

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.	20	Ben Livesey	m		U/A Lincoln,	0:57:57	0:57:57
2.	202	Jonathan Cox	m		Eden Runners	1:01:42	1:01:42
3.	27	Joe Kenny	m		U/A Ambleside,	1:02:58	1:02:58
4.	110	Adam Walker	m		U/A Halifax, West Yorkshire	1:03:16	1:03:14
5.	335	Philip Leybourne	m	Veteran 40	Salford harriers	1:03:41	1:03:40
6.	338	Alex Allardyce	m	Veteran 40	Irvine Running Club	1:04:40	1:04:37
7.	36	Daniel Pratt	m		U/A Shipley, West Yorkshire	1:04:59	1:04:58
8.	337	Tom Kenny	m		N/A	1:05:27	1:05:26
9.	105	Mark Thornton-Smith	m		U/A Edinburgh,	1:05:34	1:05:32
10.	174	Daniel Delina	m		1.Bezecky Jablunkov	1:05:39	1:05:34
11.	267	Niall McCartan	m		St Peters GAA	1:06:15	1:06:05
12.	49	Duncan Hill	m	Veteran 40	Sale Manchester Harriers	1:06:24	1:06:23
13.	324	Paul Reilly	m	Veteran 40	Helm Hill	1:06:51	1:06:50
14.	104	David Penman	m		Valley Striders	1:08:06	1:08:05
15.	179	Chris Pell	m		Cambridge and Coleridge AC	1:08:29	1:08:25
16.	311	Paul Chamberlain	m	Veteran 40	U/A Wigginton, Hertfordshire	1:08:42	1:08:39
17.	34	leon flesher	m	Veteran 40	thornton cleveleys	1:09:12	1:09:08
18.	28	Peter Roome	m	Veteran 50	Southport Waterloo AC	1:09:20	1:09:17
19.	282	Jack Perry	m		U/A Ulverston, Cumbria	1:10:17	1:10:12
20.	13	Jo Armstead	f		U/A Ulverston, Cumbria	1:10:59	1:10:59
21.	31	Dale Grimshaw	m		Trawden AC	1:11:47	1:11:45
22.	285	Stuart Towns	m	Veteran 40	Wigan Harriers	1:11:54	1:11:50
23.	127	Lewis Morley	m		Birchfield harriers	1:12:04	1:12:03
24.	226	John Evason	m		Ulverston Tri Club	1:12:14	1:12:09
25.	266	Will Allen	m		U/A Fareham,	1:12:24	1:12:14
26.	163	Bruce Penhale	m	Veteran 50	Trafford AC	1:12:26	1:12:20
27.	78	Rebecca Winter	f		Ackworth road runners	1:12:29	1:12:28
28.	229	Stephen Ray	m		Chorlton Runners	1:12:57	1:12:52
29.	292	Paul Mason	m	Veteran 50	Wigan Phoenix	1:13:13	1:13:05
30.	40	Rachel Kane	f		U/A Carlisle, Cumbria	1:13:15	1:13:12
31.	111	Lee Harris	m	Veteran 40	Birchfield Harriers	1:13:20	1:13:19
32.	291	Mike Allison	m	Veteran 50	U/A Penrith, Cumbria	1:13:32	1:13:30
33.	203	Stephen Walker	m		Beverley AC	1:13:36	1:13:31
34.	224	Adrian Filipek	m		U/A Coniston, Cumbria	1:13:45	1:13:40
35.	328	Chris Murphy	m		U/A Altrincham,	1:14:17	1:14:13
36.	55	Anthony Irving	m	Veteran 40	U/A Carlisle,	1:14:30	1:14:28
37.	327	Kaisleigh Atkinson	f		U/A KENDAL, CUMBRIA	1:14:41	1:14:37
38.	58	Garry Owens	m	Veteran 50	NFR	1:14:43	1:14:37
39.	79	Ian Stainthorpe	m	Veteran 50	Rochdale Harriers	1:14:57	1:14:50
40.	61	Amelie Thickitt	f		U/A Liverpool,	1:15:04	1:14:47
41.	39	Kristina Jackson	f		Allithwaite Running Club	1:15:21	1:15:16
42.	313	John Haley	m		Unattached	1:15:24	1:15:18
43.	162	Ian Crook	m	Veteran 40	Barrow Striders	1:15:25	1:15:23
44.	200	Tim Brereton	m		BCCCR&C	1:15:48	1:15:41
45.	41	Michael Storey	m		DH Runners	1:15:54	1:15:45
46.	132	Leigh Ally	m		Aldridge running club	1:15:57	1:15:54
47.	258	Dan Hartley	m	Veteran 40	Ulverston Tri Club	1:16:06	1:16:02
48.	133	Tim Ashby	m	Veteran 40	Ackworth Road Runners	1:16:14	1:16:03
49.	144	Richard Hall	m	Veteran 40	Bramhall Runners	1:16:23	1:16:11
50.	182	Simon Bennett	m	Veteran 50	U/A Clitheroe,	1:16:27	1:16:24
51.	80	Paul Rawlinson	m		DH Runners	1:16:27	1:16:17
52.	250	Sarah Atkinson	f		U/A Kendal, Cumbria	1:17:11	1:17:07
53.	48	Jamie Arkle	m		Eden Runners	1:17:12	1:17:07
54.	81	Richard Smith	m	Veteran 50	U/A Potefrac, West Yorkshire	1:17:20	1:17:14
55.	68	Richard Hawkins	m		York Postal Harriers	1:17:28	1:17:22
56.	150	Phil Anderson	m		U/A Preston, Lancs	1:17:28	1:17:22
57.	173	Stuart Taylor	m	Veteran 40	U/A Preston, Lancashire	1:17:38	1:17:34
58.	294	kevin bloy	m	Veteran 40	ayr seaforth	1:17:50	1:17:46
59.	115	Adam Bird	m		Bramhall Runners	1:18:43	1:18:31
60.	298	Andy Roberts	m		U/A Cirencester, Glos	1:18:58	1:18:54
61.	73	Nick Higham	m	Veteran 40	Lancaster and Morecambe AC	1:18:59	1:18:40
62.	300	Alan Smitheman	m	Veteran 40	Loftus & Whitby ac	1:19:18	1:19:15
63.	332	Andrew Stuart	m	Veteran 40	None	1:19:26	1:19:20
64.	317	Christopher Fleming-Williams	m	Veteran 40	U/A Cockermouth, Cumbria	1:19:52	1:19:43
65.	189	Damien Spratt	m	Veteran 40	Serpentine Running Club	1:20:44	1:20:34
66.	198	Karen Foster	f	Lady Veteran 40	North Shields Poly AC	1:20:47	1:20:39
67.	217	Jane Dunlop	f		Dundee Road Runners	1:20:55	1:20:46
68.	319	darren rushton	m	Veteran 40	clayton le moors	1:21:19	1:21:13
69.	245	Melissa McGuire	f		U/A Morecambe, Lancashire	1:21:27	1:21:15
70.	274	Dave Garwood	m		U/A Liverpool, Merseyside	1:21:36	1:21:25
71.	56	Siobonne Brewster	f	Lady Veteran 40	U/A Carlisle, Cumbria	1:21:43	1:21:42
72.	330	James Richardson	m		U/A Altrincham,	1:21:47	1:21:43
73.	256	Nickey Russell	f	Lady Veteran 40	U/A Lancaster, Lancs	1:21:53	1:21:48
74.	146	William Sharp	m	Veteran 60	U/A Ashington,	1:21:57	1:21:51
75.	213	Pam Brown	f		Wooler Running Club	1:22:09	1:22:05
76.	307	Tony Priest	m	Veteran 40	U/A Bedlington , Northumberland	1:22:16	1:22:09
77.	29	Ian Pass	m	Veteran 40	St Helens Sutton	1:22:20	1:22:10

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	53	Tom Wright	m	Veteran 40	U/A Lytham St.Annes, Lancashire	1:22:45	1:22:40
79.	252	lizzie james	f	Lady Veteran 40	U/A Sedbergh, Cumbria	1:22:49	1:22:41
80.	164	Roger Taylor	m	Veteran 40	U/A Erding,	1:22:53	1:22:49
81.	112	Anna Reeves	f		U/A Salford,	1:22:57	1:22:50
82.	72	Dave Raynor	m	Veteran 50	Red Rose Road Runners	1:23:07	1:22:49
83.	242	Richard Toller	m	Veteran 60	Dundee Road Runners AC	1:23:28	1:23:19
84.	216	vincent mann	m	Veteran 40	U/A MANCHESTER, lancashire	1:23:31	1:23:22
85.	88	Gary Cattermole	m	Veteran 50	U/A Kendal, cumbria	1:23:32	1:23:27
86.	236	Bev Ganose	f	Lady Veteran 50	Altrincham And District Athletic Club	1:23:34	1:23:32
87.	211	Chris Pilkington	m		U/A Preston, Lancashire	1:23:35	1:23:26
88.	214	Luis Molero	m		U/A St boswells, Scottish borders	1:23:39	1:23:30
89.	168	Iain Robertson	m	Veteran 40	U/A Corbridge, Northumberland	1:23:45	1:23:42
90.	260	Jeffrey Counce	m	Veteran 40	U/A Southport, Merseyside	1:23:49	1:23:41
91.	137	Chloe McAdam	f		Garscube Harriers	1:23:56	1:23:41
92.	184	Christopher Collis	m	Veteran 40	Birchfield Harriers	1:24:33	1:24:31
93.	123	Emma Young	f	Lady Veteran 40	Bramhall Runners	1:24:43	1:24:30
94.	293	William Smith	m	Veteran 50	St Albans Striders	1:25:03	1:24:57
95.	288	Harry Schofield	m		U/A Church Fenton, North Yorkshire	1:25:03	1:24:58
96.	305	keith brewster	m	Veteran 60	U/A leeds,	1:25:05	1:24:58
97.	165	Sharron Lewis	f	Lady Veteran 40	U/A Kendal, Cumbria	1:25:09	1:25:05
98.	116	Neil Hindle	m	Veteran 60	FRA	1:25:12	1:25:04
99.	76	Andy Letheran	m	Veteran 50	U/A Kendal	1:25:20	1:25:03
100.	308	David Geldard	m	Veteran 40	U/A Clitheroe, Lancs	1:25:42	1:25:35
101.	326	Nathan Davies	m	Veteran 40	U/A Kendal, Cumbria	1:25:50	1:25:37
102.	268	Psul Roche	m	Veteran 50	Unattached	1:25:52	1:25:45
103.	286	Clive McNab	m	Veteran 50	U/A Craven Arms, Shropshire	1:25:52	1:25:33
104.	147	Harshad Patel	m		U/A WEST BROMWICH, West Midlands	1:26:04	1:26:02
105.	178	Jess Cocker	f		Cambridge and Coleridge AC	1:26:14	1:26:11
106.	259	Alexandra Fairer	f		Ulverston Triathlon Club	1:26:30	1:26:25
107.	278	Luke MILLS	m		Bridgnorth Triathlon Club	1:27:14	1:27:12
108.	113	Louise Robbins	f	Lady Veteran 40	U/A Salford,	1:27:19	1:27:07
109.	221	Olivia Wiggans	f		U/A Preston, Lancashire	1:27:30	1:27:30
110.	336	Julie Taylor	f		Team Taylor	1:27:39	1:27:27
111.	148	Russell Thompson	m	Veteran 50	U/A Barrow-in-Furness,	1:27:41	1:27:28
112.	180	Simon Cocker	m	Veteran 50	U/A Grantham,	1:28:03	1:27:54
113.	222	Toby Gregory	m		U/A Preston, Lancashire	1:28:05	1:27:49
114.	339	Steve Fairclough	m	Veteran 50	Bramhall Runners	1:28:08	1:27:53
115.	304	Matt Groves	m		BCCCR&C	1:28:11	1:28:04
116.	85	Larry Horne	m	Veteran 50	Eden runners	1:28:17	1:28:02
117.	187	JJ O'Sullivan	m	Veteran 50	U/A London,	1:28:29	1:28:18
118.	199	Sarah Plint	f		Lauderdale Limpers	1:28:31	1:28:22
119.	151	Phillip Bampton	m	Veteran 40	Birchfield Harriers	1:28:36	1:28:32
120.	172	Andrew Bagshaw	m	Veteran 40	Bramhall Runners	1:28:44	1:28:30
121.	159	Phil Heaward	m		Bramhall Runners	1:28:44	1:28:28
122.	114	Guy Lewcock	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	1:28:58	1:28:48
123.	89	Nicola Raby	f	Lady Veteran 40	Chorley Athletic and Tri Club	1:29:02	1:28:54
124.	302	Vikki Murphy	f	Lady Veteran 40	Bramhall runners	1:29:17	1:29:01
125.	255	Jenny Yates	f	Lady Veteran 50	Bury	1:29:20	1:29:09
126.	153	Tony Ward	m	Veteran 50	U/A Dudley, West Midlands	1:29:53	1:29:51
127.	301	Hannah Astle	f		U/A Edinburgh,	1:30:06	1:29:53
128.	160	Carl Dunk	m	Veteran 40	U/A Shipley,	1:30:10	1:29:54
129.	257	Robert Foster	m	Veteran 40	North Shields Poly AC	1:30:22	1:30:14
130.	139	Fiona Maurer	f		Garscube Harriers	1:30:27	1:30:13
131.	220	John Wiggans	m	Veteran 40	U/A Preston, Lancashire	1:30:31	1:30:29
132.	166	Paul Cleary	m	Veteran 40	U/A Alsager, Stoke-on-Trent	1:30:40	1:30:21
133.	284	Adam Dixon	m		U/A Whitley Bay, Tyne and Wear	1:30:47	1:30:28
134.	42	Christina McGuire	f	Lady Veteran 50	Lancaster & Morecambe	1:30:59	1:30:46
135.	299	Will Walker	m		Ackworth Road Runners	1:31:04	1:30:52
136.	124	Ian Young	m	Veteran 40	Bramhall Runners	1:31:04	1:30:51
137.	312	Amy Wilkin	f	Lady Veteran 40	U/A Grange over sands, Cumbria	1:31:45	1:31:39
138.	269	James Walsh	m		Kirkby Stephen Grammar School	1:32:37	1:32:27
139.	43	Claire Platt	f		Tri Preston	1:32:41	1:32:33
140.	279	Lisa Carter	f	Lady Veteran 40	Radcliffe AC	1:33:33	1:33:21
141.	86	peter reed	m	Veteran 60	Northumberland Fell Runners	1:33:39	1:33:33
142.	60	Diane Wilson	f	Lady Veteran 40	U/A Richmond, North Yorkshire	1:34:05	1:33:58
143.	334	Ross Kennedy	m		U/A Stockport,	1:34:06	1:33:50
144.	206	John Moran	m		Ackworth Road Runners	1:34:09	1:33:57
145.	91	Richard Clements	m	Veteran 40	U/A Manchester,	1:34:26	1:34:10
146.	21	Kay McGreevy	f	Lady Veteran 50	BMF Glasgow	1:34:56	1:34:45
147.	33	Gill Cox	f		U/A Ambleside, Cumbria	1:34:59	1:34:51
148.	271	Terry Mottram	f	Lady Veteran 40	Ackworth Road Runners	1:35:08	1:34:55
149.	297	Hazel Pearson	f	Lady Veteran 50	Helm Hill Runners	1:35:19	1:35:10
150.	231	Peter Hodgson	m	Veteran 50		1:35:39	1:35:21
151.	24	David Devine	m	Veteran 50	U/A Glasgow, Scotland	1:35:42	1:35:31
152.	227	Paul Smitham	m	Veteran 50	GMFRS Mountain Running Club	1:36:04	1:35:55
153.	314	ALAN JONES	m	Veteran 60	GARSTANG RUNNING CLUB	1:36:50	1:36:42
154.	247	michael leck	m	Veteran 60	lancaster morecambe ath club	1:38:42	1:38:29
155.	35	Sarah Nutt	f		U/A Stockport,	1:38:52	1:38:40
156.	59	Martyn Wigglesworth	m	Veteran 40	U/A Richmond, North Yorkshire	1:39:37	1:39:30
157.	281	Paul Taylor	m	Veteran 40	Bramhall Runners	1:39:39	1:39:26

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158.	215	Rachel Mcaleese	f		U/A St boswells, Scottish borders	1:39:58	1:39:49
159.	323	Sarah Bickford-Yates	f	Lady Veteran 40	U/A Garstang, LANCASHIRE	1:40:31	1:40:20
160.	322	jonathan yates	m	Veteran 40	U/A Garstang, LANCASHIRE	1:40:31	1:40:21
161.	161	William Staniard	m	Veteran 50	Stockport Tri Club	1:40:40	1:40:23
162.	141	Irene Vezza	f	Lady Veteran 50	Garscube Harriers	1:40:45	1:40:30
163.	143	Diane Cooper	f	Lady Veteran 40	Garscube Harriers	1:40:46	1:40:31
164.	138	Mary Cox	f	Lady Veteran 60	Garscube Harriers	1:41:05	1:40:50
165.	309	Paul Gibbins	m	Veteran 50	U/A Grimsby , North East Lincs	1:41:43	1:41:28
166.	64	Graham Schofield	m	Veteran 60	Chorley Harriers	1:42:38	1:42:30
167.	118	sarah capewell	f		birchfield harriers	1:42:52	1:42:49
168.	156	samantha watters	f		birchfield harrier	1:42:52	1:42:49
169.	181	Heather Acton	f	Lady Veteran 40	U/A Preston, Lancs	1:43:26	1:43:17
170.	325	Carole Alletson	f	Lady Veteran 50	U/A Appleby in Westmorland, Cumbria	1:43:52	1:43:39
171.	45	David Ferrier	m	Veteran 50	Keswick AC	1:44:07	1:43:51
172.	218	Michael Burkitt	m	Veteran 50	U/A Lancaster, Lancashire	1:44:29	1:44:14
173.	209	MARK ROGERS	m	Veteran 60	Kidlington RAC	1:44:29	1:44:16
174.	191	Peter Roach	m	Veteran 50	U/A Bebington, Wirral	1:46:17	1:46:00
175.	296	Barry Hamilton	m		U/A Coldstream, Betwickshire	1:47:21	1:47:04
176.	208	Adam Fixter	m	Veteran 40	U/A Near Earl Shilton, Leicestershire	1:48:02	1:47:48
177.	295	FIONA SMITH	f	Lady Veteran 40	U/A COLDSTREAM,	1:48:25	1:48:07
178.	101	Robert Bowen	m	Veteran 40	U/A Dudley, West Midlands	1:49:04	1:49:02
179.	193	Alison McIntosh	f	Lady Veteran 50	Dundee Roadrunners	1:49:19	1:49:04
180.	122	Kim Croskery	f		Macclesfield Harriers & AC	1:51:30	1:51:12
181.	125	Ste Davison	m	Veteran 40	U/A Manchester,	1:51:31	1:51:14
182.	120	Sophie Mawlam-Patel	f	Lady Veteran 40	U/A Walsall,	1:51:46	1:51:44
183.	97	Dilip Patel	m	Veteran 40	Birchfield Harriers	1:51:46	1:51:44
184.	175	angela wilson	f	Lady Veteran 40	U/A liverpool,	1:52:14	1:51:55
185.	158	Sarmid Al-Kamil	m	Veteran 50	Bramhall Runners	1:54:00	1:53:43
186.	149	Sam Blacow	f		Bramhall Runners	1:54:23	1:54:07
187.	277	Owen Jefferies	m		U/A Liverpool, Merseyside	1:55:17	1:55:06
188.	287	Catherine Dennis	f		U/A Church Fenton, North Yorkshire	1:56:43	1:56:37
189.	154	Jason Vigrass	m	Veteran 40	Aldridge running club	2:04:52	2:04:49
190.	155	Helen Phillips	f	Lady Veteran 50	Aldridge running club	2:04:52	2:04:49
191.	103	Ann-Marie Fairclough	f	Lady Veteran 50	Bramhall Runners	2:06:18	2:06:01
192.	65	Nick Higham	m	Veteran 40	Lancaster and Morecambe AC	2:15:40	2:15:21

Number of records: 192