

Lakeland Trails at Helvellyn

Helvellyn Trail Race 15K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1.	258	Jonathan Cox	m		Eden Runners	0:55:38
2.	330	John French	m		Eden Runners	0:56:48
3.	4	Jamie Arkle	m		Esk Valley Fell Club	0:57:46
4.	189	Cameron Ronaldson	m		U/A Manchester , Lancashire	0:59:03
5.	269	James Chapman	m		Northern Fells Running Club	0:59:58
6.	101	james warburton	m		U/A knaresborough, north yorkshire	1:00:01
7.	164	Steven Henderson	m		Sale Harriers Manchester	1:01:18
8.	68	Matthew Birket	m		Manchester Road Runners	1:01:43
9.	283	Jack Cooper	m		Trafford AC	1:01:50
10.	323	Matt Santo	m	Veteran 40	U/A Durham, Durham	1:02:02
11.	131	Christopher Tait	m		Eton Manor AC	1:02:06
12.	266	Alex Staniforth	m		Helm Hill Runners	1:02:56
13.	80	Stephen Walker	m	Veteran 40	Beverley AC	1:03:16
14.	152	ryan crawley	m		U/A Carlisle, Cumbria	1:03:31
15.	64	Chris Smith	m		Keswick AC	1:03:46
16.	331	Mark Blackwell	m	Veteran 40	WestCumbriaTri	1:03:56
17.	304	Steve Everett	m	Veteran 50	Durham city harriers	1:04:26
18.	178	Robert Ryder	m		U/A Altrincham ,	1:04:48
19.	177	David Anderson	m	Veteran 40	Shildon Running and Athletic Club	1:04:52
20.	163	Chris Gray	m	Veteran 40	Tri Lakeland	1:05:16
21.	133	Richard Rose-Coulthard	m		Brooks RunHappy Team	1:05:24
22.	334	Nathan Ball	m		Manchester Tri	1:05:33
23.	234	Kevin Garlick	m		Bingley	1:05:36
24.	340	David Blake	m		U/A Birmingham,	1:05:43
25.	290	Simon Fawcett	m		U/A Stoke on trent, Staffordshire	1:05:52
26.	827	Lou Osborn	f	Lady Veteran 40	Ambleside AC	1:06:01
27.	244	Dave Edwards	m	Veteran 50	N/A	1:06:27
28.	279	Martin Heardman	m	Veteran 50	GRC	1:07:09
29.	184	Guy Bettinson	m	Veteran 40	St Bees Triers	1:07:14
30.	265	Christopher Hilton	m		U/A Leeds, West Yorkshire	1:07:16
31.	198	Karen Smith	f		St Bees Triers	1:07:22
32.	93	Derek Small	m	Veteran 50	U/A Edinburgh ,	1:07:25
33.	262	Mark Morgan-Hillam	m	Veteran 40	Wigan Harriers	1:07:29
34.	305	Ross Hemmings	m		U/A Goostrey ,	1:07:34
35.	294	Heather TUFFS	f		Team Nidderdale	1:08:01
36.	148	Jonathan Gray	m	Veteran 40	Richmond & Zetland harriers	1:08:01
37.	205	Matty Tomlinson	m	Veteran 40	Houghton harriers	1:08:07
38.	52	Mike Allison	m	Veteran 60	Eden Runners	1:08:23
39.	328	Alastair Skelton	m	Veteran 40	U/A Glasgow,	1:08:38
40.	151	Karen Robertson	f	Lady Veteran 50	Northumberland Fell Runners	1:09:10
41.	233	Lewis Weaver	m		U/A London, London	1:09:33
42.	253	Dan Cash	m		U/A Bristol, Avon	1:10:36
43.	347	Peter Waddingham	m		U/A London,	1:10:45
44.	203	Jonathan Poirrette	m	Veteran 50	U/A Windermere, Cumbria	1:10:49
45.	182	jonny simpson	m		U/A hornsea, east yorkshire	1:10:54
46.	172	Gareth Birkett	m		Team Cherwell	1:10:55
47.	58	John Sammut	m		U/A Newcastle-under-Lyme,	1:10:56
48.	90	peter cushion	m	Veteran 40	wirral vikings trc	1:10:57
49.	336	Tom Coupe	m		U/A Liverpool,	1:11:42
50.	337	Kelvin Wood	m	Veteran 40	Tamar trotters	1:11:51
51.	225	Reece Black	m		Wearside Tri	1:12:13
52.	194	Andy Jackson	m	Veteran 40	The Fell Devils	1:12:17
53.	211	Wendy Jones	f	Lady Veteran 50	U/A Bradford, West yorkshire	1:12:19
54.	254	Gus Cassie	m		Bambino Athletico	1:12:20
55.	117	Colin Mcevoy	m	Veteran 40	Wigan & District H & AC	1:12:21
56.	191	john skelton	m	Veteran 40	brickers	1:12:22
57.	183	David Norman	m	Veteran 40	Dudley Kingswinford	1:12:25
58.	273	Jack Fuller	m		U/A London, Lambeth	1:12:25
59.	210	Richard Taylor	m	Veteran 50	GMFRS Mountain Running Section	1:12:44
60.	109	Daniel Stockton	m		The Fell Devils	1:12:44
61.	303	Stuart Lazenby	m	Veteran 50	U/A Hull, East Yorkshire	1:12:46
62.	268	Hannah Havelock-Allan	f		Keele University Athletics Club	1:12:47
63.	121	Lee Drummond	m	Veteran 40	Birtley ac	1:12:52
64.	235	Pauline Munro	f	Lady Veteran 50	Ilkley harriers	1:13:00
65.	124	Ben Fearnhead	m	Veteran 40	U/A Windsor, BERKSHIRE	1:13:03
66.	136	Helen Sharman	f		U/A Banbury , Oxfordshire	1:13:07
67.	320	Ben Clarke	m	Veteran 40	Team Nidderdale	1:13:27
68.	250	Isabelle Rotherham	f		U/A Leeds,	1:13:50
69.	66	Lee Barker-Field	m	Veteran 40	U/A Leeds, West Yorkshire	1:13:59
70.	288	Dave Rowley	m	Veteran 40	U/A Bolton , England	1:14:06
71.	45	Mindy Fowler	f	Lady Veteran 40	U/A Louisville, Colorado, Boulder	1:14:22
72.	81	Warren McNally	m	Veteran 40	None	1:14:28
73.	267	Derek Brown	m	Veteran 50	city of Hull AC	1:14:30
74.	174	Steve Elderkin	m	Veteran 40	U/A Challock, Kent	1:14:36
75.	236	Ben Wood	m	Veteran 40	U/A Wilmslow,	1:14:50

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
76.	114	Ben Ashton	m	Veteran 40	U/A Nottingham, NOTTINGHAMSHIRE	1:14:53
77.	325	Andrew Stuart	m	Veteran 50	U/A Lancaster, Lancashire	1:14:56
78.	281	Aaron Low	m		U/A CUMBRIA, CUMBRIA	1:15:03
79.	230	Thomas Walker	m		U/A Rothbury , Northumberland	1:15:05
80.	468	Paul Brear	m		U/A Cambridge,	1:15:11
81.	280	Ryan Low	m		U/A Manchester, Greater Manchester	1:15:12
82.	137	Emily Robinson	f		Cumberland Fell Runners	1:15:21
83.	9	Jo Brown	f	Lady Veteran 40	Northbrook AC	1:15:22
84.	208	Stephen Hillas	m	Veteran 50	Saltaire Striders	1:15:26
85.	202	Peter Hood	m	Veteran 50	Dudley Kingswinford (DK) Running Club	1:15:37
86.	98	Gary Webster	m		Knaresborough Striders	1:15:51
87.	308	Roberto Raso	m	Veteran 50	Manchester Fronrunners	1:15:56
88.	116	Andrew Hind	m	Veteran 40	Northwich Running Club	1:16:00
89.	162	Gemma Lynch	f		U/A Stockport ,	1:16:02
90.	110	john schofield	m		U/A Nottingham,	1:16:04
91.	42	Andrew Pye	m	Veteran 40	U/A Kendal, Cuumbria	1:16:17
92.	329	Bruce Penhale	m	Veteran 50	Trafford AC	1:16:28
93.	139	James Chambers	m		York Knavesmire Harriers	1:16:43
94.	71	Dominic Brophy	m	Veteran 50	U/A kirkham, Lancashire	1:16:44
95.	111	Simon Lobas	m	Veteran 40	Swinton	1:16:50
96.	239	Ben Darcy	m	Veteran 40	U/A Newcastle ,	1:16:56
97.	264	Wayne Murtagh	m	Veteran 40	City of Hull AC	1:17:22
98.	248	andrew douglas	m	Veteran 40	U/A kendal, cumbria	1:17:31
99.	65	graham coupe	m	Veteran 40	Wirral Vikings TRC	1:17:32
100.	125	Mark Berry	m	Veteran 40	U/A Consett, Durham	1:17:33
101.	302	Mark Smith	m		U/A Northampton	1:17:33
102.	168	James Waterhouse	m	Veteran 40	U/A Harrogate, N.Yorks	1:18:04
103.	272	Ben Capsey	m	Veteran 40	Salford Mets	1:18:17
104.	238	Adam May	m		U/A Leeds ,	1:18:21
105.	113	Ian Croft	m	Veteran 50	Red rose road runners	1:18:23
106.	188	Richard McQuade	m	Veteran 50	Gosforth Harriers	1:18:26
107.	159	Steven Fairbairn	m	Veteran 40	U/A Durham, County Durham	1:18:33
108.	169	Paul Beardmore	m		Na	1:18:58
109.	181	Tom Broadbent	m		U/A Elgin, Scotland	1:19:14
110.	160	Austin Jarrett	m	Veteran 50	Dawn Jarrett	1:19:19
111.	100	Chris Green	m	Veteran 50	U/A Matlock, Derbyshire	1:19:34
112.	43	Chris Davies	m		U/A Witton le wrar, Durham	1:19:43
113.	263	Mark Garner	m	Veteran 40	Radcliffe AC	1:20:03
114.	341	Mihir Joshi	m		U/A Glasgow,	1:20:11
115.	147	Louise Goddard	f	Lady Veteran 50	Lancaster & Morecambe	1:20:26
116.	342	Justin Ions	m	Veteran 40	U/A Ilkley,	1:20:30
117.	247	Nathan Davies	m	Veteran 40	U/A Kendal, Cumbria	1:20:45
118.	55	dean rowlandson	m		U/A grange over sands, cumbria	1:20:50
119.	245	Sarah Chippendale	f		Red rose Road runners	1:20:52
120.	190	Gordon Sharp	m	Veteran 60	U/A Poynton, Cheshire	1:21:02
121.	166	Richard Davidson	m		U/A Newcastle upon Tyne , Tyne and wear	1:21:04
122.	207	Janet Bower	f	Lady Veteran 50	Saltaire Striders	1:21:12
123.	193	Julie Smith	f	Lady Veteran 50	The Fell Devils	1:21:18
124.	120	Russell Thompson	m	Veteran 50	U/A Barrow-in-Furness,	1:21:24
125.	86	Simon Baker	m	Veteran 40	U/A Newcastle upon Tyne ,	1:21:39
126.	47	John Mason	m		U/A Kendal, Cumbria	1:21:48
127.	319	Marc Brown	m		U/A Carlisle , Cumbria	1:21:49
128.	271	Alex Medhurst	m		U/A London, Lambeth	1:21:54
129.	135	Alexander Sharman	m		U/A Banbury, Oxfordshire	1:22:04
130.	228	Duncan Young	m		Manchester Road Runners	1:22:16
131.	317	Rob French	m	Veteran 40	U/A Liverpool, Merseyside	1:22:49
132.	122	Ian Whalley	m		U/A Huddersfield, West Yorkshire	1:22:55
133.	49	Terence Charles	m	Veteran 60	Wirral Vikings TRC.	1:23:06
134.	156	Jonathan Clemens	m	Veteran 50	Knutsford Tri Club	1:23:14
135.	79	Richard Hawkins	m	Veteran 40	York Postal Harriers	1:23:14
136.	332	Richard Harrison	m	Veteran 60	Ambleside AC	1:23:19
137.	146	Joanne Clancy	f		Dundee Road Runners	1:23:23
138.	179	Wayne Fox	m		St. Bees Triers	1:23:31
139.	282	fay tuffen	f	Lady Veteran 40	U/A troutbeck bridge, cumbria	1:23:47
140.	119	Nick Pape	m	Veteran 50	Hermitage harriers	1:23:50
141.	106	Phillip Whettlock	m	Veteran 50	Queensbury RC	1:23:50
142.	61	Simon Byrne	m		St Bees Trier	1:23:55
143.	175	Valerie Elderkin	f	Lady Veteran 40	U/A Challock, Kent	1:23:57
144.	89	Neil Flatres	m		U/A Wakefield, West Yorkshire	1:24:15
145.	161	Helen Bates	f		U/A Sheffield,	1:24:24
146.	321	Elaine Ball	f	Lady Veteran 40	NYP TRI	1:24:31
147.	197	George Clayton	m	Veteran 50	Brighton and Hove Athletics	1:24:35
148.	76	Katie Trace	f	Lady Veteran 40	Biddulph Running Club	1:24:37
149.	142	Jonathan Horne	m	Veteran 60	Biddulph Running Club	1:24:38
150.	201	Ian Bowker	m	Veteran 50	U/A Marple, Stockport	1:24:46
151.	59	Sarah Nutt	f		U/A Stockport,	1:24:49
152.	62	Iain Robertson	m	Veteran 50	U/A Corbridge, Northumberland	1:25:08
153.	138	Helen Young	f		York Knavesmire Harriers	1:25:09

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
154.	261	Luned Phillips	f		U/A Leeds,	1:25:13
155.	145	Lynn Owen	f		Giffnock North Athletics Club	1:25:28
156.	104	Glyn Williams	m	Veteran 50	Salford Harriers	1:25:31
157.	140	Penny Graham	f	Lady Veteran 50	Biddulph Running Club	1:25:32
158.	180	Debbie Clark	f		Spey Runners	1:25:39
159.	57	David Wimpenny	m		U/A St. Helens ,	1:26:06
160.	206	Mark Procter	m	Veteran 50	U/A Cranwell, Lincolnshire	1:26:12
161.	1392	John Shevelan	m	Veteran 40	Black Coombe Runners	1:26:20
162.	60	Rebecca Byrne	f		St Bees Trier	1:27:07
163.	324	Ian Smith	m	Veteran 60	Bolton United Harriers	1:27:11
164.	243	Duncan Podbury	m	Veteran 40	U/A Gateshead,	1:27:12
165.	213	Sam Davies	m		U/A Stockport,	1:27:32
166.	107	Paul Smitham	m	Veteran 50	Chorlton Runners	1:27:32
167.	278	Ray Lowrey	m	Veteran 40	U/A Bebington, Wirral	1:27:55
168.	212	Daniel Wilcock	m		U/A Stockport,	1:28:03
169.	270	Sam Burthem	m		U/A Bolton, Greater Manchester	1:28:31
170.	112	Neil Paterson	m	Veteran 60	U/A Hexham, Northumberland	1:28:33
171.	249	Ellie Harrison	f		COLT	1:29:29
172.	167	Andy Noble	m	Veteran 40	U/A Andover, Hampshire	1:29:54
173.	143	Helen Milner	f	Lady Veteran 40	ledbury Harriers	1:29:55
174.	115	David Langrish	m	Veteran 60	Sunderland Strollers	1:30:46
175.	309	Linda Rix	f	Lady Veteran 50	Manchester Fronrunners	1:30:51
176.	118	James Conroy	m		U/A Leeds, West Yorkshire	1:30:56
177.	123	Christopher Hirst	m	Veteran 50	U/A Sjöbo,	1:30:57
178.	310	Sandra Mason	f	Lady Veteran 50	U/A Cockermouth, Cumbria	1:30:59
179.	95	Louis McCarthy	m		Rochdale Harriers	1:31:44
180.	94	Jeff McCarthy	m	Veteran 50	Rochdale Harriers	1:31:44
181.	255	Millie Crane	f		Bambino Atletico	1:32:18
182.	277	Kirsty Stewart	f		bambino atletico	1:32:19
183.	223	Daniel Hadlington	m		U/A Sunderland, Tyne and Wear	1:32:31
184.	129	David Watt	m	Veteran 50	U/A Gelston, Lincolnshire	1:32:38
185.	173	Joanne Parker	f	Lady Veteran 40	U/A Northwich,	1:32:44
186.	313	Iain Fenwick	m	Veteran 50	Tri Northumberland Triathlon Club	1:32:47
187.	314	Karen Singleton	f	Lady Veteran 50	Tri Northumberland	1:32:47
188.	221	Sue Procter	f	Lady Veteran 40	U/A Hungerford, Berkshire	1:33:05
189.	222	Steve Parsons	m	Veteran 50	U/A Hungerford , Berkshire	1:33:05
190.	187	Sarah Gartside	f	Lady Veteran 50	Gosforth Harriers	1:33:12
191.	127	Lucia Tisnes	f	Lady Veteran 40	Dundee Roadrunners	1:33:28
192.	128	Elizabeth Neil	f		Bmf Glasgow	1:34:08
193.	241	Hannah Waddingham	f		U/A London,	1:34:28
194.	240	Nicola Sewell	f	Lady Veteran 50	Smiley Paces	1:34:52
195.	346	Matthew Griffiths	m		St Bees Triers	1:35:18
196.	149	Kate Heathcock	f	Lady Veteran 50	Mow Cop Runners	1:36:56
197.	102	Hannah Hughes	f	Lady Veteran 40	U/A Stockport, Cheshire	1:37:45
198.	327	Gareth Hughed	m		U/A Stockport,	1:37:45
199.	227	Sonia D'Andreta	f		Manchester Road Runners	1:37:49
200.	153	Janine Zablocki	f	Lady Veteran 40	U/A Wednesbury, West Midlands	1:38:20
201.	185	Zoe Bettinson	f	Lady Veteran 40	St Bees Triers	1:39:05
202.	286	Diane Wilcockson	f		U/A Bolton,	1:39:40
203.	287	Paul Wilcockson	m	Veteran 40	U/A Bolton,	1:39:40
204.	87	Stuart Bowen	m	Veteran 40	Orchard Eagles Running Club	1:40:29
205.	256	Anna Wynne	f	Lady Veteran 40	U/A Cairndow, Argyll	1:40:41
206.	246	Matt Wynne	m	Veteran 40	U/A Cairndow, Argyll & Bute	1:40:41
207.	48	Faye Ruscoe	f	Lady Veteran 40	U/A Warrington, Cheshire	1:40:52
208.	315	Christopher Ingram	m		U/A WIGTON, Cumbria	1:41:28
209.	316	Amanda Ingram	f		U/A WIGTON, Cumbria	1:41:28
210.	306	Richard Savery	m	Veteran 50	U/A Hope Valley,	1:41:33
211.	307	Sarah Gilbertson	f	Lady Veteran 40	U/A Hope Valley,	1:41:33
212.	344	Diana Smalley	f		St. Bees Triers	1:41:54
213.	67	natasha fell	f		U/A waddington,	1:41:54
214.	77	Caroline Wither	f		U/A Leeds,	1:41:54
215.	828	Laura Huertas	f		St Bees Triers	1:41:57
216.	130	Liz Walton	f	Lady Veteran 50	NOTFAST	1:43:35
217.	170	Carol Stevenson	f	Lady Veteran 50	U/A Lutterworth, Leics	1:44:04
218.	53	David Devine	m	Veteran 50	U/A Glasgow, Scotland	1:44:06
219.	242	Richard Chippendale	m		Red Rose Road Runners	1:44:53
220.	224	Robyn Townsend	f		Sunderland Harriers & AC	1:46:22
221.	335	Deepa Bala	f	Lady Veteran 40	U/A London ,	1:46:45
222.	44	MICHAEL ARMSTRONG	m	Veteran 50	sunderland strollers	1:46:51
223.	84	Nicholas Webster	m	Veteran 40	U/A Northallerton ,	1:47:57
224.	83	Ian Henderson	m	Veteran 40	U/A Northallerton ,	1:48:15

Number of records: 224