

Lakeland Trails in Glenridding  
**Dirty Double Results - Short Courses**

				Helvellyn	Ullswater	TOTAL Time
1	Aravind Ramesh	m	U/A Newcastle upon Tyne,	00:41:01	00:39:01	01:20:01
2	andrew foster	m	U/A southport,	00:40:57	00:39:21	01:20:18
3	Chris Walker	m	U/A Skelmersdale, Lancashire	00:43:03	00:39:34	01:22:37
4	Graham Jordan	m	Middleton Harriers	00:41:45	00:40:58	01:22:43
5	Nick Sharp	m	U/A Wakefield, West Yorkshire	00:41:56	00:42:04	01:24:00
6	Louis McCarthy	m	Rochdale Harriers	00:43:47	00:42:15	01:26:03
7	sean barry	m	U/A huddersfield,	00:43:09	00:44:09	01:27:18
8	Stephen Entwistle	m	Wirral Vikings TRC	00:45:47	00:44:02	01:29:49
9	Lawrence Mannion	m	U/A Kendal,	00:45:56	00:46:00	01:31:55
10	Lance Saxby	m	U/A Harrogate, North Yorkshire	00:47:14	00:46:54	01:34:08
11	Gary Cash	m	Wirral Vikings TRC	00:45:12	00:49:24	01:34:35
12	Jeff McCarthy	m	Rochdale Harriers	00:48:33	00:48:48	01:37:21
13	David Hull	m	U/A Nr Chorley, Lancashire	00:48:13	00:49:36	01:37:49
14	Gareth Phillips	m	Gateshead harriers	00:50:01	00:48:51	01:38:52
15	Charlie THOMPSON	m	U/A AMBLESIDE, CUMBRIA	00:49:41	00:49:39	01:39:20
16	Michael Gudgeon	m	U/A Settle, North Yorkshire	00:50:13	00:50:50	01:41:03
17	Larry Horne	m	Eden runners	00:51:18	00:50:13	01:41:31
18	Paul Corkill	m	U/A Barrow-in-furness,	00:49:43	00:52:26	01:42:09
19	Joe Lyon	m	U/A Wigan, Lancs	00:54:29	00:49:59	01:44:28
20	David Sumner	m	U/A Nottingham, Notts	00:54:16	00:51:38	01:45:54
21	Paul Wood	m	U/A Manchester,	00:53:42	00:54:04	01:47:46
22	David Aust	m	U/A Stamford, Lincs	00:53:57	00:53:50	01:47:48
23	Daniel Sullivan	m	U/A Brampton, Cumbria	00:56:12	00:54:18	01:50:29
24	Michael Johnson	m	U/A London,	00:53:31	00:57:13	01:50:43
25	Dave Fisher	m	Wirral Vikings	00:55:45	00:55:43	01:51:28
26	Andrew Reid	m		00:52:54	00:58:43	01:51:37
27	Daniel Tomlinson	m	Fleetwood rugby club	00:55:35	00:56:17	01:51:51
28	Mark Wilson	m	Skipton Athletics Club	00:57:15	00:54:41	01:51:56
29	Chris Jackson	m	U/A Tunstall, East Riding of Yorkshire	00:56:25	00:55:58	01:52:23
30	Steve Armstrong	m	Wirral Vikings	00:58:27	00:55:56	01:54:22
31	Mark Dobbin	m	U/A Whitley Bay, Tyne and Wear	00:57:48	00:57:14	01:55:02
32	Paul Bamber	m	U/A Thornton Cleveleys, Lancashire	00:56:45	00:58:45	01:55:30
33	Callum Grant-Cawdell	m	U/A London, Outside U.S./Canada	00:56:55	01:00:32	01:57:27
34	steven burgess	m	thornton cleveleys running club	00:59:39	00:58:04	01:57:43
35	David Moston	m	Wirral Vikings	01:14:28	00:43:36	01:58:04
36	David Lyon	m	U/A Wigan, Lancs	01:00:18	00:58:10	01:58:28
37	Ian cameron	m	none	00:58:38	01:00:37	01:59:15
38	AUSTIN TRELFA	m	Red Rose Road Runners	00:59:42	01:00:11	01:59:52
39	Warren Anderson	m	U/A Slough,	01:01:14	00:58:51	02:00:04
40	Iain Arnison	m	Wirral Vikings	01:08:37	00:52:06	02:00:43
41	Nick Grant-Rush	m	U/A Wolverhampton ,	01:02:18	01:00:22	02:02:40
42	Dean Wellings	m	Scunthorpe and district athletics club	01:00:01	01:03:02	02:03:03
43	David Ellicott	m	Keswick AC	01:01:33	01:03:41	02:05:15
44	Richard Amos	m	Bridgnorth Running Club	01:06:29	00:59:25	02:05:54
45	Ian Paterson	m	U/A Bootle, Merseyside	01:01:55	01:04:23	02:06:19
46	Alessandro Scaramuzza	m	U/A London,	01:05:29	01:02:12	02:07:40
47	Stuart Edwards	m	U/A North Shields, Tyne and Wear	01:00:13	01:08:39	02:08:52
48	laurence chuter	m	U/A newcastle upon tyne,	01:07:10	01:03:32	02:10:42
49	Martin White	m	CFR	01:06:09	01:04:45	02:10:54
50	David Cassels	m	U/A Ayr, South Ayrshire	01:05:32	01:08:47	02:14:19
51	Martin Nesbitt	m	U/A Whitley Bay, Tyne and Wear	01:08:22	01:06:04	02:14:25
52	Robert Shanahan	m	Wirral Viking	01:06:24	01:09:12	02:15:35
53	Tom French	m	U/A Skipton, North Yorkshire	01:10:31	01:05:39	02:16:10
54	David Bailey	m	U/A Burnley , Lancashire	01:02:46	01:13:36	02:16:22
55	Mark Cowan	m	Wirral Vikings TRC	01:08:05	01:09:19	02:17:25
56	Richard Bowman	m	Marple Runners	01:09:14	01:14:05	02:23:19
57	Richard Cawdell	m	U/A London,	01:12:34	01:16:49	02:29:23
58	Jim Dean	m	U/A Kendal, Cumbria	01:18:33	01:15:39	02:34:11
59	Peter Matthews	m	U/A Selby, N Yorks	01:21:45	01:25:01	02:46:46