

Table 1						
NORTHERN FELS RUNNING CLUB			CARROCK FELL RACE		8-Mar-26	
Race Number	Position	Name	Category	Club	Time	New Records
143	1	Tom Simpson	M Open	Ambleside AC	39m 40s 0ms	
114	2	Arthur Hill	M Open	N/A	41m 38s 0ms	
137	3	Tom Humphries	M Open	Border Harriers	42m 38s	
135	4	Ben Abdelnoor	MV45	Ambleside AC	43m 21s 0ms	MV45 New Record
109	5	Mark Walker	M Open	Hartfell Hill runners	45m 50s 0ms	
156	6	Andy Fidrmuc	MV40	N/A	46m 17s 0ms	
110	7	Mark Titmuss	MU23	Horwich RMI Harriers	47	
105	8	Jonathan Coney	M Open	Helm Hill	47m 13s 0ms	
118	9	William Fox	MU23	NID Valley Runners	47m 24s 0ms	
128	10	Ruben Razzetti	MU23	Keswick AC	47m 56s	
159	11	Rowan Valley	MU23	Eden Runners	48m 12s	
152	12	Joe Rigby	MV40	Red Rope	48m 41s	
120	13	Dave Lund	MV45	Eden Runners	48m 49s 0ms	
111	14	James Titmuss	MV50	Horwich RMI Harriers	49m 59s	
104	15	Sophie Allen	FOpen	Ambleside AC	50m 28s	
132	16	John Wallbank	MU23	Eden Runners	51m 37s	
119	17	Simon Blackman	MV50	Keswick AC	51m 47s 0ms	
134	18	Ben Jackson	M Open	Northern Fells	52m 13s 0ms	
123	19	John Duff	MV55	Keswick AC	52m 21s	
127	20	Richard Baldwin	MV45	Dark Peak	52m 57s 0ms	
129	21	Ben Houghton	MV45	Howgill Harriers	53m 43s	
140	22	Joseph Fell	M Open	Eden Runners	54m 13s	
169	23	Samuel Strong	M Open	N/A	54m 17s 0ms	
113	24	Simon Mounsey	MV50	Howgill Harriers	54m 25s	
172	25	Luke Walker	M Open	N/A	54m 30s	
131	26	Keith Murray	MV60	Teviotdale Harriers	54m 46s 0ms	
158	27	Ian Horne	MV60	Eden Runners	55m 8s 0ms	
102	28	Steve Rhodes	MV60	Northern Fells	55m 22s	
122	29	Tony Bolton	MV60	Northern Fells	56	
133	30	Callum Fraser	M Open	CFR	56m 8s 0ms	
166	31	Ryan Gordan	M Open	N/A	56m 37s 0ms	
147	32	David Baglee	MV60	Eden Runners	56m 55s 0ms	
115	33	James McLaughlin	MV55	CFR	56m 58s 0ms	
141	34	Joanne Hughes	FOpen	Eden Runners	57m 5s 0ms	
150	35	Geoff Davis	MV65	Northumberland FR	57m 21s	
151	36	Jim Turner	MV40	Bowland	57m 35s	
144	37	Sarah Bevan	FV50	N/A	57m 48s	
168	38	Owen Mills	MV50	Keswick AC	58m 17s	
124	39	Mark Freeman	M Open	N/A	58m 38s 0ms	
161	40	James Martin	M Open	N/A	58m 47s	
142	41	Becky Hare	FOpen	Ambleside AC	59	
165	42	Sally Braithwaite	FOpen	Eden Runners	59m 3s	

