

Hawkshead 10k

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:33:01	353	Waite	Phil	Barrow & Furness Striders		M
2	00:33:09	296	Russell	Alasdair	Kendal AC		M
3	00:34:02	366	Bird	Joseph	Eden Runners		M
4	00:34:12	305	Campbell	Ross	Barrow & Furness Striders		M
5	00:35:07	307	French	John	Eden Runners		M
6	00:35:27	306	Bartlett	Jed	Barrow & Furness Striders		M
7	00:35:47	350	Eyre	Jack	Eden Runners		M
8	00:36:13	393	Gaydowski	Oliver	Ambleside AC		M
9	00:37:15	372	Wilson	Matt	Kendal AC	V40	M
10	00:37:30	345	Van Dijk	Benjamin	Sedbergh School		M
11	00:37:32	146	Kenny	Joe			M
12	00:37:52	373	Wilson	Richard	Kendal AC		M
13	00:37:57	318	Sisson	William	Kendal AC		M
14	00:38:02	328	Douglas	Rhiannon	Border Harriers		F
15	00:38:17	156	Purslow	Jon	Kendal AC	V50	M
16	00:38:36	381	Ashcroft	Alan	Howgill Harriers		M
17	00:39:29	411	Myerscough	Steve	Wesham RR	V40	M
18	00:39:46	383	Baron	James	Helm Hill Runners	V40	M
19	00:40:09	392	Roberts	Adam			M
20	00:40:12	330	Miles	Timothy	Kendal AC	V40	M
21	00:40:14	290	Sadler	Ian	Barrow & Furness Striders	V50	M
22	00:40:24	278	Pauley	Mike	Bentham Beagles	V50	M
23	00:40:27	382	Robinson	Sean	Howgill Harriers		M
24	00:40:30	298	Pollard	Ian			M
25	00:40:37	3	Sutton	Chris	Lincoln & Dis Runners		M
26	00:40:38	377	Rayner	Trevor	Salford Harriers	V50	M
27	00:40:47	376	Mann	Paul	Kendal AC		M
28	00:40:48	291	Archer	Lee	Kimberley and District Striders	V40	M
29	00:40:49	301	Jackson	Andy	Hoad Hill Harriers	V40	M
30	00:40:54	308	Bridge	Karen	Eden Runners	V40	F
31	00:41:12	394	Harris	Daniel	Ulverston Tri Club		M
32	00:41:18	304	Jones	Ray	Barrow & Furness Striders	V50	M
33	00:41:33	378	Bainbridge	David	Howgill Harriers		M
34	00:41:43	361	Grinbergs	James	Eden Runners	V40	M
35	00:41:50	263	Taylor	Laurence	North Yorks Moors AC	V60	M
36	00:42:06	331	Waile	Katie	Barrow & Furness Striders		F
37	00:42:07	346	Low	Philip	Walney Wind Cheetahs	V50	M
38	00:42:19	367	Pewdlebury	Gary		V60	M
39	00:42:46	362	Wood	Emma	Rosendale Harriers		F
40	00:42:55	336	Denny	Simon	Bentham Beagles		M
41	00:43:00	302	Wells	Bob	Bedford Harriers AC	V70	M
42	00:43:08	369	Kennedy	Brian	Settle Harriers	V50	M
43	00:43:13	303	Moffat	Stephen	Howgill Harriers	V50	M
44	00:43:42	402	Chapman	Geoffrey	Eden Runners	V40	M
45	00:43:58	256	Maguire	Russell	Walney Wind Cheetahs		M
46	00:44:06	343	Oakey	John	Eden Runners	V40	M
47	00:44:16	315	Gora	Lauren	Lancaster & Morecambe AC		F
48	00:44:32	389	Barr	Alan	Howgill Harriers	V40	M
49	00:44:34	264	Thomas	Patrick	Hoad Hill Harriers	V60	M
50	00:44:51	368	Thornton	Tony	Settle Harriers	V40	M
51	00:44:54	357	Eaton	Simon	Wesham RR	V40	M
52	00:44:56	404	Cox	Dean	Ealing Eagles Running Club		M
53	00:45:09	354	Batty	Steven	Walney Wind Cheetahs	V50	M
54	00:45:19	140	McGurk	Stuart	Kendal AC	V50	M
55	00:45:25	325	Nichols	David	Dallam RC		M
56	00:45:26	310	Miller	Andy	Walney Wind Cheetahs	V50	M
57	00:45:31	390	Holman	Tom		V40	M
58	00:45:39	295	Irlam	Nick	Eden Runners		M
59	00:45:47	149	Welshman	John		V50	M
60	00:45:48	293	Andrewartha	John	Eden Runners	V40	M
61	00:46:02	374	Godson	Harry	Bentham Beagles	V40	M

62	00:46:05	313	Ayres	Kate	Ambleside AC	V50	F
63	00:46:09	267	Hilton	Anthony	Lymm Runners	V40	M
64	00:46:14	320	Walker	Mark	Kendal AC	V50	M
65	00:46:25	407	Stott	Graeme	Howgill Harriers	V40	M
66	00:46:28	157	Wilson	Michael			M
67	00:46:33	324	Oshaughnassy	Mark	Dallam RC	V50	M
68	00:46:39	340	Maggio-Poyntz	Karen Ann	Walney Wind Cheetahs	V40	F
69	00:46:40	255	Jones	Ian	Walney Wind Cheetahs	V60	M
70	00:46:53	335	Conway	Keith	Hoad Hill Harriers	V40	M
71	00:47:00	142	Evelin	Tom	Hoad Hill Harriers	V60	M
72	00:47:09	332	Crisp	Kath	Barrow & Furness Striders	V40	F
73	00:47:17	329	Wilson	Alan	Hoad Hill Harriers	V50	M
74	00:47:21	273	Travers	Zoe	Barrow & Furness Striders		F
75	00:47:28	151	Finn	Paddy		V60	M
76	00:47:40	360	Grinbergs	Kerry	Eden Runners		F
77	00:47:47	274	Travers	Kerry	Barrow & Furness Striders	V40	F
78	00:47:50	261	Hodson	Tony	Howgill Harriers	V50	M
79	00:48:05	398	Gillies	Stephanie	Hoad Hill Harriers	V50	F
80	00:48:13	152	Percival-Smith	Paul	Kendal AC	V60	M
81	00:48:22	341	McLeod	Joanne	Barrow & Furness Striders	V50	F
82	00:48:24	365	Duxbury	Hattie	Sedbergh School		F
83	00:48:50	143	Travis	Heather	Hoad Hill Harriers	V40	F
84	00:48:52	268	Newnham	Adrian	Hoad Hill Harriers	V60	M
85	00:48:55	280	Leigh	Adrian	Bentham Beagles	V60	M
86	00:49:03	282	Morrell	Yvonne	Barrow & Furness Striders	V40	F
87	00:49:06	344	Fisher	Jim	Howgill Harriers	V50	M
88	00:49:07	289	Phillips	Alison	Eden Runners	V40	F
89	00:49:09	254	Cook	Rebecca			F
90	00:49:12	277	Bottomley	Roy	Eden Runners	V50	M
91	00:49:17	153	Cooke	Alison	Hereford Couriers	V50	F
92	00:49:19	356	Postlethwaite	Scott		V50	M
93	00:49:34	148	Quinn	Paul	Hoad Hill Harriers	V50	M
94	00:49:37	386	Salt	Jennifer	Wesham RR	V40	F
95	00:49:55	371	Warth	Rachel	Kendal AC		F
96	00:50:05	314	Musetti	Cath	Kendal AC	V50	F
97	00:50:17	272	Travers	Glen	Barrow & Furness Striders	V40	M
98	00:50:20	339	Callister	Janice	Walney Wind Cheetahs	V50	F
99	00:50:25	323	Walker	Andrew	Eden Runners	V50	M
100	00:50:30	276	Wright	Sarah	Eden Runners	V40	F
101	00:50:37	408	Forsyth	David			M
102	00:51:02	334	Bullock	Mik		V40	M
103	00:51:07	292	Archer	Niki	Kimberley and District Striders	V40	F
104	00:51:21	150	Nowell	Jacqueline	Kendal AC	V40	F
105	00:51:25	355	Tidbury	Wade	Eden Runners	V50	M
106	00:51:28	286	Bayliff	Leanne	Hoad Hill Harriers		F
107	00:51:29	401	Hunter	Julie	Hoad Hill Harriers	V40	F
108	00:51:42	364	Slattery	Amy	Helm Hill Runners		F
109	00:51:50	351	Bamforth	John		V50	M
110	00:52:05	347	Merritt	Quentin		V50	M
111	00:52:07	309	Singleton	Amanda	Eden Runners	V40	F
112	00:52:18	322	M'Grattan	Ken	Bentham Beagles	V40	M
113	00:52:21	311	Spring	Helen	York Acorn		F
114	00:52:28	348	Fleetwood	EJ		V50	F
115	00:52:33	358	Ingram	Sarah	Bentham Beagles	V40	F
116	00:52:38	275	Grisdale	Catherine	Barrow & Furness Striders	V50	F
117	00:53:03	385	Bartlett	Peter	Wesham RR	V60	M
118	00:53:06	395	Harris	Joanne	Ulverston Tri Club		F
119	00:53:12	352	Lumsdon	Chloe	Helm Hill Runners		F
120	00:53:20	288	Eadington	Ron		V60	M
121	00:53:27	312	King	Julia	Eden Runners	V60	F
122	00:53:38	349	Eyre	Juliet	Eden Runners		F
123	00:54:04	405	Jenkins	Amanda	Hoad Hill Harriers		F
124	00:54:07	409	Davies	Patty	Helm Hill Runners	V50	F
125	00:54:10	252	Fisher	Katherina		V50	F
126	00:54:14	400	Yearnshire	Deborah	Hoad Hill Harriers		F

127	00:54:21	270	Greenwood	John	Walney Wind Cheetahs	V60	M
128	00:54:24	384	Adams	Elizabeth	Helm Hill Runners	V40	F
129	00:54:30	397	Robertson	Frasar		V40	M
130	00:54:33	391	Roberts	Steven		V50	M
131	00:54:38	342	Gittins	Andrew	Black Combe Runners	V50	M
132	00:54:39	265	Shackleton	Barry	Darwen Dashers RC	V60	M
133	00:54:42	380	Shackleton	Karen	Darwen Dashers RC	V50	F
134	00:54:54	269	Hierons	Nigel	Eden Runners	V40	M
135	00:54:54	281	Treloar	Charlotte	Eden Runners		F
136	00:55:38	396	Robertson	Pam		V40	F
137	00:55:42	399	Whittle	Carol	Hoad Hill Harriers	V50	F
138	00:55:45	294	Dixon	Jason		V40	M
139	00:55:46	338	Burrows	Carolyn	Eden Runners	V40	F
140	00:56:00	4	Coney	Erica	Lincoln & Dis Runners		F
141	00:56:06	370	Godson	Marie	Bentham Beagles	V50	F
142	00:56:26	253	Cowdroy	Julie	Burnham on Sea Harriers	V50	F
143	00:56:39	266	Watson	Angela	Eden Runners		F
144	00:56:45	155	Atkinson	Vicky	Helm Hill Runners	V40	F
145	00:57:19	297	Barstow	John	Hoad Hill Harriers	V60	M
146	00:57:22	387	Mabbett	Russell	Wesham RR	V50	M
147	00:57:27	287	Goodyer	Kirstin		V40	F
148	00:57:28	359	Monaghams	Janet	Bentham Beagles	V60	F
149	00:57:49	403	McNaughton	Tony		V50	M
150	00:57:56	283	Strokes	Caitlin	Howgill Harriers		F
151	00:58:43	326	Silson	Gill	Eden Runners	V50	F
152	00:58:45	137	Barton	Sally	Hoad Hill Harriers	V50	F
153	00:59:02	375	Marquez	Jesus			M
154	00:59:18	337	Cannon-Park	Claire	Eden Runners	V40	F
155	00:59:27	321	Fursey	Karl	Black Combe Runners	V40	M
156	00:59:53	379	Crawford	May	Helm Hill Runners		F
157	00:59:54	388	Moss	Chris	Wesham RR	V50	M
158	01:00:46	285	Allerton	Karl	Hoad Hill Harriers	V40	M
159	01:02:15	363	Butcher	Ann	Bentham Beagles	V70	F
160	01:03:01	319	Carter	Paul	Wesham RR	V40	M
161	01:03:33	410	Myerscough	Deborah	Wesham RR	V50	F
162	01:05:00	284	Kinnard	Laura	Eden Runners		F
163	01:05:20	257	Haft	Becky			F
164	01:06:23	316	Auckland-Lewis	Julian		V50	M
165	01:07:27	317	Moreton	Penny	Hoad Hill Harriers	V50	F
166	01:09:00	271	Greenwood	Clare	Walney Wind Cheetahs	V60	F
167	01:15:59	333	Bullock	Sarah		V40	F
168	01:16:20	327	Silson	Shaun	Eden Runners	V50	M
169	01:23:33	406	Anderton	Louise	Howgill Harriers	V40	F