

Lambfoot Loop 10K 2017 Results

4th July 2016

Position	Time	Number	Name	Club	Category
1	35:34	877	Blain Rooney	Ellenborough AC	M
2	36:45	880	Lee Amor	Ellenborough AC	M
3	37:48	868	Shane Stobbart	Cumberland AC	M
4	38:23	878	Gary Stephenson	Cumberland AC	M
5	39:28	825	Carl Fisher	Cumberland AC	M
6	39:34	900	Howard Seal	Derwent AC	MV40-50
7	39:58	813	Steven Agar	Derwent AC	MV40-50
8	40:06	804	Philip Cueto	Derwent AC	MV40-50
9	41:14	876	Jordan Kelly	Unattached	M
10	41:14	884	Geoffrey Chapman	Eden Runners	MV40-50
11	41:22	893	Karen Bridge	Eden Runners	FV45-55
12	41:32	724	Craig Bottomley	Eden Runners	JM
13	41:43	810	Kevin McAdam	Cumberland AC	M
14	41:51	841	Stephen Hackley	Derwent AC	MV40-50
15	41:52	860	Paul Jackson	Cumberland AC	MV40-50
16	42:15	806	Nick Lancaster	Derwent AC	MV60-70
17	42:22	791	Jonathan Buckley	Cumberland AC	M
18	42:26	888	James Grinbergs	Eden Runners	MV40-50
19	42:34	849	Natalie McCarron	Cumberland AC	F
20	42:41	854	Peter Milligan	Cumberland AC	M
21	42:45	828	Shaun Lomas	Unattached	M
22	42:47	903	Tim Slater	Eden Runners	M
23	42:48	826	Ian Wilson	Cumberland AC	M
24	43:00	846	Tony Holliday	Cumberland AC	MV40-50
25	43:01	787	Dominic Davis	Derwent AC	M
26	43:06	822	Lee Sice	Cumberland AC	MV40-50
27	43:23	883	Ian Strafford	St Bees Triers	MV40-50
28	43:28	875	David Swift	Derwent AC	M
29	43:36	881	Peter Daley	Unattached	MV60-70
30	44:15	808	John Barnes	Derwent AC	M
31	44:28	788	John McCarthy	Rothwell Harriers	MV50-60
32	44:29	845	Ian McDougall	Cumberland AC	MV50-60
33	44:33	896	John Oakey	Eden Runners	MV40-50
34	44:37	859	Nick Irlam	Eden Runners	M
35	45:01	905	Adam Bragg	St Bees Triers	M
36	45:13	805	Daniel Crooks	Derwent AC	M
37	45:27	842	Emma Gregory	Cumberland AC	FV35-45
38	45:45	897	John Andrewartha	Eden Runners	MV40-50
39	45:53	861	Richard Williams	Cumberland AC	MV40-50
40	45:57	844	Dawn Pritchard	Tri Lakeland	FV35-45
41	45:58	857	Caroline Evans	DH Runners	F
42	45:59	793	David Cain	Cumberland AC	MV60-70
43	46:06	827	Philip Meloy	Cumberland AC	MV40-50
44	46:12	847	Antony Briscoe	Cumberland AC	MV50-60
45	46:58	879	Rachel Jeff	Cumberland AC	FV35-45
46	47:04	848	Frank Mewer	Cumberland AC	MV40-50
47	47:07	809	Debbie Walker	Derwent AC	FV35-45
48	47:14	836	Beverley Smith	Cumberland AC	F
49	47:43	843	Elizabeth Watson	Derwent AC	FV35-45
50	47:45	850	Stuart Pyne	Cumberland AC	M
51	48:02	863	Graham Hetherington	Cumberland AC	MV50-60
52	48:16	839	Leanne Roberts	Cumberland AC	F
53	48:17	889	Kerry Grinbergs	Eden Runners	FV35-45
54	48:24	906	Graham Morgan	Unattached	MV50-60

Lambfoot Loop 10K 2017 Results

4th July 2016

Position	Time	Number	Name	Club	Category
55	48:25	792	Susan Cain	Cumberland AC	FV55-65
56	48:35	818	Lisa Martin	Derwent AC	F
57	48:51	887	Andrew Walker	Eden Runners	MV50-60
58	49:28	902	Katrina Dickinson	St Bees Triers	F
59	49:45	907	Mark Lewis	Tri Lakeland	MV40-50
60	49:48	711	Roy Bottomley	Eden Runners	MV50-60
61	50:10	862	Emma McKinney	Keswick AC	F
62	50:17	885	Graham Legget	Cumberland AC	MV50-60
63	50:26	816	William Cunningham	Cumberland AC	MV50-60
64	50:35	891	Simon Richardson	Unattached	MV40-50
65	50:45	824	Gillian Baxter	Cumberland AC	FV55-65
66	50:58	867	Rachael Cottam	Eden Runners	F
67	51:12	819	Shaun Gartland	Unattached	M
68	51:30	786	Sarah Wright	Eden Runners	FV35-45
69	52:02	890	Gill Mackay	St Bees Triers	FV35-45
70	52:15	829	Piers Tupman	Unattached	MV40-50
71	52:19	790	Tracey Shaw	Cumberland AC	FV35-45
72	53:00	831	David Nicholson	Unattached	MV40-50
73	53:02	894	Nigel Hierons	Eden Runners	MV40-50
74	53:08	803	Stuart Buchanan	Cumberland AC	MV50-60
75	53:10	870	Linda Reay	Unattached	FV55-65
76	53:10	865	Charlotte Treloor	Eden Runners	F
77	53:20	909	Alasdair Morgan	Unattached	MV40-50
78	53:26	832	Lauren Kenwright	Blengdale Runners AC	FV35-45
79	53:33	871	Robert Fearon	Cumberland AC	MV40-50
80	53:36	910	Stuart Lowthian	Eden Runners	MV50-60
81	53:54	856	Catherine Keevil	Attached	F
82	54:08	873	Kim Clark	Keswick AC	FV55-65
83	54:10	823	Victoria Byrne	Cumberland AC	FV35-45
84	54:18	872	Margaret Hawley	Cumberland AC	FV55-65
85	54:23	817	Emma Rowntree	Cumberland AC	FV35-45
86	55:04	830	Malcolm Wood	Cumberland AC	MV50-60
87	55:09	837	Rachel Read	Blengdale Runners AC	FV45-55
88	55:19	908	Sarah Harrington	Unattached	FV45-55
89	55:25	874	Chris Clark	Keswick AC	MV60-70
90	55:41	864	Angela Watson	Eden Runners	FV35-45
91	55:44	798	Stella Atherton	Cumberland AC	FV45-55
92	55:47	834	Kevin Whitemore	Eden Runners	MV60-70
93	55:50	710	Wendy Navin	St Bees Triers	FV45-55
94	55:51	820	Andrea Fell	Cumberland AC	FV35-45
95	56:49	882	Ali Strafford	St Bees Triers	FV45-55
96	57:27	795	Andrea Challenger	Cumberland AC	FV35-45
97	57:50	794	Catherine Nicholson	Cumberland AC	FV45-55
98	58:00	886	Gill Silson	Eden Runners	FV55-65
99	58:26	895	Carolyn Burns	Eden Runners	FV35-45
100	58:51	840	Stephen Atherton	Unattached	MV40-50
101	59:05	811	Lindsay Buck	CFR	FV55-65
102	59:13	851	Jackie Bennet	Cumberland AC	FV35-45
103	59:33	869	Rachael Fearon	Cumberland AC	FV35-45
104	59:49	853	Karen Bowler	Cumberland AC	FV65-75
105	59:55	800	Keith Stuart	Fetch Everyone Running Club	M
106	1:00:35	904	Liz Sandelandes	Unattached	FV45-55
107	1:00:43	838	Emma Bzik	Cumberland AC	FV35-45
108	1:01:06	858	Kate Garratt	Derwent AC	F

Lambfoot Loop 10K 2017 Results

4th July 2016

Position	Time	Number	Name	Club	Category
109	1:01:43	866	Laura Kinnard	Eden Runners	F
110	1:02:01	812	Joseph Cole	Cumberland AC	M
111	1:02:07	797	Heidi Martin	St Bees Triers	FV35-45
112	1:02:14	801	Amanda Hays	Cumberland AC	FV55-65
113	1:03:56	901	Laura Connolly	Unattached	FV35-45
114	1:03:56	785	Sheila Bottomley	Eden Runners	FV45-55
115	1:04:32	855	Laura Bowness	Cumberland AC	FV35-45
116	1:05:01	684	Tracey Kennett	Cumberland AC	FV35-45
117	1:08:01	899	Diana Cooper	Cumberland AC	FV35-45
118	1:08:48	852	Tim Bowler	Cumberland AC	MV60-70
119	1:09:37	898	Pauline Lawson	Cumberland AC	FV55-65
120	1:10:39	833	Sian Nutbeam	Blengdale Runners AC	F
121	1:13:52	892	Julie Stein	Unattached	FV55-65
122	1:19:48	835	Carolyn Johnson	Cumberland AC	FV45-55