

Derwent AC Cockermouth 'Grand Prix Race Series' Y2K5
Race 3: 'Hav-O Trail Race' (6.4 Km / 4 Miles) [M/T Race] Yuesday 05.07.2005
NoEAA Permit: 243

Ascent / descent of the course: 203 metres / 670 feet.

Start time - 7.00 pm

Course: Out & back course from Cockermouth ascending Watch Hill, along The Hay summit ridge to highest point, turn round and return to Cockermouth.

Conditions: Cloudy evening with occasional showers following heavy rain earlier in the day (Slippery underfoot).

| <u>Position</u> | <u>Name</u> | <u>Club</u> | <u>Category</u> | <u>Time</u> |
|-----------------|---------------|-----------------|-------------------|-------------|
| 1 | M. Amor | CFR | Senior Men | 24:25 |
| 2 | I. Butler | Keswick AC | Senior Men | 25:10 |
| 3 | M. Cunningham | Borrowdale FR | Senior Men | 25:21 |
| 4 | K. Kirkham | Blengdale AC | Junior Men U/18 | 26:06 |
| 5 | B. Rooney | Border H & AC | Junior Men U/18 | 26:41 |
| 6 | J. Harris | CFR | Veteran Men O/45 | 27:09 |
| 7 | D. Atkinson | Blengdale AC | Veteran Men O/40 | 27:27 |
| 8 | C. Davis | Derwent AC | Junior Men U/20 | 27:42 |
| 9 | T. Davis | Derwent AC | Veteran Men O/40 | 27:57 |
| 10 | C. Cripps | Blengdale AC | Senior Men | 28:33 |
| 11 | L. Abel | Blengdale AC | Veteran Men O/40 | 28:38 |
| 12 | K. Thompson | Derwent AC | Veteran Men O/50 | 28:43 |
| 13 | B. Hagan | CFR | Junior Men U/18 | 28:51 |
| 14 | T. Walker | Derwent AC | Lady Veteran O/35 | 29:31 |
| 15 | P. Daley | Derwent AC | Veteran Men O/45 | 29:44 |
| 16 | G. Lynch | CFR | Senior Men | 29:48 |
| 17 | L. Amor | CFR | Junior Men U/16 | 29:50 |
| 18 | M. Park | | Veteran Men O/40 | 30:24 |
| 19 | J. Edwards | CFR | Veteran Men O/50 | 30:36 |
| 20 | H. Rooms | Ellenborough AC | Veteran Men O/40 | 30:43 |
| 21 | K.. Murdoch | Derwent AC | Lady | 31:08 |
| 22 | M. Eddy | Derwent AC | Senior Men | 31:17 |
| 23 | J. Neil Wylie | Tri Lakes AC | Veteran Men O/40 | 31:35 |
| 24 | R. Whittaker | CFR | Veteran Men O/60 | 31:38 |
| 25 | C. Thorley | Derwent AC | Veteran Men O/40 | 31:53 |
| 26 | N. Moore | CFR | Veteran Men O/45 | 32:10 |
| 27 | M. Dutton | Derwent AC | Senior Men | 32:29 |
| 28 | H. Jones | Cumberland AC | Veteran Men O/45 | 32:31 |
| 29 | R. Adams | Derwent AC | Lady Veteran O/40 | 32:41 |
| 30 | D. McGee | CFR | Lady Junior U/18 | 32:42 |
| 31 | T. Lowden | CFR | Veteran Men O/50 | 34:45 |
| 32 | D. Patten | CFR | Lady Veteran O/45 | 34:53 |
| 33 | A. Strafford | Blengdale AC | Lady Veteran O/35 | 35:02 |
| 34 | P. Hawley | CFR | Veteran Men O/50 | 35:15 |
| 35 | P. Manning | Blengdale AC | Veteran Men O/55 | 35:34 |
| 36 | A. Calder | Cumberland AC | Veteran Men O/55 | 35:51 |
| 37 | R. Kirkham | Blengdale AC | Veteran Men O/40 | 37:01 |
| 38 | S. Watson | Cumberland AC | Veteran Men O/65 | 37:31 |
| 39 | V. Daley | | Lady Veteran O/45 | 37:50 |
| 40 | L. Buck | Blengdale AC | Lady Veteran O/40 | 38:30 |
| 41 | J. Mottram | CFR | Lady Veteran O/50 | 38:47 |
| 42 | A. Scott | Derwent AC | Lady Veteran O/35 | 39:34 |
| 43 | L. Stanger | Derwent AC | Lady | 41:04 |
| 44 | G. Eastoe | Blengdale AC | Lady Veteran O/45 | 41:24 |
| 45 | A. Frankland | Derwent AC | Lady | 42:06 |
| 46 | G. Harrington | Cumberland AC | Veteran Men O/55 | 45:30 |
| 47 | B. Johnston | | Veteran Men O/50 | 46:50 |

There were 47 entries and 47 finished.

Derwent AC Cockermouth 'Grand Prix Race Series' Y2K5
Race 3: 'Hay-O Trail Race' (6.4 Km / 4 Miles) [M/T Race] Tuesday 05.07.2005
NoEAA Permit: 243

Separate Ladies Results

| <u>Position</u> | <u>Name</u> | <u>Club</u> | <u>Category</u> | <u>Time</u> |
|-----------------|--------------|--------------|-------------------|-------------|
| 1 | T. Walker | Derwent AC | Lady Veteran O/35 | 29:31 |
| 2 | K.. Murdoch | Derwent AC | Lady | 31:08 |
| 3 | R. Adams | Derwent AC | Lady Veteran O/40 | 32:41 |
| 4 | D. McGee | CFR | Lady Junior U/18 | 32:42 |
| 5 | D. Patten | CFR | Lady Veteran O/45 | 34:53 |
| 6 | A. Strafford | Blengdale AC | Lady Veteran O/35 | 35:02 |
| 7 | V. Daley | | Lady Veteran O/45 | 37:50 |
| 8 | L. Buck | Blengdale AC | Lady Veteran O/40 | 38:30 |
| 9 | J. Mottram | CFR | Lady Veteran O/50 | 38:47 |
| 10 | A. Scott | Derwent AC | Lady Veteran O/35 | 39:34 |
| 11 | L. Stanger | Derwent AC | Lady | 41:04 |
| 12 | G. Eastoe | Blengdale AC | Lady Veteran O/45 | 41:24 |
| 13 | A. Frankland | Derwent AC | Lady | 42:06 |

Separate Veteran Men's Results 40 – 49

| <u>Position</u> | <u>Name</u> | <u>Club</u> | <u>Category</u> | <u>Time</u> |
|-----------------|---------------|-----------------|------------------|-------------|
| 1 | J. Harris | CFR | Veteran Men O/45 | 27:09 |
| 2 | D. Atkinson | Blengdale AC | Veteran Men O/40 | 27:27 |
| 3 | T. Davis | Derwent AC | Veteran Men O/40 | 27:57 |
| 4 | L. Abel | Blengdale AC | Veteran Men O/40 | 28:38 |
| 5 | M. Park | | Veteran Men O/40 | 30:24 |
| 6 | H. Rooms | Ellenborough AC | Veteran Men O/40 | 30:43 |
| 7 | J. Neil Wylie | Tri Lakes AC | Veteran Men O/40 | 31:35 |
| 8 | C. Thorley | Derwent AC | Veteran Men O/40 | 31:53 |
| 9 | N. Moore | CFR | Veteran Men O/45 | 32:10 |
| 10 | H. Jones | Cumberland AC | Veteran Men O/45 | 32:31 |
| 11 | R. Kirkham | Blengdale AC | Veteran Men O/40 | 37:01 |

Separate Veteran Men's Results 50 – 59

| <u>Position</u> | <u>Name</u> | <u>Club</u> | <u>Category</u> | <u>Time</u> |
|-----------------|---------------|---------------|------------------|-------------|
| 1 | K. Thompson | Derwent AC | Veteran Men O/50 | 28:43 |
| 2 | J. Edwards | CFR | Veteran Men O/50 | 30:36 |
| 3 | R. Whittaker | CFR | Veteran Men O/60 | 31:38 |
| 4 | T. Lowden | CFR | Veteran Men O/50 | 34:45 |
| 5 | P. Hawley | CFR | Veteran Men O/50 | 35:15 |
| 6 | P. Manning | Blengdale AC | Veteran Men O/55 | 35:34 |
| 7 | A. Calder | Cumberland AC | Veteran Men O/55 | 35:51 |
| 8 | G. Harrington | Cumberland AC | Veteran Men O/55 | 45:30 |
| 9 | B. Johnston | | Veteran Men O/50 | 46:50 |

Brief Race Report

Heavy rain earlier in the day made the ground a little slippery underfoot on the descent. Fortunately, there was only a slight breeze with very little rain during the event. Martin Amor from Cleator Moor won the event in a tie of 24:25. Second place was Ian Butler from Keswick (25:10) and Mike Cunningham of Borrowdale FR (25:21). In 4th and 5th overall were the first two Juniors, Kevin Kirkham (26:06) and Blaine Rooney (26:41). First Veteran Over 40 was Jed Harris of CFR (27:09). First Super Veteran (Over 50) yet again was Keith Thompson of Derwent AC (28:43)

In the Ladies event, the first three finishers were from Derwent AC: Tracey Walker (29:31), Kirsty Murdoch (31:08) and Rebecca Adams (32:41). In 4th place was the 1st Junior Lady, Debbie McGee from Cleator Moor (32:42). First Senior Veteran was Dot Patten from CFR (34:53). Thanks to all who took part in this race, and also all who helped out.

The final race in the Derwent AC Summer Series is the 6Km 'Setmurthy Snap' on Tuesday 9 August 2005 (Start time 7pm)