

Long Course - 11.4k							
Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	219	PAUL GRAHAM	M	MV45	CUMBERLAND AC	00:42:15	00:42:15
2	242	CHRISTIAN CALLISTER	M	MSEN		00:42:35	00:42:34
3	208	RICHARD WILSON	M	MV45	KENDAL AMATEUR ATHLETIC CLUB	00:43:07	00:43:07
4	143	SIMON CHAPMAN	M	MSEN	MILLOM STRIDERS	00:43:43	00:43:43
5	254	KATE MALTBY	F	FSEN	BORDER HARRIERS & AC	00:43:48	00:43:47
6	92	THOMAS MACDONALD	M	MSEN	MILLOM STRIDERS	00:44:13	00:44:12
7	239	GAVIN LLOYD	M	MSEN		00:44:15	00:44:14
8	206	SHAUN DIMELOW	M	MV50	KINGSTONE RUNNERS BARNSELY	00:45:30	00:45:28
9	158	MARK DICKINSON	M	MSEN	MILLOM STRIDERS	00:45:56	00:45:55
10	75	MATT WILSON	M	MV50	KENDAL AMATEUR ATHLETIC CLUB	00:46:55	00:46:54
11	115	NICK TATTERSALL	M	MSEN		00:47:57	00:47:41
12	37	KIE JACKSON	M	MV40		00:47:50	00:47:47
13	34	BRETT JACKSON	M	MV40	JACKSON'S GYMBARN	00:50:19	00:50:17
14	106	MARK OBRIEN	M	MSEN		00:50:26	00:50:23
15	33	KYLE SWINBURNE	M	MSEN	WALNEY WIND CHEETAHS	00:50:51	00:50:40
16	17	RICH GREENFIELD	M	MV40	GLAXO HOAD HILL HARRIERS	00:51:08	00:51:01
17	113	CHARLES MITCHELL	M	MV50		00:51:29	00:51:14
18	249	GLENN BOULTER	M	MV40	GLAXO HOAD HILL HARRIERS	00:51:17	00:51:15
19	168	MATTHEW TOWLER	M	MSEN	MILLOM STRIDERS	00:51:20	00:51:17
20	120	PAUL BOWES	M	MV50		00:51:46	00:51:43
21	170	DANIEL SEWARD	M	MSEN		00:51:52	00:51:50
22	177	IAN SADLER	M	MV60	WALNEY WIND CHEETAHS	00:51:57	00:51:51
23	3	BEN CALDWELL	M	MSEN		00:52:14	00:51:57
24	183	CALLUM SMITH	M	MSEN	N/A	00:52:21	00:52:06
25	6	PHILIP CHAPMAN	M	MV45	MILLOM STRIDERS	00:52:18	00:52:18
26	171	STUART BENN	M	MV40		00:52:29	00:52:27
27	62	AMY SINGLETON	F	FV40	WALNEY WIND CHEETAHS	00:52:45	00:52:36
28	125	BETHANY KNOWLES	F	FSEN	CLAPHAM PIONEERS	00:52:56	00:52:54
29	151	JACK KENDALL	M	MSEN		00:53:16	00:53:00
30	102	CALVIN SINGLETON	M	MJUN	MILLOM STRIDERS	00:53:17	00:53:07
31	186	JASON CORDES	M	MSEN	WALNEY WIND CHEETAHS	00:53:22	00:53:08
32	38	LUCY JACKSON-JONES	F	FSEN		00:53:18	00:53:15
33	68	MICHAEL HOLMES	M	MSEN		00:53:36	00:53:18
34	31	KEIRON CLARKE	M	MV45		00:53:50	00:53:32
35	26	IAN MCDOUGALL	M	MV60	CUMBERLAND AC	00:53:56	00:53:50
36	79	JOHN FALCONER	M	MSEN		00:53:59	00:53:52
37	202	ESTHER LAMBERT	F	FSEN	HELM HILL RUNNERS	00:54:27	00:54:21
38	248	GEORGE MABEY	M	MSEN	GLAXO HOAD HILL HARRIERS	00:54:30	00:54:26
39	167	GRACE JACKSON	F	FSEN		00:54:41	00:54:39
40	218	LIZ WHITE	F	FV45	GLAXO HOAD HILL HARRIERS	00:54:51	00:54:46
41	7	STEVE WEBB	M	MV55		00:54:57	00:54:52
42	162	LEANNE SCOTT	F	FV40	LEVEN VALLEY AC	00:55:11	00:54:58
43	231	LUKE CHMIEL	M	MV40		00:55:24	00:55:03
44	237	BEN PARK	M	MV45	WALNEY WIND CHEETAHS	00:55:15	00:55:10
45	223	BRENDAN ASHTON	M	MV50		00:55:52	00:55:43
46	118	STUART ROCHE	M	MSEN		00:56:00	00:55:45
47	252	ALFIE BAILEY	M	MSEN		00:56:01	00:55:49
48	27	WILLIAM SHARP	M	MV70	WALNEY WIND CHEETAHS	00:56:17	00:56:09
49	20	CARON WHITE	F	FV50	CUMBERLAND AC	00:56:16	00:56:10
50	85	PAUL MCVEY	M	MSEN		00:56:39	00:56:15
51	35	JESSICA JACKSON	F	FSEN		00:56:43	00:56:33
52	154	NEIL MACDONALD	M	MV60	MILLOM STRIDERS	00:56:42	00:56:33
53	121	STUART MCGURK	M	MV60	KENDAL AMATEUR ATHLETIC CLUB	00:56:49	00:56:41
54	222	JOHN AUSTIN	M	MSEN	GLAXO HOAD HILL HARRIERS	00:56:50	00:56:44
55	189	JON BROWN	M	MV50	WALNEY WIND CHEETAHS	00:56:54	00:56:45
56	4	TOMMY BANCROFT	M	MV55	STOCKPORT HARRIERS & AC	00:56:59	00:56:47
57	233	JAMIE BOREHAM	M	MSEN		00:57:10	00:57:03
58	193	EMMA PEACOCK	F	FSEN		00:57:30	00:57:25
59	90	MARK HOLDEN	M	MV60	GLAXO HOAD HILL HARRIERS	00:58:01	00:57:56
60	247	EMILY QUINN	F	FSEN	GLAXO HOAD HILL HARRIERS	00:58:03	00:57:58
61	87	KATIR POWELL	F	FSEN		00:58:29	00:58:11
62	1	DAVE FOWLER	M	MV60	MILLOM STRIDERS	00:58:31	00:58:13
63	13	MARK COWPERTHWAIT	M	MV50	CUMBERLAND AC	00:58:25	00:58:16
64	53	CHRISTOPHER WANE	M	MV40	RUN UP	00:58:35	00:58:18
65	14	GILL NOBLE-GREY	F	FV40		00:58:39	00:58:30
66	216	ANDREW MOONAN	M	MV45		00:58:49	00:58:30
67	282	DUNCAN GREGORY	M	MV50		00:58:44	00:58:32

68	123	PAUL RAMSAY	M	MV50	MILLOM STRIDERS	00:58:50	00:58:32
69	104	HELEN TEASDALE	F	FSEN		00:58:43	00:58:33
70	65	LUCY MATTINSON	F	FSEN	ST BEES TRIERS	00:58:41	00:58:36
71	205	LOIDA LOPEZ	F	FV50	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	00:58:48	00:58:46
72	210	JIM NOLAN	M	MV60		00:59:00	00:58:59
73	156	JAMIE STEFFERT	M	MSEN	MILLOM STRIDERS	00:59:32	00:59:12
74	192	PHILIP HORROCKS	M	MV55	WALNEY WIND CHEETAHS	00:59:25	00:59:13
75	67	ALANA MYERS	F	FSEN	MILLOM STRIDERS	00:59:32	00:59:18
76	226	ADAM KELLY	M	MSEN		00:59:31	00:59:20
77	108	KAREN MAGGIO-POYNTZ	F	FV50	WALNEY WIND CHEETAHS	00:59:33	00:59:20
78	105	EM HALLAM	F	FSEN	RETFORD AC	00:59:39	00:59:29
79	77	CHLOE MELLEN	F	FSEN		00:59:42	00:59:30
80	175	TIM MILES	M	MV45	MILLOM STRIDERS	00:59:46	00:59:39
81	201	ANDREW BOURNE	M	MV50		01:00:01	00:59:48
82	44	CHRIS RICHARDSON	M	MV55	WALNEY WIND CHEETAHS	01:00:48	01:00:31
83	86	MARC MCVEY	M	MSEN		01:01:03	01:00:40
84	166	GARY MCKIERNAN	M	MV50		01:01:13	01:00:55
85	241	JANICE CALLISTER	F	FV55	WALNEY WIND CHEETAHS	01:01:13	01:00:59
86	45	NICOLA MOLLOY	F	FSEN	GLAXO HOAD HILL HARRIERS	01:01:12	01:01:05
87	173	CAROLINE BUSHELL	F	FV55	WALNEY WIND CHEETAHS	01:01:22	01:01:06
88	211	MR MATT WARBY	M	MV50		01:01:41	01:01:24
89	56	ADAM SLACK	M	MV40		01:01:32	01:01:26
90	281	DANNY TURNER	M	MV50		01:02:06	01:01:46
91	24	DAVE RAWLINSON	M	MV45	WALNEY WIND CHEETAHS	01:02:05	01:01:55
92	141	ANDREW PARK	M	MV45	MILLOM STRIDERS	01:02:19	01:01:59
93	195	JULIA NORRIS	F	FV50	MILLOM STRIDERS	01:02:14	01:02:05
94	172	MARIA BLAKEY	F	FV65	WALNEY WIND CHEETAHS	01:02:33	01:02:17
95	174	CAROL PARK	F	FV60	WALNEY WIND CHEETAHS	01:02:39	01:02:29
96	227	MIKE HARROP	M	MV55		01:02:40	01:02:31
97	124	JAMES GOFFE	M	MV65	BLACK COMBE RUNNERS	01:02:48	01:02:31
98	18	KEITH DOOLEY	M	MV55		01:02:48	01:02:32
99	160	RICHARD CORRIE	M	MSEN		01:02:46	01:02:41
100	207	JOSHUA SPEDDING	M	MSEN		01:02:59	01:02:41
101	122	WAYNE O'NEIL	M	MV40		01:03:14	01:02:53
102	109	HANNAH BRABBS	F	FSEN		01:03:17	01:03:02
103	55	KELLYJO TINKLER	F	FSEN		01:03:50	01:03:34
104	250	SHANTHI BILVAMANGAL	F	FV40		01:03:54	01:03:39
105	161	KATY LEECE	F	FSEN	MILLOM STRIDERS	01:04:11	01:03:51
106	22	NICOLA ROBINSON	F	FV50		01:04:10	01:03:56
107	54	PAULA FERMOYLE	F	FSEN	WALNEY WIND CHEETAHS	01:04:07	01:03:57
108	224	CARMEN WHITFIELD	F	FSEN		01:04:23	01:04:07
109	74	COLIN BENN	M	MV70		01:04:33	01:04:11
110	244	LEANNE BAYLIFF	F	FV45	GLAXO HOAD HILL HARRIERS	01:04:34	01:04:26
111	23	MARK ROBINSON	M	MV50		01:04:45	01:04:33
112	142	PETER KNOWLES	M	MV65	MILLOM STRIDERS	01:05:02	01:04:41
113	58	DAVE GOMERSALL	M	MV40	WALNEY WIND CHEETAHS	01:05:08	01:04:57
114	66	CHARLOTTE COOPER	F	FSEN	WALNEY WIND CHEETAHS	01:05:08	01:04:57
115	98	CORMAC MURRAY	M	MSEN	GLAXO HOAD HILL HARRIERS	01:05:21	01:05:12
116	42	TOMMY HAYNE	M	MV65	SKELMERSDALE RUNNING CLUB	01:05:37	01:05:15
117	61	ANNABEL FORD	F	FSEN	MILLOM STRIDERS	01:05:33	01:05:19
118	25	KAREN MCLEAN	F	FV60	CUMBERLAND AC	01:05:38	01:05:31
119	64	DAVID SHAW	M	MV65	WALNEY WIND CHEETAHS	01:05:45	01:05:35
120	16	JONATHAN BAILEY	M	MV45	BLACK COMBE RUNNERS	01:06:10	01:05:44
121	52	TRACY BELL	F	FV55	WALNEY WIND CHEETAHS	01:06:09	01:06:00
122	12	KAREN COWPERTHWAIT	F	FV50	CUMBERLAND AC	01:06:10	01:06:03
123	73	RACHEL MCCARTNEY	F	FSEN		01:06:20	01:06:03
124	119	BETH MULHOLLAND	F	FSEN		01:06:51	01:06:30
125	169	ALISON COWARD	F	FV40		01:07:24	01:07:11
126	100	CLAIRE SCOTT	F	FV40	MILLOM STRIDERS	01:07:18	01:07:11
127	157	DAVID OWEN	M	MV65	MILLOM STRIDERS	01:07:39	01:07:21
128	187	SHARON COOPER	F	FV55	WALNEY WIND CHEETAHS	01:07:59	01:07:46
129	243	LEE BRABBS	M	MV55	MILLOM STRIDERS	01:08:43	01:08:28
130	110	JENNA PUGH	F	FV40		01:08:53	01:08:31
131	111	EMMA LUPTON	F	FV40		01:08:53	01:08:31
132	217	KATY DOWDALL	F	FSEN		01:08:55	01:08:44
133	43	AMY HESKETH	F	FSEN	WALNEY WIND CHEETAHS	01:08:59	01:08:49
134	47	DONNA CLARK	F	FV60	MILLOM STRIDERS	01:09:01	01:08:53
135	48	VICTORIA PHILLIPS	F	FV40		01:09:36	01:09:15
136	49	STEVEN PHILLIPS	M	MV40		01:09:36	01:09:15

137	190	CAROLYN BROWN	F	FV50	WALNEY WIND CHEETAHS	01:09:46	01:09:34
138	246	MAIJA HOGGARTH	F	FSEN	WALNEY WIND CHEETAHS	01:09:57	01:09:44
139	191	ANDREW HEMSLEY	M	MV60	WALNEY WIND CHEETAHS	01:10:10	01:09:48
140	8	KERRY CHAPPLE	F	FV40	MILLOM STRIDERS	01:10:43	01:10:23
141	184	HELLEN MCMURDO	F	FV50	WALNEY WIND CHEETAHS	01:11:11	01:10:59
142	72	HANNAH BOURNE	F	FV50		01:11:20	01:11:07
143	63	SUZANNE BOYLE	F	FV50	WALNEY WIND CHEETAHS	01:12:03	01:11:52
144	51	BRENDA BAGLEY	F	FV65	WALNEY WIND CHEETAHS	01:12:08	01:11:57
145	107	LUCY-ANNE RUANE	F	FV50		01:12:17	01:12:08
146	230	ALISON CURRIE	F	FV50	VEGAN RUNNERS UK	01:12:24	01:12:24
147	212	RACHEL READ	F	FV55	BLACK COMBE RUNNERS	01:12:56	01:12:34
148	236	NEIL HASTINGS	M	MV45	WALNEY WIND CHEETAHS	01:13:13	01:13:03
149	153	JANE MCFIE	F	FV55		01:13:47	01:13:25
150	214	DAVID HERDMAN	M	MV60	MILLOM STRIDERS	01:13:48	01:13:27
151	240	GARRIE CONNER	M	MSEN		01:14:14	01:13:56
152	152	KIRSTY BAGSHAW	F	FSEN		01:14:10	01:13:56
153	60	MELISSA CAINE	F	FSEN	WALNEY WIND CHEETAHS	01:14:08	01:13:56
154	91	HANNAH MAIDEN	F	FV40		01:14:39	01:14:16
155	39	FIONA WILSON	F	FV55		01:15:20	01:15:09
156	185	EMMA GOMERSALL	F	FV40	WALNEY WIND CHEETAHS	01:15:50	01:15:38
157	179	MEGAN LAKE	F	FSEN	ST BEES TRIERS	01:16:00	01:15:43
158	155	SARAH STEFFERT	F	FV40		01:16:07	01:15:44
159	213	LYNDA MCMULLEN	F	FV50	LANCASTER RUNNERS	01:16:17	01:16:02
160	70	CHRIS THEXTON	M	MV45		01:17:14	01:16:56
161	144	RICHARD EASTOE	M	MV70	CUMBERLAND AC	01:18:24	01:18:00
162	9	GAY EASTOE	F	FV70	CUMBERLAND AC	01:18:24	01:18:01
163	204	LIAM WRIGHT	M	MSEN		01:19:21	01:19:04
164	188	VAL FLEMING	F	FV70	WALNEY WIND CHEETAHS	01:19:35	01:19:24
165	15	SUSAN TALBOT	F	FV65	SOUTH LEEDS LAKERS RUNNING CLUB	01:20:10	01:20:01
166	180	SUE WALLACE	F	FV60		01:20:26	01:20:13
167	78	ANDY WOODS	M	MV70	MILLOM STRIDERS	01:22:35	01:22:23
168	36	LESLEY GRIEVE	F	FV65	MILLOM STRIDERS	01:22:44	01:22:27
169	2	WENDY CRAIK	F	FV60	MILLOM STRIDERS	01:24:30	01:24:09
170	19	JULIA MEDD	F	FV55		01:24:52	01:24:39
171	59	PENNY MORETON	F	FV65	GLAXO HOAD HILL HARRIERS	01:27:26	01:27:04
172	5	PRANEE HARRISON	F	FV45	MILLOM STRIDERS	01:27:33	01:27:20
173	69	AMANDA STEELE	F	FV50	MILLOM STRIDERS	01:35:41	01:35:25
174	126	PENNY READ	F	FV55		01:46:05	01:45:46
175	209	KAREN JACKSON-SMITH	F	FV60	MILLOM STRIDERS	01:46:14	01:46:00
176	182	MARIANN DAWSON	F	FSEN		01:52:13	01:51:49

Short Course - 5k

Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time
1	163	RILEY SCOTT	M	MJUN	LEVEN VALLEY AC	00:20:38	00:20:37
2	253	JAMES FULFORD	M	MJUN	MILLOM STRIDERS	00:20:44	00:20:44
3	164	OLIVER SCOTT	M	MJUN		00:21:04	00:21:03
4	96	GRAHAM STRICKLAND	M	MV45	BLACK COMBE RUNNERS	00:21:28	00:21:27
5	145	STEPHEN ANDERS	M	MV65	CHESHIRE DRAGONS	00:21:42	00:21:41
6	148	CONNOR MITCHELL	M	MSEN		00:23:20	00:23:09
7	97	CORIN THOMPSON	M	MSEN		00:23:12	00:23:10
8	245	OLLIE PARK	M	MJUN	MILLOM STRIDERS	00:25:07	00:25:05
9	178	FINLEY CHELTON	M	MJUN		00:26:04	00:25:53
10	95	SUSAN DOWKER-THOMPSON	F	FV50	BLACK COMBE RUNNERS	00:26:06	00:26:04
11	150	GABRIEL BLACKBURN	M	MSEN		00:26:22	00:26:13
12	117	KEVIN ASHCROFT	M	MV50		00:27:51	00:27:49
13	28	SUZANNE THOMPSON	F	FV55	WALNEY WIND CHEETAHS	00:27:54	00:27:52
14	21	GEORGINA MAWSON	F	FSEN		00:28:03	00:27:53
15	146	LEON CHEETHAM	M	MJUN	MILLOM STRIDERS	00:28:30	00:28:22
16	196	ANGELA SPENCER	F	FV40	GLAXO HOAD HILL HARRIERS	00:28:35	00:28:29
17	235	HOLLY SINGLETON	F	FJUN	MILLOM STRIDERS	00:29:15	00:29:06
18	147	SCOTT CHEETHAM	M	MJUN	MILLOM STRIDERS	00:29:16	00:29:09
19	251	JACK MOSSOP	M	MSEN		00:29:46	00:29:45
20	197	EMILY SPENCER	F	FJUN	LEVEN VALLEY AC	00:29:56	00:29:49
21	215	JACK TODD	M	MSEN		00:30:01	00:29:52
22	232	DEBORAH TYSON	F	FV45		00:30:02	00:29:55
23	29	KATIE BLACKBURN	F	FSEN		00:30:04	00:30:00
24	203	IZZIE WATTAM	F	FSEN		00:30:17	00:30:08
25	88	ROBBIE GAFFNEY	M	MSEN		00:30:39	00:30:27
26	50	WILLIAM WATSON	M	MV60	N/A	00:30:41	00:30:30

27	229	LUKE COULSON	M	MSEN		00:31:00	00:30:58
28	200	DAVID FLITTON	M	MV60		00:31:22	00:31:11
29	71	JULIE TOWNSLEY	F	FV40	CARLISLE TRI CLUB	00:31:22	00:31:13
30	176	MICHAEL COOK	M	MV60	WALNEY WIND CHEETAHS	00:31:29	00:31:26
31	41	PHIL TEELEY	M	MV65		00:31:49	00:31:39
32	116	FREYA ASHCROFT	F	FSEN		00:32:07	00:32:05
33	101	MICHELLE SCOTT	F	FV45		00:32:31	00:32:22
34	11	JULIA BARWELL	F	FV45	MILLOM STRIDERS	00:32:48	00:32:38
35	103	OLIVIA MOORE	F	FSEN		00:33:13	00:33:03
36	149	LILY BLACKBURN	F	FSEN		00:33:26	00:33:15
37	238	KIAN PARK	M	MJUN	WALNEY WIND CHEETAHS	00:34:07	00:33:59
38	81	MAXINE BARON	F	FV55		00:34:22	00:34:15
39	83	DAWN OSMAN	F	FV45		00:34:22	00:34:17
40	76	KAREN CAIRNS	F	FV50	MILLOM STRIDERS	00:34:40	00:34:35
41	89	LOUISE MARSHALL	F	FV50	WALNEY WIND CHEETAHS	00:34:51	00:34:39
42	80	KAREN HAWKRIGG	F	FV50		00:34:57	00:34:50
43	221	SALLY MILMINE	F	FV50	WALNEY WIND CHEETAHS	00:35:29	00:35:19
44	84	GEMMA MCGLINCHY	F	FV40		00:35:56	00:35:51
45	114	MICHAEL TATTERSALL	M	MJUN		00:36:14	00:36:01
46	181	LAURA MAGUIRE	F	FSEN	WALNEY WIND CHEETAHS	00:36:17	00:36:10
47	220	LAURA THOMPSON	F	FV40		00:36:40	00:36:28
48	10	CHRISTINE ANDERS	F	FV60	CHESHIRE DRAGONS	00:36:50	00:36:44
49	228	ABBIE TYSON	F	FSEN		00:36:52	00:36:48
50	30	STEPHANIE BLACKBURN	F	FV60		00:37:01	00:36:57
51	40	LOUISE COOK	F	FV45	WALNEY WIND CHEETAHS	00:38:09	00:37:58
52	225	AMANDA HARVEY	F	FV50		00:38:05	00:37:59
53	93	SANDRA WHITEHEAD	F	FV60		00:38:12	00:38:03
54	198	LOUISE FORWOOD	F	FV55		00:38:57	00:38:49
55	99	JANSEN REDHEAD	M	MSEN		00:39:18	00:39:15
56	234	RACHEL SLOWEY	F	FV50		00:39:47	00:39:36
57	165	LAUREN PARK	F	FV40		00:39:58	00:39:46
58	112	BECKY COWARD	F	FSEN		00:40:36	00:40:27
59	159	ADELE CORRIE	F	FV40		00:41:03	00:40:52
60	82	BETH MCCLOY	F	FSEN		00:41:37	00:41:30
61	194	DEBORAH PEARSON	F	FV50		00:42:24	00:42:12
62	46	ANGELA BELL	F	FV60		00:42:28	00:42:17
63	57	STEPHEN NEWBY	M	MV55	FGH ELITE RUNNERS	00:44:23	00:44:14
64	32	SARAH MASON	F	FV40	WALNEY WIND CHEETAHS	00:50:47	00:50:34
65	94	CHRISTINE BOWER	F	FV40	WALNEY WIND CHEETAHS	00:55:21	00:55:07
66	199	JULES TWINNEY	F	FV60	WALNEY WIND CHEETAHS	00:55:21	00:55:08