

**Capernwray Springwater 3****24th August 2011**

<b>Bib</b>	<b>FirstName</b>	<b>LastName</b>	<b>Race</b>	<b>Sex</b>	<b>Time</b>	<b>Overall</b>	<b>Sex</b>
59	Mark	Addis	500m	M	00:12:30.35	1	1
69	Dawn	Wells	500m	F	00:12:55.60	2	1
68	Karen	Herd	500m	F	00:13:08.30	3	2
56	Kate	Goldberg	500m	F	00:13:42.80	4	3
67	Chris	Herd	500m	M	00:14:48.90	5	2
36	Claire	Kearns	500m	F	00:15:45.15	6	4
60	Heather	Regan-Addis	500m	F	00:19:10.40	7	5
40	Adam	Bell	500m	M	00:19:56.90	8	3
71	Joseph	Bell	500m	M	00:21:54.20	9	4
34	Pawel	Hull	1000m	M	00:20:33.00	1	1
70	Matthew	Green	1000m	M	00:21:35.40	2	2
16	Peter	Knott	1000m	M	00:29:04.20	3	3

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27	Allan	Stockdale	1500m	M	00:21:58.10	1	1
20	David	Massey	1500m	M	00:22:00.90	2	2
65	Christine	Johnson	1500m	F	00:22:23.40	3	1
50	Ellie	Debenham	1500m	F	00:23:33.55	4	2
19	Alan	Lowes	1500m	M	00:23:43.50	5	3
30	Kate	Whittaker	1500m	F	00:23:53.55	6	3
1	Kevin	Beer	1500m	M	00:23:55.25	7	4
44	Stephen	Cooper	1500m	M	00:24:20.50	8	5
8	Elaine	Cooper	1500m	F	00:24:33.00	9	4
26	Chris	Smith	1500m	M	00:24:40.35	10	6
62	Emma	Walker	1500m	F	00:24:45.45	11	5
45	John	Cooper	1500m	M	00:25:33.60	12	7
47	Barry	Graveson	1500m	M	00:25:58.55	13	8
15	Robert	Kenning	1500m	M	00:26:02.80	14	9
51	Helen	Ash	1500m	F	00:26:07.60	15	6
14	Claire	Kaye	1500m	F	00:26:22.70	16	7
48	John	Holland	1500m	M	00:26:29.00	17	10
37	Verity	Joyce	1500m	F	00:26:30.80	18	8
9	Rachel	Dennis	1500m	F	00:26:56.15	19	9
49	David	Haygarth	1500m	M	00:26:58.65	20	11
29	Joanne	Todd	1500m	F	00:27:43.60	21	10
17	Jo	Lade	1500m	F	00:29:03.30	22	11
53	Helen	Liversidge	1500m	F	00:29:39.70	23	12
7	Michael	Church	1500m	M	00:29:43.35	24	12
12	David	Hackwell	1500m	M	00:29:47.70	25	13
46	David	Dutton	1500m	M	00:30:08.60	26	14
52	Paul	Raferty	1500m	M	00:30:12.05	27	15
21	Michael	Mather	1500m	M	00:30:33.50	28	16
55	Vanessa	Holme	1500m	F	00:30:56.55	29	13
57	Peter	Mather	1500m	M	00:32:19.40	30	17
64	Steve	Dowthwaite	1500m	M	00:32:31.40	31	18
13	Paul	Kaye	1500m	M	00:32:34.00	32	19
58	Stu	Bennett	1500m	M	00:32:39.30	33	20
54	Kate	Coupland	1500m	F	00:32:51.70	34	14
25	Sam	Plum	1500m	F	00:32:53.75	35	15
38	Liz	Reid	1500m	F	00:33:21.95	36	16
31	Sharon	Whitworth	1500m	F	00:35:13.55	37	17
2	Amanda	Bell	1500m	F	00:35:59.50	38	18
63	Janet	Marshall	1500m	F	00:36:11.75	39	19
3	David	Booth	1500m	M	00:36:27.95	40	21
6	Lucille	Cavadino	1500m	F	00:37:19.65	41	20
22	Alison	Mchugh	1500m	F	00:38:24.75	42	21
61	Helen	Stephens	1500m	F	00:38:37.50	43	22
43	Ruth	Ayre	1500m	F	00:39:53.40	44	23
66	David	Sandford	1500m	M	00:39:54.85	45	22
24	Martin	Morris	1500m	M	00:39:57.60	46	23
42	David	Sullivan	1500m	M	00:41:49.45	47	24
4	Shelagh	Booth	1500m	F	00:44:38.60	48	24
39	Kate	Upshall Davis	1500m	F	00:45:35.50	49	25
5	Jackie	Candlish	1500m	F	00:45:40.75	50	26
23	Keith	Midgley	1500m	M	00:46:19.40	51	25