

Race No 5 - 04 January 2019								
NO	Name	Club	Position	Gender position	Time	Age	Age group	AGP
3	Liam Walker	Sheffield tri	1	1	15:58	29	M	1
1	Simon Croft	Red Rose	2	2	16:09	37	MV35	1
14	Sam Harrison	Bowland fell runners	3	3	16:35	29	M	2
18	Richard Wilson	Kendal AC	4	4	17:10	40	MV40	1
2	Ross Mckelvie	Lytham St Annes	5	5	17:25	32	M	3
34	Simon Robinson	Preston Harriers	6	6	17:32	27	M	4
5	James Dalglish	Lancaster & Morecambe	7	7	17:33	45	MV45	1
15	Matt Wilson	Kendal AC	8	8	17:34	45	MV45	2
11	Greame Murray	Garstang RC	9	9	18:02	44	MV40	2
7	Neil Adair	Chorley	10	10	18:18	41	MV40	3
9	Steve Hallas	Preston Harriers	11	11	18:25	45	MV45	3
33	Ben Winterburn	Unaffiliated	12	12	18:40	17	M	5
35	Calvin Routledge	Ambleside AC	13	13	18:59	50	MV50	1
21	Dick Gorst	Sedbergh School	14	14	19:10	51	MV50	2
31	Ben Tsui	Unaffiliated	15	15	19:19	30	M	6
36	David walker	Lancaster & Morecambe	16	16	19:33	59	MV55	1
24	Jade Smith	St Helens Sutton AC	17	1	19:37	25	F	1
20	Paul Mann	Kendal AC	18	17	20:11	40	MV40	4
29	Ben Gill	Levens Valley AC	19	18	20:29	31	M	7
28	Jenny Wren	Preston Harriers	20	2	20:23	29	F	2
41	Robin Mitchell	Lancaster Runners	21	19	20:29	43	MV40	5
47	Craig Peart	Lancaster & Morecambe	22	20	20:54	38	MV35	2
25	Stephen Roberts	Kendal AC	23	21	20:59	47	MV45	4
23	Paul Verral	Unaffiliated	24	22	21:14	38	MV35	3
39	Catherine Curran	Unaffiliated	25	3	21:18	40	FV40	1
48	Jak Newby	Lancaster Uni Rc	26	23	21:20	23	M	8
38	Ian Warton	Red Rose	27	24	21:24	53	MV50	3
46	James March	Unaffiliated	28	25	21:31	23	M	9
6	Mark Walker	Kendal AC	29	26	21:37	55	MV55	2
19	Peter Gorst	Kendal AC	30	27	22:13	56	MV55	3
32	Liam Shannon	Lancaster & Morecambe	31	28	22:15	43	MV40	6

50	Jenny Evans Hill	Lancaster & Morecambe	32	4	22:21	36	FV35	1
40	Abigail Routledge	Ambleside AC	33	5	22:28	20	F	3
8	John Sutton	Unaffiliated	34	29	22:30	55	MV55	4
27	Phillip Lewis	Lancaster Runners	35	30	22:50	36	MV35	4
16	Maggie Wild	Unaffiliated	36	6	23:24	40	FV40	2
13	Charles Vereker	Unaffiliated	37	31	23:44	36	MV35	5
22	Rachel Mann	Kendal AC	38	7	23:59	37	FV35	2
12	Natasha Walsh	Unaffiliated	39	8	24:59:00	41	FV40	3
17	Stan	Borrowdale	40	32	26:46:00	54	MV50	4
44	Alice Wright	Lancaster & Morecambe	41	9	27:31:00	23	F	4
43	Sarah Wright	Lancaster & Morecambe	42	10	27:43:00	47	FV45	1
49	Angie Evans Hill	Unaffiliated	43	11	28:56:00	46	FV45	2
4	Maureen roberts	Lancaster Runners	44	12	29:27:00	63	FV60	1
10	Phil Parkinson	Unaffiliated	45	33	29:36:00	47	MV45	5
42	Sara Atkin	Lancaster Runners	46	13	29:44:00	44	FV40	4
30	Ellie Mollart	Preston Harriers	47	14	30:22:00	28	F	5
27	Linda Walker	Lancaster & Morecambe	48	15	31:47:00	55	FV55	1
26	Amy Dean	Unaffiliated	49	16	34:30:00	31	F	6