

Lakeland Trails 2015 Dirty Double 15km Men

Name	Category	Club	Helvellyn	Ullswater	Total
Jonathan Cox		Eden Runners	0:57:41.4	0:37:27.8	1:35:09
Stephen Cooper		U/A Ealing, London	1:04:40.3	0:40:46.8	1:45:27
Peter Walker		U/A York,	1:05:18.4	0:41:11.3	1:46:30
Gregory du Tertre		U/A Selby,	1:06:49.2	0:39:50.5	1:46:40
Stephen Hall		U/A North Shields, Tyne & Wear	1:05:11.0	0:41:43.6	1:46:55
Mark Blackwell	Veteran 40	WestCumbriaTri	1:04:56.7	0:42:11.6	1:47:08
Tim Johnstone	Veteran 40	U/A Chorley, Lancashire	1:06:37.3	0:40:56.2	1:47:34
Simon West		U/A Irby, Merseyside	1:08:13.0	0:42:33.9	1:50:47
Doug Stewart		U/A Solihull,	1:09:07.9	0:42:20.2	1:51:28
Joe Robinson		The Always Merk	1:08:15.1	0:43:36.2	1:51:51
Thomas Pomfrett		Otley AC	1:07:57.7	0:43:56.3	1:51:54
James Ireland		U/A Knaresborough, North Yorkshire	1:08:25.9	0:43:40.8	1:52:07
David Lash	Veteran 40	U/A Seaham,	1:09:03.1	0:44:02.7	1:53:06
Jonny Lambert	Veteran 40	Oswestry Olympians	1:09:08.8	0:44:55.4	1:54:04
leon flesher	Veteran 40	thornton cleveleys	1:10:15.6	0:43:53.9	1:54:09
Ben Wilson		U/A Sale,	1:10:20.3	0:43:49.3	1:54:10
Andrew Adams	Veteran 50	None	1:08:27.0	0:46:00.9	1:54:28
Garry Owens	Veteran 50	NFR	1:09:49.1	0:45:43.3	1:55:32
David Murray	Veteran 50	U/A Tiverton,	1:10:55.5	0:45:06.8	1:56:02
Jim Tyson	Veteran 40	U/A Ambleside, Cumbria	1:10:43.1	0:45:36.0	1:56:19
Shaun McGlynn		U/A Sunderland, Wearside	1:11:27.2	0:45:02.8	1:56:30
Paul Cresswell	Veteran 40	Skelmersdale boundary harriers	1:11:57.0	0:45:37.1	1:57:34
Peter Marshall	Veteran 40	U/A Bristol, Somerset	1:11:56.8	0:45:39.2	1:57:36
Andy Staveley	Veteran 50	Burnden Roadrunners	1:10:37.1	0:47:15.4	1:57:52
Mr Lowes		Elswick Harreris	1:12:05.6	0:45:48.0	1:57:54
Dan Foley		U/A Harrogate, N.Yorks	1:11:34.8	0:46:43.3	1:58:18
Darren Graham	Veteran 40	Todmorden Harriers	1:10:50.6	0:47:33.3	1:58:24
Julian Hughes	Veteran 40	U/A Whitley Bay,	1:13:31.2	0:45:47.6	1:59:19
Paul Lindley		U/A Liverpool, Merseyside	1:13:23.7	0:47:45.8	2:01:09
Jonathan Fletcher	Veteran 50	Bedale and Aiskew	1:13:13.0	0:48:15.5	2:01:28
Richard fawkes		U/A derby, derbyshire	1:15:00.6	0:47:26.4	2:02:27
Sean Barry	Veteran 40	U/A huddersfield,	1:14:39.5	0:48:36.9	2:03:16
Mike Pigram	Veteran 40	U/A Manchester,	1:15:44.8	0:47:40.2	2:03:25
William Powis		U/A Whitley Bay, Tyne and Wear	1:16:00.3	0:47:29.1	2:03:29
Ben Hall		Elswick	1:15:19.9	0:48:27.6	2:03:47
Richard Smith	Veteran 50	U/A Potefract, West Yorkshire	1:13:53.4	0:50:06.9	2:04:00
Nath Drinkall		Me	1:17:18.0	0:47:26.0	2:04:44
Nathan Danby		U/A Halifax, West Yorkshire	1:22:50.4	0:42:07.7	2:04:58
Richard Hill	Veteran 50	Delamere Spartans	1:15:11.5	0:49:57.2	2:05:09
Nicholas Cooper	Veteran 50	Shelton Striders	1:15:13.8	0:49:58.6	2:05:12
Guy Whitmore	Veteran 40	Todmorden Harriers	1:15:54.2	0:50:00.4	2:05:55
Andy Yates	Veteran 50	N/A	1:16:32.3	0:49:31.0	2:06:03
Chris Chalmers		U/A London,	1:17:44.5	0:48:50.4	2:06:35
Lee Head	Veteran 40	U/A North Shields, Tyne and Wear	1:17:56.3	0:48:38.6	2:06:35
Scott Nelson		U/A London,	1:17:59.3	0:48:36.7	2:06:36
Richard Toller	Veteran 60	Dundee Road Runners AC	1:16:15.4	0:50:20.9	2:06:36
Richard Folley		U/A London,	1:17:44.4	0:49:02.0	2:06:46
Chris Eggar	Veteran 40	Cambridge triathlon club	1:17:23.9	0:49:49.2	2:07:13

David Craggs	Veteran 40	Tailenders	1:17:59.2	0:49:17.5	2:07:17
Jeff Clark	Veteran 50	Barnsley Harriers	1:17:15.7	0:50:42.1	2:07:58
Kevin Stead	Veteran 40	U/A Kendal,	1:19:35.6	0:48:38.0	2:08:14
Giles Carre		U/A Bath, Somerset	1:18:50.8	0:49:37.7	2:08:28
Stuart Maynes		U/A Dudley, West Midlands	1:17:43.6	0:50:51.9	2:08:36
alan parker	Veteran 50	U/A stoke on trent,	1:17:00.2	0:51:35.4	2:08:36
Mark Franey	Veteran 40	U/A Prenton,	1:19:38.7	0:49:07.2	2:08:46
barry wake	Veteran 40	Wellingborough & District Athletic Cl	1:15:22.8	0:54:01.4	2:09:24
Chris Pilkington		U/A Preston, Lancashire	1:18:29.3	0:51:16.0	2:09:45
Darren Armstrong	Veteran 40	North Norfolk Beach Runners	1:18:00.9	0:52:20.0	2:10:21
Richard Westgate	Veteran 60	U/A Taunton, Somerset	1:20:45.7	0:49:47.2	2:10:33
Jonathan Bryant		U/A Birmingham,	1:19:52.2	0:51:12.8	2:11:05
Matthew Elliott		U/A Manchester,	1:20:30.8	0:50:39.9	2:11:11
darren ernst		U/A Carlisle, Cumbria	1:16:40.6	0:54:33.4	2:11:14
Tom Wright	Veteran 40	U/A Lytham St. Annes, Lancashire	1:20:09.0	0:51:09.4	2:11:18
David Sykes	Veteran 40	U/A Huddersfield, Yorkshire	1:21:53.1	0:49:54.0	2:11:47
Mike Collins	Veteran 40	U/A Whitley Bay, Tyne and Wear	1:20:36.4	0:52:04.3	2:12:41
Rob Marshall	Veteran 40	Scunthorpe and District AC	1:19:41.3	0:53:20.0	2:13:01
Find Jorgensen	Veteran 40		1:23:13.5	0:49:52.5	2:13:06
Ian Davies		U/A Edinburgh,	1:22:50.5	0:50:55.1	2:13:46
Daniel Bolton		Pennington Flashers	1:23:14.3	0:50:34.8	2:13:49
greg swinbourne	Veteran 40	Hartlepool burn road harriers	1:18:52.3	0:55:18.2	2:14:10
Peter Little	Veteran 40	U/A High Harrington, Cumbria	1:23:03.3	0:51:10.0	2:14:13
Paddy Watson		U/A Edinburgh,	1:20:22.5	0:53:55.1	2:14:18
Edward Hill	Veteran 40	U/A Huddersfield ,	1:22:02.1	0:52:38.5	2:14:41
Edward Swinden	Veteran 40	U/A Manchester,	1:21:51.7	0:52:57.5	2:14:49
Andrew Hallam	Veteran 40	U/A Chorley, Lancs	1:23:09.0	0:52:00.6	2:15:10
Howard Plaut	Veteran 50	U/A Crook, County Durham	1:23:21.9	0:52:42.8	2:16:05
David Campbell		U/A Widnes, Cheshire	1:24:15.1	0:51:57.9	2:16:13
Craig Hetherington		Stirling Triathlon Club	1:25:36.1	0:50:41.2	2:16:17
Neil Paterson	Veteran 50	U/A Hexham, Northumberland	1:23:00.2	0:53:19.6	2:16:20
Ben Whitham		U/A Clitheroe, Lancs	1:23:06.7	0:53:30.0	2:16:37
Guy Lewcock		U/A Whitley Bay, Tyne and Wear	1:20:42.0	0:56:09.0	2:16:51
Phil Stones	Veteran 50	U/A Cleator Moor, Cumbria	1:21:25.8	0:56:14.2	2:17:40
andrew davies	Veteran 60	bridgnorth running club	1:21:50.6	0:55:49.7	2:17:40
Dave Bartrum	Veteran 40	Alnwick Harriers	1:23:40.8	0:54:04.0	2:17:45
Richard Ward	Veteran 40	Red rose road runners	1:24:57.1	0:53:02.9	2:18:00
Dominic Pope	Veteran 40	U/A Ulverston, Cumbria	1:24:51.5	0:53:59.2	2:18:51
Adam Barker	Veteran 40	U/A Altrincham, Cheshire	1:27:06.0	0:52:06.0	2:19:12
Jason Brant		U/A Normanton,	1:25:04.6	0:54:14.2	2:19:19
roger harrison	Veteran 60	cheshire hash house harriers	1:25:01.3	0:55:00.2	2:20:01
Fraser Dales	Veteran 40	U/A Grimsby, N E Lincs	1:27:21.6	0:52:52.8	2:20:14
Terry Wilkinson	Veteran 40	U/A Durham,	1:26:08.5	0:54:25.0	2:20:33
Robert Fry	Veteran 50	U/A Wigan,	1:25:39.9	0:55:13.5	2:20:53
Chris Wright		U/A Helmshore, Lancashire	1:20:14.2	1:00:43.8	2:20:58
Oliver Jones		U/A Bedford, Bedfordshire	1:16:19.6	1:05:37.2	2:21:57
Michael Cummins	Veteran 40	U/A Lancashire,	1:27:37.5	0:56:05.1	2:23:43
peter reed	Veteran 60	Northumberland Fell Runners	1:27:02.8	0:56:49.2	2:23:52
Robert Bentley		U/A Manchester,	1:30:45.0	0:53:28.9	2:24:14
Chris Aulton	Veteran 40	Balanced Performance	1:27:38.3	0:57:14.6	2:24:53

Ian Gibson	Veteran 50	Tynedale Harriers	1:31:21.5	0:54:47.4	2:26:09
Mark Jesson	Veteran 40	Pendle Forest Orienteers	1:31:27.5	0:56:10.7	2:27:38
Dan Poltawski		U/A Lancaster,	1:29:40.0	0:58:20.4	2:28:00
Peter Medicott	Veteran 40	Warrington Road Runners	1:31:25.2	0:57:30.7	2:28:56
Chris Green	Veteran 40	U/A Derby, Derbyshire	1:31:48.5	0:59:19.7	2:31:08
Malcolm Marshall	Veteran 50	Scunthorpe & District AC	1:30:39.4	1:02:32.7	2:33:12
Iain Ferguson		U/A Wirral,	1:36:54.7	0:57:34.7	2:34:29
Kenneth Wheeler	Veteran 50	Concordia Runners And Peddlers	1:35:11.9	1:00:08.0	2:35:20
Colin Goulder		U/A Lymm, Cheshire	1:34:11.0	1:02:08.5	2:36:19
Steven Ruddock		Cheshire Tally Ho	1:34:43.6	1:02:02.4	2:36:46
Richard Caver	Veteran 60	Fell runners Association	1:33:16.3	1:03:55.2	2:37:12
Stuart Whittaker	Veteran 50	Hartlepool burn road harriers	1:33:02.6	1:04:24.3	2:37:27
Paddy McDonald	Veteran 60	Haddington RC	1:30:01.6	1:07:30.2	2:37:32
Neil MacNeill	Veteran 40	U/A Edinburgh, Midlothian	1:34:17.2	1:03:30.0	2:37:47
Rob Walker	Veteran 50	U/A Bacup, Lancashire	1:36:47.4	1:01:14.2	2:38:02
Christopher Clarke		U/A Rhyl, Clwyd	1:29:23.3	1:09:17.8	2:38:41
Peter BADKIN	Veteran 50	Abbey Runners	1:35:00.8	1:03:42.4	2:38:43
Andy Holohan	Veteran 40	Harrogate Harriers AC	1:27:38.6	1:11:04.9	2:38:43
Robert Myatt	Veteran 50	U/A Stoke on trent, Staffordshire	1:36:17.8	1:02:55.3	2:39:13
KEITH PAUL	Veteran 50	TAUNTON AC	1:56:59.5	0:42:24.3	2:39:24
Ross Singleton	Veteran 50	U/A Bristol,	1:35:04.8	1:04:24.0	2:39:29
Matt Carter	Veteran 40	U/A Berkhamsted,	1:36:09.4	1:04:46.2	2:40:56
jim little	Veteran 40	Warrington RC	1:38:00.6	1:03:00.9	2:41:01
Sam Blackburn		U/A Manchester,	1:44:20.3	0:58:17.3	2:42:38
Graham Crombie		U/A Edinburgh,	1:41:24.9	1:01:55.7	2:43:21
Lee Hetherington	Veteran 40	Sanddogs South Shields	1:35:58.9	1:08:01.6	2:44:00
John Fail	Veteran 40	U/A South Shields,	1:35:59.8	1:09:06.3	2:45:06
Alasdair Start		U/A Leyland,	1:40:41.6	1:04:52.3	2:45:34
Dean Newman	Veteran 40	Bedford Harriers	1:51:00.4	0:54:53.4	2:45:54
Dermot Ferguson	Veteran 50	U/A Wallasey, Merseyside	1:46:34.2	1:02:37.6	2:49:12
Jon Tibke	Veteran 50	Lancaster And Morecambe A C	1:52:47.3	1:00:55.0	2:53:42
Jonny Boyes	Veteran 40	U/A golborne, cheshire	1:47:51.7	1:06:08.4	2:54:00
John Crombie	Veteran 50	U/A Kilmarnock,	1:48:28.1	1:06:39.0	2:55:07
Martin Kirkman	Veteran 50	U/A Near Malpas, Cheshire	1:50:25.6	1:08:41.1	2:59:07
Iain Carrick	Veteran 60	Haddington & East Lothian Pacemakers	1:13:29.8	1:49:37.0	3:03:07
Stephen Brohan	Veteran 40	U/A Worcester,	1:45:47.7	1:20:10.0	3:05:58
John Bide	Veteran 50	U/A Wainfleet All Saints, Lincolnshire	1:49:36.0	1:17:38.1	3:07:14
Anthony Jenner	Veteran 50	U/A Sunderland, Tyne and Wear	2:00:26.0	1:07:31.2	3:07:57
Neal Jones		U/A Widnes, Cheshire	1:57:18.3	1:11:43.0	3:09:01
Mark Osborne	Veteran 50	Wakefield Triathlon club	1:19:34.4	1:50:32.0	3:10:06
Peter Samuelson	Veteran 70	Spectrum striders	2:03:33.6	1:22:15.0	3:25:49
Jason Wadey	Veteran 40	Burgess Hill Runners	2:11:09.5	1:22:36.3	3:33:46