

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
Lakeland Trails 2019 10K Series Results : Men												
1.	Thomlinson, Martin	Muckle Toon Sloggers		994	996	997						2987
2.	Sharp, Nick	U/A Wakefield, West Yorkshire		991	982	995						2968
3.	Holmes, Richard	U/A Lytham,		985	991	987						2963
4.	Saxby, Lance			981	988	991						2960
5.	Lewthwaite, Nick	U/A Windermere, Cumbria		982	989	988						2959
6.	Grisedale, Jonny	Team inov-8.com		974	974	981						2929
7.	Shaw, Andy	St Helens Striders		968	970	976						2914
8.	Edwards, Robbie	Southport running cluc		978	969	964						2911
9.	Ingham, Graham	U/A Kirkham,		960	971	959						2890
10.	Harrison, Richard	None		943	946	940						2829
11.	Hemsley, Andrew	U/A Penrith, Cumbria		932	944	944						2820
12.	TINKLER, ANDREW	U/A LANCASTER, LANCS		888	963	968						2819
13.	Rooney, Dave	U/A Southport, Merseyside		909	943	962						2814
14.	Mayor, Rhys	U/A Liverpool,		885	941	973						2799
15.	Hurst, Gerard	U/A Wigan,		934	906	947						2787
16.	fishpool, Luke	U/A driffield, East Riding of Yorkshire		917	930	928						2775
17.	Kitching, Jake	n/a		877	978	895						2750
18.	Otway, Paul	U/A Natland, Cumbria		913	907	903						2723
19.	Schaffer, Nicholas	Millom Striders		908	892	911						2711
20.	Edwards, Andrew	U/A Cupar, Fife		834	934	939						2707
21.	Robinson, Peter	U/A Leeds, Yorkshire		875	922	896						2693
22.	Pearson, Thomas	U/A Grange Over Sands, Cumbria		872	925	894						2691
23.	Brookfield, Daniel	U/A ORMSKIRK, Lancashire		841	926	920						2687
24.	Morris, James	U/A Preston,		904	910	873						2687
25.	Gudgeon, Michael	U/A Settle, North Yorkshire		859	917	904						2680
26.	Shaw, Michael	U/A CARLISLE, Cumbria		897	893	890						2680
27.	Sims, Stuart	U/A Kirkby Lonsdale,		861	912	898						2671
28.	Jones, Andrew	U/A Prescot, Merseyside		842	894	885						2621
29.	Butlin, Louie	U/A Heysham,		808	888	891						2587
30.	Higginson, Ben	Preston Harriers		848	879	860						2587
31.	Slater, John	U/A Carnforth, Lancs		823	881	867						2571
32.	Garvey, Gerry	Muddy Boots Nursery		832	872	853						2557

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
33.	Griffiths, Geoff	Fuelled By Fun		809	876	869						2554
34.	Blakeley, Philip	U/A Aughton, Lancs		805	868	848						2521
35.	Winder, Brian	Darwen Running Group		810	864	844						2518
36.	Wilkinson, David	U/A Southport , Merseyside		812	859	833						2504
37.	Brook, Graham	Wesham Road Runners		785	831	856						2472
38.	Thornber, Mark	U/A Arnside, Cumbria		798	853	806						2457
39.	Pearson, Chris	U/A Grange Over Sands, Cumbria		796	842	814						2452
40.	Dean, Allan	U/A OAKHAM, Rutland		787	820	803						2410
41.	Watson, David	Red rose road runners		780	827	801						2408
42.	TICKNER, PAUL	U/A Cockermouth, Cumbria		801	675	828						2304
43.	Harrison, John	U/A Carlisle, Cumbria		776	653	796						2225
44.	Duffy, Fergal	U/A Enniskillen, Co. Fermanagh		993	995							1988
45.	Robinson, Ian	SCC		990		994						1984
46.	Haddow, Ronnie	Furness Fell Runners			977	990						1967
47.	Mannion, Lawrence	U/A Kendal,		980	983							1963
48.	Buckle, David	U/A Grange-over-Sands, Cumbria		977	976							1953
49.	MacGillivray, David	DH Runners			973	979						1952
50.	Storey, Mark	U/A Newcastle, Tyne & Wear		962		986						1948
51.	Gaffney, James	-		967		977						1944
52.	Spencer, Garth	Ribble Valley Triathlon Club		955	986							1941
53.	Higgins, Philip	Kendal Tri Club		964	967							1931
54.	Fletcher, Jonathan	Ripon Runner		956	972							1928
55.	Llewellyn, Peter	Bowland Fell Runners			957	951						1908
56.	Gallop, Callum	U/A Kendal, Cumbria		957		943						1900
57.	Godson, Harry	Bentham Beagles			952	946						1898
58.	Wynne, Chris	U/A Ormskirk,		938	960							1898
59.	Richardson, Simon	U/A Seascale ,		944		952						1896
60.	Gaston, Phillip	U/A milnthorpe, cumbria		942	950							1892
61.	shard, jon	U/A manchester, lancashire			949	942						1891
62.	Pattison, David	U/A Chester, Cheshire		935		945						1880
63.	Blundell, Mark	U/A Ormskirk , Lancashire			928	948						1876
64.	Stones, Phil	U/A Cleator Moor, Cumbria		925	942							1867
65.	Watson, Steve	U/A Gleaston, Ulverston		927	935							1862

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
66.	Turner, Rob	U/A Blackburn ,		928	931							1859
67.	Walton, Matthew	U/A Carlisle , Cumbria			911	933						1844
68.	Willink, Patrick	Helm Hill		926	916							1842
69.	Lane, Peter	U/A Newark, Nottinghamshire		921		918						1839
70.	Wilson, Alan	Glaxo Hoad Hill Harriers		883	947							1830
71.	Wilson, Michael	Chorley Athletic & Triathlon Club			915	910						1825
72.	Edwards, Stuart	U/A North Shields, Tyne and Wear			899	907						1806
73.	Smedley, Ted	U/A Prescot, Merseyside			898	905						1803
74.	Reid, Andrew	U/A Merseyside,			882	916						1798
75.	Parker, Henry	U/A Leeds, West Yorkshire		876	921							1797
76.	Satterly, Charles	Lancaster & Morecambe A/C		884	913							1797
77.	Tomlinson, John	U/A Bolton,		893	901							1794
78.	Evans, Jonathan	Red Rose		860		934						1794
79.	Roche, Duncan	U/A Millom, Cumbria			877	914						1791
80.	Adams, Stephen	U/A READING, Berkshire		881	903							1784
81.	McGovern, Glyn	U/A Altrincham,			904	870						1774
82.	Fox, David	U/A Altrincham ,			885	889						1774
83.	McMahon, Terry	U/A kendal, cumbria		867	897							1764
84.	Swainston, Ray	U/A Bishop Auckland , Durham		898		866						1764
85.	Ellicott, David	Keswick AC			865	897						1762
86.	Marechal, Anthony	U/A STROUD, Glos		858	889							1747
87.	McIntyre, Nigel	U/A Longton, Lancashire		860	887							1747
88.	Horner, Phil	Garstang RC			809	936						1745
89.	West, Toby	Lonely Goat RC		855		886						1741
90.	Gill, Justin	U/A Padiham,			869	868						1737
91.	Hartwell, Ian	U/A Manchester,			890	842						1732
92.	Liptrott, Mark	U/A Ormskirk, Lancashire		838	873							1711
93.	Ethell, Paul	U/A Preston, Lancashire		869		829						1698
94.	Fiddler, Paul	U/A Warrington, Cheshire			852	845						1697
95.	Dobson, Adrian	Team Dobson			862	827						1689
96.	Garden, David	U/A Blackpool, Lancs		817	855							1672
97.	McDowall, Ian	U/A Linlithgow,		818		847						1665
98.	Walker, Ian	Glaxo Hoad Hill Harriers		802	863							1665

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99.	Griffiths, Grant	U/A Lancaster,		829	833							1662
100.	Melling, Andrew	U/A Leyland,			854	808						1662
101.	Thompson, Steve	U/A Barrow in Furness, Cumbria		794	867							1661
102.	Cole, Simon	U/A Ansdel, Lancs		833		825						1658
103.	Pilkington, Tony	U/A Preston, Lancashire			837	821						1658
104.	Wordsworth, Graeme	North Shields Poly			843	809						1652
105.	Cummings, Mark	U/A St Helens, Merseyside			826	805						1631
106.	Thompson, Michael	U/A Cheadle Hulme, Cheshire			822	804						1626
107.	Dore, Samuel	U/A Liverpool,		793	825							1618
108.	Cole, David	U/A Penrith, Cumbria		792		811						1603
109.	Dean, Jim	U/A Kendal, Cumbria		783	819							1602
110.	Pryor, Mark	Thornton Cleveleys Running Club			808	792						1600
111.	Shanahan, Robert	Wirral Vikings		790		800						1590
112.	Rigby, Ian	U/A Widnes, Cheshire		775	813							1588
113.	Islam, Mahfuzul	U/A Sabden,		786		795						1581
114.	McMonagle, Paul	U/A Ormskirk, Lancashire		770	810							1580
115.	Coldham, Paul	U/A Keswick		778		797						1575
116.	Swift, Peter	U/A Wigan, Lancashire		772		794						1566
117.	Jones, Michael	U/A Stockport, Cheshire		721		843						1564
118.	Pollock, Andrew	Denby Dale Athletic Club		713	824							1537
119.	Huggett, Chris	U/A Cartmel,		1000								1000
120.	Duncan, Bruce	Team inov-8			1000							1000
121.	Gunn, Craig	U/A Sunderland				1000						1000
122.	Smith, James	Barrow Runners		999								999
123.	Coulthard, James	Border Harriers			999							999
124.	Roddy, Ciaran	Red Rose Runners				999						999
125.	Procter, Lee	Team inov-8			998							998
126.	Pippard, Ben	U/A Newcastle upon Tyne, Tyne and Wear				998						998
127.	Sewell, Ewan	U/A York		997								997
128.	Pinon Shaw, Jose	Ribble Valley Crossroads Care Cycling Team			997							997
129.	Neil, Chris	Barrow Runners		996								996
130.	Parry, Stuart	U/A Carlisle,				996						996
131.	Male, Jonathon	Barrow Runners		995								995

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132.	Parker, Andrew	U/A Lancaster, Lancs			994							994
133.	Rolls, Peter	U/A Keighley, West Yorkshire			993							993
134.	Barker, John	Red Rose Runners				993						993
135.	Holland, James	U/A Stockport, Cheshire		992								992
136.	Clarkson, Michael	U/A Ashbourne, Staffordshire			992							992
137.	Chivers, Tom	U/A Kendal,				992						992
138.	Weston, Hugh	U/A Wolverly,			990							990
139.	Wilson, Matt	Kendal AC			990							990
140.	Barsby, James	U/A clitheroe, Lancashire		989								989
141.	Lamb, Mark	Mornington Chasers				989						989
142.	Friend, Scott	U/A Clitheroe, Lancashire		988								988
143.	Sadler, Jonathan	U/A Manchester		987								987
144.	Jones, Steve	U/A Cramlington , Northumberland			987							987
145.	Macfarlane, Paul	Helmhill / Batala		986								986
146.	Little, Aiden	Sedbergh School			985							985
147.	Spencer, Aaron	St Bees Triers				985						985
148.	Campbell, Andrew	U/A Cheadle Hulme,		984								984
149.	Grice, Anthony	U/A Manchester,			984							984
150.	Stephenson, Ashley	U/A Bury,				984						984
151.	Ward, Rick	Triathlon Coaching UK		983								983
152.	Gorman, John	U/A Preston , Lancashire				983						983
153.	Jay, Dave	Lonely Goat RC				982						982
154.	Ashton, Matthew	U/A Telford, Shropshire			981							981
155.	Meister, Hoss	U/A Allendale, Northumberland			980							980
156.	Boddy, Steve	Gosforth Harriers				980						980
157.	Durr, Liam	U/A Manchester,		979								979
158.	Shaw, Stephen	U/A Standish, Wigan, Gtr Manchester				978						978
159.	Gribbin, Laurie	Millom striders		976								976
160.	Rogers, Simon	Kilbarchan AAC		975								975
161.	Huggon, Alan	Border Reiver Runners			975							975
162.	Fisher, Julian	BunFit Running Club				975						975
163.	Lees, Oliver	U/A Leeds, West Yorkshire				974						974
164.	Averill, Steven	U/A Nottingham ,		973								973

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
165.	Taylor, Mark	U/A Essendine , Rutland		972								972
166.	Roddy, Sean	U/A Preston , Lancs				972						972
167.	Richardson, Daniel	U/A Darlington,				971						971
168.	Aspinall, Phil	U/A Clitheroe, Lancashire		970								970
169.	Barden, Louis	U/A Kendal, Cumbria				970						970
170.	Irving, Anthony	U/A Carlisle,		969								969
171.	Cave, Andrew	U/A Southport, Merseyside				969						969
172.	kenealy, luke	U/A lowton, cheshire			968							968
173.	Mitchell, Sean	Barnet & District AC				967						967
174.	Bailey, Daniel	U/A Darlington,		966								966
175.	Spillman, Matthew	Tri-Anglia			966							966
176.	Buckingham, Howard	Stocksfield Striders				966						966
177.	Davenport, Joe	U/A Preston, Lancashire		965								965
178.	Waterhouse, James	U/A Harrogate, N.Yorks			965							965
179.	Buckingham, Ted	U/A Prudhoe, Northumberland				965						965
180.	Palmer, Tim	U/A London, London			964							964
181.	Lloyd, Huw	U/A Richmond, North Yorkshire		963								963
182.	Chick, William	U/A Grantham, lincs				963						963
183.	Waterhouse, Jack	U/A Carlisle, Cumbria			962							962
184.	Moore, Sam	Millom Striders RC		961								961
185.	Smith, Tom	U/A Wakefield, West Yorkshire			961							961
186.	Ferm, Jake	U/A London ,				961						961
187.	Bread, Paul	U/A Cambridge,				960						960
188.	Libert, Sebastien	U/A london,		959								959
189.	Johnson, Brett	U/A St. Helens, Merseyside			959							959
190.	Atkins, Tim	U/A Stretford, Greater Manchester		958								958
191.	Parish, Geoff	U/A			958							958
192.	Stockdale, Gareth	U/A Stockport,				958						958
193.	Biscomb, Stephen	Clayton le moors				957						957
194.	Carr, Jonathan	U/A Newcastle,			956							956
195.	Morris, Paul	U/A Hockley, Essex				956						956
196.	Wooldridge, Harvey	U/A Bewdley,			955							955
197.	Bateman, Mark	U/A Windermere				955						955

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198.	Brayshaw, Andy	Helm Hill		954								954
199.	Caisley, Colin	U/A Wilmslow Cheshire			954							954
200.	Ellmers, Simon	U/A Crawley, West sussex				954						954
201.	Ashcroft, Dave	U/A St Helens, Merseyside		953								953
202.	Hartley, Adam	U/A Leeds, West Yorkshire			953							953
203.	D'souza, Mark	U/A Salford, Lancs				953						953
204.	Friend, Mark	U/A Clitheroe, Lancashire		952								952
205.	Bryant, James	Kenilworth Wheelers CC		951								951
206.	Jobbins, Andrew	U/A London,			951							951
207.	Moran, Mark	Swinton		950								950
208.	Stones, Gary	Lymington Athletics				950						950
209.	EDMONDSON, JOHN PAUL	U/A BURNESIDE, CUMBRIA		949								949
210.	Green, Joel	U/A Southport, Merseyside				949						949
211.	Addy, Richard	U/A Southampton, Hampshire		948								948
212.	Atkinson, Jonathan	U/A Ambleside,			948							948
213.	Laing, Richard	U/A Altrincham, Cheshire		947								947
214.	Blakemore, Paul	U/A Wigan ,		946								946
215.	Prout, David	U/A Preston, Lancashire		945								945
216.	bell, luke	U/A castleford, west yorkshire			945							945
217.	Crossley, Jonathan	U/A Rhuddlan, Denbighshire		941								941
218.	Featherstone, Karl	U/A Salford, Lancs				941						941
219.	Barton, Simon	Hoad Hill Harriers		940								940
220.	Shankland, David	U/A Carnforth, Cumbria			940							940
221.	Cruttenden, James	U/A Bradford On Avon, Wiltshire			939							939
222.	Hall, James	U/A Hartlepool, Teesside			938							938
223.	frost, Paul	Hyde Village Striders				938						938
224.	Armstrong, Ian	Millom striders		937								937
225.	Gothard, Lee	U/A Preston,			937							937
226.	Walch, Andy	U/A Barnsley, South yorkshire				937						937
227.	Smithurst, Martin	None		936								936
228.	King, Orry	U/A Prescott, Merseyside			936							936
229.	Schofield, Andy	U/A Rawtenstall , Lancashire				935						935
230.	Decadt, Bart	U/A Bolton,		933								933

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
231.	Tidbury, Wade	Eden Runners			933							933
232.	Stephens, David	Clwydian range runners			932							932
233.	Anderson, Phil	U/A Preston, Lancs				932						932
234.	Leahy, Stephen	U/A Kendal, Cumbria		931								931
235.	Watts, David	U/A Carnforth, Lancashire				931						931
236.	Mather, Tom	U/A Macclesfield,				930						930
237.	Hodson, Barrie	U/A Leyland,		929								929
238.	Fairclough, Paul	Red rose runner			929							929
239.	McCabe, Jonathan	U/A wilmslow,				929						929
240.	ROBINSON, KRISTIAN	Rochdale Harriers			927							927
241.	Ashworth, David	U/A Bolton, Lancs				927						927
242.	Woods, Ross	U/A Kendal, Cumbria				926						926
243.	Harris, Rhodri	U/A Manchester, Lancashire				925						925
244.	Tate, Matt	Lonely Goat Running Club		924								924
245.	Rogers, James	inov-8			924							924
246.	Smallwood, Ewan	U/A CHORLEY, Lancashire				924						924
247.	Brass, Jacob	U/A Ambleside, Cumbria		923								923
248.	Lewis, Rodney	U/A Brixton, London			923							923
249.	Smith, Paul	No club				923						923
250.	Webster, James	N/A		922								922
251.	Marriner, Luke	U/A Darwen, Lancashire				922						922
252.	Davies, Andrew	U/A Wolverhampton, West Midlands				921						921
253.	Dods, Jack	U/A Cheadle, Greater Manchester		920								920
254.	Ronson, Sam	U/A Dalton in furness, Cumbria			920							920
255.	Vaneris, Harry	U/A London,				920						920
256.	collins, shane	red rose road runners		919								919
257.	Thorogood, Robert	U/A Wadhurst, East Sussex			919							919
258.	Scarr, Simon	BW&FAC				919						919
259.	Harrison-Wright, Willem	U/A Harrogate,		918								918
260.	Robson, Simon	U/A York, North Yorkshire			918							918
261.	Miles, Tim	Millom Striders				917						917
262.	Webster, John	N/A		916								916
263.	Dunn, James	U/A Kenley, Surrey		915								915

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264.	Mitchell, Daniel	Elvet Striders				915						915
265.	wardley, mark	U/A preston, lancs		914								914
266.	Moxon, Jack	U/A Keighley, West Yorkshire			914							914
267.	Hicks, Tom	U/A Newcastle upon Tyne ,				913						913
268.	Benn, Colin	Millom Striders		912								912
269.	Whyham, Russell	U/A Blackpool,				912						912
270.	Jackson, Thomas	U/A Stalmine, Lancashire		911								911
271.	Wiseman, John	Red Rose Road Runners		910								910
272.	Crozier, Michael	U/A Colne,			909							909
273.	Murray, Matthew	U/A Newcastle upon Tyne,				909						909
274.	Talboys-Cotton, Justin	U/A Eccleshall, England				908						908
275.	Kitchin, Steven	U/A Lancaster, Select One		907								907
276.	Miller, Chris	U/A Altrincham, MANCHESTER		906								906
277.	Sutton, Tim	U/A SOUTHSEA, Hampshire				906						906
278.	Mather, Tony	U/A Stockport, Cheshire		905								905
279.	Hayes, Philip	TCRC			905							905
280.	Humphrey, Edward	U/A London,		903								903
281.	Tarbuck, Jonty	U/A Newcastle upon Tyne,				902						902
282.	MacDonald, Neil	Millom Striders		901								901
283.	Durkin, Joel	U/A Wigan,				901						901
284.	Parka, Michal	U/A Ulverston, Cumbria		900								900
285.	stanley, kenneth	northern masters			900							900
286.	Wright, David	U/A Carnforth,				900						900
287.	Owen, Stephen	Victoria Park Running Club		899								899
288.	braithwaite, nigel	U/A penrith, cumbria				899						899
289.	Phillips, Rob	U/A Heversham,		896								896
290.	Lewer, Nick	U/A Skipton,			896							896
291.	Hamilton, Fraser	U/A Northwich, Cheshire		895								895
292.	Brown, Paul	U/A Lancaster, Lancashire			895							895
293.	Phillips, Gareth	Gateshead Harriers				893						893
294.	Holland, Michael	U/A Stockport,		892								892
295.	Robins, Ben	U/A Welwyn Garden City, Herts				892						892
296.	Woods, Harvey	U/A Wilmslow,		891								891

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
297.	Paterson, Ian	U/A Maghull, Merseyside			891							891
298.	Dewell, Mark	U/A Wilmslow,		890								890
299.	Ross, Ben	U/A St Asaph,		889								889
300.	Johnson, Michael	U/A London,				888						888
301.	polley, caleb	U/A Stockport,		887								887
302.	Appleton, Andrew	U/A Warrington, Cheshire				887						887
303.	popple, richard	U/A Sheffield, South Yorkshire		886								886
304.	bell, nick	unattached			886							886
305.	Walter, John	U/A Penrith, Cumbria			884							884
306.	Bell, Michael	U/A penrith,				884						884
307.	Rigg, Andrew	Millom Striders RC			883							883
308.	Graham, Jeff	U/A Wotton under Edge,				883						883
309.	Miles, Tim	Millom Striders		882								882
310.	Zergi, Paul	U/A Scunthorpe,				882						882
311.	Carefoot, Edward	U/A Kendal, Cumbria				881						881
312.	Head, Ritchie	U/A Wallasey,		880								880
313.	Stirling, David	U/A Lancaster, Lancashire			880							880
314.	Jesson, Mark	Pendle Forest Orienteers				880						880
315.	Artemis, Andrew	U/A Ruislip,				879						879
316.	Palmer, Tim	None		878								878
317.	McGee, Shaun	Sale Harriers				878						878
318.	James, Stephen	Lancaster Runners				877						877
319.	Ellis, Ian	U/A Beverley, East Yorkshire				876						876
320.	Blend, Matt	Helm Hill				875						875
321.	Moors, Chris	U/A Gateshead,			874							874
322.	Woolley, Derek	U/A Heysham, Lancashire				874						874
323.	Byron, Andrew	U/A London,		873								873
324.	Culshaw, Mark	U/A Leyland, Lancashire				872						872
325.	Davies, Reece	DCC		871								871
326.	Brannelly, Neil	U/A Prescott, Merseyside			871							871
327.	Jeffries, Glen	U/A Plymouth,				871						871
328.	Vick, Tony	Ponteland Runners		870								870
329.	Mitchell, Richard	U/A Kirkham, Lancashire		868								868

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
330.	Wan, Oliver	U/A Lytham St. ANNES, Lancashire		866								866
331.	Chaplin-Brice, James	U/A Keswick,			866							866
332.	Floyd, Andrew	U/A Poynton, Cheshire		865								865
333.	Jackson, Nick	U/A Manchester, Lancashire				865						865
334.	henworth, andy	U/A lancaster, lancashire		864								864
335.	Barlow, Oliver	U/A Godalming, Surrey				864						864
336.	Grace, Jim	U/A Cranage, Cheshire		863								863
337.	Barford, Bob	U/A Laceby, Lincolnshire		862								862
338.	Holmes, Michael	U/A Carlisle, Cumbria				862						862
339.	Vincent, Daniel	Advent Running			861							861
340.	Rigg, Ben	Wrea Green, Lancashire				861						861
341.	Bagshaw, Chris	U/A Penrith,			860							860
342.	Strivens, Jon	U/A Leyland,				859						859
343.	Reynolds, Gary	U/A Preston , Lancashire			858							858
344.	Holding, Pete	U/A Kendal, Cumbria				858						858
345.	Cross, Matt	U/A Wolverhampton,		857								857
346.	McKenna, Nick	U/A Manchester,				857						857
347.	Robertson, Iain	Stop the Wee Grumpy		856								856
348.	Wild, Johnny	Lytham St Anneâ€™s road runners			856							856
349.	Western, David	U/A Sutton, Surrey				855						855
350.	Bailey, David	U/A Burnley , Lancashire		854								854
351.	wild, carl	U/A bowness, cumbria				854						854
352.	Walker, Mark	U/A Grange-Over-Sands, Cumbria		853								853
353.	Hanley, Brian	Red Rose Road Runners		852								852
354.	Abrams, Paul	U/A St Helens, Lancs				852						852
355.	Bates, Paul	Mossley AFC Running Club		851								851
356.	Coulthard, Julian	Border Harriers			851							851
357.	Kaufmann, Nick	U/A Edgware, Middx				851						851
358.	Bates, Steve	Mossley AFC Running Club		850								850
359.	Harrison, Anthony	U/A Norley,			850							850
360.	Thompson, Dave	U/A Stoke on Trent, Staffordshire				850						850
361.	Wilson, Martin	U/A Warton,		849								849
362.	Pollard, Chris	U/A Manchester,			849							849

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
363.	Shaw, Alex	U/A Macclesfield, Cheshire				849						849
364.	Howard, James	U/A Manchester,			848							848
365.	stephenson, Craig	U/A leeds,		847								847
366.	Cleary, Michael	U/A Blackpool,			847							847
367.	McWilliams, Timothy	U/A Wakefield , W Yorks			846							846
368.	Rooney, Gerry	U/A Carlisle,				846						846
369.	Mcpartlin, Andrew	U/A Manchester,		845								845
370.	dodd, aaron	U/A whitley bay, tyne and wear			845							845
371.	Strickland, Mark	U/A Holywell, Flintshire		844								844
372.	Jubb, Michael	U/A Ulverston, Cumbria			844							844
373.	Carr, Matthew	U/A Normanton, West Yorkshire		843								843
374.	Stokes, Simon	U/A Wellingborough,			841							841
375.	Lane, Gary	Howgill Harriers				841						841
376.	Cassidy, Ian	U/A Wigan, Lancashire		840								840
377.	King, Shaun	Vegan runners			840							840
378.	Price, William	Team Inov 8				840						840
379.	Teasdale, Shaun	U/A Durham, Durham		839								839
380.	Dawson, Kelvin	U/A Isle of Man			839							839
381.	Price, Edward	Team Inov 8				839						839
382.	Vickerstaff, Ian	U/A Edinburgh,			838							838
383.	Etherington, Mark	U/A Preston, Lancs				838						838
384.	Dalton, Dan	U/A Gomersal,				837						837
385.	Green, Nicholas	U/A Penrith , Cumbria			836							836
386.	downes, tom	U/A frome,				836						836
387.	Lord, Robert W	U/A Chorlton, Manchester		835								835
388.	Riley, Josh	U/A Wigan,				835						835
389.	Waring, Jon	U/A Bolton ,		834								834
390.	Dunn, Richard	U/A Hexham,			834							834
391.	Jones, Morgan	U/A Stockton heath,				834						834
392.	richardson, brian	blackhill bounders			832							832
393.	Blackburn, Sam	Mornington Chasers				832						832
394.	Davies, Robert	U/A St Asaph,		831								831
395.	Wilkie, Gus	U/A Witney ,				831						831

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
396.	Fowler, Gavin	U/A Middlesbrough,			830							830
397.	moss, damian	U/A Preston, lincs				830						830
398.	Knott, Shane	Penny Lane Striders			829							829
399.	jackson, malcolm	U/A congleton, cheshire		828								828
400.	Bingham, Tony	U/A Cumbria,			828							828
401.	Littlefield, Paul	U/A Bolton,		827								827
402.	Belford, Peter	U/A Liverpool, Merseyside				826						826
403.	Boot, Matt	U/A NORTHWICH, Cheshire		825								825
404.	Manderson, Ian	Jogging pals		824								824
405.	Newsham, Chris	U/A Winsford ,				824						824
406.	Hill, Phil	Roundhay Runners			823							823
407.	Blewitt, Robert	U/A Manchester,				823						823
408.	Silva, ben	carleton house				822						822
409.	Johnson, Stephen	Millom Striders		821								821
410.	Collett, Ian	None			821							821
411.	Phillips, Peter	Loftus and Whitby AC				820						820
412.	Craig, Andy	U/A Blackpool,		819								819
413.	Kendall, Kevin					819						819
414.	Wingate, Harry	Kirkby Milers AC			818							818
415.	Beech, Malcolm	Blackpool Wyre & Fylde Athletic Club				818						818
416.	Cass, Dylan	Mersey Tri			817							817
417.	Grainger, Scott	U/A Yarm ,				817						817
418.	Arnold, Graham	-		816								816
419.	Fitzpatrick, Finbarre	U/A Halifax,			816							816
420.	Martin, Darren	U/A Gainford, Durham				816						816
421.	Barnes, David	Red Rose		815								815
422.	Wood, Iain	U/A Ormskirk, Lancashire			815							815
423.	Dudley, Phil	U/A Kendal, Cumbria				815						815
424.	websdale, bryan	ilkley harriers			814							814
425.	Halstead, David	U/A Lytham St.Annes, Lancashire		813								813
426.	Hutchinson, Chris	U/A Nr Hull, East Yorkshire				813						813
427.	Hall, Mark	U/A Gateshead ,			812							812
428.	Taggart, Simon	Galloway harriers				812						812

2019 Spring Series

Lakeland Trails 2019 10K Series Results : Men

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
429.	Carter, Paul	U/A Millom, Cumbria		811								811
430.	Wirkus, Jan	U/A Accrington, Lancs			811							811
431.	Holland, Chris	U/A Edgworth,				810						810
432.	Collier, Stuart	U/A Manchester , Lancashire			809							809
433.	Hill, Ben	U/A Manchester				808						808
434.	Lamb, Darren	U/A Preston, Lancashire		807								807
435.	Melling, Tom	U/A Preston, Lancashire				807						807
436.	Mayer, Peter	U/A Rossendale , Lancs		806								806
437.	Orlans, Michael	U/A Greater London, --		804								804
438.	wookey, luke	U/A Manchester,		803								803
439.	Evans, Martin	U/A Isle of Man,				802						802
440.	Richardson, Gary	U/A Kendal , Cumbria		800								800
441.	Ford, David	U/A Bristol,				799						799
442.	LASH, DAVID	U/A SEAHAM, CO. DURHAM				798						798
443.	Safrany, Ben	U/A Worskop, Notta		797								797
444.	Harris, Nigel	U/A Stafford,				793						793
445.	Davies, Ken	U/A Richmond, North Yorkshire		791								791
446.	Harland, Richard	U/A Warrington,		789								789
447.	ovans, simpson	U/A malvern,		788								788
448.	Marks, Darren	U/A Oswestry,		784								784
449.	Smith, Domenyk	U/A Kirkham, Lancashire		782								782
450.	Mault, Leslie	U/A Preston, Lancashire		781								781
451.	Oram, Stuart	U/A Manchester, Manchester		779								779
452.	Lane, Steven	None		777								777
453.	Cartwright, Matt	U/A Preston, Lancashire		774								774
454.	Munro, Iain	U/A Preston, Lancashire		773								773
455.	Jackson, Karl	U/A Altrincham, Cheshire			770							770
456.	Bhavsar, Vishal	U/A London,		769								769

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