

Lakeland Trails 2016 10KM Autumn Series Results : Men							
Name	Category	Club	Keswick	Coniston	Helvellyn	Ullswater	Total
John Widdrington		U/A Newcastle upon Tyne,	995	997			1992
Craig Marsh		Keswick AC	991	995			1986
Darren Townend	Veteran 40	U/A Harrogate ,	993	993			1986
Nick Sharp	Veteran 40	U/A Wakefield, West Yorkshire	990	990			1980
Robbie Robson		South Axholme Academy	988	991			1979
Simon Maughan	Veteran 50	U/A Blackburn, Lancashire	986	987			1973
Graham Jordan		U/A OLDHAM,	975	989			1964
Ian Gibson	Veteran 40	U/A Ulverston, Cumbria	979	985			1964
andrew foster	Veteran 40	U/A southport,	983	980			1963
Lawrence Mannion	Veteran 50	U/A Kendal,	980	983			1963
sean barry	Veteran 40	U/A huddersfield,	977	984			1961
Ryan Mewis		U/A Preston,	972	981			1953
andrew pye	Veteran 40	U/A skelsmergh,	974	974			1948
Lance Saxby	Veteran 40	U/A Harrogate, North Yorkshire	965	973			1938
Richard Whall		U/A Kirkham, Lancashire	968	968			1936
James Wright		U/A Endmoor, Cumbria	951	967			1918
Glenn Morris	Veteran 40	U/A Lancaster, Lancs	957	956			1913
Joe Harper		Yorkshire Wolds Runners	947	957			1904
Thomas Ward		U/A Lancaster, Lancashire	946	943			1889
Jamie Homer		Asics	938	949			1887
Gerard Hurst	Veteran 60	U/A Wigan,	936	950			1886
Jon Berwick	Veteran 40	Asics	943	942			1885
Hunter Lyden		U/A Manchester,	932	945			1877
derek sweeney	Veteran 50	U/A windermere, cumbria	931	923			1854
gary clay	Veteran 50	U/A huddersfield, west yorkshire	922	927			1849
Andrew Hemsley	Veteran 50	U/A Penrith, Cumbria	916	930			1846
Chris Jackson	Veteran 40	U/A Tunstall, East Riding of Yorks	910	928			1838
ian mitchell	Veteran 50	helm hill runners	925	911			1836
Jason Spear	Veteran 40	U/A Chorley, Lancashire	898	938			1836
Phil Collinson		Asics.	912	917			1829
Mark Lovering	Veteran 40	U/A Chorley, Lancashire	908	919			1827
Dave Walton	Veteran 60	LOC	909	898			1807
Gareth Phillips	Veteran 40	Gateshead harriers	895	903			1798
Paul Donnelly	Veteran 40	U/A Southport, Merseyside	886	912			1798
Peter Phillips	Veteran 60	Loftus and Whitby AC	896	902			1798
Lindon Bolton		Keswick AC	899	894			1793
Jim Mclean	Veteran 60	Red Rose Road Runners	897	890			1787
Marcus Moss	Veteran 40	U/A Leeds, West Yorkshire	857	926			1783
andrew marrison	Veteran 40	U/A kendal, Cumbria	872	887			1759
Philip Loftus	Veteran 50	U/A Bolton, Lancashire	856	896			1752
Peter Jubb	Veteran 50	U/A Nottingham, Nottinghamshire	863	882			1745
David Ellicott	Veteran 40	Keswick AC	871	869			1740
Simon Cowling	Veteran 40	U/A Formby, Liverpool	852	888			1740
BARRY GREEN	Veteran 60	NONE	848	889			1737
Tom Lawson	Veteran 40	U/A Maryport, Cumbria	859	872			1731
Mel Jones	Veteran 60	Swinton Running Club	832	892			1724
Dave Newton		None	839	881			1720
Jason Platten		U/A York,	843	873			1716
Jim Dean	Veteran 70	U/A Kendal, Cumbria	837	850			1687
David Watson	Veteran 40	Red rose road runners	811	874			1685
Thomas Jackson		U/A Tunstall, East yorkshire	828	851			1679
Ian Rigby	Veteran 50	U/A Widnes, Cheshire	817	854			1671
Mark Sullivan	Veteran 50	U/A Helsby, Cheshire	814	846			1660
Jack Waite	Veteran 50	U/A Milnthorpe, Cumbria	812	843			1655
Chris Robson	Veteran 70	U/A St Bees, Cumbria	809	841			1650
J Howard	Veteran 60	U/A Ashton under Lyne, Lancs	807	840			1647
Ian Symington		U/A Hebden Bridge, West Yorkshire		1000			1000
Tom Collins		U/A Chatham, Kent	1000				1000
Ben Granger		U/A Kendal, Cumbria	999				999

Lee Winter	Veteran 40	GB Bootcamps		999		999
Mark Wade		Aycliffe Running Club	998			998
Paul Hughes		Penny Lane Striders		998		998
Murray Murray		Barrow Striders	997			997
Joshua Blacker		Harrogate Harriers		996		996
Wayne Laird		Border Warrior	996			996
Stephen Hall		North Shields poly	994			994
Tony Wardel	Veteran 40	South Cheshire Harriers		994		994
Larry Simpson	Veteran 50	U/A Kendal, Cumbria	992			992
Matt Harratt		U/A Oldham,		992		992
Gary Hutchinson	Veteran 50	U/A Sunderland, Tyne & Wear	989			989
David Antill		Tyne Bridge Harriers		988		988
Jonathan Creed		U/A Preston ,	987			987
Allan Sumner	Veteran 40	Preston Harriers		986		986
Steve Cumley		Bournville Harriers	985			985
Andrew Gittins		U/A Worcester Park,	984			984
Michael Armstrong	Veteran 40	U/A Ulverston, CUMBRIA		982		982
Paul Kelsall	Veteran 40	U/A New Mills ,	982			982
Nick Kay		U/A Lancaster, Lancashire	981			981
Oliver Lees		U/A Leeds, West Yorkshire		979		979
Leon Dallow	Veteran 50	Oswestry Olympians		978		978
Tim Skelton		Elvet Striders	978			978
Paul Managh	Veteran 40	Ulverston Tri Club		977		977
Bruce Hardy		U/A Cockermouth, Cumbria	976			976
Matthew Wall		U/A Barrow in Furness,		976		976
Kev Logue		Warrington Running Club		975		975
Phil Fortun	Veteran 40	Stone MM	973			973
Tim Waldron		U/A Liverpool, Merseyside		972		972
Paul Rawlinson		DH Runners	971			971
Simon Bolton	Veteran 50	Wilmslow Running Club		971		971
Jonathan Antill		U/A Oxford,		970		970
Malcolm Lorimer	Veteran 40	U/A Bedlington, Northumberland	970			970
Andy Martin		U/A Lytham,	969			969
Mark Zicking	Veteran 40	Evesham Vale		969		969
Tim Green	Veteran 50	Les Croupiers Running Club Card	967			967
Clym Stephenson		U/A Kendal,		966		966
David Andrews		U/A Cottingham, East Yorkshire	966			966
Jason Edmondson	Veteran 40	Coniston Fell Runners		965		965
Harry matthews	Veteran 60	Elswick harriers	964			964
Stephen Gilks		U/A Shipley, West Yorkshire		964		964
Antony Weedall	Veteran 50	n/a	963			963
Dave Hogg	Veteran 40	U/A Preston,		963		963
Richard Manley		U/A Wirral, Merseyside		962		962
Steve Foreman	Veteran 40	Sedgefield Harriers	962			962
George Barnes		York acorn r c	961			961
Ricky Mason		U/A Barrow In Furness, Cumbria		961		961
chris gill	Veteran 50	U/A York,	960			960
Powell Andy				960		960
Adrian Blake	Veteran 40	U/A Bury, Lancs	959			959
Paul Quinn	Veteran 50	U/A Barrow-in-Furness, Cumbria		959		959
Barry Edwards	Veteran 60	North Devon Road Runners		958		958
Edward Bartlett		Asics	958			958
Simon Hiscock		U/A Preston , Lancs	956			956
Andy Hale	Veteran 40	Red Rose Road Runners	955			955
Bruce Helme		U/A Preston, Lancashire		955		955
Adrian Hadley		U/A Whitehaven, Cumbria	954			954
Michael Bowden	Veteran 40	Holcombe Harriers		954		954
Andrew Laidlow	Veteran 40	U/A Carlisle, Cumbria		953		953
Michael Watson	Veteran 40	Banned out the multi	953			953
Andrew Paton-Jones		U/A Warrington, Cheshire	952			952
Ian Coupe	Veteran 50	U/A Bolton, Lancashire		952		952

Nick Postill		U/A Ormskirk,		951		951
Stephen Pepper	Veteran 40	U/A Ardrossan, North ayshire	950			950
Ian Griffiths		U/A Liverpool, Merseyside	949			949
Andrew Lancaster		U/A Wakefield, West Yorkshire		948		948
David Lynn	Veteran 40	U/A North Shields, Tyne and wea	948			948
Liam Aplin	Veteran 40	U/A Cockermouth, Cumbria		947		947
Mark Enescott		Asics		946		946
David Sumner	Veteran 50	U/A Nottingham, Notts	945			945
Joseph Barnes		U/A Leeds,		944		944
Lee Simpson	Veteran 40	U/A West Bridgford, notts	944			944
Jonathan Buckley		U/A Frizington, Cumbria	942			942
jerry barnes	Veteran 50	york acorn running club	941			941
Stuart Oram		U/A Manchester, Greater manchester		941		941
John Lafferty		U/A Glasgow,	940			940
Peter Evans	Veteran 50	Kings Heath Running Club		940		940
David Edwards		U/A scunthorpe,	939			939
Robin NAYLOR	Veteran 60	n/a		939		939
chris patterson	Veteran 40	Red Rose Road Runners	937			937
Gary Smith	Veteran 40	COLT		937		937
Adrian Mills	Veteran 40	U/A		936		936
Rathan Jeyapalan		U/A Sheffield ,	935			935
Simon Nicholson		U/A Galgate, Lancaster,		935		935
Matt Enescott		Asics	934			934
Michael Brinkhuijser		U/A Tarleton , Lancs		934		934
Phillip Armistead		GB bootcamp		933		933
Thomas Pearson		U/A Grange Over Sands, Cumbria	933			933
Gareth Brownson		GB Bootcamps		932		932
MARK JOWETT		U/A ALVECHURCH, WEST MIDS		931		931
Robin Lees	Veteran 60	U/A Ambleside, Cumbria	930			930
Lee Rice		U/A Chester le street , Durham	929			929
Steve Boston	Veteran 40	U/A Manchester,		929		929
Andrew Marshall		U/A Kendal,	928			928
Simon Osmond	Veteran 40	U/A Carnforth, Lancashire	927			927
Mark Ashton	Veteran 50	U/A Northallerton, North Yorkshire	926			926
Adam Birch		U/A Kendal, Cumbria		925		925
darryl cribbens	Veteran 40	U/A kendal,		924		924
Kevin Wallace		U/A Wigton, Cumbria	924			924
Mick Green	Veteran 50	U/A Chorley, Lancashire	923			923
Will Smith		U/A Lancaster,		922		922
Luke Harbour	Veteran 40	U/A Wardle,	921			921
Stephen Edgar	Veteran 50	U/A Dorking, Surrey		921		921
Andrew O'Boyle	Veteran 50	U/A Warrington, Cheshire	920			920
Derek Woolley	Veteran 60	U/A Heysham, Lancashire		920		920
Allistair Wright	Veteran 40	U/A Carlisle, Cumbria	919			919
Craig Abbott	Veteran 40	U/A Lancaster, Lancashire		918		918
Paul Shawcross	Veteran 40	Banned out the multi	918			918
N.N. 1508			917			917
Steve Beard		U/A Poulton le Fylde ,		916		916
James Alderson		U/A Poulton le Fylde ,		915		915
Nigel Hassell		U/A Sheffield,	915			915
Andrew Goodson	Veteran 50	U/A Bowness on Windermere, Cu	914			914
Simon Robson		U/A York, North Yorkshire		914		914
Adam Townsend		U/A Radstock,	913			913
Paul Finn	Veteran 50	U/A High Peak, Derbyshire		913		913
Gary Cornish	Veteran 40	U/A nottingham, notts	911			911
Paul Whittle	Veteran 40	U/A Bickerstaffe, Lancashire		910		910
Ian Sarginson		U/A Sedbergh, Cumbria		909		909
John Yates	Veteran 40	U/A Wilmslow, Cheshire		908		908
Dave Prescott	Veteran 40	Bridgnorth Running Club	907			907
Jason Copp	Veteran 40	U/A Birmingham, West Midlands		907		907
Mark Whalley		U/A Manchester,	906			906

Paul Heigham	Veteran 40	U/A Wakefield, West Yorkshire		906		906
Andy Neville		U/A Wesham, Lancs		905		905
Nicola Cumley		Bournville Harriers	905			905
David Beuzeval	Veteran 40	U/A Minlthorpe,		904		904
Sean Lynn	Veteran 50	U/A Newcastle upon tyne, Tyne a	904			904
Chris Robinson	Veteran 50	U/A Carlisle, Cumbria	903			903
Anthony Stacey	Veteran 60	U/A Burnley, Lancashire	902			902
ian hobro Hobro	Veteran 50	U/A Preston, - -		901		901
Stephen Alecock	Veteran 50	U/A Carlisle, Cumbria	901			901
Callum Linger		Asics	900			900
Steven Mcgregor		U/A Edinburgh,		900		900
Paul Wilson		U/A Barrow in Furness, Cumbria		899		899
Clive Beard	Veteran 40	U/A Winchester,		897		897
Gary Robson	Veteran 40	U/A York,		895		895
Stephen Lester	Veteran 50	U/A Ross-on-Wye, Herefordshire	894			894
Jon Gilson	Veteran 40	U/A Leek,		893		893
Tim Massey	Veteran 50	U/A Stoke-on-Trent, Staffordshire	893			893
Colin Campbell	Veteran 40	U/A Penrith,	892			892
Stephen Edwards	Veteran 40	Sweatshop Running Community	891			891
Trevor Watts	Veteran 50	U/A Henley in Arden, West Midlands		891		891
David Pugsley	Veteran 50	U/A Lytham,	890			890
Pete Holding	Veteran 60	U/A Kendal, Cumbria	889			889
PHILIP CHARLTON	Veteran 50	U/A GATESHEAD, TYNE AND W	888			888
Graham Hawkins	Veteran 40	motherwell ac	887			887
kevin Gelder	Veteran 50	U/A Cleckheaton, West Yorkshire		886		886
Leigh Rollin	Veteran 50	U/A Flockton,		885		885
Scott Amos	Veteran 40	U/A Hawick,	885			885
Ian Paterson		U/A Bootle, Merseyside	884			884
Michael Holmes	Veteran 40	DH Runners		884		884
John Gravett	Veteran 50	U/A Keswick, Cumbria	883			883
Mark Aldam	Veteran 50	U/A Kendal,		883		883
Tom French		U/A Skipton, North Yorkshire	882			882
Keith Bell	Veteran 40	U/A Doncaster, South yorkshire	881			881
Gary Richmond	Veteran 50	U/A Broadstairs, Kent		880		880
John Mercer	Veteran 50	U/A St Albans, Hertfordshire	880			880
Anthony McCully	Veteran 50	none		879		879
Gavin Taylor		U/A doncaster,	879			879
Michael Ward	Veteran 50	U/A LEIGHTON BUZZARD,		878		878
Oliver Collins		U/A Bolton, Lancashire	878			878
Chris Lees	Veteran 40	U/A Penrith, Cumbria	877			877
Shaun Halse		U/A Farleton, Lancashire		877		877
David Felton	Veteran 40	U/A Scunthorpe,	876			876
Peter Flynn	Veteran 60	U/A Glossop,		876		876
Clive Woods	Veteran 50	U/A Oxford,	875			875
David Middlebrough	Veteran 50	Me		875		875
Craig Preston	Veteran 50	Walney Wind Cheetahs	874			874
Adi Drinkall		U/A scunthorpe,	873			873
Richard Bremner		U/A Preston, Lancashire		871		871
Lee Hardwick	Veteran 40	Team Rocket slippers		870		870
William Staniard	Veteran 50	Stockport Tri Club	870			870
Tim Ford		U/A Sunderland, Tyne and Wear	869			869
MARK HOBSON		U/A LEEDS, WEST YORKSHIRE	868			868
Steve Gleadall		U/A Ackworth, West Yorkshire		868		868
Ian Beadle	Veteran 50	U/A durham, durham		867		867
STEVEN GIBSON		U/A PRESTON,	867			867
Guy Simpson		U/A Penrith, Cumbria	866			866
Mike Mills	Veteran 60	Totton R C		866		866

Alex Murray	Veteran 40	U/A		865		865
PAUL DENYER	Veteran 40	St Bees Triers	865			865
Michael Bremner		U/A Blyth,		864		864
Steve Goodwin	Veteran 40	U/A Cleethorpes, N E Lincs	864			864
Nick Archer	Veteran 40	U/A Manchester,		863		863
David Binks	Veteran 60	Allithwaite Running Club		862		862
Malcolm Alderton	Veteran 60	Fylde Coast Runners	862			862
ANDREW WOODS	Veteran 60	Fell Striders		861		861
Neil Jasani		N/A	861			861
Derek Campbell		U/A Glasgow, Strathclyde	860			860
Peter Murray		Gorilla Wetsuits		860		860
Joseph Murray		Gorilla Wetsuits		859		859
Graham Roberts		Red Rose Road Runners	858			858
Jason Deacon	Veteran 40	U/A Wakefield, West Yorkshire		858		858
Terry Orr	Veteran 40	U/A Clitheroe, Lancs		857		857
Robert Hudson	Veteran 40	BATS MNCC Runners		856		856
david wood	Veteran 50	manchester harriers	855			855
Paul Thackwray	Veteran 60	Harrogate Harriers		855		855
Ben Wallace		U/A Lancaster, Lancs	854			854
Christian Ainsley		U/A Liverpool, Merseyside	853			853
Thomas Beuzeval		Helm Hill / QES		853		853
Luis Madeira	Veteran 40	U/A Milton Keynes,		852		852
Terry Hill	Veteran 40	U/A Manchester,	851			851
philip beaumont	Veteran 50	no	850			850
David Jones	Veteran 50	U/A Spital, cheshire	849			849
Joseph McCullough		U/A Wakefield,		849		849
Chris Pollard		U/A Manchester,		848		848
Christian Oxley	Veteran 40	Superfan	847			847
John Blacker	Veteran 50	Harrogate Harriers AC		847		847
Steve Dunn	Veteran 50	U/A Tyne and Wear, whitley bay	846			846
Ken Lawton	Veteran 70	U/A Burgess Hill, West Sussex		845		845
Matthew Stevens	Veteran 40	U/A Ashbourne,	845			845
Alex Billings		U/A Torquay,		844		844
David Johnson		Asics	844			844
Andrew Higginson		U/A Blackburn, Lancashire	842			842
Neil Anderson	Veteran 60	U/A Preston, Lancs		842		842
Edward Ryder	Veteran 40	None	841			841
brian stephens	Veteran 70	None	840			840
Adam Clarke		U/A Derby,	838			838
Andrew Dawson	Veteran 40	U/A Cleethorpes, Lincolnshire	836			836
martin barrett	Veteran 40	U/A stockton-on-tees,	835			835
Chris Pearson	Veteran 50	U/A Grange Over Sands, Cumbria	834			834
Trevor Mackay	Veteran 40	U/A Edinburgh,	833			833
Sohel Islam	Veteran 40	U/A Clitheroe, Lancashire	831			831
Michael Thompson		U/A Cheadle Hulme, Cheshire	830			830
Alan Stephenson	Veteran 50	U/A North Sheilds, Tyne & Wear	829			829
Daniel OBrien	Veteran 50	U/A Macclesfield, Cheshire	827			827
Marc Carruthers		U/A Stonehaven,	826			826
David Cheung	Veteran 40	U/A Lancaster, Lancashire	825			825
joe dobbs	Veteran 70	independent	824			824
Ken Whittington	Veteran 60	U/A Ilkley, WEST YORKSHIRE	823			823
Paul Coldham	Veteran 50	U/A Keswick, Cumbria	822			822
Stuart Waring	Veteran 40	U/A Blackburn, Lancashire	821			821
DAVID LASH	Veteran 60	U/A SEAHAM, CO. DURHAM	820			820
Alan Townsend	Veteran 60	U/A Radstock,	819			819
Nicki Roberts		ASICS	818			818

