

Lakeland Trails in Glenridding

Dirty Double Results - Long Courses

				Helvellyn	Ullswater	TOTAL time
1	Tom Adams	m	Ilkely 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	Jo Brown	f	Northbrook AC	01:13:57	01:07:57	02:21:54
28	peter fishpool	m	U/A driffield, east yorks	01:13:09	01:09:01	02:22:10
29	Dan Foley	m	U/A Harrogate, N.Yorks	01:12:18	01:10:18	02:22:36
30	Trevor Foster	m	U/A Holyhead ,	01:14:51	01:08:07	02:22:58
31	Robert Hartley	m	U/A Paisley, Renfrewshire	01:13:47	01:09:23	02:23:10
32	David Lash	m	Sunderland Harriers	01:14:00	01:09:16	02:23:16
33	James Wright	m	Knaresborough Striders	01:14:54	01:09:20	02:24:13
34	Cyrille Petryniak	m	KSAT BIL	01:15:06	01:09:11	02:24:17
35	Ian Stainthorpe	m	Rochdale Harriers	01:15:43	01:08:44	02:24:26
36	Matthew Adams	m	U/A Nottingham , Nottinghamshire	01:14:34	01:10:31	02:25:05
37	Mauro Rotondi	m	Radcliffe AC	01:15:24	01:09:47	02:25:11
38	Adam Armata	m	U/A Carlisle ,	01:15:21	01:10:40	02:26:00
39	maxwell fox-leonard	m	U/A stockport,	01:13:56	01:12:35	02:26:31
40	Tim Apps	m	U/A Milton Keynes, Buckinghamshire	01:15:50	01:10:46	02:26:36
41	Annamarie Bulcock	f	Skipton AC	01:16:53	01:11:27	02:28:20
42	Richard Gordon	m	U/A Penrith, Cumbria	01:15:47	01:12:40	02:28:27
43	Stephen Cooper	m	The Always Merk	01:17:31	01:11:00	02:28:31
44	Philip Love	m	U/A Leeds, West Yorkshire	01:16:48	01:12:26	02:29:14
45	Ben Ashton	m	U/A Nottingham, NOTTINGHAMSHIRE	01:16:57	01:12:25	02:29:21
46	Jonathan Fletcher	m	Ripon Runners	01:16:10	01:13:46	02:29:56
47	Dean Stackhouse	m	Alnwick Harriers	01:17:15	01:12:43	02:29:59
48	Nicola Carter	f	Knaresborough Striders	01:18:39	01:11:43	02:30:22
49	Paul McVittie	m	U/A Durham,	01:15:33	01:14:49	02:30:23
50	joe robertson	m	U/A bulford,	01:16:03	01:15:07	02:31:10
51	leslie johnson	m	Northwich Running Club	01:15:59	01:15:41	02:31:40
52	Andrew Pye	m	U/A Kendal, Cumbria	01:17:54	01:15:35	02:33:30
53	Richard Toller	m	Dundee Road Runners	01:18:56	01:15:31	02:34:27
54	Richard Wall-Morris	f	U/A London , London	01:20:20	01:14:20	02:34:40
55	Annabel Prow	f	U/A Nottingham,	01:19:30	01:15:19	02:34:49
56	Mark Doctor	m	Alnwick Harriers	01:19:29	01:15:53	02:35:22
57	Hilary Barber	f	U/A Keighley, West Yorkshire	01:20:18	01:15:14	02:35:32
58	Steve Platten	m	U/A Hull, W Yorks	01:19:47	01:16:04	02:35:51
59	Charles Hewitt	m	U/A Stratford-upon-Avon, Warwickshire	01:18:23	01:18:11	02:36:35
60	Aaron Smith	m	U/A Cambridge, Cambridgeshire	01:21:52	01:15:14	02:37:06
61	David Hindmarsh	m	Alnwick Harriers	01:22:38	01:14:29	02:37:07
62	Phillip Thomson de Zylva	m	Ulladulla Rats	01:21:09	01:16:54	02:38:03
63	Michael Lemmy	m	U/A Ashton Hayes, Cheshire	01:22:42	01:15:22	02:38:03
64	Rachel Hollins	f	Biddulph Running Club	01:22:41	01:15:22	02:38:03
65	Flora Devlin	f	U/A Edinburgh, Midlothian	01:23:05	01:15:25	02:38:30
66	Frank Tippin	m	U/A Southport,	01:19:42	01:18:52	02:38:34
67	PAUL BLUNDELL	m	HARDLEY RUNNERS	01:21:36	01:17:07	02:38:44

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Dirty Double Results - Long Courses

68	Mike Lloyd	m	U/A Ossett,	01:23:59	01:15:08	02:39:07
69	Alice Tetley-Paul	f	Alnwick Harriers	01:21:36	01:17:45	02:39:21
70	Nic Frow	f	Smiley Paces	01:23:43	01:16:07	02:39:49
71	Stewart Hamilton-Arrandale	m	U/A Stockport, Cheshire	01:22:41	01:17:25	02:40:05
72	John Moran	m	U/A Pontefract, West Yorkshire	01:21:14	01:19:00	02:40:14
73	Craig Rimmer	m	U/A Warrington,	01:23:45	01:16:30	02:40:15
74	Kirsty Reade	f	Didcot Runners	01:22:06	01:18:12	02:40:18
75	Andrew Hemsley	m	U/A Penrith, Cumbria	01:20:34	01:19:53	02:40:26
76	James Buckell	m	U/A MILTON KEYNES, Bucks	01:21:46	01:18:40	02:40:27
77	John Allen	m	Red Rose Road Runners	01:23:12	01:17:31	02:40:42
78	Jill Pittard	f	Northbrook AC	01:22:28	01:19:04	02:41:33
79	Chris Price	m	York Acorns	01:22:49	01:19:09	02:41:59
80	Sophia Haywood	f	Vale Royal AC	01:23:52	01:19:34	02:43:26
81	Peter Little	m		01:23:48	01:19:39	02:43:26
82	Charlotte Earl	f	Basingstoke & Mid Hants AC	01:26:38	01:17:14	02:43:51
83	Jacqueline Kandsberger	f	U/A Dumfries, Dumfriesshire	01:26:26	01:17:40	02:44:06
84	Richard Hawkins	m	York Postal Harriers	01:24:35	01:19:32	02:44:07
85	Philip Boylin	m	U/A Hexham, Northumberland	01:21:19	01:22:55	02:44:13
86	Caroline Lloyd	f	U/A Ossett,	01:24:00	01:20:28	02:44:28
87	Peter Leach	m	Lymm Runners	01:25:20	01:19:31	02:44:51
88	Rachel Devlin	f	U/A Edinburgh,	01:29:11	01:16:14	02:45:25
89	Lewis McIntyre	m	U/A AYR, South Ayrshire	01:23:52	01:21:50	02:45:43
90	Ian Skyner	m	Roby Runners	01:26:02	01:20:40	02:46:42
91	Paul Chapman	m	Ramblers' Shack Runners	01:26:04	01:21:59	02:48:02
92	Roy Young	m	North Shields Poly	01:28:55	01:19:37	02:48:32
93	Graham Flynn	m	U/A Liverpool,	01:24:58	01:23:40	02:48:39
94	Laura Hankinson	f	Wormit Runners	01:26:28	01:22:17	02:48:45
95	nichola swinbourne	f	Hartlepool burn road harriers	01:25:31	01:23:38	02:49:08
96	Jonathan Jamison	m	North Shields Poly	01:28:17	01:20:54	02:49:11
97	Trudy COYLE	f	U/A Largs,	01:24:13	01:24:59	02:49:12
98	Melanie Steventon	f	Skipton AC	01:26:58	01:22:19	02:49:16
99	greg swinbourne	m	Hartlepool burn road harriers	01:25:23	01:23:55	02:49:18
100	Lorna Templeton	f	U/A Bristol, Somerset	01:26:30	01:22:56	02:49:26
101	Chris Brookes	m	U/A Preston, Lancs	01:27:15	01:22:46	02:50:02
102	Andrew Bagshaw	m	Bramhall Runners	01:27:26	01:22:52	02:50:18
103	David Gallimore	m	U/A Warrington, Cheshire	01:29:50	01:20:58	02:50:48
104	Sarah Nutt	f	U/A Stockport,	01:24:28	01:26:23	02:50:51
105	Isabelle Pound	f	Smiley Paces	01:27:12	01:24:15	02:51:27
106	Andi Herrick	f	Smiley Paces	01:27:24	01:24:05	02:51:29
107	Huw Parry	m	North Shields Polytechnic	01:27:28	01:24:20	02:51:48
108	Dave Bartrum	m	Alnwick Harriers	01:27:50	01:24:23	02:52:13
109	roger harrison	m	cheshire hash house harriers	01:27:54	01:24:30	02:52:24
110	Ruth Ford	f	Washlands Women Runners	01:28:23	01:24:07	02:52:30
111	Stewart Lamb	m	U/A Lancaster , Lancs	01:25:32	01:26:59	02:52:31
112	Dave Stanley	m	Basingstoke and Mid Hants AC	01:26:38	01:26:29	02:53:06
113	Krissy Lloyd	f	Basingstoke and Mid Hants AC	01:26:38	01:26:29	02:53:06
114	Kay McGreevy	f	BMF Glasgow	01:28:45	01:24:36	02:53:21
115	Jorgensen Find	m	Norway	01:28:25	01:24:58	02:53:23
116	Richard Pennock	m	U/A Bridgend,	01:26:51	01:26:39	02:53:31
117	Doug Bryden	m	Red Rose Road Runners	01:28:14	01:25:31	02:53:45
118	Sally Hale	f	U/A Arnold, Nottingham	01:30:35	01:24:07	02:54:43
119	Sophie Harney	f	U/A Hitchin , Hertfordshire	01:29:34	01:25:11	02:54:45
120	June Harrison	f	U/A Chester, Cheshire	01:29:40	01:25:18	02:54:59
121	Hannah Billett	f	U/A Newcastle upon Tyne, Tyne and Wear	01:31:02	01:24:04	02:55:06
122	Hannah Mayson	f	U/A Lancaster ,	01:29:11	01:25:59	02:55:11
123	Ian Moir	m	British Military Fitness	01:31:22	01:24:04	02:55:26
124	Karen Hood	f	Skipton AC	01:31:53	01:23:34	02:55:27
125	David Aiken	m	Darlington Harriers & AC	01:22:32	01:34:09	02:56:41
126	Dot Kesterton	f		01:31:04	01:25:43	02:56:47
127	David Cummins	m	U/A chorley,	01:29:41	01:27:10	02:56:52
128	Allison McIntyre	f	U/A Ayr, South Ayrshire	01:31:12	01:25:55	02:57:07
129	Dean Lindsey	m	U/A Clitheroe, Lancashire	01:30:16	01:26:52	02:57:08
130	Elysa Watson	f	U/A Panton Hill , Victoria	01:33:19	01:24:06	02:57:25
131	John Hobson	m	U/A Richmond, Surrey	01:40:38	01:17:15	02:57:53
132	Chris Green	m	U/A Matlock, Derbyshire	01:28:24	01:29:36	02:58:01
133	MICHAEL SALMON	m	U/A HORWICH, LANCS	01:29:52	01:28:10	02:58:02
134	Paul Smitham	m	GMFRS Mountain Running Club	01:31:29	01:26:44	02:58:13
135	Hayley Staunton	f	U/A warrington, cheshire	01:34:10	01:24:12	02:58:22

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136	Phil Walton	m	Warrington Running Club	01:32:05	01:26:38	02:58:43
137	Louise Plevin	f	U/A Warrington, Cheshire	01:32:05	01:26:38	02:58:43
138	Lisa Carter	f	Radcliffe AC	01:31:45	01:27:07	02:58:53
139	Eileen Naughton	f	U/A Didcot, Oxfordshire	01:29:35	01:31:35	03:01:09
140	Ian Waddingham	m	Red Rose Road Runners	01:34:36	01:27:03	03:01:38
141	Anna Cornforth	f	Knareborough Striders	01:31:27	01:30:33	03:02:00
142	Charlotte Mundy	f	U/A Alnwick,	01:31:27	01:30:34	03:02:01
143	David Devine	m	U/A Glasgow, Scotland	01:32:56	01:29:10	03:02:06
144	Jen Hare	f	U/A Cambridge,	01:36:00	01:26:18	03:02:17
145	Hannah Wright	f	U/A Lancaster, Lancashire	01:34:27	01:27:51	03:02:17
146	Lauren Hadfield	f	Washlands Womens Runners	01:32:46	01:29:49	03:02:35
147	Katie Samuelson	f	Cambridge & Coleridge AC	01:26:43	01:35:59	03:02:42
148	David Stephenson	m	U/A Ottringham,	01:32:19	01:30:50	03:03:09
149	Kirsty Dumelow	f	Washlands Women Runners	01:33:12	01:30:04	03:03:16
150	Katharine Greenwood	f	U/A Stockton-on-Tees,	01:36:29	01:26:51	03:03:20
151	Catherine Kenning	f	U/A Wigton, Cumbria	01:32:51	01:30:46	03:03:37
152	Shaneen Platten	f	U/A Hull, W Yorks	01:32:57	01:30:52	03:03:49
153	Sarah Crossland	f	Smiley Paces	01:36:11	01:27:43	03:03:54
154	Caroline French	f	Smiley Paces	01:31:22	01:32:33	03:03:55
155	Andrew Edwards	m	U/A Cupar, Fife	01:36:42	01:27:17	03:03:59
156	Conrad Stewart	m	Alnwick Harriers	01:32:40	01:31:30	03:04:09
157	Tony Griffiths	m	Macclesfield Harriers	01:35:12	01:29:25	03:04:37
158	Justine Pedler	f	Smiley Paces	01:38:26	01:26:30	03:04:56
159	Stuart Whittaker	m	Hartlepool burn road harriers	01:35:49	01:30:13	03:06:01
160	Andy Buckroyd	m	U/A Bollington, Cheshire	01:35:40	01:30:41	03:06:22
161	Michael Wilkinson	m	Swinton Running Club	01:30:12	01:36:35	03:06:47
162	Owen Davies	m		01:35:58	01:31:05	03:07:03
163	Judith Moore	f	Smiley Paces	01:34:27	01:32:38	03:07:05
164	Rebecca Joyce	f	Smileys	01:36:13	01:31:24	03:07:37
165	Claudie Combelas	f	Smiley Paces	01:38:27	01:29:37	03:08:04
166	Rebecca Howard	f	Quakers	01:21:26	01:47:19	03:08:45
167	Rachel Chester	f	Wyndham Athletic Club	01:36:04	01:32:46	03:08:51
168	Kevin Mather	m	U/A Warrington,	01:33:06	01:35:57	03:09:03
169	Laura Broatch	f	Dumfries Running Club	01:36:19	01:32:59	03:09:18
170	Gregor Smith	m	U/A Berkhamsted,	01:36:39	01:32:42	03:09:21
171	Vic Taylor	f	U/A Kendal, Cumbria	01:36:40	01:33:06	03:09:46
172	Mark Gill	m	U/A Ilkley,	01:33:27	01:37:19	03:10:46
173	Lisa Baston	f	Alnwick Harriers	01:27:55	01:43:00	03:10:56
174	David Williams	m	Ambleside AC	01:38:34	01:33:00	03:11:34
175	Sue Kearney	f	U/A Bolton, Lancs	01:50:32	01:21:08	03:11:40
176	Anna Maciejkowicz	f	U/A Kendal,	01:36:43	01:35:05	03:11:48
177	David Lithgow	m	Spa Striders	01:37:41	01:34:33	03:12:14
178	Nicola Sproson	f	Nics Nordic Walks	01:41:22	01:30:56	03:12:17
179	John Stout	m	U/A Aughton, Lancashire	01:36:59	01:36:21	03:13:20
180	David Dobson	m	U/A Frodsham,	01:45:13	01:28:59	03:14:12
181	Pamela Leon	f	Smiley Paces	01:44:07	01:30:11	03:14:18
182	Lisa O'neil	f	U/A Cockermonth, Cumbria	01:38:05	01:36:24	03:14:29
183	Darren Gillman	m	Cambridge & Coleridge	01:38:31	01:35:59	03:14:30
184	Ross Singleton	m	U/A Bristol,	01:38:16	01:36:20	03:14:36
185	Garry Hobson	m	Scunthorpe and District	01:37:44	01:37:28	03:15:11
186	Ruth Farquharson	f	U/A Aberdeen,	01:43:01	01:32:28	03:15:28
187	Clare Moody	f	Smiley Paces	01:39:57	01:36:02	03:15:59
188	Nick Pape	m	Hermitage harriers	01:41:11	01:34:51	03:16:02
189	Stephen McElhone	m	U/A Market Harborough, Leicestershire	01:33:42	01:42:26	03:16:08
190	Zoe Foulerton	f	Swaledale runners	01:40:36	01:35:33	03:16:09
191	Marie Stolbrink	f	U/A Liverpool,	01:38:45	01:37:24	03:16:09
192	Megan Smith	f	Wendy's Wonders	01:37:39	01:38:58	03:16:37
193	Vikki Flemington	f	U/A Manchester,	01:41:30	01:37:52	03:19:22
194	Kristy Wonders	f	North Shields Poly	01:48:44	01:30:56	03:19:40
195	Sarah Gibbon	f	Smiley Paces	01:44:08	01:35:36	03:19:44
196	Patty Davies	f	U/A Ulverston, Cumbria	01:42:26	01:37:21	03:19:47
197	Nichola Whalley	f	U/A St Neots, Cambs	01:41:14	01:38:47	03:20:01
198	mark wardley	m	U/A preston, lancs	01:42:32	01:37:49	03:20:21
199	Joanna Castaldi	f	U/A Lancaster, Lancashire	01:42:32	01:37:49	03:20:21
200	Clare Laybourn	f	U/A Edinburgh,	01:41:34	01:38:50	03:20:24
201	Louise Corrigan	f	Swinton RC	01:42:09	01:38:21	03:20:29
202	Nicola Sewell	f	Smiley Paces	01:44:08	01:36:39	03:20:47
203	Clare Thompson	f	Smiley Paces	01:44:08	01:36:39	03:20:47

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204	Matt Carter	m	U/A Berkhamsted,	01:41:08	01:39:47	03:20:55
205	Claire Westrope	f	Spa striders	01:41:09	01:39:53	03:21:02
206	Amanda Anderson	f	U/A Brompton on Swale, North Yorkshire	01:41:02	01:40:19	03:21:22
207	Marie Bainbridge	f	Derwent Valley Trail Runners	01:42:27	01:38:58	03:21:25
208	Laura Jackson	f	Washland Women Runners	01:44:40	01:37:04	03:21:44
209	sara cameron	f	U/A Glasgow, Glasgow	01:44:38	01:37:53	03:22:31
210	Tracy Wells	f	Washlands Women	01:43:13	01:39:19	03:22:32
211	Ruth Jacobs	f	Smiley Paces	01:47:12	01:35:22	03:22:34
212	Dawn Wicks	f	U/A Penrith, Cumbria	01:42:50	01:39:47	03:22:36
213	Lisa Shaw	f	Washlands Women Runners	01:43:20	01:39:20	03:22:40
214	simon robinson	m	U/A thirsk,	01:46:50	01:35:54	03:22:44
215	Steve Alder	m	U/A London , London	01:38:38	01:44:10	03:22:48
216	Alison Peter	f	U/A Cambridge,	01:43:03	01:39:54	03:22:58
217	Wendy Adams	f	U/A London,	01:40:56	01:42:17	03:23:13
218	Georgina Westwood	f	Telford Harriers	01:44:39	01:40:22	03:25:01
219	Katy Blake	f	U/A Harrogate,	01:48:30	01:37:19	03:25:49
220	Sandi Carman	f	Smiley Paces	01:45:50	01:40:10	03:26:00
221	Helen Dyche	f	Washland women runners	01:47:17	01:39:03	03:26:20
222	Natalie Beveridge	f	U/A Oxford,	01:49:10	01:37:24	03:26:35
223	rose egan	f	U/A West Kirby,	01:47:02	01:39:36	03:26:38
224	Catherine Henderson	f	U/A Edinburgh,	01:44:47	01:42:19	03:27:06
225	Catherine Bowman	f	Smiley Paces	01:47:29	01:40:17	03:27:46
226	Helen Hill	f	Billingham Marsh House Harriers	01:48:04	01:40:11	03:28:15
227	Paula Dailey	f	U/A Newcastle Upon Tyne, Tyne & Wear	01:49:13	01:40:32	03:29:45
228	Fiona Bone	f	Hatch Warren Runners	01:44:58	01:44:48	03:29:46
229	Fiona Panes	f	Smiley Paces	01:47:16	01:43:24	03:30:40
230	Karen Stevens	f	Smiley Paces	01:47:16	01:43:24	03:30:41
231	Lotty Bradford	f	Smiley Paces	01:47:16	01:43:25	03:30:41
232	sarah barry	f	U/A huddersfield,	01:49:08	01:41:54	03:31:02
233	Anthony Jenner	m	U/A Sunderland, Tyne and Wear	01:54:42	01:36:28	03:31:10
234	Ruth Toller	f	Dundee Road Runners	01:49:18	01:42:26	03:31:43
235	Kate Broome	f	Achille Ratti	01:50:59	01:42:44	03:33:42
236	Claire Hutchinson	f	U/A Liverpool,	01:51:17	01:43:02	03:34:20
237	Angela Bamford	f	Altrincham and District AC	01:51:14	01:43:15	03:34:29
238	Ian Padley	m	U/A Carnforth, Cumbria	01:26:46	02:09:00	03:35:46
239	Cath Wheen	f	Smiley Paces	01:52:53	01:44:03	03:36:57
240	Nicola Latimer	f	Wigton Road Runners	01:52:27	01:46:53	03:39:19
241	Carol Davison	f	Alnwick Harriers	01:51:17	01:49:18	03:40:35
242	Julia Delaney	f	Smiley Paces	01:52:52	01:48:12	03:41:04
243	Jane Boden	f	Smiley Paces	01:52:53	01:48:11	03:41:04
244	ANDREW WOODS	m	Fell Striders	02:01:01	01:40:08	03:41:09
245	Natalie grobbelaar	f	NOrthwich running club	01:53:49	01:48:42	03:42:30
246	Jorgen Leren	m	Norway	01:50:42	01:52:00	03:42:42
247	Karen Moody	f	U/A Liverpool,	01:57:28	01:46:52	03:44:20
248	helen clark	f	U/A macclesfield, cheshire	01:55:09	01:49:23	03:44:32
249	jo keenan	f	U/A york,	01:59:42	01:45:58	03:45:39
250	dyfed evans	m	U/A york,	01:59:41	01:45:58	03:45:40
251	Deborah Reekie	f	U/A holmrook, cumbria	01:53:36	01:52:19	03:45:55
252	Sarah Langford	f	Washland Women Runners	01:55:14	01:51:13	03:46:27
253	Karen Jackson	f	Washlands Women Runners	01:55:14	01:51:13	03:46:27
254	Giselle Dudley	f	U/A Sunderland, Tyne and Wear	01:56:08	01:50:20	03:46:29
255	Fiona McGruer	f	U/A Glasgow,	01:55:37	01:51:02	03:46:39
256	Alasdair Start	m	U/A Leyland,	01:54:01	01:52:43	03:46:44
257	Claire Leigh	f	Washlands women runners	01:44:56	02:01:57	03:46:53
258	Catherine Higson	f	U/A Keswick, Cumbria	01:55:41	01:51:33	03:47:14
259	Sian Hamilton	f	Washlands Women Runners	01:56:46	01:51:13	03:47:59
260	david taylor	m	U/A darwen,	01:57:22	01:56:24	03:53:46
261	Edward Ryder	m	None	01:58:16	01:55:55	03:54:10
262	Laraine Lindsey	f	U/A Clitheroe, Lancashire	02:01:05	01:54:08	03:55:13
263	Joanne Bell	f	Washlands women runners	01:55:01	02:01:58	03:56:58
264	Fay Smalls	f	Colchester Harriers	01:59:03	02:01:16	04:00:20
265	Caroline Bones	f	Warrington running club	01:59:50	02:01:43	04:01:33
266	Laura Cheers	f	Warrington Running Club	01:59:50	02:01:43	04:01:33
267	Margaret Wilson	f	U/A Poulton-le-Fylde,	02:04:27	01:58:23	04:02:50
268	caroline vitty	f	U/A liverpool,	02:06:55	02:02:30	04:09:25
269	Fiona Murphy	f	U/A Glasgow,	02:06:56	02:03:44	04:10:41
270	Justine Topping	f	U/A Manchester,	02:08:34	02:03:01	04:11:34
271	Kristina mountain	f	U/A chorley, lancashire	02:08:34	02:03:01	04:11:35

Lakeland Trails in Glenridding

Dirty Double Results - Long Courses

272	Dawn Saxby	f	U/A Harrogate, N.Yorks	01:40:32	02:31:04	04:11:36
273	Viv Samuelson	f	Swinton RC	02:12:13	01:59:49	04:12:02
274	Cynthia Carter	f	Crosby stormers	02:10:40	02:02:30	04:13:10
275	Marie Findlay	f	Leverets Trail Runners	02:05:27	02:09:00	04:14:28
276	David Churchward	m	U/A Newton Abbot,	02:08:45	02:07:53	04:16:39
277	Christina Greatwood	f	U/A Castle Cary , Somerset	02:08:45	02:07:54	04:16:39
278	Sophie Armstrong	f	Leverets	02:08:38	02:09:00	04:17:39
279	Sarah Fretwell	f	Leverets	02:08:38	02:09:00	04:17:39
280	Maria Sowerby	f	Stamford Striders	02:12:05	02:09:57	04:22:02
281	Rosemary Mellor	f	Washlands Women Runners	02:21:01	02:09:38	04:30:39
282	Alison Nordon	f	U/A Paisley,	02:17:21	02:22:27	04:39:48
283	Rosie Kaur	f		02:29:31	02:11:17	04:40:47
284	Sharon Ward	f	Smiley Paces	02:21:14	02:22:29	04:43:43
285	Clare Keighley	f	U/A Lichfield, Staffs	02:28:57	02:33:24	05:02:21
286	Linda Kirke	f	Washlands Women Runners	02:52:24	02:13:36	05:06:00
287	Peter Samuelson	m	Spectrum striders	02:42:54	02:34:34	05:17:27