	Simonside Cairns Fell Race 2022	Results		
N = = 141 =	Name	Cat	Club	Time
	Jarlath McKenna	M40	Bristol & West	1.12.36
	Craig Jones	Msen	Tyne Bridge	1.15.25
	Robert Bee	M40	U/A	1.17.52
	Joe Stringer	Msen	NFR	1.17.56
	Richard Bateson	M40	NFR	1.19.09
	Richie Hughes	Msen	NFR	1.19.40
	Andrew Armin	Msen	Saltwell	1.19.49
	William Bowers	Msen	Tyne Bridge	1.20.05
	Roger Sillito	M40	NFR	1.23.41
	Michael Stott	Msen	Blyth	1.25.06
	Matthew Moran	Msen	NSP	1.25.45
	Jack Bagness	Msen	U/A	1.27.09
	Lee Bennett	M50	NFR	1.28.50
	John Rippon	M50	NFR	1.31.14
	Paul Banks	M50	VO2 Max	1.32.52
	Richard Garland	M40	NFR	1.32.57
	Pete Jobes	Msen	NFR	1.33.24
	Joe Taylor	Msen	U/A	1.34.11
	Tim McCall	M60	Norham	1.34.35
	John Tully	M60	Teviotdale	1.36.34
21	Richard Blackburn	M40	U/A	1.36.50
22	Katherine Carman	Wsen	U/A	1.37.11
23	Chris Jones	M40	Claremont	1.38.28
24	Arran Stephenson	M40	Ponteland	1.40.07
25	Glen Cooper	M40	DVRC	1.41.04
26	Jeremy Smith	M50	Heaton	1.41.29
27	Rachel Vincent	W40	Tynedale	1.41.47
28	John Tollitt	M50	NFR	1.41.58
29	Rachel Smith	Wsen	Cambridge	1.42.02
30	Jane Kirby	W40	Morpeth	1.42.29
31	Brian Robson	M50	U/A	1.43.21
32	Peter Coulthard	M50	Alnwick	1.45.10
33	Richard Kirby	M50	NFR	1.45.20
34	Gary Mason	M50	NFR	1.46.00
35	Kevin Watler	Msen	Cheviot Trail Runners	1.48.23
36	Philip Johnston	M40	Allen Valley	1.48.27
	Joanne Pena	W50	Gosforth	1.49.12
38	Mark Warwick	M40	Ponteland	1.49.13
	Simon Tibbits	M50	U/A	1.50.12
	Ross Robertson	M40	NFR	1.50.47
	Peter Dawson	M40	Elswick	1.51.17
	Richard Daly	M40	Blyth	1.51.17
	Michael Shephard	M60	Norham	1.52.16
	Laura Taylor	Wsen	NFR	1.52.46
	Dave Legg	M50	Ponteland	1.55.44
	Denise Tunstall	W50	Durham	1.58.01
	Danielle McGill	Wsen	U/A	2.00.16
	Paul Edwin	M50	Tynedale	2.00.16
	James Thompson	M50	NSP	2.01.39

50	Ruth Lewis	W50	U/A	2.01.59				
	Mike Steven	M60	NFR	2.02.13				
	Clare Claverley	W40	NFR	2.02.56				
	Kevin Atwell	M60	U/A	2.16.17				
	Karen Robertson	W50	NFR	2.25.04				
55	Frances Naylor	W50	Morpeth	2.36.33				
56	Scott Dewhurst	Msen	Blyth	Retired				
	Winter conditions arrived for the 27th	h Edition o	f the Simonside Cairns	Fell Race				
	A big round of applause was given in	memory of	f Rav Haves who					
	had recently passed away. Ray was a founder member of NFR and founder race organiser of this and other local races. He played a big part getting							
	fell running and races established in his beloved Northumberland, and							
	has left a lasting legacy.	lis beloved						
	ilas leit a lastilig legacy.							
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	Conditions dictated that the bad weather route was used to avoid the icy slabs and steps on the run down from Simonside. The farm track up to							
	Whitton Dene was extremely icy and							
	On the plus side the boggy ground fro	om Coquet	Cairn to Selby's Cove					
	was mainly frozen over.							
	Jarlath McKenna (Bristol & West) sho	wed his cla	ass with an excellent tir	ne				
	followed by Craig Jones (Tyne Bridge)	and Robe	rt Bee (U/A).					
	Katherine Carman (U/A) brought the	ladies hom	e followed by Rachel					
	Vincent (Tynedale) and Rachel Smith	(Cambridg	e).					
	A big thanks to marshals for being out in freezing conditions, the registration/results							
	team, and Ian & Eunice for providing							
	Paul Appleby.							
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