

# *Bendrigg 10K Race - Results 2011*

<i>Race position</i>	<i>Name and number</i>	<i>Time</i>	<i>Sex</i>	<i>Vet category</i>	<i>Club</i>
1	165 Danny Parkinson	33.30	Male		Kendal AAC
2	158 Eddie Simpson	35.52	Male	V40	Dallam RC
3	178 Steven Garner	36.41	Male		West Cumbria Tri
4	211 Paul Muller	36.48	Male	V50	Horwich RMI Harriers
5	167 Peter Cruse	38.23	Male	V45	Lytham St Annes
6	230 Sam Fisher	38.42	Male		Howgill Harriers
7	171 Robin Stones	38.59	Male		Helm Hill
8	213 John Shepherd	39.09	Male	V45	Red Rose RR
9	137 Mark Ashby	39.18	Male	V50	Southport Waterloo AC
10	152 Simon Platt	39.41	Male		
11	166 Andy Jackson	39.50	Male	V40	Glaxo Hoad Hill Harriers
12	182 John Bagge	39.59	Male	V50	Helm Hill Runners
13	179 Shaun Addison	40.13	Male	V50	Helm Hill
14	128 Ian Hayden	40.54	Male		Aurora Harriers
15	200 Phil Thurlow	41.06	Male	V45	Helm Hill
16	207 Robert Moffat	41.08	Male		Howgill Harriers
17	173 A. Hudson	41.18	Male	V45	Southport Waterloo
18	184 Peter Sandford	41.25	Male	V55	Dallam RC
19	193 Kathleen Aubrey	42.07	Female	LV45	Helm Hill
20	161 Paul Woan	42.22	Male	V40	Red Rose RR
21	163 Peter Butterworth	42.35	Male	V55	Clayton-le-Moors
22	203 Billy Procter	42.42	Male	V50	Helm Hill
23	129 Phil Hunter	43.18	Male		Aurora Harriers
24	233 Jonathan Welch	43.19	Male	V45	
25	164 Paul Ashby	43.27	Male	V45	Southport Waterloo
26	172 Paul Talbot	44.10	Male		Southport Waterloo
27	212 Fraser Livesey	44.40	Male	V50	Howgill Harriers
28	133 Dave Turnbull	44.58	Male	V50	Aurora Harriers
29	159 Andrew Fell	45.03	Male	V40	
30	154 Magnus Mulliner	45.10	Male	V40	
31	208 Ali Richards	45.24	Female	LV35	Helm Hill

<i>Race position</i>	<i>Name and number</i>	<i>Time</i>	<i>Sex</i>	<i>Vet category</i>	<i>Club</i>
32	121 Steve Pierce	45.27	Male	V60	Kendal AAC
33	216 Anthony Thorley	45.44	Male	V40	Red Rose RR
34	221 Brian Usher	45.52	Male	V60	Aurora Harriers
35	183 Stewart Johnson	46.03	Male	V60	Helm Hill Runners
36	181 Phil Shea	46.11	Male	V50	Howgill Harriers
37	220 Stig	46.32	Male		
38	199 Paul Jackson	46.43	Male		Howgill Harriers
39	188 John Sharples	46.59	Male	V55	Wesham RR
40	168 Allen Baines	47.01	Male	V55	Howgill Harriers
41	132 Billy Raine	47.08	Male	V55	Aurora Harriers
42	222 Diane Priestley	47.11	Female	LV55	Kendal AAC
43	175 Michael Wilson	47.20	Male	V50	Settle Harriers
44	195 Paul Quinn	47.30	Male	V45	
45	210 Chris Packman	47.32	Male	V45	
46	155 Chris Lambert	47.35	Male		
47	205 Darren Hopton	48.02	Male	V40	
48	196 Andrew Russell	48.07	Male	V45	Helm Hill
49	147 Geoff Barrett	48.09	Male	V50	Helm Hill Runners
50	217 Steven Broadbent	48.19	Male	V50	Lancs Constabulary
51	231 Jim Fisher	48.26	Male	V50	Howgill Harriers
52	177 Kevin Chaplow	48.32	Male	V45	
53	124 Patrick Wilson	48.32	Male		
54	138 Stephen Braithwaite	48.33	Male		Helm Hill Runners
55	142 Dawn Gill	48.35	Female	LV45	Dallam RC
56	141 Ray Gill	48.35	Male	V50	Dallam RC
57	151 Christopher Jamieson	48.42	Male	V50	Esk Valley Fell Club
58	174 Vicki Harvey	48.44	Female	LV45	Southport Waterloo
59	180 David Tomlinson	48.47	Male	V60	Lochaber AC
60	135 Kenny Pyle	48.51	Male	V60	Aurora Harriers
61	185 Peter Bartlett	48.54	Male	V60	Wesham RR
62	156 Anthony Taylor	49.25	Male		
63	197 Allison Daly	49.35	Female	LV35	Helm Hill
64	145 Malcolm Vinnicombe	49.41	Male	V65	Garstang RC

<i>Race position</i>	<i>Name and number</i>	<i>Time</i>	<i>Sex</i>	<i>Vet category</i>	<i>Club</i>
65	189 Jenny Salt	50.23	Female	LV35	Wesham RR
66	148 Lisa Wrigley	50.26	Female		
67	227 Roger Bainbridge	50.33	Male	V45	Howgill Harriers
68	149 G. Johnstone	50.38	Male		
69	143 Graham Parker	51.32	Male	V45	
70	139 Malcolm Nicholas	51.34	Male	V55	
71	146 Helen Hunter	51.48	Female	LV35	Garstang RC
72	170 Tracy Wilson	52.06	Female	LV35	Settle Harriers
73	186 Kate Lakeland	52.08	Female		Preston Harriers
74	140 Garry Vernon	52.18	Male	V40	Fetch Everyone RC
75	157 Brian Nicholson	52.28	Male	V70	Kendal AC
76	225 Caroline D'Arcy	52.48	Female	LV35	
77	206 Jenna Wood	52.55	Female		Howgill Harriers
78	201 Victoria Lepper	53.09	Female		Helm Hill
79	130 Keith Weavers	53.57	Male	V40	Aurora Harriers
80	162 Kev Kendal	54.25	Male		Howgill Harriers
81	224 Trish Cooling	54.30	Female	LV45	Howgill Harriers
82	187 Phil Lakeland	54.44	Male	V50	Preston Harriers
83	198 Angela Shuttleworth	54.53	Female	LV45	Howgill Harriers
84	126 Larry Greaves	55.17	Male	V65	Aurora Harriers
85	190 Kath Davis	55.32	Female	LV45	Settle Harriers
86	204 Sophie Lawson	56.07	Female	LV35	
87	215 Julie Thorley	56.13	Female	LV45	Red Rose RR
88	223 Peter Williams	56.34	Male	V70	Kendal AAC
89	169 Shaun Silson	56.53	Male	V50	Eden Runner
90	127 Mick Hayden	57.19	Male	V60	Aurora Harriers
91	226 Pauline Bainbridge	57.49	Female	LV45	Howgill Harriers
92	209 Lynn Baines	57.56	Female	LV35	
93	219 Jim Dean	58.38	Male	V70	
94	202 Peter Faulder	58.55	Male	V40	
95	150 Bernard Elkington	59.28	Male	V70	Red Rose RR
96	160 Karen Woan	60.30	Female	LV35	Red Rose RR
97	120 Susan Jones	60.48	Female	LV45	Wesham RR

<i><b>Race position</b></i>	<i><b>Name and number</b></i>	<i><b>Time</b></i>	<i><b>Sex</b></i>	<i><b>Vet category</b></i>	<i><b>Club</b></i>
<b>98</b>	214 Rebecca Delaney	61.00	Female	LV35	Red Rose RR
<b>99</b>	191 Peter Gelderd	61.30	Male	V65	Garstang
<b>100</b>	192 Barbara Maudsley	61.52	Female	LV45	
<b>101</b>	153 Rachel Ashton	62.37	Female	LV45	Hoad Hill Harriers
<b>102</b>	228 Lynn May	62.49	Female	LV45	Howgill Harriers
<b>103</b>	229 Katie May	62.49	Female		Howgill Harriers
<b>104</b>	234 Rachel Forrest	64.43	Female		
<b>105</b>	232 Chloe Brown	65.26	Female		
<b>106</b>	144 John Nettleton	66.15	Male	V80	Grt Langdale AC
<b>107</b>	194 Robert Nettleton	66.15	Male	V50	
<b>108</b>	218 Phil Batty	66.34	Male	V45	
<b>109</b>	125 Timothy Simpson	78.46	Male		
<b>110</b>	176 Graham Dawson	90.22	Male	V70	Horsforth Harriers