

10k							
Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	338	WILLIAM WEATHERILL	M	MSEN	AMBLESIDE AC	00:31:45	00:31:45
2	306	FRASER MINNICAN	M	MSEN	LEVEN VALLEY AC	00:32:17	00:32:17
3	111	HARRY PARTINGTON	M	MSEN	SALFORD HARRIERS & AC	00:32:56	00:32:56
4	328	WILL MCNALLY	M	MSEN	LEVEN VALLEY AC	00:33:26	00:33:26
5	903	ROSS CAMPBELL	M	MSEN	LEVEN VALLEY AC	00:34:05	00:34:05
6	156	DAN CROSBY	M	MSEN	4ZERO RUN CLUB	00:34:12	00:34:11
7	302	ALEX MEADOWCROFT	M	MSEN		00:35:04	00:35:03
8	171	RUDI COLMAN	M	MSEN	4ZERO RUN CLUB	00:35:06	00:35:03
9	438	DAVID FULFORD	M	MV45	HOAD HILL HARRIERS	00:35:22	00:35:21
10	257	MARK BENSON	M	MV45	TRI LAKELAND	00:35:26	00:35:24
11	136	SCOTT SMITH	M	MV50	HOAD HILL HARRIERS	00:35:44	00:35:43
12	475	GRAHAM JESSOP	M	MSEN	HOAD HILL HARRIERS	00:36:06	00:36:05
13	272	RICHARD WILSON	M	MV45	KENDAL AMATEUR ATHLETIC CLUB	00:36:07	00:36:06
14	454	GAVIN LLOYD	M	MSEN	BLACK COMBE RUNNERS	00:36:14	00:36:13
15	450	RORY ALDERSON	M	MSEN	LANCASTER & MORECAMBE AC	00:36:15	00:36:11
16	451	STEPHEN HERBERT	M	MSEN	HOAD HILL HARRIERS	00:36:22	00:36:19
17	117	CHRISTIAN WHITE	M	MSEN		00:36:43	00:36:41
18	305	SCOTT BREMNER	M	MSEN	HOAD HILL HARRIERS	00:36:56	00:36:54
19	899	BOB ATKINSON	M	MV65	BARROW & FURNESS STRIDERS AC	00:37:20	00:37:19
20	183	CHARLIE JEFFREY	M	MSEN	HOAD HILL HARRIERS	00:37:24	00:37:19
21	308	DARREN COWARD	M	MSEN	HOAD HILL HARRIERS	00:37:38	00:37:36
22	290	ADAM GUJRAL	M	MSEN	LANCASTER & MORECAMBE AC	00:37:56	00:37:51
23	261	CHRIS SWAINSON	M	MSEN	RAMSBOTTOM RUNNING CLUB	00:37:56	00:37:52
24	480	THOMAS MACDONALD	M	MSEN		00:38:03	00:38:00
25	124	MATT WILSON	M	MV50	KENDAL AMATEUR ATHLETIC CLUB	00:38:05	00:38:04
26	259	STUART GARNETT	M	MV40		00:38:13	00:38:12
27	364	MITCH DANCER	M	MSEN		00:38:19	00:38:16
28	433	HARVEY JEFFREY	M	MSEN		00:38:29	00:38:18
29	147	BÉN CÄLDWÉLL	M	MSEN		00:38:34	00:38:32
30	221	SAM DIXON	M	MSEN	WALNEY WIND CHEETAHS	00:38:38	00:38:36
31	310	RORY ANDERSON	M	MSEN		00:38:41	00:38:36
32	255	ANDY WOOF	M	MV40	GARSTANG RUNNING CLUB	00:38:49	00:38:45
33	463	MATTHEW MITCHELL	M	MV40	LANCASTER & MORECAMBE AC	00:38:53	00:38:48
34	448	CHARLES MARTIN	M	MSEN		00:39:05	00:39:04
35	217	CAMERON DOYLE	M	MSEN		00:39:08	00:39:06
36	351	CHRIS HUBBOLD	M	MSEN		00:39:09	00:39:02
37	363	PHIL CUBIN	M	MV40	INDUSTRY 13 GYM	00:39:31	00:39:28
38	375	MATTHEW ARCHER	M	MSEN		00:39:34	00:39:29
39	155	REBECCA RENNIE	F	FSEN		00:39:51	00:39:45
40	482	MARK DICKINSON	M	MSEN	MILLOM STRIDERS	00:39:54	00:39:51
41	304	DANIEL BOOTH	M	MSEN	HOAD HILL HARRIERS	00:40:01	00:39:57
42	906	JONATHAN CADE	M	MV40		00:40:02	00:39:53
43	311	JAMES PERRY	M	MSEN	HOAD HILL HARRIERS	00:40:04	00:40:00
44	185	CHRISTOPHER PYLE	M	MV50	LANCASTER & MORECAMBE AC	00:40:12	00:40:07
45	274	ROBERT INMAN	M	MV45	HOAD HILL HARRIERS	00:40:15	00:40:11
46	210	JAMIE SAUNDERS	M	MSEN		00:40:17	00:40:14
47	898	GARY DOVER	M	MV60	HOAD HILL HARRIERS	00:40:26	00:40:24
48	425	PHIL SMITH	M	MV50		00:40:27	00:40:23
49	365	SAUL KEMP	M	MSEN		00:40:50	00:40:46
50	464	MARK TODD	M	MV40	HOAD HILL HARRIERS	00:40:51	00:40:39
51	318	CHARLES MITCHELL	M	MV50	WALNEY WIND CHEETAHS	00:41:26	00:41:20
52	474	GLENN BOULTER	M	MV45	HOAD HILL HARRIERS	00:41:30	00:41:22
53	162	LAUREN BOOTH	F	FSEN	HOAD HILL HARRIERS	00:41:31	00:41:26
54	180	THOMAS PARK	M	MSEN		00:41:36	00:41:25
55	360	LOUIS VICK	M	MSEN		00:41:38	00:41:34
56	278	HOWARD LINDOW	M	MV45	HOAD HILL HARRIERS	00:41:50	00:41:42

57	298	JACK RICHARDS	M	MSEN	HOAD HILL HARRIERS	00:41:53	00:41:37
58	382	EDD BRYSON	M	MSEN		00:41:56	00:41:54
59	253	RICHARD MORGAN	M	MV40	BLACK COMBE RUNNERS	00:42:06	00:41:57
60	291	IAN SADLER	M	MV60	WALNEY WIND CHEETAHS	00:42:08	00:42:02
61	350	DEVKEE TRIVEDI	F	FSEN	HOAD HILL HARRIERS	00:42:11	00:42:04
62	260	KAI ATHERSMITH	M	MSEN		00:42:20	00:42:15
63	220	XAVIER WATSON	M	MSEN		00:42:22	00:42:14
64	352	JOE HORSLEY	M	MV45	WALNEY WIND CHEETAHS	00:42:23	00:42:08
65	127	JAY BARKER	M	MSEN		00:42:25	00:42:16
66	130	TANIA HUDDLESTON	F	FV40	HOAD HILL HARRIERS	00:42:32	00:42:23
67	462	LUKE WALKER	M	MSEN		00:42:39	00:42:28
68	121	ANNIE RIGG	F	FSEN	MILLOM STRIDERS	00:42:47	00:42:47
69	469	ROBERT CLEMENT	M	MSEN		00:42:56	00:42:52
70	441	SAM SCOTT	M	MSEN		00:43:06	00:43:03
71	150	KYLE SWINBURNE	M	MSEN	WALNEY WIND CHEETAHS	00:43:08	00:43:02
72	329	JONATHAN TOMBS	M	MV55	EDEN RUNNERS	00:43:11	00:43:08
73	366	LUCA BALDASSARRE	M	MU16		00:43:14	00:42:46
74	214	NATHAN PARK	M	MV40		00:43:14	00:43:01
75	341	SIMON MURRAY	M	MV40	HOAD HILL HARRIERS	00:43:22	00:43:12
76	316	KIERAN IRELAND	M	MSEN	WALNEY WIND CHEETAHS	00:43:31	00:43:24
77	440	JOHN RODGERS	M	MV55	MILLOM STRIDERS	00:43:39	00:43:35
78	222	HARRY MCMURDO	M	MSEN	WALNEY WIND CHEETAHS	00:43:39	00:43:33
79	140	WILL HETHERINGTON	M	MSEN		00:43:49	00:43:37
80	186	CHARLOTTE MORRIS	F	FSEN		00:43:57	00:43:49
81	344	MITCH STIMSON	M	MSEN		00:44:05	00:43:56
82	386	ROB DAVIES	M	MV50	HOAD HILL HARRIERS	00:44:18	00:44:09
83	163	BECKIE RIPLEY	F	FSEN	HOAD HILL HARRIERS	00:44:30	00:44:23
84	224	MOLLY RIDING	F	FSEN	BLACK COMBE RUNNERS	00:44:34	00:44:26
85	377	SAM STEPHENSON	M	MSEN	BLACK COMBE RUNNERS	00:44:35	00:44:26
86	468	GRACE JACKSON	F	FSEN	MILLOM STRIDERS	00:44:43	00:44:35
87	178	LOIS DALY	F	FSEN		00:44:45	00:44:15
88	252	JOANNE MCLEOD	F	FV60	HOAD HILL HARRIERS	00:44:52	00:44:41
89	256	TOM SOUTHWARD	M	MV40	HOAD HILL HARRIERS	00:44:52	00:44:41
90	333	SCOTT CRAWFORD	M	MSEN		00:44:55	00:44:41
91	122	GAZ JONES	M	MV45		00:44:59	00:44:52
92	223	GRANT DIXON	M	MV45		00:45:08	00:45:05
93	232	JAMES MCALISTER	M	MSEN		00:45:08	00:44:55
94	367	MAX ROBSON	M	MU16		00:45:09	00:44:41
95	449	ANDREW SPENCE	M	MSEN	HOAD HILL HARRIERS	00:45:11	00:44:54
96	264	DYLAN BROWN	M	MSEN		00:45:13	00:44:49
97	205	LIAM ZACCARINI	M	MSEN		00:45:20	00:45:00
98	383	JONATHAN ILETT	M	MV45		00:45:24	00:44:57
99	446	CARWYN MORGAN	M	MV45		00:45:26	00:45:09
100	353	BRENDAN ASHTON	M	MV55		00:45:36	00:45:20
101	335	SUZY SLAUGHTER	F	FSEN		00:45:41	00:45:24
102	327	ELIZABETH MCNALLY	F	FV50	LEVEN VALLEY AC	00:45:50	00:45:37
103	215	ANNA EDEN	F	FSEN		00:46:03	00:45:48
104	385	LAURIE GILROY	M	MSEN		00:46:06	00:45:46
105	294	LAYTON FRENCH	M	MSEN		00:46:11	00:45:56
106	473	BEN CHARNLEY	M	MV40		00:46:14	00:46:01
107	174	NATASHA GRAY	F	FSEN	HOAD HILL HARRIERS	00:46:15	00:46:09
108	254	DANIEL STACEY	M	MSEN		00:46:31	00:46:28
109	200	JOE QUIRK	M	MSEN		00:46:44	00:46:41
110	204	ALEX JENNINGS	M	MSEN		00:46:44	00:46:34
111	165	MARTIN PYRAH	M	MV55	VEGAN RUNNERS UK	00:46:44	00:46:22
112	173	ROWAN BARTON	M	MSEN	HOAD HILL HARRIERS	00:46:46	00:46:41
113	123	GEORGE MABEY	M	MSEN	HOAD HILL HARRIERS	00:46:52	00:46:38
114	435	DANIEL LEAN	M	MSEN		00:46:58	00:46:34

115	477	MATTHEW GRAHAM	M	MSEN		00:46:59	00:46:48
116	184	JAKE REYNOLDS	M	MSEN		00:47:01	00:46:52
117	476	JOHN MOORE	M	MSEN		00:47:05	00:47:02
118	262	CHARLOTTE COPELAND	F	FSEN		00:47:14	00:47:09
119	231	OLIVER HUME	M	MSEN		00:47:15	00:46:51
120	277	AMY SINGLETON	F	FV45	WALNEY WIND CHEETAHS	00:47:24	00:47:10
121	1452	ROB GERRARD	M	MV50		00:47:26	00:47:17
122	187	ROBERT REAY	M	MV40		00:47:29	00:47:06
123	172	JACK WALKER	M	MSEN		00:47:35	00:47:32
124	149	CORIN THOMPSON	M	MSEN	BLACK COMBE RUNNERS	00:47:37	00:47:33
125	296	DAISY TURNER	F	FSEN	HOAD HILL HARRIERS	00:47:45	00:47:37
126	134	BENJI GRUNDY	M	MSEN	BLACK COMBE RUNNERS	00:48:06	00:47:52
127	325	RYAN REESON	M	MSEN		00:48:23	00:48:06
128	208	CARLOS WONG	M	MSEN		00:48:25	00:47:59
129	293	JASON CORDES	M	MV40	WALNEY WIND CHEETAHS	00:48:32	00:48:07
130	434	MAX SHEPPARD	M	MSEN		00:48:39	00:48:16
131	148	JIM NOLAN	M	MV60	MILLOM STRIDERS	00:48:51	00:48:49
132	422	BOYD LAURIE	M	MU18		00:48:52	00:48:31
133	283	JOSHUA COX	M	MSEN		00:48:55	00:48:40
134	161	IONA BARROWDALE-SMITH	F	FSEN	LEVEN VALLEY AC	00:49:00	00:48:47
135	349	GEMMA HYDE	F	FSEN		00:49:01	00:48:32
136	280	CHRIS PUNTON	M	MV40	WALNEY WIND CHEETAHS	00:49:01	00:48:36
137	300	PHILIP HORROCKS	M	MV60	WALNEY WIND CHEETAHS	00:49:03	00:48:35
138	339	JESS DALTON	F	FSEN		00:49:04	00:48:49
139	340	STEVEN HARTLE	M	MV40		00:49:04	00:48:48
140	164	RACHAEL BAXTER	F	FSEN		00:49:09	00:48:57
141	437	TOM WAYWELL	M	MSEN		00:49:10	00:48:47
142	342	SAM POTTER	M	MSEN		00:49:13	00:48:39
143	158	KENNY MCMILLAN	M	MV45		00:49:16	00:49:07
144	166	PAUL STANFIELD	M	MV50		00:49:16	00:49:06
145	281	PHIL GOADBY	M	MV45		00:49:19	00:48:48
146	470	DOMINIQUE WARNER	F	FV45	HOAD HILL HARRIERS	00:49:23	00:49:08
147	268	ALEMART MARTIN	M	MSEN		00:49:26	00:48:47
148	115	JESSICA GRAHAM	F	FSEN		00:49:27	00:49:21
149	275	EDWARD SINGLETON	M	MSEN	WALNEY WIND CHEETAHS	00:49:28	00:49:11
150	196	MACKENZIE SHEPHERD	F	FSEN		00:49:37	00:49:32
151	424	DEBORAH MORAN	F	FV60		00:49:46	00:49:24
152	458	NEIL MACDONALD	M	MV60	MILLOM STRIDERS	00:49:47	00:49:25
153	213	JOHN BARRAND	M	MSEN		00:49:54	00:49:42
154	207	CRAIG MIDDLETON	M	MV55	WALNEY WIND CHEETAHS	00:50:01	00:49:46
155	182	RACHEL PARK	F	FSEN		00:50:02	00:49:49
156	181	JAMIE PARK	M	MSEN		00:50:02	00:49:50
157	209	GAVIN COVERLEY	M	MV40		00:50:04	00:49:29
158	479	NICOLA MOLLOY	F	FSEN	HOAD HILL HARRIERS	00:50:04	00:49:42
159	359	JOEL ALLONBY	M	MSEN		00:50:08	00:49:48
160	358	JAMES THOMAS	M	MSEN	100 MARATHON CLUB	00:50:08	00:49:49
161	419	RACHEL READ	F	FV60	BLACK COMBE RUNNERS	00:50:09	00:49:56
162	211	JONNY DRAKE	M	MSEN		00:50:11	00:49:36
163	374	RYAN KEARNEY	M	MSEN	HOAD HILL HARRIERS	00:50:21	00:50:12
164	381	JESS LACEY	F	FSEN		00:50:29	00:50:22
165	157	JAMIE YORK	M	MV45		00:50:30	00:50:23
166	309	PHIL WHITEHURST	M	MV65		00:50:31	00:50:21
167	326	ANDREW STOKES	M	MV70	DALLAM RUNNING CLUB	00:50:49	00:50:35
168	133	WILLIAM SHARP	M	MV70	WALNEY WIND CHEETAHS	00:50:58	00:50:30
169	910	DENNIS METCALFE	M	MV75	HOAD HILL HARRIERS	00:50:59	00:50:36
170	153	JOHN CALVERT	M	MV45		00:51:05	00:50:56
171	230	JAMES VERITY	M	MSEN		00:51:12	00:50:52
172	138	KARL MCDONAGH	M	MSEN		00:51:17	00:50:58

173	197	EUAN MCKINNON	M	MV50		00:51:18	00:50:50
174	370	SCARLETT WIGLEY	F	FU18		00:51:24	00:50:51
175	372	CASPER WIGLEY	M	MU16		00:51:24	00:50:52
176	418	ROBERT BLACKBURN	M	MSEN	WALNEY WIND CHEETAHS	00:51:33	00:51:15
177	218	JAMES GOFFE	M	MV65	BLACK COMBE RUNNERS	00:51:39	00:51:30
178	216	DAMIEN MCMURTHA	M	MSEN		00:51:45	00:51:09
179	355	BECKY COLEMAN	F	FV40	DALTON DASHERS	00:51:51	00:51:37
180	307	PAULA FERMOYLE	F	FSEN	WALNEY WIND CHEETAHS	00:51:53	00:51:28
181	324	KAREN MAGGIO-POYNTZ	F	FV55	WALNEY WIND CHEETAHS	00:51:55	00:51:39
182	198	PAUL WILLETTS	M	MV55	WALNEY WIND CHEETAHS	00:52:13	00:51:44
183	195	BEN WALLACE	M	MSEN		00:52:23	00:52:04
184	347	LAURA MAGUIRE	F	FSEN	WALNEY WIND CHEETAHS	00:52:24	00:52:07
185	225	JOHN GILL	M	MV60		00:52:25	00:52:04
186	332	MARTIN WILSON	M	MV40	4ZERO RUN CLUB	00:52:27	00:52:20
187	421	LAURA THOMPSON	F	FSEN	HOAD HILL HARRIERS	00:52:44	00:52:34
188	911	CHARLIE O'HARE	M	MSEN	WALNEY WIND CHEETAHS	00:52:44	00:52:34
189	160	MAX HUSTWICK	M	MSEN		00:52:57	00:52:34
190	212	ALI BAQAI	M	MSEN		00:52:59	00:52:44
191	460	CALUM RANKINE-MCINTOSH	M	MSEN		00:53:04	00:52:40
192	912	JOSH WOODBURN	M	MSEN		00:53:07	00:53:04
193	113	JOSEPH FRASER	M	MSEN		00:53:09	00:53:03
194	472	MICAH WARNER	M	MU18		00:53:18	00:53:03
195	179	DAVID GLOVER	M	MV40		00:53:22	00:53:11
196	471	NICK WARNER	M	MV45		00:53:24	00:53:09
197	380	JEMIMA PEDLEY	F	FSEN		00:53:30	00:53:22
198	193	CHRISTOPHER MARTIN	M	MV55		00:53:34	00:53:07
199	321	PARISH MINTON	F	FSEN		00:53:40	00:53:27
200	191	HANNAH PENKETT	F	FSEN		00:53:44	00:53:33
201	159	JOE HOLDEN	M	MSEN		00:53:48	00:53:27
202	455	MARIA BLAKEY	F	FV65	WALNEY WIND CHEETAHS	00:53:52	00:53:41
203	146	DEVEN SCOTT	F	FSEN		00:53:57	00:53:42
204	109	FRANK MCKEOWN	M	MV55	HOAD HILL HARRIERS	00:53:59	00:53:28
205	132	ALAN GOODINGS	M	MV50		00:54:02	00:54:02
206	190	SIMONE EVANS	F	FSEN	MILLOM STRIDERS	00:54:08	00:53:59
207	289	CAROL PARK	F	FV60	WALNEY WIND CHEETAHS	00:54:10	00:53:42
208	141	GRANT JEFFREY	M	MV55		00:54:16	00:53:52
209	295	COIN BENN	M	MV70	MILLOM STRIDERS	00:54:20	00:53:50
210	285	CATRIN JONES	F	FSEN		00:54:23	00:54:09
211	120	SPENCER PARRY	M	MSEN		00:54:23	00:54:08
212	336	AIDAN CORNER	M	MSEN		00:54:23	00:53:51
213	229	SHANTHI SMITH	F	FV40		00:54:24	00:53:55
214	384	MITCHELL MCKENZIE	M	MSEN		00:54:26	00:54:06
215	459	DANIELLE VIAL	F	FSEN		00:54:33	00:54:21
216	456	LEANNE JACKSON	F	FV40	BLACK COMBE RUNNERS	00:54:51	00:54:36
217	481	JAMIE-LEIGH CURRIE	F	FSEN		00:55:11	00:54:39
218	478	CORMAC MURRAY	M	MSEN	HOAD HILL HARRIERS	00:55:20	00:54:49
219	457	JEAN ABRUZZO	F	FV40	WALNEY WIND CHEETAHS	00:55:23	00:55:07
220	144	JAMIE SPEDDING	M	MV40		00:55:24	00:55:03
221	428	KAY WHITTLE	F	FV65	DRJ PERFORMANCE	00:55:29	00:54:59
222	461	AMY HESKETH	F	FSEN	WALNEY WIND CHEETAHS	00:55:33	00:55:04
223	116	ANGELA SPENCER	F	FV40	HOAD HILL HARRIERS	00:55:34	00:55:04
224	445	MATILDA WILKINSON	F	FV40		00:55:47	00:55:15
225	152	LIZ STRICKLAND	F	FV55	HOAD HILL HARRIERS	00:55:49	00:55:32
226	315	MARK LYON-MARIS	M	MV55		00:55:52	00:55:28
227	436	JOSHUA FAWCETT	M	MSEN		00:55:55	00:55:30
228	273	SIMON DOLMAN	M	MV50	DH RUNNERS	00:55:55	00:55:35
229	286	JAMES FEATHERSTONE	M	MV65		00:56:01	00:55:20
230	189	SOPHIE GREEN	F	FSEN	DRAGONS RUNNING CLUB (SALE)	00:56:09	00:55:49

231	110	JACK FOGARTY	M	MSEN	CORNELLY STRIDERS AC	00:56:10	00:55:50
232	905	LUCY JACKSON-JONES	F	FV40	BCCCRANDC	00:56:18	00:56:12
233	234	ROBBIE GAFFNEY	M	MSEN	WALNEY WIND CHEETAHS	00:56:19	00:56:02
234	301	LAURA JAMES	F	FSEN		00:56:19	00:55:40
235	334	SOPHIE ETHERIDGE	F	FSEN		00:56:25	00:56:02
236	128	CHRIS ELLWOOD	M	MSEN		00:56:32	00:56:25
237	346	CATHRINE GRISDALE	F	FV65	BARROW & FURNESS STRIDERS AC	00:56:34	00:56:24
238	202	SAMUEL COOK	M	MSEN		00:56:37	00:56:01
239	203	ELEANOR LOWTHER	F	FSEN		00:56:37	00:56:00
240	373	ALISON EMERY	F	FV50		00:56:39	00:56:29
241	177	NICOLA STOCK	F	FSEN		00:56:41	00:56:29
242	331	KIM WILSON	F	FSEN		00:56:54	00:56:46
243	417	JOSHUA SNALAM	M	MV40	HOAD HILL HARRIERS	00:57:00	00:56:38
244	169	CHRISSI GIFFORD	F	FSEN	HOAD HILL HARRIERS	00:57:09	00:56:50
245	284	TRACY BELL	F	FV55	WALNEY WIND CHEETAHS	00:57:12	00:56:45
246	343	JOSEPH BECKETT	M	MSEN		00:57:16	00:56:42
247	145	JAMES SCOTT	M	MV40		00:57:19	00:57:05
248	431	DAWN MCCracken	F	FV55	CITY OF LANCASTER TRIATHLON	00:57:22	00:56:58
249	371	THEO WIGLEY	M	MU18		00:57:23	00:56:50
250	151	JOANNA BRADSHAW	F	FV40	HOAD HILL HARRIERS	00:57:24	00:57:05
251	139	JOSEPH PHIZACKLEA	M	MSEN		00:57:26	00:57:06
252	236	CHARLOTTE CANNON	F	FSEN		00:57:45	00:57:34
253	237	AMEYAH HARRISON	F	FSEN		00:57:46	00:57:34
254	125	TAYLA SMITH	M	MSEN		00:57:46	00:57:24
255	465	AMY WILSON	F	FSEN		00:57:48	00:57:26
256	219	ISABELLE HIBBERT	F	FSEN		00:57:58	00:57:19
257	168	LOUISE EVANS	F	FV45		00:57:59	00:57:21
258	313	EMMA LUPTON	F	FV40		00:57:59	00:57:20
259	167	JENNA PUGH	F	FV40		00:57:59	00:57:21
260	270	JASON CAINE	M	MSEN	WALNEY WIND CHEETAHS	00:58:09	00:57:51
261	271	MELISSA CAINE	F	FSEN	WALNEY WIND CHEETAHS	00:58:10	00:57:53
262	447	BECCA MCGEOUGH	F	FSEN		00:58:15	00:58:06
263	432	DAVE RAWLINSON	M	MV45	WALNEY WIND CHEETAHS	00:58:33	00:58:13
264	330	REBEKAH JONES	F	FV55		00:58:45	00:58:06
265	466	SOPHIE ROUSE	F	FSEN		00:58:47	00:58:23
266	320	TARRYN JESSOP	F	FSEN	HOAD HILL HARRIERS	00:59:08	00:58:39
267	228	CRAIG ANDERSON	M	MV40		00:59:11	00:58:44
268	233	ALESSIA DE FEO	F	FSEN		00:59:28	00:59:04
269	312	MICHAEL WEBB	M	MV55		00:59:32	00:59:06
270	420	MORGAN TREADWELL	F	FSEN		00:59:33	00:59:13
271	423	TERRY PEET	M	MV70	WALNEY WIND CHEETAHS	00:59:37	00:58:56
272	135	AIMEE GOODINGS	F	FV40	TWISTED RUNNING	00:59:54	00:59:41
273	192	JOHN TODD	M	MV40		01:00:51	01:00:39
274	916	ALISON CURRIE	F	FV55	VEGAN RUNNERS UK	01:00:58	01:00:20
275	137	ROWAN SMITH	F	FSEN		01:01:09	01:00:40
276	323	KAREN SINGLETON	F	FV60	WALNEY WIND CHEETAHS	01:01:14	01:00:47
277	376	MARTHA BOZIC	F	FSEN		01:01:15	01:00:31
278	357	EDEN PARKINSON	M	MV55		01:01:19	01:00:36
279	206	KIRSTY MIDDLETON	F	FV45	WALNEY WIND CHEETAHS	01:01:25	01:00:59
280	282	BRENDA BAGLEY	F	FV70	WALNEY WIND CHEETAHS	01:01:39	01:01:09
281	369	JONATHAN HARRIS	M	MV55	DROITWICH AC	01:01:42	01:00:59
282	129	LYNNE HOLMES	F	FV55	WALNEY WIND CHEETAHS	01:02:18	01:01:50
283	427	MICHAEL RYAN	M	MV60	MILLOM STRIDERS	01:02:18	01:01:45
284	276	CLAIRE GREEN	F	FV40	WALNEY WIND CHEETAHS	01:02:19	01:01:41
285	235	ADELE DIXON	F	FV45		01:02:30	01:02:04
286	175	TONY HOUGH	M	MV65		01:02:34	01:02:05
287	348	LOUISE BURKE	F	FV55		01:02:36	01:02:07
288	444	TRACY HODGSON	F	FV60	WALNEY WIND CHEETAHS	01:02:42	01:02:15

289	114	IAN WOOD	M	MV50	4ZERO RUN CLUB	01:02:45	01:02:27
290	430	JESSICA MCCRACKEN	F	FSEN		01:02:49	01:02:29
291	314	ROBERT HUDSON	M	MSEN		01:02:51	01:02:32
292	176	JANICE CALLISTER	F	FV60	WALNEY WIND CHEETAHS	01:03:33	01:03:07
293	429	HELEN WHARTON	F	FV60		01:03:34	01:03:07
294	258	DAVID HERDMAN	M	MV60	MILLOM STRIDERS	01:03:41	01:03:01
295	279	PAULA WESTWOOD	F	FV40	WALNEY WIND CHEETAHS	01:03:57	01:03:31
296	188	ANDREW HEMSLEY	M	MV60	WALNEY WIND CHEETAHS	01:03:59	01:03:28
297	388	ROSEANNE WILLISON-PARRY	F	FSEN		01:04:11	01:03:58
298	194	LEAH SPENDLOVE	F	FSEN		01:04:12	01:03:36
299	387	HOLLY NUTTALL	F	FSEN		01:04:12	01:04:02
300	467	OLIVIA HESKETH	F	FSEN		01:04:17	01:03:53
301	292	BEN GRIFFITHS	M	MSEN		01:04:19	01:03:58
302	439	LEAH SCOTT	F	FSEN		01:04:21	01:03:58
303	303	EVIE JEAVONS	F	FSEN		01:04:21	01:03:56
304	199	BARRY SAUNDERS	M	MV55		01:04:33	01:03:59
305	267	KERRY CHAPPLE	F	FV40	MILLOM STRIDERS	01:04:42	01:04:09
306	288	SHANNON ETCHELLS	F	FSEN		01:04:44	01:04:09
307	287	ALAN ETCHELLS	M	MV50		01:04:44	01:04:10
308	154	SAM CLUGSTON	M	MSEN		01:04:58	01:04:22
309	226	CHLOE DIXON	F	FSEN		01:05:28	01:04:46
310	915	GEMMA MC	F	FV40		01:05:30	01:04:51
311	914	DAWN OSMAN	F	FV45		01:05:30	01:04:52
312	131	CATHERINE OBLIOSCA	F	FSEN		01:05:41	01:05:01
313	379	STEPHANIE BUTTRISS	F	FSEN		01:05:49	01:05:32
314	361	CAROL MORRIS	F	FV65	WALNEY WIND CHEETAHS	01:06:42	01:06:13
315	322	CAROLYN BROWN	F	FV50	WALNEY WIND CHEETAHS	01:06:42	01:06:13
316	118	LINDA DAWSON	F	FV60	MILLOM STRIDERS	01:06:43	01:06:11
317	266	PRANEE HARRISON	F	FV45	MILLOM STRIDERS	01:06:57	01:06:20
318	904	COLIN CAMPBELL	M	MV60		01:07:29	01:06:55
319	443	AMANDA JAMES	F	FV55		01:07:40	01:07:15
320	378	ALYSHA MOORE	F	FSEN		01:08:01	01:07:44
321	227	SOPHIE BRZEZINSKI	F	FSEN		01:08:12	01:07:30
322	269	ANDY WOODS	M	MV70	MILLOM STRIDERS	01:08:46	01:08:13
323	299	VAL FLEMING	F	FV70	WALNEY WIND CHEETAHS	01:09:01	01:08:30
324	112	SHELLEY MYERS	F	FV40	MILLOM STRIDERS	01:09:52	01:09:15
325	263	JOHN SHERWEN	M	MV75		01:11:02	01:10:18
326	201	KIMBERLY JAMES	F	FSEN		01:11:22	01:10:40
327	356	ADELE MYERS	F	FSEN		01:11:55	01:11:13
328	354	KATIE KEEGAN	F	FSEN		01:11:55	01:11:13
329	126	KIRSTY BAGSHAW	F	FV40	MILLOM STRIDERS	01:12:06	01:11:29
330	901	NICOLA VOGLER	F	FV40	BLACK COMBE RUNNERS	01:12:09	01:12:03
331	319	LAUREN SMITH	F	FSEN		01:14:25	01:13:53
332	337	AIMEE TAYLOR	F	FSEN	4ZERO RUN CLUB	01:14:25	01:13:53
333	119	MILLY WILSON	F	FV55	MILLOM STRIDERS	01:14:47	01:14:12
334	368	SIS KAUR	F	FV55		01:15:20	01:14:36
335	265	WENDY CRAIK	F	FV60	MILLOM STRIDERS	01:15:38	01:15:00
336	426	AMANDA STEELE	F	FV50	MILLOM STRIDERS	01:16:02	01:15:25
337	362	NICHOLAS LOCOCK	M	MSEN		01:16:12	01:15:31
338	453	MARIE-ANNE KENT	F	FV60		01:18:10	01:17:27
339	317	MARK WEBSTER	M	MV60		01:18:12	01:17:33
340	345	STEPHEN GRISDALE	M	MV65	BARROW & FURNESS STRIDERS AC	01:18:47	01:18:06
341	452	KAREN JACKSON-SMITH	F	FV60	MILLOM STRIDERS	01:30:30	01:29:53
342	143	REBECCA STOCK	F	FV50		01:32:02	01:31:21
343	142	RACHEL PAWLEY	F	FV40		01:32:02	01:31:22
344	297	SARAH MASON	F	FV40	WALNEY WIND CHEETAHS	01:35:14	01:34:30
DNF	251	KARL FURSEY	M	MV50	BLACK COMBE RUNNERS		
DNF	442	GILL NOBLE-GREY	F	FV40	HOAD HILL HARRIERS		

Fun Run							
Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	1431	EZRA WOOF	M	MU16		00:05:35	00:05:35
2	1432	BODHI ROBERTS	M	MU16		00:06:34	00:06:34
3	1457	CHLOE BOUFFLER	F	FU16		00:06:35	00:06:35
4	1419	THEO BLACKBURN	M	MU16		00:06:36	00:06:36
5	1434	HENRY CHATFIELD	M	MU16		00:06:38	00:06:38
6	909	ARTHUR BAYLIFF	M	MU16		00:06:41	00:06:41
7	1445	CONNIE DALTON	F	FU16		00:06:41	00:06:41
8	897	CHARLIE SMITH	M	MU16		00:06:51	00:06:51
9	1430	JACY-KATE JEWITT	F	FU16		00:06:52	00:06:52
10	895	SONNY SOWERBY	M	MU16		00:06:56	00:06:56
11	1460	GORDON HUDDLESTON	M	MU16		00:07:04	00:07:04
12	1471	JACK GRIFFITHS	M	MU16		00:07:11	00:07:11
13	1469	JENSON GOADBY	M	MU16		00:07:15	00:07:15
14	900	ROWAN VOGLER	F	FU16		00:07:16	00:07:16
15	1451	JAMES LAMB	M	MU16		00:07:30	00:07:30
16	1461	RAIFE FLEMING	M	MU16		00:07:33	00:07:33
17	1458	KEATON CAINE	M	MU16		00:07:35	00:07:35
18	1421	FINN GREENFIELD	M	MU16		00:07:41	00:07:41
19	1435	TRISTAN QUINN	M	MU16		00:07:42	00:07:42
20	1447	KEILAN MILNE	M	MU16		00:07:54	00:07:54
21	1444	MORGAN TREADWELL	F	FSEN		00:08:08	00:08:08
22	1420	FINLEY BLACKBURN	M	MU16		00:08:13	00:08:13
23	908	OSCAR NORMAN	M	MU16		00:08:22	00:08:22
24	1433	JACOB CHATFIELD	M	MU16		00:08:28	00:08:28
25	1454	GEORGE MOORE	M	MU16		00:08:36	00:08:36
26	1450	JACQUI SUTTON-RILEY	F	FV55		00:08:41	00:08:41
27	1423	FRANKIE AINSWORTH	M	MU16		00:08:44	00:08:44
28	1459	ELEANOR CAINE	F	FU16		00:08:48	00:08:48
29	1464	KIERAN RAWLINSON	M	MU16		00:08:49	00:08:49
30	1426	EDWARD MACHETA	M	MU16		00:08:58	00:08:58
31	1429	ANDREW MACHETA	M	MSEN		00:08:59	00:08:59
32	1449	JOSHUA SEEMAN	M	MU16		00:09:04	00:09:04
33	1468	EMMIE RICHARDSON-TRANTER	F	FU16		00:09:08	00:09:08
34	1456	KATIE MOORE	F	FV40		00:09:09	00:09:09
35	1463	FINLAY RAWLINSON	M	MU16		00:09:11	00:09:11
36	170	KASTER FELL	M	MU16		00:09:17	00:09:17
37	1425	EDIE PETERS	F	FU16		00:09:18	00:09:18
38	1474	LORENZO ABRUZZO	M	MU16		00:09:27	00:09:27
39	1462	COCO FLEMING	F	FU16		00:09:29	00:09:29
40	907	JACK YORK	M	MU16		00:09:41	00:09:41
41	902	ELIDI JACKSON	F	FU16		00:09:54	00:09:54
42	1476	LUCAS TURNER	M	MU16		00:10:03	00:10:03
43	1470	PHOEBE GOADBY	F	FSEN		00:10:16	00:10:16
44	1467	ESMI JONES	F	FU16		00:10:22	00:10:22
45	1453	CHARLIE MOORE	M	MU16		00:10:27	00:10:27
46	1455	PAUL MOORE	M	MV45		00:10:29	00:10:29
47	1424	JACK KOBLOHUZ-MCVEY	M	MU16		00:10:29	00:10:29
48	1465	ALBIE ABERNETHY	M	MU16		00:10:29	00:10:29
49	1473	ARTHUR VIAL	M	MU16		00:10:37	00:10:37
50	1440	DANI MAY MCCARTHY	F	FU16		00:11:15	00:11:15
51	1442	FRANKIE MCCARTHY	F	FU16		00:11:36	00:11:36
52	1466	NANW JONES	F	FU16		00:11:48	00:11:48
53	1422	JASPER SPEDDING	M	MU16		00:12:01	00:12:01
54	1439	REUBEN DAVISON	M	MU16		00:12:03	00:12:03
55	1438	AUBREY DAVISON	F	FU16		00:12:07	00:12:07

56	1446	LORCAN MILNE	M	MU16	00:12:08	00:12:08
57	1436	ADA QUINN	F	FU16	00:12:20	00:12:20
58	1437	JESSICA QUINN	F	FSEN	00:12:21	00:12:21
59	1477	CIARA CALDWELL	F	FU16	00:12:25	00:12:25
60	913	RUPERT WAKEFIELD	M	MU16	00:12:31	00:12:31
61	1478	LOTTIE CALDWELL	F	FU16	00:12:47	00:12:47
62	1441	ROBYN MCCARTHY	F	FU16	00:13:05	00:13:05
63	1448	ISAAC SEEMAN	M	MU16	00:13:12	00:13:12
64	1472	WILLIAM GRIFFITHS	M	MU16	00:13:36	00:13:36
65	1443	ALFIE WHITMORE	M	MU16	00:14:13	00:14:13
66	1427	OLIVER MACHETA	M	MU16	00:14:26	00:14:26
67	1428	ELIZABETH MACHETA	F	FSEN	00:14:26	00:14:26
68	1475	BRUCE TURNER	M	MU16	00:14:40	00:14:40