

Lakeland Trails 2016 Dirty Double 15km Ladies

Name	Category	Club	Helvellyn	Ullswater	Total
Heidi Dent		Howgill Harriers	1:00:21.6	0:36:47.2	1:37:09
Anna Lupton		Black Coombe Runners	1:02:22.0	0:37:20.0	1:39:42
Lou Roberts	Lady Veteran 40	Ambleside	1:03:42.3	0:38:46.7	1:42:29
Rebecca Winter		Ackworth road runners	1:08:55.9	0:39:43.4	1:48:39
Kristina Jackson		Allithwaite Running Club	1:10:16.8	0:42:38.2	1:52:55
Helen Smith		U/A Market Rasen, Lincolnshire	1:11:33.9	0:43:42.5	1:55:16
Hannah Gilman	Lady Veteran 40	Smiley Paces	1:11:28.2	0:43:57.5	1:55:26
Charlotte Jenkinson		Smiley Paces	1:15:44.4	0:44:47.1	2:00:31
Courtney Connor		Allithwaite	1:17:18.2	0:45:11.4	2:02:30
Karen Foster	Lady Veteran 40	North Shields Poly AC	1:14:58.1	0:47:45.9	2:02:44
Mary Lisle		Elswick Harriers	1:16:35.1	0:48:02.9	2:04:38
Andi Herrick	Lady Veteran 40	Smiley Paces	1:18:56.5	0:46:33.8	2:05:30
Margaret Duncan	Lady Veteran 40	Smiley Paces	1:18:20.3	0:48:01.9	2:06:22
Nicky Russell	Lady Veteran 40	U/a LANCS	1:19:07.9	0:47:50.1	2:06:58
Charlotte Logie		South Cheshire Harriers	1:20:52.9	0:49:04.8	2:09:58
jane langham	Lady Veteran 50	smiley paces	1:21:31.3	0:48:35.3	2:10:07
Abigail Hathway		Smiley Paces	1:19:00.0	0:51:46.4	2:10:46
Jenny Simpson		North Shields Poly	1:21:09.9	0:52:51.2	2:14:01
Kay McGreevy	Lady Veteran 50	BMF Glasgow	1:24:08.5	0:49:57.3	2:14:06
Fiona Panes	Lady Veteran 40	U/A Sheffield,	1:25:31.2	0:50:01.7	2:15:33
Jane Kirkby		U/A Sheffield,	1:26:01.6	0:50:19.1	2:16:21
Christina McGuire	Lady Veteran 50	Lancaster & Morecambe	1:24:06.6	0:52:48.9	2:16:55
Isabelle Pound	Lady Veteran 50	Smiley Paces	1:26:34.3	0:51:39.6	2:18:14
karen stevens	Lady Veteran 40	Smiley paces	1:26:41.0	0:51:33.9	2:18:15
Trudy COYLE	Lady Veteran 40	U/A Largs,	1:24:00.0	0:56:00.4	2:20:00
Nina Tomlin		Stockport Harriers	1:24:58.3	0:55:59.0	2:20:57
Diane Wilson	Lady Veteran 40	U/A Richmond, North Yorkshire	1:26:56.4	0:54:02.2	2:20:59
Ruth Ford	Lady Veteran 40	Washlands Women Runners	1:28:13.0	0:53:47.3	2:22:00
Maeve Largey		U/A Sheffield, South Yorkshire	1:28:21.0	0:54:12.4	2:22:33
Elizabeth Neil		Bmf Glasgow	1:31:06.7	0:51:32.7	2:22:39
Sophie Milner	Lady Veteran 40	Smiley Paces	1:28:16.9	0:55:11.6	2:23:28
Gill Cox		U/A Ambleside, Cumbria	1:28:57.3	0:54:35.7	2:23:33
katie Georgeson		U/A liverpool,	1:29:15.1	0:54:36.5	2:23:52
Sarah gibbon	Lady Veteran 40	Smiley Pacers, Sheffield	1:30:15.9	0:53:56.4	2:24:12
Lauren Hadfield		Washlands Womens Runners	1:29:06.1	0:55:52.6	2:24:59
Pamela Leon	Lady Veteran 40	Smiley Paces	1:29:15.6	0:56:08.2	2:25:24
Sarah Crossland		Smiley Paces	1:31:13.1	0:54:23.1	2:25:36
Sarah Nutt		U/A Stockport,	1:29:29.3	0:57:53.5	2:27:23
Clare Thompson		Smiley Paces	1:32:54.4	0:55:35.1	2:28:29
Dawn Winstanley	Lady Veteran 40	U/A Preston, Lancashire	1:33:35.2	0:54:55.2	2:28:30
Ruth Mcdonald	Lady Veteran 50	Bentham Beagles	1:33:15.5	0:56:02.4	2:29:18
Amanda Mellor	Lady Veteran 40	U/A Leeds, Leeds	1:32:49.8	0:56:30.1	2:29:20
Alison Jones		U/A Sheffield,	1:33:17.5	0:56:07.3	2:29:25
Shaneen Platten	Lady Veteran 40	U/A Hull, East Yorkshire	1:33:39.9	0:56:55.3	2:30:35
Sinead Hayes		Radcliffe AC	1:29:40.5	1:01:01.8	2:30:42
Helen Walker	Lady Veteran 40	U/A Kendal, Cumbria	1:33:01.3	0:57:43.4	2:30:45
Jan Forster	Lady Veteran 40	U/A Leeds, West Yorkshire	1:34:07.7	0:59:02.4	2:33:10
Hazel Smith		U/A Isle of South Uist, Western Isles	1:36:55.1	0:57:17.2	2:34:12
Julie Peckett	Lady Veteran 50	Smiley Paces	1:35:55.1	0:58:26.1	2:34:21
Catherine Clennett	Lady Veteran 40	Stockton Striders	1:38:38.5	0:56:09.7	2:34:48
Sally Hale		U/A Arnold, Nottingham	1:39:05.0	0:55:46.7	2:34:52
Rosie Clegg	Lady Veteran 40	Smiley Paces	1:32:54.5	1:02:32.1	2:35:27
Amy Sixsmith		Elswick Harriers	1:37:30.1	0:58:35.5	2:36:06
Christine Winch		U/A South Tyneside, Tyne and Wear	2:36:59.1		2:36:59

Holly Blakemore		Warrington running club	1:39:16.8	0:58:09.2	2:37:26
Amanda Anderson	Lady Veteran 40	U/A Brompton on Swale, North York	1:37:11.4	1:01:05.1	2:38:16
Christine Loughran	Lady Veteran 50	U/A Stoke on Trent, Staffordshire	1:37:17.4	1:01:07.6	2:38:25
Rachel Chester	Lady Veteran 50	Wymondham Athletic Club	1:40:45.6	0:58:00.9	2:38:46
Georgina Westwood	Lady Veteran 40	Telford Harriers	1:38:32.1	1:00:17.4	2:38:49
Angela-Lee Kennedy	Lady Veteran 40	N/A	2:38:51.0		2:38:51
kim firstbrook	Lady Veteran 50	U/A hexham, northumberland	1:37:11.5	1:01:51.1	2:39:03
Emma Kamillo-Price		U/A Leeds, West Yorkshire	1:35:58.1	1:03:38.6	2:39:37
Helen Little	Lady Veteran 40	U/A High Harrington, Cumbria	1:39:42.7	1:00:28.0	2:40:11
Margaret Lupton	Lady Veteran 40	Red Rose Road Runners	1:41:56.7	0:59:34.5	2:41:31
Nicola Stanley	Lady Veteran 40	U/A Southport,	1:40:41.7	1:01:56.6	2:42:38
Tara Oxley		Stockton Striders A.C.	1:41:42.8	1:01:03.9	2:42:47
Clare Laybourn	Lady Veteran 40	U/A Edinburgh,	1:41:24.1	1:02:04.1	2:43:28
Linda Walz		U/A York,	1:42:45.0	1:00:48.6	2:43:34
Lorraine Hetherington		sanddogs	1:36:21.9	1:07:17.3	2:43:39
sarah barry	Lady Veteran 40	U/A huddersfield,	1:40:53.8	1:02:54.4	2:43:48
Sarah West	Lady Veteran 40	U/A Grimsby, Lincs	1:39:45.1	1:04:08.8	2:43:54
andrea McEwan	Lady Veteran 40	U/A Bristol,	1:39:45.5	1:04:08.9	2:43:54
Diane Hawkes	Lady Veteran 40	U/A Liverpool, Merseyside	1:44:05.9	1:00:23.4	2:44:29
amanda Bentley	Lady Veteran 40	Warrington Running Club	1:43:43.8	1:01:01.7	2:44:45
Katie Samuelson		Cambridge & Coleridge AC	1:31:22.0	1:13:47.2	2:45:09
Allison Pollard	Lady Veteran 50	U/A glasgow ,	1:41:53.1	1:04:06.8	2:46:00
Emma Corrie		U/A Windermere ,	1:42:42.2	1:04:29.9	2:47:12
Janice Allan	Lady Veteran 50	U/A Dumfries, Dumfries & Galloway	1:40:27.7	1:06:48.3	2:47:16
Patty Davies	Lady Veteran 40	U/A Ulverston, Cumbria	1:45:57.8	1:02:57.8	2:48:56
Julia Delaney	Lady Veteran 40	Smiley Paces	1:47:07.6	1:02:40.8	2:49:48
Laraine Lindsey	Lady Veteran 40	U/A Clitheroe, Lancashire	1:48:55.1	1:01:00.3	2:49:55
Fran Tomlin		U/A Edinburgh, Midlothian	1:44:40.7	1:06:25.1	2:51:06
Jessica Mather		U/A Warrington,	1:46:17.9	1:05:08.4	2:51:26
Sandi Carman	Lady Veteran 40	Smiley Paces	1:47:03.9	1:05:35.3	2:52:39
Jacqui Sutton-Riley	Lady Veteran 40	U/A Ulverston, Cumbria	1:51:35.1	1:01:05.3	2:52:40
Linda O'neill	Lady Veteran 50	Perth Road Runners	1:48:38.2	1:04:14.0	2:52:52
catherine broome	Lady Veteran 50	achille ratti	1:48:04.0	1:04:59.0	2:53:03
rose egan	Lady Veteran 50	U/A West Kirby,	1:47:32.1	1:05:32.2	2:53:04
Susan Averill	Lady Veteran 50	U/A Nottingham,	1:49:11.5	1:04:33.4	2:53:45
Evelyn Donoghue	Lady Veteran 40	W&DAC	1:46:48.7	1:07:03.1	2:53:52
Gillian Brightwell	Lady Veteran 50	Wellingborough and district	1:46:48.8	1:07:03.1	2:53:52
Shiran Yakobi	Lady Veteran 40	RSCAC	1:44:15.7	1:09:53.3	2:54:09
Lily Dyu	Lady Veteran 40	U/A HEREFORD,	1:47:14.8	1:07:26.8	2:54:42
Sue Kearney	Lady Veteran 50	U/A Bolton, Lancs	1:51:33.9	1:05:04.1	2:56:38
deborah Reekie		U/A holmrook, cumbria	1:51:04.5	1:05:39.2	2:56:44
Sally Robinson	Lady Veteran 40	Veloart	1:50:40.2	1:06:33.1	2:57:13
Penny Oliver	Lady Veteran 40	U/A Penrith, Cumbria	1:51:15.8	1:06:28.9	2:57:45
Sarah Halford	Lady Veteran 40	Balanced Performance	1:47:58.8	1:10:05.5	2:58:04
Bronwen Doyle	Lady Veteran 40	Smiley Paces	1:48:46.7	1:09:21.4	2:58:08
Vanessa Scott	Lady Veteran 40	U/A Haslemere, Surrey	1:53:37.1	1:05:39.8	2:59:17
Ruth Toller	Lady Veteran 60	U/A Dundee,	1:52:13.0	1:07:40.7	2:59:54
Caroline Johns	Lady Veteran 40	U/A Selby, North yorkshire	1:52:01.3	1:08:09.7	3:00:11
Ann Lister	Lady Veteran 60	Glasgow Running Network	1:52:33.6	1:09:16.4	3:01:50
Helen Michael		U/A Leeds,	1:57:01.4	1:05:14.9	3:02:16
Jody Dempster		U/A Thornhill, Dumfries and galloway	1:58:32.4	1:04:40.6	3:03:13
Lindsay Plumb		Warrington Running Club	1:55:41.1	1:08:38.4	3:04:20
Alison MacDonald	Lady Veteran 50	Unattached - Edinburgh	1:53:32.5	1:11:02.1	3:04:35
Sarah Martin	Lady Veteran 40	U/A Bolton, Lancashire	1:55:34.7	1:09:18.7	3:04:53
Dawn Wicks	Lady Veteran 40	U/A Penrith, Cumbria	1:53:50.3	1:11:04.1	3:04:54
Amanda Cirelli	Lady Veteran 40	U/A Blackpool ,	1:56:48.2	1:08:43.4	3:05:32

