



Ennerdale 50km 15th October,2016

Final Position	Name	Cat	Club	Lap 1 (25k)	Lap 2 (25k)	Finish Time (50k)
1	Alan Bowness	MV50	Ellenborough AC	01:57:26.4	02:11:35.8	04:09:02.2
2	Matt Leigh	MV40	Ambleside AC	02:04:32.1	02:12:58.5	04:17:30.6
3	Mark Byrne	M	Wrexham AAC	02:07:24.7	02:16:17.0	04:23:41.7
4	Graham Ivory	MV40		02:07:53.8	02:20:31.1	04:28:24.9
5	Mark Bonner	MV40		02:12:12.0	02:23:39.3	04:35:51.3
6	John Hill	MV40	Buckley Runners	02:11:03.5	02:25:26.9	04:36:30.4
7	Daniel Shaw	M		02:07:13.1	02:33:47.6	04:41:00.7
8	Mark Rochester	M		02:07:20.8	02:36:26.3	04:43:47.1
9	John Cook	M	Sunderland Strollers	02:07:15.9	02:40:33.5	04:47:49.4
10	Jo (Joanna) Hill	F		02:19:20.3	02:29:56.7	04:49:17.0
11	Gayle Tait	FV40	Tinto Hill Runners	02:21:08.8	02:30:57.8	04:52:06.6
12	Andrew Fletcher	MV40	Mow Cop Runners	02:21:50.7	02:43:16.9	05:05:07.6
13	Evan Davies	M	Likeys	02:05:50.0	03:08:43.7	05:14:33.7
14	Mike Symons	MV40		02:27:20.2	02:50:03.2	05:17:23.4
15	Jonathan Millar	M	Carnegie Harriers	02:19:31.9	02:59:10.8	05:18:42.7
16	Jack Bowen	M		02:21:37.5	03:03:30.1	05:25:07.6
17	Matt Seddon	M		02:31:53.0	02:53:29.1	05:25:22.1
18	Rhys Pippard	M	Serpentine RC	02:23:15.0	03:02:17.3	05:25:32.3
19	Allan Sumner	MV40		02:35:07.0	02:50:57.3	05:26:04.3
20	Alex Cann	M		02:23:10.9	03:03:09.2	05:26:20.1
21	Jonathan Gill	M		02:08:03.5	03:18:33.8	05:26:37.3
22	David Cowburn	MV40		02:35:01.0	02:52:18.0	05:27:19.0
23	Danielle Burrows	F	Garstang RC	02:35:09.6	02:52:38.0	05:27:47.6
24	Maiggen Dutka	FV40		02:35:03.4	02:54:35.5	05:29:38.9
25	Sharon Spriggs	FV40		02:42:11.8	02:53:17.4	05:35:29.2
26	Simon Eaton	MV40	Wesham Road Runners & AC	02:36:19.4	03:00:03.3	05:36:22.7
27	Kelly Wynn	FV40	Hyde village striders	02:36:48.2	02:59:48.3	05:36:36.5
28	Roger Spence	MV40	Holme Pierrepont RC	02:34:53.6	03:03:18.9	05:38:12.5
29	Geoff Osbaldestin	MV40	Mow Cop Runners	02:33:46.5	03:06:02.8	05:39:49.3
30	Nickey Russell	FV40		02:44:44.1	02:55:32.6	05:40:16.7
31	Dean Sartin	M	Olney Runners AC	02:36:35.4	03:03:49.3	05:40:24.7
32	Ryan Cudworth	MV40		02:34:50.2	03:09:07.8	05:43:58.0
33	Gerald Futter	MV40	Olney Runners AC	02:36:44.0	03:08:40.0	05:45:24.0
34	Rachel Davies	F		02:43:11.3	03:04:27.8	05:47:39.1
35	Cass Chisholm	F	Birmingham Running Athletics & Triathlon Club	02:34:46.5	03:14:56.3	05:49:42.8
36	Allan Richardson	MV50	Tyne & Wear Fire Brigade Sports & Social Club	02:47:10.2	03:06:36.4	05:53:46.6
37	Gary Walmsley	MV40		02:36:57.1	03:23:11.9	06:00:09.0
38	Russell Rose	MV40	Olney Runners AC	02:41:44.1	03:26:13.9	06:07:58.0
39	Tom Smith	M		02:45:14.7	03:22:43.3	06:07:58.0
40	Amanda Hibbert	FV50	Holme Pierrepont RC	02:51:53.1	03:16:49.0	06:08:42.1
41	Ali Woodard	FV40		02:49:27.5	03:20:02.3	06:09:29.8
42	Cath Woodard	FV40		02:49:30.6	03:20:00.7	06:09:31.3

43	Chantelle Wilson	F	Team Tod	02:53:15.7	03:24:29.5	06:17:45.2
44	Stephen Hammond	M		02:46:56.6	03:34:09.5	06:21:06.1
45	Andrew Hammond	M		02:46:51.2	03:34:16.0	06:21:07.2
46	Gary Forbes	MV50		02:49:37.7	03:31:56.1	06:21:33.8
47	Fiona Moffatt	FV40	Holme Pierrepont RC	03:08:20.7	03:13:41.5	06:22:02.2
48	Charlie Birchall	F		02:49:34.8	-	06:22:15.7
49	Laura Furia	F	Westerlands Cross Country Club	02:43:15.4	03:41:54.8	06:25:10.2
50	William Higham	M		03:03:46.2	03:29:22.0	06:33:08.2
51	Jamie Pratt	M		03:03:47.9	03:29:21.8	06:33:09.7
52	Fiona Muir	F		02:42:24.4	03:51:06.6	06:33:31.0
53	Emma Stringer	F		02:42:27.2	03:51:05.0	06:33:32.2
54	Neil Clark	MV50		02:49:16.1	03:44:18.4	06:33:34.5
55	Christopher Taylor	M		02:52:24.3	03:42:02.8	06:34:27.1
56	Chris Adams	M		02:49:53.1	03:47:28.1	06:37:21.2
57	Ryan Crellin	M	Cumberland Fell Runners	02:51:37.9	03:46:07.6	06:37:45.5
58	Stuart Templeton	M	Cairnsmore mile muncher	02:38:44.0	04:01:43.3	06:40:27.3
59	Mark Hannay	MV40	Cairnsmore hanimal	02:38:49.1	04:01:39.4	06:40:28.5
60	Mark Cuthbertson	MV40	Cairnsmore Mile Munchers	02:38:52.0	04:01:37.8	06:40:29.8
61	Alan Jones	MV60	Garstang RC	03:07:43.1	03:41:03.7	06:48:46.8
62	Julie Williamson	FV40	Horwich RMI Harriers	03:07:25.4	03:46:55.9	06:54:21.3
63	Rachel Charlesworth	FV40	Project Body UK	03:15:17.9	03:45:05.1	07:00:23.0
64	Julie Graham	FV50	Garstang RC	03:11:16.8	03:49:56.0	07:01:12.8
65	Gareth Harland	M	Eccleshill Road Runners	03:06:02.5	03:59:11.2	07:05:13.7
66	Sarah Rawlings	FV50	Eccleshill Road Runners	03:06:07.1	03:59:07.6	07:05:14.7
67	Collette Flaherty	FV40	St. Helens Sutton AC	03:21:31.5	03:56:02.0	07:17:33.5
68	Carl Harrison	M		03:02:48.3	04:14:51.5	07:17:39.8
69	Karen Davies	FV50	Wessex Canicross	03:16:08.8	04:07:53.2	07:24:02.0
70	Ian Kilgarriff	MV50	Canicross Somerset	03:16:10.4	04:07:53.1	07:24:03.5
71	Amanda Davis	FV40	Wellingborough & District AC	03:19:38.0	04:06:03.3	07:25:41.3
72	Richard Henry	M	DH Runners	03:02:03.8	04:28:37.1	07:30:40.9
73	David Wilkinson	M		02:54:19.7	04:36:23.6	07:30:43.3
74	Iain Robertson	MV40		03:10:50.6	04:26:55.4	07:37:46.0
75	Dee Boudierba	FV40	York Postal Harriers	03:29:48.9	04:16:47.5	07:46:36.4
76	Dom Perona-Wright	M40		03:29:45.7	04:16:52.3	07:46:38.0
77	Tracey Lyon	F		03:29:51.7	04:16:47.9	07:46:39.6
78	Emily Beaumont	F	Quakers RC	03:49:21.1	04:15:42.3	08:05:03.4
79	Michelle Boshier	FV40	Quakers RC	03:49:19.2	04:15:46.1	08:05:05.3

1 Lap Runners						
1	Mark Lehrle	Ambleside AC	MV40	02:18:36.7	-	-
2	Mark Robinson	Quakers RC	M	02:44:16.7	-	-
3	Marie Godson		FV50	03:12:47.6	-	-
4	Michael Fetherstone		MV50	03:17:45.3	-	-
5	Matthew Cranham		M	03:17:49.4	-	-
6	Adam Tysoe	Liverpool RC	M	03:19:42.9	-	-