

Lords Seat 2024-05-01

Total finishers 150

CVFR finishers 2

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Gavin Dale	Ambleside Ac	0:32:02	M	1/38	1.12	
5	Mark Likeman	Cumberland Fell Runners	0:34:25	MV40	1/26	1.21	
9	Caroline Lambert	Keswick Ac	0:35:50	F	1/17	1.25	
18	Jim Davies	Borrowdale Fell Runners	0:37:17	MV50	1/18	1.31	
20	Mylo Jewell	Cumberland Fell Runners	0:37:36	MU19	1/11	1.32	
32	Chris Knowles	Ellenborough Ac	0:39:52	MV60	1/5	1.40	
54	Hazel Robinson	Ambleside Ac	0:42:43	FV50	1/8	1.50	
65	Amanda Ingram	Tri Lakeland	0:43:55	FV40	1/11	1.54	
70	Michael King	CVFR	0:44:54	MV40	19/26	1.57	
85	Paul Morris	Keswick Ac	0:46:51	MV70	1/2	1.64	
91	Jamie Harrington	Sedbergh School Running Club	0:47:30	MU23	1/3	1.66	
92	Hannah Francis	Sedbergh School Running Club	0:47:31	FU19	1/9	1.66	
114	Isobel Graham	Derwent Ac	0:49:37	FV60	1/1	1.74	
146	Molly Steels	Keswick Ac	0:53:34	FU23	1/1	1.88	
148	Emily King	CVFR	0:54:18	F	17/17	1.90	Best Ever (prev 2.00)