

## Lakeland Trails in Coniston

## Coniston Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
<b>Coniston Trail Run10km</b>							
1.	1131	Paul Graham	m		Derwent AC	0:42:57	0:42:56
2.	1500	Mark Wade	m		Aycliffe Running Club	0:44:11	0:44:11
3.	1173	Mhairi Duff	f		Dumfries Running Club	0:46:04	0:46:01
4.	1510	Christina Wiejak	f		Barrow Striders	0:47:35	0:47:35
5.	1428	Tony Wardel	m	Veteran 40	South Cheshire Harriers	0:48:08	0:48:08
6.	1385	Aravind Ramesh	m		U/A Newcastle upon Tyne,	0:48:52	0:48:14
7.	1174	Raymond Duff	m	Veteran 40	U/A Dumfries,	0:49:21	0:49:18
8.	1442	david whitfield	m	Veteran 50	U/A clitheroe, lancs	0:49:33	0:49:31
9.	1210	David Antill	m		Tyne Bridge Harriers	0:49:44	0:49:36
10.	1152	Christopher Durkin	m		None	0:50:00	0:49:56
11.	1272	Andrew Grimshaw	m		U/A Leyland, Lancashire	0:50:33	0:50:11
12.	1396	kian lindsey	m		U/A sale, cheshire	0:50:43	0:50:41
13.	1023	Helen Woodley	f	Lady Veteran 40	U/A Ulverston, Cumbria	0:50:47	0:50:44
14.	1342	Rob Valentine	m	Veteran 40	South Cheshire Harriers	0:50:51	0:50:51
15.	1230	Lawrence Mannion	m	Veteran 50	U/A Kendal,	0:50:52	0:50:51
16.	1184	Mike Hilton	m		U/A Wardle, Yes	0:51:40	0:51:39
17.	1280	clym stephenson	m		U/A kendal,	0:51:41	0:51:37
18.	1183	Kevin Hilton	m	Veteran 50	U/A Wardle, Yes	0:51:56	0:51:54
19.	1043	Thomas Feather	m		Leeds Bradford Tri Club	0:52:18	0:52:17
20.	1430	Suzanne Toppin	f	Lady Veteran 40	U/A Penrith, Cumbria	0:52:33	0:52:33
21.	1235	Stephen Crook	m	Veteran 40	U/A Wilmslow,	0:52:38	0:52:34
22.	1024	tim Palmer	m	Veteran 50	Helsby Running Club	0:52:55	0:52:53
23.	1411	Andy Boulger	m	Veteran 40	ASICS	0:53:00	0:52:26
24.	1461	Louise Winter	f		Keswick AC	0:53:03	0:53:02
25.	1139	Matthew Dunster	m		U/A Peterlee, Durham	0:53:46	0:53:23
26.	1354	Alastair Moir	m		U/A Newcastle Upon Tyne,	0:53:52	0:53:50
27.	1086	Andrew Wadeson	m	Veteran 40	U/A Lancaster, Lancashire	0:54:15	0:54:08
28.	1110	Kris Carson	m	Veteran 40	U/A Egremont, Cumbria	0:54:34	0:54:33
29.	1176	Ian Gibson	m	Veteran 40	U/A Ulverston, Cumbria	0:54:43	0:54:38
30.	1053	Rebecca Broome	f		Achille Ratti	0:54:47	0:54:35
31.	1378	Richard Swift	m		U/A Manchester,	0:54:56	0:54:43
32.	1149	Stuart Repon-Ness	m		Warrington RC	0:55:10	0:55:08
33.	1236	Harvey Woods	m	Veteran 40	U/A Wilmslow,	0:55:27	0:55:23
34.	1462	Matthew Spillman	m	Veteran 40	Tri-anglia	0:55:38	0:55:34
35.	1179	Andy Horscroft	m		U/A Guildford, Surrey	0:55:42	0:55:26
36.	1368	Alan Sullivan	m		U/A Liverpool,	0:55:46	0:55:31
37.	1083	Gary Cattermole	m	Veteran 50	U/A Kendal, cumbria	0:55:47	0:55:45
38.	1233	Simon Tomlinson	m		U/A Bolton, Greater Manchester	0:55:55	0:55:51
39.	1377	Melissa Carr	f		U/A Manchester,	0:55:56	0:55:43
40.	1200	Jon Antill	m		U/A Witney, Oxfordshire	0:55:59	0:55:50
41.	1301	Stephen Ditchfield	m		U/A Burscough, Lancashire	0:56:06	0:55:53
42.	1473	tony brown	m	Veteran 50	none	0:56:17	0:56:09
43.	1338	Andrew Quinn	m		U/A Lancaster, Lancashire	0:57:05	0:56:58
44.	1022	Lance Saxby	m	Veteran 40	U/A Harrogate, North Yorkshire	0:57:05	0:57:03
45.	1076	John Gray	m	Veteran 40	U/A Bedford, Bedfordshire	0:57:22	0:57:22
46.	1289	Kate Ayres	f	Lady Veteran 50	Ambleside A.C.	0:57:32	0:57:26
47.	1413	Phil Collinson	m		U/A,	0:57:46	0:57:07
48.	1471	Zoe Chamberlain	f	Lady Veteran 40	U/A Berkhamsted, Herts	0:57:56	0:57:45
49.	1508	Goffredo Pasino	m			0:58:30	0:58:12
50.	1507	David Garbutt	m			0:58:34	0:58:17
51.	1457	peter allport	m		na	0:58:45	0:58:44
52.	1416	jamie Boulger	m		ASICS	0:59:06	0:58:33
53.	1318	Damien Handslip	m	Veteran 40	Nidd Valley Road Runners	0:59:36	0:59:24
54.	1460	Jon Bond	m	Veteran 40	U/A Leyland, Lancashire	0:59:38	0:59:36
55.	1388	David Geldard	m	Veteran 40	U/A Clitheroe, Lancs	0:59:54	0:59:32
56.	1328	Mike Worthington	m	Veteran 50	U/A WIGAN, Lancs	0:59:57	0:59:44
57.	1008	Gill Petrucci	f	Lady Veteran 40	U/A Skipton, North Yorks	1:00:04	0:59:56
58.	1445	Jonathan Horne	m	Veteran 50	Biddulph Running Club	1:00:06	1:00:01
59.	1492	Philip Hurst	m		Knowsley Harriers	1:00:11	1:00:06
60.	1504	Pietro Bigotti	m			1:00:22	1:00:05
61.	1213	Charlotte Rawcliffe	f		Penny Lane Striders	1:00:24	1:00:04
62.	1203	Gary Smith	m	Veteran 40	U/A Morecambe, Lancs	1:00:25	1:00:13
63.	1509	Michael Letherer	m			1:00:30	1:00:16
64.	1168	Kim Porter	f	Lady Veteran 50	U/A mytholmroyd, Select state/region	1:00:30	1:00:13
65.	1177	Nicola Gibson	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:00:38	1:00:34
66.	1491	Jim Robertson	m	Veteran 50	U/A St Neots, Cambridgeshire	1:00:44	1:00:35
67.	1369	Duncan Kennedy	m		Liverpool Running Club	1:00:46	1:00:24
68.	1007	Sam Perkins	f		U/A Hexham,	1:00:47	1:00:45
69.	1444	Andy Rankine	m	Veteran 40	U/A Chorley, Lancashire	1:00:49	1:00:44
70.	1372	Juliette Norman	f		Liverpool Harriers	1:01:12	1:00:50
71.	1025	Angie Trippitt	f	Lady Veteran 40	Kendal Tri Club	1:01:15	1:01:09
72.	1063	Nigel Forster	m	Veteran 40	U/A Whitehaven, Cumbria	1:01:37	1:01:21
73.	1254	Emma Spooner	f		U/A Morecambe, Lancs	1:02:09	1:02:01
74.	1084	Gerard Hurst	m	Veteran 50	U/A Wigan,	1:02:12	1:01:38
75.	1186	Victoria Duckett	f	Lady Veteran 40	Preston Harriers	1:02:17	1:01:56
76.	1114	Josephine Sanders	f		U/A Glossop, Derbyshire	1:02:17	1:01:57
77.	1216	Simon Osmond	m	Veteran 40	U/A Carnforth, Lancashire	1:02:39	1:02:21

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	1437	Frances Simpson	f		U/A Cononley, North Yorkshire	1:02:41	1:02:32
79.	1337	Susan Pritchard	f	Lady Veteran 40	U/A Manchester,	1:02:44	1:02:25
80.	1197	Paul Finn	m	Veteran 50	U/A High Peak, Derbyshire	1:02:48	1:02:42
81.	1382	George Lalande	m	Veteran 60	U/A Malton, North Yorkshire	1:02:57	1:02:28
82.	1014	Paul Blakemore	m		U/A Wigan,	1:03:03	1:02:52
83.	1364	Gill Crennell	f	Lady Veteran 50	Manx Tri Club	1:03:19	1:03:01
84.	1463	Matt Tinsley	m		U/A Preston , Lancashire	1:03:34	1:03:24
85.	1266	Caroline Alderson	f		U/A Middlesbrough,	1:03:37	1:02:57
86.	1092	Andrew Reid	m		U/A Merseyside,	1:03:43	1:03:28
87.	1356	Di Blackshaw	f		U/A Manchester,	1:04:07	1:03:48
88.	1273	Adrian Ainsworth	m		U/A kendal, cumbria	1:04:08	1:04:04
89.	1274	Derek Woolley	m	Veteran 60	U/A Heysham, Lancashire	1:04:16	1:04:06
90.	1265	Jade Wilson	f		U/A Middlesbrough, Cleveland	1:04:30	1:03:49
91.	1263	John Yates	m	Veteran 40	U/A Wilmslow, Cheshire	1:04:33	1:04:08
92.	1229	Hilde Krynen	f	Lady Veteran 50	U/A Kendal, Cumbria	1:04:37	1:04:33
93.	1496	Rachel Lissauer	f		U/A London,	1:04:48	1:04:41
94.	1324	Emily Hufton	f		U/A longridge, lancs	1:04:53	1:04:33
95.	1242	Chris Brookes	m		U/A Preston, Lancs	1:05:01	1:04:27
96.	1261	darryl cribbens	m	Veteran 40	U/A kendal,	1:05:09	1:05:03
97.	1313	Paul Bamber	m		U/A Altrincham,	1:05:23	1:04:50
98.	1010	Carolyn Burns	f	Lady Veteran 40	U/A Penrith, Cumbria	1:05:27	1:05:17
99.	1355	Ravind Bhangal	m		U/A Huddersfield, West Yorkshire	1:05:27	1:04:51
100.	1300	Amdrew Laidlow	m	Veteran 40	U/A Carlisle, Cumbria	1:05:33	1:04:51
101.	1003	bridget slater	f	Lady Veteran 50	U/A Skipton, N Yorks	1:05:40	1:05:30
102.	1098	Zoe Bridges	f	Lady Veteran 40	U/A Sudbury, Suffolk	1:05:53	1:05:53
103.	1147	Mike Mills	m	Veteran 60	Totton R C	1:05:58	1:05:58
104.	1506	Tom Everatt	m			1:06:10	1:05:53
105.	1450	Peter Jubb	m	Veteran 50	U/A Nottingham, Nottinghamshire	1:06:11	1:06:04
106.	1281	Eleanor Mackay	f		U/A kendal,	1:06:13	1:06:02
107.	1282	David Bayliss	m		Fylde Coast Running	1:06:21	1:06:16
108.	1422	Tony Rankin	m	Veteran 40	ASICS	1:06:29	1:06:03
109.	1383	janis meek	f		U/A Seaham, Durham	1:06:31	1:05:50
110.	1028	Gary Pargeter	m	Veteran 50	U/A Northwich, Cheshire	1:06:33	1:06:22
111.	1401	Ksenia Semikhatova	f		U/A newent,	1:06:36	1:06:19
112.	1400	chris fazey	m	Veteran 40	U/A newent,	1:06:37	1:06:19
113.	1418	Daivd Johnson	m		ASICS	1:06:52	1:06:13
114.	1409	Paul Holmes	m		U/A Leeds,	1:06:54	1:06:13
115.	1015	Chloe Ainsworth	f		U/A Wigan,	1:07:00	1:06:49
116.	1370	Ian Paterson	m		U/A Bootle, Merseyside	1:07:09	1:06:55
117.	1019	Michael Church	m		U/A Vigo Village, Kent	1:07:16	1:06:49
118.	1224	Jane Kemp	f	Lady Veteran 40	U/A Hoylake, Wirral	1:07:24	1:07:07
119.	1447	Peter Eastham	m		Commando Fit	1:07:39	1:07:27
120.	1047	Tracy Brown	f		Sedgefield Harriers	1:07:49	1:07:07
121.	1259	Ellen McLachlan	f		BWFAC	1:07:50	1:07:44
122.	1171	Sara Brookes	f		U/A Preston, Lancashire	1:07:56	1:07:19
123.	1275	Claire Newton	f		U/A Wakefield, West Yorkshire	1:07:57	1:07:46
124.	1240	Nick Wheeler	m		U/A Southport,	1:08:01	1:08:00
125.	1067	Alison Saunders	f		The Northern Collective	1:08:02	1:07:51
126.	1395	ruth lindsey	f		sale harriers	1:08:05	1:07:49
127.	1483	Christian Oxley	m	Veteran 40	Superfan	1:08:07	1:08:04
128.	1470	Rebecca Hodgson	f		U/A Kendal, Cumbria	1:08:11	1:08:00
129.	1212	Glenn Bailey	m		U/A Ulverston,	1:08:17	1:07:58
130.	1211	Cathryn Hayhurst	f		U/A Ulverston,	1:08:17	1:07:59
131.	1373	Lindsay Buck	f	Lady Veteran 50	U/A Seascale, Cumbria	1:08:19	1:07:57
132.	1346	Sam Wilson	m		U/A Manchester,	1:08:19	1:07:49
133.	1505	Matthew Whalley	m			1:08:25	1:08:08
134.	1244	Kate Ravillious	f	Lady Veteran 40	U/A York,	1:08:32	1:08:17
135.	1291	Kevin Hyatt	m		U/A Tarporley, Cheshire	1:08:38	1:08:01
136.	1093	Simon Robson	m		U/A York, North Yorkshire	1:08:42	1:08:34
137.	1166	Victoria Jamieson	f		U/A Southport,	1:08:44	1:08:08
138.	1381	Michael Lynch	m	Veteran 60	U/A Malton, N yorks	1:08:49	1:08:20
139.	1376	Barry Macdonald	m		U/A LONDON, Please Select	1:08:56	1:08:29
140.	1073	paul beaumont	m	Veteran 40	U/A Burscough, Lancashire	1:08:58	1:08:20
141.	1250	Frank BRECKNER	m		U/A london,	1:08:58	1:08:40
142.	1029	Jackie Frank	f		U/A Redcar,	1:09:04	1:08:50
143.	1451	clare williams	f		U/A newcastle upon tyne,	1:09:08	1:08:30
144.	1452	laurence chuter	m		U/A newcastle upon tyne,	1:09:09	1:08:31
145.	1039	Michael Ball	m	Veteran 40	U/A Swindon, Wiltshire	1:09:13	1:09:02
146.	1069	Dave Walton	m	Veteran 60	LOC	1:09:14	1:09:13
147.	1384	Susannah Eyre-Brook	f		U/A Newcastle upon Tyne,	1:09:19	1:08:40
148.	1111	Jo-Anna Robson	f	Lady Veteran 40	U/A Formby,	1:09:27	1:09:13
149.	1079	Vicky Gore	f		Red Rose Road Runners	1:09:29	1:09:13
150.	1161	Mick Duckworth	m	Veteran 40	U/A Bolton, Lancs	1:09:31	1:09:07
151.	1270	Warren Anderson	m		U/A Slough,	1:09:45	1:09:05
152.	1271	Liz Bale	f		U/A Penrith,	1:09:45	1:09:05
153.	1068	Chris Burstow	m		U/A Bowness on Windermere, Cumbria	1:09:52	1:09:29
154.	1497	Sandra Hutchinson	f	Lady Veteran 50	U/A Wigan, Gt manchester	1:10:07	1:09:54
155.	1227	Clare Furlonger	f	Lady Veteran 40	U/A Sale, Cheshire	1:10:10	1:09:51
156.	1298	Paul McConville	m	Veteran 50	U/A Chorley, Lancashire	1:10:16	1:09:51
157.	1228	Rachael Holloway	f		U/A Liverpool,	1:10:24	1:10:18

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
158.	1249	Rosanna Talbot	f		U/A Lancaster,	1:10:33	1:10:17
159.	1454	Lisa Charlesworth	f	Lady Veteran 40	U/A Nottingham,	1:10:38	1:10:31
160.	1387	jenny white	f		U/A carnforth,	1:10:41	1:10:32
161.	1436	Mahesh Jagadeesan	m		U/A Leeds,	1:10:45	1:09:59
162.	1252	Adam Kendal	m	Veteran 40	U/A Darwen, LANCS	1:10:46	1:10:06
163.	1375	Alice Patrick	f		U/A Leatherhead, Surrey	1:10:52	1:10:30
164.	1260	Louis Meyer	m		U/A Poulton-le-fylde,	1:10:53	1:10:47
165.	1474	Claire Thomson	f		U/A Barrow-in-Furness, Cumbria	1:10:53	1:10:42
166.	1002	Mark Heaney	m	Veteran 50	U/A Rochdale, Lancashire	1:11:26	1:11:14
167.	1018	Anthony Church	m	Veteran 50	U/A Vigo Village, Kent	1:11:31	1:11:07
168.	1283	Jane Edwards	f	Lady Veteran 40	U/A Liverpool, Merseyside	1:11:35	1:10:48
169.	1284	Michael Collins	m	Veteran 40	U/A Liverpool,	1:11:36	1:10:49
170.	1099	Peter Flynn	m	Veteran 50	U/A Glossop,	1:11:44	1:11:32
171.	1438	David Cassels	m	Veteran 50	Rocktart Runners	1:11:44	1:11:13
172.	1440	Ellena Gamberini	f		Rocktart Runners	1:11:46	1:11:15
173.	1144	Suzanne Fletcher	f		Helsby Running Club	1:11:46	1:11:32
174.	1199	Rachel Antill	f		U/A Witney, Oxfordshire	1:11:48	1:11:39
175.	1308	John Eldred	m	Veteran 50	U/A Cockermonth, Select a county	1:11:53	1:11:34
176.	1307	Anne Eldred	f	Lady Veteran 50	U/A Cockermonth, Select a county	1:11:53	1:11:34
177.	1405	Wez Smith	m		U/A Keswick, Cumbria	1:11:58	1:11:25
178.	1487	Graeme Lewis	m		U/A Nantwich, Cheshire	1:12:23	1:12:13
179.	1425	lee Greenfield	m	Veteran 40	ASICS	1:12:27	1:12:02
180.	1323	Dorothy Zigaityte	f		Bruntwood	1:12:28	1:12:25
181.	1488	ian mitchell	m	Veteran 50	helm hill runners	1:12:30	1:12:06
182.	1489	EMMA MITCHELL	f		U/A KENDAL, CUMBRIA	1:12:30	1:12:08
183.	1080	andrew marrison	m	Veteran 40	U/A kendal, Cumbria	1:12:31	1:11:51
184.	1217	Zara Gall	f		Didsbury ladies	1:12:40	1:12:22
185.	1218	Rachel Seymour Mead	f	Lady Veteran 40	U/A Manchester, Manchester	1:12:40	1:12:21
186.	1374	caleb polley	m		U/A Stockport,	1:12:47	1:12:17
187.	1478	Emma Owen	f		Me	1:12:47	1:12:31
188.	1286	Sarah Davies	f	Lady Veteran 50	U/A Manchester,	1:12:50	1:12:31
189.	1446	Viv Riley	f	Lady Veteran 40	Black Combe Runners	1:13:03	1:12:42
190.	1404	Emily Thompson	f		U/A Keswick, Cumbria	1:13:05	1:12:32
191.	1365	Graham Platts	m	Veteran 50	U/A Manchester,	1:13:08	1:12:33
192.	1390	Alan Platts	m	Veteran 50	U/A Kendal, Cumbria	1:13:12	1:12:37
193.	1057	Susan Sharp	f	Lady Veteran 50	U/A Wakefield, west Yorkshire	1:13:12	1:13:06
194.	1116	Ian McDowall	m	Veteran 50	U/A Linlithgow,	1:13:12	1:12:27
195.	1056	Nick Sharp	m	Veteran 40	U/A Wakefield, West Yorkshire	1:13:13	1:13:07
196.	1443	Joanne Sumner	f		U/A Poulton-le-Fylde, Lancashire	1:13:17	1:13:13
197.	1379	Aimee Short	f		U/A Manchester,	1:13:18	1:12:38
198.	1417	Annika Unsworth	f		ASICS	1:13:29	1:12:51
199.	1198	Barbara Hills	f	Lady Veteran 50	Goyt Valley Striders	1:13:37	1:13:24
200.	1341	Helen Cruise	f	Lady Veteran 40	Bruntwood	1:13:46	1:13:38
201.	1511	Kate Lee	f		U/A Manchester,	1:13:50	1:13:33
202.	1214	Caroline Davies	f	Lady Veteran 40	U/A Gateshead, Tyne & wear	1:13:59	1:13:35
203.	1033	JACQ JONES	f		Delamere Spartans	1:14:15	1:14:05
204.	1034	Jayne Hall	f	Lady Veteran 50	U/A Egremont, Cumbria	1:14:24	1:13:47
205.	1415	steph Dale	f		ASICS	1:14:51	1:14:16
206.	1208	Deborah Williams	f	Lady Veteran 40	Jog on the Tyne	1:14:58	1:14:34
207.	1296	Anthony Blackwell	m	Veteran 50	U/A Liverpool, Merseyside	1:15:01	1:14:33
208.	1482	Claire Welburn	f		U/A Basingstoke,	1:15:04	1:14:38
209.	1336	Kerry Hallsworth	f	Lady Veteran 40	U/A Market Rasen, Lincolnshire	1:15:32	1:15:24
210.	1410	Gemma Dale	f		U/A Tal-y-Cafn, Conwy	1:15:41	1:15:18
211.	1475	Tia Harbour	f		U/A Rochdale, Lancs	1:16:02	1:15:53
212.	1182	Luke Harbour	m	Veteran 40	U/A Wardle,	1:16:02	1:15:53
213.	1279	Matthew Zandstra	m	Veteran 40	U/A Crosby, Merseyside	1:16:03	1:15:22
214.	1494	Anita Pickard	f	Lady Veteran 40	U/A Coxhoe, Durham	1:16:05	1:15:51
215.	1295	Claire Winters	f	Lady Veteran 50	U/A Liverpool, Merseyside	1:16:23	1:15:55
216.	1309	Adam Stephenson	m		U/A Kendal, Cumbria	1:16:25	1:16:00
217.	1091	Theresa Murray	f	Lady Veteran 50	U/A Windermere, Cumbria	1:16:27	1:16:09
218.	1090	Alison Spiby	f	Lady Veteran 40	U/A Windermere, Cumbria	1:16:27	1:16:09
219.	1389	Laura Jones	f		U/A Appleby, Cumbria	1:16:30	1:15:46
220.	1380	SARAH LAWLEY	f		U/A APPLEBY, CUMBRIA	1:16:30	1:15:46
221.	1237	Gavin Wright	m	Veteran 40	U/A Mawdesley, Lancashire	1:16:30	1:16:00
222.	1347	Milda Fletcher	f		Bruntwood	1:16:38	1:16:07
223.	1132	Catherine Haggerty	f		U/A St Helens,	1:16:42	1:15:59
224.	1064	Sue Kearney	f	Lady Veteran 50	U/A Bolton, Lancs	1:16:46	1:16:33
225.	1293	Jill Burns	f	Lady Veteran 40	U/A Kendal,	1:16:48	1:16:38
226.	1088	Claire Shaw	f		Red Rose Running Club	1:16:50	1:16:33
227.	1094	paula ainsley	f	Lady Veteran 40	U/A york, north yorkshire	1:16:52	1:16:43
228.	1087	Heather Mannings	f	Lady Veteran 40	U/A Holmfirth, West Yorkshire	1:17:03	1:16:55
229.	1304	Cheryl King	f	Lady Veteran 40	U/A Barrow in Furness, Cumbria	1:17:06	1:17:03
230.	1180	Karen Christou	f	Lady Veteran 40	U/A Milnthorpe, CUMBRIA	1:17:11	1:16:44
231.	1264	Louise Yates	f	Lady Veteran 40	U/A Wilmslow, Cheshire	1:17:19	1:16:54
232.	1353	Rebecca Douglas	f		U/A Ulverston, Cumbria	1:17:21	1:17:12
233.	1278	Andy Neville	m		U/A Preston, Lancashire	1:17:24	1:16:49
234.	1311	David Binks	m	Veteran 60	Helm Hill	1:17:25	1:16:48
235.	1150	Nicola Bishop	f		U/A Lancaster, Lancashire	1:17:32	1:17:11
236.	1165	Sam Edwards	m		U/A Lancaster,	1:17:32	1:17:11
237.	1434	Claire Bewsher	f	Lady Veteran 40	U/A Chorley, Lancashire	1:17:38	1:17:04

## Lakeland Trails in Coniston

## Coniston Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
238.	1345	Amanda Duffy	f	Lady Veteran 40	U/A Liverpool, Merseyside	1:17:43	1:17:21
239.	1499	Nicola Cave	f	Lady Veteran 40	U/A Lytham St Annes, Lancs	1:17:48	1:17:44
240.	1277	Julie Paton	m		U/A Wesham,	1:17:49	1:17:15
241.	1501	Helen Pedley	f	Lady Veteran 40	Dumfries Running Club	1:17:54	1:17:44
242.	1449	Richard Clarkson	m	Veteran 40	U/A Moffat, Dumfries and Galloway	1:17:58	1:17:25
243.	1448	Faith Hillier	f		U/A Kendal, Cumbria	1:17:59	1:17:26
244.	1207	Natalie Hirst	f		U/A Livingston, West Lothian	1:18:05	1:17:43
245.	1192	Graeme Tilbury	m		U/A Edinburgh,	1:18:18	1:17:51
246.	1191	Casey Rust	f		U/A Edinburgh ,	1:18:18	1:17:52
247.	1302	Rachel Walker	f		Skelmersdale Boundary Harriers	1:18:23	1:18:10
248.	1490	Rachael Broadbent	f		Commando Fit	1:18:27	1:17:52
249.	1101	ruth seton	f	Lady Veteran 40	U/A sale, cheshire	1:18:37	1:18:10
250.	1294	Gerry Burns	m	Veteran 50	U/A Kendal,	1:18:43	1:18:34
251.	1065	Louise Corrigan	f		Swinton RC	1:18:45	1:18:16
252.	1433	Lucy Dobson McAuley	f		U/A London,	1:18:54	1:18:40
253.	1055	Nicola Underhill	f		Horsforth Harriers	1:18:54	1:18:40
254.	1276	Kathryn Maynard	f		U/A Staveley, Cumbria	1:18:55	1:18:46
255.	1306	Nick Marr	m	Veteran 50	U/A Reading, Berkshire	1:18:59	1:18:13
256.	1305	andy hayes	m	Veteran 50	U/A wigton, England	1:18:59	1:18:14
257.	1251	Rachel Shaw	f	Lady Veteran 40	U/A Milnthorpe, Cumbria	1:19:06	1:18:36
258.	1245	Katja Osswald	f	Lady Veteran 40	U/A York,	1:19:15	1:18:59
259.	1329	davina bowling	f	Lady Veteran 60	redrose road runners	1:19:19	1:19:02
260.	1052	Kate Broome	f	Lady Veteran 50	Achille Ratti	1:19:20	1:19:06
261.	1220	Nancy Ryan	f	Lady Veteran 40	U/A Altrincham, Cheshire	1:19:21	1:19:00
262.	1146	Josephine Walsh	f	Lady Veteran 40	Red Rose Road Runners	1:19:46	1:19:30
263.	1036	Peter Phillips	m	Veteran 60	Loftus and Whitby AC	1:19:47	1:19:41
264.	1037	Gareth Phillips	m	Veteran 40	Gateshead harriers	1:19:47	1:19:41
265.	1187	kath baxter	f	Lady Veteran 50	U/A filey, north yorks	1:19:52	1:19:22
266.	1077	Amanda Gray	f	Lady Veteran 50	U/A Bedford, Bedfordshire	1:20:20	1:20:15
267.	1503	Robert Hudson	m	Veteran 40		1:21:00	1:20:56
268.	1085	Lesley Allison	f	Lady Veteran 50	U/A Penrith, Cumbria	1:21:01	1:20:54
269.	1371	Thomas Evans	m		U/A Cheadle , Cheshire	1:21:06	1:20:21
270.	1221	Emma Forrester	f	Lady Veteran 40	U/A Manchester,	1:21:20	1:21:01
271.	1027	Helen Scott	f		U/A Osgodby,	1:21:25	1:21:17
272.	1045	Nick Archer	m	Veteran 40	U/A Manchester,	1:21:29	1:21:00
273.	1201	Philippa Graham	f		U/A Eccleshall, Stafford	1:21:37	1:21:08
274.	1202	Christopher Gosling	m		U/A Eccleshall, Stafford	1:21:37	1:21:05
275.	1303	David Lomas	m	Veteran 40	U/A Rochdale , Greater Manchester	1:21:53	1:21:15
276.	1484	Linda Frankland	f	Lady Veteran 50	U/A Kendal, Cumbria	1:22:31	1:22:13
277.	1038	Dave Hall	m	Veteran 50	Honister 92	1:22:32	1:21:55
278.	1397	Paul Thackwray	m	Veteran 60	Harrogate Harriers	1:22:37	1:21:55
279.	1239	Christopher Pollard	m	Veteran 60	U/A Larne, Co Antrim	1:22:38	1:21:51
280.	1206	Janine Jordan	f		U/A Oldham,	1:22:40	1:22:01
281.	1290	kim ellis	f		U/A kendal, Cumbria	1:22:42	1:22:28
282.	1348	Charlotte Smith	f		Bruntwood	1:22:55	1:22:26
283.	1467	christopher thompson	m	Veteran 40	U/A preston, lancashire	1:23:00	1:22:39
284.	1145	Andy Scorer	m	Veteran 40	U/A Durham,	1:23:18	1:22:55
285.	1143	Grace Lees	f		U/A Urmston, Manchester	1:23:27	1:22:53
286.	1399	Tracey Barker	f	Lady Veteran 40	U/A Rowlands Gill, --- Please Select ---	1:23:40	1:23:22
287.	1392	Liza Swart	f	Lady Veteran 40	U/A Cartmel, Cumbria	1:23:47	1:23:01
288.	1412	Sophie Collinson	f		ASICS	1:24:02	1:23:24
289.	1011	Jennifer Palmer	f	Lady Veteran 40	Helsby Running Club	1:24:06	1:23:52
290.	1256	Louise Zandstra	f	Lady Veteran 40	U/A Crosby, Merseyside	1:24:20	1:23:39
291.	1238	Alison Leach	f	Lady Veteran 60	U/A Darwen, Lancashire	1:24:26	1:23:44
292.	1512	Sarah White	f		Yorkshire Wolds Runners	1:24:30	1:24:01
293.	1362	Gemma Marwood	f		None	1:24:34	1:23:59
294.	1363	Naomi Whittam	f		U/A Barrow in Furness, Cumbria	1:24:35	1:23:59
295.	1267	Michelle Bartram	f		Commando Fit	1:24:49	1:24:13
296.	1096	Philippa Jackson	f	Lady Veteran 40	U/A Innerleithen,	1:24:58	1:24:43
297.	1048	Steve Foreman	m	Veteran 40	Sedgefield Harriers	1:25:03	1:24:20
298.	1142	Greig Lees	m		U/A Urmston, Manchester	1:25:04	1:24:30
299.	1464	Alana Tinsley	f		U/A Preston, Lancashire	1:25:10	1:24:50
300.	1016	Dawn Robinson	f		U/A Grange, Cumbria	1:25:14	1:24:44
301.	1386	Victoria Dewhurst	f	Lady Veteran 40	U/A Bolton, Lancs	1:25:22	1:25:02
302.	1288	Pam Bungay	f	Lady Veteran 50	Totton RC	1:25:27	1:24:43
303.	1320	Katie Gray	f	Lady Veteran 50	Knaresborough Striders	1:25:35	1:24:57
304.	1054	Rachel Lee	f	Lady Veteran 50	DH Runners	1:25:38	1:25:28
305.	1100	Sarah Oram	f	Lady Veteran 40	U/A Manchester,	1:25:38	1:25:32
306.	1408	Catrina Jackson	f		U/A Leeds,	1:25:41	1:24:59
307.	1472	Rachel Halpin	f		U/A York,	1:25:52	1:25:21
308.	1319	June Graham	f	Lady Veteran 50	Knaresborough Striders	1:25:59	1:25:21
309.	1234	Jenny Beresford-Jones	f	Lady Veteran 40	U/A milnthorpe,	1:26:04	1:25:36
310.	1391	Gemma Swart	f	Lady Veteran 40	U/A Cartmel, Cumbria	1:26:14	1:25:29
311.	1205	Girish Ramesh	m		U/A Manchester,	1:26:31	1:25:45
312.	1074	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:26:48	1:26:41
313.	1046	Rachel Archer	f	Lady Veteran 40	Swinton Running Club	1:26:55	1:26:26
314.	1000	joe dobbs	m	Veteran 70	unattached	1:26:56	1:26:10
315.	1223	Fiona Wood	f		U/A Salford, Lancs	1:26:58	1:26:36
316.	1253	Richard Barker	m	Veteran 60	U/A Newmarket, Suffolk	1:27:13	1:26:29
317.	1113	Wendy Sanders	f	Lady Veteran 50	U/A Glossop, Derbyshire	1:27:23	1:27:03

## Lakeland Trails in Coniston

## Coniston Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
318.	1193	Ruth Wilson	f	Lady Veteran 50	U/A Hayfield, High Peak	1:27:23	1:27:11
319.	1115	Bronwen Currie	f	Lady Veteran 60	U/A Bruichladdich, Isle of Islay, Argyll	1:27:49	1:27:21
320.	1030	Rhian Yates	f	Lady Veteran 50	U/A Colwyn Bay, Conwy	1:27:59	1:27:44
321.	1340	Gillian Hanley	f	Lady Veteran 50	U/A Warrington, Cheshire	1:28:00	1:27:52
322.	1167	Steve Barwick	m	Veteran 50	U/A mytholmroyd, West Yorkshire	1:28:11	1:27:54
323.	1042	Niki Stockton	f	Lady Veteran 40	Swinton Running Club	1:28:24	1:27:42
324.	1476	Laura Reynolds	f		U/A Wigan, Lancs	1:28:24	1:27:46
325.	1435	John Blacker	m	Veteran 50	Harrogate Harriers AC	1:28:47	1:28:06
326.	1119	Louise Murray	f	Lady Veteran 50	U/A Manchester,	1:29:32	1:28:49
327.	1495	Mark Vickery	m	Veteran 40	Tuff Trekkers	1:29:47	1:29:21
328.	1246	Denize Alston	f	Lady Veteran 40	U/A Preston, Lancashire	1:29:47	1:29:22
329.	1247	Simon Tuffield	m	Veteran 40	Tuff Trekkers	1:29:47	1:29:21
330.	1316	William Murphy	m	Veteran 70	Ford Halewood AC	1:30:11	1:29:40
331.	1118	Roz Currie	f		U/A Edinburgh,	1:30:12	1:29:44
332.	1468	tracey thompson	f	Lady Veteran 40	U/A preston, lancashire	1:30:14	1:29:53
333.	1190	Sheila Gillie	f	Lady Veteran 60	U/A Lancaster,	1:30:35	1:29:51
334.	1514	Lisa Whitehead	f	Lady Veteran 40	Swinton	1:30:36	1:29:53
335.	1108	Nicola Donald	f	Lady Veteran 40	Muckle Toon Joggers	1:30:50	1:30:43
336.	1225	Ian Willis	m	Veteran 60	U/A Liverpool,	1:31:01	1:30:31
337.	1321	david barton	m	Veteran 70	fords ac	1:31:06	1:30:34
338.	1196	Corinne Attwell	f		U/A Bradford, West Yorkshire	1:31:15	1:30:55
339.	1339	Juliette Kumar	f	Lady Veteran 40	U/A Liverpool,	1:31:20	1:30:55
340.	1133	Karen Cummings	f	Lady Veteran 40	U/A St Helens, Merseyside	1:31:33	1:30:50
341.	1209	Charlotte Gaines	f	Lady Veteran 40	U/A Hexham,	1:32:14	1:31:51
342.	1195	Andrew Brennan	m	Veteran 40	U/A Lichfield , Staffs	1:32:22	1:31:54
343.	1194	Louise Earley	f	Lady Veteran 40	U/A Lichfield , Staffs	1:32:22	1:31:54
344.	1049	Kathryn Wesley	f	Lady Veteran 50	U/A Livingston, West Lothian	1:33:48	1:33:04
345.	1366	Mark Sullivan	m	Veteran 50	U/A Helsby, Cheshire	1:35:24	1:34:36
346.	1502	Ursula Collies	f	Lady Veteran 50	U/A North Yorks	1:35:47	1:35:12
347.	1255	Eleanor Seddon	f		U/A Richmond, North Yorkshire	1:35:52	1:35:17
348.	1439	David Gamberini	m		Rocktart Runners	1:36:37	1:36:06
349.	1441	Lorna Gamberini	f	Lady Veteran 50	Rocktart Runners	1:36:38	1:36:07
350.	1453	Louise Siddle	f	Lady Veteran 40	U/A Middlesbrough,	1:37:21	1:37:18
351.	1432	Kerry Walker	f	Lady Veteran 40	U/A Stockton on tees ,	1:37:22	1:37:19
352.	1170	Mitchell Gosling	m	Veteran 50	Unattached	1:37:58	1:37:26
353.	1479	Rose Dodd Adkins	f	Lady Veteran 40	U/A Holmfirth, West Yorkshire	1:38:38	1:38:15
354.	1204	Sue Smith	f	Lady Veteran 40	U/A Morecambe, Lancs	1:38:46	1:38:33
355.	1153	Annie Gardner-Aston	f	Lady Veteran 40	U/A London,	1:40:06	1:39:54
356.	1159	gordon johnson	m	Veteran 70	unattached	1:40:06	1:39:54
357.	1151	Alice Bryze	f	Lady Veteran 40	Eshfell runners	1:40:07	1:39:55
358.	1058	Emma Nicholls	f		U/A Millom, Cumbria	1:40:08	1:39:38
359.	1350	carolyn soo	f	Lady Veteran 50	liverpool aquatics	1:40:12	1:39:46
360.	1358	Stephanie Anderson	f	Lady Veteran 40	Moston and district harriers	1:41:53	1:41:16
361.	1188	Elisabeth Duckett	f		U/A Ontario,	1:45:44	1:45:22
362.	1136	Colin Feenan	m	Veteran 50	U/A Wigan, Lancashire	1:46:28	1:45:45
363.	1106	Tira Moore	f	Lady Veteran 40	U/A Durham, Durham	1:46:37	1:46:13
364.	1330	Gina Scorer	f	Lady Veteran 40	U/A Durham, Durham	1:46:37	1:46:13
365.	1513	Chris Robson	m	Veteran 70	St Bees Tri	1:48:08	1:47:29
366.	1485	Nicola Richmond	f	Lady Veteran 40	Jelly Legs	2:00:36	1:59:54
367.	1477	Dawn Branson	f	Lady Veteran 40	U/A Keswick, Cumbria	2:00:37	1:59:55

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