Lakeland Trails 2015 Dirty Double 10km Men

Name	Category	Club	Helvellyn	Ullswater	Total
Paul Graham		Derwent AC	0:35:48.9	0:47:10.0	1:22:59
Mark Wade		Aycliffe Running Club	0:37:55.4	0:50:08.4	1:28:04
Thomas Feather		Leeds Bradford Tri Club	0:40:09.6	0:54:47.9	1:34:57
Mike Allison	Veteran 50	FRA	0:42:52.6	0:58:32.9	1:41:25
Chris Leach		Stubbington Green Runners	0:43:08.7	0:58:27.9	1:41:37
Phil Blaylock	Veteran 40	St Bees Triers	0:43:46.6	1:01:05.9	1:44:53
Lawrence Mannion	Veteran 50	U/A Kendal,	0:43:32.0	1:03:01.7	1:46:34
tim Palmer	Veteran 50	Helsby Running Club	0:45:45.2	1:02:12.6	1:47:58
Allen Clement	Veteran 50	U/A Brampton, Cumbria	0:45:31.7	1:05:37.4	1:51:09
Andrew Wadeson	Veteran 40	U/A Lancaster, Lancashire	0:47:55.3	1:04:54.0	1:52:49
Lance Saxby	Veteran 40	U/A Harrogate, North Yorkshire	0:47:12.7	1:06:10.2	1:53:23
Ryan Mewis		U/A York, North Yorkshire	0:48:47.7	1:05:10.2	1:53:58
STEVEN NEWMAN		U/A LONDON,	0:48:28.7	1:06:06.0	1:54:35
Gary Cattermole	Veteran 50	U/A Kendal, cumbria	0:48:57.9	1:07:44.2	1:56:42
Andy Burnett	Veteran 60	U/A Alderley Edge, Cheshire	0:49:19.9	1:08:20.4	1:57:40
Simon Robson		U/A York, North Yorkshire	0:50:06.3	1:07:36.1	1:57:42
Stephen Clements	Veteran 50	U/A Penrith, Cumbria	0:51:54.9	1:12:12.7	2:04:08
Peter Hatch	Veteran 50	U/A Billingham,	0:53:55.3	1:10:39.9	2:04:35
Glenn Cundy	Veteran 40	U/A Warrington, Cheshire	0:52:27.0	1:13:00.6	2:05:28
Gerard Hurst	Veteran 50	U/A Wigan,	0:52:37.7	1:13:00.7	2:05:38
Peter Evans	Veteran 50	Kings Heath Running Club	0:54:43.5	1:13:23.8	2:08:07
Mark Heaney	Veteran 50	U/A Rochdale, Lancashire	0:52:54.4	1:18:02.3	2:10:57
Michael Ball	Veteran 40	U/A Swindon, Wiltshire	0:55:23.6	1:19:10.4	2:14:34
Tony Dent	Veteran 60	Tideswell Running Club	0:55:57.6	1:18:47.4	2:14:45
Chris Mee		U/A Newcastle-upon-Tyne, Tyne and	0:58:09.2	1:18:07.3	2:16:16
Andrew Reid		U/A Merseyside,	0:59:19.1	1:17:20.4	2:16:39
Michael Church		U/A Vigo Village, Kent	0:57:01.8	1:19:45.5	2:16:47
Edward Mann		U/A Carlisle,	0:58:27.2	1:20:18.4	2:18:46
Gary Pargeter	Veteran 50	U/A Northwich, Cheshire	0:58:11.9	1:21:38.0	2:19:50
Steve Foreman	Veteran 40	Sedgefield Harriers	0:50:56.9	1:31:52.9	2:22:50
andy kidd	Veteran 40	U/A west byfleet,	0:57:44.2	1:25:05.7	2:22:50
Ian McDowall	Veteran 50	U/A Linlithgow,	0:59:01.8	1:26:44.7	2:25:47
Nick Sharp	Veteran 40	U/A Wakefield, West Yorkshire	1:02:23.5	1:26:29.1	2:28:53
Martin Stanley	Veteran 40	U/A Wirral, Merseyside	1:02:54.0	1:29:48.8	2:32:43
Ian Chappell	Veteran 40	U/A Carlisle, Cumbria	1:04:22.4	1:29:12.6	2:33:35
David Ellicott	Veteran 40	U/A Askern, South Yorkshire	1:12:10.8	1:25:59.7	2:38:11
Steve Twomlow	Veteran 40	Kings Heath Running Club	1:05:55.9	1:33:19.2	2:39:15
Dave Hall	Veteran 50	Honister 92	1:00:00.9	1:41:05.9	2:41:07
Anthony Church	Veteran 50	U/A Vigo Village, Kent	1:05:53.8	1:36:28.8	2:42:23
Ian Wilson	Veteran 50	U/A Haltwhistle, Northumberland	1:05:07.3	1:39:46.6	2:44:54
Peter Phillips	Veteran 60	Loftus and Whitby AC	1:09:19.9	1:35:37.3	2:44:57
Gareth Phillips	Veteran 40	Gateshead harriers	1:09:20.2	1:35:37.4	2:44:58
Ian Stephenson	Veteran 50	U/A Swarland, Northumberland	1:01:57.2	1:47:17.2	2:49:14
Jim Dean	Veteran 70	U/A Kendal, Cumbria	1:09:36.3	1:43:38.8	2:53:15