

## Cartmel Trail Challenge 18km

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1.	468	andrew foster	m	Veteran 40	liverpool pembroke & sefton	1:30:08
2.	381	Henry Chin	m		U/A London,	1:30:19
3.	870	Przemyslaw Zwiewka	m		U/A Kendal,	1:30:26
4.	372	Darran Carr	m	Veteran 40	U/A GRANGE-OVER-SANDS, CUMBRIA	1:31:32
5.	510	Josephine Harbison	f		U/A Camforth,	1:31:37
6.	426	philip Cuthbert	m	Veteran 40	wallasey ac	1:31:41
7.	901	Phill Beard	m	Veteran 40	N/a	1:32:07
8.	438	Joe Dorgham	m		U/A Liverpool,	1:32:48
9.	493	paul gregory	m		unattached	1:34:54
10.	499	Carl Groome	m	Veteran 40	Wesham road runners	1:35:23
11.	708	Andy Rees	m	Veteran 40	U/A Durham, Durham	1:35:37
12.	740	Ian Skyrner	m	Veteran 40	Roby Runners	1:36:05
13.	681	Harriet Owles	f		U/A London,	1:36:06
14.	553	Stephen Huyton	m		Newburgh Nomads	1:36:20
15.	786	Daniel Thacker	m		U/A Salford, Greater Manchester	1:36:28
16.	407	David Connolly	m	Veteran 40	U/A Burscough, Lancs	1:36:47
17.	539	Tom Holman	m	Veteran 40	U/A Grange-over-Sands, Cumbria	1:38:37
18.	815	Michael Vesey	m	Veteran 40	U/A meols, wirral	1:39:09
19.	363	Chris Burns	m		U/A Preston, Lancashire	1:39:27
20.	745	Helen Smith	f		U/A Market Rasen, Lincolnshire	1:39:32
21.	386	denis cleary	m	Veteran 40	none	1:40:00
22.	909	peter oram	m		U/A Grange over Sands, Cumbria	1:40:01
23.	408	Nicholas Cooper	m	Veteran 60	Shelton Striders	1:40:20
24.	487	Joanne Grant	f	Lady Veteran 40	Milltown Milers	1:40:27
25.	613	Paul Macfarlane	m	Veteran 40	Helmhill / Batala	1:40:53
26.	464	Graham Flynn	m	Veteran 50	U/A Liverpool,	1:41:02
27.	520	Chris Heap	m		U/A Salford,	1:41:11
28.	754	Jon Staffieri	m		U/A Barrow in furness, Cumbria	1:41:26
29.	722	Andrew sale	m	Veteran 50	merseytri	1:41:53
30.	413	Stefano Cossu	m	Veteran 40	Warrington Running Club	1:42:22
31.	840	Robert Wells	m	Veteran 70	Bedford Harriers	1:42:24
32.	418	Cameron Cox	m		U/A Lathom, Lancashire	1:43:54
33.	703	Paul Ray	m	Veteran 40	U/A Daventry, Northants	1:44:25
34.	327	Scott Ben Brahim	m		U/A Kendal, Cumbria	1:44:44
35.	312	Carl Ashton	m	Veteran 40	U/A WARRINGTON,	1:44:57
36.	942	Trevor Smith	m	Veteran 40	Leigh Harriers	1:45:05
37.	431	Chris Davies	m		U/A Witton le wrar, Durham	1:45:19
38.	329	Courtney Benson	f		Howgill harriers	1:45:49
39.	769	Andrew Sutherland	m	Veteran 50	U/A Brentwood, Essex	1:45:56
40.	851	John Williams	m		Milltown Milers	1:46:12
41.	595	Ian Lewis	m		St Bee's Triers	1:46:18
42.	346	Colin Bretherton	m	Veteran 40	U/A Ormskirk, Lancashire	1:46:55
43.	494	Ian Grey	m		U/A Cramlington, Northumberland	1:47:11
44.	787	Robert Thirkell	m	Veteran 50	U/A East Boldon, Tyne and Wear	1:47:25
45.	606	Scott Logie	m	Veteran 40	South Cheshire Harriers	1:48:04
46.	344	Tom Brannon	m		U/A Barrow-in-furness, Cumbria	1:48:37
47.	605	Charlotte Logie	f	Lady Veteran 40	South Cheshire Harriers	1:48:39
48.	379	Sam Cherry	m		U/A Northampton, Northamptonshire	1:48:43
49.	744	Gary Smith	m	Veteran 50	COLT	1:49:19
50.	505	Stewart Hamilton-Arrandale	m	Veteran 40	U/A Stockport, Cheshire	1:49:23
51.	567	Michael Jubb	m	Veteran 40	U/A Ulverston, Cumbria	1:49:44
52.	311	Dayle Armstrong	m		U/A Carlisle, Cumbria	1:50:40
53.	351	Christopher Brookes	m		U/A Preston , Lancashire	1:50:43
54.	480	Darren Gillman	m	Veteran 40	Cambridge & Coleridge AC	1:51:29
55.	544	Eleanor Houghton	f		U/A Liverpool,	1:51:30
56.	310	Martin Arner	m	Veteran 40	U/A Lancaster, Lancashire	1:51:35
57.	615	Ewan Mansley	m		U/A Glasgow,	1:51:52
58.	864	Richard Wright	m		U/A Holmes Chapel, Cheshire	1:52:13
59.	453	Jonathan Evans	m	Veteran 40	Red Rose	1:52:13
60.	814	Damian van Alderwegen	m	Veteran 40	Sale Harriers	1:52:20
61.	721	Sean Ruth	m	Veteran 50	U/A Reigate,	1:52:25
62.	503	Gordon Hamilton	m	Veteran 40	U/A Bury,	1:52:34
63.	415	graham coupe	m	Veteran 40	U/A meols, wirral	1:52:36
64.	582	Ian Lambert	m		U/A Littleborough, Lancs	1:52:43
65.	593	Ashley Leach	m		U/A Liverpool, Merseyside	1:52:50
66.	405	sandra connell	f	Lady Veteran 60	U/A Liverpool,	1:53:04
67.	871	Steven Averill	m	Veteran 50	U/A Nottingham	1:53:14
68.	347	Greg Brice	m		U/A Doncaster, South Yorkshire	1:53:15
69.	450	Matthew Elliott	m		U/A Manchester,	1:53:23
70.	856	Paul Wilson	m	Veteran 50	U/A Driffield, East Yorkshire	1:53:28
71.	907	Andrew Green	m	Veteran 40	York Acorn	1:54:00
72.	906	Chris Price	m	Veteran 50	York Acorns	1:54:00
73.	704	Dave Raynor	m	Veteran 50	Red Rose Road Runners	1:54:18
74.	360	James Buckell	m	Veteran 40	U/A MILTON KEYNES, Bucks	1:54:33
75.	308	Primo Antoniazzi	m	Veteran 50	U/A Birmingham ,	1:54:38
76.	772	greg swinbourne	m	Veteran 40	Hartlepool burn road harriers	1:54:49
77.	717	Nick Rogerson	m	Veteran 40	U/A Wallsend,	1:54:55

## Lakeland Trails in Cartmel

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
78.	589	Simon Lawlor	m	Veteran 40	Hartlepool Burn Road Harriers	1:54:58
79.	328	Alex Bennett	m		U/A Irlam, Lancs	1:55:04
80.	560	phillip Johnson	m		U/A manchester,	1:55:14
81.	373	Sam Carr	m		Liverpool Pembroke & Sefton	1:55:19
82.	822	Stuart Waldram	m	Veteran 40	Ramsbottom Running Club	1:55:25
83.	421	Ben Crichton	m		U/A Leyland,	1:55:41
84.	586	Pete Lashley	m	Veteran 40	U/A Milnthorpe	1:55:50
85.	352	Sara Brookes	f	Lady Veteran 40	U/A Preston, Lancashire	1:55:55
86.	641	Alan Metcalf	m	Veteran 50	Preston Harriers	1:56:11
87.	535	Ken Hogge	m	Veteran 40	U/A Isle of Arran, Ayrshire	1:56:17
88.	807	Maddy Turnbull	f	Lady Veteran 40	Marple Runners	1:56:23
89.	647	Jimmy Mo	m	Veteran 50	U/A Manchester,	1:56:26
90.	684	alan parker	m	Veteran 50	U/A stoke on trent,	1:56:34
91.	578	Jamie Knop	m		Allithwaite Running Club	1:56:37
92.	639	Nigel Meier	m	Veteran 50	n/a	1:56:39
93.	365	John Burthem	m	Veteran 50	U/A Bolton, Lancashire	1:56:57
94.	821	Paul Waldram	m	Veteran 40	U/A Bolton,	1:57:07
95.	903	Lucy Rowley	f	Lady Veteran 40	U/A Penrith ,	1:57:36
96.	778	Christopher Taylor	m		U/A Cramlington, Northumberland	1:57:37
97.	629	Alex McClellan	f		U/A Chislehurst, KENT	1:57:44
98.	554	Anthony Irving	m	Veteran 40	U/A Carlisle,	1:57:47
99.	403	Dave Colombi	m		U/A Carlisle, Cumbria	1:57:48
100.	355	Darren Brown	m	Veteran 40	U/A Kendal, Cumbria	1:57:48
101.	534	Ian Hogg	m	Veteran 40	U/A Manchester, Greater Manchester	1:57:49
102.	654	John Morley	m		Mrs	1:57:51
103.	666	Damian Cowell	m	Veteran 40	Warrington Running Club	1:58:07
104.	720	Dave Russell	m	Veteran 40	U/A Haworth, England	1:58:14
105.	773	nichola swinbourne	f		Hartlepool burn road harriers	1:58:19
106.	904	Sam Rowan	f	Lady Veteran 40	Unaffiliated	1:58:22
107.	424	Stephen Cruickshank	m	Veteran 40	U/A Formby,	1:58:31
108.	512	Robert Harper	m	Veteran 40	Yorkshire Wolds Runners	1:58:43
109.	301	David Aiken	m		Darlington Harriers & AC	1:58:49
110.	338	Kirsten Blower	f		U/A Macclesfield, Cheshire	1:58:53
111.	743	garry smith	m	Veteran 70	Milltown Milers	1:58:59
112.	665	Igal Nagar	m	Veteran 50	U/A Sutton Coldfield, West Midlands	1:59:08
113.	795	Mark Thorpe	m	Veteran 40	U/A Preston, Lancashire	1:59:10
114.	635	Stacey McKenna-Seed	f	Lady Veteran 40	U/A Blackburn,	1:59:58
115.	680	Katie O'Sullivan	f		BMF	2:00:21
116.	486	Ruth Graham	f		U/A Cockermonth, Cumbria	2:00:23
117.	552	Laura Hutton	f		U/A Glasgow,	2:00:23
118.	359	Doug Bryden	m	Veteran 50	Red Rose Road Runners	2:00:34
119.	823	Emma Walker	f		Trawden AC	2:00:34
120.	889	Daniel Hunter	m		U/A Carlisle Cumbria	2:00:40
121.	759	Katie Stephens	f	Lady Veteran 40	U/A Brackley, Northamptonshire	2:00:47
122.	556	Paul Jackson	m		Warrington Running Club	2:00:53
123.	444	Andrew Edwards	m	Veteran 40	U/A Cupar, Fife	2:00:58
124.	550	Emily Hufton	f		U/A longridge, lancs	2:00:59
125.	542	Jon Horne	m	Veteran 60	Biddulph Running Club	2:01:15
126.	340	Louise Bowden	f	Lady Veteran 40	Radcliffe athletic club	2:01:23
127.	620	Nick Martland	m	Veteran 40	U/A York,	2:01:58
128.	768	Gary Sutcliffe	m	Veteran 40	Trawden Athletic	2:02:21
129.	391	Jamie Close	m	Veteran 40	U/A Kendal, Cumbria	2:02:26
130.	460	Mark Ferguson	m	Veteran 40	U/A North Shields, Tyne And Wear	2:02:36
131.	396	ANGELA COLBY	f	Lady Veteran 40	Thornton Cleveleys Running Club	2:02:40
132.	727	Lucy Saunders	f		Leven Valley AC	2:02:48
133.	492	Katharine Greenwood	f	Lady Veteran 50	U/A Stockton-on-Tees,	2:03:05
134.	321	Jonathon Barron	m		U/A Lakeside, Ulverston,	2:03:31
135.	326	John Beedles	m	Veteran 40	U/A Altrincham, Cheshire	2:03:31
136.	699	Rob Quilliam	m	Veteran 40	U/A Bolton,	2:04:13
137.	799	Martin Tilbury	m	Veteran 40	U/A Sale, Cheshire	2:04:15
138.	658	Estelle Mortimer	f	Lady Veteran 40	U/A Settle,	2:04:26
139.	616	Joy Margerum	f		Vegan Runners	2:04:33
140.	315	Stewart Bailey	m	Veteran 40	Cheshire Hash House Harriers	2:04:36
141.	683	Tara Oxley	f		Stockton Striders	2:04:41
142.	637	Sarah Meanwell	f		U/A Rothwell, West Yorkshire	2:04:50
143.	625	Chris Mawdsley	m	Veteran 40	U/A Stockport, Cheshire	2:05:01
144.	610	Susan Lowes	f	Lady Veteran 40	Saltwell Harriers	2:05:09
145.	609	Mike Lowes	m	Veteran 50	Saltwell Harriers	2:05:09
146.	832	John Waring	m		U/A Warrington, Cheshire	2:05:22
147.	905	Jackie Oakes	f	Lady Veteran 40	Burnden road runners	2:05:24
148.	857	Stephen Wilson	m	Veteran 40	U/A Grange-Over-Sands, Cumbria	2:05:25
149.	590	Emma Lawrenson	f	Lady Veteran 40	U/A Lancaster,	2:05:31
150.	645	David Miller	m		U/A Preston,	2:05:36
151.	502	Rosie Halsall	f		U/A Altrincham, Cheshire	2:05:47
152.	601	jim little	m	Veteran 40	Warrington RC	2:05:50
153.	640	trevor mercer	m	Veteran 70	U/A darwen, lancs	2:06:21
154.	341	Michael Bowden	m	Veteran 40	Holcombe Harriers	2:06:25
155.	644	Yana Mihos	f		U/A Liverpool,	2:06:35
156.	430	Ian Davenport	m	Veteran 50	U/A Harrogate, North yorkshire	2:06:57
157.	820	Fay Waldram	f	Lady Veteran 40	U/A Bolton,	2:07:00

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
158.	449	Steffan Eldred	m		U/A Bury,	2:07:06
159.	437	Jayne Dore	f	Lady Veteran 40	U/A Formby,	2:07:06
160.	835	Luke Watson	m	Veteran 40	U/A Manchester,	2:07:11
161.	702	Belinda Randall	f	Lady Veteran 50	U/A Kendal, Cumbria	2:07:14
162.	831	Jessica Wareing	f		U/A Leyland,	2:07:14
163.	941	Janet Burthem	f	Lady Veteran 50	U/A Prestatyn, Denbighshire	2:07:23
164.	793	Steven Thornton	m	Veteran 40	U/A Newton Aycliffe, Durham	2:07:29
165.	747	Judith Smith	f		U/A Newcastle upon Tyne,	2:07:30
166.	726	Charles Satterly	m	Veteran 50	Lancaster & Morecambe A/C	2:07:54
167.	818	Anthony Vincent	m	Veteran 50	U/A Wigan , Lancs	2:08:34
168.	808	Andrew Turner	m	Veteran 40	Scarab Tri	2:08:38
169.	318	Bob Barford	m	Veteran 50	U/A Laceyby, Lincolnshire	2:08:42
170.	836	Richard Watson	m	Veteran 40	U/A Allithwaite, Cumbria	2:08:49
171.	576	Alison Kitching	f	Lady Veteran 40	U/A Lytham, Lancashire	2:08:57
172.	894	GARETH TOSH	m	Veteran 50	U/A Halifax,	2:09:24
173.	776	Adrian Taylor	m		Lean and Mean Bootcamp	2:09:45
174.	523	Andrew Hewitson	m	Veteran 40	U/A Lancaster,	2:09:54
175.	944	Amy Oliver	f		U/A Stourbridge, West Midlands	2:10:28
176.	682	Christian Oxley	m	Veteran 40	Stockton Striders	2:10:40
177.	476	Anna Gibbons	f		n/a	2:10:51
178.	709	Janet Regan	f	Lady Veteran 40	U/A Lancaster,	2:11:05
179.	549	Marcus Howell	m	Veteran 40	U/A Wigan, Lancashire	2:11:10
180.	339	BECKY BOOCOOCK	f	Lady Veteran 50	Parbold Pink Panthers	2:11:12
181.	706	Deborah Reekie	f		U/A holmrook, cumbria	2:11:13
182.	469	Anthony Fowler	m	Veteran 50	U/A Southport, Merseyside	2:11:14
183.	841	Katherine Westlake	f		U/A LONDON, London	2:11:30
184.	425	Carolyn Cullen	f	Lady Veteran 40	U/A Eccles, Manchester	2:11:34
185.	671	Ginny Newman	f	Lady Veteran 50	U/A Manchester,	2:11:38
186.	508	Susie Hanley	f	Lady Veteran 40	Milltown Milers	2:11:38
187.	383	Andrew Clarke	m	Veteran 40	U/A Kendal , Cumbria	2:11:40
188.	728	Dawn Saxby	f	Lady Veteran 50	U/A Harrogate, North Yorkshire	2:11:41
189.	594	Jen Leatherland	f	Lady Veteran 40	U/A Preston, Lancashire	2:11:42
190.	705	peter reed	m	Veteran 60	Northumberland Fell Runners	2:11:52
191.	570	Graham Kelly	m	Veteran 50	U/A Liverpool, Merseyside	2:12:03
192.	474	Jen Gardiner	f	Lady Veteran 40	U/A Darlington, Durham	2:12:10
193.	566	Liz Jordan	f	Lady Veteran 50	Stockton Striders AC	2:12:15
194.	873	Julie Williamson	f	Lady Veteran 40	U/A Wigan	2:12:18
195.	401	Graham Collins	m	Veteran 60	Milltown Milers	2:12:26
196.	330	Judith Benson	f	Lady Veteran 40	Ponteland Runners	2:12:26
197.	668	Lee Neale	m	Veteran 50	U/A South Harting, West Sussex	2:12:28
198.	325	Harley Beecroft	f		CVFR	2:12:29
199.	716	Sarah Rogan	f	Lady Veteran 40	BTR Road Runners	2:12:33
200.	631	Jeff McCully	m	Veteran 50	Walney Wind Cheetah	2:12:36
201.	874	Heather Acton	f	Lady Veteran 40	U/A Preston	2:12:40
202.	755	Laura Stanley	f		U/A Manchester,	2:12:44
203.	585	Louise Lashley	f	Lady Veteran 40	U/A Milnthorpe	2:12:49
204.	865	simon wright	m	Veteran 50	U/A lytham st. annes, lancashire	2:12:50
205.	521	Rob Heminsley	m	Veteran 50	U/A Preston,	2:12:51
206.	497	Allan Gribbin	m	Veteran 40	Cumberland AC	2:12:53
207.	531	Sharon Hockenhull	f	Lady Veteran 40	U/A Bolton,	2:12:55
208.	756	Alasdair Start	m		N/A	2:12:59
209.	454	Michelle Evers	f		U/A Liversedge, West Yorkshire	2:13:03
210.	455	rachel evers	f		U/A Ingleton,	2:13:03
211.	588	Angela Lawlor	f	Lady Veteran 40	Hartlepool Burn Road Harriers	2:13:13
212.	653	Ben Morgan	m	Veteran 40	U/A Hale, Cheshire	2:13:16
213.	458	nancy FALLOWS	f	Lady Veteran 40	U/A Altrincham, Cheshire	2:13:16
214.	592	Clare Laybourn	f	Lady Veteran 40	U/A Edinburgh,	2:13:46
215.	551	Andy Hull	m		U/A Grange over sands , Cumbria	2:13:50
216.	732	Aileen Shand	f		U/A Grange over sands , Cumbria	2:13:50
217.	501	Andrew Halcro-Johnston	m	Veteran 40	U/A York,	2:13:59
218.	384	Deborah Clarke	f	Lady Veteran 40	U/A Kendal , Cumbria	2:14:03
219.	377	Nina Caygill	f		U/A Kendal, Cumbria	2:14:04
220.	763	Marie Stolbrink	f		U/A Liverpool,	2:14:10
221.	334	Natalie Beveridge	f		U/A Oxford,	2:14:10
222.	572	Kev Kendal	m	Veteran 40	Howgill Harriers	2:14:19
223.	843	Richard Wheatley	m	Veteran 50	Redhill Road Runners	2:14:40
224.	481	Robert Ginder-Poulsen	m	Veteran 50	U/A Cheadle, Cheshire	2:14:44
225.	866	Jenny Wroe	f		Batala Mountain Runners	2:14:45
226.	719	Claire Rowlands	f	Lady Veteran 40	U/A Chester,	2:14:46
227.	320	Vicky Barker	f	Lady Veteran 40	U/A Altrincham, Cheshire	2:14:50
228.	471	Nikki Fulcher	f		Lions Running Community	2:14:51
229.	333	Phill Berry	m		Lions Running Community	2:14:52
230.	725	Alberto Sancho Santamaria	m		U/A Darlington, Durham	2:14:54
231.	500	Lindsay Hailey	f	Lady Veteran 40	U/A Grange Over Sands, Cumbria	2:15:01
232.	600	Fiona Little	f	Lady Veteran 40	U/A Carlisle, Cumbria	2:15:05
233.	331	amanda Bentley	f	Lady Veteran 40	Warrington Running Club	2:15:12
234.	611	Emma Luebke	f		Dumfries Running Club	2:15:30
235.	764	John Stout	m	Veteran 60	U/A Aughton, Lancashire	2:15:49
236.	833	Jane Warner	f	Lady Veteran 50	Skelmersdale Boundary Harriers	2:15:58
237.	332	Anne Berry	f	Lady Veteran 50	Wesham Road runners	2:16:09

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
238.	429	Paula Dalziel	f	Lady Veteran 50	U/A Bolton, Greater Manchester	2:16:12
239.	362	Michael Burkitt	m	Veteran 50	U/A Lancaster, Lancashire	2:16:14
240.	519	Paul Haydon	m	Veteran 50	U/A Great Ayton, North Yorksire	2:16:16
241.	892	Jennifer Lunn	f		U/A Wigan,	2:16:27
242.	947	Dean Pallister	m	Veteran 40	Allithwaite Running Club	2:16:36
243.	899	Shell Brinkhuijsen	f		U/A Tarleton , Lancs	2:17:01
244.	660	John Murphy	m	Veteran 50	St Helens Striders	2:17:29
245.	490	Steve Green	m		U/A Cockermonth, Cumbria	2:17:30
246.	380	David Cheung	m	Veteran 40	U/A Lancaster, Lancashire	2:17:37
247.	876	Frank Miller	m	Veteran 60	Garstang RC	2:17:38
248.	751	Jason Spear	m	Veteran 40	U/A Chorley, Lancashire	2:17:47
249.	322	Barbara Bath	f	Lady Veteran 50	Lions	2:17:47
250.	409	Elaine Corcoran	f	Lady Veteran 40	Trawden AC	2:17:48
251.	623	Kevin Mather	m	Veteran 50	U/A Warrington,	2:18:12
252.	302	Mark Aldam	m	Veteran 50	U/A Kendal,	2:18:13
253.	422	Ross Crombie	m	Veteran 50	U/A West Bridgford,	2:18:16
254.	602	Jim Lloyd	m	Veteran 50	Unattached	2:18:20
255.	511	Victoria Hare	f		U/A Whitby, North Yorkshire	2:18:21
256.	577	John Kleiser	m	Veteran 40	Delamere Spartans	2:18:34
257.	805	Joanne Torr	f	Lady Veteran 40	Milltown Milers	2:18:36
258.	343	Emma Boyd	f	Lady Veteran 40	Fellsideladies	2:18:46
259.	457	Jo Falconer	f	Lady Veteran 40	Fellside Ladies	2:18:46
260.	419	Louise Cox-o'shea	f		U/A Penrith, Cumbria	2:19:10
261.	774	Katharine Taggart	f		St. Helens Striders	2:19:19
262.	685	Mike Parker	m	Veteran 40	Elvet Striders	2:19:43
263.	796	Rebecca Thorpe	f		U/A Millom, Cumbria	2:19:48
264.	461	Kim Firstbrook	f	Lady Veteran 50	Tynedale Harriers	2:19:54
265.	886	Kristel Kemp	f			2:20:11
266.	890	Darren Grundy	m	Veteran 40	U/A Blackpool, Lancashire	2:20:16
267.	473	Helen Gaddas	f		U/A Kendal, Cumbria	2:20:20
268.	506	John Hammill	m	Veteran 50	Batala	2:20:28
269.	661	Rachel Murray	f		U/A Millom, Cumbria	2:20:37
270.	596	katy lewis	f	Lady Veteran 50	U/A Liverpool,	2:20:41
271.	861	stefan wood	m		U/A St Helens,	2:20:50
272.	701	Matthew Ramsden	m		U/A Grange Moor,	2:20:52
273.	456	Jill Ezard	f	Lady Veteran 40	U/A Ilkley,	2:21:08
274.	564	John-Paul Jones	m		U/A Gomersal, West Yorkshire	2:21:16
275.	581	Stewart Lamb	m		Garstang running club	2:21:26
276.	946	Shiran Cleminson	f	Lady Veteran 40		2:21:37
277.	643	Janice Metcalf	f	Lady Veteran 50	U/A Preston, Lancs.	2:22:06
278.	809	Dawn Turner	f	Lady Veteran 50	Ilkley Harriers	2:22:07
279.	370	Mark Cannell	m	Veteran 40	U/A Wigan, Lancashire	2:22:11
280.	850	David Wilkins	m	Veteran 40	Lean and Mean Bootcamp	2:22:15
281.	790	Lorraine Thompson	f	Lady Veteran 40	Womens running network	2:22:43
282.	860	Donna Wood	f	Lady Veteran 40	Milltown Milers	2:22:50
283.	385	louise clayton	f	Lady Veteran 40	U/A kendal, cumbria	2:22:57
284.	940	Ruth Clements	f	Lady Veteran 40	U/A Scarborough, North Yorkshire	2:23:05
285.	688	Elizabeth Penrose	f	Lady Veteran 40	U/A Lewes, Sussex	2:23:05
286.	336	Jo Blackwood	f		U/A Ulverston, Cumbria	2:23:07
287.	811	Simon Turner	m		U/A Newcastle upon tyne, Tyne and wear	2:23:07
288.	612	Margaret Lupton	f	Lady Veteran 50	Red Rose Road Runners	2:23:13
289.	760	Joe Stevens	m	Veteran 50	U/A Ormskirk, Lancashire	2:23:27
290.	395	Paul Coggon	m	Veteran 40	U/A Ormskirk, Lancashire	2:23:27
291.	794	Laura Thorpe	f		U/A Milnthorpe,	2:23:35
292.	614	Sarah Maltby	f		Red Rose Road Runners	2:23:40
293.	734	Claire Shaw	f		Red Rose Running Club	2:23:40
294.	713	Gill Roberts	f		Bramhall Runners	2:24:20
295.	607	Helen Loughran	f		U/A Kendal,	2:24:35
296.	479	Caryl Gibson	f	Lady Veteran 50	U/A Birmingham,	2:25:02
297.	545	Steven Houghton	m		U/A Beetham , Cumbria	2:25:06
298.	477	Sarah Gibbons	f	Lady Veteran 40	U/A London,	2:25:10
299.	943	Steven Slaney	m	Veteran 40	Fylde Tri Club	2:25:11
300.	541	Karen Hooper	f	Lady Veteran 40	Team Coco	2:25:15
301.	884	Phil Owens	m	Veteran 50	U/A Seaham	2:25:15
302.	679	Laura Oram	f		Allithwaite Running Club	2:25:33
303.	367	Lara Butterfield	f		U/A GRANGE OVER SANDS, Cumbria	2:25:33
304.	622	Jessica Mather	f		U/A Warrington,	2:25:40
305.	775	liza tattersall	f	Lady Veteran 40	U/A carnforth, lancashire	2:25:47
306.	530	Andrea Hobbs	f	Lady Veteran 50	U/A Bolton le Sands, Lancashire	2:25:47
307.	767	Graeme Surtees	m	Veteran 50	Hartlepool Burn Road Harriers	2:25:57
308.	766	Cary Surtees	f	Lady Veteran 50	Hartlepool Burn Road Harriers	2:25:57
309.	537	Gary Hollis	m	Veteran 50	U/A Kendal, Cumbria	2:26:15
310.	784	Lynne Terry	f	Lady Veteran 40	U/A Belper, Derbyshire	2:26:25
311.	785	Robert Terry	m	Veteran 40	Belper Harriers	2:26:26
312.	670	Michael Nelson	m	Veteran 50	U/A Barrow in Furness, Cumbria	2:26:44
313.	632	Daniel McGrath	m		U/A Ramsbottom , Lancs	2:26:51
314.	633	Sarah McGrath	f		Bury AC	2:26:51
315.	591	Tom Lawson	m	Veteran 40	U/A Maryport, Cumbria	2:26:55
316.	496	Sarah Grey	f	Lady Veteran 40	U/A Whitley Bay, Tyne and Wear	2:27:02
317.	495	John Grey	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	2:27:03

## Lakeland Trails in Cartmel

## Cartmel Trail Challenge 18km

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
318.	412	Louise Corrigan	f		Swinton RC	2:27:25
319.	948	Viv Riley	f	Lady Veteran 50	Black Combe Runners	2:27:26
320.	436	Deirdre Dobson	f	Lady Veteran 40	U/A Ulverston, Cumbria	2:27:28
321.	526	Lynne Higgs	f	Lady Veteran 40	U/A Ulverston , Cumbria	2:27:28
322.	678	Helen O'Neill	f		U/A ULVERSTON, CUMBRIA	2:27:28
323.	834	Sarah Warrington	f	Lady Veteran 40	U/A Tarporley, Cheshire	2:27:32
324.	335	Claire Bewsher	f	Lady Veteran 40	U/A Chorley, Lancashire	2:27:38
325.	762	Neil Stoker	m	Veteran 40	U/A Camforth, Lancashire	2:27:45
326.	608	Liz Lowe	f	Lady Veteran 50	Roundhay Runners	2:27:59
327.	598	Owen Lewis	m	Veteran 40	Independent	2:28:01
328.	848	Jenni Whittaker	f		U/A Ovingham, Northumberland	2:28:06
329.	844	Debs White	f	Lady Veteran 40	Cambridge and Coleridge	2:28:09
330.	580	Nicola Knowles	f	Lady Veteran 40	U/A Manchester,	2:28:28
331.	547	Lynn Howard	f	Lady Veteran 40	U/A Bollington, Cheshire	2:28:31
332.	770	Morag Sutton	f	Lady Veteran 40	NRC	2:28:32
333.	406	Shirley Conner	f	Lady Veteran 50	U/A Darlington, Co Durham	2:28:32
334.	729	Kate Schweizer	f	Lady Veteran 40	quakers Running Club	2:28:32
335.	902	Charlotte Kershaw	f		U/A Warwick,	2:28:40
336.	300	Gill Nevin	f	Lady Veteran 40	Crosby Stormers	2:28:44
337.	863	sue woods	f	Lady Veteran 50	U/A Ievens, cumbria	2:28:47
338.	854	Lynn Wilson	f	Lady Veteran 40	U/A Driffield, East Yorkshire	2:28:57
339.	504	Lisa Hamilton-Arrandale	f		U/A Stockport, Cheshire	2:28:58
340.	348	Shelley Briggs	f		U/A York,	2:29:02
341.	780	Nicholas Taylor	m	Veteran 40	U/A Grange-over-Sands, Cumbria	2:29:26
342.	375	Amanda Casken	f	Lady Veteran 50	U/A York,	2:29:31
343.	304	Karl Alldred	m	Veteran 40	Spectrum Striders RC	2:29:44
344.	546	Anna Howard	f		U/A Scarborough,	2:29:52
345.	748	Michael Smith	m	Veteran 50	Olney Runners	2:29:53
346.	307	Valerie Anslow	f	Lady Veteran 60	Wellingborough and District Athletic Club	2:29:58
347.	627	Finlay McCalman	m	Veteran 50	Wesham Road Runners	2:30:05
348.	803	Sandy Tomlinson	f	Lady Veteran 50	North Derbyshire RC	2:30:07
349.	802	kevin tomlinson	m	Veteran 50	milltown milers	2:30:07
350.	826	Amanda Walsh	f	Lady Veteran 50	U/A Preston, LANCS	2:30:23
351.	573	Anouska Kent	f		U/A Oldham, Lancashire	2:30:30
352.	522	Joanne Heron	f	Lady Veteran 40	Womens Running Network	2:30:31
353.	498	Michelle Griffiths	f	Lady Veteran 50	Red Rose Road Runners	2:30:33
354.	771	Jacqui Sutton-Riley	f	Lady Veteran 40	U/A Ulverston, Cumbria	2:30:48
355.	782	Susan Taylor	f		U/A Milnthorpe, Cumbria	2:31:02
356.	696	Robert Preston	m	Veteran 40	U/A Heysham, Lancs	2:31:08
357.	345	Mark Brennan	m	Veteran 50	U/A Stockport, Cheshire	2:31:08
358.	712	MARY ROBERT	f	Lady Veteran 50	U/A STOCKPORT, CHESHIRE	2:31:08
359.	358	Tracey Bruce	f	Lady Veteran 40	U/A Morecambe, Lancashire	2:31:08
360.	540	Vincent Holme	m	Veteran 50	U/A Preston, Lancashire	2:31:19
361.	423	Lee-anne Crossman	f		U/A Wirral, Merseyside (county)	2:31:23
362.	648	Kathryn Money	f	Lady Veteran 50	U/A Lincoln, Lincolnshire	2:31:28
363.	569	Sue Kearney	f	Lady Veteran 50	U/A Bolton, Lancs	2:31:41
364.	855	Margaret Wilson	f	Lady Veteran 60	U/A Poulton-le-Fylde, Lancs	2:32:05
365.	313	Joseph Atherton	m	Veteran 50	U/A Stafford, Staffordshire	2:32:47
366.	880	Claire Hutchinson	f	Lady Veteran 40	U/A Liverpool	2:32:58
367.	579	Diane Knowles	f	Lady Veteran 50	U/A Kendal, cumbria	2:34:07
368.	830	Geoff Wareing	m	Veteran 50	U/A Leyland,	2:34:11
369.	317	Helen Barclay	f	Lady Veteran 40	U/A Ulverston,	2:34:19
370.	662	Sara Jane Murray	f	Lady Veteran 40	U/A Bentham, North Yorkshire	2:34:38
371.	711	Gail Riley	f		U/A Lingdale,	2:34:48
372.	467	Rachel Forsyth	f		U/A Ambleside, Cumbria	2:34:58
373.	842	Jane Wheatley	f	Lady Veteran 40	U/A Nottingham, Notts	2:35:06
374.	895	Rachel Stead	f		U/A Bradford ,	2:35:07
375.	646	Jayne Mitchell	f		U/A Wittering ,	2:35:07
376.	862	Laura Woods	f		U/A Ballyclare,	2:35:10
377.	650	katy Moore	f	Lady Veteran 40	U/A Hebden Bridge,	2:35:23
378.	810	Jayne Turner	f	Lady Veteran 40	U/A Glaisdale, North Yorkshire	2:35:24
379.	364	Gary Burt	m	Veteran 40	U/A Blackburn, Lancashire	2:35:39
380.	731	Jane Searle	f	Lady Veteran 40	U/A Liverpool , Merseyside	2:35:58
381.	752	Julie Spencer	f	Lady Veteran 50	U/A Neston, Cheshire	2:35:59
382.	624	Helen Mathews	f	Lady Veteran 40	U/A Wirral, Merseyside	2:36:20
383.	514	Claire Harvey	f	Lady Veteran 40	U/A Ellesmere Port , Cheshire	2:36:24
384.	691	ruth pimblett-tattley	f	Lady Veteran 40	U/A hebden bridge, w yorks	2:36:27
385.	672	Karl Nicholls	m	Veteran 60	U/A Liverpool ,	2:36:41
386.	543	Jen Horsman	f		Witney Road Runners	2:37:00
387.	565	Graham Jordan	m	Veteran 60	Stockton Striders	2:37:25
388.	649	Karen Moody	f	Lady Veteran 40	U/A Liverpool,	2:37:45
389.	858	Sarah Wiseman	f	Lady Veteran 40	U/A Grange-over-Sands, Cumbria	2:37:48
390.	342	Helen Bowerman	f	Lady Veteran 40	U/A York,	2:38:34
391.	638	Stuart Meanwell	m		U/A Rothwell, West Yorkshire	2:38:45
392.	356	Mikey Brown	m		U/A Rothwell, West Yorkshire	2:38:45
393.	441	Charlotte Dyer	f	Lady Veteran 50	Fen Edge Runners	2:39:14
394.	853	Abby Wilson	f		U/A Chester,	2:39:21
395.	475	Chrissy Geist	f	Lady Veteran 40	Warrington Running club	2:39:24
396.	689	Kerry Peters	f	Lady Veteran 40	Warrington Running Club	2:39:24
397.	783	Emma teggart	f		U/A Grange-Over-Sands , Cumbria	2:39:57

## Lakeland Trails in Cartmel

## Cartmel Trail Challenge 18km

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
398.	604	Claire Logan	f		U/A Grange-over-Sands,	2:39:58
399.	908	Sophie Hastings	f	Lady Veteran 40	U/A Manchester,	2:40:36
400.	516	Diane Hawkes	f	Lady Veteran 40	Unaffiliated	2:41:07
401.	617	Al Marron	f	Lady Veteran 40	U/A Lancaster , Lancashire	2:41:24
402.	797	Donna Thorpe	f	Lady Veteran 40	U/A Blackpool, Lancs	2:41:24
403.	555	Catherine Isaac	f	Lady Veteran 40	U/A London, -Select one-	2:41:57
404.	387	Katy Cleece	f		Red Rose Road Runners	2:42:33
405.	875	Ros Crompton	f	Lady Veteran 40	Red Rose Road Runners	2:42:34
406.	829	Wendy Ward	f	Lady Veteran 40	Red rose road runners	2:42:34
407.	900	Michelle Sanday	f		U/A Kendal, Cumbria	2:43:14
408.	655	Janet Morris	f	Lady Veteran 60	Knareborough Striders	2:44:12
409.	753	Gavin Spickett	m	Veteran 60	Tynedale Harriers	2:44:27
410.	686	dinesh patel	m	Veteran 50	U/A preston, lancashire	2:44:29
411.	896	Rachael Swales	f		U/A FLEETWOOD, Lancashire	2:45:04
412.	897	Richard MacSymons	m		U/A FLEETWOOD, Lancashire	2:45:04
413.	368	SIMON BUTTERWORTH	m	Veteran 50	Wray Runners	2:45:53
414.	478	Andrew Gibson	m	Veteran 50	U/A Cockermonth, Cumbria	2:45:55
415.	485	Emily Grabham	f	Lady Veteran 40	U/A Whitstable, Kent	2:46:14
416.	789	Bev Thomas	f	Lady Veteran 60	U/A Huddersfield , West Yorkshire	2:46:21
417.	518	Mandy Haworth	f	Lady Veteran 50	New Balance Run Club Keswick	2:46:23
418.	837	Vivienne Watson	f	Lady Veteran 40	Jog on the Tyne	2:46:25
419.	465	Matt Ford	m	Veteran 50	U/A Ulverston, Cumbria	2:46:39
420.	791	margaret Thompson	f	Lady Veteran 60	Elvet Striders	2:47:20
421.	877	Jan Rayner	f	Lady Veteran 40	U/A Leeds	2:48:30
422.	459	Mark Farmer	m	Veteran 50	U/A Lincoln, Lincolnshire	2:48:51
423.	872	Susan Averill	f	Lady Veteran 50	Notts Women Runners	2:48:53
424.	536	Terry Holden	m	Veteran 50	U/A Chorley, Lancashire	2:49:17
425.	849	Hannah Wilding	f		U/A Lakeside, Ulverston,	2:50:13
426.	891	Jonathan Woodhead	m		U/A Grange Over Sands,	2:50:15
427.	707	Jo Reely	f	Lady Veteran 40	Boldmere KB Club	2:51:15
428.	371	Gary Carlile	m	Veteran 40	Nuneaton Harriers	2:51:21
429.	442	Claire Earle	f	Lady Veteran 40	Hartlepool Burn Road Harriers	2:51:41
430.	443	Lauren Earle	f		Hartlepool Burn Road Harriers	2:51:41
431.	559	Anthony Jenner	m	Veteran 50	U/A Sunderland, Tyne and Wear	2:51:45
432.	440	Giselle Dudley	f	Lady Veteran 50	U/A Sunderland, Tyne and Wear	2:51:45
433.	838	Marie Webster	f	Lady Veteran 40	U/A Manchester, Greater Manchester	2:51:56
434.	839	Ray Webster	m	Veteran 50	U/A Manchester, Greater Manchester	2:51:56
435.	558	Alix Jagger	f	Lady Veteran 40	U/A Grange-Over-Sands, Cumbria	2:52:32
436.	788	Lucy Thirlwell	f	Lady Veteran 40	Growing Well	2:52:32
437.	466	Carol Forster	f	Lady Veteran 40	U/A Cockermonth, Cumbria	2:53:45
438.	517	Sarah Haworth	f	Lady Veteran 40	U/A Penrith , Cumbria	2:53:53
439.	392	Becky Coates	f		Bridgnorth Running Club	2:54:44
440.	806	Karen Travis	f		U/A York,	2:54:52
441.	642	Anthony Metcalf	m		U/A Rossendale,	2:55:07
442.	404	Nina Colquhoun	f		U/A Hoghton, PRESTON	2:55:52
443.	827	Josephine Walsh	f	Lady Veteran 40	Red Rose Road Runners	2:55:53
444.	674	Alison Nordon	f	Lady Veteran 40	U/A Paisley,	2:56:09
445.	378	Laura Cheers	f		Warrington Running Club	2:57:02
446.	757	Hayley Staunton	f		U/A warrington, cheshire	2:57:02
447.	398	Paul Coldham	m	Veteran 50	U/A Keswick, Cumbria	2:57:55
448.	846	Sharon White	f	Lady Veteran 40	U/A Kendal, Cumbria	2:58:09
449.	690	Claire Piercy	f	Lady Veteran 40	U/A Prenton, Wirral	2:59:38
450.	816	Jane Vickers	f	Lady Veteran 40	Run in Wirral	2:59:39
451.	723	Katie Samuelson	f	Lady Veteran 40	Cambridge & Coleridge AC	2:59:41
452.	374	Cynthia Carter	f	Lady Veteran 60	Crosby stormers	3:00:34
453.	819	caroline vitty	f	Lady Veteran 50	U/A liverpool,	3:00:38
454.	533	Rachel Hodges	f	Lady Veteran 40	U/A Southport,	3:01:38
455.	528	Greg Hill	m	Veteran 50	U/A Southport ,	3:01:38
456.	562	Andrew Jones	m	Veteran 40	U/A Prescot, Merseyside	3:02:43
457.	584	Peter Lane	m		U/A Newark, Nottinghamshire	3:02:43
458.	777	Aimee Taylor	f		U/A Grange-Over-Sands , Cumbria	3:04:26
459.	675	Alison Oliver	f	Lady Veteran 40	U/A Lancaster, Lancashire	3:07:00
460.	488	Vicki Grant	f		U/A Holme, Cumbria	3:07:00
461.	306	Catherine Almond	f	Lady Veteran 60	Jog on the Tyne	3:07:48
462.	656	Stephen Morris	m	Veteran 60	Knareborough Striders	3:10:09
463.	676	Sue Oliver	f	Lady Veteran 50	East london triathletes	3:13:00
464.	738	Catherine Simpson	f	Lady Veteran 60	Toonie Express	3:15:02
465.	400	Stuart Collier	m	Veteran 50	U/A Manchester , Lancashire	3:15:06
466.	583	Ellie Lane	f	Lady Veteran 50	U/A Manchester , Lancashire	3:15:07
467.	715	Hilary Rodgerson	f	Lady Veteran 50	U/A Middlesbrough, North Yorkshire	3:15:39
468.	859	Angela Wood	f	Lady Veteran 50	U/A Great Ayton, North Yorkshire	3:15:39
469.	433	Allan Dean	m	Veteran 60	U/A Uppingham, Rutland	3:15:57
470.	527	Deborah Hill	f	Lady Veteran 40	St. Helens striders	3:16:35
471.	945	Kate Thomson	f	Lady Veteran 50		3:17:49
472.	724	Peter Samuelson	m	Veteran 70	Spectrum striders	3:37:36

Number of records: 472