

## Lakeland Trails at Helvellyn

## Helvellyn Trail Race 15K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1.	310	Mark Thornton-Smith	m		U/A Edinburgh,	1:03:16
2.	209	Simon Midwood	m		Valley Striders	1:04:05
3.	10	Paul Brunger	m		Derwent Valley RC	1:04:08
4.	26	Jamie Arkle	m		Esk Valley	1:05:26
5.	297	Jonny Stephenson	m		Gosforth Harriers	1:05:33
6.	4	Victoria Wilkinson	f	Lady Veteran 40	Team inov-8.com	1:05:37
7.	272	Ewan Sewell	m		U/A York, North Yorkshire	1:05:38
8.	325	Peter Walker	m		U/A York,	1:06:11
9.	133	Sam Green	m		Team inov-8.com	1:07:43
10.	3	Victoria Sewell	f		Knivesmire Harriers	1:07:53
11.	357	Graham Patten	m	Veteran 50	Team Lakeland Trails	1:08:06
12.	131	Chris Gray	m	Veteran 40	Tri Lakeland	1:09:31
13.	281	Chris Smith	m		Keswick AC	1:09:40
14.	22	darren allan	m	Veteran 50	U/A BARNARD CASTLE,	1:10:05
15.	245	Benjamin Potter	m		Darlington Harriers	1:10:22
16.	44	Mark Blackwell	m	Veteran 40	WestCumbriaTri	1:10:33
17.	149	Steven Henderson	m		Sale Harriers Manchester	1:10:36
18.	290	Anthony Spruce	m		U/A Winsford, Cheshire	1:10:51
19.	107	Dave Edwards	m	Veteran 40	N/A	1:11:09
20.	175	Greg Judges	m		U/A York,	1:11:12
21.	116	Simon Fawcett	m		U/A Stoke on trent, Staffordshire	1:11:16
22.	214	Mark Morgan-Hillam	m	Veteran 40	Wigan Harriers	1:12:30
23.	248	Dave Ramsay	m	Veteran 50	Bentham Beagles	1:12:53
24.	255	Michael Richardson	m	Veteran 40	n/a	1:13:06
25.	157	Ivan Holroyd	m	Veteran 40	U/A Keswick, Cumbria	1:14:10
26.	303	Marcus Tarnowski	m		SV Untermeitingen	1:14:20
27.	140	KELLY HAMILTON	f		St Helens Striders	1:14:21
28.	198	Stuart Mallender	m	Veteran 40	Team Nidderdale	1:14:23
29.	271	Emmanuel SECHER	m		U/A HELSBY,	1:14:25
30.	293	Andy Staveley	m	Veteran 50	Burden Roadrunners	1:14:32
31.	268	Timothy Santon	m		U/A Leamington Spa,	1:14:40
32.	92	peter cushion	m	Veteran 40	wirral vikings trc	1:14:45
33.	160	Sophie Hunt	f		U/A Wirral,	1:14:45
34.	13	Jo Brown	f		Northbrook AC	1:16:05
35.	278	john skelton	m	Veteran 40	brickers	1:16:17
36.	306	Roger Taylor	m	Veteran 50	Preston Harriers	1:16:23
37.	236	David Penman	m		Valley Striders	1:16:33
38.	247	Andrew Pye	m	Veteran 40	U/A Kendal, Cuumbria	1:16:53
39.	64	Sebastien Carter	m		U/A London,	1:17:05
40.	177	Andrew Kelly	m		U/A Burnley, Lancashire	1:17:25
41.	250	Roberto Raso	m	Veteran 50	Manchester Frontrunners	1:17:38
42.	78	Philip Cornforth	m	Veteran 50	Knaresborough Striders	1:18:16
43.	115	Adam Fawcett	m		U/A southport, Merseyside	1:18:26
44.	204	Iain McKinnon	m		U/A Isle of South Uist Western Isles	1:18:26
45.	94	Iain Davidson	m	Veteran 40	U/A Crewe,	1:18:27
46.	343	Rebecca Winter	f		Ackworth road runners	1:18:28
47.	340	Claire Wilson	f		Helm Hill	1:18:29
48.	170	Emma Johnston	f		Helm Hill Runners	1:18:34
49.	335	Liam Widdrington	m		U/A Windermere, Cumbria	1:18:41
50.	241	David Pipe	m	Veteran 50	U/A Cambridge,	1:19:03
51.	147	Luke Healy	m		U/A Wood Green,	1:19:41
52.	158	Darren Horobin	m	Veteran 40	U/A Hemsforth,	1:19:42
53.	221	Eve Newton	f		Abingdon Vale Tri Club	1:19:47
54.	194	Kate Macfarlane	f		Penny Lane Striders	1:20:14
55.	342	Matthew Wilson	m		U/A Workington, Cumbria	1:20:29
56.	142	Christopher Hargreaves	m		Red rose runners	1:20:34
57.	29	Ben Ashton	m	Veteran 40	U/A Nottingham, NOTTINGHAMSHIRE	1:20:39
58.	55	Derek Brown	m	Veteran 50	city of Hull AC	1:21:03
59.	50	Matt Brash	m		U/A Leamington Spa,	1:21:09
60.	167	Thomas Jenkinson	m	Veteran 40	U/A Bromma,	1:21:10
61.	70	Andrew Christie	m		Red Rose Road Runners	1:21:12
62.	266	Steven Sandilands	m	Veteran 40	U/A Milltimber ,	1:21:15
63.	251	Paul Rawlinson	m	Veteran 40	U/A Carlisle, Cumbria	1:21:25
64.	208	Kevin Melling	m	Veteran 40	Team Lakeland Trails	1:22:16
65.	112	Peter Fairclough	m		St Helens Striders	1:22:54
66.	113	Rachael Fairclough	f		St Helens Striders	1:22:54
67.	111	david everson	m	Veteran 40	U/A Wrea Green, Lancashire	1:23:02
68.	151	eric herly	m		U/A trÅngsund,	1:23:04
69.	168	leslie johnson	m	Veteran 50	Northwich Running Club	1:23:06
70.	156	Michael Holman	m	Veteran 40	U/A Manchester,	1:23:10
71.	122	Oscar Garcia Rodriguez	m	Veteran 40	Aguas Nuevas	1:23:21
72.	84	David Craggs	m	Veteran 40	U/A Hartlepool,	1:23:34
73.	53	Damien Brook	m		U/A Chorley, Lancashire	1:23:42
74.	328	Robert Walling-Wefelmeyer	m		U/A London,	1:23:53
75.	150	christophe herly	m	Veteran 40	Stockholm city triathlon	1:24:08
76.	327	Simon Wallbank	m	Veteran 40	U/A Wigan,	1:24:18
77.	80	Kerry Costello	f	Lady Veteran 40	Portobello	1:24:52

## Lakeland Trails at Helvellyn

## Helvellyn Trail Race 15K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
78.	234	Oliver Pegden	m		U/A London,	1:24:54
79.	100	andrew douglas	m	Veteran 40	U/A kendal, cumbria	1:25:05
80.	118	Emily Fitzherbert	f	Lady Veteran 40	Helm Hill	1:25:05
81.	165	Andy Jackson	m	Veteran 40	The Fell Devils	1:25:23
82.	54	Dominic Brophy	m	Veteran 50	U/A kirkham, Lancashire	1:25:32
83.	252	Dave Raynor	m	Veteran 50	Red Rose Road Runners	1:25:35
84.	311	Richard Toller	m	Veteran 60	Dundee Road Runners	1:25:36
85.	240	Chris Pilkington	m		U/A Preston, Lancashire	1:25:37
86.	261	dean rowlandson	m		U/A grange over sands, cumbria	1:25:37
87.	82	graham coupe	m	Veteran 40	Wirral Vikings TRC	1:25:45
88.	260	Josie Rothera	f		U/A Leeds, West Yorkshire	1:25:57
89.	286	Richard Smith	m	Veteran 50	U/A Ackworth, West Yorkshire	1:26:09
90.	72	Ben Clarke	m	Veteran 40	Team Nidderdale	1:26:29
91.	353	Aidan Robson	m		U/A Helton,	1:26:32
92.	117	peter fishpool	m	Veteran 50	U/A driffield, east yorks	1:26:33
93.	186	Dan Lewis	m	Veteran 40	Keswick AC	1:27:19
94.	83	Tom Coupe	m		U/A Liverpool,	1:27:31
95.	125	Steve Gee	m	Veteran 40	Cannock Chase Trail Runners	1:27:47
96.	254	Alan Reynolds	m		The Fell Devils	1:27:56
97.	330	Hannah Walsh	f		Team inov-8.com	1:28:07
98.	191	Philip Love	m	Veteran 40	U/A Leeds, West Yorkshire	1:28:15
99.	206	Richard McQuade	m	Veteran 50	Gosforth Harriers	1:28:31
100.	179	James Kidd	m		U/A Chester ,	1:28:38
101.	87	Samantha Crooks	f		U/A Newcastle,	1:28:56
102.	332	James Waterhouse	m	Veteran 40	U/A Harrogate, N.Yorks	1:29:07
103.	76	Mark Cooling	m		U/A Lancaster,	1:29:11
104.	185	Stephen Lester	m	Veteran 60	U/A Ross-on-Wye, Herefordshire	1:29:16
105.	49	Philip Boylin	m	Veteran 40	U/A Hexham, Northumberland	1:29:18
106.	298	Andy Stiles	m	Veteran 50	U/A Buckingham, Buckinghamshire	1:29:25
107.	132	Chris Green	m	Veteran 50	U/A Matlock, Derbyshire	1:29:33
108.	259	Hazel Robson	f		U/A Helton,	1:29:46
109.	299	Tom Stratton	m		U/A Manchester,	1:30:11
110.	24	Rob Altham	m	Veteran 50	U/A Southport,	1:30:14
111.	141	Mark HAMILTON	m	Veteran 40	St Helens Striders	1:30:15
112.	319	Rob Tweddle	m	Veteran 40	Cumberland AC	1:30:48
113.	59	David Burns	m	Veteran 50	Dumfries RC	1:30:51
114.	288	Paul Smitham	m	Veteran 50	GMFRS	1:30:51
115.	25	Robyn Anderson	f	Lady Veteran 40	Preston Harriers	1:30:52
116.	103	Mike Duffy	m	Veteran 40	The Fell Devils	1:31:00
117.	63	Chris Cairns	m		U/A Glasgow,	1:31:19
118.	262	Adam Rowntree	m		U/A Lancaster,	1:31:28
119.	199	Geoff Marchment	m		York Knavesmire Harriers	1:31:30
120.	33	Katherine Baines	f		U/A Manchester,	1:31:37
121.	144	Richard Harrison	m	Veteran 60	Ambleside AC	1:31:41
122.	338	Simon Wiggins	m	Veteran 40	Felixstowe Road Runners	1:31:44
123.	90	Hannah Cummins	f		U/A Glasgow ,	1:31:46
124.	316	andrew turner	m	Veteran 50	U/A whipsnade,	1:31:52
125.	30	James Atherton	m	Veteran 40	U/A Stockport,	1:32:17
126.	232	Huw Parry	m	Veteran 50	North Shields Polytechnic	1:32:22
127.	218	peter myerscough	m	Veteran 60	Sunderland Strollers	1:32:46
128.	176	David Kay	m		U/A Wysall, Nottinghamshire	1:32:53
129.	265	San San BUCKLEY	f	Lady Veteran 40	Me	1:33:02
130.	339	Martyn Wigglesworth	m	Veteran 40	U/A Richmond,	1:33:19
131.	274	Gordon Sharp	m	Veteran 60	U/A Poynton, Cheshire	1:33:28
132.	114	Deborah Farrington	f	Lady Veteran 40	U/A Southport , Merseyside	1:33:48
133.	71	Helen clark	f		Washington running club	1:33:56
134.	85	Richard Crankshaw	m		U/A Southport, Merseyside	1:34:09
135.	201	Kay McGreevy	f	Lady Veteran 50	BMF Glasgow	1:34:10
136.	169	Stuart Johnson	m		Tynedale	1:34:20
137.	212	Jonathan Mock	m		Tynedale rfc	1:34:20
138.	137	Chris Hall	m		U/A Hexham ,	1:34:20
139.	314	Gillian Tomlinson	f	Lady Veteran 50	Houghton Harriers AC	1:34:26
140.	34	Simon Baker	m	Veteran 40	U/A Newcastle upon Tyne ,	1:34:43
141.	294	Shirley Staveley	f	Lady Veteran 50	Burden RR	1:34:44
142.	200	Jonathan McCabe	m	Veteran 40	U/A wilmslow,	1:34:57
143.	21	Az Alam	m	Veteran 40	U/A Wilmslow,	1:34:58
144.	246	Johnny Powell	m		None	1:35:11
145.	46	John Boardman	m	Veteran 40	North Derbyshire Running Club	1:35:11
146.	242	Jill Pittard	f	Lady Veteran 40	Northbrook AC	1:35:16
147.	139	John Hamilton	m	Veteran 60	U/A Milton Keynes,	1:35:22
148.	238	Tony Perry	m	Veteran 60	Running4cf	1:35:24
149.	237	Antoinette Perry	f		Running4cf	1:35:24
150.	190	Mike Lloyd	m		U/A Ossett,	1:35:32
151.	189	Caroline Lloyd	f	Lady Veteran 40	U/A Ossett,	1:35:32
152.	119	Ruth Ford	f	Lady Veteran 40	Washlands Women Runners	1:35:39
153.	68	Ioan Charnley-Parry	m		CP	1:36:05
154.	32	Andrew Bagshaw	f	Lady Veteran 50	Bramhall Runners	1:36:20
155.	128	PAUL GOODHEW	m	Veteran 40	ICHS	1:36:37
156.	279	Richard Skelton	m	Veteran 40	None of the above	1:36:49
157.	273	Nicola Sewell	f	Lady Veteran 50	Smiley Paces	1:37:33

## Lakeland Trails at Helvellyn

## Helvellyn Trail Race 15K

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
158.	257	Linda Rix	f	Lady Veteran 50	Manchester Fronrunners	1:37:38
159.	104	Kirsty Dumelow	f		Washlands Women Runners	1:37:45
160.	135	Lauren Hadfield	f		Washlands Womens Runners	1:37:45
161.	313	Robert Tomlin	m	Veteran 50	Prestwich AC	1:38:03
162.	346	Mike Wood	m	Veteran 40	U/A Ryton, Tyne & Wear	1:38:10
163.	145	Richard Hawkins	m		York Postal Harriers	1:38:26
164.	341	Diane Wilson	f	Lady Veteran 40	U/A Richmond, North Yorkshire	1:38:41
165.	243	Rebecca Poole	f		Fairwater Runners Cwmbran	1:38:45
166.	180	Jane Kirkby	f		U/A Sheffield,	1:38:51
167.	283	Emma Smith	f		U/A Warrington ,	1:38:53
168.	89	David Cummins	m	Veteran 40	U/A chorley,	1:39:25
169.	223	Sarah Nutt	f		U/A Stockport,	1:39:36
170.	285	Julie Smith	f	Lady Veteran 50	The Fell Devils	1:40:05
171.	192	Gary Lunn	m	Veteran 50	U/A Leeds,	1:40:13
172.	47	James Bolm	m	Veteran 50	U/A St. Neots, Cambridgeshire	1:40:17
173.	184	Pamela Leon	f	Lady Veteran 50	Smiley Paces	1:40:26
174.	329	David Walsh	m	Veteran 50	U/A Walkden, Manchester	1:40:37
175.	171	Alison Jones	f		U/A Sheffield,	1:41:04
176.	28	MICHAEL ARMSTRONG	m	Veteran 50	sunderland strollers	1:41:56
177.	213	Ian Moir	m	Veteran 40		1:42:07
178.	230	Nick Pape	m	Veteran 50	Hermitage harriers	1:42:14
179.	91	David Cummins	m	Veteran 40	U/A Chorley, Lancashire	1:42:19
180.	345	Hannah Wood	f	Lady Veteran 40	Ipswich JAFFA	1:42:55
181.	284	Hazel Smith	f		U/A Isle of South Uist, Western Isles	1:43:15
182.	36	Elaine Ball	f	Lady Veteran 40	NYP TRI	1:43:26
183.	152	Simon Herriman	m	Veteran 40	Cannock Chase Trail Runners	1:43:31
184.	256	Francesca Ring	f		U/A Leamington Spa, Warwickshire	1:44:00
185.	105	Gill Earl	f	Lady Veteran 40	U/A Edinburgh ,	1:44:11
186.	295	Steph Steele	f		U/A London,	1:44:22
187.	351	Matt Wynne	m	Veteran 40	U/A Cairndow, Argyll & Bute	1:45:03
188.	127	Stephanie Goodchild	f	Lady Veteran 50	Manchester YMCA Harriers	1:45:34
189.	211	Iain Mitchell	m		Red Rose Road Runners	1:45:55
190.	289	Sam Son	m		U/A London,	1:46:03
191.	124	Sarah Gartside	f	Lady Veteran 50	Gosforth Harriers	1:46:22
192.	320	Mehul Vaitha	m		Beaumont RC	1:47:06
193.	196	Donna Madden	f	Lady Veteran 40	U/A Ramsbottom	1:47:09
194.	197	Rick Madden	m	Veteran 40	U/A Ramsbottom, Lancashire	1:47:10
195.	308	Iona Taylor	f		Red Rose road runners	1:47:18
196.	166	Ruth Jacobs	f	Lady Veteran 50	Smiley Paces	1:47:19
197.	134	Colin Griffiths	m	Veteran 60	U/A Bournemouth, Dorset	1:47:28
198.	318	Les Turton	m	Veteran 50	Marshall Milton Keynes Athletic Club	1:47:42
199.	163	Rasmus Skovhede Hviid	m		Copenhagen Adventure Sport	1:47:44
200.	239	Maiken Petersen	f		U/A RÅdovre, Denmark	1:47:44
201.	205	Martin McPheat	m	Veteran 50	Bridlington Road Runners	1:47:55
202.	148	Kirsty Heath	f		U/A Stoke on trent, Staffordshire	1:48:03
203.	52	Laura Broatch	f	Lady Veteran 40	Dumfries RC	1:48:41
204.	350	Anna Wynne	f	Lady Veteran 40	U/A Cairndow, Argyll	1:49:07
205.	244	Ricky Poole	m	Veteran 40	U/A Cwmbran, Gwent	1:49:18
206.	220	Lesley Needham	f	Lady Veteran 50	Ackworth Road Runners	1:49:24
207.	219	James Needham	m	Veteran 50	Ackworth Road Runners	1:49:25
208.	31	Rebecca Atkinson	f		U/A Kendal, Cumbria	1:49:53
209.	40	Joanne Battersby	f	Lady Veteran 40	Smiley Paces	1:53:29
210.	207	Liz Meekings	f	Lady Veteran 40	Smiley Paces	1:53:29
211.	324	Morven Walker	f		U/A Leamington Spa,	1:53:42
212.	42	Lindsay Bennison	f	Lady Veteran 50	The Fell Devils	1:53:51
213.	263	Judith Rudolf	f	Lady Veteran 40	SV Untermeitingen	1:53:58
214.	227	Greg Oulton	m	Veteran 50	Lytham St Annes Road Runners	1:54:01
215.	183	Claire Leigh	f	Lady Veteran 40	Washland Women Runners	1:54:31
216.	48	Kate Bowden	f	Lady Veteran 40	U/A Glossop, Derbyshire	1:55:57
217.	20	Ruth Akers	f		Keswick AC	1:56:20
218.	356	Martin Wiblishauser	m	Veteran 50	SV Untermeitingen	1:57:56
219.	334	Celia Wiblishauser	f	Lady Veteran 40	Sport Club Untermeitingen Germany	1:58:25
220.	1641	Julie Pemberton	f	Lady Veteran 40	U/A Nantwich, Cheshire	1:58:47
221.	173	Paul Jones	m	Veteran 40	Trail Tuesday	1:59:04
222.	155	Sarah Hollister	f		U/A Milnthorpe , Cumbria	1:59:55
223.	143	John Harris	m	Veteran 40	U/A Bradford, County (optional)	2:00:33
224.	96	Peter Deeks	m	Veteran 50	U/A Cockermonth, Cumbria	2:01:17
225.	228	Lucy Owens	f	Lady Veteran 40	Stockton Striders	2:01:17
226.	229	Sophie Owens	f		Stockton Striders	2:02:09
227.	121	Pella Frost	f		U/A London, London	2:03:15
228.	312	Ruth Toller	f	Lady Veteran 60	Dundee Road Runners	2:04:28
229.	331	Sharon Ward	f	Lady Veteran 40	Smiley Paces	2:36:51

Number of records: 229