

<u>Pos</u>	<u>Num</u>	<u>M</u>	<u>F</u>	<u>Name</u>	<u>Cat</u>	<u>CatPos</u>	<u>Club</u>	<u>Time</u>	<u>Tag</u>
1	165	1		Raymond Edgar	MS	(001/058)	Lancaster & Morecambe AC	00:35:21	
2	240	2		Chris Corless	M40	(001/012)	Lancaster & Morecambe AC	00:37:12	
3	248	3		Joe Parsons	MS	(002/058)	Unattached	00:39:07	
4	184	4		Peter Lawson	MS	(003/058)	Howgill Harriers	00:39:37	
5	191	5		Geoff Marchment	MS	(004/058)	York Knavesmire Harriers	00:39:45	
6	213	6		Scott Thwaites	MS	(005/058)	Unattached	00:40:02	
7	241	7		Andrew Clogey	MS	(006/058)	Lancaster & Morecambe AC	00:40:26	
8	208	8		Antony Scott	M50	(001/015)	Unattached	00:42:36	
9	161	9		Nick Chaplow	MS	(007/058)	Unattached	00:42:46	
10	212	10		John Symons	M40	(002/012)	Unattached	00:43:50	
11	237	11		Paul Teasdale	M45	(001/011)	Unattached	00:44:22	
12	73	12		Joe Carradus	MS	(008/058)	Rainbow Rangers	00:45:20	M
13	229	13		Bill Reid	MS	(009/058)	Unattached	00:45:35	
14	196		1	Melissa McGuire	F40	(001/017)	Unattached	00:45:55	
15	194	14		Kyle McCluskey	MS	(010/058)	Unattached	00:46:00	

16	182	15	Peter Lamb	MS	(011/058)	Unattached	00:46:11
17	190	16	Rich Manley	MS	(012/058)	Unattached	00:46:43
18	12	17	Stephen Sylvester	M45	(002/011)	#team UHMB	00:47:28 X
19	75	18	Ben Humble	MS	(013/058)	Rainbow Rangers	00:48:05 M
20	74	19	Matthew Gibson	MS	(014/058)	Rainbow Rangers	00:48:17 M
21	232	2	Laura Sudall	FS	(001/072)	Unattached	00:48:25
22	63	20	Ryan Nicholson	MS	(015/058)	Galgate FC U8s	00:48:42 X
23	16	21	Rob Matthews	MS	(016/058)	Ooo me legs	00:49:14 X
24	207	22	Mike Sawyer	MS	(017/058)	Unattached	00:50:12
25	152	23	Carl Bennett	MS	(018/058)	Unattached	00:50:12
26	129	24	Grant Todd	MS	(019/058)	Wiz Lees Fitness	00:50:29 X
27	123	25	Ryan Brennand	MS	(020/058)	Wiz Lees Fitness	00:50:33 X
28	130	26	Andy Toppin	M50	(002/015)	Wiz Lees Fitness	00:50:35 X
29	128	3	Vicky O'Neill	FS	(002/072)	Wiz Lees Fitness	00:50:43 X
30	124	27	Andy F	MS	(021/058)	Wiz Lees Fitness	00:50:43 X
31	127	28	Jake Lees	MJ	(001/003)	Wiz Lees Fitness	00:50:46 X

32	181	29	Tim Kings	M50 (003/015)	Unattached	00:50:47
33	236	4	Cecily Shepherd	FS (003/072)	Unattached	00:50:56
34	168	30	Jack Halhead	MS (022/058)	Unattached	00:51:01
35	250	31	David Hodges	M50 (004/015)	Unattached	00:51:09
36	247	5	Helen Hewton	F40 (002/017)	Unattached	00:51:16
37	205	32	Kevin Preston	M50 (005/015)	Unattached	00:51:23
38	43	33	Dalitso Gumbo	MS (023/058)	Carry Me Holme	00:51:48 X
39	169	34	Matthew Hall	MS (024/058)	Unattached	00:51:59
40	231	35	Luke Davies	MS (025/058)	Unattached	00:52:03
41	230	36	Andrew Stamp	MS (026/058)	Unattached	00:53:52
42	126	37	Chris Lees	M40 (003/012)	Wiz Lees Fitness	00:54:08 X
43	157	38	Jack Bramble	MS (027/058)	Unattached	00:54:24
44	54	6	Liz White	F40 (003/017)	Elite Joggers	00:54:49 F
45	51	7	Karen Griffiths	F50 (001/010)	Elite Joggers	00:54:52 F
46	225	39	Jimmy Woodend	MS (028/058)	Unattached	00:54:53
47	154	40	Thomas Bentham	M45 (003/011)	Howgill Harriers	00:55:09

48	195	41	Mark McCluskey	M50 (006/015) Unattached	00:55:27
49	62	8	Angela Nicholson	F50 (002/010) Galgate FC U8s	00:55:43 X
50	183	42	Matt Latto	M45 (004/011) Unattached	00:55:45
51	24	43	Dave Armistead	M55 (001/004) Baileys	00:55:50 X
52	125	9	Wiz Lees	F40 (004/017) Wiz Lees Fitness	00:56:06 X
53	113	10	Laura Blamire	FS (004/072) Victorious Secret	00:56:19 F
54	115	11	Lauren Crawford	FS (005/072) Victorious Secret	00:56:24 F
55	163	44	Mark Demonti	MS (029/058) Unattached	00:56:30
56	204	45	Daniel Postlethwaite	MS (030/058) Unattached	00:56:31
57	71	46	Shaun Askew	MS (031/058) Rainbow Rangers	00:56:34 M
58	148	47	Jamie Bartle	MS (032/058) Unattached	00:56:39
59	202	48	John Pollard	M65 (001/001) Unattached	00:57:36
60	59	12	Katie Hall	FS (006/072) Galgate FC U8s	00:58:06 X
61	60	49	Steven Mitton	M50 (007/015) Galgate FC U8s	00:58:06 X
62	238	50	Paul Hine	M45 (005/011) Unattached	00:58:12
63	244	51	Lewis Power	MS (033/058) Unattached	00:58:45

64	193	52	Alistair Marshall	M40 (004/012)	Unattached	00:58:48
65	219	53	Gary Turner	MS (034/058)	Red Rose Road Runners	00:58:56
66	180	54	Angus Kinder	MJ (002/003)	Unattached	00:59:06
67	173	55	Adrian Ibison	M50 (008/015)	Garstang RC	00:59:25
68	222	56	Gavin Whitehead	MS (035/058)	Unattached	00:59:32
69	186	13	Marianne Macdonald	F40 (005/017)	Unattached	00:59:43
70	189	57	Stewart Mangnall	M45 (006/011)	Unattached	00:59:43
71	2	58	Andrew Edmondson	M55 (002/004)	#team UHMB	00:59:48 X
72	57	14	Donna Blezard	F40 (006/017)	Galgate FC U8s	00:59:56 X
73	224	59	Kris Winder	MS (036/058)	Unattached	00:59:57
74	147	60	Matthew Airey	MS (037/058)	Unattached	01:00:03
75	235	15	Elizabeth Hindle	F60 (001/005)	Dallam Running Club	01:00:09
76	172	61	Lee Hunter	MS (038/058)	Unattached	01:00:12
77	166	62	Dan Foster	M40 (005/012)	Fylde Coast Runners	01:00:35
78	203	16	Paula Porthouse	FS (007/072)	Unattached	01:00:50
79	150	17	Kate Beer	F50 (003/010)	Unattached	01:01:05

80	151	63	Philip Beer	M50 (009/015) Unattached	01:01:08
81	28	64	David Morphy	M50 (010/015) Baileys	01:01:11 X
82	25	65	Jack Benson	MS (039/058) Baileys	01:01:14 X
83	29	66	Melissa Morphy	MS (040/058) Baileys	01:01:18 X
84	7	18	Carol Park	F55 (001/005) #team UHMB	01:01:44 X
85	170	67	Scott Hamilton	M40 (006/012) Unattached	01:03:01
86	69	68	Ian Manderson	M50 (011/015) Unattached	01:03:04
87	159	69	Paul Carter	M45 (007/011) Wesham Road Runners	01:03:13
88	199	19	Janine McNeill	F50 (004/010) Glaxo Hoad Hill Harriers	01:03:16
89	226	70	Stephen Wrigley	MS (041/058) Unattached	01:04:53
90	227	71	Glyn Wrigley	M60 (001/002) Unattached	01:05:00
91	214	20	Marl Todd	F55 (002/005) Unattached	01:06:00
92	215	21	Louise Todd	FS (008/072) Unattached	01:06:04
93	200	22	Becci Metcalfe	FS (009/072) Unattached	01:06:08
94	239	72	Simon Grant	MS (042/058) Unattached	01:06:10
95	211	73	Phil Stockdale	M60 (002/002) Unattached	01:06:29

96	243	23	Moira Burford	F40	(007/017)	Unattached	01:06:38
97	242	24	Rebecca Jeffrey	F40	(008/017)	Unattached	01:06:39
98	179	74	Andrew Kinder	M50	(012/015)	Unattached	01:07:05
99	35	75	Luke Waine	MS	(043/058)	Big Nana's Barmy Army	01:07:18 X
100	32	25	Eve Dixon	FS	(010/072)	Big Nana's Barmy Army	01:07:28 X
101	245	26	Jennifer Parsons	FS	(011/072)	Unattached	01:07:29
102	155	76	Andy Bentham	MS	(044/058)	Unattached	01:07:50
103	34	77	Thomas Ridding	MS	(045/058)	Big Nana's Barmy Army	01:08:04 X
104	33	27	Alice Ridding	FS	(012/072)	Big Nana's Barmy Army	01:08:09 X
105	56	28	Charlotte McNeela	FS	(013/072)	Elite Joggers	01:08:23 F
106	53	29	Alison Lister	F50	(005/010)	Elite Joggers	01:08:26 F
107	198	30	Victoria McMurtrie	FS	(014/072)	Unattached	01:08:59
108	218	31	Lucy Turner	FS	(015/072)	Red Rose Road Runners	01:09:01
109	176	32	Jessica Jones	FS	(016/072)	Unattached	01:10:23
110	178	78	David Jones	M55	(003/004)	Unattached	01:10:31
111	153	33	Lesley Bentham	F45	(001/008)	Howgill Harriers	01:11:43

112	102	34	Becky Flight	F40	(009/017)	Super Awesome Swimstars	01:15:29	X
113	101	35	Helen Field	FS	(017/072)	Super Awesome Swimstars	01:15:31	X
114	105	36	Laura Whittaker	FS	(018/072)	Super Awesome Swimstars	01:15:33	X
115	103	79	Rich Flight	M40	(007/012)	Super Awesome Swimstars	01:15:39	X
116	104	37	Charlie Westney	F40	(010/017)	Super Awesome Swimstars	01:15:40	X
117	100	38	Sarah Douthwaite	FS	(019/072)	Super Awesome Swimstars	01:15:44	X
118	106	80	Mike Whittaker	MS	(046/058)	Super Awesome Swimstars	01:15:46	X
119	122	39	Cathy Monaghan	FS	(020/072)	Victorious Secret	01:15:53	
120	116	40	Sarah Douglas	F40	(011/017)	Victorious Secret	01:15:59	F
121	120	41	Rachel Mitchinson	FS	(021/072)	Victorious Secret	01:16:03	F
122	117	42	Laine Grattan	FS	(022/072)	Victorious Secret	01:16:08	F
123	112	43	Kerry Barker	FS	(023/072)	Victorious Secret	01:16:09	F
124	119	44	Kylie Lees	FS	(024/072)	Victorious Secret	01:16:12	F
125	111	45	Sarah Airey	FS	(025/072)	Victorious Secret	01:16:17	F
126	114	46	Lisa Braithwaite	FS	(026/072)	Victorious Secret	01:16:39	F
127	118	47	Rachael Horn	FS	(027/072)	Victorious Secret	01:16:41	F



128	156	81	Joe Beswetherick	MS	(047/058)	Unattached	01:16:47
129	55	48	Lucy Andrews	FJ	(001/005)	Elite Joggers	01:18:23 F
130	52	49	Ella Lister	FJ	(002/005)	Elite Joggers	01:18:25 F
131	50	50	Rosie Andrews	FJ	(003/005)	Elite Joggers	01:18:27 F
132	96	51	C. Robson-Peall	FS	(028/072)	Sedbergh Primary School	01:20:41 X
133	86	52	Claire Alderson	FS	(029/072)	Sedbergh Primary School	01:20:52 X
134	223	53	Kim Winder	FS	(030/072)	Unattached	01:21:15
135	209	54	Emily Shaw	FS	(031/072)	Unattached	01:21:18
136	10	82	Simon Roser	M45	(008/011)	#team UHMB	01:21:24 X
137	6	55	Anne Marie Meagher	FS	(032/072)	#team UHMB	01:21:28 X
138	11	56	Lorna Shadbolt	FS	(033/072)	#team UHMB	01:21:31 X
139	1	83	Max Cross	MS	(048/058)	#team UHMB	01:21:43 X
140	3	84	Hasham Malik	MS	(049/058)	#team UHMB	01:21:53 X
141	9	85	Adam Railton	MS	(050/058)	#team UHMB	01:21:58 X
142	23	57	Susan Woodhouse	F55	(003/005)	Ooo me legs	01:23:02 X
143	14	86	Lee Ashworth	M40	(008/012)	Ooo me legs	01:23:08 X

144	19	87	Rob Powell	MS	(051/058)	Ooo me legs	01:23:14	X
145	17	58	Torun McMoran	FS	(034/072)	Ooo me legs	01:23:29	X
146	20	88	Dave Topliss	M55	(004/004)	Ooo me legs	01:23:32	X
147	171	89	Graham Holmes	MS	(052/058)	Unattached	01:23:35	
148	999	90	Adrian Morley	M	(001/001)	Unattached	01:23:45	
149	162	91	Jim Dean	M75	(001/001)	Unattached	01:24:08	
150	22	59	Sam White	FS	(035/072)	Ooo me legs	01:24:37	X
151	15	60	Kris Matthews	F60	(002/005)	Ooo me legs	01:24:37	X
152	13	61	Pauline Turner	FS	(036/072)	#team UHMB	01:28:29	X
153	8	62	Helen Pye	F50	(006/010)	#team UHMB	01:28:33	X
154	61	63	Kaitlyn Nicholson	FS	(037/072)	Galgate FC U8s	01:31:17	X
155	58	64	Holly Coates	FS	(038/072)	Galgate FC U8s	01:33:44	X
156	68	65	Joanne Lambert	F45	(002/008)	Jogging Pals	01:34:19	F
157	70	66	Vicki Wright	FS	(039/072)	Jogging Pals	01:34:34	F
158	67	67	Paula Haines	F45	(003/008)	Jogging Pals	01:34:51	F
159	65	68	Paula Goodyear	FS	(040/072)	Jogging Pals	01:35:01	F

160	64	69 Dawn Bousfield	F45	(004/008) Jogging Pals	01:35:06 F
161	246 92	Joe Birkett	MS	(053/058) Unattached	01:35:35
162	79	70 Amie Davidson	FS	(041/072) Sarah Brook Fitness	01:35:38 X
163	82 93	Lee Morris	M40	(009/012) Sarah Brook Fitness	01:35:40 X
164	81	71 Bethany Hartley	FS	(042/072) Sarah Brook Fitness	01:36:06 X
165	85	72 Elaine Walmsley	F40	(012/017) Sarah Brook Fitness	01:36:08 X
166	76	73 Sarah Brook	FS	(043/072) Sarah Brook Fitness	01:36:23 X
167	84	74 Laura Spenceley	FS	(044/072) Sarah Brook Fitness	01:36:40 X
168	83 94	Michael Rogan	M45	(009/011) Sarah Brook Fitness	01:36:47 X
169	233	75 Jane Dixon-Smith	FS	(045/072) Unattached	01:36:56
170	167 95	Jon Green	M40	(010/012) Unattached	01:37:00
171	40	76 Holly Mallabourn	FJ	(004/005) Bootcamp Babes	01:39:30 F
172	188	77 P MallabournEdm'dson	FS	(046/072) Bootcamp Babes	01:39:32 F
173	38	78 Lisa Boyle	F45	(005/008) Bootcamp Babes	01:39:39 F
174	160	79 Sara Challenor	F50	(007/010) Bootcamp Babes	01:40:10 F
175	187	80 Colette Mallabourn	F45	(006/008) Bootcamp Babes	01:40:15 F

176	158	81 Jodie Burke	FS	(047/072)	Bootcamp Babes	01:41:05	F
177	206	82 Louise Riley	F45	(007/008)	Bootcamp Babes	01:41:07	F
178	39	83 Tiffany McWhirter	FS	(048/072)	Bootcamp Babes	01:41:07	F
179	49	96 Jonathan Woodhead	MS	(054/058)	Carry Me Holme	01:41:16	X
180	48	84 Hannah Woodhead	FS	(049/072)	Carry Me Holme	01:41:20	X
181	47	85 Abby Wade	FS	(050/072)	Carry Me Holme	01:41:22	X
182	44	86 Caroline Holmes	FS	(051/072)	Carry Me Holme	01:41:24	X
183	45	87 Alice Mascarenhas	FJ	(005/005)	Carry Me Holme	01:41:26	X
184	46	88 Helen Vernon	F40	(013/017)	Carry Me Holme	01:41:32	X
185	41	89 Martine Conti	FS	(052/072)	Carry Me Holme	01:41:39	X
186	42	97 Callum Goulder	MS	(055/058)	Carry Me Holme	01:41:42	X
187	201	90 Niamh O'Hara	FS	(053/072)	Unattached	01:41:50	
188	177	98 Freddy Jones	MS	(056/058)	Unattached	01:41:50	
189	4	91 Kate Maynard	F55	(004/005)	#team UHMB	01:42:28	X
190	5	92 Elizabeth McDougall	F60	(003/005)	#team UHMB	01:42:45	X
191	249	93 Nicola Saunders	FS	(054/072)	Big Nana's Barmy Army	01:42:49	X

192	31	94 Adele Dixon	FS	(055/072)	Big Nana's Barmy Army	01:42:49 X
193	234 99	Wayne Dixon	M40	(011/012)	Big Nana's Barmy Army	01:42:52 X
194	30	95 Zoe Dixon	FS	(056/072)	Big Nana's Barmy Army	01:42:54 X
195	36	96 Helen Walton	FS	(057/072)	Big Nana's Barmy Army	01:42:57 X
196	221	97 Jennifer Tweddle	F60	(004/005)	Unattached	01:43:14
197	175 100	Neil Jones	M50	(013/015)	Unattached	01:43:21
198	108 101	Jack Froggatt	MS	(057/058)	Two Hunks & The Cleaners	01:44:19 X
199	107	98 Amy Froggatt	FS	(058/072)	Two Hunks & The Cleaners	01:44:29 X
200	88	99 Lynda Livesey	FS	(059/072)	Sedbergh Primary School	01:44:43 X
201	93 102	Thomas Young	MJ	(003/003)	Sedbergh Primary School	01:44:43 X
202	89	100 Amy McGough	FS	(060/072)	Sedbergh Primary School	01:44:46 X
203	95	101 Rachel Dean	F40	(014/017)	Sedbergh Primary School	01:44:55 X
204	92 103	Matthew Towe	M40	(012/012)	Sedbergh Primary School	01:44:57 X
205	91	102 Joyce Scarr	F50	(008/010)	Sedbergh Primary School	01:45:49 X
206	80	103 Emily Gill	FS	(061/072)	Sarah Brook Fitness	01:45:56 X
207	98	104 Lisa White	FS	(062/072)	Sedbergh Primary School	01:46:04 X

208	27 104	Lee Holman	M45	(010/011)	Baileys	01:46:17 X
209	26	105 Sophie Holman	FS	(063/072)	Baileys	01:46:20 X
210	110 105	Adam White	MS	(058/058)	Two Hunks & The Cleaners	01:46:48 X
211	109	106 Katy White	FS	(064/072)	Two Hunks & The Cleaners	01:46:49 X
212	77	107 Johanna Brook	FS	(065/072)	Sarah Brook Fitness	01:48:12 X
213	78	108 Rebecca Brook	FS	(066/072)	Sarah Brook Fitness	01:48:23 X
214	90	109 Vicki Metcalfe	FS	(067/072)	Sedbergh Primary School	01:50:47 X
215	87	110 Jayne Jones	FS	(068/072)	Sedbergh Primary School	01:50:50 X
216	97	111 Betty Stephenson	FS	(069/072)	Sedbergh Primary School	01:51:24 X
217	220	112 Christine Tweddle	F40	(015/017)	Unattached	01:52:23
218	94	113 Ann Bannister	F55	(005/005)	Sedbergh Primary School	01:52:37 X
219	146	114 Vikki Wrigley	F40	(016/017)	Zippy & The Bungles	02:03:16 X
220	137 106	Graham Saunders	M50	(014/015)	U Win Some U Booze Some	02:03:16 X
221	131	115 Debbie Hindley	F40	(017/017)	U Win Some U Booze Some	02:03:21 X
222	136	116 Dawn Saunders	F45	(008/008)	U Win Some U Booze Some	02:03:22 X
223	144	117 Sophie Uttley	FS	(070/072)	Zippy & The Bungles	02:03:22 X

224	132	118 Helen Kerr	FS	(071/072)	U Win Some U Booze Some	02:03:30 X
225	142	119 Bev Mason	F50	(009/010)	Zippy & The Bungles	02:03:35 X
226	135	120 Jackie Routledge	F60	(005/005)	U Win Some U Booze Some	02:03:37 X
227	138 107	John Street	M50	(015/015)	U Win Some U Booze Some	02:03:41 X
228	140	121 Deborah Cardwell	F50	(010/010)	Zippy & The Bungles	02:03:48 X
229	143 108	Paul Smith	M45	(011/011)	Zippy & The Bungles	02:03:51 X
230	145	122 Melissa Valentine	FS	(072/072)	Zippy & The Bungles	02:03:57 X