

Lakeland Trails 2015 Dirty Double 15km Ladies

Name	Category	Club	Helvellyn	Ullswater	Total
annie Conway		Ambleside AC	1:03:45.7	0:40:58.7	1:44:44
Lou Roberts	Lady V40	Ambleside A C	1:07:01.8	0:42:28.5	1:49:30
Rebecca Winter		Ackworth road runners	1:08:53.4	0:43:18.8	1:52:12
Helen Woodley	Lady V40	U/A Ulverston, Cumbria	1:12:18.4	0:45:27.6	1:57:46
Kath Atherton		U/A Ulverston, Cumbria	1:15:34.0	0:46:49.2	2:02:23
Vicky Penn		Smiley Paces	1:14:44.6	0:48:07.3	2:02:52
Margaret Duncan	Lady V40	Smiley Paces	1:15:25.4	0:47:54.6	2:03:20
Suzanne Eccleston	Lady V40	Delamere Spartans	1:18:04.9	0:47:52.4	2:05:57
Gemma Preston		U/A Chorley, Lancashire	1:19:50.0	0:48:42.4	2:08:32
Nicola Simpson		Me	1:18:45.5	0:50:06.6	2:08:52
Jennifer Ruddick		U/A Brampton, Cumberland	1:20:12.2	0:51:40.4	2:11:53
Oonagh Jaquest	Lady V40	Penny Lane Striders	1:22:31.9	0:49:40.4	2:12:12
Isobel Graham	Lady V50		1:20:30.5	0:51:43.5	2:12:14
Emily Ledder		U/A Mirfield, West Yorkshire	1:19:56.7	0:52:43.5	2:12:40
Anna Danby		U/A Edinburgh,	1:22:50.6	0:50:57.2	2:13:48
Fiona Panes	Lady V40	U/A Sheffield,	1:21:36.7	0:53:36.8	2:15:13
Caroline Evans		Headington Road Runners	1:23:05.3	0:53:12.0	2:16:17
Catherine Lee		Elswick Harriers	1:26:01.1	0:51:23.1	2:17:24
Dorothy Kesterton	Lady V60	Smiley Paces	1:22:54.0	0:55:49.6	2:18:44
sandy walster		Cleethorpes ath	1:26:56.7	0:53:18.5	2:20:15
Shirley Staveley	Lady V50	Burnden Roadrunners	1:25:59.5	0:54:56.5	2:20:56
Charlotte Logie		South Cheshire Harriers	1:24:11.3	0:57:39.6	2:21:51
Isobel Ellis	Lady V50	Smiley Paces	1:26:14.7	0:56:42.2	2:22:57
Katie Samuelson		Cambridge & Coleridge AC	1:20:15.0	1:04:40.2	2:24:55
Les Park	Lady V40	Trismart	1:29:21.2	0:55:43.3	2:25:04
Michelle Tones	Lady V40	Wakefield Triathlon club	1:28:39.4	0:56:39.3	2:25:19
Ruth Jacobs	Lady V40	Smiley Paces	1:28:13.0	0:57:41.8	2:25:55
Sally Walker		U/A Penrith,	1:30:16.9	0:58:42.0	2:28:59
Lotty Bradford		Smiley Paces	1:32:07.4	0:57:40.5	2:29:48
Helen Eggar	Lady V40	Cambridge triathlon club	1:30:04.6	0:59:58.4	2:30:03
Maureen Bartrum	Lady V40	Alnwick Harriers	1:31:21.0	0:59:24.8	2:30:46
nichola swinbourne		Hartlepool burn road harriers	1:28:34.6	1:02:11.8	2:30:46
Susan Black	Lady V40	Tynedale Harriers	1:33:03.0	0:58:13.0	2:31:16
Margaret Lupton	Lady V40	Red Rose Road Runners	1:34:50.1	0:57:10.4	2:32:00
Elisabeth Zambo	Lady V40	U/A Southampton,	1:35:27.6	0:59:12.2	2:34:40
Andrea Horgosi	Lady V40	U/A Warrington, Cheshire	1:32:02.1	1:02:40.4	2:34:42
Ruth Morgan		U/A Edinburgh,	1:33:05.7	1:02:02.1	2:35:08
Amanda Hall		U/A North Shields, Tyne & Wear	1:31:22.8	1:03:47.2	2:35:10
Joanna Fitch		U/A Wandsworth, London	1:32:49.1	1:02:57.5	2:35:47
Samantha Scanlon		Red Rose Road Runners	1:28:56.5	1:07:32.2	2:36:29
Rebecca Skade		Delamere Spartans	1:32:00.5	1:04:30.8	2:36:31
Emma Kamillo-Price		U/A Leeds, West Yorkshire	1:34:47.1	1:01:54.1	2:36:41
Julie Peckett	Lady V50	Smiley Paces	1:35:25.2	1:01:25.2	2:36:50
Renata Ruszkiewicz	Lady V50	Ealing Eagles	1:35:24.5	1:01:58.9	2:37:23
Sarah Halford	Lady V40	Balanced Performance	1:37:40.1	1:02:09.5	2:39:50
Amanda Anderson	Lady V40	U/A Brompton on Swale, North York	1:38:32.2	1:02:16.4	2:40:49
Gemma Thompson		North Shields Poly	1:36:33.5	1:04:43.2	2:41:17
Helen Little	Lady V40	U/A High Harrington, Cumbria	1:38:02.0	1:04:09.0	2:42:11
Andrea Whelan	Lady V40	Dalbeattie civic running club	1:36:49.4	1:05:28.2	2:42:18
Amy Frost		U/A London,	1:37:44.6	1:05:17.9	2:43:02
Joanne Battersby	Lady V50	Smiley Paces	1:38:05.6	1:05:37.7	2:43:43
Gillian Csizmadia	Lady V50	Wrexham AC	1:40:37.3	1:03:50.5	2:44:28
deborah Reekie		U/A holmrook, cumbria	1:40:41.6	1:04:52.9	2:45:35
Alison MacDonald	Lady V50	Unattached - Edinburgh	1:40:24.9	1:05:37.8	2:46:03

Kirsty Jones		U/A Bedford, Bedfordshire	1:41:23.0	1:05:32.1	2:46:55
Pauline Boardman		Dalbeattie Running Club	1:49:26.4	0:57:35.0	2:47:01
Dawn Saxby	Lady V50	U/A Harrogate, North Yorkshire	1:40:49.7	1:06:54.3	2:47:44
Alecsa Vlaicu		U/A Solihull,	1:43:18.9	1:06:11.2	2:49:30
Lesley Westgate	Lady V60	Taunton AC	1:44:08.8	1:05:28.3	2:49:37
alison parkinson	Lady V40	U/A chorley, lancashire	1:42:12.9	1:07:26.0	2:49:39
rose egan	Lady V50	U/A West Kirby,	1:43:06.3	1:07:00.0	2:50:06
Paula Dalziel	Lady V50	U/A Bolton, Greater Manchester	1:44:17.6	1:07:13.0	2:51:31
Joanne Moss	Lady V40	U/A Scunthorpe,	1:48:11.1	1:04:02.8	2:52:14
Elspeth Faulkner		Smiley Paces	1:45:13.7	1:07:25.5	2:52:39
Kelly Fleetwood		U/A Edinburgh, Midlothian	1:46:17.8	1:06:45.1	2:53:03
Kate Lee		U/A Manchester,	1:47:28.4	1:07:01.9	2:54:30
Sarah Martin	Lady V40	U/A Bolton, Greater Manchester	1:48:39.4	1:05:55.0	2:54:34
Tina Kelly	Lady V40	Ponteland Runners	1:46:40.3	1:09:09.6	2:55:50
Vicky Barker	Lady V40	U/A Altrincham, Cheshire	1:47:08.4	1:09:14.1	2:56:22
Jacqui Sutton-Riley	Lady V40	U/A Ulverston, Cumbria	1:51:58.3	1:05:00.0	2:56:58
Eleanor Bryans	Lady V60	U/A York,	1:46:23.9	1:10:52.1	2:57:16
Patty Davies	Lady V40	U/A Ulverston, Cumbria	1:50:36.6	1:07:26.9	2:58:03
Jo Fallows	Lady V40	Manchester Harriers & AC	1:53:05.1	1:05:36.0	2:58:41
Di Newton	Lady V60	U/A Kendal,	1:48:03.9	1:10:57.6	2:59:01
KIRSTIN DU TERTRE		U/A SURREY,	1:44:35.0	1:15:21.2	2:59:56
Mary Conway	Lady V50	Red Rose Runners	1:47:00.4	1:13:48.7	3:00:49
Natalie Carr		Bridgnorth Running Club	1:52:21.7	1:10:05.4	3:02:27
Cath Wheen	Lady V40	Smiley Paces	1:50:37.0	1:12:24.7	3:03:02
Jill Shinnick	Lady V50	U/A burton latimer,	1:53:50.3	1:09:23.6	3:03:14
Bev Clark	Lady V40	Barnsley Harriers	1:49:43.5	1:13:40.3	3:03:24
Lucy Davies		Bridgnorth Running Club	1:52:55.7	1:10:42.8	3:03:39
Ruth Toller	Lady V60	Dundee Road Runners AC	1:52:09.5	1:12:03.4	3:04:13
Gina Bellhouse	Lady V40	Southport Waterloo AC	1:56:30.1	1:08:56.0	3:05:26
SHARRON KINGTON	Lady V50	TAUNTON AC	1:56:59.5	1:10:33.7	3:07:33
Mandy Beard	Lady V40	Swinton Running Club	1:53:43.5	1:14:28.9	3:08:12
Jo Jones	Lady V40	Widnes Wasps Ladies Running Club	1:57:17.8	1:11:44.1	3:09:02
Louise Abdy	Lady V50	Todmorden Harriers	2:03:41.8	1:06:24.1	3:10:06
Margaret Wilson	Lady V60	U/A Poulton-le-Fylde,	1:59:13.9	1:13:21.7	3:12:36
Julie Graham	Lady V40	Todmorden Harriers	2:03:41.7	1:09:24.2	3:13:06
Rosalind Dyde	Lady V50	winstonrunners	1:56:57.1	1:16:37.4	3:13:35
Jane Marshall	Lady V40	U/A York,	2:01:55.6	1:13:39.4	3:15:35
Alison Gilchrist	Lady V50	Independent	2:00:26.7	1:17:14.2	3:17:41
Amanda Benson		Roundhay Runners	1:56:23.6	1:21:55.3	3:18:19
Alison Nordon	Lady V40	U/A Paisley,	2:02:47.8	1:15:59.0	3:18:47
Giselle Dudley	Lady V50	U/A Sunderland, Tyne and Wear	2:00:26.4	1:22:24.9	3:22:51
Jan Rayner	Lady V40	Roundhay Runners	2:03:10.7	1:23:30.2	3:26:41
Sharon White	Lady V40	U/A Kendal, Cumbria	2:06:10.1	1:22:02.4	3:28:12
Caroline Wadey	Lady V40	Burgess Hill Runners	2:11:09.5	1:22:39.5	3:33:49
Jenny Fairclough	Lady V50	Red Rose Road Runners	2:11:18.8	1:23:41.5	3:35:00
Wendy Ward	Lady V40	Red rose road runners	2:11:19.5	1:25:22.0	3:36:42
Lydia Plackett	Lady V60	Red Rose Road Runners	2:49:17.9	1:34:07.6	4:23:26