



# Lakeland Trails 2024 Sport Trail 5k Series Championships



Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
1	Eve Hollowbread	f	U16	Durham City Harriers	992	972	986	988	3938
2	Magnus Foxwell	m	U16	Ambleside AC	0	999	998	995	2992
3	Eve Briffett	f	U16	Bowland Fell Runners	980	0	985	989	2954
4	Thomas Shorrock	m			995	995	951	0	2941
5	Stephen Tysome	m	MV 50		0	966	963	966	2895
6	Georgia Davies	f	U16		949	947	0	956	2852
7	Jade Shorrock	f			945	951	952	0	2848
8	Nicola Joyce	f	FV 50		950	967	0	927	2844
9	Jane Mooney	f	FV 40		929	0	929	928	2786
10	John Wiseman	m	MV 50		905	948	927	0	2780
11	Caroline Bowsher	f	FV 60		919	0	921	917	2757
12	Mary Bloye	f	FV 60		916	906	0	925	2747
13	Emma Smith	f	FV 40		915	905	0	924	2744
14	Lynda McMullen	f	FV 50		908	0	914	915	2737
15	Zander Gribbon	m	U16	New Marske Harriers	1000	0	0	1000	2000
16	Robbie Temple	m	U21		0	1000	1000	0	2000
17	Theo Zaboklicki	m	U16	Furness Fell Runners	999	0	999	0	1998
18	Sophie Mitchell	f	U16		998	996	0	0	1994
19	james Galloway-Booth	m	U25		0	0	997	997	1994
20	Josh Woodfield	m	U21	Cardinal Newman	0	994	989	0	1983
21	Arabella Gribbon	f	U16	New Marske Harriers	986	0	0	980	1966
22	Lucy Mitchell	f	U16	City of preston triathlon club for juniors	977	985	0	0	1962
23	Helen Sullivan	f	U16		0	978	0	984	1962
24	Catherine Mitchell	f	FV 40		976	984	0	0	1960
25	Andrew Reekie	m	U16	Gosforth CoE	0	977	0	979	1956
26	Eloise Temple	f	U16		0	976	975	0	1951
27	Steph Hackley	f			975	969	0	0	1944
28	GEMMA CORRAN	f			0	0	972	970	1942
29	Angela Gribbon	f	FV 40		974	0	0	967	1941

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
30	Sue Head	f	FV 60		966	974	0	0	1940
31	Andrea Counce	f	FV 50		959	0	966	0	1925
32	Zach Woodfield	m	U16	Tarleton academy	0	954	962	0	1916
33	Joseph Ritson	m	MV 60	Derwent Ac Cockermouth	941	968	0	0	1909
34	Jonathan Ward	m	MV 50	Ambleside	0	950	0	950	1900
35	izzy cruickshank	f	U16		943	946	0	0	1889
36	Austin Cruickshank	m	U16		948	934	0	0	1882
37	Lyndon Woolley	m			0	0	944	938	1882
38	Nicola Loftus	f			0	0	943	939	1882
39	Michelle Hardcastle	f	FV 50		935	942	0	0	1877
40	Stephen Cruickshank	m	MV 50		942	933	0	0	1875
41	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	0	939	925	0	1864
42	Hazel Hindle	f	FV 60	MDOC	0	0	933	931	1864
43	Christina Davies	f	FV 40		0	928	0	932	1860
44	Deborah Roebuck	f	FV 50		0	923	935	0	1858
45	Angela Bell	f	FV 50		0	924	0	929	1853
46	julie taylor	f	FV 50		0	0	919	926	1845
47	Jo-anna Robson	f	FV 50		923	920	0	0	1843
48	Sue Thompson	f	FV 60		0	913	926	0	1839
49	Karen Harrison	f	FV 50		907	0	928	0	1835
50	Theresa McMullen	f	U16		909	0	915	0	1824
51	Lindsey Welsh	f	FV 40		0	899	920	0	1819
52	Susan Beardsworth	f	FV 40	None	0	897	0	907	1804
53	Logan MacNamara	m	U16	Craven Energy Triathalon Club	0	0	0	999	999
54	Alex Heffron	m			0	998	0	0	998
55	Edward Ivings	m	U25		0	0	0	998	998
56	Thomas Puschmann	m	U16	Durham City Harriers	997	0	0	0	997
57	Thomas Stewart	m	U16	Chorley Athletic & Triathlon Club	0	997	0	0	997
58	Ruby Duxbury	f	U16		996	0	0	0	996
59	Daniel Temple	m	U16		0	0	996	0	996
60	Ross Whitaker	m			0	0	0	996	996
61	Jasper Hall	m	U16	Blackpool, Wyre and Fylde Athletics Club	0	0	995	0	995
62	Nev Lumley	m	MV 50		994	0	0	0	994
63	Henry Watts	m	U16		0	0	994	0	994
64	Simon Northcott	m	MV 40	Peterborough and Nene Vally Athletic Club	0	0	0	994	994

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
65	Ava Brierley	f	U16	Ambleside AC	993	0	0	0	993
66	Isaac Easter	m	U21		0	993	0	0	993
67	Sophie Willitts	f	U16		0	0	993	0	993
68	Simon Broxton	m	MV 50		0	0	0	993	993
69	John Evans	m	MV 60		0	992	0	0	992
70	Lewis Corran	m			0	0	992	0	992
71	Luca Rizzi	m	U16		0	0	0	992	992
72	Ted garside	m	U16	salford mets	991	0	0	0	991
73	Georgina Benson	f	U16	Chorley Athletic and Triathlon Club	0	991	0	0	991
74	Noah Zaboklicki	m	U16	Furness Fell Runners	0	0	991	0	991
75	Mark Lazenby	m	MV 50		0	0	0	991	991
76	Alex Blundell	m			990	0	0	0	990
77	Dylan Gough	m	U16		0	990	0	0	990
78	Sophie Ricks	f			0	0	990	0	990
79	Emily Thompson	f	U16		0	0	0	990	990
80	Ben Quine	m	U16		989	0	0	0	989
81	Ahmed Salih	m	U21	Urmston Grammar School	0	989	0	0	989
82	Daisy Tomlinson	f	U16	FFR	988	0	0	0	988
83	Julian Robertson	m			0	988	0	0	988
84	Lee Barlow	m	MV 40	Nob End Run Club	0	0	988	0	988
85	Mark Blundell	m	MV 60	Edge Pistols	987	0	0	0	987
86	Justine Patton	f			0	987	0	0	987
87	Saraya Plenderleith	f	U16		0	0	987	0	987
88	Graham Livesey	m	MV 50		0	0	0	987	987
89	Robert Loomes	m			0	986	0	0	986
90	Jack Clancy	m	U16	Liverpool Pembroke and Sefton	0	0	0	986	986
91	Freddie Parslow	m	U21	Helm Hill	985	0	0	0	985
92	Daisy Ritson	f	U16		0	0	0	985	985
93	Lizzie Lupton	f		Durham City Harriers	984	0	0	0	984
94	Newton Lauren	f			0	0	984	0	984
95	Emma Duxbury	f	U21		983	0	0	0	983
96	Katie Samuelson	f	FV 40	Todmorden Harriers	0	983	0	0	983
97	Reeve Stuart	f	U16	East Kilbride Athletics Club	0	0	983	0	983
98	Patricio Fernandez Quintana	m	MV 40		0	0	0	983	983
99	Freya Hodgson-Jones	f	U16	Ambleside AC	982	0	0	0	982

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
100	Paul McWhirter	m	MV 50	Spectrum Striders	0	982	0	0	982
101	Steve Shepherd	m	MV 60		0	0	982	0	982
102	Martin Hill	m			0	0	0	982	982
103	Joe Tinsley	m	U16		981	0	0	0	981
104	Clare Firth	f	FV 40	Spectrum Striders	0	981	0	0	981
105	Robert Harriman	m			0	0	981	0	981
106	Tamsin Davies	f	FV 40		0	0	0	981	981
107	David Moran	m			0	980	0	0	980
108	Lee Gothard	m	MV 40		0	0	980	0	980
109	Jenson Jones	m	U16	Wirral Vikings	979	0	0	0	979
110	Sam Morris	m	U16	Keswick School	0	979	0	0	979
111	Emma Gleghorn	f	FV 40		0	0	979	0	979
112	Hannah Mohn	f		Nob End Run Club	978	0	0	0	978
113	Graham Macham	m	MV 40		0	0	978	0	978
114	Clare Thorpe	f			0	0	0	978	978
115	Nicholas Milne	m	U16		0	0	977	0	977
116	Gavin Simpson	m	MV 50		0	0	0	977	977
117	Thomas Badger	m			0	0	976	0	976
118	Nicola Vallins	m		Edmonton Runners	0	0	0	976	976
119	David Proctor	m	MV 60		0	975	0	0	975
120	Kevin Harber	m	MV 50		0	0	0	975	975
121	Mark Plenderleith	m	MV 50		0	0	974	0	974
122	Jacqui Foster	f	FV 50	Ilkley Harriers	0	0	0	974	974
123	Ryan Brown	m			973	0	0	0	973
124	Amy Rickerby	f			0	973	0	0	973
125	Nick Davies	m	MV 60		0	0	973	0	973
126	Caroline Maxted	f	FV 40		0	0	0	973	973
127	Thomas Skouras	m	MV 40		972	0	0	0	972
128	James Grayston	m			0	0	0	972	972
129	Fraser Sim	m	U16	William Howard School	971	0	0	0	971
130	Ami Fynamore	f			0	971	0	0	971
131	Kiera Glendenning	f			0	0	971	0	971
132	Rob Chaffe	m	MV 50		0	0	0	971	971
133	KEVIN SIM	m	MV 40		970	0	0	0	970
134	Robin Lees	m	MV 70		0	970	0	0	970

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
135	Lewis Horrocks	m			0	0	970	0	970
136	David Dodgson	m	MV 50		969	0	0	0	969
137	Eleanor Hooson	f			0	0	969	0	969
138	Theo Lines	m	U21		0	0	0	969	969
139	Alana Tinsley	f			968	0	0	0	968
140	Darryl Bethwaite	m		Nob end run club	0	0	968	0	968
141	Beth Lines	f	U16		0	0	0	968	968
142	Chloe Hornby	f			967	0	0	0	967
143	Jimmy Hark	m	MV 40	Nob end run club	0	0	967	0	967
144	James Paxton	m	U16		965	0	0	0	965
145	Steve Harvey	m	MV 50	Enhance Performance Running Club	0	965	0	0	965
146	Alice Briffett	f	U16	Lancaster And Morecambe AC	0	0	965	0	965
147	Bryony Jones	f			0	0	0	965	965
148	Phoebe Newsham	f	U16		964	0	0	0	964
149	Mark Harrison	m	MV 40		0	964	0	0	964
150	Colin Briffett	m	MV 50	Lonsdale Fell Runners	0	0	964	0	964
151	Gemma Garcia	f	U25		0	0	0	964	964
152	Ian Paxton	m	MV 40		963	0	0	0	963
153	Debs Harvey	f	FV 50	Enhance Performance Running Club	0	963	0	0	963
154	Tracy Foulkes	f	FV 40		0	0	0	963	963
155	Gavin Fisk	m	MV 50		962	0	0	0	962
156	Julie-Ann Evans	f	FV 60		0	962	0	0	962
157	Jemima Oboyle	f	U21		0	0	0	962	962
158	Ashley Hill	f		Nob End Running Club	961	0	0	0	961
159	hannah mason	f	U21		0	961	0	0	961
160	Alex Woodfield	m	MV 40	HBCC	0	0	961	0	961
161	Peter Thomas	m	MV 60	N/a	0	0	0	961	961
162	Laura Prada	f			960	0	0	0	960
163	Millie Taylor	f	U21		0	960	0	0	960
164	Vincent Creamer	m	MV 60	EPOT	0	0	960	0	960
165	Martyn Green	m	MV 60		0	0	0	960	960
166	Christine Mcdonald	f	FV 50		0	959	0	0	959
167	Nicola Browne	f	FV 40		0	0	959	0	959
168	Hannah Young	f			0	0	0	959	959
169	Paul Harrison	m	MV 40		958	0	0	0	958

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
170	Avani Welch	f	FV 40		0	958	0	0	958
171	Kelly Lawson	f			0	0	958	0	958
172	Sophie Tull	f	U25		0	0	0	958	958
173	Richard Quine	m	MV 50		957	0	0	0	957
174	Emilie Jarrett	f	U21		0	957	0	0	957
175	Gillian Thomson	f	FV 40		0	0	957	0	957
176	Jacqui White	f	FV 40		0	0	0	957	957
177	Peter Walsh	m	MV 70		956	0	0	0	956
178	Angela Spencer	f	FV 40	Glaxo Hoad Hill Harriers	0	956	0	0	956
179	James Humphreys	m	MV 40		0	0	956	0	956
180	Andrew Walsh	m	MV 40		955	0	0	0	955
181	Emily Spencer	f	U16	Leven Valley Athletics	0	955	0	0	955
182	Aynsley Tracy	f	FV 40		0	0	955	0	955
183	Chloe Taylor	f			0	0	0	955	955
184	Sophie Davies	f	U21		954	0	0	0	954
185	Mahfuzul Islam	m	MV 40		0	0	954	0	954
186	Deborah Reekie	f	FV 40		0	0	0	954	954
187	Lee-Victoria Davies	f	FV 40	Southport Strollers	953	0	0	0	953
188	Samantha Arden	f			0	953	0	0	953
189	Solomon Islam	m	U16		0	0	953	0	953
190	Becki Barnes	f	FV 50	Wigan and district harriers ac	0	0	0	953	953
191	Anthony Smith	m	MV 50		952	0	0	0	952
192	Anne Gash	f	FV 50		0	952	0	0	952
193	Claire Williams	f	FV 40		0	0	0	952	952
194	Jules Steele	f	FV 50	Witherslack Warriors	951	0	0	0	951
195	Tom Ward	m	U25	Ambleside AC	0	0	0	951	951
196	matthew jones	m	U16		0	0	950	0	950
197	jeanette grimes	f	FV 60		0	949	0	0	949
198	Phil Jones	m	MV 50		0	0	949	0	949
199	Sue France	f	FV 60	Wigan Harriers	0	0	0	949	949
200	Rachael Sanderson	f			0	0	948	0	948
201	Tracey Dennett	f	FV 40	Wigan Harriers	0	0	0	948	948
202	Robert Webster	m	MV 50		947	0	0	0	947
203	Susie Weston	f	FV 50		0	0	947	0	947
204	Carmel Woods	f	FV 60		0	0	0	947	947

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
205	Sarah Hodgson-Jones	f	FV 40	Ambleside AC	946	0	0	0	946
206	Sadie Norris	f			0	0	946	0	946
207	Joanne Rizzi	f	FV 40		0	0	0	946	946
208	Helen Proctor	f	FV 50	Women on the Run Kendal	0	945	0	0	945
209	Mick Conmey	m			0	0	945	0	945
210	Mary Byrne	f	FV 50		0	0	0	945	945
211	Emily White	f		Witherslack Warriors	944	0	0	0	944
212	Amy Rouke	m			0	944	0	0	944
213	FIONA MCKEAN	f	FV 50	eden runners	0	0	0	944	944
214	Rachel Latham	f	FV 40		0	943	0	0	943
215	Francesca Sinclair	f	FV 50		0	0	0	943	943
216	Chris Pearson	m	MV 60		0	0	942	0	942
217	Zane Richards	m	U16	Woodhey high school	0	0	0	942	942
218	Hannah Neal	f	FV 40		0	941	0	0	941
219	Rachel Vose	f	FV 40		0	0	941	0	941
220	Abigail Salter	f	FV 40		0	0	0	941	941
221	Angela Martland	f	FV 50		940	0	0	0	940
222	Chloe Hunter	f			0	940	0	0	940
223	Aby Biles	f			0	0	940	0	940
224	Marta Garcia	f			0	0	0	940	940
225	Sara Geary	f	FV 60	Lyme Runners	939	0	0	0	939
226	Joanna Popiela	f			0	0	939	0	939
227	Mel Wynne	f	FV 50		938	0	0	0	938
228	Laila Hall	f	U16	Tuxford academy	0	938	0	0	938
229	Madeleine Davis	f	U25		0	0	938	0	938
230	Helen (Marie) Frost	f	FV 40		937	0	0	0	937
231	Sarah Ward	f		South Ribble Runners	0	937	0	0	937
232	Darcey Robinson	f	U16	Stretford Grammar School	0	0	937	0	937
233	Betty Stephenson	f			0	0	0	937	937
234	Helen Frost	f	FV 40		936	0	0	0	936
235	Lucy Peacock	f			0	936	0	0	936
236	Margaret Woods	f	FV 70	Millom Striders	0	0	936	0	936
237	Caroline Bones	f	FV 40	Warrington Running Club	0	0	0	936	936
238	Georgia Stansfield	f			0	935	0	0	935
239	Georgina Swift	f			0	0	0	935	935

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
240	Scott Burrow	m	MV 50		934	0	0	0	934
241	Nicky Laing	f	FV 40		0	0	934	0	934
242	Lindsay Plumb	f	FV 40		0	0	0	934	934
243	Darren Treadwell	m	MV 50		933	0	0	0	933
244	Gill Greaves	f	FV 60		0	0	0	933	933
245	Charlotte Hannay	f			932	0	0	0	932
246	Jacob Youbger	m	U16		0	932	0	0	932
247	Sophie Wiseman	f		Red Rose	0	0	932	0	932
248	Rich Flight	m	MV 40		931	0	0	0	931
249	Sam Blake	m	U16		0	931	0	0	931
250	Katrina Baybutt	f	FV 40		0	0	931	0	931
251	Becky Flight	f	FV 40	N/a	930	0	0	0	930
252	Keira Sullivan	f	U16		0	930	0	0	930
253	Michelle Baker	f	FV 50		0	0	930	0	930
254	Simon Hey	m	MV 70		0	0	0	930	930
255	Steven Moran	m	MV 40		0	929	0	0	929
256	Eloise Gemmell	f	U16	Witherslack Warriors	928	0	0	0	928
257	Jennifer Gemmell	f	FV 40	Witherslack Warriors	927	0	0	0	927
258	Diana Hopkins	f	FV 50		0	927	0	0	927
259	Gemma Clarke	f	FV 40		926	0	0	0	926
260	Lucy Coulson	f			0	926	0	0	926
261	Amanda Thompson	f			925	0	0	0	925
262	Emma Bzik	f	FV 40		0	925	0	0	925
263	Niki Stockton	f	FV 50		924	0	0	0	924
264	Gary Milne	m	MV 50		0	0	924	0	924
265	Victoria Burchell	f	FV 50		0	0	923	0	923
266	Helen Craven	f	FV 50	Snaith & Cowick Running Club	0	0	0	923	923
267	Elaine Hudson	f	FV 50		922	0	0	0	922
268	Peter WILKINSON	m	U16		0	922	0	0	922
269	Barry Slaymaker	m	MV 50		0	0	922	0	922
270	John Thomson	m	MV 60		0	0	0	922	922
271	Lucy Richardson	f			921	0	0	0	921
272	Stephanie Roebuck	f	U21		0	921	0	0	921
273	Turid Dinsmore	f	FV 60		0	0	0	921	921
274	Lucy Rodriguez	f			920	0	0	0	920



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275	Norrie Omalley	m	MV 50	Jog Scotland penicuik	0	0	0	920	920
276	Evie Mack	f	U21		0	919	0	0	919
277	Emily O'Malley	f	U16		0	0	0	919	919
278	David Binks	m	MV 70	Helm Hill Runners	918	0	0	0	918
279	anna kirrane	f	U21		0	918	0	0	918
280	Natalie Moyce	f	FV 50		0	0	918	0	918
281	Yvonne O'malley	f	FV 40	The Kilted Lassies	0	0	0	918	918
282	Ellie Bennett	f			917	0	0	0	917
283	Julie Hitchen	f	FV 60		0	917	0	0	917
284	Celia Hatch	f			0	0	917	0	917
285	Lotty Bradford	f	FV 40	Keswick AC	0	916	0	0	916
286	Maureen Roberts	f	FV 60	Lancaster Runners	0	0	916	0	916
287	Louise Forwood	f	FV 50		0	0	0	916	916
288	Emily Robinson	f	U16		0	915	0	0	915
289	Ian Mann	m		Burnden Road Runners	914	0	0	0	914
290	Caroline Robinson	f	FV 40		0	914	0	0	914
291	Ian Paul	m	MV 60	Lonely Goat Running Club	0	0	0	914	914
292	Lisa Cox	f	FV 50		913	0	0	0	913
293	Caroline Roden-davies	f	FV 70	Lincoln And District Runners	0	0	0	913	913
294	Jude Walsh	m	U21		912	0	0	0	912
295	fleur Coward	f			0	912	0	0	912
296	Kate Thomson	f	FV 50		0	0	0	912	912
297	Caroline Walsh	f	FV 40		911	0	0	0	911
298	Lillian Chambers	f			0	911	0	0	911
299	Isobel Povey	f	FV 60	Westbury Harriers	0	0	0	911	911
300	Julie Horne	f			910	0	0	0	910
301	Katie Wray	f			0	910	0	0	910
302	Judy Carter-Brown	f	FV 70		0	0	0	910	910
303	Rachel Tweddle	f	FV 40		0	909	0	0	909
304	Nina Carter-Brown	f	FV 40		0	0	0	909	909
305	Jonny Elliott	m			0	908	0	0	908
306	Lauren Hatton	f		None	0	0	0	908	908
307	Torrie Sullivan	f	FV 40		0	907	0	0	907
308	Nigel Harrison	m	MV 60	Red Rose Road runners	906	0	0	0	906
309	Hannah Carter-Brown	f			0	0	0	906	906

Pos	Name	Gender	Age Cat	Club	Staveley	Keswick	Cartmel	Helvellyn	TOTAL
310	Rebecca Slattery-kavanagh	f	FV 50		904	0	0	0	904
311	Angela Wood	f	FV 50	F.r.a.	0	904	0	0	904
312	Rebecca Colley	f			903	0	0	0	903
313	Jo Laycock	f	FV 40		0	903	0	0	903
314	Sam Jones	m	MV 50		902	0	0	0	902
315	ben Hill	m	MV 40		0	902	0	0	902
316	Kathryn Hodson	f	FV 50		0	901	0	0	901
317	Alanna Hemmings	f			0	900	0	0	900
318	Ann Coe	f	FV 70		0	898	0	0	898
319	Magdalena Klonowska	f			0	896	0	0	896
320	Lucy Williams-Reid	f	U21		0	895	0	0	895
321	Lindsey Williams	f	FV 40		0	894	0	0	894
322	Kerry Houghton	f	FV 40		0	893	0	0	893
323	Laura Redman	f			0	892	0	0	892
324	Amy Redman	f			0	891	0	0	891
325	Sarah Edwards	f	FV 50		0	890	0	0	890
326	Gill Barlow	f	FV 60	St Bees Triers	0	889	0	0	889