

# Lakeland Trails in Helvellyn

## Helvellyn Trail Race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Time
1.	380	Tom Adams	m		Ilkely Harriers	0:52:31.4
2.	268	Dave Ragan	m		Basingstoke & Mid Hants AC	0:56:19.2
3.	40	Morgan Donnelly	m		Team Inov8	0:58:06.6
4.	461	Paul Brunger	m		Derwent Valley RC	1:00:02.6
5.	258	Allen Smalls	m	Veteran 40	Colchester Harriers	1:00:44.0
6.	93	Matthew Hayes	m	Veteran 40	East Hull Harriers	1:01:07.3
7.	313	Steve Rankin	m		U/A Boldon Colliery, Tyne & Wear	1:02:24.0
8.	160	Paul Reilly	m	Veteran 40	Coniston Fell Runners	1:02:31.8
9.	146	Marlon Bouman	m		U/A Hove, Sussex	1:03:00.3
10.	383	Chris corless	m	Veteran 40	Team mountain fuel	1:03:04.2
11.	13	Victoria Sewell	f		Knavesmire Harriers	1:03:37.4
12.	303	Steve Horton	m		Bedford Harriers AC	1:04:05.4
13.	302	Jamie Arkle	m		Eden Runners	1:04:30.7
14.	55	Richard Bate	m		Dudley Kingswinford Running Club	1:04:49.3
15.	37	Lindsey Brindle	f		Team Inov8	1:04:51.3
16.	131	James Ainsworth	m	Veteran 40	Vale Royal AC	1:04:57.8
17.	400	Smith James	m		Barrow Runners	1:05:14.0
18.	243	Robert Jackson	m	Veteran 40	ProwBoBob	1:05:47.8
19.	330	Mark Morgan-Hillam	m	Veteran 40	Wigan and District Harriers	1:06:05.3
20.	191	Chris Gray	m	Veteran 40	Tri Lakeland	1:06:25.6
21.	254	Stephen Walker	m	Veteran 40	Beverley AC	1:06:34.0
22.	325	Tom Calvert	m		U/A Knaresborough ,	1:06:38.7
23.	201	David Bellerby	m	Veteran 40	U/A Harrogate, North Yorkshire	1:06:47.4
24.	99	Kevin Duckworth	m	Veteran 50	Dudley Kingswinford	1:06:51.0
25.	424	Nicholas Tate	m		Selby Striders	1:07:02.8
26.	417	Scott Smith	m		Selby Striders	1:07:04.7
27.	112	Ewan Sewell	m		U/A York, North Yorkshire	1:07:11.9
28.	267	Mark Blackwell	m	Veteran 40	WestCumbriaTri	1:07:26.6
29.	395	Neil Chris	m		Barrow Runners	1:07:32.8
30.	310	Peter Marshall	m	Veteran 40	U/A Bristol, Somerset	1:07:40.6
31.	340	Gary Richardson	m	Veteran 40	Vale Royal AC	1:07:41.4
32.	294	darren allan	m	Veteran 50	U/A BARNARD CASTLE,	1:07:50.8
33.	359	Jane McCarthy	f	Lady Veteran 40	Ilkley Harriers	1:07:51.7
34.	314	Rob Cunningham	m		Ilkley Harriers	1:07:54.3
35.	123	Allan Dodds	m	Veteran 40	Roundhay Runners	1:07:59.7
36.	427	David Stainthorpe	m	Veteran 40	Selby Striders	1:08:01.0
37.	261	Dave Ramsay	m	Veteran 50	Bentham Beagles	1:08:12.3
38.	292	James Ireland	m		U/A Knaresborough, North Yorkshire	1:08:15.5
39.	163	Stephen Regan	m		U/A Wigan, Lancashire	1:08:41.9
40.	336	Ben Swarbrick	m		U/A Preston , Lancashire	1:08:47.2
41.	194	john skelton	m	Veteran 40	brickers	1:09:06.7
42.	159	Oliver Scott-Harden	m		N/A	1:09:07.5
43.	339	Nick Haywood	m		Vale Royal AC	1:09:09.6
44.	411	Dominic Harris	m		Alnwick Harriers	1:09:27.1
45.	134	tim muir	m	Veteran 40	U/A London,	1:09:38.8
46.	119	Byron Morgan	m	Veteran 40	Tidy	1:10:02.9
47.	355	Harry Vaneris	m		U/A London,	1:10:43.2
48.	413	Adam Spiller	m	Veteran 40	Alnwick Harriers	1:10:46.9
49.	166	Roberto Raso	m	Veteran 50	Manchester frontrunners	1:11:00.7
50.	151	Rich Sykes	m	Veteran 40	Spa Striders	1:11:59.8
51.	269	Dan Foley	m	Veteran 40	U/A Harrogate, N.Yorks	1:12:18.2
52.	247	David Parkin	m	Veteran 40	U/A Melbourne , Derbyshire	1:12:28.1
53.	338	Chris Tack	m	Veteran 40	N/A	1:12:59.1
54.	366	Rob Langton	m		U/A LONDON, LONDON	1:13:02.5
55.	287	peter fishpool	m	Veteran 50	U/A driffield, east yorks	1:13:08.9
56.	367	Angus McKendrick	m		U/A Kendal, Cumbria	1:13:10.2
57.	369	Lindsay Smith	f		Derwent Valley RC	1:13:22.6
58.	83	James Stewart Rideout	m	Veteran 50	Bolton United Harriers	1:13:28.2
59.	378	Robert Hartley	m	Veteran 40	U/A Paisley, Renfrewshire	1:13:47.2
60.	205	Nick Cox	m	Veteran 40	U/A ambleside, cumbria	1:13:51.9
61.	331	maxwell fox-leonard	m		U/A stockport,	1:13:56.0
62.	256	Jo Brown	f		Northbrook AC	1:13:56.8
63.	208	Jamie Entwistle	m		Lauderdale Limpers	1:14:01.0
64.	188	Suzanne Toppin	f	Lady Veteran 40	Team mountain fuel	1:14:07.3
65.	23	Stuart Taylor	m	Veteran 40	U/A Preston, Lancashire	1:14:16.9
66.	24	Paul Hudson	m	Veteran 40	U/A Carlisle, Cumbria	1:14:26.9
67.	327	Caspar Zoefitg	m		U/A Milton Keynes, Buckinghamshire	1:14:29.5

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Pos	Bib	Name	M/F	Age Cat	Club	Time
68.	89	Tim Johnson	m		None	1:14:30.4
69.	297	Matthew Adams	m	Veteran 40	U/A Nottingham , Nottinghamshire	1:14:34.1
70.	76	Simon Blizzard	m		Dudley Kingswinford	1:14:39.1
71.	301	Adrian Hope	m	Veteran 40	Team Inov8	1:14:50.0
72.	280	Trevor Foster	m		U/A Holyhead ,	1:14:51.4
73.	250	James Wright	m		Knaresborough Striders	1:14:53.6
74.	169	sam colman	m		U/A otley, yorkshire	1:14:54.0
75.	252	Paul Robertson	m	Veteran 50	Wirral Vikings	1:14:56.3
76.	174	Dominic Martin	m	Veteran 40	Derwent Valley Trail Runners	1:14:58.8
77.	388	Nick Higham	m	Veteran 40	Lancaster and Morecambe AC	1:14:59.4
78.	61	David Norman	m	Veteran 40	Dudley Kingswinford	1:15:01.4
79.	390	Peter Storey	m		Derwent Valley RC	1:15:05.4
80.	263	Cyrille Petryniak	m		KSAT BIL	1:15:06.3
81.	321	Adam Armata	m		U/A Carlisle ,	1:15:20.5
82.	79	Mauro Rotondi	m	Veteran 40	Radcliffe AC	1:15:24.1
83.	207	Ian Maudsley	m	Veteran 40	U/A Sale, Cheshire	1:15:31.0
84.	379	Paul McVittie	m	Veteran 40	U/A Durham,	1:15:33.4
85.	356	Ian Stainthorpe	m	Veteran 50	Rochdale Harriers	1:15:42.7
86.	463	Cat Simpson	f		Team Inov8	1:15:50.6
87.	49	leslie johnson	m	Veteran 40	Northwich Running Club	1:15:58.9
88.	333	joe robertson	m		U/A bulford,	1:16:03.1
89.	72	NEIL WHITAKER	m		U/A Bury, Lancashire	1:16:08.0
90.	210	Chris Cairns	m		U/A Glasgow,	1:16:10.6
91.	125	Jethro House	m		U/A Budleigh salterton,	1:16:15.3
92.	39	Niamh Jackson	f		Kirkstall Harriers	1:16:28.6
93.	102	Joe Steele	m	Veteran 40	Roundhay Runners	1:16:28.6
94.	100	Richard Swift	m		U/A Chester,	1:16:33.3
95.	211	Phillip Wood	m		U/A Dewsbury, West Yorkshire	1:16:45.7
96.	214	Philip Love	m	Veteran 40	U/A Leeds, West Yorkshire	1:16:47.8
97.	293	Annamarie Bulcock	f	Lady Veteran 40	Skipton AC	1:16:52.8
98.	251	Ben Ashton	m	Veteran 40	U/A Nottingham, NOTTINGHAMSHIRE	1:16:56.6
99.	195	Chris Graham	m	Veteran 40	U/A Windermere, Cumbria	1:17:00.9
100.	396	Male Jonathon	m	Veteran 40	Barrow Runners	1:17:13.5
101.	414	Dean Stackhouse	m		Alnwick Harriers	1:17:15.4
102.	38	Russ Thompson	m	Veteran 50	U/A Barrow-in-Furness, Cumbria	1:17:23.8
103.	80	Peter Hood	m	Veteran 50	Dudley Kingswinford (DK) Running Club	1:17:26.2
104.	94	Brian Smith	m		U/A Lincoln,	1:17:29.8
105.	365	Stephen Cooper	m		The Always Merk	1:17:31.3
106.	372	Andrew Pye	m	Veteran 40	U/A Kendal, Cuumbria	1:17:54.4
107.	156	David Stevenson	m	Veteran 40	U/A Wilmslow, Cheshire	1:17:54.8
108.	291	Charles Hewitt	m		U/A Stratford-upon-Avon, Warwickshire	1:18:23.4
109.	161	William James	m		U/A Leeds,	1:18:25.8
110.	150	Jackie Murdy	f	Lady Veteran 50	South Shields Harriers	1:18:26.0
111.	66	Richard Froggatt	m	Veteran 40	U/A Brierley Hill, West Midlands	1:18:26.4
112.	328	Nicola Carter	f	Lady Veteran 40	Knaresborough Striders	1:18:39.1
113.	189	Phil Goadby	m		U/A Ulverston, Cumbria	1:18:44.8
114.	73	Mike Womack	m		Lymm Runners	1:18:47.6
115.	122	Niamh Stack	f		U/A NEWCASTLE UPON TYNE,	1:18:52.9
116.	43	Richard Toller	m	Veteran 60	Dundee Road Runners AC	1:18:55.8
117.	57	Elizabeth Mullan	f		Clayton-le-Moors Harriers	1:18:56.0
118.	77	Ian Thompson	m		Heaton Harriers	1:18:58.3
119.	397	Harman Louise	f		Barrow Runners	1:18:58.4
120.	138	Simon Scott-Harden	m	Veteran 40	Gosforth Harriers	1:19:13.2
121.	176	Paul Renison	m	Veteran 40	U/A Penrith, Cumbria	1:19:13.2
122.	71	samuel white	m		Victoria Park Harriers	1:19:22.7
123.	409	Mark Doctor	m	Veteran 40	Alnwick Harriers	1:19:28.5
124.	242	Annabel Prow	f		U/A Nottingham,	1:19:30.1
125.	60	Mark Gallimore	m	Veteran 50	Dudley Kingswinford	1:19:34.5
126.	128	Henry G MacInnes	m		U/A LONDON, Greater London	1:19:36.9
127.	109	Phillip Turner	m		Ealing Eagles	1:19:49.0
128.	148	Adrian Hadley	m		Cumberland AC	1:20:09.8
129.	182	Robert Walling-Wefelmeyer	m		U/A London,	1:20:11.5
130.	215	Hilary Barber	f	Lady Veteran 50	U/A Keighley, West Yorkshire	1:20:18.2
131.	70	Danny Keir	m		U/A London,	1:20:31.8
132.	153	George James	m		U/A London,	1:20:33.6
133.	56	Adam Stephenson	m		Clayton-le-Moors Harriers	1:20:50.1
134.	108	Lucy Stuart	f		Warrington Triathlon Club	1:20:53.3

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Pos	Bib	Name	M/F	Age Cat	Club	Time
135.	260	Phillip Thomson de Zylva	m	Veteran 50	Ulladulla Rats	1:21:09.2
136.	91	Hannah Dickinson	f		U/A Warrington ,	1:21:09.7
137.	203	Ian Atkinson	m	Veteran 40	U/A Edinburgh,	1:21:17.3
138.	304	Anna Folland	f	Lady Veteran 40	Bedford Harriers AC	1:21:34.5
139.	416	Alice Tetley-Paul	f		Alnwick Harriers	1:21:35.6
140.	351	PAUL BLUNDELL	m	Veteran 50	HARDLEY RUNNERS	1:21:36.5
141.	364	Andy Letheran	m	Veteran 50	U/A Kendal	1:21:39.2
142.	147	Nancy Wade	f		U/A Silsden, West Yorkshire	1:21:44.8
143.	311	Aaron Smith	m		U/A Cambridge, Cambridgeshire	1:21:51.5
144.	190	David Burns	m	Veteran 50	Dumfries Running Club	1:21:55.0
145.	167	Toby Casstles	m		U/A Rainford, Merseyside	1:22:01.9
146.	441	Cath Fenn	f	Lady Veteran 40	Northbrook AC	1:22:02.8
147.	282	Kirsty Reade	f	Lady Veteran 40	Didcot Runners	1:22:06.2
148.	170	Andy Whitlock	m		U/A Lymm, Cheshire	1:22:19.9
149.	429	Adrian Craven	m	Veteran 40	Selby Striders	1:22:20.5
150.	183	Ani Umer	m		U/A London,	1:22:21.8
151.	255	Jill Pittard	f		Northbrook AC	1:22:28.5
152.	179	David Graham	m		U/A London,	1:22:35.6
153.	412	David Hindmarsh	m	Veteran 50	Alnwick Harriers	1:22:37.9
154.	288	Rachel Hollins	f	Lady Veteran 40	Biddulph Running Club	1:22:41.2
155.	289	Michael Lemmy	m	Veteran 40	U/A Ashton Hayes, Cheshire	1:22:41.6
156.	358	Chris Price	m	Veteran 50	York Acorns	1:22:49.4
157.	198	Andrew Simpson	m		U/A Bishop Auckland, Co. Durham	1:22:57.5
158.	266	John Allen	m	Veteran 50	Red Rose Road Runners	1:23:11.5
159.	115	Melanie Rotherham	f	Lady Veteran 50	U/A Nottingham,	1:23:21.0
160.	84	Victoria Hufton	f		U/A Sheffield,	1:23:22.5
161.	113	James Urwin	m		U/A Bingley,	1:23:26.2
162.	382	Ben Maskrey	m		U/A Dorchester, Dorset	1:23:29.4
163.	162	Chris Farrimond	m		U/A Wigan, Greater Manchester	1:23:37.8
164.	276	Nic Frow	f	Lady Veteran 40	Smiley Paces	1:23:42.5
165.	337	Sophia Haywood	f	Lady Veteran 40	Vale Royal AC	1:23:52.2
166.	298	Lewis McIntyre	m	Veteran 50	U/A AYR, South Ayrshire	1:23:52.4
167.	318	Mike Lloyd	m		U/A Ossett,	1:23:59.2
168.	319	Caroline Lloyd	f		U/A Ossett,	1:24:00.2
169.	342	Sarah Nutt	f		U/A Stockport,	1:24:27.7
170.	209	Hannah Cummins	f		U/A Glasgow ,	1:24:29.0
171.	41	Philippa Leach	f	Lady Veteran 50	U/A Alfreton, Derbyshire	1:24:32.1
172.	74	Danny Butterworth	m		Barlik Fell Runners	1:24:34.0
173.	257	Richard Hawkins	m		York Postal Harriers	1:24:34.6
174.	59	Paul Jones	m	Veteran 40	U/A Chester, No State Required	1:25:25.2
175.	35	Bree Sutcliffe	f	Lady Veteran 40	Chester Triathlon	1:25:25.3
176.	127	Andy Jackson	m	Veteran 40	U/A Stockport , Cheshire	1:25:33.7
177.	202	Emma Anderson	f	Lady Veteran 40	U/A Edinburgh,	1:26:05.6
178.	199	Sue Marshall	f	Lady Veteran 50	Skipton AC	1:26:22.8
179.	347	Jacqueline Kandsberger	f		U/A Dumfries, Dumfriesshire	1:26:26.1
180.	249	Laura Hankinson	f	Lady Veteran 40	Wormit Runners	1:26:27.9
181.	309	Lorna Templeton	f	Lady Veteran 40	U/A Bristol, Somerset	1:26:30.0
182.	401	Unitt Andrew	m	Veteran 60	Barrow Runners	1:26:47.8
183.	343	Melanie Steventon	f		Skipton AC	1:26:57.5
184.	181	Paul Jackson	m	Veteran 40	CAP	1:26:59.8
185.	154	Lucy Tugwell	f		Spa Striders	1:27:03.8
186.	120	Julie Smith	f	Lady Veteran 50	U/A Glossop, Derbyshire	1:27:04.5
187.	348	Katrina Durie	f		U/A Glasgow,	1:27:08.4
188.	219	Isabelle Pound	f	Lady Veteran 50	Smiley Paces	1:27:12.4
189.	456	Andi Herrick	f	Lady Veteran 40	Smiley Paces	1:27:24.3
190.	62	John Bamforth	m	Veteran 50	U/A Wigton, Cumbria	1:27:25.3
191.	357	Andrew Bagshaw	m	Veteran 40	Bramhall Runners	1:27:26.1
192.	305	Huw Parry	m	Veteran 50	North Shields Polytechnic	1:27:28.4
193.	438	Alan Marshall	m	Veteran 50	Selby Striders	1:27:31.6
194.	430	Stephen Headley	m	Veteran 50	Selby Striders	1:27:48.4
195.	402	Dave Bartrum	m	Veteran 50	Alnwick Harriers	1:27:49.9
196.	196	Rachel Wyse	f		Jog on the Tyne	1:27:54.9
197.	404	Lisa Baston	f		Alnwick Harriers	1:27:55.2
198.	374	Doug Bryden	m	Veteran 50	Red Rose Road Runners	1:28:14.3
199.	240	Jonathan Jamison	m	Veteran 40	North Shields Poly	1:28:16.9
200.	230	Ruth Ford	f	Lady Veteran 40	Washlands Women Runners	1:28:22.9
201.	324	Chris Green	m	Veteran 50	U/A Matlock, Derbyshire	1:28:24.4

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Pos	Bib	Name	M/F	Age Cat	Club	Time
202.	51	Phil Smith	m	Veteran 50	Dudley Kingswinford Running Club	1:28:29.6
203.	21	Kath Hoyer	f	Lady Veteran 50	Wesham Road Runners	1:28:41.6
204.	375	Kay McGreevy	f	Lady Veteran 50	BMF Glasgow	1:28:44.8
205.	28	Gavin Wiedman	m	Veteran 40	U/A Ingleby barwick,	1:29:20.9
206.	420	Nick Summerton	m		Selby Striders	1:29:24.9
207.	171	peter myerscough	m	Veteran 60	Sunderland Strollers	1:29:31.5
208.	312	Eileen Naughton	f		U/A Didcot, Oxfordshire	1:29:34.6
209.	118	Mark Day	m	Veteran 40	U/A High Peak, Derbyshire	1:29:39.7
210.	316	June Harrison	f	Lady Veteran 40	U/A Chester, Cheshire	1:29:40.3
211.	273	David Cummins	m	Veteran 40	U/A chorley,	1:29:41.1
212.	323	Michael Wilkinson	m	Veteran 40	Swinton Running Club	1:30:12.0
213.	332	Hannah Billett	f		U/A Newcastle upon Tyne, Tyne and Wear	1:31:01.7
214.	462	Dot Kesterton	f	Lady Veteran 60		1:31:03.6
215.	299	Allison McIntyre	f	Lady Veteran 40	U/A Ayr, South Ayrshire	1:31:12.2
216.	48	John McIntosh	m	Veteran 50	Dundee Roadrunners	1:31:16.8
217.	152	Tom Holmes	m		U/A Leyton, London	1:31:21.3
218.	442	Caroline French	f	Lady Veteran 40	Smiley Paces	1:31:22.0
219.	237	Ian Moir	m	Veteran 40	British Military Fitness	1:31:22.1
220.	133	Peter Sant	m	Veteran 40	None	1:31:23.0
221.	274	Charlotte Mundy	f		U/A Alnwick,	1:31:27.3
222.	389	Paul Smitham	m	Veteran 50	GMFRS Mountain Running Club	1:31:29.3
223.	20	Helen Waddington	f	Lady Veteran 40	Ilkley Harriers	1:31:34.5
224.	371	Lisa Carter	f	Lady Veteran 40	Radcliffe AC	1:31:45.4
225.	285	Karen Hood	f		Skipton AC	1:31:52.9
226.	144	Jason Borrill	m	Veteran 40	U/A Littleborough, Lancashire	1:32:02.1
227.	277	Phil Walton	m	Veteran 40	Warrington Running Club	1:32:04.6
228.	275	Louise Plevin	f		U/A Warrington, Cheshire	1:32:04.7
229.	415	Conrad Stewart	m	Veteran 40	Alnwick Harriers	1:32:39.8
230.	238	Lauren Hadfield	f		Washlands Womens Runners	1:32:46.0
231.	376	David Devine	m	Veteran 50	U/A Glasgow, Scotland	1:32:56.1
232.	241	Kirsty Dumelow	f		Washlands Women Runners	1:33:12.4
233.	335	Elysa Watson	f		U/A Panton Hill , Victoria	1:33:19.5
234.	204	Gill Cox	f		U/A Ambleside, Cumbria	1:33:21.8
235.	279	Stephen McElhone	m	Veteran 40	U/A Market Harborough, Leicestershire	1:33:41.6
236.	386	Graham Schofield	m	Veteran 60	Chorley Harriers	1:33:46.7
237.	92	Alison Burnett	f	Lady Veteran 40	East Hull Harriers	1:33:50.0
238.	200	Andrew Haley	m	Veteran 50	U/A Morecambe, Lancs	1:34:07.8
239.	394	Spencer Jane	f	Lady Veteran 40	Barrow Runners	1:34:08.0
240.	433	Joanne Lock	f	Lady Veteran 40	Selby Striders	1:34:10.5
241.	140	HAZEL PEARSON	f	Lady Veteran 50	U/A YORK, NORTH YORKSHIRE	1:34:17.2
242.	218	jane langham	f	Lady Veteran 50	smiley paces	1:34:24.1
243.	459	Judith Moore	f	Lady Veteran 50	Smiley Paces	1:34:27.4
244.	361	peter reed	m	Veteran 60	Northumberland Fell Runners	1:34:54.0
245.	418	Jodie Smith	f	Lady Veteran 40	Selby Striders	1:35:58.9
246.	315	Jen Hare	f		U/A Cambridge,	1:35:59.7
247.	81	Cath Jones	f	Lady Veteran 50	Bolton Harriers	1:36:09.9
248.	222	Sarah Crossland	f	Lady Veteran 40	Smiley Paces	1:36:10.7
249.	253	Rebecca Joyce	f		Smileys	1:36:12.5
250.	65	Gail Tombs	f	Lady Veteran 60	Calder Valley Fell Runners	1:36:15.8
251.	168	Stuart Bevan	m		U/A Margate, Kent	1:36:17.9
252.	192	Laura Broatch	f		Dumfries Running Club	1:36:19.4
253.	262	Ruth McDonald	f	Lady Veteran 50	Bentham Beagles Running Club	1:36:27.4
254.	300	Anna Maciejkowicz	f		U/A Kendal,	1:36:42.6
255.	425	Nigel Taylor	m	Veteran 40	Selby Striders	1:37:05.6
256.	426	Lesley Stainthorpe	f	Lady Veteran 40	Selby Striders	1:37:31.0
257.	360	David Lithgow	m	Veteran 40	Spa Striders	1:37:41.1
258.	278	Garry Hobson	m	Veteran 50	Scunthorpe and District	1:37:43.5
259.	434	David Kellett	m	Veteran 60	Selby Striders	1:38:19.7
260.	453	Justine Pedler	f	Lady Veteran 50	Smiley Paces	1:38:25.8
261.	454	Claudie Combelas	f	Lady Veteran 50	Smiley Paces	1:38:26.6
262.	436	Zoey Heneachon	f	Lady Veteran 40	Selby Striders	1:38:32.9
263.	437	Chris Heneachon	m	Veteran 40	Selby Striders	1:38:33.1
264.	105	Mark Homer	m	Veteran 50	Dudley Kingswinford	1:38:44.5
265.	90	Liam Heaphy	m		U/A Warrington,	1:39:18.7
266.	391	Rich Madden	m	Veteran 40	U/A Accrington , Lancashire	1:39:22.5
267.	265	Donna Madden	f	Lady Veteran 40	U/A Accrington , Lancashire	1:39:23.0
268.	421	Gillian Chatham	f		Selby Striders	1:39:43.9

# Lakeland Trails in Helvellyn

## Helvellyn Trail Race 15km

Pos	Bib	Name	M/F	Age Cat	Club	Time
269.	448	Clare Moody	f	Lady Veteran 40	Smiley Paces	1:39:57.2
270.	165	Linda Rix	f	Lady Veteran 50	Manchester Frontrunners	1:40:12.4
271.	46	Glen Wiedman	m		U/A Carlisle,	1:40:13.2
272.	344	Claire Westrope	f	Lady Veteran 40	Spa striders	1:41:09.5
273.	450	Rosie Clegg	f	Lady Veteran 40	Smiley Paces	1:41:10.8
274.	329	Nick Pape	m	Veteran 50	Hermitage harriers	1:41:11.4
275.	307	Nichola Whalley	f		U/A St Neots, Cambs	1:41:13.8
276.	110	Olivia Parker-Scott	f		Ealing Eagles	1:42:08.5
277.	428	Andrea Whitehead	f		Selby Striders	1:42:26.1
278.	419	Phil Alford	m	Veteran 50	Selby Striders	1:42:26.3
279.	422	Mark Allitt	m	Veteran 50	Selby Striders	1:42:32.0
280.	308	Alison Peter	f		U/A Cambridge,	1:43:03.4
281.	197	Nadia Luheshi	f		U/A Cambridge, Cambs	1:43:03.5
282.	220	Pamela Leon	f	Lady Veteran 40	Smiley Paces	1:44:07.0
283.	457	Sarah Gibbon	f	Lady Veteran 40	Smiley Paces	1:44:07.6
284.	458	Nicola Sewell	m	Veteran 50	Smiley Paces	1:44:07.6
285.	452	Clare Thompson	f	Lady Veteran 40	Smiley Paces	1:44:07.9
286.	248	Laura Jackson	f		Washland Women Runners	1:44:40.1
287.	345	PHILIP YOUNG	m	Veteran 40	NEWCASTLE HASH HOUSE HARRIERS	1:44:44.8
288.	217	Sandi Carman	f	Lady Veteran 40	Smiley Paces	1:45:50.2
289.	193	Molly Taylor	f		Royston Runners	1:45:52.1
290.	423	Debbie Scott	f	Lady Veteran 50	Selby Striders	1:46:22.6
291.	47	dave blinco	m		U/A manchester , lancashire	1:46:25.9
292.	460	Ruth Jacobs	f	Lady Veteran 50	Smiley Paces	1:47:12.1
293.	227	Maeve Largey	f		U/A Sheffield, South Yorkshire	1:47:12.2
294.	444	Fiona Panes	f	Lady Veteran 40	Smiley Paces	1:47:15.9
295.	446	Karen Stevens	f	Lady Veteran 40	Smiley Paces	1:47:16.1
296.	440	Lotty Bradford	f		Smiley Paces	1:47:16.1
297.	245	Helen Dyche	f	Lady Veteran 40	Washland women runners	1:47:17.0
298.	224	Catherine Bowman	f	Lady Veteran 40	Smiley Paces	1:47:29.5
299.	173	Gillian McLaughlin	f	Lady Veteran 40	U/A Sunderland,	1:47:41.2
300.	172	Samantha Meredith	f	Lady Veteran 40	U/A Sunderland,	1:47:41.2
301.	223	Helen Hill	f	Lady Veteran 40	Billingham Marsh House Harriers	1:48:03.7
302.	139	Gail Harrison	f	Lady Veteran 40	Bolton United Harriers	1:48:26.6
303.	431	Fiona Headley	f	Lady Veteran 50	Selby Striders	1:49:15.8
304.	114	Ruth Toller	f	Lady Veteran 60	Dundee Road Runners	1:49:17.5
305.	399	Robson Farah	f	Lady Veteran 50	Barrow Runners	1:49:46.6
306.	149	Tracey Shaw	f		Cumberland AC	1:50:23.0
307.	407	Carol Davison	f	Lady Veteran 40	Alnwick Harriers	1:51:17.2
308.	221	Julia Delaney	f	Lady Veteran 40	Smiley Paces	1:52:52.4
309.	334	Jane Boden	f	Lady Veteran 40	Smiley Paces	1:52:53.1
310.	226	Cath Wheen	f	Lady Veteran 50	Smiley Paces	1:52:53.3
311.	447	Karen Hyatt	f	Lady Veteran 40	Smiley Paces	1:54:09.9
312.	246	Sarah Langford	f	Lady Veteran 40	Washland Women Runners	1:55:14.2
313.	232	Karen Jackson	f	Lady Veteran 50	Washlands Women Runners	1:55:14.2
314.	231	Sian Hamilton	f	Lady Veteran 40	Washlands Women Runners	1:56:46.1
315.	244	Sylvia Franklin	f	Lady Veteran 50	Washlands women runners	1:56:46.3
316.	455	Sharon Ward	f	Lady Veteran 40	Smiley Paces	2:21:14.3

Number of records: 316