

Results - Men and Ladies

Kendal 10k

07-May-2014



Pos	No	First Names	Surname	Club	Sex	Cat	Time	Pos	No	Surname	First Names	Club	Sex	Cat	Time
1	246	Jon	Fletcher	Border Harrier	M		00:34:38	60	265	Christopher	Moss	Wesham RR	M	V40	00:47:22
2	235	Jonathan	Cox	Eden Runners	M		00:35:46	61	253	Alan	Taylor	Wesham RR	M	V40	00:47:34
3	237	Kieran	Hodgson	Helm Hill Run	M		00:36:29	62	228	Michael	Ray	Lancaster & M	M		00:47:57
4	224	Rick	Stuart	Helm Hill Run	M	V50	00:36:49	63	112	John	Barnforth		M	V40	00:48:03
5	233	Matt	Wilson	Kendal AC	M	V40	00:37:01	64	101	Anthony	Clarke	Hoad Hill Harr	M	V60	00:48:19
6	236	Jim	Kenny	Eden Runners	M	V50	00:37:31	65	271	Marie	Robson	Helm Hill Run	F	V40	00:48:20
7	268	Ben	Procter	Helm Hill Run	M		00:37:47	66	230	Jo	Wilcox	Helm Hill Run	F	V40	00:48:22
8	251	Seb	Sillito	Helm Hill Run	M		00:38:09	67	262	Peter	Bartlett	Wesham RR	M	V60	00:49:10
9	110	Quentin	Gratrix		M		00:38:11	68	259	Philip	Horrocks	Hoad Hill Harr	M	V40	00:49:28
10	272	Ben	Harrison		M		00:38:16	69	277	Mark	Lowyher		M	V50	00:49:53
11	114	Jon	Purslow	Kendal AC	M	V40	00:38:19	70	241	Sharon	Bullock	Kendal AC	F		00:50:03
12	219	Philip	Lee	Kendal AC	M		00:38:21	71	283	Mark	Oshaughnes		M	V50	00:50:40
13	113	Alex	Rowe	Wesham RR	M	V50	00:38:31	72	40	Carole	Wilkinson	Lancaster & M	F	V50	00:50:45
14	111	Harvey	Lord	Black Combe	M		00:38:38	73	282	Lyndsey	Ruscoe	Helm Hill Run	F		00:50:52
15	245	Dan	Harrison	Howgill Harrie	M	V40	00:38:42	74	270	Rachel	Slattery	Helm Hill Run	F	V40	00:51:02
16	209	Mairead	Rocke		F		00:38:47	75	105	Jason	Dixon		M	V40	00:51:11
17	240	Robert	Crawford	Coniston Fell	M		00:38:54	76	109	Lindsay	Harrod	Helm Hill Run	F	V40	00:51:20
18	252	Garry	Beardwood	Helm Hill Run	M	V40	00:39:02	77	275	Sue	Booth	Kendal AC	F	V50	00:51:23
19	239	David	White	Helm Hill Run	M	V40	00:39:16	78	205	Karl	Allerton	Lichfield RC	M	V40	00:51:24
20	229	Paul	Turner	Helm Hill Run	M		00:39:23	79	243	John	Barston	Hoad Hill Harr	M	V60	00:51:37
21	279	Andy	Wilkin		M		00:39:38	80	264	Mike	Lavery	Hoad Hill Harr	M	V60	00:52:08
22	247	Jon	Richardson	Howgill Harrie	M		00:39:49	81	212	Garry	Vernon	Fetcheveryone	M	V40	00:52:15
23	258	Sharon	Taylor	Helm Hill Run	F		00:39:51	82	42	Lorna	Askew	Helm Hill Run	F	V40	00:52:30
24	115	Sean	Robinson	Howgill Harrie	M		00:40:39	83	214	Peter	Ion	Kendal AC	M	V70	00:52:33
25	255	David	Wilkinson	Borrowdale Fe	M	V50	00:40:40	84	238	Carrie	Gibson	Helm Hill Run	F	V40	00:53:03
26	260	Brian	Thompson	Helm Hill Run	M	V60	00:40:45	85	289	Matt	Beldon	Kendal Tri	M	V40	00:53:12
27	244	Adam	Baird	Ambleside AC	M	V40	00:41:05	86	108	Tom	Evelin	Hoad Hill Harr	M	V50	00:53:22
28	221	Karen	Bridge	Eden Runners	F	V40	00:41:10	87	286	Helen	Moffat		F	V40	00:53:52
29	204	James	Baron		M	V40	00:41:14	88	218	Thea	Nelson		F		00:54:24
30	232	John	Andrewartha	Eden Runners	M		00:41:50	89	276	Steven	Roberts		M	V50	00:54:26
31	261	Rachel	Kordan		F		00:42:03	90	223	Fraser	Livesey	Howgill Harrie	M	V50	00:55:09
32	226	Karl	Mason	Helm Hill Run	M		00:42:29	91	41	Mark	Noall		M	V60	00:55:18
33	213	Mark	Mason		M	V40	00:42:41	92	220	Tiffany	Heaviside	Eden Runners	F		00:55:23
34	284	Gordon	Johnstone		M		00:42:46	93	106	Gay	Eastoe	Alnwick Harri	F	V60	00:55:32
35	274	Alison	Richards	Helm Hill Run	F		00:42:56	94	107	Richard	Eastoe	Alnwick Harri	M	V50	00:55:32
36	250	Carmel	Sullivan	Wesham RR	F	V40	00:43:03	95	203	Gina	Pennington		F	V40	00:55:47
37	273	Andy	Letheren	Trail Runners	M	V40	00:43:31	96	257	Phillip	Coates		M	V40	00:56:10
38	231	Emma	Cooper	Eden Runners	F		00:43:39	97	256	P	Coates		M	V40	00:56:10
39	248	Emma	Wood	Howgill Harrie	F		00:43:41	98	285	Helen	Ainsworth		F		00:57:03
40	206	David	McGuigan	Kendal AC	M		00:44:30	99	207	Abi	Garnett		F		00:57:44
41	290	Peter	Lawood		M	V50	00:44:34	100	208	Jo	Whiteley		F	V40	00:57:44
42	222	Peter	Hall	Barrow & Fur	M	V70	00:44:47	101	217	Gareth	Taylor		M		00:58:02
43	254	Paul	Caine	Hoad Hill Harr	M		00:44:59	102	201	Liz	Adams		F	V40	01:00:05
44	269	Philip	Leavek	Wesham RR	M	V60	00:45:09	103	103	Barbara	Hodgson	Walney Wind	F	V40	01:00:13
45	225	Mark	Davey	Dallam RC	M	V40	00:45:24	104	102	Helen	Wood	Walney Wind	F	V40	01:00:13
46	227	Lucy	Varney	Kendal AC	F	V40	00:45:39	105	44	Evelyn	Elkington	Lancaster & M	F	V70	01:03:48
47	266	Rowan	Ranner	Helm Hill Run	F		00:45:54								
48	287	Neil	Hie		M		00:46:00								
49	281	Richard	Campbell		M		00:46:03								
50	288	Stephen	Roberts	Kendal AC	M	V40	00:46:07								
51	234	David	Wright	Kendal AC	M	V50	00:46:17								
52	267	John	Edmondson	Kendal AC	M	V60	00:46:21								
53	211	Emma	Graham	St Bees Triers	F		00:46:22								
54	242	Chris	Schofield	Helm Hill Gre	M	V50	00:46:25								
55	249	Jim	Fisher	Howgill Harrie	M	V50	00:46:33								
56	39	David	Wilkinson	Lancaster & M	M	V50	00:46:42								
57	278	Cath	Musetti	Ambleside AC	F	V50	00:46:59								
58	263	Jen	Salt	Wesham RR	F		00:47:01								
59	280	Gary	Frearson		M		00:47:15								