



# Final result sheet



## Gibson Grind

Only one prize per person if you have already won a prize it will pass to the next person.

<i>Position</i>	<i>Name</i>	<i>Club</i>	<i>Race time</i>	<i>Other placings</i>
1 <sup>st</sup>	Craig Roberts	Kendal	55.15	
2 <sup>nd</sup>	Paul Muller	Horwich Harriers	55.4	
3 <sup>rd</sup>	Paul Dugdale	Kendal	57.5	
4 <sup>th</sup>	Gary Bailey	Keighley & Craven	58.05	
5 <sup>th</sup>	Shaun Addison	Helm Hill	59.04	1 <sup>st</sup> Vet 45
6 <sup>th</sup>	Matt Deresford	Kendal	59.08	
7 <sup>th</sup>	John Casey	AJAX	59.37	
8 <sup>th</sup>	Paul Neild	Bowland	60.27	
9 <sup>th</sup>	Kieran Hodgson	HVAC	60.34	
10 <sup>th</sup>	Mike Addison	Helm Hill	60.53	2 <sup>nd</sup> Vet 45
11 <sup>th</sup>	William Proctor		61.14	
12 <sup>th</sup>	David Crayston	Dallam	61.49	
13 <sup>th</sup>	John Bagge	Helme Hill	62.15	
14 <sup>th</sup>	Peter Cruse	Wesham R.R.	62.54	1 <sup>st</sup> Vet 40
15 <sup>th</sup>	Paul Knowles	Ambleside	62.59	
16 <sup>th</sup>	Simon Hansley	Howgill Harriers	63.3	2 <sup>nd</sup> Vet 40
17 <sup>th</sup>	Russell Cannon	Helm Hill	64.17	
18 <sup>th</sup>	Paul Wright	Helm Hill	64.18	
19 <sup>th</sup>	Phill Graver	Ambleside	64.19	
20 <sup>th</sup>	Paul Harlowe	Helm Hill	64.39	1 <sup>st</sup> Vet 50
21 <sup>st</sup>	Evelyn Dugdale	Kendal	64.46	1 <sup>st</sup> Lady
22 <sup>nd</sup>	Louise Roberts	Keswick	64.49	2 <sup>nd</sup> Lady
23 <sup>rd</sup>	Dave Waywell	Wesham	65.05	1 <sup>st</sup> Vet 60
24 <sup>th</sup>	Peter Hall	Barrow	65.13	2 <sup>nd</sup> Vet 60
25 <sup>th</sup>	Allan Miller	Kendal	65.17	
26 <sup>th</sup>	Shaun Butler		66.01	
27 <sup>th</sup>	Martin Smith	Dark Peak	66.06	
28 <sup>th</sup>	Paul Wadeson	LAC	66.5	
29 <sup>th</sup>	Franson Livlsoy	Howgill Harriers	66.54	

<i>Position</i>	<i>Name</i>	<i>Club</i>	<i>Race time</i>	<i>Other placings</i>
30 <sup>th</sup>	Ian Mitchell	Helm Hill	67.47	
31 <sup>st</sup>	Dave Douglas		67	
32 <sup>nd</sup>	Malk Walker	Kendal	68.43	
33 <sup>rd</sup>	Andrew Close		69.43	
34 <sup>th</sup>	Mark Pearce		69.48	
35 <sup>th</sup>	John Quine	Kendal	70.48	
36 <sup>th</sup>	Martin Bates	Wesham	70.54	
37 <sup>th</sup>	David Woodbridge	Ambleside	71.16	2 <sup>nd</sup> Vet 50
38 <sup>th</sup>	Cath Musetli	Ambleside	71.2	3 <sup>rd</sup> Lady
39 <sup>th</sup>	Ken Murray		72.37	
40 <sup>th</sup>	Jo Taylor	Bowland Fell Runners	72.49	1 <sup>st</sup> LVet 40
41 <sup>st</sup>	James Toohunter		73.37	
42 <sup>nd</sup>	Ali Richards	Todmorden Harriers	74.07	
43 <sup>rd</sup>	Helen Cater	Hern Hill Harriers	74.01	
44 <sup>th</sup>	Colin Henderson	Helm Hill	74.39	
45 <sup>th</sup>	Anna Forrest	Ambleside	74.56	1 <sup>st</sup> LVet 35
46 <sup>th</sup>	Dave Whitehead	Kendal	74.59	
47 <sup>th</sup>	Declan O'Duffy		76.48	
48 <sup>th</sup>	Kath Hoyer	Wesham	76.51	1 <sup>st</sup> LVet 45
49 <sup>th</sup>	Gary Hodwin	Keswick	77.25	
50 <sup>th</sup>	Doug Brown	Wesham	78.37	1 <sup>st</sup> Vet 65
51 <sup>st</sup>	Tracy Bailey	Keighley & Craven	80.13	
52 <sup>nd</sup>	Richard Wilkinson	Clayton le moor	80.16	
53 <sup>rd</sup>	Steve Barrow		80.21	
54 <sup>th</sup>	Ian Hogg		80.25	
55 <sup>th</sup>	John King	Helm Hill	80.28	2 <sup>nd</sup> Vet 50
56 <sup>th</sup>	Bill Murphy	Ford(Halewood)	80.33	2 <sup>nd</sup> Vet 65
57 <sup>th</sup>	Mike Cottrill		82.48	
58 <sup>th</sup>	Phillip Allder	Helme Hill	82.53	
59 <sup>th</sup>	Ian Conway	Helme Hill	83.69	
60 <sup>th</sup>	David Rosen	Lancaster & Morecambe	85.54	
61 <sup>st</sup>	Ian Pettman	Helm Hill	86.48	
62 <sup>nd</sup>	Helen Sampson		87.57	

<i>Position</i>	<i>Name</i>	<i>Club</i>	<i>Race time</i>	<i>Other placings</i>
63 <sup>rd</sup>	Tom Targett	Clayton	87.57	
64 <sup>th</sup>	Denis Wood	Borrowdale	95.21	
65 <sup>th</sup>	Stephne Constable		96.53	
66 <sup>th</sup>	Miriam Rosen	Lancaster & Morecambe	99.3	1 <sup>st</sup> LVet 50