**Loughrigg – Silver Howe Chase 2018**

**Well done to all of you. Great efforts and results.**

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| **Pos** | **Name** | **Age Cat.** | **Time** |
| **1** | Harry Shuell | M | 1:20:28 |
| **2** | Dan Duxbury | MV40 | 1:20:40 |
| **3** | Ben Abdelnoor | M | 1:25 |
| **4** | Jez Lefton | M | 1:33:33 |
| **5** | Matt Foxwell | MV40 | 1:33:35 |
| **6** | Chris Hodgson | MV50 | 1:34 |
| **7** | Jim Tyson | MV40 | 1:34:10 |
| **8** | Banksy (David Banks) | MV50 | 1:35 |
| **9** | David White | MV40 | 1:39 |
| **10** | Steve Brown | MV50 | 1:41 |
| **11** | Paul Simpson | MV50 | 1:48 |
| **12** | Dutch Dan (Dan Grose) | MV40 | 1:50 |
| **13** | Phil Devine | MV40 | 1:51 |
| **14** | Jim Evans | MV40 | 1:52 |
| **15** | Richard Lecky-Thompson | MV40 | 1:53 |
| **16** | Paul Wright | MV50 | 1:54 |
| **17** | John Orrell | M | 2:01 |
| **18** | Mike Troup | MV60 | 2:05 |
| **19** | Selwyn (The Chicken) Wright | MV60 | 2:24 |
| **Retired** | Ben J (Harry’s mate) | M |  |

Guest runners (non -Ambleside AC)