

Shipman Knotts fell race results 2023

Position	Name	Name	Category	Time	
1	Tom Simpson	Ambleside	MSEN	31.41	
2	Peter Stock	Helm Hill	MSEN	33.55	
3	Ross Spalding	Howgill	MSEN	33.59	
4	Harry Cooling	Howgill	MSEN	34.10	
5	James Paul Smith	U/A	MSEN	36.24	
6	Sam Upton	Helm Hill	MSEN	37.47	
7	Jack Simpson	Helm Hill	MSEN	38.23	
8	Barney Plumber	Helm Hill	MSEN	38.34	
9	Samuel Soles	Buxton	MU23	38.36	
10	Will Laye	Helm Hill	MSEN	38.54	
11	Lewis James	Eden	MSEN	39.38	
12	James Leigh Barron	Helm Hill	M50	40.42	
13	Chloe Lumsdon	Helm Hill	WSEN	41.14	
14	Jacob Dyer	Helm Hill	M50	42.50	
15	David Goadby	Helm Hill	MSEN	42.53	
16	Matt Bourne	Bowland	M50	43.15	
17	Garry Beardwood	Helm Hill	M50	43.20	
18	Georgia Stevens	Ambleside	WSEN	43.37	
19	David Banks	Ambleside	M50	43.59	
20	Bianca Dyer	Helm Hill	W50	44.01	
21	Clive Allen	Helm Hill	M60	44.44	
22	Ralph Baines	Clayton	M50	45.15	
23	Alice Rea	Helm Hill	WSEN	45.33	
24	Dave Simpson	Ambleside	M60	46.32	
25	Chris Speight	Helm Hill	M60	47.54	
26	Ruth Bell	Helm Hill	WSEN	47.55	
27	William Coupe	Helm Hill	M60	49.18	
28	Crispin Halsall	Bowland	M50	50.38	
29	Mark Cropper	Helm Hill	M40	50.40	
30	Caroline Holden	Helm Hill	W50	51.12	
31	Tim Field	Helm Hill	M50	51.34	
32	Jo Wilcox	Helm Hill	W50	53.36	
33	Cyrus Cropper	Helm Hill	MU23	54.25	
34	Sarah Batten	Helm Hill	WSEN	54.40	
35	Ashley Kay	Dark Peak	M60	55.30	
36	Tom Ward	Helm Hill	MSEN	58.12	
37	Jonathon Procter	U/A	M40	59.06	
38	Vicki Sheringham	Helm Hill	W50	1.02.02	