

## 'Hay-O' Trail Race 2011 Results - 5<sup>th</sup> July 2011

Position	Time	Number	Name	Club	Category
1	25:05	357	Howard Seal	Derwent AC	M
2	26:11	352	Marc Penn	Blenqdale Runners	M
3	26:31	356	Jackie Winn	Ellenborough AC	MV60+
4	26:35	349	Gerard Mulgrew	Ellenborough AC	MV40-50
5	27:21	351	Robert Morris	Derwent AC	M
6	27:24	374	Martin Varey	Tri-Lakeland	M
7	27:32	342	Alan Cornthwaite	Unattached	M
8	27:59	347	Ian McDougall	Cumberland AC	MV40-50
9	28:05	391	Jordan Christy	Unattached	M
10	28:12	385	Pete Marston	CFR	M
11	28:22	336	Douglas Tickner	NUAXC	M
12	28:24	340	Jeff Thorpe	Tri-Lakeland	M
13	28:29	379	Mike Anderson	Unattached	MV50-60
14	28:34	387	Ed Strong	unattached	M
15	28:40	338	Gary Byers	FRA	MV40-50
16	28:46	388	Amanda Woodcock	Tri Lakeland	FV35-45
17	28:54	348	Chris Brewer	Keswick AC	MV40-50
18	29:07	381	John Skelton	Unattached	MV40-50
19	29:32	359	Barry Hodgson	Ellenborough AC	MV50-60
20	29:37	341	Simon Clarke	Tri Lakeland	M
21	29:48	369	Louisa Tweedale	Carlise Tri	F
22	30:14	360	Andy Rodger	Derwent AC	MV40-50
23	30:21	386	Ellie Ulyatt	Derwent AC	F
24	30:26	378	Stuart Jenkinson	Unattached	M
25	30:28	331	David Cain	Penny Lane Striders	MV50-60
26	30:32	345	David Prescott	Derwent AC	MV40-50
27	30:49	339	Gary Lynch	Ellenborough AC	MV40-50
28	30:53	390	Simon Buirne	Derwent AC	M
29	31:12	370	David Rice	Carlisle Tri	M
30	31:26	362	Anthony Lees	Unattached	MV40-50
31	31:38	346	Dominic Davis	Unattached	M
32	31:53	383	Piers Tupman	Unattached	MV40-50
33	32:10	372	Brian Western	Carlise Tri	M
34	32:24	329	John Bamforth	Unattached	MV40-50
35	32:27	389	David Goodall	Cumberland AC	MV40-50
36	32:28	373	Helen Young	Carlise Tri	F
37	32:32	361	Chris Clark	Keswick AC	MV60+
38	32:42	365	Mel Tapodi	Tri Lakeland	F
39	32:44	368	Joe Ritson	Derwent AC	MV50-60
40	32:47	343	Shaun Cavanaugh	Cumberland AC	MV40-50
41	33:01	380	Ian Black	Unattached	MV40-50
42	33:25	377	Paul Wilson	Ellenborough AC	MV40-50
43	33:39	371	Darrie Goodfellow	Unattached	MV40-50
44	34:27	363	Anna Blackburn	Derwent AC	FV45-55
45	34:43	382	Nick Moore	CFR	MV50-60
46	35:10	344	Susan Cain	Penny Lane Striders	FV45-55
47	35:27	376	Eileen Telford	Ellenborough AC	FV45-55
48	35:35	384	Bev Faulden	Seaton AC	FV35-45
49	35:50	353	Gillian Kidd	Cumberland AC	FV45-55
50	36:02	375	Karen Southwell	Ellenborough AC	FV35-45
51	36:08	355	Philip Hawley	Cumberland AC	MV50-60
52	36:21	335	Paul Tickner	WC Orienteering Club	MV50-60
53	38:03	366	David Morgan	CFR	MV60+
54	38:14	354	Marqaret Hawley	Cumberland AC	FV45-55
55	38:21	337	Jon Knat	Unattached	MV40-50
56	38:47	350	Jim Welsh	Cumberland AC	MV40-50
57	38:48	332	Keith Stuart	Fetch Everyone Running Club	M
58	40:44	367	Jane Mottram	CFR	FV55+
59	40:59	330	Theresa Strickland	Unattached (Carlise Tri)	FV35-45
60	41:10	364	Geoff Harrington	Cumberland AC	MV60+
61	42:28	358	Stephen Watson	CFR	MV60+
DNS	DNS	333	Amy Smith	Unattached	F
DNS	DNS	334	Andy Smith	Unattached	M