

# West Cumbrian Run 2010

## Cockermouth to Workington

Sunday 18th July, 2010

BIB	FORENAME	SURNAME	RANK	GUN TIME	CHIP RANK	CHIP TIME	GEN POS	GENDER	CAT POS	CATEGORY	CLUB
534	PAUL	CURTIS	1	00:57:18	1	00:57:16	1	M	1	MSNR	BLENGDALE RUNNERS AC
214	TIM	STEDMAN	2	00:57:37	2	00:57:36	2	M	2	MSNR	WHARFEDALE HARRIERS
415	TONY	THOMPSON	3	00:58:59	3	00:58:58	3	M	3	MSNR	AMCOR RUNNERS
355	SCOTT	CHRISTEY	4	01:00:02	4	01:00:01	4	M	1	M40	ATHERTON RUNNING
211	MICHAEL	TANNER	5	01:00:33	5	01:00:29	5	M	2	M40	HALTERWORTH HARRIERS
7	IAN	HARKNESS	6	01:01:08	6	01:01:05	6	M	4	MSNR	UNATT
560	MARC	PENN	7	01:01:17	7	01:01:15	7	M	5	MSNR	BLENGDALE RUNNERS AC
22	HOWARD	SEAL	8	01:01:55	8	01:01:51	8	M	6	MSNR	DERWENT AC
397	JOHN	WOODHOUSE	9	01:02:10	9	01:02:10	9	M	7	MSNR	UNATT
184	PAUL	JACKSON	10	01:02:51	11	01:02:47	10	M	8	MSNR	CUMBERLAND AC
556	ANDREW	BAXTER	11	01:02:53	10	01:02:46	11	M	3	M40	UNATT
543	MARK	CAIRNS	12	01:04:51	12	01:04:16	12	M	9	MSNR	UNATT
27	STU	DINWOODIE	13	01:05:31	13	01:05:24	13	M	1	M45	CHIPPENHAM HARRIERS
427	JOHN	WALKER	14	01:05:38	14	01:05:33	14	M	2	M45	CUMBERLAND FELL RUNNERS
364	ADAM	NICHOL	15	01:05:46	16	01:05:43	15	M	10	MSNR	ST BEES TRIERS
109	LEN	RAYNOR	16	01:05:50	17	01:05:45	16	M	4	M40	UNATT
406	RYAN	STODDART	17	01:06:34	15	01:05:37	17	M	11	MSNR	JAMES WALKER
454	PATRICK	HANNA	18	01:06:41	18	01:06:40	18	M	12	MSNR	HOWGILL HARRIERS
411	GARETH	WILLIAMS	19	01:07:07	19	01:07:05	19	M	13	MSNR	UNATT
402	DARREN	FISHWICK	20	01:07:46	21	01:07:30	20	M	5	M40	UNATT
482	CLIVE	SWANSTON	21	01:07:47	20	01:07:27	21	M	14	MSNR	UNATT
229	DEAN	MASON	22	01:08:14	22	01:08:08	22	M	15	MSNR	UNATT
263	JOHN	STRYCZEK	23	01:08:32	26	01:08:27	23	M	1	M50	UNATT
249	KARL	TODD	24	01:08:43	24	01:08:23	24	M	16	MSNR	UNATT
585	ROSS	ANDERSON	25	01:09:00	23	01:08:11	25	M	17	MSNR	UNATT
577	KEITH	MCVEIGH	26	01:09:02	29	01:08:59	26	M	2	M50	UNATT
244	CRAIG	LORY	27	01:09:02	28	01:08:42	27	M	6	M40	UNATT
322	ANGUS	MCMILLAN	28	01:09:06	25	01:08:25	28	M	3	M50	UNATT
555	ANDREW	REID	29	01:09:20	27	01:08:37	29	M	18	MSNR	UNATT
310	NICHOLAS	BROWN	30	01:09:21	30	01:09:00	30	M	4	M50	UNATT
562	PAUL	CULLEN	31	01:09:23	31	01:09:20	31	M	3	M45	UNATT
413	ALISTAIR	HANNA	32	01:10:01	33	01:09:45	32	M	19	MSNR	HOWGILL HARRIERS
508	PHIL	JOHNSON	33	01:10:03	32	01:09:43	33	M	20	MSNR	UNATT
314	MICHAEL	LITT	34	01:10:18	34	01:10:16	34	M	1	M60	CUMBERLAND FELL RUNNERS



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34	NICK	SYMONDS	35	01:10:25	36	01:10:17	35	M	7	M40	UNATT
88	ANDY	RODGER	36	01:10:26	38	01:10:19	36	M	8	M40	DERWENT AC
551	MARK	HODGSON	37	01:10:28	40	01:10:22	37	M	9	M40	UNATT
42	NEIL WILLIAM	BRYSON	38	01:10:48	35	01:10:16	38	M	4	M45	UNATT
306	CHRIS	WILSON	39	01:10:58	37	01:10:18	39	M	21	MSNR	UNATT
459	ALEX	ROBERTS	40	01:11:03	42	01:11:01	40	M	22	MSNR	AMCOR RUNNERS
102	IAN	WILSON	41	01:11:19	44	01:11:12	41	M	23	MSNR	UNATT
35	GREG	CAMERON	42	01:11:20	41	01:10:43	42	M	10	M40	RAF AC
538	JAMES	MCCARTNEY	43	01:11:22	39	01:10:20	43	M	24	MSNR	UNATT
144	DEREK	TODHUNTER	44	01:11:34	45	01:11:29	44	M	5	M50	ALLEN VALLEY STRIDERS
388	STEPHEN	BARNES	45	01:11:40	43	01:11:10	45	M	6	M50	UNATT
486	JOHN	CLARK	46	01:11:49	47	01:11:44	46	M	25	MSNR	UNATT
487	PAUL	WILSON	47	01:12:02	49	01:11:53	47	M	11	M40	ELLENBOROUGH AC
287	JEFF	PRESTRIDGE	48	01:12:05	50	01:11:57	48	M	7	M50	SERPENTINE RC
569	GARY	DIXON	49	01:12:08	46	01:11:36	49	M	26	MSNR	CARLISLE TRIATHLON CLUB
572	PAUL	SAUNDERS	50	01:12:18	52	01:12:15	50	M	12	M40	UNATT
423	SARAH	BAILEY	51	01:12:18	48	01:11:52	1	F	1	FSNR	KESWICK AC
361	PETER	JENKINSON	52	01:12:19	51	01:12:13	51	M	5	M45	UNATT
554	JOHN	EVANS	53	01:12:51	53	01:12:40	52	M	13	M40	UNATT
164	STUART	BURGESS	54	01:13:18	56	01:13:05	53	M	6	M45	ST BEES TRIERS
449	KIEREN	THORNTON	55	01:13:41	54	01:12:45	54	M	27	MSNR	JAMES WALKER
513	DAVID	PEARSON	56	01:13:42	55	01:12:48	55	M	7	M45	UNATT
347	MATTHEW	JAMES	57	01:14:07	57	01:13:15	56	M	28	MSNR	UNATT
375	MICK	TURNBULL	58	01:14:12	58	01:13:40	57	M	14	M40	UNATT
477	MARK	POLIN	59	01:14:21	62	01:14:21	58	M	8	M45	UNATT
489	IAN	THOMPSON	60	01:14:33	61	01:14:16	59	M	29	MSNR	UNATT
506	LUKE GRAHAM	THURLOW	61	01:14:39	59	01:14:05	60	M	30	MSNR	UNATT
362	MARTIN	BEDROCK	62	01:14:46	63	01:14:39	61	M	8	M50	UNATT
456	ADAM	HARTLEY	63	01:14:49	65	01:14:49	62	M	31	MSNR	UNATT
353	WENDY	WHARTON	64	01:14:56	60	01:14:15	2	F	1	F45	UNATT
550	STEPHEN	CAMPBELL	65	01:15:03	68	01:14:59	63	M	32	MSNR	ARRAGONS TRI CLUB
329	YVIE	JOHNSON	66	01:15:04	64	01:14:43	3	F	2	FSNR	WRECSAM TRI
461	DAVID	DODD	67	01:15:05	67	01:14:57	64	M	9	M50	DARLINGTON HARRIERS & AC
145	HUGH	CHALMERS	68	01:15:19	72	01:15:14	65	M	1	M65	HARMENY AC



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55	JEMMA	FOSTER	69	01:15:22	71	01:15:13	4	F	3	FSNR	UNATT
338	MARK	GIBSON	70	01:15:36	76	01:15:29	66	M	33	MSNR	UNATT
443	ANTHONY	TAYLOR	71	01:15:39	70	01:15:07	67	M	34	MSNR	UNATT
571	GARY	HADWUI	72	01:15:43	73	01:15:14	68	M	15	M40	KESWICK AC
99	IAN	HANSEN	73	01:15:47	66	01:14:54	69	M	10	M50	UNATT
291	PAUL	ARTS	74	01:15:49	74	01:15:19	70	M	35	MSNR	UNATT
188	MIKE	MARTIN	75	01:15:52	77	01:15:36	71	M	2	M60	UNATT
455	RICHARD	THURLOW	76	01:15:55	69	01:15:01	72	M	36	MSNR	JAMES WALKER
480	CLAIRE	RUSSELL	77	01:15:58	78	01:15:38	5	F	4	FSNR	CUMBERLAND FELL RUNNERS
286	RICHARD	THOMPSON	78	01:16:04	79	01:15:53	73	M	9	M45	UNATT
37	DARREN	BLANKS	79	01:16:12	75	01:15:27	74	M	37	MSNR	UNATT
191	EMMA	GRAHAM	80	01:16:13	81	01:16:02	6	F	5	FSNR	ST BEES TRIERS
228	DAVID	WATSON	81	01:16:17	80	01:15:55	75	M	38	MSNR	UNATT
497	LEE	HOLLIDAY	82	01:16:43	82	01:16:19	76	M	39	MSNR	UNATT
139	KELLY	MCTIGHE	83	01:16:54	87	01:16:44	7	F	6	FSNR	UNATT
503	SHANNON	STANTON	84	01:16:54	88	01:16:44	8	F	7	FSNR	UNATT
202	GARY	TREBLE	85	01:17:01	90	01:17:01	77	M	40	MSNR	UNATT
390	CAROL	COOLE	86	01:17:16	84	01:16:38	9	F	2	F45	UNATT
401	RICHARD	BISHOP	87	01:17:17	89	01:16:54	78	M	16	M40	UNATT
342	JAMES	PATTINSON	88	01:17:18	92	01:17:07	79	M	41	MSNR	UNATT
396	SIOBHAN	BREWER	89	01:17:20	86	01:16:43	10	F	8	FSNR	KESWICK AC
525	DAVID	CHAPMAN	90	01:17:23	95	01:17:13	80	M	17	M40	UNATT
41	MARK	VARTY	91	01:17:26	93	01:17:08	81	M	42	MSNR	UNATT
502	PIERS	TUPMAN	92	01:17:31	83	01:16:33	82	M	18	M40	UNATT
182	MATTHEW	MAVIR	93	01:17:32	102	01:17:25	83	M	43	MSNR	UNATT
501	DAVID	POW	94	01:17:35	85	01:16:41	84	M	44	MSNR	UNATT
206	RICHARD	POTTER	95	01:17:36	103	01:17:32	85	M	45	MSNR	UNATT
533	PETER	ROWLEY	96	01:17:37	99	01:17:23	86	M	1	M55	QUAKERS RC
488	MARK	TAYLOR	97	01:17:40	100	01:17:23	87	M	11	M50	UNATT
515	GREG	KELLY	98	01:17:41	91	01:17:02	88	M	10	M45	UNATT
288	ANNE	MEEGHAN	99	01:17:45	98	01:17:22	11	F	1	F50	UNATT
328	MARK	CASEY	100	01:17:46	94	01:17:09	89	M	19	M40	UNATT
341	SIAN	BECK	101	01:17:46	101	01:17:24	12	F	9	FSNR	PRESTATYN RC
92	PAUL	ABBEY	102	01:17:51	96	01:17:15	90	M	20	M40	UNATT



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379	SARAH	PECK	103	01:17:56	105	01:17:41	13	F	10	FSNR	ST BEES TRIERS
227	PAUL	SAMSON	104	01:17:57	107	01:17:46	91	M	46	MSNR	UNATT
429	DAVID	UNWIN	105	01:18:00	106	01:17:44	92	M	12	M50	UNATT
78	SARAH	AGNEW	106	01:18:01	108	01:17:49	14	F	11	FSNR	UNATT
367	HOWARD	KIRKBRIDE	107	01:18:02	97	01:17:20	93	M	11	M45	UNATT
173	PETER	HALEY	108	01:18:11	104	01:17:38	94	M	47	MSNR	UNATT
155	DUNCAN	LIGHTFOOT	109	01:18:25	109	01:17:52	95	M	2	M55	UNATT
177	CRAIG	PARKINSON	110	01:18:30	110	01:17:52	96	M	48	MSNR	UNATT
509	MARK	STUDHOLME	111	01:18:37	116	01:18:30	97	M	49	MSNR	UNATT
510	BARRIE	STUDHOLME	112	01:18:37	115	01:18:29	98	M	50	MSNR	UNATT
409	DAVID	MOSSOP	113	01:18:42	111	01:18:02	99	M	21	M40	UNATT
370	TIM	WATMOUGH	114	01:18:44	113	01:18:22	100	M	51	MSNR	UNATT
337	GABRIELLE	WARING	115	01:18:53	117	01:18:31	15	F	2	F50	PRESTATYN RC
405	GAVIN	KNIGHTS	116	01:18:54	112	01:18:11	101	M	22	M40	UNATT
570	IAN	PIPES	117	01:18:56	114	01:18:24	102	M	52	MSNR	CARLISLE TRIATHLON CLUB
557	THOMAS	BAXTER	118	01:19:09	119	01:18:57	103	M	2	M65	CUMBERLAND AC
445	IAIN	ALLAN	119	01:19:15	118	01:18:40	104	M	23	M40	UNATT
369	FRANK	MOGER	120	01:19:33	121	01:19:07	105	M	53	MSNR	CUMBERLAND AC
320	TOM	BROWN	121	01:19:44	124	01:19:23	106	M	13	M50	UNATT
313	DARREN	HENDERSON	122	01:19:45	125	01:19:27	107	M	54	MSNR	UNATT
316	WARREN	BIRCH	123	01:19:46	123	01:19:14	108	M	24	M40	UNATT
283	CHANTAL	PRICE	124	01:19:47	127	01:19:45	16	F	12	FSNR	UNATT
527	MICHAEL	ALGEO	125	01:19:51	120	01:19:04	109	M	12	M45	TIFFEN RUNNERS
518	JAMES	THOMAS	126	01:19:56	122	01:19:08	110	M	55	MSNR	TIFFEN RUNNERS
282	NEIL	JAMIESON	127	01:20:10	128	01:19:45	111	M	3	M55	UNATT
419	JOHN	FLOOK	128	01:20:17	133	01:20:03	112	M	3	M60	UNATT
181	MARTYN	WILSON	129	01:20:22	138	01:20:21	113	M	56	MSNR	UNATT
221	TONY	BRISCOE	130	01:20:25	137	01:20:17	114	M	13	M45	UNATT
75	ALI	DUFTY	131	01:20:32	134	01:20:03	17	F	3	F45	UNATT
522	PAUL	RENKIN	132	01:20:36	126	01:19:40	115	M	57	MSNR	UNATT
479	IAN	DUFFUS	133	01:20:41	131	01:19:52	116	M	58	MSNR	UNATT
511	JAMES	GORMAN	134	01:20:41	130	01:19:49	117	M	59	MSNR	UNATT
103	KATE	JARVIS	135	01:20:42	129	01:19:45	18	F	13	FSNR	UNATT
498	DERYCK	HUTCHINSON	136	01:20:46	141	01:20:30	118	M	4	M55	KESWICK AC



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67	DAVID	COPELAND	137	01:20:47	136	01:20:14	119	M	60	MSNR	UNATT
166	ANDREW	PROUD	138	01:20:50	139	01:20:21	120	M	61	MSNR	UNATT
267	NEAL	PEET	139	01:20:51	132	01:19:59	121	M	14	M45	UNATT
174	MIKE	JARMAN	140	01:20:54	142	01:20:35	122	M	62	MSNR	UNATT
348	CAMILLA	JAMES	141	01:20:55	135	01:20:03	19	F	14	FSNR	UNATT
467	SHARON	WALL	142	01:20:56	144	01:20:51	20	F	1	F40	AMCOR RUNNERS
264	TANYA	COATES	143	01:21:03	143	01:20:39	21	F	15	FSNR	UNATT
586	ROSS	NICHOLSON	144	01:21:11	140	01:20:23	123	M	63	MSNR	UNATT
344	STEPHANIE	MARSHALL	145	01:21:16	147	01:20:53	22	F	16	FSNR	UNATT
300	DENNIS GEORGE	TANNER	146	01:21:20	150	01:21:11	124	M	4	M60	UNATT
195	TERESA	DOUGLAS	147	01:21:31	146	01:20:51	23	F	3	F50	EDEN RUNNERS
189	ALBERT	DOUGLAS	148	01:21:31	145	01:20:51	125	M	5	M55	EDEN RUNNERS
471	THOMAS	MARTIN	149	01:21:32	148	01:20:57	126	M	15	M45	UNATT
520	CLAIRE	MCNICHOLAS	150	01:21:36	153	01:21:26	24	F	17	FSNR	TRI LAKELAND
521	NEIL	MCNICHOLAS	151	01:21:36	155	01:21:36	127	M	16	M45	TRI LAKELAND
319	JED	BYRNE	152	01:21:36	151	01:21:13	128	M	14	M50	UNATT
528	DAVID	JAMIESON	153	01:21:42	152	01:21:15	129	M	64	MSNR	UNATT
352	KAREN	OLIPHANT	154	01:21:44	149	01:21:03	25	F	2	F40	UNATT
495	GEORGE	DOGGART	155	01:21:51	157	01:21:41	130	M	17	M45	UNATT
190	CLAIRE	HESKETH	156	01:22:08	159	01:21:49	26	F	18	FSNR	UNATT
485	PETER	GRAHAM	157	01:22:19	154	01:21:35	131	M	25	M40	UNATT
365	ANDY	SWEETMAN	158	01:22:24	162	01:22:07	132	M	18	M45	UNATT
430	CARL	MCALLISTER	159	01:22:29	156	01:21:37	133	M	65	MSNR	JAMES WALKER
371	DAVID	BENN	160	01:22:29	160	01:22:04	134	M	66	MSNR	UNATT
472	STEFAN	WISE	161	01:22:29	165	01:22:19	135	M	67	MSNR	AMCOR RUNNERS
517	DEREK	WALSH	162	01:22:34	158	01:21:47	136	M	26	M40	TIFFEN RUNNERS
558	ANDREW	KNIGHTS	163	01:22:35	166	01:22:24	137	M	15	M50	THORNEY RUNNING CLUB
296	LEWIS	POWELL	164	01:22:46	161	01:22:04	138	M	27	M40	UNATT
574	CRAIG	MACENEY	165	01:22:49	168	01:22:32	139	M	68	MSNR	UNATT
535	ALLAN	KAY	166	01:22:52	164	01:22:15	140	M	5	M60	100 MARATHON CLUB
425	STEPHEN	FAWCETT	167	01:22:54	163	01:22:14	141	M	69	MSNR	UNATT
567	ROWENA	EVANS	168	01:22:59	171	01:22:56	27	F	19	FSNR	UNATT
374	CHRISTOPHER	WINSPEAR	169	01:23:04	169	01:22:43	142	M	28	M40	UNATT
394	MIKE	JACKSON	170	01:23:14	177	01:23:14	143	M	70	MSNR	UNATT



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583	IAN	BELL	171	01:23:19	167	01:22:29	144	M	71	MSNR	UNATT
23	JANE	MOTTRAM	172	01:23:22	175	01:23:02	28	F	1	F55	CUMBERLAND FELL RUNNERS
582	ALI	WILSON	173	01:23:23	170	01:22:51	29	F	20	FSNR	BORDER HARRIERS
147	MANDY	BIRKETT	174	01:23:27	178	01:23:24	30	F	21	FSNR	UNATT
146	ANTHONY	YOUNG	175	01:23:27	179	01:23:24	145	M	19	M45	UNATT
460	JOSEPH	HOLT	176	01:23:28	173	01:22:58	146	M	72	MSNR	UNATT
255	JENNIFER	BROWN	177	01:23:28	174	01:22:58	31	F	22	FSNR	UNATT
439	JEFF	DANDY	178	01:23:34	180	01:23:26	147	M	29	M40	JAMES WALKER
476	RACHAEL	OROURKE	179	01:23:39	181	01:23:28	32	F	23	FSNR	ST BEES TRIERS
280	PHILIP	MURRAY	180	01:23:45	172	01:22:56	148	M	30	M40	UNATT
72	MAURICE	TIERNEY	181	01:23:45	176	01:23:05	149	M	20	M45	UNATT
568	ZEINAB	WEYERS	182	01:24:07	182	01:23:38	33	F	24	FSNR	UNATT
324	RUTH	WARD	183	01:24:25	185	01:24:16	34	F	25	FSNR	UNATT
309	FIONA	LITTLE	184	01:24:42	183	01:23:56	35	F	26	FSNR	UNATT
230	VICKY	MASON	185	01:24:45	192	01:24:37	36	F	27	FSNR	UNATT
262	LINDSAY	TODD	186	01:24:45	190	01:24:25	37	F	28	FSNR	UNATT
105	JOHN	REYNOLDS	187	01:24:46	184	01:24:12	150	M	16	M50	UNATT
496	RYAN	BENN	188	01:24:49	189	01:24:24	151	M	73	MSNR	UNATT
421	COLLETTE	THWAITES	189	01:25:00	187	01:24:17	38	F	29	FSNR	UNATT
277	HEATHER	GARLAND	190	01:25:02	196	01:24:58	39	F	30	FSNR	UNATT
217	NICOLA	CARRUTHERS	191	01:25:06	193	01:24:41	40	F	31	FSNR	UNATT
519	DAVID	SEGAR	192	01:25:07	186	01:24:16	152	M	31	M40	UNATT
138	STEVE	CRAMPTON	193	01:25:08	198	01:25:08	153	M	17	M50	UNATT
137	VALERIE	CRAMPTON	194	01:25:08	199	01:25:08	41	F	4	F50	UNATT
376	NEIL	SAVAGE	195	01:25:09	194	01:24:45	154	M	21	M45	UNATT
529	STEVEN	MCMULLEN	196	01:25:10	195	01:24:55	155	M	32	M40	UNATT
512	DANIEL	JOHNSON	197	01:25:14	188	01:24:22	156	M	74	MSNR	UNATT
368	SHARRON	CLARK	198	01:25:16	200	01:25:12	42	F	32	FSNR	WIGTON ROAD RUNNERS
516	COLIN	WEST	199	01:25:19	191	01:24:32	157	M	18	M50	TIFFEN RUNNERS
385	SHARON	ELLIS	200	01:25:23	201	01:25:13	43	F	3	F40	UNATT
378	NORMAN	ELLIS	201	01:25:23	202	01:25:14	158	M	22	M45	UNATT
452	RUTH	AKERS	202	01:25:34	197	01:24:58	44	F	33	FSNR	JAMES WALKER
95	DAVID	OSBOURN	203	01:25:41	204	01:25:29	159	M	75	MSNR	UNATT
400	HEATHER	ECCLES	204	01:26:00	209	01:25:52	45	F	34	FSNR	SKYE & LOCHALSH HARRIERS



# West Cumbrian Run 2010

## Cockermouth to Workington

Sunday 18th July, 2010

BIB	FORENAME	SURNAME	RANK	GUN TIME	CHIP RANK	CHIP TIME	GEN POS	GENDER	CAT POS	CATEGORY	CLUB
537	ANNA	BLACKBURN	205	01:26:04	206	01:25:39	46	F	5	F50	UNATT
481	TOM	BENN	206	01:26:12	208	01:25:47	160	M	76	MSNR	UNATT
111	AARON	BAGLEE	207	01:26:19	205	01:25:34	161	M	77	MSNR	UNATT
293	MALLY	NICHOLSON	208	01:26:28	207	01:25:40	162	M	33	M40	UNATT
492	JAMES	GARSIDE	209	01:26:35	212	01:26:20	163	M	34	M40	UNATT
305	HELEN	MACKAY	210	01:26:35	216	01:26:33	47	F	35	FSNR	UNATT
170	CLAIRE	CANNON-PARK	211	01:26:47	213	01:26:29	48	F	36	FSNR	UNATT
205	KIM	BLAZER	212	01:26:48	211	01:26:04	49	F	4	F40	UNATT
433	ANDREW	SCOTT	213	01:26:50	210	01:25:54	164	M	78	MSNR	JAMES WALKER
381	ADAM	NELSON	214	01:26:55	217	01:26:36	165	M	79	MSNR	UNATT
87	KARL	FURSEY	215	01:26:55	203	01:25:20	166	M	80	MSNR	BLACK COMBE RUNNERS
134	KATHERINE	WINROW	216	01:27:00	220	01:26:54	50	F	4	F45	NORTHERN VETS AC
248	GARI	MAGEAN	217	01:27:14	219	01:26:53	167	M	81	MSNR	UNATT
114	ANDREW	SEFTON	218	01:27:16	214	01:26:31	168	M	82	MSNR	UNATT
434	ANDREW	SLOAN	219	01:27:19	215	01:26:31	169	M	35	M40	JAMES WALKER
553	GRAHAM	CRACKNELL	220	01:27:27	221	01:26:55	170	M	6	M60	DAC
126	ANTHONY	NICHOLSON	221	01:27:29	225	01:27:16	171	M	36	M40	UNATT
96	CHRIS	WOOD	222	01:27:31	227	01:27:23	172	M	37	M40	UNATT
28	NINA	ROSE	223	01:27:40	218	01:26:51	51	F	37	FSNR	UNATT
272	KEITH	WILKINSON	224	01:27:41	222	01:27:02	173	M	83	MSNR	UNATT
358	TONY	MCGUIRK	225	01:27:47	229	01:27:24	174	M	23	M45	UNATT
339	CHRIS	HUGHES	226	01:27:51	223	01:27:13	175	M	84	MSNR	UNATT
336	ANDREA	EDMONDSON	227	01:27:54	228	01:27:23	52	F	5	F40	UNATT
335	DAVID	EDMONDSON	228	01:27:55	230	01:27:24	176	M	24	M45	UNATT
258	SUSAN	FAWKES	229	01:27:57	232	01:27:36	53	F	38	FSNR	UNATT
203	STEVEN	TREBLE	230	01:28:00	224	01:27:14	177	M	85	MSNR	UNATT
393	SCOTT	DONAUGHEE	231	01:28:15	226	01:27:18	178	M	86	MSNR	UNATT
302	MATTHEW	TAYLOR	232	01:28:16	231	01:27:32	179	M	87	MSNR	UNATT
416	LYNNE	THOMAS	233	01:28:21	234	01:28:01	54	F	6	F40	UNATT
475	JUDITH	WILSON	234	01:28:24	233	01:28:00	55	F	5	F45	ELLENBOROUGH AC
484	JEREMY	GRAHAM	235	01:28:33	236	01:28:12	180	M	25	M45	UNATT
318	MIKE	TRAVIS	236	01:28:44	239	01:28:21	181	M	19	M50	UNATT
93	PAUL	WHITEHEAD	237	01:28:48	235	01:28:04	182	M	20	M50	UNATT
359	NICOLA	THOMPSON	238	01:28:54	237	01:28:12	56	F	39	FSNR	UNATT



# West Cumbrian Run 2010

## Cockermouth to Workington

Sunday 18th July, 2010

<b>BIB</b>	<b>FORENAME</b>	<b>SURNAME</b>	<b>RANK</b>	<b>GUN TIME</b>	<b>CHIP RANK</b>	<b>CHIP TIME</b>	<b>GEN POS</b>	<b>GENDER</b>	<b>CAT POS</b>	<b>CATEGORY</b>	<b>CLUB</b>
204	PATRICIA	GALLAGHER	239	01:28:57	248	01:28:57	57	F	6	F50	ELLENBOROUGH AC
24	STEVE	BENSON	240	01:29:01	238	01:28:19	183	M	88	MSNR	UNATT
499	LUCY	COWTON	241	01:29:03	243	01:28:45	58	F	7	F40	UNATT
36	JAKE	BROMLEY	242	01:29:04	240	01:28:24	184	M	89	MSNR	UNATT
303	TIM	BAUGH	243	01:29:06	241	01:28:29	185	M	38	M40	UNATT
121	JACQUELINE	ASPDEN	244	01:29:14	250	01:29:02	59	F	8	F40	UNATT
357	SHARON	COWMAN	245	01:29:16	242	01:28:42	60	F	40	FSNR	UNATT
540	MARK	GRIMMA	246	01:29:20	244	01:28:45	186	M	90	MSNR	UNATT
156	DIANE	KNOWLES	247	01:29:26	246	01:28:52	61	F	9	F40	UNATT
234	MARLENE	TODD	248	01:29:26	247	01:28:52	62	F	6	F45	UNATT
237	JULIE	ROSS	249	01:29:30	249	01:28:59	63	F	7	F45	UNATT
491	RACHEL	WHITEHEAD	250	01:29:36	252	01:29:31	64	F	41	FSNR	AMCOR RUNNERS
142	KERRY	HUDSON	251	01:29:38	251	01:29:03	65	F	8	F45	FETCH EVERYONE RC
266	MATTHEW	HOUSE	252	01:29:45	245	01:28:49	187	M	39	M40	UNATT
470	NICK	BLAIR	253	01:29:58	253	01:29:52	188	M	40	M40	AMCOR RUNNERS
198	LEE	DIXON	254	01:30:38	256	01:30:34	189	M	91	MSNR	UNATT
464	IAN	MORRIS	255	01:30:50	254	01:30:04	190	M	7	M60	UNATT
304	PHILIP	MELOY	256	01:30:56	257	01:30:41	191	M	92	MSNR	UNATT
162	ALICE	BARR	257	01:30:59	255	01:30:06	66	F	10	F40	SURREY POLICE
21	AMY	MATTINSON	258	01:31:14	258	01:30:56	67	F	42	FSNR	UNATT
176	PHIL	SNELL	259	01:31:31	263	01:31:18	192	M	93	MSNR	UNATT
307	PAUL	TODD	260	01:31:34	267	01:31:25	193	M	26	M45	UNATT
547	SIMON	BROWN	261	01:31:36	259	01:31:09	194	M	21	M50	UNATT
548	TINA	BROWN	262	01:31:36	260	01:31:10	68	F	11	F40	UNATT
159	VICKY	DALEY	263	01:31:36	264	01:31:20	69	F	7	F50	UNATT
387	JACKIE	LEECH	264	01:31:36	262	01:31:15	70	F	43	FSNR	UNATT
44	HELEN LAURA	BEW	265	01:31:55	273	01:31:53	71	F	44	FSNR	UNATT
325	CLAIRE	FISHER	266	01:31:55	270	01:31:43	72	F	45	FSNR	UNATT
395	CHRISTINE	MARSHALL	267	01:31:57	271	01:31:43	73	F	9	F45	UNATT
366	CHERYL	LORD-BROWN	268	01:31:57	266	01:31:21	74	F	12	F40	UNATT
564	KEITH	OGLANBY	269	01:32:04	275	01:32:00	195	M	6	M55	UNATT
284	PETRA	ASHTON	270	01:32:06	268	01:31:26	75	F	13	F40	UNATT
104	JACKIE	STOREY	271	01:32:10	261	01:31:13	76	F	10	F45	UNATT
275	ALISON	COWEN	272	01:32:13	265	01:31:20	77	F	46	FSNR	UNATT



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BIB	FORENAME	SURNAME	RANK	GUN TIME	CHIP RANK	CHIP TIME	GEN POS	GENDER	CAT POS	CATEGORY	CLUB
274	MARK	WEBSTER	273	01:32:13	279	01:32:09	196	M	41	M40	LANCASHIRE POLICE
575	BEN	MCGARRY	274	01:32:24	283	01:32:24	197	M	94	MSNR	UNATT
398	HELEN	BROWN	275	01:32:29	269	01:31:39	78	F	2	F55	UNATT
417	JOE	OSTLE	276	01:32:30	276	01:32:02	198	M	8	M60	JAMES WALKER
478	SHIRLEY	WHITBY	277	01:32:32	280	01:32:19	79	F	14	F40	UNATT
483	TONI	HALL	278	01:32:34	272	01:31:49	80	F	15	F40	UNATT
74	SARA	BENBOW	279	01:32:36	278	01:32:07	81	F	16	F40	UNATT
346	TIM	EVANS	280	01:32:38	277	01:32:02	199	M	95	MSNR	UNATT
549	JORDAN	BURGESS	281	01:32:38	281	01:32:23	200	M	96	MSNR	UNATT
546	LEE	SHERRIFF	282	01:32:39	282	01:32:23	82	F	47	FSNR	UNATT
386	FIONA	COBURN	283	01:32:50	274	01:31:54	83	F	48	FSNR	UNATT
222	MURRAY	SPIERS	284	01:32:53	284	01:32:25	201	M	27	M45	UNATT
418	LESLEY	DIXON	285	01:32:57	288	01:32:44	84	F	11	F45	UNATT
532	KIRSTY	BARKER	286	01:32:57	287	01:32:44	85	F	17	F40	UNATT
332	KEITH	STUART	287	01:32:57	289	01:32:47	202	M	97	MSNR	FETCH EVERYONE RC
157	JANET	HARTLEY	288	01:33:12	285	01:32:33	86	F	18	F40	UNATT
321	DAVID	HOLLIDAY	289	01:33:18	290	01:32:51	203	M	98	MSNR	UNATT
100	JOANNE	PERCIVAL	290	01:33:21	286	01:32:37	87	F	49	FSNR	UNATT
123	RYAN	JOHNSTON	291	01:33:22	291	01:32:58	204	M	99	MSNR	UNATT
240	JILL	GRAY	292	01:33:44	295	01:33:28	88	F	12	F45	UNATT
438	OLIVER	INGRAM	293	01:33:48	292	01:32:58	205	M	100	MSNR	JAMES WALKER
437	KEVIN	INGRAM	294	01:33:49	293	01:32:59	206	M	22	M50	JAMES WALKER
545	MICHELLE	MCGRATH	295	01:34:07	299	01:33:40	89	F	19	F40	UNATT
254	BRIAN	GORMAN	296	01:34:13	294	01:33:12	207	M	7	M55	UNATT
474	BRIAN	STALKER	297	01:34:20	300	01:33:41	208	M	9	M60	UNATT
563	PHIL	EDGE	298	01:34:20	296	01:33:37	209	M	42	M40	UNATT
69	ZOE	MILLS	299	01:34:20	305	01:34:01	90	F	20	F40	CUMBRIA POLICE
149	SHARRON	HULLOCK	300	01:34:20	298	01:33:39	91	F	21	F40	UNATT
150	ALAN	JACKSON	301	01:34:20	297	01:33:38	210	M	43	M40	UNATT
148	JEREMY MARK	GILMOUR	302	01:34:21	301	01:33:41	211	M	44	M40	UNATT
85	KEVIN	OHARE	303	01:34:33	304	01:34:00	212	M	10	M60	UNATT
410	ALISON	CUNNINGHAM	304	01:34:40	302	01:33:53	92	F	22	F40	JAMES WALKER
62	MARTIN	HODGSON	305	01:34:44	309	01:34:14	213	M	45	M40	UNATT
327	JACKIE	AISTON	306	01:34:44	303	01:33:59	93	F	23	F40	UNATT



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## Cockermouth to Workington

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BIB	FORENAME	SURNAME	RANK	GUN TIME	CHIP RANK	CHIP TIME	GEN POS	GENDER	CAT POS	CATEGORY	CLUB
360	SUSAN	BROXTON	307	01:34:48	306	01:34:02	94	F	50	FSNR	UNATT
334	VANESSA	WALLACE	308	01:34:50	307	01:34:03	95	F	51	FSNR	UNATT
435	HELEN	TUDHUNTER	309	01:34:50	308	01:34:04	96	F	52	FSNR	JAMES WALKER
457	LOUISE	IRELAND	310	01:35:03	314	01:34:58	97	F	53	FSNR	AMCOR RUNNERS
45	AIDAN	BEW	311	01:35:06	315	01:35:04	214	M	101	MSNR	UNATT
32	GAVIN	CHURCH	312	01:35:15	312	01:34:44	215	M	102	MSNR	UNATT
31	TRACY	SMITH	313	01:35:16	313	01:34:45	98	F	54	FSNR	UNATT
494	LOUISE	CAMPBELL	314	01:35:31	310	01:34:35	99	F	55	FSNR	UNATT
187	DAVID	MCCAUL	315	01:35:34	311	01:34:35	216	M	46	M40	UNATT
579	KIRSTIE	HODGSON	316	01:35:40	322	01:35:29	100	F	56	FSNR	UNATT
285	DARA	LEY	317	01:35:42	326	01:35:38	101	F	57	FSNR	UNATT
278	KATE	BULMAN	318	01:35:48	325	01:35:30	102	F	58	FSNR	UNATT
245	MIRIAM	PORTER	319	01:35:50	319	01:35:26	103	F	13	F45	UNATT
119	KENNETH	MACLEOD	320	01:35:52	316	01:35:08	217	M	28	M45	UNATT
351	CHRIS	MCKELVEY	321	01:35:52	317	01:35:08	218	M	103	MSNR	UNATT
260	JOHN	SMITHAM	322	01:35:53	327	01:35:44	219	M	104	MSNR	UNATT
90	CLAIRE	ABBEY	323	01:36:01	320	01:35:26	104	F	24	F40	SUNDERLAND HARRIERS & AC
91	GRAEME	ABBEY	324	01:36:01	318	01:35:25	220	M	105	MSNR	UNATT
294	JANET	MITCHELL	325	01:36:03	329	01:35:45	105	F	3	F55	UNATT
158	JASON	KNOWLES	326	01:36:05	321	01:35:27	221	M	106	MSNR	UNATT
440	PAM	BROWN	327	01:36:07	336	01:36:04	106	F	59	FSNR	JAMES WALKER
451	LEXA	RAY	328	01:36:08	328	01:35:44	107	F	60	FSNR	JAMES WALKER
236	NIGEL	TOTTIE	329	01:36:10	337	01:36:05	222	M	29	M45	UNATT
235	PAULINE	TOTTIE	330	01:36:11	338	01:36:06	108	F	14	F45	UNATT
354	STEPHEN	WATSON	331	01:36:12	332	01:35:52	223	M	1	M70	CUMBERLAND AC
297	GRAHAM	HAWLEY	332	01:36:14	323	01:35:29	224	M	107	MSNR	ATHLETICO MADRAS
295	ANGUS	BENZIE	333	01:36:14	324	01:35:29	225	M	108	MSNR	ATHLETICO MADRAS
436	GARY	ROUTLEDGE	334	01:36:18	331	01:35:51	226	M	109	MSNR	JAMES WALKER
216	LISA	REEVES	335	01:36:19	334	01:36:00	109	F	61	FSNR	UNATT
578	TRACY	SCOTT	336	01:36:29	341	01:36:18	110	F	62	FSNR	UNATT
523	AMY	BIRTLES	337	01:36:29	330	01:35:49	111	F	63	FSNR	UNATT
54	THOMAS	BELL	338	01:36:32	339	01:36:07	227	M	8	M55	UNATT
399	GILL	BUTTERFIELD	339	01:36:34	340	01:36:08	112	F	25	F40	UNATT
80	SUSAN	STEEL	340	01:36:36	343	01:36:29	113	F	64	FSNR	UNATT



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## Cockermouth to Workington

Sunday 18th July, 2010

BIB	FORENAME	SURNAME	RANK	GUN TIME	CHIP RANK	CHIP TIME	GEN POS	GENDER	CAT POS	CATEGORY	CLUB
136	SAM	MURRAY	341	01:36:40	333	01:35:52	228	M	110	MSNR	UNATT
469	NEIL	BENSON	342	01:36:41	344	01:36:39	229	M	111	MSNR	AMCOR RUNNERS
315	JANE	MACASKILL	343	01:36:50	335	01:36:02	114	F	4	F55	METRO ABERDEEN RRC
279	DAVID	FOSTER	344	01:36:52	346	01:36:44	230	M	112	MSNR	UNATT
33	PETER	COLE	345	01:36:57	345	01:36:41	231	M	113	MSNR	UNATT
212	STEVE	CAMPBELL	346	01:37:15	342	01:36:22	232	M	9	M55	UNATT
51	TIM	WARD	347	01:37:25	348	01:36:56	233	M	30	M45	UNATT
265	JACQUI	MURDOCK	348	01:37:42	347	01:36:46	115	F	26	F40	UNATT
81	JUDY	HARKER	349	01:37:42	350	01:37:20	116	F	65	FSNR	UNATT
450	JOHANNA	WATSON	350	01:37:44	351	01:37:22	117	F	66	FSNR	JAMES WALKER
231	SANDRA	RUMNEY	351	01:37:52	353	01:37:35	118	F	5	F55	CUMBERLAND AC
40	LENA	CURRY	352	01:37:53	354	01:37:35	119	F	1	F60	CUMBERLAND AC
239	STEVEN	CLARINGBOLD	353	01:37:57	349	01:37:11	234	M	114	MSNR	UNATT
642	JIM	ROONEY	354	01:38:19	356	01:37:59	235	M	47	M40	CUMBRIA POLICE
441	LISA	FRANCIS	355	01:38:19	357	01:38:01	120	F	67	FSNR	UNATT
312	DAVID	KEENAN	356	01:38:22	355	01:37:49	236	M	10	M55	UNATT
271	SHARON	WHITE	357	01:38:24	352	01:37:31	121	F	68	FSNR	UNATT
259	DAWN	WICKS	358	01:38:28	358	01:38:08	122	F	69	FSNR	UNATT
473	LESLEY	PHILIP	359	01:38:48	361	01:38:22	123	F	15	F45	UNATT
466	JOHN	MILLINGTON	360	01:38:48	360	01:38:22	237	M	11	M55	UNATT
39	IAN	HANSON	361	01:38:53	364	01:38:36	238	M	31	M45	UNATT
273	LIZ	SANDELANDS	362	01:39:13	359	01:38:16	124	F	70	FSNR	UNATT
168	NICOLA	GARDNER	363	01:39:16	362	01:38:23	125	F	27	F40	UNATT
171	MAX	PRIESTLEY	364	01:39:16	363	01:38:23	239	M	115	MSNR	SURREY POLICE AC
269	JUDITH	CAMERON	365	01:39:18	365	01:38:49	126	F	28	F40	UNATT
30	RACHEL	RITSON	366	01:39:18	366	01:38:49	127	F	29	F40	UNATT
326	LORRAINE	MURPHY	367	01:39:21	368	01:39:07	128	F	30	F40	UNATT
391	CATRIONA	SIMPSON	368	01:39:21	369	01:39:07	129	F	71	FSNR	UNATT
130	GEMMA	CARROLL	369	01:39:52	372	01:39:44	130	F	72	FSNR	UNATT
301	ANDREW	SPROAT	370	01:39:54	367	01:39:02	240	M	116	MSNR	UNATT
587	FRANCES	GUITAP	371	01:40:07	370	01:39:19	131	F	73	FSNR	UNATT
382	ANDREW	NELSON	372	01:40:15	373	01:39:56	241	M	32	M45	DERWENT AC
38	PHILIP	LOWDEN	373	01:40:31	371	01:39:34	242	M	33	M45	UNATT
124	HEIDI	HOLMES	374	01:40:42	375	01:40:22	132	F	74	FSNR	UNATT



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Sunday 18th July, 2010

BIB	FORENAME	SURNAME	RANK	GUN TIME	CHIP RANK	CHIP TIME	GEN POS	GENDER	CAT POS	CATEGORY	CLUB
349	ADAM	COLEMAN	375	01:40:47	374	01:39:56	243	M	117	MSNR	UNATT
131	JENNY	KURZYK	376	01:40:48	376	01:40:34	133	F	75	FSNR	UNATT
208	MARTIN	BAINBRIDGE	377	01:41:02	378	01:40:46	244	M	118	MSNR	UNATT
201	LUCI	SKILLING	378	01:41:02	379	01:40:47	134	F	76	FSNR	UNATT
118	DAVID	WALKER	379	01:41:22	377	01:40:39	245	M	119	MSNR	SURREY POLICE
261	SUSAN	CLARK	380	01:41:34	383	01:41:20	135	F	16	F45	UNATT
350	CRAIG	BARKER	381	01:41:43	380	01:40:53	246	M	120	MSNR	UNATT
141	HEIDI	MARTIN	382	01:42:00	388	01:41:47	136	F	77	FSNR	ST BEES TRIERS
97	MICHAEL	MILLS	383	01:42:01	382	01:41:15	247	M	34	M45	UNATT
448	JOHN	MCGIBBON	384	01:42:04	381	01:41:14	248	M	121	MSNR	JAMES WALKER
196	NICOLA	MCLAUGHLIN	385	01:42:06	387	01:41:44	137	F	78	FSNR	UNATT
199	ANGELA	BRAGG	386	01:42:06	386	01:41:44	138	F	79	FSNR	UNATT
26	NINA	MOORE	387	01:42:17	389	01:41:47	139	F	80	FSNR	UNATT
59	DALE	MOORE	388	01:42:18	390	01:41:47	249	M	122	MSNR	UNATT
311	TANYA	BROWN	389	01:42:21	392	01:41:59	140	F	31	F40	UNATT
89	ZOE	FERGUSON	390	01:42:22	384	01:41:40	141	F	8	F50	UNATT
122	GULAB	MISTRY	391	01:42:29	393	01:42:13	250	M	11	M60	UNATT
331	IAN	POOLE	392	01:42:30	391	01:41:52	251	M	123	MSNR	UNATT
356	SEAN	PALMER	393	01:42:39	385	01:41:41	252	M	124	MSNR	UNATT
552	NATALIE	BLACK	394	01:42:56	394	01:42:23	142	F	81	FSNR	GADE VALLEY HARRIERS
323	MEL	WARWICK	395	01:42:59	398	01:42:48	143	F	82	FSNR	SANDS CENTRE RUNNING CLUB
453	JOANNE	BENN	396	01:43:07	397	01:42:44	144	F	83	FSNR	JAMES WALKER
215	CARLIE	MURPHY	397	01:43:10	399	01:42:57	145	F	84	FSNR	UNATT
392	FRANK	TARBUCK	398	01:43:23	395	01:42:29	253	M	12	M60	MERSEYSIDE POLICE AC
185	DAVID	EVANS	399	01:43:34	396	01:42:42	254	M	125	MSNR	SURREY POLICE
225	SARAH	DRAFZ	400	01:43:42	403	01:43:24	146	F	85	FSNR	UNATT
46	MARK	HOLDING	401	01:43:43	402	01:43:23	255	M	35	M45	UNATT
468	LAURA	BOWNESS	402	01:43:49	404	01:43:43	147	F	86	FSNR	AMCOR RUNNERS
531	JOSEPH	ROPER	403	01:44:10	400	01:43:13	256	M	126	MSNR	UNATT
530	KATHRYN	ROPER	404	01:44:11	401	01:43:14	148	F	87	FSNR	UNATT
77	SHARON	MATTHEWS	405	01:44:59	410	01:44:30	149	F	17	F45	UNATT
76	EMMA	WALKER	406	01:44:59	411	01:44:30	150	F	88	FSNR	UNATT
128	CHRIS	ULYATT	407	01:45:00	408	01:44:22	257	M	127	MSNR	UNATT
127	SARAH	MORGAN	408	01:45:00	409	01:44:22	151	F	89	FSNR	UNATT



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BIB	FORENAME	SURNAME	RANK	GUN TIME	CHIP RANK	CHIP TIME	GEN POS	GENDER	CAT POS	CATEGORY	CLUB
493	LYNSEY	DAWSON	409	01:45:01	414	01:44:36	152	F	90	FSNR	UNATT
268	SANDRA	TURNER	410	01:45:07	405	01:44:12	153	F	32	F40	UNATT
580	MARC	SKILLEN	411	01:45:11	412	01:44:31	258	M	128	MSNR	UNATT
581	KATE	ROBINSON	412	01:45:11	413	01:44:32	154	F	91	FSNR	UNATT
66	SUE	CARRUTHERS	413	01:45:17	407	01:44:20	155	F	33	F40	UNATT
584	JOANNA	DAULBY	414	01:45:17	406	01:44:19	156	F	92	FSNR	UNATT
490	PHILIP	BISHOP	415	01:45:24	415	01:45:12	259	M	23	M50	UNATT
120	REBECCA	THOMPSON	416	01:45:32	416	01:45:22	157	F	93	FSNR	UNATT
151	CAROLE	BURNIE	417	01:45:49	418	01:45:41	158	F	9	F50	UNATT
94	JOANNE	PATTINSON	418	01:46:05	417	01:45:38	159	F	94	FSNR	UNATT
106	BARBARA	REYNOLDS	419	01:46:12	420	01:45:46	160	F	2	F60	UNATT
47	JOANNE	CAFFREY	420	01:46:16	422	01:46:03	161	F	95	FSNR	UNATT
197	CHRISTA	WHATMOUGH	421	01:46:21	423	01:46:07	162	F	96	FSNR	UNATT
218	CAROLE	STEEL	422	01:46:30	424	01:46:22	163	F	10	F50	UNATT
446	KEVIN	RAE	423	01:46:32	419	01:45:42	260	M	129	MSNR	JAMES WALKER
500	JOANNE	PEARSON	424	01:46:54	421	01:45:59	164	F	18	F45	UNATT
463	MARIE	DUXBURY	425	01:46:59	427	01:46:53	165	F	19	F45	AMCOR RUNNERS
63	ELSIE MAY	LIGHTFOOT	426	01:47:19	428	01:47:07	166	F	3	F60	UNATT
172	CLAIRE	FAZACKERLEY	427	01:47:27	425	01:46:31	167	F	97	FSNR	UNATT
180	PENELOPE	FOSTER	428	01:47:27	426	01:46:32	168	F	98	FSNR	UNATT
82	ROBIN	BELL	429	01:48:02	429	01:47:21	261	M	48	M40	CUMBERLAND AC
507	GILLIAN	CHERRY	430	01:48:51	430	01:48:22	169	F	99	FSNR	UNATT
340	DIANE	IRVING	431	01:48:51	431	01:48:24	170	F	34	F40	UNATT
250	JONATHAN	WHITE	432	01:49:07	436	01:48:39	262	M	12	M55	UNATT
52	CHRISTINE	NELSON	433	01:49:14	439	01:48:59	171	F	100	FSNR	UNATT
276	RACHAEL	TARBUCK	434	01:49:20	432	01:48:27	172	F	101	FSNR	MERSEYSIDE POLICE AC
424	SEAN	BENNETT	435	01:49:21	433	01:48:28	263	M	130	MSNR	MERSEYSIDE POLICE AC
576	VAL	JOHNSTONE	436	01:49:28	438	01:48:53	173	F	20	F45	UNATT
544	MIKE	MIDDLEHURST	437	01:49:28	437	01:48:53	264	M	131	MSNR	UNATT
112	MANDY	FLEMING-WILLIAMS	438	01:49:30	435	01:48:36	174	F	102	FSNR	UNATT
232	AILEEN	SHIELS	439	01:49:31	434	01:48:33	175	F	103	FSNR	UNATT
56	SARAH	HEMSLEY-ROSE	440	01:49:45	440	01:49:03	176	F	21	F45	UNATT
526	ERIC	BELL	441	01:50:47	441	01:50:08	265	M	13	M55	UNATT
57	VERONICA	EILBECK	442	01:50:49	443	01:50:48	177	F	35	F40	UNATT



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207	PAUL	MADDOCK	443	01:51:03	442	01:50:33	266	M	36	M45	UNATT
566	MATTHEW	WILSON	444	01:52:09	444	01:51:10	267	M	132	MSNR	UNATT
565	LIZ	KELLY	445	01:52:09	445	01:51:10	178	F	11	F50	UNATT
246	JOANNE	WILKINSON	446	01:52:24	446	01:51:51	179	F	104	FSNR	UNATT
117	ROSS	LINAKER	447	01:53:34	447	01:52:49	268	M	133	MSNR	SURREY POLICE
223	JACQUI	SPIERS	448	01:53:37	448	01:53:09	180	F	22	F45	UNATT
224	ELIZABETH	CAMPBELL	449	01:53:39	451	01:53:12	181	F	23	F45	UNATT
384	ZOE	GARNET-SCOTT	450	01:54:03	449	01:53:09	182	F	36	F40	UNATT
383	FRANCES	HENDERSON	451	01:54:03	450	01:53:09	183	F	37	F40	UNATT
165	BILL	PROUD	452	01:54:36	452	01:54:07	269	M	14	M55	UNATT
179	NEIL	HANRATTY	453	01:54:42	453	01:54:27	270	M	134	MSNR	UNATT
160	TREVOR	WALKER	454	01:56:31	454	01:56:18	271	M	15	M55	UNATT
178	JUNE	KANE	455	01:56:31	455	01:56:19	184	F	24	F45	UNATT
210	DANIEL	CARROLL	456	01:56:36	457	01:56:36	272	M	135	MSNR	UNATT
61	MALCOLM	MAVIN	457	01:56:53	458	01:56:39	273	M	37	M45	UNATT
504	IAN	GALBRAITH	458	01:57:02	456	01:56:31	274	M	24	M50	UNATT
53	SHANE	HUDDART	459	01:59:02	459	01:58:13	275	M	25	M50	UNATT
505	HOLLIE	MARK	460	01:59:07	461	01:58:46	185	F	105	FSNR	UNATT
226	CHARLES	LACEY	461	01:59:07	460	01:58:20	276	M	136	MSNR	UNATT
1	CRAIG	MACKEY	462	01:59:08	462	01:59:04	277	M	38	M45	UNATT
110	VALERIE	STEPHENSON	463	02:00:10	463	01:59:51	186	F	25	F45	UNATT
561	SUSAN	ADDYMAN	464	02:00:27	464	01:59:57	187	F	38	F40	UNATT
242	NICOLA	BIRCHER	465	02:02:46	465	02:02:13	188	F	26	F45	UNATT
243	HANNAH	PALLISTER	466	02:02:46	466	02:02:13	189	F	106	FSNR	UNATT
65	ADAM	FRENCH	467	02:03:03	468	02:02:46	278	M	137	MSNR	UNATT
251	STACIE	LITHGOW	468	02:03:12	467	02:02:33	190	F	107	FSNR	UNATT
194	KIRSTY	WEATHERALL	469	02:03:46	469	02:03:30	191	F	108	FSNR	UNATT
412	KEVIN	HANNA	470	02:04:24	470	02:03:50	279	M	49	M40	HOWGILL HARRIERS
252	FIONA	BARWISE	471	02:05:35	473	02:05:25	192	F	109	FSNR	UNATT
163	JULIE	MCGONIGLE	472	02:05:49	471	02:05:21	193	F	39	F40	UNATT
161	SHARON	COLES	473	02:05:51	472	02:05:23	194	F	40	F40	UNATT
60	ANN	MATTINSON	474	02:06:06	474	02:05:50	195	F	110	FSNR	UNATT
343	DEBORAH	GORLEY	475	02:06:46	475	02:06:18	196	F	41	F40	UNATT
465	LEANNE	DAVIS	476	02:07:54	476	02:07:52	197	F	111	FSNR	UNATT



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132	HARRY	WRIGHT	477	02:09:54	478	02:09:39	280	M	39	M45	UNATT
133	SHARON	WRIGHT	478	02:09:54	477	02:09:38	198	F	112	FSNR	UNATT
317	JAMES	HAMILTON	479	02:10:57	479	02:10:10	281	M	13	M60	UNATT
169	KAREN	POTTER	480	02:10:59	480	02:10:54	199	F	113	FSNR	UNATT
559	CHERYL	REYNOLDS	481	02:14:31	481	02:14:16	200	F	114	FSNR	UNATT

