

Lakeland Trails in Coniston

Coniston Trail Run 10K

Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
Coniston Trail Run 10K						
1.	2772	Tom Martin	m		Metro Running Club Aberdeen	0:45:03
2.	2611	Scott Affleck	m	MV 40	U/A Inverkeithing, United Kingdom	1:14:05
3.	2888	Richard Wilson	m	MV 40	Kendal AC	1:04:16
4.	2657	Tim Chadwick	m		Skipton ac	0:48:14
5.	2889	Matt Wilson	m	MV 40	Kendal AC	1:05:16
6.	2676	Harriet Cross	f		Metro Aberdeen Running Club	1:24:07
7.	2638	Mitchell Boocock	m		Pudsey & Bramley AC	0:49:52
8.	2624	James Barsby	m		U/A clitheroe, Lancashire	0:49:08
9.	2612	Jack Akister	m		U/A Morecambe ,	1:18:12
10.	2806	Stuart Parry	m	MV 40	Northern Fells Running Club	1:06:40
11.	2293	Elvis Mitchell	m		N/A	1:17:43
12.	2126	Marc Ellis	m	MV 40	U/A Darlington , Durham	1:15:49
13.	2724	Ronnie Haddow	m	MV 50	Furness Fell Runners	1:32:28
14.	2874	Adam Wedgwood	m	MV 40	U/A Cocker mouth,	1:11:31
15.	3168	Lara Clayson	f		Brighton and Hove Athletics	1:25:54
16.	2771	amelie marshall	f		eden runners	1:45:13
17.	2378	Ella Parry	f		Team inov-8	0:53:28
18.	2702	Adrian Filipek	m		U/A Coniston, Cumbria	1:31:52
19.	3166	James Burke	m		U/A Knutsford	1:21:40
20.	2704	Molly Fitches	f		U/A Dundee, Angus	0:55:50
21.	2740	Graham Ingham	m	MV 50	U/A Kirkham,	1:38:56
22.	2703	Adrian Fitch	m	MV 50	U/A St Helens, Merseyside	1:34:01
23.	2849	Garth Spencer	m		Ribble Valley Triathlon Club	1:57:12
24.	2887	Daniel Wilson	m		U/A Jedburgh,	2:00:18
25.	2048	Robbie Jones	m	MV 50		1:20:37
26.	2708	James Gaffney	m		U/A	0:55:48
27.	2303	Laurie Crayston	m		Ascendancy Apparel	0:56:44
28.	2675	Edward Crisp	m	MV 40	Triathlon Coaching UK	1:33:19
29.	2719	Barry Green	m	MV 40	Cookham Running Club	0:59:38
30.	2635	Mark Blundell	m	MV 50	U/A Ormskirk , Lancashire	1:28:54
31.	2674	Adrian Craven	m	MV 50	Selby Striders	1:32:56
32.	2886	John Wilson	m	MV 40	U/A Warrington ,	2:02:21
33.	2758	Nick Lewthwaite	m	MV 40	U/A Windermere, Cumbria	1:03:20
34.	2617	Susie Anton	f		Susie Anton PT & Fitness	1:03:41
35.	2759	Peter Llewellyn	m	MV 50	Bowland Fell Runners	0:57:44
36.	2159	Vicki Greenall	f	FV 50	U/A Wigan, Lancs	2:03:46
37.	2735	David Hull	m	MV 50	U/A Nr Chorley, Lancashire	1:40:46
38.	2616	Luke Anderson	m		U/A Liverpool, United Kingdom	1:03:58
39.	2664	Tanya Coates	f		Unattached	1:02:05
40.	2763	Anthony Lynch	m		U/A Greater Manchester, Lancashire	1:49:08
41.	2151	Judith Wall	f	FV 40	Manchester Triathlon club	1:11:11
42.	2877	Elizabeth White	f	FV 40	U/A Ulverston,	2:03:30
43.	2047	Jon Blackshaw	m	MV 40	U/A Manchester,	1:23:53
44.	2670	Paul Corkill	m	MV 40	Levens Valley	1:34:56
45.	2146	Lee Norris	m	MV 40	Wigan Harriers	1:27:00
46.	2734	Steve Howell	m	MV 50	Quakers Running Club	1:42:02
47.	2726	Liam Hall	m		U/A Chester-le-Street, Durham	1:41:18
48.	3161	Oliver Lees	m	MV 40	U/A Leeds, West Yorkshire	1:50:28
49.	2796	Sophie Newbould	f		Skipton ac	1:33:58
50.	2824	Joseph Ritson	m	MV 60	Derwent AC Cocker mouth	1:59:04
51.	2164	Paul wood	m	MV 40	U/A worsley,	1:27:09
52.	2884	Chris Willmott	m		U/A Leicester,	1:09:11
53.	2277	James Galloway-Booth	m		U/A BUXTON,	1:23:26
54.	2781	Joanne Mcleod	f	FV 50	Barrow and Furness Striders ac	1:55:30
55.	2667	Mike Collins	m	MV 40	U/A Whitley Bay, Tyne and Wear	1:08:46
56.	3173	Barry Marsh	m	MV 50	Istead & Ifield Harriers	1:54:10
57.	2053	Philip Grace	m			1:27:26
58.	2838	Chris Shaw	m	MV 50	Dark Peak Fell Runners	2:02:28
59.	2621	jerry barnes	m	MV 60	york acorn running club	1:31:49
60.	2870	Louise Wareing	f	FV 40	Lancaster and Morecambe AC	2:06:50
61.	2871	Russell Wareing	m	MV 40	Lancaster and Morecambe AC	2:06:51
62.	2620	Michael Ball	m	MV 40	U/A Swindon, Wiltshire	1:09:56
63.	2668	Pip Conlon	f		Derwent Athletic Club	1:38:58
64.	2916	David Bayliss	m	MV 40	Red Rose Road Runners	2:09:02
65.	2588	Kelly Staunton	f		Billinge Running Club	1:05:20
66.	2652	Jamie Butler	m		Birstall RC	1:11:19
67.	2677	John Croxford	m	MV 60	U/A Coniston, Cumbria	1:24:20
68.	2622	Pat Barnes	m		U/A Leeds, Yorkshire	1:34:20
69.	2873	Bill Watts	m	MV 50	Riversway Road Runners	2:07:27
70.	2035	Nicholas Schaffer	m			1:26:25
71.	2697	Louise Dunsdon	f	FV 40	U/A Manchester,	1:41:28
72.	2821	John Reynolds	m	MV 60	U/A Cocker mouth, Cumbria	2:01:34
73.	3162	Simon Godfrey	m		U/A Ramsbottom ,	1:26:42
74.	2859	Laura Tattersall	f		U/A Kendal,	2:05:43
75.	2750	Michael Kendall	m		Cumberland AC	1:24:45
76.	2799	Paul O'Donnell	m	MV 50	Knowle & Dorrige Running Club	1:20:46
77.	2694	David Dodgson	m	MV 50	U/A Formby ,	1:43:26

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Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
78.	2439	Lee Demain	m		Team inov-8	1:33:37
79.	2688	Martin Dick	m	MV 50	U/A Preston, Lancs	1:21:18
80.	2898	Richard Young	m	MV 40	U/A Malmesbury, Wiltshire	1:13:31
81.	2879	Martyn Wigglesworth	m	MV 40	U/A Richmond	2:11:36
82.	2639	Jessica Booth	f		U/A Salford, Greater Manchester	1:28:37
83.	3160	Jonathan Rettig	m	MV 40	U/A Glossop,	2:04:45
84.	2682	Louise Daniels	f		U/A Bury,	1:43:54
85.	2660	Rebecca Clarke	f		U/A Kendal, Cumbria	1:16:07
86.	2766	Tiffany Mallender	f	FV 40	U/A Dacre,	1:59:23
87.	2669	DIVYA CONLON	f		U/A Cockermouth, Cumbria	1:43:31
88.	2666	Nick Collie	m	MV 50	U/A Morecambe,	1:31:43
89.	2755	Anya Lawrence	f		U/A North Shields ,	1:13:46
90.	2016	Chris Lawrence	m	MV 40	U/A	1:13:46
91.	2754	Geoff Law	m	MV 50	Birstall RC	1:15:47
92.	2823	Lucy Rigby	f		U/A Liverpool,	1:26:59
93.	2818	Steve Randall	m	MV 40	Meltham AC	1:12:00
94.	2043	Richard Partridge	m			1:32:17
95.	2880	carl wild	m		U/A bowness, cumbria	2:13:24
96.	2811	Rachael Price	f		U/A Lancaster,	2:06:32
97.	2046	Gina Curwen	f		U/A Richmond	1:32:39
98.	2855	Patrick Stapleton	m		U/A Halton,	2:10:44
99.	2862	Claire Thomson	f	FV 40	U/A Barrow-in-Furness, Cumbria	1:31:44
100.	2627	Sally Barton	f	FV 50	Hoad Hill Harriers	1:39:46
101.	2628	Simon Barton	m	MV 60	Hoad Hill Harriers	1:39:47
102.	2630	Hannah Bealt	f		The Vicky	1:30:53
103.	2698	Andrew Eland	m		U/A Kendal , Cumbria	1:30:53
104.	2653	Jenna Butler	f	FV 40	U/A Kendal, Cumbria	1:17:57
105.	2052	Mark Avison	m	MV 60	Head torches round the tarn	1:11:01
106.	2640	Mark Bottomley	m	MV 50	Idle AC	1:41:25
107.	2658	Lesley Chapman	f	FV 60	Morpeth harriers	1:17:29
108.	2642	Rick Boyfield	m	MV 50	North Norfolk Beach Runners	1:31:30
109.	2636	Bernice Blundell	f	FV 50	U/A Ormskirk, Lancashire	1:41:37
110.	2696	Damian Duffy	m	MV 40	U/A Manchester,	1:22:41
111.	2869	Clare Walker	f	FV 40	Morpeth Harriers	1:30:58
112.	2779	Nigel McIntyre	m	MV 50	U/A Longton, Lancashire	2:04:12
113.	2700	Arwa Eskander	f		COLT	1:49:12
114.	3167	Jennifer Dilworth	f	FV 50	U/A Saltdean,	1:48:27
115.	2798	Alexander newton	m		U/A Stockton-on-Tees, Durham	2:06:34
116.	2056	Tony Pilkington	m			1:36:48
117.	2788	Suzanne Mitchell	f	FV 50	U/A Ryton, Tyne and Wear	2:06:46
118.	2717	Rebecca Graham	f	FV 40	Team Nidderdale	1:51:56
119.	2646	David Brereton	m	MV 50	U/A Rochdale, Greater Manchester	1:28:19
120.	2659	Dawn Chilton	f	FV 40	U/A Preston, Lancashire	1:20:20
121.	2693	Nicola Dinsdale	f		Ribble valley Tri Club	1:49:27
122.	2812	Jemma Price	f		U/A Stockport,	1:30:35
123.	2619	Claire Atherton	f		U/A DIDSBURY, MANCHESTER	1:27:13
124.	2709	Claire Gall	f	FV 40	U/A Lytham ,	1:27:13
125.	2049	Zoe Clarke	f	FV 50		1:37:36
126.	2707	Jackie Frank	f	FV 40	U/A Redcar,	1:52:10
127.	2721	Suzanne Green	f	FV 40	Fylde Coast Runners	1:55:11
128.	2613	shelly allen	f	FV 40	U/A bury, lancashire	1:42:19
129.	2732	Alison Holmes	f	FV 50	Whitchurch tri club	1:56:20
130.	2876	Elaine White	f	FV 50	Wakefield Triathlon Club	2:17:22
131.	2690	Lara Dickinson	f		U/A Manchester, Lancashire	1:30:35
132.	2825	Sophie Roberts	f		U/A Liverpool, United Kingdom	1:19:39
133.	2731	Michael Holmes	m	MV 50	U/A Carlisle, Cumbria	1:56:41
134.	2744	Sharon Johnson	f	FV 50	U/A Spilsby, Lincolnshire	1:16:40
135.	2656	deborah catlow	f	FV 50	Blackburn Road Runners	1:47:44
136.	2860	Helen Taylor	f	FV 50	U/A Penrith , Cumbria	2:16:46
137.	2856	Kate Stewart	f		U/A Houghton le spring , Tyne and Wear	1:22:10
138.	2643	Shay Boyfield	f	FV 40	U/A Northrepps, Norfolk	1:36:45
139.	2711	Tina Gee	f	FV 60	Bingham tri	1:55:55
140.	2654	Catherine Campbell	f	FV 40	Riversway Road Runners	1:48:00
141.	2878	Cherrie Whiteley	f	FV 40	U/A Kendal,	1:24:11
142.	2335	Michael Price	m	MV 50	Team inov-8	1:31:53
143.	2830	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	2:15:05
144.	2615	Lesley Allison	f	FV 50	Eden Runners	1:45:10
145.	2784	Joanna Metcalf	f		U/A Preston, Lancashire	1:17:13
146.	2785	Nicola Metcalf	f		U/A Preston, Lancashire	1:17:13
147.	2614	Jack Allerston	m		U/A Liverpool,	1:35:18
148.	2774	Carol Maynard	f	FV 40	U/A Gatley, Cheshire	2:09:28
149.	2797	stephanie newton	f		U/A Stockton-on-Tees, Durham	2:12:35
150.	2648	Luk Ying Brown	f		U/A Manchester,	1:49:37
151.	2739	Chris Hutchinson	m	MV 60	U/A Nr Hull, East Yorkshire	2:00:47
152.	2079	Gill Nevin	f			1:43:02
153.	2650	jane burke	f	FV 50	lymm runners	1:44:17
154.	2133	Katey Burke	f		U/A Knutsford,	1:44:17
155.	2618	Susan Arrandale	f	FV 50	U/A Denton, Greater Manchester	1:30:25
156.	3172	Amanda Gray	f	FV 50	U/A Bedford, Bedfordshire	1:58:49
157.	2641	Helen Bowerman	f	FV 50	U/A York,	1:24:53

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Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
158.	2632	Nicola Bennett	f		U/A Leyland,	2:11:03
159.	2037	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	1:41:13
160.	2840	Emily Sinkinson	f		Red Rose Road Runners	2:17:53
161.	2194	Vicky Johnston	f	FV 40	St Bees Triers	1:21:06
162.	3163	Katy godfrey	f		U/A Ramsbottom,	1:42:26
163.	2854	Nicola Stanley	f	FV 40	U/A Southport,	1:35:33
164.	2629	Jayne Batt	f	FV 60	U/A York,	1:26:32
165.	2024	Paula Edwards	f			1:43:02
166.	2745	Lee Johnston	m	MV 40	U/A Southport,	1:20:09
167.	2039	Tricia Griffiths	f			1:44:12
168.	2743	Esme Johnson	f		U/A Spilsby, Lincolnshire	2:10:13
169.	2814	Karen Quan-Soon	f	FV 50	U/A Preston , Lancashire	1:39:32
170.	2737	Anne Hurcombe	f	FV 40	Julie's joggers	1:36:02
171.	2706	Sue France	f	FV 50	Julie's Joggers	1:36:02
172.	2685	Claire Deane	f	FV 50	Chorlton Old Birds	1:35:10
173.	2816	Patricia Quirke	f	FV 40	Chorlton Old Birds	1:35:10
174.	2801	Gail O'Hare	f	FV 50	Chorlton Old Birds	1:35:11
175.	2746	Nicola Kay	f	FV 40	Horwich RMI Harriers	1:38:35
176.	2749	Michael Kay	m	MV 40	U/A Higher Wheelton, Lancashire	1:38:36
177.	2733	Sarah Hopkins	f	FV 40	U/A Preston, Lancs	1:31:39
178.	2773	Briony Mawson	f	FV 60	U/A Tadcaster, North Yorkshire	1:26:51
179.	2793	Theresa Murray	f	FV 50	U/A Crook, Cumbria	1:39:02
180.	2852	Alison Spiby	f	FV 50	U/A Windermere, Cumbria	1:39:02
181.	2786	Janice Metcalf	f	FV 50	U/A Preston, Lancs.	3:44:19
182.	2866	Jennifer Turner	f	FV 40	Chorlton Runners	1:42:27
183.	2695	Anna Dove	f	FV 40	U/A Ulverston	1:27:56
184.	2741	Mahfuzul Islam	m	MV 40	U/A Sabden,	2:07:59
185.	3171	Karen Cummings	f	FV 50	U/A St Helens, Merseyside	1:35:59
186.	3170	Catherine Haggerty	f		U/A St Helens, Merseyside	1:36:00
187.	2748	Sinead Kay	f	FV 40	Jogging Pals	2:14:23
188.	2747	Ben Kay	m	MV 40	U/A Kendal, Cumbria	2:14:24
189.	2051	Anne Avison	f	FV 60	Head torches round the tarn	1:49:29
190.	2765	Michelle Mahony	f	FV 40	U/A Ulverston ,	2:16:36
191.	2055	Sarah Bettinson	f			1:28:58
192.	2720	Penny Green	f	FV 40	U/A COOKHAM, BERKSHIRE	2:07:27
193.	2890	Brian Winder	m	MV 70	Darwen Running Group	2:32:48
194.	2826	Sam Robson	f	FV 50	N/a	1:47:52
195.	2637	Sandra Bonner	f		U/A Greater Manchester, Lancashire	1:58:59
196.	2780	Lynda McIntyre	f	FV 50	U/A Longton, Lancashire	2:21:17
197.	2893	Carole Wood	f	FV 60	U/A Kendal, Cumbria	1:29:07
198.	2751	Justyna Kowalska	f		U/A Bury, Lancashire	2:19:33
199.	2835	Dawn Saxby	f	FV 50	U/A	1:40:59
200.	2729	Mandy Haworth	f	FV 50	New Balance Run Club Keswick	1:40:58
201.	2665	Paul Coldham	m	MV 50	U/A Keswick, Cumbria	1:40:58
202.	2722	jeanette grimes	f	FV 60	U/A prescot, merseyside	2:13:41
203.	2776	Lucy McGee	f	FV 50	U/A Sale, Cheshire	2:24:56
204.	2863	Rachel TICKNER	f	FV 60	U/A Cockermonth, Cumbria	2:36:26
205.	2672	Beverley Crate	f	FV 40	U/A Bedlington , Northumberland	2:10:01
206.	2872	David Watson	m	MV 50	Red rose Road runners	2:38:10
207.	2800	Siobhan O'Donnell	f	FV 50	U/A Hampton in Arden,	1:51:09
208.	2851	Ann Spencer-Dowdeswell	f	FV 50	Knowle and Dorridge	1:51:10
209.	2338	Katie Scott	f		U/A Shevington, Lancashire	2:02:19
210.	3165	Rachel Bullen	f	FV 40	U/A Belvedere, Kent	2:07:21
211.	2673	Helen Craven	f	FV 40	Selby Striders	2:11:06
212.	3169	Sarah Green	f		DCH Run Club	1:46:17
213.	2778	Sean McGleenan	m	MV 60	Dumfries Running	2:28:32
214.	3164	Scott Bartlett	m	MV 40	Bexley AC	2:07:24
215.	2687	Alison Dick	f	FV 50	Red rose road runners	1:52:36
216.	2723	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	1:52:36
217.	2837	Maf Servante Haddow	f	FV 50	Furness Fell Runners	2:41:48
218.	2829	David Rosen	m	MV 60	Lancaster & Morecambe AC	2:43:32
219.	2417	Christina Davies	f		Team inov-8	2:12:58
220.	2663	Wyn Clayton	f	FV 70	Women on the Run	1:53:59
221.	2764	Nepriisa Maamo	f	FV 40	U/A Dartford ,	2:37:28
222.	2813	Tina Pye	f	FV 40	U/A Warrington ,	2:45:34
223.	2787	Allyson Miller	f	FV 40	U/A Chorley, Lancashire	2:42:18
224.	2843	Nicola Smith	f	FV 40		2:59:37
225.	2827	Chris Robson	m	MV 80	St Bees Triers	2:22:51
226.	2777	Shaun McGee	m	MV 50	Sale Harriers	2:58:10

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