

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
Lakeland Trails 2019 14-18K Series Results : Men										
1.	Birket, Matthew	Manchester Road Runners	965	986	976	964	993	993	992	6869
2.	Pye, Andrew	U/A Kendal, Cuumbria	951	953	913	938	959	874	918	6506
3.	Brophy, Dominic	U/A kirkham, Lancashire	925	916	887	915	925	868	919	6355
4.	Davies, Chris	U/A Witton le wrar, Durham	937	929	889	837	882	824	902	6200
5.	Crate, Jeremy	U/A Bedlington , Northumberland	888	896	901	857	910	834	898	6184
6.	coupe, graham	Wirral Vikings TRC	926	824	839	870	912	855	917	6143
7.	parker, alan	U/A stoke on trent,	837	879	859	840	879	826	865	5985
8.	Smith, Chris	Keswick AC	986	970	961		987	986	991	5881
9.	Allison, Mike	Eden Runners	973		963	970	981	957	977	5821
10.	Nagar, Igal	U/A Sutton Coldfield, West Midlands	855	866	849	823	793	783	833	5802
11.	Fishpool, Peter	U/A	967	958	944	966	966		975	5776
12.	Tippin, Frank		799	833	840	779	838	731	810	5630
13.	Spowart, Richard George	U/A Spennymoor, Durham	927	924	937	948	960	929		5625
14.	Ryan, Fergus	SWRC	858	788	827	787	808	559	885	5512
15.	spowart, john	U/A Spennymoor, Durham	908	923	918	924	943	852		5468
16.	Smith, Gary	COLT	902	906	891		913	893	943	5448
17.	Bateman, Tim	U/A Preston , Lancashire	786	725	704	824	854	718	783	5394
18.	Minns, Gary	U/A Bishop Auckland,	885	897	870	901	914	835		5302
19.	Barrett, Neil	U/A Preston, Lancashire	782	765	745	741	763	645	804	5245
20.	Gooding, Adrian	Quakers	882		823	843	901	845	884	5178
21.	Gillman, Darren	Trail Running Association	697	873	838	809	449	652	777	5095
22.	corless, Chris	Team mountain fuel	992	989	972	992			993	4938
23.	crawley, ryan	U/A Carlisle, Cumbria	981	987	978			987	995	4928
24.	Nelson, Michael	U/A Barrow in Furness, Cumbria	766	740	708	698	652	466	761	4791
25.	lonsdale, philip	U/A durham,	955	964		941	963	951		4774
26.	Paterson, Neil	U/A Hexham, Northumberland	779	823	815	766		689	859	4731
27.	Ryan, Chris	SW Running Crew	861	767	877	788	862	558		4713
28.	Stout, John	U/A Leigh, Greater Manchester	698	698	644	694	686	540	749	4709
29.	cushion, peter	wirral vikings trc	964			871	903	944	968	4650
30.	Meeten, Jon	U/A Manchester,	852	836	804	687		629	787	4595
31.	Myatt, Robert	U/A Stoke on trent, Staffordshire	768	710	654	661	609	519	663	4584
32.	Lobas, Simon	Swinton			866	906	911	866	938	4487

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33.	White, Scott	Cambridge & Coleridge		927		883	924	819	907	4460
34.	McNicholl, Stewart	U/A Morpeth , Northumberland	720	694	650	656	578	451	682	4431
35.	Lashley, Pete		886	892	880		892	825		4375
36.	Simpson, MARTIN	Red Rose Road Runners	687	777	802	643	431	483	526	4349
37.	rowlandson, dean	U/A grange over sands, cumbria	884			849	899	810	892	4334
38.	Holmes, Mike	U/A Skipton,			865	854	877	811	886	4293
39.	TRELFA, AUSTIN	Red Rose Road Runners	728	708	659	631	502	424	639	4291
40.	Yates, Andy	U/A Colwyn Bay, Conwy	847	849	851	835	878			4260
41.	Bidwell, Clement	U/A Salford,	731	714	683		648	561	753	4090
42.	Holdsworth, Chris	Team inov-8		1000	1000	1000	1000			4000
43.	French, John	Eden Runners				999	999	999	999	3996
44.	Henderson, Steven	Sale Harriers Manchester		992	986			994	997	3969
45.	Burkitt, Michael	U/A Lancaster, Lancashire	803	815	713			756	834	3921
46.	Connolly, David	U/A Burscough, Lancs	966	977	959			943		3845
47.	Kinner, Phil	U/A Ashby De La Zouch,	696	733	633	646		445	685	3838
48.	Sammut, John	U/A Newcastle-under-Lyme,				944	970	945	970	3829
49.	Smitham, Paul	GMFRS			770	706	779	701	813	3769
50.	Airey, Stuart	Eden runners				920	964	942	939	3765
51.	Davies, Owen	U/A Sedbergh,			744	739	784	671	814	3752
52.	Phillips, Andy	U/A Manchester, Greater Manchester		936	929		947	937		3749
53.	Cuthbert, philip	wallasey ac	898	930	917		951			3696
54.	ryder, john	U/A wetherby,	759	848	668	734		650		3659
55.	Stainthorpe, Ian	Rochdale Harriers	918	840	946	951				3655
56.	cleary, denis	none	950	947		891		856		3644
57.	Penhale, Bruce	Trafford AC			927	894	932	872		3625
58.	Logan, David	U/A Brighouse,		940	896	874		910		3620
59.	Dodd, Simon	U/A Brampton, Cumbria				873	921	858	933	3585
60.	Schofield, Graham	Chorley Harriers	756	737	703	676	710			3582
61.	trubshaw, jon	U/A Ormskirk, Lancashire	733		656	728	748	565		3430
62.	Stevens, Joe	U/A Ormskirk, Lancashire	732		657	727	747	566		3429
63.	Cattermole, Gary	U/A Kendal, cumbria	859	869	800		799			3327
64.	Bayliss, David	Red Rose Road Runners		834	852	807	826			3319
65.	Clitheroe, Andrew	U/A Carlisle,				817	849	743	874	3283

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Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
66.	Carrick, Neil	West Cumbria Tri	831	842	806			796		3275
67.	Price, Michael	Team inov-8	752	738			717	412	652	3271
68.	Hemsley, Andrew	Walney Wind Cheetahs				826	822	698	882	3228
69.	Spowart, David	U/A Spennymoor, Durham	815		758			764	881	3218
70.	Aiken, David	Quakers Running Club		908	646	902			756	3212
71.	Clemmens, Paul	Rotherham Harriers	854	795	780	773				3202
72.	Wimpenny, David	U/A St. Helens ,				796	802	729	840	3167
73.	Gibson, Andrew	U/A Cockermouth, Cumbria	690	662	622	649	542			3165
74.	Hollowbread, Andrew	U/A DURHAM, Co Durham	802	793	762			779		3136
75.	Byrne, Simon	St Bees Trier				785	725	768	841	3119
76.	Brooks, Neil	U/A Preston		785		801	810	722		3118
77.	Raynor, Dave	Red Rose Road Runners	880			712		693	831	3116
78.	Bamforth, John	U/A Wigton, Cumbria		755	763	761	823			3102
79.	Robertson, Iain	U/A Corbridge, Northumberland				784	764	750	800	3098
80.	Spickett, Gavin	Tynedale Harriers	704	658	630	634		386		3012
81.	Cox, Jonathan	Eden Runners		999	998			1000		2997
82.	Brunger, Paul	Derwent Valley Running Club	997	998	994					2989
83.	Brocklehurst, Mark	Warrington Youth Club	778	744	753	702				2977
84.	Walker, Stephen	Beverley AC				990		988	981	2959
85.	SWIRE, JAMES	U/A Southport, Merseyside	680	636	596	605	424			2941
86.	foster, andrew	liverpool pembroke & sefton	980	982	969					2931
87.	Blakeley, Matthew	Roundhay Runners	956			979	989			2924
88.	Roome, Peter	Southport Waterloo AC	978	979	964					2921
89.	gregory, paul	unattached	976	981	960					2917
90.	Welsh, Michael	U/A Northallerton, North Yorkshire	761	727	710				712	2910
91.	Stolworthy, Dan	U/A Huddersfield, West Yorkshire				726	706	664	807	2903
92.	Hemmings, Ross	U/A Goostrey ,				963	979	961		2903
93.	Harper, Tim	U/A Nottingham, Nottinghamshire	773	829		677	623			2902
94.	Walker, David	Sedgfield Harriers		957		968			971	2896
95.	Bretherton, Colin	U/A Ormskirk, Lancashire	971	978	943					2892
96.	Gray, Jonathan	Richmond & Zetland harriers			956			959	973	2888
97.	Jardine, James	U/A Penrith, Cumbria	753	693	721	703				2870
98.	little, jim	U/A cheshire,				764	712	707	680	2863

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99.	Rooney, Gerry	U/A Carlisle,				743	770	615	734	2862
100.	Tadeusiak, Andrzej	U/A LANCASTER, Lancashire	961			956	930			2847
101.	Entwistle, Stephen	Wirral Vikings TRC	932					939	952	2823
102.	Vaneris, Harry	U/A London			920	933	965			2818
103.	Hatton, Richard	U/A Mr ulverston, Cumbria		919	921		917			2757
104.	Wiseman, John	Red Rose Road Runners				701	771	613	668	2753
105.	wardley, mark	U/A preston, lancs				710	733	581	728	2752
106.	ARMSTRONG, MICHAEL	sunderland strollers	751	796	746			452		2745
107.	Lingard, Gary	U/A Ulverston,				853	949	928		2730
108.	Mason, John	U/A Kendal, Cumbria				974		792	964	2730
109.	Stuart, Andrew	U/A Lancaster, Lancashire			898		926	903		2727
110.	Platten, Steve	City of Hull AC				898		902	927	2727
111.	Schaffer, Nicholas	Millom Striders				671	676	632	746	2725
112.	Pollock, Jason	Border Reiver Runners	920	921		858				2699
113.	MacNamee, Ian	Erewash Valley Running Club	910	898	886					2694
114.	Horobin, Darren	U/A Hemsworth,	921		854	914				2689
115.	Booth, Craig	U/A Kendal, Cumbria				688	667	590	735	2680
116.	Croft, Ian	Red rose road runners	928	910				841		2679
117.	Davenport, Stephen	U/A Warrington,			863	860			934	2657
118.	Taylor, Stuart	U/A Preston, Lancashire	917		836	887				2640
119.	Howe, Nick	U/A Liverpool,					893	829	913	2635
120.	Fawdington, Rob	U/A Linlithgow, West Lothian	851	914	869					2634
121.	ward, carl	U/A driffield, east yorkshire	883					842	905	2630
122.	Burke, Michael	Swinton running club			874			823	921	2618
123.	kelly, paul	U/A St helens,	895	857	813					2565
124.	Morris, Glenn	U/A Lancaster,			826	845	894			2565
125.	Wright, Tom	U/A Lytham St.Annes, Lancashire	839	876	818					2533
126.	Morton, Gary	U/A Brighouse, West Yorkshire				719	633	518	651	2521
127.	Houghton, Steven	U/A Beetham , Cumbria				673	635	498	691	2497
128.	Whalley, Ian	U/A Huddersfield, West Yorkshire			848			784	864	2496
129.	Gilbert, David	U/A Liverpool, Merseyside	842		798				847	2487
130.	Charles, Terence	Wirral Vikings TRC.					814	782	890	2486
131.	Whettlock, Phillip	Queensbury RC		880				770	836	2486

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132.	Harper, Robert	Yorkshire Wolds Runners		724		878	874			2476
133.	TOSH, GARETH	U/A Halifax,	844	893				736		2473
134.	moss, terry	U/A preston, lancashire					851	752	842	2445
135.	Newby, Colin	U/A Newcastle Upon Tyne, Tyne and Wear		950	723		768			2441
136.	Horne, Jonathan	Biddulph Running Club				834		757	848	2439
137.	Madge, Luke	Derek Zoolander school for kids that can't run good	953	942			524			2419
138.	wilson, john	U/A Lytham, Lancashire	836	797	781					2414
139.	Cowell, Damian	Warrington Running Club	817	808	784					2409
140.	kings, tim	U/A KENDAL,		838		711			855	2404
141.	Cruickshank, Stephen	U/A Formby,	825	775	797					2397
142.	Moston, David	Wirral Vikings	897	757	742					2396
143.	Lester, Stephen	Cumberland Fell Runners		831	768		796			2395
144.	Davenport, Ian	U/A Harrogate, North yorkshire	804	805	783					2392
145.	Thomas, Peter	N/A		782		775			828	2385
146.	Lazenby, Charles	U/A Kingston-Apon-Hull, East Yorkshire		771		763			845	2379
147.	harrison, roger	cheshire hash house harriers	809	752			797			2358
148.	Lewis, Dan	Keswick AC		843	773	736				2352
149.	Robinson, Steven	Thornton Cleveleys Running Club	790		795		746			2331
150.	Poole, Simon	St Helens Striders	798	773	757					2328
151.	Harper, Joe	Yorkshire Wolds Runners		763		800	765			2328
152.	Howe, Gary	U/A Manchester, Lancashire		750	727		848			2325
153.	Bell, Stuart	Kendal AC		772	747	803				2322
154.	Buckroyd, Andy	Macclesfield Harriers		813		732	775			2320
155.	Jackson, Andrew	Unattached	771	784	761					2316
156.	Wilcock, Adam	U/A Old Langho, Lancashire			764			692	853	2309
157.	Higson, Dave	U/A kendal, cumbria		704	648		546	405		2303
158.	Aldam, Mark	U/A Kendal,	787	790	725					2302
159.	Tomkins, Anthony	U/A Abergavenny (Y Fenni), Gwent			688			741	872	2301
160.	OHara, Steven	U/A Sunderland, Tyne & Wear				630	562	441	656	2289
161.	Green, Steve	U/A Cockermouth, Cumbria	793			760	727			2280
162.	Rose, Mark	U/A Fleetwood , Lancashire				724	737		801	2262
163.	Lawson, Tom	U/A Maryport, Cumbria	792	760	709					2261
164.	Moss, Paul	Garstang Running Club		754	754		744			2252

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165.	McMullen, Shaun	U/A Kendal,		768	730	752				2250
166.	Furphy, Chris	U/A Guisborough,	769	735	733					2237
167.	Maxwell, Anthony	U/A Bolton,		713	717	802				2232
168.	Medlicott, Peter	Warrington Road Runners	701	821	700					2222
169.	fitton, colin	U/A Wrenthorpe, Please Select			738	716		762		2216
170.	Spear, Jason	U/A Chorley, Lancashire	776	741	693					2210
171.	O'Boyle, Andrew	U/A Warrington, Cheshire	877		701			631		2209
172.	Longworth, Stephen	U/A Sheffield, South Yorkshire	801	689	707					2197
173.	Watson, Richard	U/A Allithwaite, Cumbria	743	719	732					2194
174.	Lewis, Owen	Independent	712		728	746				2186
175.	Pennock, Richard	U/A Bridgend,	746					660	774	2180
176.	Swift, Mike	U/A Manchester, Manchester	774		680	722				2176
177.	Rankine, Andy	U/A Chorley, Lancashire	764	715	690					2169
178.	burgess, steven	thornton cleveleys running club	789		711		657			2157
179.	Skelton, Richard	None of the above	745	730	663					2138
180.	Richardson, Jonathan	York Postal Harriers			705			682	745	2132
181.	Harris, John	U/A Bradford, County (optional)	730	703	671					2104
182.	Glass, John	U/A Lancaster, Lancs			720	723		659		2102
183.	Meyfroidt, Steve	U/A Penrith, Cumbria			692	754		601		2047
184.	Clarke, Simon	U/A Maryport, Cumbria		764			726	555		2045
185.	Taylor, Alan	U/A Rochdale, Greater Manchester			689		690		665	2044
186.	Lomas, Martin	U/A Warrington, Cheshire	685	641	716					2042
187.	tattersall, John	York Acorn running club	710	680	620					2010
188.	Pleasance, Robert	U/A Manchester, Greater Manchester		701	642	667				2010
189.	Brown, Malcolm	Hook Norton Harriers			719			595	689	2003
190.	Glass, James	U/A Lancaster, Lancs			658	693	649			2000
191.	Jenner, Anthony	U/A Sunderland, Tyne and Wear	689	678	631					1998
192.	Ronaldson, Cameron	U/A Manchester , Lancashire	999					997		1996
193.	Arkle, Jamie	Eden Runners					996	998		1994
194.	warburton, james	U/A knaresborough, north yorkshire						995	998	1993
195.	Metcalf, Anthony	Ramsbottom Running Club	700	664	623					1987
196.	Tait, Christopher	Eton Manor AC						990	996	1986
197.	Jones, Craig	YMCA Manchester Harriers			991	994				1985

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198.	Jackson, David	Horwich RMI Harriers		996	985					1981
199.	Marsh, Craig	Keswick AC			989	989				1978
200.	Johnston, Connor	Victoria Park Harriers			977	998				1975
201.	Blackwell, Mark	WestCumbriaTri						985	988	1973
202.	Gregson, Wayne	Endurance Store		991	981					1972
203.	Klavon, Martin	Fylde Coast Runners		988		983				1971
204.	Holland, Tommy	U/A Edgworth,						981	986	1967
205.	Sutcliffe, Neil	Blackburn Road Runners	688	659	619					1966
206.	Cossu, Stefano	Warrington RC				980	986			1966
207.	Crombie, Ross	U/A West Bridgford,			669			557	738	1964
208.	Webster, Garry	U/A Ambleside, Cumbria	684	661	618					1963
209.	Roberts, Ian	LIVERPOOL PEMBROKE AND SEFTON HARRIERS		983	980					1963
210.	Oldfield, Martin	Darwen Dashers		984		976				1960
211.	Blake, David	U/A Birmingham,						976	982	1958
212.	Downs, Craig	U/A ROWLANDS GILL,				972	984			1956
213.	Ball, Nathan	Manchester Tri						978	978	1956
214.	Rose-Coulthard, Richard	Brooks RunHappy Team						979	976	1955
215.	Bettinson, Guy	St Bees Triers		985				966		1951
216.	Carr, Sam	Liverpool Pembroke & Sefton	979		970					1949
217.	Jenkinson, Daniel	U/A Lancaster,					978	970		1948
218.	Small, Derek	U/A Edinburgh ,						963	979	1942
219.	Gora, Simon	Garstang RC			965				974	1939
220.	Griffiths, Mark	Manchester YMCA Harriers			958	978				1936
221.	Duff, Raymond	U/A Dumfries,		944			977			1921
222.	Navesey, Steve	U/A South Chailey,					688	530	702	1920
223.	Irving, Anthony	U/A Carlisle,					968	952		1920
224.	Thornton, Scott	U/A Carlisle, Cumbria	962	955						1917
225.	Crompton, Sam	U/A Crosthwaite , Cumbria		960	947					1907
226.	Abram, Stephen	U/A Warrington , Cheshire	963		942					1905
227.	Graham, Chris	U/A winderemere,	942	962						1904
228.	Ryder, Edward	None					632	534	732	1898
229.	Siddoway, Jack	U/A Newcastle Upon Tyne		971	926					1897
230.	Newby, Colin	U/A Kirkby-in-Furness, Cumbria			940		954			1894

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231.	Cobb, Chris	Roudhay Runners		925		965				1890
232.	Clokey, Andrew	Lancaster and morcambe AC		951					937	1888
233.	Barnes, George	York acorn r c			953	935				1888
234.	Leeson, Nigel	Macclesfield Canoe Club	948	938						1886
235.	Perren, Steve	Meltham		946	939					1885
236.	Drummond, Lee	Birtley ac						922	960	1882
237.	Brear, Paul	U/A Cambridge,				937	940			1877
238.	Sutherland, Andrew	U/A Milnthorpe, Cumbria			928	946				1874
239.	Oldendorp, Ben	U/A Blackpool , Lancashire	919	954						1873
240.	McNally, Warren	None						909	963	1872
241.	Miles, Andrew	U/A Barrow-in-furness, Cumbria				923	948			1871
242.	Bittner, Jiri	U/A Sedbergh , Cumbria		922	948					1870
243.	Rodriguez, Pedro	U/A Liverpool,	952			917				1869
244.	Snaith, Alex	U/A MANCHESTER, GREATER MANCHESTER		932			936			1868
245.	Kimmins, Damian	Na				916	952			1868
246.	Howarth, Hadrian	U/A Rickmansworth,						927	941	1868
247.	Fearnhead, Ben	U/A Windsor, BERKSHIRE						920	947	1867
248.	Palmer, Mark	Achille Ratti	869	994						1863
249.	Brear, Paul	U/A Cambridge,						897	966	1863
250.	Barr, Alan	Howgill Harriers		935	924					1859
251.	Mcevoy, Colin	Wigan & District H & AC						933	922	1855
252.	George, Tom	U/A SELBY,	957		897					1854
253.	Ashton, Ben	U/A Nottingham, NOTTINGHAMSHIRE						905	944	1849
254.	Stockton, Daniel	The Fell Devils	923					925		1848
255.	Pollitt, David	Leigh Harriers			933		915			1848
256.	Trencher, Ian	U/A Wigan, Lancashire		671		644	530			1845
257.	Cash, Dan	U/A Bristol, Avon			895			950		1845
258.	Rawlinson, Paul	U/A Carlisle, Cumbria				909	933			1842
259.	Johnson, Mark	Sweatshop Running Community						904	936	1840
260.	Lewis, Rodney	U/A Brixton, London					945	892		1837
261.	Dunne, Raphael	U/A Irby, Merseyside					614	494	724	1832
262.	Clarke, Ben	Team Nidderdale			912			917		1829
263.	Jackson, Andy	The Fell Devils	892					936		1828

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
264.	Hough, Luke	U/A Chorley, Lancashire		912	914					1826
265.	Baglee, David	U/A Penrith, Cumbria			871				955	1826
266.	schofield, john	U/A Nottingham,						877	948	1825
267.	Hargreaves, Christopher	Red rose runners	916		907					1823
268.	Hind, Andrew	Northwich Running Club						879	940	1819
269.	Merritt, Jon	U/A Keswick, Cumbria		688	662			464		1814
270.	Casstles, Toby	U/A Rainford, Merseyside	894						920	1814
271.	Ashton, Carl	U/A WARRINGTON,			923	889				1812
272.	Fletcher, Jonathan	Ripon Runner						883	926	1809
273.	Parker, Steve	U/A Chester, Cheshire		917	890					1807
274.	Webster, Gary	Knaresborough Striders						882	924	1806
275.	Abbott, Dave	U/A PRESTON,				841			961	1802
276.	Donkersley, Philip	U/A Lancaster, Lancashire			655			524	622	1801
277.	Holland, Iain	U/A Edgworth,						871	925	1796
278.	Morris, Christopher	Team Windmill				907		888		1795
279.	Crook, Stephen	U/A Wilmslow,			888	900				1788
280.	Chambers, James	York Knavesmire Harriers						869	915	1784
281.	Downs, Simon	U/A Gateshead, Tyne and Wear				864	916			1780
282.	Corinaldi, Rob	Vale Royal						848	931	1779
283.	Elder, John	U/A Oldmeldrum, Aberdeenshire	871		905					1776
284.	Raso, Roberto	Manchester Frontrunners		895				880		1775
285.	Pansegrouw, Etienne	U/A Southport ,					908	867		1775
286.	Jarrett, Austin	Dawn Jarrett			941			830		1771
287.	Hillas, Stephen	Saltaire Striders				877		891		1768
288.	Webb, Gareth	Sale Harriers Manchester				903		861		1764
289.	Wood, Kelvin	Tamar trotters						940	824	1764
290.	Elliott, Paul	Meltham ac		886	875					1761
291.	Smith, Richard	U/A Ackworth, West Yorkshire	906	855						1761
292.	Pattinson, Robert	Motherwell Ac						850	906	1756
293.	Bennett, Christopher	GOG Triathlon Club		882	873					1755
294.	Birkett, John	n/a		891			863			1754
295.	Wilson, Matthew	U/A Workington, Cumbria			878	875				1753
296.	Towler, George	U/A Urmston,			867	880				1747

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
297.	Hargreaves, Aaron	U/A Huddersfield, West Yorkshire		872		856				1728
298.	Ions, Justin	U/A Ilkley,						814	914	1728
299.	Murtagh, Wayne	City of Hull AC				868		859		1727
300.	McQuade, Richard	Gosforth Harriers			885			839		1724
301.	Green, Chris	U/A Matlock, Derbyshire						827	897	1724
302.	Stuart, Stephen	U/A Banbury, Oxfordshire			846		875			1721
303.	Boylin, Philip	U/A Hexham, Northumberland	865	854						1719
304.	Cornwell, Paul	Biddulph Running Club						816	903	1719
305.	Crooks, Steve	U/A Hartlepool ,		865		851				1716
306.	Beardmore, Paul	Na					880	833		1713
307.	Sharman, Alexander	U/A Banbury, Oxfordshire						789	923	1712
308.	WrightRosie, Simon	U/A MILLOM, Cumbria	849	861						1710
309.	Gibson, Mark	U/A Whitehaven, Cumbria	841		864					1705
310.	Dodds, Richard	U/A Newcastle upon Tyne,		851			853			1704
311.	Clarke, Stephen	U/A Kelsall, Cheshire		871	828					1699
312.	Bowman, Paul	City of Hull AC			817	879				1696
313.	Baker, Simon	U/A Newcastle upon Tyne ,						797	896	1693
314.	Joshi, Mihir	U/A Glasgow,						818	875	1693
315.	Mitchell, Iain	Red Rose Road Runners	873		816					1689
316.	Hill, Edward	Wakefield Triathlon Club		825			855			1680
317.	Thompson, Russell	U/A Barrow-in-Furness,						800	880	1680
318.	Cairns, Stuart	U/A Whitley Bay, Tyne and Wear	821	856						1677
319.	Forster, Nigel	U/A Whitehaven, Cumbria		847		829				1676
320.	roberts, rich	elswick	872	802						1674
321.	Rogerson, Nick	U/A Wallsend,	863	810						1673
322.	barnes, jerry	york acorn running club			842	830				1672
323.	Harrison, John	U/A North Shields, Tyne and Wear				816			856	1672
324.	Harrison, Richard	Ambleside AC						776	893	1669
325.	Genovese, Salvatore	U/A Garstang, Lancashire				872		793		1665
326.	Bailey, David	BRC						786	879	1665
327.	Neve, Kevin	U/A Blackpool , Lancs			830		830			1660
328.	White, Paul	U/A Durham, County Durham				838		822		1660
329.	Miller, David	Chorley			825		834			1659

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
330.	johnson, leslie	Northwich Running Club		926			720			1646
331.	Fox, Wayne	St. Bees Triers		870				773		1643
332.	Lloyd, Christian	Meltham AC		850	790					1640
333.	Johnson, Johnny	U/A Guisborough,			750			884		1634
334.	Flatres, Neil	U/A Wakefield, West Yorkshire						765	869	1634
335.	reed, peter	Northumberland Fell Runners	913			720				1633
336.	Sharp, Gordon	U/A Poynton, Cheshire	828					805		1633
337.	Charles, Philip	U/A Glasgow,	850	781						1631
338.	ryder, jack	U/A liverpool, merseyside		846				781		1627
339.	Clemens, Jonathan	Knutsford Tri Club						778	846	1624
340.	Charles, Terry	Wirral Vikings TRC.	820		803					1623
341.	Birchall, Gavin	U/A Preston,				813		809		1622
342.	Davidson, Andrew	U/A Altrincham, Cheshire	723	887						1610
343.	Johnson, Simon	U/A Kendal, Cumbria	797	812						1609
344.	Hawkins, Richard	York Postal Harriers						777	832	1609
345.	Wood, Mike	U/A Ryton, Tyne &Wear	807	801						1608
346.	Jordan, David	U/A Kendal, Cumbria	853		751					1604
347.	Allen, Charles	Datchet Dashers			792	812				1604
348.	Hunt, Tom	U/A Barrow-in-furness, Cumbria			769	828				1597
349.	Furness, Paul	City of Hull AC				758			838	1596
350.	Hill, Paul	N/A	800	794						1594
351.	Abbott, Ian	U/A Nottingham,						749	837	1586
352.	Shevelan, John	Black Coombe Runners	857					726		1583
353.	Broome, Jon	Achille Ratti					783	795		1578
354.	Love, Philip	U/A Leeds, West Yorkshire						751	816	1567
355.	Kelly, Graham	U/A Liverpool, Merseyside	788	778						1566
356.	Mitchell, Michael	U/A Ulverston	833	729						1562
357.	Hodgson, Darren	U/A Altrincham, Cheshire			772	789				1561
358.	Greener, Richard	U/A Newbiggin-on-Lune,		806	748					1554
359.	Roche, Paul	U/A Chester,	750	792						1542
360.	Stokes, Mike	U/A Ormskirk, Lancashire				786		755		1541
361.	Stirling, Ivor	U/A Lancaster,					861	679		1540
362.	Farmer, Mark	U/A Lincoln, Lincolnshire			603			340	581	1524

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
363.	McCarron, Bernard	Macclesfield Harriers	692				831			1523
364.	Wilson, Paul	Yorkshire Wolds Runners		676			842			1518
365.	McCarthy, Jeff	Rochdale Harriers			862			655		1517
366.	Hunt, Mark	U/A Solihull, West Midlands			760	750				1510
367.	Corbett, Stuart	U/A Preston, Lancashire				748	754			1502
368.	Mylett, Peter	Wirral Vikings TRC		758	740					1498
369.	Cowie, Stuart	U/A Warrington, Cheshire		759	737					1496
370.	Rayner, Ian	Roundhay Runners		748	743					1491
371.	Langrish, David	Sunderland Strollers						668	821	1489
372.	Fisher, Martyn	Almost Athletes	754			733				1487
373.	Wallace, Neil	U/A Carlisle, Cumbria		728	759					1487
374.	JONES, ALAN	GARSTANG RUNNING CLUB		749			724			1473
375.	Avison, Paul	Wirral Vikings			739	729				1468
376.	Bond, Stuart	U/A Preston, Lancashire				714			752	1466
377.	Davies, Sam	U/A Stockport,					760	702		1462
378.	Tilbury, Martin	U/A Sale, Cheshire	772				685			1457
379.	Stokes, Richard	FRA	747	702						1449
380.	Borrill, Jason	U/A Littleborough, Lancashire		723	724					1447
381.	Cliffe, Tim	U/A Alsager , Cheshire		789				654		1443
382.	Hill, Ben				808			635		1443
383.	Stanley, Jason	U/A HaLe, Cheshire			702	737				1439
384.	Clarke, Andrew	Running Rebels	737	700						1437
385.	Wilcock, Daniel	U/A Stockport,					741	694		1435
386.	Conway, Darren	U/A Lancaster , Lancashire		743	687					1430
387.	Fletcher, Gordon	Batala Runners	736			690				1426
388.	Cavner, Richard	N F R	729			697				1426
389.	Haxon, John	U/A Cramlington,		747		672				1419
390.	atkinson, paul	U/A Ulverston,			673	735				1408
391.	Davies, Mark	U/A Formby, Merseyside		709	697					1406
392.	Jorgensen, Find	U/A Bjornemyr, Akershus						607	798	1405
393.	Watt, David	U/A Gelston, Lincolnshire						641	762	1403
394.	Waring, John	U/A Warrington, Cheshire						620	782	1402
395.	Hall, Andrew	U/A Appley Bridge,	727	673						1400

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
396.	mckernan, alec	U/A Southport, Merseyside		712	686					1398
397.	Arthur, Dave	U/A Oxford, Oxfordshire		647	749					1396
398.	Fisher, Graham	Biddulph Running Club				745		648		1393
399.	Deed, Alan	Trawden Athletic club	709	683						1392
400.	Cannell, Mark	U/A Wigan, Lancashire		722	664					1386
401.	Cranham, Matthew	Skelmersdale boundary Harriers		666	718					1384
402.	Atkinson, Matt	U/A Kendal, Cumbria						606	778	1384
403.	Oakey, Ian	Settle Harriers				691	691			1382
404.	Cheung, Peter	U/A Ambleside, Cumbria		711		670				1381
405.	Collins, Paul	Garscube Harriers						618	763	1381
406.	Twiseldon, Ian	U/A Sheffield,		717		657				1374
407.	Wallwork, Peter	U/A Wilmslow, Cheshire			665	709				1374
408.	Pryce, Alan	U/A Alton, Hampshire						594	780	1374
409.	Wightman, Colin	Merseytri		699	672					1371
410.	Jeffrey, Alex	U/A Lightcliffe,						587	784	1371
411.	Tysome, Stephen	Trail Running Association				686	683			1369
412.	Jones, Richard	Blackwater Valley Runners			651				717	1368
413.	Taylor, Ian	None		707	660					1367
414.	Oulton, Greg	Lytham St Annes Road Runners	724		628					1352
415.	Jaques, Ric	U/A Brampton,		720				628		1348
416.	Morris, Roy	BTR Road Runners	694	651						1345
417.	Spivey, Garry	Meltham A.C.				651		691		1342
418.	McCarthy, John	U/A Warrington, Cheshire		705	636					1341
419.	mayson, richard	unattached			726			602		1328
420.	Plant, Mike	U/A Warrington,	683	640						1323
421.	Carter, Darren	Warrington running club			649	665				1314
422.	Balson, Matthew	U/A Kirkham, Lancashire	703		607					1310
423.	Bellwood, Michael	N/A				721		585		1306
424.	Pearce, Craig	N/A		669	635					1304
425.	Cummins, David	U/A Preston, Lancashire						583	721	1304
426.	Harrison, Richard	Didsbury Runners			676				626	1302
427.	Carr, Paul	st helens striders		668	632					1300
428.	Cummins, Michael	U/A Lancashire,						579	720	1299

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
429.	Iarsson, Charles	Newcastle Staffs						509	788	1297
430.	Price, Andrew	Team inov-8						603	690	1293
431.	Davidson, Alan	U/A Witney,		697				589		1286
432.	Holden, Phil	U/A Bolton, Lancashire				747		539		1286
433.	Mundy, Robert	Ripon Runners		663					620	1283
434.	Longney, Steve	Yorkshire Wolds Runners				663	613			1276
435.	Bell, Cameron	U/A Lewes, East Sussex		649	625					1274
436.	Jones, Simon	Adderbury Running Club		648		623				1271
437.	Ward, Gary	St Helens Striders		656	614					1270
438.	Rose, Brian	Billingham Marsh House Harriers						576	693	1269
439.	Towers, Paul	U/A Morecambe,		660	600					1260
440.	Griffiths, Geoff	Fuelled By Fun				636	619			1255
441.	Matthews, Peter	U/A Selby, N Yorks		639		615				1254
442.	Walter, John	U/A Penrith, Cumbria					681	571		1252
443.	Langhorne, John	U/A Kendal, Cumbria				632			617	1249
444.	Bowen, Stuart	Orchard Eagles Running Club						533	713	1246
445.	Jones, Simon	U/A Bishops Stortford, Herts			691			554		1245
446.	Johnstone, Stewart	Warrington Running Club			606	638				1244
447.	Smithers, Ben	Red Rose Road Runners			736			493		1229
448.	Duffy, Martin	U/A Swinton,	711				512			1223
449.	Harkin, Thomas	Oisins Gaa						495	705	1200
450.	Chew, Chris	U/A				639	558			1197
451.	Shaw, Mark	U/A Audenshaw, Manchester					620	562		1182
452.	Burt, Gary	U/A Blackburn, Lancashire	722					449		1171
453.	Cass, Dylan	Mersey Tri						481	676	1157
454.	Deane, Matt	U/A Preston, Lancashire				633	521			1154
455.	Devine, David	U/A Glasgow, Scotland						479	674	1153
456.	Ford, Matt	U/A Ulverston, Cumbria				628	513			1141
457.	Ash, Nigel	U/A Coventry,						462	673	1135
458.	Heap, Paul	Blackpool Freedom Runners		652			481			1133
459.	Gray, Michael	Thornton and Cleveleys RC						425	677	1102
460.	Waring, Mel	U/A St. Helens, Merseyside						486	612	1098
461.	Harrison, John	U/A Carlisle, Cumbria		653			444			1097

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
462.	Henderson, Ian	U/A Northallerton ,						435	661	1096
463.	Webster, Nicholas	U/A Northallerton ,						439	655	1094
464.	Williams, Martin	Stockport Harriers						403	670	1073
465.	Dunne, Darren	U/A Chester-le-Street,, Durham						438	631	1069
466.	Aust, David	Stamford striders						401	653	1054
467.	MOORE, STEVEN	NORDIC WALKING UK			602		445			1047
468.	Farr, wayne	U/A HULL, East Yorkshire						426	621	1047
469.	Brown, Ken	Blackhill Bounders			637			400		1037
470.	Dean, Artem	U/A Harrogate			617			397		1014
471.	Farmer, Clive	Redway Runners						406	607	1013
472.	Holdsworth, Christopher	Clayton Le Moors Harriers	1000							1000
473.	Hopkinson, Greg	Team Inov-8/Trail Running Magazine							1000	1000
474.	Raven, Gareth				999					999
475.	Miller, Dan	Endurance store trail team	998							998
476.	Egleston, James	U/A Edgmond,					998			998
477.	Doey, Matthew	Kendal AAC		997						997
478.	Scott, Jordan	Morpeth Harriers			997					997
479.	Walker, Adam	U/A Halifax, West Yorkshire				997				997
480.	McCarron, Andrew	Queens Park Harriers					997			997
481.	Raven, Gareth	Sale Harriers	996							996
482.	Mcparland, Daniel	U/A New Longton, Lancashire			996					996
483.	Midwood, Simon	Valley Striders				996				996
484.	Chapman, James	Northern Fells Running Club						996		996
485.	Gregory, Michael	Ulverston Tri Club	995							995
486.	Ware, Eddie	U/A London, - -		995						995
487.	Fabes, Stephen	Mornington Chasers			995					995
488.	Rankin, Steve	Sunderland Harriers				995				995
489.	McCarron, Stephen	Team Inov-8					995			995
490.	Simpson, Andy	Barrow Runners	994							994
491.	Fairclough, Peter	St Helens Striders					994			994
492.	Harratt, Matt	U/A Oldham,							994	994
493.	Green, Sam	Team Inov 8	993							993
494.	Wilson, Richard	Kendal AC		993						993

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
495.	Williams, Joshua	U/A Glossop, Derbyshire			993					993
496.	Thornton-Smith, Mark	U/A Edinburgh				993				993
497.	O'Neill, Shane	U/A Edgware, Middx			992					992
498.	Stevens, Matthew	U/A Clitheroe,					992			992
499.	Cooper, Jack	Trafford AC						992		992
500.	Singleton, Paul	Amblesida AC	991							991
501.	Cloaky, Andrew	Team endure				991				991
502.	Hart, Mark	Lonely Goat RC					991			991
503.	Santo, Matt	U/A Durham, Durham						991		991
504.	Griffiths, Paul	U/A Liverpool,	990							990
505.	Wilson, Matt	Kendal AC		990						990
506.	Heppell, Andrew	Gosforth Harriers			990					990
507.	Pickett, Ian	Tyne Bridge Harriers							990	990
508.	Rothera, Brian	Oswestry Olympians					990			990
509.	Moon, Jonathan	Sowerby Bridge Snails R.C	989							989
510.	Staniforth, Alex	Helm Hill Runners						989		989
511.	Lloyd, Peter	U/A Stoke on trent, Staffordshire							989	989
512.	Hartley, Dan	Black Combe Runners	988							988
513.	Thacker, Daniel	U/A Salford, Greater Manchester			988					988
514.	Osborn, Luke	York Knavesmire Harriers				988				988
515.	Wackett, Matthew	Knutsford Tri Club					988			988
516.	Sisson, William	U/A Grange over sands,	987							987
517.	Pearson, Christopher	Vegan Runners			987					987
518.	Lake, Alexander	Clapham Chasers				987				987
519.	Thompson, Ben	U/A Middleton Greater Manchester							987	987
520.	Harlock, Jim	City of Hull AC				986				986
521.	Nicholson, Tom	Lancaster University Running Club	985							985
522.	Collins, Tom	U/A Chatham, Kent				985				985
523.	White, William	MDC					985			985
524.	Watson, Nick	U/A Darlington,							985	985
525.	Hewitt, James	U/A Orrell, Lancashire	984							984
526.	Clark, Matt	Helm Hill			984					984
527.	Mayson, Anthony	Lancaster & Morecambe Athletics Club				629		355		984

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
528.	Rogers, Jim	City of Hull A.C.				984				984
529.	Everett, Steve	Durham city harriers						984		984
530.	Fletcher, Adam	U/A							984	984
531.	Taylor, Adam	Kendal AAC	983							983
532.	Firth, Adam	U/A ALTRINCHAM, Cheshire			983					983
533.	Hopper, Jon	U/A Manchester, Greater Manchester					983			983
534.	Ryder, Robert	U/A Altrincham ,						983		983
535.	Anthony, Matt	U/A Manchester,	982							982
536.	Moore, Benedict	Gosforth Harriers			982					982
537.	Leonard, Fergal	U/A MANCHESTER, LANCASHIRE				982				982
538.	Anderson, David	Shildon Running and Athletic Club						982		982
539.	Kowalski, Maciej	U/A Blackpool,				981				981
540.	Lyons, Adam	U/A Lisburn,		980						980
541.	Hanson, Stuart	U/A Lincoln, Lincolnshire					980			980
542.	Gray, Chris	Tri Lakeland						980		980
543.	Hannah, John	Lancaster and morecambe athletics							980	980
544.	Blamire, Leo	U/A Castle Douglas,			979					979
545.	Greenwood, John	U/A Keighley, West Yorkshire	977							977
546.	Randle, David	Team Randle				977				977
547.	Garlick, Kevin	Bingley						977		977
548.	Bacon, Phil	U/A Birkenhead		976						976
549.	Upton, Sam	Witney Road Runners			975					975
550.	Gudgeon, Ben	U/A Heysham, Lancashire	975							975
551.	Durris, Frazer	Trawden AC		975						975
552.	Manir-Jolley, Mo	Wigan Phoenix				975				975
553.	Sly, Simon	U/A Hatch End, Middlesex					975			975
554.	Fawcett, Simon	U/A Stoke on trent, Staffordshire						975		975
555.	Steele, Joe	Roundhay Runners					974			974
556.	Coupe, Robert	Black Combe Runners	974							974
557.	Kaul, Robert	U/A Ashbourne, Derbyshire		974						974
558.	Robertson, Struan	U/A Dunblane ,			974					974
559.	Carvello, James	Roundhay Runners		973						973
560.	Cooper, Stephen	U/A Ealing, London			973					973

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
561.	Sandford, Mark	Lonely goat running club				973				973
562.	Shirley, James	U/A Liverpool, Merseyside						973		973
563.	Lowrie, Bryan	U/A Grange over sands ,	972							972
564.	Merton, Colin	Windrush Triathlon Club		972						972
565.	Plant, Nicholas	U/A York,					972			972
566.	Edwards, Dave	N/A						972		972
567.	Pilkington, Joel	U/A Accrington, Lancashire							972	972
568.	Lawson, Shaun	Easingwold			971					971
569.	Jones, Richard	City of Norwich AC				971				971
570.	Barton, Sam	U/A Bowness, Cumbria						971		971
571.	Baratta, Francisco	Team inov-8	970							970
572.	hudson, Sylvain	U/A Liverpool, Merseyside	969							969
573.	Grimshaw, Andrew	U/A Leyland, Lancashire		969						969
574.	Simpson, Gateth	U/A Southport, Merseyside				969				969
575.	Lawson, Thomas	U/A Cardiff ,					969			969
576.	Huins, Charlie	U/A London,						969		969
577.	Coward, Darren	Glaxo hoad hill harriers	968							968
578.	brosse, yulan	U/A grassington, SKIPTON		968						968
579.	Kibble, Jeremy	Metro Aberdeen Running Club			968					968
580.	Law, Paul	U/A Kendal, Cumbria						968		968
581.	Astles, Chris	U/A wimblodsley,		967						967
582.	Bourke, Maurice	U/A Newcastle,			967					967
583.	peacock, paul	U/A redcar, cleveland				967				967
584.	Heardman, Martin	GRC						967		967
585.	Shimmin, Saul	U/A Bolton,		966						966
586.	goikoetxea, ander	U/A Lincoln,			966					966
587.	Little, Matthew	Trawden running club		965						965
588.	Hilton, Christopher	U/A Leeds, West Yorkshire						965		965
589.	Nuttall, Greg	U/A Bolton , Lancashire							965	965
590.	Jackson, Robert	ProwBoBob		963						963
591.	Goldsmith, Bryan	Mornington Chasers			962					962
592.	Anderson, Ian	Knavesmire Harriers				962				962
593.	Maw, Simon	U/A Durham,					962			962

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
594.	Morgan-Hillam, Mark	Wigan Harriers						962		962
595.	Smith, Louis	U/A Bolton,							962	962
596.	ADAMSON, STUART	U/A BRADFORD, WEST YORKSHIRE				617		344		961
597.	Bethune, Iain	Run Sandymoor		961						961
598.	Cartwright, Paul	City of Hull AC				961				961
599.	Moss, Richard	U/A Windermere,					961			961
600.	Armstrong, Dayle	U/A Carlisle, Cumbria	960							960
601.	Waterhouse, Jack	U/A Carlisle, Cumbria				960				960
602.	Hunter, Daniel	U/A Carlisle, Cumbria	959							959
603.	Mason, Michael	U/A Ormskirk , Lancashire		959						959
604.	Vale, Alastair	U/A Knutsford, Cheshire				959				959
605.	robinson, george	blackpool							959	959
606.	Strachan, Andrew	U/A Manchester,	958							958
607.	Adamczyk, Tomasz	U/A BLACKPOOL,				958				958
608.	TINKLER, ANDREW	U/A LANCASTER, LANCS					958			958
609.	Tomlinson, Matty	Houghton harriers						958		958
610.	Johnson, Rob	U/A Stockport,			957					957
611.	Stevenson, Andrew	U/A Carlisle , Cumbria				957				957
612.	PIGUELLER, Emmanuel	ORANO DS					957			957
613.	Jabbar, Mohammed	U/A Southport, Merseyside							957	957
614.	Barritt, Justin	U/A Manchester, Greater Manchester		956						956
615.	MCMANUS, GAVIN	U/A Wilmslow,					956			956
616.	Skelton, Alastair	U/A Glasgow,						956		956
617.	Gwilym, Matthew	U/A Belmont, Durham			955					955
618.	Lamb, Mark	Mornington Chasers				955				955
619.	Smith, Chris	Wreccsam Tri					955			955
620.	Anderson, Dougal	U/A Carlisle, Cumbria	954							954
621.	Chapman, Shane	U/A SWADLINCOTE, ---Please Select---			954					954
622.	McAlroy, Michael	U/A Manchester, Greater Manchester				954				954
623.	Wakeman, Karl	COLT Tri Club						954		954
624.	Robinson, Martyn	BATS							954	954
625.	Connor, Kirk	U/A Dalbeattie ,				618		335		953
626.	Pagett, Tom	York Tri Club				953				953

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
627.	Weaver, Lewis	U/A London, London						953		953
628.	Dale, Graham	U/A Wigan, Lancashire		952						952
629.	Sutton, Dan	Swinton Running Club			952					952
630.	Bassindale, Richard	U/A Otley, West Yorkshire				952				952
631.	Armstrong, John	Mornington Chasers			951					951
632.	Woodley, Philip	West Cheshire AC			950					950
633.	Moulding, Jon	Dark Peak Fell Runners				950				950
634.	Moss, Marcus	Roundhay Runners	949							949
635.	Coleman, Dom	U/A BURY, Greater Manchester		949						949
636.	Wilson, John	Northbrook AC			949					949
637.	Aked, Richard	U/A London,				949				949
638.	Waddingham, Peter	U/A London,						949		949
639.	Abbott, Steve	Wesham Road Runners							949	949
640.	Calder, David	Westerlands Cross Country Club		948						948
641.	Poirrette, Jonathan	U/A Windermere, Cumbria						948		948
642.	Boardman, Steven	U/A Preston, Lancashire	947							947
643.	Owens, Gary	NFR				947				947
644.	simpson, jonny	U/A hornsea, east yorkshire						947		947
645.	Holmes, Nick	Tattenhall runners	946							946
646.	Hallsworth, Phillip	U/A Carnforth,					946			946
647.	Birkett, Gareth	Team Cherwell						946		946
648.	Sykes, Rich	Spa Striders	945							945
649.	Duncan, Mark	Lanehead Runners		945						945
650.	Mallender, Stuart	Team Nidderdale			945					945
651.	Wilkinson, Ali	Mornington Chasers							945	945
652.	Hayes, Richard	West Cheshire AC				945				945
653.	Whittle, Paul	U/A Bickerstaffe, Lancashire	944							944
654.	Roberts, William Malcolm	St Austell Running Club					944			944
655.	Crook, Ian	Barrow Striders		943						943
656.	Woodruffe, Stephen	Red rose Road runners	943							943
657.	Head, Sam	U/A Edinburgh,				943				943
658.	Towns, Stuart	Wigan Harriers				942				942
659.	Tillott, Nigel	Tewkesbury AC					942			942

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
660.	Foster, Andy	U/A Leeds, Yorkshire							942	942
661.	Spencer, Adrian	Barrow Runners	941							941
662.	Hankins, Richard	Helsby Running Club		941						941
663.	Coupe, Tom	U/A Liverpool,						941		941
664.	Eustace, Matthew	U/A Ilkley,					941			941
665.	Evans, Tom	N/A	940							940
666.	Sharrock, Mark	Staffordshire moorlands a c				940				940
667.	Hemming, Rob	U/A Edinburgh,	939							939
668.	Burne, Dave	U/A Wendover , Bucks		939						939
669.	MacFarlane, Paul	Helm Hill/Batala				939				939
670.	Dalziel, David	U/A Appleby-in-Westmorland, Cumbria	938							938
671.	Roberts, Aaron	Trail Tuesday			938					938
672.	Leahy, Stephen	U/A Kendal, Cumbria					938			938
673.	Black, Reece	Wearside Tri						938		938
674.	Jobes, Peter	Heaton Harriers & AC		937						937
675.	Ferguson, Dave	U/A Carlisle ,	936							936
676.	Lancashire, Paul	Wesham Road Runners			936					936
677.	Flew, Peter	Manchester YMCA Harriers				936				936
678.	Maudsley, Ian	U/A Sale, Cheshire	935							935
679.	Lawrenson, Lee	Red Rose Road Runners			935					935
680.	Bryant, James	Kenilworth Wheelers CC							935	935
681.	Vincent, Robert	U/A Leeds,	934							934
682.	Hoyle, Ben	U/A Penrith, Cumbria		934						934
683.	Wilson, Kevin	Racing Team Dawson			934					934
684.	Cooper, Martin	North Derbyshire AC				934				934
685.	Cassie, Gus	Bambino Athletico						934		934
686.	Beckett, Neil	UTS Run Club	933							933
687.	Cannon Jones, Nick	U/A Ulverston		933						933
688.	Stratton, Thomas	U/A Radcliffe,			932					932
689.	Atkinson, James	U/A BURNLEY, Lancashire				932				932
690.	skelton, john	brickers						932		932
691.	Newland, Ian	U/A Chelmsford , Essex							932	932
692.	Buckell, James	U/A MILTON KEYNES, Bucks	931							931

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
693.	sale, Andrew	merseytri		931						931
694.	thomas, kevin	gosforth harriers			931					931
695.	Baguley, Andy	Chorlton Runners				931				931
696.	Salt, Neil	U/A Malpas , Cheshire					931			931
697.	Norman, David	Dudley Kingswinford						931		931
698.	Pyrah, John	U/A London,	930							930
699.	Page, Mike	U/A Lancaster,			930					930
700.	Raynes, Michael	City of York AC				930				930
701.	Fuller, Jack	U/A London, Lambeth						930		930
702.	Herrington, Isaac	U/A Ilkley,	929							929
703.	Spriggs, Paul	Wrekin Road Runners				929				929
704.	Cleaver, David	U/A Sheffield, South Yorkshire					929			929
705.	Rice, David	Keswick AC		928						928
706.	Voase, Stephen	City of Hull				928				928
707.	Ferguson, Callum	U/A By Wishaw,					928			928
708.	Bond, Robert	Staffordshire Moorlands AC				927				927
709.	Simpson, Andrew	U/A Bishop Auckland, Co. Durham					927			927
710.	Wilks, Rupert	City of Hull AC				926				926
711.	Taylor, Richard	GMFRS Mountain Running Section						926		926
712.	Daniels, Simon	Gosforth Harriers & AC			925					925
713.	Curtis, Thomas	U/A Newport , Pembrokeshire				925				925
714.	Burns, Alex	U/A Kendal ,	924							924
715.	Lazenby, Stuart	U/A Hull, East Yorkshire						924		924
716.	Bracken, John	U/A Brixon,					923			923
717.	Stockdale, Kev	Preesall Fire	922							922
718.	Everard, Gordon	Lancaster & Morecambe AC			922					922
719.	Smith, John	City of Hull AC				922				922
720.	Bell, Dan	U/A Crook Nr Kendal, Cumbria					922			922
721.	Stainthorpe, David	Selby Striders				921				921
722.	Davies, David	U/A Nr. Ulverston, Cumbria		920						920
723.	Read, Aidan	U/A Southport,			919					919
724.	Davidson, Iain	U/A Crewe, Cheshire				919				919
725.	Chisholm, Alasdair	Dundee Road Runners					919			919

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
726.	Haughton, Nick	U/A Lancaster, Lancashire		918						918
727.	Nettleton, Phil	U/A Portinscale , Cumbria				918				918
728.	Sears, Steve	U/A Brighouse, West Yorkshire						918		918
729.	Batley, Mark	U/A York,						356	562	918
730.	Woolgar, Philip	Metres to Miles			916					916
731.	Marshall, Neil	U/A Chester, Cheshire						916		916
732.	Johnston, Nicholas	U/A Morpeth,	915							915
733.	Newman, James	None		915						915
734.	Barnes, Pat	U/A Leeds, Yorkshire			915					915
735.	ROBERTS, CHRISTOPHER	Unattached						915		915
736.	Mellor, Andy	U/A Sale,	914							914
737.	Barr, Nick	Forres Harriers		913						913
738.	Hadley, Adrian	Cumberland AC				913				913
739.	Barker-Field, Lee	U/A Leeds, West Yorkshire						913		913
740.	Hughes, Daniel	Red Rose Road Runners	912							912
741.	Millward, Elliott	U/A Helensburgh, Argyll and Bute				912				912
742.	Rowley, Dave	U/A Bolton , England						912		912
743.	Carter, Geoffrey	U/A Cockermouth							912	912
744.	Aldred, Mark	U/A Durham,	911							911
745.	Kirk, Tom			911						911
746.	Dunn, Stephen	Blackpool wyre and Fylde AC			911					911
747.	Lewis, Karl	Tipton Harriers				911				911
748.	Kinrade, Richard	U/A Liverpool , Merseyside			910					910
749.	Milner, Paul	U/A Malvern Worcs				910				910
750.	Gane, Jason	U/A Stocksfield , Northumberland							910	910
751.	Day, Mark	U/A High Peak, Derbyshire	909							909
752.	Heaton, Gavin	U/A Stockport,		909						909
753.	Ashwin, Thomas	Wirral Vikings trc			909					909
754.	Clarke, stuart	U/A MILTON KEYNES, Northamptonshire							909	909
755.	Thirkell, Robert	U/A East Boldon, Tyne and Wear			908					908
756.	Baker, David	U/A Widnes, Cheshire				908				908
757.	Brown, Derek	city of Hull AC						908		908
758.	Williams, Barry	Mersey Tri	907							907

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
759.	McGinley, Adam	U/A Carlisle, Cumbria		907						907
760.	Williams, Phil	U/A Kendal , Cumbria					907			907
761.	Elderkin, Steve	U/A Challock, Kent						907		907
762.	Weir, Jacob	U/A Preston,			906					906
763.	Cunningham, Tom	U/A Todmorden , West Yorkshire					906			906
764.	Wood, Ben	U/A Wilmslow,						906		906
765.	McGurk, Stuart	Kendal	905							905
766.	Holmes, Mark	U/A Southport , Merseyside		905						905
767.	Larkam, James	U/A Spennymoor, Co, Durham				905				905
768.	Davies, Chris	Pensby Runners					905			905
769.	Smart, Chris	Sowerby Bridge Snails	904							904
770.	Shepherd, Andrew	Tunbridge Wells Harriers		904						904
771.	Davies, David	U/A Lowick, Cumbria			904					904
772.	Kenning, Robert	Northern Fells Running Club				904				904
773.	Caubet-Goma, Angel	U/A LONDON, London					904			904
774.	Garcia Rodriguez, Oscar	Aguas Nuevas	903							903
775.	Pilkington, Chris	U/A Preston, Lancashire		903						903
776.	Garside, Ciaran	U/A Stockport,			903					903
777.	Clements, Mike	U/A Southport,		902						902
778.	Harvey, Mike	North Shields Poly			902					902
779.	Heaphy, Liam	U/A Warrington, Cheshire	901							901
780.	Newman, Mark	U/A Cambridge,		901						901
781.	Shard, Matthew	U/A Bristol, North Somerset						901		901
782.	DIXON, IAN	U/A STOCKPORT, CHESHIRE	900							900
783.	Harrod, Andy	Lonsdale Fell Runners		900						900
784.	Hall, Jonty	U/A Altrincham ,			900					900
785.	Low, Aaron	U/A CUMBRIA, CUMBRIA						900		900
786.	Thacker, Dan								900	900
787.	Macgregor, Hugh	U/A Glasgow,	899							899
788.	Busfield, Malcolm	Ashbourne Running Club		899						899
789.	Bryan, Andrew	U/A Preston,			899					899
790.	Anstey, Des	Biff Club				899				899
791.	taylor, mark	U/A manchester, lancashire					517	382		899

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
792.	Speake, Ian	U/A milton keynes, Northamptonshire							899	899
793.	Neal, Alastair	U/A Billericay,					898			898
794.	Walker, Thomas	U/A Rothbury , Northumberland						898		898
795.	Edwards, David	U/A scunthorpe,				897				897
796.	Johnstone, Chris	Lonely Goat Running Club	896							896
797.	Tate, Nic	Selby Striders				896				896
798.	Low, Ryan	U/A Manchester, Greater Manchester						896		896
799.	Atkins, Greg	U/A London,				895				895
800.	Quayle, Roger	U/A Dalton in Furness, Cumbria					895			895
801.	Walkden, Michael	U/A Bolton							895	895
802.	Lockhart, Jim	U/A Uddingston ,		894						894
803.	Swann, Mark	U/A Croston,			894					894
804.	Cox, Nick	U/A ambleside, cumbria			893					893
805.	Melling, Kevin	U/A	893							893
806.	Koehorst, Piet	U/A Ormskirk,				893				893
807.	Tose, Jonathan	U/A Newcastle Upon Tyne, Tyne and Wear			892					892
808.	Brown, Tom	Vegan Runners				892				892
809.	Bailey, Mark	Glaxo Hoad Hill Harriers	891							891
810.	Chamraz, Stefan	Slovakia							891	891
811.	Stevenson, David	U/A Wilmslow, Cheshire	890							890
812.	Robinson, Ian	U/A Beckermest,		890						890
813.	Craven, Adrian	Selby Striders				890				890
814.	Lloyd, Huw	U/A Richmond, North Yorkshire						890		890
815.	Robson, Dave	Barrow Runners	889							889
816.	Dunlop, Neil	U/A Linlithgow, West Lothian		889						889
817.	Asher, Kevin	U/A London ,						889		889
818.	Cairns, Kevin	St Helens Striders		888						888
819.	Fitch, Adrian	U/A St Helens, Merseyside				888				888
820.	Walker, Will	Ackworth Road Runners					888			888
821.	Brookes, Christopher	U/A Preston , Lancashire	887							887
822.	Hood, Peter	Dudley Kingswinford (DK) Running Club						887		887
823.	Jobbins, Andrew	U/A London,				886				886
824.	Macfarlane, Jim	U/A Newcastle upon Tyne,						886		886

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
825.	Field, Stephen	Blue lagooners		885						885
826.	Norman, David	U/A Carlisle, Cumbria				885				885
827.	Macfarlane, Robert	U/A Cambridge,						885		885
828.	Price, Thomas	U/A WIGAN, Greater Manchester		884						884
829.	Hardy, Robert	U/A Leeds, West Yorkshire			884					884
830.	Marks, Steven	U/A Whitley Bay, Tyne & Wear				884				884
831.	brewster, keith	U/A leeds,					884			884
832.	Edwards, Bleddyn	Cardiff Triathletes		883						883
833.	Donohue, Mark	U/A Leeds, West Yorkshire			883					883
834.	Taylor, Andrew	U/A Manchester, Lancashire					883			883
835.	Davis, John	Eden Runners							883	883
836.	Day, Alastair	U/A Hexham, Northumberland			882					882
837.	Blight, Anthony	U/A Blackpool,				882				882
838.	Johnson, phillip	U/A manchester,	881							881
839.	Barker, Adam	U/A Altrincham, Cheshire		881						881
840.	Dawson, Andrew	Spectrum Striders			881					881
841.	Lloyd, Peter	Lancaster Runners				881				881
842.	Collins, Mike	U/A Whitley Bay, Tyne and Wear					881			881
843.	Lawson, Euan	U/A Sedbergh, Cumbria	879							879
844.	Liddell, Scott	U/A Warrington,			879					879
845.	Bend, Matthew	na	878							878
846.	Dunk, Carl	U/A Shipley,		878						878
847.	Thomson, Mike	Lower Hardhorn AC							878	878
848.	Hodgson, Richard	Wray Runners		877						877
849.	mcgougan, craig	Lochaber AC	876							876
850.	Smithson, Richard	SRC			876					876
851.	Marshall, Gregg	U/A Morecambe, Lancs				876				876
852.	Johnson, Neil	U/A Manchester,					876			876
853.	Robertson, Paul	Wirral Vikings	875							875
854.	Mitchinson, Andrew	Team Otter		875						875
855.	Banks, Tom	U/A North Shields, Tyne and Wear						875		875
856.	Beech, Michael	U/A Skipton, North Yorkshire	874							874
857.	Drury, Tom	U/A Christmas Common, Oxfordshire		874						874

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
858.	colman, sam	U/A otley, yorkshire							873	873
859.	Jenkins, Ed	U/A London, Waltham Forest					873			873
860.	Jack, Richard	U/A Cockermouth, Cumbria						873		873
861.	norman, mark	Chorlton runners			872					872
862.	Church, Kevin	Marshall Milton Keynes AC					871			871
863.	Strachan, Euan	U/A Glasgow,	870							870
864.	Penman, David	Valley Striders				869				869
865.	Selves, Tim	U/A York, North Yorkshire					869			869
866.	Beard, Phill	N/a	868							868
867.	Gallacher, Rob	U/A Newcastle upon Tyne, Tyne and Wear		868						868
868.	Burnett, Neil	Solo			868					868
869.	Fisher, Jonathan	U/A Nottingham, Nottinghamshire					868			868
870.	Fearnside, Edward	U/A Thirsk,							868	868
871.	Anstiss, Tom	U/A Morecambe, Lancashire	867							867
872.	Bagshaw, Andrew	Bramhall Runners							867	867
873.	Sheldon, Keith	U/A Watnall, Nottinghamshire		867						867
874.	Womack, Mike	Lymm Runners				867				867
875.	Kershaw, Stuart	Me	866							866
876.	Horne, Larry	Eden runners				866				866
877.	Ball, Michael	U/A Swindon, Wiltshire					866			866
878.	Eggleston, Simon	U/A Sunderland, Tyne & Wear							866	866
879.	Smith, Jerry	Chorlton Runners				865				865
880.	Rishton, Graham	U/A Manchester,					865			865
881.	Lawlor, Simon	Hartlepool Burn Road Harriers	864							864
882.	Hall, Richard	Bramhall Runners		864						864
883.	Darcy, Ben	U/A Newcastle ,						864		864
884.	Gardiner, Paul	U/A Darlington		863						863
885.	Mulgrave, Stevie	U/A London,				863				863
886.	Shaw, Tom	U/A Barrow in Furness,						863		863
887.	Wilkinson, Terry	U/A Durham,	862							862
888.	Hardwick, Rob	Penny Lane Striders		862						862
889.	Strutt, Harry	U/A Wakefield,				862				862
890.	Allinson, Robert	U/A Redcar						862		862

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
891.	Nicholson, Calvin	U/A Stockton-on-Tees, Durham			861					861
892.	walker, mark	rochdale harriers and ac				861				861
893.	Evans, Jonathan	Red Rose	860							860
894.	HOWARD, RYLAND	U/A Todmorden, West Yorkshire		860						860
895.	nichol, donald	burnden road runners			860					860
896.	Whyte, Adam John	U/A troon,					860			860
897.	Hollyoak, Arran	U/A Ilkley, West Yorkshire						860		860
898.	Bateson, Tom	U/A Rochdale, Lancs		859						859
899.	McNeill, Gregory	U/A Durham, Durham				859				859
900.	Rogers, Michael	None					859			859
901.	Martin, Michael	U/A Glasgow, South Lanarkshire		858						858
902.	Stewart, Robin	Meltham AC			858					858
903.	Dyson, Kerry	U/A Oswestry ,					858			858
904.	Beake, Merlin	U/A London,							858	858
905.	MacKenzie, Andrew	U/A London,			857					857
906.	Hamilton, Mark	St Helens Striders					857			857
907.	douglas, andrew	U/A kendal, cumbria						857		857
908.	Burkitt, Gregory	U/A Preston, Lancashire							857	857
909.	Lindsay, Douglas	U/A Glasgow,	856							856
910.	Williams, Anthony	Mornington Chasers			856					856
911.	Mckee, Christopher	U/A Gateshead,			855					855
912.	Toller, Richard	Dundee Road Runners				855				855
913.	Berry, Mark	U/A Consett, Durham						854		854
914.	Little, Stuart	U/A Newcastle upon Tyne,		853						853
915.	Wilson, Matthew	U/A Oldham, Lancs			853					853
916.	Smith, Mark	U/A Northampton						853		853
917.	Smith-Duque, Christopher	U/A Newcastle Upon Tyne,		852						852
918.	Alam, Az	U/A Wilmslow,				852				852
919.	Smith-Duque, Chris	U/A Newcastle upon Tyne,					852			852
920.	Neil-Boss, Michael	Lonely Goat Running Club						851		851
921.	Greatorex, Guy	U/A STOCKPORT, Cheshire							851	851
922.	Wood, Jonathan	U/A Halifax, West Yorkshire			850					850
923.	Jones, Rob	U/A Penrith , Cumbria				850				850

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
924.	Manson, Paul	U/A Glasgow,	848							848
925.	Cooper, John	Millom Striders				848				848
926.	Varelis, George E.	U/A Newcastle upon Tyne,			847					847
927.	Kalis, Erwin	Lancaster & Morecambe Athletics Club				847				847
928.	GRANT, Steve	U/A Altrincham, Cheshire					847			847
929.	Waterhouse, James	U/A Harrogate, N.Yorks						847		847
930.	Hayes, John	U/A Stockport , Cheshire	846							846
931.	Cattermole, Robin	City of Hull Athletics				846				846
932.	Wood, Alan	Lonely Goat RC						846		846
933.	Williams, Andy	U/A Leamington Spa,	845							845
934.	Collins, Paul	Wirral A.C.		845						845
935.	MacNeill, Neil	U/A Edinburgh ,			845					845
936.	Kitchin, Steven	U/A Lancaster, Select One					845			845
937.	Stevens, Neil	U/A Morecambe, Lancashire		844						844
938.	Toller, Richard	Dundee Road Runners AC			844					844
939.	Gawler, Harry	U/A manchester,				844				844
940.	Haynes, Mick	U/A Burton on Trent ,					844			844
941.	Capsey, Ben	Salford Mets						844		844
942.	Johnson, Ralph	U/A Blackburn,	843							843
943.	Perry, Stephen	Lancaster and Morecambe ac			843					843
944.	Heaton, Thomas	U/A Whitley Bay, Tyne and wear					843			843
945.	May, Adam	U/A Leeds ,						843		843
946.	Fletcher, Lee	City Of Hull				842				842
947.	Taylor, Matthew	U/A Horwich,		841						841
948.	Miyazaki, Masayuki	U/A Yokohamashi, Kanagawa			841					841
949.	Metcalfe, Gary	U/A Kendal, Cumbria					841			841
950.	Harris, Matt	U/A Warrington , Cheshire	840							840
951.	Neville, Andy	U/A Wesham, Lancs					840			840
952.	Sinclair, Mike	Astley and Tyldesley Road Runners		839						839
953.	smith, gary	Warrington Road Runners				839				839
954.	Murray, Ian	U/A London,					839			839
955.	Taylor, David	u/a	838							838
956.	Fairbairn, Steven	U/A Durham, County Durham						838		838

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
957.	Collinson, Lawrence	None		837						837
958.	Parry, Huw	North Shields Polytechnic			837					837
959.	Wort, Callum	U/A St Albans,						837		837
960.	McCabe, Jonathan	U/A wilmslow,				836				836
961.	Kettle, Anthony	U/A Manchester, Lancashire					836			836
962.	Oxtoby, David	Kenilworth Runners						836		836
963.	Marsh, Steven	U/A Penrith, Cumbria	835							835
964.	Luff, Vaughan	U/A London,		835						835
965.	Cornish, Nathan	U/A Staveley			835					835
966.	Edwards, Andrew	U/A Cupar, Fife	834							834
967.	Groom, Jason	U/A NOTTINGHAM,			834					834
968.	Levi, Martin	U/A Manchester,			833					833
969.	Gregory, Scott	Mow Cop Runners				833				833
970.	Scales, Chris	U/A Grange-over-Sands, Cumbria	832							832
971.	Clarke, Samuel	U/A Cambridge, Cambs		832						832
972.	Brinkhuijsen, Michael	U/A Preston, Lancashire			832					832
973.	Pym, David	Leighton Fun Runners				832				832
974.	Scott, Matthew	U/A Newcastle upon Tyne , Northumberland					832			832
975.	Donohue, Daniel	U/A Morecambe, Lancashire						832		832
976.	Parkinson, Geoffrey	Cleveleys road club			831					831
977.	green, jon	U/A blackpool, lincs				831				831
978.	Broadbent, Tom	U/A Elgin, Scotland						831		831
979.	Halcro-Johnston, Andrew	U/A York,	830							830
980.	Rudd, John	Perth Road Runners		830						830
981.	Odling, Simon	U/A Warwick, Leamington Spa	829							829
982.	Rawcliffe, Chris	BWAFAC			829					829
983.	Logie, Scott	South Cheshire Harriers					829			829
984.	Taylor, Andrew	Running 4CF		828						828
985.	Brinn, Gareth	U/A Leamington Spa,						828		828
986.	rigby, mark	U/A Huddersfield, West Yorkshire	827							827
987.	Holmes, Paul	U/A Keswick , Cumbria		827						827
988.	Bibb, Richard	Shepshed				827				827
989.	beahan, steven	U/A sheffield, south yorkshire					827			827

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
990.	Lee, Graeme	Meltham AC		826						826
991.	earle, mark	U/A knutsford, cheshire	826							826
992.	Lehninger, Alex	U/A Keswick, Cumbria							826	826
993.	Ginty, Andy	Lostock AC				825				825
994.	Higgs, David	Walton AC							825	825
995.	March, Chris	U/A Mold,	824							824
996.	Mock, Jonathan	U/A Gateshead , Tyne and Wear			824					824
997.	searson, peter	U/A liverpool, merseyside	823							823
998.	Martland, Nick	U/A York,		822						822
999.	Hovell, Mark	U/A Liverpool, Merseyside	822							822
1000.	Michael, Doug	Heaton Harriers			822					822
1001.	Lloyd, Jim	Unattached				822				822
1002.	Gourlay, Ross	Roundhay Runners			821					821
1003.	Susnik, Daniel	N/A					821			821
1004.	Summerton, Nicholas	Selby Striders				821				821
1005.	Cross, Adrian	U/A Arnside, CUMBRIA		820						820
1006.	Johnson, Stuart	Tynedale rfc			820					820
1007.	Harding, Mark	U/A Long Newton, Stockton on Tees				820				820
1008.	Garner, Mark	Radcliffe AC						820		820
1009.	Richmond, John	UCLan	819							819
1010.	Bacon, Tim	U/A Stowmarket , Suffolk		819						819
1011.	pickard, michael	U/A leeds,			819					819
1012.	Ling, Ewan	U/A Congleton, Cheshire				819				819
1013.	Burns, Scott	U/A Kendal,	818							818
1014.	Walker, Stewart	U/A Egremont, CUMBRIA		818						818
1015.	braithwaite, nigel	U/A penrith, cumbria				818				818
1016.	Thorpe, Mark	U/A Preston, Lancashire		817						817
1017.	Hawkes, Neil	U/A Sutton Coldfield , West midlands					817			817
1018.	McKechnie, Stuart	U/A Witney,						817		817
1019.	Stephenson, Ian	U/A Swarland, Northumberland	816							816
1020.	Waterhouse, Steve	U/A Blackpool ,		816						816
1021.	Dobbin, Mark	U/A Whitley Bay, Tyne and Wear				815				815
1022.	Scarfe, Dougie	Lytchett Manor Striders	814							814

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1023.	Zwolinski, Andy	Ashbourne RC		814						814
1024.	braithwaite, stephen	U/A kendal, cumbria			814					814
1025.	Atkinson, Darren	U/A Pontefract,				814				814
1026.	Watson, Luke	U/A Manchester,	813							813
1027.	Hook, Christian	U/A Sale,					813			813
1028.	Wynne, Chris	U/A Ormskirk,						813		813
1029.	Watson, Ben	U/A Manchester,	812							812
1030.	McGrath, Daniel	U/A Ramsbottom , Lancs			812					812
1031.	Davies, Nathan	U/A Kendal, Cumbria						812		812
1032.	Leivers, John	U/A Nottingham, Nottinghamshire	811							811
1033.	Farrell, Benedict	U/A manchester,		811						811
1034.	Hodgson, Callum	U/A London,			811					811
1035.	Browne, Patrick	Baltic Run Club				811				811
1036.	Ratcliffe, Tom	U/A Baildon,					811			811
1037.	Jackson, Paul	Chorley Athletic and Triathlon Club	810							810
1038.	Auluck, Nicholas	None			810					810
1039.	Mclaughlan, Anthony	U/A Altrincham,				810				810
1040.	Horner, Phil	Garstang RC		809						809
1041.	Lewis, James	North Shields Poly			809					809
1042.	Fitzgerlad, Michael	U/A Cokermonth, Cumbria					809			809
1043.	Deakin, Barry	Swinton Running Club	808							808
1044.	Horth, Carl	City of Hull AC				808				808
1045.	Bend, Mat	U/A Leyland, Lancas						808		808
1046.	Jennings, Phil	City of Hull AC							808	808
1047.	Campbell-Molloy, David	U/A Sheffield,		807						807
1048.	Spriggs, Gary	St Helens Striders			807					807
1049.	Sutcliffe, Gary	Trawden AC	806							806
1050.	Pollard, John	Glossopdale Harriers				806				806
1051.	Brookes, Nick	U/A Standish,	805							805
1052.	Lovett, Will	U/A Kendal, Cumbria			805					805
1053.	Hockley, Phil	Running Ninja				805				805
1054.	Jackson, Paul	Sunderland strollers					805			805
1055.	Watts, Bill	Riversway Road Runners							805	805

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1056.	Mullen, Matt	U/A Leeds,		804						804
1057.	Roome, Anthony	U/A West Kirkby, Merseyside				804				804
1058.	Davidson, Richard	U/A Newcastle upon Tyne , Tyne and wear						804		804
1059.	Morris, Richard	U/A Ilkley, West Yorkshire		803						803
1060.	McCarron, Danny	Chorlton Runners.					803			803
1061.	Lowe, Paul	Newcastle staffs ac							802	802
1062.	Lambert, Matt	U/A Darlington,			801					801
1063.	O'Neill, Stuart	U/A Lindal - In - Furness, Cumbria		800						800
1064.	Lyden, Hunter	U/A Manchester,		799						799
1065.	hayes, andy	U/A wigton, England			799					799
1066.	Harrison, Haydn	U/A Leeds, West Yorkshire				799				799
1067.	Leslie, Tom	U/A Morpeth, Northumberland						799		799
1068.	Hadley, Paul	Stornoway AC							799	799
1069.	Allonby, Vince	U/A Ulverston, Cumbria		798						798
1070.	Travis, Jordan	U/A Lancaster, Lancashire				798				798
1071.	Barr, Mark	U/A West Thirston, Northumberland				797				797
1072.	Glaysheer, Marc	U/A Liverpool	796							796
1073.	Norris, Tim	U/A Plymouth, Devon			796					796
1074.	Philipson, George	U/A Tadcaster	795							795
1075.	Copp, Jason	U/A Birmingham, West Midlands				795				795
1076.	BODDY, MIKE	U/A YORK, NORTH YORKSHIRE					795			795
1077.	Cattaneo, Scott	East Dunford Griffins ASC							795	795
1078.	Wilson, Stephen	U/A Grange-Over-Sands, Cumbria	794							794
1079.	Moffat, Neil	Dumfries Running Club			794					794
1080.	Hardcastle, Stuart	Quakers Running Club				794				794
1081.	Shelton, Mike	Peel Road Runners			793					793
1082.	Tuddenham, Jason	U/A Hexham,				793				793
1083.	Porter, Nick	Biggleswade AC				792				792
1084.	Chandler, Richard	Carnethy	791							791
1085.	Dobson, Jonathan	U/A Wigan, Lancashire		791						791
1086.	Dixon, Jon	Easingwold RC			791					791
1087.	Vizzotto, Cristiano	U/A Durham,				791				791
1088.	Brown, Marc	U/A Carlisle , Cumbria						791		791

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1089.	Meier, Nigel	n/a				790				790
1090.	Medhurst, Alex	U/A London, Lambeth						790		790
1091.	Owen, Steven	U/A Runcorn , Cheshire							790	790
1092.	Renton, Alex	Mornington Chasers			789					789
1093.	Spink, Michael	U/A Baildon, W. Yorks					789			789
1094.	Woof, Brian	U/A Kendal, Cumbria			788					788
1095.	Young, Richard	U/A Malmesbury, Wiltshire					788			788
1096.	Young, Duncan	Manchester Road Runners						788		788
1097.	Fischer, David	U/A BURY ST. EDMUNDS,		787						787
1098.	Pick, Chris	Rosendale Harriers			787					787
1099.	shard, jon	U/A manchester, lancashire						787		787
1100.	Birkett, Ian	U/A Northwich, Cheshire		786						786
1101.	Neill, Paul	Warrington Running Club			786					786
1102.	Hindle, Neil	U/A Sale, Cheshire					786			786
1103.	Grundy, Darren	U/A Blackpool, Lancashire	785							785
1104.	Wallis, Rob	Poynton Runners			785					785
1105.	French, Rob	U/A Liverpool, Merseyside						785		785
1106.	ANDERSON, JIMMY	U/A BARROW-IN-FURNESS, CUMBRIA	784							784
1107.	Carlisle, Bruce	U/A Whitley Bay,	783							783
1108.	Tetlow, Daniel	St Helens Striders		783						783
1109.	Bromley, Gareth	U/A Preston, Lancashire				783				783
1110.	Pickles, Sean	Rosendale Harriers			782					782
1111.	Deakin, Dan	U/A Colwyn Bay, Conwy				782				782
1112.	Holt, Stuart	U/A Oldham, Lancashire	781							781
1113.	Hannon, Conor	U/A Manchester, LANCASHIRE				781				781
1114.	Bryden, Doug	Red Rose Road Runners					781			781
1115.	Brook, Julian	U/A Grundisburgh,	780							780
1116.	Thomas, Ben	Cambridge Triathlon Club		780						780
1117.	Wilson, Rob	U/A North Shields, Tyne & Wear				780				780
1118.	Volmer, Joris	U/A Nethy Bridge		779						779
1119.	Bergman, Paul	Easingwold RC			779					779
1120.	McLeod, David	U/A Edinburgh ,			778					778
1121.	Scholfield, William	None				778				778

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1122.	Donley, Dale	U/A York	777							777
1123.	Dye, Paul	St Bees Triers			777					777
1124.	Murphy, George	City of Hull AC				777				777
1125.	Free, Martin	Lonely Goat RC					777			777
1126.	Boundy, Francis	U/A Windsor,		776						776
1127.	Green, Andrew	U/A York,			776					776
1128.	Zobkiw, Jacob	City of Hull AC				776				776
1129.	Hayes, Nicholas	U/A Liverpool, Merseyside					776			776
1130.	Sheridan, Robert	U/A Gateshead, Tyne and Wear							776	776
1131.	Smith, David	U/A Manchester,	775							775
1132.	WIGNALL, STEVEN	U/A PRESTON, LANCS			775					775
1133.	Stevenson, Paul	U/A Selby, North Yorkshire		774						774
1134.	Howard, Neil	Team Nidderdale			774					774
1135.	Hickson, Andy	U/A LONDON,				774				774
1136.	Bilkey, David	U/A St Austell , Cornwall				772				772
1137.	Strengers, Jaap	U/A London, Merton			771					771
1138.	Kidd, Paul	U/A Derby, Derbyshire				771				771
1139.	Pape, Nick	Hermitage harriers						771		771
1140.	Hall, Michael	U/A Kinross,							771	771
1141.	Garutti, Claudio	U/A Amsterdam,	770							770
1142.	Jackson, Karl	U/A Altrincham, Cheshire		770						770
1143.	Roberts, Glynn	U/A Chorley, Lancashire				770				770
1144.	Hammond, Paul	Stubbington Green Runners							770	770
1145.	hoare, michael	U/A nelson, lancashire		769						769
1146.	Slater, Michael	U/A CHORLEY, Lancs				769				769
1147.	Comley, Josh	U/A London, London						769		769
1148.	Empsall, Joe	U/A Harrogate, North Yorkshire				768				768
1149.	McCoy, Michael	U/A Dursley, Gloucestershire							768	768
1150.	Stacey, James	Nuffield Gym Warwick Run Club	767							767
1151.	Wardell, Ross	U/A NORTHAMPTON,			767					767
1152.	Butterworth, Danny	U/A Barnoldswick,				767				767
1153.	Hopkinson, Andrew	U/A Bolton, Lancashire					767			767
1154.	McIntyre, Dominick	Fetcheveryone		766						766

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1155.	Shaw, Stephen	-			766					766
1156.	Brooks, Martin	U/A Blackburn , Lancashire					766			766
1157.	Laycock, Andrew	U/A Skipton,	765							765
1158.	Wilkinson, Bob	U/A Clitheroe, Lancashire			765					765
1159.	Millican, Jon	U/A Durham,				765				765
1160.	Walls, Danny	Scarborough ac							765	765
1161.	Toole, Daniel	Methley Striders							764	764
1162.	Lowi, Andy	U/A Milton Keynes, Buckinghamshire	763							763
1163.	Apps, Tim	U/A Milton Keynes, Buckinghamshire	762							762
1164.	fairclough, steve	Bramhall Runners		762						762
1165.	Senior, David	Team Waden-Schaden				762				762
1166.	Burke, Simon	N/A		761						761
1167.	Floyd, Ian	St Helens Striders	760							760
1168.	King, Stewart	U/A Chorley, Lancs							760	760
1169.	Riggans, Scot	U/A Nottingham, Nottinghamshire				759				759
1170.	cheung, simon	U/A moreton, wirral					759			759
1171.	Clayson, George	Brighton and Hove Athletics						759		759
1172.	Terry, Robert	Belper Harriers	758							758
1173.	Fowler, Anthony	U/A Southport, Merseyside	757							757
1174.	wood, Paul	U/A worsley,				757				757
1175.	Downes, Jack	U/A Merseyside, Merseyside					757			757
1176.	Winnett, Andy	U/A Milton Keynes,		756						756
1177.	Aplin, Liam	Team 40+			756					756
1178.	Lafferty, John	U/A Glasgow,				756				756
1179.	Rimmer, Craig	U/A Warrington,					756			756
1180.	Watt, Jonathan	U/A Altrincham, Cheshire			755					755
1181.	Whitehead, Keith	Knowle and Dorrige Running Club	755							755
1182.	Woods, Kevin	U/A Preston , Lancashire				755				755
1183.	Bowker, Ian	U/A Marple, Stockport						754		754
1184.	Walsh, David	Team inov-8		753						753
1185.	Millar, David	U/A Preston, Lancashire				753				753
1186.	Paul, Jonathan	U/A Wolverhampton, 18 St Johns Road					753			753
1187.	Lovering, Mark	U/A Chorley, Lancashire			752					752

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1188.	Oâ€™Regen, Paul	U/A Edinburgh,		751						751
1189.	Peacock, Donald	U/A Durham, Durham				751				751
1190.	McGartland, John	U/A Lancaster,					750			750
1191.	Batey, Rob	Team BDE	749							749
1192.	Inman, Dominic	U/A Newcastle upon tyne,				749				749
1193.	Fleming, Nick	U/A Largs ,	748							748
1194.	Gard, Jefferson	Penny lane striders							747	747
1195.	Molloy, Mark	Warrington Running Club		746						746
1196.	Ellams, Tim	U/A LIVERPOOL, Merseyside		745						745
1197.	McCall, Gregg	U/A Burntwood,					745			745
1198.	Wareham, Pete	U/A Grange-Over-Sands, Cumbria	744							744
1199.	Feavers, Jason	U/A York, North Yorkshire				744				744
1200.	Wilson, Chris	U/A New Milton, Hants					743			743
1201.	Essery, Mark	U/A Chorley,	742							742
1202.	Stevens, Matthew	U/A Mayfield,		742						742
1203.	Walsh, James	Kirkby Stephen Grammar School				742				742
1204.	Darby, Mark	U/A Shrewsbury, Shropshire	741							741
1205.	Connolly, Pete	Wirral Vikings Trail Running Club			741					741
1206.	Eccles, Darren	St. Helens striders	740							740
1207.	Ling, Peter	-				740				740
1208.	Addy, Chris	U/A Penrith,	739							739
1209.	Hamer, Adam	U/A Oswaldtwistle, Lancashire		739						739
1210.	Kelly, Andrew	U/A Workington, Cumbria					739			739
1211.	Doak, Tim	Lonely Goat RC	738							738
1212.	Ezard, Nigel	U/A Ilkley,				738				738
1213.	Williams, Glyn	Salford Harriers						738		738
1214.	Basey, Christopher	Delamere Spartans		736						736
1215.	Hayes, Phil	Thornton Cleveleys					736			736
1216.	Sanz, Luis	n/a	735							735
1217.	Wilkie, Stuart	U/A Hartlebury, Worcs			735					735
1218.	Farron, Tim	Dallam Runners					735			735
1219.	Hitchin, Andy	Warrington Running Club	734							734
1220.	Alldred, Karl	U/A Warrington, Cheshire		734						734

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1221.	Hatch, Timothy	U/A Morpeth,			734					734
1222.	Fairless, Matthew	Todmorden Harriers					734			734
1223.	Brackley, David	U/A Warrington,		732						732
1224.	Smith, Liam	U/A Morpeth, Northumberland		731						731
1225.	Walton, Colin Sam	Wilmslow Running Club			731					731
1226.	Marshall, Alan	Selby Striders				731				731
1227.	Wright, Thomas	U/A Ormskirk, Lancashire					731			731
1228.	Hall, Michael	U/A Seaham, Co Durham							731	731
1229.	Chadwick, Michael	U/A Widnes, Cheshire				730				730
1230.	Ackroyd, Dan	U/A York,			729					729
1231.	Procter, Mark	U/A Cranwell, Lincolnshire						728		728
1232.	Trottet, Joe	U/A Glasgow,						727		727
1233.	Slater, Shaun	Heaton Harriers							727	727
1234.	Cheung, David	U/A Lancaster, Lancashire	726							726
1235.	Hills, Mark	U/A Kings hill , Kent		726						726
1236.	McCann, Joel	U/A Lancaster, -----							726	726
1237.	Newton, Dave	U/A	725							725
1238.	Roche, Duncan					725				725
1239.	McCairn, Matt	U/A St Helens, Merseyside						725		725
1240.	Kirton, Paul	U/A Ulverston, Cumbria					723			723
1241.	Wallbank, David	Team windmill						723		723
1242.	Cleworth, John	U/A Timperley Cheshire			722					722
1243.	Jones, Michael	U/A Stockport, Cheshire	721							721
1244.	weyers, paul	U/A manchester,		721						721
1245.	Wilkinson, Donald	Southport and Waterloo					721			721
1246.	Craig, George	U/A Tynemouth, Tyne and Wear						720		720
1247.	Fallon, Timothy	U/A LONDON, London	719							719
1248.	Hewson, Matthew	U/A Holystone, North Tyneside	718							718
1249.	Crossley, Richard	U/A Stafford, Staffs		718						718
1250.	Keen, Mark	City of Hull Athletics Club				718				718
1251.	ginley, neil	asr	717							717
1252.	Rogers, James	inov-8				717				717
1253.	Harrison, Andrew	U/A Sheffield,						717		717

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1254.	Smith, Michael	Olney Runners	716							716
1255.	Brooker, Jason	Stocksfield Striders		716						716
1256.	Machin, William	U/A Bolton							716	716
1257.	Atherton, Joe	U/A birmingham, WEST MIDLANDS	715							715
1258.	Owen, Jamie	U/A leyland,			715					715
1259.	Stirling, David	U/A Lancaster, Lancashire				715				715
1260.	O'Neill, Martin	U/A Liverpool, Merseyside	714							714
1261.	Owen, William	U/A Leyland ,			714					714
1262.	Pollock, Andrew	Denby Dale Athletic Club	713							713
1263.	Newsome, Richard	U/A Keighley, West Yorkshire				713				713
1264.	Allen, David	Delamere Spartans					713			713
1265.	Boyes, Jonny	U/A golborne, cheshire			712					712
1266.	Brown, James	SISU RUN						712		712
1267.	Smith, Ian	Bolton United Harriers						711		711
1268.	Podbury, Duncan	U/A Gateshead,						709		709
1269.	Percival, Darren	Lonely Goat Running Club							709	709
1270.	Hammill, John	Batala	708							708
1271.	Church, Ivan	U/A Didcot,				708				708
1272.	Foulkes, RAY	Redcar running club						708		708
1273.	Horne, Alex	U/A Manchester, Greater Manchester	707							707
1274.	McFaul, Shaun	U/A Preston,				707				707
1275.	Smith, Alan	U/A Eaglesham,					707			707
1276.	Bogacki, geoff	U/A South Hykeham,	706							706
1277.	Melrose, Ben	U/A Newcastle,		706						706
1278.	Humphreys, James	U/A Bury,			706					706
1279.	Brennan, Mark	U/A Stockport, Cheshire	705							705
1280.	Singleton, Ross	U/A Bristol,				705				705
1281.	Anderson, Warren	U/A Newcastle upon Tyne,						705		705
1282.	Hen, Tim	U/A Brough, East Yorkshire				704				704
1283.	Poole, Ricky	U/A Cwmbran, Gwent					704			704
1284.	Thomas, Luke	Vibes						703		703
1285.	Murphy, Steve	Red Rose Road Runners							703	703
1286.	Poltawski, Dan	U/A Lancaster,	702							702

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1287.	Mulgrave, Mark	U/A Manchester,				700				700
1288.	O'Connor, Stuart	U/A Morecambe ,							700	700
1289.	Aaron, Leon	U/A Blackpool , Lancashire	699							699
1290.	Massey, Robert	BW&FAC			699					699
1291.	Hierons, Nigel	Eden Runners				699				699
1292.	Monostori, Zoltan	U/A Kendal,			698					698
1293.	Cross, Peter	U/A Durham,						697		697
1294.	Grundy, Mark	Bramhall Runners		696						696
1295.	Nelson, David	Mornington Chasers			696					696
1296.	Price, Simon	U/A Sandbach, Cheshire				696				696
1297.	Lowrey, Ray	U/A Bebington, Wirral						696		696
1298.	Amos, Steve	Cobra running and triathlon	695							695
1299.	Bruce, Robert	U/A Lancaster, Lancashire		695						695
1300.	Harrison, Paul	U/A Wigan, Greater Manchester			695					695
1301.	Gravett, John	U/A Keswick, Cumbria				695				695
1302.	Jones, Thomas	U/A Manchester,						695		695
1303.	Ralston, Stephen	Lonsdale Fell Runners			694					694
1304.	Gallienne, Peter	BTR RR	693							693
1305.	Amit, Paul	U/A St Helens, Merseyside		692						692
1306.	Carter, Matt	U/A Berkhamsted,				692				692
1307.	conrad, matt	U/A Nottingham,	691							691
1308.	Albon-Crouch, Peter	U/A Bristol, Gloucestershire		691						691
1309.	Dyer, Jeremy	Fen edge runners		690						690
1310.	Burthem, Sam	U/A Bolton, Greater Manchester						690		690
1311.	Taylor, Neil	U/A Preston,				689				689
1312.	pennell, gareth	U/A york, yorkshire		687						687
1313.	Wilkinson, Simon	U/A Carlisle,	686							686
1314.	Peckitt, Kenneth	U/A Stockport,		686						686
1315.	Houghton, Peter	U/A Chorley, Lancashire			685					685
1316.	Watson, Dominic	Razzers Runners		685						685
1317.	Taylor, Nigel	Selby Stiders				685				685
1318.	Owen, David	U/A Nr Wigan,		684						684
1319.	Finch, Ivan	U/A preston, Lancashire			684					684

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1320.	Cockroft, Tim	U/A London,				684				684
1321.	GOODYEAR, DAVID	ECCLESHILL ROAD RUNNERS				683				683
1322.	King, Alan	U/A Carnwath,							683	683
1323.	Webster, Steve	U/A Huddersfield, West Yorkshire	682							682
1324.	Beuzeval, David	U/A Minthorpe,		682						682
1325.	Taylor, David	Cheshire Hash House Harriers			682					682
1326.	Gibson, Ian	Tynedale Harriers				682				682
1327.	Woodfield, Peter	U/A Newton Stewart ,					682			682
1328.	Hill, Anthony	U/A Warrington, Cheshire	681							681
1329.	Walsh, David	U/A Walkden, Manchester			681					681
1330.	Loftus, Philip	U/A Bolton, Lancashire		681						681
1331.	Jewell, Tony	Cumberland fell runners				681				681
1332.	Twitchett, Mark	U/A Leeds,				680				680
1333.	Ingle, Nicola	Acre street runners	679							679
1334.	Ramsden, Philip	Horsforth Harriers		679						679
1335.	Pathy, Nim	U/A Enfield, Middlesex			679					679
1336.	Berry, Stuart	U/A Windermere, Cumbria				679				679
1337.	Cookson, Paul	U/A Altrincham, Cheshire			678					678
1338.	Kellett, David	Selby Striders				678				678
1339.	Maltman, Dan	U/A Durham, Durham					678			678
1340.	Ferguson, Robin	U/A Alston, Cumbria		677						677
1341.	Butler, Matthew	U/A Staveley, Cumbria			677					677
1342.	Wallwork, Pete	U/A Wilmslow, Cheshire					677			677
1343.	Howard, Andrew	U/A Northwich, Cheshire						676		676
1344.	TICKNER, PAUL	U/A Cockermonth, Cumbria		675						675
1345.	Travis, Joseph	U/A Shrewsbury,			675					675
1346.	parkes, steve	U/A darlington, durham				675				675
1347.	Noble, Andy	U/A Andover, Hampshire						675		675
1348.	Pocock, Doug	U/A London,		674						674
1349.	Caspi, Alon	Mornington Chasers			674					674
1350.	Mann, Cliff	U/A Falkirk,				674				674
1351.	Love, Jimmy	U/A Lancaster, Lancashire					673			673
1352.	Haynes, Peter	U/A Albrighton, Shropshire		672						672

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1353.	Hughes, Gareth	U/A Stockport ,			670					670
1354.	Washington, Jonathan	U/A Dalton-in-Furness, Cumbria		670						670
1355.	Trainor, Daniel	U/A St Helens, Merseyside						670		670
1356.	Whitaker, Matt	U/A Welton, England				669				669
1357.	Ashcroft, David	U/A Warrington,						669		669
1358.	Harrison, Don	U/A Leeds, West Yorkshire				668				668
1359.	Finn, Mark	U/A Bolton, Lancashire		667						667
1360.	Vernon, Garry	Fetcheveryone RC			667					667
1361.	Maltman, Daniel	U/A Wilmslow, Cheshire			666					666
1362.	Safranauskas, Rudy	U/A Shipley, West Yorkshire				666				666
1363.	Snelling, Christopher	U/A Orpington, Kent					666			666
1364.	Fetherstone, Michael	U/A Preston, Lancashire		665						665
1365.	Matthews, Michael	U/A Preston , Lancashire					665			665
1366.	Conroy, James	U/A Leeds, West Yorkshire						665		665
1367.	gibson, walter	U/A Tarporley, Cheshire				664				664
1368.	Hirst, Christopher	U/A Sjöbo,						663		663
1369.	Barker, Clive	U/A Chorley, Lancs				662				662
1370.	Hume, Sam	U/A Runcorn, Cheshire							662	662
1371.	Shaw, Jonathan	U/A Macclesfield,			661					661
1372.	Lee, Robin	U/A NORTH SHIELDS, Tyne & Wear					661			661
1373.	Paul, Dalby	U/A Middlesbrough,				660				660
1374.	Meir, Alex	U/A Walton-on-Thames,					660			660
1375.	Precious, Martyn	Unattached				659				659
1376.	Gilson, Jon	U/A Leek,				658				658
1377.	Sugden, Alexander	U/A Halifax, West Yorkshire						658		658
1378.	Nicholls, Karl	U/A Rugby,		657						657
1379.	Wild, Michael	U/A Oldham, Lancashire						657		657
1380.	McCarthy, Louis	Rochdale Harriers						656		656
1381.	Hawley, Michael	U/A Egremont,		655						655
1382.	Dale, Stephen	Beverley AC				655				655
1383.	Leese, Chris	U/A York, North Yorkshire		654						654
1384.	Sims, Robert					654				654
1385.	Procter, Robert	U/A Shipley, West Yorkshire			653					653

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1386.	Smith, Andy	U/A Burton Latimer , Northants				653				653
1387.	Brown, Darren	U/A Kendal, Cumbria			652					652
1388.	Parry, Steve	Redwell Runners				652				652
1389.	Roberts, James	BTR Road Runners		650						650
1390.	Maddrell, Ian	Atherton Running Club				650				650
1391.	Galbraith, David	U/A Cockermouth, Cumbria				648				648
1392.	Cassels, David								648	648
1393.	McAvoy, William	U/A Leeds,			647					647
1394.	Brown, Paul	U/A Lancaster, Lancashire				647				647
1395.	Robinson, Alan	CMF					647			647
1396.	Burne, Oliver	U/A Linslade,		646						646
1397.	Allin, Steven	U/A Chorley, Lancashire		645						645
1398.	Orr, Tony	U/A burton in kendal, cumbria			645					645
1399.	Albreiki, Mohamed	U/A Abu Dhabi , United Arab Emirates				645				645
1400.	Milsom, Steven	U/A Preston,		644						644
1401.	Sloan, Andrew	U/A Halifax,						644		644
1402.	Towers, Liam	U/A Lancaster, Lancashire		643						643
1403.	Tilbury, Graeme	U/A Edinburgh,			643					643
1404.	Townsend, David	U/A Brackley, Northants		642						642
1405.	Large, Tom	U/A Nottingham ,				642				642
1406.	Hadlington, Daniel	U/A Sunderland, Tyne and Wear						642		642
1407.	Edwards, John	U/A Yarm, Cleveland			641					641
1408.	McGleenan, Sean	Dumfries Running Club				641				641
1409.	Tinniswood, Steve	U/A PRESTON,					641			641
1410.	Swenson, Tim	U/A Saltaire, West Yorkshire			640					640
1411.	Grant, Peter	U/A Leyland, Lancashire				640				640
1412.	Mcgee, Eugene	U/A Ulverston, Cumbria						640		640
1413.	Barlow, Alun	U/A Tynemouth,			639					639
1414.	Gotham, Jake	U/A Carmarthen,					639			639
1415.	Rawlings, Jeremy	U/A Weston-super-Mare, Somerset		638						638
1416.	Webb, Peter	U/A Oldham, Lancs			638					638
1417.	Sidery, Howard	Lions Running Community						638		638
1418.	Hardcastle, Keith	U/A YORK,							638	638

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1419.	White, Alistair	U/A Consett, United Kingdom		637						637
1420.	Lancaster, Craig	Red rose road runners				637				637
1421.	Fenwick, Iain	Tri Northumberland Triathlon Club						637		637
1422.	Vickerstaff, Ian	U/A Edinburgh,							637	637
1423.	Limbach, Nathan	U/A Stockport,				635				635
1424.	Furgusson, Carl	U/A Eastleigh , Hampshire							635	635
1425.	Gray, John	Meltham ac			634					634
1426.	Parsons, Steve	U/A Hungerford , Berkshire						633		633
1427.	Brown, Bernard	U/A St Helens, Merseyside			629					629
1428.	Rayner, Richard	Warrington Running Club			627					627
1429.	Cleary, Michael	U/A Accrington ,				627				627
1430.	Greenwood, Kevin	U/A NACTON, Suffolk					627			627
1431.	Mcgee, Billy	U/A Lancaster , Lancashire						627		627
1432.	Osmond, Andrew	U/A Preston, Lancashire			626					626
1433.	Shippen, Ken	U/A Boroughbridge, York				626				626
1434.	Stolberg, Jeremy	U/A Cheshire, UNITED KINGDOM					626			626
1435.	Wennington, Rob	U/A						626		626
1436.	Clifton, Andrew	None				625				625
1437.	Tollitt, Matthew	Penny Lane Striders					625			625
1438.	Haydon, Paul	U/A Great Ayton, North Yorksire						625		625
1439.	Dykes, Andrew	None			624					624
1440.	Collins, Dale	Giselle Collins				624				624
1441.	Walsh, John	Daves stag						623		623
1442.	Fielding, George	Swinton Running Club				622				622
1443.	Moss, Jonathan	U/A Scunthorpe,					622			622
1444.	Cookson, Paul	U/A Ambleside, Cumbria			621					621
1445.	Corbett, Nigel	U/A Salford,				621				621
1446.	fisher, Alex	U/A Fleet,					621			621
1447.	Lomas, Harry	U/A Bolton ,				620				620
1448.	Arrowsmith, Jonathan	U/A Wythenshawe, Greater Manchester				619				619
1449.	White, Fiachra	U/A Kendal,							618	618
1450.	Haddow, Patrick	U/A Fleetwood, Lancashire			616					616
1451.	Khot, Abdul	U/A Walsall				616				616

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1452.	Boyle, Tony	U/A Liverpool,			615					615
1453.	Medlar, Martin	York Knavesmire Harriers				614				614
1454.	Clarke, Michael	U/A Newcastle Upon tyne,						614		614
1455.	Hawden, Graham	Rothwell & District Harriers			613					613
1456.	McKnight, Simon	U/A Preston,				613				613
1457.	Tan, Jason	U/A Stanmore,			612					612
1458.	Iqbal, Pervez	U/A Birmingham,				612				612
1459.	Finch, Dean	U/A preston, lancashire			611					611
1460.	FENNA, DENNIS	U/A ORMSKIRK, LANCASHIRE				611				611
1461.	Barnes, Anthony	U/A London,					611			611
1462.	langton, damien	U/A manchester,						611		611
1463.	Weir, Simon	U/A Preston , Uk			610					610
1464.	Holmes, Steven	City of Hull ac				610				610
1465.	Tipping, James	U/A Wilmslow,						610		610
1466.	Wood, Andy	Easingwold Running Club			609					609
1467.	Parvaz, Tahir	Run Birmingham				609				609
1468.	Barker, Matthew	Burnden Road Runners			608					608
1469.	Jeewa, Sulaman	U/A Walsall, West Midlands				608				608
1470.	Roberts, Ivor	Beverley AC				607				607
1471.	Watson, Adam	Zero to Heroes				606				606
1472.	Dave Cope, Dave	U/A Kendal,			605					605
1473.	Stockman, Simon	Warrington Road Runners						605		605
1474.	Meggitt, Neil	U/A York,			604					604
1475.	knowles, Timothy	none			601					601
1476.	Griffiths, Matthew	St Bees Triers						600		600
1477.	Fitzpatrick, Finbarre	U/A Halifax,							600	600
1478.	Ramshaw, Christopher	U/A Newcastle Upon Tyne, Tyne and Wear			599					599
1479.	Swindells, Phil	U/A Preston , Lancashire			598					598
1480.	Pearson, Josh	U/A Preston,						598		598
1481.	Alfred, Rowan	U/A Huntingdon,			597					597
1482.	Wood, Dominic	U/A Salford, Lancashire						597		597
1483.	Rickart, Dave	Warrington Running Club			595					595
1484.	Piper, Chris	U/A Wigan, Lancashire					592			592

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1485.	Barford, Bob	U/A Laceby, Lincolnshire						592		592
1486.	Speed, Reuben	U/A heighington, durham							592	592
1487.	Grainger, Scott	U/A Yarm ,							589	589
1488.	Burlingham, Peter	Lonely Goat RC						588		588
1489.	Scott, John	U/A Haltwhistle , Northumberland							585	585
1490.	Probert, Chris	Penny Lane Striders					583			583
1491.	Culley, Oliver	U/A London,					581			581
1492.	Allen, Christopher	U/A Shrewsbury , Shropshire							580	580
1493.	Mairs, Richard	U/A West Auckland, Durham						577		577
1494.	Bartlett, Guy	U/A Alderley Edge, Cheshire					574			574
1495.	Hughed, Gareth	U/A Stockport,						573		573
1496.	fisk, gavin	U/A manchester,					571			571
1497.	WOODS, ANDREW	MILLOM STRIDERS					570			570
1498.	Dove, Richard	U/A Leeds, Yorkshire						570		570
1499.	Walker, Geoff	U/A Carnforth, Cumbria					568			568
1500.	Egleston, Aidan	U/A Edgmond,					567			567
1501.	Parker, Phil	U/A Winsford					566			566
1502.	Bellamy, Steve	U/A Preston, Lancashire					564			564
1503.	Gilbert, Ian	U/A Ipswich, Suffolk					563			563
1504.	Youngs, Jack	U/A Barnsley , South Yorkshire					561			561
1505.	G, Mark	U/A Stanstead Abbots,							559	559
1506.	McDowall, Ian	U/A Linlithgow,					557			557
1507.	Rendall, Brendan	U/A Salford ,					553			553
1508.	INGRAM, JOHN	U/A OLNEY, BUCKS						553		553
1509.	Chappell, James	U/A Cottingham,							553	553
1510.	leary, ron	U/A hull,							552	552
1511.	Postlethwaite, David	U/A Leyland, Lancashire						552		552
1512.	Liptrott, Mark	U/A Ormskirk, Lancashire						549		549
1513.	Madden, Michael	U/A Altrincham , Cheshire						548		548
1514.	Meade, Richard	U/A Stockport, Greater Manchester						547		547
1515.	Stewart, Sally	U/A Glasgow,							547	547
1516.	chorley, Alan	U/A warrington, Cheshire						545		545
1517.	Wilcockson, Paul	U/A Bolton,						541		541

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1518.	Whyte, Jack	U/A London,							539	539
1519.	Byrne, Mr Chris	Newlyweds							537	537
1520.	Airey, James	U/A Kendal,					536			536
1521.	Bailey, Chris	U/A Marple Bridge,						535		535
1522.	Dessent, Chris	U/A Hebden Bridge, West Yorkshire						531		531
1523.	Wynne, Matt	U/A Cairndow, Argyll & Bute						528		528
1524.	Jessop, Alex	U/A Manchester,							525	525
1525.	Hulley, Rory	U/A Welham Green, Herts							523	523
1526.	Hulley, Jake	U/A Welham Green, Herts							521	521
1527.	Kelly, Russ	Redcar Running club						515		515
1528.	Dimuantes, Tony	None					514			514
1529.	lissimore, tom	U/A London, England						514		514
1530.	Ingram, Christopher	U/A WIGTON, Cumbria						513		513
1531.	wilde, andrew	U/A mission, CA/BC_CA					511			511
1532.	Savery, Richard	U/A Hope Valley,						511		511
1533.	Williams, Graham	Jog Stewarton							510	510
1534.	Williams, Dan	U/A Baldock, Hertfordshire					509			509
1535.	Wood, Simon	U/A Lytham,						504		504
1536.	Hargreaves, Michael	U/A Ulverston, Cumbria						503		503
1537.	Johnson, Stu	Tynedale Rfc						499		499
1538.	Iddon, Kevin	U/A Pteston, Lancashire					495			495
1539.	Leahy, Michael	U/A Grange-Over-Sands, Cumbria					491			491
1540.	Donohue, Martin	U/A Wigan , Lancs						490		490
1541.	Tunney, Phillip	U/A Manchester,					486			486
1542.	Livermore, Geoff	U/A Bingley, West Yorkshire						485		485
1543.	Chippendale, Richard	Red Rose Road Runners						473		473
1544.	Wood, James	U/A Preston,						469		469
1545.	Kidby, Malcolm	Marshall Milton Keynes AC					457			457
1546.	McWilliams, Timothy	U/A Wakefield , W Yorks						446		446
1547.	Carter, Paul	Wigan Harriers						444		444
1548.	Gormley, Terry	U/A Doncaster, South Yorkshire					436			436
1549.	Fisk, Jonathan	U/A York,					435			435
1550.	Dimuantes, Simon	None					425			425

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1551.	Harbord, Chris	Great Yarmouthh Road Runners					423			423
1552.	Maxwell, Michael	St bees triers						422		422
1553.	Thomas, Barry	Vicar's Cross Vet						407		407
1554.	Bartlett, Richard	U/A ulverston, cumbria						388		388
1555.	Mcglashan, Andrew	Derwent valley trail runners						387		387
1556.	Harrington, John	U/A Sheffield ,						380		380
1557.	Barker, Tex	VPRC						373		373
1558.	Harland, Philip	U/A Warrington, Cheshire						371		371
1559.	Maggs, Darren	U/A Solihull ,						367		367
1560.	Gilmour, Jack	Wimbledon Windmilers						346		346
1561.	Kellegher, Stephen	U/A Liverpool ,						328		328
1562.	Ashcroft, Adam	U/A Warrington ,						325		325
1563.	Moonan, Paul	Liverpool						324		324
1564.	Gardner, Jim									0
1565.	Gardner, Warren	U/A Darwen, Lancs								0
1566.	grayson, william	U/A manchester, lancs								0
1567.	Greenwood, Andrew	PAR Group								0
1568.	Greenwood, Nick	U/A Liverpool,								0
1569.	Hall, Darren	None								0
1570.	Heap, John	U/A Chester, Cheshire								0
1571.	Herrington, Stuart	Ilkley Harriers								0
1572.	hitchen, Mike	U/A Neston, Cheshire								0
1573.	Hudson, Ben	U/A Todmorden,								0
1574.	Innerdale, Mike	U/A Appleby,								0
1575.	Jamieson, Keith	U/A Kendal, Cumbria								0
1576.	Johnson, David	U/A Grasmere, Cumbria								0
1577.	Jones, Paul	U/A Rhosllanerchrugog, Wrexham								0
1578.	Lane, Peter	U/A Newark, Nottinghamshire								0
1579.	Lynd, Nick	U/A Guisborough,								0
1580.	Magell, Alex	Sark Running Club								0
1581.	Maiden, Peter	U/A Kendal, Cumbria								0
1582.	Mather, Kevin	U/A Warrington,								0
1583.	McGregor, Neil	U/A Milton Keynes, Buckinghamshire								0

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1584.	Memrott, Rob	U/A Harrogate,								0
1585.	Mentha, Lee	U/A Southport, Merseyside								0
1586.	Newsham, Craig	U/A Preston,								0
1587.	Nicholls, Jack	U/A Liverpool,								0
1588.	Pomfret, Neil	Ilkley Harriers								0
1589.	Scott, Andrew	U/A Warrington, Cheshire								0
1590.	Thomas, Leigh	U/A Liverpool, Merseyside								0
1591.	Thompson, John	U/A Barnard Castle, Durham								0
1592.	threlfall, michael	U/A Carnforth, County (optional)								0
1593.	Tweddle, Rob	Tri-Lakeland								0
1594.	Tyrer, Matthew	U/A Heath charnock, Lancashire								0
1595.	Waring, Stuart	U/A Blackburn, Lancashire								0
1596.	Westcott, Jonathan	U/A Liverpool, Merseyside								0
1597.	Woodward, Rob	U/A Kendal,								0
1598.	Wright, Aaron	U/A Shotton Colliery								0
1599.	Carr, Jonathan	U/A Newcastle,								0
1600.	Lindsey, Dean	U/A Clitheroe, Lancashire								0
1601.	Mckenna, David	Penny lane striders								0
1602.	Yaman, Serkan	U/A Manchester,								0
1603.	Adams, Tom	Ilkley Harriers								0
1604.	Stirzaker, Richard	Rochdale Harriers and AC								0
1605.	Foulerton, Tom	Leamington C & AC								0
1606.	Leigh, Nick	Altrincham & District AC								0
1607.	Scotney, Marcus	Dumfries Running Club								0
1608.	Edwards, Orlando	Shaftsbury Barnet Harriers								0
1609.	Bell, Carl	Keswick AC								0
1610.	Crosbie, Gary	U/A Liverpool,								0
1611.	Holden, Phil	U/A Cheadle Hulme,								0
1612.	hudson, clive	none								0
1613.	Ibison, Adrian	Garstang Running Club								0
1614.	Jones, Kenton	Lothian Running Club								0
1615.	Judkowski, Mark	U/A Ilkley, West Yorkshire								0
1616.	Langton, Rob	U/A Birmingham								0

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1617.	Livesey, Chris	Salford Harriers								0
1618.	McDonald, Chris	U/A Carlisle								0
1619.	McIntyre, Lewis	U/A AYR, South Ayrshire								0
1620.	Michaelis, Charlie	U/A Stratford-upon-Avon,								0
1621.	Morris, Drew	U/A Liverpool,								0
1622.	Potts, Duncan	U/A Widnes, Cheshire								0
1623.	Prout, Chris	Wirral								0
1624.	Rimmer Greaves, Kyle	U/A Southport, Sefton								0
1625.	Robinson, Joe	The Always Merk								0
1626.	Slack, Matthew	U/A Southport, Merseyside								0
1627.	Slack, Richard	Claremont Road Runners								0
1628.	Bradbury, Lee	U/A Penruddock,								0
1629.	Brennan, Ben	U/A poulton-le-fylde, Lancashire								0
1630.	THOMPSON, Charlie	Wray Runners								0
1631.	Cooper, Nicholas	Shelton Striders								0
1632.	Cotterill, Roger	U/A Alsager, Stoke-on-Trent								0
1633.	Cowling, Simon	U/A Liverpool,								0
1634.	DEVANEY, Marcus	U/A Morecambe, LANCS								0
1635.	Eldred, Steffan	U/A Bury,								0
1636.	Taylor, Roger	Preston Harriers								0
1637.	Trewby, Tom	U/A Bedford,								0
1638.	Trewby, William	U/A Sherburn Village, County Durham								0
1639.	Ward, Neil	Ponteland runners								0
1640.	WHITAKER, NEIL	U/A Bury, Lancashire								0
1641.	Whitlock, Andrew	U/A Lymn,								0
1642.	Widdrington, Liam	U/A Windermere, Cumbria								0
1643.	Zoeftig, Caspar	U/A Milton Keynes, Buckinghamshire								0
1644.	senior, paul	horsforth harriers								0
1645.	Baldock, James	U/A Halesowen								0
1646.	Bramall, Joseph	MerseyTri								0
1647.	Brennan, Steven	U/A Ulvertson Cumbria								0
1648.	Owens, Garry	NFR								0
1649.	Graham, Paul	Netherhall AC								0

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1650.	Millward, Jason	Team inov-8.com								0
1651.	pimlott, Rob	Team inov-8								0
1652.	Brunton, David	Red Rose Road Runners								0
1653.	BURTON, DAVID	KESWICK								0
1654.	Byron, Marcus	Tynedale Harriers								0
1655.	Reddin, Neil	Team Otter								0
1656.	Jenkinson, Matt	U/A Chorley, Lancashire								0
1657.	Procter, Jonny	Black Combe Runners								0
1658.	locke, andrew	U/A st helens, merseyside								0
1659.	Green, David	U/A Heddon on the wall, Northumberland								0
1660.	Dale, Phil	U/A Wigan, Merseyside								0
1661.	Schumacher, Philipp	U/A St Helens,								0
1662.	Simon, Dirk	U/A Cambridge,								0
1663.	Smith, Gary	U/A Wigton, Cumbria								0
1664.	Howorth, Gary	U/A Heddon on the Wall,								0
1665.	Hall, Aidan	U/A London,								0
1666.	Hancock, Paul	Wigan Harriers								0
1667.	Champkins, Brian	Border Reiver Runners								0
1668.	Shimmin, Leslie	U/A Bolton,								0
1669.	Ward, Matthew	U/A Stockport, Cheshire								0
1670.	Walker, Andrew	U/A APPLEBY-IN-WESTMORLAND, Cumbria								0
1671.	McShane, Ryan	U/A Great Eccleston, Lancashire								0
1672.	Hall, John	U/A Kendal, Cumbria								0
1673.	Taylor, Adrian	U/A HUDDERSFIELD, WEST YORKSHIRE								0
1674.	Wells, Robert	Bedford Harriers								0
1675.	Wightman, Lee	U/A Blackpool								0
1676.	Barnish, Peter	U/A Wilmslow,								0
1677.	Luzanycia, Michael	Tring RC								0
1678.	Waldron-Hoines, Peter	U/A Leeds,								0
1679.	Berry, Chris	U/A Northampton,								0
1680.	Guthrie, Marcus	U/A Halifax, W Yorkshire								0
1681.	Myring, Harry	U/A Witney,								0
1682.	Taylor, Mick	Team Otter								0

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1683.	Pimlott, Robert	Team inov-8								0
1684.	Clifford, Mick	U/A Brough, East Yorkshire								0
1685.	calverley, anthony	U/A morecambe, lincs								0
1686.	Browne, Rob	Black Combe Runners								0
1687.	Eastham, Scott	U/A Dalton-in-Furness,								0
1688.	Poole, Helen	U/A Glasgow, Select a state								0
1689.	Richards, Chris	Helm Hill								0
1690.	Leybourne, Philip	Salford Harriers								0
1691.	Bartas, Jan	Team Inov 8								0
1692.	Mcguinness, Ben	U/A Notts,								0
1693.	Tucker, James	U/A Kendal,								0
1694.	Allen, Mick	Cumberland Fell Runners								0
1695.	Wilkie, Douglas	U/A Marlborough, Wilts								0
1696.	Blamire, Joss	U/A Glasgow,								0
1697.	Chung, Kawai	Mornington Chasers								0
1698.	Fishpool, Mike	U/A Skipton, N Yorkshire								0
1699.	Bell, Richard	U/A Preston, Lancashire								0
1700.	calogero, daniele	U/A London,								0
1701.	stevens, Scott	Lonely Goat RC								0
1702.	Southworth, Paul	U/A Glossop, Select if Appropriate								0
1703.	Haigh, Matt	Didsbury Runners								0
1704.	Essex, Andrew	Saddleworth Runners Club								0
1705.	Kuterescz, David	U/A Halifax , West Yorkshire								0
1706.	Pestell, Simon	n/a								0
1707.	Hanssen, Daan	Mornington Chasers								0
1708.	Henshaw, Paul	U/A Altrincham ,								0
1709.	Beedles, John	U/A Altrincham, Cheshire								0
1710.	Costello, Anthony	Team Deane								0
1711.	Carradus, ryan	U/A Kendal, Cumbria								0
1712.	Featherstone, John									0
1713.	Fee, Ricky	Tri Lakeland								0
1714.	Garratt, Nigel									0
1715.	Grace, Jim	U/A Cranage, Cheshire								0

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1716.	Green, Duncan	CrossFit Trafford								0
1717.	Johnson, Liam	Lonely Goat								0
1718.	Jones, Dave	U/A Windermere, Cumbria								0
1719.	Jones, Jack	U/A Walsall, West Midlands								0
1720.	Shoja, Kiel									0
1721.	LADD, IAN	U/A Glasgow ,								0
1722.	Little, Mike	Cani-sport Edinburgh								0
1723.	Mclaughlin, Martin	U/A Kendal , Cumbria								0
1724.	Seavill, Miles	U/A Leamington Spa, Warwickshire								0
1725.	Shaw, Clive	U/A Liverpool,								0
1726.	Ginder-Poulson, Robert	U/A Cheadle Cheshire								0
1727.	Lyons, Steve	U/A Harrogate								0
1728.	Averill, Steven	U/A Nottingham								0
1729.	McCabe, Chris	U/A								0
1730.	McCabe, Steve	U/A Croydon								0
1731.	McCabe, Tony	Griffin Grinders								0
1732.	Bell, Alan	Hartlepool Burn Road Harriers								0
1733.	HALLY, RICHARD	Red Rose Runners								0
1734.	Adams, John	U/A Edinburgh, U8								0
1735.	Barden, Ben	U/A North Lancing, West Sussex								0
1736.	Bee, Nicholas	U/A Rochdale, Lancashire								0
1737.	Bevan, Keith	U/A Ambleside,								0
1738.	Totty, Oliver	U/A Lytham St.Annes,								0
1739.	Ally, Leigh	Aldridge RC								0
1740.	Appleby, Mike	U/A Altincham, Cheshire								0
1741.	Bhangal, Ravind	U/A Huddersfield, West Yorkshire								0
1742.	Brownhill, David Graham	U/A Manchester , Lancashire								0
1743.	Burkitt, Nigel	Cleethorpes ac								0
1744.	Caherty, Donall	U/A Manchester,								0
1745.	Derbyshire, James	U/A CHESTER, Cheshire								0
1746.	Dunn, Matt	Kendal AAC								0
1747.	Fielding, Mark	Testudinidae singapura								0
1748.	Fishwick, Paul	U/A Royal Wootton Bassett, Wiltshire								0

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1749.	Graham, Andrew	DH Runners								0
1750.	Hall, Stephen	City of Hull AC								0
1751.	Lloyd, Will	Tynedale Harriers & AC								0
1752.	maitland-knibb, stuart	U/A Grafton Underwood ,								0
1753.	Myers, Alan	U/A Newcastle,								0
1754.	Pipes, Andrew	Derwent AC								0
1755.	rex, eddie	city of hull								0
1756.	Rudd, Lee	Wrekin road runners								0
1757.	Sloss, John	U/A Kendal, Cumbria								0
1758.	Smalley, Craig	City of Hull								0
1759.	Spurgeon, James	City of Hull AC								0
1760.	Tayloe, Simon	U/A Manchester,								0
1761.	Baldwin, Chris	U/A Liverpool,								0
1762.	Rayner, Ian	Roundhay Runners								0
1763.	Bucket, Joel	U/A Crawley W Sussex								0
1764.	Davies, Owen	N/A								0
1765.	Maughan, Martyn	Teesdale Triathlon								0
1766.	Robertson, Ian	Selby Striders								0
1767.	Wood, Adam	Vegan Runners UK								0
1768.	Berney, Liam	U/A Keswick, Cumbria								0
1769.	Kenny, Joe	U/A Ambleside								0
1770.	Abbas, Daniel	U/A Manchester								0
1771.	Cole, Simon	U/A Ansdel, Lancs								0
1772.	Bell, Alan	Hartlepool Burn Road Harriers								0
1773.	McStravick, Brian	U/A York,								0
1774.	Hardcastle, Gareth	U/A Oswestry ,								0
1775.	Kain, Paul	N/A								0
1776.	Bell, Michael	U/A penrith,								0
1777.	Aylett, Gary	U/A Bolton,								0
1778.	Clarke, Allan	U/A Wigan, Lancs								0
1779.	Hamnett, Carl	U/A Wythenshawe,								0
1780.	Brier, Andrew	U/A halifax, west yorkshire								0
1781.	Roberts, Steve	U/A Hassocks,								0

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1782.	yates, jonathan	U/A Garstang, LANCASHIRE								0
1783.	Vincent, Andrew	U/A Macclesfield, Cheshire								0
1784.	Brodrick, Matthew	U/A Middlesbrough,								0
1785.	Nelson, John	Alchester RC								0
1786.	Ramsay, Dave									0
1787.	Bradley, Chris	U/A PRESTON, Lancashire								0
1788.	Howard, James	U/A Manchester,								0
1789.	Tracy, Joe	U/A Glasgow, Lanarkshire								0
1790.	Ogilvie, Mark	U/A Largs,								0
1791.	Ahmed, Zane	U/A Leeds,								0
1792.	Stott, Ian	U/A Ilkley, West Yorkshire								0
1793.	Morse, Robert	U/A Ilkley, West Yorkshire								0
1794.	Kerr, James	U/A Skipton, North Yorkshire								0
1795.	Osmond, Simon	U/A Carnforth, Lancashire								0
1796.	Higginson, Andrew	U/A Blackburn, Lancashire								0
1797.	Tosh, Jeff	U/A Lancaster ,								0
1798.	Chapman, Tim	TT Racers								0
1799.	bellis-jones, Paul	U/A Barrow In Furness, Cumbria								0
1800.	Warren, Richard	U/A Hathern, Leicestershire								0
1801.	Flesher, Leon	Thornton cleveleys running club								0
1802.	Harvey, Ian	Wigton Road Runners								0
1803.	Thomas, Lee	U/A Middlesbrough								0
1804.	Jolley, Paul	U/A Hinckley, Leicestershire								0
1805.	Nuttall, Tim	U/A Bolton, Greater Manchester								0
1806.	Brook, Tim	U/A Leyland,								0
1807.	Oliver, Tom	U/A Birmingham,								0
1808.	Jaime, Sean	U/A Saint Helens, default								0
1809.	Gratrix, Ian	U/A Greasby, Wirral								0
1810.	Ruane-Durkin, Mike	U/A Chorlton-cum-Hardy, Manchester								0
1811.	Wilkie Coker, Francis	U/A Manchester, Lancashire								0
1812.	Baxandall, Paul	U/A MANCHESTER, UK								0
1813.	Alston, Andrew	Idle AC								0
1814.	Mansfield, Philip	U/A Manchester,								0

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1815.	Preston, Robert	U/A Lancaster, Lancashire								0
1816.	Whiles, Andrew	Redcar Running Club								0
1817.	McAleese, Jonathan	U/A Keighley, West Yorkshire								0
1818.	Davenhall, Sam	U/A Preston, Lancashire								0
1819.	Richardson, Clive	U/A Eastbourne, East Sussex								0
1820.	Rolfe, Oliver	U/A Marlow,								0
1821.	Baggaley, Richard	U/A Hamstreet, Ket								0
1822.	Frodsham, Jonny	U/A Glossop, Derbyshire								0
1823.	Bhavsar, Vishal	U/A London,								0
1824.	Hubbold, Tim	U/A Barrow in Furness,								0
1825.	Barclay, Nicholas	U/A Dunmow, Essex								0
1826.	Derrick, Matthew	U/A Cottingham								0
1827.	Potts, Mike	U/A Stockport								0
1828.	Crouch, Grant	U/A Dalston,								0
1829.	Halstead, David	U/A Lytham St.Annes, Lancashire								0
1830.	Denston, Pete	Border Reiver Runners								0
1831.	O'Toole, Liam	U/A Sheffield,								0
1832.	Stephenson, Jonny	Gosforth Harriers								0
1833.	Stoodley, Terry	Team inov-8								0
1834.	macdonald, alastair	Hoad Hill Harriers								0
1835.	Pryor, David	U/A warrington,								0
1836.	BRENTNALL, MICHAEL	U/A Cambridge, Cambs								0
1837.	Brisco, Dave	St. Helens Striders								0
1838.	Gowrie, Matthew	U/A Timperley, Altrincham								0
1839.	Belcher, Lloyd	U/A Coventry,								0
1840.	Smith, Phil	Dudley Kingswinford Running Club								0
1841.	Scott, Tom	U/A Manchester, Lancashire								0
1842.	Denman, Graeme	N/A								0
1843.	Pippard, Ben	U/A Newcastle upon Tyne, Tyne and Wear								0
1844.	McGonagle, Colin	Carlisle Tri Club								0
1845.	Grierson, Carl	U/A Carlisle , Cumbria								0
1846.	Culleton, John	U/A Chester Le Street, Co. Durham								0
1847.	Rainey, Michael	U/A New Mills,								0

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Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1848.	Patterson, Glenn	Carlisle Tri Club								0
1849.	Hadlington, Adrian	U/A Sunderland , Durham								0
1850.	Smith, Michael	U/A St Helens, Merseyside								0
1851.	Pettit, Andy	U/A Steeton, West Yorkshire								0
1852.	Marshall, Adam	COLT								0
1853.	Duckworth, Kevin	Dudley Kingswinford								0
1854.	McCartan, Niall	St Peters GAA								0
1855.	Daly, Niall	U/A Liverpool,								0
1856.	Robinson, Tom	U/A Penrith ,								0
1857.	Glendenning, Ian	U/A Doncaster ,								0
1858.	Patten, Graham	Team Lakeland Trails								0
1859.	Asquith, Richard	U/A Leeds								0
1860.	Sewell, Ewan	U/A York								0
1861.	Roger, Harrison	Cheshire Hash House Harriers								0
1862.	Murphy, Joe	U/A Aston Clinton, Bucks								0
1863.	Eaton, Simon	Ambleside A C								0
1864.	Smith, Michael	Lymm Runners								0
1865.	Seddon, Steve	U/A Wigan, Lancs								0
1866.	Twaddle, Iain	U/A Durham								0
1867.	Walker, Peter	U/A York								0
1868.	Doherty, Joe	U/A Carlisle, Cumbria								0
1869.	Booth, Gareth	Horwich RMI								0
1870.	Booth, John	Wakefield triathlon club								0
1871.	Appleby, Mark	U/A Wallsend , Tyne and Wear								0
1872.	Hopkinson, Lewis	Newark Striders								0
1873.	craig, stevie	U/A nutfield,								0
1874.	Hepple, David	U/A Stockton on Tees ,								0
1875.	Gardener, James	U/A Repton, Derbyshire								0
1876.	Cooling, Mark	U/A Bristol								0
1877.	Barnes, Joseph	U/A London								0
1878.	Wadeson, Craig	U/A Hook,								0
1879.	Elliott, Clive	U/A Wellington,								0
1880.	Kass, Richard	U/A Edinburgh,								0

2019 Full Series 14-18K

Lakeland Trails 2019 14-18K Series Results : Men

Pos	Name	Club	CAR	HAW	STA	KES	CON	HEL	ULL	Total
1881.	Evans, Matthew	U/A Grange-over-Sands, Cumbria								0
1882.	Crompton, Carl	U/A Staveley, Cumbria								0
1883.	Arthur, Edwin	U/A High Wycombe, Buckinghamshire								0

Number of records: 1883