

## 12/09/2021 - Lake District Mountain Trial - medium

Pos	Name	Category	Club	Time
1	Colin Williams	MV40	Moorfoot Runners	04:08:04
2	Chris Williamson	M	South Yorkshire Orienteers	04:16:27
3	Jonathan Whitaker	MV50	Harrogate Harriers & AC	04:25:24
4	Quentin Harding	MV50	CLARO	04:33:41
5	Chris Dale	MV40	Durham Fell Runners	04:34:19
6	Martha Hart	F	Dark Peak Fell Runners	04:39:56
7	Louis Wood	MV40	Steel City Striders RC	04:42:30
8	Richard Snowden	MV50	Totley AC	04:44:19
9	Laura Robertson	F	Dark Peak Fell Runners	04:46:39
10	David Oldfield	M		04:48:47
11	Joe Murphy	MV50	SROC Red Rose Orienteering Club	04:48:58
12	Dan Parker	MV50	Border Liners Orienteering Club	04:52:01
13	Andy Armstrong	MV50	Clayton-le-Moors Harriers	04:57:03
14	Paul Jennings	MV50	Cumberland Fell Runners	04:59:18
15	Stephen Coope	MV50	Bowland Fell Runners	05:05:39
16	Rowena Browne	FV50	Bowland Fell Runners	05:07:05
17	Paul Simpson	MV50	Ambleside AC	05:11:24
18	Colin Valentine	MV60		05:21:53
19	Lance Taylor	M	Hogweed Trotters	05:21:55
20	Rebekah Beadle	FV50		05:23:01
21	Oli Read	M	Eborienteers	05:27:16
22	Steph Jones	FV40	Ambleside AC	05:28:09
23	Josie Greenhalgh	FV40	Lostock AC	05:28:18
24	Wendy Dodds	FV70	Dallam Running Club	05:28:29
25	Geoff Briggs	MV60	Pennine Fell Runners	05:31:29
26	Nick Manasseh	MV40		05:33:50
27	Edmund Rooney	MV60	Lauderdale Limpers Running Club	05:38:39
28	Tim Cook	MV40	Cumberland Fell Runners	05:39:14
29	Daniel Grose	MV50	Ambleside AC	05:56:06
30	Jenny Russell	FV40	Northern Fells Running Club	05:56:51
31	Jenny Lyon	FV40	Dallam Running Club	06:04:49
32	Debbie Thompson	FV60	Border Liners Orienteering Club	06:12:32
33	Ann Cummings	FV60	Cumberland Fell Runners	06:17:03
34	Fran Blackett	FV40	Durham Fell Runners	06:21:15
35	Simon Webb	MV40	Mercia Fell Runners	06:30:56
36	Angela Jackson	FV40	Cumberland Fell Runners	06:48:13
37	Rosalind Fowler	FV40	Rucksack Club	07:03:19
38	James Purves	MV60	Gala Harriers	07:22:34
39	Timothy May	MV50	ESOC	07:26:26
40	David Downes	MV60	West Cumberland Orienteering Club	07:38:44
41	Dougie Nisbet	MV50	Durham Fell Runners	08:13:00