

Newlands Valley Round

Wednesday 22 July 2009. 7:30 pm

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>No.</i>	
1	0:36:02	DOUGLAS, James	Border Harriers	Senior Male	524	1
2	0:37:39	MADDAMS, Russell	Horwich	Senior Male	597	2
3	0:38:09	WINSKILL, Phil	Dark Peak Runners	Senior Male	615	3
4	0:38:10	MASON, John	Border Harriers	Senior Male	525	4
5	0:38:52	PLUCKROSE, Michael	Border Harriers	Senior Male	549	5
6	0:39:33	HEBBLETHWAITE, Steve	Keswick AC	Senior Male	534	6
7	0:40:41	CURTIS, Paul	Blengdale Runners AC	Senior Male	609	7
8	0:40:53	ANGUS, Steve	Border Harriers	Male 40 to 44	602	8
9	0:41:19	ROOK, Darren	Border Harriers	Senior Male	550	9
10	0:41:40	SOWERBY, Adrian	Cumbria Police	Male 40 to 44	578	10
11	0:41:59	BOIT, Ian	Keswick AC	Male 45 to 49	604	11
12	0:42:00	WHITEHEAD, Phil	Carlisle Tri	Senior Male	548	12
13	0:42:18	WYNNE, Rob	Keswick AC	Male 45 to 49	577	13
14	0:42:24	FRAMPTON, Duncan	Borrowdale F.R.	Male 50 to 54	613	14
15	0:42:26	BOWNESS, James	Trafford AC	Junior Male	528	15
16	0:42:26	MARPER, Tom	Gateshead Harriers	Junior Male	529	16
17	0:42:28	OGDEN, Nick	Keswick AC	Male 40 to 44	598	17
18	0:42:55	TODD, Richard	Wigton Road Runners	Senior Male	594	18
19	0:43:41	HILL, Keith	Keswick AC	Male 40 to 44	523	19
20	0:43:44	HODGSON, Robert	Carlisle Tri	Senior Male	541	20
21	0:43:50	BISSELL, Mark	Eden Runners	Senior Male	589	21
22	0:44:05	HOPKINS, Mark	Tri Lakeland	Male 40 to 44	582	22
23	0:44:08	MULGREW, Gerard	Ellenborough RC	Senior Male	564	23
24	0:44:27	MCDUGAL, Ian	Cumberland AC	Male 45 to 49	502	24
25	0:44:48	HILL, Les	Dumfries Running Club	Male 50 to 54	506	25
26	0:44:50	CUETO, Philip	Derwent AC	Senior Male	527	26
27	0:44:55	OVERTON, Duncan	Keswick AC	Male 60 to 69	559	27
28	0:44:58	ZAKRZEWSKI, Jo	Dumfries Running Club	Senior Female	607	28
29	0:45:12	MARSHALL, Alan	Eden Runners	Male 50 to 54	581	29
30	0:45:26	NICOLL, John	Keswick AC	Senior Male	543	30
31	0:45:32	WAITE, John	Keswick AC	Senior Male	540	31
32	0:45:37	BRIDGE, John	Eden Runners	Male 40 to 44	522	32
33	0:45:45	DAVIS, Tony	Derwent AC	Male 45 to 49	521	33
34	0:45:48	AYERS, Samantha	Cumberland F.R.	Female 35 to 39	572	34
35	0:46:23	SLUCE, Martin	Keswick AC	Male 45 to 49	612	35
36	0:46:29	ABEL, Larry	Blengdale Runners AC	Male 40 to 44	580	36
37	0:47:03	GREY, Roger	Cumberland AC	Male 55 to 59	519	37
38	0:47:39	MERRITT, Quentin	Keswick AC	Male 45 to 49	610	38
39	0:47:42	HARRISON, Mike	Cumberland F.R.	Senior Male	590	39
40	0:47:47	HEAVISIDE, Karen	Eden Runners	Female 40 to 44	526	40
41	0:48:02	HARDING, Craig	Eden Runners	Senior Male	516	41
42	0:48:07	GILLYON, Jo	Keswick AC	Senior Female	552	42
43	0:48:09	THORPE, Jeff	Tri Lakeland	Senior Male	587	43
44	0:48:27	GRAHAM, Denise	Blengdale Runners AC	Female 35 to 39	503	44
45	0:48:47	BARRON, Andrew	Derwent AC	Senior Male	553	45
46	0:48:49	WILSON, Paul	Ellenborough RC	Male 40 to 44	562	46
47	0:49:32	HADWIN, Gary	Keswick AC	Male 40 to 44	560	47
48	0:49:37	BREWER, Jonathan	Carlisle Tri	Senior Male	539	48
49	0:50:00	MOGER, Frank	Cumberland AC	Senior Male	533	49
50	0:50:13	ARMSTRONG, Angela	Carlisle Tri	Senior Female	538	50
51	0:50:19	METCALF, Adrian	unattached	Senior Male	585	51
52	0:50:26	CLARKE, Simon	Tri Lakeland	Senior Male	588	52
53	0:50:28	EASTOE, Richard	Blengdale Runners AC	Male 55 to 59	518	53
54	0:50:30	BURKE, Stuart	unattached	Senior Male	586	54
55	0:50:36	WALKER, Debbie	Cumberland F.R.	Senior Female	558	55
56	0:50:48	TODD, Lois	Wigton Road Runners	Senior Female	593	56
57	0:50:51	GRINDLEY, Suzy	Keswick AC	Senior Female	574	57
58	0:50:54	HANKIN, Rob	Keswick AC	Senior Male	575	58
59	0:50:55	WILKINSON, Sue	Keswick AC	Female 45 to 49	536	59
60	0:50:55	TREVASKIS, Janet	Cumberland AC	Female 40 to 44	512	60
61	0:50:56	KIRKHAM, Richard	Blengdale Runners AC	Male 40 to 44	532	61
62	0:51:10	GRAHAM, Libby	unattached	Senior Female	616	62
63	0:51:21	DOBSON, Paul	Wigton Road Runners	Male 45 to 49	595	63
64	0:51:45	HODGSON, Hayley	Keswick AC	Female 40 to 44	555	64
65	0:52:00	DIXON, Gary	unattached	Senior Male	576	65
66	0:52:01	BAMFORTH, John	unattached	Male 40 to 44	599	66
67	0:52:02	HARRISON, David	Keswick AC	Male 60 to 69	546	67
68	0:52:43	MAY, Timothy	Harmeny AC	Male 45 to 49	579	68
69	0:52:51	BEECHEY, Mike	Keswick AC	Male 40 to 44	606	69
70	0:53:01	JACKSON, Angela	Cumberland F.R.	Senior Female	591	70
71	0:53:04	HARRISON, Derek	Keswick AC	Male 60 to 69	551	71
72	0:53:14	DUTTON, Martin	Derwent AC	Male 40 to 44	603	72
73	0:53:40	SAAGER, Paul	Eden Runners	Male 55 to 59	584	73
74	0:53:54	HOLMES, Annabel	unattached	Female 40 to 44	537	74
75	0:53:58	WOOLRIDGE, John	Border Harriers	Male 55 to 59	509	75
76	0:54:07	DAVISON, Nicola	Keswick AC	Senior Female	611	76
77	0:54:19	ADAMS, A	Derwent AC	Male 50 to 54	570	77

78	0:54:29	BURRUS, Nick	unattached	Senior Male	544	78
79	0:54:54	MARSHALL, Stephanie	Helm Hill Runners	Senior Female	617	79
80	0:55:02	BARRON, Amanda	Wigton Road Runners	Senior Female	556	80
81	0:55:03	LOWERY, Tony	Eden Runners	Male 40 to 44	583	81
82	0:55:05	JONES, Sarah	Ambleside A.C.	Senior Female	596	82
83	0:55:18	BEETHAM, Trudy	Keswick AC	Senior Female	547	83
84	0:55:34	COLAM, Cathy	Keswick AC	Female over 60	614	84
85	0:55:43	MANNING, Peter	Blengdale Runners AC	Male 60 to 69	535	85
86	0:55:52	KAY, Allan	100 Marathon Club	Male 60 to 69	505	86
87	0:55:55	BURRUS, Cath	unattached	Female 40 to 44	545	87
88	0:56:03	STAFFORD, Ali	Blengdale Runners AC	Female 40 to 44	557	88
89	0:56:11	WATSON, Sarah	unattached	Senior Female	507	89
90	0:57:00	LEWIS, John	Cumberland AC	Male 55 to 59	520	90
91	0:57:18	EASTOE, Gay	Blengdale Runners AC	Female 50 to 59	517	91
92	0:57:25	ARMSTRONG, Niall	unattached	Junior Male	515	92
93	0:57:29	MCDUGAL, Rachael	Dumfries Running Club	Senior Female	605	93
94	0:57:33	JACK, David	unattached	Senior Male	513	94
95	0:57:36	MILLINGTON, Graham	unattached	Senior Male	600	95
96	0:57:39	TAYLOR, Peter	Cumberland F.R.	Male over 70	510	96
97	0:57:47	ADAMS, Rebecca	Derwent AC	Female 45 to 49	571	97
98	0:57:55	GRAHAM, Julian	Blengdale Runners AC	Senior Male	504	98
99	0:58:01	RAINE, Austen	Wigton Road Runners	Male 60 to 69	554	99
100	0:58:08	GAMBLE, Phillip	Truro Running Club	Male 40 to 44	531	100
101	0:58:48	SIMCOCK, Christine	Blengdale Runners AC	Senior Female	592	101
102	0:59:04	BRIGGS, Joanne	Eden Runners	Female 35 to 39	514	102
103	0:59:36	LANGLEY, Anne	Wigton Road Runners	Female 50 to 59	573	103
104	0:59:47	CHAUDHRI, Sarah	Cumberland AC	Female 45 to 49	567	104
105	0:59:50	GREGGAINS, Norman	Ellenborough RC	Male 60 to 69	569	105
106	1:00:49	WILSON, Judith	Ellenborough RC	Female 45 to 49	563	106
107	1:01:08	COWMAN, Sharon	unattached	Senior Female	561	107
108	1:01:34	STURGESS, Karen	Keswick AC	Female 40 to 44	601	108
109	1:01:57	GAMBLE, Deborah	Truro Running Club	Female 40 to 44	530	109
110	1:02:15	ADDISON, Ian	Keswick AC	Male over 70	501	110
111	1:03:03	MAY, Joanne	unattached	Female 35 to 39	508	111
112	1:03:04	BROWN, Carl	unattached	Senior Male	511	112
113	1:05:15	MCKEAN, Alan	Dumfries Running Club	Male 40 to 44	608	113
114	1:08:23	HARRINGTON, Geoff	Cumberland AC	Male 60 to 69	542	114
115	1:08:32	PORTHOUSE, Victoria	Ellenborough RC	Female 35 to 39	565	115
116	1:09:16	REDMOND, Deborah	Cumberland AC	Female 45 to 49	568	116
117	1:09:18	CHAUDHRI, Fayyaz	Cumberland AC	Male 45 to 49	566	117