

## Long Course - 11.7k

Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	833	SCOTT SMITH	M	MV50	HOAD HILL HARRIERS	00:43:32	00:43:32
2	963	KATE MALTBY	F	FV40	BORDERS AC	00:43:38	00:43:38
3	875	DAVID FULFORD	M	MV45	HOAD HILL HARRIERS	00:44:17	00:44:17
4	971	NICK TATTERSALL	M	MSEN		00:44:23	00:44:22
5	874	GAVIN LLOYD	M	MSEN	BLACK COMBE RUNNERS	00:45:46	00:45:46
6	889	STEPHEN HERBERT	M	MSEN	HOAD HILL HARRIERS	00:45:50	00:45:49
7	954	BEN HODGSON	M	MV40	KENDAL TRIATHLON CLUB	00:46:45	00:46:44
8	966	BEN CALDWELL	M	MSEN		00:46:52	00:46:51
9	926	CHRISTIAN WHITE	M	MSEN		00:47:41	00:47:40
10	936	KIE JACKSON	M	MV40		00:49:27	00:49:23
11	965	THOMAS MACDONALD	M	MSEN	MILLOM STRIDERS	00:49:28	00:49:27
12	950	JONATHAN HODGSON	M	MSEN		00:51:29	00:51:27
13	856	JOSEPH MOORE	M	MSEN	MOTHER'S FAVOURITE RUNNING SON.	00:51:46	00:51:45
14	842	BEN PARK	M	MV45	WALNEY WIND CHEETAHS	00:52:15	00:52:12
15	918	ANDREW WATTAM	M	MV50	ALLITHWAITE RUNNING CLUB	00:52:21	00:52:14
16	969	HOWARD LINDOW	M	MV45	HOAD HILL HARRIERS	00:52:45	00:52:43
17	931	LEE POSTLETHWAITE	M	MSEN		00:52:49	00:52:47
18	878	PHIL CHAPMAN	M	MV45	MILLOM STRIDERS	00:53:03	00:53:02
19	951	STUART BENN	M	MV40		00:53:06	00:53:04
20	820	KYLE SWINBURNE	M	MSEN	WALNEY WIND CHEETAHS	00:53:47	00:53:38
21	904	KIERAN IRELAND	M	MSEN	WALNEY WIND CHEETAHS	00:54:08	00:54:03
22	923	IAN SADLER	M	MV60	WALNEY WIND CHEETAHS	00:54:16	00:54:13
23	817	TANIA HUDDLESTON	F	FV40	HOAD HILL HARRIERS	00:54:20	00:54:18
24	961	JOHN RODGERS	M	MV55	MILLOM STRIDERS	00:54:28	00:54:25
25	869	COL NEWBY	M	MV50	ULVERSTON TRI CLUB	00:54:29	00:54:23
26	952	MITCHELL STOCKS	M	MSEN		00:54:37	00:54:34
27	947	ELIZABETH MCNALLY	F	FV50	LEVEN VALLEY AC	00:54:42	00:54:29
28	907	ANNIE RIGG	F	FSEN	MILLOM STRIDERS	00:55:18	00:55:11
29	960	DECLAN PUGH	M	MSEN		00:55:29	00:55:20
30	890	ANDREW SPENCE	M	MSEN	HOAD HILL HARRIERS	00:55:50	00:55:37
31	919	JOHN FALCONER	M	MSEN	0	00:56:10	00:56:08
32	838	BRENDAN ASHTON	M	MV50		00:56:16	00:56:11
33	824	MARGARET MURPHY	F	FV40	0	00:56:36	00:56:34
34	823	JOE MURPHY	M	MV50	0	00:56:36	00:56:35
35	953	SUZY OVERTON	F	FV45	LINDLEY RUNNING CLUB	00:57:04	00:56:57
36	841	LIZ WHITE	F	FV45	HOAD HILL HARRIERS	00:57:06	00:57:03
37	837	CHRIS PUNTON	M	MV40	WALNEY WIND CHEETAHS	00:58:28	00:58:15
38	877	WILL HOLLIGAN	M	MV65	HOAD HILL HARRIERS	00:58:42	00:58:33
39	831	BRETT JACKSON	M	MV40	CS AND C	00:59:03	00:58:59
40	964	AMY SINGLETON	F	FV45	WALNEY WIND CHEETAHS	00:59:22	00:59:10
41	935	LUCY JACKSON-JONES	F	FV40		00:59:48	00:59:44
42	326	JIM NOLAN	M	MV60	MILLOM STRIDERS	00:59:58	00:59:55
43	818	LAURA JAGGARD	F	FSEN		01:00:10	01:00:08
44	832	JESSICA JACKSON	F	FSEN		01:00:14	01:00:08
45	925	CHARLOTTE COPELAND	F	FSEN		01:00:24	01:00:21
46	959	JAMIE-MARIE FOX	F	FSEN	180 RUNNING CLUB	01:00:26	01:00:13
47	879	ALFIE BAILEY	M	MSEN		01:00:53	01:00:48
48	854	MARK HOLDEN	M	MV60	HOAD HILL HARRIERS	01:01:35	01:01:26
49	905	WILLIAM SHARP	M	MV70	WALNEY WIND CHEETAHS	01:01:46	01:01:32
50	865	JULIA NORRIS	F	FV55	MILLOM STRIDERS	01:01:58	01:01:54
51	901	NEIL MACDONALD	M	MV60		01:02:19	01:02:14
52	939	THOMAS HOGG	M	MSEN		01:02:21	01:02:09
53	809	RACHEL READ	F	FV60	BLACK COMBE RUNNERS	01:02:39	01:02:34
54	946	LEE BRABBS	M	MV55	MILLOM STRIDERS	01:02:45	01:02:28
55	955	ANDREW BOURNE	M	MV55		01:03:04	01:02:49
56	940	JESS GORRY-EDWARDS	F	FSEN	MILLOM STRIDERS	01:03:05	01:02:59
57	845	PAUL MUSGROVE	M	MV40		01:03:06	01:02:53

58	871	LYLA TYSON	F	FSEN		01:03:13	01:03:08
59	909	CHRISTOPHER WANE	M	MV40	RUN UP	01:03:40	01:03:30
60	876	MIKE BELL	M	MV50	WIGTON ROAD RUNNERS	01:03:42	01:03:21
61	867	BENJI GRUNDY	M	MSEN	BLACK COMBE RUNNERS	01:03:51	01:03:48
62	880	SHANNON BRADY	F	FSEN	180 RUNNING CLUB	01:03:53	01:03:37
63	860	AL GOODINGS	M	MV50		01:04:05	01:03:55
64	943	GRACE JACKSON	F	FSEN	MILLOM STRIDERS	01:04:20	01:04:16
65	861	CRIAG MIDDLETON	M	MV55	WALNEY WIND CHEETAHS	01:04:27	01:04:11
66	942	SIMONE EVANS	F	FSEN	MILLOM STRIDERS	01:04:31	01:04:27
67	853	MATT MATT WARBY	M	MV50		01:05:15	01:05:04
68	920	JONATHAN KITTLEY	M	MV45		01:05:26	01:05:17
69	934	JEAN ABRUZZO	F	FV40	WALNEY WIND CHEETAHS	01:05:41	01:05:26
70	825	MATT GROVES	M	MV40		01:05:42	01:05:31
71	849	JACK RILEY	M	MSEN		01:05:59	01:05:47
72	848	KLAIR FLINT	F	FV40		01:06:09	01:05:48
73	844	JUDITH KITTLEY	F	FV40		01:06:15	01:06:06
74	846	MARIA BLAKEY	F	FV65	WALNEY WIND CHEETAHS	01:06:49	01:06:35
75	883	EMMA SMITH	F	FSEN	MILLOM STRIDERS	01:07:25	01:07:20
76	881	ALEX DRESSER	F	FSEN	180 RUNNING CLUB	01:07:57	01:07:41
77	924	CHRISTOPHER MARTIN	M	MV50		01:08:07	01:07:52
78	913	LEON DACK	M	MSEN		01:08:10	01:08:04
79	850	ANDREW PARK	M	MV45	MILLOM STRIDERS	01:08:17	01:08:01
80	884	CAROL PARK	F	FV60	WALNEY WIND CHEETAHS	01:08:21	01:08:05
81	970	SHANTHI SMITH	F	FV40		01:08:23	01:08:14
82	914	STEVEN PHILLIPS	M	MV45	MILLOM STRIDERS	01:09:59	01:09:41
83	886	DAVID BRIDGES	M	MV55		01:10:01	01:09:53
84	915	VICTORIA PHILLIPS	F	FV40	MILLOM STRIDERS	01:10:02	01:09:44
85	908	MARK OBRIEN	M	MV40	MILLOM STRIDERS	01:10:12	01:10:06
86	882	CLAIRE DOUGAN	F	FV40	180 RUNNING CLUB	01:10:20	01:10:09
87	813	COLIN BENN	M	MV70	MILLOM STRIDERS	01:10:25	01:10:07
88	962	EMILY BRUCHEZ	F	FSEN	4ZERO	01:10:25	01:10:06
89	938	KERRI SLATER-DUDDING	F	FSEN		01:11:04	01:10:52
90	944	TRACY FRENCH	F	FV55	MILLOM STRIDERS	01:11:06	01:10:57
91	814	MARK ATKINSON	M	MV55	WALNEY WIND CHEETAHS	01:11:14	01:11:06
92	956	BETH MULHOLLAND	F	FSEN		01:11:41	01:11:20
93	866	LYNN JONES	F	FV60	ENFIELD CHASERSWAS	01:11:51	01:11:42
94	819	BETH CUMMINGS	F	FSEN		01:11:58	01:11:55
95	933	MICHAEL RYAN	M	MV60	MILLOM STRIDERS	01:12:45	01:12:39
96	855	CHARLOTTE COOPER	F	FSEN	WALNEY WIND CHEETAHS	01:12:51	01:12:41
97	930	LAURA MAGUIRE	F	FSEN	WALNEY WIND CHEETAHS	01:12:51	01:12:41
98	857	CHRISTOPHER BLENKHARN	M	MV45		01:12:52	01:12:40
99	932	SOPHIE LANE	F	FV45		01:12:52	01:12:40
100	821	MARTHA BOZIC	F	FSEN		01:13:06	01:12:47
101	958	RUTH PARKER	F	FV40		01:14:06	01:13:48
102	839	AMY HESKETH	F	FSEN	WALNEY WIND CHEETAHS	01:14:16	01:14:06
103	811	MELISSA CAINE	F	FSEN	WALNEY WIND CHEETAHS	01:14:17	01:14:06
104	916	PAULA WESTWOOD	F	FV40	WALNEY WIND CHEETAHS	01:14:17	01:14:06
105	815	JAMIE WARREN STEFFERT	M	MSEN	MILLOM STRIDERS	01:14:42	01:14:35
106	910	IZZIE WATTAM	F	FSEN		01:14:43	01:14:36
107	957	HANNAH MAIDEN	F	FV45		01:14:45	01:14:26
108	968	NEIL HASTINGS	M	MV45	WALNEY WIND CHEETAHS	01:15:00	01:14:43
109	906	REBECCA KIGGINS	F	FV40	ST BEES TRIERS	01:15:04	01:14:55
110	891	JAMIE TYSON	M	MSEN	180 RUNNING CLUB	01:15:11	01:14:56
111	834	ESTELLE HODGES	F	FV45		01:15:15	01:14:52
112	912	CERYS THOMPSON	F	FSEN		01:15:38	01:15:32
113	911	MAYA THOMPSON	F	FSEN	WALNEY WIND CHEETAHS	01:15:38	01:15:32
114	810	DAVID HERDMAN	M	MV60	MILLOM STRIDERS	01:16:03	01:15:45
115	859	AIMEE GOODINGS	F	FV40	TWISTED RUNNING	01:16:17	01:16:07
116	885	LYNN COOK	F	FV65	MILLOM STRIDERS	01:16:20	01:16:12

117	864	KATY DOWDALL	F	FSEN		01:16:36	01:16:25
118	945	PETER WALLACE	M	MV65	0	01:16:45	01:16:21
119	826	WENDY WALKER	F	FV45		01:17:08	01:16:54
120	858	BRENDA BAGLEY	F	FV70	WALNEY WIND CHEETAHS	01:17:11	01:17:03
121	921	ANDREW HEMSLEY	M	MV60	WALNEY WIND CHEETAHS	01:17:14	01:16:57
122	941	DAVID THURSFIELD	M	MV60	LONELY GOAT RC	01:18:03	01:17:47
123	851	DONNA CLARK	F	FV60	MILLOM STRIDERS	01:18:24	01:18:20
124	822	KERRY CHAPPLE	F	FV40	MILLOM STRIDERS	01:18:46	01:18:40
125	903	SUZANNE BOYLE	F	FV50	WALNEY WIND CHEETAHS	01:19:47	01:19:39
126	870	STEPHANIE PARK	F	FSEN		01:20:43	01:20:30
127	835	AMANDA JAMES	F	FV55		01:21:04	01:20:59
128	927	JULIANA MUSGROVE	F	FV45		01:21:22	01:21:12
129	808	SUSAN TALBOT	F	FV65	SOUTH LEEDS LAKERS RUNNING CLUB	01:21:47	01:21:28
130	852	DANIEL TROTTER	M	MV40	LANCASTER RUNNERS	01:22:55	01:22:33
131	827	PRANEE HARRISON	F	FV45	MILLOM STRIDERS	01:23:34	01:23:15
132	829	ANDY WOODS	M	MV70	MILLOM STRIDERS	01:24:35	01:24:15
133	830	SARAH STEFFERT	F	FV40		01:24:48	01:24:33
134	887	KARL FURSEY	M	MV50	BLACK COMBE RUNNERS	01:25:09	01:24:37
135	872	RACHEL JOLLEY	F	FV55		01:25:43	01:25:23
136	873	LUCY JOLLEY	F	FSEN		01:25:44	01:25:22
137	836	GEORGIA TOWLER	F	FSEN	MILLOM STRIDERS	01:26:28	01:26:15
138	928	JO KERSHAW	F	FV50	LANCASTER RUNNERS	01:26:56	01:26:36
139	902	VAL FLEMING	F	FV70	WALNEY WIND CHEETAHS	01:27:02	01:26:47
140	843	LESLEY GRIEVE	F	FV70	MILLOM STRIDERS	01:27:14	01:27:00
141	922	DAVE RAWLINSON	M	MV45	WALNEY WIND CHEETAHS	01:27:32	01:27:16
142	807	WENDY CRAIK	F	FV60	MILLOM STRIDERS	01:27:55	01:27:37
143	949	LYNDA MCMULLEN	F	FV50	LANCASTER RUNNERS	01:31:18	01:30:57
144	828	MARGARET WOODS	F	FV70	MILLOM STRIDERS	01:33:50	01:33:33
145	816	KIRSTY BAGSHAW	F	FV40	MILLOM STRIDERS	01:33:59	01:33:45
146	929	SUSAN WALLACE	F	FV60		01:34:02	01:33:40
147	937	ISABELLE BRETT	F	FV40	FGH ELITE RUNNING CLUB	01:34:05	01:33:43
148	840	PENNY MORETON	F	FV65	HOAD HILL HARRIERS	01:35:31	01:35:10
149	812	AMANDA STEELE	F	FV50	MILLOM STRIDERS	01:37:20	01:37:02
150	868	ELIZABETH BARRETT	F	FV60		01:44:30	01:44:07
151	847	GAYNOR TILBY	F	FV55		01:49:57	01:49:38
152	917	KAREN JACKSON-SMITH	F	FV60	MILLOM STRIDERS	01:50:45	01:50:22

#### Short Course - 5k

Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	329	OLLIE PARK	M	MJUN	MILLOM STRIDERS	00:21:04	00:21:01
2	304	HARRY ANDERS	M	MJUN		00:23:03	00:23:02
3	305	STEPHEN ANDERS	M	MV65	CHESHIRE DRAGONS	00:23:03	00:23:02
4	318	MARTYN WILSON	M	MSEN	CUMBERLAND AC	00:23:26	00:23:25
5	346	NIGEL TODHUNTER	M	MV60	CUMBERLAND AC	00:23:33	00:23:31
6	342	HEATHER TRAVIS	F	FV50	LEVEN VALLEY AC	00:23:50	00:23:48
7	301	ALFIE BATH	M	MJUN	MILLOM STRIDERS	00:24:44	00:24:43
8	324	TRACEY OWEN	F	FV45	CUMBERLAND AC	00:24:48	00:24:46
9	351	TIM BRERETON	M	MV40	BCCCR&C	00:25:02	00:24:57
10	330	LEON CHEETHAM	M	MJUN	MILLOM STRIDERS	00:25:07	00:25:04
11	967	STUART MCGURK	M	MV65	KENDAL AMATEUR ATHLETIC CLUB	00:25:22	00:25:22
12	325	JAMIE BANKS	M	MV45	CUMBERLAND AC	00:26:32	00:26:31
13	319	STACEY WALSH	F	FV40	CUMBERLAND AC	00:26:52	00:26:49
14	312	HELEN ELSEY	F	FV50		00:27:03	00:27:02
15	313	ANGELA SPENCER	F	FV40	HOAD HILL HARRIERS	00:27:14	00:27:11
16	314	CAMILLA PROCTER	F	FSEN		00:27:49	00:27:46
17	323	NICOLA COWAN	F	FV40	CUMBERLAND AC	00:28:28	00:28:26
18	863	BRADLEY HANNAH	M	MSEN	180 RUNNING CLUB	00:29:18	00:29:16
19	331	SCOTT CHEETHAM	M	MJUN	MILLOM STRIDERS	00:29:36	00:29:33
20	337	DEBORAH TYSON	F	FV45		00:30:08	00:30:04

21	303	JASON CAINE	M	MSEN	WALNEY WIND CHEETAHS	00:30:15	00:30:12
22	302	KEATON CAINE	M	MJUN	WALNEY WIND CHEETAHS	00:30:16	00:30:13
23	307	CAROLINE BAXTER	F	FV45	ANNAN & DISTRICT ATHLETICS CLUB	00:30:21	00:30:12
24	334	KIRSTY MIDDLETON	F	FV45	WALNEY WIND CHEETAHS	00:30:22	00:30:15
25	338	DAVID FLITTON	M	MV60	180 RUNNING CLUB	00:30:36	00:30:31
26	316	PHIL TEELEY	M	MV70		00:30:52	00:30:45
27	350	EMMA HARRISON	F	FV45	BCCCR&C	00:30:53	00:30:48
28	341	IAN STANDING	M	MV65		00:30:56	00:30:49
29	328	CLAIRE GREEN	F	FV40	WALNEY WIND CHEETAHS	00:31:12	00:31:06
30	348	THEO BOYDELL-SMITH	M	MJUN	BROUGHTON	00:31:14	00:31:09
31	347	JOSH BOYDELL-SMITH	M	MSEN	BROUGHTON	00:31:14	00:31:09
32	345	SHARON WALKER	F	FV55	MILLOM STRIDERS	00:31:16	00:31:11
33	309	LYNNE HOLMES	F	FV55	WALNEY WIND CHEETAHS	00:31:29	00:31:21
34	335	CLARE IRVINE	F	FV50		00:32:44	00:32:39
35	888	JANE MCFIE	F	FV60		00:32:49	00:32:45
36	306	CHRISTINE ANDERS	F	FV60	CHESHIRE DRAGONS	00:32:55	00:32:52
37	353	NINA HAMMOND	F	FV40	WALNEY WIND CHEETAHS	00:34:04	00:33:55
38	354	MEL PAYNE	F	FV45	WALNEY WIND CHEETAHS	00:34:04	00:33:56
39	339	AMANDA HARVEY	F	FV50		00:34:45	00:34:39
40	327	SARAH HEYWOOD	F	FV50		00:35:09	00:35:02
41	343	HELEN MERRELL	F	FV60		00:35:19	00:35:10
42	332	LAUREN PARK	F	FV40		00:35:30	00:35:25
43	340	SANDRA WHITEHEAD	F	FV60	ASKAM-IN-FURNESS	00:36:18	00:36:11
44	349	SAMANTHA TODD	F	FSEN		00:36:26	00:36:15
45	333	JILL RYAN	F	FV50		00:36:46	00:36:40
46	322	IAIN LARKINS	M	MV55		00:38:09	00:38:00
47	344	LOUISE FORWOOD	F	FV55	LANCASTER RUNNERS	00:38:24	00:38:13
48	948	JULIE TWINNEY	F	FV60	WALNEY WIND CHEETAHS	00:39:20	00:39:10
49	321	VERITY LARKINS	F	FJUN		00:40:15	00:40:07
50	320	ANDREW FERGUSON	M	MV60		00:41:01	00:40:51
51	862	STEPHEN NEWBY	M	MV55	FGH ELITE RUNNING CLUB	00:41:42	00:41:36
52	308	LOUISE TURNBULL	F	FV40		00:42:08	00:41:59
53	317	ANGELA BELL	F	FV60		00:42:41	00:42:30
54	315	PATRICIA NEWBY	F	FV70		00:42:45	00:42:34
55	336	MELANIE NEWBY	F	FV50	FGH ELITE RUNNING CLUB	00:44:44	00:44:37
56	311	SARAH MASON	F	FV40	WALNEY WIND CHEETAHS	00:45:48	00:45:38
57	352	DAVE GOMERSALL	M	MV45	WALNEY WIND CHEETAHS	00:45:48	00:45:37
58	310	PAULA HERBERT	F	FV55	WALNEY WIND CHEETAHS	00:48:18	00:48:09