

## Kentmere Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
<b>Kentmere Trail Run 10K</b>						
1	4295	Matt Knowles	m		Lancaster and Morecambe Athletics Club	0:43:25
2	4170	Matthew Smith	m			0:49:25
3	3332	Gary Bailey	m	MV 40	Pudsey & Bramley Ac	0:53:46
4	3786	Ronnie Haddow	m	MV 50	Furness Fell Runners	0:54:08
5	4270	Sean Rickard	m			0:55:16
6	4089	Daniel Brookfield	m			0:58:07
7	4383	Gary Lane	m	MV 50	Howgill Harriers	0:58:53
8	3354	Mark Havenhand	m	MV 50	Sheffield Triathlon Club	0:58:56
9	4053	Gawain Wyatt	m			0:59:56
10	4122	Stu Taylor	m	MV 40		1:00:03
11	3415	Alex Snaith	m			1:00:09
12	4171	Ian Morgan	m	MV 50		1:00:17
13	3333	Karen Pickles	f	FV 50	Pudsey & Bramley Ac	1:00:24
14	4326	Thomas Deakin	m			1:00:29
15	3353	Kate Morris	f	FV 50	Sheffield Triathlon Club	1:00:32
16	3234	Ella Parry	f		Eden Runners	1:01:28
17	3613	Ian Walker	m	MV 60		1:01:38
18	3896	Nick Lewthwaite	m	MV 40		1:02:00
19	3964	Steven Macuras	m	MV 40	Preston Harriers	1:02:19
20	3568	John Birkett	m	MV 60	N/a	1:02:41
21	3874	Barry Pritchard	m	MV 40		1:02:51
22	3474	Harry Vaneris	m	MV 40		1:03:06
23	4313	Oliver Lees	m	MV 40		1:03:09
24	4234	Lauren Gora	f		Lancaster And Morecambe Ac	1:03:09
25	3523	Jake Manton	m			1:03:25
26	4074	Gareth Stockdale	m	MV 40		1:03:42
27	3350	Thomas Pearson	m			1:04:23
28	3231	Philip Higgins	m	MV 50		1:04:43
29	3270	John Wilson	m	MV 40		1:05:19
30	3414	Kevin Hesketh	m	MV 60	Preston Harriers	1:05:23
31	3592	Andy Brayshaw	m	MV 40		1:06:03
32	3547	Stephanie Heys	f			1:06:07
33	3830	Ewan Head	m		Cggs And Wallasey	1:06:09
34	4055	Andrew Laidlow	m	MV 50		1:06:15
35	4084	Andrew Firkins	m	MV 50	Lancaster & Morecambe AC	1:06:29
36	4444	David Askew	m	MV 50	Harrogate	1:06:34
37	4376	Sarah Ward	f		Abbey Runners	1:06:49
38	3534	Andy Neville	m	MV 40		1:07:29
39	3416	Elliott Snaith	m	MV 40		1:07:30
40	3887	Stephen Biscomb	m	MV 60	Clayton Le Moors	1:07:40
41	3266	Vicki Greenall	f	FV 50		1:08:15
42	3371	Chester Clapham	m			1:08:20
43	3797	John Foote	m	MV 40		1:08:20
44	4345	David Macgillivray	m	MV 60	Dh Runners	1:08:36
45	4225	Liam Hall	m			1:08:53
46	4370	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	1:09:13
47	3439	Abbie Walker	f		Sedgefield Harriers	1:09:36
48	3601	Joanne Mcleod	f	FV 50		1:09:55
49	4218	David Offord	m	MV 50		1:10:03
50	3550	Ian Mills	m	MV 40		1:10:09
51	4247	Nigel Lawson	m	MV 50		1:10:29
52	3418	Alex Salgarth	m			1:10:46
53	3387	John Gray	m	MV 50		1:10:50
54	3487	Glen Jeffries	m			1:11:22
55	4111	Rob Bennion	m	MV 50		1:11:31
56	3356	Paul Wilson	m	MV 50	Yorkshire Wolds Runners	1:11:39
57	4022	Joseph Ritson	m	MV 60	Derwent Ac Cockermouth	1:11:48
58	3243	David Fox	m	MV 40		1:11:48
59	4224	Eryn Barber	f			1:11:58
60	3784	Susie Anton	f		Susie Anton Pt & Fitness&wellness	1:11:58
61	3800	Lara Dickinson	f			1:12:06
62	3569	Wendy Birkett	f	FV 60		1:13:05
63	4360	Alecia Johnstone	f			1:13:13
64	3754	Alan Wilson	m	MV 50	Glaxo Hoad Hill Harriers	1:13:26
65	3321	Gerard Rooney	m	MV 60		1:13:27



Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
66	3516	Simon Robson	m	MV 40		1:13:30
67	3476	Andrew O'boyle	m	MV 50		1:14:13
68	3741	Margaret Duncan	f	FV 50	Sheffield Triathlon Club	1:14:23
69	4050	Martin Tilbury	m	MV 40		1:14:36
70	4362	Catherine Elliott	f	FV 40		1:14:43
71	3851	Tony Bond	m	MV 50		1:15:14
72	4415	Sam Johnson	m			1:15:44
73	3849	Charlotte Hopkinson	f	FV 50		1:15:48
74	4424	Tony Hesketh	m	MV 70	Horwich Rmi Harriers	1:15:48
75	3753	Jo Bonham	f	FV 50		1:16:24
76	3535	Julie Paton	f	FV 40		1:16:30
77	3529	Sally Barton	f	FV 60	Hoad Hill Harriers	1:16:31
78	3528	Simon Barton	m	MV 60	Hoad Hill Harriers	1:16:32
79	3540	Jason Wrennall	m	MV 40		1:16:44
80	4285	Jonty Tarbuck	m	MV 40		1:16:52
81	3657	Andrew Reid	m	MV 40		1:17:01
82	4096	Jordan Quan-soon	m			1:17:07
83	3822	Gary Pargeter	m	MV 50		1:17:13
84	3710	Simon Godfrey	m	MV 40		1:17:37
85	4287	Christina Loveridge	f	FV 40	Bbrc	1:17:44
86	4035	Carl Wild	m			1:17:49
87	4034	Mark James	m	MV 60	Lancaster Runner's	1:18:04
88	4184	Lorraine Thompson	f	FV 40	N/A	1:18:37
89	4203	David Ashworth	m	MV 60		1:18:45
90	3778	Daisy Munn	f			1:18:46
91	4369	Andrew Whitehead	m	MV 50		1:18:48
92	4269	Michael Lewthwaite	m	MV 50	U/a	1:18:49
93	4042	Stuart Edwards	m	MV 50	Lonely Goat	1:19:06
94	3222	Richard Clements	m	MV 50		1:19:08
95	3221	Belinda Schofield	f	FV 50		1:19:08
96	3576	Jessica Clifton	f	FV 40		1:19:18
97	3577	Richard Hudson	m			1:19:18
98	3693	John Hocking	m			1:19:22
99	3336	Lynda Davenport	f	FV 40		1:19:35
100	4305	Anthony Marechal	m	MV 60		1:19:47
101	4008	Abigail Mcaninly	f	FV 40	Durham	1:19:48
102	4206	Rob Bales	m	MV 40		1:19:58
103	3913	Steve Platt	m	MV 50		1:20:07
104	4411	Lizzie Simmons	f	FV 40		1:20:09
105	3674	Mhoraig Macfarlane	f		Dumfries	1:20:36
106	4323	Dawn Chilton	f	FV 50		1:20:46
107	3370	Sandy McBride	f	FV 50		1:21:00
108	3444	Anna Holmes-Rand	f			1:21:00
109	3978	Ian Walker	m	MV 50	Glaxo Hoad Hill Harriers	1:21:09
110	4374	Sharon-Lee Lukas	f	FV 50	Susie Anton's Ladies Who Run   Ambleside AC	1:21:09
111	3639	Stewart Grieve	m	MV 40		1:21:33
112	3735	Ben Higginson	m	MV 60	Preston Harriers	1:21:43
113	3440	Marie Walker	f	FV 50	Sedgefield Harriers	1:21:54
114	4322	Robin Lees	m	MV 70		1:22:08
115	3687	Kay Nolan	f	FV 40		1:22:16
116	3443	Nic Holmes	f	FV 40		1:22:22
117	3259	Gillian Webb	f	FV 40		1:22:40
118	4083	Michael Holmes	m	MV 50	Lonely goat rc	1:22:49
119	3730	ian campbell	m	MV 40	Ashington Hirst Running Club	1:23:03
120	4110	Suzanne Green	f	FV 50	Red Rose Runners	1:23:18
121	4105	Claire Gall	f	FV 40		1:23:18
122	3480	Lindsay Spink	f	FV 40	N/a	1:23:23
123	3492	Deborah Thorneycroft	f	FV 50		1:24:16
124	3724	Kim Rigg	f	FV 50		1:24:31
125	3651	Amanda Walsh	f	FV 50		1:24:37
126	3909	Helen Richey	f	FV 40		1:24:39
127	4192	Ruth Chadwick	f			1:24:40
128	3328	Susan Sharp	f	FV 60		1:24:44
129	3512	Lawrence Mannion	m	MV 50		1:24:44
130	3513	Hilde Krijnen	f	FV 50		1:24:44
131	3329	Nick Sharp	m	MV 50		1:24:46
132	4389	Pete Holding	m	MV 60		1:24:51



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133	4303	Alison Holmes	f	FV 50	Whitchurch Tri Club	1:25:27
134	3304	Stef Williams	f	FV 50	Ponteland Runners	1:25:29
135	3305	David Williams	m	MV 50		1:25:32
136	3898	Jane Taylor	f	FV 50	Women On The Run	1:25:48
137	3944	Stuart Doherty	m	MV 50	North Bolton Runners / Seloc	1:25:53
138	3818	Jo Moss	f	FV 40		1:26:29
139	3543	William Williams	m	MV 60		1:26:29
140	4095	Felicity Cross	f	FV 60	Preston Harriers	1:26:40
141	3955	Emma Renwick	f	FV 40	Tri Life Warriors	1:26:56
142	3484	Kevin Gelder	m	MV 50		1:27:04
143	3485	Clare Gelder	f	FV 40		1:27:05
144	3760	Anna Richings	f	FV 50	Lancaster And Morecambe Athletics	1:27:05
145	3647	Stephen Perry	m	MV 60	Lancaster And Morecambe Ac	1:27:06
146	3602	David Cummins	m	MV 50		1:27:35
147	4092	Michael Cummins	m	MV 50		1:27:38
148	3388	Amanda Gray	f	FV 50		1:28:12
149	4437	Louisa Dever	f	FV 50		1:28:17
150	3819	Alison Unsworth	f	FV 50		1:28:22
151	933	N.N. 933				1:28:23
152	3412	Marc Mccullagh	m			1:28:27
153	3238	Lee Johnston	m	MV 40		1:28:29
154	3582	David Whiteley	m	MV 60		1:29:10
155	3521	Chris Furphy	m	MV 50	Stockton Striders	1:29:27
156	3522	Catherine Clennett	f	FV 40	Stockton Striders	1:29:27
157	4236	Tony Orr	m	MV 60		1:29:37
158	3413	Marian Hesketh	f	FV 60	Preston Harriers	1:29:47
159	3945	Stephen Tysome	m	MV 50	Trail Running Association	1:30:23
160	3411	Claire Lawrence	f	FV 40		1:30:24
161	3700	Andrew Jones	m	MV 40		1:30:25
162	4063	Peter Lane	m	MV 40	Notfast Rc	1:30:25
163	4350	Julia Twist	f			1:30:36
164	3821	Matt Boot	m	MV 40		1:30:39
165	8	Michael Price	m		Team Inov-8	1:31:01
166	3794	Rachel Bodenham	f	FV 40		1:31:22
167	3805	Michael Milburn	m	MV 60		1:31:37
168	3327	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	1:31:45
169	3607	Nicky Ball	f	FV 50		1:32:07
170	3708	Barney Smith	m	MV 40		1:32:33
171	4427	Sarah Hopkins	f	FV 40		1:32:35
172	4051	Lorna Coy	f	FV 40		1:32:38
173	3573	Craig Richardson	m	MV 50		1:32:39
174	4230	Melissa Lovett	f			1:32:47
175	3348	Chris Pearson	m	MV 60		1:32:52
176	4418	Rach Stavert	f	FV 50		1:33:01
177	4113	Claire Logan	f			1:33:02
178	3276	Steve Foreman	m	MV 40	Sedgefield Harriers	1:33:09
179	3277	Tracy Foreman	f	FV 40	Sedgefield Harriers	1:33:09
180	3287	Deborah Ross	f	FV 40		1:33:11
181	4145	Richard Campbell	m	MV 40		1:33:18
182	4010	Clare Laybourn	f	FV 50		1:33:30
183	4004	Rebecca Crellin	f		Cumberland Fell Runners	1:33:41
184	3447	Kathryn Holmes	f	FV 50	Bramhall Runners	1:33:42
185	4396	Zoe Bridges	f	FV 40	Trail Running Association	1:33:49
186	3461	Sue Kearney	f	FV 50		1:33:51
187	3330	Charlotte Bennett	f			1:33:52
188	4189	Karen Quan-soon	f	FV 50		1:33:53
189	3546	Ciara Harper	f		Yorkshire Wilds Runners	1:34:07
190	3274	Paula Edwards	f	FV 40	Sheffield Triathlon Club	1:34:10
191	3544	Karyn Harper	f	FV 50	Yorkshire Wolds Runners	1:34:11
192	4342	Gavin Fisk	m	MV 40		1:34:37
193	3948	Brian Winder	m	MV 70	Darwen Running Group	1:34:41
194	4057	Julie Maycock	f	FV 40		1:34:48
195	4438	Vicky Johnston	f	FV 50	St Bees Triers	1:35:01
196	3862	Olwynsmith Smith	f	FV 50		1:35:03
197	4306	Sarah Shepherdson	f	FV 50		1:35:05
198	3524	Rex Shepherdson	m	MV 50		1:35:06
199	3290	Cathrine Holland	f	FV 50	Moss Park Strollers	1:35:22



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200	3953	Jackie Frank	f	FV 40		1:35:33
201	4359	Anthony Harrison	m	MV 60		1:35:35
202	4157	Jayne Batt	f	FV 60		1:35:44
203	3771	Susan Averill	f	FV 50	Watnall Warriors	1:35:47
204	3661	Susan Winn	f	FV 50	Women On The Run	1:35:58
205	4166	Rebecca Rendle	f	FV 60	Women On The Run	1:36:47
206	4440	Sam Robson	f	FV 50	N/a	1:36:58
207	3223	Anna Blakeley	f	FV 40		1:36:59
208	3224	Rachel Blakeley	f	FV 40	Macclesfield Harriers	1:36:59
209	3320	Louise Rooney	f	FV 50		1:37:09
210	3950	Sarah Bettinson	f	FV 40		1:37:10
211	3840	Anna Dove	f	FV 40		1:37:11
212	3239	Nicola Stanley	f	FV 40		1:37:20
213	4412	Helen Bowerman	f	FV 50		1:37:26
214	4127	Sarah Carlick	f	FV 40		1:37:29
215	3511	Toni Tan	f	FV 40		1:37:39
216	4181	Gail Maxfield	f	FV 60		1:37:52
217	3645	Penny Monaghan	f	FV 50	N/a	1:37:52
218	3248	Mahfuzul Islam	m	MV 40		1:38:16
219	3464	Gwen Rhodes	f	FV 40	N/a	1:38:29
220	4246	Alison Spiby	f	FV 50		1:38:36
221	4121	Alexandra White	f	FV 40	Davenport Runners	1:38:45
222	4232	Nicola Griffiths	f	FV 40		1:38:51
223	4231	Geoff Griffiths	m	MV 50	Fuelled By Fun	1:38:51
224	3671	Gill Morgan	f	FV 50	A&T running club	1:39:20
225	4320	Theresa Murray	f	FV 50		1:39:36
226	3783	Hayley Fleming	f		Women on the run kendal	1:39:52
227	3557	Pete Agnew	m	MV 50		1:39:57
228	3410	Jo-anna Robson	f	FV 40		1:40:23
229	3255	Catherine Haggerty	f			1:40:30
230	3254	Karen Cummings	f	FV 50		1:40:31
231	4104	Tracy Buer	f	FV 40		1:40:32
232	3549	Rhea Hall-Spencer	f			1:40:57
233	4276	Angie Shorrock	f	FV 50		1:41:03
234	3539	Paula Byrne	f	FV 60		1:41:40
235	3538	Mark Thornber	m	MV 60		1:41:41
236	3303	David Watson	m	MV 50	Red Rose Road Runners	1:42:00
237	3988	Ruth Seton	f	FV 40		1:42:04
238	3507	Sinead Kay	f	FV 40	Jogging Pals	1:42:17
239	3506	Ben Kay	m	MV 40		1:42:17
240	4046	Lenka Ward	f		Susie Anton Ladies On The Run	1:42:44
241	3494	Ann Whittington	f	FV 60		1:43:01
242	3495	Ken Whittington	m	MV 60		1:43:02
243	3677	Jane Giddins	f	FV 50		1:43:07
244	3245	Doug Service	m	MV 50		1:43:17
245	3244	Rachel Service	f			1:43:26
246	3809	Gwen Woznikowska	f		Susie Anton Pt Ladies On The Run	1:43:50
247	3335	Ann Myatt	f	FV 60	Cheadle	1:43:54
248	3334	Robert Myatt	m	MV 50		1:43:55
249	3789	Jennifer Szedler	f		Red Rose Road Runners	1:44:31
250	4220	Georgina Briffett	f	FV 40	Dallam Running Club	1:44:44
251	3643	Catherine Aitken	f	FV 50		1:44:54
252	3583	Carole Whiteley	f	FV 60	Women On The Run Kendal	1:45:20
253	3445	Howard Rand	m	MV 40		1:47:01
254	3965	Christine Sutherland	f	FV 60		1:47:18
255	4154	Siobhan Grimshaw	f	FV 50	Blackburn Road Runners	1:47:56
256	3232	Susan Higgins	f	FV 50	Windermere Ladies on the Run	1:48:24
257	4026	Ian Reid	m	MV 40		1:48:58
258	3854	Stephen Carter	m	MV 60		1:51:46
259	3669	Paul Grundy	m	MV 60		1:51:46
260	4294	Katy Fawcett	f	FV 40		1:52:23
261	3405	Sandra Devlin	f	FV 40		1:52:54
262	3406	Tracy Mault	f	FV 40		1:52:54
263	3740	Leslie Mault	m	MV 70		1:52:54
264	4371	Chrissie Jackson	f	FV 40	Wotr	1:54:01
265	4275	Kate Houlden	f	FV 50	Women On The Run, Kendal	1:54:01
266	3846	Josephine LOUISE Walsh	f	FV 40	Red Rose Road Runners	1:55:31



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267	4339	Laura Sweeting	f			1:55:38
268	3664	Dot Carr	f	FV 70		1:56:00
269	3326	David Rosen	m	MV 60	Lancaster & Morecambe AC	1:57:40
270	4311	Paul Coldham	m	MV 50	DCH Run Club	1:58:52
271	3640	Christina Davies	f		Team Inov-8	2:01:22
272	4289	Janet Holmes	f	FV 60	St Helens Striders	2:01:32
273	3823	Audrey Oldham	f	FV 50	Fylde Coast Runners	2:04:20
274	3725	Niki Stockton	f	FV 50		2:04:50
275	3271	Tina Pye	f	FV 40		2:05:34
276	3559	Rosie Egan	f	FV 50	Cheshire Hash House Harriers	2:12:23
277	4439	Chris Robson	m	MV 80		2:28:02

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