

Lakeland Trails in Cartmel

Trail Run 10k

Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langd	Time
Trail Run 10k								
1	925	Jake Higham	M		0	0	0	0:53:29
2	256	Robbie Temple	MU21		0	0	0	0:53:30
3	565	William Laye	M	Howgill Harriers	0	0	0	0:53:59
4	815	Kelli Roberts	F	Helm Hill	0	0	0	0:54:21
5	857	Douglas Tickner	M	Gateshead Harriers	0	0	0	0:54:32
6	957	Lee Procter	MV 40	Team inov-8	0	0	0	0:54:42
7	211	Jacob Clarkson	MU21		0	0	0	0:54:50
8	640	Andrew Pye	MV 50		0	0	0	0:55:30
9	303	Tony Ward	MV 40	Team Bottrill	0	0	0	0:55:33
10	942	Jack Naumann	M		0	0	0	0:55:41
11	766	Will Wilson	M		0	0	0	0:55:45
12	843	Thomas Bateson	M	LBC Tractors	0	0	0	0:56:08
13	408	Nellie Chadwick-smith	F		0	0	0	0:56:16
14	158	John Gorman	MV 40		0	0	0	0:57:02
15	922	Jim Andrews	MV 60	Ambleside	0	0	0	0:57:05
16	387	David Brown	MV 40		0	0	0	0:57:10
17	670	Zak Sathyamoorthy	MU21		0	0	0	1:07:55
18	455	Carwyn Evans	MV 40		0	0	0	1:10:34
19	867	Sam Hall	M		0	0	0	1:10:51
20	868	Dan Beese	M		0	0	0	1:10:51
21	948	Andrew Clempson	M		0	0	0	1:10:56
22	258	Daniel Tierney	M		0	0	0	1:10:58
23	573	Jack Littlefield	MU25		0	0	0	1:11:07
24	531	Graham Jackson	MV 40	Allithwaite Running Club	0	0	0	1:11:17
25	674	Leanne Scott	FV 40	Leven valley	0	0	0	1:11:26
26	832	Jon Sainsbury	MV 40	Sainsbury Flyers	0	0	0	1:11:37
27	719	Ben Taylor	MU25		0	0	0	1:11:38
28	771	Joshua Woodfield	MU21	Woodfields	0	0	0	1:11:39
29	375	Jon Board	MV 50		0	0	0	1:11:58
30	75	Kelly Luisi	F		0	0	0	1:12:09
31	768	Julie Wisely	FV 50		0	0	0	1:12:25
32	284	Mathew Clarkson	MV 40		0	0	0	1:12:31
33	848	Thomas Gorst	M		0	0	0	1:12:58
34	580	Matthew MADDOCK	MV 50		0	0	0	1:13:02
35	272	Rebecca Maddock	FV 40		0	0	0	1:13:02
36	744	Carole Walters	FV 60	Tavistock AC	0	0	0	1:13:06
37	847	Simon Pagan	MV 50		0	0	0	1:13:10
38	293	Graham Macham	MV 50		0	0	0	1:13:16
39	292	Brian Kitchen	MV 40		0	0	0	1:13:16
40	307	Emma Gleghorn	FV 40		0	0	0	1:13:16
41	911	Joe Daglish	M		0	0	0	1:13:27
42	562	Chris Lawrence	FV 60		0	0	0	1:13:28
43	758	Sam Whittaker	M		0	0	0	1:13:46
44	422	Sandra Connell	FV 60		0	0	0	1:13:51

Lakeland Trails in Cartmel

Trail Run 10k

Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langd	Time
45	525	Ian Irwin	MV 50		0	0	0	1:13:52
46	560	Pete Lashley	MV 50		0	0	0	1:13:52
47	56	Melissa Gorst	F		0	0	0	1:13:57
48	192	Joe Turner	M		0	0	0	1:13:57
49	912	Tim Daglish	M		0	0	0	1:14:00
50	162	Stephen Hatch	MV 60		0	0	0	1:14:04
51	219	Leila Entwistle	GU25		0	0	0	1:14:06
52	164	Zoe Hibbert	GU25		0	0	0	1:14:06
53	849	Chris Griffiths	M		0	0	0	1:14:08
54	268	Josh Hanson	M		0	0	0	1:14:08
55	888	Samuel Moore	M		0	0	0	1:14:10
56	376	Thomas Booth	MV 40		0	0	0	1:14:11
57	426	Lauren Crawford	F		0	0	0	1:14:12
58	338	Emma Aspden	FV 50		0	0	0	1:14:14
59	358	Lucy Barrow	FV 40	Furness Fell Runners	0	0	0	1:14:18
60	907	Ben Craig	M		0	0	0	1:14:19
61	177	Andrew Nixon	M		0	0	0	1:14:22
62	959	Nick Hockenhull	MV 60		0	0	0	1:14:22
63	230	Teilo Livermore	MU21		0	0	0	1:14:26
64	111	Kirsty Nixon	FV 40		0	0	0	1:14:27
65	920	Oliver Wilson	MU25	Glaxo Hoad Hill Harriers	0	0	0	1:14:28
66	846	Philip Neal	MV 40	Quakers Running Club	0	0	0	1:14:29
67	402	Andrew Carter	MV 40		0	0	0	1:14:30
68	444	Martin Dick	MV 50	Red rose road runners	0	0	0	1:14:43
69	931	Dave Raynor	MV 60	Red Rose Road Runners	0	0	0	1:14:46
70	513	Diane Hopper	FV 40		0	0	0	1:14:56
71	269	Chandini Kumari-Webster	F		0	0	0	1:14:59
72	799	Matthew Slater	MU21	Revolution running	0	0	0	1:15:02
73	765	Mark Wilson	MV 50	No Drama Llamas	0	0	0	1:15:03
74	54	Caroline Gibbon	FV 40		0	0	0	1:15:04
75	900	Lynne Carruthers	FV 60	Dch	0	0	0	1:15:08
76	623	Alan Parker	MV 60		0	0	0	1:15:14
77	729	Deborah Thorneycroft	FV 60		0	0	0	1:15:14
78	840	Andy Williamson	MV 60		0	0	0	1:15:28
79	842	Decland Mernagh	M	LBC Tractors	0	0	0	1:15:31
80	939	Nathalie Connell	F		0	0	0	1:15:33
81	187	Neil Smith	MV 50	Leven Valley AC	0	0	0	1:15:36
82	545	Laura Kenny	FV 40		0	0	0	1:15:43
83	929	Owen Charlton-baty	MU21		0	0	0	1:15:45
84	852	Gary Lane	MV 50		0	0	0	1:15:47
85	935	Jo Bonham	FV 50		0	0	0	1:15:49
86	339	David John Atkinson	MV 40		0	0	0	1:15:59
87	974	Jack Taylor	M	INOV8	0	0	0	1:16:09
88	975	Ella Brown	GU25		0	0	0	1:16:10
89	913	Will Baddeley	MV 40		0	0	0	1:16:10

Lakeland Trails in Cartmel

Trail Run 10k

Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langd	Time
90	755	James Whiston	MU21		0	0	0	1:16:12
91	340	Graeme Atkinson	MV 50		0	0	0	1:16:12
92	398	JESSICA BYRNE	F		0	0	0	1:16:14
93	731	Harry Toase	M		0	0	0	1:16:14
94	864	Neil Hindle	MV 70		0	0	0	1:16:23
95	682	Kirsty Sheen	FV 40		0	0	0	1:16:26
96	798	Anthony Slater	MV 50	Revolution running	0	0	0	1:16:27
97	890	Olivia Wiggans	FV 40	Chorley Athletic and Tri	0	0	0	1:16:29
98	845	Mikey Hanna	M	LBC Tractors	0	0	0	1:16:32
99	145	Glyn Arthur	M		0	0	0	1:16:40
100	198	Carl Wild	MV 40		0	0	0	1:16:43
101	188	Derek Snalam	MV 60		0	0	0	1:16:47
102	876	Erica Sample	FV 40		0	0	0	1:16:48
103	283	Ben Browne	MV 40		0	0	0	1:16:48
104	606	David Miller	MV 70	Chorley A. & T.	0	0	0	1:17:09
105	533	Zac Jepson	MU25		0	0	0	1:17:09
106	276	Rob Schofield	MV 50		0	0	0	1:17:12
107	397	Jamie Butler	M	Birstall RC	0	0	0	1:17:18
108	436	Stephen Davenport	MV 50		0	0	0	1:17:20
109	742	Ian Walker	MV 60	Glaxo Hoad Hill Harriers	0	0	0	1:17:31
110	555	Nisha Kumari-Webster	F		0	0	0	1:17:31
111	302	Phil Temple	MV 40		0	0	0	1:17:47
112	528	Helen Jack	FV 50		0	0	0	1:17:52
113	836	Will Phillips	M		0	0	0	1:18:00
114	625	Rachel Penfold	FV 40		0	0	0	1:18:03
115	61	Carol Hatch	FV 60		0	0	0	1:18:08
116	777	Jessica Yates	F		0	0	0	1:18:09
117	259	Keith Tolley	MV 60	High Peak AC	0	0	0	1:18:09
118	844	Jack Whitworth	M	LBC Tractors	0	0	0	1:18:19
119	301	Josh Snalam	M		0	0	0	1:18:20
120	679	Victoria Sewell	FV 40		0	0	0	1:18:21
121	97	Rebecca Graham	FV 40	Ripon Runners	0	0	0	1:18:24
122	976	Hannah Salter	GU25		0	0	0	1:18:30
123	85	Christine Thistlethwaite	FV 50		0	0	0	1:18:33
124	542	Anthony Kavanagh	MV 50	Eden runners	0	0	0	1:19:03
125	889	Naomi Moore	F		0	0	0	1:19:16
126	407	Tom Counce	M		0	0	0	1:19:26
127	547	Eugenia Kervin	FV 50		0	0	0	1:19:27
128	181	George Polonskyi	MU21	New College Durham	0	0	0	1:19:39
129	940	Owen Fenwick	MV 40		0	0	0	1:20:08
130	762	Alan Wilson	MV 60	Glaxo Hoad Hill Harriers	0	0	0	1:20:14
131	394	Gemma Burke	FV 40		0	0	0	1:20:25
132	609	Liz Molyneux	FV 40		0	0	0	1:20:32
133	750	Claire Welburn	FV 40		0	0	0	1:20:33
134	66	Karen Hopper	FV 40		0	0	0	1:20:35

Lakeland Trails in Cartmel

Trail Run 10k

Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langd	Time
135	92	Megan Counce	GU25		0	0	0	1:20:47
136	825	Wendy Birkett	FV 60	Ambleside Athletic Club	0	0	0	1:20:55
137	116	Shirley Spratt	FV 60		0	0	0	1:20:59
138	417	Isabelle Cleaves	F		0	0	0	1:21:04
139	664	Faye Ruscoe	FV 40		0	0	0	1:21:11
140	933	John Wiggans	MV 50	Chorley Athletic and Tri	0	0	0	1:21:33
141	878	Joanne Foster	FV 50	Evenwood Road Runners	0	0	0	1:21:38
142	908	Alyssia Craig	M		0	0	0	1:21:42
143	740	Csilla Vakulya	FV 40		0	0	0	1:22:02
144	532	Beccy Jepson	FV 50		0	0	0	1:22:19
145	494	Thomas Harkin	MV 40	Manchester Muckers RC	0	0	0	1:22:32
146	655	Lucy Roocroft	F		0	0	0	1:22:37
147	875	Ben Brock	MU25		0	0	0	1:22:40
148	874	Ellie Murray	GU25		0	0	0	1:22:41
149	981	Phil Blaylock	MV 50	Lakeland Trails	0	0	0	1:22:44
150	501	Alexandra Hayes	GU25		0	0	0	1:22:46
151	784	Jordan banks	M	RCC run club	0	0	0	1:22:55
152	787	Catherine Vaneris	FV 50		0	0	0	1:22:57
153	854	Catherine	FV 40		0	0	0	1:22:58
154	25	Sarah Jones	FV 60		0	0	0	1:23:06
155	332	Mark Aldam	MV 60		0	0	0	1:23:22
156	502	Andy Hayes	MV 60		0	0	0	1:23:30
157	118	Tania Thomson	GU25		0	0	0	1:23:35
158	229	Michael Littlefield	MU25		0	0	0	1:23:36
159	574	Victoria Livermore	FV 50		0	0	0	1:24:10
160	406	Andrea Counce	FV 50		0	0	0	1:24:15
161	109	Andrea Lancaster	FV 50		0	0	0	1:24:36
162	572	Katy Lewis	FV 60		0	0	0	1:24:42
163	33	Becky Smith	FV 40	RRAMS	0	0	0	1:25:11
164	673	Graham Schofield	MV 70	Chorley Harriers	0	0	0	1:25:31
165	24	Lenka Habsudova	FV 40		0	0	0	1:25:56
166	195	Robert Webster	MV 60		0	0	0	1:26:21
167	839	Viv Sherry	FV 40		0	0	0	1:27:00
168	470	Zara Gall	FV 40	Didsbury Ladies	0	0	0	1:27:07
169	168	Geoff Livermore	MV 50		0	0	0	1:27:17
170	304	Andrew Whitehead	MV 50		0	0	0	1:27:53
171	759	Amy Wilkinson	F		0	0	0	1:27:53
172	87	Rachel Whitehead	F		0	0	0	1:27:53
173	882	Emily Farrow	F		0	0	0	1:28:06
174	886	Lara Salam	F		0	0	0	1:28:07
175	916	Rabab Gatnash	F		0	0	0	1:28:19
176	504	Ben Higginson	MV 70	Preston Harriers	0	0	0	1:28:22
177	346	Kate Ball	F		0	0	0	1:28:39
178	36	Miranda Wild	F		0	0	0	1:28:46
179	86	Agnes Tuska	FV 40		0	0	0	1:28:49

Lakeland Trails in Cartmel

Trail Run 10k

Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langd	Time
180	967	Philip Humpage	MV 60		0	0	0	1:28:54
181	454	Mary Entwistle	FV 50		0	0	0	1:28:55
182	512	Kathryn Hopkirk	FV 60		0	0	0	1:29:02
183	253	Jan Sutcliffe	FV 50		0	0	0	1:29:32
184	577	Jenny Mabbutt	F		0	0	0	1:29:34
185	964	Annabelle Allen	FV 60	BodyFit Cumbria Running	0	0	0	1:29:43
186	616	Lesley Neal	FV 40		0	0	0	1:30:10
187	245	Abi Rawnsley	GU25		0	0	0	1:31:24
188	526	Kate Irwin	FV 40	Mossley Hill AC	0	0	0	1:31:26
189	277	Dianne Sorensen	FV 50	Mossley Hill AC	0	0	0	1:31:26
190	32	Mandy Rothwell	FV 50		0	0	0	1:32:01
191	751	Nick Welburn	MV 40		0	0	0	1:32:15
192	602	Lesley Messenger-jones	FV 60		0	0	0	1:32:26
193	715	Samantha Sunderland	FV 60		0	0	0	1:33:13
194	190	Nicole Spibey	FV 40		0	0	0	1:33:15
195	27	Basia Nowak	FV 40		0	0	0	1:33:15
196	872	Paul Tickner	MV 70		0	0	0	1:33:22
197	941	Andrew Woods	MV 70	Millom Striders	0	0	0	1:33:31
198	360	Martin Bates	MV 60	Wesham Road Runners	0	0	0	1:33:35
199	52	Sue France	FV 60	Wigan Harriers	0	0	0	1:33:43
200	47	Tracey Dennett	FV 40	Wigan Harriers	0	0	0	1:33:44
201	805	Lesley Nixon	FV 50	Red Rose Road Runners	0	0	0	1:34:03
202	819	Gareth Deakin	M		0	0	0	1:34:08
203	818	Jayne Deakin	F		0	0	0	1:34:08
204	31	Louise Roberts	FV 50		0	0	0	1:34:41
205	113	Linda Rudd	FV 60	Dundee Road Runners	0	0	0	1:34:58
206	73	Nicola Loftus	F	N/A	0	0	0	1:34:58
207	683	Elizabeth Shepherd	F		0	0	0	1:35:02
208	684	Harry Shepherd	M		0	0	0	1:35:02
209	21	Emma Craddock	F		0	0	0	1:35:43
210	910	Andrew Moore	MV 60		0	0	0	1:35:59
211	459	Bertie Fish	F		0	0	0	1:35:59
212	706	Laura Stanton	FV 40		0	0	0	1:36:35
213	587	Tracy Mault	FV 40		0	0	0	1:36:35
214	337	Nicola Askew	FV 40		0	0	0	1:37:08
215	578	Karen Mackey	FV 40		0	0	0	1:39:10
216	200	Brian Winder	MV 70	Trailblazers	0	0	0	1:39:19
217	461	Tracey Fleming	FV 50		0	0	0	1:39:29
218	783	Nicky Ball	FV 50		0	0	0	1:40:30
219	692	Despina Smith	FV 50	Didsbury Mums on the	0	0	0	1:41:09
220	305	Lyndon Woolley	M	N/A	0	0	0	1:41:15
221	789	Mark Finn	MV 40	Bedford Harriers	0	0	0	1:41:16
222	714	Ella Sunderland	GU25		0	0	0	1:41:39
223	141	Beth Sunderland	F		0	0	0	1:41:39
224	962	Johnny Wild	MV 60	Lytham St Anne's Road	0	0	0	1:42:13

Lakeland Trails in Cartmel

Trail Run 10k

Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langd	Time
225	71	Georgina Lewis	FV 50	Evenwood Road Runners	0	0	0	1:44:40
226	485	Fiona Gutteridge	FV 40	Red Rose Road Runners	0	0	0	1:44:49
227	217	Abhijit Das	MV 40		0	0	0	1:45:29
228	443	Alison Dick	FV 50	Red Rose Road Runners	0	0	0	1:45:43
229	656	David Rosen	MV 70	Lancaster & Morecambe	0	0	0	1:46:01
230	289	Jude Hockenhull	MU25		0	0	0	1:50:36
231	237	Jane Mooney	FV 40		0	0	0	1:52:04
232	159	Marie Guttridge	FV 40		0	0	0	1:53:20
233	172	Jeanette McCormack	FV 60		0	0	0	1:53:32
234	30	Gail Richards	FV 40	Evenwood Road Runners	0	0	0	1:55:02
235	78	linda McGinley	FV 60	eden runners	0	0	0	1:55:56
236	379	Caroline Bowsher	FV 60		0	0	0	1:56:05
237	26	Leigh Littlechild	FV 40		0	0	0	1:56:26
238	72	Julie Loftus	FV 50		0	0	0	1:57:05
239	950	Ben Metcalfe	MU21		0	0	0	1:59:32
240	648	Edwina Rickards Collinson	FV 60	Croc Walkers	0	0	0	2:00:49
241	298	Christine Richards	FV 50		0	0	0	2:09:00
242	788	Janet Finn	FV 50		0	0	0	2:09:30
243	634	Michelle Plant	FV 50		0	0	0	2:12:33
244	633	Katy Plant	F		0	0	0	2:12:33
245	191	Mark Sullivan	MV 60		0	0	0	2:27:12
246	743	Josephine LOUISE Walsh	FV 50		0	0	0	2:27:25

Trail Run 10k