

## Trail Run 10k

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
<b>Trail Run 10k</b>						
1	995	Laurence Hill	m			0:41:15
2	139	Darren Coward	m		Glaxo Hoad Hill Harriers	0:41:40
3	288	Richard Thomas Jackson-Taylor	m			0:44:22
4	164	Karl Dickenson	m		Lonely Goat Rc	0:45:10
5	817	Andrew Carr	m		Westerlands CCC	0:45:40
6	220	Chris Gray	m	MV 40	Tri Lakeland	0:46:01
7	853	William Houghton	m		Tyne Bridge Harriers	0:46:19
8	339	Bethan Lowe	f			0:46:20
9	846	Ronnie Haddow	m	MV 50	Furness Fell Runners	0:46:49
10	282	Robert Inman	m	MV 40		0:46:58
11	871	Gary O'Neill	m	MV 40	Furness Fell Runners	0:47:19
12	445	Jamie Quan-Soon	m	MV 40		0:48:29
13	356	Daniel McDonagh	m			0:49:08
14	565	Ben Taylor	m	U21		0:49:24
15	367	Mike Mckee	m	MV 40		0:49:27
16	71	Lauren Booth	f		Hoad Hill Harriers	0:50:58
17	948	Charlotte Seward	f		Border Harriers	0:51:34
18	146	Rachel Crow	f		BFR	0:52:50
19	33	Jack Ball	m	U25	Settle Harriers	0:52:54
20	984	Charlotte Jones	f			0:53:40
21	110	Donna Cartwright	f	FV 40	Radcliffe Ac	0:54:03
22	111	Jennifer Casson	f	FV 40		0:54:17
23	426	Justine Patton	f			0:54:18
24	443	John Pyrah	m			0:55:03
25	881	Imogen Poore	f	U25		0:55:08
26	292	Stephen Jolly	m	MV 60	Allithwaite Running Club	0:55:35
27	274	Mark Hughes	m	MV 40	Lytham St Annes Road Runners	0:55:51
28	572	Stuart Taylor	m	MV 50		0:56:07
29	936	Alex Barnes	m			0:57:24
30	649	Alan Wilson	m	MV 50	Glaxo Hoad Hill Harriers	0:57:30
31	882	Martin Poore	m	MV 50		0:57:39
32	653	Mark Wilson	m	MV 50	No Drama Llamas Running	0:57:46
33	979	Lucy Garrod	f	FV 50		0:57:55
34	316	Helen Lawrenson	f	FV 50	Blackpool Wyre & fylde AC	0:57:55
35	268	Colin Howard	m	MV 60	Furness Fell Runners	0:58:00
36	890	Matt Roche	m			0:58:19
37	275	Nicola Hughes	f			0:59:26
38	640	Mark Wilding	m	MV 50		0:59:33
39	875	David Parfitt	m			0:59:39
40	284	Davinia Jackson	f	FV 40	Thornton Cleveleys Running Club	0:59:51
41	951	Clare Edgar	f	FV 40	Lancaster Runners	1:00:20
42	911	Joanne Unsworth	f			1:00:25
43	514	Charlene Smith	f	FV 40		1:00:26
44	576	Phil Temple	m	MV 40		1:00:30
45	119	David Chow	m	MV 50	Eden runners	1:00:31
46	250	Sally Healy	f			1:00:32
47	467	Steven Robinson	m	MV 60	Thornton Cleveleys Running Club	1:00:35
48	873	Ray Padgett	m	MV 70		1:00:36
49	171	Caroline D'Arcy	f	FV 50		1:00:40
50	978	Tom Garrod	m	MV 50		1:00:40
51	926	Julie Wisely	f	FV 50		1:00:44
52	940	Brenda Rutter	f	FV 60		1:00:48
53	304	Rachel Khaw	f			1:00:49
54	29	Mark Austin	m	MV 40		1:00:55
55	41	Sally Barton	f	FV 60	Glaxo Hoad Hill Harriers	1:00:58
56	617	Sarah Ward	f		Abbey Runners	1:01:15
57	442	Joseph Prudhoe	m	MV 40	N/A	1:03:06
58	140	Simon Cowling	m	MV 40		1:03:17
59	222	Dave Greene	m	MV 50	Thornton Cleveleys	1:03:30
60	665	Lucy Zaboklicka	f	FV 40	Furness Fell Runners	1:03:31



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61	923	Catherine Wignall	f	FV 40		1:03:51
62	955	beckie joyce	f	FV 50		1:03:52
63	935	Julian Burgess	m	MV 40		1:04:01
64	528	James Snutch	m	MV 40		1:04:17
65	243	Alex Hay	m	MV 50		1:04:49
66	845	Callum Grogan	m			1:05:20
67	89	Alanna Buckle	f		Allithwaite Running Club	1:05:23
68	874	Claudia Pagoulatou	f	FV 50	Pensby Runners	1:05:25
69	61	Christopher Bligh	m	MV 50	Thornton Cleveleys running club	1:05:40
70	441	Gavin Prudhoe	m			1:05:48
71	663	Sarah Yeates	f			1:06:05
72	928	Gillian Woon	f	FV 40	Vegan Runners UK	1:06:36
73	290	Christine Johnson	f	FV 60		1:06:49
74	434	Richard Porter	m			1:06:50
75	612	Andrew Walmsley	m	MV 50		1:06:53
76	527	David Snutch	m	MV 60	Birstall	1:07:01
77	490	Belinda Schofield	f	FV 50		1:07:03
78	946	John Hocking	m	MV 40		1:07:04
79	160	Amanda Deane	f		Furness Fell Runners	1:07:26
80	310	Mart Kissick	m	MV 40		1:07:31
81	27	Graeme Atkinson	m	MV 50		1:07:35
82	825	Christopher Cox	m	MV 60		1:07:36
83	36	Carolyn Barker	f	FV 50	Burden Road Runners	1:07:42
84	953	Jacqui Foster	f	FV 50	Ilkley Harriers	1:07:51
85	44	Leanne Batty	f	FV 40	Thornton-Cleveleys running club	1:07:55
86	398	Robert Myatt	m	MV 50		1:08:01
87	586	Deborah Thorneycroft	f	FV 50		1:08:01
88	344	Rebecca Maddock	f	FV 40		1:08:22
89	403	Ginny Newman	f	FV 60		1:08:22
90	343	Matthew MADDOCK	m	MV 40		1:08:22
91	152	Angela Dallinger	f	FV 40	Red Rose	1:08:28
92	647	Isobel Williamson	f	FV 70		1:08:30
93	173	Andrew Eaton	m	MV 40	Tyne Bridge Harriers	1:08:32
94	566	Diana Taylor	f	FV 40		1:08:33
95	126	Richard Clements	m	MV 50	Hip Replacement Runners	1:08:34
96	856	Helen Jack	f	FV 50		1:08:42
97	632	David Whiteley	m	MV 60		1:08:58
98	437	Stephen Potter	m	MV 50		1:08:59
99	618	Vicky Ward	f	FV 50		1:09:08
100	629	Andrew Whitehead	m	MV 50		1:09:09
101	630	Rachel Whitehead	f			1:09:09
102	17	Chloe Almond	f		Lancaster Runners	1:09:10
103	18	Matthew Almond	m	MV 40	Lancaster Runners	1:09:10
104	395	Ellie Murray	f	U25		1:09:11
105	121	Yolande Clarke	f	FV 50	St Bees Triers	1:09:11
106	562	Gary Tate	m	MV 40	Thornton cleveleys running club	1:09:12
107	106	Michael Carey	m		Thornton Cleveleys Running Club	1:09:12
108	643	Jean WILKINSON	f	FV 50		1:09:21
109	114	Ruth Chadwick	f	FV 40		1:09:37
110	541	Esther Stanier	f		Red Rose Road Runners	1:09:41
111	429	Kate Peers	f	FV 40		1:09:44
112	480	Michelle Rushby	f	FV 50	Stainland Lions Running Club	1:09:48
113	859	Lee Johnston	m	MV 50		1:10:21
114	914	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	1:11:05
115	834	Jayne Dore	f	FV 50		1:11:06
116	444	Stewart Pyrah	m	MV 60		1:11:09
117	849	Ben Higginson	m	MV 60	Preston Harriers	1:11:23
118	277	Katy Hulme	f			1:11:30
119	104	Richard Campbell	m	MV 40		1:11:44
120	451	Peter Reed	m	MV 70	Northumberland Fell Runners	1:11:46
121	952	Julia Cunliffe	f	FV 70	WOTR Kendal	1:11:47
122	498	Mark Shaw	m	MV 50		1:12:07



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123	800	Mark Aldam	m	MV 60		1:12:11
124	237	Isabelle Harrison	f	U25		1:12:13
125	317	Clare Laybourn	f	FV 50		1:12:16
126	239	Victoria Hatton	f	FV 50		1:12:20
127	101	Stephen Buston	m	MV 50	Thornton Cleveleys Running Club	1:12:39
128	245	Phil Hayes	m	MV 50	TCRC	1:13:03
129	942	Clare Cooper	f	FV 50	Belper Harriers	1:13:03
130	93	Steve Burgess	m	MV 60	Thornton Cleveleys	1:13:04
131	568	Joanna Taylor	f			1:13:08
132	181	Mary Entwistle	f	FV 50		1:13:21
133	903	Nicola Stanley	f	FV 50		1:13:21
134	904	Rachel Summers	f	FV 50		1:13:35
135	376	Rebecca Modeley	f			1:13:48
136	120	Amanda Cirelli	f	FV 50		1:14:09
137	82	Ben Brock	m	U25		1:14:21
138	397	Ann Myatt	f	FV 60	Cheadle	1:14:22
139	325	Laura Leitch	f			1:14:22
140	593	Emily Topping	f			1:14:46
141	38	Matt Barker	m	MV 50	Tri-Rivington	1:15:12
142	147	Natasha Cruickshank	f	FV 40		1:15:42
143	525	Amy Smithson	f			1:16:00
144	348	Andrew Marshall	m	MV 40		1:16:05
145	533	Nicole Spibey	f	FV 40		1:16:19
146	542	Rach Stavert	f	FV 50		1:16:19
147	407	Basia Nowak	f	FV 40		1:16:19
148	806	Nicky Ball	f	FV 50		1:16:48
149	654	Brian Winder	m	MV 70	Darwen Running Group	1:16:59
150	289	Emily James	f	FV 40		1:17:04
151	660	Vikki Wrigley	f	FV 40	Thornton Cleveleys running club	1:17:07
152	224	Audrey Gresty	f	FV 60	Thornton Cleveleys Running Club	1:17:07
153	342	Catherine MacIachlan	f	FV 50	Lytham St Anne's Road Runners	1:17:08
154	435	Yasmin Porter-bee	f			1:17:10
155	286	Fiona Jackson	f	FV 40		1:17:11
156	291	Lucy Johnson	f	FV 40		1:17:11
157	28	Kathryn Atkinson	f	FV 40	Trawden Athletic Club	1:17:25
158	641	Victoria Wilding	f	FV 50		1:17:29
159	819	Jenny Clare	f	FV 60		1:17:30
160	842	Andy Goodson	m	MV 60		1:17:31
161	802	Cat Altounyan	f			1:17:38
162	448	Alison Rayner	f	FV 50		1:17:38
163	864	Anita Kirkman	f	FV 50		1:17:39
164	909	Mark Tomlinson	m	MV 60	12	1:17:41
165	142	Helen Craven	f	FV 50	Snaith & Cowick Running Club	1:17:47
166	560	John Swarbrick	m			1:18:00
167	73	Neil Bower	m	MV 50		1:18:08
168	312	Jo Lally	f	FV 50	Jog on The Tyne	1:18:14
169	336	Robyn Lomas	f			1:18:33
170	199	James Formstone	m	MV 40		1:18:37
171	587	Paul Thornton	m	MV 50		1:18:42
172	475	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	1:18:45
173	24	Claire Athis	f	FV 50		1:18:54
174	175	Clare Egan	f			1:19:34
175	933	Grace Constance-main	f			1:19:50
176	273	Benjamin Howell	m			1:19:51
177	99	Melanie Burton	f	FV 40		1:19:54
178	886	Karen Quan-soon	f	FV 60		1:20:04
179	613	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	1:20:18
180	76	Lynn Boylin	f	FV 60	Astley & Tyldesley	1:20:20
181	338	Tracy Loughrey	f	FV 50	Astley&tyldesley Road Runners	1:20:22
182	183	Kit Erlebach	m	MV 50	Durham City Harriers	1:20:27
183	184	Sarah Erlebach	f	FV 50	Mums on the Run	1:20:27
184	827	Jennie Davies	f	FV 70	Women On The Run	1:21:03



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Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
185	392	Helen Moulton	f	FV 50		1:21:04
186	570	Mark Taylor	m	MV 60	Audenshaw Asthmatics	1:21:06
187	382	Isobel Moore	f	U25		1:21:48
188	599	Rosalyn Turner	f	FV 60	WOTR	1:22:01
189	56	Catherine Betley	f	FV 40	N/a	1:22:07
190	135	Simone Connor	f	FV 50		1:22:39
191	134	Kirk Connor	m	MV 50		1:22:39
192	547	Caitlin Stokes	f	U25		1:23:15
193	58	Allanah Bird	f	FV 50		1:24:29
194	532	Deb Spendlove	f	FV 50		1:24:29
195	899	Despina Smith	f	FV 40	Didsbury Mums on the Run	1:25:16
196	137	Carrie Courtney	f	FV 50	Blackpool Freedom Runners	1:25:27
197	416	Tom Omalley	m			1:25:50
198	349	Jane Marshall	f	FV 50	York Acorn Running Club	1:27:15
199	631	Carole Whiteley	f	FV 60	Women On The Run Kendal	1:27:28
200	656	Katie Wishart	f	FV 50		1:28:01
201	52	Charlotte Bennett	f	U25		1:28:38
202	270	Christina Howarth	f			1:29:18
203	272	Emily Howarth	f			1:29:18
204	606	Bjorgvin Vigfusson	m			1:30:46
205	885	Leo Pyrah	m			1:30:54
206	988	Hilary Beach	f	FV 50		1:31:03
207	360	Angela McGough	f	FV 40		1:31:04
208	893	Tony Seddon	m	MV 50		1:31:39
209	410	Marie O'Brien	f	FV 50	Birstall Running Club	1:32:53
210	822	Ursula Collie	f	FV 60		1:33:33
211	563	Julie Tate	f	FV 60	Thornton Cleveleys running club	1:34:09
212	608	LOUISE WAINWRIGHT	f	FV 50	Thornton CLEVELEYS RUNNING CLUB	1:34:14
213	497	Lynn Shaw	f	FV 50	Thornton Cleveleys Running Club	1:34:17
214	561	Laura Sweeting	f			1:39:05
215	90	Edgar Buhl	m	MV 40		1:39:05
216	809	Elizabeth Barrett	f	FV 50		1:39:51
217	474	David Rosen	m	MV 70	Lancaster & Morecambe AC	1:43:08
218	505	Davina Bowling	f	FV 70	Redrose Road Runners	1:50:43
219	373	Ben Mitchell	m	MV 40		3:59:31

Number of records: 219

