

## Cumberland AC - Lowca 10K - 8 May 2018

Position	Time	No.	Forename	Surname	Club	Age Cat	Prize Winners
1	32.18.	148	Mark	Walsh	Salford Harriers & AC	MV35	1st Male
2	33.40.	67	Paul	Coon	Derwent AC	MV35	2nd Male
3	34.38.	187	Mark	Benson	Tri Lakeland	MV35	3rd Male
4	35.20.	42	Ben	Opie	CFR	MV40	MV40
5	36.25.	167	Paul	Ferguson	U/A	MV40	
6	36.30.	249	Shane	Stobbart	Cumberland AC	Mopen	
7	37.00.	236	Sam	Holding	CFR	Mopen	
8	37.34.	217	Zak	Anderson	CFR	Mjunior	Mjunior
9	37.50.	35	Carl	Fisher	Cumberland AC	Mopen	
10	38.41.	212	Max	Parry	Keswick AC	Mjunior	
11	<a href="#">38.56.</a>	52	David	McCabe	Trawden AC	MV40	
12	38.57.	145	Paul	Curtis	Blengdale Runners	MV45	Mv45
13	39.05.	186	George	Fawkes	Derwent AC	Mopen	
14	39.13.	223	Bruce	Hardy	Derwent AC	MV40	
15	39.41.	193	James	Desmond	U/A	Mopen	
16	39.43.	175	Peter	Walker	Derwent AC	MV50	MV50
17	39.59.	211	Gary	Pala	Cumberland AC	MV35	MV35
18	40.12.	106	Andrew	Bromley	U/A	Mopen	
19	40.38.	184	Ryan	Galea	Netherhall AC	Mopen	
20	40.40.	117	Mark	Donnelly	St Bees Triers	Mopen	
21	40.46.	199	Daniel	Brew	U/A	Mopen	
22	40.53.	10	Tom	Dunlop	Derwent AC	Mopen	
23	40.59.	220	Adam	Frankham	Netherhall AC	Mopen	
24	41.05.	38	Eric	Williams	Cumberland AC	MV60	MV60
25	41.19.	21	Tony	Holliday	Cumberland AC	MV50	
26	41.37.	9	Kevin	McAdam	Cumberland AC	MV35	
27	41.38.	194	Dominic	Davis	Derwent AC	Mopen	
28	41.40.	122	Graeme	Jones	u/a	MV45	
29	41.42.	11	Emma	Gregory	Cumberland AC	FV35	1st Female
30	41.45.	137	Elizabeth	Watson	Derwent AC	FV35	2nd Female

31	42.01.	357	Callum	Craw	U/A	Mopen	
32	42.06.	183	David	Bowness	Cumberland AC	MV40	
33	42.45.	189	Lisa	Martin	Derwent AC	Fopen	3rd Female
34	42.46.	108	Jonathan	Buckley	Cumberland AC	MV35	
35	42.50.	210	William	Starkey	St Bees Triers	Mjunior	
36	42.53.	213	Robert	Paterson	Derwent AC	MV35	
37	42.59.	39	Martyn	Minchella	Cumberland AC	MV35	
38	43.02.	216	Frank	Hewer	Cumberland AC	MV40	
39	43.03.	250	Keith	Campbell	U/A	Mopen	
40	43.11.	234	Faye	Murray	U/A	Fopen	
41	43.18.	218	Paul	Jackson	Cumberland AC	MV40	
42	43.25.	161	Rachel	Wilson	Bodyfit	FV45	FV45
43	43.26.	134	Peter	Telford	Cumberland Ac	MV45	
44	43.33.	170	Richard	Williams	Cumberland AC	MV40	
45	43.34.	103	Catherine	Ballard	St Bees Triers	Fopen	
46	43.37.	57	Matthew	Welsh	U/A	Mopen	
47	43.53.	237	Andrew	Eland	Tri Lakeland	MV45	
48	43.58.	128	Kevin	Robinson	Derwent AC	MV45	
49	44.15.	118	Adrian	Hadley	Cumberland Ac	MV35	
50	44.31.	182	Nigel	Todhunter	Cumberland AC	MV55	MV55
51	44.56.	92	Beverley	Smith	Cumberland AC	Fopen	
52	45.08.	235	Richard	Stables	U/A	Mopen	
53	45.13.	154	Mark	Pitchford	U/A	MV40	
54	45.20.	180	John	Shevelan	Blackcombe	MV40	
55	46.03.	185	Mark	Varty	U/A	MV35	
56	46.13.	240	John	Thinnesen	U/A	Mopen	
57	46.19.	238	Angela	Davies	Keswick AC	Fopen	
58	46.24.	79	Billy	Stobbart	Cumberland AC	MV35	
59	46.28.	4	Andrew	Hayes	Bodyfit	MV50	
60	46.30.	214	Kevin	Hetherington	U/A	MV40	
61	46.33.		no number				
62	46.58.	16	Wayne	Fox	St Bees Triers	Mopen	
63	47.10.	96	Tracey	Owen	Cumberland AC	FV35	FV35

64	47.11.	203	Mark	Nixon	U/A	MV45	
65	48.13.	228	Graham	Leggett	Cumberland AC	MV50	
66	48.22.	231	Ricy	Brook	U/A	MV35	
67	48.24.	123	Amy	Joy	Cumberland Ac	Fopen	
68	48.29.	202	Martin	Trainor	Cumberland AC	MV35	
69	48.53.	191	Stuart	Pyne	Cumberland AC	Mopen	
70	49.03.	60	Spencer	McGlennon	U/A	MV40	
71	49.05.	78	Stella	Atherton	Cumberland AC	FV45	
72	49.21.	241	Piers	Tupman	U/A	MV45	
73	49.28.	162	Mark	Davey	Lancaster Runners	MV50	
74	49.40.	86	Tony	Jewell	Bodyfit	MV65	MV65
75	49.42.	195	Samantha	Kane	U/A	FV35	
76	49.45.	99	Hayley	Hodgson	Cumberland AC	Fopen	
77	49.50.	221	John	Dexter	Netherhall AC	Mjunior	
78	49.52.	196	John	Lewis	Cumberland AC	MV65	
79	49.53.	85	Katherine	Harvey	Bodyfit	FV40	FV40
80	49.54.	188	Kristy	Crone	Cumberland AC	Fopen	
81	50.17.	197	Kristan	Moffatt	U/A	MV35	
82	50.24.	205	David	Goodall	U/A	MV45	
83	50.36.	104	Dai	Baynes	U/A	MV40	
84	50.40.	101	Emma	Rowntree	Cumberland AC	FV40	
85	50.44.	144	Vic	Wilson	Cumberland Ac	Fopen	
86	50.51.	355	Alasdair	Morgan	U/A	MV45	
87	50.57.	111	Andrea	Challenger	Cumberland Ac	FV40	
88	51.28.	73	Nicholas	Downes	Cumberland AC	MV40	
89	51.45.	190	Rebecca	Howe	Derwent AC	Fopen	
90	51.54.	198	Dave	Garrett	U/A	MV60	
91	52.12.	215	Mark	Wilson	U/A	Mopen	
92	52.20.	135	Ellie	Thompsett	Cumberland AC	FV40	
93	52.36.	120	Mark	Holmes	Bodyfit	MV50	
94	52.36.	176	Emma	Walker	Derwent AC	FV40	
95	52.45.	100	William	Cunningham	Cumberland AC	MV50	
96	52.48.	15	Lisa	Benn	Bodyfit	FV35	

97	53.12.	143	Malcolm	Wood	Cumberland Ac	MV55	
98	53.26.	130	Tracy	Scott	U/A	FV40	
99	53.29.	45	Rachel	Read	Blengdale Runners	FV50	FV50
100	53.32.	34	Wayne	Johnston	Cumberland AC	Mopen	
101	53.45.	26	Stuart	Buchanan	Cumberland AC	MV55	
102	53.46.	219	Lindsey	Stables	Netherhall AC	Fopen	
103	53.47.	226	Stephen	Smith	Cumberland AC	MV55	
104	53.51.	81	Adele	Jenkins	U/A	FV60	FV60
105	53.55.	43	Craig	Wagstaff	U/a	MV35	
106	53.57.	59	Craig	Duncan	Cumberland AC	MV45	
107	54.11.	102	Andrew	Ackrell	Fylde Coast Runners	Mopen	
108	54.17.	17	Chris	Whitby	Cumberland AC	MV50	
109	54.24.	227	Claire	Milligan	Cumberland AC	Fopen	
110	54.25.	105	Emma	Bromley	U/A	Fopen	
111	54.27.	168	Warren	Birch	U/A	MV50	
112	54.28.	131	Abdul	Shafi	U/A	MV40	
113	54.32.	200	Andrea	McGeehin	U/A	Fopen	
114	54.50.	201	Alyson	Meagan	U/A	FV40	
115	54.50.	155	Raegan	Blacker	U/A	Fopen	
116	54.51.	225	Ian	Cooper	Cumberland AC	MV35	
117	55.02.	5	Suzanne	Hughes-Rudd	Bodyfit	FV40	
118	55.12.	354	Joe	Cole	Cumberland AC	MV35	
119	55.21.	230	Gemma	Currie	U/A	FV35	
120	55.39.	224	Henry	Sandelands	U/A	Mjunior	
121	55.45.	69	John	Thompson	Cumberland AC	MV60	
122	55.49.	91	Shane	Fox	Cumberland AC	MV35	
123	55.54.	107	Lindsay	Buck	Cumberland Fell Runners	FV55	FV55
124	55.56.	159	Jaye	Adams	Bodyfit	FV45	
125	55.58.	49	Stephen	Jackson	Cumberland AC	MV60	
126	56.14.	353	James	Taylor	U/A	Mopen	
127	56.19.	82	Jackie	Bennett	Cumberland AC	FV40	
128	56.40.	94	Natalie	Varty	Cumberland AC	FV40	
129	56.41.	95	Cassie	Palmer	Cumberland AC	FV35	

130	56.46.	98	Hayley	Harker	Cumberland AC	Fopen	
131	56.57.	356	Gemma	Tomkinson	U/A	Fopen	
132	56.58.	136	Paul	Todd	Dh Runners	MV45	
133	57.08.	239	Claire	Jackson	Cumberland AC	FV40	
134	57.13.	172	Sophie	Thompson	U/A	Fopen	
135	57.14.	232	John	BenthamSloan	U/A	MV40	
136	57.15.	51	Bev	Faulder	Cumberland AC	FV40	
137	57.40.	152	Lorna	Martin	U/A	FV45	
138	57.47.	164	Jo	Fee	Bodyfit	FV45	
139	58.04.	109	Elizabeth	Morgan	U/A	FV45	
140	58.21.	121	Phil	Hughes	Cumberland AC	MV60	
141	58.26.	77	Karen	Mitchell	Cumberland AC	FV35	
142	58.27.	244	Garry	Shimmings	U/A	MV45	
143	58.28.	209	Helen	Starkey	St Bees Triers	FV45	
144	58.37.	13	Christine	Denwood	Cumberland AC	FV55	
145	58.49.	7	Siobhan	Gascoigne	Bodyfit	FV55	
146	59.00.	129	Elizabeth	Sandelands	Cumberland AC	FV45	
147	59.02.	114	Sally	Crelling	Cumberland AC	Fopen	
148	59.14.	110	Emma	Bzik	Bodyfit	FV35	
149	59.20.	207	Gillian	Finlenson	U/A	FV40	
150	59.25.	141	Allen	Winter-Moore	Cumberland AC	MV35	
151	59.32.	31	Janine	Taylor	Cumberland AC	Fopen	
152	59.42.	68	Adam	Pattinson	U/A	Mopen	
153	59.55.	87	Amie	Meloy	Cumberland AC	FV35	
154	60.01.	149	Tricia	Radcliffe	St Bees Triers	FV55	
155	60.09.	71	Laura	Wylie	Cumberland AC	Fopen	
156	60.09.	61	Alyson	Sibbald	Cumberland AC	FV45	
157	60.13.	56	Hannah	Rothery	Cumberland AC	Fopen	
158	60.28.	83	Leslie	Talbot	Bodyfit	FV50	
159	60.47.	30	Kathryn	Lee	U/A	FV40	
160	60.47.	29	David	Lee	U/A	MV45	
161	61.08.	33	Pamela	Foster	Cumberland AC	Fopen	
162	61.09.	171	Bethany	Mellor	U/A	Fopen	

163	61.23.	80	Kayleigh	Bell	Cumberland AC	Fopen	
164	61.25.	2	Julie	Gaffney	Cumberland AC	FV50	
165	61.40.	174	Sharon	Matthews	U/A	FV55	
166	61.41.	58	Nicola	Welsh	Cumberland AC	Fopen	
167	61.48.	153	Amy	Wedgwood	U/A	Fopen	
168	61.49.	157	Jane	Douglas	Cumberland AC	FV60	
169	62.23.	229	Amy	Donohoe	U/A	Fopen	
170	62.27.	208	Rachael	McGlennon	U/A	Fopen	
171	62.34.	12	David	Herdman	Blengdale Runners	MV55	
172	62.50.	40	Sarah	Morris	Cumberland AC	FV40	
173	63.03.	14	Sharon	Graham	Bodyfit	FV40	
175	63.15.	245	Kevin	Holliday	U/A	MV40	
175	63.14.	44	Julie	Wilson	Cumberland AC	FV45	
176	63.29.	55	Ann	Garside	Cumberland AC	FV45	
178	63.53.	20	Elizabeth	Dodd	Cumberland AC	FV35	
178	63.54.	62	Robin	Bell	Cumberland AC	MV50	
179	63.55.	64	Catherine	Nicholson	Cumberland AC	FV45	
180	63.57.	181	Tracey	Knowles	Cumberland AC	FV45	
181	64.20.	165	Kim	Hibberts	Cumberland AC	Fopen	
182	64.23.	156	Judy	Reynolds	Bodyfit	FV55	
183	64.26.	116	Charlotte	Day	Cumberland AC	Fopen	
184	64.41.	1	Sophie	Badrick	U/A	FV35	
185	64.48.	84	Annabelle	Allen	Bodyfit	FV55	
186	65.07.	36	Rebecca	Heslop	Cumberland AC	FV35	
187	65.08.	32	Samantha	Stephenson	Cumberland AC	FV35	
188	65.42.	246	Joanne	Hughes	Cumberland AC	FV45	
189	65.45.	46	Vivienne	Traverse	U/A	FV45	
190	65.46.	248	Justine	Haywood	Cumberland AC	FV45	
191	65.47.	247	Fiona	Chambers	Cumberland AC	FV35	
192	65.53.	179	Karen	McLean	Cumberland AC	FV55	
193	66.36.	8	Tanya	Daniel	Cumberland AC	FV50	
194	66.49.	6	Denise	Howie	Bodyfit	FV50	
195	66.53.	74	Rebecca	Glynn	Cumberland AC	Fopen	

196	67.19.	133	Emma	Stewart	Cumberland AC	Fopen	
197	67.21.	160	Nicki	Murray	Cumberland AC	Fopen	
198	67.23.	119	Emma	Heron	Cumberland AC	Fopen	
199	67.26.	222	Alison	Pearson	Cumberland AC	FV40	
200	67.39.	206	Linda	Wood	Bodyfit	FV40	
201	67.40.	166	Lizzie	Anderson	U/A	FV40	
202	67.54.	173	Ann	Morgan	Bodyfit	FV55	
203	67.58.	158	Deborah	Hallsworth	U/A	Fopen	
204	69.20.	204	David	Dunlop	U/A	MV60	
205	69.45.	178	Jaclyn	Gray	U/A	FV40	
206	70.38.	47	Joanne	Dixon	U/A	FV35	
207	70.38.	48	Debbie	Drabble	U/A	Fopen	
208	71.34.	50	Callum	Glynn	U/A	Mopen	
209	72.14.	242	Jo	Parry	U/A	FV50	
210	72.29.	177	Marion	Weir	U/A	FV35	
211	73.56.	147	Stevie	Watson	Cumberland AC	MV75	
212	74.29.	27	Jacqueline	Kirkbride	Cumberland AC	FV50	
213	75.57.	65	Andrea	Messenger	Cumberland AC	Fopen	
214	75.57.	243	Nicola	Ashbridge	U/A	FV35	
215	81.50.	18	Annabell	Winn	Cumberland AC	FV55	
216	83.22.	25	Richard	Eastoe	Cumberland AC	MV60	
217	83.33.	41	Norman	Ball	Cumberland AC	MV75	
218	83.36	24	Gay	Eastoe	Cumberland AC	FV60	
<b>Please note our next race is the Whitehaven Harbourside 5K on Tuesday 17 July 2018</b>							