

# Lakeland Trails Helvellyn

## Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
1.	1203	Guy WHATMORE	m		Wetherby Runners	0:39:21.1	0:39:21.1
2.	1274	Mike CLAYTON	m		Unattached - Liverpool	0:40:30.8	0:40:35.7
3.	1103	Neil STEPHENSON	m		YMCA Harriers	0:41:45.3	0:41:53.4
4.	1347	Mike ALLISON	m	Vet 50	Unattached - Penrith	0:41:57.6	0:42:07.9
5.	1215	Steven HENDERSON	m		Unattached - Manchester	0:41:59.7	0:41:36.4
6.	1291	Peter CLARKE	m		Unattached - Keswick	0:42:22.8	0:42:18.9
7.	1400	Alice DU VIVIER	f		Unattached Durham	0:43:30.1	0:43:28.9
8.	1189	Andrew PLUMRIDGE	m		Unattached : Bingley	0:44:07.2	0:43:52.3
9.	1278	Justin BUCKLAND	m	Vet 40	Unattached : Comberton	0:44:28.9	0:44:21.5
10.	1211	John ALTON	m	Vet 40	Unattached : Northwich	0:44:45.3	0:44:42.9
11.	1458	Suzanne TOPPIN	f	Lady Vet 40	Unattached - Penrith	0:44:49.3	0:44:54.9
12.	1457	Helen WOODLEY	f	Lady Vet 40	Unattached : Ulverston	0:45:02.9	0:45:08.7
13.	1348	Andy ROSS	m	Vet 40	Unattached - Wigton	0:45:06.7	0:45:06.4
14.	1462	Phil BLAYLOCK	m		St Bees Triers	0:45:52.9	0:45:52.9
15.	1336	Paul DUNSTER	m	Vet 40	Unattached : peterlee	0:46:03.2	0:45:44.6
16.	1471	Steven AVERILL	m	Vet 50	Unattached : Nottingham	0:46:20.3	0:46:14.0
17.	1106	David HUDDLESTON	m		Unattached : Askham in Furness	0:46:34.5	0:46:34.5
18.	1247	David HOLME	m	Vet 40	Unattached : Leighton Buzzard	0:46:36.0	0:46:33.7
19.	1244	Mark BRITTON	m	Vet 50	Border Harriers	0:46:41.8	0:46:40.9
20.	1338	Andrew MCGREGOR	m		Unattached - Sunderland	0:47:05.3	0:47:03.4
21.	1273	Gary CATTERMOLE	m	Vet 50	Unattached - Kendal	0:47:11.9	0:47:11.2
22.	1328	David JARDIN	m	Vet 40	Elswick Harriers	0:47:17.2	0:47:15.3
23.	1181	Ben ROSS	m		ua st Asaph	0:47:20.4	0:47:09.0
24.	1168	Tim PALMER	m	Vet 40	Helsby RC	0:47:24.3	0:47:23.4
25.	1359	Stuart MARSHALL	m	Vet 40	Leeds & Bradford Tri Club	0:47:49.5	0:47:47.4
26.	1299	Nick VARLEY	m	Vet 40	Tyne Bridge Harriers	0:47:56.3	0:47:53.0
27.	1308	Bruce HARDY	m		Unattached - Cokermonth	0:48:06.9	0:47:41.4
28.	1418	Fay WILLIAMS	f		Unattached - Manchester	0:48:31.5	0:48:07.8
29.	1452	Juliette NORMAN	f		Liverpool Harriers	0:48:40.0	0:48:33.8
30.	1114	Clare SMITH	f	Lady Vet 40	Unattached : Bolton	0:48:57.3	0:48:55.5
31.	1315	Charlie LEWIS	m		Unattached - London	0:49:04.0	0:49:02.2
32.	1334	Paula PILLING	f		Burnden Road Runners	0:49:04.4	0:49:03.5
33.	1379	Jennifer LAPPING	f		JOTT	0:49:13.1	0:49:04.5
34.	1314	Lizzie KIRBY	f		Unattached - London	0:49:22.1	0:49:20.1
35.	1450	Tom GREEN	m	NDB		0:49:54.4	0:49:46.2
36.	1221	Hosea ESDAILLE	m		Unattached - Manchester	0:49:54.8	0:49:33.1
37.	1250	Robert BLADES	m		Unattached : Burntwood	0:50:01.5	0:49:56.7
38.	1264	Sarah LINTON	f	Lady Vet 40	Unattached : St Annes	0:50:03.9	0:50:00.2
39.	1414	Stephen BUTLER	m		Unattached Durham	0:50:10.4	0:50:06.3
40.	1298	Clwyd PRICE-JONES	m	Vet 50	Unattached - Penrith	0:50:27.6	0:50:21.8
41.	1331	Andrew SHELL	m		Alnwick Harriers	0:50:31.4	0:50:28.4
42.	1448	Dawn JONES	f	Lady Vet 40	Unattached : Sawbridgeworth	0:50:36.3	0:50:33.4
43.	1216	Jennifer HATCH	f		Unattached - Stockport	0:50:36.3	0:50:12.0
44.	1219	Mark JOHNSON	m		Sweatshop running community	0:50:40.5	0:50:17.8
45.	1123	Mark HEANEY	m	Vet 50	ua Rochdale	0:50:46.7	0:50:40.8
46.	1346	David PROUT	m		Unattached - Preston	0:50:51.6	0:48:43.6
47.	1124	Paul BLAKEMORE	m		ua Wigan	0:50:51.7	0:48:44.3
48.	1257	Elizabeth ALLISON	f		Crook & District Athletic Club	0:50:52.8	0:50:49.6
49.	1439	Robert GINDER-POULSEN	m	Vet 40	Unattached - Cheadle	0:50:55.1	0:50:38.6
50.	1335	Paul FINN	m	Vet 50	Unattached : High Peak	0:50:56.1	0:50:37.0
51.	1413	Elinor RODGER	f		Elvet Striders- Durham	0:50:56.9	0:50:52.3
52.	1230	Jackie CHAPMAN	f	Lady Vet 50	Lakeland Orienteering Club	0:51:02.8	0:50:57.8
53.	1305	Jill GRAHAM	f		Muckle Toon Joggers	0:51:15.9	0:51:12.1
54.	1302	Benjamin HULME	m	Vet 40	Unattached - Preston	0:51:29.1	0:51:11.6
55.	1260	Gill PETRUCCCI	f	Lady Vet 40	Unattached - Skipton	0:51:35.2	0:51:24.9
56.	1152	Andrew REID	m		Unattached : Merseryside	0:51:36.7	0:51:32.6
57.	1374	Julia GRAY CARNAFFIN	f	Lady Vet 50	Unattached - Bardon Mill	0:51:41.3	0:51:30.4
58.	1116	Nigel FORSTER	m	Vet 40	Unattached : Whitehaven	0:52:05.2	0:51:53.2

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
59.	1300	James SMITH	m	Vet 40	Unattached : Carlisle	0:52:31.6	0:52:26.2
60.	1182	John CROSSLEY	m	Vet 40	ua Rhyl	0:52:44.3	0:52:32.8
61.	1206	Andrew WARD	m		Unattached - Carnforth	0:52:48.9	0:52:48.6
62.	1468	Ruth MARRISON	f	Lady Vet 40	Unattached : Alfreton	0:52:54.8	0:52:40.9
63.	1408	Guy LEWCOCK	m		Unattached : Whitley Bay	0:52:59.1	0:52:49.2
64.	1460	Jason LANE	m	Vet 40	Unattached - Preston	0:53:03.1	0:53:00.4
65.	1265	Jennifer WEST	f	Lady Vet 40	Bere Alston Trekkers	0:53:03.3	0:52:55.7
66.	1405	Peter STOCKDALE	m		Unattached - Carlisle	0:53:12.9	0:53:07.9
67.	1332	Stacey DAVIDSON	f		Wallsend Harriers	0:53:15.0	0:53:11.0
68.	1313	Elizabeth FORSYTH	f	Lady Vet 40	Muckle Toon Joggers	0:53:19.7	0:53:15.4
69.	1317	Andrew STATHAM	m	Vet 40	Unattached - Manchester	0:53:21.1	0:53:18.7
70.	1320	Paul WINN	m	Vet 60	Holmfirth Harriers	0:53:36.0	0:53:23.6
71.	1208	John TOMLINSON	m	Vet 50	Unattached : Bolton	0:53:52.8	1:05:55.7
72.	1171	Izzy ROURKE	f		Unattached - Workington	0:53:52.9	0:53:40.5
73.	1327	Matthew ROBERTS	m		Unattached - Lancaster	0:53:57.7	0:53:48.4
74.	1197	John MILEY	m	Vet 50	Unattached : North Shields	0:54:01.2	0:53:53.7
75.	1220	Iain WILSON	m		DS	0:54:07.2	0:53:42.7
76.	1475	Hazel CLARK	f		Ware Joggers	0:54:11.4	0:54:08.7
77.	1245	Jonty TARBUCK	m	Vet 40	Unattached - Newcastle	0:54:28.2	0:54:28.2
78.	1297	Alison PRICE-JONES	f	Lady Vet 50	Unattached - Penrith	0:54:39.5	0:54:34.1
79.	1449	Felicity GREEN	f	NDB		0:54:43.5	0:54:35.6
80.	1224	Michael GILBOY	m		ua North Shields	0:54:44.4	0:54:28.1
81.	1378	Sam PERKINS	f		Unattached : Hexham	0:54:53.2	0:54:44.2
82.	1304	Kirsty ASH	f	Lady Vet 40	ua Hawick	0:54:55.9	0:54:51.3
83.	1199	Peter MCCOWIE	m	Vet 40	Unattached - Newcastle	0:55:03.9	0:54:55.2
84.	1161	Andy GOODSON	m	Vet 50	Unattached - Bowness	0:55:14.1	0:55:13.7
85.	1380	Katy WILDE	f		Unattached : Hexham	0:55:26.1	0:55:17.3
86.	1306	Jennie FORSTER	f		Muckle Toon Joggers	0:55:28.8	0:55:24.0
87.	1180	Robert DAVIES	m		ua st Asaph	0:55:29.3	0:55:19.0
88.	1469	Mark STRICKLAND	m	Vet 50	Unattached : Holywell	0:55:30.9	0:55:21.6
89.	1351	Lesley GOODSON	f	Lady Vet 50	North Wales Road Runners Club	0:55:49.6	0:56:09.5
90.	1225	Michael JOHNSTON	m		ua North Shields	0:55:52.2	0:55:36.6
91.	1333	Laura BLOOR	f		Unattached - Winsford	0:56:28.8	0:56:27.4
92.	1467	Paul MARRISON	m	Vet 40	Unattached : Alfreton	0:56:29.3	0:56:15.0
93.	1372	Elizabeth ALMOND	f		Unattached : Ruislip	0:56:35.1	0:56:23.6
94.	1387	Bridget SLATER	f	Lady Vet 50	Unattached - Skipton	0:56:39.1	0:56:27.3
95.	1438	Ryan CRELIN	m		Unattached : Frizington	0:56:44.0	0:56:36.0
96.	1410	Elizabeth ENGLAND	f		ua Middlewich	0:56:59.1	0:56:57.3
97.	1323	Anthony STACEY	m	Vet 50	Unattached : Burnley	0:57:03.9	0:56:56.0
98.	1325	David STACEY	m		Unattached : Chorley	0:57:18.7	0:57:11.0
99.	1474	Julia SAYBURN	f	Lady Vet 50	Cartmel Priory School	0:57:29.6	0:57:24.9
100.	1381	Hazel WARD	f	Lady Vet 60	JOTT	0:57:30.5	0:57:20.8
101.	1259	Emma JACKSON	f		Unattached - Edinburgh	0:57:31.8	0:57:18.3
102.	1242	Laura MUIRHEAD	m		Unattached - Edinburgh	0:57:39.6	0:57:13.9
103.	1422	Jonny FRODSHAM	m	Vet 40	Unattached - Glossop	0:57:43.5	0:57:16.2
104.	1170	Peter HATCH	m	Vet 50	Unattached : Billingham	0:57:49.2	0:57:23.9
105.	1390	Jackie WELBURN	f		Unattached : Nottingham	0:57:54.8	0:57:27.9
106.	1401	Mark ELLIOTT	m	Vet 40	Unattached : Bolden	0:57:55.8	0:57:48.7
107.	1214	Laura STANLEY	f		Unattached - Manchester	0:58:06.2	0:57:42.2
108.	1288	Jim ROBERTSON	m	Vet 50	Unattached : St Neots	0:58:17.8	0:58:16.7
109.	1135	Catherine THORPE	f		Unattached - Cokermouth	0:58:21.3	0:57:56.8
110.	1105	Carolyn BURNS	f	Lady Vet 40	Unattached - Penrith	0:58:23.8	0:58:15.0
111.	1169	Louise MEYNELL	f	Lady Vet 50	Billingham Marsh House Harriers	0:58:24.1	0:57:58.7
112.	1217	Ben MILNES	m		Unattached - London	0:58:26.2	0:58:04.0
113.	1337	Andy HITCHIN	m	Vet 50	Unattached - Warrington	0:58:41.9	0:58:33.7
114.	1407	Michael WELSH	m	Vet 40	Unattached : Leeming	0:58:46.6	0:58:19.8
115.	1167	Jenny PALMER	f	Lady Vet 40	Helsby RC	0:58:49.7	0:58:44.1
116.	1113	Steve GOODWIN	m	Vet 40	ua Cleethorpes	0:58:50.0	0:58:50.0

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
117.	1371	Nicola WATT	f	Lady Vet 40	Unattached : Hexham	0:58:51.5	0:58:41.1
118.	1125	Jackie FRANK	f		Unattached : Redcar	0:59:02.5	0:58:48.3
119.	1451	Andrew WHITEHEAD	m	Vet 40	Unattached - Carnforth	0:59:09.4	0:58:44.3
120.	1126	Kim BROWN	f	Lady Vet 40	Unattached Darlington	0:59:26.4	0:59:02.7
121.	1127	Stephen BROWN	m	Vet 50	Unattached Darlington	0:59:26.8	0:59:03.6
122.	1312	Rachel BURNS	f		Unattached - Penrith	0:59:32.9	0:59:24.3
123.	1209	Jackie TOMLINSON	f	Lady Vet 40	Unattached : Bolton	0:59:41.1	0:59:26.2
124.	1349	Duncan REID	m		Unattached - Preston	0:59:46.3	0:59:40.7
125.	1385	Judith GRAY	f	Lady Vet 40	Unattached : Billingham	0:59:49.6	0:59:35.7
126.	1350	Paul REID	m		Unattached - Sheffield	1:00:03.8	0:59:58.7
127.	1268	Jim JOHNSON	m	Vet 40	Unattached - Sheffield	1:00:05.2	0:59:48.1
128.	1303	Tom CRAWSHAW	m	Vet 40	unattached : Cirencester	1:00:06.2	0:59:48.8
129.	1415	Rupert OLDITCH	m	Vet 40	Unattached : Bicester	1:00:07.0	1:00:00.4
130.	1404	Jo ELLIOTT	f		Unattached : Oxford	1:00:07.3	1:00:01.3
131.	1227	Adam` GLASSFORD	m	Vet 40	Unattached - Harrogate	1:00:07.8	0:59:42.4
132.	1240	Lesley OAKENFOLD	f	Lady Vet 40	Unattached - Newcastle	1:00:12.0	1:00:02.2
133.	1158	Josie SANDERSON	f		Unattached - Kendal	1:00:14.2	1:00:02.8
134.	1463	David BINKS	m	Vet 60	Allithwaite and District	1:00:19.3	1:00:16.3
135.	1419	Clare COLLINS	f	Lady Vet 40	Unattached : Prudhoe	1:00:30.3	1:00:14.0
136.	1360	Donald TIFFIN	m	Vet 60	Unattached : Northwich	1:00:35.6	1:00:28.2
137.	1226	Lisa GLASSFORD	f	Lady Vet 40	Unattached - Harrogate	1:00:43.5	1:00:18.5
138.	1228	Stephanie WARDLE	f		Unattached - Manchester	1:00:47.1	1:00:24.5
139.	1229	Clement BIDWELL	m		Unattached - Manchester	1:00:47.3	1:00:23.6
140.	1258	Victoria RITSON	f		Unattached : Washington	1:00:54.6	1:00:39.9
141.	1388	Shaun ROBSON	m	Vet 50	Unattached : Cornsay	1:00:56.1	1:00:36.8
142.	1421	Matthew MANLEY	m		Roundhay Runners	1:00:59.3	1:00:52.4
143.	1409	Carol LEWCOCK	f	Lady Vet 40	Unattached : Whitley Bay	1:00:59.7	1:00:49.6
144.	1246	Vanessa HOLME	f	Lady Vet 40	Tri Preston	1:01:07.3	1:01:04.6
145.	1279	Kate LOWE	f		Unattached : Hexham	1:01:07.4	1:00:56.8
146.	1156	Mark FINN	m	Vet 40	Unattached - Bolton	1:01:11.8	1:00:53.8
147.	1261	Sarah PEEL	f	Lady Vet 40	Unattached - Skipton	1:01:13.5	1:01:01.2
148.	1294	Simon BROOK	m	Vet 40	Fitness First	1:01:14.4	1:01:09.5
149.	1311	Mark LIPTROTT	m	Vet 40	Unattached - Ormskirk	1:01:27.4	1:01:08.3
150.	1420	Katie PIGG	f		Unattached : Ovington	1:01:39.9	1:01:23.8
151.	1141	Helen BOWERS	f	Lady Vet 40	Unattached : Kirkby Lonsdale	1:01:41.9	1:01:24.1
152.	1263	Caroline JOHNSON	f	Lady Vet 40	Unattached : Leeds	1:01:43.8	1:01:26.6
153.	1157	Janet FINN	f	Lady Vet 40	Unattached : Bolton	1:01:48.6	1:01:30.9
154.	1389	Jac JONES	m	Vet 40	Unattached Darlington	1:02:09.1	1:01:49.1
155.	1343	Sophie Johnstone	f		Roundhay Runners	1:02:11.4	1:02:04.4
156.	1207	Jenny WARD	f		Unattached - Carnforth	1:02:18.0	1:02:02.3
157.	1108	Alon CASPI	m	Vet 50	Mornington Chasers	1:02:22.2	1:02:00.9
158.	1344	William ARMITAGE	m	Vet 40	Unattached - Holmfirth	1:02:39.0	1:02:25.1
159.	1412	Ruth POWER	f	Lady Vet 40	Unattached - Carnforth	1:02:43.8	1:02:25.8
160.	1367	Fiona MORRIS	f	Lady Vet 40	Unattached : Prudhoe	1:02:45.3	1:02:32.5
161.	1356	Barbara HILLS	f	Lady Vet 50	Goyt Valley Striders	1:02:46.9	1:02:28.1
162.	1198	Catherine HORNBY	f	Lady Vet 40	Unattached : Darwen	1:02:47.0	1:02:34.8
163.	1140	Helen DON-DUNCAN	f		Unattached - Wigan	1:02:51.1	1:02:48.4
164.	1417	Hayley LANE	f		Unattached : Chorley	1:02:51.1	1:02:48.4
165.	1165	Rachel LEE	f	Lady Vet 50	DH Runners	1:03:52.5	1:03:46.1
166.	1272	Amanda DUFFY	f	Lady Vet 40	Unattached - Liverpool	1:04:01.1	1:03:46.2
167.	1134	Rebecca DAWSON	f	Lady Vet 40	Unattached - Cokermonth	1:04:10.1	1:03:45.7
168.	1183	Louisa CROSSLEY	f	Lady Vet 40	ua Rhyl	1:04:13.9	1:04:02.6
169.	1179	Anne STRICKLAND	f	Lady Vet 40	Unattached : Holywell	1:04:14.0	1:04:03.5
170.	1361	Marie GENNY	f	Lady Vet 40	Unattached : Grimsby	1:04:18.9	1:04:14.6
171.	1362	Suzanne O'HARE	f	Lady Vet 40	Unattached : Grimsby	1:04:19.1	1:04:14.7
172.	1236	Rebecca FORSMAN	f		Unattached : Millom	1:04:20.3	1:04:05.4
173.	1118	Claire WELBURN	f		ua Basingstoke	1:04:21.1	1:03:53.5
174.	1119	Mandy BEARD	f	Lady Vet 40	Swinton Running Club	1:04:22.1	1:04:03.5

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
175.	1239	Ian MCDOWALL	m	Vet 50	Unattached : Linlithgow	1:04:30.5	1:04:09.4
176.	1326	Louise BRIGGS	f	Lady Vet 40	Unattached - Newcastle	1:04:30.8	1:04:05.0
177.	1262	Sarah WRIGHT	f		Unattached - Penrith	1:04:52.0	1:04:45.9
178.	1366	Vivien WATSON	f	Lady Vet 40	Unattached : Hexham	1:04:59.8	1:04:49.9
179.	1377	Vicky COLLINGWOOD	f		ua Stocksfield	1:05:10.3	1:05:00.0
180.	1310	Helen KELLY	f	Lady Vet 40	Unattached : Stourbridge	1:05:17.9	1:05:03.7
181.	1276	Chris DOUGLAS	m	Vet 50	Unattached : Delph	1:05:18.0	1:04:57.0
182.	1277	Rob DOUGLAS	m	Vet 40	Unattached : Delph	1:05:18.0	1:04:56.7
183.	1212	Jane DOWSON	f	Lady Vet 40	ua Tadcaster	1:05:18.4	1:05:08.9
184.	1111	Martin STANLEY	m	Vet 40	Quaysiders	1:05:25.0	1:05:09.4
185.	1109	Jackie SEIGLER	f	Lady Vet 50	Unattached - London	1:05:36.1	1:05:16.3
186.	1252	Richie WHITMORE	m	Vet 40	Castlegreen Academy	1:05:55.7	1:05:42.5
187.	1241	Hannah GOOCH	f		Unattached : Aberdeen	1:06:04.5	1:05:44.1
188.	1143	Nick ARCHER	m	Vet 40	Unattached - Manchester	1:06:19.8	1:06:01.8
189.	1472	Susan AVERILL	f	Lady Vet 50	Unattached : Nottingham	1:06:32.4	1:06:25.5
190.	1307	Anna POLLARD	f		Unattached - Cokermouth	1:06:52.3	1:06:26.8
191.	1402	Dave THOMPSON	m	Vet 50	Unattached : Stoke On Trent	1:06:56.2	1:06:40.1
192.	1185	Rob BOOTH	m		Unattached	1:07:10.0	1:06:41.2
193.	1243	Ian SWIFT	m		Unattached : Salford	1:07:10.2	1:06:41.9
194.	1190	Stuart BOWDLER	m	Vet 40	Unattached - Preston	1:07:11.2	1:06:43.5
195.	1355	Judith MARSHALL	f	Lady Vet 40	Pudsey Pacers	1:07:44.9	1:07:43.1
196.	1194	Adrienne HARRIS	f	Lady Vet 50	carlisle Triathlon	1:07:54.7	1:07:47.3
197.	1147	Joanna ROBERTS	f		Kendal Tri Club	1:08:04.1	1:07:46.8
198.	1102	Amy OLIVER	f		Unattached : Stourbridge	1:08:18.8	1:08:03.8
199.	1144	Rachel ARCHER	f	Lady Vet 40	Swinton Running Club	1:08:34.2	1:08:16.5
200.	1110	Juliet RODGERS	f	Lady Vet 50	Unattached - London	1:08:39.2	1:08:18.9
201.	1164	Kate WHALEN	f		DH Runners	1:09:08.9	1:09:01.3
202.	1358	Ruth WILSON	f	Lady Vet 50	Unattached : Hayfield	1:09:10.4	1:08:51.2
203.	1364	Gemma SWART	f	Lady Vet 40	Unattached : Cartmel	1:09:10.5	1:08:44.0
204.	1373	Helen DODD	f		Unattached : Hexham	1:09:21.4	1:09:12.2
205.	1234	Liza SWART	f	Lady Vet 40	Unattached : Cartmel	1:09:35.8	1:09:08.9
206.	1142	Sue REAST	f	Lady Vet 40	Nidd Valley Road Runners	1:10:00.5	1:09:49.3
207.	1137	Peter PHILLIPS	m	Vet 60	NYMAC	1:10:11.7	1:10:07.5
208.	1138	Gareth PHILLIPS	m	Vet 40	Gateshead Harriers	1:10:12.1	1:10:08.4
209.	1357	Sheila RAE	f	Lady Vet 60	Goyt Valley Striders	1:10:28.5	1:10:09.5
210.	1368	Rebecca O'CONNELL	f		Unattached - Sunderland	1:10:40.1	1:10:26.6
211.	1153	Claire ELWELL	f	Lady Vet 40	Unattached : Grange-Over-Sands	1:10:54.1	1:10:31.1
212.	1251	Deborah	f	Lady Vet 50	Unattached : Stoke On Trent	1:10:56.1	1:10:43.9
213.	1133	Rebecca BROOME	f		Achille Ratti	1:11:18.8	1:10:56.0
214.	1132	Kate BROOME	f	Lady Vet 50	Achille Ratti	1:11:18.9	1:10:56.5
215.	1178	Andrew DAWSON	m	Vet 40	ua Cleethorpes	1:11:19.1	1:10:52.2
216.	1329	Karen NOBLE	f		Unattached - Newcastle	1:11:20.4	1:11:07.5
217.	1447	Ann MYATT	f	Lady Vet 50	Cheadle Running Club	1:11:22.2	1:11:10.0
218.	1136	Eliza KACZYNSKA-NAY	f	Lady Vet 50	Unattached - London	1:11:31.4	1:11:10.9
219.	1375	Anna CHARLTON	f	Lady Vet 40	JOTT	1:11:41.2	1:11:27.3
220.	1442	Richard BROOKES	m	Vet 60	Unattached - Kendal	1:11:55.9	1:11:42.9
221.	1174	Julia PARK	f	Lady Vet 40	Unattached	1:12:21.9	1:12:01.3
222.	1365	Marie FALLON	f	Vet 50	Jog On The Tyne	1:12:26.5	1:12:12.6
223.	1231	Pamela SCHWEITZER	f		Unattached - Gateshead	1:12:28.1	1:12:24.6
224.	1232	Julie WINCH	f	Lady Vet 40	Unattached - Newcastle	1:12:28.7	1:12:25.2
225.	1473	Bridget PEACOCK	f	Lady Vet 40	Unattached - London	1:13:05.5	1:12:44.5
226.	1403	Sue THOMPSON	f	Lady Vet 50	Unattached : Stoke On Trent	1:13:08.7	1:12:52.2
227.	1352	Charles CROSSLAND	m		Holmfirth Harriers	1:13:11.6	1:12:57.4
228.	1163	Frances BRAITHWAITE	f		DH Runners	1:13:13.5	1:13:06.5
229.	1341	Samantha HODGSON	f	Lady Vet 40	Unattached : Grange-Over-Sands	1:13:37.1	1:13:14.0
230.	1148	Rebecca MOON	f		Unattached - Wigan	1:14:35.0	1:14:29.7
231.	1149	Lee SMITH	m	Vet 40	Unattached - Wigan	1:14:35.1	1:14:28.8
232.	1353	Fiona DUNBAR	f	Lady Vet 40	High Peak Tri Club	1:14:46.8	1:14:27.1

# Lakeland Trails Helvellyn

## Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
233.	1354	Sarah LEWIS	f	Lady Vet 50	Unattached : Buxton	1:14:58.2	1:14:39.3
234.	1461	Toni WESTON	f		Kings Heath RC	1:16:12.9	1:15:53.0
235.	1283	Victoria DEWHURST	f	Lady Vet 40	Unattached : Bolton	1:16:20.7	1:16:05.0
236.	1282	Helen ARMSTRONG	f	Lady Vet 40	Unattached : Bolton	1:16:56.0	1:16:41.0
237.	1100	Joe DOBBS	m	Vet 70	Unattached	1:17:27.9	1:17:06.2
238.	1172	Rachel ROBINSON	f	Lady Vet 40	Unattached : Dukinfield	1:18:00.2	1:17:58.2
239.	1173	Mary MODEN	f	Lady Vet 40	Rosendale Harriers	1:18:01.4	1:17:59.3
240.	1342	Kath ETHERDEN	f	Lady Vet 60	South East Lancs Orienteering	1:18:24.6	1:18:03.7
241.	1369	Linda CLARK	f	Lady Vet 60	Jog On The Tyne	1:19:15.6	1:19:04.6
242.	1186	Karl JUKES	m		Roundhay Runners	1:19:16.8	1:19:10.1
243.	1296	Sheila DIXON	f	Lady Vet 40	Unattached	1:19:19.7	1:18:56.2
244.	1202	Louise MURRAY	f	Lady Vet 40	Unattached - Manchester	1:19:24.9	1:19:03.0
245.	1256	Neal HARPER	m		Billingham Marsh House Harriers	1:19:50.4	1:19:23.0
246.	1255	Kim RICHARDS	f		Billingham Marsh House Harriers	1:19:50.6	1:19:23.4
247.	1376	Jose BENNETT	f	Lady Vet 50	Jog On The Tyne	1:21:11.4	1:20:59.7
248.	1201	Lynne WALL	f	Lady Vet 40	Unattached : Whitley Bay	1:22:05.7	1:21:48.6
249.	1200	Gillian MCCOWIE	f	Lady Vet 40	Unattached - Newcastle	1:22:06.3	1:21:48.9
250.	1370	Catherine ALMOND	f	Lady Vet 50	Jog On The Tyne	1:22:19.8	1:22:08.6

Number of records: 250