



		Lakeland Trails Ultra 9th July 2022		
		Start Lists - Ultra 55k		
				
Bib	Contest	First Name	Last Name	Club
1387	Ultra 55k	Mark	Addison	
1303	Ultra 55k	Nicola	Aindow	
1336	Ultra 55k	David	Allen	
1497	Ultra 55k	Katie	Allen	
1407	Ultra 55k	Lesley	Allison	Eden Runners
1417	Ultra 55k	Mike	Allison	Eden Runners
1368	Ultra 55k	Andrew	Allsop	South Derbyshire Road Runners
1021	Ultra 55k	Catherine	Almond	
1034	Ultra 55k	Dave	Almond	
1470	Ultra 55k	Sharon	Andrews	Methley Striders
1269	Ultra 55k	Mark	Appleby	
1019	Ultra 55k	Jamie	Arkle	RAF
1050	Ultra 55k	Dave	Arthur	Northern Fells Running Club
1205	Ultra 55k	Craig	Asbridge	
1015	Ultra 55k	Jayne	Ashe	
1374	Ultra 55k	Ben	Ashton	DORunning
1418	Ultra 55k	Rachel	Ashton	
1294	Ultra 55k	Matthew	Atkinson	
1166	Ultra 55k	Marc	Attwell	
1126	Ultra 55k	Mark	Austin	
1341	Ultra 55k	Tracy	Avill	
1056	Ultra 55k	Mark	Bailey	Glaxo Hoad Hill Harriers
1509	Ultra 55k	Andy	Baines-davies	
1496	Ultra 55k	Peter	Baker	Belper Harriers
1149	Ultra 55k	Erik	Bakkeren	
1188	Ultra 55k	Kevin	Baldwin	East Essex Triathlon Club
1333	Ultra 55k	Stuart	Bamberger	Stubbington Green Runners
1227	Ultra 55k	Glenn	Barclay	Fife Ac
1305	Ultra 55k	Kirsty	Barker	Keswick AC
1308	Ultra 55k	Stuart	Barker	
1356	Ultra 55k	Isobel	Barton	
1357	Ultra 55k	Will	Barton	
1201	Ultra 55k	Emily	Bartram	
1529	Ultra 55k	Jason	Bateman	Durham Fell Runners
1359	Ultra 55k	James	Bateson	
1525	Ultra 55k	Pete	Battersby	
1059	Ultra 55k	Mel	Beamish	
1536	Ultra 55k	Mandy	Beard	Swinton Running Club
1043	Ultra 55k	Lizzie	Beavis	
1195	Ultra 55k	Carol	Bedwell	
1482	Ultra 55k	Steve	Bellamy	Red Rose Road Runners
1125	Ultra 55k	Lynda	Bennett	
1446	Ultra 55k	Lindsey	Berends	Preston Harriers
1420	Ultra 55k	Nikki	Berry	
1444	Ultra 55k	Phill	Berry	
1251	Ultra 55k	Andrew	Bidolak	
1245	Ultra 55k	Gina	Biggs	Red Rose Road Runners
1020	Ultra 55k	Joseph	Bird	
1397	Ultra 55k	Dave	Bish	Beeston AC

		Lakeland Trails Ultra 9th July 2022		
		Start Lists - Ultra 55k		
				
Bib	Contest	First Name	Last Name	Club
1081	Ultra 55k	Mark	Blackwell	Cumberland Fell Runners
1231	Ultra 55k	Rachel	Blakeley	
1173	Ultra 55k	Ian	Blakemore	Sedgefield Harriers
1014	Ultra 55k	Charlotte	Bliss	Glossopdale Harriers
1114	Ultra 55k	Kevin	Bloy	
1438	Ultra 55k	Steve	Boardman	Preston Harriers
1040	Ultra 55k	Ros	Bodi	FERC
1175	Ultra 55k	Peter	Bond	
1510	Ultra 55k	Jessica	Booth	
1435	Ultra 55k	Tom	Booth	West Cheshire AC
1033	Ultra 55k	Dave	Boothroyd	Buckley Runners
1423	Ultra 55k	Ian	Bowker	Marple Runners
1048	Ultra 55k	Paul	Bowman	North York Moors AC
1533	Ultra 55k	Sarah	Bradley	
1460	Ultra 55k	Joseph	Brady	
1445	Ultra 55k	Julie	Brady	
1296	Ultra 55k	Nigel	Braithwaite	Eden Runners
1367	Ultra 55k	Dawn	Branley-Bell	
1366	Ultra 55k	Shaun	Branley-Bell	
1008	Ultra 55k	Helen	Brannan	
1208	Ultra 55k	Colin	Bretherton	
1160	Ultra 55k	Glenn	Bridges	
1404	Ultra 55k	Daniel	Brookfield	
1413	Ultra 55k	Hannah	Brookfield	
1364	Ultra 55k	Luke	Brookfield	
1412	Ultra 55k	Neil	Brooks	
1060	Ultra 55k	Carol	Brough	
1486	Ultra 55k	Jason	Brown	Sisu Run
1110	Ultra 55k	Jo	Brown	
1174	Ultra 55k	Tom	Brown	Vegan Runners
1447	Ultra 55k	Iain	Brownbridge	
1184	Ultra 55k	Daniel	Brownlow	
1143	Ultra 55k	Giuseppe	Bruni	
1388	Ultra 55k	James	Bryant	Spa Striders
1267	Ultra 55k	Peter	Burlingham	Lonely Goat RC
1385	Ultra 55k	Danielle	Burrows	Garstang Running Club
1477	Ultra 55k	Craig	Burton	Doncaster Athletics Club
1402	Ultra 55k	Neil	Byford	Beeston Ac
1118	Ultra 55k	Rebecca	Byrne	St Bees Trier
1117	Ultra 55k	Simon	Byrne	St Bees Trier
1286	Ultra 55k	Melanie	Callaghan	WetherbyRunnersAC
1491	Ultra 55k	Izzy	Cambray	
1177	Ultra 55k	David	Carr	
1351	Ultra 55k	Sam	Carr	Liverpool Pembroke & Sefton
1264	Ultra 55k	Phil	Carter	
1257	Ultra 55k	Michael	Casey	Wigan Harriers And District
1454	Ultra 55k	Sue	Cash	Wirral Vikings TRC
1395	Ultra 55k	David	Cassels	
1490	Ultra 55k	Simon	Caton	

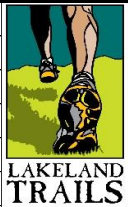
Lakeland Trails Ultra 9th July 2022				
 				
Bib	Contest	First Name	Last Name	Club
1298	Ultra 55k	Gary	Cattermole	
1249	Ultra 55k	Jeffrey	Caunce	
1102	Ultra 55k	Chris	Chadwick	
1121	Ultra 55k	Daniel	Chadwick	
1293	Ultra 55k	Karen	Chalmers	
1210	Ultra 55k	Steve	Chambers	
1119	Ultra 55k	Catherine	Charlton	
1534	Ultra 55k	Mark	Childe	
1218	Ultra 55k	Mike	Churchyard	Heathfield Road Runners
1141	Ultra 55k	Linda	Clark	
1083	Ultra 55k	Mandy	Clarke	Bingley Harriers
1507	Ultra 55k	Louise	Clayton	
1042	Ultra 55k	Steven	Clayton	Farsley Flyers
1302	Ultra 55k	Shane	Cliffe	
1105	Ultra 55k	Tanya	Coates	
1466	Ultra 55k	James	Codling	
1052	Ultra 55k	Debbie	Collier	
1472	Ultra 55k	Kathryn	Common	Washington Running Club
1299	Ultra 55k	James	Cook	
1138	Ultra 55k	Ross	Cook	
1236	Ultra 55k	Jon	Copley	
1237	Ultra 55k	Sue	Copley	
1322	Ultra 55k	Jocelyn	Coppard	
1167	Ultra 55k	Anna	Cordova	
1170	Ultra 55k	Lurdes	Corlett	
1084	Ultra 55k	Marie	Cornell	
1492	Ultra 55k	Roger	Cornthwaite	
1522	Ultra 55k	Kevin	Cornwell	
1414	Ultra 55k	Andy	Cottam	
1279	Ultra 55k	Jonathan	Cox	Eden Runners
1369	Ultra 55k	Paul	Craddock	Trafford Ac
1016	Ultra 55k	Michael	Crawley	
1503	Ultra 55k	Michelle	Cresswell	
1029	Ultra 55k	Vania	Croce	
1234	Ultra 55k	Chris	Crooks	
1531	Ultra 55k	Clair	Crowther	
1424	Ultra 55k	Heather	Crump	
1225	Ultra 55k	Carol	Cunliffe	Howfen Runners
1222	Ultra 55k	Phil	Dale	Walney Wind Cheetahs
1129	Ultra 55k	Royle	Daniel	
1018	Ultra 55k	Bryan	Darney	Goring Road Runners
1070	Ultra 55k	Iain	Davidson	
1057	Ultra 55k	Simon	Davies	
1041	Ultra 55k	Biz	Denton	
1344	Ultra 55k	Louise	Dermott	
1394	Ultra 55k	John	Dickinson	Liverpool Pembroke Sefton
1271	Ultra 55k	Andrew	Dixon	Bollington Harriers
1107	Ultra 55k	Andrew	Dobinson	Glasgow Green Running Club / House Running Club
1355	Ultra 55k	Rachel	Donaldson	

Lakeland Trails Ultra 9th July 2022				
Start Lists - Ultra 55k				
Bib	Contest	First Name	Last Name	Club
1379	Ultra 55k	Paul	Doney	Ponteland Runners
1295	Ultra 55k	Markk	Donnelly	
1047	Ultra 55k	Mathew	Dowden	
1517	Ultra 55k	Rob	Downs	Cheshire Hill Racers
1363	Ultra 55k	Liz	Draper	Spa Striders
1391	Ultra 55k	Craig	Dudley	N/a
1373	Ultra 55k	Angela	Duff	Ealing Eagles
1518	Ultra 55k	Kevin	Duncan	
1375	Ultra 55k	Catherine	Eaton	
1421	Ultra 55k	Craig	Eccleston	
1113	Ultra 55k	Zulma	Edmondson	Manchester YMCA
1289	Ultra 55k	Donna	Edwards	
1468	Ultra 55k	Kerry	Edwards	
1315	Ultra 55k	James	Egleston	
1196	Ultra 55k	Douglas	Elder	
1082	Ultra 55k	Jeff	Ellams	Helsby
1410	Ultra 55k	Kev	Elliott	
1508	Ultra 55k	Dave	Ellis	Bournville Harriers
1291	Ultra 55k	Jayne	Ellwood	
1156	Ultra 55k	Simon	Emery	Bramhall Runners
1064	Ultra 55k	Lee	Entwistle	Ramsbottom Running Club
1464	Ultra 55k	Anne	Evans	
1051	Ultra 55k	Jill	Ezard	Ilkley Harriers
1321	Ultra 55k	Dawn	Fahy	
1092	Ultra 55k	Jack	Fairbrother	Hardley Runners
1091	Ultra 55k	Sonja	Farish	Parkside panthers
1519	Ultra 55k	Gail	Farr	
1449	Ultra 55k	Wayne	Farr	
1461	Ultra 55k	Ben	Fearnhead	
1076	Ultra 55k	Daniel	Ferrol	
1324	Ultra 55k	Paul	Fitzsimmons	Wigan Harriers
1258	Ultra 55k	Paddy	Flavin	Huddersfield 7's
1501	Ultra 55k	Katrin	Fleck	
1090	Ultra 55k	Rachel	Flentje	
1318	Ultra 55k	stuart	fogarty	Tring Running Club
1467	Ultra 55k	Mark	Foley	
1524	Ultra 55k	Matt	Ford	
1230	Ultra 55k	Nick	Ford	The Irregulars LDWA
1334	Ultra 55k	Martin	Forshaw	
1097	Ultra 55k	Nigel	Forster	
1071	Ultra 55k	Ged	Foster	
1235	Ultra 55k	Emma	Foxley	
1268	Ultra 55k	Siobhan	Fraser	Bollington Harriers
1311	Ultra 55k	Amanda	Fuller	Blackpool Wyre & Fylde AC
1401	Ultra 55k	Lorna	Gamberini	
1212	Ultra 55k	Paul	Gardner	
1538	Ultra 55k	John	Garside	Knowle & Dorridge Rc
1458	Ultra 55k	Antony	Gatley	Running Ninjas
1003	Ultra 55k	Matt	Gibbard	

Lakeland Trails Ultra 9th July 2022				
 				
Bib	Contest	First Name	Last Name	Club
1153	Ultra 55k	Anna	Gibbons	N/a
1506	Ultra 55k	Alison	Gilchrist	Independent
1300	Ultra 55k	Suzanne	Gilmore	Keswick ac
1202	Ultra 55k	Paul	Glendennan	
1457	Ultra 55k	Andrew	Goodson	
1432	Ultra 55k	Steve	Gould	
1150	Ultra 55k	David	Green	
1206	Ultra 55k	Jim	Green	
1431	Ultra 55k	Vicki	Greenall	
1065	Ultra 55k	Hannah	Greenlee	Chorlton Runners
1353	Ultra 55k	Peter	Grigoleit	Tadley
1352	Ultra 55k	Tracey	Grigoleit	Tadley Runners
1240	Ultra 55k	Maxine	Grimshaw	RED Community
1214	Ultra 55k	Dafydd	Gwynn	
1213	Ultra 55k	Nia	Gwynn	
1055	Ultra 55k	Mark	Hackford	
1228	Ultra 55k	Philip	Haddock	N/A
1450	Ultra 55k	Dawn	Haddrick	Helm Hill
1259	Ultra 55k	Edward	Haigh	Huddersfield 7's
1087	Ultra 55k	Lucy	Hale	
1484	Ultra 55k	Trevor	Hallam	
1541	Ultra 55k	Rebecca	Halligan	
1159	Ultra 55k	Debbie	Hallsworth	Derwent Ac
1514	Ultra 55k	Kerry	Hallsworth	Caistor Running Club
1007	Ultra 55k	James	Hanson	
1370	Ultra 55k	Nick	Hargreaves	Accrington Road Runners
1106	Ultra 55k	Emma	Harris	Horsforth Harriers
1104	Ultra 55k	Anna	Harrison	No club
1372	Ultra 55k	Michelle	Harrison	Keswick AC
1320	Ultra 55k	Mat	Harrop	
1185	Ultra 55k	Adam	Hartley	Blackpool Wyre & Fylde Athletics Club
1074	Ultra 55k	James	Harvey	Ellesmere Port Running Club - Total Tri Training
1164	Ultra 55k	Fiona	Headley	
1163	Ultra 55k	Stephen	Headley	
1108	Ultra 55k	Mary	Heald	
1316	Ultra 55k	Paul	Hebden	Bollington Harriers
1142	Ultra 55k	Matt	Hember	
1211	Ultra 55k	Sarah	hendry	
1350	Ultra 55k	John	Heyes	Wigan Harriers
1283	Ultra 55k	Andrew	Higginson	
1027	Ultra 55k	Jon	Hill	Helm Hill
1072	Ultra 55k	Marc	Hills	
1314	Ultra 55k	Mike	Hobson	Sunderland Strollers
1100	Ultra 55k	Karl	Hodgson	Red Rose Road Runners
1310	Ultra 55k	Peter	Hodgson	GMFRS Athletics & Trail Running Club
1073	Ultra 55k	James	Hodson	
1006	Ultra 55k	Chris	Holdsworth	Team inov-8
1199	Ultra 55k	Andrew	Holland	Lymm Runners
1275	Ultra 55k	Iain	Holland	

		Lakeland Trails Ultra 9th July 2022		
		Start Lists - Ultra 55k		
				
Bib	Contest	First Name	Last Name	Club
1123	Ultra 55k	Andy	Holohan	Harrogate Harriers
1001	Ultra 55k	Julian	Hood	
1223	Ultra 55k	Karen	Hood	Skipton AC
1101	Ultra 55k	Richard	Hooper	
1426	Ultra 55k	John	Hopper	Dacorum AC
1244	Ultra 55k	William	Horner	Let's Run
1339	Ultra 55k	Tim	Hubbold	
1360	Ultra 55k	Paul	Hudson	Lonely Goat
1169	Ultra 55k	Phil	Hughes	
1066	Ultra 55k	Matthew	Hunn	
1200	Ultra 55k	David	Hunter	
1361	Ultra 55k	Rebecca	Hylton	
1338	Ultra 55k	Kev	Illingworth	
1086	Ultra 55k	JOHN	INGRAM	
1348	Ultra 55k	Jane	Ives	Elvet Striders
1313	Ultra 55k	Chris	Jackson	
1216	Ultra 55k	Oliver	Jackson	
1266	Ultra 55k	Cedric	Jakobsen	
1504	Ultra 55k	Olga	James	
1392	Ultra 55k	Ric	Jaques	
1263	Ultra 55k	Victoria	Jefferies	
1282	Ultra 55k	Lee	Johnson	
1246	Ultra 55k	Catherine	Joinson	
1067	Ultra 55k	Ashleigh	Jones	
1301	Ultra 55k	Catherine	Jones	
1434	Ultra 55k	Chris	Jones	
1377	Ultra 55k	Christian	Jones	
1004	Ultra 55k	Craig	Jones	Ymca Manchester Harriers
1127	Ultra 55k	Richard	Jones	Blackwater Valley Runners
1179	Ultra 55k	Rob	Jones	Chester Tri Club
1135	Ultra 55k	Simon	Jones	Adderbury Running Club
1539	Ultra 55k	Emma	Kamillo-Price	
1075	Ultra 55k	Jack	Kane	
1168	Ultra 55k	Vicky	Kehoe	Wallasey AC
1032	Ultra 55k	Lucie	Kelly	
1011	Ultra 55k	Richard	Kelly	
1285	Ultra 55k	Don	Kershaw	None
1079	Ultra 55k	Charlotte	Killick-Cole	
1078	Ultra 55k	Clare	Killick-Cole	
1226	Ultra 55k	Joanna	Kinrade	
1109	Ultra 55k	Sarah	Kinsella	
1026	Ultra 55k	Nicola	Kitchin	
1012	Ultra 55k	Steven	Kjar	Benfleet
1307	Ultra 55k	Jack	Knowles	
1217	Ultra 55k	Sebastian	Krzeminski	
1487	Ultra 55k	Jan	Kuiper	
1489	Ultra 55k	Roland	Kuiper	
1058	Ultra 55k	Deborah	Lack	Tattenhall Runners
1239	Ultra 55k	Lisa	Lambert	

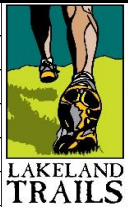
Lakeland Trails Ultra 9th July 2022				
Start Lists - Ultra 55k				
Bib	Contest	First Name	Last Name	Club
1376	Ultra 55k	tracy	langdale	
1416	Ultra 55k	Della	Lansley	
1427	Ultra 55k	Rupert	Leamon	
1189	Ultra 55k	Jen	Leatherland	
1393	Ultra 55k	Andy	Lee	Stubbington Green Runners
1242	Ultra 55k	Carolyn	Lee	Holcombe Harriers
1474	Ultra 55k	Paul	Lee	Relentless OCR
1182	Ultra 55k	Martin	Levi	
1088	Ultra 55k	Garry	Lindsay	
1238	Ultra 55k	Steph	Lishman	
1433	Ultra 55k	Helen	Little	U/a High Harrington, Cumbria
1306	Ultra 55k	Simon	Lock	NOTFAST RC
1317	Ultra 55k	Beth	Lockhart	Glasgow Triathlon Club
1405	Ultra 55k	Sarah	Lord	DH Runners
1124	Ultra 55k	Mark	Lovering	
1080	Ultra 55k	Sarah	Lowe	
1390	Ultra 55k	bryan	lowrie	
1281	Ultra 55k	Barry	Macdonald	
1532	Ultra 55k	Nicola	Mackay	
1037	Ultra 55k	Charlie	Mackenzie	
1473	Ultra 55k	Lauchlan	Maclean-bristol	
1437	Ultra 55k	John	Macleod	
1440	Ultra 55k	Rick	Madden	Ramsbottom Running Club
1343	Ultra 55k	Victoria	Magnus	Wetherby Runners Ac
1528	Ultra 55k	David	Main	
1494	Ultra 55k	Peter	Main	
1280	Ultra 55k	Ben	Marden	
1022	Ultra 55k	Ruth	Martin	
1290	Ultra 55k	Paul	Mason	Tewkesbury Running Club
1521	Ultra 55k	Paul	Mason	
1112	Ultra 55k	Jane	Mccarthy	Ilkley Harriers
1319	Ultra 55k	Emma	Mccolm	Dallam Running Club
1139	Ultra 55k	Billy	McCord	
1253	Ultra 55k	Kevin	McDermott	
1453	Ultra 55k	David	Mcdonald	Bollington Harriers
1382	Ultra 55k	Mike	Mcdonald	Knowle And Dorridge Rc
1132	Ultra 55k	LIAM	MCDONNELL	SOUTHPORT
1023	Ultra 55k	Tom	McEwan	
1443	Ultra 55k	Melissa	Mcguire	
1183	Ultra 55k	Andrew	Mchendry	
1176	Ultra 55k	Jonathan	Mckay	
1540	Ultra 55k	Martin	Mclaughlin	
1277	Ultra 55k	Gregory	Mcneill	
1371	Ultra 55k	Ian	McPake	
1411	Ultra 55k	Sara	McRitchie	Stubbington Green Runners
1523	Ultra 55k	Sharon	Meadows	Ilkley Harriers
1147	Ultra 55k	Matthew	Melia	
1017	Ultra 55k	Andrew	Merrick	Ilkley Harriers
1137	Ultra 55k	Christopher	Mihalyi	



		Lakeland Trails Ultra 9th July 2022		
		Start Lists - Ultra 55k		
				
Bib	Contest	First Name	Last Name	Club
1331	Ultra 55k	Louise	Millo	
1441	Ultra 55k	Adrian	Mills	
1036	Ultra 55k	James	Milsom	Evesham Vale Running Club
1481	Ultra 55k	James	Minter	Bedford & County
1480	Ultra 55k	Kevin	Minter	Olney Runners
1261	Ultra 55k	Jemma	Moorby	
1130	Ultra 55k	Anna	Moore	
1526	Ultra 55k	Léa	Moreau	
1276	Ultra 55k	Anthony	Morgan	Bollington Harriers
1255	Ultra 55k	Pamela	Moriarty	Holcombe Harriers
1254	Ultra 55k	Simon	Moriarty	Holcombe Harriers
1332	Ultra 55k	Ian	Morris	Darlington Harriers & Athletics Club
1187	Ultra 55k	Jack	Morris	
1252	Ultra 55k	Kevin	Morrison	
1272	Ultra 55k	John	Murphy	Bollington Harriers
1284	Ultra 55k	Lee	Myddleton	
1537	Ultra 55k	Bev	Navesey	
1451	Ultra 55k	Steve	Navesey	
1495	Ultra 55k	Zsofia	Nemeth	
1010	Ultra 55k	Mark	Nicholson	
1273	Ultra 55k	Stuart	Nicol	Red Rose Road Runners
1485	Ultra 55k	Sian	Norman	Chorlton Runners
1456	Ultra 55k	Tracy	Norman	Wirral Vikings Trc
1515	Ultra 55k	Tina	Nyman	Sandsund Trail
1516	Ultra 55k	Tom	Nyman	Sandsund Trail
1103	Ultra 55k	Paul	ODonnell	Knowle & Dorridge RC
1479	Ultra 55k	Helen	Ormerod-Pateman	Red Rose Road Runners
1154	Ultra 55k	Andy	Ormrod	
1146	Ultra 55k	Rebecca	Owen	
1327	Ultra 55k	David	Oxtoby	Kenilworth Runners
1328	Ultra 55k	Michelle	Oxtoby	
1256	Ultra 55k	Michael	Palin	
1462	Ultra 55k	Emma	Palmer	Ramsbottom Runngng Club
1323	Ultra 55k	Owen	Panton	
1345	Ultra 55k	Alan	Parker	
1024	Ultra 55k	Benjamin	Parkes	
1274	Ultra 55k	Huw	Parry	North Shields Polytechnic
1161	Ultra 55k	Ryan	Parry	
1241	Ultra 55k	Ian	Patterson	Preston Harriers
1436	Ultra 55k	Robert	Pattinson	Motherwell AC
1158	Ultra 55k	Imogen	Paul	
1038	Ultra 55k	Gareth	Pennell	
1513	Ultra 55k	Jonathan	Perry	
1475	Ultra 55k	James	Phillips	
1335	Ultra 55k	Dominic	Phipps	Newburn Running Club
1144	Ultra 55k	Thomas	Pickering	
1025	Ultra 55k	Sarah	Place	GoodGym Race Team
1248	Ultra 55k	Ash	Podda	
1094	Ultra 55k	John	Pollard	Glossopdale Harriers

		Lakeland Trails Ultra 9th July 2022		
		Start Lists - Ultra 55k		
				
Bib	Contest	First Name	Last Name	Club
1471	Ultra 55k	Simon	Pound	
1278	Ultra 55k	Rachel	Poynter	Eden Runners
1120	Ultra 55k	Gareth	Price	
1448	Ultra 55k	Mark	Price	
1330	Ultra 55k	Kathleen	Proctor	Keswick AC
1340	Ultra 55k	Phillip	Proctor	Ellesmere Port Running Club
1337	Ultra 55k	Bob	Quin	Dumfries Running Club
1039	Ultra 55k	Mark	Quinn	
1247	Ultra 55k	Robert	Ratcliffe	
1186	Ultra 55k	Sam	Rathbone	
1354	Ultra 55k	Joshua	Rawlins-Williams	
1439	Ultra 55k	Ben	Rea	Tyne Bridge Harriers
1250	Ultra 55k	Wayne	Rebanks	
1287	Ultra 55k	Steve	Recca	
1148	Ultra 55k	Janet	Regan	
1442	Ultra 55k	Steve	Renny	Altrincham
1096	Ultra 55k	Rich	Rex	City of Hull AC
1115	Ultra 55k	Elizabeth	Ribchester	
1396	Ultra 55k	Andrew	Richards	Sarah's Runners
1358	Ultra 55k	Helen	Richardson	
1194	Ultra 55k	Iain	Riley	
1459	Ultra 55k	Daniela	Rivatelli	
1193	Ultra 55k	Andrew	Robbins	Hook Runners
1408	Ultra 55k	David	Roberts	
1134	Ultra 55k	Louise	Roberts	
1233	Ultra 55k	Richard	Roberts	Mossley Hill AC
1535	Ultra 55k	Jayne	Robertson	
1326	Ultra 55k	Ian	Robinson	
1180	Ultra 55k	Julia	Robinson	
1093	Ultra 55k	Neil	Robinson	COLT
1389	Ultra 55k	Jo	Rolls	Keswick AC
1520	Ultra 55k	Stephen	Rookes	None
1415	Ultra 55k	Rachel	Ross Russell	Rzh
1365	Ultra 55k	Sam	Rowan	Keswick AC
1505	Ultra 55k	Chris	Rowland	
1260	Ultra 55k	Grace	Rowley	
1502	Ultra 55k	Vicky	Russell	
1128	Ultra 55k	Jimmy	Ryan	
1054	Ultra 55k	William	Rycroft	
1131	Ultra 55k	Rober	Ryder	
1403	Ultra 55k	Thomas	Salvini	
1203	Ultra 55k	Richard	Sands	
1198	Ultra 55k	Elaine	Sargent	Run Free Fell Runners
1151	Ultra 55k	Ian	Schofield	
1384	Ultra 55k	Chantelle	Schulz	
1030	Ultra 55k	Katrin	Schulz	
1165	Ultra 55k	Debbie	Scott	
1304	Ultra 55k	Jack	Settle	
1044	Ultra 55k	Sarah	Shanks	Valley Striders

Lakeland Trails Ultra 9th July 2022				
Start Lists - Ultra 55k				
Bib	Contest	First Name	Last Name	Club
1068	Ultra 55k	Janet	Shaw	-
1406	Ultra 55k	Michael	Shaw	DH Runners
1069	Ultra 55k	Stephen	Shaw	-
1349	Ultra 55k	Tom	Shaw	North Endurance
1325	Ultra 55k	Gareth	Sherratt	Roundhay Runners
1215	Ultra 55k	Mark	Sherwood	
1478	Ultra 55k	Stuart	Shingler	
1031	Ultra 55k	Neil	Shoemsmith	Hook Runners
1095	Ultra 55k	Tim	Short	
1383	Ultra 55k	Howard	Sidery	Lions Running Community
1077	Ultra 55k	Greg	Simpson	Eden Runners
1422	Ultra 55k	Scott	Simpson	
1530	Ultra 55k	Mike	Sinclair	Astley & Tyldesley Road Runners
1488	Ultra 55k	Martin	Smit	
1398	Ultra 55k	Gary	Smith	
1465	Ultra 55k	Laura	Smith	Orchard Eagles
1062	Ultra 55k	Matt	Smith	
1136	Ultra 55k	Michael	Smith	
1346	Ultra 55k	Robert	Smith	
1292	Ultra 55k	Ruth	Smith	
1155	Ultra 55k	Tabitha	Smith	Bramhall Runners
1191	Ultra 55k	Gwyneth	Snayde	
1452	Ultra 55k	Tessa	Soderlund	Cursorres Aland
1171	Ultra 55k	Abhishek	Soni	
1380	Ultra 55k	Clint	Southern-warburton	Beeston Ac
1498	Ultra 55k	Lizzie	Spencer	Helm Hill
1229	Ultra 55k	Gavin	Spickett	Tynedale Harriers
1098	Ultra 55k	Hubert	Stachnio	
1386	Ultra 55k	Esther	Stanier	Red Rose Road Runners
1116	Ultra 55k	Neil	Stantiall	Stubbington Green Runners
1181	Ultra 55k	Ellen	Stantschew	Howgill Harriers
1172	Ultra 55k	Nicola	Stavers	
1483	Ultra 55k	Steph	Steele	
1347	Ultra 55k	Andy	Stiles	
1527	Ultra 55k	Dan	Stolworthy	
1400	Ultra 55k	Lesley	Strickland	Hartlepool Burn Road Harriers
1476	Ultra 55k	Thomas	Sturgeon	
1178	Ultra 55k	Tom	Sutcliffe	
1209	Ultra 55k	Jo	Sutton	
1045	Ultra 55k	Zsolt	Szollosi	
1207	Ultra 55k	Laura	Taylor	
1028	Ultra 55k	Ross	Taylor	
1430	Ultra 55k	Stuart	Taylor	
1262	Ultra 55k	Robert	Terry	Belper Harriers
1002	Ultra 55k	Daniel	Thacker	
1419	Ultra 55k	Gabriele	Thomas-neher	Beeston AC
1270	Ultra 55k	Martin	Thomlinson	Muckle Toon Sloggers
1265	Ultra 55k	alexander	thomson	
1493	Ultra 55k	Amy	Thomson	c/o Helen McGee



		Lakeland Trails Ultra 9th July 2022		
		Start Lists - Ultra 55k		
				
Bib	Contest	First Name	Last Name	Club
1053	Ultra 55k	Nick	Thorpe	
1243	Ultra 55k	Joanne	Tickle	Let's Run
1309	Ultra 55k	Nigel	Tillott	Tewkesbury Ac
1512	Ultra 55k	Robert	Tomlin	Prestwich Ac
1204	Ultra 55k	Paul	Treadwell	
1224	Ultra 55k	Ian	Trencher	Billinge Running Club
1111	Ultra 55k	Dave	Troman	Love to Run Coaching
1312	Ultra 55k	Lee	Troughton	
1122	Ultra 55k	Kate	Turnbull	
1035	Ultra 55k	Kate	Turner	
1342	Ultra 55k	Alastair	Vale	
1013	Ultra 55k	Claire	van Zwanenberg	
1197	Ultra 55k	Emma	Vincent	
1063	Ultra 55k	Cristiano	Vizzotto	
1463	Ultra 55k	Helen	Vowles	Methley Striders
1049	Ultra 55k	Jason	Waddy	
1455	Ultra 55k	Michael	Waite	
1089	Ultra 55k	Katie	Wales	
1329	Ultra 55k	Thomas	Walker	Team Sixteen
1511	Ultra 55k	Lesley	Wallace	Women On The Run
1162	Ultra 55k	Marc	Ward	
1409	Ultra 55k	Laura	Warington	
1133	Ultra 55k	Nicky	Watt	
1157	Ultra 55k	Jack	Weatherburn	
1399	Ultra 55k	Louise	West	Beeston Ac
1288	Ultra 55k	Richard	Wheatley	
1140	Ultra 55k	Ross	Whitaker	
1499	Ultra 55k	Rick	White	
1469	Ultra 55k	Simon	White	
1428	Ultra 55k	Anna	Wild	Beeston AC
1085	Ultra 55k	Christopher	Wild	
1429	Ultra 55k	Peter	Wild	
1362	Ultra 55k	Elaine	Wilde	
1152	Ultra 55k	Bob	Wilkinson	
1232	Ultra 55k	Sheila	Williamson	
1500	Ultra 55k	Matthew	Wilson	
1381	Ultra 55k	Oliver	Wilson	
1099	Ultra 55k	Jonathan	Winn	Rutland Triathlon and Running Club
1046	Ultra 55k	Ian	Winstanley	Lostock AC
1190	Ultra 55k	Chris	Woo	
1378	Ultra 55k	Hannah	Woodhead	Allithwaite Running Club
1061	Ultra 55k	Alistair	Woodland	
1145	Ultra 55k	Rachael	Woolston	Girls Run the World
1221	Ultra 55k	Hannah	Wright	
1220	Ultra 55k	Alexander	Wrigley	Black Combe Runners
1425	Ultra 55k	Joe	Wrigley	Black Combe Runners
1192	Ultra 55k	Dacre	Wroe	
1297	Ultra 55k	Andy	Yates	
1219	Ultra 55k	Nigel	Youngman	