

Green

5km 135m

Pos	Name	Club	Age Class	Time
1st	David Spencer	WCOC	M40	32:19
2nd	Ian Cumpstey	JOK	M35	33:37
3rd	Ian Maxwell	RR	M50	33:56
4th	Roger Thomas	WCOC	M50	41:43
5th	Adam Bennett	BL	M35	43:24
6th	Alastair Thomas	WCOC	M12	43:28
7th	Eileen Maxwell	RR	W45	44:18
8th	Michael Pearson	WCOC	M65	46:28
9th	Lynne Thomas	WCOC	W40	46:53
10th	Tim O'Donoghue	SOLWAY	M60	47:51
11th	Mike Cumpstey	BL	M65	49:01
12th	Isabel Berry	BL	W21	50:01
13th	Gerry Garvey	BL	M45	51:49
14th	Christine Goulding	BL	W45	51:50
15th	Gary Newman	BL	M45	55:34
16th	Syd Thomas	WCOC	M60	55:57
17th	Joan Cumpstey	BL	W60	56:34
18th	James Newman	BL	M16	57:35
19th	Niamh Hunter	WCOC	W12	58:03
20th	Richard Moss	BL	M70	60:25
21st	Dick Whitworth	BL	M70	63:16
22nd	Fran McDonald	WCOC	W60	65:11
23rd	Robin Stansfield	BL	M70	67:22
24th	Penny Clay	BL	W40	67:40
25th	Ellie Ames + Emily Hills	IND	W30	81:58

Short Green

3.2km 90m

Pos	Name	Club	Age Class	Time
1st	Chris Lates	BL	M70	30:04
2nd	Daniel Spencer	WCOC	M12	31:44
3rd	Ian Teasdale	IND	M50	35:50
4th	Helen O'Donoghue	SOLWAY	W50	44:08
5th	Ailsa O'Donoghue	SOLWAY	W14	46:08
6th	Louise Wilson	BL	W70	47:40
7th	Marguerite Pennell	WCOC	W70	51:04
8th	Angela Whitworth	BL	W70	51:29
9th	Abbie Bradshaw + 1	IND	W12	52:16
10th	Geoff Armer	BL	M65	55:46
11th	Andrew Suddaby	BL	M70	56:27
12th	Francesca Bradshaw + 1	IND	W12	57:11
13th	Judy Suddaby	BL	W70	57:37

14th	Thomas Rawle + 2	IND	67:49
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Orange

2.7km 65m

Pos	Name	Club	Age Class	Time
1st	Henry Teasdale	IND		28:44
2nd	Vanessa Brierley	IND	W40	33:06
3rd	Rosie Spencer	WCOC	W10	34:20
4th	Isla O'Donoghue	SOLWAY	W10	34:51
5th	William Studholme + Family	IND		38:39
6th	Gemma O'Dowd	BL	W9	39:13
7th	Ben O'Dowd	BL	M9	40:06
8th	Shirley Moss	BL	W65	46:03
9th	Isaac Hunter	WCOC		50:19
10th	Thomas Rawle + 2	IND		54:15
11th	Helen Lates	BL	W70	60:16
12th	Wilfrid Teasdale	IND		61:10
13th	Harry Skelhorn + Family	IND		67:40

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