

Lakeland Trails in Glenridding
Dirty Double Results - Short Courses

				Helvellyn	Ullswater	TOTAL Time
1	Nadia Shaw	f	None	00:44:37	00:43:07	01:27:44
2	Sarah linton	f	U/A st Anne's, Lancashire	00:48:30	00:48:23	01:36:53
3	Abigail Hathway	f	Smiley Paces	00:48:35	00:49:17	01:37:51
4	Jo Haigh	f	U/A Skipton, North Yorkshire	00:49:20	00:48:35	01:37:55
5	Danella Ebbrell	f	Wirral Vikings	00:50:05	00:51:26	01:41:30
6	Helen Johnson	f	Wirral Vikings	00:50:13	00:51:37	01:41:50
7	Jane Mellor	f	U/A Bridge of Weir,	00:52:08	00:51:31	01:43:39
8	Stephanie Shaw	f	None	00:52:23	00:51:25	01:43:48
9	Julia Gray Carnaffin	f	U/A Bardon mill, Northumberland	00:55:23	00:50:58	01:46:21
10	Sara Brookes	f	U/A Preston, Lancashire	00:56:04	00:50:29	01:46:34
11	Caroline French	f	Smiley Paces	00:51:08	00:56:00	01:47:08
12	Alison Griffiths	f	Smiley Paces	00:56:28	00:54:32	01:51:01
13	Libby Makinson	f	U/A London,	00:56:10	00:55:02	01:51:12
14	Rosie Lockwood	f	Smiley Paces	00:56:47	00:54:33	01:51:20
15	Angie Wright	f	Smiley Paces	00:56:43	00:55:28	01:52:11
16	Fleur Roberts	f	Smiley Paces	01:00:10	00:53:17	01:53:27
17	Laura Garcia	f	Smiley Paces	00:57:33	00:56:37	01:54:10
18	Fleur Jones	f	Smiley Paces	00:57:58	00:56:37	01:54:35
19	Sarah Hall	f	U/A Leeds,	00:56:24	00:59:06	01:55:29
20	Hilary Johnson	f	U/A London,	00:56:22	00:59:50	01:56:12
21	Angela White	f	CFR	00:56:48	00:59:47	01:56:36
22	Debbie Collier	f	U/A Blackpool, Lancashire	00:58:10	00:58:31	01:56:40
23	bridget slater	f	U/A Skipton, N Yorks	00:58:50	00:59:18	01:58:08
24	Zoe Bridges	f	U/A Sudbury, Suffolk	01:00:18	00:59:41	01:59:59
25	Liz Bale	f	U/A Penrith,	01:01:14	00:58:51	02:00:05
26	Liz Matthews	f	York Knavesmire Harriers	01:02:32	00:58:56	02:01:27
27	Hilde Krynen	f	U/A Kendal, Cumbria	01:02:34	00:59:12	02:01:46
28	Catherine Ball	f	Wirral Viking TRC	01:02:13	01:00:03	02:02:15
29	Jessica Maskrey	f	Bridport Runners	01:03:05	00:59:24	02:02:29
30	Sharon Wellings	f	Scunthorpe and district AC	00:59:53	01:03:02	02:02:56
31	Wendy Navin	f	St Bees Triers	01:02:18	01:01:15	02:03:33
32	Liz Meekings	f	U/A Sheffield,	01:02:26	01:01:46	02:04:12
33	Nicola Heaton	f	Smiley Paces	01:02:47	01:01:31	02:04:18
34	Lorna Aust	f	U/A Stamford, Lincs	01:02:39	01:01:48	02:04:27
35	Susan Sharp	f	U/A Wakefield, west Yorkshire	01:04:14	01:01:19	02:05:33
36	Fiona Panes	f	Smiley Paces	01:02:33	01:03:01	02:05:34
37	Jackie Frank	f	U/A Redcar,	01:03:54	01:02:38	02:06:32
38	Lucy Brooks	f	Bridgnorth Running Club	01:06:42	01:00:23	02:07:05
39	Elspeth Faulkner	f	Smiley Paces	01:04:58	01:03:00	02:07:58
40	Sue Cash	f	Wirral Vikings TRC	01:03:38	01:05:30	02:09:08
41	Rachel Brownsmith	f	U/A Lancaster,	01:05:50	01:03:20	02:09:10
42	Rose Ward	f	Smiley Paces	01:06:35	01:03:29	02:10:03
43	Rachel Barnes	f	Smiley Paces	01:06:35	01:03:28	02:10:03
44	Alison Pye	f	U/A Kendal, Cumbria	01:05:14	01:05:09	02:10:23
45	JACQ JONES	f	Wirral Vikings TRC	01:04:54	01:05:41	02:10:35
46	Susannah Eyre-Brook	f	U/A Newcastle upon Tyne,	01:07:10	01:03:32	02:10:41
47	clare williams	f	U/A newcastle upon tyne,	01:07:10	01:03:32	02:10:41
48	Toby Brothers	f	Hampstead Heath Park Run	01:02:14	01:08:58	02:11:12
49	Emily Astley	f	Wirral Vikings	01:08:37	01:02:37	02:11:14
50	Kerry Edwards	f	U/A Cupar, Fife	01:07:09	01:04:26	02:11:35
51	Claire Bewsher	f	U/A Chorley, Lancashire	01:06:52	01:05:01	02:11:53
52	sally Slack	f	U/A Penrith,	01:06:29	01:06:40	02:13:09
53	Deborah Williams	f	Jog on the Tyne	01:10:04	01:05:20	02:15:24
54	Elaine Coupland	f	Jog on the Tyne	01:08:05	01:07:21	02:15:25
55	Laura Hanson	f	U/A NEWCASTLE UPON TYNE, Tyne and Wear	01:06:45	01:08:51	02:15:35
56	Janine McNeill	f	Thornton Cleveleys Running Club	01:06:43	01:09:11	02:15:54
57	Pam Goodman	f	U/A London,	01:06:16	01:09:59	02:16:14
58	Sandra O'Connor	f	U/A Edgware, Middlesex	01:11:24	01:05:04	02:16:29
59	Jenny Neate	f	U/A Ambleside,	01:09:55	01:06:53	02:16:48
60	Rachel Ashton	f	U/A Nottingham ,	01:12:09	01:05:34	02:17:43
61	Lotty Bradford	f	Smiley Paces	01:16:19	01:03:02	02:19:20

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62	Jenny Stinton	f	U/A Halesowen , West midlands	01:08:07	01:11:33	02:19:40
63	Rachel Lee	f	DH Runners	01:08:51	01:11:13	02:20:04
64	Lorna Gamberini	f	Rocktart Runners	01:12:16	01:08:47	02:21:03
65	Tracey Brocklehurst	f	U/A Wigan, Lancashire	01:12:10	01:09:16	02:21:26
66	Carol Mossop	f	Dumfries Running Club	01:11:32	01:10:14	02:21:46
67	Heidi Martin	f	St.Bees Triers	01:10:06	01:12:26	02:22:31
68	Juliet Rodgers	f	U/A London,	01:10:17	01:13:04	02:23:21
69	Catherine Cannon	f	Wirral Vikings	01:14:28	01:09:02	02:23:30
70	Karen Hyatt	f	Smiley Paces	01:06:11	01:18:03	02:24:14
71	Jackie Seigler	f	U/A London,	01:13:39	01:11:17	02:24:56
72	Madeleine Vigar	f	U/A nr Haverhill, Essex	01:13:24	01:12:17	02:25:41
73	Elizabeth Jackson	f	U/A Tunstall, East Riding of Yorkshire	01:15:00	01:11:44	02:26:45
74	Lesley Allison	f	U/A Penrith, Cumbria	01:15:46	01:11:31	02:27:16
75	Miriam Bailey	f	U/A Burnley , Lancashire	01:14:08	01:13:37	02:27:45
76	Clair Bonner	f	U/A Keighley, West Yorkshire	01:14:33	01:14:02	02:28:35
77	Liane Thompson	f	U/A Barrow-in-Furness, Cumbria	01:14:33	01:14:02	02:28:35
78	Joanne Auty	f	U/A Huddersfield , West Yorkshire	01:12:33	01:16:08	02:28:41
79	Kareen Porschke	f	Wirral Vikings	01:15:38	01:15:25	02:31:02
80	Bridget Peacock	f	U/A London,	01:16:56	01:14:58	02:31:54
81	Carol Dent	f	Crocwalkers	01:17:35	01:16:24	02:33:59
82	Jane Naylor	f	Smiley Paces	01:18:07	01:17:57	02:36:04
83	suzanne crozier	f	monkey runners	01:20:53	01:18:42	02:39:35
84	Cassandra Dowthwaite	f	Smiley Paces	01:23:59	01:17:11	02:41:10
85	Lucy Marris	f	Smiley Paces	01:24:42	01:17:57	02:42:39
86	Caroline Noon	f	U/A London,	01:22:26	01:20:37	02:43:03
87	Nina Wessels	f	U/A London,	01:23:11	01:20:20	02:43:31
88	Sue Smith	f	U/A Morecambe, Lancs	01:25:37	01:20:50	02:46:27
89	Edwina Rickards Collinson	f	Nordic walker	01:30:49	01:29:03	02:59:52
90	Christine Fildes	f	Nics Nordic Walks	01:30:49	01:29:44	03:00:33