

Hodder Valley Show Fell Race 14th September 2019

Race Report

After a damp week, the sun shone on race day masking the damp conditions higher up on the fell. This year it was the turn of Newton-in-Bowland to host the show and the fell race. As by tradition, the field of 41 seniors started in the main ring and after just a few hundred yards were faced with a very steep climb through pastures before settling down to more undulating terrain, it was soon apparent that Ben Abdelnoor from Ambleside was very strong with a commanding position held on the approach to the fell proper. This lead was further accentuated during a fast descent putting him almost 4 minutes ahead



of the next runner at the finish. The first female was Honor Thompson who had a brilliant race with a 5-minute lead on her nearest rival. The finishers were all greeted by yet more sunshine and bottle of Bowland Beer!

A huge thanks to the local farmers and the brilliant marshals who ensured the race ran like clockwork.

Steve Cox



| Position | Name | Category | Club | Time |
|----------|-----------------|----------|------------------|----------|
| 1 | Ben Abdelnoor | M | Ambleside AC | 54:40:00 |
| 2 | Peter Coates | M40 | Clayton Le Moors | 58:27:00 |
| 3 | Darren Fishwick | M45 | Chorley | 59:05:00 |
| 4 | Carl Helliwell | M40 | Clayton Le Moors | 59:12:00 |

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| 5 | Dave Nutall | M50 | Bowland FR | 01:01:16 |
| 6 | Jim Ryder | M50 | Ikley | 01:02:27 |
| 7 | Andrew Priory | M50 | Clayton Le Moors | 01:03:21 |
| 8 | Ollie Roberts | M | Howgill Harriers | 01:04:56 |
| 9 | Matthew Clawson | M | Rossendale | 01:06:33 |
| 10 | Jeff Singleton | M | Bowland FR | 01:06:44 |
| 11 | Ralph Baines | M50 | Clayton Le Moors | 01:07:00 |
| 12 | Mark Grover | M50 | U/A | 01:07:53 |
| 13 | Ross Hamilton | M | U/A | 01:08:34 |
| 14 | Jack Holt | M70 | Clayton Le Moors | 01:08:51 |
| 15 | Michael Toman | M50 | Accrington RR | 01:08:53 |
| 16 | Roger Taylor | M50 | Preston Harriers | 01:09:02 |
| 17 | Christopher Menand | M50 | Burnden RR | 01:09:15 |
| 18 | Bill Beckett | M50 | Chorley | 01:09:30 |
| 19 | Chris Charnley | M45 | Chorley | 01:10:24 |
| 20 | Andrew Carruthers | M55 | Halesowen AC | 01:11:34 |
| 21 | Honor Thompson | W40 | Skelmersdale | 01:12:05 |
| 22 | Keith Thomas | M60 | Burnden RR | 01:12:48 |
| 23 | Peter Dugdale | M60 | Clayton Le Moors | 01:13:10 |
| 24 | Simon Bolton | M55 | Cheshire HR | 01:15:37 |
| 25 | Sean Grover | M21 | Clayton Le Moors | 01:17:36 |
| 26 | Jo Taylor | W55 | Bowland FR | 01:17:41 |
| 27 | Martin O'Gorman | M45 | Bowland FR | 01:18:32 |
| 28 | Sophie Howard | W | Rossendale | 01:21:25 |
| 29 | Ged Turner | M55 | Burnden RR | 01:21:41 |
| 30 | J Stuart-Mills | M50 | Ripon R | 01:21:56 |
| 31 | Thomas Wells | M | U/A | 01:22:52 |
| 32 | Mary O'Gorman | W23 | Bowland FR | 01:23:11 |
| 33 | Elliot Lorimer | M40 | Bowland FR | 01:23:46 |
| 34 | Alan Archer | M60 | Clayton Le Moors | 01:25:33 |
| 35 | Peter O'Gorman | M55 | Rossendale | 01:26:10 |
| 36 | Matt Pudd | M60 | Otley AC | 01:26:57 |
| 37 | Ross Whittaker | M | U/A | 01:27:38 |
| 38 | Robin Gray | M50 | Todmorden H | 01:28:11 |
| 39 | Mark Boyd | M60 | U/A | 01:48:08 |
| 40 | Phil Martin | M75 | Bowland FR | 01:55:48 |

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| 41 | Antonio Cardinale | M70 | Otley AC | 02:04:59 |
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Juniors U10

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|---|----------------|-----|----------------|----------|
| 1 | Harry Robert | U10 | Pendle AC | 09:29:56 |
| 2 | Archie Lorimer | U10 | Running 4 CF | 09:44:09 |
| 3 | Seth Thompson | U10 | Skelmersdale H | 10:14:38 |
| 4 | Adam Bell | U10 | One Life Tri | 10:51:36 |

Juniors U18

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|---|--------------------|-----|-----|----------|
| 1 | Thomas O'Gorman | U18 | U/A | 27:03:49 |
| 2 | Oliver Mowaghan | U18 | U/A | 31:03:01 |
| 3 | Oliver Proter | | U/A | 31:03:04 |