

Lakeland Trails in Hawkshead

Hawkshead Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1.	789	Bruce Duncan	m		Team inov-8	0:51:04
2.	549	James Coulthard	m		Border Harriers	0:51:17
3.	790	Lee Procter	m		Team inov-8	0:51:32
4.	740	Jose Pinon Shaw	m	MV 50	Ribble Valley Crossroads Care Cycling Team	0:55:07
5.	321	Martin Thomlinson	m	MV 40	Muckle Toon Sloggers	0:55:33
6.	337	Fergal Duffy	m	MV 40	U/A Enniskillen, Co. Fermanagh	0:55:49
7.	481	Andrew Parker	m		U/A Lancaster, Lancs	0:56:42
8.	475	Peter Rolls	m		U/A Keighley, West Yorkshire	0:56:50
9.	494	Michael Clarkson	m		U/A Ashbourne, Staffordshire	0:57:00
10.	725	Richard Holmes	m	MV 40	U/A Lytham,	0:57:31
11.	638	Hugh Weston	m	MV 50	U/A Wolverly,	0:57:48
12.	373	Nick Lewthwaite	m	MV 40	U/A Windermere, Cumbria	0:58:22
13.	673	Lance Saxby	m	MV 50		0:58:34
14.	419	Steve Jones	m	MV 40	U/A Cramlington, Northumberland	0:58:45
15.	775	Garth Spencer	m		Ribble Valley Triathlon Club	0:59:26
16.	665	Louise Winter	f	FV 40	Keswick AC	0:59:47
17.	763	Aiden Little	m		Sedbergh School	1:00:02
18.	776	Anthony Grice	m		U/A Manchester,	1:00:16
19.	377	Lawrence Mannion	m	MV 50	U/A Kendal,	1:00:20
20.	411	Nick Sharp	m	MV 50	U/A Wakefield, West Yorkshire	1:00:27
21.	591	Matthew Ashton	m	MV 40	U/A Telford, Shropshire	1:00:32
22.	465	Hoss Meister	m		U/A Allendale, Northumberland	1:00:32
23.	374	margaret henderson	f		U/A warton, lancs	1:00:54
24.	709	Ian Stainthorpe	m	MV 50	Rochdale Harriers	1:01:01
25.	347	Jake Kitching	m		n/a	1:01:04
26.	765	Ronnie Haddow	m	MV 40	Furness Fell Runners	1:01:06
27.	771	David Buckle	m		U/A Grange-over-Sands, Cumbria	1:01:08
28.	628	Alan Huggon	m	MV 40	Border Reiver Runners	1:01:12
29.	578	Hannah Brookfield	f		U/A Aughton, Lancashire	1:01:20
30.	96	Jonny Grisdale	m	MV 40	Team Inov 8	1:01:20
31.	540	David MacGillivray	m	MV 60	DH Runners	1:01:39
32.	651	Jonathan Fletcher	m	MV 50	Ripon Runner	1:01:50
33.	307	Graham Ingham	m	MV 50	U/A Kirkham,	1:02:15
34.	364	Andy Shaw	m		St Helens Striders	1:02:19
35.	383	Robbie Edwards	m	MV 40	Southport running cluc	1:02:49
36.	646	luke kenealy	m		U/A lowton, cheshire	1:03:13
37.	604	Philip Higgins	m	MV 50	Kendal Tri Club	1:03:24
38.	662	Matthew Spillman	m	MV 50	Tri-Anglia	1:03:28
39.	629	James Waterhouse	m	MV 40	U/A Harrogate, N.Yorks	1:03:41
40.	685	Tim Palmer	m	MV 40	U/A London, London	1:03:48
41.	760	ANDREW TINKLER	m	MV 40	U/A LANCASTER, LANCS	1:04:03
42.	495	Jack Waterhouse	m		U/A Carlisle, Cumbria	1:04:13
43.	632	Tom Smith	m		U/A Wakefield, West Yorkshire	1:04:16
44.	519	Chris Wynne	m	MV 60	U/A Ormskirk,	1:04:52
45.	623	Brett Johnson	m	MV 40	U/A St. Helens, Merseyside	1:04:56
46.	666	Geoff Parish	m	MV 40	U/A	1:05:00
47.	563	Peter Llewellyn	m	MV 50	Bowland Fell Runners	1:05:01
48.	731	karen johnson	f	FV 40	U/A Ulverston,	1:05:03
49.	586	Felicity Smith	f	FV 40	Elswick	1:05:06
50.	783	Jonathan Carr	m		U/A Newcastle,	1:05:17
51.	637	Harvey Wooldridge	m	MV 50	U/A Bewdley,	1:05:53
52.	661	Colin Caisley	m	MV 40	U/A Wilmslow Cheshire	1:05:54
53.	602	Adam Hartley	m		U/A Leeds, West Yorkshire	1:06:14
54.	402	Harry Godson	m	MV 40	Bentham Beagles	1:06:29
55.	520	Andrew Jobbins	m		U/A London,	1:06:37
56.	773	Phillip Gaston	m		U/A milnthorpe, cumbria	1:06:43
57.	334	jon shard	m	MV 40	U/A manchester, lancashire	1:07:03
58.	787	Jonathan Atkinson	m	MV 40	U/A Ambleside,	1:07:07
59.	688	Alan Wilson	m	MV 50	Glaxo Hoad Hill Harriers	1:07:14
60.	580	Holly Satterly	f		Lancaster & Morecambe AC	1:07:28
61.	329	Richard Harrison	m	MV 40	None	1:07:32
62.	503	luke bell	m		U/A castleford, west yorkshire	1:07:42
63.	359	Andrew Hemsley	m	MV 50	U/A Penrith, Cumbria	1:07:44
64.	529	Dave Rooney	m	MV 50	U/A Southport, Merseyside	1:07:48
65.	406	Louisa Phillips	f		U/A Manchester, Greater Manchester	1:08:33
66.	422	Phil Stones	m	MV 60	U/A Cleator Moor, Cumbria	1:08:40
67.	714	Susie Anton	f		Susie Anton PT & Fitness	1:08:42
68.	779	Rhys Mayor	m		U/A Liverpool,	1:08:48
69.	483	David Shankland	m		U/A Carnforth, Cumbria	1:09:03
70.	482	Alexandra Shankland	f		U/A Carnforth, Cumbria	1:09:03
71.	428	James Cruttenden	m	MV 50	U/A Bradford On Avon, Wiltshire	1:09:08
72.	515	Robyn Turner	f		U/A Blackburn,	1:09:15
73.	437	James Hall	m		U/A Hartlepool, Teesside	1:09:34
74.	653	Lee Gothard	m		U/A Preston,	1:09:54
75.	543	Orry King	m	MV 40	U/A Prescot, Merseyside	1:09:59
76.	732	Steve Watson	m	MV 50	U/A Gleaston, Ulverston	1:10:04
77.	425	Andrew Edwards	m	MV 40	U/A Cupar, Fife	1:10:09

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
78.	618	Wade Tidbury	m	MV 50	Eden Runners	1:10:15
79.	469	David Stephens	m	MV 60	Clwydian range runners	1:10:16
80.	547	Katie Dodd	f	FV 40	U/A Whitley bay, Tyne and Wer	1:10:24
81.	516	Rob Turner	m	MV 40	U/A Blackburn ,	1:10:31
82.	351	Luke fishpool	m		U/A driffield, East Riding of Yorkshire	1:10:32
83.	590	Laura Ashton	f		U/A Telford, Shropshire	1:10:37
84.	356	Helen Duncanson	f	FV 40	St Bees Triers	1:10:39
85.	690	Laura Stephenson	f		U/A Cambridge, Cambs	1:10:48
86.	433	Paul Fairclough	m	MV 40	Red rose runner	1:10:50
87.	751	Mark Blundell	m	MV 50	U/A Ormskirk , Lancashire	1:11:09
88.	464	KRISTIAN ROBINSON	m	MV 50	Rochdale Harriers	1:11:12
89.	574	Katherine France	f	FV 40	U/A Kendal, Cumbria	1:11:18
90.	575	Daniel Brookfield	m		U/A ORMSKIRK, Lancashire	1:11:53
91.	718	Thomas Pearson	m		U/A Grange Over Sands, Cumbria	1:12:00
92.	340	Catriona Curtis	f		U/A Kirkby Lonsdale, Cumbria	1:12:28
93.	791	James Rogers	m		inov-8	1:12:31
94.	676	Rodney Lewis	m		U/A Brixton, London	1:12:43
95.	346	Peter Robinson	m		U/A Leeds, Yorkshire	1:12:43
96.	344	Henry Parker	m		U/A Leeds, West Yorkshire	1:12:43
97.	697	Caroline Clark	f	FV 40	U/A Preston, Lancashire	1:12:46
98.	164	Jo Grisdale	f	FV 40	Team Inov 8	1:13:02
99.	621	Sam Ronson	m		U/A Dalton in furness, Cumbria	1:13:06
100.	677	Robert Thorogood	m		U/A Wadhurst, East Sussex	1:13:07
101.	430	Simon Robson	m		U/A York, North Yorkshire	1:13:19
102.	319	Michael Gudgeon	m	MV 40	U/A Settle, North Yorkshire	1:13:36
103.	768	Patrick Willink	m	MV 50	Helm Hill	1:13:45
104.	468	Michael Wilson	m	MV 50	Chorley Athletic & Triathlon Club	1:13:47
105.	445	Jack Moxon	m		U/A Keighley, West Yorkshire	1:14:02
106.	579	Charles Satterly	m	MV 50	Lancaster & Morecambe A/C	1:14:08
107.	342	Fatima Horn	f		Rothwell Harriers	1:14:14
108.	341	Stuart Sims	m		U/A Kirkby Lonsdale,	1:14:20
109.	385	Matthew Walton	m		U/A Carlisle , Cumbria	1:14:24
110.	496	Abby Edwards-Hughes	f		U/A Carlisle, Cumbria	1:14:24
111.	746	Laura Preston	f		U/A Glasgow,	1:14:25
112.	743	Katie Wilkinson	f		Marshside health club	1:14:27
113.	328	James Morris	m		U/A Preston,	1:14:33
114.	534	Michael Crozier	m	MV 50	U/A Colne,	1:14:35
115.	625	Nicola Mapes	f		U/A Congleton , Cheshire	1:14:44
116.	376	Hilde Krynen	f	FV 50	U/A Kendal, Cumbria	1:14:46
117.	449	Martin Tilbury	m	MV 40	U/A Sale, Cheshire	1:14:47
118.	378	Paul Otway	m	MV 40	U/A Natland, Cumbria	1:14:52
119.	400	Gerard Hurst	m	MV 60	U/A Wigan,	1:15:14
120.	696	Philip Hayes	m	MV 50	TCRC	1:15:39
121.	418	Glyn McGovern	m	MV 50	U/A Altrincham,	1:16:05
122.	785	Stephen Adams	m	MV 50	U/A READING, Berkshire	1:16:08
123.	680	steven burgess	m	MV 50	thornton cleveleys running club	1:16:25
124.	309	Jean Turner	f	FV 50	Telford Harriers	1:16:28
125.	592	Ruth Dodwell	f		U/A Lancaster,	1:16:36
126.	728	John Tomlinson	m	MV 50	U/A Bolton,	1:17:02
127.	713	kenneth stanley	m	MV 60	northern masters	1:17:02
128.	1365	Michelle Bignault	f		U/A Keswick, Cumbria	1:17:20
129.	633	Stuart Edwards	m	MV 50	U/A North Shields, Tyne and Wear	1:17:21
130.	382	Ted Smedley	m	MV 40	U/A Prescot, Merseyside	1:17:27
131.	370	Terry McMahon	m	MV 50	U/A kendal, cumbria	1:17:35
132.	522	clare thomas	f		U/A kendal, cumbria	1:17:38
133.	569	Gillian Pryor	f	FV 40	Thornton Cleveleys Running Club	1:17:38
134.	473	Nick Lewer	m	MV 60	U/A Skipton,	1:17:41
135.	722	Kathy Appleby	f	FV 50	U/A Lancaster, Lancashire	1:17:43
136.	583	Harriet Hodgkins	f		U/A Preston,	1:17:49
137.	536	Paul Brown	m	MV 40	U/A Lancaster, Lancashire	1:17:57
138.	747	Marie Stolbrink	f		U/A Liverpool,	1:18:05
139.	453	pamela tindall	f		U/A knutsford,	1:18:14
140.	87	Sarah Rounding	f		Windrush Triathlon Club	1:18:20
141.	381	Andrew Jones	m	MV 40	U/A Prescot, Merseyside	1:18:24
142.	720	Lizzie Simmons	f	FV 40	U/A Ulverston ,	1:18:27
143.	600	Michaela Hill	f	FV 40	U/A Huddersfield, West Yorkshire	1:18:31
144.	396	Carol Gunn	f	FV 50	St bees triers	1:18:36
145.	588	Susan Richardson	f	FV 50	St Bees Triers	1:18:36
146.	730	Michael Shaw	m	MV 40	U/A CARLISLE, Cumbria	1:18:38
147.	729	Sarah Lord	f	FV 40	U/A CARLISLE, Cumbria	1:18:38
148.	366	Nicholas Schaffer	m	MV 50	Millom Striders	1:18:41
149.	754	Ian Paterson	m	MV 40	U/A Maghull, Merseyside	1:18:57
150.	523	Ian Hartwell	m	MV 40	U/A Manchester,	1:18:59
151.	502	Julia Laverack	f	FV 50	Ambleside AC	1:19:06
152.	576	Emma Parkin	f	FV 40	Stratford AC	1:19:08
153.	577	Alice Ridout	f	FV 40	U/A Hilton Beach, Ontario	1:19:08
154.	704	Anthony Marechal	m	MV 60	U/A STROUD, Glos	1:19:10
155.	769	Viki Sutton	f	FV 50	U/A Lancaster,	1:19:16
156.	744	Louie Butlin	m		U/A Manchester,	1:19:19
157.	698	Abi Lloyd	f		U/A coniston, cumbria	1:19:27

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
158.	750	Bernice Blundell	f	FV 50	U/A Ormskirk, Lancashire	1:19:36
159.	780	Nigel McIntyre	m	MV 50	U/A Longton, Lancashire	1:19:58
160.	387	Shirley Spratt	f	FV 50	U/A Congleton, Cheshire	1:20:06
161.	504	nick bell	m	MV 60	unattached	1:20:08
162.	755	Joanne Beck	f	FV 50	U/A Lancs,	1:20:27
163.	555	David Fox	m	MV 40	U/A Altrincham,	1:20:32
164.	774	Nicola Dinsdale	f		Ribble valley Tri Club	1:20:37
165.	525	John Walter	m	MV 60	U/A Penrith, Cumbria	1:20:48
166.	302	Andrew Rigg	m	MV 50	Millom Striders RC	1:20:49
167.	793	Rachel Summers	f	FV 40	U/A Preston,	1:20:50
168.	786	Andrew Reid	m	MV 40	U/A Merseyside,	1:20:54
169.	654	Hannah Stirling	f		U/A Wilmslow,	1:21:13
170.	581	Julie Bethune	f	FV 40	U/A Runcorn,	1:21:13
171.	360	John Slater	m	MV 50	U/A Carnforth, Lancs	1:21:15
172.	655	David Stirling	m	MV 60	U/A Lancaster, Lancashire	1:21:21
173.	369	Ben Higginson	m	MV 60	Preston Harriers	1:21:24
174.	530	Adam Wilcock	m		U/A Old Langho, Lancashire	1:21:30
175.	531	Alexa Wilcock	f		U/A Old Langho, Lancashire	1:21:35
176.	392	Duncan Roche	m	MV 50	U/A Millom, Cumbria	1:21:37
177.	1357	Geoff Griffiths	m	MV 50	Fuelled By Fun	1:21:41
178.	521	Karen Bell	f	FV 40	U/A Settlestones, Northumberland	1:21:44
179.	635	Alan Taylor	m	MV 60	U/A Rochdale, Greater Manchester	1:21:45
180.	770	Alanna Buckle	f		U/A Grange-over-Sands , Cumbria	1:21:54
181.	683	Jayne Phillips	f	FV 60	Allen Valley Striders	1:22:02
182.	507	Ailsa Riddell	f		Jog on the Tyne	1:22:04
183.	311	Jennifer Richardson	f	FV 40	U/A Near Kendal, Cumbria	1:22:08
184.	772	Elizabeth Gaston	f		U/A Milnthorpe, Cumbria	1:22:09
185.	444	Chris Moors	m		U/A Gateshead,	1:22:26
186.	443	Cristina Babures Rueda	f		U/A Gateshead,	1:22:27
187.	517	Mark Liptrott	m	MV 40	U/A Ormskirk, Lancashire	1:22:27
188.	582	Dawn Winstanley	f	FV 50	U/A Preston, Lancashire	1:22:42
189.	584	Hollie Winstanley	f		U/A Preston ,	1:22:43
190.	313	Gerry Garvey	m	MV 50	Muddy Boots Nursery	1:22:46
191.	650	Susan Harrison	f	FV 60	U/A Carlisle, Cumbria	1:22:59
192.	232	Helen Jones	f	FV 40	U/A Cockermouth, Cumbria	1:23:08
193.	348	Tricia Griffiths	f	FV 50	U/A Lancaster,	1:23:17
194.	412	Susan Sharp	f	FV 50	U/A Wakefield, west Yorkshire	1:23:17
195.	607	Neil Brannelly	m	MV 40	U/A Prescot, Merseyside	1:23:19
196.	492	Philip Donkersley	m		U/A Lancaster, Lancashire	1:23:25
197.	687	Justin Gill	m	MV 40	U/A Padiham,	1:23:31
198.	619	Philip Blakeley	m		U/A Aughton, Lancs	1:23:35
199.	727	Steve Thompson	m		U/A Barrow in Furness, Cumbria	1:24:05
200.	1163	James Chaplin-Brice	m		U/A Keswick,	1:24:43
201.	1162	Elizabeth Chaplin-Brice	f		U/A Keswick,	1:24:44
202.	631	Beth Skarz	f		U/A Wakefield, West Yorkshire	1:24:59
203.	603	Hannah Tate	f		U/A Leeds, West Yorkshire	1:24:59
204.	330	Heather Thorn	f	FV 40	Women on the run	1:25:03
205.	739	Karen Greeson	f	FV 40	U/A St. Bees, Cumbria	1:25:16
206.	457	Catherine Haggerty	f		U/A St Helens, Merseyside	1:25:17
207.	689	David Ellicott	m	MV 40	Keswick AC	1:25:32
208.	636	Carol Downing	f	FV 50	Howgill Harriers	1:25:39
209.	414	Angela Jones	f	FV 40	St Helens Striders	1:25:39
210.	513	Joanne Common	f	FV 40	U/A Hexham, Northumberland	1:25:41
211.	398	Brian Winder	m	MV 70	Darwen Running Group	1:25:43
212.	394	Sophie McIntosh	f		U/A Burnley, Lancashire	1:25:54
213.	703	Jill Leader	f	FV 60	U/A Windermere, Cumbria	1:26:14
214.	587	Sam Nicholson	f	FV 40	Border Reiver Runners	1:26:18
215.	354	Ian Walker	m	MV 50	Glaxo Hoad Hill Harriers	1:26:25
216.	395	SUE BOOTH	f	FV 50	U/A MARYPORT, CUMBRIA	1:26:31
217.	404	catherine cuthbert	f	FV 40	wallasey ac	1:26:38
218.	427	Alexandra Cruttenden	f	FV 50	U/A Bradford On Avon, Wiltshire	1:26:55
219.	794	Adrian Dobson	m	MV 60	Team Dobson	1:27:02
220.	712	Helen Parton	f	FV 50	U/A Heswall, Wirral	1:27:04
221.	554	Dawn Cole	f	FV 40	U/A Manchester,	1:27:07
222.	431	Daniel Vincent	m	MV 40	Advent Running	1:27:11
223.	782	Chris Bagshaw	m	MV 50	U/A Penrith,	1:27:35
224.	325	David Wilkinson	m	MV 50	U/A Southport , Merseyside	1:28:03
225.	699	Sally Palmer	f	FV 40	U/A London,	1:28:10
226.	762	Helen Little	f	FV 40	U/A High Harrington, Cumbria	1:28:12
227.	506	Helen Nichols	f		Millom Striders	1:28:16
228.	559	Gary Reynolds	m		U/A Preston , Lancashire	1:28:16
229.	435	Rachel Ashworth	f		U/A Preston, Lancashire	1:28:16
230.	612	Sandra Allan	f	FV 50	U/A Penrith, Cumbria	1:28:24
231.	564	Rachel Morrison	f	FV 40	U/A Sheffield,	1:28:25
232.	551	Paul Henshaw	m	MV 40	U/A Altrincham ,	1:28:26
233.	533	Johnny Wild	m	MV 60	Lytham St Anne's™s road runners	1:28:28
234.	761	David Garden	m		U/A Blackpool, Lancs	1:28:46
235.	538	Pranee Sowerby	f	FV 40	U/A Millom, Cumbria	1:28:49
236.	541	Laura Hanson	f		U/A NEWCASTLE UPON TYNE, Tyne and Wear	1:28:55
237.	472	Paula Robinson	f	FV 40	U/A Keighley, West Yorks	1:28:56

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
238.	737	Katy Smythe	f	FV 40	Me	1:28:59
239.	323	Alison Belford	f	FV 50	Formby Stormers	1:29:04
240.	643	Laura Tattersall	f		U/A Kendal,	1:29:15
241.	454	Sarah Ferreira	f	FV 40	U/A Ormskirk,	1:29:31
242.	1541	Diane Blagden	f	FV 50	Wesham Road Runners	1:29:33
243.	675	Vicky Johnston	f	FV 40	St Bees Triers	1:29:33
244.	640	Claudia Hammond-Price	f		U/A Cheadle Hulme, Cheshire	1:29:36
245.	343	Andrew Melling	m	MV 40	U/A Leyland,	1:29:39
246.	719	Michelle Mahony	f	FV 40	U/A Ulverston ,	1:29:45
247.	384	Mark Thornber	m	MV 60	U/A Arnside, Cumbria	1:29:50
248.	748	Claire Logan	f		U/A Grange-over-Sands,	1:29:54
249.	671	Paul Fiddler	m	MV 40	U/A Warrington	1:29:56
250.	336	Melanie Jerram	f	FV 40	U/A Strathaven, South Lanarkshire	1:30:05
251.	548	Julian Coulthard	m	MV 50	Border Harriers	1:30:37
252.	724	Vicki Cummings	f	FV 40	U/A Lytham,	1:30:39
253.	318	Beverley Crate	f	FV 40	U/A Bedlington , Northumberland	1:31:04
254.	701	Elaine Charles	f	FV 50	wirral runners	1:31:06
255.	470	Susan Ridings	f	FV 50	U/A Mold, Flintshire	1:31:12
256.	596	Katie Wray	f		U/A Manchester,	1:31:14
257.	656	Anthony Harrison	m	MV 60	U/A Norley,	1:31:16
258.	560	Chris Pollard	m		U/A Manchester,	1:31:24
259.	556	James Howard	m		U/A Manchester,	1:31:24
260.	593	Ruth Sealey	f		U/A Kendal,	1:31:39
261.	389	Louise Robinson	f		WotR Kendal	1:31:40
262.	726	mary ellen entwistle	f	FV 40	U/A lancaster, lancashire	1:31:58
263.	350	Jayne Batt	f	FV 50	U/A York,	1:32:01
264.	467	Beckie Waine	f		Run Mummy Run	1:32:16
265.	486	Kirsty Byrne	f		U/A Accrington,	1:32:17
266.	561	Michael Cleary	m	MV 50	U/A Blackpool,	1:32:17
267.	452	Timothy McWilliams	m	MV 50	U/A Wakefield , W Yorks	1:32:36
268.	546	aaron dodd	m	MV 40	U/A whitley bay, tyne and wear	1:32:36
269.	792	Sara Summers	f	FV 50	U/A Preston,	1:32:58
270.	365	Lynda Davenport	f		U/A Harrogate, North yorkshire	1:33:01
271.	610	Emma Haney	f	FV 40	U/A Walney , Cumbria	1:33:07
272.	609	Michael Jubb	m	MV 40	U/A Ulverston, Cumbria	1:33:07
273.	1275	Abby Sumner	f	FV 40	U/A Blackburn , Lancs	1:33:11
274.	674	Susan Averill	f	FV 50	Notts womens runners	1:33:18
275.	553	Nicola Whitfield	f		U/A Helsby, Cheshire	1:33:40
276.	622	jeanette grimes	f	FV 50	U/A prescot, merseyside	1:33:41
277.	539	Graeme Wordsworth	m	MV 40	North Shields Poly	1:33:50
278.	717	Chris Pearson	m	MV 50	U/A Grange Over Sands, Cumbria	1:34:12
279.	573	Penny Swann	f	FV 40	U/A Lancaster,	1:34:13
280.	759	Sam Robinson	f		U/A Lancaster, lancashire	1:34:21
281.	614	Simon Stokes	m	MV 40	U/A Wellingborough,	1:34:25
282.	613	Lucy Howkins	f		U/A Wellingborough, Northants	1:34:25
283.	659	Nicola Kay	f	FV 40	Horwich RMI Harriers	1:34:29
284.	721	Victoria Dewhurst	f	FV 40	U/A Bolton, Lancs	1:34:31
285.	463	Emma Robinson	f	FV 40	Rochdale Harriers	1:34:38
286.	511	Catherine Thomson	f	FV 40	U/A Manchester,	1:35:04
287.	497	Elizabeth King	f	FV 40	Vegan Runners	1:35:11
288.	498	Shaun King	m	MV 50	Vegan runners	1:35:11
289.	663	Kelvin Dawson	m	MV 40	U/A Isle of Man	1:35:21
290.	664	Marie Dawson	f	FV 40	U/A Isle of Man	1:35:21
291.	649	julie sparrow	f	FV 60	new marske harriers	1:35:24
292.	644	Thea Palmer	f		U/A London,	1:35:27
293.	764	Ceri Holman	f	FV 40	U/A Grange over Sands, Cumbria	1:35:30
294.	512	Ian Vickerstaff	m	MV 40	U/A Edinburgh,	1:35:54
295.	420	Laura Pilkington	f		Miss	1:36:11
296.	509	Tony Pilkington	m	MV 60	U/A Preston, Lancashire	1:36:11
297.	723	Sarah Thorn	f	FV 50	U/A Lancaster, Lancashire	1:36:22
298.	316	Helen Bowerman	f	FV 50	U/A York,	1:36:25
299.	312	Deborah Thorneycroft	f	FV 50	U/A Stoke on Trent, Staffs	1:36:27
300.	480	Nicholas Green	m		U/A Penrith , Cumbria	1:36:59
301.	749	Timothy knowles	m	MV 50	none	1:37:13
302.	490	Richard Dunn	m		U/A Hexham,	1:37:14
303.	489	Joanne Dunn	f		U/A Hexham,	1:37:15
304.	367	Louise McKenzie	f		U/A Linlithgow, West Lothian	1:37:16
305.	597	Jenny Mabbutt	f		U/A Accrington , Lancashire	1:37:17
306.	315	Victoria Henniker	f	FV 40	Warrington Running Club	1:37:19
307.	462	Alice Melville	f	FV 50	U/A Newcastle upon Tyne,	1:37:39
308.	479	Angela Green	f		U/A Penrith, Cumbria	1:37:44
309.	349	Grant Griffiths	m	MV 60	U/A Lancaster,	1:37:51
310.	501	Alison Hodges	f	FV 50	Blackhill Bounders	1:38:03
311.	500	brian richardson	m	MV 50	blackhill bounders	1:38:04
312.	702	Louise Adams	f	FV 40	U/A Wirral,	1:38:11
313.	440	Penny Hill	f	FV 50	Roundhay Runners	1:38:31
314.	756	Kerrie McNeill	f	FV 40	Wesham Road Runners	1:38:34
315.	757	Graham Brook	m	MV 50	Wesham Road Runners	1:38:34
316.	493	Gavin Fowler	m	MV 40	U/A Middlesbrough,	1:38:35
317.	552	Joanna Clayphan	f		U/A Nottingham, Nottinghamshire	1:39:10

Lakeland Trails in Hawkshead

Hawkshead Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
318.	670	Jo Colvin	f	FV 40	U/A Bolton	1:39:13
319.	692	Carolyn Knott	f	FV 40	Penny Lane Striders	1:39:19
320.	693	Shane Knott	m	MV 40	Penny Lane Striders	1:39:19
321.	738	Tony Bingham	m		U/A Cumbria,	1:39:23
322.	499	Ursula Kaul	f	FV 40	U/A Ashbourne,	1:39:57
323.	314	David Watson	m	MV 50	Red rose road runners	1:40:05
324.	557	Joanne Chard	f	FV 40	Women on the Run	1:40:08
325.	459	Deborah Cummings	f	FV 40	U/A St Helens, Merseyside	1:40:09
326.	460	Mark Cummings	m	MV 40	U/A St Helens, Merseyside	1:40:10
327.	630	Lola Jimenez	f		U/A Southport, Merseyside	1:40:18
328.	778	Samuel Dore	m		U/A Liverpool,	1:40:18
329.	777	Emily Dore	f		U/A Formby,	1:40:19
330.	781	Lynda McIntyre	f	FV 50	U/A Longton, Lancashire	1:40:21
331.	767	Rachel TICKNER	f	FV 60	U/A Cockermouth, Cumbria	1:40:37
332.	572	Clair Bonner	f	FV 40	U/A Keighley, West Yorkshire	1:40:49
333.	357	Liane Thompson	f	FV 50	U/A Barrow-in-Furness, Cumbria	1:40:49
334.	368	Jane Mulcrone	f	FV 40	Penny Lane Striders	1:40:50
335.	753	Kay Pitchford	f	FV 50	U/A Whitehaven, Cumbria	1:41:00
336.	324	Jo-Anna Robson	f	FV 40	U/A Formby,	1:41:19
337.	326	Liz Bamber	f	FV 40	Lancaster Women's Running Club	1:41:20
338.	322	Jane Taylor	f	FV 50	Women on the Run - Preston	1:41:20
339.	393	Theresa Murray	f	FV 50	U/A Crook, Cumbria	1:41:23
340.	438	Amy Martinez	f		U/A BOLTON, GREATER MANCHESTER	1:41:24
341.	741	Sally Bhowmick	f	FV 40	U/A Chorley, Lancs	1:41:25
342.	391	Alison Spiby	f	FV 50	U/A Windermere, Cumbria	1:41:25
343.	608	Angela Terry	f		U/A Chorley,	1:41:25
344.	710	Andrew Pollock	m	MV 70	Denby Dale Athletic Club	1:41:35
345.	784	Jane Marie Nicholl	f		U/A Newcastle upon Tyne ,	1:41:35
346.	627	Norah McWilliam	f	FV 70	U/A Bradford,	1:41:37
347.	432	Susan Porter	f	FV 50	U/A Southport,	1:41:45
348.	434	Kym Fairclough	f		South ribble runners	1:41:46
349.	375	Angela Skelton	f	FV 40	Me	1:41:49
350.	441	Phil Hill	m	MV 50	Roundhay Runners	1:42:17
351.	641	Michael Thompson	m		U/A Cheadle Hulme, Cheshire	1:42:21
352.	545	Ian Collett	m	MV 50	None	1:43:33
353.	310	Allan Dean	m	MV 60	U/A OAKHAM, Rutland	1:43:50
354.	476	N.N. 476				1:44:11
355.	526	Jim Dean	m	MV 70	U/A Kendal, Cumbria	1:44:16
356.	1193	Emma Warwick	f	FV 40	Formby Stormers	1:44:26
357.	571	Christina Davies	f		U/A Bishop Auckland, Durham	1:44:28
358.	537	Jane Giddins	f	FV 50	U/A Nottingham,	1:44:28
359.	694	Sarah Harley	f		U/A Nottingham , Nottinghamshire	1:44:29
360.	320	Fiona Gutteridge	f		Red Rose Road Runners	1:44:47
361.	647	Alison Medicott	f	FV 50	Warrington Running Club	1:45:09
362.	606	Rebecca Moon	f	FV 40	U/A Leigh,	1:45:09
363.	413	Harry Wingate	m		Kirkby Milers AC	1:45:12
364.	624	Catherine Crowther	f		U/A London,	1:45:25
365.	669	Dylan Cass	m	MV 40	Mersey Tri	1:45:39
366.	668	Andrea Mcguinness	f		Mersey Tri	1:45:40
367.	626	Finbarre Fitzpatrick	m	MV 70	U/A Halifax,	1:45:42
368.	491	Iain Wood	m	MV 40	U/A Ormskirk, Lancashire	1:45:43
369.	766	Hannah Stevenson	f		U/A lancaster, lancashire	1:45:50
370.	758	coralin harrison	f	FV 70	harrogate harriers	1:46:09
371.	484	Heidi Volmer	f		U/A Nethy Bridge,	1:46:21
372.	488	bryan websdale	m	MV 40	ilkley harriers	1:46:25
373.	487	rachel websdale	f	FV 50	ilkley harriers	1:46:26
374.	485	Rachael Haylett	f		U/A Betws y Coed, Conwy	1:46:28
375.	657	Alison Wingate	f	FV 40	Kirkby Milers AC	1:46:34
376.	410	Ann Myatt	f	FV 50	Cheadle	1:46:41
377.	518	Sara Lloyd Williams	f		U/A Carlisle, Cumbria	1:46:44
378.	401	Gilly Wright	f	FV 40	Thorp Academy	1:46:49
379.	708	Helen Norris	f	FV 40	Holbeton Harriers	1:46:55
380.	331	Rachael Dodds	f	FV 40	Roundhay Runners	1:47:03
381.	648	Lucy Darling	f	FV 40	Sandbach Striders	1:47:12
382.	447	Rachel Aitken	f	FV 40	U/A Crewe Cheshire	1:47:12
383.	542	Victoria Money	f	FV 40	Durham Mums on the Run	1:47:37
384.	361	Ian Rigby	m	MV 50	U/A Widnes, Cheshire	1:48:16
385.	605	Susan Higgins	f	FV 50	U/A Windermere, Cumbria	1:49:02
386.	424	Julia Jennings	f	FV 40	CrossFit Leyland	1:49:10
387.	448	Tanya Hancock	f	FV 40	U/A Golborne,	1:49:10
388.	566	Mark Hall	m	MV 50	U/A Gateshead ,	1:49:47
389.	567	Camilla Hall	f	FV 50	U/A Gateshead ,	1:49:47
390.	616	Fiona Tidbury	f	FV 50	Eden Runners	1:49:52
391.	672	Amanda Beresford	f			1:50:42
392.	642	Becky Viccars	f		U/A Nr Kendal,	1:51:33
393.	451	Becky Willoughby	f	FV 40	Helm Hill	1:52:35
394.	524	Jan Wirkus	m	MV 50	U/A Accrington, Lancs	1:52:37
395.	742	Julie Loftus	f	FV 50	U/A Bolton, Lancashire	1:52:43
396.	514	Sally Stewart	f	FV 40	U/A Glasgow,	1:52:50
397.	565	Paul McMonagle	m		U/A Ormskirk, Lancashire	1:53:22

Lakeland Trails in Hawkshead

Hawkshead Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
398.	594	Sarah Rainford	f	FV 50	WOTR	1:54:24
399.	568	Natalie Carr	f	FV 40	U/A Kendal , Cumbria	1:54:43
400.	458	Karen Cummings	f	FV 50	U/A St Helens, Merseyside	1:55:22
401.	417	Danielle Tuite	f	FV 40	U/A Kendal,	1:56:19
402.	416	Sue madden	f	FV 60	U/A Kendal, Cumbria	1:56:19
403.	333	Ellie Lane	f	FV 50	U/A Manchester , Lancashire	1:56:37
404.	332	Stuart Collier	m	MV 50	U/A Manchester , Lancashire	1:56:37
405.	371	EDWINA RICKARDS COLLINSON	f	FV 60	CROCWALKERS	1:57:57
406.	317	Amanda Simpson	f		RunSmart	1:57:58
407.	505	Deb Drinkall	f	FV 40	Solemothers	1:58:07
408.	700	Allyson Miller	f	FV 40	U/A Chorley, Lancashire	1:58:19
409.	461	Jane Patel	f	FV 50	COLT	2:00:49
410.	327	Sue Smith	f	FV 50	U/A Morecambe, Lancs	2:03:09
411.	544	Louise Chambers	f		U/A PRESTON, Lancashire	2:03:12
412.	474	Vanessa Davies	f	FV 40	U/A Formby, Merseyside	2:03:13
413.	407	Dot Carr	f	FV 70	U/A harrogate, yorkshire	2:03:35
414.	372	Karen Braddon	f	FV 60	Crocwalkers	2:04:19
415.	681	Christine Burgess	f	FV 50	thornton cleveleys running club	2:04:38
416.	570	Mark Pryor	m	MV 40	Thornton Cleveleys Running Club	2:04:38
417.	734	Jackie Routledge	f	FV 60	Thornton Cleveleys	2:04:55
418.	558	Jennifer Hale	f		U/A Ulverston, Cumbria	2:07:01
419.	639	Rosa Elliott	f	FV 50	U/A Sale, Cheshire	2:09:07
420.	617	Georgina Sinfield	f	FV 40	U/A Mayfield Ashbourne, Derbyshire	2:34:48
421.	527	Tania Fox	f	FV 50	U/A Ashbourne, Derbyshire	2:34:54

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