

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
Lakeland Trails 2019 10K Series Results : Men												
1.	Huggett, Chris	U/A Cartmel,		1000								1000
2.	Smith, James	Barrow Runners		999								999
3.	Jackson, David	Horwich RMI Harriers		998								998
4.	Sewell, Ewan	U/A York		997								997
5.	Neil, Chris	Barrow Runners		996								996
6.	Male, Jonathon	Barrow Runners		995								995
7.	Thomlinson, Martin	Muckle Toon Sloggers		994								994
8.	Duffy, Fergal	U/A Enniskillen, Co. Fermanagh		993								993
9.	Holland, James	U/A Stockport, Cheshire		992								992
10.	Sharp, Nick	U/A Wakefield, West Yorkshire		991								991
11.	Robinson, Ian	SCC		990								990
12.	Barsby, James	U/A Clitheroe, Lancashire		989								989
13.	Friend, Scott	U/A Clitheroe, Lancashire		988								988
14.	Sadler, Jonathan	U/A Manchester		987								987
15.	Macfarlane, Paul	Helmhill / Batala		986								986
16.	Holmes, Richard	U/A Lytham,		985								985
17.	Campbell, Andrew	U/A Cheadle Hulme,		984								984
18.	Ward, Rick	Triathlon Coaching UK		983								983
19.	Lewthwaite, Nick	U/A Windermere, Cumbria		982								982
20.	Saxby, Lance	unattached		981								981
21.	Mannion, Lawrence	U/A Kendal,		980								980
22.	Durr, Liam	U/A Manchester,		979								979
23.	Edwards, Robbie	Southport running cluc		978								978
24.	Buckle, David	U/A Grange-over-Sands, Cumbria		977								977
25.	Gribbin, Laurie	Millom striders		976								976
26.	Rogers, Simon	Kilbarchan AAC		975								975
27.	Grisedale, Jonny	Team inov-8.com		974								974
28.	Averill, Steven	U/A Nottingham ,		973								973
29.	Taylor, Mark	U/A Essendine , Rutland		972								972
30.	Bittner, Jiri	U/A Sedbergh , Cumbria		971								971
31.	Aspinall, Phil	U/A Clitheroe, Lancashire		970								970
32.	Irving, Anthony	U/A Carlisle,		969								969

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
33.	Shaw, Andy	St Helens Striders		968								968
34.	Gaffney, James	-		967								967
35.	Bailey, Daniel	U/A Darlington,		966								966
36.	Davenport, Joe	U/A Preston, Lancashire		965								965
37.	Higgins, Philip	Kendal Tri Club		964								964
38.	Lloyd, Huw	U/A Richmond, North Yorkshire		963								963
39.	Storey, Mark	U/A Newcastle, Tyne & Wear		962								962
40.	Moore, Sam	Millom Striders RC		961								961
41.	Ingham, Graham	U/A Kirkham,		960								960
42.	Libert, Sebastien	U/A london,		959								959
43.	Atkins, Tim	U/A Stretford, Greater Manchester		958								958
44.	Gallop, Callum	U/A Kendal, Cumbria		957								957
45.	Fletcher, Jonathan	Ripon Runner		956								956
46.	Spencer, Garth	Ribble Valley Triathlon Club		955								955
47.	Brayshaw, Andy	Helm Hill		954								954
48.	Ashcroft, Dave	U/A St Helens, Merseyside		953								953
49.	Friend, Mark	U/A Clitheroe, Lancashire		952								952
50.	Bryant, James	Kenilworth Wheelers CC		951								951
51.	Moran, Mark	Swinton		950								950
52.	EDMONDSON, JOHN PAUL	U/A BURNESIDE, CUMBRIA		949								949
53.	Addy, Richard	U/A Southampton, Hampshire		948								948
54.	Laing, Richard	U/A Altrincham, Cheshire		947								947
55.	Blakemore, Paul	U/A Wigan ,		946								946
56.	Prout, David	U/A Preston, Lancashire		945								945
57.	Richardson, Simon	U/A Seascale ,		944								944
58.	Harrison, Richard	None		943								943
59.	Gaston, Phillip	U/A milnthorpe, cumbria		942								942
60.	Crossley, Jonathan	U/A Rhuddlan, Denbighshire		941								941
61.	Barton, Simon	Hoad Hill Harriers		940								940
62.	Towler, George	U/A Northwich,		939								939
63.	Wynne, Chris	U/A Ormskirk,		938								938
64.	Armstrong, Ian	Millom striders		937								937
65.	Smithurst, Martin	None		936								936

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
66.	Pattison, David	U/A Chester, Cheshire		935								935
67.	Hurst, Gerard	U/A Wigan,		934								934
68.	Decadt, Bart	U/A Bolton,		933								933
69.	Hemsley, Andrew	U/A Penrith, Cumbria		932								932
70.	Leahy, Stephen	U/A Kendal, Cumbria		931								931
71.	Whalley, Ian	U/A Huddersfield, West Yorkshire		930								930
72.	Hodson, Barrie	U/A Leyland,		929								929
73.	Turner, Rob	U/A Blackburn ,		928								928
74.	Watson, Steve	U/A Gleaston, Ulverston		927								927
75.	Willink, Patrick	Helm Hill		926								926
76.	Stones, Phil	U/A Cleator Moor, Cumbria		925								925
77.	Tate, Matt	Lonely Goat Running Club		924								924
78.	Brass, Jacob	U/A Ambleside, Cumbria		923								923
79.	Webster, James	N/A		922								922
80.	Dods, Jack	U/A Cheadle, Greater Manchester		920								920
81.	collins, shane	red rose road runners		919								919
82.	Harrison-Wright, Willem	U/A Harrogate,		918								918
83.	fishpool, Luke	U/A driffield, East Riding of Yorkshire		917								917
84.	Webster, John	N/A		916								916
85.	Dunn, James	U/A Kenley, Surrey		915								915
86.	wardley, mark	U/A preston, lancs		914								914
87.	Otway, Paul	U/A Natland, Cumbria		913								913
88.	Benn, Colin	Millom Striders		912								912
89.	Jackson, Thomas	U/A Stalmine, Lancashire		911								911
90.	Wiseman, John	Red Rose Road Runners		910								910
91.	Rooney, Dave	U/A Southport, Merseyside		909								909
92.	Schaffer, Nicholas	Millom Striders		908								908
93.	Kitchin, Steven	U/A Lancaster, Select One		907								907
94.	Miller, Chris	U/A Altrincham, MANCHESTER		906								906
95.	Mather, Tony	U/A Stockport, Cheshire		905								905
96.	Morris, James	U/A Preston,		904								904
97.	Humphrey, Edward	U/A London,		903								903
98.	Cleworth, John	U/A Timperley, Cheshire		902								902

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
99.	MacDonald, Neil	Millom Striders		901								901
100.	Parka, Michal	U/A Ulverston, Cumbria		900								900
101.	Owen, Stephen	Victoria Park Running Club		899								899
102.	Swainston, Ray	U/A Bishop Auckland , Durham		898								898
103.	Shaw, Michael	U/A CARLISLE, Cumbria		897								897
104.	Phillips, Rob	U/A Heversham,		896								896
105.	Hamilton, Fraser	U/A Northwich, Cheshire		895								895
106.	Waterhouse, Steve	U/A Blackpool ,		894								894
107.	Tomlinson, John	U/A Bolton,		893								893
108.	Holland, Michael	U/A Stockport,		892								892
109.	Woods, Harvey	U/A Wilmslow,		891								891
110.	Dewell, Mark	U/A Wilmslow,		890								890
111.	Ross, Ben	U/A St Asaph,		889								889
112.	TINKLER, ANDREW	U/A LANCASTER, LANCS		888								888
113.	polley, caleb	U/A Stockport,		887								887
114.	popple, richard	U/A Sheffield, South Yorkshire		886								886
115.	Mayor, Rhys	U/A Liverpool,		885								885
116.	Satterly, Charles	Lancaster & Morecambe A/C		884								884
117.	Wilson, Alan	Glaxo Hoad Hill Harriers		883								883
118.	Miles, Tim	Millom Striders		882								882
119.	Adams, Stephen	U/A READING, Berkshire		881								881
120.	Head, Ritchie	U/A Wallasey,		880								880
121.	Cookson, Paul	U/A Altrincham, Cheshire		879								879
122.	Palmer, Tim	None		878								878
123.	Kitching, Jake	n/a		877								877
124.	Parker, Henry	U/A Leeds, West Yorkshire		876								876
125.	Robinson, Peter	U/A Leeds, Yorkshire		875								875
126.	Neill, Paul	Warrington Running Club		874								874
127.	Byron, Andrew	U/A London,		873								873
128.	Pearson, Thomas	U/A Grange Over Sands, Cumbria		872								872
129.	Davies, Reece	DCC		871								871
130.	Vick, Tony	Ponteland Runners		870								870
131.	Ethell, Paul	U/A Preston, Lancashire		869								869

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132.	Mitchell, Richard	U/A Kirkham, Lancashire		868								868
133.	McMahon, Terry	U/A kendal, cumbria		867								867
134.	Wan, Oliver	U/A Lytham St. ANNES, Lancashire		866								866
135.	Floyd, Andrew	U/A Poynton, Cheshire		865								865
136.	henworth, andy	U/A lancaster, lancashire		864								864
137.	Grace, Jim	U/A Cranage, Cheshire		863								863
138.	Barford, Bob	U/A Laceby, Lincolnshire		862								862
139.	Sims, Stuart	U/A Kirkby Lonsdale,		861								861
140.	McIntyre, Nigel	U/A Longton, Lancashire		860								860
141.	Gudgeon, Michael	U/A Settle, North Yorkshire		859								859
142.	Marechal, Anthony	U/A STROUD, Glos		858								858
143.	Cross, Matt	U/A Wolverhampton,		857								857
144.	Robertson, Iain	Stop the Wee Grumpy		856								856
145.	West, Toby	Lonely Goat RC		855								855
146.	Bailey, David	U/A Burnley , Lancashire		854								854
147.	Walker, Mark	U/A Grange-Over-Sands, Cumbria		853								853
148.	Hanley, Brian	Red Rose Road Runners		852								852
149.	Bates, Paul	Mossley AFC Running Club		851								851
150.	Bates, Steve	Mossley AFC Running Club		850								850
151.	Wilson, Martin	U/A Warton,		849								849
152.	Higginson, Ben	Preston Harriers		848								848
153.	stephenson, Craig	U/A leeds,		847								847
154.	Humphreys, James	U/A Bury,		846								846
155.	Mcpartlin, Andrew	U/A Manchester,		845								845
156.	Strickland, Mark	U/A Holywell, Flintshire		844								844
157.	Carr, Matthew	U/A Normanton, West Yorkshire		843								843
158.	Jones, Andrew	U/A Prescott, Merseyside		842								842
159.	Brookfield, Daniel	U/A ORMSKIRK, Lancashire		841								841
160.	Cassidy, Ian	U/A Wigan, Lancashire		840								840
161.	Teasdale, Shaun	U/A Durham, Durham		839								839
162.	Liptrott, Mark	U/A Ormskirk, Lancashire		838								838
163.	Owen, William	U/A Leyland ,		837								837
164.	Owen, Jamie	U/A leyland,		836								836

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165.	Lord, Robert W	U/A Chorlton, Manchester		835								835
166.	Waring, Jon	U/A Bolton ,		834								834
167.	Cole, Simon	U/A Ansdel, Lancs		833								833
168.	Garvey, Gerry	Muddy Boots Nursery		832								832
169.	Davies, Robert	U/A St Asaph,		831								831
170.	Alldred, Karl	U/A Warrington, Cheshire		830								830
171.	Griffiths, Grant	U/A Lancaster,		829								829
172.	jackson, malcolm	U/A congleton, cheshire		828								828
173.	Littlefield, Paul	U/A Bolton,		827								827
174.	Brooks, Neil	U/A Preston , Lancashire		826								826
175.	Boot, Matt	U/A NORTHWICH, Cheshire		825								825
176.	Manderson, Ian	Jogging pals		824								824
177.	Slater, John	U/A Carnforth, Lancs		823								823
178.	Haddow, Patrick	U/A Fleetwood, Lancashire		822								822
179.	Johnson, Stephen	Millom Striders		821								821
180.	Pleasance, Robert	U/A Manchester, Greater Manchester		820								820
181.	Craig, Andy	U/A Blackpool,		819								819
182.	McDowall, Ian	U/A Linlithgow,		818								818
183.	Garden, David	U/A Blackpool,		817								817
184.	Arnold, Graham	-		816								816
185.	Barnes, David	Red Rose		815								815
186.	Henshaw, Paul	U/A Altrincham ,		814								814
187.	Halstead, David	U/A Lytham St.Annes, Lancashire		813								813
188.	Wilkinson, David	U/A Southport , Merseyside		812								812
189.	Carter, Paul	U/A Millom, Cumbria		811								811
190.	Winder, Brian	Darwen Running Group		810								810
191.	Griffiths, Geoff	Fuelled By Fun		809								809
192.	Butlin, Louie	U/A Manchester,		808								808
193.	Lamb, Darren	U/A Preston, Lancashire		807								807
194.	Mayer, Peter	U/A Rossendale , Lancs		806								806
195.	Blakeley, Philip	U/A Aughton, Lancs		805								805
196.	Orlans, Michael	U/A Greater London, --		804								804
197.	wookey, luke	U/A Manchester,		803								803

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198.	Walker, Ian	Glaxo Hoad Hill Harriers		802								802
199.	TICKNER, PAUL	U/A Cockermouth, Cumbria		801								801
200.	Richardson, Gary	U/A Kendal , Cumbria		800								800
201.	Hodgson, Callum	U/A London,		799								799
202.	Thornber, Mark	U/A Arnside, Cumbria		798								798
203.	Safrany, Ben	U/A Worskop, Notta		797								797
204.	Pearson, Chris	U/A Grange Over Sands, Cumbria		796								796
205.	knowles, Timothy	none		795								795
206.	Thompson, Steve	U/A Barrow in Furness, Cumbria		794								794
207.	Dore, Samuel	U/A Liverpool,		793								793
208.	Cole, David	U/A Penrith, Cumbria		792								792
209.	Davies, Ken	U/A Richmond, North Yorkshire		791								791
210.	Shanahan, Robert	Wirral Viking		790								790
211.	Harland, Richard	U/A Warrington,		789								789
212.	ovans, simpson	U/A malvern,		788								788
213.	Dean, Allan	U/A OAKHAM, Rutland		787								787
214.	Islam, Mahfuzul	U/A Sabden,		786								786
215.	Brook, Graham	Wesham Road Runners		785								785
216.	Marks, Darren	U/A Oswestry,		784								784
217.	Dean, Jim	U/A Kendal, Cumbria		783								783
218.	Smith, Domenyk	U/A Kirkham, Lancashire		782								782
219.	Mault, Leslie	U/A Preston, Lancashire		781								781
220.	Watson, David	Red rose road runners		780								780
221.	Oram, Stuart	U/A Manchester, Manchester		779								779
222.	Coldham, Paul	U/A Keswick		778								778
223.	Lane, Steven	None		777								777
224.	Harrison, John	U/A Carlisle, Cumbria		776								776
225.	Rigby, Ian	U/A Widnes, Cheshire		775								775
226.	Cartwright, Matt	U/A Preston, Lancashire		774								774
227.	Munro, Iain	U/A Preston, Lancashire		773								773
228.	Swift, Peter	U/A Wigan, Lancashire		772								772
229.	Towers, Paul	U/A Morecambe,		771								771
230.	McMonagle, Paul	U/A Ormskirk, Lancashire		770								770

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231.	Bhavsar, Vishal	U/A London,		769								769

Number of records: 231