

## 07/05/2016 - Up The Nab - Male

Pos	Name	Category	Club	Time
1	Simon Bailey	SEN	Mercia Fell Runners	00:34:04
2	Steven Hebblethwaite	SEN	Keswick Ac	00:34:10
3	Sam Tosh	SEN	Rossendale Harriers	00:34:27
4	Ben Mounsey	SEN	Calder Valley Fell Runners	00:34:41
5	Rob Hope	V40	Pudsey & Bramley Ac	00:34:58
6	Jack Wood	SEN	Ilkley Harriers Ac	00:35:06
7	Carl Bell	SEN	Keswick Ac	00:35:16
8	Rhys Findlay-Robinson	SEN	Dark Peak Fell Runners	00:35:21
9	Karl Gray	V45	Calder Valley Fell Runners	00:35:27
10	Rob Jebb	V40	Bingley Harriers & Ac	00:35:31
11	Ian Holmes	V50	Bingley Harriers & Ac	00:35:37
12	Matthew Elkington	U23	Dark Peak Fell Runners	00:35:44
13	Neil Northrop	SEN	Dark Peak Fell Runners	00:35:54
14	Mark Lamb	SEN	Keswick Ac	00:35:54
15	Tim Ellis	SEN	Calder Valley Fell Runners	00:35:55
16	Phil Winskill	SEN	Keswick Ac	00:36:03
17	Sam Stead	SEN	Keswick Ac	00:36:04
18	Jon Bowie	SEN	Mercia Fell Runners	00:36:07
19	Darren Kay	V45	Calder Valley Fell Runners	00:36:12
20	Tom Addison	SEN	Helm Hill Runners	00:36:18
21	Tom Mcguinness	U23	East Cheshire Harriers & Tameside Ac	00:36:25
22	Felix Mcgrath	U23	Westbury Harriers	00:36:29
23	Billy Cartwright	SEN	Matlock	00:36:30
24	Tom Saville	U23	Dark Peak Fell Runners	00:36:30
25	James Kevan	SEN	Horwich R M I Harriers	00:36:32
26	Stuart Bond	SEN	Dark Peak Fell Runners	00:36:34
27	Graham Pearce	SEN	Pudsey & Bramley Ac	00:36:37
28	Adam Perry	SEN	Helm Hill Runners	00:36:39
29	Nick Leigh	SEN	Horwich R M I Harriers	00:36:41
30	Tom Brunt	V40	Dark Peak Fell Runners	00:36:44
31	Robbert Little	SEN	Dark Peak Fell Runners	00:36:45
32	Jack Ross	SEN	Staffordshire Moorlands Ac	00:36:45
33	William Neil	SEN	Mercia Fell Runners	00:36:53
34	Garry Greenhow	SEN	Ambleside Ac	00:36:59
35	Josh Williams	SEN	Dark Peak Fell Runners	00:37:02
36	Kieran Hodgson	V40	Helm Hill Runners	00:37:05
37	Mike Barron	SEN	Ambleside Ac	00:37:08
38	Peter Hodges	SEN	Dark Peak Fell Runners	00:37:09
39	Neal Crampton	SEN	Pudsey & Bramley Ac	00:37:19
40	Phil Marsden	SEN	Bolton United Harriers & Ac	00:37:21
41	Matthew Lockyer	SEN	Pudsey & Bramley Ac	00:37:24

42	Nicholas Barber	SEN	Pennine Fell Runners	00:37:27
43	Nigel Wood	V40	Helm Hill Runners	00:37:30
44	James Craig	SEN	Barlick Fell Runners	00:37:34
45	Chris Edis	SEN	Keswick Ac	00:37:36
46	Dave Lund	SEN	Dark Peak Fell Runners	00:37:40
47	Andy Swift	SEN	Penistone Footpath Runners & Athletic Club	00:37:51
48	Alex Whittem	SEN	Calder Valley Fell Runners	00:38:13
49	Luke Maude	SEN	Barlick Fell Runners	00:38:14
50	Ben Proctor	SEN	Helm Hill Runners	00:38:14
51	Richard Houghton	V50	Pennine Fell Runners	00:38:16
52	Will Boothman	SEN	Dark Peak Fell Runners	00:38:17
53	Jason Williams	V40	Calder Valley Fell Runners	00:38:21
54	Joe Mann	U23	Ambleside Ac	00:38:28
55	Harvey Lord	SEN	Black Combe Runners	00:38:32
56	Stewart Gregory	V50	Holme Pierrepont Rc	00:38:40
57	Matt Perry	SEN	Clayton-Le-Moor Harriers	00:38:50
58	Jack Wright	U23	Ambleside Ac	00:38:59
59	Chris Jackson	SEN	Glossopdale Harriers	00:39:04
60	Jon Wright	V45	Todmorden Harriers	00:39:13
61	Stephen Pyke	V50	Dark Peak Fell Runners	00:39:19
62	Daniel Collinge	U23	Clayton-Le-Moor Harriers	00:39:20
63	Tim Werrett	V40	Mercia Fell Runners	00:39:23
64	Steve Knowles	V40	Pennine Fell Runners	00:39:26
65	Steve Franklin	SEN	Totley Ac	00:39:29
66	Ian Grindley	V50	Mercia Fell Runners	00:39:30
67	Dave Milliken	V50	Horwich R M I Harriers	00:39:33
68	James Louge	V45	Calder Valley Fell Runners	00:39:41
69	Adam Taylor	SEN	Dark Peak Fell Runners	00:39:44
70	John Hunt	V45	Dark Peak Fell Runners	00:39:46
71	Nick Treitl	SEN	Barlick Fell Runners	00:39:47
72	Daniel Wilkinson	V40	Ilkley Harriers Ac	00:39:49
73	Damian Kilpin	SEN	Penistone Footpath Runners & Athletic Club	00:39:52
74	Luke Beresford	SEN	Ripley Running Club	00:40:02
75	Gareth Briggs	V40	Dark Peak Fell Runners	00:40:02
76	Noel Curtis	V40	Pennine Fell Runners	00:40:02
77	Darren Fishwick	V45	Chorley Athletic & Tri	00:40:11
78	Ed Gamble	V50	Cheshire Hill Races	00:40:13
79	Andy Blackett	SEN	Durham Fell Runners	00:40:21
80	Nick Barber	V40	Todmorden Harriers	00:40:22
81	Mike Robinson	V45	Dark Peak Fell Runners	00:40:42
82	Simon Adney	SEN	Mercia Fell Runners	00:40:47
83	Richard Stirzaker	SEN	Rochdale Harriers & Ac	00:40:53
84	Jon Pemberton	SEN	Dark Peak Fell Runners	00:40:56
85	Patrick Brennan	SEN	Rosendale Harriers	00:41:03

86	Mick Egner	V60	Settle Harriers	00:41:15
87	Dave Motley	SEN	Clayton-Le-Moor Harriers	00:41:20
88	Steve Bell	V50	Dark Peak Fell Runners	00:41:26
89	Robert White	V40	Buxton & District Ac	00:41:37
90	Christopher Atherton	SEN	Ambleside Ac	00:41:43
91	Jonny Marchant	V40	Helm Hill Runners	00:41:46
92	Bobby Hagan	SEN	Keswick Ac	00:41:48
93	Virgil Barton	V40	Mercia Fell Runners	00:41:50
94	Steve Angus	V45	Keswick Ac	00:41:57
95	Simon Collins	SEN	York Knavesmire Harriers	00:42:01
96	Mick Stenton	V55	Dark Peak Fell Runners	00:42:02
97	Craig Stansfield	V45	Rossendale Harriers	00:42:02
98	Andy Berry	SEN	Barlick Fell Runners	00:42:02
99	Samual Williams	SEN	Dark Peak Fell Runners	00:42:03
100	Matthew Seddon	SEN	Pudsey & Bramley Ac	00:42:07
101	Stephen Tilford	SEN	Wakefield & District Harriers	00:42:08
102	Neil Ashcroft	V45	Ambleside Ac	00:42:10
103	Mark Walsh	V45	Darwin Dashers	00:42:15
104	Dave Nuttall	V50	Bowland Fell Runners	00:42:18
105	Andy Lloyd	V45	Horwich R M I Harriers	00:42:18
106	Carl Heliwell	V40	Clayton-Le-Moor Harriers	00:42:29
107	Sam Harrison	SEN	Bowland Fell Runners	00:42:36
108	Marcel Darling	V45	Shelton Striders	00:42:39
109	James Gray	SEN	St Theresa's Ac	00:42:40
110	Matthew Hulley	V40	Pennine Fell Runners	00:42:41
111	Paul Jeggo	V55	Springfield	00:42:44
112	Matthew Twyford	SEN	Glossopdale Harriers	00:42:47
113	Andy Robinson	V50	Mercia Fell Runners	00:42:50
114	Ben Tetler	SEN	Glossopdale Harriers	00:42:53
115	Richard Byers	V50	Cheshire Hill Races	00:42:54
116	Tom Mcgaff	V60	Cheshire Hill Races	00:42:58
117	Chris Steele	SEN	Borrowdale Fell Runners	00:43:04
118	Stephen Smithies	V45	Calder Valley Fell Runners	00:43:04
119	Andrew Britton	V40	Idle Ac	00:43:05
120	Kristian Groom	SEN	Dark Peak Fell Runners	00:43:07
121	Paul Jenkinson	V45	Eryri Harriers	00:43:10
122	Leigh Hinchcliffe	V45	Pudsey Pacers	00:43:13
123	Darran Hawkins	V50	Pennine Fell Runners	00:43:16
124	Karl Steinegger	SEN	Ambleside Ac	00:43:21
125	Seamus White	V40	Staffordshire Moorlands Ac	00:43:26
126	Graham Scholfield	V60	Horwich R M I Harriers	00:43:33
127	Chris Davies	V60	Saddleworth Runners	00:43:39
128	Ian Winterburn	V50	Dark Peak Fell Runners	00:43:52
129	Saul Lovatt	SEN	Glossopdale Harriers	00:43:57

130	Ryan Wilkinson	SEN	Clayton-Le-Moor Harriers	00:44:02
131	Matt Harrison	V40	Mercia Fell Runners	00:44:05
132	John Millen	V40	Black Combe Runners	00:44:14
133	Vinncent Booth	V50	Cheshire Hill Races	00:44:16
134	Andy Dickenson	V50	Dark Peak Fell Runners	00:44:23
135	Niall Bourke	SEN	Pudsey & Bramley Ac	00:44:26
136	Andy Mcurdo	SEN	Pennine Fell Runners	00:44:29
137	Barry Atkinson	V55	York Knavesmire Harriers	00:44:30
138	Chris Snell	SEN	Clayton-Le-Moor Harriers	00:44:31
139	Gary Chadderton	V50	Horwich R M I Harriers	00:44:31
140	Ben Grant	V65	Harrogate Harriers	00:44:36
141	Roy Gibson	V55	Kendal Ac	00:44:38
142	Simon Browne	V40	Denby Dale Athletics Club	00:44:48
143	Louis Forshaw-Perring	U23	Buxton & District Ac	00:45:02
144	John Doyle	V50	Pennine Fell Runners	00:45:03
145	Ian Warhurst	V55	Pennine Fell Runners	00:45:05
146	Andy Gibbons	SEN	Bingley Harriers & Ac	00:45:06
147	Anthony Whitehouse	V60	Totley Ac	00:45:09
148	Simon Rippon	V50	Penistone Footpath Runners & Athletic Club	00:45:19
149	Marcus Taylor	V45	Burnden Road Runners	00:45:29
150	Andy Shaw	V50	Holmfirth Harriers Ac	00:45:39
151	John Rainford	V50	Preston Harriers	00:45:43
152	Geoffrey Gough	V55	Clayton-Le-Moor Harriers	00:45:57
153	Simon Reed	V55	Dark Peak Fell Runners	00:46:07
154	Chris Wilcox	V60	Clwydian Range Runners	00:46:10
155	Leigh Warburton	V55	Bowland Fell Runners	00:46:23
156	David Keeling	V50	Cheshire Hill Races	00:46:26
157	Martyn Pollitt	V55	Burnden Road Runners	00:46:27
158	Andy Hauser	V60	Holmfirth Harriers Ac	00:46:33
159	Steve Jackson	V60	Horwich R M I Harriers	00:46:40
160	Andrew Braithwaite	V40	Trawden Ac	00:46:44
161	Oliver Pike	SEN	Penistone Footpath Runners & Athletic Club	00:46:48
162	Carl Bedson	V45	Glossopdale Harriers	00:46:52
163	Nick Jones	V40	Buxton & District Ac	00:46:56
164	Jonathan Cleaver	SEN	Clayton-Le-Moor Harriers	00:47:00
165	Greg May	SEN	Todmorden Harriers	00:47:01
166	John Boothman	V50	Barlick Fell Runners	00:47:04
167	Robert Murphy	V50	Glossopdale Harriers	00:47:07
168	Patrick Twentyman	U23	Buxton & District Ac	00:47:09
169	David Mullin	V45	Mercia Fell Runners	00:47:12
170	Keith Holmes	V60	Dark Peak Fell Runners	00:47:16
171	Peter Jackson	V55	Barlick Fell Runners	00:47:20
172	Brian Walton	V60	Horwich R M I Harriers	00:47:23
173	Alan Renfree	V55		00:47:27

174	Ian Charlesworth	V50	Penistone Footpath Runners & Athletic Club	00:47:30
175	Stephen Fry	V50	Harrogate Harriers	00:47:37
176	Andrew Driver	SEN	Barlick Fell Runners	00:47:39
177	Adrian Baker	V55	Dark Peak Fell Runners	00:47:42
178	Josh Addison	SEN	Helm Hill Runners	00:47:44
179	Steve Jones	SEN	Keswick Ac	00:47:54
180	Graham Mcara	V60	Cheshire Hill Races	00:47:58
181	Peter Eccleston	SEN	Dark Peak Fell Runners	00:48:05
182	Dave Collins	V60	Todmorden Harriers	00:48:06
183	Rowland Maylan	V45	Buxton & District Ac	00:48:11
184	Mark Ellithorn	V50	Chorley Athletic & Tri	00:48:14
185	Martyn Goodwin	V55	Penistone Footpath Runners & Athletic Club	00:48:15
186	Richard Bouglas	SEN	Buxton & District Ac	00:48:16
187	Peter Nicholson	SEN	East Cheshire Harriers & Tameside Ac	00:48:19
188	Ben Ratcliffe	U23	Keele University Athletics & Cross Country	00:48:25
189	Rick Aldred	V40	Buxton & District Ac	00:48:30
190	Andy Watts	V65	Cheshire Hill Races	00:48:45
191	Simon Taylor	SEN	Darwin Dashers	00:48:53
192	Tim Murray	V55	Helm Hill Runners	00:48:57
193	Andrew Davies	V65	Bridgnorth Running Club	00:49:03
194	Steve Wathall	V55	Retford Ac	00:49:05
195	Stuart Wolstenholme	V45	Todmorden Harriers	00:49:07
196	Chris Charlesworth	V40	Penistone Footpath Runners & Athletic Club	00:49:09
197	Frank Fielding	V60	Pennine Fell Runners	00:49:12
198	Peter Bailey	V50	Buxton & District Ac	00:49:20
199	Adam Bairo	V40	Ambleside Ac	00:49:23
200	Philip Pearce	SEN	Glossopdale Harriers	00:49:38
201	Mark Quince	V45	Buxton & District Ac	00:50:01
202	Simon Bolton	V50	Cheshire Hill Races	00:50:04
203	Rick Ansell	V55	Tring Running Club	00:50:04
204	Nick Hewitt	V60	Bowland Fell Runners	00:50:18
205	Dick Spendlove	V70	Calder Valley Fell Runners	00:50:32
206	Glen Whittaker	V50	Barlick Fell Runners	00:50:38
207	David Gould	V60	Mercia Fell Runners	00:50:46
208	Nick Andralojc	V50	Harrogate Harriers	00:50:57
209	Mark Ferguson	SEN	Wolves & Bilson	00:51:01
210	John Birchenough	V60	Rosendale Harriers	00:51:06
211	Kieran Carr	V70	Clayton-Le-Moor Harriers	00:51:15
212	Ali Alsaadi	V40	Belle Vue Racers	00:51:19
213	Michael Mcloughlin	V60	Preston Harriers	00:51:30
214	Pedro Havelock	SEN	Cannock & Stafford Ac	00:51:42
215	Tim Horrocks	V50	Pennine Fell Runners	00:51:49
216	Alan Brentnall	V65	Pennine Fell Runners	00:51:52
217	Jeffrey Norman	V70	Altrincham & District Ac	00:52:01

218	Richard Jones	SEN	St Theresa's Ac	00:52:04
219	Geoffrey Cooper	V45	Ripley	00:52:15
220	Dave Bowen	V60	Pennine Fell Runners	00:52:20
221	Richard Applewhite	V40	Macclesfield Harriers	00:52:22
222	Michael Cayton	SEN	Horwich R M I Harriers	00:52:25
223	David Forshaw	V45	Buxton & District Ac	00:52:25
224	Steven Pepper	SEN	Glossopdale Harriers	00:52:33
225	Nick Ham	V50	Glossopdale Harriers	00:52:47
226	Philip Barnes	V55	Pennine Fell Runners	00:52:55
227	David Appleyard	V50	Helm Hill Runners	00:53:06
228	Adrian Dixon	V65	Fell Runners Association	00:53:09
229	Ian Smith	V60	Bolton United Harriers & Ac	00:53:15
230	Mike Scandrett	SEN	Keswick Ac	00:53:16
231	Stuart Russell	V40	Liverpool Running Club	00:53:25
232	Peter Hudson	V55	Mercia Fell Runners	00:53:54
233	David Milton	V45	Holmfirth Harriers Ac	00:53:58
234	Trevor Symonds	V60	Fell Runners Association	00:54:05
235	Laurence Keighley	V45	Burnden Road Runners	00:54:12
236	George Pier	U23	Clayton-Le-Moor Harriers	00:54:27
237	Graham Lloyd	V50	Calder Valley Fell Runners	00:54:34
238	Andrew Russell	V50	Helm Hill Runners	00:54:47
239	Simon Bottrill	V45	Stilton Striders	00:54:50
240	Dave Tait	V65	Dark Peak Fell Runners	00:54:56
241	John Stephenson	V55	Glossopdale Harriers	00:55:09
242	Rod Sutcliffe	V60	Calder Valley Fell Runners	00:57:27
243	Peter Calladine	V60	Saddleworth Runners	00:57:41
244	Richard Goff	SEN	Buxton & District Ac	00:57:58
245	Trevor Hibbert	SEN	Sinfin Running Club	00:58:13
246	Stephen Fish	V60	Clayton-Le-Moor Harriers	00:58:16
247	Graham Breeze	V70	Wharfedale Harriers	01:00:10
248	Michael Crook	V65	Horwich R M I Harriers	01:01:19
249	Neville Mcgraw	V70	Glossopdale Harriers	01:01:37
250	Paul Fryers	V45	Penistone Footpath Runners & Athletic Club	01:01:54
251	Les Thurston	V65	Bishops Stortford Rc	01:02:48
252	Andy Warburton	V50	Burnden Road Runners	01:03:10
253	Neville Griffiths	V70	Spectrum Striders	01:03:25
254	Calvin Ferguson	SEN	Calder Valley Fell Runners	01:03:45
255	John Armistead	V70	Dark Peak Fell Runners	01:04:18
256	Raymond Brown	V75	Penistone Footpath Runners & Athletic Club	01:04:20
257	Peter Ehrhardt	V70	Todmorden Harriers	01:04:41
258	Stuart Gall	SEN	St Theresa's Ac	01:04:48
259	Andy Howie	V60	Pennine Fell Runners	01:05:04
260	Michael Flatley	SEN	Liverpool Running Club	01:05:09
261	Chris Clark	V65	Keswick Ac	01:05:16

262	David Forshaw	V45	Buxton & District Ac	01:05:16
263	Jeremy Brayshaw	V65	Totley Ac	01:08:04
264	Duncan Kennedy	SEN	Liverpool Running Club	01:08:41
265	Chris Edwards	V45	Dark Peak Fell Runners	01:09:09
266	Arthur Clare-Hay	V70	Mercia Fell Runners	01:11:46
267	Roger Ashby	V70	Pennine Fell Runners	01:12:02