

1. COMMONWEALTH MOUNTAIN RUNNING CHAMPIONSHIPS

Keswick / GBR - 20. Sept. 2009

RESULTS



UPHILL RACE			
MEN 12,0km			
1.	K Wilson CHEMWENO	KEN	50:42
2.	Jonathan WYATT	NZL	51:21
3.	Kris SWANSON	CAN	52:49
4.	Orlando EDWARDS	ENG	52:52
5.	James WALSH	ENG	53:22
6.	Adam OSBORNE	ENG	53:55
7.	Robert JEBB	ENG	54:08
8.	Dougal THORBURN	NZL	54:19
9.	James MCMULLAN	ENG	54:30
10.	Robert QUINN	SCO	54:48
11.	James COUBROUGH	NZL	55:02
12.	Lloyd TAGGART	IOM	55:18
13.	Scott MCTAGGART	AUS	55:34
14.	Jason LOUTITT	CAN	55:38
15.	Rob HOPE	ENG	56:12
16.	Andrew DAVIES	WAL	56:18
17.	Scott MCDONALD	SCO	56:25
18.	Andrew LISTON	SCO	56:32
19.	John WINSBURY	AUS	56:42
20.	Prasad PRASAD	SCO	56:59
21.	Matthew COLLINS	WAL	57:02
22.	Ed MCCARTHY	CAN	57:21
23.	Aaron JACKSON	NZL	57:24
24.	Dewi GRIFFITHS	WAL	57:46
25.	Alexander HENDRY	SCO	59:04
26.	Matthew GILBERT	WAL	59:12
27.	Murray STRAIN	SCO	1:00:06
28.	Afan HUMPHREYS	WAL	1:00:41
29.	Andy CANNELL	IOM	1:00:43
30.	Stephen BROWN	AUS	1:00:52
31.	Peter RYDER	WAL	1:01:41
32.	Richard JAIMESON	IOM	1:01:43
33.	Alex BRENNAN	NIR	1:02:16
34.	Simon SILLICORN	IOM	1:02:54
35.	Nigel ARMSTRONG	IOM	1:03:49
36.	Eddie HANNA	NIR	1:04:21
37.	Brian ERVINE	NIR	1:06:05
38.	Mark MCMANUS	NIR	1:10:59
39.	Richard BLAGG	GIB	1:11:35

WOMEN 8,0km			
1.	Anna FROST	NZL	48:06
2.	Katie INGRAM	ENG	48:43
3.	Rebecca ROBINSON	ENG	49:12
4.	Pamela BUNDOTICH	KEN	49:37
5.	Victoria WILKINSON	ENG	49:50
6.	Kate GOODHEAD	ENG	51:05
7.	Angela MUDGE	SCO	51:20
8.	Clare WHITEHEAD	SCO	51:54
9.	Jessamy HOSKING	AUS	52:38
10.	Nicola SYKES	ENG	53:14
11.	Sula YOUNG	SCO	53:26
12.	Lara PHILLIPS	NZL	53:50
13.	Fiona MAXWELL	SCO	54:10
14.	Sarah BISS	NZL	54:19
15.	Clare MCKITTRICK	ENG	55:20
16.	Syl CORBETT	CAN	55:35
17.	Hubertien WICHERS	AUS	55:42
18.	Sue RIDLEY	SCO	56:01
19.	Gina PALETTA	WAL	56:28
20.	Kate SEIBOLD-CROSBIE	AUS	56:59
21.	June PETRIE	AUS	57:14
22.	Andrea ROWLANDS	WAL	57:33
23.	Claire GORDON	SCO	57:41
24.	Anna BARLTETT	WAL	58:36
25.	Kerry IVESTON	NIR	1:00:01
26.	Cathy MCCOURT	NIR	1:00:30
27.	Angela JONES	WAL	1:03:06
28.	Tish MCCANN	NIR	1:08:00

Up & Down Hill			
MEN			
12,0km / 660m - 660m			
1.	K Wilson CHEMWENO	KEN	47:55
2.	Adam GRICE	ENG	48:12
3.	Billy BURNS	ENG	49:00
4.	Simon BAILEY	ENG	49:06
5.	James COUBROUGH	NZL	49:07
6.	Kris SWANSON	CAN	49:26
7.	John BROWN	ENG	49:44
8.	Joseph SYMONDS	SCO	49:47
9.	Lloyd TAGGART	IOM	50:09
10.	Jason LOUTITT	CAN	50:18
11.	Tim DAVIES	WAL	50:26
12.	Rob SAMUEL	WAL	50:39
13.	Michael BANKS	NZL	50:46
14.	Dougal THORBURN	NZL	50:52
15.	Matthew WHITFIELD	ENG	51:00
16.	Robbie SIMPSON	SCO	51:08
17.	John WINSBURY	AUS	51:12
18.	Richard ROBERTS	WAL	51:24
19.	Aaron JACKSON	NZL	51:33
20.	Edward MCCARTHY	CAN	51:47
21.	Alastair ANTHONY	SCO	52:11
22.	Jorge THOMAS	WAL	52:12
23.	Michael WAKELIN	NZL	52:38
24.	Stephen BROWN	AUS	53:03
25.	Simon PEACHEY	SCO	53:28
26.	Nick SWINBURN	ENG	53:36
27.	Andy CANNELL	IOM	54:14
28.	Nigel ARMSTRONG	IOM	54:46
29.	Andrew NIBLOCK	NIR	55:53
30.	Richard JAIMESON	IOM	55:57
31.	Stephen CUNNINGHAM	NIR	56:00
32.	Simon SKILLICORN	IOM	56:11
33.	Matthew ROBERTS	WAL	56:54
34.	Neil WILKINSON	SCO	57:10
35.	Gary BAILEY	NIR	57:56
36.	Jonny STEEDE	NIR	58:41

WOMEN			
8,0km / 460m - 460m			
1.	Katie INGRAM	ENG	40:12
2.	Sarah TURNSTALL	ENG	41:00
3.	Pamela BUNDOTICH	KEN	41:54
4.	Kate GOODHEAD	ENG	42:15
5.	Angela MUDGE	SCO	42:40
6.	Mary WILKINSON	ENG	43:05
7.	Lara PHILLIPS	NZL	43:22
8.	Olivia WALWYN	ENG	43:32
9.	Jessamy HOSKING	AUS	43:42
10.	Karen ALEXANDER	NIR	44:08
11.	Lizzie ADAMS	ENG	44:11
12.	Sarah BLISS	NZL	44:23
13.	Melissa MOON	NZL	45:04
14.	Nicola MEEKIN	SCO	45:14
15.	Sue RIDLEY	SCO	45:15
16.	Fiona MAXWELL	SCO	45:36
17.	Kate SEIBOLD-CROSBIE	AUS	46:09
18.	Andrea ROWLANDS	WAL	46:25
19.	Syl CORBETT	CAN	47:38
20.	Hebertien WICHERS	AUS	48:00
21.	Angela SPEIGHT	NIR	48:20
22.	Shileen O'KANE	NIR	48:38
23.	Diane WILSON	NIR	50:44
24.	Tish MCCANN	NIR	51:05
25.	Anne SANDFORD	NIR	51:24
26.	Jenny HEMMING	WAL	52:17

TEAM RANKING:

	UP & DOWN				UPHILL			
	MEN	Pt.	WOMEN	Pt.	MEN	Pt.	WOMEN	Pt.
1.	ENG	9	ENG	7	ENG	15	ENG	10
2.	NZL	32	NZL	32	NZL	21	SCO	26
3.	CAN	36	SCO	34	CAN	39	NZL	27
4.	WAL	41	AUS	46	SCO	45	AUS	46
5.	SCO	45	NIR		WAL	61	WAL	65
6.	IOM	64			AUS	62	NIR	79
7.	NIR	95			IOM	73		
8.					NIR	106		