

Sheet1

Staveley 10k, 27th July 2016

Pos	Num	Forename	Surname	Cat	Club	Time
1	430	Chris	Arthur	M	Bowland Fell Runners	00:33:33
2	479	David	Fulford	M	Hoad Hill Harriers	00:36:22
3	443	Ryan	Everett	M	Barrow & Furness Striders	00:37:34
4	459	Jonathan	Mullen	M	Liverpool Harriers AC	00:38:03
5	465	Richard	Wilson	M	Kendal AC	00:38:23
6	501	Dan	Golding	MV40	Ambleside AC	00:38:37
7	117	David	Taylor	M	Wesham RR	00:38:49
8	458	James	Gray	M	Bowland Fell Runners	00:38:54
9	438	Craig	Burrow	MV40	Barrow & Furness Striders	00:38:58
10	473	Jonny	Marchant	MV40	Helm Hill Runners	00:39:15
11	437	George	McKinley	MV40	Barrow & Furness Striders	00:39:20
12	131	Jon	Purslow	MV50		00:39:44
13	464	Matt	Wilson	MV40	Kendal AC	00:39:54
14	455	Alex	Mason	MV40	Delamere Spartans	00:40:45
15	476	Tom	Smith	M		00:40:47
16	489	Louise	Kelly	F	Barrow & Furness Striders	00:40:50
17	461	Patrick	Hanna	M	Howgill Harriers	00:41:06
18	460	Stuart	Reed	MV40	Eden Runners	00:41:14
19	448	Ken	Addison	MV60	Red Rose Road Runners	00:41:34
20	508	Sean	Robinson	M	Howgill Harriers	00:41:45
21	471	David	White	MV40	Helm Hill Runners	00:41:56
22	445	Pete	Tomes	M		00:42:03
23	496	David	Bainbridge	M	Howgill Harriers	00:42:29
24	491	Martin	Lane	M	Helm Hill Runners	00:42:47
25	452	Rob	Crawford	MV40	Howgill Harriers	00:42:51
26	432	Philip	Low	MV50	Walney Wind Cheetahs	00:43:01
27	481	Matthew	Bacon	M	Allithwaite RC	00:43:04
28	488	Adrian	Filipek	M		00:43:28
29	434	Steven	Gore	M	Wesham RR	00:43:30
30	485	Fiona	Smith	FV50	Border Harriers	00:43:37

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31	442 Maria	Snell	F	Lancaster & Morecambe AC	00:43:47
32	475 Mark	Buskwood	MV50	Totley AC	00:43:51
33	506 Matt	Davis	M	Howgill Harriers	00:44:16
34	487 Lauren	Gora	F	Lancaster & Morecambe AC	00:44:34
35	484 David	Forsyte	M		00:44:44
36	127 Philip	Horrocks	MV50	Hoad Hill Harriers	00:44:46
37	422 Matthew	Senior	M	Kendal AC	00:44:56
38	483 Stephen	Roberts	MV40	Kendal AC	00:44:56
39	500 Nick	Higham	MV40	Lancaster & Morecambe AC	00:45:01
40	444 Michael	Tomes	M		00:45:10
41	474 Andrew	Davies	MV60	Bridgnorth RC	00:45:21
42	511 Catherine	Niblock	F	Helm Hill Runners	00:45:40
43	428 Paul	Davies	MV40	South Cheshire Harriers	00:45:41
44	480 Steven	Batty	MV50	Walney Wind Cheetahs	00:45:42
45	462 Michael	Duncan	M		00:45:47
46	457 Andrew	Hebson	M	Helm Hill Runners	00:46:01
47	425 Andrew	Wadsworth	MV50	Sparkhill Harriers	00:46:10
48	447 Philip	Everett	MV40	Barrow & Furness Striders	00:46:27
49	507 Michael	Harrison	MV50	Howgill Harriers	00:46:29
50	477 Andrew	Petcher	MV40		00:46:45
51	449 John	McGibbon	MV50	Border Harriers	00:47:27
52	38 David	Wilkinson	MV50	Lancaster & Morecambe AC	00:47:46
53	466 Stephen	Perry	MV60	Lancaster & Morecambe AC	00:47:54
54	126 Anthony	Hilton	MV40	Lymm Runners	00:48:00
55	429 Ian	Jones	MV50	Walney Wind Cheetahs	00:48:12
56	441 Neil	Johnson	MV40	Walney Wind Cheetahs	00:48:17
57	424 Paul	Senior	MV40	Helm Hill Runners	00:48:24
58	495 David	Gorman	MV50	Skipton AC	00:48:55
59	493 Andy	Miller	MV50	Walney Wind Cheetahs	00:48:57
60	504 Kathryn	Quine	FV50	Kendal AC	00:49:13

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61	433 Karen Ann	Maggio-Poyntz	FV40	Walney Wind Cheetahs	00:49:18
62	121 Paul	Quinn	MV50	Hoad Hill Harriers	00:49:25
63	129 Paul	Percival-Smith	MV60	Kendal AC	00:49:51
64	482 Kim	Anderson	F	Walney Wind Cheetahs	00:50:09
65	505 John	Quine	MV50	Kendal AC	00:50:14
66	436 Pete	Coe	MV60	Helm Hill Runners	00:50:24
67	490 Stephanie	Gillies	FV40	Hoad Hill Harriers	00:50:36
68	120 Thomas	Evelin	MV50	Hoad Hill Harriers	00:50:36
69	439 Amanda	Burrow	FV40	Helm Hill Runners	00:50:40
70	486 David	Wright	MV50	Kendal AC	00:50:42
71	467 Debs	Greaves	FV40	Howgill Harriers	00:50:45
72	470 Gill	Ramsay	FV50	Helm Hill Runners	00:50:45
73	478 Mark	Johns	MV40		00:50:51
74	498 Ian	Hodgson	M		00:51:17
75	426 Kath	Hoyer	FV50	Wesham RR	00:51:21
76	497 Jenna	Wood	F	Howgill Harriers	00:51:30
77	468 Chloe	Brown	F	Howgill Harriers	00:51:43
78	510 Cath	Museth	FV50	Ambleside AC	00:52:23
79	450 Pradeep	Bhagawan	MV50	Carlise Tri	00:52:36
80	513 Kate	Wilson	FV40		00:52:39
81	472 Alan	Taylor	MV40	Wesham RR	00:52:56
82	515 Shona	Atherton	F	Helm Hill Runners	00:53:24
83	451 Jeff	McCully	MV40	Walney Wind Cheetahs	00:54:16
84	512 Amanda	Jenkins	F	Hoad Hill Harriers	00:54:31
85	130 Mike	Lavery	MV60	Hoad Hill Harriers	00:54:39
86	469 John	Bamforth	MV50		00:54:44
87	123 Peter	Ion	MV70	Kendal AC	00:54:49
88	435 Vicky	Gore	FV40	Red Rose Road Runners	00:55:02
89	456 Elizabeth	Hindle	FV60	Dallam RC	00:55:12
90	423 Sarah	Senior	FV40	Helm Hill Runners	00:55:30
91	440 Lindsay	Harrod	FV40	Helm Hill Runners	00:55:50
92	463 Elizabeth	Adams	FV40	Helm Hill Runners	00:55:55
93	124 Christopher	Moss	MV50	Wesham RR	00:56:20
94	454 Karen	Bowler	FV60	Cumberland AC	00:56:28
95	427 Dave	Waywell	MV70	Wesham RR	00:56:46

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96	509 Zoe	Ringer	F	Howgill Harriers	00:57:04
97	502 John	Edmondson	MV60	Kendal AC	00:58:01
98	503 Steve	Bateman	MV50	Kendal AC	00:58:01
99	494 Ian	Peters	MV50	Hoad Hill Harriers	00:58:16
100	492 Alison	Mercer	FV50	Red Rose Road Runners	00:59:06
101	37 Carole	Wilkinson	FV50	Lancaster & Morecambe AC	00:59:46
102	446 Maureen	Roberts	FV60		01:04:49
103	514 Helen	Ainsworth	F		01:06:46
104	453 Tim	Bowler	MV60	Cumberland AC	01:10:40
105	499 Lindsey	Higham	FV40	Lancaster & Morecambe AC	01:12:01