

GB08 - LANCASTER 1 HOUR RACE
Salt Ayre Cycle Track - Sat 14th Aug 2010
Organised by: Lakeland Cross Country Ski Club

Distance travelled in 1 hour - Free technique

Bib no	Name	Distance (km)	Speed kph	Overall Position	Category position	GB Series Points		
						Senior Male	Senior Female	Male U16
51	Adam Pinney	26.4	25.62	1	1st Sen M	50		
41	Brian Adams	26.4	25.61	2	2nd Sen M	45		
70	Robert Circus	25.08	24.05	3	1st U16 M			50
44	Fiona Crossley	23.76	22.72	4	1st Sen F		50	
52	Martin Appleby	23.76	22.53	5	3rd Sen M	42		
48	Wendy McCrae	19.8	19.68	6	2nd Sen F		45	
53	Helen Bell	19.8	18.75	7	3rd Sen F		42	
43	Alison Pawley	18.48	17.86	8	4th Sen F		40	
49	Graham Beesley	18.48	17.22	9	4th Sen M	40		
46	Jim Reid	17.16	16.13	10	5th Sen M	39		
50	Miles Peacock	14.52	14.39	11	6th Sen M	38		
47	Bev Ridyard	14.52	13.2	12	5th Sen F		39	
42	Kate Peacock	7.92	11.81	13	6th Sen F		38	
45	Bob Harrison	7.92	10.4	14	7th Sen M	37		