

## Lakeland Trails in Coniston

## Coniston Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
<b>Coniston Trail Challenge 15km</b>							
1.	724	stephen parker	m	Veteran 40	U/A barrow-in-furness, cumbria	1:12:06	1:12:04
2.	707	Christopher Lewarne	m		U/A Blackburn, Lancashire	1:12:20	1:12:16
3.	816	Mark Rutter	m		U/A South Shields ,	1:13:10	1:13:09
4.	855	Phill Beard	m	Veteran 40	N/a	1:13:44	1:13:42
5.	860	denis cleary	m	Veteran 40	none	1:14:04	1:14:04
6.	829	Dan Hutton	m		U/A Wirral,	1:14:13	1:13:52
7.	904	Stuart Davidson	m		ASICS	1:16:23	1:15:47
8.	871	Jonny Winward	m		U/A Bamber Bridge, Lancashire	1:16:51	1:16:50
9.	725	Michael Hall	m	Veteran 40	Red Rose road runners	1:17:18	1:17:11
10.	506	Iain Rankin	m	Veteran 40	U/A Macclesfield, Cheshire	1:17:35	1:17:32
11.	543	simon wright	m	Veteran 50	U/A lytham st. annes, lancashire	1:18:15	1:18:11
12.	862	Owen Panton	m		U/A Manchester,	1:18:32	1:18:21
13.	839	John Spooner	m	Veteran 40	Lancaster&morecambeA/C	1:18:51	1:18:49
14.	817	Jonathan Page	m		RES Trail Team	1:19:01	1:19:00
15.	453	Paul Lindley	m		U/A Liverpool, Merseyside	1:19:17	1:19:14
16.	763	Mike Innerdale	m	Veteran 40	U/A Appleby,	1:19:29	1:19:19
17.	863	Chris Heap	m		U/A Salford,	1:19:40	1:19:28
18.	837	Colin Newby	m	Veteran 40	U/A Kirkby-in-Furness, Cumbria	1:19:44	1:19:44
19.	813	Daniel Dunbabin	m	Veteran 40	U/A Warrington, Cheshire	1:19:53	1:19:28
20.	708	Matt Page	m	Veteran 40	U/A Altrincham, Cheshire	1:20:05	1:20:00
21.	399	Nick Howe	m		U/A Liverpool,	1:20:06	1:20:00
22.	682	Jenny Clark	f		Thornton Cleveleys Running Club	1:20:13	1:20:08
23.	474	Clare Smith	f	Lady Veteran 40	U/A Bolton,	1:20:13	1:20:11
24.	572	Robert Harper	m	Veteran 40	Yorkshire Wolds Runners	1:20:28	1:20:24
25.	804	Chris Brown	m	Veteran 40	Red Rose Road Runners	1:20:36	1:20:24
26.	800	David Liley	m		U/A Carnforth, Lancashire	1:20:53	1:20:21
27.	922	Andrew Sale	m	Veteran 40	U/A	1:21:20	1:21:11
28.	472	William McAllister	m		Parkside Panthers	1:21:29	1:20:50
29.	356	Jonathan Fletcher	m	Veteran 50	Bedale and Aiskew	1:21:34	1:21:26
30.	521	Daniel Weston	m		U/A Manchester,	1:21:40	1:21:26
31.	895	Mark Sherwood	m	Veteran 40	U/A St Helens,	1:22:06	1:21:41
32.	419	terry moss	m	Veteran 40	U/A preston, lancashire	1:23:02	1:23:02
33.	698	adrian byrom	m	Veteran 50	ackworth rr	1:23:16	1:23:10
34.	461	alan parker	m	Veteran 50	U/A stoke on trent,	1:23:32	1:23:11
35.	903	William Roberts	m		ASICS	1:23:37	1:23:02
36.	754	Jonathan Crossley	m	Veteran 40	U/A Rhuddlan, Denbighshire	1:23:44	1:23:33
37.	393	Jeremy Loughran	m	Veteran 50	U/A Stoke on Trent, Staffordshire	1:23:48	1:23:27
38.	590	Nevil Oldfield	m	Veteran 40	Shotley bridge harrier	1:23:53	1:23:47
39.	680	Mike Collins	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	1:24:02	1:23:56
40.	788	Rebecca Gledhill	f		U/A Ulverston, Cumbria	1:24:05	1:23:56
41.	765	Courtney Connor	f		Allithwaite	1:24:09	1:24:00
42.	586	Christopher Snell	m		U/A Kendal, Cumbria	1:24:10	1:23:56
43.	495	Peter Little	m	Veteran 40	U/A High Harrington, Cumbria	1:24:31	1:23:54
44.	535	Melanie Koth	f	Lady Veteran 40	Lytham St Anne's Roadrunners	1:24:34	1:24:33
45.	616	Kevin Bloor	m	Veteran 40	U/A Rothwell,	1:24:41	1:24:37
46.	877	Alistair Bell	m		U/A Carlisle,	1:24:44	1:24:30
47.	742	jon green	m	Veteran 50	U/A blackpool, lancs	1:25:05	1:24:52
48.	369	Dean Lindsey	m	Veteran 50	U/A Clitheroe, Lancashire	1:25:14	1:25:05
49.	663	Andrew Mellor	m	Veteran 50	U/A Longsdon, Staffordshire	1:25:22	1:25:06
50.	683	MARK BARNARD	m	Veteran 60	U/A HENLEY IN ARDEN, WARWICKSHIRE	1:25:32	1:25:15
51.	634	Chris Brookes	m		U/A Preston, Lancs	1:25:41	1:25:16
52.	656	Ian Skyner	m	Veteran 40	U/A Liverpool,	1:25:45	1:25:36
53.	391	Alastair McIntosh	m		U/A Warrington, Cheshire	1:25:46	1:25:41
54.	655	Graham Flynn	m	Veteran 40	U/A Liverpool,	1:25:55	1:25:46
55.	876	andrew shimmin	m	Veteran 40	Roby Runners	1:25:59	1:25:49
56.	429	Stuart Bell	m	Veteran 50	Kendal AC	1:26:01	1:26:00
57.	704	Phil Dale	m		U/A Barrow-in-Furness, Cumbria	1:26:04	1:26:03
58.	463	Scott Logie	m	Veteran 40	U/A Nantwich, Cheshire	1:26:08	1:26:05
59.	805	Matt Viner	m		U/A Askam-in-Furness,	1:26:09	1:26:05
60.	907	Euan McKinnon	m	Veteran 40	Ulverston Tri Club	1:26:19	1:26:06
61.	462	Charlotte Logie	f		South Cheshire Harriers	1:26:36	1:26:34
62.	823	James Alexander	m		U/A Ovington, Northumberland	1:26:37	1:26:34
63.	629	Graeme Lawson	m	Veteran 50	U/A Newcastle,	1:26:38	1:26:27
64.	382	Jason Brant	m	Veteran 40	U/A Normanton,	1:26:40	1:26:08
65.	868	Ben Wallace	m		U/A Lancaster, Lancs	1:26:41	1:26:37
66.	408	RICHARD HALLY	m	Veteran 40	U/A PRESTON, LANCASHIRE	1:26:58	1:26:48
67.	720	Rachel Newbury	f	Lady Veteran 40	LWRG	1:28:03	1:27:55
68.	911	Graham Metcalfe	m		U/A	1:28:27	1:28:02
69.	853	Simon Hiscock	m		U/A Preston , Lancs	1:28:44	1:28:38
70.	867	John Wilcock	m	Veteran 40	n/a	1:28:52	1:28:49
71.	751	Ben Ridley	m		U/A Durham,	1:28:57	1:28:56
72.	662	Edward Hill	m	Veteran 40	U/A Huddersfield ,	1:28:59	1:28:21
73.	484	Frank Tippin	m	Veteran 50	U/A Southport,	1:29:00	1:28:28
74.	659	Peter Bonner	m	Veteran 40	U/A Grantham, Lincs	1:29:03	1:28:34
75.	916	Pete Lashley	m		U/A Milnthorpe	1:29:04	1:28:56
76.	488	Mark Jesson	m	Veteran 50	Pendle Forest Orienteers	1:29:10	1:29:07
77.	779	Mike Clements	m	Veteran 40	U/A Southport,	1:29:12	1:28:51

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	390	Steven Averill	m	Veteran 50	U/A Nottingham ,	1:29:22	1:28:45
79.	711	Alex Jefferson	m		U/A Flitwick, Beds	1:29:28	1:29:20
80.	856	Emma Winter	f		U/A Calthwaite, Cumbria	1:29:33	1:29:24
81.	546	Jonathan Chuter	m	Veteran 40	U/A Shrewsbury,	1:29:58	1:29:36
82.	908	Christopher Edwards	m		U/A Manchester,	1:30:12	1:30:05
83.	631	Alexandra Mounsey	f		Lancaster and Morecambe Athletics Club	1:30:31	1:30:23
84.	842	Gillian Lee	f	Lady Veteran 40	St Helens Striders	1:30:37	1:30:21
85.	533	michael pickard	m	Veteran 50	U/A leeds,	1:30:42	1:30:36
86.	918	Nicholas Johnston	m		U/A Newcastle upon Tyne, Tyne & Wear	1:31:00	1:30:25
87.	869	Stuart Hardcastle	m	Veteran 60	Swaledale Runners	1:31:03	1:30:59
88.	921	Neil Pomfret	m	Veteran 40	Ilkley Harriers	1:31:08	1:30:54
89.	713	brian richardson	m	Veteran 50	blackhill bounders	1:31:11	1:30:37
90.	509	Richard Gordon	m	Veteran 40	U/A Penrith, Cumbria	1:31:28	1:31:13
91.	866	Dominic Pope	m	Veteran 40	U/A Ulverston, Cumbria	1:31:29	1:31:26
92.	821	John Waring	m		U/A Warrington,	1:31:32	1:30:39
93.	401	Matthew Smith	m	Veteran 40	U/A Lancaster, Lancs	1:31:33	1:31:05
94.	596	Michelle Jeffrey	f	Lady Veteran 40	U/A Hexham, Northumberland	1:31:37	1:31:12
95.	364	Simon Andreassen	m	Veteran 40	Allendale valley striders	1:31:37	1:31:13
96.	917	Emily Johnston	f		U/A Newcastle upon Tyne, Tyne & Wear	1:31:39	1:31:04
97.	458	Damian Cowell	m	Veteran 40	Warrington Running Club	1:31:47	1:31:21
98.	815	Chris Dunn	m		U/A South Shields , Tyne and Wear	1:31:53	1:31:52
99.	427	Stephen Clements	m	Veteran 50	U/A Penrith, Cumbria	1:31:56	1:31:37
100.	491	Chris Westwood	m	Veteran 40	Telford Harriers	1:31:57	1:31:51
101.	900	Emma Boocock	f		Leeds Bradford Triathlon Club	1:32:29	1:32:12
102.	818	Susannah Bleakley	f	Lady Veteran 50	U/A Kendal, Cumbria	1:32:44	1:32:18
103.	738	KATE WILSON	f	Lady Veteran 40	U/A KENDAL, CUMBRIA	1:32:47	1:32:34
104.	843	Graham Downs	m	Veteran 40	U/A Morecambe, Lancashire	1:33:01	1:32:58
105.	439	Jonathan Watt	m	Veteran 50	U/A Altrincham, Cheshire	1:33:29	1:33:16
106.	830	Kathleen Batty	f		Northern Fells	1:33:36	1:33:23
107.	756	Richard Mathias	m	Veteran 40	U/A Birkenhead, Merseyside	1:33:38	1:33:03
108.	899	Lisa Fielding	f		Ellesmere Port Running Club	1:33:38	1:33:11
109.	889	alison wibmer	f		U/A edinburgh,	1:33:46	1:33:12
110.	846	Sarka-jo Cole	f	Lady Veteran 40	U/A Ulverston, cumbria	1:33:47	1:33:37
111.	653	Ric Jaques	m	Veteran 40	U/A Brampton,	1:33:53	1:33:50
112.	803	Ben Robinson	m		U/A Preston, Lancashire	1:33:55	1:33:43
113.	437	David Bayliss	m		Red Rose Road Runners	1:33:58	1:33:48
114.	808	Rosie Kenyon	f		U/A Liverpool, Merseyside	1:34:02	1:33:29
115.	824	Mike Graham	m		U/A Upton, Wirral	1:34:13	1:33:27
116.	783	Phillip Johnson	m		U/A Windermere,	1:34:47	1:34:15
117.	699	Tom Kirk	m		St beesTriers	1:34:49	1:34:44
118.	791	David Marr	m	Veteran 40	Barrow & Furness Striders	1:34:51	1:34:31
119.	490	Vic Knott	f	Lady Veteran 40	U/A Manchester ,	1:34:55	1:34:07
120.	873	Daniel Hunt	m		U/A Lytham st annes, Lancashire	1:34:59	1:34:56
121.	574	Andy Buckroyd	m	Veteran 50	U/A Bollington, Cheshire	1:35:04	1:34:37
122.	810	Dawn Winstanley	f	Lady Veteran 40	U/A Preston, Lancashire	1:35:18	1:35:00
123.	920	Nigel Ezard	m	Veteran 40	U/A Ilkley,	1:35:27	1:35:14
124.	910	Janet Latham	f	Lady Veteran 40	U/A	1:35:28	1:35:03
125.	705	Colin Newby	m	Veteran 50	U/A Newcastle Upon Tyne, Tyne and Wear	1:35:31	1:35:10
126.	792	Anna Gledhill	f		U/A Kendal, Cumbria	1:35:33	1:35:24
127.	850	Katie O'Sullivan	f		BMF	1:35:36	1:35:31
128.	664	Ted Smedley	m	Veteran 40	U/A Prescott, Merseyside	1:35:48	1:35:39
129.	909	Jill Riley	f	Lady Veteran 50	Eryri Harriers	1:35:51	1:35:40
130.	531	Igal Nagar	m	Veteran 50	U/A Sutton Coldfield, West Midlands	1:36:09	1:35:44
131.	636	Andrew Edwards	m	Veteran 40	U/A Cupar, Fife	1:36:27	1:36:00
132.	560	Rachel Sanders	f	Lady Veteran 40	U/A Kendal, Cumbria	1:36:37	1:36:37
133.	827	Russell Blythe	m	Veteran 40	U/A York, North yorkshire	1:36:52	1:36:42
134.	826	hannah grice	f		U/A York,	1:36:52	1:36:42
135.	649	Andrew Nuut	m		Ackworth Road Runners	1:37:00	1:36:42
136.	898	Mark Procter	m	Veteran 40	City of Lancaster Triathlon	1:37:20	1:37:02
137.	733	Vanessa Kay	f	Lady Veteran 50	U/A Dundee, Scotland	1:37:35	1:36:52
138.	438	Liam Moden	m	Veteran 50	U/A Haslingden, Lancashire	1:37:51	1:37:42
139.	576	Stephen Cruickshank	m	Veteran 40	U/A Formby,	1:37:53	1:37:17
140.	559	Jill Ansell	f	Lady Veteran 40	U/A Kendal, Cumbria	1:38:09	1:38:08
141.	741	Scott Baxter	m	Veteran 40	U/A Holmfirth, West Yorkshire	1:38:17	1:37:31
142.	510	howard burke	m	Veteran 50	Unattached	1:38:42	1:38:39
143.	740	Kim Baxter	f	Lady Veteran 40	U/A Holmfirth, west Yorkshire	1:39:00	1:38:19
144.	371	Mike Jones	m	Veteran 40	U/A Blackpool ,	1:39:15	1:38:57
145.	890	Joe Stevens	m	Veteran 50	U/A Ormskirk, Lancashire	1:39:19	1:38:47
146.	450	Liz Cook	f	Lady Veteran 40	U/A Wigan, Lancs	1:39:22	1:38:55
147.	654	Jacobus Du Plessis	m	Veteran 40	U/A Prescott, Merseyside	1:39:38	1:39:29
148.	739	Douglas Foulds	m	Veteran 50	U/A Lancaster, Lancashire	1:39:42	1:38:58
149.	743	Vinn McGuire	m	Veteran 50	U/A Morecambe, Lancashire	1:39:42	1:38:58
150.	564	Ross Singleton	m	Veteran 50	U/A Bristol,	1:39:48	1:39:44
151.	681	Susan Chilton	f	Lady Veteran 50	Lune Valley Hash House Harriers	1:39:55	1:39:47
152.	465	Neil MacNeill	m	Veteran 40	U/A Edinburgh, Midlothian	1:40:15	1:39:34
153.	542	Paul Thompson	m	Veteran 50	Hornsea Harriers	1:40:28	1:40:17
154.	780	Paul Zywicki	m	Veteran 50	Ackworth Road Runners	1:40:39	1:39:51
155.	692	Paul Corkill	m		U/A Barrow-in-furness,	1:40:51	1:40:24
156.	925	Neil Burnett	m	Veteran 40	U/A	1:40:58	1:28:08
157.	801	Sarah De-Maine	f	Lady Veteran 50	U/A Frizington, Cumbria	1:41:02	1:40:51

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158.	375	Justine Carruthers	f	Lady Veteran 40	U/A Penrith, Cumbria	1:41:07	1:40:52
159.	836	Emma Spooner	f		U/A Morecambe, Lancs	1:41:12	1:41:10
160.	445	Catherine Clennett	f	Lady Veteran 40	Stockton Striders	1:41:13	1:40:34
161.	444	Ginny Newman	f	Lady Veteran 50	U/A Manchester,	1:41:13	1:40:28
162.	446	Chris Furphy	m	Veteran 50	Stockton Striders	1:41:13	1:40:34
163.	395	jim little	m	Veteran 40	Warrington RC	1:41:13	1:41:04
164.	377	Christian Oxley	m	Veteran 40	Superfan	1:41:14	1:40:29
165.	561	Peter McCowie	m	Veteran 50	U/A Newcastle Upon Tyne, Tyne and Wear	1:41:18	1:40:34
166.	919	Maxine Fletcher	f	Lady Veteran 40	U/A Gargarve, N Yorks	1:41:23	1:41:16
167.	645	Stacey McKenna-Seed	f		U/A Blackburn,	1:41:24	1:40:36
168.	887	Barry Skelton	m	Veteran 40	U/A Darwen, Lancs	1:41:27	1:40:46
169.	848	Mark Wilson	m	Veteran 40	U/A Skipton, North Yorkshire	1:41:33	1:41:05
170.	652	Wayne Nickson	m	Veteran 40	Warrington Running Club	1:41:37	1:41:15
171.	832	David Mckenna	m	Veteran 40	Penny lane striders	1:41:41	1:41:06
172.	512	christopher hetherington	m	Veteran 40	sanddogs	1:41:43	1:40:49
173.	522	Lee Hetherington	m	Veteran 40	South Shields Sanddogs	1:41:43	1:40:49
174.	412	Nicola Stanley	f	Lady Veteran 40	U/A Southport,	1:41:45	1:40:56
175.	418	Susan Tippin	f	Lady Veteran 50	U/A Southport,	1:41:48	1:41:16
176.	675	Denise Clark	f	Lady Veteran 50	Ackworth Road Runners	1:41:51	1:41:41
177.	729	Stewart Haigh	m	Veteran 60	Ackworth Road runners & AC	1:41:51	1:41:34
178.	721	Peter Lane	m		U/A Newark, Nottinghamshire	1:41:52	1:41:41
179.	597	Claire Riddell	f		Wooler Running Club	1:41:56	1:41:27
180.	787	Ben Dainton	m		U/A Ulverston , Cumbria	1:42:00	1:41:50
181.	525	Steve Platten	m	Veteran 40	U/A Hull, East Yorkshire	1:42:08	1:41:29
182.	524	Shaneen Platten	f	Lady Veteran 40	U/A Hull, East Yorkshire	1:42:08	1:41:29
183.	840	steven burgess	m	Veteran 50	thornton cleveleys running club	1:42:14	1:41:55
184.	841	Ellie Hosking	f		U/A Ilkley, West Yorkshire	1:42:16	1:41:38
185.	761	Richard Watson	m	Veteran 40	U/A Allithwaite, Cumbria	1:42:23	1:41:53
186.	550	Michael Ball	m	Veteran 40	U/A Swindon, Wiltshire	1:42:25	1:42:02
187.	639	Nick Vickery	m	Veteran 50	Rayleigh Road Runners	1:42:25	1:41:44
188.	363	Andrew Ward	m		U/A CARNFORTH,	1:42:27	1:42:20
189.	859	Ian Verber	m	Veteran 60	Black Combe Runners	1:43:01	1:42:32
190.	914	Elisabeth Zambo	f	Lady Veteran 40	U/A Southampton,	1:43:10	1:42:52
191.	648	Gary Hollis	m	Veteran 50	U/A Kendal, Cumbria	1:43:13	1:42:59
192.	782	David Stephenson	m		U/A Ottringham,	1:43:17	1:42:54
193.	487	Helen Little	f	Lady Veteran 40	U/A High Harrington, Cumbria	1:43:28	1:42:51
194.	615	David Cooper	m	Veteran 50	Ackworth Road Runners	1:43:45	1:43:29
195.	778	clare williams	f		U/A newcastle upon tyne,	1:43:46	1:43:23
196.	777	laurence chuter	m		U/A newcastle upon tyne,	1:43:46	1:43:24
197.	492	Georgina Westwood	f	Lady Veteran 40	Telford Harriers	1:43:49	1:43:43
198.	398	John Slater	m	Veteran 50	U/A Carnforth, Lancs	1:43:56	1:43:39
199.	924	Jackie Youell	f	Lady Veteran 50	Ricky Running Sisters	1:44:02	1:43:38
200.	923	Julie Towers	f	Lady Veteran 50	Launceston Road Runners	1:44:02	1:43:39
201.	755	Louisa Crossley	f	Lady Veteran 40	U/A Rhuddlan, Denbighshire	1:44:10	1:43:28
202.	768	Stewart Pyrah	m	Veteran 60	U/A Manchester,	1:44:11	1:43:37
203.	728	Leo Pyrah	m		U/A Manchester,	1:44:12	1:43:38
204.	893	Louise Casson	f		U/A Blackpool, Lancashire	1:44:33	1:44:00
205.	632	Neil Wallace	m	Veteran 50	U/A Carlisle, Cumbria	1:44:51	1:44:07
206.	807	Mark Barrow	m		U/A Bolton, Lancs	1:44:56	1:44:40
207.	644	michael straker	m	Veteran 50	U/A newcastle upon tyne, tyne and wear	1:45:02	1:44:46
208.	884	Joanne Adams	f		U/A Blackpool,	1:45:05	1:44:45
209.	555	David Western	m	Veteran 50	U/A Sutton, Surrey	1:45:15	1:44:31
210.	879	Julia Forsyth	f	Lady Veteran 40	Unattached	1:45:16	1:45:02
211.	883	Ali Wilson	f		Border Harriers	1:45:17	1:45:02
212.	357	Amanda Anderson	f	Lady Veteran 40	U/A Brompton on Swale, North Yorkshire	1:45:24	1:45:03
213.	547	Jenny McClelland	f	Lady Veteran 40	Lymm Runners	1:45:46	1:45:10
214.	612	Renata Ruzkiewicz	f	Lady Veteran 50	Ealing Eagles	1:45:56	1:45:43
215.	831	Nicola Spurling	f	Lady Veteran 40	unaffiliated	1:46:08	1:45:33
216.	538	stefan wood	m		U/A St Helens,	1:46:10	1:45:30
217.	880	Richard pagan	m	Veteran 40	Dumfries Running club	1:46:11	1:45:28
218.	861	Matthew Ramsden	m		U/A Grange Moor,	1:46:11	1:45:30
219.	676	John Stout	m	Veteran 60	U/A Aughton, Lancashire	1:46:18	1:45:32
220.	394	Christine Loughran	f	Lady Veteran 50	U/A Stoke on Trent, Staffordshire	1:46:25	1:46:04
221.	770	Nick Martin	m	Veteran 50	U/A West Kirby, Select county	1:46:40	1:46:01
222.	625	William Marshall	m	Veteran 50	U/A Ambleside, Cumbria	1:46:55	1:46:37
223.	619	Glenn Potts	m	Veteran 40	U/A Manchester, Lancs	1:46:55	1:46:38
224.	396	amanda Bentley	f	Lady Veteran 40	Warrington Running Club	1:47:00	1:46:39
225.	854	Kirsty Barker	f	Lady Veteran 50	U/A Wigton, Cumbria	1:47:08	1:46:34
226.	838	Xi Zou	f		U/A LONDON,	1:47:08	1:46:57
227.	760	Sarah Sandell	f		U/A Richmond, North Yorkshire	1:47:18	1:46:35
228.	758	Aimee Roblin	f		U/A Richmond, North Yorkshire	1:47:18	1:46:36
229.	374	sarah barry	f	Lady Veteran 40	U/A huddersfield,	1:47:23	1:46:45
230.	468	Robert Myatt	m	Veteran 50	U/A Stoke on trent, Staffordshire	1:47:25	1:46:33
231.	748	roy simpson	m	Veteran 60	ackworth roadrunners	1:47:41	1:47:22
232.	361	Clare Laybourn	f	Lady Veteran 40	U/A Edinburgh,	1:47:57	1:47:43
233.	411	Lee Johnston	m	Veteran 40	U/A Southport,	1:48:04	1:47:16
234.	814	Emma Buckley	f		Widnes Wasps Ladies R C	1:48:05	1:47:40
235.	766	Melanie Bartley	f	Lady Veteran 40	U/A Prenton,	1:48:06	1:47:24
236.	703	Jane Hylands	f	Lady Veteran 40	Clayton Le Moors Harriers	1:48:16	1:48:08
237.	481	Rob Walker	m	Veteran 50	U/A Bacup, Lancashire	1:48:21	1:47:39

## Lakeland Trails in Coniston

## Coniston Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
238.	786	Jayne Batt	f	Lady Veteran 50	U/A York,	1:48:28	1:47:42
239.	915	Darren Eccles	m	Veteran 40	U/A St. Helens ,	1:48:38	1:48:17
240.	774	Julia White	f	Lady Veteran 40	Warrington Running Club	1:48:52	1:48:25
241.	400	Diane Hawkes	f	Lady Veteran 40	U/A Liverpool, Merseyside	1:48:57	1:48:27
242.	621	Jane Davies	f	Lady Veteran 50	U/A Manchester,	1:49:12	1:48:26
243.	368	Steve Green	m		U/A Cockermouth, Cumbria	1:49:31	1:48:45
244.	575	Richard Young	m	Veteran 40	U/A Malmesbury, Wiltshire	1:49:32	1:49:08
245.	628	Jane Warner	f	Lady Veteran 50	Skelmersdale Boundary Harriers	1:49:36	1:49:16
246.	351	Janice Allan	f	Lady Veteran 50	U/A Dumfries, Dumfries & Galloway	1:49:43	1:49:13
247.	775	Mike Sinclair	m	Veteran 50	Warrington Running Club	1:49:46	1:49:19
248.	549	Joanne Mills	f		Lawley Running Club	1:49:49	1:49:30
249.	797	Tony Day	m		U/A Sheffield,	1:50:03	1:49:11
250.	796	Colette White	f		U/A Sheffield,	1:50:04	1:49:13
251.	464	Kev Kendal	m	Veteran 40	Howgill Harriers	1:50:06	1:49:46
252.	448	Gina Bellhouse	f	Lady Veteran 40	Southport Waterloo AC	1:50:07	1:50:01
253.	759	Jo Bonham	f	Lady Veteran 40	U/A Barrow in Furness, Cumbria	1:50:10	1:49:49
254.	502	Kevin Mather	m	Veteran 50	U/A Warrington,	1:50:13	1:49:39
255.	690	Louise Lashley	f	Lady Veteran 40	U/A Milnthorpe, Cumbria	1:50:21	1:50:03
256.	584	Janet Farrow	f	Lady Veteran 40	Parbold Pink Panthers	1:50:22	1:50:02
257.	847	Gillian Csizmadia	f	Lady Veteran 50	Wrexham AC	1:50:27	1:49:38
258.	609	Andy Dickson	m	Veteran 50	Dumfries Running Club	1:50:37	1:49:59
259.	668	Claire Hutchinson	f	Lady Veteran 40	U/A Liverpool,	1:50:39	1:50:31
260.	523	Dawn Saxby	f	Lady Veteran 50	U/A Harrogate, North Yorkshire	1:50:39	1:50:12
261.	480	Chis Chew	m	Veteran 40	U/A Kendal,	1:50:39	1:49:49
262.	734	Steve Archibald	m	Veteran 50	Dundee road runner	1:50:40	1:49:56
263.	885	Heidi Haigh	f	Lady Veteran 40	Tri harder	1:50:47	1:50:26
264.	452	Shiran Yakobi	f	Lady Veteran 40	RSCAC	1:50:52	1:50:24
265.	489	Karen Wilson	f			1:51:00	1:50:50
266.	712	Christopher Taylor	m	Veteran 60	Ackworth Road Runners	1:51:23	1:51:05
267.	378	Susan Averill	f	Lady Veteran 50	U/A Nottingham,	1:51:37	1:51:00
268.	881	Dann Sanders	m	Veteran 40	U/A Newcastle,	1:51:41	1:50:50
269.	537	Lorraine Hetherington	f		sanddogs	1:51:41	1:50:49
270.	633	Joanne Johnstone	f		Dumfries running club	1:51:45	1:51:06
271.	594	Mo McGeorge	f	Lady Veteran 40	U/A Leeds,	1:52:05	1:51:29
272.	902	Joanne Robertson	f	Lady Veteran 40	U/A Glasgow, East Dunbartonshire	1:52:08	1:51:11
273.	563	Matt Carter	m	Veteran 40	U/A Berkhamsted,	1:52:09	1:52:04
274.	727	Elaine Simpson	f	Lady Veteran 40	U/A Blackburn, Lancashire	1:52:28	1:52:15
275.	735	Michael Pettigrew	m	Veteran 60	U/A Blackburn, Lancashire	1:52:29	1:52:14
276.	897	George Adamson	m	Veteran 60	North Shields Polytechnic AC	1:52:57	1:52:09
277.	530	Patty Davies	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:53:07	1:52:42
278.	601	Isobel Martin	f	Lady Veteran 40	Garscube Harriers	1:53:13	1:52:18
279.	714	Helen Sainsbury	f		U/A Earby, Lancashire	1:53:16	1:52:43
280.	392	Emma Corrie	f		U/A Windermere ,	1:53:26	1:52:37
281.	661	Garry Spivey	m	Veteran 60	Meltham A.C.	1:53:44	1:53:03
282.	789	Kristel Kemp	f		n/a	1:53:51	1:53:31
283.	650	Leo Stevenson	m	Veteran 50	Mossley Hill R C	1:53:52	1:53:21
284.	701	Barbara Hills	f	Lady Veteran 50	Goyt Valley Striders	1:54:01	1:53:49
285.	660	Siobhan Linnett	f	Lady Veteran 40	Manchester Harriers	1:54:22	1:53:37
286.	622	Andrew Jones	m		U/A Prescott, Merseyside	1:54:27	1:54:17
287.	511	Ann Lister	f	Lady Veteran 60	Glasgow Running Network	1:54:28	1:53:41
288.	845	Tom French	m		U/A Skipton, North Yorkshire	1:54:34	1:54:05
289.	469	Anthony Church	m	Veteran 50	U/A Manchester,	1:55:09	1:54:30
290.	556	julie smyth	f	Lady Veteran 40	Lymm Runners	1:55:10	1:54:34
291.	835	Eleanor Morris	f	Lady Veteran 40	U/A Llanberis, Gwynedd	1:55:13	1:54:31
292.	528	Michael Smith	m	Veteran 50	Olney Runners	1:55:30	1:55:02
293.	610	Carol O'Hare	f	Lady Veteran 50	U/A Manchester , Lancashire	1:55:42	1:55:18
294.	593	Charlotte Atkinson	f	Lady Veteran 40	U/A Leeds,	1:55:50	1:55:17
295.	706	mark shaw	m	Veteran 50	U/A Audenshaw, MANCHESTER	1:56:00	1:55:09
296.	372	Ellena Gamberini	f		Rocktart runners	1:56:12	1:55:42
297.	657	David Cassells	m			1:56:22	1:55:52
298.	595	Jenny Mabbutt	f		U/A Accrington , Lancashire	1:56:27	1:55:51
299.	381	Ruth Toller	f	Lady Veteran 60	U/A Dundee,	1:56:32	1:55:44
300.	500	Darren Gillman	m	Veteran 40	Spa Striders	1:56:39	1:56:18
301.	499	Katie Samuelson	f		Cambridge & Coleridge AC	1:56:39	1:56:21
302.	494	Viv Samuelson	f	Lady Veteran 40	Swinton RC	1:56:40	1:56:23
303.	605	Debbie Millington	f		Warrington Running Club	1:56:40	1:56:16
304.	501	Lindsay Plumb	f		Warrington Running Club	1:56:41	1:56:15
305.	719	Gareth Finlay	m		Warrington Running Club	1:56:41	1:56:16
306.	514	Jill Ezard	f	Lady Veteran 40	U/A Ilkley,	1:57:02	1:56:40
307.	540	Matthew Marriner-Chappell	m	Veteran 40	U/A Wakefield, West Yorkshire	1:57:08	1:56:36
308.	421	AUSTIN TRELFA	m	Veteran 60	Red Rose Road Runners	1:57:13	1:57:09
309.	402	Suzannah Keeves	f	Lady Veteran 40	U/A Lancaster, Lancs	1:57:26	1:56:57
310.	865	Jane Mulcrone	f		Penny Lane Striders	1:58:07	1:57:13
311.	624	Relinda Shepherd	f	Lady Veteran 40	U/A Heysham, Lancashire	1:58:15	1:58:02
312.	483	deborah Reekie	f		U/A holmrook, cumbria	1:58:17	1:58:10
313.	828	stephen higson	m	Veteran 60	U/A Keswick, Cumbria	1:58:23	1:58:08
314.	354	Neil Stoker	m	Veteran 40	U/A Carnforth, Lancashire	1:58:26	1:58:02
315.	886	liza tattersall	f	Lady Veteran 40	U/A carnforth, lancashire	1:58:26	1:58:02
316.	493	Alasdair Start	m		U/A Leyland,	1:58:28	1:58:20
317.	684	Christopher Hammond	m	Veteran 60	U/A Leek, Staffordshire	1:58:40	1:58:23

## Lakeland Trails in Coniston

## Coniston Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
318.	753	Emma Phillips	f		Penny Lane Striders	1:59:02	1:58:52
319.	466	Alison MacDonald	f	Lady Veteran 50	Unattached - Edinburgh	1:59:10	1:58:29
320.	819	Sara Pearce	f	Lady Veteran 40	U/A Ilkley,	1:59:19	1:58:43
321.	532	kevin burse	m	Veteran 50	U/A staines, middlesex	1:59:24	1:58:28
322.	686	Emma Pitt	f	Lady Veteran 40	Team pie	1:59:27	1:58:53
323.	467	Sue Kearney	f	Lady Veteran 50	U/A Bolton, Lancs	1:59:36	1:58:59
324.	613	Lauren Brindle	f		U/A Grange Over Sands, Cumbria	1:59:59	1:59:52
325.	397	Vivienne Purdy	f	Lady Veteran 40	U/A Penrith, Cumbria	2:00:16	1:59:34
326.	591	Melanie Conaghan	f	Lady Veteran 40	U/A Leeds, West Yorkshire	2:00:19	1:59:44
327.	548	Jane Wood	f	Lady Veteran 40	U/A Leeds, West Yorkshire	2:00:26	1:59:50
328.	457	catherine broome	f	Lady Veteran 50	achille ratti	2:00:28	1:59:51
329.	669	Karen Moody	f	Lady Veteran 40	U/A Liverpool,	2:00:41	2:00:33
330.	773	Louise Moore	f	Lady Veteran 40	Running4CF	2:00:56	2:00:47
331.	795	Rebecca Hargreaves	f	Lady Veteran 40	U/A Clitheroe, Lancashire	2:00:56	2:00:47
332.	905	Oliver Smethurst	m	Veteran 40	ASICS	2:01:06	2:00:28
333.	913	Anna McClarnon	f	Lady Veteran 40	U/A Eastleigh, Hampshire	2:01:11	2:00:52
334.	587	debbie brown	f	Lady Veteran 50	u/a Wlgan	2:01:22	2:00:33
335.	579	Trish Wardell	f	Lady Veteran 40	U/A harrogate, north yorkshire	2:01:22	2:00:34
336.	581	Russell Brown	m	Veteran 50	U/A Nr Harrogate, North Yorkshire	2:01:23	2:00:34
337.	580	Amanda Brown	f	Lady Veteran 50	U/A Nr Harrogate, North Yorkshire	2:01:24	2:00:35
338.	802	Lynn Smith	f	Lady Veteran 50	Crosby Stormers	2:01:24	2:00:31
339.	422	Jane Marshall	f	Lady Veteran 40	U/A York,	2:01:35	2:00:43
340.	539	Linda Carey	f	Lady Veteran 50	Baildon Runners	2:01:47	2:00:55
341.	431	Paula Dalziel	f	Lady Veteran 50	U/A Bolton, Greater Manchester	2:02:00	2:01:11
342.	434	Sarah Martin	f	Lady Veteran 40	U/A Bolton, Lancashire	2:02:00	2:01:13
343.	688	Diana Lord	f	Lady Veteran 60	Dalbeattie Running Club	2:02:13	2:01:26
344.	529	Penny Oliver	f	Lady Veteran 40	U/A Penrith, Cumbria	2:02:17	2:01:44
345.	352	Lucy Maggiori	f	Lady Veteran 40	U/A Dumfries,	2:02:21	2:01:51
346.	674	Wendy Fraser	f	Lady Veteran 50	U/A Stockton on Tees, Cleveland	2:02:23	2:01:51
347.	475	samantha sunderland	f	Lady Veteran 50	U/A dalton-in-furness, cumbria	2:02:39	2:02:27
348.	891	Abigail Wrathall	f		U/A Dumfries, Dumfries & Galloway	2:02:40	2:02:10
349.	476	Fiona Fawkes	f	Lady Veteran 50	U/A Barrow-in-Furness , Cumbria	2:02:40	2:02:29
350.	678	Lisa Moizer	f		U/A Manchester,	2:02:42	2:02:27
351.	677	Mark Whalley	m		U/A Manchester,	2:02:42	2:02:26
352.	822	Jessica Mather	f		U/A Warrington,	2:02:44	2:01:52
353.	479	Rebecca Hanson	f		U/A Manchester,	2:02:46	2:02:30
354.	454	Andrew Woodhead	m		U/A Preston, Lancashire	2:02:47	2:02:30
355.	623	Sarah Oram	f	Lady Veteran 40	Chorlton Runners	2:03:34	2:03:22
356.	592	Harriet Bradfield-Morgan	f	Lady Veteran 40	U/A Burnley, Lancashire	2:04:03	2:03:57
357.	413	fiona sutherland	f	Lady Veteran 50	U/A york, north yorks	2:05:05	2:04:19
358.	359	Anthony Jenner	m	Veteran 50	U/A Sunderland, Tyne and Wear	2:05:35	2:05:23
359.	358	Giselle Dudley	f	Lady Veteran 50	U/A Sunderland, Tyne and Wear	2:05:36	2:05:24
360.	726	sheila smith	f	Lady Veteran 60	gvs	2:05:53	2:05:39
361.	671	Claudia Hammond-Price	f		Manchester YMCA Harriers	2:06:00	2:05:29
362.	672	Michael Thompson	m		U/A Cheadle Hulme, Cheshire	2:06:03	2:05:31
363.	646	Kate Taylor	f	Lady Veteran 40	Running4CF	2:06:07	2:05:19
364.	407	Heather Berrill	f		U/A Preston, Lancashire	2:06:14	2:05:39
365.	888	Andrea Skelton	f	Lady Veteran 40	Darwen Dashers	2:06:36	2:05:49
366.	545	David Roberts	m	Veteran 50	Spectrum Striders	2:06:39	2:06:17
367.	544	Eleanor Roberts	f	Lady Veteran 40	Spectrum Striders	2:06:39	2:06:17
368.	858	Susanna Foot	f	Lady Veteran 50	U/A Appleby in Westmorland, Cumbria	2:06:45	2:06:04
369.	425	lisa worsley	f	Lady Veteran 40	st helens striders	2:06:52	2:05:53
370.	872	Elizabeth Phillipson	f		St. Helens Striders	2:06:52	2:05:54
371.	473	caroline vitty	f	Lady Veteran 50	U/A liverpool,	2:07:30	2:06:36
372.	385	Cynthia Carter	f	Lady Veteran 60	Crosby stormers	2:07:30	2:06:35
373.	618	Alison Gould	f	Lady Veteran 40	U/A Tynemouth, tyne and wear	2:07:30	2:07:02
374.	617	michelle armstrong	f	Lady Veteran 50	north east vets athletic club	2:07:31	2:07:00
375.	697	Julie Spencer	f	Lady Veteran 40	U/A Neston, Cheshire	2:07:31	2:06:37
376.	403	Gerald Bradley	m	Veteran 50	U/A West Cornforth, County Durham	2:08:08	2:07:28
377.	716	mark taylor	m	Veteran 50	U/A manchester, lancashire	2:08:42	2:07:51
378.	882	Emma atkinson	f	Lady Veteran 40	U/A kendal, cumbria	2:08:47	2:08:23
379.	673	Caroline Johns	f	Lady Veteran 40	U/A Selby, North Yorkshire	2:09:03	2:08:56
380.	620	Louise Murray	f	Lady Veteran 50	U/A Manchester,	2:09:08	2:08:21
381.	878	Alison Ewing	f	Lady Veteran 50	Warrington Running Club	2:09:22	2:08:42
382.	769	Jenny Holmes	f	Lady Veteran 40	U/A West Kirby, Select county	2:09:30	2:08:53
383.	647	Gill Harding	f	Lady Veteran 50	Ackworth Road Runners	2:09:34	2:09:17
384.	700	Ruth Wilson	f	Lady Veteran 50	Goyt Valley Striders	2:09:41	2:09:27
385.	600	Sheina Gilmour	f	Lady Veteran 50	U/A Glasgow,	2:09:43	2:08:46
386.	430	Wendy Ward	f	Lady Veteran 40	Red rose road runners	2:09:45	2:09:01
387.	627	Claire Pugh	f		U/A Coseley,	2:09:57	2:09:15
388.	651	Caroline Kenyon	f	Lady Veteran 50	U/A Liverpool,	2:11:15	2:10:20
389.	825	David Stretton	m		U/A Carlisle ,	2:12:47	2:12:24
390.	508	Alison Nordon	f	Lady Veteran 40	U/A Paisley,	2:13:11	2:12:36
391.	470	Amanda Benson	f		Roundhay Runners	2:13:12	2:12:19
392.	642	Bev Fishwick	f		U/A Arnside,	2:13:56	2:13:51
393.	641	julie graham	f	Lady Veteran 50	Garstang	2:13:56	2:13:51
394.	689	Jo Yarnall	f	Lady Veteran 40	Aldridge Running Club	2:14:34	2:13:49
395.	440	Rachel Halpin	f		U/A York,	2:15:09	2:14:38
396.	747	Heather Eastwood	f	Lady Veteran 50	Giggleswick Gazelles	2:16:18	2:15:32
397.	715	Roisin Black	f		U/A Skipton, North Yorkshire	2:16:19	2:15:31

## Lakeland Trails in Coniston

## Coniston Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
398.	717	Maria Varlas	f		Giggleswick Gazelles	2:16:19	2:15:32
399.	894	Clare Sherwood	f	Lady Veteran 40	U/A St Helens,	2:16:24	2:15:55
400.	527	Sharon White	f	Lady Veteran 40	U/A Kendal, Cumbria	2:16:45	2:15:50
401.	722	Clair Bonner	f	Lady Veteran 40	U/A Keighley, West Yorkshire	2:18:06	2:17:19
402.	723	Liane Thompson	f	Lady Veteran 50	U/A Barrow-in-Furness, Cumbria	2:18:06	2:17:19
403.	588	Kristina mountain	f		U/A chorley, lancashire	2:18:50	2:18:06
404.	589	Rachel Fallows	f	Lady Veteran 40	Horwich RMI Harriers	2:18:59	2:18:15
405.	896	Debbie Greenall	f	Lady Veteran 50	U/A St Helens,	2:20:00	2:19:31
406.	912	Clare Proctor	f		U/A Manchester,	2:21:13	2:20:58
407.	614	Claire Myers	f		U/A Hexham, Northumberland	2:21:20	2:20:28
408.	710	Rosie KAur	f	Lady Veteran 40	U/A Frodsham,	2:22:46	2:21:51
409.	906	Peter Samuelson	m	Veteran 70	Spectrum Striders	2:22:49	2:22:33
410.	767	Janette Covell	f	Lady Veteran 50	South Ribble Runners	2:22:50	2:22:08
411.	566	Russell Powell	m	Veteran 40	U/A Tadley, Hants	2:23:07	2:22:27
412.	565	Sarah Powell	f	Lady Veteran 40	U/A Tadley, Hants	2:23:07	2:22:27
413.	737	Charmain Robson	f	Lady Veteran 70	St Bees Tri	2:27:14	2:26:19
414.	409	Linda Anderson	f	Lady Veteran 50	leverets	2:32:20	2:31:29
415.	460	Tracey McEwan	f	Lady Veteran 40	Leverets	2:32:20	2:31:30
416.	384	Jo Reely	f	Lady Veteran 40	Boldmere KB Club	2:33:16	2:32:47
417.	864	Kerry Willacy	f	Lady Veteran 40	U/A Dumfries,	2:33:51	2:33:06
418.	606	Rosemary Ash	f	Lady Veteran 60	Bournemouth Joggers	2:36:23	2:35:55
419.	901	Katy Kennedy	f	Lady Veteran 40	U/A Camberley,	2:36:23	2:35:57
420.	558	Carol Wilson	f	Lady Veteran 40	Fetch Everyone	2:36:24	2:35:56
421.	551	Shirley Ann Duncan	f	Lady Veteran 40	700 bernards	2:36:24	2:36:01
422.	602	David Elsender	m	Veteran 70	Nordic Walker	2:42:42	2:42:10
423.	857	Ann Johansson	f	Lady Veteran 40	U/A Stockholm,	2:49:59	2:49:03
424.	505	Steve Webster	m	Veteran 50	U/A Huddersfield, West Yorkshire	2:49:59	2:49:04
425.	428	Linda Wood	f		U/A Cockermouth, Cumbria	2:52:31	2:51:33
426.	485	Sarah Blundell	f	Lady Veteran 40	U/A Tebay, Cumbria	2:52:31	2:51:33
427.	436	Jacqueline Wilson	f		Dumfries Running Club	2:52:32	2:51:42
428.	367	Geraldine Townend	f	Lady Veteran 40	U/A Harrogate, North Yorkshire	2:57:32	2:56:34

Number of records: 428