

Lakeland Trails in Coniston

Coniston Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
Coniston Trail Run 10K						
1.	625	Richard Wilson	m	Veteran 40	Kendal AC	0:46:07
2.	624	Matt Wilson	m	Veteran 40	Kendal AC	0:46:53
3.	465	Lee Winter	m	Veteran 40	Hoad Hill Harriers	0:47:06
4.	555	Wayne Laird	m	Veteran 40		0:48:37
5.	565	James Barsby	m		U/A clitheroe, Lancashire	0:49:49
6.	328	Ronnie Haddow	m	Veteran 40	Furness Fell Runners	0:51:15
7.	448	Nick Sharp	m	Veteran 50	U/A Wakefield, West Yorkshire	0:51:28
8.	510	Michael Clarkson	m		U/A Ashbourne, Staffordshire	0:51:34
9.	414	Tom Corden	m	Veteran 40	U/A Nottingham,	0:52:03
10.	684	Michael Spratt	m		U/A Congleton ,	0:52:10
11.	522	Jake Biles	m		U/A Coniston, Cumbria	0:52:33
12.	469	Scott Friend	m		Darwen Cricket Club	0:52:40
13.	714	Adrian Filippek	m		U/A	0:53:43
14.	647	Mark Storey	m		U/A Whitley Bay, Tyne And Wear	0:53:46
15.	552	Luke Higgins	m		U/A Manchester,	0:53:53
16.	358	Danny Hirst	m	Veteran 40	Andems Runners	0:53:56
17.	607	Lawrence Mannion	m	Veteran 50	U/A Kendal,	0:54:04
18.	515	James Paybody	m	Veteran 40	U/A Crosby,	0:54:05
19.	677	Ian Bond	m	Veteran 50	U/A Preston, Lancashire	0:54:08
20.	284	Lance Saxby	m	Veteran 50	U/A	0:54:22
21.	378	Oliver Wignall	m	Veteran 40	U/A Grange over sands , Cumbria	0:54:44
22.	473	Phil Aspinall	m		U/A Darwen, Lancashire	0:54:54
23.	387	Mark Friend	m		Darwen Cricket Club	0:54:54
24.	685	Joe Taylor	m		U/A Horsley,	0:54:59
25.	675	Siobonne Brewster	f	Lady Veteran 40	U/A Carlisle, Cumbria	0:55:07
26.	545	Huw Lloyd	m		U/A Richmond, North Yorkshire	0:55:10
27.	603	Hazel Smyth	f		Dumfries Harriers	0:55:20
28.	329	Nick Lewthwaite	m	Veteran 40	U/A Windermere, Cumbria	0:55:23
29.	330	Graham Ingham	m	Veteran 50	U/A Kirkham,	0:55:44
30.	591	Michael Robinson	m	Veteran 40	U/A Cocker mouth , Cumbria	0:55:47
31.	702	Jonny Grisedale	m	Veteran 40	Team Inov-8	0:55:53
32.	202	Louise Goddard	f	Lady Veteran 50	Lancaster & Morecambe	0:56:37
33.	654	Shane Knott	m	Veteran 40	Penny Lane Striders	0:57:00
34.	561	Fergus Shanahan	m		U/A Hook, Hampshire	0:57:15
35.	472	Max Houldsworth	m		U/A Darwen, Lancashire	0:57:22
36.	577	Stephen Gilks	m	Veteran 40	U/A Shipley,	0:57:29
37.	543	Charles Shaw	m	Veteran 40	U/A Kendal, Cumbria	0:57:47
38.	687	James Haile	m		U/A Carlisle , Cumbria	0:57:56
39.	423	Adam Dubale	m		U/A MANCHESTER, LANCASHIRE	0:58:29
40.	634	Peter Llewellyn	m	Veteran 50	Bowland Fell Runners	0:58:35
41.	596	Lauren Booth	f		Hoad Hill Harriers	0:58:44
42.	628	Karen Johnson	f	Lady Veteran 40	U/A Ulverston	0:58:56
43.	322	Daniel Brookfield	m		U/A ORMSKIRK, Lancashire	0:58:56
44.	316	Hannah Brookfield	f		U/A Aughton, Lancashire	0:59:01
45.	572	Kirill Korolyov	m		U/A London,	0:59:26
46.	643	Vicki Greenall	f	Lady Veteran 50	U/A Wigan, Lancs	0:59:26
47.	564	George Heywood	m		U/A Chester,	0:59:47
48.	560	Matthew Wrigley	m		U/A Chester,	0:59:47
49.	570	Ian Morgan	m	Veteran 50	U/A Kirkby Lonsdale, Cumbria	0:59:57
50.	319	jon shard	m	Veteran 40	U/A manchester, lancashire	1:00:15
51.	571	Nigel Lawson	m	Veteran 50	U/A Bolton, Lancs	1:00:16
52.	609	Thomas Ward	m		U/A Lancaster,	1:00:17
53.	419	Scott Macdonald	m		U/A Stockport, Greater Manchester	1:00:33
54.	656	Susie Anton	f		Susie Anton PT & Fitness	1:00:35
55.	483	Daniel Wright	m		U/A Carnforth, Lancashire	1:00:41
56.	367	Jonathan Broadley	m	Veteran 40	U/A Newport Pagnell, Bucks	1:00:49
57.	580	Jayne Ashe	f		U/A Long Preston,	1:01:04
58.	550	David Prout	m		U/A Preston, Lancashire	1:01:07
59.	480	Gareth Brownson	m	Veteran 40	U/A Barrow in Furness, Cumbria	1:01:24
60.	538	David Pattison	m	Veteran 40	U/A Chester, Cheshire	1:01:30
61.	637	Jessica Booth	f		U/A	1:01:32
62.	460	Luke fishpool	m		U/A driffield, East Riding of Yorkshire	1:02:09
63.	428	Mark Syrratt	m		St Helens Tri	1:02:09
64.	621	Hannah Wright	f	Lady Veteran 40	U/A Millom, Cumbria	1:02:12
65.	605	A Froud	m	Veteran 50	U/A Clitheroe, Lancs	1:02:18
66.	352	Simon Robson	m	Veteran 40	U/A York, North Yorkshire	1:02:19
67.	446	Andrew Edwards	m	Veteran 40	U/A Cupar, Fife	1:02:19
68.	706	steven cullen	m	Veteran 40	U/A monton, greater manchestet	1:02:22
69.	608	simon colvin	m	Veteran 40	U/A Bolton , Lancs	1:02:31
70.	602	Louisa Phillips	f		U/A Manchester, Greater Manchester	1:02:54
71.	471	Tom Keighley	m		U/A Darwen, Lancashire	1:03:03
72.	458	Paul wood	m	Veteran 40	U/A worsley,	1:03:24
73.	678	Arron Tordoff	m	Veteran 40	U/A York, North Yorkshire	1:03:27
74.	490	William Thompson	m		U/A Barrow-in-Furness, Cumbria	1:03:30
75.	325	Laura Ashton	f		U/A Telford, Shropshire	1:03:31
76.	345	Neil Halls	m	Veteran 40	Saffron Striders	1:03:37
77.	346	Fiona Halls	f	Lady Veteran 40	Saffron Striders	1:03:41

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
78.	439	Thomas Pearson	m		U/A Grange Over Sands, Cumbria	1:03:58
79.	457	Steve Watson	m	Veteran 50	U/A Gleaston, Ulverston	1:04:13
80.	356	Andi Herrick	f	Lady Veteran 40	Smiley Paces	1:04:22
81.	705	David Sumner	m	Veteran 50		1:04:30
82.	547	Gareth Phillips	m	Veteran 40	Gateshead harriers	1:05:15
83.	612	John Tomlinson	m	Veteran 50	U/A Bolton,	1:05:41
84.	525	Jon Blackshaw	m		U/A Manchester,	1:05:42
85.	673	Russell Adams	m	Veteran 40	U/A Kendal, Cumbria	1:05:45
86.	392	Philip Ascroft	m		U/A Preston, Lancs	1:05:55
87.	523	Jordan Wilson	m		U/A ULVERSTON,	1:06:01
88.	646	Anna Storey	f		U/A Whitley Bay, Tyne And Wear	1:06:01
89.	701	Jo Grisedale	f	Lady Veteran 40	Team Inov-8	1:06:18
90.	310	Kathy Appleby	f	Lady Veteran 50	U/A Lancaster, Lancashire	1:06:30
91.	563	Joanna Priestley	f		U/A Preston, Lancs	1:06:33
92.	679	John Murrison	m	Veteran 50	Non	1:06:44
93.	303	Phillip Savage	m	Veteran 40	None	1:06:46
94.	569	Laurence Livermore	m		U/A Basildon, Essex	1:06:56
95.	695	amanda peffer	f	Lady Veteran 40	na	1:07:11
96.	470	Reece Davies	m		U/A Darwen, Lancashire	1:07:29
97.	535	Caroline Squires	f	Lady Veteran 50	LANCASTER RUNNERS	1:07:36
98.	672	Paul Otway	m	Veteran 40	U/A Natland, Cumbria	1:07:54
99.	710	Juliet Heatley	f	Lady Veteran 50	Smiley Paces	1:08:13
100.	283	Mark Taylor	m	Veteran 60	U/A Preston, Lancashire	1:08:23
101.	573	Shirley Spratt	f	Lady Veteran 50	U/A Congleton, Cheshire	1:08:24
102.	698	Isla Frost-Pennington	f		Muncaster	1:08:50
103.	690	Gillian Webb	f	Lady Veteran 40	U/A Urmston , Greater Manchester	1:09:01
104.	452	Michaela Hill	f	Lady Veteran 40	U/A Huddersfield, West Yorkshire	1:09:02
105.	464	Michael Wilson	m	Veteran 50	Chorley Athletic & Triathlon Club	1:09:04
106.	318	Jason Wrennall	m	Veteran 40	U/A Ormskirk, Lancashire	1:09:09
107.	491	Helen Bonham	f	Lady Veteran 50	U/A Barrow-In-Furness , Cumbria	1:09:10
108.	397	Sarah Lee	f		Warrington running club	1:09:12
109.	327	Sara Brookes	f	Lady Veteran 40	U/A Preston, Lancashire	1:09:13
110.	688	Andrew Reid	m	Veteran 40	U/A Merseyside,	1:09:18
111.	369	Garry Spivey	m	Veteran 60	Meltham A.C.	1:09:25
112.	386	David Bowden	m		Darwen Cricket Club	1:09:28
113.	649	David Liddington	m		U/A Workington , Cumbria	1:09:33
114.	619	Esther Lambert	f		U/A Ulverston, Cumbria	1:09:41
115.	477	Julie Haygarth	f	Lady Veteran 40	U/A Kirkby stephen , Cumbria	1:09:42
116.	652	Mairi Cullen	f	Lady Veteran 40	U/A Altrincham,	1:09:46
117.	405	Paul Finn	m	Veteran 60	U/A High Peak, Derbyshire	1:09:48
118.	689	Ian Paterson	m	Veteran 40	U/A Maghull, Merseyside	1:09:59
119.	610	Fergal Duffy	m	Veteran 40	U/A Enniskillen, Co. Fermanagh	1:10:04
120.	615	Amy Pritchett	f		U/A Bangor , Gwynedd	1:10:08
121.	611	Melanie Jerram	f	Lady Veteran 50	Strathaven Striders	1:10:10
122.	541	Lisa Sim	f		U/A Preston, Lancashire	1:10:13
123.	501	Leo Pyrah	m		U/A Altrincham,	1:10:23
124.	606	Hilde Krynen	f	Lady Veteran 50	U/A Kendal, Cumbria	1:10:30
125.	640	Nicola Swann	f	Lady Veteran 40	Otley A.C.	1:10:49
126.	402	Maia Batchelor	f		U/A Manchester,	1:10:50
127.	574	Andrea Lancaster	f	Lady Veteran 40	U/A Congleton, Cheshire	1:10:52
128.	512	Robin Cole	m		U/A Chester ,	1:10:56
129.	317	Philip Blakeley	m		U/A Aughton, Lancs	1:11:17
130.	421	Stacey McShane	f	Lady Veteran 40	U/A Windermere, Cumbria	1:11:21
131.	422	Lea-anne Wearmouth	f	Lady Veteran 40	U/A Windermere, Cumbria	1:11:21
132.	696	Helen Tatham	f	Lady Veteran 40	U/A Kendal, Cumbria	1:11:23
133.	344	Dave Threlfall	m	Veteran 50	Sheffield City Striders	1:11:47
134.	623	Sarah Lloyd-Williams	f	Lady Veteran 40	U/A Talybont , Ceredigion	1:12:05
135.	533	Lucy Rigby	f		U/A Liverpool,	1:12:05
136.	692	David Hunter	m		U/A London,	1:12:07
137.	396	Peter Lane	m	Veteran 40	U/A Newark, Nottinghamshire	1:12:21
138.	668	Emma Shaw	f		U/A Lancashire, Lancashire	1:12:23
139.	520	carl wild	m		U/A bowness, cumbria	1:12:29
140.	461	Arran Huntley	m	Veteran 40	U/A Bolton, Lancashire	1:12:36
141.	434	Jayne Wilkinson	f		U/A Kendal, Cumbria	1:12:37
142.	528	Paul Abrams	m	Veteran 40	U/A St Helens, Lancs	1:12:39
143.	504	David Beuzeval	m	Veteran 50	U/A Minlthorpe,	1:12:41
144.	416	Paul Large	m	Veteran 40	U/A Shepshed, Leicestershire	1:12:41
145.	301	Jackie Frank	f	Lady Veteran 40	U/A Redcar,	1:12:45
146.	332	Jean Turner	f	Lady Veteran 50	Telford Harriers	1:12:49
147.	347	Delia Watts	f	Lady Veteran 50	Smiley Paces	1:12:50
148.	372	Nancy Staniland	f		U/A Sheffield, Yorkshire	1:13:02
149.	506	phillip Johnson	m		U/A manchester,	1:13:06
150.	680	Tony Bond	m	Veteran 50	U/A Preston,	1:13:31
151.	671	Emma Pearson	f	Lady Veteran 40	U/A Carlisle, Cumbria	1:13:33
152.	499	Rachael Croft	f	Lady Veteran 40	U/A Manchester,	1:13:33
153.	681	Sophie McIntosh	f		U/A Burnley, Lancashire	1:13:37
154.	693	Nicola Dinsdale	f		Ribble valley Tri Club	1:13:38
155.	559	Susan Harrison	f	Lady Veteran 60	U/A Carlisle, Cumbria	1:13:40
156.	336	Gerry Garvey	m	Veteran 50	Muddy Boots Nursery	1:13:42
157.	357	Jennifer Smith	f		U/A Preston, Lancashire	1:13:45

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
158.	694	Ian Buday	m	Veteran 40	U/A Huddersfield, West Yorkshire	1:13:50
159.	587	Jennifer Fale	f	Lady Veteran 50	U/A Leeds,	1:14:15
160.	450	Helen Buzdugan	f	Lady Veteran 40	U/A Stockport ,	1:14:28
161.	435	Steven Francom	m	Veteran 40	U/A Timperley,	1:14:34
162.	683	Emma Thacker	f		U/A Kendal, Cumbria	1:14:40
163.	562	shelly allen	f	Lady Veteran 40	U/A bury, lancashire	1:14:42
164.	708	Jacqueline Woods	f	Lady Veteran 40	U/A Leeds,	1:14:44
165.	426	Mags Cook	f	Lady Veteran 60	Roundhay Runners	1:14:45
166.	709	Susan Hughes	f	Lady Veteran 40	U/A Carlisle,	1:14:51
167.	697	Kerry Wilson	f	Lady Veteran 40	U/A Kendal, Cumbria	1:14:53
168.	1128	Becky Smedley	f		U/A Birmingham ,	1:15:21
169.	521	Emily Sinkinson	f		Red Rose Road Runners	1:16:00
170.	617	Catherine George	f	Lady Veteran 50	U/A Cranleigh, Surrey	1:16:00
171.	350	Yvette McCracken	f	Lady Veteran 50	Smiley Paces	1:16:02
172.	349	Alyson Rayner	f	Lady Veteran 40	Smiley paces	1:16:09
173.	441	David Lyon	m	Veteran 50	U/A Wigan, Lancs	1:16:09
174.	442	Chris Joynt	m	Veteran 40	Wigan	1:16:09
175.	556	Nicky Ball	f	Lady Veteran 50	U/A Bolton , Lancashire	1:16:24
176.	655	Kim Stockdale	f	Lady Veteran 40	U/A Carlisle,	1:16:31
177.	626	Beth Irving	f	Lady Veteran 40	U/A Carlisle	1:16:34
178.	620	Ellen Longhorn	f	Lady Veteran 40	U/A Millom, Cumbria	1:16:43
179.	650	Lindsay Spink	f	Lady Veteran 40	N/A	1:16:59
180.	400	Amy Burrow	f	Lady Veteran 40	U/A Silverdale, Lancs	1:17:11
181.	399	helen sylvia	f	Lady Veteran 40	U/A carnforth, lancashire	1:17:12
182.	401	Suzanne Murray	f	Lady Veteran 40	U/A Silverdale, Lancs	1:17:13
183.	459	Caron Parkes	f	Lady Veteran 50	U/A Kendal, Cumbria	1:17:18
184.	384	Sharon Barry	f	Lady Veteran 40	Tri-Lakeland	1:17:22
185.	385	Nicky Steels	f	Lady Veteran 40	U/A Keswick, Cumbria	1:17:23
186.	462	Arlene Huntley	f	Lady Veteran 40	U/A Bolton, Lancashire	1:17:25
187.	516	Justin Sears	m	Veteran 40	U/A Bolton, Bolton	1:17:25
188.	312	Susan Sharp	f	Lady Veteran 50	U/A Wakefield, west Yorkshire	1:17:26
189.	707	Carolyn Cullen	f	Lady Veteran 40	U/A Monton ,	1:17:32
190.	644	Dave Newton	m	Veteran 40	None	1:17:33
191.	418	Jessica Wood	f		U/A Stockport, Greater Manchester	1:17:37
192.	548	Tony Pilkington	m	Veteran 60	U/A Preston, Lancashire	1:17:39
193.	326	Phil Kinner	m	Veteran 40	U/A Ashby De La Zouch,	1:18:00
194.	568	Neil Brannelly	m	Veteran 40	U/A Prescot, Merseyside	1:18:31
195.	682	Adam Hamer	m		U/A Worsthorne, Lancashire	1:18:35
196.	375	Brian Winder	m	Veteran 70	Darwen Running Group	1:18:47
197.	424	Kim Tetley	f		U/A MANCHESTER, LANCASHIRE	1:19:03
198.	567	Johnny Wild	m	Veteran 60	Lytham St Anne's road runners	1:19:12
199.	502	Pippa McManus	f		U/A Wilmslow,	1:19:15
200.	466	Mick Wilkinson	m	Veteran 50	U/A York, North Yorkshire	1:19:30
201.	526	Richard Partridge	m	Veteran 40	U/A Warrington,	1:19:38
202.	359	Helen Hitchen	f	Lady Veteran 40	Evenwood road runners	1:19:38
203.	463	Ian Bell	m	Veteran 40	U/A Bolton, Lancashire	1:19:49
204.	410	John Cowen	m	Veteran 40	Derwentside AC	1:19:50
205.	409	Andrea Jackson	f		Derwentside Athletics Club	1:19:51
206.	382	Brenda Crossley	f	Lady Veteran 50	Darwen Dashers	1:19:56
207.	653	DIVYA CONLON	f		U/A Cocker mouth, Cumbria	1:20:10
208.	536	Mahfuzul Islam	m	Veteran 40	U/A Sabden,	1:20:31
209.	691	Pella Frost	f		U/A London, London	1:20:34
210.	715	Adrian Dobson	m	Veteran 60	Team Dobson	1:20:35
211.	305	David Ellicott	m	Veteran 40	Keswick AC	1:20:37
212.	524	Di Blackshaw	f	Lady Veteran 40	U/A Manchester,	1:20:45
213.	407	Timothy Pickering	m	Veteran 40	Vegan Runners	1:20:45
214.	554	jeanette grimes	f	Lady Veteran 60	U/A prescot, merseyside	1:20:51
215.	662	Kerry Mckenna	m	Veteran 40	U/A Ulverston, Cumbria	1:20:53
216.	505	Laura Pilkington	f		Miss	1:20:53
217.	313	Becky Gibbs	f	Lady Veteran 40	Helm Hill	1:20:54
218.	335	Deborah Thorneycroft	f	Lady Veteran 50	U/A Stoke on Trent, Staffs	1:21:03
219.	488	Naomi Bassett	f		U/A Barrow in Furness, Cumbria	1:21:22
220.	487	Sarah Davies	f	Lady Veteran 50	U/A Manchester,	1:21:28
221.	532	Jack Allerston	m		U/A Liverpool,	1:21:29
222.	451	Phil Cowling	m	Veteran 40	U/A Leeds, West Yorkshire	1:21:47
223.	590	Joanne Rudnicki	f		U/A Sutton , Cambridgeshire	1:21:49
224.	589	Leeanne Bowers	f		U/A Sutton , Cambridgeshire	1:21:49
225.	586	Emma Langley	f		U/A Sutton , Cambridgeshire	1:21:49
226.	549	Charmay Prout	f		U/A Preston,	1:22:16
227.	546	Peter Phillips	m	Veteran 70	Loftus and Whitby AC	1:22:23
228.	443	Mike Sharkey	m	Veteran 50	Wigan	1:22:23
229.	544	Lesley Cooper	f	Lady Veteran 40	U/A Preston, Lancashire	1:22:40
230.	660	John Slater	m	Veteran 50	U/A Carnforth, Lancs	1:22:46
231.	588	Lynne Higgs	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:22:49
232.	638	DENNIS FENNA	m	Veteran 60	Southport & Waterloo AC	1:22:50
233.	339	Helen Bowerman	f	Lady Veteran 50	U/A York,	1:22:54
234.	686	Carol Robinson	f	Lady Veteran 40	U/A Kendal, Cumbria	1:22:55
235.	497	Deborah Birch	f	Lady Veteran 40	U/A Lancaster, Lancashire	1:23:01
236.	500	Catherine Barton	f	Lady Veteran 40	U/A Carnforth, Lancashire	1:23:01
237.	597	DIANE GRAHAM	f	Lady Veteran 40	DH RUNNERS	1:23:03

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
238.	395	Andrew Jones	m	Veteran 40	U/A Prescot, Merseyside	1:23:12
239.	417	Alison Swift	f		U/A Tarlscough Lane, Burscough	1:23:13
240.	394	Shelley Regan	f		U/A Preston, Lancashire	1:23:24
241.	622	Nicola Kay	f	Lady Veteran 40	Horwich RMI Harriers	1:23:35
242.	518	Stephen Bannister	m	Veteran 40	U/A barrow in furness, cumbria	1:23:37
243.	341	Beverley Crate	f	Lady Veteran 40	U/A Bedlington , Northumberland	1:23:45
244.	700	Sam Robson	f	Lady Veteran 50		1:23:49
245.	415	Anne Marie Large	f	Lady Veteran 40	U/A Shepshed, Leicestershire	1:24:02
246.	592	Suzanne Green	f	Lady Veteran 40	Fylde Coast Runners	1:24:06
247.	614	Victoria Dewhurst	f	Lady Veteran 40	U/A Bolton, Lancs	1:24:09
248.	517	garry clamp	m		U/A barrow in furness, cumbria	1:24:13
249.	553	Richard Simson	m		U/A Durham ,	1:24:20
250.	444	Ian Winterbottom	m	Veteran 50	Wigan	1:24:38
251.	540	Nicole Spibey	f		U/A Cartmel ,	1:24:48
252.	391	Basia Nowak	f	Lady Veteran 40	U/A Grange-over-Sands,	1:24:48
253.	412	Rachel Stavert	f	Lady Veteran 50	Allithwaite	1:24:50
254.	282	Tracy Coward	f	Lady Veteran 40	U/A	1:24:59
255.	324	Anna Aitken	f		U/A West Linton,	1:25:06
256.	598	Tracey Sowerby	f	Lady Veteran 50	DH RUNNERS	1:25:41
257.	403	Emma Lydon	f	Lady Veteran 40	U/A Backbarrow ,	1:25:52
258.	388	Helen Crimlisk	f	Lady Veteran 50	Smiley Paces	1:26:07
259.	519	Aidan Sears	m		U/A Child Okeford , Dorset	1:26:10
260.	576	catherine outhbert	f	Lady Veteran 40	wallasey ac	1:26:29
261.	479	Jane Davies	f	Lady Veteran 50	U/A Manchester,	1:26:53
262.	380	Joanne Peacock	f	Lady Veteran 40	U/A Consett, Durham	1:27:26
263.	381	Deborah Grimes	f	Lady Veteran 50	U/A Consett, Durham	1:27:52
264.	513	Anna Jones	f		U/A Chester ,	1:28:05
265.	440	Chris Pearson	m	Veteran 50	U/A Grange Over Sands, Cumbria	1:28:09
266.	657	Dean Wellings	m	Veteran 50	Scunthorpe and district athletics club	1:28:34
267.	658	Sharon Wellings	f	Lady Veteran 40	Scunthorpe and district AC	1:28:34
268.	343	Bev Navesey	f	Lady Veteran 50	U/A Lewes, Sussex	1:28:47
269.	599	Sue France	f	Lady Veteran 50	Julie's Joggers	1:29:06
270.	398	Michael Jones	m	Veteran 60	U/A Stockport, Cheshire	1:29:22
271.	600	Jackie Salt	f	Lady Veteran 40	Julie's joggers	1:29:38
272.	315	Paul Coldham	m	Veteran 50	U/A Keswick, Cumbria	1:29:54
273.	635	Jenny Foster	f		U/A Manchester	1:30:19
274.	551	Cherie Cook	f		U/A Manchester,	1:31:38
275.	337	David Watson	m	Veteran 50	Red rose road runners	1:31:43
276.	566	Iain Wood	m	Veteran 40	U/A Ormskirk, Lancashire	1:31:45
277.	664	Kathryn Currie	f	Lady Veteran 40	U/A Ulverston , Cumbria	1:32:04
278.	618	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:32:12
279.	669	Nic Holmes	f	Lady Veteran 40	U/A Ulverston,	1:32:20
280.	670	Anna Holmes-Rand	f		U/A Ulverston,	1:32:20
281.	468	Victoria Money	f	Lady Veteran 40	Durham Mums on the Run	1:32:47
282.	542	Jenn McDonough	f		U/A Bamber Bridge,	1:32:50
283.	575	Claire Craven	f		U/A Preston , Lancashire	1:32:51
284.	578	James Jardine	m		U/A Penrith, Cumbria	1:32:58
285.	494	Abigail Jardine	f		U/A Penrith, Cumbria	1:32:58
286.	558	Joanna Myerscough	f	Lady Veteran 40	U/A Reading, Berkshire	1:33:13
287.	467	Michelle Flower	f		Michelle	1:33:21
288.	582	helen clark	f	Lady Veteran 50	U/A macclesfield, cheshire	1:33:25
289.	583	Rebecca Clark	f		Bollington Harriers	1:33:25
290.	527	Kate Partridge	f		U/A Warrington,	1:33:37
291.	406	Rachel Finn	f		U/A High Peak, Derbyshire	1:34:20
292.	665	Carrie Bostock	f		U/A Ulverston , Cumbria	1:34:27
293.	666	Beth Harrington	f		U/A Ulverston,	1:34:28
294.	302	Ann Myatt	f	Lady Veteran 50	Cheadle	1:34:47
295.	377	Angela Skelton	f	Lady Veteran 40	Me	1:34:59
296.	616	Neil Pritchett	m	Veteran 50	U/A Liverpool, Sefton	1:35:07
297.	579	JOANNE FENNA	f	Lady Veteran 40	Southport & Waterloo AC	1:35:56
298.	320	EDWINA RICKARDS COLLINSON	f	Lady Veteran 60	CROCWALKERS	1:36:43
299.	663	Sarah Bettinson	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:36:48
300.	314	Christina Davies	f		U/A Bishop Auckland, Durham	1:38:41
301.	557	Chrissie Garnock-Jones	f	Lady Veteran 50	Smiley Paces	1:40:07
302.	503	Niki Stockton	f	Lady Veteran 50	U/A Manchester,	1:40:18
303.	364	Joanna Maloney	f	Lady Veteran 40	U/A Ribchester ,	1:40:20
304.	642	Louise Winter	f	Lady Veteran 40	Keswick AC	1:41:00
305.	393	Allyson Miller	f	Lady Veteran 40	U/A Chorley, Lancashire	1:41:26
306.	436	Alexandra White	f	Lady Veteran 40	U/A Stockport, Cheshire	1:41:49
307.	482	Sally Lambert	f	Lady Veteran 50	U/A Ambleside, Cumbria	1:42:08
308.	404	Michelle Shufflebottom	f		U/A Broughton In Furness, Cumbria	1:43:32
309.	493	James Chappell	m	Veteran 40	U/A Cottingham,	1:43:35
310.	636	McMonagle Paul	m		U/A Ormskirk	1:43:54
311.	455	alex leary	m		U/A hull,	1:44:35
312.	454	ron leary	m	Veteran 50	U/A hull,	1:44:35
313.	366	Zoe Holmes	f		U/A Preston ,	1:45:15
314.	408	Audrey Oldham	f	Lady Veteran 50	Fylde Coast Runners	1:45:41
315.	529	Jennie Daniels	f	Lady Veteran 40	U/A St Helens, Merseyside	1:45:58
316.	530	Sean Daniels	m	Veteran 40	U/A St Helens, Merseyside	1:45:59
317.	348	Gisela Cooper	f	Lady Veteran 50	Smiley Paces	1:48:19

Lakeland Trails in Coniston

Coniston Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
318.	704	Cassandra Dowthwaite	f	Lady Veteran 40	Smiley Paces	1:48:20
319.	323	Karen Braddon	f	Lady Veteran 60	Crocwalkers	1:49:29
320.	593	Jennifer Hale	f		U/A Ulverston, Cumbria	1:50:30
321.	534	J Howard	m	Veteran 70	U/A Ashton under Lyne, Lancs	1:59:30
322.	699	Chris Robson	m	Veteran 80	St Bees Triers	2:04:07

Number of records: 322