

Lakeland Trails 2015 10KM Autumn Series Results : Men							
Name	Category	Club	Keswick	Coniston	Helvellyn	Ullswater	Total
Paul Graham		Derwent AC	1000	1000	1000	1000	4000
Mark Wade		Aycliffe Running Club	999	999	999	999	3996
Tim Palmer	Veteran 50	Helsby Running Club	988	983	981	993	3945
Andrew Wadeson	Veteran 40	U/A Lancaster, Lancashire	984	979	978	991	3932
Gary Cattermole	Veteran 50	U/A Kendal, cumbria	980	970	974	985	3909
Lance Saxby	Veteran 40	U/A Harrogate, North Yorkshire	974	964	980	987	3905
Simon Robson		U/A York, North Yorkshire	972	911	970	986	3839
Gerard Hurst	Veteran 50	U/A Wigan,	944	944	962	979	3829
Andrew Reid		U/A Merseyside,	953	938	930	976	3797
Gary Pargeter	Veteran 50	U/A Northwich, Cheshire	932	924	935	967	3758
Michael Ball	Veteran 40	U/A Swindon, Wiltshire	926	905	951	970	3752
Steve Foreman	Veteran 40	Sedgefield Harriers	979	854	966	953	3752
Michael Church		U/A Vigo Village, Kent	891	919	944	969	3723
Anthony Church	Veteran 50	U/A Vigo Village, Kent	887	895	916	947	3645
Dave Hall	Veteran 50	Honister 92	893	859	927	945	3624
Peter Phillips	Veteran 60	Loftus and Whitby AC	875	866	910	949	3600
Gareth Phillips	Veteran 40	Gateshead harriers	874	865	909	948	3596
Jim Dean	Veteran 70	U/A Kendal, Cumbria	865	851	908	943	3567
Thomas Feather		Leeds Bradford Tri Club		985	996	998	2979
Lawrence Mannion	Veteran 50	U/A Kendal,		989	990	992	2971
Phil Blaylock	Veteran 40	St Bees Triers	987		989	994	2970
Stephen Clements	Veteran 50	U/A Stansted, Essex	959		965	981	2905
Glenn Cundy	Veteran 40	U/A Warrington, Cheshire	947		963	980	2890
Peter Evans	Veteran 50	Kings Heath Running Club	948		953	978	2879
Peter Hatch	Veteran 50	U/A Billingham,	941		956	982	2879
Steven Mackenzie		U/A Guisborough,	906		976	988	2870
Nigel Forster	Veteran 40	U/A Whitehaven, Cumbria	957	945	957		2859
Chris Burstow		U/A Bowness on Windermere, Cumbria	967	901		965	2833
Mark Heaney	Veteran 50	U/A Rochdale, Lancashire		896	961	973	2830
Paul Blakemore		U/A Wigan,	894	940	958		2792
Ian Paterson		U/A Bootle, Merseyside	936	920	933		2789
David Ellicott	Veteran 40	U/A Askern, South Yorkshire	921		903	961	2785
Ian McDowall	Veteran 50	U/A Linlithgow,		882	931	958	2771
Nick Sharp	Veteran 40	U/A Wakefield, West Yorkshire		881	922	959	2762
Steve Twomlow	Veteran 40	Kings Heath Running Club	890		915	951	2756
andrew marrison	Veteran 40	U/A kendal, Cumbria	904	886		964	2754
Martin Stanley	Veteran 40	U/A Wirral, Merseyside	866		921	955	2742
David Binks	Veteran 60	Allithwaite Running Club	871	874	914		2659
joe dobbs	Veteran 70	independent	870	850	904		2624
Chris Robson	Veteran 70	St Bees Triers	859	835	894		2588
Chris Leach		Stubbington Green Runners			992	997	1989
Mike Allison	Veteran 50	FRA			994	995	1989
kian lindsey		U/A sale, cheshire		991		996	1987
Christopher Durkin		None	991	993			1984
Simon Maughan	Veteran 40	U/A Blackburn, Lancashire	992		985		1977
Allen Clement	Veteran 50	U/A Brampton, Cumbria			983	989	1972
Ryan Mewis		U/A York, North Yorkshire			975	990	1965
Ian Gibson	Veteran 40	U/A Ulverston, Cumbria	986	977			1963
Kris Carson	Veteran 40	U/A Egremont, Cumbria	981	978			1959
Andy Burnett	Veteran 60	U/A Alderley Edge, Cheshire			973	984	1957
John Tomlinson	Veteran 50	U/A Bolton,	964		964		1928
John Gray	Veteran 40	U/A Bedford, Bedfordshire	963	963			1926
Richard Openshaw		U/A Lytham St Annes, Lancashire	961		959		1920
Tony Dent	Veteran 60	Tideswell Running Club			948	971	1919
Gary Smith	Veteran 40	U/A Morecambe, Lancs		950	967		1917
Chris Mee		U/A Newcastle-upon-Tyne, Tyne and Wear			936	972	1908
Edward Mann		U/A Carlisle,			934	968	1902
andy kidd	Veteran 40	U/A west byfleet,			939	962	1901
Philip Harland	Veteran 50	U/A Warrington, Cheshire	930			966	1896

Matt Tinsley		U/A Preston , Lancashire	943	939			1882
Simon Osmond	Veteran 40	U/A Carnforth, Lancashire	937	943			1880
Ian Chappell	Veteran 40	U/A Carlisle, Cumbria			919	957	1876
Haris Kaloudis		U/A Lancaster,	908			963	1871
David Bayliss		Fylde Coast Running	940	926			1866
Ian Stephenson	Veteran 50	U/A Swarland, Northumberland			924	942	1866
Chris Furphy	Veteran 50	U/A Guisborough,	918		947		1865
Ian Wilson	Veteran 50	U/A Haltwhistle, Northumberland			918	946	1864
paul beaumont	Veteran 40	U/A Burscough, Lancashire	923	908			1831
David Stacey		U/A Chorley, Lancashire	902		928		1830
David Cassels	Veteran 50	Rocktart Runners		892	923		1815
Nick Archer	Veteran 40	U/A Manchester,		862		952	1814
Graeme Lewis		U/A Nantwich, Cheshire	913	889			1802
Nicholas green		U/A penrith, cumbria	889		911		1800
Adam Stephenson		U/A Kendal, Cumbria	885	877			1762
Matthew Zandstra	Veteran 40	U/A Crosby, Merseyside	884	878			1762
Luke Harbour	Veteran 40	U/A Wardle,	882	879			1761
David Gamberini		Rocktart Runners		839	897		1736
david mccabe	Veteran 40	trawden ac	998				998
Paul Hudson	Veteran 40	U/A Chorley, Lancs			998		998
Tony Wardel	Veteran 40	South Cheshire Harriers		998			998
Andrew Pipes		Derwent AC	997				997
Aravind Ramesh		U/A Newcastle upon Tyne,		997			997
Joe Murphy		U/A Aston Clinton, Bucks			997		997
Iain Leslie		U/A Bedford, Bedfordshire	996				996
Raymond Duff	Veteran 40	U/A Dumfries,		996			996
Christopher de Silver		U/A Carnforth, Lancashire	995				995
david whitfield	Veteran 50	U/A Clitheroe, Lancs		995			995
Mike Clayton		U/A Liverpool, Merseyside			995		995
David Antill		Tyne Bridge Harriers		994			994
Paul Gorman		Bournville Harriers	994				994
Alasdair Muir	Veteran 40	UA			993		993
Ben cooper		U/A Wymondham, Norfolk	993				993
Andrew Grimshaw		U/A Leyland, Lancashire		992			992
Martin Elsdon	Veteran 60	U/A Hawick, No preference			991		991
Mark Armstrong		U/A Bolton, Greater Manchester	990				990
Rob Valentine	Veteran 40	South Cheshire Harriers		990			990
david atkinson	Veteran 50	blengdale runners	989				989
Mike Hilton		U/A Wardle, Yes		988			988
Ryan Woods		U/A London, London			988		988
clym stephenson		U/A Kendal,		987			987
Gavin Hamilton		U/A Penrith, Cumbria			987		987
Kevin Hilton	Veteran 50	U/A Wardle, Yes		986			986
Michael Green		U/A Lancaster, Lancashire			986		986
Shaun Thornton	Veteran 40	U/A Barnard Castle, Durham	985				985
Ben Barnard	Veteran 40	U/A Newark, Lincs			984		984
Stephen Crook	Veteran 40	U/A Wilmslow,		984			984
Andrew Paton-Jones		U/A Warrington, Cheshire	983				983
Mark Allan	Veteran 40	U/A Huddersfield, West Yorkshire				983	983
Andy Boulger	Veteran 40	ASICS		982			982
Carl Ashton	Veteran 40	U/A Warrington,			982		982
James Worrall		U/A Frodsham, Cheshire	982				982
Matthew Dunster		U/A Peterlee, Durham		981			981
Alastair Moir		U/A Newcastle Upon Tyne,		980			980
Richard Bowles		U/A Sheffield, South Yorkshire			979		979
Rob Dolan		U/A Manchester,	978				978
Ben Law		U/A Chorley, Lancashire			977		977
Geoff Lowe	Veteran 50	Charlbury Cricket Club				977	977
William Powis		U/A Newcastle upon Tyne, Tyne and	977				977
Matt McGinley		Backbarrow Bombers	976				976
Richard Swift		U/A Manchester,		976			976

Ian Pipes		U/A Carlisle, Cumbria	975			975
Matthew McCormack		U/A Manchester,			975	975
Stuart Repon-Ness		Warrington RC		975		975
Glen Carden	Veteran 40	U/A Liverpool, Merseyside			974	974
Harvey Woods	Veteran 40	U/A Wilmslow,		974		974
Matthew Spillman	Veteran 40	Tri-anglia		973		973
Paul Mounsey	Veteran 60	U/A Preston, Lancs	973			973
Andy Horscroft		U/A Guildford, Surrey		972		972
Jamie Sowerby Steel	Veteran 40	Derwent Valley Trail Runners			972	972
Alan Sullivan		U/A Liverpool,		971		971
Michal Szczygiel		U/A Gateshead,			971	971
Paul Stupples	Veteran 40	St Helens Tri	971			971
steve little	Veteran 40	U/A baildon, west yorkshire	970			970
pete coe	Veteran 60	U/A Kendal,	969			969
Simon Barton	Veteran 40	U/A Liverpool, Merseyside			969	969
Simon Tomlinson		U/A Bolton, Greater Manchester		969		969
jason wainwright	Veteran 40	U/A Baildon, West yorkshire	968			968
Jon Antill		U/A Witney, Oxfordshire		968		968
Paul Scullion		RMF			968	968
Stephen Ditchfield		U/A Burscough, Lancashire		967		967
Mark Somers	Veteran 40	U/A Burton in Kendal, Cumbria	966			966
tony brown	Veteran 50	none		966		966
Andrew Martin		U/A kendal, cumbria	965			965
Andrew Quinn		U/A Lancaster, Lancashire		965		965
Jonathan Fairhurst		U/A Wigan, lancashire	962			962
Phil Collinson		U/A,		962		962
Goffredo Pasino				961		961
David Garbutt				960		960
Greg Denwood	Veteran 50	U/A Carlisle, Cumbria	960			960
Michael Patten		U/A Preston,			960	960
Philip Huthwaite		U/A Kew, Surrey			960	960
peter allport		na		959		959
jamie Boulger		ASICS		958		958
Stephen Brereton	Veteran 40	U/A Cleator Moor, Cumbria	958			958
Damien Handslip	Veteran 40	Nidd Valley Road Runners		957		957
colin mchugo	Veteran 40	chorlton runners			956	956
Jon Bond	Veteran 40	U/A Leyland, Lancashire		956		956
Philip Davidson	Veteran 50	Red Rose Road Runners	956			956
Alex Sharman		U/A Liverpool,			955	955
David Geldard	Veteran 40	U/A Clitheroe, Lancs		955		955
David Stephens	Veteran 50	Clwydian Range Runners	955			955
Mike Worthington	Veteran 50	U/A WIGAN, Lancs		954		954
Nicholas Webb		U/A Annan,			954	954
Paul Holmes	Veteran 40	U/A Keswick, Cumbria	954			954
Sean Lynn	Veteran 50	U/A Newcastle upon tyne, Tyne and Wear			954	954
Jonathan Horne	Veteran 50	Biddulph Running Club		953		953
Andrew O'Boyle	Veteran 40	U/A Warrington, Cheshire			952	952
Philip Hurst		Knowsley Harriers		952		952
Terry Bates	Veteran 50	U/A Overton, Lancs	952			952
David Lynn	Veteran 40	U/A North Shields, Tyne and wear	951			951
Pietro Bigotti				951		951
anthony kavanagh	Veteran 40	arragons cumbrian tri club			950	950
Pip Jones		Ealing Eagles			950	950
Stuart Wakeham		U/A Wigan,	950			950
Graham Hawkins	Veteran 40	motherwell ac	949			949
martin cotterell	Veteran 40	U/A penrith, cumbria			949	949
Michael Letherer				949		949
Jim Robertson	Veteran 50	U/A St Neots, Cambridgeshire		948		948
Duncan Kennedy		Liverpool Running Club		947		947
Adam Stafford		U/A Edinburgh,			946	946
Andy Rankine	Veteran 40	U/A Chorley, Lancashire		946		946

Jason Heaton		U/A Preston,	946			946
Andy Walch		U/A Barnsley, South Yorkshire	945			945
Michael Hughes		U/A Poulton-le-Fylde, Lancashire		945		945
Richard Jones	Veteran 50	Blackwater Valley Runners			944	944
Colin Sinclair	Veteran 50	ASICS		943		943
Bill Rogers	Veteran 50	Border	942			942
Ian Whalley		U/A Huddersfield, West Yorkshire		942		942
Paul Finn	Veteran 50	U/A High Peak, Derbyshire		942		942
Dave Stevenson	Veteran 40	U/A Burstwick, East Yorkshire		941		941
George Lalande	Veteran 60	U/A Malton, North Yorkshire		941		941
ian king	Veteran 40	fenland rc			941	941
Mark Liptrott	Veteran 40	U/A Ormskirk, Lancashire		940		940
Stephen Pepper	Veteran 40	U/A Ardrossan, North ayshire	939			939
Michael Jones	Veteran 60	Altrincham AC	938			938
PAUL LAWTON	Veteran 40	VICTORIA PARK RUNNERS		938		938
Adrian Ainsworth		U/A kendal, cumbria		937		937
Dave Wilson	Veteran 40	U/A Bristol,		937		937
Derek Woolley	Veteran 60	U/A Heysham, Lancashire		936		936
Derek Hardy	Veteran 50	BRAT Club	935			935
John Yates	Veteran 40	U/A Wilmslow, Cheshire		935		935
Allan Nicholson	Veteran 50	U/A Broughton-in-Furness, none	934			934
Chris Brookes		U/A Preston, Lancs		934		934
darryl cribbens	Veteran 40	U/A kendal,		933		933
Jim Mclean	Veteran 60	U/A Preston, Lancashire	933			933
Mat Harrop	Veteran 40	U/A Scarborough, North Yorkshire		932		932
Paul Bamber		U/A Altrincham,		932		932
Lee Simpson	Veteran 40	U/A South Shields, Tyne and Wear	931			931
Ravind Bhargal		U/A Huddersfield, West Yorkshire		931		931
Amdrew Laidlow	Veteran 40	U/A Carlisle, Cumbria		930		930
Allistair Wright		U/A Carlisle, Cumbria	929			929
Gregory Holmes		U/A Manchester,		929		929
Mike Mills	Veteran 60	Totton R C		929		929
Ryan Crellin		Cumberland Fell Runners	928			928
Tom Everatt				928		928
paul glover		U/A scunthorpe ,	927			927
Peter Jubb	Veteran 50	U/A Nottingham, Nottinghamshire		927		927
Martin White	Veteran 50	CFR		926		926
Dennis Cartwright		100 Marathon Club		925		925
Peter Murray		U/A Urmston, Manchester	925			925
Tony Rankin	Veteran 40	ASICS		925		925
David OSullivan	Veteran 50	U/A leicester,	924			924
chris fazey	Veteran 40	U/A newent,		923		923
Daivd Johnson		ASICS		922		922
Robert Ginder-Poulser	Veteran 40	U/A Cheadle, Cheshire	922			922
Paul Holmes		U/A Leeds,		921		921
Andrew Marshall	Veteran 50	U/A Settle,		920		920
Lee Lawrenson		U/A Preston, Lancs	920			920
Mike Roe	Veteran 50	U/A Sale, Cheshire	919			919
Peter Eastham		Commando Fit		918		918
Nick Wheeler		U/A Southport,		917		917
Phil Gregory		Tideswell Running Club		917		917
Thomas Pearson		U/A Grange Over Sands, Cumbria	917			917
Christian Oxley	Veteran 40	Superfan		916		916
Michael Holmes	Veteran 40	DH Runners	916			916
Gavin Taylor		U/A doncaster,	915			915
Glenn Bailey		U/A Ulverston,		915		915
Andrew Hewison	Veteran 40	U/A Shipley,	914			914

Sam Wilson		U/A Manchester,		914		914
Matthew Whalley				913		913
Mike Saunders	Veteran 50	U/A Wirral, Cheshire			913	913
Andrew Marshall		U/A Kendal,	912			912
Danny Bulmer		Team Grassbanks			912	912
Kevin Hyatt		U/A Tarporley, Cheshire		912		912
Mathew Fairhurst		U/A Wigan,	911			911
Michael Lynch	Veteran 60	U/A Malton, N yorks		910		910
Sam Cherrington		U/A Ashton-in-Makerfield, Greater N	910			910
Barry Macdonald		U/A LONDON, Please Select		909		909
Damien Brockie	Veteran 40	U/A Mirfield, West Yorks	909			909
Andrew Turner		Tideswell Running Club			907	907
Frank BRECKNER		U/A london,		907		907
Neil Crossland	Veteran 50	U/A Retford, Notts	907			907
laurence chuter		U/A newcastle upon tyne,		906		906
Ryan Young		U/A hyde,			906	906
Paul Rogan	Veteran 50	U/A Wirral, Merseyside	905			905
Simon Carter	Veteran 40	U/A Darlington,			905	905
Dave Walton	Veteran 60	LOC		904		904
Anthony McCully	Veteran 50	none	903			903
Mick Duckworth	Veteran 40	U/A Bolton, Lancs		903		903
Felix Zediu		U/A London,			902	902
Warren Anderson		U/A Slough,		902		902
Cameron Sowerby		U/A Workington, Cumbria	901			901
Christopher Hethering	Veteran 40	sanddogs			901	901
David Czarnota	Veteran 60	U/A Preston,	900			900
Josh Mars		BUAC Cool Runnings			900	900
Paul McConville	Veteran 50	U/A Chorley, Lancashire		900		900
Kevin Craik		U/A South Shields , Tyne & wear			899	899
Mahesh Jagadeesan		U/A Leeds,		899		899
Michael Masheter	Veteran 60	U/A Preston,	899			899
Adam Kendal	Veteran 40	U/A Darwen, LANCS		898		898
Nathan Sowerby		U/A Workington, Cumbria	898			898
Nicolas Hallewell	Veteran 40	U/A Polegate, East Sussex			898	898
Louis Meyer		U/A Poulton-le-fylde,		897		897
Philip Hindmarsh	Veteran 40	Stocksfield Striders	897			897
Dawn Hartley	Veteran 40	U/A Blackburn, Lancashire	896			896
Simon Mars	Veteran 50	Team Mars			896	896
J Howard	Veteran 60	U/A Ashton under Lyne, Lancs			895	895
Tim Johnson		U/A Wigton, Cumbria	895			895
Michael Collins	Veteran 40	U/A Liverpool,		894		894
Peter Flynn	Veteran 50	U/A Glossop,		893		893
Richard Poole	Veteran 60	U/A Chesterfield, Derbyshire	892			892
John Eldred	Veteran 50	U/A Cockermonth, Select a county		891		891
Wez Smith		U/A Keswick, Cumbria		890		890
Andrew Higginson		U/A Blackburn, Lancashire	888			888
lee Greenfield	Veteran 40	ASICS		888		888
ian mitchell	Veteran 50	helm hill runners		887		887
Simon Cowling	Veteran 40	U/A Formby,	886			886
caleb polley		U/A Stockport,		885		885
Graham Platts	Veteran 50	U/A Manchester,		884		884
Alan Platts	Veteran 50	U/A Kendal, Cumbria		883		883
Krzysztof Niewinski	Veteran 40	Zeb Team	883			883
Andrew Smith	Veteran 50	No	881			881
Anthony Blackwell	Veteran 50	U/A Liverpool, Merseyside		880		880
Paul Crawford	Veteran 50	U/A Altrincham, Cheshire	880			880

