

Kendal 10k: 1 May 2024

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:33:39	504	Barker	Felix	Ambleside AC		M
2	00:33:54	488	Smith	Beau	Lancaster & Morecambe		M
3	00:33:55	291	Burnstone	Sam	Helm Hill Runners		M
4	00:33:58	152	Wilson	Richard	Kendal AC	V40	M
5	00:35:29	148	Smith	Rod	Kendal AC		M
6	00:36:25	146	Jeffrey	Charlie	Glaxo Hoad Hill Harriers		M
7	00:36:37	471	Maltby	Kate	Border Harriers		F
8	00:36:55	481	Richmond	Kenny	Helm Hill Runners	V50	M
9	00:37:06	151	Wilson	Matt	Kendal AC	V50	M
10	00:37:20	502	Gibson	Tom			M
11	00:37:29	486	Simon	Javier	Helm Hill Runners	V50	M
12	00:37:52	493	Wallace	Andrew	Kendal AC	V40	M
13	00:38:26	476	Parsons	James	Helm Hill Runners	V40	M
14	00:39:06	299	Glaves	Arthur	Lancaster & Morecambe		M
15	00:39:09	286	Addison	Rory	Helm Hill Runners		M
16	00:39:44	494	Waterhouse	Jack	Helm Hill Runners		M
17	00:40:47	478	Pepper	Steven	Lytham St Annes RR	V40	M
18	00:41:38	497	Wren	Jonathan	Ambleside AC	V40	M
19	00:41:41	487	Simpson	Emily			F
20	00:41:44	479	Percival	Katie	Ambleside AC		F
21	00:42:01	500	Bell	Dan	Ambleside AC		M
22	00:42:21	508	Dawson	David		V40	M
23	00:42:36	483	Santo	Matt		V40	M
24	00:42:37	503	Taylor	Adam	Kendal AAC		M
25	00:42:43	490	Stumpf	Annika			F
26	00:42:49	295	Cottam	Chris	Lytham St Annes RR		M
27	00:43:27	491	Swallow	Matthew			M
28	00:43:52	153	Kearsey	Emma	Helm Hill Runners		F
29	00:44:04	477	Peaman	Amy	Kendal AAC	V40	F
30	00:44:28	289	Boulter	Glenn	Glaxo Hoad Hill Harriers	V40	M
31	00:44:46	475	Mitchell	David		V50	M
32	00:44:54	290	Bridge	Karen	Eden Runners	V50	F
33	00:45:22	492	Taylor	Laurence	North York Moors Ac	V70	M
34	00:45:53	292	Byrne	Christie	Kendal AC		F
35	00:46:29	298	Felton	Dickie	Glaxo Hoad Hill Harriers	V50	M
36	00:46:34	297	Falgate	Mike	Helm Hill Runners	V60	M
37	00:46:39	480	Podda	Ash			M
38	00:47:27	464	Henderson	Robin			M
39	00:47:34	473	McGee	Mark			M
40	00:47:54	147	Sheldon	Andrew	Kendal AC	V50	M
41	00:47:59	469	Leeming	Sam			M
42	00:48:04	506	Robinson	Callum			M
43	00:48:22	482	Roccia	Danny			M
44	00:48:26	150	Welshman	John		V60	M
45	00:48:29	505	Musetti	Cath	Ambleside AC	V60	F
46	00:48:58	300	Gregson	Dan	Lytham St Annes RR	V50	M
47	00:49:10	472	Mather	Jessica	Billinge RC		F
48	00:49:25	144	Howrad	Debbie		V50	F
49	00:50:08	149	Stephens	Katrina	Marple Runners	V40	F
50	00:51:01	498	Wrigley	Lisa		V40	F
51	00:51:26	496	Wozniak	Michal		V40	M
52	00:52:13	485	Simmill	Mark	Lancaster & Morecambe	V60	M
53	00:53:11	468	Lawton	Jason		V50	M
54	00:54:16	154	Price	Chris	Kendal AAC	V60	M
55	00:54:23	467	Kirk	Elizabeth		V40	F
56	00:54:26	293	Byrne	Terry	Yeovil Town Rrc	V60	M

57	00:54:36	499	Kirkwood	Vicky	Dallam RC	V50	F
58	00:55:26	145	Ibison	Adrian	Garstang RC	V50	M
59	00:58:20	462	Hall	Karen		V50	F
60	00:59:44	507	Nelson	Thea			F
61	01:00:43	470	Lewin	Paul		V60	M
62	01:02:28	484	Simmill	Elaine	Lancaster & Morecambe	V60	F
63	01:05:33	509	Bennett	Kim			F
64	01:10:55	287	Armitstead	Helen			F
65	01:10:55	495	Woodend	Marianne		V40	F