

Table 1

NORTHERN FELLS RUNNING CLUB			CARROCK FELL RACE		10-Mar-23	
Race Number	Position	Name	Category	Club	Time	New Records
243	1	Harry Bolton	MSEN	Keswick AC	0:39:47	
254	2	Richard Keefe	MSEN	Eden Runners	0:39:50	
189	3	Sam Tosh	MSEN	Carnethy	0:40:51	
257	4	Kim Collison	M40	Borrowdale	0:42:57	
279	5	Jack McAtear	MSEN	Eden Runners	0:42:58	
260	6	Ben Abdelnoor	M40	Ambleside	0:43:03	
280	7	Ali Tod	M40	Northern Fells RC	0:44:29	
261	8	Ruben Razzetti	MU19	WCOC	0:45:26	U19 Record
262	9	Max Wainwright	MSEN	Matlock AC	0:45:55	
278	10	David Jones	MSEN	Eden Runners	0:46:16	
238	11	Ben Grayson	MSEN	Eden Runners	0:46:17	
274	12	Caroline Lambert	WSEN	Keswick AC	0:46:35	
252	13	Oli Beswick	MSEN	Keswick AC	0:49:15	
239	14	Stephen Pearce	M40	Eden Runners	0:49:15	
269	15	Adam Jackson	M50	Northern Fells RC	0:49:19	
273	16	Daniel Barton	M40	Keswick AC	0:49:43	
228	17	Jonny Howe	MSEN	Eden Runners	0:49:46	
244	18	Simon Netherway	M40	Keswick AC	0:50:00	
277	19	Steve Birkenshaw	M50	Borrowdale	0:50:05	
185	20	Alex Fairman	MSEN	CFR	0:50:15	
264	21	John Nichol	M50	Northern Fells RC	0:50:54	
190	22	Simon Mounsey	M50	Howgill Harriers	0:50:59	
232	23	Jude Greaves	MU23	Bowland Fell Runners	0:51:35	
245	24	Catherine Spurden	WSEN	Keswick AC	0:51:38	
255	25	David Langridge	M40	Bollington Harriers	0:51:53	
253	26	Hazel Robinson	W50	Ambleside	0:52:20	W50 Record
242	27	Arun Summerfield	MU23	U/A	0:52:35	
193	28	Steve Rhodes	M60	Northern Fells RC	0:52:41	M60 Record
188	29	Mervyn Keys	M60	Rosendale Harriers	0:53:01	M65 Record
276	30	John Wallbank	MSEN	Eden Runners	0:53:15	
191	31	Peter Kemp	M40	Ellenborough	0:54:42	
263	32	Glen Atkinson	MSEN	U/A	0:54:46	
271	33	Kieren Attrill	MSEN	Ambleside	0:54:48	
267	34	Mike Innerdale	M50	Eden Runners	0:55:07	
265	35	Simon Hunter	M50	WCOC	0:55:49	
230	36	Finn Donovan	MSEN	U/A	0:56:05	
195	37	Marie Marshall	W40	Annan and District AC	0:56:22	
258	38	Simon Humphries	M50	U/A	0:56:23	

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268	39	Mark Freeman	MSEN	U/A	0:57:09	
184	40	Richie Budd	MSEN	U/A	0:57:15	
240	41	Jane Meekes	W60	Borrowdale	0:58:04	W60 Record
199	42	David Wright	M50	Newbury AC	0:58:41	
256	43	Karen Parke	W60	Borderliners	0:58:44	
266	44	Emma Nielsen	W50	Eden Runners	0:58:54	
187	45	Paul Simpson	M60	Ambleside	0:59:30	
196	46	Martin Bell	M50	U/A	0:59:54	
275	47	Jonathan Lyon	M40	U/A	1:00:42	
235	48	Mark Pannone	M50	Eden Runners	1:03:02	
241	49	Freda Summerfield	W50	Gateshead	1:03:20	
283	50	Mark Wood	M40	Netherhall AC	1:03:31	
250	51	Tanya Lambert	W50	Eden Runners	1:03:49	
236	52	Megan James	WSEN	Eden Runners	1:04:00	
270	53	A Innerdale	W50	Eden Runners	1:04:07	
246	54	Jon Tombs	M50	Eden Runners	1:04:30	
239	55	Alison Wainwright	W50	U/A	1:04:36	
247	56	Dani De Simone	WSEN	Team Derby Running	1:04:52	
251	57	Richard Lambert	M50	Eden Runners	1:05:10	
272	58	Andrew Butler	M50	Keswick AC	1:05:46	
186	59	Patrick Holmes	M60	U/A	1:06:31	
237	60	Joanne Rodham	W40	Eden Runners	1:06:39	
192	61	Colin Valentine	M60	Keswick AC	1:07:15	
282	62	Julie Story	W50	DH Runners	1:07:20	
194	63	Magda Trafas	W40	Northern Fells RC	1:07:59	
234	64	Isla Birch	WU23	Eden Runners	1:11:25	
233	65	Gail Birch	W50	U/A	1:11:26	
249	66	Leann Barker	W40	CFR	1:12:11	
231	67	Maya Wilson	WSEN	U/A	1:12:48	
281	68	Lara Gilman	W40	U/A	1:13:23	
198	69	Alan Crighton	M60	Annan and District AC	1:16:44	
197	70	Peter Grant	M50	ADAC	1:16:44	
229	71	Jill Libby	W60	Eden Runners	1:19:11	
248	72	Charlotte Barker	WSEN	CFR	1:19:44	