

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
Lakeland Trails 2019 10K Series Results : Women												
1.	Sewell, Victoria	Knavesmire Harriers		1000								1000
2.	Ault, Emily	Barrow Runners		999								999
3.	henderson, margaret	U/A warton, lincs		998								998
4.	Johnson, Helen	Wirral Vikings		997								997
5.	Brayshaw, Kate	Helm Hill		996								996
6.	Brookfield, Hannah	U/A Aughton, Lancashire		995								995
7.	Rose, Alison	U/A Ilkley, West Yorkshire		994								994
8.	johnson, karen	U/A Ulverston,		993								993
9.	Tomkow, Nichola	U/A Sandbach, Cheshire		992								992
10.	Hodgson, Sorcha	U/A Kendal,		991								991
11.	Neil, Emma	Barrow Runners		990								990
12.	Turner, Robyn	U/A Blackburn,		989								989
13.	Simpson, Jeanette	U/A Kendal, Cumbria		988								988
14.	Haigh, Jo	U/A Skipton, North Yorkshire		987								987
15.	Teare, Michelle	Blackburn harriers		986								986
16.	Cheffy, Rachel	U/A Hitchin ,		985								985
17.	Ward, Sarah	Wakefield Triathlon Club		984								984
18.	Barry, Sarah	U/A Kilbarchan,		983								983
19.	connell, sandra	U/A Liverpool,		982								982
20.	Dyson, Sadie	U/A ROSSENDALE, LANCASHIRE		981								981
21.	Westnutt, Catherine	U/A Kendal, Cumbria		980								980
22.	Barton, Sally	Hoad Hill Harriers		979								979
23.	Duncanson, Helen	St Bees Triers		978								978
24.	Grace, Angela	U/A Cranage, Cheshire		977								977
25.	Lord, Sarah	U/A CARLISLE, Cumbria		976								976
26.	Grisedale, Jo	Team inov-8.com		975								975
27.	Whipple, Kath	Hoad Hill Harriers		974								974
28.	Simmons, Lizzie	U/A Ulverston ,		973								973
29.	Guy, Josephine	U/A Windermere, Home		972								972
30.	Ball, Frankie	U/A Salford,		971								971
31.	McLachlan, Ellen	BWFAC		970								970
32.	Appleby, Kathy	U/A Lancaster, Lancashire		969								969

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
33.	Buckingham, Jan	Blackburn Harriers		968								968
34.	Stefanuto, Francesca	U/A Manchester ,		967								967
35.	Hill, Hannah	U/A Kendal, Cumbria		966								966
36.	Palmer, Lorraine	U/A Holmfirth,		965								965
37.	Rowlands, Claire	U/A Chester,		964								964
38.	Kitchin, Nicola	U/A Lancaster, Select One		963								963
39.	Ethell, Marnie	U/A Preston, Lancashire		962								962
40.	Westerman, Cheryl	U/A Keswick, Cumbria		961								961
41.	Turner, Jean	Telford Harriers		960								960
42.	Dean, Julie	U/A Carnforth , Lancashire		959								959
43.	Richardson, Susan	St Bees Triers		958								958
44.	Gunn, Carol	St bees triers		957								957
45.	Marechal, Christina	U/A Manchester, Lancashire		956								956
46.	Wroe, Jenny	Batala Mountain Runners		955								955
47.	Floyd, Victoria	U/A Poynton, Cheshire		954								954
48.	Frank, Jackie	U/A Redcar,		953								953
49.	Dore, Jayne	U/A Formby,		952								952
50.	Simson, Camila	U/A ULVERSTON, Cumbria		951								951
51.	Parry, Susanne	U/A Carlisle,		950								950
52.	Barker, Tracey	Trail Running Association		949								949
53.	Norman, Tracy	Wirral Vikings TRC		948								948
54.	Priestley, Clair	U/A Todmorden,		947								947
55.	Robertson, Kirsty	Jog Cowdenbeath		946								946
56.	Pearson, Emma	U/A Carlisle, Cumbria		945								945
57.	slater, bridget	U/A Skipton, N Yorks		944								944
58.	Horn, Fatima	Rothwell Harriers		943								943
59.	McAninly, Abigail	Durham		942								942
60.	Elliott, Jo	U/A Oxford,		941								941
61.	cunningham, olwen	St Bees triers		940								940
62.	Reynolds, Jodie	U/A Rochdale,		939								939
63.	Spratt, Shirley	U/A Congleton, Cheshire		938								938
64.	Krynen, Hilde	U/A Kendal, Cumbria		937								937
65.	Swann, Nicola	Otley A.C.		936								936

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
66.	stephenson, Hilary	U/A leeds,		935								935
67.	Edwards, Melanie	Ilkley Harriers		934								934
68.	Bowden, Louise	Ramsbottom Running Club		933								933
69.	Ardin, Jo	U/A Bury , Lancs		932								932
70.	Dinsdale, Nicola	Ribble valley Tri Club		931								931
71.	Richardson, Jennifer	U/A Near Kendal, Cumbria		930								930
72.	Strickland, Anne	U/A Holywell, Flintshire		929								929
73.	Jones, Jacqueline	U/A Darlington , Durham		928								928
74.	Storey, Anna	U/A Newcastle, Tyne & Wear		927								927
75.	Goodson, Gay	U/A kirkby-in-Furness, cumbria		926								926
76.	Storey, Jo	Jogonthetyne		925								925
77.	Cihlar, adele	U/A Prestwich , Manchester		924								924
78.	Richards, Rebecca	U/A Ulverston, Cumbria		923								923
79.	Wilkinson, Rebecca	U/A Kendal,		922								922
80.	CHARLES, JACQ	Wirral Vikings TRC		921								921
81.	Spencer, Jane	Barrow Runners		920								920
82.	Sharp, Susan	U/A Wakefield, west Yorkshire		919								919
83.	Bryant, Sue	U/A Leamington Spa, Warwickshire		918								918
84.	Ward, Amanda	U/A Stockport,		917								917
85.	Irving, Beth	U/A Carlisle,		916								916
86.	Griffiths, Tricia	U/A Lancaster,		915								915
87.	jackson, sandre	U/A congleton, cheshire		914								914
88.	Wisely, Julie	U/A Manchester ,		913								913
89.	James, Annabel	Millom Striders		912								912
90.	Woodcock, Anne-Marie	U/A Bamber Bridge, Lancashire		911								911
91.	Gilpin, Ellie	U/A Milnthorpe , Cumbria		910								910
92.	Hannah, Sharon	U/A Kendal, Cumbria		909								909
93.	Marshall, Joanne	U/A Warrington, Cheshire		908								908
94.	Jones, Helen	U/A Burntisland , Fife		907								907
95.	Gaston, Elizabeth	U/A Milnthorpe, Cumbria		906								906
96.	Buckle, Alanna	U/A Grange-over-Sands , Cumbria		905								905
97.	Bland, Abby	U/A Kendal, Cumbria		904								904
98.	Halhead, Gillian	U/A Carnforth, Lancs		903								903

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
99.	Berry, Anne	Wesham Road runners		902								902
100.	Falconer, Chloe	Millom Striders		901								901
101.	Harvey, Joanna	U/A Liverpool,		900								900
102.	McIntosh, Sophie	U/A Burnley, Lancashire		899								899
103.	Appleby, Tracey	U/A Blackpool,		898								898
104.	Navin, Wendy	St Bees Triers		897								897
105.	gray, julie	U/A st annes, lancashire		896								896
106.	Goldrick, Sue	U/A Manchester,		895								895
107.	BOOTH, SUE	U/A MARYPORT, CUMBRIA		894								894
108.	cuthbert, catherine	wallasey ac		893								893
109.	Craig, Jennifer	U/A Blackpool, Lancashire		892								892
110.	McDowall, Edith	U/A Linlithgow, West Lothian		891								891
111.	Battersby, Anna	U/A London,		890								890
112.	Keiller, Heather	U/A Penrith , Cumbria		889								889
113.	Smythe, Katy	Me		888								888
114.	Wightman, Sarah	U/A Banbury, Oxfordshire		887								887
115.	Halstead, Laura	U/A London,		886								886
116.	Halstead, Emily	U/A London,		885								885
117.	Gall, Zara	Didsbury ladies		884								884
118.	Thacker, Emma	U/A Kendal, Cumbria		883								883
119.	Mahony, Michelle	U/A Ulverston ,		882								882
120.	Giles, Bernadette	Mereside Primary Blackpool		881								881
121.	Cooper, Emma	U/A Preston, Lancashire		880								880
122.	Grayston, Lorraine	U/A Preston, Lancs		879								879
123.	Attwood, Dawn	Millom Striders		878								878
124.	Dever, Louisa	U/A Wallasey,		877								877
125.	Cassidy, Liz	U/A Paisley,		876								876
126.	Ball, Madeleine	U/A Preston,		875								875
127.	Holmes, Alison	Whitchurch tri club		874								874
128.	Johnston, Vicky	St Bees Triers		873								873
129.	Gant, Linda	Bodyfit Cumbria running club		872								872
130.	Scott, Claire	Millom Striders Running Club		871								871
131.	grimes, jeanette	U/A prescot, merseyside		870								870

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
132.	entwistle, mary ellen	U/A lancaster, lancashire		869								869
133.	Warrington, Sarah	U/A Tarporley, Cheshire		868								868
134.	Bamber, Liz	Lancaster Women's Running Club		867								867
135.	Taylor, Jane	Women on the Run - Preston		866								866
136.	Dodd, Sarah	U/A Barrow In Furness, Cumbria		865								865
137.	Crossley, Louisa	U/A Rhuddlan, Denbighshire		864								864
138.	Reeves, Lucy	U/A MORECAMBE, Lancashire		863								863
139.	Holman, Ceri	U/A Grange over Sands, Cumbria		862								862
140.	Ainsworth, Chloe	U/A Wigan,		861								861
141.	Prout, Charmay	U/A Preston,		860								860
142.	Taylor, Elizabeth	U/A Milnthorpe , Cumbria		859								859
143.	Gordon, Amy	U/A Milnthorpe , Cumbria		858								858
144.	Woodburn, Natalie	Millom Striders		857								857
145.	Scott, Michelle	Millom Striders Running Club		856								856
146.	Griffiths, Nicola	Fuelled By Fun		855								855
147.	Moore, Karen	Millom Striders		854								854
148.	Pierce-Roberts, Danielle	Warrington Running Club		853								853
149.	Hall, Claire	NA		852								852
150.	clements, laura	st bees trier		851								851
151.	Jeffrey, Helen	U/A Halifax, West Yorkshire		850								850
152.	Cummings, Vicki	U/A Lytham,		849								849
153.	Nowak, Basia	U/A Grange-over-Sands,		848								848
154.	Spibey, Nicole	U/A Cartmel ,		847								847
155.	Mather, Lisa	U/A Stockport, Cheshire		846								846
156.	Dougan, Michelle	U/A Barrow in Furness , Cumbria		845								845
157.	Robinson, Louise	WotR Kendal		844								844
158.	Griffiths, Karen	U/A BARROW-IN-FURNESS , Cumbria		843								843
159.	McNeela, Charlotte	U/A Preston, Non-US/Other		842								842
160.	White, Elizabeth	U/A Ulverston,		841								841
161.	Thorn, Sarah	U/A Lancaster, Lancashire		840								840
162.	Leece, Victoria	U/A Millom, Cumbria		839								839
163.	Waszkiel, Melanie	U/A		838								838
164.	Dewhurst, Victoria	U/A Bolton, Lancs		837								837

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
165.	Byrne, Paula	U/A Arnside, Cumbria		836								836
166.	Armstrong, Nicola	U/A Millom, Cumbria		835								835
167.	Batty, Fiona	U/A Worksop, Nottinghamshire		834								834
168.	Pye, Alison	U/A Kendal, Cumbria		833								833
169.	Crellin, Rebecca	U/A Frizington, Cumbria		832								832
170.	Clarke, Carla	Durham Mums on the Run		831								831
171.	Cook, Mags	Roundhay Runners		830								830
172.	Hill, Penny	Roundhay Runners		829								829
173.	Headon, Carol	Garstang Running Club		828								828
174.	Hewitt, Mary	Garstang Running Club		827								827
175.	Noble, Victoria	S&P		826								826
176.	Wiseman, Julie	Lytham St Anne's Road Runners		825								825
177.	Dore, Emily	U/A Formby,		824								824
178.	van den Driessche, Joanna	U/A London,		823								823
179.	Robson, Jo-Anna	U/A Formby,		822								822
180.	Beecham, Rachael	U/A Kendal,		821								821
181.	Crate, Beverley	U/A Bedlington , Northumberland		820								820
182.	Davies, Jane	U/A Manchester,		819								819
183.	Thornycroft, Deborah	U/A Stoke on Trent, Staffs		818								818
184.	Kay, Nicola	Horwich RMI Harriers		817								817
185.	Midgley-ward, Lynne	Ponteland Runners		816								816
186.	Woods, Georgie	U/A Liverpool, Merseyside		815								815
187.	Foster, Elizabeth	Tynedale Harriers		814								814
188.	Robinson, Antonia	U/A Preston, Lancs		813								813
189.	Wicks, Kirsty	N/A		812								812
190.	Dale, Jennifer	U/A Wigan,		811								811
191.	Worboys, Hannah	U/A Northallerton,		810								810
192.	Averill, Susan	Notts womens runners		809								809
193.	Murray, Theresa	U/A Crook, Cumbria		808								808
194.	Spiby, Alison	U/A Windermere, Cumbria		807								807
195.	Skelton, Angela	Me		806								806
196.	TICKNER, Rachel	U/A Cockermouth, Cumbria		805								805
197.	Hunter, Jane	Lancaster Women's Running Club		804								804

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
198.	Wright, Gilly	Thorp Academy		803								803
199.	Downes, Lindsay	U/A Frome,		802								802
200.	Davenport, Lynda	U/A Harrogate, North yorkshire		801								801
201.	Stephenson, Lorna	Alnwick Harriers		800								800
202.	Harland, Jackie	U/A Warrington,		799								799
203.	O'boyle, Gillian	U/A warrington, Cheshire		798								798
204.	Lewis, Jennifer	U/A Manchester,		797								797
205.	Munro, Sam	U/A Freckleton ,		796								796
206.	Rollason, Kate	U/A Skipton, North Yorkshire		795								795
207.	Medlicott, Alison	U/A Leigh, Lancs		794								794
208.	Bedford, Rebecca	U/A Chorley , Lancashire		793								793
209.	Stanton, Laura	U/A Leyland, Lancashire		792								792
210.	Lewis, Anne	Swans Tri Club		791								791
211.	Ovans, helen	Stowmarket Striders		790								790
212.	johnson, michelle	Catherines Anyone Can Run		789								789
213.	Grimshaw, Siobhan	Blackburn road runners		788								788
214.	Sutcliffe, jeanette	Trawden AC		787								787
215.	Whitlock, Joanne	U/A Foulridge,		786								786
216.	Bailey, Miriam	Trawden Athletic		785								785
217.	Thompson, Liane	U/A Barrow-in-Furness, Cumbria		784								784
218.	Davies, Christina	U/A Bishop Auckland, Durham		783								783
219.	Henniker, Victoria	Warrington Running Club		782								782
220.	McIntyre, Lynda	U/A Longton, Lancashire		781								781
221.	Knowles, Amy	U/A STOCKPORT, cheshire		780								780
222.	Jones, Fiona	U/A Preston, Lancashire		779								779
223.	Oliver, Gillian	Lytham St Annes Road Running Club		778								778
224.	Neale, Stephanie	Me		777								777
225.	Stavert, Rachel	Allithwaite		776								776
226.	McNeill, Kerrie	Wesham Road Runners		775								775
227.	Fitzpatrick, Megan	Team inov-8		774								774
228.	Fitzpatrick, Sarah	Me		773								773
229.	McKenzie, Louise	U/A Linlithgow, West Lothian		772								772
230.	Roberts, Rose	U/A Lancaster, Lancashire		771								771

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231.	Smith, Emma	U/A Kirkham,		770								770
232.	Pinney, Sarah	Millom Striders		769								769
233.	Wearing, Catherine	U/A Lancaster,		768								768
234.	Sanderson, Rachael	U/A Preston, Lancashire		767								767
235.	Myatt, Ann	Cheadle		766								766
236.	Mault, Tracy	U/A Preston, Lancs		765								765
237.	Dodds, Rachael	Roundhay Runners		764								764
238.	Parmley, Hannah	Roundhay Runners		763								763
239.	Keohane, Kate	Cockermouth HHH		762								762
240.	Marshall, Gemma	Millom Striders		761								761
241.	Lupton, Sarah	Millom Striders		760								760
242.	Oram, Sarah	Chorlton Runners		759								759
243.	Haworth, Mandy	New Balance Run Club Keswick		758								758
244.	Smith, Despina	U/A Manchester ,		757								757
245.	Gutteridge, Fiona	Red Rose Road Runners		756								756
246.	Lane, Vanessa	None		755								755
247.	Beresford, Amanda	U/A		754								754
248.	Ryan, Nancy	U/A Altrincham, Cheshire		753								753
249.	Richards, Gail	Evenwood Road Runners		752								752
250.	Rigby, Carolyn	Widnes Wasps		751								751
251.	Mercer, Elaine	Women on the rum		750								750
252.	Hunt, Catherine	Women on the Run		749								749
253.	Stevenson, Hannah	U/A lancaster, lancashire		748								748
254.	Master, Sara	U/A lancaster, Lancs		747								747
255.	Park, Julia	Me		746								746
256.	Atkinson, Kathryn	Pendle Triathlon Club		745								745
257.	Thornber, Catherine	Pendle triathlon club		744								744
258.	Willoughby, Becky	Helm Hill		743								743
259.	Chudley, Sylvia	U/A Underbarrow,		742								742
260.	Thorn, Heather	Women on the run		741								741
261.	Graves, Gillian	U/A York, North Yorkshire		740								740
262.	Dean-Ashton, Lauren	U/A Manchester,		739								739
263.	Addy, Kate	U/A BIRMINGHAM, West Midlands		738								738

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
264.	Mcginnes, Angela	U/A knutsford,		737								737
265.	Dugdale, Julie	U/A Kendal, Cumbria		736								736
266.	Thatcher, Kate	U/A Manchester,		735								735
267.	Roche, Rachel	U/A Birmingham,		734								734
268.	Eyles, Caroline	Penistone Footpath Runners		733								733
269.	Swart, Ann Matrie	U/A Clare, Suffolk		732								732
270.	WILCOCK, ALEXA	U/A OLD LANGHO, LANCASHIRE		731								731
271.	SWIFT, HANNAH	U/A OLD LANGHO, LANCASHIRE		730								730
272.	swart, elizabeth	U/A Manchester,		729								729
273.	Wood, Carole	U/A Kendal, Cumbria		728								728
274.	Fothergill, Tracy	U/A Stutton Tadcaster, North Yorkshire		727								727
275.	Laycock, Jo	U/A Manchester,		726								726
276.	Miller, Allyson	U/A Chorley, Lancashire		725								725
277.	Clarke, Louise	U/A Driffield,		724								724
278.	Stockton, Niki	U/A Manchester,		723								723
279.	Newton, Louise	Stocksfield Striders		722								722
280.	Gibson, Jo	Penny Lane Striders		721								721
281.	Routledge, Jackie	Thornton Cleveleys		720								720
282.	Burgess, Christine	thornton cleveleys running club		719								719
283.	Rainford, Sarah	WOTR		718								718
284.	Campbell, Alison	Wimbledon Windmilers		717								717
285.	Buckingham, Jane	Stocksfield Striders		716								716
286.	Tuite, Danielle	U/A Kendal,		715								715
287.	madden, Sue	U/A Kendal, Cumbria		714								714
288.	RICKARDS COLLINSON, EDWINA	CROCWALKERS		713								713
289.	Simpson, Amanda	RunSmart		712								712
290.	Routledge, Perrie	U/A Carlisle, Cumbria		711								711
291.	Regan, Shelley	U/A Preston, Lancashire		710								710
292.	Whitfield, Denise	U/A Barrow in furness , Cumbria		709								709
293.	Taylor, Aimee	U/A Grange-Over-Sands , Cumbria		708								708
294.	Jones, Kate	U/A Eccles,		707								707
295.	Crawford, Clare	U/A Altrincham, Cheshire		706								706
296.	Jeffrey, Helen	U/A Carlisle, Cumbria		705								705

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297.	Carruthers, Rachel	U/A Penrith , Cumbria		704								704
298.	Smith, Sue	U/A Morecambe, Lancs		703								703
299.	Braddon, Karen	Crocwalkers		702								702
300.	Evans, Dawn	burnden road runners		701								701
301.	Russell, Katharine	U/A Stocksfield, Northumberland		700								700
302.	Carr, Dot	U/A harrogate, yorkshire		699								699
303.	Casserley, Beth	U/A Sale, Manchester		698								698
304.	Atkins, Chloe	U/A Huddersfield, West Yorkshire		697								697
305.	Atkins, Allison	U/A Huddersfield, West Yorkshire		696								696
306.	Smith, Lisa	U/A Kendal, Cumbria		695								695
307.	Boyle, Sarah	U/A Kendal,		694								694
308.	Hanley, vicki	Nordic walking Preston		693								693
309.	Tasker, Lucy	WeRunLiv		692								692

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