

SHIPMAN KNOTTS FELL RACE**RESULTS 2016**

POS	NAME	CLUB	CAT
1	Jack Wright	Ambleside	M
2	Josh Jardine	U/A	M
3	Michael Ainsworth	Helm Hill	M
4	Chris Arthur	Bowland	M
5	Tim Cowin	Helm Hill	M40
6	Adam Perry	Helm Hill	M
7	Kieran Hodgson	Helm Hill	M40
8	Paul Aitken	Helm Hill	M
9	Ben Procter	Helm Hill	M
10	Matt Elkington	Dark Peak	M
11	Nigel Wood	Helm Hill	M40
12	Todd Oates	Ambleside	M
13	Tom Simpson	Ambleside	M
14	Tom Addison	Helm Hill	M
15	Marcus Preedy	Rosendale	M
16	Seb Sillito	Helm Hill	M
17	Paul Reilly	Coniston	M40
18	Craig Burrow	Helm Hill	M40
19	Billy Procter	Helm Hill	M50
20	Joss Addison	Helm Hill	M
21	Ben Kent	Helm Hill	M
22	Sam Atkinson	Helm Hill	M
23	Pete German	Helm Hill	M
24	Sam Green	U/A	M
25	Kirsty Hall	Wharfdale	W40
26	James Baron	Helm Hill	M40
27	Pete Marston	Helm Hill	M40
28	Graham Lund	Bowland	M
29	Karl Mason	Helm Hill	M
30	Matthew Senior	Helm Hill	M
31	Mark Cropper	Helm Hill	M40
32	Brian Thompson	Helm Hill	M60
33	Ashley Kay	Dark Peak	M50
34	Andrew Hebson	Helm Hill	M
35	Matt Davis	Howgill	M

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36	Paul Simpson	Kendal	M50
37	Dominic Hoare	Bowland	M40
38	Harry Rann	Isle of Whight A/C	M
39	Katie Wright	Ambleside	W
40	Carrie Gibson	Helm Hill	W40
41	John Robson	Helm Hill	M50
42	Amie McAvoy	Garstang	W
43	Jo Wilcox	Helm Hill	W40
44	Mark Nutter	Clayton le Moors	M50
45	Paul Senior	Helm Hill	M40
46	Tjomas Buckley	U/A	M
47	Georgia Stevens	Helm Hill	W
48	Rigby Jerram	Kendal	M50
49	Marie Robson	Helm Hill	W40
50	Chris Schofield	Helm Hill	M50
51	Maria Frith	Helm Hill	W40
52	Andrew Firth	Clayton le Moors	M50
53	Amanda Burrow	Helm Hill	W40
54	Jo Simpson	Ambleside	W
55	Sarah Senior	Helm Hill	W40
56	Stephen Fish	Clayton le Moors	M60
57	Rachael Anderson	U/A	W
58	Kate Wilson	Helm Hill	W40
59	Pete Walkington	Achilli Ratti	M70
60	Sheena Cottam	Garstang	W40
61	Lindsay Harrod	Helm Hill	W40
62	Rebecca Hodgson	Helm Hill	W
63	Jenna Butler	Helm Hill	W
64			
65			
66			
67			
68			
69			
70			

TIME
32.58
33.21
34.35
34.56
34.57
34.58
35.04
35.29
35.57
36.37
36.47
37.11
37.19
38.15
38.35
38.49
39.20
39.27
39.41
40.36
41.07
41.12
41.14
41.22
42.06
42.07
42.36
42.38
42.40
42.46
42.59
45.00
45.08
45.10
45.14

