

# Lakeland Trails in Helvellyn

## Helvellyn Trail Race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
1.	56	Jonathan Cox	m		Eden Runners	0:57:41.4	0:57:39.7
2.	244	brian fogarty	m		U/A Blackburn,	0:59:01.5	0:58:58.9
3.	179	Gavin McDermott	m	Veteran 40	Hermitage Harriers	0:59:40.3	0:59:40.3
4.	254	Adam Walker	m		U/A Halifax, West Yorkshire	1:00:12.8	1:00:05.2
5.	443	Paul Riley	m		Coniston Fell Runners	1:00:21.7	1:00:19.7
6.	252	Mark Thornton-Smith	m		U/A Edinburgh,	1:01:25.0	1:01:18.3
7.	333	Adam Lockton	m		Charnwood AC	1:01:44.4	1:01:42.0
8.	277	Frazer Durriss	m		Trawden AC	1:02:44.8	1:02:41.3
9.	153	Andy Thompson	m		Helm Hill	1:02:53.1	1:02:52.7
10.	281	Martin Hewell	m		U/A Chorley, Lancashire	1:03:04.8	1:03:01.2
11.	442	Rebecca Sheffield	f		Ambleside AC	1:03:10.4	1:03:08.4
12.	383	Mark Morgan-Hillam	m	Veteran 40	U/A Wigan, Lancashire	1:03:12.7	1:03:10.6
13.	6	annie Conway	f		Ambleside AC	1:03:45.7	1:03:44.0
14.	324	Nick Wright	m	Veteran 40	Fernwood Running Club	1:04:30.3	1:04:27.7
15.	348	Jonathon Bolton	m	Veteran 40	Elswick Harriers	1:04:34.9	1:04:32.1
16.	46	Stephen Cooper	m		U/A Ealing, London	1:04:40.3	1:04:35.5
17.	434	Daniel Richardson	m		Ns Poly	1:04:53.1	1:04:48.1
18.	439	Mark Blackwell	m	Veteran 40	WestCumbriaTri	1:04:56.7	1:04:52.8
19.	102	Russell Cottam	m	Veteran 50	Lincoln District Runners	1:05:02.3	1:04:59.9
20.	346	Stephen Hall	m		U/A North Shields, Tyne & Wear	1:05:11.0	1:05:05.9
21.	162	Peter Walker	m		U/A York,	1:05:18.4	1:05:08.9
22.	325	Daniel Stephen	m		Fernwood running club	1:05:30.7	1:05:27.9
23.	335	Gordon Forrest	m	Veteran 40	Medway Tri	1:06:07.8	1:06:02.5
24.	345	Catherine Slater	f		Preston Harriers	1:06:16.4	1:06:10.2
25.	176	Mike Bradfield	m	Veteran 40	U/A NEWBURY, Berkshire	1:06:28.4	1:06:18.0
26.	253	David Penman	m		Valley Striders	1:06:50.7	1:06:42.7
27.	363	Lou Roberts	f	Lady V40	Ambleside A C	1:07:01.8	1:06:59.1
28.	182	Thomas Pomfrett	m		Otley AC	1:07:57.7	1:07:51.9
29.	45	Simon West	m		U/A Irby, Merseyside	1:08:13.0	1:08:04.6
30.	52	Joe Robinson	m		The Always Merk	1:08:15.1	1:08:10.3
31.	309	peter fishpool	m	Veteran 40	U/A driffield, east yorks	1:08:21.6	1:08:18.7
32.	238	Andrew Adams	m	Veteran 50	None	1:08:27.0	1:08:18.1
33.	110	Philip Pointon	m	Veteran 40	U/A Todmorden, Lancs	1:08:44.6	1:08:40.8
34.	79	Rebecca Winter	f		Ackworth road runners	1:08:53.4	1:08:47.8
35.	178	David Lash	m	Veteran 40	U/A Seaham,	1:09:03.1	1:08:57.3
36.	123	Doug Stewart	m		U/A Solihull,	1:09:07.9	1:08:54.5
37.	441	Jonny Lambert	m	Veteran 40	Oswestry Olympians	1:09:08.8	1:09:05.0
38.	25	Garry Owens	m	Veteran 50	NFR	1:09:49.1	1:09:27.5
39.	101	leon flesher	m	Veteran 40	thornton cleveleys	1:10:15.6	1:10:04.8
40.	226	Michael Hall	m	Veteran 40	Red Rose road runners	1:10:17.7	1:10:07.7
41.	221	Ben Wilson	m		U/A Sale,	1:10:20.3	1:10:16.1
42.	433	James Hennin	m		North Shields Poly	1:10:35.0	1:10:28.5
43.	413	Andy Staveley	m	Veteran 50	Burnden Roadrunners	1:10:37.1	1:10:31.2
44.	184	Jim Tyson	m	Veteran 40	U/A Ambleside, Cumbria	1:10:43.1	1:10:36.0
45.	28	nick higham	m	Veteran 40	Lancaster and morecambe running club	1:10:43.7	1:10:15.0
46.	316	Jeff Belt	m	Veteran 40	North York Moors AC	1:10:44.1	1:10:36.5
47.	267	Michael Jubb	m		U/A Ulverston, Cumbria	1:10:45.3	1:10:42.1
48.	426	Darren Graham	m	Veteran 40	Todmorden Harriers	1:10:50.6	1:10:42.5
49.	223	David Murray	m	Veteran 50	U/A Tiverton,	1:10:55.5	1:10:49.2
50.	359	Richard Bowley	m	Veteran 40	U/A Doncaster, S Yorks	1:11:36.4	1:11:11.4
51.	356	Alan Smitheman	m	Veteran 40	Loftus & Whitby ac	1:11:55.1	1:11:49.2
52.	201	Peter Marshall	m	Veteran 40	U/A Bristol, Somerset	1:11:56.8	1:11:43.7
53.	409	Paul Cresswell	m	Veteran 40	Skelmersdale boundary harriers	1:11:57.0	1:11:45.8
54.	208	Mr Lowes	m		Elswick Harreris	1:12:05.6	1:12:02.9
55.	72	James Kellock	m	Veteran 50	U/A Dumfries,	1:12:08.9	1:12:04.9
56.	424	Helen Woodley	f	Lady V40	U/A Ulverston, Cumbria	1:12:18.4	1:12:10.1
57.	435	Emma Pass	f		U/A Lancaster, Lancashire	1:12:54.7	1:12:50.4
58.	377	Abigail Hathway	f		Smiley Paces	1:13:03.3	1:12:59.6

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
59.	307	Justin Barritt	m		U/A Manchester, Greater Manchester	1:13:05.5	1:13:01.2
60.	265	David Pryor	m		U/A Warrington, Cheshire	1:13:18.9	1:13:02.2
61.	97	Damian Kimmins	m	Veteran 40	Keswick AC	1:13:26.9	1:13:07.7
62.	121	Iain Carrick	m	Veteran 60	Haddington & East Lothian Pacemakers	1:13:29.8	1:13:25.3
63.	191	Julian Hughes	m	Veteran 40	U/A Whitley Bay,	1:13:31.2	1:13:21.4
64.	258	Karl Lewis	m	Veteran 50	Tipton Harriers	1:13:36.3	1:13:31.4
65.	389	Jon Hawker	m	Veteran 50	Delamere Spartans	1:13:51.4	1:13:48.3
66.	86	Richard Smith	m	Veteran 50	U/A Potefract, West Yorkshire	1:13:53.4	1:13:46.7
67.	32	Allan Sumner	m	Veteran 40	Preston Harriers	1:13:55.1	1:13:36.2
68.	305	Nick Crowther	m	Veteran 50	U/A Manchester,	1:14:27.0	1:13:59.3
69.	407	Neil Hine	m		Batala Mountain Runners	1:14:39.6	1:14:22.9
70.	303	Ian Hughes	m	Veteran 40	Dragons Running Club - Sale	1:14:40.5	1:14:30.4
71.	139	Vicky Penn	f		Smiley Paces	1:14:44.6	1:14:40.2
72.	404	Andy Letheran	m	Veteran 50	U/A Kendal, Cumbria	1:14:52.1	1:14:41.2
73.	233	Richard fawkes	m		U/A derby, derbyshire	1:15:00.6	1:14:39.6
74.	116	Dominic Baxter	m		U/A London,	1:15:03.2	1:14:43.4
75.	215	Richard Hill	m	Veteran 50	Delamere Spartans	1:15:11.5	1:15:07.6
76.	220	Ben Hall	m		Elswick	1:15:19.9	1:15:17.1
77.	308	barry wake	m	Veteran 40	Wellingborough & District Athletic Club	1:15:22.8	1:15:00.8
78.	133	Margaret Duncan	f	Lady V40	Smiley Paces	1:15:25.4	1:15:21.3
79.	152	Benjamin Brindley	m		Tideswell Running Club	1:15:29.3	1:15:22.8
80.	186	Kath Atherton	f		U/A Ulverston, Cumbria	1:15:34.0	1:15:25.9
81.	31	mark earle	m	Veteran 60	U/A knutsford, cheshire	1:15:41.9	1:15:28.1
82.	33	Mike Pigram	m	Veteran 40	U/A Manchester,	1:15:44.8	1:15:28.4
83.	260	Daniel Stinton	m		U/A Manchester,	1:15:47.9	1:15:42.8
84.	418	John Douglas	m	Veteran 40	Allithwaite Running Club	1:15:47.9	1:15:37.6
85.	425	Elaine Omand	f		Dundee Roadrunners AC	1:15:52.4	1:15:48.1
86.	194	Guy Whitmore	m	Veteran 40	Todmorden Harriers	1:15:54.2	1:15:45.5
87.	384	Scott Simpson	m		U/A Brampton,	1:15:56.6	1:15:29.5
88.	317	Abigail Robertson	f		Carnethy	1:15:58.9	1:15:48.0
89.	147	Mark Ayre	m	Veteran 40	Roundhay Runners	1:16:06.0	1:15:53.9
90.	264	Andrew Cooknell	m		Kenilworth Runners	1:16:15.1	1:15:57.8
91.	428	Richard Toller	m	Veteran 60	Dundee Road Runners AC	1:16:15.4	1:16:11.0
92.	290	Sean Mitchell	m	Veteran 40	Barnet & District AC	1:16:16.1	1:15:48.9
93.	272	Paul Shaw	m	Veteran 40	U/A Wigan, Lancashire	1:16:28.9	1:16:17.4
94.	22	Andy Yates	m	Veteran 50	N/A	1:16:32.3	1:16:25.2
95.	326	Stephen Green	m		Liverpool Running Club	1:16:35.9	1:16:22.1
96.	278	John Oakey	m	Veteran 40	Eden Runners	1:16:47.5	1:16:24.9
97.	68	Frank Mcpartland	m	Veteran 50	Haddington RC	1:16:52.2	1:16:46.8
98.	319	Katie Whitbread	f		U/A Edinburgh,	1:17:08.7	1:16:57.8
99.	93	paul slone	m	Veteran 40	U/A great harwood, lincs	1:17:13.9	1:17:06.6
100.	243	Jeff Clark	m	Veteran 50	Barnsley Harriers	1:17:15.7	1:16:46.9
101.	203	Nath Drinkall	m		Me	1:17:18.0	1:16:53.4
102.	106	Chris Eggar	m	Veteran 40	Cambridge triathlon club	1:17:23.9	1:16:57.7
103.	149	Stuart Maynes	m		U/A Dudley, West Midlands	1:17:43.6	1:17:24.4
104.	114	Richard Folley	m		U/A London,	1:17:44.4	1:17:37.8
105.	115	Chris Chalmers	m		U/A London,	1:17:44.5	1:17:37.4
106.	216	Lee Head	m	Veteran 40	U/A North Shields, Tyne and Wear	1:17:56.3	1:17:56.3
107.	240	Scott Nelson	m		U/A London,	1:17:59.3	1:17:30.7
108.	217	Craig Rimmer	m		U/A Warrington,	1:18:04.0	1:17:49.9
109.	127	Suzanne Eccleston	f	Lady V40	Delamere Spartans	1:18:04.9	1:17:49.8
110.	374	Mark Swindell	m	Veteran 40	Horwich RMI Harriers	1:18:07.6	1:17:49.8
111.	218	Merlin Duff	m		U/A Worcester,	1:18:11.1	1:18:06.6
112.	88	Chris Pilkington	m		U/A Preston, Lancashire	1:18:29.3	1:18:19.3
113.	212	John Knowles	m	Veteran 60	U/A Oxford,	1:18:36.6	1:18:31.9
114.	366	Alex Small	m		BRAT	1:18:39.8	1:18:31.9
115.	367	Yaz Chaudhri	f		BRAT	1:18:40.0	1:18:32.6
116.	202	Nicola Simpson	f		Me	1:18:45.5	1:18:20.7

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
117.	227	Giles Carre	m		U/A Bath, Somerset	1:18:50.8	1:18:41.5
118.	331	James Walsh	m		Kirkby Stephen Grammar School	1:19:00.3	1:18:54.6
119.	432	Steven Craig	m	Veteran 40	U/A Edinburgh, Lothian	1:19:28.5	1:19:00.2
120.	285	Tim Waldron	m		U/A Liverpool, Merseyside	1:19:32.2	1:19:17.1
121.	167	Mark Osborne	m	Veteran 50	Wakefield Triathlon club	1:19:34.4	1:19:22.8
122.	189	Kevin Stead	m	Veteran 40	U/A Kendal,	1:19:35.6	1:19:27.3
123.	165	Rob Marshall	m	Veteran 40	Scunthorpe and District AC	1:19:41.3	1:19:20.2
124.	387	Claire Haycock	f	Lady V40	Smiley paces	1:19:42.7	1:19:33.0
125.	261	Melanie Seymour	f	Lady V40	Tides well Running Club	1:19:45.2	1:19:37.8
126.	268	Lesley Turner	f	Lady V40	Tideswell Running Club	1:19:51.4	1:19:43.6
127.	108	Emily Ledder	f		U/A Mirfield, West Yorkshire	1:19:56.7	1:19:49.4
128.	75	Anthony Atkinson	m	Veteran 40	Knutsford Tri Club	1:20:06.3	1:19:57.0
129.	197	Tom Wright	m	Veteran 40	U/A Lytham St.Annes, Lancashire	1:20:09.0	1:19:57.1
130.	156	Jennifer Ruddick	f		U/A Brampton, Cumberland	1:20:12.2	1:19:58.0
131.	338	Chris Wright	m		U/A Helmshore, Lancashire	1:20:14.2	1:20:04.4
132.	337	Ellie Wright	f		U/A ROSSENDALE,	1:20:14.2	1:20:05.0
133.	408	Isobel Graham	f	Lady V50		1:20:30.5	1:20:17.4
134.	232	Phillip Beecroft	m		CVFR	1:20:35.8	1:20:22.4
135.	74	Guy Lewcock	m		U/A Whitley Bay, Tyne and Wear	1:20:42.0	1:20:30.4
136.	206	Richard Westgate	m	Veteran 60	U/A Taunton, Somerset	1:20:45.7	1:20:42.2
137.	34	Laura Davies	f		U/A Whitley Bay,	1:20:49.9	1:20:31.5
138.	130	Fiona Panes	f	Lady V40	U/A Sheffield,	1:21:36.7	1:21:28.7
139.	294	Ben Williams	m		Staffordshire Moorlands AC	1:21:39.1	1:21:33.0
140.	157	Rebecca Hylton	f		RunThrough	1:21:42.6	1:21:27.0
141.	410	Fiona Johnston	f	Lady V40	Parbold pink panthers	1:21:43.9	1:21:34.2
142.	145	andrew davis	m	Veteran 60	bridgnorth running club	1:21:50.6	1:21:43.5
143.	20	Edward Swinden	m	Veteran 40	U/A Manchester,	1:21:51.7	1:21:35.8
144.	225	David Sykes	m	Veteran 40	U/A Huddersfield, Yorkshire	1:21:53.1	1:21:36.7
145.	358	Stephane	m		U/A WHITLEY BAY,	1:22:00.5	1:21:35.9
146.	117	Alan Pritchard	m	Veteran 50	Lichfield Running Club	1:22:17.3	1:21:59.2
147.	80	Philip Love	m	Veteran 40	U/A Leeds, West Yorkshire	1:22:18.1	1:22:00.4
148.	419	Kevin Sutherland	m	Veteran 40	U/A Liverpool,	1:22:22.0	1:22:01.1
149.	420	Glen Carden	m	Veteran 40	U/A Liverpool, Merseyside	1:22:23.4	1:22:01.4
150.	224	Oonagh Jaquest	f	Lady V40	Penny Lane Striders	1:22:31.9	1:22:19.9
151.	440	Frank Tippin	m	Veteran 50	U/A Southport,	1:22:53.7	1:22:23.3
152.	236	Dorothy Kesterton	f	Lady V60	Smiley Paces	1:22:54.0	1:22:46.7
153.	64	Neil Paterson	m	Veteran 50	U/A Hexham, Northumberland	1:23:00.2	1:22:35.4
154.	193	Caroline Evans	f		Headington Road Runners	1:23:05.3	1:22:39.1
155.	444	Ben Whitham	m		U/A Clitheroe, Lancs	1:23:06.7	1:22:34.8
156.	229	Andrew Hallam	m	Veteran 40	U/A Chorley, Lancs	1:23:09.0	1:22:55.8
157.	274	John Bury	m		U/A Colne, lancs	1:23:17.0	1:22:57.9
158.	154	David Johnson	m	Veteran 50	North Shields Polytechnic Athletic Club	1:23:22.0	1:23:01.7
159.	353	Louise Mort	f		U/A bolton, lancashire	1:23:23.8	1:23:18.2
160.	347	James Cook	m		Willow Foundation	1:23:27.2	1:23:08.8
161.	334	David Scorer	m		U/A North Shields, Tyne and Wear	1:23:28.6	1:23:02.4
162.	381	Luis Molero	m		U/A St boswells, Scottish borders	1:23:31.7	1:23:07.8
163.	273	andrew riley	m		U/A nelson, lancs	1:23:47.7	1:23:29.4
164.	183	Kirsty Marsden	f		Otley AC	1:24:04.2	1:23:46.9
165.	293	Colin Oxley	m	Veteran 60	Liverpool Running Club	1:24:05.8	1:23:51.0
166.	39	David Cummins	m	Veteran 40	U/A Preston, Lancashire	1:24:10.6	1:23:56.8
167.	94	Simon Andreassen	m	Veteran 40	Allendale valley striders	1:24:20.6	1:23:58.2
168.	219	Mary Lisle	f		Elswick Harriers	1:24:23.0	1:24:19.5
169.	436	Suzanne McArdle	f		U/A Carlisle, Cumbria	1:24:30.4	1:24:17.8
170.	263	Iain Calleja	m		U/A Islington, London	1:25:01.0	1:24:44.8
171.	287	Gavin Wiedman	m	Veteran 40	U/A Ingleby barwick,	1:25:05.1	1:24:47.7
172.	213	David Watt	m	Veteran 50	U/A Gelston, Lincolnshire	1:25:39.2	1:25:23.7
173.	365	Shirley Staveley	f	Lady V50	Burnden Roadrunners	1:25:59.5	1:25:54.0
174.	209	Catherine Lee	f		Elswick Harriers	1:26:01.1	1:25:57.5

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
175.	96	Terry Wilkinson	m	Veteran 40	U/A Durham,	1:26:08.5	1:25:55.9
176.	135	Isobel Ellis	f	Lady V50	Smiley Paces	1:26:14.7	1:26:05.5
177.	321	Garry Hobson	m	Veteran 50	Scunthorpe and District	1:26:16.4	1:25:51.3
178.	259	Brendan O'Neill	m	Veteran 50	U/A smethwick,	1:26:46.5	1:26:23.2
179.	35	peter reed	m	Veteran 60	Northumberland Fell Runners	1:27:02.8	1:26:42.9
180.	132	Lianna Bell	f		Smiley Paces	1:27:05.2	1:27:00.0
181.	357	David Hanson	m	Veteran 40	U/A Colne, Lancashire	1:27:16.5	1:26:46.4
182.	354	Ruairi Edwards	m		U/A Lichfield,	1:27:24.7	1:26:56.9
183.	355	Ed Moran	m	Veteran 40	U/A Bristol,	1:27:24.7	1:26:57.0
184.	126	Hayley Mason	f		Roundhay Runners	1:27:31.5	1:27:23.1
185.	40	Michael Cummins	m	Veteran 40	U/A Lancashire,	1:27:37.5	1:27:24.3
186.	385	Jayne White	f	Lady V50	Cleethorpes Athletics Club	1:27:51.7	1:27:31.3
187.	207	Michael Lunan	m	Veteran 40	U/A Leyland, Lancashire	1:28:06.9	1:27:52.5
188.	134	Ruth Jacobs	f	Lady V40	Smiley Paces	1:28:13.0	1:28:03.4
189.	322	Jeanette Fisher	f	Lady V40	St Helens Striders	1:28:28.6	1:28:04.7
190.	168	Michelle Tones	f	Lady V40	Wakefield Triathlon club	1:28:39.4	1:28:23.3
191.	255	Ruth Ford	f	Lady V40	Washlands Women Runners	1:29:12.5	1:28:53.5
192.	158	Les Park	f	Lady V40	Trismart	1:29:21.2	1:28:57.3
193.	169	Christopher Clarke	m		U/A Rhyl, Clwyd	1:29:23.3	1:28:56.1
194.	393	Lauren Hadfield	f		Washlands Womens Runners	1:29:24.8	1:29:05.4
195.	276	Petra Hardie	f	Lady V40	None	1:29:39.3	1:29:13.8
196.	297	Hilary Burkitt	f	Lady V60	Cleethorpes ac	1:29:40.0	1:29:20.2
197.	119	Ali Gover	f		U/A Newcastle upon Tyne, Tyne and	1:29:46.4	1:29:27.8
198.	118	Claire Norman	f		Bellahouston Harriers	1:29:46.7	1:29:27.8
199.	311	Craig Barrett	m	Veteran 50	Halifax Harriers	1:29:48.8	1:29:39.2
200.	78	Paddy Mcdonald	m	Veteran 60	Haddington RC	1:30:01.6	1:29:45.9
201.	344	Nina Tomlin	f		Stockport Harriers	1:30:03.3	1:29:34.8
202.	150	Claire Antrobus	f	Lady V40	U/A york,	1:30:03.3	1:29:48.4
203.	105	Helen Eggar	f	Lady V40	Cambridge triathlon club	1:30:04.6	1:29:40.8
204.	141	Sarah Lilley	f		Unattached	1:30:14.8	1:30:00.0
205.	164	Malcolm Marshall	m	Veteran 50	Scunthorpe & District AC	1:30:39.4	1:30:16.2
206.	36	Chives Ann	f		Roundhay Runners	1:30:59.8	1:30:51.3
207.	76	Joanne Edwards	f	Lady V50	Knutsford tri club	1:31:14.8	1:31:05.6
208.	230	Chris Green	m	Veteran 40	U/A Derby, Derbyshire	1:31:48.5	1:31:25.5
209.	129	Rebecca Skade	f		Delamere Spartans	1:32:00.5	1:31:43.7
210.	92	Andrea Horgosi	f	Lady V40	U/A Warrington, Cheshire	1:32:02.1	1:31:44.3
211.	128	Lotty Bradford	f		Smiley Paces	1:32:07.4	1:31:44.6
212.	60	Lesley Goodson	f	Lady V50	North Wales Road Runners Club	1:32:09.5	1:31:57.6
213.	151	Miyako Shimoji	f	Lady V40	U/A York,	1:32:26.0	1:32:11.1
214.	109	Iain Robertson	m	Veteran 50	Pitreavie AAC	1:32:29.9	1:32:20.7
215.	24	Richard Caver	m	Veteran 60	Fell runners Association	1:33:16.3	1:32:55.4
216.	364	nigel mabbs	m		U/A woodlesford,	1:33:25.9	1:33:06.0
217.	21	Hilary Davies	f		U/A Sale,	1:33:37.1	1:33:18.0
218.	42	Andrew Goodson	m	Veteran 50	U/A Bowness on Windermere, Cumbria	1:33:46.4	1:33:34.2
219.	200	Lorna Templeton	f	Lady V40	U/A Bristol, Somerset	1:34:08.7	1:33:54.9
220.	270	Victoria Fell	f		Tideswell running club	1:34:43.2	1:34:35.1
221.	199	Mark Price	m	Veteran 40	U/A Leeds, West Yorkshire	1:34:46.8	1:34:20.4
222.	198	Emma Kamillo-Price	f		U/A Leeds, West Yorkshire	1:34:47.1	1:34:21.4
223.	351	Catherine Keevil	f		BodyFit	1:34:50.1	1:34:23.8
224.	177	Peter BADKIN	m	Veteran 50	Abbey Runners	1:35:00.8	1:34:43.2
225.	262	Louise Calleja	f		U/A London,	1:35:03.8	1:34:47.9
226.	231	Harley Beecroft	f		CVFR	1:35:20.5	1:35:06.2
227.	77	Renata Ruszkiewicz	f	Lady V50	Ealing Eagles	1:35:24.5	1:35:13.3
228.	237	Julie Peckett	f	Lady V50	Smiley Paces	1:35:25.2	1:35:15.3
229.	445	Elisabeth Zambo	f	Lady V40	U/A Southampton,	1:35:27.6	1:35:10.8
230.	188	Claire Rowlands	f	Lady V40	U/A Chester,	1:35:41.7	1:35:24.7
231.	318	Jane Eardley	f		Penny Lane Striders	1:36:26.1	1:36:13.5
232.	289	Amy Beard	f		U/A Sheffield,	1:37:18.8	1:36:59.4

# Lakeland Trails in Helvellyn

## Helvellyn Trail Race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
233.	214	Liz Walton	f	Lady V50	NOTFAST	1:37:23.4	1:37:05.2
234.	406	Tamsin Cass	f		Tynedale Harriers	1:37:36.6	1:37:28.7
235.	239	Karon Maguire	f	Lady V50	None	1:38:01.4	1:37:36.7
236.	235	Joanne Battersby	f	Lady V50	Smiley Paces	1:38:05.6	1:37:55.0
237.	323	Andy Fisher	m	Veteran 40	St Helens Striders	1:38:26.5	1:37:57.2
238.	283	Maggie O'Reilly	f	Lady V40	U/A Knutsford, Cheshire	1:39:49.3	1:39:22.7
239.	295	Glen Wiedman	m		U/A Carlisle,	1:40:02.0	1:39:44.6
240.	376	Francesca Miller	f	Lady V40	U/A Hayfield,	1:40:25.1	1:39:59.7
241.	37	Gillian Csizmadia	f	Lady V50	Wrexham AC	1:40:37.3	1:40:10.4
242.	380	Rachel Mcaleese	f		U/A St boswells, Scottish borders	1:41:04.7	1:40:40.4
243.	288	Richard Mackey	m		U/A Ingleby barwick,	1:41:10.7	1:40:54.0
244.	245	Mike Churchyard	m	Veteran 40	Heathfield Road Runners	1:41:18.6	1:40:49.0
245.	112	DENISE WALKER	f	Lady V50	U/A YORK, NORTH YORKSHIRE	1:41:26.1	1:41:04.5
246.	124	Alecsa Vlaicu	f		U/A Solihull,	1:43:18.9	1:43:04.8
247.	205	Lesley Westgate	f	Lady V60	Taunton AC	1:44:08.8	1:44:03.4
248.	155	Julie Guy	f	Lady V40	North Shields Polytechnic Athletic Club	1:44:34.1	1:44:15.6
249.	390	mark everington	m	Veteran 60	U/A hebden bridge, yorks	1:44:52.8	1:44:46.6
250.	146	Alexandra Burns	f		Roundhay Runners	1:45:02.3	1:44:41.4
251.	136	Elspeth Faulkner	f		Smiley Paces	1:45:13.7	
252.	104	Fran Tomlin	f		U/A Edinburgh, Midlothian	1:46:17.4	1:45:48.8
253.	98	Eleanor Bryans	f	Lady V60	U/A York,	1:46:23.9	1:45:57.1
254.	446	Anna McClarnon	f	Lady V40	U/A Eastleigh, Hampshire	1:47:24.9	1:47:07.6
255.	423	Di Newton	f	Lady V60	U/A Kendal,	1:48:03.9	1:47:42.1
256.	242	Bev Clark	f	Lady V40	Barnsley Harriers	1:49:43.5	1:49:14.5
257.	284	Liz Greene	f	Lady V40	U/A Stockport,	1:49:43.7	1:49:17.4
258.	256	Catherine Bowman	f	Lady V40	Smiley Paces	1:50:36.6	1:50:13.4
259.	143	Cath Wheen	f	Lady V40	Smiley Paces	1:50:37.0	1:50:12.9
260.	195	Dean Newman	m	Veteran 40	Bedford Harriers	1:51:00.4	1:50:37.7
261.	196	Fiona Fisher	f	Lady V40	Bedford Harriers	1:51:00.8	1:50:38.2
262.	210	KEITH PAUL	m	Veteran 50	TAUNTON AC	1:56:59.5	1:56:27.4
263.	211	SHARRON KINGTON	f	Lady V50	TAUNTON AC	1:56:59.5	1:56:39.1
264.	173	Jo Jones	f	Lady V40	Widnes Wasps Ladies Running Club	1:57:17.8	1:57:02.9
265.	204	Neal Jones	m		U/A Widnes, Cheshire	1:57:18.3	1:57:02.9
266.	241	Caroline Burke	f	Lady V50	Smiley Paces	2:04:34.4	2:04:23.5

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