

Lakeland Trails Ullswater

Ullswater Trail 10k 9am

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
1.	973	Robert REAY	m		Unattached : Ulverston	0:55:16.3
2.	910	Mike ALLISON	m	Vet 50	Unattached - Penrith	0:55:30.0
3.	1119	Ian COOPER	m	Vet 50	Unattached : Wirral	0:58:15.5
4.	1003	Neil STEPHENSON	m		YMCA Harriers	0:58:43.0
5.	1124	Gerald FOREMAN	m		Hartlepool Burn Road Harriers	0:59:32.4
6.	955	Alice DU VIVIER	f		Unattached Durham	0:59:44.0
7.	1156	Helen WOODLEY	f	Lady Vet 40	Unattached : Ulverston	1:00:19.6
8.	967	Rob KAUL	m	Vet 40		1:00:51.3
9.	909	David PROUT	m		Unattached - Preston	1:01:23.0
10.	1154	Joff WRIGHT	m	Vet 40	Droitwich AC	1:01:28.5
11.	1160	Andrew HEMINGWAY	m		Backbarrow Bombers	1:01:39.2
12.	1157	Suzanne TOPPIN	f	Lady Vet 40	Unattached - Penrith	1:02:39.7
13.	1114	Anthony KAVANAGH	m	Vet 40	Arragon's Cumbrian Tri Club	1:02:55.8
14.	1102	Dan FOULKES	m		unattached : Colwyn Bay	1:03:47.0
15.	1081	Ben ROSS	m		ua st Asaph	1:04:01.1
16.	1006	David HUDDLESTON	m		Unattached : Askham in Furness	1:05:00.8
17.	901	Andrew MCGREGOR	m		Unattached - Sunderland	1:06:02.8
18.	971	Sarah LINTON	f	Lady Vet 40	Unattached : St Annes	1:06:06.9
19.	1024	Paul BLAKEMORE	m		ua Wigan	1:06:14.6
20.	943	Jennifer LAPPING	f		JOTT	1:06:18.7
21.	1068	Tim PALMER	m	Vet 40	Helsby RC	1:06:54.6
22.	1173	Rupert Olditch	m	Vet 40	Unattached	1:07:27.3
23.	923	Stuart MARSHALL	m	Vet 40	Leeds & Bradford Tri Club	1:07:50.6
24.	1052	Andrew REID	m		Unattached : Mersersyde	1:07:53.8
25.	1103	Adam LEE	m		Unattached - London	1:08:04.1
26.	1104	Andy ZWOLINSKI	m	Vet 40	Unattached	1:11:31.7
27.	960	Peter STOCKDALE	m		Unattached - Carlisle	1:11:44.0
28.	938	Julia GRAY CARNAFFIN	f	Lady Vet 50	Unattached - Bardon Mill	1:12:06.6
29.	1082	John CROSSLEY	m	Vet 40	ua Rhyl	1:12:09.0
30.	1108	John ELLIS	m	Vet 40	Unattached Durham	1:12:25.2
31.	1140	Lee HOPKINS	m	Vet 40	Ackworth Road Runners	1:12:35.5
32.	970	Helene GICQUEL	f	Lady Vet 40	Droitwich AC	1:12:49.6
33.	1014	Clare SMITH	f	Lady Vet 40	Unattached : Bolton	1:13:13.3
34.	1080	Robert DAVIES	m		ua st Asaph	1:13:51.9
35.	1127	Daniel DUNBABIN	m		Unattached - Warrington	1:14:15.0
36.	1112	Paul JENKINS	m	Vet 40	Unattached - Wigan	1:14:42.7
37.	1126	Damian COWELL	m	Vet 40	Warrington RC	1:14:50.2
38.	1145	Robert GINDER-POULSEN	m	Vet 40	Unattached - Cheadle	1:14:58.1
39.	1071	Izzy ROURKE	f		Unattached - Workington	1:14:58.4
40.	964	Marianne MITCHELL	f	Lady Vet 40	Ware Joggers	1:15:10.8
41.	942	Sam PERKINS	f		Unattached : Hexham	1:15:11.5
42.	944	Katy WILDE	f		Unattached : Hexham	1:16:30.1
43.	1061	Andy GOODSON	m	Vet 50	Unattached - Bowness	1:17:07.6
44.	1105	Steve TILSLEY	m	Vet 50	Ashbourne RC	1:17:17.1
45.	1086	Zoe BRIDGES	f	Lady Vet 40	Unattached : Sudbury	1:17:56.3
46.	1070	Peter HATCH	m	Vet 50	Unattached : Billingham	1:18:10.0
47.	1047	Ian PATERSON	m		ua Bootle	1:18:21.0
48.	1016	Nigel FORSTER	m	Vet 40	Unattached : Whitehaven	1:18:40.0
49.	1163	Mark STRICKLAND	m	Vet 50	Unattached : Holywell	1:18:40.2
50.	915	Lesley GOODSON	f	Lady Vet 50	North Wales Road Runners Club	1:18:50.6
51.	1133	Michel KAISER	m	Vet 40	World Fisheries Congress	1:19:04.3
52.	1050	Liam GORMAN	m		Unattached : Grange-Over-Sands	1:19:14.2
53.	1116	Daniel TOMLINSON	m		Fleetwood RC	1:19:19.5
54.	1137	James CAMERON	m		Unattached : Carlisle	1:19:21.4
55.	959	Jo ELLIOTT	f		Unattached : Oxford	1:19:25.3
56.	1169	Jonathan KEAY	m		Unattached - Warrington	1:19:31.7
57.	1168	Darren CUNLIFFE	m		Unattached - Warrington	1:19:31.8
58.	1035	Catherine THORPE	f		Unattached - Cokermouth	1:19:40.0

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time
59.	925	Marie GENNEY	f	Lady Vet 40	Unattached : Grimsby	1:19:45.1
60.	1025	Jackie FRANK	f		Unattached : Redcar	1:19:45.5
61.	936	Elizabeth ALMOND	f		Unattached : Ruislip	1:19:47.2
62.	1162	Mark HEANEY	m	Vet 50	Unattached	1:19:52.7
63.	954	Jackie WELBURN	f		Unattached : Nottingham	1:19:55.6
64.	945	Hazel WARD	f	Lady Vet 60	JOTT	1:20:39.6
65.	1167	Michael Letheren	m		Fetcheveryone	1:20:43.9
66.	956	Mark ELLIOTT	m	Vet 40	Unattached : Bolden	1:20:46.8
67.	1051	Kevin GORMAN	m	Vet 60	Unattached : Grange-Over-Sands	1:21:11.6
68.	951	Bridget SLATER	f	Lady Vet 50	Unattached - Skipton	1:21:13.8
69.	935	Nicola WATT	f	Lady Vet 40	Unattached : Hexham	1:21:21.4
70.	1005	Carolyn BURNS	f	Lady Vet 40	Unattached - Penrith	1:21:52.1
71.	1069	Louise MEYNELL	f	Lady Vet 50	Billingham Marsh House Harriers	1:22:00.3
72.	963	Geoff LOWE	m	Vet 50	Charlbury Cricket Club	1:22:38.3
73.	908	Jacq JONES	f		Delamere Spartans	1:23:19.2
74.	1026	Kim BROWN	f	Lady Vet 40	Unattached Darlington	1:23:26.0
75.	1027	Stephen BROWN	m	Vet 50	Unattached Darlington	1:23:26.2
76.	974	Sadie WOOD	f		Unattached : Ulverston	1:23:29.1
77.	982	Paddy MURPHY	m		Unattached : Chorley	1:23:41.6
78.	984	Debbie SARGENT	f		Unattached : Chorley	1:23:41.6
79.	1125	Denise ZACHARIASZ	f	Lady Vet 40	Warrington Plodders	1:24:05.8
80.	1161	Miyako SHIMOJI	f	Lady Vet 40	Unattached : York	1:24:27.3
81.	924	Donald TIFFIN	m	Vet 60	Unattached : Northwich	1:24:34.7
82.	1122	Ian CAMERON	m	Vet 50	Unattached - Fleetwood	1:24:59.6
83.	999	Ann HURST	f	Lady Vet 40	Arragon's Cumbrian Tri Club	1:25:09.2
84.	1067	Jenny PALMER	f	Lady Vet 40	Helsby RC	1:25:09.7
85.	949	Judith GRAY	f	Lady Vet 40	Unattached : Billingham	1:25:20.5
86.	1058	Josie SANDERSON	f		Unattached - Kendal	1:25:29.3
87.	1008	Alon CASPI	m	Vet 50	Mornington Chasers	1:25:46.7
88.	1139	David ELLICOTT	m		Unattached : Askern	1:25:49.8
89.	976	Clare COOPER	f	Lady Vet 40	Belper Harriers	1:26:01.2
90.	1092	Michael HOGARTH	m	Vet 50	Unattached	1:26:06.9
91.	1079	Anne STRICKLAND	f	Lady Vet 40	Unattached : Holywell	1:26:10.6
92.	1083	Louisa CROSSLEY	f	Lady Vet 40	ua Rhyl	1:26:10.8
93.	913	Duncan REID	m		Unattached - Preston	1:26:23.4
94.	953	Jac JONES	m	Vet 40	Unattached Darlington	1:26:33.3
95.	952	Shaun ROBSON	m	Vet 50	Unattached : Cornsay	1:26:33.5
96.	1113	Liz COOK	f	Lady Vet 40	Unattached - Wigan	1:26:34.8
97.	920	Barbara HILLS	f	Lady Vet 50	Goyt Valley Striders	1:26:54.4
98.	1109	Lori QUAYLE	f		Silloth	1:26:54.9
99.	926	Suzanne O'HARE	f	Lady Vet 40	Unattached : Grimsby	1:26:59.8
100.	1118	Denise LAVERY	f	Lady Vet 40	Ellesmere Port Running Club	1:27:05.3
101.	1057	Janet FINN	f	Lady Vet 40	Unattached : Bolton	1:27:08.1
102.	1123	Emma BUCKLEY	f		Widnes Wasps Ladies RC	1:27:11.7
103.	914	Paul REID	m		Unattached - Sheffield	1:27:15.9
104.	1110	Susan WINTER	f		Silloth	1:27:19.7
105.	1056	Mark FINN	m	Vet 40	Unattached - Bolton	1:27:23.4
106.	1022	Dawn SAXBY	f	Lady Vet 50	Unattached - Harrogate	1:27:36.7
107.	1106	Kate TILSLEY	f	Lady Vet 40	Ashbourne RC	1:27:42.8
108.	1064	Rebecca ERRINGTON	f		ARMY	1:27:58.7
109.	907	William ARMITAGE	m	Vet 40	Unattached - Holmfirth	1:28:15.4
110.	941	Vicky COLLINGWOOD	f		ua Stocksfield	1:28:47.0
111.	1172	Gordon SLAYMAKER	m	Vet 70	Garstang RC	1:28:55.5
112.	1009	Jackie SEIGLER	f	Lady Vet 50	Unattached - London	1:29:00.5
113.	1065	Rachel LEE	f	Lady Vet 50	DH Runners	1:30:03.0
114.	983	Chloe AINSWORTH	f		Unattached - Wigan	1:30:24.5
115.	981	Charmay PROUT	f		Unattached - Preston	1:30:24.6
116.	1100	Gillian HART	f	Lady Vet 40	Unattached : Stocktonheath	1:31:13.2

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117.	930	Vivien WATSON	f	Lady Vet 40	Unattached : Hexham	1:31:27.5
118.	931	Fiona MORRIS	f	Lady Vet 40	Unattached : Prudhoe	1:31:27.5
119.	1099	Michael MOORE	m	Vet 50	Unattached : Ulverston	1:31:37.3
120.	1019	Mandy BEARD	f	Lady Vet 40	Swinton Running Club	1:31:38.8
121.	1043	Nick ARCHER	m	Vet 40	Unattached - Manchester	1:31:55.6
122.	1089	Erica FERREIRA	f		Unattached - Kendal	1:32:24.5
123.	1010	Juliet RODGERS	f	Lady Vet 50	Unattached - London	1:32:28.8
124.	1107	Nicola ROGERS	f		ACTC	1:32:30.2
125.	1111	Susan BROWN	f	Lady Vet 50	Unattached : Great Missenden	1:32:30.2
126.	1018	Claire WELBURN	f		ua Basingstoke	1:33:10.9
127.	1149	Sarah BRIGGS	f	Lady Vet 50	Unattached : Brampton	1:33:25.0
128.	1135	Ursula KAUL	f	Lady Vet 40	Unattached : Ashbourne	1:33:34.7
129.	1115	Elizabeth OSBORNE	f		Unattached : York	1:34:19.4
130.	1129	Ben RANSON	m		Unattached - Cokermouth	1:34:23.1
131.	1130	Jennifer CARR	f		Unattached : Cleator Moor	1:34:23.6
132.	992	Kate RAVILLIOUS	f	Lady Vet 40	Unattached : York	1:34:30.2
133.	1085	Katja OSSWALD	f		Unattached : York	1:34:38.5
134.	978	Lesley ALLISON	f	Lady Vet 50	Unattached - Penrith	1:34:58.3
135.	1090	Hannah BISPHAM	f		Unattached - Kendal	1:35:05.9
136.	1142	Bernard CORFE	m	Vet 40	Unattached - Stockport	1:35:22.1
137.	1141	Diane CORFE	f	Lady Vet 40	Unattached - Stockport	1:35:23.0
138.	1175	Sara Wyatt	f	Lady Vet 40	Unattached	1:36:41.8
139.	1174	Kathy Wood	f		Unattached	1:36:43.6
140.	998	Emily THOMPSON	f	Lady Vet 40	Friday Club	1:36:52.6
141.	957	Dave THOMPSON	m	Vet 50	Unattached : Stoke On Trent	1:37:04.6
142.	932	Rebecca O'CONNELL	f		Unattached - Sunderland	1:37:08.7
143.	980	Lucy BROWN	f		Unattached - Carnforth	1:37:09.3
144.	979	Jason BROWN	m	Vet 40	Unattached - Carnforth	1:37:10.1
145.	1037	Peter PHILLIPS	m	Vet 60	NYMAC	1:37:22.4
146.	1038	Gareth PHILLIPS	m	Vet 40	Gateshead Harriers	1:37:22.6
147.	1097	Natalie HIRST	f		Unattached : Livingstone	1:38:02.1
148.	1044	Rachel ARCHER	f	Lady Vet 40	Unattached - Manchester	1:38:11.1
149.	921	Sheila RAE	f	Lady Vet 60	Goyt Valley Striders	1:38:11.6
150.	922	Ruth WILSON	f	Lady Vet 50	Unattached : Hayfield	1:38:11.7
151.	1053	Claire ELWELL	f	Lady Vet 40	Unattached : Grange-Over-Sands	1:38:59.6
152.	919	Judith MARSHALL	f	Lady Vet 40	Pudsey Pacers	1:39:16.3
153.	1128	Nicola DUNBABIN	f		Unattached - Warrington	1:39:24.0
154.	1136	Joy PALMER	f	Lady Vet 40	Unattached : Woodsmoor	1:40:06.9
155.	916	Charles CROSSLAND	m		Holmfirth Harriers	1:40:20.6
156.	977	Deb SPENDLOVE	f	Lady Vet 40	ua Belper	1:40:40.0
157.	1074	Julia PARK	f	Lady Vet 40	Unattached	1:41:12.9
158.	1011	Martin STANLEY	m	Vet 40	Quaysiders	1:41:17.2
159.	986	Adrienne HARRIS	f	Lady Vet 50	Carlisle Triathlon	1:42:49.9
160.	1159	Lois CLIFTON	f		Unattached : Stortford	1:43:44.1
161.	1155	Naomi CLIFTON	f		Unattached : Cartmel	1:43:44.3
162.	1000	Joe DOBBS	m	Vet 70	Unattached	1:44:31.8
163.	1165	Bridget PEACOCK	f	Lady Vet 40	Unattached - London	1:44:50.9
164.	1048	Rebecca MOON	f		Unattached - Wigan	1:45:21.7
165.	1049	Lee SMITH	m	Vet 40	Unattached - Wigan	1:45:22.4
166.	1098	Marilyn MOORE	f	Lady Vet 60	Unattached : Ulverston	1:45:37.6
167.	1002	Amy OLIVER	f		Unattached : Stourbridge	1:46:52.1
168.	996	Natalie LEWIS	f		Unattache : Heads Nook	1:47:36.8
169.	961	Lindsey WELSH	f		Unattached : Leeming	1:47:55.5
170.	962	Michael WELSH	m	Vet 40	Unattached : Leeming	1:47:55.7
171.	1036	Eliza KACZYNSKA-NAY	f	Lady Vet 50	Unattached - London	1:50:18.2
172.	988	Pennie RIDYARD	f	Lady Vet 60	Unattached - Kendal	1:51:32.7
173.	975	Michelle MACKAY	f	Lady Vet 40	DH Runners	1:52:29.2
174.	905	Kath ETHERDEN	f	Lady Vet 60	South East Lancs Orienteering Club	1:53:34.4

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175.	917	Fiona DUNBAR	f	Lady Vet 40	High Peak Tri Club	1:53:38.2
176.	987	Brian RIDYARD	m	Vet 70	Unattached - Kendal	1:54:45.1
177.	937	Helen DODD	f		Unattached : Hexham	1:54:45.3
178.	958	Sue THOMPSON	f	Lady Vet 50	Unattached : Stoke On Trent	1:54:56.1
179.	903	Caroline JOHNS	f	Lady Vet 40	ua Selby	1:55:06.6
180.	933	Linda CLARK	f	Lady Vet 60	Jog On The Tyne	1:55:06.7
181.	1088	Tessa WESTROPE	f		Unattached : Corbridge	1:55:29.3
182.	929	Marie FALLON	f	Vet 50	Jog On The Tyne	1:55:31.6
183.	985	Frances BRAITHWAITE	f		DH Runners	1:55:46.0
184.	934	Catherine ALMOND	f	Lady Vet 50	Jog On The Tyne	1:55:49.4
185.	1093	Lucy WHEELER	f		Unattached : Bishop's Stortford	1:56:23.3
186.	918	Sarah LEWIS	f	Lady Vet 50	Unattached : Buxton	1:56:35.7
187.	940	Jose BENNETT	f	Lady Vet 50	Jog On The Tyne	1:57:24.7
188.	1170	Edwina RICKARDS COLLINSON	f	Lady Vet 50	Nordic Walker	2:10:01.9
189.	1094	Nicola FALLON	f		Unattached : Leighton Buzzard	2:25:01.9
190.	1096	Justin HIRST	m	Vet 40	Unattached - Hyde	2:25:02.2
191.	965	Susan GOMERLY	f	NDB		2:30:59.5
192.	1164	Rachael CLARKE	f		Unattached - Southport	2:30:59.7

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