

Lakeland Trails in Coniston

Coniston Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
Coniston Trail Run10km							
1.	1385	Ian Symington	m		U/A Hebden Bridge, West Yorkshire	0:45:17	0:45:14
2.	1337	Lee Winter	m	Veteran 40	GB Bootcamps	0:46:10	0:46:08
3.	1364	Paul Hughes	m		Penny Lane Striders	0:47:29	0:47:22
4.	1024	John Widdrington	m		U/A Newcastle upon Tyne,	0:48:01	0:47:52
5.	1491	Joshua Blacker	m		Harrogate Harriers	0:48:37	0:48:34
6.	1027	Craig Marsh	m		Keswick AC	0:48:50	0:48:48
7.	1290	Tony Wardel	m	Veteran 40	South Cheshire Harriers	0:48:58	0:48:56
8.	1223	Darren Townend	m	Veteran 40	U/A Harrogate ,	0:49:05	0:49:01
9.	1253	Matt Harratt	m		U/A Oldham,	0:49:14	0:49:05
10.	1118	Robbie Robson	m		South Axholme Academy	0:49:23	0:49:12
11.	1078	Nick Sharp	m	Veteran 40	U/A Wakefield, West Yorkshire	0:49:30	0:49:28
12.	1121	Graham Jordan	m		U/A OLDHAM,	0:51:59	0:51:56
13.	1165	David Antill	m		Tyne Bridge Harriers	0:52:00	0:51:57
14.	1394	Simon Maughan	m	Veteran 50	U/A Blackburn, Lancashire	0:52:13	0:52:10
15.	1419	Allan Sumner	m	Veteran 40	Preston Harriers	0:52:40	0:52:35
16.	1040	Ian Gibson	m	Veteran 40	U/A Ulverston, Cumbria	0:52:53	0:52:43
17.	1032	sean barry	m	Veteran 40	U/A huddersfield,	0:53:15	0:52:58
18.	1076	Lawrence Mannion	m	Veteran 50	U/A Kendal,	0:53:23	0:53:21
19.	1355	Michael Armstrong	m	Veteran 40	U/A Ulverston, CUMBRIA	0:53:30	0:53:24
20.	1087	Ryan Mewis	m		U/A Preston,	0:53:32	0:53:27
21.	1162	andrew foster	m	Veteran 40	U/A southport,	0:53:36	0:53:34
22.	1152	Oliver Lees	m		U/A Leeds, West Yorkshire	0:54:11	0:54:01
23.	1299	Leon Dallow	m	Veteran 50	Oswestry Olympians	0:54:25	0:54:22
24.	1347	Paul Managh	m	Veteran 40	Ulverston Tri Club	0:54:30	0:54:24
25.	1470	Matthew Wall	m		U/A Barrow in Furness,	0:55:15	0:55:07
26.	1461	Kev Logue	m		Warrington Running Club	0:55:16	0:55:13
27.	1023	andrew pye	m	Veteran 40	U/A skelsmergh,	0:55:38	0:55:29
28.	1084	Lance Saxby	m	Veteran 40	U/A Harrogate, North Yorkshire	0:55:59	0:55:55
29.	1308	Tim Waldron	m		U/A Liverpool, Merseyside	0:56:14	0:56:01
30.	1203	Simon Bolton	m	Veteran 50	Wilmslow Running Club	0:56:20	0:56:08
31.	1166	Jonathan Antill	m		U/A Oxford,	0:56:21	0:56:12
32.	1399	Mark Zicking	m	Veteran 40	Evesham Vale	0:56:28	0:56:10
33.	1375	Lauren Booth	f		Bury Athletics Club	0:56:35	0:56:29
34.	1065	Richard Whall	m		U/A Kirkham, Lancashire	0:56:40	0:56:32
35.	1052	James Wright	m		U/A Endmoor, Cumbria	0:56:48	0:56:39
36.	1085	Louise Winter	f		Keswick AC	0:56:54	0:56:52
37.	1401	Zoe Chamberlain	f	Lady Veteran 40	U/A TRING, Hertfordshire	0:57:09	0:57:03
38.	1144	Clym Stephenson	m		U/A Kendal,	0:57:19	0:57:01
39.	1243	Jason Edmondson	m	Veteran 40	Coniston Fell Runners	0:57:22	0:57:11
40.	1345	Stephen Gilks	m		U/A Shipley, West Yorkshire	0:57:39	0:57:20
41.	1160	Dave Hogg	m	Veteran 40	U/A Preston,	0:57:45	0:57:38
42.	1069	Jo Haigh	f	Lady Veteran 50	U/A Skipton, North Yorkshire	0:57:54	0:57:48
43.	1242	Richard Manley	m		U/A Wirral, Merseyside	0:57:56	0:57:48
44.	1349	Ricky Mason	m		U/A Barrow In Furness, Cumbria	0:58:13	0:58:07
45.	1479	Powell Andy	m			0:58:39	0:58:33
46.	1368	Paul Quinn	m	Veteran 50	U/A Barrow-in-Furness, Cumbria	0:58:44	0:58:36
47.	1404	Barry Edwards	m	Veteran 60	North Devon Road Runners	0:58:52	0:58:43
48.	1274	Sarah linton	f	Lady Veteran 40	U/A st Anne's, Lancashire	0:58:53	0:58:44
49.	1137	Mary Ward	f	Lady Veteran 40	Tring Running lub	0:58:59	0:58:47
50.	1210	Kirsty Cook	f	Lady Veteran 40	U/A Preston , Lancashire	0:59:16	0:59:14
51.	1130	Joe Harper	m		Yorkshire Wolds Runners	0:59:52	0:59:48
52.	1371	Glenn Morris	m	Veteran 40	U/A Lancaster, Lancs	1:00:01	0:59:53
53.	1215	lindsay smith	f		DVRC Running Club	1:00:04	0:59:52
54.	1374	Bruce Helme	m		U/A Preston, Lancashire	1:00:07	0:59:58
55.	1466	Michael Bowden	m	Veteran 40	Holcombe Harriers	1:00:11	1:00:05
56.	1086	Ruth Mewis	f		U/A Preston,	1:00:16	1:00:11
57.	1112	Andrew Laidlow	m	Veteran 40	U/A Carlisle, Cumbria	1:00:20	0:59:55
58.	1304	fay tuffen	f	Lady Veteran 40	U/A troutbeck bridge, cumbria	1:01:00	1:00:54
59.	1441	Ian Coupe	m	Veteran 50	U/A Bolton, Lancashire	1:01:15	1:01:11
60.	1041	Nicola Gibson	f	Lady Veteran 40	U/A Ulverston, cumbria	1:01:24	1:01:13
61.	1294	Nick Postill	m		U/A Ormskirk,	1:01:59	1:01:28
62.	1073	Gerard Hurst	m	Veteran 60	U/A Wigan,	1:02:03	1:01:53
63.	1227	Jamie Homer	m		Asics	1:02:06	1:02:01
64.	1284	Andrew Lancaster	m		U/A Wakefield, West Yorkshire	1:02:08	1:01:36
65.	1449	Liam Aplin	m	Veteran 40	U/A Cockermonth, Cumbria	1:02:17	1:02:06
66.	1135	Mark Enescott	m		Asics	1:02:18	1:02:12
67.	1012	Hunter Lyden	m		U/A Manchester,	1:02:20	1:02:15
68.	1281	Joseph Barnes	m		U/A Leeds,	1:02:22	1:02:04
69.	1095	Thomas Ward	m		U/A Lancaster, Lancashire	1:02:28	1:01:46
70.	1207	Jon Beswick	m		Asics	1:02:33	1:02:27
71.	1172	Stuart Oram	m		U/A Manchester, Greater manchester	1:02:43	1:02:27
72.	1362	sandra connell	f	Lady Veteran 50	U/A Liverpool,	1:02:50	1:02:17
73.	1395	Sarah Dove	f	Lady Veteran 40	U/A Blackburn, Lancashire	1:03:01	1:02:57
74.	1417	Peter Evans	m	Veteran 50	Kings Heath Running Club	1:03:09	1:02:59
75.	1316	Robin NAYLOR	m	Veteran 60	n/a	1:03:39	1:03:05
76.	1045	Jason Spear	m	Veteran 40	U/A Chorley, Lancashire	1:03:47	1:03:17
77.	1378	Gary Smith	m	Veteran 40	COLT	1:03:48	1:03:36

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	1016	Isabelle Newhouse	f		Kirkcudbright Academy	1:03:49	1:03:46
79.	1465	Louise Bowden	f	Lady Veteran 40	Radcliffe athletic club	1:03:49	1:03:43
80.	1188	Sara Brookes	f	Lady Veteran 40	U/A Preston, Lancashire	1:03:51	1:03:44
81.	1499	Adrian Mills	m	Veteran 40	U/A	1:03:56	1:03:12
82.	1296	Simon Nicholson	m		U/A Galgate, Lancaster,	1:03:58	1:03:26
83.	1128	Joanna Lancaster	f		Leighton Fun Runners	1:04:06	1:03:24
84.	1263	Gill Crennell	f	Lady Veteran 50	Manx Tri Club	1:04:07	1:03:48
85.	1340	Michael Brinkhuijsen	m		U/A Tarleton , Lancs	1:04:29	1:04:22
86.	1352	Phillip Armistead	m		GB bootcamp	1:04:29	1:04:23
87.	1338	Gareth Brownson	m		GB Bootcamps	1:04:34	1:04:27
88.	1343	Claire Newton	f		U/A Wakefield, West Yorkshire	1:04:39	1:04:23
89.	1312	MARK JOWETT	m		U/A ALVECHURCH, WEST MIDS	1:04:46	1:04:09
90.	1156	Emma Cutting	f		U/A Lancaster,	1:04:48	1:04:09
91.	1070	Angie Trippitt	f	Lady Veteran 40	Kendal Tri Club	1:04:49	1:04:45
92.	1035	Jane Mellor	f		U/A Bridge of Weir,	1:04:49	1:04:30
93.	1064	Andrew Hemsley	m	Veteran 50	U/A Penrith, Cumbria	1:05:08	1:04:43
94.	1301	Steve Boston	m	Veteran 40	U/A Manchester,	1:05:10	1:04:45
95.	1393	Alison Gambles	f	Lady Veteran 50	U/A York, North Yorkshire	1:05:12	1:04:32
96.	1047	Chris Jackson	m	Veteran 40	U/A Tunstall, East Riding of Yorkshire	1:05:13	1:04:56
97.	1300	Susan Pritchard	f	Lady Veteran 40	U/A Manchester,	1:05:16	1:04:51
98.	1429	gary clay	m	Veteran 50	U/A huddersfield, west yorkshire	1:05:22	1:05:15
99.	1248	Marcus Moss	m	Veteran 40	U/A Leeds, West Yorkshire	1:05:55	1:05:41
100.	1496	Adam Birch	m		U/A Kendal, Cumbria	1:06:00	1:05:57
101.	1245	darryl cribbens	m	Veteran 40	U/A kendal,	1:06:06	1:05:47
102.	1025	derek sweeney	m	Veteran 50	U/A windermere, cumbria	1:06:16	1:06:07
103.	1295	Will Smith	m		U/A Lancaster,	1:06:16	1:05:43
104.	1344	Stephen Edgar	m	Veteran 50	U/A Dorking, Surrey	1:06:17	1:06:14
105.	1346	FIONA STUART	f	Lady Veteran 40	U/A MORLAND, CUMBRIA	1:06:45	1:06:22
106.	1268	Derek Woolley	m	Veteran 60	U/A Heysham, Lancashire	1:06:48	1:06:33
107.	1367	Mark Lovering	m	Veteran 40	U/A Chorley, Lancashire	1:07:02	1:06:55
108.	1141	Jayne Dore	f	Lady Veteran 40	U/A Formby,	1:07:03	1:06:41
109.	1388	Rochelle Byron -Keeler	f	Lady Veteran 40	U/A Kirkby Lonsdale ,	1:07:03	1:06:37
110.	1071	Lesley Goodson	f	Lady Veteran 50	North Wales Road Runners Club	1:07:11	1:07:05
111.	1168	Craig Abbott	m	Veteran 40	U/A Lancaster, Lancashire	1:07:27	1:06:49
112.	1477	Phil Collinson	m			1:07:37	1:07:03
113.	1447	Steve Beard	m		U/A Poulton le Fylde ,	1:07:53	1:07:37
114.	1446	James Alderson	m		U/A Poulton le Fylde ,	1:07:53	1:07:37
115.	1102	Simon Robson	m		U/A York, North Yorkshire	1:08:01	
116.	1272	Paul Finn	m	Veteran 50	U/A High Peak, Derbyshire	1:08:16	1:08:12
117.	1143	Ellie Mackay	f		U/A Kendal,	1:08:20	1:07:39
118.	1066	bridget slater	f	Lady Veteran 50	U/A Skipton, N Yorks	1:08:26	1:08:13
119.	1208	emma wrathall	f	Lady Veteran 40	U/A preston, lancashire	1:08:30	1:08:02
120.	1042	Paul Donnelly	m	Veteran 40	U/A Southport, Merseyside	1:08:31	1:07:45
121.	1043	ian mitchell	m	Veteran 50	helm hill runners	1:08:53	1:08:32
122.	1194	Karen Higham	f	Lady Veteran 40	U/A Woking, Surrey	1:08:57	1:08:38
123.	1224	Lindsay Beck	f	Lady Veteran 40	U/A Preston, Lancashire	1:09:18	1:08:55
124.	1391	Sophie Whittle	f		Runshaw College	1:09:20	1:09:07
125.	1390	Paul Whittle	m	Veteran 40	U/A Bickerstaffe, Lancashire	1:09:20	1:09:07
126.	1151	Ian Sarginson	m		U/A Sedbergh, Cumbria	1:09:30	1:08:52
127.	1057	Rebecca HODGSON	f		U/A Kendal , cumbria	1:09:32	1:09:28
128.	1201	John Yates	m	Veteran 40	U/A Wilmslow, Cheshire	1:09:33	1:09:16
129.	1003	Zoe Bridges	f	Lady Veteran 40	U/A Sudbury, Suffolk	1:09:37	1:09:19
130.	1379	Jason Copp	m	Veteran 40	U/A Birmingham, West Midlands	1:09:38	1:09:07
131.	1233	Charlotte Foley	f		U/A East Boldon, Tyne and Wear	1:10:00	1:09:30
132.	1013	Katie Wray	f		U/A Manchester,	1:10:15	1:10:10
133.	1185	Paul Heigham	m	Veteran 40	U/A Wakefield, West Yorkshire	1:10:17	1:09:40
134.	1237	Anna Rodwell	f	Lady Veteran 40	Team Hownam Howgate	1:10:22	1:10:06
135.	1230	Andy Neville	m		U/A Wesham, Lancs	1:10:29	1:09:59
136.	1097	Beth Irving	f	Lady Veteran 40	U/A Carlisle,	1:10:34	1:10:10
137.	1000	Hayley Livesey	f	Lady Veteran 40	U/A Lincoln, Lincolnshire	1:10:37	1:10:06
138.	1386	David Beuzeval	m	Veteran 40	U/A Minthorpe,	1:11:00	1:10:40
139.	1361	Nathalie Connell	f		U/A Liverpool,	1:11:02	1:10:30
140.	1005	Gareth Phillips	m	Veteran 40	Gateshead harriers	1:11:10	1:10:56
141.	1004	Peter Phillips	m	Veteran 60	Loftus and Whitby AC	1:11:10	1:10:56
142.	1075	Hilde Krynen	f	Lady Veteran 50	U/A Kendal, Cumbria	1:11:13	1:11:10
143.	1454	ian hobro Hobro	m	Veteran 50	U/A Preston, - -	1:11:17	1:11:00
144.	1159	Tara McCully	f		none	1:11:19	1:11:10
145.	1190	Jenny Randle	f	Lady Veteran 40	U/A Southport , Lancashire	1:11:21	1:11:14
146.	1060	Melissa Anglesea	f		U/A Anderton,	1:11:27	1:11:13
147.	1359	katy lewis	f	Lady Veteran 50	U/A Liverpool,	1:11:32	1:10:57
148.	1153	Karyn Harper	f	Lady Veteran 50	Yorkshire Wolds Runners	1:11:38	1:11:31
149.	1258	Steven Mcgregor	m		U/A Edinburgh,	1:11:39	1:11:19
150.	1163	Lisa Suddes	f	Lady Veteran 40	U/A Shap, Cumbria	1:11:40	1:11:31
151.	1416	Julie Evans	f	Lady Veteran 50	Kings Heath Running Club	1:12:06	1:11:54
152.	1356	Paul Wilson	m		U/A Barrow in Furness, Cumbria	1:12:16	1:11:59
153.	1058	Dave Walton	m	Veteran 60	LOC	1:12:21	1:12:19
154.	1287	Clive Beard	m	Veteran 40	U/A Winchester,	1:12:24	1:12:08
155.	1234	Viv Riley	f	Lady Veteran 50	Black Combe Runners	1:12:29	1:12:21
156.	1177	Julia Collingburn	f	Lady Veteran 40	The Weybridge Girls	1:12:36	1:11:55
157.	1038	Philip Loftus	m	Veteran 50	U/A Bolton, Lancashire	1:12:53	1:12:39

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158.	1018	Jenny Ward	f		U/A CARNFORTH,	1:12:58	1:12:31
159.	1322	Gary Robson	m	Veteran 40	U/A York,	1:13:03	1:12:59
160.	1323	Annabel Wood	f		U/A York, North Yorkshire	1:13:03	1:12:59
161.	1282	Lynn Howard	f	Lady Veteran 40	U/A Bollington, Cheshire	1:13:09	1:13:04
162.	1161	Kathakoli Dasgupta	f		U/A Preston,	1:13:13	1:13:03
163.	1392	natalie macfarlane	f		U/A old trafford,	1:13:14	1:12:25
164.	1244	Joanne Sunderland	f	Lady Veteran 40	U/A Leeds, West Yorkshire	1:13:15	1:13:00
165.	1026	Lindon Bolton	m		Keswick AC	1:13:17	1:12:53
166.	1241	Jon Gilson	m	Veteran 40	U/A Leek,	1:13:17	1:12:50
167.	1271	Mel Jones	m	Veteran 60	Swinton Running Club	1:13:31	1:12:49
168.	1176	Lindsay Slamon	f	Lady Veteran 40	U/A Worsley, Manchester	1:13:37	1:13:25
169.	1225	andrea caunce	f	Lady Veteran 40	Tri Preston	1:13:40	1:13:17
170.	1079	Susan Sharp	f	Lady Veteran 50	U/A Wakefield, west Yorkshire	1:13:47	1:13:42
171.	1370	Trevor Watts	m	Veteran 50	U/A Henley in Arden, West Midlands	1:13:52	1:13:39
172.	1369	Amanda Watts	f	Lady Veteran 50	U/A Henley in Arden, West Midlands	1:13:52	1:13:40
173.	1008	Helen Scott	f		U/A Osgodby, North Yorkshire	1:14:00	1:13:51
174.	1326	Jim Mclean	m	Veteran 60	Red Rose Road Runners	1:14:05	1:13:35
175.	1028	BARRY GREEN	m	Veteran 60	NONE	1:14:06	1:13:28
176.	1174	Helen Bengier	f	Lady Veteran 50	The Weybridge Girls!	1:14:06	1:13:26
177.	1354	Catherine Haggerty	f		U/A St Helens, Merseyside	1:14:10	1:13:42
178.	1489	Laraine Lindsey	f	Lady Veteran 40	U/A Clitheroe, Lancashire	1:14:16	1:13:44
179.	1132	Jo-Anna Robson	f	Lady Veteran 40	U/A Formby,	1:14:19	1:13:57
180.	1191	Rachel Barnard	f		U/A Workington, Cumbria	1:14:19	1:13:54
181.	1074	Laura Robson	f		York Postal Harriers	1:14:21	1:14:10
182.	1431	Simon Cowling	m	Veteran 40	U/A Formby, Liverpool	1:14:28	1:14:06
183.	1494	Kate Bowden	f	Lady Veteran 40	U/A Glossop, Derbyshire	1:14:30	1:13:58
184.	1022	alison chambers	f		U/A skelsmergh,	1:14:36	1:14:27
185.	1029	andrew marrison	m	Veteran 40	U/A kendal, Cumbria	1:14:38	1:14:19
186.	1490	Kathryn Tidswell	f		U/A	1:15:03	1:14:22
187.	1198	Beverley Foy	f	Lady Veteran 40	U/A Hawkshead, Cumbria	1:15:04	1:14:49
188.	1405	Kathryn Edwards	f	Lady Veteran 50	North Devon Road Runners	1:15:12	1:15:02
189.	1317	PAULINE NAYLOR	f	Lady Veteran 50	n/a	1:15:13	1:14:39
190.	1072	Linda Gant	f	Lady Veteran 50	St.Bees Triers	1:15:14	1:14:58
191.	1329	Louise Crook	f	Lady Veteran 40	Parkside Panthers	1:15:14	1:14:59
192.	1483	Lisa Whetter	f	Lady Veteran 40	U/A Levens, Cumbria	1:15:15	1:15:04
193.	1217	Clare Gelder	f		U/A Cleckheaton, West Yorkshire	1:15:16	1:14:56
194.	1216	kevin Gelder	m	Veteran 50	U/A Cleckheaton, West Yorkshire	1:15:16	1:14:56
195.	1366	Becky Haft	f		U/A Ambleside , Cumbria	1:15:20	1:14:59
196.	1265	Leigh Rollin	m	Veteran 50	U/A Flockton,	1:15:20	1:14:44
197.	1081	Louise Corrigan	f		Swinton RC	1:15:21	1:14:58
198.	1131	Liz Rankin	f	Lady Veteran 40	U/A Malpas, Cheshire	1:15:28	1:15:10
199.	1376	Michael Holmes	m	Veteran 40	DH Runners	1:15:32	1:15:04
200.	1333	Becky Goulding	f		U/A Brighouse, West Yorkshire	1:15:35	1:15:09
201.	1422	Elaine Cowperthwaite	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:15:39	1:15:08
202.	1444	Mia Hague	f		U/A Manchester, Lancashire	1:15:53	1:15:04
203.	1206	Mark Aldam	m	Veteran 50	U/A Kendal,	1:16:04	1:15:14
204.	1455	Peter Jubb	m	Veteran 50	U/A Nottingham, Nottinghamshire	1:16:09	1:15:45
205.	1189	Dave Newton	m		None	1:16:10	1:16:03
206.	1481	Tara Oxley	f		Stockton Striders A.C.	1:16:11	1:15:34
207.	1173	Victoria Lowe	f		The Weybridge Girls!	1:16:15	1:15:35
208.	1413	Gary Richmond	m	Veteran 50	U/A Broadstairs, Kent	1:16:16	1:15:37
209.	1158	Anthony McCully	m	Veteran 50	none	1:16:19	1:16:10
210.	1138	Michael Ward	m	Veteran 50	U/A LEIGHTON BUZZARD,	1:16:32	1:16:00
211.	1348	Julie Wisely	f	Lady Veteran 40	U/A Manchester ,	1:16:36	1:16:16
212.	1175	Justine Shaw-Jackson	f	Lady Veteran 40	The Weybridge Girls	1:16:43	1:16:03
213.	1480	Keri James	f	Lady Veteran 40	The Weybridge Girls	1:16:43	1:16:03
214.	1261	Zara Gall	f	Lady Veteran 40	Didsbury ladies	1:16:45	1:16:26
215.	1278	Rachel Seymour Mead	f	Lady Veteran 40	U/A Manchester, Manchester	1:16:45	1:16:26
216.	1495	Debra Southworth	f	Lady Veteran 50	U/A Glossop,	1:16:48	1:16:15
217.	1350	Sarah Scott	f	Lady Veteran 40	Thornton Cleveleys Running Club	1:16:53	1:16:24
218.	1119	Laura Keeler	f		U/A Kirkby Lonsdale, Lancs	1:16:54	1:16:27
219.	1236	Tamara Skelton	f	Lady Veteran 40	U/A Kirkby Lonsdale, Cumbria	1:16:54	1:16:27
220.	1259	Shaun Halse	m		U/A Farleton, Lancashire	1:16:56	1:16:31
221.	1410	Marilyn Grant	f	Lady Veteran 50	Keswick AC	1:16:59	1:16:36
222.	1123	Peter Flynn	m	Veteran 60	U/A Glossop,	1:17:03	1:16:26
223.	1412	Laura Fradsham	f		U/A Keswick,	1:17:06	1:16:19
224.	1279	Nicole Spibey	f		U/A Cartmel ,	1:17:07	1:16:54
225.	1061	Jackie Frank	f	Lady Veteran 40	U/A Redcar,	1:17:08	1:16:45
226.	1360	Janette Grimes	f	Lady Veteran 50	U/A Whiston, Merseyside	1:17:08	1:16:32
227.	1486	Julia Sayburn	f	Lady Veteran 50	U/A Grange over sands, Cumbria	1:17:19	1:16:59
228.	1251	David Middlebrough	m	Veteran 50	Me	1:17:23	1:16:49
229.	1030	David Watson	m	Veteran 40	Red rose road runners	1:17:25	1:17:19
230.	1222	Megan Davey	f	Lady Veteran 40	Edinburgh Running Network	1:17:25	1:16:59
231.	1180	allyson Clelland	f	Lady Veteran 40	Lancaster women's running club	1:17:25	1:16:59
232.	1450	Julie Haygarth	f		U/A Kirkby Stephen, Cumbria	1:17:26	1:16:43
233.	1269	Sam Veluvolu	f	Lady Veteran 40	U/A Altrincham, Cheshire	1:17:27	1:17:01
234.	1332	laura wigley	f		U/A wakefield,	1:17:30	1:16:41
235.	1408	joanna rose	f		U/A cockermouth, cumbria	1:17:35	1:16:48
236.	1313	Catherine Higson	f		U/A Keswick, Cumbria	1:17:43	1:17:33
237.	1445	Amy Wallace	f		U/A Lancaster ,	1:17:47	1:17:28

Lakeland Trails in Coniston

Coniston Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
238.	1443	Deanna Dawkins	f		U/A York, PLEASE SELECT	1:17:51	1:17:21
239.	1442	Jason Platten	m		U/A York, PLEASE SELECT	1:17:51	1:17:21
240.	1099	Tom Lawson	m	Veteran 40	U/A Maryport, Cumbria	1:17:54	1:17:31
241.	1414	Donna Raeburn	f	Lady Veteran 40	U/A Penrith, Cumbria	1:18:00	1:17:12
242.	1101	Vicky Johnston	f	Lady Veteran 40	St Bees Triers	1:18:07	1:17:50
243.	1226	Micheala Hill	f	Lady Veteran 40	U/A Huddersfield, West Yorkshire	1:18:22	1:17:57
244.	1256	Richard Bremner	m		U/A Preston, Lancashire	1:18:25	1:18:06
245.	1384	Ruth Walker	f		Ackworth Road Runners	1:18:36	1:18:20
246.	1231	Julie Paton	f	Lady Veteran 40	U/A Preston, Lancashire	1:18:39	1:18:09
247.	1327	Michelle Bartram	f		Commando Fit	1:18:43	1:17:55
248.	1280	Hannah Caldwell	f		U/A Leeds,	1:18:45	1:18:27
249.	1400	Lee Hardwick	m	Veteran 40	Team Rocket slippers	1:18:55	1:18:15
250.	1192	Kerry Edwards	f	Lady Veteran 40	U/A Cupar, Fife	1:18:59	1:18:50
251.	1010	David Ellicott	m	Veteran 40	Keswick AC	1:19:04	1:18:42
252.	1383	Steve Gleadall	m		U/A Ackworth, West Yorkshire	1:19:06	1:18:49
253.	1462	Emma Crowley	f		Civic Centre Running Group	1:19:06	1:18:53
254.	1136	Ian Beadle	m	Veteran 50	U/A durham, durham	1:19:07	1:18:34
255.	1339	Shell Brinkhuijsen	f		U/A Tarleton , Lancs	1:19:11	1:19:04
256.	1275	Nicky Shepherd	f	Lady Veteran 40	U/A Blackpool, LANCASHIRE	1:19:12	1:19:03
257.	1019	Elaine Tompkins	f		U/A Colne, Lancashire	1:19:16	1:18:57
258.	1373	Claire Welburn	f		U/A Basingstoke,	1:19:23	1:18:56
259.	1266	Jane Pickles	f	Lady Veteran 40	U/A Altrincham, Cheshire	1:19:44	1:19:16
260.	1492	Mike Mills	m	Veteran 60	Totton R C	1:19:49	1:19:07
261.	1318	Sarah Jane Cook	f	Lady Veteran 50	U/A CARLISLE,	1:19:50	1:19:19
262.	1262	Nancy Ryan	f	Lady Veteran 40	U/A Altrincham, Cheshire	1:19:52	1:19:31
263.	1484	Mel Rose	f	Lady Veteran 50	U/A	1:19:52	1:19:31
264.	1485	Alex Murray	m	Veteran 40	U/A	1:19:52	1:19:31
265.	1257	Michael Bremner	m		U/A Blyth,	1:19:56	1:19:37
266.	1487	Lesley Allison	f	Lady Veteran 50	U/A Penrith, Cumbria	1:20:07	1:19:57
267.	1363	Sharon Langton	f	Lady Veteran 50	U/A Liverpool,	1:20:16	1:19:40
268.	1146	Sarah Hartley Wilson	f		U/A Manchester ,	1:20:21	1:19:53
269.	1007	Nick Archer	m	Veteran 40	U/A Manchester,	1:20:24	1:20:00
270.	1110	David Binks	m	Veteran 60	Allithwaite Running Club	1:20:37	1:20:07
271.	1351	Rose-Marie Berry	f		U/A Carnforth, Lancashire	1:20:41	1:20:01
272.	1059	Cath Malone	f		U/A Cockermonth , Cumbria	1:20:51	1:20:27
273.	1036	Carol Dent	f	Lady Veteran 60	Crocwalkers	1:21:07	1:20:44
274.	1434	ANDREW WOODS	m	Veteran 60	Fell Striders	1:21:15	1:21:00
275.	1082	Claire Bewsher	f	Lady Veteran 40	U/A Chorley, Lancashire	1:21:16	1:20:39
276.	1482	Louise Yates	f	Lady Veteran 40	U/A Wilmslow, Cheshire	1:21:24	1:21:08
277.	1321	Lu Ecclestone	f	Lady Veteran 40	U/A Shrewsbury,	1:21:30	1:21:09
278.	1453	Peter Murray	m		Gorilla Wetsuits	1:21:34	1:21:06
279.	1452	Joseph Murray	m		Gorilla Wetsuits	1:21:40	1:21:12
280.	1051	Jenna Butler	f		U/A Kendal, Cumbria	1:21:40	1:21:32
281.	1205	Patricia Hayes	f	Lady Veteran 60	none	1:21:42	1:21:39
282.	1129	Diana Lord	f	Lady Veteran 60	Dalbeattie Running Club	1:21:43	1:20:56
283.	1476	Sophie Collinson	f			1:21:45	1:21:11
284.	1468	olwen cunningham	f	Lady Veteran 40	St Bees triers	1:21:59	1:21:44
285.	1435	MARGARET WOODS	f	Lady Veteran 60	FELLSTRIDERS	1:22:50	1:22:37
286.	1184	Jason Deacon	m	Veteran 40	U/A Wakefield, West Yorkshire	1:22:58	1:22:20
287.	1411	Terry Orr	m	Veteran 40	U/A Clitheroe, Lancs	1:23:18	1:22:46
288.	1330	Robert Hudson	m	Veteran 40	BATS MNCC Runners	1:23:27	1:22:59
289.	1039	Karen Christou	f	Lady Veteran 40	U/A Milnthorpe, CUMBRIA	1:23:54	1:23:17
290.	1111	Liz Bamber	f	Lady Veteran 40	Lancaster Women's Running Club	1:23:56	1:23:25
291.	1089	Jane Taylor	f	Lady Veteran 40	Women on the Run - Preston	1:23:56	1:23:25
292.	1432	Kate Browne	f	Lady Veteran 40	Women on the Run	1:23:57	1:23:15
293.	1088	Theresa Murray	f	Lady Veteran 50	U/A Troutbeck Bridge, Cumbria	1:24:03	1:23:34
294.	1107	Alison Spiby	f	Lady Veteran 40	U/A Windermere, Cumbria	1:24:03	1:23:35
295.	1381	Paul Thackwray	m	Veteran 60	Harrogate Harriers	1:24:10	1:23:26
296.	1049	Elizabeth Jackson	f	Lady Veteran 40	U/A Tunstall, East Riding of Yorkshire	1:24:33	1:24:11
297.	1426	Joanne Maxwell	f		U/A Darwen , Lancashire	1:24:38	1:24:01
298.	1001	Heather Gilbert	f	Lady Veteran 40	U/A Disley, Cheshire	1:24:41	1:23:54
299.	1424	Michelle Donnelly	f	Lady Veteran 40	Unattached	1:24:45	1:23:59
300.	1273	Julie Houghton	f		U/A Liverpool,	1:24:47	1:24:23
301.	1397	Ian Rigby	m	Veteran 50	U/A Widnes, Cheshire	1:26:05	1:25:33
302.	1409	Jill Wilson	f		U/A Preston, Lancashire	1:26:10	1:26:08
303.	1430	Helene Ghosh	f	Lady Veteran 40	U/A Gomersal,	1:26:16	1:26:09
304.	1148	Helen Rodgers	f	Lady Veteran 40	Elvet Striders	1:26:23	1:25:38
305.	1046	Rachel Brownsmith	f		U/A Lancaster,	1:26:24	1:26:01
306.	1387	Thomas Beuzeval	m		Helm Hill / QES	1:26:26	1:26:06
307.	1439	Lisa Cass	f		U/A Maryport , Cumbria	1:26:31	1:25:58
308.	1438	Stefanie Jansohn	f		U/A Workington, Cumbria	1:26:32	1:25:58
309.	1342	Rita Felizol	f	Lady Veteran 40	U/A Milton Keynes,	1:26:50	1:26:05
310.	1341	Luis Madeira	m	Veteran 40	U/A Milton Keynes,	1:26:50	1:26:05
311.	1437	Diane Letheren	f	Lady Veteran 50	Women On The Run	1:26:53	1:26:14
312.	1048	Thomas Jackson	m		U/A Tunstall, East yorkshire	1:26:59	1:26:38
313.	1310	Angela Taylor	f	Lady Veteran 40	U/A Kendal, Cumbria	1:27:01	1:26:23
314.	1309	Rebecca Holland	f	Lady Veteran 40	Lakeland Orienteering Club	1:27:03	1:26:24
315.	1389	Claire Guy	f	Lady Veteran 50	U/A Carnforth,	1:27:17	1:26:41
316.	1169	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:27:19	1:27:03
317.	1080	Rachel Archer	f	Lady Veteran 40	Swinton Running Club	1:27:26	1:27:03

Lakeland Trails in Coniston

Coniston Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
318.	1103	Jan Molyneux	f	Lady Veteran 40	U/A Manchester,	1:27:26	1:27:01
319.	1270	claire clark	f	Lady Veteran 40	formby stormers	1:28:17	1:27:53
320.	1033	Anna Walton	f	Lady Veteran 40	None	1:28:27	1:28:02
321.	1186	Joseph McCullough	m		U/A Wakefield,	1:28:28	1:27:54
322.	1196	Sarah Vickery	f	Lady Veteran 40	Rayleigh Road Runners	1:29:01	1:28:16
323.	1298	Lisa Spratling	f	Lady Veteran 40	U/A Penrith, Cumbria	1:29:31	1:29:05
324.	1297	Hazel Denby	f	Lady Veteran 40	U/A Keswick,	1:29:31	1:29:05
325.	1133	Chris Pollard	m		U/A Manchester,	1:30:25	1:30:13
326.	1488	Fiona Wood	f		Elvet Striders	1:30:25	1:30:13
327.	1382	John Blacker	m	Veteran 50	Harrogate Harriers AC	1:30:58	1:30:14
328.	1116	Tina Mills	f	Lady Veteran 50	Totton RC	1:31:16	1:30:34
329.	1418	Jenny Beresford-Jones	f	Lady Veteran 40		1:31:31	1:30:54
330.	1199	Sue Abram-Greenwood	f	Lady Veteran 50	Probody Fitness	1:31:41	1:31:38
331.	1407	samantha hodgson	f	Lady Veteran 40	U/A grange over sands, cumbria	1:31:47	1:31:10
332.	1228	Nicola Kennelly	f	Lady Veteran 40	U/A CONISTON, CUMBRIA	1:32:45	1:32:34
333.	1229	Molly Kennelly	f		U/A CONISTON, CUMBRIA	1:32:45	1:32:34
334.	1469	linda farquhar	f	Lady Veteran 60	st bees triers	1:32:48	1:32:32
335.	1145	Wendy Sanders	f	Lady Veteran 50	U/A Glossop, Derbyshire	1:32:48	1:32:10
336.	1406	Christine Burgess	f	Lady Veteran 50	thornton cleveleys running club	1:32:49	1:32:19
337.	1307	kath baxter	f	Lady Veteran 50	U/A filey, north yorks	1:32:51	1:32:09
338.	1353	Karen Cummings	f	Lady Veteran 40	U/A St Helens, Merseyside	1:34:14	1:33:47
339.	1021	Niki Stockton	f	Lady Veteran 40	Swinton Running Club	1:35:20	1:34:36
340.	1493	Sally Button	f	Lady Veteran 40	U/A	1:35:59	1:35:18
341.	1460	Laura Green	f		U/A Gilcrux ,	1:36:32	1:35:45
342.	1037	Julie Loftus	f	Lady Veteran 50	U/A Bolton, Lancashire	1:36:42	1:36:28
343.	1436	Elizabeth Hargreaves	f	Lady Veteran 50	Women on the run	1:36:53	1:36:12
344.	1357	Michelle Airey	f		WOTR	1:36:59	1:36:17
345.	1380	Jane McGreen	f	Lady Veteran 60	n/a	1:37:07	1:36:34
346.	1252	Maria Middlebrough	f	Lady Veteran 50	U/A Haslingden, Lancashire	1:37:50	1:37:15
347.	1232	Mark Sullivan	m	Veteran 50	U/A Helsby, Cheshire	1:37:51	1:37:02
348.	1120	Janine Jordan	f		U/A Oldham,	1:37:57	1:37:29
349.	1134	Karen Keating	f	Lady Veteran 40	U/A Kendal, Cumbria	1:38:48	1:38:09
350.	1498	Nicki Roberts	f		ASICS	1:38:51	1:38:24
351.	1463	Ken Lawton	m	Veteran 70	U/A Burgess Hill, West Sussex	1:40:01	1:39:21
352.	1358	Nikki Baker	f	Lady Veteran 40	U/A Wakefield , west Yorkshire	1:40:02	1:39:14
353.	1497	Melanie Smethurst	f		ASICS	1:40:35	1:40:07
354.	1459	Alex Billings	m		U/A Torquay,	1:41:43	1:41:01
355.	1458	Jess Mason	f		U/A Hartlepool,	1:41:47	1:41:05
356.	1464	Sarah Robson	f	Lady Veteran 40	U/A Near Doncaster, North Lincolnshire	1:41:48	1:41:05
357.	1328	Emma Kennett	f	Lady Veteran 40	U/A Wakefield, West Yorkshire	1:42:10	1:41:22
358.	1193	Jack Waite	m	Veteran 50	U/A Milnthorpe, Cumbria	1:42:47	1:41:59
359.	1246	Alison Reed	f		U/A NORTHWICH, Cheshire	1:43:47	1:43:17
360.	1238	Christine Fildes	f	Lady Veteran 50	Nics Nordic Walks	1:44:22	1:44:08
361.	1014	Kate Jones	f	Lady Veteran 50	U/A Eccles,	1:45:00	1:44:17
362.	1020	Lisa Whitehead	f	Lady Veteran 50	Swinton	1:45:00	1:44:17
363.	1456	Fiona McAuley	f	Lady Veteran 50	U/A Manchester, Greater Manchester	1:45:01	1:44:19
364.	1249	Joanne Anderson	f		U/A Preston, Lancs	1:45:03	1:44:28
365.	1250	Neil Anderson	m	Veteran 60	U/A Preston, Lancs	1:45:03	1:44:28
366.	1050	Karen Braddon	f	Lady Veteran 60	Crocwalkers	1:46:02	1:45:48
367.	1423	EDWINA RICKARDS COLLINSON	f	Lady Veteran 50	Croc walkers	1:46:06	1:45:51
368.	1218	Chris Robson	m	Veteran 70	U/A St Bees, Cumbria	1:47:14	1:46:29
369.	1325	J Howard	m	Veteran 60	U/A Ashton under Lyne, Lancs	1:47:20	1:46:33
370.	1056	Fiona Anderson	f		Leverets	1:52:16	1:51:27
371.	1115	Nicola Richmond	f	Lady Veteran 40	Jelly Legs	1:53:01	1:52:16
372.	1178	Tira Moore	f	Lady Veteran 40	U/A Durham, Durham	1:53:58	1:53:24

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