

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1.	566	Chris Huggett	m		U/A Cartmel,	0:40:38
2.	807	James Smith	m		Barrow Runners	0:42:03
3.	575	David Jackson	m	MV 40	Horwich RMI Harriers	0:42:13
4.	304	Ewan Sewell	m		U/A York	0:42:53
5.	700	Chris Neil	m		Barrow Runners	0:43:23
6.	301	Victoria Sewell	f		Knavesmire Harriers	0:45:08
7.	966	Jonathon Male	m	MV 40	Barrow Runners	0:46:02
8.	850	Martin Thomlinson	m	MV 40	Muckle Toon Sloggers	0:46:41
9.	327	Emily Ault	f		Barrow Runners	0:46:52
10.	458	Fergal Duffy	m	MV 40	U/A Enniskillen, Co. Fermanagh	0:47:29
11.	94	James Holland	m		U/A Stockport, Cheshire	0:47:34
12.	791	Nick Sharp	m	MV 50	U/A Wakefield, West Yorkshire	0:48:16
13.	769	Ian Robinson	m	MV 40	SCC	0:48:29
14.	344	James Barsby	m		U/A Clitheroe, Lancashire	0:48:29
15.	490	Scott Friend	m		U/A Clitheroe, Lancashire	0:49:04
16.	170	Jonathan Sadler	m		U/A Manchester	0:49:28
17.	971	Paul Macfarlane	m	MV 40	Helmhill / Batala	0:49:30
18.	562	Richard Holmes	m	MV 40	U/A Lytham,	0:49:39
19.	394	Andrew Campbell	m		U/A Cheadle Hulme,	0:49:52
20.	881	Rick Ward	m	MV 40	Triathlon Coaching UK	0:50:14
21.	626	Nick Lewthwaite	m	MV 40	U/A Windermere, Cumbria	0:50:16
22.	785	Lance Saxby	m	MV 50	unattached	0:50:37
23.	642	Lawrence Mannion	m	MV 50	U/A Kendal,	0:50:42
24.	463	Liam Durr	m		U/A Manchester,	0:50:56
25.	470	Robbie Edwards	m	MV 40	Southport running cluc	0:51:01
26.	388	David Buckle	m		U/A Grange-over-Sands, Cumbria	0:51:04
27.	546	margaret henderson	f		U/A warton, lancs	0:51:06
28.	513	Laurie Gribbin	m		Millom striders	0:51:18
29.	773	Simon Rogers	m		Kilbarchan AAC	0:51:38
30.	964	Jonny Grisedale	m	MV 40	Team inov-8.com	0:52:04
31.	328	Steven Averill	m	MV 50	U/A Nottingham ,	0:52:10
32.	844	Mark Taylor	m		U/A Essendine , Rutland	0:52:22
33.	734	Jiri Bittner	m	MV 40	U/A Sedbergh , Cumbria	0:52:27
34.	321	Phil Aspinall	m		U/A Clitheroe, Lancashire	0:52:31
35.	1366	Anthony Irving	m	MV 40	U/A Carlisle,	0:52:42
36.	793	Andy Shaw	m		St Helens Striders	0:52:46
37.	491	James Gaffney	m		-	0:53:40
38.	330	Daniel Bailey	m		U/A Darlington,	0:53:47
39.	436	Joe Davenport	m		U/A Preston, Lancashire	0:53:47
40.	551	Philip Higgins	m	MV 50	Kendal Tri Club	0:54:01
41.	631	Huw Lloyd	m		U/A Richmond, North Yorkshire	0:54:10
42.	829	Mark Storey	m		U/A Newcastle, Tyne & Wear	0:54:19
43.	684	Sam Moore	m		Millom Striders RC	0:54:21
44.	572	Graham Ingham	m	MV 50	U/A Kirkham,	0:54:27
45.	969	Helen Johnson	f	FV 40	Wirral Vikings	0:54:32
46.	945	Sebastien Libert	m		U/A london,	0:54:48
47.	324	Tim Atkins	m		U/A Stretford, Greater Manchester	0:54:48
48.	493	Callum Gallop	m		U/A Kendal, Cumbria	0:54:49
49.	482	Jonathan Fletcher	m	MV 50	Ripon Runner	0:54:49
50.	812	Garth Spencer	m		Ribble Valley Triathlon Club	0:54:57
51.	373	Andy Brayshaw	m	MV 40	Helm Hill	0:55:09
52.	374	Kate Brayshaw	f	FV 40	Helm Hill	0:55:09
53.	378	Hannah Brookfield	f		U/A Aughton, Lancashire	0:55:11
54.	777	Alison Rose	f	FV 40	U/A Ilkley, West Yorkshire	0:55:24
55.	320	Dave Ashcroft	m	MV 50	U/A St Helens, Merseyside	0:55:38
56.	489	Mark Friend	m		U/A Clitheroe, Lancashire	0:55:44
57.	587	karen johnson	f	FV 40	U/A Ulverston,	0:55:57
58.	383	James Bryant	m	MV 40	Kenilworth Wheelers CC	0:55:58
59.	685	Mark Moran	m	MV 40	Swinton	0:56:04
60.	467	JOHN PAUL EDMONDSON	m		U/A BURNESIDE, CUMBRIA	0:56:07
61.	309	Richard Addy	m	MV 50	U/A Southampton, Hampshire	0:56:13
62.	862	Nichola Tomkow	f	FV 40	U/A Sandbach, Cheshire	0:56:23
63.	1343	Sorcha Hodgson	f		U/A Kendal,	0:56:25
64.	609	Richard Laing	m		U/A Altrincham, Cheshire	0:56:31
65.	701	Emma Neil	f		Barrow Runners	0:56:38
66.	362	Paul Blakemore	m		U/A Wigan ,	0:56:45
67.	745	David Prout	m		U/A Preston, Lancashire	0:56:46
68.	755	Simon Richardson	m	MV 40	U/A Seascale ,	0:56:47
69.	538	Richard Harrison	m	MV 40	None	0:56:51
70.	497	Phillip Gaston	m		U/A milnthorpe, cumbria	0:56:53
71.	425	Jonathan Crossley	m	MV 50	U/A Rhuddlan, Denbighshire	0:56:54
72.	346	Simon Barton	m	MV 60	Hoad Hill Harriers	0:57:00
73.	865	George Towler	m	MV 40	U/A Northwich,	0:57:11
74.	933	Chris Wynne	m	MV 50	U/A Ormskirk,	0:57:21
75.	317	Ian Armstrong	m		Millom striders	0:57:22
76.	872	Robyn Turner	f		U/A Blackburn,	0:57:33
77.	944	Martin Smithurst	m	MV 40	None	0:57:37

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
78.	729	David Pattison	m	MV 40	U/A Chester, Cheshire	0:57:43
79.	571	Gerard Hurst	m	MV 60	U/A Wigan,	0:57:43
80.	447	Bart Decadt	m	MV 50	U/A Bolton,	0:57:55
81.	558	Jeanette Simpson	f		U/A Kendal, Cumbria	0:58:00
82.	523	Jo Haigh	f	FV 60	U/A Skipton, North Yorkshire	0:58:01
83.	545	Andrew Hemsley	m	MV 50	U/A Penrith, Cumbria	0:58:03
84.	621	Stephen Leahy	m		U/A Kendal, Cumbria	0:58:25
85.	900	Ian Whalley	m		U/A Huddersfield, West Yorkshire	0:58:28
86.	967	Barrie Hodson	m	MV 40	U/A Leyland,	0:58:30
87.	871	Rob Turner	m	MV 40	U/A Blackburn ,	0:58:35
88.	888	Steve Watson	m	MV 50	U/A Gleaston, Ulverston	0:58:38
89.	917	Patrick Willink	m	MV 50	Helm Hill	0:58:43
90.	826	Phil Stones	m	MV 60	U/A Cleator Moor, Cumbria	0:58:43
91.	840	Matt Tate	m	MV 40	Lonely Goat Running Club	0:58:46
92.	372	Jacob Brass	m		U/A Ambleside, Cumbria	0:58:48
93.	890	James Webster	m		N/A	0:58:58
94.	846	Michelle Teare	f	FV 40	Blackburn harriers	0:59:00
95.	613	Peter Lane	m	MV 40	U/A Newark, Nottinghamshire	0:59:05
96.	455	Jack Dods	m		U/A Cheadle, Greater Manchester	0:59:10
97.	416	shane collins	m	MV 50	red rose road runners	0:59:46
98.	405	Rachel Cheffy	f	FV 40	U/A Hitchin ,	1:00:14
99.	882	Sarah Ward	f		Wakefield Triathlon Club	1:00:25
100.	539	Willem Harrison-Wright	m		U/A Harrogate,	1:00:27
101.	343	Sarah Barry	f		U/A Kilbarchan,	1:00:34
102.	479	Luke fishpool	m		U/A driffield, East Riding of Yorkshire	1:00:43
103.	891	John Webster	m	MV 50	N/A	1:00:50
104.	1206	sandra connell	f	FV 60	U/A Liverpool,	1:00:52
105.	462	James Dunn	m		U/A Kenley, Surrey	1:01:10
106.	883	mark wardley	m	MV 40	U/A preston, lancs	1:01:11
107.	465	Sadie Dyson	f	FV 40	U/A ROSSENDALE, LANCASHIRE	1:01:16
108.	713	Paul Otway	m	MV 40	U/A Natland, Cumbria	1:01:20
109.	357	Colin Benn	m	MV 60	Millom Striders	1:01:22
110.	899	Catherine Westnutt	f	FV 40	U/A Kendal, Cumbria	1:01:25
111.	579	Thomas Jackson	m		U/A Stalmine, Lancashire	1:01:39
112.	345	Sally Barton	f	FV 50	Hoad Hill Harriers	1:01:41
113.	923	John Wiseman	m	MV 50	Red Rose Road Runners	1:01:44
114.	460	Helen Duncanson	f	FV 40	St Bees Triers	1:01:47
115.	776	Dave Rooney	m	MV 50	U/A Southport, Merseyside	1:01:49
116.	786	Nicholas Schaffer	m	MV 50	Millom Striders	1:01:53
117.	604	Steven Kitchin	m	MV 40	U/A Lancaster, Select One	1:02:03
118.	679	Chris Miller	m		U/A Altrincham, MANCHESTER	1:02:14
119.	507	Angela Grace	f	FV 40	U/A Cranage, Cheshire	1:02:14
120.	649	Tony Mather	m	MV 50	U/A Stockport, Cheshire	1:02:17
121.	687	James Morris	m		U/A Preston,	1:02:23
122.	568	Edward Humphrey	m	MV 40	U/A London,	1:02:24
123.	411	John Cleworth	m	MV 40	U/A Timperley, Cheshire	1:02:24
124.	636	Neil MacDonald	m	MV 50	Millom Striders	1:02:25
125.	722	Michal Parka	m		U/A Ulverston, Cumbria	1:02:26
126.	717	Stephen Owen	m	MV 40	Victoria Park Running Club	1:02:31
127.	981	Ray Swainston	m	MV 40	U/A Bishop Auckland , Durham	1:02:35
128.	794	Michael Shaw	m	MV 40	U/A CARLISLE, Cumbria	1:02:45
129.	634	Sarah Lord	f	FV 40	U/A CARLISLE, Cumbria	1:02:45
130.	975	Rob Phillips	m	MV 40	U/A Heversham,	1:03:00
131.	530	Fraser Hamilton	m		U/A Northwich, Cheshire	1:03:01
132.	1177	Steve Waterhouse	m	MV 40	U/A Blackpool ,	1:03:03
133.	863	John Tomlinson	m	MV 50	U/A Bolton,	1:03:06
134.	559	Michael Holland	m		U/A Stockport,	1:03:06
135.	963	Jo Grisedale	f	FV 40	Team inov-8.com	1:03:08
136.	929	Harvey Woods	m	MV 40	U/A Wilmslow,	1:03:12
137.	449	Mark Dewell	m	MV 40	U/A Wilmslow,	1:03:13
138.	778	Ben Ross	m		U/A St Asaph,	1:03:13
139.	860	ANDREW TINKLER	m	MV 40	U/A LANCASTER, LANCS	1:03:15
140.	740	caleb polley	m	MV 40	U/A Stockport,	1:03:20
141.	741	richard popple	m	MV 40	U/A Sheffield, South Yorkshire	1:03:20
142.	973	Rhys Mayor	m		U/A Liverpool,	1:03:21
143.	784	Charles Satterly	m	MV 50	Lancaster & Morecambe A/C	1:03:22
144.	986	Kath Whipple	f	FV 50	Hoad Hill Harriers	1:03:25
145.	797	Lizzie Simmons	f	FV 40	U/A Ulverston ,	1:03:31
146.	521	Josephine Guy	f		U/A Windermere, Home	1:03:31
147.	919	Alan Wilson	m	MV 50	Glaxo Hoad Hill Harriers	1:03:34
148.	677	Tim Miles	m	MV 40	Millom Striders	1:03:39
149.	375	Stephen Adams	m	MV 50	U/A READING, Berkshire	1:03:39
150.	333	Frankie Ball	f		U/A Salford,	1:03:47
151.	664	Ellen McLachlan	f		BWFAC	1:03:50
152.	315	Kathy Appleby	f	FV 50	U/A Lancaster, Lancashire	1:03:50
153.	542	Ritchie Head	m	MV 50	U/A Wallasey,	1:03:50
154.	418	Paul Cookson	m		U/A Altrincham, Cheshire	1:03:54
155.	720	Tim Palmer	m	MV 40	None	1:04:04
156.	605	Jake Kitching	m		n/a	1:04:13
157.	724	Henry Parker	m		U/A Leeds, West Yorkshire	1:04:14

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
158.	767	Peter Robinson	m		U/A Leeds, Yorkshire	1:04:16
159.	702	Paul Neill	m	MV 40	Warrington Running Club	1:04:17
160.	385	Jan Buckingham	f	FV 50	Blackburn Harriers	1:04:22
161.	818	Francesca Stefanuto	f		U/A Manchester ,	1:04:23
162.	936	Andrew Byron	m		U/A London,	1:04:26
163.	554	Hannah Hill	f	FV 40	U/A Kendal, Cumbria	1:04:29
164.	719	Lorraine Palmer	f	FV 40	U/A Holmfirth,	1:04:32
165.	1539	Claire Rowlands	f	FV 40	U/A Chester,	1:04:35
166.	733	Thomas Pearson	m		U/A Grange Over Sands, Cumbria	1:04:37
167.	954	Reece Davies	m		DCC	1:04:45
168.	874	Tony Vick	m	MV 60	Ponteland Runners	1:04:55
169.	603	Nicola Kitchin	f	FV 50	U/A Lancaster, Select One	1:05:02
170.	475	Marnie Ethell	f		U/A Preston, Lancashire	1:05:04
171.	476	Paul Ethell	m	MV 50	U/A Preston, Lancashire	1:05:04
172.	680	Richard Mitchell	m		U/A Kirkham, Lancashire	1:05:06
173.	897	Cheryl Westerman	f	FV 40	U/A Keswick, Cumbria	1:05:07
174.	665	Terry McMahon	m	MV 50	U/A kendal, cumbria	1:05:11
175.	869	Jean Turner	f	FV 50	Telford Harriers	1:05:13
176.	445	Julie Dean	f	FV 50	U/A Carnforth , Lancashire	1:05:14
177.	756	Susan Richardson	f	FV 50	St Bees Triers	1:05:15
178.	965	Carol Gunn	f	FV 50	St bees triers	1:05:15
179.	644	Christina Marechal	f		U/A Manchester, Lancashire	1:05:23
180.	989	Jenny Wroe	f		Batala Mountain Runners	1:05:23
181.	943	Oliver Wan	m	MV 40	U/A Lytham St. ANNES, Lancashire	1:05:24
182.	938	Victoria Floyd	f		U/A Poynton, Cheshire	1:05:34
183.	937	Andrew Floyd	m		U/A Poynton, Cheshire	1:05:34
184.	549	andy henworth	m	MV 40	U/A lancaster, lancashire	1:05:38
185.	487	Jackie Frank	f	FV 40	U/A Redcar,	1:05:39
186.	508	Jim Grace	m	MV 70	U/A Cranage, Cheshire	1:05:40
187.	1241	Jayne Dore	f	FV 40	U/A Formby,	1:05:40
188.	801	Camila Simson	f		U/A ULVERSTON, Cumbria	1:05:41
189.	727	Susanne Parry	f	FV 40	U/A Carlisle,	1:05:41
190.	338	Bob Barford	m	MV 50	U/A Lacey, Lincolnshire	1:05:49
191.	991	Tracey Barker	f	FV 50	Trail Running Association	1:05:49
192.	800	Stuart Sims	m		U/A Kirkby Lonsdale,	1:05:52
193.	705	Tracy Norman	f	FV 50	Wirral Vikings TRC	1:05:52
194.	662	Nigel McIntyre	m	MV 50	U/A Longton, Lancashire	1:05:54
195.	519	Michael Gudgeon	m	MV 40	U/A Settle, North Yorkshire	1:06:03
196.	643	Anthony Marechal	m	MV 60	U/A STROUD, Glos	1:06:03
197.	743	Clair Priestley	f	FV 40	U/A Todmorden,	1:06:07
198.	424	Matt Cross	m	MV 40	U/A Wolverhampton,	1:06:07
199.	765	Kirsty Robertson	f	FV 50	Jog Cowdenbeath	1:06:09
200.	161	Iain Robertson	m	MV 50	Stop the Wee Grumpy	1:06:09
201.	732	Emma Pearson	f	FV 40	U/A Carlisle, Cumbria	1:06:10
202.	803	bridget slater	f	FV 50	U/A Skipton, N Yorks	1:06:10
203.	565	Fatima Horn	f		Rothwell Harriers	1:06:12
204.	895	Toby West	m	MV 40	Lonely Goat RC	1:06:12
205.	331	David Bailey	m	MV 50	U/A Burnley , Lancashire	1:06:12
206.	876	Mark Walker	m	MV 40	U/A Grange-Over-Sands, Cumbria	1:06:20
207.	531	Brian Hanley	m	MV 50	Red Rose Road Runners	1:06:40
208.	654	Abigail McAninly	f	FV 40	Durham	1:06:45
209.	349	Paul Bates	m	MV 40	Mossley AFC Running Club	1:06:46
210.	350	Steve Bates	m	MV 60	Mossley AFC Running Club	1:06:47
211.	921	Martin Wilson	m		U/A Warton,	1:06:49
212.	473	Jo Elliott	f		U/A Oxford,	1:06:53
213.	949	olwen cunningham	f	FV 40	St Bees triers	1:06:54
214.	552	Ben Higginson	m	MV 60	Preston Harriers	1:06:56
215.	751	Jodie Reynolds	f		U/A Rochdale,	1:07:09
216.	814	Shirley Spratt	f	FV 50	U/A Congleton, Cheshire	1:07:13
217.	608	Hilde Krynen	f	FV 50	U/A Kendal, Cumbria	1:07:18
218.	834	Nicola Swann	f	FV 40	Otley A.C.	1:07:21
219.	820	Hilary stephenson	f		U/A leeds,	1:07:36
220.	819	Craig stephenson	m	MV 40	U/A leeds,	1:07:36
221.	968	James Humphreys	m	MV 40	U/A Bury,	1:07:47
222.	469	Melanie Edwards	f	FV 40	Ilkley Harriers	1:07:51
223.	367	Louise Bowden	f	FV 40	Ramsbottom Running Club	1:07:51
224.	316	Jo Ardin	f	FV 40	U/A Bury , Lancs	1:07:52
225.	671	Andrew Mcpartlin	m	MV 40	U/A Manchester,	1:07:56
226.	832	Mark Strickland	m	MV 50	U/A Holywell, Flintshire	1:08:07
227.	397	Matthew Carr	m	MV 50	U/A Normanton, West Yorkshire	1:08:14
228.	591	Andrew Jones	m	MV 40	U/A Prescot, Merseyside	1:08:19
229.	451	Nicola Dinsdale	f		Ribble valley Tri Club	1:08:28
230.	377	Daniel Brookfield	m		U/A ORMSKIRK, Lancashire	1:08:32
231.	754	Jennifer Richardson	f	FV 40	U/A Near Kendal, Cumbria	1:08:36
232.	830	Anne Strickland	f	FV 50	U/A Holywell, Flintshire	1:08:42
233.	951	Ian Cassidy	m		U/A Wigan, Lancashire	1:08:43
234.	595	Jacqueline Jones	f	FV 40	U/A Darlington , Durham	1:08:45
235.	827	Anna Storey	f		U/A Newcastle, Tyne & Wear	1:08:45
236.	847	Shaun Teasdale	m	MV 50	U/A Durham, Durham	1:08:45
237.	627	Mark Liptrott	m	MV 40	U/A Ormskirk, Lancashire	1:08:46

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
238.	504	Gay Goodson	f	FV 40	U/A kirkby-in-Furness, cumbria	1:08:50
239.	828	Jo Storey	f	FV 40	Jogonthetyne	1:08:54
240.	407	adele Cihlar	f	FV 40	U/A Prestwich , Manchester	1:08:58
241.	752	Rebecca Richards	f		U/A Ulverston, Cumbria	1:08:59
242.	913	Rebecca Wilkinson	f		U/A Kendal,	1:09:00
243.	952	JACQ CHARLES	f	FV 40	Wirral Vikings TRC	1:09:05
244.	630	Jane Spencer	f	FV 40	Barrow Runners	1:09:14
245.	718	William Owen	m	MV 40	U/A Leyland ,	1:09:24
246.	716	Jamie Owen	m		U/A leyland,	1:09:24
247.	792	Susan Sharp	f	FV 50	U/A Wakefield, west Yorkshire	1:09:26
248.	633	Robert W Lord	m		U/A Chorlton, Manchester	1:09:27
249.	884	Jon Waring	m	MV 40	U/A Bolton ,	1:09:28
250.	414	Simon Cole	m	MV 50	U/A Ansdel, Lancs	1:09:29
251.	384	Sue Bryant	f	FV 50	U/A Leamington Spa, Warwickshire	1:09:30
252.	495	Gerry Garvey	m	MV 50	Muddy Boots Nursery	1:09:31
253.	879	Amanda Ward	f	FV 40	U/A Stockport,	1:09:34
254.	573	Beth Irving	f	FV 40	U/A Carlisle,	1:09:42
255.	441	Robert Davies	m		U/A St Asaph,	1:09:47
256.	313	Karl Aldred	m	MV 40	U/A Warrington, Cheshire	1:09:49
257.	515	Tricia Griffiths	f	FV 50	U/A Lancaster,	1:09:56
258.	514	Grant Griffiths	m	MV 60	U/A Lancaster,	1:09:56
259.	578	sandre jackson	f	FV 60	U/A congleton, cheshire	1:10:01
260.	577	malcolm jackson	m	MV 50	U/A congleton, cheshire	1:10:01
261.	628	Paul Littlefield	m	MV 50	U/A Bolton,	1:10:07
262.	379	Neil Brooks	m	MV 40	U/A Preston , Lancashire	1:10:10
263.	922	Julie Wisely	f	FV 40	U/A Manchester ,	1:10:12
264.	580	Annabel James	f		Millom Striders	1:10:15
265.	927	Anne-Marie Woodcock	f	FV 40	U/A Bamber Bridge, Lancashire	1:10:16
266.	1148	Matt Boot	m	MV 40	U/A NORTHWICH, Cheshire	1:10:21
267.	501	Ellie Gilpin	f		U/A Milnthorpe , Cumbria	1:10:31
268.	533	Sharon Hannah	f	FV 40	U/A Kendal, Cumbria	1:10:31
269.	972	Joanne Marshall	f	FV 40	U/A Warrington, Cheshire	1:10:37
270.	593	Helen Jones	f		U/A Burntisland , Fife	1:10:43
271.	496	Elizabeth Gaston	f		U/A Milnthorpe, Cumbria	1:10:48
272.	387	Alanna Buckle	f		U/A Grange-over-Sands , Cumbria	1:10:48
273.	363	Abby Bland	f		U/A Kendal, Cumbria	1:10:53
274.	525	Gillian Halhead	f	FV 40	U/A Carnforth, Lancs	1:10:54
275.	1137	Anne Berry	f	FV 50	Wesham Road runners	1:11:03
276.	477	Chloe Falconer	f		Millom Striders	1:11:11
277.	480	Joanna Harvey	f		U/A Liverpool,	1:11:15
278.	660	Sophie McIntosh	f		U/A Burnley, Lancashire	1:11:18
279.	641	Ian Manderson	m	MV 50	Jogging pals	1:11:21
280.	804	John Slater	m	MV 50	U/A Carnforth, Lancs	1:11:27
281.	941	Patrick Haddow	m		U/A Fleetwood, Lancashire	1:11:30
282.	942	Tracey Appleby	f		U/A Blackpool,	1:11:30
283.	698	Wendy Navin	f	FV 40	St Bees Triers	1:11:30
284.	511	julie gray	f	FV 50	U/A st annes, lancashire	1:11:43
285.	503	Sue Goldrick	f	FV 50	U/A Manchester,	1:11:51
286.	588	Stephen Johnson	m	MV 60	Millom Striders	1:11:51
287.	886	SUE BOOTH	f	FV 50	U/A MARYPORT, CUMBRIA	1:11:52
288.	433	catherine cuthbert	f	FV 40	wallasey ac	1:11:54
289.	739	Robert Pleasance	m	MV 50	U/A Manchester, Greater Manchester	1:11:55
290.	421	Jennifer Craig	f		U/A Blackpool, Lancashire	1:11:56
291.	420	Andy Craig	m		U/A Blackpool,	1:11:58
292.	657	Ian McDowall	m	MV 60	U/A Lidlithgow,	1:11:59
293.	656	Edith McDowall	f	FV 50	U/A Lidlithgow, West Lothian	1:11:59
294.	494	David Garden	m		U/A Blackpool,	1:12:01
295.	319	Graham Arnold	m		-	1:12:01
296.	340	David Barnes	m	MV 50	Red Rose	1:12:04
297.	935	Anna Battersby	f		U/A London,	1:12:06
298.	600	Heather Keiller	f	FV 40	U/A Penrith , Cumbria	1:12:10
299.	811	Katy Smythe	f	FV 40	Me	1:12:18
300.	909	Sarah Wightman	f	FV 40	U/A Banbury, Oxfordshire	1:12:31
301.	548	Paul Henshaw	m	MV 40	U/A Altrincham ,	1:12:33
302.	529	Laura Halstead	f		U/A London,	1:12:38
303.	527	David Halstead	m	MV 50	U/A Lytham St.Annes, Lancashire	1:12:38
304.	528	Emily Halstead	f		U/A London,	1:12:38
305.	492	Zara Gall	f	FV 40	Didsbury ladies	1:12:56
306.	983	Emma Thacker	f		U/A Kendal, Cumbria	1:12:59
307.	911	David Wilkinson	m	MV 50	U/A Southport , Merseyside	1:13:07
308.	639	Michelle Mahony	f	FV 40	U/A Ulverston ,	1:13:10
309.	950	Paul Carter	m		U/A Millom, Cumbria	1:13:13
310.	500	Bernadette Giles	f	FV 50	Mereside Primary Blackpool	1:13:17
311.	987	Brian Winder	m	MV 70	Darwen Running Group	1:13:21
312.	419	Emma Cooper	f	FV 40	U/A Preston, Lancashire	1:13:22
313.	512	Lorraine Grayston	f	FV 50	U/A Preston, Lancs	1:13:23
314.	326	Dawn Attwood	f	FV 50	Millom Striders	1:13:24
315.	448	Louisa Dever	f	FV 50	U/A Wallasey,	1:13:30
316.	403	Liz Cassidy	f	FV 50	U/A Paisley,	1:13:35
317.	1301	Geoff Griffiths	m	MV 50	Fuelled By Fun	1:13:42

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
318.	334	Madeleine Ball	f		U/A Preston,	1:13:49
319.	561	Alison Holmes	f	FV 50	Whitchurch tri club	1:14:05
320.	590	Vicky Johnston	f	FV 40	St Bees Triers	1:14:06
321.	961	Linda Gant	f	FV 60	Bodyfit Cumbria running club	1:14:06
322.	787	Claire Scott	f		Millom Striders Running Club	1:14:08
323.	390	Louie Butlin	m		U/A Manchester,	1:14:10
324.	517	jeanette grimes	f	FV 50	U/A prescot, merseyside	1:14:12
325.	474	mary ellen entwistle	f	FV 40	U/A lancaster, lancashire	1:14:12
326.	610	Darren Lamb	m	MV 40	U/A Preston, Lancashire	1:14:14
327.	653	Peter Mayer	m	MV 50	U/A Rossendale , Lancs	1:14:14
328.	1623	Sarah Warrington	f	FV 40	U/A Tarporley, Cheshire	1:14:17
329.	361	Philip Blakeley	m		U/A Aughton, Lancs	1:14:18
330.	336	Liz Bamber	f	FV 40	Lancaster Women's Running Club	1:14:23
331.	843	Jane Taylor	f	FV 50	Women on the Run - Preston	1:14:29
332.	453	Sarah Dodd	f		U/A Barrow In Furness, Cumbria	1:14:31
333.	712	Michael Orlans	m		U/A Greater London, --	1:14:37
334.	427	Louisa Crossley	f	FV 50	U/A Rhuddlan, Denbighshire	1:14:39
335.	976	Lucy Reeves	f		U/A MORECAMBE, Lancashire	1:14:44
336.	560	Ceri Holman	f	FV 40	U/A Grange over Sands, Cumbria	1:14:47
337.	310	Chloe Ainsworth	f		U/A Wigan,	1:14:48
338.	744	Charmay Prout	f		U/A Preston,	1:14:48
339.	842	Elizabeth Taylor	f		U/A Milnthorpe , Cumbria	1:14:57
340.	505	Amy Gordon	f		U/A Milnthorpe , Cumbria	1:14:57
341.	926	Natalie Woodburn	f		Millom Striders	1:14:59
342.	788	Michelle Scott	f		Millom Striders Running Club	1:15:06
343.	1302	Nicola Griffiths	f	FV 40	Fuelled By Fun	1:15:08
344.	683	Karen Moore	f	FV 50	Millom Striders	1:15:12
345.	737	Danielle Pierce-Roberts	f		Warrington Running Club	1:15:22
346.	930	luke woockey	m		U/A Manchester,	1:15:26
347.	526	Claire Hall	f		NA	1:15:26
348.	948	laura clements	f	FV 40	st bees trier	1:15:33
349.	875	Ian Walker	m	MV 50	Glaxo Hoad Hill Harriers	1:15:37
350.	582	Helen Jeffrey	f		U/A Halifax, West Yorkshire	1:15:38
351.	858	PAUL TICKNER	m	MV 60	U/A Cocker mouth, Cumbria	1:15:38
352.	431	Vicki Cummings	f	FV 40	U/A Lytham,	1:15:40
353.	706	Basia Nowak	f	FV 40	U/A Grange-over-Sands,	1:15:45
354.	980	Nicole Spibey	f		U/A Cartmel ,	1:15:45
355.	648	Lisa Mather	f	FV 40	U/A Stockport, Cheshire	1:15:48
356.	757	Gary Richardson	m	MV 40	U/A Kendal , Cumbria	1:16:01
357.	939	Michelle Dougan	f		U/A Barrow in Furness , Cumbria	1:16:10
358.	766	Louise Robinson	f		WotR Kendal	1:16:19
359.	516	Karen Griffiths	f	FV 40	U/A BARROW-IN-FURNESS , Cumbria	1:16:34
360.	668	Charlotte McNeela	f		U/A Preston, Non-US/Other	1:16:34
361.	901	Elizabeth White	f	FV 40	U/A Ulverston,	1:16:34
362.	1342	Callum Hodgson	m		U/A London,	1:16:39
363.	854	Sarah Thorn	f	FV 50	U/A Lancaster, Lancashire	1:16:53
364.	622	Victoria Leece	f		U/A Millom, Cumbria	1:16:57
365.	885	Melanie Waszkiel	f	FV 40	U/A	1:16:59
366.	450	Victoria Dewhurst	f	FV 40	U/A Bolton, Lancs	1:17:01
367.	1173	Paula Byrne	f	FV 60	U/A Arnside, Cumbria	1:17:04
368.	855	Mark Thornber	m	MV 60	U/A Arnside, Cumbria	1:17:04
369.	318	Nicola Armstrong	f		U/A Millom, Cumbria	1:17:07
370.	782	Ben Safrany	m		U/A Worskop, Notta	1:17:10
371.	352	Fiona Batty	f		U/A Worksop, Nottinghamshire	1:17:10
372.	746	Alison Pye	f		U/A Kendal, Cumbria	1:17:13
373.	953	Rebecca Crellin	f		U/A Frizington, Cumbria	1:17:24
374.	731	Chris Pearson	m	MV 50	U/A Grange Over Sands, Cumbria	1:17:29
375.	408	Carla Clarke	f	FV 40	Durham Mums on the Run	1:17:31
376.	417	Mags Cook	f	FV 60	Roundhay Runners	1:17:35
377.	555	Penny Hill	f	FV 50	Roundhay Runners	1:17:36
378.	543	Carol Headon	f	FV 40	Garstang Running Club	1:17:37
379.	550	Mary Hewitt	f	FV 60	Garstang Running Club	1:17:37
380.	607	Timothy knowles	m	MV 50	none	1:17:40
381.	852	Steve Thompson	m		U/A Barrow in Furness, Cumbria	1:17:41
382.	704	Victoria Noble	f	FV 40	S&P	1:17:45
383.	924	Julie Wiseman	f	FV 60	Lytham St Anne's Road Runners	1:17:48
384.	958	Samuel Dore	m		U/A Liverpool,	1:17:52
385.	413	David Cole	m	MV 70	U/A Penrith, Cumbria	1:17:54
386.	957	Emily Dore	f		U/A Formby,	1:17:57
387.	873	Joanna van den Driessche	f		U/A London,	1:18:01
388.	771	Jo-Anna Robson	f	FV 40	U/A Formby,	1:18:02
389.	354	Rachael Beecham	f	FV 40	U/A Kendal,	1:18:11
390.	422	Beverley Crate	f	FV 40	U/A Bedlington , Northumberland	1:18:21
391.	440	Jane Davies	f	FV 50	U/A Manchester,	1:18:24
392.	857	Deborah Thorneycroft	f	FV 50	U/A Stoke on Trent, Staffs	1:18:25
393.	598	Nicola Kay	f	FV 40	Horwich RMI Harriers	1:18:25
394.	1454	Lynne Midgley-ward	f	FV 40	Ponteland Runners	1:18:29
395.	928	Georgie Woods	f		U/A Liverpool, Merseyside	1:19:02
396.	484	Elizabeth Foster	f	FV 60	Tynedale Harriers	1:19:10
397.	768	Antonia Robinson	f	FV 40	U/A Preston, Lancs	1:19:13

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
398.	908	Kirsty Wicks	f	FV 40	N/A	1:19:13
399.	435	Jennifer Dale	f		U/A Wigan,	1:19:20
400.	955	Ken Davies	m	MV 40	U/A Richmond, North Yorkshire	1:19:38
401.	988	Hannah Worboys	f		U/A Northallerton,	1:19:38
402.	329	Susan Averill	f	FV 50	Notts womens runners	1:19:40
403.	694	Theresa Murray	f	FV 50	U/A Crook, Cumbria	1:19:42
404.	813	Alison Spiby	f	FV 50	U/A Windermere, Cumbria	1:19:46
405.	802	Angela Skelton	f	FV 40	Me	1:19:54
406.	434	Rachel TICKNER	f	FV 60	U/A Cockermouth, Cumbria	1:19:57
407.	597	Jane Hunter	f	FV 50	Lancaster Women's Running Club	1:20:04
408.	932	Gilly Wright	f	FV 40	Thorp Academy	1:20:09
409.	456	Lindsay Downes	f	FV 40	U/A Frome,	1:20:09
410.	789	Robert Shanahan	m	MV 50	Wirral Viking	1:20:12
411.	437	Lynda Davenport	f		U/A Harrogate, North yorkshire	1:20:15
412.	821	Lorna Stephenson	f	FV 40	Alnwick Harriers	1:20:27
413.	534	Jackie Harland	f	FV 40	U/A Warrington,	1:20:28
414.	535	Richard Harland	m	MV 50	U/A Warrington,	1:20:29
415.	707	Gillian O'boyle	f	FV 40	U/A warrington, Cheshire	1:20:31
416.	625	Jennifer Lewis	f	FV 40	U/A Manchester,	1:20:33
417.	715	simpson ovans	m	MV 40	U/A malvern,	1:20:34
418.	693	Sam Munro	f	FV 40	U/A Freckleton ,	1:20:45
419.	774	Kate Rollason	f		U/A Skipton, North Yorkshire	1:20:59
420.	673	Alison Medicott	f	FV 50	U/A Leigh, Lancs	1:21:03
421.	353	Rebecca Bedford	f		U/A Chorley , Lancashire	1:21:09
422.	815	Laura Stanton	f	FV 40	U/A Leyland, Lancashire	1:21:09
423.	624	Anne Lewis	f	FV 60	Swans Tri Club	1:21:11
424.	443	Allan Dean	m	MV 60	U/A OAKHAM, Rutland	1:21:14
425.	574	Mahfuzul Islam	m	MV 40	U/A Sabden,	1:21:14
426.	714	helen Ovans	f	FV 40	Stowmarket Striders	1:21:39
427.	970	michelle johnson	f	FV 50	Catherines Anyone Can Run	1:21:41
428.	518	Siobhan Grimshaw	f	FV 50	Blackburn road runners	1:21:42
429.	833	jeanette Sutcliffe	f	FV 50	Trawden AC	1:22:11
430.	906	Joanne Whitlock	f	FV 40	U/A Foulridge,	1:22:11
431.	332	Miriam Bailey	f	FV 50	Trawden Athletic	1:22:12
432.	851	Liane Thompson	f	FV 50	U/A Barrow-in-Furness, Cumbria	1:22:14
433.	439	Christina Davies	f		U/A Bishop Auckland, Durham	1:22:27
434.	547	Victoria Henniker	f	FV 40	Warrington Running Club	1:22:33
435.	661	Lynda McIntyre	f	FV 50	U/A Longton, Lancashire	1:22:41
436.	606	Amy Knowles	f		U/A STOCKPORT, cheshire	1:22:46
437.	592	Fiona Jones	f	FV 40	U/A Preston, Lancashire	1:23:00
438.	709	Gillian Oliver	f	FV 50	Lytham St Annes Road Running Club	1:23:03
439.	699	Stephanie Neale	f	FV 50	Me	1:23:10
440.	817	Rachel Stavert	f	FV 50	Allithwaite	1:23:10
441.	670	Kerrie McNeill	f	FV 40	Wesham Road Runners	1:23:19
442.	376	Graham Brook	m	MV 50	Wesham Road Runners	1:23:19
443.	645	Darren Marks	m		U/A Oswestry,	1:23:30
444.	960	Megan Fitzpatrick	f		Team inov-8	1:23:37
445.	481	Sarah Fitzpatrick	f	FV 50	Me	1:23:37
446.	663	Louise McKenzie	f		U/A Linlithgow, West Lothian	1:24:19
447.	763	Rose Roberts	f	FV 50	U/A Lancaster, Lancashire	1:24:45
448.	444	Jim Dean	m	MV 70	U/A Kendal, Cumbria	1:24:57
449.	946	Domenyk Smith	m	MV 40	U/A Kirkham, Lancashire	1:24:57
450.	940	Emma Smith	f	FV 40	U/A Kirkham,	1:24:58
451.	738	Sarah Pinney	f	FV 50	Millom Striders	1:25:12
452.	889	Catherine Wearing	f		U/A Lancaster,	1:25:25
453.	783	Rachael Sanderson	f		U/A Preston, Lancashire	1:25:52
454.	695	Ann Myatt	f	FV 50	Cheadle	1:26:03
455.	652	Tracy Mault	f	FV 40	U/A Preston, Lancs	1:26:11
456.	651	Leslie Mault	m	MV 60	U/A Preston, Lancashire	1:26:12
457.	454	Rachael Dodds	f	FV 40	Roundhay Runners	1:26:16
458.	726	Hannah Parmley	f		Roundhay Runners	1:26:16
459.	887	David Watson	m	MV 50	Red rose road runners	1:26:30
460.	601	Kate Keohane	f	FV 60	Cockermouth HHH	1:26:52
461.	646	Gemma Marshall	f		Millom Striders	1:27:04
462.	635	Sarah Lupton	f	FV 40	Millom Striders	1:27:04
463.	711	Stuart Oram	m	MV 40	U/A Manchester, Manchester	1:27:22
464.	710	Sarah Oram	f	FV 40	Chorlton Runners	1:27:22
465.	541	Mandy Haworth	f	FV 50	New Balance Run Club Keswick	1:27:31
466.	806	Despina Smith	f	FV 40	U/A Manchester ,	1:27:31
467.	412	Paul Coldham	m	MV 50	U/A Keswick	1:27:31
468.	520	Fiona Gutteridge	f		Red Rose Road Runners	1:27:32
469.	614	Steven Lane	m	MV 40	None	1:27:34
470.	615	Vanessa Lane	f	FV 40	None	1:27:35
471.	302	Amanda Beresford	f		U/A	1:27:55
472.	536	John Harrison	m	MV 70	U/A Carlisle, Cumbria	1:28:00
473.	781	Nancy Ryan	f	FV 40	U/A Altrincham, Cheshire	1:28:12
474.	753	Gail Richards	f	FV 40	Evenwood Road Runners	1:28:23
475.	759	Carolyn Rigby	f	FV 50	Widnes Wasps	1:28:24
476.	675	Elaine Mercer	f	FV 40	Women on the rum	1:28:32
477.	569	Catherine Hunt	f	FV 40	Women on the Run	1:28:33

Lakeland Trails in Cartmel

Cartmel Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
478.	822	Hannah Stevenson	f		U/A lancaster, lancashire	1:28:39
479.	647	Sara Master	f		U/A lancaster, Lancs	1:28:39
480.	721	Julia Park	f	FV 40	Me	1:28:43
481.	760	Ian Rigby	m	MV 50	U/A Widnes, Cheshire	1:28:49
482.	325	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	1:28:52
483.	856	Catherine Thornber	f	FV 50	Pendle triathlon club	1:28:52
484.	400	Matt Cartwright	m	MV 40	U/A Preston, Lancashire	1:29:09
485.	918	Becky Willoughby	f	FV 40	Helm Hill	1:29:11
486.	406	Sylvia Chudley	f	FV 60	U/A Underbarrow,	1:29:17
487.	853	Heather Thorn	f	FV 40	Women on the run	1:29:21
488.	510	Gillian Graves	f	FV 50	U/A York, North Yorkshire	1:29:28
489.	446	Lauren Dean-Ashton	f	FV 40	U/A Manchester,	1:29:30
490.	308	Kate Addy	f	FV 50	U/A BIRMINGHAM, West Midlands	1:29:33
491.	658	Angela Mcginnes	f	FV 40	U/A knutsford,	1:29:36
492.	459	Julie Dugdale	f	FV 50	U/A Kendal, Cumbria	1:29:42
493.	849	Kate Thatcher	f		U/A Manchester,	1:29:51
494.	977	Rachel Roche	f		U/A Birmingham,	1:29:54
495.	859	Caroline Eyles	f	FV 40	Penistone Footpath Runners	1:30:05
496.	692	Iain Munro	m	MV 40	U/A Preston, Lancashire	1:30:30
497.	835	Ann Matrie Swart	f	FV 50	U/A Clare, Suffolk	1:30:39
498.	910	ALEXA WILCOCK	f		U/A OLD LANGHO, LANCASHIRE	1:30:45
499.	837	HANNAH SWIFT	f		U/A OLD LANGHO, LANCASHIRE	1:30:45
500.	838	Peter Swift	m	MV 50	U/A Wigan, Lancashire	1:30:47
501.	836	elizabeth swart	f	FV 50	U/A Manchester,	1:31:00
502.	925	Carole Wood	f	FV 60	U/A Kendal, Cumbria	1:31:01
503.	486	Tracy Fothergill	f	FV 40	U/A Stutton Tadcaster, North Yorkshire	1:31:08
504.	864	Paul Towers	m	MV 40	U/A Morecambe,	1:31:24
505.	618	Jo Laycock	f	FV 40	U/A Manchester,	1:31:51
506.	678	Allyson Miller	f	FV 40	U/A Chorley, Lancashire	1:32:39
507.	409	Louise Clarke	f	FV 40	U/A Driffield,	1:33:05
508.	823	Niki Stockton	f	FV 50	U/A Manchester,	1:33:47
509.	703	Louise Newton	f		Stocksfield Striders	1:33:52
510.	499	Jo Gibson	f	FV 50	Penny Lane Striders	1:33:58
511.	978	Jackie Routledge	f	FV 60	Thornton Cleveleys	1:34:29
512.	389	Christine Burgess	f	FV 50	thornton cleveleys running club	1:34:30
513.	749	Sarah Rainford	f	FV 50	WOTR	1:34:36
514.	393	Alison Campbell	f	FV 70	Wimbledon Windmilers	1:34:43
515.	386	Jane Buckingham	f	FV 40	Stocksfield Striders	1:34:57
516.	867	Danielle Tuite	f	FV 40	U/A Kendal,	1:35:04
517.	637	Sue madden	f	FV 60	U/A Kendal, Cumbria	1:35:04
518.	758	EDWINA RICKARDS COLLINSON	f	FV 60	CROCWALKERS	1:35:11
519.	798	Amanda Simpson	f		RunSmart	1:35:32
520.	799	Perrie Routledge	f		U/A Carlisle, Cumbria	1:35:54
521.	750	Shelley Regan	f		U/A Preston, Lancashire	1:35:55
522.	307	Paul McMonagle	m		U/A Ormskirk, Lancashire	1:36:35
523.	905	Denise Whitfield	f		U/A Barrow in furness , Cumbria	1:37:05
524.	772	Aimee Taylor	f		U/A Grange-Over-Sands , Cumbria	1:37:06
525.	594	Kate Jones	f	FV 50	U/A Eccles,	1:37:20
526.	423	Clare Crawford	f	FV 50	U/A Altrincham, Cheshire	1:37:21
527.	583	Helen Jeffrey	f	FV 40	U/A Carlisle, Cumbria	1:37:42
528.	398	Rachel Carruthers	f	FV 40	U/A Penrith , Cumbria	1:37:42
529.	810	Sue Smith	f	FV 50	U/A Morecambe, Lancs	1:38:00
530.	371	Karen Braddon	f	FV 60	Crocwalkers	1:38:03
531.	1258	Dawn Evans	f	FV 50	burnden road runners	1:39:51
532.	780	Katharine Russell	f	FV 40	U/A Stocksfield, Northumberland	1:40:34
533.	360	Vishal Bhavsar	m		U/A London,	1:41:21
534.	396	Dot Carr	f	FV 70	U/A harrogate, yorkshire	1:41:47
535.	401	Beth Casserley	f		U/A Sale, Manchester	1:42:25
536.	323	Chloe Atkins	f		U/A Huddersfield, West Yorkshire	1:42:46
537.	322	Allison Atkins	f	FV 40	U/A Huddersfield, West Yorkshire	1:42:47
538.	808	Lisa Smith	f	FV 50	U/A Kendal, Cumbria	1:43:32
539.	370	Sarah Boyle	f	FV 50	U/A Kendal,	1:43:32
540.	532	vicki Hanley	f	FV 40	Nordic walking Preston	1:43:41
541.	839	Lucy Tasker	f		WeRunLiv	1:54:09

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