

# Holme Howler 10k, nr Carnforth, Lancashire

Holme Howler 10k, nr Carnforth, Lancashire 11th July 2026

RESULTS

Program: UKresults.net & UKtimers.net

| Pos | Name                | Cat | Cat/Pos | Club/Team                 | Time     | Tag | Pos | Name              | Cat | Cat/Pos | Club/Team                 | Time     | Tag |
|-----|---------------------|-----|---------|---------------------------|----------|-----|-----|-------------------|-----|---------|---------------------------|----------|-----|
| 1   | Nick Chaplow        | MS  | 1/21    | -                         | 00:46:06 |     | 36  | David Ellison     | M60 | 4/5     | -                         | 01:16:49 |     |
| 2   | Steve Postlethwaite | MS  | 2/21    | -                         | 00:46:34 |     | 37  | Ellie Beach       | FJ  | 1/3     | Legless Longlands Legends | 01:18:55 | X   |
| 3   | Richard Jones       | M45 | 1/5     | -                         | 00:51:16 |     | 38  | Madeline Birch    | FJ  | 2/3     | Legless Longlands Legends | 01:18:55 | X   |
| 4   | Eva Lee             | FS  | 1/12    | -                         | 00:52:13 |     | 39  | Kevin Berry       | MS  | 15/21   | The Berry Banshees        | 01:19:47 | X   |
| 5   | Ollie Burrow        | MS  | 3/21    | -                         | 00:53:01 | M   | 40  | Steve Mayor       | M45 | 5/5     | -                         | 01:19:47 |     |
| 6   | Laura Smith         | FS  | 2/12    | -                         | 00:54:01 |     | 41  | Jason Redman      | MS  | 16/21   | Roberts Hobbits           | 01:19:53 | X   |
| 7   | Danny Ocallaghan    | M40 | 1/7     | -                         | 00:56:00 |     | 42  | Jim Byrne         | M75 | 1/1     | -                         | 01:20:11 |     |
| 8   | Gary Lingard        | M55 | 1/2     | -                         | 00:58:30 |     | 43  | Leon Carnochan    | MJ  | 1/3     | The Berry Banshees        | 01:20:28 | X   |
| 9   | Gary Laffan         | MS  | 4/21    | -                         | 00:58:48 |     | 44  | Zara Byrne        | FS  | 7/12    | -                         | 01:21:43 |     |
| 10  | Emily Croucher      | FS  | 3/12    | -                         | 00:59:37 |     | 45  | Jason Stephens    | MS  | 17/21   | -                         | 01:21:43 |     |
| 11  | Chris McDonald      | M60 | 1/5     | LV Fitness Studio         | 00:59:45 | M   | 46  | Jennifer Heslop   | FS  | 8/12    | -                         | 01:22:40 |     |
| 12  | Bill Reid           | MS  | 5/21    | -                         | 01:00:16 |     | 47  | Oliver Richards   | MJ  | 2/3     | Legless Longlands Legends | 01:22:45 | X   |
| 13  | Phin MacKness       | M45 | 2/5     | St. James Sonics          | 01:00:29 | M   | 48  | Elliot Kneale     | MJ  | 3/3     | Legless Longlands Legends | 01:22:46 | X   |
| 14  | Mat Wilson          | MS  | 6/21    | -                         | 01:00:40 |     | 49  | Josh Lav          | MS  | 18/21   | -                         | 01:23:30 |     |
| 15  | Annie Black         | FS  | 4/12    | -                         | 01:00:40 |     | 50  | Emily Farrow      | FS  | 9/12    | -                         | 01:23:30 |     |
| 16  | Stephen Thrift      | M40 | 2/7     | Legless Longlands Legends | 01:01:26 | X   | 51  | Nigel Andrews     | MS  | 19/21   | -                         | 01:26:44 |     |
| 17  | Bas Shapleski       | M60 | 2/5     | St. James Sonics          | 01:01:42 | M   | 52  | Matthew Parker    | MS  | 20/21   | -                         | 01:26:51 |     |
| 18  | William Ellison     | MS  | 7/21    | -                         | 01:02:32 |     | 53  | Michael Kurz      | M40 | 6/7     | The Berry Banshees        | 01:28:39 | X   |
| 19  | Aaron Cotton        | MS  | 8/21    | -                         | 01:02:59 |     | 54  | Shona Carnochan   | FS  | 10/12   | The Berry Banshees        | 01:28:54 | X   |
| 20  | Jess West           | F40 | 1/1     | -                         | 01:05:21 |     | 55  | Emma Bartlett     | F45 | 1/3     | -                         | 01:32:58 |     |
| 21  | Matt Garnett        | M45 | 3/5     | -                         | 01:05:29 |     | 56  | David Fisher      | M50 | 2/2     | -                         | 01:32:59 |     |
| 22  | Ali Burrows         | MS  | 9/21    | St. James Sonics          | 01:06:08 | M   | 57  | Ben Hamer         | MS  | 21/21   | -                         | 01:36:48 |     |
| 23  | William Roberts     | MS  | 10/21   | Roberts Hobbits           | 01:06:17 | X   | 58  | Danielle Deaville | FS  | 11/12   | Thornton Cleveleys RC     | 01:39:48 | X   |
| 24  | Evie Roberts        | FS  | 5/12    | Roberts Hobbits           | 01:06:17 | X   | 59  | John Street       | M60 | 5/5     | Guild of Triquetra Strid. | 01:42:26 | X   |
| 25  | Liam Oneill         | M45 | 4/5     | Chasing Numbers           | 01:06:46 | M   | 60  | Phil Wilson       | M65 | 1/1     | Guild of Triquetra Strid. | 01:42:37 | X   |
| 26  | Lee Holman          | M50 | 1/2     | Chasing Numbers           | 01:06:47 | M   | 61  | Naomi Wrigley     | FJ  | 3/3     | Thornton Cleveleys RC     | 01:42:44 | X   |
| 27  | Gavin Coverley      | M40 | 3/7     | -                         | 01:07:10 |     | 62  | Vikki Wrigley     | F50 | 1/1     | Thornton Cleveleys RC     | 01:43:19 | X   |
| 28  | Andy Bentham        | M40 | 4/7     | -                         | 01:08:26 |     | 63  | Dawn Saunders     | F55 | 1/1     | Thornton Cleveleys RC     | 01:44:16 | X   |
| 29  | Dan Kane            | MS  | 11/21   | -                         | 01:08:54 |     | 64  | Gary Tate         | M40 | 7/7     | Thornton Cleveleys RC     | 01:44:18 | X   |
| 30  | Danny Booth         | MS  | 12/21   | -                         | 01:09:16 |     | 65  | Jenna Everard     | FS  | 12/12   | Thornton Cleveleys RC     | 01:44:19 | X   |
| 31  | Alice Roberts       | FS  | 6/12    | Roberts Hobbits           | 01:10:46 | X   | 66  | Dave Greene       | M55 | 2/2     | Thornton Cleveleys RC     | 01:44:20 | X   |
| 32  | Reg Howard          | M60 | 3/5     | Roberts Hobbits           | 01:13:07 | X   | 67  | Leanne Batty      | F45 | 2/3     | Thornton Cleveleys RC     | 01:44:30 | X   |
| 33  | Stuart Thompson     | M40 | 5/7     | -                         | 01:13:14 |     | 68  | Julie Tate        | F65 | 1/2     | Thornton Cleveleys RC     | 01:44:32 | X   |
| 34  | Joel Davis          | MS  | 13/21   | St. James Sonics          | 01:13:43 | M   | 69  | Sarah Barton      | F45 | 3/3     | Guild of Triquetra Strid. | 01:44:34 | X   |
| 35  | Jonathan Bennigsen  | MS  | 14/21   | St. James Sonics          | 01:13:44 | M   | 70  | Rose Roberts      | F65 | 2/2     | Roberts Hobbits           | 01:44:34 | X   |