

### Lakeland Trails 2012 10KM Spring Series Results : Men

Name	Club	Category	Cartmel	Hawkshead	Kentmere	Total
BARNES, Chris	Blackburn Harriers		1000	998	998	2996
COOPER, Ian	Unattached : Wirral	Vet50	998	997	999	2994
REVELL, Ian	Unattached - Oldham		988	989	992	2969
HOWARD, Darren	Unattached - Liverpool		985	993	990	2968
WRIGHT, Simon	Bingley Harriers	Vet40	986	981	987	2954
TULLY, Christopher	Unattached : Waterloo		978	982	985	2945
STANGROOM, Craig	Unattached - Kirkby in Furness	Vet40	969	984	984	2937
KAVANAGH, Anthony	Arragons Cumbrian Tri Club		947	979	982	2908
CARTMELL, Tony	Unattached : Poulton Le Fylde	Vet40	961	954	978	2893
BERGER, Harry	Unattached : Eskdale	Vet40	950	968	967	2885
BRITTON, Mark	Border Harriers	Vet40	943	964	977	2884
MCGINLEY, Matt	Unattached : Ulverston		937	965	979	2881
MCCOWIE, Peter	Unattached - Newcastle	Vet40	948	960	960	2868
NOBLE, Phil	Unattached - Southport	Vet50	953	948	964	2865
PALMER, Tim	Dee Striders	Vet40	927	959	965	2851
TARBUCK, Jonty	Unattached - Newcastle	Vet40	928	952	961	2841
SMITH, Justin	Unattached - Oldham		929	949	959	2837
COE, Pete	Unattached - Kendal	Vet50	941	913	963	2817
PEZET, Mike	Unattached - Kendal	Vet50	898	928	933	2759
STANLEY, Martin	The Quaysiders	Vet40	871	912	935	2718
WILDMAN, Geoffory	Unattached : Leyland	Vet60	860	889	930	2679
PEARSON, Chris	Unattached - Grange Over Sands	Vet50	859	887	931	2677
RIDYARD, Brian	Unattached - Kendal	Vet70	851	888	926	2665
SMITH, William	Helm Hill Runners			999	1000	1999
PARKINSON, Ste	Unattached - Wigan	Vet40	994		996	1990
DOUGLAS, John	Allithwaite & District Running Club	Vet40	982		993	1975
BILLINGTON, Christopher	Unattached - Southport		980	985		1965
BUCKLEY, Daniel	Unattached - Oldham		972		981	1953
DRAPER, Andrew	Unattached - Blackpool		970	980		1950
JACKSON, Andrew	Unattached - Knutsford	Vet40		972	976	1948
HEMINGWAY, Andrew	Unattached - Kendal		973	974		1947
STAMPER, Andrew	Unattached - Carlisle		965	961		1926
STAMPER, Steve	Unattached - Carlisle		951	975		1926
WATERFIELD, Mark	Unattached : Accrington			945	974	1919
WARDLEY, Mark	Unattached - Preston	Vet40	940	971		1911
GAGAN, Steven	Unattached - Manchester	Vet40	958	950		1908
LEWIS, Peter	Unattached - Southport	Vet40	944	963		1907
PENDERS, Frank	Unattached - Leeds	Vet40		930	962	1892
JONES, Jacq	Run England			929	955	1884
MANGAS, Joshua	Unattached : Bury		924	957		1881
DODWELL, Chris	Unattached - Ulverston	Vet40	891		988	1879
LANCASTER, Matthew	Unattached : Ulverston		925	953		1878
COWLEY, Peter	LSRC		917	955		1872
SWEEENEY, Danny	Unattached - Kendal	Vet40	904		966	1870
TACON, Daryl	Unattached - Leeds	Vet40	931	939		1870
LEWIS, John	Unattached - Brampton	Vet40	912		956	1868
TAN, Andrew	Unattached - Cheadle		909		958	1867
BEVAN, Keith	Unattached - Ambleside	Vet40		922	937	1859
HOTCHKISS, Dan	Unattached : Allithwaite	Vet40		910	940	1850
FRENCH, Gary	Unattached : Windermere	Vet40		906	942	1848
BROOKES, Michael	Team MB		863	977		1840
MACNAMEE, Ian	Unattached : Breaston	Vet40	919	917		1836
PUGH, Rob	Unattached - Ulverston	Vet40	869	967		1836
PHILLIPS, Peter	Unattaced - Saltburn	Vet60		897	928	1825
PHILLIPS, Gareth	Unattaced - Saltburn			896	927	1823
LLOYD, Jon	Unattached : Grange Over Sands	Vet40	882		924	1806
MCLOUGHLIN, Marc	RacePace		907	898		1805
COLLINSON, Iain	Unattached - Lancaster		884	919		1803
PARDUE, Chris	Unattached - Kendal	Vet40	883	904		1787

RICHARDS, Dean	Bridgnorth RC	Vet40	854		925	1779
SYKES, Alan	Unattached - Stockport	Vet60	852		922	1774
MCNALLY, James	Penny Lane Striders			1000		1000
RIGBY, James	Unattached : Clitheroe		999			999
AINSCOUGH, Stuart	Unattached - Carlisle		997			997
SOMERVILLE, Simon	Staffordshire Moorlands	Vet40			997	997
HUNT, Kevin	Unattached - Preston	Vet40	996			996
OAKLEY, Jack	Howgill Harriers			996		996
GREEN, Shane	Pudsley & Bramley AC, Leeds	Vet40			995	995
REEH, Jonathan	Unattached - Cheadle		995			995
WARD, David	Unattached : Dunblane	Vet40		995		995
BARKER, Neil	Spenborough & District AC	Vet40		994		994
WHITTINGTON, Tom	Unattached - Cheshire				994	994
COY, Tom	Unattached : Bathgate		993			993
DEAKIN, Thomas	Styal Running Club		992			992
MADGE, Charlie	Unattached - Ambleside			992		992
CASSIDY, Robert	TriClan				991	991
GRAY, Richard	Unattached - Carlisle	Vet40		991		991
JACKSON, Graham	Allithwaite+ District Running Club		991			991
BACON, Matthew	Allithwaite & District Running Club		990			990
PINDER, Graham	Glaxo Hoad Hill Harriers	Vet50		990		990
CHAPMAN, David	Unattached : York				989	989
THORNTON, Scott	Carlisle Sheepmount		989			989
BERRY, Mark	Unattached : Westhoughton			988		988
CUMLEY, Steve	Bournville Harriers		987			987
GARRICK, Dustin				987		987
BRADLEY, Steve	Kendal AC	Vet40			986	986
STUDDS, Gerard	Unattached - Leeds	Vet40		986		986
HINDLE, Neil	Fell Running Association	Vet50	984			984
HARDWICK, Rob	Penny Lane Striders	Vet40	983			983
SAUNDERS, Neal	Unattached - London			983		983
WATTS, Chris	Unattached - Lancaster				983	983
LEONARD, Ian	Unattached - Chorley	Vet50	981			981
JONES, Ian	Unattached - Sandbach	Vet40			980	980
COLLIER, Anthony	Styal Running Club	Vet50	979			979
SAYER, Clive	Royal Sutton Coldfield AC	Vet60		978		978
RUSTON, Christopher	Kendal Triathlon Club	Vet40	977			977
BARTON, Simon	Unattached - Liverpool		976			976
DOUGHTY, David	Unattached - Southport	Vet50		976		976
ASHTON, Carl	Unattached : Warrington		975			975
OWEN, Huw	Unattached - Tarporley				975	975
MACVAUGH, Jason	Unattached : Leyland		974			974
HUDD, Phil	Unattached	Vet40		973		973
ROBSON, Andrew	Unattached : Hexham	Vet40			972	972
BIRCHALL, Dominic	Unattached - Birmingham		971			971
PLAW, Adrian	Unattached : Sunbury				971	971
MAULT, Stephen	Unattached - Preston			970		970
MCCAIRN, Matt	Unattached - St Helens				970	970
BRIGGS, Tony	Unattached : Shap	Vet40			969	969
PITCHFORD, John	Unattached : Whitehaven			969		969
ARM-RIDING, Simon	Unattached : York				968	968
HOWLAND, Paul	Unattached : Burnley		968			968
PRESTON, Mark	Unattached : Sacriston	Vet40	967			967
CHRISTIE, Mark	Unattached - Carnforth	Vet40	966			966
O NEILL, Martin	Unattached - Wigan	Vet40		966		966
PARKER, Edward	Unattached - Leeds		964			964
SLEE, Guillaume	Unattached : Timperley		963			963
FAWCETT, Richard	Unattached - Milnthorpe	Vet40	962			962
MCCONNELL, Colin	Unattached - Northallerton	Vet50		962		962
SLATER, David	Unattached - York	Vet40	960			960
QUINN, Paul	Unattached - Barrow in Furness	Vet40	959			959

SIMCOX, Adam	Unattached : Leek			958		<b>958</b>
BROOKE, Guy	Unattached - Kendal	Vet40			957	<b>957</b>
SLAVEN, Ben	RacePace			957		<b>957</b>
SWEENEY, Derek	Unattached - Bowness	Vet50		956		<b>956</b>
VOCE, Will	Unattached - Dumfries				956	<b>956</b>
TOWNSEND, Adam	Unattached : Radstock			955		<b>955</b>
MANLEY, Richard	Unattached - Wirral			954		<b>954</b>
WILLIAMS, Michael	Unattached : Hexham	Vet40			954	<b>954</b>
AITKEN, Angus	Unattached : Hexham				953	<b>953</b>
JOLLY, Aidan	Unattached : Mossley	Vet40			952	<b>952</b>
MALPAS, Lee	Unattached : West Kirby			952		<b>952</b>
RUSBRIDGE, Gerry	Eden Runners	Vet50			951	<b>951</b>
SMITH, Jason	Unattached : Mossley	Vet40			951	<b>951</b>
MASTALERZ, Pawel	Unattached : Windermere				950	<b>950</b>
MCGUIRE, Vinn	Unattached : Morecambe	Vet50			949	<b>949</b>
WILKINS, Rodger	Triclan			949		<b>949</b>
BAILEY, Kevin	Unattached - Blackburn				948	<b>948</b>
HUNTER, Richard	Unattached - Carlisle			947		<b>947</b>
SHARMEN, Alex	Unattached : Lutterworth				947	<b>947</b>
BOUSIE, Mark	Unattached - Manchester				946	<b>946</b>
CLARKE, Jonathan	Style	Vet40		946		<b>946</b>
TICKNER, Richard	Unattached - Kendal	Vet50			946	<b>946</b>
HIGGINS, Brian	Styal Running Club	Vet60		945		<b>945</b>
SIMM, Lewis	Unattached - Wigton				945	<b>945</b>
DE LEMPS, Francois	FRANCE				944	<b>944</b>
TAYLOR, Stephen	Unattached - Preston	Vet40			944	<b>944</b>
CANTWELL, Andy	Penny Lane Striders				943	<b>943</b>
CLARK, Steve	Unattached : Maidenhead	Vet40			943	<b>943</b>
RUTHERFORD, Graeme	Unattached - Manchester			942		<b>942</b>
TOGNARELLI, Ian	Unattached : Maryport	Vet40			942	<b>942</b>
BEAUMONT, Paul	Unattached : Burscough				941	<b>941</b>
SIMM, Colin	Unattached - Wigton	Vet40			941	<b>941</b>
BINDLESS, Matt	Unattached	Vet40			940	<b>940</b>
HUGHES, David	Unattached : West Kirby			939		<b>939</b>
KENDAL, Kev	Fetcheveryone				939	<b>939</b>
BROHAN, Philip	Unattached : Exeter	Vet40			938	<b>938</b>
HEWITT, Tim	Unattached - Manchester				938	<b>938</b>
SHUTTLEWORTH, Ian	St Bees Triers			938		<b>938</b>
HORNER, Michael	Unattached - Liverpool				937	<b>937</b>
HORNER, Stephen	Unattached - Liverpool				936	<b>936</b>
MUNRO, Ian	Unattached : Carlisle				936	<b>936</b>
ROE, Paul	Unattached - Manchester	Vet40		936		<b>936</b>
HOLMES, Andrew	Unattached - Skipton			935		<b>935</b>
HIGHAM, Jonathan	Unattached : Heswall	Vet40			934	<b>934</b>
NICHOLSON, Timothy	Mornington Chasers				934	<b>934</b>
RIGGS, Brendan	Team Bath AC	Vet40		934		<b>934</b>
MEACOCK, Henry	Unattached : Sale			933		<b>933</b>
STANGROOM, Luke	Unattached - Kirkby in Furness				933	<b>933</b>
EVANS, Nicholas	Unattached : Prestwich				932	<b>932</b>
MCCONVILLE, Steven	Unattached - Leeds			932		<b>932</b>
SMILLIE, Michael	Unattached - Carlisle				932	<b>932</b>
DYER, Micheal	Unattached - Bolton				931	<b>931</b>
CROXALL, David	Unattached - Lancaster	Vet40		930		<b>930</b>
GUDGEON, Stephen	Unattached : Morecambe	Vet50			929	<b>929</b>
HACKFATH, Rob	Unattached : Lichfield				927	<b>927</b>
IVILL, Mark	Unattached - Preston	Vet40			926	<b>926</b>
PARSONS, John	Unattached - Kendal	Vet50		926		<b>926</b>
VERBER, Ian	Unattached - Broughton in Furness	Vet60			925	<b>925</b>
ROME, Stuart	Unattached - Carlisle				924	<b>924</b>
MITCHELL, Shane	Unattached - Lancaster				923	<b>923</b>
SALKELD, Liam	Unattached - Carlisle				923	<b>923</b>

SLATER, Paul			923			<b>923</b>
SEDGWICK, Paul	Mersey Tri	Vet40	922			<b>922</b>
COLLIER, Hadrian	Unattached - Stockport	Vet40	921			<b>921</b>
ROONEY, Alan	Unattached Durham			921		<b>921</b>
SNEDDON, Andrew	Unattached : Lytham St Annes	Vet40			921	<b>921</b>
BARTON, David	Ford Halewood AC	Vet60			920	<b>920</b>
MCGINLEY, Adam	Unattached - Carlisle		920			<b>920</b>
MOSS, David	Unattached - Clithroe			920		<b>920</b>
SEAWARD, Albert	Unattached : Chatham	Vet40			919	<b>919</b>
LINDLEY, Robert	Unattached : Douglas			918		<b>918</b>
SMITH, Allan	Unattached : Garstang	Vet40	918			<b>918</b>
SMITH, Glyn	Unattached - Ashford				918	<b>918</b>
OWENS, Daryl	Unattached : Staines	Vet40			917	<b>917</b>
BURSE, Kevin	Unattached : Staines	Vet40			916	<b>916</b>
THOMAS, Stephen	Unattached - Southport		916			<b>916</b>
WOMBWELL, Andrew	Unattached - Nottingham	Vet40		916		<b>916</b>
JACKSON-PITT, Graham	Cumbria Wildlife Trust Runners			915		<b>915</b>
JOHNSON, Stephen	Unattached - Harrogate		915			<b>915</b>
TICKNER, Paul	West Cumberland Orienteering Club	Vet50	914			<b>914</b>
WINDLE, Graeme	Unattached - Clithroe			914		<b>914</b>
HURLEY, Damien	unattached : Scarborough	Vet40	913			<b>913</b>
HADFIELD, Tom	Unattached - Stockport		911			<b>911</b>
HARRISON, John	Unattached - Carlisle	Vet60		911		<b>911</b>
GREASLEY, Stephen	Unattached : Flint Mountain		910			<b>910</b>
BUSHELL, Jonathan	Unattached - Kendal			909		<b>909</b>
BUSHELL, Ed	Unattached			908		<b>908</b>
THOMPSON, Paul	Hornsea Harriers	Vet50	908			<b>908</b>
MALHOTRA, Sunil	Unattached - Newcastle			907		<b>907</b>
BINDLESS, Richard	Unattached : Grange Over Sands	Vet60	906			<b>906</b>
METCLAF, Adrian	Unattached - Preston	Vet60	905			<b>905</b>
SILCOCK, Jon	Unattached - Kendal			905		<b>905</b>
BROMLEY, John	chART	Vet50		903		<b>903</b>
WATKINS, Kevin	Unattached - Lancaster		903			<b>903</b>
BURKE, Adam	Unattached - Gateshead			902		<b>902</b>
FREEMANTLE, Andrew	Unattached - Gateshead		902			<b>902</b>
ARMSTRONG, Mark	Unattached : Bolton		901			<b>901</b>
TORR, Gavin	Unattached - Kendal			901		<b>901</b>
LEES, John	Unattached : Aughterarder			900		<b>900</b>
WILSON, Stephen	Unattached - Grange Over Sands	Vet40	900			<b>900</b>
COPP, Jason	Unattached - Birmingham	Vet40	899			<b>899</b>
GASKELL, Chris	Unattached - Wigan			899		<b>899</b>
HANSON, Ian	Unattached : Aldershot	Vet40	897			<b>897</b>
CRAGHILL, Eddie	Unattached - Chorley		896			<b>896</b>
MALE, Roy	Unattached - Solihull	Vet70		895		<b>895</b>
OSSELTON, Stephen	Unattached - Newcastle	Vet40	895			<b>895</b>
PUIG, Satiago	Unattached : Heswall	Vet40	894			<b>894</b>
WINCH, Jonathon	Unattached - Newcastle	Vet40		894		<b>894</b>
CHORLEY, Barry	Unattached : Ulverston			893		<b>893</b>
WRIGHT, Damon	Allogenes		893			<b>893</b>
DAVIS, David	Unattached - York		892			<b>892</b>
MORRIS, Stephen	Knaresborough Striders	Vet50		892		<b>892</b>
SHOTTER, Neal	Kirkstall Harriers	Vet50		891		<b>891</b>
HODGKISS, Dan	Unattached : Allithwaite	Vet40	890			<b>890</b>
O'DONOHUE, Paul	Unattached - Brampton	Vet40		890		<b>890</b>

