

## Lakeland Trails in Cartmel

## Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
<b>Cartmel Trail Run10km</b>							
1.	1476	Martin Cox	m	Veteran 40	Salford	0:37:47	0:37:46
2.	1272	Henry Valentine	m		ASICS	0:38:43	0:38:43
3.	1449	Paul Graham	m		U/A Whitehaven, cumbria	0:39:49	0:39:49
4.	1310	Michael Forrester	m		U/A Dartmouth, Devon	0:40:30	0:40:17
5.	944	Thomas Feather	m		Leeds Bradford Tri Club	0:42:28	0:00:00
6.	1480	Christina Wiejak	f		Barrow & Furness Striders	0:43:05	0:43:04
7.	1171	stephen parker	m	Veteran 40	U/A barrow-in-furness, cumbria	0:43:30	0:43:13
8.	1271	Robert Valentine	m	Veteran 40	ASICS	0:44:02	0:44:01
9.	1075	John Douglas	m	Veteran 40	Allithwaite Running Club	0:44:44	0:44:43
10.	1157	david whitfield	m	Veteran 50	U/A clitheroe, lancs	0:44:44	0:44:42
11.	978	Graham Jackson	m		U/A G-o-S, Cumbria	0:45:12	0:45:11
12.	1136	Suzanne Toppin	f	Lady Veteran 40	U/A Penrith, Cumbria	0:45:47	0:45:46
13.	1033	Jonathan Maxfield	m		Rotherham Harriers	0:46:03	0:46:01
14.	1118	Simon Hooton	m	Veteran 40	n/a	0:46:19	0:46:13
15.	1078	Rory Coutts	m		U/A Cartmel,	0:46:23	0:46:06
16.	990	Wayne Mansfield	m	Veteran 50	U/A Wilmslow, Cheshire	0:46:26	0:46:20
17.	1308	Steven Oldfield	f		N/A	0:46:28	0:46:14
18.	1291	Daniel Buckley	m	Veteran 40	U/A Oldham, Lancs	0:46:38	0:46:36
19.	924	Helen Woodley	f	Lady Veteran 40	U/A Ulverston, Cumbria	0:46:58	0:46:52
20.	1120	Jon Hopwood	m	Veteran 60	U/A Manchester,	0:47:20	0:47:15
21.	1273	Charlie Beck	m		ASICS	0:47:35	0:47:23
22.	1000	Thomas Deakin	m		U/A Stockport, Cheshire	0:47:35	0:47:18
23.	1244	Mike Hurst	m	Veteran 40	N/A	0:47:50	0:47:33
24.	1304	Christopher Lewarne	m		U/A Blackburn, Lancashire	0:47:51	0:47:15
25.	1443	Rozzi Martin	f		Cambridge Triathlon Club	0:48:39	0:48:27
26.	1328	Andrew Quinn	m		U/A Lancaster, Lancashire	0:48:43	0:48:38
27.	925	tim Palmer	m	Veteran 50	Helsby Running Club	0:48:52	0:48:50
28.	1242	Mark Donohue	m		U/A Leeds, West Yorkshire	0:48:59	0:48:52
29.	1317	Dan Jones	m		U/A Todmorden , West Yorkshire	0:49:10	0:49:04
30.	1461	Alex Metcalfe	m	Veteran 40	U/A Bolton, Manchester	0:49:11	0:49:02
31.	1068	Michael Smith	m		U/A Bolton, Lancashire	0:49:16	0:49:12
32.	1211	Paul Longstaff	m		U/A Manchester ,	0:49:17	0:48:56
33.	1446	Matthew Dunster	m		U/A Peterlee, Durham	0:49:18	0:48:44
34.	1324	Kath Atherton	f		U/A Kendal,	0:49:18	0:49:12
35.	1450	Mick Monkman	m		U/A Sunderland,	0:49:20	0:49:17
36.	981	Liam Gorman	m		U/A Grange over sands, Cumbria	0:49:24	0:49:06
37.	1471	Rachael Woolston	f	Lady Veteran 40	Fitbitch Run Club	0:49:26	0:49:15
38.	909	anthony kavanagh	m	Veteran 40	arragons cumbrian tri club	0:49:30	0:49:24
39.	1452	Gary Morphet	m		U/A Newcastle upon Tyne ,	0:49:35	0:49:25
40.	1440	Mike Innerdale	m	Veteran 40	U/A Appleby,	0:49:37	0:49:24
41.	1014	Ian Gibson	m	Veteran 40	U/A Ulverston, Cumbria	0:49:55	0:49:46
42.	1279	Russell Dicks	m		U/A Cockermouth, Cumbria	0:49:58	0:49:52
43.	976	Gary Cattermole	m	Veteran 50	U/A Kendal, cumbria	0:49:59	0:49:49
44.	1430	David Kyriacou	m		U/A Barrow in Furness , Cumbria	0:50:01	0:49:41
45.	1429	jon shard	m	Veteran 40	U/A manchester, lancashire	0:50:03	0:49:56
46.	1296	Christopher Billington	m	Veteran 40	U/A Southport,	0:50:34	0:50:29
47.	1188	Andy MacKenzie	m	Veteran 40	U/A London,	0:50:37	0:50:01
48.	1295	Martin Booth	m		U/A Bolton, Lancashire	0:50:41	0:50:40
49.	923	Lance Saxby	m	Veteran 40	U/A Harrogate, North Yorkshire	0:50:53	0:50:40
50.	949	Steve Foreman	m	Veteran 40	Sedgefield Harriers	0:50:57	0:50:44
51.	1447	martin rough	m		U/A barrow in furness, Cumbria	0:51:29	0:51:13
52.	1036	Claire Antrobus	f	Lady Veteran 40	U/A york,	0:51:38	0:51:19
53.	1106	James Walsh	m		Kirkby Stephen Grammar School	0:51:40	0:51:25
54.	1162	Gary Lacey	m		U/A Warrington, Cheshire	0:51:44	0:51:34
55.	1047	Michael Dickinson	m		U/A Ulverston ,	0:51:44	0:51:26
56.	1270	jamie Boulger	m		ASICS	0:51:52	0:51:28
57.	1142	PAUL GREENING	m		U/A WIGTON, CUMBRIA	0:51:52	0:51:28
58.	1448	Phil Dale	m		U/A Barrow-in-Furness, Cumbria	0:51:54	0:51:38
59.	1001	Jackie Chapman	f	Lady Veteran 50	Lakeland Orienteering Club	0:52:03	0:51:38
60.	1089	Anne Molloy	f	Lady Veteran 50	U/A Halifax, West Yorkshire	0:52:08	0:51:49
61.	1276	Adam Coates	m		ASICS	0:52:11	0:51:48
62.	1444	Debbie Morgan	f		U/A Balham, London	0:52:17	0:51:52
63.	902	Mark Heaney	m	Veteran 50	U/A Rochdale, Lancashire	0:52:27	0:52:09
64.	1281	pete coe	m	Veteran 60	U/A Kendal,	0:52:34	0:52:23
65.	1470	Paul Vousden	m		U/A Kendal,	0:52:34	0:52:24
66.	1182	Andrew Bennett	m		U/A Morecambe, Lancashire	0:52:40	0:52:13
67.	1025	Katherine France	f		U/A Kendal, Cumbria	0:52:43	0:52:25
68.	1189	Michelle Edye	f		U/A Manchester ,	0:53:08	0:52:49
69.	1143	Stephanie Lace	f		U/A Ellesmere Port, cheshire	0:53:16	0:52:46
70.	1220	Tom Holman	m		U/A Grange-over-Sands, Cumbria	0:53:17	0:53:00
71.	1468	Dave Bateson	m		U/A Hyde, Cheshire	0:53:50	0:53:23
72.	1251	Maggie Davies	f		Fraserburgh RC	0:53:52	0:53:31
73.	1327	Simon Richardon	m	Veteran 40	U/A Gosforth ,	0:53:57	0:53:37
74.	1141	CRAIG MORROW	m		U/A Egremont, Cumbria	0:53:58	0:53:35
75.	1144	Robin Hill	m		U/A Launceston, Cornwall	0:53:58	0:53:44
76.	979	Martin Burn	m	Veteran 40	U/A Millom,	0:53:59	0:53:54
77.	952	Peter Evans	m	Veteran 40	Kings Heath Running Club	0:54:02	0:53:43

## Lakeland Trails in Cartmel

## Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	913	John Tomlinson	m	Veteran 50	U/A Bolton,	0:54:11	0:53:37
79.	907	Sam Perkins	f		U/A Hexham,	0:54:12	0:54:02
80.	1070	Julia Gray Carnaffin	f	Lady Veteran 50	U/A Bardon mill, Northumberland	0:54:31	0:54:23
81.	1277	Lee Treanor	m	Veteran 40	ASICS	0:54:33	0:54:11
82.	1442	Ian Waddingham	m		Red Rose Road Runners	0:54:34	0:53:51
83.	1008	Jonty Tarbuck	m	Veteran 40	U/A Newcastle upon Tyne,	0:54:39	0:54:25
84.	1085	neil browning	m	Veteran 40	Monton Dads	0:54:39	0:54:18
85.	1274	Paul Bamber	m		ASICS	0:54:41	0:54:18
86.	1061	Joanne Lyon	f	Lady Veteran 40	U/A Lancaster, Lancashire	0:54:42	0:54:28
87.	1082	Ali Dufty	f	Lady Veteran 50	U/A New Hutton, Cumbria	0:54:47	0:54:39
88.	1458	Pete Dobbs	m		U/A Milton Keynes, Buckinghamshire	0:54:51	0:54:31
89.	1433	Gaye Taylor	f	Lady Veteran 50	U/A Market Harborough , Leicstershire	0:54:52	0:54:15
90.	1216	Guillaume Slee	m		U/A Timperley, Cheshire	0:54:59	0:54:56
91.	903	bridget slater	f	Lady Veteran 50	U/A Skipton, N Yorks	0:55:13	0:54:40
92.	1111	wayne palethorpe	m		U/A wallasey, merseyside	0:55:15	0:55:02
93.	1437	Luke Brodie	m		U/A Kendal, Cumbria	0:55:17	0:55:02
94.	1110	pete irwin	m		U/A wallasey, merseyside	0:55:22	0:55:08
95.	1187	suzie high	f	Lady Veteran 40	U/A kendal,	0:55:25	0:55:17
96.	1013	Nicola Gibson	f	Lady Veteran 40	U/A Ulverston, cumbria	0:55:29	0:55:20
97.	1275	Colin Sinclair	m	Veteran 50	U/A Ormskirk, Lancashire	0:55:33	0:55:21
98.	1221	jose bennett	f	Lady Veteran 50	jog on the tyne	0:56:06	0:55:57
99.	1066	Max Booth	m	Veteran 40	U/A Woodbridge,	0:56:11	0:55:51
100.	960	Stephen Clements	m	Veteran 50	U/A Stansted, Essex	0:56:21	0:55:54
101.	1152	Gerard Hurst	m	Veteran 50	U/A Wigan,	0:56:29	0:56:24
102.	904	Robert Ginder-Poulsen	m	Veteran 40	U/A Cheadle, Cheshire	0:56:31	0:56:24
103.	1311	Peter Lewis	m	Veteran 40	U/A SOUTHPORT, MERSEYSIDE	0:56:33	0:56:28
104.	926	Angie Trippitt	f	Lady Veteran 40	Kendal Tri Club	0:56:36	0:56:15
105.	1093	Andrew Statham	m	Veteran 40	U/A Manchester,	0:56:39	0:56:27
106.	1044	Hunter Lyden	m		U/A Manchester,	0:56:40	0:55:58
107.	1021	Paul Thompson	m	Veteran 50	Hornsea Harriers	0:56:53	0:56:42
108.	1284	Lutz Hostert	m	Veteran 40	U/A Leeds, West Yorkshire	0:56:53	0:56:43
109.	1243	Mary Donohue	f		U/A Leeds, West Yorkshire	0:56:56	0:56:49
110.	1283	Claire Young	f		Roundhay Runners	0:56:56	0:56:46
111.	932	Peter Hatch	m	Veteran 50	U/A Billingham,	0:57:10	0:57:05
112.	1456	Malcolm Rudge	m		U/A Kendal, Cumbria	0:57:31	0:57:01
113.	1064	Thomas Pearson	m		U/A Grange Over Sands, Cumbria	0:57:37	0:57:34
114.	1485	James Dotchin	m		U/A Brampton, Cumbria	0:57:39	0:57:27
115.	1058	Ruth Turner	f	Lady Veteran 40	U/A Ulverston, Cumbria	0:57:42	0:57:18
116.	964	Nigel Forster	m	Veteran 40	U/A Whitehaven, Cumbria	0:57:46	0:57:23
117.	1202	Kirsty McIntyre	f		Chorlton Runners	0:58:04	0:57:39
118.	934	JACQ JONES	f		Delamere Spartans	0:58:13	0:58:11
119.	1056	Debra Southworth	f	Lady Veteran 50	U/A Glossop,	0:58:15	0:57:43
120.	931	Louise Meynell	f	Lady Veteran 50	Billingham Marsh House Harriers	0:58:55	0:58:51
121.	908	Gill Petrucci	f	Lady Veteran 40	U/A Skipton, North Yorks	0:58:59	0:58:25
122.	1048	Matt Tinsley	m		U/A Preston , Lancashire	0:59:02	0:58:21
123.	1436	Rob Brodie	m		U/A Kendal, Cumbria	0:59:11	0:58:57
124.	1102	Jackie Welburn	f		U/A Nottingham ,	0:59:11	0:58:26
125.	1197	Paul Maxwell	m	Veteran 40	U/A Stockport, Cheshire	0:59:18	0:58:44
126.	1168	Ian Paterson	m		U/A Bootle, Merseyside	0:59:23	0:59:19
127.	985	paul beaumont	m	Veteran 40	U/A Burscough, Lancashire	0:59:28	0:58:52
128.	1293	Simon Lewis	m	Veteran 40	U/A Oldham, Lancs	0:59:28	0:59:24
129.	919	Michael Church	m		U/A Vigo Village, Kent	0:59:31	0:59:02
130.	1165	Roger Williams	m		U/A Manchester , Greater Manchester	0:59:36	0:59:03
131.	1164	karl millard	m	Veteran 40	U/A Barrow In Furness, Cumbria	0:59:47	0:59:29
132.	1233	Daniel Hotchkiss	m	Veteran 40	N/A	0:59:52	0:59:06
133.	1438	Lucy Lodge	f		Red Rose Road Runners	0:59:59	0:59:27
134.	1439	Michelle Henley	f		U/A Cockermonth, Cumbria	1:00:08	0:59:38
135.	1210	Emma Lawrenson	f	Lady Veteran 40	U/A Lancaster,	1:00:15	0:59:31
136.	1323	Barry Clare	m	Veteran 50	U/A Richmond , North Yorkshire	1:00:30	1:00:16
137.	1039	Paul Rogan	m	Veteran 50	U/A Wirral, Merseyside	1:00:38	1:00:36
138.	980	Kevin Gorman	m	Veteran 60	U/A Grange over sands, Cumbria	1:00:42	1:00:25
139.	912	Pamela Mcildowie	f	Lady Veteran 40	U/A Glasgow,	1:00:43	1:00:36
140.	1026	Josephine Osborne	f		Fitbitch Running Club	1:00:45	1:00:24
141.	1186	Sarah Ruston	f	Lady Veteran 40	Kendal Tri Club	1:00:45	1:00:18
142.	1316	Tracy Clift	f	Lady Veteran 40	U/A Kendal,	1:00:47	1:00:43
143.	1067	John Smith	m		U/A Bolton, Greater Manchester	1:00:52	1:00:48
144.	1090	David Hankin-Rendle	m		U/A Sowerby Bridge, West Yorks	1:00:59	1:00:10
145.	915	Chloe Ainsworth	f		U/A Wigan,	1:01:00	1:00:33
146.	968	Alison Saunders	f		The Northern Collective	1:01:02	1:00:36
147.	914	Paul Blakemore	m		U/A Wigan,	1:01:03	1:00:37
148.	1483	Catherine Alderson	f	Lady Veteran 50	U/A Penrith, Cumbria	1:01:19	1:01:07
149.	1205	Dianne Stanford	f	Lady Veteran 40	U/A Wigan, Lancashire	1:01:20	1:00:39
150.	1298	Jennie Garbutt	f		U/A Cleator, Cumbria	1:01:21	1:01:17
151.	992	Alon Caspi	m	Veteran 50	Mornington Chasers	1:01:24	1:00:45
152.	1455	Tony CARTMELL	m	Veteran 40	U/A Poulton-Le-Fylde, Lancashire	1:01:24	1:00:29
153.	1140	Carolyn Lace	f	Lady Veteran 50	U/A Peel, Isle of Man	1:01:26	1:00:56
154.	940	Michael Ball	m	Veteran 40	U/A Swindon, Wiltshire	1:01:29	1:00:56
155.	1167	Derek Hardy	m	Veteran 50	BRAT Club	1:01:29	1:01:20
156.	1232	natalie thomas	f		U/A morecambe,	1:01:31	1:01:29
157.	929	Gary Pargeter	m	Veteran 40	U/A Northwich, Cheshire	1:01:39	1:01:00

## Lakeland Trails in Cartmel

## Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
158.	1299	Lynsey Bunnefeld	f		U/A BRIDGE OF ALLAN, UK	1:01:41	1:01:38
159.	1469	Fraser McCord	m	Veteran 60	U/A Stockport, Cheshire	1:01:42	1:01:11
160.	1329	Nina McGregor	f		U/A Glasgow, Lanarkshire	1:01:54	1:01:36
161.	1463	PAUL TICKNER	m	Veteran 60	U/A Cocker mouth, Cumbria	1:02:01	1:01:44
162.	1088	Hazel Ward	f	Lady Veteran 60	Jog on the Tyne	1:02:03	1:01:54
163.	1101	Kate Lowe	f		U/A Hexham,	1:02:09	1:01:48
164.	1473	Jade Snow	f		U/A Tamworth, Staffordshire	1:02:12	1:01:56
165.	1105	Claire Haigh	f	Lady Veteran 40	U/A Hexham, Northumberland	1:02:12	1:01:51
166.	906	Vicky Collingwood	f		U/A Stocksfield, Northumberland	1:02:13	1:02:02
167.	1434	Jack sandys	m		U/A endmoor , Cumbria	1:02:14	1:02:10
168.	1235	Alan Platts	m	Veteran 50	U/A Kendal, Cumbria	1:02:15	1:01:30
169.	1199	Kim Dykes	f		U/A Sale, Cheshire	1:02:25	1:02:09
170.	1185	Anita Holmes	f	Lady Veteran 40	U/A Stockport, Cheshire	1:02:27	1:02:12
171.	1092	Nicholas Johnson	m		U/A Melton Mowbray, Leicestershire	1:02:28	1:01:48
172.	1096	Nick Welburn	m		U/A Basingstoke,	1:02:30	1:01:52
173.	1204	Lyndsey 423 Manchester Road	f		U/A Bolton,	1:02:30	1:02:15
174.	1003	Andrew Whitehead	m	Veteran 40	U/A Carnforth, Lancashire	1:02:35	1:02:29
175.	1094	Ellen McLachlan	f		BWFAC	1:02:39	1:02:18
176.	1238	nicola watt	f	Lady Veteran 40	U/A hexham,	1:02:49	1:02:40
177.	1150	Daniel Austin	m		U/A Manchester, Choose...	1:03:02	1:02:41
178.	962	Toby Brothers	f	Lady Veteran 50	Hampstead Heath Park Run	1:03:05	1:02:27
179.	1052	Melanie Graham	f		U/A Whitehaven , Cumbria	1:03:10	1:02:30
180.	1287	Stephen Johnson	m		U/A Harrogate, North Yorkshire	1:03:14	1:03:11
181.	999	Helen Bowers	f	Lady Veteran 40	U/A kirkby lonsdale, lancashire	1:03:20	1:03:09
182.	901	Julia Sayburn	f	Lady Veteran 50	U/A Grange over sands, Cumbria	1:03:33	1:03:19
183.	1231	EMMA connolly	f	Lady Veteran 40	U/A MORECAMBE, lancs	1:03:37	1:03:34
184.	1475	Susan Southern	f	Lady Veteran 40	U/A Frodsham,	1:03:41	1:03:28
185.	1073	Jamie Southern	f		U/A Frodsham,	1:03:41	1:03:28
186.	1206	James Stanford	m	Veteran 50	U/A Wigan, Lancashire	1:03:51	1:03:09
187.	1257	Richard Bindless	m	Veteran 60	U/A Grange-over-Sands, Cumbria	1:03:51	1:03:20
188.	1133	Haydn Esmond	m	Veteran 40	U/A Preston, Lancashire	1:03:55	1:03:18
189.	1482	Christine Marshall	f	Lady Veteran 50	Keswick ac	1:04:03	1:03:52
190.	1301	Marian Doyle	f	Lady Veteran 40	U/A Cartmel, Cumbria	1:04:11	1:03:37
191.	1263	Liza Swart	f	Lady Veteran 40	U/A Manchester,	1:04:17	1:03:59
192.	1169	Hannah Rosborough	f	Lady Veteran 40	U/A Ashton Under Lyne, Lancs	1:04:19	1:03:41
193.	1114	Irene Williams	f	Lady Veteran 40	U/A Coventry, West Midlands	1:04:32	1:04:08
194.	970	Dave Walton	m	Veteran 60	LOC	1:04:37	1:04:12
195.	1487	Anne Caspi	f	Lady Veteran 50	Mornington Chasers	1:04:38	1:04:12
196.	1046	HILARY DICKINSON	f	Lady Veteran 60	TYNE DALE HARRIERS & A C	1:04:39	1:03:48
197.	1137	Gary Hollis	m	Veteran 50	U/A Kendal, Cumbria	1:04:39	1:04:17
198.	911	Jennifer Palmer	f	Lady Veteran 40	Helsby Running Club	1:04:42	1:04:11
199.	982	Kate Bowden	f	Lady Veteran 40	U/A Glossop, Derbyshire	1:04:43	1:04:17
200.	1240	Matt Jones	m		U/A Preston,	1:04:47	1:04:09
201.	1239	Sophia Man	f		U/A Woking,	1:04:47	1:04:09
202.	1170	Evonne Carr	f		U/A Manchester, LANCS	1:04:53	1:04:15
203.	1065	Emma Hibbert	f	Lady Veteran 40	U/A Woodbridge,	1:05:17	1:04:57
204.	1005	Heather Mannings	f	Lady Veteran 40	U/A Holmfirth, West Yorkshire	1:05:23	1:04:42
205.	1108	tim puttick	m	Veteran 50	U/A yarm, n.yorks	1:05:27	1:05:01
206.	1484	John Slater	m	Veteran 50	U/A Carnforth, Lancs	1:05:32	1:04:46
207.	1319	Catherine Betley	f		N/A	1:05:32	1:04:46
208.	984	Vicky Gore	f		Red Rose Road Runners	1:05:36	1:04:55
209.	1215	andy hayes	m	Veteran 40	U/A wigton, England	1:05:43	1:04:48
210.	1305	Nick Marr	m	Veteran 50	U/A Reading, Berkshire	1:05:43	1:04:47
211.	1259	Owen Lewis	m		Independent	1:05:48	1:05:28
212.	1045	Katie Wray	f		U/A Manchester,	1:05:56	1:05:14
213.	910	Carolyn Burns	f	Lady Veteran 40	U/A Penrith, Cumbria	1:05:59	1:05:53
214.	958	Susan Sharp	f	Lady Veteran 50	U/A Wakefield, west Yorkshire	1:06:08	1:05:36
215.	957	Nick Sharp	m	Veteran 40	U/A Wakefield, West Yorkshire	1:06:09	1:05:36
216.	1099	Jackie Tomlinson	f	Lady Veteran 40	U/A Bolton ,	1:06:12	1:05:38
217.	1478	Kate Lee	f		U/A Manchester,	1:06:21	1:05:57
218.	1219	Wendy Young	f		N/A	1:06:26	1:05:54
219.	1032	Mandy Baldam	f	Lady Veteran 50	U/A preston, lancs	1:06:28	1:06:04
220.	1472	Tanya Taylor	f	Lady Veteran 40	fitbitch running club	1:06:31	1:06:10
221.	930	Jackie Frank	f		U/A Redcar,	1:06:32	1:05:55
222.	918	Anthony Church	m	Veteran 50	U/A Vigo Village, Kent	1:06:35	1:06:05
223.	1132	Fran Guittap	f		U/A Manchester,	1:06:36	1:06:01
224.	1034	Sarah Wright	f	Lady Veteran 40	U/A Penrith, Cumbria	1:06:40	1:06:12
225.	948	Tracy Brown	f		Sedgefield Harriers	1:06:42	1:06:30
226.	1134	Gillian Graves	f	Lady Veteran 50	U/A York, North Yorkshire	1:06:43	1:06:01
227.	920	Amanda Seago	f	Lady Veteran 40	Blackcombe Runners	1:06:46	1:06:07
228.	1225	Angela Larson	f	Lady Veteran 50	Pinetops Running Club	1:06:47	1:06:16
229.	1224	Alison Formby	f	Lady Veteran 40	Pinetops Running Club	1:06:47	1:06:16
230.	988	Claire Welburn	f		U/A Basingstoke,	1:06:48	1:05:59
231.	1477	Rebecca Hanson	f		U/A Manchester,	1:06:51	1:06:24
232.	1266	Mandy Beard	f	Lady Veteran 40	Swinton Running Club	1:07:01	1:06:31
233.	1069	Helen Dodd	f		U/A Hexham, Northumberland	1:07:13	1:07:05
234.	966	Louise Corrigan	f		Swinton RC	1:07:14	1:06:44
235.	935	Jayne Hall	f	Lady Veteran 50	U/A Egre mont, Cumbria	1:07:17	1:06:33
236.	1119	Rosa Hibbert	f		U/A Manchester,	1:07:19	1:07:01
237.	1031	Harnam Aulakh	m	Veteran 50	U/A Out Rawcliffe,	1:07:19	1:06:54

## Lakeland Trails in Cartmel

## Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
238.	1121	Issy Hopwood	f		U/A Manchester,	1:07:19	1:07:02
239.	951	Julie Evans	f	Lady Veteran 40	Kings Heath Running Club	1:07:23	1:07:02
240.	1255	sarah coddell	f	Lady Veteran 50	U/A huddersfield , west yorks	1:07:26	1:06:49
241.	945	Jeff Ellams	m	Veteran 40	U/A Hebden Bridge, West Yorkshire	1:07:32	1:06:54
242.	983	alison jackson	f	Lady Veteran 50	U/A windermere, cumbria	1:07:36	1:06:48
243.	1459	Neil Stirling	m	Veteran 70	U/A Cartmel,	1:07:38	1:06:59
244.	1307	caleb polley	m		U/A Stockport,	1:07:41	1:07:19
245.	939	Dave Hall	m	Veteran 50	Honister 92	1:07:44	1:07:01
246.	1183	Gerard Newman	m	Veteran 60	Cotswold Allrunners	1:07:46	1:07:23
247.	1024	Richard Wainwright	m	Veteran 50	Team Skyver	1:07:50	1:07:42
248.	1023	Janet Wainwright	f	Lady Veteran 50	Team Skyver	1:07:51	1:07:41
249.	1122	Vikki Flemington	f		U/A Manchester,	1:07:54	1:06:59
250.	1091	Katharine Selby	f		U/A Melton Mowbray, Leicestershire	1:07:56	1:07:15
251.	965	Sue Kearney	f	Lady Veteran 50	U/A Bolton, Lancs	1:07:56	1:07:16
252.	1081	Sara Benbow	f	Lady Veteran 40	U/A New Hutton, Cumbria	1:07:59	1:07:53
253.	969	Chris Burstow	m		U/A Bowness on Windermere, Cumbria	1:08:10	1:07:35
254.	1286	Jamilea Oneill	f		U/A Rochdale, Greater Manchester	1:08:13	1:08:08
255.	1285	Michael Crumblehulme	m		U/A Rochdale, Greater Manchester	1:08:14	1:08:08
256.	1290	Jennie Davies	f	Lady Veteran 60	U/A Sedbergh, Cumbria	1:08:18	1:07:36
257.	1198	Antoinette Edwards	f	Lady Veteran 40	U/A Manchester, Lancashire	1:08:33	1:07:57
258.	989	sarah Barry	f	Lady Veteran 40	U/A huddersfield,	1:08:41	1:08:04
259.	963	Pam Knott	f	Lady Veteran 40	Spectrum Striders	1:08:43	1:08:09
260.	1057	Paul Southworth	m	Veteran 50	U/A Glossop, Select if Appropriate	1:08:49	1:07:56
261.	1022	Julie Thompson	f	Lady Veteran 50	Hornsea Harriers	1:09:10	1:08:26
262.	997	Caroline Rowland	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:09:13	1:08:34
263.	1454	Joanne Sumner	f		U/A Poulton-le-Fylde, Lancashire	1:09:16	1:08:50
264.	1002	Aimee Roblin	f		U/A Richmond, North Yorkshire	1:09:22	1:08:48
265.	1038	Sarah Oram	f	Lady Veteran 40	U/A Manchester,	1:09:24	1:09:12
266.	1074	Ginny Hibbert	f	Lady Veteran 40	U/A Manchester,	1:09:25	1:09:06
267.	1138	Cath Eberlein	f	Lady Veteran 50	U/A Altrincham, Cheshire	1:09:27	1:08:33
268.	1432	Belinda Bateson	f	Lady Veteran 40	U/A Llansantffraid,	1:09:32	1:09:04
269.	1079	debra firstbrook	f	Lady Veteran 50	U/A newcastle upon tyne, tyne and wear	1:09:33	1:08:43
270.	1226	Cathy Jones	f	Lady Veteran 40	U/A Liverpool,	1:09:34	1:09:02
271.	1071	Hilary Graham	f	Lady Veteran 50	Tynedale Harriers	1:09:34	1:08:43
272.	993	William Armitage	m	Veteran 40	U/A HOLMFIRTH, West Yorkshire	1:09:35	1:08:46
273.	1227	sue burns	f	Lady Veteran 40	U/A Formby, merseyside	1:09:38	1:09:06
274.	1312	Sam Wilson	m		U/A Manchester,	1:09:46	1:09:25
275.	1103	Nancy Rios	f	Lady Veteran 40	U/A Hexham, Northumberland	1:09:53	1:09:30
276.	1104	Be Hulbert	f	Lady Veteran 40	U/A Hexham, Northumberland	1:09:53	1:09:31
277.	1237	May Brennand	f	Lady Veteran 50	U/A Preston, Lancashire	1:09:57	1:09:41
278.	1151	Jeannette Swarbrick	f	Lady Veteran 40	U/A Preston,	1:10:01	1:09:44
279.	1229	Katie Sharp	f		U/A Arnside,	1:10:06	1:09:21
280.	1228	Maarit Hill	f	Lady Veteran 50	U/A Kendal,	1:10:07	1:09:23
281.	927	Laura Robson	f		York Postal Harriers	1:10:09	1:09:26
282.	1147	Tracy Tant	f	Lady Veteran 40	U/A Bolton, Manchester	1:10:10	1:09:23
283.	1146	Heather Gilbert	f	Lady Veteran 40	U/A Disley, Cheshire	1:10:11	1:09:23
284.	1264	Gemma Swart	f	Lady Veteran 40	U/A Cartmel, Cumbria	1:10:21	1:10:03
285.	953	Kate Broome	f	Lady Veteran 50	Achille Ratti	1:10:22	1:09:42
286.	987	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:10:23	1:10:14
287.	1479	Gemma Charters	f		Kendal Tri Club	1:10:34	1:10:03
288.	1155	Adam Townsend	m		U/A Radstock,	1:10:39	1:09:55
289.	1174	Jil Kay	f	Lady Veteran 40	U/A Lancaster,	1:10:40	1:09:47
290.	1172	Adam Stephenson	m		U/A Kendal, Cumbria	1:10:43	1:10:04
291.	1112	Nick Baines	m	Veteran 40	U/A Carnforth, Lancs	1:10:46	1:10:31
292.	941	Jane Dowson	f	Lady Veteran 40	U/A Tadcaster, North Yorkshire	1:11:04	1:10:45
293.	1007	Lesley Allison	f	Lady Veteran 50	U/A Penrith, Cumbria	1:11:15	1:10:58
294.	1488	Hannah Jowett	f		Hyde Park Harriers	1:11:30	1:11:25
295.	1004	Claire Shaw	f		Red Rose Running Club	1:11:34	1:10:53
296.	1006	amy wright	f		U/A tarporley, cheshire	1:11:36	1:11:12
297.	1113	Kirsty Pettit	f	Lady Veteran 40	Keighley and craven	1:11:43	1:11:12
298.	1037	naomi o'flanagan	f	Lady Veteran 40	U/A warrington, cheshire	1:11:58	1:11:07
299.	967	Kevin Boles	m	Veteran 50	U/A Windermere,	1:12:12	1:11:45
300.	1234	Susan Hotchkiss	f	Lady Veteran 50	N/A	1:12:21	1:11:33
301.	1192	Vivienne Watson	f	Lady Veteran 40	U/A Hexham, Northumberland	1:12:23	1:12:12
302.	1261	Joanne Mitchell	f	Lady Veteran 40	U/A Newcastle Upon Tyne, Tyne & Wear	1:12:28	1:11:45
303.	1262	Brent Mitchell	m		U/A Newcastle upon Tyne,	1:12:28	1:11:45
304.	1260	Peter Huxford	m	Veteran 60	U/A York, North Yorkshire	1:12:29	1:12:03
305.	1441	Elizabeth Nursall	f	Lady Veteran 50	U/A Runcorn, Cheshire	1:12:33	1:12:12
306.	1115	Nicola Bevan	f	Lady Veteran 40	U/A Ambleside,	1:12:38	1:12:21
307.	946	Nick Archer	m	Veteran 40	U/A Manchester,	1:12:39	1:12:11
308.	1297	joanne langrish	f		U/A chorley,	1:12:40	1:12:09
309.	1248	Stephen Alecock	m	Veteran 40	U/A Carlisle, Cumbria	1:12:40	1:11:55
310.	1246	Geoffory Wildman	m	Veteran 60	U/A Leyland,	1:12:41	1:12:11
311.	1309	Rachael Clarke	f	Lady Veteran 40	U/A chorley, Lancashire	1:12:42	1:12:11
312.	1180	Fiona Lewis	f	Lady Veteran 40	U/A New Mills, Derbyshire	1:12:43	1:11:50
313.	1175	Amy Brookes	f		U/A chorley, lancs	1:12:44	1:12:05
314.	1294	Zoí Whittington	f		U/A Knutsford, Cheshire	1:12:45	1:12:25
315.	1131	sam murray	m		U/A beckermet, cumbria	1:12:51	1:12:16
316.	1292	Lauren Lewis	f		U/A Oldham,	1:13:14	1:13:09
317.	1253	Craig Hazeldine	m	Veteran 50	U/A Blackpool, Lancashire	1:13:15	1:12:32

## Lakeland Trails in Cartmel

## Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
318.	1116	Becci Nobbs	f		U/A Shipley, West Yorkshire	1:13:20	1:13:13
319.	1326	Alison Beard	f		U/A Egremont, Cumbria	1:13:28	1:13:08
320.	1190	Emma Lunn	f		U/A Ambleside, Cumbria	1:13:33	1:13:04
321.	961	Laura Hipple	f	Lady Veteran 50	U/A Penrith, Cumbria	1:13:37	1:13:08
322.	1009	Sarah Pritchard	f		U/A Richmond, North Yorkshire	1:13:38	1:13:04
323.	1321	Ian Scott	m	Veteran 50	U/A Liverpool, Merseyside	1:13:44	1:12:52
324.	1236	Laura Lindley	f		U/A Liverpool, Merseyside	1:13:44	1:12:52
325.	1109	Rachel Hindle	f	Lady Veteran 40	U/A Cartmel, Cumbria	1:14:00	1:13:33
326.	917	Martin Stanley	m	Veteran 40	U/A Wirral, Merseyside	1:14:03	1:13:30
327.	1209	Jenny Scott	f	Lady Veteran 40	U/A Sale,	1:14:03	1:13:30
328.	1241	Anne Lewis	f	Lady Veteran 60	Unattached	1:14:10	1:13:26
329.	937	Peter Phillips	m	Veteran 60	Loftus & Whitby AC	1:14:13	1:13:48
330.	938	Gareth Phillips	m	Veteran 40	Gateshead harriers	1:14:13	1:13:47
331.	955	Rachel Lee	f	Lady Veteran 50	DH Runners	1:14:14	1:13:45
332.	974	Lorraine Yuill	f	Lady Veteran 40	U/A Lancaster ,	1:14:14	1:14:06
333.	1035	samantha hodgson	f	Lady Veteran 40	U/A grange over sands, cumbria	1:14:19	1:13:31
334.	1126	Katy Woolfenden	f	Lady Veteran 40	The Nutters	1:14:24	1:14:09
335.	1201	sarah ford	f		U/A Urnston, greater Manchester	1:14:27	1:14:12
336.	936	Rachael Hamblin	f	Lady Veteran 40	U/A Brampton, Cumbria	1:14:28	1:14:24
337.	1018	Claire Bewsher	f	Lady Veteran 40	U/A Chorley, Lancashire	1:14:29	1:13:41
338.	947	Rachel Archer	f	Lady Veteran 40	Swinton Running Club	1:14:37	1:14:09
339.	1193	Wendy Ward	f	Lady Veteran 40	Red rose road runners	1:14:37	1:13:56
340.	1431	Sara Owen	f	Lady Veteran 40	U/A Arnside, Cumbria	1:14:54	1:14:39
341.	1117	Phil Dixon	m	Veteran 50	U/A Redcar,	1:14:54	1:14:47
342.	1154	Alan Townsend	m	Veteran 60	U/A Radstock,	1:15:02	1:14:13
343.	1159	John Fleet Hornby	m	Veteran 60	U/A Ulverston, Cumbria	1:15:26	1:15:25
344.	1486	Bridget Peacock	f	Lady Veteran 40	U/A London,	1:15:28	1:14:43
345.	994	Charles Crossland	m		U/A Holmfirth,	1:15:46	1:14:57
346.	1184	Rachel Brownsmith	f		U/A Lancaster,	1:15:56	1:15:20
347.	922	Ron McCormack	m	Veteran 60	Alnwick Harriers	1:15:56	1:15:20
348.	1203	Linda Bates	f	Lady Veteran 40	U/A Morecambe, Lancs	1:16:01	1:15:25
349.	1107	meg puttick	f	Lady Veteran 50	U/A yarm, n.yorks	1:16:03	1:15:16
350.	1200	Lindsay Gerrand	f	Lady Veteran 40	U/A Leeds,	1:16:09	1:15:23
351.	1214	Claire Edwards	f		U/A London,	1:16:21	0:00:00
352.	975	lynn wilson	f	Lady Veteran 40	none	1:16:31	1:16:24
353.	1049	Linda Clark	f	Lady Veteran 60	Jog on the Tyne	1:16:48	1:16:37
354.	1127	Lauren Brindle	f		U/A Grange Over Sands, Cumbria	1:16:50	1:15:55
355.	1278	Dani Hope	f		U/A Keswick,	1:17:09	1:17:04
356.	1029	Elizabeth Anderton	f	Lady Veteran 40	U/A London,	1:17:14	1:17:07
357.	1028	Nick Anderton	m	Veteran 40	U/A London,	1:17:15	1:17:07
358.	1095	Emily Alston	f		Edinburgh Running Network	1:17:17	1:16:32
359.	1173	Cath Dyson	f		U/A Huddersfield,	1:17:17	1:16:32
360.	1269	Jenny seymour	f		U/A Keswick , cumbria	1:17:50	1:17:46
361.	1267	Justine Dicks	f	Lady Veteran 40	U/A Cockermonth, Cumbria	1:17:50	1:17:45
362.	996	Sheila Gillie	f	Lady Veteran 50	U/A Lancaster,	1:17:54	1:17:05
363.	943	Niki Stockton	f	Lady Veteran 40	Swinton Running Club	1:18:36	1:18:04
364.	1481	Judith Tait	f	Lady Veteran 40	U/A Peebles, Peebleshire	1:18:36	1:17:49
365.	986	Fiona McAuley	f	Lady Veteran 50	U/A Manchester, Greater Manchester	1:18:51	1:18:16
366.	1156	Richard Barker	m	Veteran 60	U/A Newmarket, Suffolk	1:19:03	1:18:10
367.	1176	N.N. 1176	m			1:19:08	1:18:50
368.	1315	Emma Andrews	f		U/A Carlisle, Cumbria	1:19:15	1:19:11
369.	1195	Denise Julia Brooks	f		U/A Halt whistle, Northumberland	1:19:47	1:19:23
370.	1194	Justine Carruthers	f	Lady Veteran 40	U/A Penrith, Cumbria	1:19:47	1:19:24
371.	1053	Nicola Cave	f	Lady Veteran 40	U/A Lytham St Anne's , Lancashire	1:19:58	1:19:29
372.	1054	Nicola Ashton	f	Lady Veteran 40	U/A Chorlton cum hardy, Manchester	1:19:58	1:19:30
373.	1051	Liz Sandison	f	Lady Veteran 60	Tynedale Harriers & A.C.	1:20:03	1:19:13
374.	1050	Catherine Almond	f	Lady Veteran 60	Jog on the Tyne	1:20:05	1:19:55
375.	1130	caroline walker	f	Lady Veteran 60	U/A goole, e yorkshire	1:20:06	1:19:19
376.	1080	Isabelle Greenwood	f	Lady Veteran 40	U/A Goole, North Humberside	1:20:07	1:19:20
377.	1318	Sheila Fitzgerald	f	Lady Veteran 50	Hampstead Heath parkrun	1:20:28	1:19:41
378.	900	joe dobbs	m	Veteran 70	independent	1:20:52	1:20:03
379.	1042	susan cunningham	f	Lady Veteran 50	U/A manchester,	1:21:02	1:20:19
380.	1041	fiona reid	f	Lady Veteran 40	U/A manchester,	1:21:02	1:20:20
381.	1213	Marie Fallon	f	Lady Veteran 50	Jog on the Tyne	1:21:05	1:20:56
382.	973	Lee Smith	m	Veteran 40	U/A Wigan, Lancs	1:21:28	1:20:58
383.	972	Rebecca Moon	f		U/A Wigan, Lancs	1:21:29	1:20:59
384.	1212	Ursula Collie	f	Lady Veteran 50	U/A Richmond, North Yorks	1:21:44	1:20:55
385.	1055	Judith Skedge	f	Lady Veteran 60	Tynedale Harriers	1:22:12	1:21:20
386.	928	Helen Scott	f		U/A Osgodby,	1:22:41	1:21:58
387.	1163	Rachel Robinson	f	Lady Veteran 40	U/A Hyde, Cheshire	1:22:43	1:22:41
388.	1135	Mary Moden	f	Lady Veteran 40	Rossendale Harriers	1:22:45	1:22:43
389.	1062	Chris Pearson	m	Veteran 50	U/A Grange Over Sands, Cumbria	1:22:54	1:22:17
390.	1063	Claire Pearson	f	Lady Veteran 40	U/A Grange Over Sands, Cumbria	1:22:54	1:22:19
391.	995	Hilary Chuter	f	Lady Veteran 50	U/A Lancaster,	1:26:08	1:25:18
392.	1302	Dawn Walmsley	f	Lady Veteran 50	U/A Preston, Lancashire	1:26:47	1:25:53
393.	1207	Steven Hamblett	m	Veteran 40	U/A Warrington, Cheshire	1:26:52	1:25:59
394.	1489	Lisa Whitehead	f	Lady Veteran 40	Swinton	1:27:57	1:27:23
395.	956	Kate Jones	f	Lady Veteran 50	U/A Eccles,	1:27:57	1:27:22
396.	950	Kathryn Wesley	f	Lady Veteran 50	U/A Livingston, West Lothian	1:28:39	1:27:47
397.	1223	clare sambrook	f	Lady Veteran 50	U/A Penrith, Cumbria	1:33:46	1:33:18

Lakeland Trails in Cartmel

**Cartmel Trail Run10km**

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>M/F</b>	<b>Age Cat</b>	<b>Club</b>	<b>Gun Time</b>	<b>Chip Time</b>
398.	1010	Jennifer Taylor	f		U/A Ulverston, Cumbria	1:34:21	1:33:34
399.	1474	EDWINA RICKARDS COLLINSON	f	Lady Veteran 50	NORDIC WALKER	1:35:08	1:34:17
400.	1460	Julie Gardner	f	Lady Veteran 50	U/A Kendal,	1:35:08	1:34:18
401.	1011	Sue Dowdall	f	Lady Veteran 60	Nordic walker	1:40:48	1:39:57
402.	1499	N.N. 1499	m			5:16:11	0:00:00

Number of records: 402