

Lakeland Trails Helvellyn

Sport Trail 5k

Pos	Bib	Name	Age	Club	Glenridd	Grasm	Langd	Time
Sport Trail 5k								
1	101	Riley Scott	MU16	Leven valley	0	0	0	0:22:34
2	61	Lawrie Belshaw	MU16	Ambleside AC	0	0	0	0:23:07
3	100	Oliver Scott	MU16	Leven valley	0	0	0	0:24:10
4	1128	Joe Maguire	MU16	Lancaster & Morecambe AC	0	0	0	0:24:50
5	73	Simon Broxton	MV 50		0	0	0	0:24:58
6	1127	Paul Maguire	MV 40		0	0	0	0:25:42
7	105	Emily Thompson	GU16		0	0	0	0:25:48
8	50	Jenson Jones	MU16	Wirral Vikings	0	0	0	0:25:59
9	62	Eve Hollowbread	GU16	Durham City Harriers	0	0	0	0:26:09
10	54	Martin Dick	MV 50	Red rose road runners	0	0	0	0:26:18
11	41	Kevin Harber	MV 50		0	0	0	0:27:37
12	94	Simon Northcott	MV 50	Peterborough and Nene Vally	0	0	0	0:27:48
13	31	Helen Sullivan	GU16		0	0	0	0:28:45
14	68	Eve Briffett	GU21	Lancaster & Morecambe AC	0	0	0	0:28:50
15	1075	Tim Lounds	MV 40		0	0	0	0:28:59
16	49	Kevin Eland	M		0	0	0	0:29:01
17	74	Tamsin Davies	FV 40		0	0	0	0:29:04
18	39	Mark Broxton	MV 50		0	0	0	0:29:13
19	103	Daniel Sullivan	MV 40		0	0	0	0:29:21
20	1069	SunYat Sammut	MU16		0	0	0	0:29:38
21	34	Emilia Bond	GU16	Turton School	0	0	0	0:29:41
22	1151	Andrew Reekie	MU16		0	0	0	0:29:59
23	52	Graham Livesey	MV 50		0	0	0	0:30:15
24	44	David Morgan	M		0	0	0	0:30:24
25	1070	Pedr Sammut	MU16		0	0	0	0:30:55
26	1090	Jack Foster	MU16	Skipton ac	0	0	0	0:30:58
27	43	Allan Main	MV 50		0	0	0	0:32:54
28	89	matthew jones	MU16		0	0	0	0:33:19
29	26	Emma Smith	FV 40		0	0	0	0:33:28
30	90	Nicola Joyce	FV 50		0	0	0	0:33:28
31	71	Eric Brooks	MV 50	Beefit	0	0	0	0:33:30
32	106	Laura Thompson	F		0	0	0	0:34:08
33	63	Aaron Lee	MU16		0	0	0	0:34:12
34	51	Robin Lee	MV 50		0	0	0	0:34:12
35	55	Michelle Morgan	F		0	0	0	0:35:05
36	1059	JEANETTE	FV 60		0	0	0	0:35:21
37	84	Charlotte Harber	FV 50		0	0	0	0:35:51
38	58	Philip Loftus	MV 60		0	0	0	0:36:07
39	1152	John Reekie	MV 40		0	0	0	0:36:12
40	1126	Rebecca Heron	FV 40		0	0	0	0:36:14
41	75	Alfie Devlin	MU16		0	0	0	0:37:13
42	76	Michael Devlin	MV 40		0	0	0	0:37:13
43	42	Jonathan Harley	MV 40	Lonely Goat RC	0	0	0	0:37:38
44	66	Dawn Banks	FV 50		0	0	0	0:37:44

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45	976	Hannah Young	GU25		0	0	0	0:37:51
46	83	Andrew Hall	M		0	0	0	0:37:56
47	77	Lucy Espley	F		0	0	0	0:37:57
48	1088	Simon Hawley	MV 50		0	0	0	0:38:08
49	998	Georgia Davies	GU16		0	0	0	0:38:29
50	29	Lisa MAIN	FV 50		0	0	0	0:38:42
51	1092	John Robey	MV 60		0	0	0	0:39:25
52	1093	Louisa Robey	F		0	0	0	0:39:26
53	1009	Abigail Salter	FV 40		0	0	0	0:39:26
54	107	William Uttley	MV 40	Lancashire constabulary AC	0	0	0	0:39:57
55	27	Faith Uttley	GU16	CTK, Southport	0	0	0	0:39:58
56	109	Charlotte wardle	F		0	0	0	0:40:02
57	536	Annemarie Tischer	F		0	0	0	0:40:21
58	23	Hilary Graham	FV 60	Tynedale Harriers	0	0	0	0:40:25
59	96	Laura Rogan	FV 40		0	0	0	0:40:46
60	36	Paddy Davern	MU25		0	0	0	0:40:53
61	37	Conor Pitcher	M		0	0	0	0:40:53
62	1133	Lucy Norton	FV 50		0	0	0	0:41:06
63	1089	Helen Foster	FV 40		0	0	0	0:41:17
64	931	Edwina Rickards	FV 60	Croc Walkers	0	0	0	0:41:25
65	86	Kat Healey	FV 50	Beefit	0	0	0	0:41:45
66	57	Elizabeth Hird	FV 50	Fylde Mountaineering Club	0	0	0	0:41:51
67	986	Gregory Ashley	MV 50	100 marathon club	0	0	0	0:41:57
68	65	Alison Ashley	FV 50		0	0	0	0:41:57
69	93	Edward Melling	MV 60		0	0	0	0:42:35
70	59	John Melling	MV 60		0	0	0	0:42:35
71	45	Janet Stevens	FV 50	Styal Running Club	0	0	0	0:43:31
72	91	Jennifer Lowe	F		0	0	0	0:43:36
73	28	Maggie Grant	FV 70	Bodyfit Running Club	0	0	0	0:43:43
74	88	Hazel Hughes	FV 70	Tynedale Harriers & Athletic Club	0	0	0	0:44:20
75	33	Georgia Thompson	F		0	0	0	0:44:28
76	25	Catherine	F		0	0	0	0:44:45
77	104	Torrie Sullivan	FV 40		0	0	0	0:45:17
78	751	Steve McCormack	MV 60		0	0	0	0:45:27
79	64	Pamela Armstrong	FV 60		0	0	0	0:45:34
80	110	Philip Whiston	MV 40		0	0	0	0:45:43
81	32	Keira Sullivan	GU21		0	0	0	0:45:43
82	1072	Selene Liew	FV 50		0	0	0	0:45:55
83	99	Jane Saul	FV 60	Tynedale Harriers	0	0	0	0:46:39
84	1068	Pui Ngan	FV 40		0	0	0	0:47:51
85	98	Liz Sandison	FV 70	Tynedale Harriers & A.c.	0	0	0	0:48:00
86	108	Graham Walton	MV 70		0	0	0	0:49:06
87	53	Jane Mooney	FV 40		0	0	0	0:49:20
88	21	Abbii Sutcliffe	F		0	0	0	0:49:31
89	79	Elizabeth Foster	FV 60	Tynedale Harriers	0	0	0	0:49:34

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90	102	Judith Skedge	FV 70		0	0	0	0:51:12
91	67	Caroline Bowsher	FV 60		0	0	0	0:51:42
92	24	Julie Loftus	FV 50		0	0	0	0:53:09
93	983	Nina Carter-Brown	FV 40		0	0	0	0:53:22
94	984	Judy Carter-Brown	FV 70		0	0	0	0:53:22
95	782	Nick Kaufmann	MV 60	Hampstead Heath parkrun	0	0	0	0:53:43
96	69	Bridget Broadhurst	FV 60	Tynedale Harriers	0	0	0	0:56:24
97	95	Joseph Ritson	MV 60	Derwent Ac Cockermouth	0	0	0	1:10:32
98	97	Joy Ryall	FV 60	Tynedale	0	0	0	1:10:32
99	980	Karen Braddon	FV 70	Crocwalkers	0	0	0	1:11:56

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