

## Lakeland Trails in Coniston

## Coniston Trail Race 15km

| Pos                             | Bib | Name                   | M/F | Age Cat         | Club                                 | Finish Time |
|---------------------------------|-----|------------------------|-----|-----------------|--------------------------------------|-------------|
| <b>Coniston Trail Race 15km</b> |     |                        |     |                 |                                      |             |
| 1.                              | 3   | Joe Kenny              | m   |                 | U/A Ambleside                        | 1:00:35     |
| 2.                              | 251 | Victoria Wilkinson     | f   | Lady Veteran 40 | Team inov-8.com                      | 1:02:25     |
| 3.                              | 147 | Stephen McCarron       | m   | Veteran 40      | Team inov-8.com                      | 1:02:52     |
| 4.                              | 144 | Andrew McCarron        | m   | Veteran 40      | Queens Park Harriers                 | 1:02:52     |
| 5.                              | 11  | Daniel Abbas           | m   |                 | U/A Manchester,                      | 1:03:51     |
| 6.                              | 651 | Annie Conway           | f   |                 | Ambleside RC                         | 1:04:11     |
| 7.                              | 186 | Ian Pickett            | m   | Veteran 40      | Tyne Bridge Harriers                 | 1:04:30     |
| 8.                              | 216 | Oliver Smith           | m   |                 | U/A Leeds,                           | 1:04:48     |
| 9.                              | 114 | Steven Henderson       | m   |                 | Sale Harriers Manchester             | 1:04:55     |
| 10.                             | 198 | Paul Reilly            | m   | Veteran 40      | Helm Hill                            | 1:05:17     |
| 11.                             | 125 | Sophie Kelly           | f   | Lady Veteran 40 | Resolution Runners Newton Le Willows | 1:06:18     |
| 12.                             | 162 | Oliver Newell          | m   |                 | thame runners                        | 1:07:23     |
| 13.                             | 160 | Chris Neil             | m   |                 | Barrow Runners                       | 1:07:32     |
| 14.                             | 142 | Craig Marsh            | m   |                 | Keswick AC                           | 1:07:55     |
| 15.                             | 95  | Kevin Garlick          | m   |                 | Bingley Harriers                     | 1:07:56     |
| 16.                             | 37  | Charles Brister        | m   |                 | BMF Glasgow                          | 1:07:59     |
| 17.                             | 208 | Timothy Santon         | m   |                 | U/A Leamington Spa,                  | 1:08:00     |
| 18.                             | 130 | Martin Klavon          | m   |                 | U/A Huddersfield, West Yorkshire     | 1:08:03     |
| 19.                             | 16  | James Ashworth         | m   |                 | Yorkshire Regiment                   | 1:08:36     |
| 20.                             | 228 | Adam Taylor            | m   |                 | Kendal AAC                           | 1:09:01     |
| 21.                             | 225 | Louise Stubbings       | f   |                 | U/A Egremont, Cumbria                | 1:09:02     |
| 22.                             | 191 | charlie puche          | m   |                 | thame runners                        | 1:09:18     |
| 23.                             | 25  | Mark Blackwell         | m   | Veteran 40      | WestCumbriaTri                       | 1:10:14     |
| 24.                             | 27  | Matthew Blakeley       | m   | Veteran 40      | Roundhay Runners                     | 1:10:18     |
| 25.                             | 161 | John Nelson            | m   | Veteran 60      | Alchester running club               | 1:10:19     |
| 26.                             | 148 | Chris McDonald         | m   | Veteran 50      | U/A Carlisle, Cumbria                | 1:11:15     |
| 27.                             | 140 | Jonathon Male          | m   | Veteran 40      | Barrow Runners                       | 1:11:25     |
| 28.                             | 127 | Richard Kenyon         | m   |                 | U/A Preston, Lancashire              | 1:12:21     |
| 29.                             | 175 | andy pace              | m   | Veteran 40      | thame runners                        | 1:12:25     |
| 30.                             | 158 | Pauline Munro          | f   | Lady Veteran 40 | Ilkley harriers                      | 1:12:45     |
| 31.                             | 214 | Chris Smith            | m   |                 | Keswick AC                           | 1:12:57     |
| 32.                             | 26  | Tanya Blake            | f   | Lady Veteran 40 | Stainland lions                      | 1:13:31     |
| 33.                             | 200 | Michael Richardson     | m   | Veteran 40      | n/a                                  | 1:14:22     |
| 34.                             | 38  | Graham Britton         | m   | Veteran 60      | U/A Kendal, Cumbria                  | 1:14:27     |
| 35.                             | 152 | Craig Miller           | m   | Veteran 40      | Stainland Lions                      | 1:14:35     |
| 36.                             | 240 | Alastair Vale          | m   | Veteran 40      | U/A Knutsford, Cheshire              | 1:15:06     |
| 37.                             | 119 | Heather Hughes         | f   |                 | Manchester YMCA Harriers             | 1:15:12     |
| 38.                             | 222 | Ian Stainthorpe        | m   | Veteran 50      | Rochdale Harriers                    | 1:15:25     |
| 39.                             | 221 | Adrian Spencer         | m   | Veteran 40      | Barrow Runners                       | 1:15:31     |
| 40.                             | 241 | Harry Vaneris          | m   |                 | U/A London,                          | 1:16:12     |
| 41.                             | 193 | Andrew Pye             | m   | Veteran 40      | U/A Kendal, Cuumbria                 | 1:16:25     |
| 42.                             | 188 | Jonathan Poirrette     | m   | Veteran 50      | U/A Windermere, Cumbria              | 1:16:50     |
| 43.                             | 115 | Darren Hendley         | m   | Veteran 40      | York Knavesmire Harriers             | 1:17:07     |
| 44.                             | 52  | Andrew Christie        | m   |                 | Red Rose Road Runners                | 1:17:34     |
| 45.                             | 118 | Adrian Hope            | m   | Veteran 40      | Team inov-8.com                      | 1:17:40     |
| 46.                             | 151 | Kevin Melling          | m   | Veteran 40      | Team Lakeland Trails                 | 1:17:52     |
| 47.                             | 184 | Bruce Penhale          | m   | Veteran 50      | Trafford AC                          | 1:18:26     |
| 48.                             | 111 | Christopher Hargreaves | m   |                 | Red rose runners                     | 1:18:41     |
| 49.                             | 223 | Joe Steele             | m   | Veteran 40      | U/A LEEDS, West Yorkshire            | 1:18:42     |
| 50.                             | 121 | Niamh Jackson          | f   |                 | Kirkstall Harriers                   | 1:18:43     |
| 51.                             | 203 | Martyn Robinson        | m   | Veteran 40      | Lower Hardhorn AC                    | 1:19:18     |
| 52.                             | 212 | faye sharpley          | f   |                 | thame runners                        | 1:19:19     |
| 53.                             | 176 | Mike Page              | m   |                 | U/A Lancaster,                       | 1:19:35     |
| 54.                             | 74  | Matt Devlin            | m   |                 | U/A Hoddesdon,                       | 1:19:44     |
| 55.                             | 13  | John Allen             | m   | Veteran 50      | Red Rose Road Runners                | 1:20:01     |
| 56.                             | 171 | Robert Overton         | m   | Veteran 40      | U/A Huddersfield ,                   | 1:20:22     |
| 57.                             | 224 | Tom Stratton           | m   |                 | U/A Manchester,                      | 1:20:31     |
| 58.                             | 129 | James Kidd             | m   |                 | U/A Chester ,                        | 1:20:42     |
| 59.                             | 53  | Kawai Chung            | m   | Veteran 40      | Mornington Chasers                   | 1:20:54     |
| 60.                             | 78  | Alice Du Vivier        | f   |                 | U/A Durham, County Durham            | 1:21:01     |
| 61.                             | 82  | Mark Emmett            | m   | Veteran 50      | Thame Runners                        | 1:21:27     |
| 62.                             | 72  | Stephen Davenport      | m   | Veteran 40      | U/A Warrington,                      | 1:21:32     |
| 63.                             | 219 | Alan Smitheman         | m   | Veteran 40      | Loftus & Whitby ac                   | 1:21:45     |
| 64.                             | 246 | Andy Whitlock          | m   |                 | U/A Lymm, Cheshire                   | 1:21:45     |
| 65.                             | 35  | Siobonne Brewster      | f   | Lady Veteran 40 | U/A Carlisle, Cumbria                | 1:21:49     |
| 66.                             | 122 | leslie johnson         | m   | Veteran 50      | Northwich Running Club               | 1:21:51     |
| 67.                             | 30  | Chris Bowker           | m   |                 | Lytham St Anne's Road Runners Club   | 1:22:06     |
| 68.                             | 196 | Ian Rattray            | m   | Veteran 40      | Colchester Harriers AC               | 1:22:31     |
| 69.                             | 253 | David Wilson           | m   | Veteran 40      | Woo Haa Runnit                       | 1:22:33     |
| 70.                             | 239 | Andrew Unitt           | m   | Veteran 60      | Barrow Runners                       | 1:22:36     |
| 71.                             | 133 | Ralph Leech            | m   |                 | U/A Bristol,                         | 1:22:36     |
| 72.                             | 43  | Aarron Butterworth     | m   |                 | U/A Northallerton, N Yorkshire       | 1:22:43     |
| 73.                             | 187 | Chris Pilkington       | m   |                 | U/A Preston, Lancashire              | 1:22:48     |
| 74.                             | 83  | Melanie Eyre           | f   |                 | U/A Guildford,                       | 1:22:48     |
| 75.                             | 169 | peter osborne          | m   |                 | U/A Reading, Berkshire               | 1:22:49     |

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|------|-----|------------------------|-----|-----------------|---------------------------------------|-------------|
| 76.  | 195 | Tom Ratcliffe          | m   |                 | U/A Baildon,                          | 1:22:50     |
| 77.  | 87  | Joseph Fisher          | m   |                 | U/A Harrogate,                        | 1:23:03     |
| 78.  | 61  | nathan cornish         | m   | Veteran 40      | U/A Staveley,                         | 1:23:07     |
| 79.  | 84  | Laura Fairhurst        | f   |                 | Altrincham AC                         | 1:23:17     |
| 80.  | 57  | sam colman             | m   | Veteran 40      | U/A otley, yorkshire                  | 1:23:32     |
| 81.  | 120 | Beverley Jackson       | f   | Lady Veteran 50 | Altrincham And District Athletic Club | 1:23:34     |
| 82.  | 90  | Megan Fitzpatrick      | f   |                 | Team inov-8.com                       | 1:24:26     |
| 83.  | 23  | Kirsten Bell           | f   |                 | N/A                                   | 1:24:33     |
| 84.  | 71  | Sam Dabin              | m   |                 | U/A Harrogate,                        | 1:24:36     |
| 85.  | 104 | Paul Gunn              | m   | Veteran 50      | BMF Glasgow                           | 1:24:42     |
| 86.  | 112 | Louise Harman          | f   |                 | Barrow Runners                        | 1:24:58     |
| 87.  | 237 | Rob Tweddle            | m   |                 | Cumberland AC                         | 1:25:00     |
| 88.  | 192 | emma pughe             | f   |                 | thame runners                         | 1:25:12     |
| 89.  | 230 | Andrew Taylor          | m   | Veteran 40      | Running 4CF                           | 1:25:30     |
| 90.  | 242 | Robin Walker           | m   |                 | U/A Manchester,                       | 1:25:32     |
| 91.  | 49  | Gary Cattermole        | m   | Veteran 50      | U/A Kendal, cumbria                   | 1:25:33     |
| 92.  | 213 | Catherine Smith        | f   |                 | U/A Leeds,                            | 1:25:34     |
| 93.  | 249 | Emily Wilford          | f   |                 | U/A Bristol,                          | 1:25:36     |
| 94.  | 76  | Richard Downey         | m   |                 | U/A Cockermouth, Cumbria              | 1:25:52     |
| 95.  | 86  | Deborah Farrington     | f   | Lady Veteran 40 | U/A Southport , Merseyside            | 1:25:53     |
| 96.  | 48  | Toby Casstles          | m   |                 | U/A Rainford, Merseyside              | 1:26:15     |
| 97.  | 34  | keith brewster         | m   | Veteran 60      | U/A leeds,                            | 1:26:33     |
| 98.  | 24  | Stuart Bell            | m   | Veteran 60      | Kendal AC                             | 1:26:43     |
| 99.  | 89  | Emily Fitzherbert      | f   | Lady Veteran 40 | Helm Hill                             | 1:26:48     |
| 100. | 131 | Chee Lau               | m   | Veteran 40      | U/A Morecambe                         | 1:26:58     |
| 101. | 45  | Chris Calderbank       | m   |                 | U/A Manchester,                       | 1:27:15     |
| 102. | 41  | Keith Butler           | m   | Veteran 40      | U/A Preston, Lancashire               | 1:27:31     |
| 103. | 51  | Rosie Christiansen     | f   |                 | U/A witherslack, cumbria              | 1:27:34     |
| 104. | 31  | Philip Boylin          | m   | Veteran 40      | U/A Hexham, Northumberland            | 1:27:45     |
| 105. | 197 | Darren Readman         | m   | Veteran 40      | Thame runners                         | 1:28:02     |
| 106. | 117 | Christian Hook         | m   | Veteran 40      | Chorlton Runners                      | 1:28:07     |
| 107. | 155 | Jimmy Mo               | m   | Veteran 50      | U/A Manchester,                       | 1:28:37     |
| 108. | 190 | Berwyn Pritchard-Jones | m   | Veteran 40      | thame runners                         | 1:28:38     |
| 109. | 185 | Rachael Perowne        | f   | Lady Veteran 40 | Tyne Bridge Harriers                  | 1:28:52     |
| 110. | 180 | Huw Parry              | m   | Veteran 50      | North Shields Polytechnic             | 1:28:55     |
| 111. | 234 | Mike Thomson           | m   | Veteran 40      | Lower Hardhorn AC                     | 1:28:57     |
| 112. | 206 | Michael Rogers         | m   | Veteran 40      | None                                  | 1:29:00     |
| 113. | 46  | Daniel Calderbank      | m   |                 | U/A Wigan, Lancashire                 | 1:29:05     |
| 114. | 250 | Andrew Wilkinson       | m   | Veteran 50      | U/A Stanley, Co Durham                | 1:29:19     |
| 115. | 77  | David Draper           | m   | Veteran 40      | U/A Ecclestone, Lancs                 | 1:29:21     |
| 116. | 145 | Bernard McCarron       | m   | Veteran 50      | Macclesfield Harriers                 | 1:29:22     |
| 117. | 80  | Brandon Ellis          | m   | Veteran 50      | Manx Tri Club                         | 1:29:30     |
| 118. | 149 | carys mcgowan          | f   |                 | Trilakeland                           | 1:29:41     |
| 119. | 168 | Robbie Oliver          | m   |                 | U/A Lancaster,                        | 1:30:01     |
| 120. | 134 | Stephen Lester         | m   | Veteran 60      | U/A Ross-on-Wye, Herefordshire        | 1:30:11     |
| 121. | 137 | Mike Lloyd             | m   |                 | U/A Ossett,                           | 1:30:14     |
| 122. | 136 | Caroline Lloyd         | f   | Lady Veteran 40 | U/A Ossett,                           | 1:30:31     |
| 123. | 66  | Jonathan Crawley       | m   | Veteran 50      | U/A Kenilworth, Warwickshire          | 1:30:36     |
| 124. | 135 | Dan Lewis              | m   | Veteran 40      | Keswick AC                            | 1:30:54     |
| 125. | 62  | Roger Cornthwaite      | m   |                 | U/A Preston, lancashire               | 1:31:05     |
| 126. | 181 | Neil Paterson          | m   | Veteran 60      | U/A Hexham, Northumberland            | 1:31:06     |
| 127. | 59  | steph cooke            | f   | Lady Veteran 50 | thame runners                         | 1:31:10     |
| 128. | 227 | Mike Swift             | m   | Veteran 60      | U/A Manchester, Manchester            | 1:31:11     |
| 129. | 218 | Paul Smitham           | m   | Veteran 50      | GMFRS                                 | 1:31:20     |
| 130. | 215 | Elizabeth Smith        | f   |                 | U/A Kelso, Roxburghshire              | 1:31:33     |
| 131. | 33  | Joseph Brereton        | m   |                 | N/a                                   | 1:31:47     |
| 132. | 124 | Rob Kedian             | m   | Veteran 40      | Manchester YMCA Harriers              | 1:32:17     |
| 133. | 150 | Kay McGreevy           | f   | Lady Veteran 50 | BMF Glasgow                           | 1:32:17     |
| 134. | 172 | Suzu Overton           | f   | Lady Veteran 40 | U/A Huddersfield ,                    | 1:32:27     |
| 135. | 97  | Stephanie Goodchild    | f   | Lady Veteran 50 | Manchester YMCA Harriers              | 1:32:32     |
| 136. | 248 | Martyn Wigglesworth    | m   | Veteran 40      | U/A Richmond,                         | 1:33:04     |
| 137. | 154 | Iain Mitchell          | m   |                 | Red Rose Road Runners                 | 1:33:10     |
| 138. | 28  | Jason Borrill          | m   | Veteran 40      | U/A Littleborough, Lancashire         | 1:33:21     |
| 139. | 132 | Ben Laws               | m   |                 | U/A Barrow In Furness,                | 1:33:24     |
| 140. | 178 | Emma Parkin            | f   | Lady Veteran 40 | Stratford AC                          | 1:33:27     |
| 141. | 201 | Alice Ridout           | f   | Lady Veteran 40 | U/A Hilton Beach, Ontario             | 1:33:27     |
| 142. | 110 | Aaron Hargreaves       | m   |                 | U/A Huddersfield, West Yorkshire      | 1:33:38     |
| 143. | 102 | sarah grimes           | f   | Lady Veteran 40 | thame runners                         | 1:33:46     |
| 144. | 123 | Paul Kain              | m   | Veteran 40      | Team inov-8.com                       | 1:33:47     |
| 145. | 54  | Allan Clarke           | m   |                 | U/A Wigan, Lancs                      | 1:33:47     |
| 146. | 141 | Tiffany Mallender      | f   | Lady Veteran 40 |                                       | 1:33:47     |
| 147. | 194 | Monique Raaijmakers    | f   | Lady Veteran 50 | Barrow Runners                        | 1:34:17     |
| 148. | 17  | Rebecca Atkinson       | f   |                 | U/A Kendal, Cumbria                   | 1:34:39     |
| 149. | 15  | MICHAEL ARMSTRONG      | m   | Veteran 50      | sunderland strollers                  | 1:34:41     |
| 150. | 20  | Elaine Ball            | f   | Lady Veteran 40 | NYP TRI                               | 1:34:45     |
| 151. | 220 | gavin souter           | m   | Veteran 40      | thame runners                         | 1:34:51     |
| 152. | 243 | Michael Wallach        | m   |                 | U/A London ,                          | 1:35:10     |
| 153. | 98  | Ross Gourlay           | m   | Veteran 40      | Roundhay Runners                      | 1:35:44     |

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|------|-----|-------------------|-----|-----------------|-------------------------------------|-------------|
| 154. | 202 | Julie Robertson   | f   | Lady Veteran 40 | U/A Manchester , Greater Manchester | 1:35:55     |
| 155. | 19  | Katherine Baines  | f   |                 | U/A Manchester,                     | 1:35:55     |
| 156. | 254 | Diane Wilson      | f   | Lady Veteran 40 | U/A Richmond, North Yorkshire       | 1:36:04     |
| 157. | 96  | rosanne gittins   | f   | Lady Veteran 40 | keswick ac                          | 1:37:32     |
| 158. | 68  | David Cummins     | m   | Veteran 40      | U/A chorley,                        | 1:37:36     |
| 159. | 209 | Graham Schofield  | m   | Veteran 60      | Chorley Harriers                    | 1:38:14     |
| 160. | 204 | Dave Robson       | m   | Veteran 50      | Barrow Runners                      | 1:38:23     |
| 161. | 165 | Valerie O'Donnell | f   | Lady Veteran 50 | U/A Lancaster                       | 1:39:02     |
| 162. | 29  | Kate Bowden       | f   | Lady Veteran 40 | U/A Glossop, Derbyshire             | 1:39:08     |
| 163. | 244 | David Walsh       | m   | Veteran 50      | U/A Walkden, Manchester             | 1:39:35     |
| 164. | 177 | Lynsey Parker     | f   | Lady Veteran 40 | Maryhill harriers                   | 1:40:25     |
| 165. | 231 | lorna taylor      | f   |                 | Red Rose road runners               | 1:40:36     |
| 166. | 138 | Emma Lynch        | f   |                 | U/A Mold,                           | 1:41:21     |
| 167. | 100 | julie graham      | f   | Lady Veteran 50 | Garstang                            | 1:41:46     |
| 168. | 139 | Trevor Mackay     | m   | Veteran 40      | U/A Edinburgh,                      | 1:42:19     |
| 169. | 103 | lisa guenther     | f   |                 | U/A lancaster, Lancashire           | 1:46:02     |
| 170. | 170 | Greg Oulton       | m   | Veteran 50      | Lytham St Annes Road Runners        | 1:46:34     |
| 171. | 44  | Allan Calderbank  | m   | Veteran 60      | U/A Wigan, Lancashire               | 1:47:46     |
| 172. | 113 | John Harris       | m   |                 | U/A Bradford, County (optional)     | 1:48:38     |
| 173. | 252 | Mandy Williams    | f   | Lady Veteran 40 | U/A Malvern, Worcestershire         | 1:48:45     |
| 174. | 173 | Lucy Owens        | f   | Lady Veteran 40 | Stockton Striders                   | 1:48:45     |
| 175. | 174 | Sophie Owens      | f   |                 | Stockton Striders                   | 1:48:51     |
| 176. | 85  | Susan Fallon      | f   | Lady Veteran 50 | Thame Runners                       | 1:48:55     |
| 177. | 12  | Ruth Akers        | f   |                 | U/A                                 | 1:51:59     |
| 178. | 39  | Julian Brook      | m   | Veteran 40      | U/A Grundisburgh,                   | 1:55:58     |
| 179. | 65  | Jane Crawley      | f   | Lady Veteran 50 | U/A Kenilworth, Warwickshire        | 1:57:51     |
| 180. | 238 | Mark Twitchett    | m   | Veteran 40      | U/A Leeds,                          | 1:59:02     |
| 181. | 106 | Sarah Hall        | f   | Lady Veteran 40 | U/A Leeds,                          | 1:59:03     |
| 182. | 101 | Sam Green         | m   |                 | Team inov-8.com                     |             |

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