

Keswick A.C. Club Championships 2020

1. Men's Road

Name	Cat'y	North Lakes Half marathon	Keswick 'Not Round the Houses'	Any Parkrun 5k	Cumberland Ale 10k	Netherhall 10k	10k Anywhere	Races Run	Best 3 From 6
		05-Jan							
Sam Stead	M		100	100			100	3	300
Jacob Tonkin	M	85	78	90				3	252
Rob Brown	M	100						1	100
Ivan Holroyd	M40	86						1	86
Matt Mellor	M40	71						1	71
Mike Beechey	M50	74						1	74
Adrian Holme	M50	62						1	62
Martin Medforth	M60	54						1	54

2. Women's Road

Name	Cat'y	North Lakes Half marathon	Keswick 'Not Round the Houses'	Any Parkrun 5k	Cumberland Ale 10m	Netherhall 10k	10k Anywhere	Races Run	Best 3 From 6
		05-Jan							
Claire Warner	L	86						1	86
Emily Christmas	L	83						1	83
Emma Cooper	L	82						1	82
Rachel Mellor	L40	100			100		100	3	300
Lynne Hume	L40	93		100	89			3	283
Claire Williams	L40	90						1	90
Lindsay Walker	L40				89			1	89
Sally Nutter	L40	81						1	81
Helen Rennie	L40	79						1	79
Linda Jubb	L40	78						1	78
Suzanne Gilmore	L40	74						1	74
Therasa Paul	L50						80	1	80
Ella Scott	L50	78						1	78
Kathleen Proctor	L60	87		92			90	3	269

3. Men's Fell

Name	Cat'y	Stybarrow Dodd	Newlands Memorial Race (M)	Skiddaw	Coledale Horseshoe	Blisco Dash (S)	Two Riggs (S)	Races Run	Best 3 From 6
		01-Feb							
Matthew Atkinson	M	94			100			2	194
Mark Lamb	M	100						1	100
Rob Brown	M	93						1	93
Jacob Tonkin	M	81						1	81
Ross Butler	M40	76						1	76
Jeff Henderson	M40	74						1	74
Jim Haworth	M50	79	100		82		100	4	282
Steve Angus	M50	83						1	83
Dave Prosser	M50	76						1	76
Craig Smith	M50	75						1	75
Colin Valentine	M50	65						1	65
Simon Veitch	M50	64						1	64
Gary Mason	M50	60						1	60
Mike Mallen	M60	69						1	69
James Downie	M70	64						1	64

4. Women's Fell

Name	Cat'y	Stybarrow Dodd	Newlands Memorial Race (M)	Skiddaw	Coledale Horseshoe	Blisco Dash (S)	Two Riggs (S)	Races Run	Best 3 From 6
		01-Feb							
Catherine Spurden	L	100						1	100
Rachel Findlay-Robinson	L	79						1	79
Rachel Mellor	L40	84			100			2	184
Debbie Charlton	L40	72						1	72
Kerry Cornforth	L40	71						1	71
Therasa Paul	L50			77	90		100	3	267
Nicky Butler	L50	70		96	89			3	255
Sara Hodgson	L50	81						1	81
Louise Brown	L50	68						1	68
Kathleen Proctor	L60			95	59		75	3	229
Lesley Malarkey	L70	68		100	91			3	259

5. Men's Trail

Name	Class	Keswick AC Whinlatter	Ennerdale 7 miles	Not Round Latrigg	Buttermere 20k trail race	Watchtree 10k	Whinlatter Parkrun 5k	Races Run	Best 3 From 6
		23-Feb							
Matt Atkinson	M	92					100	2	192
Carl Bell	M	100						1	100
Rob Brown	M	92						1	92
Russell Maddams	M40	89						1	89
Phil Winskill	M40	81						1	81
James Haworth	M50	82						1	82
Paul Cornforth	M50	78						1	78
Ed Stafford	M50	73						1	73
Steve Carter	M50	69						1	69
Mike Beechey	M50	64						1	64
Dave Burton	M60	66						1	66

6. Women's Trail

Name	Class	Keswick AC Whinlatter	Ennerdale 7 miles	Not Round Latrigg	Buttermere 20k trail race	Watchtree 10k	Whinlatter Parkrun 5k	Races Run	Best 3 From 6
		23-Feb							
Charlie Bradshaw	L	70		81			64	3	216
Katy Kaars	L	100						1	100
Jen Bell	L	85						1	85
Zoe Webber	L	70						1	70
Trudy Beetham	L40	88	100	100			100	4	300
Lynne Hume	L40		95			100	95	3	289
Rachel Mellor	L40	89	100		100			3	289
Linda Jubb	L40			84		91	80	3	256
Lindsay Walker	L40	79	88					2	166
Jo Gillyon	L40	87						1	87
Debbie Charlton	L40	79						1	79
Therasa Paul	L50			94	96		85	3	276
Sara Hodgson	L50	89						1	89
Annabel Holmes	L50	85						1	85
Louise Brown	L50	80						1	80
Jane Elliott	L50	73						1	73
Benita Laphorne	L50	70						1	70
Kathleen Proctor	L60	73	64	77			75	4	226
Lyn Thompson	L60	83						1	83