

Muncaster Luck 2016 – BM, 16km, 620m

This was the first running of the Muncaster Luck race since 2000, and gave many competitors their first experience running on the low fells south of the Esk. There were some changes to the historic race route, partly to minimise running on the busy A595, and also to avoid the thick gorse and brambles that have grown up below the Pepper Pot, but the intention was to remain as faithful to the original race as possible. Thankfully glorious weather made navigation relatively straightforward.

A number of finishers commented on their surprise at how much tougher the race was than the course profile would suggest, especially the bog before the Pepper Pot. I did try my best to flag the easiest route from Raven Crag to the finish, and hopefully as the race becomes re-established some favoured lines will develop.

Huge thanks must go to Muncaster Castle for their support, and in particular Ewan Frost-Pennington. Also, special thanks to all the marshals who assisted at checkpoints and the river and road crossings. Finally thanks to Walsh Sports and Hydrock for support with the prizes. See you all in 2017!

John Heneghan

Position	Name	Club	Time	Category
1	Jim Davies	Borrowdale	01:33:16	M40
2	Ben Proctor	Helm Hill	01:36:02	Msen
3	Kieran Hodgson	Helm Hill	01:38:09	M40
4	Rob Stein	CFR	01:43:02	Msen
5	Nigel Wood	Helm Hill	01:43:35	M40
6	Richard Suddaby	FRA	01:45:01	M50
7	Andrew Schofield	Borrowdale	01:45:08	M40
8	Tim Ripper	Black Combe Runners	01:45:15	Msen
9	Michael Cunningham	Borrowdale	01:47:01	Msen
10	Matthew Rooke	Black Combe Runners	01:47:44	Msen
11	Sharon Taylor	Helm Hill	01:48:49	Fsen
12	Gary Bailey	Pudsey	01:50:06	Msen
13	Chris Swanepod	Borrowdale	01:50:52	Msen
14	Jonny Marchant	Helm Hill	01:51:19	M40
15	David Banks	U/A	01:51:44	M50
16	Andrew Bradley	CFR	01:52:30	M50
17	Edmond Jackson	U/A	01:54:10	M50
18	Peter Crompton	CFR	01:56:43	M50
19	Phil Clayton	Black Combe Runners	01:59:45	M40
20	Brian Kennedy	Settle Harriers	02:00:27	M50
21	John Hobson	Helm Hill	02:03:28	M50
22	Claire Russell	CFR	02:03:53	W40
23	Tim Murray	Helm Hill	02:03:54	M50
24	Fleecy Moss	CFR	02:05:06	M40
25	David White	Helm Hill	02:05:53	M40
26	Kathleen Aubrey	Helm Hill	02:05:56	W50
27	Damian Seath	U/A	02:05:58	Msen

28	David Wilson	U/A	02:06:33	Msen
29	Julian Donnelly	Black Combe Runners	02:09:00	M50
30	Carrie Gibson	Helm Hill	02:10:06	W40
31	Derek Ratcliffe	Rossendale	02:12:12	M60
32	Jo Wilcox	Helm Hill	02:17:12	W40
33	Graham Morgan	U/A	02:23:36	M40
34	Alistair Morgan	U/A	02:23:36	M40
35	Mel Bradley	CFR	02:29:10	W50
36	Nick Moore	CFR	02:30:10	M50
37	Marie Robson	Helm Hill	02:30:49	W40
38	Rachel Slattery	Helm Hill	02:31:30	W40
39	John Armstrong	Rochdale Harriers	02:33:31	M60
40	John Shevelan	Black Combe Runners	02:34:13	M40
41	David Carruthers	CFR	02:34:37	M40
42	Ryan Crecciv	CFR	02:46:30	Msen
43	Ross Wilson	U/A	02:50:15	Msen
44	Dot Patton	CFR	02:51:32	W60
45	Lindsay Buck	CFR	02:52:26	W50
46	Jane Mottram	CFR	03:00:59	W60
47	Julie Laverock	Salford Harriers	03:05:08	W40
DSQ	Alan Billington	Belper Harriers	01:42:52	M40
DSQ	Jennie Chatterley	CFR	02:01:29	W40
DSQ	Tim Ferris	U/A	02:02:56	M40