

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

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

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