

## Kendal 10k Results

8 May 2019

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:32:10	547	Danson	Rob	Wesham RR		M
2	00:33:53	592	Jamison	Joel	Helm Hill Runners		M
3	00:34:31	576	Hodgson	Robert	Border Harriers		M
4	00:34:34	573	Kenny	Joe	Helm Hill Runners		M
5	00:35:23	581	Ainsworth	Michael			M
6	00:35:50	121	Wilson	Richard	Kendal AAC	V40	M
7	00:36:35	120	Wilson	Matt	Kendal AAC	V40	M
8	00:36:51	590	Kearsey	Laurie	Helm Hill Runners		M
9	00:37:02	595	Taylor	David	Wesham RR		M
10	00:37:49	563	Messenger-Jones	Luca			M
11	00:37:57	549	Sillito	Seb	Helm Hill Runners		M
12	00:38:16	535	Golding	Dan	Ambleside AC	V40	M
13	00:38:19	544	Gregory	Paul	Wesham RR	V40	M
14	00:38:20	109	Jephcott	Daniel			M
15	00:38:28	522	Harling	Andrew	Wesham RR		M
16	00:38:44	596	Simspn	Jack	Helm Hill Runners		M
17	00:38:58	515	Barnett	Garry	Wesham RR	V50	M
18	00:39:07	102	Banks	Peter	Blackburn Harriers	V50	M
19	00:39:18	546	Smith	Jacob	Kendal AAC		M
20	00:39:26	586	Barlow	Lee	Wesham RR	V40	M
21	00:39:27	548	Dover	Gary	Hoad Hill Harriers	V50	M
22	00:39:42	536	Sisson	Will	Kendal AAC		M
23	00:39:49	556	Mike	Mike	Bentham Beagles RC	V50	M
24	00:40:00	117	Foley	Lee	Preston Harriers		M
25	00:40:00	574	Dyer	Jacob	Helm Hill Runners	V40	M
26	00:40:02	551	Lee	Philip	Kendal AAC	V40	M
27	00:40:27	521	Gore	Steven	Wesham RR		M
28	00:40:58	122	Robinson	Steven		V50	M
29	00:41:38	558	Broadbent	Garry	Walney Wind Cheethahs	V40	M
30	00:42:14	575	Kennedy	Brian	Settle Harrier	V50	M
31	00:43:11	578	Robson	John	Helm Hill Runners	V50	M
32	00:43:25	540	Eccles	Heather	Eden Runners		F
33	00:43:44	131	Barr	Alan	Howgill Harriers	V40	M
34	00:43:44	118	Nichols	David	Dallam RC		M
35	00:44:01	582	Cannon	Matthew	Helm Hill Runners		M
36	00:44:12	539	Maguire	Russ	Walney Wind Cheethahs	V40	M
37	00:44:16	523	Herron	Leanne	Blyth RC		F
38	00:44:20	552	Willacy	M	Hoad Hill Harriers	V50	M
39	00:44:34	114	Welshman	John		V50	M
40	00:44:36	567	Swollon	Matthew			M
41	00:44:51	583	Atkinson	Matthew			M
42	00:45:15	127	Wilson	Alan	Hoad Hill Harriers	V50	M
43	00:45:18	517	Brewer	Jonathan		V40	M
44	00:45:22	568	Longney	Keith		V50	M
45	00:45:24	593	Jackson	Janet			F
46	00:45:25	564	Letheren	Andy		V50	M
47	00:45:25	565	Andrewartha	John	Eden Runners	V40	M
48	00:45:34	529	Rice	David	Carlisle Tri Club	V40	M
49	00:45:51	518	Davison	Pete	Hoad Hill Harriers	V50	M
50	00:46:01	579	Roberts	Stephen	Kendal AAC	V40	M
51	00:46:04	534	Waite	Josh	Carlisle Tri Club		M
52	00:46:05	113	Travis	Heather	Hoad Hill Harriers	V40	F
53	00:46:08	107	Horrocks	Philip	Walney Wind Cheethahs	V50	M
54	00:46:11	128	Booth	Lauren	Hoad Hill Harriers		F
55	00:46:50	585	Gillard	Paul			M
56	00:47:12	584	Cambell	Peter	Border Harriers	V50	M
57	00:47:31	125	Cooke	James	Hoad Hill Harriers	V60	M
58	00:47:39	577	Bennett	Steve		V50	M
59	00:47:49	525	Kilkenny	Jo			F

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
60	00:47:58	541	Smith	Derek	Wetherington Joggers	V50	M
61	00:48:07	126	Cooke	Allison	Hoad Hill Harriers	V50	F
62	00:48:10	129	Walker	Mark	Kendal AAC	V50	M
63	00:48:24	123	Ainsworth	Tony		V50	M
64	00:48:28	132	Brooks	Neil	Fylde Coast Runners	V40	M
65	00:48:28	589	Brown	Vikki	Helm Hill Runners		F
66	00:48:33	513	Parker	Lucas			M
67	00:48:54	553	Bland	Abby			F
68	00:48:59	542	Ayres	Kate	Ambleside AC	V50	F
69	00:49:29	588	Jackson-Rae	Katie	Helm Hill Runners		F
70	00:49:46	116	Williams	Phil			M
71	00:49:46	111	Thomas	Simon		V40	M
72	00:49:48	572	Marvan	Tom		V40	M
73	00:50:05	543	Mitchell	Scott		V40	M
74	00:50:26	532	Sowerby	Peter		V50	M
75	00:50:32	587	Quine	Kathryn	Kendal AAC	V50	F
76	00:51:32	519	Gold	Douglas			M
77	00:51:36	545	Newnham	Adrian	Hoad Hill Harriers	V60	M
78	00:51:47	531	Ryan	Lucy			F
79	00:52:16	580	Metcalfe	Claire			F
80	00:52:36	124	Percival-Smith	Paul	Kendal AAC	V60	M
81	00:53:08	571	Bowen	Paula	Kendal AAC	V40	F
82	00:53:08	570	Dixon	Libby	Ambleside AC	V40	F
83	00:53:29	555	Wilson	Kate		V40	F
84	00:53:32	560	Bayliff	Leanne	Hoad Hill Harriers		F
85	00:53:43	115	Whipple	Kath	Hoad Hill Harriers	V50	F
86	00:53:53	104	Barton	Sally	Hoad Hill Harriers	V50	F
87	00:54:18	594	Jackson	James			M
88	00:54:38	562	Stapleton	Emily	Lancaster & Morecambe AC	V40	F
89	00:54:51	516	Baxter	Rachael			F
90	00:55:20	537	Danson	Maureen	Wesham RR	V50	F
91	00:55:21	538	Danson	James Robert	Wesham RR	V50	M
92	00:55:38	554	Halhead	Gillian		V40	F
93	00:56:13	526	Lougheed	Mark	Blackburn Road Runners	V50	M
94	00:56:36	569	Moffat	Helen		V50	F
95	00:56:49	557	Vernon	Garry	Fetch Everyone RC	V50	M
96	00:56:50	524	Ion	Peter	Kendal AAC	V70	M
97	00:57:44	101	Riding	Jennie	Howgill Harriers		F
98	00:57:45	561	Eadington	Ron		V60	M
99	00:58:17	119	Bartlett	Peter	Wesham RR	V70	M
100	00:58:59	110	Scaife	Kath	Bentham Beagles RC	V50	F
101	00:59:02	559	Firman	Siobhan			F
102	00:59:02	566	Horner	Rachel			F
103	01:01:44	514	Ridings	Bill	Northern Masters	V60	M
104	01:03:51	530	Roberts	Maureen	Lancaster Runners	V60	F
105	01:04:10	130	Capstick	Naomi	Hoad Hill Harriers	V40	F
106	01:08:05	591	Atkinson	Emily	Red Rose Road Runners		F
107	01:11:23	550	Smith-Connell	Julie	Skemersdale Harriers	V50	F