

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
<b>Lakeland Trails 2018 10K Series Results : Men</b>												
1.	Grisedale, Jonny	Team inov-8.com		975	967	970	987	950	970	972	968	7759
2.	Ingham, Graham	U/A Kirkham,		914	952	949	989	901	964	950	962	7581
3.	Gudgeon, Michael	U/A Settle, North Yorkshire		918	928	943	969	902	937	946	912	7455
4.	Saxby, Lance	U/A Harrogate, North Yorkshire		956	969	972		988	987	990	994	6856
5.	French, Tom	U/A Skipton, North Yorkshire		545	623	776	943	877	936	942	947	6589
6.	Stones, Phil	U/A Cleator Moor, Cumbria		884	922		978	938	949	936	942	6549
7.	Reid, Andrew	U/A Merseyside,		845	876	924		934	943	915	814	6251
8.	Rankine, Andy	U/A Chorley, Lancashire		786	852	852		874	931	938	910	6143
9.	Hurst, Gerard	U/A Wigan,		923	914	932		947		949	931	5596
10.	Watson, David	Red rose Road runners		546	591	628	856	682	755	719	604	5381
11.	Phillips, Peter	Loftus and Whitby AC		630	753			779	838	843	854	4697
12.	Foreman, Steve	Sedgefield Harriers		944	970	968		967		842		4691
13.	Stead, Kevin	U/A Kendal,		898	926	934				958	969	4685
14.	Phillips, Gareth	Gateshead harriers		912		902		925	942		964	4645
15.	Neville, Andy	U/A Wesham, Lancs				893		918	935	943	941	4630
16.	Watson, Steve	U/A Gleaston, Ulverston		919	929	881		924	944			4597
17.	Wilson, Mark	Skipton Athleatics Club		905	885	905	971	928				4594
18.	Ellicott, David	Keswick AC				808		865	915	893	891	4372
19.	Pye, Christopher	U/A LIVERPOOL, Merseyside		771	818	822		841	883			4135
20.	TRELFA, AUSTIN	Red Rose Road Runners		801	813	843	930				724	4111
21.	Reynolds, John	U/A Wigton, Cumbria		716	779	891		858			858	4102
22.	Sharp, Nick	U/A Wakefield, West Yorkshire						993	995	994	1000	3982
23.	Jones, John	Kendal Amateur Athketic Club		995	986	993	999					3973
24.	Jackson, Graham	Allithwaite Running Club		991	979	977	993					3940
25.	Mannion, Lawrence	U/A Kendal,						982	981	975	977	3915
26.	Llewellyn, Peter	Bowland Fell Runners		961		979			983	974		3897
27.	Lewthwaite, Nick	U/A Windermere, Cumbria		959	977	959	988					3883
28.	Hull, David	U/A Nr Chorley, Lancashire		950	964		982	973				3869
29.	Gaffney, James	-		903	935				989	985		3812
30.	moss, terry	U/A preston, lancashire		927	956	964					953	3800
31.	Elsender, David	Nic's Nordic Walks		452	540	606	845	640		699		3782
32.	Wilson, Paul	U/A Durham, Durham		917	923	961		981				3782

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
33.	Jackson, Chris	U/A Tunstall, East Riding of Yorkshire			940	947		939	946			3772
34.	Paterson, Ian	U/A Maghull, Merseyside		919		943	918	966				3746
35.	McCarthy, Jeff	Rochdale Harriers				969		819		967	975	3730
36.	SWIRE, JAMES	U/A Southport,		456	550	616		678	753		624	3677
37.	Anderson, Warren	U/A Slough,						873	868	869	928	3538
38.	Pearson, Chris	U/A Grange Over Sands, Cumbria		610	724	697		758		742		3531
39.	Burt, James	Stepping Stone Striders		854	845	909			898			3506
40.	Islam, Mahfuzul	U/A Sabden,		590	675	722		704	793			3484
41.	Bowden, David	Darwen Cricket Club		805					894	901	844	3444
42.	Clements, Richard	U/A Manchester,		823	871			847	896			3437
43.	Grimwade, Joe	U/A Shap , Cumbria		920	932	950					603	3405
44.	Pearson, Thomas	U/A Grange Over Sands, Cumbria		755	839	810		890				3294
45.	Mcnicholl, Stewart	U/A Morpeth , Northumberland			721	769				863	885	3238
46.	Etherington, Mark	U/A Preston, Lancs		692	692	917					836	3137
47.	Washington, Jonathan	U/A Dalton-in-Furness, Cumbria		676	798	809			837			3120
48.	Spencer, Aaron	U/A Whitehaven, Cumbria		988	991		994					2973
49.	White, Martin	CFR			693	702		755	823			2973
50.	jarzyna, alex	langholm primary		993	983	994						2970
51.	Bennett, Andy	U/A Morecambe, Lancashire		992	985	988						2965
52.	Laird, Wayne	BMPT		964	994		1000					2958
53.	Maughan, Simon	U/A Blackburn, Lancashire		971	990	992						2953
54.	Robinson, Ian	SCC		973	982	989						2944
55.	STOBART, Billy	Cumberland ac						979	976	979		2934
56.	McCarthy, Louis	Rochdale Harriers						978		969	980	2927
57.	Friend, Scott	Darwen Cricket Club		938						980	986	2904
58.	shard, jon	U/A manchester, lancashire			944			969		970		2883
59.	Wilson, Alan	Glaxo Hoad Hill Harriers			938	956			960			2854
60.	Eggleston, Simon	U/A Sunderland, Tyne & Wear		937				955			960	2852
61.	young, John	Ilkley Harriers AC						943		945	949	2837
62.	Edwards, Robbie	Southport running cluc		943	942	946						2831
63.	Friend, Mark	U/A Manchester,		889						960	979	2828
64.	Morgan, Ian	U/A Kirkby Lonsdale, Cumbria				958		977	873			2808
65.	Stirling, David	U/A Lancaster, Lancashire			631	635		686		828		2780

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
66.	Mather, Tony	U/A Stockport, Cheshire		910						922	933	2765
67.	Gregory, Toby	U/A Preston, Lancashire		891	918	953						2762
68.	ranner, adam	mudstacle				907	960	891				2758
69.	ROBINSON, KRISTIAN	Rochdale Harriers			896	914		930				2740
70.	Marsh, Steven	U/A Penrith, Cumbria		890	873						972	2735
71.	Devlin, Chris	U/A Manchester, LANCS		859		933		941				2733
72.	Robson, Simon	U/A York, North Yorkshire			859			899		947		2705
73.	Hayes, Phil	Thornton Cleveleys		888						895	884	2667
74.	burgess, steven	thornton cleveleys running club		872						894	874	2640
75.	James, Stephen	Fylde Coast Runners		883	853	903						2639
76.	Robson, Chris	U/A St Bees, Cumbria			536	610	847	645				2638
77.	Coldham, Alastair	Wirral Vikings TRC		901						931	778	2610
78.	Garvey, Gerry	Muddy Boots Nursery						851	882		864	2597
79.	Davies, Reece	DCC		756						900	934	2590
80.	Gorman, Kevin	U/A Grange over sands, Cumbria		839	864	882						2585
81.	Fry, Philip	U/A Manchester ,		797		865		897				2559
82.	Hanley, Brian	Red Rose Road Runners		841	844	847						2532
83.	Free, Martin	U/A Huddersfield,			816	857					857	2530
84.	McCalman, Finlay	Wesham Road Runners						803	879	838		2520
85.	Crozier, Michael	U/A Colne,		790	848			864				2502
86.	Pryor, Mark	Thornton Cleveleys		908				927			661	2496
87.	Simmons, David	Wirral vikings TRC		864						953	635	2452
88.	wardley, mark	U/A preston, lancs		849	738				844			2431
89.	Bates, Paul	Mossley AFC Running Club		764	807	849						2420
90.	Bates, Steve	Mossley AFC Running Club		765	806	848						2419
91.	Fiddler, Paul	U/A Warrington, Cheshire						747	839		749	2335
92.	Aplin, Liam	U/A Cocker mouth, Cumbria		814	684	828						2326
93.	Donohue, Martin	U/A Wigan , Lancs		695	705	869						2269
94.	Howard, J	U/A Ashton under Lyne, Lancs		460	543	611		644				2258
95.	Slater, John	U/A Carnforth, Lancs						685	786	783		2254
96.	Humphreys, James	U/A Bury,		634		803		796				2233
97.	Hanson-Hamilton, Simon	U/A Preston,		711	766	729						2206
98.	Shanahan, Robert	Wirral Viking		781						770	637	2188

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
99.	FENNA, DENNIS	U/A ORMSKIRK, LANCASHIRE			601				726	733		2060
100.	Wilson, Matt	Kendal AC				998			999			1997
101.	Wilson, Richard	Kendal AC				996			998			1994
102.	Nixon, Alex	U/A Preston, Lancashire		996		995						1991
103.	Harrison, John	U/A Carlisle, Cumbria			593	679		718				1990
104.	Hart, Greg	U/A Stockton-On-Tees , Cleveland		982			992					1974
105.	Wilson, Oliver	U/A Grange-Over-Sands,				997			974			1971
106.	Leece, Malcolm	Jarrow and Hebburn				983		983				1966
107.	Roberts, William Malcolm	St Austell Running Club							982	982		1964
108.	Coombes, Craig	U/A Kendal, Cumbria		985	978							1963
109.	Procter, Lee	Team Inov-8		962						997		1959
110.	Jenkins, Neil	U/A Ellesmere Port, Cheshire			975	982						1957
111.	Emmins, Paul	U/A Manchester,						964	988			1952
112.	Potter, Stephen	Kendal AAC			972	973						1945
113.	Gorman, John	U/A Preston , Lancashire			959			985				1944
114.	Wedgwood, Adam	U/A Cockermouth,		951				992				1943
115.	Pattison, Jason	Stockton Striders AC		967			975					1942
116.	McConnell, Nick	U/A YORK, NORTH YORKSHIRE			960				979			1939
117.	Higginson, Ben	Preston Harriers		592	628	703						1923
118.	Birch, Adam	U/A Kendal, Cumbria								965	952	1917
119.	MacKenzie, Andrew	U/A London,								954	957	1911
120.	Turner, John	Lancaster Runners		948					961			1909
121.	Kenny, Joe	U/A			999	910						1909
122.	Ezard, Nigel	U/A Ilkley,		986		922						1908
123.	Wilson, Sebastian	U/A Grange-Over-Sands,				994			913			1907
124.	Mounsey, Paul	U/A Preston, Lancs			924				978			1902
125.	Hickson, Andy	U/A LONDON,				945			955			1900
126.	cook, nick	U/A carnforth, lancs		935		957						1892
127.	Poole, Dave	U/A Askam in Furness, Cumbria		954						935		1889
128.	Campbell, Daniel	U/A Hamilton, South lanarkshire						913		971		1884
129.	Worrall, Ben	U/A Frodsham, Cheshire		987				894				1881
130.	Wright, Daniel	U/A Carnforth, Lancashire				927			953			1880
131.	Mctigue, Mark	U/A Lancaster, Lancashire				971					908	1879

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
132.	Decadt, Bart	U/A Bolton,			927	951						1878
133.	Weal, Paul	U/A Chipperfield, Hertfordshire		936		939						1875
134.	Patten, Graham			868					1000			1868
135.	McConnell, Colin	NYMAC			917				945			1862
136.	Donohue, Mark	U/A Leeds, West Yorkshire		934	920							1854
137.	Johnson, Michael	U/A London,								892	951	1843
138.	Foster, Ged	U/A Whickham, Newcastle upon Tyne			919	918						1837
139.	Fairclough, Paul	Red rose runner							923	913		1836
140.	Ashworth, David	U/A Bolton, Lancs		893		925						1818
141.	Western, David	U/A Sutton, Surrey				898			920			1818
142.	Rothwell, Shane	U/A Lancaster,					949				868	1817
143.	Docherty, Richard	Jarrow and Hebburn AC								906	901	1807
144.	Lynn, Sean	U/A Newcastle								902	904	1806
145.	Stokes, Simon	U/A Rushden, Northants		949						855		1804
146.	Bayliss, David	Red Rose Road Runners		894	895							1789
147.	Evans, Paul	Wirral Vikings								987	797	1784
148.	Careless, Stephen	U/A Carnforth, Lancashire		866		915						1781
149.	Barton, Simon	Hoad Hill Harriers		877	899							1776
150.	Lane, Peter	U/A Newark, Nottinghamshire		842					933			1775
151.	Robinson, Steven	U/A Poulton le Fylde ,								890	875	1765
152.	Murray, Peter	U/A Davyhulme, MANCHESTER				864		898				1762
153.	Entwistle, Darren	U/A Bury , Lancashire		865		895						1760
154.	Adlard, Peter	Wirral Vikings TRC								959	798	1757
155.	Tilbury, Martin	U/A Sale, Cheshire			878			878				1756
156.	Lees, Robin	U/A Ambleside, Cumbria						910			846	1756
157.	Copp, Jason	U/A Birmingham, West Midlands							870	885		1755
158.	Nelson, Stuart	U/A Maryport, Cumbria						838		914		1752
159.	Hatch, Peter	U/A Billingham,			857	889						1746
160.	Oram, Stuart	U/A Manchester, Greater manchester		787			954					1741
161.	Cowan, Mark	Wirral Vikings TRC								941	796	1737
162.	Denwood, Greg	U/A Carlisle, Cumbria		857				879				1736
163.	fisk, gavin	U/A manchester,			782		934					1716
164.	Jones, Michael	U/A Carnforth, Lancashire		834	882							1716

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
165.	Newton, Dave	None								845	871	1716
166.	Grant-Cawdell, Callum	U/A London, Outside U.S./Canada								877	834	1711
167.	Jardine, James	U/A Penrith, Cumbria						806	904			1710
168.	Oldcorn, Don	U/A Wantage, Oxon								924	785	1709
169.	Cross, Matt	U/A Wolverhampton,		811						882		1693
170.	Abbas, Ahmed	U/A Manchester,			784				909			1693
171.	dawson, kelvin	U/A Isle of Man, Isle of Man		914						775		1689
172.	McGovern, Glyn	U/A Altrincham		780					906			1686
173.	Silva, ben	carleton house				831		846				1677
174.	Coulthard, Julian	Border Harriers			815	855						1670
175.	Avison, Paul	Wirral Vikings								926	741	1667
176.	clay, gary	U/A huddersfield, west yorkshire		792		860						1652
177.	Spaulding, Matt	U/A Preston, United Kingdom		833				804				1637
178.	Gelder, Kevin	U/A Cleckheaton, West Yorkshire			824	800						1624
179.	Blakeley, Philip	U/A Aughton, Lancs						760	840			1600
180.	Fisher, Dave	Wirral Vikings								860	736	1596
181.	Marechal, Anthony	U/A STROUD, Glos			743			852				1595
182.	Trace, James	U/A Congleton, Cheshire								777	805	1582
183.	Kaufmann, Nick	U/A Edgware, Middx								826	739	1565
184.	Hutchinson, Chris	U/A Nr Hull, East Yorkshire		789				769				1558
185.	Pleasance, Bob	U/A Manchester,							724	833		1557
186.	Whiteley, David	U/A Kendal, Cumbria			767			782				1549
187.	Gaines, Peter	U/A Warrington, Cheshire				712				830		1542
188.	Kirkham, John	Holcombe Harriers								816	725	1541
189.	Wiseman, John	Red Rose Road Runners				642		889				1531
190.	Ballester, Jordi	U/A Worsley, Manchester			775	752						1527
191.	Robinson, Trevor	U/A Carlisle, Cumbria			804						721	1525
192.	Beuzeval, David	RED		775	731							1506
193.	Dobson, Adrian	Team Dobson				691				811		1502
194.	watt, stephen	U/A hexham, northumberland		735	765							1500
195.	Taggart, Simon	Galloway harriers				705				788		1493
196.	Whittington, Ken	U/A Ilkley, WEST YORKSHIRE							771		722	1493
197.	Edwards, Stuart	U/A North Shields, Tyne and Wear			717	772						1489

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
198.	Wild, Johnny	Lytham St Anne's road runners		690				793				1483
199.	Swift, Peter	N/A						696	767			1463
200.	green, Nicholas	U/A penrith, cumbria		670	788							1458
201.	O'Neill, Martin	U/A Liverpool, Merseyside		706	741							1447
202.	Wordsworth, Graeme	North Shields Poly			729	718						1447
203.	LASH, DAVID	U/A SEAHAM, CO. DURHAM			574		870					1444
204.	Orr, Tony	U/A burton in kendal, cumbria		639		802						1441
205.	Airey, James	U/A Kendal, Cumbria		699		734						1433
206.	Pressler, Daniel	U/A Bolton, Lancashire		709		720						1429
207.	Shearer, Roger	U/A Kendal, Cumbria		713	712							1425
208.	Cawdell, Richard	U/A London,								805	620	1425
209.	Moor, Dave	U/A Saltburn, Cleveland								755	665	1420
210.	Davies, Martin	U/A Settle, North Yorkshire		773	622							1395
211.	Noble, Stephen	MRG		660							718	1378
212.	Thompson, Michael	U/A Cheadle Hulme, Cheshire			668	709						1377
213.	richardson, brian	blackhill bounders			659	681						1340
214.	Collier, Stuart	U/A Manchester				646		691				1337
215.	Cornwall, Peter	U/A Lancaster,		667	663							1330
216.	Cassels, David	Rocktart Runners		644							668	1312
217.	Dixon, Phil	U/A Redcar,		490					752			1242
218.	Khan, Imran	U/A Accrington, Lancashire		562		634						1196
219.	Wood, Iain	U/A Ormskirk, Lancashire		509				676				1185
220.	Sullivan, Mark	U/A FRODSHAM, Cheshire			551	618						1169
221.	Sewell, Ewan	U/A York, North Yorkshire		1000								1000
222.	Payne, Andrew	Ribble Valley Harriers			1000							1000
223.	Roddy, Ciaran	Red rose runners				1000						1000
224.	Chamberlain, Paul	U/A Wigginton Herts						1000				1000
225.	Robinson, Alex	Holmfirth Harriers								1000		1000
226.	Gunn, Craig	U/A Sunderland, Tyne & Wear				999						999
227.	Stainer, Simon	Ambleside AC						999				999
228.	Collins, Adam	U/A Leeds,								999		999
229.	Phillips, Andy	U/A Manchester, Greater Manchester									999	999
230.	Pell, Christopher	Cambridge and Coleridge AC			998							998

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
231.	Wade, Mark	Aycliffe RC								998		998
232.	Wire, Richard	U/A Earlsfield,									998	998
233.	Taverner, James	GoodGym					997					997
234.	Rudge, Malcolm	U/A Kendal,		997								997
235.	Healy, Richard	Dragons			997							997
236.	Carter-Brzezinski, Luke	Chorlton Runners				997						997
237.	worsley, steven	inverness harriers						997				997
238.	Winter, Lee	Hoad Hill Harriers							997			997
239.	Wackett, Matt	Knutsford Tri Club									997	997
240.	Lowther, Jake	Team inov-8			996							996
241.	Pipes, Andrew	Derwent AC						996				996
242.	Harratt, Matt	U/A Oldham,							996			996
243.	Trewby, William	U/A Sherburn Village, County Durham								996		996
244.	Burns, Chris	U/A Preston, Lancashire									996	996
245.	Millward, Jason	Team inov-8.com					995					995
246.	Lee, Ben	U/A Edinburgh			995							995
247.	Barker, John	Red Rose Runners						995				995
248.	Duffy, Fergal	U/A Enniskillen, Co. Fermanagh								995		995
249.	muldoon, martin	U/A london,									995	995
250.	Phillips, Matthew	Houghton Harriers						994				994
251.	Stainthorpe, Ian	Rochdale Harriers			993							993
252.	barry, sean	U/A huddersfield,							993			993
253.	Dorgham, Joe	U/A Liverpool,									993	993
254.	Bartram, tom	n/a			992							992
255.	Smith, Michael	U/A Clitheroe, Lancashire							992			992
256.	Wandless, John	U/A Durham, Durham								992		992
257.	Johnston, Thomas	U/A Merseyside,					991					991
258.	Elliot, Keith	Muckle Toon Sloggers				991						991
259.	Dallow, Leon	Oswestry Olympians							991			991
260.	Holmes, Mark	U/A Southport , Merseyside								991		991
261.	Sibson, Bromley	U/A Derby, Derbyshire									991	991
262.	Braakman, Sietse	U/A Cheshire,		990								990
263.	McAfee, Mark	U/A Manchester,				990						990



## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
264.	Ridley, Chris	South Shields harriers						990				990
265.	Hemmings, Ross	U/A Goostrey ,							990			990
266.	Blackwell, Mark	WestCumbriaTri									990	990
267.	Beck, Charles	U/A LANCASHIRE,			989							989
268.	Davis, Martin	Newquay Road Runners						989				989
269.	Cooper, Josh	U/A Rossendale, Lancashire								989		989
270.	Turner, Jonathan	Ilkley Harriers									989	989
271.	Thomlinson, Martin	Muckle Toon Sloggers			988							988
272.	Corden, Tom	U/A Nottingham,									988	988
273.	Williams, Scott	Kings Heath Running Club		987								987
274.	Crompton, Sam	U/A Crosthwaite , Cumbria				987						987
275.	Connor, Stephen	Beeston AC						987				987
276.	Carr, Darran	U/A GRANGE-OVER-SANDS, CUMBRIA									987	987
277.	Chilton, Patrick	U/A Stockton,		986								986
278.	Cooper, Alistair	U/A Manchester,				986						986
279.	Macfarlane, Paul	Helmhill / Batala						986				986
280.	Managh, Paul	Ulverston Tri Club							986			986
281.	Boyd, Martin	U/A Rossendale, Lancs								986		986
282.	Howson, Chris	GoodGym					985					985
283.	Spencer, Garth	Ribble Valley Triathlon Club				985						985
284.	Bennett, Tim	U/A Carnforth, Lancashire							985			985
285.	Wackett, Harry	U/A London, Westminster									985	985
286.	Hughes, Paul	Claremont Road Runners			984							984
287.	Wilkinson-gray, Oliver	U/A St Anne's,				984						984
288.	Dodd, Jason	Warrington running club						984				984
289.	Webb, Gareth	Sale Harriers Manchester							984			984
290.	Fox, Graeme	Ellenborough ac								984		984
291.	Hoyle, Henry	U/A Great Limber, Lincolnshire									984	984
292.	Gluszek, Stefan	U/A Linkoping,					983					983
293.	Richardson, Simon	U/A Seascale ,		983								983
294.	Trewby, Tom	U/A Bedford,								983		983
295.	Pyrah, John	U/A London,									982	982
296.	Stones, Gary	Lymington Athletics					981					981

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
297.	Oldfield, Steven	N/A		981								981
298.	Charlesworth, George					981						981
299.	Jones, Steve	U/A Cramlington , Northumberland								981		981
300.	Lashley, Peter						980					980
301.	Slack, Tim	U/A Sheffield, South Yorkshire		980								980
302.	Wilson, Matthew	U/A Workington, Cumbria				980						980
303.	Porter, Ian	U/A Lancaster							980			980
304.	BERRY, MARTIN	U/A SHEFFIELD, S.YORKS		979								979
305.	Manley, Richard	U/A Wirral, Merseyside		978								978
306.	Baxter, Neil	U/A Rhoose, Vale of Glamorgan				978						978
307.	Morley, John	U/A Ambleside,									978	978
308.	Mistry, Priyan	U/A Norton, Durham					977					977
309.	Hindmarsh, Philip	Stocksfield Striders							977			977
310.	Moralee, George	Queen Elizabeth, Gainsborough								977		977
311.	Mallender, Stuart	Team Nidderdale		976								976
312.	Peters, Stephen	Glaxo Hoad Hill Harriers			976							976
313.	Baldwin, Chris	U/A Liverpool,								976		976
314.	Howe, Nick	U/A Liverpool,									976	976
315.	Trafford, Ian	U/A Manchester, Greater Manchester				975						975
316.	Haile, James	U/A Carlisle , Cumbria						975				975
317.	Blakeley, Matthew	Roundhay Runners		974								974
318.	Barsby, James	U/A Clitheroe, Lancashire			974							974
319.	Ratcliffe, Tom	U/A Baildon,				974						974
320.	Ridley, Paul	Riverside Runners									974	974
321.	Onions, Rob	U/A Darlington, UK							973			973
322.	Gooding, Adrian	Quakers									973	973
323.	Smith, Daniel	GoodGym					972					972
324.	Rogers, Simon	U/A Kilbarchan,		972								972
325.	Barker, Stuart	U/A Chorley, Lancashire							972			972
326.	Owen, William	U/A Leyland ,						971				971
327.	HALLY, RICHARD	Red Rose Runners			971							971
328.	Yates, Andy	U/A Colwyn Bay, Conwy									971	971
329.	Stockton, Jack	U/A Glossop, Derbyshire					970					970

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
330.	christie, andrew	U/A glasgow,						970				970
331.	Wright, Chad	MerseyTRI		969								969
332.	Carruthers, Nick	U/A Ulverston,		968								968
333.	Mckinley, Sam	U/A driffield, East Riding of Yorkshire			968							968
334.	Barker, Ollie	U/A Preston, Lancashire						968				968
335.	Fletcher, Jonathan	Ripon Runner							968			968
336.	Owens, Michael	U/A Liverpool,								968		968
337.	Johnson, phillip	U/A manchester,									967	967
338.	Gorman, Liam	U/A Grange over sands, Cumbria		966								966
339.	Rice, Lee	U/A Chester le street , Durham			966							966
340.	Coakley, Rob	U/A Manchester ,						966				966
341.	Bibby, Dave	Run in Wirral							966			966
342.	Thompson, James	U/A Holmfirth,								966		966
343.	Tippin, Frank	U/A Southport,					965					965
344.	fishpool, Luke	U/A driffield, East Riding of Yorkshire			965							965
345.	ARMSTRONG, STEPHEN	U/A kendal,				965						965
346.	Buswell, Andrew	U/A Santo Stefano Ticino, MI						965				965
347.	Edwards, Stephen	Sweatshop Running Community					964					964
348.	Spillman, Matthew	Tri-anglia			963							963
349.	coe, pete	U/A Kendal,				963						963
350.	Ward, Thomas	U/A Lancaster, Lancashire							963			963
351.	MacGillivray, David	DH Runners								963		963
352.	Baker, Simon	U/A Newcastle upon Tyne ,						962				962
353.	Stephens, David	Clwydian Range Runners							962			962
354.	Looker, Ian	n/a								962		962
355.	WEBSTER, JOHN	U/A Harrogate, North Yorkshire					961					961
356.	Southcott, Andy	Me			961							961
357.	Raynor, Dave	Red Rose Road Runners						961				961
358.	Reynolds, Gary	U/A Preston , Lancashire		960								960
359.	Jewell, Tony	CFR						959				959
360.	Draper, Andrew	U/A Chorley, Lancashire									959	959
361.	Lister, Matthew	U/A Ulverston,		958								958
362.	Ashton, Matthew	U/A Telford, Shropshire			958							958

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
363.	Brown, Shaun	U/A Norwich , Norfolk						958				958
364.	Davies, Darren	U/A Preston ,									958	958
365.	Furphy, Chris	Stockton Striders					957					957
366.	Taylor, Andrew	U/A Bury,		957								957
367.	Longhorn, Chris	U/A Hartburn, Stockton on tees						957				957
368.	Mee, Jason	U/A West kirby, Cheshire							957			957
369.	McLoughlin, Martin	U/A Scunthorpe, North Lincolnshire								957		957
370.	Cameron, Paul	Run in Wirral							956			956
371.	Swiers, Jonny	U/A Bedale,		955								955
372.	Antill, Dave	U/A Newcastle upon Tyne,			955							955
373.	Cutter-Thomas, Steven	U/A Manchester,				955						955
374.	Metcalfe, Robert	U/A Durham, Durham								955		955
375.	Foster, Tony	Wigan Harriers									955	955
376.	Westerman, Jake	U/A Keswick,						954				954
377.	Hopkinson, Chris	Teamram									954	954
378.	Sansom, Nathan	U/A LONDON,		953								953
379.	Shaw, Charles	U/A Kendal, Cumbria			953							953
380.	Ridley, Ben	U/A Bishop Auckland , Durham						953				953
381.	Shaw, Stephen	U/A Standish, Wigan, Gtr Manchester				952						952
382.	Reed, Andy	U/A Cheshire							952			952
383.	Stephens, Dave	Clwydian range runners			950							950
384.	Morton, Nick	Kirkby Milers							950			950
385.	Parish, Geoff	U/A Nottinghamshire,						949				949
386.	Weston, Carl	U/A Sutton Coldfield, West Midlands					948					948
387.	Cottam, Peter	U/A Higher Kinnerton, Flintshire			948							948
388.	Mitchell, Sean	Barnet & District AC				948						948
389.	Phillips, Ryan	U/A St.Helens, Merseyside							948			948
390.	Wilson, David	U/A Sunderland ,									948	948
391.	Smith, Chris	Keswick AC		947								947
392.	robinson, george	blackpool							947			947
393.	Southworth, James	U/A Hadfield, Derbyshire					946					946
394.	Dodds, Richard	U/A Southampton, Hampshire									946	946
395.	Gonzalez, Jose	U/A Manchester,			945							945

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
396.	Smith-Duque, Chris	U/A Southampton, Hants									945	945
397.	Logan, Dave	U/A Sunderland,					944					944
398.	Openshaw, Richard	U/A Lytham St Annes, Lancashire								944		944
399.	Lewis, Rodney	U/A Brixton, London			943							943
400.	Brookes, Christopher	U/A Preston , Lancashire									943	943
401.	Reeve, Stephen	U/A London,					942					942
402.	Cull, Mick	Glaxo Hoad Hill Harriers		942								942
403.	Nicholson, Joe	U/A Ormskirk, Lancashire				942						942
404.	Hawkins, Graham	motherwell ac						942				942
405.	Robinson, Philip	U/A Harrogate, North Yorkshire					941					941
406.	Clarke, Ben	Team Nidderdale		941								941
407.	Mackie, Steven	U/A KENDAL, Cumbria				941						941
408.	Abbott, Craig	U/A Lancaster, Lancashire							941			941
409.	Wheatley, Tim	U/A London ,					940					940
410.	kings, tim	U/A KENDAL,				940						940
411.	Marsh, Barry	U/A Gravesend, Kent							940			940
412.	Openshaw, Steve	Wray Running Club								940		940
413.	Horne, Jon	Biddulph Running Club									940	940
414.	Fisher, Martyn	Almost Athletes					939					939
415.	Varian, Desmond	U/A Carlisle, Cumbria		939								939
416.	Schofield, Andy	U/A Rawtenstall , Lancashire								939		939
417.	ward, carl	U/A driffield, east yorkshire			937							937
418.	Whalley, Ian	U/A Huddersfield, West Yorkshire				937						937
419.	McKinlay, David	Wallasey AC								937		937
420.	Oxley, Christian	Stockton Striders									937	937
421.	ó conaill, Marc	U/A Baile Mhac Cairbre, Waterford					936					936
422.	Cuthbertson, Martin	U/A Manchester , Lancashire			936							936
423.	Withey, Simon	U/A Shipley, West Yorkshire				936						936
424.	Roddy, Sean	U/A Preston, Lancs				935						935
425.	Bennett, Dan	U/A Workington, Cumbria						935				935
426.	Elliott, Matthew	U/A Manchester,									935	935
427.	Myatt, Robert	U/A Liverpool,			933							933
428.	Harrison, Dominic	U/A Workington,						933				933

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
429.	Dewell, Mark	U/A Wilmslow,		932								932
430.	Hall, Michael	U/A Seaham, Co Durham						932				932
431.	Eccles, Chris	U/A Lincoln,								932		932
432.	Woods, Harvey	U/A Wilmslow,		931								931
433.	Dixon, Gareth	U/A Woodthorpe, Nottinghamshire			931							931
434.	revell, ian	U/A west kirby, Merseyside		930								930
435.	Evans, John	U/A Brampton, Cumbria			930							930
436.	Hutchinson, Gary	U/A Sunderland, Tyne & Wear				930						930
437.	Gray, John	U/A Bedford, Bedfordshire							930			930
438.	Clark, Greg	U/A Durham, Durham								930		930
439.	Darby, Mark	U/A Shrewsbury, Shropshire									930	930
440.	parker, alan	U/A stoke on trent,									929	929
441.	Mellor, Andy	U/A Sale,		928								928
442.	Hurley, James	U/A Heswall, Merseyside							928			928
443.	Lloyd, Huw	U/A Farnham Surrey								928		928
444.	Loftus, Philip	U/A Bolton, Lancashire					927					927
445.	Brownson, Gareth	GB Bootcamps							927			927
446.	Lloyd, Glyn	U/A Farnham Surrey								927		927
447.	Sergeant, Oli	U/A Kendal, Cumbria		926								926
448.	Horner, Phil	Garstang RC				926						926
449.	Pepper, Stephen	U/A Ardrossan, North ayshire						926				926
450.	Caisley, Colin	U/A Wilmslow, Cheshire							926			926
451.	Spear, Jason	U/A Chorley, Lancashire									926	926
452.	James, Phill	U/A Preston, Lancashire		925								925
453.	kenealy, luke	U/A lowton, cheshire			925							925
454.	Martin, Dan	U/A Carnforth, Lancashire							925			925
455.	Mackie, Iain	U/A Preston, Lancashire				923						923
456.	Bruun, Mathias	FIF - Copenhagen									923	923
457.	Milligan, George	U/A Earlston ,						922				922
458.	Laidlow, Andrew	U/A Wigton, Cumbria		921								921
459.	Clay, Alistair	U/A Carnforth			921							921
460.	Lynn, David	U/A North Shields, Tyne and wear						921				921
461.	Davies, Sam	U/A Stockport,								921		921

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
462.	Millican, Jon	U/A Durham,						920				920
463.	Ivers, Andy	U/A Carlisle, Cumbria								920		920
464.	Rudd, John	U/A Dundee									920	920
465.	Lawrenson, Lee	Red Rose Runners						919				919
466.	Heys, Silas	U/A Wigan, Lancashire							919			919
467.	Macham, Graham	U/A Chorley , Lancashire							918			918
468.	Burnett, Neil									918		918
469.	TICKNER, PAUL	U/A Cocker mouth, Cumbria									917	917
470.	Charters, Phil	U/A Harrogate, North Yorkshire					916					916
471.	Foster, Andy	U/A Leeds, Yorkshire			916							916
472.	Whitehouse, Mark	U/A Thornton Cleveleys , Lancashire								916		916
473.	Williams, Ross	U/A Langwathby, Cumbria			915							915
474.	Abbott, Phil	Long Eaton Running Club									914	914
475.	Doyle, Andrew	U/A London,					912					912
476.	Cocker, Simon	U/A Grantham,			912							912
477.	Cooper, Robert	Penny Lane Striders				912						912
478.	Kinner, Phil	U/A Ashby De La Zouch,							912			912
479.	Schofield, Jake	U/A LIVERPOOL, Merseyside		911								911
480.	Reddington, Stephen	U/A Manchester , Greater Manchester			911							911
481.	Leck, Michael	Lancaster & Morecambe AC							911			911
482.	Lowe, Geoff	The Herdy Maaa-shal									911	911
483.	Waring, Stuart	U/A Blackburn, Lancashire							910			910
484.	Metcalfe, Alan	U/A Durham, Durham								910		910
485.	Weedall, Antony	n/a		909								909
486.	bell, luke	U/A castleford, west yorkshire			909							909
487.	Law, Russell	Freckleton and Warton Running Club						909				909
488.	Satterly, Charles	Lancaster & Morecambe A/C								909		909
489.	Smith, Lester	U/A Lancaster, Lancashire									909	909
490.	Ellis, John	U/A Durham, County Durham							908			908
491.	Bell, Ian	U/A Carlisle,		907								907
492.	Prichard, Edward	U/A Manchester,			907							907
493.	Tomlinson, John	U/A Bolton,						907				907
494.	Wilson, Chris	U/A New Milton, Hants									907	907

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
495.	dodd, aaron	U/A whitley bay, tyne and wear			906							906
496.	Thompson, Paul	Hornsea Harriers			905							905
497.	Quinn, oliver	U/A London, Middlesex						905				905
498.	Ball, Michael	U/A Swindon, Wiltshire		904								904
499.	Wild, Tom	U/A Manchester , Cheshire				904						904
500.	Patel, Harshad	U/A WEST BROMWICH, West Midlands						904				904
501.	Wood, Lloyd	U/A Wylam, Northumberland								904		904
502.	Tarpey, Tony	Pensby					903					903
503.	Gaeta, Davide	U/A Manchester,						903				903
504.	Safrany, Ben	U/A Worskop, Notta					902					902
505.	Careless, Freddy	U/A Carnforth, Lancashire		902								902
506.	Baglee, David	U/A Penrith, Cumbria			902							902
507.	Truckle, Chris	U/A Preston, Lancashire									902	902
508.	Dallow, Jamie	Oswestry Olympians							901			901
509.	Revell, Mags	None		900								900
510.	Sowerby, Cameron	U/A Workington, Cumbria					899					899
511.	Brook, Julian	U/A Grundisburgh,		899								899
512.	Jempson, Ian	U/A Wigton,							899			899
513.	henworth, andy	U/A lancaster, lancashire								899		899
514.	Slaney, Steven	Fylde Tri Club									899	899
515.	Langdale, Nick	U/A Preston, Lancs			898							898
516.	Davenport, Ian	U/A Harrogate, North yorkshire									898	898
517.	Whyham, Russell	U/A Blackpool,				897						897
518.	Grundy, Darren	U/A Blackpool, Lancashire							897			897
519.	Clarke, Simon	Tri Lakeland		896								896
520.	Burkitt, Michael	U/A Lancaster						896				896
521.	Byron, Andrew	U/A London,									896	896
522.	Gourlay, Ross	Roundhay Runners		895								895
523.	Lindsay, Douglas	U/A Glasgow,						895				895
524.	Fishpool, Ryan	U/A Driffield, East Yorkshire			894							894
525.	White, Andy	U/A Stockport, Cheshire									894	894
526.	Willett, Jonathan	U/A Braco, Pethshire			893							893
527.	Appleton, Andrew	U/A Warrington, Cheshire						893				893



## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
528.	Cameron, James	U/A Carlisle, Cumbria		892								892
529.	Matthews, Harry	Elswick Harriers			892							892
530.	Robins, Ben	U/A Welwyn Garden City, Herts				892						892
531.	Bailey, David	U/A Burnley					891					891
532.	Brayshaw, Andy	U/A Kendal, Cumbria			891							891
533.	Acres, Jack	U/A Stockton-On-Tees,					890					890
534.	Pemberton, Mark	Trawden AC			888							888
535.	Kaye, Jonathan	U/A Windermere, Cumbria				888						888
536.	Sibson, Robin	U/A Derby, Derbyshire									888	888
537.	Swann, Tony	AlbaRosaCC				887						887
538.	Binks, Steve	U/A Kiegthley,						887				887
539.	Burnett, David	Clayton-le-Moors Harriers					886					886
540.	Phelps, Tim	Na							886			886
541.	Schaffer, Nicholas	U/A Millom, Cumbria							885			885
542.	Gilmer, Stephen	Goodgym					883					883
543.	Brookes, Nick	U/A Manchester ,						883				883
544.	Eggett, Chris	Northumberland Fell Runners								883		883
545.	Barrett, Neil	U/A Preston, Lancashire									883	883
546.	Davies, Owen	U/A Sedbergh,			881							881
547.	Johnston, Aidan	U/A workington, Cumbria						881				881
548.	Barton, Roy	U/A Leeds,								881		881
549.	Walker, Stewart	U/A Egremont, CUMBRIA			880							880
550.	Clayton, Andrew	U/A Blackpool,				880						880
551.	Jaques, Ric	U/A Brampton,									879	879
552.	Johnson, David	U/A Grasmere, Cumbria		878								878
553.	Huebner, Arne	U/A Frankfurt, Hessen							878			878
554.	Hodgson, Callum	U/A Arnside, Cumbria				877						877
555.	Wilson, Iain	U/A Glossop, Derbyshire						876				876
556.	Manderson, Ian	U/A Carnforth, Lancs							876			876
557.	Hudson, Joshua	Swad Joggers								876		876
558.	fisk, jonathan	U/A york,					875					875
559.	Brinkhuijsen, Michael	U/A Tarleton , Lancs		875								875
560.	Evans, Peter	Kings Heath Running Club			875							875

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
561.	Ward, Mike	U/A Prenton, Cheshire							875			875
562.	Hudson, Paul	Swad Joggers								875		875
563.	Thomson, John	U/A Penicuik, Midlothian					874					874
564.	Lowcock, Kieran	U/A Manchester, Greater Manchester							874			874
565.	de Paeztron, David	U/A London, England					873					873
566.	Walton, Matthew	U/A Carlisle , Cumbria		873								873
567.	Moor, James	Nativve		871								871
568.	Blundell, Mark	U/A Ormskirk , Lancashire				871						871
569.	Barrett, Paul	U/A Newton Mearns,								871		871
570.	Patterson, Keith	North Shields Poly			870							870
571.	Bidwell, Clement	U/A Salford,						870				870
572.	Horsman, Jim	U/A Witney,									870	870
573.	Adam, Matthew	U/A Christleton ,						867				867
574.	Mathews, Tim	U/A Port Sunlight, Wirral			866							866
575.	Allan, Richard	U/A Altrincham, Cheshire				866						866
576.	Wrennall, Jason	U/A Ormskirk, Lancashire						866				866
577.	Hunter, David	U/A London,							866			866
578.	Storey, Mark	U/A Newcastle, Tyne & Wear								866		866
579.	Gibson, Andrew	U/A Cockermouth, Cumbria					864					864
580.	Bethune, Iain	Run Sandymoor							864			864
581.	Graham, Stuart	U/A Dumfries,		863								863
582.	ciaramitaro, joseph	U/A tucson arizona,				863						863
583.	O'Grady, Peter	Red Rose Road Runners		862								862
584.	Allan, Simon	U/A Newcastle upon Tyne,				862						862
585.	Stevens, James	U/A Berkhamsted,						862				862
586.	Cummins, David	U/A chorley,									861	861
587.	Ryan, Alan	U/A York,					860					860
588.	clarke, callum	Lone Ranger						860				860
589.	MOORE, STEVEN	NORDIC WALKING UK					859					859
590.	Gelder, Tom	U/A Bury, Lancashire			858							858
591.	Arrowsmith, Jonny	U/A Manchester ,								858		858
592.	Hollis, Gary	U/A Kendal, Cumbria							857			857
593.	Holmes, Michael	U/A Carlisle, Cumbria								857		857

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
594.	Partington, Andrew	U/A Lancaster, Lancashire			856							856
595.	Munn, Paul	U/A Milton Keynes,						856				856
596.	Norton, Peter	U/A York,		855								855
597.	Whitton, Andrew	Lancaster & Morecambe			855							855
598.	Pyrah, Stewart	U/A Windermere, Cumbria									855	855
599.	McCormack, Mac	Red Rose Runners					854					854
600.	Forrest, Derek	U/A Hawick, Roxburghshire			854							854
601.	Blackledge, Peter Edward	U/A Congleton,								854		854
602.	Mitchell, Richard	U/A Kirkham, Lancashire		852								852
603.	Price, John	U/A Newcastle upon Tyne,									851	851
604.	Buchan, Scott	U/A Glasgow, Glasgow				850						850
605.	ryder, john	U/A wetherby,									849	849
606.	Cooke, David	U/A Bowness,		847								847
607.	Vardy, Sean	U/A Bacup, Lancashire			847							847
608.	Mason, Adam	U/A Wigan,		846								846
609.	Richmond, Gary	U/A Broadstairs, Kent							845			845
610.	Wilson, Martin	U/A Warton, Lancashire		844								844
611.	carruthers, barrie	U/A Carlisle, Cumbria		843								843
612.	Briffett, Colin	U/A Middleton, Lancashire		840								840
613.	McGleenan, Sean	Dumfries RC						840				840
614.	Harbour, Luke	U/A Rochdale ,						839				839
615.	Smits, Casper	U/A Nijmegen,								839		839
616.	Twitchett, Mark	U/A Leeds,			837							837
617.	Johnson, Stephen	U/A Harrogate, North Yorkshire		836								836
618.	Roche, Duncan	U/A Millom, Cumbria						836				836
619.	Crompton, Carl	U/A Near Kendal, Cumbria				835						835
620.	Hindmarsh, Norman	U/A Ashington, Northumberland									835	835
621.	Haslam, Mark	NA						834				834
622.	McCormack, Matthew	U/A Manchester,							833			833
623.	reed, peter	Northumberland Fell Runners									833	833
624.	McGregor, Iain	U/A Stockport,									832	832
625.	Yates, Dan	U/A Colwyn Bay,			830							830
626.	Longhorn, Brian	U/A Stockton on Tees, Cleveland						830				830

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
627.	Yates, Andrew	U/A Colwyn Bay Conwy			829							829
628.	Jones, Michael	Altrincham & District AC				829						829
629.	Cameron, Ian	U/A Fleetwood, Lancashire		828								828
630.	Singleton, Ross	U/A Bristol,									828	828
631.	Stanley, Adam	U/A Southport, Merseyside		827								827
632.	Waterhouse, Steve	U/A Blackpool ,						827				827
633.	Sharkey, Mike	Wigan							827			827
634.	Lyon, David	U/A Wigan, Lancs							826			826
635.	Dobbin, Mark	U/A Whitley Bay, Tyne and Wear			825							825
636.	bell, nick	unattached			823							823
637.	Stevens, Andrew	U/A Wigton, Cumbria							822			822
638.	Collison, Matthew	U/A Hemel Hempstead,									822	822
639.	Maxwell, Anthony	U/A Bolton,						821				821
640.	Wilkinson, David	U/A Southport , Merseyside								821		821
641.	Jesson, Mark	Pendle Forest Orienteers									821	821
642.	Chaplin-Brice, James	U/A Keswick,									819	819
643.	Finch, Darren	U/A Belton, North Lincs				818						818
644.	Brook, Graham	Wesham Road Runners						818				818
645.	churnside, robert	tri northumberland						817				817
646.	Riley, Sally	U/A Hawkshead, Cumbria									817	817
647.	Lawson, Tom	U/A Maryport, Cumbria									816	816
648.	Hartwell, Ian	U/A Manchester,				815						815
649.	stephenson, Craig	U/A leeds,		813								813
650.	Brookes, Martin	None						813				813
651.	Macfarlane, Stewart	U/A Hawarden, Flintshire		812								812
652.	Darby, Graham	Sledge field Harriers						812				812
653.	Platts, Graham	U/A Manchester,								812		812
654.	Rogers, James	Team inov-8.com				811						811
655.	Kearsley, Robert	U/A HEXHAM, Northumberland		809								809
656.	Hartley, James	U/A Kendal, Cumbria			809							809
657.	Payne, Robert	U/A Lancaster,							809			809
658.	bellis-jones, Paul	U/A Barrow In Furness, Cumbria		808								808
659.	Clement, Jon	U/A Kendal, Cumbria			808							808

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
660.	McIntyre, Nigel	U/A Longton, Lancashire		807								807
661.	Tolley, Keith	U/A Buxton,				807						807
662.	Fisher, David	U/A Kendal,				805						805
663.	edge, john	none		803								803
664.	Stevens, Mark	U/A Chorley, Lancashire								803		803
665.	Cox, John	U/A Penrith, Cumbria									803	803
666.	Shakespeare, James	U/A Nottingham, Nottinghamshire						801				801
667.	Shaw, Andy	U/A Newton - le - Willows, Merseyside									800	800
668.	Kendal, Kevin	Howgill Harriers				798						798
669.	Ashdown, Richard	U/A Carshalton, Surrey			797							797
670.	Jenkins, Tim	U/A Wallasey, Merseyside						795				795
671.	Kendal, Kev	Howgill Harriers							794			794
672.	coupe, graham	Wirral Vikings TRC									793	793
673.	Johnson, Allan	Lakeside Lincoln								792		792
674.	Butcher, Alex	U/A Ramsbottom ,							791			791
675.	Collett, Joe	U/A Manchester,						790				790
676.	Fisher, Graham	Biddulph Running Club									788	788
677.	Isaacs, Danny	U/A Wesham,							785			785
678.	Crombie, Ross	U/A West Bridgford,									784	784
679.	Dickson, Gavin	U/A Edinburgh,						783				783
680.	Meyrick, Kelly	U/A Kendal , Cumbria									783	783
681.	Mason, Scott	U/A Wigan, Lancashire		782								782
682.	Hindmarsh, Monique	U/A Ashington, Northumberland									782	782
683.	McDonald, Patrick	U/A Formby, Merseyside			781							781
684.	Gibson, Christopher	Shildon Athletic				781						781
685.	Jackson, Richard	U/A London,									780	780
686.	Britton, Mark	Border Harriers		778								778
687.	Thompson, Dave	U/A Stoke on Trent, Staffordshire			778							778
688.	Bide, John	U/A Wainfleet All Saints, Lincolnshire				778						778
689.	Shaw, Jonathan	U/A Macclesfield,				777						777
690.	Gilson, Jon	U/A Leek,			776							776
691.	Heap, Arran	U/A Blackpool, GB									775	775
692.	Rooney, Gerry	U/A Carlisle,									774	774

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
693.	Peacock, Owen	U/A Shipton by Beningbrough, North Yorkshire			772							772
694.	Elliott, Jason	U/A North Shields, Tyne and Wear								772		772
695.	Bradley, Claire	Warwickshire RC						771				771
696.	Wignall, Oliver	U/A Grange over sands , Cumbria		766								766
697.	thacker, gary	U/A mkt harborough, leics		763								763
698.	Alecock, Stephen	U/A Carlisle, Cumbria			762							762
699.	Holland, Michael	U/A Stockport,		761								761
700.	jackson, paul	U/A widnes, cheshire		760								760
701.	Walker, Karl	U/A Newcastle upon tyne, Tyne and wear								760		760
702.	Davidson, Jon	U/A Warrington,		759								759
703.	Babic, Dan	Independent				759						759
704.	Dobson, Andrew	U/A Kendal, Cumbria							758			758
705.	Cowan, Michael	Team cowan								758		758
706.	Fox, Paul	U/A Lancaster,							757			757
707.	FENNA, THOMAS	U/A ORMSKIRK, LANCASHIRE			755							755
708.	Fox, David	U/A Altrincham, Cheshire			754							754
709.	Hammill, John	Batala				754						754
710.	Ribchester, Andrew	U/A Ambleside								753		753
711.	Pickervance, Adam	U/A Preston , Lancs									751	751
712.	Rastelli, ROB	U/A Ulverston, Cumbria		750								750
713.	Swann, Matthew	St Helens Striders		745								745
714.	Harwood, Stephen	Keswick AC			745							745
715.	Barnes, Steve	U/A Newcastle upon Tyne,									745	745
716.	Hocking, John	U/A Lancaster,						742				742
717.	Cavner, Richard	Northumberland Fell Runners Association									742	742
718.	Aaron, Leon	U/A Blackpool , Lancashire						741				741
719.	Jones, Chris	U/A Bury, Greater Manchester				740						740
720.	jackson, malcolm	U/A congleton, cheshire		738								738
721.	Abrams, Paul	U/A St Helens, Lancs				736						736
722.	Gulliver, Nick	U/A London ,									735	735
723.	Bradshaw, Charles	U/A Workington, Cumbria			732							732
724.	Ellis, David	U/A Skipton, North Yorkshire				732						732
725.	Hancock, Benjamin	U/A MIDDLESBROUGH, CLEVELAND									732	732

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
726.	Davies, Mark	U/A Formby, Merseyside			728							728
727.	Carter, Matt	U/A Berkhamsted,									728	728
728.	Wileman, David	U/A Heswall,			727							727
729.	Townsend, Adam	U/A Radstock,		726								726
730.	Mack, John	U/A Sale,			725							725
731.	Gray, Michael	Thornton and cleveleys RC		723								723
732.	dobbs, joe	independent						723				723
733.	Swali, Surrinder	U/A Bolton,							723			723
734.	Osmond, Simon	U/A Carnforth, Lancashire		720								720
735.	Harrington, John	U/A Sheffield ,									713	713
736.	pople, richard	U/A Sheffield, South Yorkshire		712								712
737.	Petrik, Slavomir	U/A Hitchin, Hertfordshire				711						711
738.	Mcmahon, Lee	U/A Huthwaite, Nottingham								711		711
739.	Roe, Thomas	U/A Worcester,		710								710
740.	McMonagle, Paul	U/A Lytham St. Annes, Lancashire								709		709
741.	Church, Anthony	U/A Vigo Village Kent									708	708
742.	Hawthorne, Barry	U/A Castleford, West Yorkshire								708		708
743.	Butler, James	Red Rose Road Runers		705								705
744.	Stout, John	U/A Leigh, Greater Manchester									705	705
745.	cass, dylan	mersey tri						701				701
746.	Osborne, Matt	Team Ella			700							700
747.	Hancock, Paul	Wigan harriers			697							697
748.	Barnes, Anthony	U/A London,									692	692
749.	Heap, Paul	Bowland Pennine Mountain Rescue Team									690	690
750.	polley, caleb	U/A Stockport,		689								689
751.	Wright, Nick	U/A Ambleside,				688						688
752.	Woodhead, Jonathan	U/A Grange Over Sands,			687							687
753.	Littlefield, Paul	U/A Bolton,		684								684
754.	Johannessen, Christian	U/A Odense,									684	684
755.	Southern, Neil	U/A Frodsham,		683								683
756.	Fuglsang Klicman, Mike Oliver	U/A Odense V, Fyn									683	683
757.	Clague, Eddie	U/A Manchester, Lancashire			682							682
758.	Wilson, Sam	U/A Manchester,			680							680

## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
759.	Bamber, Paul	U/A Altrincham,			679							679
760.	Thornber, Mark	U/A Arnside, Cumbria									679	679
761.	collins, shane	red rose road runners		678								678
762.	Fleming, Nick	U/A Largs ,			678							678
763.	Berry, Phil	U/A Ormskirk ,		677								677
764.	Lomas, David	U/A Rochdale , Greater Manchester				674						674
765.	Charles, Jacq	Wirral Vikings TRC		673								673
766.	Rattray, Callum	U/A Stockton-on-Tees, Teesside						671				671
767.	Palmer, Andrew	U/A Walsall,						670				670
768.	Caspi, Alon	Mornington Chasers									670	670
769.	Staniard, William	Stockport Tri Club		669								669
770.	Gibbins, Paul	U/A Grimsby, North East Lincs				666						666
771.	Lamb, Darren	U/A Preston, Lancashire		663								663
772.	Anderson, Neil	U/A Preston, Lancs				661						661
773.	Chapple, John	U/A Brentwood,			652							652
774.	Oliver, Richard	U/A London,						646				646
775.	Rainger, David	U/A Wigan, Lancashire		645								645
776.	Midgley, David	U/A YORK, North Yorkshire			645							645
777.	Wilkinson, Paul	U/A Stanley, County Durham				645						645
778.	Ashford, Chris	Teesdale AC									642	642
779.	Cummings, Mark	U/A St. Helens, Merseyside			640							640
780.	WOODS, ANDREW	Fell Striders			638							638
781.	Mclean, Jim	Red Rose Road Runners		636								636
782.	Wilson, Nick	Wirral Vikings									634	634
783.	Barnes, David	Red Rose		631								631
784.	Bowden, Joshua	U/A SELBY, North Yorkshire				630						630
785.	Richardson, Anthony	U/A Altrincham,		626								626
786.	Carruthers, Marc	U/A Stonehaven,			624							624
787.	Pargeter, Gary	U/A Northwich, Cheshire		622								622
788.	Christmas, David	U/A Kidderminster,			620							620
789.	Shaw, James	U/A Gateshead,									614	614
790.	Pugh, Richard	Tri Preston		608								608
791.	Grimwade, Samuel	U/A High Wycombe, Buckinghamshire									606	606



## 2018 Series Results

### Lakeland Trails 2018 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
792.	Harland, Philip	U/A Warrington, Cheshire		605								605
793.	Smith, Andy	Victoria Park Running Club		604								604
794.	Sutton, Paul	U/A Manchester,		597								597
795.	Nicholson, David	Team Cropper			596							596
796.	Aked, Mark	U/A Silsden, West Yorkshire								596		596
797.	Reid, Stephen	U/A Manchester, Greater Manchester			595							595
798.	Hutchinson, Mark	U/A Hull,		586								586
799.	Stevenson, Graham	U/A euxton chorley, Lancashire		585								585
800.	Miller, Ian	Stevenson's rockets		584								584
801.	Hagger, Graham	U/A Leigh,			583							583
802.	Lomas, Martin	U/A Warrington, Cheshire			578							578
803.	Murray, Sam	U/A Manchester,		574								574
804.	Seddon, Fred	U/A Richmond, North Yorkshire			569							569
805.	Barker, Richard				568							568
806.	Smith, James	U/A Congleton,		557								557
807.	ovans, simpson	U/A malvern,		555								555
808.	Ramshaw, Christopher	U/A Newcastle Upon Tyne, Tyne and Wear			553							553
809.	Roberts, Andrew	U/A Leeds,		542								542
810.	Dean, Jim	U/A Kendal, Cumbria		524								524
811.	Rigby, Ian	U/A Widnes, Cheshire		501								501
812.	Townsend, Alan	U/A Radstock,		497								497
813.	Pyke, Christopher	U/A Manchester,		493								493
814.	Cartwright, Matt	U/A Preston, Lancashire		487								487
815.	Lord, Michael	Beeston AC		483								483
816.	Barker, Tex	VPRC		465								465

Number of records: 816