82	Isobel Graham	W60	Derwent AC	1:04:33
136	83	Paul Jennings	M50	CFR	1:04:35
357	84	Hannah Birkinshaw	WU23	Unattached	1:04:38
358	85	Steve Birkinshaw	M50	Borrowdale	1:04:38
142	86	Andrew Turner	M60	Ambleside AC	1:05:06
360	87	Melissa Gorst	WSEN	Dallam	1:05:06
104	88	Abby Huxtable	W40	Northern Fells RC	1:05:19
155	89	Jacob Lloyd	MSEN	Eden Runners	1:05:29
119	90	Niki Rylance	W50	Ambleside AC	1:05:48
103	91	Michael Dunning	M40	Northern Fells RC	1:06:00
168	92	Kate Ayres	W60	Ambleside AC	1:06:08
191	93	Louise Brown	W50	Keswick AC	1:06:31
176	94	Abigail Carter	W40	St Theresa's AC	1:06:31
188	95	Debbie Charlton	W40	Keswick AC	1:06:40
363	96	Carmel Bones	W50	Carlisle Tri Club	1:07:22
147	97	Vicky Atkinson	W50	Helm Hill	1:08:03
124	98	Leeann Barber	W40	CFR	1:08:26
114	99	John Gomersall	M70	Ambleside AC	1:08:41
367	100	Amanda Graham	W50	CFR	1:09:12
129	101	Graham Watson	M60	CFR	1:09:30
183	102	Andrew Sumner	M50	Unattached	1:09:50
177	103	Nick Moore	M60	CFR	1:10:09
182	104	Martin Roberts	M60	Todmorden	1:10:41
123	105	Stephen Murdoch	M60	Lonely Goat RC	1:10:55
186	106	Rosie Peel	WSEN	Unattached	1:11:05
185	107	Ed Potter	MSEN	Eden Runners	1:11:05
175	108	James Carter	M50	St Theresa's AC	1:12:20
169	109	Eunice Hollis	W50	Northern Fells RC	1:12:38
190	110	Lindsay Walker	W40	Keswick AC	1:12:51
139	111	Charles Mason	M60	CFR	1:13:06
101	112	Cliff Gosden	M70	Northern Fells RC	1:13:17
372	113	Peter Faulder	M60	Unattached	1:14:16
165	114	Les Barker	M50	CFR	1:14:47
134	115	Sarah Senior	W50	Border Reivers	1:14:55
107	116	Paul Dobson	M60	Northern Fells RC	1:15:17
180	117	Mark Checkley	M60	Lostock AC	1:16:55
181	118	Sue Roberts	W60	Todmorden Harriers	1:19:37
152	119	Jim Clapp	M60	Unattached	1:21:58

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150	120	Caroline Withers	WSEN	Summit Ultra	1:25:58	