

## Lakeland Trails 2011 Dirty Double

Name	Club	Category	Helvellyn	Ullswater	Total
ABDELNOOR, Ben	Ambleside AC		0:55:59	0:54:01	1:50:00
LLOYD, Adam	Unattached - Bromsgrove, W Midlands		0:58:03	0:57:44	1:55:47
PEATE, Joseph	Unattached - Keighley, W Yorks	Vet40	1:01:21	1:01:20	2:02:41
HUNTER, Ian	Kimberley & District Striders		1:02:21	1:01:10	2:03:31
JAGODZINSKI, Nik	Unattached : Cornwall		1:03:27	1:02:21	2:05:48
GREEN, SHANE		Vet40	1:03:50	1:03:18	2:07:08
EDWARDS, Stephen	Unattached - Sale		1:02:31	1:04:55	2:07:26
SEAL, Howard	Derwent AC		1:04:33	1:03:52	2:08:25
DUNN, Mike	Unattached - Warrington		1:05:06	1:04:31	2:09:37
NORBURY, Michael	Unattached - Huddersfield		1:04:36	1:05:24	2:10:00
RIDEHALGH, Sarah	Accrington Road Runners		1:04:28	1:06:09	2:10:37
BEARDMORE, Roger	Wyndham AC, Norwich	Vet50	1:06:02	1:05:31	2:11:33
ALLISON, Mike	Unattached - Penrith, Cumbria	Vet50	1:06:33	1:05:47	2:12:20
MAKIN, Stephen	Jim's Stag Do		1:07:15	1:06:05	2:13:20
DOWELL, Mark	Leeds Bradford Tri Club	Vet40	1:06:06	1:07:24	2:13:30
PARTRIDGE, SUSAN	Leeds City		1:03:54	1:09:53	2:13:47
BEANLAND, Nick	Unattached - North Yorkshire		1:05:56	1:08:02	2:13:58
CLARKSON, Darren	Billingham Marsh House Harriers		1:06:38	1:08:02	2:14:40
STURGESS, Ian	Wyndham AC, Norwich	Vet50	1:07:50	1:08:36	2:16:26
QUINN, Martin	Chorley Harriers		1:06:55	1:09:34	2:16:29
TOLLITT, John	Unattached - Newcastle	Vet40	1:08:12	1:08:27	2:16:39
ROBERTS, Mike	Hardley Runners	Vet40	1:11:27	1:07:29	2:18:56
HOWARD, Scott	Unattached - Hartlepool	Vet40	1:10:01	1:09:57	2:19:58
HIGHAM, Nick	Lancaster & Morecambe AC	Vet40	1:09:34	1:10:35	2:20:09
LLOYD, Tim	Unattached - Leeds		1:10:23	1:11:27	2:21:50
ARMSTRONG, Angela	Carlisle Triathlon Club		1:10:06	1:12:55	2:23:01
BLACKMORE, Johnathan	Unattached - Chesterfield	Vet40	1:19:30	1:03:52	2:23:22
WISHART, Nick	Unattached - Northwich	Vet40	1:10:44	1:12:55	2:23:39
ACKLAM, Andy	Unattached - Preston, Lancashire	Vet40	1:12:41	1:11:14	2:23:55
CRITCHLEY, Alix	Northbrook AC, Coventry		1:12:10	1:12:12	2:24:22
WATSON, Gerry	Wyndham Running Club, Norfolk	Vet50	1:12:25	1:12:10	2:24:35
BROWN, Steve	Unattached - Windermere	Vet40	1:13:41	1:11:48	2:25:29
SAUNDERS, Marcus	Lincolnshire & District Runners	Vet40	1:12:15	1:13:19	2:25:34
LOVELESS, Martin	Hardley Runners	Vet50	1:13:53	1:11:53	2:25:46
JARDIN, David	Elswick Harriers	Vet40	1:13:48	1:12:09	2:25:57
HAWKER, Ian	Hardley Runners	Vet50	1:12:10	1:13:53	2:26:03
LANGTON, Rob	Unattached - Manchester		1:14:52	1:11:12	2:26:04
BLUNDELL, Paul	Hardley Runners	Vet40	1:14:14	1:12:11	2:26:25
SADLER, Steve	Unattached - Hertfordshire	Vet40	1:14:23	1:12:15	2:26:38
THOMAS, Lee	Unattached : Chester le Street		1:14:29	1:12:16	2:26:45
SPURLING, Tom	Unattached - Sacriston		1:14:19	1:13:00	2:27:19
CHAMBERLAIN, Paul	Unattached - Berkhamsted	Vet40	1:13:22	1:14:05	2:27:27
SPURGE, Paul	Portsmouth Joggers Club	Vet50	1:13:04	1:14:48	2:27:52
WILLIAMS, Ben	Unattached - Camden		1:14:48	1:13:27	2:28:15
ROOKS, Adrian	Unattached - Hull, E Yorkshire	Vet50	1:13:47	1:15:01	2:28:48
THOMPSON, Russell	Unattached - Barrow in Furness	Vet40	1:13:36	1:15:40	2:29:16
CLARK, Jeff	Barnsley Harriers	Vet40	1:15:47	1:13:35	2:29:22
FORTUN, Phil	Stone Masters Marathoners, Staffs		1:15:23	1:14:36	2:29:59
DUFFY, Andrew	Unattached - Preston, Lancashire	Vet40	1:09:36	1:20:25	2:30:01
JAMES, David	Unattached, Kendal	Vet40	1:15:49	1:14:16	2:30:05
LANGAN, Paul	Unattached - Ilkley, W Yorkshire	Vet40	1:11:52	1:18:34	2:30:26
GRAVES, Victoria	City Of York AC		1:14:58	1:15:29	2:30:27
DIXON, John	Unattached - Bebington		1:18:18	1:14:43	2:33:01
WRIGHT, Peter	Unattached : Southwick		1:16:41	1:16:37	2:33:18
RANKIN, Iain	Unattached - Macclesfield	Vet40	1:15:25	1:17:56	2:33:21
COLLEY, Peter	Unattached : Kirkby Thore		1:15:48	1:17:46	2:33:34

MEALEY, Liam	Kirkstall Harriers, Leeds		1:17:59	1:16:12	2:34:11
MITCHELL, Neil	Unattached : Alford		1:17:55	1:17:04	2:34:59
FISH, Michael	Vegan Runners		1:15:19	1:20:04	2:35:23
BUTLER, Alex	Unattached, Kendal	Vet40	1:18:03	1:17:33	2:35:36
BRADLEY, Vikki	Wyndham AC, Norwich		1:24:12	1:11:30	2:35:42
BROWNSMITH, Graham	Lancashire Constabulary Athletics		1:17:09	1:18:42	2:35:51
DUFFIELD, Michael	Ilkley Harriers	Vet40	1:15:51	1:20:21	2:36:12
NOBLE, Colin	Bridgwater Running Club		1:17:34	1:18:45	2:36:19
APPLETON, Russ	Ferrers		1:19:40	1:17:29	2:37:09
DAVIS, John	Reggaeboys Running Club		1:16:07	1:21:02	2:37:09
JACKSON, Paul	Cheshire Hash House Harriers	Vet50	1:18:02	1:19:21	2:37:23
BARRY, Michael	Stockport Harriers		1:12:37	1:25:01	2:37:38
LASHLEY, Pete	Unattached - Milnthorpe	Vet40	1:16:45	1:21:04	2:37:49
THOMAS, Simon	Soup and Roll Cycling		1:18:20	1:19:47	2:38:07
COLEMAN, Graham	Wyndham AC, Norwich	Vet40	1:18:03	1:20:07	2:38:10
CAWOOD, James	Unattached		1:18:53	1:19:18	2:38:11
SPENCE, Ross	Unattached - Edinburgh		1:18:31	1:19:42	2:38:13
ANDERSON, David	Unattached - Salford		1:18:16	1:20:06	2:38:22
HEMMING, Caroline	Spectrum Striders	LadyVet40	1:18:21	1:20:06	2:38:27
THOMPSON, Andrew	Unattached : Attleborough	Vet50	1:19:24	1:19:34	2:38:58
THOMPSON, Jason	Unattached - Burley-in-Wharfedale	Vet40	1:20:31	1:19:01	2:39:32
CUVIELLO, Steve	Wyndham AC, Norwich	Vet40	1:19:25	1:20:39	2:40:04
CROSSLEY, Jonathan	Unattached : Rhuddlan	Vet40	1:20:25	1:19:42	2:40:07
MOBBERLEY, Peter	Unattached - Whitley Bay	Vet40	1:19:18	1:20:59	2:40:17
DALE, Wes	Unattached - Halifax	Vet40	1:20:34	1:21:22	2:41:56
MCBLANE, Kate	Unattached - Derbyshire		1:21:49	1:20:36	2:42:25
LOCKE, Colin	Unattached - Mistley	Vet50	1:19:13	1:23:49	2:43:02
WATT, Jonathan	Unattached - Altrincham	Vet40	1:22:33	1:20:32	2:43:05
WOODWARD, David	BMF Stamford		1:24:07	1:19:56	2:44:03
SPENCER, Richard	Shelton Striders	Vet40	1:21:19	1:22:58	2:44:17
MUMFORD, Bill	Unattached : Barford St Michael	Vet50	1:22:37	1:21:54	2:44:31
SHUTTLEWORTH, Michelle	St Bees Tri	LadyVet40	1:23:45	1:21:14	2:44:59
HIGGINS, Phil	Unattached - Windermere	Vet40	1:23:57	1:21:32	2:45:29
BOOTH, Austin	Unattached - Mansfield		1:24:05	1:21:29	2:45:34
JOUGHIN, Shaun	Unattached - Guisborough		1:21:30	1:24:06	2:45:36
MICHAEL, Doug	Heaton Harriers	Vet50	1:21:52	1:24:17	2:46:09
WRIGHT, Andrew	Unattached - Manchester		1:23:59	1:22:12	2:46:11
GRAHAM, Julie	Garstang Running Club	LadyVet40	1:13:48	1:32:26	2:46:14
EDMONDSON, John	Newton Aycliffe AC	Vet60	1:21:00	1:25:57	2:46:57
GRAHAM, Emma	St Bees Tri		1:21:48	1:25:54	2:47:42
MCDONALD, Paddy	Haddington Pacemakers	Vet50	1:24:51	1:23:13	2:48:04
BREGA, Holly	University of Cumbria		1:20:48	1:27:44	2:48:32
JARRETT, David	Unattached - Northampton	Vet50	1:24:31	1:24:41	2:49:12
FORSTER, Andy	Unattached - Stradbroke, Eye	Vet40	1:26:41	1:23:55	2:50:36
READER, Kim	Wyndham Running Club, Norfolk	LadyVet40	1:27:07	1:24:15	2:51:22
HODARA, Rachel	USA : San Francisco		1:27:44	1:23:39	2:51:23
JONES, Philip	Fell Ponies	Vet50	1:24:34	1:27:39	2:52:13
DELVARD, Jason	Stockport Harriers		1:25:05	1:27:09	2:52:14
BENTLEY, Robert	Unattached - Manchester		1:30:09	1:22:33	2:52:42
GOODCHILD, Stephanie	Manchester YMCA	LadyVet40	1:26:12	1:26:56	2:53:08
PARSONS, John	Unattached, Kendal	Vet50	1:25:24	1:27:52	2:53:16
NICHOLSON, John	Wakefield Triathlon Club		1:06:59	1:46:28	2:53:27
COLEMAN, Charlotte	Denby Dale Travellers	LadyVet40	1:32:06	1:21:27	2:53:33
HURREN, Sharon	Wyndham Running Club, Norfolk	LadyVet40	1:25:52	1:28:01	2:53:53
ARTACHO, Morgane	Unattached - Glasgow		1:21:46	1:33:09	2:54:55
DEAN, Nigel	Unattached - Sale		1:31:14	1:24:18	2:55:32
FARRELLY, Fin	Unattached - Shipley, W Yorkshire		1:24:13	1:31:49	2:56:02
GOLDEN, Colm	Unattached - Bristol		1:31:06	1:25:05	2:56:11
GINDER-POULSEN, Robert	Manchester Harriers	Vet40	1:27:08	1:29:12	2:56:20

KING, Gerard	Unattached - Liverpool	Vet40	1:27:01	1:29:20	2:56:21
FARREN, Hilary	Rosendale Harriers	LadyVet40	1:26:10	1:30:19	2:56:29
JESNEY, Joanne	Wymondham AC, Norwich		1:31:23	1:26:10	2:57:33
MALE, Les	Unattached - Loughborough	Vet40	1:25:12	1:32:24	2:57:36
FIDDLER, Paul	Unattached - Warrington		1:34:27	1:23:32	2:57:59
RICHARDS, John	Stockport Harriers		1:27:59	1:30:12	2:58:11
GILLMAN, Darren	Spa Striders, Warwick	Vet40	1:25:39	1:32:42	2:58:21
STRICKLAND, Mark	Unattached - Holywell	Vet40	1:29:17	1:29:46	2:59:03
TREND, Matthew	Unattached : Fareham		1:30:47	1:28:20	2:59:07
HATTON, Julian	Unattached - Darlington	Vet40	1:26:20	1:32:59	2:59:19
HEATH, Janson	Rocktart Runners	Vet40	1:21:27	1:38:28	2:59:55
BREGA, Julie	Unattached - Bury St Edmunds	LadyVet50	1:28:50	1:31:55	3:00:45
BURDEN, Rose	Unattached - Bristol		1:32:39	1:28:07	3:00:46
STRAFFORD, Ali		LadyVet40	1:28:06	1:33:03	3:01:09
PARKER, Graham	Unattached, Kendal	Vet40	1:28:22	1:32:55	3:01:17
WILSON, Diane	Unattached - Richmond	LadyVet40	1:28:37	1:33:00	3:01:37
HALSALL, Helen	Unattached - Altrincham	LadyVet40	1:30:56	1:31:25	3:02:21
WILSON, Chris	Ranelagh Harriers, Surrey		1:32:40	1:29:49	3:02:29
EPPS, Samantha	Wymondham AC, Norwich		1:30:42	1:31:48	3:02:30
CHAMBERLAIN, Zoe	Unattached - Berkhamsted		1:31:47	1:31:08	3:02:55
SAMUELSON, Katie	Cambridge & Coleridge AC		1.30.01	1:33:46	3:03:47
BARNARD, Mark	Unattached : Henley	Vet50	1:26:02	1:38:08	3:04:10
TRAVIS, Andrew	Unattached - Lancaster	Vet40	1:33:30	1:30:57	3:04:27
CLARKE, Gary	Rocktart Runners		1:21:56	1:42:53	3:04:49
THOMPSON, Lorraine	Women's Running Network		1:34:04	1:31:31	3:05:35
WEBSTER, Stephen	Unattached - Holmfirth	Vet50	1:29:32	1:36:47	3:06:19
SIMS, Andrew	Unattached - Carlisle		1:28:48	1:37:52	3:06:40
PAPADIMITRIOU, Niki	Unattached - Leeds		1:31:14	1:35:59	3:07:13
MAY, Ellie	Stainland Lions, Halifax		1:34:40	1:32:46	3:07:26
MCCARTHY, John	Unattached - Warrington	Vet40	1:30:51	1:36:43	3:07:34
KENDALL, Kev	Trail Running Association		1:38:15	1:29:32	3:07:47
MCCARTHY, Craig	Unattached - Warrington		1:31:14	1:36:44	3:07:58
WEST, Simon	Unattached - Cleator Moor		1:30:21	1:38:43	3:09:04
PEACOCK, Laura	Blaydon Harriers		1:33:15	1:36:12	3:09:27
NORTON, Clive	Kingfisher Tri Club		1:35:14	1:34:18	3:09:32
SHOTTON, Eleanor	Otley AC		1:33:09	1:36:49	3:09:58
MCINALLY, Patrick	Unattached - Edinburgh	Vet50	1:33:15	1:37:04	3:10:19
GARLAND, Heather	Unattached - Warrington		1:36:10	1:34:16	3:10:26
MARTIN, Sarah	Unattached - Edinburgh		1:35:09	1:35:17	3:10:26
KNIGHTON, Simon	Unattached - Aldbourne	Vet60	1:35:18	1:35:09	3:10:27
JAMIESON, Christopher	Esk Valley Fell Club	Vet50	1:32:58	1:37:31	3:10:29
COPLAND, Colin	Bowness-on-Windermere, Cumbria	Vet50	1:35:37	1:35:06	3:10:43
SMITH, Mike	Olney Runners	Vet50	1:33:37	1:37:38	3:11:15
LUKEHURST, Tess	Fetcheveryone	Vet50	1:35:13	1:37:02	3:12:15
SPOONER, Steve	Unattached - Bollington	Vet40	1:35:31	1:37:28	3:12:59
HEATH, Lisa	Rocktart Runners		1:30:13	1:42:51	3:13:04
THOMPSON, Nick	Meltham AC	Vet50	1:36:37	1:36:38	3:13:15
HERON, Joanne	Women's Running Network	LadyVet40	1:41:38	1:31:42	3:13:20
BARTLETT, Robin	Lancaster & Morecambe AC	Vet50	1:35:24	1:37:59	3:13:23
MICHAELIS, Charlie	Unattached : Stratford-upon-Avon	Vet50	1:36:08	1:38:08	3:14:16
EVANS, David	Unattached - Ormskirk		1:35:54	1:38:40	3:14:34
BANNISTER, Kevin	Hardley Runners	Vet60	1:37:47	1:36:52	3:14:39
GOLDING, Christian	Unattached : Welford on Avon	Vet40	1:36:34	1:38:09	3:14:43
CROSSLEY, Louisa	Unattached : Rhuddlan	LadyVet40	1:37:14	1:37:56	3:15:10
SAINT, Jane	Unattached - Alcester	LadyVet40	1:36:20	1:39:37	3:15:57
CLARKE, Anita	Unattached - Glasgow	LadyVet50	1:35:41	1:40:36	3:16:17
LE BELLEGUY, Sue	Unattached : Stratford-upon-Avon	LadyVet40	1:36:23	1:40:07	3:16:30
PICK, Thomas	Unattached - Cheltenham, Glos		1:39:53	1:37:06	3:16:59
CLENNETT, Cat	Billingham Marsh House Harriers	LadyVet40	1:38:15	1:40:01	3:18:16

FURPHY, Chris	Unattached - Guisborough	Vet40	1:38:18	1:40:01	3:18:19
KEENAN, Mandy	South Ribble Runners	LadyVet40	1:37:43	1:42:24	3:20:07
SUNDERLAND, Samantha	Unattached - Dalton in Furness	LadyVet40	1:41:06	1:40:05	3:21:11
HOWARD, Simon	Rocktart Runners	Vet40	1:41:01	1:41:08	3:22:09
KASTAVUNIS, Chris	Unattached - Sale	Vet40	1:37:13	1:45:30	3:22:43
BATES, Lucy	Unattached - Oldham	LadyVet40	1:45:04	1:37:50	3:22:54
LEITCH, Douglas	Unattached - Skinflats	Vet40	1:41:04	1:41:56	3:23:00
BATES, Damian	Unattached - Oldham	Vet40	1:45:11	1:37:50	3:23:01
GASPARINI, Valerie	Unattached - London		1:17:05	2:05:57	3:23:02
RICHARDS, Lee	Rocktart Runners		1:36:10	1:47:24	3:23:34
SELBY, Katharine	Unattached - Keswick		1:39:58	1:44:25	3:24:23
RASTELLI, Helen	Unattached - Ulverston	LadyVet40	1:40:01	1:44:38	3:24:39
RUSSELL-WHITE, Christopher	Unattached - Edinburgh	Vet50	1:42:39	1:42:16	3:24:55
COMERFORD, Christine	WalkB4Urun	LadyVet50	1:37:42	1:47:14	3:24:56
GILCHRIST, Alison	Unattached, Kendal	LadyVet50	1:41:59	1:43:56	3:25:55
CHARLES, Duncan	Unattached - Shropshire	Vet50	1:29:14	1:57:29	3:26:43
SAMUELSON, Viv	Unattached - Stockport		1:41:29	1:45:29	3:26:58
MASSAM, Stephen	Preston Harriers	Vet40	1:41:45	1:46:13	3:27:58
SUTHERLAND, Fiona	Unattached - York	LadyVet40	1:44:04	1:44:33	3:28:37
LLOYD, Jim	Unattached - Hexham	Vet50	1:45:04	1:44:07	3:29:11
FIRSTBROOK, Kim	Unattached - Hexham	LadyVet50	1:45:34	1:44:06	3:29:40
HOWES, Alistair	Unattached - Durham	Vet40	1:43:33	1:46:47	3:30:20
BOWLES, Jane	Unattached - Leyland, Lancashire	LadyVet40	1:36:16	1:54:25	3:30:41
CLARK, Bev	Barnsley Harriers	LadyVet40	1:42:06	1:49:17	3:31:23
BALL, Malcolm	North Norfolk Beach Runners	Vet70	1:44:38	1:47:16	3:31:54
MILLS, Luke	Bridgnorth Running Club		1:43:12	1:49:46	3:32:58
GOLDTHORPE, Helen	Kirkstall Harriers, Leeds		1:48:08	1:46:08	3:34:16
SCHMIDT, Christina	Jog Scotland		1:45:16	1:49:04	3:34:20
ROBSON, Dave	Elvet Striders, Durham	Vet60	1:45:28	1:49:04	3:34:32
CARTER, Claire	Wakefield Triathlon Club	LadyVet40	1:48:43	1:46:28	3:35:11
HILL, Jane	Rocktart Runners	LadyVet40	1:44:36	1:51:19	3:35:55
WALSH, Amanda	Women's Running Network	LadyVet40	1:41:38	1:54:25	3:36:03
FROY, Allan	Unattached - Cheltenham, Glos		1:43:19	1:54:08	3:37:27
BANNISTER, Judy	Hardley Runners	LadyVet50	1:51:25	1:46:23	3:37:48
HARROP, Rob	Unattached - Camden		1:48:17	1:49:51	3:38:08
GOES, Eva	Unattached - Mistley	LadyVet50	1:47:12	1:53:23	3:40:35
MUSTOE, Matt	Unattached : Cobham		1:45:42	1:55:06	3:40:48
ALLDRITT, Diane	Fell Runners Association	LadyVet40	1:48:07	1:53:26	3:41:33
ADAMSON, Stuart	Unattached - Bradford, W Yorks	Vet50	1:45:23	1:56:42	3:42:05
MURRIN, James	Unattached - Richmond		1:48:06	1:54:08	3:42:14
DUDLEY, Giselle	Unattached - Sunderland	LadyVet50	1:50:02	1:53:19	3:43:21
BRADLEY, Gerald	Unattached : West Cornforth	Vet40	1:48:56	1:55:26	3:44:22
DERITIS, Vicki	Unattached - Newcastle	LadyVet40	1:53:16	1:51:09	3:44:25
NORDON, Alison	Unattached - Paisley	LadyVet40	1:55:00	1:50:30	3:45:30
BELL, Fiona	Unattached - Newcastle	LadyVet40	1:52:58	1:54:35	3:47:33
KAYE, Margaret	Unattached - Carlisle	LadyVet50	1:48:48	1:59:22	3:48:10
LLOYD, Julia	Wymondham Running Club, Norfolk	LadyVet40	1:51:47	1:56:30	3:48:17
HADDOCK, Bernadette	Unattached - Wigan		1:52:17	1:56:57	3:49:14
YATES, Jane	Unattached - Penrith, Cumbria	LadyVet40	1:52:18	1:57:10	3:49:28
POYNTON, Richard	Unattached - Lowestoft	Vet40	1:51:50	1:59:04	3:50:54
CHARLES, Tracy	Unattached - Shropshire	LadyVet40	1:55:49	1:57:24	3:53:13
SHEPHERD, Steve	Stainland Lions, Halifax	Vet50	1:55:39	1:58:05	3:53:44
SLAUGHTER, Louise	Wymondham AC, Norwich		2:02:12	1:53:05	3:55:17
STRICKLAND, Anne	Unattached - Holywell	LadyVet40	1:56:32	1:58:56	3:55:28
WALKINGTON, Zoe	Smiley Pacers		1:49:43	2:05:50	3:55:33
SMITH, Lynn	Crosby Stormers	LadyVet50	1:52:58	2:04:23	3:57:21
LYONS, Claire	Unattached : Freshfield	LadyVet40	1:53:06	2:04:22	3:57:28
NAIK, Mamta	Chorlton Runners	LadyVet40	1:58:25	2:00:15	3:58:40
CLARK, Lindsey	Lancaster & Morecambe AC	LadyVet40	2:01:05	1:58:07	3:59:12

ROBSON, Charm	St Bees Tri	LadyVet70	1:52:16	2:07:06	3:59:22
CHAPMAN, Lynne	Unattached - Nottingham	LadyVet40	1:56:17	2:03:42	3:59:59
WEST, Catriona	Bridgnorth Running Club		1:58:54	2:02:55	4:01:49
RAYNER, Jan	Unattached - Leeds	LadyVet40	1:58:22	2:03:43	4:02:05
FARMER, Mark	Unattached - Derbyshire	Vet40	1:58:34	2:04:20	4:02:54
MITCHELL, Nigel	Unattached, Kendal	Vet50	2:02:21	2:01:11	4:03:32
COOKE, Megan	Tadcaster harriers	LadyVet40	2:00:57	2:03:12	4:04:09
BENSON, Amanda	Unattached - Leeds		2:04:09	2:03:12	4:07:21
SHORE, Jacqueline	Fetcheveryone	LadyVet60	1:56:54	2:10:33	4:07:27
ROBSON, Chris	St Bees Tri	Vet70	2:06:41	2:05:50	4:12:31
FERGUSON, Zoe	Unattached - Wigton, Cumbria	LadyVet50	2:04:43	2:10:15	4:14:58
MAKINSON, Jan	WalkB4Urun	LadyVet50	2:07:57	2:24:02	4:31:59
MARTIN, Heidi	St Bees Tri		2:12:25	2:20:35	4:33:00
SADLER, Ann	Unattached - Hertfordshire	LadyVet50	2:32:54	3:21:22	5:54:16



