

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
Cartmel Sport Trail 5k - Waves						
1	529	Alex Parry	m	U16		0:27:29
2	517	Emily Wrennall	f	U16		0:29:19
3	496	Mark Wilding	m	MV 50		0:29:47
4	1512	Michelle Turner	f			0:29:52
5	460	Noah Gray	m	U16		0:30:31
6	510	Iain Gall	m	MV 40		0:32:57
7	465	Neil Moffat	m	MV 60	Dumfries Running Club	0:33:18
8	501	Christian Daly	m	MV 40		0:34:44
9	512	Jamie Ryan	m			0:35:06
10	513	Matthew Ryan	m	U16		0:35:08
11	498	Victoria Wilding	f	FV 40		0:35:24
12	1444	Freddie Parslow	m	U16		0:35:41
13	457	Eva Farnell	f	U16		0:35:47
14	459	Louisa Graham	f			0:35:48
15	494	Harvey Peffer	m	U16	Helm Hill	0:36:01
16	456	Andrea Counce	f	FV 40		0:36:41
17	520	Sarah Cameron	f	FV 50		0:37:05
18	1518	Nick Wisely	m	MV 40		0:37:28
19	478	Jules Steele	f	FV 50	Witherslack Warriors	0:37:42
20	461	Jayne Hall	f	FV 50		0:37:53
21	475	Kelly Shaw	f	FV 40	Witherslack warriors	0:37:53
22	471	David Proctor	m	MV 50		0:37:54
23	526	Thomas Metcalf	m	U16		0:38:41
24	525	Jack Metcalf	m	U16		0:38:42
25	462	Lee Halliday	m	MV 50	Run Things Run Club	0:39:02
26	536	Lindsay Turner	f	FV 40		0:39:09
27	514	Simon Ryan	m	MV 40		0:39:13
28	502	Alison Rayner	f	FV 40		0:40:05
29	500	Melanie Burton	f	FV 40		0:40:35
30	479	Rebecca Walmsley	f	FV 60		0:41:06
31	487	William Hetherington	m			0:41:25
32	497	Olivia Wilding	f			0:41:54
33	1483	Jane Stevenson	f	FV 50		0:42:30
34	509	Hannah Gall	f	U16		0:42:47
35	511	Lauren Gall	f			0:42:47
36	1479	Nik Pearson	m	MV 50		0:42:58
37	464	Jennifer McShane	f	FV 40		0:43:12
38	458	Chris Forder	m	MV 40		0:43:38
39	477	Luci Skilling	f			0:43:38
40	483	Sophie Bloye	f	U16		0:43:44
41	1449	Hannah Dodgson	f			0:44:42
42	503	Dawn Saxby	f	FV 50	DCH Run Club	0:45:16
43	504	Sian Saxby	f	U16	DCH Run Club	0:45:16
44	454	Gina Biggs	f		Red Rose Road Runners	0:45:25
45	516	Sarah Baird	f			0:45:31
46	528	William Owen	m	MV 50		0:46:39
47	534	Joanne Stevenson	f	FV 40		0:46:39
48	527	Jamie Owen	m			0:46:39
49	470	Robert Paterson	m	U16		0:46:49
50	469	Luke Paterson	m	U16		0:46:50
51	468	Ian Paterson	m	MV 40		0:46:50
52	1519	Jo Adams	f	FV 40		0:47:28
53	499	Laura Wilsdon	f			0:47:51
54	482	Mary Bloye	f	FV 60		0:48:01
55	472	Helen Proctor	f	FV 50		0:48:13
56	455	Mon Casey	f	FV 50		0:49:40
57	476	Jo Shuttleworth	f	FV 40		0:49:40
58	505	Cindy Wong	f	FV 40		0:50:25
59	521	Rebekah Chaplow	f			0:51:44
60	535	Thomas Timson	m			0:51:44
61	467	Jane Patel	f	FV 60	Colt	0:53:59
62	480	Lindsey Welsh	f	FV 40		0:55:05
63	486	Pam Grundy	f	FV 40		0:55:21
64	452	Lynn Bennett	f	FV 40		0:56:44
65	523	Jane Hatton	f			0:57:34



Cartmel Sport Trail 5k - Waves

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
66	466	Tira Moore	f	FV 40		0:59:36
67	490	Sue Hopcroft	f	FV 50	Wesham Road Runners	0:59:59
68	489	Gillian Holmes	f	FV 50		1:00:18
69	481	Hannah Beattie	f			1:00:18
70	531	Claire Pearson	f	FV 50		1:02:48
71	1474	Emma Hobin	f	FV 40		1:35:54
72	1470	Juliet Young	f	FV 40		1:36:46
73	1517	Susan Williams	f	FV 50	N/a	1:45:36

Number of records: 73

