

THREE SHIRES RACE 2009 RESULTS

1	Chris Steele	Borrowdale		1.57.42
2	Jim Davies	Borrowdale	M40	1.57.47
3	Nick Fish	Borrowdale		1.57.49
4	Mark Roberts	Borrowdale	M40	1.57.53
5	Mark Palmer	MDC		2.00.58
6	Ben Abdelnoor	Ambleside		2.02.16
7	Ted Mason	Wharfedale		2.02.28
8	Danny Hope	Pudsey & Bramley		2.02.43
9	Mike Robinson	Dark Peak	M40	2.03.06
10	Dave Taylor	Dark Peak	M40	2.04.08
11	Darren Kay	Horwich		2.04.10
12	Steve Birkinshaw	Borrowdale	M40	2.04.12
13	Dave Eiser	Ochil Hill Runners		2.05.11
14	Paul Cornforth	Borrowdale	M40	2.05.49
15	Tim Edward	Clayton	M40	2.07.02
16	Jon Coe	Dark Peak		2.07.44
17	Dan Duxbury	Ambleside		2.08.00
18	Ricky Lightfoot	Ellenborough		2.09.27
19	Dominic Raby	Chorley		2.09.53
20	Gary Thorpe	Ambleside	M40	2.10.11
21	Mike Johnson	Bowland	M40	2.10.29
22	Chris Upson	Weterlands	M40	2.11.49
23	Mick Green	U/A	M40	2.12.57
24	Chris Newman	Wharfedale		2.13.59
25	Ian Barnes	Ambleside		2.14.24
26	Mark Chippendale	Bowland	M40	2.15.20
27	Willie Bell	CFR	M50	2.15.49
28	Matthew Hulley	Dark Peak		2.16.02
29	Nick Kirk	Dark Peak	M40	2.16.09
30	Chris Reade	Bowland	M40	2.16.15
31	Chris Banderson	Clayton	M40	2.16.19
32	Dave Ward	Borrowdale		2.16.29
33	Sean Willis	Saddleworth	M40	2.17.36
34	Gavin Patterson	CFR		2.17.37
35	Alastair Rhodes-Dawson	Todmorden		2.17.41
36	Joe Nuttall	Pennine		2.17.48
37	Geoff Briggs	Pennine	M50	2.17.52
38	Mark Ollerenshaw	Glossop		2.18.08
39	Matt Beresford	Kendal	M40	2.18.09
40	Derek Fuller	U/A		2.18.42
41	Alex Pilkington	Settle		2.20.14
42	John Dryden	Settle	M40	2.20.51
43	Neil Hardiman	Clayton	M40	2.21.32
44	Ian Rowbotham	Ilkley	M50	2.21.50
45	Andrew Wainwright	U/A	M40	2.22.10
46	Neil Penn	Wakefield		2.22.35
47	John Sutton	Blackburn		2.22.37
48	Paul Knowles	Ambleside	M40	2.22.48
49	Martin Green	Wakefield	M40	2.22.52

50 Jackie Winn	Ellenborough	M50	2.23.15
51 Rob Little	Dark Peak		2.23.24
52 Steve Freeman	Ambleside	M40	2.23.27
53 Clive Davis	Bowland	M40	2.23.28
54 Dave Sykes	Dark Peak		2.23.58
55 Jack Dugdale	Clayton		2.24.00
56 Mark Saunders	Bowland		2.24.17
57 Phil Clarke	Kendal	M50	2.24.21
58 Alex Fowler	Preston		2.24.29
59 Ronnie Turner	Rossendale	M40	2.25.56
60 Craig Stansfield	Rossendale	M40	2.28.17
61 Richard Topliss	Pennine	M40	2.28.26
62 John Armitstead	Otley	M50	2.28.56
63 MARY GILLIE	CLWYDIAN RANGE	W	2.28.59
64 David Hetherington	U/A	M40	2.29.16
65 Nick Ray	Ellenborough		2.29.18
66 Martin Terry	Clayton	M40	2.29.21
67 Mark Nutter	Clayton	M40	2.29.28
68 Ali Walsh	Bowland	M40	2.29.50
69 HAZEL ROBINSON	AMBLESIDE	W	2.29.54
70 Mike Harrison	CFR		2.29.55
71 Andrew Hirst	Wharfedale	M50	2.30.24
72 Dave Wilby	Ilkley		2.30.47
73 Neil Worswick	Clayton	M40	2.30.53
74 Mike Walsh	Kendal	M60	2.31.23
75 LOU ROBERTS	KENDAL	W	2.31.32
76 Pete Taylor	Black Combe	M40	2.31.34
77 Julian Lailey	Bowland	M60	2.31.54
78 Jim Evans	Ambleside	M40	2.32.32
79 Dave Makin	Achille Ratti	M40	2.32.49
80 James Graham	Spectrum		2.33.20
81 Hugh O'Donnell	Ambleside		2.34.00
82 Andy Butler	Pennine	M50	2.34.18
83 HOLLY PAGE	HALIFAX	W	2.35.24
84 JULIE CARTER	CFR	W40	2.35.25
85 David Sykes	Tattenhall Runners	M40	2.35.31
86 LAUREN JESKA	TODMORDEN	W	2.35.54
87 John Wade	Bowland	M40	2.36.10
88 Andrew Anastair	Glossop	M40	2.36.24
89 NICKY SPINKS	DARK PEAK	W40	2.36.26
90 Chris Taylor	Mercia	M50	2.36.31
91 Neil Sunderland	U/A		2.36.52
92 Rory O'Donnell	Eryri		2.37.15
93 Graham McAra	Cheshire HR	M50	2.37.21
94 Simon Deakin	NYM		2.37.23
95 S A Stell	U/A		2.37.24
96 Andrew Hindle	Settle	M50	2.37.37
97 CAROLINE POLLARD	North York Moors	W50	2.37.52
98 KATE BEATY	CFR	W50	2.38.11
99 Nathan Martin	U/A		2.38.16
100 Nick Wadd	Quakers	M40	2.38.26

101 Sean McKeag	Ripon		2.38.43
102 Adrian Lowerby	U/A		2.39.28
103 John Osbourne	Settle	M40	2.39.53
104 Mike McLoughlin	Preston	M50	2.42.05
105 John Nixon	Borrowdale	M60	2.42.08
106 Ian Ellmore	Scarborough	M50	2.42.12
107 Martin Farrar	Skyrac	M40	2.42.14
108 LIZ COWELL	BORROWDALE	W40	2.42.19
109 Charlie McIntosh	Pudsey & Bramley	M40	2.42.36
110 Paul Lydon	Totley		2.42.40
111 David Malia	U/A	M40	2.42.43
112 David White	Helm Hill		2.42.45
113 ALISON WESTON	ILKLEY	W50	2.42.48
114 Albert Sunter	Horwich	M50	2.42.56
115 Mark Bowden	Saddleworth		2.43.00
116 Philip Pearson	Saltwell	M50	2.43.09
117 Barry Rawlinson	Rossendale	M60	2.43.18
118 Willy Kitchen	Dark Peak	M40	2.43.26
119 SUE WOOD	AMBLESIDE	W	2.44.13
120 Tom Westgate	Dark Peak	M40	2.44.16
121 Dan Baldwin	U/A		2.45.20
122 JP Challinor	Ambleside		2.45.23
123 Andrew Heath	Mercia	M50	2.45.36
124 CLARE KENNY	CALDER VALLEY	W40	2.45.48
125 Crispin Hassall	Bowland	M40	2.45.59
126 Richard Crossland	U/A	M50	2.46.03
127 Declan Duffy	Bowland	M50	2.46.33
128 David Atkinson	NFR	M40	2.46.37
129 Matt Foxwell	Kendal		2.46.43
130 Dave Banks	Kendal	M40	2.46.45
131 Geoff Smith	Clayton		2.46.48
132 Chris Green	U/A		2.46.50
133 Chris Little	NFR	M40	2.46.55
134 Pete Browning	Clayton	M50	2.47.08
135 Eddy Matheson	Long Eaton		2.47.16
136 HEATHER MARSHALL	U/A	W40	2.47.20
137 Graham MacTavish	U/A	M40	2.47.25
138 Jonathon Gibson	Wharfedale	M40	2.47.32
139 Pete Walkington	Horwich	M60	2.48.00
140 Nick Harris	Rossendale	M60	2.48.04
141 Ivan Green	U/A	M40	2.48.11
142 LYNNE CLOUGH	CHORLEY	W40	2.48.16
143 Ian Shuttleworth	Holmfirth	M40	2.48.29
144 Jason Hubert	Carnethy	M40	2.48.40
145 David Gill	Denby Dale	M40	2.48.44
146 WENDY DODDS	CLAYTON	W50	2.48.45
147 Richard Hopkinson	Dark Peak	M60	2.48.54
148 ALAYNE FINLAY	OCHIL HR	W40	2.49.28
149 Mark Graham	CFR	M50	2.49.40
150 RUTH METCALFE	ERYRI	W	2.49.52
151 David Ellison	Ambleside	M40	2.50.04

152	Mike Eddy	Ambleside	M40	2.50.05
153	Jamie Rackham	CFR		2.51.40
154	Martin Prior	Chorley		2.53.00
155	ROBYN ANDERSON	PRESTON	W	2.53.19
156	John Taylor	Bowland	M60	2.53.21
157	Roy Gardner	U/A	M40	2.54.50
158	Alan Kenny	Achille Ratti	M60	2.55.13
159	Luke Appleyard	U/A	M40	2.55.19
160	James Anderson-Bickles	Helm Hill		2.55.39
161	John Hazell	U/A	M50	2.55.42
162	David Jack	U/A		2.56.06
163	Simon Franklin	Wharfedale	M40	2.56.10
164	Darren Parker	Buttermere MMMC	M40	2.56.48
165	Mark Jackson	Achille Ratti		2.56.50
166	SARAH PIKE	AMBLESIDE	W	2.56.52
167	KATH BRIERLEY	TODMORDEN	W40	2.56.55
168	Pete Marston	CFR		2.57.09
169	James Goffe	Black Combe	M40	2.57.24
170	JO TAYLOR	BOWLAND	W40	2.57.28
171	Daniel Brison	U/A	M40	2.57.30
172	LOUISE WILKINSON	NFR	W	2.57.32
173	Graham Chaplow	U/A		2.57.50
174	James Riley	Todmorden		2.58.22
175	Nicholas Holmes	Tattenhall Runners	M50	2.58.43
176	Steve Hammond	Tattenhall Runners	M50	2.59.04
177	Michael Toman	Rosendale	M40	2.59.06
178	CARTHERINE BRADLEY	WHARFEDALE	W	2.59.13
179	NICOLA RABY	CHORLEY	W60	2.59.33
180	Peter Oliver	U/A	M40	3.00.25
181	John Brownell	U/A	M40	3.00.54
182	KELLY HARRISON	ILKLEY	W	3.00.57
183	Phil Hanson	U/A	M40	3.01.03
184	NICKI RUSHTON	CHORLEY	W40	3.01.05
185	Neil Smith	Lostock	M40	3.01.31
186	Philip Mason	U/A	M40	3.02.04
187	Mike Hind	Borrowdale	M50	3.02.09
188	ALI BRAMALL	AMBLESIDE	W50	3.02.13
189	Michael Hirst	Clayton	M50	3.02.52
190	TAMARA HIRD	WHARFEDALE	W	3.03.00
191	Paul Jennings	CFR	M40	3.03.02
192	Mick Baldwin	Denby Dale	M50	3.03.14
193	Andrew Birkinshaw	Pudsey & Bramley	M40	3.03.21
194	Graham Dawson	U/A	M40	3.03.44
195	Peter Ferris	Windsor Farm	M40	3.03.46
196	KATY THOMPSON	CLAYTON	W50	3.04.01
197	Edwin Sherstone	Southport	M40	3.04.05
198	Eddie Lesniak	U/A	M50	3.04.08
199	DOROTHY PELLY	AMBLESIDE	W50	3.05.05
200	Dan Gilbert	U/A		3.05.38
201	EMMA OSENTON	TODMORDEN	W	3.06.08
202	Mick Craven	Todmorden	M50	3.08.43

203	BRITTA SENDLHOFER	AMBLESIDE	W	3.09.27
204	Duncan Elliott	Bowland	M50	3.10.53
205	Mark Vollans	U/A	M50	3.10.55
206	RACHEL METCALFE	HORWICH	W	3.10.57
207	Andrew Walmsley	Clayton	M50	3.11.20
208	Phil Daintith	Spectrum	M40	3.11.21
209	David Raward	Ambleside	M60	3.11.23
210	Giles Hawking	York		3.11.38
211	Geoff Hand	Spectrum	M50	3.11.47
212	CLAIRE WIGHTMAN	SADDLEWORTH	W	3.11.54
213	Howard Chambers	Saddleworth	M40	3.11.58
214	John Cox	Middleton H	M60	3.12.02
215	KAREN SINKINSON	HOLMFIRTH	W40	3.12.05
216	Richard Bellaries	Clayton	M50	3.12.46
217	Darren Webb	U/A	M40	3.13.36
218	David York	Tattenhall Runners	M40	3.16.36
219	Stephen Batley	Skyrac	M60	3.18.05
220	Paul Jackson	Chorley	M40	3.18.18
221	Ivan Whigham	Clayton	M40	3.18.26
222	William Titley	Trawden	M40	3.18.42
223	Andrew Calcott	Borrowdale	M40	3.19.14
224	KATE ROGAN	WHARFEDALE	W	3.19.15
225	Richard Clarke	NYM	M60	3.19.51
226	JILL DAVIES	SADDLEWORTH	W50	3.20.02
227	Will Ross	Black Combe		3.20.14
228	Andy Gittins	Black Combe	M40	3.20.15
229	John Stephenson	Glossop	M50	3.20.19
230	Charlie Frankland	U/A	M40	3.20.52
231	Dicki Wilkinson	Long Eaton	M40	3.21.11
232	Roger Whitaker	CFR	M60	3.21.34
233	Martin Walsh	Lytham St Annes	M60	3.22.02
234	Steve Thomas	Chorley	M50	3.22.42
235	Marcel Ellison	Rosendale		3.22.43
236	SUE HODKINSON	BLACK COMBE	W	3.23.34
237	Wayne Walsh	Bowland	M50	3.25.13
238	Paul Morris	Gala H	M50	3.25.26
239	Daryl Mullen	U/A	M40	3.25.32
240	JENNIE CHARNLEY	CFR	W	3.25.50
241	Sam Healy	NYM		3.25.57
242	Ronald Mackay	Spectrum	M40	3.26.17
243	ANGELA JACKSON	CFR	W	3.26.21
244	BARBARA SAVAGE	CLAYTON	W40	3.26.35
245	R Harris	U/A	M40	3.26.53
246	Trevor Milner	Dark Peak	M50	3.26.56
247	CATH MUSETTI	AMBLESIDE	W40	3.27.27
248	ALISON BARRETT	STEEL CITY STRIDERS	W	3.27.55
249	MICHELLE FOXWELL	AMBLESIDE	W	3.28.30
250	Ian Harker	Pickering	M50	3.29.24
251	Paul Coope	U/A		3.29.28
252	Kevin Ainsworth	Ambleside	M50	3.31.32
253	Stephen Dixon	Valley Striders	M50	3.32.17

254	Andrew Hubert	U/A		3.32.47
255	Ian Blakeborough	Cheshire HR	M50	3.35.57
256	HELEN HODKINSON	TODMORDEN		3.36.00
257	CHRISTINE BLACKFORD	DENBY DALE	W50	3.36.26
258	JAN YATES	DENBY DALE	W40	3.36.26
259	Carl Brown	U/A		3.37.16
260	Alastair Bakewell	Waroc	M40	3.38.06
261	BARBARA HAYWOOD	CFR	W40	3.39.34
262	Mark Salmon	Horwich		3.39.34
263	Alex Kirby	U/A		3.39.37
264	Neil Sidaway	U/A	M40	3.41.55
265	JENNIFER TAYLOR	Tattenhall Runners	W	3.42.10
266	Darren Burns	Fell Ponies	M40	3.43.34
267	JEAN RAWLINSON	CLAYTON	W50	3.46.54
268	Frank Wilson	U/A	M40	3.47.42
269	Richard Taylor	Swaledale	M50	3.48.08
270	SHEENA COTTAM	GARSTANG	W	3.49.13
271	Michael Joyeux	Quakers		3.49.34
272	Martyn Hodgson	Saddleworth	M40	3.49.35
273	BERYL BUCKLEY	GLOSSOP	W60	3.49.36
274	Carl Buckley	Glossop	M60	3.49.36
275	Dave Watson	Black Combe	M50	3.50.34
276	Mark Birbeck	Preston	M40	3.53.15
277	Brian Belfield	Staffs Moorland	M60	3.53.20
278	David Rosen	Lancs & morecambe	M50	3.54.54
279	Paul Walsh	Bowland	M60	4.18.23