

Lakeland Trails in Helvellyn

Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Time
1.	1232	Alex Robinson	m		Holmfirth Harriers	0:36:14.5
2.	1209	Paul Graham	m	Veteran 40	Derwent AC	0:37:11.1
3.	1211	Matthew Phillips	m		Houghton Harriers	0:38:07.2
4.	1421	Matt Harratt	m		U/A Oldham,	0:40:09.1
5.	1328	andrew foster	m	Veteran 40	U/A southport,	0:40:56.7
6.	1595	Aravind Ramesh	m		U/A Newcastle upon Tyne,	0:41:00.9
7.	1619	Graham Jordan	m		Middleton Harriers	0:41:44.7
8.	1498	Nick Sharp	m	Veteran 50	U/A Wakefield, West Yorkshire	0:41:56.3
9.	1612	Chris Walker	m		U/A Skelmersdale, Lancashire	0:43:03.1
10.	1657	sean barry	m	Veteran 40	U/A huddersfield,	0:43:08.7
11.	1346	Matthew Blakeley	m	Veteran 40	Roundhay Runners	0:43:32.5
12.	1555	Louis McCarthy	m		Rochdale Harriers	0:43:47.4
13.	1446	Nadia Shaw	f		None	0:44:37.5
14.	1533	Gary Cash	m	Veteran 60	Wirral Vikings TRC	0:45:11.5
15.	1642	Lois Lee	f		U/A Prestatyn , Denbighshire	0:45:14.1
16.	1204	Siobonne Brewster	f	Lady Veteran 40	U/A Carlisle, Cumbria	0:45:37.3
17.	1535	Stephen Entwistle	m	Veteran 50	Wirral Vikings TRC	0:45:47.3
18.	1572	Lawrence Mannion	m	Veteran 50	U/A Kendal,	0:45:55.8
19.	1456	Ian Charlton	m		Saltwell Harriers	0:46:06.9
20.	1323	Ian Morgan	m	Veteran 50	U/A Kirkby Lonsdale, Cumbria	0:46:41.4
21.	1625	Lance Saxby	m	Veteran 40	U/A Harrogate, North Yorkshire	0:47:13.5
22.	1474	Simon Wallbank	m	Veteran 40	U/A Wigan,	0:47:16.8
23.	1417	Adam Wood	m		U/A Selby, North Yorkshire	0:47:17.0
24.	1721	Scott Evans	m			0:47:34.9
25.	1550	Andy MacKenzie	m	Veteran 50	U/A London,	0:47:43.8
26.	1213	Vicky Penn	f		Smiley Paces	0:47:45.3
27.	1473	Guy Hollis	m	Veteran 40	U/A Otley, West Yorkshire	0:47:46.8
28.	1482	Niki herbert	f		U/A warrington,	0:47:52.5
29.	1571	David Hull	m	Veteran 50	U/A Nr Chorley, Lancashire	0:48:13.0
30.	1611	Sarah linton	f	Lady Veteran 40	U/A st Anne's, Lancashire	0:48:30.0
31.	1554	Jeff McCarthy	m	Veteran 40	Rochdale Harriers	0:48:33.0
32.	1687	Abigail Hathway	f		Smiley Paces	0:48:34.8
33.	1229	Robert Robinson	m	Veteran 60	Holmfirth Harriers	0:48:45.3
34.	1362	Mark Collins	m	Veteran 50	U/A Meopham, Kent	0:48:45.3
35.	1462	Jonny Grisedale	m	Veteran 40	Helm Hill	0:48:51.9
36.	1342	Andrew Laidlow	m	Veteran 40	U/A Wigton, Cumbria	0:48:53.5
37.	1449	Stephen Gilks	m	Veteran 40	U/A Shipley,	0:49:16.5
38.	1623	Jo Haigh	f	Lady Veteran 60	U/A Skipton, North Yorkshire	0:49:19.6
39.	1481	terry moss	m	Veteran 40	U/A preston, lancashire	0:49:30.0
40.	1558	Charlie THOMPSON	m	Veteran 50	U/A AMBLESIDE, CUMBRIA	0:49:41.1
41.	1667	Paul Corkill	m		U/A Barrow-in-furness,	0:49:43.4
42.	1431	peter searson	m	Veteran 40	U/A liverpool, merseyside	0:49:45.9
43.	1662	Robert Foster	m	Veteran 40	North Shields Poly AC	0:49:49.0
44.	1326	Matthew Bent	m	Veteran 40	U/A Warrington , Cheshire	0:49:50.5
45.	1248	Gareth Phillips	m	Veteran 40	Gateshead harriers	0:50:01.4
46.	1548	Danella Ebbrell	f	Lady Veteran 40	Wirral Vikings	0:50:04.9
47.	1299	Kieran Noble	m		U/A Hartlepool, No, don't send me any emails	0:50:07.5
48.	1245	Michael Szczygiel	m		U/A Gateshead ,	0:50:10.2
49.	1593	Michael Gudgeon	m	Veteran 40	U/A Settle, North Yorkshire	0:50:13.2
50.	1547	Helen Johnson	f	Lady Veteran 40	Wirral Vikings	0:50:13.3
51.	1267	Bridget Allenby	f	Lady Veteran 50	Smiley Paces	0:50:21.8
52.	1359	Dariusz Podsiadly	m		U/A Liverpool, Merseyside	0:50:33.4
53.	1720	John Evans	m	Veteran 50		0:50:48.2
54.	1388	Charles Shaw	m	Veteran 40	U/A Kendal, Cumbria	0:50:54.7
55.	1400	David Stephens	m	Veteran 50	Clwydian Range Runners	0:51:06.6
56.	1684	Caroline French	f	Lady Veteran 40	Smiley Paces	0:51:07.9
57.	1633	Larry Horne	m	Veteran 50	Eden runners	0:51:18.4
58.	1418	Lee Rice	m		U/A Chester le street , Durham	0:51:25.1
59.	1673	Gerard Hurst	m	Veteran 60	U/A Wigan,	0:51:33.6
60.	1732	Andy Ward	m		U/A CARNFORTH,	0:51:33.8
61.	1669	Adam Birch	m		U/A Kendal, Cumbria	0:51:56.3
62.	1636	Jane Mellor	f	Lady Veteran 40	U/A Bridge of Weir,	0:52:07.9
63.	1420	Gillian Tomlinson	f	Lady Veteran 40	Houghton Harriers AC	0:52:21.0
64.	1448	Stephanie Shaw	f		None	0:52:22.5
65.	1298	James Hall	m		U/A Hartlepool, Teesside	0:52:48.1
66.	1735	Jane Langham	f	Lady Veteran 50	Smiley Paces	0:52:51.4
67.	1727	Andrew Reid	m			0:52:53.9

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Pos	Bib	Name	M/F	Age Cat	Club	Time
68.	1286	karen johnson	f		U/A Ulverston,	0:53:01.5
69.	1394	Jonathan Broadley	m	Veteran 40	U/A Newport Pagnell, Bucks	0:53:17.0
70.	1567	Michael Johnson	m	Veteran 50	U/A London,	0:53:30.7
71.	1475	James Cameron	m		U/A Carlisle, Cumbria	0:53:34.9
72.	1698	Tricia Gill	f	Lady Veteran 50	U/A Skipton,	0:53:41.7
73.	1588	Paul Wood	m	Veteran 60	U/A Manchester,	0:53:42.1
74.	1230	James Thompson	m		None	0:53:56.0
75.	1564	David Aust	m	Veteran 50	U/A Stamford, Lincs	0:53:57.3
76.	1402	Tom Low	m		U/A Lytham, Lancashire	0:54:01.7
77.	1284	sandra connell	f	Lady Veteran 50	U/A Liverpool,	0:54:10.6
78.	1590	David Sumner	m	Veteran 50	U/A Nottingham, Notts	0:54:15.8
79.	1393	Libby Dixon	f	Lady Veteran 40	U/A Ambleside, cumbria	0:54:26.7
80.	1648	Joe Lyon	m		U/A Wigan, Lancs	0:54:29.1
81.	1325	John Yates	m	Veteran 40	U/A Wilmslow,	0:54:31.6
82.	1269	Simon Baker	m	Veteran 40	U/A Newcastle upon Tyne ,	0:54:49.2
83.	1407	David Shakespeare	m		U/A Leicester ,	0:55:00.7
84.	1287	Steve Watson	m	Veteran 50	U/A Gleaston, Ulverston	0:55:04.0
85.	1271	Scott Heesom	m	Veteran 40	U/A Warrington, Cheshire	0:55:10.1
86.	1249	Michelle Rake	f	Lady Veteran 40	Jog on the Tyne	0:55:22.4
87.	1526	Julia Gray Carnaffin	f	Lady Veteran 50	U/A Bardon mill, Northumberland	0:55:22.6
88.	1737	Jennifer Lapping	f	Lady Veteran 40	Jog on the Tyne	0:55:22.6
89.	1587	Daniel Tomlinson	m		Fleetwood rugby club	0:55:34.5
90.	1544	Dave Fisher	m	Veteran 60	Wirral Vikings	0:55:45.1
91.	1486	Sara Brookes	f	Lady Veteran 40	U/A Preston, Lancashire	0:56:04.4
92.	1553	Libby Makinson	f		U/A London,	0:56:10.3
93.	1663	Daniel Sullivan	m		U/A Brampton, Cumbria	0:56:11.6
94.	1381	Richard Tickner	m	Veteran 60	U/A Kendal,	0:56:15.8
95.	1566	Hilary Johnson	f	Lady Veteran 50	U/A London,	0:56:21.5
96.	1607	Sarah Hall	f		U/A Leeds,	0:56:23.7
97.	1600	Chris Jackson	m	Veteran 40	U/A Tunstall, East Riding of Yorkshire	0:56:25.0
98.	1274	Stephen Hewitt	m	Veteran 40	U/A Warrington, Cheshire	0:56:26.7
99.	1699	Alison Griffiths	f		Smiley Paces	0:56:28.1
100.	1439	Donna Raeburn	f	Lady Veteran 40	Eden Runners	0:56:28.6
101.	1695	Angie Wright	f	Lady Veteran 40	Smiley Paces	0:56:43.1
102.	1586	Paul Bamber	m		U/A Thornton Cleveleys, Lancashire	0:56:44.9
103.	1693	Rosie Lockwood	f	Lady Veteran 40	Smiley Paces	0:56:47.0
104.	1502	Angela White	f	Lady Veteran 40	CFR	0:56:48.3
105.	1731	Dawn Trueman	f	Lady Veteran 40	Smiley Paces	0:56:49.0
106.	1579	Callum Grant-Cawdell	m		U/A London, Outside U.S./Canada	0:56:55.3
107.	1292	Ian Hartwell	m		U/A Manchester,	0:56:57.9
108.	1225	Simon Barton	m	Veteran 60	Hoad Hill Harriers	0:57:01.2
109.	1620	Mark Wilson	m	Veteran 40	Skipton Athlectics Club	0:57:14.6
110.	1444	Anthony Matthews	m	Veteran 60	U/A Leyland,	0:57:15.8
111.	1310	James Howard	m		U/A Manchester,	0:57:19.0
112.	1437	Maureen Parker	f	Lady Veteran 50	Tynedale Harriers	0:57:21.7
113.	1718	John Reynolds	m			0:57:23.7
114.	1419	Marlene Todd	f	Lady Veteran 50	U/A Kendal, Cumbria	0:57:30.0
115.	1701	Laura Garcia	f		Smiley Paces	0:57:32.7
116.	1219	Tara McCully	f		none	0:57:36.4
117.	1496	Jean Turner	f	Lady Veteran 50	Telford Harriers	0:57:40.2
118.	1679	Felicity Caddick	f		Selby Striders	0:57:40.5
119.	1647	Mark Dobbin	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	0:57:48.2
120.	1703	Fleur Jones	f		Smiley Paces	0:57:57.5
121.	1514	Debbie Collier	f	Lady Veteran 40	U/A Blackpool, Lancashire	0:58:09.5
122.	1367	Andy Rankine	m	Veteran 40	U/A Chorley, Lancashire	0:58:12.3
123.	1472	Zoe Hollis	f	Lady Veteran 40	U/A Otley, West Yorkshire	0:58:13.2
124.	1465	Shaun McMullen	m	Veteran 50	U/A Kendal,	0:58:19.9
125.	1270	Paul Fiddler	m	Veteran 40	U/A Warrington, Cheshire	0:58:21.2
126.	1536	Steve Armstrong	m	Veteran 40	Wirral Vikings	0:58:26.5
127.	1333	Sarah Warwick	f		U/A Wigton,	0:58:33.1
128.	1575	Ian cameron	m	Veteran 50	none	0:58:37.8
129.	1455	Philip Goode	m	Veteran 40	Saltwell Harriers	0:58:44.7
130.	1666	bridget slater	f	Lady Veteran 50	U/A Skipton, N Yorks	0:58:49.9
131.	1302	Susanne Parry	f	Lady Veteran 40	U/A Carlisle,	0:58:57.0
132.	1576	Karen Teale	f	Lady Veteran 40	U/A Blackpool, Lancashire	0:59:14.9
133.	1404	Joy Margerum	f		Vegan Runners	0:59:17.2
134.	1295	Ruth Derham	f		U/A Bingley, West Yorkshire	0:59:29.1

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Pos	Bib	Name	M/F	Age Cat	Club	Time
135.	1518	steven burgess	m	Veteran 50	thornton cleveleys running club	0:59:39.0
136.	1578	AUSTIN TRELFA	m	Veteran 60	Red Rose Road Runners	0:59:41.7
137.	1345	alyson blakeley	f	Lady Veteran 40	roundhay runners	0:59:44.1
138.	1501	Sharon Wellings	f	Lady Veteran 40	Scunthorpe and district AC	0:59:53.5
139.	1640	Dean Wellings	m	Veteran 40	Scunthorpe and district athletics club	1:00:00.6
140.	1696	Fleur Roberts	f	Lady Veteran 40	Smiley Paces	1:00:09.8
141.	1601	Stuart Edwards	m	Veteran 50	U/A North Shields, Tyne and Wear	1:00:13.1
142.	1649	David Lyon	m	Veteran 50	U/A Wigan, Lancs	1:00:17.8
143.	1487	Zoe Bridges	f	Lady Veteran 40	U/A Sudbury, Suffolk	1:00:18.3
144.	1434	Clare Ashton	f	Lady Veteran 40	U/A Warrington, Cheshire	1:00:37.7
145.	1283	katy lewis	f	Lady Veteran 50	U/A Liverpool,	1:00:50.7
146.	1690	Helen Pennington	f	Lady Veteran 40	Smiley Paces	1:00:54.9
147.	1596	Warren Anderson	m		U/A Slough,	1:01:13.7
148.	1597	Liz Bale	f		U/A Penrith,	1:01:13.8
149.	1464	Katie Bale	f		U/A Penrith, Cumbria	1:01:13.8
150.	1386	Steve Openshaw	m	Veteran 40	Wray Running Club	1:01:17.1
151.	1692	Joanne Battersby	f	Lady Veteran 50	Smiley Paces	1:01:22.3
152.	1436	Pete Holding	m	Veteran 60	U/A Kendal, Cumbria	1:01:29.5
153.	1489	David Ellicott	m	Veteran 40	Keswick AC	1:01:33.1
154.	1368	Martin O'Neill	m	Veteran 40	U/A Liverpool, Merseyside	1:01:33.5
155.	1272	Kevin Pluck	m	Veteran 40	U/A Altrincham,	1:01:52.0
156.	1372	nicola nuttall	f	Lady Veteran 40	U/A bury, lancashire	1:01:53.2
157.	1360	Sophie Monkman	f		U/A Preston, Lancashire	1:01:53.7
158.	1613	Ian Paterson	m	Veteran 40	U/A Bootle, Merseyside	1:01:55.3
159.	1426	Tim Armitage	m	Veteran 40	U/A Ripon,	1:01:56.5
160.	1736	Emma Corrie	f			1:02:04.4
161.	1494	Delia Watts	f	Lady Veteran 50	Smiley Paces	1:02:08.1
162.	1319	Rachael Wood	f		U/A NEWCASTLE UPON TYNE, TYNE AND WEAR	1:02:11.1
163.	1423	Jon Armitage	m	Veteran 40	U/A Sheffield, South Yorks	1:02:11.2
164.	1424	Kate Armitage	f	Lady Veteran 40	U/A Sheffield,	1:02:11.4
165.	1542	Catherine Ball	f	Lady Veteran 40	Wirral Viking TRC	1:02:12.6
166.	1338	Kate McBlane	f		U/A Derby, Derbyshire	1:02:13.6
167.	1253	Hazel Ward	f	Lady Veteran 60	Jog on the Tyne	1:02:14.0
168.	1549	Toby Brothers	f	Lady Veteran 50	Hampstead Heath Park Run	1:02:14.3
169.	1495	Wendy Navin	f	Lady Veteran 40	St Bees Triers	1:02:17.8
170.	1581	Nick Grant-Rush	m	Veteran 40	U/A Wolverhampton ,	1:02:18.3
171.	1491	Liz Meekings	f	Lady Veteran 40	U/A Sheffield,	1:02:25.9
172.	1224	Sally Barton	f	Lady Veteran 50	Hoad Hill Harriers	1:02:26.9
173.	1311	Liz Matthews	f	Lady Veteran 50	York Knavesmire Harriers	1:02:31.9
174.	1686	Fiona Panes	f	Lady Veteran 40	Smiley Paces	1:02:33.0
175.	1573	Hilde Krynen	f	Lady Veteran 50	U/A Kendal, Cumbria	1:02:34.0
176.	1643	Charles Holdsworth	m	Veteran 50	U/A Leeds,	1:02:35.8
177.	1280	margaret henderson	f		U/A warton, lancs	1:02:38.1
178.	1281	helen sylvia	f	Lady Veteran 40	U/A carnforth, lancashire	1:02:38.1
179.	1565	Lorna Aust	f	Lady Veteran 50	U/A Stamford, Lincs	1:02:38.8
180.	1523	David Bailey	m	Veteran 40	U/A Burnley , Lancashire	1:02:46.1
181.	1694	Nicola Heaton	m		Smiley Paces	1:02:47.3
182.	1251	Sally Lambert	f	Lady Veteran 50	U/A Ambleside, Cumbria	1:02:57.3
183.	1557	Jessica Maskrey	f		Bridport Runners	1:03:05.3
184.	1259	Ewan Pullan	m	Veteran 50	U/A Penrith, Cumbria	1:03:10.9
185.	1458	Vicky Johnston	f	Lady Veteran 40	St Bees Triers	1:03:14.3
186.	1370	Gill Horne	f	Lady Veteran 60	Biddulph Running Club	1:03:15.5
187.	1306	Catherine Thomson	f	Lady Veteran 40	U/A Manchester,	1:03:22.1
188.	1485	Kirsty Wright	f		Wetherby Runners	1:03:24.5
189.	1422	Laura Robson	f		York Postal Harriers	1:03:26.4
190.	1702	Juliet Heatley	f	Lady Veteran 50	Smiley Paces	1:03:29.5
191.	1532	Sue Cash	f	Lady Veteran 60	Wirral Vikings TRC	1:03:37.7
192.	1252	James Leach-Holt	m		The Brick Project	1:03:46.3
193.	1479	Mathew Fairhurst	m		U/A Wigan, Lancashire	1:03:46.3
194.	1672	Jackie Frank	f	Lady Veteran 40	U/A Redcar,	1:03:54.1
195.	1476	Rachel Gasior	f	Lady Veteran 40	Keighley and Craven Athletic Club	1:03:58.5
196.	1577	Jo Bonham	f	Lady Veteran 40	U/A Barrow in Furness, Cumbria	1:04:08.7
197.	1262	Melissa Whitworth	f	Lady Veteran 40	manchester frontrunners	1:04:14.2
198.	1499	Susan Sharp	f	Lady Veteran 50	U/A Wakefield, west Yorkshire	1:04:14.5
199.	1266	Herpreet Bhamra	f		U/A Harrow, Middx	1:04:21.5
200.	1391	Jenny Ward	f		U/A CARNFORTH,	1:04:29.4
201.	1729	Lizzie Robinson	f		Holmfirth Harriers	1:04:30.6

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Pos	Bib	Name	M/F	Age Cat	Club	Time
202.	1285	paul norman	m	Veteran 40	U/A warrington, cheshire	1:04:46.1
203.	1541	JACQ JONES	f	Lady Veteran 40	Wirral Vikings TRC	1:04:53.9
204.	1665	Beth Irving	f	Lady Veteran 40	U/A Carlisle,	1:04:54.9
205.	1559	Elspeth Faulkner	f		Smiley Paces	1:04:58.2
206.	1309	Chris Pollard	m		U/A Manchester,	1:05:03.3
207.	1344	Deanna Dawkins	f		U/A York, PLEASE SELECT	1:05:05.9
208.	1343	Jason Platten	m		U/A York, PLEASE SELECT	1:05:06.0
209.	1374	claire fordham	f	Lady Veteran 40	U/A bury, lancashire	1:05:13.5
210.	1661	Alison Pye	f		U/A Kendal, Cumbria	1:05:14.3
211.	1508	Rob Fearnley	m		Otley AC	1:05:15.8
212.	1520	Alessandro Scaramuzza	m	Veteran 40	U/A London,	1:05:28.7
213.	1468	Eileen Jones	f	Lady Veteran 60	Clayton le Moors Harriers	1:05:31.5
214.	1618	David Cassels	m	Veteran 50	U/A Ayr, South Ayrshire	1:05:32.2
215.	1433	Chris Cousins	m	Veteran 50	U/A Sheffield,	1:05:32.4
216.	1375	Deborah Birch	f		U/A Lancaster, Lancashire	1:05:34.3
217.	1218	Anthony McCully	m	Veteran 60	none	1:05:37.5
218.	1258	Paul Abrams	m	Veteran 40	U/A St Helens, Lancs	1:05:40.6
219.	1247	Peter Phillips	m	Veteran 70	Loftus and Whitby AC	1:05:45.0
220.	1470	Lucy Hoyle	f		U/A Manchester,	1:05:49.0
221.	1664	Rachel Brownsmith	f		U/A Lancaster,	1:05:49.9
222.	1503	Martin White	m	Veteran 50	CFR	1:06:08.8
223.	1254	Evonne Carr	f		U/A Manchester, LANCS	1:06:09.5
224.	1689	Karen Hyatt	f	Lady Veteran 40	Smiley Paces	1:06:10.8
225.	1734	David Binks	m	Veteran 60	Allithwaite Running Club	1:06:15.6
226.	1562	Pam Goodman	f	Lady Veteran 60	U/A London,	1:06:15.6
227.	1614	Robert Shanahan	m	Veteran 50	Wirral Viking	1:06:23.5
228.	1527	Richard Amos	m		Bridgnorth Running Club	1:06:28.5
229.	1568	sally Slack	f		U/A Penrith,	1:06:29.1
230.	1700	Rose Ward	f		Smiley Paces	1:06:34.8
231.	1697	Rachel Barnes	f	Lady Veteran 40	Smiley Paces	1:06:34.9
232.	1528	Lucy Brooks	f		Bridgnorth Running Club	1:06:42.2
233.	1615	Janine McNeill	f	Lady Veteran 40	Thornton Cleveleys Running Club	1:06:43.0
234.	1598	Laura Hanson	f		U/A NEWCASTLE UPON TYNE, Tyne and Wear	1:06:44.8
235.	1512	Claire Bewsher	f	Lady Veteran 40	U/A Chorley, Lancashire	1:06:52.5
236.	1329	Jenna Bartlett	f		U/A Altrincham,	1:07:02.3
237.	1335	Nicola Brown	f		Jog Derbyshire	1:07:04.9
238.	1401	Susan Ridings	f	Lady Veteran 50	Clwydian Range Runners	1:07:08.5
239.	1488	Kerry Edwards	f	Lady Veteran 40	U/A Cupar, Fife	1:07:09.2
240.	1594	Susannah Eyre-Brook	f		U/A Newcastle upon Tyne,	1:07:09.5
241.	1591	clare williams	f		U/A newcastle upon tyne,	1:07:09.6
242.	1592	laurence chuter	m		U/A newcastle upon tyne,	1:07:10.0
243.	1728	Michael Price	m	Veteran 50	Team Inov8	1:07:13.7
244.	1443	Paul Hodgson	m		Monkey Runner	1:07:14.3
245.	1457	Sally Handscombe	f	Lady Veteran 40	U/A Ingleton , North Yorkshire	1:07:25.0
246.	1215	Catherine Cuthbert	f	Lady Veteran 40	U/A Wallasey, Wirral	1:07:27.1
247.	1483	Sarah Dodd	f		U/A Barrow In Furness, Cumbria	1:07:27.9
248.	1324	Louise Yates	f	Lady Veteran 40	U/A Wilmslow,	1:07:39.2
249.	1408	Nick Postill	m		U/A Ormskirk,	1:07:41.0
250.	1513	Elaine Coupland	f	Lady Veteran 50	Jog on the Tyne	1:08:04.7
251.	1534	Mark Cowan	m		Wirral Vikings TRC	1:08:05.4
252.	1510	Jenny Stinton	f	Lady Veteran 40	U/A Halesowen , West midlands	1:08:07.2
253.	1282	jeanette grimes	f	Lady Veteran 50	U/A prescot, merseyside	1:08:10.8
254.	1250	Gill Jackson	f	Lady Veteran 60	Jog on the Tyne	1:08:18.8
255.	1628	Martin Nesbitt	m	Veteran 50	U/A Whitley Bay, Tyne and Wear	1:08:21.6
256.	1546	Iain Arnison	m	Veteran 40	Wirral Vikings	1:08:36.7
257.	1545	Emily Astley	f	Lady Veteran 40	Wirral Vikings	1:08:36.9
258.	1351	Liz Totty	f	Lady Veteran 40	U/A Tarporley , Cheshire	1:08:40.9
259.	1320	Sara Dobson	f	Lady Veteran 50	Helm Hill Runners	1:08:45.7
260.	1677	Rachel Lee	f	Lady Veteran 50	DH Runners	1:08:51.1
261.	1334	Lynne Terry	f	Lady Veteran 40	U/A Belper, Derbyshire	1:08:55.0
262.	1305	Kevin Hancock	m	Veteran 40	U/A ashbourne, derbyshire	1:09:12.5
263.	1670	Richard Bowman	m	Veteran 40	Marple Runners	1:09:14.0
264.	1427	Rosie Dowe	f		U/A Leeds,	1:09:16.1
265.	1392	Sabina Delcassian	f		U/A London,	1:09:16.3
266.	1304	Andrea Hancock	f	Lady Veteran 40	U/A Ashbourne, Derbyshire	1:09:28.8
267.	1378	Alison Duggan	f	Lady Veteran 40	Washlands women	1:09:29.8
268.	1379	Selena Tye	f	Lady Veteran 40	Washlands Women's Running Club	1:09:30.0

Lakeland Trails in Helvellyn

Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Time
269.	1290	Ursula Kaul	f	Lady Veteran 40	U/A Ashbourne,	1:09:40.9
270.	1380	Joanna Muzzell	f		Washlands women's	1:09:42.2
271.	1332	Izzy Rourke	f		U/A Workington,	1:09:50.7
272.	1490	Jenny Neate	f		U/A Ambleside,	1:09:54.8
273.	1517	Deborah Williams	f	Lady Veteran 40	Jogg on the Tyne	1:10:03.9
274.	1580	Heidi Martin	f		St.Bees Triers	1:10:05.6
275.	1708	Bronwen Doyle	f	Lady Veteran 50	Smiley Paces	1:10:09.8
276.	1509	Juliet Rodgers	f	Lady Veteran 50	U/A London,	1:10:16.8
277.	1316	Deborah Cummings	f	Lady Veteran 40	U/A St Helens, Merseyside	1:10:23.2
278.	1315	Mark Cummings	m	Veteran 40	U/A St Helens, Merseyside	1:10:23.4
279.	1660	Tom French	m		U/A Skipton, North Yorkshire	1:10:31.1
280.	1453	Eileen Chestnut	f		U/A Sheffield, South Yorkshire	1:10:32.0
281.	1264	ian bancroft	m	Veteran 40	U/A warrington, cheshire	1:10:34.6
282.	1341	Jayne Caudwell	f	Lady Veteran 50	U/A Blandford Forum, Dorset	1:10:44.2
283.	1340	Ian Jones	m	Veteran 40	U/A blandford forum, dorset	1:10:44.2
284.	1268	Sarah Vickery	f	Lady Veteran 50	Rayleigh RAT Runners	1:11:02.9
285.	1239	Deborah Thorneycroft	f	Lady Veteran 50	U/A Stoke on Trent, Staffs	1:11:18.1
286.	1398	Sarah Cook	f	Lady Veteran 50	U/A Carlisle, Cumbria	1:11:20.1
287.	1461	Ellena Gamberini	f		Rocktart Runners	1:11:20.8
288.	1606	Sandra O'Connor	f	Lady Veteran 40	U/A Edgware, Middlesex	1:11:24.2
289.	1303	Janet Holmes	f	Lady Veteran 60	St Helens Sutton AC	1:11:28.1
290.	1726	Carol Mossop	f	Lady Veteran 50	Dumfries Running Club	1:11:32.2
291.	1733	Michelle Borrill	f	Lady Veteran 40	U/A Littleborough, Lancashire	1:11:49.1
292.	1519	Rachel Ashton	f	Lady Veteran 40	U/A Nottingham ,	1:12:09.4
293.	1525	Tracey Brocklehurst	f	Lady Veteran 50	U/A Wigan, Lancashire	1:12:09.7
294.	1617	Lorna Gamberini	f	Lady Veteran 50	Rocktart Runners	1:12:16.1
295.	1294	John Harrison	m	Veteran 70	U/A Carlisle, Cumbria	1:12:19.6
296.	1432	Jenny Mabbutt	f		U/A Accrington , Lancashire	1:12:23.5
297.	1551	Joanne Auty	f	Lady Veteran 40	U/A Huddersfield , West Yorkshire	1:12:33.2
298.	1521	Richard Cawdell	m	Veteran 60	U/A London,	1:12:34.4
299.	1411	Martin Donohue	m		U/A Wigan, Lancs	1:12:49.1
300.	1705	Bev Ensor	f		Smiley Paces	1:12:51.8
301.	1385	Rachel Forsyth	f		U/A Ambleside, Cumbria	1:12:51.8
302.	1505	Kelly Barrett	f		U/A Stockton on Tees,	1:12:55.8
303.	1506	martin barrett	m	Veteran 40	U/A stockton-on-tees,	1:12:55.9
304.	1389	Natalie Hirst	f		U/A Seafield, West Lothian	1:13:07.4
305.	1425	Julie Tyrer	f	Lady Veteran 40	U/A Preston,	1:13:10.0
306.	1709	Chrissie Garnock-Jones	f	Lady Veteran 50	Smiley Paces	1:13:18.7
307.	1610	Madeleine Vigar	f	Lady Veteran 50	U/A nr Haverhill, Essex	1:13:23.6
308.	1296	Hannah Rosborough	f	Lady Veteran 40	U/A Ashton Under Lyne, Lancs	1:13:30.5
309.	1237	Christine Gill	f	Lady Veteran 40	U/A Welshpool, Powys	1:13:30.8
310.	1354	Melanie Conaghan	f	Lady Veteran 40	U/A Leeds, West Yorkshire	1:13:36.2
311.	1330	Aynsley Tracy	f	Lady Veteran 40	U/A Glasgow, Glasgow City	1:13:37.2
312.	1206	Clare Image	f	Lady Veteran 40	U/A Leeds, West Yorkshire	1:13:37.2
313.	1497	Jackie Seigler	f	Lady Veteran 50	U/A London,	1:13:39.1
314.	1246	Sandra Bottomley	f	Lady Veteran 40	Ely Tri Club	1:13:46.0
315.	1255	Ian Mclean	m		U/A St Helens,	1:13:53.9
316.	1377	Emma Bremner	f		U/A Preston, Lancashire	1:13:57.8
317.	1317	Jessica Stafford	f		U/A Preston, Lancashire	1:14:01.0
318.	1318	Carol Stafford	f	Lady Veteran 50	U/A Lutterworth, Leicestershire	1:14:01.1
319.	1522	Miriam Bailey	f	Lady Veteran 50	U/A Burnley , Lancashire	1:14:07.7
320.	1397	Catherine Cannon	f		Wirral Vikings	1:14:27.6
321.	1540	David Moston	m	Veteran 40	Wirral Vikings	1:14:27.7
322.	1626	Liane Thompson	f	Lady Veteran 50	U/A Barrow-in-Furness, Cumbria	1:14:33.0
323.	1632	Clair Bonner	f	Lady Veteran 40	U/A Keighley, West Yorkshire	1:14:33.1
324.	1659	Janine Jordan	f		Middleton Harriers	1:14:36.0
325.	1410	Helen Donohue	f		U/A Wigan, Lancs	1:14:39.4
326.	1234	Yvonne Reape	f	Lady Veteran 40	U/A Leeds,	1:14:51.0
327.	1599	Elizabeth Jackson	f	Lady Veteran 40	U/A Tunstall, East Riding of Yorkshire	1:15:00.3
328.	1369	Corinne Tomlinson	f		U/A Hebden Bridge,	1:15:22.7
329.	1537	Kareen Porschke	f	Lady Veteran 40	Wirral Vikings	1:15:37.7
330.	1207	fiona reid	f	Lady Veteran 40	U/A manchster, Greater Manchester	1:15:44.8
331.	1208	susan cunningham	f	Lady Veteran 50	U/A manchster, Greater Manchester	1:15:44.8
332.	1235	Lesley Allison	f	Lady Veteran 50	U/A Penrith, Cumbria	1:15:45.7
333.	1383	Amy Stitt	f		U/A Morecambe,	1:15:50.0
334.	1347	Patrick McDonald	m	Veteran 50	U/A Formby, Merseyside	1:15:58.6
335.	1349	Joanne Pye	f		U/A Southport,	1:15:58.6

Lakeland Trails in Helvellyn

Helvellyn Trail Run10km

Pos	Bib	Name	M/F	Age Cat	Club	Time
336.	1348	Sharon Saunders	f		U/A Southport, Merseyside	1:15:58.8
337.	1413	Neil Murdy	m	Veteran 50	U/A Sunderland, Tyne and Wear	1:16:00.5
338.	1366	Amrit Kaur	f		U/A Sale,	1:16:04.5
339.	1365	Leanne Murray	f		U/A Sale, Cheshire	1:16:04.7
340.	1371	debs thompson	f		U/A Lancaster,	1:16:04.9
341.	1682	Lotty Bradford	f		Smiley Paces	1:16:18.8
342.	1358	Julia Dancy	f	Lady Veteran 40	U/A chester,	1:16:28.1
343.	1356	Laura Hothersall	f	Lady Veteran 40	U/A Haughton,	1:16:28.2
344.	1350	Katie Bentley	f		U/A Peckforton ,	1:16:29.2
345.	1507	Jane Dowson	f	Lady Veteran 40	Tadcaster Harriers	1:16:41.7
346.	1226	Ann Myatt	f	Lady Veteran 50	Cheadle	1:16:43.5
347.	1552	Bridget Peacock	f	Lady Veteran 40	U/A London,	1:16:55.7
348.	1205	Wendy Sanders	f	Lady Veteran 50	U/A Glossop, Derbyshire	1:16:56.2
349.	1529	Michael Peckett	m	Veteran 50	U/A Hope Valley , Derbyshire	1:17:04.3
350.	1724	Carol Dent	f	Lady Veteran 60	Crocwalkers	1:17:35.0
351.	1307	Allyson Miller	f	Lady Veteran 40	U/A Chorley, Lancashire	1:17:37.6
352.	1707	Louise Caudwell	f	Lady Veteran 40	Smiley Paces	1:17:45.3
353.	1570	Jane Naylor	f		Smiley Paces	1:18:07.0
354.	1582	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:18:32.9
355.	1715	Amanda Beresford	f		Roundhay Runners	1:18:35.4
356.	1477	Catherine Wearing	f		U/A Lancaster,	1:19:17.0
357.	1730	Caroline Kenyon	f	Lady Veteran 50	U/A Liverpool,	1:19:37.9
358.	1216	Niki Stockton	f	Lady Veteran 40	U/A Manchester,	1:19:52.3
359.	1604	suzanne crozier	f	Lady Veteran 50	monkey runners	1:20:52.7
360.	1363	Sally Wallwin	f	Lady Veteran 40	U/A Belper, Derbyshire	1:21:07.3
361.	1561	Briony Fane	f	Lady Veteran 60	U/A London, London	1:21:14.4
362.	1312	Peter Matthews	m	Veteran 70	U/A Selby, N Yorks	1:21:45.1
363.	1500	Caroline Noon	f	Lady Veteran 50	U/A London,	1:22:25.9
364.	1364	Christine Winder	f	Lady Veteran 50	Glaxo Hoad Hill Harriers	1:22:54.5
365.	1560	Nina Wessels	f	Lady Veteran 40	U/A London,	1:23:10.6
366.	1321	Susan Strother	f	Lady Veteran 50	U/A Lytham St Annes, Lancashire	1:23:47.2
367.	1493	Cassandra Dowthwaite	f	Lady Veteran 40	Smiley Paces	1:23:59.0
368.	1492	Lucy Marris	f	Lady Veteran 50	Smiley Paces	1:24:42.0
369.	1314	Catherine Haggerty	f		U/A St Helens, Merseyside	1:24:58.3
370.	1322	Andrea Smith	f	Lady Veteran 50	U/A Lytham St Annes, Lancashire	1:25:11.0
371.	1585	Sue Smith	f	Lady Veteran 50	U/A Morecambe, Lancs	1:25:36.9
372.	1644	Hayley Davidson	f	Lady Veteran 40	U/A Warrington, Cheshire	1:25:53.2
373.	1645	Jonathan Davidson	m	Veteran 50	U/A Warrington,	1:25:54.0
374.	1336	Donna Higgins	f	Lady Veteran 40	U/A Wigan , Lancashire	1:26:23.0
375.	1337	Leanne Morgan-Hillam	f		Wigan Harriers	1:26:23.0
376.	1238	Lindsay Gerrand	f	Lady Veteran 40	U/A Leeds,	1:26:49.8
377.	1399	Maisie Cook	f		U/A Carlisle,	1:27:32.2
378.	1291	Nicola Mccanny	f	Lady Veteran 40	U/A Penrith , Cumbria	1:27:32.3
379.	1704	Kerrys Clark	f	Lady Veteran 40	Smiley Paces	1:28:04.5
380.	1706	Caron Tickle	f	Lady Veteran 40	Smiley Paces	1:28:04.7
381.	1460	Sandra Woods	f	Lady Veteran 40	U/A Barrow-In-Furness, Cumbria	1:30:33.1
382.	1459	Helen Wilson	f		U/A Barrow-In-Furness, Cumbria	1:30:33.4
383.	1574	Edwina Rickards Collinson	f	Lady Veteran 50	Nordic walker	1:30:49.3
384.	1616	Christine Fildes	f	Lady Veteran 50	Nics Nordic Walks	1:30:49.5
385.	1242	Emily Hardy	f		Washlands Womens Runners	1:32:09.6
386.	1243	Jill Langley	f	Lady Veteran 40	Washlands women runners	1:32:09.8
387.	1631	Dot Carr	f	Lady Veteran 70	U/A harrogate, yorkshire	1:35:51.4
388.	1241	Chris Robson	m	Veteran 70	U/A St Bees, Cumbria	1:40:29.9
389.	1710	Rosie Elmore	f	Lady Veteran 70	Smiley Paces	1:40:39.7

Number of records: 389