


# Loughrigg Silverhow 2024-02-04

Total finishers 134

CVFR finishers 1

| Position | Name | Club | Time | Category | Cat Pos | Rating | Comment |
|---|---|---|---|---|---|---|---|
| 1 | Alex Mason | Dark Peak Runners | 1:10:58 | M | 1/44 | 1.06 | |
| 11 | Robert Jebb | Helm Hill Runners | 1:17:08 | MV45 | 1/1 | 1.15 | |
| 12 | Karl Gray | **CVFR** | 1:17:15 | MV50 | 1/23 | 1.15 | |
| 13 | Paul Tierney | Ambleside | 1:17:17 | MV40 | 1/18 | 1.15 | |
| 30 | Antonia Fan | Ambleside | 1:27:09 | F | 1/14 | 1.30 | |
| 47 | Tim Lofthouse | N/A | 1:34:12 | MV60 | 1/18 | 1.40 | |
| 60 | Natalie Hawkrigg | Northern Fells | 1:38:33 | FV50 | 1/5 | 1.47 | |
| 87 | Rachel Towe | Ambleside | 1:45:32 | FV40 | 1/5 | 1.57 | |
| 94 | Lee Barker Field | N/A | 1:50:13 | MV55 | 1/1 | 1.64 | |
| 104 | Cath Musetti | Ambleside | 1:54:40 | FV60 | 1/2 | 1.71 | |
| 109 | Jim Evans | Ambleside | 1:57:28 | MV50 | 1/1 | 1.75 | |
| 119 | John Gomersall | Ambleside | 2:07:21 | MV70 | 1/1 | 1.90 | |
| 129 | Wendy Dodds | Dallam Running Club | 2:17:22 | FV70 | 1/1 | 2.05 | |