

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1	2	Christopher Holdsworth	m		Clayton Le Moors Harriers	0:36:28
2	167	Cameron Ronaldson	m		U/A Manchester , Lancashire	0:40:37
3	258	Dan Miller	m		Endurance store trail team	0:41:13
4	273	Paul Brunger	m		Derwent Valley Running Club	0:42:13
5	8	Gareth Raven	m		Sale Harriers	0:42:29
6	256	Michael Gregory	m	MV 40	Ulverston Tri Club	0:42:56
7	177	Andy Simpson	m	MV 40	Barrow Runners	0:43:13
8	255	Sam Green	m		Team inov-8	0:43:35
9	44	Chris corless	m	MV 40	Team mountain fuel	0:43:37
10	19	Paul Singleton	m		Amblesida AC	0:43:40
11	232	Paul Griffiths	m		U/A Liverpool,	0:43:45
12	137	Jonathan Moon	m		Sowerby Bridge Snails R.C	0:43:53
13	89	Dan Hartley	m	MV 40	Black Combe Runners	0:43:59
14	178	William Sisson	m		U/A Grange over sands,	0:44:03
15	183	Chris Smith	m		Keswick AC	0:44:54
16	143	Tom Nicholson	m		Lancaster University Running Club	0:45:14
17	91	James Hewitt	m		U/A Orrell, Lancashire	0:45:22
18	203	Adam Taylor	m		Kendal AAC	0:45:24
19	1116	Matt Anthony	m		U/A Manchester,	0:46:01
20	228	ryan crawley	m		U/A Carlisle, Cumbria	0:46:20
21	1272	andrew foster	m	MV 40	liverpool pembroke & sefton	0:46:24
22	1181	Sam Carr	m		Liverpool Pembroke & Sefton	0:46:34
23	168	Peter Roome	m	MV 50	Southport Waterloo AC	0:46:39
24	83	John Greenwood	m	MV 40	U/A Keighley, West Yorkshire	0:46:43
25	1300	paul gregory	m	MV 40	unattached	0:46:54
26	85	Ben Gudgeon	m		U/A Heysham, Lancashire	0:47:02
27	231	Robert Coupe	m		Black Combe Runners	0:47:13
28	236	Mike Allison	m	MV 60	Eden Runners	0:47:18
29	118	Bryan Lowrie	m	MV 40	U/A Grange over sands ,	0:47:33
30	1155	Colin Bretherton	m	MV 40	U/A Ormskir, Lancashire	0:47:35
31	200	Francisco Baratta	m	MV 40	Team inov-8	0:47:41
32	100	Sylvain husson	m		U/A Liverpool, Merseyside	0:47:54
33	46	Darren Coward	m		Glaxo hoad hill harriers	0:47:58
34	72	Peter Fishpool	m	MV 50	U/A	0:48:02
35	1207	David Connolly	m	MV 40	U/A Burscough, Lancs	0:48:04
36	246	Matthew Birket	m		Manchester Road Runners	0:48:06
37	55	peter cushion	m	MV 40	wirral vikings trc	0:48:07
38	29	Christine Holmes	f		Trentham Running Club	0:48:08
39	235	Stephen Abram	m	MV 40	U/A Warrington , Cheshire	0:48:32
40	1602	Scott Thornton	m	MV 40	U/A Carlisle, Cumbria	0:48:35
41	202	Andrzej Tadeusiak	m		U/A LANCASTER, Lancashire	0:48:38
42	1118	Dayle Armstrong	m		U/A Carlisle, Cumbria	0:48:39
43	1675	Daniel Hunter	m		U/A Carlisle, Cumbria	0:48:41
44	197	Andrew Strachan	m		U/A Manchester,	0:48:42
45	1283	Tom George	m		U/A SELBY,	0:48:44
46	253	Matthew Blakeley	m	MV 40	Roundhay Runners	0:48:48
47	1657	philip Ionsdale	m	MV 50	U/A durham,	0:48:49
48	237	Dougal Anderson	m		U/A Carlisle, Cumbria	0:48:53
49	1423	Luke Madge	m		U/A Chopwell , Newcastle Upon Tyne	0:49:04
50	166	Pedro Rodriguez	m		U/A Liverpool,	0:49:08
51	263	Andrew Pye	m	MV 40	U/A Kendal, Cuumbria	0:49:12
52	1199	denis cleary	m	MV 40	none	0:49:16
53	139	Marcus Moss	m	MV 40	Roundhay Runners	0:49:23
54	115	Nigel Leeson	m	MV 50	Macclesfield Canoe Club	0:49:36
55	1146	Steven Boardman	m		U/A Preston, Lancashire	0:49:41
56	95	Nick Holmes	m	MV 60	Tattenhall runners	0:49:57
57	201	Rich Sykes	m	MV 40	Spa Striders	0:50:02
58	1660	Paul Whittle	m	MV 50	U/A Bickerstaffe, Lancashire	0:50:03
59	229	Stephen Woodruffe	m	MV 50	Red rose Road runners	0:50:12
60	81	Chris Graham	m	MV 40	U/A Windermere, Cumbria	0:50:16
61	189	Adrian Spencer	m	MV 40	Barrow Runners	0:50:17
62	1260	Tom Evans	m		N/A	0:50:18
63	90	Rob Hemming	m		U/A Edinburgh,	0:50:29
64	56	David Dalziel	m		U/A Appleby-in-Westmorland, Cumbria	0:50:33
65	58	Chris Davies	m		U/A Witton le wrar, Durham	0:50:37
66	70	Dave Ferguson	m		U/A Carlisle ,	0:50:43
67	186	Megan Smith	f		U/A Manchester, Greater Manchester	0:50:43
68	126	Ian Maudsley	m	MV 40	U/A Sale, Cheshire	0:50:46
69	103	Niamh Jackson	f		Kirkstall Harriers	0:50:49
70	215	Robert Vincent	m	MV 40	U/A Leeds,	0:51:01
71	86	Louise Harman	f	FV 40	Barrow Runners	0:51:16
72	242	Neil Beckett	m	MV 40	UTS Run Club	0:51:20
73	1255	Stephen Entwistle	m	MV 50	Wirral Vikings TRC	0:51:23
74	1164	James Buckell	m	MV 40	U/A MILTON KEYNES, Bucks	0:51:26
75	1516	John Pyrah	m		U/A London,	0:51:28
76	1330	Isaac Herrington	m		U/A Ilkley,	0:51:33
77	50	Ian Croft	m	MV 50	Red rose road runners	0:51:34
78	1571	Richard George Spowart	m		U/A Spenny Moor, Durham	0:51:35
79	45	graham coupe	m	MV 40	Wirral Vikings TRC	0:51:41
80	271	Dominic Brophy	m	MV 50	U/A kirkham, Lancashire	0:51:47
81	1169	Alex Burns	m		U/A Kendal ,	0:51:47

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
82	267	Daniel Stockton	m		The Fell Devils	0:51:54
83	195	Kev Stockdale	m		Preesall Fire	0:51:57
84	1349	Darren Horobin	m	MV 40	U/A Hemsworth,	0:51:58
85	25	Fiona Belgian	f	FV 40	Jog on the Tyne	0:52:02
86	1509	Jason Pollock	m	MV 40	Border Reiver Runners	0:52:10
87	147	Ben Oldendorp	m	MV 40	U/A Blackpool , Lancashire	0:52:24
88	190	Ian Stainthorpe	m	MV 50	Rochdale Harriers	0:52:31
89	1327	Joanne Hazell	f		DH Runners	0:52:33
90	1105	Joanne Adams	f		U/A Blackpool,	0:52:41
91	205	Stuart Taylor	m	MV 40	U/A Preston, Lancashire	0:52:44
92	1313	Christopher Hargreaves	m		Red rose runners	0:52:48
93	1378	Nicholas Johnston	m		U/A Morpeth,	0:52:52
94	135	Andy Mellor	m	MV 40	U/A Sale,	0:52:59
95	1524	peter reed	m	MV 60	Northumberland Fell Runners	0:53:00
96	99	Nicola Hughes	f		Red Rose Road Runners	0:53:03
97	98	Daniel Hughes	m		Red Rose Road Runners	0:53:03
98	1236	Louise Dermott	f	FV 50	U/A Ormskirk, Lancashire	0:53:03
99	1110	Mark Aldred	m		U/A Durham,	0:53:06
100	122	Ian MacNamee	m	MV 50	Erewash Valley Running Club	0:53:09
101	1319	Siobonne Brewster	f	FV 40	U/A Carlisle, Cumbria	0:53:12
102	59	Mark Day	m	MV 40	U/A High Peak, Derbyshire	0:53:26
103	1570	john spowart	m		U/A Spennymoor, Durham	0:53:26
104	1643	Barry Williams	m		Mersey Tri	0:53:29
105	187	Richard Smith	m	MV 50	U/A Ackworth, West Yorkshire	0:53:29
106	131	Stuart McGurk	m	MV 50	Kendal	0:53:31
107	181	Chris Smart	m		Sowerby Bridge Snails	0:53:39
108	75	Oscar Garcia Rodriguez	m	MV 40	Aguas Nuevas	0:53:43
109	1561	Gary Smith	m	MV 50	COLT	0:53:44
110	1329	Liam Heaphy	m		U/A Warrington, Cheshire	0:53:48
111	61	IAN DIXON	m	MV 40	U/A STOCKPORT, CHESHIRE	0:53:48
112	120	Hugh Macgregor	m		U/A Glasgow,	0:53:53
113	1227	philip Cuthbert	m	MV 40	wallasey ac	0:53:55
114	140	David Moston	m	MV 40	Wirral Vikings	0:54:03
115	1379	Chris Johnstone	m	MV 40	Lonely Goat Running Club	0:54:05
116	1386	paul kelly	m	MV 40	U/A St helens,	0:54:07
117	1315	Lorna Harper	f		Merseytri	0:54:08
118	277	Toby Casstles	m	MV 40	U/A Rainford, Merseyside	0:54:09
119	341	Kevin Melling	m	MV 40	U/A	0:54:10
120	102	Andy Jackson	m	MV 40	The Fell Devils	0:54:11
121	239	Mark Bailey	m	MV 40	Glaxo Hoad Hill Harriers	0:54:15
122	193	David Stevenson	m	MV 40	U/A Wilmslow, Cheshire	0:54:15
123	280	Alice Chivers	f		U/A Kendal,	0:54:15
124	164	Dave Robson	m	MV 50	Barrow Runners	0:54:18
125	1217	Jeremy Crate	m	MV 50	U/A Bedlington , Northumberland	0:54:19
126	1158	Christopher Brookes	m	MV 40	U/A Preston , Lancashire	0:54:29
127	1690	Pete Lashley	m	MV 40	U/A	0:54:32
128	1457	Gary Minns	m	MV 40	U/A Bishop Auckland,	0:54:38
129	169	dean rowlandson	m		U/A grange over sands, cumbria	0:54:41
130	1619	carl ward	m	MV 50	U/A driffield, east yorkshire	0:54:50
131	1292	Adrian Gooding	m	MV 40	Quakers	0:54:57
132	210	Beth Treaddell	f	FV 40	U/A Preston, Lancashire	0:55:01
133	1375	phillip Johnson	m		U/A manchester,	0:55:04
134	1523	Dave Raynor	m	MV 50	Red Rose Road Runners	0:55:35
135	1398	Euan Lawson	m	MV 40	U/A Sedbergh, Cumbria	0:55:35
136	1136	Matthew Bend	m	MV 40	na	0:55:42
137	1658	Lizzie O'Mahony	f		Mersey tri	0:55:48
138	1484	Andrew O'Boyle	m	MV 50	U/A Warrington, Cheshire	0:55:50
139	1388	katie kerr	f	FV 40	U/A Carlisle,	0:55:53
140	130	craig mcgougan	m		Lochaber AC	0:55:59
141	150	Emma Parkin	f	FV 40	Stratford AC	0:56:02
142	162	Paul Robertson	m	MV 50	Wirral Vikings	0:56:05
143	244	Michael Beech	m	MV 50	U/A Skipton, North Yorkshire	0:56:08
144	1458	Iain Mitchell	m		Red Rose Road Runners	0:56:13
145	160	rich roberts	m	MV 50	n/a	0:56:30
146	66	John Elder	m		U/A Oldmeldrum, Aberdeenshire	0:56:35
147	198	Euan Strachan	m		U/A Glasgow,	0:56:36
148	268	Hannah Walsh	f		Team inov-8	0:56:37
149	149	Mark Palmer	m	MV 50	Wimbledon Windmilers	0:56:38
150	1350	Islay Horton	f	FV 40	U/A CREWE, Cheshire	0:56:38
151	185	Julie Smith	f	FV 50	The Fell Devils	0:56:38
152	1132	Phill Beard	m	MV 40	N/a	0:56:41
153	78	Tom Anstiss	m		U/A Morecambe, Lancashire	0:56:53
154	1357	Rachel Hudson	f	FV 40	U/A Todmorden,	0:56:55
155	1389	Stuart Kershaw	m		Me	0:56:59
156	248	Philip Boylin	m	MV 40	U/A Hexham, Northumberland	0:56:59
157	1397	Simon Lawlor	m	MV 40	Hartlepool Burn Road Harriers	0:57:08
158	1538	Nick Rogerson	m	MV 40	U/A Wallsend,	0:57:12
159	144	Toni O'Donovan	f	FV 40	Barrow Runners	0:57:17
160	1642	Terry Wilkinson	m	MV 40	U/A Durham,	0:57:18
161	1541	Chris Ryan	m	MV 40	SW Running Crew	0:57:20
162	152	Therasa Paul	f	FV 50	U/A Keswick, Cumbria	0:57:22

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
163	1662	Joanna Connor	f		U/A Liverpool, Please select a region, state or province.	0:57:23
164	1259	Jonathan Evans	m	MV 50	Red Rose	0:57:32
165	278	Gary Cattermole	m	MV 50	U/A Kendal, cumbria	0:57:32
166	1542	Fergus Ryan	m	MV 40	SWRC	0:57:32
167	1143	Zoe Blanks	f		U/A Chopwell, Newcastle Upon Tyne	0:57:33
168	1406	Fiona Leslie	f	FV 50	U/A Manchester ,	0:57:36
169	1527	Carol Reid	f		U/A Leeds,	0:57:37
170	176	John Shevelan	m	MV 40	Black Combe Runners	0:57:41
171	1659	Claire Gray	f	FV 40	U/A Carlisle, Cumbria	0:57:43
172	1161	Jo Brooks	f	FV 50	U/A Glossop , Derbyshire	0:57:51
173	1410	Douglas Lindsay	m	MV 40	U/A Glasgow,	0:57:52
174	1474	Igal Nagar	m	MV 50	U/A Sutton Coldfield, West Midlands	0:57:53
175	1202	Paul Clemmens	m	MV 60	Rotherham Harriers	0:57:54
176	108	David Jordan	m	MV 40	U/A Kendal, Cumbria	0:57:54
177	134	Jon Meeten	m	MV 50	U/A Manchester,	0:58:05
178	69	Rob Fawdington	m		U/A Linlithgow, West Lothian	0:58:07
179	279	Philip Charles	m	MV 50	U/A Glasgow,	0:58:14
180	1652	Simon WrightRosie	m		U/A MILLOM, Cumbria	0:58:16
181	124	Paul Manson	m		U/A Glasgow,	0:58:16
182	188	Michelle Smith	f		U/A Glasgow ,	0:58:17
183	1654	Andy Yates	m	MV 50	U/A Colwyn Bay, Conwy	0:58:17
184	1326	John Hayes	m		U/A Stockport , Cheshire	0:58:23
185	1687	Andy Williams	m	MV 50	U/A Leamington Spa,	0:58:24
186	1609	GARETH TOSH	m	MV 50	U/A Halifax,	0:58:24
187	1376	Ralph Johnson	m	MV 40	U/A Blackburn,	0:58:24
188	1289	David Gilbert	m	MV 50	U/A Liverpool, Merseyside	0:58:25
189	76	Mark Gibson	m		U/A Whitehaven, Cumbria	0:58:27
190	88	Matt Harris	m		U/A Warrington , Cheshire	0:58:28
191	223	Tom Wright	m	MV 40	U/A Lytham St.Annes, Lancashire	0:58:32
192	1589	David Taylor	m	MV 50	u/a	0:58:36
193	1201	Michelle Clemmens	f		Rotherham Harriers	0:58:44
194	1493	alan parker	m	MV 50	U/A stoke on trent,	0:58:45
195	1626	NICOLA WATSON	f	FV 40	U/A CHORLEY, LANCS	0:58:48
196	221	john wilson	m		U/A Lytham, Lancashire	0:59:00
197	1651	Marion WrightRosie	f		U/A MILLOM, Cumbria	0:59:12
198	1428	Steven Marsh	m	MV 60	U/A Penrith, Cumbria	0:59:13
199	1248	Andrew Edwards	m	MV 40	U/A Cupar, Fife	0:59:15
200	226	Lynsay Adair	f		Widnes Wasps	0:59:25
201	1461	Michael Mitchell	m		U/A ULVERSTON, Please Select...	0:59:26
202	1549	Chris Scales	m	MV 40	U/A Grange-over-Sands, Cumbria	0:59:28
203	1182	Neil Carrick	m	MV 40	West Cumbria Tri	0:59:30
204	1306	Andrew Halcro-Johnston	m	MV 40	U/A York,	0:59:36
205	1486	Simon Odling	m		U/A Warwick, Leamington Spa	0:59:39
206	175	Gordon Sharp	m	MV 60	The Fell Devils	0:59:42
207	213	Lucy Tugwell	f		Spa Striders	0:59:44
208	1531	mark rigby	m	MV 50	U/A Huddersfield, West Yorkshire	0:59:45
209	65	mark earle	m	MV 60	U/A knutsford, cheshire	0:59:48
210	1224	Stephen Cruickshank	m	MV 50	U/A Formby,	0:59:53
211	125	Chris March	m		U/A Mold,	0:59:54
212	1553	peter searson	m	MV 40	U/A liverpool, merseyside	1:00:00
213	96	Mark Hovell	m		U/A Liverpool, Merseyside	1:00:00
214	249	Alison Bradshaw	f	FV 40	U/A Preston, Lancashire	1:00:03
215	1174	Stuart Cairns	m	MV 40	U/A Whitley Bay, Tyne and Wear	1:00:11
216	224	Terry Charles	m	MV 60	Wirral Vikings TRC.	1:00:21
217	1192	Amanda Cirelli	f	FV 50	U/A Blackpool , Lancashire	1:00:24
218	1267	Joanna Fitch	f		U/A Wandsworth, London	1:00:36
219	1530	John Richmond	m	MV 50	UCLan	1:00:37
220	1170	Scott Burns	m	MV 50	U/A Kendal,	1:00:37
221	1434	Helen Mason	f		U/A Chorley, Lancashire	1:00:41
222	1215	Damian Cowell	m	MV 40	Warrington Running Club	1:00:43
223	1575	Ian Stephenson	m	MV 50	U/A Swarland, Northumberland	1:00:49
224	1569	David Spowart	m		U/A Spennymoor, Durham	1:00:52
225	172	Dougie Scarfe	m	MV 50	Lytchett Manor Striders	1:00:57
226	1491	Ruth Owen-Hughes	f	FV 50	U/A Yarm,	1:01:11
227	1625	Luke Watson	m	MV 40	U/A Manchester,	1:01:12
228	1624	Ben Watson	m	MV 40	U/A Manchester,	1:01:14
229	1405	John Leivers	m	MV 40	U/A Nottingham, Nottinghamshire	1:01:14
230	104	Paul Jackson	m	MV 50	Chorley Athletic and Triathlon Club	1:01:21
231	272	Nicola Brown	f	FV 40	U/A Liverpool , Merseyside	1:01:23
232	111	Helen Kelsall	f		Kirkby milers ac	1:01:25
233	1316	Roger Harrison	m	MV 60	Cheshire hash house harriers	1:01:27
234	1672	Barry Deakin	m	MV 40	Swinton Running Club	1:01:31
235	132	Allison McIntyre	f	FV 40	U/A Ayr, Ayrshire	1:01:35
236	119	Emma Lynch	f		U/A Mold,	1:01:41
237	222	Mike Wood	m	MV 50	U/A Ryton, Tyne &Wear	1:01:43
238	155	Monique Raaijmakers	f	FV 50	Barrow Runners	1:01:46
239	1582	Gary Sutcliffe	m	MV 40	Trawden AC	1:01:48
240	1159	Nick Brookes	m	MV 50	U/A Standish,	1:01:49
241	1232	Ian Davenport	m	MV 50	U/A Harrogate, North yorkshire	1:01:49
242	1167	Michael Burkitt	m	MV 50	U/A Lancaster, Lancashire	1:01:52
243	1345	Andrew Hollowbread	m	MV 50	U/A DURHAM, Co Durham	1:01:55

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
244	1417	Stephen Longworth	m	MV 50	U/A Sheffield, South Yorkshire	1:01:59
245	1335	Paul Hill	m	MV 40	N/A	1:02:00
246	1107	Donna Adlard	f	FV 40	Wirral Vikings	1:02:02
247	1540	Annette Ryan	f	FV 40	U/A Milnthorpe, Cumbria	1:02:04
248	1608	Frank Tippin	m	MV 60	N/A	1:02:05
249	1209	Kirsty Coombs	f		U/A Aboyne, Aberdeenshire	1:02:13
250	1596	Lizzie Thomas	f		U/A Palmerston North,	1:02:13
251	1513	Simon Poole	m	MV 40	U/A	1:02:17
252	1377	Simon Johnson	m	MV 50	U/A Kendal, Cumbria	1:02:24
253	1547	Lucy Saunders	f		Leven Valley AC	1:02:34
254	1362	Marc Glaysher	m		U/A Liverpool	1:02:58
255	1325	Hannah Hayes	f		U/A Stockport , Cheshire	1:02:59
256	230	Lisa Hunt	f		Red rose road runners	1:03:08
257	1514	Fay Preene	f		U/A Bowness-on-Windermere , Cumbria	1:03:09
258	1499	George Philipson	m		U/A Tadcaster, North Yorkshire	1:03:09
259	1550	Belinda Schofield	f	FV 50	U/A Manchester,	1:03:11
260	182	Joanne Moyers	f	FV 40	Widnes Wasps LRC	1:03:17
261	1644	Stephen Wilson	m	MV 40	U/A Grange-Over-Sands, Cumbria	1:03:27
262	1296	Steve Green	m		U/A Cockermonth, Cumbria	1:03:34
263	1399	Tom Lawson	m	MV 40	U/A Maryport, Cumbria	1:03:36
264	1188	Richard Chandler	m	MV 50	Carnethy	1:03:42
265	1534	Steven Robinson	m	MV 60	Thornton RC ,	1:03:42
266	1165	steven burgess	m	MV 50	thornton cleveleys running club	1:03:42
267	1385	Graham Kelly	m	MV 60	U/A Liverpool, Merseyside	1:03:44
268	1109	Mark Aldam	m	MV 50	U/A Kendal,	1:03:46
269	1401	Elizabeth Laycock	f	FV 40	U/A Skipton, North Yorkshire	1:03:48
270	1129	Tim Bateman	m	MV 40	U/A Preston , Lancashire	1:03:50
271	1303	Darren Grundy	m	MV 40	U/A Blackpool, Lancashire	1:03:54
272	1114	JIMMY ANDERSON	m	MV 60	U/A BARROW-IN-FURNESS, CUMBRIA	1:03:55
273	1178	Bruce Carlisle	m	MV 50	U/A Whitley Bay,	1:03:56
274	1193	Louise Lashley	f	FV 40	U/A Milnthorpe, Cumbria	1:03:58
275	1128	Neil Barrett	m	MV 40	U/A Preston, Lancashire	1:03:59
276	1360	Hilary Humbleby	f	FV 50	Roundhay runners	1:04:00
277	1347	Stuart Holt	m	MV 50	U/A Oldham, Lancashire	1:04:03
278	227	Julian Brook	m	MV 40	U/A Grundisburgh,	1:04:04
279	261	Neil Paterson	m	MV 60	U/A Hexham, Northumberland	1:04:05
280	1156	Mark Brocklehurst	m	MV 50	Warrington Youth Club	1:04:11
281	1689	Dale Donley	m	MV 40	U/A York	1:04:40
282	1566	Jason Spear	m	MV 50	U/A Chorley, Lancashire	1:04:42
283	184	David Smith	m	MV 50	U/A Manchester,	1:04:43
284	1149	Mike Swift	m	MV 60	U/A Manchester,	1:04:47
285	141	Alison Neate	f	FV 50	U/A Allithwaite,	1:04:49
286	1700	Tim Harper	m		U/A Nottingham, Nottinghamshire	1:04:53
287	1607	Martin Tilbury	m	MV 40	U/A Sale, Cheshire	1:04:55
288	1676	Andrew Jackson	m	MV 50	Unattached	1:04:58
289	1197	Jo Clayton	f	FV 40	U/A Ulverston , Cumbria	1:04:59
290	1282	Claudio Garutti	m		U/A Amsterdam,	1:05:06
291	1203	Catherine Clennett	f	FV 40	Stockton Striders	1:05:11
292	1277	Chris Furphy	m	MV 50	U/A Guisborough,	1:05:12
293	1473	Robert Myatt	m	MV 50	U/A Stoke on trent, Staffordshire	1:05:14
294	1572	James Stacey	m	MV 40	Nuffield Gym Warwick Run Club	1:05:17
295	1476	Michael Nelson	m	MV 50	U/A Barrow in Furness, Cumbria	1:05:21
296	1400	Andrew Laycock	m	MV 40	U/A Skipton,	1:05:21
297	1521	Andy Rankine	m	MV 40	U/A Chorley, Lancashire	1:05:22
298	1477	Ginny Newman	f	FV 50	U/A Manchester, Greater Manchester	1:05:23
299	1419	Andy Lowi	m	MV 40	U/A Milton Keynes, Buckinghamshire	1:05:29
300	1117	Tim Apps	m	MV 40	U/A Milton Keynes, Buckinghamshire	1:05:31
301	1515	Laura Preston	f		U/A Glasgow,	1:05:31
302	77	Stephanie Gillies	f	FV 50	Glaxo Hoad Hill Harriers	1:05:39
303	1633	Michael Welsh	m	MV 40	U/A Northallerton, North Yorkshire	1:05:42
304	1166	jane burke	f	FV 50	lymm runners	1:05:50
305	265	megan ryder	f		U/A boston spa,	1:05:52
306	74	Ian Floyd	m	MV 50	St Helens Striders	1:05:53
307	264	john ryder	m	MV 40	U/A wetherby,	1:05:54
308	109	Lisa Jordan	f	FV 40	U/A Kendal, Cumbria	1:05:57
309	1593	Robert Terry	m	MV 40	Belper Harriers	1:06:07
310	194	Amy Stiven	f		n/a	1:06:16
311	1274	Anthony Fowler	m	MV 50	U/A Southport, Merseyside	1:06:23
312	174	Graham Schofield	m	MV 60	Chorley Harriers	1:06:27
313	1639	Keith Whitehead	m	MV 60	Knowle and Dorrige Running Club	1:06:28
314	1265	Martyn Fisher	m	MV 50	Almost Athletes	1:06:31
315	1645	Laura Wilson-Bell	f		U/A Durham,	1:06:34
316	1344	Fran hodskinson	f	FV 50	wesham road runners	1:06:35
317	1616	Emma Walker	f		Trawden AC	1:06:36
318	266	susan sowerby	f	FV 40	U/A workington, cumbria	1:06:36
319	1370	James Jardine	m		U/A Penrith, Cumbria	1:06:38
320	1681	Michael Price	m	MV 50	Team inov-8	1:06:38
321	1560	Becky Smedley	f		U/A Birmingham ,	1:06:41
322	1374	Elizabeth Johnson	f		Wesham Road Runners	1:06:43
323	1475	Sally Napthen	f	FV 50	Chester Tri	1:06:46
324	1562	Karen Smith	f	FV 40	Chester Triathlon Club	1:06:46

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
325	243	MICHAEL ARMSTRONG	m	MV 50	sunderland strollers	1:06:48
326	80	CAROLINE GOCER	f	FV 40	U/A STOCKPORT, CHESHIRE	1:06:59
327	1218	Michelle Cresswell	f	FV 40	U/A Kendal, Cumbria	1:07:02
328	1668	alyson blakeley	f	FV 40	roundhay runners	1:07:02
329	146	Geraldine O'Grady-Thomas	f	FV 50	Pennine	1:07:04
330	303	Ree O'Doherty	f	FV 40	New Balance Run Club Keswick	1:07:06
331	1579	Rachel Summers	f	FV 40	U/A Preston,	1:07:09
332	1235	Emma Dent	f	FV 40	Helm Hill	1:07:14
333	1636	Lisa Whetter	f	FV 40	U/A Levens, Cumbria	1:07:19
334	1646	sue woods	f	FV 50	U/A Levens, cumbria	1:07:19
335	165	Paul Roche	m	MV 50	U/A Chester,	1:07:27
336	1187	Elizabeth Chandler	f	FV 50	Camethy	1:07:35
337	1130	Rob Batey	m		Team BDE	1:07:46
338	1304	Wendy Guy	f		U/A Penrith, Cumbria	1:07:52
339	73	Nick Fleming	m	MV 50	U/A Largs ,	1:07:53
340	196	Richard Stokes	m	MV 60	FRA	1:07:57
341	1497	Richard Pennock	m	MV 40	N/A	1:07:59
342	1558	Richard Skelton	m	MV 40	None of the above	1:08:00
343	1297	Hannah Greenlee	f		Chorlton runners	1:08:02
344	1577	Marie Stolbrink	f		U/A Liverpool,	1:08:02
345	1621	Pete Wareham	m	MV 50	U/A Grange-Over-Sands, Cumbria	1:08:05
346	1220	Alicia Croft	f	FV 40	Red rose road runners	1:08:06
347	1367	Tanith James	f	FV 40	Steel City Striders	1:08:10
348	1276	Amy Frost	f		U/A London,	1:08:12
349	1627	Richard Watson	m	MV 40	U/A Allithwaite, Cumbria	1:08:15
350	1380	Lisa Jones	f	FV 40	Valley Striders	1:08:18
351	1441	Dawn Mccracken	f	FV 50	Colt	1:08:18
352	1257	Suzanne Essery	f	FV 40	Fitness Outdoors	1:08:22
353	1256	Mark Essery	m	MV 40	U/A Chorley,	1:08:22
354	1144	Claire Blennerhassett	f		U/A Rsinford,	1:08:31
355	1229	Mark Darby	m		U/A Shrewsbury, Shropshire	1:08:44
356	1230	Samantha Darby	f		U/A Shrewsbury , Shropshire	1:08:52
357	127	Julie McBride	f	FV 40	U/A Blackpool, Lancashire	1:08:53
358	1555	Gerry Shaw	f		St Helens Striders	1:08:54
359	67	Lamyong Evans	f	FV 40	U/A Blackpool, Lancashire	1:08:58
360	1673	Darren Eccles	m	MV 40	St. Helens striders	1:08:59
361	1413	Lisa Lloyd	f	FV 50	Warrington Running Club	1:09:00
362	1495	Jess Patten	f		U/A Penrith,	1:09:01
363	1106	Chris Addy	m	MV 40	U/A Penrith,	1:09:02
364	1354	Lynn Howard	f	FV 40	U/A Bollington, Cheshire	1:09:03
365	1438	Sarah Matzen	f		Northwich Running Club	1:09:04
366	1239	Tim Doak	m	MV 40	Lonely Goat RC	1:09:04
367	1195	Deborah Clarke	f	FV 40	Running Rebels	1:09:18
368	1194	Andrew Clarke	m	MV 50	Running Rebels	1:09:19
369	1172	Vicky Butcher	f	FV 50	U/A Hebden bridge , West yorks	1:09:22
370	1268	Gordon Fletcher	m	MV 70	Batala	1:09:23
371	171	Luis Sanz	m		n/a	1:09:27
372	1340	Andy Hitchin	m	MV 50	Warrington Running Club	1:09:30
373	1611	jon trubshaw	m	MV 50	U/A Ormskirk, Lancashire	1:09:30
374	1552	Jane Searle	f	FV 40	U/A Liverpool , Merseyside	1:09:30
375	1576	Joe Stevens	m	MV 50	U/A Ormskirk, Lancashire	1:09:32
376	1494	Tracy Parkinson	f	FV 50	Trawden AC	1:09:33
377	1402	Ange Leah	f	FV 50	Warrington Running Club	1:09:42
378	1139	Clement Bidwell	m		U/A Salford,	1:09:43
379	1153	Alison Brennan	f	FV 40	Chester Tri Club	1:09:45
380	1323	Nesta Hawker	f	FV 50	Helsby	1:09:46
381	1125	Helen Barclay	f	FV 40	U/A Ulverston,	1:09:47
382	1677	Helen Kennedy	f		Roundhay Foxes	1:09:49
383	1120	Emma Atherton	f		U/A Cocker mouth, Cumbria	1:09:53
384	1480	Georgina Newton	f		U/A London,	1:09:54
385	148	Sophie Owens	f		U/A Stockton on Tees,	1:09:57
386	87	John Harris	m	MV 40	U/A Bradford, County (optional)	1:09:57
387	1226	Clair Cunningham	f	FV 40	Horwich Harriers	1:10:00
388	1638	Jacqui White	f	FV 40	U/A Preston, Lancashire	1:10:01
389	1507	Elizabeth Pleasantr	f	FV 50	U/A Hyde, Cheshire	1:10:03
390	1186	Richard Caverner	m	MV 60	N F R	1:10:14
391	1592	Lynne Terry	f	FV 40	U/A Belper, Derbyshire	1:10:19
392	1610	AUSTIN TRELFA	m	MV 60	Red Rose Road Runners	1:10:19
393	1665	Sarah Hall	f		U/A Wigan, Lancashire	1:10:25
394	1666	Andrew Hall	m		U/A Appley Bridge,	1:10:26
395	1444	Rebecca Mckenna	f	FV 40	St Helens Striders	1:10:26
396	1361	Amelia Hunt	f	FV 40	City of Lancaster Triathlon	1:10:36
397	1279	Ann Carney	f	FV 50	U/A Manchester,	1:10:38
398	1678	Clare Laybourn	f	FV 40	U/A Edinburgh,	1:10:41
399	1190	David Cheung	m	MV 40	U/A Lancaster, Lancashire	1:10:46
400	1140	Imogen Bidwell	f		U/A e58ad,	1:10:50
401	121	Miriam Mackay	f	FV 40	U/A Inverness,	1:11:06
402	1250	Kerry Edwards	f	FV 40	U/A Cupar, Fife	1:11:07
403	151	Helen Parkinson	f		U/A Salford, Gtr Mcr	1:11:10
404	1420	Margaret Lupton	f	FV 50	Red Rose Road Runners	1:11:24
405	1455	Dave Newton	m	MV 40	U/A	1:11:25

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
406	1459	Jayne Mitchell	f		U/A Penruddock,	1:11:28
407	260	Greg Oulton	m	MV 50	Lytham St Annes Road Runners	1:11:33
408	199	kate sutton	f		U/A southport, merseyside	1:11:33
409	1127	Kirsty Barker	f	FV 50	U/A Wigton, Cumbria	1:11:35
410	57	Andrew Davidson	m		U/A Altrincham, Cheshire	1:11:35
411	1171	Gary Burt	m	MV 50	U/A Blackburn, Lancashire	1:11:39
412	1317	Jodie Harrison	f		U/A Lanchester, County Durham	1:11:40
413	1422	Katie Maddison	f		U/A Bishop Auckland, County Durham	1:11:40
414	41	Becca Cleator	f		U/A Barrow, Cumbria	1:11:42
415	1429	Jane Marshall	f	FV 40	U/A York,	1:11:44
416	1238	Hannah Dickinson	f		U/A Warrington, Cheshire	1:11:47
417	1382	Michael Jones	m	MV 60	U/A Stockport, Cheshire	1:11:49
418	1447	Stewart Mcnicholl	m	MV 40	U/A Morpeth , Northumberland	1:11:54
419	1262	Timothy Fallon	m		U/A LONDON, London	1:12:05
420	1653	Shiran Yakobi	f	FV 40	RSCAC	1:12:08
421	1445	Catherine McKenna	f	FV 40	Belle Vue Racers	1:12:12
422	1142	Diane Blagden	f	FV 50	Wesham Road Runners	1:12:13
423	1590	Joanna Taylor	f	FV 50	u/a	1:12:14
424	1656	Stephanie Kay	f		Swinton Running Club	1:12:16
425	1204	Anna Cocker	f		U/A Bury,	1:12:21
426	1332	Matthew Hewson	m		U/A Holystone, North Tyneside	1:12:22
427	1617	Angela Wallbank	f	FV 40	U/A Chorley, Lancashire	1:12:22
428	1266	Alison Fishwick	f	FV 40	U/A Chorley,	1:12:23
429	1324	Diane Hawkes	f	FV 50	U/A Liverpool, Merseyside	1:12:29
430	1430	Emma Martin	f	FV 40	U/A Taunton, Somerset	1:12:36
431	1168	sarah burlinson	f	FV 50	U/A hyde, cheshire	1:12:53
432	1291	neil ginley	m	MV 40	asr	1:12:53
433	1564	Michael Smith	m	MV 60	Olney Runners	1:12:57
434	1263	Lauren Fazackerley	f	FV 40	U/A SETTLE, North Yorkshire	1:13:03
435	1138	Natalie Beveridge	f		U/A Liverpool,	1:13:09
436	1655	julie smyth	f	FV 50	Lymm runners	1:13:11
437	1225	Gillian Csizmadia	f	FV 50	Wrexham AC	1:13:18
438	1640	Linda Whitehead	f	FV 60	Knowle & Dorridge Running Club	1:13:18
439	1133	Joanne Beck	f	FV 50	U/A Lancs,	1:13:20
440	1212	Louise Corrigan	f		Swinton	1:13:22
441	1314	Karen Harper	f	FV 50	Sytal Running Club	1:13:23
442	1546	Sarah Sandell	f		U/A Richmond, North Yorkshire	1:13:23
443	1535	Aimee Roblin	f		U/A Richmond, North Yorkshire	1:13:24
444	1101	Gill Nevin	f	FV 40	Crosby Stormers	1:13:26
445	1210	Emma Cooper	f		U/A Chorley, Lancs	1:13:28
446	1287	Caryl gibson	f	FV 50	U/A birmingham,	1:13:31
447	1121	Joe Atherton	m	MV 60	U/A birmingham, WEST MIDLANDS	1:13:32
448	1489	Martin O'Neill	m	MV 40	U/A Liverpool, Merseyside	1:13:40
449	1548	Dawn Saxby	f	FV 50	Unattached	1:13:58
450	1288	janet gibson	f	FV 50	U/A york, north yorkshire	1:14:05
451	1508	Andrew Pollock	m	MV 70	Denby Dale Athletic Club	1:14:05
452	1408	Owen Lewis	m	MV 40	Independent	1:14:08
453	1244	Martin Duffy	m	MV 40	U/A Swinton,	1:14:10
454	1245	Helen Duxbury	f	FV 50	U/A Chorley, Lancashire	1:14:13
455	1528	Charlotte Richardson	f		U/A Chorley	1:14:13
456	1587	John tattersall	m	MV 60	York Acorn running club	1:14:14
457	1234	Tracy Deed	f	FV 40	Trawden AC	1:14:32
458	1233	Alan Deed	m	MV 50	Trawden Athletic club	1:14:34
459	1482	melanie nicholson	f		U/A Hebden bridge, west yorkshire	1:14:40
460	1311	John Hammill	m	MV 60	Batala	1:14:55
461	1184	Rachel Cartwright	f	FV 40	Warrington Running Club	1:15:04
462	1269	sue fletcher	f	FV 60	U/A High Peak, Derbyshire	1:15:09
463	1348	Alex Horne	m		U/A Manchester, Greater Manchester	1:15:10
464	1598	Julie Thompson	f		U/A Manchester,	1:15:10
465	1433	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	1:15:11
466	1273	Melanie Foster	f	FV 50	Thornton-Cleveleys running club	1:15:11
467	173	Judith Scarfe	f	FV 50	Lytchet Manor Striders	1:15:20
468	1341	Sharon Hockenhull	f	FV 40	U/A Bolton,	1:15:22
469	1669	geoff Bogacki	m	MV 50	U/A South Hykeham,	1:15:26
470	270	Mark Brennan	m	MV 60	U/A Stockport, Cheshire	1:15:26
471	145	Lisa Ofarrell	f	FV 40	U/A Stockport, Cheshire	1:15:32
472	1246	Charlotte Dyer	f	FV 50	Fen Edge Runners	1:15:33
473	1384	Jo Keighley	f	FV 40	U/A Hebden bridge, West Yorkshire	1:15:38
474	1568	Gavin Spickett	m	MV 60	Tynedale Harriers	1:15:43
475	1124	Matthew Balson	m	MV 40	U/A Kirkham, Lancashire	1:16:05
476	1135	Sally Beech	f	FV 50	RRRC	1:16:07
477	1603	Donna Thorpe	f	FV 40	U/A Hornby, Lancs	1:16:12
478	1427	Al Marron	f	FV 40	U/A Lancaster , Lancashire	1:16:12
479	1334	Louise Hill	f		U/A WARRINGTON, CHESHIRE	1:16:14
480	1532	Michelle Roberts	f		U/A Prestatyn,	1:16:16
481	1191	Sandra Cheveaux	f	FV 50	Gog Triathlon	1:16:18
482	1511	Dan Poltawski	m		U/A Lancaster,	1:16:21
483	1448	Peter Medicott	m	MV 40	Warrington Road Runners	1:16:42
484	1586	Katharine Taggart	f	FV 40	St. Helens Striders	1:16:43
485	1453	Anthony Metcalf	m		Ramsbottom Running Club	1:17:16
486	1637	Debs White	f	FV 40	Cambridge and Coleridge	1:17:32

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
487	1580	Sara Summers	f	FV 50	U/A Preston,	1:17:49
488	1470	rosie morrison	f		U/A North Tyneside,	1:17:50
489	1293	Cressida Graves	f	FV 50	U/A Lancaster, Lancashire	1:17:54
490	1102	Bonnie Aaron	f		U/A Blackpool, Lancashire	1:18:01
491	1103	Leon Aaron	m	MV 40	U/A Blackpool , Lancashire	1:18:02
492	1578	John Stout	m	MV 60	U/A Leigh, Greater Manchester	1:18:11
493	1294	Nicky Graves	f	FV 50	Batala Drummers	1:18:18
494	1409	Amanda Ley	f	FV 50	Colt	1:18:54
495	1363	Claire Hutchinson	f	FV 40	U/A Liverpool,	1:19:16
496	1465	katy Moore	f	FV 40	U/A Hebden Bridge,	1:19:32
497	1683	Karen Stewart	f		Stocksfield Striders	1:19:40
498	1414	Claire Logan	f		U/A Grange-over-Sands,	1:19:42
499	1502	Ruth Pimblett-Tattley	f	FV 50	none	1:19:46
500	1545	Viv Samuelson	f	FV 40	Swinton RC	1:19:51
501	1290	Darren Gillman	m	MV 40	Trail Running Association	1:19:52
502	1543	Katie Samuelson	f	FV 40	Cambridge & Coleridge AC	1:19:52
503	1381	Margaret Jones	f	FV 60	U/A Stockport, Cheshire	1:19:56
504	1600	Amy Thomson	f	FV 40	U/A York,	1:19:58
505	1390	Phil Kinner	m	MV 40	U/A Ashby De La Zouch,	1:19:59
506	1403	Jen Leatherland	f	FV 40	U/A Preston, Lancashire	1:20:16
507	1113	Steve Amos	m	MV 60	Cobra running and triathlon	1:20:21
508	1469	Sara Morris	f	FV 40	BTR Road Runners	1:20:43
509	1468	Roy Morris	m	MV 50	BTR Road Runners	1:20:43
510	1231	Jane Dasgupta	f	FV 50	Btr roadrunners	1:20:43
511	1537	Sarah Rogan	f	FV 40	BTR Road Runners	1:20:43
512	1663	Peter Gallienne	m		BTR RR	1:20:43
513	1440	Bernard McCarron	m	MV 50	Macclesfield Harriers	1:20:58
514	1337	Carolyn Hiron	f	FV 50	Wilmslow RC	1:20:58
515	1284	Anna Gibbons	f		n/a	1:21:18
516	1285	Sarah Gibbons	f	FV 40	U/A London,	1:21:18
517	43	matt conrad	m	MV 50	U/A Nottingham,	1:21:19
518	1112	Lesley Allison	f	FV 50	Eden Runners	1:21:42
519	1615	Helen Wakeham	f	FV 50	EA Harriers	1:22:34
520	1104	Alyson Adams	f	FV 50	Bramhall Runners	1:22:46
521	1346	Kathryn Holmes	f	FV 50	Bramhall Runners	1:22:47
522	1271	Carol Forster	f	FV 40	U/A Cockermouth, Cumbria	1:23:38
523	1286	Andrew Gibson	m	MV 50	U/A Cockermouth, Cumbria	1:23:42
524	1584	Jacqui Sutton-Riley	f	FV 40	U/A Ulverston, Cumbria	1:23:58
525	158	MARY ROBERT	f	FV 50	U/A STOCKPORT, CHESHIRE	1:23:59
526	1411	Fiona Lindsay	f	FV 40	U/A Glasgow,	1:24:06
527	1371	Anthony Jenner	m	MV 50	U/A Sunderland, Tyne and Wear	1:25:16
528	1583	Neil Sutcliffe	m	MV 60	Blackburn Road Runners	1:25:38
529	1661	Sian Williams	f	FV 40	U/A MORECAMBE , Lancs	1:26:27
530	1243	Giselle Dudley	f	FV 50	U/A Sunderland, Tyne and Wear	1:26:34
531	1449	Rebecca Meeten	f	FV 50	U/A Manchester,	1:26:41
532	1157	Tracey Brocklehurst	f	FV 50	U/A Wigan, Lancashire	1:26:47
533	1544	Lynn Melvin	f		Red rose running Club	1:26:56
534	1557	MARTIN Simpson	m		Red Rose Road Runners	1:26:56
535	1126	Joanna Barker	f	FV 50	U/A Ulverston, Cumbria	1:27:13
536	1141	Katie Birchall	f		U/A Ulverston, Cumbria	1:27:13
537	1496	Sarah Patterson	f	FV 50	City of Lancaster Triathlon (COLT)	1:27:31
538	1261	Jenny Fairclough	f	FV 60	Red Rose Road Runners	1:27:32
539	1671	Karen Crozier	f	FV 40	U/A Richmond, North Yorkshire	1:27:37
540	1684	Lynda Tarn	f	FV 40	U/A Hudswell Richmond, North Yorkshire	1:27:37
541	1395	Theresa Lavery	f	FV 40	U/A Dumfries, Dumfries and Galloway	1:28:27
542	1501	Elizabeth Phillipson	f		St. Helens Striders	1:28:35
543	1435	Karen Mason	f	FV 50	St Helens Striders	1:28:35
544	1686	Simon Wilkinson	m	MV 40	U/A Carlisle,	1:28:36
545	1674	Hayley Fleming	f		U/A Kendal,	1:28:36
546	1162	Emily Brough	f		U/A Stockport,	1:29:49
547	1526	Jo Reely	f	FV 40	Boldmere Bullets	1:30:13
548	1415	Martin Lomas	m	MV 50	U/A Warrington, Cheshire	1:30:19
549	1416	Sarah Lomas	f	FV 40	U/A Warrington, Cheshire	1:30:19
550	1196	Rachel Clasby	f	FV 50	Wimbledon Windmilers	1:30:26
551	1483	Alison Nordon	f	FV 40	U/A Paisley,	1:30:53
552	1632	Garry Webster	m	MV 60	U/A Ambleside, Cumbria	1:31:20
553	1505	Sarah Plant	f		U/A Warrington,	1:32:36
554	1504	Mike Plant	m		U/A Warrington,	1:32:39
555	1594	Bev Thomas	f	FV 60	U/A Huddersfield , West Yorkshire	1:32:46
556	1618	Josephine Walsh	f	FV 40	Red Rose Road Runners	1:33:44
557	1205	Nina Colquhoun	f		Red Rose Road Runners	1:33:44
558	1647	Tracy Woods	f	FV 50	Red Rose Road Runners	1:33:46
559	1372	Ann Johansson	f	FV 50	U/A Bakewell , Derbyshire	1:35:33
560	1631	Steve Webster	m	MV 50	U/A Huddersfield, West Yorkshire	1:35:33
561	1333	Anthony Hill	m	MV 40	U/A Warrington, Cheshire	1:38:21
562	1214	Janette Covell	f	FV 50	Red Rose Road Runners	1:38:27
563	1150	Janet Bouttell	f	FV 50	U/A Glasgow,	1:39:53
564	1510	Lulu Pollock	f	FV 60	Denby Dale Athletics Club	1:41:42
565	1605	Caroline Threadgold	f		Wimbledon windmilers	1:41:48
566	1585	JAMES SWIRE	m		U/A Southport, Merseyside	1:43:22
567	1629	Sally Watts	f		Acre Street Runners	1:50:13

Lakeland Trails in Cartmel

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
568	1439	Hannah May	f		Acre Street Runners	1:50:13
569	1364	Nicola Ingle	m	MV 40	Acre street runners	1:50:13
570	1565	Cathy Sowden	f	FV 40	Northwich Running Club	1:52:24
571	1242	Helen Doroszkiewicz	f	FV 40	Northwich Running Club	1:52:24
572	1574	Rachel Stead	f		U/A Bradford ,	2:07:48

Number of records: 572