

Elterwater Fell Race, Kendal Winter League, Cumbria

21st March 2004

Results courtesy of Alan Westworth

LADIES - 4 MILES 1500 F OF C

NEW RECORD TIME BY NICOLA DAVIES 30.56

21/03/04

| NUM | NAME | CLUB | TIME |
|-----|-------------------|-------------|-------|
| 1 | NICOLA DAVIES | Borrowdale | 30.56 |
| 2 | SALLY CORBIN | Pudsey | 33.13 |
| 3 | BRITTA SENDLHOFER | T/R/Runners | 33.43 |
| 4 | SHERYL SLATER | Settle | 34.37 |
| 5 | KATE ROGAN | Wharfedale | 34.48 |
| 6 | KIRSTY HALL | U/A | 35.09 |
| 7 | SUE HARDING | Bowland | 35.16 |
| 8 | WENDY DODDS | Clayton | 35.35 |
| 9 | DEBBIE HARDY | Pudsey | 36.13 |
| 10 | YVONNE PROCTER | Helm Hill | 38.36 |
| 11 | HEATHER ADDISON | Helm Hill | 39.02 |
| 12 | PENNY BIBBY | Keswick | 39.18 |
| 13 | TAMARA HIRD | Wharfedale | 39.39 |
| 14 | CAROLINE HARDY | Pudsey | 39.41 |
| 15 | JANE PARRY | Hoad Hill | 42.15 |
| 16 | NICOLE SLATER | Settle | 44.52 |
| | | | |

GIRLS UNDER 17 - 2 MILES 800 F OF C

NEW RECORD TIME BY ROSIE PARKINSON 16.06

21/03/04

| NUM | NAME | CLUB | TIME |
|-----|------------------|-----------|-------|
| 1 | ROSIE PARKINSON | Helm Hill | 16.06 |
| 2 | EMILY KNOX | Keswick | 17.02 |
| 3 | ASHLEIGH TALLON | Helm Hill | 17.44 |
| 4 | SAMANTHA MORPHET | C.F.R | 18.06 |
| 5 | GRACE BIDDLE | Pendle | 18.51 |
| 6 | KATIE ROBINSON | Helm Hill | 19.07 |
| | | | |

GIRLS UNDER 14 - 1.5 MILES 300 F OF C

RECORD TIME BY GEMMA CROWTHER 11.04 02/03/03

| NUM | NAME | CLUB | TIME |
|-----|------------------|-----------|-------|
| 1 | GEMMA CROWTHER | Helm Hill | 11.56 |
| 2 | JESSICA BIBBY | Keswick | 11.59 |
| 3 | BRIDGET PENELLOM | Broughton | 12.32 |
| 4 | REBECCA KNIPE | Barrow | 12.33 |
| | | | |

GIRLS UNDER 12 1 MILE 250 F OF C

RECORD TIME BY GEMMA CROWTHER 5.58 07/04/02

| NUM | NAME | CLUB | TIME |
|-----|------|------|------|
|-----|------|------|------|

| | | | |
|----|-------------------|------------|-------|
| 1 | JENNY ADDISON | Helm Hill | 9.19 |
| 2 | LAUREN MOORHEAD | Pendle | 10.17 |
| 3 | MELANIE MORPHET | C.F.R | 10.37 |
| 4 | AMY FRETWELL | U/A | 10.48 |
| 5 | SHANNON MOORHEAD | Settle | 10.53 |
| 6 | ZOE HARDING | Bowland | 11.13 |
| 7 | HARRIET APPELYARD | Helm Hill | 11.17 |
| 8 | ZOE BARRETT | Helm Hill | 11.27 |
| 9 | FAITH BIDDLE | Pendle | 11.45 |
| 10 | KATRIN HARDING | Bowland | 12.02 |
| 11 | KATIE WRIGHT | Broughton | 13.03 |
| 12 | LOREN APPELYARD | Helm Hill | 13.10 |
| 13 | OLIVIA COFFEY | Wharfedale | 13.37 |
| 14 | ELIZABETH OXLEY | Settle | 14.49 |
| | | | |

BOYS UNDER 17 - 2 MILES 800 F OF C

RECORD TIME BY CHRIS DOYLE 11.52 02/03/03

| NUM | NAME | CLUB | TIME |
|-----|------------------|------------|-------|
| 1 | DAVID SHEPHERD | Settle | 12.09 |
| 2 | MARK ADDISON | Helm Hill | 12.43 |
| 3 | RYAN THORNBORROW | Helm Hill | 12.49 |
| 4 | ADAM CROWE | Broughton | 12.52 |
| 5 | TOM ADDISON | Helm Hill | 13.35 |
| 6 | SAM WATSON | Wharfedale | 13.42 |
| 7 | MATTHEW OTWAY | Helm Hill | 14.49 |
| 8 | LIAM REDFERN | Ambleside | 17.03 |
| 9 | SCOTT MEAKIN | Ambleside | D.N.F |

BOYS UNDER 14 - 1.5 MILES 300 F OF C

RECORD TIME BY CHRIS DOYLE 8.44 18/04/00

| NUM | NAME | CLUB | TIME |
|-----|-------------------|------------|-------|
| 1 | BEN MORPHET | C.F.R | 9.51 |
| 2 | LEWIS ROBINSON | Helm Hill | 10.00 |
| 3 | MATHEW FRETWELL | U/A | 10.05 |
| 4 | TED YATES | Keswick | 10.21 |
| 5 | JOHN JARDINE | Broughton | 10.24 |
| 6 | KYLE BIDDLE | Pendle | 11.35 |
| 7 | CHRISTOPHER TUSON | Helm Hill | 11.47 |
| 8 | MARTIN BARNES | Helm Hill | 12.20 |
| 9 | ALISTAIR NEWMAN | Wharfedale | 13.10 |
| 10 | MICHAEL COFFEY | Bingley | 13.48 |
| 11 | PHILIP BARNES | Helm Hill | 14.17 |

BOYS UNDER 12 - 1 MILE 250 F OF C

RECORD TIME BY JAMIE STUART 5.27 07/04/02

| NUM | NAME | CLUB | TIME |
|-----|-----------------|-----------|------|
| 1 | TOM DOYLE | Helm Hill | 8.17 |
| 2 | NIALL TILL | Helm Hill | 8.35 |
| 3 | ANDREW HARRISON | Preston | 8.43 |
| 4 | RORY ADDISON | Helm Hill | 8.45 |
| 5 | DOUGLAS JARDINE | Broughton | 9.27 |

| | | | |
|----|------------------|-----------|-------|
| 6 | PHILIP METCALFE | Broughton | 9.33 |
| 7 | DUNCAN LUND | Settle | 9.57 |
| 8 | RYAN WADDINGTON | Helm Hill | 10.03 |
| 9 | JACK WRIGHT | Broughton | 10.07 |
| 10 | JOSH PARKINSON | Helm Hill | 10.34 |
| 11 | SAM SCHOFIELD | Helm Hill | 10.47 |
| 12 | OLIVER ALLSOPP | Settle | 10.51 |
| 13 | MATTHEW COFFEY | Bingley | 10.58 |
| 14 | NATHAN METCALFE | Broughton | 10.59 |
| 15 | MATTHEW PENELLUM | Broughton | 11.06 |
| 16 | NATHAN ROBB | Helm Hill | 11.16 |
| 17 | SAM ALLSOPP | Settle | 11.34 |
| 18 | MATTHEW CANNON | Helm Hill | 12.02 |
| 19 | BRYN WADDINGTON | Helm Hill | 12.14 |
| 20 | KRISTOPHER LUND | Settle | 12.45 |

SENIORS - 4.MILES 1500 F OF C

RECORD TIME BY SIMON STAINER 23.54 02/03/03

| Pos | NAME | V.40 | V.50 | V.60 | CLUB | TIME |
|-----|-------------------|------|------|------|-------------|-------|
| 1 | BILLY PROCTER | 1.v | | | Helm Hill | 25.39 |
| 2 | QUENTIN HARDING | 2.v | | | Bowland | 26.17 |
| 3 | IAN ATKINSON | | | | Helm Hill | 27.47 |
| 4 | SHAUN ADDISON | 3.v | | | Helm Hill | 28.27 |
| 5 | PAUL BURNETT | | | | U/A | 28.48 |
| 6 | DAVE RICHARDSON | 4.v | | | Helm Hill | 28.55 |
| 7 | RUSSEL CANNON | 5.v | | | Helm Hill | 29.00 |
| 8 | MARK McGOLDRICK | | | | Settle | 29.24 |
| 9 | CHRIS NEWMAN | | | | Wharfedale | 29.35 |
| 10 | PAUL TUSON | 6.v | | | Kendal | 30.06 |
| 11 | IAN ROBINSON | | 1.v | | Clayton | 30.30 |
| 12 | RICHARD DRINKALL | | | | U/A | 30.41 |
| 13 | BARRY SCHOLES | | 2.v | | Settle | 31.52 |
| 14 | KEVIN ROGAN | 7.v | | | Wharfedale | 32.22 |
| 15 | SIMON OXLEY | 8.v | | | Settle | 32.37 |
| 16 | MIKE ADDISON | 9.v | | | Helm Hill | 32.58 |
| 17 | LYNDON DIXON | 10.v | | | Helm Hill | 33.01 |
| 18 | ANDREW HIND | 11.v | | | Settle | 33.33 |
| 19 | DAVE TILL | 12.v | | | Helm Hill | 34.06 |
| 20 | ALEX BARROW | | | | Wharfedale | 34.07 |
| 21 | MIKE CRONSHAW | | 3.v | | Kendal | 34.15 |
| 22 | DAVID APPLEYARD | 13.v | | | Helm Hill | 34.44 |
| 23 | GEOFF BARRETT | 14.v | | | Helm Hill | 35.00 |
| 24 | MARK BENNETT | | | | Wharfedale | 35.40 |
| 25 | RON BRAY | | | 1.v | Blackpool | 36.21 |
| 26 | SELWYN WRIGHT | 15.v | | | Ambleside | 36.23 |
| 27 | BARRY SLATER | 16.v | | | Settle | 36.42 |
| 28 | TOM TARGETT | | 4.v | | Clayton | 37.51 |
| 29 | MICHAEL COFFEY | | | | Bingley | 38.45 |
| 30 | ANDREW BIDDLE | | 5.v | | West/Pennie | 39.33 |
| 31 | ANTONY SHEPHERD | 17.v | | | Settle | 43.02 |
| 32 | MICHAEL MOOREHEAD | 18.v | | | Settle | 46.51 |

| | | | | | | |
|----|----------------|--|--|--|--------|-------|
| 33 | PETER METCALFE | | | | U/A | D.N.F |
| 34 | BEN LONSDALE | | | | Settle | D.N.F |

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