

Lakeland Trails Helvellyn

Trail Race 15k

Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langda	Time
Trail Race 15k								
1	631	Andy Coley-Maud	MV 40	Helm Hill	0	0	0	0:58:35
2	609	Ben Abdelnoor	MV 40		0	0	0	1:00:11
3	648	James Gibson	M		0	0	0	1:01:21
4	688	Ewan Sewell	M	York Knavesmire	0	0	0	1:02:11
5	603	Tom Nicholson	M	Border Reivers Runners	0	0	0	1:02:51
6	626	Matthew Carlin	MU25	Cumberland Infirmary	0	0	0	1:04:21
7	591	Joel Ingham	M		0	0	0	1:04:29
8	615	Kit Barrow	MU25		0	0	0	1:04:58
9	652	Kieran Halcrow	M		0	0	0	1:05:16
10	689	Victoria Sewell	F	Knavesmire Harriers	0	0	0	1:05:18
11	634	William Cregan	M	Cumberland Infirmary	0	0	0	1:06:13
12	690	Helen Smith	FV 40	Wharfedale Harriers	0	0	0	1:06:13
13	617	Emil Bowe	M	Red Rose Road Runners	0	0	0	1:06:17
14	642	Richard Ebbs	MV 50	Ryston Runners	0	0	0	1:06:32
15	663	Christopher Joyce	MV 40		0	0	0	1:06:51
16	694	Caroline Turner	FV 40	Harrogate Harriers	0	0	0	1:06:57
17	1017	Tom Roper	M	Kendal AC	0	0	0	1:07:03
18	1087	Lucy Milling	GU25		0	0	0	1:07:19
19	618	Caroline Brock	FV 40	Steel City Striders RC	0	0	0	1:07:36
20	674	Ken Montgomery	MV 40	Halifax Harrier	0	0	0	1:08:05
21	592	Jikku Jain	MU25		0	0	0	1:08:10
22	703	Christopher	M		0	0	0	1:08:18
23	1032	Toby Middleton	M		0	0	0	1:08:18
24	582	Macauley Bond	M		0	0	0	1:08:44
25	667	Benjamin Logan	M		0	0	0	1:09:29
26	702	Kester Webb	M	Keswick AC	0	0	0	1:09:55
27	1084	Lewis O'Nions	M		0	0	0	1:10:14
28	604	Lucy Rawlinson	F	Leigh Harriers	0	0	0	1:10:23
29	1148	Graham Tebbutt	MV 40	Low Fell running club	0	0	0	1:10:38
30	666	Paul Lewis	MV 50		0	0	0	1:10:57
31	673	Scott Mason	M		0	0	0	1:11:33
32	1067	John Sammut	MV 40		0	0	0	1:11:41
33	600	Adam Baxter	MU21		0	0	0	1:11:44
34	640	Philip Dixon	MV 60	Eden Runners	0	0	0	1:12:25
35	1086	Liam Bell	M		0	0	0	1:12:43
36	587	Tom	M		0	0	0	1:12:54
37	593	Geordie Smith	M		0	0	0	1:13:15
38	1010	Gillian Allen	F		0	0	0	1:13:23
39	1119	Brian Clifford	MV 50	St Bees Triers	0	0	0	1:14:03
40	1021	John Dodds	MV 50	Wallsend Harriers	0	0	0	1:14:18
41	664	Riley Knight	M		0	0	0	1:14:25
42	1149	Tony Bolton	MV 60	Northern Fells Running Club	0	0	0	1:14:30
43	610	Jim Andrews	MV 60	Ambleside	0	0	0	1:14:31
44	691	Patrick Stapleton	MV 40		0	0	0	1:14:35

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45	682	Josh Ratcliffe	M		0	0	0	1:15:08
46	680	Chris Percival	MV 50		0	0	0	1:15:10
47	700	Tom Ward	M	Ambleside AC	0	0	0	1:15:13
48	656	Rosie May	F	Run 4 U & Perform	0	0	0	1:15:13
49	570	Ali Pennefather	FV 40		0	0	0	1:15:22
50	991	frances roberts	F		0	0	0	1:16:25
51	639	Michael Diver	MV 50	Clydesdale Harriers	0	0	0	1:16:53
52	599	Ben Ashton	MV 50	Ruddington Running Club	0	0	0	1:17:06
53	601	James Chambers	MV 40		0	0	0	1:17:11
54	1142	Carla Pont	FV 40		0	0	0	1:17:56
55	1054	Tony Coyne	MV 50	Belle Vue Racers	0	0	0	1:18:09
56	1037	Thomas Atkinson	MU25		0	0	0	1:18:14
57	655	Stuart Hall	MV 40	Blackpool, Wyre and Fylde	0	0	0	1:18:39
58	675	Paul Morris	MV 70	Keswick AC	0	0	0	1:19:13
59	623	Michael Butler	MV 60		0	0	0	1:19:26
60	1083	Lauren Ford	GU25	Washlands Women Runners	0	0	0	1:19:39
61	585	Sean Cush	MV 60		0	0	0	1:20:27
62	995	Soroush	MV 40		0	0	0	1:20:33
63	616	Jocelyn Bell	F		0	0	0	1:20:44
64	625	Peter Cantwell	MV 40		0	0	0	1:20:45
65	586	Mike Duff	MV 50	Ealing Eagles	0	0	0	1:20:47
66	659	Breanna Howard	F		0	0	0	1:20:56
67	594	Andrew Stuart	MV 50		0	0	0	1:21:17
68	580	Ian Purdham	MV 40	Carlisle Tri Club	0	0	0	1:21:27
69	1124	Will Ellis	M		0	0	0	1:21:32
70	679	Bruce Penhale	MV 60		0	0	0	1:21:34
71	657	Emily	GU25		0	0	0	1:21:41
72	588	Phillip Gaston	M		0	0	0	1:21:41
73	699	Sean Waller	MV 40		0	0	0	1:22:15
74	589	Jose Gonzalez	M		0	0	0	1:22:41
75	712	Rebecca Willmott	F	Vegan Runners	0	0	0	1:22:44
76	573	Lewis Ford	MU25		0	0	0	1:22:57
77	990	Josh Fletcher	M		0	0	0	1:23:15
78	687	John Schofield	MV 40		0	0	0	1:23:34
79	590	Alfie Higgins	M		0	0	0	1:23:38
80	643	Mark Edmondson	MV 50	Buttermere Tri Club	0	0	0	1:23:51
81	705	Simon Webster	MV 40		0	0	0	1:23:55
82	1085	Sebastian	MU25		0	0	0	1:24:13
83	696	Mark Tuson	MV 50	Deal Tri	0	0	0	1:24:17
84	1058	Simon Hawkyard	MV 60		0	0	0	1:25:15
85	678	Clare Page	FV 40	Lonewolf	0	0	0	1:25:20
86	602	Tammy Lee	FV 40		0	0	0	1:25:21
87	575	matthew hall	MV 50		0	0	0	1:25:36
88	326	David Buckle	M		0	0	0	1:25:58
89	644	Michael Ellis	M		0	0	0	1:26:04

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Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langda	Time
90	1033	Harriet Lowndes	F		0	0	0	1:26:13
91	713	David Woodhall	MV 50		0	0	0	1:26:30
92	996	Alessandro	MV 40		0	0	0	1:26:38
93	638	Nathan Davies	MV 50		0	0	0	1:26:47
94	1011	Neil Ward	MV 50	Ponteland Runners	0	0	0	1:26:57
95	581	Michael Turk	MV 40		0	0	0	1:27:02
96	621	Will Bullingham	M		0	0	0	1:27:03
97	693	Fay Tuffen	FV 50		0	0	0	1:27:04
98	629	Arley Colclough	MU25		0	0	0	1:27:09
99	708	Matthew	MV 60		0	0	0	1:27:15
100	630	Richard	MV 60		0	0	0	1:27:17
101	710	Callum Williams	M		0	0	0	1:27:18
102	711	Simon Williams	M		0	0	0	1:27:18
103	692	Stephen Stuart	MV 50		0	0	0	1:27:23
104	660	Oliver Howse	M		0	0	0	1:27:27
105	561	amy kirk	F		0	0	0	1:27:35
106	1082	Daniel Ford	MV 50	Bunfit	0	0	0	1:28:04
107	628	Josh Clay	M		0	0	0	1:28:11
108	646	Chris Fearnley	M		0	0	0	1:28:29
109	1104	kerry burton	F	Bridgnorth run club	0	0	0	1:29:01
110	684	Gina Riley	F		0	0	0	1:29:07
111	1150	David Baker	MV 50		0	0	0	1:29:12
112	707	Tom Webster	M		0	0	0	1:29:46
113	583	Malcolm Collins	MV 50	Leigh Harriers	0	0	0	1:30:15
114	559	Rebecca Egerton	F	Wirral Warriors	0	0	0	1:30:40
115	1039	Matthew	M	Total tri training	0	0	0	1:30:50
116	1038	Tom Hope	M		0	0	0	1:30:55
117	695	Dan Tuson	MV 50	N/a	0	0	0	1:31:05
118	1136	Lucie Kelly	FV 40	Ambleside SRG	0	0	0	1:32:36
119	568	Morag OBrien	FV 50		0	0	0	1:33:36
120	654	Julie Hall	FV 40	Blackpool, Wyre and Fylde	0	0	0	1:34:23
121	670	Dan Marechal	M		0	0	0	1:34:37
122	612	Will Appleby	MV 70		0	0	0	1:34:37
123	709	Elizabeth West	FV 40	Boro runners	0	0	0	1:35:02
124	567	Christina	F		0	0	0	1:35:12
125	1081	Ruth Ford	FV 50	Washlands Women Runners	0	0	0	1:35:32
126	579	Will Parker	M		0	0	0	1:36:09
127	576	Paul Haynes	MV 60		0	0	0	1:37:02
128	649	David Glass	M		0	0	0	1:37:13
129	651	Angela Gribbon	FV 40		0	0	0	1:38:39
130	704	Laura Webster	FV 40		0	0	0	1:40:24
131	578	Tom Mitchell	MV 60	Tricentral	0	0	0	1:40:45
132	706	Steve Webster	MV 40		0	0	0	1:41:17
133	1080	Ben Litler	M		0	0	0	1:41:42
134	574	Jeff Graham	MV 60		0	0	0	1:43:12

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Pos	Bib	Name	Age	Club	Glenriddi	Grasme	Langda	Time
135	1049	Sayla Maule	F		0	0	0	1:44:06
136	1050	Caity Devlin	F		0	0	0	1:44:06
137	563	Rhianne	F		0	0	0	1:47:33
138	1105	Elliott Edwards	M	Bridgnorth run club	0	0	0	1:49:10
139	130	Tammie Caldwell	FV 40		0	0	0	2:07:06

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