

BLISCO DASH FELL RACE 2018 RESULTS					
1	Ben Abdelnoor	Ambleside	M	39.25	
2	Mark Lamb	Keswick	M	39.58	
3	Carl Bell	Keswick	M	40.05	
4	James Appleton	Keswick	M	40.48	
5	Tom Simpson	Ambleside	M U23	41.02	
6	John Helme	Ambleside	M40	41.17	
7	Darren Kay	Calder Valley	M40	41.55	
8	Adam Perry	Helm Hill	M	42.19	
9	Mike Ainsworth	Helm Hill	M	42.43	
10	Paul Aitken	Helm Hill	M	42.44	
11	Chris Grant-Pantrey	U/A	M	43.57	
12	Sam Harrison	Bowland	M	44.11	
13	HANNAH HORSBURGH	KESWICK	F	44.34	NEW RECORD
14	James Harris	Black Combe	M	44.43	
15	Sean Bolland	Bowland	M40	44.49	
16	Harry Shuell	Ambleside	M	45.01	
17	Will Acland	Helm Hill	M40	45.06	
18	James Edwards	Lonsdale	M40	45.29	
19	Lee Proctor	Helm Hill	M	45.48	
20	Mike Barron	Ambleside	M	46.43	
21	Rob Crawford	Howgill	M40	47.12	
22	Phil Winskill	Keswick	M40	47.19	
23	Carl Hanaghan	Helm Hill	M	47.47	
24	HANNAH RUSSELL	HELM HILL	FU23	48.04	
25	Paul Reilly	Helm Hill	M40	48.07	
26	Joe Hobbs	Lonsdale	M	48.16	
27	Garry Beardwood	Helm Hill	M40	49.02	
28	Rob Harper	Ambleside	M40	49.14	
29	Rowan Wood	Lonsdale	M	49.45	
30	Joe Todd	Kendal	M40	50.33	
31	James Baron	Helm Hill	M50	50.41	
32	Daniel Jones	Keswick	M	51.03	
33	Andrew Hebson	Helm Hill	M	51.07	
34	CLAIRE NANCE	LONSDALE	F	51.09	
35	Craig Burrow	Helm Hill	M40	51.12	
36	Peter Charnley	Bowland	M40	51.19	
37	? Whittaker	Helm Hill		51.35	
38	Peter Lowdon	U/A	M	51.41	
39	Sean Robinson	Howgill	M40	51.49	
40	Kenneth Murphy	Lonsdale	M50	52.14	
41	Jim Bacon	Lonsdale	M50	52.39	
42	Peter German	Helm Hill	M	52.54	
43	David Banks	Kendal	M50	53.05	
44	Harry Collas	U/A	M	53.19	
45	Chris Green	Ambleside	M40	53.25	
46	Anthony Emmet	Helm Hill	M40	53.36	

47	Mark Cropper	Helm Hill	M40	53.44	
48	David Middlemass	Valley Striders	M40	54.01	
49	JOANNA RYCROFT	Helm Hill	F	54.19	
50	Tim Lofthouse	U/A	M50	54.21	
51	JESSICA RICHARDSON	Lonsdale	F	54.49	
52	JANIE OATES	HELM HILL	F	54.52	
53	Paul Tynan	Lonsdale	M50	55.06	
54	Thomas Mondoynne-Monval	U/A	M	55.07	
55	Robert Moffat	Howgill	M	55.14	
56	JO SIMPSON	AMBLESIDE	FU23	55.27	
57	HOLLY HARPER	KESWICK	FU23	55.39	
58	Harry Watler	Ambleside	M	56.25	
59	Neil Thompson	Keswick	M40	57.44	
60	David Bainbridge	Howgill	M	57.59	
61	Graham Britton	N/A	M60	58.31	
62	Andrew Bennett	Helm Hill	M40	58.35	
63	John Millen	Black Combe	M40	58.39	
64	? Goadby	Helm Hill		58.45	
65	Michael Toman	Rosendale	M50	58.52	
66	CHLOE LUMSDEN	HELM HILL	F	59.07	
67	Tim Parkin	Shaftesbury	M40	59.09	
68	Paul Simpson	Ambleside	M50	59.14	
69	Tom Partington	Keswick	M	60.09	
70	Dave Appleyard	Helm Hill	M50	61.04	
71	Allan Miller	Kendal	M60	61.19	
72	Andy Spain	Dark Peak	M	61.33	
73	Rich Wilkinson	Long Eaton	M50	61.34	
74	RACHEL FINDLAY-ROBINSON	KESWICK	F	62.13	
75	Daniel Grose	Ambleside	M40	63.17	
76	Mark Nutter	Clayton	M50	63.42	
77	Andrew Firth	Clayton	M60	64.25	
78	LUCY DOWNHAM	AMBLESIDE	F	65.19	
79	ALICE FELLBAUM	AMBLESIDE	F	65.21	
80	Dave Nield	Clayton	M60	66.48	
81	LESLEY MALARKEY	KESWICK	F60	67.39	
82	Andrew Russell	Helm Hill	M50	67.59	
83	CLAIRE GODFREY	GARSTANG	F	68.57	
84	Geoff Lyons	Garstang	M50	68.57	
85	LINDSAY BUCK	CFR	F50	70.01	
86	CAROLYN KEVAN	KENDAL	F50	72.46	
87	LINDSAY HARROD	HELM HILL	F50	73.04	
88	ANNA KELLY	u/a	FU18	73.19	
89	D Kelly	U/A	M40	73.19	
90	Mike Hind	Borrowdale	M60	79.01	
91	George Ehrhardt	Todmorden	M60	97.01	
	Ben Kent	Helm Hill	MU23	RET	

THE BIT AT THE BOTTOM				
Have I missed something? Has the Blisco slipped inadvertently into the Championship?				
I have a star-studded line-up with no prizes beyond the usual crap French lager to offer.				
Anyway the three Keswick lads arrive at the summit virtually together with home grown				
Ben Abdelnoor a few seconds back. It is only Ben however who contrives to avoid the				
infamous Blisco Triangle and holds his lead to finish jubilantly at the head of the field!				
We haven't actually lost any aircraft or WW2 Destroyers up there, but for fellrunners				
the area east and south of Blisco summit is much more dangerous than Bermuda and				
most years someone arrives at Three Shires Stone facing a long jog back to the ODG.				
The Womens Record of 47.25 was set by Lou Roberts in 2004 when the race staged the				
Inter Counties Championship. So the small crowd became very excited when Hannah				
Horsburgh sprinted into view nearly three minutes inside the Lou's time . OK so conditions				
were perfect with a cooler evening and dry feet throughout, but Hannah's was a				
brilliant performance worthy of more than the statutory bottle of Stella.				
Many thanks as ever to mine host at the Old Dungeon, Neil Walmsley and family, and				
to the small but perfectly formed organising team; Sarah McCormick and Paul Tierney on				
the top, and Phil Glennon, John Gomersall and Paul Dooy in the engine room.				
Oh and once again I failed to offend the winner of the 'Fat Man's prize, who came up				
dutifully for his cake, and gave me a lovely kiss in return!				
Selwyn				