

Lakeland Trails in Coniston

Coniston Trail race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
1.	2	James KRAFT	m		Scarborough AC	00:57:00.3	00:56:59.7
2.	309	Adam Peers	m		Liverpool Harriers	00:57:55.9	00:57:54.8
3.	288	Lewis BANTON	m		Clowne Roadrunners	01:02:19.3	01:02:17.4
4.	67	Jonathan COX	m		Eden Runners	01:02:32.8	01:02:32.1
5.	303	Paul GRAHAM	m		Derwent AC	01:03:10.5	01:03:08.3
6.	287	Lawrence AVERY	m		Kent AC	01:03:23.6	01:03:22.8
7.	241	Paul REILLY	m		Coniston Fell Running Club	01:04:57.3	01:04:54.6
8.	149	Dave ALMOND	m		Unattached - Dewsbury	01:05:12.4	01:05:11.7
9.	107	Howard AVERY	m		Wigan Harriers AC	01:05:34.2	01:05:32.7
10.	84	Francesc LUCENA	m		Unattached - Liverpool	01:07:05.5	01:07:03.7
11.	289	Simon MARKLEY	m	Vet 40	Unattached : Peterborough	01:07:21.5	01:07:17.1
12.	81	Gary LANE	m	Vet 40	Coniston Fell Running Club	01:09:19.0	01:09:17.9
13.	315	Sharon Taylor	f		Helm Hill	01:09:31.1	01:09:30.3
14.	131	Mike ALLISON	m	Vet 50	Unattached - Penrith	01:09:40.2	01:09:38.7
15.	46	Stephen COOPER	m		Unattached : Ealing	01:10:24.6	01:10:21.3
16.	47	Rob LANGTON	m		The Always Merk	01:10:24.7	01:10:20.9
17.	151	Paul ROBERTSON	m	Vet 50	Unattached : Bromborough	01:10:32.5	01:10:27.6
18.	276	Andrew STUART	m	Vet 40	Unattached - Lancaster	01:11:38.3	01:11:37.2
19.	140	Ewan SEWELL	m		Unattached : York	01:11:58.2	01:11:56.3
20.	139	Victoria GRAVES	f		City of York AC	01:11:58.3	01:11:57.3
21.	164	Kevin MINTER	m	Vet 50	Olney Runners	01:12:12.7	01:12:09.7
22.	91	Philip SLOAN	m		Unattached - Cokermonth	01:12:15.4	01:12:09.6
23.	158	Bruce PENHALE	m	Vet 50	Unattached - Manchester	01:12:44.8	01:12:40.9
24.	255	Elaine OMAND	f		Dundee Road Runners	01:12:44.9	01:12:44.3
25.	126	Juliette MINTER	m	Vet 40	Olney Runners	01:12:48.1	01:12:45.4
26.	253	David NOLAN	m		Lowfell Running Club	01:12:52.8	01:12:50.2
27.	277	Simon MAUGHAN	m	Vet 40	Unattached - Blackburn	01:13:11.9	01:13:09.4
28.	85	Dan PRATT	m		Unattached : Shipley	01:13:17.3	01:13:13.6
29.	298	Damian KIMMINS	m	Vet 40	Keswick AC	01:13:18.8	01:13:15.3
30.	308	Louise Knight	f		Medwan Maidstone	01:13:24.0	01:13:21.1
31.	313	James Silson	m		Unattached - Penrith	01:14:12.5	01:14:10.7
32.	245	Jackie CASEY	f	Lady Vet 50	Barrow and Furness Striders	01:14:23.6	01:14:21.9
33.	310	Angus Mcendrick	m			01:14:43.6	01:14:36.4
34.	22	Nick HIGHAM	m	Vet 40	Lancaster & Morcambe AC	01:14:51.0	01:14:40.5
35.	178	Paul ATKINSON	m		Stockport Harriers	01:14:55.1	01:14:49.3
36.	153	Nigel STOREY	m	Vet 40	gsk hoad hill harriers	01:15:08.6	01:15:04.5
37.	129	Carl PEACOCK	m		Unattached - Manchester	01:15:40.4	01:15:35.3
38.	98	Mark EARLE	m	Vet 60	Unattached - Knutsford	01:15:40.8	01:15:33.5
39.	7	Judith TURNER	f	Lady Vet 40	Unattached	01:15:47.6	01:15:46.5
40.	306	Phil BLAYLOCK	m		St Bees Triers	01:15:51.0	01:15:46.4
41.	11	Allan SUMNER	m	Vet 40	Unattached : Poulton Le Fylde	01:15:56.8	01:15:51.2
42.	292	Mark AIDRED	m		Unattached Durham	01:16:06.0	01:15:54.0
43.	266	John BIRKETT	m	Vet 50	Unattached - Kendal	01:16:14.0	01:16:11.1
44.	244	Simon SUMNER	m		Unattached	01:16:37.2	01:16:30.0
45.	304	Graham MILLINGTON	m	Vet 40	Wigan Harriers AC	01:16:45.6	01:16:41.1
46.	14	Andy YATES	m	Vet 50	Unattached	01:17:01.9	01:16:55.9
47.	96	Alistair HUGGETT	m	Vet 50	Unattached - London	01:17:14.4	01:17:04.6
48.	136	Jeremy LOUGHRAN	m	Vet 50	Unattached : Stoke On Trent	01:17:43.3	01:17:41.1
49.	305	Craig ALLEN	m		Unattached : Bolton	01:17:43.5	01:17:39.8
50.	108	Nicholas BETTRIDGE	m	Vet 40	Unattached - Lymm	01:17:51.1	01:17:36.6
51.	275	Jamie ARKLE	m		Eden Runners	01:18:00.8	01:17:58.5
52.	137	Tim PIGOTT	m		Clayton le Moors Harriers	01:18:18.2	01:18:16.7
53.	69	Peter CARPENTER	m	Vet 50	Ellesmere Port Running Club	01:18:37.0	01:18:30.0
54.	145	Scott SIMPSON	m		Unattached : Brampton	01:18:42.9	01:18:34.2
55.	261	Russell THOMPSON	m	Vet 50	Unattached : Barrow in Furness	01:19:03.5	01:18:56.3
56.	25	Jon HAWKER	m	Vet 50	Delamere Spartans	01:19:16.8	01:19:14.6
57.	147	Gary JONES	m	Vet 50	Bolton Harriers	01:19:40.7	01:19:35.1
58.	182	Adam BIRD	m		Bramhall Runners	01:20:13.3	01:20:07.3

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59.	294	Anja COULTHARD	f		Keswick AC	01:20:15.6	01:20:12.7
60.	300	Tim NORMAN	m	Vet 50	Cheshire Tally HO	01:20:17.3	01:20:13.2
61.	172	Rachael WOOLSTON	f	Lady Vet 40	Fitbitch Run Club	01:20:32.0	01:20:30.2
62.	311	Graham Smith	m			01:20:40.5	01:20:32.9
63.	174	James HENNIN	m		Unattached - Newcastle	01:20:54.8	01:20:48.4
64.	307	Andy LETHERAN	m	Vet 40	Unattached - Kendal	01:21:07.4	01:20:54.2
65.	155	Graham SHAW	m	Vet 50	Bolton Harriers	01:21:12.7	01:21:06.9
66.	52	Jonathan PIERCE	m	Vet 50	ua Wheaton Aston	01:21:24.7	01:21:20.7
67.	70	Olivia WIGGANS	f		Unattached - Preston	01:21:32.6	01:21:31.3
68.	302	Ian CROOK	m	Vet 40	Unattached	01:21:55.2	01:21:51.9
69.	101	Jessica LOVELL	f		Wallasey AC	01:22:01.6	01:22:00.2
70.	252	Andrew DAVIES	m	Vet 60	Bridgnorth Running Club	01:22:27.3	01:22:22.9
71.	282	Stephen TYSOME	m	Vet 40	Trail Running Association	01:23:00.3	01:22:47.2
72.	269	Elizabeth WATERMAN	f		Unattached : Hexham	01:23:03.7	01:23:01.6
73.	64	Neil PATERSON	m	Vet 40	Unattached : Hexham	01:23:22.0	01:23:18.3
74.	250	Edward Swinden	m		Unattached - Manchester	01:23:26.3	01:23:16.7
75.	179	David DICKS	m	Vet 40	Unattached - Penrith	01:23:51.8	01:23:41.8
76.	128	Ross GRIEVE	m	Vet 40	Unattached : Peebles	01:23:53.7	01:23:45.2
77.	246	Mike PIGRAM	m	Vet 40	Unattached - Manchester	01:24:12.7	01:24:02.2
78.	251	David MILLER	m	Vet 60	Unattached	01:24:22.6	01:24:16.6
79.	138	Avril RIDDELL	f	Lady Vet 60	Unattached - London	01:24:32.7	01:24:25.6
80.	291	Terry WILKINSON	m	Vet 40	Unattached Durham	01:24:48.3	01:24:35.3
81.	10	John ANGUS	m	Vet 40	Unattached Darlington	01:25:03.1	01:24:54.6
82.	143	Cherry COLLISON	f	Lady Vet 40	Bolton United Harriers	01:25:03.7	01:24:58.6
83.	160	Emma HARRIS	f		Almost Athletes	01:25:04.5	01:24:54.8
84.	125	Mike SWIFT	m	Vet 50	Unattached - Manchester	01:25:05.8	01:24:54.1
85.	165	Tim HARRIS	m	Vet 50	Unattached - Dewsbury	01:25:07.3	01:24:58.0
86.	181	Steve FAIRCLOUGH	m	Vet 40	Bramhall Runners	01:25:17.4	01:25:11.2
87.	239	Cath FENN	f	Lady Vet 40	Northbrook AC, Coventry	01:25:20.9	01:25:09.4
88.	97	Kevin MURPHY	m	Vet 40	Unattached - London	01:25:25.5	01:25:18.2
89.	161	Richard SMITH	m	Vet 50	Unattached : Pontefract	01:25:32.6	01:25:24.7
90.	60	Martyn COTTEISS	m	Vet 40	ua Newbiggin-by-the-sea	01:25:58.4	01:25:48.5
91.	78	Anna BLACKBURN	f	Lady Vet 50	CFR	01:26:05.2	01:26:03.3
92.	171	Martin JACKSON	m		Unattached Darlington	01:26:07.9	01:25:54.1
93.	135	John WIGGANS	m	Vet 40	Unattached - Preston	01:26:12.1	01:26:09.7
94.	111	Joanna FITCH	f		Unattached : Wandsworth	01:26:15.5	01:26:02.5
95.	88	Charles ALLEN	m	Vet 50	Datchet Dashers	01:26:50.1	01:26:38.9
96.	45	Stephanie GOODCHILD	f	Lady Vet 40	Manchester YMCA	01:26:52.2	01:26:47.6
97.	41	Maggie DAVIES	f		ua Fraserburgh	01:27:06.2	01:27:02.7
98.	156	Michael CUMMINS	m	Vet 40	Unattached - Lancashire	01:27:07.2	01:26:57.3
99.	157	David CUMMINS	m	Vet 40	Unattached - Preston	01:27:24.5	01:27:14.1
100.	279	Stephen CRUICKSHANK	m	Vet 40	Unattached - Formby	01:27:26.3	01:27:21.3
101.	59	Glenn CUNDY	m	Vet 40	Unattached - Warrington	01:27:43.7	01:27:37.6
102.	238	Keith ARMSTRONG	m		Unattached - Glasgow	01:28:03.8	01:27:48.6
103.	236	Carl DUNK	m	Vet 40	Unattached : Shipley	01:28:15.4	01:28:07.1
104.	260	Catherine SPEAKMAN	f		Unattached - Settle	01:28:40.7	01:28:36.4
105.	43	Brandon ELLIS	m	Vet 50	Isle of Man Tri Club	01:29:06.2	01:28:52.5
106.	113	Simon WITHEY	m		Unattached : Shipley	01:29:15.4	01:29:08.5
107.	75	Ian HENDERSON	m		The Always Merk	01:29:38.4	01:29:33.8
108.	100	Richard CLEMENTS	m	Vet 40	Unattached - Manchester	01:29:40.7	01:29:29.0
109.	123	Neil MAYFIELD	m	Vet 40	Unattached : Helmsley	01:29:56.7	01:29:47.6
110.	58	Alison ALLEN	f	Lady Vet 50	Burnham Joggers	01:30:15.8	01:30:05.3
111.	146	Julie LOMAX	f	Lady Vet 40	Bolton Harriers	01:30:46.1	01:30:40.8
112.	284	Bryan ROUGH	m	Vet 50	ua havant	01:31:07.9	01:30:56.6
113.	312	Peter Myerscough	m			01:31:25.9	01:31:19.4
114.	249	Garry RICHARDS	m	Vet 50	Unattached - Wakefield	01:31:35.6	01:31:23.3
115.	293	Stephen CORNER	m		Unattached - Bradford	01:32:11.7	01:32:05.9
116.	124	Jane Marie KELLY	f		Unattached : York	01:32:19.5	01:32:11.2

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
117.	115	Peter WELSH	m	Vet 50	York Knavesmire Harriers	01:32:19.6	01:32:11.5
118.	127	Jackie HODGE	f	Lady Vet 40	Unattached : Peebles	01:32:27.4	01:32:18.4
119.	295	Alan JONES	m	Vet 50	Garstang AC	01:32:38.1	01:32:34.8
120.	110	Amy FROST	f		Unattached - London	01:32:43.9	01:32:30.7
121.	281	Helen GREENEP	f	Lady Vet 50	Settle Harriers	01:33:05.8	01:33:05.3
122.	120	Colin Sam WALTON	m	Vet 50	Unattached - Stockport	01:33:30.1	01:33:21.2
123.	114	Sharon JONES	f	Lady Vet 40	wilmslow	01:33:30.3	01:33:21.8
124.	173	Calvin MULLINGS	m		Serpentine Running Club	01:33:30.6	01:33:29.8
125.	267	Wendy BIRKETT	f	Lady Vet 50	Unattached - Kendal	01:34:06.9	01:34:04.1
126.	166	Andrew MEADOWCROFT	m	Vet 40	Unattached - Macclesfield	01:35:14.5	01:35:03.9
127.	119	Anna GREENBANK	f		Unattached - Lancaster	01:36:18.7	01:36:13.5
128.	118	Hannah BLAND	f		Unattached - Lancaster	01:36:18.9	01:36:13.4
129.	176	Joanne MAY	f	Lady Vet 40	Unattached : Hesket Newmarket	01:37:16.1	01:37:06.9
130.	278	Kirti SIMHA	m	Vet 40	NEPAL	01:37:38.1	01:37:33.9
131.	66	David COATES	m	Vet 50	Alnwick Harriers	01:37:41.7	01:37:29.2
132.	259	Jane WARNER	f	Lady Vet 40	Skelmersdale Boundary Harriers	01:37:41.8	01:37:29.3
133.	134	Anna HALSTEAD	f		Stocksfield Striders	01:37:42.6	01:37:31.8
134.	133	Joanna MITCHELL	f		Stocksfield Striders	01:37:42.8	01:37:31.8
135.	89	Guy BEAUMONT	m	Vet 40	Unattached	01:37:51.3	01:37:39.5
136.	141	Graham SCHOFIELD	m	Vet 60	Chorley Harriers	01:38:08.4	01:38:01.9
137.	258	Christine LOUGHRAN	f	Lady Vet 40	Unattached : Stoke On Trent	01:38:59.2	01:38:56.6
138.	248	Kath PADGETT	f	Lady Vet 50	Unattached - Wakefield	01:39:16.1	01:39:02.5
139.	237	Ben WILLIAMS	m		Unattached - London	01:40:08.0	01:40:00.0
140.	87	Kevin BURSE	m	Vet 40	Unattached : Staines	01:40:14.5	01:39:59.0
141.	106	William MARSHALL	m	Vet 50	Unattached - Ambleside	01:40:37.6	01:40:26.1
142.	112	Jonathan LEVITT	m		Unattached : Leeds	01:41:31.7	01:41:25.0
143.	170	Brian RICHARDSON	m	Vet 40	Unattached Darlington	01:41:35.5	01:41:22.7
144.	285	Gareth SUTTON	m		Unattached - Sheffield	01:41:36.4	01:41:22.8
145.	286	James HOWAT	m		Unattached - Sheffield	01:41:40.5	01:41:27.0
146.	30	Simon BERRILL	m		Unattached - Preston	01:43:25.0	01:43:16.8
147.	37	Di NEWTON	f	Lady Vet 60	Unattached - Kendal	01:45:18.8	01:45:08.1
148.	283	Paula KNEE	f	Lady Vet 40	Fitbitch Run Club	01:48:10.6	01:48:03.4
149.	280	Jenna ROSS	f		Unattached - Kendal	01:51:41.5	01:51:38.4
150.	240	Tanya TAYLOR	f	Lady Vet 40	Fitbitch Run Club	01:55:34.1	01:55:26.7
151.	273	Paul CONNOR	m		Unattached	01:59:18.7	01:59:02.0

Number of records: 151