

ELLENBOROUGH 10K
Wednesday 3 August 2011 - 7.15pm

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>
1	0:33:32	MADDAMS, Russell	Keswick AC	Senior Men
2	0:33:50	BELL, Kevin	Border Harriers	Senior Men
3	0:34:40	BOWNESS, Alan	Ambleside AC	V45 Men
4	0:36:00	DAVIES, Ian	Keswick AC	Senior Men
5	0:36:05	TAYLOR, Brian	Ellenborough AC	V40 Men
6	0:36:10	HOLMES, Jason	Border Harriers	V40 Men
7	0:36:20	O'DONNELL, Hugh	Ambleside AC	Senior Men
8	0:36:26	WILLIAMS, Eric	Salford H	V55 Men
9	0:36:34	GARNER, Steven	West Cumbria Tri	Senior Men
10	0:37:12	NEIL, Chris	Cumberland AC	Senior Men
11	0:37:23	MILLICAN, Graham	Border Harriers	Senior Men
12	0:37:38	GRIEVE, Matthew	Border Harriers	Senior Men
13	0:37:52	SEAL, Howard	Derwent AC	Senior Men
14	0:38:18	MELVIN, Gareth	Border Harriers	Senior Men
15	0:38:35	JOHNSTONE, Sam	Ellenborough AC	Junior Men
16	0:38:58	JACKSON, Paul	Cumberland AC	Senior Men
17	0:39:09	HOPKINS, Mark	Tri Lakeland	V45 Men
18	0:39:24	REED, Stuart	Unattached	Senior Men
19	0:39:33	STUBBS, Mike	Unattached	Senior Men
20	0:39:36	MULGREW, Gerard	Ellenborough AC	V40 Men
21	0:39:42	KEOUGH, Scott	Ellenborough AC	Senior Men
22	0:39:54	ANDERSON, Mike	Unattached	V50 Men
23	0:40:03	MORRIS, Robert	Derwent AC	Senior Men
24	0:40:07	BLACKWELL, Mark	West Cumbria Tri	Senior Men
25	0:40:31	MARTINDALE, Andrew	Wigton Road Runners	V40 Men
26	0:40:39	MCDOUGALL, Ian	Cumberland AC	V45 Men
27	0:41:02	HACKLEY, Stephen	Derwent AC	Senior Men
28	0:41:05	BREWER, Jonathan	Carlisle Tri	V40 Men
29	0:41:06	RODGER, Andy	Derwent AC	V45 Men
30	0:41:22	DAVIS, Tony	Derwent AC	V50 Men
31	0:41:25	THOMPSON, Simon	Keswick AC	Senior Men
32	0:41:31	COX, Daniel	Unattached	Senior Men
33	0:41:34	WAKEFIELD, Philippa	Border Harriers	Senior Women
34	0:41:42	WALKER, John	Cumberland FR	V45 Men
35	0:41:45	HODGSON, Barry	Ellenborough AC	V55 Men
36	0:41:49	CLAYBROOK, David	Unattached	Senior Men
37	0:41:57	ROSE, Derek	Unattached	Senior Men
38	0:42:04	MALKINSON, Patrick	Unattached	Senior Men
39	0:42:16	BYERS, Gary	FRA	V45 Men
40	0:42:18	AYERS, Samantha	Keswick AC	V40 Women
41	0:42:26	MARSHALL, Alan	Eden Runners	V50 Men
42	0:42:31	GRAHAM, Eddy	Unattached	V40 Women
43	0:42:45	HEDLEY, David	Unattached	V45 Men
44	0:42:53	LYNCH, Gary	Ellenborough AC	V40 Men
45	0:42:54	CLARKE, Simon	Tri Lakeland	Senior Men
46	0:43:14	PENRICE, Dave	Tri Lakeland	V45 Men
47	0:43:16	SCOTT, Kevin	Eden Runners	V45 Men
48	0:43:24	PARK, Tracy	Cumberland FR	V45 Women
49	0:43:32	ABEL, Larry	Blengdale Runners	V45 Men
50	0:43:48	EMERY, Peter	South London Harriers	V50 Men
51	0:44:00	PRESCOTT, David	Derwent AC	V40 Men
52	0:44:01	SADLER, Marc	Unattached	Senior Men
53	0:44:02	APPS, Kate	Cumberland FR	V35 Women
54	0:44:07	CAIN, David	Penny Lane Striders	V55 Men
55	0:44:11	TWEEDALE, Louisa	Carlisle Tri	Senior Women

56	0:44:23	GRAHAM, Shaun	Eden Runners	V45 Men
57	0:44:31	METCALF, Adrian	Tri Lakeland	Senior Men
58	0:44:31	SLOAN, Malcolm	Tri Lakeland	V55 Men
59	0:44:38	HODGSON, Mark	Unattached	V40 Men
60	0:44:40	KIRKBRIDE, Howard	Unattached	V45 Men
61	0:44:41	BEETHAM, Trudy	Keswick AC	V35 Women
62	0:44:54	IVISON, Ryan	Unattached	Senior Men
63	0:44:58	BEAUVAIS, Clive	Ranelagh Harriers	V65 Men
64	0:45:01	ULYATT, Ellie	Derwent AC	Junior Women
65	0:45:03	COWING, Paul	Carlisle Tri	Senior Men
66	0:45:27	BENNETT, Neil	Tri Lakeland	Senior Men
67	0:45:36	NICHOLSON, John	Eden Runners	V45 Men
68	0:45:36	DOBSON, Paul	Wigton Road Runners	V45 Men
69	0:45:45	WAITE, Josh	Carlisle Tri	Senior Men
70	0:45:46	YOUNG, Helen	Carlisle Tri	Senior Women
71	0:45:48	ARTS, Paul	Unattached	Senior Men
72	0:46:01	BAXTER, Toni	Unattached	V35 Women
73	0:46:18	ELAND, Andrew	Tri Lakeland	Senior Men
74	0:46:20	BROWN, David	Unattached	V45 Men
75	0:46:24	SAAGER, Paul	Eden Runners	V55 Men
76	0:46:26	KNOX, Chris	Unattached	V50 Men
77	0:46:30	HANNAH, Errick	Cumberland AC	V50 Men
78	0:46:31	MCCREA, Sarah	Border Harriers	Senior Women
79	0:46:34	DICKS, Natalie	Carlisle Tri	Senior Women
80	0:46:50	GIBSON, Ken	Epsom Oddballs	V55 Men
81	0:47:01	WILSON, Paul	Ellenborough AC	V40 Men
82	0:47:07	JEWELL, Tony	Cumberland FR	V60 Men
83	0:47:09	BUCHANAN, Ian	Unattached	V50 Men
84	0:47:14	WILKINSON, Sue	Keswick AC	V45 Women
85	0:47:15	HENDERSON, Barrie	Wigton Road Runners	Senior Men
86	0:47:20	SCOTT, Kevin	Unattached	V40 Men
87	0:47:25	STUDHOLME, Barrie	Unattached	Senior Men
88	0:47:27	GORDON, Paul	Unattached	Senior Men
89	0:47:29	HULLY, Mike	Unattached	V40 Men
90	0:47:32	GOODALL, David	Cumberland AC	V40 Men
91	0:47:34	LEE, Douglas	Unattached	Senior Men
92	0:47:35	BUTLER, Stephen	Unattached	Senior Men
93	0:47:45	TUPMAN, Piers	Unattached	V40 Men
94	0:47:50	DEANE, Carl	Unattached	V40 Men
95	0:47:53	WALKER, Lindsay	Unattached	Senior Women
96	0:47:57	LINCOLN-KEMP, Thomas	Norwich Road Runners	V40 Men
97	0:48:01	TUCK, David	Unattached	V40 Men
98	0:48:02	NORMAN, Greg	Unattached	Senior Men
99	0:48:04	HOLLIDAY, Paul	Unattached	Senior Men
100	0:48:07	MILLER, Craig	Unattached	Senior Men
101	0:48:10	CAIN, Susan	Penny Lane Striders	V55 Women
102	0:48:16	MCDONAGH, Thomas	Unattached	V45 Men
103	0:48:17	DAVIS, Dom	Unattached	Senior Men
104	0:48:22	TAPODI, Melanie	Tri Lakeland	Senior Women
105	0:48:33	DOUGLAS, Stephen	Unattached	Senior Men
106	0:48:37	MCNICHOLAS, Claire	Ellenborough AC	V35 Women
107	0:48:45	ECCLES, Heather	Eden Runners	Senior Women
108	0:48:53	HOUGHTON, Craig	Cumberland FR	V40 Men
109	0:48:59	EASTOE, Richard	Alnwick Harriers	V55 Men
110	0:49:04	GRAHAM, Julian	Blengdale Runners	Senior Men
111	0:49:05	O'DONNELL, William	Unattached	Junior Men
112	0:49:11	MALKINSON, Faye	Unattached	Senior Women
113	0:49:17	GIBBONS, John	Unattached	Senior Men
114	0:49:20	HOLMES, Annabel	Keswick AC	V40 Women
115	0:49:43	MCKENZIE, Mike	Cumberland AC	V50 Men
116	0:49:54	BLACKBURN, Anna	Derwent AC	V50 Women
117	0:50:00	WILKINSON, Thomas	Unattached	V60 Men

118	0:50:01	GRAHAM, Mike	Ellenborough AC	V60 Men
119	0:50:06	SINGLETON, Amanda	Eden Runners	V40 Women
120	0:50:09	LEWIS, John	Derwent AC	V60 Men
121	0:50:10	KIDD, Gillian	Cumberland AC	V50 Women
122	0:50:18	THOMPSON, Graeme	Unattached	V40 Men
123	0:50:20	SCAITES-STOKES, Adrian	Ely Runners	V50 Men
124	0:50:29	POTTER, Arthur	South Shields Harriers	V65 Men
125	0:50:31	HOLDSWORTH, Graeme	Unattached	Senior Men
126	0:50:33	HORSLEY, Wayne	Unattached	Senior Men
127	0:50:38	CLARK, Chris	Keswick AC	V60 Men
128	0:50:41	O'KELLY, Audrey	Unattached	V45 Women
129	0:51:23	MCWILLIAMS, David	Unattached	V50 Men
130	0:51:27	ROBERTSON, Jamie	Unattached	Senior Men
131	0:51:31	FOX, Andrea	Carlisle Tri	V40 Women
132	0:51:38	WILSON, Judith	Ellenborough AC	V45 Women
133	0:51:40	SCOTTER, Ryan	Unattached	Senior Men
134	0:51:43	GALLAGHER, Patricia	Ellenborough AC	V50 Women
135	0:51:54	THOMASON, Perry	Unattached	V45 Men
136	0:52:00	WALKER, Alison	Eden Runners	V35 Women
137	0:52:01	BAXTER, Barry	Unattached	V40 Men
138	0:52:04	REID, Steven	Unattached	V40 Men
139	0:52:12	HEDLEY, Niamh	Unattached	Junior Women
140	0:52:38	STRAFFORD, Ali	Blengdale Runners	V40 Women
141	0:52:39	MCDONAGH, Sharon	Unattached	V45 Women
142	0:52:45	DORAN, Julian	Unattached	V65 Men
143	0:52:51	EDMONDSON, David	Unattached	V60 Men
144	0:52:52	FURSEY, Karl	Blackcombe	Senior Men
145	0:52:53	CURWEN, Ian	Unattached	Senior Men
146	0:52:56	STUART, Keith	Fetch Everyone Running Club	Senior Men
147	0:52:59	NICHOLSON, Brian	Kendal	V70 Men
148	0:53:01	MOTTRAM, Jane	Cumberland FR	V55 Women
149	0:53:24	HARVEY, Katherine	Unattached	V35 Women
150	0:53:27	BELL, Mike	Unattached	V60 Men
151	0:53:35	ROME, Stuart	Unattached	Senior Men
152	0:53:47	BUCHANAN, Stuart	Unattached	V50 Men
153	0:54:03	LOWIS, Ian	Carlisle Tri	V50 Men
154	0:54:13	WHITEMORE, Kevin	Eden Runners	V60 Men
155	0:54:15	PICKERING, Gary	Unattached	Senior Men
156	0:54:16	BARCOCK, Emma	Unattached	Senior Women
157	0:54:19	DANIELS, Sally	Tri Lakeland	Senior Women
158	0:54:50	FLEMING, John	Ellenborough AC	V55 Men
159	0:54:57	MILLICAN, Haley	Border Harriers	Senior Women
160	0:55:07	SLONE, Andrew	Unattached	V40 Men
161	0:55:15	BATTY, Kathleen	Carlisle Tri	Senior Women
162	0:55:28	HEMSLEY, Heather	Unattached	V35 Women
163	0:55:29	CLARK, Sharron	Wigton Road Runners	V35 Women
164	0:55:39	BANKS, Julie	Unattached	V45 Women
165	0:55:48	WYETH, Andrew	Chineham Park Running Club	V45 Men
166	0:55:50	MORGAN, David	Cumberland FR	V65 Men
167	0:56:21	LITTLE, Helen	Unattached	V35 Women
168	0:56:22	ROBERTSON, Jill	Unattached	V35 Women
169	0:56:27	WATSON, Stephen	Cumberland AC	V70 Men
170	0:56:31	CAMERON, Neil	Unattached	V45 Men
171	0:56:34	WATSON, Angela	Eden Runners	Senior Women
172	0:56:42	DIXON, Phil	Unattached	V40 Men
173	0:56:53	MCMULLEN, Dean	Unattached	Senior Men
174	0:57:36	GRANT, Maggie	Cumberland AC (Unattached)	V60 Women
175	0:57:37	PARKER, Andy	Ellenborough AC	V45 Men
176	0:57:59	HALL, Toni	Unattached	V40 Women
177	0:58:16	GREGGAINS, Norman	Unattached	V65 Men
178	0:58:37	BOWLER, John	Unattached	Senior Men
179	0:58:51	EASTOE, Gay	Alnwick Harriers	V55 Women

180	0:59:18	HACKLEY, David	Derwent AC	V65 Men
181	0:59:33	COWMAN, Sharon	St Bees Triers	V35 Women
182	0:59:35	HARRINGTON, Geoff	Cumberland AC	V65 Men
183	0:59:58	GREENWOOD, George	Unattached	V65 Men
184	01:00:28	MURDOCK, Alison	Unattached	V40 Women
185	01:00:44	ASHWORTH, Jonathan	Unattached	Senior Men
186	01:00:50	FORSTER, Wendy	Unattached	V40 Women
187	01:01:03	FREER, Rachel	Unattached	Senior Women
188	01:02:10	ROUTLEDGE, George	Heaton	V60 Men
189	01:02:16	ROBSON, Charm	St Bees Triers	V70 Women
190	01:03:17	FERRIER, David	Unattached	V45 Men
191	01:03:49	LEVERTON, Pamela	Glaxo Hoad Hill Harriers	V65 Women
192	01:04:01	REYNOLDS, Judy	Body Fit	V45 Women
193	01:16:33	CONNOR, Victoria	Unattached	Senior Women

Entrant No

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