

Blisco Dash 2024-07-27

Total finishers 312

CVFR finishers 17

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Matthew Knowles	Lancaster & Morecambe Ac	0:37:06	MU23	1/16	0.96	
2	Ben Rothery	Ilkley Harriers Ac	0:38:13	M	1/85	0.99	
6	Martin Howard	CVFR	0:40:17	M	5/85	1.04	Best Ever (prev 1.07)
8	Doni Clarke	Todmorden Harriers	0:40:43	MV40	1/17	1.05	
25	Robert Hope	Pudsey & Bramley Ac	0:42:04	MV50	1/26	1.09	
30	Ted Mason	Wharfedale Harriers	0:42:24	MV45	1/20	1.10	
38	Gavin Roberts	CVFR	0:42:59	MV40	2/17	1.11	Best This Year (prev 1.17)
43	Ben Mounsey	CVFR	0:43:42	MV40	3/17	1.13	
45	Ian Holmes	Bingley Harriers & Ac	0:44:07	MV55	1/20	1.14	
46	Math Roberts	CVFR	0:44:13	MV40	4/17	1.14	
51	Gav Mulholland	CVFR	0:44:48	MV50	2/26	1.16	
54	Eve Pannone	Ambleside Ac	0:45:29	F	1/35	1.17	
59	Karl Gray	CVFR	0:45:53	MV50	4/26	1.19	
70	Shaun Godsman	CVFR	0:46:38	MV50	5/26	1.20	
95	Paul Cornforth	Ambleside Ac	0:48:17	MV60	1/24	1.25	
96	Alexandra Whitaker	Ambleside Ac	0:48:22	FU23	1/6	1.25	
109	Andrew Worster	CVFR	0:50:25	M	62/85	1.30	
130	Susie Richardson	CVFR	0:52:04	FV40	1/6	1.35	Best Ever (prev 1.38)
135	Mark Taylor	CVFR	0:52:23	MV50	15/26	1.35	
143	Lou Osborn	Ambleside Ac	0:53:32	FV50	1/9	1.38	
144	Virgil Barton	CVFR	0:53:35	MV50	18/26	1.38	
157	Sue Richmond	Pennine Fell Runners	0:55:12	FV45	1/7	1.43	
160	Diane Wilson	Dromore Ac	0:55:36	FV55	1/9	1.44	
165	Andy Ford	CVFR	0:56:18	MV40	9/17	1.45	
181	Mervyn Keys	Rossendale Harriers & Ac	0:58:00	MV65	1/10	1.50	



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188	Mark Wharton	CVFR	0:58:35	MV55	11/20	1.51	Best This Year (prev 1.53)
206	Trudi	CVFR	1:01:59	FV50	4/9	1.60	Best This Year (prev 1.66)
214	Catherine Holden	CVFR	1:04:11	FV45	4/7	1.66	
221	Rowena Browne	Bowland Fell Runners	1:05:09	FV60	1/6	1.68	
226	Charlotte Jackson	CVFR	1:05:30	F	24/35	1.69	
237	Paul Morris	Keswick Ac	1:07:04	MV70	1/9	1.73	
247	Anne Daykin	Clayton-Le-Moors Harriers	1:08:32	FV65	1/3	1.77	
251	Rachael Beaumont	CVFR	1:09:00	FV55	6/9	1.78	
271	Wendy Dodds	Dallam Running Club	1:14:02	FV70	1/2	1.91	
291	Robert Taylor	Pennine Fell Runners	1:22:54	MV75	1/2	2.14	