

# Lakeland Trails in Helvellyn

## Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
1.	1299	Paul Graham	m		Derwent AC	0:35:48.9	0:35:48.3
2.	1205	Mark Wade	m		Aycliffe Running Club	0:37:55.4	0:37:53.8
3.	1407	Paul Hudson	m	Veteran 40	U/A Chorley, Lancs	0:38:46.8	0:38:39.6
4.	1398	Joe Murphy	m		U/A Aston Clinton, Bucks	0:38:58.2	0:38:56.0
5.	1193	Thomas Feather	m		Leeds Bradford Tri Club	0:40:09.6	0:40:07.2
6.	1512	Mike Clayton	m		U/A Liverpool, Merseyside	0:40:39.1	0:40:36.9
7.	1569	Mike Allison	m	Veteran 50	FRA	0:42:52.6	0:42:53.6
8.	1457	Alasdair Muir	m	Veteran 40	UA	0:43:05.5	0:43:01.5
9.	1298	Chris Leach	m		Stubbington Green Runners	0:43:08.7	0:43:01.6
10.	1502	Martin Elsdon	m	Veteran 60	U/A Hawick, No preference	0:43:19.4	0:43:15.7
11.	1312	Lawrence Mannion	m	Veteran 50	U/A Kendal,	0:43:32.0	0:43:29.9
12.	1325	Phil Blaylock	m	Veteran 40	St Bees Triers	0:43:46.6	0:43:44.4
13.	1528	Ryan Woods	m		U/A london, london	0:43:53.1	0:43:40.2
14.	1517	Elaine Omand	f		Dundee Roadrunners AC	0:43:55.9	0:43:53.4
15.	1377	Gavin Hamilton	m		U/A penrith, cumbria	0:44:00.2	0:43:48.6
16.	1472	Michael Green	m		U/A Lancaster, Lancashire	0:44:05.7	0:43:53.6
17.	1531	Simon Maughan	m	Veteran 40	U/A Blackburn, Lancashire	0:44:18.1	0:44:14.8
18.	1429	Ben Barnard	m	Veteran 40	U/A Newark, Lincs	0:45:03.0	0:44:55.3
19.	1515	Suzanne Toppin	f	Lady V40	U/A Penrith, Cumbria	0:45:21.9	0:45:20.1
20.	1295	Allen Clement	m	Veteran 50	U/A Brampton, Cumbria	0:45:31.7	0:45:27.2
21.	1388	Carl Ashton	m	Veteran 40	U/A WARRINGTON,	0:45:36.2	0:45:27.0
22.	1174	tim Palmer	m	Veteran 50	Helsby Running Club	0:45:45.2	0:45:42.5
23.	1445	Helen Wilkinson	f		Leamington Spa Striders	0:46:03.2	0:45:54.2
24.	1529	anna brooks	f		U/A london, london	0:46:50.9	0:46:38.0
25.	1542	Angela White	f	Lady V40	CFR	0:47:09.1	0:47:04.2
26.	1172	Lance Saxby	m	Veteran 40	U/A Harrogate, North Yorkshire	0:47:12.7	0:47:07.3
27.	1353	Richard Bowles	m		U/A Sheffield, South Yorkshire	0:47:48.2	0:47:35.0
28.	1236	Andrew Wadeson	m	Veteran 40	U/A Lancaster, Lancashire	0:47:55.3	0:47:52.0
29.	1405	anna stancombe	f		none	0:48:09.3	0:48:05.6
30.	1375	Ben Law	m		U/A Chorley, Lancashire	0:48:16.6	0:47:58.2
31.	1279	STEVEN NEWMAN	m		U/A LONDON,	0:48:28.7	0:48:06.4
32.	1314	Nickey Russell	f	Lady V40	U/A Lancaster, Lancs	0:48:32.1	0:48:27.8
33.	1292	Ryan Mewis	m		U/A York, North Yorkshire	0:48:47.7	0:48:40.9
34.	1322	Sarah linton	f	Lady V40	U/A st Anne's, Lancashire	0:48:54.2	0:48:39.4
35.	1233	Gary Cattermole	m	Veteran 50	U/A Kendal, cumbria	0:48:57.9	0:48:54.6
36.	1252	Andy Burnett	m	Veteran 60	U/A Alderley Edge, Cheshire	0:49:19.9	0:49:01.4
37.	1350	dawn jones	f	Lady V40	U/A sawbridgeworth, herts	0:49:34.1	0:49:31.9
38.	1490	Jamie Sowerby Steel	m	Veteran 40	Derwent Valley Trail Runners	0:49:37.0	0:49:24.8
39.	1268	Julia Gray Carnaffin	f	Lady V50	U/A Bardon mill, Northumberland	0:49:57.1	0:49:50.5
40.	1158	Gill Petrucci	f	Lady V40	U/A Skipton, North Yorks	0:49:57.5	0:49:53.1
41.	1501	Michal Szczygiel	m		U/A Gateshead,	0:50:00.5	0:49:29.6
42.	1243	Simon Robson	m		U/A York, North Yorkshire	0:50:06.3	0:49:54.2
43.	1332	Simon Barton	m	Veteran 40	U/A Liverpool, Merseyside	0:50:16.6	0:50:07.6
44.	1461	Paul Scullion	m		RMF	0:50:25.5	0:50:17.8
45.	1431	Gary Smith	m	Veteran 40	U/A Morecambe, Lancs	0:50:37.7	0:50:27.0
46.	1567	Dawn Trueman	f	Lady V40	Smiley Paces	0:50:48.0	0:50:45.3
47.	1198	Steve Foreman	m	Veteran 40	Sedgefield Harriers	0:50:56.9	0:50:52.3
48.	1400	KT Murphy	f		U/A Amersham, Bucks	0:51:16.2	0:51:12.9
49.	1381	Sian Mitchell	f		Garden City Runners	0:51:46.4	0:51:37.8
50.	1209	Stephen Clements	m	Veteran 50	U/A Penrith, Cumbria	0:51:54.9	0:51:46.8
51.	1491	Isabelle Newhouse	f		Kirkcudbright Academy	0:51:57.0	0:51:53.0
52.	1281	Rebecca Mills	f		Swinton Running Club	0:52:11.4	0:52:07.5
53.	1163	John Tomlinson	m	Veteran 50	U/A Bolton,	0:52:17.0	0:51:59.8
54.	1291	Ruth Mewis	f		U/A York, North Yorkshire	0:52:24.9	0:52:18.5
55.	1170	Glenn Cundy	m	Veteran 40	U/A Warrington, Cheshire	0:52:27.0	0:52:13.5
56.	1228	Rebecca Edwards	f		U/A Kendal, Cumbria	0:52:30.1	0:52:21.6
57.	1234	Gerard Hurst	m	Veteran 50	U/A Wigan,	0:52:37.7	0:52:31.2
58.	1152	Mark Heaney	m	Veteran 50	U/A Rochdale, Lancashire	0:52:54.4	0:52:49.8

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
59.	1277	Philip Huthwaite	m		U/A Kew, Surrey	0:53:13.7	0:52:50.0
60.	1386	Richard Openshaw	m		U/A Lytham St Annes, Lancashire	0:53:28.2	0:53:23.1
61.	1164	Paul Blakemore	m		U/A Wigan,	0:53:36.6	0:53:03.2
62.	1554	Abigail Chard	f	Lady V40	U/A Halifax, West Yorkshire	0:53:44.6	0:53:20.5
63.	1157	Sam Perkins	f		U/A Hexham,	0:53:49.2	0:53:43.9
64.	1266	jose bennett	f	Lady V50	jog on the tyne	0:53:49.4	0:53:43.2
65.	1232	katy wilde	f		U/A Hexham, Northumberland	0:53:49.7	0:53:44.0
66.	1213	Nigel Forster	m	Veteran 40	U/A Whitehaven, Cumbria	0:53:53.5	0:53:33.7
67.	1181	Peter Hatch	m	Veteran 50	U/A Billingham,	0:53:55.3	0:53:42.6
68.	1444	Alex Sharman	m		U/A Liverpool,	0:53:57.3	0:53:47.0
69.	1536	Lisa Bolton	f		Red Rose Road Runners	0:53:58.4	0:53:42.2
70.	1524	Sean Lynn	m	Veteran 50	U/A Newcastle upon tyne, Tyne	0:54:37.7	0:54:11.3
71.	1201	Peter Evans	m	Veteran 50	Kings Heath Running Club	0:54:43.5	0:54:23.6
72.	1251	Kerry Mee	f		U/A Newcastle-upon-Tyne, Tyne	0:54:57.6	0:54:40.2
73.	1532	Sarah Dove	f	Lady V40	U/A Blackburn, Lancashire	0:55:13.6	0:55:10.2
74.	1391	Andrew O'Boyle	m	Veteran 40	U/A Warrington, Cheshire	0:55:16.3	0:54:54.7
75.	1189	Michael Ball	m	Veteran 40	U/A Swindon, Wiltshire	0:55:23.6	0:55:12.6
76.	1572	Pip Jones	m		Ealing Eagles	0:55:24.4	0:55:21.0
77.	1478	martin cotterell	m	Veteran 40	U/A penrith, cumbria	0:55:31.6	0:54:54.7
78.	1380	Vicky Higgins	f	Lady V40	U/A penrith, cumbria	0:55:43.0	0:55:34.7
79.	1360	sharron coates	f		U/A burton in kendal, cumbria	0:55:43.0	0:55:33.1
80.	1288	Tony Dent	m	Veteran 60	Tideswell Running Club	0:55:57.6	0:55:50.1
81.	1553	Chris Furphy	m	Veteran 50	U/A Guisborough,	0:56:23.5	0:56:07.0
82.	1439	Adam Stafford	m		U/A Edinburgh,	0:56:27.1	0:55:48.6
83.	1474	Michael Hughes	m		U/A Poulton-le-Fylde, Lancashire	0:56:43.6	0:56:15.1
84.	1169	Michael Church	m		U/A Vigo Village, Kent	0:57:01.8	0:56:36.5
85.	1573	Colin Sinclair	m	Veteran 50	ASICS	0:57:04.5	0:56:33.0
86.	1319	Louise Barley	f	Lady V40	U/A Harrogate,	0:57:09.6	0:57:01.2
87.	1503	Kamila Robinson	f		U/A Grimsby , N.E. Lincs	0:57:11.4	0:56:52.9
88.	1336	Ian Whalley	m		U/A Huddersfield, West Yorkshire	0:57:13.8	0:57:00.2
89.	1486	Dave Stevenson	m	Veteran 40	U/A Burstwick, East Yorkshire	0:57:19.6	0:57:09.6
90.	1261	Kirsty McIntyre	f		Chorlton Runners	0:57:20.8	0:57:15.8
91.	1483	Mark Liptrott	m	Veteran 40	U/A Ormskirk, Lancashire	0:57:22.1	0:56:44.1
92.	1331	Joanne Lyon	f	Lady V40	U/A Lancaster, Lancashire	0:57:33.8	0:57:20.1
93.	1389	andy kidd	m	Veteran 40	U/A west byfleet,	0:57:44.2	0:57:23.7
94.	1433	PAUL LAWTON	m	Veteran 40	VICTORIA PARK RUNNERS	0:57:53.2	0:57:41.7
95.	1153	bridget slater	f	Lady V50	U/A Skipton, N Yorks	0:57:56.0	0:57:37.6
96.	1523	Dave Wilson	m	Veteran 40	U/A Bristol,	0:57:57.7	0:57:15.2
97.	1566	Sarah Gibbon	f		Smiley Pacers, Sheffield	0:58:00.1	0:57:57.3
98.	1165	Chloe Ainsworth	f		U/A Wigan,	0:58:03.7	0:57:30.2
99.	1151	Julia Sayburn	f	Lady V50	U/A Grange over sands, Cumbria	0:58:06.5	0:57:58.5
100.	1250	Chris Mee	m		U/A Newcastle-upon-Tyne, Tyne	0:58:09.2	0:57:51.2
101.	1178	Gary Pargeter	m	Veteran 50	U/A Northwich, Cheshire	0:58:11.9	0:58:02.5
102.	1500	Sharron Elsdon	f		U/A Hawick, Scottish Borders	0:58:23.0	0:57:57.3
103.	1229	Vicky Gore	f		Red Rose Road Runners	0:58:25.8	0:58:08.7
104.	1324	Edward Mann	m		U/A Carlisle,	0:58:27.2	0:57:55.2
105.	1179	Jackie Frank	f		U/A Redcar,	0:58:30.2	0:58:18.3
106.	1217	Alison Saunders	f		The Northern Collective	0:58:37.3	0:58:04.5
107.	1450	Ian Paterson	m		U/A Bootle, Merseyside	0:58:49.8	0:58:10.3
108.	1361	Mat Harrop	m	Veteran 40	U/A Scarborough, North Yorkshire	0:58:50.8	0:58:37.9
109.	1310	sarah barry	f	Lady V40	U/A huddersfield,	0:58:52.9	0:58:38.3
110.	1540	Ashleigh Atkinson	f		U/A Ulverston, Cumbria	0:58:57.7	0:58:41.4
111.	1254	Ian McDowall	m	Veteran 50	U/A Linlithgow,	0:59:01.8	0:58:47.5
112.	1303	Heather Marsden	f	Lady V50	Tideswell Running Club	0:59:14.9	0:59:07.3
113.	1289	Fiona Newman	f	Lady V40	U/A Calver,	0:59:16.4	0:59:08.6
114.	1283	Hazel Ward	f	Lady V60	Jog on the Tyne	0:59:17.5	0:59:12.3
115.	1307	nicola watt	f	Lady V40	U/A hexham,	0:59:17.6	0:59:12.6
116.	1401	Zoe Dixon	f	Lady V40	Jog on the tyne	0:59:17.7	0:59:10.0

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
117.	1242	Andrew Reid	m		U/A Merseyside,	0:59:19.1	0:58:39.3
118.	1160	Carolyn Burns	f	Lady V40	U/A Penrith, Cumbria	0:59:20.3	0:59:17.7
119.	1504	Gregory Holmes	m		U/A Manchester,	0:59:31.5	0:59:00.6
120.	1393	David Stacey	m		U/A Chorley, Lancashire	0:59:35.0	0:59:24.7
121.	1188	Dave Hall	m	Veteran 50	Honister 92	1:00:00.9	0:59:27.5
122.	1447	Martin White	m	Veteran 50	CFR	1:00:02.0	0:59:56.3
123.	1313	Hilde Krynen	f	Lady V50	U/A Kendal, Cumbria	1:00:07.8	1:00:04.5
124.	1363	Ruth Power	f	Lady V40	U/A Carnforth, Lancs	1:00:35.8	1:00:26.3
125.	1280	Sarah Hornby	f	Lady V40	U/A Wigan,	1:01:05.3	1:00:39.6
126.	1456	Aimee Green	f		U/A Kendal, Cumbria	1:01:16.3	1:00:52.3
127.	1249	Zoe Bridges	f	Lady V40	U/A Sudbury, Suffolk	1:01:19.0	1:00:55.2
128.	1214	Sue Kearney	f	Lady V50	U/A Bolton, Lancs	1:01:19.2	1:01:08.0
129.	1558	Ellena Gamberini	f		Rocktart Runners	1:01:22.2	1:00:53.5
130.	1496	Suzanne Smith	f	Lady V40	Keswick AC	1:01:28.8	1:01:08.2
131.	1495	Dennis Cartwright	m		100 Marathon Club	1:01:28.9	1:01:08.8
132.	1263	Lynn Melvin	f	Lady V50	South Ribble runners	1:01:42.4	1:01:05.1
133.	1563	Ian Stephenson	m	Veteran 50	U/A Swarland, Northumberland	1:01:57.2	1:01:35.1
134.	1533	Nicola Phillips	f	Lady V50	U/A Manchester,	1:01:57.8	1:01:49.0
135.	1534	Gaynor Wardle	f	Lady V40	U/A Salford,	1:01:58.0	1:01:49.7
136.	1552	David Cassels	m	Veteran 50	Rocktart Runners	1:02:12.5	1:01:43.6
137.	1207	Susan Sharp	f	Lady V50	U/A Wakefield, west Yorkshire	1:02:22.6	1:02:11.6
138.	1206	Nick Sharp	m	Veteran 40	U/A Wakefield, West Yorkshire	1:02:23.5	1:02:12.7
139.	1537	Rachael Edgar	f		U/A Carlisle,	1:02:24.9	1:01:54.7
140.	1452	Jayne Caudwell	f	Lady V40	U/A Blandford Forum, Dorset	1:02:37.6	1:02:15.0
141.	1183	JACQ JONES	f		Delamere Spartans	1:02:39.2	1:02:35.9
142.	1378	Louise Lashley	f	Lady V40	U/A Milnthorpe, Cumbria	1:02:40.1	1:02:13.5
143.	1434	Emily Danby	f		Team Emily	1:02:41.2	1:02:26.8
144.	1267	Helen Dodd	f		U/A Hexham, Northumberland	1:02:53.8	1:02:49.2
145.	1167	Martin Stanley	m	Veteran 40	U/A Wirral, Merseyside	1:02:54.0	1:02:32.7
146.	1274	Susan Jones	f	Lady V40	thornton cleveleys	1:02:56.8	1:02:31.3
147.	1442	Daniella Hope	f		U/A Bassenthwaite, Cumbria	1:03:04.3	1:02:26.4
148.	1320	Anne Barber	f	Lady V40	U/A Manchester,	1:03:13.1	1:03:04.3
149.	1462	Andrew Marshall	m	Veteran 50	U/A Settle,	1:03:18.0	1:03:04.0
150.	1215	Louise Corrigan	f		Swinton RC	1:03:21.6	1:03:11.3
151.	1180	Louise Meynell	f	Lady V50	Billingham Marsh House Harriers	1:03:27.4	1:03:14.4
152.	1399	Gemma Craig	f		U/A Aston Clinton, Bucks	1:03:30.4	1:03:26.7
153.	1499	Jane Carre	f		U/A Bath, Somerset	1:03:41.0	1:03:04.2
154.	1327	Alison Hallewell	f	Lady V50	U/A Polegate, East Sussex	1:03:46.8	1:03:41.1
155.	1329	Lesley Wallace	f	Lady V40	U/A Kendal, Cumbria	1:03:56.9	1:03:41.1
156.	1535	Irene Williams	f	Lady V40	U/A Coventry, West Midlands	1:03:58.1	1:03:42.5
157.	1479	SARAH LAWLEY	f		U/A APPLEBY, CUMBRIA	1:04:06.4	1:03:47.6
158.	1197	Tracy Brown	f		Sedgefield Harriers	1:04:17.5	1:04:04.0
159.	1304	jan phillips	f		none	1:04:18.0	1:04:13.8
160.	1487	Joanne Sumner	f		U/A Poulton-le-Fylde, Lancashire	1:04:22.4	1:04:11.4
161.	1323	Ian Chappell	m	Veteran 40	U/A Carlisle, Cumbria	1:04:22.4	1:03:50.6
162.	1420	Donna Griffiths	f	Lady V40	Maldwyn harriers	1:04:32.1	1:04:13.3
163.	1156	Vicky Collingwood	f		U/A Stocksfield, Northumberland	1:04:39.1	1:04:33.9
164.	1412	Nina Wessels	f	Lady V40	U/A London,	1:04:56.0	1:04:33.6
165.	1248	Clare Cooper	f	Lady V40	Belper harriers	1:05:03.0	1:04:40.6
166.	1300	Ian Wilson	m	Veteran 50	U/A Haltwhistle, Northumberland	1:05:07.3	1:04:33.3
167.	1237	Heather Mannings	f	Lady V40	U/A Holmfirth, West Yorkshire	1:05:25.0	1:04:57.9
168.	1575	Rebecca Hanson	f		U/A Manchester,	1:05:43.4	1:05:28.3
169.	1568	Phil Gregory	m		Tideswell Running Club	1:05:44.2	1:05:26.7
170.	1492	Deborah Thorneycroft	f	Lady V50	U/A Stoke on Trent, Staffs	1:05:48.1	1:05:23.8
171.	1168	Anthony Church	m	Veteran 50	U/A Vigo Village, Kent	1:05:53.8	1:05:28.2
172.	1293	Steve Twomlow	m	Veteran 40	Kings Heath Running Club	1:05:55.9	1:05:33.8
173.	1317	Melissa Preston	f		U/A London,	1:05:57.4	1:05:52.4
174.	1318	Natalie Stewart	f		U/A Lochinver,	1:05:58.7	1:05:53.3

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
175.	1440	Amanda Duffy	f	Lady V40	U/A Liverpool, Merseyside	1:06:02.8	1:05:50.0
176.	1238	Claire Shaw	f		Red Rose Running Club	1:06:04.4	1:05:47.7
177.	1176	Laura Robson	f		York Postal Harriers	1:06:41.1	1:06:28.7
178.	1315	lindsey whiteside	f		women on the run	1:06:44.3	1:06:28.9
179.	1362	rebecca ludlam	f		U/A carnforth, lancashire	1:06:48.2	1:06:39.4
180.	1543	David Binks	m	Veteran 60	Allithwaite Running Club	1:07:00.1	1:06:26.3
181.	1296	Mags Cook	f	Lady V60	Roundhay Runners	1:07:04.3	1:06:41.1
182.	1373	Michele Philp	f		U/A Wylam, Northumberland	1:07:06.1	1:06:41.8
183.	1297	Rachel Leach	f		Stubbington Green Runners	1:07:09.5	1:06:46.4
184.	1435	Hanna Burgess	f		U/A Stockport, Cheshire	1:07:10.5	1:06:42.9
185.	1200	Julie Evans	f	Lady V40	Kings Heath Running Club	1:07:37.6	1:07:16.2
186.	1166	Dawn Robinson	f		U/A Grange, Cumbria	1:07:42.1	1:07:17.7
187.	1449	Tracey J Burlinson	f	Lady V40	Sunderland Strollers	1:07:43.1	1:07:08.6
188.	1211	Toby Brothers	f	Lady V50	Hampstead Heath Park Run	1:07:43.9	1:07:22.3
189.	1463	Mike Saunders	m	Veteran 50	U/A Wirral, Cheshire	1:07:47.1	1:07:25.5
190.	1287	Debbie Dales	f	Lady V40	Cleethorpes AC	1:07:50.2	1:07:20.4
191.	1240	Alison Spiby	f	Lady V40	U/A Windermere, Cumbria	1:07:54.7	1:07:37.5
192.	1509	Danny Bulmer	m		Team Grassbanks	1:07:54.9	1:07:28.9
193.	1241	Theresa Murray	f	Lady V50	U/A Windermere, Cumbria	1:07:55.0	1:07:37.7
194.	1522	Jude Carey	f	Lady V40	U/A Bristol,	1:07:57.8	1:07:30.8
195.	1270	Kat Kelly	f			1:08:06.2	1:07:48.0
196.	1374	Elizabeth Law	f		U/A Chorley, Lancashire	1:08:13.8	1:07:55.5
197.	1258	Vivienne Watson	f	Lady V40	U/A Hexham, Northumberland	1:08:14.2	1:08:07.7
198.	1177	Helen Scott	f		U/A Osgodby,	1:08:20.3	1:08:08.4
199.	1231	Helen Bowers	f	Lady V40	U/A kirkby lonsdale, lancashire	1:08:28.2	1:08:18.8
200.	1244	paula ainsley	f	Lady V40	U/A york, north yorkshire	1:08:35.2	1:08:22.8
201.	1416	Yvonne Clarke	f	Lady V40	U/A Leyland, Lancashire	1:08:35.7	1:07:57.0
202.	1410	Nicholas green	m		U/A penrith, cumbria	1:08:36.8	1:08:17.1
203.	1301	Maxine Wilson	f	Lady V40	U/A Haltwhistle, Northumberland	1:08:53.5	1:08:19.1
204.	1510	Karen Daniels	f	Lady V40	U/A Bristol,	1:09:10.0	1:08:43.4
205.	1488	Leanne Morgan-Hillam	f		U/A Wigan, Lancashire	1:09:10.5	1:08:42.3
206.	1186	Peter Phillips	m	Veteran 60	Loftus and Whitby AC	1:09:19.9	1:09:15.6
207.	1187	Gareth Phillips	m	Veteran 40	Gateshead harriers	1:09:20.2	1:09:16.2
208.	1356	Natalie Hirst	f		U/A Livingston, West Lothian	1:09:22.5	1:09:08.5
209.	1455	Amanda Green	f	Lady V40	U/A Kendal, Cumbria	1:09:24.7	1:09:01.5
210.	1349	Sue Jeff	f	Lady V50	Tideswell Running Club	1:09:31.5	1:09:04.1
211.	1409	angela green	f		U/A penrith, cumbria	1:09:33.0	1:09:12.5
212.	1224	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:09:36.3	1:09:29.0
213.	1414	Juliet Rodgers	f	Lady V50	U/A London,	1:09:39.3	1:09:16.8
214.	1354	Andrew Turner	m		Tideswell Running Club	1:09:44.1	1:09:27.5
215.	1371	Linda Thomas	f		U/A Wylam,	1:09:59.0	1:09:34.3
216.	1376	Emily Morrow	f		U/A Morecambe , Lancashire	1:10:05.1	1:09:47.8
217.	1427	Janet Hemming	f	Lady V50	U/A Hexham, Northumberland	1:10:33.4	1:10:26.5
218.	1426	Helen Brinkley	f		U/A hyde,	1:10:36.4	1:10:13.7
219.	1425	Ryan Young	m		U/A hyde,	1:10:36.6	1:10:14.2
220.	1210	Laura Clements	f	Lady V50	U/A Penrith, Cumbria	1:10:40.2	1:10:34.4
221.	1204	Rachel Lee	f	Lady V50	DH Runners	1:10:52.9	1:10:23.6
222.	1352	Louise Harrop	f		U/A Sheffield, South Yorkshire	1:11:02.1	1:10:44.8
223.	1395	Janet Grindrod	f	Lady V40	U/A Leyland, Lancashire	1:11:15.3	1:10:34.6
224.	1526	Kathryn Atkins	f	Lady V50	U/A Leeds, West Yorkshire	1:11:26.4	1:10:53.3
225.	1394	claire wilding	f	Lady V40	U/A Preston,	1:11:43.1	1:11:02.8
226.	1538	Rachel Brownsmith	f		U/A Lancaster,	1:11:52.6	1:11:15.5
227.	1519	Simon Carter	m	Veteran 40	U/A Darlington,	1:11:58.2	1:11:35.0
228.	1150	joe dobbs	m	Veteran 70	U/A	1:12:05.1	1:11:36.1
229.	1396	Lucie Gage	f	Lady V50	Elswick Harriers	1:12:05.7	1:11:50.4
230.	1253	David Ellicott	m	Veteran 40	U/A Askern, South Yorkshire	1:12:10.8	1:11:50.7
231.	1365	Catherine Mann	f	Lady V40	Uttoxeter Road Runners	1:12:27.8	1:12:00.1
232.	1485	Claire Large	f	Lady V40	U/A Hull, East Yorkshire	1:12:28.6	1:12:18.8

# Lakeland Trails in Helvellyn

## Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
233.	1421	Catherine Spanswick	f		U/A Thornaby, Stockton on Tees	1:12:33.8	1:12:02.5
234.	1476	Ann-Marie Johnstone	f		U/A Middlesbrough, Cleveland	1:12:34.8	1:12:02.2
235.	1382	Dorota Synowiec	f		U/A Geel,	1:12:35.9	1:12:01.9
236.	1383	Anouska Kent	f		U/A Oldham,	1:12:36.0	1:12:02.0
237.	1326	Nicki Hewson	f		U/A Solihull,	1:12:38.4	1:12:16.6
238.	1576	Bridget Peacock	f	Lady V40	U/A London,	1:12:48.7	1:12:27.1
239.	1448	Julie Egglestone	f	Lady V40	U/A Appleby, Cumbria	1:12:52.2	1:12:15.7
240.	1330	Susan Dunne	f		U/A King's Lynn, Norfolk	1:12:56.0	1:12:29.6
241.	1446	Jane Oakley	f	Lady V40	Howgill Harriers	1:12:57.3	1:12:21.2
242.	1415	Caroline Noon	f	Lady V50	U/A London,	1:12:58.8	1:12:35.6
243.	1359	Felix Zediu	m		U/A London,	1:13:03.8	1:12:51.8
244.	1475	Lisa Grandcourt	f	Lady V40	U/A Doncaster, S Yorks	1:13:07.4	1:12:47.9
245.	1358	Silvia Zediu	f		U/A London,	1:13:10.1	1:12:58.7
246.	1564	Christopher Hetherington	m	Veteran 40	sanddogs	1:13:12.5	1:12:37.7
247.	1565	Lorraine Hetherington	f		sanddogs	1:13:12.5	1:12:37.9
248.	1481	Lauren Tilston	f		U/A Wrexham, Wrexham	1:13:22.5	1:12:46.6
249.	1482	claire houghton	f	Lady V50	U/A warrington, cheshire	1:13:25.3	1:12:49.5
250.	1344	Linda Bates	f	Lady V40	U/A Morecambe, Lancs	1:13:25.4	1:12:48.2
251.	1235	Lesley Allison	f	Lady V50	U/A Penrith, Cumbria	1:13:38.6	1:13:19.3
252.	1309	Anna Walton	f	Lady V40	None	1:13:50.3	1:13:35.3
253.	1190	Jane Dowson	f	Lady V40	U/A Tadcaster, North Yorkshire	1:13:58.1	1:13:25.9
254.	1560	Sarah Briggs	f	Lady V50	U/A Bampton	1:14:04.5	1:13:28.8
255.	1192	Niki Stockton	f	Lady V40	Swinton Running Club	1:14:05.5	1:13:36.3
256.	1561	Penny Oliver	f	Lady V40	Arragons Tri	1:14:05.5	1:13:30.8
257.	1343	Josh Mars	m		BUAC Cool Runnings	1:14:10.5	1:13:30.2
258.	1321	Joyce Casson	f	Lady V50	Jog on the Tyne	1:14:11.0	1:14:04.4
259.	1508	Kate Matheson	f		U/A South shields, Tyne and wear	1:14:16.1	1:13:50.8
260.	1286	Kevin Craik	m		U/A South Shields , Tyne & wear	1:14:16.2	1:13:50.6
261.	1562	Christine Gibbons	f	Lady V50	bramhall runners	1:14:19.4	1:14:09.9
262.	1196	Rachel Archer	f	Lady V40	Swinton Running Club	1:14:35.1	1:14:24.9
263.	1364	Janine Jordan	f		U/A Oldham,	1:14:38.1	1:14:03.3
264.	1259	Linda Clark	f	Lady V60	Jog on the Tyne	1:14:45.2	1:14:38.5
265.	1559	Meg Lee	f			1:14:46.8	1:14:21.9
266.	1372	samantha hodgson	f	Lady V40	U/A grange over sands, cumbria	1:15:36.8	1:14:58.8
267.	1328	Nicolas Hallewell	m	Veteran 40	U/A Polegate, East Sussex	1:15:50.1	1:15:43.4
268.	1423	Liane Thompson	f	Lady V40	U/A Barrow-in-Furness, Cumbria	1:15:56.8	1:15:24.3
269.	1424	Clair Bonner	f	Lady V40	U/A Keighley, West Yorkshire	1:15:57.1	1:15:24.6
270.	1337	Nicola parker	f	Lady V40	U/A carnforth,	1:16:00.4	1:15:28.9
271.	1390	Alice Melville	f	Lady V40	U/A Newcastle upon Tyne,	1:16:09.5	1:15:50.7
272.	1385	Eleanor Seddon	f		U/A Richmond, North Yorkshire	1:16:12.7	1:15:46.1
273.	1397	Janine Arndt	f		U/A Whitley Bay,	1:16:18.6	1:15:46.6
274.	1505	Victoria Dewhurst	f	Lady V40	U/A Bolton, Lancs	1:16:20.8	1:16:03.4
275.	1436	Charlotte Strachan	f		U/A Haslingden, Lancashire	1:16:26.5	1:15:58.5
276.	1468	Jo Caisley	f	Lady V40	Bellahouston Harriers	1:16:33.4	1:16:21.8
277.	1539	Jane Slaney	f	Lady V40	U/A Blackpool, Lancashire	1:16:57.6	1:16:32.7
278.	1467	Jenny Neate	f		U/A Ottringham ,	1:17:01.3	1:16:43.4
279.	1470	Katherine Neate	f		U/A Guisborough,	1:17:04.8	1:16:46.6
280.	1264	Marie Fallon	f	Lady V50	Jog on the Tyne	1:17:38.4	1:17:31.0
281.	1260	Catherine Almond	f	Lady V60	Jog on the Tyne	1:17:38.6	1:17:31.2
282.	1278	Helen Huthwaite	f		U/A Kew, Surrey	1:17:53.7	1:17:29.7
283.	1473	Emma Hughes	f		U/A Manchester,	1:17:55.9	1:17:26.3
284.	1518	Caroline Johns	f	Lady V40	U/A Selby, North yorkshire	1:19:05.9	1:18:37.2
285.	1311	Helen Borking	f	Lady V50	Women on the Run	1:21:14.9	1:20:59.3
286.	1411	Sheila Fitzgerald	f	Lady V50	Hampstead Heath parkrun	1:21:54.5	1:21:27.7
287.	1413	Briony Fane	f	Lady V50	U/A London, London	1:21:54.6	1:21:27.0
288.	1366	Janette Covell	f	Lady V50	South Ribble Runners	1:22:40.7	1:22:04.7
289.	1308	Tracy Woods	f	Lady V40	Red Rose Road Runners	1:22:41.1	1:22:05.8
290.	1555	Heidi Martin	f		St Bees Triers	1:23:02.9	1:22:43.9

## Lakeland Trails in Helvellyn

### Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
291.	1458	Adrienne Harris	f	Lady V50	Carlisle Tri Club	1:23:23.6	1:22:54.7
292.	1459	Frances Braithwaite	f		DH Runner	1:23:34.2	1:23:06.3
293.	1432	Sue Smith	f	Lady V40	U/A Morecambe, Lancs	1:24:02.3	1:23:46.7
294.	1557	David Gamberini	m		Rocktart Runners	1:24:12.2	1:23:42.7
295.	1551	Lorna Gamberini	f	Lady V50	Rocktart Runners	1:24:12.5	1:23:42.8
296.	1443	Simon Mars	m	Veteran 50	Team Mars	1:24:31.5	1:23:52.3
297.	1384	Ursula Collie	f	Lady V50	U/A Richmond, North Yorks	1:25:13.2	1:24:46.6
298.	1199	Kathryn Wesley	f	Lady V50	U/A Livingston, West Lothian	1:25:18.2	1:24:42.6
299.	1316	Lynn Smith	f	Lady V50	Horwich RMI Harriers	1:25:22.2	1:24:47.6
300.	1273	Lisa Kemp	f	Lady V40	Stormers	1:25:40.6	1:25:25.8
301.	1466	J Howard	m	Veteran 60	U/A Ashton under Lyne, Lancs	1:28:16.1	1:27:38.0
302.	1422	Holly shea	f		U/A Middlehaven,	1:28:31.3	1:27:58.9
303.	1417	Clair Crowther	f	Lady V40	U/A Southport, Merseyside	1:31:01.1	1:30:56.9
304.	1574	Chris Robson	m	Veteran 70	St Bees Triers	1:31:09.7	1:31:05.5
305.	1571	EDWINA RICKARDS	f	Lady V50	NORDIC WALKER	1:34:05.1	1:33:34.2
306.	1570	Karen Braddon	f	Lady V60	U/A Lancaster, Lancashire	1:34:07.5	1:33:36.5
307.	1275	Nicola Higham	f	Lady V40	Ainsdale Stormers	1:34:34.1	1:34:20.4
308.	1460	Michelle Mackay	f	Lady V40	DH Runners	1:38:37.8	1:38:08.4
309.	1294	Yvonne Clement	f	Lady V40	U/A Brampton, Cumbria	1:40:02.4	1:39:31.2
310.	1516	Niki Herbert	f		U/A Warrington, Cheshire	1:41:04.6	1:40:23.0
311.	1577	Melanie Smethurst	f		ASICS	1:41:04.8	1:40:23.4
312.	1272	Kerry Clensy	f		U/A Maghull	1:41:30.5	1:41:15.9
313.	1339	Susan Trish	f		U/A Liverpool,	1:41:31.9	1:41:17.9
314.	1302	Iorraine Findlay	f	Lady V50	U/A Haltwhistle, Northumberland	1:53:08.7	1:52:35.1

Number of records: 314