**RYDAL ROUND 2022 RESULTS**

1 Ricky Lightfoot Ellenborough M 1:23:16

2 Tom Simpson Ambleside AC M 1:23:24

3 Steve Jacques U/A M40 1:27:13

4 Andrew Worster Calder Valley M 1:28:02

5 Sean Leckey Ambleside AC M 1:28:32

6 Harry Stainton Black Coombe M 1:28:33

7 Josh Hartley Black Coombe M 1:28:37

8 Tom Watt Ambleside AC M 1:32:08

9 Runar Saether East Hull Harriers M40 1:35:42

10 Julian Hood Skipton AC M40 1:35:50

11 Andrew Jebb Bingley M40 1:36:29

12 Ben Oldham Leven Valley M40 1:37:17

13 James Titmuss Horwich M40 1:37:42

14 Mike Barron Ambleside AC M 1:37:53

15 Ben Timbens KCAC M40 1:37:58

16 Charlie McIntosh Pudsey & Bram M50 1:38:17

17 Matt Clark Ambleside AC M 1:38:24

18 Spencer Riley Ambleside AC M40 1:39:22

19 Jack Wood Ilkley M 1:39:23

20 John Horrocks Blackburn H M 1:40:03

21 SOPHIE LIKEMAN Cumberland F 1:40:28

22 Robert Short Ambleside AC M 1:41:08

23 Tom Carthey Freedom Racing M 1:41:20

24 Steven Paterson U/A M50 1:41:54

25 Tom Bush Pennine M40 1:41:59

26 Mark Horrocks Barlick M50 1:42:04

27 Mark Crabtree Kent AC M40 1:42:11

28 Alex Newcome U/A M 1:42:26

29 William Sisson Kendal AAC M 1:42:30

30 Stephen Smithies Calder Valley M50 1:43:03

31 LOU OSBORN Ambleside AC F50 1:43:12

32 Dan Warmsley Highland Hill M40 1:44:40

33 Matthew Seddon Pudsey & Bramley M 1:48:12

34 Tom Smith Bowland M50 1:49:09

35 John Bell Levens Valley M 1:49:16

36 Calvin Routledge Ambleside AC M50 1:49:30

37 Mick Dobson Trawden AC M50 1:50:59

38 Neil Hardiman Clayton M50 1:51:03

39 Phillip Thompson Derby M 1:51:05

40 Neil Ashcroft Ambleside AC M50 1:51:11

41 Phillip Pearson Northern Fells M60 1:52:53

42 Matt Bourne Bowland M50 1:52:41

43 Paul Crabtree Bingley Harriers M50 1:53:01

44 Darren Fishwick Chorley M50 1:53:08

45 RUTH THACKRAY Bingley Harriers F50 1:53:09

46 Andy Gibbons U/A M40 1:53:10

47 John Haines Belle Vue M40 1:53:40

48 POPPY COOKE Ackworth RR F 1:56:10

49 Mark Coffey U/A M50 1:56:44

50 Steve Angus Keswick AC M50 1:56:55

51 Roger Laycock Settle Harriers M60 1:57:55

52 David Pakington Preston Harriers M50 1:59:05

53 Andrew Smith Barlick M50 1:59:50

54 Ian Cooke U/A M50 2:02:18

55 Neil Weightman Northern Fells M50 2:02:20

56 Andy Holden Achille Ratti M50 2:02:38

57 SARAH ACEY Ponteland F 2:04:46

58 Robert Allinson Badgers F40 2:10:30

71 David Gill Redcar M40 2:04:58

59 Nathaniel Stamm U/A M 2:05:30

60 KATIE PERCIVAL Ambleside AC F 2:06:18

61 Ian Whalley Stadium Runners M 2:06:19

62 Graham Britton U/A M60 2:06:53

63 Jonny Holdsbrough Rippon M 2:06:54

64 Paul Simpson Ambleside AC M50 2:07:20

65 BELINDA BAQUERO Pudsey & Bramley F 2:07:26

66 Jon Dixon U/A M 2:07:39

67 Jon Underwood Calder Valley M50 2:07:49

68 DAWN HOSKING Durham F40 2:09:37

69 Scott Palmer Ryedale Tri M40 2:10:21

70 ELEANOR FOWLER Denby Dale M60 2:11:04

72 JUDE DARISALA Penistone FPR F50 2:11:32

73 Eric Fowler Badgers M50 2:11:42

74 BARBARA SAVAGE Clayton F50 2:12:18

75 Bill Beckett Chorley M50 2:13:14

76 Martin Farrar Wharfdale M50 2:14:15

77 LUCY MALLINSON Wharfdale F40 2:15:06

78 John Orrell FRA M50 2:15:07

79 Stuart Musson U/A M40 2:15:15

80 Johnathon Gibson Wharfdale M50 2:18:13

81 John Birkett Ambleside AC M60 2:19:29

82 MILLIE HINDLE U/A F 2:19:32

83 Dan Miller Billinge M 2:22:59

84 Robert Miller U/A M 2:22:59

85 Ben Gent U/A M40 2:23:13

86 WENDY DODDS Dallam F70 2:23:43

87 Don Kershaw U/A M60 2:23:56

88 Morgan Neagle U/A M 2:27:07

89 Allan Miller U/A M60 2:27:16

90 Andrew Walmsley U/A M60 2:28:42

91 Keith Masser Helm Hill M60 2:29:01

92 Ian Greenfield Athletic V HK M40 2:29:47

93 Andrew Turner Ambleside AC M60 2:30:20

94 Graham Kenealy Ambleside AC M60 2:30:21

95 DENISE TURNSTALL Durham F50 2:30:25

96 Brent Lindsay Penistone FPR M60 2:31:27

97 Peter Murray York M50 2:32:54

98 Nick Harris Rossendale M70 2:33:19

99 CARON CRABTREE Bingley Harriers M40 2:35:04

100 WENDY BIRKETT Ambleside AC F60 2:47:49

101 Eddie Dealtry Kendal AAC M70 2:53:12

102 Antonio Cardinale Otley AC M70 RTD