

Lakeland Trails in Coniston

Coniston Trail Race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
Coniston Trail Race 15km							
1.	312	Gareth Stephens	m		U/A Oswestry, Shropshire	0:59:59	0:59:56
2.	321	Joe Kenny	m		U/A Ambleside,	1:02:42	1:02:41
3.	251	Sam Gibbs	m		U/A Settle, North Yorkshire	1:03:13	1:03:12
4.	282	Melanie Hyder	f		Helm Hill	1:04:21	1:04:21
5.	202	Graham Bungay	m	Veteran 50	Winchester & District Athletics Club	1:04:47	1:04:42
6.	185	Roman Casuso	m		U/A Coniston, Spain	1:05:10	1:05:01
7.	204	Craig Jones	m		YMCA Manchester Harriers	1:05:44	1:05:40
8.	206	Mark Griffiths	m		Manchester YMCA Harriers	1:06:00	1:05:57
9.	36	Bobak Walker	m		Roundhay Runners	1:06:03	1:05:53
10.	357	Paul Reilly	m		Coniston Fell Runners	1:06:40	1:06:38
11.	353	Jo Zakrzewski	f		Dumfries Running Club	1:07:11	1:07:09
12.	269	THOMAS CSIZMADIA			Wrexham AC	1:07:15	1:07:12
13.	135	Joshua Williams	m		U/A Glossop, Derbyshire	1:08:09	1:07:58
14.	115	Christopher Swire	m	Veteran 40	East Cheshire Harriers	1:08:10	1:08:07
15.	46	Stephen Cooper	m		U/A Ealing, London	1:08:25	1:08:12
16.	332	Andrew Stuart	m	Veteran 40	U/A	1:08:28	1:08:26
17.	315	matt davenport	m		U/A bolton, lancs	1:08:44	1:08:33
18.	300	Mike Allison	m	Veteran 50	U/A Penrith, Cumbria	1:08:46	1:08:44
19.	170	Paul Davey	m		U/A Lancaster, PA - Pennsylvania	1:08:51	1:08:50
20.	218	Craig Miller	m	Veteran 40	U/A Huddersfield,	1:09:05	1:08:56
21.	328	Alan Jolly	m	Veteran 50	Red Rose Road Runners	1:09:26	1:09:24
22.	171	Phil Thompson	m	Veteran 40	Ryston Runners	1:09:54	1:09:46
23.	338	Jo Armstead	f		U/A Ulverston, Cumbria	1:10:23	1:10:19
24.	314	Jon Hopper	m		U/A Manchester, Greater Manchester	1:10:35	1:10:25
25.	183	John Douglas	m	Veteran 40	Allithwaite Running Club	1:10:57	1:10:53
26.	280	Matthew Grimsahw	m		U/A Leeds, North Yorkshire	1:11:00	1:10:53
27.	267	martin gilpin	m	Veteran 50	U/A leeds, west yorkshire	1:11:03	1:10:57
28.	129	Lewis Morley	m		Birchfield Harriers	1:11:28	1:11:26
29.	207	peter fishpool	m	Veteran 40	U/A driffield, east yorks	1:11:34	1:11:28
30.	213	Mark Blackwell	m	Veteran 40	WestCumbriaTri	1:11:38	1:11:25
31.	266	William James	m		U/A Leeds,	1:11:49	1:11:43
32.	311	Ste Davison	m	Veteran 40	U/A Manchester,	1:11:55	1:11:44
33.	255	Josh Comley	m		U/A London, London	1:12:09	1:12:01
34.	211	Sam Burt	m		U/A Newcastle, Tyne & Wear	1:12:27	1:12:16
35.	254	Tom Vernon	m		U/A Warrington, Cheshire	1:12:32	1:12:27
36.	305	Michael Kowal	m	Veteran 50	WAMC	1:12:53	1:12:41
37.	133	Lee Harris	m	Veteran 40	Birchfield Harriers	1:13:17	1:13:15
38.	173	Martin Ive	m	Veteran 40	Ryston Runners AC	1:13:21	1:13:13
39.	28	nick higham	m	Veteran 40	Lancaster and morecambe running club	1:13:26	1:13:07
40.	137	Stewart Russell	m	Veteran 40	Birchfield Harriers	1:13:37	1:13:35
41.	241	Tom Inman	m		U/A Bristol, Avon	1:13:41	1:13:29
42.	285	Kieran Ireland	m		Glaxo Hoad Hill Harriers	1:13:41	1:13:38
43.	45	Simon West	m		U/A Irby, Merseyside	1:13:43	1:13:36
44.	147	David Norman	m	Veteran 40	Dudley Kingswinford	1:13:45	1:13:37
45.	344	Paul Mason	m	Veteran 50	Wigan Phoenix	1:13:47	1:13:37
46.	139	Phil Conroy	m		U/A Derby,	1:13:48	1:13:42
47.	275	Mark Rutter	m		U/A South Shields ,	1:13:49	1:13:35
48.	307	Aisling Wall	f		U/A Leeds, West Yorkshire	1:13:55	1:13:49
49.	294	Mariusz Kovacs	m		Polomuhely Hungary	1:14:06	1:13:53
50.	110	Peter Hood	m	Veteran 50	Dudley Kingswinford (DK) Running Club	1:14:08	1:14:00
51.	52	Joe Robinson	m		The Always Merk	1:14:16	1:14:03
52.	130	Alistair Gardner	m		Rugby Northampton AC	1:14:23	1:14:19
53.	349	Peter Fairclough	m		St Helens Striders	1:14:26	1:14:16
54.	78	Rachel Fairclough	f		St Helen Striders	1:14:26	1:14:17
55.	187	Simon Sumner	m		n/a	1:14:44	1:14:28
56.	79	Rebecca Winter	f		Ackworth road runners	1:14:50	1:14:44
57.	142	Phil Anderson	m		U/A Preston, Lancs	1:14:56	1:14:49
58.	198	Bruce Penhale	m	Veteran 50	U/A Manchester, Greater Manchester	1:15:08	1:15:01
59.	327	Mark Billington	m	Veteran 50	Wesham Road Runners	1:15:17	1:15:13
60.	189	Sarah Atkinson	f		U/A Kendal, Cumbria	1:15:36	1:15:32
61.	257	Ian Crook	m	Veteran 40	Barrow Striders	1:15:58	1:15:53
62.	169	Kristina Jackson	f		Allithwaite Running Club	1:16:00	1:15:56
63.	303	Judith Turner	f	Lady Veteran 40	Falkland Trail Runners	1:16:12	1:16:09
64.	32	Allan Sumner	m	Veteran 40	Preston Harriers	1:16:21	1:16:06
65.	322	Thomas Jones	m		Sale Harriers	1:16:42	1:16:39
66.	313	Nick Eyke	m	Veteran 50	Oswestry Olympians	1:16:48	1:16:36
67.	199	Robert Wallace	m	Veteran 40	U/A South Queensferry, Edinburgh	1:16:49	1:16:31
68.	215	Paul Chrisp	m	Veteran 50	Delamere Spartans	1:17:02	1:16:52
69.	56	Andy Letheran	m	Veteran 50		1:17:24	1:17:13
70.	43	Ben Holmes	m		Todmorden Harriers	1:17:38	1:17:37
71.	226	Paudie Connolly	m		U/A Ormskirk, Lancashire	1:17:40	1:17:33
72.	97	Damian Kimmins	m	Veteran 40	Keswick AC	1:17:43	1:17:27
73.	350	Nick Cox	m	Veteran 40	U/A Ambleside,	1:17:51	1:17:45
74.	258	Ross Duncan	m		U/A Newcastle upon Tyne, Tyne and Wear	1:17:56	1:17:43
75.	324	Simon Maughan	m	Veteran 40	U/A Blackburn, Lancashire	1:17:57	1:17:55
76.	90	Steven Gore	m		Wesham Road Runners	1:17:59	1:17:55
77.	354	Ed Hillman	m		KGV College	1:18:14	0:19:30

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	268	ashley lindsey	m	Veteran 40	U/A sale, cheshire	1:18:18	1:18:10
79.	112	stuart tromans	m	Veteran 40	U/A kingswinford, west midlands	1:18:19	1:18:10
80.	86	Richard Smith	m	Veteran 50	U/A Potefract, West Yorkshire	1:18:31	1:18:24
81.	337	Rosanna Marshallsay	f		Birch field Harriers	1:18:53	1:18:52
82.	248	Christian Merriman	m		U/A Leeds,	1:18:55	1:18:50
83.	33	Mike Pigram	m	Veteran 40	U/A Manchester,	1:19:02	1:18:50
84.	22	Andy Yates	m	Veteran 50	N/A	1:19:05	1:19:01
85.	166	carmel sullivan	f	Lady Veteran 40	wesham road runners	1:19:12	1:19:09
86.	244	Ray Nuttall	m	Veteran 50	Lostock AC	1:19:17	1:19:01
87.	151	ian lock	m	Veteran 40	U/A telford, shropshire	1:19:17	1:18:57
88.	342	Rob Marshall	m	Veteran 40	Scunthorpe and District AC	1:19:27	1:19:19
89.	334	Neil Hine	m		U/A Kendal, Cumbria	1:19:28	1:19:05
90.	109	Mark Gallimore	m	Veteran 50	Dudley Kingswinford	1:19:32	1:19:24
91.	256	David Black	m	Veteran 40	Clayton Le Moors Harriers	1:19:39	1:19:33
92.	108	Gary Bonner	m	Veteran 50	Dudley Kingswinford Running Club	1:19:46	1:19:38
93.	88	Chris Pilkington	m		U/A Preston, Lancashire	1:20:05	1:19:56
94.	184	Kev Illingworth	m		Lancs Constabulary	1:20:18	1:20:03
95.	148	Justin Thornberry	m		All the gear no idea	1:20:26	1:20:24
96.	319	Maeve Largey	f		U/A Sheffield, South Yorkshire	1:20:28	1:20:18
97.	237	Richard Toller	m	Veteran 60	Dundee Road Runners AC	1:20:34	1:20:28
98.	143	Matthew Simpson	m		Yorkshire Wolds Runners	1:20:35	1:20:27
99.	262	Mark Homer	m	Veteran 50	Dudley Kingswinford	1:20:41	1:20:32
100.	29	Andy Ross	m	Veteran 40	U/A Wigton, Cumbria	1:21:01	1:20:45
101.	74	Guy Lewcock	m		U/A Whitley Bay, Tyne and Wear	1:21:09	1:21:03
102.	172	Lesley Robins	f	Lady Veteran 40	Ryston Runners	1:21:21	1:21:06
103.	270	Jeffrey Caunce	m		U/A Southport, Merseyside	1:21:31	1:21:23
104.	219	Simon Bolton	m	Veteran 50	Wilmslow Running Club	1:21:32	1:21:25
105.	67	Robert Foster	m	Veteran 40	North Shields Poly AC	1:21:35	1:21:25
106.	261	anja coulthard	f		KESWICK AC	1:21:38	1:21:34
107.	242	Andrew Hallam	m	Veteran 40	U/A Chorley, Lancs	1:22:05	1:21:59
108.	346	James Elvin	m		U/A Altrincham, Cheshire	1:22:14	1:22:13
109.	230	Andrew Scopes	m		U/A Leeds,	1:22:27	1:22:24
110.	345	Phil Goadby	m		U/A Ulverston, Cumbria	1:22:30	1:22:09
111.	216	andrew fairweather	m		U/A preston,	1:22:44	1:22:26
112.	317	Bastien Peyronnel	m		U/A Manchester,	1:22:50	1:22:29
113.	99	Glyn Smith	m	Veteran 60	Cambridge and Coleridge AC	1:23:05	1:22:50
114.	249	Chris Hull	m		U/A Settle, North Yorkshire	1:23:06	1:22:53
115.	240	tom Bartram	m		n/a	1:23:41	1:23:30
116.	348	Craig Pemberton	m	Veteran 40	U/A Southport,	1:24:01	1:23:42
117.	343	lizzie james	f	Lady Veteran 40	U/A Sedbergh, Cumbria	1:24:07	1:23:57
118.	228	Elizabeth Watters	f		Birchfield harriers	1:24:36	1:24:35
119.	126	Christopher Collis	m	Veteran 40	Birchfield Harriers	1:24:36	1:24:33
120.	225	Andrew Wilkinson	m	Veteran 50	U/A Stanley, Co Durham	1:24:52	1:24:40
121.	209	Adam Bird	m		Bramhall Runners	1:24:55	1:24:39
122.	339	Ty pearson	m	Veteran 40	U/A Clitheroe, Lancs	1:24:56	1:24:37
123.	259	Andrew Mainwaring	m	Veteran 40	Stockport harriers	1:24:56	1:24:39
124.	214	steve fairclough	m	Veteran 50	Bramhall Runners	1:24:57	1:24:40
125.	188	David Bateson	m	Veteran 40	U/A Chorley, Lancashire	1:25:00	1:24:41
126.	155	melanie howe	f		U/A nantwich,	1:25:03	1:24:48
127.	288	Dave Delaney	m	Veteran 40	U/A Bradford, West Yorkshire	1:25:04	1:24:55
128.	80	Philip Love	m	Veteran 40	U/A Leeds, West Yorkshire	1:25:13	1:25:06
129.	250	Emily Groves	f		U/A Leeds ,	1:25:16	1:25:02
130.	64	Neil Paterson	m	Veteran 50	U/A Hexham, Northumberland	1:25:20	1:25:05
131.	289	Rachel Delaney	f		U/A Bradford, West Yorkshire	1:25:30	1:25:21
132.	217	Marcus Hawthorn	m	Veteran 50	U/A Darlington, Co Durham	1:25:41	1:25:31
133.	40	Michael Cummins	m	Veteran 40	U/A Lancashire,	1:26:03	1:25:46
134.	165	michael edge	m	Veteran 50	wesham road runners	1:26:24	1:26:20
135.	208	David Frain	m		U/A Sheffield,	1:26:24	1:26:06
136.	281	paul roche	m	Veteran 50	merseyside police	1:26:36	1:26:24
137.	113	Kath Hoyer	f	Lady Veteran 50	Wesham Road Runners	1:26:43	1:26:38
138.	291	Tamsin Cass	f			1:27:04	1:27:00
139.	243	Beth Treaddell	f	Lady Veteran 40	U/A Preston, Lancashire	1:27:07	1:26:46
140.	234	Chris Farrimond	m		U/A Wigan, Greater Manchester	1:27:08	1:27:02
141.	276	Emma Young	f	Lady Veteran 40	Bramhall Runners	1:27:21	1:27:08
142.	277	Ian Young	m		Bramhall Runners	1:27:23	1:27:10
143.	333	Alison Bradshaw	f	Lady Veteran 40	U/A Preston, Lancashire	1:27:50	1:27:30
144.	128	val carter	f	Lady Veteran 40	birchfield harriers	1:27:52	1:27:49
145.	121	Richard Clements	m	Veteran 40	U/A Manchester,	1:28:15	1:27:59
146.	100	Ben Whitham	m		U/A Clitheroe, Lancs	1:28:28	1:28:07
147.	347	Emma Parkin	f		Manchester YMCA Harriers	1:28:34	1:28:24
148.	39	David Cummins	m	Veteran 40	U/A Preston, Lancashire	1:28:41	1:28:24
149.	284	Kay McGreevy	f	Lady Veteran 50	BMF Glasgow	1:28:48	1:28:43
150.	247	Phillip Beecroft	m		CVFR	1:28:50	1:28:37
151.	89	Hannah Astle	f		U/A Edinburgh,	1:29:05	1:28:51
152.	35	peter reed	m	Veteran 60	Northumberland Fell Runners	1:29:09	1:29:00
153.	233	Victoria Healey	f		Goyt Valley Striders	1:29:29	1:29:11
154.	336	Iain Jenkins	m	Veteran 50	U/A Harrogate, North Yorkshire	1:29:51	1:29:45
155.	192	Antonia Viner	f	Lady Veteran 40	Viner	1:30:11	1:30:05
156.	191	Mark Viner	m	Veteran 40	Viner	1:30:23	1:30:19
157.	55	Leanne Jackson	f		Barrow & Furness Striders	1:30:37	1:30:17

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
158.	290	jean turner	f	Lady Veteran 50	telford harriers	1:31:03	1:30:46
159.	180	Ben Williams	m		U/A London,	1:31:30	1:31:13
160.	87	Stephen Harding	m	Veteran 40	Jog Scotland	1:31:30	1:31:08
161.	253	Peter Hodgson	m	Veteran 40	U/A Bury,	1:32:17	1:31:55
162.	153	Mark Yates	m	Veteran 40	Beaver Lodge	1:32:19	1:31:58
163.	320	ALAN JONES	m	Veteran 60	GARSTANG RUNNING CLUB	1:32:19	1:32:01
164.	83	Diane Wilson	f	Lady Veteran 40	U/A Darlington,	1:32:24	1:32:12
165.	326	danny allwood	m		U/A accrington,	1:32:27	1:32:07
166.	145	Julie Lomax	f	Lady Veteran 40	Bolton United Harriers	1:32:37	1:32:22
167.	146	Cherry Collinson	f	Lady Veteran 40	Bolton United Harriers	1:32:37	1:32:22
168.	134	sarah capewell	f		birchfield harriers	1:32:40	1:32:37
169.	127	Robert Bowen	m		U/A Dudley, West Midlands	1:33:18	1:33:10
170.	167	Sandre Jackson	f	Lady Veteran 50	U/A Congleton, Cheshire	1:33:22	1:33:10
171.	168	Malcolm Jackson	m	Veteran 50	U/A Congleton, Cheshire	1:33:22	1:33:09
172.	279	David Lyons	m	Veteran 50	U/A Morecambe, Lancashire	1:33:28	1:33:06
173.	221	Matt Lessimore	m	Veteran 40	U/A Worcester, Worcestershire	1:33:34	1:33:19
174.	222	Lucie Lessimore	f	Lady Veteran 40	U/A Worcester, Worcestershire	1:33:34	1:33:19
175.	330	Craig Allen	m		U/A Bolton, Lancashire	1:33:39	1:33:24
176.	92	Andrea Horgosi	f	Lady Veteran 40	U/A Warrington, Cheshire	1:33:43	1:33:29
177.	163	Rebecca Greaves	f		U/A Blackpool,	1:34:10	1:33:48
178.	82	Martyn Wigglesworth	m	Veteran 40	U/A Richmond,	1:34:15	1:34:03
179.	161	Ian Grace	m	Veteran 50	Chorley Harriers	1:34:17	1:34:06
180.	159	Malcolm Marshall	m	Veteran 50	Scunthorpe & District AC	1:34:25	1:34:09
181.	193	karen walker	f	Lady Veteran 40	U/A Colne, Lancashire	1:34:33	1:34:27
182.	182	Emma Wright	f		None	1:34:40	1:34:36
183.	194	Nigel Garratt	m	Veteran 40	U/A Colne, Lancashire	1:34:59	1:34:54
184.	245	Helen Manley	f		U/A Liverpool, Merseyside	1:35:19	1:35:07
185.	186	Tracey Apperley	f	Lady Veteran 40	U/A Newmarket, Suffolk	1:35:28	1:35:18
186.	177	Faye Morley	f		Birchfield Harriers	1:35:42	1:35:38
187.	309	Kim Croskery	f		Macclesfield Harriers & AC	1:35:54	1:35:43
188.	331	Daniel Bolton	m		Pennington Flashers	1:35:58	1:35:44
189.	156	paul youngman	m	Veteran 40	Tri-Anglia	1:36:00	1:35:42
190.	114	Karl Allerton	m	Veteran 40	Lichfield Running Club	1:36:15	1:36:10
191.	123	Dilip Patel	m	Veteran 40	Birchfield Harriers	1:36:15	1:36:12
192.	91	Diane Hamblett	f	Lady Veteran 40	U/A Warrington, Cheshire	1:36:31	1:36:17
193.	152	Robbie Beak	m	Veteran 40	U/A Telford, Shropshire	1:37:17	1:36:56
194.	318	Marc Gordien	m		U/A Manchester,	1:37:32	1:37:12
195.	174	Karen Smith	f	Lady Veteran 40	Ryston runners	1:37:39	1:37:18
196.	175	Andrew Smith	m	Veteran 40	Ryston runners	1:37:39	1:37:18
197.	236	Danny Tarbuck	m		U/A Standish, Lancashire	1:38:13	1:38:04
198.	154	Lilli Lehtonen	f		U/A Helsinki, Finland,	1:38:19	1:38:01
199.	246	Harley Beecroft	f		CVFR	1:38:28	1:38:13
200.	164	michaela dempsey	f	Lady Veteran 40	wesham road runners	1:40:45	1:40:40
201.	323	gary deeming	m	Veteran 50	unattached	1:41:08	1:40:51
202.	205	JILL GUTHRIE	f		U/A MANCHESTER,	1:41:17	1:41:06
203.	144	Michael Jeffryes	m	Veteran 40	Red Rose Runners	1:41:53	1:41:30
204.	37	Gillian Csizmadia	f	Lady Veteran 50	Wrexham AC	1:43:13	1:42:56
205.	306	Dan Cowell	m		U/A Balmain, New South Wales	1:45:41	1:45:33
206.	98	Eleanor Bryans	f	Lady Veteran 60	U/A York,	1:48:38	1:48:21
207.	107	Ruth Turner	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:48:45	1:48:30
208.	252	Lee Mathison	m		U/A Preston, Lancashire	1:53:34	1:53:10
209.	124	Ian Rowlands	m		U/A Burntwood, Stafs	1:56:59	1:56:56
210.	140	Lynn Wilson	f	Lady Veteran 40	U/A Driffield, East Yorkshire	1:57:56	1:57:37
211.	141	Paul Wilson	m	Veteran 40	U/A Driffield, East Yorkshire	1:57:56	1:57:37
212.	274	Mary Roberts	f	Lady Veteran 40	U/A Stockport,	2:01:37	2:01:13
213.	263	Mark Brennan	m	Veteran 50	U/A Stockport, Cheshire	2:01:37	2:01:13
214.	273	Lisa Ofarrell	f	Lady Veteran 40	U/A Stockport, Cheshire	2:01:37	2:01:13
215.	229	samantha watters	f		birchfield harrier	2:04:51	2:04:48
216.	125	Sarah Baggott	f	Lady Veteran 40	Birchfield Harriers	2:05:37	2:05:35

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