

Keswick

	Bib num	Name	Club	Time	Start time	Actual Time	
Senior Men							
1	409	Jules Hatcher	Border	00:36:00	00:06:00	00:30:00	V45
2	447	Rob Brown	Keswick	00:36:46	00:06:00	00:30:46	V40
3	387	Joe Todd	Kendal	00:37:36	00:06:00	00:31:36	V45
4	361	Graham Airey	Keswick	00:37:52	00:06:00	00:31:52	V45
5	422	Phil Mather	Sedbergh School	00:38:12	00:06:00	00:32:12	V35
6	459	Richard Wilson	Kendal	00:38:20	00:06:00	00:32:20	V40
7	460	Matt Wilson	Kendal	00:38:35	00:06:00	00:32:35	V45
8	407	Jonny Lowe	Border	00:38:48	00:06:00	00:32:48	V40
9	369	Phil Cooper	Eden Runners	00:38:51	00:06:00	00:32:51	V45
10	446	Michael Bain	Netherhall	00:39:46	00:06:00	00:33:46	V40
11	375	Stephen Hackley	Derwent	00:40:17	00:06:00	00:34:17	V40
12	377	Mike James	Unattached	00:40:42	00:06:00	00:34:42	V50
13	451	Kevin Hull	Border	00:41:17	00:06:00	00:35:17	V50
14	441	Danny Seddon-Robert	Sedbergh School	00:41:53	00:06:00	00:35:53	V35
15	412	Jonathan Tombs	Eden Runners	00:44:27	00:06:00	00:38:27	V50
16	372	Anthony Davis	Derwent	00:45:41	00:06:00	00:39:41	V60
17	461	Colin Valentine	Keswick	00:52:57	00:06:00	00:46:57	V60

Teams

- 1 Border H (Jules Hatcher, Jonny Lowe, Kevin Hull)
- 2 Keswick (Rob Brown, Graham Airey, Colin Valentine)

Senior Women

1	293	Fiona Todd	Border	00:35:34		00:35:34	V45
2	271	Emma Nielson	Eden Runners	00:38:25		00:38:25	V45
3	322	Elizabeth Watson	Derwent	00:38:31		00:38:31	V35
4	323	Fiona Smith	Border	00:38:37		00:38:37	V50
5	319	Rosie Holliday	DH Runners	00:40:08		00:40:08	V35
6	269	Kathryn Metcalfe	Eden Runners	00:40:15		00:40:15	V45
7	282	Lorna Askew	Helm Hill	00:41:05		00:41:05	V50
8	305	Teresa Medley	Border	00:41:38		00:41:38	V50
9	316	Hazel Clark	Kendal	00:42:11		00:42:11	V40
10	312	Liz Wilson	Unattached	00:42:52		00:42:52	V40
11	278	Angela Watson	Eden Runners	00:43:33		00:43:33	V40
12	320	Carolyn Kevan	Kendal	00:44:45		00:44:45	V60
13	268	Jill Libby	Eden Runners	00:49:05		00:49:05	V60
14	301	Lindsay Graham	DH Runners	00:49:42		00:49:42	V40

Teams

- 1 Eden Runners (Emma Nielson, Angela Watson, Jill Libby)