

Rydal Round/Ambleside Sports July 27, 2017

1: Simon Bailey (Mercia)	1:23:37
2: Ben Abdelnoor (Ambleside)	1:23:57
3: Joe Mercer (Horwich)	1:24.03
4: Garry Greenhow (Ambleside)	1:24:11
5: Phil Davies (Borrowdale) MV40	1:24:16
6: Jack Smith (Wharfedale)	1:24:28
7: John Helme (Ambleside)	1:26:01
8: Sam Watson (Wharfedale)	1:26.45
9: Charlie Lowther (u/a)	1:28:41
10: George Foster (Ambleside)	1:29:27
11: Steve Halsall (u/a)	1:29:34
12: Matt Perry (Clayton)	1:31:33
13: Tom Simpson (Ambleside)	1:32:32
14: Paul Aitken (Helm Hill)	1:33.21
15: Ged Callan (Bingley)	1:34:31
16: Nigel Wood (Helm Hill) MV40	1:36:01
17: Matt Driver (Holcombe)	1:36:07
18: Josh Loade (u/a)	1:36:12
19: John Murfin (Settle Harriers) MV40	1:36:34
20: Darren Fishwick MV40	1:37:23
21: Tom Thomas (Hyde Park Harriers)	1:39:58
22: Kellie Roberts (Ambleside) F	1:40:09
23: Sam Downey (KCAC)	1:40:30
24: Arthur Raffle (Altrincham)	1:40:44

25: Chris Balderson (Bowland) MV50	1:40:58
26: Steve Turland (u/a) MV40	1:41:50
27: Barry Wilkinson (Borrowdale) MV50	1:42:05
28: Jon Waller (u/a)	1:43:16
29: Dominic Raby (u/a) MV40	1:44:49
30: Paul Atkinson (u/a)	1:44:50
31: Paul Knowles (Ambleside) MV40	1:44:53
32: Neil Holding (Horwich) MV50	1:44:56
33: Scott Bairstow (u/a) MV40	1:45:01
34: Colin Allott (Goyt Valley Striders)	1:45:21
35: Aaron Walmsley (Bowland)	1:45:25
36: Andy Gibbons (Bingley)	1:45:33
37: Rick Harwood (KCAC) MV40	1:45:54
38: Steve Angus (Keswick) MV40	1:46:10
39: Charles Sproson (u/a) MV40	1:46:37
40: Colin Wilkinson (Moorfoot) MV40	1:47:33
41: Joe Todd (KA Club) MV40	1:47.42
42: Steve Howard (u/a) MV50	1:48:02
43: Robin Steels (u/a) MV40	1:48:10
44: Mike Walker (Barnet)	1:49:01
45: Nige Jeff (Buxton) MV50	1:49:58
46: Sarah Hodgson (Leeds City) F	1:50:22
47: David Griffin (u/a) MV50	1:50:48
48: Matthew Rowland (Wigston)	1:51:02
49: Richard Douglas (Buxton)	1:51:31
50: David Banks (u/a) MV50	1:51:58

51: Vincent Gregg (Ambleside) MV40	1:54:30
52: Aden Ball (Askern) MV40	1:54:33
53: Garry Owens (NFR) MV60	1:54:43
54: Damien Jones (Hoad Hill) MV50	1:55:05
55: Steve Burthem (Warrington AC) MV50	1:55:48
56: David Spence (u/a) MV40	1:55:57
57: Luke Wallwork (Barlick FR) MV40	1:56:08
58: Jane Reedy (Ambleside) FV40	1:56:22
59: Paul Appleby (NFR) MV50	1:56:27
60: Keith Wood (Saltwell Harriers) MV50	1:56:36
61: John Tomlinson (Penistone) MV40	1:56:44
62: Richard Briscoe (Clayton)	1:57:30
63: Nick Hewitt (Bowland) MV60	1:57:32
64: Christian Friis (Malmo) MV40	1:58:38
65: Andrew Sandercock (u/a)	2:00:23
66: Brian Thompson (Helm Hill) MV60	2:01:36
67: Daniel Steels (u/a) MV40	2:01:41
68: Chris Green (Ambleside) MV40	2:02:01
69: Rich Wilkinson (u/a) MV50	2:02:13
70: Bob Grantham (u/a) MV40	2:02:27
71: Rachel Towe (u/a) FV40	2:03:31
72: Alan Dorrington (Clayton) MV40	2:03:32
73: Deborah Oakley (u/a) F	2:06:28
74: Michael McLoughlin (Preston) MV60	2:06:34
75: Denise Wright (Bingley) FV40	2:08:04
76: John Orrell (Blackburn) MV50	2:09:19

77: Jackie Murdy (South Shields) FV50	2:09:28
78: Ian Stainthorpe (u/a) MV50	2:12:17
79: John Birkett (u/a) MV50	2:12:53
80: Derek McHugh (Teviotdale) MV50	2:15:39
81: John Matthews (Ambleside) MV50	2:15:39
82: John Barton (u/a) MV50	2:15:40
83: Dave Kershaw (Chorley) MV60	2:15:47
84: Dave Tait (DPFR) MV70	2:17:30
85: Janet Grantham (u/a) FV40	2:17:45
86: Peter Bellis (Bolton Harriers)	2:19:28
87: James McCluskey (u/a)	2:19:48
88: Mo Kelly (Howgill) F	2:20:00
89: Debs Greaves (Howgill) FV40	2:20:05
90: Cath Musetti (Ambleside) FV50	2:20:40
91: Lucy Mallinson (u/a) F	2:21:11
92: Judith Bellis (u/a) FV50	2:21:18
93: Stephen Milner (Wharfedale) MV50	2:23:50
94: Annie Milner (u/a) FV50	2:23:54
95: Mark Forth (u/a)	2:25:04
96: Graham Hodgson(Lancs&Morecambe) MV50	2:25:21
97: Trevor Symonds (Northern Fells) MV60	2:25:45
98: David Hindmarsh (Alnwick) MV50	2:25:53
99: Peter Reed (NFR) MV60	2:26:22
100: Richard Hopkinson (u/a) MV60	2:26:29
101: Peter Bolton (u/a) MV50	2:26:36
102: Howard Proctor (u/a) MV50	2:26:48

103: Karen Hood (Skipton AC) F	2:27:08
104: Mike Troup (Ambleside) MV60	2:27:36
105: Harry Bates (u/a)	2:27:52
106: Joe Bates (u/a)	2:27:55
107: Peter Murray (York Acorn) MV40	2:27:57
108: Craig Partridge (Altrincham) MV40	2:29:12
109: Stephen Logan (u/a) MV40	2:36:57
110: Richard Tait (Ambleside) MV60	2:52:36
111: Karen Goodyear (u/a) FV60	2:52:40
112: Tony Varley (Horwich) MV60	2:52:40
113: Alasdair Daw (u/a) MV40	3:13:08
114: Claire Roberts (u/a) F	3:13:09
DNF: Alan McGuinness (Rossendale) MV60	