

Three Shires 2026-09-26

Total finishers 166

CVFR finishers 10

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Sam Bentham	Ilkley Harriers Ac	2:03:51	OU23	1/3	0.97	
2	David Lewis	Dark Peak Fell Runners	2:03:55	O	1/47	0.97	
7	Garry Greenhow	Ambleside Ac	2:15:13	OV40	1/30	1.06	
28	Jasmin Paris	Carnethy Hill Racing Club	2:41:47	FV40	1/17	1.27	
34	Paul Reilly	Helm Hill Runners	2:49:55	OV50	1/27	1.33	
40	Sophie Allen	Ambleside Ac	2:51:57	F	1/11	1.35	
46	Ed Gamble	Keswick Ac	2:56:13	OV60	1/19	1.38	
80	Nickey Russell	Bowland Fell Runners	3:20:54	FV50	1/8	1.57	
83	Luke Meleschko	CVFR	3:23:37	OV50	11/27	1.60	
103	Alison Weston	Ilkley Harriers Ac	3:32:28	FV60	1/2	1.66	
109	Mike Richards	CVFR	3:35:37	O	40/47	1.69	
118	Ian Dobie	CVFR	3:39:38	OV50	17/27	1.72	
126	James Cooke	CVFR	3:42:05	OV40	24/30	1.74	
129	Toby Sydes	CVFR	3:44:11	OV50	19/27	1.76	
140	Alice Ridley	CVFR	3:55:41	F	10/11	1.85	
146	Neil Palmer	CVFR	4:03:16	OV50	24/27	1.91	
154	Don Kershaw	Ambleside Ac	4:11:06	OV70	1/2	1.97	
156	Charlotte Wetton	CVFR	4:17:34	FV40	14/17	2.02	
162	Francis Wooff	CVFR	4:37:13	OV60	19/19	2.17	
166	Tamsin Cooke	CVFR	5:05:39	FV40	17/17	2.40	