

Loughrigg 2024-04-10

Total finishers 178

CVFR finishers 1

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Tim Lamont	Helm Hill Runners	0:26:55	M	1/50	1.06	
8	William Walker	Clayton-Le-Moors Harriers	0:30:04	MU18	1/11	1.19	
15	Jonathan Rylance	Ambleside Ac	0:31:11	MV40	1/21	1.23	
16	Alastair Dunn	Helm Hill Runners	0:31:15	MV50	1/25	1.24	
20	Sarah Mccormack	Ambleside Ac	0:31:50	F	1/27	1.26	
40	Victoria Wilkinson	Bingley Harriers & Ac	0:33:53	FV40	1/9	1.34	
50	Georgia Bell	Leven Valley Ac	0:35:22	FU18	1/5	1.40	
87	Tony Bolton	Northern Fells Running Club	0:39:00	MV60	1/12	1.54	
109	Carrie Gibson	Helm Hill Runners	0:41:26	FV50	1/9	1.64	
113	Rowena Browne	Bowland Fell Runners	0:42:06	FV60	1/5	1.66	
120	Oliver Beaumont	CVFR	0:43:27	M	49/50	1.72	
144	Jim Downie	Keswick Ac	0:47:26	MV70	1/3	1.88	
158	Wendy Dodds	Dallam Running Club	0:49:52	FV70	1/1	1.97	