

# Lambfoot Loop 10K 2016 Results

5th July 2016

Position	Time	Number	Name	Club	Category
1	33:38	500	Chris Steele	Border Harriers	M
2	36:39	439	Mark Benson	Unattached - Tri Lakeland	M
3	37:25	419	Tom Howe	Derwent AC	M
4	37:51	486	Richard Murdock	Cumberland AC	M
5	37:53	447	Chris Knowles	Ellenborough AC	MV50-60
6	38:14	428	Sean Exley	Cumberland AC	M
7	38:20	499	Gary Pala	Cumberland AC	M
8	38:25	453	Kane Tinnion	Derwent AC	M
9	38:27	414	Alan Mckee	Cumberland AC	MV40-50
10	38:30	495	Carl Tomlinson	Unattached - Tri Lakeland	M
11	38:45	471	David Bowness	Cumberland AC	MV50-60
12	39:36	511	Shane Stobbart	Cumberland AC	M
13	39:42	410	Robert Morris	Derwent AC	M
14	39:48	512	Andrew Armitage	Unattached	M
15	40:14	459	David Lawson	Unattached	MV40-50
16	40:21	463	Phil Lowrey	Copeland AC	M
17	41:18	435	Stephen Hackley	Derwent AC	M
18	41:20	456	Anthony Briscoe	Cumberland AC	MV50-60
19	41:31	448	Ian McDougall	Cumberland AC	MV50-60
20	41:41	465	Sam Holding	Unattached	M
21	41:42	411	Chris Wear	Cumberland AC	MV40-50
22	42:00	327	Lee Sice	Cumberland AC	MV40-50
23	42:33	470	Andy Young	Unattached	MV40-50
24	42:39	509	Kyle Laurie	Unattached	M
25	42:45	505	Karen Bridge	Eden Runners	FV45-55
26	42:46	429	Peter Bennett	Cumberland AC	MV40-50
27	42:49	449	Antonia Skelton	Derwent AC	F
28	42:53	460	Peter Milligan	Cumberland AC	M
29	43:03	489	Geoffrey Chapman	Eden Runners	MV40-50
30	43:03	444	Gerard Mulgrew	Cumberland AC	MV40-50
31	43:32	405	Robert Paterson	Derwent AC	M
32	43:41	469	Paul Schofield	Cumberland AC	M
33	43:48	426	Lindsay Walker	Keswick AC	FV35-45
34	43:58	481	John Andrewartha	Eden Runners	MV40-50
35	44:27	476	Sam Ayers	Keswick AC	FV45-55
36	44:33	406	Richard Jewell	Cumberland AC	MV40-50
37	44:42	427	George Royston-Bish	Derwent AC	M
38	45:00	416	John McGibbon	Border Harriers	MV50-60
39	45:04	464	Mark Pitchford	Unattached	MV40-50
40	45:11	451	Leanne Roberts	Cumberland AC	F
41	45:11	478	Antony Rega	Unattached	M
42	45:23	421	Sophie Noon	Derwent AC	F
43	45:33	483	John Oakey	Eden Runners	MV40-50
44	45:36	440	Richard Williams	Cumberland AC	MV40-50
45	45:49	407	Elizabeth Watson	Derwent AC	F
46	45:52	424	David Cain	Cumberland AC	MV60-70
47	45:59	498	John Barnes	Unattached	M
48	46:19	420	Debbie Walker	Derwent AC	FV35-45
49	46:38	501	Tony Martin	Cumberland AC	M
50	46:39	468	Philip Meloy	Cumberland AC	MV40-50
51	47:01	475	John Lawson	Unattached	MV40-50
52	47:14	436	Trudy Beetham	Keswick AC	FV35-45
53	47:29	455	Errick Hannah	Cumberland AC	MV50-60
54	47:45	431	Chris Fleming-William	Unattached	MV40-50

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55	47:56	503	Kerry Grinbergs	Eden Runners	FV35-45
56	47:57	504	James Grinbergs	Eden Runners	M
57	48:08	443	Jonathan Ashworth	Unattached	M
58	48:10	479	Sue Wilkinson	Keswick AC	FV45-55
59	48:30	437	Terry Murdock	Cumberland AC	MV50-60
60	48:44	425	Susan Cain	Cumberland AC	FV55-65
61	49:04	462	Tony Jewell	Cumberland AC	MV60-70
62	49:23	494	Keith Fulton	Unattached	MV40-50
63	49:28	423	Lisa Martin	Derwent AC	F
64	49:47	474	Emma McKinney	Keswick AC	F
65	49:50	473	Paula McKinney	Unattached	FV45-55
66	50:00	432	Tom Gallagher	Derwent AC	M
67	50:16	442	Graham Legget	Cumberland AC	MV50-60
68	50:34	467	Carl Pooley	Unattached	M
69	50:45	441	Gillian Baxter	Cumberland AC	FV55-65
70	50:47	497	Pradeep Bhagawan	Carlisle Tri Club	MV50-60
71	50:52	482	Andrew Hemsley	Eden Runners	MV50-60
72	51:05	492	Larry Horne	Eden Runners	MV50-60
73	51:09	418	Rebecca Williamson	Derwent AC	F
74	51:10	433	Piers Tupman	Unattached	MV40-50
75	51:11	457	William Cunningham	Cumberland AC	MV40-50
76	51:25	488	Kevin Robinson	Unattached	#VALUE!
77	51:51	477	Andrew Walker	Eden Runners	MV50-60
78	51:53	458	Stuart Buchanan	Cumberland AC	MV50-60
79	51:55	454	Tracey Owen	Cumberland AC	FV35-45
80	52:00	408	Wayne Fox	Unattached	M
81	52:49	466	Daniel Scott	Unattached	M
82	52:53	472	Julia King	Eden Runners	FV55-65
83	53:46	480	Roy Bottomley	Unattached	MV50-60
84	53:46	452	Vicky Wilson	Unattached	F
85	53:54	422	Isabel Mancebo	Derwent AC	FV35-45
86	53:57	361	Kevin Whitemore	Eden Runners	MV60-70
87	54:39	445	Celia Jackson	Dewent AC	F
88	54:40	508	Colin Browne	Unattached	MV40-50
89	54:48	417	Andrea Fell	Cumberland AC	FV35-45
90	54:49	450	Mike Rose-Troup	Unattached	MV60-70
91	54:54	507	John Hiscox	Unattached	MV40-50
92	54:56	313	Anna Blackburn	Derwent AC	FV55-65
93	55:44	446	Sarah Edwards	Cumberland AC	FV45-55
94	56:16	493	Kate Garratt	Derwent AC	F
95	56:41	506	Carolyn Burns	Eden Runners	FV35-45
96	56:41	496	Joanne May	Eden Runners	FV35-45
97	57:29	438	Lindsay Buck	CFR	FV55-65
98	57:34	484	Mary Chappelhow	Eden Runners	FV45-55
99	57:35	485	Anthony Labram	Eden Runners	MV40-50
100	57:37	502	Chris Whitby	Cumberland AC	MV50-60
101	58:22	487	Alyx Petre	Cumberland AC	F
102	59:20	415	Tracey Taylor	Cumberland AC	FV35-45
103	59:24	316	Jessica Mccarry	Derwent AC	F
104	59:44	430	Jackie Bennett	Cumberland AC	FV35-45
105	1:01:10	461	Sharon Green	St Bees Triers	FV35-45
106	1:01:51	510	Tanya Stobbart	Cumberland AC	F
107	1:02:54	326	Heidi Martin	St Bees Triers	FV35-45
108	1:05:08	491	Catherine Bird	St Bees Triers	FV35-45

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Position	Time	Number	Name	Club	Category
109	1:05:08	490	Janine Stainton	St Bees Triers	FV35-45
110	1:07:19	413	Petra Sheard	Unattached - Body Fit	FV45-55
111	DNF	331	Wendy Navin	St Bees Triers	FV45-55