

10k							
Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	215	FRASER MINNICAN	M	MSEN		00:32:32	00:32:31
2	333	BEAU SMITH	M	MSEN	LANCASTER & MORECAMBE AC	00:32:48	00:32:47
3	226	WILL MCNALLY	M	MU18	LEVEN VALLEY AC	00:33:03	00:33:03
4	396	JAMES HALL	M	MSEN	WESHAM ROAD RUNNERS & AC	00:33:23	00:33:23
5	208	MARK BENSON	M	MV45	TRI LAKELAND	00:33:30	00:33:29
6	405	ROSS CAMPBELL	M	MSEN	LEVEN VALLEY AC	00:33:30	00:33:30
7	221	HARRY STAINTON	M	MSEN	BLACK COMBE RUNNERS	00:33:36	00:33:36
8	234	JOSH HARTLEY	M	MSEN	GLAXO HOAD HILL HARRIERS	00:34:15	00:34:14
9	354	DANIEL BELL	M	MSEN		00:34:47	00:34:46
10	375	CHARLIE JEFFREY	M	MSEN	GLAXO HOAD HILL HARRIERS	00:35:08	00:35:07
11	229	SCOTT SMITH	M	MV50	GLAXO HOAD HILL HARRIERS	00:35:33	00:35:31
12	210	RICHARD WILSON	M	MV45	KENDAL AC	00:36:02	00:36:02
13	209	MATT WILSON	M	MV50	KENDAL AC	00:36:10	00:36:09
14	311	AVA LEADBETTER	F	FSEN	NEWCASTLE UNIVERSITY AC	00:36:12	00:36:11
15	408	BEN PROCTER	M	MV40	LEVEN VALLEY AC	00:36:12	00:36:11
16	347	DARREN COWARD	M	MSEN	GLAXO HOAD HILL HARRIERS	00:36:14	00:36:13
17	308	THOMAS MACDONALD	M	MSEN	MILLOM STRIDERS	00:36:36	00:36:34
18	260	GAVIN LLOYD	M	MSEN	BLACK COMBE RUNNERS	00:36:48	00:36:47
19	348	STEPHEN HERBERT	M	MSEN	GLAXO HOAD HILL HARRIERS	00:37:06	00:37:05
20	399	CASEY TURNER	M	MSEN		00:37:12	00:37:12
21	418	GRAHAM JESSOP	M	MSEN	GLAXO HOAD HILL HARRIERS	00:37:30	00:37:28
22	268	DAMIEN REDHEAD	M	MSEN		00:37:46	00:37:43
23	324	SCOTT BREMNER	M	MSEN	GLAXO HOAD HILL HARRIERS	00:38:09	00:38:08
24	317	BRYAN LANGHORN	M	MV45	CUMBRIA STRENGTH AND CONDITIONING	00:38:23	00:38:19
25	238	KIE JACKSON	M	MV40	BCCCR&C	00:38:25	00:38:21
26	269	JOSEF DIXON	M	MSEN		00:38:33	00:38:33
27	207	MATT SANTO	M	MV45		00:38:39	00:38:38
28	307	SAM MOORE	M	MSEN	MILLOM STRIDERS	00:38:52	00:38:51
29	365	MAX WORRALL	M	MSEN		00:38:53	00:38:46
30	395	MATHEW WILSON	M	MSEN		00:39:00	00:38:55
31	358	DANIEL BOOTH	M	MSEN	GLAXO HOAD HILL HARRIERS	00:39:01	00:39:00
32	206	TONY MURRAY	M	MV50	LEVEN VALLEY AC	00:39:11	00:39:10
33	382	KEVIN LOCKE	M	MSEN		00:39:14	00:39:11
34	409	DUNCAN ELEY	M	MV40		00:39:15	00:39:11
35	262	JOE HORSLEY	M	MV40		00:39:17	00:39:12
36	235	CHRISTIAN WHITE	M	MSEN		00:39:20	00:39:17
37	281	MITCH DANCER	M	MSEN		00:39:28	00:39:24
38	305	CHRIS MCGUIRE	M	MV40	PENNINGTON	00:39:31	00:39:30
39	312	STEVE ABBOTT	M	MV45	NORTHERN MASTERS AC	00:39:36	00:39:34
40	330	BECKIE RIPLEY	F	FSEN	GLAXO HOAD HILL HARRIERS	00:39:38	00:39:37
41	372	MIKE CUBIN	M	MV55	GLAXO HOAD HILL HARRIERS	00:39:44	00:39:41
42	384	STUART HAMPSON	M	MV45		00:39:46	00:39:44
43	225	TOM SHAW	M	MSEN		00:40:16	00:40:12
44	245	LUKE MITCHELL	M	MSEN		00:40:26	00:40:26
45	411	JAMES PERRY	M	MSEN		00:41:00	00:40:52
46	346	REBECCA RENNIE	M	MSEN		00:41:18	00:41:16
47	279	DAN STEPHENS	M	MSEN		00:41:19	00:41:14
48	361	JOSH PHIPPS	M	MSEN		00:41:23	00:41:18
49	370	CHARLES MITCHELL	M	MV50		00:41:28	00:41:24
50	364	JONATHAN HODGSON	M	MSEN		00:41:37	00:41:31
51	388	SAM DIXON	M	MSEN		00:41:45	00:41:35
52	335	IAN SADLER	M	MV60	WALNEY WIND CHEETAHS	00:41:47	00:41:43
53	363	ASH SMITH	M	MSEN		00:41:53	00:41:48
54	389	KIPP JONES	M	MSEN		00:42:10	00:42:02
55	339	SAUL KEMP	M	MSEN		00:42:14	00:42:09
56	314	RICHARD GREENFIELD	M	MV40	GLAXO HOAD HILL HARRIERS	00:42:34	00:42:32
57	287	ISAAC STREET	M	MSEN		00:42:41	00:42:31

58	401	KEN LAMB	M	MV60	GLAXO HOAD HILL HARRIERS	00:42:58	00:42:50
59	322	SUE CORDINGLEY	F	FV65	BINGLEY	00:43:02	00:43:02
60	205	KYLE SWINBURNE	M	MSEN	WALNEY WIND CHEETAHS	00:43:05	00:42:57
61	334	CHRISTIE BYRNE	F	FSEN	KENDAL AC	00:43:10	00:43:08
62	337	HONOR MORTON	F	FU18	LEVEN VALLEY AC	00:43:10	00:43:07
63	341	JACK FOGARTY	M	MSEN	CORNELLY STRIDERS AC	00:43:32	00:43:29
64	256	MARTIN PYRAH	M	MV55	VEGAN RUNNERS UK	00:43:52	00:43:44
65	231	MARK GIBBON	M	MV40		00:43:59	00:43:47
66	356	ROBERT REAY	M	MV40		00:44:29	00:44:23
67	248	MCNALLY ELIZABETH	F	FV50	LEVEN VALLEY AC	00:44:34	00:44:27
68	397	HOWARD LINDOW	M	MV45	GLAXO HOAD HILL HARRIERS	00:44:41	00:44:31
69	374	HEATHER TRAVIS	F	FV50	LEVEN VALLEY AC	00:44:50	00:44:46
70	303	DANIELLE FINLAYSON	F	FSEN		00:44:59	00:44:46
71	270	BEN WALLACE	M	MSEN		00:45:02	00:44:51
72	204	ANNIE RIGG	F	FSEN	MILLOM STRIDERS	00:45:02	00:45:00
73	306	KEN ADDISON	M	MV65	RED ROSE ROAD RUNNERS	00:45:13	00:45:09
74	255	SEAN ROBINSON	M	MV45	HOWGILL HARRIERS	00:45:15	00:45:09
75	232	KRISTIAN WAITE	M	MSEN		00:45:16	00:45:12
76	387	HARRY MCMURDO	M	MSEN		00:45:21	00:45:11
77	355	DUNCAN MCVEY	M	MSEN		00:45:24	00:45:14
78	326	JOANNE ELLIS	F	FV45	GLAXO HOAD HILL HARRIERS	00:45:30	00:45:28
79	291	JAKE DAVIES	M	MSEN		00:45:35	00:45:24
80	243	AARON TURNER	M	MV40		00:45:38	00:45:30
81	329	PAT NORRIS	M	MV55	100 MARATHON CLUB	00:45:49	00:45:36
82	403	JOANNE MCLEOD	F	FV55	GLAXO HOAD HILL HARRIERS	00:45:53	00:45:45
83	378	ESTHER LAMBERT	F	FSEN	HELM HILL RUNNERS	00:45:53	00:45:48
84	336	REBECCA SHUTTLEWORTH	F	FSEN		00:46:07	00:46:03
85	252	ANNIE BLACK	F	FSEN		00:46:15	00:46:05
86	217	GEORGE MABEY	M	MSEN	GLAXO HOAD HILL HARRIERS	00:46:20	00:46:13
87	292	SHANNON TAYLOR	F	FSEN		00:46:26	00:46:22
88	357	KYLE SANGSTER	M	MSEN		00:46:26	00:46:17
89	290	PATRICK MANDERSON	M	MSEN		00:46:26	00:46:17
90	216	CHRIS MOORE	M	MV45	LEVEN VALLEY AC	00:46:27	00:46:18
91	323	MICHAEL OLIVER	M	MSEN		00:46:33	00:46:20
92	309	KATE FOGELBERG	F	FV45		00:46:34	00:46:27
93	263	NATASHA GRAY	F	FSEN	GLAXO HOAD HILL HARRIERS	00:46:37	00:46:31
94	249	MARK TODD	M	MV40		00:46:39	00:46:27
95	417	JOSH SHAW	M	MSEN		00:46:41	00:46:35
96	381	JOHN AUSTIN	M	MSEN		00:46:42	00:46:35
97	327	EDWARD SINGLETON	M	MSEN	WALNEY WIND CHEETAHS	00:46:46	00:46:30
98	224	JON BROWN	M	MV50	WALNEY WIND CHEETAHS	00:46:51	00:46:37
99	369	PHILIP HORROCKS	M	MV60	WALNEY WIND CHEETAHS	00:46:56	00:46:39
100	250	JONATHAN TOMBS	M	MV55	EDEN RUNNERS	00:47:06	00:46:59
101	247	HANNAH HUNTER	F	FSEN		00:47:12	00:46:57
102	253	LAUREN BOOTH	F	FSEN	GLAXO HOAD HILL HARRIERS	00:47:20	00:47:15
103	286	HOLLY DAVIDSON	F	FSEN		00:47:28	00:47:20
104	338	LIZ WHITE	F	FV45	GLAXO HOAD HILL HARRIERS	00:47:46	00:47:40
105	316	LEE BALDWIN	M	MV45		00:48:04	00:47:57
106	282	MACKENZIE SHEPHERD	F	FSEN		00:48:05	00:47:56
107	218	WILLIAM SHARP	M	MV70	WALNEY WIND CHEETAHS	00:48:14	00:47:58
108	412	MICHAL WOZNIAK	M	MV45		00:48:22	00:48:06
109	266	DEVKEE TRIVEDI	F	FSEN		00:48:29	00:48:18
110	410	PETE DAVISON	M	MV60	GLAXO HOAD HILL HARRIERS	00:48:32	00:48:23
111	219	RICHARD GODDEN	M	MV50	PUDSEY PACERS RC	00:49:01	00:48:48
112	319	JASON CORDES	M	MSEN	WALNEY WIND CHEETAHS	00:49:02	00:48:47
113	413	DENNIS METCALFE	M	MV75	GLAXO HOAD HILL HARRIERS	00:49:05	00:48:54
114	331	BRIONY COGLAN	F	FSEN	GLAXO HOAD HILL HARRIERS	00:49:06	00:48:59
115	283	AMEYAH HARRISON	F	FSEN		00:49:18	00:49:09
116	325	JODIE RITCHIE	F	FSEN	GLAXO HOAD HILL HARRIERS	00:49:36	00:49:30

117	386	GRANT DIXON	M	MV45		00:49:42	00:49:31
118	379	TARRYN JESSOP	F	FSEN	ULVERSTON TRIATHLON CLUB	00:49:58	00:49:49
119	321	SUZANNE BUDGETT	F	FV60	HORWICH R M I HARRIERS	00:50:14	00:50:08
120	288	PAULA FERMOYLE	F	FSEN	WALNEY WIND CHEETAHS	00:50:15	00:50:03
121	393	FRANK MCKEOWN	M	MV55	GLAXO HOAD HILL HARRIERS	00:50:17	00:50:07
122	406	BOB WELLS	M	MV75	BEDFORD HARRIERS	00:50:25	00:50:15
123	332	JAMES GOFFE	M	MV65	BLACK COMBE RUNNERS	00:50:32	00:50:26
124	318	GRACE JACKSON	F	FSEN	MILLOM STRIDERS	00:50:34	00:50:28
125	246	SOPHIE JACKSON	F	FSEN		00:50:39	00:50:32
126	407	RACHEL READ	F	FV60	BLACK COMBE RUNNERS	00:50:44	00:50:38
127	313	HELEN BEECH	F	FV40	TRAWDEN AC	00:50:45	00:50:36
128	368	KAREN MAGGIO-POYNTZ	F	FV50	WALNEY WIND CHEETAHS	00:50:47	00:50:32
129	353	MARK GUNNING	M	MV55	WALNEY WIND CHEETAHS	00:50:49	00:50:35
130	360	HENRY GUMMETT	M	MSEN		00:50:52	00:50:36
131	258	RACHEL ARMSTRONG	F	FSEN		00:50:57	00:50:37
132	267	JOSHUA BANHAM	M	MSEN		00:51:37	00:51:27
133	376	ANNETTE O DONOGHUE	F	FV55	ALLITHWAITE	00:51:37	00:51:26
134	416	HELEN BROCKLEBANK	F	FV40		00:51:45	00:51:33
135	377	MARK LYON-MARIS	M	MV55		00:52:04	00:51:52
136	233	MATT WARBY	M	MV50		00:52:17	00:51:55
137	345	DAVE RAWLINSON	M	MV45	WALNEY WIND CHEETAHS	00:52:32	00:52:27
138	349	REBECCA FISHER	F	FSEN	LEVEN VALLEY AC	00:52:43	00:52:36
139	284	CAITLIN FAWKES	F	FSEN	GLAXO HOAD HILL HARRIERS	00:52:46	00:52:35
140	211	NICOLA MOLLOY	F	FSEN	GLAXO HOAD HILL HARRIERS	00:52:47	00:52:34
141	240	CLIFF ETHERDEN	M	MV75		00:53:21	00:53:11
142	391	CHARLOTTE COOPER	F	FSEN	WALNEY WIND CHEETAHS	00:53:24	00:53:10
143	271	LAURA MAGUIRE	F	FSEN		00:53:25	00:53:11
144	203	AMY SINGLETON	F	FV40	WALNEY WIND CHEETAHS	00:53:26	00:53:13
145	342	MARIA BLAKEY	F	FV65	WALNEY WIND CHEETAHS	00:53:34	00:53:19
146	254	ZOE ROBINSON	F	FV45	HOWGILL HARRIERS	00:53:38	00:53:27
147	202	DAVID OWEN	M	MV65	MILLOM STRIDERS	00:54:05	00:53:53
148	351	PHILL TUXFORD	M	MV45		00:54:17	00:54:01
149	236	CHARLOTTE COPELAND	F	FSEN		00:54:19	00:53:59
150	304	JODIE REYNOLDS	F	FSEN		00:55:00	00:54:49
151	227	MATTHEW KNOX	M	MV40		00:55:03	00:54:43
152	251	SHARON COOPER	F	FV55	WALNEY WIND CHEETAHS	00:55:16	00:54:58
153	239	CHERIE SPEERS	F	FSEN		00:55:18	00:54:59
154	328	CRAIG MIDDLETON	M	MV55		00:55:21	00:55:02
155	404	COLIN CAMPBELL	M	MV60		00:55:37	00:55:27
156	214	TRACY BELL	F	FV55	WALNEY WIND CHEETAHS	00:55:52	00:55:38
157	390	CORMAC MURRAY	M	MSEN	GLAXO HOAD HILL HARRIERS	00:55:57	00:55:43
158	402	LES HILL	M	MV65	DUMFRIES RUNNING CLUB	00:56:12	00:55:58
159	414	JENNA MORAN	F	FSEN		00:56:24	00:56:08
160	415	PETE BROCKLEBANK	M	MV40		00:56:32	00:56:19
161	394	ALAN GOODINGS	M	MV50		00:56:32	00:56:22
162	289	AMY HESKETH	F	FSEN	WALNEY WIND CHEETAHS	00:56:36	00:56:22
163	320	ROBBIE GAFFNEY	M	MSEN	WALNEY WIND CHEETAHS	00:56:37	00:56:21
164	280	PAUL KIRTON	M	MV55	TETBURY DOLPHINS RUNNING CLUB	00:56:50	00:56:30
165	276	CATHRINE GRISDALE	F	FV65	BARROW AND FURNESS STRIDERS	00:56:53	00:56:41
166	278	BETH MULHOLLAND	F	FSEN		00:56:58	00:56:38
167	371	IAIN SMITH-WARD	M	MV55	LAKELAND ORIENTEERING CLUB	00:57:14	00:56:53
168	228	ROBERT MORTON	M	MV50		00:57:31	00:57:31
169	223	CAROLYN BROWN	F	FV50	WALNEY WIND CHEETAHS	00:57:49	00:57:34
170	274	STUART DANCER	M	MV50		00:57:59	00:57:39
171	272	MEGAN PHEAR	F	FSEN		00:58:12	00:57:52
172	230	CAROLINE GIBBON	F	FV40	FURNESS FELL RUNNERS	00:58:12	00:58:01
173	212	PHILIP SIMPSON	M	MV50	TRAWDEN AC	00:58:13	00:57:59
174	220	DAVID HERDMAN	M	MV60	MILLOM STRIDERS	00:58:18	00:57:57
175	213	AMANDA THOMAS	F	FSEN		00:58:27	00:58:09

176	315	CHRIS THOMAS	M	MSEN		00:58:28	00:58:09
177	400	AIMEE GOODINGS	F	FV40		00:58:45	00:58:34
178	344	SUZANNE BOYLE	F	FV50	WALNEY WIND CHEETAHS	00:59:00	00:58:44
179	398	CAROL MORRIS	F	FV65	WALNEY WIND CHEETAHS	00:59:02	00:58:44
180	383	SUSAN LUCAS	F	FV75	LANCASTER & MORECAMBE AC	00:59:23	00:59:03
181	257	KATE ARMSTRONG	F	FSEN		00:59:31	00:59:10
182	366	PAULA THOMSON	F	FV50	WALNEY WIND CHEETAHS	00:59:40	00:59:26
183	367	KAREN SINGLETON	F	FV60	WALNEY WIND CHEETAHS	01:00:25	01:00:08
184	340	ANDREW HEMSLEY	M	MV60	WALNEY WIND CHEETAHS	01:00:49	01:00:27
185	244	LUCY-ANNE RUANE	F	FV50		01:01:13	01:00:56
186	359	JESSICA QUINN	F	FSEN	WALNEY WIND CHEETAHS	01:01:15	01:00:56
187	265	HANNAH COOPER	F	FSEN		01:01:38	01:01:30
188	241	HOLLIE HARTLEY	F	FSEN	WALNEY WIND CHEETAHS	01:02:13	01:01:57
189	285	JANICE CALLISTER	F	FV55	WALNEY WIND CHEETAHS	01:02:14	01:01:57
190	352	BRENDA BAGLEY	F	FV65	WALNEY WIND CHEETAHS	01:03:01	01:02:43
191	222	MELISSA CAINE	F	FSEN	WALNEY WIND CHEETAHS	01:03:49	01:03:33
192	362	RICHARD TILEY	M	MV65		01:03:50	01:03:29
193	373	SOPHIE NEWSHAM	F	FSEN		01:03:57	01:03:42
194	242	NAOMI HILLMAN	F	FV40	WALNEY WIND CHEETAHS	01:04:01	01:03:45
195	264	SALLY DIXON	F	FSEN		01:04:17	01:04:10
196	259	ROB MCKEEVER	M	MV70	BLACK COMBE RUNNERS	01:04:24	01:04:17
197	385	MICHELLE WATT	F	FV55	ULVERSTON TRIATHLON CLUB	01:04:39	01:04:21
198	350	CARLA ROBBIE-TUXFORD	F	FV45		01:05:45	01:05:31
199	277	SONJA FARISH	F	FV55	BARROW AND FURNESS STRIDERS	01:06:37	01:06:16
200	237	TONY HOUGH	M	MV60		01:07:38	01:07:20
201	343	VAL FLEMING	F	FV70	WALNEY WIND CHEETAHS	01:08:01	01:07:44
202	392	JO-ANN ELLIS	F	FV45	WALNEY WIND CHEETAHS	01:08:03	01:07:45
203	201	WENDY CRAIK	F	FV60	MILLOM STRIDERS	01:09:54	01:09:32
204	310	JOHN SHERWEN	M	MV75		01:11:49	01:11:29
205	380	LINDA CROUD	F	FV65		01:12:14	01:11:53
206	301	KARL FURSEY	M	MV50	BLACK COMBE RUNNERS	01:13:46	01:13:22
207	275	STEPHEN GRISDALE	M	MV65	BARROW AND FURNESS STRIDERS	01:14:16	01:13:56
208	302	AMANDA STEELE	F	FV50	MILLOM STRIDERS	01:15:24	01:15:01
209	261	SHELLEY MYERS	F	FV40	MILLOM STRIDERS	01:15:58	01:15:34

Fun Run							
Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	1497	ELENA PROCTER	F	FJUN	LEVEN VALLEY AC	00:06:26	00:06:26
2	1500	GABRIELLE MURRAY	F	FJUN	LEVEN VALLEY AC	00:06:41	00:06:41
3	1499	JACY-KATE JEWITT	F	FJUN	FURNESS FELL RUNNERS	00:06:49	00:06:49
4	1494	BARNABY MARSHALL	M	MSEN		00:06:55	00:06:55
5	1403	PARKER BENSON	M	MJUN		00:07:15	00:07:15
6	1404	SONNY SOWERBY	M	MJUN		00:07:27	00:07:27
7	1405	HENRY CHATFIELD	M	MU16		00:07:30	00:07:30
8	1493	MARTHA JONES	F	FJUN		00:07:51	00:07:51
9	1492	BRUCE TURNER	M	MJUN		00:07:52	00:07:52
10	1485	HATTIE COOPER	F	FJUN		00:08:02	00:08:02
11	1489	STAN CASSIDY	M	MJUN		00:08:02	00:08:02
12	1490	BOBBY CASSIDY	M	MJUN		00:08:02	00:08:02
13	1416	OSWIN TURNER	M	MU16		00:08:10	00:08:10
14	1402	DAISY SOWERBY	F	FJUN		00:08:13	00:08:13
15	1415	JACK YORK	M	MU16		00:08:53	00:08:53
16	1488	OSCAR NORMAN	M	MJUN		00:09:04	00:09:04
17	1413	JASPER COWARD	M	MU16		00:09:15	00:09:15
18	1408	ELEANOR CAINE	F	FU16		00:09:23	00:09:23
19	1411	ELIDI JACKSON	F	FU16		00:09:25	00:09:25
20	1412	LEXI FISHER	F	FU16		00:09:35	00:09:35
21	1409	KEATON CAINE	M	MU16		00:09:39	00:09:39
22	1414	HENRY COWARD	M	MU16		00:09:50	00:09:50

23	1410	ARI JACKSON	M	MU16		00:09:56	00:09:56
24	1495	PENNY BREMNER	F	FJUN		00:10:13	00:10:13
25	1496	HARRIS PROCTER	M	MJUN		00:10:17	00:10:17
26	1406	JACOB CHATFIELD	M	MU16		00:10:29	00:10:29
27	1407	EMMA CHATFIELD	F	FSEN		00:10:31	00:10:31
28	1486	FINLAY RAWLINSON	M	MJUN	WALNEY WIND CHEETAHS	00:10:38	00:10:38
29	1401	SARAH MASON	F	FV40		00:11:14	00:11:14
30	1483	CAMILLE SPEERS	F	FJUN		00:11:20	00:11:20
31	1484	AMBER OXLEY	F	FJUN		00:11:40	00:11:40
32	1491	LUCAS TURNER	M	MJUN		00:11:53	00:11:53
33	1487	KIERAN RAWLINSON	M	MJUN	WALNEY WIND CHEETAHS	00:12:22	00:12:22
34	1498	THEO QUIGLEY	M	MJUN		00:12:55	00:12:55