

Lakeland Trails 2016 Dirty Double 10km Men

Name	Category	Club	Helvellyn	Ullswater	Total
John Widdrington		U/A Newcastle upon Tyne,	0:40:15.0	0:39:24.7	1:19:40
Craig Marsh		Keswick AC	0:41:25.2	0:40:24.5	1:21:50
Robbie Robson		South Axholme Academy	0:40:44.9	0:41:34.0	1:22:19
Mike Allison	Veteran 50	U/A Penrith, Cumbria	0:41:34.2	0:41:41.4	1:23:16
Lance Saxby	Veteran 40	U/A Harrogate, North Yorkshire	0:43:56.5	0:43:05.7	1:27:02
sean barry	Veteran 40	U/A huddersfield,	0:44:46.4	0:45:48.0	1:30:34
andrew pye	Veteran 40	U/A skelsmergh,	0:47:43.2	0:43:52.5	1:31:36
Richard Whall		U/A Kirkham, Lancashire	0:47:18.0	0:46:31.5	1:33:49
Ian Gibson	Veteran 40	U/A Ulverston, Cumbria	0:46:52.7	0:47:31.9	1:34:25
Mike Daniels		U/A Manchester,	0:46:36.3	0:47:55.8	1:34:32
Andy MacKenzie	Veteran 50	U/A London,	0:47:35.7	0:49:40.0	1:37:16
Andy Hale	Veteran 40	Red Rose Road Runners	0:49:20.9	0:48:21.3	1:37:42
Kevin Bloor	Veteran 40	U/A Rothwell,	0:50:27.6	0:48:28.9	1:38:56
Robin NAYLOR	Veteran 60	n/a	0:51:21.5	0:48:43.4	1:40:05
Hunter Lyden		U/A Manchester,	0:54:02.7	0:51:32.4	1:45:35
David Binks	Veteran 60	Allithwaite Running Club	1:08:59.1	0:41:07.5	1:50:07
Jason Spear	Veteran 40	U/A Chorley, Lancashire	0:56:28.8	0:56:07.8	1:52:37
Paul Donnelly	Veteran 40	U/A Southport, Merseyside	0:58:37.9	0:56:28.9	1:55:07
Andy Hickson	Veteran 50	U/A LONDON,	1:00:44.8	0:54:58.3	1:55:43
DAVID LASH	Veteran 60	U/A SEAHAM, CO. DURHAM	1:12:05.8	0:44:09.4	1:56:15
ian mitchell	Veteran 50	helm hill runners	0:59:27.9	0:58:03.8	1:57:32
Lindon Bolton		Keswick AC	0:58:04.2	1:00:01.7	1:58:06
Chris Price	Veteran 50	York Acorns	1:11:10.4	0:49:35.3	2:00:46
Tom French		U/A Skipton, North Yorkshire	1:01:07.1	1:04:37.6	2:05:45
David Ellicott	Veteran 40	Keswick AC	1:03:50.8	1:05:06.6	2:08:57
Alon Caspi	Veteran 50	Mornington Chasers	1:02:40.8	1:09:34.2	2:12:15
Richard Cawdell	Veteran 60	U/A London,	1:06:29.6	1:05:49.0	2:12:19
Philip Loftus	Veteran 50	U/A Bolton, Lancashire	1:03:12.7	1:16:38.4	2:19:51
Paul Coldham	Veteran 50	U/A Keswick, Cumbria	1:11:50.3	1:11:34.2	2:23:25