

Eaves Wood Trail races
27th November 2005

I hope everyone enjoyed the day.

Junior races were added this year and there were good turn outs from Dallam and Moorland Schools.

The seniors course had been extended, and from the times it now looks to be a truer 5 miles.

Thanks to Holgates Caravan Park for use of the venue, the National Trust for their co-operation in the main woods, our race sponsor The Runners Centre, and everyone who helped out on the day.

Eleanor Peach and Harry Modley were 1st girl and boy in the 10 and 11s race.

Melanie Hyder and Alex Till were 1st girl and boy in the 12 to 15s race.

A mention also for Daniel Craig age 11, who was leading the 10/11 race but was mistakenly waved through at the turn and did the longer course.

Sarah Tunstall and Chris Doyle won the women's and men's races.

I may start the juniors off a few minutes after the seniors next year, to ensure that both races start on time and will mean less delay to the prize giving.

Thoughts on this, and other feedback on where improvements might be made, is welcomed.

Watch out for details of the Club's races in 2006 on our website dallamrunningclub.com, the local and running press

- The Dallam Dash 10k in May (from Dallam School, Milnthorpe)
- 20 Barriers Race on the 1st Tuesday in July (trail race from Carnforth High School)
- Eaves Wood Trail Race in November

Thanks
David Shinn

10 and 11s – 2 miles

Pos	Name	Category	Club	Time	
1	Harry Modley	B10	Lancaster & Morecambe	20.49	
2	Callum McQuillan	B11	Dallam School	22.08	
3	Tom Carling	B11	Dallam School	22.09	
4	James McGurk	B10	u/a	23.20	
5	Eleanor Peach	G11	Dallam School	23.36	
6	Robert McGurk	B11	u/a	27.24	
7	Connor McGurk	B10	u/a	27.32	

12 to 15s – 3 miles

Pos	Name	Category	Club	Time	
1	Alex Till	B14	Dallam Running Club	24.32	
2	Melanie Hyder	G12	Dallam Running Club	24.38	
3	Tom Doyle	B12	Helm Hill Runners	26.09	
4	Daniel Craig	B11	Dallam School	26.50	
5	Sam Till	B12	Dallam Running Club	26.52	
6	Dan Roberts	B14	u/a	26.57	

7	Kyle Holmes	B13	Moorland School	27.08	
8	Ashley Nicholls	B13	Moorland School	28.04	
9	Joseph Nolan	B14	u/a	28.47	
10	Sam Richards	B13	Pendle	29.04	
11	Shane McQuillan	B13	Dallam School	30.42	
12	Andrew Cunare	B14	Moorland School	31.21	
13	Jack Modley	B13	Lancaster & Morecambe	31.32	
14	Matthew Wright	B12	Moorland School	32.17	
15	Alex Peach	B14	Dallam School	33.20	
16	Scott Ackroyd	B14	Moorland School	34.05	
17	James Cox	B14	Dallam School	34.51	
18	Ricki Lee Millington	B13	Moorland School	42.24	
19	Charlotte Powney	G14	Moorland School	42.38	

Seniors – 5 miles

1	Chris Doyle	SM	Trafford AC	32.44	
2	Paul Muller	MV40	Horwich RMI	33.17	
3	David Crayston	SM	Dallam Running Club	34.05	
4	David Peach	MV40	Horwich RMI	34.18	
5	Frank Riley	MV60	Stockport	35.07	
6	Brent Hoggan	SM	Accrington RR	35.29	
7	Brian Kennedy	MV40	Settle Harriers	35.46	
8	Christopher de Silver	SM	u/a	35.46	
9	Stephen Morran	MV50	FRA	36.28	
10	Mike Meadowcroft	SM	Dallam Running Club	36.46	
11	Peter Cruse	MV40	Wesham RR	37.04	
12	Mathew Hulley	SM	Dark Peak	37.08	
13	Ian Bailey	MV40	Lancaster & Morecambe	37.22	
14	Sarah Tunstall	SL	York Acorn	37.32	
15	Frank McTominay	MV40	Lancaster & Morecambe	37.42	
16	Tony Price	MV40	Lancaster & Morecambe	37.48	
17	Nick Silkstone	SM	u/a	37.51	
18	Chris Speight	MV40	Ambleside	37.58	
19	David Aspden	SM	Dallam Running Club	38.12	
20	Aaron Crewe	Int M	Dallam Running Club	39.18	
21	Sam Young	SM	u/a	39.30	
22	Tim Whiteley	SM	Lancaster & Morecambe	39.48	
23	Mark Walker	MV40	Kendal AC	39.54	
24	Stuart McGurk	MV40	Kendal AC	39.58	
25	Ray Barlow	MV60	Achille Ratti	40.06	
26	Mark Davey	SM	Dallam Running Club	40.11	
27	Robert Goodwin	MV40	Invicta East Kent	40.18	
28	Nigel Garnett	MV40	Kendal AC	40.32	
29	Steve Jeffs	MV40	Dallam Running Club	40.38	
30	David Robertson	SM	u/a	40.55	
31	Nigel Hyde	SM	u/a	41.04	
32	Simon Eaton	SM	Wesham RR	41.13	
33	Karl Fisher	MV40	Lancaster & Morecambe	41.39	
34	Phil Corris	MV50	Bowland	41.46	
35	Edwin Graham	SM	u/a	41.55	
36	John Tunstall	MV40	Howgill Harriers	42.21	
37	David Whitehead	MV40	Kendal AC	42.25	
38	Paul Bates	MV50	Lancaster & Morecambe	42.31	
39	Paul Sewell	MV50	Dallam Running Club	42.41	
40	Alan Kenny	MV50	Achille Ratti	42.54	
41	John Leech	MV40	Dallam Running Club	43.18	
42	Andrew Ross	SM	u/a	43.21	

43	Emma Aspden	SL	Dallam Running Club	43.28	
44	Mark Dexter	MV40	u/a	43.56	
45	Duncan Hurtle	MV40	Dallam Running Club	44.01	
46	Alan Bowen	MV40	u/a	44.16	
47	Amy Ball	SL	Lancaster & Morecambe	44.26	
48	Wendy Dodds	LV50	Clayton le Moor Harriers	45.07	
49	Michael Walker	MV40	Kendal AC	45.36	
50	Lynn Whittaker	LV40	Wharfedale	46.27	
51	Ralph Fletcher	SM	Kendal AC	46.58	
52	Ian Conway	MV50	Helm Hill Runners	47.04	
53	Martin Lunt	MV50	u/a	47.08	
54	Matthew Noble	SM	Dallam Running Club	48.20	
55	Laura Morris	SL	Lancaster & Morecambe	48.29	
56	Julie Cruse	LV40	North Fylde	48.41	
57	Coral Modley	LV40	Lancaster & Morecambe	48.43	
58	Paul Modley	MV40	Lancaster & Morecambe	48.44	
59	Bill Murphy	MV60	Ford (Halewood)AC	49.08	
60	David Sandford	MV40	u/a	49.44	
61	Mary Entwhistle	SL	Lancaster & Morecambe	49.54	
62	Brian Gregory	SM	Garstang	50.05	
63	Jane Ryan	LV40	Dallam Running Club	50.48	
64	Harry Ball	MV60	Lancaster & Morecambe	53.30	
65	Lucia Kenny	LV50	Achille Ratti	54.09	
66	Catherine Bonnett	LV40	u/a	54.45	
67	Susan Ball	LV50	Lancaster & Morecambe	55.40	
	Derek Pye				DNF
	Mark Gardener				DNF