

Lakeland Trails 2013 Dirty Double

Name	Club	Category	Helvellyn	Ullswater	Total
					0:00:00
VAN DER LAND, Cees	Lekker Bezig		0:37:52	1:01:06	1:38:58
DIGGLES, Bob	Unattached : Southsea		0:38:55	1:02:52	1:41:47
GOWLAND, Elliot	Coalfields RT	Vet 40	0:38:54	1:03:12	1:42:06
COMLEY, Josh	Unattached - London		0:40:31	1:04:53	1:45:24
WHITTINGTON, Tom	Macclesfield Harriers		0:41:13	1:05:46	1:46:59
DODDS, Allan	Roundhay Runners		0:40:47	1:06:23	1:47:10
DEBENHAM, Ian	Unattached - Newcastle		0:39:20	1:08:12	1:47:32
WILLIAMS, Geraint	Unattached : Macclesfield		0:40:43	1:07:02	1:47:45
HEATH, Janson	Rockart Runners	Vet 40	0:40:37	1:07:29	1:48:06
EDWARDS, Stephen	Unattached : Sale	Vet 40	0:42:18	1:07:23	1:49:41
HUXFORD, Matt	Unattached		0:42:25	1:07:22	1:49:47
ALLISON, Mike	Unattached - Penrith	Vet 50	0:41:30	1:08:44	1:50:14
CRADDOCK, James	ua Boroughbridge		0:42:15	1:08:12	1:50:27
MCKNESPIEY, Emma	Carlisle & Aspatria	Lady Vet 40	0:43:35	1:07:14	1:50:49
NOLAN, David	Lowfell Running Club		0:42:36	1:08:16	1:50:52
GRANGE, Huw	Unattached : Oxford		0:42:44	1:08:35	1:51:19
HOPPER, Jon	Unattached : Didsbury		0:43:19	1:08:10	1:51:29
BEANLAND, Nick	Unattached		0:41:17	1:10:27	1:51:44
HAUGHTON, Richard	Wesham Road Runners		0:43:27	1:08:39	1:52:06
THOMPSON, Simon	Keswick AC		0:42:41	1:09:52	1:52:33
HINE, Neil	Unattached - Kendal		0:43:33	1:09:30	1:53:03
FLETCHER, Ben	Delamere Spartans		0:41:33	1:12:23	1:53:56
LEE, Graeme	Meltham AC	Vet 40	0:43:09	1:12:15	1:55:24
MCPARTLAND, Frank	Haddington & E Lothian Pacemakers	Vet 50	0:43:13	1:12:20	1:55:33
WHEELER, Matthew	Unattached : Leicester	Vet 40	0:43:54	1:12:15	1:56:09
WEST, Simon	Unattached : Cleator Moor		0:42:25	1:13:52	1:56:17
ALLEN, Mick	Unattached - Cokermouth		0:44:44	1:11:41	1:56:25
BROWN, Carla	Cambridge & Coleridge		0:43:17	1:13:28	1:56:45
LIMBERT, Karl	ua Maidstone		0:44:10	1:13:20	1:57:30
MURRAY, David	Unattached : Tiverton	Vet 40	0:46:30	1:11:03	1:57:33
BEEK, Joe	ua east Dereham		0:43:52	1:13:44	1:57:36
O'NEILL, Shane	ua Edgware		0:46:52	1:10:59	1:57:51
TACK, Christopher	North Shields Polly		0:44:22	1:13:32	1:57:54
KNOWLES, John	Unattached : Oxford	Vet 60	0:45:47	1:12:33	1:58:20
GEHRE, Alexander	Unattached - Newcastle		0:44:10	1:14:30	1:58:40
BLUNDEN, Simon	Unattached - Kendal		0:48:14	1:10:55	1:59:09
FORTUN , Phil	Stone MM		0:46:03	1:13:06	1:59:09
THOMPSON, Russell	Unattached : Barrow in Furness	Vet 50	0:46:21	1:13:59	2:00:20
CHRISP, Paul	Delamere Spartans	Vet 50	0:46:27	1:14:13	2:00:40
LOUGHRAN, Jeremy	Unattached : Stoke On Trent	Vet 50	0:46:10	1:14:36	2:00:46
BARRY, Sean	Unattached - Huddersfield	Vet 40	0:47:17	1:13:36	2:00:53
RADCLIFFE, Mark	Unattached	Vet 40	0:46:37	1:14:48	2:01:25
KNOWLES, Matt	Unattached - Gateshead		0:42:24	1:19:04	2:01:28
SMITH, Paul	Unattached : St Helens		0:46:24	1:15:14	2:01:38
CLARK, Jeff	Barnsley Harriers	Vet 40	0:47:25	1:14:15	2:01:40
TREND, Matthew	Unattached		0:46:55	1:15:28	2:02:23
OWEN, Tim	Bridgend	Vet 50	0:45:33	1:16:52	2:02:25
WOODWARD, Rob	Unattached - Kendal	Vet 40	0:46:53	1:16:03	2:02:56
BLACK, Alex	Unattached - Kendal	Vet 40	0:47:42	1:15:22	2:03:04
WILSON, Richard	Unattached : Carlisle	Vet 40	0:45:27	1:17:42	2:03:09
DUFFY, Shaun	Serpentine Running Club	Vet 40	0:48:06	1:15:37	2:03:43
SPENCE, Ross	Unattached - Edinburgh		0:52:59	1:10:58	2:03:57

OSBORNE, Mark	Unattached - Leeds	Vet 50	0:47:09	1:17:06	2:04:15
FERGUSON, Allan	Motherwell AC	Vet 40	0:52:23	1:12:50	2:05:13
MIDDLEMISS, Martin	Mutzig Tri	Vet 40	0:46:46	1:18:33	2:05:19
HAWKER, Jon	Delamere Spartans	Vet 50	0:47:15	1:19:13	2:06:28
BREWSTER, Siobonne	Unattached : Carlisle		0:49:10	1:17:35	2:06:45
CHARLES, Terry	Delamere Spartans	Vet 50	0:49:51	1:17:21	2:07:12
HIGHAM, Nick	Lancaster & Morcambe AC	Vet 40	0:47:58	1:19:52	2:07:50
LOGAN, Johnny	Unattached : Duns	Vet 50	0:52:39	1:15:21	2:08:00
MURRIN, James	Unattached		0:48:55	1:19:26	2:08:21
MCFARLAND, John	Delamere Spartans	Vet 40	0:48:51	1:19:48	2:08:39
CURTIS, Nathan	Unattached : Winchester		0:51:28	1:17:16	2:08:44
DICKSON, Kenny	Unattached - Glasgow	Vet 40	0:52:24	1:16:47	2:09:11
COLBY, Charles	Wesham Road Runners	Vet 40	0:50:13	1:19:23	2:09:36
BROWN, Annette	Unattached : Bridlington	Lady Vet 50	0:49:14	1:20:25	2:09:39
BROWN, Rowan	Unattached : Leigh-on-Sea		0:52:50	1:17:28	2:10:18
HINZE, Al	Unattached : Wrexham	Vet 40	0:49:10	1:21:27	2:10:37
LEATHERAN, Andy	Unattached - Kendal	Vet 40	0:49:48	1:21:01	2:10:49
DUGGAN, Steve	Totley AC	Vet 40	0:50:44	1:20:09	2:10:53
HART, Stephen	Unattached - Manchester		0:49:36	1:21:24	2:11:00
DAVIES, Maggie	ua Fraserburgh		0:50:08	1:21:31	2:11:39
SPENCER, Steven	Unattached : Leeds	Vet 40	0:52:03	1:19:41	2:11:44
LLOYD, Jim	Unattached : Hexham	Vet 50	0:49:54	1:22:16	2:12:10
MACDONALD, Alasdair	UK Net Runner	Vet 50	0:51:37	1:20:45	2:12:22
REDPATH, Duncan	Unattached - Sunderland	Vet 40	0:50:50	1:21:32	2:12:22
JONES, Sarah	Lothian Running Club	Lady Vet 50	0:48:23	1:24:14	2:12:37
WIGGLESWORTH, Martyn	Unattached - Richmond	Vet 40	0:51:54	1:21:48	2:13:42
OSWALD, Anna	Unattached - Newcastle		0:50:04	1:23:44	2:13:48
WATT, David	Notfast	Vet 50	0:50:59	1:22:55	2:13:54
MOORE, Julie	Trismart	Lady Vet 40	0:51:52	1:22:43	2:14:35
CLARKE, Gary	Rockart Runners		0:50:32	1:24:38	2:15:10
RICHARDS, Lee	Unattached : Howden		0:50:33	1:24:38	2:15:11
JOSLIN, Jonathan	CAP Cougars		0:51:20	1:24:02	2:15:22
HUXFORD, James	Unattached		0:51:11	1:24:18	2:15:29
POWERS, Matt	Delamere Spartans	Vet 40	0:49:46	1:25:58	2:15:44
WATT, Jonathan	Unattached : Altrincham	Vet 50	0:50:59	1:25:16	2:16:15
HIRST, Cat	Unattached - Bishop Auckland		0:50:02	1:26:14	2:16:16
ROBISON, Walter	Unattached - Edinburgh		0:54:02	1:22:24	2:16:26
KEIGHTLEY, Joe	Unattached : Leeds		0:53:39	1:23:02	2:16:41
HUYTON, Stephen	Unattached - Ormskirk		0:53:11	1:24:04	2:17:15
EVANS, David	Unattached - Ormskirk	Vet 40	0:52:12	1:25:09	2:17:21
WILSHAW, Claire	St Radegund RADC		0:53:58	1:23:37	2:17:35
PAPE, Nick	Unattached : Longeaton	Vet 40	0:52:53	1:24:52	2:17:45
VINCENT, Christine	Galloway Harriers	Lady Vet 50	0:55:11	1:22:46	2:17:57
MARLEY PATERSON, Fiona	Elswick Harriers		0:55:31	1:23:06	2:18:37
O'DWYER, Martin	Unattached : St Helens		0:51:59	1:27:26	2:19:25
MCBLANE, Kate	Unattached - Derby		0:56:18	1:23:23	2:19:41
PARKER, Alan	Unattached : Stoke On Trent	Vet 40	0:56:38	1:23:18	2:19:56
DUNCAN, Alastair	Unattached - Preston		0:51:00	1:29:02	2:20:02
SHEPHERD, Cecily	Unattached - Kendal		0:53:16	1:26:46	2:20:02
FERRERO, Lisa	Harmeny AC		0:54:14	1:25:54	2:20:08
KENDAL, Kev	Howgill Harriers	Vet 40	0:54:00	1:26:13	2:20:13
WILSON, Diane	Unattached Darlington	Lady Vet 40	0:54:38	1:25:39	2:20:17
PATERSON, Neil	Unattached : Hexham	Vet 40	0:56:15	1:24:11	2:20:26
TONES, Michelle	Unattached - Leeds	Lady Vet 40	0:54:28	1:26:42	2:21:10
BRYCE, Laura	Unattached : Enfield		0:57:58	1:23:31	2:21:29
COTTEISS, Martyn	ua Newbiggin-by-the-sea	Vet 40	0:53:07	1:28:30	2:21:37

WEREY, Philippe	Southville Running Club	Vet 40	0:55:54	1:25:49	2:21:43
ALLEN, Charles	Burnham Joggers	Vet 50	0:57:21	1:25:42	2:23:03
MALE, Les	Unattached - Cambridge	Vet 40	0:54:20	1:28:56	2:23:16
JOUGHIN, Shaun	Unattached - Guisborough		0:52:36	1:30:46	2:23:22
LANG, Andrew	Meltham AC	Vet 40	0:51:43	1:31:57	2:23:40
LENGGER, Sabine	Plymouth Tri		0:58:07	1:25:53	2:24:00
SPRIGGS, Gary	Unattached : St Helens	Vet 40	0:53:27	1:31:12	2:24:39
PENNOCK, Richard	Unattached	Vet 40	0:53:46	1:31:14	2:25:00
HOWARD, Simon	Rocktart Runners	Vet 40	0:52:50	1:32:11	2:25:01
COLBY, Angela	Wesham Road Runners	Lady Vet 40	0:55:50	1:29:32	2:25:22
COATES, David	Alnwick Harriers	Vet 50	0:53:45	1:31:41	2:25:26
MILLS, Mark	South Cheshire Harriers	Vet 40	0:55:55	1:29:35	2:25:30
POOLE, Simon	Unattached : St Helens	Vet 40	0:54:52	1:31:12	2:26:04
HORSBURGH, Jill	Lothian Running Club	Lady Vet 50	0:54:59	1:32:23	2:27:22
OWEN, Phil	Fetcheveryone	Vet 40	0:58:06	1:29:23	2:27:29
JAMIESON, Christopher	Esk Valley Fell Club	Vet 50	0:55:58	1:31:56	2:27:54
WELLOCK, Richard	Unattached	Vet 50	0:56:53	1:31:14	2:28:07
WHITELEY, Gary	Unattached - Manchester	Vet 40	0:57:24	1:30:59	2:28:23
HAMBLETT, Diane	Unattached - Warrington	Lady Vet 40	0:55:40	1:32:45	2:28:25
ALLEN, Alison	Burnham Joggers	Lady Vet 50	0:57:30	1:30:56	2:28:26
FROST, Pella	Unattached - London		0:56:19	1:32:30	2:28:49
KNIGHTON, Simon	Unattached : Aldbourne	Vet 60	0:57:18	1:31:32	2:28:50
SMALL, Matt	Unattached - Bradford		0:53:02	1:35:49	2:28:51
GOODCHILD, Stephanie	Manchester YMCA	Lady Vet 40	0:59:24	1:29:43	2:29:07
CLENNETT, Catherine	Billingham Marsh House Harriers	Lady Vet 40	0:58:17	1:31:13	2:29:30
FURPHY, Chris	Unattached - Guisborough	Vet 40	0:58:21	1:31:12	2:29:33
SAMUELSON, Katie	Cambridge & Coleridge		00:55:55	01:33:38	2:29:33
CROFT, Rachael	Unattached : Didsbury		0:56:43	1:33:01	2:29:44
SNOW, Janet	Vale Royal AC	Lady Vet 50	0:57:02	1:33:08	2:30:10
PANTON, Owen	Unattached : Widnes		0:57:05	1:33:29	2:30:34
GILLMAN, Darren	Spa Striders	Vet 40	0:56:08	1:34:36	2:30:44
BODDY, Mike	Unattached - York	Vet 40	0:46:54	1:44:06	2:31:00
WILSON, Graeme	Unattached - Edinburgh	Vet 50	0:56:17	1:35:08	2:31:25
IRVING, Laura	Unattached - Newcastle		1:01:31	1:32:04	2:33:35
BAILEY, Richard	Unattached : Bolton	Vet 40	1:00:55	1:33:16	2:34:11
ARNFIELD, Susan	Unattached - Kendal		0:58:42	1:35:54	2:34:36
BARRY, Sarah	Unattached - Huddersfield	Lady Vet 40	0:59:04	1:35:34	2:34:38
MCGURN, John	Unattached : Paisley	Vet 40	0:58:40	1:36:02	2:34:42
PARKER, Graham	Unattached - Kendal	Vet 50	0:59:16	1:36:20	2:35:36
RAYNER, Ian	Unattached - Leeds	Vet 50	1:00:15	1:35:41	2:35:56
PEACOCK, Robert	Blaydon Harriers		0:58:57	1:37:20	2:36:17
MCDONALD, Kirsty	Unattached - Glasgow		1:00:15	1:36:37	2:36:52
NAGAR, Igal	Unattached : Sutton Coldfield	Vet 50	0:59:36	1:37:17	2:36:53
WALTON, Liz	Notfast	Lady Vet 50	1:00:59	1:36:49	2:37:48
REID, Alistair	Unattached : Chester	Vet 50	1:02:42	1:35:14	2:37:56
JEFFREY, Nicky	Tynedale Harriers	Lady Vet 50	1:01:00	1:37:10	2:38:10
SMITH, Ian	Harmeny AC	Vet 50	1:14:39	1:24:00	2:38:39
PELLEW, Jack	Newcastle Hash House Harriers		0:58:40	1:40:33	2:39:13
KAWAHARA, Hisayo	Unattached - London	Lady Vet 40	1:02:24	1:36:59	2:39:23
TACK, Lois	North Shields Polly		0:59:55	1:40:16	2:40:11
GOWLAND, Kerry	Coalfields RT		0:53:40	1:47:32	2:41:12
WEBSTER, Stephen	Unattached - Huddersfield	Vet 50	1:01:59	1:39:24	2:41:23
ALLEN, Shelley	Unattached : Bury	Lady Vet 40	1:00:45	1:40:53	2:41:38
BENNETT, Pat	Galloway Harriers	Lady Vet 50	1:03:47	1:38:43	2:42:30
BEAUMONT, Emily	Unattached Darlington		1:02:17	1:40:49	2:43:06
THOMPSON, Nick	Meltham AC	Vet 50	1:05:14	1:38:39	2:43:53