

## Lakeland Trails at Ullswater

## Ullswater Trail Run 10K - 9am Sailing

Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
1.	578	Gary Bailey	m		Pudsey & Bramley	0:52:23
2.	328	Ronnie Haddow	m		Furness Fell Runners	0:57:28
3.	462	Stuart Parry	m		U/A Carlisle,	0:57:57
4.	458	Ella Parry	f		U/A Carlisle,	0:58:53
5.	552	Nick Sharp	m		U/A Wakefield	0:59:04
6.	418	Richard Fenwick	m		U/A Whitley Bay, Tyne and Wear	1:00:55
7.	420	Michael Robinson	m		U/A Cockermouth , Cumbria	1:02:17
8.	565	Olivia Wiggans	f		Red Rose Road Runners	1:02:43
9.	286	Lance Saxby	m		U/A London,	1:02:54
10.	435	Adam Wedgwood	m		U/A Cockermouth,	1:03:05
11.	330	Graham Ingham	m		U/A Kirkham,	1:04:46
12.	583	Philip Neal	m		U/A Darlington, Durham	1:05:00
13.	424	Lawrence Mannion	m		U/A Kendal,	1:05:19
14.	579	Karen Pickles	f		Pudsey & Bramley	1:05:23
15.	322	Daniel Brookfield	m		U/A ORMSKIRK, Lancashire	1:05:46
16.	398	Chester Clapham	m		U/A London,	1:05:57
17.	402	Steve Parker	m		U/A Chester, Cheshire	1:06:16
18.	370	Jennifer Hatch	f		U/A Manchester,	1:06:22
19.	467	Steven Marsh	m		U/A Penrith, Cumbria	1:06:27
20.	491	Paul Morris	m		U/A Hockley, Essex	1:06:29
21.	386	David MacGillivray	m		DH Runners	1:06:36
22.	289	Geoff Lowe	m		The Herdy Maaa-shal	1:08:12
23.	599	Susie Anton	f		Susie Anton PT and Fitness	1:09:15
24.	572	Rhys Mayor	m		U/A Liverpool,	1:09:36
25.	511	Andrew Laidlow	m		U/A Wigton, Cumbria	1:09:39
26.	299	Vicki Greenall	f		U/A Wigan, Lancs	1:09:41
27.	343	Louise Goddard	f		Lancaster & Morecambe	1:10:24
28.	461	Holly Satterly	f		Lancaster & Morecambe AC	1:10:45
29.	551	Jeff Conabere	m		Team Trident	1:10:50
30.	577	Jacob Lloyd	m		U/A Peterborough,	1:11:26
31.	556	Louise Winter	f		Keswick AC	1:11:32
32.	509	Rob MacMahon	m		U/A Warwick , Warwickshire	1:12:17
33.	394	Gerard Hurst	m		U/A Wigan,	1:12:23
34.	325	Laura Ashton	f		U/A Telford, Shropshire	1:12:44
35.	499	Matthew Ashton	m		U/A Telford, Shropshire	1:12:45
36.	399	Peter Foreman	m		Heaton Harriers	1:13:04
37.	483	Richard Mason	m		U/A CAMBRIDGE, England	1:13:23
38.	385	Gareth Phillips	m		Gateshead harriers	1:13:31
39.	300	Andrew Edwards	m		U/A Cupar, Fife	1:13:48
40.	429	David Moston	m		Wirral Vikings	1:14:04
41.	321	James Morris	m		U/A Preston,	1:14:23
42.	557	Laura Giles	f		U/A Kendal	1:14:36
43.	303	Phillip Savage	m		None	1:15:04
44.	354	Michael Johnson	m		U/A London,	1:15:08
45.	407	ben cheetham	m		U/A North Shields, tyne and wear	1:15:20
46.	539	Kirsten Bell	f		N/A	1:15:27
47.	527	Alex Ollier	m		U/A London,	1:16:27
48.	512	judith Correia	f		U/A North Tyneside, County (optional)	1:16:36
49.	513	Carlos Correia	m		U/A North Tyneside,	1:16:37
50.	537	Luke fishpool	m		U/A driffield, East Riding of Yorkshire	1:17:11
51.	378	Steve Hatch	m		U/A Stockport, Cheshire	1:18:13
52.	478	Carole Holdich	f		U/A Carlisle , Cumbria	1:18:13
53.	529	Mark Allan	m		U/A Huddersfield, West Yorkshire	1:18:27
54.	574	Alex Williams	m		U/A Hale, Cheshire	1:18:54
55.	405	Jill Pittard	f		Northbrook AC	1:19:08
56.	547	Andrew Aitken	m		Peebles Triathlon Club	1:19:13
57.	581	Janice Royle	f		U/A Carlisle,	1:19:22
58.	293	James Jardine	m		U/A Penrith, Cumbria	1:19:29
59.	598	Jo Grisedale	f		Team inov-8	1:20:19
60.	597	Jonny Grisedale	m		Team inov-8	1:20:20
61.	482	Angela Mason	f		U/A Cambridge, Cambs	1:21:06
62.	363	Tony Mather	m		U/A Stockport, Cheshire	1:21:38
63.	434	Graham Fisher	m		Biddulph Running Club	1:21:45
64.	310	Kathy Appleby	f		U/A Lancaster, Lancashire	1:21:53
65.	596	Martin Mayoh	m		Washington Running Club	1:22:16
66.	403	Stephen Clarke	m		U/A Chester, Cheshire	1:22:26
67.	449	Paul Haydon	m		U/A Great Ayton, North Yorksire	1:22:29
68.	500	Karen Greeson	f		U/A St. Bees, Cumbria	1:22:36
69.	344	Zoe Bridges	f		U/A Sudbury, Suffolk	1:22:38
70.	409	Jude Hannam	f		YacYak	1:22:46
71.	460	Charles Satterly	m		Lancaster & Morecambe A/C	1:23:17
72.	530	Alison McGregor	f		U/A Ingleton , North Yorkshire	1:24:14
73.	585	Dyllon Tomlinson	m		U/A Penrith, Cumbria	1:24:29
74.	576	Dawn Chilton	f		U/A Preston, Lancashire	1:24:35
75.	510	Niall King	m		U/A Chester,	1:24:40

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
76.	526	louise ollier	f		U/A london,	1:24:50
77.	560	Jacq Charles	f		Wirral Vikings TRC	1:24:56
78.	543	Lee Birrell	m		U/A Bourne end, Bucks	1:25:12
79.	382	Anne Caspi	f		Mornington Chasers	1:25:20
80.	540	Alicia Sewell	f		Smiley Paces	1:25:23
81.	502	Nicola Sewell	f		Smiley Paces	1:25:25
82.	492	Alexandra Gill	f		U/A Barrow-in-Furness, Cumbria	1:25:26
83.	457	Maureen Parker	f		Tynedale Harriers	1:25:26
84.	584	Vicki Cooper	f		U/A Oxford ,	1:25:27
85.	375	Karen Higham	f		U/A Woking, Surrey	1:25:33
86.	374	Jim Higham	m		U/A Woking, Surrey	1:25:33
87.	379	Carol Hatch	f		U/A Stockport, Cheshire	1:25:47
88.	479	Gillian Holmes	f		U/A Carlisle, Cumbria	1:25:48
89.	459	Susanne Parry	f		U/A Carlisle,	1:26:16
90.	520	Nigel McIntyre	m		U/A Longton, Lancashire	1:26:29
91.	594	Denise Clark	f		Sunderland Harriers	1:26:36
92.	381	Alon Caspi	m		Mornington Chasers	1:26:45
93.	415	Rose Ward	f		Smiley Paces	1:26:57
94.	538	Sian Reece-Loram	f		U/A Cockermouth, Cumbria	1:26:58
95.	301	Jackie Frank	f		U/A Redcar,	1:27:07
96.	534	Louise Roberts	f		U/A Corby Hill,	1:27:15
97.	400	Anne Foreman	f		U/A Newcastle upon Tyne, Tyne and Wear	1:27:24
98.	524	georgina russell	f		U/A Cambridge ,	1:27:28
99.	525	Ben Uttenthal	m		U/A Cambridge ,	1:27:28
100.	595	Nathalie Robinson	f		Roefield Run Club	1:27:38
101.	463	Laura Tattersall	f		U/A Kendal,	1:27:39
102.	589	Margaret Dixon	f		U/A Redcar,	1:27:43
103.	390	Callum Grant-Cawdell	m		U/A London, Outside U.S./Canada	1:27:57
104.	580	Roy Barton	m		U/A Leeds,	1:27:59
105.	430	Grant Maly	m		U/A Thrapston, Northamptonshire	1:28:42
106.	497	Charlene Smith	f		U/A Wigan,	1:29:33
107.	383	Finlay McCalman	m		Wesham Road Runners	1:29:53
108.	332	Jean Turner	f		Telford Harriers	1:29:55
109.	590	Tiffany Harrison	f		U/A Darlington, Durham	1:30:01
110.	349	Sue Dickie	f		U/A	1:30:04
111.	397	Sandy McBride	f		U/A London, London	1:30:04
112.	353	Hilary Johnson	f		U/A London,	1:30:04
113.	600	Nicola Balfour	f		Ponteland Runners	1:30:20
114.	410	Katrina Gittins	f		YacYak	1:30:22
115.	401	Alan Smith	m		U/A Eaglesham,	1:30:24
116.	486	Judith Cansfield	f		U/A Carnforth, Cumbria	1:30:34
117.	582	Lesley Neal	m		U/A Darlington, Durham	1:30:46
118.	423	Hilde Krynen	f		U/A Kendal, Cumbria	1:30:53
119.	431	Carole Hook	f		U/A Thrapston, Northants	1:31:01
120.	544	Mark Sadler	m		U/A Malton ,	1:31:17
121.	421	Susan Averill	f		Notts Women's Runners	1:31:31
122.	517	Jon Armitage	m		U/A Sheffield, South Yorks	1:31:42
123.	516	Kate Armitage	f		U/A Sheffield,	1:31:42
124.	413	Marie Dawson	f		U/A Peel,	1:31:49
125.	414	Ana Dawson	f		U/A	1:31:50
126.	312	Susan Sharp	f		U/A Wakefield, west Yorkshire	1:31:54
127.	334	Jennifer Richardson	f		U/A Near Kendal, Cumbria	1:32:23
128.	550	Fiona Harrison	f		U/A Gateshead, Tyne and Wear	1:32:35
129.	549	scott kirtlan	m		gateshead athletics	1:32:35
130.	587	Faye Preston	f		Vegan Runners	1:33:04
131.	335	Deborah Thorneycroft	f		U/A Stoke on Trent, Staffs	1:33:34
132.	448	mark acott	m		U/A Solihull, W Midlands	1:33:39
133.	291	Adrian Dobson	m		Team Dobson	1:33:45
134.	297	Teresa Peters	f		U/A Morpeth, Northumberland	1:34:20
135.	541	Sarah Marshall	f		U/A Morecambe, Lancs	1:34:27
136.	535	Natalie Goulding	f		U/A Morecambe,	1:34:27
137.	427	Becky Flight	f		N/A	1:34:39
138.	487	Michael Holmes	m		U/A Carlisle, Cumbria	1:34:50
139.	361	Susan BRETNALL	f		U/A Cambridge,	1:34:55
140.	563	Sandra Allan	f		U/A Penrith	1:34:56
141.	571	Sarah Hopkins	f		U/A Preston, Lancs	1:35:24
142.	305	David Ellicott	m		Keswick AC	1:35:49
143.	498	Laura Blake Darcy	f		U/A Newcastle upon Tyne ,	1:35:50
144.	395	Rachel Ashton	f		U/A Nottingham, NOTTINGHAMSHIRE	1:35:54
145.	384	Peter Phillips	m		Loftus and Whitby AC	1:35:57
146.	296	Jonathan Cheek	m		Hannah the Runner	1:36:07
147.	568	Mark Cooling	m		U/A Bristol	1:36:10
148.	567	Lauren Cooling	f		U/A Bristol	1:36:11
149.	341	Beverley Crate	f		U/A Bedlington , Northumberland	1:36:14
150.	440	Louise Starkey	f		U/A Abington Pigotts, Herts	1:36:19
151.	404	Laura Pilkington	f		Miss	1:36:37
152.	441	Clare Lavin	f		U/A Blackpool, Lancashire	1:36:40
153.	372	Sian Gilgeous	f		Susie Anton Ladies On The Run	1:36:43

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Pos	Bib	Name	M/F	Age Cat	Club	Finish Time
154.	371	hannah cheek	f		Hannah the Runner	1:36:51
155.	496	Kate Taylor	f		U/A Liverpool,	1:36:51
156.	495	Nicola Norton	f		U/A Wigan, Lancashire	1:36:52
157.	575	Suzanne Green	f		Fylde Coast Runners	1:38:07
158.	350	James Trace	m		U/A Congleton, Cheshire	1:38:33
159.	336	Gerry Garvey	m		Muddy Boots Nursery	1:39:55
160.	542	Gemma Lloyd	f		U/A Twickenham , Middlesex	1:40:27
161.	446	Brian Winder	m		Darwen Running Group	1:40:38
162.	324	Anna Aitken	f		U/A West Linton,	1:40:43
163.	528	Amanda Allan	m		U/A Huddersfield, West Yorkshire	1:41:00
164.	536	Alison Schmutz	f		U/A Carlisle, Cumbria	1:41:11
165.	362	Lisa Mather	f		U/A Stockport, Cheshire	1:41:20
166.	387	Nick Kaufmann	m		U/A Edgware, Middx	1:41:27
167.	380	julie thomas	f		hampstead health park run	1:41:44
168.	480	stephanie hartley	f		U/A Glasgow,	1:41:44
169.	306	Judith Stockton	f		U/A Carnforth, Lancashire	1:41:48
170.	546	Jen Macdonald	f		U/A Cockermouth,	1:42:22
171.	545	Rachel Foister	f		U/A Chichester, West Sussex	1:42:22
172.	505	Kate Shipton	f		U/A Lancaster, Lancashire	1:42:43
173.	569	Heidi Martin	f		St.Bees Triers	1:42:56
174.	347	Bev Navesey	f		U/A Lewes, Sussex	1:42:57
175.	477	Ceit Bannon	f		U/A Liverpool,	1:43:07
176.	476	Paula Dixon	f		U/A Liverpool,	1:43:07
177.	593	Matthew Hewson	m		U/A Holystone, North Tyneside	1:43:21
178.	573	rosie morrison	f		U/A North Tyneside,	1:43:21
179.	357	Chris Holland	m		U/A Edgworth,	1:43:28
180.	356	Gill Burns	f		U/A Edgworth,	1:43:28
181.	518	alan curry	m		U/A newcastle upon tyne, durham	1:44:31
182.	519	katherine curry	f		U/A newcastle upon tyne,	1:44:32
183.	464	Becky Viccars	f		U/A Nr Kendal,	1:44:53
184.	388	Ann O'Neill	f		U/A London ,	1:45:10
185.	327	Liane Thompson	f		U/A Barrow-in-Furness, Cumbria	1:45:40
186.	326	Clair Bonner	f		U/A Keighley, West Yorkshire	1:45:40
187.	439	Nicola Starkey	f		U/A Leeds,	1:46:02
188.	376	Caroline Noon	f		U/A London,	1:46:11
189.	340	Katie Scott	f		U/A Shevington, Lancashire	1:46:35
190.	408	Margaret Moore	f		U/A Paisley, Renfrewshire	1:46:47
191.	586	Liz Burns	f		U/A Knightswood gate , Glasgow	1:46:48
192.	422	Wendy Lucas	f		U/A Chalgrove,	1:46:50
193.	588	Phil Dixon	m		U/A Redcar,	1:47:20
194.	444	Rachel Noble	f		U/A Andover, Hampshire	1:47:35
195.	417	Jane Naylor	f		Smiley Paces	1:47:37
196.	481	Fritha Mount	f		U/A Lancaster,	1:47:39
197.	521	Lynda McIntyre	f		U/A Longton, Lancashire	1:48:06
198.	503	Emma Prescott	f		U/A Liverpool, Merseyside	1:48:13
199.	504	Joanne Penny	f		U/A St Helens, Merseyside	1:48:14
200.	396	Marina Gromova	f		U/A London,	1:48:50
201.	359	Bridget Peacock	f		U/A London,	1:49:12
202.	443	Elizabeth Hocking	f		U/A Upton Snodsbury, WORCS	1:49:22
203.	455	Claire Heggie	f		Border reiver runners	1:49:37
204.	316	Hannah Brookfield	f		U/A Aughton, Lancashire	1:49:48
205.	317	Philip Blakeley	m		U/A Aughton, Lancs	1:49:53
206.	432	Katie Haworth	f		U/A Penrith, Cumbria	1:50:13
207.	337	David Watson	m		Red rose road runners	1:50:18
208.	445	Rachel Bodenham	f		U/A CARNFORTH, Lancashire	1:50:27
209.	436	Fiona Dunbar	f		U/A Buxton, Derbyshire	1:50:41
210.	437	Sarah Lewis	f		U/A Buxton, Derbyshire	1:50:48
211.	389	Richard Cawdell	m		U/A London,	1:51:28
212.	285	Amanda Beresford	f		U/A	1:52:23
213.	308	elaine lamb	f		wirral runners	1:53:38
214.	298	Kerry Williams	f		U/A Wigan,	1:53:46
215.	508	Clare King	f		U/A Chester, Cheshire	1:54:01
216.	315	Paul Coldham	m		U/A Keswick, Cumbria	1:54:26
217.	494	Liz Goodliffe	f		Norfolk Trail Runners	1:54:34
218.	493	Annie Hill	f		Rosley Rockets	1:54:34
219.	468	Fiona Marsh	f		U/A Penrith , Cumbria	1:55:10
220.	320	EDWINA RICKARDS COLLINSON	f		CROCWALKERS	1:56:16
221.	360	Pam Goodman	f		U/A London,	1:57:03
222.	369	Lola Jimenez	f		U/A Southport, Merseyside	1:57:05
223.	426	Jim Dean	m		U/A Kendal, Cumbria	1:57:18
224.	314	Christina Davies	f		U/A Bishop Auckland, Durham	1:59:57
225.	531	Alexia Taylor	f		U/A Tonbridge,	2:00:30
226.	532	Julie Taylor	f		U/A St. Bees, Cumbria	2:00:30
227.	345	Barry Hawthorne	m		U/A Castleford, West Yorkshire	2:00:34
228.	454	Sonia Graham	f		U/A Rosley, CUMBRIA	2:01:01
229.	452	Sam Massey	f		Rosley	2:01:01
230.	453	Joanne Howe	f		U/A Rosley, Cumbria	2:01:02
231.	475	David Cooke	m		AquaDesign	2:01:52

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<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>M/F</b>	<b>Age Cat</b>	<b>Club</b>	<b>Finish Time</b>
232.	474	Tracy Lonergan Cooke	f		iStayLakes	2:01:52
233.	433	Karen Oldcorn	f		U/A Wantage, Oxon	2:02:10
234.	564	Aimee Taylor	f		U/A Grange Over Sands	2:02:12
235.	302	Ann Myatt	f		Cheadle	2:02:22
236.	591	Susan Strother	f		U/A Lytham St Annes, Lancashire	2:04:38
237.	592	Andrea Smith	f		U/A Lytham St Annes, Lancashire	2:04:38
238.	355	Becky Willoughby	f		Helm Hill	2:04:57
239.	566	Sue McDougall	f		DH Runners	2:12:39
240.	323	Karen Braddon	f		Crocwalkers	2:16:41
241.	558	Kirsty Fleming	f		Kelvin Runners	2:19:59
242.	366	Lesley Davidson	f		Horwich RMI Harriers	2:36:45
243.	365	Lynn Smith	f		Horwich RMI Harriers	2:36:45

Number of records: 243