

## 30/07/2015 - Heart Of The Lakes Rydal Round

Pos	Name	Category	Club	Time
1	Phil Davies	M40	Borrowdale FR	01:23:58
2	Gary Greenhow		Ambleside	01:25:40
3	Lee Athersmith		Wharfedale H	01:29:40
4	Paul Tierney		Ambleside	01:29:54
5	Jack Wright		Ambleside	01:31:05
6	Charlie Lowther		Eden Runners	01:31:10
7	Todd Oates		Ambleside	01:32:58
8	Harvey Lord		Black Combe R	01:34:11
9	Sarah McCormack	F	Ambleside	01:34:14
10	Paul Nield	M40	Bowland FR	01:34:58
11	William Jones		Imperial College CC	01:35:01
12	John Young		Harrogate H	01:35:56
13	Tim Ripper		Black Combe R	01:36:08
14	Chris Balderstone	M50	Bowland FR	01:36:09
15	Jon Green	M40	Preston H	01:36:33
16	Chris Lister		Ellenborough AC	01:36:37
17	John Millen	M40	Black Combe R	01:36:42
18	Neil Holding	M50	West Pennine	01:36:52
19	Michael Baron		Ambleside	01:38:32
20	Calvin Routledge		Lancaster	01:38:51
21	Caroline Lambert	L	Wetherby Runners	01:39:04
22	Stephen Smithies	M50	Bowland FR	01:39:08
23	Neil Ashcroft	M40	Ambleside	01:39:29
24	Bryan Wakeley		Ambleside	01:40:01
25	James Christmas		Keswick	01:40:41
26	William Monaghan			01:40:59
27	Greg Meschino			01:42:10
28	James Gray			01:42:31
29	Jim Tyson	M40	Ambleside	01:43:46
30	Dan Walmsley			01:45:15
31	Robert Mortimore		Ambleside	01:45:27
32	Chris Barnes		Blackburn Harriers	01:45:47
33	Simon Simpson			01:46:23
34	Steve Freeman	M50	Keswick	01:47:04
35	J P Challinor		Ambleside	01:48:06
36	Christopher Loftus		Keighley & Craven	01:48:25
37	Pete Tayler	M50	Black Combe R	01:49:47
38	Aaron Walmsley			01:50:10
39	Phil Thacker		Helm Hill	01:51:01
40	Anthony Bowness	M40		01:52:49
41	Christopher Smith			01:52:59

42	Ian Stephenson	M50	Ambleside	01:53:07
43	Stuart Allan	M40	Helm Hill	01:53:16
44	Pete Wilkin	M50	Thirsk & Sowerby	01:53:51
45	Michael Asquith	M40	Durham FR	01:54:12
46	Anna Hoogkammer	F	Ambleside	01:58:27
47	Rosie Watson	F	Doss Athletics	01:58:43
48	Richard Timms	M40	Settle H	01:58:55
49	Chris Jones	M40	Wharfedale H	01:59:22
50	David Griffen	M50	Dallam	01:59:44
51	Ellie Maddocks	F	Lonsdale	02:01:10
52	Phil Mather		Lonsdale	02:01:12
53	Paul Wright	M50	Ambleside	02:02:33
54	Phil Clayton	M40	Black Combe R	02:02:40
55	Christopher Tulley		Preston H	02:02:53
56	Peter Hill			02:03:20
57	David Tolson	M50	Red Rose	02:04:39
58	Sally Ward	F50		02:04:39
59	John Birkett	M50		02:04:47
60	Mike Jewell	M50	Black Combe R	02:04:53
61	Trevor Symonds	M50	FRA	02:05:00
62	Richard Davies	M50	Bowland FR	02:05:06
63	Chris Schofield	M50	Helm Hill	02:05:22
64	Karl Mason		Helm Hill	02:06:13
65	Dave Appleyard	M50	Helm Hill	02:06:37
66	Trevor Harden			02:08:41
67	Peter Bellis	M50	Bolton H	02:11:24
68	Mike Troup	M50	Ambleside	02:11:26
69	Judith Bellis	F		02:13:18
70	Caroline Pollard	F50	Wharfedale H	02:14:06
71	Graham Watson	M50	CFR	02:17:33
72	Dorian James	M50	SMOC	02:18:07
73	Will Ross	M40	Black Combe R	02:18:18
74	Ramsey Sawl			02:18:23
75	Jonathan Atkinson			02:18:31
76	John Orrell	M40	Blackburn Harriers	02:18:42
77	Nicky Butler	F50	Keswick	02:19:21
78	Peter Murray	M40	York Acorn	02:20:32
79	Trevor Matty	M40	Dark Peak FR	02:21:20
80	Raj Madhas		Wharfedale H	02:24:09
81	John Cox	M50	Middleton Harriers	02:26:25
82	Martin Walsh	M50	Bowland FR	02:26:35
83	Freya Reynolds	F	Craven Energy	02:27:13
84	Sue Ross	F	Black Combe R	02:27:16
85	Peter Jagan	M50	Bingley H	02:27:17

86	Ali Woodard	F		02:28:06
87	Alan McGuinness	M50	Rossendale H	02:28:22
88	Jane Laycock	L50	Ambleside	02:29:01
89	Andrew Biddle		West Pennine Runners	02:29:36
90	Richard Tate	M50	Swaledale Outdoor Club	02:30:22
91	Wayne McIntosh		Trawden	02:31:10
92	Wendy Birkett	F50		02:34:16
93	Steve Milner	M50	Wharfedale H	02:34:35
94	Anne Milner	F40	Wharfedale H	02:34:38
95	Terry Woodhouse	M40	Leicester Roadhogs	02:36:25
96	Sue Ashley	F50	Keswick	02:36:38
97	Selwyn Wright	M50	Ambleside	03:04:56
98	Phil Roberts	M50	Rochdale	03:24:30
99	Ian Charters	M50	Bowland FR	D N F
100	Paul Stephenson	M50	Sinfin RC	Disq
101	Craig Harrison			Disq
102	Brian Woof			Disq
103	Simon Dixon		Dark Peak FR	Disq
104	Paul Murrin	M40	Chepstow Harriers	Disq