

# Results - Men and Ladies

## Greystoke 10k

Pos	No	Time	First Name	Surname	Club	Cat
1st	14	00:38:22	Carl	Bell	Keswick AC	M
2nd	60	00:39:42	John	French	Eden Runners	M40
3rd	76	00:39:49	Hannah	Horsburgh	Keswick AC	F
4th	199	00:41:29	Phil	Winskill	Keswick AC	M40
5th	108	00:43:34	Chris	Neil		M
6th	53	00:44:03	Ryan	Day		M
7th	179	00:45:44	Jon	Hemingway	Eden Runners	M
8th	187	00:45:54	Daniel	Morgan	D&S's speedy slugs	M
9th	50	00:46:01	Martin	Curran	DH Runners	M40
10th	198	00:46:04	John	Williams	Eden Runners	M40
11th	172	00:46:25	Stuart	Edington	Keswick AC	M40
12th	113	00:46:34	Lou	Osborn	Ambleside	F40
13th	74	00:47:15	Ian	Horne	Eden Runners	M50
14th	97	00:47:57	Adam	McGinley	DH Runners	M
15th	157	00:48:22	Peter	Walker	Derwent AC	M50
16th	192	00:48:38	David	Postill	Carlisle Tri Club	M40
17th	99	00:48:52	Daniel	Mcmenamin		M
18th	128	00:48:57	Ian	Saint		M40
19th	2	00:49:05	Paul	Nickells	Eden Runners	M50
20th	77	00:49:13	Kev	Iveson	DH Runners	M40
21st	27	00:49:18	Pez	Bullen	Keswick AC	M50
22nd	131	00:49:25	Greg	Simpson	Eden Runners	M40
23rd	186	00:49:29	Rachel	Mellor	Keswick AC	F40
24th	182	00:49:35	Sarah	Hodgson	Keswick AC	F50
25th	171	00:49:40	Neil	Cockbain		M50
26th	174	00:49:43	Susanne	Enhard	Eden Runners	F50
27th	184	00:50:37	Terry	Lee		M50
28th	16	00:50:42	Gary	Binks		M40
29th	176	00:50:44	Sarah	Green		F
30th	166	00:50:48	Martin	Bewick	Northern Fells	M
31st	173	00:50:54	Sarah	Eilbeck		F
32nd	85	00:51:01	Robert	Kenning		M40
33rd	100	00:51:09	Dawn	Metcalfe	Durham Fell Runners	F40
34th	153	00:51:17	Samantha	Trevett	Eden Runners	F
35th	126	00:51:31	Michael	Robinson	Cumberland AC	M40
36th	111	00:51:35	John	Oakey	Eden Runners	M40
37th	69	00:51:39	Simon	Hawkyard		M50
38th	4	00:51:54	Samantha	Ayers	Bodyfit Cumbria	F40
39th	11	00:52:08	Matthew	Barnes		M50
40th	134	00:52:10	Brian	Smith	North East Veterans AC	M50
41st	180	00:52:16	Alex	Heron	Eden Runners	M60
42nd	122	00:52:28	Kurtis	Quinn		M
43rd	78	00:52:30	Lisa	Jackson	Derwent AC	F
44th	151	00:52:40	Jeff	Thorpe	Tri Lakeland	M40
45th	123	00:52:55	Karl	Rinder		M50
46th	56	00:53:01	Rachael	Faustino	Eden Runners	F
47th	67	00:53:04	Hazel	Davies	Bodyfit Cumbria	F50
48th	87	00:53:09	Katie	Kerr		F40
49th	23	00:53:24	Siobonne	Brewster		F40
50th	80	00:53:27	Lucy	Jones	Eden Runners	F

51st	105	00:53:32	Geoff	Moss		M40
52nd	114	00:53:54	Mark	Osborne	Eden Runners	M50
53rd	118	00:54:00	Dave	Piercy	DCH Run Club	M60
54th	22	00:54:14	Nigel	Braithwaite	Eden Runners	M40
55th	119	00:54:23	Daniel	Platt		M
56th	162	00:54:28	Grant	Williamson	Wigton Road Runners	M50
57th	189	00:54:28	Samantha	Newland		F40
58th	12	00:54:30	Dan	Barry	Eden Valley Tri	M50
59th	75	00:54:35	Larry	Horne	Eden Runners	M50
60th	107	00:54:49	John	Myatt	Northern Fells	M60
61st	44	00:54:56	Kerry	Cornforth	Keswick AC	F40
62nd	66	00:54:59	Isobel	Graham	Westerlands Cross Country Club	F50
63rd	168	00:55:02	Louise	Brown	Keswick AC	F50
64th	41	00:55:18	Tanya	Coates		F
65th	152	00:55:23	Peter	Toes	Keswick AC	M50
66th	156	00:55:31	Lindsay	Walker	Keswick AC	F40
67th	15	00:55:39	Jenn	Bell		F
68th	6	00:55:43	Robbie	Armstrong		M50
69th	36	00:55:49	Debbie	Charlton	Keswick AC	F40
70th	64	00:56:00	Peter	Goulston		M50
71st	8	00:56:15	Emma	Baker		F
72nd	70	00:56:21	Paul	Hayton		M
73rd	200	00:56:33	Ewen	Estill		M40
74th	19	00:56:40	Richard	Bodecott	Eden Valley Tri	M
75th	135	00:56:51	David	Smith		M50
76th	115	00:57:00	Lorraine	Parker		F50
77th	140	00:57:08	William	Stephenson		M
78th	35	00:57:23	David	Challis	Eden Runners	M40
79th	155	00:57:35	Andrew	Walker	Eden Runners	M60
80th	62	00:57:54	Laura	Giles		F40
81st	160	00:58:00	Alexander	Weir		M
82nd	48	00:58:08	Simon	Cummins	Howgill Harriers	M50
83rd	81	00:58:11	Claire	Gray		F40
84th	98	00:58:32	Sarah	McIntosh	Eden Runners	F40
85th	72	00:58:39	Sophie	Heron	Eden Runners	F
86th	132	00:58:45	Guy	Simpson		M40
87th	73	00:58:52	Nigel	Hierons	Eden Runners	M50
88th	197	00:59:45	Helen	Tyson	Eden Runners	F
89th	170	00:59:57	Paul	Clarke	St Bees Triers	M60
90th	101	00:59:58	Sally	Metcalfe	Eden Runners	F40
91st	188	01:00:05	Bethan	Naylor	Keswick AC	F
92nd	38	01:00:07	Simon	Clarke		M40
93rd	32	01:00:20	Debbie	Cartmel		F40
94th	21	01:00:23	Charlie	Bradshaw	Keswick AC	F
95th	86	01:00:24	Annie	Kerr		F
96th	10	01:00:35	Helen	Barnes		F50
97th	40	01:00:44	Stephen	Clements		M60
98th	167	01:01:04	Siobhan	Brewer	Tri Lakeland	F40
99th	177	01:01:05	Sam	Harding		F40
100th	54	01:01:18	Cliff	Etherden	Lakeland Orienteering Club	M70

101st	89	01:01:37	Simon	Knell	Eden Runners	M50
102nd	17	01:01:39	Sally	Blackmore	Eden Valley Tri	F50
103rd	159	01:01:42	Angela	Watson	Eden Runners	F40
104th	58	01:02:15	Michael	Fordham		M60
105th	196	01:02:21	Debbie	Thompson		F60
106th	68	01:02:40	Jo-Ann	Gruchy		F40
107th	125	01:02:44	Ian	Robinson	Eden Runners	M60
108th	164	01:03:00	Simon	Woodrow		M60
109th	139	01:03:02	Suzanne	Gilmore	Keswick AC	F40
110th	121	01:03:08	Kathleen	Proctor	Keswick AC	F60
111th	136	01:03:09	Kathleen	Smith		F60
112th	120	01:03:26	Nicola	Portergill		F50
113th	52	01:03:36	Sharon	Dawson	Eden Runners	F50
114th	129	01:03:47	Ian	Seel		M40
115th	3	01:04:21	Stephen	Kay	Eden Runners	M60
116th	63	01:04:27	Simon	Giles		M50
117th	71	01:04:32	Heather	Heron	Eden Runners	F60
118th	183	01:04:38	James	Irving	Carlisle Tri Club	M40
119th	191	01:04:38	Jayne	Phillips	Allen Valley Striders	F60
120th	55	01:04:45	Liz	Farthing	Eden Runners	F50
121st	91	01:05:06	Benita	Lapthorn	Keswick AC	F50
122nd	83	01:05:33	Linda	Jubb	Keswick AC	F40
123rd	138	01:05:38	Jon	Stafford	Eden Runners	M50
124th	90	01:05:39	Sally Anne	Lambert	Wray Runners	F50
125th	193	01:05:41	Coral	Price		F60
126th	142	01:05:49	Kimberly	Summers	Derwent AC	F
127th	141	01:06:24	Sharon	Stones		F50
128th	137	01:06:25	Neil	Spence		M50
129th	43	01:06:28	Theresa	Cooper		F50
130th	124	01:06:36	Louise	Roberts		F50
131st	24	01:06:56	Tony	Brooke	Eden Runners	M50
132nd	165	01:06:58	Sarah	Wright	Eden Runners	F40
133rd	61	01:07:00	Julie	Gate	Eden Runners	F50
134th	95	01:07:04	Elaine	Malyn	Eden Runners	F50
135th	34	01:07:17	Petrina	Cassell	Eden Runners	F60
136th	109	01:07:33	Di	Newton	Jogging Pals	F60
137th	133	01:08:03	Jennifer	Simpson		F
138th	57	01:08:22	Simon	Flatman	Eden Runners	M40
139th	92	01:08:29	Nicola	Latimer	Wigton Road Runners	F50
140th	146	01:08:32	Jude	Telford		F50
141st	49	01:08:44	Olwen	Cunningham	St Bees Triers	F40
142nd	9	01:08:50	Nick	Balcombe		M50
143rd	169	01:09:05	Rachael	Chamberlain	Bodyfit Cumbria	F40
144th	96	01:09:12	Jess	McGenn		F40
145th	5	01:09:22	Andrea	Armstrong		F40
146th	42	01:09:22	Matthew	Cooper		M40
147th	127	01:09:31	Joanna	Rolls		F40
148th	178	01:09:42	Yolande	Hartle	St Bees Triers	F50
149th	116	01:09:47	Craig	Parkinson		M50
150th	147	01:10:16	Robert	Johnstone	Carlisle Tri Club	M50

151st	1	01:10:17	Sandra	Allan		F50
152nd	47	01:10:20	Emily	Crowder		F
153rd	194	01:10:51	Elaine	Shepherd		F50
154th	33	01:11:11	Dennis	Cartwright	Eden Runners	M40
155th	104	01:11:16	Kathy	Morris	DCH Run Club	F60
156th	175	01:11:43	Diane	Graham	DH Runners	F40
157th	143	01:12:10	Helen	May		F50
158th	94	01:12:11	Cheryl	Lloyds		F60
159th	103	01:12:12	Nicky	Moore		F50
160th	28	01:13:13	Heather	Burns	Eden Runners	F40
161st	88	01:13:18	Tara	King		F40
162nd	112	01:13:28	Luiza	Oliver	Eden Valley Tri	F40
163rd	51	01:13:29	Ann	Dalton		F40
164th	93	01:13:42	Nicola	Leah		F40
165th	79	01:13:45	Vicky	Johnston	St Bees Triers	F40
166th	163	01:14:04	Paul	Wilson	Eden Runners	M60
167th	130	01:14:15	Geraldine	Simpson		F40
168th	13	01:14:16	Nicky	Bateman		F40
169th	65	01:14:44	Helen	Graham	Eden Runners	F
170th	30	01:14:50	Peter	Carroll		M50
171st	150	01:15:30	Rosie	Thompson	Wigton Road Runners	F
172nd	195	01:15:39	Tracey	Sowerby	DH Runners	F50
173rd	29	01:15:57	Simon	Butterworth	Wray Runners	M50
174th	37	01:16:25	Fiona	Clarke		F
175th	161	01:16:55	Bernadette	Willetts		F
176th	190	01:17:23	Emma	Oakey	Eden Runners	F40
177th	149	01:17:31	Dave	Graham	Carlisle Tri Club	M40
178th	39	01:17:54	Laura	Clements		F50
179th	82	01:20:04	Elaine	Jordan		F40
180th	106	01:23:53	Maria	Murray	Ready2Run Eden	F40
181st	59	01:25:43	Joanne	Forrester		F
182nd	102	01:26:45	Zoe	Mills		F50
183rd	158	01:26:45	Sarah	Walker		F40
184th	31	01:29:10	Rachel	Carruthers		F40
185th	185	01:32:14	Linda	McGinley	Eden Runners	F60