

Men's Road 20

Posn	Name	Class	Netherha ll 10M 24 Feb	Lowca 10K 7 May	Carlisle Tri 10K 6 June	Maryport Prom 5K 26 June	Stoneybe ck 10K 29 Sep	Brampto n to Carlisle 10M 17 Nov	Langdale Xmas Pudding 10K 7 Dec	Races Run	Best 4 From 7
1	Sam Stead	M	100	99						2	199
2	Russell Maddams	M40	100	98						2	198
3	Steve Angus	M40	91	89						2	180
4	Steve Jones	M40	83	85						2	168
5	Patrick Gilchrist	M60	66	67						2	133
6	Chris Clark	M60	62	63						2	125
7	Calum Tinnion	M		100						1	100
8	Tom Day	M	96							1	96
9	Graham Airey	M40	92							1	92
10	Paul Fullwood	M50	84							1	84
11	Mike Mallen	M60		81						1	81
12	Jim Downie	M60		71						1	71
13	Ivan Holroyd	M40		68						1	68
14	Dave Kearns	M40	60							1	60

Women's Road 2019

Posn	Name	Class	Netherhall 10M 24 Feb	Lowca 10K 7 May	Carlisle Tri 10K 6 June	Maryport Prom 5K 26 June	Stoneybeck 10K 29 Sep	Brampton to Carlisle 10M 17 Nov	Langdale Xmas Pudding 10K 7 Dec	Races Run	Best 4 From 7
1	Claire Warner	F	85	96						2	181
2	Kim Clark	F60	82	91						2	173
3	Rachel Mellor	F40	100							1	100
3	Lynne Hume	F40		100						1	100
5	Debbie Charlton	F40		99						1	99
6	Lorela Movileanu	F		94						1	94
7	Jane Elliott	F50		93						1	93
7	Nicky Butler	F50		93						1	93
9	Anne Downie	F50		92						1	92
9	Nicola Black	F40	92							1	92
11	Lindsay Walker	F	90							1	90
12	Ella Scott	F50	86							1	86
12	Emily Christmas	F	86							1	86
14	Marie Nunes	F		80						1	80

Men's Fell											
Posn	Name	Class	Loopy Latrigg 2 March	Loughrigg 10 April	Fairfield Horsesho e 18 May	Great Lakes Run 15 June	Lowther Fell Race 11 Aug	Grisedal e Horsesho e 7 Sep	Sale Fell ? Nov	Races Run	Best 4 From 7
1	Simon Netherway	M	89	86						2	175
2	Jim Haworth	M40	84	82						2	166
2	Craig Marsh	M	82	84						2	166
4	Steve Jones	M40	79	75						2	154
5	Andrew Slattery	M50	77	76						2	153
5	Mark Webster	M50	77	76						2	153
7	Craig Smith	M50	76	75						2	151
8	Mike Mallen	M60	74	74						2	148
9	Carl Bell	M	100							1	100
9	Jacob Adkin	M		100						1	100
11	Mark Lamb	M	99							1	99
12	Steve Hebblethwaite	M	93							1	93
13	Harry Greenbank	M		92						1	92
13	Tom Day	M	92							1	92
15	Rob Brown	M		91						1	91
16	Harry Bolton	M		90						1	90
17	Tobias Barthelmes	M		87						1	87
18	Eddie Fletcher	M		84						1	84
18	Lee Proctor	M	84							1	84
20	Steve Angus	M50		83						1	83
20	Dave Middlemass	M40	83							1	83
22	Chris Swanepool	M40		81						1	81
23	Dave Prosser	M50	80							1	80
24	Ivan Holroyd	M40		79						1	79
24	Ross Butler	M40	79							1	79
26	Paul Fullwood	M50	77							1	77

27	Ben Holmes	M		75						1	75
28	Chris Smith	M	74							1	74
29	James Scott	M		68						1	68
30	Colin Valentine	M50	67							1	67
30	Stuart Backhouse	M50	67							1	67
32	Simon Veitch	M50	64							1	64
33	Chris Clark	M60		54						1	54

Women's Fell 2

Posn	Name	Class	Loopy Latrigg 2 March	Loughrigg 10 April	Fairfield Horsesho e 18 May	Great Lakes Run 15 June	Lowther Fell Race 11 Aug	Grisedal e Horsesho e 7 Sep	Sale Fell ? Nov	Races Run	Best 4 From 7
1	Catherine Spurdon	F	98	100						2	198
2	Lyn Thompson	F60	81	82						2	163
3	Debbie Charlton	F40	75	78						2	153
4	Lynne Hume	F40	75	77						2	152
5	Nicky Butler	F50	72	73						2	145
6	Lorela Movileanu	F	70	73						2	143
7	Hannah Horsburgh	F	100							1	100
8	Zoe Webber	F	86							1	86
9	Kate Apps	F40	85							1	85
10	Louise Brown	F50		81						1	81
11	Annabel Holmes	F40		80						1	80
11	Lucy Burnett	F40	80							1	80
13	Rachel Findlay-Robinson	F	79							1	79
14	Helen Winskill	F40	76							1	76
15	Bethan Naylor	F		75						1	75
16	Jane Elliot	F50		74						1	74
17	Lesley Malarkey	F60		72						1	72
18	Claire Warner	F		71						1	71
19	Kim Clark	F60		70						1	70
20	Jannet Ricketts	F40	66							1	66
