

**Results from the Ilkley Harriers  
Ilkley Incline fell race, 2004  
CS, 1m/560'  
Wednesday 8 September 2004**

Sponsored by  
The Bicycle Shop, Skipton  
Up & Running, Leeds  
The Complete Runner, Ilkley

<b>First Team</b>	Ilkley	3,10,12,14
<b>First Ladies' Team</b>	Ilkley	3,4,5

Posn	Time	Race #	Name	Club	Category
1	7.01	349	John Heneghan	Pudsey & Bramley	
2	7.14	329	Ian Fisher	Otley AC	
3	7.35	328	Tim Ashelford	Ilkley Harriers	V
4	7.43	351	Nick Smith	Shrewsbury AC	
5	7.44	350	Chris Needham	Chesterfield & District AC	
6	7.46	346	Matthew Cox	Dragons RC	
7	7.49	340	Jason Hemsley	Pudsey & Bramley	
8	8.06	321	Andrew Robertshaw	Otley AC	
9	8.28	324	Ian Rowbotham	Harrogate Harriers & AC	V
10	8.33	344	Ewan Welsh	Ilkley Harriers	
11	8.35	331	Lewin	U/A	V
12	8.36	339	Mike Baldwin	Ilkley Harriers	V
13	8.39	347	Hector Haines	Airienteers	
14	9.04	326	James Lind	Ilkley Harriers	
15	9.16	345	Ian Marshall	Ilkley Harriers	V
16	9.20	343	Sarah Glover	Skipton AC	L
17	9.34	322	Paul Brogden	U/A	
18	9.46	335	Ray Hawksby	Otley AC	V
19	9.59	348	Sarah Haines	Airienteers	LV
20	10.01	325	Keith Wood	Ilkley Harriers	V
21	10.06	330	Alison Bennett	Ilkley Harriers	LV
22	10.10	338	Ashley Hardwell	Ilkley Harriers	V
23	10.15	337	Simon Throup	U/A	V
24	10.43	336	Alistair Black	U/A	V
25	10.49	333	Dave Weatherhead	Bingley Harriers & AC	V
26	11.12	342	Joyce Marshall	Ilkley Harriers	LV
27	11.35	341	Paul Sessford	U/A	
28	12.00	332	Lindsey King	Ilkley Harriers	LV
29	12.26	327	Tim Wood	U/A	V
30	12.51	334	Teresa Fuentes	U/A	LV
31	12.57	323	Antonio Cardinale	Otley AC	V
32	13.10	352	Paul Buckley	U/A	V