

Langdale Christmas Pudding 10k

Pos	Bib	Name	Age Group	Club	Time
Langdale Christmas Pudding Run 10k					
1	206	Richard Anderson	M	Holmfirth Harriers AC	0:34:48
2	688	Laurence Hill	M		0:35:36
3	735	Beau Smith	M	Lancaster & Morecambe AC	0:36:46
4	438	Alex Staniforth	M		0:36:46
5	681	Bobby Hagan	M	Morpeth Harriers & AC	0:37:28
6	734	Jonathan Shaw	M	Sheffield RC	0:37:33
7	749	Rowan Varley	MU21		0:37:36
8	617	Richard Wilson	MV 40	Kendal AC	0:38:13
9	252	Danny Clarke	MU21	Eden Runners	0:38:15
10	616	Matt Wilson	MV 50	Kendal AC	0:38:29
11	510	Simon Cogan	MV 40		0:38:47
12	343	William Laye	M	Howgill Harriers	0:39:36
13	55	Conor Rafferty	M	Edinburgh Frontrunners	0:39:42
14	766	Paul William Barker Harrison	MU25		0:39:50
15	346	Craig Little	MV 40	Carlisle Tri Club	0:39:53
16	446	Adam Taylor	M	Kendal amateur athletics	0:40:13
17	334	Mark Lamb	MV 40	Mornington Chasers	0:40:33
18	386	Ben Partington	MU25		0:41:14
19	583	Josh Ratcliffe	M		0:41:23
20	40	Matt Wilmshurst	MV 40	Tri Tempo Eastbourne	0:42:00
21	273	John Fisher	MV 40	Border Harriers	0:42:03
22	613	Kester Webb	M		0:42:04
23	752	Edwin Welch	M		0:42:54
24	738	Hugh Taylor	MU25		0:43:05
25	649	Oliver Andrews	MU16	Ambleside AC	0:43:11
26	711	Ian Mcdougall	MV 60	Cumberland ac	0:43:12
27	393	Jonathan Poirrette	MV 60		0:43:20
28	721	Coral Mowbray	F	Eden runners	0:43:27
29	693	Daniel Hunter	MV 40		0:43:44
30	542	Neil Hulme	MV 60		0:43:46
31	578	Peter Poirrette	M		0:43:58
32	361	Nichola McNally	FV 50	Penistone Footpath Runners	0:44:00
33	764	Paul Yates	MV 50		0:44:02
34	294	Annie Haine	F	City Of Lancaster Triathlon COLT	0:44:07
35	272	Joshua Ferguson	M		0:44:28
36	299	Dan Hartley	MV 40	Keswick AC	0:44:30
37	736	Ted Tayloir	MU21		0:44:37
38	224	Liz Berners-Lee	FV 50		0:44:46
39	756	Andrew Whittingham	MV 50	Wilmslow Running Club	0:44:59
40	661	Christie Byrne	F	Kendal AAC	0:45:25
41	17	Eoin Tonge	MV 50		0:45:25
42	662	Mark Carradus	MV 40		0:45:29
43	207	Jim Andrews	MV 60	Ambleside	0:45:30
44	387	Josh Partington	MU25	Saddleworth running club	0:45:31

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Pos	Bib	Name	Age Group	Club	Time
45	582	Roberto Raso	MV 60	Manchester Frontrunners	0:45:35
46	233	Simon Blake	MV 40		0:45:36
47	571	Pete Murray	MV 40		0:45:39
48	682	Molly Hale	F	Kendal Tri Club	0:45:53
49	587	Jez Reynard	MV 50	Sheffield Fox Racing	0:45:55
50	51	John Peaker	MV 60		0:45:56
51	737	Bill Taylor	MU21		0:46:03
52	310	Mark Hopkins	MV 60		0:46:24
53	733	Andy Scott	MV 40		0:46:38
54	716	Alex Mitchell	MV 40		0:46:55
55	337	Mike Lancaster	MV 40	St.Albans Striders	0:46:57
56	271	Susan Fawkes	F		0:47:00
57	575	Amy Pearman	FV 40	Kendal AAC	0:47:02
58	32	Isaac Heap	MU21		0:47:06
59	469	Lewis Wilson	M		0:47:07
60	550	Steve Jones	MV 40		0:47:08
61	457	James Watson	MV 40	Glasgow FrontRunners	0:47:12
62	769	Tim Austin	MV 40		0:47:19
63	293	James Gregory-Campeau	M		0:47:21
64	78	Stevie Dudding	F		0:47:37
65	718	John Moran	M		0:47:39
66	697	Charlotte Jones	F		0:47:45
67	533	Ian Goulding	MV 60	Holmfirth Harriers	0:47:57
68	773	Nathan Collins	M		0:48:00
69	309	Andy Holden	MV 40		0:48:02
70	499	Jennifer Casson	FV 40		0:48:17
71	451	Jack Tysome	MU21		0:48:19
72	464	Russell Willett	MV 40		0:48:21
73	645	Cameron Aitken	M		0:48:27
74	434	matthew Squires	MV 40	Millican Track Club	0:48:29
75	54	Loretta Davies	F	Liverpool Pembroke & Sefton H AC	0:48:49
76	383	Tim Openshaw	MV 50		0:48:52
77	304	Lewis Henson	MU21		0:49:01
78	700	Benedict Lee	M		0:49:03
79	445	Andrew Sumner	MV 50	northern fells	0:49:06
80	707	Kevin McAllister	MV 40		0:49:22
81	320	Rebecca Illingworth	F		0:49:25
82	232	Jim Bishop	MV 50	Lonely Goat	0:49:34
83	29	Marchal Emery	M		0:49:55
84	755	Andrew White	MV 40		0:49:55
85	702	Ben Longton	M		0:50:02
86	650	Vanessa Anthony	FV 40	Ambleside Athletics Club	0:50:09
87	254	Theo Clarke	MU21		0:50:13
88	422	Jack Searby	M		0:50:17
89	382	Jacob Openshaw	MU21		0:50:20

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Pos	Bib	Name	Age Group	Club	Time
90	323	Paul Jackson	MV 50		0:50:22
91	757	Philippa Whittingham	FV 50	Wilmslow Striders	0:50:23
92	722	Jamie Murray	M		0:50:27
93	23	Matthew Harvey	MV 40		0:50:30
94	307	Matthew Hill	MU21		0:50:30
95	637	Paul Rawlinson	MV 40		0:50:31
96	423	Jo Sharp	FV 50	Blackburn Roadrunners	0:50:39
97	321	Sam Ingham	FV 50		0:50:39
98	495	Will Bullingham	M		0:50:43
99	432	Gemma Smith	FV 40		0:50:45
100	710	Vanessa McCourt	FV 50		0:50:45
101	10	Carl King	MV 50		0:50:48
102	302	Sally Hegarty	FV 40		0:50:55
103	251	Chris Clarke	MV 40		0:50:59
104	270	Edward Evans	MV 40	COLT	0:51:03
105	655	Jon Bowskill	MV 50	4 zero	0:51:04
106	408	Danni Riley	FV 40		0:51:06
107	362	Thomas McNally	MV 60		0:51:09
108	712	Anthony McNulty	MV 50	Accrington road runners	0:51:11
109	390	Mark Pearson	MV 50		0:51:18
110	483	Mark Ayrton	MV 50		0:51:23
111	679	Sam Geldard	M		0:51:26
112	289	Lara Gilman	FV 40		0:51:35
113	750	Andrew Wallace	MV 40	Kendal AAC	0:51:42
114	589	Linda Rix	FV 60	Manchester frontrunners	0:51:53
115	641	Tom Webster	M		0:52:04
116	602	Sam Taylor	M		0:52:06
117	317	Georgia Houghton	FV 40		0:52:12
118	388	Aisling Patterson	FV 50	Harpenden Arrows	0:52:17
119	339	Charles Lapinskas	M		0:52:19
120	534	Emma Graham	FV 50	St Bees Triers	0:52:21
121	719	Chris Morphet	MV 40	Got the Runs	0:52:21
122	520	Sam Dillon	MU21		0:52:22
123	558	Alex Logan	MV 60		0:52:27
124	336	Claire Lancaster	FV 40		0:52:32
125	20	Brendan Ashton	MV 50		0:52:35
126	696	Lydia Jackson	F		0:52:43
127	366	Carolyn Millican	FV 40		0:52:48
128	316	Craig Houghton	MV 50		0:52:51
129	455	Chaz Vaudin	M		0:52:54
130	94	Elizabeth Hughes	FV 40	Skelmersdale Boundary Harriers	0:52:58
131	751	Neil Ward	MV 50	Ponteland Runners	0:53:00
132	730	Jack Ryder	M		0:53:02
133	731	John Ryder	MV 50	Eden runners	0:53:10
134	15	Trevor Sansom	MV 50	Howgill Harriers	0:53:24

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135	726	Helen Pennington	F		0:53:28
136	496	Al Burns	MV 40		0:53:37
137	35	Chris Slater	M		0:53:38
138	748	Luke Varley	MU25		0:54:02
139	504	Josh Clay	M		0:54:17
140	240	Ava Brierley	GU16	Ambleside AC	0:54:23
141	329	Jonathan Keegan	MV 40		0:54:30
142	611	Josh Watson	M		0:54:34
143	690	David Holliday	MV 50	DCH Run Club	0:54:35
144	269	Graham Dyson	MV 50		0:54:37
145	53	Lisa Tyrer	FV 50		0:54:42
146	238	Kevin Bray	MV 60	Morpeth Harriers	0:54:51
147	600	Patrick Swain	M		0:54:54
148	555	Katharine King	F		0:54:55
149	692	Sarah Jane Holton	FV 50		0:54:59
150	429	Andrew Smith	MV 40		0:55:06
151	21	Matthew Flinton	MV 50		0:55:08
152	573	Georgia Page	FV 50	Sheffield Fox Racing	0:55:08
153	416	Mark Rowe	MV 60		0:55:13
154	532	Mark Girvan	MV 50	Newcastle Frontrunners	0:55:14
155	341	Vikki law	FV 50		0:55:17
156	747	David Turner	MV 60		0:55:18
157	313	Patrick Hopwood	M	Lancaster Runners	0:55:23
158	404	Isla Reynard	GU21	Sheffield Fox Racing	0:55:23
159	290	Darren Glynn	MV 40		0:55:29
160	767	Alfie Higgins	M		0:55:33
161	208	Jo Andrews	FV 50	Ambleside	0:55:45
162	402	Anna Rawlins	F		0:55:51
163	462	George White	M		0:55:54
164	465	Johnny Williams	MV 40		0:56:01
165	667	Gavin Draper	MV 50		0:56:07
166	415	Laura Routledge	F		0:56:08
167	331	Timothy Knowles	MV 60	None	0:56:11
168	38	Mark Tyrer	MV 50		0:56:22
169	8	Chris Hill	M		0:56:26
170	288	Philip Gillespie	M		0:56:26
171	543	Imogen Ives	GU16		0:56:29
172	680	Brydie Greenwood	F		0:56:42
173	633	Maria Leadbeater	FV 60		0:56:45
174	768	Sam Hall	MV 40		0:56:47
175	403	Dom Rawlins	M		0:56:49
176	305	Paul Hewitt	MV 60		0:57:05
177	772	Seb Allinson	M		0:57:05
178	211	David Ashford	M		0:57:08
179	454	Martin Varley	MV 50		0:57:11

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Pos	Bib	Name	Age Group	Club	Time
180	253	Dermot Clarke	MV 50		0:57:19
181	49	Charlotte Johnston	GU25	Ambleside Athletics	0:57:21
182	590	Lauren Robinson	F		0:57:21
183	355	Rowan McCann	GU21		0:57:23
184	220	Sharon Barry	FV 50	Keswick AC	0:57:25
185	418	Tom Sanford	MV 40		0:57:26
186	519	Alba Dickinson	GU21		0:57:30
187	236	Vivienne Booth	FV 50		0:57:31
188	330	Mart Kissick	MV 40		0:57:32
189	599	Charis Sung	GU25		0:57:35
190	242	Andrew Brown	MV 50		0:57:49
191	81	Anne Macfarlane	FV 60	Dumfries Running Club	0:57:49
192	427	Adam Slack	MV 40		0:57:54
193	591	Nancy Rowe	F		0:57:55
194	36	Paul Smith	MV 40		0:57:57
195	377	Rhys Nuttall	M		0:57:59
196	345	Lyndon Levett	MV 50		0:57:59
197	209	Alan Asbridge	MV 60		0:58:05
198	210	Harriet Asbridge	F		0:58:06
199	563	Danny McKeown-Henshall	MV 40		0:58:07
200	729	Andrew Royce	MV 60		0:58:12
201	478	Chris Albiston	M		0:58:13
202	292	John Greenall	MU21		0:58:14
203	216	William Baker	MU25		0:58:14
204	724	Alfie Parker-Weir	MU25	DCH Run Club	0:58:16
205	414	Steve Rolls	MV 50		0:58:22
206	342	Jade Lawson	F		0:58:22
207	413	Jo Rolls	FV 50	Keswick AC	0:58:22
208	19	Rob White	MV 40	Howgill Harriers	0:58:24
209	420	Emily Savage	F		0:58:27
210	584	Dave Raynor	MV 60	Red Rose Road Runners	0:58:28
211	76	Alison Byers	FV 40		0:58:29
212	763	Heidi Yates	GU21		0:58:37
213	762	Emily Yates	GU21		0:58:37
214	47	Rachael White	F		0:58:41
215	25	Karl White	MV 40		0:58:41
216	581	Michaela Pupakova	F		0:58:42
217	758	Chloe Wilcox	F		0:58:43
218	708	Katrina Mccaughan	FV 40		0:58:43
219	631	Ren�e House	GU21		0:58:47
220	503	Emma Clarke	FV 50		0:58:57
221	225	Mike Berneres-lee	MV 60		0:59:00
222	340	Jane Latham	FV 50		0:59:00
223	494	Caitlin BROWN	F		0:59:02
224	615	Ali Wilson	MU21		0:59:03

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Pos	Bib	Name	Age Group	Club	Time
225	335	Sally Lambert	FV 60	Ambleside SRG	0:59:09
226	30	Michael Fordyce	MV 60		0:59:11
227	347	Harry Lowe	MU16		0:59:12
228	493	Adrian Brown	MV 60		0:59:18
229	57	Robin Frith	MV 60		0:59:20
230	277	Robert Foster	MV 40		0:59:26
231	684	Laurie Harrison	GU16		0:59:30
232	683	john harrison	MV 50		0:59:30
233	266	Will Douthwaite	MV 40	Helm Hill	0:59:31
234	512	Russell Croker	M		0:59:46
235	103	Janette Canfield	FV 50		0:59:56
236	90	Louise Vose	FV 50		0:59:56
237	77	Andrea Donaldson	FV 40	St Bees Triers	1:00:03
238	417	Michael Sanderson	MV 50		1:00:04
239	541	Ben Harvey	M		1:00:12
240	486	Rachel Blake	FV 40		1:00:14
241	411	Ian Rodgers	MV 50	Bishops Stortford Running Club	1:00:17
242	524	Elizabeth Dyson	FV 50		1:00:17
243	28	Richard Byers	MV 50		1:00:17
244	283	Alice Gascoigne	GU25		1:00:18
245	676	John Garraway	MV 70		1:00:28
246	389	Howard Peach	MV 60		1:00:37
247	689	Josie Holding	F		1:00:39
248	576	Andy Pettit	MV 50	Leeds Bradford Tri Club	1:00:40
249	720	Martin Morris	MV 70		1:00:41
250	705	Jakub Lukaszonek	M		1:00:43
251	384	Tim Oscroft	MV 50		1:00:44
252	704	Daniella Lukaszonek	F		1:00:44
253	654	Michael Bond	MV 60		1:00:57
254	203	Matthew Almond	MV 50	Lancaster Runners	1:00:58
255	111	Chloe Almond	F	Lancaster Runners	1:00:59
256	665	Lindsey Dobson	F	Sheffield RC	1:01:03
257	14	Jonathan Prager	MV 60		1:01:09
258	98	Denise Maxwell	FV 50		1:01:10
259	605	Ian Turner	MV 60		1:01:17
260	73	Karen Blackley	FV 60		1:01:22
261	717	Judith Moore	FV 60		1:01:25
262	260	Tricia Cross	FV 60		1:01:32
263	306	Lynda Hill	FV 50		1:01:34
264	41	Christine Curran	FV 60	LMAC	1:01:34
265	409	Tom Rochelle	M		1:01:36
266	639	Paul Titley	MV 70	Keswick Ac	1:01:36
267	93	Alex Christian	F		1:01:38
268	297	Andrew Hardy	MV 60		1:01:38
269	433	Kate Sowerby	F	Howgill Harriers	1:01:40

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270	421	justin scott	MV 50		1:01:41
271	87	Sue Sansom	FV 50	Howgill Harriers	1:01:44
272	365	Gary Middlebrook	MV 70		1:01:46
273	287	Jeff Gillbanks	MV 50		1:01:47
274	623	Peter Burlingham	MV 40		1:01:48
275	618	Gina Windley	F		1:01:49
276	526	Ellie Farrow	F		1:01:50
277	593	Mark Sampson	M		1:01:50
278	109	Poppy Tyrer	GU21		1:01:54
279	212	Harriet Ashton	F		1:01:55
280	117	Helen Tope	F		1:01:59
281	378	Sally Nutter	FV 50	Keswick AC	1:02:00
282	670	Paul Feather	MV 50		1:02:04
283	727	Hannah Reynolds	FV 40	Half and Half Sedbergh	1:02:17
284	215	Fiona Austin	FV 50		1:02:28
285	514	Beckie Davies	FV 40		1:02:49
286	291	Juliet Golding	FV 50	Howgill Harriers	1:02:50
287	625	Jim Fell	MV 70	Werrington Joggers	1:02:53
288	701	Jacob Lees	MU25		1:02:54
289	244	Ellen Burton	F		1:02:58
290	230	Alex Billings	M		1:02:59
291	481	Faith Atherton	FV 50	EVERLAST GYM LEIGH & PHASE 7	1:03:04
292	368	Russell Moorhouse	MV 50	Black Combe Runners	1:03:12
293	488	Iza Borysiewicz	FV 40		1:03:12
294	296	Katie Hardcastle	GU25		1:03:17
295	713	Graham Melling	MV 60		1:03:20
296	513	Richard Cross	MV 50		1:03:25
297	364	Kathrin Meyrick	FV 60		1:03:32
298	265	Sarah Douthwaite	FV 40		1:03:36
299	668	Noah Emerson	MU21		1:03:55
300	245	Emma Cafferty	FV 50	Lancaster Runners	1:04:04
301	358	Lisa McEvoy	FV 50		1:04:06
302	300	Jessica Hartley	FV 40		1:04:12
303	105	Georgia France	GU21		1:04:23
304	106	Katherine France	FV 50		1:04:23
305	444	Emma Street	FV 40		1:04:29
306	325	David Joyce	MV 50		1:04:38
307	328	Wiktorja Kapusta	GU25		1:04:50
308	652	Ian Bates	MV 50		1:04:50
309	459	Nathan Weaver	M		1:04:51
310	354	Sheila Maxwell	FV 60	Lostock AC	1:04:57
311	428	Sally Slack	FV 40		1:05:13
312	675	Laura Gardner	FV 40		1:05:20
313	116	Kai Taylor	FV 50		1:05:22
314	100	Annabel Tonge	FV 50		1:05:24

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315	298	Arron Hart	M		1:05:32
316	535	Emma Green	F		1:05:34
317	452	Stephen Tysome	MV 50		1:05:36
318	1	Ben Anderson	MU21		1:05:42
319	624	CLIFF ETHERDEN	MV 70		1:05:45
320	658	Andrew Brookes	M		1:05:56
321	396	Amanda Prescott	FV 50	Bridgnorth Running Club	1:06:11
322	397	Dave Prescott	MV 50	Bridgnorth Running Club	1:06:11
323	88	Anne Stockley	FV 40	Keswick AC	1:06:12
324	644	Isobel Williamson	FV 70		1:06:13
325	9	Becky Hutton	F		1:06:16
326	760	Ian Wood	MV 50	4Zero / Wildsoles	1:06:18
327	743	Charles THOMPSON	MV 50	Ambleside SRG	1:06:21
328	698	Mike Jones	MV 50		1:06:21
329	659	Emily Bruchez	F		1:06:23
330	491	Emma Brierley	FV 50	None	1:06:28
331	530	Sally Gardner	FV 50		1:06:29
332	449	Oli Tomlinson	FV 50	FFR	1:06:29
333	771	Rory Johnson	M		1:06:30
334	770	Holly Gascoine	F		1:06:31
335	112	Gillian Felton	FV 60		1:06:38
336	612	Joanna Webb	FV 60		1:06:43
337	669	Sonja Farish	FV 50	Parkside panthers	1:06:48
338	456	Julie Wardlow	FV 40		1:06:53
339	327	Susan Joyce	FV 50		1:07:09
340	566	Lesley Middlebrook	FV 60		1:07:09
341	687	Janet Hill	FV 70	Croft Ambrey	1:07:22
342	595	Christopher Scates	MV 50		1:07:30
343	13	Alex McLean	MV 40		1:07:59
344	319	Gillian Hughes	FV 50		1:08:06
345	556	Laura Knowles	FV 40		1:08:09
346	95	Adel Hutchinson	FV 40		1:08:14
347	108	Kirstin Prager	FV 50		1:08:32
348	741	Liz Teasdale	FV 50		1:08:52
349	740	Josh Teasdale	M		1:08:52
350	360	Colette Mcgrory	F		1:08:53
351	627	Rachel Gale	F		1:08:56
352	579	Joanna Popiela	F		1:08:58
353	301	Mandy Haworth	FV 60	Dch run club	1:09:02
354	11	Philip lowrie	MV 40		1:09:02
355	315	Claire Houghton	FV 60	DCH Coaching	1:09:07
356	565	Peter McNamee	M		1:09:07
357	363	Catherine McNamee	F		1:09:08
358	498	Fraser Canpbell	MV 40		1:09:08
359	472	Andrew Woods	MV 70	Millom Striders	1:09:11

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360	685	Sinead Hennessy	FV 40		1:09:12
361	479	Abby Alexander	FV 40		1:09:19
362	518	Ellen Diccico	FV 40		1:09:20
363	375	Rosie Mutton	F		1:09:20
364	646	Lucy Aitken	F		1:09:23
365	647	Nicola Aitken	F		1:09:23
366	107	Sarah King	FV 50		1:09:28
367	634	Sean Mcgleenan	MV 60	Dumfries Running Club	1:09:33
368	34	Alison Nordon	FV 50		1:09:36
369	523	Laura Dunning	FV 40		1:09:37
370	374	Henry Murray	MU16		1:09:38
371	585	Samuel Read	M		1:09:43
372	267	Eve Dubois	GU25		1:09:44
373	63	William Tope	M		1:09:44
374	666	Sharon Donald	FV 50	DCH Run Club	1:09:47
375	725	Jayne Parker-Weir	FV 50	DCH RunClub	1:09:47
376	609	Emma Warburton	FV 60	N/a	1:09:54
377	531	Alison Garrett	FV 60		1:09:54
378	308	Ian Hobro	MV 60		1:09:59
379	561	Pauline Marshall	FV 60	Howgill Harriers	1:10:13
380	560	Petra Madarasan	FV 40		1:10:14
381	399	Andrew Pringle	MV 60		1:10:23
382	664	Adele Dixon	FV 40		1:10:24
383	754	Alison Westworth	FV 40		1:10:24
384	732	Nicola Saunders	FV 40		1:10:24
385	594	Amanda Sarjant	FV 50		1:10:29
386	72	Suzanne Bentley	FV 40		1:10:34
387	102	Amy Burrow	FV 40		1:10:34
388	314	Kelly Horley	F		1:10:43
389	68	Louise Roberts	FV 50		1:10:56
390	461	Helen Wharton	FV 50		1:11:24
391	357	Dawn Mccracken	FV 50		1:11:24
392	406	Sam Reynolds	M		1:11:25
393	274	Catherine Flannery	F		1:11:26
394	101	Anna Hindmarch	FV 50		1:11:33
395	540	Gail Harrison	FV 40	Radcliffe AC	1:11:45
396	606	trish uttley	FV 50		1:11:50
397	441	Jake Stapleton	MV 50		1:11:58
398	322	Hannah Ives	FV 40		1:12:06
399	580	Rachael Price	FV 40		1:12:13
400	217	Nicky Ball	FV 50		1:12:30
401	104	Nichola Cooke	FV 40	Prestwich Ac	1:12:39
402	525	Jasmine Emslie	FV 50	Prestwich AC	1:12:40
403	48	Jo Houghton	FV 60	Prestwich AC	1:12:40
404	250	John Christian	MV 60		1:13:06

Langdale Christmas Pudding 10k

Pos	Bib	Name	Age Group	Club	Time
405	691	Maggie Holmes	F		1:13:18
406	610	Kim Warburton	FV 60		1:13:30
407	59	Elizabeth Hird	FV 50	Fylde Mountaineering Club	1:13:31
408	714	Lynne Midgley-Ward	FV 50	Ponteland runners	1:13:32
409	656	Ella Bradley	GU21		1:13:41
410	52	Samantha Proud	F		1:14:07
411	85	Rachel Proud	F		1:14:08
412	369	James Morris	MV 40	Keswick AC	1:14:09
413	227	Justine Biddle	FV 50		1:14:09
414	370	Sam Morris	MU16	Keswick School	1:14:09
415	257	Paul Coldham	MV 60	DCH Run Club	1:14:27
416	92	Cassie Brockbank	FV 40		1:14:41
417	604	Andrea Towse	FV 40		1:14:43
418	559	Katie Lowis	FV 40		1:14:43
419	448	Rachel Tilburn	FV 40		1:14:43
420	352	Hayley Mason	FV 40		1:14:44
421	74	Anna Burton	F		1:14:55
422	410	Eleanor Rodgers	FV 50	Bishops Stortford Running Club	1:14:57
423	39	Natalie Walsh	F		1:14:59
424	86	Laura Rogan	FV 40		1:15:07
425	547	Vicky Johnston	FV 50	St Bees Triers	1:15:09
426	333	Emma Lafferty	F		1:15:14
427	648	Chloe Allen	GU25		1:15:14
428	695	Gary Jackson	MV 60		1:15:20
429	539	Sue Gudgeon	FV 50		1:15:22
430	285	Antonia Ghimpu	F		1:15:39
431	214	pip atkinson	FV 60		1:15:42
432	562	Joanne McElroy	FV 40		1:15:45
433	71	Nicky Barker	FV 50		1:15:47
434	27	Lucy Barker	F		1:15:48
435	728	Sarah Risley	F		1:15:52
436	723	Heather Oâ€™Connor	F		1:15:52
437	653	Mark Beresford	M		1:15:53
438	96	Sue Kearney	FV 60		1:15:59
439	381	Helen Openshaw	FV 50		1:16:01
440	506	Joanne Coates	F		1:16:22
441	765	Azimah Zain	F		1:16:22
442	677	Sarah Gaw	F		1:16:38
443	468	Ian Wilson	MV 60	Lancaster Runners	1:16:38
444	75	Vicki Buss	FV 50		1:16:56
445	572	Cheryl Nuttall	FV 50		1:17:02
446	222	Richard Bastille	MV 50		1:17:07
447	401	Allison Ragosa	FV 40		1:17:07
448	463	Cherrie Whiteley	FV 40		1:17:07
449	221	Marianne Bastille	FV 50		1:17:07

Langdale Christmas Pudding 10k

Pos	Bib	Name	Age Group	Club	Time
450	753	Timothy Westwood	MV 60		1:17:20
451	651	Rachel Ashton	F		1:17:45
452	509	Joanna Cobley	FV 50		1:17:46
453	521	Thao Do	F	Helm Hill	1:18:13
454	502	Laura Clark	FV 40		1:18:13
455	437	Victoria Stanford	F		1:18:13
456	18	Anna Vincent	FV 40		1:18:13
457	205	Steve Amos	MV 60	Cobra	1:18:17
458	626	Helen Field	FV 40	Women on the run	1:18:24
459	295	Elizabeth Hardaker	FV 70		1:18:24
460	643	Laura Whittaker	FV 40		1:18:26
461	380	Noel Oâ€™Connor	MV 50		1:18:30
462	529	Isobel Gabanski	FV 50		1:18:32
463	471	David Wood	M	DH Runners	1:18:37
464	470	Cath Wood	F	DH Runners	1:18:40
465	516	Jennifer Dennington	FV 40		1:18:42
466	607	Sunna Van Loo	FV 40		1:18:42
467	326	Nicola Joyce	FV 50		1:18:48
468	447	Rachel Tejera	FV 40		1:18:52
469	598	Lorraine Stapleton	FV 50		1:19:03
470	115	Eleanor Pearson	GU25		1:19:15
471	97	Lusaigh Longstaff Sanchez	GU25		1:19:15
472	234	Mary Bloye	FV 60		1:19:16
473	264	Margaret Dickinson	FV 50		1:19:17
474	204	Alison Ambrose	FV 40		1:19:20
475	492	Kate Broome	FV 60	Achille Ratti	1:19:26
476	379	Paula O Sullivan	FV 40		1:19:26
477	473	Clare Wride	FV 40		1:19:27
478	557	Anna Lightfoot	F		1:19:34
479	84	Ali Mckenna	FV 50		1:19:43
480	348	Tessa Lowe	GU16		1:19:46
481	226	Morgan Bewick	GU21		1:19:47
482	43	Jenny kell	F		1:19:55
483	453	Philip Underwood	MV 40		1:19:56
484	311	Colette Hopwood	FV 50		1:19:56
485	284	David Gascoigne	MV 60		1:20:04
486	3	Martin Creasor	MV 60		1:20:08
487	22	Rowena Hargill	F		1:20:10
488	694	Ellie Ingleby	FV 40		1:20:16
489	26	Diane Rogers	FV 60		1:20:37
490	62	Martin Rogers	MV 50		1:20:37
491	318	Dan Hughes	MV 40		1:20:49
492	239	Susana Brea Herrero	FV 50		1:20:50
493	458	Tessa Watson	FV 40		1:21:06
494	425	Jon Silcock	MV 40		1:21:07

Langdale Christmas Pudding 10k

Pos	Bib	Name	Age Group	Club	Time
495	671	Ollie Fenton	M		1:21:11
496	672	Bertie Fish	F		1:21:12
497	554	Jane King	FV 60		1:21:32
498	44	Richard King	MV 60		1:21:36
499	709	Emily McCoombe	FV 40	Vegan Runners	1:21:36
500	426	Alex Simpson	MV 40		1:21:37
501	497	Nikhil Butler	M		1:21:45
502	477	Anika Ahmed	F		1:21:46
503	536	Peter Green	M		1:21:49
504	537	Thomas Grime	M		1:21:50
505	549	Sarah Jones	F		1:21:50
506	373	Robert Mundy	MV 70		1:22:04
507	467	Emily Wilson	FV 40		1:22:41
508	70	Sandra Allan	FV 60	Fellside Ladies	1:22:43
509	511	Jenny Coupland	FV 50		1:22:45
510	276	Tim Flood	MV 60		1:23:12
511	83	Mandy Marshall	FV 50		1:23:12
512	746	Paul Tickner	MV 70		1:23:24
513	248	Diane Cannon	FV 50		1:23:31
514	247	Ashia Cannon	GU25		1:23:31
515	574	Liz Peach	FV 50		1:24:31
516	113	Jen Hamilton	FV 50		1:24:32
517	407	Jemari Rigg	F		1:24:36
518	349	Rachel Lowery	F		1:24:37
519	312	Darryl Hopwood	MV 60		1:25:12
520	608	Josephine LOUISE Walsh	FV 50		1:25:46
521	42	Samantha Jackson	FV 50		1:25:47
522	395	Chris Powell	MV 60	Ambleside SRG	1:25:47
523	324	Sarah Jackson	FV 50	Ambleside SRG	1:25:47
524	699	Lucie Kelly	FV 40	Ambleside SRG	1:25:48
525	64	Robyn Johnson	F	Hyde Park Harriers	1:25:48
526	544	Abi Jacobs	FV 50	Ambleside SRG	1:25:48
527	490	Ursula Brendling	FV 50	Ambleside Social Run Group	1:25:48
528	419	mark Sarjant	MV 50	Ambleside SRG	1:25:49
529	398	Chris Price	MV 60	Ambleside SRG	1:25:50
530	16	Stephanie Swarbrick	F		1:26:29
531	663	Dave Cope	MV 70		1:27:46
532	759	Susan Winn	FV 60	Women On The Run	1:29:31
533	91	Lesley Wallace	FV 50	Women On The Run	1:29:33
534	660	Tanya Bushell	FV 40	Women On Run	1:29:36
535	372	Katie Mousdell	F		1:29:39
536	475	Yvonne Wykes	FV 50		1:30:11
537	394	Kate Potter	FV 40		1:30:45
538	82	Jennifer Marshall	FV 70		1:30:48
539	603	Stephen Thorn	MV 50		1:31:19

Langdale Christmas Pudding 10k

Pos	Bib	Name	Age Group	Club	Time
540	744	Suzie Thorn	FV 60		1:31:23
541	218	Angela Barker	FV 60		1:33:15
542	332	Ann Kopczewski	FV 60		1:33:18
543	551	Maggie Joyce	FV 50		1:34:26
544	2	Sarah Banks	FV 40		1:34:26
545	60	Christine Richards	FV 50		1:37:16