

Acorn Bank 10k, nr. Penrith, Cumbria

Acorn Bank 10k, nr. Penrith, Cumbria 13th September 2026

RESULTS

Program: UKresults.net & UKtimers.net

Pos	Name	Cat	Cat/Pos	Club/Team	Time	Pos	Name	Cat	Cat/Pos	Club/Team	Time
1	Tom Humphries	MS	1/11	Border Harriers AC	00:36:18	71	Kathryn Reid	FS	5/15	Dumfries Harriers	00:54:11
2	Rowan Varley	M23	1/3	Eden Runners	00:36:20	72	Jacqui Hamilton	F40	10/21	Dumfries Harriers	00:54:17
3	Andrew Douglas	M40	1/13	Eden Runners	00:37:07	73	Ken Winter	M60	11/22	[Unattached] (160)	00:54:34
4	Craig McGlasson	M50	1/17	DH Runners	00:38:13	74	Jenny McKinney	F60	3/17	Dumfries Harriers	00:54:38
5	David Birch	M50	2/17	Keswick AC	00:38:21	75	Darren Glynn	M40	11/13	[Unattached] (54)	00:54:40
6	Bobby Hagan	MS	2/11	Morpeth Harriers & AC	00:39:19	76	David Challis	M40	12/13	Eden Runners	00:54:47
7	Noah Bailey	M23	2/3	[Unattached] (10)	00:39:59	77	C. Shuttleworth	FS	6/15	[Unattached] (128)	00:54:50
8	Tom Taggart	MS	3/11	Eden Runners	00:40:07	78	Simon Flatman	M50	14/17	Eden Runners	00:54:58
9	Tyler Bamber	MS	4/11	[Unattached] (13)	00:40:08	79	Lisa Buss	FS	7/15	Eden Runners	00:55:11
10	Chloe Kendal	FS	1/15	Border Harriers AC	00:40:14	80	Katy Bower	F40	11/21	Eden Runners	00:55:22
11	Keith Paul	M60	1/22	Taunton AC	00:40:21	81	Claire Mason	F60	4/17	Blyth Running Club	00:55:53
12	Andrew Winter	MS	5/11	[Unattached] (158)	00:40:44	82	Richard Smith	M50	15/17	Annan & District AC	00:56:42
13	Chris Eland	M50	3/17	Keswick AC	00:41:01	83	Jen Bale	FS	8/15	[Unattached] (11)	00:56:52
14	Charlie Tulley	M23	3/3	Cumberland Fell Runners	00:41:17	84	Katie Pymm	FS	9/15	[Unattached] (114)	00:56:52
15	John Williams	M50	4/17	Eden Runners	00:41:21	85	Holly Robinson	FS	10/15	[Unattached] (121)	00:56:54
16	Emily Pickering	F23	1/3	[Unattached] (111)	00:41:43	86	Alexander Evans	M60	12/22	[Unattached] (47)	00:56:56
17	Sean Henry	M50	5/17	[Unattached] (63)	00:42:02	87	David Peacock	M60	13/22	Eden Runners	00:57:01
18	Alistair Barclay	M50	6/17	Dumfries Harriers	00:42:06	88	Jacob Varley	MS	11/11	[Unattached] (144)	00:57:19
19	Katy Ward	F40	1/21	Eden Runners	00:42:33	89	Michael Howe	M50	16/17	[Unattached] (68)	00:57:54
20	Emma Gillooly	FS	2/15	Dumfries Harriers	00:42:39	90	C PochkhanavalaCleeve	F40	12/21	[Unattached] (113)	00:58:00
21	Victoria Rankin	F40	2/21	[Unattached] (115)	00:42:48	91	Nicky Butler	F60	5/17	Keswick AC	00:58:01
22	Paul Mason	M40	2/13	Wigan & Dist. Harriers & AC	00:42:48	92	Fiona Jackson	FS	11/15	Eden Runners	00:58:22
23	Daniel Robinson	MS	6/11	Leeds Frontrunners	00:43:02	93	Martin Varley	M50	17/17	[Unattached] (145)	00:58:23
24	John Bowman	MS	7/11	[Unattached] (23)	00:43:22	94	Deborah Clift	F60	6/17	[Unattached] (32)	00:58:40
25	Mike James	M50	7/17	Keswick AC	00:43:36	95	John Collinson	M40	13/13	[Unattached] (34)	00:59:02
26	Jonathan Tombs	M50	8/17	Eden Runners	00:43:49	96	Jane Raper	F60	7/17	[Unattached] (116)	00:59:18
27	Alexander Anderson	M50	9/17	[Unattached] (3)	00:43:51	97	Flora Ballester	F40	13/21	Keswick AC	00:59:33
28	Chris Lofthouse	M40	3/13	DH Runners	00:44:50	98	Claire Horner	F50	5/10	Garstang Running Club	00:59:39
29	James Robinson	MS	8/11	[Unattached] (122)	00:45:41	99	Annette Hunt	F40	14/21	Ready2Run	00:59:44
30	George Armstrong	M40	4/13	[Unattached] (5)	00:46:10	100	Paul Wilson	M70	2/6	Eden Runners	00:59:46
31	Steve Semple	M40	5/13	Eden Runners	00:46:18	101	Carol Elliot	F60	8/17	Dumfries Harriers	01:00:03
32	Peter German	M40	6/13	Helm Hill Runners	00:47:06	102	Charlie Beaumont	M70	3/6	Eden Runners	01:00:51
33	Micky Mallen	M50	10/17	Heaton Harriers & AC	00:47:13	103	Sarah Kidd	FS	12/15	District L Run Club	01:00:59
34	Katie Milburn	F40	3/21	Eden Runners	00:47:18	104	Gary Emmerson	M60	14/22	[Unattached] (46)	01:01:13
35	Keith Ainslie	M60	2/22	Dumfries Harriers	00:47:30	105	Lesley Lamb	F60	9/17	[Unattached] (85)	01:01:26
36	Mumtaz Patel	F50	1/10	Burnden Road Runners	00:47:44	106	Sarah Douthwaite	F50	6/10	[Unattached] (41)	01:01:28
37	Ian Gray	M60	3/22	Dumfries Harriers	00:47:56	107	Chris Lee	M60	15/22	Eden Runners	01:01:43
38	Abigail Lavis	FS	3/15	[Unattached] (86)	00:48:06	108	Angela Taylor	F40	15/21	Eden Runners	01:01:55
39	Mark Stout	M40	7/13	[Unattached] (135)	00:48:16	109	Sharron Kington	F60	10/17	Taunton AC	01:02:13
40	Nicky Strong	M40	8/13	Eden Runners	00:48:27	110	Lynsey Hodgson	F40	16/21	Eden Runners	01:02:20
41	Gillian Atkinson	F60	1/17	Keswick AC	00:48:32	111	Lisa Richardson	F40	17/21	Eden Runners	01:02:29
42	Leeann Barber	F40	4/21	Keswick AC	00:48:38	112	Alexandra Hayes	FS	13/15	[Unattached] (60)	01:02:32
43	Anna Cunningham	F23	2/3	Eden Runners	00:48:48	113	Andy Hayes	M60	16/22	[Unattached] (61)	01:02:34
44	Jessica Johnson	F23	3/3	[Unattached] (76)	00:48:52	114	Joanne Fairhurst	F50	7/10	Wigan & Dist. Harriers & AC	01:02:39
45	Steven Lumb	M40	9/13	Dumfries Harriers	00:49:12	115	Kathryn Green	F60	11/17	Eden Runners	01:04:01
46	John Temperley	M60	4/22	Eden Runners	00:49:26	116	Martyn Green	M70	4/6	Eden Runners	01:04:01
47	Neil Johnson	M50	11/17	Eden Runners	00:49:34	117	Malcolm Aspinall	M70	5/6	[Unattached] (6)	01:04:19
48	Garry Bower	M50	12/17	Eden Runners	00:50:03	118	Chris Slater	M60	17/22	[Unattached] (129)	01:04:50
49	Stuart Backhouse	M60	5/22	Keswick AC	00:50:30	119	Lisa Slater	FS	14/15	[Unattached] (130)	01:04:50
50	Kay McOvens	FS	4/15	[Unattached] (100)	00:50:43	120	Kay Pitchford	F60	12/17	Bodyfit Cumbria	01:05:17
51	Natalie Dicks	F40	5/21	DH Runners	00:50:48	121	Terry Smith	M60	18/22	[Unattached] (132)	01:05:30
52	Charlie Bradshaw	M70	1/6	Eden Runners	00:50:56	122	Fiona McKean	F60	13/17	Eden Runners	01:06:08
53	Aaran Dixon	MS	9/11	[Unattached] (38)	00:51:01	123	Joanne Stobbs	F60	14/17	Blyth Running Club	01:09:38
54	Teresa Bell	F50	2/10	Eden Runners	00:51:13	124	Bill McKinney	M60	19/22	Dumfries Harriers	01:09:49
55	Sonia Marquez	F50	3/10	Dumfries Harriers	00:51:14	125	Gordon Paterson	M70	6/6	Dumfries Harriers	01:09:49
56	Stuart Forrester	M40	10/13	Speedy Sloths	00:51:14	126	Laura Rogan	F40	18/21	[Unattached] (124)	01:11:00
57	Steve Keating	M60	6/22	Allithwaite Running Club	00:51:48	127	Susan Joyce	F60	15/17	[Unattached] (78)	01:12:04
58	Julie Wilkinson	F50	4/10	Eden Runners	00:51:49	128	Christine Sutherland	F60	16/17	[Unattached] (137)	01:12:34
59	Michael Ward	MS	10/11	[Unattached] (149)	00:51:49	129	Bethan Winter	F50	8/10	[Unattached] (159)	01:14:27
60	Sheena Murray	F60	2/17	Derwent AC	00:51:56	130	C. Aspinall-Pilgrim	F40	19/21	[Unattached] (7)	01:15:07
61	Keith Black	M60	7/22	Eden Runners	00:52:13	131	Sophie Davies	F40	20/21	[Unattached] (36)	01:18:04
62	John Eldred	M60	8/22	Derwent AC	00:52:26	132	Jayne Housby	F40	21/21	Eden Runners	01:18:05
63	Lauren Doree	F40	6/21	[Unattached] (39)	00:52:45	133	Beth Alderson	FS	15/15	[Unattached] (2)	01:18:06
64	Julia King	F70	1/1	Eden Runners	00:53:10	134	Tim Collins	M60	20/22	[Unattached] (33)	01:19:31
65	Lindsay Walker	F40	7/21	Derwent AC	00:53:33	135	Kay Wilson	F60	17/17	Dumfries Harriers	01:20:56
66	Tina Roscoe	F40	8/21	Dumfries Harriers	00:53:36	136	Allan Wilson	M60	21/22	[Unattached] (155)	01:22:28
67	Hilary RoystonBishop	F40	9/21	Derwent AC	00:53:41	137	Sasha Mitchell	F50	9/10	Fellside Ladies	01:23:17
68	Phil Horner	M50	13/17	Garstang Running Club	00:53:50	138	Jude Bennett	F50	10/10	Fellside Ladies	01:23:17
69	Stephen Clews	M60	9/22	Hatton Darts	00:53:52	139	Russell Clark	M60	22/22	Eden Runners	01:27:30
70	Michael Jakob	M60	10/22	[Unattached] (72)	00:54:03						