

Lakeland Trails in Coniston

Coniston Trail Run10km

Pos	Bib	Name	M/F	AG	Club	Gun Time	Chip Time
1.	1431	Chris BARNES	m		Blackburn Harriers	0:45:04.3	0:45:02.6
2.	1493	Simeon MUSGREAVE	m		Unattached - Kendal	0:45:57.0	0:45:55.9
3.	1496	Tony Wardel	m		South Cheshire Harriers	0:47:27.2	0:47:26.4
4.	1414	Benjamin MINTER	m		Olney Runners	0:49:15.3	0:49:12.9
5.	1427	Peter WALKER	m		Unattached : York	0:49:25.4	0:49:13.7
6.	1445	Scott THORNTON	m		Carlisle Sheep Mount Runners	0:50:14.4	0:50:12.8
7.	1396	Jason MOUNTAIN	m		Wymondham AC	0:50:31.5	
8.	1411	Philip O'NEIL	m		Unattached - Kendal	0:51:30.9	0:51:29.3
9.	1416	Paul BRIGGS	m		Unattached : Oldham	0:51:53.8	0:51:44.8
10.	1487	Helen WOODLEY	f	Lady Vet	Unattached : Ulverston	0:51:58.5	0:51:56.0
11.	1424	Neil ENTWISTLE	m	Vet 50	Unattached - Carnforth	0:52:10.4	0:52:03.3
12.	1425	David ASKEW	m	Vet 50	Harrogate Harriers	0:52:41.1	0:52:38.0
13.	1346	Rob OWEN	m		Unattached : Millom	0:53:04.5	0:53:00.1
14.	1391	Andy ROSS	m	Vet 40	Unattached - Wigton	0:53:36.4	0:53:32.5
15.	1299	Mark FLANNAGAN	m		Unattached - Preston	0:53:39.6	0:53:29.1
16.	1287	Suzanne TOPPIN	f	Lady Vet	Unattached - Penrith	0:53:42.9	0:53:41.7
17.	1243	Kris CARSON	m		Unattached : Egremont	0:53:53.3	0:53:51.2
18.	1479	Justin BIBBY	m	Vet 40	Unattached - Cokermouth	0:54:29.4	0:54:25.4
19.	1270	Martin DONE	m	Vet 50	Unattached - Glossop	0:54:33.7	0:54:28.1
20.	1215	Louise GORDON	f	Lady Vet	South Cheshire Harriers	0:54:40.5	0:54:39.5
21.	1168	Tim PALMER	m	Vet 40	Helsby Running Club	0:54:45.2	0:54:42.6
22.	1337	Mark BRITTON	m	Vet 50	Border Harriers	0:55:03.2	0:55:00.9
23.	1325	Thomas EWEN	m		ua Stocksfield	0:55:13.6	0:55:06.9
24.	1333	Mary WARD	f	Lady Vet	Tring Running Club	0:55:22.4	0:55:18.7
25.	1264	Lance SAXBY	m	Vet 40	Unattached - Harrogate	0:55:28.5	0:55:24.3
26.	1386	Richard TOLLER	m	Vet 50	Dundee Road Runners	0:55:29.6	0:55:27.5
27.	1181	Ben ROSS	m		ua st Asaph	0:55:51.9	0:55:37.8
28.	1488	Kath ATHERTON	f		Unattached - Ulverston	0:55:55.9	0:55:53.2
29.	1160	Thomas DEAKIN	m		Unattached - Stockport	0:55:59.9	0:55:47.4
30.	1114	Clare SMITH	f	Lady Vet	Unattached : Bolton	0:56:01.4	0:55:55.9
31.	1256	Paul WILSON	m	Vet 50	Unattached Durham	0:56:01.8	0:55:55.1
32.	1374	Alex PEACH	m		Unattached - Carnforth	0:56:05.8	0:55:58.7
33.	1390	Wayne MANSFIELD	m	Vet 40	Unattached : Wilmslow	0:56:14.1	0:56:08.1
34.	1422	Ray PADGETT	m	Vet 60	Unattached :	0:56:51.5	0:56:46.6
35.	1419	Marc GRAHAM	m	Vet 40	Unattached - Carlisle	0:56:53.0	0:56:41.8
36.	1467	Jo HAIGH	f	Lady Vet	Unattached - Skipton	0:57:05.1	0:56:58.0
37.	1392	Mark HEANY	m	Vet 50	ua Rochdale	0:57:20.0	0:57:16.8
38.	1420	Daniel CAMPBELL	m		Unattached - Carlisle	0:57:22.8	0:57:12.3
39.	1342	Helen BARTON	f	Lady Vet	Unattached : Windermere	0:57:28.9	0:57:27.3
40.	1395	Ryan FULTON	m		Unattached : Chester-Le-Street	0:57:57.7	0:57:50.4
41.	1449	John ALLTON	m	Vet 40	Unattached : Northwich	0:58:03.4	0:57:38.9
42.	1421	Liam SMITH	m		Unattached : Chester-Le-Street	0:58:17.5	0:58:13.1
43.	1119	Robert	m	Vet 40	Unattached - Cheadle	0:58:36.6	0:58:29.9
44.	1428	Richard WHALL	m		Unattached : Kirkham	0:58:50.3	0:58:42.5
45.	1435	Joshua BLACKER	m		Unattached	0:58:56.7	0:58:53.2
46.	1389	Chris CHALMERS	m		Unattached : Hitchin	0:59:18.3	0:58:51.0
47.	1388	Richard FOLLEY	m		Unattached - London	0:59:21.9	0:58:54.7
48.	1440	James DOTCHIN	m		Unattached : Brampton	0:59:32.3	0:59:19.9
49.	1124	Paul BLAKEMORE	m		ua Wigan	0:59:36.1	0:58:05.1
50.	1152	Andrew REID	m		Unattached : Mersersyde	0:59:52.6	0:59:48.0
51.	1430	Thomas WARD	m		Unattached - Lancaster	0:59:58.3	0:59:29.4
52.	1403	Carrie STEPHENSON	f		Unattached - Ambleside	1:00:33.7	1:00:25.1

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Pos	Bib	Name	M/F	AG	Club	Gun Time	Chip Time
53.	1286	Jackie CHAPMAN	f	Lady Vet	Lakeland Orienteering Club	1:01:03.1	1:00:57.1
54.	1123	Mathew CASSON	m		Unattached - Liverpool	1:01:11.6	1:00:39.8
55.	1345	Angie TRIPPITT	f	Lady Vet	Kendal Tri Club	1:01:35.2	1:01:33.2
56.	1475	Patrick KEOWN	m	Vet 40	Unattached - Newcastle	1:01:40.8	1:01:27.5
57.	1383	Marian SCHOUWAERT	f	Lady Vet	NETHERLANDS	1:01:47.9	1:01:46.5
58.	1433	Alex SHARMEN	f		Unattached - Liverpool	1:01:54.3	1:01:44.1
59.	1230	Anthony VINCENT	m	Vet 50	Unattached - Wigan	1:02:12.8	1:01:44.7
60.	1246	Ian STEWART	m	Vet 40	Unattached : Poole	1:02:19.2	1:01:51.5
61.	1400	Zoe CHAMBERLAIN	f		Unattached : Berkhamsted	1:02:31.3	1:02:18.4
62.	1349	Jeremy DAVIS	m		Unattached - Wakefield	1:02:36.1	1:02:15.0
63.	1429	James SMITH	m	Vet 40	Unattached : Carlisle	1:02:46.8	1:02:38.6
64.	1399	Richard TICKNER	m	Vet 50	Unattached - Kendal	1:03:14.5	1:02:57.5
65.	1481	Rachel MORGAN	f	Lady Vet	Unattached - Ulverston	1:03:35.2	1:03:25.9
66.	1456	Nicola LAVERY	f	Lady Vet	Unattached : Sedbergh	1:03:40.0	1:03:33.6
67.	1455	Alex LAVERY-HOFFE	f		Unattached : Sedbergh	1:03:40.1	1:03:33.9
68.	1116	Nigel FORSTER	m	Vet 40	Unattached : Whitehaven	1:03:46.3	1:03:21.1
69.	1446	Selena AUDLEY	f	Lady Vet	Unattached : Morecambe	1:04:06.2	1:03:56.6
70.	1170	Peter HATCH	m	Vet 50	Unattached : Billingham	1:04:19.9	1:04:13.3
71.	1135	Catherine THORPE	f		Unattached - Cokermouth	1:04:30.3	1:04:19.2
72.	1257	Tim MATTHEWS	m	Vet 50	Abbey Combat Crew	1:04:30.7	1:04:18.2
73.	1498	Bob Hanlon	m			1:04:32.4	1:04:08.6
74.	1477	Elizabeth WATSON	f		Unattached : Cockermouth	1:04:37.9	1:04:30.1
75.	1151	Kevin GORMAN	m	Vet 60	Unattached :	1:05:03.9	1:04:35.3
76.	1412	David KEMBLE	m	Vet 40	Unattached : Norley	1:05:11.7	1:05:04.9
77.	1182	John CROSSLEY	m	Vet 40	ua Rhyl	1:05:17.8	1:05:02.6
78.	1438	Dan HOTCHKISS	m	Vet 40	Unattahced : Flookburgh	1:05:25.1	1:05:01.7
79.	1476	Amy BASTOW	f		Unattached : Chester	1:05:31.6	1:05:23.8
80.	1219	John MILEY	m	Vet 50	Unattached : North Shields	1:05:33.3	1:05:05.7
81.	1247	Emma WALLS	f		Unattached - Preston	1:05:38.7	1:05:30.6
82.	1457	Ian STEPHENSON	m	Vet 50	Unattached : Swarland	1:05:45.4	1:05:21.0
83.	1410	Katie JACKSON-ROE	f		Unattached - Wigan	1:05:50.0	1:05:43.2
84.	1180	Robert DAVIES	m		ua st Asaph	1:05:56.3	1:05:42.4
85.	1478	Ian PATERSON	m		ua Bootle	1:05:59.1	1:05:54.9
86.	1350	Roger WILLIAMS	m		Unattached - Manchester	1:06:11.8	1:05:58.9
87.	1444	Rachel MOSSOP	f	Lady Vet	Carlisle Sheepmount RC	1:06:16.5	
88.	1341	Issy BARTON	f		Unattached : Windermere	1:06:18.0	1:06:16.4
89.	1423	Helen FRETWELL	f		Unattached : Marsden	1:06:21.0	1:06:09.3
90.	1321	Tom VONBERG	m		Unattached : York	1:06:26.9	1:06:16.0
91.	1417	Lindsay BUCK	f	Lady Vet	CFR	1:06:53.9	1:06:41.8
92.	1465	Bridget SLATER	f	Lady Vet	Unattached - Skipton	1:07:00.6	1:06:52.6
93.	1447	Emma CONNOLLY	f	Lady Vet	Unattached : Morecambe	1:07:04.8	1:06:54.1
94.	1188	Helen GOMM	f	Lady Vet	Unattached - London	1:07:06.8	1:06:55.6
95.	1300	Taslima BIBI	f		Unattached - Preston	1:07:12.4	1:07:01.8
96.	1474	David WHITEMAN	m	Vet 40	Unattached Par	1:07:43.4	1:07:33.6
97.	1169	Louise MEYNELL	f	Lady Vet	Billingham Marsh House	1:07:44.6	1:07:38.0
98.	1158	Josie SANDERSON	f		Unattached - Kendal	1:07:49.3	1:07:36.4
99.	1426	Judy HARKER	f	Lady Vet	Unattached - Huddersfield	1:07:54.7	1:07:43.0
100.	1241	John TOMLINSON	m	Vet 50	Unattached : Bolton	1:07:58.5	1:07:27.8
101.	1302	Steve CRAME	m	Vet 50	Unattached - Kendal	1:07:58.8	1:07:41.7
102.	1271	Claire SCHOFIELD	f		Unattached : York	1:07:59.1	1:07:39.1
103.	1141	Helen BOWERS	f	Lady Vet	Unattached : Kirkby Lonsdale	1:08:06.2	1:07:48.3
104.	1105	Carolyn BURNS	f	Lady Vet	Unattached - Penrith	1:08:07.4	1:08:03.8

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105.	1259	John PARRY	m		Unattached :	1:08:14.0	1:08:05.9
106.	1213	Deborah LYONS	f	Lady Vet	Unattached : Darwen	1:08:16.5	1:07:51.1
107.	1204	Kay SHAW	f	Lady Vet	Styal Running Club	1:08:27.1	1:08:04.5
108.	1125	Jackie FRANK	f		Unattached : Redcar	1:08:43.8	1:08:37.5
109.	1462	Natalie LOCKLEY	f		Unattached : Morecambe	1:08:46.9	1:08:36.7
110.	1436	Allan RIDDICK	m	Vet 40	Unattached - Carlisle	1:08:47.6	1:08:35.5
111.	1397	Georgina MCFADYEN	f		Serpentine Running Club	1:08:49.3	1:08:31.7
112.	1263	Derek DUFFY	m	Vet 40	Unattached : Canterbury	1:08:52.1	1:08:36.4
113.	1198	Martin SPIRITO	m	Vet 50		1:08:59.9	1:08:38.1
114.	1216	Michael BALL	m	Vet 40	Unattached : Swinton	1:09:04.8	1:08:59.8
115.	1317	Alice PATRICK	f		Unattached : leatherhead	1:09:27.4	1:09:09.2
116.	1323	Steven MCIVOR	m		Unattached - Newcastle	1:09:28.4	1:09:16.7
117.	1167	Jenny PALMER	f	Lady Vet	Helsby Running Club	1:09:30.8	1:09:25.4
118.	1231	Robert COTTRELL	m	Vet 40	Unattached - Wigan	1:09:37.7	1:09:10.9
119.	1171	Izzy ROURKE	f		Unattached - Workington	1:09:44.0	1:09:26.5
120.	1161	Andy GOODSON	m	Vet 50	Unattached - Bowness	1:09:46.7	1:09:26.7
121.	1484	Steve TWOMLOW	m		Kings Heath RC	1:09:48.2	1:09:23.0
122.	1486	Patsy BRADLEY	f	Lady Vet	Wymondham AC	1:09:58.1	1:09:35.9
123.	1494	David GREEN	m	Vet 50	100 Marathon Club	1:10:29.2	1:10:20.6
124.	1223	Peter MCCOWIE	m	Vet 40	Unattached - Newcastle	1:10:30.0	1:10:06.7
125.	1301	Ian WHALLEY	m		Unattached - Huddersfield	1:10:45.5	1:10:40.7
126.	1384	Anne WILSON	f		Unattached Durham	1:10:50.1	1:10:37.6
127.	1229	Bronwen VINCENT	f	Lady Vet	Parbold Pink Panthers	1:11:04.4	1:10:35.9
128.	1495	Julia SAYBURN	f	Lady Vet	Cartmel Priory School	1:11:10.5	1:11:07.6
129.	1242	Jackie TOMLINSON	f	Lady Vet	Unattached : Bolton	1:11:16.8	1:11:03.3
130.	1483	Dave WALTON	m	Vet 60	Lakeland Orienteering Club	1:11:23.3	1:11:19.7
131.	1202	Jacq JONES	f		Delamere Spartans	1:11:24.9	1:11:21.7
132.	1454	Jon COOPER	m	Vet 40	Unattached - Kendal	1:11:31.9	1:11:05.9
133.	1225	Daniel	m		Longsands Lunatics	1:11:52.1	1:11:28.6
134.	1320	Emma BENNETT	f		Unattached : York	1:11:53.0	1:11:41.9
135.	1186	Nicola SIOAN	f		Unattached - Cokermouth	1:12:03.4	1:11:54.6
136.	1380	John BIDE	m	Vet 50	UK Net Runner	1:12:05.0	1:11:44.2
137.	1312	Sarah BEIGHTON	f	Lady Vet	Staffs Moorland AC	1:12:18.7	1:12:11.0
138.	1441	Alison BEARD	f		Unattached : Egremont	1:12:23.7	1:12:01.9
139.	1156	Mark FINN	m	Vet 40	Unattached - Bolton	1:12:27.7	1:12:07.4
140.	1140	Helen DON-DUNCAN	f		Unattached - Wigan	1:12:35.5	1:12:33.3
141.	1232	David BINKS	m	Vet 60	Allithwaite	1:12:42.5	1:12:26.9
142.	1296	Ann HURST	f	Lady Vet	Arragon's Cumbrian Tri Club	1:12:43.9	1:12:33.7
143.	1382	Sarah SOUTHGATE	f		Unattached : Wirral	1:12:45.3	1:12:21.0
144.	1233	Jenny Ward	f		Unattached - Carnforth	1:12:57.6	1:12:43.2
145.	1463	Stephen ALLAN	m		Unattached : East Bolden	1:13:01.5	1:12:35.8
146.	1379	Kate LEE	f		Unattached - Manchester	1:13:18.6	1:12:50.7
147.	1398	Sally TOWNEND	f	Lady Vet	Unattached : Oldham	1:13:24.6	1:12:55.8
148.	1157	Janet FINN	f	Lady Vet	Unattached : Bolton	1:13:25.2	1:13:05.1
149.	1448	Kate LOWE	f		Unattached : Hexham	1:13:26.8	1:13:04.9
150.	1279	Diane BRASS	f	Lady Vet	Unattached - Coniston	1:13:42.0	1:13:33.2
151.	1118	Claire WELBURN	f		ua Basingstoke	1:13:47.6	1:13:33.9
152.	1179	Anne STRICKLAND	f	Lady Vet	Unattached : Holywell	1:14:07.5	1:13:53.5
153.	1327	Lindsey ENTWISTLE	f		Unattached : Silverdale	1:14:27.6	1:14:15.0
154.	1348	Helen WOOD	f		Rodillian Runners	1:15:06.9	1:14:46.3
155.	1260	Sabine SCHINDLER	f	Lady Vet	Unattached Durham	1:15:10.2	1:14:56.5
156.	1450	Anita PICKARD	f	Lady Vet	Unattahced : Coxhoe	1:15:13.3	1:14:58.3

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Pos	Bib	Name	M/F	AG	Club	Gun Time	Chip Time
157.	1165	Rachel LEE	f	Lady Vet	DH Runners	1:15:17.8	1:15:12.3
158.	1218	Amanda PRESCOTT	f	Lady Vet	Bridgnorth Running Club	1:15:27.4	
159.	1220	Catherine HORNBY	f	Lady Vet	Unattached : Darwen	1:15:30.8	1:15:22.2
160.	1207	Sarah MACKEREL	f		Unattached - Southport	1:15:54.4	1:15:38.7
161.	1208	David MACKARE	m		Unattached - Southport	1:15:57.6	1:15:41.6
162.	1442	Stephen ALECOCK	m	Vet 40	Unattached : Carlisle	1:15:57.9	1:15:33.0
163.	1371	Helen RUSSELL	m	Vet 40	Unattached : Oldham	1:15:58.8	1:15:29.6
164.	1330	Stephen GANNON	m	Vet 40	Unattached - Liverpool	1:16:05.4	1:15:38.0
165.	1331	Chloe GANNON	f		Unattached - Liverpool	1:16:05.6	1:15:38.2
166.	1294	Deborah WILLIAMS	f	Lady Vet	Team Go-Debs	1:16:18.5	1:16:04.4
167.	1190	Julie THOMPSON	f	Lady Vet	Hornsea Harriers	1:16:19.4	1:16:04.1
168.	1409	Paul THACKWRAY	m	Vet 60	Harrogate Harriers	1:16:41.3	1:16:11.2
169.	1251	Lindsey WHITESIDE	f		Women on The Run - Preston	1:16:53.8	1:16:27.4
170.	1217	William ARMITAGE	m	Vet 40	Unattached - Holmfirth	1:17:01.8	1:16:30.8
171.	1326	Michelle ENTWISTLE	f	Lady Vet	Lancaster Womens Running	1:17:02.7	1:16:49.5
172.	1460	Jil KAY	f	Lady Vet	Unattached - Lancaster	1:17:05.0	
173.	1461	Caroline ASQUITH	f		Unattached : Leeds	1:17:05.2	1:16:55.0
174.	1244	Julie LOFTUS	f	Lady Vet	Unattached : Bolton	1:17:14.6	1:16:53.5
175.	1205	Debbie TORR	f		Unattached - Kendal	1:17:16.1	1:17:07.8
176.	1378	John SLATER	m	Vet 50	Unattached - Carnforth	1:17:25.5	1:16:59.6
177.	1131	Sue KEARNEY	f	Lady Vet	Unattached - Bolton	1:17:25.5	1:17:04.3
178.	1377	Catherine BETLEY	f		Unattached	1:17:25.5	1:16:59.4
179.	1164	Nina ERRINGTON	f		DH Runners	1:17:29.6	1:17:24.4
180.	1373	Adam PEARSON	m		Unattached - Manchester	1:17:31.6	1:17:26.4
181.	1340	Karen KILNER	f	Lady Vet	Unattached : Oldham	1:17:37.9	1:17:24.3
182.	1310	Kate WHALEN	f		DH Runners	1:17:38.0	1:17:19.5
183.	1274	Alison ETHERDEN	f		Unattached : Mossley	1:18:10.9	1:17:51.7
184.	1376	Gemma DALE	f		Unattached _ Tal-y-cafn	1:18:11.9	1:17:58.7
185.	1472	Geoffory WILDMAN	m	Vet 60	Unattached - Leyland	1:18:14.2	1:18:02.5
186.	1132	Kate BROOME	f	Lady Vet	Achille Ratti	1:18:18.7	1:17:56.6
187.	1303	Sarah CRAME	f		Unattached	1:18:23.5	1:18:06.1
188.	1111	Martin STANLEY	m	Vet 40	Quaysiders	1:18:28.4	1:18:12.8
189.	1324	Sarah ORAM	f	Lady Vet	Unattached - Manchester	1:18:29.7	1:18:12.7
190.	1284	Lesley ALLISON	f	Lady Vet	Unattached - Penrith	1:18:35.3	1:18:32.0
191.	1471	Bernice EDWARDS	f		Unattached - Liverpool	1:18:38.2	1:18:19.4
192.	1470	Anthony BOYLE	m		Unattached - Liverpool	1:18:38.2	1:18:18.8
193.	1387	Ruth TOLLER	f	Lady Vet	Unattached : Dundee	1:18:40.5	1:18:13.6
194.	1210	Charlotte DALTON	f			1:19:20.7	1:19:00.1
195.	1102	Amy OLIVER	f		Unattached : Stourbridge	1:19:30.5	1:19:23.2
196.	1480	Ian SCOTT	m	Vet 40	Unattached - Liverpool	1:19:31.9	1:19:22.6
197.	1466	Laura LINDLEY	f		Unattached - Liverpool	1:19:32.2	1:19:23.1
198.	1485	Nick WRIGHT	m		Unattached - Ambleside	1:19:33.3	
199.	1459	Hannah KITTSOON	f		Unattached : Sutton	1:19:33.4	1:19:17.7
200.	1351	Michelle BOND	f		Unattached : St Helens	1:19:37.2	1:19:13.1
201.	1393	Barry HOPPER	m	Vet 70	Instinctive Sports - Plymouth	1:19:56.6	1:19:26.4
202.	1394	Sandra HOPPER	f	Lady Vet	Unattached : Plymouth	1:19:56.9	1:19:26.5
203.	1129	Jenny CLARE	f	Lady Vet	Unattached - Bowness	1:20:01.5	1:19:41.6
204.	1150	Margaret GORMAN	f		Unattached :	1:20:06.6	1:19:36.7
205.	1234	Dan GYTE	m		Unattached - Carlisle	1:20:27.6	1:19:57.0
206.	1292	Katy COWPER	f		Unattached : Sellkirk	1:20:29.4	1:20:03.6
207.	1237	Adrienne HARRIS	f	Lady Vet	DH Runners	1:20:41.7	1:20:23.8
208.	1370	Claire BEWSHER	f	Lady Vet	Unattached : Chorley	1:20:44.3	1:20:20.4

Lakeland Trails in Coniston

Coniston Trail Run10km

Pos	Bib	Name	M/F	AG	Club	Gun Time	Chip Time
209.	1413	Lee SALMON	m		Unattached - Liverpool	1:21:02.0	1:20:30.5
210.	1269	Andy SCORER	m	Vet 40	Unattached Durham	1:21:24.2	1:21:08.0
211.	1437	Jo LOWTHER	f	Lady Vet	Unattached - Carlisle	1:21:31.2	1:21:18.8
212.	1138	Gareth PHILLIPS	m	Vet 40	Gateshead Harriers	1:21:43.9	1:21:40.9
213.	1137	Peter PHILLIPS	m	Vet 60	NYMAC	1:21:44.1	1:21:41.2
214.	1209	Katie WOOD	f		Unattached : Knutsford	1:21:44.7	1:21:23.9
215.	1402	Liza SWART	f	Lady Vet	Unattached : Cartmel	1:21:46.7	1:21:21.1
216.	1401	Gemma SWART	f	Lady Vet	Unattached : Cartmel	1:21:46.8	1:21:21.4
217.	1197	Ali SMITH	f	Lady Vet	David Lloyd Redway Runners	1:21:56.7	1:21:34.8
218.	1235	Laura GYTE	f		Unattached - London	1:22:00.6	1:21:30.3
219.	1174	Julia PARK	f	Lady Vet	Unattached	1:22:28.8	1:22:10.8
220.	1187	Laurie WOODLEY	m	Vet 70	Tattenshall Runner	1:22:42.4	1:22:28.1
221.	1144	Rachel ARCHER	f	Lady Vet	Swinton Running Club	1:23:12.3	1:22:52.5
222.	1439	Sue HOTCHKISS	f	Lady Vet	Unattahced : Flookburgh	1:23:40.1	1:23:15.4
223.	1415	John BLACKER	m	Vet 50	Harrogate Harriers	1:24:03.3	1:23:33.5
224.	1468	William MURPHY	m	Vet 70	Ford Halewood AC	1:24:24.9	1:24:04.0
225.	1473	Louise WILDMAN	f		Unattached - Leyland	1:24:52.0	1:24:40.5
226.	1196	Louise MAGUIRE	f	Lady Vet	Unattached - Carlisle	1:25:30.1	1:25:13.0
227.	1497	Lynsey TAYLOR	f		Unattached - Manchester	1:25:32.2	1:25:08.1
228.	1239	Pippa WILSON	f	Lady Vet	Unattached : Windermere	1:25:42.0	1:25:27.4
229.	1255	Mandy ROTHWELL	f	Lady Vet	Unattached - Manchester	1:26:03.5	1:25:37.5
230.	1221	Natalie PHIPPS	f		Unattached : Altrincham	1:26:21.9	1:25:57.8
231.	1262	Charles CROSSLAND	m		Holmfirth Harriers	1:27:09.1	1:26:37.9
232.	1432	Denise HOWIE	f	Lady Vet	Unattached : St Albans	1:27:17.0	1:26:56.6
233.	1338	Rana AUDAH	f	Lady Vet	Unattached - Stockport	1:27:55.2	1:27:23.8
234.	1372	Jo HUTCHINSON	f	Lady Vet	Unattached : Carlisle	1:27:57.8	1:27:40.7
235.	1249	Andy WILLIAMS	m		Unattached : Bolton	1:28:26.9	1:28:15.9
236.	1236	Frances BRAITHWAITE	f		DH Runners	1:28:33.8	1:28:15.9
237.	1311	Louise STOREY	f	Lady Vet	Parbold Pink Panthers	1:28:49.6	1:28:34.8
238.	1228	Niki STOCKTON	f	Lady Vet	Swinton Running Club	1:28:49.8	1:28:26.3
239.	1227	Lisa WHITEHEAD	f	Lady Vet	Swinton Running Club	1:28:50.4	1:28:27.7
240.	1154	Helen BORKING	f	Lady Vet	Women On The Run	1:29:02.5	1:28:35.9
241.	1163	Sarah HAMILTON	f		DH Runners	1:29:13.2	1:28:54.2
242.	1245	Philip LOFTUS	m	Vet 50	Unattached : Bolton	1:29:22.7	1:29:01.4
243.	1469	Toni WESTON	f		Kings Heath RC	1:29:33.4	1:29:08.4
244.	1266	Pennie RIDYARD	f	Lady Vet	Unattached - Kendal	1:29:49.7	1:29:31.4
245.	1100	Joe DOBBS	m	Vet 70	Unattached	1:29:52.4	1:29:23.9
246.	1458	Fiona LEWIS	f	Lady Vet	Unattached : New Mills	1:29:54.5	1:29:45.7
247.	1148	Rebecca MOON	f		Unattached - Wigan	1:29:56.6	1:29:42.6
248.	1149	Lee SMITH	m	Vet 40	Unattached - Wigan	1:29:57.9	1:29:42.9
249.	1194	Roz CURRIE	f		Unattached - Edinburgh	1:30:27.1	1:30:11.7
250.	1195	Bronwen CURRIE	f	Lady Vet	ua Bruichladdich	1:30:27.1	1:30:10.4
251.	1315	Heather TROUGHTON	f		Unattached - Coniston	1:30:41.5	1:30:31.3
252.	1289	Jill BOOTH	f	Lady Vet	Unattached : Stonyhurst	1:30:48.4	1:30:25.8
253.	1288	Lindsey NAISBITT	f		Unattached - Preston	1:30:48.6	1:30:25.9
254.	1314	Ursula COLLIE	f	Lady Vet	Unattached - Richmond	1:31:04.4	1:30:41.2
255.	1206	Philippa JACKSON	f	Lady Vet	Unattached : Innerleithen	1:31:08.4	1:31:02.6
256.	1265	Brian RIDYARD	m	Vet 70	Unattached - Kendal	1:31:10.2	1:30:51.8
257.	1482	Kathryn WESLEY	f	Lady Vet	Unattached : Livingston	1:32:08.9	1:31:39.4
258.	1464	David BARTON	m	Vet 60	Fords AC	1:32:35.1	1:32:13.6
259.	1226	Louise MURRAY	f	Lady Vet	Unattached - Manchester	1:32:49.5	1:32:25.9
260.	1203	Kath ETHERDEN	f	Lady Vet	South East Lancs Orienteering	1:33:18.5	1:32:59.9

Lakeland Trails in Coniston

Coniston Trail Run10km

Pos	Bib	Name	M/F	AG	Club	Gun Time	Chip Time
261.	1238	Michelle MACKAY	f	Lady Vet	DH Runners	1:36:55.8	1:36:36.8
262.	1173	Mary MODEN	f	Lady Vet	Rosendale Harriers	1:37:40.6	1:37:20.7
263.	1214	J HOWARD	m	Vet 60	ua Ashton under Lyne	1:38:49.5	1:38:23.2
264.	1240	Chloe CLARK	f		Unattached - Wigan	1:40:13.1	1:39:45.3
265.	1258	Tira MOORE	f	Lady Vet	Unattached Durham	1:44:26.3	1:44:10.4
266.	1268	Gina SCORER	f	Lady Vet	Unattached Durham	1:44:27.3	1:44:11.1
267.	1282	Nicola ASHTON	f	Lady Vet	Unattached : Chorlton	1:44:52.3	1:44:29.7
268.	1280	Nicola CAVE	f	Lady Vet	Unattached : Lytham St Annes	1:44:52.5	1:44:30.0
269.	1291	Merryll HUNTER	f	Lady Vet	Unattached - Kendal	1:53:06.7	1:52:35.0
270.	1290	Joanna PARKINS	f	Lady Vet	Unattached - Kendal	1:53:07.2	1:52:35.1
271.	1307	Nicola RICHMOND	f	Lady Vet	Jelly Legs	2:00:13.0	1:59:43.4
272.	1309	Dawn BRANSON	f	Lady Vet	Unattached - Keswick	2:00:14.5	1:59:45.6
273.	1136	Eliza KACZYNSKA-NAY	f	Lady Vet	Unattached - London	2:03:40.6	2:03:23.5

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