

Loughrigg – Silver Howe Chase 2022

Well done to all and thanks for running 😊

Pos	Name	Age Cat.	Time	
1	Harry Shuell	M	1:22	25
2	James Harris	M	1:25	24
3	Jamie Luxmore	MV40	1:29	23
4	Gary Thorpe	MV50	1:30	22
5	Rob Harper	MV50	1:31:00	21
6	Charlie Day	M	1:31:19	20
7	Jim Tyson	MV40	1:31:31	19
8	Matt Beresford	MV50	1:32	18
9	Matt Foxwell (Kendal AC)	MV40	1:43	
10	Dave Spence	MV40	1:50	17
11	Paul Simpson	MV50	1:52	16
12	Craig Bottomley	M	1:53	15
13	Ian Stephenson	MV60	2:01	14
=14	Sarah Staniek	FV50	2:01:11	25
=14	Cath Musetti	FV50	2:01:11	25
16	Cardboard Wayne	MV40	2:05	13
17	Hanno Torn	MV50	2:05:40	12
18	Jade Montgomery	F	2:05:49	24
19	John Gomersall	MV70	2:10	11
20	Rachel Towe	FV40	2:11	23
21	Anne Giles	FV60	2:17	22
22	Alan Miller (Kendal AC)	MV60	2:25	
=23	Selwyn Wright	MV60	2:49	10
=23	Karen Goodyear	FV60	2:49	21
Retired	Wendy Birkett			
Retired	John Birkett			