

## Lakeland Trails in Glenridding

**Dirty Double Results - Long Courses**

			Helvellyn	Ullswater	TOTAL time	
1	Jo Brown	f	Northbrook AC	01:13:57	01:07:57	02:21:54
2	Annamarie Bulcock	f	Skipton AC	01:16:53	01:11:27	02:28:20
3	Nicola Carter	f	Knaresborough Striders	01:18:39	01:11:43	02:30:22
4	Richard Wall-Morris	f	U/A London , London	01:20:20	01:14:20	02:34:40
5	Annabel Prow	f	U/A Nottingham,	01:19:30	01:15:19	02:34:49
6	Hilary Barber	f	U/A Keighley, West Yorkshire	01:20:18	01:15:14	02:35:32
7	Rachel Hollins	f	Biddulph Running Club	01:22:41	01:15:22	02:38:03
8	Flora Devlin	f	U/A Edinburgh, Midlothian	01:23:05	01:15:25	02:38:30
9	Alice Tetley-Paul	f	Alnwick Harriers	01:21:36	01:17:45	02:39:21
10	Nic Frow	f	Smiley Paces	01:23:43	01:16:07	02:39:49
11	Kirsty Reade	f	Didcot Runners	01:22:06	01:18:12	02:40:18
12	Jill Pittard	f	Northbrook AC	01:22:28	01:19:04	02:41:33
13	Sophia Haywood	f	Vale Royal AC	01:23:52	01:19:34	02:43:26
14	Charlotte Earl	f	Basingstoke & Mid Hants AC	01:26:38	01:17:14	02:43:51
15	Jacqueline Kandsberger	f	U/A Dumfries, Dumfriesshire	01:26:26	01:17:40	02:44:06
16	Caroline Lloyd	f	U/A Ossett,	01:24:00	01:20:28	02:44:28
17	Rachel Devlin	f	U/A Edinburgh,	01:29:11	01:16:14	02:45:25
18	Laura Hankinson	f	Wormit Runners	01:26:28	01:22:17	02:48:45
19	nichola swinbourne	f	Hartlepool burn road harriers	01:25:31	01:23:38	02:49:08
20	Trudy COYLE	f	U/A Largs,	01:24:13	01:24:59	02:49:12
21	Melanie Steventon	f	Skipton AC	01:26:58	01:22:19	02:49:16
22	Lorna Templeton	f	U/A Bristol, Somerset	01:26:30	01:22:56	02:49:26
23	Sarah Nutt	f	U/A Stockport,	01:24:28	01:26:23	02:50:51
24	Isabelle Pound	f	Smiley Paces	01:27:12	01:24:15	02:51:27
25	Andi Herrick	f	Smiley Paces	01:27:24	01:24:05	02:51:29
26	Ruth Ford	f	Washlands Women Runners	01:28:23	01:24:07	02:52:30
27	Krissy Lloyd	f	Basingstoke and Mid Hants AC	01:26:38	01:26:29	02:53:06
28	Kay McGreevy	f	BMF Glasgow	01:28:45	01:24:36	02:53:21
29	Sally Hale	f	U/A Arnold, Nottingham	01:30:35	01:24:07	02:54:43
30	Sophie Harney	f	U/A Hitchin , Hertfordshire	01:29:34	01:25:11	02:54:45
31	June Harrison	f	U/A Chester, Cheshire	01:29:40	01:25:18	02:54:59
32	Hannah Billett	f	U/A Newcastle upon Tyne, Tyne and Wear	01:31:02	01:24:04	02:55:06
33	Hannah Mayson	f	U/A Lancaster ,	01:29:11	01:25:59	02:55:11
34	Karen Hood	f	Skipton AC	01:31:53	01:23:34	02:55:27
35	Dot Kesterton	f		01:31:04	01:25:43	02:56:47
36	Allison McIntyre	f	U/A Ayr, South Ayrshire	01:31:12	01:25:55	02:57:07
37	Elysa Watson	f	U/A Panton Hill , Victoria	01:33:19	01:24:06	02:57:25
38	Hayley Staunton	f	U/A warrington, cheshire	01:34:10	01:24:12	02:58:22
39	Louise Plevin	f	U/A Warrington, Cheshire	01:32:05	01:26:38	02:58:43
40	Lisa Carter	f	Radcliffe AC	01:31:45	01:27:07	02:58:53
41	Eileen Naughton	f	U/A Didcot, Oxfordshire	01:29:35	01:31:35	03:01:09
42	Anna Cornforth	f	Knaresborough Striders	01:31:27	01:30:33	03:02:00
43	Charlotte Mundy	f	U/A Alnwick,	01:31:27	01:30:34	03:02:01
44	Jen Hare	f	U/A Cambridge,	01:36:00	01:26:18	03:02:17
45	Hannah Wright	f	U/A Lancaster, Lancashire	01:34:27	01:27:51	03:02:17
46	Lauren Hadfield	f	Washlands Womens Runners	01:32:46	01:29:49	03:02:35
47	Katie Samuelson	f	Cambridge & Coleridge AC	01:26:43	01:35:59	03:02:42
48	Kirsty Dumelow	f	Washlands Women Runners	01:33:12	01:30:04	03:03:16
49	Katharine Greenwood	f	U/A Stockton-on-Tees,	01:36:29	01:26:51	03:03:20
50	Catherine Kenning	f	U/A Wigton, Cumbria	01:32:51	01:30:46	03:03:37
51	Shaneen Platten	f	U/A Hull, W Yorks	01:32:57	01:30:52	03:03:49
52	Sarah Crossland	f	Smiley Paces	01:36:11	01:27:43	03:03:54
53	Caroline French	f	Smiley Paces	01:31:22	01:32:33	03:03:55
54	Justine Pedler	f	Smiley Paces	01:38:26	01:26:30	03:04:56
55	Judith Moore	f	Smiley Paces	01:34:27	01:32:38	03:07:05
56	Rebecca Joyce	f	Smileys	01:36:13	01:31:24	03:07:37
57	Claudie Combelas	f	Smiley Paces	01:38:27	01:29:37	03:08:04
58	Rebecca Howard	f	Quakers	01:21:26	01:47:19	03:08:45
59	Rachel Chester	f	Wyomndham Athletic Club	01:36:04	01:32:46	03:08:51
60	Laura Broatch	f	Dumfries Running Club	01:36:19	01:32:59	03:09:18
61	Vic Taylor	f	U/A Kendal, Cumbria	01:36:40	01:33:06	03:09:46
62	Lisa Baston	f	Alnwick Harriers	01:27:55	01:43:00	03:10:56
63	Sue Kearney	f	U/A Bolton, Lancs	01:50:32	01:21:08	03:11:40
64	Anna Maciejkowicz	f	U/A Kendal,	01:36:43	01:35:05	03:11:48
65	Nicola Sproson	f	Nics Nordic Walks	01:41:22	01:30:56	03:12:17
66	Pamela Leon	f	Smiley Paces	01:44:07	01:30:11	03:14:18
67	Lisa O'neil	f	U/A Cockermonth, Cumbria	01:38:05	01:36:24	03:14:29

## Lakeland Trails in Glenridding

**Dirty Double Results - Long Courses**

68	Ruth Farquharson	f	U/A Aberdeen,	01:43:01	01:32:28	03:15:28
69	Clare Moody	f	Smiley Paces	01:39:57	01:36:02	03:15:59
70	Zoe Foulerton	f	Swaledale runners	01:40:36	01:35:33	03:16:09
71	Marie Stolbrink	f	U/A Liverpool,	01:38:45	01:37:24	03:16:09
72	Megan Smith	f	Wendy's Wonders	01:37:39	01:38:58	03:16:37
73	Vikki Flemington	f	U/A Manchester,	01:41:30	01:37:52	03:19:22
74	Kristy Wonders	f	North Shields Poly	01:48:44	01:30:56	03:19:40
75	Sarah Gibbon	f	Smiley Paces	01:44:08	01:35:36	03:19:44
76	Patty Davies	f	U/A Ulverston, Cumbria	01:42:26	01:37:21	03:19:47
77	Nichola Whalley	f	U/A St Neots, Cambs	01:41:14	01:38:47	03:20:01
78	Joanna Castaldi	f	U/A Lancaster, Lancashire	01:42:32	01:37:49	03:20:21
79	Clare Laybourn	f	U/A Edinburgh,	01:41:34	01:38:50	03:20:24
80	Louise Corrigan	f	Swinton RC	01:42:09	01:38:21	03:20:29
81	Nicola Sewell	f	Smiley Paces	01:44:08	01:36:39	03:20:47
82	Clare Thompson	f	Smiley Paces	01:44:08	01:36:39	03:20:47
83	Claire Westrope	f	Spa striders	01:41:09	01:39:53	03:21:02
84	Amanda Anderson	f	U/A Brompton on Swale, North Yorkshire	01:41:02	01:40:19	03:21:22
85	Marie Bainbridge	f	Derwent Valley Trail Runners	01:42:27	01:38:58	03:21:25
86	Laura Jackson	f	Washland Women Runners	01:44:40	01:37:04	03:21:44
87	sara cameron	f	U/A Glasgow, Glasgow	01:44:38	01:37:53	03:22:31
88	Tracy Wells	f	Washlands Women	01:43:13	01:39:19	03:22:32
89	Ruth Jacobs	f	Smiley Paces	01:47:12	01:35:22	03:22:34
90	Dawn Wicks	f	U/A Penrith, Cumbria	01:42:50	01:39:47	03:22:36
91	Lisa Shaw	f	Washlands Women Runners	01:43:20	01:39:20	03:22:40
92	Alison Peter	f	U/A Cambridge,	01:43:03	01:39:54	03:22:58
93	Wendy Adams	f	U/A London,	01:40:56	01:42:17	03:23:13
94	Georgina Westwood	f	Telford Harriers	01:44:39	01:40:22	03:25:01
95	Katy Blake	f	U/A Harrogate,	01:48:30	01:37:19	03:25:49
96	Sandi Carman	f	Smiley Paces	01:45:50	01:40:10	03:26:00
97	Helen Dyche	f	Washland women runners	01:47:17	01:39:03	03:26:20
98	Natalie Beveridge	f	U/A Oxford,	01:49:10	01:37:24	03:26:35
99	rose egan	f	U/A West Kirby,	01:47:02	01:39:36	03:26:38
100	Catherine Henderson	f	U/A Edinburgh,	01:44:47	01:42:19	03:27:06
101	Catherine Bowman	f	Smiley Paces	01:47:29	01:40:17	03:27:46
102	Helen Hill	f	Billingham Marsh House Harriers	01:48:04	01:40:11	03:28:15
103	Paula Dailey	f	U/A Newcastle Upon Tyne, Tyne & Wear	01:49:13	01:40:32	03:29:45
104	Fiona Bone	f	Hatch Warren Runners	01:44:58	01:44:48	03:29:46
105	Fiona Panes	f	Smiley Paces	01:47:16	01:43:24	03:30:40
106	Karen Stevens	f	Smiley Paces	01:47:16	01:43:24	03:30:41
107	Lotty Bradford	f	Smiley Paces	01:47:16	01:43:25	03:30:41
108	sarah barry	f	U/A huddersfield,	01:49:08	01:41:54	03:31:02
109	Ruth Toller	f	Dundee Road Runners	01:49:18	01:42:26	03:31:43
110	Kate Broome	f	Achille Ratti	01:50:59	01:42:44	03:33:42
111	Claire Hutchinson	f	U/A Liverpool,	01:51:17	01:43:02	03:34:20
112	Angela Bamford	f	Altrincham and District AC	01:51:14	01:43:15	03:34:29
113	Cath Wheen	f	Smiley Paces	01:52:53	01:44:03	03:36:57
114	Nicola Latimer	f	Wigton Road Runners	01:52:27	01:46:53	03:39:19
115	Carol Davison	f	Alnwick Harriers	01:51:17	01:49:18	03:40:35
116	Julia Delaney	f	Smiley Paces	01:52:52	01:48:12	03:41:04
117	Jane Boden	f	Smiley Paces	01:52:53	01:48:11	03:41:04
118	Natalie grobbelaar	f	Northwich running club	01:53:49	01:48:42	03:42:30
119	Karen Moody	f	U/A Liverpool,	01:57:28	01:46:52	03:44:20
120	helen clark	f	U/A macclesfield, cheshire	01:55:09	01:49:23	03:44:32
121	jo keenan	f	U/A york,	01:59:42	01:45:58	03:45:39
122	Deborah Reekie	f	U/A holmrook, cumbria	01:53:36	01:52:19	03:45:55
123	Sarah Langford	f	Washland Women Runners	01:55:14	01:51:13	03:46:27
124	Karen Jackson	f	Washlands Women Runners	01:55:14	01:51:13	03:46:27
125	Giselle Dudley	f	U/A Sunderland, Tyne and Wear	01:56:08	01:50:20	03:46:29
126	Fiona McGruer	f	U/A Glasgow,	01:55:37	01:51:02	03:46:39
127	Claire Leigh	f	Washlands women runners	01:44:56	02:01:57	03:46:53
128	Catherine Higson	f	U/A Keswick, Cumbria	01:55:41	01:51:33	03:47:14
129	Sian Hamilton	f	Washlands Women Runners	01:56:46	01:51:13	03:47:59
130	Laraine Lindsey	f	U/A Clitheroe, Lancashire	02:01:05	01:54:08	03:55:13
131	Joanne Bell	f	Washlands women runners	01:55:01	02:01:58	03:56:58
132	Fay Smalls	f	Colchester Harriers	01:59:03	02:01:16	04:00:20
133	Caroline Bones	f	Warrington running club	01:59:50	02:01:43	04:01:33
134	Laura Cheers	f	Warrington Running Club	01:59:50	02:01:43	04:01:33
135	Margaret Wilson	f	U/A Poulton-le-Fylde,	02:04:27	01:58:23	04:02:50

## Lakeland Trails in Glenridding

**Dirty Double Results - Long Courses**

136	caroline vitty	f	U/A liverpool,	02:06:55	02:02:30	04:09:25
137	Fiona Murphy	f	U/A Glasgow,	02:06:56	02:03:44	04:10:41
138	Justine Topping	f	U/A Manchester,	02:08:34	02:03:01	04:11:34
139	Kristina mountain	f	U/A chorley, lancashire	02:08:34	02:03:01	04:11:35
140	Dawn Saxby	f	U/A Harrogate, N.Yorks	01:40:32	02:31:04	04:11:36
141	Viv Samuelson	f	Swinton RC	02:12:13	01:59:49	04:12:02
142	Cynthia Carter	f	Crosby stormers	02:10:40	02:02:30	04:13:10
143	Marie Findlay	f	Leverets Trail Runners	02:05:27	02:09:00	04:14:28
144	Christina Greatwood	f	U/A Castle Cary , Somerset	02:08:45	02:07:54	04:16:39
145	Sophie Armstrong	f	Leverets	02:08:38	02:09:00	04:17:39
146	Sarah Fretwell	f	Leverets	02:08:38	02:09:00	04:17:39
147	Maria Sowerby	f	Stamford Striders	02:12:05	02:09:57	04:22:02
148	Rosemary Mellor	f	Washlands Women Runners	02:21:01	02:09:38	04:30:39
149	Alison Nordon	f	U/A Paisley,	02:17:21	02:22:27	04:39:48
150	Rosie Kaur	f		02:29:31	02:11:17	04:40:47
151	Sharon Ward	f	Smiley Paces	02:21:14	02:22:29	04:43:43
152	Clare Keighley	f	U/A Lichfield, Staffs	02:28:57	02:33:24	05:02:21
153	Linda Kirke	f	Washlands Women Runners	02:52:24	02:13:36	05:06:00