

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	620	Richard Stott	m			0:53:38
9	495	Dom Kirby	m	MV 40	LSARRC	0:53:57
10	135	John Gorman	m	MV 40		0:54:15
11	477	Sophie Hunt	w			0:54:18
12	662	Oliver Wilson	m	U25	Glaxo Hoad Hill Harriers	0:54:33
13	434	Nigel Grove	m	MV 50		0:54:50
14	671	Bruce Austin	m	U25		0:55:10
15	539	Daniel McDonagh	m			0:56:12
16	514	Robert Leigh	m			0:56:20
17	707	Bryn Hewetson	w			0:56:45
18	165	Patrick Baines	m	U21		0:57:41
19	750	Will Knight	m			0:58:22
20	147	Joe McCann	m			0:58:28
21	363	Emma Carr	w			0:58:38
22	387	Amy Cope	w	FV 40	Watford Joggers	0:58:56
23	195	Matt Lannaghan	m	U21		0:59:14
24	432	Chris Griffiths	m			0:59:38
25	644	Thomas Ward	m	MV 40		1:01:03
26	79	Iona Barrowdale	w	U21	Leven Valley AC	1:02:54
27	301	Paul Aitken	m			1:02:28
28	738	Jessica Booth	w			1:03:57
29	430	Jose Gonzalez	m			1:04:38
30	322	Callum Barnes	m		Red Rose Road Runners	1:04:48
31	661	Mark Wilson	m	MV 50	No Drama Llamas Running	1:05:37
32	422	Katie Fyall	w			1:05:52

33	556	Kelvin Palmer	m	MV 40		1:05:54
34	181	Mathew Fairhurst	m			01:06:32
35	740	Charlie Brookes	m			01:06:44
36	723	Harper Short	w	U21		01:07:03
37	336	Rob Bennion	m	MV 50		01:07:13
38	540	Andrew Melvin	m	MV 40		01:07:20
39	404	Andrea Donaldson	w	FV 40	St Bees Triers	01:07:20
40	346	mark bolton	m	MV 50		01:07:34
41	392	Rachel Crow	w			01:07:40
42	378	Eleanor Coates	w			01:08:06
43	756	Sally McFarlane	w	FV 50	None	01:08:19
44	527	Dan Maltman	m	MV 50		01:08:25
45	742	Sandra Connell	w	FV 60		01:08:37
46	145	Toby Macneil	m			01:08:41
47	696	CLIFF ETHERDEN	m	MV 70		01:08:42
48	94	Michelle McCarthy	w			01:08:46
49	646	Jackie Watts	w	FV 40		01:09:04
50	150	Owen Peacock	m	MV 50		01:09:13
51	314	Graeme Atkinson	m	MV 50		01:09:14
52	400	Amy de Nobriga	w	FV 40	Sowerby Bridge Snails	01:09:15
53	130	Christopher D'Arcy	m	MV 50		01:09:36
54	129	Stuart Cook	m	MV 50		01:09:51
55	23	Caroline D'Arcy	w	FV 50		01:09:51
56	335	Steve Bellamy	m	MV 40	Red Rose Road Runners	01:09:59
57	390	Donna Crabtree	w	FV 50	Red Rose Road Runners	01:09:59
58	253	Ian Wallace	m			01:10:00
59	755	Paul Marechal	m			01:10:07
60	552	TREVESSA NEWTON	w	FV 50		01:10:12
61	559	Iain Peacock	m	MV 40		01:10:13
62	403	David Dodgson	m	MV 50		01:10:27
63	622	Christopher Taylor	m	MV 40		01:10:47
64	123	Glyn Arthur	m			01:10:54
65	139	Josh Harrison	m			01:11:15
66	526	Dale Madu	m			01:11:16

67	309	D Armstrong	m			01:11:36
68	564	Daniel Pope	m			01:11:37
69	151	Samuel Peacock	m	U21		01:11:55
70	541	Ian Midgley	m	MV 50		01:12:04
71	659	Alan Wilson	m	MV 60	Glaxo Hoad Hill Harriers	01:12:37
72	88	Emma Hewerdine	w	FV 50		01:12:47
73	557	Alan Parker	m	MV 60		01:12:50
74	630	Deborah Thorneycroft	w	FV 60		01:13:08
75	727	Ryan Thompson	m			01:13:32
76	99	Shirley Spratt	w	FV 60		01:13:37
77	302	Mark Aldam	m	MV 60		01:13:46
78	247	Philip Loftus	m	MV 60		01:14:11
79	138	Jake Harrison	m	U25		01:14:16
80	629	Alison Thorburn	w	FV 50		01:14:56
81	650	Anna Whelan	w			01:15:11
82	513	Gill Leigh	w	FV 50		01:15:16
83	599	Belinda Schofield	w	FV 50		01:15:24
84	640	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	01:15:28
85	207	Dave Pilkington	m	MV 60		01:15:33
86	373	Richard Clements	m	MV 50	Hip Replacement Runners	01:15:33
87	589	Megan Roys	w			01:16:36
88	251	Mark Procter	m	MV 50	Sleaford striders	01:16:37
89	673	Roy Austin	m	U21		01:17:08
90	178	Niall Denham	m			01:17:12
91	84	Sophie Denham	w			01:17:13
92	711	Nick Lewer	m	MV 70		01:17:15
93	317	Stephanie Bairet	w	FV 40		01:17:15
94	437	Sarah Hall	w	FV 40	Roundhay Runners	01:17:54
95	605	Alexandra Smith	w			01:18:15
96	158	Alexia Taylor	w	FV 40		01:18:19
97	603	Mark Shaw	m	MV 60		01:18:56
98	551	Robert Myatt	m	MV 60		01:19:00
99	582	Nikita Ronald	w			01:19:21
100	685	Paula Carroll	w	FV 40		01:19:30

101	368	Rachael Chapples	w	FV 40		01:19:35
102	617	Kim Stephenson	w			01:19:35
103	90	Emma Laking	w			01:19:48
104	753	Katy Lewis	w	FV 60		01:20:02
105	715	Charlotte Nixon	w			01:20:39
106	128	Tim Coid	m	MV 40	Washington Running Club	01:20:53
107	40	CAROLE Brown	w	FV 50		01:20:54
108	190	Bruce Howorth	m	MV 60		01:20:57
109	748	Susie Hodgson	w	FV 40		01:20:59
110	651	Simon Whelan	m	MV 50		01:21:01
111	411	Rose Egan	w	FV 60	Cheshire Hash House Harriers	01:21:07
112	211	Lester Smith	m	MV 50		01:21:21
113	241	Liam Aplin	m	MV 50		01:21:23
114	613	Nicola Stanley	w	FV 50		01:21:25
115	43	angela danskin	w	FV 50		01:21:32
116	308	Shelley Aplin	w	FV 40		01:21:34
117	104	Carol Culley	w	FV 50		01:21:39
118	658	Isobel Williamson	w	FV 70		01:21:47
119	244	Mark Gean-Hughes	m	MV 50		01:21:55
120	766	Leanne Topcuoglu	w	FV 40	ACF Standish	01:21:55
121	91	Andrea Lancaster	w	FV 50		01:21:55
122	77	Rebecca Bailey	w	FV 40		01:22:14
123	758	Laura Pilkington	w			01:22:16
124	144	Dominic Lowry	m	MV 40	Finedon Gladstones	01:22:18
125	580	David Rogers	m	MV 50	Lonely Goat Running	01:22:24
126	306	Matthew Almond	m	MV 40	Lancaster Runners	01:22:29
127	76	Chloe Almond	w		Lancaster Runners	01:22:29
128	210	Zain Shahed	m			01:22:33
129	505	Lee Lawrenson	m	MV 40		01:22:36
130	152	Tony Priest	m	MV 50		01:22:37
131	462	Ben Higginson	m	MV 70	Preston Harriers	01:22:50
132	42	Jill Croskell	w	FV 70		01:22:51
133	412	Katy England	w	FV 40		01:23:15
134	34	Caroline Allen	w	FV 40		01:23:16

135	173	Angie Cook	w	FV 50		01:23:18
136	655	Tania Wild	w	FV 40	Lymm Running Club	01:23:21
137	356	Gemma Burke	w	FV 40		01:23:23
138	641	Pete Wallwork	m	MV 40		01:23:33
139	699	Lucy Foster	w	U25		01:23:39
140	729	Kitty Towndrow	w	U25		01:23:44
141	741	Andrea Counce	w	FV 50		01:24:08
142	320	Judith Barker	w	FV 50		01:24:16
143	510	Cath Lee	w	FV 60		01:24:39
144	694	Abbey Davison	w			01:24:47
145	478	Mahfuzul Islam	m	MV 40		01:25:06
146	52	Nicola McIntosh	w	FV 50		01:25:06
147	131	Phil Dixon	m	MV 60		01:25:26
148	704	Joanne Hall	w	FV 40	Stockton striders athletics club	01:25:36
149	201	Rebecca McCormick	w			01:25:36
150	228	David Wingate	m	MV 50		01:25:46
151	86	Gillian Felton	w	FV 50		01:26:04
152	189	Jonathan Hobson	m	MV 50		01:26:30
153	25	Jackie Frank	w	FV 40		01:26:40
154	148	Iain Melville	m	MV 60		01:26:43
155	171	Richard Campbell	m	MV 40		01:26:43
156	60	Nicola Loftus	w		N/A	01:26:44
157	89	Eleanor Hooson	w			01:26:48
158	457	Chris Herbert	m	MV 50		01:27:05
159	459	martha herbert	w	U25		01:27:06
160	53	Rachel Hickman	w			01:27:38
161	227	Sheila Williamson	w	FV 60		01:27:41
162	674	Tumkeen Badulla	w			01:27:41
163	716	Elise Norbury	w	FV 40		01:27:41
164	546	Anton Moss	m			01:27:43
165	688	Natasha Cruickshank	w	FV 40		01:28:25
166	764	Chloe Taylor	w			01:28:57
167	46	Sue France	w	FV 60	Wigan Harriers	01:30:58
168	759	Tony Pilkington	m	MV 60	Penwortham Panthers	01:31:05

169	543	Sophie Monk	w			01:31:28
170	452	Andy Hayes	m	MV 50		01:31:30
171	143	Alex Lees	w			01:32:10
172	66	Ginny Ritchens	w	FV 40		01:32:14
173	474	Vanessa Hristova	w			01:32:50
174	51	Melissa Grocock	w	FV 40		01:33:25
175	240	Kate Wyncoll	w			01:33:34
176	577	Joseph Ritson	m	MV 60	Derwent Ac Cockermonth	01:33:40
177	417	Jenny Foster	w	FV 40		01:33:55
178	584	David Rosen	m	MV 70	Lancaster & Morecambe AC	01:34:00
179	33	Sandra Allan	w	FV 60	Fellside Ladies	01:34:01
180	518	Mark Long	m	MV 40		01:34:28
181	351	Helen Bowerman	w	FV 50		01:34:35
182	198	David Mackarel	m	MV 40		01:34:46
183	62	Sarah Mackarel	w			01:34:46
184	763	Betty Stephenson	w	FV 40		01:35:03
185	490	Julie Kelly	w	FV 60	St Bees Triers	01:35:19
186	47	Rach Garner	w	FV 50	Prestwich AC	01:35:26
187	533	Patrick Matthews	m	MV 70	Wells City Harriers	01:35:27
188	72	Julie Walton	w	FV 60	Notts Women Runners	01:35:48
189	713	Robert Mundy	m	MV 70		01:35:54
190	64	Vicki Moretti	w	FV 40		01:37:19
191	183	Georgina Fisher	w			01:37:36
192	626	Mark Taylor	m	MV 60		01:37:41
193	611	Joanna Sparkman	w	FV 50	Lymm Runners	01:37:47
194	573	Dawn Reed	w	FV 50	Lymm Runners	01:37:54
195	328	Martin Bates	m	MV 60	Wesham Road Runners	01:38:12
196	255	Lyndon Woolley	m		N/A	01:38:27
197	469	Pamela Howard	w	FV 70		01:39:16
198	344	Phil Blaylock	m	MV 50	Lakeland Trails	01:39:18
199	163	Brian Winder	m	MV 70	Trailblazers	01:39:26
200	666	Ruth Wood	w	FV 40		01:39:48
201	501	Anand Lanka	m	MV 50		01:39:57
202	388	Dave Cope	m	MV 70		01:40:59

203	78	Nicky Barker	w	FV 50		01:41:09
204	166	Lucy Barker	w			01:41:09
205	50	Gill Greaves	w	FV 60	Holmfirth Harriers	01:42:22
206	203	Jane Mooney	w	FV 40		01:42:59
207	321	Becki Barnes	w	FV 50	Wigan and district harriers ac	01:43:40
208	191	Emily Johnson	w			01:43:48
209	146	Jane Malcolm	w	FV 50	The Kilted Lassies	01:45:12
210	487	Nicola Joyce	w	FV 50		01:45:44
211	504	Rachel Latham	w	FV 50		01:45:46
212	334	Gillian Bell	w	FV 50	Tynedale Harriers	01:46:23
213	21	Imogen Beadsmoore	w	U25		01:46:23
214	55	Janet Holmes	w	FV 70	St Helens Striders	01:47:11
215	550	Ann Myatt	w	FV 60	Cheadle	01:47:21
216	248	Paul Mcmonagle	m	MV 40		01:47:27
217	345	Mary Bloye	w	FV 60		01:48:12
218	410	Suzannah Dykes	w	FV 50		01:51:31
219	647	Alison Webster	w	FV 50		01:51:31
220	463	Kathryn Hodson	w	FV 50	Wigan & District Harriers & AC	01:52:32
221	697	Kelly Flett	w	FV 40		01:53:31
222	769	Amanda Berry	w	FV 60	Red Rose Road Runners	01:53:31
223	695	STACEY DEXETER	w			01:54:24
224	768	Samantha Livesey	w	FV 40		01:54:24
225	415	Linda Farquhar	w	FV 70	St Bees Triers	01:55:47
226	39	Caroline Bowsher	w	FV 60		01:56:05
227	512	Yvonne Leech	w	FV 60	St.Bees Triers	02:00:13
228	243	Gaynor Clarke	w	FV 40	Fordy Runs Running Club	02:13:48
229	67	Lorraine Rogers	w	FV 50		02:13:48
230	28	Rebecca Kendrick	w	FV 40		02:13:48
231	154	Kizzy Snow	w	FV 40		02:28:50