

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
1	259	Gary Bailey	m	MV 40	Pudsey & Bramley Ac	0:46:31
2	109	Andrew Bell	m		Cartmel	0:46:37
3	79	James Barsby	m			0:46:53
4	1413	Gavin Rowlands	m			0:47:02
5	132	Andrew Thomas	m			0:48:00
6	58	Ronnie Haddow	m	MV 50	Furness Fell Runners	0:48:58
7	25	Karl Dickenson	m		Lonely Goat Rc	0:49:57
8	183	Anthony Irving	m	MV 40		0:51:14
9	1294	Robert Turner	m			0:53:17
10	94	Pauline Munro	f	FV 50	Bingley	0:53:19
11	1802	Alex Hay	m	MV 50		0:53:28
12	319	Thomas Deakin	m			0:53:48
13	62	Matthew Marshall	m	MV 40		0:54:09
14	51	Philip Blakeley	m			0:54:12
15	260	Karen Pickles	f	FV 50	Pudsey & Bramley Ac	0:55:14
16	281	Thomas Pearson	m			0:55:43
17	136	Chris Wynne	m	MV 60		0:56:18
18	146	Philip Higgins	m	MV 50		0:56:53
19	409	Ben Taylor	m			0:57:06
20	354	David Pattison	m	MV 40		0:57:37
21	330	Louisa Phillips	f	FV 40		0:57:51
22	267	Vicki Greenall	f	FV 50		0:58:02
23	1212	Sarah Ward	f		Abbey Runners	0:58:05
24	310	John Turner	m	MV 40	Lonely Goat RC	0:58:24
25	335	George Towler	m	MV 40		0:58:24
26	366	Harry Vaneris	m	MV 40		0:58:36
27	353	Keith Jones	m	MV 60		0:58:43
28	75	Richard Watson	m		-	0:59:17
29	165	John Wilson	m	MV 40		0:59:32
30	53	Hannah Brookfield	f			0:59:48
31	152	David Macgillivray	m	MV 60	Dh Runners	1:00:28
32	1367	Graham Ingham	m	MV 50		1:00:32
33	92	Joanne Mcleod	f	FV 50		1:00:45
34	219	Tom Hadfield	m	MV 40		1:01:08
35	272	Liam Hall	m			1:01:16
36	279	Simon Osmond	m	MV 40		1:01:16
37	359	George Wrona	m			1:01:33
38	1421	Stephen Caffrey	m			1:01:46
39	166	Ben Worrall	m			1:01:50
40	240	Michael Devlin	m	MV 40		1:01:52
41	134	Stef Williams	f	FV 50	Ponteland Runners	1:02:05
42	163	Luke Ward	m			1:02:30
43	169	Michael Ball	m	MV 40		1:02:31
44	256	Daniel Wright	m	MV 40		1:02:35
45	328	Kenneth Peckitt	m	MV 40		1:02:46
46	1876	Christopher Hill	m		Dragons Running Club Sale	1:02:53
47	339	Megan Whitehouse	f			1:02:55
48	207	Dianne Stanford	f	FV 50		1:03:02
49	1296	Amanda Brooks	f	FV 50		1:03:08
50	70	Lisa Sim	f			1:03:10
51	250	Sandra Connell	f	FV 60		1:03:20
52	352	Claudia Hammond-Price	f			1:03:23
53	313	Andy Wilby	m	MV 50		1:03:28
54	127	Andrew Short	m	MV 40		1:03:58
55	337	Ellen Whitehouse	f			1:04:03
56	338	Katherine Whitehouse	f	FV 50		1:04:10
57	135	Alan Wilson	m	MV 50	Glaxo Hoad Hill Harriers	1:04:15
58	48	Belinda Barclay	f	FV 40		1:04:22
59	305	Dave Poole	m	MV 50		1:04:25
60	237	Lucy Ward	f	FV 40	Pocklington Runners	1:04:39
61	1420	Alex Butcher	m			1:04:52
62	365	Mark Twitchett	m	MV 50	Roundhay Runners	1:05:11
63	50	Stuart Berry	m	MV 60		1:05:59
64	301	Andrew Leece	m	MV 50		1:06:08
65	95	Paula Nolan	f	FV 40		1:06:18



## Cartmel Trail Run 10k - Waves

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
66	1291	Philip Pasco	m			1:06:42
67	184	Beth Irving	f	FV 40		1:06:42
68	252	Richard Hudson	m			1:06:45
69	249	Jessica Clifton	f	FV 40		1:06:45
70	31	Sarah Lewis-Briggs	f	FV 60	Head Torches Around The Tam - Brampton	1:06:56
71	208	James Stanford	m	MV 50		1:07:24
72	198	Adam Hargreaves	m			1:07:32
73	26	David Fox	m	MV 40		1:07:42
74	142	Catherine Elliott	f	FV 40		1:07:48
75	212	Susanne Parry	f	FV 40		1:07:55
76	1429	Katherine France	f	FV 40		1:08:06
77	72	Lorraine Thompson	f	FV 40	N/A	1:08:09
78	68	Sarah Sanderson	f	FV 40	Caton St Paul's	1:08:11
79	215	Stephen Wilson	m	MV 50	Allithwaite Running Club	1:08:20
80	34	Gail Rason	f	FV 40		1:08:25
81	312	Andrew Whitehead	m	MV 50		1:08:30
82	61	Nicola Mapes	f			1:08:30
83	214	Helen Jones	f			1:08:33
84	1214	Kathy Appleby	f	FV 50		1:08:35
85	1310	Simon Eggleston	m	MV 50		1:08:41
86	110	Michelle Bolden	f	FV 40		1:08:45
87	122	Mark Liptrott	m	MV 50		1:08:47
88	1433	Mike Lewthwaite	m	MV 50		1:08:47
89	32	Sharon-Lee Lukas	f	FV 50	Susie Anton's Ladies Who Run   Ambleside AC	1:09:02
90	103	Josh Snalam	m			1:09:06
91	1398	Helen Cox	f	FV 50		1:09:08
92	1401	Claire Gilchrist	f			1:09:13
93	145	Mike Harvey	m			1:09:16
94	150	Graeme Kehoe	m	MV 40		1:09:16
95	1416	Mark Syrratt	m	MV 40		1:09:23
96	309	Rosie Thompson	f	FV 50		1:09:27
97	196	Stuart Edwards	m	MV 50	Lonely Goat	1:09:33
98	1386	Caroline Clark	f	FV 40		1:09:37
99	23	Jeff Borradaile	m	MV 50		1:09:39
100	348	Charmayne Brierley	f	FV 50		1:09:41
101	206	Jordan Quan-soon	m			1:09:43
102	364	Jen Meadows	f		Radcliffe Runners	1:09:51
103	120	Christine Johnson	f	FV 60		1:09:57
104	264	Roger Collier	m	MV 60		1:10:23
105	125	Katharine Murugesan	f	FV 40		1:10:24
106	115	Claire Gall	f	FV 40		1:10:25
107	342	Tim Castelyn	m	MV 40		1:10:26
108	361	Lynda Davenport	f	FV 40		1:10:27
109	144	Tricia Griffiths	f	FV 50		1:10:49
110	164	Cheryl Westerman	f	FV 40	Methley Striders	1:10:51
111	1324	Gary Callaghan	m			1:10:53
112	213	Stewart Grieve	m	MV 40		1:10:54
113	262	Toby West	m	MV 40	Lonely Goat Rc	1:10:57
114	302	Abigail Mcaninly	f	FV 40	Durham	1:11:03
115	358	Andrew Melling	m	MV 40		1:11:05
116	355	Lizzie Simmons	f	FV 40		1:11:11
117	347	Carl Wild	m			1:11:17
118	258	Kathryn Greenlees	f			1:11:47
119	202	David Webster	m			1:12:00
120	1300	Nicholas Hayes	m			1:12:07
121	307	Simon Robson	m	MV 40		1:12:22
122	233	Paul Fino	m	MV 50		1:12:25
123	288	Paul Brown	m	MV 40		1:12:27
124	297	Laura Fisher	f	FV 40		1:12:29
125	261	Damian Moss	m	MV 50		1:12:38
126	175	David Dodgson	m	MV 50		1:12:41
127	104	Shirley Spratt	f	FV 60		1:12:41
128	209	Pete Holding	m	MV 60		1:12:43
129	225	Sam Davis	m			1:12:45
130	194	Kim Stockdale	f	FV 40		1:12:48
131	285	Julie Wisely	f	FV 40		1:12:53
132	304	Nicola Phillips	f	FV 50		1:12:55



## Cartmel Trail Run 10k - Waves

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
133	284	Rachel Seymour Mead	f	FV 40		1:12:58
134	133	David Williams	m	MV 50	Ponteland Runners	1:13:10
135	106	Deborah Thorneycroft	f	FV 50		1:13:14
136	181	Anna Holmes-Rand	f			1:13:33
137	190	Howard Rand	m	MV 40		1:13:34
138	40	Mark Walker	m	MV 40		1:13:40
139	173	Phil Chew	m	MV 60		1:13:44
140	1840	James Worrall	m			1:13:47
141	289	Martin Buttkeireit	m	MV 40		1:13:49
142	167	Kathy Allan	f	FV 40		1:14:00
143	1393	Bridget Broadhurst	f	FV 60	Tynedale Harriers	1:14:05
144	235	Amber Wilson	f			1:14:10
145	360	Bernice Blundell	f	FV 50	Edge Pistols	1:14:12
146	85	Suzanne Green	f	FV 50	Red Rose Runners	1:14:13
147	64	Robert Myatt	m	MV 50		1:14:14
148	336	Stephen Tysome	m	MV 50		1:14:24
149	331	Caleb Polley	m	MV 40		1:14:29
150	332	Richard Popple	m	MV 40		1:14:29
151	210	Ian Walker	m	MV 50	Glaxo Hoad Hill Harriers	1:14:32
152	1394	Rebecca Byrne	f		St Bees Trier	1:14:34
153	69	Louise Shorten	f	FV 40		1:14:39
154	329	Amanda Peffer	f	FV 40	Na	1:14:40
155	129	Hannah Swift	f		N/a	1:14:42
156	308	John Thompson	m	MV 50		1:14:50
157	245	Elliot Keane	m			1:14:56
158	316	Phil Aspden	m	MV 40		1:15:37
159	216	Dawn Kaveney	f	FV 40		1:15:43
160	1422	Janet Carling	f	FV 60	Nidd Valley	1:16:00
161	66	Tracey Pratchett	f	FV 50	Lancaster Athletics Club	1:16:07
162	949	Catherine Campbell	f	FV 40		1:16:19
163	172	Elliot Chew	m			1:16:22
164	55	Cressida Graves	f	FV 50		1:16:26
165	248	Amy Britton	f			1:16:29
166	239	Paul Tickner	m	MV 60		1:16:32
167	340	Robert Whitehouse	m	MV 50		1:16:37
168	35	Carol Sharpe	f	FV 40		1:16:38
169	324	Kevin Gelder	m	MV 50		1:16:43
170	21	Tracy Antonsen	f	FV 50		1:16:45
171	37	Rach Stavert	f	FV 50		1:16:48
172	341	Sarah Wood	f	FV 40		1:16:55
173	263	Anthony Collier	m	MV 50		1:17:02
174	73	Amanda Walsh	f	FV 50		1:17:05
175	160	Stuart Sims	m	MV 40		1:17:07
176	39	Angie Trippitt	f	FV 50		1:17:16
177	204	Jill Curtis	f	FV 50		1:17:20
178	1275	Terry Grech	m	MV 50		1:17:31
179	276	Zara Gall	f	FV 40	Didsbury Ladies	1:17:34
180	273	Nicola Browne	f	FV 40		1:17:34
181	96	Amanda O'Hare	f	FV 40	Lonely Goat RC	1:17:40
182	1170	Rachel Taylor	f	FV 40		1:17:43
183	217	Jean Turner	f	FV 60	Telford Harriers	1:17:49
184	113	Jayne Elliott	f	FV 50		1:18:02
185	177	Jackie Frank	f	FV 40		1:18:14
186	1425	John Croxford	m	MV 50		1:18:41
187	1423	Ellie Croxford	f			1:18:41
188	1424	Helen Croxford	f	FV 50		1:18:41
189	77	Jason Wrennall	m	MV 40		1:18:42
190	124	Frank Miller	m	MV 70	Garstang Rc	1:18:56
191	243	Timothy Knowles	m	MV 50	None	1:19:07
192	349	Vicky Bunnage	f	FV 40	Glossop Ladies	1:19:18
193	99	Matthew Partington	m	MV 50		1:19:22
194	170	Sarah Ball	f	FV 40		1:19:41
195	159	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	1:19:49
196	228	Toni Goodwin	f			1:19:50
197	227	Ruth Crook	f			1:19:51
198	280	Chris Pearson	m	MV 60		1:19:53
199	33	Rebecca Modeley	f			1:20:01



## Cartmel Trail Run 10k - Waves

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
200	27	Sarah Freeman	f			1:20:03
201	86	Brian Hanley	m	MV 50	Red Rose Road Runners	1:20:09
202	292	Will Cooper	m		Tri Rivington	1:20:34
203	291	Paul Cooper	m	MV 50	Tri Rivington	1:20:34
204	80	Helen Bowerman	f	FV 50		1:20:53
205	251	JEANETTE GRIMES	f	FV 60		1:20:55
206	356	Michael Thompson	m			1:21:03
207	363	Louise Jones	f		Billinge Running Club	1:21:17
208	139	Jordan Chew	m			1:21:35
209	221	Bill Watts	m	MV 50	Riversway Road Runners	1:21:38
210	218	John Wiseman	m	MV 50	Red Rose Road Runners	1:21:50
211	205	Karen Quan-soon	f	FV 60		1:21:51
212	1372	Julie Maycock	f	FV 40		1:21:54
213	1368	Mahfuzul Islam	m	MV 40		1:21:56
214	54	Polly Cudby	f			1:22:02
215	97	Martin O'neill	m	MV 40		1:22:04
216	1426	Jeanelle De Gruchy	f	FV 50		1:22:18
217	223	Kady Hall	f			1:22:42
218	112	Gayle Cookson	f	FV 40	Red Rose Runners	1:22:55
219	60	Jenny Mabbutt	f			1:23:04
220	234	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	1:23:13
221	222	Hayley Ciotkowski	f			1:23:18
222	1373	Caron Parkes	f	FV 50		1:23:27
223	1428	Arwa Eskander	f	FV 40	Colt	1:23:30
224	253	Tiffany Mccullough	f			1:23:39
225	44	Helen Patten	f	FV 50		1:24:00
226	197	Laura Hanson	f			1:24:29
227	59	Lee Johnston	m	MV 40		1:24:44
228	131	Rachel Taylor	f			1:24:44
229	283	Nancy Ryan	f	FV 40		1:24:52
230	274	Sarah Davies	f	FV 50	Didsbury Runners	1:24:52
231	88	Sandra Heighton	f	FV 50	Women On The Run	1:25:23
232	24	Zoe Clarke	f	FV 50		1:25:23
233	76	Brian Winder	m	MV 70	Darwen Running Group	1:25:35
234	201	Emma Teggart	f		Lonely goat	1:25:47
235	199	Claire Logan	f			1:25:48
236	1140	Lisa Paxton	f	FV 40	Women On The Run	1:26:02
237	326	Fiona Lindsay	f	FV 40		1:26:11
238	1419	Catherine Aitken	f	FV 50		1:26:11
239	101	Emily Sinkinson	f		Red Rose Road Runners	1:26:28
240	321	David Draper	m	MV 40		1:26:29
241	100	Catriona Porter	f	FV 50	Women On The Run	1:26:37
242	153	Edith Mcdowall	f	FV 50		1:26:37
243	154	Ian Mcdowall	m	MV 60		1:26:38
244	41	Peter Swift	m	MV 60		1:26:39
245	74	David Watson	m	MV 50	Red Rose Road Runners	1:26:43
246	296	Sarah Draper	f	FV 40		1:27:29
247	306	Antonia Robinson	f	FV 50		1:27:35
248	246	Zita Kane	f	FV 50		1:27:39
249	244	Rebecca McCormick	f			1:27:39
250	71	Nicola Stanley	f	FV 40		1:28:04
251	255	Ken Whittington	m	MV 70		1:28:05
252	254	Ann Whittington	f	FV 60		1:28:05
253	192	Lorraine Rossall	f	FV 60		1:28:17
254	191	Duncan Rossall	m	MV 60		1:28:17
255	810	Aaron Devereaux	m	MV 50		1:28:20
256	186	Jeanette McCormack	f	FV 60	Kirkby Stormers	1:28:24
257	178	Marie Guttridge	f	FV 40		1:28:33
258	232	Karen McCormick	f	FV 50		1:28:39
259	226	Caitlin Stokes	f			1:29:05
260	42	Nicola Machin	f	FV 40		1:29:40
261	121	Sarah Johnson	f			1:29:44
262	1135	Mags Cook	f	FV 60	Roundhay Runners	1:29:45
263	1273	Jayne Erlam	f	FV 50		1:29:48
264	333	Sandra Rolston	f	FV 60	Red Rose Road Runners	1:29:49
265	180	Nic Holmes	f	FV 40		1:29:56
266	174	Paul Coldham	m	MV 50	DCH Run Club	1:29:56



## Cartmel Trail Run 10k - Waves

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
267	45	Louise Rooney	f	FV 60		1:29:59
268	189	Jane Newby	f	FV 40		1:30:00
269	171	Carrie Bostock	f	FV 40	10CaKers	1:30:00
270	36	Annie Sloane	f	FV 60	Belper Harrieers	1:30:06
271	1842	Fiona Belgian	f	FV 40	Jog On The Tyne	1:30:10
272	200	Theresa Murray	f	FV 50		1:30:16
273	47	Carole Whiteley	f	FV 60	Women On The Run Kendal	1:30:40
274	203	Andy Curtis	m	MV 50		1:30:44
275	1268	Jessica Phoenix	f			1:31:05
276	193	Alison Spiby	f	FV 50		1:31:15
277	29	Jenny Guilder	f			1:31:31
278	46	Philomena Shotton	f	FV 60	Kirkby Stormers	1:31:31
279	28	Vicki Grant	f			1:31:31
280	270	Alexandra White	f	FV 40	Davenport Runners	1:31:37
281	1255	Susan Higgins	f	FV 50	Windermere Ladies On The Run	1:32:30
282	1321	David Stirling	m	MV 60		1:32:35
283	65	Ellen Pope	f	FV 60	Blackburn Road Runners	1:32:37
284	56	Siobhan Grimshaw	f	FV 50	Blackburn Road Runners	1:32:38
285	1375	Jackie Salt	f	FV 40	Julie's Joggers	1:32:44
286	195	Christine Strong	f	FV 50		1:35:10
287	1264	Julie Kelly	f	FV 60	St Bees Triers	1:35:32
288	320	Bev Dodd	f	FV 40	Millom Striders	1:35:33
289	155	Kate Potter	f			1:35:36
290	322	Phil Foley	m	MV 40		1:35:55
291	84	Helen Gray	f	FV 40		1:36:04
292	82	Hayley Fleming	f		Women on the run kendal	1:36:24
293	107	Susan Winn	f	FV 50	Women On The Run	1:36:25
294	236	Yvonne Clement	f	FV 50		1:36:34
295	294	Sean Daniels	m	MV 50		1:36:48
296	1287	Rachel Latham	f	FV 40		1:37:43
297	119	Kathryn Hodson	f	FV 50		1:37:46
298	63	Ann Myatt	f	FV 60	Cheadle	1:38:38
299	81	Dot Carr	f	FV 70		1:38:45
300	187	Steve McCormack	m	MV 60		1:40:28
301	141	Suzanne Collett	f	FV 40	Women On The Run	1:40:55
302	162	Rosalyn Turner	f	FV 60	Wotr	1:40:56
303	161	Rose Thompson	f	FV 50	Women On The Run	1:40:56
304	176	Katy Fawcett	f	FV 40		1:41:11
305	1432	Jasmine Lawrence	f			1:42:14
306	93	Alison Medlicott	f	FV 50	Warrington Running Club	1:42:36
307	247	Gordon Blunt	m	MV 40	Kendal Hockey Club	1:43:16
308	275	Linda Farquhar	f	FV 70	St Bees Triers	1:43:30
309	158	David Rosen	m	MV 60	Lancaster & Morecambe AC	1:45:26
310	49	Ellen Barkworth	f	FV 60	Blackburn Road Runners	1:47:09
311	67	Marianne Rintoul	f	FV 50	Blackburn Roadrunners	1:47:09
312	1160	Jennie Daniels	f	FV 40		1:47:48
313	43	Rebecca Moon	f	FV 40		1:49:30
314	87	Vicki Hanley	f	FV 50	Nordic Walking Preston	1:54:00
315	118	Ian Henry	m			1:56:16
316	117	Derek Henry	m	MV 60		1:56:16
317	156	Tina Pye	f	FV 40		1:59:33
318	299	Ian Gilliver	m	MV 60	MDOC	2:00:59
319	269	Gerard Rooney	m	MV 60		2:02:08
320	1406	Phil Hill	m	MV 60	Roundhay Runners	2:10:18
321	1307	Helen Spencer	f	FV 50		2:13:28
322	1216	Garry Chambers	m			2:17:57
323	1206	Penny Hill	f	FV 50	Roundhay Runners	2:21:50
324	1337	Kate Whittington-smith	f			2:22:05
325	298	Sue France	f	FV 50	Julie's Joggers	2:29:29
326	314	Kerry Williams	f	FV 40		2:35:40

Number of records: 326

