

## Lakeland Trails in Coniston

## Coniston Trail Run 10K

Bib	Name	M/F	Age Cat	Club	Finish Time
2657	Tim Chadwick	m		Skipton ac	0:14:14
2772	Tom Martin	m		Metro Running Club Aberdeen	0:42:03
2688	Martin Dick	m	MV 50	U/A Preston, Lancs	0:44:18
2611	Scott Affleck	m	MV 40	U/A Inverkeithing, United Kingdom	0:45:05
2888	Richard Wilson	m	MV 40	Kendal AC	0:45:16
2889	Matt Wilson	m	MV 40	Kendal AC	0:46:16
2676	Harriet Cross	f		Metro Aberdeen Running Club	0:47:07
2638	Mitchell Boocock	m		Pudsey & Bramley AC	0:47:52
2624	James Barsby	m		U/A clitheroe, Lancashire	0:49:08
2612	Jack Akister	m		U/A Morecambe ,	0:49:12
2806	Stuart Parry	m	MV 40	Northern Fells Running Club	0:49:40
2293	Elvis Mitchell	m		N/A	0:49:43
2126	Marc Ellis	m	MV 40	U/A Darlington , Durham	0:49:49
2724	Ronnie Haddow	m	MV 50	Furness Fell Runners	0:50:28
2874	Adam Wedgwood	m	MV 40	U/A Cockermonth,	0:50:31
3168	Lara Clayson	f		Brighton and Hove Athletics	0:51:54
2771	amelie marshall	f		eden runners	0:52:13
2378	Ella Parry	f		Team inov-8	0:52:28
2702	Adrian Filipek	m		U/A Coniston, Cumbria	0:52:52
3166	James Burke	m		U/A Knutsford	0:54:40
2704	Molly Fitches	f		U/A Dundee, Angus	0:54:50
2740	Graham Ingham	m	MV 50	U/A Kirkham,	0:54:56
2703	Adrian Fitch	m	MV 50	U/A St Helens, Merseyside	0:55:01
2849	Garth Spencer	m		Ribble Valley Triathlon Club	0:55:12
2887	Daniel Wilson	m		U/A Jedburgh,	0:55:18
2048	Robbie Jones	m	MV 50		0:55:37
2303	Laurie Crayston	m		Ascendancy Apparel	0:55:44
2708	James Gaffney	m		U/A	0:55:48
2675	Edward Crisp	m	MV 40	Triathlon Coaching UK	0:56:19
2719	Barry Green	m	MV 40	Cookham Running Club	0:56:38
2635	Mark Blundell	m	MV 50	U/A Ormskirk , Lancashire	0:56:54
2674	Adrian Craven	m	MV 50	Selby Striders	0:56:56
2758	Nick Lewthwaite	m	MV 40	U/A Windermere, Cumbria	0:57:20
2886	John Wilson	m	MV 40	U/A Warrington ,	0:57:21
2617	Susie Anton	f		Susie Anton PT & Fitness	0:57:41
2666	Nick Collie	m	MV 50	U/A Morecambe,	0:57:43
2759	Peter Llewellyn	m	MV 50	Bowland Fell Runners	0:57:44
2159	Vicki Greenall	f	FV 50	U/A Wigan, Lancs	0:57:46
2735	David Hull	m	MV 50	U/A Nr Chorley, Lancashire	0:57:46
2616	Luke Anderson	m		U/A Liverpool, United Kingdom	0:57:58
2664	Tanya Coates	f		Unattached	0:58:05
2763	Anthony Lynch	m		U/A Greater Manchester, Lancashire	0:58:08
2151	Judith Wall	f	FV 40	Manchester Triathlon club	0:58:11
2877	Elizabeth White	f	FV 40	U/A Ulverston,	0:58:30
2047	Jon Blackshaw	m	MV 40	U/A Manchester,	0:58:53
2670	Paul Corkill	m	MV 40	Levens Valley	0:58:56
2146	Lee Norris	m	MV 40	Wigan Harriers	0:59:00
2734	Steve Howell	m	MV 50	Quakers Running Club	0:59:02
2726	Liam Hall	m		U/A Chester-le-Street, Durham	0:59:18
3161	Oliver Lees	m	MV 40	U/A Leeds, West Yorkshire	0:59:28
2824	Joseph Ritson	m	MV 60	Derwent AC Cockermonth	1:00:04
2164	Paul wood	m	MV 40	U/A worsley,	1:00:09
2884	Chris Willmott	m		U/A Leicester,	1:01:11
2277	James Galloway-Booth	m		U/A BUXTON,	1:01:26
2781	Joanne Mcleod	f	FV 50	Barrow and Furness Striders ac	1:01:30
2667	Mike Collins	m	MV 40	U/A Whitley Bay, Tyne and Wear	1:01:46
3173	Barry Marsh	m	MV 50	Istead & Ifield Harriers	1:02:10
2053	Philip Grace	m			1:02:26
2838	Chris Shaw	m	MV 50	Dark Peak Fell Runners	1:02:28
2621	jerry barnes	m	MV 60	york acorn running club	1:02:49
2870	Louise Wareing	f	FV 40	Lancaster and Morecambe AC	1:02:50
2871	Russell Wareing	m	MV 40	Lancaster and Morecambe AC	1:02:51
2620	Michael Ball	m	MV 40	U/A Swindon, Wiltshire	1:02:56
2668	Pip Conlon	f		Derwent Athletic Club	1:02:58
2916	David Bayliss	m	MV 40	Red Rose Road Runners	1:03:02
2652	Jamie Butler	m		Birstall RC	1:03:19
2588	Kelly Staunton	f		Billinge Running Club	1:03:20
2622	Pat Barnes	m		U/A Leeds, Yorkshire	1:03:20
2677	John Croxford	m	MV 60	U/A Coniston, Cumbria	1:03:20
2035	Nicholas Schaffer	m			1:03:25
2873	Bill Watts	m	MV 50	Riversway Road Runners	1:03:27
2697	Louise Dunsdon	f	FV 40	U/A Manchester,	1:03:28
2821	John Reynolds	m	MV 60	U/A Cockermonth, Cumbria	1:03:34
3162	Simon Godfrey	m		U/A Ramsbottom ,	1:03:42
2859	Laura Tattersall	f		U/A Kendal,	1:03:43
2750	Michael Kendall	m		Cumberland AC	1:03:45
2799	Paul O'Donnell	m	MV 50	Knowle & Dorrige Running Club	1:03:46

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2335	Michael Price	m	MV 50	Team inov-8	1:03:53
2694	David Dodgson	m	MV 50	U/A Formby ,	1:05:26
2439	Lee Demain	m		Team inov-8	1:05:37
2898	Richard Young	m	MV 40	U/A Malmesbury, Wiltshire	1:06:31
2879	Martyn Wigglesworth	m	MV 40	U/A Richmond	1:06:36
2639	Jessica Booth	f		U/A Salford, Greater Manchester	1:06:37
3160	Jonathan Rettig	m	MV 40	U/A Glossop,	1:06:45
2682	Louise Daniels	f		U/A Bury,	1:06:54
2660	Rebecca Clarke	f		U/A Kendal, Cumbria	1:07:07
2766	Tiffany Mallender	f	FV 40	U/A Dacre,	1:07:23
2669	DIVYA CONLON	f		U/A Cockermouth, Cumbria	1:07:31
2755	Anya Lawrence	f		U/A North Shields ,	1:07:46
2016	Chris Lawrence	m	MV 40	U/A	1:07:46
2754	Geoff Law	m	MV 50	Birstall RC	1:07:47
2818	Steve Randall	m	MV 40	Meltham AC	1:08:00
2043	Richard Partridge	m			1:08:17
2880	carl wild	m		U/A bowness, cumbria	1:08:24
2811	Rachael Price	f		U/A Lancaster,	1:08:32
2046	Gina Curwen	f		U/A Richmond	1:08:39
2855	Patrick Stapleton	m		U/A Halton,	1:08:44
2862	Claire Thomson	f	FV 40	U/A Barrow-in-Furness, Cumbria	1:08:44
2627	Sally Barton	f	FV 50	Hoad Hill Harriers	1:08:46
2628	Simon Barton	m	MV 60	Hoad Hill Harriers	1:08:47
2630	Hannah Bealt	f		The Vicky	1:08:53
2698	Andrew Eland	m		U/A Kendal , Cumbria	1:08:53
2653	Jenna Butler	f	FV 40	U/A Kendal, Cumbria	1:08:57
2823	Lucy Rigby	f		U/A Liverpool,	1:08:59
2052	Mark Avison	m	MV 60	Head torches round the tarn	1:09:01
2640	Mark Bottomley	m	MV 50	Idle AC	1:09:25
2658	Lesley Chapman	f	FV 60	Morpeth harriers	1:09:29
2642	Rick Boyfield	m	MV 50	North Norfolk Beach Runners	1:09:30
2636	Bernice Blundell	f	FV 50	U/A Ormskirk, Lancashire	1:09:37
2696	Damian Duffy	m	MV 40	U/A Manchester,	1:09:41
2869	Clare Walker	f	FV 40	Morpeth Harriers	1:09:58
2700	Arwa Eskander	m		COLT	1:10:12
2779	Nigel McIntyre	m	MV 50	U/A Longton, Lancashire	1:10:12
3167	Jennifer Dilworth	f	FV 50	U/A Saltdean,	1:10:27
2798	Alexander newton	m		U/A Stockton-on-Tees, Durham	1:10:34
2788	Suzanne Mitchell	f	FV 50	U/A Ryton, Tyne and Wear	1:10:46
2056	Tony Pilkington	m			1:10:48
2717	Rebecca Graham	f	FV 40	Team Nidderdale	1:10:56
2646	David Brereton	m	MV 50	U/A Rochdale, Greater Manchester	1:11:19
2659	Dawn Chilton	f	FV 40	U/A Preston, Lancashire	1:11:20
2693	Nicola Dinsdale	f		Ribble valley Tri Club	1:11:27
2619	Claire Atherton	f		U/A DIDSBUY, MANCHESTER	1:12:13
2709	Claire Gall	f	FV 40	U/A Lytham ,	1:12:13
2812	Jemma Price	f		U/A Stockport,	1:12:35
2049	Zoe Clarke	f	FV 50		1:12:36
2707	Jackie Frank	f	FV 40	U/A Redcar,	1:13:10
2721	Suzanne Green	f	FV 40	Fylde Coast Runners	1:13:11
2613	shelly allen	f	FV 40	U/A bury, lancashire	1:13:19
2732	Alison Holmes	f	FV 50	Whitchurch tri club	1:13:20
2876	Elaine White	f	FV 50	Wakefield Triathlon Club	1:13:22
2690	Lara Dickinson	f		U/A Manchester, Lancashire	1:13:35
2825	Sophie Roberts	f		U/A Liverpool, United Kingdom	1:13:39
2744	Sharon Johnson	f	FV 50	U/A Spilsby, Lincolnshire	1:13:40
2731	Michael Holmes	m	MV 50	U/A Carlisle, Cumbria	1:13:41
2656	deborah catlow	f	FV 50	Blackburn Road Runners	1:13:44
2860	Helen Taylor	f	FV 50	U/A Penrith , Cumbria	1:13:46
2856	Kate Stewart	f		U/A Houghton le spring , Tyne and Wear	1:14:10
2643	Shay Boyfield	f	FV 40	U/A Northrepps, Norfolk	1:14:45
2711	Tina Gee	f	FV 60	Bingham tri	1:14:55
2654	Catherine Campbell	f	FV 40	Riversway Road Runners	1:15:00
2878	Cherrie Whiteley	f	FV 40	U/A Kendal,	1:15:11
2830	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	1:16:05
2615	Lesley Allison	f	FV 50	Eden Runners	1:16:10
2785	Nicola Metcalf	f		U/A Preston, Lancashire	1:16:13
2784	Joanna Metcalf	f		U/A Preston, Lancashire	1:16:13
2774	Carol Maynard	f	FV 40	U/A Gatley, Cheshire	1:16:28
2797	stephanie newton	f		U/A Stockton-on-Tees, Durham	1:16:35
2648	Luk Ying Brown	f		U/A Manchester,	1:16:37
2739	Chris Hutchinson	m	MV 60	U/A Nr Hull, East Yorkshire	1:16:47
2079	Gill Nevin	f			1:17:02
2650	jane burke	f	FV 50	lymm runners	1:17:17
2133	Katey Burke	f		U/A Knutsford,	1:17:17
2614	Jack Allerston	m		U/A Liverpool,	1:17:18
2618	Susan Arrandale	f	FV 50	U/A Denton, Greater Manchester	1:17:25
3172	Amanda Gray	f	FV 50	U/A Bedford, Bedfordshire	1:17:49
2840	Emily Sinkinson	f		Red Rose Road Runners	1:17:53
2641	Helen Bowerman	f	FV 50	U/A York,	1:17:53

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Bib	Name	M/F	Age Cat	Club	Finish Time
2632	Nicola Bennett	f		U/A Leyland,	1:18:03
2037	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	1:18:13
2194	Vicky Johnston	f	FV 40	St Bees Triers	1:19:06
3163	Katy godfrey	f		U/A Ramsbottom,	1:19:26
2629	Jayne Batt	f	FV 60	U/A York,	1:19:32
2854	Nicola Stanley	f	FV 40	U/A Southport,	1:19:33
2024	Paula Edwards	f			1:20:02
2745	Lee Johnston	m	MV 40	U/A Southport,	1:20:09
2039	Tricia Griffiths	f			1:20:12
2743	Esme Johnson	f		U/A Spilsby, Lincolnshire	1:20:13
2814	Karen Quan-Soon	f	FV 50	U/A Preston , Lancashire	1:21:32
2737	Anne Hurcombe	f	FV 40	Julie's joggers	1:22:02
2706	Sue France	f	FV 50	Julie's Joggers	1:22:02
2816	Patricia Quirke	f	FV 40	Chorlton Old Birds	1:22:10
2685	Claire Deane	f	FV 50	Chorlton Old Birds	1:22:10
2801	Gail O'Hare	f	FV 50	Chorlton Old Birds	1:22:11
2746	Nicola Kay	f	FV 40	Horwich RMI Harriers	1:22:35
2749	Michael Kay	m	MV 40	U/A Higher Wheelton, Lancashire	1:22:36
2733	Sarah Hopkins	f	FV 40	U/A Preston, Lancs	1:22:39
2773	Briony Mawson	f	FV 60	U/A Tadcaster, North Yorkshire	1:22:51
2793	Theresa Murray	f	FV 50	U/A Crook, Cumbria	1:23:02
2852	Alison Spiby	f	FV 50	U/A Windermere, Cumbria	1:23:02
2866	Jennifer Turner	f	FV 40	Chorlton Runners	1:23:27
2695	Anna Dove	f	FV 40	U/A Ulverston	1:23:56
2741	Mahfuzul Islam	m	MV 40	U/A Sabden,	1:23:59
3171	Karen Cummings	f	FV 50	U/A St Helens, Merseyside	1:23:59
3170	Catherine Haggerty	f		U/A St Helens, Merseyside	1:24:00
2748	Sinead Kay	f	FV 40	Jogging Pals	1:24:23
2747	Ben Kay	m	MV 40	U/A Kendal, Cumbria	1:24:24
2051	Anne Avison	f	FV 60	Head torches round the tarn	1:24:29
2765	Michelle Mahony	f	FV 40	U/A Ulverston ,	1:24:36
2055	Sarah Bettinson	f			1:24:58
2720	Penny Green	f	FV 40	U/A COOKHAM, BERKSHIRE	1:25:27
2890	Brian Winder	m	MV 70	Darwen Running Group	1:26:48
2826	Sam Robson	f	FV 50	N/a	1:26:52
2637	Sandra Bonner	f		U/A Greater Manchester, Lancashire	1:26:59
2780	Lynda McIntyre	f	FV 50	U/A Longton, Lancashire	1:27:17
2893	Carole Wood	f	FV 60	U/A Kendal, Cumbria	1:29:07
2751	Justyna Kowalska	f		U/A Bury, Lancashire	1:29:33
2665	Paul Coldham	m	MV 50	U/A Keswick, Cumbria	1:29:58
2729	Mandy Haworth	f	FV 50	New Balance Run Club Keswick	1:29:58
2835	Dawn Saxby	f	FV 50	U/A	1:29:59
2796	Sophie Newbould	f		Skipton ac	1:30:58
2722	jeanette grimes	f	FV 60	U/A prescot, merseyside	1:31:41
2776	Lucy McGee	f	FV 50	U/A Sale, Cheshire	1:31:56
2863	Rachel TICKNER	f	FV 60	U/A Cockermouth, Cumbria	1:33:26
2672	Beverley Crate	f	FV 40	U/A Bedlington , Northumberland	1:34:01
2800	Siobhan O'Donnell	f	FV 50	U/A Hampton in Arden,	1:34:09
2872	David Watson	m	MV 50	Red rose Road runners	1:34:10
2851	Ann Spencer-Dowdeswell	f	FV 50	Knowle and Dorrige	1:34:10
2338	Katie Scott	f		U/A Shevington, Lancashire	1:34:19
3165	Rachel Bullen	f	FV 40	U/A Belvedere, Kent	1:34:21
2673	Helen Craven	f	FV 40	Selby Striders	1:35:06
3169	Sarah Green	f		DCH Run Club	1:35:17
2778	Sean McGleenan	m	MV 60	Dumfries Running	1:35:32
3164	Scott Bartlett	m	MV 40	Bexley AC	1:36:24
2723	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	1:37:36
2687	Alison Dick	f	FV 50	Red rose road runners	1:37:36
2837	Maf Servante Haddow	f	FV 50	Furness Fell Runners	1:41:48
2829	David Rosen	m	MV 60	Lancaster & Morecambe AC	1:44:32
2417	Christina Davies	f		Team inov-8	1:44:58
2663	Wyn Clayton	f	FV 70	Women on the Run	1:44:59
2764	Neprissa Maamo	f	FV 40	U/A Dartford ,	1:45:28
2813	Tina Pye	f	FV 40	U/A Warrington ,	1:47:34
2787	Allyson Miller	f	FV 40	U/A Chorley, Lancashire	1:48:18
2843	Nicola Smith	f	FV 40		1:58:37
2827	Chris Robson	m	MV 80	St Bees Triers	2:01:51
2777	Shaun McGee	m	MV 50	Sale Harriers	2:05:10
2786	Janice Metcalf	f	FV 50	U/A Preston, Lancs.	3:43:19

Number of records: 226