



Allithwaite-8 (a multi-terrain race, over approx. 8 miles)

Podium placings ... Saturday, 4th of November 2023

Women

Place	Bib no.	Name	Age group	Time	Club
1	50	Jo Hickman Dunne	F	1:02:58.1	Helm Hill
2	76	Nuala McDonough	F	1:04:59.9	
3	74	Ellie Mather	FV35	1:06:58.9	Lonsdale Fell Runners

Men

Place	Bib no.	Name	Age group	Time	Club
1	28	Kim Collison	MV40	52:56.9	La Sportiva
2	124	James Wynne	M	53:05.4	Horsforth Fellandale
3	49	James Harris	M	55:06.5	Ambleside Athletic Club



Allithwaite-8 (a multi-terrain race, over approx. 8 miles)

Age category winners ... Saturday, 4th of November 2023

Women

FV70

1	121	Mary White	FV70	1:28:55.8	Horwich RMI Harriers
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FV65

No entrants in this category this year. Therefore a special category of F35-39 was created this year, so that equal numbers of prize winners ... men and women ... exist.

FV60

1	11	Rebekah Beadle	FV60	1:14:59.7	Ambleside Athletic Club
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FV55

1	51	Caroline Holden	FV55	1:14:28.4	Helm Hill
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FV50

1	20	Renell Brennan	FV50	1:14:31.1	Black Combe Runners
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FV45

1	118	Claire Welburn	FV45	1:36:18.2	Glaxo Hoad Hill Harriers
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FV40

1	70	Jenny Lyon	FV40	1:12:58.6	Dallam RC
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F35-39

1	114	Kellyjo Tinkler	FV35	1:28:19.9	
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Men**MV70**

1	107	Andy Stokes	MV70	1:09:17.5	Dallam RC
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MV65

1	60	Steve Jolly	MV65	1:14:29.5	Allithwaite Running Club
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MV60

1	64	Ken Lamb	MV60	1:05:51.3	Glaxo Hoad Hill Harriers
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MV55

1	7	James Baron	MV55	1:03:30.3	Helm Hill
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MV50

1	36	Michael Doherty	MV50	1:02:38.1	
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MV45

1	101	Alistair Shawcross	MV45	1:03:48.2	Dallam RC
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MV40

1	90	James Parsons	MV40	59:46.0	Helm Hill
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