

## Lakeland Trails in Coniston

## Coniston Trail Run 10K

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
<b>Coniston Trail Run 10K</b>						
1	2772	Tom Martin	m		Metro Running Club Aberdeen	0:42:12
2	2611	Scott Affleck	m	MV 40	U/A Inverkeithing, United Kingdom	0:45:14
3	2888	Richard Wilson	m	MV 40	Kendal AC	0:45:21
4	2657	Tim Chadwick	m		Skipton ac	0:45:21
5	2889	Matt Wilson	m	MV 40	Kendal AC	0:46:21
6	2676	Harriet Cross	f		Metro Aberdeen Running Club	0:47:13
7	2638	Mitchell Boocock	m		Pudsey & Bramley AC	0:47:58
8	2624	James Barsby	m		U/A clitheroe, Lancashire	0:49:17
9	2612	Jack Akister	m		U/A Morecambe ,	0:49:18
10	2806	Stuart Parry	m	MV 40	Northern Fells Running Club	0:49:45
11	2293	Elvis Mitchell	m		N/A	0:49:49
12	2126	Marc Ellis	m	MV 40	U/A Darlington , Durham	0:49:55
13	2724	Ronnie Haddow	m	MV 50	Furness Fell Runners	0:50:36
14	2874	Adam Wedgwood	m	MV 40	U/A Cockermonth,	0:50:37
15	3168	Lara Clayson	f		Brighton and Hove Athletics	0:52:00
16	2771	amelie marshall	f		eden runners	0:52:19
17	2378	Ella Parry	f		Team inov-8	0:52:28
18	2702	Adrian Filipek	m		U/A Coniston, Cumbria	0:52:58
19	3166	James Burke	m		U/A Knutsford	0:54:46
20	2704	Molly Fitches	f		U/A Dundee, Angus	0:54:57
21	2740	Graham Ingham	m	MV 50	U/A Kirkham,	0:55:01
22	2703	Adrian Fitch	m	MV 50	U/A St Helens, Merseyside	0:55:06
23	2849	Garth Spencer	m		Ribble Valley Triathlon Club	0:55:18
24	2887	Daniel Wilson	m		U/A Jedburgh,	0:55:23
25	2048	Robbie Jones	m	MV 50		0:55:42
26	2708	James Gaffney	m		U/A	0:55:53
27	2303	Laurie Crayston	m		Ascendancy Apparel	0:55:53
28	2675	Edward Crisp	m	MV 40	Triathlon Coaching UK	0:56:25
29	2719	Barry Green	m	MV 40	Cookham Running Club	0:56:45
30	2635	Mark Blundell	m	MV 50	U/A Ormskirk , Lancashire	0:56:59
31	2674	Adrian Craven	m	MV 50	Selby Striders	0:57:02
32	2886	John Wilson	m	MV 40	U/A Warrington ,	0:57:25
33	2758	Nick Lewthwaite	m	MV 40	U/A Windermere, Cumbria	0:57:26
34	2617	Susie Anton	f		Susie Anton PT & Fitness	0:57:48
35	2759	Peter Llewellyn	m	MV 50	Bowland Fell Runners	0:57:49
36	2159	Vicki Greenall	f	FV 50	U/A Wigan, Lancs	0:57:52
37	2735	David Hull	m	MV 50	U/A Nr Chorley, Lancashire	0:57:53
38	2616	Luke Anderson	m		U/A Liverpool, United Kingdom	0:58:04
39	2664	Tanya Coates	f		Unattached	0:58:11
40	2763	Anthony Lynch	m		U/A Greater Manchester, Lancashire	0:58:14
41	2151	Judith Wall	f	FV 40	Manchester Triathlon club	0:58:17
42	2877	Elizabeth White	f	FV 40	U/A Ulverston,	0:58:39
43	2047	Jon Blackshaw	m	MV 40	U/A Manchester,	0:58:57
44	2670	Paul Corkill	m	MV 40	Levens Valley	0:59:02
45	2146	Lee Norris	m	MV 40	Wigan Harriers	0:59:06
46	2734	Steve Howell	m	MV 50	Quakers Running Club	0:59:08
47	2726	Liam Hall	m		U/A Chester-le-Street, Durham	0:59:24
48	3161	Oliver Lees	m	MV 40	U/A Leeds, West Yorkshire	0:59:34
49	2796	Sophie Newbould	f		Skipton ac	1:00:04
50	2824	Joseph Ritson	m	MV 60	Derwent AC Cockermonth	1:00:09
51	2164	Paul wood	m	MV 40	U/A worsley,	1:00:15
52	2884	Chris Willmott	m		U/A Leicester,	1:01:16
53	2277	James Galloway-Booth	m		U/A BUXTON,	1:01:33
54	2781	Joanne Mcleod	f	FV 50	Barrow and Furness Striders ac	1:01:35
55	2667	Mike Collins	m	MV 40	U/A Whitley Bay, Tyne and Wear	1:01:51
56	3173	Barry Marsh	m	MV 50	Istead & Ifield Harriers	1:02:16
57	2053	Philip Grace	m			1:02:32
58	2838	Chris Shaw	m	MV 50	Dark Peak Fell Runners	1:02:34
59	2621	jerry barnes	m	MV 60	york acorn running club	1:02:53
60	2870	Louise Wareing	f	FV 40	Lancaster and Morecambe AC	1:02:55
61	2871	Russell Wareing	m	MV 40	Lancaster and Morecambe AC	1:02:56
62	2620	Michael Ball	m	MV 40	U/A Swindon, Wiltshire	1:03:01
63	2668	Pip Conlon	f		Derwent Athletic Club	1:03:03
64	2916	David Bayliss	m	MV 40	Red Rose Road Runners	1:03:09
65	2588	Kelly Staunton	f		Billinge Running Club	1:03:24
66	2652	Jamie Butler	m		Birstall RC	1:03:25
67	2677	John Croxford	m	MV 60	U/A Coniston, Cumbria	1:03:25
68	2622	Pat Barnes	m		U/A Leeds, Yorkshire	1:03:31
69	2873	Bill Watts	m	MV 50	Riversway Road Runners	1:03:32
70	2035	Nicholas Schaffer	m			1:03:35
71	2697	Louise Dunsdon	f	FV 40	U/A Manchester,	1:03:36
72	2821	John Reynolds	m	MV 60	U/A Cockermonth, Cumbria	1:03:40
73	3162	Simon Godfrey	m		U/A Ramsbottom ,	1:03:47
74	2859	Laura Tattersall	f		U/A Kendal,	1:03:48
75	2750	Michael Kendall	m		Cumberland AC	1:03:51
76	2799	Paul O'Donnell	m	MV 50	Knowle & Dorrige Running Club	1:03:51
77	2694	David Dodgson	m	MV 50	U/A Formby ,	1:05:30

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Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
78	2439	Lee Demain	m		Team inov-8	1:05:44
79	2688	Martin Dick	m	MV 50	U/A Preston, Lancs	1:06:23
80	2898	Richard Young	m	MV 40	U/A Malmesbury, Wiltshire	1:06:35
81	2879	Martyn Wigglesworth	m	MV 40	U/A Richmond	1:06:41
82	2639	Jessica Booth	f		U/A Salford, Greater Manchester	1:06:44
83	3160	Jonathan Rettig	m	MV 40	U/A Glossop,	1:06:50
84	2682	Louise Daniels	f		U/A Bury,	1:07:00
85	2660	Rebecca Clarke	f		U/A Kendal, Cumbria	1:07:11
86	2766	Tiffany Mallender	f	FV 40	U/A Dacre,	1:07:29
87	2669	DIVYA CONLON	f		U/A Cockermonth, Cumbria	1:07:35
88	2666	Nick Collie	m	MV 50	U/A Morecambe,	1:07:48
89	2755	Anya Lawrence	f		U/A North Shields ,	1:07:51
90	2016	Chris Lawrence	m	MV 40	U/A	1:07:51
91	2754	Geoff Law	m	MV 50	Birstall RC	1:07:53
92	2823	Lucy Rigby	f		U/A Liverpool,	1:08:05
93	2818	Steve Randall	m	MV 40	Meltham AC	1:08:05
94	2043	Richard Partridge	m			1:08:21
95	2880	carl wild	m		U/A bowness, cumbria	1:08:29
96	2811	Rachael Price	f		U/A Lancaster,	1:08:37
97	2046	Gina Curwen	f		U/A Richmond	1:08:45
98	2855	Patrick Stapleton	m		U/A Halton,	1:08:49
99	2862	Claire Thomson	f	FV 40	U/A Barrow-in-Furness, Cumbria	1:08:50
100	2627	Sally Barton	f	FV 50	Hoad Hill Harriers	1:08:52
101	2628	Simon Barton	m	MV 60	Hoad Hill Harriers	1:08:52
102	2630	Hannah Bealt	f		The Vicky	1:08:58
103	2698	Andrew Eland	m		U/A Kendal , Cumbria	1:09:00
104	2653	Jenna Butler	f	FV 40	U/A Kendal, Cumbria	1:09:00
105	2052	Mark Avison	m	MV 60	Head torches round the tarn	1:09:09
106	2640	Mark Bottomley	m	MV 50	Idle AC	1:09:31
107	2658	Lesley Chapman	f	FV 60	Morpeth harriers	1:09:34
108	2642	Rick Boyfield	m	MV 50	North Norfolk Beach Runners	1:09:36
109	2636	Bernice Blundell	f	FV 50	U/A Ormskirk, Lancashire	1:09:43
110	2696	Damian Duffy	m	MV 40	U/A Manchester,	1:09:46
111	2869	Clare Walker	f	FV 40	Morpeth Harriers	1:10:04
112	2779	Nigel McIntyre	m	MV 50	U/A Longton, Lancashire	1:10:16
113	2700	Arwa Eskander	f		COLT	1:10:18
114	3167	Jennifer Dilworth	f	FV 50	U/A Saltdean,	1:10:32
115	2798	Alexander newton	m		U/A Stockton-on-Tees, Durham	1:10:40
116	2056	Tony Pilkington	m			1:10:53
117	2788	Suzanne Mitchell	f	FV 50	U/A Ryton, Tyne and Wear	1:10:56
118	2717	Rebecca Graham	f	FV 40	Team Nidderdale	1:11:02
119	2646	David Brereton	m	MV 50	U/A Rochdale, Greater Manchester	1:11:24
120	2659	Dawn Chilton	f	FV 40	U/A Preston, Lancashire	1:11:25
121	2693	Nicola Dinsdale	f		Ribble valley Tri Club	1:11:34
122	2812	Jemma Price	f		U/A Stockport,	1:11:41
123	2619	Claire Atherton	f		U/A DIDSBUY, MANCHESTER	1:12:18
124	2709	Claire Gall	f	FV 40	U/A Lytham ,	1:12:19
125	2049	Zoe Clarke	f	FV 50		1:12:41
126	2707	Jackie Frank	f	FV 40	U/A Redcar,	1:13:15
127	2721	Suzanne Green	f	FV 40	Fylde Coast Runners	1:13:17
128	2613	shelly allen	f	FV 40	U/A bury, lancashire	1:13:23
129	2732	Alison Holmes	f	FV 50	Whitchurch tri club	1:13:26
130	2876	Elaine White	f	FV 50	Wakefield Triathlon Club	1:13:28
131	2690	Lara Dickinson	f		U/A Manchester, Lancashire	1:13:39
132	2825	Sophie Roberts	f		U/A Liverpool, United Kingdom	1:13:45
133	2731	Michael Holmes	m	MV 50	U/A Carlisle, Cumbria	1:13:47
134	2744	Sharon Johnson	f	FV 50	U/A Spilsby, Lincolnshire	1:13:47
135	2656	deborah catlow	f	FV 50	Blackburn Road Runners	1:13:50
136	2860	Helen Taylor	f	FV 50	U/A Penrith , Cumbria	1:13:51
137	2856	Kate Stewart	f		U/A Houghton le spring , Tyne and Wear	1:14:14
138	2643	Shay Boyfield	f	FV 40	U/A Northrepps, Norfolk	1:14:50
139	2711	Tina Gee	f	FV 60	Bingham tri	1:15:01
140	2654	Catherine Campbell	f	FV 40	Riversway Road Runners	1:15:05
141	2878	Cherrie Whiteley	f	FV 40	U/A Kendal,	1:15:14
142	2335	Michael Price	m	MV 50	Team inov-8	1:15:56
143	2830	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	1:16:10
144	2615	Lesley Allison	f	FV 50	Eden Runners	1:16:15
145	2784	Joanna Metcalf	f		U/A Preston, Lancashire	1:16:17
146	2785	Nicola Metcalf	f		U/A Preston, Lancashire	1:16:17
147	2614	Jack Allerston	m		U/A Liverpool,	1:16:24
148	2774	Carol Maynard	f	FV 40	U/A Gatley, Cheshire	1:16:33
149	2797	stephanie newton	f		U/A Stockton-on-Tees, Durham	1:16:40
150	2648	Luk Ying Brown	f		U/A Manchester,	1:16:42
151	2739	Chris Hutchinson	m	MV 60	U/A Nr Hull, East Yorkshire	1:16:52
152	2079	Gill Nevin	f			1:17:08
153	2650	jane burke	f	FV 50	lymm runners	1:17:22
154	2133	Katey Burke	f		U/A Knutsford,	1:17:22
155	2618	Susan Arrandale	f	FV 50	U/A Denton, Greater Manchester	1:17:29
156	3172	Amanda Gray	f	FV 50	U/A Bedford, Bedfordshire	1:17:54
157	2641	Helen Bowerman	f	FV 50	U/A York,	1:17:59

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Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
158	2632	Nicola Bennett	f		U/A Leyland,	1:18:08
159	2037	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	1:18:18
160	2840	Emily Sinkinson	f		Red Rose Road Runners	1:18:57
161	2194	Vicky Johnston	f	FV 40	St Bees Triers	1:19:11
162	3163	Katy godfrey	f		U/A Ramsbottom,	1:19:31
163	2854	Nicola Stanley	f	FV 40	U/A Southport,	1:19:36
164	2629	Jayne Batt	f	FV 60	U/A York,	1:19:37
165	2024	Paula Edwards	f			1:20:08
166	2745	Lee Johnston	m	MV 40	U/A Southport,	1:20:14
167	2039	Tricia Griffiths	f			1:20:18
168	2743	Esme Johnson	f		U/A Spilsby, Lincolnshire	1:20:18
169	2814	Karen Quan-Soon	f	FV 50	U/A Preston , Lancashire	1:20:37
170	2737	Anne Hurcombe	f	FV 40	Julie's joggers	1:22:07
171	2706	Sue France	f	FV 50	Julie's Joggers	1:22:08
172	2685	Claire Deane	f	FV 50	Chorlton Old Birds	1:22:14
173	2816	Patricia Quirke	f	FV 40	Chorlton Old Birds	1:22:15
174	2801	Gail O'Hare	f	FV 50	Chorlton Old Birds	1:22:16
175	2746	Nicola Kay	f	FV 40	Horwich RMI Harriers	1:22:39
176	2749	Michael Kay	m	MV 40	U/A Higher Wheelton, Lancashire	1:22:40
177	2733	Sarah Hopkins	f	FV 40	U/A Preston, Lancs	1:22:44
178	2773	Briony Mawson	f	FV 60	U/A Tadcaster, North Yorkshire	1:22:57
179	2793	Theresa Murray	f	FV 50	U/A Crook, Cumbria	1:23:07
180	2852	Alison Spiby	f	FV 50	U/A Windermere, Cumbria	1:23:07
181	2786	Janice Metcalf	f	FV 50	U/A Preston, Lancs.	1:23:24
182	2866	Jennifer Turner	f	FV 40	Chorlton Runners	1:23:31
183	2695	Anna Dove	f	FV 40	U/A Ulverston	1:24:03
184	2741	Mahfuzul Islam	m	MV 40	U/A Sabden,	1:24:04
185	3171	Karen Cummings	f	FV 50	U/A St Helens, Merseyside	1:24:05
186	3170	Catherine Haggerty	f		U/A St Helens, Merseyside	1:24:05
187	2748	Sinead Kay	f	FV 40	Jogging Pals	1:24:28
188	2747	Ben Kay	m	MV 40	U/A Kendal, Cumbria	1:24:30
189	2051	Anne Avison	f	FV 60	Head torches round the tarn	1:24:33
190	2765	Michelle Mahony	f	FV 40	U/A Ulverston ,	1:24:40
191	2055	Sarah Bettinson	f			1:25:08
192	2720	Penny Green	f	FV 40	U/A COOKHAM, BERKSHIRE	1:25:32
193	2890	Brian Winder	m	MV 70	Darwen Running Group	1:26:53
194	2826	Sam Robson	f	FV 50	N/a	1:26:56
195	2637	Sandra Bonner	f		U/A Greater Manchester, Lancashire	1:27:04
196	2780	Lynda McIntyre	f	FV 50	U/A Longton, Lancashire	1:27:22
197	2893	Carole Wood	f	FV 60	U/A Kendal, Cumbria	1:29:11
198	2751	Justyna Kowalska	f		U/A Bury, Lancashire	1:29:39
199	2835	Dawn Saxby	f	FV 50	U/A	1:30:03
200	2729	Mandy Haworth	f	FV 50	New Balance Run Club Keswick	1:30:04
201	2665	Paul Coldham	m	MV 50	U/A Keswick, Cumbria	1:30:06
202	2722	jeanette grimes	f	FV 60	U/A prescot, merseyside	1:31:45
203	2776	Lucy McGee	f	FV 50	U/A Sale, Cheshire	1:32:02
204	2863	Rachel TICKNER	f	FV 60	U/A Cockermonth, Cumbria	1:33:32
205	2672	Beverley Crate	f	FV 40	U/A Bedlington , Northumberland	1:34:06
206	2872	David Watson	m	MV 50	Red rose Road runners	1:34:13
207	2800	Siobhan O'Donnell	f	FV 50	U/A Hampton in Arden,	1:34:13
208	2851	Ann Spencer-Dowdeswell	f	FV 50	Knowle and Dorridge	1:34:15
209	2338	Katie Scott	f		U/A Shevington, Lancashire	1:34:25
210	3165	Rachel Bullen	f	FV 40	U/A Belvedere, Kent	1:34:26
211	2673	Helen Craven	f	FV 40	Selby Striders	1:35:11
212	3169	Sarah Green	f		DCH Run Club	1:35:21
213	2778	Sean McGleenan	m	MV 60	Dumfries Running	1:35:37
214	3164	Scott Bartlett	m	MV 40	Bexley AC	1:36:29
215	2687	Alison Dick	f	FV 50	Red rose road runners	1:37:40
216	2723	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	1:37:41
217	2837	Maf Servante Haddow	f	FV 50	Furness Fell Runners	1:41:53
218	2829	David Rosen	m	MV 60	Lancaster & Morecambe AC	1:44:36
219	2417	Christina Davies	f		Team inov-8	1:44:58
220	2663	Wyn Clayton	f	FV 70	Women on the Run	1:45:03
221	2764	Nepriisa Maamo	f	FV 40	U/A Dartford ,	1:45:33
222	2813	Tina Pye	f	FV 40	U/A Warrington ,	1:47:38
223	2787	Allyson Miller	f	FV 40	U/A Chorley, Lancashire	1:48:24
224	2843	Nicola Smith	f	FV 40		1:58:43
225	2827	Chris Robson	m	MV 80	St Bees Triers	2:01:55
226	2777	Shaun McGee	m	MV 50	Sale Harriers	2:05:15

Number of records: 226