

Lakeland Trails 2015 10KM Spring Series Results : Men

Name	Category	Club	Cartmel	Hawkshead	Staveley	Total
Paul Graham		U/A Whitehaven, cumbria	998	1000	1000	2998
Thomas Feather		Leeds Bradford Tri Club	996	997	996	2989
Thomas Deakin		U/A Stockport, Cheshire	983	989	987	2959
Liam Gorman		U/A Grange over sands, Cumbria	971	990	990	2951
anthony kavanagh	Veteran 40	arragons cumbrian tri club	970	988	983	2941
tim Palmer	Veteran 50	Helsby Running Club	979	972	986	2937
Ian Gibson	Veteran 40	U/A Ulverston, Cumbria	967	984	985	2936
Andrew Quinn		U/A Lancaster, Lancashire	980	965	974	2919
jon shard	Veteran 40	U/A manchester, lancashire	963	971	975	2909
Lance Saxby	Veteran 40	U/A Harrogate, North Yorkshire	959	960	977	2896
Paul Vousden		U/A Kendal,	947	956	958	2861
Martin Burn	Veteran 40	U/A Millom,	940	952	964	2856
Peter Evans	Veteran 40	Kings Heath Running Club	939	950	965	2854
John Tomlinson	Veteran 50	U/A Bolton,	938	945	955	2838
Stephen Clements	Veteran 50	U/A Stansted, Essex	925	948	963	2836
Ian Waddingham		Red Rose Road Runners	936	943	937	2816
Robert Ginder-Poulsen	Veteran 40	U/A Cheadle, Cheshire	923	940	946	2809
Peter Hatch	Veteran 50	U/A Billingham,	917	934	957	2808
Steve Foreman	Veteran 40	Sedgefield Harriers	958	967	877	2802
Mark Heaney	Veteran 50	U/A Rochdale, Lancashire	949	868	970	2787
Michael Ball	Veteran 40	U/A Swindon, Wiltshire	894	917	941	2752
paul beaumont	Veteran 40	U/A Burscough, Lancashire	908	914	927	2749
Gary Pargeter	Veteran 40	U/A Northwich, Cheshire	892	915	922	2729
Chris Burstow		U/A Bowness on Windermere, Cumbria	862	953	899	2714
Dave Walton	Veteran 60	LOC	879	906	917	2702
Andrew Whitehead	Veteran 40	U/A Carnforth, Lancashire	885	905	903	2693
Nick Sharp	Veteran 40	U/A Wakefield, West Yorkshire	871	903	900	2674
Dave Hall	Veteran 50	Honister 92	865	879	878	2622
Jim Dean	Veteran 70	U/A Kendal, Cumbria	857	878	880	2615
Gareth Phillips	Veteran 40	Gateshead harriers	842	862	897	2601
Neil Stirling	Veteran 70	U/A Cartmel,	867	854	869	2590
Nick Archer	Veteran 40	U/A Manchester,	850	869	868	2587
Martin Stanley	Veteran 40	U/A Wirral, Merseyside	844	858	865	2567
joe dobbs	Veteran 70	independent	833	861	871	2565
Charles Crossland		U/A Holmfirth,	838	856	861	2555
Ron McCormack	Veteran 60	Alnwick Harriers	837	850	863	2550
david whitfield	Veteran 50	U/A clitheroe, lancs	992	996		1988
Mick Monkman		U/A Sunderland,	972	985		1957
Lawrence Mannion	Veteran 50	U/A Kendal,		980	976	1956
Graham Jackson		U/A G-o-S, Cumbria	991	962		1953
Gary Cattermole	Veteran 50	U/A Kendal, cumbria	965	974		1939
Michael Dickinson		U/A Ulverston ,	954	981		1935
Andrew Backhouse	Veteran 40	U/A Windermere,		959	967	1926
James Walsh		Kirkby Stephen Grammar School	956	966		1922
Andrew Bennett		U/A Morecambe, Lancashire	946		972	1918
Simon Edens	Veteran 40	U/A Aberford, Yorkshire		896	997	1893
Andrew Reid		U/A Merseyside,		933	956	1889
CRAIG MORROW		U/A Egremont, Cumbria	942	946		1888
Jonty Tarbuck	Veteran 40	U/A Newcastle upon Tyne,	935		950	1885
wayne palethorpe		U/A wallasey, merseyside	930	951		1881
Dan Jones		U/A Todmorden , West Yorkshire	977	902		1879
pete irwin		U/A wallasey, merseyside	928	949		1877
Kevin McDermott		U/A NEWCASTLE UPON TYNE, Tyne & Wear		932	943	1875
Matthew Elliott		U/A Manchester,		927	947	1874
Gerard Hurst	Veteran 50	U/A Wigan,	924	936		1860
Matt Tinsley		U/A Preston , Lancashire	912		945	1857
Paul Thompson	Veteran 50	Hornsea Harriers	919	931		1850
Glenn Cundy	Veteran 40	U/A Warrington, Cheshire		918	931	1849
Daniel Hotchkiss	Veteran 40	N/A	903		944	1847

Ian Paterson		U/A Bootle, Merseyside	909	920		1829
Kevin Gorman	Veteran 60	U/A Grange over sands, Cumbria	900	913		1813
Michael Church		U/A Vigo Village, Kent	906		904	1810
Thomas Pearson		U/A Grange Over Sands, Cumbria	915	895		1810
Nigel Forster	Veteran 40	U/A Whitehaven, Cumbria	913	889		1802
Ian Beadle	Veteran 40	U/A durham, durham		887	902	1789
David Hankin-Rendle		U/A Sowerby Bridge, West Yorks	898	890		1788
Paul Blakemore		U/A Wigan,	897	881		1778
Anthony Church	Veteran 50	U/A Vigo Village, Kent	870		891	1761
Philip Loftus	Veteran 50	U/A Bolton, Lancashire		871	886	1757
Adam Pearson		U/A Manchester ,		870	885	1755
Adam Stephenson		U/A Kendal, Cumbria	855		873	1728
Craig Hazeldine	Veteran 50	U/A Blackpool, Lancashire	846		876	1722
Ian Scott	Veteran 50	U/A Liverpool, Merseyside	845		874	1719
William Armitage	Veteran 40	U/A HOLMFIRTH, West Yorkshire	859	853		1712
Peter Phillips	Veteran 60	Loftus & Whitby AC	843	863		1706
Chris Pearson	Veteran 50	U/A Grange Over Sands, Cumbria	831	866		1697
Lee Smith	Veteran 40	U/A Wigan, Lancs	832	846		1678
Martin Cox	Veteran 40	Salford	1000			1000
Chris Essex-Crosby		Horwich RMI Harriers		999		999
Henry Valentine		ASICS	999			999
Jim Andrews	Veteran 50	Unattached			999	999
sean mcgill		U/A wallsend, tyne and wear		998		998
Thomas Young		U/A Gateshead, Tyne and wear			998	998
Michael Forrester		U/A Dartmouth, Devon	997			997
Paul Hughes		Claremont Road Runners			995	995
Samuel Morgan		AmblesideRC		995		995
stephen parker	Veteran 40	U/A barrow-in-furness, cumbria	995			995
Robert Valentine	Veteran 40	ASICS	994			994
Tom Whittington		Macclesfield Harriers			994	994
William Richardson	Veteran 40	Irvine Running Club		994		994
John Douglas	Veteran 40	Allithwaite Running Club	993			993
Mike newham		U/A Dalton-in-Furness,			993	993
Steven Henderson		U/A Manchester,		993		993
Christopher Durkin		None		992		992
John Toller		U/A Dundee,			992	992
Gary Baines		U/A Hamilton , Lanarkshire			991	991
michael Weedall	Veteran 50	vale royal		991		991
Jonathan Maxfield		Rotherham Harriers	990			990
Simon Hooton	Veteran 40	n/a	989			989
Will Varley		Newton Harriers			989	989
Robert Myatt		U/A Liverpool,			988	988
Rory Coutts		U/A Cartmel,	988			988
Sam Edmondson	Veteran 40	U/A Lancaster, Lancashire		987		987
Wayne Mansfield	Veteran 50	U/A Wilmslow, Cheshire	987			987
Daniel Buckley	Veteran 40	U/A Oldham, Lancs	986			986
Danny Roberts		U/A Sale, Cheshire		986		986
Jon Hopwood	Veteran 60	U/A Manchester,	985			985
Charlie Beck		ASICS	984			984
john allton	Veteran 40	U/A Northwich, Cheshire			984	984
Graham Millington	Veteran 40	Wigan Harriers		983		983
Kristian Robinson	Veteran 40	Rochdale Harriers and A.C		982		982
Mike Hurst	Veteran 40	N/A	982			982
Tom Green		U/A Edinburgh,			982	982
Christopher Lewarne		U/A Blackburn, Lancashire	981			981
David Culverwell	Veteran 40	U/A Corbridge, Northumberland			981	981
Terry Bates	Veteran 50	U/A Overton, Lancs			980	980
Ben Farrelly		Salford Mets			979	979
Craig Lavery		U/A Ulverston , Cumbria		979		979
Hugh Tuffen	Veteran 40	U/A Lancaster, Lancashire			978	978
John Cant		City Hash House Harriers		978		978

Mark Donohue		U/A Leeds, West Yorkshire	978			978
john allton	Veteran 40	U/A Northwich, Cheshire		977		977
Alex Metcalfe	Veteran 40	U/A Bolton, Manchester	976			976
Andy Dodd	Veteran 40	Dow Schofield Watts Running Club		976		976
Harry matthews	Veteran 60	Elswick harriers		975		975
Michael Smith		U/A Bolton, Lancashire	975			975
Paul Longstaff		U/A Manchester ,	974			974
Kris Carson	Veteran 40	U/A Egremont, Cumbria		973		973
Matthew Dunster		U/A Peterlee, Durham	973			973
Nick Edmondson		U/A Waddington, Lancashire			973	973
Will Charles		U/A Runcorn, Cheshire			971	971
Jens Meierhenrich	Veteran 40	U/A London,		970		970
Daniel Salthouse	Veteran 40	U/A Sheffield, South Yorkshire			969	969
David Johnson	Veteran 50	North Shields Polytechnic Athletic Club		969		969
Gary Morphet		U/A Newcastle upon Tyne ,	969			969
Mike Innerdale	Veteran 40	U/A Appleby,	968			968
Simon Robson		U/A York, North Yorkshire			968	968
Stephen Richards	Veteran 40	U/A East Barnet, hertfordshire		968		968
Harvey Woods		U/A Wilmslow,			966	966
Russell Dicks		U/A Cockermonth, Cumbria	966			966
David Kyriacou		U/A Barrow in Furness , Cumbria	964			964
Phillip Doyle		U/A Newcastle Upon Tyne,		964		964
Guy Lewcock		U/A Whitley Bay, Tyne and Wear		963		963
Christopher Billington	Veteran 40	U/A Southport,	962			962
kevin surplice	Veteran 40	West lands tri club			962	962
Andy MacKenzie	Veteran 40	U/A London,	961			961
Robin Seymour		U/A Manchester,		961		961
Stefano Cossu		Warrington Running Club			961	961
Martin Booth		U/A Bolton, Lancashire	960			960
Wayne Barber	Veteran 40	U/A Kendal, Cumbria			960	960
Adrian Blake		U/A Bury, Lancs			959	959
David Langrish	Veteran 60	SGRAC		958		958
Mark Wilkie		U/A Barrow-in-Furness,		957		957
martin rough		U/A barrow in furness, Cumbria	957			957
aaron dodd	Veteran 40	U/A Whitely Bay, Tyne and Wear		955		955
Gary Lacey		U/A Warrington, Cheshire	955			955
Neil Webster		U/A Wigan,		954		954
Richard Tickner	Veteran 50	U/A Kendal, Cumbria			954	954
Alan Kelly	Veteran 40	U/A Edinburgh,			953	953
jamie Boulger		ASICS	953			953
PAUL GREENING		U/A WIGTON, CUMBRIA	952			952
Simon Maybury	Veteran 50	RMOC			952	952
clive holloway		U/A lancaster,			951	951
Phil Dale		U/A Barrow-in-Furness, Cumbria	951			951
Adam Coates		ASICS	950			950
Michael Kelly		U/A Glasgow,			949	949
Michael Johnston		n/a			948	948
pete coe	Veteran 60	U/A Kendal,	948			948
Steffen Petersen	Veteran 40	U/A London,		947		947
Tom Holman		U/A Grange-over-Sands, Cumbria	945			945
Dave Bateson		U/A Hyde, Cheshire	944			944
Samuel Reindler		U/A London,		944		944
Simon Richardon	Veteran 40	U/A Gosforth ,	943			943
James Alexander		U/A Tynemouth, Tyne & Wear			942	942
Simon Withey		U/A Shipley, West Yorkshire		942		942
Ben Ross		U/A St Asaph,		941		941
Robin Hill		U/A Launceston, Cornwall	941			941
Ray Padgett	Veteran 60	U/A Grange over Sands, Cumbria			940	940
Brian Richardson	Veteran 50	Blackhill Bounders		939		939
James Wright		U/A Birmingham,			939	939
gary thacker	Veteran 50	U/A mkt harborough, leics		938		938

paddy farrelly	Veteran 50	Salford Mets			938	938
Clwyd Price-Jones	Veteran 50	U/A Penrith,		937		937
Lee Treanor	Veteran 40	ASICS	937			937
Geoff howarth		U/A warrington, cheshire			936	936
Jason Lane	Veteran 40	U/A Chorley, Lancs		935		935
Robin Lees	Veteran 60	U/A Ambleside, Cumbria			935	935
Michael Gilboy		U/A North Shields, Tyne and Wear			934	934
neil browning	Veteran 40	Monton Dads	934			934
Martin Baines	Veteran 40	Mossley Pikers			933	933
Paul Bamber		ASICS	933			933
Derek Woolley	Veteran 60	U/A Heysham, Lancashire			932	932
Pete Dobbs		U/A Milton Keynes, Buckinghamshire	932			932
Guillaume Slee		U/A Timperley, Cheshire	931			931
Ben Davis	Veteran 40	U/A Hebden Bridge,			930	930
Peter Eastham		Commando Fit		930		930
Grant Clark		U/A London,		929		929
Luke Brodie		U/A Kendal, Cumbria	929			929
Pete Jenkinson	Veteran 40	U/A Stockport,			929	929
james firth		U/A Kendal, Cumbria			928	928
Jim Robertson	Veteran 50	U/A St Neots, Cambridgeshire		928		928
Colin Sinclair	Veteran 50	U/A Ormskirk, Lancashire	927			927
Andy Walch		U/A Barnsley, South yorkshire		926		926
Hans Ebben	Veteran 50	U/A Hedel,			926	926
Max Booth	Veteran 40	U/A Woodbridge,	926			926
Kevin Rosborough	Veteran 40				925	925
William Thompson		U/A Barrow-in-Furness, Cumbria		925		925
Louis Meyer		U/A Poulton-le-fylde,			924	924
Ryan Fishpool		U/A Driffield, East Yorkshire		924		924
Aidan Jolly	Veteran 50	U/A Mossley, Ashton-Under-Lyne			923	923
Mark Strickland	Veteran 50	U/A Axton, Flintshire		923		923
Peter Lewis	Veteran 40	U/A SOUTHPORT, MERSEYSIDE	922			922
Robert Cook		U/A Windermere,		922		922
Andrew Statham	Veteran 40	U/A Manchester,	921			921
Oliver Chilvers		U/A Cambridge,		921		921
Rupert Worden		U/A Chester, CHESHIRE			921	921
Hunter Lyden		U/A Manchester,	920			920
Mark Ronald	Veteran 40	U/A Newcastle upon-tyne ,			920	920
Dean Graham		Hardly AC			919	919
Fletch Schofield		U/A Newcastle upon Tyne,		919		919
Graeme Lewis		U/A Nantwich, Cheshire			918	918
Lutz Hostert	Veteran 40	U/A Leeds, West Yorkshire	918			918
Alex Kavanagh	Veteran 40	U/A Newcastle upon Tyne,		916		916
John Grey	Veteran 40	U/A Whitley Bay, Tyne and Wear			916	916
Malcolm Rudge		U/A Kendal, Cumbria	916			916
Ian Grey		U/A Cramlington, Northumberland			915	915
James Dotchin		U/A Brampton, Cumbria	914			914
Michael Jones	Veteran 60	Altrincham AC			914	914
Steve Starkie		U/A Whitehaven,			913	913
dave pearson	Veteran 60	burnden road runners		912		912
Jonathan Newbegin	Veteran 50	U/A Leeds, West Yorks			912	912
David Stacey		U/A Chorley, Lancashire		911		911
Rob Brodie		U/A Kendal, Cumbria	911			911
Shawn Gibson		U/A Kendal,			911	911
Chris Kelly	Veteran 40	U/A Warrington, Cheshire		910		910
Joseph Cave	Veteran 40	U/A Lytham St Anne's , Lancashire			910	910
Paul Maxwell	Veteran 40	U/A Stockport, Cheshire	910			910
John Clark	Veteran 40	U/A Buckfastleigh, Devon			909	909

Nathan Sowerby		U/A Workington, Cumbria		909		909
Gerry Burns	Veteran 50	U/A Kendal,			908	908
Michael Hughes		U/A Poulton-le-Fylde, Lancashire		908		908
Andrew Marrison	Veteran 40	U/A kendal, Cumbria			907	907
Simon Lewis	Veteran 40	U/A Oldham, Lancs	907			907
STEPHEN HELLEWELL		U/A Wigan,		907		907
Matthew Ward		U/A Stockport, Cheshire			906	906
John Parry		U/A Grange-over-Sands, Cumbria			905	905
Roger Williams		U/A Manchester , Greater Mancheste	905			905
Anthony Stacey	Veteran 50	U/A Burnley, Lancashire		904		904
karl millard	Veteran 40	U/A Barrow In Furness, Cumbria	904			904
Barry Clare	Veteran 50	U/A Richmond , North Yorkshire	902			902
Emma Johnson		Red Rose Road Runners		901		901
Jeremy Davis		U/A Leeds,			901	901
Paul Rogan	Veteran 50	U/A Wirral, Merseyside	901			901
Ian McDowall	Veteran 50	U/A Linlithgow,		900		900
John Smith		U/A Bolton, Greater Manchester	899			899
Jonathan Levitt		U/A Leeds, West Yorkshire		899		899
Cameron Sowerby		U/A Workington, Cumbria		898		898
Michael Patten		Preston Harriers			898	898
John Slater	Veteran 50	U/A Carnforth, Lancs		897		897
Alon Caspi	Veteran 50	Mornington Chasers	896			896
Steve Twomlow		Kings Heath Running Club			896	896
Daniel Thacker		U/A Salford, Greater Manchester			895	895
Tony CARTMELL	Veteran 40	U/A Poulton-Le-Fylde, Lancashire	895			895
Chris Furphy	Veteran 50	U/A Guisborough,		894		894
John Stout	Veteran 60	U/A Aughton, Lancashire			894	894
David Cassels	Veteran 50	Rocktart Runners			893	893
Derek Hardy	Veteran 50	BRAT Club	893			893
Luke Blakey		U/A Manchester,		893		893
shaun nesbitt		U/A London, Greater London		892		892
William Patten	Veteran 60	U/A Preston, Lancashire			892	892
Fraser McCord	Veteran 60	U/A Stockport, Cheshire	891			891
Robert Davies		U/A St Asaph,		891		891
David Middlebrough	Veteran 40	Me			890	890
PAUL TICKNER	Veteran 60	U/A Cockermonth, Cumbria	890			890
Jack sandys		U/A endmoor , Cumbria	889			889
Robert Douglas	Veteran 40	U/A Shaw, Lancashire			889	889
Alan Platts	Veteran 50	U/A Kendal, Cumbria	888			888
Neil Callwood	Veteran 70	Clare college Cambridge			888	888
Toby Cartwright		U/A Manchester,		888		888
gavin fisk	Veteran 40	U/A manchester,			887	887
Nicholas Johnson		U/A Melton Mowbray, Leicestershire	887			887
Nick Welburn		U/A Basingstoke,	886			886
steven mackenzie		N/A		886		886
Mike Duckworth	Veteran 40	U/A Bolton, Lancashire		885		885
Daniel Austin		U/A Manchester, Choose...	884			884
Darren Talbot	Veteran 40	U/A Chorley, Lancs		884		884
Graham Lancaster	Veteran 50	U/A Whitefield, Manchester			884	884
Alex Mills		U/A Stratford-on-Avon, Warwickshire		883		883
Stephen Johnson		U/A Harrogate, North Yorkshire	883			883
Steve Beckett	Veteran 50	U/A Durham, Co. Durham			883	883
James Stanford	Veteran 50	U/A Wigan, Lancashire	882			882
Jamie Kinloch		U/A Glasgow,			882	882
Jonathan Morris	Veteran 50	U/A newcastle upon tyne,		882		882
Chris Mee		U/A Newcastle-upon-Tyne, Tyne and Wear			881	881

Richard Bindless	Veteran 60	U/A Grange-over-Sands, Cumbria	881			881
Haydn Esmond	Veteran 40	U/A Preston, Lancashire	880			880
Stuart Wakeham		U/A Wigan,		880		880
Anthony McCully	Veteran 50	none			879	879
Gary Hollis	Veteran 50	U/A Kendal, Cumbria	878			878
Matt Jones		U/A Preston,	877			877
James Fletcher		U/A Stockport,		876		876
tim puttick	Veteran 50	U/A yarm, n.yorks	876			876
Finbar O'Mahony		U/A Manchester, Lancashire		875		875
James Spelling		U/A Crawley, West Sussex			875	875
John Slater	Veteran 50	U/A Carnforth, Lancs	875			875
andy hayes	Veteran 40	U/A wigton, England	874			874
Kieran O'Mahony		U/A Co Cork, Cork		874		874
martin barrett	Veteran 40	U/A stockton-on-tees,		873		873
Nick Marr	Veteran 50	U/A Reading, Berkshire	873			873
David Ellicott		U/A Askern, South Yorkshire			872	872
Iain Spence	Veteran 60	U/A Wigan,		872		872
Owen Lewis		Independent	872			872
Philip Curwen	Veteran 60	U/A preston, LANCS			870	870
Harnam Aulakh	Veteran 50	U/A Out Rawcliffe,	869			869
Jeff Ellams	Veteran 40	U/A Hebden Bridge, West Yorkshire	868			868
Alasdair McKelvie	Veteran 50	U/A Brough, East Yorkshire			867	867
Steven Grundy	Veteran 40	U/A Bolton,		867		867
Andrew Jones		U/A Prescott, Merseyside			866	866
caleb polley		U/A Stockport,	866			866
Adrian Moore		U/A Potters Bar, Hertfordshire		865		865
Chris Robinson	Veteran 50	U/A Huddersfield, West Yorkshire			864	864
David Hall	Veteran 40	U/A Stockton on Tees,		864		864
Gerard Newman	Veteran 60	Cotswold Allrunners	864			864
Richard Wainwright	Veteran 50	Team Skyver	863			863
Peter Lane		U/A Bury St Edmunds, Suffolk			862	862
Michael Crumblehulme		U/A Rochdale, Greater Manchester	861			861
David Gamberini		Rocktart Runners			860	860
Paul Southworth	Veteran 50	U/A Glossop, Select if Appropriate	860			860
Stewart McNicholl		U/A Seaton sluice, Northumberland		860		860
Andrew Wood	Veteran 40	U/A Leigh, Lancashire			859	859
Richard Brookes	Veteran 60	U/A Kendal, Cumbria		859		859
Chris Robson	Veteran 70	st bees trier			858	858
Sam Wilson		U/A Manchester,	858			858
Brendan Gallagher	Veteran 50	U/A Carlisle, Cumbria		857		857
Stephen Ivey	Veteran 40	U/A Manchester, Gtr Manchester			857	857
Adam Townsend		U/A Radstock,	856			856
BARRY GREEN	Veteran 60	NONE		855		855
Nick Baines	Veteran 40	U/A Carnforth, Lancs	854			854
Kevin Boles	Veteran 50	U/A Windermere,	853			853
Brent Mitchell		U/A Newcastle upon Tyne,	852			852
Simon Webb		U/A Lancaster,		852		852
Liam Cawley	Veteran 40	U/A durham,		851		851
Peter Huxford	Veteran 60	U/A York, North Yorkshire	851			851
Ravinder Norman	Veteran 50			849		849
Stephen Alecock	Veteran 40	U/A Carlisle, Cumbria	849			849
Geoffory Wildman	Veteran 60	U/A Leyland,	848			848
Peter Spencer	Veteran 60	Milltown Milers		848		848
Ramsay Sloss	Veteran 60	Larkhall YMCA Harriers		847		847
sam murray		U/A beckermet, cumbria	847			847
Phil Dixon	Veteran 50	U/A Redcar,	841			841