

## Lakeland Trails 2012 Dirty Double

Name	Club	Category	Helvellyn	Ullswater	Total
GRIFFITHS, Dewi	swansea harriers		0:52:30	0:51:32	1:44:02
COX, Martin	Bristol & West AC	Vet40	0:59:37	0:57:50	1:57:27
GREGORY , Stewart	Holme Pierrepont RC	Vet40	1:00:19	0:58:01	1:58:20
PEATE, Joseph	Unattached - Keighley	Vet40	1:00:12	0:59:54	2:00:06
BRODICK, Matthew	Unattached - Middlesborough		1:04:03	1:02:47	2:06:50
TAYLOR, Roger	Unattached : Erding	Vet40	1:05:55	1:04:44	2:10:39
CROSSLEY, Nathan	Horsforth Harriers	Vet40	1:05:33	1:05:49	2:11:22
SOUTHWELL, Gary	Unattached : Garstang	Vet40	1:06:08	1:07:09	2:13:17
PRICE, Andrew	Unattached : North Allerton		1:06:09	1:08:46	2:14:55
REED, Matthew	Unattached - Sheffield		1:07:11	1:07:54	2:15:05
WILKINSON, Mathew	Unattached : Lytham St Annes		1:09:06	1:07:56	2:17:02
RIDEHALGH, Sarah	Accrington Road Runners		1:08:14	1:10:13	2:18:27
BROWNLEE, Katherine	Unattached - Edinburgh		1:12:22	1:07:15	2:19:37
LOGAN, Johnny	Unattached : Duns	Vet40	1:12:22	1:07:46	2:20:08
HOPPER, Jon	Unattached : Didsbury		1:10:09	1:10:07	2:20:16
HOWARD, Darren	Unattached - Liverpool		1:08:53	1:12:34	2:21:27
EYKE, Nick	Oswestry Olympics	Vet50	1:12:55	1:08:37	2:21:32
JONES, Thomas	Redcar Running Club		1:09:52	1:11:45	2:21:37
ROBERTS, Mike	Hardley Runners	Vet40	1:10:00	1:11:38	2:21:38
ALLINSON, Robert	Redcar Running Club		1:10:39	1:11:44	2:22:23
CARPENTER, Angela	chichester runners	LadyVet40	1:11:44	1:10:40	2:22:24
HOLLAND, Tony	Blyth RC		1:11:49	1:10:43	2:22:32
BARRY, Sean	Unattached : Huddersfield	Vet40	1:11:24	1:11:35	2:22:59
ALLISON, Mike	Unattached - Penrith	Vet50	1:10:34	1:13:12	2:23:46
ARMSTRONG, Michael	Sunderland Strollers	Vet50	1:13:11	1:11:48	2:24:59
CARSON, Aodhan	Unattached : Lytham St Annes		1:13:04	1:12:05	2:25:09
YATES, Andy	Unattached : Colwyn Bay	Vet40	1:12:51	1:13:06	2:25:57
BROWNSMITH, Graham	Unattached - Lancaster	Vet40	1:13:42	1:13:19	2:27:01
COWLES, Martin	Unattached - Bradford		1:13:56	1:13:37	2:27:33
POTTS, Duncan	Unattached : Widnes		1:14:02	1:13:41	2:27:43
BLUNDELL, Paul	Hardley Runners	Vet40	1:13:05	1:14:44	2:27:49
HOWARD, Scott	Unattached : Hartlepool	Vet40	1:12:47	1:15:26	2:28:13
BROWN, Steve	Unattached - Windermere	Vet40	1:13:58	1:14:55	2:28:53
HAWKER, Ian	Hardley Runners	Vet50	1:14:57	1:14:51	2:29:48
CHARLES, Terry	Wirral Warrior	Vet50	1:15:15	1:14:52	2:30:07
WATSON, Gerry	Wyndham AC	Vet50	1:15:51	1:16:10	2:32:01
LODGE, Jonny	Unattached : Normanton		1:18:26	1:13:51	2:32:17
NOLAN, David	Alnwick Harriers		1:14:35	1:18:16	2:32:51
TULLY, Christopher	Unattached : Waterloo		1:15:19	1:17:48	2:33:07
SPENCE, Ross	Unattached - Edinburgh		1:16:42	1:17:04	2:33:46
CLARK, Jeff	Barnsley Harriers	Vet40	1:16:13	1:18:08	2:34:21
MCKELLOR, Stewart	Unattached : Clackmannan		1:18:26	1:16:01	2:34:27
WOODLEY, Kath	Unattached : Ulverston		1:17:03	1:17:58	2:35:01
RANKIN, Iain	Unattached - Macclesfield	Vet40	1:15:34	1:19:29	2:35:03
HIGHAM, Nick	Lancaster & Morecambe AC	Vet40	1:10:33	1:24:36	2:35:09
PARKER, Edward	Unattached - Bradford		1:16:26	1:19:12	2:35:38
WOOF, Brian	Unattached - Kendal	Vet40	1:18:11	1:18:05	2:36:16
JACKSON, Simon	Unattached - Keswick		1:18:20	1:19:20	2:37:40
HEATH, Janson	Rockart Runners	Vet40	1:17:23	1:21:17	2:38:40
SPRIGGS, Gary	Unattached : St Helens	Vet40	1:19:17	1:19:33	2:38:50
BROWN, Annette	Women's Running Network	LadyVet50	1:19:04	1:19:55	2:38:59
OSBORNE, Mark	Unattached - Leeds	Vet50	1:20:33	1:19:25	2:39:58
CAMPION, Adam	Keswick Athletics Club	Vet40	1:20:44	1:19:19	2:40:03
ORDISH, Ian	Hardley Runners	Vet50	1:20:50	1:19:23	2:40:13

WEBB, Darren	Unattached - Sheffield	Vet40	1:20:01	1:20:19	2:40:20
STEELE, John	Unattached - Wigton	Vet50	1:20:28	1:21:59	2:42:27
NESMITH, Sharon	Unattached - Ambleside	LadyVet40	1:19:49	1:23:00	2:42:49
DAVEY, Martin	Amphill & Flitwick Flyers	Vet50	1:21:13	1:22:17	2:43:30
IMANARI, Tsuyoshi	Unattached - London	Vet40	1:21:14	1:23:04	2:44:18
PROCTOR, Phillip	Unattached : Ellesmere Port	Vet40	1:22:17	1:22:48	2:45:05
MCCARTHY, Jeff	Unattached - Rochdale	Vet40	1:22:00	1:23:43	2:45:43
HARBER, Kevin	Unattached : St Albans		1:32:57	1:12:49	2:45:46
THORNBURGH, Zoe	Wooten Road Runners	LadyVet40	1:22:13	1:23:51	2:46:04
ARCHMAN, Phil	Unattached : Yarm	Vet50	1:25:04	1:21:35	2:46:39
MCGINN, Brian	Unattached - Middlesborough		1:21:30	1:25:25	2:46:55
HORTON, Steve	Unattached : Bedfordshire		1:34:53	1:12:26	2:47:19
STACY, Martin	Vegan Runners Uk	Vet40	1:21:48	1:26:24	2:48:12
READER, Kim	Wymondham AC	LadyVet40	1:25:38	1:22:45	2:48:23
ADAMS, Alastair	Unattached : Hook Norton	Vet40	1:22:17	1:26:52	2:49:09
LANG, Andrew	Meltham AC	Vet40	1:25:31	1:24:46	2:50:17
BLACKMORE, Jonathan	Unattached : Chesterfield	Vet40	1:23:48	1:26:34	2:50:22
ALLEN, Alison	Burnham Joggers	LadyVet50	1:24:20	1:26:09	2:50:29
EDWARDS, Joanne	Vale Royal Athletics Club	LadyVet50	1:21:44	1:28:46	2:50:30
GILLMAN, Darren	Spa Striders	Vet40	1:25:25	1:25:34	2:50:59
MOORE, Julie	Trismart	LadyVet40	1:26:01	1:25:37	2:51:38
MCBLANE, Kate	Unattached - Derby		1:25:56	1:26:06	2:52:02
ALLEN, Charles	Burnham Joggers	Vet50	1:24:46	1:27:24	2:52:10
SMITH, Beverley	Horsforth Harriers	LadyVet40	1:25:47	1:26:47	2:52:34
CLARKE, Gary	Rockart Runners		1:22:14	1:31:21	2:53:35
CHEW, Phil	Unattached : Whittle-le-Woods	Vet50	1:26:51	1:27:36	2:54:27
MCGEE, Richard	Unattached : Stratford-upon-Avon	Vet40	1:26:00	1:29:00	2:55:00
LEWIS, Andy	Unattached - Lancaster	Vet40	1:28:07	1:27:33	2:55:40
FIDDLER, Paul	Unattached - Warrington		1:30:35	1:25:09	2:55:44
DAGLISH, Jodie	Allen Valley Striders		1:28:21	1:28:16	2:56:37
HEATH, Lisa	Rockart Runners		1:24:50	1:32:09	2:56:59
HEATHERINGTON, Jane	Unattached : Rowlands Gill		1:29:47	1:28:04	2:57:51
KENDAL, Kev	Howgill Harriers	Vet40	1:32:22	1:25:42	2:58:04
CLEARY, Paul	Unattached - Alsager	Vet40	1:23:52	1:34:23	2:58:15
HINSON, Mike	Unattached - Sedburgh	Vet40	1:29:26	1:29:10	2:58:36
MCMILLAN, Stuart	Unattached - Edinburgh		1:26:10	1:32:31	2:58:41
FENN, Cath	Northbrook AC, Coventry	LadyVet40	1:29:53	1:28:58	2:58:51
BARTLETT, Robin	Lancaster & Morcambe AC	Vet50	1:29:23	1:29:37	2:59:00
GOODCHILD, Stephanie	Manchester YMCA	LadyVet40	1:29:00	1:30:07	2:59:07
BARNARD, Mark	Unattached : Henley in Arden	Vet50	1:22:52	1:36:24	2:59:16
LAMBERT, Gregory	Unattached - Carnforth	Vet60	1:32:32	1:26:51	2:59:23
SNOW, Janet	Vale Royal AC	LadyVet50	1:26:53	1:32:43	2:59:36
BRIERLEY, Ian	Unattached - Rossendale		1:25:53	1:34:03	2:59:56
HANLEY, Tiffany	Hardley Runners	LadyVet40	1:30:05	1:30:23	3:00:28
YOXON, Chris	Unattached : Hook Norton	Vet50	1:28:18	1:32:47	3:01:05
TONES, Michelle	Unattached - Leeds	LadyVet40	1:30:56	1:30:15	3:01:11
WHITLEY, Michael	Grassbanks		1:30:02	1:31:13	3:01:15
SIMPSON, Lee	Unattached - South Shields		1:30:02	1:31:14	3:01:16
COWLING, Graeme	Unattached - Halifax		1:27:41	1:34:00	3:01:41
HALSALL, Helen	Unattached : Altrincham	LadyVet40	1:28:37	1:33:20	3:01:57
TURNER, Wayne	Unattached : Bletchley		1:34:52	1:27:28	3:02:20
WARDROPE, Christopher	Unattahced : Broxbun		1:31:24	1:31:24	3:02:48
WEREY, Philippe	Southville Running Club	Vet40	1:32:49	1:30:02	3:02:51
SAMUELSON, Katie	Cambridge & Coleridge AC		1:26:52	1:36:19	3:03:11
CLARK, Hazel	Ware Joggers		1:31:40	1:31:32	3:03:12

COATES, David	Alnwick Harriers		1:30:06	1:33:23	3:03:29
SPENCE, Sarah	Unattached - Edinburgh		1:32:52	1:30:48	3:03:40
KINVIG, Valerie	Vale Royal AC	LadyVet50	1:31:02	1:32:42	3:03:44
RICHARDS, Lee	Unattached : Howden		1:21:53	1:42:02	3:03:55
LLOYD, Jim	Unattached	Vet50	1:21:28	1:42:53	3:04:21
PAPE, Nick	Derby Tri Club	Vet40	1:28:43	1:35:57	3:04:40
BERRY, Phil	Baildon Runners	Vet40	1:31:31	1:33:40	3:05:11
JAMIESON, Christopher	Esk Valley Fell Club	Vet50	1:31:36	1:33:57	3:05:33
MCCANN, John	Kendal Athletic Club	Vet60	1:30:42	1:35:03	3:05:45
WEBSTER, Stephen	Unattached : Huddersfield	Vet50	1:31:33	1:34:34	3:06:07
BARRY, Sarah	Unattached : Huddersfield	LadyVet40	1:33:45	1:33:22	3:07:07
GUERRERO, Ricardo	Unattached : Battersea		1:35:17	1:31:54	3:07:11
OWEN, Phil	Fetcheveryone	Vet40	1:33:37	1:34:01	3:07:38
ANDREWS, Ian	Unattached		1:16:09	1:51:54	3:08:03
SPOONER, Steve	Unattached : Bollington	Vet40	1:31:33	1:37:03	3:08:36
NEWMAN, Ginny	Unattached - Manchester	LadyVet50	1:34:48	1:33:51	3:08:39
CHARLES, Duncan	Unattached - Shifnal	Vet50	1:34:52	1:35:03	3:09:55
SMITH, Michael	Olney Runners	Vet50	1:34:45	1:35:14	3:09:59
NAGAR, Igal	Unattached : Sutton Coldfield	Vet50	1:33:44	1:36:19	3:10:03
PARKER, Graham	Unattached - Kendal	Vet40	1:32:43	1:37:25	3:10:08
KNIGHTON, Simon	Unattached		1:36:02	1:34:32	3:10:34
CLENNETT, Catherine	Billingham Marsh House Harriers	LadyVet40	1:38:59	1:31:45	3:10:44
GOWLAND, Kerry	Coalfields RT		1:26:21	1:45:05	3:11:26
SKINN, Helena	Valley Hill Runners		1:36:13	1:35:15	3:11:28
BROWNLEE, Helen	Unattached - Edinburgh		1:37:20	1:34:42	3:12:02
CROFT, Rachael	Unattached : Didsbury		1:37:30	1:35:03	3:12:33
IRVING, Lisa	Unattached - Hebburn		1:27:48	1:45:05	3:12:53
MICHAELIS, Charlie	Unattached : Stratford-upon-Avon	Vet50	1:36:32	1:36:24	3:12:56
LE BELLEGUY, Sue	Unattached : Alcester	LadyVet40	1:36:37	1:36:24	3:13:01
STRATTON, Tom	Unattached - Manchester		1:35:47	1:38:40	3:14:27
YATE, Adrian	Unattached	Vet40	1:23:05	1:51:53	3:14:58
FOSTER, Stephen	Unattached	Vet40	1:39:30	1:35:51	3:15:21
TURNER, Josh	Valley Hill Runners		1:35:48	1:39:41	3:15:29
LOUGHRAN, Joe	Unattached - Stoke-on-Trent	Vet60	1:35:47	1:40:33	3:16:20
BESFORD, Ruth	Unattached : St Helens	LadyVet40	1:38:05	1:39:49	3:17:54
BAINES, Nick	Unattached - Carnforth	Vet40	1:36:32	1:41:37	3:18:09
MALLON, Judith	Unattached : Barnsley	LadyVet40	1:38:03	1:40:39	3:18:42
HART, Gareth	Unattached		1:38:31	1:40:16	3:18:47
HART, Graham	Shephed RC	Vet50	1:38:33	1:40:17	3:18:50
THOMPSON, Nick	Meltham AC	Vet50	1:36:48	1:42:26	3:19:14
FURPHY, Chris	Unattached : Guisborough	Vet40	1:39:02	1:40:32	3:19:34
GAMBERINI, Lorna	Unattached - Cockermouth	LadyVet40	1:40:08	1:39:38	3:19:46
TOMLIN, Nina	Unattached - Caernarfon		1:34:08	1:46:00	3:20:08
EDWARDS, Paula	Unattached - Sheffield		1:38:36	1:41:40	3:20:16
GIBSON, Terri	Unattached - Sheffield		1:38:37	1:41:40	3:20:17
RICHARDS, Peter	Unattached	Vet40	1:40:02	1:40:26	3:20:28
DENVIR, Lucy	Unattached	LadyVet40	1:39:31	1:41:20	3:20:51
GARLAND, Heather	Unattached - Warrington		1:41:15	1:39:59	3:21:14
SAYBURN, Julia	Cartmel Priory School	LadyVet50	1:38:52	1:43:27	3:22:19
ROBB, Karen	Unattached - Glasgow		1:42:27	1:42:49	3:25:16
BATES, Damian	Unattached : Oldham	Vet40	1:43:04	1:42:27	3:25:31
BATES, Lucy	Unattached : Oldham	LadyVet40	1:43:05	1:42:26	3:25:31
ROBB, Christopher	Unattached - Glasgow	Vet40	1:42:54	1:42:49	3:25:43
THORPE, Linda	Unattached : Castleford	LadyVet50	1:41:20	1:45:05	3:26:25
CLARK, Bev	Barnsley Harriers	LadyVet40	1:39:54	1:46:58	3:26:52

MCCALMONT, Maria	Unattached : Stathaven	LadyVet50	1:45:17	1:42:27	3:27:44
BUTTERWORTH, Simon	Unattached - Hawkshead	Vet50	1:42:16	1:46:30	3:28:46
DARWIN, Alan	Hyde Park Harriers	Vet40	1:37:38	1:51:33	3:29:11
LUKEHURST, Tess	Fetcheveryone	LadyVet50	1:45:01	1:44:20	3:29:21
FEWTRELL, Lorna	South Cheshire Harriers	LadyVet40	1:45:49	1:44:14	3:30:03
HUDSON, Melanie	Elvet Striders- Durham		1:45:02	1:45:35	3:30:37
ROBSON, Dave	Elvet Striders- Durham	Vet60	1:45:03	1:45:34	3:30:37
WHEATLEY, Richard	Redhill Road Runners	Vet40	1:41:59	1:49:36	3:31:35
NEWSHAM, Diane	Unattached : Winsford	LadyVet40	1:44:46	1:48:07	3:32:53
LLOYD, Kim	Unattached	LadyVet50	1:47:42	1:46:20	3:34:02
SAMUELSON, Viv	Unattached - Stockport		1:45:08	1:49:11	3:34:19
COLES, Angela	Unattached	LadyVet40	1:45:24	1:48:58	3:34:22
PETFORD, Philippa	Unattached : Plymouth		1:42:55	1:51:54	3:34:49
WHEATLEY, Jane	Redhill Road Runners	LadyVet40	1:45:19	1:49:45	3:35:04
SITHAMPARANATHAN, Niven	Unattached : Dunstable		1:46:37	1:48:40	3:35:17
HARKER, Angela	Rocktart Runners		1:47:57	1:48:21	3:36:18
CARDWELL, Louise	Unattached - Edinburgh	LadyVet40	1:47:49	1:50:04	3:37:53
BARTLETT, Ruth	Lancaster & Morcambe AC	LadyVet50	1:47:50	1:50:25	3:38:15
GRAY, John	Meltham AC	Vet40	1:47:23	1:50:57	3:38:20
SHAWLEY, Ann	Unattached - Sheffield	LadyVet60	1:48:05	1:50:22	3:38:27
KIMBER, Caroline	Unattached - Holmfirth	LadyVet40	1:42:56	1:55:59	3:38:55
HOWARD, Simon	Rocktart Runners	Vet40	1:49:47	1:49:24	3:39:11
MARSHALL, Jane	Unattached - York	LadyVet40	1:53:00	1:47:13	3:40:13
RUVALCABA, Engelberto	Unattached - London		1:41:50	1:58:50	3:40:40
WALKER, Denise	Unattached : York	LadyVet40	1:48:39	1:52:10	3:40:49
GLOSSOP, Christopher	Unattached : Chesterfield	Vet40	1:51:52	1:49:08	3:41:00
NORDON, Alison	Unattached : Paisley	LadyVet40	1:50:07	1:52:04	3:42:11
SCHWEIZER, Kate	Quakers Running Club	LadyVet40	1:48:27	1:55:05	3:43:32
JOWETT, Hannah	Hyde Park Harriers		1:48:25	1:56:28	3:44:53
CONNER, Shirley	Quakers Running Club	LadyVet40	1:48:57	1:57:29	3:46:26
FORMSTONE, Kate	Unattached - Blackpool		1:51:57	1:55:03	3:47:00
JOUGHIN, Shaun	Unattached : Guisborough		1:29:03	2:18:38	3:47:41
LE-FAYE, Jolanne	Unattached : Woking	LadyVet50	1:49:43	1:58:37	3:48:20
LE-FAYE, Nicholas	Unattached : Woking	Vet40	1:49:45	1:58:39	3:48:24
LONG, Fiona	Unattached : Ripon		1:50:21	1:58:38	3:48:59
BROWN, Kim	Unattached Darlington	LadyVet40	1:51:19	1:59:07	3:50:26
WESTON, Judith	Marsh House Harriers	LadyVet40	1:53:13	1:58:47	3:52:00
SHEPHERD, Sue	unattached - Sowerby Bridge	LadyVet50	1:55:29	1:58:09	3:53:38
VAUGHAN, Jacqui	Bexhill Runners	LadyVet60	2:01:35	1:56:36	3:58:11
PHILLIPS, Steven	Chorlton Runners	Vet50	1:53:59	2:07:18	4:01:17
CARNEY, Ann	Chorlton Runners	LadyVet50	1:54:01	2:07:19	4:01:20
SPEAK, Joanna	Unattached : Great Preston		1:53:25	2:08:02	4:01:27
BENSON, Amanda	Unattached - Leeds		2:01:19	2:01:58	4:03:17
FARMER, Mark	Unattached : Linclon	Vet40	2:00:15	2:04:16	4:04:31
CHARLES, Tracey	Unattached - Shifnal	LadyVet40	1:58:42	2:06:31	4:05:13
SIMPSON, Eilidh	Unattached : East Kilbride		1:58:01	2:08:56	4:06:57
MCCORMACK, Jeanette	Crosby Stormers	LadyVet50	2:06:09	2:05:13	4:11:22
CAVEEN, Marie	Crosby Stormers	LadyVet60	2:06:26	2:05:20	4:11:46
GILES, Thomas	Trail Running Association	Vet40	2:06:02	2:06:16	4:12:18
YATES, Jane	Unattached - Penrith	LadyVet40	2:01:06	2:12:55	4:14:01
DUDLEY, Giselle	Unattached - Sunderland	LadyVet50	2:06:30	2:08:51	4:15:21
HASLAM, Nick	Unattached - Kendal	Vet40	2:12:34	2:04:09	4:16:43
IBBOTSON, Ian	Unattached : Windermere	Vet50	2:12:37	2:04:06	4:16:43
HIGHAM, Lindsey	Lancaster & Morecambe AC	LadyVet40	2:05:43	2:11:33	4:17:16
LYONS, Claire	Crosby Stormers	LadyVet50	2:12:18	2:08:44	4:21:02
SMITH, Lynn	Crosby Stormers	LadyVet50	2:12:21	2:08:46	4:21:07

FEATHERSTONE, Daniel	Unattached : Beverley		2:07:13	2:14:10	4:21:23	
LOCKWOOD, Carl	Unattached : Leeds	Vet50	2:47:10	1:53:21	4:40:31	
SAMBROOK, Clare	Unattached - Penrith	LadyVet40	2:22:55	2:24:44	4:47:39	
HARBORD, Chris	Great Yarmouthh Road Runners	Vet60	2:58:07	3:09:36	6:07:43	