

Arnside Knott 2025-11-16

Total finishers 119

CVFR finishers 1

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Adam Perry	Helm Hill	0:37:55	M	1/15	1.20	
3	Javier Simon	Helm Hill	0:40:54	MV50	1/12	1.29	
4	Phil Mather	Lonsdale Fell Runners	0:40:56	MV40	1/11	1.29	
6	Anna Llewellyn	Lonsdale Fell Runners	0:41:41	F	1/6	1.32	
12	Seb Sillito	Helm Hill	0:43:43	MV45	1/11	1.38	
21	James Baron	Helm Hill	0:46:24	MV55	1/9	1.46	
23	Ed Gamble	Keswick Ac	0:47:21	MV60	1/14	1.49	
26	Stephen Smithies	CVFR	0:47:47	MV55	2/9	1.51	
27	Dave Griffin	Helm Hill Runners	0:48:04	MV65	1/10	1.52	
35	Bianca Dyer	Helm Hill	0:50:13	FV50	1/3	1.58	
52	Nick Hewitt	Bowland	0:55:44	MV70	1/4	1.76	
61	Joanne Hewitt	Garstang Rc	0:57:59	FV45	1/7	1.83	
64	Caroline Gibbon	Furness Fell Runners	0:58:22	FV40	1/5	1.84	
69	Debbie Howard	Furness Fell Runners	0:59:11	FV55	1/3	1.87	
75	Vicky Woof	Furness Fell Runners	1:00:58	FU21	1/1	1.92	
83	Karen Gray	Colt	1:02:36	FV60	1/5	1.98	
87	John Taylor	Bowland	1:02:52	MV75	1/2	1.98	
97	Jill Libby	Eden Runners	1:05:19	FV65	1/1	2.06	