

# Lakeland Trails Helvellyn

## Helvellyn Trail race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
1.	364	Carl AVERY	m		Alnwick Harriers	0:54:22.9	0:54:22.3
2.	196	James KRAFT	m		Scarborough AC	0:54:45.1	0:54:53.6
3.	382	Adam Peers	m		ASICS	0:56:10.6	0:56:14.7
4.	365	Alexander CROMBIE	m	Vet 40	Alnwick Harriers	0:58:20.1	0:58:17.4
5.	278	Scott CAMPBELL	m		Westbury Harriers	0:58:48.6	0:58:58.0
6.	389	Annie Conway	f		Ambleside AC	0:58:59.7	0:59:01.9
7.	366	Adam FLETCHER	m	Vet 40	Alnwick Harriers	0:59:19.0	0:59:15.8
8.	4	Jonathan COX	m		Eden Runners	1:00:19.6	1:00:19.3
9.	164	Alex JONES	m		Pudsley & Bramley AC, Leeds	1:00:39.2	1:00:34.7
10.	306	Hamish CROPPER	m		Unattached - London	1:00:41.0	1:00:26.3
11.	235	Ellis BLADES	m		City of York AC	1:00:45.2	1:00:29.9
12.	314	Will JOHNSON	m		Spa Striders	1:01:16.3	1:01:24.0
13.	32	Matt HUXFORD	m		Unattached	1:01:19.3	1:01:17.0
14.	186	Mel HYDER	f		Helm Hill Runners	1:01:21.2	1:01:19.9
15.	2	Scott ELLIS	m		North Shields Polly	1:02:30.5	1:02:29.2
16.	150	Jason ALLISON	m	Vet 40	Unattached : Crook	1:02:43.9	1:02:41.6
17.	390	Conway Terry	m		Unattached	1:02:46.4	1:02:45.8
18.	206	Edward REES	m		Clapham Chasers	1:03:12.7	1:03:20.0
19.	370	Steve PATTERSON	m		Alnwick Harriers	1:03:16.6	1:03:13.0
20.	103	Richard BATE	m		Dudley Kingswinford Running Club	1:03:16.8	1:03:14.4
21.	184	Matthew THOMPSON	m		Manchester Tri Club	1:03:31.7	1:03:27.2
22.	292	Andy STAVELEY	m	Vet 50	Burnden Road Runners	1:03:54.3	1:03:52.9
23.	225	Mark THORNTON-SMITH	m		Unattached - Edinburgh	1:04:19.1	1:04:12.8
24.	256	Scott SMITH	m		Unattached : Selby	1:04:21.9	1:04:08.0
25.	276	Mark WADE	m		Aycliffe RC	1:04:41.3	1:04:49.6
26.	174	Andy WATSON	m	Vet 40	Manx Harriers	1:04:46.9	1:04:27.5
27.	338	Matt WILKINSON	m		FY Fitness	1:05:05.2	1:04:57.3
28.	229	Mick ALLEN	m		Unattached - Cokermouth	1:05:20.6	1:05:17.9
29.	137	Jenny WATTS	f		Unattached	1:05:49.2	1:05:56.8
30.	343	Tom COY	m		ua Bathgate	1:05:59.7	1:05:52.7
31.	254	Marc CURTIS	m	Vet 40	Kenilworth Runners	1:06:10.2	1:06:19.0
32.	371	Adam SPILLER	m	Vet 40	Alnwick Harriers	1:06:28.1	1:06:24.6
33.	358	Jo GASCOIGNE-OWENS	f		Alnwick Harriers	1:06:29.1	1:06:26.1
34.	117	Victoria GRAVES	f		City of York AC	1:06:33.1	1:06:43.3
35.	200	Chris VOLLY	m		Triathlon Scotland	1:06:33.1	1:06:25.2
36.	335	Jon LAS HERAS	m		Unattached - Manchester	1:06:41.4	1:06:27.9
37.	86	Richard BROADBENT	m	Vet 40	Kenilworth Runners	1:06:52.9	1:06:52.5
38.	106	Andrew SPRAGUE	m	Vet 40	Dudley Kingswinford Running Club	1:07:03.1	1:06:58.3
39.	124	Alistair BAXTER	m		Unattached : Aberdeen	1:07:16.1	1:07:10.6
40.	85	Dan PRATT	m		Unattached : Shipley	1:07:17.5	1:07:15.8
41.	333	Robert CASSIDY	m		TriClan	1:07:25.6	
42.	208	Peter ROOME	m	Vet 50	Southport Waterloo AC	1:07:26.8	1:07:23.9
43.	163	Martin LANDELLS	m	Vet 50	Pudsley & Bramley AC, Leeds	1:07:29.1	1:07:29.1
44.	224	David PENMAN	m		Valley Striders, Leeds	1:07:45.9	1:07:40.4
45.	373	Michael SMITH	m	Vet 40	Dallam RC	1:08:06.6	1:08:05.4
46.	153	Paul PEACOCK	m	Vet 50	Unattached : Redcar	1:08:11.4	1:08:17.9
47.	138	Tom POTTER	m		Otley AC	1:08:17.4	1:08:14.3
48.	151	Daniel DRING	m		Unattached : Ruskington	1:08:32.7	1:08:31.3
49.	120	Alistair ROBINSON	m		Norfolk Gazelles	1:08:42.2	1:08:27.2
50.	46	Stephen COOPER	m		Unattached : Ealing	1:08:46.0	1:08:34.1
51.	111	David NORMAN	m	Vet 40	Dudley Kingswinford Running Club	1:08:50.9	1:08:48.5
52.	47	Rob LANGTON	m		The Always Merk	1:08:52.8	1:08:39.4
53.	134	James KANZIG	m		Unattached - London	1:09:10.3	1:08:48.6
54.	193	Toby CAMPBELL	m		Unattached : Burnley	1:09:10.5	1:08:58.8
55.	250	Pete WILKIE	m		Roundhay Runners	1:09:26.9	1:09:22.3
56.	142	Peter FISHPOOL	m	Vet 40	Unattached - Driffild	1:09:35.2	1:09:33.3
57.	268	Alexander NANCOLAS	m		Valley Striders, Leeds	1:09:42.0	1:09:40.0
58.	332	Andy CRAWSHAW	m	Vet 50	TriEasy	1:09:53.4	1:09:51.3

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
59.	388	Peter Jefferies	m		Unattached	1:09:59.9	1:09:57.2
60.	330	Markus WADDROUP	m		ua Eaglescliffe	1:10:00.0	1:09:57.0
61.	271	Mark AYRE	m	Vet 40	Roundhay Runners	1:10:04.5	1:10:00.3
62.	211	Amy DURRANT	f		South Cheshire Harriers	1:10:06.3	1:10:03.0
63.	22	Nick HIGHAM	m	Vet 40	Lancaster & Morcambe AC	1:10:16.2	1:10:01.3
64.	282	Josh COMLEY	m		Unattached - London	1:10:17.7	1:10:00.7
65.	192	Crispin FLOWER	m	Vet 40	Mynydd Du	1:10:27.4	1:10:21.5
66.	204	Phil NOBLE	m	Vet 40	Unattached - Manchester	1:10:35.7	1:10:10.9
67.	152	Stephen HALL	m		North Shields Polly	1:10:44.5	1:10:42.2
68.	369	Stuart MORRIS	m	Vet 40	Alnwick Harriers	1:10:49.2	1:10:45.5
69.	7	Christine HOLMES	f		Trentham Running Club	1:10:50.1	1:10:48.3
70.	107	Mark GALLIMORE	m	Vet 40	Dudley Kingswinford Running Club	1:10:59.5	1:10:54.2
71.	96	Mark EARLE	m	Vet 60	Unattached - Knutsford	1:11:05.4	1:11:00.4
72.	123	David WHITFIELD	m	Vet 50	Unattached - Clithroe	1:11:07.9	1:11:04.6
73.	227	Philip POINTON	m	Vet 40	Unattached : Todmorden	1:11:21.3	1:11:15.6
74.	233	Mike BODDY	m	Vet 40	Unattached - York	1:11:29.2	1:11:20.5
75.	272	Frank MCPARTLAND	m	Vet 50	Haddington & E Lothian	1:11:38.6	1:11:31.5
76.	219	Sam CROMPTON	m		Unattached - Kendal	1:11:42.3	1:11:32.9
77.	218	Carl CROMPTON	m	Vet 40	ua Staveley	1:11:49.6	1:11:39.8
78.	316	Emma BUCKLAND	f	Lady Vet 40	Cambridge & Coleridge	1:11:58.0	1:11:51.2
79.	329	Neil AINSWORTH	m	Vet 40	RacePace	1:12:04.7	1:12:02.4
80.	362	Michael ALSTON	m	Vet 40	Alnwick Harriers	1:12:06.1	1:12:01.8
81.	161	Laura CLARK	f		Otley AC	1:12:10.3	1:12:06.9
82.	125	Thomas POMFRET	m		Unattached - Ilkley	1:12:14.8	1:12:04.3
83.	310	Kieran SMALLBONE	m		Goyt Valley Striders	1:12:22.6	1:12:12.9
84.	299	Russell THOMPSON	m	Vet 50	Unattached : Barrow in Furness	1:12:26.2	1:12:18.7
85.	16	Iain RANKIN	m	Vet 40	Unattached : Macclesfield	1:12:39.0	1:12:22.8
86.	309	Richard TRUBSHAW	m		Clapham Chasers	1:12:39.3	1:12:22.1
87.	246	Steve BROADFOOT	m	Vet 50	Knowsley Harriers	1:12:45.1	1:12:44.2
88.	175	Tomas MALTBY	m		Unattached - Manchester	1:12:45.3	1:12:30.9
89.	295	Matthew TREND	m		Unattached	1:12:59.4	1:12:43.0
90.	130	Paul BRYAN	m	Vet 40	ua Stockton on Tees	1:13:03.2	1:12:55.1
91.	328	Paul KENNEDY	m	Vet 40	Unattached - Kendal	1:13:08.6	1:13:01.1
92.	189	Noel BANFIELD	m	Vet 40	Unattached : Leeds	1:13:25.7	1:13:14.6
93.	108	Andrew BLADES	m	Vet 40	Unattached : York	1:13:27.9	1:13:10.4
94.	340	Noel MCCALLUM	m		ua Stanley	1:13:38.9	1:13:20.0
95.	128	Richard GARRETT	m		Unattached : Leeds	1:13:50.2	1:13:42.1
96.	127	Peter ENEVER	m		Pudsey Pacers	1:13:50.4	1:13:42.8
97.	286	Ian STAINTHORPE	m	Vet 50	Rochdale Harriers	1:13:55.4	1:13:43.0
98.	280	Jeremy LOUGHRAN	m	Vet 50	Unattached : Stoke On Trent	1:13:59.2	1:13:53.3
99.	11	Allan SUMNER	m	Vet 40	Unattached : Poulton Le Fylde	1:14:00.4	1:13:45.2
100.	367	John HORSLEY	m		Alnwick Harriers	1:14:07.1	1:14:03.6
101.	116	Darren WAKE	m		Spensborough & District AC	1:14:20.4	1:14:13.2
102.	105	Stuart TROMANS	m	Vet 40	Dudley Kingswinford Running Club	1:14:21.9	1:14:07.1
103.	381	Graham Millington	m	Vet 40	Wigan Harriers	1:14:23.8	1:14:19.2
104.	383	Julian Sartori	m	Vet 40	Unattached	1:14:24.4	1:14:07.6
105.	109	Peter HOOD	m	Vet 50	Dudley Kingswinford Running Club	1:14:29.0	1:14:24.1
106.	157	Phil GALL	m	Vet 40	South London Harriers	1:14:37.9	1:14:36.2
107.	331	Mike BALDWIN	m	Vet 50	Ilkley Harriers	1:14:46.2	1:14:40.2
108.	133	Kara KOCK	f		Unattached - London	1:14:52.3	1:14:30.6
109.	377	Mark ALDRED	m		Unattached Durham	1:14:54.7	1:14:43.0
110.	393	Paul Rawlinson	m			1:15:00.7	1:14:50.7
111.	14	Andy YATES	m	Vet 50	Unattached	1:15:04.8	1:14:57.8
112.	240	Neil CASSIDY	m	Vet 60	Tynedale Harriers	1:15:14.0	1:15:12.3
113.	102	Gary BONNER	m	Vet 50	Dudley Kingswinford	1:15:17.1	1:15:03.1
114.	140	Iain CONLEY	m	Vet 40	Unattached - Hebden Bridge	1:15:21.8	1:15:18.0
115.	322	Stephen TAYLOR	m	Vet 50	Unattached - Warrington	1:15:28.8	1:15:24.6
116.	323	Andrew BRYAN	m	Vet 40	Unattached - Preston	1:15:47.0	1:15:39.4

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
117.	342	Rachel HUDSON	f		Unattached : Todmorden	1:15:50.2	1:15:45.3
118.	220	Graeme Ian HALL	m		Unattached : Dipton	1:15:50.9	1:15:44.7
119.	201	Nick MASSEY	m	Vet 40	Halton & Frodsham Harriers	1:15:52.9	1:15:47.4
120.	25	Jon HAWKER	m	Vet 50	Delamere Spartans	1:16:16.9	1:16:15.1
121.	122	Malcolm LORIMER	m		Unattached	1:16:23.2	1:16:09.6
122.	213	Mark SAUNDERS	m		Unattached : Mansfield	1:16:48.0	1:16:45.4
123.	341	Ben HUDSON	m		Unattached : Todmorden	1:17:05.9	1:17:00.4
124.	139	Jason POTTER	m		Unattached : Leeds	1:17:09.0	1:16:47.8
125.	202	Edward HORTON	m		Unattached : Salford	1:17:18.8	1:17:12.1
126.	318	Marcus SAUNDERS	m	Vet 40	Lincoln & District Runners	1:17:25.4	1:17:16.5
127.	313	Barry WAKE	m		Wellingborough & District AC	1:17:26.5	1:17:11.3
128.	146	Naomi	f		Horsforth Fellandales	1:17:36.3	1:17:33.9
129.	244	Phil FORTUN	m	Vet 40	Coniston Fell Running Club	1:17:37.5	1:17:30.7
130.	259	Steve DUGGAN	m	Vet 40	Totley AC	1:17:37.7	1:17:19.6
131.	205	Johnny LOGAN	m	Vet 50	Unattached : Duns	1:17:49.4	1:17:32.4
132.	300	Ashley LOADER	m		Jarrow and Hebburn AC	1:17:54.3	1:17:43.1
133.	52	Jonathan PIERCE	m	Vet 50	ua Wheaton Aston	1:17:55.7	1:17:47.9
134.	187	Tim NORMAN	m	Vet 50	Cheshire Tally HO	1:17:57.1	1:17:37.1
135.	226	Andrew CRAMPTON	m	Vet 40	Unattached : Todmorden	1:18:01.1	1:17:56.0
136.	104	Phil SMITH	m	Vet 40	Dudley Kingswinford Running Club	1:18:22.1	1:18:17.0
137.	170	Mike WARREN	m	Vet 50	Durham City Harriers	1:18:29.9	1:18:13.6
138.	375	Russell BISSET	m		Unattached - Bradford	1:18:30.9	1:18:24.9
139.	89	Paul WILSON	m	Vet 50	Unattached Durham	1:18:32.3	1:18:21.3
140.	298	Mr LOWES	m		Elswick Harriers	1:18:51.6	1:18:39.5
141.	176	Matt TUPLING	m	Vet 40	Unattached - Otley	1:18:56.4	1:18:36.6
142.	188	Sarah BANFIELD	f	Lady Vet 40	Unattached : Leeds	1:18:59.2	1:18:47.3
143.	191	Naomi LAW	f	Lady Vet 40	Mynydd Du	1:19:03.2	1:18:43.5
144.	210	James HENNIN	m		Unattached - Newcastle	1:19:13.1	1:19:08.4
145.	181	Dale GRIMSHAW	m		Burnley AC	1:19:13.2	1:19:01.5
146.	392	Jennifer Ruddick	f			1:19:17.3	1:19:10.2
147.	368	Hesus KIDD	m		Alnwick Harriers	1:19:20.1	1:19:16.1
148.	376	Elizabeth WATERMAN	f		Unattached : Hexham	1:19:22.4	1:19:20.2
149.	209	Ewan WELSH	m	Vet 40	Ilkley Harriers	1:19:30.7	1:19:24.2
150.	291	Lindsay WALKER	f		Unattached - Whitehaven	1:19:30.8	1:19:22.1
151.	279	Emma RYAN	f		Unattached - Keswick	1:19:52.3	1:19:31.1
152.	61	Mark OSBORNE	m	Vet 50	Unattached - Leeds	1:20:06.6	1:19:53.3
153.	266	Malcolm MARSHALL	m	Vet 50	Unattached : Scunthorpe	1:20:18.9	1:20:13.1
154.	238	Matty BASTERFIELD	m		BastyPro Running Team	1:20:20.9	1:20:12.7
155.	144	Alistair MCCAIG	m		Unattached - Penrith	1:20:22.3	1:20:16.7
156.	391	Isabel Graham	f	Lady Vet 50		1:20:28.0	1:20:21.4
157.	297	Renata RUSZKIEWICZ	f	Lady Vet 50	Ealing Eagles	1:20:49.0	1:20:40.2
158.	92	Andy LETHERAN	m	Vet 40	Unattached - Kendal	1:20:53.9	1:20:31.2
159.	74	Stef LUNN	f		Kenilworth Runners	1:20:59.3	1:20:46.0
160.	10	John ANGUS	m	Vet 40	Unattached Darlington	1:21:02.3	1:20:48.0
161.	149	Jacob SMILES	m		Chorlton Runners	1:21:07.0	1:20:56.5
162.	223	Louise MORT	f		Unattached : Bolton	1:21:10.7	1:21:07.3
163.	60	Martyn COTTEISS	m	Vet 40	ua Newbiggin-by-the-sea	1:21:23.1	1:21:08.6
164.	252	Sara HABIB	f		Kenilworth Runners	1:21:43.6	1:21:30.8
165.	41	Maggie DAVIES	f		ua Fraserburgh	1:21:48.3	1:21:44.1
166.	9	Angela WHITE	f	Lady Vet 40	Eden Runners	1:21:59.7	1:21:54.0
167.	75	Ian HENDERSON	m		The Always Merk	1:22:00.0	1:22:00.0
168.	45	Stephanie GOODCHILD	f	Lady Vet 40	Manchester YMCA	1:22:16.7	1:22:09.4
169.	293	Shirley STAVELEY	f	Lady Vet 50	Burnden Road Runners	1:22:29.2	1:22:27.6
170.	288	Kevin MCGILVRAY	m	Vet 60	Rochdale Harriers	1:22:37.5	1:22:25.4
171.	379	Liam HEAPHY	m		Unattached - Cheshire	1:22:45.6	1:22:36.2
172.	58	Alison ALLEN	f	Lady Vet 50	Burnham Joggers	1:22:59.1	1:22:48.2
173.	262	Ben SEED	m		Garstang Running club	1:23:21.1	1:22:56.7
174.	296	Darren BURNS	m	Vet 50	Fell Ponies	1:23:33.4	1:23:24.4

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
175.	36	Neil HUNTER	m	Vet 50	Unattached : Leighton Buzzard	1:23:46.2	1:23:37.0
176.	88	Charles ALLEN	m	Vet 50	Datchet Dashers	1:24:07.6	1:23:55.9
177.	1	John FRENCH	m		Eden Runners	1:24:10.8	1:23:59.2
178.	197	Simon ANDREASSEN	m		Unattached	1:24:23.7	1:24:05.4
179.	344	John CORN	m	Vet 40	Unattached : Macclesfield	1:24:30.1	1:24:12.9
180.	237	Michelle TONES	f	Lady Vet 40	Unattached - Leeds	1:24:34.4	1:24:20.7
181.	325	Paul PLESTED	m	Vet 50	Ellesmere Port Running Club	1:24:40.3	1:24:19.0
182.	326	Sharon PLESTED	f	Lady Vet 50	Ellesmere Port Running Club	1:24:43.6	1:24:23.4
183.	78	Anna BLACKBURN	f	Lady Vet 50	CFR	1:24:45.8	1:24:42.7
184.	126	Kirsty MARSDEN	f		Unattached : Farnborough	1:24:55.1	1:24:35.6
185.	360	Lisa WILLIAMS	f	Lady Vet 40	Alnwick Harriers	1:25:05.0	1:24:44.6
186.	231	Tom ROBINSON	m		Unattached : Poulton Le Fylde	1:25:12.5	1:24:57.0
187.	148	Carl DUNK	m	Vet 40	Unattached : Shipley	1:25:29.3	1:25:08.7
188.	180	Ian GRIMSHAW	m	Vet 50	Unattached : Ingleton	1:25:34.1	1:25:22.4
189.	357	Denise DRUMMOND	f	Lady Vet 40	Alnwick Harriers	1:26:01.7	1:25:42.3
190.	397	Terry WILKINSON	m	Vet 40	Unattached Durham	1:26:04.2	
191.	308	Katherine CARMEN	f		Unattached : Felton	1:26:15.2	1:26:01.2
192.	384	Hayley Mason	f			1:26:20.5	1:26:11.6
193.	269	Garry HOBSON	m	Vet 50	Scunthorpe & District AC	1:26:39.8	1:26:28.1
194.	239	Ed BASTERFIELD	m		BastyPro Running Team	1:26:42.7	1:26:34.7
195.	63	Jonathan WATT	m	Vet 50	Unattached : Altrincham	1:27:04.8	1:26:49.3
196.	66	David COATES	m	Vet 50	Alnwick Harriers	1:27:07.0	1:26:47.8
197.	354	Sue BOLAM	f	Lady Vet 50	Alnwick Harriers	1:27:14.7	1:26:54.6
198.	143	Helen GREENEP	f	Lady Vet 40	Settle Harriers	1:27:28.1	1:27:18.3
199.	352	Glen CARDEN	m	Vet 40	Asics	1:27:54.4	1:27:33.0
200.	59	Glenn CUNDY	m	Vet 40	Unattached - Warrington	1:28:00.8	1:27:48.1
201.	173	Dean GORTON	m		Asics	1:28:06.4	1:27:46.6
202.	327	Victoria KOLLARD	f	Lady Vet 40	Unattached : Poulton Le Fylde	1:28:18.8	1:28:16.9
203.	385	Thomas Hames	m			1:28:20.3	1:28:19.0
204.	275	Darren CUNLIFFE	m		Unattached - Warrington	1:28:23.4	1:27:59.6
205.	274	Jonathan KEAY	m		Unattached - Warrington	1:28:23.5	1:27:59.8
206.	214	Barry RAMSDEN	m		Unattached - Manchester	1:28:26.3	1:28:01.5
207.	289	Paula Marie ABERNETHY	f	Lady Vet 40	Unattached : Bury	1:28:40.5	1:28:27.8
208.	287	Ann-Marie MCGILVRAY	f	Lady Vet 40	Rochdale Harriers	1:28:40.8	1:28:28.6
209.	311	Neil SWAINSTON	m	Vet 40	Chorlton Runners	1:29:29.0	1:29:18.9
210.	228	Sarah STEPHENSON	f		Unattached : Grange-Over-Sands	1:29:33.9	1:29:25.5
211.	334	Adam SMITH	m		Unattached : Rookhope	1:29:34.4	1:29:15.2
212.	260	Paddy MCDONALD	m	Vet 60	Haddington & E Lothian	1:30:09.1	1:29:55.9
213.	351	Kevin SUTHERLAND	m	Vet 40	Asics	1:30:35.1	1:30:13.3
214.	247	Ann CHIVERS	f		Roundhay Runners	1:30:40.6	1:30:30.6
215.	203	Helen FORST	f		Unattached : Salford	1:30:48.7	1:30:32.5
216.	261	Amy FISHER	f		Garstang Running club	1:30:55.3	1:30:32.2
217.	216	Francesca DESSAIN	f		Unattached - London	1:31:55.1	1:31:48.7
218.	315	Laura BOOTHMAN	f		London Heathside	1:32:23.6	1:32:13.4
219.	236	Ailsa ROWLES	f		Hermitage Harriers	1:32:35.8	1:32:21.1
220.	380	Nick PAPE	m	Vet 40	Derby Tri Club	1:32:35.9	1:32:21.3
221.	15	Stephen WEBSTER	m	Vet 50	Unattached - Huddersfield	1:32:47.3	1:32:30.2
222.	394	Francis Wooff	m	Vet 50		1:32:51.4	1:32:27.6
223.	178	Alan JONES	m	Vet 50	Unattached : Wilmslow	1:33:06.4	1:32:50.2
224.	255	Jodie SMITH	f		Unattached : Thorpe Willoughby	1:33:13.8	1:32:59.0
225.	305	Laura RUTTER	f		Unattached Durham	1:33:33.2	1:33:23.1
226.	359	Mary PLUMLEY	f	Lady Vet 40	Alnwick Harriers	1:33:54.9	1:33:36.0
227.	301	Diane HAMBLETT	f	Lady Vet 40	Unattached - Warrington	1:34:20.9	1:34:13.6
228.	165	Samantha WHITELEY	f		Unattached - Lancaster	1:34:47.3	1:34:36.9
229.	129	Lisa JAMIESON	f		Pudsey Pacers	1:35:21.6	1:35:13.4
230.	232	Denise WALKER	f	Lady Vet 50	Unattached : York	1:35:29.1	1:35:19.8
231.	131	Kim MATTHEWS	f	Lady Vet 50	Elswick Harriers	1:35:42.6	1:35:30.4
232.	281	Christine LOUGHRAN	f	Lady Vet 40	Unattached : Stoke On Trent	1:35:47.7	1:35:41.4

# Lakeland Trails Helvellyn

## Helvellyn Trail race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
233.	339	Tracey CLIFT	f	Lady Vet 40	Unattached : Winchester	1:35:52.9	1:35:44.5
234.	217	Toby ABBOTT	m		Unattached : Poulton Le Fylde	1:36:15.9	1:36:09.1
235.	28	Sandra WILLIAMS	f	Lady Vet 40	Meirionnydd RC	1:36:19.8	1:36:01.7
236.	378	Hannah DICKINSON	f		Unattached - Cheshire	1:36:25.8	1:36:16.5
237.	267	Alexandra BURNS	f		Roundhay Runners	1:36:39.1	1:36:28.7
238.	155	Micheal LAW	m	Vet 60	Unattached	1:37:05.7	1:36:40.3
239.	168	Ian TAYLOR	m	Vet 40	Horsforth Harriers	1:37:13.9	1:36:52.9
240.	87	Kevin BURSE	m	Vet 40	Unattached : Staines	1:37:20.6	1:36:58.3
241.	166	Rebecca HERON	f		Lancaster Womens Running Group	1:37:39.9	1:37:29.2
242.	320	David WEST-WATSON	m	Vet 60	Unattached : Rhosneigr	1:39:07.0	1:38:46.9
243.	386	Danielle Mohacsi	f		Kenilworth Runners	1:39:21.2	1:39:02.9
244.	73	Simon MOTTERSHEAD	m		Kenilworth Runners	1:39:21.5	1:39:03.3
245.	317	Sheela KENNEDY	f		Kenilworth Runners	1:39:21.6	1:39:04.0
246.	154	Sally LAW	f	Lady Vet 70	Unattached	1:39:28.9	1:39:03.5
247.	396	Catherine Clennett	f			1:40:08.1	1:39:45.9
248.	395	Chris Furphy	m	Vet 50		1:40:08.3	1:39:46.2
249.	307	Gillian BRIGHTWELL	f	Lady Vet 50	Wellingborough & District AC	1:43:19.9	1:43:04.4
250.	215	William HUMPHREY	m	Vet 40	South Shields Harriers	1:43:24.9	1:43:18.1
251.	132	Lalage BROWN	f	Lady Vet 50	Elswick Harriers	1:44:13.9	1:44:01.0
252.	294	Matt MUSTOE	m		Unattached	1:44:15.0	1:43:58.8
253.	355	Helen BURN	f	Lady Vet 40	Alnwick Harriers	1:44:32.8	1:44:13.9
254.	29	Emily BEAUMONT	f		Unattached Darlington	1:45:46.1	1:45:41.3
255.	319	Mark EVERINGTON	m	Vet 60	Unattached - Hebden Bridge	1:46:22.6	1:46:01.9
256.	304	Joanne BAKER	f	Lady Vet 50	Unattached : Whaley Bridge	1:48:55.6	1:48:42.8
257.	302	Elizabeth BROOKS	f	Lady Vet 40	High Peak Tri Club	1:48:55.8	1:48:43.1
258.	303	Patricia JUSTIN	f	Lady Vet 50	High Peak Tri Club	1:48:55.8	1:48:43.4
259.	387	Michael. Scandrett	m		Kenilworth Runners	1:55:10.4	1:54:52.4
260.	93	Melanie BENNETT	f	Lady Vet 40	ua Gargrave	2:03:42.2	2:03:22.7
261.	95	Colin BENNETT	m	Vet 70	Unattached - Skipton	2:03:43.3	2:03:24.1

Number of records: 261