

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
Lakeland Trails 2019 10K Series Results : Women												
1.	Brookfield, Hannah	U/A Aughton, Lancashire	995	998	990							2983
2.	Grisedale, Jo	Team inov-8.com	975	983	977							2935
3.	Appleby, Kathy	U/A Lancaster, Lancashire	969	971	972							2912
4.	Barton, Sally	Hoad Hill Harriers	979	962	953							2894
5.	Turner, Jean	Telford Harriers	960	976	957							2893
6.	Horn, Fatima	Rothwell Harriers	943	982	964							2889
7.	Lord, Sarah	U/A CARLISLE, Cumbria	976	962	950							2888
8.	Richardson, Susan	St Bees Triers	958	963	927							2848
9.	Krynen, Hilde	U/A Kendal, Cumbria	937	977	929							2843
10.	Spratt, Shirley	U/A Congleton, Cheshire	938	955	938							2831
11.	Richardson, Jennifer	U/A Near Kendal, Cumbria	930	944	924							2798
12.	Cirelli, Amanda	U/A Blackpool , Lancashire	965	894	910							2769
13.	Sharp, Susan	U/A Wakefield, west Yorkshire	919	936	895							2750
14.	Laybourn, Clare	U/A Edinburgh,	877	931	922							2730
15.	Griffiths, Tricia	U/A Lancaster,	915	937	866							2718
16.	cuthbert, catherine	wallasey ac	893	922	890							2705
17.	Gunn, Carol	St bees triers	957	964	768							2689
18.	Smythe, Katy	Me	888	909	885							2682
19.	McIntosh, Sophie	U/A Burnley, Lancashire	899	926	853							2678
20.	Johnston, Vicky	St Bees Triers	873	904	859							2636
21.	Thorn, Heather	Women on the run	741	932	937							2610
22.	Cummings, Vicki	U/A Lytham,	849	899	861							2609
23.	Blagden, Diane	Wesham Road Runners	861	905	841							2607
24.	Robinson, Louise	WotR Kendal	844	893	869							2606
25.	Bamber, Liz	Lancaster Women's Running Club	867	840	883							2590
26.	Taylor, Jane	Women on the Run - Preston	866	839	882							2587
27.	Crate, Beverley	U/A Bedlington , Northumberland	820	898	844							2562
28.	Dewhurst, Victoria	U/A Bolton, Lancs	837	877	822							2536
29.	Davenport, Lynda	U/A Harrogate, North yorkshire	801	887	839							2527
30.	Averill, Susan	Notts womens runners	809	884	833							2526
31.	Thorneycroft, Deborah	U/A Stoke on Trent, Staffs	818	866	827							2511
32.	Kay, Nicola	Horwich RMI Harriers	817	878	807							2502

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33.	McKenzie, Louise	U/A Linlithgow, West Lothian		772	864	837						2473
34.	Robson, Jo-Anna	U/A Formby,		822	841	810						2473
35.	Byrne, Paula	U/A Arnside, Cumbria		836	794	825						2455
36.	Henniker, Victoria	Warrington Running Club		782	862	799						2443
37.	Murray, Theresa	U/A Crook, Cumbria		808	838	795						2441
38.	Spiby, Alison	U/A Windermere, Cumbria		807	835	794						2436
39.	Thompson, Liane	U/A Barrow-in-Furness, Cumbria		784	844	798						2426
40.	Skelton, Angela	Me		806	829	789						2424
41.	Davies, Christina	U/A Bishop Auckland, Durham		783	827	778						2388
42.	Gutteridge, Fiona	Red Rose Road Runners		756	824	796						2376
43.	Stevenson, Hannah	U/A Lancaster, Lancashire		748	819	803						2370
44.	Dodds, Rachael	Roundhay Runners		764	809	766						2339
45.	Beresford, Amanda			754	800	780						2334
46.	Miller, Allyson	U/A Chorley, Lancashire		725	786	769						2280
47.	Lomas, Sarah	U/A Warrington, Cheshire		768	740	767						2275
48.	RICKARDS COLLINSON, EDWINA	CROCWALKERS		713	789	760						2262
49.	Burgess, Christine	thornton cleveleys running club		719	779	758						2256
50.	Carr, Dot	U/A harrogate, yorkshire		699	781	748						2228
51.	Henderson, Margaret	U/A Warton Lancs		998	999							1997
52.	johnson, karen	U/A Ulverston,		993	997							1990
53.	Johnson, Helen	Wirral Vikings		997		991						1988
54.	Chivers, Alice	U/A Kendal,		989		993						1982
55.	Turner, Robyn	U/A Blackburn,		989	991							1980
56.	Satterly, Holly	Lancaster & Morecambe A/C			995	983						1978
57.	Phillips, Louisa	U/A Manchester, Greater Manchester			994	982						1976
58.	Anton, Susie	Susie Anton PT & Fitness			993	981						1974
59.	France, Katherine	U/A Kendal, Cumbria			986	985						1971
60.	Duncanson, Helen	St Bees Triers		978	988							1966
61.	Curtis, Catriona	U/A Kirkby Lonsdale, Cumbria			985	980						1965
62.	Mapes, Nicola	U/A Congleton , Cheshire			978	975						1953
63.	Dyson, Sadie	U/A ROSSENDALE, LANCASHIRE		981		965						1946
64.	Parkin, Emma	Stratford AC		985	960							1945
65.	Simmons, Lizzie	U/A Ulverston ,		973	966							1939

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
66.	Gillies, Stephanie	Glaxo Hoad Hill Harriers		938		986						1924
67.	Blundell, Bernice	U/A Ormskirk, Lancashire			956	966						1922
68.	Preston, Laura	U/A Glasgow,		939	980							1919
69.	McLachlan, Ellen	BWFAC		970		935						1905
70.	Dean, Julie			959		946						1905
71.	Parry, Susanne	U/A Carlisle,		950		943						1893
72.	Priestley, Clair	U/A Todmorden,		947		945						1892
73.	Dinsdale, Nicola	Ribble valley Tri Club		931	953							1884
74.	Stolbrink, Marie	U/A Liverpool,		913	969							1882
75.	Frank, Jackie	U/A Redcar,		953		923						1876
76.	Storey, Anna	U/A Newcastle, Tyne & Wear		927		931						1858
77.	Ethell, Marnie	U/A Preston, Lancashire		962		891						1853
78.	Buckle, Alanna	U/A Grange-over-Sands , Cumbria		905	947							1852
79.	Gaston, Elizabeth	U/A Milnthorpe, Cumbria		906	943							1849
80.	Haggerty, Catherine	U/A St Helens, Merseyside			930	911						1841
81.	Greeson, Karen	U/A St. Bees, Cumbria			931	908						1839
82.	Nutt, Sarah	U/A Stockport,			965	871						1836
83.	Goodson, Gay	U/A kirkby-in-Furness, cumbria		926		907						1833
84.	Cihlar, adele	U/A Prestwich , Manchester		924		906						1830
85.	Reynolds, Jodie	U/A Rochdale,		939		888						1827
86.	Halhead, Gillian	U/A Carnforth, Lancs		903		920						1823
87.	McAninly, Abigail	Durham		942		879						1821
88.	Little, Helen	U/A High Harrington, Cumbria			917	902						1819
89.	BOOTH, SUE	U/A MARYPORT, CUMBRIA		894	923							1817
90.	gray, julie	U/A st annes, lancashire		896		913						1809
91.	Mahony, Michelle	U/A Ulverston ,		882	902							1784
92.	Hanson, Laura	U/A NEWCASTLE UPON TYNE, Tyne and Wear			911	862						1773
93.	Thacker, Emma	U/A Kendal, Cumbria		883		889						1772
94.	Belford, Alison	Formby Stormers			908	863						1771
95.	Dodd, Sarah	U/A Barrow In Furness, Cumbria		865		899						1764
96.	Hammond-Price, Claudia	U/A Cheadle Hulme, Cheshire			903	860						1763
97.	grimes, jeanette	U/A prescot, merseyside		870	882							1752
98.	Cook, Mags	Roundhay Runners		830		912						1742

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99.	Gall, Zara	Didsbury ladies		884		848						1732
100.	Hall, Claire	NA		852		880						1732
101.	Holman, Ceri	U/A Grange over Sands, Cumbria		862	870							1732
102.	Thomson, Catherine	U/A Manchester,			875	846						1721
103.	Pilkington, Laura	Miss			869	847						1716
104.	Harvey, Joanna	U/A Liverpool,		900		815						1715
105.	Logan, Claire	U/A Grange-over-Sands,		806	901							1707
106.	Mabbutt, Jenny	U/A Accrington , Lancashire			863	834						1697
107.	Waine, Beckie	Run Mummy Run			890	805						1695
108.	Bowerman, Helen	U/A York,			867	826						1693
109.	Hill, Penny	Roundhay Runners		829	857							1686
110.	Downes, Lindsay	U/A Frome,		802		873						1675
111.	Dore, Emily	U/A Formby,		824	848							1672
112.	Cummings, Deborah	U/A St Helens, Merseyside			850	821						1671
113.	Chard, Joanne	Women on the Run			851	813						1664
114.	TICKNER, Rachel	U/A Cockermonth, Cumbria		805	846							1651
115.	Jimenez, Lola	U/A Southport, Merseyside			849	791						1640
116.	Kennedy, Helen	Roundhay Runners		889		746						1635
117.	Stavert, Rachel	U/A Penrith, Cumbria		776		856						1632
118.	McNeill, Kerrie	Wesham Road Runners		775	856							1631
119.	Mulcrone, Jane	Penny Lane Striders			843	788						1631
120.	McIntyre, Lynda	U/A Longton, Lancashire		781	847							1628
121.	Horner, Claire	U/A Hornby,			797	829						1626
122.	Medlicott, Alison	Warrington Running Club		794	823							1617
123.	O'boyle, Gillian	U/A warrington, Cheshire		798		819						1617
124.	Wright, Gilly	Thorp Academy		803	811							1614
125.	Williams, Sara Lloyd	U/A Carlisle, Cumbria			812	777						1589
126.	Richards, Gail	Evenwood Road Runners		752		831						1583
127.	Myatt, Ann	Cheadle		766	813							1579
128.	Parmley, Hannah	Roundhay Runners		763	809							1572
129.	Cummings, Karen	U/A St Helens, Merseyside			793	773						1566
130.	Hunt, Catherine	Women on the Run		749		812						1561
131.	Ryan, Nancy	U/A Altrincham, Cheshire		753		801						1554

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132.	Drinkall, Deb	Solemothers			787	764						1551
133.	Haworth, Mandy	New Balance Run Club Keswick		758		790						1548
134.	Willoughby, Becky	Helm Hill		743	798							1541
135.	Thatcher, Kate	U/A Urmston,		735		804						1539
136.	Patel, Jane	COLT			785	752						1537
137.	Wearing, Catherine	U/A Lancaster,		768		765						1533
138.	Regan, Shelley	U/A Preston, Lancashire		710		806						1516
139.	Rainford, Sarah	WOTR		718	795							1513
140.	Simpson, Amanda	RunSmart		712	788							1500
141.	Routledge, Jackie	Thornton Cleveleys		720	778							1498
142.	Wood, Carole	U/A Kendal, Cumbria		728		763						1491
143.	Smith, Sue	U/A Morecambe, Lancs		703	784							1487
144.	Braddon, Karen	Crocwalkers		702	780							1482
145.	Winter, Louise	Keswick AC			1000							1000
146.	Wheat, Stacy	Herne Hill Harriers				1000						1000
147.	Ault, Emily	Barrow Runners		999								999
148.	Mack, Eva	U/A Barnet,				999						999
149.	Gora, Lauren	Lancaster and Morecambe AC				998						998
150.	Casson, Jennifer	U/A Lancaster ,				997						997
151.	Brayshaw, Kate	Helm Hill		996								996
152.	Smith, Felicity	Elswick			996							996
153.	Page, Rhiannon	Bowland Fell Runners				996						996
154.	Houston, Catherine	U/A Kendal, Cumbria				995						995
155.	Rose, Alison	U/A Ilkley, West Yorkshire		994								994
156.	Clarkson, Alice	U/A Cambridge,				994						994
157.	Tomkow, Nichola	U/A Sandbach, Cheshire		992								992
158.	Shankland, Alexandra	U/A Carnforth, Cumbria			992							992
159.	Booth, Jessica	U/A Salford, Greater Manchester				992						992
160.	Neil, Emma	Barrow Runners		990								990
161.	Dodd, Katie	U/A Whitley bay, Tyne and Wer			990							990
162.	Ashton, Laura	U/A Telford, Shropshire			989							989
163.	Riley, Louise	U/A Nr Kendal, Cumbria				989						989
164.	Simpson, Jeanette	U/A Kendal, Cumbria		988								988

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165.	Murnane, Joanna	U/A Bridge of Weir Renfrewshire				988						988
166.	Stephenson, Laura	U/A Cambridge, Cambs			987							987
167.	Bell, Elizabeth	U/A High Peak , Derbyshire				987						987
168.	Teare, Michelle	Blackburn harriers		986								986
169.	Cheffy, Rachel	U/A Hitchin ,		985								985
170.	Ward, Sarah	Wakefield Triathlon Club		984								984
171.	Clark, Caroline	U/A Preston, Lancashire			984							984
172.	Brown, Vikki	U/A Kendal, Cumbria				984						984
173.	Barry, Sarah	U/A Kilbarchan,		983								983
174.	Edwards-Hughes, Abby	U/A Carlisle, Cumbria			981							981
175.	Westnutt, Catherine	U/A Kendal, Cumbria		980								980
176.	Wilkinson, Katie	Marshside health club			979							979
177.	Bonham, Helen	U/A Barrow-In-Furness , Cumbria				979						979
178.	Smallwood, Sarah	U/A Chorley, Lancashire				978						978
179.	Grace, Angela	U/A Cranage, Cheshire		977								977
180.	Webster, Carole	U/A Warrington				976						976
181.	Dodwell, Ruth	U/A Lancaster,			975							975
182.	Blignault, Michelle	U/A Keswick, Cumbria			974							974
183.	Whipple, Kath	Hoad Hill Harriers		974								974
184.	Wade, Abby	U/A Kendal, Cumbria				974						974
185.	thomas, clare	U/A kendal, cumbria			973							973
186.	Gibson, Elizabeth	U/A Kendal				973						973
187.	Guy, Josephine	U/A Windermere, Home		972								972
188.	Ball, Frankie	U/A Salford,		971								971
189.	Frank, Christine	U/A Yarm , Cleveland				971						971
190.	Hodgkins, Harriet	U/A Preston,			970							970
191.	Oldfield, Claire	U/A London, Cambridgeshire				970						970
192.	Oldfield, Laura	U/A London,				969						969
193.	Buckingham, Jan	Blackburn Harriers		968								968
194.	tindall, pamela	U/A knutsford,			968							968
195.	Burnett, Sarah	U/A Kendal, Cumbria				968						968
196.	Stefanuto, Francesca	U/A Manchester ,		967								967
197.	Rounding, Sarah	Windrush Triathlon Club			967							967

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198.	Shaw, Janet	-				967						967
199.	Hill, Hannah	U/A Kendal, Cumbria		966								966
200.	Palmer, Lorraine	U/A Holmfirth,		965								965
201.	Hill, Michaela	U/A Huddersfield, West Yorkshire			965							965
202.	Kitchin, Nicola	U/A Lancaster, Select One		963								963
203.	Clarke, Rebecca	U/A Kendal, Cumbria				963						963
204.	Dixon, Joanna	U/A Manchester,				962						962
205.	Laverack, Julia	Ambleside AC			961							961
206.	Westerman, Cheryl	U/A Keswick, Cumbria		961								961
207.	Cullen, Mairi	U/A Altrincham,				961						961
208.	Richardson, Samantha	Darlington Harriers				960						960
209.	Ridout, Alice	U/A Hilton Beach, Ontario			959							959
210.	Pilgrim, Liz	Helm Hill				959						959
211.	Mellor, Jane	U/A Bridge of Weir,				958						958
212.	Sutton, Viki	U/A Lancaster,			958							958
213.	Lloyd, Abi	U/A coniston, cumbria			957							957
214.	Marechal, Christina	U/A Manchester, Lancashire		956								956
215.	Eggett, Alyson	U/A Seaton Sluice,				956						956
216.	Wroe, Jenny	Batala Mountain Runners		955								955
217.	Stephenson, Ellen	Moss Park Strollers				955						955
218.	Floyd, Victoria	U/A Poynton, Cheshire		954								954
219.	Holmes, Annie	U/A Didsbury, Manchester				954						954
220.	Hill, Nicola	U/A Chorley,				952						952
221.	Simson, Camila	U/A ULVERSTON, Cumbria		951								951
222.	Tolson, Janet	Red Rose				951						951
223.	Bethune, Julie	U/A Runcorn,			950							950
224.	Barker, Tracey	Trail Running Association		949								949
225.	McBride, Sandy	U/A London, London				949						949
226.	Norman, Tracy	Wirral Vikings TRC		948								948
227.	Bell, Karen	U/A Settlingstones, Northumberland			948							948
228.	Topping, Emma	Manchester Road Runners				948						948
229.	Johnson, Hilary	U/A London,				947						947
230.	Robertson, Kirsty	Jog Cowdenbeath		946								946

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231.	Phillips, Jayne	Allen Valley Striders			946							946
232.	Pearson, Emma	U/A Carlisle, Cumbria		945								945
233.	Riddell, Ailsa	Jog on the Tyne			945							945
234.	slater, bridget	U/A Skipton, N Yorks		944								944
235.	BIRKETT, WENDY	U/A KENDAL, CUMBRIA				944						944
236.	Babures Rueda, Cristina	U/A Gateshead,			942							942
237.	Bell, Pollyanna	U/A penrith,				942						942
238.	Elliott, Jo	U/A Oxford,		941								941
239.	Winstanley, Dawn	U/A Preston, Lancashire			941							941
240.	Dogherty, Jo	U/A Manchester, Lancashire				941						941
241.	Winstanley, Hollie	U/A Preston ,			940							940
242.	Carefoot, Julia	U/A Preston, Lancashire				940						940
243.	Harrison, Susan	U/A Carlisle, Cumbria			939							939
244.	Lancaster, Andrea	U/A Congleton, Cheshire				939						939
245.	Jones, Helen	U/A Cockermouth, Cumbria			938							938
246.	Swann, Nicola	Otley A.C.		936								936
247.	Wignall, Dorinda	Ulverston Triathlon club				936						936
248.	stephenson, Hilary	U/A leeds,		935								935
249.	Chaplin-Brice, Elizabeth	U/A Keswick,			935							935
250.	Edwards, Melanie	Ilkley Harriers		934								934
251.	Skarz, Beth	U/A Wakefield, West Yorkshire			934							934
252.	Ford, Louise	Knutsford Tri Club				934						934
253.	Bowden, Louise	Ramsbottom Running Club		933								933
254.	Tate, Hannah	U/A Leeds, West Yorkshire			933							933
255.	Ethell, Lucie	U/A Preston, Lancashire				933						933
256.	Ardin, Jo	U/A Bury , Lancs		932								932
257.	Brown, Nicola	Bury AC				932						932
258.	Oâ€™Brien, Vicky	U/A Salford,				930						930
259.	Strickland, Anne	U/A Holywell, Flintshire		929								929
260.	Downing, Carol	Howgill Harriers			929							929
261.	Jones, Jacqueline	U/A Darlington , Durham		928								928
262.	Keating, Sharon	U/A Lancaster , Lancashire				928						928
263.	Jones, Angela	St Helens Striders			928							928

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264.	Common, Joanne	U/A Hexham, Northumberland			927							927
265.	Larden, Anna	U/A Southampton, Hampshire				926						926
266.	Leader, Jill	U/A Windermere, Cumbria			925							925
267.	Morton, Teagan	U/A Manchester,				925						925
268.	Nicholson, Sam	Border Reiver Runners			924							924
269.	Richards, Rebecca	U/A Ulverston, Cumbria		923								923
270.	Wilkinson, Rebecca	U/A Kendal,		922								922
271.	CHARLES, JACQ	Wirral Vikings TRC		921								921
272.	Cruttenden, Alexandra	U/A Bradford On Avon, Wiltshire			921							921
273.	Macaro, Debbie	U/A Banbury,				921						921
274.	Spencer, Jane	Barrow Runners		920								920
275.	Cole, Dawn	U/A Manchester,			919							919
276.	Cross, Felicity	Preston Harriers				919						919
277.	Bryant, Sue	U/A Leamington Spa, Warwickshire		918								918
278.	Palmer, Sally	U/A London,			918							918
279.	Smith, Helen	Lakeland Cross Country Ski Club				918						918
280.	Ward, Amanda	U/A Stockport,		917								917
281.	Buckley, Christine	U/A Skipton,				917						917
282.	Irving, Beth	U/A Carlisle,		916								916
283.	Nichols, Helen	Millom Striders			916							916
284.	Sloan, Nicola	Derwent AC Cockermonth				916						916
285.	Ashworth, Rachel	U/A Preston, Lancashire			915							915
286.	Ashton, Clare	U/A Warrington, Cheshire				915						915
287.	jackson, sandre	U/A congleton, cheshire		914								914
288.	Allan, Sandra	U/A Penrith, Cumbria			914							914
289.	Wallace, Lucy	U/A Leeds,				914						914
290.	Wisely, Julie	U/A Manchester ,		913								913
291.	Morrison, Rachel	U/A Sheffield,			913							913
292.	James, Annabel	Millom Striders		912								912
293.	Sowerby, Pranee	U/A Millom, Cumbria			912							912
294.	Gilpin, Ellie	U/A Milnthorpe , Cumbria		910								910
295.	Robinson, Paula	U/A Keighley, West Yorks			910							910
296.	Hannah, Sharon	U/A Kendal, Cumbria		909								909

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
297.	Battersby, Alexandra	Tyne Bridge Harriers				909						909
298.	Marshall, Joanne	U/A Warrington, Cheshire		908								908
299.	Jones, Helen	U/A Burntisland , Fife		907								907
300.	Tattersall, Laura	U/A Kendal,			907							907
301.	Ferreira, Sarah	U/A Ormskirk,			906							906
302.	Sanders, Josephine	U/A Glossop, Derbyshire				905						905
303.	Bland, Abby	U/A Kendal, Cumbria		904								904
304.	Addy, Louise	U/A Kendal, Cumbria				904						904
305.	Cattermole, Emma	U/A Kendal				903						903
306.	Falconer, Chloe	Millom Striders		901								901
307.	Talboys-Cotton, Tracy	U/A Eccleshall, England				901						901
308.	Jerram, Melanie	U/A Strathaven, South Lanarkshire			900							900
309.	Harrington, Carmen	Mornington Chasers				900						900
310.	Lee, Amy	U/A Whalley, Lancashire				898						898
311.	Charles, Elaine	wirral runners			897							897
312.	Rigg, Kim	U/A Kendal, Cumbria				897						897
313.	Ridings, Susan	U/A Mold, Flintshire			896							896
314.	Newton, Claire	U/A Wakefield, West Yorkshire				896						896
315.	Wray, Katie	U/A Manchester,			895							895
316.	Wisse, Marlies	U/A London, Merton				894						894
317.	Gallagher, Michelle	U/A Chorley, Lancashire				893						893
318.	Craig, Jennifer	U/A Blackpool, Lancashire		892								892
319.	Patel, Kim	U/A Preston, Lancashire				892						892
320.	Batt, Jayne	U/A York,			891							891
321.	Battersby, Anna	U/A London,		890								890
322.	Byrne, Kirsty	U/A Accrington,			889							889
323.	Wightman, Sarah	U/A Banbury, Oxfordshire		887								887
324.	Vaneris, Catherine	U/A London				887						887
325.	Halstead, Laura	U/A London,		886								886
326.	Haney, Emma	U/A Walney , Cumbria			886							886
327.	Eastham, Jennie	U/A Wakefield, West Yorkshire				886						886
328.	Halstead, Emily	U/A London,		885								885
329.	Sumner, Abby	U/A Blackburn , Lancs			885							885

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
330.	Lane, Megan	U/A WINDERMERE ,				884						884
331.	Whitfield, Nicola	U/A Helsby, Cheshire			883							883
332.	Giles, Bernadette	Mereside Primary Blackpool		881								881
333.	Swann, Penny	U/A Lancaster,			881							881
334.	spalding, sarah	U/A Kendal, Cumbria				881						881
335.	Cooper, Emma	U/A Preston, Lancashire		880								880
336.	Robinson, Sam	U/A Lancaster, lancashire			880							880
337.	Grayston, Lorraine	U/A Preston, Lancs		879								879
338.	Howkins, Lucy	U/A Wellingborough, Northants			879							879
339.	Attwood, Dawn	Millom Striders		878								878
340.	Adams, Sarah	U/A Kendal , Cumbria				878						878
341.	Dever, Louisa	U/A Wallasey,		877								877
342.	Piela, Claire	U/A PRESTON, Lancashire				877						877
343.	Cassidy, Liz	U/A Paisley,		876								876
344.	Robinson, Emma	Rochdale Harriers			876							876
345.	McBlane, Kate	U/A Derby, Derbyshire				876						876
346.	Ball, Madeleine	U/A Preston,		875								875
347.	Herbert, Niki	U/A Warrington, Cheshire				875						875
348.	Holmes, Alison	Whitchurch tri club		874								874
349.	King, Elizabeth	Vegan Runners			874							874
350.	Burton, Melanie	U/A Windermere, Cumbria				874						874
351.	Dawson, Marie	U/A Isle of Man			873							873
352.	sparrow, julie	new marske harriers			872							872
353.	Robinson, Carol	U/A Kendal, Cumbria				872						872
354.	Scott, Claire	Millom Striders Running Club		871								871
355.	Palmer, Thea	U/A London,			871							871
356.	Robinson, Nathalie	Roefield Run Club				870						870
357.	Carruthers, Kirsty	U/A Morpeth, Northumberland				868						868
358.	Owen-Smith, Sophy	U/A Witney,				867						867
359.	Dunn, Joanne	U/A Hexham,			865							865
360.	Firth, Helen	U/A Altrincham, Cheshire				865						865
361.	Crossley, Louisa	U/A Rhuddlan, Denbighshire		864								864
362.	mcwilliams, joanne	tri preston				864						864

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
363.	Reeves, Lucy	U/A MORECAMBE, Lancashire		863								863
364.	Ainsworth, Chloe	U/A Wigan,		861								861
365.	Melville, Alice	U/A Newcastle upon Tyne,			861							861
366.	Prout, Charmay	U/A Preston,		860								860
367.	Green, Angela	U/A Penrith, Cumbria			860							860
368.	Hodges, Alison	Blackhill Bounders			859							859
369.	Adams, Louise	U/A Wirral,			858							858
370.	Coxon, Sara	U/A Kendal , Cumbria				858						858
371.	Woodburn, Natalie	Millom Striders		857								857
372.	Wright, Nicola	U/A Ambleside				857						857
373.	Scott, Michelle	Millom Striders Running Club		856								856
374.	Clayphan, Joanna	U/A Nottingham, Nottinghamshire			855							855
375.	Wright, Ailsa	U/A Kendal, Cumbria				855						855
376.	Moore, Karen	Millom Striders		854								854
377.	Colvin, Jo	U/A Bolton			854							854
378.	dennis, anita	U/A leeds,				854						854
379.	Pierce-Roberts, Danielle	Warrington Running Club		853								853
380.	Knott, Carolyn	Penny Lane Striders			853							853
381.	Kaul, Ursula	U/A Ashbourne,			852							852
382.	Atkinson, Kara	U/A Lancaster,				852						852
383.	clements, laura	st bees trier		851								851
384.	Coull, Laura	U/A Wrexham,				851						851
385.	hindle, elaine	U/A Liverpool,				850						850
386.	Jeffrey, Helen	U/A Halifax, West Yorkshire		850								850
387.	Cottrill, Sally	Burnden Road Runners				849						849
388.	Nowak, Basia	U/A Grange-over-Sands,		848								848
389.	Spibey, Nicole	U/A Cartmel ,		847								847
390.	Mather, Lisa	U/A Stockport, Cheshire		846								846
391.	Dougan, Michelle	U/A Barrow in Furness , Cumbria		845								845
392.	Bonner, Clair	U/A Keighley, West Yorkshire			845							845
393.	Benson, Courtney	Howgill harriers				845						845
394.	Griffiths, Karen	U/A BARROW-IN-FURNESS , Cumbria		843								843
395.	Henry, Emma	U/A St Helens,				843						843

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
396.	McNeela, Charlotte	U/A Preston, Non-US/Other		842								842
397.	Pitchford, Kay	U/A Whitehaven, Cumbria			842							842
398.	Leitch, Laura	U/A Lancaster,				842						842
399.	White, Elizabeth	U/A Ulverston,		841								841
400.	Squires-Martin, Carolyn	U/A Gainford, Durham				840						840
401.	Leece, Victoria	U/A Millom, Cumbria		839								839
402.	Waszkiel, Melanie	U/A		838								838
403.	Vigar, Madeleine	U/A nr Haverhill, Essex				838						838
404.	Martinez, Amy	U/A BOLTON, GREATER MANCHESTER			837							837
405.	Bhowmick, Sally	U/A Chorley, Lancs			836							836
406.	Coutts, Janet	Skipton AC				836						836
407.	Armstrong, Nicola	U/A Millom, Cumbria		835								835
408.	Ford, Claire	U/A Knutsford,				835						835
409.	Batty, Fiona	U/A Worksop, Nottinghamshire		834								834
410.	Terry, Angela	U/A Chorley,			834							834
411.	Pye, Alison	U/A Kendal, Cumbria		833								833
412.	Nicholl, Jane Marie	U/A Newcastle upon Tyne ,			833							833
413.	Crellin, Rebecca	U/A Frizington, Cumbria		832								832
414.	McWilliam, Norah	U/A Bradford,			832							832
415.	Hubbard, Diane	U/A Kendal, Cumbria				832						832
416.	Clarke, Carla	Durham Mums on the Run		831								831
417.	Porter, Susan	U/A Southport,			831							831
418.	Fairclough, Kym	South ribble runners			830							830
419.	Burns, Gill	U/A Edgworth,				830						830
420.	Headon, Carol	Garstang Running Club		828								828
421.	Warwick, Emma	Formby Stormers			828							828
422.	Hall, Megan	U/A Preston,				828						828
423.	Hewitt, Mary	Garstang Running Club		827								827
424.	Noble, Victoria	S&P		826								826
425.	Giddins, Jane	U/A Nottingham,			826							826
426.	Wiseman, Julie	Lytham St Anne's Road Runners		825								825
427.	Harley, Sarah	U/A Nottingham , Nottinghamshire			825							825
428.	Betley, Catherine	N/A				824						824

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
429.	van den Driessche, Joanna	U/A London,		823								823
430.	ainsley, paula	U/A york, north yorkshire				823						823
431.	Moon, Rebecca	U/A Leigh,			822							822
432.	Beecham, Rachael	U/A Kendal,		821								821
433.	Crowther, Catherine	U/A London,			821							821
434.	Mcguinness, Andrea	Mersey Tri			820							820
435.	Goulden, Carolyn	U/A Lancaster,				820						820
436.	harrison, coralin	harrogate harriers			818							818
437.	Howe, Emma	U/A Swinton, Lancashire				818						818
438.	Volmer, Heidi	U/A Nethy Bridge,			817							817
439.	Blackshaw, Di	U/A Manchester,				817						817
440.	Midgley-ward, Lynne	Ponteland Runners		816								816
441.	websdale, rachel	ilkley harriers			816							816
442.	Walker, Nickola	blackpool, wyre and fylde AC				816						816
443.	Woods, Georgie	U/A Liverpool, Merseyside		815								815
444.	Haylett, Rachael	U/A Betws y Coed, Conwy			815							815
445.	Foster, Elizabeth	Tynedale Harriers		814								814
446.	Wingate, Alison	Kirkby Milers AC			814							814
447.	Gerrard, Zoe	U/A Ashton-under-Lyne, Lancashire				814						814
448.	Robinson, Antonia	U/A Preston, Lancs		813								813
449.	Wicks, Kirsty	N/A		812								812
450.	Dale, Jennifer	U/A Wigan,		811								811
451.	Blinkhorn, Sarah	N/a				811						811
452.	Worboys, Hannah	U/A Northallerton,		810								810
453.	Norris, Helen	Holbeton Harriers			810							810
454.	Bonner, Naomi	Rosemere				809						809
455.	Darling, Lucy	Sandbach Striders			808							808
456.	Evans, Rebecca	U/A Stockport,				808						808
457.	Aitken, Rachel	U/A Crewe, Cheshire			807							807
458.	Money, Victoria	Durham Mums on the Run			806							806
459.	Higgins, Susan	U/A Windermere, Cumbria			805							805
460.	Hunter, Jane	Lancaster Women's Running Club		804								804
461.	Jennings, Julia	CrossFit Leyland			804							804

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
462.	Hancock, Tanya	U/A Golborne,			803							803
463.	Hall, Camilla	U/A Gateshead ,			802							802
464.	Taggart, Ailsa	Galloway Harriers				802						802
465.	Tidbury, Fiona	Eden Runners			801							801
466.	Stephenson, Lorna	Alnwick Harriers		800								800
467.	Mason, Grace	U/A Southsea,				800						800
468.	Harland, Jackie	U/A Warrington,		799								799
469.	Viccars, Becky	U/A Nr Kendal,			799							799
470.	Lewis, Jennifer	U/A Manchester,		797								797
471.	Loftus, Julie	U/A Bolton, Lancashire			797							797
472.	Avison, Joanne	Wirral Vikings				797						797
473.	Munro, Sam	U/A Freckleton ,		796								796
474.	Stewart, Sally	U/A Glasgow,			796							796
475.	Rollason, Kate	U/A Skipton, North Yorkshire		795								795
476.	Carr, Natalie	U/A Kendal , Cumbria			794							794
477.	Bedford, Rebecca	U/A Chorley , Lancashire		793								793
478.	Woznikowska, Gwen	U/A Staveley , Cumbria				793						793
479.	Stanton, Laura	U/A Leyland, Lancashire		792								792
480.	Rothwell, Mandy	U/A Manchester, LANCS				792						792
481.	Lane, Ellie	U/A Manchester , Lancashire			790							790
482.	Ovans, helen	Stowmarket Striders		790								790
483.	Grimshaw, Siobhan	Blackburn road runners		788								788
484.	Sutcliffe, jeanette	Trawden AC		787								787
485.	McGee, Lucy	U/A Sale, Cheshire				787						787
486.	Whitlock, Joanne	U/A Foulridge,		786								786
487.	Pettit, Kirsty	Keighley and craven				786						786
488.	Bailey, Miriam	Trawden Athletic		785								785
489.	Willett, Vicky	SBC Plodders				785						785
490.	Schleiffer, Vera	Wigan and District Harriers and AC				784						784
491.	Chambers, Louise	U/A PRESTON, Lancashire			783							783
492.	Weir, Soraya	U/A Preston ,				783						783
493.	Davies, Vanessa	U/A Formby, Merseyside			782							782
494.	Brookes, Nicola	U/A Presto , Lancashire				782						782

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Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
495.	molyneux, Jan	none				781						781
496.	Knowles, Amy	U/A STOCKPORT, cheshire		780								780
497.	Jones, Fiona	U/A Preston, Lancashire		779								779
498.	Cobb, Lauren	Stainland Lions				779						779
499.	Oliver, Gillian	Lytham St Annes Road Running Club		778								778
500.	Neale, Stephanie	Me		777								777
501.	Hale, Jennifer	U/A Ulverston, Cumbria			777							777
502.	Elliott, Rosa	U/A Sale, Cheshire			776							776
503.	Rooney, Louise	U/A Carlisle,				776						776
504.	Sinfield, Georgina	U/A Mayfield Ashbourne, Derbyshire			775							775
505.	Owen, Emma	Me				775						775
506.	Fox, Tania	U/A Ashbourne, Derbyshire			774							774
507.	Unsworth, Alison	U/A WIGAN,				774						774
508.	Fitzpatrick, Sarah	Me		773								773
509.	Lucarello, Lia	U/A London,				772						772
510.	Roberts, Rose	U/A Lancaster, Lancashire		771								771
511.	Hall, Katie	U/A Didsbury ,				771						771
512.	Mounsey, Elizabeth	U/A Preston , Lancashire				770						770
513.	Pinney, Sarah	Millom Striders		769								769
514.	Sanderson, Rachael	U/A Preston, Lancashire		767								767
515.	Mault, Tracy	U/A Preston, Lancs		765								765
516.	Keohane, Kate	Cockermouth HHH		762								762
517.	Cliff, Deborah	Radcliffe AC				762						762
518.	Marshall, Gemma	Millom Striders		761								761
519.	McGrath, Sarah	Bury AC				761						761
520.	Lupton, Sarah	Millom Striders		760								760
521.	Oram, Sarah	Chorlton Runners		759								759
522.	Gardner, Julie	U/A Kendal,				759						759
523.	Smith, Despina	U/A Manchester ,		757								757
524.	Pollock, Lulu	Denby Dale Athletics Club		757								757
525.	Livesey, Karen	Thornton Cleveleys Running Club				757						757
526.	Fildes, Christine	Nics Nordic Walks				756						756
527.	Dodd, Bev	Millom Striders				755						755

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
528.	Lane, Vanessa	None		755								755
529.	Murray, Julie	U/A Gateshead, Tyne and Wear				754						754
530.	Murray, Rachel Elizabeth	U/A Gateshead, Tyne and Wear				753						753
531.	Rigby, Carolyn	Widnes Wasps		751								751
532.	Little, Fiona	Blackpool Wyre & Fylde Athletics Club				751						751
533.	Mercer, Elaine	Women on the rum		750								750
534.	Pembroke, Marie	Crocwalkers				750						750
535.	Strother, Susan	U/A Lytham St Annes, Lancashire				749						749
536.	Master, Sara	U/A lancaster, Lancs		747								747
537.	Moore, Tira	U/A Durham, Durham				747						747
538.	Park, Julia	Me		746								746
539.	Atkinson, Kathryn	Pendle Triathlon Club		745								745
540.	Thornber, Catherine	Pendle triathlon club		744								744
541.	Chudley, Sylvia	U/A Underbarrow,		742								742
542.	Graves, Gillian	U/A York, North Yorkshire		740								740
543.	Dean-Ashton, Lauren	U/A Manchester,		739								739
544.	Addy, Kate	U/A BIRMINGHAM, West Midlands		738								738
545.	Mcginnes, Angela	U/A knutsford,		737								737
546.	Dugdale, Julie	U/A Kendal, Cumbria		736								736
547.	Roche, Rachel	U/A Birmingham,		734								734
548.	Eyles, Caroline	Penistone Footpath Runners		733								733
549.	Swart, Ann Matrie	U/A Clare, Suffolk		732								732
550.	swart, elizabeth	U/A Manchester,		729								729
551.	Fothergill, Tracy	U/A Stutton Tadcaster, North Yorkshire		727								727
552.	Laycock, Jo	U/A Manchester,		726								726
553.	Clarke, Louise	U/A Driffield,		724								724
554.	Newton, Louise	Stocksfield Striders		722								722
555.	Gibson, Jo	Penny Lane Striders		721								721
556.	Campbell, Alison	Wimbledon Windmilers		717								717
557.	Buckingham, Jane	Stocksfield Striders		716								716
558.	Routledge, Perrie	U/A Carlisle, Cumbria		711								711
559.	Whitfield, Denise	U/A Barrow in furness , Cumbria		709								709
560.	Taylor, Aimee	U/A Grange-Over-Sands , Cumbria		708								708

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Lakeland Trails 2019 10K Series Results : Women

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
561.	Jones, Kate	U/A Eccles,		707								707
562.	Crawford, Clare	U/A Altrincham, Cheshire		706								706
563.	Jeffrey, Helen	U/A Carlisle, Cumbria		705								705
564.	Carruthers, Rachel	U/A Penrith , Cumbria		704								704
565.	Evans, Dawn	burnden road runners		701								701
566.	Russell, Katharine	U/A Stocksfield, Northumberland		700								700
567.	Casserley, Beth	U/A Sale, Manchester		698								698
568.	Atkins, Chloe	U/A Huddersfield, West Yorkshire		697								697
569.	Atkins, Allison	U/A Huddersfield, West Yorkshire		696								696
570.	Smith, Lisa	U/A Kendal, Cumbria		695								695
571.	Boyle, Sarah	U/A Kendal,		694								694
572.	Hanley, vicki	Nordic walking Preston		693								693
573.	Tasker, Lucy	WeRunLiv		692								692

Number of records: 573