



Lakeland Cross Country Ski Club

One-hour race/challenge, Northern Roll Series #3

Lancaster, Sunday 6 August 2023

Results

Name	Club	Category	No. of laps	Time over the hour (min:sec)	Position (when known)	Northern Roll position
Gregor Fijalkowski	Cairngorm	Open senior	21	03:05	Senior male	1st open senior
Marek Pasterny	LRNSC	Open senior	20	01:49	40+ male	2nd open senior
Beata Nowok	Cairngorm	Female senior	18	00:23	40+ female	1st lady senior
Michael Smith	Lakeland	Open senior	18	00:24	40+ male	3rd open senior
Chris Chamberlin	LRNSC	Open senior	16	01:45	40+ male	4th open senior
Cara Loates	MCCSC	Female senior	16	02:35	Senior female	2nd lady senior
Ros Brown-Grant	MCCSC	Female senior	16	03:36	40+ female	3rd lady senior
Alison Pawley	MCCSC	Female senior	13	01:42	40+ female	4th lady senior
Pavel Hanyš	U/A	Open senior	13	03:33		5th open senior
Magdalena Gacia	LRNSC	Female senior	12	01:44		5th lady senior
Martin Appleby	Yorks. Dales	Open senior	11	02:34	60+ male	6th open senior
Piotr Kepa	MCCSC	Open senior	11	02:45		7th open senior
Emma Brant	Lakeland	Female senior	11	04:30	40+ female	6th lady senior
John Anderson	Yorks. Dales	Open senior	11	06:16	60+ male	8th open senior
Helen Bell	Yorks. Dales	Female senior	10	00:00	60+ female	7th lady senior