

# *Bendrigg 10K Race - Results 2009*

<i>Race position</i>	<i>Name and number</i>	<i>Time</i>	<i>Sex</i>	<i>Vet category</i>	<i>Club</i>
1	153 Danny Parkinson	32.33	Male		Kendal AC
2	179 Tom Addison	34.07	Male		Helm Hill
3	205 Paul Muller	36.06	Male	V50	Horwich Harriers
4	180 Jon Addison	36.26	Male		Helm Hill
5	206 Pete Harrison	36.52	Male		Sedbergh School
6	138 Lee Barlow	37.18	Male		Wesham RR
7	156 Peter Cruse	37.28	Male	V45	Lytham St Annes
8	209 Tom Hinton	37.52	Male		Sedbergh School
9	145 Jamie Robbins	38.04	Male		Kendal AC
10	213 Steve Myerscough	38.24	Male		Wesham RR
11	210 Sam Fisher	38.42	Male		Sedbergh School
12	170 Mark Ashburn	38.50	Male		Dallam
13	186 Matt Wilson	39.33	Male		Kendal AC
14	194 Billy Procter	39.41	Male	V50	Helm Hill
15	108 Ian Hayden	39.48	Male		Aurora Harriers
16	155 Bev Wright	40.01	Female	LV45	Blackpool & Fylde
17	176 Shaun Addison	40.20	Male	V45	Helm Hill
18	168 Peter Sandford	40.59	Male	V50	Dallam
19	157 Melanie Hyder	41.05	Female		Helm Hill Runners
20	204 Gary Dover	41.08	Male	V45	Glaxo Hoad Hill
21	164 A. Hudson	41.41	Male	V45	Southport Waterloo
22	202 S. Eaton	41.42	Male		Wesham RR
23	183 Jeff Belt	41.49	Male		North York Moors AC
24	121 Michael Eddy	42.16	Male	V40	Ambleside AC
25	191 Frank McTominay	42.20	Male	V45	Helensburgh AC
26	218 Chris Norris	42.59	Male	V50	Settle Harriers
27	134 Magnus Mulliner	43.07	Male		
28	177 Richard Pyne	43.26	Male		Kendal AC
29	111 Steve Pierce	43.34	Male	V60	Kendal AAC
30	203 Ray Gill	44.10	Male	V45	Dallam
31	162 Vicki Harvey	44.44	Female	LV35	Southport Waterloo

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32	212 Jim Fisher	44.48	Male	V50	Sedbergh School
33	115 Mark Richards	45.03	Male	V45	Hoad Hill Harriers
34	139 Tanya Ashworth	45.12	Female	LV35	Blackpool & Fylde AC
35	114 Jack Richards	45.16	Male		Hoad Hill Harriers
36	187 David Whitehead	45.24	Male	V45	Northern Vets
37	154 Graham Vickers	45.30	Male	V50	Wesham RR
38	192 Paul Sewell	45.59	Male	V60	Dallam
39	171 Chris Schofield	46.02	Male	V45	Helm Hill
40	144 Charlie Frankland	46.05	Male	V40	
41	127 Chris Huggins	46.06	Male		
42	201 Ian Mitchell	46.20	Male	V45	Helm Hill
43	208 Josh Thompson	46.40	Male		Sedbergh School
44	107 Billy Raine	47.03	Male	V50	Aurora Harriers
45	200 Dianne Priestley	47.04	Female	LV55	Kendal AC
46	124 Christopher Hill	47.14	Male	V50	
47	165 Robert Fairclough	47.21	Male	V50	
48	105 Brian Usher	47.29	Male	V55	Aurora Harriers
49	152 Kevin Chaplow	47.43	Male	V40	
50	169 Lizzie James	47.59	Female	LV35	
51	174 Peter Ion	48.04	Male	V65	Kendal AC
52	207 George Philpot	48.23	Male		Sedbergh School
53	217 J. Williams	48.33	Male		
54	161 John Woolridge	49.07	Male	V55	Border Harriers
55	136 David McEwan	49.17	Male		
56	128 Dawn Gill	49.26	Female	LV45	Dallam AC
57	116 Leigh Dickinson	50.14	Male		
58	137 Rekha Ravichandran	50.26	Female		
59	110 Jonathan Sizer	50.27	Male	V40	
60	117 Simon Day	50.56	Male	V40	
61	173 B. Musgrove	50.57	Male	V60	Howgill Harriers
62	112 Jane Allan	51.09	Female		
63	119 Stephen Fiddler	51.11	Male	V40	
64	104 Derek Sinclair	51.11	Male	V65	Aurora Harriers

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65	159 Nigel Atkinson	51.34	Male		
66	158 Barry Edwards	51.45	Male	V45	Wesham RR
67	146 Faith Cobaine	51.47	Female	LV35	
68	220 Christian Taylor	51.51	Male		
69	160 Peter Taylor	51.59	Male	V70	Northern Vets
70	211 Trish Cooling	52.10	Female	LV45	Howgill Harriers
71	101 Larry Greaves	52.17	Male	V60	Aurora Harriers
72	185 Malcolm Vinnicombe	52.18	Male	V60	Garstang RC
73	184 Helen Hunter	52.18	Female	LV35	Garstang RC
74	133 Garry Vernon	53.08	Male	V40	
75	198 Stephen Braithwaite	53.16	Male		
76	129 Bill Ridings	53.28	Male	V55	Northern Vets
77	214 Tim Farron	53.37	Male		Dallam
78	224 Chloe Brown	54.14	Female		
79	131 Isabel Berry	55.08	Female		
80	166 Julie Murphy	55.10	Female	LV35	Thornton Cleveleys
81	143 Andrew Robson	55.16	Male	V50	
82	223 James Barnes	55.24	Male	V45	UK Runner
83	215 Julie Hayton	55.25	Female	LV35	
84	216 Tracy Richardson	55.25	Female	LV35	
85	147 Neil Gibbons	55.37	Male	V40	
86	219 Sheona Southern	56.17	Female	LV45	
87	190 David Taylor	56.23	Male	V50	Staffordshire Moorlands
88	130 Jamie Hoare	56.25	Male		
89	113 Maggie Willan	56.36	Female		
90	175 Laila Carruthers	57.05	Female		
91	172 Mr Crawford	57.07	Male		Helm Hill
92	135 John Nettleton	57.18	Male	V80	
93	167 Malcolm Sherwood	57.26	Male	V55	Thornton Cleveleys
94	118 Sue Fiddler	57.31	Female	LV35	
95	125 Roger Turner	57.42	Male	V65	
96	149 Bernard Elkington	57.50	Male	V70	Red Rose R R
97	150 Brian Gregory	57.50	Male		

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<b>98</b>	132 Conrad Slater	58.46	Male	V70	Kendal AC
<b>99</b>	188 Donna Spencer	59.28	Female	V35	
<b>100</b>	163 Gwen James	60.37	Female	LV45	
<b>101</b>	222 Nick Turner	61.08	Male	V50	
<b>102</b>	225 Heather Pakeman	61.39	Female	LV45	
<b>103</b>	196 Graham Orr	61.50	Male	V45	
<b>104</b>	120 Rod Berry	62.16	Male	V70	Kendal AC
<b>105</b>	178 Paul Johnson	62.18	Male	V55	
<b>106</b>	197 Sally Totton	62.35	Female		
<b>107</b>	199 Jim Dean	62.36	Male	V65	
<b>108</b>	195 Judith Orr	62.48	Female	LV45	
<b>109</b>	193 Janet Smith	62.49	Female	LV45	
<b>110</b>	142 Karin Robson	63.20	Female	LV45	
<b>111</b>	181 Sandra Scott	65.19	Female	LV55	Helm Hill
<b>112</b>	151 Rachel Cabble	65.24	Female	LV35	
<b>113</b>	189 Mark Taylor	65.27	Male		Staffordshire Moorlands
<b>114</b>	141 Emma Perrin	66.30	Female		
<b>115</b>	140 Ann Taylor	72.51	Female	LV45	
<b>116</b>	221 Gwyneth Taylor	73.20	Female	LV45	
<b>117</b>	182 Sandra Kirkby	73.20	Female	LV35	