

Lakeland Trails in Cartmel

Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
1.	1622	Kieran Hodgson	m	Veteran 40	Helm Hill Runners	0:39:38
2.	1699	David Hodkin	m		U/A Leeds , West Yorkshire	0:39:56
3.	1678	James Gray	m			0:41:19
4.	1062	Murray Murray	m		Barrow stiders	0:41:42
5.	1421	Chris Essex-Crosby	m		Horwich RMI Harriers	0:42:26
6.	1652	Abel Ashby	m		trafford AC	0:42:27
7.	1435	mark elsdon	m		U/A Hawick, Roxburghshire	0:42:35
8.	1085	John Widdrington	m		U/A Newcastle upon Tyne,	0:42:46
9.	1352	Andrew Grimshaw	m		U/A Leyland, Lancashire	0:43:43
10.	1381	Ryan Woods	m		U/A london, london	0:44:11
11.	1188	Wayne Laird	m		Border Warrior	0:44:23
12.	1442	Craig Marsh	m		Keswick AC	0:44:42
13.	1035	Nick Sharp	m	Veteran 40	U/A Wakefield, West Yorkshire	0:44:53
14.	1134	Christopher Lewarne	m		U/A Blackburn, Lancashire	0:45:03
15.	1118	Thomas Deakin	m		U/A Stockport, Cheshire	0:45:05
16.	1698	Tim Dixon	m		Kirkstall Harriers	0:45:16
17.	1648	Mark Rutter	m		U/A South Shields ,	0:45:18
18.	1108	Ian Gibson	m	Veteran 40	U/A Ulverston, Cumbria	0:45:21
19.	1399	joshua Blacker	m		independent	0:45:56
20.	1246	Carla Gibbons	f		Totley ac	0:45:57
21.	1664	William Powis	m		U/A Whitley Bay, Tyne and Wear	0:46:02
22.	1581	Simon Maughan	m	Veteran 40	U/A Blackburn, Lancashire	0:46:04
23.	1127	Martin Elsdon	m	Veteran 60	U/A Hawick, No preference	0:46:10
24.	1627	John Douglas	m	Veteran 40	Allithwaite Running Club	0:46:13
25.	1208	Robbie Robson	m		South Axholme Academy	0:46:16
26.	1336	Matt Lancaster	m		Ulverston Wolves	0:46:16
27.	1567	Suzanne Toppin	f	Lady Veteran 40	U/A Penrith, Cumbria	0:46:19
28.	1437	Jon Hopwood	m	Veteran 50	U/A Manchester, Lancashire	0:46:52
29.	1094	Jonathan Maxfield	m		Rotherham Harriers	0:47:00
30.	1563	Jonathan Knowles	m	Veteran 40	U/A Leigh,	0:47:01
31.	1089	andrew pye	m	Veteran 40	U/A skelsmergh,	0:47:06
32.	1224	James Clark	m		U/A York,	0:47:14
33.	1307	Rob Powell	m	Veteran 40	Scarborough Athletic Club	0:47:17
34.	1250	Richard Fisher	m		U/A London,	0:47:18
35.	1260	Simon Hooton	m	Veteran 40	U/A Manchester,	0:47:19
36.	1393	Jamie Bottomley	m		U/A Manchester,	0:47:32
37.	1230	mike Bannister	m	Veteran 40	U/A Barrow-in-Furness, England	0:47:32
38.	1410	James Isherwood	m	Veteran 40	Beeston AC	0:47:33
39.	1588	Name Witheld	m	Veteran 50	MDOC	0:47:38
40.	1633	Andy Bennett	m		U/A Morecambe, Lancashire	0:47:46
41.	1362	Bob Wellings	m	Veteran 40	U/A Stockport, Cheshire	0:47:51
42.	1166	Laura Gilderdale	f		Blackpool Wyre and Fylde	0:47:52
43.	1060	Lynn Murray	f	Lady Veteran 40	Barrow striders	0:47:54
44.	1628	Phil Blaylock	m	Veteran 40	St Bees Triers	0:48:03
45.	1022	Richard Whall	m		U/A Kirkham, Lancashire	0:48:08
46.	1169	Andrew Gilmour	m		U/A GLASGOW,	0:48:20
47.	1044	Ryan Mewis	m		U/A Preston, Lancashire	0:48:28
48.	1467	Graham Jackson	m		Allithwaite Running Club	0:48:30
49.	1042	Louise Winter	f		Keswick AC	0:48:33
50.	1069	David Mossop	m	Veteran 40	Banned out the multi.	0:48:35
51.	1661	Eduard Sanchez-Roig	m		U/A Manchester,	0:48:39
52.	1138	Bob Wells	m	Veteran 60	Bedford Harriers	0:48:46
53.	1033	Lawrence Mannion	m	Veteran 50	U/A Kendal,	0:48:47
54.	1212	Peter Roberts	m	Veteran 40	Bramhall Runners	0:49:02
55.	1458	Antony Weedall	m	Veteran 50	n/a	0:49:10
56.	1697	Fiona Belgian	f		Jog On The Tyne	0:49:23
57.	1372	Paul Stirrup	m	Veteran 50	Bowland Bimblers	0:49:25
58.	1370	David Brooks	m	Veteran 50	Bowland Bimblers	0:49:25
59.	1461	Katie Cooper	f		U/A Derby, Derbyshire	0:49:38
60.	1083	Lucy Ashton	f		U/A London,	0:49:40
61.	1507	Rob Hardwick	m	Veteran 40	PennyLane Striders	0:49:45
62.	1679	Michael Letheren	m			0:49:56
63.	1671	Jane Greening	f	Lady Veteran 40	Tynedale Harriers	0:50:08
64.	1121	Graham Jordan	m		U/A OLDHAM,	0:50:15
65.	1617	Kim van Heerden	f		U/A London,	0:50:21
66.	1252	Charlotte Rawcliffe	f		Penny Lane Striders	0:50:28
67.	1182	andrew foster	m	Veteran 40	U/A southport,	0:50:29
68.	1058	David Huddleston	m		U/A Askam in Furness, Cumbria (county)	0:50:37
69.	1695	Helen Jackson	f			0:50:41
70.	1624	Ozanne Sally	f		Outward Bound	0:50:42
71.	1511	Nick Carruthers	m		U/A Ulverston,	0:50:43
72.	1249	Max Booth	m	Veteran 40	U/A Woodbridge , Suffolk	0:50:49
73.	1688	Steve Beard	m		U/A Poulton le Fylde ,	0:50:53
74.	1041	Lance Saxby	m	Veteran 40	U/A Harrogate, North Yorkshire	0:51:13
75.	1605	Craig Gregson	m		Lancashire Fire & Rescue Service	0:51:13
76.	1025	Steve Foreman	m	Veteran 40	Sedgefield Harriers	0:51:20
77.	1520	Andrew Reid	m		U/A Merseyside,	0:51:22

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
78.	1061	Michael Watson	m	Veteran 40	Banned out the multi	0:51:30
79.	1316	pete coe	m	Veteran 60	U/A Kendal,	0:51:44
80.	1496	Chloe Smith	f		U/A Bowness on windermere, Cumbria	0:51:46
81.	1537	Michelle Hodgson	f		U/A Whitehaven, Cumbria	0:51:57
82.	1447	John Burthem	m	Veteran 50	U/A Bolton, Lancs	0:52:00
83.	1530	Michelle Tickle	f	Lady Veteran 40	Blackpool Wyre & Fylde AC	0:52:02
84.	1026	Jo Haigh	f	Lady Veteran 50	U/A Skipton, North Yorkshire	0:52:19
85.	1424	Jo Ellis	f		U/A Stockport, Cheshire	0:52:28
86.	1608	Emma Jackson	f		U/A Edinburgh,	0:52:30
87.	1107	Nicola Gibson	f	Lady Veteran 40	U/A Ulverston, cumbria	0:52:36
88.	1034	Gill Petrucci	f	Lady Veteran 40	U/A Skipton, North Yorks	0:52:38
89.	1400	Patrick Corrigan	m	Veteran 60	Totley ac	0:52:51
90.	1404	Julia Gray Carnaffin	f	Lady Veteran 50	U/A Bardon mill, Northumberland	0:53:02
91.	1030	Gerard Hurst	m	Veteran 60	U/A Wigan,	0:53:03
92.	1525	Michael Fordyce	m	Veteran 50	U/A Carlisle, Cumbria	0:53:03
93.	1028	Lesley Goodson	f	Lady Veteran 50	North Wales Road Runners Club	0:53:08
94.	1148	Paul Shawcross	m	Veteran 40	Banned out the multi	0:53:16
95.	1154	David Ashworth	m	Veteran 60	U/A Bolton, Lancs	0:53:17
96.	1101	Lisa Bolton	f		Red rose road runners	0:53:18
97.	1412	Tom McWilliams	m		U/A Didsbury, Manchester	0:53:23
98.	1401	Sara Bradbury	f		U/A Manchester,	0:53:40
99.	1236	Daniel Heppell	m		U/A HALTWHISTLE, Select a county	0:53:52
100.	1455	Andrew Partington	m	Veteran 50	U/A Lancaster, Lancashire	0:53:54
101.	1210	Andrew Whitton	m	Veteran 50	Lancaster & Morecambe	0:53:54
102.	1680	Matthew Elliott	m		U/A Manchester,	0:53:56
103.	1273	Nicola Robinson	f		U/A Grange over sands , Cumbria	0:53:59
104.	1391	Simon Nicholson	m		U/A Galgate, Lancaster,	0:54:02
105.	1457	Gavin Rowlands	m		U/A Salford ,	0:54:03
106.	1473	Louise Platts	f		U/A Manchester,	0:54:04
107.	1555	Emma Armstrong	f		U/A Barrow - In - Furness, Cumbria	0:54:06
108.	1076	Lorna Harper	f		U/A Crosby, Merseyside	0:54:06
109.	1172	Andrew Freemantle	m		U/A Gateshead,	0:54:08
110.	1486	Annabel Innerdale	f	Lady Veteran 40	U/A xx,	0:54:10
111.	1464	Steve Parker	m	Veteran 50	U/A Chester, Cheshire	0:54:11
112.	1368	Danny Cawdron	m	Veteran 50	U/A Stoke-on-Trent, Staffs	0:54:13
113.	1131	John Eldred	m	Veteran 50	U/A Cockermouth, Cumbria	0:54:14
114.	1147	Ian Waddingham	m		Red Rose Road Runners	0:54:19
115.	1020	Andrew Hemsley	m	Veteran 50	U/A Penrith, Cumbria	0:54:27
116.	1642	Michael Mitchell	m		U/A ULVERSTON, Cumbria	0:54:27
117.	1369	Anna Cawdron	f		Alsager Sixth Firn	0:54:34
118.	1402	Jo Bebbington	f	Lady Veteran 40	Banned out the Multi	0:54:39
119.	1696	Gavin Batty	m		U/A Clapham, London	0:54:47
120.	1554	Chris Taylor	m	Veteran 40	U/A Bolton, Lancs	0:54:50
121.	1684	Sam Webb	f			0:54:53
122.	1685	Emma Matthews	f			0:54:53
123.	1420	Guillaume Slee	m		U/A Timperley, Cheshire	0:54:55
124.	1478	Stephen Clarke	m	Veteran 50	U/A Kelsall, Cheshire	0:54:58
125.	1146	Darren Entwistle	m	Veteran 40	Fylde Coast Runners	0:55:03
126.	1497	Craig Smith	m		U/A Bowness on windermere, Cumbria	0:55:19
127.	1539	Ben Kirkman	m		U/A Manchester,	0:55:23
128.	1390	Will Smith	m		U/A Lancaster,	0:55:24
129.	1330	Andrew Woodruff	m		U/A Chorley, Lancashire	0:55:26
130.	1329	Rachel Heathcote	f		Hunters Bog Trotters	0:55:30
131.	1077	Claire Platt	f		Tri Preston	0:55:31
132.	1328	Adam Stafford	m		U/A Edinburgh,	0:55:33
133.	1261	Clare Fogden	f		U/A Manchester,	0:55:36
134.	1027	Angie Trippitt	f	Lady Veteran 40	Kendal Tri Club	0:55:39
135.	1479	G Browne	m		U/A Lytham St Annes,	0:55:40
136.	1551	Bart Decadt	m	Veteran 50	U/A Bolton,	0:55:43
137.	1327	Lynne Sweeney	f	Lady Veteran 50	U/A Bowness On Windermere, Cumbria	0:55:50
138.	1606	Steven Davies	m		U/A Durham,	0:55:54
139.	1513	Bruce Carlisle	m	Veteran 40	U/A Whitley Bay,	0:55:56
140.	1578	robby richy	f	Lady Veteran 40	U/A liverpool,	0:55:57
141.	1109	Toby Gregory	m		U/A Preston, Lancashire	0:56:11
142.	1132	Jackie Welburn	f		U/A Nottingham ,	0:56:13
143.	1655	Nick Brown	m	Veteran 50	U/A Dalton in Furness ,	0:56:16
144.	1475	Simon Holbrook	m	Veteran 40	U/A Harrogate,	0:56:24
145.	1474	Andrew Peagram	m		Harrogate Harriers	0:56:24
146.	1298	Dorota Synowiec	f		U/A Geel,	0:56:31
147.	1354	Mick Green	m	Veteran 50	U/A Chorley, Lancashire	0:56:34
148.	1615	Graham Metcalfe	m		U/A Oxenholme, Cumbria	0:56:36
149.	1214	James Alderson	m		U/A Poulton le Fylde ,	0:56:39
150.	1527	Hunter Lyden	m		U/A Manchester,	0:56:44
151.	1500	Sam Perkins	f		U/A Hexham,	0:56:48
152.	1493	KIRSTIN DU TERTRE	f		U/A SURREY,	0:56:55
153.	1078	Hayley Livesey	f	Lady Veteran 40	U/A Lincoln, Lincolnshire	0:56:57
154.	1149	Jonty Tarbuck	m	Veteran 40	U/A Newcastle upon Tyne,	0:57:02
155.	1292	mark wardley	m	Veteran 40	U/A preston, lancs	0:57:04
156.	1616	Stephen Quick	m		U/A Lancaster,	0:57:21
157.	1509	David Pugsley	m	Veteran 50	U/A Lytham,	0:57:22

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
158.	1649	Billy Scott	m		U/A South Shields, Tyne and Wear	0:57:25
159.	1153	Simon Osmond	m	Veteran 40	U/A Carnforth, Lancashire	0:57:44
160.	1536	Joanne Winter	f		U/A Appleby, Cumbria	0:57:49
161.	1282	neil browning	m	Veteran 40	Monton Dads	0:57:50
162.	1239	angela clarke	f	Lady Veteran 40	U/A keswick, cumbria	0:57:53
163.	1492	Alison Weymouth	f	Lady Veteran 50	U/A Penrith,	0:57:56
164.	1414	Mark Doyle	m	Veteran 50	U/A Clacton-on-Sea, Essex	0:58:00
165.	1156	Allan Nicholson	m	Veteran 50	U/A Broughton-in-Furness, none	0:58:06
166.	1240	Carla Connor	f		U/A Keswick , Cumbria	0:58:07
167.	1308	Cheryl Westerman	f	Lady Veteran 40	U/A Keswick, Cumbria	0:58:19
168.	1023	bridget slater	f	Lady Veteran 50	U/A Skipton, N Yorks	0:58:30
169.	1283	Clare Ashton	f	Lady Veteran 40	U/A Warrington, Cheshire	0:58:33
170.	1114	James Aiston	m		U/A Carlisle, Cumbria	0:58:33
171.	1659	Kate Trippitt	f		U/A Bowness on Windermere, Cumbria	0:58:36
172.	1054	Andy Hale	m	Veteran 40	U/A Preston,	0:58:42
173.	1164	Nicola Stanley	f	Lady Veteran 40	U/A SOUTHPORT,	0:58:43
174.	1135	Gerry Burns	m	Veteran 50	U/A Kendal,	0:58:44
175.	1670	Asif Zaman	m	Veteran 40	U/A Stockport,	0:58:46
176.	1165	Lee Johnston	m	Veteran 40	U/A SOUTHPORT,	0:58:47
177.	1176	Libby Dixon	f		U/A Ambleside, cumbria	0:58:49
178.	1465	Linda Walz	f		U/A York,	0:58:49
179.	1305	Fran Horne	f	Lady Veteran 40	U/A Grange over Sands,	0:58:51
180.	1585	Katherine Rooney	f		U/A Glasgow,	0:58:53
181.	1006	Beth Irving	f	Lady Veteran 40	U/A Carlisle,	0:58:57
182.	1639	Jim Mclean	m	Veteran 60	Red Rose Road Runners	0:59:02
183.	1073	Ashleigh Atkinson	f		U/A Ulverston, Cumbria	0:59:04
184.	1495	Lucy Richardson	f	Lady Veteran 40	Lancaster and Morecambe	0:59:04
185.	1387	Stephen Edwards	m	Veteran 40	Sweatshop Running Community	0:59:05
186.	1032	Hilde Krynen	f	Lady Veteran 50	U/A Kendal, Cumbria	0:59:10
187.	1529	Martin Dodd	m	Veteran 40	U/A Carlisle, Cumbria	0:59:10
188.	1559	Louise Mainwaring	f		U/A Northwich, Cheshire	0:59:24
189.	1072	Rebecca Hilland	f		Banned out the multi	0:59:28
190.	1512	Brenda Newsham	f		U/A Liverpool,	0:59:29
191.	1490	Andrea Deninson	f		U/A Crosby,	0:59:29
192.	1309	Daniel Hotchkiss	m	Veteran 40	N/A	0:59:32
193.	1440	Philip Harland	m	Veteran 50	U/A Warrington, Cheshire	0:59:35
194.	1395	Michael Holmes	m	Veteran 40	DH Runners	0:59:36
195.	1232	Claire Hardy	f		Darwen dashers	0:59:38
196.	1229	Lindsay Slamon	f	Lady Veteran 40	U/A Worsley, Manchester	0:59:39
197.	1517	john edge	m	Veteran 60	none	0:59:39
198.	1411	Rachel Sanders	f	Lady Veteran 40	U/A Kendal, Cumbria	0:59:40
199.	1584	Kelly Monaghan	f		U/A Carlisle, Cumbria	0:59:47
200.	1161	Rebecca Hodgson	f		U/A Kendal, Cumbria	0:59:52
201.	1547	Kim Dykes	f		U/A Sale, Cheshire	0:59:55
202.	1275	Rosanna Cox	f	Lady Veteran 40	U/A Whitehaven, Cumbria	1:00:00
203.	1494	Stephen James	m		Fylde Coast Runners	1:00:08
204.	1110	Sara Brookes	f	Lady Veteran 40	U/A Preston, Lancashire	1:00:20
205.	1561	Antony Woodcock	m	Veteran 40	U/A Leigh,	1:00:23
206.	1409	Jill Ansell	f	Lady Veteran 40	U/A Kendal, Cumbria	1:00:28
207.	1453	Ian Paterson	m		U/A Bootle, Merseyside	1:00:37
208.	1506	jane Hallows	f	Lady Veteran 40	Penny lane striders	1:00:39
209.	1637	Richard Wilde	m		U/A CHADDERTON ,	1:00:43
210.	1318	Gemma Helme	f		U/A Carlisle,	1:00:46
211.	1510	Suzanne Robinson	f		U/A Dalton in Furness , Cumbria	1:00:50
212.	1601	Chris Furphy	m	Veteran 50	Stockton Striders	1:00:51
213.	1700	Catherine Clennett	f	Lady Veteran 40	Stockton Striders	1:00:52
214.	1528	Katie Wray	f		U/A Manchester,	1:00:53
215.	1056	Laurence Wilkinson	m		N/A	1:00:55
216.	1653	Paul McConville	m	Veteran 50	U/A Chorley, Lancashire	1:00:55
217.	1029	Linda Gant	f	Lady Veteran 50	St.Bees Triers	1:00:57
218.	1389	Nick Postill	m		U/A Ormskirk,	1:01:04
219.	1448	sam burthem	m		U/A bolton, greater manchester	1:01:06
220.	1043	Ruth Mewis	f		U/A Preston, Lancashire	1:01:07
221.	1560	Hazel Ward	f	Lady Veteran 60	Jog on the Tyne	1:01:11
222.	1090	Rachel Scott	f	Lady Veteran 40	U/A Wigton, Cumbria	1:01:28
223.	1604	Alison Sampson	f		U/A St Bees, Cumbria	1:01:32
224.	1603	Mark Sampson	m		U/A St Bees, Cumbria	1:01:32
225.	1363	Alice Patrick	f		U/A Liverpool, Merseyside	1:01:32
226.	1364	Paula Gant	f		U/A London,	1:01:32
227.	1463	SARAH LAWLEY	f		U/A APPLEBY, CUMBRIA	1:01:36
228.	1031	Laura Robson	f		York Postal Harriers	1:02:01
229.	1278	David Watson	m	Veteran 40	Rock up and do it	1:02:10
230.	1036	Susan Sharp	f	Lady Veteran 50	U/A Wakefield, west Yorkshire	1:02:11
231.	1538	Alison Robertson	f	Lady Veteran 40	U/A Skipton, North Yorkshire	1:02:17
232.	1155	Ellie Nicholson	f		U/A Broughton-in-Furness, none	1:02:19
233.	1293	Jane Edwards	f	Lady Veteran 40	U/A Liverpool, Merseyside	1:02:23
234.	1294	Michael Collins	m	Veteran 40	U/A Liverpool,	1:02:23
235.	1683	Vicky Gore	f	Lady Veteran 40	Red Rose Road Runners	1:02:26
236.	1191	katharine murugesan	f		U/A lytham,	1:02:30
237.	1405	Claire Gall	f		U/A Lytham ,	1:02:30

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
238.	1558	andy hayes	m	Veteran 50	U/A wigton, England	1:02:43
239.	1040	Catherine Betley	f		N/A	1:02:50
240.	1408	nicky jones	f	Lady Veteran 40	U/A sutton coldfield, west midlands	1:02:53
241.	1466	Slavomir Petrik	m		U/A Hitchin, Hertfordshire	1:02:54
242.	1244	Nicole Spibey	f		U/A Cartmel ,	1:02:58
243.	1190	Rachel Barnard	f		U/A Workington, Cumbria	1:02:59
244.	1357	Kamila Robinson	f		U/A Grimsby , N.E. Lincs	1:03:00
245.	1129	John Slater	m	Veteran 50	U/A Carnforth, Lancs	1:03:06
246.	1575	Aimee Green	f		U/A Kendal, Cumbria	1:03:09
247.	1017	Jackie Frank	f		U/A Redcar,	1:03:12
248.	1367	Jacqui Cawdron	f	Lady Veteran 40	U/A Stoke-on-Trent, Staffs	1:03:13
249.	1586	paul norman	m	Veteran 40	U/A warrington, cheshire	1:03:16
250.	1681	Steven Hadwin	m		U/A London,	1:03:18
251.	1065	Steve Boston	m	Veteran 40	U/A Manchester,	1:03:18
252.	1064	Susan Pritchard	f	Lady Veteran 40	U/A Manchester,	1:03:20
253.	1151	ian mitchell	m	Veteran 50	helm hill runners	1:03:22
254.	1516	Heather Keiller	f	Lady Veteran 40	U/A Penrith , Cumbria	1:03:24
255.	1619	Katharine Shrine	f	Lady Veteran 40	U/A Carnforth, Cumbria	1:03:25
256.	1665	Claire weller	f		U/A WIGTON, Cumbria	1:03:28
257.	1523	James Stanford	m	Veteran 50	U/A Wigan, Lancashire	1:03:33
258.	1483	David Phillips	m	Veteran 40	U/A Carlisle, Cumbria	1:03:51
259.	1306	May Brennand	f	Lady Veteran 50	U/A Preston, Lancashire	1:03:51
260.	1290	Jane Davies	f	Lady Veteran 50	U/A Manchester,	1:03:52
261.	1204	JACQ JONES	f		Delamere Spartans	1:03:53
262.	1105	Lindsey McGahey	f		Women on the Run	1:03:53
263.	1338	Malcolm Alderton	m	Veteran 60	Fylde Coast Runners	1:03:55
264.	1439	Emma Jackson	f		Riversway Road Runners	1:04:00
265.	1024	Tracy Brown	f		Sedgefield Harriers	1:04:10
266.	1331	Marjolein Thickett	f		U/A Backbarrow , Cumbria	1:04:14
267.	1545	Anita Holmes	f	Lady Veteran 40	U/A Stockport, Cheshire	1:04:15
268.	1549	Liz Bamber	f	Lady Veteran 40	Lancaster Women's Running Club	1:04:15
269.	1046	Jane Taylor	f	Lady Veteran 40	Women on the Run - Preston	1:04:15
270.	1010	Vicky Johnston	f	Lady Veteran 40	St Bees Triers	1:04:17
271.	1407	Kate Lee	f		U/A Manchester,	1:04:18
272.	1009	David Jones	m	Veteran 50	U/A Spital, cheshire	1:04:21
273.	1444	Stephen Alecock	m	Veteran 50	U/A Carlisle, Cumbria	1:04:21
274.	1594	Anne Webber	f		U/A millom, Cumbria	1:04:23
275.	1489	Hannah Kelly	f		U/A Grimsargh,	1:04:25
276.	1477	Adam Townsend	m		U/A Radstock,	1:04:28
277.	1403	Helen Dodd	f		U/A Hexham, Northumberland	1:04:28
278.	1003	Jayne Hall	f	Lady Veteran 50	U/A Egremont, Cumbria	1:04:28
279.	1005	Dave Hall	m	Veteran 50	Honister 92	1:04:29
280.	1013	Rebecca Cosgrove	f		Warrington Running Club	1:04:36
281.	1379	Lisa Semley	f	Lady Veteran 40	Red Rose Runners	1:04:40
282.	1100	Hannah Rosborough	f	Lady Veteran 40	U/A Ashton Under Lyne, Lancs	1:04:40
283.	1333	Gary Hollis	m	Veteran 50	U/A Kendal, Cumbria	1:04:44
284.	1635	Sarah Norgate	f	Lady Veteran 40	U/A Lancaster, Lancashire	1:04:47
285.	1133	Andrew Whitehead	m	Veteran 40	U/A Carnforth, Lancashire	1:04:52
286.	1562	Mark Barlow	m	Veteran 40	U/A Leigh,	1:04:54
287.	1269	Susan Southern	f	Lady Veteran 50	U/A Frodsham,	1:04:54
288.	1270	Jamie Southern	f		U/A Frodsham,	1:04:55
289.	1095	Elaine Tompkins	f		U/A Colne, Lancashire	1:04:56
290.	1508	Stephen Johnson	m		U/A Harrogate, North Yorkshire	1:04:56
291.	1419	Phil Noble	m	Veteran 50	U/A Southport, Merseyside	1:04:56
292.	1207	David Davis	m		U/A york, North Yorkshire	1:04:58
293.	1383	Rebecca Wild	f		U/A Atherton, Manchester	1:05:00
294.	1384	Alison Delvard	f		U/A Atherton manchester,	1:05:00
295.	1323	Susan Aldred	f	Lady Veteran 40	U/A Clitheroe , Lancashire	1:05:01
296.	1255	Lynsey Taylor	f		U/A Manchester,	1:05:04
297.	1571	Martin O'Neill	m	Veteran 40	U/A Liverpool, Merseyside	1:05:05
298.	1112	amy wright	f		U/A tarporley, cheshire	1:05:06
299.	1163	Liam Aplin	m	Veteran 40	U/A Cockermonth, Cumbria	1:05:13
300.	1432	Colin Dunn	m	Veteran 40	U/A St.Helens, Merseyside	1:05:14
301.	1504	JOEL CULLEN	m		U/A HORNCHURCH, ESSEX	1:05:22
302.	1119	catherine wileman	f		na	1:05:28
303.	1266	Rebecca Crellin	f		U/A Frizington, Cumbria	1:05:37
304.	1267	Ryan Crellin	m		Cumberland Fell Runners	1:05:38
305.	1125	Sharron Elsdon	f		U/A Hawick, Scottish Borders	1:05:54
306.	1038	Louise Corrigan	f		Swinton RC	1:05:55
307.	1689	Jennie Davies	f	Lady Veteran 60		1:05:59
308.	1349	BRONWEN VINCENT	f	Lady Veteran 50	PARBOLD PINK PANTHERS	1:05:59
309.	1589	sarah anne wareing	f	Lady Veteran 40	U/A southport, merseyside	1:06:05
310.	1281	Kara Atkinson	f	Lady Veteran 40	U/A Lancaster,	1:06:09
311.	1345	Barbara Hills	f	Lady Veteran 50	Goyt Valley Striders	1:06:11
312.	1192	Tara McCully	f		none	1:06:20
313.	1587	Beth Cooper	f		U/A Arnside, Cumbria	1:06:20
314.	1431	Aimee Roblin	f		U/A Richmond, North Yorkshire	1:06:21
315.	1430	Sarah Sandell	f		U/A Richmond, North Yorkshire	1:06:21
316.	1646	Louise Addy	f		U/A Kendal, Cumbria	1:06:25
317.	1339	Fiona Alderton	f	Lady Veteran 50	Fylde Coast Runners	1:06:29

Lakeland Trails in Cartmel

Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
318.	1248	Emma Hibbert	f	Lady Veteran 40	U/A Woodbridge,	1:06:29
319.	1629	Sue Kearney	f	Lady Veteran 50	U/A Bolton, Lancs	1:06:31
320.	1687	john wiseman	m	Veteran 50	U/A poynton, cheshire	1:06:34
321.	1179	davina bowling	f	Lady Veteran 60	redrose road runners	1:06:36
322.	1285	Claire Winters	f	Lady Veteran 50	U/A Liverpool, Merseyside	1:06:37
323.	1579	Barbara Deane	f		U/A Penrith,	1:06:40
324.	1569	Lauren Shepherd	f		U/A Newcastle,	1:06:40
325.	1018	Jeff Ellams	m	Veteran 40	U/A Hebden Bridge, West Yorkshire	1:06:41
326.	1284	Anthony Blackwell	m	Veteran 50	U/A Liverpool, Merseyside	1:06:41
327.	1618	Mark Wallwork	m	Veteran 40	U/A Southport, Merseyside	1:06:43
328.	1468	Lisa Ashwood	f	Lady Veteran 40	U/A Disley, Cheshire	1:06:55
329.	1441	Jackie Harland	f	Lady Veteran 50	U/A Warrington, Cheshire	1:06:58
330.	1406	Jeannette Swarbrick	f	Lady Veteran 40	U/A Preston,	1:07:00
331.	1552	PAUL TICKNER	m	Veteran 60	U/A Cockermouth, Cumbria	1:07:02
332.	1620	Matthew Zandstra	m	Veteran 40	U/A Liverpool, Merseyside	1:07:03
333.	1614	Michael Waring	m		U/A Liverpool,	1:07:05
334.	1503	mark shaw	m	Veteran 50	U/A Audenshaw, MANCHESTER	1:07:10
335.	1638	Claire van Grinsven	f	Lady Veteran 40	U/A Kendal, Cumbria	1:07:16
336.	1247	angela wilson	f	Lady Veteran 40	U/A liverpool,	1:07:17
337.	1302	Linda Lancaster	f	Lady Veteran 50	The Ulverston Wolves	1:07:17
338.	1544	Joanna mckendrick	f	Lady Veteran 50	Goyt Valley Striders	1:07:40
339.	1595	Jordi Ballester	m	Veteran 50	U/A Worsley, Manchester	1:07:46
340.	1299	Gillian Baker	f	Lady Veteran 40	U/A Yarm,	1:07:49
341.	1111	Dave Newton	m		None	1:07:50
342.	1209	Lynn Howard	f	Lady Veteran 40	U/A Bollington, Cheshire	1:08:06
343.	1067	Karen Charlesworth	f	Lady Veteran 50	U/A Cowan Bridge, Lancs	1:08:08
344.	1462	angela turner	f		ulverston wolves	1:08:08
345.	1553	Jo Cater	f	Lady Veteran 40	N/A	1:08:08
346.	1505	Claire Mason	f	Lady Veteran 40	U/A Kendal, Cumbria	1:08:08
347.	1008	Tom Lawson	m	Veteran 40	U/A Maryport, Cumbria	1:08:10
348.	1413	Dan Culshaw	m		U/A Carnforth,	1:08:14
349.	1674	Raymond Bessant	m	Veteran 50	U/A Cheshire	1:08:15
350.	1675	Clare Mason	f	Lady Veteran 40	U/A Cheshire	1:08:16
351.	1274	Julie Gott	f		U/A Kendal , Cumbria	1:08:31
352.	1636	Kirstin Poppleton	f		261 Fearless Wray Womens Running Club	1:08:31
353.	1634	Caroline Watts	f	Lady Veteran 40	Wray women's running club	1:08:31
354.	1039	Claire Bewsher	f	Lady Veteran 40	U/A Chorley, Lancashire	1:08:32
355.	1623	Daivd Binks	m	Veteran 60	Allithwaite Running Club	1:08:32
356.	1341	Lucy Charters	f		U/A Frinton on Sea, Essex	1:08:32
357.	1167	Byrony Fell	f		U/A Heysham, Lancahire	1:08:32
358.	1193	Anthony McCully	m	Veteran 50	none	1:08:34
359.	1181	Nicola Cave	f	Lady Veteran 40	U/A Lytham St Anne's , Lancashire	1:08:35
360.	1650	Joseph Cave	m	Veteran 40	Fylde Coast Runners	1:08:35
361.	1355	Elisa Richardson	f		U/A Grimsby, N.E.LINCS	1:08:35
362.	1265	Karen Hooper	f	Lady Veteran 40	U/A Durham, County Durham	1:08:36
363.	1425	BARRY GREEN	m	Veteran 60	NONE	1:08:45
364.	1632	Jenna Butler	f		U/A Kendal, Cumbria	1:08:47
365.	1158	Ellena Gamberini	f		Rocktart Runners	1:08:48
366.	1157	David Cassels	m	Veteran 50	Rocktart Runners	1:08:53
367.	1348	Alison Formby	f	Lady Veteran 40	U/A Formby,	1:08:56
368.	1346	Cathy Jones	f	Lady Veteran 40	U/A Liverpool,	1:08:56
369.	1347	Angie Larsen	f	Lady Veteran 50	U/A Formby,	1:08:56
370.	1199	Julie Egglestone	f	Lady Veteran 40	U/A Appleby, Cumbria	1:08:58
371.	1526	David McGinn	m	Veteran 40	U/A Carlisle, Cumbria	1:09:00
372.	1626	Kevin Hathaway	m	Veteran 50	U/A Menston	1:09:02
373.	1609	Alec Cottrill	m	Veteran 50	Burnden Road Runners	1:09:03
374.	1610	Sally Cottrill	f	Lady Veteran 40	Burnden Road Runners	1:09:04
375.	1416	Katie Harrison	f	Lady Veteran 40	U/A York, North Yorkshire	1:09:17
376.	1666	Leanne Ruddick	f		U/A Appleby-in-Westmorland, Cumbria	1:09:27
377.	1417	Rebecca Robson	f		U/A Warminster, Wiltshire	1:09:28
378.	1612	neil stirling	m	Veteran 70	U/A cartmel, cumbria	1:09:36
379.	1522	Roisin Black	f		U/A Skipton, North Yorkshire	1:09:48
380.	1499	Maria Varlas	f		Giggleswick Gazelles	1:09:48
381.	1007	Tracey Barker	f	Lady Veteran 40	U/A Rowlands Gill	1:09:49
382.	1640	Lisa Roddis	f		U/A Skipton,	1:09:53
383.	1377	Helen Webster	f	Lady Veteran 40	U/A Grassington, North Yorkshire	1:09:53
384.	1313	john kidd	m	Veteran 50	U/A liverpool,	1:10:05
385.	1088	alison chambers	f		U/A skelsmergh,	1:10:06
386.	1543	Simon Berrill	m		U/A Preston, Lancashire	1:10:07
387.	1342	Emily Reece	f		U/A Heversham, Cumbria	1:10:10
388.	1343	Diane Knowles	f	Lady Veteran 40	U/A Kendal, Cumbria	1:10:10
389.	1662	Darren Mitchell	m	Veteran 40	U/A Kendal, Cumbria	1:10:14
390.	1542	Heather Berrill	f		U/A Preston, Lancashire	1:10:32
391.	1084	Helen Kilner	f	Lady Veteran 40	U/A York,	1:10:34
392.	1098	Peter Phillips	m	Veteran 60	Loftus and Whitby AC	1:10:43
393.	1099	Gareth Phillips	m	Veteran 40	Gateshead harriers	1:10:43
394.	1226	Kirsten McAteer	f	Lady Veteran 40	COLT	1:10:45
395.	1286	kath baxter	f	Lady Veteran 50	U/A filey, north yorks	1:10:49
396.	1211	Gill Roberts	f		Bramhall Runners	1:10:51
397.	1082	Victoria Dewhurst	f	Lady Veteran 40	U/A Bolton, Lancs	1:10:54

Lakeland Trails in Cartmel

Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
398.	1557	CHRISTINE NELSON	f	Lady Veteran 40	U/A KENDAL, CUMBRIA	1:10:55
399.	1365	Joanne Mitchell	f	Lady Veteran 40	U/A Newcastle Upon Tyne, Tyne & Wear	1:11:04
400.	1257	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:11:08
401.	1075	Lesley Allison	f	Lady Veteran 50	U/A Penrith, Cumbria	1:11:13
402.	1045	Theresa Murray	f	Lady Veteran 50	U/A Troutbeck Bridge, Cumbria	1:11:14
403.	1016	Alison Spiby	f	Lady Veteran 40	U/A Windermere, Cumbria	1:11:14
404.	1259	Rosa Hibbert	f		U/A Manchester,	1:11:17
405.	1438	Izzy Hopwood	f		U/A Manchester,	1:11:17
406.	1380	Sarah Hastie	f		U/A Shap, Cumbria	1:11:41
407.	1378	Jane Cull	f	Lady Veteran 40	South Ribble Runners	1:11:51
408.	1238	Sarah Oram	f	Lady Veteran 40	Chorlton Runners	1:11:52
409.	1113	Lorraine Yuill	f	Lady Veteran 40	U/A Lancaster ,	1:11:54
410.	1197	Alison Thompson	f		U/A Harrogate, North Yorks	1:11:56
411.	1613	Jane Petrie	f	Lady Veteran 50	Red Rose Road Runners	1:12:00
412.	1386	Emma Joinson	f		Sweatshop Running Community	1:12:00
413.	1231	Linda Frankland	f	Lady Veteran 50	U/A Kendal, Cumbria	1:12:00
414.	1498	Adam Valentine	m		U/A Manchester,	1:12:02
415.	1301	Joanne King	f		U/A Ulverston , Cumbria	1:12:05
416.	1428	Nancy Merrick	f	Lady Veteran 40	U/A Manchester, Lancashire	1:12:14
417.	1429	Susanne Helliwell	f	Lady Veteran 50	U/A Manchester,	1:12:14
418.	1434	Helen Bradley	f	Lady Veteran 40	U/A Manchester, Greater Manchester	1:12:14
419.	1548	Kim Croskery	f		Macclesfield Harriers & AC	1:12:17
420.	1353	Ste Davison	m	Veteran 40	U/A Manchester,	1:12:18
421.	1686	sue woods	f	Lady Veteran 50	U/A levens, cumbria	1:12:21
422.	1289	Heather Minshull	f	Lady Veteran 40	U/A Bolton,	1:12:22
423.	1574	Amanda Green	f	Lady Veteran 40	U/A Kendal, Cumbria	1:12:22
424.	1643	Peter Duffy	m	Veteran 50	-	1:12:26
425.	1645	Kayleigh Ineson	f		U/A Carnforth,	1:12:26
426.	1644	Autumn Whalley	f		U/A Morecambe, Lancashire	1:12:26
427.	1591	Winnie Mallinson	f		U/A Bury,	1:12:38
428.	1573	Susan Seddon	f		Women on the run	1:12:38
429.	1201	Jane Oakley	f	Lady Veteran 40	Howgill Harriers	1:12:39
430.	1203	susan cunningham	f	Lady Veteran 50	U/A manchster, Greater Manchester	1:12:40
431.	1344	Christine Richardson	f	Lady Veteran 60	Middlesbrough & Cleveland Harriers	1:12:41
432.	1663	Paula Park	f		U/A Kendal, Cumbria	1:12:43
433.	1137	Sophie McIntosh	f		U/A Burnley, Lancashire	1:12:45
434.	1120	Janine Jordan	f		U/A Oldham,	1:12:52
435.	1521	Kathryn Atkins	f	Lady Veteran 60	U/A Leeds, West Yorkshire	1:12:53
436.	1660	Liz Brohan	f	Lady Veteran 40	U/A Frodsham, Cheshire	1:12:54
437.	1217	Denise Lindsay	f	Lady Veteran 60	U/A Elvanfoot, South Lanarkshire	1:12:57
438.	1177	Louise Hodgson	f	Lady Veteran 40	U/A Grasmere, Cumbria	1:12:57
439.	1668	Louise Anderson	f		BATs	1:13:01
440.	1519	Christina Haines	f	Lady Veteran 40	U/A Blackburn, Lancashire	1:13:03
441.	1518	Janet Withers	f	Lady Veteran 40	U/A Blackburn, Lancashire	1:13:03
442.	1515	sam perkins	f	Lady Veteran 40	U/A ingleton, n. yorkshire	1:13:07
443.	1262	Niki Stockton	f	Lady Veteran 40	Swinton Running Club	1:13:08
444.	1446	Helen Roberts	f		U/A Manchester,	1:13:10
445.	1445	Sarah Wood	f		U/A Stockport, Cheshire	1:13:10
446.	1481	Martin Parsons	m	Veteran 60	U/A Sedbergh, Cumbria	1:13:20
447.	1001	Laura Clements	f	Lady Veteran 50	U/A Penrith, Cumbria	1:13:29
448.	1658	Sarah Rainford	f	Lady Veteran 50	WOTR	1:13:39
449.	1460	Neil Murdy	m	Veteran 50	U/A Sunderland, Tyne and Wear	1:13:40
450.	1220	Mary Barker	f	Lady Veteran 50	U/A Ashford, kent	1:13:50
451.	1218	Donna Higgens	f		U/A Wigan , Lancashire	1:13:55
452.	1096	Leanne Morgan-Hillam	f		U/A Wigan, Lancs	1:13:55
453.	1091	Rachel Brownsmith	f		U/A Lancaster,	1:13:57
454.	1580	Angela Wood	f		U/A Oldham,	1:13:58
455.	1657	Rachel TICKNER	f	Lady Veteran 60	U/A Cockermouth, Cumbria	1:14:07
456.	1174	Val Nelson	f	Lady Veteran 40	U/A Grassington, North Yorkshire	1:14:22
457.	1287	Christopher Pyke	m	Veteran 40	U/A Manchester,	1:14:30
458.	1482	Kylie Watson	f	Lady Veteran 40	U/A Stockport,	1:14:33
459.	1228	Liz Anderton	f	Lady Veteran 40	U/A Hanwell, London	1:14:40
460.	1215	Ann Coe	f	Lady Veteran 70	U/A Kendal,	1:14:48
461.	1592	Sarah O'Neill	f	Lady Veteran 40	U/A Manchester,	1:14:49
462.	1322	Louise Knowles	f	Lady Veteran 40	U/A Haslingden, Lancashire	1:14:50
463.	1459	Alison Ewing	f	Lady Veteran 50	Warrington Running Club	1:14:52
464.	1693	Jamie Young	f			1:14:54
465.	1690	Trudi Lowe	f			1:14:54
466.	1692	Belinda Young	f			1:14:54
467.	1691	Matthew Lowe	m			1:14:54
468.	1122	claire wearden	f	Lady Veteran 40	U/A poulton le fylde,	1:14:55
469.	1123	neil wearden	m	Veteran 40	U/A preston,	1:14:56
470.	1677	Gillian Graves	f	Lady Veteran 50	U/A York, North Yorkshire	1:14:59
471.	1501	mark taylor	m	Veteran 50	U/A manchester, lancashire	1:15:01
472.	1195	Robert Hudson	m	Veteran 40	BATS MNCC Runners	1:15:01
473.	1326	Caroline Aughton	f	Lady Veteran 50	U/A Blackburn , Lancashire	1:15:05
474.	1607	Louise Zandstra	m	Veteran 40	U/A Liverpool, Merseyside	1:15:10
475.	1277	Gemma Cox	f		U/A Whitehaven,	1:15:10
476.	1361	Andrea Wellings	f	Lady Veteran 40	U/A Stockport, Cheshire	1:15:12
477.	1533	jess morris	f		U/A Ainsdale, southport	1:15:16

Lakeland Trails in Cartmel

Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
478.	1227	coralin harrison	f	Lady Veteran 70	harrogate harriers	1:15:28
479.	1630	Julie Thompson	f	Lady Veteran 50	Hornsea Harriers	1:15:34
480.	1055	jenny clare	f	Lady Veteran 50	U/A bowness on windermere, cumbria	1:15:45
481.	1647	Vicky Shaw	f	Lady Veteran 40	Women On The Run	1:15:56
482.	1128	Gary Goodall	m		U/A Morecambe, Lancs	1:15:57
483.	1317	Nathalie Desta	f	Lady Veteran 40	U/A London,	1:16:00
484.	1546	Katy Woolfenden	f	Lady Veteran 40	The Nutters	1:16:01
485.	1682	Caroline Kenyon	f	Lady Veteran 50	U/A Liverpool,	1:16:07
486.	1050	Lynn Wilson	f	Lady Veteran 40	U/A Kendal, Cumbria	1:16:18
487.	1014	Sarah Rycroft	f	Lady Veteran 50	U/A Lancaster, Lancashire	1:16:19
488.	1311	Liane Thompson	f	Lady Veteran 50	U/A Barrow-in-Furness, Cumbria	1:16:19
489.	1242	Julie Lord	f	Lady Veteran 50	Beeston AC	1:16:30
490.	1243	Michael Lord	m	Veteran 50	Beeston AC	1:16:30
491.	1332	Lindsey Wilcock	f		U/A Morecambe, Lancashire	1:16:54
492.	1310	Susan Hotchkiss	f	Lady Veteran 50	N/A	1:17:04
493.	1450	Heidi Martin	f		St.Bees Triers	1:17:06
494.	1233	Katie Taylor	f		U/A Cramlington, Northumberland	1:17:19
495.	1234	melanie heppell	f	Lady Veteran 40	U/A haltwhistle,	1:17:19
496.	1535	Jenny Scott	f	Lady Veteran 40	U/A Sale,	1:17:37
497.	1534	Martin Stanley	m	Veteran 40	U/A Wirral, Merseyside	1:17:37
498.	1312	julia kidd	f	Lady Veteran 40	U/A Liverpool, Merseyside	1:17:38
499.	1291	samantha hodgson	f	Lady Veteran 40	U/A grange over sands, cumbria	1:17:42
500.	1086	Rebecca Moon	f	Lady Veteran 40	U/A Wigan, Lancs	1:17:48
501.	1087	Lee Smith	m	Veteran 40	U/A Wigan, Lancs	1:17:48
502.	1186	Claire Osmand	f	Lady Veteran 40	U/A Manchester,	1:17:51
503.	1185	Grace Lees	f		U/A Urmston, Manchester	1:17:51
504.	1093	Anouska Kent	f		U/A Oldham, Lancashire	1:17:58
505.	1325	Charlotte Cotterill	f	Lady Veteran 40	U/A Glossop, Derbyshire	1:17:58
506.	1320	Lucy Tasker	f		WeRunLiv	1:18:00
507.	1080	Jack Waite	m	Veteran 50	U/A Milnthorpe, Cumbria	1:18:13
508.	1335	Suzanne Mc Keever	f	Lady Veteran 50	U/A Hyde, Cheshire	1:18:19
509.	1173	Torrie Sullivan	f		U/A Brampton, Cumbria	1:18:38
510.	1276	Andrew Cox	m	Veteran 50	U/A Whitehaven, Cumbria	1:18:44
511.	1694	Meg Lee	f	Lady Veteran 60		1:18:51
512.	1254	Wendy Sanders	f	Lady Veteran 50	U/A Glossop, Derbyshire	1:18:58
513.	1476	Alan Townsend	m	Veteran 60	U/A Radstock,	1:19:49
514.	1160	Eleanor Seddon	f		U/A Richmond, North Yorkshire	1:19:53
515.	1288	Ailish Carr	f	Lady Veteran 50	U/A Stockport,	1:19:58
516.	1159	Ursula Collie	f	Lady Veteran 50	U/A Richmond, North Yorks	1:20:30
517.	1593	Michelle Mackay	f	Lady Veteran 40	DH Runners	1:20:35
518.	1245	Emma Andrews	f		U/A Carlisle, Cumbria	1:20:35
519.	1175	Sally Hawley	f		U/A Ripon , North Yorkshire	1:20:35
520.	1196	FRANCES BRAITHWAITE	f		DH Runners	1:20:40
521.	1373	Carole Stirrup	f	Lady Veteran 50	Bowland Bimblers	1:20:43
522.	1371	Amanda Brooks	f	Lady Veteran 40	Bowland Bimblers	1:20:43
523.	1351	Claire Hackeson	f		Fylde Coast Runners	1:20:59
524.	1388	Katarzyna Speakman	f	Lady Veteran 40	U/A Wigan,	1:21:03
525.	1219	Richard Barker	m	Veteran 60	U/A Ingleton, North Yorkshire	1:21:31
526.	1488	Charlotte Haines Lyon	f	Lady Veteran 40	U/A Selby, N Yorkshire	1:22:02
527.	1068	Sue Smith	f	Lady Veteran 40	U/A Morecambe, Lancs	1:22:04
528.	1337	Alison Beardmore	f	Lady Veteran 40	Cheshire Hash House Harriers	1:22:12
529.	1673	Janette Covell	f	Lady Veteran 50	U/A Chorley, Lancashire	1:22:34
530.	1422	Ryan Deakin	m		U/A York,	1:22:49
531.	1397	Jane Blackwell	f		U/A York,	1:22:49
532.	1180	Annie Gardner-Aston	f	Lady Veteran 40	U/A London,	1:22:50
533.	1178	Alice Bryze	f	Lady Veteran 40	Eshfell runners	1:22:50
534.	1251	William Murphy	m	Veteran 70	Ford Halewood AC	1:22:56
535.	1263	Lisa Whitehead	f	Lady Veteran 50	Swinton	1:22:56
536.	1144	Fiona McAuley	f	Lady Veteran 50	U/A Manchester, Greater Manchester	1:22:56
537.	1376	Sean Smith	m	Veteran 40	None	1:23:20
538.	1599	JOANNE FENNA	f	Lady Veteran 40	U/A ORMSKIRK, LANCASHIRE	1:23:26
539.	1600	DENNIS FENNA	m	Veteran 50	U/A ORMSKIRK, LANCASHIRE	1:23:26
540.	1048	carol campbell	f	Lady Veteran 60	unattached	1:24:14
541.	1074	Carol Dent	f	Lady Veteran 60	Crocwalkers	1:24:14
542.	1059	Dawn Anderson	f	Lady Veteran 40	U/A Rochdale, Lancashire	1:24:55
543.	1225	Hayley Davidson	f	Lady Veteran 40	U/A Warrington, Cheshire	1:24:59
544.	1271	Andrew Melvin	m	Veteran 50	Red Rose Road Runners	1:25:05
545.	1168	Nicola James	f	Lady Veteran 40	none	1:25:06
546.	1621	Dot Carr	f	Lady Veteran 60	U/A harrogate, yorkshire	1:25:29
547.	1577	J Howard	m	Veteran 60	U/A Ashton under Lyne, Lancs	1:25:39
548.	1502	david barton	m	Veteran 70	fords ac	1:25:45
549.	1296	Vicky Demain	f	Lady Veteran 40	U/A Yarm, Stockton on tees	1:25:50
550.	1321	Gemma Williams	f	Lady Veteran 40	U/A Yarm, Cleveland	1:25:50
551.	1162	Emma Nicholls	f		U/A Millom, Cumbria	1:25:57
552.	1611	Allison Atkins	f	Lady Veteran 40	U/A Huddersfield, West Yorkshire	1:25:59
553.	1106	Helen Borking	f	Lady Veteran 50	Women on the Run	1:26:22
554.	1491	Julie grime	f	Lady Veteran 40	Women on the run	1:26:22
555.	1256	Phil Berrill	m		U/A Preston, Lanca	1:26:35
556.	1057	Clare Proctor	f		U/A Manchester,	1:26:58
557.	1092	Leigh Tomlinson	f	Lady Veteran 40	U/A Slyne with hest, Lancashire	1:27:43

Lakeland Trails in Cartmel

Cartmel Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
558.	1223	Laura Johnson	f		Red Rose Road Runners	1:27:55
559.	1280	Jessica Wesley	f		U/A Tranent, East Lothian	1:27:59
560.	1279	Kathryn Wesley	f	Lady Veteran 50	U/A Livingston, West Lothian	1:27:59
561.	1126	Emma Johnson	f		Red Rose Road Runners	1:28:02
562.	1602	Michelle Shaw	f		Park side Panthers	1:28:03
563.	1187	Karen Livesey	f	Lady Veteran 50	Thornton Cleveleys Running Club	1:28:08
564.	1272	Lucy Barnes	f		U/A Lancaster,	1:28:16
565.	1303	Natalia Phipps	f		U/A Altrincham, Cheshire	1:28:16
566.	1396	Gillian Holmes	f	Lady Veteran 40	DH Runners	1:28:26
567.	1235	Lorna Hook	f	Lady Veteran 40	U/A Gilsland, Cumbria	1:28:31
568.	1136	Julie Gardner	f	Lady Veteran 50	U/A Kendal,	1:29:20
569.	1145	Christine Fildes	f	Lady Veteran 50	Nics Nordic Walks	1:29:20
570.	1433	EDWINA RICKARDS COLLINSON	f	Lady Veteran 50	NORDIC WALKER	1:29:28
571.	1141	Karen Braddon	f	Lady Veteran 60	U/A Lancaster, Lancashire	1:29:28
572.	1116	Claire Pearson	f	Lady Veteran 40	U/A Grange Over Sands, Cumbria	1:32:28
573.	1115	Chris Pearson	m	Veteran 50	U/A Grange Over Sands, Cumbria	1:32:29
574.	1340	Marion Bullock	f	Lady Veteran 50	U/A Frinton on Sea, Essex	1:41:42
575.	1415	Margaret Doyle	f	Lady Veteran 50	U/A Clacton-on-Sea, Essex	1:41:44
576.	1319	Kathleen Trinder	f	Lady Veteran 60	U/A Frinton on Sea UK,	1:41:44
577.	1487	Jessica Johnson	f		U/A Manchester,	1:42:32
578.	1198	Claire Shelley	f		U/A Penrith,	1:42:32

Number of records: 578