

**ELLENBOROUGH A.C**  
**10 K - WEDNESDAY 6 AUGUST 2008**

Position	Race No	Name	Club	Age	Time
1	104	<b>Ricky Lightfoot</b>	Ellenborough A.C	23	32.28
2	105	<b>Brian Taylor</b>	Ellenborough A.C	41	33.55
3	45	<b>Mike Scott</b>	Border Harriers	42	34.09
4	77	Steven Garner	U/A	34	36.11
5	28	Gareth Wood	Cumberland A.C	35	36.14
6	36	Chris Neal	Cumberland A.C	26	37.29
7	96	Andrew Henderson	Tri Lakeland	30	37.50
8	61	Richard Scott	Bingley Harriers	43	38.01
9	52	Paul Jackson	Cumberland A.C	34	38.17
10	112	Kevin Kirkham	Blengdale Runners	18	39.16
11	53	Phil Whitehead	Arragons Cumbrian Tri Club	27	39.41
12	56	Richard Elliot	Cumberland A.C	41	39.53
13	51	Ian McDougall	Cumberland A.C	44	40.12
14	108	Jonathan Herring	Border Harriers	32	40.18
15	213	<b>Philippa Wakefield</b>	Border Harriers	30	40.19
16	109	Mark Kirkpatrick	U/A	35	41.05
17	100	Ian Royston	Blengdale Runners	44	41.11
18	93	Ronnie Mossop	Ellenborough A.C	41	41.19
19	47	Philip Cueto	Derwent A.C	31	41.21
20	65	Keith McVeigh	Cumberland A.C	52	41.31
21	19	Gerard Mulgrew	Ellenborough A.C	38	41.40
22	23	Jackie Winn	Ellenborough A.C	57	42.02
23	216	<b>Julie Carter</b>	Cumberland FR	44	42.02
24	5	Andrew Martindale	Wigton Road Runners	40	42.11
25	107	John Wise	Wigton Road Runners	47	42.11
26	72	Pete Marston	U/A	34	42.19
27	68	Len Raynor	Cumberland A.C	42	42.33
28	106	Larry Abel	Blengdale Runners	43	42.40
29	74	Mike Harrison	Cumberland fr	38	42.43
30	38	David Tuck	U/A	37	42.51
31	81	Joseph Ritson	Derwent A.C	51	42.53
32	110	Paul Murphy	U/A	34	43.06
33	31	John Thompson	Newquay	52	43.20
34	9	Peter Bingham	Keswick A.C	45	43.34
35	217	<b>Samantha Ayers</b>	Cumberland FR	37	43.34
36	90	Tim Goodman	U/A	44	43.43
37	27	Andy Reid	Ellenborough A.C	51	43.46
38	25	Robert Johnstone	Wigton Road Runners	39	44.03
39	49	David Cain	PennyLane Striders	52	44.03
40	103	Paul Johnston	Ellenborough A.C	38	44.08
41	87	Marc Sadler	U/A	33	44.18
42	7	Barry Hodgson	Ellenborough A.C	54	44.30
43	73	Keith Thompson	Derwent A.C	57	44.42
44	69	Ben Mitchinson	Cumberland FR	37	44.45
45	99	GT Goldsack	U/A	41	45.03
46	57	Shaun Cavanagh	Cumberland AC	43	45.07
47	32	Stephen Hackley	Derwent A.C	30	45.15
48	98	Geoffrey Carter	U/A	39	45.43
49	214	Susan Cain	PennyLane Striders	52	45.46
50	43	David Brown	U/A	42	45.50
51	3	Richard Eastoe	Blengdale Runners	54	46.21
52	59	Andrew Barron	Derwent A.C	37	46.22
53	55	Jono Bethwaite	Ellenborough A.C	19	46.41
54	66	Carl Hetherington	Wigton Road Runners	40	46.47
55	67	Anthony Gagg	U/A	36	46.54
56	221	Debbie Walker	Cumberland FR	33	47.03
57	84	J.Neil Wylie	Tri Lakeland	53	47.11
58	75	Ian Jackson	Wigton Road Runners	42	47.13
59	48	Howard Taylor	Derwent A.C	53	47.18
60	16	John George	U/A	42	47.31

Position	Race No	Name	Club	Age	Time
61	34	Alan Jenkins	Telford Harriers	47	47.35
62	40	Chris Nixon	U/A	24	47.44
63	91	Mark Greaves	Cumberland A.C	46	47.49
64	97	Ian Puddefoot	Cumberland A.C	52	48.10
65	54	Kevin Bethwaite	Ellenborough A.C	40	48.11
66	39	Raymond Stephenson	U/A	43	48.18
67	218	Joanne Leah	Keswick A.C	28	48.19
68	2	Duncan McDonald	U/A	43	48.23
69	17	Andrew Carter	U/A	42	48.38
70	6	Paul Wilson	Ellenborough A.C	41	48.49
71	92	Perry Thomason	U/A	47	48.53
72	212	Rhinnon Jones	Cumberland FR	31	48.56
73	101	Martin Johnston	U/A	23	49.07
74	86	Neil Spence	U/A	39	49.11
75	210	Kim Clark	Fife A.C	51	49.13
76	37	John Lewis	Cumberland A.C	58	49.15
77	223	Angela Jackson	Cumberland FR	33	49.22
78	111	Andy Fletcher	Blengdale Runners	48	49.27
79	58	Steve Platt	Trail Runners Ass	53	49.33
80	18	Paul Baxter	U/A	41	49.35
81	8	Angus Black	U/A	44	49.37
82	234	Ali Strafford	Blengdale Runners	41	49.40
83	60	Allan Kay	100 Marathon Club	60	49.41
84	222	Suzi Hawkins	Cumberland FR	29	49.52
85	21	Brian Nicholson	Kendal	68	50.05
86	44	Peter Manning	Blengdale Runners	60	50.17
87	35	Graham Banks	Cumberland A.C	53	50.23
88	70	Tom wilkinson	U/A	57	50.25
89	64	Neil Savage	U/A	44	50.38
90	82	Tony McGuirk	U/A	44	50.46
91	83	Piers Tupman	U/A	39	50.46
92	22	Peter Taylor	Cumberland FR	69	50.47
93	102	Martin Wright	U/A	39	51.07
94	80	James Forsyth	U/A	33	51.11
95	211	Nicola Davison	Keswick A.C	25	51.17
96	26	John Woolridge	Border Harriers	59	51.24
97	29	Chris Clark	Fife A.C	58	51.29
98	231	Karen Southwell	Ellenborough A.C	36	51.34
99	88	Mike Graham	Derwent A.C	61	51.37
100	15	Gary Hodgson	U/A	26	51.53
101	14	Gary Pickering	U/A	27	51.54
102	220	Julie Hetherington	Wigton Road Runners	38	51.56
103	76	Austen Raine	Wigton Road Runners	59	52.17
104	1	Norman Greggains	U/A	60	52.38
105	71	Andrew Leatherbarrow	U/A	28	52.47
106	46	Stephen Watson	Cumberland A.C	68	53.08
107	230	Lisa Powe	Cumberland ac	34	53.29
108	200	Gay Eastoe	Blengdale Runners	54	53.34
109	85	Tom Martin	U/A	44	53.44
110	209	Alison Andrew	Cumberland A.C	43	53.59
111	227	Sarah Chaudhri	Cumberland A.C	45	54.13
112	205	Yvonne Sadler	Ellenborough A.C	50	54.33
113	113	Richard Kirkham	Blengdale Runners	43	54.34
114	50	Neil Wilson	U/A	46	54.39
115	115	Andrew Eland	U/A	35	54.40
116	226	Tracy Taylor	Ellenborough A.C	40	54.47
117	207	Anne Langley	Wigton Road Runners	56	54.48
118	63	Colin Spivey	U/A	43	54.53
119	233	Sharon Cowman	U/A	33	55.08
120	33	David Hackley	U/A	64	55.13
121	203	Judith Wilson	Ellenborough A.C	45	55.19
122	42	Victor Kilgore	U/A	74	55.26
123	232	Margaret Hawley	Cumberland A.c	51	55.39
124	219	Charm Robson	U/A	68	55.44

<b>Position</b>	<b>Race No</b>	<b>Name</b>	<b>Club</b>	<b>Age</b>	<b>Time</b>
125	224	Andrea Fox	U/A	37	56.34
126	228	Ishbel Nixon	U/A	58	56.53
127	41	Gary Routledge	U/A	37	57.08
128	225	Shirley Jones	U/A	37	57.08
129	208	Lyn Lancaster	U/A	42	57.48
130	229	Patricia Gallagher	Ellenborough A.C	49	57.53
131	10	Andrew Hetherington	U/A	34	58.08
132	94	Colin Nixon	U/A	70	58.08
133	95	Philip Routledge	U/A	30	58.16
134	89	Brian Telford	U/A	46	58.51
135	206	Louise Smith	U/A	40	58.51
136	13	Mick & Phil Curry	Warwickshire	50	59.42
137	24	Robin Bell	Cumberland A.C	42	1.00.32
138	204	Vikki Porthouse	Ellenborough A.C	35	1.01.08
139	12	Wes Featherstone	U/A	30	1.01.09
140	11	David Adams	U/A	40	1.01.47
141	215	Gillian Brown	Keswick A.C	55	1.01.47
142	79	Steven Bell	U/A	35	1.02.08
143	116	Dave McGibbon	U/A	22	1.02.13
144	4	Simon Duerdon	Border Harriers	49	1.07.46
145	114	Chris Harbord	Great Yarmouth Road Runners	62	1.07.46
<b>146</b>	<b>30</b>	<b>Adam Thompson</b>	<b>Newquay</b>	<b>15 ??</b>	
<b>147</b>	<b>62</b>	<b>Keith Wilson</b>	<b>U/A</b>	<b>45 ??</b>	
<b>148</b>	<b>78</b>	<b>Scott Keough</b>	<b>U/A</b>	<b>35 ??</b>	
<b>149</b>	<b>20</b>	<b>Steven Dixon</b>	<b>Alister Brew International</b>	<b>45 Non Runner</b>	
<b>150</b>	<b>201</b>	<b>Philippa Jackson</b>	<b>Keswick A.C</b>	<b>33 Non Runner</b>	
<b>151</b>	<b>202</b>	<b>Susan Clark</b>	<b>U/A</b>	<b>44 Non Runner</b>	