Table 1

BLISCO DASH RACE 2025					
1	Matt Elkington	Ambleside	M	40.03	
2	Harry Cooling	Howgill	M	40.17	
3	Ross Spalding	Howgill	M	40.51	
4	Anders Fox	Sparvagen Sweden	M	41.47	
5	Jack Wright	Ambleside	M	42.11	
6	Bobby Gard-Storry	Ambleside	M	42.29	
7	Rowan Ashworth	Ambleside	M U21	42.57	
8	Ted Mason	Wharfedale	M40	43.13	
9	Josh Hartley	Black Combe	M	45.51	
10	Mike McGleenan	Keswick	M	46.03	
11	Ethan Furness	Black Combe	M	47.06	
12	Chris Owens	Ambleside	M	47.36	
13	Jack Simpson	Ambleside	M	48.01	
14	Robert Short	Ambleside	M	48.25	
15	Jonathon Milton	Keswick	M	48.43	
16	Felix Barker	Ambleside	M	49.27	
17	KATE MARRIOTT	KESWICK	F	50.14	
18	Adam Crowe	Ambleside	M	51.01	
19	Paul Reilly	Helm Hill	M40	51.06	
20	Iain Gibbons	Ilkley	M50	51.37	
21	Javier Simon	Helm Hill	M50	51.48	
22	Simon Mounsey	Howgill	M50	51.54	
23	Mark Titmuss	Horwich	M U21	52.21	
24	Paul Elwell	Wetherby Runners	M50	52.41	
25	Adrian Myers	U/A	M40	52.49	
26	Brendon Taylor	Rossendale H	M50	53.02	
27	BRONWEN JENKINSON	ERYRI	F	53.31	
28	Joe Elliott	Herne Hill H	M	53.35	
29	Adam Malloy	Northumberland FR	M40	54.01	
30	GEORGIA STEVENS	AMBLESIDE	F	54.03	
31	Luke Walker	U/A	M	54.13	
32	James Titmuss	Horwich RMI	M50	54.17	
33	JANIE OATES	HELM HILL	F	54.38	
34	John Duff	Keswick	M50	54.42	
35	Greg Meschino	Ambleside	M40	54.58	
36	Adam Gibson	Wharfedale	M	55.45	
37	Darren Fishwick	Chorley	M50	56.05	
38	CHLOE LUMSDEN	HELM HILL	F	56.22	
39	ANNIE SOPER	AMBLESIDE	F	56.41	
40	ROBYN McGLEENAN	KESWICK	F	56.42	
41	Daniel Lenartowicz	Hoad Hill H	M	57.12	
42	SARAH SUGSWORTH	AMBLESIDE	F	57.47	
43	Pearce Brezmen	Mundy Parkrun Perth	M	58.16	
44	John Haines	U/A	M40	58.17	

45	Tim Pickering	Helm Hill	M	58.25	
46	Mark Coffey	U/A	M50	58.32	
47	Paul Simpson	Ambleside	M60	58.38	
48	Neil Weightman	Northern Fells	M60	58.44	
49	CLAIRE KENNEDY	HELM HILL	F	58.47	
50	David Wilson	Bowland	M60	58.55	
51	Matthew Murgatroyd	Ambleside	M	59.12	
52	Jim Tyson	Ambleside	M50	59.31	
53	Anthony Emmet	Helm Hill	M40	60.01	
54	Ken Murphy	Lonsdale FR	M60	60.05	
55	David Banks	Ambleside	M50	60.15	
56	Paul Knowles	Ambleside	M50	60.31	
57	David Goadby	Helm Hill	M	61.11	
58	Joseph Cox	U/A	M	62.07	
59	David Hewett	Ambleside	M	62.58	
60	Peter Lawson	Howgill	M40	63.58	
61	KATIE PERCIVAL	AMBLESIDE	F	64.44	
62	Nick Sebley	Black Combe	M60	68.56	
63	Steve Wathall	Ambleside	M60	69.09	
64	MHAIRI HELME	HELM HILL	F40	69.36	
65	John Gomersall	Ambleside	M70	69.56	
66	Richard Bellaries	Clayton	M70	70.14	
67	NICOLA MERRETT	AMBLESIDE	F50	70.45	
68	Mark Nutter	Clayton	M60	71.01	
69	Ken Taylor	Rossendale H	M70	71.09	
70	Andy Holden	Achille Ratti CC	M60	71.13	
71	Matt Diment	North Shields Poly	M	72.01	
72	Jonathon Gibson	Wharfedale	M60	73.09	
73	SARAH SUTTON	SINTON RC	F40	78.44	
74	Peter Dugdale	Clayton	M60	80.11	
75	David Cornish	Tyne Bridge H	M40	80.16	
76	Pete Kidd	Ambleside	M40	81.56	
77	Richard Campbell	Rossendale H	M50	82.29	
78	REBECCA WILLMOTT	LONSDALE FR	F	82.53	
79	Dave Tomlinson	Mercia FR	M70	86.35	

BLISCO DASH RACE 2025	
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