

**Coniston 10k Trail Run 2025**

<b>Overall</b>	<b>Bib</b>	<b>Name</b>	<b>Gender</b>	<b>AG</b>
1	710	William Laye	m	
2	519	Bethan Lowe	w	
3	313	Paul Atack	m	MV 50
4	347	Macauley Bond	m	
5	681	Nicholas Brown	m	MV 40
6	401	Sharon Dixon	w	FV 50
7	709	Eliott Irwin	m	
8	495	Dom Kirby	m	MV 40
9	135	John Gorman	m	MV 40
10	477	Sophie Hunt	w	
11	662	Oliver Wilson	m	U25
12	434	Nigel Grove	m	MV 50
13	671	Bruce Austin	m	U25
14	539	Daniel McDonagh	m	
15	514	Robert Leigh	m	
16	707	Bryn Hewetson	w	
17	165	Patrick Baines	m	U21
18	750	Will Knight	m	
19	147	Joe McCann	m	
20	363	Emma Carr	w	
21	387	Amy Cope	w	FV 40
22	195	Matt Lannaghan	m	U21
23	432	Chris Griffiths	m	
24	644	Thomas Ward	m	MV 40
25	79	Iona Barrowdale	w	U21
26	301	Paul Aitken	m	
27	738	Jessica Booth	w	
28	430	Jose Gonzalez	m	
29	322	Callum Barnes	m	
30	661	Mark Wilson	m	MV 50
31	422	Katie Fyall	w	
32	556	Kelvin Palmer	m	MV 40
33	181	Mathew Fairhurst	m	
34	740	Charlie Brookes	m	
35	723	Harper Short	w	U21
36	336	Rob Bennion	m	MV 50
37	540	Andrew Melvin	m	MV 40
38	404	Andrea Donaldson	w	FV 40
39	346	mark bolton	m	MV 50
40	392	Rachel Crow	w	
41	378	Eleanor Coates	w	
42	756	Sally McFarlane	w	FV 50
43	527	Dan Maltman	m	MV 50

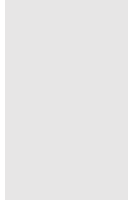
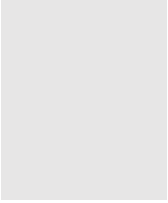
<b>44</b>	742	<b>Sandra Connell</b>	w	FV 60
<b>45</b>	145	<b>Toby Macneil</b>	m	
<b>46</b>	696	<b>CLIFF ETHERDEN</b>	m	MV 70
<b>47</b>	94	<b>Michelle McCarthy</b>	w	
<b>48</b>	646	<b>Jackie Watts</b>	w	FV 40
<b>49</b>	150	<b>Owen Peacock</b>	m	MV 50
<b>50</b>	314	<b>Graeme Atkinson</b>	m	MV 50
<b>51</b>	400	<b>Amy de Nobriga</b>	w	FV 40
<b>52</b>	130	<b>Christopher D'Arcy</b>	m	MV 50
<b>53</b>	129	<b>Stuart Cook</b>	m	MV 50
<b>54</b>	23	<b>Caroline D'Arcy</b>	w	FV 50
<b>55</b>	335	<b>Steve Bellamy</b>	m	MV 40
<b>56</b>	390	<b>Donna Crabtree</b>	w	FV 50
<b>57</b>	253	<b>Ian Wallace</b>	m	
<b>58</b>	755	<b>Paul Marechal</b>	m	
<b>59</b>	552	<b>TREVESSA NEWTON</b>	w	FV 50
<b>60</b>	559	<b>Iain Peacock</b>	m	MV 40
<b>61</b>	403	<b>David Dodgson</b>	m	MV 50
<b>62</b>	622	<b>Christopher Taylor</b>	m	MV 40
<b>63</b>	123	<b>Glyn Arthur</b>	m	
<b>64</b>	139	<b>Josh Harrison</b>	m	
<b>65</b>	526	<b>Dale Madu</b>	m	
<b>66</b>	309	<b>D Armstrong</b>	m	
<b>67</b>	564	<b>Daniel Pope</b>	m	
<b>68</b>	151	<b>Samuel Peacock</b>	m	U21
<b>69</b>	541	<b>Ian Midgley</b>	m	MV 50
<b>70</b>	659	<b>Alan Wilson</b>	m	MV 60
<b>71</b>	88	<b>Emma Hewerdine</b>	w	FV 50
<b>72</b>	557	<b>Alan Parker</b>	m	MV 60
<b>73</b>	630	<b>Deborah Thorneycroft</b>	w	FV 60
<b>74</b>	727	<b>Ryan Thompson</b>	m	
<b>75</b>	99	<b>Shirley Spratt</b>	w	FV 60
<b>76</b>	302	<b>Mark Aldam</b>	m	MV 60
<b>77</b>	247	<b>Philip Loftus</b>	m	MV 60
<b>78</b>	138	<b>Jake Harrison</b>	m	U25
<b>79</b>	629	<b>Alison Thorburn</b>	w	FV 50
<b>80</b>	650	<b>Anna Whelan</b>	w	
<b>81</b>	513	<b>Gill Leigh</b>	w	FV 50
<b>82</b>	599	<b>Belinda Schofield</b>	w	FV 50
<b>83</b>	640	<b>Ian Walker</b>	m	MV 60
<b>84</b>	207	<b>Dave Pilkington</b>	m	MV 60
<b>85</b>	373	<b>Richard Clements</b>	m	MV 50
<b>86</b>	589	<b>Megan Roys</b>	w	
<b>87</b>	251	<b>Mark Procter</b>	m	MV 50
<b>88</b>	673	<b>Roy Austin</b>	m	U21

<b>89</b>	178	<b>Niall Denham</b>	m	
<b>90</b>	84	<b>Sophie Denham</b>	w	
<b>91</b>	711	<b>Nick Lewer</b>	m	MV 70
<b>92</b>	317	<b>Stephanie Bairet</b>	w	FV 40
<b>93</b>	437	<b>Sarah Hall</b>	w	FV 40
<b>94</b>	605	<b>Alexandra Smith</b>	w	
<b>95</b>	158	<b>Alexia Taylor</b>	w	FV 40
<b>96</b>	603	<b>Mark Shaw</b>	m	MV 60
<b>97</b>	551	<b>Robert Myatt</b>	m	MV 60
<b>98</b>	582	<b>Nikita Ronald</b>	w	
<b>99</b>	685	<b>Paula Carroll</b>	w	FV 40
<b>100</b>	368	<b>Rachael Chapples</b>	w	FV 40
<b>101</b>	617	<b>Kim Stephenson</b>	w	
<b>102</b>	90	<b>Emma Laking</b>	w	
<b>103</b>	753	<b>Katy Lewis</b>	w	FV 60
<b>104</b>	715	<b>Charlotte Nixon</b>	w	
<b>105</b>	128	<b>Tim Coid</b>	m	MV 40
<b>106</b>	40	<b>CAROLE Brown</b>	w	FV 50
<b>107</b>	190	<b>Bruce Howorth</b>	m	MV 60
<b>108</b>	748	<b>Susie Hodgson</b>	w	FV 40
<b>109</b>	651	<b>Simon Whelan</b>	m	MV 50
<b>110</b>	411	<b>Rose Egan</b>	w	FV 60
<b>111</b>	211	<b>Lester Smith</b>	m	MV 50
<b>112</b>	241	<b>Liam Aplin</b>	m	MV 50
<b>113</b>	613	<b>Nicola Stanley</b>	w	FV 50
<b>114</b>	43	<b>angela danskin</b>	w	FV 50
<b>115</b>	308	<b>Shelley Aplin</b>	w	FV 40
<b>116</b>	104	<b>Carol Culley</b>	w	FV 50
<b>117</b>	658	<b>Isobel Williamson</b>	w	FV 70
<b>118</b>	244	<b>Mark Gean-Hughes</b>	m	MV 50
<b>119</b>	766	<b>Leanne Topcuoglu</b>	w	FV 40
<b>120</b>	91	<b>Andrea Lancaster</b>	w	FV 50
<b>121</b>	77	<b>Rebecca Bailey</b>	w	FV 40
<b>122</b>	758	<b>Laura Pilkington</b>	w	
<b>123</b>	144	<b>Dominic Lowry</b>	m	MV 40
<b>124</b>	580	<b>David Rogers</b>	m	MV 50
<b>125</b>	306	<b>Matthew Almond</b>	m	MV 40
<b>126</b>	76	<b>Chloe Almond</b>	w	
<b>127</b>	210	<b>Zain Shahed</b>	m	
<b>128</b>	505	<b>Lee Lawrenson</b>	m	MV 40
<b>129</b>	152	<b>Tony Priest</b>	m	MV 50
<b>130</b>	462	<b>Ben Higginson</b>	m	MV 70
<b>131</b>	42	<b>Jill Croskell</b>	w	FV 70
<b>132</b>	412	<b>Katy England</b>	w	FV 40
<b>133</b>	34	<b>Caroline Allen</b>	w	FV 40

<b>134</b>	173	<b>Angie Cook</b>	w	FV 50
<b>135</b>	655	<b>Tania Wild</b>	w	FV 40
<b>136</b>	356	<b>Gemma Burke</b>	w	FV 40
<b>137</b>	641	<b>Pete Wallwork</b>	m	MV 40
<b>138</b>	699	<b>Lucy Foster</b>	w	U25
<b>139</b>	729	<b>Kitty Towndrow</b>	w	U25
<b>140</b>	741	<b>Andrea Counce</b>	w	FV 50
<b>141</b>	320	<b>Judith Barker</b>	w	FV 50
<b>142</b>	510	<b>Cath Lee</b>	w	FV 60
<b>143</b>	694	<b>Abbey Davison</b>	w	
<b>144</b>	478	<b>Mahfuzul Islam</b>	m	MV 40
<b>145</b>	52	<b>Nicola McIntosh</b>	w	FV 50
<b>146</b>	131	<b>Phil Dixon</b>	m	MV 60
<b>147</b>	704	<b>Joanne Hall</b>	w	FV 40
<b>148</b>	201	<b>Rebecca McCormick</b>	w	
<b>149</b>	228	<b>David Wingate</b>	m	MV 50
<b>150</b>	86	<b>Gillian Felton</b>	w	FV 50
<b>151</b>	189	<b>Jonathan Hobson</b>	m	MV 50
<b>152</b>	25	<b>Jackie Frank</b>	w	FV 40
<b>153</b>	148	<b>Iain Melville</b>	m	MV 60
<b>154</b>	171	<b>Richard Campbell</b>	m	MV 40
<b>155</b>	60	<b>Nicola Loftus</b>	w	
<b>156</b>	89	<b>Eleanor Hooson</b>	w	
<b>157</b>	457	<b>Chris Herbert</b>	m	MV 50
<b>158</b>	459	<b>martha herbert</b>	w	U25
<b>159</b>	53	<b>Rachel Hickman</b>	w	
<b>160</b>	227	<b>Sheila Williamson</b>	w	FV 60
<b>161</b>	674	<b>Tumkeen Badulla</b>	w	
<b>162</b>	716	<b>Elise Norbury</b>	w	FV 40
<b>163</b>	546	<b>Anton Moss</b>	m	
<b>164</b>	688	<b>Natasha Cruickshank</b>	w	FV 40
<b>165</b>	764	<b>Chloe Taylor</b>	w	
<b>166</b>	46	<b>Sue France</b>	w	FV 60
<b>167</b>	759	<b>Tony Pilkington</b>	m	MV 60
<b>168</b>	543	<b>Sophie Monk</b>	w	
<b>169</b>	452	<b>Andy Hayes</b>	m	MV 50
<b>170</b>	143	<b>Alex Lees</b>	w	
<b>171</b>	66	<b>Ginny Ritchens</b>	w	FV 40
<b>172</b>	474	<b>Vanessa Hristova</b>	w	
<b>173</b>	51	<b>Melissa Grocock</b>	w	FV 40
<b>174</b>	240	<b>Kate Wyncoll</b>	w	
<b>175</b>	577	<b>Joseph Ritson</b>	m	MV 60
<b>176</b>	417	<b>Jenny Foster</b>	w	FV 40
<b>177</b>	584	<b>David Rosen</b>	m	MV 70
<b>178</b>	33	<b>Sandra Allan</b>	w	FV 60

<b>179</b>	518	<b>Mark Long</b>	m	MV 40
<b>180</b>	351	<b>Helen Bowerman</b>	w	FV 50
<b>181</b>	198	<b>David Mackarel</b>	m	MV 40
<b>182</b>	62	<b>Sarah Mackarel</b>	w	
<b>183</b>	763	<b>Betty Stephenson</b>	w	FV 40
<b>184</b>	490	<b>Julie Kelly</b>	w	FV 60
<b>185</b>	47	<b>Rach Garner</b>	w	FV 50
<b>186</b>	533	<b>Patrick Matthews</b>	m	MV 70
<b>187</b>	72	<b>Julie Walton</b>	w	FV 60
<b>188</b>	713	<b>Robert Mundy</b>	m	MV 70
<b>189</b>	64	<b>Vicki Moretti</b>	w	FV 40
<b>190</b>	183	<b>Georgina Fisher</b>	w	
<b>191</b>	626	<b>Mark Taylor</b>	m	MV 60
<b>192</b>	611	<b>Joanna Sparkman</b>	w	FV 50
<b>193</b>	573	<b>Dawn Reed</b>	w	FV 50
<b>194</b>	328	<b>Martin Bates</b>	m	MV 60
<b>195</b>	255	<b>Lyndon Woolley</b>	m	
<b>196</b>	469	<b>Pamela Howard</b>	w	FV 70
<b>197</b>	344	<b>Phil Blaylock</b>	m	MV 50
<b>198</b>	163	<b>Brian Winder</b>	m	MV 70
<b>199</b>	666	<b>Ruth Wood</b>	w	FV 40
<b>200</b>	501	<b>Anand Lanka</b>	m	MV 50
<b>201</b>	388	<b>Dave Cope</b>	m	MV 70
<b>202</b>	78	<b>Nicky Barker</b>	w	FV 50
<b>203</b>	166	<b>Lucy Barker</b>	w	
<b>204</b>	50	<b>Gill Greaves</b>	w	FV 60
<b>205</b>	203	<b>Jane Mooney</b>	w	FV 40
<b>206</b>	321	<b>Becki Barnes</b>	w	FV 50
<b>207</b>	191	<b>Emily Johnson</b>	w	
<b>208</b>	146	<b>Jane Malcolm</b>	w	FV 50
<b>209</b>	487	<b>Nicola Joyce</b>	w	FV 50
<b>210</b>	504	<b>Rachel Latham</b>	w	FV 50
<b>211</b>	334	<b>Gillian Bell</b>	w	FV 50
<b>212</b>	21	<b>Imogen Beadsmoore</b>	w	U25
<b>213</b>	55	<b>Janet Holmes</b>	w	FV 70
<b>214</b>	550	<b>Ann Myatt</b>	w	FV 60
<b>215</b>	248	<b>Paul Mcmonagle</b>	m	MV 40
<b>216</b>	345	<b>Mary Bloye</b>	w	FV 60
<b>217</b>	410	<b>Suzannah Dykes</b>	w	FV 50
<b>218</b>	647	<b>Alison Webster</b>	w	FV 50
<b>219</b>	463	<b>Kathryn Hodson</b>	w	FV 50
<b>220</b>	697	<b>Kelly Flett</b>	w	FV 40
<b>221</b>	769	<b>Amanda Berry</b>	w	FV 60
<b>222</b>	695	<b>STACEY DEXETER</b>	w	
<b>223</b>	768	<b>Samantha Livesey</b>	w	FV 40

<b>224</b>	415	<b>Linda Farquhar</b>	w	FV 70
<b>225</b>	39	<b>Caroline Bowsher</b>	w	FV 60
<b>226</b>	512	<b>Yvonne Leech</b>	w	FV 60
<b>227</b>	243	<b>Gaynor Clarke</b>	w	FV 40
<b>228</b>	67	<b>Lorraine Rogers</b>	w	FV 50
<b>229</b>	28	<b>Rebecca Kendrick</b>	w	FV 40
<b>230</b>	154	<b>Kizzy Snow</b>	w	FV 40



<b>Club</b>	<b>Time</b>
Howgill Harriers	0:46:47
	0:46:58
	0:48:30
	0:49:08
Trafford AC	0:51:55
Furness Fell Runners	0:51:58
Heaton Harriers	0:52:23
LSARRC	0:53:57
	0:54:15
	0:54:18
Glaxo Hoad Hill Harriers	0:54:33
	0:54:50
	0:55:10
	0:56:12
	0:56:20
	0:56:45
	0:57:41
	0:58:22
	0:58:28
	0:58:38
Watford Joggers	0:58:56
	0:59:14
	0:59:38
	1:01:03
Leven Valley AC	1:02:54
	1:02:28
	1:03:57
	1:04:38
Red Rose Road Runners	1:04:48
No Drama Llamas Running	1:05:37
	1:05:52
	1:05:54
	01:06:32
	01:06:44
	01:07:03
	01:07:13
	01:07:20
St Bees Triers	01:07:20
	01:07:34
	01:07:40
	01:08:06
None	01:08:19
	01:08:25

	<b>01:08:37</b>
	<b>01:08:41</b>
	<b>01:08:42</b>
	<b>01:08:46</b>
	<b>01:09:04</b>
	<b>01:09:13</b>
	<b>01:09:14</b>
Sowerby Bridge Snails	<b>01:09:15</b>
	<b>01:09:36</b>
	<b>01:09:51</b>
	<b>01:09:51</b>
Red Rose Road Runners	<b>01:09:59</b>
Red Rose Road Runners	<b>01:09:59</b>
	<b>01:10:00</b>
	<b>01:10:07</b>
	<b>01:10:12</b>
	<b>01:10:13</b>
	<b>01:10:27</b>
	<b>01:10:47</b>
	<b>01:10:54</b>
	<b>01:11:15</b>
	<b>01:11:16</b>
	<b>01:11:36</b>
	<b>01:11:37</b>
	<b>01:11:55</b>
	<b>01:12:04</b>
Glaxo Hoad Hill Harriers	<b>01:12:37</b>
	<b>01:12:47</b>
	<b>01:12:50</b>
	<b>01:13:08</b>
	<b>01:13:32</b>
	<b>01:13:37</b>
	<b>01:13:46</b>
	<b>01:14:11</b>
	<b>01:14:16</b>
	<b>01:14:56</b>
	<b>01:15:11</b>
	<b>01:15:16</b>
	<b>01:15:24</b>
Glaxo Hoad Hill Harriers	<b>01:15:28</b>
	<b>01:15:33</b>
Hip Replacement Runners	<b>01:15:33</b>
	<b>01:16:36</b>
Sleaford striders	<b>01:16:37</b>
	<b>01:17:08</b>

	<b>01:17:12</b>
	<b>01:17:13</b>
	<b>01:17:15</b>
	<b>01:17:15</b>
Roundhay Runners	<b>01:17:54</b>
	<b>01:18:15</b>
	<b>01:18:19</b>
	<b>01:18:56</b>
	<b>01:19:00</b>
	<b>01:19:21</b>
	<b>01:19:30</b>
	<b>01:19:35</b>
	<b>01:19:35</b>
	<b>01:19:48</b>
	<b>01:20:02</b>
	<b>01:20:39</b>
Washington Running Club	<b>01:20:53</b>
	<b>01:20:54</b>
	<b>01:20:57</b>
	<b>01:20:59</b>
	<b>01:21:01</b>
Cheshire Hash House Harriers	<b>01:21:07</b>
	<b>01:21:21</b>
	<b>01:21:23</b>
	<b>01:21:25</b>
	<b>01:21:32</b>
	<b>01:21:34</b>
	<b>01:21:39</b>
	<b>01:21:47</b>
	<b>01:21:55</b>
ACF Standish	<b>01:21:55</b>
	<b>01:21:55</b>
	<b>01:22:14</b>
	<b>01:22:16</b>
Finedon Gladstones	<b>01:22:18</b>
Lonely Goat Running	<b>01:22:24</b>
Lancaster Runners	<b>01:22:29</b>
Lancaster Runners	<b>01:22:29</b>
	<b>01:22:33</b>
	<b>01:22:36</b>
	<b>01:22:37</b>
Preston Harriers	<b>01:22:50</b>
	<b>01:22:51</b>
	<b>01:23:15</b>
	<b>01:23:16</b>

	<b>01:23:18</b>
Lymm Running Club	<b>01:23:21</b>
	<b>01:23:23</b>
	<b>01:23:33</b>
	<b>01:23:39</b>
	<b>01:23:44</b>
	<b>01:24:08</b>
	<b>01:24:16</b>
	<b>01:24:39</b>
	<b>01:24:47</b>
	<b>01:25:06</b>
	<b>01:25:06</b>
	<b>01:25:26</b>
Stockton striders athletics club	<b>01:25:36</b>
	<b>01:25:36</b>
	<b>01:25:46</b>
	<b>01:26:04</b>
	<b>01:26:30</b>
	<b>01:26:40</b>
	<b>01:26:43</b>
	<b>01:26:43</b>
N/A	<b>01:26:44</b>
	<b>01:26:48</b>
	<b>01:27:05</b>
	<b>01:27:06</b>
	<b>01:27:38</b>
	<b>01:27:41</b>
	<b>01:27:41</b>
	<b>01:27:41</b>
	<b>01:27:43</b>
	<b>01:28:25</b>
	<b>01:28:57</b>
Wigan Harriers	<b>01:30:58</b>
Penwortham Panthers	<b>01:31:05</b>
	<b>01:31:28</b>
	<b>01:31:30</b>
	<b>01:32:10</b>
	<b>01:32:14</b>
	<b>01:32:50</b>
	<b>01:33:25</b>
	<b>01:33:34</b>
Derwent Ac Cockermouth	<b>01:33:40</b>
	<b>01:33:55</b>
Lancaster & Morecambe AC	<b>01:34:00</b>
Fellside Ladies	<b>01:34:01</b>

	<b>01:34:28</b>
	<b>01:34:35</b>
	<b>01:34:46</b>
	<b>01:34:46</b>
	<b>01:35:03</b>
St Bees Triers	<b>01:35:19</b>
Prestwich AC	<b>01:35:26</b>
Wells City Harriers	<b>01:35:27</b>
Notts Women Runners	<b>01:35:48</b>
	<b>01:35:54</b>
	<b>01:37:19</b>
	<b>01:37:36</b>
	<b>01:37:41</b>
Lymm Runners	<b>01:37:47</b>
Lymm Runners	<b>01:37:54</b>
Wesham Road Runners	<b>01:38:12</b>
N/A	<b>01:38:27</b>
	<b>01:39:16</b>
Lakeland Trails	<b>01:39:18</b>
Trailblazers	<b>01:39:26</b>
	<b>01:39:48</b>
	<b>01:39:57</b>
	<b>01:40:59</b>
	<b>01:41:09</b>
	<b>01:41:09</b>
Holmfirth Harriers	<b>01:42:22</b>
	<b>01:42:59</b>
Wigan and district harriers ac	<b>01:43:40</b>
	<b>01:43:48</b>
The Kilted Lassies	<b>01:45:12</b>
	<b>01:45:44</b>
	<b>01:45:46</b>
Tynedale Harriers	<b>01:46:23</b>
	<b>01:46:23</b>
St Helens Striders	<b>01:47:11</b>
Cheadle	<b>01:47:21</b>
	<b>01:47:27</b>
	<b>01:48:12</b>
	<b>01:51:31</b>
	<b>01:51:31</b>
Wigan & District Harriers & AC	<b>01:52:32</b>
	<b>01:53:31</b>
Red Rose Road Runners	<b>01:53:31</b>
	<b>01:54:24</b>
	<b>01:54:24</b>

St Bees Triers	<b>01:55:47</b>
	<b>01:56:05</b>
St.Bees Triers	<b>2:00:13</b>
Fordy Runs Running Club	<b>02:13:48</b>
	<b>02:13:48</b>
	<b>02:13:48</b>
	<b>02:28:50</b>