

Sheet1

Endmoor 10k, 9th July 2014

Pos	Num	Forename	Surname	cat	Club	Time
	1	459 Danny	Parkinson	M	Kendal AC	00:33:45
	2	413 Tony	Clarkson	M	ABRas AC Dubai	00:36:36
	3	499 Sam	Fisher	M	Howgill Harriers	00:37:12
	4	443 Jonathan	Cox	M	Eden Runners	00:37:37
	5	462 Lee	Barlow	MV40	Wesham RR	00:37:42
	6	458 Lee	Knight	M	Helm Hill Runners	00:37:50
	7	113 Alex	Rowe	MV50	Wesham RR	00:38:25
	8	494 Ben	Harrison	M		00:38:35
	9	446 Melanie	Hyder	F	Helm Hill Runners	00:39:09
	10	114 Jon	Purslow	MV40	Kendal AC	00:39:47
	11	461 Jason	Barlow	MV40	Wesham RR	00:39:57
	12	484 Andy	Wilkin	M		00:40:33
	13	496 Paul	Reilly	M	Coniston Fell Runners	00:40:43
	14	481 Heidi	Dent	F	Howgill Harriers	00:40:50
	15	471 Steve	Myerscough	MV40	Wesham RR	00:41:24
	16	430 Matthew	Swallow	M		00:41:49
	17	445 Garry	Barnett	MV40	Wesham RR	00:41:54
	18	469 John	Collier	MV60	Wesham RR	00:42:04
	19	115 Sean	Robinson	M	Howgill Harriers	00:42:22
	20	414 Nathan	Smith	MV40	Harrogate Harriers	00:42:32
	21	477 Leigh	Baron	MV40		00:42:33
	22	489 Tom	Welshman	M	Uni Nottingham	00:42:54
	23	487 Adam	Roberts	M		00:43:01
	24	429 John	Lord	M		00:43:15
	25	155 Christopher	Snell	M	Kendal AC	00:43:18
	26	442 Karen	Bridge	FV40	Eden Runners	00:43:46
	27	440 William	Swallow	M		00:43:51
	28	492 Lou	Roberts	FV40	Ambleside AC	00:44:22
	29	448 John	Andrewartha	M	Eden Runners	00:45:03
	30	452 Charles	Colby	MV40	Bowland Fell Runners	00:45:20
	31	7 Stephen	Roberts	MV40	Kendal AC	00:46:19
	32	444 Peter	Hall	MV70	Barrow & Furness Striders	00:47:02
	33	152 Richard	Cambell	M		00:47:19
	34	478 Kathleen	Crisp	FV40	Barrow & Furness Striders	00:47:24
	35	493 Cath	Musettic	FV50	Ambleside AC	00:47:55
	36	475 David	Rice	M	Keswick AC	00:47:56

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37	451 Angela	Colby	FV40	Bowland Fell Runners	00:48:01
38	468 Philip	Leaver	MV60	Wesham RR	00:48:20
39	465 Leanne	Jackson	F		00:48:23
40	436 John	Welshman	MV50		00:48:33
41	480 Sarah	Grisdale	F		00:48:40
42	473 John	Edmondson	MV60	Kendal AC	00:49:18
43	474 Steve	Bateman	MV50	Kendal AC	00:49:18
44	450 David	Wright	MV50	Kendal AC	00:49:40
45	447 Alan	Taylor	MV40	Wesham RR	00:50:05
46	419 Emma	Graham	F	St Bees Triers	00:50:33
47	472 Philip	Horrocks	MV40	Hoad Hill Harriers	00:50:44
48	470 Daniel	Hicks	M		00:50:50
49	455 Andrew	Walker	MV50	Eden Runners	00:50:56
50	482 Debs	Greaves	F	Howgill Harriers	00:51:39
51	101 Anthony	Clarke	MV60	Hoad Hill Harriers	00:51:53
52	483 Paul	Milburn	M	Ulverston tri	00:52:06
53	485 Peter	Judge	MV40		00:52:13
54	467 Jeff	Marshall	M		00:52:19
55	464 Paul	Quinn	MV40	Walney Wind Cheaters	00:52:35
56	420 Peter	Ion	MV70	Kendal AC	00:52:41
57	479 Rob	Smith	MV60	Bentham Beagales	00:53:16
58	437 Ian	Swallow	MV50		00:53:37
59	454 Julia	King	FV60	Eden Runners	00:53:58
60	6 Mark	O'Shaughnessy	MV50		00:54:06
61	417 Karl	Allerton	MV40	Lichfield RC	00:54:20
62	460 Celia	Jackson	F	Derwent AC	00:54:27
63	495 Helena	Lewis	FV40	Lancaster & Morecambe AC	00:54:34
64	449 Mike	Lavery	MV60	Hoad Hill Harriers	00:54:47
65	497 Zoe	Ringer	F	Howgill Harriers	00:55:20
66	456 Anna	Whitemore	F	Eden Runners	00:55:23
67	109 Lindsay	Harrod	FV40	Helm Hill Runners	00:55:44
68	486 Steven	Roberts	MV50		00:56:12
69	433 Keith	Hutson	MV50		00:56:23
70	431 Kim	Anderson	F		00:56:27
71	498 Vicky	Atkinson	FV40		00:56:29
72	441 Emily	Heaviside	F	Eden Runners	00:56:38
73	439 Evan	Shanks	M		00:56:54
74	488 Sue	Booth	FV50	Kendal AC	00:57:15
75	108 Tom	Evelin	MV50	Hoad Hill Harriers	00:57:40
76	5 Sue	Dowker	F	Dallam RC	00:58:22
77	500 Carl	Dargue	M		00:58:45
78	457 Amy	Deighton	F		00:59:25

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79	438 Kathryn	Swallow	FV50		00:59:25
80	106 Gay	Eastoe	FV60	Alnwick Harriers	00:59:39
81	107 Richard	Eastoe	MV50	Alnwick Harriers	00:59:39
82	425 Natalie	Norman	F		01:00:24
83	453 Kevin	Whitemore	MV60	Eden Runners	01:00:58
84	424 Katrina	Tyson	F	Parkside Panthers	01:01:06
85	466 Peter	Jackson	MV60		01:01:22
86	463 Jamima	Latimer	MV40		01:01:50
87	476 Liz	Adams	FV40		01:01:53
88	432 Clare	Shaw	FV40		01:02:19
89	423 John	Parry	M		01:05:21
90	102 Helen	Wood	FV40	Walney Wind Cheaters	01:05:53
91	103 Barbara	Hodgson	FV40	Walney Wind Cheaters	01:05:53
92	490 Helen	Pye	FV40	10k Running Pals	01:08:18
93	491 Jackie	Robinson	FV50	10k Running Pals	01:08:18