

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
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1.	Grisedale, Jo	Team inov-8	975	983	977	991	979	984	982	984	7855
2.	Appleby, Kathy	U/A Lancaster, Lancashire	969	971	972	993	987	983	978	982	7835
3.	Turner, Jean	Telford Harriers	960	976	957	975	927	953	940	953	7641
4.	Sharp, Susan	U/A Wakefield, west Yorkshire	919	936	895	969	924	919	924	939	7425
5.	Thornycroft, Deborah	U/A Stoke on Trent, Staffs	818	866	827	952	913	905	919	935	7135
6.	Brookfield, Hannah	U/A Aughton, Lancashire	995	998	990		991	995	951	878	6798
7.	Davies, Christina	U/A Bishop Auckland, Durham	783	827	778	918	800	844	827	863	6640
8.	Crate, Beverley	U/A Bedlington , Northumberland	820	898	844		903	888	896	924	6173
9.	Anton, Susie	Susie Anton PT and Fitness		993	981		994	993	994	996	5951
10.	Myatt, Ann	Cheadle	766	813		916	787	849	831	854	5816
11.	Krynen, Hilde	U/A Kendal, Cumbria	937	977	929			965	948	945	5701
12.	Frank, Jackie	U/A Redcar,	953		923		926	954	939	961	5656
13.	RICKARDS COLLINSON, EDWINA	CROCWALKERS	713	789	760		803	846	829	866	5606
14.	Thompson, Liane	U/A Barrow-in-Furness, Cumbria	784	844	798		824		877	896	5023
15.	Johnson, Karen	U/A Ulverston	993	997			995	996	997		4978
16.	Ashton, Laura	U/A Telford, Shropshire		989			983	988	993	991	4944
17.	Miller, Allyson	U/A Chorley, Lancashire	725	786	769	915	815	839			4849
18.	Beresford, Amanda	U/A	754	800	780		807		833	873	4847
19.	Winter, Louise	Keswick AC		1000		1000		840	995	992	4827
20.	Spratt, Shirley	U/A Congleton, Cheshire	938	955	938		976	978			4785
21.	McIntosh, Sophie	U/A Burnley, Lancashire	899	926	853		953	948			4579
22.	Cummings, Vicki	U/A Lytham,	849	899	861	951	915				4475
23.	grimes, jeanette	U/A prescot, merseyside	870	882		950	835	908			4445
24.	Pilkington, Laura	Miss		869	847			907	888	922	4433
25.	Bowerman, Helen	U/A York,		867	826		873	896	904		4366
26.	Stavert, Rachel	Allithwaite	776		856	953		881	880		4346
27.	Dewhurst, Victoria	U/A Bolton, Lancs	837	877	822			884	898		4318
28.	Kay, Nicola	Horwich RMI Harriers	817	878	807		858	889			4249
29.	Braddon, Karen	Crocwalkers	702	780				830	816	849	3977
30.	Satterly, Holly	Lancaster & Morecambe AC		995	983				990	993	3961
31.	Phillips, Louisa	U/A Manchester, Greater Manchester		994	982			989	991		3956
32.	Dyson, Sadie	U/A ROSSENDALE, LANCASHIRE	981		965		978		973		3897

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33.	Parry, Susanne	U/A Carlisle,	950		943		950			965	3808
34.	Greeson, Karen	U/A St. Bees, Cumbria		931	908		975			981	3795
35.	Irving, Beth	U/A Carlisle,	916				943	929	953		3741
36.	Richardson, Jennifer	U/A Near Kendal, Cumbria	930	944	924					938	3736
37.	McAninly, Abigail	Durham	942		879		930		947		3698
38.	Cihlar, adele	U/A Prestwich , Manchester	924		906		899		915		3644
39.	Reynolds, Jodie	U/A Rochdale,	939		888		898		906		3631
40.	cuthbert, catherine	wallasey ac	893	922	890			875			3580
41.	Aitken, Anna	U/A West Linton,					874	879	890	914	3557
42.	Mather, Lisa	U/A Stockport, Cheshire	846				852		879	912	3489
43.	Bonner, Clair	U/A Keighley, West Yorkshire		845			825		920	895	3485
44.	Averill, Susan	Notts Women's Runners	809	884	833					943	3469
45.	Burns, Gill	U/A Edgworth,			830		855		859	900	3444
46.	Jimenez, Lola	U/A Southport, Merseyside		849	791				828	864	3332
47.	Henniker, Victoria	Warrington Running Club	782	862	799		864				3307
48.	Skelton, Angela	Me	806	829	789			848			3272
49.	Willoughby, Becky	Helm Hill	743	798					830	851	3222
50.	Stockton, Niki	U/A Manchester,	723				808	842	819		3192
51.	Carr, Dot	U/A harrogate, yorkshire	699	781	748	902					3130
52.	henderson, margaret	U/A warton, lancs	998	999			998				2995
53.	France, Katherine	U/A Kendal, Cumbria		986	985	998					2969
54.	Duncanson, Helen	St bees triers	978	988			989				2955
55.	Barton, Sally	Hoad Hill Harriers	979		953	994					2926
56.	Simmons, Lizzie	U/A Ulverston ,	973	966		985					2924
57.	Bonham, Helen	U/A Barrow-In-Furness , Cumbria			979			974	946		2899
58.	Horn, Fatima	Rothwell Harriers	943	982	964						2889
59.	Lord, Sarah	U/A CARLISLE, Cumbria	976	962	950						2888
60.	Charles, Jacq	Wirral Vikings TRC	921						970	975	2866
61.	McBride, Sandy	U/A London, London			949				960	950	2859
62.	Johnson, Hilary	U/A London,			947				961	949	2857
63.	Richardson, Susan	St Bees Triers	958	963	927						2848
64.	Webb, Gillian	U/A Urmston , Greater Manchester					931	976	941		2848
65.	Swann, Nicola	Otley A.C.	936				947	964			2847

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Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
66.	Storey, Anna	U/A Whitley Bay, Tyne And Wear	927		931			985			2843
67.	Lancaster, Andrea	U/A Congleton, Cheshire			939		942	962			2843
68.	Dinsdale, Nicola	Ribble valley Tri Club	931	953				947			2831
69.	Jerram, Melanie	Strathaven Striders		900				967	956		2823
70.	Sanders, Josephine	U/A Glossop, Derbyshire			905		948		963		2816
71.	Cattermole, Emma	Women On The Run			903	958	949				2810
72.	Pearson, Emma	U/A Carlisle, Cumbria	945				914	950			2809
73.	Haggerty, Catherine	U/A St Helens, Merseyside		930	911		946				2787
74.	Halhead, Gillian	U/A Carnforth, Lancs	903		920		962				2785
75.	Robinson, Nathalie	Roefield Run Club			870				945	957	2772
76.	McBlane, Kate	U/A Derby, Derbyshire			876	961	918				2755
77.	Whitfield, Nicola	U/A Helsby, Cheshire		883		937			927		2747
78.	Batt, Jayne	U/A York,		891			925		925		2741
79.	Hammond-Price, Claudia	U/A Cheadle Hulme, Cheshire		903	860		966				2729
80.	Griffiths, Tricia	U/A Lancaster,	915	937	866						2718
81.	Thacker, Emma	U/A Kendal, Cumbria	883		889			942			2714
82.	Gilgeous, Sian	Susie Anton Ladies On The Run					854		918	920	2692
83.	Gunn, Carol	St bees triers	957	964	768						2689
84.	Green, Suzanne	Fylde Coast Runners						885	885	916	2686
85.	Smythe, Katy	Me	888	909	885						2682
86.	Cook, Mags	Roundhay Runners	830		912			939			2681
87.	Navesey, Bev	U/A Lewes, Sussex						869	887	904	2660
88.	Swann, Penny	U/A Lancaster,		881		919	857				2657
89.	Thorn, Heather	Women on the run	741	932	937						2610
90.	Robinson, Louise	WotR Kendal	844	893	869						2606
91.	Bamber, Liz	Lancaster Women's Running Club	867	840	883						2590
92.	Taylor, Jane	Women on the Run - Preston	866	839	882						2587
93.	Cummings, Deborah	U/A St. Helens, Merseyside		850	821		892				2563
94.	Davies, Jane	U/A Manchester,	819				845	874			2538
95.	Higgins, Susan	U/A Windermere , Cumbria		805		909	822				2536
96.	Davenport, Lynda	U/A Harrogate, North yorkshire	801	887	839						2527
97.	TICKNER, Rachel	U/A Cockermouth, Cumbria	805	846			870				2521
98.	Jardine, Abigail	U/A Penrith, Cumbria					823	858	835		2516

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99.	Mounsey, Elizabeth	U/A Preston , Lancashire			770	913			832		2515
100.	McIntyre, Lynda	U/A Longton, Lancashire	781	847						885	2513
101.	Chard, Joanne	Women on the Run		851	813		847				2511
102.	O'boyle, Gillian	U/A warrington, Cheshire	798		819				891		2508
103.	McKenzie, Louise	U/A Linlithgow, West Lothian	772	864	837						2473
104.	Robson, Jo-Anna	U/A Formby,	822	841	810						2473
105.	Murray, Theresa	U/A Crook, Cumbria	808	838	795						2441
106.	Spiby, Alison	U/A Windermere, Cumbria	807	835	794						2436
107.	Davidson, Lesley	Horwich RMI Harriers					780		807	847	2434
108.	Smith, Lynn	Horwich RMI Harriers					779		806	846	2431
109.	Regan, Shelley	U/A Preston, Lancashire	710		806			890			2406
110.	Strother, Susan	U/A Lytham St Annes, Lancashire			749		794			853	2396
111.	Ryan, Nancy	U/A Altrincham, Cheshire	753		801		834				2388
112.	Cummings, Karen	U/A St Helens, Merseyside		793	773		821				2387
113.	Gutteridge, Fiona	Red Rose Road Runners	756	824	796						2376
114.	Stevenson, Hannah	U/A lancaster, lancashire	748	819	803						2370
115.	Dodds, Rachael	Roundhay Runners	764	809	766						2339
116.	Burgess, Christine	thornton cleveleys running club	719	779	758						2256
117.	Pickles, Karen	Pudsey & Bramley							1001	998	1999
118.	Hatch, Jennifer	U/A Manchester,							996	997	1993
119.	Goddard, Louise	Lancaster & Morecambe						998		994	1992
120.	Greenall, Vicki	U/A Wigan, Lancs						994		995	1989
121.	Johnson, Helen	Wirral Vikings	997		991						1988
122.	Booth, Jessica	U/A			992			991			1983
123.	Bolton, Lisa	Red Rose Road Runners				995			987		1982
124.	Turner, Robyn	U/A Blackburn,	989	991							1980
125.	Ashe, Jayne	U/A Long Preston,					985	992			1977
126.	Haigh, Jo	U/A Skipton, North Yorkshire	987				988				1975
127.	Pittard, Jill	Northbrook AC							988	986	1974
128.	Curtis, Catriona	U/A Kirkby Lonsdale, Cumbria		985	980						1965
129.	Hannam, Jude	YacYak							985	979	1964
130.	Priestley, Joanna	U/A Preston, Lancs						982	979		1961
131.	Bridges, Zoe	U/A Sudbury, Suffolk							977	980	1957

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132.	Royle, Janice	U/A Carlisle,							969	985	1954
133.	Mapes, Nicola	U/A Congleton , Cheshire		978	975						1953
134.	WILSON, KATE	U/A KENDAL, CUMBRIA				988	959				1947
135.	Higham, Karen	U/A Woking, Surrey							974	968	1942
136.	Hill, Michaela	U/A Huddersfield, West Yorkshire		965				975			1940
137.	Wade, Abby	U/A Kendal, Cumbria			974				965		1939
138.	peffer, amanda	na					958	981			1939
139.	Hatch, Carol	U/A Stockport, Cheshire							972	967	1939
140.	Lloyd, Abi	U/A coniston, cumbria		957		979					1936
141.	Caspi, Anne	Mornington Chasers							959	974	1933
142.	thomas, clare	U/A kendal, cumbria		973					958		1931
143.	Cullen, Mairi	U/A Altrincham,			961			969			1930
144.	Ward, Rose	Smiley Paces							967	963	1930
145.	Buck, Lindsay	U/A Seascale, Cumbria					965		964		1929
146.	Stirling, Hannah	U/A Wilmslow,		951		974					1925
147.	Blundell, Bernice	U/A Ormskirk, Lancashire		956	966						1922
148.	Brion, Miriam	U/A Slingsby ,				980			936		1916
149.	Dixon, Margaret	U/A Redcar,					960			955	1915
150.	Simson, Camila	U/A ULVERSTON, Cumbria	951				963				1914
151.	slater, bridget	U/A Skipton, N Yorks	944				968				1912
152.	Chilton, Dawn	U/A Preston, Lancashire							933	977	1910
153.	Dean, Julie		959		946						1905
154.	McLachlan, Ellen	BWFAC	970		935						1905
155.	Bowden, Louise	Ramsbottom Running Club	933						971		1904
156.	Foreman, Anne	U/A Newcastle upon Tyne, Tyne and Wear							938	959	1897
157.	Gittins, Katrina	YacYak							950	947	1897
158.	Summers, Rachel	U/A Preston,		952			941				1893
159.	Priestley, Clair	U/A Todmorden,	947		945						1892
160.	Norton, Nicola	U/A Wigan, Lancashire					972			917	1889
161.	Hook, Carole	U/A Thrapston, Northants							942	944	1886
162.	Harrison, Susan	U/A Carlisle, Cumbria		939				946			1885
163.	Nichols, Helen	Millom Striders		916		962					1878
164.	Hughes, Susan	U/A Carlisle,						938	934		1872

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165.	Brown, Nicola	Bury AC			932		939				1871
166.	Addy, Louise	U/A Kendal, Cumbria			904	960					1864
167.	Tattersall, Laura	U/A Kendal,		907						956	1863
168.	Ethell, Marnie	U/A Preston, Lancashire	962		891						1853
169.	Buckle, Alanna	U/A Grange-over-Sands , Cumbria	905	947							1852
170.	Gaston, Elizabeth	U/A Milnthorpe, Cumbria	906	943							1849
171.	Brown, Vikki	U/A Kendal, Cumbria			984				865		1849
172.	allen, shelly	U/A bury, lancashire					908	941			1849
173.	Parkes, Caron	U/A Kendal, Cumbria						923	923		1846
174.	Sinkinson, Emily	Red Rose Road Runners					911	935			1846
175.	Allan, Sandra	U/A Penrith		914						929	1843
176.	Flight, Becky	N/A							911	931	1842
177.	stephenson, Hilary	U/A leeds,	935						901		1836
178.	Sewell, Alicia	Smiley Paces							861	973	1834
179.	Goodson, Gay	U/A kirkby-in-Furness, cumbria	926		907						1833
180.	Burton, Melanie	U/A Windermere, Cumbria			874	957					1831
181.	Clarke, Rebecca	U/A Kendal, Cumbria			963				866		1829
182.	Stockdale, Kim	U/A Carlisle,					896	930			1826
183.	Hopkins, Sarah	U/A Preston, Lancs							893	928	1821
184.	Cole, Dawn	U/A Manchester,		919			900				1819
185.	Little, Helen	U/A High Harrington, Cumbria		917	902						1819
186.	Wilson, Kerry	U/A Kendal, Cumbria					881	937			1818
187.	BOOTH, SUE	U/A MARYPORT, CUMBRIA	894	923							1817
188.	Rigg, Kim	U/A Kendal, Cumbria			897		919				1816
189.	Gibbs, Becky	Helm Hill					910	906			1816
190.	Dawson, Marie	U/A Peel,		873						941	1814
191.	thomas, julie	hampstead health park run							903	911	1814
192.	Simpson, Geraldine	U/A Temple Sowerby, Cumbria				933	879				1812
193.	Gray, Julie	n/a	896		913						1809
194.	Ashton, Rachel	U/A Nottingham, NOTTINGHAMSHIRE							883	926	1809
195.	Crossley, Brenda	Darwen Dashers					894	912			1806
196.	Lambert, Sally	U/A Ambleside, Cumbria					964	837			1801
197.	dennis, anita	U/A leeds,			854	939					1793

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198.	Woodcock, Anne-Marie	U/A Bamber Bridge, Lancashire	911				880				1791
199.	Martin, Heidi	St.Bees Triers							886	905	1791
200.	morrison, rosie	U/A North Tyneside,							889	901	1790
201.	Birch, Deborah	U/A Lancaster, Lancashire						894	894		1788
202.	Barton, Catherine	U/A Carnforth, Lancashire						893	895		1788
203.	Cooper, Emma	U/A Preston, Lancashire	880				905				1785
204.	Hodges, Alison	Blackhill Bounders		859		926					1785
205.	Mahony, Michelle	U/A Ulverston ,	882	902							1784
206.	Grayston, Lorraine	U/A Preston, Lancs	879				904				1783
207.	BRENTNALL, Susan	U/A Cambridge,							852	930	1782
208.	Ridings, Susan	Clwydian Range Runners		896			883				1779
209.	Nevin, Gill	Crosby Stormers					878		900		1778
210.	Hanson, Laura	U/A NEWCASTLE UPON TYNE, Tyne and Wear		911	862						1773
211.	Belford, Alison	Formby Stormers		908	863						1771
212.	Large, Anne Marie	U/A Shepshed, Leicestershire						886	884		1770
213.	Robinson, Carol	U/A Kendal, Cumbria			872			895			1767
214.	Noon, Caroline	U/A London,							873	893	1766
215.	Dodd, Sarah	U/A Barrow In Furness, Cumbria	865		899						1764
216.	Johnston, Vicky	St Bees Triers		904	859						1763
217.	entwistle, mary ellen	U/A lancaster, lancashire	869	892							1761
218.	Lucas, Wendy	U/A Chalgrove,							871	889	1760
219.	Prout, Charmay	U/A Preston,	860					899			1759
220.	Frost, Pella	U/A London, London					844	910			1754
221.	Johnson, Sue	U/A				899	851				1750
222.	Scott, Katie	U/A Shevington, Lancashire							855	892	1747
223.	O'Neill, Ann	U/A London ,							850	897	1747
224.	Naylor, Jane	Smiley Paces							860	887	1747
225.	Blagden, Diane	Wesham Road Runners		905	841						1746
226.	Jones, Helen	U/A Burntisland , Fife	907				838				1745
227.	Goodman, Pam	U/A London,							878	865	1743
228.	Moore, Margaret	U/A Paisley, Renfrewshire							847	891	1738
229.	Peacock, Bridget	U/A London,							853	881	1734
230.	Gall, Zara	Didsbury ladies	884		848						1732

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231.	Hall, Claire	NA	852		880						1732
232.	Holman, Ceri	U/A Grange over Sands, Cumbria	862	870							1732
233.	Holmes, Nic	U/A Ulverston,						863	869		1732
234.	Nowak, Basia	U/A Grange-over-Sands,	848					882			1730
235.	Spibey, Nicole	U/A Cartmel ,	847					883			1730
236.	lamb, elaine	wirral runners							858	872	1730
237.	Holmes-Rand, Anna	U/A Ulverston,						862	868		1730
238.	Haworth, Katie	U/A Penrith, Cumbria							851	877	1728
239.	Blackshaw, Di	U/A Manchester,			817			909			1726
240.	Gromova, Marina	U/A London,							841	882	1723
241.	Thomson, Catherine	U/A Manchester,		875	846						1721
242.	Bostock, Carrie	U/A Ulverston , Cumbria						851	867		1718
243.	Harvey, Joanna	U/A Liverpool,	900		815						1715
244.	Thorn, Sarah	U/A Lancaster, Lancashire	840	868							1708
245.	Malcolm, Rhona	U/A Penicuik, Midlothian					868		840		1708
246.	Loftus, Julie	U/A Bolton, Lancashire		797		910					1707
247.	Mabbutt, Jenny	U/A Accrington , Lancashire		863	834						1697
248.	Viccars, Becky	U/A Nr Kendal,		799						898	1697
249.	Waine, Beckie	Run Mummy Run		890	805						1695
250.	McDonough, Jenn	U/A Bamber Bridge,						860	834		1694
251.	Haylett, Rachael	U/A Betws y Coed, Conwy		815			877				1692
252.	Hill, Penny	Roundhay Runners	829	857							1686
253.	Wilcock, Alexa	U/A Old Langho, Lancashire	731	949							1680
254.	Oram, Sarah	Chorlton Runners	759			917					1676
255.	Downes, Lindsay	U/A Frome,	802		873						1675
256.	White, Alexandra	U/A Stockport, Cheshire						838	836		1674
257.	Dore, Emily	U/A Formby,	824	848							1672
258.	Roberts, Rose	261 Fearless	771						897		1668
259.	Money, Victoria	Durham Mums on the Run		806				861			1667
260.	Byrne, Paula	U/A Arnside, Cumbria	836		825						1661
261.	Sanders, Wendy	U/A Glossop, Derbyshire					814		845		1659
262.	Volmer, Heidi	U/A Nethy Bridge,		817			841				1658
263.	Betley, Catherine	N/A			824		833				1657

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
264.	Oldham, Audrey	Fylde Coast Runners						834	822		1656
265.	FENNA, JOANNE	Southport & Waterloo AC						847	808		1655
266.	Woznikowska, Gwen	Susie Anton PT Ladies on the Run			793		861				1654
267.	Master, Sara	U/A Lancaster, Lancs	747						902		1649
268.	Lewis, Anne	Swans Tri Club	791				853				1644
269.	Wingate, Alison	Kirkby Milers AC		814					826		1640
270.	Atkinson, Kathryn	Pendle Triathlon Club	745				893				1638
271.	Kennedy, Helen	Roundhay Foxes			746		891				1637
272.	Avison, Joanne	Wirral Vikings			797		837				1634
273.	McNeill, Kerrie	Wesham Road Runners	775	856							1631
274.	Mulcrone, Jane	Penny Lane Striders		843	788						1631
275.	Pitchford, Kay	U/A Whitehaven, Cumbria		842			782				1624
276.	Medlicott, Alison	Warrington Running Club	794	823							1617
277.	Wright, Gilly	Thorp Academy	803	811							1614
278.	Hale, Jennifer	U/A Ulverston, Cumbria		777				829			1606
279.	Mault, Tracy	U/A Preston, Lancs	765						838		1603
280.	Porter, Catriona	Women on the Run					785		818		1603
281.	Saxby, Fiona	U/A Neston, Cheshire					790		813		1603
282.	Jackson, Chrissie	WOTR					784		817		1601
283.	Williams, Sara Lloyd	U/A Carlisle, Cumbria		812	777						1589
284.	Richards, Gail	Evenwood Road Runners	752		831						1583
285.	Taylor, Aimee	U/A Grange Over Sands	708							855	1563
286.	Hunt, Catherine	Women on the Run	749		812						1561
287.	Drinkall, Deb	Solemothers		787	764						1551
288.	Haworth, Mandy	New Balance Run Club Keswick	758		790						1548
289.	Pembroke, Marie	Crocwalkers			750		791				1541
290.	Thatcher, Kate	U/A Urmston,	735		804						1539
291.	Patel, Jane	COLT		785	752						1537
292.	Wearing, Catherine	U/A Lancaster,	768		765						1533
293.	Moore, Tira	U/A Durham, Durham			747		786				1533
294.	Rainford, Sarah	WOTR	718	795							1513
295.	Tuite, Danielle	U/A Kendal,	715	792							1507
296.	Crawford, Clare	U/A Altrincham, Cheshire	706				801				1507

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
297.	madden, Sue	U/A Kendal, Cumbria	714	791							1505
298.	Simpson, Amanda	RunSmart	712	788							1500
299.	Routledge, Jackie	Thornton Cleveleys	720	778							1498
300.	Wood, Carole	U/A Kendal, Cumbria	728		763						1491
301.	Smith, Sue	U/A Morecambe, Lancs	703	784							1487
302.	Sewell, Victoria	Knavesmire Harriers	1000								1000
303.	Thomas, Jane	Sale Harriers							1000		1000
304.	Wheat, Stacy	Herne Hill Harriers			1000						1000
305.	Winskill, Helen	Keswick AC					1000				1000
306.	Parry, Ella	U/A Carlisle,								1000	1000
307.	Brewster, Siobonne	U/A Carlisle, Cumbria						1000			1000
308.	Ault, Emily	Barrow Runners	999								999
309.	Mack, Eva	U/A Barnet,			999						999
310.	Walsh, Hannah	Team inov-8.com				999					999
311.	Harper, Lorna	Merseytri					999				999
312.	Smyth, Hazel	Dumfries Harriers						999			999
313.	Cooper, Emma	U/A Leeds							999		999
314.	Wiggans, Olivia	Red Rose Road Runners								999	999
315.	Gora, Lauren	Lancaster and Morecambe AC			998						998
316.	Leese, Rona	U/A Dundee , Angus							998		998
317.	Casson, Jennifer	U/A Lancaster ,			997						997
318.	McNally, Liz	Leven Valley A/C				997					997
319.	Nolan, Georgina	Gateshead Park Run					997				997
320.	Booth, Lauren	Hoad Hill Harriers						997			997
321.	Brayshaw, Kate	Helm Hill	996								996
322.	Smith, Felicity	Elswick		996							996
323.	Page, Rhiannon	Bowland Fell Runners			996						996
324.	Leyland, Sally	U/A Duffield,				996					996
325.	O'Mahony, Lizzie	Mersey tri					996				996
326.	Houston, Catherine	U/A Kendal, Cumbria			995						995
327.	Rose, Alison	U/A Ilkley, West Yorkshire	994								994
328.	Clarkson, Alice	U/A Cambridge,			994						994
329.	Chivers, Alice	U/A Kendal,			993						993

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
330.	Walker, Marie	Sedgefield Harriers					993				993
331.	Tomkow, Nichola	U/A Sandbach, Cheshire	992								992
332.	Shankland, Alexandra	U/A Carnforth, Cumbria		992							992
333.	Heudes, Carole	Les Pues la pisse				992					992
334.	Jones, Lily	U/A Keswick , Cumbria					992				992
335.	Taylor, Helen	Holcombe Harriers							992		992
336.	Hodgson, Sorcha	U/A Kendal,	991								991
337.	Neil, Emma	Barrow Runners	990								990
338.	Dodd, Katie	U/A Whitley bay, Tyne and Wer		990							990
339.	Bulmer, Edelin					990					990
340.	Nettleton, Charlotte	U/A Portinscale ,					990				990
341.	Giles, Laura	U/A Kendal								990	990
342.	Wright, Hannah	U/A Millom, Cumbria						990			990
343.	Riley, Louise	U/A Nr Kendal, Cumbria			989						989
344.	Atkinson, Bella	U/A Manchester,				989					989
345.	Tomlinson, Gillian	Houghton Harriers AC							989		989
346.	Bell, Kirsten	N/A								989	989
347.	Simpson, Jeanette	U/A Kendal, Cumbria	988								988
348.	Murnane, Joanna	U/A Bridge of Weir Renfrewshire			988						988
349.	Correia, judith	U/A North Tyneside, County (optional)								988	988
350.	Stephenson, Laura	U/A Cambridge, Cambs		987							987
351.	Bell, Elizabeth	U/A High Peak , Derbyshire			987						987
352.	Outterside, Joanna	U/A Cheadle, Cheshire				987					987
353.	Halls, Fiona	Saffron Striders						987			987
354.	Holdich, Carole	U/A Carlisle , Cumbria								987	987
355.	Teare, Michelle	Blackburn harriers	986								986
356.	Gillies, Stephanie	Glaxo Hoad Hill Harriers			986						986
357.	Clark, Rachel	U/A Ulverston, England				986					986
358.	Elsdon, Sharron	U/A Hawick, Scottish Borders					986				986
359.	Herrick, Andi	Smiley Paces						986			986
360.	Kelly, Eleanor	U/A Bury,							986		986
361.	Cheffy, Rachel	U/A Hitchin ,	985								985
362.	Ward, Sarah	Wakefield Triathlon Club	984								984

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
363.	Clark, Caroline	U/A Preston, Lancashire		984							984
364.	Dunlop, Becca	Derwent AC Cockermouth				984					984
365.	Birchall, Ann	Ashington Hirst Running Club					984				984
366.	gerrard, laura	U/A Chorley, Lancashire							984		984
367.	Barry, Sarah	U/A Kilbarchan,	983								983
368.	Johnson, Ruth	Perth Road Runners				983					983
369.	Gleghorn, Emma	U/A Chorley ,							983		983
370.	Mason, Angela	U/A Cambridge, Cambs								983	983
371.	connell, sandra	U/A Liverpool,	982								982
372.	Clark, Kelly	U/A Nottingham ,				982					982
373.	Dickinson, Claire	Northern Fells Running Club					982				982
374.	Edwards-Hughes, Abby	U/A Carlisle, Cumbria		981							981
375.	Mayson, Frances	U/A Oxford,				981					981
376.	knowles, lizzy	U/A oxford,					981				981
377.	Waland, Jack	Team inov-8							981		981
378.	Westnutt, Catherine	U/A Kendal, Cumbria	980								980
379.	Preston, Laura	U/A Glasgow,		980							980
380.	Dobson, Becky	U/A Kendal,					980				980
381.	Squires, Caroline	LANCASTER RUNNERS						980			980
382.	Collier, Debbie	U/A Blackpool, Lancashire							980		980
383.	Wilkinson, Katie	Marshside health club		979							979
384.	Heatley, Juliet	Smiley Paces						979			979
385.	Smallwood, Sarah	U/A Chorley, Lancashire			978						978
386.	DeCurtis, Alison	U/A Padiham,				978					978
387.	McGregor, Alison	U/A Ingleton , North Yorkshire								978	978
388.	Grace, Angela	U/A Cranage, Cheshire	977								977
389.	Boulger, Steph	Team inov-8.com				977					977
390.	Hill, Jennifer	LSARRC					977				977
391.	Frost-Pennington, Isla	Muncaster						977			977
392.	Webster, Carole	U/A Warrington			976						976
393.	Bell, Juliet	U/A Glasgow ,				976					976
394.	Lowe, Gail	Newcastle staffs ac							976		976
395.	ollier, louise	U/A london,								976	976

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
396.	Dodwell, Ruth	U/A Lancaster,		975							975
397.	McKelvie, Ruth	U/A Glasgow, Lanarkshire							975		975
398.	Blignault, Michelle	U/A Keswick, Cumbria		974							974
399.	Whipple, Kath	Hoad Hill Harriers	974								974
400.	gicquel, helene	droitwich ac					974				974
401.	Gibson, Elizabeth	U/A Kendal			973						973
402.	Aspinall, Esther	U/A Glasgow,				973					973
403.	Wilson, Jane	U/A Heswall, Wirral					973				973
404.	Lee, Sarah	Warrington running club						973			973
405.	Guy, Josephine	U/A Windermere, Home	972								972
406.	Pryor, Gillian	Thornton Cleveleys Running Club		972							972
407.	Scholes, Hannah	Leven Valley AC				972					972
408.	Brookes, Sara	U/A Preston, Lancashire						972			972
409.	Sewell, Nicola	Smiley Paces								972	972
410.	Ball, Frankie	U/A Salford,	971								971
411.	Frank, Christine	U/A Yarm , Cleveland			971						971
412.	Shaw, Tracey	Cumberland AC				971					971
413.	Tucker, Helen	U/A Manchester,					971				971
414.	Lambert, Esther	U/A Ulverston, Cumbria						971			971
415.	Gill, Alexandra	U/A Barrow-in-Furness, Cumbria								971	971
416.	Hodgkins, Harriet	U/A Preston,		970							970
417.	Oldfield, Claire	U/A London, Cambridgeshire			970						970
418.	Nichol, Debra	U/A North Shields				970					970
419.	Cunliffe, Ali	Ribby Hall Tri Club					970				970
420.	Haygarth, Julie	U/A Kirkby stephen , Cumbria						970			970
421.	Parker, Maureen	Tynedale Harriers								970	970
422.	Stolbrink, Marie	U/A Liverpool,		969							969
423.	Oldfield, Laura	U/A London,			969						969
424.	blackley, karen	U/A cockermouth, cumbria					969				969
425.	Cooper, Vicki	U/A Oxford ,								969	969
426.	Buckingham, Jan	Blackburn Harriers	968								968
427.	tindall, pamela	U/A knutsford,		968							968
428.	Burnett, Sarah	U/A Kendal, Cumbria			968						968

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
429.	Bryers, Lisa	U/A Wigan, Lancashire				968					968
430.	Pritchett, Amy	U/A Bangor , Gwynedd						968			968
431.	Baines, Carly	U/A Darwen , Lancs							968		968
432.	Stefanuto, Francesca	U/A Manchester ,	967								967
433.	Rounding, Sarah	Windrush Triathlon Club		967							967
434.	Shaw, Janet	-			967						967
435.	Farmer, Siobhan	U/A Salford,				967					967
436.	Ashton, Hannah	U/A Durham , Durham					967				967
437.	Hill, Hannah	U/A Kendal, Cumbria	966								966
438.	Grimwood, Sally	Chorlton Runners				966					966
439.	Sim, Lisa	U/A Preston, Lancashire						966			966
440.	Hartley, Jo	U/A Elland, West yorkshire							966		966
441.	Holmes, Gillian	U/A Carlisle, Cumbria								966	966
442.	Palmer, Lorraine	U/A Holmfirth,	965								965
443.	Towers, Angela	U/A Millom, Cumbria				965					965
444.	Rowlands, Claire	U/A Chester,	964								964
445.	Simpson, Victoria	U/A Millom, Cumbria				964					964
446.	Clark, Denise	Sunderland Harriers								964	964
447.	Kitchin, Nicola	U/A Lancaster, Select One	963								963
448.	Watson, Deborah	West hull ladies				963					963
449.	Batchelor, Maia	U/A Manchester,						963			963
450.	Dixon, Joanna	U/A Manchester,			962						962
451.	Fraser, Jenny	U/A Egremont, Cumbria							962		962
452.	Reece-Loram, Sian	U/A Cockermouth, Cumbria								962	962
453.	Laverack, Julia	Ambleside AC		961							961
454.	Westerman, Cheryl	U/A Keswick, Cumbria	961								961
455.	Dymore Brown, Laura Anne	U/A Walton on Thames,					961				961
456.	McShane, Stacey	U/A Windermere, Cumbria						961			961
457.	Parkin, Emma	Stratford AC		960							960
458.	Richardson, Samantha	Darlington Harriers			960						960
459.	Wearmouth, Lea-anne	U/A Windermere, Cumbria						960			960
460.	Roberts, Louise	U/A Corby Hill,								960	960
461.	Ridout, Alice	U/A Hilton Beach, Ontario		959							959

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Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
462.	Pilgrim, Liz	Helm Hill			959						959
463.	Mason, Helen	U/A Barrow-in-furness,				959					959
464.	Tatham, Helen	U/A Kendal, Cumbria						959			959
465.	Mellor, Jane	U/A Bridge of Weir,			958						958
466.	Sutton, Viki	U/A Lancaster,		958							958
467.	Lloyd-Williams, Sarah	U/A Talybont , Ceredigion						958			958
468.	russell, georgina	U/A Cambridge ,								958	958
469.	Clarke, Katie	U/A Wigton, Cumbria							957		957
470.	Freer, Rachel	U/A Cockermouth, Cumbria					957				957
471.	Rigby, Lucy	U/A Liverpool,						957			957
472.	Marechal, Christina	U/A Manchester, Lancashire	956								956
473.	Eggett, Alyson	U/A Seaton Sluice,			956						956
474.	Grant, Marilyn	Cumberland Fell Runners				956					956
475.	Bird, Emily	Roberttown Roadrunners					956				956
476.	Shaw, Emma	U/A Lancashire, Lancashire						956			956
477.	Wroe, Jenny	Batala Mountain Runners	955								955
478.	Stephenson, Ellen	Moss Park Strollers			955						955
479.	Daniels, Emily	U/A Manchester,				955					955
480.	Gilman, Stacey	Roberttown Road Runners					955				955
481.	Wilkinson, Jayne	U/A Kendal, Cumbria						955			955
482.	Robinson, Lizzie	U/A Huddersfield ,							955		955
483.	Floyd, Victoria	U/A Poynton, Cheshire	954								954
484.	Beck, Joanne	U/A Lancs,		954							954
485.	Holmes, Annie	U/A Didsbury, Manchester			954						954
486.	Stalker, Kate	U/A Ulverston				954					954
487.	Gerrard, Gayle	Burnden Road Runners					954				954
488.	Oliver, Jan	Tynedale Harriers							954		954
489.	Smith, Charlene	U/A Wigan,								954	954
490.	Dore, Jayne	U/A Formby,	952								952
491.	Hill, Nicola	U/A Chorley,			952						952
492.	Muttoni, Elisabetta	U/A Liverpool,					952				952
493.	Watts, Delia	Smiley Paces						952			952
494.	Wild, Anna	N/a							952		952

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Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
495.	Harrison, Tiffany	U/A Darlington, Durham								952	952
496.	Dickie, Sue	U/A								951	951
497.	Tolson, Janet	Red Rose			951						951
498.	Hayes, Kay	West Cheshire AC					951				951
499.	Staniland, Nancy	U/A Sheffield, Yorkshire						951			951
500.	Bethune, Julie	U/A Runcorn,		950							950
501.	Barker, Tracey	Trail Running Association	949								949
502.	Workman, Sue	U/A Warrington ,				949					949
503.	Croft, Rachael	U/A Manchester,						949			949
504.	Barrett, Kathryn	U/A Rishton , Lancashire							949		949
505.	Norman, Tracy	Wirral Vikings TRC	948								948
506.	Bell, Karen	U/A Settlestones, Northumberland		948							948
507.	Topping, Emma	Manchester Road Runners			948						948
508.	Holloway, Rachael	U/A Liverpool,				948					948
509.	Balfour, Nicola	Ponteland Runners								948	948
510.	Roberts, Sophie	U/A Salford,				947					947
511.	Robertson, Kirsty	Jog Cowdenbeath	946								946
512.	Phillips, Jayne	Allen Valley Striders		946							946
513.	Mapp, Katie	U/A York,				946					946
514.	Cansfield, Judith	U/A Carnforth, Cumbria								946	946
515.	Smith, Jennifer	U/A Preston, Lancashire						945			945
516.	Riddell, Ailsa	Jog on the Tyne		945							945
517.	Ridings, Kate	Lancaster Women's Running Group				945					945
518.	Maher, Dawn	Blackpool Fylde and Wyre Athletics Club					945				945
519.	BIRKETT, WENDY	U/A KENDAL, CUMBRIA			944						944
520.	Green, Lucie	Penistone Footpath Runners				944					944
521.	Riley, Kerry	St Helens Striders					944				944
522.	Fale, Jennifer	U/A Leeds,						944			944
523.	Fairbairn, Sarah	U/A Durham, County Durham							944		944
524.	Millar, Catherine	U/A Richmond , N Yorks				943					943
525.	Buzdugan, Helen	U/A Stockport ,						943			943
526.	Willetts, Annie	U/A Wylam, Northumberland							943		943
527.	Babures Rueda, Cristina	U/A Gateshead,		942							942

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Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
528.	Bell, Pollyanna	U/A penrith,			942						942
529.	Storkaas, Ann-Christine	U/A Nacka,				942					942
530.	Armitage, Kate	U/A Sheffield,								942	942
531.	Elliott, Jo	U/A Oxford,	941								941
532.	Winstanley, Dawn	U/A Preston, Lancashire		941							941
533.	Dogherty, Jo	U/A Manchester, Lancashire			941						941
534.	Harrop, Louise	Valley Hill Runners				941					941
535.	cunningham, olwen	St Bees triers	940								940
536.	Winstanley, Hollie	U/A Preston ,		940							940
537.	Carefoot, Julia	U/A Preston, Lancashire			940						940
538.	Staudt, Lilian	U/A Munich,				940					940
539.	Carter, Lynda	U/A Egremont,					940				940
540.	Woods, Jacqueline	U/A Leeds,						940			940
541.	Dawson, Ana	U/A								940	940
542.	Neal, Lesley	U/A Darlington, Durham								939	939
543.	Jones, Helen	U/A Cockermouth, Cumbria		938							938
544.	Cilia, Tanya	U/A Wigan, Lancashire				938					938
545.	Macleod, Ruth	U/A South Queensferry,					938				938
546.	Collie, Rachel	U/A Edinburgh , Midlothian					937				937
547.	Gamberini, Lorna	Rocktart Runners							937		937
548.	Harrison, Fiona	U/A Gateshead, Tyne and Wear								937	937
549.	Wignall, Dorinda	Ulverston Triathlon club			936						936
550.	Cuthbertson, Kate	U/A Leeds				936					936
551.	Edmunds, Rachael	U/A Cockermouth ,					936				936
552.	Smedley, Becky	U/A Birmingham ,						936			936
553.	Preston, Faye	Vegan Runners								936	936
554.	Chaplin-Brice, Elizabeth	U/A Keswick,		935							935
555.	Wilde, Victoria	U/A Leeds, West Yorkshire				935					935
556.	Potts, Annette	U/A Kendal, Cumbria					935				935
557.	Durant, Jessica	Rugby & Northampton Athletics Club							935		935
558.	Edwards, Melanie	Ilkley Harriers	934								934
559.	Skarz, Beth	U/A Wakefield, West Yorkshire		934							934
560.	Ford, Louise	Knutsford Tri Club			934						934

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Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
561.	Armstrong, Clare	U/A Stockport , Cheshire				934					934
562.	Rayner, Olga	Roberttown Road Runners					934				934
563.	George, Catherine	U/A Cranleigh, Surrey						934			934
564.	Peters, Teresa	U/A Morpeth, Northumberland								934	934
565.	Tate, Hannah	U/A Leeds, West Yorkshire		933							933
566.	Ethell, Lucie	U/A Preston, Lancashire			933						933
567.	Gooder, Helen	Roberttown Road Runners					933				933
568.	McCracken, Yvette	Smiley Paces						933			933
569.	Marshall, Sarah	U/A Morecambe, Lancs								933	933
570.	Ardin, Jo	U/A Bury , Lancs	932								932
571.	Wilkins, Tabitha	U/A London,				932					932
572.	Lowther, Jo	U/A Carlisle,					932				932
573.	Rayner, Alyson	Smiley paces						932			932
574.	Mckechnie, Jo	U/A Witney , Oxfordshire							932		932
575.	Goulding, Natalie	U/A Morecambe,								932	932
576.	Ball, Nicky	U/A Bolton , Lancashire						931			931
577.	Guttridge, Anna	U/A Hexham, Northumberland				931					931
578.	Averill, Susan	None							931		931
579.	Oâ€™Brien, Vicky	U/A Salford,			930						930
580.	Corben, Josie	U/A London, London				930					930
581.	Bardon, Gina	U/A Washington, Tyne and Wear							930		930
582.	Strickland, Anne	U/A Holywell, Flintshire	929								929
583.	Downing, Carol	Howgill Harriers		929							929
584.	Holmes, Janet	St Helens Sutton AC				929					929
585.	Lewis, Paige	U/A Birtley,					929				929
586.	Wright, Diane	Calder Valley fell runners							929		929
587.	Jones, Jacqueline	U/A Darlington , Durham	928								928
588.	Keating, Sharon	U/A Lancaster , Lancashire			928						928
589.	Jones, Angela	St Helens Striders		928							928
590.	Chapman, Elizabeth	U/A Aviemore, Inverness Shire				928					928
591.	Stokes, Carolyn	U/A Ormskirk, Lancashire					928				928
592.	Longhorn, Ellen	U/A Millom, Cumbria						928			928
593.	Cooper, Ali	n/a							928		928

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
594.	Common, Joanne	U/A Hexham, Northumberland		927							927
595.	Boardman, Anna	Cairngorm Runners				927					927
596.	Spink, Lindsay	N/A						927			927
597.	Blake Darcy, Laura	U/A Newcastle upon Tyne ,								927	927
598.	Larden, Anna	U/A Southampton, Hampshire			926						926
599.	Burrow, Amy	U/A Silverdale, Lancs						926			926
600.	Newbegin, Claudia	U/A Newcastle upon Tyne,							926		926
601.	Storey, Jo	Jogonthetyne	925								925
602.	Leader, Jill	U/A Windermere, Cumbria		925							925
603.	Morton, Teagan	U/A Manchester,			925						925
604.	Cogorno, Pierina	U/A Bedford, Beds				925					925
605.	sylva, helen	U/A carnforth, lancashire						925			925
606.	Cooling, Lauren	U/A Bristol								925	925
607.	Nicholson, Sam	Border Reiver Runners		924							924
608.	My, Lucie	Les pues la pisse				924					924
609.	Murray, Suzamme	U/A Silverdale, Lancs						924			924
610.	Richards, Rebecca	U/A Ulverston, Cumbria	923								923
611.	Stanley, Mandy	U/A Leek, Staffordshire				923					923
612.	Sutton, Orla	U/A Ambleside, Cumbria					923				923
613.	Starkey, Louise	U/A Abington Pigotts, Herts								923	923
614.	Wilkinson, Rebecca	U/A Kendal,	922								922
615.	Laybourn, Clare	U/A Edinburgh,			922						922
616.	Barnett, Clare	U/A Edinburgh, Scotland				922					922
617.	Haigh, Gemma	U/A Whitley Bay, Tyne & Wear					922				922
618.	Barry, Sharon	Tri-Lakeland						922			922
619.	Richmond, Julie	U/A Birmingham,							922		922
620.	Anderson, Amanda	U/A Topcliffe, North Yorkshire							921		921
621.	Cruttenden, Alexandra	U/A Bradford On Avon, Wiltshire		921							921
622.	Macaro, Debbie	U/A Banbury,			921						921
623.	Binks, Victoria	U/A Penny Bridge,				921					921
624.	Ley, Dara	U/A Grays, Essex					921				921
625.	Steels, Nicky	U/A Keswick, Cumbria						921			921
626.	Lavin, Clare	U/A Blackpool, Lancashire								921	921

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
627.	Spencer, Jane	Barrow Runners	920								920
628.	Parton, Helen	U/A Heswall, Wirral		920							920
629.	McCarthy, Nancy	Eton Manor AC				920					920
630.	barker, gill	U/A kirkbride,					920				920
631.	Huntley, Arlene	U/A Bolton, Lancashire						920			920
632.	Cross, Felicity	Preston Harriers			919						919
633.	cheek, hannah	Hannah the Runner								919	919
634.	Bryant, Sue	U/A Leamington Spa, Warwickshire	918								918
635.	Palmer, Sally	U/A London,		918							918
636.	Smith, Helen	Lakeland Cross Country Ski Club			918						918
637.	Cullen, Carolyn	U/A Monton ,						918			918
638.	Taylor, Kate	U/A Liverpool,								918	918
639.	Ward, Amanda	U/A Stockport,	917								917
640.	Buckley, Christine	U/A Skipton,			917						917
641.	Garside, Angela	Roberttown Road Runners					917				917
642.	Wood, Jessica	U/A Stockport, Greater Manchester						917			917
643.	Pattison, Catherine	U/A Newark, Nottinghamshire							917		917
644.	Sloan, Nicola	Derwent AC			916						916
645.	Renwick, Emma	Tri life Warriors					916				916
646.	Tetley, Kim	U/A MANCHESTER, LANCASHIRE						916			916
647.	rewcastle, claire jane	Super Fast Mums							916		916
648.	Ashworth, Rachel	U/A Preston, Lancashire		915							915
649.	Ashton, Clare	U/A Warrington, Cheshire			915						915
650.	McManus, Pippa	U/A Wilmslow,						915			915
651.	Lloyd, Gemma	U/A Twickenham , Middlesex								915	915
652.	jackson, sandre	U/A congleton, cheshire	914								914
653.	Wallace, Lucy	U/A Leeds,			914						914
654.	Meadows, Michelle	U/A Wigan, Lancashire				914					914
655.	Hitchen, Helen	Evenwood road runners						914			914
656.	Gee, Tina	Bingham tri							914		914
657.	Dowson, Jane	Tadcaster Harriers							913		913
658.	Wisely, Julie	U/A Manchester ,	913								913
659.	Morrison, Rachel	U/A Sheffield,		913							913

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
660.	Jackson, Andrea	Derwentside Athletics Club						913			913
661.	Schmutz, Alison	U/A Carlisle, Cumbria								913	913
662.	James, Annabel	Millom Striders	912								912
663.	Sowerby, Pranee	U/A Millom, Cumbria		912							912
664.	Stainer, Dawn	U/A Kendal, Cumbria				912					912
665.	Williamson, Amanda	U/A Leamington Spa,					912				912
666.	Stothard, Jenny	U/A Chorley, Lancashire							912		912
667.	McAndry, Emma	U/A BOLTON, Lancs				911					911
668.	CONLON, DIVYA	U/A Cockermouth, Cumbria						911			911
669.	Gilpin, Ellie	U/A Milnthorpe , Cumbria	910								910
670.	Robinson, Paula	U/A Keighley, West Yorks		910							910
671.	Cirelli, Amanda	U/A Blackpool , Lancashire			910						910
672.	Edwards, Debbie	Tadcaster Harriers							910		910
673.	hartley, stephanie	U/A Glasgow,								910	910
674.	Hannah, Sharon	U/A Kendal, Cumbria	909								909
675.	Battersby, Alexandra	Tyne Bridge Harriers			909						909
676.	Highley, Ruth	U/A Leeds,					909				909
677.	Birchall, Lucy	U/A Chorley,							909		909
678.	Stockton, Judith	U/A Carnforth, Lancashire								909	909
679.	Marshall, Joanne	U/A Warrington, Cheshire	908								908
680.	Brooks, Susan	U/A Nr Chester, Cheshire				908					908
681.	Atkins, Emma	U/A London,							908		908
682.	Macdonald, Jen	U/A Cockermouth,								908	908
683.	Rafie, Helen	U/A Birmingham, West Midlands				907					907
684.	Murphy, Jo	TYnedale Harriers					907				907
685.	Vernon, Ali	U/A LONDON,							907		907
686.	Foister, Rachel	U/A Chichester, West Sussex								907	907
687.	Ferreira, Sarah	U/A Ormskirk,		906							906
688.	Brides, Catherine	Astley and Tyldesley Road Runners				906					906
689.	McMullen, Nicola	U/A Keswick , Cumbria					906				906
690.	Shipton, Kate	U/A Lancaster, Lancashire								906	906
691.	Barrett, Elizabeth	U/A Frodsham,				905					905
692.	WHEATLEY, VANESSA	U/A Derby, Derbyshire							905		905

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
693.	Bland, Abby	U/A Kendal, Cumbria	904								904
694.	Stone, Gillian	Hart Road Runners				904					904
695.	Bassett, Naomi	U/A Barrow in Furness, Cumbria						904			904
696.	Hesselgrove Ward, Julie	U/A Denshaw, Lancs				903					903
697.	Davies, Sarah	U/A Manchester,						903			903
698.	Bannon, Ceit	U/A Liverpool,								903	903
699.	Berry, Anne	Wesham Road runners	902								902
700.	Ashworth, Alexandra	U/A Preston,					902				902
701.	Rudnicki, Joanne	U/A Sutton , Cambridgeshire						902			902
702.	Dixon, Paula	U/A Liverpool,								902	902
703.	Falconer, Chloe	Millom Striders	901								901
704.	Logan, Claire	U/A Grange-over-Sands,		901							901
705.	Talboys-Cotton, Tracy	U/A Eccleshall, England			901						901
706.	Watkinson, Ruth	Red Rose Road Runners				901					901
707.	Lowde, Emma	U/A Blackburn , Lancs					901				901
708.	Bowers, Leeanne	U/A Sutton , Cambridgeshire						901			901
709.	Harrington, Carmen	Mornington Chasers			900						900
710.	Dobson, Joanna	Red Rose Road Runners				900					900
711.	Langley, Emma	U/A Sutton , Cambridgeshire						900			900
712.	Tomlinson, Jackie	U/A Bolton ,							899		899
713.	curry, katherine	U/A newcastle upon tyne,								899	899
714.	Appleby, Tracey	U/A Blackpool,	898								898
715.	Lee, Amy	U/A Whalley, Lancashire			898						898
716.	Cooper, Lesley	U/A Preston, Lancashire						898			898
717.	Higgs, Lynne	U/A Ulverston, Cumbria						897			897
718.	Navin, Wendy	St Bees Triers	897								897
719.	Charles, Elaine	wirral runners		897							897
720.	Bradley, Claire	U/A					897				897
721.	Newton, Claire	U/A Wakefield, West Yorkshire			896						896
722.	Goldrick, Sue	U/A Manchester,	895								895
723.	Wray, Katie	U/A Manchester,		895							895
724.	Dallinger, Angela	Redrose					895				895
725.	Sealey, Ruth	U/A Kendal,		894							894

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
726.	Wisse, Marlies	U/A London, Merton			894						894
727.	Starkey, Nicola	U/A Leeds,								894	894
728.	Gallagher, Michelle	U/A Chorley, Lancashire			893						893
729.	Craig, Jennifer	U/A Blackpool, Lancashire	892								892
730.	Patel, Kim	U/A Preston, Lancashire			892						892
731.	GRAHAM, DIANE	DH RUNNERS						892			892
732.	Edwards, Antoinette	U/A Stockport, Cheshire							892		892
733.	McDowall, Edith	U/A Linlithgow, West Lothian	891								891
734.	Swift, Alison	U/A Tarlscough Lane, Burscough						891			891
735.	Battersby, Anna	U/A London,	890								890
736.	Hall, Sarah	U/A Leeds,					890				890
737.	Burns, Liz	U/A Knightswood gate , Glasgow								890	890
738.	Keiller, Heather	U/A Penrith , Cumbria	889								889
739.	Byrne, Kirsty	U/A Accrington,		889							889
740.	Tudor Beamish, Amelia	U/A London,					889				889
741.	Summers, Sara	U/A Preston,		888							888
742.	Bzik, Emma	U/A Workington,					888				888
743.	Noble, Rachel	U/A Andover, Hampshire								888	888
744.	Wightman, Sarah	U/A Banbury, Oxfordshire	887								887
745.	Vaneris, Catherine	U/A London			887						887
746.	SANDFORD, DIANNE	AHRC					887				887
747.	Robson, Sam							887			887
748.	Halstead, Laura	U/A London,	886								886
749.	Haney, Emma	U/A Walney , Cumbria		886							886
750.	Eastham, Jennie	U/A Wakefield, West Yorkshire			886						886
751.	Gaddas, Helen	U/A Kendal, Cumbria					886				886
752.	Mount, Fritha	U/A Lancaster,								886	886
753.	Halstead, Emily	U/A London,	885								885
754.	Sumner, Abby	U/A Blackburn , Lancs		885							885
755.	Allen, Minnie	U/A Ulverston,					885				885
756.	Lane, Megan	U/A WINDERMERE ,			884						884
757.	Kelly, Hannah	U/A Grimsargh,					884				884
758.	Prescott, Emma	U/A Liverpool, Merseyside								884	884

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
759.	Penny, Joanne	U/A St Helens, Merseyside								883	883
760.	Holcroft, Kim	U/A Bolton,					882				882
761.	Whyatt, Kirstie	U/A Cleveleys, Lancashire							882		882
762.	Giles, Bernadette	Mereside Primary Blackpool	881								881
763.	spalding, sarah	U/A Kendal, Cumbria			881						881
764.	Hudson, Elaine	U/A Preston, Lancashire							881		881
765.	Robinson, Sam	U/A Lancaster, lancashire		880							880
766.	Coward, Tracy	U/A						880			880
767.	Hocking, Elizabeth	U/A Upton Snodsbury, WORCS								880	880
768.	Howkins, Lucy	U/A Wellingborough, Northants		879							879
769.	Horne, Gillian	Biddulph Running Club					879				879
770.	Heggie, Claire	Border reiver runners								879	879
771.	Attwood, Dawn	Millom Striders	878								878
772.	Adams, Sarah	U/A Kendal , Cumbria			878						878
773.	Sowerby, Tracey	DH RUNNERS						878			878
774.	Dever, Louisa	U/A Wallasey,	877								877
775.	Piela, Claire	U/A PRESTON, Lancashire			877						877
776.	Lydon, Emma	U/A Backbarrow ,						877			877
777.	Cassidy, Liz	U/A Paisley,	876								876
778.	Robinson, Emma	Rochdale Harriers		876							876
779.	Duff, Aishah	U/A Chester, Cheshire					876				876
780.	Crimlisk, Helen	Smiley Paces						876			876
781.	Spanswick, Catherine	U/A Thornaby, Stockton on Tees							876		876
782.	Bodenham, Rachel	U/A CARNFORTH, Lancashire								876	876
783.	Ball, Madeleine	U/A Preston,	875								875
784.	Herbert, Niki	U/A Warrington, Cheshire			875						875
785.	Clarke, Fiona	U/A Maryport, Cumbria					875				875
786.	Meyrick, Kathrin	U/A Windermere, Cumbria							875		875
787.	Dunbar, Fiona	U/A Buxton, Derbyshire								875	875
788.	Holmes, Alison	Whitchurch tri club	874								874
789.	King, Elizabeth	Vegan Runners		874							874
790.	Carlin, Audrey	U/A Glasgow,							874		874
791.	Lewis, Sarah	U/A Buxton, Derbyshire								874	874

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
792.	Johnston, Vicky	St Bees Triers	873								873
793.	Peacock, Joanne	U/A Consett, Durham						873			873
794.	Gant, Linda	Bodyfit Cumbria running club	872								872
795.	sparrow, julie	new marske harriers		872							872
796.	Richardson, Fiona	Batala					872				872
797.	Grimes, Deborah	U/A Consett, Durham						872			872
798.	Eccles, Kathryn	U/A Lincoln,							872		872
799.	Scott, Claire	Millom Striders Running Club	871								871
800.	Palmer, Thea	U/A London,		871							871
801.	Nutt, Sarah	U/A Stockport,			871						871
802.	Graves, Nicky	Batala Drummers					871				871
803.	Jones, Anna	U/A Chester ,						871			871
804.	Williams, Kerry	U/A Wigan,								871	871
805.	Wellings, Sharon	Scunthorpe and district AC						870			870
806.	Hull, Sarah	U/A Six Mile Bottom, Suffolk							870		870
807.	King, Clare	U/A Chester, Cheshire								870	870
808.	Pasztory, Julia	U/A Wigan,					869				869
809.	Goodliffe, Liz	Norfolk Trail Runners								869	869
810.	Warrington, Sarah	U/A Tarporley, Cheshire	868								868
811.	Carruthers, Kirsty	U/A Morpeth, Northumberland			868						868
812.	France, Sue	Julie's Joggers						868			868
813.	Hill, Annie	Rosley Rockets								868	868
814.	Owen-Smith, Sophy	U/A Witney,			867						867
815.	Tweedy, Julie	Billingham Marsh House Harriers					867				867
816.	Salt, Jackie	Julie's joggers						867			867
817.	Marsh, Fiona	U/A Penrith , Cumbria								867	867
818.	Foster, Jenny	U/A Manchester						866			866
819.	schweizer, Kate	U/A Darlington,					866				866
820.	Dunn, Joanne	U/A Hexham,		865							865
821.	Firth, Helen	U/A Altrincham, Cheshire			865						865
822.	Dewar, Joanne	U/A Darlington, Durham					865				865
823.	Cook, Cherie	U/A Manchester,						865			865
824.	Crossley, Louisa	U/A Rhuddlan, Denbighshire	864								864

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
825.	mcwilliams, joanne	tri preston			864						864
826.	Currie, Kathryn	U/A Ulverston , Cumbria						864			864
827.	Atkinson, Sarah	U/A Kendal, Cumbria							864		864
828.	Reeves, Lucy	U/A MORECAMBE, Lancashire	863								863
829.	Little, Fiona	U/A Carlisle, Cumbria					863				863
830.	jackson-roe, katie	U/A wigan,							863		863
831.	Smalley, Diana	St Bees Triers					862				862
832.	Butler, Jenna	U/A Kendal, Cumbria							862		862
833.	Taylor, Alexia	U/A Tonbridge,								862	862
834.	Ainsworth, Chloe	U/A Wigan,	861								861
835.	Melville, Alice	U/A Newcastle upon Tyne,		861							861
836.	Taylor, Julie	U/A St. Bees, Cumbria								861	861
837.	Green, Angela	U/A Penrith, Cumbria		860							860
838.	Horner, Tara	Sunderland strollers					860				860
839.	Graham, Sonia	U/A Rosley, CUMBRIA								860	860
840.	Taylor, Elizabeth	U/A Milnthorpe , Cumbria	859								859
841.	Barella, Val	Sunderland stroller					859				859
842.	Craven, Claire	U/A Preston , Lancashire						859			859
843.	Massey, Sam	Rosley								859	859
844.	Gordon, Amy	U/A Milnthorpe , Cumbria	858								858
845.	Adams, Louise	U/A Wirral,		858							858
846.	Coxon, Sara	U/A Kendal , Cumbria			858						858
847.	Howe, Joanne	U/A Rosley, Cumbria								858	858
848.	Myerscough, Joanna	U/A Reading, Berkshire						857			857
849.	Woodburn, Natalie	Millom Striders	857								857
850.	Wright, Nicola	U/A Ambleside			857						857
851.	Love, Leanne	Farsley Flyers							857		857
852.	Lonergan Cooke, Tracy	iStayLakes								857	857
853.	Scott, Michelle	Millom Striders Running Club	856								856
854.	Kelsall, Anna	U/A Edgworth,					856				856
855.	Flower, Michelle	Michelle						856			856
856.	Donohue, Helen	U/A Wigan							856		856
857.	Oldcorn, Karen	U/A Wantage, Oxon								856	856

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
858.	Griffiths, Nicola	Fuelled By Fun	855								855
859.	Clayphan, Joanna	U/A Nottingham, Nottinghamshire		855							855
860.	Wright, Ailsa	U/A Kendal, Cumbria			855						855
861.	clark, helen	U/A macclesfield, cheshire						855			855
862.	Moore, Karen	Millom Striders	854								854
863.	Colvin, Jo	U/A Bolton		854							854
864.	Clark, Rebecca	Bollington Harriers						854			854
865.	Pringle, Gill	U/A Woodford Green , Essex							854		854
866.	Pierce-Roberts, Danielle	Warrington Running Club	853								853
867.	Knott, Carolyn	Penny Lane Striders		853							853
868.	Partridge, Kate	U/A Warrington,						853			853
869.	Kaul, Ursula	U/A Ashbourne,		852							852
870.	Smith, Andrea	U/A Lytham St Annes, Lancashire								852	852
871.	Atkinson, Kara	U/A Lancaster,			852						852
872.	Finn, Rachel	U/A High Peak, Derbyshire						852			852
873.	clements, laura	st bees trier	851								851
874.	Coull, Laura	U/A Wrexham,			851						851
875.	hindle, elaine	U/A Liverpool,			850						850
876.	Jeffrey, Helen	U/A Halifax, West Yorkshire	850								850
877.	Dyer, Kath	U/A Kirkby Stephen, Cumbria					850				850
878.	Harrington, Beth	U/A Ulverston,						850			850
879.	McDougall, Sue	DH Runners								850	850
880.	Cottrill, Sally	Burnden Road Runners			849						849
881.	McGregor, Kathryn	U/A Liverpool ,					849				849
882.	Knowles, Nicola	Chorlton Runners							849		849
883.	Yin, Jennifer	U/A Bristol,					848				848
884.	Eccles, Anne	U/A Lincoln, Lincs							848		848
885.	Fleming, Kirsty	Kelvin Runners								848	848
886.	Heighton, Sandra	Women On The Run							846		846
887.	Howarth, Claire	Chorlton Runners					846				846
888.	Dougan, Michelle	U/A Barrow in Furness , Cumbria	845								845
889.	Benson, Courtney	Howgill harriers			845						845
890.	Bettinson, Sarah	U/A Ulverston, Cumbria						845			845

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
891.	Pollard, Allison	U/A glasgow ,							844		844
892.	Griffiths, Karen	U/A BARROW-IN-FURNESS , Cumbria	843								843
893.	Henry, Emma	U/A St Helens,			843						843
894.	Bibby, Rebecca	Valley Striders					843				843
895.	Garnock-Jones, Chrissie	Smiley Paces						843			843
896.	Sugden, Fiona	U/A Huddersfield ,							843		843
897.	McNeela, Charlotte	U/A Preston, Non-US/Other	842								842
898.	Leitch, Laura	U/A Lancaster,			842						842
899.	Jones, Morgan	U/A Gwyddgrug, Pencader, Carmarthenshire					842				842
900.	brown, julie	U/A Glasgow,							842		842
901.	White, Elizabeth	U/A Ulverston,	841								841
902.	Maloney, Joanna	U/A Ribchester ,						841			841
903.	Squires-Martin, Carolyn	U/A Gainford, Durham			840						840
904.	Ward, Joanne	U/A Tyne and Wear, whitley bay					840				840
905.	Leece, Victoria	U/A Millom, Cumbria	839								839
906.	Wright, Carolyn	U/A Lancaster, Lancashire					839				839
907.	devlin, sandra	U/A workington,							839		839
908.	Waszkiel, Melanie	U/A	838								838
909.	Vigar, Madeleine	U/A nr Haverhill, Essex			838						838
910.	Martinez, Amy	U/A BOLTON, GREATER MANCHESTER		837							837
911.	Rayner, Jan	Roundhay Runners							837		837
912.	Bhowmick, Sally	U/A Chorley, Lancs		836							836
913.	Coutts, Janet	Skipton AC			836						836
914.	Gill, Gemma	Roberttown Road Runners					836				836
915.	Shufflebottom, Michelle	U/A Broughton In Furness, Cumbria						836			836
916.	Armstrong, Nicola	U/A Millom, Cumbria	835								835
917.	Ford, Claire	U/A Knutsford,			835						835
918.	Holmes, Zoe	U/A Preston ,						835			835
919.	Batty, Fiona	U/A Worksop, Nottinghamshire	834								834
920.	Terry, Angela	U/A Chorley,		834							834
921.	Pye, Alison	U/A Kendal, Cumbria	833								833
922.	Nicholl, Jane Marie	U/A Newcastle upon Tyne ,		833							833
923.	Daniels, Jennie	U/A St Helens, Merseyside						833			833

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
924.	Crellin, Rebecca	U/A Frizington, Cumbria	832								832
925.	McWilliam, Norah	U/A Bradford,		832							832
926.	Hubbard, Diane	U/A Kendal, Cumbria			832						832
927.	Belsey, Wendy	U/A Kirkby Stephen , Cumbria					832				832
928.	Cooper, Gisela	Smiley Paces						832			832
929.	Clarke, Carla	Durham Mums on the Run	831								831
930.	Porter, Susan	U/A Southport,		831							831
931.	Malcolm, Jane	U/A Penicuik, Scotland					831				831
932.	Dowthwaite, Cassandra	Smiley Paces						831			831
933.	Fairclough, Kym	South ribble runners		830							830
934.	Hetherington, Helen	BodyFit Cumbria					830				830
935.	Horner, Claire	U/A Hornby,			829						829
936.	Morgan, Gill	U/A Hindley green, Wigan					829				829
937.	Headon, Carol	Garstang Running Club	828								828
938.	Warwick, Emma	Formby Stormers		828							828
939.	Hall, Megan	U/A Preston,			828						828
940.	Wilkinson, Zoe	Durham Mums on the Run					828				828
941.	Hewitt, Mary	Garstang Running Club	827								827
942.	Houlden, Kate	Women On The Run, Kendal					827				827
943.	Noble, Victoria	S&P	826								826
944.	Giddins, Jane	U/A Nottingham,		826							826
945.	White, Patricia	U/A Kendal, Cumbria					826				826
946.	Wiseman, Julie	Lytham St Anne's Road Runners	825								825
947.	Harley, Sarah	U/A Nottingham , Nottinghamshire		825							825
948.	Grover, Marianne	U/A Kilmarnock, Ayrshire							825		825
949.	Morgan-Hillam, Leanne	Wigan Harriers							824		824
950.	van den Driessche, Joanna	U/A London,	823								823
951.	ainsley, paula	U/A york, north yorkshire			823						823
952.	Higgins, Donna	U/A Wigan , Lancashire							823		823
953.	Moon, Rebecca	U/A Leigh,		822							822
954.	Beecham, Rachael	U/A Kendal,	821								821
955.	Crowther, Catherine	U/A London,		821							821
956.	Kee-McParlin, Leyla	U/A Bromborough , Merseyside							821		821

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
957.	Mcguinness, Andrea	Mersey Tri		820							820
958.	Goulden, Carolyn	U/A Lancaster,			820						820
959.	Dalby, Helen	U/A Middlesbrough,					820				820
960.	Finch, Joanne	U/A Liverpool,							820		820
961.	Lovett, Melissa	U/A Kendal,					819				819
962.	harrison, coralin	harrogate harriers		818							818
963.	Howe, Emma	U/A Swinton, Lancashire			818						818
964.	Donaldson, Rachel	U/A Sittingbourne , Kent					818				818
965.	Ford, Kat	Medway & Maidstone AC					817				817
966.	Midgley-ward, Lynne	Ponteland Runners	816								816
967.	websdale, rachel	ilkley harriers		816							816
968.	Walker, Nickola	blackpool, wyre and fylde AC			816						816
969.	Wells, Karen	U/A Lancaster , Lancashire					816				816
970.	Woods, Georgie	U/A Liverpool, Merseyside	815								815
971.	BROWN, Jo	U/A Hessle, East Yorkshire							815		815
972.	Foster, Elizabeth	Tynedale Harriers	814								814
973.	Gerrard, Zoe	U/A Ashton-under-Lyne, Lancashire			814						814
974.	Wishart, Samantha	West Hull Ladies							814		814
975.	Robinson, Antonia	U/A Preston, Lancs	813								813
976.	Durkan, Amanda	U/A Cockermouth, Cumbria					813				813
977.	Wicks, Kirsty	N/A	812								812
978.	Mounsey, Liz	U/A Preston ,					812				812
979.	Sperring, Sue	U/A Bebington,							812		812
980.	Dale, Jennifer	U/A Wigan,	811								811
981.	Blinkhorn, Sarah	N/a			811						811
982.	Smith, Nikki	Kirkstall Harriers					811				811
983.	blackburn, susie	U/A Barnard Castle , Co Durham							811		811
984.	Worboys, Hannah	U/A Northallerton,	810								810
985.	Norris, Helen	Holbeton Harriers		810							810
986.	Marshall, Jan	Selby Striders					810				810
987.	muir, rachel	U/A alyth, perthshire							810		810
988.	Bonner, Naomi	Rosemere			809						809
989.	Craven, Helen	Selby Striders					809				809

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
990.	Brignall, Matisse	U/A Lancashire,							809		809
991.	Darling, Lucy	Sandbach Striders		808							808
992.	Evans, Rebecca	U/A Stockport,			808						808
993.	Aitken, Rachel	U/A Crewe, Cheshire		807							807
994.	Joyce, Nicola	U/A Preston, lancs					806				806
995.	Bloye, Mary	U/A PRESTON, Lancashire					805				805
996.	Hunter, Jane	Lancaster Women's Running Club	804								804
997.	Jennings, Julia	CrossFit Leyland		804							804
998.	farquhar, linda	st bees triers					804				804
999.	Hancock, Tanya	U/A Golborne,		803							803
1000.	Hall, Camilla	U/A Gateshead ,		802							802
1001.	Taggart, Ailsa	Galloway Harriers			802						802
1002.	Hardy, Nicola	Burnden Road Runners					802				802
1003.	Tidbury, Fiona	Eden Runners		801							801
1004.	Stephenson, Lorna	Alnwick Harriers	800								800
1005.	Mason, Grace	U/A Southsea,			800						800
1006.	Harland, Jackie	U/A Warrington,	799								799
1007.	Gray, Jaclyn	U/A Workington , Cumbria					799				799
1008.	Stokes, Vickie	U/A Leyburn ,					798				798
1009.	Lewis, Jennifer	U/A Manchester,	797								797
1010.	Taylor, Lynn	U/A Tern Hill, Shropshire					797				797
1011.	Munro, Sam	U/A Freckleton ,	796								796
1012.	Stewart, Sally	U/A Glasgow,		796							796
1013.	Frost, Wendy	U/A Market Drayton, Shropshire					796				796
1014.	Rollason, Kate	U/A Skipton, North Yorkshire	795								795
1015.	Slack, Lynda	U/A St Annes on Sea, Lancashire					795				795
1016.	Carr, Natalie	U/A Kendal , Cumbria		794							794
1017.	Bedford, Rebecca	U/A Chorley , Lancashire	793								793
1018.	Watson, Tessa	U/A Kendal,					793				793
1019.	Stanton, Laura	U/A Leyland, Lancashire	792								792
1020.	Rothwell, Mandy	U/A Manchester, LANCS			792						792
1021.	Mellard, Natalie	U/A Kendal,					792				792
1022.	Lane, Ellie	U/A Manchester , Lancashire		790							790

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1023.	Ovans, helen	Stowmarket Striders	790								790
1024.	johnson, michelle	Catherines Anyone Can Run	789								789
1025.	Sperring, Sue	U/A Wirral,					789				789
1026.	Grimshaw, Siobhan	Blackburn road runners	788								788
1027.	Lewis, Natalie	Fellside Ladies					788				788
1028.	Sutcliffe, jeanette	Trawden AC	787								787
1029.	McGee, Lucy	U/A Sale, Cheshire			787						787
1030.	Whitlock, Joanne	U/A Foulridge,	786								786
1031.	Pettit, Kirsty	Keighley and craven			786						786
1032.	Bailey, Miriam	Trawden Athletic	785								785
1033.	Willett, Vicky	SBC Plodders			785						785
1034.	Schleiffer, Vera	Wigan and District Harriers and AC			784						784
1035.	Whiteley, Carole	U/A Kendal, Cumbria					783				783
1036.	Chambers, Louise	U/A PRESTON, Lancashire		783							783
1037.	Weir, Soraya	U/A Preston ,			783						783
1038.	Davies, Vanessa	U/A Formby, Merseyside		782							782
1039.	Brookes, Nicola	U/A Presto , Lancashire			782						782
1040.	molyneux, Jan	none			781						781
1041.	Yates, Anne	U/A Whitehaven, Cumbria					781				781
1042.	Knowles, Amy	U/A STOCKPORT, cheshire	780								780
1043.	Jones, Fiona	U/A Preston, Lancashire	779								779
1044.	Cobb, Lauren	Stainland Lions			779						779
1045.	Oliver, Gillian	Lytham St Annes Road Running Club	778								778
1046.	Neale, Stephanie	Me	777								777
1047.	Elliott, Rosa	U/A Sale, Cheshire		776							776
1048.	Rooney, Louise	U/A Carlisle,			776						776
1049.	Sinfield, Georgina	U/A Mayfield Ashbourne, Derbyshire		775							775
1050.	Owen, Emma	Me			775						775
1051.	Fitzpatrick, Megan	Team inov-8	774								774
1052.	Fox, Tania	U/A Ashbourne, Derbyshire		774							774
1053.	Unsworth, Alison	U/A WIGAN,			774						774
1054.	Fitzpatrick, Sarah	Me	773								773
1055.	Lucarello, Lia	U/A London,			772						772

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1056.	Hall, Katie	U/A Didsbury ,			771						771
1057.	Smith, Emma	U/A Kirkham,	770								770
1058.	Pinney, Sarah	Millom Striders	769								769
1059.	Sanderson, Rachael	U/A Preston, Lancashire	767								767
1060.	Lomas, Sarah	U/A Warrington, Cheshire			767						767
1061.	Parmley, Hannah	Roundhay Runners	763								763
1062.	Keohane, Kate	Cockermouth HHH	762								762
1063.	Cliff, Deborah	Radcliffe AC			762						762
1064.	Marshall, Gemma	Millom Striders	761								761
1065.	McGrath, Sarah	Bury AC			761						761
1066.	Lupton, Sarah	Millom Striders	760								760
1067.	Gardner, Julie	U/A Kendal,			759						759
1068.	Smith, Despina	U/A Manchester ,	757								757
1069.	Livesey, Karen	Thornton Cleveleys Running Club			757						757
1070.	Fildes, Christine	Nics Nordic Walks			756						756
1071.	Dodd, Bev	Millom Striders			755						755
1072.	Lane, Vanessa	None	755								755
1073.	Murray, Julie	U/A Gateshead, Tyne and Wear			754						754
1074.	Murray, Rachel Elizabeth	U/A Gateshead, Tyne and Wear			753						753
1075.	Rigby, Carolyn	Widnes Wasps	751								751
1076.	Little, Fiona	Blackpool Wyre & Fylde Athletics Club			751						751
1077.	Mercer, Elaine	Women on the rum	750								750
1078.	Park, Julia	Me	746								746
1079.	Thornber, Catherine	Pendle triathlon club	744								744
1080.	Chudley, Sylvia	U/A Underbarrow,	742								742
1081.	Graves, Gillian	U/A York, North Yorkshire	740								740
1082.	Dean-Ashton, Lauren	U/A Manchester,	739								739
1083.	Addy, Kate	U/A BIRMINGHAM, West Midlands	738								738
1084.	Mcginnes, Angela	U/A knutsford,	737								737
1085.	Dugdale, Julie	U/A Kendal, Cumbria	736								736
1086.	Roche, Rachel	U/A Birmingham,	734								734
1087.	Eyles, Caroline	Penistone Footpath Runners	733								733
1088.	Swart, Ann Matrie	U/A Clare, Suffolk	732								732

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1089.	SWIFT, HANNAH	U/A OLD LANGHO, LANCASHIRE	730								730
1090.	swart, elizabeth	U/A Manchester,	729								729
1091.	Fothergill, Tracy	U/A Stutton Tadcaster, North Yorkshire	727								727
1092.	Laycock, Jo	U/A Manchester,	726								726
1093.	Clarke, Louise	U/A Driffield,	724								724
1094.	Newton, Louise	Stocksfield Striders	722								722
1095.	Gibson, Jo	Penny Lane Striders	721								721
1096.	Campbell, Alison	Wimbledon Windmilers	717								717
1097.	Buckingham, Jane	Stocksfield Striders	716								716
1098.	Routledge, Perrie	U/A Carlisle, Cumbria	711								711
1099.	Whitfield, Denise	U/A Barrow in furness , Cumbria	709								709
1100.	Jones, Kate	U/A Eccles,	707								707
1101.	Jeffrey, Helen	U/A Carlisle, Cumbria	705								705
1102.	Carruthers, Rachel	U/A Penrith , Cumbria	704								704
1103.	Evans, Dawn	burnden road runners	701								701
1104.	Russell, Katharine	U/A Stocksfield, Northumberland	700								700
1105.	Casserley, Beth	U/A Sale, Manchester	698								698
1106.	Atkins, Chloe	U/A Huddersfield, West Yorkshire	697								697
1107.	Atkins, Allison	U/A Huddersfield, West Yorkshire	696								696
1108.	Smith, Lisa	U/A Kendal, Cumbria	695								695
1109.	Boyle, Sarah	U/A Kendal,	694								694
1110.	Hanley, vicki	Nordic walking Preston	693								693
1111.	Tasker, Lucy	WeRunLiv	692								692
1112.	Davis, Rebecca	U/A Letchworth, Hertfordshire									0
1113.	Dunmore, Sarah	U/A Epping, Essex									0
1114.	Dwan, Ellie	U/A Ulverston, Cumbria									0
1115.	Edwards, Bernice	U/A Liverpool,									0
1116.	egan, rosie	Cheshire hash house harriers									0
1117.	Fane, Harriet	U/A Penkridge, Staffordshire									0
1118.	Ghosh, Helene	U/A Gomersal,									0
1119.	Graham, Melanie	U/A Holmrook , Cumbria									0
1120.	Gyte, Laura	U/A London,									0
1121.	Harrison, Kate	U/A Carnforth,									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1122.	Harvey, Claire	U/A Ellesmere Port , Cheshire									0
1123.	Hooper, Karen	Team Coco									0
1124.	Hunter, Carol	U/A Preston, Lancashire									0
1125.	Jackson, Gill	Jog on the Tyne									0
1126.	Johnston, Emily	U/A Newcastle upon Tyne, Tyne & Wear									0
1127.	Kirkman, Jill	U/A Morecambe, Lancashire									0
1128.	Lancaster, Kelly	Millom Striders									0
1129.	Layton, Margaret	Wimbledon Windmilers									0
1130.	Livesey, Michelle	Red Rose Road Runners									0
1131.	Mallinson, Amy	U/A Grange over sands, Cumbria									0
1132.	McGregor, Laura	U/A Durham, Durham									0
1133.	McNeil, Karen	U/A Carlisle, Cumbria									0
1134.	meadows, sharon	ilkley harriers									0
1135.	Middleton, Ruth	Quakers Running Club									0
1136.	Molloy-Johnston, Anna	U/A Preston, Lancashire									0
1137.	Morgan, Paula	U/A Milnthorpe, Cumbria									0
1138.	Morrison, Lucy	U/A Dalston,									0
1139.	Ogg, Rosie	U/A Gretna, Dumfriesshire									0
1140.	parker, Claire	Mrs									0
1141.	Parsons, Anna	Northwich running club									0
1142.	Paxton, Lisa	Women on the Run									0
1143.	Quigley, Lorna	U/A Prenton Merseyside									0
1144.	Hardwick, Georgina	U/A Seascale,									0
1145.	Roberts, Catherine	U/A Stainforth, North Yorkshire									0
1146.	Sheridan, Michelle	Lytham st Anne's road runners									0
1147.	Stone, Susannah	U/A Barbon, Lancs									0
1148.	Stoneman, Hannah	Valley Striders									0
1149.	Strickland, Emily	U/A Holywell, Flintshire									0
1150.	Taylor, Becky	U/A Essendine ,									0
1151.	Taylor, Stephanie	U/A Lindal, Cumbria									0
1152.	Thacker, Sarah	U/A Milnthorpe, Cumbria									0
1153.	Turland, Lisa	Castle Tri									0
1154.	Walmsley, Heather	U/A CHORLEY, Lancashire									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1155.	Ward, Hazel	U/A Hexham, Northumberland									0
1156.	Weller, Bridget	U/A Whittle le Woods,									0
1157.	Carruthers, Anne-Marie	U/A Lancaster , Lancashire									0
1158.	Whitworth, Melissa	manchester front runners									0
1159.	Williams, Irene	U/A Coventry, West Midlands									0
1160.	Williams, Susanna	U/A Leeds, West Yorkshire									0
1161.	Wilson, Lynn	U/A Kendal, Cumbria									0
1162.	Wormald, Jessica	U/A YORK, North Yorkshire									0
1163.	Haughton, Kathryn	U/A Nr. Grange-over-Sands, Cumbria									0
1164.	Pennington, Gina	Helm hill									0
1165.	Salcedo, Maria	U/A Chester, Cheshire									0
1166.	Terry, Amelia	U/A Congleton, Cheshire									0
1167.	THOMSON, SAMMY	U/A WARRINGTON, CHESHIRE									0
1168.	Weber, Lesley	U/A London,									0
1169.	Barnes, Sara	U/A Wigan, Lancs									0
1170.	shaw, Nadia	Cumberland AC									0
1171.	Dakin, Amelia	Ponteland Runners									0
1172.	Alexander, Katy	U/A DURHAM,									0
1173.	Alexander, Susan	U/A Darlington, Durham									0
1174.	Barden, Louise	U/A Kendal, Cumbria									0
1175.	Barnett, Catherine	Garstang running club									0
1176.	Bateman, Julie	U/A Blaydon,									0
1177.	Bell, Gillian	U/A Keswick , Cumbria									0
1178.	Bescoby, Claire	Helm hill									0
1179.	Bland, Julie	U/A Kendal, Cumbria									0
1180.	Bonham, Philippa	U/A Doncaster, South Yorkshire									0
1181.	Borking, Helen	Women on the Run									0
1182.	Bruce, Tracey	L&MAC									0
1183.	Brunton, Jackie	Red rose road runners									0
1184.	Callaghan, Catherine	WOTR									0
1185.	Carter, Gemma	U/A Cockermouth, Cumbria									0
1186.	Cassidy, Angela	U/A Barrhead, East Renfrewshire									0
1187.	Charlesworth, Lisa	U/A Wollaton, Nottinghamshire									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1188.	Crossley, Karen	U/A Penrith,									0
1189.	Cumber, Sarah Louise	Halifax Harriers AC									0
1190.	Cummings, Jessie	U/A Millom , Cumbria									0
1191.	Hoogkamer, Anna	Team Inov 8									0
1192.	Lowe, Bethan	U/A Manchester									0
1193.	Cocker, Jessica	Cambridge and Coleridge AC									0
1194.	cooper, becky	U/A Wymondham , Norfolk									0
1195.	Vickerman, Hannah	CrossFit Leyland									0
1196.	Mellor, Kate	U/A Wetherby, West Yorkshire									0
1197.	Gill, Louisa	U/A York									0
1198.	Edgar, Sal	U/A Ormskirk,									0
1199.	Taylor, Hannah	U/A Carlisle									0
1200.	Crooks, Beth	U/A Hartlepool, Durham									0
1201.	McNicholl, Fritha	U/A Morpeth, Northumberland									0
1202.	SHIMMIN, Kathleen	U/A Bolton,									0
1203.	Cockburn, Rachel	Skelmersdale Boundary Harriers									0
1204.	seton, ruth	U/A sale, cheshire									0
1205.	Coulthard, Josie	Border Harriers									0
1206.	Astle, Hannah	U/A Edinburgh,									0
1207.	Kaye, Caroline	U/A Windermere, Cumbria									0
1208.	Duffield, Jacqueline	Fellside Ladies									0
1209.	Howard, Louise	U/A St Michael's ,									0
1210.	Dailey, Paula	U/A Newcastle Upon Tyne, Tyne & Wear									0
1211.	Cass, Anna	Mersey Tri									0
1212.	Redman, Rachel	U/A Sheffield,									0
1213.	Owen, Katherine	U/A Bury , Lancashire									0
1214.	Pollock, Lulu	Denby Dale Athletics Club									0
1215.	Nuttall, Carla	U/A Manchester, Lancashire									0
1216.	Barron, Stevie	Glaxo hood hill harriers									0
1217.	Fradsham, Laura	U/A Keswick,									0
1218.	Parker, Bethany	N/A									0
1219.	Seigler, Jackie	U/A London,									0
1220.	Sanchez Gil, Laura	U/A Bristol, Uk									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1221.	Rigg, Heather	Blackwater Valley Runners									0
1222.	Hughes, Lesley	U/A Vila Nova de Poiares,									0
1223.	Ellis, Carol	U/A Beverley, East Yorks									0
1224.	Wright, Tina	U/A Darlington, County Durham									0
1225.	Nicoll, Flo	U/A London,									0
1226.	Dennis, Joanne	U/A LINCOLN, Lincolnshire									0
1227.	Procter, Natalie	U/A Shipley, West Yorkshire									0
1228.	Yates, Deborah	U/A Morecambe, Lancashire									0
1229.	Fox, Kathryn	U/A Lancaster,									0
1230.	Shaw, Emily	U/A Carnforth, Cumbria									0
1231.	Eccles, Leigh	U/A Bidston, Merseyside									0
1232.	Green, Sarah	U/A Cockermouth, Cumbria									0
1233.	McAuley, Fiona	U/A Manchester, Greater Manchester									0
1234.	Duffy, Robyn	U/A London ,									0
1235.	Daly, Allison	Kendal AC									0
1236.	Fishwick, Bev	U/A Arnside, Lancashire									0
1237.	Owen, Katherine	None									0
1238.	Bill, Sue	U/A London,									0
1239.	Hurst, Marie	U/A Appleby-in-Westmorland , Cumbria									0
1240.	Malaj, Sara	U/A Northampton , Northamptonshire									0
1241.	James, Carli	U/A Burton-in-Lonsdale , North Yorkshire									0
1242.	watkinson, Kerry	U/A manchester, LANCS									0
1243.	Lomax, Paige	U/A Bolton, Lancashire									0
1244.	Aspen, Cheryl	U/A Bolton, Lancashire									0
1245.	Gill, Sarah	U/A Preston,									0
1246.	Howard, Bianca	U/A Bedford,									0
1247.	Crowther, Amy	U/A London,									0
1248.	Green, Alison	U/A Barnsley, South Yorkshire									0
1249.	HAGAN, SASHA	U/A Glasgow ,									0
1250.	McKeon, Anna	U/A London, LONDON, CITY OF									0
1251.	Day, Paula	U/A Merseyside,									0
1252.	Loughrey, Tracy	Astley&tyldesley road runners									0
1253.	Bagdatlioglu, Emel	U/A Stokesley									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1254.	Titchmarsh, Anna	U/A Horsham									0
1255.	Worsley, Nancy	U/A Durham									0
1256.	Rhodes, Orla	U/A Leeds									0
1257.	McCarron, Natalie	Cumberland AC									0
1258.	Lee, Lois	SDC									0
1259.	Graham, Ailish	inov-8/Wharfedale									0
1260.	Mee, Victoria	U/A West kirby, Cheshire									0
1261.	Airey, Michelle	WOTR									0
1262.	Bale, Jen	U/A Carlisle,									0
1263.	Beatty, Emma	U/A Newcastle,									0
1264.	Black, Nicola	U/A Keswick, Cumbria									0
1265.	Brennan, Suzie	U/A Carlisle , Cumbria									0
1266.	Cosh, Dawn	Square and Compass Trail Runners									0
1267.	Dugdale, Alexis	U/A Bury,									0
1268.	Fetherstone, Zoe	U/A Sedbergh, Cumbria									0
1269.	Fox, Amelia	U/A Lancaster,									0
1270.	Glenville, Lindsey	Selby Striders									0
1271.	Greeves, Gillian	U/A Redcar, Cleveland									0
1272.	Haskell, Julia	U/A Royal Wootton Bassett, Wiltshire									0
1273.	Holden, Jordan	U/A Ormskirk,									0
1274.	Knowles, Eleanor	Ambleside									0
1275.	Lowe, Susan	St Bees Triers									0
1276.	Mair, Catherine	U/A Prudhoe, Northumberland									0
1277.	Mann, Laura	U/A Falkirk,									0
1278.	Mason, Sylvia	Women on the Run Kendal									0
1279.	Patten, Helen	U/A Preston,									0
1280.	Roche, Lindsay	U/A Preston , Lancashire									0
1281.	sinkinson, carol	U/A birmingham, Cumbria									0
1282.	Smith, Caroline	U/A Warrington,									0
1283.	strong, christine	U/A penrith, cumbria									0
1284.	Vlies, Joanna	U/A Alderley EDge, Cheshire									0
1285.	Walters, Amy	U/A Chester le Street, Co Durham									0
1286.	Winspear, Sarah	U/A Riding Mill,									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1287.	Woolgar, Kim	U/A Doncaster, South Yorkshire									0
1288.	Conway, Annie	Ambleside RC									0
1289.	Tinsley, Alana	U/A Preston									0
1290.	Atherton, Kath	N/A									0
1291.	Woodley, Helen	Wooferton Wunners									0
1292.	McIntyre, Allison	U/A Ayr, South Ayrshire									0
1293.	Wright, Chontelle	U/A Newcastle upon Tyne,									0
1294.	Buss, Vicki	U/A Penrith, Cumbria									0
1295.	Collett, Suzanne	Women on the Run									0
1296.	Earley, Alex	Lakeland Orienteering									0
1297.	Ensor, Bev	Smiley Paces									0
1298.	Doyle, Bronwen	Smiley Paces									0
1299.	Wellens, Alison	U/A Liverpool, Merseyside									0
1300.	Murphy, Claire	U/A Bolton, Manchester									0
1301.	Maguire, Louise	Carlisle Tri									0
1302.	North, Nic	U/A Lancaster , Lancashire									0
1303.	Tracy, Aynsley	U/A Glasgow, Glasgow City									0
1304.	Rothwell, Amanda	U/A Manchester, Lancashire									0
1305.	Tetlow, Clare	U/A Manchester,									0
1306.	Dhanani, Beth	U/A Derby,									0
1307.	Sharp, Fiona	U/A Preston , Lancashire									0
1308.	Taylor, Katie	U/A MANCHESTER,									0
1309.	Thompson, Samantha	U/A Preston, Lancashire									0
1310.	Roach, Jackie	U/A Warrington , Cheshire									0
1311.	Kelly, Gillian	St. Helens striders									0
1312.	Shaw, Claire	U/A Ilkley ,									0
1313.	McGrath, Nicola	U/A Chorley, Lancashire									0
1314.	Bibby, Natalie	U/A Ulverston, Type a choice below ...									0
1315.	Eccles, Sarah	Red Rose									0
1316.	Szedler, Jennifer	Red Rose Road Runners									0
1317.	smyth, julie	Lymm runners									0
1318.	Gage, Lucie	Elswick Harriers									0
1319.	Simons, Jasmine	U/A Manchester ,									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1320.	burke, jane	lymm runners									0
1321.	Islam, Elizabeth	U/A Sabden,									0
1322.	Penny, Laura	U/A Bradford,									0
1323.	Eversfield, Catherine	Ilkley Harriers									0
1324.	Fairwood, Jennifer	Whalley RC									0
1325.	Wynne, Annabel	U/A Preston, Lancashire									0
1326.	Jones, Christine	Smiley paces									0
1327.	sambrook, clare	U/A Penrith, Cumbria									0
1328.	Rodgers, Juliet	U/A London,									0
1329.	Purser, Beth	U/A Cambridge,									0
1330.	Neate, Jenny	U/A Ambleside,									0
1331.	Todd, Megan	N/A									0
1332.	Aldred, Vanessa	U/A Corbridge, Northumberland									0
1333.	Peters, Cat	U/A Penrith, Cumbria									0
1334.	Knowles, Jackie	Women on the run									0
1335.	Beard, Nicola	U/A Gloucester, Gloucestershire									0
1336.	AITKEN, LAURA	U/A Lanark, South Lanarkshire									0
1337.	Tweedie, Lesley	U/A Lanark, South Lanarkshire									0
1338.	Rawling, Eleanor	U/A Abingdon, Oxfordshire									0
1339.	Blundell, Kay	U/A Manchester, Greater Manchester									0
1340.	Ward, Jane	Razzers Runners									0
1341.	McFarlane, Kirsten	U/A Manchester, Greater Manchester									0
1342.	Bandesha, Gunjit	U/A Manchester, Grtr Manchester									0
1343.	Thomas, Linda	U/A Wylam,									0
1344.	Lynch, Kerry	Delamere Spartans									0
1345.	Yates, Alex	U/A Ambleside,									0
1346.	Dewhurst, Lucy	U/A Preston, Lancashire									0
1347.	Lightfoot, Anna	U/A Carlisle , Cumbria									0
1348.	Wooldridge, Rhian	Blackwater Valley Runners									0
1349.	LAWLEY, SARAH	U/A APPLEBY, CUMBRIA									0
1350.	MACPHAIL, NICOLA	U/A PENRITH, CUMBRIA									0
1351.	Lynch, Wendy	Low Fell RC									0
1352.	Holman, Denyse	U/A Lanchester Durham									0

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1353.	Jones, Laura	U/A Appleby Cumbria									0
1354.	Allan, Karen	U/A Kilmacolm,									0
1355.	Heaton, Nicola	U/A Golcar, Huddersfield, West Yorkshire									0
1356.	Eccles, Lauren	U/A Lincoln,									0
1357.	sloman, laura	U/A Stonely, CAMBS									0
1358.	Gamberini, Ellena	U/A Cockermouth, Cumbria`									0
1359.	Mckenna, Rebecca	St Helens Striders									0
1360.	Cassell, Patrina	Eden Runners									0
1361.	Cannon, Catherine	Wirral Vikings TRC									0
1362.	Burge, Robyn	Dockside Runners									0
1363.	Parmley, Nicky	Eden runners									0
1364.	Taylor, Helen	U/A Penrith , Cumbria									0
1365.	Eggleston, Evelina	U/A Harrow,									0
1366.	Walshaw, Gemma	U/A Astley,									0
1367.	Harvey, Ruth	U/A Penrith, Cumbria									0
1368.	Austin, Maeve	U/A Penrith,									0
1369.	Fenwick, Helen	U/A Whitley Bay,									0
1370.	Johnson, Kelly	U/A Ingleton,									0
1371.	beeston, bethan	U/A Nantwich , Cheshire									0
1372.	Porter, Beth	U/A Sandbach, Cheshire									0
1373.	Stevens, Amelia	U/A Crewe , Cheshire									0
1374.	Howorth, Jenny	Hartpury College									0
1375.	Toppin, Suzanne	Team Mountain Fuel									0
1376.	Crozier, Suzanne	Monkey Runners									0
1377.	Boothroyd, Claire	Lakeland Trails									0

Number of records: 1377