

## 2019 Autumn Series

### Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	KES	CON	HEL	ULL	Total
<b>Lakeland Trails 2019 10K Series Results : Men</b>							
1.	Haddow, Ronnie	Furness Fell Runners	996	995	991	999	3981
2.	Sharp, Nick	U/A Wakefield	994	994	988	997	3973
3.	Saxby, Lance	U/A London,	975	981	986	994	3936
4.	Robinson, Michael	U/A Cockermouth , Cumbria	962	973	981	995	3911
5.	Ingham, Graham	U/A Kirkham,	966	974	970	992	3902
6.	Brookfield, Daniel	U/A ORMSKIRK, Lancashire	961	963	978	989	3891
7.	Edwards, Andrew	U/A Cupar, Fife	940	945	952	972	3809
8.	Savage, Phillip	None	938	927	910	969	3744
9.	Blakeley, Philip	U/A Aughton, Lancs	895	911	908	919	3633
10.	Coldham, Paul	U/A Keswick, Cumbria	968	863	877	916	3624
11.	Garvey, Gerry	Muddy Boots Nursery	889	900	896	927	3612
12.	Ellicott, David	Keswick AC	886	881	892	932	3591
13.	Watson, David	Red rose road runners	870	862	874	918	3524
14.	Laird, Wayne	U/A	998	997	996		2991
15.	Mannion, Lawrence	U/A Kendal,		984	985	990	2959
16.	Lewthwaite, Nick	U/A Windermere, Cumbria	977	975	973		2925
17.	Grisedale, Jonny	Team inov-8	967	972	931		2870
18.	Phillips, Gareth	Gateshead harriers		934	946	973	2853
19.	fishpool, Luke	U/A driffield, East Riding of Yorkshire	934	949		964	2847
20.	Morris, James	U/A Preston,	922		944	970	2836
21.	Watson, Steve	U/A Gleaston, Ulverston	932	936	948		2816
22.	Mather, Tony	U/A Stockport, Cheshire	921		935	957	2813
23.	Dobson, Adrian	Team Dobson	888	882		934	2704
24.	Winder, Brian	Darwen Running Group	877	889		926	2692
25.	Phillips, Peter	Loftus and Whitby AC		876	885	931	2692
26.	Islam, Mahfuzul	U/A Sabden,	885	883	884		2652
27.	Dean, Jim	U/A Kendal, Cumbria		860	873	915	2648
28.	Smith, Alan	U/A Eaglesham,		707	917	940	2564
29.	Jardine, James	U/A Penrith, Cumbria	703		870	959	2532
30.	Fisher, Graham	Biddulph Running Club	745		647	956	2348
31.	Bailey, Gary	Pudsey & Bramley			997	1000	1997
32.	Parry, Stuart	U/A Carlisle,			994	998	1992

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Pos	Name	Club	KES	CON	HEL	ULL	Total
33.	Fenwick, Richard	U/A Whitley Bay, Tyne and Wear			989	996	1985
34.	Spratt, Michael	U/A Congleton ,	976	991			1967
35.	Bond, Ian	U/A Preston, Lancashire	984	982			1966
36.	Parker, Steve	U/A Chester, Cheshire			979	987	1966
37.	Telford, Scott	U/A Carlisle ,	973		983		1956
38.	MacGillivray, David	DH Runners			972	984	1956
39.	Morris, Paul	U/A Hockley, Essex			971	985	1956
40.	Clapham, Chester	U/A London,			964	988	1952
41.	Mayor, Rhys	U/A Liverpool,			968	982	1950
42.	Tinkler, Andrew	U/A Lancaster		958	987		1945
43.	Haile, James	U/A Carlisle , Cumbria	978	966			1944
44.	Lloyd, Jacob	U/A Peterborough,			963	979	1942
45.	Hurst, Gerard	U/A Wigan,			961	977	1938
46.	Foreman, Peter	Heaton Harriers			953	975	1928
47.	Moston, David	Wirral Vikings			947	971	1918
48.	Wright, Daniel	U/A Carnforth, Lancashire		954	957		1911
49.	Hatch, Steve	U/A Stockport, Cheshire			945	963	1908
50.	Johnson, Michael	U/A London,			937	968	1905
51.	Duffy, Fergal	U/A Enniskillen, Co. Fermanagh		914	990		1904
52.	Suwanwattanakul, Vanatt	U/A Kendal,	944		954		1898
53.	cheetham, ben	U/A North Shields, tyne and wear			929	967	1896
54.	Robson, Simon	U/A York, North Yorkshire	945	946			1891
55.	Williams, Alex	U/A Hale, Cheshire			930	961	1891
56.	Clarke, Stephen	U/A Chester, Cheshire			926	954	1880
57.	Sumner, David		941	935			1876
58.	Higham, Jim	U/A Woking, Surrey			925	948	1873
59.	Tomlinson, John	U/A Bolton,		933	938		1871
60.	Caspi, Alon	Mornington Chasers			922	946	1868
61.	Barton, Roy	U/A Leeds,			921	943	1864
62.	Maly, Grant	U/A Thrapston, Northamptonshire			919	942	1861
63.	Quan-Soon, Jordan	U/A Preston , Lancashire	939		920		1859
64.	Satterly, Charles	Lancaster & Morecambe A/C			906	952	1858
65.	Murrison, John	Non	917	928			1845

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Pos	Name	Club	KES	CON	HEL	ULL	Total
66.	Grant-Cawdell, Callum	U/A London, Outside U.S./Canada			901	944	1845
67.	Reid, Andrew	U/A Merseyside,	924	920			1844
68.	Pattison, David	U/A Chester, Cheshire		950	894		1844
69.	McCalman, Finlay	Wesham Road Runners			898	941	1839
70.	Liddington, David	U/A Workington , Cumbria		917	916		1833
71.	Holmes, Michael	U/A Carlisle, Cumbria	896			933	1829
72.	Kaufmann, Nick	U/A Edgware, Middx			903	924	1827
73.	Hunter, David	U/A London,	913	909			1822
74.	Wrennall, Jason	U/A Ormskirk, Lancashire	900	921			1821
75.	Francom, Steven	U/A Timperley,		898	918		1816
76.	wild, carl	U/A bowness, cumbria	905	907			1812
77.	Trace, James	U/A Congleton, Cheshire			880	928	1808
78.	Bond, Tony	U/A Preston,	904	901			1805
79.	Large, Paul	U/A Shepshed, Leicestershire		903	902		1805
80.	Holland, Chris	U/A Edgworth,			876	922	1798
81.	Cawdell, Richard	U/A London,			878	917	1795
82.	Dixon, Phil	U/A Redcar,	868			920	1788
83.	Hawthorne, Barry	U/A Castleford, West Yorkshire			869	914	1783
84.	Newton, Dave	None		894	881		1775
85.	Slater, John	U/A Carnforth, Lancs	882	874			1756
86.	shard, jon	U/A manchester, lancashire		958	786		1744
87.	Pollard, John	Glossopdale Harriers	806		933		1739
88.	Brooks, Martin	U/A Blackburn , Lancashire		766	960		1726
89.	Robson, Chris	St Bees Triers		851	866		1717
90.	Haydon, Paul	U/A Great Ayton, North Yorksire			624	953	1577
91.	Stirling, Ivor	U/A Lancaster,		861	678		1539
92.	FENNA, DENNIS	Southport & Waterloo AC	611		867		1478
93.	Harrison, John	U/A Carlisle, Cumbria		444	872		1316
94.	Richardson, Billy	Irvine Running Club	1000				1000
95.	Wilson, Richard	Kendal AC		1000			1000
96.	Williams, Joshua	U/A Glossop, Derbyshire			1000		1000
97.	Procter, Lee	inov-8	999				999
98.	Wilson, Matt	Kendal AC		999			999

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Pos	Name	Club	KES	CON	HEL	ULL	Total
99.	Collins, Adam	U/A Leeds			999		999
100.	Winter, Lee	Hoad Hill Harriers		998			998
101.	Bramham, Adrian	U/A Preston, Lancashire	997				997
102.	Barsby, James	U/A clitheroe, Lancashire		996			996
103.	Barnes, Nigel	Steel City Striders	995				995
104.	Stewart, Nicholas	Buckingham & Stowe Running Club			995		995
105.	foster, andrew	liverpool pembroke & sefton	993				993
106.	Clarkson, Michael	U/A Ashbourne, Staffordshire		993			993
107.	Jones, Steve	U/A Cramlington , Northumberland			993		993
108.	Wedgwood, Adam	U/A Cockermouth,				993	993
109.	Riveros Rojas, Alberto	Kirkstall Harriers	992				992
110.	Corden, Tom	U/A Nottingham,		992			992
111.	Flesher, Leon	Thornton cleveleys running club			992		992
112.	Shaw, John	U/A Ilkley,	991				991
113.	Neal, Philip	U/A Darlington, Durham				991	991
114.	Greeson, Paul	Cumberland AC	990				990
115.	Biles, Jake	U/A Coniston, Cumbria		990			990
116.	Friend, Scott	Darwen Cricket Club		989			989
117.	Lewarne, Chris	U/A Blackburn , Lancashire	988				988
118.	Filipek, Adrian	U/A		988			988
119.	Cameron, John	U/A Bristol, Avon	987				987
120.	Storey, Mark	U/A Whitley Bay, Tyne And Wear		987			987
121.	wright, joff	droitwich ac	986				986
122.	Higgins, Luke	U/A Manchester,		986			986
123.	Marsh, Steven	U/A Penrith, Cumbria				986	986
124.	Wood, Albert	U/A Newport Pagnell, Bucks	985				985
125.	Hirst, Danny	Andems Runners		985			985
126.	Foster, James	U/A Lincoln,			984		984
127.	Haigh, Stuart	North Shields Polytechnic	983				983
128.	Paybody, James	U/A Crosby,		983			983
129.	Lowe, Geoff	The Herdy Maaa-shal				983	983
130.	Quan-Soon, Jamie	U/A Preston,	982				982
131.	Fox, Simon	U/A Lancashire,			982		982

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Pos	Name	Club	KES	CON	HEL	ULL	Total
132.	Wilson, Kevin	Darlington Harriers AC	981				981
133.	Laidlow, Andrew	U/A Wigton, Cumbria				981	981
134.	atkinson, david	blengdale runners	980				980
135.	Wignall, Oliver	U/A Grange over sands , Cumbria		980			980
136.	STOBART, Billy	Cumberland ac			980		980
137.	Conabere, Jeff	Team Trident				980	980
138.	Williams, Richard	U/A Houghton-le-Spring , Tyne and Wear	979				979
139.	Aspinall, Phil	U/A Darwen, Lancashire		979			979
140.	Friend, Mark	Darwen Cricket Club		978			978
141.	MacMahon, Rob	U/A Warwick , Warwickshire				978	978
142.	Taylor, Joe	U/A Horsley,		977			977
143.	Lees, Oliver	U/A Leeds, West Yorkshire			977		977
144.	Procter, Thomas	Sleaford Striders			976		976
145.	Ashton, Matthew	U/A Telford, Shropshire				976	976
146.	Wojtaszczyk, Marcin	U/A Chorley,			975		975
147.	Gorman, John	U/A Preston , Lancashire	974				974
148.	Shepherd, Nick	U/A Chorley, Lancashire			974		974
149.	Mason, Richard	U/A CAMBRIDGE, England				974	974
150.	Higgins, Philip	Kendal Tri Club	972				972
151.	Lewis, Andy	Shrewsbury AC	971				971
152.	Knott, Shane	Penny Lane Striders		971			971
153.	Randle, David	Team Randle	970				970
154.	Shanahan, Fergus	U/A Hook, Hampshire		970			970
155.	Shotton, Mark	U/A South Shields, Tyne and Wear	969				969
156.	Houldsworth, Max	U/A Darwen, Lancashire		969			969
157.	Blake, Simon	U/A Bingley , West Yorkshire			969		969
158.	Gilks, Stephen	U/A Shipley,		968			968
159.	Shaw, Charles	U/A Kendal, Cumbria		967			967
160.	Prosperini, Paul	U/A Wallsend , North Tyneside			967		967
161.	Poudevigne-Durance, Paul	U/A London,			966		966
162.	Ollier, Alex	U/A London,				966	966
163.	Wright, Phil	U/A Sandbach, Cheshire	965				965
164.	Dubale, Adam	U/A MANCHESTER, LANCASHIRE		965			965

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Pos	Name	Club	KES	CON	HEL	ULL	Total
165.	Beard, Ian	U/A Gloucester, Gloucestershire			965		965
166.	Correia, Carlos	U/A North Tyneside,				965	965
167.	Bateman, Chris	U/A Halifax,	964				964
168.	Llewellyn, Peter	Bowland Fell Runners		964			964
169.	Biscomb, Stephen	Clayton le moors	963				963
170.	Korolyov, Kirill	U/A London,		962			962
171.	Fletcher, Brett	COLT			962		962
172.	Allan, Mark	U/A Huddersfield, West Yorkshire				962	962
173.	Heywood, George	U/A Chester,		961			961
174.	Hull, David	U/A Nr Chorley, Lancashire	960				960
175.	Wrigley, Matthew	U/A Chester,		960			960
176.	Aitken, Andrew	Peebles Triathlon Club				960	960
177.	Durward, James	U/A Newcastle upon Tyne,	959				959
178.	Morgan, Ian	U/A Kirkby Lonsdale, Cumbria		959			959
179.	Watson, Luke	Chorlton Runners			959		959
180.	Buswell, Andrew	U/A Santo Stefano Ticino, MI	958				958
181.	Allan, Stuart	U/A Kilmacolm,			958		958
182.	Grisedale, Jonny	Team inov-8				958	958
183.	Riggans, Lenny	Carlton Le Willows	957				957
184.	Lawson, Nigel	U/A Bolton, Lancs		957			957
185.	Boyle, Stewart	U/A Wetherby, West Yorkshire	956				956
186.	Ward, Thomas	U/A Lancaster,		956			956
187.	Eccles, Chris	U/A Lincoln,			956		956
188.	Macdonald, Scott	U/A Stockport, Greater Manchester		955			955
189.	O'Hare, Charlie	Walney Wind Cheetahs			955		955
190.	Mayoh, Martin	Washington Running Club				955	955
191.	Ashton, David	U/A Durham , Durham	954				954
192.	Highley, Sam	U/A Kendal,	953				953
193.	Broadley, Jonathan	U/A Newport Pagnell, Bucks		953			953
194.	Norton, David	U/A Wigan, Lancashire	952				952
195.	Prout, David	U/A Preston, Lancashire		952			952
196.	Carr, Jonathan	U/A Newcastle,	951				951
197.	Brownson, Gareth	U/A Barrow in Furness, Cumbria		951			951

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Pos	Name	Club	KES	CON	HEL	ULL	Total
198.	Holmes, Richard	U/A Bingley,			951		951
199.	Tomlinson, Dyllon	U/A Penrith, Cumbria				951	951
200.	Jubb, Michael	U/A Ulverston, Cumbria	950				950
201.	Hall, James	U/A Hartlepool, Teesside			950		950
202.	King, Niall	U/A Chester,				950	950
203.	Birrell, Lee	U/A Bourne end, Bucks				949	949
204.	Lynn, David	U/A North Shields, Tyne and wear	948				948
205.	Syratt, Mark	St Helens Tri		948			948
206.	Stones, Phil	U/A Cleator Moor, Cumbria	947				947
207.	Froud, A	U/A Clitheroe, Lancs		947			947
208.	McIntyre, Nigel	U/A Longton, Lancashire				947	947
209.	Pepper, Stephen	U/A Ardrossan, North ayshire	946				946
210.	Uttenthal, Ben	U/A Cambridge ,				945	945
211.	cullen, steven	U/A monton, greater manchestet		944			944
212.	Gothard, Lee	U/A Preston,	943				943
213.	colvin, simon	U/A Bolton , Lancs		943			943
214.	Skelton, Richard	None of the above			943		943
215.	Tucker, Mick	U/A Manchester,	942				942
216.	Keighley, Tom	U/A Darwen, Lancashire		942			942
217.	Robinson, Robert	U/A Huddersfield ,			942		942
218.	Thompson, James	U/A Holmfirth,			941		941
219.	Tordoff, Arron	U/A York, North Yorkshire		940			940
220.	slovan, felix	U/A stonely, CAMBS			940		940
221.	Thompson, William	U/A Barrow-in-Furness, Cumbria		939			939
222.	Pettersen, Erik	U/A REDCAR, Cleveland			939		939
223.	Halls, Neil	Saffron Striders		938			938
224.	Sadler, Mark	U/A Malton ,				938	938
225.	Lees, Robin	U/A Ambleside, Cumbria	937				937
226.	Armitage, Jon	U/A Sheffield, South Yorks				937	937
227.	Edwards, Stuart	U/A North Shields, Tyne and Wear	936				936
228.	Brookes, Christopher	U/A Preston , Lancashire			936		936
229.	kirtlan, scott	gateshead athletics				936	936
230.	Gourlay, Ross	Roundhay Runners	935				935

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Pos	Name	Club	KES	CON	HEL	ULL	Total
231.	acott, mark	U/A Solihull, W Midlands				935	935
232.	Bowden, Michael	Bolton tri club			934		934
233.	Tarback, Jonty	U/A Newcastle upon Tyne,	933				933
234.	Blackshaw, Jon	U/A Manchester,		932			932
235.	Macham, Graham	U/A Chorley , Lancashire			932		932
236.	Wright, David	U/A Carnforth,	931				931
237.	Adams, Russell	U/A Kendal, Cumbria		931			931
238.	Lavric, Peter	U/A Cleethorpes ,	930				930
239.	Ascroft, Philip	U/A Preston, Lancs		930			930
240.	Cheek, Jonathan	Hannah the Runner				930	930
241.	Masson, Steven	U/A Newcastle,	929				929
242.	Wilson, Jordan	U/A ULVERSTON,		929			929
243.	Hartley, Bob	Steel City Striders	928				928
244.	Solo, Ives	BBR			928		928
245.	Parry, Mark	U/A Swinton, Manchester			927		927
246.	Livermore, Laurence	U/A Basildon, Essex		926			926
247.	Cunliffe, Mark	Ribby Hall Tri Club	925				925
248.	Davies, Reece	U/A Darwen, Lancashire		925			925
249.	Allan, Amanda	U/A Huddersfield, West Yorkshire				925	925
250.	Otway, Paul	U/A Natland, Cumbria		924			924
251.	Fairclough, Paul	Red rose runner			924		924
252.	Taylor, Mark	U/A Preston, Lancashire		923			923
253.	Chelvaratnam, Uthayanan	U/A Bristol,	923				923
254.	Hewson, Matthew	U/A Holystone, North Tyneside				923	923
255.	Arumainathan, Arvind	U/A Liverpool,			923		923
256.	Wilson, Michael	Chorley Athletic & Triathlon Club		922			922
257.	Bell, Dan	U/A Crook Nr Kendal, Cumbria		922			922
258.	curry, alan	U/A newcastle upon tyne, durham				921	921
259.	Thompson, Dave	U/A Stoke on Trent, Staffordshire	920				920
260.	Rowbottom, Jason	Lymm Runners	918				918
261.	Bowden, David	Darwen Cricket Club		918			918
262.	barker, neil	U/A kirkbride,	916				916
263.	Finn, Paul	U/A High Peak, Derbyshire		916			916



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Pos	Name	Club	KES	CON	HEL	ULL	Total
264.	Paterson, Ian	U/A Maghull, Merseyside		915			915
265.	Wild, Peter	U/A Lancaster,			915		915
266.	Jones, Chris	U/A Manchester, Manchester	914				914
267.	Saxton, Eliot	N/a			914		914
268.	Pyrah, Leo	U/A Altrincham,		913			913
269.	Pritchard, John	U/A St Albans,			913		913
270.	Cooke, David	AquaDesign				913	913
271.	Cole, Robin	U/A Chester ,		912			912
272.	Gudgeon, Michael	U/A Settle, North Yorkshire	911				911
273.	Maxwell, Paul	U/A Stockport, Cheshire			911		911
274.	Valliani, Talal	U/A Bristol, Bristol	910				910
275.	Threlfall, Dave	Sheffield City Striders		910			910
276.	Riddick, Allan	U/A Carlisle,	909				909
277.	de Gea Rico, Aitor	U/A Manchester,	908				908
278.	Lane, Peter	U/A Newark, Nottinghamshire		908			908
279.	Stothard, Nick	U/A Solihull, West Mids			907		907
280.	Brookes, Martin	None	906				906
281.	Huntley, Arran	U/A Bolton, Lancashire		906			906
282.	Abrams, Paul	U/A St Helens, Lancs		905			905
283.	Ciesla, Przemyslaw	U/A Sosnowiec,			905		905
284.	Beuzeval, David	U/A Minlthorpe,		904			904
285.	Slater, Ronnie	U/A Southport, Merseyside			904		904
286.	Gordon, Ruben	U/A Windermere, Cumbria	903				903
287.	Hill, Steve	U/A Wigton, Cumbria	902				902
288.	Johnson, phillip	U/A manchester,		902			902
289.	Hill, Matthew	LSARRC	901				901
290.	Cassells, David	U/A			900		900
291.	Jones, James	U/A Grays, Essex	899				899
292.	Buday, Ian	U/A Huddersfield, West Yorkshire		899			899
293.	Bardon, Peter	U/A Washington, Tyne and Wear			899		899
294.	Dunn, Steve	U/A Tyne and Wear, whitley bay	898				898
295.	TICKNER, PAUL	U/A Cockermouth, Cumbria	897				897
296.	Lyon, David	U/A Wigan, Lancs		897			897

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Pos	Name	Club	KES	CON	HEL	ULL	Total
297.	Woodhead, Matt	U/A Notts, NG5 8QG			897		897
298.	Joynt, Chris	Wigan		896			896
299.	Sears, Justin	U/A Bolton, Bolton		895			895
300.	Gribbin, Allan	Cumberland AC			895		895
301.	Horse, Mark	U/A Leeds,	893				893
302.	Pilkington, Tony	U/A Preston, Lancashire		893			893
303.	Ribchester, Andrew	Coniston Mountain Rescue Team			893		893
304.	Wood, Andy	U/A Sutton Coldfield,	892				892
305.	Lowde, Chris	U/A Blackburn, Lancs	891				891
306.	Brannelly, Neil	U/A Prescot, Merseyside		891			891
307.	Hutchinson, Chris	U/A Nr Hull, East Yorkshire			891		891
308.	Hamer, Adam	U/A Worsthorpe, Lancashire		890			890
309.	Potter, Jonathan	U/A Leicester,			890		890
310.	Vernon, Thomas	U/A LONDON,			889		889
311.	Wild, Johnny	Lytham St Anne's road runners		888			888
312.	Walker, Ian	Glaxo Hoad Hill Harriers			888		888
313.	Cummings, Mark	U/A St. Helens, Merseyside	887				887
314.	Wilkinson, Mick	U/A York, North Yorkshire		887			887
315.	WHEATLEY, DAMON	U/A DERBY,			887		887
316.	Partridge, Richard	U/A Warrington,		886			886
317.	Thompson, James	U/A Turton,			886		886
318.	Bell, Ian	U/A Bolton, Lancashire		885			885
319.	Gibbs, Bob	Poor Father's Beer Fund	884				884
320.	Cowen, John	Derwentside AC		884			884
321.	Whiteley, David	U/A Kendal, Cumbria	883				883
322.	stephenson, Craig	U/A leeds,			883		883
323.	Orr, Tony	U/A burton in kendal, cumbria			882		882
324.	Thompson, Michael	U/A Cheadle Hulme, Cheshire	880				880
325.	Pickering, Timothy	Vegan Runners		880			880
326.	Mckenna, Kerry	U/A Ulverston, Cumbria		879			879
327.	Robinson, Richard	U/A Eaglescliffe,			879		879
328.	Campbell, Richard	U/A Manchester,	878				878
329.	Allerston, Jack	U/A Liverpool,		878			878

## 2019 Autumn Series

### Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	KES	CON	HEL	ULL	Total
330.	Cowling, Phil	U/A Leeds, West Yorkshire		877			877
331.	Newsham, Chris	U/A Winsford ,	876				876
332.	Sharkey, Mike	Wigan		875			875
333.	Brown, Richard	U/A Rugby, Warwickshire			875		875
334.	Evans, Philip	U/A Bracknell, Berkshire	874				874
335.	Hetherington, John	Bodyfit Cumbria	873				873
336.	Stephens, David	Clwydian Range Runners	872				872
337.	Jones, Andrew	U/A Prescot, Merseyside		872			872
338.	Pridmore, Steve	U/A West Bromwich , Birmingham	871				871
339.	Bannister, Stephen	U/A barrow in furness, cumbria		871			871
340.	Mault, Leslie	U/A Preston, Lancashire			871		871
341.	clamp, garry	U/A barrow in furness, cumbria		870			870
342.	Suddrick, Andy	U/A Sheffield, South Yorkshire	869				869
343.	Simson, Richard	U/A Durham ,		869			869
344.	Winterbottom, Ian	Wigan		868			868
345.	Sears, Aidan	U/A Child Okeford , Dorset		867			867
346.	Carson, Kris	U/A Egremont, Cumbria	866				866
347.	Slocombe, Stephen	U/A West Bromwich , Birmingham	865				865
348.	Wellings, Dean	Scunthorpe and district athletics club		865			865
349.	Bullows, Steve	Red Rose Road Runners	864				864
350.	Jones, Michael	U/A Stockport, Cheshire		864			864
351.	Wood, Iain	U/A Ormskirk, Lancashire		861			861
352.	Pritchett, Neil	U/A Liverpool, Sefton		858			858
353.	Paul, McMonagle	U/A Ormskirk		856			856
354.	leary, alex	U/A hull,		855			855
355.	Daniels, Sean	U/A St Helens, Merseyside		853			853
356.	Howard, J	U/A Ashton under Lyne, Lancs		852			852
357.	Stirling, David	U/A Lancaster, Lancashire	715				715
358.	McKenna, Grant	Hamilton Harriers					0
359.	Melling, Andrew	U/A Leyland,					0
360.	Pearson, Jamse	U/A Weybridge,					0
361.	Swainston, Ray	U/A Bishop Auckland Durham					0
362.	Western, David	U/A Sutton, Surrey					0

## 2019 Autumn Series

### Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	KES	CON	HEL	ULL	Total
363.	Chamberlain, Paul	U/A Wiggington Herts					0
364.	Stainer, Simon	Ambleside AC					0
365.	Worsley, Steven	Inverness Harriers					0
366.	Davis, Lydia	Newquay Roadrunners					0
367.	Brown, Simon	Lonely Goat RC					0
368.	Dunn, Adam	U/A Durham,					0
369.	Hargreaves, Christopher	Red rose runners					0
370.	knowles, Timothy	none					0
371.	Neath, Dave	Wolverhampton & Bilston Running Club					0
372.	Barlow, Phil	U/A Sheffield, South Yorkshire					0
373.	Bird, Paul	U/A Wotton under Edge, Gloucestershire					0
374.	Bone, Wesley	U/A Washington ,					0
375.	Bone, Kris	U/A Cheshire ,					0
376.	Cosh, Alan	Square and Compass Trail Runners					0
377.	cranham, matthew	skelmersdale boudary harriers					0
378.	Dean, Allan	U/A OAKHAM, Rutland					0
379.	Deeming, Gary	U/A DURHAM,					0
380.	Ferguson, Robin	U/A Alston, Cumbria					0
381.	Fetherstone, Michael	U/A Preston, Lancashire					0
382.	Greener, Paul	U/A Lanchester Durham					0
383.	Murphy, Rex	U/A Bolton,					0
384.	Pollard, Chris	U/A Manchester,					0
385.	Maloney, John	U/A Ribchester ,					0
386.	Lang, Dan	U/A Chorley, Lancashire					0
387.	Rotherham, Alan	Ballygalget Athletics Club					0
388.	Puttock, Cliff	U/A Warrington , Cheshire					0
389.	Walker, Chris	U/A Nantwich, Cheshire					0
390.	Walker, Gary	U/A Nantwich, Cheshire					0
391.	Reaney, Dan	U/A Darwen, Lancashire					0
392.	Fox, David	U/A Altrincham, Cheshire					0
393.	eaton, andrew	Tyne Bridge Harriers					0
394.	Swift, Peter	U/A Wigan, Lancashire					0
395.	Cooper, Colin	U/A Manchester, N/A					0

## 2019 Autumn Series

### Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	KES	CON	HEL	ULL	Total
396.	Robinson, Mark	U/A Hesketh Bank ,					0
397.	Foley, Phil	U/A Liverpool, MERSEYSIDE					0
398.	Jenkins, Tim	U/A Wallasey, Merseyside					0
399.	Woodruff, Charlie	U/A Blackburn , Lancashire					0
400.	Young, John	Ilkley Harriers					0
401.	mayo, john	U/A wigan, lancs					0
402.	Ward, Neil	Ponteland Runners					0
403.	Averill, Steven	U/A Nottingham					0
404.	Oldcorn, Don	U/A Wantage, Oxon					0
405.	Wingate, Harry	Kirkby Milers AC					0
406.	Wood, Paul	U/A Manchester,					0
407.	Johnson, Phil	Tewkesbury Tri					0
408.	Cowan, Mark	Wirral Vikings TRC					0
409.	pilling, russell	U/A North Shields, tyne and wear					0
410.	Duff, Ewan	U/A Stocksfield, Northumberland					0
411.	Martin, Darren	U/A Gainford, Durham					0
412.	Jubb, Peter	U/A Nottingham, Nottinghamshire					0
413.	ovans, simpson	U/A malvern,					0
414.	Yates, Andrew	U/A Ambleside,					0
415.	McClintock, Callum	U/A Carlisle, Cumbria					0
416.	Burthem, John	U/A Bolton, Lancashire					0
417.	Robinson, Alex	Holmfirth Harriers					0
418.	Wilson, Mark	Skipton AC					0
419.	Simpson, Andrew	U/A Moor Row,					0
420.	Wirkus, Jan	U/A Accrington, Lancs					0
421.	Cunliffe, Callum	U/A Workington, Cumbria					0
422.	White, Michael	U/A Davenport, Stockport					0
423.	Bridgewater, James	U/A Liverpool ,					0
424.	Entwistle, Darren	U/A Bury , Lancashire					0
425.	Wilson, Paul	Eden Runners					0
426.	Green, Nicholas	U/A Penrith , Cumbria					0
427.	Marks, Peter	Chorlton Runners					0
428.	Webb, Nick	U/A Lockerbie, Dumfries and Galloway					0

## 2019 Autumn Series

### **Lakeland Trails 2019 10K Series Results : Men**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>KES</b>	<b>CON</b>	<b>HEL</b>	<b>ULL</b>	<b>Total</b>
429.	Hinley, Tim	U/A Ingleton,					0
430.	Miller, Mark	U/A Danbury, ESSEX					0
431.	Lumsden, Tom	U/A Preston, Lancashire					0
432.	Wire, Richard	U/A Earlsfield					0

Number of records: 432