

## Shipman Knotts 2024 results

POS	Name	CLUB	CAT	TIME
1	H Cooling	Howgill	M	33.05
2	J Concha	Helm Hill	M	34.49
3	S Burnstone	Helm Hill	M	34.53
4	W Barton	Ambleside	M	35.07
5	R Jebb	Helm Hill	M40	35.15
6	F Barker	Ambleside	M	35.25
7	P Rutter	Helm Hill	M	36.43
8	W Weatherall	Ratio Tech	M	38.07
9	A Fidrmuc	N/A	M	38.32
10	K Richmond	Helm Hill	M50	38.50
11	B Glyn	Cornwall AC	M	39.33
12	J Price	Helm Hill	M	40.02
13	G Hartley	Helm Hill	M	40.28
14	C Roberts	Ambleside	M40	40.31
15	D Hewett	Ambleside	M	40.36
16	J Rigby	Helm Hill	M40	40.56
17	A Speight	Helm Hill	MU23	41.30
18	R Talbot	U/A	M40	42.24
19	M Downes	Ashbourne RC	M	43.44
20	R Hare	Ambleside	W	43.49
21	J Williams	CVFR	M40	44.21
22	J Hooson	Ambleside	M60	44.33
23	D Griffin	Helm Hill	M60	44.34

<b>24</b>	S Prendeville	N/A	M40	44.35
<b>25</b>	S Robinson	Howgill	M40	44.36
<b>26</b>	G Stevens	Ambleside	W	44.41
<b>27</b>	P German	Helm Hill	M40	45.16
<b>28</b>	B Dyer	Helm Hill	W50	45.36
<b>29</b>	J Hartley	U/A	M	47.18
<b>30</b>	A Emmet	Helm Hill	M40	47.36
<b>31</b>	B Coupe	Helm Hill	M60	47.41
<b>32</b>	P Simpson	Ambleside	M60	49.03
<b>33</b>	C Speight	Helm Hill	M60	49.33
<b>34</b>	J Palmer	U/A	M	50.14
<b>35</b>	B Thompson	Helm Hill	M70	50.36
<b>36</b>	A Oaks Monger	U/A	W	51.19
<b>37</b>	E Kearsey	Helm Hill	W	51.38
<b>38</b>	J Jones	Helm Hill	M60	52.05
<b>39</b>	D Graham	Todmorden H	M50	52.44
<b>40</b>	A Glynn	Cornwall AC	W	53.24
<b>41</b>	S Jones	Ambleside	W40	54.24
<b>42</b>	D Grose	Ambleside	M50	55.02
<b>43</b>	S Wathall	Ambleside	M60	55.08
<b>44</b>	J Marchant	Helm Hill	M50	55.35
<b>45</b>	T Kings	Watercrock	M50	56.06
<b>46</b>	B Beckwith	Ambleside	M	56.47
<b>47</b>	C Valentine	Keswick	M60	57.17

<b>48</b>	J Tombs	Eden	M50	1.00.24	
<b>49</b>	A Miller	U/A	M60	1.01.04	
<b>50</b>	J Libby	Eden	W60	1.03.08	
<b>51</b>	K Files	Howgill	W50	1.03.43	
<b>52</b>	R Crawford	Howgill	M40	1.03.44	
<b>53</b>	V Sheringham	Helm Hill	W50	1.03.59	
<b>54</b>	J Downes	Ashbourne RC	W	1.04.14	
<b>55</b>	V Atkinson	Helm Hill	W50	1.10.59	