

Results		Swinside Six mile Road Race 28th July 2004		
1	0:32:10	SCOTT, Mike	Border Harriers	Senior Men
2	0:33:35	DENHAM-SMITH, Mark	Keswick A.C.	Senior Men
3	0:35:16	MORRIS, Des	Cumberland Fell Runners	Senior Men
4	0:35:54	ANGUS, Steve	Border Harriers	Senior Men
5	0:36:03	TROMAN, Dave	Keswick A.C.	Senior Men
6	0:36:07	STEWART, Simon	Border Harriers	Senior Men
7	0:36:14	LOCKWOOD, Nimrod	Keswick A.C.	Senior Men
8	0:36:26	SOWERBY, Adrian		Senior Men
9	0:36:43	AYERS, Geoff	Cumberland Fell Runners	Male 40 to 44
10	0:36:51	JOHNSTONE, William	Border Harriers	Male 50 to 54
11	0:37:06	ROCKLIFFE, Paul	Manchester Univ	Senior Men
12	0:37:28	CURTIS, Paul	Blengdale Runners	Senior Men
13	0:37:33	HILL, Les	Dumfries Running Club	Male 45 to 49
14	0:38:20	JACKSON, Paul	Cumberland A.C.	Senior Men
15	0:38:29	HARRIS, Jed	Cumberland Fell Runners	Male 45 to 49
16	0:38:39	KIRKHAM, Kevin	Blengdale Runners	Junior Men
17	0:38:55	CRIPPS, Chris	Blengdale Runners	Senior Men
18	0:39:05	HILL, Keith	Keswick A.C.	Senior Men
19	0:39:27	LOAN, Keith	Keswick A.C.	Male 45 to 49
20	0:39:43	RUTHERFORD, Mark		Senior Men
21	0:39:48	WEAVING, Peter		Male 45 to 49
22	0:39:50	TUNSTALL, Sarah	Border Harriers	Junior Female
23	0:40:02	LOUW, Eric	(Australia)	Male 40 to 44
24	0:40:08	SCOTT, Martin	Keswick A.C.	Male 45 to 49
25	0:40:17	THOMPSON, Keith	Derwent A.C.	Male 50 to 54
26	0:40:28	MARSHALL, Alan	Eden Runners	Male 45 to 49
27	0:40:35	HARRISON, Derek	Keswick A.C.	Male 55 to 59
28	0:40:39	HAYTON, David	Cumberland Fell Runners	Male 45 to 49
29	0:40:56	AITKENHEAD, Kevin		Male 40 to 44
30	0:40:57	WALKER, Tracy	Cumberland Fell Runners	Female 35 to 39

31	0:40:59	DALEY, Peter	Derwent A.C.	Male 45 to 49
32	0:41:01	WOOD, Steve	Horsforth Harriers	Male 50 to 54
33	0:41:15	GREY, Roger	Cumberland A.C.	Male 50 to 54
34	0:41:20	WILLIAMS, David	Salford	Male 40 to 44
35	0:41:21	HAYES, Dennis	Keswick A.C.	Male over 60
36	0:41:43	DOWLING, Michael	Helm Hill Runners	Male 40 to 44
37	0:41:53	WALKER, James	Cumberland Fell Runners	Junior Men
38	0:41:55	POKORRA, Timotheus		Senior Men
39	0:42:01	ROYSTON, Ian		Male 40 to 44
40	0:42:05	KARAGIC, Alek	Horsforth Harriers	Male 40 to 44
41	0:42:08	MURDOCH, Kirsty	Derwent A.C.	Senior Female
42	0:42:11	SPALDING, Stewart		Senior Men
43	0:42:14	SCOTT, Richard	Unattached	Male 40 to 44
44	0:42:32	WYLIE, Neil	Tri Lakeland	Male 45 to 49
45	0:42:34	STEVENSON, John	Keswick A.C.	Male 40 to 44
46	0:42:44	ROFFOY, Paul	Keswick A.C.	Senior Men
47	0:42:50	ROMANS, Nick		Senior Men
48	0:43:01	MAKIN, Keith	Horwich Harriers	Male 55 to 59
49	0:43:03	ADAMS, Rebecca	Derwent A.C.	Female 40 to 44
50	0:43:14	ATKINSON, David	Blengdale Runners	Senior Men
51	0:43:19	FERGUSON, Donald	Keswick A.C.	Senior Men
52	0:43:26	DONNAN, Jeffrey		Male 40 to 44
53	0:43:29	WEAVING, Paul	Cumberland Fell Runners	Male 40 to 44
54	0:43:31	GRINDLEY, Jenny	Wigton Road Runners	Senior Female
55	0:43:42	HIGSON, Gaynor	Horwich Harriers	Female 35 to 39
56	0:43:54	HARWOOD, Steve	Keswick A.C.	Male 55 to 59
57	0:44:00	NEIL, Chris	Cumberland A.C.	Senior Men
58	0:44:07	KERSHAW, Craig	Cumberland A.C.	Male 55 to 59
59	0:44:42	BRAMWELL, Helena		Female 40 to 44
60	0:44:49	HARLING, Toby	Border Harriers	Senior Men
61	0:45:06	SIBSON, Graeme	Keswick A.C.	Senior Men
62	0:45:09	ADAMS, Andrew	Derwent A.C.	Male 45 to 49
63	0:45:11	BAKER, Les	Cumberland Fell Runners	Male 50 to 54

64	0:45:23	TUNSTALL, John	Howgill Harriers	Male 45 to 49
65	0:45:33	HILL, Mike	Cumberland Fell Runners	Male 45 to 49
66	0:45:36	ADDISON, Ian	Keswick A.C.	Male over 60
67	0:45:51	MANDALE, Christian	Keswick A.C.	Senior Men
68	0:46:00	HOLDEN, Clive	Sleaford Striders	Male 45 to 49
69	0:46:07	STRACHAN, Stephen		Senior Men
70	0:46:23	FLETCHER, Andy	Blengdale Runners	Male 40 to 44
71	0:46:28	GILCHRIST, Patric	Keswick A.C.	Male 55 to 59
72	0:46:31	DOWNIE, Jim	Keswick A.C.	Male 50 to 54
73	0:46:52	THONLEY, Colin	Derwent A.C.	Male 40 to 44
74	0:46:54	COLAM, Cathy	Keswick A.C.	Female 55 to 59
75	0:46:55	MANNING, Peter		Male 55 to 59
76	0:47:02	GRAHAM, Mike	Derwent A.C.	Male 55 to 59
77	0:47:06	HARRISON, David	Keswick A.C.	Male 55 to 59
78	0:47:23	RICHARDS, Patricia	Keswick A.C.	Female 50 to 54
79	0:47:26	SLATER, Ian		Male 45 to 49
80	0:47:37	BIBBY, Penny	Keswick A.C.	Female 45 to 49
81	0:48:42	LOCKE, Tony		Senior Men
82	0:48:50	NESBITT, Brian	(N.Ireland)	Male 45 to 49
83	0:48:59	HUTTON, Kenneth	Cumberland A.C.	Senior Men
84	0:49:26	RAINE, Austen	Wigton Road Runners	Male 55 to 59
85	0:49:32	GRANT, Maggie	Cumberland A.C.	Female 55 to 59
86	0:49:39	KIRKHAM, Richard	Blengdale Runners	Senior Men
87	0:49:44	JACKSON, Tim	Tynedale Harriers	Male 40 to 44
88	0:50:00	PENRICE, Martin		Male 45 to 49
89	0:50:14	STRAFFORD, Alison	Blengdale Runners	Female 35 to 39
90	0:50:19	GLOVER, Paul		Senior Men
91	0:50:43	HOLLOWAY, Dave		Male 45 to 49
92	0:50:50	DICKIN, Jes		Male 40 to 44
93	0:50:52	BAVESTRELLI, Giovanni	(Milan R.C. Italy)	Male 40 to 44
94	0:50:59	GRANT, Stewart	Cumberland A.C.	Male 55 to 59
95	0:51:11	SHAW, Anthony	Derwent A.C.	Male 45 to 49
96	0:51:19	MAIDEN, Andrew		Senior Men

97	0:51:45	GALLAGHER, John		Male 40 to 44
98	0:51:59	ARMSTRONG, Ross		Senior Men
99	0:52:06	SEGASBY, Teresa	Keswick A.C.	Senior Female
100	0:52:27	LOCKWOOD, Aaron	Keswick A.C.	Senior Men
101	0:53:46	BUCK, Lindsay	Blengdale Runners	Female 40 to 44
102	0:53:57	BROODEN, Isobel	Horsforth Harriers	Female 40 to 44
103	0:54:13	SHELDON, Emma		Senior Female
104	0:54:16	ANDREW, Alison	Cumberland A.C.	Female 35 to 39
105	0:54:36	DOWNIE, Anne	Keswick A.C.	Female 40 to 44
106	0:54:37	MOORE, Joanne	Keswick A.C.	Senior Female
107	0:54:48	ROSE, Vivien		Senior Female
108	0:55:05	OWEN, Keith	Keswick A.C.	Male 45 to 49
109	0:55:23	WALKER, Patricia	Horsforth Harriers	Female over 60
110	0:56:25	HARRINGTON, Geoff	Cumberland A.C.	Male 55 to 59
111	0:56:45	BROWN, Gillian	Keswick A.C.	Female 50 to 54
112	0:56:57	HENDERSON, Neil		Male 40 to 44
113	0:58:42	MCMINN, Anita	Cumberland A.C.	Female 35 to 39
114	0:59:27	KING, Janet	Wigton Road Runners	Female 45 to 49
115	0:59:44	WALDIE, Chris		Senior Men
116	0:59:44	WALDIE, Kaeren		Senior Female
117	0:59:53	DENHAM-SMITH, Susan	Keswick A.C.	Female 35 to 39
118	1:00:47	MARSHALL, Christine	Keswick A.C.	Female 40 to 44
119	1:00:58	HENDERSON, Joanne	Derwent A.C.	Female 40 to 44
120	1:00:59	DURRANT, Ann	Derwent A.C.	Female 35 to 39
121	1:02:16	BLINKINSOP, Harry	Keswick A.C.	Male over 60
122	1:04:23	STRACHAN, Robert	Keswick A.C.	Male over 60
123	1:08:55	DAWSON, Graham	Horsforth Harriers	Male over 60

	<b>Male Teams</b>			
1	Border Harriers	1	SCOTT, Mike	Senior Men
		4	ANGUS, Steve	Senior Men
		6	STEWART, Simon	Senior Men
2	Keswick A.C.	2	DENHAM-SMITH, Mark	Senior Men
		5	TROMAN, Dave	Senior Men
		7	LOCKWOOD, Nimrod	Senior Men
3	Cumberland Fell Runners	3	MORRIS, Des	Senior Men
		9	AYERS, Geoff	Male 40 to 44
		15	HARRIS, Jed	Male 45 to 49
4	Blengdale Runners	12	CURTIS, Paul	Senior Men
		16	KIRKHAM, Kevin	Junior Men
		17	CRIPPS, Chris	Senior Men
	<b>Female Teams</b>			
1	Keswick A.C.	8	COLAM, Cathy	Female 55 to 59
		9	RICHARDS, Patricia	Female 50 to 54
		10	BIBBY, Penny	Female 45 to 49
2	Derwent A.C.	3	MURDOCH, Kirsty	Senior Female
		4	ADAMS, Rebecca	Female 40 to 44
		28	HENDERSON, Joanne	Female 40 to 44

3	Keswick A.C.	13	SEGASBY, Teresa	Senior Female
		18	DOWNIE, Anne	Female 40 to 44
		19	MOORE, Joanne	Senior Female
4	Cumberland A.C.	11	GRANT, Maggie	Female 55 to 59
		17	ANDREW, Alison	Female 35 to 39
		23	MCMINN, Anita	Female 35 to 39