

Hawkshead 10k

19 June 2019

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:32:38	206	Johnson	Grant	Salford Harriers		M
2	00:33:49	698	Campbell	Ross	Barrow in Furness Striders		M
3	00:34:13	220	Kenny	Joe	Helm Hill Runners		M
4	00:34:36	33	Graves	Paul	DH Runners	V40	M
5	00:36:15	202	Dorrian	Andrew	Hoad Hill Harriers		M
6	00:36:29	44	Jones	Daniel	Eden Runners		M
7	00:36:42	272	Taylor	David	Wesham RR		M
8	00:37:02	258	Leybourne	Philip	Salford Harriers	V50	M
9	00:37:20	204	Aubrey	Jacob	Helm Hill Runners		M
10	00:37:23	69	Roberts	Alex			M
11	00:38:03	266	Golding	Dan	Ambleside AC	V40	M
12	00:38:12	213	Taylor	Liam	Helm Hill Runners		M
13	00:38:14	689	Wells	Richard	Sedbergh School RC	V40	M
14	00:39:01	203	Hastwell	Christopher	Wesham RR		M
15	00:39:08	271	Metcalf	Jim		V40	M
16	00:39:44	83	Stobbart	Lucy	Cumberland AC		F
17	00:39:51	102	Banks	Peter	Blackburn Harriers	V50	M
18	00:39:52	236	Lee	Philip	Kendal AAC	V40	M
19	00:39:57	275	Heaton	Jay	Hoad Hill Harriers		M
20	00:40:36	208	Crabtree	Thomas	Wesham RR		M
21	00:40:44	694	Colhoun	Tom	Sedbergh School RC		M
22	00:41:00	109	Jephcott	Daniel			M
23	00:41:04	63	Grinbergs	James	Eden Runners	V40	M
24	00:41:09	201	Gora	Lauren	Lancaster & Morecambe AC		F
25	00:41:36	250	Robinson	Sean	Howgill Harriers	V40	M
26	00:41:38	699	Gregson	Neil	Wesham RR		M
27	00:41:50	56	Messingham	Adrian	Beverley AC	V40	M
28	00:41:52	276	Bell	Cameron			M
29	00:41:55	696	Jones	Ray	Barrow in Furness Striders	V50	M
30	00:42:03	257	Myerscough	Steve	Wesham RR	V40	M
31	00:42:12	267	Coward	Darren	Hoad Hill Harriers		M
32	00:42:19	692	Rigal	Jack	Sedbergh School RC		M
33	00:42:25	244	Rayner	Trevor	Salford Harriers	V50	M
34	00:42:38	82	Stevens	Joe			M
35	00:42:42	242	Haworth	Darren	Dch Run Club		M
36	00:42:45	227	Illman	Esther	Border Harriers		F
37	00:42:46	246	Pendlebury	Gary	Wesham RR	V60	M
38	00:42:46	2	Atkinson	Matthew			M
39	00:42:56	39	Hewer	Frank	Cumberland AC	V40	M
40	00:43:04	219	Leach	Andrew	Howgill Harriers		M
41	00:43:16	253	Close	Eddie	Howgill Harriers	V40	M
42	00:43:28	234	Poirrette	J	Serpentine RC	V50	M
43	00:43:31	226	Allan	Stuart	Helm Hill Runners	V50	M
44	00:43:38	84	Stobbart	Billy	Cumberland AC	V40	M
45	00:43:38	60	Oakey	John	Eden Runners	V40	M
46	00:43:45	91	Wright	Bev	Blackpool Wyre & Fylde AC	V50	F
47	00:43:51	97	Buskwood	Mark	Totley AC	V50	M
48	00:43:56	131	Barr	Alan	Howgill Harriers	V40	M
49	00:44:19	95	Varney	Lucy	Kendal AAC	V50	F
50	00:44:21	40	Howes	Paul		V50	M
51	00:44:23	228	Maguire	Russ	Walney Wind Cheethahs	V40	M
52	00:44:30	18	Cruse	Peter	Wesham RR	V50	M
53	00:44:42	96	Knowles	Eleanor	Ambleside AC	V50	F
54	00:45:03	209	Saxon	James	Eden Runners	V40	M
55	00:45:11	87	Webb	Joseph	Eden Runners		M
56	00:45:15	230	Batty	Steven	Walney Wind Cheethahs	V50	M
57	00:45:24	693	Abbott	Theo	Sedbergh School RC		M
58	00:45:24	695	Neushrop	George	Sedbergh School RC		M
59	00:45:24	205	Lawrenson	Helen	Wesham RR	V40	F
60	00:45:28	114	Welshman	John		V50	M
61	00:45:30	8	Baron	David		V50	M

62	00:45:37	231	Brown	Chloe	Howgill Harriers		F
63	00:45:37	690	Singer	Will	Sedbergh School RC		M
64	00:45:42	3	Bailey	Mark	Hoad Hill Harriers	V40	M
65	00:45:45	248	Chapman	Geoffrey	Eden Runners	V50	M
66	00:45:52	108	Leigh	Adrian	Bentham Beagles RC	V60	M
67	00:45:57	113	Travis	Heather	Hoad Hill Harriers	V40	F
68	00:46:03	684	Minchella	Martin	Cumberland AC	V40	M
69	00:46:11	682	Mc Gurk	Stuart	Kendal AAC	V50	M
70	00:46:12	251	Andrewartha	John	Eden Runners	V40	M
71	00:46:33	5	Baker	Carol	Eden Runners	V50	F
72	00:46:38	107	Horrocks	Philip	Walney Wind Cheethahs	V50	M
73	00:46:45	128	Booth	Lauren	Hoad Hill Harriers		F
74	00:46:48	111	Thomas	Simon		V40	M
75	00:46:48	685	Moffat	Stephen	Howgill Harriers	V60	M
76	00:46:51	62	Osborne	Mark	Eden Runners	V50	M
77	00:46:56	9	Baron	Philip		V50	M
78	00:47:05	73	Roper	David	Howgill Harriers	V60	M
79	00:47:22	86	Wallace	Michael	Sunderland Strollers	V40	M
80	00:47:26	129	Walker	Mark	Kendal AAC	V50	M
81	00:47:33	10	Beechev	Mike		V50	M
82	00:47:36	92	Yearnshire	Deborah	Hoad Hill Harriers	V40	F
83	00:47:39	132	Brooks	Neil	Fylde Coast Runners	V40	M
84	00:47:41	64	Peacock	David	Eden Runners	V50	M
85	00:47:42	686	Mcgowan	Ellen	Sedbergh School RC		F
86	00:47:44	41	Hunter	Julie	Hoad Hill Harriers	V40	F
87	00:47:54	99	Gorman	David	Skipton AC	V50	M
88	00:47:55	232	Robinson	Joe			M
89	00:47:56	229	Maggio-Poyntz	Karen	Walney Wind Cheethahs	V40	F
90	00:48:03	50	Kent	Clare	Eden Runners		F
91	00:48:29	218	Harrison	Michael	Hoad Hill Harriers	V50	M
92	00:48:30	80	Smith	Alison	Abbey Runners	V40	F
93	00:48:38	125	Cooke	James	Hoad Hill Harriers	V60	M
94	00:48:48	57	Grinbergs	Kerry	Eden Runners	V40	F
95	00:48:49	36	Hadley	Adrian	Cumberland AC		M
96	00:48:53	214	Green	Adam	Ambleside AC		M
97	00:48:57	49	Lowery	Tony	Eden Runners	V50	M
98	00:49:01	103	Barton	Simon	Hoad Hill Harriers	V60	M
99	00:49:10	263	McNally	Liz	Leven Valley AC	V40	F
100	00:49:12	217	Jones	Simon	Bentham Beagles RC		M
101	00:49:13	81	Smith	Michael	Abbey Runners	V40	M
102	00:49:26	216	Jewell	Tony	Cumberland Fell Runners	V60	M
103	00:49:40	79	Simpson	James	Eden Runners		M
104	00:49:42	687	Fisher	Jim	Howgill Harriers	V60	M
105	00:49:46	274	Rodham	Jo	Helm Hill Runners		F
106	00:49:50	54	McKeown	Frank	Hoad Hill Harriers	V50	M
107	00:49:58	4	Baker	Ken	Eden Runners	V60	M
108	00:50:15	19	Dempster	Sian	Cumberland AC		F
109	00:50:16	71	Robinson	Ian	Eden Runners	V60	M
110	00:50:18	14	Boulter	Glenn	Hoad Hill Harriers		M
111	00:50:23	21	Evans	Edward	Bentham Beagles RC		M
112	00:50:27	26	Foreman	Colin		V50	M
113	00:50:31	249	Robinson	Zoe	Howgill Harriers		F
114	00:50:33	126	Cooke	Allison	Hoad Hill Harriers	V50	F
115	00:50:50	210	Bland	Abby			F
116	00:50:52	34	Greenwood	John	Walney Wind Cheethahs	V60	M
117	00:50:54	38	Hemsley	Andrew	Walney Wind Cheethahs	V50	M
118	00:50:55	45	Kidd	Olivia	Eden Runners		F
119	00:50:57	240	Pollard	John	Glossopdale Harriers	V60	M
120	00:51:02	239	Barron	Stevie	Hoad Hill Harriers	V60	F
121	00:51:03	235	Robinson	Luke			M
122	00:51:20	6	Bamforth	John		V50	M
123	00:51:23	691	Vick	Robert	Sedbergh School RC		M
124	00:51:29	20	Downes	Nicholas	Cumberland AC	V40	M
125	00:51:43	76	Shaw	David	Walney Wind Cheethahs	V60	M

126	00:51:56	124	Percival-Smith	Paul	Kendal AAC	V60	M
127	00:52:09	53	McGrattan	Ken	Bentham Beagles RC	V40	M
128	00:52:29	238	Blakey	Maria	Walney Wind Cheethahs	V60	F
129	00:52:35	90	Wright	Sarah	Eden Runners	V40	F
130	00:52:36	42	Jenkinson	Alan	Cumberland AC	V60	M
131	00:52:46	15	Bowler	Karen	Cumberland AC	V60	F
132	00:52:51	24	Fell	Andrea	Cumberland AC	V40	F
133	00:52:56	47	Lambert	Sally		V50	F
134	00:52:59	264	Bannisk	Fiona	Leven Valley AC	V40	F
135	00:53:04	46	Kidd	Sarah	Eden Runners		F
136	00:53:12	225	Armstong	Emma			F
137	00:53:12	224	Cook	Rebecca			F
138	00:53:15	98	Hindson	Gordon	Blackhill Bounders	V40	M
139	00:53:17	245	Graham	Julie	Garstang RC	V50	F
140	00:53:20	241	Heygate	Catherine	Hoad Hill Harriers		F
141	00:53:21	700	Newnham	Adrian	Hoad Hill Harriers	V60	M
142	00:53:25	268	Tigiel	Mark		V40	M
143	00:53:36	247	Jones	Alan	Garstang RC	V60	M
144	00:53:37	58	Midgley	Ian		V50	M
145	00:53:50	255	Dixon	Libby	Ambleside AC	V40	F
146	00:53:50	256	Bowen	Paula	Ambleside AC	V40	F
147	00:54:09	67	Read	Rachel	Blengdale RC	V50	F
148	00:54:21	260	Cumliffe	Julia		V60	F
149	00:54:26	55	Messingham	Ellen	City of Hull	V40	F
150	00:54:26	43	Jones	Lucy			F
151	00:54:29	104	Barton	Sally	Hoad Hill Harriers	V50	F
152	00:55:04	7	Barber	Leeann	Cumberland AC	V50	F
153	00:55:16	28	Foudy	Mark	Eden Runners	V50	M
154	00:55:30	265	Scholes	Hannah	Leven Valley AC		F
155	00:55:45	1	Arnott	Sue	Bentham Beagles RC	V50	F
156	00:55:45	27	Foudy	Stephanie	Eden Runners	V40	F
157	00:56:27	262	Danson	Maureen	Wesham RR	V50	F
158	00:56:27	261	Danson	James Robert	Wesham RR	V50	M
159	00:56:34	252	King	Julia	Eden Runners	V60	F
160	00:56:45	269	Woodcock	Anne-Marie	Fylde Coast Runners	V40	F
161	00:56:47	13	Blissett	Paul	Witham Runners		M
162	00:56:54	66	Postlethwaite	Carol	Hoad Hill Harriers	V50	F
163	00:57:05	215	Ion	Peter	Kendal AAC	V70	M
164	00:57:55	254	McKeever	Rob	Black Combe Runners	V60	M
165	00:58:02	221	Bartlett	Peter	Wesham RR	V70	M
166	00:58:02	59	Navin	Wendy	Cumberland AC	V40	F
167	00:58:26	23	Fawcett	Mike	Hoad Hill Harriers	V60	M
168	00:58:29	72	Rolls	Steve		V40	M
169	00:58:32	25	Flynn	Juliet			F
170	00:58:36	207	Shaw	Tracey	Cumberland AC		F
171	00:58:38	70	Roberts	Mike	Eden Runners	V50	M
172	00:58:41	78	Silson	Gillian	Eden Runners	V60	F
173	00:59:13	110	Scaife	Kath	Bentham Beagles RC	V50	F
174	00:59:18	243	Woods	Heather	Dch Run Club		F
175	00:59:31	35	Greenwood	Clare	Walney Wind Cheethahs	V60	F
176	00:59:34	683	Riding	Bill	Northern Masters	V60	M
177	01:00:08	75	Sawyer	Tim		V50	M
178	01:00:19	273	Brankin	Charlotte	Hoad Hill Harriers		F
179	01:00:22	270	Iddon	Diane	Fylde Coast Runners	V50	F
180	01:00:48	100	Whitemore	Kevin	Eden Runners	V70	M
181	01:00:59	17	Chappellhow	Mary	Eden Runners	V40	F
182	01:01:18	31	Garbe	Jenny	Eden Runners		F
183	01:01:37	29	Gale	Rachel			F
184	01:02:05	74	Sandelands	Elizabeth	Cumberland AC	V40	F
185	01:02:10	30	Gale	Trish		V50	F
186	01:02:17	233	Meyrick	Kathrin	Vegetarian C& AC	V50	F
187	01:03:47	93	Young	Cheryl	Hoad Hill Harriers		F
188	01:04:10	94	Roberts	Maureen	Lancaster Runners	V60	F
189	01:05:25	61	Oakley	Emma	Eden Runners	V40	F

190	01:05:46	32	Graham	Helen	Eden Runners		F
191	01:06:16	89	Winder	Christine	Hoad Hill Harriers	V50	F
192	01:06:16	65	Peet	Terry	Hoad Hill Harriers	V60	M
193	01:07:14	259	Robinson	Debra	Howgill Harriers		F
194	01:07:23	697	Christy	Hayley	Sedbergh School RC	V40	F
195	01:07:54	211	Dixon	Hazel	Hoad Hill Harriers	V50	F
196	01:07:54	48	Lavery	Mike	Hoad Hill Harriers	V60	M
197	01:08:31	85	Walker	Ian	Hoad Hill Harriers	V50	M
198	01:08:32	130	Capstick	Naomi	Hoad Hill Harriers	V40	F
199	01:08:45	237	Campbell	Jane	Howgill Harriers		F
200	01:09:06	16	Bowler	Tim	Cumberland AC	V70	M
201	01:10:34	77	Silson	Shaun	Eden Runners	V60	M
202	01:12:58	688	Bolton	Laura			F
203	01:13:57	222	Johnson	Debbie	Netherhall AC	V50	F
204	01:13:57	223	Johnson	Andy	Netherhall AC	V60	M
205	01:18:54	212	Meikle	Irene		V50	F