22/08/2010 - Sedbergh Hills

Pos	Name	Category	Club	Time
1	Jon Morgan	M40	Dark Peak FR	02:18:55
2	Ben Abdelnoor		Ambleside	02:21:31
3	Phil Sanderson	M40	Northumberland FR	02:21:47
4	Paul Thompson		Clayton:le:Mooors	02:22:38
5	Richard Pattinson	M40	Pudsey& Bramley	02:22:47
6	Jim Davies	M40	Borrowdale FR	02:27:03
7	Martin Mikkelson:Barron		Borrowdale FR	02:28:38
8	Ric Stuart	M40	Helm Hill Runners	02:30:01
9	Andrew Jebb		Bingley H	02:32:27
10	Chris Reade	M40	Bowland FR	02:32:50
11	Darren Holloway	M40	Pennine FR	02:33:02
12	Richard Stott	M50	Rossendale H	02:33:12
13	Julian Rank	M40	Holmfirth H	02:34:32
14	Paul Neild		Bowland FR	02:35:08
15	Steve Birkenshaw	M40	Borrowdale FR	02:36:04
16	Hodge Grayson		Ambleside	02:37:15
17	Mike Robinson	M40	Dark Peak FR	02:38:19
18	Brian Stevenson	M40	Pudsey& Bramley	02:38:20
19	John Sutton		Blackburn H	02:39:48
20	Philip Pearson	M50	Saltwell H	02:40:29
21	Muir Morton		Pennine FR	02:42:23
22	Will Horsley		Northumberland FR	02:42:52
23	Karen Davison	L	Dark Peak FR	02:43:15
24	Ashley Kay	M50	Dark Peak FR	02:43:53
25	Declan O'Duffy	M50	Bowland FR	02:45:11
26	Ken Taylor	M60	Rossendale H	02:45:26
27	Martin Stocks	M40	Dark Peak FR	02:45:54
28	Andy Staveley	M40	Burden FR	02:46:22
29	Thornton Taylor	M50	Rossendale H	02:46:31
30	Ali Raw	L40	Bingley H	02:46:47
31	Ben Gibbison		Dark Peak FR	02:47:20
32	Richard Hunt		Dark Peak FR	02:48:20
33	Ali Welsh	M40	Bowland FR	02:49:27
34	Martin Terry	M50	Clayton:le:Mooors	02:50:06
35	Dave Sykes		Dark Peak FR	02:51:06
36	Tim Taylor	M40	Pudsey& Bramley	02:51:17
37	Paul Figg	M40	North York Moors AC	02:51:27
38	Ged Callan		Bingley H	02:51:38
39	Keith Holmes	M50	Dark Peak FR	02:52:51
40	Shaun Butler	M40	Kendal AC	02:53:08
41	Dave McGuire	M40	Hyde Park Harriers	02:53:46

42	Matty Brennan		Erewash Valley RC	02:54:04
43	Simon Waller	M40	Helm Hill Runners	02:54:05
44	Chris Rhodes	M40	Ambleside	02:54:26
45	Jonathan Whitaker	M40	Ilkley Harriers	02:54:41
46	Neil Worswick	M40	Clayton:le:Mooors	02:54:56
47	John Ewart	M50	Holmfirth H	02:55:01
48	Jason Henson		Middleton Harriers	02:55:09
49	Ivan Whigham	M40	Clayton:le:Mooors	02:55:13
50	David Malia	M40	Cobra AC	02:55:16
51	Lynne Clough	L40	Chorley Harriers	02:55:20
52	Ronnie Turner	M50	Rossendale H	02:55:20
53	Stewart Barrie	M40	Hunters Bog Trotters	02:55:30
54	Nicholas Holmes	M50	Tattenhall Runners	02:56:30
55	Paul Appleby	M40	Northumberland FR	02:56:55
56	Colin Valentine	M40	Keswick AC	02:57:35
57	Pete Taylor	M40	Black Combe Runners	02:59:02
58	Tamara Hird	L	Wharfedale Harriers	02:59:10
59	Dave Banks	M40	Kendal AC	02:59:14
60	Peter Singleton	M50	Blackpool AC	03:01:22
61	Roy Gardner	M40	Saddleworth	03:01:33
62	Jefferey Pickup	M50	Clayton:le:Mooors	03:02:18
63	Phil Abbott		Long Eaton AC	03:02:31
64	Wendy Dodds	L50	Clayton:le:Mooors	03:03:05
65	Simon Smart	M40	Unattached	03:03:50
66	Karl Edwards	M50	Hartlepool Burn Rd H	03:03:57
67	Lee Wood		Middleton Harriers	03:04:14
68	Paul Holman	M40	Unattached	03:04:45
69	Charlie McIntosh	M40	Pudsey& Bramley	03:04:51
70	Nick Wallis	M40	Dark Peak FR	03:05:03
71	Gary Thoms	M40	North York Moors AC	03:05:08
72	Sally Ward	L40	Unattached	03:05:09
73	Ian Connell	M40	Clayton:le:Mooors	03:07:36
74	Kevin Holmes	M40	Unattached	03:07:57
75	Fred Smith	M50	Saltwell H	03:08:17
76	Tom Wright		Unattached	03:08:37
77	Rick Cooper	M40	Keswick AC	03:08:50
78	Daniel Grosse	M40	Kendal AC	03:08:59
79	Anna Forrest	L40	Ambleside	03:09:24
80	Thomas Reeves	M40	Elvet Striders	03:10:07
81	Roy Hunter	M50	Harrogate	03:10:16
82	Jamie Baron	M40	Black Combe Runners	03:10:49
83	Neil Weightman	M40	Erewash Valley RC	03:11:07
84	Terry Aitken	M50	Ambleside	03:12:04
85	Robert Pritchard	M50	Skyrac AC	03:12:17

86	Crispin Halsall		Bowland FR	03:12:59
87	John Jodrell	M50	Pennine FR	03:13:35
88	Graham Chaplow		Unattached	03:14:54
89	Steven Foster	M40	Fell Ponies	03:15:04
90	Ian Luke		Unattached	03:15:54
91	John Taylor	M60	Bowland FR	03:18:04
92	Tom Stokes		Erewash Valley RC	03:18:08
93	Nick Harris	M50	Rossendale H	03:18:16
94	Richard Scott	M40	Bingley H	03:18:53
95	Paul Jackson	M40	Chorley Harriers	03:19:05
96	Chris Beadle	M40	Holmfirth H	03:19:31
97	Paul Collinge	M50	Middleton Harriers	03:19:31
98	David Bevan	M40	Saddleworth R	03:19:39
99	Michael Toman	M40	Rossendale H	03:19:54
100	Claire Russell	L	CFR	03:20:10
101	Jo Taylor	L40	Bowland FR	03:20:18
102	Darren Shepherd		Unattached	03:20:45
103	Mike Symons	M40	Manchester YMCA	03:20:47
104	Steve Jeffs	M50	Dallam Runners	03:21:00
105	Stuart Pitches	M40	Ilkley Harriers	03:21:07
106	John Leech	M40	Dallam Runners	03:21:35
107	David Edwards	M50	Hartlepool Burn Rd H	03:21:50
108	Geoff Smith		Clayton:le:Mooors	03:21:59
109	David Lake	M40	Hartlepool Burn Rd H	03:22:20
110	John Render		Unattached	03:22:48
111	Daz Slater		Ambleside	03:23:15
112	Mark Fran		Spenborough AC	03:23:53
113	Roger Whitaker	M60	CFR	03:25:24
114	Darren Horner		Keighley&Craven	03:25:36
115	Edwin Shenstone	M40	Southport Waterloo	03:25:44
116	Nicholas Walsh	M40	Rochdale H	03:25:46
117	Richard Hakes	M50	Dark Peak FR	03:26:53
118	Martin Smilie	M50	Otley AC	03:26:56
119	Stephen Martin	M40	Dark Peak FR	03:28:31
120	Dave Till	M50	Helm Hill Runners	03:28:41
121	Davina Raidy	L40	Rossendale H	03:28:49
122	Peter Jackson	M50	Wharfedale Harriers	03:29:00
123	Steve Wickham	M50	Erewash Valley RC	03:29:50
124	Malcolm Coles	M60	Valley Strders	03:34:13
125	Nick Lander	M50	Erewash Valley RC	03:34:45
126	Charles Barlow	M50	Saddleworth R	03:35:16
127	Steven O'Keefe		CFR	03:35:27
128	Stephanie Goodchild	L40	Manchester YMCA	03:35:44
129	John Gay	M50	Unattached	03:37:27

130	Philip Pitson	M50	Erewash Valley RC	03:37:53
131	Tom Westgate	M40	Dark Peak FR	03:38:13
132	Mick Baldwin	M50	Denby Dale Travellers	03:38:23
133	Julie Clayton	L40	Scarborough AC	03:38:44
134	Tim Forster	M50	Saltwell H	03:39:18
135	Ginny Willey	L	Middleton Harriers	03:39:29
136	Darren Parker		Unattached	03:39:35
137	Carl Harrison		British Army	03:40:14
138	Emma Gregory	L	Bowland FR	03:42:26
139	John Cox	M60	Middleton Harriers	03:42:29
140	Eoin Connaughton	M40	Dark Peak FR	03:44:06
141	Maurice Musson	M50	Dark Peak FR	03:45:44
142	Tony Steward	M50	Calder Valley FR	03:47:34
143	Raymond Migocz	M60	Unattached	03:50:04
144	Nathan De Siva		Unattached	03:53:43
145	Francis Trueman		Craven FR	03:54:10
146	Alan Crook	M40	Bowland FR	03:54:10
147	Eddie Lesniak	M50	Achille Rattie	03:54:28
148	Adrian Leigh	M50	Unattached	03:54:47
149	Brian Belfield	M60	Staffs Moorlands	03:55:28
150	Andrew Watson		Erewash Valley RC	03:55:33
151	Colin Bostock	M50	Long Eaton AC	03:57:28
152	Jon Marsh	M40	Unattached	04:02:15
153	Stephen Symons	M40	Manchester YMCA	04:02:28
154	Jane Hamp	L50	Scarborough AC	04:12:35
155	David Parke	M60	Scarborough AC	04:12:43
156	Colin Grime	M60	Spectrum Striders	04:14:35
157	Kevin Byrne	M50	Heddington RR	04:22:19
158	Michael Swale	M60	Skyrac AC	04:33:44
159	Gary Boyd	M40	Unattached	04:52:58
160	Ian Manners	M40	Manchester YMCA	04:54:26
161	Mike Walford	M60	Kendal AC	04:54:27
162	George James	M60	Blackpool AC	04:54:27
163	Sam Ayers		CFR	Retired
164	John Dalton	M60	Dark Peak FR	Retired
165	Antonio Gonzalez		Unattached	Retired
166	Anthony Keary		Middleton Harriers	Retired
167	StephenBaldwin		Scarborough AC	Retired
168	Willy Kitchen	M40	Dark Peak FR	Retired
169	Craig Stansfield	M40	Rossendale H	Retired