

Lakeland Trails 2016 Dirty Double 15km Men

Name	Category	Club	Helvellyn	Ullswater	Total
Ben Livesey		U/A Lincoln,	0:54:52.7	0:32:30.9	1:27:24
Johnathan Cox		Eden Runners	0:55:07.9	0:33:35.3	1:28:43
Duncan Hill	Veteran 40	Sale Manchester Harriers	1:02:29.7	0:37:27.3	1:39:57
Daniel Pratt		U/A Shipley, West Yorkshire	1:04:00.2	0:38:01.1	1:42:01
Daniele Trinca		U/A Leeds,	1:04:41.6	0:38:52.9	1:43:34
Merlin Duff		U/A Newcastle upon Tyne,	1:05:15.3	0:39:36.8	1:44:52
Mark Blackwell	Veteran 40	West Cumbria Tri	1:05:59.9	0:39:45.2	1:45:45
Michael McLean	Veteran 40	U/A Catterick Garrison,	1:07:53.8	0:40:01.6	1:47:55
Jamie Arkle		Eden Runners	1:08:43.7	0:40:10.2	1:48:54
Ben Hall		Elswick	1:07:47.9	0:41:10.6	1:48:59
Alan Ramsay	Veteran 40	U/A South Queensferry,	1:07:54.6	0:41:07.6	1:49:02
David Blake		U/A Birmingham,	1:09:13.2	0:41:07.5	1:50:21
Ben Heathcote		Northumberland Fell Runners	1:08:24.3	0:42:47.6	1:51:12
Mick Allen		Cumberland Fell Runners	1:09:38.5	0:42:11.1	1:51:50
Chris Chalmers		U/A London,	1:10:08.2	0:43:00.8	1:53:09
Garry Owens	Veteran 50	NFR	1:10:14.8	0:43:11.5	1:53:26
Mark Saunders	Veteran 40	U/A Wymondham, Norfolk	1:10:02.4	0:43:39.3	1:53:42
Michael Richardson	Veteran 40	n/a	1:10:43.9	0:43:32.4	1:54:16
Roger Taylor	Veteran 40	U/A Erding,	1:12:43.3	0:42:41.3	1:55:25
darren young	Veteran 40	U/A heckmondwike, west yorkshire	1:12:13.4	0:43:19.5	1:55:33
Ian Stainthorpe	Veteran 50	Rochdale Harriers	1:12:31.2	0:43:05.3	1:55:36
Peter Clayton	Veteran 50	Unattached	1:12:13.1	0:43:37.1	1:55:50
Michael Storey		DH Runners	1:13:10.0	0:43:04.4	1:56:14
Paul Lindley		U/A Liverpool, Merseyside	1:11:37.6	0:44:42.2	1:56:20
Richard Hawkins		York Postal Harriers	1:12:10.4	0:44:14.2	1:56:25
Richard Folley		U/A London,	1:12:54.4	0:43:35.9	1:56:30
William Powis		North Shields Polytechnic Club	1:13:33.6	0:44:09.5	1:57:43
Harry Vaneris		U/A London,	1:14:22.7	0:43:30.7	1:57:53
William McAllister		Parkside Panthers	1:11:56.1	0:46:13.2	1:58:09
Paul Rawlinson		DH Runners	1:13:56.1	0:44:16.0	1:58:12
Edward Lloyd		U/A sheffield, s. yorks	1:13:57.9	0:44:14.4	1:58:12
Nathan Drinkall		U/A Scunthorpe , North Links	1:14:28.8	0:43:59.8	1:58:29
John Field		U/A Skipton, North Yorkshire	1:15:30.9	0:45:07.5	2:00:38
Robert Hartley	Veteran 40	U/A Paisley, Renfrewshire	1:16:33.9	0:44:18.3	2:00:52
Jonathan Fletcher	Veteran 50	Bedale and Aiskew	1:13:50.4	0:47:12.4	2:01:03
Richard Smith	Veteran 50	U/A Potefract, West Yorkshire	1:15:43.6	0:45:26.6	2:01:10
Glenn Tait		U/A Edinburgh ,	1:13:58.9	0:47:13.3	2:01:12
Jeffrey Counce	Veteran 40	U/A Southport, Merseyside	1:14:30.7	0:47:05.9	2:01:37
Nick Higham	Veteran 40	Lancaster and Morecambe AC	1:13:35.0	0:49:04.9	2:02:40
Tom Wright	Veteran 40	U/A Lytham St.Annes, Lancashire	1:17:31.1	0:45:10.7	2:02:42
Ashley Loader		Jarrow and Hebburn AC	1:17:08.0	0:46:16.7	2:03:25
Ian Pass	Veteran 40	St Helens Sutton	1:18:26.3	0:46:35.0	2:05:01
Scott Logie	Veteran 40	U/A Nantwich, Cheshire	1:16:20.3	0:48:44.2	2:05:04
DAVID BURTON	Veteran 50	KESWICK	1:18:04.0	0:47:11.0	2:05:15
Richard Harrison	Veteran 50	Ambleside AC	1:18:43.6	0:46:47.9	2:05:31
Russell Thompson	Veteran 50	U/A Barrow-in-Furness,	1:18:05.9	0:47:28.2	2:05:34
frank mcpartland	Veteran 50	haddington pacemakers	1:18:15.6	0:47:27.7	2:05:43
Robert Foster	Veteran 40	North Shields Poly AC	1:20:32.1	0:46:09.4	2:06:41
alan parker	Veteran 50	U/A stoke on trent,	1:17:21.8	0:49:30.6	2:06:52
Alex Bennett		U/A Irlam, Lancs	1:20:17.2	0:47:08.8	2:07:26
Richard Toller	Veteran 60	Dundee Road Runners AC	1:19:47.9	0:47:42.5	2:07:30
Craig Hetherington		Stirling Tri Club	1:20:13.5	0:47:29.4	2:07:43
Jeremy Loughran	Veteran 50	U/A Stoke on Trent, Staffordshire	1:17:39.8	0:50:13.6	2:07:53
Peter Little	Veteran 40	U/A High Harrington, Cumbria	1:19:26.1	0:48:33.3	2:07:59

Stuart Haigh		U/A Newcastle upon Tyne, Tyne & W	1:22:16.3	0:45:52.9	2:08:09
Andy Yates	Veteran 50	N/A	1:18:38.1	0:50:00.9	2:08:39
RICHARD HALLY	Veteran 40	U/A PRESTON, LANCASHIRE	1:21:44.0	0:47:06.7	2:08:51
Gary Cattermole	Veteran 50	U/A Kendal, cumbria	1:18:36.2	0:50:23.3	2:08:59
Steven Averill	Veteran 50	U/A Nottingham ,	1:21:45.8	0:47:16.3	2:09:02
Richard Gordon	Veteran 40	U/A Penrith, Cumbria	1:18:12.6	0:52:22.0	2:10:35
Paul Dunne		U/A Kings's Lynn, Norfolk	1:19:11.9	0:51:31.6	2:10:43
David Cummins	Veteran 40	U/A Preston, Lancashire	1:19:19.9	0:53:11.3	2:12:31
Rob Marshall	Veteran 50	Scunthorpe and District AC	1:20:10.9	0:52:25.3	2:12:36
Craig Rimmer		U/A Warrington,	1:22:57.0	0:49:50.8	2:12:48
Lee Darch	Veteran 50	U/A Ellesmere Port, Cheshire	1:22:10.0	0:50:49.8	2:13:00
Mark Jesson	Veteran 50	Pendle Forest Orienteers	1:24:39.5	0:49:12.1	2:13:52
Chris Adams		I Wear Womens Knickers	1:24:03.8	0:49:59.1	2:14:03
John Waring		U/A Warrington,	1:24:08.0	0:50:33.4	2:14:41
John Rudd	Veteran 50	Perth Road Runners	1:23:06.4	0:51:35.3	2:14:42
Mark Twitchett	Veteran 40	U/A Leeds,	1:22:41.5	0:52:05.3	2:14:47
Larry Horne	Veteran 50	Eden runners	1:23:46.7	0:52:08.7	2:15:55
Darren Entwistle	Veteran 40	Fylde Coast Runners	1:24:02.1	0:52:12.4	2:16:14
Frank Tippin	Veteran 50	U/A Southport,	1:22:27.7	0:53:56.9	2:16:25
Igal Nagar	Veteran 50	U/A Sutton Coldfield, West Midlands	1:25:24.4	0:51:21.3	2:16:46
Daniel Weston		U/A Manchester,	1:29:31.2	0:48:03.5	2:17:35
roger harrison	Veteran 60	cheshire hash house harriers	1:25:42.0	0:51:57.2	2:17:39
Adam Barker	Veteran 40	U/A Altrincham, Cheshire	1:25:06.6	0:52:43.1	2:17:50
Ian Moir	Veteran 40	British Military Fitness	1:28:40.4	0:49:12.6	2:17:53
Martyn Wigglesworth	Veteran 40	U/A Richmond, North Yorkshire	1:25:58.6	0:52:20.6	2:18:19
Damian Cowell	Veteran 40	Warrington Running Club	1:25:50.0	0:52:54.4	2:18:44
Robert Fry	Veteran 60	U/A Wigan,	1:26:10.1	0:52:39.4	2:18:49
Stuart Bell	Veteran 60	Kendal AC	1:26:48.3	0:52:09.8	2:18:58
David Bayliss		Red Rose Runners	1:28:57.7	0:52:00.6	2:20:58
Michael Cummins	Veteran 50	U/A Lancashire,	1:26:30.2	0:54:29.1	2:20:59
John Humphryes		U/A Chester, Cheshire	1:29:28.8	0:51:55.8	2:21:25
Dean Lindsey	Veteran 50	U/A Clitheroe, Lancashire	1:21:55.8	1:00:59.4	2:22:55
Dave Ramsay	Veteran 50	Bentham beagles running club	1:33:15.8	0:49:52.3	2:23:08
Neil MacNeill	Veteran 40	U/A Edinburgh, Midlothian	1:30:19.9	0:53:08.9	2:23:29
Stephen Clements	Veteran 50	U/A Penrith, Cumbria	1:30:13.6	0:53:15.8	2:23:29
peter reed	Veteran 60	Northumberland Fell Runners	1:28:53.6	0:54:37.7	2:23:31
Chris Green	Veteran 40	U/A Derby, Derbyshire	1:27:22.8	0:56:35.7	2:23:58
Find Jorgensen	Veteran 50		1:30:05.8	0:54:23.7	2:24:29
Alastair McIntosh		U/A Warrington, Cheshire	1:26:45.0	0:57:45.1	2:24:30
Chris Aulton	Veteran 50	Balanced Performance	1:29:03.0	0:55:40.6	2:24:44
Peter Roome	Veteran 50	Southport Waterloo AC	1:44:06.4	0:40:56.6	2:25:03
Chris Edwards		u/a	1:31:28.8	0:53:41.0	2:25:10
Chris Westwood	Veteran 40	Telford Harriers	1:28:28.0	0:58:42.0	2:27:10
Liam Moden	Veteran 50	U/A Haslingden, Lancashire	1:34:08.9	0:54:41.2	2:28:50
Joe Mellor	Veteran 50	U/A Leeds, ---Please Select---	1:32:50.3	0:56:31.2	2:29:21
Paddy Mcdonald	Veteran 60	Haddington Pacemakers	1:32:01.5	0:57:21.1	2:29:23
Robert Bentley		U/A Manchester,	1:34:20.0	0:55:05.5	2:29:26
Steve Platten	Veteran 40	U/A Hull, East Yorkshire	1:33:39.8	0:56:55.2	2:30:35
Nick Pape	Veteran 40	Hermitage harriers	1:31:23.5	1:00:10.4	2:31:34
David Devine	Veteran 50	U/A Glasgow, Scotland	1:36:42.2	0:55:24.7	2:32:07
Christian Oxley	Veteran 40	Superfan	1:31:32.5	1:01:04.1	2:32:37
John Hunter	Veteran 40	U/A Leyland, Lancs	1:32:21.4	1:00:21.7	2:32:43
Ric Turner	Veteran 40	U/A Leyland,	1:32:29.9	1:00:22.0	2:32:52
Ian Jones		U/A Mere brow, Lancashire	1:42:00.7	0:51:03.3	2:33:04
Richard Clements	Veteran 40	U/A Manchester,	1:33:52.4	0:59:29.8	2:33:22
MARTIN Simpson		Red Rose Road Runners	1:33:08.3	1:00:21.4	2:33:30

Craig Brett	Veteran 40	Slinn Allstars	1:23:54.0	1:10:06.4	2:34:00
Damien Cullington		U/A Leeds, West Yorkshire	1:30:38.5	1:04:03.8	2:34:42
jim little	Veteran 40	Warrington RC	1:35:30.1	0:59:51.1	2:35:21
Sean Backhouse	Veteran 40	U/A Selby, North Yorkshire	1:33:33.2	1:01:50.2	2:35:23
Carl Fisher		U/A Leyland, Lancashire	1:35:08.9	1:00:21.8	2:35:31
Ian Stephenson	Veteran 50	U/A Swarland, Northumberland	1:39:01.5	0:57:41.1	2:36:43
Richard Pennock	Veteran 40	U/A Bridgend,	1:39:03.3	0:59:14.0	2:38:17
Rob Whitham		U/A Leyland,	1:39:06.5	1:00:22.4	2:39:29
Stephen Harding	Veteran 40	Jog Scotland	1:38:26.1	1:03:02.6	2:41:29
Malcolm Marshall	Veteran 50	Scunthorpe & District AC	1:34:43.0	1:07:02.3	2:41:45
Darren Gillman	Veteran 40	Cambridge & Coleridge AC	1:28:02.0	1:13:47.1	2:41:49
Peter BADKIN	Veteran 50	Abbey Runners	1:37:53.8	1:03:59.8	2:41:54
Andy Dickson	Veteran 50	Dumfries Running Club	1:40:58.2	1:01:49.4	2:42:48
Keith Wise	Veteran 60	U/A Dalry, North ayrshire	1:30:17.5	1:13:03.7	2:43:21
christopher hetherington	Veteran 40	sanddogs	1:36:13.2	1:07:17.3	2:43:30
Martyn Fisher	Veteran 50	Almost Athletes	1:38:06.8	1:05:24.9	2:43:32
Chris Furphy	Veteran 50	Stockton Striders	1:38:38.0	1:04:57.4	2:43:35
Dirk Etgeton	Veteran 40	U/A Rommerskirchen, Germany	1:43:03.6	1:01:18.8	2:44:22
Steve Green		U/A Cockermouth, Cumbria	1:47:19.1	0:59:54.4	2:47:14
ANDREW WOODS	Veteran 60	Fell Striders	1:46:17.7	1:01:39.7	2:47:57
Michael Rafferty	Veteran 40	U/A Cramlington, Northumberland	1:41:16.6	1:07:15.1	2:48:32
Lee Hetherington	Veteran 40	South Shields Sanddogs	1:41:16.9	1:07:15.0	2:48:32
Lee Johnston	Veteran 40	U/A Southport,	1:48:57.5	1:01:56.6	2:50:54
Anthony Church		U/A Manchester,	1:46:04.2	1:04:57.4	2:51:02
Andrew Woodhead		U/A Preston, Lancashire	1:48:30.8	1:02:45.1	2:51:16
Kev Kendal	Veteran 40	Howgill Harriers	1:51:36.5	1:02:31.9	2:54:08
Chris Councell	Veteran 50	U/A Hereford,	1:47:15.1	1:07:26.8	2:54:42
Michael Smith	Veteran 50	Olney Runners	1:49:36.8	1:05:05.8	2:54:43
Richard Wheatley	Veteran 50	Redhill Road Runners	1:50:48.3	1:06:00.9	2:56:49
Alasdair Start		U/A Leyland,	1:51:56.5	1:05:43.5	2:57:40
Mark Scott	Veteran 40	U/A Haslemere, Surrey	1:52:41.3	1:05:40.0	2:58:21
Anthony Jenner	Veteran 50	U/A Sunderland, Tyne and Wear	1:58:16.2	1:00:44.8	2:59:01
Mike Jones	Veteran 40	U/A Blackpool ,	1:56:46.2	1:08:43.4	3:05:30
Roger Beaconsfield	Veteran 70	Westbury harriers	1:54:50.2	1:10:41.9	3:05:32
Gavin Spickett	Veteran 60	Tynedale Harriers	1:55:42.7	1:10:03.8	3:05:47
Mark Daniels	Veteran 40	Warrington Running Club	1:55:40.3	1:12:55.0	3:08:35
kevin burse	Veteran 50	U/A staines, middlesex	1:57:18.8	1:11:29.0	3:08:48
Gerald Bradley	Veteran 50	U/A West Cornforth, County Durham	1:58:29.4	1:16:12.2	3:14:42
Simon Berrill		U/A Preston, Lancs	2:06:59.6	1:17:24.2	3:24:24
Mark Farmer	Veteran 50	U/A Lincoln, Lincolnshire	2:08:20.4	1:17:48.6	3:26:09
Peter Samuelson	Veteran 70	Spectrum Striders	2:15:09.5	1:26:11.0	3:41:21
David Toth	Veteran 40	U/A Durham, Durham	2:19:31.4	1:26:11.2	3:45:43