

### Lakeland Trails 2011 10KM Series Results : Men

Name	Club	Category	Cartmel	Kentmere	Hellvelyn	Total
WEARDEN, Neil	Unattached - Preston, Lancashire		495	498	499	1492
LEATHEREN, Michael	Unattached, Kendal	U18	468	492	493	1453
DICKSON, Andy	Unattached - Windermere	Vet40	453	483	494	1430
SMITH, William	Helm Hill Runners	U18		499	500	999
WILKINS, Rodger	TRI Clan		499	500		999
MACHAM, Graham	Unattached - Chorley, Lancs			489	496	985
JONES, Michael	Unattached - Carnforth	Vet40	479	491		970
HEATHCOTE, John	Unattached - Oldham	Vet50		472	486	958
COE, Peter	Unattached, Kendal	Vet50	460		495	955
TICKNER, Richard	Unattached, Kendal	Vet50	472	474		946
CARTMELL, Tony	Unattached - Poulton le Fylde	Vet40	454	488		942
PUTTICK, Tim	Unattached - Yarm	Vet40	432	480		912
MCDONALD, Kenny	Unattached - Bolton	Vet40	428	476		904
HERD, Matthew	TRI Clan		414	478		892
LYDEN, Hunter	Unattached - Manchester		399		484	883
KITCHINGS, Paul	Wigan Tri Team		416	466		882
DEAN, Jim	Unattached, Kendal	Vet70	412	469		881
WILDMAN, Geoff	Unattached - Leyland, Lancashire	Vet60	404	467		871
BROOKES, Paul	Durham Triathlon Club	Vet40	402	465		867
HOWARD, John	Unattached - Ashton under Lyne	Vet60	400	457		857
O'DONOHUE, Paul	Unattached - Brampton	Vet40	396	459		855
SPEIAGHT, Neil	Belgrave Harriers, Surrey		500			500
BINNER, Ben	Unattached - Wetherby	Vet40			498	498
RIGBY, James	Unattached - Clitheroe		498			498
HUSSAIN, Bashir	Stockport Harriers	Vet40		497		497
RENSHAW, Stephen	Wetherby Runners				497	497
SHUTTLEWORTH, Stuart	Ambleside AC	Vet40	497			497
CASSIDY, Robert	Unattached - Blackburn			496		496
SALT, Ben	Charnwood AC, Leicestershire	U18	496			496
REVELL, Ian	Unattached - Manchester			495		495
BUHR, Anthony	Unattached - Edinburgh			494		494
CAMPION, Adam	Keswick AC		494			494
CARPENTER, Peter	Unattached - Ellesmere Port	Vet50	493			493
HAUGHEY, Joseph	Unattached - Glasgow			493		493
CUMMING, Martin	Unattached : Denbigh	Vet40	492			492
NIXON, Darryl	Unattached - Wetherby				492	492
LEATHEREN, Andy	Unattached, Kendal	Vet40			491	491
WRIGHT, Simon	Bingley Harriers	Vet40	491			491
BUCKLEY, Daniel	Unattached - Oldham			490		490
MCCOWIE, Peter	Unattached - Newcastle	Vet40			490	490
SHARD, Jon	Unattached - Manchester		490			490
HARDING, Ivor	Unattached - Manchester				489	489
LEONARD, Ian	Unattached - Chorley, Lancs	Vet50	489			489
BATTY, Steven	Unattached - Barrow in Furness	Vet40	488			488
VINACCIA, Claudio	Unattached - Preston, Lancashire	Vet40			488	488
DEAKIN, Thomas	Styal Running Club		487			487
MELLOR, Martin	Unattached - Sowerby Bridge				487	487
OWEN, Huw	Unattached - Tarporley			487		487
AUCHETTL, Peter	Warnambool	Vet50		486		486
COLLIER, Anthony	Styal Running Club	Vet50	486			486
BARRETT, Ian	Unattached - Keighley, W Yorks	Vet40			485	485
CUMMING, Christopher	Unattached : Denbigh		485			485
FOY, Peter	Unattached - Bolton			485		485
MARSHALL, Paul	Unattached - Lancaster	Vet50	484			484
NAISBITT, Michael	Savannah			484		484
COLLINS, Simon	Unattached - Cambridge				483	483
FOX, Duncan	Unattached - Windermere	Vet40	483			483
CRAME, Steve	Unattached, Kendal	Vet50		482		482
PATTERSON, Frank	Unattached : Witney	Vet40	482			482

MACNAMEE, Ian	Unattached : Breaston	Vet40		481		481
NOBLE, Phil	Unattached - Southport	Vet50		481		481
SWEENEY, Derek	The Low Wood, Windermere	Vet50		480		480
PERKINS, Craig	Unattached : Thame				479	479
KNOTT, Stuart	Unattached - Rochdale			478		478
JONES, Ian	Unattached - Cheshire			477		477
STEELE, Jake	Unattached - Stockport				477	477
POPE, Dominic	Unattached - Ulverston	Vet40		476		476
METCALFE, Adrian	Unattached - Preston, Lancashire	Vet60			475	475
PARSONS, John	Unattached, Kendal	Vet50		475		475
NORMAN, Stephen	Unattached - Workington	Vet40		474		474
BOOTH, Max	Unattached : Woodbridge	Vet40		473		473
SIMPSON, David	Petts Wood Runners	Vet60			473	473
GAJEWSKI, David	Unattached - Stockport			471		471
PEACOCK, Owen	Unattached : Shipton	Vet40			471	471
JOHNSTON, James	Unattached - Manchester			470		470
MACFARLANE, John	Unattached : Loveswater	Vet60			470	470
MATTHEWS, Brian	Unattached - Chorley, Lancs	Vet50		469		469
MCLOUGHLIN, Marc	TRI Clan				468	468
SIMON, Matthew	Unattached - Stockport	Vet50		467		467
ASHTON, Carl	Unattached - Warrington			466		466
JOLLY, Aidan	Unattached - Merseyside	Vet40		465		465
COX, Daniel	Unattached : Offerton			464		464
WILLIAMS, Chris	Unattached - Keighley, W Yorks	Vet40			464	464
KINCART, Mike	Unattached, Kendal	Vet40			463	463
LOWTHIAN, Charles	Styal Running Club	Vet50		463		463
PRICE, Chris	Unattached - Bolton			462		462
TURNER, Chris	Petts Wood Runners	Vet40			462	462
CLARKE, Jonathan	Styal Running Club	Vet40		461		461
POVEY, Tim	Reading Road Runners	Vet70			461	461
WILLIAMS, Richard	Unattached - Coventry	Vet40			460	460
HENDERSON, Darren	Unattached - Barrow in Furness			459		459
LAWRIE, Ian	Unattached - Ayrshire	Vet40			458	458
MCGOWAN, Phil	Unattached - Keighley, W Yorks			458		458
KNOX, John	Unattached - Leyland, Lancashire	Vet40		457		457
CLAY, Gary	Unattached - Huddersfield	Vet50		456		456
GLACE, Matthew	Unattached - London				456	456
HOLMES, Andrew	Unattached - Skipton, N Yorks			455		455
BARRY, Dan	Unattached - Penrith, Cumbria	Vet40		452		452
LEARY, Ron	Unattached - Hull, E Yorkshire	Vet40		451		451
CLIFFE, Guy	Unattached - Grange over Sands	Vet40		450		450
SMITH, Jason	Unattached : Mossley			449		449
ENTWISTLE, Mark	Unattached - Preston, Lancashire			448		448
WILKINSON, Keith	Unattached - Grange over Sands			447		447
HUDD, Phil	Unattached - Lancaster	Vet40		446		446
CHAPPELL, James	Unattached - Cottingham			445		445
SILSON, Shaun	Eden Runners	Vet50		444		444
WALSH, Andy	Unattached - Bolton			443		443
LISTON, Gerard	Unattached - Halifax	Vet40		442		442
GUNSHON, Will	Unattached - Cheshire			441		441
NAYLOR, Paul	Unattached - Penrith, Cumbria	Vet50		440		440
BEVAN, Keith	Unattached - Berkhamsted	Vet40		439		439
LOVELL, Ben	Unattached - Carnforth	Vet40		438		438
ROBINSON, Hugh	Unattached - Barrow in Furness			437		437
HIGGINS, Brian	Styal Running Club	Vet50		436		436
STANFORD, James	Unattached - Wigan	Vet40		435		435
THOMSON, Craig	Unattached - Hexham	Vet40		434		434
MADDOCK, Brian	Unattached - Preston, Lancashire	Vet50		433		433
BALL, Malcolm	North Norfolk Beach Runners	Vet70		431		431
TIDBURY, Wade	Unattached - Penrith, Cumbria	Vet50		430		430
MACFIE, Jamie	Unattached			429		429

