

# Lakeland Trails in Coniston

## Coniston Trail Run10km

| Pos | Bib  | Name                  | M/F | Age Cat     | Club                           | Gun Time  | Chip Time |
|-----|------|-----------------------|-----|-------------|--------------------------------|-----------|-----------|
| 1.  | 1431 | Chris BARNES          | m   |             | Blackburn Harriers             | 0:45:04.3 | 0:45:02.6 |
| 2.  | 1493 | Simeon MUSGREAVE      | m   |             | Unattached - Kendal            | 0:45:57.0 | 0:45:55.9 |
| 3.  | 1496 | Tony Wardel           | m   |             | South Cheshire Harriers        | 0:47:27.2 | 0:47:26.4 |
| 4.  | 1414 | Benjamin MINTER       | m   |             | Olney Runners                  | 0:49:15.3 | 0:49:12.9 |
| 5.  | 1427 | Peter WALKER          | m   |             | Unattached : York              | 0:49:25.4 | 0:49:13.7 |
| 6.  | 1445 | Scott THORNTON        | m   |             | Carlisle Sheep Mount Runners   | 0:50:14.4 | 0:50:12.8 |
| 7.  | 1396 | Jason MOUNTAIN        | m   |             | Wymondham AC                   | 0:50:31.5 |           |
| 8.  | 1411 | Philip O'NEIL         | m   |             | Unattached - Kendal            | 0:51:30.9 | 0:51:29.3 |
| 9.  | 1416 | Paul BRIGGS           | m   |             | Unattached : Oldham            | 0:51:53.8 | 0:51:44.8 |
| 10. | 1487 | Helen WOODLEY         | f   | Lady Vet 40 | Unattached : Ulverston         | 0:51:58.5 | 0:51:56.0 |
| 11. | 1424 | Neil ENTWISTLE        | m   | Vet 50      | Unattached - Carnforth         | 0:52:10.4 | 0:52:03.3 |
| 12. | 1425 | David ASKEW           | m   | Vet 50      | Harrogate Harriers             | 0:52:41.1 | 0:52:38.0 |
| 13. | 1346 | Rob OWEN              | m   |             | Unattached : Millom            | 0:53:04.5 | 0:53:00.1 |
| 14. | 1391 | Andy ROSS             | m   | Vet 40      | Unattached - Wigton            | 0:53:36.4 | 0:53:32.5 |
| 15. | 1299 | Mark FLANNAGAN        | m   |             | Unattached - Preston           | 0:53:39.6 | 0:53:29.1 |
| 16. | 1287 | Suzanne TOPPIN        | f   | Lady Vet 40 | Unattached - Penrith           | 0:53:42.9 | 0:53:41.7 |
| 17. | 1243 | Kris CARSON           | m   |             | Unattached : Egremont          | 0:53:53.3 | 0:53:51.2 |
| 18. | 1479 | Justin BIBBY          | m   | Vet 40      | Unattached - Cokermouth        | 0:54:29.4 | 0:54:25.4 |
| 19. | 1270 | Martin DONE           | m   | Vet 50      | Unattached - Glossop           | 0:54:33.7 | 0:54:28.1 |
| 20. | 1215 | Louise GORDON         | f   | Lady Vet 40 | South Cheshire Harriers        | 0:54:40.5 | 0:54:39.5 |
| 21. | 1168 | Tim PALMER            | m   | Vet 40      | Helsby Running Club            | 0:54:45.2 | 0:54:42.6 |
| 22. | 1337 | Mark BRITTON          | m   | Vet 50      | Border Harriers                | 0:55:03.2 | 0:55:00.9 |
| 23. | 1325 | Thomas EWEN           | m   |             | ua Stocksfield                 | 0:55:13.6 | 0:55:06.9 |
| 24. | 1333 | Mary WARD             | f   | Lady Vet 40 | Tring Running Club             | 0:55:22.4 | 0:55:18.7 |
| 25. | 1264 | Lance SAXBY           | m   | Vet 40      | Unattached - Harrogate         | 0:55:28.5 | 0:55:24.3 |
| 26. | 1386 | Richard TOLLER        | m   | Vet 50      | Dundee Road Runners            | 0:55:29.6 | 0:55:27.5 |
| 27. | 1181 | Ben ROSS              | m   |             | ua st Asaph                    | 0:55:51.9 | 0:55:37.8 |
| 28. | 1488 | Kath ATHERTON         | f   |             | Unattached - Ulverston         | 0:55:55.9 | 0:55:53.2 |
| 29. | 1160 | Thomas DEAKIN         | m   |             | Unattached - Stockport         | 0:55:59.9 | 0:55:47.4 |
| 30. | 1114 | Clare SMITH           | f   | Lady Vet 40 | Unattached : Bolton            | 0:56:01.4 | 0:55:55.9 |
| 31. | 1256 | Paul WILSON           | m   | Vet 50      | Unattached Durham              | 0:56:01.8 | 0:55:55.1 |
| 32. | 1374 | Alex PEACH            | m   |             | Unattached - Carnforth         | 0:56:05.8 | 0:55:58.7 |
| 33. | 1390 | Wayne MANSFIELD       | m   | Vet 40      | Unattached : Wilmslow          | 0:56:14.1 | 0:56:08.1 |
| 34. | 1422 | Ray PADGETT           | m   | Vet 60      | Unattached : Grange-Over-Sands | 0:56:51.5 | 0:56:46.6 |
| 35. | 1419 | Marc GRAHAM           | m   | Vet 40      | Unattached - Carlisle          | 0:56:53.0 | 0:56:41.8 |
| 36. | 1467 | Jo HAIGH              | f   | Lady Vet 50 | Unattached - Skipton           | 0:57:05.1 | 0:56:58.0 |
| 37. | 1392 | Mark HEANY            | m   | Vet 50      | ua Rochdale                    | 0:57:20.0 | 0:57:16.8 |
| 38. | 1420 | Daniel CAMPBELL       | m   |             | Unattached - Carlisle          | 0:57:22.8 | 0:57:12.3 |
| 39. | 1342 | Helen BARTON          | f   | Lady Vet 40 | Unattached : Windermere        | 0:57:28.9 | 0:57:27.3 |
| 40. | 1395 | Ryan FULTON           | m   |             | Unattached : Chester-Le-Street | 0:57:57.7 | 0:57:50.4 |
| 41. | 1449 | John ALLTON           | m   | Vet 40      | Unattached : Northwich         | 0:58:03.4 | 0:57:38.9 |
| 42. | 1421 | Liam SMITH            | m   |             | Unattached : Chester-Le-Street | 0:58:17.5 | 0:58:13.1 |
| 43. | 1119 | Robert GINDER-POULSEN | m   | Vet 40      | Unattached - Cheadle           | 0:58:36.6 | 0:58:29.9 |
| 44. | 1428 | Richard WHALL         | m   |             | Unattached : Kirkham           | 0:58:50.3 | 0:58:42.5 |
| 45. | 1435 | Joshua BLACKER        | m   |             | Unattached                     | 0:58:56.7 | 0:58:53.2 |
| 46. | 1389 | Chris CHALMERS        | m   |             | Unattached : Hitchin           | 0:59:18.3 | 0:58:51.0 |
| 47. | 1388 | Richard FOLLEY        | m   |             | Unattached - London            | 0:59:21.9 | 0:58:54.7 |
| 48. | 1440 | James DOTCHIN         | m   |             | Unattached : Brampton          | 0:59:32.3 | 0:59:19.9 |
| 49. | 1124 | Paul BLAKEMORE        | m   |             | ua Wigan                       | 0:59:36.1 | 0:58:05.1 |
| 50. | 1152 | Andrew REID           | m   |             | Unattached : Merseryside       | 0:59:52.6 | 0:59:48.0 |
| 51. | 1430 | Thomas WARD           | m   |             | Unattached - Lancaster         | 0:59:58.3 | 0:59:29.4 |
| 52. | 1403 | Carrie STEPHENSON     | f   |             | Unattached - Ambleside         | 1:00:33.7 | 1:00:25.1 |
| 53. | 1286 | Jackie CHAPMAN        | f   | Lady Vet 50 | Lakeland Orienteering Club     | 1:01:03.1 | 1:00:57.1 |
| 54. | 1123 | Mathew CASSON         | m   |             | Unattached - Liverpool         | 1:01:11.6 | 1:00:39.8 |
| 55. | 1345 | Angie TRIPPITT        | f   | Lady Vet 40 | Kendal Tri Club                | 1:01:35.2 | 1:01:33.2 |
| 56. | 1475 | Patrick KEOWN         | m   | Vet 40      | Unattached - Newcastle         | 1:01:40.8 | 1:01:27.5 |
| 57. | 1383 | Marian SCHOUWAERT     | f   | Lady Vet 40 | NETHERLANDS                    | 1:01:47.9 | 1:01:46.5 |
| 58. | 1433 | Alex SHARMEN          | f   |             | Unattached - Liverpool         | 1:01:54.3 | 1:01:44.1 |

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## Coniston Trail Run10km

| Pos  | Bib  | Name              | M/F | Age Cat     | Club                            | Gun Time  | Chip Time |
|------|------|-------------------|-----|-------------|---------------------------------|-----------|-----------|
| 59.  | 1230 | Anthony VINCENT   | m   | Vet 50      | Unattached - Wigan              | 1:02:12.8 | 1:01:44.7 |
| 60.  | 1246 | Ian STEWART       | m   | Vet 40      | Unattached : Poole              | 1:02:19.2 | 1:01:51.5 |
| 61.  | 1400 | Zoe CHAMBERLAIN   | f   |             | Unattached : Berkhamsted        | 1:02:31.3 | 1:02:18.4 |
| 62.  | 1349 | Jeremy DAVIS      | m   |             | Unattached - Wakefield          | 1:02:36.1 | 1:02:15.0 |
| 63.  | 1429 | James SMITH       | m   | Vet 40      | Unattached : Carlisle           | 1:02:46.8 | 1:02:38.6 |
| 64.  | 1399 | Richard TICKNER   | m   | Vet 50      | Unattached - Kendal             | 1:03:14.5 | 1:02:57.5 |
| 65.  | 1481 | Rachel MORGAN     | f   | Lady Vet 40 | Unattached - Ulverston          | 1:03:35.2 | 1:03:25.9 |
| 66.  | 1456 | Nicola LAVERY     | f   | Lady Vet 50 | Unattached : Sedbergh           | 1:03:40.0 | 1:03:33.6 |
| 67.  | 1455 | Alex LAVERY-HOFFE | f   |             | Unattached : Sedbergh           | 1:03:40.1 | 1:03:33.9 |
| 68.  | 1116 | Nigel FORSTER     | m   | Vet 40      | Unattached : Whitehaven         | 1:03:46.3 | 1:03:21.1 |
| 69.  | 1446 | Selena AUDLEY     | f   | Lady Vet 40 | Unattached : Morecambe          | 1:04:06.2 | 1:03:56.6 |
| 70.  | 1170 | Peter HATCH       | m   | Vet 50      | Unattached : Billingham         | 1:04:19.9 | 1:04:13.3 |
| 71.  | 1135 | Catherine THORPE  | f   |             | Unattached - Cokermonth         | 1:04:30.3 | 1:04:19.2 |
| 72.  | 1257 | Tim MATTHEWS      | m   | Vet 50      | Abbey Combat Crew               | 1:04:30.7 | 1:04:18.2 |
| 73.  | 1498 | Bob Hanlon        | m   |             |                                 | 1:04:32.4 | 1:04:08.6 |
| 74.  | 1477 | Elizabeth WATSON  | f   |             | Unattached : Cockermonth        | 1:04:37.9 | 1:04:30.1 |
| 75.  | 1151 | Kevin GORMAN      | m   | Vet 60      | Unattached : Grange-Over-Sands  | 1:05:03.9 | 1:04:35.3 |
| 76.  | 1412 | David KEMBLE      | m   | Vet 40      | Unattached : Norley             | 1:05:11.7 | 1:05:04.9 |
| 77.  | 1182 | John CROSSLEY     | m   | Vet 40      | ua Rhyl                         | 1:05:17.8 | 1:05:02.6 |
| 78.  | 1438 | Dan HOTCHKISS     | m   | Vet 40      | Unattahced : Flookburgh         | 1:05:25.1 | 1:05:01.7 |
| 79.  | 1476 | Amy BASTOW        | f   |             | Unattached : Chester            | 1:05:31.6 | 1:05:23.8 |
| 80.  | 1219 | John MILEY        | m   | Vet 50      | Unattached : North Shields      | 1:05:33.3 | 1:05:05.7 |
| 81.  | 1247 | Emma WALLS        | f   |             | Unattached - Preston            | 1:05:38.7 | 1:05:30.6 |
| 82.  | 1457 | Ian STEPHENSON    | m   | Vet 50      | Unattached : Swarland           | 1:05:45.4 | 1:05:21.0 |
| 83.  | 1410 | Katie JACKSON-ROE | f   |             | Unattached - Wigan              | 1:05:50.0 | 1:05:43.2 |
| 84.  | 1180 | Robert DAVIES     | m   |             | ua st Asaph                     | 1:05:56.3 | 1:05:42.4 |
| 85.  | 1478 | Ian PATERSON      | m   |             | ua Bootle                       | 1:05:59.1 | 1:05:54.9 |
| 86.  | 1350 | Roger WILLIAMS    | m   |             | Unattached - Manchester         | 1:06:11.8 | 1:05:58.9 |
| 87.  | 1444 | Rachel MOSSOP     | f   | Lady Vet 40 | Carlisle Sheepmount RC          | 1:06:16.5 |           |
| 88.  | 1341 | Issy BARTON       | f   |             | Unattached : Windermere         | 1:06:18.0 | 1:06:16.4 |
| 89.  | 1423 | Helen FRETWELL    | f   |             | Unattached : Marsden            | 1:06:21.0 | 1:06:09.3 |
| 90.  | 1321 | Tom VONBERG       | m   |             | Unattached : York               | 1:06:26.9 | 1:06:16.0 |
| 91.  | 1417 | Lindsay BUCK      | f   | Lady Vet 50 | CFR                             | 1:06:53.9 | 1:06:41.8 |
| 92.  | 1465 | Bridget SLATER    | f   | Lady Vet 50 | Unattached - Skipton            | 1:07:00.6 | 1:06:52.6 |
| 93.  | 1447 | Emma CONNOLLY     | f   | Lady Vet 40 | Unattached : Morecambe          | 1:07:04.8 | 1:06:54.1 |
| 94.  | 1188 | Helen GOMM        | f   | Lady Vet 40 | Unattached - London             | 1:07:06.8 | 1:06:55.6 |
| 95.  | 1300 | Taslina BIBI      | f   |             | Unattached - Preston            | 1:07:12.4 | 1:07:01.8 |
| 96.  | 1474 | David WHITEMAN    | m   | Vet 40      | Unattached Par                  | 1:07:43.4 | 1:07:33.6 |
| 97.  | 1169 | Louise MEYNELL    | f   | Lady Vet 50 | Billingham Marsh House Harriers | 1:07:44.6 | 1:07:38.0 |
| 98.  | 1158 | Josie SANDERSON   | f   |             | Unattached - Kendal             | 1:07:49.3 | 1:07:36.4 |
| 99.  | 1426 | Judy HARKER       | f   | Lady Vet 40 | Unattached - Huddersfield       | 1:07:54.7 | 1:07:43.0 |
| 100. | 1241 | John TOMLINSON    | m   | Vet 50      | Unattached : Bolton             | 1:07:58.5 | 1:07:27.8 |
| 101. | 1302 | Steve CRAME       | m   | Vet 50      | Unattached - Kendal             | 1:07:58.8 | 1:07:41.7 |
| 102. | 1271 | Claire SCHOFIELD  | f   |             | Unattached : York               | 1:07:59.1 | 1:07:39.1 |
| 103. | 1141 | Helen BOWERS      | f   | Lady Vet 40 | Unattached : Kirkby Lonsdale    | 1:08:06.2 | 1:07:48.3 |
| 104. | 1105 | Carolyn BURNS     | f   | Lady Vet 40 | Unattached - Penrith            | 1:08:07.4 | 1:08:03.8 |
| 105. | 1259 | John PARRY        | m   |             | Unattached : Grange-Over-Sands  | 1:08:14.0 | 1:08:05.9 |
| 106. | 1213 | Deborah LYONS     | f   | Lady Vet 40 | Unattached : Darwen             | 1:08:16.5 | 1:07:51.1 |
| 107. | 1204 | Kay SHAW          | f   | Lady Vet 40 | Styal Running Club              | 1:08:27.1 | 1:08:04.5 |
| 108. | 1125 | Jackie FRANK      | f   |             | Unattached : Redcar             | 1:08:43.8 | 1:08:37.5 |
| 109. | 1462 | Natalie LOCKLEY   | f   |             | Unattached : Morecambe          | 1:08:46.9 | 1:08:36.7 |
| 110. | 1436 | Allan RIDDICK     | m   | Vet 40      | Unattached - Carlisle           | 1:08:47.6 | 1:08:35.5 |
| 111. | 1397 | Georgina MCFADYEN | f   |             | Serpentine Running Club         | 1:08:49.3 | 1:08:31.7 |
| 112. | 1263 | Derek DUFFY       | m   | Vet 40      | Unattached : Canterbury         | 1:08:52.1 | 1:08:36.4 |
| 113. | 1198 | Martin SPIRITO    | m   | Vet 50      |                                 | 1:08:59.9 | 1:08:38.1 |
| 114. | 1216 | Michael BALL      | m   | Vet 40      | Unattached : Swinton            | 1:09:04.8 | 1:08:59.8 |
| 115. | 1317 | Alice PATRICK     | f   |             | Unattached : leatherhead        | 1:09:27.4 | 1:09:09.2 |
| 116. | 1323 | Steven MCIVOR     | m   |             | Unattached - Newcastle          | 1:09:28.4 | 1:09:16.7 |

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| Pos  | Bib  | Name                 | M/F | Age Cat     | Club                          | Gun Time  | Chip Time |
|------|------|----------------------|-----|-------------|-------------------------------|-----------|-----------|
| 117. | 1167 | Jenny PALMER         | f   | Lady Vet 40 | Helsby Running Club           | 1:09:30.8 | 1:09:25.4 |
| 118. | 1231 | Robert COTTRELL      | m   | Vet 40      | Unattached - Wigan            | 1:09:37.7 | 1:09:10.9 |
| 119. | 1171 | Izzy ROURKE          | f   |             | Unattached - Workington       | 1:09:44.0 | 1:09:26.5 |
| 120. | 1161 | Andy GOODSON         | m   | Vet 50      | Unattached - Bowness          | 1:09:46.7 | 1:09:26.7 |
| 121. | 1484 | Steve TWOMLOW        | m   |             | Kings Heath RC                | 1:09:48.2 | 1:09:23.0 |
| 122. | 1486 | Patsy BRADLEY        | f   | Lady Vet 50 | Wymondham AC                  | 1:09:58.1 | 1:09:35.9 |
| 123. | 1494 | David GREEN          | m   | Vet 50      | 100 Marathon Club             | 1:10:29.2 | 1:10:20.6 |
| 124. | 1223 | Peter MCCOWIE        | m   | Vet 40      | Unattached - Newcastle        | 1:10:30.0 | 1:10:06.7 |
| 125. | 1301 | Ian WHALLEY          | m   |             | Unattached - Huddersfield     | 1:10:45.5 | 1:10:40.7 |
| 126. | 1384 | Anne WILSON          | f   |             | Unattached Durham             | 1:10:50.1 | 1:10:37.6 |
| 127. | 1229 | Bronwen VINCENT      | f   | Lady Vet 40 | Parbold Pink Panthers         | 1:11:04.4 | 1:10:35.9 |
| 128. | 1495 | Julia SAYBURN        | f   | Lady Vet 50 | Cartmel Priory School         | 1:11:10.5 | 1:11:07.6 |
| 129. | 1242 | Jackie TOMLINSON     | f   | Lady Vet 40 | Unattached : Bolton           | 1:11:16.8 | 1:11:03.3 |
| 130. | 1483 | Dave WALTON          | m   | Vet 60      | Lakeland Orienteering Club    | 1:11:23.3 | 1:11:19.7 |
| 131. | 1202 | Jacq JONES           | f   |             | Delamere Spartans             | 1:11:24.9 | 1:11:21.7 |
| 132. | 1454 | Jon COOPER           | m   | Vet 40      | Unattached - Kendal           | 1:11:31.9 | 1:11:05.9 |
| 133. | 1225 | Daniel URWIN-MCCOWIE | m   |             | Longsands Lunatics            | 1:11:52.1 | 1:11:28.6 |
| 134. | 1320 | Emma BENNETT         | f   |             | Unattached : York             | 1:11:53.0 | 1:11:41.9 |
| 135. | 1186 | Nicola SIOAN         | f   |             | Unattached - Cokermouth       | 1:12:03.4 | 1:11:54.6 |
| 136. | 1380 | John BIDE            | m   | Vet 50      | UK Net Runner                 | 1:12:05.0 | 1:11:44.2 |
| 137. | 1312 | Sarah BEIGHTON       | f   | Lady Vet 40 | Staffs Moorland AC            | 1:12:18.7 | 1:12:11.0 |
| 138. | 1441 | Alison BEARD         | f   |             | Unattached : Egremont         | 1:12:23.7 | 1:12:01.9 |
| 139. | 1156 | Mark FINN            | m   | Vet 40      | Unattached - Bolton           | 1:12:27.7 | 1:12:07.4 |
| 140. | 1140 | Helen DON-DUNCAN     | f   |             | Unattached - Wigan            | 1:12:35.5 | 1:12:33.3 |
| 141. | 1232 | David BINKS          | m   | Vet 60      | Allithwaite                   | 1:12:42.5 | 1:12:26.9 |
| 142. | 1296 | Ann HURST            | f   | Lady Vet 40 | Arragon's Cumbrian Tri Club   | 1:12:43.9 | 1:12:33.7 |
| 143. | 1382 | Sarah SOUTHGATE      | f   |             | Unattached : Wirral           | 1:12:45.3 | 1:12:21.0 |
| 144. | 1233 | Jenny Ward           | f   |             | Unattached - Carnforth        | 1:12:57.6 | 1:12:43.2 |
| 145. | 1463 | Stephen ALLAN        | m   |             | Unattached : East Bolden      | 1:13:01.5 | 1:12:35.8 |
| 146. | 1379 | Kate LEE             | f   |             | Unattached - Manchester       | 1:13:18.6 | 1:12:50.7 |
| 147. | 1398 | Sally TOWNEND        | f   | Lady Vet 40 | Unattached : Oldham           | 1:13:24.6 | 1:12:55.8 |
| 148. | 1157 | Janet FINN           | f   | Lady Vet 40 | Unattached : Bolton           | 1:13:25.2 | 1:13:05.1 |
| 149. | 1448 | Kate LOWE            | f   |             | Unattached : Hexham           | 1:13:26.8 | 1:13:04.9 |
| 150. | 1279 | Diane BRASS          | f   | Lady Vet 40 | Unattached - Coniston         | 1:13:42.0 | 1:13:33.2 |
| 151. | 1118 | Claire WELBURN       | f   |             | ua Basingstoke                | 1:13:47.6 | 1:13:33.9 |
| 152. | 1179 | Anne STRICKLAND      | f   | Lady Vet 40 | Unattached : Holywell         | 1:14:07.5 | 1:13:53.5 |
| 153. | 1327 | Lindsey ENTWISTLE    | f   |             | Unattached : Silverdale       | 1:14:27.6 | 1:14:15.0 |
| 154. | 1348 | Helen WOOD           | f   |             | Rodillian Runners             | 1:15:06.9 | 1:14:46.3 |
| 155. | 1260 | Sabine SCHINDLER     | f   | Lady Vet 40 | Unattached Durham             | 1:15:10.2 | 1:14:56.5 |
| 156. | 1450 | Anita PICKARD        | f   | Lady Vet 40 | Unattahced : Coxhoe           | 1:15:13.3 | 1:14:58.3 |
| 157. | 1165 | Rachel LEE           | f   | Lady Vet 50 | DH Runners                    | 1:15:17.8 | 1:15:12.3 |
| 158. | 1218 | Amanda PRESCOTT      | f   | Lady Vet 40 | Bridgnorth Running Club       | 1:15:27.4 |           |
| 159. | 1220 | Catherine HORNBY     | f   | Lady Vet 40 | Unattached : Darwen           | 1:15:30.8 | 1:15:22.2 |
| 160. | 1207 | Sarah MACKEREL       | f   |             | Unattached - Southport        | 1:15:54.4 | 1:15:38.7 |
| 161. | 1208 | David MACKARE        | m   |             | Unattached - Southport        | 1:15:57.6 | 1:15:41.6 |
| 162. | 1442 | Stephen ALECOCK      | m   | Vet 40      | Unattached : Carlisle         | 1:15:57.9 | 1:15:33.0 |
| 163. | 1371 | Helen RUSSELL        | m   | Vet 40      | Unattached : Oldham           | 1:15:58.8 | 1:15:29.6 |
| 164. | 1330 | Stephen GANNON       | m   | Vet 40      | Unattached - Liverpool        | 1:16:05.4 | 1:15:38.0 |
| 165. | 1331 | Chloe GANNON         | f   |             | Unattached - Liverpool        | 1:16:05.6 | 1:15:38.2 |
| 166. | 1294 | Deborah WILLIAMS     | f   | Lady Vet 40 | Team Go-Debs                  | 1:16:18.5 | 1:16:04.4 |
| 167. | 1190 | Julie THOMPSON       | f   | Lady Vet 50 | Hornsea Harriers              | 1:16:19.4 | 1:16:04.1 |
| 168. | 1409 | Paul THACKWRAY       | m   | Vet 60      | Harrogate Harriers            | 1:16:41.3 | 1:16:11.2 |
| 169. | 1251 | Lindsey WHITESIDE    | f   |             | Women on The Run - Preston    | 1:16:53.8 | 1:16:27.4 |
| 170. | 1217 | William ARMITAGE     | m   | Vet 40      | Unattached - Holmfirth        | 1:17:01.8 | 1:16:30.8 |
| 171. | 1326 | Michelle ENTWISTLE   | f   | Lady Vet 50 | Lancaster Womens Running Club | 1:17:02.7 | 1:16:49.5 |
| 172. | 1460 | Jil KAY              | f   | Lady Vet 40 | Unattached - Lancaster        | 1:17:05.0 |           |
| 173. | 1461 | Caroline ASQUITH     | f   |             | Unattached : Leeds            | 1:17:05.2 | 1:16:55.0 |
| 174. | 1244 | Julie LOFTUS         | f   | Lady Vet 40 | Unattached : Bolton           | 1:17:14.6 | 1:16:53.5 |

# Lakeland Trails in Coniston

## Coniston Trail Run10km

| Pos  | Bib  | Name              | M/F | Age Cat     | Club                           | Gun Time  | Chip Time |
|------|------|-------------------|-----|-------------|--------------------------------|-----------|-----------|
| 175. | 1205 | Debbie TORR       | f   |             | Unattached - Kendal            | 1:17:16.1 | 1:17:07.8 |
| 176. | 1378 | John SLATER       | m   | Vet 50      | Unattached - Carnforth         | 1:17:25.5 | 1:16:59.6 |
| 177. | 1131 | Sue KEARNEY       | f   | Lady Vet 50 | Unattached - Bolton            | 1:17:25.5 | 1:17:04.3 |
| 178. | 1377 | Catherine BETLEY  | f   |             | Unattached                     | 1:17:25.5 | 1:16:59.4 |
| 179. | 1164 | Nina ERRINGTON    | f   |             | DH Runners                     | 1:17:29.6 | 1:17:24.4 |
| 180. | 1373 | Adam PEARSON      | m   |             | Unattached - Manchester        | 1:17:31.6 | 1:17:26.4 |
| 181. | 1340 | Karen KILNER      | f   | Lady Vet 40 | Unattached : Oldham            | 1:17:37.9 | 1:17:24.3 |
| 182. | 1310 | Kate WHALEN       | f   |             | DH Runners                     | 1:17:38.0 | 1:17:19.5 |
| 183. | 1274 | Alison ETHERDEN   | f   |             | Unattached : Mossley           | 1:18:10.9 | 1:17:51.7 |
| 184. | 1376 | Gemma DALE        | f   |             | Unattached _ Tal-y-cafn        | 1:18:11.9 | 1:17:58.7 |
| 185. | 1472 | Geoffory WILDMAN  | m   | Vet 60      | Unattached - Leyland           | 1:18:14.2 | 1:18:02.5 |
| 186. | 1132 | Kate BROOME       | f   | Lady Vet 50 | Achille Ratti                  | 1:18:18.7 | 1:17:56.6 |
| 187. | 1303 | Sarah CRAME       | f   |             | Unattached                     | 1:18:23.5 | 1:18:06.1 |
| 188. | 1111 | Martin STANLEY    | m   | Vet 40      | Quaysiders                     | 1:18:28.4 | 1:18:12.8 |
| 189. | 1324 | Sarah ORAM        | f   | Lady Vet 40 | Unattached - Manchester        | 1:18:29.7 | 1:18:12.7 |
| 190. | 1284 | Lesley ALLISON    | f   | Lady Vet 50 | Unattached - Penrith           | 1:18:35.3 | 1:18:32.0 |
| 191. | 1471 | Bernice EDWARDS   | f   |             | Unattached - Liverpool         | 1:18:38.2 | 1:18:19.4 |
| 192. | 1470 | Anthony BOYLE     | m   |             | Unattached - Liverpool         | 1:18:38.2 | 1:18:18.8 |
| 193. | 1387 | Ruth TOLLER       | f   | Lady Vet 60 | Unattached : Dundee            | 1:18:40.5 | 1:18:13.6 |
| 194. | 1210 | Charlotte DALTON  | f   |             |                                | 1:19:20.7 | 1:19:00.1 |
| 195. | 1102 | Amy OLIVER        | f   |             | Unattached : Stourbridge       | 1:19:30.5 | 1:19:23.2 |
| 196. | 1480 | Ian SCOTT         | m   | Vet 40      | Unattached - Liverpool         | 1:19:31.9 | 1:19:22.6 |
| 197. | 1466 | Laura LINDLEY     | f   |             | Unattached - Liverpool         | 1:19:32.2 | 1:19:23.1 |
| 198. | 1485 | Nick WRIGHT       | m   |             | Unattached - Ambleside         | 1:19:33.3 |           |
| 199. | 1459 | Hannah KITTSON    | f   |             | Unattached : Sutton            | 1:19:33.4 | 1:19:17.7 |
| 200. | 1351 | Michelle BOND     | f   |             | Unattached : St Helens         | 1:19:37.2 | 1:19:13.1 |
| 201. | 1393 | Barry HOPPER      | m   | Vet 70      | Instinctive Sports - Plymouth  | 1:19:56.6 | 1:19:26.4 |
| 202. | 1394 | Sandra HOPPER     | f   | Lady Vet 60 | Unattached : Plymouth          | 1:19:56.9 | 1:19:26.5 |
| 203. | 1129 | Jenny CLARE       | f   | Lady Vet 50 | Unattached - Bowness           | 1:20:01.5 | 1:19:41.6 |
| 204. | 1150 | Margaret GORMAN   | f   |             | Unattached : Grange-Over-Sands | 1:20:06.6 | 1:19:36.7 |
| 205. | 1234 | Dan GYTE          | m   |             | Unattached - Carlisle          | 1:20:27.6 | 1:19:57.0 |
| 206. | 1292 | Katy COWPER       | f   |             | Unattached : Sellkirk          | 1:20:29.4 | 1:20:03.6 |
| 207. | 1237 | Adrienne HARRIS   | f   | Lady Vet 50 | DH Runners                     | 1:20:41.7 | 1:20:23.8 |
| 208. | 1370 | Claire BEWSHER    | f   | Lady Vet 40 | Unattached : Chorley           | 1:20:44.3 | 1:20:20.4 |
| 209. | 1413 | Lee SALMON        | m   |             | Unattached - Liverpool         | 1:21:02.0 | 1:20:30.5 |
| 210. | 1269 | Andy SCORER       | m   | Vet 40      | Unattached Durham              | 1:21:24.2 | 1:21:08.0 |
| 211. | 1437 | Jo LOWTHER        | f   | Lady Vet 40 | Unattached - Carlisle          | 1:21:31.2 | 1:21:18.8 |
| 212. | 1138 | Gareth PHILLIPS   | m   | Vet 40      | Gateshead Harriers             | 1:21:43.9 | 1:21:40.9 |
| 213. | 1137 | Peter PHILLIPS    | m   | Vet 60      | NYMAC                          | 1:21:44.1 | 1:21:41.2 |
| 214. | 1209 | Katie WOOD        | f   |             | Unattached : Knutsford         | 1:21:44.7 | 1:21:23.9 |
| 215. | 1402 | Liza SWART        | f   | Lady Vet 40 | Unattached : Cartmel           | 1:21:46.7 | 1:21:21.1 |
| 216. | 1401 | Gemma SWART       | f   | Lady Vet 40 | Unattached : Cartmel           | 1:21:46.8 | 1:21:21.4 |
| 217. | 1197 | Ali SMITH         | f   | Lady Vet 40 | David Lloyd Redway Runners     | 1:21:56.7 | 1:21:34.8 |
| 218. | 1235 | Laura GYTE        | f   |             | Unattached - London            | 1:22:00.6 | 1:21:30.3 |
| 219. | 1174 | Julia PARK        | f   | Lady Vet 40 | Unattached                     | 1:22:28.8 | 1:22:10.8 |
| 220. | 1187 | Laurie WOODLEY    | m   | Vet 70      | Tattenshall Runner             | 1:22:42.4 | 1:22:28.1 |
| 221. | 1144 | Rachel ARCHER     | f   | Lady Vet 40 | Swinton Running Club           | 1:23:12.3 | 1:22:52.5 |
| 222. | 1439 | Sue HOTCHKISS     | f   | Lady Vet 50 | Unattahced : Flookburgh        | 1:23:40.1 | 1:23:15.4 |
| 223. | 1415 | John BLACKER      | m   | Vet 50      | Harrogate Harriers             | 1:24:03.3 | 1:23:33.5 |
| 224. | 1468 | William MURPHY    | m   | Vet 70      | Ford Halewood AC               | 1:24:24.9 | 1:24:04.0 |
| 225. | 1473 | Louise WILDMAN    | f   |             | Unattached - Leyland           | 1:24:52.0 | 1:24:40.5 |
| 226. | 1196 | Louise MAGUIRE    | f   | Lady Vet 40 | Unattached - Carlisle          | 1:25:30.1 | 1:25:13.0 |
| 227. | 1497 | Lynsey TAYLOR     | f   |             | Unattached - Manchester        | 1:25:32.2 | 1:25:08.1 |
| 228. | 1239 | Pippa WILSON      | f   | Lady Vet 40 | Unattached : Windermere        | 1:25:42.0 | 1:25:27.4 |
| 229. | 1255 | Mandy ROTHWELL    | f   | Lady Vet 40 | Unattached - Manchester        | 1:26:03.5 | 1:25:37.5 |
| 230. | 1221 | Natalie PHIPPS    | f   |             | Unattached : Altrincham        | 1:26:21.9 | 1:25:57.8 |
| 231. | 1262 | Charles CROSSLAND | m   |             | Holmfirth Harriers             | 1:27:09.1 | 1:26:37.9 |
| 232. | 1432 | Denise HOWIE      | f   | Lady Vet 50 | Unattached : St Albans         | 1:27:17.0 | 1:26:56.6 |

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| Pos  | Bib  | Name                | M/F | Age Cat     | Club                          | Gun Time  | Chip Time |
|------|------|---------------------|-----|-------------|-------------------------------|-----------|-----------|
| 233. | 1338 | Rana AUDAH          | f   | Lady Vet 40 | Unattached - Stockport        | 1:27:55.2 | 1:27:23.8 |
| 234. | 1372 | Jo HUTCHINSON       | f   | Lady Vet 60 | Unattached : Carlisle         | 1:27:57.8 | 1:27:40.7 |
| 235. | 1249 | Andy WILLIAMS       | m   |             | Unattached : Bolton           | 1:28:26.9 | 1:28:15.9 |
| 236. | 1236 | Frances BRAITHWAITE | f   |             | DH Runners                    | 1:28:33.8 | 1:28:15.9 |
| 237. | 1311 | Louise STOREY       | f   | Lady Vet 40 | Parbold Pink Panthers         | 1:28:49.6 | 1:28:34.8 |
| 238. | 1228 | Niki STOCKTON       | f   | Lady Vet 40 | Swinton Running Club          | 1:28:49.8 | 1:28:26.3 |
| 239. | 1227 | Lisa WHITEHEAD      | f   | Lady Vet 40 | Swinton Running Club          | 1:28:50.4 | 1:28:27.7 |
| 240. | 1154 | Helen BORKING       | f   | Lady Vet 40 | Women On The Run              | 1:29:02.5 | 1:28:35.9 |
| 241. | 1163 | Sarah HAMILTON      | f   |             | DH Runners                    | 1:29:13.2 | 1:28:54.2 |
| 242. | 1245 | Philip LOFTUS       | m   | Vet 50      | Unattached : Bolton           | 1:29:22.7 | 1:29:01.4 |
| 243. | 1469 | Toni WESTON         | f   |             | Kings Heath RC                | 1:29:33.4 | 1:29:08.4 |
| 244. | 1266 | Pennie RIDYARD      | f   | Lady Vet 60 | Unattached - Kendal           | 1:29:49.7 | 1:29:31.4 |
| 245. | 1100 | Joe DOBBS           | m   | Vet 70      | Unattached                    | 1:29:52.4 | 1:29:23.9 |
| 246. | 1458 | Fiona LEWIS         | f   | Lady Vet 40 | Unattached : New Mills        | 1:29:54.5 | 1:29:45.7 |
| 247. | 1148 | Rebecca MOON        | f   |             | Unattached - Wigan            | 1:29:56.6 | 1:29:42.6 |
| 248. | 1149 | Lee SMITH           | m   | Vet 40      | Unattached - Wigan            | 1:29:57.9 | 1:29:42.9 |
| 249. | 1194 | Roz CURRIE          | f   |             | Unattached - Edinburgh        | 1:30:27.1 | 1:30:11.7 |
| 250. | 1195 | Bronwen CURRIE      | f   | Lady Vet 60 | ua Bruichladdich              | 1:30:27.1 | 1:30:10.4 |
| 251. | 1315 | Heather TROUGHTON   | f   |             | Unattached - Coniston         | 1:30:41.5 | 1:30:31.3 |
| 252. | 1289 | Jill BOOTH          | f   | Lady Vet 40 | Unattached : Stonyhurst       | 1:30:48.4 | 1:30:25.8 |
| 253. | 1288 | Lindsey NAISBITT    | f   |             | Unattached - Preston          | 1:30:48.6 | 1:30:25.9 |
| 254. | 1314 | Ursula COLLIE       | f   | Lady Vet 50 | Unattached - Richmond         | 1:31:04.4 | 1:30:41.2 |
| 255. | 1206 | Philippa JACKSON    | f   | Lady Vet 40 | Unattached : Innerleithen     | 1:31:08.4 | 1:31:02.6 |
| 256. | 1265 | Brian RIDYARD       | m   | Vet 70      | Unattached - Kendal           | 1:31:10.2 | 1:30:51.8 |
| 257. | 1482 | Kathryn WESLEY      | f   | Lady Vet 50 | Unattached : Livingston       | 1:32:08.9 | 1:31:39.4 |
| 258. | 1464 | David BARTON        | m   | Vet 60      | Fords AC                      | 1:32:35.1 | 1:32:13.6 |
| 259. | 1226 | Louise MURRAY       | f   | Lady Vet 40 | Unattached - Manchester       | 1:32:49.5 | 1:32:25.9 |
| 260. | 1203 | Kath ETHERDEN       | f   | Lady Vet 60 | South East Lancs Orienteering | 1:33:18.5 | 1:32:59.9 |
| 261. | 1238 | Michelle MACKAY     | f   | Lady Vet 40 | DH Runners                    | 1:36:55.8 | 1:36:36.8 |
| 262. | 1173 | Mary MODEN          | f   | Lady Vet 40 | Rosendale Harriers            | 1:37:40.6 | 1:37:20.7 |
| 263. | 1214 | J HOWARD            | m   | Vet 60      | ua Ashton under Lyne          | 1:38:49.5 | 1:38:23.2 |
| 264. | 1240 | Chloe CLARK         | f   |             | Unattached - Wigan            | 1:40:13.1 | 1:39:45.3 |
| 265. | 1258 | Tira MOORE          | f   | Lady Vet 40 | Unattached Durham             | 1:44:26.3 | 1:44:10.4 |
| 266. | 1268 | Gina SCORER         | f   | Lady Vet 40 | Unattached Durham             | 1:44:27.3 | 1:44:11.1 |
| 267. | 1282 | Nicola ASHTON       | f   | Lady Vet 40 | Unattached : Chorlton         | 1:44:52.3 | 1:44:29.7 |
| 268. | 1280 | Nicola CAVE         | f   | Lady Vet 40 | Unattached : Lytham St Annes  | 1:44:52.5 | 1:44:30.0 |
| 269. | 1291 | Merryll HUNTER      | f   | Lady Vet 40 | Unattached - Kendal           | 1:53:06.7 | 1:52:35.0 |
| 270. | 1290 | Joanna PARKINS      | f   | Lady Vet 40 | Unattached - Kendal           | 1:53:07.2 | 1:52:35.1 |
| 271. | 1307 | Nicola RICHMOND     | f   | Lady Vet 40 | Jelly Legs                    | 2:00:13.0 | 1:59:43.4 |
| 272. | 1309 | Dawn BRANSON        | f   | Lady Vet 40 | Unattached - Keswick          | 2:00:14.5 | 1:59:45.6 |
| 273. | 1136 | Eliza KACZYNSKA-NAY | f   | Lady Vet 50 | Unattached - London           | 2:03:40.6 | 2:03:23.5 |

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