

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	Nadia Shaw	f	None	00:44:37	00:43:07	01:27:44
9	Stephen Entwistle	m	Wirral Vikings TRC	00:45:47	00:44:02	01:29:49
10	Lawrence Mannion	m	U/A Kendal,	00:45:56	00:46:00	01:31:55
11	Lance Saxby	m	U/A Harrogate, North Yorkshire	00:47:14	00:46:54	01:34:08
12	Gary Cash	m	Wirral Vikings TRC	00:45:12	00:49:24	01:34:35
13	Sarah linton	f	U/A st Anne's, Lancashire	00:48:30	00:48:23	01:36:53
14	Jeff McCarthy	m	Rochdale Harriers	00:48:33	00:48:48	01:37:21
15	David Hull	m	U/A Nr Chorley, Lancashire	00:48:13	00:49:36	01:37:49
16	Abigail Hathway	f	Smiley Paces	00:48:35	00:49:17	01:37:51
17	Jo Haigh	f	U/A Skipton, North Yorkshire	00:49:20	00:48:35	01:37:55
18	Gareth Phillips	m	Gateshead harriers	00:50:01	00:48:51	01:38:52
19	Charlie THOMPSON	m	U/A AMBLESIDE, CUMBRIA	00:49:41	00:49:39	01:39:20
20	Michael Gudgeon	m	U/A Settle, North Yorkshire	00:50:13	00:50:50	01:41:03
21	Danella Ebbrell	f	Wirral Vikings	00:50:05	00:51:26	01:41:30
22	Larry Horne	m	Eden runners	00:51:18	00:50:13	01:41:31
23	Helen Johnson	f	Wirral Vikings	00:50:13	00:51:37	01:41:50
24	Paul Corkill	m	U/A Barrow-in-furness,	00:49:43	00:52:26	01:42:09
25	Jane Mellor	f	U/A Bridge of Weir,	00:52:08	00:51:31	01:43:39
26	Stephanie Shaw	f	None	00:52:23	00:51:25	01:43:48
27	Joe Lyon	m	U/A Wigan, Lancs	00:54:29	00:49:59	01:44:28
28	David Sumner	m	U/A Nottingham, Notts	00:54:16	00:51:38	01:45:54
29	Julia Gray Carnaffin	f	U/A Bardon mill, Northumberland	00:55:23	00:50:58	01:46:21
30	Sara Brookes	f	U/A Preston, Lancashire	00:56:04	00:50:29	01:46:34
31	Caroline French	f	Smiley Paces	00:51:08	00:56:00	01:47:08
32	Paul Wood	m	U/A Manchester,	00:53:42	00:54:04	01:47:46
33	David Aust	m	U/A Stamford, Lincs	00:53:57	00:53:50	01:47:48
34	Daniel Sullivan	m	U/A Brampton, Cumbria	00:56:12	00:54:18	01:50:29
35	Michael Johnson	m	U/A London,	00:53:31	00:57:13	01:50:43
36	Alison Griffiths	f	Smiley Paces	00:56:28	00:54:32	01:51:01
37	Libby Makinson	f	U/A London,	00:56:10	00:55:02	01:51:12
38	Rosie Lockwood	f	Smiley Paces	00:56:47	00:54:33	01:51:20
39	Dave Fisher	m	Wirral Vikings	00:55:45	00:55:43	01:51:28
40	Andrew Reid	m		00:52:54	00:58:43	01:51:37
41	Daniel Tomlinson	m	Fleetwood rugby club	00:55:35	00:56:17	01:51:51
42	Mark Wilson	m	Skipton Athletics Club	00:57:15	00:54:41	01:51:56
43	Angie Wright	f	Smiley Paces	00:56:43	00:55:28	01:52:11
44	Chris Jackson	m	U/A Tunstall, East Riding of Yorkshire	00:56:25	00:55:58	01:52:23
45	Fleur Roberts	f	Smiley Paces	01:00:10	00:53:17	01:53:27
46	Laura Garcia	f	Smiley Paces	00:57:33	00:56:37	01:54:10
47	Steve Armstrong	m	Wirral Vikings	00:58:27	00:55:56	01:54:22
48	Fleur Jones	f	Smiley Paces	00:57:58	00:56:37	01:54:35
49	Mark Dobbin	m	U/A Whitley Bay, Tyne and Wear	00:57:48	00:57:14	01:55:02
50	Sarah Hall	f	U/A Leeds,	00:56:24	00:59:06	01:55:29
51	Paul Bamber	m	U/A Thornton Cleveleys, Lancashire	00:56:45	00:58:45	01:55:30
52	Hilary Johnson	f	U/A London,	00:56:22	00:59:50	01:56:12
53	Angela White	f	CFR	00:56:48	00:59:47	01:56:36
54	Debbie Collier	f	U/A Blackpool, Lancashire	00:58:10	00:58:31	01:56:40
55	Callum Grant-Cawdell	m	U/A London, Outside U.S./Canada	00:56:55	01:00:32	01:57:27
56	steven burgess	m	thornton cleveleys running club	00:59:39	00:58:04	01:57:43
57	David Moston	m	Wirral Vikings	01:14:28	00:43:36	01:58:04
58	bridget slater	f	U/A Skipton, N Yorks	00:58:50	00:59:18	01:58:08
59	David Lyon	m	U/A Wigan, Lancs	01:00:18	00:58:10	01:58:28
60	lan cameron	m	none	00:58:38	01:00:37	01:59:15
61	AUSTIN TRELFA	m	Red Rose Road Runners	00:59:42	01:00:11	01:59:52

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**Dirty Double Results - Short Courses**

62	Zoe Bridges	f	U/A Sudbury, Suffolk	01:00:18	00:59:41	01:59:59
63	Warren Anderson	m	U/A Slough,	01:01:14	00:58:51	02:00:04
64	Liz Bale	f	U/A Penrith,	01:01:14	00:58:51	02:00:05
65	Iain Arnison	m	Wirral Vikings	01:08:37	00:52:06	02:00:43
66	Liz Matthews	f	York Knavesmire Harriers	01:02:32	00:58:56	02:01:27
67	Hilde Krynen	f	U/A Kendal, Cumbria	01:02:34	00:59:12	02:01:46
68	Catherine Ball	f	Wirral Viking TRC	01:02:13	01:00:03	02:02:15
69	Jessica Maskrey	f	Bridport Runners	01:03:05	00:59:24	02:02:29
70	Nick Grant-Rush	m	U/A Wolverhampton ,	01:02:18	01:00:22	02:02:40
71	Sharon Wellings	f	Scunthorpe and district AC	00:59:53	01:03:02	02:02:56
72	Dean Wellings	m	Scunthorpe and district athletics club	01:00:01	01:03:02	02:03:03
73	Wendy Navin	f	St Bees Triers	01:02:18	01:01:15	02:03:33
74	Liz Meekings	f	U/A Sheffield,	01:02:26	01:01:46	02:04:12
75	Nicola Heaton	f	Smiley Paces	01:02:47	01:01:31	02:04:18
76	Lorna Aust	f	U/A Stamford, Lincs	01:02:39	01:01:48	02:04:27
77	David Ellicott	m	Keswick AC	01:01:33	01:03:41	02:05:15
78	Susan Sharp	f	U/A Wakefield, west Yorkshire	01:04:14	01:01:19	02:05:33
79	Fiona Panes	f	Smiley Paces	01:02:33	01:03:01	02:05:34
80	Richard Amos	m	Bridgnorth Running Club	01:06:29	00:59:25	02:05:54
81	Ian Paterson	m	U/A Bootle, Merseyside	01:01:55	01:04:23	02:06:19
82	Jackie Frank	f	U/A Redcar,	01:03:54	01:02:38	02:06:32
83	Lucy Brooks	f	Bridgnorth Running Club	01:06:42	01:00:23	02:07:05
84	Alessandro Scaramuzza	m	U/A London,	01:05:29	01:02:12	02:07:40
85	Elspeth Faulkner	f	Smiley Paces	01:04:58	01:03:00	02:07:58
86	Stuart Edwards	m	U/A North Shields, Tyne and Wear	01:00:13	01:08:39	02:08:52
87	Sue Cash	f	Wirral Vikings TRC	01:03:38	01:05:30	02:09:08
88	Rachel Brownsmith	f	U/A Lancaster,	01:05:50	01:03:20	02:09:10
89	Rose Ward	f	Smiley Paces	01:06:35	01:03:29	02:10:03
90	Rachel Barnes	f	Smiley Paces	01:06:35	01:03:28	02:10:03
91	Alison Pye	f	U/A Kendal, Cumbria	01:05:14	01:05:09	02:10:23
92	JACQ JONES	f	Wirral Vikings TRC	01:04:54	01:05:41	02:10:35
93	Susannah Eyre-Brook	f	U/A Newcastle upon Tyne,	01:07:10	01:03:32	02:10:41
94	clare williams	f	U/A newcastle upon tyne,	01:07:10	01:03:32	02:10:41
95	laurence chuter	m	U/A newcastle upon tyne,	01:07:10	01:03:32	02:10:42
96	Martin White	m	CFR	01:06:09	01:04:45	02:10:54
97	Toby Brothers	f	Hampstead Heath Park Run	01:02:14	01:08:58	02:11:12
98	Emily Astley	f	Wirral Vikings	01:08:37	01:02:37	02:11:14
99	Kerry Edwards	f	U/A Cupar, Fife	01:07:09	01:04:26	02:11:35
100	Claire Bewsher	f	U/A Chorley, Lancashire	01:06:52	01:05:01	02:11:53
101	sally Slack	f	U/A Penrith,	01:06:29	01:06:40	02:13:09
102	David Cassels	m	U/A Ayr, South Ayrshire	01:05:32	01:08:47	02:14:19
103	Martin Nesbitt	m	U/A Whitley Bay, Tyne and Wear	01:08:22	01:06:04	02:14:25
104	Deborah Williams	f	Jog on the Tyne	01:10:04	01:05:20	02:15:24
105	Elaine Coupland	f	Jog on the Tyne	01:08:05	01:07:21	02:15:25
106	Laura Hanson	f	U/A NEWCASTLE UPON TYNE, Tyne and Wear	01:06:45	01:08:51	02:15:35
107	Robert Shanahan	m	Wirral Viking	01:06:24	01:09:12	02:15:35
108	Janine McNeill	f	Thornton Cleveleys Running Club	01:06:43	01:09:11	02:15:54
109	Tom French	m	U/A Skipton, North Yorkshire	01:10:31	01:05:39	02:16:10
110	Pam Goodman	f	U/A London,	01:06:16	01:09:59	02:16:14
111	David Bailey	m	U/A Burnley , Lancashire	01:02:46	01:13:36	02:16:22
112	Sandra O'Connor	f	U/A Edgware, Middlesex	01:11:24	01:05:04	02:16:29
113	Jenny Neate	f	U/A Ambleside,	01:09:55	01:06:53	02:16:48
114	Mark Cowan	m	Wirral Vikings TRC	01:08:05	01:09:19	02:17:25
115	Rachel Ashton	f	U/A Nottingham ,	01:12:09	01:05:34	02:17:43
116	Lotty Bradford	f	Smiley Paces	01:16:19	01:03:02	02:19:20
117	Jenny Stinton	f	U/A Halesowen , West midlands	01:08:07	01:11:33	02:19:40
118	Rachel Lee	f	DH Runners	01:08:51	01:11:13	02:20:04
119	Lorna Gamberini	f	Rocktart Runners	01:12:16	01:08:47	02:21:03
120	Tracey Brocklehurst	f	U/A Wigan, Lancashire	01:12:10	01:09:16	02:21:26
121	Carol Mossop	f	Dumfries Running Club	01:11:32	01:10:14	02:21:46
122	Heidi Martin	f	St.Bees Triers	01:10:06	01:12:26	02:22:31
123	Richard Bowman	m	Marple Runners	01:09:14	01:14:05	02:23:19
124	Juliet Rodgers	f	U/A London,	01:10:17	01:13:04	02:23:21

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**Dirty Double Results - Short Courses**

125	Catherine Cannon	f	Wirral Vikings	01:14:28	01:09:02	02:23:30
126	Karen Hyatt	f	Smiley Paces	01:06:11	01:18:03	02:24:14
127	Jackie Seigler	f	U/A London,	01:13:39	01:11:17	02:24:56
128	Madeleine Vigar	f	U/A nr Haverhill, Essex	01:13:24	01:12:17	02:25:41
129	Elizabeth Jackson	f	U/A Tunstall, East Riding of Yorkshire	01:15:00	01:11:44	02:26:45
130	Lesley Allison	f	U/A Penrith, Cumbria	01:15:46	01:11:31	02:27:16
131	Miriam Bailey	f	U/A Burnley , Lancashire	01:14:08	01:13:37	02:27:45
132	Clair Bonner	f	U/A Keighley, West Yorkshire	01:14:33	01:14:02	02:28:35
133	Liane Thompson	f	U/A Barrow-in-Furness, Cumbria	01:14:33	01:14:02	02:28:35
134	Joanne Auty	f	U/A Huddersfield , West Yorkshire	01:12:33	01:16:08	02:28:41
135	Richard Cawdell	m	U/A London,	01:12:34	01:16:49	02:29:23
136	Kareen Porschke	f	Wirral Vikings	01:15:38	01:15:25	02:31:02
137	Bridget Peacock	f	U/A London,	01:16:56	01:14:58	02:31:54
138	Carol Dent	f	Crocwalkers	01:17:35	01:16:24	02:33:59
139	Jim Dean	m	U/A Kendal, Cumbria	01:18:33	01:15:39	02:34:11
140	Jane Naylor	f	Smiley Paces	01:18:07	01:17:57	02:36:04
141	suzanne crozier	f	monkey runners	01:20:53	01:18:42	02:39:35
142	Cassandra Dowthwaite	f	Smiley Paces	01:23:59	01:17:11	02:41:10
143	Lucy Marris	f	Smiley Paces	01:24:42	01:17:57	02:42:39
144	Caroline Noon	f	U/A London,	01:22:26	01:20:37	02:43:03
145	Nina Wessels	f	U/A London,	01:23:11	01:20:20	02:43:31
146	Sue Smith	f	U/A Morecambe, Lancs	01:25:37	01:20:50	02:46:27
147	Peter Matthews	m	U/A Selby, N Yorks	01:21:45	01:25:01	02:46:46
148	Edwina Rickards Collinson	f	Nordic walker	01:30:49	01:29:03	02:59:52
149	Christine Fildes	f	Nics Nordic Walks	01:30:49	01:29:44	03:00:33