



Pos	Bib	Name	Gender	Age	Club	Time
Helvellyn Trail Run 10k - Early Start						
1	976	Laura Bartlett	f			0:47:35
2	1312	Kevin Scott	m	MV 50		0:47:43
3	311	Karen Johnson	f	FV 40		0:49:37
4	1292	Nick Martland	m	MV 50		0:53:18
5	301	Duncan Rossall	m	MV 60		0:55:20
6	569	Graham Forsyth	m			0:58:55
7	954	William Edwards	m			0:59:58
8	953	Eilidh Mann	f			0:59:58
9	1124	david CARTER	m	MV 50		1:02:07
10	916	Lewis Stokes	m	MV 40		1:02:13
11	166	Elaine Shepherd	f	FV 50		1:03:21
12	1291	Shirley Spratt	f	FV 60		1:03:32
13	24	Claire Gall	f	FV 40		1:04:48
14	346	Fran Pearson	f		Bury AC	1:05:15
15	347	Liz Lloyd	f	FV 40	Calder Valley Fell Runners	1:05:15
16	891	Sarah Ashcroft	f	FV 40	LYTHAM	1:05:33
17	841	Phil Chew	m	MV 60	Little fellas on fells	1:05:41
18	1146	Matthew McCormack	m			1:05:48
19	139	Andrea Lancaster	f	FV 40		1:07:21
20	1002	Hannah Staffieri	f			1:07:23
21	1008	Fiona Bond	f			1:08:06
22	1101	Marjolein Thickett	f			1:08:09
23	172	Debra Hodgson	f	FV 50		1:10:11
24	216	Gary Cash	m	MV 70	Wirral Vikings TRC	1:10:34
25	279	Liz Meekings	f	FV 40	Smiley Paces	1:11:20
26	90	Bev Navesey	f	FV 50		1:11:44
27	185	Helen Bowerman	f	FV 50		1:12:05
28	11	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	1:12:20
29	100	Dawn Fahy	f	FV 60	Burgess Hill Runners	1:12:32
30	13	Neil Brannelly	m	MV 40		1:13:14
31	1284	Patricia Hynes	f	FV 60		1:13:37
32	27	Barbara Bath	f	FV 50	Red Rose Road Runners	1:13:43
33	83	Suzanne Collett	f	FV 40	Women On The Run	1:15:02
34	213	SUE CASH	f	FV 70	Wirral Vikings TRC	1:15:35
35	165	Jocelyn Coppard	f	FV 50		1:15:39
36	969	Patricia White	f	FV 60	Women on the Run	1:15:43
37	1127	Christine Sutherland	f	FV 60		1:16:03
38	667	Susan Winn	f	FV 50		1:17:23
39	425	Tanya Bushell	f	FV 40	Women On Run	1:18:53
40	150	Helen Newman	f	FV 50		1:18:54
41	138	Tracey Brocklehurst	f	FV 50		1:19:50
42	12	Iain Wood	m	MV 40		1:21:47
43	1313	Sue Burns	f	FV 50		1:22:29
45	278	Jane Naylor	f		Smiley Paces	1:23:21
46	276	Rachel Suddrick	f	FV 50	Smiley Paces	1:23:21
47	391	Martha Henocq	f	FV 40	Smiley Paces	1:23:21
48	277	Rose Ward	f	FV 40	Smiley Paces	1:23:22
49	415	Helen Proctor	f	FV 50	Women on the Run Kendal	1:23:31

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
50	666	Hayley Fleming	f		Women on the run kendal	1:24:03
51	618	Elliot Chew	m			1:24:12
52	349	Tony Fahy	m	MV 70		1:24:46
53	532	Jennifer Hale	f		Witherslack Warriors	1:25:17
54	832	Lucy Price	f	FV 40		1:25:23
55	882	Christina Davies	f	FV 40		1:26:19
56	572	Carole Whiteley	f	FV 60	Women On The Run Kendal	1:26:35
57	450	Daryl Marshall	m			1:28:09
58	451	Caroline Morris-jones	f	FV 50	Adderbury Runners	1:28:09
59	14	Deborah Lund	f	FV 40		1:28:12
60	876	Andrea Jones	f	FV 50		1:28:13
61	186	Rosalyn Turner	f	FV 60	WOTR	1:29:13
62	128	Rose Thompson	f	FV 60	Women on the Run	1:29:16
64	156	Yvonne O'malley	f	FV 40	Jogscotland Penicuik	1:32:29
65	239	Jane Malcolm	f	FV 50	Jogscotland	1:32:31
66	215	Catherine Ball	f	FV 50	Wirral TRC	1:33:54
67	949	Tracy Norman	f	FV 50	Wirral Vikings Trc	1:33:54
68	416	Chrissie Jackson	f	FV 40	Wotr	1:34:58
69	711	Jane Cummins	f	FV 60		1:37:36
70	793	Edwina Rickards Collinson	f	FV 60	Crowwalkers	1:38:08
71	715	Sally Wilkinson	f	FV 50	Get Over Yourself	1:38:08
72	107	Lizzie Coleshill	f	FV 60		1:40:40

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
Helvellyn Trail Run 10k						
1	613	David Hatch	m			0:41:06
2	605	Steve Jones	m	MV 40		0:43:04
3	562	Ewan Maynard	m	MV 40		0:43:45
4	435	Macauley Bond	m			0:44:24
5	318	Ronnie Haddow	m	MV 50	Furness Fell Runners	0:44:32
6	967	Fergal Duffy	m	MV 50		0:44:36
7	774	Chris Ingham	m	MV 40		0:44:43
8	482	Lee Rudd	m	MV 50	Wrekin Road Runners	0:45:17
9	227	Gary O'Neill	m	MV 40	Furness Fell Runners	0:46:23
10	182	Stephen Entwistle	m	MV 60	Wirral Vikings TRC	0:48:09
11	554	Philip Lonsdale	m	MV 50		0:49:34
12	820	Gary Moran	m			0:49:49
13	616	Rob Coakley	m			0:49:52
14	142	Andrew Fairweather	m	MV 40	Red rose road runners	0:50:00
15	775	Christopher Hill	m			0:50:15
16	789	Rachel Crow	f		BFR	0:50:17
17	212	Helen Johnson	f	FV 50	Wirral Vikings	0:50:43
18	158	Andy Firkin	m	MV 50	Lancaster and Morecambe ac	0:50:48
19	930	James Stubbs	m			0:51:14
20	824	Marcus Carter-Strutt	m			0:51:31
21	483	Paul Spriggs	m	MV 50	Wrekin Road Runners	0:51:51
22	578	Andrew Duggan	m	MV 50	Wrekin Road Runners	0:51:51
23	1254	Jack Liddell	m			0:52:07
24	17	John Wilson	m	MV 40		0:52:58
25	535	David Dalziel	m			0:54:06
26	1117	Christian Scott	m			0:54:09
27	971	Keith O'Connor	m			0:54:25
28	771	Eli Mitchell-Larson	m			0:54:29
29	1025	Neil Burnett	m	MV 50	Kendal	0:54:41
30	299	Emilia Wright	f		Calder Valley Fell Runners	0:54:47
31	409	Steven Livingstone	m			0:54:49
32	223	Katrina Mccaughan	f	FV 40		0:55:03
33	1156	Abbie Wilcock	f		Dallam Running Club	0:55:33
34	316	Lara Clayson	f		Brighton And Hove Athletics	0:55:36
35	284	Ralph Liddell	m	MV 70	Eden Runners	0:55:36
36	1113	Jonathan Fletcher	m	MV 50	Ripon Runners	0:55:37
37	1314	David Ormrod	m			0:55:47
38	714	Andrew Edwards	m	MV 40	East Fife Triathlon Club	0:57:02
39	460	Clare Thompson	f	FV 40	Smiley Paces	0:57:15
40	221	Claire Lester	f	FV 50		0:57:16
41	131	Raymond Riley	m	MV 40		0:57:32
42	1158	Robin Lee	m	MV 40		0:57:34
43	1148	Christopher Snelling	m	MV 40		0:57:35
44	961	David Moran	m			0:58:13
45	816	Matthew Dack	m			0:58:15
46	371	Harvey Wooldridge	m	MV 50		0:58:18
47	815	Scott Houston	m			0:58:29
48	98	Martin Dick	m	MV 50		0:58:43
49	214	Spencer Reynolds	m	MV 40	Wirral Viking's	0:59:43
50	1215	Laura Mingins	f			0:59:45
51	1103	Jessica Booth	f			1:00:01

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
52	1151	Robert Meadows	m	MV 50		1:00:07
53	125	Dawn Chilton	f	FV 50		1:00:08
54	437	Andrew Connor	m	MV 50		1:00:12
55	130	Siobhan Riley	f	FV 50		1:00:26
56	867	Vicky Bloor	f	FV 40	Furness Fell Runners	1:00:28
57	1276	Dawn Jones	f	FV 50		1:00:30
58	794	Jimmy Hark	m			1:00:31
59	700	Kerry Bromhall	f	FV 50		1:00:33
60	919	Richard Catterall	m	MV 40		1:00:34
61	46	Jennifer Smith	f			1:00:47
62	760	Jerry Barnes	m	MV 60	Vegan runners	1:00:51
63	384	Carol Hatch	f	FV 60		1:00:52
64	366	Jim Higham	m	MV 50		1:01:06
65	781	Alan Huggon	m	MV 50	Border Reiver Runners	1:01:21
66	557	Jackie Watts	f	FV 40		1:01:24
67	799	Mark Cowan	m	MV 40	Wirral Vikings Trc	1:01:25
68	1111	Damien Cheema	m	MV 40		1:01:57
69	733	Beth Wyld	f			1:02:21
70	1224	Delia Watts	f	FV 50	Smiley Paces	1:02:29
71	360	Juliet Rayment	f	FV 40		1:02:30
72	445	Caitlin Baty	f			1:02:37
73	1250	Jess Ormerod	f			1:02:38
74	833	Matt Goffatt	m			1:02:47
75	1024	Sarah Burnett	f	FV 50		1:02:53
76	82	Jacq Charles	f	FV 40	Wirral Vikings Trc	1:03:16
77	1133	Kirsty Batchelor	f			1:03:23
78	370	Carl Wild	m	MV 40		1:03:33
79	1000	Chloe Almond	f			1:03:35
80	1001	Matthew Almond	m	MV 40		1:03:35
81	408	Sarah Jones	f	FV 50		1:03:42
82	842	Anthony Marechal	m	MV 60		1:03:42
83	986	Richard Clements	m	MV 50	Hip Replacement Runners	1:03:45
84	797	Simon Funnell	m	MV 40		1:03:47
85	861	Sally McFarlane	f	FV 40	None	1:04:03
86	1283	Joanne Boreham	f	FV 50	4 Amigos	1:04:06
87	720	Tom Blackman	m			1:04:35
88	73	Jane Mellor	f	FV 40		1:04:45
89	718	Graham Ibbetson	m	MV 50		1:04:52
90	86	Clare Thomas	f	FV 40		1:05:07
91	353	Frances Mayson	f			1:05:20
92	751	Louise Sargeant	f			1:05:23
93	1142	Christine Findlay	f			1:05:24
94	56	Lesley Neal	f	FV 40	Quakers running club	1:05:26
95	365	Karen Higham	f	FV 50		1:05:32
96	1257	Nicola Sewell	f	FV 50	Smiley Paces	1:05:36
97	836	Rachel Barnes	f	FV 40	Smiley Paces	1:05:36
98	706	Ami Fynamore	f			1:05:36
99	742	Nigel Eddy	m	MV 60	Quakers running club	1:05:45
100	471	Leigh Curran	m			1:06:18
101	987	Belinda Schofield	f	FV 50		1:06:23
102	1135	Claire Appelquist	f	FV 50		1:06:26
103	1136	Kathryn Tracey	f	FV 40	Riverside Runners	1:06:26

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
104	826	David Hurst	m	MV 50		1:06:27
105	1112	Pete Holding	m	MV 60		1:06:30
106	422	Keith Tolley	m	MV 50	High Peak AC	1:06:32
107	999	Ellie Krukowski	f	FV 40	St Bees Triers	1:06:42
108	849	Jean WILKINSON	f	FV 50		1:06:42
109	196	Philip Sturgess	m	MV 50		1:06:47
110	218	Jean Turner	f	FV 60	Telford Harriers	1:06:54
111	1231	Zoe Bridges	f	FV 50	Trail Running Association	1:07:14
112	753	James Featherstone	m	MV 60		1:07:23
113	744	Hannah Hobson	f			1:07:43
114	345	Jackie Frank	f	FV 40		1:08:18
115	260	Jo Clayton	f	FV 50		1:08:26
116	79	Louise Lowe	f		Craven Energy	1:08:29
117	259	jo fowler	f	FV 40		1:08:30
118	352	Christabel Buchanan	f			1:08:31
119	248	Richard Campbell	m	MV 40		1:08:38
120	231	Laura Carter	f	FV 50	Stockport Tri Club	1:09:00
121	155	Gillian Doolan	f	FV 50		1:09:00
122	1178	Mart Kissick	m	MV 40		1:09:14
123	167	Lenka Ward	f	FV 40	Susie Anton Ladies On The Run	1:09:24
124	957	Shelly Allen	f	FV 50		1:10:01
125	60	Catherine George	f	FV 50		1:10:11
126	1300	Nicky Ball	f	FV 50		1:11:00
127	1198	Edward Melling	m	MV 60		1:11:03
128	1014	Katy Woodman	f	FV 40	Border Reiver Runners	1:11:12
129	219	Helen Lester	f	FV 50	Wirral Vikings	1:11:15
130	516	Katie Welch	f	FV 50		1:11:21
131	553	Sarah Castro	f			1:11:28
132	1273	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	1:11:29
133	977	Faith Firkins	f	FV 50	Lancaster and Morecambe Athletics Club	1:11:31
134	160	Stephen Perry	m	MV 60	Lancaster and Morecambe ac	1:11:32
135	840	Christina Marechal	f			1:11:33
136	420	Rachael Price	f	FV 40		1:12:01
137	908	Jenny Garbe	f			1:12:04
138	446	Leigh Crawford	f	FV 40		1:12:15
139	1225	Carol Downing	f	FV 60	Howgill Harriers	1:12:37
140	49	Rach Stavert	f	FV 50		1:12:54
141	1253	Rosalie Liddell	f	FV 60	Eden Runners	1:13:13
142	592	Emma Teggart	f	FV 40	Lonely goat	1:14:11
143	962	Leanne Topcuoglu	f	FV 40	ACF Standish	1:14:32
144	662	Rebecca Modeley	f			1:14:32
145	663	Karl Dickenson	m		Lonely Goat Rc	1:14:33
146	623	Gill Hindle	f	FV 50	Jog On The Tyne	1:14:47
147	645	Hazel Ward	f	FV 60	Jog On The Tyne	1:14:48
148	1189	Sam Perkins	f	FV 40		1:14:48
149	509	Austin Trelfa	m	MV 60	Red Rose Road Runners	1:14:50
150	743	Sophie Bodenham	f			1:14:58
151	452	Rachel Bodenham	f	FV 50		1:14:58
152	340	Lindsay Halliwell	f	FV 50		1:15:00
153	487	LAURA ATKINSON	f	FV 40		1:15:01
154	728	Marie Dawson	f	FV 50		1:15:14
155	1261	Gillian O'boyle	f	FV 50		1:16:03

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
156	153	Ruth Shooter	f	FV 40	Ruth's Runners	1:16:13
157	814	Greg Murphy	m	MV 50		1:16:13
158	825	Catherine Roche	f			1:16:15
159	546	Caron Parkes	f	FV 50		1:16:19
160	102	Caitlin Stokes	f			1:16:21
161	996	Rachael Dinsdale	f	FV 50		1:16:32
162	988	Joanna Dent	f	FV 50		1:16:32
163	161	Rob Clayton	m	MV 40	Lancaster and Morecambe athletic club	1:16:44
164	159	Anna Richings	f	FV 50	Lancaster and Morecambe ac	1:16:44
165	157	Jo Moss	f	FV 40		1:16:45
166	1195	Justin Wilkinson	m	MV 50	Nicky Nook Fell Noncers	1:16:49
167	1193	James Fowler	m	MV 50	Nicky Nook Nackermen	1:16:49
168	1194	Joel Wilkinson	m	MV 50	Nicky Nook Nackermen	1:16:49
169	597	Brenda Lowry	f	FV 50		1:17:06
170	110	Brian Winder	m	MV 70	Darwen Running Group	1:17:12
171	758	Natasha Cruickshank	f	FV 40		1:17:24
172	701	Andy Gornall	m	MV 50	Cumberland AC/Tri Lakeland	1:17:31
173	982	Vanessa Thomson	f	FV 40		1:17:38
174	630	Miss Sharon White	f	FV 50	Mossley afc running club	1:18:09
175	1286	Julie Murrell	f	FV 50		1:18:29
176	992	Macarena Vergara	f	FV 50		1:18:36
177	875	Carol Greenhalgh	f	FV 50		1:18:36
178	188	Julie Cole	f	FV 50	Jog on the Tyne	1:19:00
179	192	Natalie Swift	f	FV 40		1:19:10
180	193	Ian Swift	m	MV 40		1:19:10
181	624	Susan McGhee	f	FV 50		1:19:18
182	731	Edward Jones	m			1:19:25
183	732	Mario Portela	m			1:19:25
184	730	Siana Jones	f		Shaw Hill Runners	1:19:32
185	661	Claire Heggie	f	FV 40	Border Reiver Runners	1:19:35
186	226	Sandra Allan	f	FV 60	Fellside Ladies	1:20:19
187	586	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	1:21:28
188	594	Catherine Thornber	f	FV 50	Pendle Triathlon Club	1:21:28
189	1206	Lynn Boylin	f	FV 60	Astley & Tyldesley	1:22:00
190	525	Karen Burgoyne	f		Invictus	1:22:03
191	541	John Melling	m	MV 60		1:22:19
192	447	Melanie Fraser	f	FV 40		1:23:30
193	847	Helen Craven	f	FV 50		1:23:33
194	362	Stewart Grieve	m	MV 40		1:27:21
195	361	Alison Hardiker	f	FV 40		1:27:27
196	97	Alison Dick	f	FV 50	Red Rose Road Runners	1:27:50
197	87	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	1:28:21
198	530	Gill Morgan	f	FV 50	A&T running club	1:31:43
199	561	Kathryn Pearson	f	FV 50	Astley & Tyldesley Road Runners	1:31:43
200	183	Kate Wilkinson	f	FV 60	Jog on tyne	1:32:25
201	119	Gwen Woznikowska	f	FV 40	Susie Anton Pt Ladies On The Run	1:34:34
202	120	Kristen Hopkins	f	FV 40		1:34:36
203	910	Julie Luckman	f	FV 50		1:38:47
204	909	Simon Turgoose	m	MV 50		1:38:47
205	901	John Gore	m	MV 40	Rochdale Tri Club	1:39:44
206	902	Joanne Gore	f	FV 40		1:39:44
207	1023	Amanda Berry	f	FV 60	Red Rose Road Runners	1:43:29

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
208	433	Davina Bowling	f	FV 70	Redrose Road Runners	1:43:29
209	595	Fiona O'brien	f	FV 50	Jog On The Tyne	1:50:36
210	625	Suzanne Fairless-aitken	f	FV 40	Jog On The Tyne	1:50:37

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
Helvellyn Trail Challenge 15k - Early Start						
1	702	Anthony Staffieri	m			1:09:09
2	92	Mathew Carver	m			1:11:46
3	708	Neil Stephenson	m			1:14:38
4	438	Michael Robinson	m		Ackworth road runners	1:17:25
5	590	Aaron Rickard	m			1:17:30
6	477	Gavin Birkett	m	MV 40		1:18:10
7	933	Steven Price	m			1:22:50
8	934	Katherine Lafferty	f			1:23:36
9	694	Richard Kenyon	m	MV 40		1:23:37
10	1259	Michelle Price	f			1:23:38
11	389	George Clayson	m	MV 50	Brighton And Hove Athletics	1:23:47
12	217	Chris Brearton	m	MV 40	Wirral Vikings	1:24:52
13	871	Serena Miles	f	FV 50	Olney Runners	1:24:58
14	922	Simon Robb	m			1:25:32
15	800	Chris Carruthers	m			1:28:59
16	878	Anthony Connolly	m	MV 40		1:30:04
17	281	Terry Moss	m	MV 50		1:30:31
18	421	Chris Barnes	m	MV 50	Olney Runners AC	1:30:57
19	609	Gillian Glynn	f	FV 50		1:32:02
20	354	Mary Jones	f	FV 40	Olney Runners	1:32:32
21	1238	Sarah McAuliffe	f		Olney Runners	1:32:32
22	296	Louise Chicken	f	FV 50	Tynedale Harriers	1:32:39
23	135	Nicholas Schaffer	m	MV 60	Millom Striders	1:33:04
24	918	Simon Eggleston	m	MV 50	South Shields Harrers	1:33:06
25	736	Claire Allan	f		Dalston Caldew Runners	1:33:09
26	737	Nick Allan	m		Dalston Caldew Runners	1:33:10
27	303	Julie Cook	f	FV 50	Tynedale Harriers	1:33:27
28	1119	Chris Davies	m	MV 40	Team inov-8	1:34:04
29	1038	Jenny Jakeman	f		Team Inov-8	1:34:04
30	723	Michael Rogers	m	MV 40	None	1:34:12
31	651	Sandra Connell	f	FV 60		1:34:47
32	300	Joanne Marsden	f	FV 50		1:34:51
33	1217	Jayne Ashe	f			1:34:53
34	754	Michael Bellwood	m			1:34:58
35	725	Mike Lowes	m	MV 50	Saltwell Harriers	1:35:12
36	724	Joe Gregson	m			1:35:59
37	991	rebecca Byrne	f		St Bees Triers	1:36:05
38	810	Louise Anderson	f	FV 50		1:36:14
39	873	Sharon Barry	f	FV 50	Tri-lakeland	1:36:28
40	1219	amy kirk	f			1:37:15
41	304	Leonie Hayler	f	FV 50	Tynedale Harriers	1:37:21
42	851	Fran Connolly	f	FV 40	Blackpool Wyre & Fylde AC	1:38:16
43	151	Neil Brooks	m	MV 50		1:38:53
44	407	Andrew Hollowbread	m	MV 50		1:38:57
45	965	Gillian Rowland	f	FV 60		1:39:03
46	524	Daisy Munn	f			1:39:05
47	1191	James Watts	m			1:39:11
48	211	Peter Mylett	m	MV 40	Wirral Vikings Trc	1:39:19
49	1006	Michael Harrison	m	MV 40		1:39:43
50	1109	Katharine Greenwood	f	FV 50		1:41:28
51	862	Lee Clark	m	MV 40	Team Acf	1:41:57

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
52	559	Jen Powley	f	FV 40		1:42:01
53	872	Nicky Steels	f	FV 40	Keswick AC	1:42:06
54	1214	Alan Davidson	m	MV 70		1:42:26
55	560	Ann-Marie Tulloch	f	FV 40		1:42:53
56	726	Susan Lowes	f	FV 50	Saltwell Harriers	1:43:22
57	1246	Diane Wright	f	FV 50	Calder Valley Fell Runners	1:43:39
58	993	Helen Foster	f	FV 40		1:43:59
59	669	Sharon Stones	f	FV 60		1:44:13
60	493	Emily Hudson	f	FV 40		1:44:18
61	401	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	1:44:59
62	244	Simon Forshaw	f	FV 50		1:45:29
63	1036	Julia Guste	f			1:45:31
64	579	Meg Daintith	f	FV 50	Warrington Runing Club	1:45:36
65	382	Ryan Parry	m	MV 40		1:45:51
66	591	Alison Unsworth	f	FV 50		1:46:45
67	529	Charles Larsson	m	MV 50	Silverdale Tv	1:46:46
68	390	Jenny Dilworth	f	FV 50		1:46:59
69	436	Nathalie Robinson	f	FV 40	Roefield Run Club	1:48:26
70	25	Sue Woods	f	FV 50		1:48:33
71	617	Louise Roberts	f	FV 50		1:48:50
72	598	John Stout	m	MV 60		1:49:06
73	252	Bob Preston	m	MV 50		1:49:55
74	424	Val Houghton	f	FV 50		1:50:54
75	241	Jane Davies	f	FV 50		1:50:54
76	1167	Katy Lewis	f	FV 50		1:51:08
77	508	Guy Simpson	m	MV 40	Eden Runners	1:51:34
78	807	Ken Brown	m	MV 60		1:52:19
79	806	Vicki Brown	f	FV 50		1:52:20
80	931	Scott Burrow	m	MV 50		1:53:05
81	912	Sharon Duthie	f	FV 50		1:54:32
82	1108	Hannah Stirling	f			1:55:43
83	966	Kathryn Abbott	f	FV 50	Red Rose Road Runners	1:57:17
84	756	Sam Davis	m			1:57:19
85	77	Debbie Hallsworth	f		Derwent Ac	1:57:32
86	823	Marie Walker	f	FV 50	Sedgefield Harriers	1:57:43
87	856	Jennifer Burtonwood	f	FV 50	Blackpool Wyre And Fylde Athletics Club	1:58:13
88	141	Lee Latham	m	MV 40	Victoria Park Running Club	1:58:48
89	140	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	1:58:48
90	811	Gary Anderson	m	MV 50		2:00:02
91	242	Judith Barker	f	FV 50		2:00:48
92	938	Rachel Bellwood	f		N/A	2:01:44
93	1037	Chris Lee	m			2:02:59
94	1114	Genna Robb	f			2:04:06
95	1303	Ali Cooper	f	FV 60		2:06:04
96	879	Anthony Brewis	m	MV 40		2:07:44
97	1236	Martin Duffy	m	MV 40		2:09:42
98	1190	Tabitha Stanmore	f			2:10:32
99	589	Suze Rickard	f			2:10:32
100	94	Nichola Cooke	f	FV 40	Prestwich Ac	2:11:57
101	398	Jo Houghton	f	FV 50	Prestwich AC	2:11:58
102	552	Richard Payne	m	MV 60	Quakers Running Club	2:12:37
103	607	Claire St John	f	FV 40	BLACKPOOL WYRE & FYLDE ATHLETICS	2:12:37

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
104	544	Jez Makin	m	MV 50	Darlington Harriers & AC	2:12:38
105	526	Chloe Slee	f		Goodgym Race Team	2:13:40
106	358	Jackie Moxon	f	FV 60		2:13:52
107	513	Sarah Bowden	f	FV 40		2:14:03
108	512	Marie Clay	f	FV 40	N/a	2:14:21
109	189	Deborah Williams	f	FV 40	Jog On The Tyne	2:15:16
110	1294	Claire Knowles	f	FV 40	Jog On The Tyne	2:15:32
111	357	GARY MOXON	m	MV 60		2:15:55
112	243	Eleanor Forshaw	f			2:18:50
113	857	Wendy Hope	f	FV 40	Blackpool Fylde & Wyre AC	2:19:16
114	942	Elizabeth Gartshore	f	FV 60	Pensby Runners	2:19:23
115	1279	Catherine Jones	f	FV 60		2:21:35
116	845	Maree Barugh	f	FV 40		2:26:35
117	475	Elaine Hudson	f	FV 40		2:26:46
118	859	Beverley Miller	f	FV 60	Hyde Park harriers	2:26:57
119	858	Samantha Tinsdale	f	FV 40		2:30:30
120	787	Gillian Kelly	f	FV 40	St. Helens Sutton	2:36:09
121	785	Paul Kelly	m	MV 40		2:36:09

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
Helvellyn Trail Challenge 15k						
1	689	Stephen Leahy	m			1:08:10
2	1120	Stuart Wilson	m			1:10:12
3	1029	Joe Dorgham	m			1:11:11
4	1249	Jack Harrison	m			1:12:13
5	1027	Ciaron Roddy	m		Red Rose Runners	1:13:50
6	543	Matt Routledge	m	MV 50	UTS	1:15:10
7	921	James Doddrell	m			1:17:12
8	545	David Pollitt	m	MV 50	Leigh Harriers	1:17:25
9	291	Andrew Watson	m			1:18:39
10	137	Matthew Croughan	m	MV 40	Meltham AC	1:20:04
11	84	Stuart Taylor	m	MV 50		1:20:14
12	93	Sara Lewis	f		Meltham Ac	1:20:40
13	478	Kyle Balnave	m	MV 40		1:20:43
14	286	David Bull	m	MV 40		1:20:53
15	792	James Crossan	m			1:20:56
16	510	Ben Read	m			1:22:27
17	936	Michael Worthington	m	MV 50		1:23:21
18	675	Ryan Martindale	m			1:24:22
19	603	Ian Croft	m	MV 50	Red Rose Road Runners	1:24:38
20	480	Sarah Morris	f	FV 50		1:25:10
21	418	Laurie Diaz-steptoe	m			1:25:12
22	738	Rob Copley	m			1:25:15
23	169	David Sargent	m			1:25:21
24	136	John Gray	m	MV 50	Meltham Ac	1:25:24
25	970	David Tittensor	m	MV 50	Wigan harriers a/c	1:26:02
26	1009	Joe Sheils	m			1:26:06
27	697	Adam Smith	m			1:26:10
28	822	Lee Marks	m	MV 40	Salford met ac	1:26:13
29	821	Simon Lobas	m	MV 40		1:26:13
30	1102	Lyndon Levett	m	MV 50		1:26:23
31	1209	Laura Molyneux	f	FV 40		1:26:40
32	462	Jonny Hughes	m			1:27:47
33	990	Darren Horobin	m	MV 40		1:27:52
34	1028	Eleanor Houghton	f			1:27:56
35	1266	Tim Lavin	m			1:28:44
36	363	Kevin Webster	m			1:28:55
37	1208	Maureen Laney	f	FV 60	Unattached	1:29:12
38	686	Tim Kings	m	MV 50		1:29:23
39	486	Darren Atkinson	m			1:29:38
40	852	Andy Carpenter	m	MV 50		1:29:56
41	776	Alex Kelly	m			1:30:24
42	1106	Phil Horner	m	MV 40	Garstang RC	1:30:43
43	152	Laura Owen	f		Warrington Running Club	1:30:44
44	1138	John McConnell	m	MV 50		1:30:48
45	830	Steven Beahan	m	MV 50		1:31:00
46	674	Paul Bretherton	m	MV 50		1:31:49
47	1007	Debbie Torr	f	FV 40		1:32:07
48	886	Marek Majtyka	m	MV 40		1:32:12
49	163	Colin Gilchrist	m	MV 40	Fleetwood tri club	1:32:15
50	791	Paul Mackey	m	MV 40	Manchester Muckers RC	1:32:20
51	118	Find Jorgensen	m	MV 60		1:33:06

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
52	1035	Ian Mckay	m	MV 50		1:33:10
53	1197	Howard Rand	m	MV 40		1:33:22
54	1265	James Morris	m	MV 40		1:33:24
55	768	Paul Hodgkin	m	MV 40		1:33:52
56	783	Kerry Wilson	f			1:34:18
57	895	Callum Hodgson	m			1:34:41
58	168	Sally Anderson	f		Saddleworth runners	1:34:45
59	488	Ian Davenport	m	MV 50		1:34:54
60	315	Joanna Fitch	f			1:35:11
61	392	Kev Kendal	m	MV 50	Howgill Harriers	1:35:13
62	846	Dan Lewis	m	MV 40		1:35:14
63	1016	John Wiggans	m	MV 50	Red Rose Road Runners	1:35:56
64	777	Matthew Hodson	m			1:35:57
65	1107	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	1:37:20
66	964	Rebecca Leahy	f		Women on the Run (Kendal)	1:37:24
67	400	Glyn Jones	m	MV 50		1:37:25
68	829	Joanne Beahan	f	FV 50		1:37:27
69	1134	Lauren Webster	f			1:37:32
70	563	Robert Hardy	m	MV 40		1:37:38
71	399	Glyn Williams	m	MV 50	Prestwich AC	1:37:51
72	719	Andrew Wilkinson	m	MV 50	Wesham road runners	1:37:59
73	1230	David Miller	m	MV 60	Chorley A. & T.	1:38:09
74	874	Ray Foulkes	m	MV 50	Redcar Running Club	1:38:15
75	994	Martin Tilbury	m	MV 50		1:38:16
76	583	Nadia Mckane	f			1:38:39
77	1202	Neil Venables	m	MV 60		1:39:02
78	91	Fiona Haigh	f	FV 50	Team Fi & B	1:39:31
79	144	Leonie Bell	f	FV 40		1:39:34
80	143	Neil Hawkes	m	MV 50		1:39:34
81	761	Gary Bigland	m	MV 40		1:40:09
82	974	Cathleen Casterton	f			1:40:28
83	952	John Wilks	m	MV 50	Tri Lakeland	1:40:32
84	1301	Rachel Bailey	f			1:40:55
85	146	Jen Moss	f		HI Runners	1:40:57
86	247	Ross Kirby	m	MV 40		1:41:19
87	32	Andrew Wright	m	MV 40		1:41:34
88	33	Nigel Dean	m	MV 50		1:41:35
89	688	Thomas Harkin	m	MV 40	Manchester Muckers RC	1:41:37
90	1309	Christopher D'Arcy	m	MV 50		1:41:39
91	180	Paul Haydon	m	MV 50	F.r.a.	1:41:42
92	201	Chris Green	m	MV 50		1:41:54
93	1140	Adam Ralph	m			1:42:35
94	1018	Fiona Little	f	FV 40		1:42:39
95	1240	Anthony Maxwell	m	MV 60	Lostock AC	1:42:41
96	1199	Emma Thacker	f	FV 40		1:42:43
97	659	Dan Stolworthy	m			1:42:48
98	368	Owen Davies	m	MV 70		1:42:55
99	1278	Hilary Dickinson	f	FV 60	Tynedale Harriers & A C	1:43:21
100	705	Andy Sheridan	m	MV 40		1:43:31
101	1179	Rebecca Hardacre	f			1:43:41
102	298	Keith Whitehead	m	MV 60	Knowle & Dorrige Running Club	1:44:30
103	682	Jodie Berry	f		RunTheWorldMcr	1:44:43

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
104	1186	Fiona Lobban	f	FV 50		1:45:01
105	865	darren hill	m			1:45:12
106	19	Rebecca Gregson	f		Tri Preston	1:45:20
107	85	Taylor Carver	f			1:45:22
108	253	Kit Erlebach	m	MV 50	Durham City Harriers	1:46:26
109	924	Mandy DYE	f	FV 50		1:46:33
110	676	Elizabeth Gribbin	f			1:46:45
111	1155	Ian Glendenning	f	FV 50		1:46:58
112	932	Craig Booth	m	MV 50		1:47:01
113	95	Emma Cousins	f			1:47:06
114	870	Robert Terry	m	MV 50	Belper Harriers	1:47:08
115	388	Emily Morrow	f			1:47:22
116	853	Karen Ashcroft	f	FV 40		1:47:35
117	511	NIKKI CRYER	f			1:47:49
118	1139	Helyn McConnell	f	FV 50	SE Fitness	1:48:35
119	749	Hannah O'connor	f			1:48:44
120	748	Stuart O'connor	m	MV 50		1:48:45
121	522	Carol Robinson	f	FV 40		1:48:53
122	1203	Jill Gregg	f	FV 40	Parbold Pink Panthers	1:48:55
123	99	Alex Abbott	f	FV 40		1:49:49
124	913	Heather Taylor	f	FV 40	Wearside Triathlon	1:49:51
125	551	Anna Holmes-Rand	f			1:50:01
126	587	Jill Reed	f	FV 50		1:50:09
127	133	David Aust	m	MV 50	Stamford Striders	1:50:12
128	105	Nick Pape	m	MV 50	Hermitage Harriers	1:50:12
129	926	Darren Eccles	m	MV 40		1:50:12
130	604	Alicia Croft	f	FV 50	Red Rose Road Runners	1:50:40
131	712	Anthony Barnes	m	MV 40		1:50:55
132	854	Stuart Bond	m			1:51:06
133	490	Andrew Turnbull	m	MV 40	St Bees Triers	1:51:09
134	739	Dan May	m			1:51:16
135	740	Kirstie May	f			1:51:16
136	459	Sandy Petrie	m	MV 70		1:51:27
137	897	Kathryn Green	f	FV 50		1:51:36
138	658	Kate Stolworthy	f			1:52:49
139	250	Steven Ohara	m	MV 40		1:53:07
140	70	Kirsty Martindale	f	FV 50	Women On The Run	1:53:16
141	461	Michael Matthews	m			1:53:40
142	505	Roger Grimble	m			1:53:54
143	506	Hannah Swift	f			1:53:54
144	1168	Jennifer Pugh	f	FV 40		1:54:02
145	869	Lynne Terry	f	FV 50		1:54:34
146	502	Nicholas Whitehead	m	MV 50		1:54:37
147	261	Tricia Griffiths	f	FV 60		1:55:11
148	202	Russ Kelly	m	MV 50	Redcar Running Club	1:55:24
149	1277	Sarah Wilding	f	FV 40		1:55:35
150	1287	Della Lansley	f	FV 50		1:55:42
151	96	Jane Marshall	f	FV 50	York Acorn Running Club	1:56:10
152	134	Lorna Aust	f	FV 50	Stamford Striders	1:56:34
153	81	Sarah Collins	f		Lonely Goat RC	1:56:36
154	1297	Chris Probert	m	MV 60	Penny Lane Striders	1:56:38
155	439	Richard Quine	m	MV 50		1:56:53



Pos	Bib	Name	Gender	Age	Club	Time
156	1026	Elizabeth Bailey	f	FV 40	Garstang Running Club	1:57:20
157	1105	Claire Horner	f	FV 40	Garstang RC	1:57:20
158	496	Amanda Walsh	f	FV 50		1:57:28
159	497	Joanne Heron	f	FV 50		1:57:29
160	973	Laura Leitch	f			1:57:35
161	1221	Anne Stockley	f	FV 40	Keswick AC	1:57:38
162	246	Karen Thistlethwaite	f		Lonely Goat RC	1:57:42
163	464	David Ellicott	m	MV 40	Askern District RC	1:57:47
164	369	Janet Kay	f	FV 50	East hull harriers	1:58:00
165	1229	Adrian Kamis	m	MV 50	East Hull Harriers	1:58:00
166	556	Hannah Coupe	f	FV 40		1:58:12
167	707	Charlotte Casson	f			1:58:12
168	465	Alison Ferneyhough	f	FV 50		1:58:18
169	466	Mike Ferneyhough	m	MV 50		1:58:18
170	1130	Daniel Small	m			1:58:34
171	1141	Nicola Whitfield	f			1:58:34
172	633	Malcolm Adams	m	MV 70	Poynton Runners	1:58:46
173	474	Zena Cassels	f	FV 40	Women on the run	1:58:53
174	170	Sheila Williamson	f	FV 50		1:59:36
175	171	Rachel Blakeley	f	FV 40		1:59:36
176	164	Sandra Gilchrist	f	FV 40	Fleetwood tri club	1:59:42
177	520	Yvonne Bland	f	FV 50		1:59:58
178	757	Tiffany Mccullough	f			2:00:25
179	677	David Munday	m	MV 50		2:00:26
180	1173	Alison Ford	f	FV 50	SE Fitness	2:00:28
181	258	Katie Learman	f	FV 50		2:00:29
182	108	Gail Farr	f	FV 50	west hull ladies	2:00:39
183	204	Kathryn Greenlees	f	FV 40		2:00:54
184	1184	David Eatough	m	MV 50		2:01:04
185	601	John Cunningham	m	MV 50	Davenport Runners	2:01:05
186	181	Rachel Finn	f	FV 50		2:01:08
187	1252	Janet Finn	f	FV 50		2:01:34
188	1012	Kati Wood	f		Lancaster Runners	2:01:47
189	514	Diane Cawley	f	FV 40		2:02:09
190	503	Debbie Whitehead	f	FV 50	Farnham Runners	2:02:10
191	184	Rachel Ashton	f	FV 40		2:02:10
192	631	Joanne Slinger	f	FV 40		2:02:12
193	940	Kirstie Whyatt	f	FV 40		2:02:21
194	880	Andrea Howarth	f			2:02:33
195	881	Vish Parekh	m	MV 40		2:02:33
196	577	Abigail Jardine	f	FV 40	Eden Runners	2:03:02
197	1100	Deborah Easton	f	FV 40		2:03:04
198	1150	Helen Lyon	f			2:03:09
199	1204	Gabrielle Wenham	f		Parbold Pink Panthers	2:03:32
200	458	Fiona Petrie	f	FV 60		2:03:37
201	109	Wayne Lee Farr	m	MV 50	N/a	2:03:41
202	515	Rhian Broomhead	f	FV 40		2:03:48
203	1172	Tim Ford	m	MV 50		2:04:03
204	1241	Lisa Kallal	f	FV 50		2:04:11
205	29	James Murrin	m	MV 40		2:04:16
206	550	Nic Holmes	f	FV 40		2:04:50
207	549	James Bostock	m	MV 40		2:04:50



Pos	Bib	Name	Gender	Age	Club	Time
208	548	Carrie Bostock	f	FV 40	10CaKers	2:04:50
209	1228	Lorna Mundy	f	FV 40		2:04:53
210	264	Luke Bell	m			2:04:56
211	265	Faye Cox	f			2:04:56
212	297	Linda Whitehead	f	FV 60	Knowle & Dorridge Running Club	2:04:59
213	690	Michael Leahy	m	MV 70		2:04:59
214	176	Ronni Kirkham	f	FV 50	Esk valley	2:05:04
215	154	Clare Agar	f	FV 40	Redcar Running Club	2:05:05
216	175	Jean Ann Wilde	f	FV 50		2:05:05
217	1251	Mark Finn	m	MV 50		2:07:40
218	1239	Sheila Maxwell	f	FV 60	Lostock AC	2:07:52
219	240	Karen Lillie	f	FV 50	Lonely goat	2:08:44
220	1019	Maxine Grimshaw	f	FV 60	RED Community	2:09:30
221	111	Rachel Cartwright	f	FV 40	Warrington Running Club	2:10:15
222	103	Menna Goodwin	f	FV 50	Warrington	2:10:15
223	946	Sorcha Hodgson	f			2:10:39
224	894	Paula Byrne	f	FV 60		2:10:39
225	698	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS	2:11:06
226	696	Laura Pilkington	f			2:11:06
227	1122	Katie Storey	f	FV 40	Liverpool Running Bugs	2:11:51
228	256	Alison Nordon	f	FV 50		2:11:53
229	348	Sarah Erlebach	f	FV 50	Mums on the Run	2:11:56
230	684	Lynne Hardwick	f	FV 40		2:12:56
231	440	Jonathan Clubb	m	MV 40		2:13:09
232	65	Thomas Murrin	m	MV 40		2:13:53
233	80	Marie Guttridge	f	FV 40		2:17:46
234	112	John Harrington	m			2:17:46
235	687	Michael Kirkham	m	MV 50	Tri Rivington	2:17:57
236	280	Phil Owen	m	MV 50	Fetcheveryone	2:21:23
237	1255	Paul Cameron	m	MV 40		2:21:23
238	1282	Rowan Luck	f	FV 40	Woodthorpe Huffers & Puffers	2:21:27
239	1281	Debbie Crouch	f	FV 50	Woodthorpe Huffers & Puffers	2:21:27
240	1153	Lucy Glendenning	f	FV 50		2:22:27
241	1154	Kiera Glendenning	f			2:22:28
242	1031	Richard Walker	m	MV 40		2:24:01
243	1032	Lizzie Simmons	f	FV 40		2:24:01
244	1171	Wendy Fraser	f	FV 60		2:24:18
245	1170	Amanda Forbes	f	FV 60		2:24:19
246	427	Donna Thorpe	f	FV 40		2:24:20
247	426	Al Marron	f	FV 40		2:24:20
248	649	Sarah Baird	f			2:26:39
249	222	Helen Dutton	f			2:27:59
250	224	Helen Greenhalgh	f	FV 40	Wesham Road Runners	2:28:03
251	413	Dawn Anderson	f	FV 50		2:30:23
252	906	Anne Gash	f	FV 50		2:35:37
253	907	Charntel Clark	f			2:35:37
254	555	Catherine Wernham	f	FV 60	Farnham Runners	2:35:47
255	928	Megan Skelhorn	f			2:36:01
256	927	Andy Skelhorn	m	MV 60		2:36:01
257	205	Lauren Dean-Ashton	f	FV 40		2:38:31
258	640	Katie Lee	f			2:39:25
259	106	Maria Sowerby	f	FV 60	Stamford Striders	2:39:27

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
260	531	Caroline Rixon	f	FV 60		2:41:07
261	643	Jeanette McCormack	f	FV 60		2:41:15
262	644	Marie Caveen	f	FV 70		2:41:47

Pos	Bib	Name	Gender	Age	Club	Time
Helvellyn Trail Race 15k						
1	1	Jonathan Cox	m		Eden Runners	0:54:52
2	893	Alasdair Russell	m		Kendal AC	0:56:44
3	1039	Keith Wigley	m		Swaledale Runners	0:58:24
4	417	Richard Wilson	m	MV 40	Kendal AC	1:04:41
5	273	Ted Leahy	m	MV 40	Ripon Runners	1:04:41
6	534	andrew wallace	m	MV 40		1:05:10
7	626	Matthew Moran	m			1:05:37
8	835	Matthew Turnbull	m	MV 40	Ponteland Runners	1:06:20
9	489	Ben Swarbrick	m			1:06:32
10	411	Matt Wilson	m	MV 40	Kendal AC	1:07:52
11	1022	Daniel Brookfield	m			1:08:08
12	1118	Steve Paterson	m	MV 50		1:08:25
13	925	Peter German	m	MV 40		1:10:21
14	863	Mohammed Jabbar	m		Transition	1:10:38
15	769	Andrew Johnson	m			1:10:52
16	1110	Rob Mills	m		Ponteland Runners	1:11:33
17	672	Ben Ashton	m	MV 40	DOrunning	1:11:59
18	1222	Tom Shaw	m		North Endurance	1:12:32
19	367	Stephanie Fauset	f	FV 40	Smiley Paces	1:12:33
20	812	David Walker	m	MV 50	Sedgefield Harriers	1:12:44
21	1177	Steve Abbott	m	MV 40	Wesham Road Runners	1:12:50
22	1149	Tim Goldfarb	m			1:12:52
23	1115	Lee Gilbertson	m	MV 40		1:12:56
24	935	Andy Johnson	m			1:12:56
25	209	Peter Cushion	m	MV 40	Wirral Vikings Trc	1:12:57
26	1271	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	1:13:01
27	632	Billy Stephens	m			1:13:05
28	325	Karen Robertson	f	FV 50	Northumberland Fell Runners	1:13:21
29	210	Graham Coupe	m	MV 50	Wirral Vikings Trc	1:13:36
30	804	David James Upcott	m			1:13:52
31	403	Vicky Penn	f	FV 40	Smiley Paces	1:13:59
32	355	James Grinbergs	m	MV 40	Eden Runners	1:14:28
33	41	Joel Pilkington	m			1:14:40
34	1162	Joe Allaby	m		Poynton Runners	1:14:50
35	796	Melanie Funnell	f	FV 40	Shropshire Shufflers	1:15:08
36	327	Peter Hood	m	MV 60	Wolverhampton and Bilston	1:15:32
37	528	Christopher Wild	m			1:15:44
38	864	Tomasz Pelowski	m			1:16:03
39	939	Ally Robson	m	MV 40	Ponteland	1:16:23
40	307	Gina Howorth	f	FV 40		1:16:37
41	381	Stephen Robson	m	MV 40	York Knavesmire Harriers	1:16:56
42	635	Helen Thompson	f		Poynton Runners	1:16:57
43	499	Christopher Bridge	m			1:16:58
44	42	Sophie Pilkington	f		Red Rose Road Runners	1:16:59
45	1268	Rachel Ross Russell	f	FV 50	Rzh	1:17:15
46	1145	Richard Bowes	m	MV 40	The Stragglers	1:18:07
47	637	Scott Macdonald	m			1:18:14
48	834	Richie Coss	m	MV 40		1:18:26
49	995	Andrew Mainwaring	m	MV 40		1:18:57
50	998	Jamie O'Callaghan	m			1:18:59
51	747	Andrew Stuart	m	MV 50		1:19:05



Pos	Bib	Name	Gender	Age	Club	Time
52	338	Antony Beynon	m	MV 40		1:19:14
53	629	Paul Lewis	m	MV 50		1:19:45
54	558	Amy Lowe	f		Washlands Women Runners	1:19:56
55	1232	Ciaran O'Neill	m			1:20:00
56	1288	Paul Morris	m	MV 60	Keswick AC	1:21:04
57	1188	Chris Shearlock	m	MV 40		1:21:11
58	380	Tomo Armstead	m			1:21:17
59	636	Phil Harold	m	MV 50	Poynton Runners	1:21:23
60	498	Matt Garnett	m		Goodgym Race Team	1:21:29
61	923	Harry Lewis	m			1:21:35
62	619	Jonathan Goldsworthy	m	MV 40		1:21:35
63	673	James Brown	m		SISU RUN	1:21:41
64	889	Jack Whitworth	m		LBC Tractors	1:22:11
65	1196	Matthew Wernham	m	MV 60	Farnham Runners	1:22:58
66	1137	tony gill	m	MV 50		1:23:08
67	274	Sam Goodall	m	MV 40		1:23:14
68	255	Austin Jarrett	m	MV 50	Dawn Jarrett	1:23:22
69	1147	Dominique Boyle	f		Shaw Hill Runners	1:23:34
70	1005	LUKE MCGOWAN	m			1:24:16
71	272	Chris Turner	m	MV 60	NYP Tri	1:24:27
72	611	EDWARD FORSTER	m	MV 40		1:24:45
73	547	Al Neal	m	MV 40		1:24:46
74	608	Hilary Neal	f	FV 40		1:24:47
75	565	Julian Clarke	m	MV 50		1:24:48
76	750	Andy Mellor	m	MV 40		1:25:32
77	1163	Mikey Goodman	m			1:25:50
78	746	Stephen Stuart	m	MV 50		1:25:55
79	945	Tom Willox	m		Helm Hill Runners	1:26:22
80	890	Mikey Hanna	m		LBC Tractors	1:26:39
81	899	Richard Hermitage	m	MV 60		1:27:08
82	888	Decland Mernagh	m		LBC Tractors	1:27:23
83	622	Simon Brady	m	MV 40		1:27:46
84	1143	Rachael Shaw	f			1:28:05
85	722	Anthony Blight	m	MV 50	Blackpool wyre and fylde	1:28:35
86	1161	Lucy Allaby	f			1:28:42
87	1267	Duncan Ross Russell	m	MV 50		1:29:00
88	434	Gary Smith	m	MV 40		1:29:29
89	1121	Lloyd Allen	m	MV 50	Kirkstall Harriers	1:29:53
90	1125	Michael Jordan	m			1:29:54
91	716	Harry Hodgson	m			1:30:05
92	275	Matt Brookes	m	MV 40	Ripon Runners	1:30:09
93	1226	Jane Langham	f	FV 50	Smiley Paces	1:30:20
94	1182	Carol Reid	f	FV 40	Valley Striders	1:30:21
95	18	Michael Gregson	m	MV 60	Tri Preston	1:30:36
96	1013	kate Prior	f		Ilkley Harriers	1:30:45
97	614	Nicola Hughes	f			1:30:48
98	831	Edward Cross	m	MV 40		1:30:56
99	911	Kevin Brooks	m	MV 40	Black Combe Runners	1:30:56
100	780	Eleanor Gallon	f	FV 40	Kirkstall Harriers	1:30:57
101	1165	Fiona Panes	f	FV 50		1:31:10
102	364	Rebecca Shaw	f		Ilkley harriers	1:31:19
103	860	Therese Sheehan	f		Kirkstall Harriers	1:31:24

Pos	Bib	Name	Gender	Age	Club	Time
104	634	Michael Harte	m	MV 50	Poynton Runners	1:31:29
105	566	Andi Herrick	f	FV 50	Smiley Paces	1:31:29
106	955	Melanie Williamson	f	FV 40	Chorlton Runners	1:31:30
107	1144	Emily Hart	f			1:31:34
108	1192	Karen Stevens	f	FV 40	Smiley Paces	1:31:34
109	734	Jonathan Davis	m	MV 40		1:31:34
110	113	Darren Gillman	m	MV 50	Todmorden Harriers	1:32:06
111	332	Allen Smith	m	MV 60	Buckley RR	1:32:36
112	527	Matt Wright	m			1:32:37
113	333	Ceri Nicholas	f	FV 50	Buckley RR	1:32:42
114	887	Thomas Bateson	m		LBC Tractors	1:32:44
115	773	Laura Spencer	f	FV 40	Goodgym	1:33:03
116	441	Alison McGourty	f	FV 40	Smiley Paces	1:33:23
117	1116	Holly Gilbertson	f			1:33:38
118	665	Mark Shorting	m	MV 40	North Shields Polytechnic AC	1:33:47
119	568	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	1:34:15
120	580	Jennifer Lapping	f	FV 40	Jog On The Tyne	1:34:15
121	379	Lauren Docksey	f			1:34:19
122	1126	Ian Lockhart	m	MV 40		1:34:25
123	745	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	1:34:39
124	599	Owen Lewis	m	MV 40	Independent	1:34:51
125	456	Sam Lewis	m			1:35:18
126	455	Larrissa Penny	f			1:35:18
127	406	Fleur Roberts	f	FV 40	Smiley Paces	1:36:25
128	951	Jessica Hall	f			1:36:39
129	803	Christine Dewsbury	f	FV 40	Stockport Tri club	1:36:43
130	917	Charlotte Black	f	FV 40	Stockport Tri Club	1:36:53
131	802	Janet Grint	f	FV 40	Stockport tri	1:36:53
132	132	Kenny Goodliffe	m	MV 40		1:36:58
133	1223	Georgina Gavins	f			1:37:10
134	235	Gogs Davies	m	MV 50	Vegan Runners UK	1:37:16
135	1274	Sarah Darley	f	FV 40	Vegan Runners UK	1:37:17
136	1176	Andrew Slatter	m			1:37:18
137	443	Gill Pomfret	f	FV 50	Smiley Paces	1:37:33
138	383	Sarah Nutt	f	FV 40		1:37:53
139	798	Kate Morley	f			1:38:01
140	704	Clare Clarke	f	FV 50	10 caKers	1:38:14
141	610	Anton Mirafsari	m		Gateshead Harriers	1:39:05
142	331	Steve Watson	m	MV 50		1:39:43
143	122	Leigh Jenkins	f		Chester Triathlon Club	1:41:05
144	350	Rebecca White	f	FV 40	Ilkley Harriers	1:41:05
145	310	Wendy Birkett	f	FV 60		1:41:16
146	1104	Holly Arnold	f		Fellside Ladies	1:41:28
147	117	Laura Ashford	f		Chester Tri Club	1:41:31
148	373	Ruth Ford	f	FV 40	Washlands Women Runners	1:41:31
149	1180	John Newton	m	MV 50		1:41:39
150	254	Dawn Jarrett	f	FV 50		1:43:29
151	1269	Ben Cheetham	m			1:44:25
152	1270	Russell Pilling	m	MV 60		1:44:26
153	972	Lotty Bradford	f	FV 40	Keswick AC	1:44:30
154	114	Katie Samuelson	f	FV 40	Todmorden Harriers	1:44:37
155	179	Naomi Le Voi	f		Jag outdoors	1:44:42



Pos	Bib	Name	Gender	Age	Club	Time
156	778	Jack Forshaw	m		TTC	1:45:16
157	896	Sarah Lord	f	FV 50	DH Runners	1:45:27
158	59	Rachel Clark	f	FV 50	Belper Harriers	1:45:43
159	978	Angie Wright	f	FV 50	Smiley Paces	1:45:54
160	374	Catherine Bowman	f	FV 40	Smiley Paces	1:45:54
161	444	Fiona Hulley	f	FV 50	Smiley Paces	1:45:54
162	448	Rachel Savage	f	FV 40		1:46:20
163	664	Catherine	f	FV 50		1:47:15
164	638	Jessica Wood	f			1:47:25
165	283	Katie Battersby	f		Smiley Paces	1:48:02
166	282	Joanne Battersby	f	FV 50	Steel City Striders	1:49:27
167	958	Parish Minton	f		10cakers	1:50:16
168	232	Linda Field	f	FV 50		1:50:21
169	372	Clare Moody	f	FV 40	Smiley Paces	1:53:40
170	1175	Colin Hill	m			1:54:25
171	1004	Terry Charles	m	MV 60	Wirral Vikings Trc	1:54:47
172	1123	Shevonne McLarnon	f	FV 40	Kirkstall Harriers	1:57:31
173	375	Sandi Carman	f	FV 50	Smiley Paces	2:00:14
174	1159	John Hetherington	m	MV 60	Bodyfit Cumbria	2:01:40

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
Helvellyn Sport Trail 5k						
1	457	Zander Gribbon	m	U16	New Marske Harriers	0:22:58
2	989	William Horobin	m	U16	Ackworth Road Runners	0:23:18
3	1212	Jenny Milburn	f	FV 40		0:26:26
4	386	james Galloway-Booth	m			0:26:29
5	721	Kevin Harber	m	MV 40		0:30:35
6	423	Alice Tolley	f	U16	City of Sheffield and Dearne	0:30:39
7	177	Don Oldcorn	m	MV 50		0:30:56
8	467	Henry Milburn	m	U16		0:31:18
9	727	Mark Broxton	m	MV 50		0:31:29
10	234	Graeme Atkinson	m	MV 50		0:31:52
11	287	Thomas Bull	m	U16		0:32:49
12	943	Martyn Green	m	MV 60		0:32:56
13	795	Sandra Guise	f	FV 50		0:33:22
14	35	Dave Pilkington	m	MV 60		0:33:26
15	866	Ewen Alcorn	m	MV 50		0:33:32
16	428	Eve Briffett	f	U16	Lancaster and Morecambe Athletics Club	0:33:42
17	885	Noah Kinghan	m	U16		0:33:51
18	827	Amanda Darby	f			0:34:23
19	904	Krzysztof Minikowski	m	MV 40		0:34:49
20	1040	Amy Butler	f			0:34:56
21	653	Edward Flanagan	m	MV 60		0:35:10
22	980	Mandy Bond	f	FV 50		0:35:47
23	1264	Jemima Oboyle	f	U16	St Gregory's High School	0:36:32
24	115	Tony Mather	m	MV 50		0:36:37
25	233	Phil Jones	m	MV 40		0:36:43
26	680	Mark Harrison	m	MV 40		0:37:15
27	485	Alison Hodges	f	FV 50	Blackball Bounders	0:39:58
28	848	Peter WILKINSON	m	U16		0:40:49
29	385	Sian Hamilton	f	FV 50	Washlands Women Runners	0:41:10
30	817	John Wiseman	m	MV 50	Red Rose Road Runners	0:41:11
31	468	Bella Milburn	f	U16		0:41:39
32	1213	Gareth Milburn	m	MV 40		0:41:40
33	405	Sian Saxby	f	U16	DCH Run Club	0:41:43
34	404	Dawn Saxby	f	FV 50	DCH Run Club	0:41:43
35	484	Brian Richardson	m	MV 50	Blackhill Bounders	0:41:59
36	884	Millie Kinghan	f	U16		0:42:06
37	790	Karen Mackey	f	FV 40		0:42:07
38	883	Catriona Kinghan	f			0:42:08
39	920	Jo Catterall	f	FV 50		0:42:10
40	89	Mike Hamilton	m	MV 50		0:42:19
41	654	Sarah Pruet	f	FV 40		0:42:19
42	929	Lana Hughes	f			0:42:56
43	1205	Nicole Miles	f			0:43:50
44	818	Clare Briggs	f	FV 40		0:44:09
45	819	Mark Briggs	m	MV 50		0:44:10
46	429	Georgina Briffett	f	FV 40	Dallam Running Club	0:44:46
47	671	Lois Baker	f	U16		0:45:06
48	336	James Whiston	m	U16		0:45:07
49	337	Philip Whiston	m	MV 40		0:45:15
50	178	Karen Oldcorn	f	FV 50		0:45:38
51	960	Steven Moran	m			0:46:36

Lakeland Trails Helvellyn



Pos	Bib	Name	Gender	Age	Club	Time
52	801	Kelly Lawson	f			0:47:13
53	1280	Niki Stockton	f	FV 50		0:47:15
54	116	Lisa Mather	f	FV 50		0:47:28
55	564	Chloe Sellick	f			0:48:18
56	767	John Conway	m	MV 40		0:48:45
57	915	Holly Unsworth	f			0:49:58
58	914	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	0:49:58
59	454	Angela Bell	f	FV 50		0:50:41
60	641	Natalie Lewis	f	FV 40	Fellside Ladies	0:52:06
61	782	Sam Nicholson	f	FV 50	Border Reiver Runners	0:53:26
62	588	Jane Patel	f	FV 60	Colt	0:53:31
63	198	Lynn Bennett	f	FV 50		0:56:05
64	652	Kirsten Flanagan	f	FV 40		0:57:32
65	26	Maf Servante Haddow	f	FV 50	Furness Fell Runners	0:58:14
66	533	Adrian Hale	m	MV 40		0:58:24