

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|-----|------|---------------------|-----|---------|-----------------------------------|-------------|
| 1. | 566 | Chris Huggett | m | | U/A Cartmel, | 0:40:38 |
| 2. | 807 | James Smith | m | | Barrow Runners | 0:42:03 |
| 3. | 575 | David Jackson | m | MV 40 | Horwich RMI Harriers | 0:42:13 |
| 4. | 304 | Ewan Sewell | m | | U/A York | 0:42:53 |
| 5. | 700 | Chris Neil | m | | Barrow Runners | 0:43:23 |
| 6. | 301 | Victoria Sewell | f | | Knavesmire Harriers | 0:45:08 |
| 7. | 966 | Jonathon Male | m | MV 40 | Barrow Runners | 0:46:02 |
| 8. | 850 | Martin Thomlinson | m | MV 40 | Muckle Toon Sloggers | 0:46:41 |
| 9. | 327 | Emily Ault | f | | Barrow Runners | 0:46:52 |
| 10. | 458 | Fergal Duffy | m | MV 40 | U/A Enniskillen, Co. Fermanagh | 0:47:29 |
| 11. | 94 | James Holland | m | | U/A Stockport, Cheshire | 0:47:34 |
| 12. | 791 | Nick Sharp | m | MV 50 | U/A Wakefield, West Yorkshire | 0:48:16 |
| 13. | 769 | Ian Robinson | m | MV 40 | SCC | 0:48:29 |
| 14. | 344 | James Barsby | m | | U/A Clitheroe, Lancashire | 0:48:29 |
| 15. | 490 | Scott Friend | m | | U/A Clitheroe, Lancashire | 0:49:04 |
| 16. | 170 | Jonathan Sadler | m | | U/A Manchester | 0:49:28 |
| 17. | 971 | Paul Macfarlane | m | MV 40 | Helmhill / Batala | 0:49:30 |
| 18. | 562 | Richard Holmes | m | MV 40 | U/A Lytham, | 0:49:39 |
| 19. | 394 | Andrew Campbell | m | | U/A Cheadle Hulme, | 0:49:52 |
| 20. | 881 | Rick Ward | m | MV 40 | Triathlon Coaching UK | 0:50:14 |
| 21. | 626 | Nick Lewthwaite | m | MV 40 | U/A Windermere, Cumbria | 0:50:16 |
| 22. | 785 | Lance Saxby | m | MV 50 | unattached | 0:50:37 |
| 23. | 642 | Lawrence Mannion | m | MV 50 | U/A Kendal, | 0:50:42 |
| 24. | 463 | Liam Durr | m | | U/A Manchester, | 0:50:56 |
| 25. | 470 | Robbie Edwards | m | MV 40 | Southport running cluc | 0:51:01 |
| 26. | 388 | David Buckle | m | | U/A Grange-over-Sands, Cumbria | 0:51:04 |
| 27. | 546 | margaret henderson | f | | U/A warton, lancs | 0:51:06 |
| 28. | 513 | Laurie Gribbin | m | | Millom striders | 0:51:18 |
| 29. | 773 | Simon Rogers | m | | Kilbarchan AAC | 0:51:38 |
| 30. | 964 | Jonny Grisedale | m | MV 40 | Team inov-8.com | 0:52:04 |
| 31. | 328 | Steven Averill | m | MV 50 | U/A Nottingham , | 0:52:10 |
| 32. | 844 | Mark Taylor | m | | U/A Essendine , Rutland | 0:52:22 |
| 33. | 734 | Jiri Bittner | m | MV 40 | U/A Sedbergh , Cumbria | 0:52:27 |
| 34. | 321 | Phil Aspinall | m | | U/A Clitheroe, Lancashire | 0:52:31 |
| 35. | 1366 | Anthony Irving | m | MV 40 | U/A Carlisle, | 0:52:42 |
| 36. | 793 | Andy Shaw | m | | St Helens Striders | 0:52:46 |
| 37. | 491 | James Gaffney | m | | - | 0:53:40 |
| 38. | 330 | Daniel Bailey | m | | U/A Darlington, | 0:53:47 |
| 39. | 436 | Joe Davenport | m | | U/A Preston, Lancashire | 0:53:47 |
| 40. | 551 | Philip Higgins | m | MV 50 | Kendal Tri Club | 0:54:01 |
| 41. | 631 | Huw Lloyd | m | | U/A Richmond, North Yorkshire | 0:54:10 |
| 42. | 829 | Mark Storey | m | | U/A Newcastle, Tyne & Wear | 0:54:19 |
| 43. | 684 | Sam Moore | m | | Millom Striders RC | 0:54:21 |
| 44. | 572 | Graham Ingham | m | MV 50 | U/A Kirkham, | 0:54:27 |
| 45. | 969 | Helen Johnson | f | FV 40 | Wirral Vikings | 0:54:32 |
| 46. | 945 | Sebastien Libert | m | | U/A london, | 0:54:48 |
| 47. | 324 | Tim Atkins | m | | U/A Stretford, Greater Manchester | 0:54:48 |
| 48. | 493 | Callum Gallop | m | | U/A Kendal, Cumbria | 0:54:49 |
| 49. | 482 | Jonathan Fletcher | m | MV 50 | Ripon Runner | 0:54:49 |
| 50. | 812 | Garth Spencer | m | | Ribble Valley Triathlon Club | 0:54:57 |
| 51. | 373 | Andy Brayshaw | m | MV 40 | Helm Hill | 0:55:09 |
| 52. | 374 | Kate Brayshaw | f | FV 40 | Helm Hill | 0:55:09 |
| 53. | 378 | Hannah Brookfield | f | | U/A Aughton, Lancashire | 0:55:11 |
| 54. | 777 | Alison Rose | f | FV 40 | U/A Ilkley, West Yorkshire | 0:55:24 |
| 55. | 320 | Dave Ashcroft | m | MV 50 | U/A St Helens, Merseyside | 0:55:38 |
| 56. | 489 | Mark Friend | m | | U/A Clitheroe, Lancashire | 0:55:44 |
| 57. | 587 | karen johnson | f | FV 40 | U/A Ulverston, | 0:55:57 |
| 58. | 383 | James Bryant | m | MV 40 | Kenilworth Wheelers CC | 0:55:58 |
| 59. | 685 | Mark Moran | m | MV 40 | Swinton | 0:56:04 |
| 60. | 467 | JOHN PAUL EDMONDSON | m | | U/A BURNESIDE, CUMBRIA | 0:56:07 |
| 61. | 309 | Richard Addy | m | MV 50 | U/A Southampton, Hampshire | 0:56:13 |
| 62. | 862 | Nichola Tomkow | f | FV 40 | U/A Sandbach, Cheshire | 0:56:23 |
| 63. | 1343 | Sorcha Hodgson | f | | U/A Kendal, | 0:56:25 |
| 64. | 609 | Richard Laing | m | | U/A Altrincham, Cheshire | 0:56:31 |
| 65. | 701 | Emma Neil | f | | Barrow Runners | 0:56:38 |
| 66. | 362 | Paul Blakemore | m | | U/A Wigan , | 0:56:45 |
| 67. | 745 | David Prout | m | | U/A Preston, Lancashire | 0:56:46 |
| 68. | 755 | Simon Richardson | m | MV 40 | U/A Seascale , | 0:56:47 |
| 69. | 538 | Richard Harrison | m | MV 40 | None | 0:56:51 |
| 70. | 497 | Phillip Gaston | m | | U/A milnthorpe, cumbria | 0:56:53 |
| 71. | 425 | Jonathan Crossley | m | MV 50 | U/A Rhuddlan, Denbighshire | 0:56:54 |
| 72. | 346 | Simon Barton | m | MV 60 | Hoad Hill Harriers | 0:57:00 |
| 73. | 865 | George Towler | m | MV 40 | U/A Northwich, | 0:57:11 |
| 74. | 933 | Chris Wynne | m | MV 50 | U/A Ormskirk, | 0:57:21 |
| 75. | 317 | Ian Armstrong | m | | Millom striders | 0:57:22 |
| 76. | 872 | Robyn Turner | f | | U/A Blackburn, | 0:57:33 |
| 77. | 944 | Martin Smithurst | m | MV 40 | None | 0:57:37 |

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| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|------|------|------------------------|-----|---------|---|-------------|
| 78. | 729 | David Pattison | m | MV 40 | U/A Chester, Cheshire | 0:57:43 |
| 79. | 571 | Gerard Hurst | m | MV 60 | U/A Wigan, | 0:57:43 |
| 80. | 447 | Bart Decadt | m | MV 50 | U/A Bolton, | 0:57:55 |
| 81. | 558 | Jeanette Simpson | f | | U/A Kendal, Cumbria | 0:58:00 |
| 82. | 523 | Jo Haigh | f | FV 60 | U/A Skipton, North Yorkshire | 0:58:01 |
| 83. | 545 | Andrew Hemsley | m | MV 50 | U/A Penrith, Cumbria | 0:58:03 |
| 84. | 621 | Stephen Leahy | m | | U/A Kendal, Cumbria | 0:58:25 |
| 85. | 900 | Ian Whalley | m | | U/A Huddersfield, West Yorkshire | 0:58:28 |
| 86. | 967 | Barrie Hodson | m | MV 40 | U/A Leyland, | 0:58:30 |
| 87. | 871 | Rob Turner | m | MV 40 | U/A Blackburn , | 0:58:35 |
| 88. | 888 | Steve Watson | m | MV 50 | U/A Gleaston, Ulverston | 0:58:38 |
| 89. | 917 | Patrick Willink | m | MV 50 | Helm Hill | 0:58:43 |
| 90. | 826 | Phil Stones | m | MV 60 | U/A Cleator Moor, Cumbria | 0:58:43 |
| 91. | 840 | Matt Tate | m | MV 40 | Lonely Goat Running Club | 0:58:46 |
| 92. | 372 | Jacob Brass | m | | U/A Ambleside, Cumbria | 0:58:48 |
| 93. | 890 | James Webster | m | | N/A | 0:58:58 |
| 94. | 846 | Michelle Teare | f | FV 40 | Blackburn harriers | 0:59:00 |
| 95. | 613 | Peter Lane | m | MV 40 | U/A Newark, Nottinghamshire | 0:59:05 |
| 96. | 455 | Jack Dods | m | | U/A Cheadle, Greater Manchester | 0:59:10 |
| 97. | 416 | shane collins | m | MV 50 | red rose road runners | 0:59:46 |
| 98. | 405 | Rachel Cheffy | f | FV 40 | U/A Hitchin , | 1:00:14 |
| 99. | 882 | Sarah Ward | f | | Wakefield Triathlon Club | 1:00:25 |
| 100. | 539 | Willem Harrison-Wright | m | | U/A Harrogate, | 1:00:27 |
| 101. | 343 | Sarah Barry | f | | U/A Kilbarchan, | 1:00:34 |
| 102. | 479 | Luke fishpool | m | | U/A driffield, East Riding of Yorkshire | 1:00:43 |
| 103. | 891 | John Webster | m | MV 50 | N/A | 1:00:50 |
| 104. | 1206 | sandra connell | f | FV 60 | U/A Liverpool, | 1:00:52 |
| 105. | 462 | James Dunn | m | | U/A Kenley, Surrey | 1:01:10 |
| 106. | 883 | mark wardley | m | MV 40 | U/A preston, lancs | 1:01:11 |
| 107. | 465 | Sadie Dyson | f | FV 40 | U/A ROSSENDALE, LANCASHIRE | 1:01:16 |
| 108. | 713 | Paul Otway | m | MV 40 | U/A Natland, Cumbria | 1:01:20 |
| 109. | 357 | Colin Benn | m | MV 60 | Millom Striders | 1:01:22 |
| 110. | 899 | Catherine Westnutt | f | FV 40 | U/A Kendal, Cumbria | 1:01:25 |
| 111. | 579 | Thomas Jackson | m | | U/A Stalmine, Lancashire | 1:01:39 |
| 112. | 345 | Sally Barton | f | FV 50 | Hoad Hill Harriers | 1:01:41 |
| 113. | 923 | John Wiseman | m | MV 50 | Red Rose Road Runners | 1:01:44 |
| 114. | 460 | Helen Duncanson | f | FV 40 | St Bees Triers | 1:01:47 |
| 115. | 776 | Dave Rooney | m | MV 50 | U/A Southport, Merseyside | 1:01:49 |
| 116. | 786 | Nicholas Schaffer | m | MV 50 | Millom Striders | 1:01:53 |
| 117. | 604 | Steven Kitchin | m | MV 40 | U/A Lancaster, Select One | 1:02:03 |
| 118. | 679 | Chris Miller | m | | U/A Altrincham, MANCHESTER | 1:02:14 |
| 119. | 507 | Angela Grace | f | FV 40 | U/A Cranage, Cheshire | 1:02:14 |
| 120. | 649 | Tony Mather | m | MV 50 | U/A Stockport, Cheshire | 1:02:17 |
| 121. | 687 | James Morris | m | | U/A Preston, | 1:02:23 |
| 122. | 568 | Edward Humphrey | m | MV 40 | U/A London, | 1:02:24 |
| 123. | 411 | John Cleworth | m | MV 40 | U/A Timperley, Cheshire | 1:02:24 |
| 124. | 636 | Neil MacDonald | m | MV 50 | Millom Striders | 1:02:25 |
| 125. | 722 | Michal Parka | m | | U/A Ulverston, Cumbria | 1:02:26 |
| 126. | 717 | Stephen Owen | m | MV 40 | Victoria Park Running Club | 1:02:31 |
| 127. | 981 | Ray Swainston | m | MV 40 | U/A Bishop Auckland , Durham | 1:02:35 |
| 128. | 794 | Michael Shaw | m | MV 40 | U/A CARLISLE, Cumbria | 1:02:45 |
| 129. | 634 | Sarah Lord | f | FV 40 | U/A CARLISLE, Cumbria | 1:02:45 |
| 130. | 975 | Rob Phillips | m | MV 40 | U/A Heversham, | 1:03:00 |
| 131. | 530 | Fraser Hamilton | m | | U/A Northwich, Cheshire | 1:03:01 |
| 132. | 1177 | Steve Waterhouse | m | MV 40 | U/A Blackpool , | 1:03:03 |
| 133. | 863 | John Tomlinson | m | MV 50 | U/A Bolton, | 1:03:06 |
| 134. | 559 | Michael Holland | m | | U/A Stockport, | 1:03:06 |
| 135. | 963 | Jo Grisedale | f | FV 40 | Team inov-8.com | 1:03:08 |
| 136. | 929 | Harvey Woods | m | MV 40 | U/A Wilmslow, | 1:03:12 |
| 137. | 449 | Mark Dewell | m | MV 40 | U/A Wilmslow, | 1:03:13 |
| 138. | 778 | Ben Ross | m | | U/A St Asaph, | 1:03:13 |
| 139. | 860 | ANDREW TINKLER | m | MV 40 | U/A LANCASTER, LANCS | 1:03:15 |
| 140. | 740 | caleb polley | m | MV 40 | U/A Stockport, | 1:03:20 |
| 141. | 741 | richard popple | m | MV 40 | U/A Sheffield, South Yorkshire | 1:03:20 |
| 142. | 973 | Rhys Mayor | m | | U/A Liverpool, | 1:03:21 |
| 143. | 784 | Charles Satterly | m | MV 50 | Lancaster & Morecambe A/C | 1:03:22 |
| 144. | 986 | Kath Whipple | f | FV 50 | Hoad Hill Harriers | 1:03:25 |
| 145. | 797 | Lizzie Simmons | f | FV 40 | U/A Ulverston , | 1:03:31 |
| 146. | 521 | Josephine Guy | f | | U/A Windermere, Home | 1:03:31 |
| 147. | 919 | Alan Wilson | m | MV 50 | Glaxo Hoad Hill Harriers | 1:03:34 |
| 148. | 677 | Tim Miles | m | MV 40 | Millom Striders | 1:03:39 |
| 149. | 375 | Stephen Adams | m | MV 50 | U/A READING, Berkshire | 1:03:39 |
| 150. | 333 | Frankie Ball | f | | U/A Salford, | 1:03:47 |
| 151. | 664 | Ellen McLachlan | f | | BWFAC | 1:03:50 |
| 152. | 315 | Kathy Appleby | f | FV 50 | U/A Lancaster, Lancashire | 1:03:50 |
| 153. | 542 | Ritchie Head | m | MV 50 | U/A Wallasey, | 1:03:50 |
| 154. | 418 | Paul Cookson | m | | U/A Altrincham, Cheshire | 1:03:54 |
| 155. | 720 | Tim Palmer | m | MV 40 | None | 1:04:04 |
| 156. | 605 | Jake Kitching | m | | n/a | 1:04:13 |
| 157. | 724 | Henry Parker | m | | U/A Leeds, West Yorkshire | 1:04:14 |

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|------|------|---------------------|-----|---------|----------------------------------|-------------|
| 158. | 767 | Peter Robinson | m | | U/A Leeds, Yorkshire | 1:04:16 |
| 159. | 702 | Paul Neill | m | MV 40 | Warrington Running Club | 1:04:17 |
| 160. | 385 | Jan Buckingham | f | FV 50 | Blackburn Harriers | 1:04:22 |
| 161. | 818 | Francesca Stefanuto | f | | U/A Manchester , | 1:04:23 |
| 162. | 936 | Andrew Byron | m | | U/A London, | 1:04:26 |
| 163. | 554 | Hannah Hill | f | FV 40 | U/A Kendal, Cumbria | 1:04:29 |
| 164. | 719 | Lorraine Palmer | f | FV 40 | U/A Holmfirth, | 1:04:32 |
| 165. | 1539 | Claire Rowlands | f | FV 40 | U/A Chester, | 1:04:35 |
| 166. | 733 | Thomas Pearson | m | | U/A Grange Over Sands, Cumbria | 1:04:37 |
| 167. | 954 | Reece Davies | m | | DCC | 1:04:45 |
| 168. | 874 | Tony Vick | m | MV 60 | Ponteland Runners | 1:04:55 |
| 169. | 603 | Nicola Kitchin | f | FV 50 | U/A Lancaster, Select One | 1:05:02 |
| 170. | 475 | Marnie Ethell | f | | U/A Preston, Lancashire | 1:05:04 |
| 171. | 476 | Paul Ethell | m | MV 50 | U/A Preston, Lancashire | 1:05:04 |
| 172. | 680 | Richard Mitchell | m | | U/A Kirkham, Lancashire | 1:05:06 |
| 173. | 897 | Cheryl Westerman | f | FV 40 | U/A Keswick, Cumbria | 1:05:07 |
| 174. | 665 | Terry McMahon | m | MV 50 | U/A kendal, cumbria | 1:05:11 |
| 175. | 869 | Jean Turner | f | FV 50 | Telford Harriers | 1:05:13 |
| 176. | 445 | Julie Dean | f | FV 50 | U/A Carnforth , Lancashire | 1:05:14 |
| 177. | 756 | Susan Richardson | f | FV 50 | St Bees Triers | 1:05:15 |
| 178. | 965 | Carol Gunn | f | FV 50 | St bees triers | 1:05:15 |
| 179. | 644 | Christina Marechal | f | | U/A Manchester, Lancashire | 1:05:23 |
| 180. | 989 | Jenny Wroe | f | | Batala Mountain Runners | 1:05:23 |
| 181. | 943 | Oliver Wan | m | MV 40 | U/A Lytham St. ANNES, Lancashire | 1:05:24 |
| 182. | 938 | Victoria Floyd | f | | U/A Poynton, Cheshire | 1:05:34 |
| 183. | 937 | Andrew Floyd | m | | U/A Poynton, Cheshire | 1:05:34 |
| 184. | 549 | andy henworth | m | MV 40 | U/A lancaster, lancashire | 1:05:38 |
| 185. | 487 | Jackie Frank | f | FV 40 | U/A Redcar, | 1:05:39 |
| 186. | 508 | Jim Grace | m | MV 70 | U/A Cranage, Cheshire | 1:05:40 |
| 187. | 1241 | Jayne Dore | f | FV 40 | U/A Formby, | 1:05:40 |
| 188. | 801 | Camila Simson | f | | U/A ULVERSTON, Cumbria | 1:05:41 |
| 189. | 727 | Susanne Parry | f | FV 40 | U/A Carlisle, | 1:05:41 |
| 190. | 338 | Bob Barford | m | MV 50 | U/A Lacey, Lincolnshire | 1:05:49 |
| 191. | 991 | Tracey Barker | f | FV 50 | Trail Running Association | 1:05:49 |
| 192. | 800 | Stuart Sims | m | | U/A Kirkby Lonsdale, | 1:05:52 |
| 193. | 705 | Tracy Norman | f | FV 50 | Wirral Vikings TRC | 1:05:52 |
| 194. | 662 | Nigel McIntyre | m | MV 50 | U/A Longton, Lancashire | 1:05:54 |
| 195. | 519 | Michael Gudgeon | m | MV 40 | U/A Settle, North Yorkshire | 1:06:03 |
| 196. | 643 | Anthony Marechal | m | MV 60 | U/A STROUD, Glos | 1:06:03 |
| 197. | 743 | Clair Priestley | f | FV 40 | U/A Todmorden, | 1:06:07 |
| 198. | 424 | Matt Cross | m | MV 40 | U/A Wolverhampton, | 1:06:07 |
| 199. | 765 | Kirsty Robertson | f | FV 50 | Jog Cowdenbeath | 1:06:09 |
| 200. | 161 | Iain Robertson | m | MV 50 | Stop the Wee Grumpy | 1:06:09 |
| 201. | 732 | Emma Pearson | f | FV 40 | U/A Carlisle, Cumbria | 1:06:10 |
| 202. | 803 | bridget slater | f | FV 50 | U/A Skipton, N Yorks | 1:06:10 |
| 203. | 565 | Fatima Horn | f | | Rothwell Harriers | 1:06:12 |
| 204. | 895 | Toby West | m | MV 40 | Lonely Goat RC | 1:06:12 |
| 205. | 331 | David Bailey | m | MV 50 | U/A Burnley , Lancashire | 1:06:12 |
| 206. | 876 | Mark Walker | m | MV 40 | U/A Grange-Over-Sands, Cumbria | 1:06:20 |
| 207. | 531 | Brian Hanley | m | MV 50 | Red Rose Road Runners | 1:06:40 |
| 208. | 654 | Abigail McAninly | f | FV 40 | Durham | 1:06:45 |
| 209. | 349 | Paul Bates | m | MV 40 | Mossley AFC Running Club | 1:06:46 |
| 210. | 350 | Steve Bates | m | MV 60 | Mossley AFC Running Club | 1:06:47 |
| 211. | 921 | Martin Wilson | m | | U/A Warton, | 1:06:49 |
| 212. | 473 | Jo Elliott | f | | U/A Oxford, | 1:06:53 |
| 213. | 949 | olwen cunningham | f | FV 40 | St Bees triers | 1:06:54 |
| 214. | 552 | Ben Higginson | m | MV 60 | Preston Harriers | 1:06:56 |
| 215. | 751 | Jodie Reynolds | f | | U/A Rochdale, | 1:07:09 |
| 216. | 814 | Shirley Spratt | f | FV 50 | U/A Congleton, Cheshire | 1:07:13 |
| 217. | 608 | Hilde Krynen | f | FV 50 | U/A Kendal, Cumbria | 1:07:18 |
| 218. | 834 | Nicola Swann | f | FV 40 | Otley A.C. | 1:07:21 |
| 219. | 820 | Hilary stephenson | f | | U/A leeds, | 1:07:36 |
| 220. | 819 | Craig stephenson | m | MV 40 | U/A leeds, | 1:07:36 |
| 221. | 968 | James Humphreys | m | MV 40 | U/A Bury, | 1:07:47 |
| 222. | 469 | Melanie Edwards | f | FV 40 | Ilkley Harriers | 1:07:51 |
| 223. | 367 | Louise Bowden | f | FV 40 | Ramsbottom Running Club | 1:07:51 |
| 224. | 316 | Jo Ardin | f | FV 40 | U/A Bury , Lancs | 1:07:52 |
| 225. | 671 | Andrew Mcpartlin | m | MV 40 | U/A Manchester, | 1:07:56 |
| 226. | 832 | Mark Strickland | m | MV 50 | U/A Holywell, Flintshire | 1:08:07 |
| 227. | 397 | Matthew Carr | m | MV 50 | U/A Normanton, West Yorkshire | 1:08:14 |
| 228. | 591 | Andrew Jones | m | MV 40 | U/A Prescot, Merseyside | 1:08:19 |
| 229. | 451 | Nicola Dinsdale | f | | Ribble valley Tri Club | 1:08:28 |
| 230. | 377 | Daniel Brookfield | m | | U/A ORMSKIRK, Lancashire | 1:08:32 |
| 231. | 754 | Jennifer Richardson | f | FV 40 | U/A Near Kendal, Cumbria | 1:08:36 |
| 232. | 830 | Anne Strickland | f | FV 50 | U/A Holywell, Flintshire | 1:08:42 |
| 233. | 951 | Ian Cassidy | m | | U/A Wigan, Lancashire | 1:08:43 |
| 234. | 595 | Jacqueline Jones | f | FV 40 | U/A Darlington , Durham | 1:08:45 |
| 235. | 827 | Anna Storey | f | | U/A Newcastle, Tyne & Wear | 1:08:45 |
| 236. | 847 | Shaun Teasdale | m | MV 50 | U/A Durham, Durham | 1:08:45 |
| 237. | 627 | Mark Liptrott | m | MV 40 | U/A Ormskirk, Lancashire | 1:08:46 |

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|------|------|---------------------|-----|---------|------------------------------------|-------------|
| 238. | 504 | Gay Goodson | f | FV 40 | U/A kirkby-in-Furness, cumbria | 1:08:50 |
| 239. | 828 | Jo Storey | f | FV 40 | Jogonthetyne | 1:08:54 |
| 240. | 407 | adele Cihlar | f | FV 40 | U/A Prestwich , Manchester | 1:08:58 |
| 241. | 752 | Rebecca Richards | f | | U/A Ulverston, Cumbria | 1:08:59 |
| 242. | 913 | Rebecca Wilkinson | f | | U/A Kendal, | 1:09:00 |
| 243. | 952 | JACQ CHARLES | f | FV 40 | Wirral Vikings TRC | 1:09:05 |
| 244. | 630 | Jane Spencer | f | FV 40 | Barrow Runners | 1:09:14 |
| 245. | 718 | William Owen | m | MV 40 | U/A Leyland , | 1:09:24 |
| 246. | 716 | Jamie Owen | m | | U/A leyland, | 1:09:24 |
| 247. | 792 | Susan Sharp | f | FV 50 | U/A Wakefield, west Yorkshire | 1:09:26 |
| 248. | 633 | Robert W Lord | m | | U/A Chorlton, Manchester | 1:09:27 |
| 249. | 884 | Jon Waring | m | MV 40 | U/A Bolton , | 1:09:28 |
| 250. | 414 | Simon Cole | m | MV 50 | U/A Ansdel, Lancs | 1:09:29 |
| 251. | 384 | Sue Bryant | f | FV 50 | U/A Leamington Spa, Warwickshire | 1:09:30 |
| 252. | 495 | Gerry Garvey | m | MV 50 | Muddy Boots Nursery | 1:09:31 |
| 253. | 879 | Amanda Ward | f | FV 40 | U/A Stockport, | 1:09:34 |
| 254. | 573 | Beth Irving | f | FV 40 | U/A Carlisle, | 1:09:42 |
| 255. | 441 | Robert Davies | m | | U/A St Asaph, | 1:09:47 |
| 256. | 313 | Karl Aldred | m | MV 40 | U/A Warrington, Cheshire | 1:09:49 |
| 257. | 515 | Tricia Griffiths | f | FV 50 | U/A Lancaster, | 1:09:56 |
| 258. | 514 | Grant Griffiths | m | MV 60 | U/A Lancaster, | 1:09:56 |
| 259. | 578 | sandre jackson | f | FV 60 | U/A congleton, cheshire | 1:10:01 |
| 260. | 577 | malcolm jackson | m | MV 50 | U/A congleton, cheshire | 1:10:01 |
| 261. | 628 | Paul Littlefield | m | MV 50 | U/A Bolton, | 1:10:07 |
| 262. | 379 | Neil Brooks | m | MV 40 | U/A Preston , Lancashire | 1:10:10 |
| 263. | 922 | Julie Wisely | f | FV 40 | U/A Manchester , | 1:10:12 |
| 264. | 580 | Annabel James | f | | Millom Striders | 1:10:15 |
| 265. | 927 | Anne-Marie Woodcock | f | FV 40 | U/A Bamber Bridge, Lancashire | 1:10:16 |
| 266. | 1148 | Matt Boot | m | MV 40 | U/A NORTHWICH, Cheshire | 1:10:21 |
| 267. | 501 | Ellie Gilpin | f | | U/A Milnthorpe , Cumbria | 1:10:31 |
| 268. | 533 | Sharon Hannah | f | FV 40 | U/A Kendal, Cumbria | 1:10:31 |
| 269. | 972 | Joanne Marshall | f | FV 40 | U/A Warrington, Cheshire | 1:10:37 |
| 270. | 593 | Helen Jones | f | | U/A Burntisland , Fife | 1:10:43 |
| 271. | 496 | Elizabeth Gaston | f | | U/A Milnthorpe, Cumbria | 1:10:48 |
| 272. | 387 | Alanna Buckle | f | | U/A Grange-over-Sands , Cumbria | 1:10:48 |
| 273. | 363 | Abby Bland | f | | U/A Kendal, Cumbria | 1:10:53 |
| 274. | 525 | Gillian Halhead | f | FV 40 | U/A Carnforth, Lancs | 1:10:54 |
| 275. | 1137 | Anne Berry | f | FV 50 | Wesham Road runners | 1:11:03 |
| 276. | 477 | Chloe Falconer | f | | Millom Striders | 1:11:11 |
| 277. | 480 | Joanna Harvey | f | | U/A Liverpool, | 1:11:15 |
| 278. | 660 | Sophie McIntosh | f | | U/A Burnley, Lancashire | 1:11:18 |
| 279. | 641 | Ian Manderson | m | MV 50 | Jogging pals | 1:11:21 |
| 280. | 804 | John Slater | m | MV 50 | U/A Carnforth, Lancs | 1:11:27 |
| 281. | 941 | Patrick Haddow | m | | U/A Fleetwood, Lancashire | 1:11:30 |
| 282. | 942 | Tracey Appleby | f | | U/A Blackpool, | 1:11:30 |
| 283. | 698 | Wendy Navin | f | FV 40 | St Bees Triers | 1:11:30 |
| 284. | 511 | julie gray | f | FV 50 | U/A st annes, lancashire | 1:11:43 |
| 285. | 503 | Sue Goldrick | f | FV 50 | U/A Manchester, | 1:11:51 |
| 286. | 588 | Stephen Johnson | m | MV 60 | Millom Striders | 1:11:51 |
| 287. | 886 | SUE BOOTH | f | FV 50 | U/A MARYPORT, CUMBRIA | 1:11:52 |
| 288. | 433 | catherine cuthbert | f | FV 40 | wallasey ac | 1:11:54 |
| 289. | 739 | Robert Pleasance | m | MV 50 | U/A Manchester, Greater Manchester | 1:11:55 |
| 290. | 421 | Jennifer Craig | f | | U/A Blackpool, Lancashire | 1:11:56 |
| 291. | 420 | Andy Craig | m | | U/A Blackpool, | 1:11:58 |
| 292. | 657 | Ian McDowall | m | MV 60 | U/A Lidlithgow, | 1:11:59 |
| 293. | 656 | Edith McDowall | f | FV 50 | U/A Lidlithgow, West Lothian | 1:11:59 |
| 294. | 494 | David Garden | m | | U/A Blackpool, | 1:12:01 |
| 295. | 319 | Graham Arnold | m | | - | 1:12:01 |
| 296. | 340 | David Barnes | m | MV 50 | Red Rose | 1:12:04 |
| 297. | 935 | Anna Battersby | f | | U/A London, | 1:12:06 |
| 298. | 600 | Heather Keiller | f | FV 40 | U/A Penrith , Cumbria | 1:12:10 |
| 299. | 811 | Katy Smythe | f | FV 40 | Me | 1:12:18 |
| 300. | 909 | Sarah Wightman | f | FV 40 | U/A Banbury, Oxfordshire | 1:12:31 |
| 301. | 548 | Paul Henshaw | m | MV 40 | U/A Altrincham , | 1:12:33 |
| 302. | 529 | Laura Halstead | f | | U/A London, | 1:12:38 |
| 303. | 527 | David Halstead | m | MV 50 | U/A Lytham St.Annes, Lancashire | 1:12:38 |
| 304. | 528 | Emily Halstead | f | | U/A London, | 1:12:38 |
| 305. | 492 | Zara Gall | f | FV 40 | Didsbury ladies | 1:12:56 |
| 306. | 983 | Emma Thacker | f | | U/A Kendal, Cumbria | 1:12:59 |
| 307. | 911 | David Wilkinson | m | MV 50 | U/A Southport , Merseyside | 1:13:07 |
| 308. | 639 | Michelle Mahony | f | FV 40 | U/A Ulverston , | 1:13:10 |
| 309. | 950 | Paul Carter | m | | U/A Millom, Cumbria | 1:13:13 |
| 310. | 500 | Bernadette Giles | f | FV 50 | Mereside Primary Blackpool | 1:13:17 |
| 311. | 987 | Brian Winder | m | MV 70 | Darwen Running Group | 1:13:21 |
| 312. | 419 | Emma Cooper | f | FV 40 | U/A Preston, Lancashire | 1:13:22 |
| 313. | 512 | Lorraine Grayston | f | FV 50 | U/A Preston, Lancs | 1:13:23 |
| 314. | 326 | Dawn Attwood | f | FV 50 | Millom Striders | 1:13:24 |
| 315. | 448 | Louisa Dever | f | FV 50 | U/A Wallasey, | 1:13:30 |
| 316. | 403 | Liz Cassidy | f | FV 50 | U/A Paisley, | 1:13:35 |
| 317. | 1301 | Geoff Griffiths | m | MV 50 | Fuelled By Fun | 1:13:42 |

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|------|------|--------------------------|-----|---------|---------------------------------|-------------|
| 318. | 334 | Madeleine Ball | f | | U/A Preston, | 1:13:49 |
| 319. | 561 | Alison Holmes | f | FV 50 | Whitchurch tri club | 1:14:05 |
| 320. | 590 | Vicky Johnston | f | FV 40 | St Bees Triers | 1:14:06 |
| 321. | 961 | Linda Gant | f | FV 60 | Bodyfit Cumbria running club | 1:14:06 |
| 322. | 787 | Claire Scott | f | | Millom Striders Running Club | 1:14:08 |
| 323. | 390 | Louie Butlin | m | | U/A Manchester, | 1:14:10 |
| 324. | 517 | jeanette grimes | f | FV 50 | U/A prescot, merseyside | 1:14:12 |
| 325. | 474 | mary ellen entwistle | f | FV 40 | U/A lancaster, lancashire | 1:14:12 |
| 326. | 610 | Darren Lamb | m | MV 40 | U/A Preston, Lancashire | 1:14:14 |
| 327. | 653 | Peter Mayer | m | MV 50 | U/A Rossendale , Lancs | 1:14:14 |
| 328. | 1623 | Sarah Warrington | f | FV 40 | U/A Tarporley, Cheshire | 1:14:17 |
| 329. | 361 | Philip Blakeley | m | | U/A Aughton, Lancs | 1:14:18 |
| 330. | 336 | Liz Bamber | f | FV 40 | Lancaster Women's Running Club | 1:14:23 |
| 331. | 843 | Jane Taylor | f | FV 50 | Women on the Run - Preston | 1:14:29 |
| 332. | 453 | Sarah Dodd | f | | U/A Barrow In Furness, Cumbria | 1:14:31 |
| 333. | 712 | Michael Orlans | m | | U/A Greater London, -- | 1:14:37 |
| 334. | 427 | Louisa Crossley | f | FV 50 | U/A Rhuddlan, Denbighshire | 1:14:39 |
| 335. | 976 | Lucy Reeves | f | | U/A MORECAMBE, Lancashire | 1:14:44 |
| 336. | 560 | Ceri Holman | f | FV 40 | U/A Grange over Sands, Cumbria | 1:14:47 |
| 337. | 310 | Chloe Ainsworth | f | | U/A Wigan, | 1:14:48 |
| 338. | 744 | Charmay Prout | f | | U/A Preston, | 1:14:48 |
| 339. | 842 | Elizabeth Taylor | f | | U/A Milnthorpe , Cumbria | 1:14:57 |
| 340. | 505 | Amy Gordon | f | | U/A Milnthorpe , Cumbria | 1:14:57 |
| 341. | 926 | Natalie Woodburn | f | | Millom Striders | 1:14:59 |
| 342. | 788 | Michelle Scott | f | | Millom Striders Running Club | 1:15:06 |
| 343. | 1302 | Nicola Griffiths | f | FV 40 | Fuelled By Fun | 1:15:08 |
| 344. | 683 | Karen Moore | f | FV 50 | Millom Striders | 1:15:12 |
| 345. | 737 | Danielle Pierce-Roberts | f | | Warrington Running Club | 1:15:22 |
| 346. | 930 | luke woockey | m | | U/A Manchester, | 1:15:26 |
| 347. | 526 | Claire Hall | f | | NA | 1:15:26 |
| 348. | 948 | laura clements | f | FV 40 | st bees trier | 1:15:33 |
| 349. | 875 | Ian Walker | m | MV 50 | Glaxo Hoad Hill Harriers | 1:15:37 |
| 350. | 582 | Helen Jeffrey | f | | U/A Halifax, West Yorkshire | 1:15:38 |
| 351. | 858 | PAUL TICKNER | m | MV 60 | U/A Cocker mouth, Cumbria | 1:15:38 |
| 352. | 431 | Vicki Cummings | f | FV 40 | U/A Lytham, | 1:15:40 |
| 353. | 706 | Basia Nowak | f | FV 40 | U/A Grange-over-Sands, | 1:15:45 |
| 354. | 980 | Nicole Spibey | f | | U/A Cartmel , | 1:15:45 |
| 355. | 648 | Lisa Mather | f | FV 40 | U/A Stockport, Cheshire | 1:15:48 |
| 356. | 757 | Gary Richardson | m | MV 40 | U/A Kendal , Cumbria | 1:16:01 |
| 357. | 939 | Michelle Dougan | f | | U/A Barrow in Furness , Cumbria | 1:16:10 |
| 358. | 766 | Louise Robinson | f | | WotR Kendal | 1:16:19 |
| 359. | 516 | Karen Griffiths | f | FV 40 | U/A BARROW-IN-FURNESS , Cumbria | 1:16:34 |
| 360. | 668 | Charlotte McNeela | f | | U/A Preston, Non-US/Other | 1:16:34 |
| 361. | 901 | Elizabeth White | f | FV 40 | U/A Ulverston, | 1:16:34 |
| 362. | 1342 | Callum Hodgson | m | | U/A London, | 1:16:39 |
| 363. | 854 | Sarah Thorn | f | FV 50 | U/A Lancaster, Lancashire | 1:16:53 |
| 364. | 622 | Victoria Leece | f | | U/A Millom, Cumbria | 1:16:57 |
| 365. | 885 | Melanie Waszkiel | f | FV 40 | U/A | 1:16:59 |
| 366. | 450 | Victoria Dewhurst | f | FV 40 | U/A Bolton, Lancs | 1:17:01 |
| 367. | 1173 | Paula Byrne | f | FV 60 | U/A Arnside, Cumbria | 1:17:04 |
| 368. | 855 | Mark Thornber | m | MV 60 | U/A Arnside, Cumbria | 1:17:04 |
| 369. | 318 | Nicola Armstrong | f | | U/A Millom, Cumbria | 1:17:07 |
| 370. | 782 | Ben Safrany | m | | U/A Worskop, Notta | 1:17:10 |
| 371. | 352 | Fiona Batty | f | | U/A Worksop, Nottinghamshire | 1:17:10 |
| 372. | 746 | Alison Pye | f | | U/A Kendal, Cumbria | 1:17:13 |
| 373. | 953 | Rebecca Crellin | f | | U/A Frizington, Cumbria | 1:17:24 |
| 374. | 731 | Chris Pearson | m | MV 50 | U/A Grange Over Sands, Cumbria | 1:17:29 |
| 375. | 408 | Carla Clarke | f | FV 40 | Durham Mums on the Run | 1:17:31 |
| 376. | 417 | Mags Cook | f | FV 60 | Roundhay Runners | 1:17:35 |
| 377. | 555 | Penny Hill | f | FV 50 | Roundhay Runners | 1:17:36 |
| 378. | 543 | Carol Headon | f | FV 40 | Garstang Running Club | 1:17:37 |
| 379. | 550 | Mary Hewitt | f | FV 60 | Garstang Running Club | 1:17:37 |
| 380. | 607 | Timothy knowles | m | MV 50 | none | 1:17:40 |
| 381. | 852 | Steve Thompson | m | | U/A Barrow in Furness, Cumbria | 1:17:41 |
| 382. | 704 | Victoria Noble | f | FV 40 | S&P | 1:17:45 |
| 383. | 924 | Julie Wiseman | f | FV 60 | Lytham St Anne's Road Runners | 1:17:48 |
| 384. | 958 | Samuel Dore | m | | U/A Liverpool, | 1:17:52 |
| 385. | 413 | David Cole | m | MV 70 | U/A Penrith, Cumbria | 1:17:54 |
| 386. | 957 | Emily Dore | f | | U/A Formby, | 1:17:57 |
| 387. | 873 | Joanna van den Driessche | f | | U/A London, | 1:18:01 |
| 388. | 771 | Jo-Anna Robson | f | FV 40 | U/A Formby, | 1:18:02 |
| 389. | 354 | Rachael Beecham | f | FV 40 | U/A Kendal, | 1:18:11 |
| 390. | 422 | Beverley Crate | f | FV 40 | U/A Bedlington , Northumberland | 1:18:21 |
| 391. | 440 | Jane Davies | f | FV 50 | U/A Manchester, | 1:18:24 |
| 392. | 857 | Deborah Thorneycroft | f | FV 50 | U/A Stoke on Trent, Staffs | 1:18:25 |
| 393. | 598 | Nicola Kay | f | FV 40 | Horwich RMI Harriers | 1:18:25 |
| 394. | 1454 | Lynne Midgley-ward | f | FV 40 | Ponteland Runners | 1:18:29 |
| 395. | 928 | Georgie Woods | f | | U/A Liverpool, Merseyside | 1:19:02 |
| 396. | 484 | Elizabeth Foster | f | FV 60 | Tynedale Harriers | 1:19:10 |
| 397. | 768 | Antonia Robinson | f | FV 40 | U/A Preston, Lancs | 1:19:13 |

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|------|-----|--------------------|-----|---------|-----------------------------------|-------------|
| 398. | 908 | Kirsty Wicks | f | FV 40 | N/A | 1:19:13 |
| 399. | 435 | Jennifer Dale | f | | U/A Wigan, | 1:19:20 |
| 400. | 955 | Ken Davies | m | MV 40 | U/A Richmond, North Yorkshire | 1:19:38 |
| 401. | 988 | Hannah Worboys | f | | U/A Northallerton, | 1:19:38 |
| 402. | 329 | Susan Averill | f | FV 50 | Notts womens runners | 1:19:40 |
| 403. | 694 | Theresa Murray | f | FV 50 | U/A Crook, Cumbria | 1:19:42 |
| 404. | 813 | Alison Spiby | f | FV 50 | U/A Windermere, Cumbria | 1:19:46 |
| 405. | 802 | Angela Skelton | f | FV 40 | Me | 1:19:54 |
| 406. | 434 | Rachel TICKNER | f | FV 60 | U/A Cockermouth, Cumbria | 1:19:57 |
| 407. | 597 | Jane Hunter | f | FV 50 | Lancaster Women's Running Club | 1:20:04 |
| 408. | 932 | Gilly Wright | f | FV 40 | Thorp Academy | 1:20:09 |
| 409. | 456 | Lindsay Downes | f | FV 40 | U/A Frome, | 1:20:09 |
| 410. | 789 | Robert Shanahan | m | MV 50 | Wirral Viking | 1:20:12 |
| 411. | 437 | Lynda Davenport | f | | U/A Harrogate, North yorkshire | 1:20:15 |
| 412. | 821 | Lorna Stephenson | f | FV 40 | Alnwick Harriers | 1:20:27 |
| 413. | 534 | Jackie Harland | f | FV 40 | U/A Warrington, | 1:20:28 |
| 414. | 535 | Richard Harland | m | MV 50 | U/A Warrington, | 1:20:29 |
| 415. | 707 | Gillian O'boyle | f | FV 40 | U/A warrington, Cheshire | 1:20:31 |
| 416. | 625 | Jennifer Lewis | f | FV 40 | U/A Manchester, | 1:20:33 |
| 417. | 715 | simpson ovans | m | MV 40 | U/A malvern, | 1:20:34 |
| 418. | 693 | Sam Munro | f | FV 40 | U/A Freckleton , | 1:20:45 |
| 419. | 774 | Kate Rollason | f | | U/A Skipton, North Yorkshire | 1:20:59 |
| 420. | 673 | Alison Medicott | f | FV 50 | U/A Leigh, Lancs | 1:21:03 |
| 421. | 353 | Rebecca Bedford | f | | U/A Chorley , Lancashire | 1:21:09 |
| 422. | 815 | Laura Stanton | f | FV 40 | U/A Leyland, Lancashire | 1:21:09 |
| 423. | 624 | Anne Lewis | f | FV 60 | Swans Tri Club | 1:21:11 |
| 424. | 443 | Allan Dean | m | MV 60 | U/A OAKHAM, Rutland | 1:21:14 |
| 425. | 574 | Mahfuzul Islam | m | MV 40 | U/A Sabden, | 1:21:14 |
| 426. | 714 | helen Ovans | f | FV 40 | Stowmarket Striders | 1:21:39 |
| 427. | 970 | michelle johnson | f | FV 50 | Catherines Anyone Can Run | 1:21:41 |
| 428. | 518 | Siobhan Grimshaw | f | FV 50 | Blackburn road runners | 1:21:42 |
| 429. | 833 | jeanette Sutcliffe | f | FV 50 | Trawden AC | 1:22:11 |
| 430. | 906 | Joanne Whitlock | f | FV 40 | U/A Foulridge, | 1:22:11 |
| 431. | 332 | Miriam Bailey | f | FV 50 | Trawden Athletic | 1:22:12 |
| 432. | 851 | Liane Thompson | f | FV 50 | U/A Barrow-in-Furness, Cumbria | 1:22:14 |
| 433. | 439 | Christina Davies | f | | U/A Bishop Auckland, Durham | 1:22:27 |
| 434. | 547 | Victoria Henniker | f | FV 40 | Warrington Running Club | 1:22:33 |
| 435. | 661 | Lynda McIntyre | f | FV 50 | U/A Longton, Lancashire | 1:22:41 |
| 436. | 606 | Amy Knowles | f | | U/A STOCKPORT, cheshire | 1:22:46 |
| 437. | 592 | Fiona Jones | f | FV 40 | U/A Preston, Lancashire | 1:23:00 |
| 438. | 709 | Gillian Oliver | f | FV 50 | Lytham St Annes Road Running Club | 1:23:03 |
| 439. | 699 | Stephanie Neale | f | FV 50 | Me | 1:23:10 |
| 440. | 817 | Rachel Stavert | f | FV 50 | Allithwaite | 1:23:10 |
| 441. | 670 | Kerrie McNeill | f | FV 40 | U/A Thornton Cleveleys Lancs | 1:23:19 |
| 442. | 376 | Graham Brook | m | MV 50 | Wesham Road Runners | 1:23:19 |
| 443. | 645 | Darren Marks | m | | U/A Oswestry, | 1:23:30 |
| 444. | 960 | Megan Fitzpatrick | f | | Team inov-8 | 1:23:37 |
| 445. | 481 | Sarah Fitzpatrick | f | FV 50 | Me | 1:23:37 |
| 446. | 663 | Louise McKenzie | f | | U/A Linlithgow, West Lothian | 1:24:19 |
| 447. | 763 | Rose Roberts | f | FV 50 | U/A Lancaster, Lancashire | 1:24:45 |
| 448. | 444 | Jim Dean | m | MV 70 | U/A Kendal, Cumbria | 1:24:57 |
| 449. | 946 | Domenyk Smith | m | MV 40 | U/A Kirkham, Lancashire | 1:24:57 |
| 450. | 940 | Emma Smith | f | FV 40 | U/A Kirkham, | 1:24:58 |
| 451. | 738 | Sarah Pinney | f | FV 50 | Millom Striders | 1:25:12 |
| 452. | 889 | Catherine Wearing | f | | U/A Lancaster, | 1:25:25 |
| 453. | 783 | Rachael Sanderson | f | | U/A Preston, Lancashire | 1:25:52 |
| 454. | 695 | Ann Myatt | f | FV 50 | Cheadle | 1:26:03 |
| 455. | 652 | Tracy Mault | f | FV 40 | U/A Preston, Lancs | 1:26:11 |
| 456. | 651 | Leslie Mault | m | MV 60 | U/A Preston, Lancashire | 1:26:12 |
| 457. | 454 | Rachael Dodds | f | FV 40 | Roundhay Runners | 1:26:16 |
| 458. | 726 | Hannah Parmley | f | | Roundhay Runners | 1:26:16 |
| 459. | 887 | David Watson | m | MV 50 | Red rose road runners | 1:26:30 |
| 460. | 601 | Kate Keohane | f | FV 60 | Cockermouth HHH | 1:26:52 |
| 461. | 646 | Gemma Marshall | f | | Millom Striders | 1:27:04 |
| 462. | 635 | Sarah Lupton | f | FV 40 | Millom Striders | 1:27:04 |
| 463. | 711 | Stuart Oram | m | MV 40 | U/A Manchester, Manchester | 1:27:22 |
| 464. | 710 | Sarah Oram | f | FV 40 | Chorlton Runners | 1:27:22 |
| 465. | 541 | Mandy Haworth | f | FV 50 | New Balance Run Club Keswick | 1:27:31 |
| 466. | 806 | Despina Smith | f | FV 40 | U/A Manchester , | 1:27:31 |
| 467. | 412 | Paul Coldham | m | MV 50 | U/A Keswick | 1:27:31 |
| 468. | 520 | Fiona Gutteridge | f | | Red Rose Road Runners | 1:27:32 |
| 469. | 614 | Steven Lane | m | MV 40 | None | 1:27:34 |
| 470. | 615 | Vanessa Lane | f | FV 40 | None | 1:27:35 |
| 471. | 302 | Amanda Beresford | f | | U/A | 1:27:55 |
| 472. | 536 | John Harrison | m | MV 70 | U/A Carlisle, Cumbria | 1:28:00 |
| 473. | 781 | Nancy Ryan | f | FV 40 | U/A Altrincham, Cheshire | 1:28:12 |
| 474. | 753 | Gail Richards | f | FV 40 | Evenwood Road Runners | 1:28:23 |
| 475. | 759 | Carolyn Rigby | f | FV 50 | Widnes Wasps | 1:28:24 |
| 476. | 675 | Elaine Mercer | f | FV 40 | Women on the rum | 1:28:32 |
| 477. | 569 | Catherine Hunt | f | FV 40 | Women on the Run | 1:28:33 |

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|------|------|---------------------------|-----|---------|--|-------------|
| 478. | 822 | Hannah Stevenson | f | | U/A lancaster, lancashire | 1:28:39 |
| 479. | 647 | Sara Master | f | | U/A lancaster, Lancs | 1:28:39 |
| 480. | 721 | Julia Park | f | FV 40 | Me | 1:28:43 |
| 481. | 760 | Ian Rigby | m | MV 50 | U/A Widnes, Cheshire | 1:28:49 |
| 482. | 325 | Kathryn Atkinson | f | FV 40 | Pendle Triathlon Club | 1:28:52 |
| 483. | 856 | Catherine Thorner | f | FV 50 | Pendle triathlon club | 1:28:52 |
| 484. | 400 | Matt Cartwright | m | MV 40 | U/A Preston, Lancashire | 1:29:09 |
| 485. | 918 | Becky Willoughby | f | FV 40 | Helm Hill | 1:29:11 |
| 486. | 406 | Sylvia Chudley | f | FV 60 | U/A Underbarrow, | 1:29:17 |
| 487. | 853 | Heather Thorn | f | FV 40 | Women on the run | 1:29:21 |
| 488. | 510 | Gillian Graves | f | FV 50 | U/A York, North Yorkshire | 1:29:28 |
| 489. | 446 | Lauren Dean-Ashton | f | FV 40 | U/A Manchester, | 1:29:30 |
| 490. | 308 | Kate Addy | f | FV 50 | U/A BIRMINGHAM, West Midlands | 1:29:33 |
| 491. | 658 | Angela Mcginnes | f | FV 40 | U/A knutsford, | 1:29:36 |
| 492. | 459 | Julie Dugdale | f | FV 50 | U/A Kendal, Cumbria | 1:29:42 |
| 493. | 849 | Kate Thatcher | f | | U/A Manchester, | 1:29:51 |
| 494. | 977 | Rachel Roche | f | | U/A Birmingham, | 1:29:54 |
| 495. | 859 | N.N. 859 | | | | 1:30:05 |
| 496. | 692 | Iain Munro | m | MV 40 | U/A Preston, Lancashire | 1:30:30 |
| 497. | 835 | Ann Matrie Swart | f | FV 50 | U/A Clare, Suffolk | 1:30:39 |
| 498. | 910 | ALEXA WILCOCK | f | | U/A OLD LANGHO, LANCASHIRE | 1:30:45 |
| 499. | 837 | HANNAH SWIFT | f | | U/A OLD LANGHO, LANCASHIRE | 1:30:45 |
| 500. | 838 | Peter Swift | m | MV 50 | U/A Wigan, Lancashire | 1:30:47 |
| 501. | 836 | elizabeth swart | f | FV 50 | U/A Manchester, | 1:31:00 |
| 502. | 925 | Carole Wood | f | FV 60 | U/A Kendal, Cumbria | 1:31:01 |
| 503. | 486 | Tracy Fothergill | f | FV 40 | U/A Stutton Tadcaster, North Yorkshire | 1:31:08 |
| 504. | 864 | Paul Towers | m | MV 40 | U/A Morecambe, | 1:31:24 |
| 505. | 618 | Jo Laycock | f | FV 40 | U/A Manchester, | 1:31:51 |
| 506. | 678 | Allyson Miller | f | FV 40 | U/A Chorley, Lancashire | 1:32:39 |
| 507. | 409 | Louise Clarke | f | FV 40 | U/A Driffield, | 1:33:05 |
| 508. | 823 | Niki Stockton | f | FV 50 | U/A Manchester, | 1:33:47 |
| 509. | 703 | Louise Newton | f | | Stocksfield Striders | 1:33:52 |
| 510. | 499 | Jo Gibson | f | FV 50 | Penny Lane Striders | 1:33:58 |
| 511. | 978 | Jackie Routledge | f | FV 60 | Thornton Cleveleys | 1:34:29 |
| 512. | 389 | Christine Burgess | f | FV 50 | thornton cleveleys running club | 1:34:30 |
| 513. | 749 | Sarah Rainford | f | FV 50 | WOTR | 1:34:36 |
| 514. | 393 | Alison Campbell | f | FV 70 | Wimbledon Windmilers | 1:34:43 |
| 515. | 386 | Jane Buckingham | f | FV 40 | Stocksfield Striders | 1:34:57 |
| 516. | 867 | Danielle Tuite | f | FV 40 | U/A Kendal, | 1:35:04 |
| 517. | 637 | Sue madden | f | FV 60 | U/A Kendal, Cumbria | 1:35:04 |
| 518. | 758 | EDWINA RICKARDS COLLINSON | f | FV 60 | CROCWALKERS | 1:35:11 |
| 519. | 798 | Amanda Simpson | f | | RunSmart | 1:35:32 |
| 520. | 799 | N.N. 799 | | | | 1:35:54 |
| 521. | 750 | Shelley Regan | f | | U/A Preston, Lancashire | 1:35:55 |
| 522. | 307 | Paul McMonagle | m | | U/A Ormskirk, Lancashire | 1:36:35 |
| 523. | 905 | Denise Whitfield | f | | U/A Barrow in furness , Cumbria | 1:37:05 |
| 524. | 772 | Aimee Taylor | f | | U/A Grange-Over-Sands , Cumbria | 1:37:06 |
| 525. | 594 | Kate Jones | f | FV 50 | U/A Eccles, | 1:37:20 |
| 526. | 423 | Clare Crawford | f | FV 50 | U/A Altrincham, Cheshire | 1:37:21 |
| 527. | 583 | Helen Jeffrey | f | FV 40 | U/A Carlisle, Cumbria | 1:37:42 |
| 528. | 398 | Rachel Carruthers | f | FV 40 | U/A Penrith , Cumbria | 1:37:42 |
| 529. | 810 | Sue Smith | f | FV 50 | U/A Morecambe, Lancs | 1:38:00 |
| 530. | 371 | Karen Braddon | f | FV 60 | Crocwalkers | 1:38:03 |
| 531. | 1258 | Dawn Evans | f | FV 50 | burnden road runners | 1:39:51 |
| 532. | 780 | Katharine Russell | f | FV 40 | U/A Stocksfield, Northumberland | 1:40:34 |
| 533. | 360 | Vishal Bhavsar | m | | U/A London, | 1:41:21 |
| 534. | 396 | Dot Carr | f | FV 70 | U/A harrogate, yorkshire | 1:41:47 |
| 535. | 401 | Beth Casserley | f | | U/A Sale, Manchester | 1:42:25 |
| 536. | 323 | Chloe Atkins | f | | U/A Huddersfield, West Yorkshire | 1:42:46 |
| 537. | 322 | Allison Atkins | f | FV 40 | U/A Huddersfield, West Yorkshire | 1:42:47 |
| 538. | 808 | Lisa Smith | f | FV 50 | U/A Kendal, Cumbria | 1:43:32 |
| 539. | 370 | Sarah Boyle | f | FV 50 | U/A Kendal, | 1:43:32 |
| 540. | 532 | vicki Hanley | f | FV 40 | Nordic walking Preston | 1:43:41 |
| 541. | 839 | Lucy Tasker | f | | WeRunLiv | 1:54:09 |

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