

Lakeland Trails in Cartmel

Cartmel Trail Challenge 18km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
Cartmel Trail Challenge 18km							
1.	502	Paul Macfarlane	m		U/A Kendal,	1:22:38	1:22:37
2.	779	Michael Barron	m		U/A Windermere,	1:23:27	1:23:22
3.	772	Tom Whittington	m		Macclesfield Harriers	1:24:32	1:24:32
4.	505	Tim Johnstone	m	Veteran 40	U/A Chorley, Lancashire	1:25:42	1:25:35
5.	490	neil wearden	m	Veteran 40	U/A preston,	1:27:13	1:27:12
6.	672	Dan Foley	m		U/A Harrogate, N.Yorks	1:27:18	1:27:17
7.	670	James Ireland	m		U/A Knaresborough, North Yorkshire	1:27:49	1:27:47
8.	704	Rob johnson	m		honey badger gym	1:28:08	1:27:17
9.	690	Martin Tedcastle	m	Veteran 40	U/A Grang-over-sands, Cumbria	1:28:11	1:28:07
10.	418	Phill Beard	m	Veteran 40	N/a	1:28:38	1:28:34
11.	396	Richard Clark	m		U/A Preston, Lancashire	1:28:56	1:28:43
12.	692	Andy Rees	m	Veteran 40	U/A Durham, Durham	1:30:25	1:30:15
13.	773	Helen Smith	f		U/A Market Rasen, Lincolnshire	1:30:57	1:30:56
14.	739	Andre Van	m		U/A Edinburgh,	1:31:27	1:31:04
15.	752	Mike Hopkins	m	Veteran 50	U/A Liverpool,	1:31:35	1:31:34
16.	585	Roger Cotterill	m	Veteran 50	U/A Alsager, Stoke-on-Trent	1:32:23	1:32:15
17.	368	Stephen Huyton	m		U/A Ormskirk , Lancashire	1:32:34	1:32:22
18.	708	Dayle Armstrong	m		U/A Carlisle, Cumbria	1:32:35	1:32:21
19.	699	Paul Kelsall	m		U/A New Mills ,	1:32:43	1:32:36
20.	485	Dave Vaughan	m		U/A Ormskirk,	1:33:18	1:33:09
21.	348	steve brown	m	Veteran 50	U/A windermere, cumbria	1:33:33	1:33:28
22.	841	Paul Atkinson	m		U/A Kendal ,	1:33:39	1:33:33
23.	717	Andy Mingay	m		Eden Runners	1:33:42	0:00:00
24.	705	Gareth Nicholson	m		U/A Windermere,	1:33:59	1:33:53
25.	361	Katie Samuelson	f		Cambridge & Coleridge AC	1:34:41	1:34:39
26.	674	Nicholas Cooper	m	Veteran 50	Shelton Striders	1:35:18	1:35:02
27.	422	Alan Metcalf	m	Veteran 50	Preston Harriers	1:35:34	1:35:33
28.	762	Charles Colby	m	Veteran 40	Bowland Fell Runners	1:35:39	1:35:33
29.	771	Andrew Phillips	m		U/A Manchester,	1:36:56	1:36:51
30.	834	Jonny Lambert	m		Oswestry Olympians	1:37:00	1:36:50
31.	713	Andrew Vaughton	m	Veteran 40	U/A Chorley,	1:37:12	1:36:36
32.	562	Daniel Scott	m	Veteran 40	U/A Greenfield,	1:37:27	1:37:19
33.	450	Adrian Filipek	m		U/A Coniston, Cumbria	1:37:41	1:37:27
34.	693	Sean Morrison	m	Veteran 40	U/A Drymen, Stirlingshire	1:37:50	1:37:34
35.	638	Ian MacNamee	m	Veteran 40	U/A Breaston, Derby	1:37:56	1:37:47
36.	729	Matt Page	m		U/A Altrincham, Cheshire	1:38:01	1:37:57
37.	735	Mark Essey	m	Veteran 40	U/A Chorley,	1:38:25	1:38:13
38.	747	Edward Horton	m		U/A Salford,	1:38:40	1:38:29
39.	362	Darren Gillman	m	Veteran 40	Cambridge & Coleridge	1:38:41	1:38:37
40.	588	Jon Hawker	m	Veteran 50	Delamere Spartans	1:38:45	1:38:28
41.	736	Alex Jefferson	m		U/A Flitwick, Beds	1:38:47	1:38:40
42.	512	Simon massey	m	Veteran 40	Welly Bed Racers	1:38:54	1:38:32
43.	507	Geoffrey Carter	m	Veteran 40	U/A Cockermonth,	1:39:01	1:38:00
44.	560	Carl Blackburn	m		U/A Carlisle, Cumbria	1:39:04	1:38:48
45.	599	Darran Carr	m		U/A Grange-over-Sands,	1:39:10	1:39:02
46.	828	Cat Wain-Hobson	f		North Derbs Runners	1:39:11	1:38:46
47.	777	Matthijs Metselaar	m		U/A Bridge of Allan,	1:39:46	1:39:24
48.	686	kevin booth	m	Veteran 40	KTC	1:39:50	1:39:42
49.	768	Jonathan Moss	m	Veteran 40	U/A Gainsborough, Lincolnshire	1:40:03	1:39:45
50.	524	Steven Gagon	m	Veteran 40	U/A Manchester,	1:40:42	1:40:36
51.	391	Graeme Denman	m		N/A	1:41:00	1:40:25
52.	441	Paul Ross	m		U/A Rowlands Gill, Tyne and Wear	1:41:01	1:40:46
53.	817	Alastair McIntosh	m		U/A Warrington, Cheshire	1:41:07	1:40:56
54.	525	John Mercer	m	Veteran 50	U/A Wigan, Lancs	1:41:09	1:41:05
55.	677	anthony mcgee	m	Veteran 40	U/A liverpool,	1:41:11	1:40:31
56.	697	Nick Kay	m		U/A Lancaster, Lancashire	1:41:21	1:41:17
57.	793	Bjorn Abraham	m		U/A Ambleside, Cumbria	1:41:23	1:40:36
58.	486	Mark Bond	m	Veteran 50	U/A Southport, Lancs	1:41:24	1:41:15
59.	795	Angie Tomlinson	f		U/A Carlisle, Cumbria	1:41:26	1:40:43
60.	794	Greg Cameron	m	Veteran 40	U/A Brampton, Cumbria	1:41:26	1:40:43
61.	506	Gemma Preston	f		U/A Chorley, Lancashire	1:41:27	1:41:19
62.	360	Robert Bentley	m		U/A Manchester,	1:41:50	1:41:43
63.	385	Frank Tippin	m	Veteran 50	U/A Southport,	1:42:09	1:41:47
64.	775	Ray Padgett	m	Veteran 60	U/A Grange over Sands, Cumbria	1:42:21	1:42:12
65.	363	Owen Panton	m		U/A Manchester, Lancashire	1:42:38	1:42:30
66.	523	Pete Lashley	m	Veteran 40	U/A Milnthorpe	1:42:44	1:42:33
67.	587	Tim Waldron	m		U/A Liverpool, Merseyside	1:42:48	1:42:36
68.	563	Michael Rathbone	m	Veteran 40	U/A Alnwick, Northumberland	1:42:50	1:42:41
69.	350	Philip Higgins	m	Veteran 40	Kendal Tri Club	1:43:24	1:43:20
70.	802	Stephen Brooks	m		N/A	1:43:26	1:43:24
71.	803	Stuart Beech	m		U/A Fleetwood,	1:43:26	1:43:24
72.	596	trevor mercer	m	Veteran 60	U/A darwen, lancs	1:43:27	1:43:22
73.	455	William Powis	m		U/A Newcastle upon Tyne, Tyne and Wear	1:43:39	1:43:12
74.	842	Chris Carter	m			1:43:41	1:42:56
75.	667	Rosie Kenyon	f		U/A Liverpool,	1:43:53	1:43:45
76.	500	Chris Vincent	m	Veteran 50	U/A Ormskirk, Lancashire	1:43:57	1:43:08
77.	833	Gary Clarke	m		Oswestry Olympians	1:44:07	1:43:57

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	664	Clive Lamb	m	Veteran 50	U/A Lichfield, Staffordshire	1:44:07	1:43:54
79.	341	alan parker	m	Veteran 50	U/A stoke on trent,	1:44:08	1:43:44
80.	394	sandy walster	f		Cleethorpes ath	1:44:21	1:44:02
81.	543	Steven Hartle	m		Parkside Panthers	1:44:29	1:43:53
82.	721	Glen Carden	m	Veteran 40	U/A Liverpool,	1:45:00	1:44:46
83.	734	Paul Lindley	m		U/A Liverpool, Merseyside	1:45:00	1:44:47
84.	676	Katie Halsall	f		U/A Leeds,	1:45:03	1:44:57
85.	626	Howard Plaut	m	Veteran 50	U/A Crook, County Durham	1:45:30	1:45:23
86.	825	Nick Howe	m		U/A Liverpool,	1:45:55	1:45:25
87.	840	Stphen Beard	m		U/A Thirnton, Lancashire	1:45:55	1:45:53
88.	767	Dave Candlish	m	Veteran 40	Saltwell Harriers	1:46:16	1:45:56
89.	493	Claire Gray	f	Lady Veteran 40	U/A Dalston, Cumbria	1:46:26	1:45:40
90.	612	Angela Colby	f	Lady Veteran 40	Bowland Fell Runners	1:46:40	1:46:32
91.	533	David Doughty	m	Veteran 50	U/A Southport, Merseyside	1:46:50	1:46:34
92.	534	Jake Lane	m		U/A Haydock, Merseyside	1:47:12	1:46:34
93.	838	Dave Bartrum	m	Veteran 40	Alnwick Harriers	1:48:07	1:47:30
94.	557	Dominic Pope	m	Veteran 40	U/A Ulverston, Cumbria	1:48:09	1:48:03
95.	411	Nigel Wolstenholme	m		U/A Manchester,	1:48:13	1:48:05
96.	481	Paul Jenkins	m	Veteran 40	U/A Wigan, Lancs	1:48:13	1:47:35
97.	744	Matt McCairn	m		U/A St Helens, Merseyside	1:48:15	1:48:12
98.	566	Neil Simpson	m		U/A Warrington,	1:48:30	1:48:17
99.	539	Garry Richards	m	Veteran 50	U/A Wakefield ,	1:48:50	1:48:24
100.	816	g blackett	m	Veteran 50	U/A derby, derbyshire	1:49:01	1:48:55
101.	682	David BUII	m	Veteran 40	U/A Macmerry, East Lothian	1:49:11	1:48:52
102.	598	Stephen Wilson	m	Veteran 40	U/A Grange-Over-Sands, Cumbria	1:49:12	1:48:47
103.	581	Ian Grey	m		U/A Cramlington, Northumberland	1:49:15	1:49:04
104.	532	Russell Hull	m		U/A Ulverston, Cumbria	1:49:38	1:48:47
105.	737	Stuart McMillan	m	Veteran 40	U/A Edinburgh,	1:49:43	1:49:05
106.	322	Andrew Hemsley	m	Veteran 50	U/A Penrith, Cumbria	1:49:51	1:49:45
107.	406	Jason Dixon	m	Veteran 40	U/A Kendal, Cumbria	1:49:52	1:49:43
108.	630	Katie Stephens	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:49:58	1:49:37
109.	725	David Bray	m		U/A London,	1:49:59	1:49:01
110.	477	Richard Manley	m		U/A Wirral, Merseyside	1:50:10	1:49:46
111.	824	william grayson	m	Veteran 50	U/A manchester, lancs	1:50:12	1:49:18
112.	351	Robert Myatt	m	Veteran 50	U/A Stoke on trent, Staffordshire	1:50:27	1:50:03
113.	443	Matthew Tyrer	m		U/A Heath charnock, Lancashire	1:50:42	1:50:25
114.	301	Tiffany moorcroft	f	Lady Veteran 40	South Ribble Runners	1:50:48	1:50:35
115.	698	Richard Cuthill	m	Veteran 40	U/A Bridge of Allan, Stirlingshire	1:50:54	1:50:39
116.	815	Adam Murfitt	m	Veteran 40	U/A Lancaster, Lancs	1:50:59	1:50:50
117.	511	Julia massey	f	Lady Veteran 40	Welly Bed Racers	1:51:05	1:50:42
118.	558	John Wilcock	m	Veteran 40	n/a	1:51:27	1:51:22
119.	326	Ginny Newman	f	Lady Veteran 50	U/A Manchester,	1:51:30	1:51:07
120.	538	Kath Padgett	f	Lady Veteran 50	U/A Wakefield ,	1:51:33	1:51:08
121.	746	Helen Frost	f		U/A Salford,	1:51:33	1:50:46
122.	544	Baljit Dhanda	m	Veteran 50	Ealing Eagles	1:51:39	1:50:47
123.	438	Peter Houghton	m		U/A Chorley, Lancashire	1:51:40	1:51:23
124.	329	Emma Wragg	f	Lady Veteran 40	U/A Glossop, Derbyshire	1:51:41	1:50:44
125.	366	Robert Fry	m	Veteran 50	U/A Wigan,	1:51:42	1:51:14
126.	515	nichola swinbourne	f		Hartlepool burn road harriers	1:51:45	1:51:26
127.	419	Catherine Clennett	f	Lady Veteran 40	Billingham Marsh House Harriers	1:51:48	1:51:44
128.	796	Anthony Brockbank	m	Veteran 50	U/A Morpeth, Northumberland	1:52:04	1:51:22
129.	469	Graham Kelly	m	Veteran 50	U/A Liverpool, Merseyside	1:52:16	1:52:07
130.	574	Stuart Oram	m		U/A Manchester, Greater manchester	1:52:20	1:52:05
131.	371	Mike Collins	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	1:52:24	1:52:15
132.	751	Andrea Harbourne	f	Lady Veteran 40	U/A Keswick, Cumbria	1:53:01	1:52:50
133.	770	Steffan Eldred	m		U/A Bury,	1:53:07	1:52:40
134.	447	Arthur Adams	m		U/A Kendal, Cumbria	1:53:09	1:52:33
135.	300	Stuart Waring	m	Veteran 40	U/A Blackburn, Lancashire	1:53:28	1:53:18
136.	659	ashley kaye	m		U/A garforth,	1:53:34	1:53:29
137.	307	Mark Robinson	m	Veteran 40	Parkside Panthers	1:53:38	1:53:02
138.	765	Victoria Curry	f	Lady Veteran 40	Wooler Running Club	1:53:46	1:53:22
139.	748	deborah curle	f	Lady Veteran 50	border harriers ac	1:53:46	1:53:31
140.	550	Kay Shaw	f	Lady Veteran 40	Styal running club	1:53:52	1:53:30
141.	559	Richard Pennock	m	Veteran 40	U/A Bridgend,	1:53:53	1:53:24
142.	414	stuart rome	m		U/A Carlisle, cumbria	1:54:18	1:53:53
143.	431	Sarah Stephenson	f		U/A Grange Over Sands, Cumbria	1:54:22	1:54:09
144.	656	Sam Charles	m		U/A Manchester,	1:54:58	1:54:22
145.	520	sarah pool	f	Lady Veteran 40	U/A langholm, dumfriesshire	1:55:03	1:54:29
146.	444	Carl Fisher	m		U/A Leyland, Lancashire	1:55:04	1:54:18
147.	716	Keith Bevan	m	Veteran 40	Serpentine	1:55:11	1:54:51
148.	757	steven gannon	m	Veteran 50	U/A stockport , cheshire	1:55:12	1:55:02
149.	819	Sam Hall	m		U/A Kendal, Cumbria	1:55:14	1:54:53
150.	359	Rob Walker	m	Veteran 50	U/A Bacup, Lancashire	1:55:17	1:55:14
151.	615	Shiran Yakobi	f	Lady Veteran 40	RSCAC	1:55:24	1:54:50
152.	323	Stuart Bell	m	Veteran 50	Kendal AC	1:55:26	1:55:01
153.	776	Gill Wilkinson	f	Lady Veteran 50	Borrowdale Fell Runners	1:55:27	1:54:37
154.	837	Maureen Bartrum	f	Lady Veteran 40	Alnwick Harriers	1:55:33	1:54:55
155.	327	Susan Tippin	f	Lady Veteran 50	U/A Southport,	1:55:59	1:55:36
156.	576	Karla Napoleon	f		U/A Leeds, West Yorkshire	1:56:04	1:55:22
157.	766	Jacqui Candlish	f	Lady Veteran 40	Saltwell Harriers	1:56:10	1:55:33

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158.	836	Amy Wilkin	f		U/A Grange over sands, Cumbria	1:56:20	1:56:59
159.	364	Gill Myers	f		Creation pt	1:56:30	1:55:45
160.	365	Mark Jesson	m	Veteran 40	Pendle Forest Orienteers	1:56:32	1:56:23
161.	696	Nicola Sumbler	f		U/A Keswick, Cumbria	1:56:37	1:56:27
162.	541	Michael Letheren	m		U/A Kendal, Cumbria	1:56:50	1:56:29
163.	402	Helen Little	f	Lady Veteran 40	None	1:57:00	1:56:31
164.	315	Colin Sam Walton	m	Veteran 50	U/A Stockport, Cheshire	1:57:01	1:56:18
165.	412	Helen Halsall	f	Lady Veteran 50	U/A Altrincham, Cheshire	1:57:25	1:57:18
166.	382	michael pickard	m	Veteran 50	U/A Leeds,	1:57:25	1:56:31
167.	433	Graham Parker	m	Veteran 50	U/A Kendal, Cumbria	1:57:26	1:57:18
168.	700	david macdonald	m	Veteran 40	none	1:57:30	1:57:03
169.	749	Anthony Vincent	m	Veteran 50	U/A Wigan , Lancs	1:57:34	1:57:06
170.	540	Jennifer Lyon	f		U/A Lancaster, Lancashire	1:57:51	1:57:34
171.	711	Stephen Robertson	m	Veteran 50	red rose road runners	1:58:11	1:57:53
172.	671	Colin Campbell	m	Veteran 50	U/A askam-in-furness, cumbria	1:58:15	1:57:26
173.	727	Anne Christian	f		U/A Millom, Cumbria	1:58:15	1:57:27
174.	423	Janice Metcalf	f	Lady Veteran 50	U/A Preston, Lancs.	1:58:28	1:57:35
175.	372	Viv Samuelson	f		Swinton RC	1:58:28	1:58:25
176.	604	Joanna Duncan	f		U/A Kendal, Cumbria	1:58:36	1:58:18
177.	823	Richard Crossley	m	Veteran 40	U/A Stafford, Staffs	1:58:50	1:57:59
178.	601	Victoria Sewell	f		U/A Kendal, Cumbria	1:59:13	1:58:15
179.	666	Fay Waldram	f	Lady Veteran 40	U/A Bolton,	1:59:15	1:59:09
180.	665	Paul Waldram	m	Veteran 40	U/A Bolton,	1:59:15	1:59:09
181.	783	Keith Wise	m	Veteran 50	U/A Dalry, North ayrshire	1:59:19	1:58:22
182.	607	Tim Higginbottom	m	Veteran 60	Alleghenies Running Club	1:59:33	1:58:38
183.	452	Charles Satterly	m	Veteran 40	Lancaster & Morecambe A/C	1:59:43	1:58:48
184.	582	Richard Eardley	m		U/A Kendal, Cumbria	2:00:15	1:59:54
185.	830	karen lee	f		U/A bolton,	2:00:41	2:00:28
186.	589	Deborah Hawker	f	Lady Veteran 40	Ellesmere Port RC	2:00:42	2:00:25
187.	462	John Thompson	m	Veteran 50	Sweatshop Chorley	2:00:44	2:00:17
188.	829	Margaret Lupton	f	Lady Veteran 40	Red Rose Road Runners	2:00:54	2:00:22
189.	681	Karl Allerton	m	Veteran 40	Lichfield Running Club	2:01:23	2:01:06
190.	317	Tara Oxley	f		Stockton Striders A.C.	2:01:37	2:01:33
191.	480	Vic Knott	f		U/A Manchester ,	2:01:53	2:01:19
192.	814	Paul Winn	m	Veteran 60	Holmfirth harriers	2:02:16	2:01:23
193.	349	Igal Nagar	m	Veteran 50	U/A Sutton Coldfield, West Midlands	2:02:22	2:02:15
194.	594	Bryony Catlow	f		U/A Gateshead, Tyne And Wear	2:02:22	2:01:46
195.	618	Mark Dewey	m		U/A Great Bowden, Leicestershire	2:02:25	2:02:14
196.	633	Paul Shawley	m		U/A Sheffield,	2:02:30	2:01:58
197.	383	Kim Brown	f	Lady Veteran 40	U/A Darlington, Co Durham	2:02:33	2:02:18
198.	510	Helen Jones	f		U/A Burntisland , Fife	2:02:37	2:02:16
199.	461	John Croxford	m	Veteran 50	U/A Coniston, Cumbria	2:02:55	2:02:34
200.	425	Dean Pallister	m	Veteran 40	U/A	2:03:15	2:02:24
201.	503	Jenny Wroe	f		U/A Kendal,	2:03:18	2:03:03
202.	476	Jacqui Sutton-Riley	f	Lady Veteran 40	U/A Ulverston, Cumbria	2:03:25	2:03:21
203.	521	Michael Welsh	m	Veteran 40	U/A Northallerton, North Yorkshire	2:03:29	2:02:46
204.	673	KATE WILSON	f		U/A KENDAL, CUMBRIA	2:03:49	2:03:10
205.	590	Bridget Broadhurst	f	Lady Veteran 50	Tynedale Harriers	2:03:54	2:03:31
206.	338	Matthew Elliott	m		U/A Manchester,	2:04:01	2:03:43
207.	442	Pauline Shearer	f	Lady Veteran 50	U/A Runcorn, Cheshire	2:04:14	2:04:02
208.	564	Iain Armstrong	m		U/A Carlise, Cumbria	2:04:29	2:04:13
209.	843	Paul Jordan	m	Veteran 40	Carlisle sheep mount runners	2:04:34	2:04:08
210.	613	kevin Gelder	m	Veteran 50	U/A Cleckheaton, West Yorkshire	2:04:39	2:04:27
211.	644	ELAINE STATHAM	f	Lady Veteran 70	Midland Masters	2:04:40	2:04:17
212.	636	Anne Crocker	f	Lady Veteran 40	U/A Manchester,	2:04:40	2:04:16
213.	647	Ian Stephenson	m	Veteran 50	U/A Swarland, Northumberland	2:04:46	2:04:13
214.	678	Jenny MacDonald	f	Lady Veteran 40	U/A Preston,	2:04:53	2:04:07
215.	614	John Parry	m		U/A Grange-over-Sands, Cumbria	2:05:06	2:04:58
216.	820	Ravind Bhargal	m		U/A Huddersfield, West Yorkshire	2:05:07	2:04:23
217.	328	IAN COOPER	m	Veteran 40	U/A WHITLEY BAY, TYNE AND WEAR	2:05:23	2:04:41
218.	381	Steve Spooner	m	Veteran 40	U/A Bollington, Cheshire	2:05:26	2:04:51
219.	319	Gina Mumford	f	Lady Veteran 50	U/A Barford St Michael,	2:05:30	2:05:09
220.	654	Lisa Rickard	f	Lady Veteran 40	Heinz	2:05:33	2:04:57
221.	660	CATHERINE SHANLEY	f	Lady Veteran 50	U/A Cheadle, Greater Manchester	2:05:35	2:05:03
222.	400	Morag Donoghue	f	Lady Veteran 40	Alnwick Harriers	2:05:47	2:05:11
223.	463	Francis Wooff	m	Veteran 50	Chorlton Runners	2:05:54	2:05:36
224.	720	Michael Lynch	m	Veteran 60	U/A Malton, N yorks	2:06:01	2:05:05
225.	482	Liz Cook	f	Lady Veteran 40	U/A Wigan, Lancs	2:06:01	2:05:24
226.	504	Toni Chaplin-Armer	f	Lady Veteran 50	U/A Carlisle, Cumbria	2:06:08	2:05:23
227.	554	elaine hindle	f	Lady Veteran 40	U/A Liverpool,	2:06:20	2:05:20
228.	428	Christine Loughran	f	Lady Veteran 40	U/A Stoke on Trent, Staffordshire	2:06:26	2:06:22
229.	790	Tracey Bruce	f	Lady Veteran 40	U/A Lancaster, Lancashire	2:06:37	2:05:41
230.	709	Louise McEveley	f	Lady Veteran 40	Helsby Running Club	2:06:46	2:06:37
231.	710	Nesta Hawker	f	Lady Veteran 40	Helsby	2:06:46	2:06:37
232.	780	Richard Watson	m	Veteran 40	U/A Allithwaite, Cumbria	2:06:48	2:06:02
233.	617	Bob Barford	m	Veteran 50	U/A Laceyby, Lincolnshire	2:07:04	2:06:54
234.	639	Dean Lindsey	m	Veteran 40	U/A Clitheroe, Lancashire	2:07:07	2:06:37
235.	314	Kevin Mather	m	Veteran 50	Lymm runners	2:07:11	2:06:25
236.	389	Dawn Saxby	f	Lady Veteran 50	U/A Harrogate, North Yorkshire	2:07:15	2:06:41
237.	546	Lisa Whetter	f	Lady Veteran 40	U/A Levens, Cumbria	2:07:26	2:06:35

Lakeland Trails in Cartmel

Cartmel Trail Challenge 18km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
238.	818	George Lalande	m	Veteran 60	malton pikies	2:07:38	2:06:41
239.	649	Nick Taylor	m	Veteran 40	Allithwaite Running Club	2:07:39	2:07:14
240.	763	Gillian Nevin	f	Lady Veteran 40	Crosby Stormers	2:07:41	2:07:14
241.	346	Marie Bainbridge	f		Blackhill Bounders	2:07:57	2:07:27
242.	316	mark cuerden	m	Veteran 50	U/A preston, lancs	2:07:59	2:07:30
243.	430	Liam Moden	m	Veteran 40	U/A Haslingden, Lancashire	2:08:03	2:07:14
244.	451	Nicky Jeffrey	f	Lady Veteran 50	Tynedale Harriers	2:08:32	2:07:53
245.	552	Jane Searle	f	Lady Veteran 40	U/A Liverpool , Merseyside	2:08:52	2:07:52
246.	832	Sam Butler	m		Mr & Mrs butler	2:08:58	2:08:09
247.	321	sarah burlinson	f	Lady Veteran 40	U/A hyde, cheshire	2:09:27	2:08:30
248.	769	Joanne Moss	f	Lady Veteran 40	U/A Gainsborough, Lincolnshire	2:09:37	2:09:18
249.	651	Mark Lobb	m		U/A Leeds,	2:09:50	2:09:44
250.	635	Paul Moss	m	Veteran 50	Baxi	2:09:54	2:09:09
251.	621	Kirsty Jones	f		U/A Bedford, Bedfordshire	2:10:00	2:09:37
252.	467	Paul Johnson	m	Veteran 40	U/A Kendal, Cumbria	2:10:11	2:09:42
253.	468	Becky Johnson	f	Lady Veteran 40	U/A Kendal, Cumbria	2:10:11	2:09:42
254.	650	Jane Saul	f	Lady Veteran 50	Tynedale Harriers	2:10:29	2:10:04
255.	663	Catherine Jones	f	Lady Veteran 50	U/A Bolton, Lancashire	2:10:43	2:10:28
256.	839	Gary Jones	m	Veteran 50	Bolton Harriers	2:10:44	2:10:27
257.	429	Ben Higginson	m	Veteran 60	Preston Harriers	2:10:52	2:09:58
258.	634	Catherine Moss	f		U/A Preston, Lancashire	2:11:04	2:10:19
259.	624	John Edwards	m	Veteran 60	U/A Yarm, Cleveland	2:11:14	2:10:32
260.	570	paul jackson	m		U/A widnes, cheshire	2:11:52	2:11:24
261.	718	Paul Maloney	m		U/A Lower Whitley, Cheshire	2:11:53	2:11:25
262.	337	Martin Henderson	m	Veteran 40	U/A Preston, Lancashire	2:11:59	2:11:31
263.	719	Nigel Beeson	m	Veteran 50	Lancaster & Morecambe AC	2:12:07	2:11:12
264.	778	Jo Bonham	f	Lady Veteran 40	U/A Barrow in Furness, Cumbria	2:12:08	2:11:34
265.	398	Lisa Kallal	f	Lady Veteran 40	U/A London,	2:12:12	2:11:13
266.	789	Clare Westwood	f	Lady Veteran 40	U/A Richmond , North Yorkshire	2:12:18	2:11:48
267.	547	John Alexander	m		U/A Kendal, Cumbria	2:12:32	2:12:31
268.	797	Paul Clarke	m		U/A Ulverston,	2:12:35	2:11:39
269.	375	susan heaney	f	Lady Veteran 50	Royton Road Runners	2:12:45	2:12:17
270.	495	Miranda Bartlett	f	Lady Veteran 60	U/A ulverston, cumbria	2:12:53	2:12:48
271.	393	Maria McCalmont	f	Lady Veteran 50	U/A Nr. Strathaven, South Lanarkshire	2:13:03	2:12:37
272.	706	Melanie Conaghan	f	Lady Veteran 40	U/A Leeds, West Yorkshire	2:13:03	2:12:20
273.	386	Ann Nicholson	f	Lady Veteran 60		2:13:07	2:12:41
274.	809	Michael Allcock	m		U/A Liverpool, Merseyside	2:13:08	2:12:18
275.	661	Jon Tibke	m	Veteran 50	Lancaster And Morecambe A C	2:13:14	2:12:18
276.	822	Barbara Sloss	f	Lady Veteran 60	Clydeside Canicross	2:13:17	2:12:23
277.	395	Catherine Potts	f		U/A Newton-le-willows,	2:13:26	2:13:02
278.	592	Liz Price	f	Lady Veteran 40	Ilkley Harrier	2:13:32	2:12:53
279.	390	Kate Thurman	f		U/A Sale , Manchester	2:13:36	2:13:04
280.	404	Vicky Butcher	f	Lady Veteran 40	U/A Hebden Bridge, West Yorkshire	2:13:43	2:12:42
281.	714	GEMMA HOLDEN	f		U/A MANCHESTER,	2:13:44	2:13:41
282.	675	Catherine Rigby	f	Lady Veteran 50	mossley hill ac	2:13:53	2:13:14
283.	325	Gavin Spickett	m	Veteran 50	Tynedale Harriers	2:14:00	2:13:29
284.	715	donna pickup	f		U/A leyland,	2:14:10	2:14:07
285.	427	Luan Anderson	f	Lady Veteran 40	U/A York,	2:14:21	2:13:53
286.	409	Elizabeth MacKenzie	f	Lady Veteran 50	U/A Kendal, Cumbria	2:14:23	2:13:42
287.	313	terry moss	m	Veteran 40	U/A preston, lancashire	2:15:15	2:15:01
288.	405	AUSTIN TRELFA	m	Veteran 50	U/A LEYLAND, LANCASHIRE	2:15:15	2:15:02
289.	742	janet gibson	f	Lady Veteran 50	U/A york, north yorkshire	2:15:36	2:15:19
290.	310	Janice Allan	f	Lady Veteran 50	U/A Dumfries, Dumfries & Galloway	2:15:40	2:15:27
291.	637	kim firstbrook	f	Lady Veteran 50	U/A hexham, northumberland	2:15:44	2:15:04
292.	603	Robin Stebbings	m	Veteran 50	Unattached	2:15:53	2:15:10
293.	473	Kath Lambert	f	Lady Veteran 40	U/A Leeds,	2:15:59	2:15:20
294.	399	carol davison	f	Lady Veteran 40	Alnwick Harriers	2:16:18	2:15:41
295.	545	sue woods	f	Lady Veteran 40	U/A levens, cumbria	2:16:34	2:15:45
296.	454	Christine Gill	f	Lady Veteran 40	U/A Welshpool, Powys	2:16:37	2:16:16
297.	553	Rachel Hay	f		U/A Manchester,	2:16:38	2:16:28
298.	648	Tina Gardner	f		Chorlton Runners	2:16:45	2:16:34
299.	679	ROB WHISTON	m	Veteran 60	U/A CREWE, CHESHIRE	2:16:52	2:16:17
300.	806	Erica Donnison	f	Lady Veteran 50	U/A Kendal,	2:16:53	2:15:54
301.	807	Philip Donnison	m	Veteran 50	U/A Kendal,	2:16:53	2:15:54
302.	407	Dawn Stainer	f		U/A Kendal, Cumbria	2:16:57	2:16:15
303.	623	Bernice Edwards	f		U/A Yarm, Cleveland	2:17:08	2:16:26
304.	831	Jenni Butler	f		Mr & Mrs Butler	2:17:18	2:16:29
305.	575	Sarah Rogan	f		U/A Wirral, Merseyside	2:17:46	2:17:26
306.	369	Dave Mangan	m	Veteran 50	Penny Lane Striders	2:18:03	2:17:33
307.	514	greg swinbourne	m	Veteran 40	Hartlepool burn road harriers	2:18:17	2:17:57
308.	754	Mart Finn	m	Veteran 40	U/A Preston, Lancs	2:18:58	2:18:15
309.	549	Caroline Kenyon	f	Lady Veteran 50	U/A Liverpool,	2:19:24	2:19:02
310.	724	craig slater	m	Veteran 40	U/A ulverston, cumbria	2:19:29	2:18:50
311.	658	Mandie Richardson	f	Lady Veteran 40	U/A Manchester,	2:19:34	2:19:16
312.	657	steve richardson	m	Veteran 40	U/A stockport, cheshire	2:19:34	2:19:15
313.	331	Anna Gibbons	f		n/a	2:19:45	2:19:25
314.	627	Sarah Gibbons	f		U/A London,	2:19:46	2:19:25
315.	791	Alba Con Iglesias	f		Valley Striders	2:20:21	2:20:04
316.	410	Alistair MacKenzie	m	Veteran 50	None	2:20:28	2:19:46
317.	620	Amanda Pugh	f	Lady Veteran 40	U/A Ulverston, Cumbria	2:20:33	2:19:46

Lakeland Trails in Cartmel

Cartmel Trail Challenge 18km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
318.	374	Jan Rayner	m	Veteran 40	Roundhay Runners	2:20:48	2:20:35
319.	731	Jo Cater	f	Lady Veteran 40	N/A	2:21:25	2:20:32
320.	733	Claire Mason	f	Lady Veteran 40	U/A Kendal, Cumbria	2:21:25	2:20:32
321.	437	Tracy Twitchin	f	Lady Veteran 50	U/A Ormskirk, Lancs	2:21:38	2:21:04
322.	758	Lynn Smith	f	Lady Veteran 50	Crosby Stormers	2:21:41	2:21:14
323.	622	Oliver Jones	m		U/A Bedford, Bedfordshire	2:21:42	2:21:19
324.	334	Elisabeth Zambo	f	Lady Veteran 40	U/A Southampton,	2:22:00	2:21:27
325.	358	John Bide	m	Veteran 50	UKnetrunner	2:22:01	2:21:30
326.	416	Jacqueline Stewart-brown	f	Lady Veteran 40	U/A Blackpool, Lancs	2:22:12	2:21:20
327.	415	Allanah Bird	f	Lady Veteran 40	U/A Blackpool, Lancs	2:22:12	2:21:20
328.	478	Dave Butler	m	Veteran 40	U/A Penrith, Cumbria	2:22:19	2:22:02
329.	785	Sharon Newbold	f	Lady Veteran 50	Wharfedale Harriers	2:22:25	2:21:26
330.	707	Caroline Roberts	f	Lady Veteran 40	U/A Alnwick, Northumberland	2:22:35	2:22:10
331.	449	Paula Dalziel	f	Lady Veteran 50	U/A Bolton, Lancashire	2:23:23	2:22:30
332.	448	Sarah Martin	f	Lady Veteran 40	U/A Bolton, Lancashire	2:23:23	2:22:31
333.	595	Lisa Holmes	f	Lady Veteran 40	U/A Skipton, N Yorks	2:23:54	2:23:00
334.	376	Jane Marshall	f	Lady Veteran 40	U/A York,	2:23:54	2:23:09
335.	645	Vicky Willett	f		U/A Skipton, N Yorks	2:23:54	2:23:00
336.	561	Lorna Seal	f	Lady Veteran 40	Styal Running Club	2:25:11	2:24:42
337.	610	Sarah Wood	f		U/A Stockport, Cheshire	2:25:29	2:24:30
338.	492	Kate Jenkins	f	Lady Veteran 40	U/A Staffords, Staffs	2:25:32	2:24:43
339.	611	Helen Roberts	f		U/A Manchester,	2:25:34	2:24:35
340.	565	Amanda Poppleton	f	Lady Veteran 50	U/A Baildon, West Yorkshire	2:25:35	2:24:55
341.	801	Mike Scott	m	Veteran 50	U/A Stockton on Tees,	2:25:46	2:25:20
342.	625	Tony Boyle	m		U/A Liverpool,	2:25:53	2:25:10
343.	605	Jane Wood	f	Lady Veteran 40	U/A Leeds, West Yorkshire	2:26:53	2:26:12
344.	798	Jonathan Perry	m	Veteran 40	U/A Abergele, Conwy	2:26:56	2:26:48
345.	788	Colin Lee	m	Veteran 50	Wooler Running Club	2:26:58	2:26:12
346.	408	Vivienne Lumb	f	Lady Veteran 50	U/A Kendal, Cumbria	2:26:58	2:26:17
347.	577	Nicola Craven	f		Me	2:26:59	2:26:18
348.	475	Carron Lane	f	Lady Veteran 50	Winston Runners	2:26:59	2:26:25
349.	578	Mo McGeorge	f	Lady Veteran 40	U/A Leeds, West Yorkshire	2:27:01	2:26:19
350.	750	Mary Conway	f	Lady Veteran 50	Red Rose Runners	2:27:23	2:26:53
351.	347	Gerald Bradley	m	Veteran 40	U/A Newton Aycliffe, Durham	2:27:42	2:27:10
352.	684	Ruth Besford	f	Lady Veteran 40	St Helens Striders	2:27:44	2:26:51
353.	683	Anita Hall	f	Lady Veteran 40	St Helens Striders	2:27:45	2:26:51
354.	529	amanda Benson	f		Roundhay Runners	2:28:06	2:27:53
355.	354	Alison Gilchrist	f	Lady Veteran 50	Independent	2:28:10	2:27:24
356.	499	Aimi Blueman	f	Lady Veteran 40	Nidd valley road runners	2:28:18	2:27:40
357.	826	N.N. 826	m			2:28:41	2:28:20
358.	827	N.N. 827	m			2:28:41	2:28:22
359.	370	Peter Samuelson	m	Veteran 70	Spectrum striders	2:28:41	2:28:37
360.	302	Sharon White	f	Lady Veteran 40	U/A Kendal, Cumbria	2:28:47	2:27:59
361.	458	Jennifer Williams	f	Lady Veteran 50	Stormers	2:28:52	2:28:38
362.	457	Alison Belford	f	Lady Veteran 50	Formby Stormers	2:28:53	2:28:38
363.	353	caroline vitty	f	Lady Veteran 50	U/A liverpool,	2:28:55	2:28:05
364.	312	Rosalind Dyde	f	Lady Veteran 50	winstonrunners	2:29:04	2:28:29
365.	723	Catherine Smith	f		Vegetarian Running and AC	2:29:05	2:28:28
366.	722	Daniel Laing	m		U/A YORK, North Yorkshire	2:29:06	2:28:28
367.	330	Jo Fallows	f	Lady Veteran 40	Manchester Harriers & AC	2:29:10	2:28:30
368.	535	Alison Carroll	f		U/A Liverpool, Merseyside	2:29:17	2:28:20
369.	536	Phil Carroll	m		U/A Liverpool, Merseyside	2:29:18	2:28:20
370.	392	Eilidh Simpson	f	Lady Veteran 50	U/A East Kilbride, Lanarkshire	2:29:36	2:29:09
371.	642	Suzanne Layzell	f		U/A Clitheroe,	2:29:41	2:29:12
372.	641	Ben Layzell	m		U/A Clitheroe,	2:29:41	2:29:12
373.	609	Jane Gibson	f	Lady Veteran 50	U/A Hexham, Northumberland	2:30:45	2:30:05
374.	821	Sue Oliver	f	Lady Veteran 50	East london triathletes	2:30:51	2:29:53
375.	703	natasha keirby	f		U/A kettering, northamptonshire	2:31:15	2:31:04
376.	516	Stephen Morris	m	Veteran 50	Knaresborough Striders	2:31:16	2:30:36
377.	619	STUART ADAMSON	m	Veteran 60	U/A BRADFORD, WEST YORKSHIRE	2:31:18	2:30:28
378.	835	Andree Rose	f	Lady Veteran 40	U/A Tarporley, Cheshire	2:31:35	2:30:57
379.	597	helen clark	f	Lady Veteran 40	U/A macclesfield, cheshire	2:31:38	2:30:51
380.	336	Anthony Jenner	m	Veteran 50	U/A Sunderland, Tyne and Wear	2:31:46	2:31:43
381.	335	Giselle Dudley	f	Lady Veteran 50	U/A Sunderland, Tyne and Wear	2:31:46	2:31:44
382.	632	Frank Tait	m	Veteran 50	U/A Peebles, Peeblesshire	2:32:19	2:32:01
383.	460	Dean Richards	m	Veteran 40	Bridgnorth Running Club	2:33:24	2:32:49
384.	808	Hilary Turner	f	Lady Veteran 60	Pickering running club	2:33:32	2:33:01
385.	464	Christina Adamson	f		Dumfries Running Club	2:33:38	2:32:39
386.	517	Janet Morris	f	Lady Veteran 50	Knaresborough Striders	2:33:43	2:33:02
387.	702	joanne pennington	f		dumfries running club	2:33:49	2:32:49
388.	646	Sarah-jane Boud	f		U/A Stockport, Cheshire	2:33:51	2:33:20
389.	643	MICK STATHAM	m	Veteran 70	U/A STOKE ON TRENT, Staffordshire	2:33:52	2:33:20
390.	508	Diane Hawkes	f	Lady Veteran 40	Unaffiliated	2:34:16	2:33:25
391.	309	Lucy Maggiori	f	Lady Veteran 40	U/A Dumfries,	2:34:19	2:34:06
392.	311	Paula Swan	f	Lady Veteran 40	U/A Dumfries, Dumfriesshire	2:34:22	2:34:08
393.	687	Maxine Grimshaw	f	Lady Veteran 50	walkB4Urun	2:34:36	2:34:04
394.	471	Alison Gould	f	Lady Veteran 40	U/A Tynemouth, tyne and wear	2:34:56	2:34:44
395.	470	michelle armstrong	f	Lady Veteran 40	north east vets athletic club	2:34:56	2:34:44
396.	586	Margaret Wilson	f	Lady Veteran 60	U/A Poulton-le-Fylde, Lancs	2:35:10	2:34:23
397.	303	John David Peatfield	m	Veteran 60	U/A Bowston, Cumbria	2:35:33	2:34:40

Lakeland Trails in Cartmel

Cartmel Trail Challenge 18km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
398.	459	Catriona West	f		Bridgnorth Running (We don't like running but we rather like drinking) Club	2:36:10	2:35:34
399.	345	Karen Campbell	f	Lady Veteran 50	Falkland Trail Runners	2:36:57	2:36:33
400.	786	Linda Bray	f	Lady Veteran 50	Morpeth harriers	2:37:18	2:36:45
401.	616	Jo Reely	f	Lady Veteran 40	Boldmere KB Club	2:37:32	2:36:58
402.	805	stuart hurst	m	Veteran 40	dallam	2:37:39	2:36:45
403.	804	Adele Hurst	f	Lady Veteran 40	U/A Milnthorpe, Cumbria	2:37:40	2:36:45
404.	357	Anna McClarnon	f	Lady Veteran 40	U/A Eastleigh, Hampshire	2:37:50	2:37:16
405.	712	May Redfern	f	Lady Veteran 40	U/A York, North Yorkshire	2:38:04	2:37:23
406.	487	Margaret Thompson	f	Lady Veteran 60	Elvet Striders	2:39:10	2:38:51
407.	653	Jamie Caswell	m	Veteran 40	U/A Paignton, Devon	2:39:50	2:39:13
408.	652	balquees khan	f		U/A preston, lincs	2:39:50	2:39:12
409.	403	Fiona Murphy	f	Lady Veteran 50	U/A Glasgow,	2:40:25	2:40:05
410.	743	Emma Cattermole	f	Lady Veteran 40	U/A Kendal, Cumbria	2:40:29	2:40:18
411.	494	Richard Bartlett	m	Veteran 60	U/A ulverston, cumbria	2:40:46	2:40:42
412.	324	Mark Farmer	m	Veteran 50	U/A Lincoln, Lincolnshire	2:41:19	2:40:29
413.	379	Alison Nordon	f	Lady Veteran 40	U/A Paisley,	2:41:39	2:41:25
414.	792	Laura penny	f		Saltaire Striders	2:41:54	2:41:07
415.	812	Anna Handley	f	Lady Veteran 40	U/A Kendal, Cumbria	2:44:44	2:44:00
416.	640	Laraine Lindsey	f		U/A Clitheroe, Lancashire	2:45:06	2:44:35
417.	501	Mac McCormack	m	Veteran 40	Red Rose Runners	2:45:09	2:44:37
418.	445	Dot Carr	f	Lady Veteran 60	U/A harrogate, yorkshire	2:45:48	2:45:05
419.	738	Laura McMillan	f		U/A Edinburgh,	2:49:26	2:48:46
420.	465	kim adamson	f	Lady Veteran 50	dumfries running club	2:49:27	2:48:27
421.	782	Kristy Wise	f		U/A Dalry, North ayrshire	2:49:28	2:48:31
422.	784	Jacqueline Findlay	f		U/A Dalry , Ayrshire	2:49:29	2:48:31
423.	800	nicola hall	f		U/A blyth, northumberland	2:49:29	2:48:32
424.	583	Jo Murphy	f	Lady Veteran 40	TYnedale Harriers	2:50:48	2:50:22
425.	745	Catherine Mercer	f	Lady Veteran 50	U/A Wigan, Lancs	2:52:21	2:51:21
426.	593	Lydia Plackett	f	Lady Veteran 60	Women's Running Network	2:54:32	2:54:00
427.	740	Ramona Mulligan	f	Lady Veteran 40	Red Rose Road Runners	2:57:31	2:57:00
428.	537	josie bamford	f		Headway	3:07:03	3:06:14
429.	306	Rhian Yates	f	Lady Veteran 50	U/A Colwyn Bay, Conwy	3:20:35	3:19:45
430.	435	Estelle Morel	f		U/A Newcastle-under-Lyme,	3:38:27	3:37:38

Number of records: 430