

## Lakeland Trails at Helvellyn

## Helvellyn Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1.	555	Joshua Williams	m		U/A Glossop, Derbyshire	0:34:48
2.	701	Adam Collins	m		U/A Leeds	0:35:45
3.	751	fletcher foster	m		liverpool pembroke	0:36:55
4.	730	Gary Bailey	m	Veteran 40	Pudsey & Bramley	0:37:35
5.	823	Wayne Laird	m	Veteran 40	U/A	0:39:53
6.	570	Nicholas Stewart	m		Buckingham & Stowe Running Club	0:40:14
7.	579	Stuart Parry	m	Veteran 40	U/A Carlisle,	0:40:58
8.	586	Steve Jones	m	Veteran 40	U/A Cramlington , Northumberland	0:40:58
9.	577	Leon Flesher	m	Veteran 40	Thornton cleveleys running club	0:41:19
10.	428	Ronnie Haddow	m	Veteran 40	Furness Fell Runners	0:41:40
11.	809	Fergal Duffy	m	Veteran 40	U/A Enniskillen, Co. Fermanagh	0:42:03
12.	518	Richard Fenwick	m	Veteran 50	U/A Whitley Bay, Tyne and Wear	0:42:15
13.	822	Nick Sharp	m	Veteran 50	U/A	0:42:37
14.	718	Andrew Tinkler	m	Veteran 40	U/A Lancaster	0:43:51
15.	736	Lance Saxby	m	Veteran 50	U/A	0:44:32
16.	731	Karen Pickles	f	Lady Veteran 40	Pudsey & Bramley	0:44:47
17.	524	Lawrence Mannion	m	Veteran 50	U/A Kendal,	0:44:52
18.	669	James Foster	m		U/A Lincoln,	0:45:20
19.	768	Jane Thomas	f		Sale Harriers	0:45:35
20.	688	Scott Telford	m	Veteran 40	U/A Carlisle ,	0:45:43
21.	622	Simon Fox	m		U/A Lancashire,	0:45:59
22.	703	Emma Cooper	f		U/A Leeds	0:46:07
23.	520	Michael Robinson	m	Veteran 40	U/A Cockermouth , Cumbria	0:46:38
24.	763	Billy STOBART	m	Veteran 40	Cumberland ac	0:46:41
25.	502	Steve Parker	m	Veteran 50	U/A Chester, Cheshire	0:46:44
26.	422	Daniel Brookfield	m		U/A ORMSKIRK, Lancashire	0:46:58
27.	519	Oliver Lees	m		U/A Leeds, West Yorkshire	0:47:15
28.	600	Thomas Procter	m		Sleaford Striders	0:47:26
29.	764	Marcin Wojtaszczyk	m	Veteran 40	U/A Chorley,	0:47:27
30.	620	Nick Shepherd	m		U/A Chorley, Lancashire	0:47:31
31.	429	Nick Lewthwaite	m	Veteran 40	U/A Windermere, Cumbria	0:47:39
32.	486	David MacGillivray	m	Veteran 60	DH Runners	0:47:40
33.	614	Paul Morris	m	Veteran 60	U/A Hockley, Essex	0:47:43
34.	430	Graham Ingham	m	Veteran 50	U/A Kirkham,	0:47:48
35.	755	Rona Leese	f		U/A Dundee , Angus	0:47:54
36.	569	Simon Blake	m	Veteran 40	U/A Bingley , West Yorkshire	0:47:57
37.	572	karen johnson	f	Lady Veteran 40	U/A Ulverston,	0:48:00
38.	470	Jennifer Hatch	f		U/A Manchester,	0:48:04
39.	553	Rhys Mayor	m		U/A Liverpool,	0:48:06
40.	774	Paul Prosperini	m		U/A Wallsend , North Tyneside	0:48:20
41.	687	Paul Poudevigne-Durance	m		U/A London,	0:48:28
42.	547	Ian Beard	m	Veteran 40	U/A Gloucester, Gloucestershire	0:48:39
43.	498	Chester Clapham	m		U/A London,	0:49:15
44.	729	Jacob Lloyd	m		U/A Peterborough,	0:49:21
45.	681	Brett Fletcher	m	Veteran 40	COLT	0:49:27
46.	704	Louise Winter	f	Lady Veteran 40	Keswick AC	0:49:48
47.	494	Gerard Hurst	m	Veteran 60	U/A Wigan,	0:49:58
48.	820	Susie Anton	f		Susie Anton PT and Fitness	0:50:04
49.	806	Martin Brooks	m	Veteran 60	U/A Blackburn , Lancashire	0:50:16
50.	591	Luke Watson	m	Veteran 40	Chorlton Runners	0:50:24
51.	425	Laura Ashton	f		U/A Telford, Shropshire	0:50:32
52.	608	Helen Taylor	f	Lady Veteran 40	Holcombe Harriers	0:51:08
53.	739	Stuart Allan	m	Veteran 50	U/A Kilmacollm,	0:51:16
54.	748	Daniel Wright	m		U/A Carnforth, Lancashire	0:51:21
55.	816	Louisa Phillips	f		U/A Manchester, Greater Manchester	0:51:27
56.	760	Chris Eccles	m	Veteran 50	U/A Lincoln,	0:51:49
57.	682	Charlie O'Hare	m		Walney Wind Cheetahs	0:51:54
58.	670	Vanatt Suwanwattanukul	m	Veteran 40	U/A Kendal,	0:51:56
59.	499	Peter Foreman	m	Veteran 50	Heaton Harriers	0:52:00
60.	565	Andrew Edwards	m	Veteran 40	U/A Cupar, Fife	0:52:03
61.	689	Richard Holmes	m	Veteran 40	U/A Bingley,	0:52:26
62.	660	Holly Satterly	f		Lancaster & Morecambe AC	0:52:30
63.	645	James Hall	m		U/A Hartlepool, Teesside	0:52:43
64.	1080	David Bayliss	m	Veteran 40	Red Rose Road Runners	0:53:08
65.	573	Steve Watson	m	Veteran 50	U/A Gleaston, Ulverston	0:53:20
66.	529	David Moston	m	Veteran 40	Wirral Vikings	0:54:00
67.	485	Gareth Phillips	m	Veteran 40	Gateshead harriers	0:54:04
68.	478	Steve Hatch	m	Veteran 50	U/A Stockport, Cheshire	0:54:07
69.	421	James Morris	m	Veteran 40	U/A Preston,	0:54:13
70.	679	Richard Skelton	m	Veteran 40	None of the above	0:54:15
71.	557	Robert Robinson	m	Veteran 60	U/A Huddersfield ,	0:54:21
72.	559	James Thompson	m		U/A Holmfirth,	0:54:30
73.	792	felix sloman	m		U/A stonely, CAMBS	0:54:31
74.	675	Erik Pettersen	m	Veteran 40	U/A REDCAR, Cleveland	0:54:34
75.	596	Gillian Tomlinson	f	Lady Veteran 50	Houghton Harriers AC	0:54:52

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
76.	525	John Tomlinson	m	Veteran 50	U/A Bolton,	0:54:58
77.	454	Michael Johnson	m	Veteran 50	U/A London,	0:55:07
78.	787	Christopher Brookes	m	Veteran 40	U/A Preston , Lancashire	0:55:08
79.	505	Jill Pittard	f	Lady Veteran 40	Northbrook AC	0:55:10
80.	463	Tony Mather	m	Veteran 50	U/A Stockport, Cheshire	0:55:12
81.	589	Michael Bowden	m	Veteran 40	Bolton tri club	0:55:17
82.	710	Lisa Bolton	f		Red Rose Road Runners	0:55:23
83.	652	Eleanor Kelly	f		U/A Bury,	0:55:24
84.	609	John Pollard	m	Veteran 60	Glossopdale Harriers	0:55:39
85.	509	Jude Hannam	f	Lady Veteran 40	YacYak	0:55:39
86.	684	laura gerrard	f		U/A Chorley, Lancashire	0:55:42
87.	638	Emma Gleghorn	f		U/A Chorley ,	0:55:49
88.	639	Graham Macham	m	Veteran 40	U/A Chorley , Lancashire	0:55:49
89.	819	Jo Grisedale	f	Lady Veteran 40	Team inov-8	0:55:52
90.	818	Jonny Grisedale	m	Veteran 40	Team inov-8	0:55:52
91.	821	Jack Waland	f		Team inov-8	0:55:53
92.	716	Alex Williams	m	Veteran 40	U/A Hale, Cheshire	0:56:08
93.	507	ben cheetham	m		U/A North Shields, tyne and wear	0:56:09
94.	576	Debbie Collier	f	Lady Veteran 40	U/A Blackpool, Lancashire	0:56:13
95.	561	Ives Solo	m	Veteran 40	BBR	0:56:21
96.	807	Joanna Priestley	f		U/A Preston, Lancs	0:56:24
97.	410	Kathy Appleby	f	Lady Veteran 50	U/A Lancaster, Lancashire	0:56:35
98.	444	Zoe Bridges	f	Lady Veteran 40	U/A Sudbury, Suffolk	0:56:35
99.	1163	Gail Lowe	f	Lady Veteran 50	Newcastle staffs ac	0:56:37
100.	575	Mark Parry	m	Veteran 50	U/A Swinton, Manchester	0:56:38
101.	650	Ruth McKelvie	f		U/A Glasgow, Lanarkshire	0:56:54
102.	503	Stephen Clarke	m	Veteran 60	U/A Chester, Cheshire	0:56:55
103.	475	Karen Higham	f	Lady Veteran 50	U/A Woking, Surrey	0:56:57
104.	666	Sadie Dyson	f	Lady Veteran 40	U/A ROSENDALE, LANCASHIRE	0:57:09
105.	474	Jim Higham	m	Veteran 40	U/A Woking, Surrey	0:57:15
106.	754	Paul Fairclough	m	Veteran 40	Red rose runner	0:57:29
107.	479	Carol Hatch	f	Lady Veteran 50	U/A Stockport, Cheshire	0:57:31
108.	657	Arvind Arumainathan	m	Veteran 40	U/A Liverpool,	0:57:51
109.	588	Louise Bowden	f	Lady Veteran 40	Ramsbottom Running Club	0:57:55
110.	481	Alon Caspi	m	Veteran 60	Mornington Chasers	0:58:04
111.	709	Jacq Charles	f	Lady Veteran 40	Wirral Vikings TRC	0:58:17
112.	733	Janice Royle	f	Lady Veteran 60	U/A Carlisle,	0:58:17
113.	680	Carly Baines	f		U/A Darwen , Lancs	0:58:52
114.	732	Roy Barton	m	Veteran 50	U/A Leeds,	0:58:57
115.	515	Rose Ward	f	Lady Veteran 40	Smiley Paces	0:58:57
116.	810	Jordan Quan-Soon	m		U/A Preston , Lancashire	0:58:58
117.	530	Grant Maly	m	Veteran 40	U/A Thrapston, Northamptonshire	0:58:59
118.	781	Steven Francom	m	Veteran 40	U/A Timperley,	0:59:00
119.	752	Jo Hartley	f	Lady Veteran 40	U/A Elland, West yorkshire	0:59:10
120.	501	Alan Smith	m	Veteran 40	U/A Eaglesham,	0:59:14
121.	691	Abby Wade	f		U/A Kendal, Cumbria	0:59:18
122.	544	Lindsay Buck	f	Lady Veteran 50	U/A Seascale, Cumbria	0:59:18
123.	554	Josephine Sanders	f		U/A Glossop, Derbyshire	0:59:19
124.	766	David Liddington	m		U/A Workington , Cumbria	0:59:23
125.	762	Jenny Fraser	f		U/A Egremont, Cumbria	0:59:32
126.	453	Hilary Johnson	f	Lady Veteran 60	U/A London,	0:59:34
127.	497	Sandy McBride	f	Lady Veteran 50	U/A London, London	0:59:34
128.	482	Anne Caspi	f	Lady Veteran 50	Mornington Chasers	0:59:35
129.	551	clare thomas	f	Lady Veteran 40	U/A kendal, cumbria	0:59:36
130.	535	Katie Clarke	f	Lady Veteran 40	U/A Wigton, Cumbria	0:59:38
131.	808	Melanie Jerram	f	Lady Veteran 50	U/A Strathaven, South Lanarkshire	0:59:42
132.	558	Lizzie Robinson	f		U/A Huddersfield ,	0:59:43
133.	801	Jan Oliver	f	Lady Veteran 60	Tynedale Harriers	0:59:52
134.	796	Peter Wild	m	Veteran 50	U/A Lancaster,	0:59:58
135.	771	Eliot Saxton	m		N/a	0:59:59
136.	799	Beth Irving	f	Lady Veteran 40	U/A Carlisle,	1:00:00
137.	770	Anna Wild	f		N/a	1:00:01
138.	416	Hannah Brookfield	f		U/A Aughton, Lancashire	1:00:03
139.	583	John Pritchard	m	Veteran 50	U/A St Albans,	1:00:23
140.	339	stevie craig	m	Veteran 40	U/A nutfield,	1:00:28
141.	510	Katrina Gittins	f	Lady Veteran 40	YacYak	1:00:28
142.	814	Kathryn Barrett	f	Lady Veteran 50	U/A Rishton , Lancashire	1:00:32
143.	523	Hilde Krynen	f	Lady Veteran 50	U/A Kendal, Cumbria	1:00:36
144.	656	Abigail McAninly	f	Lady Veteran 40	Durham	1:00:37
145.	648	Paul Maxwell	m	Veteran 40	U/A Stockport, Cheshire	1:00:41
146.	403	Phillip Savage	m	Veteran 40	None	1:00:42
147.	516	Helen Bonham	f	Lady Veteran 50	U/A Barrow-In-Furness , Cumbria	1:00:45
148.	1164	Paul Lowe	m	Veteran 50	Newcastle staffs ac	1:00:45
149.	595	Nathalie Robinson	f		Roefield Run Club	1:00:54
150.	417	Philip Blakeley	m		U/A Aughton, Lancs	1:01:10
151.	533	Sarah Fairbairn	f	Lady Veteran 40	U/A Durham, County Durham	1:01:11
152.	448	Annie Willetts	f	Lady Veteran 50	U/A Wylam, Northumberland	1:01:15
153.	767	Nick Stothard	m		U/A Solihull, West Mids	1:01:22

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
154.	531	Carole Hook	f		U/A Thrapston, Northants	1:01:25
155.	800	Gillian Webb	f	Lady Veteran 40	U/A Urmston , Greater Manchester	1:01:32
156.	659	Charles Satterly	m	Veteran 50	Lancaster & Morecambe A/C	1:01:35
157.	432	Jean Turner	f	Lady Veteran 50	Telford Harriers	1:01:48
158.	765	Przemyslaw Ciesla	m	Veteran 40	U/A Sosnowiec,	1:01:49
159.	815	Ronnie Slater	m		U/A Southport, Merseyside	1:01:51
160.	487	Nick Kaufmann	m	Veteran 60	U/A Edgware, Middx	1:01:58
161.	401	Jackie Frank	f	Lady Veteran 40	U/A Redcar,	1:02:00
162.	794	Paul Large	m	Veteran 40	U/A Shepshed, Leicestershire	1:02:01
163.	500	Anne Foreman	f	Lady Veteran 50	U/A Newcastle upon Tyne, Tyne and Wear	1:02:07
164.	743	Lorna Gamberini	f	Lady Veteran 50	Rocktart Runners	1:02:13
165.	777	Miriam Brion	f	Lady Veteran 40	U/A Slingsby ,	1:02:21
166.	490	Callum Grant-Cawdell	m		U/A London, Outside U.S./Canada	1:02:55
167.	631	Jessica Durant	f		Rugby & Northampton Athletics Club	1:02:56
168.	783	Susan Hughes	f	Lady Veteran 40	U/A Carlisle, Cumbria	1:02:59
169.	728	Dawn Chilton	f	Lady Veteran 40	U/A Preston, Lancashire	1:03:02
170.	663	Jo Mckechnie	f	Lady Veteran 40	U/A Witney , Oxfordshire	1:03:13
171.	824	David Cassells	m	Veteran 60	U/A	1:03:13
172.	738	Susan Averill	f		None	1:03:16
173.	661	Gina Bardon	f	Lady Veteran 40	U/A Washington, Tyne and Wear	1:03:17
174.	662	Peter Bardon	m	Veteran 50	U/A Washington, Tyne and Wear	1:03:17
175.	629	Diane Wright	f	Lady Veteran 50	Calder Valley fell runners	1:03:33
176.	789	Ali Cooper	f	Lady Veteran 60	n/a	1:03:51
177.	528	Nicola Whitfield	f		U/A Helsby, Cheshire	1:03:55
178.	483	Finlay McCalmann	m	Veteran 50	Wesham Road Runners	1:04:13
179.	756	Claudia Newbegin	f	Lady Veteran 40	U/A Newcastle upon Tyne,	1:04:21
180.	404	Jayne Batt	f	Lady Veteran 50	U/A York,	1:04:35
181.	773	Matt Woodhead	m		U/A Notts, NG5 8QG	1:04:39
182.	412	Susan Sharp	f	Lady Veteran 50	U/A Wakefield, west Yorkshire	1:04:41
183.	574	Caron Parkes	f	Lady Veteran 50	U/A Kendal, Cumbria	1:04:48
184.	664	Julie Richmond	f		U/A Birmingham,	1:04:56
185.	1121	Amanda Anderson	f	Lady Veteran 40	U/A Topcliffe, North Yorkshire	1:05:01
186.	426	Clair Bonner	f	Lady Veteran 40	U/A Keighley, West Yorkshire	1:05:09
187.	436	Gerry Garvey	m	Veteran 50	Muddy Boots Nursery	1:05:13
188.	435	Deborah Thorneycroft	f	Lady Veteran 50	U/A Stoke on Trent, Staffs	1:05:17
189.	472	Sian Gilgeous	f		Susie Anton Ladies On The Run	1:05:24
190.	719	Allan Gribbin	m	Veteran 40	Cumberland AC	1:05:32
191.	775	Catherine Pattison	f	Lady Veteran 40	U/A Newark, Nottinghamshire	1:05:33
192.	757	David Pattison	m	Veteran 40	U/A Chester, Cheshire	1:05:33
193.	735	Andrew Ribchester	m	Veteran 40	Coniston Mountain Rescue Team	1:05:35
194.	405	David Ellicott	m	Veteran 40	Keswick AC	1:05:39
195.	578	claire jane rewcastle	f	Lady Veteran 40	Super Fast Mums	1:06:05
196.	545	Chris Hutchinson	m	Veteran 60	U/A Nr Hull, East Yorkshire	1:06:08
197.	668	adele Cihlar	f	Lady Veteran 40	U/A Prestwich , Manchester	1:06:16
198.	548	Tina Gee	f	Lady Veteran 50	Bingham tri	1:06:20
199.	626	Jane Dowson	f	Lady Veteran 40	Tadcaster Harriers	1:06:24
200.	623	Jenny Stothard	f		U/A Chorley, Lancashire	1:06:25
201.	527	Becky Flight	f	Lady Veteran 40	N/A	1:06:29
202.	627	Debbie Edwards	f	Lady Veteran 40	Tadcaster Harriers	1:06:30
203.	621	Lucy Birchall	f		U/A Chorley,	1:06:39
204.	769	Emma Atkins	f		U/A London,	1:06:44
205.	628	Jonathan Potter	m		U/A Leicester,	1:07:07
206.	633	Ali Vernon	f		U/A LONDON,	1:07:13
207.	632	Thomas Vernon	m		U/A LONDON,	1:07:13
208.	665	Jodie Reynolds	f		U/A Rochdale,	1:07:17
209.	811	Ian Walker	m	Veteran 50	Glaxo Hoad Hill Harriers	1:07:43
210.	585	VANESSA WHEATLEY	f	Lady Veteran 40	U/A Derby, Derbyshire	1:07:45
211.	584	DAMON WHEATLEY	m	Veteran 50	U/A DERBY,	1:07:47
212.	439	Helen Bowerman	f	Lady Veteran 50	U/A York,	1:07:48
213.	480	julie thomas	f	Lady Veteran 50	hampstead health park run	1:08:02
214.	758	Sara Master	f		U/A lancaster, Lancs	1:08:08
215.	651	James Thompson	m		U/A Turton,	1:08:10
216.	484	Peter Phillips	m	Veteran 70	Loftus and Whitby AC	1:08:21
217.	606	Hilary stephenson	f		U/A leeds,	1:08:22
218.	817	Gill Nevin	f	Lady Veteran 40	Crosby Stormers	1:08:23
219.	616	Mahfuzul Islam	m	Veteran 40	U/A Sabden,	1:08:23
220.	604	Craig stephenson	m	Veteran 40	U/A leeds,	1:08:24
221.	640	Jackie Tomlinson	f	Lady Veteran 50	U/A Bolton ,	1:08:35
222.	698	Victoria Dewhurst	f	Lady Veteran 40	U/A Bolton, Lancs	1:08:41
223.	745	Rose Roberts	f	Lady Veteran 60	261 Fearless	1:08:50
224.	753	Tony Orr	m	Veteran 50	U/A burton in kendal, cumbria	1:08:56
225.	441	Beverley Crate	f	Lady Veteran 40	U/A Bedlington , Northumberland	1:09:01
226.	804	Catherine Barton	f	Lady Veteran 40	U/A Carnforth ,	1:09:10
227.	805	Deborah Birch	f	Lady Veteran 40	U/A Lancaster, Lancashire	1:09:10
228.	449	Dave Newton	m	Veteran 40	None	1:09:13
229.	473	Sarah Hopkins	f	Lady Veteran 40	U/A Preston, Lancs	1:09:19
230.	647	Antoinette Edwards	f	Lady Veteran 40	U/A Stockport, Cheshire	1:09:29
231.	536	Gillian O'boyle	f	Lady Veteran 50	U/A warrington, Cheshire	1:09:38

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
232.	424	Anna Aitken	f		U/A West Linton,	1:09:40
233.	707	rosie morrison	f		U/A North Tyneside,	1:09:45
234.	504	Laura Pilkington	f		Miss	1:09:47
235.	447	Bev Navesey	f	Lady Veteran 50	U/A Lewes, Sussex	1:09:47
236.	419	Heidi Martin	f		St.Bees Triers	1:09:55
237.	727	Suzanne Green	f	Lady Veteran 40	Fylde Coast Runners	1:10:20
238.	450	James Trace	m	Veteran 40	U/A Congleton, Cheshire	1:10:22
239.	793	Anne Marie Large	f	Lady Veteran 40	U/A Shepshed, Leicestershire	1:10:34
240.	495	Rachel Ashton	f	Lady Veteran 40	U/A Nottingham, NOTTINGHAMSHIRE	1:10:35
241.	677	Kirstie Whyatt	f	Lady Veteran 40	U/A Cleveleys, Lancashire	1:10:44
242.	676	Elaine Hudson	f	Lady Veteran 40	U/A Preston, Lancashire	1:10:55
243.	566	Rachel Stavert	f	Lady Veteran 50	U/A Grange over Sands, Cumbria	1:10:55
244.	462	Lisa Mather	f	Lady Veteran 50	U/A Stockport, Cheshire	1:11:39
245.	460	Pam Goodman	f	Lady Veteran 60	U/A London,	1:11:42
246.	427	Liane Thompson	f	Lady Veteran 50	U/A Barrow-in-Furness, Cumbria	1:11:44
247.	672	Richard Robinson	m		U/A Eaglescliffe,	1:11:45
248.	671	Catherine Spanswick	f		U/A Thornaby, Stockton on Tees	1:11:46
249.	587	Kathrin Meyrick	f	Lady Veteran 50	U/A Windermere, Cumbria	1:12:08
250.	1152	Audrey Carlin	f	Lady Veteran 50	U/A Glasgow,	1:12:12
251.	476	Caroline Noon	f	Lady Veteran 50	U/A London,	1:12:13
252.	667	Kathryn Eccles	f		U/A Lincoln,	1:12:16
253.	522	Wendy Lucas	f	Lady Veteran 50	U/A Chalgrove,	1:12:23
254.	673	Sarah Hull	f	Lady Veteran 40	U/A Six Mile Bottom, Suffolk	1:12:27
255.	784	Nic Holmes	f	Lady Veteran 40	U/A Ulverston,	1:12:27
256.	785	Anna Holmes-Rand	f		U/A Ulverston,	1:12:27
257.	786	Carrie Bostock	f		U/A Ulverston , Cumbria	1:12:28
258.	489	Richard Cawdell	m	Veteran 60	U/A London,	1:12:36
259.	695	Rebecca Clarke	f		U/A Kendal, Cumbria	1:12:41
260.	697	Vikki Brown	f		U/A Kendal, Cumbria	1:12:41
261.	696	Sarah Atkinson	f		U/A Kendal, Cumbria	1:12:41
262.	699	katie jackson-roe	f		U/A wigan,	1:12:41
263.	694	Jenna Butler	f	Lady Veteran 40	U/A Kendal, Cumbria	1:12:41
264.	674	Alicia Sewell	f		Smiley Paces	1:12:52
265.	517	Jane Naylor	f		Smiley Paces	1:12:52
266.	415	Paul Coldham	m	Veteran 50	U/A Keswick, Cumbria	1:12:54
267.	457	Chris Holland	m	Veteran 50	U/A Edgworth,	1:12:59
268.	456	Gill Burns	f	Lady Veteran 50	U/A Edgworth,	1:12:59
269.	408	elaine lamb	f	Lady Veteran 50	wirral runners	1:13:22
270.	636	Leanne Love	f		Farsley Flyers	1:13:43
271.	720	Helen Donohue	f		U/A Wigan	1:14:01
272.	443	Katie Scott	f		U/A Shevington, Lancashire	1:14:17
273.	543	Gill Pringle	f	Lady Veteran 60	U/A Woodford Green , Essex	1:14:19
274.	459	Bridget Peacock	f	Lady Veteran 50	U/A London,	1:14:19
275.	461	Susan BRENTNALL	f	Lady Veteran 50	U/A Cambridge,	1:14:20
276.	649	Richard Brown	m		U/A Rugby, Warwickshire	1:14:35
277.	532	Katie Haworth	f		U/A Penrith, Cumbria	1:14:50
278.	488	Ann O'Neill	f	Lady Veteran 50	U/A London ,	1:14:51
279.	592	Nicola Knowles	f	Lady Veteran 40	Chorlton Runners	1:15:09
280.	759	Anne Eccles	f	Lady Veteran 50	U/A Lincoln, Lincs	1:15:16
281.	508	Margaret Moore	f	Lady Veteran 60	U/A Paisley, Renfrewshire	1:15:24
282.	803	Sandra Heighton	f	Lady Veteran 50	Women On The Run	1:15:52
283.	556	Wendy Sanders	f	Lady Veteran 50	U/A Glossop, Derbyshire	1:16:21
284.	437	David Watson	m	Veteran 50	Red rose road runners	1:16:26
285.	526	Jim Dean	m	Veteran 70	U/A Kendal, Cumbria	1:16:30
286.	1149	Allison Pollard	f	Lady Veteran 60	U/A glasgow ,	1:17:14
287.	560	Fiona Sugden	f		U/A Huddersfield ,	1:17:17
288.	1148	julie brown	f	Lady Veteran 40	U/A Glasgow,	1:17:18
289.	496	Marina Gromova	f	Lady Veteran 50	U/A London,	1:17:29
290.	782	John Harrison	m	Veteran 70	U/A Carlisle, Cumbria	1:17:39
291.	658	Rhona Malcolm	f		U/A Penicuik, Midlothian	1:18:05
292.	618	sandra devlin	f		U/A workington,	1:18:17
293.	619	Tracy Mault	f	Lady Veteran 40	U/A Preston, Lancs	1:18:17
294.	617	Leslie Mault	m	Veteran 60	U/A Preston, Lancashire	1:18:17
295.	176	Jan Rayner	f	Lady Veteran 50	Roundhay Runners	1:19:11
296.	440	James Jardine	m		U/A Penrith, Cumbria	1:19:18
297.	779	Alexandra White	f	Lady Veteran 40	U/A Stockport, Cheshire	1:19:19
298.	776	Abigail Jardine	f		U/A Penrith, Cumbria	1:19:20
299.	493	Jenn McDonough	f		U/A Bamber Bridge,	1:19:22
300.	734	Amanda Beresford	f		U/A	1:19:23
301.	445	Barry Hawthorne	m		U/A Castleford, West Yorkshire	1:19:26
302.	590	Elizabeth Mounsey	f	Lady Veteran 50	U/A Preston , Lancashire	1:19:45
303.	402	Ann Myatt	f	Lady Veteran 50	Cheadle	1:20:20
304.	455	Becky Willoughby	f	Lady Veteran 40	Helm Hill	1:20:48
305.	420	EDWINA RICKARDS COLLINSON	f	Lady Veteran 60	CROCWALKERS	1:22:07
306.	469	Lola Jimenez	f		U/A Southport, Merseyside	1:22:10
307.	414	Christina Davies	f		U/A Bishop Auckland, Durham	1:22:35
308.	1481	Alison Wingate	f	Lady Veteran 50	Kirkby Milers AC	1:22:54
309.	643	Marianne Grover	f	Lady Veteran 60	U/A Kilmarnock, Ayrshire	1:23:54

## Lakeland Trails at Helvellyn

## Helvellyn Trail Run 10K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
310.	653	Leanne Morgan-Hillam	f	Lady Veteran 40	Wigan Harriers	1:23:55
311.	552	Donna Higgins	f	Lady Veteran 40	U/A Wigan , Lancashire	1:23:55
312.	567	Audrey Oldham	f	Lady Veteran 50	Fylde Coast Runners	1:25:59
313.	798	Leyla Kee-McParlin	f		U/A Bromborough , Merseyside	1:26:34
314.	678	Joanne Finch	f	Lady Veteran 40	U/A Liverpool,	1:26:34
315.	603	Niki Stockton	f	Lady Veteran 50	U/A Manchester,	1:26:55
316.	686	Catrina Porter	f	Lady Veteran 50	Women on the Run	1:27:27
317.	685	Chrissie Jackson	f	Lady Veteran 40	WOTR	1:28:05
318.	423	Karen Braddon	f	Lady Veteran 60	Crocwalkers	1:30:15
319.	1445	Jo BROWN	f	Lady Veteran 40	U/A Hessle, East Yorkshire	1:30:44
320.	1442	Samantha Wishart	f	Lady Veteran 40	West Hull Ladies	1:30:44
321.	692	Fiona Saxby	f	Lady Veteran 40	U/A Neston, Cheshire	1:30:59
322.	693	Sue Sperring	f	Lady Veteran 50	U/A Bebington,	1:31:00
323.	749	susie blackburn	f	Lady Veteran 50	U/A Barnard Castle , Co Durham	1:31:17
324.	772	rachel muir	f	Lady Veteran 50	U/A alyth, perthshire	1:31:17
325.	644	Graham Williams	m	Veteran 60	Jog Stewarton	1:33:39
326.	744	Matisse Brignall	f		U/A Lancashire,	1:42:11
327.	725	DENNIS FENNA	m	Veteran 60	Southport & Waterloo AC	1:42:14
328.	724	JOANNE FENNA	f	Lady Veteran 40	Southport & Waterloo AC	1:42:14
329.	466	Lesley Davidson	f	Lady Veteran 60	Horwich RMI Harriers	1:47:01
330.	465	Lynn Smith	f	Lady Veteran 50	Horwich RMI Harriers	1:47:02
331.	350	Chris Robson	m	Veteran 80	St Bees Triers	1:49:29

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