

CFR Christmas Pudding Race 20th December 2015

Race Records; Male; Alan Bowness 18'28 (2013) Female; Heidi Dent; 21' 37 (2014)

<u>Race Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Race Number</u>	<u>Time</u>
1	Mark Walsh	Ellenborough	M	15	18' 54
2	Paul Coon	Derwent AC	M	48	20' 01
3	Oliver Gajdowski	Ambleside	JM	3	20' 20
4	Mark Benton	u/a	M	55	20' 35
5	Bobby Hagan	CFR	M	63	20' 52
6	Harry Greenbank	CFR	JM	4	21' 22
7	Jacob Aubrey	Helm Hill	JM	12	21' 34
8	Martin Askew	Helm Hill	JM	11	21' 45
9	Robert Askew	Helm Hill	JM	10	21' 59
10	Marton Cork	u/a	M	71	22' 05
11	Gary Thwaite	Ellenborough	M	14	22' 19
12	Matthew Proctor	CFR	M	74	22' 39
13	Andy Bradley	CFR	M50	37	22' 47
14	Ian McDougall	Cumberland AC	M50	34	22' 56
15	Martin Varey	Tri-Lakes	M40	96	23' 25
16	Nick Lancaster	Derwent AC	M60	114	23' 42
17	Robert Patterson	Derwent AC	M	89	23' 43
18	John Skelton	CFR	M40	90	23' 57
19	Bruce Hardy	Derwent AC	M	77	24' 03
20	Neil Richardson	u/a	M	102	24' 06
21	Andy Young	u/a	M45	94	24' 12
22	Jake Shuttleworth	Ambleside	JM	13	24' 14
23	David Dicks	Eden Runners	M40	54	24' 16
24	David Prescott	Derwent AC	M40	18	24' 27
25	Tony Davis	Derwent AC	M55	21	24' 31
26	Jo Gillian	Keswick AC	F40	98	24' 34
27	Richard Clarke	Keswick AC	M40	118	24' 52
28	Tracy Park	CFR	F45	85	24' 55
29	Paul Mason	CFR	M55	32	24' 58
30	Oliver Whitehurst	u/a	JM	53	25' 12
31	Rachel Mellor	Keswick AC	F	87	25' 16
32	Peter Daley	u/a	M60	26	25' 19
33	Andy Reid	Ellenborough	M55	115	25' 25
34	Hannah Bradley	CFR	F	38	25' 33
35	Steve Whitehurst	CFR	M50	51	25' 40
36	David Burton	Keswick AC	M50	20	25' 46
37	Debbie Walker	Derwent AC	F40	82	25' 49
38	Graham Morgan	u/a	M45	111	26' 02

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39	Richard Jewell	Cumberland AC	M40	27	26' 07
40	Elizabeth Watson	Derwent AC	F	105	26' 08
41	Ernie Davidson	Tri-Lakes	M45	56	26' 11
42	Owen Mills	KCAC	M40	5	26' 22
43	Mark Lewic	Tri-Lakes	M45	99	26' 44
44	Josh Skelton	u/a	JM	91	26' 47
45	Daniel Crooks	Derwent AC	M	6	27' 11
46	David Foster	Border City	M55	103	27' 14
47	Ashley Cork	u/a	M	70	27' 16
48	Graham Leggett	Cumberland AC	M45	67	27' 14
49	Lauren Cooley	Tri-Lakes	JF	116	27' 42
50	Dominic Davis	Derwent AC	M	66	27' 48
51	Les Barker	CFR	M45	50	27' 53
52	Kathleen Battye	Northern Fells	F	16	27' 55
53	Catherine Keevil	CFR	F	64	27' 58
54	Claire Guest	Northern Fells	F	104	28' 10
55	Mathew Mellor	u/a	M	88	28' 14
56	Sandra Mason	CFR	F55	31	28' 21
57	Nick Moore	CFR	M55	95	28' 27
58	Tom Sugden	u/a	M40	41	28' 30
59	Bramble Park	CFR	JF	86	28' 38
60	Mike Hind	Borrowdale	M60	60	28' 39
61	Craig Houghton	CFR	M40	35	28' 44
62	Keith Fulton	u/a	M40	92	28' 47
63	Christine Clarkson	Keswick AC	F	117	29' 01
64	Graham Watson	CFR	M50	107	29' 07
65	Martin Wood	u/a	M40	113	29' 21
66	Jenn Bradley	CFR	JF	39	29' 25
67	Lorna Askew	Helm Hill	F45	9	29' 28
68	Terry Lowden	u/a	M65	19	29' 47
69	Tracy Owen	Cumberland AC	F	28	29' 54
70	Liz Hunter	Tri-Lakes	F45	101	30' 20
71	Alix Tyrell	u/a	JF	30	30' 22
72	Sarah Harrington	u/a	F45	100	30' 37
73	Valerie Crampton	Keswick AC	F55	47	30' 41
74	Alison Whitehurst	u/a	F50	52	30' 45
75	Mark Greaves	Cumberland AC	M50	84	30' 48
76	Catherine Hadfield	u/a	F	65	31' 13
77	Helen Hope	Tri-Lakes	F	49	31' 15
78	Debbie Watson	West Cumberland Orienteers	F55	108	31' 17

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79	William Starkey	u/a	JM	8	31' 21
80	Charlie Pollard	Derwent AC	F	78	31' 44
81	Paula Bowen	u/a	F40	2	31' 50
82	Kate Garratt	Derwent AC	F	93	31' 54
83	Sarah Chowdrey	Cumberland AC	F50	58	32' 01
84	Anna Blackburn	CFR	F55	57	32' 03
85	Tristan Reid	Northern Fells	M40	17	32' 34
86	Paul Satterley	u/a	M45	40	32' 48
87	Stephen Atkinson	u/a	M40	42	33' 09
88	Roger Bye	u/a	M60	97	33' 09
89	Emma Barcock	u/a	F	112	33' 49
90	Wendy Thomas	u/a	F45	36	33' 50
91	Dave Morgan	CFR	M70	79	33' 57
92	Andrea Young	DH Runners	F40	109	33' 58
93	Helen Starkey	St Bees Tri	F45	7	34' 02
94	Mark Drummond	DH Runners	M40	110	34' 14
95	Rachel Lee	D H Runners	F50	24	34' 48
96	Philip Greaves	u/a	M50	81	36' 09
97	Debbie Redmond	Cumberland AC	F50	83	36' 36
98	Rachel Tickner	Bodyfit	F60	69	37' 12
99	Janet Greaves	u/a	F50	80	37' 18
100	Fiazed Chowdrey	Cumberland AC	M55	59	37' 22
101	Kate Whalen	D H Runners	F	25	38' 22
102	Nina Errington	D H Runners	F	33	38' 28
103	Jenny White	Bodyfit	F55	68	39' 52
104	Leigh Graham	Wigton RR	F40	43	40' 22
105	Sandra Norden	Wigton RR	F	44	40' 26
106	Les Sharkey	u/a	M45	22	40' 52
107	Sharon Starkey	u/a	F45	23	40' 53
108	Juliette Wilson	u/a	F55	73	41' 13
109	Angela BB	FRA	F50	72	41' 14
110	Amy Walkinshaw	u/a	F	106	41' 34
111	Nicol Moffat	u/a	F	75	41' 50
112	Debbie Johnson	u/a	F45	76	41' 51
113	Cath Tyrell	u/a	F40	29	43' 37
114	Catherine Brown	u/a	F45	62	46' 54
115	Luke Brown	u/a	JM	61	47' 11
116	Yvonne Norden	u/a	F	45	51' 18
117	Alison Norden	u/a	F40	46	51' 20