

Lakeland Trails in Glenridding

Dirty Double Results - Long Courses

				Helvellyn	Ullswater	TOTAL time
1	Tom Adams	m	Ilkley Harriers	00:52:31	00:48:12	01:40:44
2	Dave Ragan	m	Basingstoke & Mid Hants AC	00:56:19	00:53:32	01:49:52
3	Allen Smalls	m	Colchester Harriers	01:00:44	00:57:37	01:58:21
4	Steve Rankin	m	U/A Boldon Colliery, Tyne & Wear	01:02:24	00:58:48	02:01:12
5	Chris corless	m	Team mountain fuel	01:03:04	00:59:22	02:02:27
6	Tom Calvert	m	U/A Knaresborough ,	01:06:39	00:58:22	02:05:01
7	Jamie Arkle	m	Eden Runners	01:04:31	01:01:06	02:05:36
8	Robert Jackson	m	ProwBoBob	01:05:48	01:01:27	02:07:15
9	leon flesher	m	thornton cleveleys	01:06:21	01:03:46	02:10:07
10	Mark Blackwell	m	WestCumbriaTri	01:07:27	01:02:49	02:10:15
11	darren allan	m	U/A BARNARD CASTLE,	01:07:51	01:02:43	02:10:34
12	Stephen Walker	m	Beverley AC	01:06:34	01:04:33	02:11:07
13	Gary Richardson	m	Vale Royal AC	01:07:41	01:03:41	02:11:23
14	Peter Marshall	m	U/A Bristol, Somerset	01:07:41	01:04:41	02:12:22
15	Rob Cunningham	m	Ilkley Harriers	01:07:54	01:04:40	02:12:34
16	James Ireland	m	U/A Knaresborough, North Yorkshire	01:08:16	01:05:20	02:13:35
17	Richard Harrold	m	U/A Edinburgh,	01:10:25	01:03:35	02:14:00
18	Mark Morgan-Hillam	m	Wigan and District Harriers	01:06:05	01:08:50	02:14:55
19	Nick Haywood	m	Vale Royal AC	01:09:10	01:06:24	02:15:33
20	Mark Saunders	m	U/A Wymondham, Norfolk	01:10:25	01:06:02	02:16:27
21	Adam Spiller	m	Alnwick Harriers	01:10:47	01:06:12	02:16:59
22	David Parkin	m	U/A Melbourne , Derbyshire	01:12:28	01:05:50	02:18:18
23	Ben Swarbrick	m	U/A Preston , Lancashire	01:08:47	01:10:39	02:19:27
24	Rob Langton	m	U/A LONDON, LONDON	01:13:03	01:07:43	02:20:46
25	Harry Vaneris	m	U/A London,	01:10:43	01:10:33	02:21:16
26	Philip Cornforth	m	Knaresborough Striders	01:14:16	01:07:30	02:21:46
27	peter fishpool	m	U/A driffield, east yorks	01:13:09	01:09:01	02:22:10
28	Dan Foley	m	U/A Harrogate, N.Yorks	01:12:18	01:10:18	02:22:36
29	Trevor Foster	m	U/A Holyhead ,	01:14:51	01:08:07	02:22:58
30	Robert Hartley	m	U/A Paisley, Renfrewshire	01:13:47	01:09:23	02:23:10
31	David Lash	m	Sunderland Harriers	01:14:00	01:09:16	02:23:16
32	James Wright	m	Knaresborough Striders	01:14:54	01:09:20	02:24:13
33	Cyrille Petryniak	m	KSAT BIL	01:15:06	01:09:11	02:24:17
34	Ian Stainthorpe	m	Rochdale Harriers	01:15:43	01:08:44	02:24:26
35	Matthew Adams	m	U/A Nottingham , Nottinghamshire	01:14:34	01:10:31	02:25:05
36	Mauro Rotondi	m	Radcliffe AC	01:15:24	01:09:47	02:25:11
37	Adam Armata	m	U/A Carlisle ,	01:15:21	01:10:40	02:26:00
38	maxwell fox-leonard	m	U/A stockport,	01:13:56	01:12:35	02:26:31
39	Tim Apps	m	U/A Milton Keynes, Buckinghamshire	01:15:50	01:10:46	02:26:36
40	Richard Gordon	m	U/A Penrith, Cumbria	01:15:47	01:12:40	02:28:27
41	Stephen Cooper	m	The Always Merk	01:17:31	01:11:00	02:28:31
42	Philip Love	m	U/A Leeds, West Yorkshire	01:16:48	01:12:26	02:29:14
43	Ben Ashton	m	U/A Nottingham, NOTTINGHAMSHIRE	01:16:57	01:12:25	02:29:21
44	Jonathan Fletcher	m	Ripon Runners	01:16:10	01:13:46	02:29:56
45	Dean Stackhouse	m	Alnwick Harriers	01:17:15	01:12:43	02:29:59
46	Paul McVittie	m	U/A Durham,	01:15:33	01:14:49	02:30:23
47	joe robertson	m	U/A bulford,	01:16:03	01:15:07	02:31:10
48	leslie johnson	m	Northwich Running Club	01:15:59	01:15:41	02:31:40
49	Andrew Pye	m	U/A Kendal, Cuumbria	01:17:54	01:15:35	02:33:30
50	Richard Toller	m	Dundee Road Runners	01:18:56	01:15:31	02:34:27
51	Mark Doctor	m	Alnwick Harriers	01:19:29	01:15:53	02:35:22
52	Steve Platten	m	U/A Hull, W Yorks	01:19:47	01:16:04	02:35:51
53	Charles Hewitt	m	U/A Stratford-upon-Avon, Warwickshire	01:18:23	01:18:11	02:36:35
54	Aaron Smith	m	U/A Cambridge, Cambridgeshire	01:21:52	01:15:14	02:37:06
55	David Hindmarsh	m	Alnwick Harriers	01:22:38	01:14:29	02:37:07
56	Phillip Thomson de Zylva	m	Ulladulla Rats	01:21:09	01:16:54	02:38:03
57	Michael Lemmy	m	U/A Ashton Hayes, Cheshire	01:22:42	01:15:22	02:38:03
58	Frank Tippin	m	U/A Southport,	01:19:42	01:18:52	02:38:34
59	PAUL BLUNDELL	m	HARDLEY RUNNERS	01:21:36	01:17:07	02:38:44
60	Mike Lloyd	m	U/A Ossett,	01:23:59	01:15:08	02:39:07
61	Stewart Hamilton-Arrandale	m	U/A Stockport, Cheshire	01:22:41	01:17:25	02:40:05
62	John Moran	m	U/A Pontefract, West Yorkshire	01:21:14	01:19:00	02:40:14
63	Craig Rimmer	m	U/A Warrington,	01:23:45	01:16:30	02:40:15
64	Andrew Hemsley	m	U/A Penrith, Cumbria	01:20:34	01:19:53	02:40:26
65	James Buckell	m	U/A MILTON KEYNES, Bucks	01:21:46	01:18:40	02:40:27
66	John Allen	m	Red Rose Road Runners	01:23:12	01:17:31	02:40:42
67	Chris Price	m	York Acorns	01:22:49	01:19:09	02:41:59

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68	Peter Little	m		01:23:48	01:19:39	02:43:26
69	Richard Hawkins	m	York Postal Harriers	01:24:35	01:19:32	02:44:07
70	Philip Boylin	m	U/A Hexham, Northumberland	01:21:19	01:22:55	02:44:13
71	Peter Leach	m	Lymm Runners	01:25:20	01:19:31	02:44:51
72	Lewis McIntyre	m	U/A AYR, South Ayrshire	01:23:52	01:21:50	02:45:43
73	Ian Skyner	m	Roby Runners	01:26:02	01:20:40	02:46:42
74	Paul Chapman	m	Ramblers' Shack Runners	01:26:04	01:21:59	02:48:02
75	Roy Young	m	North Shields Poly	01:28:55	01:19:37	02:48:32
76	Graham Flynn	m	U/A Liverpool,	01:24:58	01:23:40	02:48:39
77	Jonathan Jamison	m	North Shields Poly	01:28:17	01:20:54	02:49:11
78	greg swinbourne	m	Hartlepool burn road harriers	01:25:23	01:23:55	02:49:18
79	Chris Brookes	m	U/A Preston, Lancs	01:27:15	01:22:46	02:50:02
80	Andrew Bagshaw	m	Bramhall Runners	01:27:26	01:22:52	02:50:18
81	David Gallimore	m	U/A Warrington, Cheshire	01:29:50	01:20:58	02:50:48
82	Huw Parry	m	North Shields Polytechnic	01:27:28	01:24:20	02:51:48
83	Dave Bartrum	m	Alnwick Harriers	01:27:50	01:24:23	02:52:13
84	roger harrison	m	cheshire hash house harriers	01:27:54	01:24:30	02:52:24
85	Stewart Lamb	m	U/A Lancaster , Lancs	01:25:32	01:26:59	02:52:31
86	Dave Stanley	m	Basingstoke and Mid Hants AC	01:26:38	01:26:29	02:53:06
87	Jorgensen Find	m	Norway	01:28:25	01:24:58	02:53:23
88	Richard Pennock	m	U/A Bridgend,	01:26:51	01:26:39	02:53:31
89	Doug Bryden	m	Red Rose Road Runners	01:28:14	01:25:31	02:53:45
90	Ian Moir	m	British Military Fitness	01:31:22	01:24:04	02:55:26
91	David Aiken	m	Darlington Harriers & AC	01:22:32	01:34:09	02:56:41
92	David Cummins	m	U/A chorley,	01:29:41	01:27:10	02:56:52
93	Dean Lindsey	m	U/A Clitheroe, Lancashire	01:30:16	01:26:52	02:57:08
94	John Hobson	m	U/A Richmond, Surrey	01:40:38	01:17:15	02:57:53
95	Chris Green	m	U/A Matlock, Derbyshire	01:28:24	01:29:36	02:58:01
96	MICHAEL SALMON	m	U/A HORWICH, LANCs	01:29:52	01:28:10	02:58:02
97	Paul Smitham	m	GMFRS Mountain Running Club	01:31:29	01:26:44	02:58:13
98	Phil Walton	m	Warrington Running Club	01:32:05	01:26:38	02:58:43
99	Ian Waddingham	m	Red Rose Road Runners	01:34:36	01:27:03	03:01:38
100	David Devine	m	U/A Glasgow, Scotland	01:32:56	01:29:10	03:02:06
101	David Stephenson	m	U/A Ottringham,	01:32:19	01:30:50	03:03:09
102	Andrew Edwards	m	U/A Cupar, Fife	01:36:42	01:27:17	03:03:59
103	Conrad Stewart	m	Alnwick Harriers	01:32:40	01:31:30	03:04:09
104	Tony Griffiths	m	Macclesfield Harriers	01:35:12	01:29:25	03:04:37
105	Stuart Whittaker	m	Hartlepool burn road harriers	01:35:49	01:30:13	03:06:01
106	Andy Buckroyd	m	U/A Bollington, Cheshire	01:35:40	01:30:41	03:06:22
107	Michael Wilkinson	m	Swinton Running Club	01:30:12	01:36:35	03:06:47
108	Owen Davies	m		01:35:58	01:31:05	03:07:03
109	Kevin Mather	m	U/A Warrington,	01:33:06	01:35:57	03:09:03
110	Gregor Smith	m	U/A Berkhamsted,	01:36:39	01:32:42	03:09:21
111	Mark Gill	m	U/A Ilkley,	01:33:27	01:37:19	03:10:46
112	David Williams	m	Ambleside AC	01:38:34	01:33:00	03:11:34
113	David Lithgow	m	Spa Striders	01:37:41	01:34:33	03:12:14
114	John Stout	m	U/A Aughton, Lancashire	01:36:59	01:36:21	03:13:20
115	David Dobson	m	U/A Frodsham,	01:45:13	01:28:59	03:14:12
116	Darren Gillman	m	Cambridge & Coleridge	01:38:31	01:35:59	03:14:30
117	Ross Singleton	m	U/A Bristol,	01:38:16	01:36:20	03:14:36
118	Garry Hobson	m	Scunthorpe and District	01:37:44	01:37:28	03:15:11
119	Nick Pape	m	Hermitage harriers	01:41:11	01:34:51	03:16:02
120	Stephen McElhone	m	U/A Market Harborough, Leicestershire	01:33:42	01:42:26	03:16:08
121	mark wardley	m	U/A preston, lancs	01:42:32	01:37:49	03:20:21
122	Matt Carter	m	U/A Berkhamsted,	01:41:08	01:39:47	03:20:55
123	simon robinson	m	U/A thirsk,	01:46:50	01:35:54	03:22:44
124	Steve Alder	m	U/A London , London	01:38:38	01:44:10	03:22:48
125	Anthony Jenner	m	U/A Sunderland, Tyne and Wear	01:54:42	01:36:28	03:31:10
126	Ian Padley	m	U/A Carnforth, Cumbria	01:26:46	02:09:00	03:35:46
127	ANDREW WOODS	m	Fell Striders	02:01:01	01:40:08	03:41:09
128	Jorgen Leren	m	Norway	01:50:42	01:52:00	03:42:42
129	dyfed evans	m	U/A york,	01:59:41	01:45:58	03:45:40
130	Alasdair Start	m	U/A Leyland,	01:54:01	01:52:43	03:46:44
131	david taylor	m	U/A darwen,	01:57:22	01:56:24	03:53:46
132	Edward Ryder	m	None	01:58:16	01:55:55	03:54:10
133	David Churchward	m	U/A Newton Abbot,	02:08:45	02:07:53	04:16:39
134	Peter Samuelson	m	Spectrum striders	02:42:54	02:34:34	05:17:27