

Lakeland Trails in Staveley

Kentmere Trail Race 17km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
Kentmere Trail Race 17km							
1.	7	Christopher Holdsworth	m		Clayton-le-moors Harriers	1:09:57	1:09:58
2.	5	Matthew Lewis	m		U/A London,	1:11:35	1:11:37
3.	8	Jonathan Cox	m		Eden Runners	1:13:22	1:13:24
4.	9	Breton Holdsworth	m	Veteran 40	Clayton Le Moor Harriers	1:14:27	1:14:28
5.	3	James Scott-Bucclleuch	m		Stockport Harriers	1:15:35	1:15:35
6.	122	Daniel Taylor	m		U/A Liverpool , Merseyside	1:18:29	1:18:29
7.	150	Timothy Nicholson	m		Wallsend Harriers	1:19:26	1:19:25
8.	326	Paul Reilly	m		Coniston Fell Runners	1:19:39	1:19:39
9.	312	Richard Smith	m		Preston Harriers	1:20:09	1:20:07
10.	118	David mccabe	m	Veteran 40	trawden ac	1:21:10	1:21:10
11.	107	Peter Roome	m	Veteran 50	Southport Waterloo AC	1:21:23	1:21:23
12.	252	Tom Nicholson	m		Lancaster University Running Club	1:21:35	1:21:35
13.	71	Daniel Pratt	m		U/A Ilkley, West Yorkshire	1:22:35	1:22:35
14.	248	Roger Sillito	m		Low Fell RC	1:22:53	1:22:47
15.	171	William Laye	m		Bridgnorth Running Club	1:23:16	1:23:12
16.	144	Ian Hammett	m		Bedford Harriers AC	1:23:19	1:23:12
17.	138	John Armstrong	m	Veteran 40	Mornington Chasers	1:23:26	1:23:25
18.	88	Steve Trudgeon	m	Veteran 50	Harrogate Harriers	1:23:49	1:23:46
19.	315	Kevin Brennan	m	Veteran 40	St Helens Striders	1:24:12	1:24:12
20.	230	carolyne baxter	f		Lancaster and morecambe	1:24:16	1:24:15
21.	297	Martin Haworth	m		U/A Blackburn, Lancashire	1:24:24	1:24:07
22.	316	Jane Reedy	f		Ambleside Athletic Club	1:24:45	1:24:45
23.	47	Stephen Cooper	m		U/A Ealing, London	1:24:48	1:24:43
24.	126	Mick Allen	m		U/A Cockermouth, Cumbria	1:24:56	1:24:53
25.	300	Scot Berry	m		N/A	1:24:59	1:24:58
26.	13	Victoria Graves	f		City of York AC	1:25:05	1:25:07
27.	308	John Douglas	m	Veteran 40	Allithwaite Running Club	1:25:12	1:25:11
28.	177	David Lawson	m		U/A South Queensferry ,	1:25:49	1:25:43
29.	113	Mike Allison	m	Veteran 50	U/A Penrith, Cumbria	1:25:58	1:25:58
30.	270	james warburton	m		U/A knaresborough, north yorkshire	1:26:10	1:26:01
31.	165	David Vincent	m		U/A Hemel Hempstead, Hertfordshire	1:26:27	1:26:24
32.	227	Daniel Weatherill	m	Veteran 40	Wallsend Harriers	1:26:33	1:26:32
33.	259	Gary Lane	m	Veteran 40	U/A Bowness-On-Windermere,	1:26:46	1:26:46
34.	25	Garry Owens	m	Veteran 50	NFR	1:26:51	1:26:39
35.	293	Sumanth Nayak	m		Claremont Road Runners	1:27:11	1:26:52
36.	48	Rob Langton	m		U/A LONDON, LONDON	1:27:18	1:27:13
37.	164	matthew johnson	m	Veteran 40	U/A wokingham, berkshire	1:27:28	1:27:29
38.	152	Carl Peacock	m		U/A Manchester, England	1:27:33	1:27:21
39.	81	Paul Hart	m	Veteran 40	Dumfries Running Club	1:27:46	1:27:46
40.	142	David Burne	m		U/A Watford, Herts	1:28:20	1:28:17
41.	275	Matt Elphick	m	Veteran 40	U/A Bath,	1:28:30	1:28:30
42.	178	Paul Duke	m		Burden Roadrunners	1:29:09	1:29:03
43.	284	Tim Ratcliffe	m		FGH Security	1:29:09	1:28:59
44.	28	nick higham	m	Veteran 40	Lancaster and morecambe running club	1:29:29	1:29:06
45.	46	Simon West	m		U/A Irby, Merseyside	1:29:33	1:29:30
46.	229	Deborah Oakley	f		Lancaster and Morecambe Athletics	1:29:48	1:29:46
47.	53	Joe Robinson	m		The Always Merk	1:30:02	1:29:58
48.	304	Sam Edwards	m		U/A Lancaster,	1:31:07	1:31:01
49.	176	Josh Comley	m		U/A London,	1:31:24	1:31:14
50.	98	Chris Tack	m		N/A	1:31:26	1:31:23
51.	109	Neil Hine	m		U/A Kendal, Cumbria	1:31:29	1:31:15
52.	123	Abigail Tiplady	f		U/A Stockton, Cleveland	1:31:29	1:31:29
53.	173	Alex Snaith	m		U/A Manchester,	1:31:51	1:31:47
54.	105	DAVID JARDIN	m	Veteran 40	elswick harriers	1:31:55	1:31:55
55.	246	Chris Pilkington	m		U/A Preston, Lancashire	1:32:12	1:32:08
56.	306	Angus McKendrick	m		U/A Kendal, Cumbria	1:32:39	1:32:38
57.	78	Emma Buckland	f	Lady Veteran 40	Cambridge & Coleridge AC	1:32:46	1:32:39
58.	241	Stephen Crook	m	Veteran 40	U/A Wilmslow,	1:32:47	1:32:35
59.	22	Andy Yates	m	Veteran 50	N/A	1:32:49	1:32:48
60.	303	David Dicks	m	Veteran 40	U/A penrith, cumbria	1:33:20	1:33:15
61.	91	PHILIP DAVIDSON	m	Veteran 50	RED ROSE ROAD RUNNERS	1:33:21	1:33:18
62.	185	Andrew Christie	m		U/A Preston,	1:33:24	1:33:11
63.	69	Phil Blaylock	m	Veteran 40		1:33:31	1:33:28
64.	50	Joshua Vincent	m		U/A Wigan, Lancs	1:33:32	1:33:30
65.	240	Sam Edmondson	m	Veteran 40	U/A Lancaster, Lancashire	1:33:44	1:33:39
66.	288	James Hennin	m		North Shields Poly	1:34:14	1:34:06
67.	159	jenny durkin	f		U/A edinburgh,	1:34:19	1:34:13
68.	133	Steven Kjar	m	Veteran 40	Serpentine RC	1:34:29	1:34:22
69.	183	Barry Carson	m	Veteran 40	U/A Inchinnan,	1:34:33	1:34:30
70.	76	Keiran Ireland	m		U/A Dalton in Furness, Cumbria	1:34:36	1:34:32
71.	236	Jackie Casey	f	Lady Veteran 50	Barrow Striders	1:34:57	1:34:57
72.	305	Sam Crompton	m		U/A Kendal, Cumbria	1:34:58	1:34:50
73.	280	Rebecca Winter	f		Ackworth road runners	1:35:20	1:35:05
74.	156	Ian Bond	m	Veteran 50	U/A Preston, Lancashire	1:35:26	1:35:24
75.	283	Mark Aldred	m		U/A Durham,	1:35:45	1:35:31
76.	33	Mike Pigram	m	Veteran 40	U/A Manchester,	1:35:54	1:35:45
77.	44	Ben Holmes	m		Todmorden Harriers	1:35:59	1:35:59

Lakeland Trails in Staveley

Kentmere Trail Race 17km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
78.	108	Anna Cunningham	f		Lancaster Women's Running Group	1:36:00	1:35:52
79.	141	Andrew Crampton	m	Veteran 40	U/A Todmorden, Lancashire	1:36:03	1:36:02
80.	80	Andy Letheran	m	Veteran 50		1:36:13	1:36:01
81.	67	Jon Broome	m	Veteran 40	Achille Ratti	1:36:20	1:36:15
82.	136	Samantha Thomas	f	Lady Veteran 40	Stockport	1:36:37	1:36:35
83.	106	Clive Hope	m	Veteran 50	U/A Hyde, Cheshire	1:36:42	1:36:33
84.	168	David Rice	m	Veteran 40	Keswick AC	1:36:58	1:36:53
85.	247	Tyldon Pyrah	m		U/A Morecambe, Lancs	1:37:06	1:36:49
86.	301	Melissa McGuire	f		U/A Morecambe, Lancashire	1:37:11	1:37:03
87.	322	Emily Heaviside	f		Eden runners	1:37:13	1:37:12
88.	140	Philip Pointon	m	Veteran 40	U/A Todmorden, Lancs	1:37:14	1:37:12
89.	170	Will Stover	m		Fleetwood Tri Club	1:37:31	1:37:22
90.	244	Tom Wright	m	Veteran 40	U/A Lytham St.Annes, Lancashire	1:37:31	1:37:22
91.	93	Sean Morrison	m	Veteran 40	U/A Drymen, Stirlingshire	1:37:58	1:37:50
92.	130	Richard Toller	m	Veteran 60	Dundee Road Runners AC	1:38:14	1:38:01
93.	262	michelle thompson	f		north shields poly	1:38:21	1:38:15
94.	32	Allan Sumner	m	Veteran 40	Preston Harriers	1:38:23	1:38:20
95.	45	Stephen Ross	m	Veteran 50	U/A Carnforth, Lancs	1:38:33	1:38:29
96.	102	anja coulthard	f		KESWICK AC	1:38:43	1:38:43
97.	89	Richard Smith	m	Veteran 50	U/A Potefract, West Yorkshire	1:38:46	1:38:31
98.	249	Mark Rochester	m		n/a	1:39:00	1:38:59
99.	58	john wilson	m		Fleetwood Tri	1:39:08	1:38:59
100.	216	Stephen Davenport	m	Veteran 40	U/A Warrington, Cheshire	1:39:18	
101.	307	Paul McWhirter	m	Veteran 40	U/A Warrington, Cheshire	1:39:22	1:39:12
102.	276	Mick Monkman	m	Veteran 40	U/A Sunderland,	1:39:28	1:39:24
103.	321	Graham Millington	m	Veteran 40	Wigan Harriers	1:39:38	1:39:28
104.	63	Karen Foster	f	Lady Veteran 40	North Shields Poly AC	1:39:46	1:39:40
105.	64	Jeremy Loughran	m	Veteran 50	U/A Stoke on Trent, Staffordshire	1:39:49	1:39:47
106.	215	Stewart Keating	m	Veteran 40	Carron Valley Trail Runners	1:39:50	1:39:37
107.	128	Adam Campion	m	Veteran 40	Keswick Athletic Club	1:40:19	1:40:09
108.	161	Katie Jones	f	Lady Veteran 40	North Shields Poly	1:40:19	1:40:13
109.	77	Marcus Hawthorn	m	Veteran 50	U/A Darlington, Co Durham	1:40:33	1:40:16
110.	273	Andrew Dawson	m		Spectrum Striders	1:40:38	1:40:36
111.	218	David Renton	m	Veteran 40	Mornington Chasers	1:40:45	1:40:42
112.	310	Rachel Hudson	f		U/A Todmorden,	1:40:50	1:40:49
113.	260	Scott Liddell	m	Veteran 60	U/A Warrington, Cheshire	1:40:54	1:40:47
114.	296	sarah gohil	f	Lady Veteran 40	preston harriers	1:41:26	1:41:22
115.	213	Tim Norman	m	Veteran 50	Cheshire Tally Ho	1:41:28	1:41:10
116.	160	Stuart Haigh	m		U/A Newcastle upon Tyne, Tyne & Wear	1:41:31	1:41:18
117.	95	Oliver Haines	m		Trawden AC	1:41:41	1:41:27
118.	90	sean barry	m	Veteran 40	U/A huddersfield,	1:41:55	1:41:36
119.	68	Robert Foster	m	Veteran 40	North Shields Poly AC	1:42:39	1:42:34
120.	295	Richard Ward	m	Veteran 40	Red rose road runners	1:42:41	1:42:23
121.	222	Luis Molero	m		U/A St boswells, Scottish borders	1:42:50	1:42:30
122.	172	Damian Cowell	m	Veteran 40	Warrington Running Club	1:42:54	1:42:45
123.	239	Sarah Atkinson	f		U/A Kendal, Cumbria	1:43:07	1:43:05
124.	327	Rob Maynard	m	Veteran 40		1:43:40	1:43:20
125.	251	Stuart Holding	m		Wigan & District Harriers AC	1:43:55	1:43:45
126.	287	paul roche	m	Veteran 50	merseyside police	1:44:10	1:44:02
127.	250	dave bateson	m		U/A Hyde, Cheshire	1:44:24	1:44:23
128.	65	Neil Paterson	m	Veteran 50	U/A Hexham, Northumberland	1:44:38	1:44:27
129.	228	Adam Barnes	m		U/A Bolton, Greater Manchester	1:44:45	1:44:27
130.	261	lizzie james	f	Lady Veteran 40	U/A Sedbergh, Cumbria	1:44:46	1:44:45
131.	317	Louise Mort	f			1:44:56	1:44:49
132.	127	andrew davies	m	Veteran 60	bridgnorth running club	1:45:02	1:44:58
133.	34	Laura Davies	f		U/A Whitley Bay,	1:45:13	1:45:02
134.	294	Anton Mirafasari	m		Gateshead Harriers	1:45:19	1:45:00
135.	20	Edward Swinden	m	Veteran 40	U/A Manchester,	1:45:34	1:45:25
136.	318	Tamsin Cass	f		Tynedale Harriers	1:45:41	1:45:29
137.	29	Andy Ross	m	Veteran 40	U/A Wigton, Cumbria	1:45:43	1:45:38
138.	219	Sara Owczarczak-Garstecka	f		Eton Manor	1:45:47	1:45:34
139.	184	Jamie Bowden	m		U/A Downley,	1:45:47	1:45:27
140.	40	David Cummins	m	Veteran 40	U/A Preston, Lancashire	1:46:22	1:45:59
141.	120	Amy Wilkin	f		U/A Grange over sands, Cumbria	1:46:35	1:46:23
142.	21	Hilary Davies	f		U/A Sale,	1:46:51	1:46:40
143.	323	Jon Warren	m	Veteran 40	U/A Coventry,	1:47:07	1:46:59
144.	87	Renata Ruszkiewicz	f	Lady Veteran 50	Ealing Eagles	1:47:18	1:47:07
145.	271	Martyn Wilding	m	Veteran 40	U/A CHORLEY, Lancashire	1:48:04	1:47:48
146.	103	Thomas Robinson	m		U/A Poulton le Fylde, Lancashire	1:48:06	1:47:53
147.	256	Daniel Waas	m		Hyde Park Harriers	1:48:13	1:47:56
148.	175	graeme flatman	m	Veteran 50	Darlington tri club	1:48:15	1:47:59
149.	201	Anna Blackburn	f	Lady Veteran 50	CFR	1:48:27	1:48:23
150.	311	Ben Hudson	m		U/A Todmorden,	1:48:46	1:48:44
151.	302	Vinn McGuire	m	Veteran 50	Lonsdale	1:48:58	1:48:45
152.	70	Dev Devadason	m		U/A Altrincham,	1:49:06	1:49:01
153.	143	James Walsh	m		Kirkby Stephen Grammar School	1:49:16	1:49:15
154.	125	mary tavener	f	Lady Veteran 50	vale royal	1:50:04	1:49:57
155.	299	Stephen Harding	m	Veteran 40	Jog Scotland	1:50:10	1:49:56
156.	61	Lesley Goodson	f	Lady Veteran 50	North Wales Road Runners Club	1:50:45	1:50:26
157.	96	Tony Hails	m	Veteran 50	U/A Preston, Lancs	1:51:18	1:51:05

Lakeland Trails in Staveley

Kentmere Trail Race 17km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
158.	163	Moir Alderson	f	Lady Veteran 40	Stainland Lions RC	1:51:27	1:51:13
159.	198	Ray Padgett	m	Veteran 60	U/A Grange over Sands, Cumbria	1:51:48	1:51:32
160.	309	Clare Firth	f		spectrum striders	1:52:15	1:52:04
161.	180	Richard Broster	m	Veteran 40	U/A Sale, Cheshire	1:52:19	1:52:04
162.	35	peter reed	m	Veteran 60	Northumberland Fell Runners	1:52:28	1:52:16
163.	149	Graham Carson	m	Veteran 60	U/A London,	1:53:13	1:52:56
164.	289	Sarah Hall	f		Red Rose Road Runners	1:53:17	1:52:58
165.	298	Andrew Hall	m		Red Rose Road Runners	1:53:17	1:52:58
166.	290	HEATHER JACKSON	f		U/A CONGLETON, Cheshire	1:53:33	1:53:13
167.	291	Graeme Wilkinson	m		U/A CONGLETON, Cheshire	1:53:33	1:53:13
168.	320	Shirley Hunt	f	Lady Veteran 40	Tri Preston	1:54:08	1:53:59
169.	282	Terry Wilkinson	m	Veteran 40	U/A Durham,	1:55:20	1:55:05
170.	117	ken Williams	m	Veteran 60	U/A Carnforth, Lancashire	1:55:38	1:55:17
171.	86	Diane Wilson	f	Lady Veteran 40	U/A Richmond, North Yorkshire	1:55:44	1:55:37
172.	151	david kemble	m	Veteran 40	U/A norley, cheshire	1:56:07	1:56:01
173.	255	Iain Jenkins	m	Veteran 50	U/A Harrogate, North Yorkshire	1:56:16	1:56:13
174.	226	Oliver White	m		U/A Lytham, Lancashire	1:56:21	1:55:59
175.	268	Becky Worsley	f	Lady Veteran 40	U/A Southport, Merseyside	1:56:26	1:56:10
176.	234	Lina Hansson	f		U/A Oxford,	1:56:27	1:56:06
177.	233	Selby Marshall	m		U/A Oxford,	1:56:27	1:56:06
178.	36	ian rayner	m	Veteran 50	Roundhay Runners	1:56:42	1:56:27
179.	314	Andrew Speer	m	Veteran 50	Red Rose Road Runners	1:58:09	1:57:54
180.	319	Jonathan Hunt	m	Veteran 40	Tri Preston	1:58:53	1:58:45
181.	137	Alan Davidson	m	Veteran 60	U/A Witney,	1:59:01	1:58:46
182.	266	Tom Blasdale	m	Veteran 40	U/A Aberdeen,	1:59:44	1:59:38
183.	243	Louise Mainwaring	f		U/A Northwich, Cheshire	2:00:24	2:00:11
184.	277	Peter Hodgson	m	Veteran 40	U/A Bury,	2:00:24	2:00:03
185.	269	Damian Worsley	m	Veteran 50	U/A Southport, Merseyside	2:00:51	2:00:36
186.	43	Andrew Goodson	m	Veteran 50	U/A Bowness on Windermere, Cumbria	2:01:20	2:01:00
187.	37	Gillian Csizmadia	f	Lady Veteran 50	Wrexham AC	2:03:09	2:02:49
188.	223	Dorota Synowiec	f		U/A Geel,	2:04:55	2:04:41
189.	182	Roddy Watson	m	Veteran 50	U/A Inchinnan,	2:06:12	2:06:05
190.	162	Steve Boyer	m	Veteran 50	Stainland Lions	2:06:40	2:06:25
191.	263	Malcolm Nicholas	m	Veteran 60	U/A Kendal,	2:06:52	2:06:38
192.	181	David Walker	m	Veteran 40	U/A Paisley,	2:07:44	2:07:35
193.	225	Steve Broadbent	m	Veteran 50	Lancashire Constabulary AC	2:09:29	2:09:07
194.	221	Rachel Mcaleese	f		U/A St boswells, Scottish borders	2:10:40	2:10:19
195.	188	Steve Crame	m	Veteran 50	U/A Kendal, Cumbria	2:11:29	2:11:12
196.	189	Sarah Crame	f		U/A Kendal,	2:13:05	2:12:48
197.	134	Danielle Nelson	f	Lady Veteran 40	Serpentine RC	2:17:12	2:17:01
198.	153	Kirsty Hollier-Cox	f		U/A York, North yorkshire	2:17:12	2:16:53
199.	154	philip beaumont	m	Veteran 40	no	2:17:15	2:17:06
200.	220	Julie Maycock	f		Ambleside Athletics Club	2:19:23	2:19:23
201.	313	Helen Orson	f	Lady Veteran 50	Red Rose Road Runners	2:20:02	2:19:48
202.	272	Jonny Grisedale	m	Veteran 40	n/a	2:20:18	2:20:17
203.	214	Fiona Keating	f		Carron Valley Trail Runners	2:20:24	2:20:10
204.	55	Simon Berrill	m		U/A Preston, Lancs	2:21:25	2:21:19
205.	167	Debbie Millington	f		Warrington Running Club	2:23:28	2:23:17
206.	257	Lindsay Plumb	f		Warrington Running Club	2:23:28	2:23:18
207.	325	Mark Hills	m	Veteran 40	U/A Kings hill, Kent	2:37:56	2:37:35
208.	324	Joanne Auty	f	Lady Veteran 40	U/A Huddersfield , West Yorkshire	2:37:57	2:37:36
209.	27	Lindsey Higham	f	Lady Veteran 40	Lancaster and Morecambe Running Club	2:45:21	2:44:58

Number of records: 209