

Coniston 10k Trail Run 2025

Overall	Bib	Name	Gender	AG	Club	Time
1	710	William Laye	m		Howgill Harriers	0:46:47
2	519	Bethan Lowe	w			0:46:58
3	313	Paul Atack	m	MV 50		0:48:30
4	347	Macauley Bond	m			0:49:08
5	681	Nicholas Brown	m	MV 40	Trafford AC	0:51:55
6	401	Sharon Dixon	w	FV 50	Furness Fell Runners	0:51:58
7	709	Elliott Irwin	m		Heaton Harriers	0:52:23
8	495	Dom Kirby	m	MV 40	LSARRC	0:53:57
9	135	John Gorman	m	MV 40		0:54:15
10	477	Sophie Hunt	w			0:54:18
11	662	Oliver Wilson	m	U25	Glaxo Hoad Hill Harriers	0:54:33
12	434	Nigel Grove	m	MV 50		0:54:50
13	671	Bruce Austin	m	U25		0:55:10
14	539	Daniel McDonagh	m			0:56:12
15	514	Robert Leigh	m			0:56:20
16	707	Bryn Hewetson	w			0:56:45
17	165	Patrick Baines	m	U21		0:57:41
18	750	Will Knight	m			0:58:22
19	147	Joe McCann	m			0:58:28
20	363	Emma Carr	w			0:58:38
21	387	Amy Cope	w	FV 40	Watford Joggers	0:58:56
22	195	Matt Lannaghan	m	U21		0:59:14
23	432	Chris Griffiths	m			0:59:38
24	644	Thomas Ward	m	MV 40		1:01:03
25	79	Iona Barrowdale	w	U21	Leven Valley AC	1:02:54
26	301	Paul Aitken	m			1:02:28
27	738	Jessica Booth	w			1:03:57
28	430	Jose Gonzalez	m			1:04:38
29	322	Callum Barnes	m		Red Rose Road Runners	1:04:48
30	661	Mark Wilson	m	MV 50	No Drama Llamas Running	1:05:37
31	422	Katie Fyall	w			1:05:52

32	556	Kelvin Palmer	m	MV 40		1:05:54
33	181	Mathew Fairhurst	m			01:06:32
34	740	Charlie Brookes	m			01:06:44
35	723	Harper Short	w	U21		01:07:03
36	336	Rob Bennion	m	MV 50		01:07:13
37	540	Andrew Melvin	m	MV 40		01:07:20
38	404	Andrea Donaldson	w	FV 40	St Bees Triers	01:07:20
39	346	mark bolton	m	MV 50		01:07:34
40	392	Rachel Crow	w			01:07:40
41	378	Eleanor Coates	w			01:08:06
42	756	Sally McFarlane	w	FV 50	None	01:08:19
43	527	Dan Maltman	m	MV 50		01:08:25
44	742	Sandra Connell	w	FV 60		01:08:37
45	145	Toby Macneil	m			01:08:41
46	696	CLIFF ETHERDEN	m	MV 70		01:08:42
47	94	Michelle McCarthy	w			01:08:46
48	646	Jackie Watts	w	FV 40		01:09:04
49	150	Owen Peacock	m	MV 50		01:09:13
50	314	Graeme Atkinson	m	MV 50		01:09:14
51	400	Amy de Nobriga	w	FV 40	Sowerby Bridge Snails	01:09:15
52	130	Christopher D'Arcy	m	MV 50		01:09:36
53	129	Stuart Cook	m	MV 50		01:09:51
54	23	Caroline D'Arcy	w	FV 50		01:09:51
55	335	Steve Bellamy	m	MV 40	Red Rose Road Runners	01:09:59
56	390	Donna Crabtree	w	FV 50	Red Rose Road Runners	01:09:59
57	253	Ian Wallace	m			01:10:00
58	755	Paul Marechal	m			01:10:07
59	552	TREVESSA NEWTON	w	FV 50		01:10:12
60	559	Iain Peacock	m	MV 40		01:10:13
61	403	David Dodgson	m	MV 50		01:10:27
62	622	Christopher Taylor	m	MV 40		01:10:47
63	123	Glyn Arthur	m			01:10:54
64	139	Josh Harrison	m			01:11:15

65	526	Dale Madu	m			01:11:16
66	309	D Armstrong	m			01:11:36
67	564	Daniel Pope	m			01:11:37
68	151	Samuel Peacock	m	U21		01:11:55
69	541	Ian Midgley	m	MV 50		01:12:04
70	659	Alan Wilson	m	MV 60	Glaxo Hoad Hill Harriers	01:12:37
71	88	Emma Hewerdine	w	FV 50		01:12:47
72	557	Alan Parker	m	MV 60		01:12:50
73	630	Deborah Thorneycroft	w	FV 60		01:13:08
74	727	Ryan Thompson	m			01:13:32
75	99	Shirley Spratt	w	FV 60		01:13:37
76	302	Mark Aldam	m	MV 60		01:13:46
77	247	Philip Loftus	m	MV 60		01:14:11
78	138	Jake Harrison	m	U25		01:14:16
79	629	Alison Thorburn	w	FV 50		01:14:56
80	650	Anna Whelan	w			01:15:11
81	513	Gill Leigh	w	FV 50		01:15:16
82	599	Belinda Schofield	w	FV 50		01:15:24
83	640	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	01:15:28
84	207	Dave Pilkington	m	MV 60		01:15:33
85	373	Richard Clements	m	MV 50	Hip Replacement Runners	01:15:33
86	589	Megan Roys	w			01:16:36
87	251	Mark Procter	m	MV 50	Sleaford striders	01:16:37
88	673	Roy Austin	m	U21		01:17:08
89	178	Niall Denham	m			01:17:12
90	84	Sophie Denham	w			01:17:13
91	711	Nick Lewer	m	MV 70		01:17:15
92	317	Stephanie Bairet	w	FV 40		01:17:15
93	437	Sarah Hall	w	FV 40	Roundhay Runners	01:17:54
94	605	Alexandra Smith	w			01:18:15
95	158	Alexia Taylor	w	FV 40		01:18:19
96	603	Mark Shaw	m	MV 60		01:18:56
97	551	Robert Myatt	m	MV 60		01:19:00

98	582	Nikita Ronald	w			01:19:21
99	685	Paula Carroll	w	FV 40		01:19:30
100	368	Rachael Chapples	w	FV 40		01:19:35
101	617	Kim Stephenson	w			01:19:35
102	90	Emma Laking	w			01:19:48
103	753	Katy Lewis	w	FV 60		01:20:02
104	715	Charlotte Nixon	w			01:20:39
105	128	Tim Coid	m	MV 40	Washington Running Club	01:20:53
106	40	CAROLE Brown	w	FV 50		01:20:54
107	190	Bruce Howorth	m	MV 60		01:20:57
108	748	Susie Hodgson	w	FV 40		01:20:59
109	651	Simon Whelan	m	MV 50		01:21:01
110	411	Rose Egan	w	FV 60	Cheshire Hash House Harriers	01:21:07
111	211	Lester Smith	m	MV 50		01:21:21
112	241	Liam Aplin	m	MV 50		01:21:23
113	613	Nicola Stanley	w	FV 50		01:21:25
114	43	angela danskin	w	FV 50		01:21:32
115	308	Shelley Aplin	w	FV 40		01:21:34
116	104	Carol Culley	w	FV 50		01:21:39
117	658	Isobel Williamson	w	FV 70		01:21:47
118	244	Mark Gean-Hughes	m	MV 50		01:21:55
119	766	Leanne Topcuoglu	w	FV 40	ACF Standish	01:21:55
120	91	Andrea Lancaster	w	FV 50		01:21:55
121	77	Rebecca Bailey	w	FV 40		01:22:14
122	758	Laura Pilkington	w			01:22:16
123	144	Dominic Lowry	m	MV 40	Finedon Gladstones	01:22:18
124	580	David Rogers	m	MV 50	Lonely Goat Running	01:22:24
125	306	Matthew Almond	m	MV 40	Lancaster Runners	01:22:29
126	76	Chloe Almond	w		Lancaster Runners	01:22:29
127	210	Zain Shahed	m			01:22:33
128	505	Lee Lawrenson	m	MV 40		01:22:36
129	152	Tony Priest	m	MV 50		01:22:37
130	462	Ben Higginson	m	MV 70	Preston Harriers	01:22:50

131	42	Jill Croskell	w	FV 70		01:22:51
132	412	Katy England	w	FV 40		01:23:15
133	34	Caroline Allen	w	FV 40		01:23:16
134	173	Angie Cook	w	FV 50		01:23:18
135	655	Tania Wild	w	FV 40	Lymm Running Club	01:23:21
136	356	Gemma Burke	w	FV 40		01:23:23
137	641	Pete Wallwork	m	MV 40		01:23:33
138	699	Lucy Foster	w	U25		01:23:39
139	729	Kitty Towndrow	w	U25		01:23:44
140	741	Andrea Counce	w	FV 50		01:24:08
141	320	Judith Barker	w	FV 50		01:24:16
142	510	Cath Lee	w	FV 60		01:24:39
143	694	Abbey Davison	w			01:24:47
144	478	Mahfuzul Islam	m	MV 40		01:25:06
145	52	Nicola McIntosh	w	FV 50		01:25:06
146	131	Phil Dixon	m	MV 60		01:25:26
147	704	Joanne Hall	w	FV 40	Stockton striders athletics club	01:25:36
148	201	Rebecca McCormick	w			01:25:36
149	228	David Wingate	m	MV 50		01:25:46
150	86	Gillian Felton	w	FV 50		01:26:04
151	189	Jonathan Hobson	m	MV 50		01:26:30
152	25	Jackie Frank	w	FV 40		01:26:40
153	148	Iain Melville	m	MV 60		01:26:43
154	171	Richard Campbell	m	MV 40		01:26:43
155	60	Nicola Loftus	w		N/A	01:26:44
156	89	Eleanor Hooson	w			01:26:48
157	457	Chris Herbert	m	MV 50		01:27:05
158	459	martha herbert	w	U25		01:27:06
159	53	Rachel Hickman	w			01:27:38
160	227	Sheila Williamson	w	FV 60		01:27:41
161	674	Tumkeen Badulla	w			01:27:41
162	716	Elise Norbury	w	FV 40		01:27:41
163	546	Anton Moss	m			01:27:43

164	688	Natasha Cruickshank	w	FV 40		01:28:25
165	764	Chloe Taylor	w			01:28:57
166	46	Sue France	w	FV 60	Wigan Harriers	01:30:58
167	759	Tony Pilkington	m	MV 60	Penwortham Panthers	01:31:05
168	543	Sophie Monk	w			01:31:28
169	452	Andy Hayes	m	MV 50		01:31:30
170	143	Alex Lees	w			01:32:10
171	66	Ginny Ritchens	w	FV 40		01:32:14
172	474	Vanessa Hristova	w			01:32:50
173	51	Melissa Grocock	w	FV 40		01:33:25
174	240	Kate Wyncoll	w			01:33:34
175	577	Joseph Ritson	m	MV 60	Derwent Ac Cockermouth	01:33:40
176	417	Jenny Foster	w	FV 40		01:33:55
177	584	David Rosen	m	MV 70	Lancaster & Morecambe AC	01:34:00
178	33	Sandra Allan	w	FV 60	Fellside Ladies	01:34:01
179	518	Mark Long	m	MV 40		01:34:28
180	351	Helen Bowerman	w	FV 50		01:34:35
181	198	David Mackarel	m	MV 40		01:34:46
182	62	Sarah Mackarel	w			01:34:46
183	763	Betty Stephenson	w	FV 40		01:35:03
184	490	Julie Kelly	w	FV 60	St Bees Triers	01:35:19
185	47	Rach Garner	w	FV 50	Prestwich AC	01:35:26
186	533	Patrick Matthews	m	MV 70	Wells City Harriers	01:35:27
187	72	Julie Walton	w	FV 60	Notts Women Runners	01:35:48
188	713	Robert Mundy	m	MV 70		01:35:54
189	64	Vicki Moretti	w	FV 40		01:37:19
190	183	Georgina Fisher	w			01:37:36
191	626	Mark Taylor	m	MV 60		01:37:41
192	611	Joanna Sparkman	w	FV 50	Lymm Runners	01:37:47
193	573	Dawn Reed	w	FV 50	Lymm Runners	01:37:54
194	328	Martin Bates	m	MV 60	Wesham Road Runners	01:38:12
195	255	Lyndon Woolley	m		N/A	01:38:27
196	469	Pamela Howard	w	FV 70		01:39:16

197	344	Phil Blaylock	m	MV 50	Lakeland Trails	01:39:18
198	163	Brian Winder	m	MV 70	Trailblazers	01:39:26
199	666	Ruth Wood	w	FV 40		01:39:48
200	501	Anand Lanka	m	MV 50		01:39:57
201	388	Dave Cope	m	MV 70		01:40:59
202	78	Nicky Barker	w	FV 50		01:41:09
203	166	Lucy Barker	w			01:41:09
204	50	Gill Greaves	w	FV 60	Holmfirth Harriers	01:42:22
205	203	Jane Mooney	w	FV 40		01:42:59
206	321	Becki Barnes	w	FV 50	Wigan and district harriers ac	01:43:40
207	191	Emily Johnson	w			01:43:48
208	146	Jane Malcolm	w	FV 50	The Kilted Lassies	01:45:12
209	487	Nicola Joyce	w	FV 50		01:45:44
210	504	Rachel Latham	w	FV 50		01:45:46
211	334	Gillian Bell	w	FV 50	Tynedale Harriers	01:46:23
212	21	Imogen Beadsmoore	w	U25		01:46:23
213	55	Janet Holmes	w	FV 70	St Helens Striders	01:47:11
214	550	Ann Myatt	w	FV 60	Cheadle	01:47:21
215	248	Paul Mcmonagle	m	MV 40		01:47:27
216	345	Mary Bloye	w	FV 60		01:48:12
217	410	Suzannah Dykes	w	FV 50		01:51:31
218	647	Alison Webster	w	FV 50		01:51:31
219	463	Kathryn Hodson	w	FV 50	Wigan & District Harriers & AC	01:52:32
220	697	Kelly Flett	w	FV 40		01:53:31
221	769	Amanda Berry	w	FV 60	Red Rose Road Runners	01:53:31
222	695	STACEY DEXETER	w			01:54:24
223	768	Samantha Livesey	w	FV 40		01:54:24
224	415	Linda Farquhar	w	FV 70	St Bees Triers	01:55:47
225	39	Caroline Bowsher	w	FV 60		01:56:05
226	512	Yvonne Leech	w	FV 60	St.Bees Triers	2:00:13
227	243	Gaynor Clarke	w	FV 40	Fordy Runs Running Club	02:13:48
228	67	Lorraine Rogers	w	FV 50		02:13:48
229	28	Rebecca Kendrick	w	FV 40		02:13:48

230

154

Kizzy Snow

w

FV 40

02:28:50