Lakeland Trails 2013 Dirty Double 10km

Name	Club	Category	Helvellyn	Ullswater	Total
THOMPSON, William	Unattached : Barrow in Furness		0:42:13	0:56:05	1:38:18
WOODLEY, Helen	Unattached : Ulverston		0:43:57	0:58:50	1:42:47
TOPPIN, Suzanne	Unattached - Penrith	Lady Vet 40	0:45:43	1:01:57	1:47:40
ROSS, Andy	Unattached - Wigton	Vet 40	0:45:53	1:01:49	1:47:42
ATHERTON, Kath	Unattached - Ulverston		0:47:11	1:02:16	1:49:27
MCGINLEY, Matt	Backbarrow Bombers		0:47:01	1:04:32	1:51:33
DU VIVIER, Alice	Unattached Durham		0:47:53	1:07:13	1:55:06
CUNDY, Glenn	Unattached - Warrington	Vet 40	0:50:43	1:08:46	1:59:29
REID, Andrew	Unattached : Merseryside		0:50:56	1:09:41	2:00:37
CHURNSIDE, Robert	Tri Northumberland	Vet 40	0:53:47	1:12:34	2:06:21
DON-DUNCAN, Helen	Unattached - Wigan		0:55:32	1:12:40	2:08:12
LETHEREN, Michael	Fetcheveryone		0:53:59	1:14:52	2:08:51
PRATT, Michael	Unattached - London		0:59:26	1:10:40	2:10:06
BURNS, Carolyn	Unattached - Penrith	Lady Vet 40	0:56:45	1:16:21	2:13:06
HORGOSI, Andrea	Unattached - Warrington		0:56:32	1:16:55	2:13:27
WALKER, Sally	Unattached - Penrith		0:57:54	1:17:17	2:15:11
HITCHIN, Andy	Unattached - Warrington	Vet 40	0:59:18	1:19:03	2:18:21
CASPI, Alon	Mornington Chasers	Vet 50	1:00:15	1:19:21	2:19:36
BOLES, Kevin	Unattached : Windermere	Vet 50	0:58:43	1:22:58	2:21:41
HERBST, Alida	Unattached - London		0:59:24	1:22:30	2:21:54
BROTHERS, Toby	Hampstead Heath Park Run	Lady Vet 40	0:59:11	1:23:07	2:22:18
CROWTHER, Clair	Unattached : Hexham	Lady Vet 40	0:59:51	1:23:00	2:22:51
PEARSON, Adam	Unattached - Manchester		0:59:46	1:23:22	2:23:08
NEWTON, Di	Unattached - Kendal	Lady Vet 60	1:01:51	1:23:30	2:25:21
HILLS, Barbara	Goyt Valley Striders	Lady Vet 50	1:02:54	1:24:32	2:27:26
BOLTON, Erin	Unattached : Oswaldtwistle	Lady Vet 40	1:01:10	1:26:31	2:27:41
NYGAARD, Anne Irene	NORWAY	Lady Vet 40	1:02:43	1:25:29	2:28:12
NYGAARD, Kaare	NORWAY	Vet 40	1:02:53	1:25:29	2:28:22
WESSELS, Nina	Unattached - London	Lady Vet 40	1:05:58	1:26:36	2:32:34
WILSON, Ruth	Unattached : Hayfiled	Lady Vet 50	1:06:04	1:28:26	2:34:30
SMITH, Lee	Unattached - Wigan	Vet 40	0:51:03	1:43:32	2:34:35
RAE, Sheila	Goyt Valley Striders	Lady Vet 60	1:06:51	1:27:48	2:34:39
HABSUDOVA, Lenka	Unattached - Manchester		1:03:25	1:31:22	2:34:47
ADAMSON, Kim	Dumfries Running Club	Lady Vet 50	1:12:14	1:26:24	2:38:38
GRAY, Judith	Unattached : Billingham	Lady Vet 40	1:08:29	1:30:11	2:38:40
CROSSLAND, Charles	Holmfirth Harriers		1:07:17	1:34:51	2:42:08
ARMITAGE, William	Unattached - Holmfirth		1:07:17	1:34:52	2:42:09
ADAMSON, Christina	Dumfries Running Club		1:09:00	1:36:26	2:45:26
ATTWELL, Corinne	Unattached - Bradford		1:13:28	1:42:45	2:56:13
WALTON, Anna	Unattached - Holmfirth	Lady Vet 40	1:14:21	1:48:08	3:02:29
MASSEY-SMITH, Juliette	Unattached - London		1:08:40	1:56:02	3:04:42
RODGERS, Juliet	Unattached - London	Lady Vet 50	1:21:44	1:43:10	3:04:54
KACZYNSKA-NAY, Eliza	Unattached - London	Lady Vet 50	1:10:34	1:54:41	3:05:15
PEACOCK, Bridget	Unattached - London	Lady Vet 40	1:17:19	1:56:10	3:13:29
DOYLE, Kathy	Swindon Shinsplints	Lady Vet 50	1:25:11	1:53:28	3:18:39
FITZGERALD, Sheila	Hampstead Heat Park Run	Lady Vet 50	1:22:29	1:56:10	3:18:39
MAY, Alison	Unattached : Appleby		1:33:48	1:56:57	3:30:45
BLENKINSOPP, Thomas	Unattached : Appleby		1:33:50	1:56:57	3:30:47