



Lakeland Trails 2023 Ultra 55k Final Results



Pos	Number	Surname	Forename	Category	Club	Country	Kirkstone Pass	Glenridding	Grasmere	Langdale	Finish
1st	203	Cox	Jonathan	M	Eden Runners	GBR	00:29:59	01:18:52	02:31:27	04:30:53	05:11:55
2nd	312	Scott	Jack	M		GBR	00:30:01	01:19:05	02:31:33	04:31:59	05:18:45
3rd	202	Hood	Julian	MV40	Skipton AC	GBR	00:33:39	01:28:10	02:53:28	05:07:55	05:56:19
4th	256	Addison	Penny	F		GBR	00:34:59	01:30:30	03:03:19	05:39:52	06:33:46
5th	255	Sewell	Victoria	F	York Knavesmire Harriers	GBR	00:37:59	01:40:05	03:26:57	05:47:28	06:35:08
6th	254	Sewell	Ewan	M	York Knavesmire	GBR	00:37:58	01:40:03	03:26:56	05:47:27	06:35:09
7th	320	Teasdale	Michael	M		GBR	00:35:42	01:34:14	03:09:26	05:50:14	06:44:19
8th	212	Stevenson	Richard	MV40	Clayton Le Moors Harriers	GBR	00:37:08	01:39:23	03:14:58	05:52:40	06:44:56
9th	453	Fludger	Stuart	MV50	UTS Run Club	GBR	00:35:10	01:34:12	03:07:48	05:48:41	06:45:10
10th	371	Anderson	Andrew	MV40	Cambuslang	GBR	00:35:06	01:30:05	03:04:23	05:55:41	06:50:35
11th	323	Wallace	Andrew	MV40		GBR	00:34:18	01:29:53	03:09:43	05:54:54	06:53:32
12th	319	Taylor	Craig	M		GBR	00:37:29	01:40:47	03:23:00	06:04:16	06:58:50
13th	211	Blakey	Craig	M	Bowland Fell Runners	GBR	00:37:40	01:40:52	03:22:56	06:08:37	07:02:54
14th	309	Quinn	Mark	MV50		GBR	00:40:24	01:45:40	03:25:25	06:16:40	07:09:33
15th	606	Simpson	Robert	M		GBR	00:42:52	01:50:32	03:35:00	06:17:03	07:11:26
16th	556	Kinder	Lee	MV50		GBR	00:42:46	01:50:23	03:34:51	06:17:05	07:11:28
17th	1552	Faulkner	Pete	MV40	Cumberland Fell Runners	GBR	00:39:37	01:45:43	03:26:10	06:15:59	07:11:41
18th	440	Leahy	Ted	MV40	Ripon Runners	GBR	00:41:24	01:47:03	03:31:11	06:18:44	07:19:55
19th	324	Ward	Marc	MV40		GBR	00:36:42	01:34:41	03:27:53	06:25:08	07:21:04
20th	337	Forrest	James	M		GBR	00:38:11	01:42:16	03:23:07	06:19:25	07:23:03
21st	677	Slater	Stephen	MV40		GBR	00:41:11	01:45:27	03:30:55	06:23:42	07:24:31
22nd	304	O'Callaghan	Jamie	M		GBR	00:38:09	01:43:32	03:28:33	06:33:10	07:31:20
23rd	342	Brunero	Lorenzo	M		GBR	00:39:20	01:42:22	03:26:02	06:33:07	07:31:27
24th	297	McCoy	Ellis	M		GBR	00:42:33	01:47:40	03:34:20	06:36:57	07:39:04
25th	281	Firth	Tom	M		GBR	00:46:46	01:58:00	03:47:07	06:44:20	07:40:41
26th	234	Dermott	Louise	FV50	OMG	GBR	00:44:28	01:50:30	03:35:41	06:37:50	07:40:50
27th	266	Brookfield	Daniel	M		GBR	00:40:20	01:42:05	03:36:19	06:49:21	07:40:55
28th	327	Williams	Tom	MV40		GBR	00:35:05	01:39:38	03:27:32	06:33:02	07:42:53
29th	244	Callaghan	Lynne	FV40	Trentham RC	GBR	00:41:28	01:49:45	03:42:02	06:49:43	07:46:41
30th	258	Ankers	Bryan	M		GBR	00:40:21	01:45:48	03:38:57	06:52:16	07:48:42
31st	353	Meijer	Bob	MV40		GBR	00:36:39	01:41:59	03:32:29	06:50:35	07:49:12
32nd	322	Vassallo	Arlette	F		GBR	00:41:15	01:47:50	03:35:54	06:45:43	07:50:08
33rd	261	Battersby	Pete	MV40		GBR	00:44:29	01:55:04	03:50:57	07:03:08	07:55:48
34th	443	Capsey	Ben	MV40	Salford Mets	GBR	00:40:32	01:48:29	03:48:26	07:05:47	08:01:47
35th	224	Bushell	Jennifer	F	Helm Hill Runners	GBR	00:46:48	02:01:01	04:00:42	07:03:17	08:02:35
36th	473	Ashcroft	Angela	FV40		GBR	00:43:57	01:58:54	03:59:30	07:05:41	08:02:40
37th	333	Russell	Nickey	FV40	Bowland Fell Runners	GBR	00:44:22	01:56:24	03:54:34	07:02:14	08:04:37
38th	292	Kitchen	Neil	MV40		GBR	00:44:31	01:53:50	03:52:50	07:02:11	08:04:41

Pos	Number	Surname	Forename	Category	Club	Country	Kirkstone Pass	Glenridding	Grasmere	Langdale	Finish
39th	294	Lowe	Chris	MV40		GBR	00:47:50	01:58:37	03:53:45	07:02:00	08:06:29
40th	225	Vaughan	Simon	MV50	Horwich	GBR	00:47:47	01:58:35	03:53:41	07:01:45	08:06:32
41st	302	Nicholson	Tatiana	FV50		GBR	00:46:26	02:01:38	04:01:01	07:10:32	08:07:34
42nd	380	Duff	Mike	MV40	Ealing Eagles	GBR	00:40:30	01:50:52	03:49:17	07:09:39	08:09:28
43rd	356	Waller	Christine	F		GBR	00:44:48	01:56:52	03:50:47	07:03:22	08:10:22
44th	352	Mason	David	M		GBR	00:42:02	01:52:52	03:52:54	07:16:52	08:11:04
45th	355	Shambrook	Paul	MV40		GBR	00:44:02	01:53:13	03:46:45	07:08:41	08:11:31
46th	280	Dunn	Philip	M		GBR	00:43:08	01:55:40	03:57:55	07:16:57	08:14:32
47th	663	Jobson	Richard	MV40		GBR	00:48:05	02:06:21	04:06:38	07:08:39	08:17:27
48th	236	Jones	Simon	MV50	Pickering Running Club	GBR	00:40:43	01:50:07	03:49:13	07:29:42	08:18:43
49th	299	Metcalfe	Kevin	MV40		GBR	00:39:22	01:43:29	03:51:48	07:18:51	08:20:24
50th	630	Warren	Chris	M		GBR	00:48:53	02:06:07	04:11:35	07:16:33	08:21:28
51st	344	Collier	Scott	M		GBR	00:44:06	01:56:21	03:59:54	07:22:45	08:24:15
52nd	209	Sandford	Mark	MV40	Ashington Hirst Running Club	GBR	00:40:27	01:45:33	03:38:42	07:20:42	08:26:19
53rd	250	Towns	Stuart	MV40	Wigan Harriers	GBR	00:43:48	01:53:10	03:58:16	07:23:20	08:26:39
54th	249	Harris	Mike	MV50	Wigan And District Harriers & Athle	GBR	00:43:47	01:53:08	03:58:11	07:23:17	08:26:40
55th	277	Boer	Pascal de	M		NLD	00:49:50	02:09:19	04:11:04	07:29:53	08:27:44
56th	523	Gilmore	Samuel	M		GBR	00:48:47	02:05:53	04:05:40	07:23:19	08:28:09
57th	340	Ashton	Gary	MV40		GBR	00:46:43	02:01:07	04:03:24	07:28:36	08:28:38
58th	210	Vincent	Andrew	MV50	Bollington Harriers	GBR	00:44:47	01:59:47	04:07:06	07:31:27	08:33:41
59th	679	Turner	Chase	M		GBR	00:41:43	01:48:50	03:51:21	07:28:45	08:35:44
60th	608	Smith	Michael	MV40		GBR	00:41:59	01:49:20	03:46:06	07:21:11	08:38:53
61st	252	Ashwin	Thomas	MV40	Wirral Vikings Trc	GBR	00:42:01	01:52:48	03:51:18	07:43:20	08:39:11
62nd	296	Mays	Adam	M		GBR	00:46:56	02:00:45	04:13:09	07:37:28	08:39:53
63rd	512	Dye	Mark	MV50		GBR	00:46:23	02:00:52	04:07:11	07:37:45	08:40:13
64th	544	Humphreys	Gordon	MV40		GBR	00:39:25	01:50:20	03:49:24	07:37:01	08:40:42
65th	429	Everitt	Luke	M	Ramsbottom	GBR	00:45:03	01:58:50	04:09:48	07:44:50	08:40:46
66th	313	Shadbolt	Amy	FV40		GBR	00:47:31	02:04:30	04:12:39	07:32:35	08:41:11
67th	439	Boer	Shelly Posthun	FV40	Ribble Valley Runners	GBR	00:47:43	02:05:04	04:19:01	07:39:53	08:42:47
68th	349	Jones	Kipp	M		GBR	00:46:55	02:03:20	04:10:51	07:37:32	08:43:25
69th	245	Morrison	Martin	MV50	Turriff Running Cklub	GBR	00:49:53	02:11:22	04:27:39	07:47:54	08:44:27
70th	257	Allcock	Stephen	M		GBR	00:46:35	02:00:56	04:05:01	07:39:26	08:45:26
71st	321	Tough	Ashley	M		GBR	00:44:49	01:55:20	04:00:39	07:39:48	08:45:33
72nd	279	Duffy	Sarah	F		GBR	00:47:34	02:03:13	04:11:23	07:48:15	08:45:46
73rd	343	Chalmers	Karen	FV50		GBR	00:45:59	02:05:37	04:21:01	07:47:45	08:45:56
74th	442	Denton	Lee	MV40	Run Dmc	GBR					08:46:08
75th	493	Chadwick	Daniel	M		GBR	00:47:01	02:01:16	04:00:05	07:42:41	08:46:47
76th	425	King	Andrew	MV50	NCTR	GBR	00:43:21	01:53:08	03:53:43	07:36:37	08:47:23
77th=	332	Clitheroe	Andrew	MV40	Border Reiver Runners	GBR	00:39:21	01:49:49	03:54:41	07:48:04	08:49:12
77th=	438	Greenwood	Martin	M	Ribble Valley Runners	GBR	00:42:50	02:00:23	04:05:36	07:35:45	08:49:12
79th	489	Capper	Luke	M		GBR	00:49:24	02:13:23	04:25:41	07:50:36	08:49:48
80th	282	Ghatan	Brian	MV40		GBR	00:45:34	02:02:43	04:16:36	07:45:10	08:51:55
81st	214	Midgley	Clarke	MV50	Deepdale Doggers	GBR	00:52:10	02:20:07	04:29:45	07:54:17	08:54:00
82nd	658	Fairclough	Mary	FV40		GBR	00:48:28	02:08:15	04:25:21	07:49:49	08:54:38
83rd	285	Hall	John	MV50		GBR	00:46:53	02:02:12	04:19:17	07:47:12	08:55:14
84th	515	Fearnhead	Ben	MV40		GBR	00:39:39	01:44:40	03:49:02	07:34:09	08:55:38
85th	388	Neville	Andy	MV40	Garstang Running Club	GBR	00:50:17	02:21:27	04:24:24	07:48:52	08:55:45

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86th	298	McGeown	Steve	MV40		GBR	00:43:39	01:55:37	04:04:55	07:45:30	08:56:27
87th	339	Andrew	Laura	FV40		GBR	00:42:49	01:57:29	04:15:49	07:48:00	08:56:32
88th	609	Spinks	Genna	F		GBR	00:47:36	02:03:20	04:16:56	07:54:15	08:57:13
89th	291	Hornshaw	Robert	MV40		GBR	00:47:26	02:05:11	04:17:05	07:53:14	08:58:51
90th	415	McCoy	Sally	FV50	Lostock AC	GBR	00:49:58	02:09:55	04:17:14	07:47:59	09:00:31
91st	290	Hodson	James	MV40		GBR	00:46:32	02:02:48	04:17:20	07:56:29	09:01:54
92nd	519	Franklin	Joseph	MV40		SWE	00:46:08	02:00:54	04:12:58	07:58:37	09:07:45
93rd	240	Winster	Simon	M	Red Rose Road Runners	GBR	00:46:03	02:02:33	04:20:28	08:03:10	09:09:29
94th	670	Mitchell	Mark	M		GBR	00:54:53	02:19:51	04:27:02	08:09:26	09:10:03
95th	305	Paliwal	Vidur	M		GBR	00:53:37	02:17:25	04:31:07	08:04:13	09:11:19
96th	479	Bennett	Jose	FV60		GBR	00:52:30	02:17:20	04:34:18	08:09:33	09:11:20
97th	504	Dallison	Amy	F		GBR	00:46:45	02:09:06	04:29:41	08:08:46	09:12:14
98th	543	Hodgson	Jack	M		GBR	00:46:47	02:09:09	04:29:37	08:08:49	09:12:18
99th	263	Boddy	Mike	MV50		GBR	00:50:43	02:12:33	04:25:52	07:58:10	09:13:01
100th	253	Postlethwait	Amy	F	Wray Runners	GBR	00:44:50	02:03:24	04:24:44	08:00:46	09:13:06
101st	208	Eddy	Michael	MV50	Ambleside Ac	GBR	00:44:50	02:03:28	04:24:49	08:00:43	09:13:11
102nd	238	Ward	Neil	MV50	Ponteland Runners	GBR	00:41:25	01:50:13	03:52:39	07:51:04	09:13:27
103rd	222	Platt	Kate	FV40	Hay Hotfooters	GBR	00:49:54	02:11:17	04:27:34	08:05:34	09:13:59
104th	565	Lloyd	Jacob	M		GBR	00:51:11	02:21:35	04:33:06	08:04:02	09:15:50
105th	469	Alleman	Saar	F		GBR	00:48:31	02:08:23	04:25:16	08:08:41	09:16:20
106th	574	Milton-Thom	Andrew	M		GBR	00:49:50	02:14:27	04:53:00	08:07:46	09:16:25
107th	541	Henry	Ian	M		GBR	00:46:40	02:04:25	04:25:24	08:16:54	09:16:33
108th	626	Trumble	Joel	M		GBR	00:53:58	02:25:16	04:35:37	08:07:40	09:16:37
109th	303	Noone	Paul	MV40		GBR	00:42:05	01:50:17	04:12:28	08:04:55	09:16:49
110th	331	Kjar	Steven	MV40	Benfleet	GBR	00:48:52	02:11:20	04:29:44	08:04:58	09:16:55
111th	293	Laurent	Xavier	MV50		GBR	00:43:44	01:59:29	04:19:19	08:13:39	09:17:28
112th	600	Ruth	Sean	MV50		GBR	00:48:13	02:09:32	04:27:24	08:08:55	09:18:44
113th	300	Metcalfe	Philip	M		GBR	00:47:53	02:03:35	04:24:01	08:13:40	09:19:59
114th	374	Rex	Rich	MV50	City of Hull AC	GBR	00:48:28	02:08:32	04:21:30	07:58:14	09:20:53
115th	567	Lowe	Catherine	FV40		GBR	00:50:04	02:14:02	04:40:02	08:19:08	09:20:56
116th	437	Watson	iain	MV40	Red Rose Runners	GBR	00:50:25	02:14:07	04:32:34	08:17:51	09:22:17
117th	433	Stacey	Dan	MV40	Ramsbottom Running Club	GBR	00:48:16	02:07:23	04:24:21	08:14:16	09:22:31
118th	431	Jones	Simon	M	Ramsbottom running club	GBR	00:48:18	02:07:27	04:24:14	08:14:22	09:22:42
119th	503	Crossan	James	M		GBR	00:45:56	02:00:48	04:33:16	08:21:56	09:23:05
120th	684	Woodward	Emma	FV40		GBR	00:46:52	02:10:56	04:32:48	08:19:24	09:23:43
121st	646	Coleman	Jake	M	Lonsdale Fell Runners	GBR	00:48:56	02:11:18	04:28:08	08:19:39	09:27:51
122nd	412	Simpson	Andrew	MV40	Lonely Goat R C	GBR	00:44:45	01:55:30	04:11:28	08:17:19	09:27:53
123rd	467	Patel	Deepesh	MV40	Wootton Road Runners	GBR	00:49:08	02:09:50	04:25:34	08:19:03	09:28:05
124th	652	Abbas	Andrea	FV50		GBR	00:49:34	02:14:31	04:44:35	08:19:29	09:28:19
125th	365	Morgan	Anthony	MV50	Bollington Harriers	GBR	00:46:33	02:02:48	04:25:10	08:20:43	09:30:12
126th	536	Hart	John	MV40		GBR	00:52:31	02:09:59	04:19:24	08:23:33	09:30:49
127th	619	Tierney	Hayley	F		GBR	00:48:42	02:11:52	04:35:06	08:23:48	09:31:20
128th	422	Florido	Alberto Roca	MV40	Menzi & Rock Trail Team	GBR	00:46:14	02:03:17	04:20:18	08:16:16	09:31:41
129th	505	Boer	Marc de	M		GBR	00:49:20	02:11:14	04:31:23	08:21:01	09:31:58
130th	530	Guest	Karl	M		GBR	00:55:14	02:18:05	04:48:52	08:28:37	09:32:40
131st	538	Harwood	Luke	MV40		GBR	00:55:17	02:18:13	04:48:58	08:28:39	09:32:43
132nd	612	Stephenson	Emma	FV50		GBR	00:49:43	02:12:32	04:30:08	08:24:17	09:34:33

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133rd	590	Quigley	Maria	FV40		GBR	00:49:46	02:12:35	04:30:19	08:24:20	09:34:45
134th	265	Brighthouse	Stuart	MV50		GBR	00:51:12	02:19:05	04:31:52	08:23:10	09:37:25
135th	654	Clifton	Andrew	MV50		GBR	00:54:22	02:18:40	04:32:43	08:29:25	09:39:22
136th	287	Harris	James	M		GBR	00:49:03	02:14:47	04:37:24	08:23:35	09:41:33
137th	308	Patterson	Ian	MV40		GBR	00:48:46	02:16:03	04:43:06	08:30:51	09:42:16
138th	664	Jones	Simon	M		GBR	00:47:44	02:01:29	04:05:04	08:21:26	09:42:20
139th	357	Heppke	Sonja	FV40	Austria	GBR	00:48:25	02:12:28	04:37:26	08:26:42	09:43:10
140th	463	Brearton	Chris	MV40	Wirral Vikings TRC	GBR	00:44:14	02:00:26	04:13:27	08:20:52	09:47:38
141st	509	Donnelly	Markk	M		GBR	00:52:05	02:25:01	04:50:41	08:43:29	09:48:26
142nd	390	Dobinson	Andrew	MV40	Glasgow Green Running Club / Hou:	GBR	00:52:06	02:24:58	04:50:37	08:43:27	09:48:27
143rd	269	Caddick	Felicity	FV40		GBR	00:53:45	02:22:58	04:49:12	08:40:18	09:50:37
144th	362	Brown	Richard	MV40	Belper Harriers	GBR	00:50:50	02:15:00	04:52:03	08:43:23	09:50:45
145th	242	Hockham	Katy	FV50	Skegness and district	GBR	00:53:52	02:23:48	04:56:27	08:42:12	09:50:57
146th	421	Grindley	Patrick	MV40	Marlow Striders	GBR	00:47:29	02:05:04	04:23:39	08:45:09	09:51:28
147th	447	McRitchie	Sara	FV40	Stubbington Green Runners	GBR	00:52:42	02:22:14	05:04:47	08:48:46	09:52:55
148th	656	Dryden	Mary	FV50		GBR	00:57:29	02:35:21	05:02:55	08:45:01	09:56:12
149th	627	Tulloch's	Ann-Marie	FV40		GBR	00:55:59	02:23:22	04:44:27	08:25:36	09:56:16
150th	235	Livingstone	Robin	MV60	Perth RR	GBR	00:51:18	02:14:55	04:42:51	08:54:08	09:57:57
151st	346	Hadfield	Tom	MV40		GBR	00:46:05	02:02:15	04:15:26	08:41:14	09:59:07
152nd	397	Lee	Carolyn	FV40	Holcombe Harriers	GBR	00:52:21	02:18:30	04:56:25	08:43:38	10:01:23
153rd	420	Mackey	Paul	MV40	Manchester Muckers RC	GBR	00:48:32	02:06:03	04:40:48	08:54:04	10:02:20
154th	605	Short	Helen	FV50		GBR	00:55:57	02:30:41	05:04:11	08:54:17	10:02:42
155th	547	Jackson	Paul	MV50		GBR	00:51:54	02:19:58	04:41:28	08:44:24	10:02:50
156th	675	Short	Tim	MV50		GBR	00:55:54	02:30:45	05:04:07	08:54:14	10:02:52
157th	468	Alexander	James	MV40		GBR	00:50:26	02:16:48	04:45:49	08:58:15	10:04:04
158th	350	Killick-Cole	Charlotte	FV40		GBR	00:54:31	02:24:07	04:48:51	08:52:34	10:05:45
159th	218	Trimble	Kerry	F	Durham Fell Runners	GBR	00:52:56	02:19:56	04:51:57	08:51:29	10:07:51
160th	411	Thomasson	Mark	MV60	Lochaber Atheletic	GBR	00:52:08	02:18:33	04:40:54	08:42:06	10:08:07
161st	618	Thomas	Clare	FV40		GBR	00:53:24	02:24:42	04:58:21	08:54:46	10:08:12
162nd	629	Wade	Abby	F		GBR	00:53:22	02:24:33	04:58:01	08:54:12	10:08:14
163rd	521	Gibson	Elizabeth	F		GBR	00:53:19	02:24:29	04:58:28	08:55:08	10:08:17
164th	484	Bolton	Stephanie	FV50		GBR	00:54:29	02:27:17	05:06:47	08:49:32	10:08:49
165th	470	Almond	Alix	FV40		GBR	01:01:39	02:41:56	05:10:06	08:58:06	10:08:55
166th	661	Greenough	Kenny	MV40		GBR	00:52:28	02:10:05	04:33:01	08:52:51	10:08:57
167th	307	parkinson	Craig	MV50		GBR	00:49:41	02:16:31	04:52:30	08:54:35	10:09:46
168th	215	Fiddler	Kerrie	FV50	DH Runners	GBR	00:53:17	02:29:44	05:02:55	09:02:46	10:10:16
169th	466	Mylett	Peter	MV40	Wirral Vikings Trc	GBR	00:50:09	02:15:28	04:50:05	08:47:22	10:10:31
170th	557	Langford	Alex	MV40		GBR	00:48:02	02:16:55	04:52:40	08:58:11	10:10:45
171st	231	Paylor	Andrew	M	Middlesbrough and Cleveland Harri	GBR	00:48:54	02:10:59	04:45:22	08:53:25	10:11:01
172nd	217	Pescod	Alison	FV40	DH Runners	GBR	00:53:01	02:29:42	05:04:40	09:02:50	10:11:49
173rd	579	Parkes	David	MV50		GBR	00:59:06	02:48:11	05:09:17	08:56:57	10:12:45
174th	444	McDonnell	Liam	MV40	SOUTHPORT	GBR	00:57:25	02:29:01	05:02:20	08:59:37	10:12:51
175th	682	White	Graeme	MV50		GBR	00:54:34	02:23:02	04:58:12	09:01:34	10:15:26
176th	394	Holohan	Andy	MV40	Harrogate Harriers	GBR	00:53:41	02:25:24	04:53:52	09:00:49	10:16:06
177th	246	Morrison	Fiona	FV50	Turriff Running Club	GBR	00:54:11	02:28:23	05:05:45	09:08:13	10:16:30
178th	398	Lee	Peter	MV50	Holcombe Harriers	GBR	00:52:23	02:18:28	04:54:02	08:56:38	10:17:10
179th	594	Rigby	Helen	FV50		GBR	00:51:09	02:23:08	04:57:57	09:12:09	10:17:50

Pos	Number	Surname	Forename	Category	Club	Country	Kirkstone Pass	Glenridding	Grasmere	Langdale	Finish
180th	251	Smith	James	MV50	Wingerworth Wobblers R C	GBR	00:53:14	02:22:00	04:52:16	08:55:44	10:21:23
181st	416	Rhodes	Janet	FV50	Lostock AC	GBR	00:49:55	02:13:54	04:36:26	08:53:32	10:21:38
182nd	414	Hancock	Rachel	FV50	Lostock AC	GBR	00:50:01	02:13:56	04:44:16	08:53:36	10:21:40
183rd	413	Atherton-mc	Beverley	FV50	Lostock AC	GBR	00:50:12	02:13:51	04:45:37	09:02:33	10:21:42
184th	404	Basham	Jemma	FV40	Keswick a c	GBR	00:55:22	02:27:50	04:57:35	09:02:42	10:23:00
185th	426	Harrison	Anna	FV40		GBR	00:54:26	02:24:03	05:03:39	09:04:28	10:23:52
186th	221	Phillips	Gareth	MV40	Gateshead Harriers	GBR	00:52:13	02:19:19	04:51:20	09:03:46	10:24:27
187th	368	Higgins	Laurie	F	Brecon AC	GBR	00:49:39	02:18:16	04:56:10	09:17:42	10:25:03
188th	286	Hamilton	Bridie	F		GBR	00:50:21	02:20:31	04:56:00	09:08:25	10:25:06
189th	435	Hunter	Maria	FV50	RED Community	GBR	00:49:56	02:18:19	05:06:20	09:17:48	10:25:10
190th	598	Romanillos	Jesus	MV40		GBR	00:52:14	02:25:40	05:02:02	09:02:03	10:26:09
191st	490	Carr	David	MV40		GBR	00:48:22	02:09:13	04:35:12	09:00:54	10:27:11
192nd	460	Williams	Melissa	F	Westerlands CCC	GBR	00:56:36	02:30:31	05:04:38	09:12:00	10:27:40
193rd	628	Venables	Neil	MV60		GBR	00:50:06	02:17:09	04:55:19	09:16:25	10:27:59
194th	216	Lord	Sarah	FV50	DH Runners	GBR	00:52:42	02:27:59	05:03:05	09:08:57	10:28:08
195th	227	Price	Chris	MV50	Kendal AAC	GBR	00:53:13	02:25:13	05:17:51	09:22:02	10:30:29
196th	315	Sleet	Laurel	F		GBR	00:54:17	02:24:20	04:54:58	09:09:36	10:31:02
197th	272	Cookson	Robert	MV50		GBR	00:53:07	02:24:11	05:08:38	09:03:21	10:31:04
198th	271	Cattermole	Gary	MV50		GBR	00:53:04	02:22:49	04:57:29	09:10:36	10:31:06
199th	396	Moss	Jen	F	HI Runners	GBR	00:51:23	02:15:21	04:37:25	09:06:08	10:31:44
200th	450	Williamson	Andy	MV60	Tri Preston	GBR	01:02:47	02:49:36	05:23:26	09:21:23	10:34:44
201st	428	Livingstone	Cath	FV50	Perth RR	GBR	00:56:33	02:34:50	05:13:31	09:17:39	10:35:47
202nd	620	Toth	Marian	M		GBR	00:53:54	02:25:52	05:01:44	09:14:21	10:36:21
203rd	436	Stanier	Esther	F	Red Rose Road Runners	GBR	00:57:30	02:33:02	05:12:58	09:24:23	10:36:42
204th	501	Corn	John	MV50		GBR	00:52:16	02:17:04	04:47:28	09:11:36	10:36:59
205th	446	Schofield	Helen	FV40	Stamford Striders	GBR	00:56:37	02:38:19	05:22:52	09:28:08	10:37:33
206th	551	Kalinowski	Aimee	F		GBR	00:52:01	02:15:13	04:49:58	09:19:00	10:38:34
207th	552	Kalinowski	Grace	F		GBR	00:51:51	02:15:10	04:49:54	09:19:03	10:38:36
208th	655	Culley	Oliver	M		GBR	00:57:31	02:35:15	05:03:15	09:06:21	10:39:46
209th	637	Wilson	Tony	MV50		AUS	00:51:29	02:20:17	05:15:08	09:22:47	10:40:34
210th	683	Wilson	Jo	FV40		GBR	00:52:26	02:20:13	05:15:08	09:20:24	10:40:35
211th	517	Flesher	Debbie	FV50		GBR	00:55:40	02:25:47	05:03:20	09:20:03	10:40:56
212th	430	Smith	Benjamin	M	Ramsbottom Running	GBR	00:52:24	02:22:47	05:01:10	09:22:15	10:41:58
213th	559	Lee	Kristian	MV40		GBR	00:52:26	02:22:56	05:01:18	09:22:18	10:42:01
214th	370	Fearnley	Abbi	F	Calder Valley Fell Runners	GBR	00:57:16	02:34:49	05:16:49	09:20:22	10:42:03
215th	577	Nagar	Igal	MV60		GBR	00:48:11	02:15:16	05:10:01	09:27:21	10:46:55
216th	611	Statham	Kate	F		GBR	00:52:04	02:31:01	05:02:48	09:16:14	10:47:10
217th	513	Eaves	Dave	M		GBR	00:52:03	02:31:11	05:02:44	09:16:18	10:47:27
218th	564	Livingstone	Steven	M		GBR	00:55:30	02:30:35	05:01:24	09:22:19	10:47:53
219th	516	Fitzpatrick	Ben	MV50		GBR	00:56:58	02:36:35	05:08:48	09:22:33	10:50:00
220th	597	Rolfe	Michael	M		GBR	00:47:52	02:09:21	04:46:17	09:10:03	10:51:01
221st	585	Phelps	Joe	M		GBR	00:47:55	02:09:25	04:46:20	09:10:07	10:51:05
222nd	486	Bradshaw	Steven	M		GBR	00:54:32	02:24:10	05:02:11	09:28:01	10:51:12
223rd	476	Barrett	Kelly	F		GBR	00:56:12	02:24:52	04:53:22	09:20:58	10:52:19
224th	561	Lees	Oliver	M		GBR	00:56:15	02:24:55	04:53:24	09:21:04	10:52:21
225th	645	Simms	Colin	MV50	Jog Lisburn Running Club	GBR	00:50:13	02:14:56	04:55:45	09:27:43	10:53:14
226th	624	Trimming	Karen	FV50		GBR	00:58:16	02:36:30	05:13:03	09:29:35	10:54:14

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227th	375	Mccolm	Emma	FV40	Dallam Running Club	GBR	00:57:27	02:36:27	05:28:32	09:38:15	10:55:18
228th	615	Sullivan	Liam	M		GBR	00:46:58	02:09:17	05:03:01	09:29:27	10:57:57
229th	334	Shoosmith	Neil	MV40	Hook Runners	GBR	00:56:52	02:29:19	05:06:59	09:35:10	11:01:42
230th	223	Churchyard	Mike	MV50	Heathfield Road Runners	GBR	00:58:51	02:42:23	05:23:55	09:37:25	11:01:53
231st	638	Wood	Rachael	F		GBR	00:53:33	02:24:22	05:02:35	09:32:15	11:02:22
232nd	662	Grubb	Elaine	FV50		GBR	00:54:19	02:27:19	05:06:44	09:39:04	11:03:05
233rd	576	Morris	Joanne	FV40		GBR	00:52:11	02:16:10	04:52:47	09:29:09	11:03:09
234th	407	Morris	Paul	MV70	Keswick AC	GBR	00:52:10	02:16:15	04:52:51	09:29:15	11:03:11
235th	575	Morris	James	MV40		GBR	00:52:08	02:16:18	04:52:56	09:29:13	11:03:13
236th	419	Harkin	Thomas	MV40	Manchester Muckers RC	GBR	00:51:06	02:17:00	05:08:21	09:36:40	11:03:42
237th	555	Kidd	Paul	MV40		GBR	00:51:58	02:16:51	04:48:06	09:12:15	11:05:36
238th	233	Parry	Huw	MV50	North Shields Polytechnic	GBR	00:54:21	02:23:44	05:07:39	09:34:10	11:05:52
239th	386	Fishwick	Matthew	MV40	Fisho	GBR	00:50:07	02:16:21	05:03:48	09:38:00	11:06:05
240th	417	Pemberton	Amanda	FV50	Lymm Runners	GBR	00:51:16		05:03:26	09:38:03	11:06:07
241st	540	Henry	Gemma	FV40		GBR	00:56:03	02:24:37	05:13:20	09:51:11	11:06:12
242nd	482	Blakeman	Chris	MV40		GBR	00:50:10	02:16:28	05:09:38	09:38:01	11:06:29
243rd	378	Doe	Felicity	F	Didsbury Runners	GBR	00:54:02	02:23:29	05:08:56	09:46:56	11:07:16
244th	377	Alderton	Callum	M	Didsbury Runners	GBR	00:53:57	02:23:34	05:08:52	09:46:58	11:07:17
245th	427	Hoggarth	Sarah	FV50	Orchard Eagles Running Club	GBR	00:56:53	02:38:22	05:26:59	09:40:42	11:07:55
246th	593	Richards	Mike	MV50		GBR	00:54:09	02:22:11	05:02:52	09:38:08	11:08:30
247th	533	Hampshaw	Laura	FV40		GBR	00:54:17	02:27:40	05:15:14	09:44:58	11:08:55
248th	546	Jackson	Jessica	F		GBR	00:54:14	02:27:37	05:15:47	09:45:08	11:08:58
249th	458	Paton	Julie	FV40	Wesham Road Runners	GBR	00:50:48	02:21:45	05:10:10	09:52:11	11:10:25
250th	542	Hocking	John	MV40		GBR	00:56:34	02:28:34	05:16:41	09:45:13	11:11:37
251st	477	Bell	Rachel	FV50		GBR	01:02:06	02:42:55	05:28:01	09:52:22	11:13:32
252nd	351	Lindsay	Dave	MV50		GBR	01:02:07	02:42:58	05:28:11	09:52:26	11:13:35
253rd	387	Jones	Alan	MV60	Garstang Running Club	GBR	00:53:31	02:23:12	05:20:17	09:45:50	11:14:42
254th	329	Wood	Ben	MV40		GBR	00:48:07	02:16:08	05:17:41	09:34:23	11:19:22
255th	363	Terry	Robert	MV50	Belper Harriers	GBR	00:56:40	02:37:36	05:34:18	09:51:42	11:21:56
256th	635	Williamson	Sheila	FV50		GBR	00:53:06	02:28:09	05:19:46	09:54:57	11:22:34
257th	680	Zwanenberg	Claire van	F		GBR	00:58:36	02:40:48	05:34:32	09:59:15	11:22:36
258th	673	Rowley	Grace	FV40		GBR	00:58:34	02:40:55	05:35:05	09:59:17	11:22:38
259th	403	Madarasan	Petra	FV40	Kendal AC	GBR	00:56:49	02:38:36	05:27:13	10:10:34	11:24:44
260th	498	Cooke	Lizzie	FV60		GBR	00:59:30	02:44:28	05:32:22	09:55:58	11:26:40
261st	424	Farr	Wayne Lee	MV50		GBR	00:57:03	02:37:53	05:37:33	10:08:12	11:28:52
262nd	459	Farr	Gail	FV50	west hull ladies	GBR	00:55:27	02:35:46	05:37:29	10:08:23	11:28:55
263rd	499	Cooper	Theresa	FV50		GBR	01:01:52	02:47:56	05:45:30	10:06:49	11:29:23
264th	614	Stones	Sharon	FV60		GBR	01:01:55	02:48:00	05:45:36	10:06:46	11:29:26
265th	485	Borman	Harry	M		GBR	01:00:19	02:36:45		10:05:28	11:33:55
266th	511	Dunne	Sarah	FV40		GBR	00:59:42	02:35:00	05:42:21	10:12:26	11:39:02
267th	510	Dunne	Darren	MV50		GBR	00:59:39	02:35:06	05:40:07	10:12:33	11:39:06
268th	434	Nelson	Michael	MV50	Razzer's Runners	GBR	00:58:20	02:42:44	05:48:05	10:17:54	11:40:36
269th	311	Roy	Lana	FV50		GBR	00:54:35	02:33:47	05:37:50	10:11:07	11:42:38
270th	399	Pruszyńska	Anna	FV40	Holcombe Harriers	GBR	00:57:37	02:38:44	05:35:15	10:09:31	11:42:47
271st	508	Devlin	Michael	MV40		GBR	00:51:56	02:23:38	05:15:39	10:05:36	11:46:01
272nd	633	Wilde	Elaine	FV50		GBR	00:58:31	02:49:30	05:48:42	10:17:22	11:46:52
273rd	381	Goodyear	David	MV50	Eccleshill Road Runners	GBR	00:57:07	02:37:15	05:37:10	10:12:06	11:47:15

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274th	568	Luke	Philip	MV50		GBR	00:54:56	02:23:25	05:34:54	10:20:22	11:47:20
275th	358	Meulenberg	Jakobus	MV50	AV'56	GBR	00:55:19	02:27:54	05:17:28	10:11:14	11:51:41
276th	636	Wilson	Abby	F		GBR	01:04:38	02:53:08	05:54:09	10:40:29	12:04:07
277th	295	Matthews	Anna Marie	F		GBR	01:00:44	02:47:52	05:56:44	10:35:14	12:17:06
278th	603	Sherry	Viv	F		GBR	01:03:33	02:51:05	05:50:42	10:34:30	12:17:46
279th	401	Kendal	Kev	MV50	Howgill Harriers	GBR	01:01:43	02:42:00	05:51:24	10:34:25	12:17:48
280th	410	Steels	Nicky	FV40	Keswick AC	GBR	00:57:39	02:42:52	05:56:16	10:47:06	12:23:05
281st	409	Steels	Dan	MV40	Keswick AC	GBR	00:56:47	02:42:37	05:56:11	10:46:44	12:23:09
282nd	228	Bradford	Lotty	FV40	Keswick AC	GBR	00:57:37	02:42:42	05:56:05	10:46:56	12:23:14
283rd	289	Hillier	Jay	M		GBR	00:48:28	02:15:37	05:03:45	06:55:21	12:27:46
284th	528	Greaves	Anna	FV40		GBR	00:56:30	02:41:36	05:48:42	10:47:21	12:27:48
285th	288	Hillier	Jason	MV50		GBR	00:48:32	02:15:32	05:04:01	06:55:15	12:27:55
286th	382	Jardine	Abigail	FV40	Eden Runners	GBR	01:02:37	02:57:49	06:00:24	10:50:02	12:28:07
287th	383	Jardine	James	MV40	Eden Runners	GBR	01:02:32	02:57:53	06:00:27	10:50:28	12:28:09
288th	406	Gilmore	Suzanne	FV50	Keswick ac	GBR	00:57:22	02:42:48	05:59:46	10:56:16	12:29:03
289th	347	Hardill-jones	Hannah	F		GBR	01:04:15	02:54:00	06:09:26	11:09:07	12:32:00
290th	558	Leader	Jill	FV60		GBR	01:00:11	02:52:03	06:02:27	11:06:24	12:44:18
291st	578	Nordon	Alison	FV50		GBR	01:02:23	02:52:06	06:01:27	11:01:58	12:44:24
292nd	640	Woodhead	Andrew	MV40		GBR	00:59:10	02:40:34	06:02:13	10:56:33	12:44:34
293rd	449	Thorn	Heather	FV40	Trail running nation	GBR	01:01:37	02:53:50	06:05:57	11:01:53	12:47:06
294th	507	Dearden	Linzi	FV50		GBR	01:01:34	02:53:48	06:05:53	11:01:50	12:47:07
295th	454	Lane	Dave	MV70	Vegan Runners	GBR	01:02:26	02:52:45	06:13:53	11:12:08	12:48:05
296th	455	Lane	Frederique	FV50	Vegan Runners	GBR	01:02:29	02:52:43	06:13:20	11:12:03	12:48:12
297th	494	Chandler	Deborah	FV50		GBR	01:03:17	02:52:23	06:12:12	11:16:20	12:49:28
298th	475	Barnes	Suzanne	FV50		GBR	01:03:20	02:52:26	06:12:23	11:16:18	12:49:33
299th	665	Kirk	Anna	F		GBR	00:58:48	03:00:18	06:14:45	11:08:10	12:55:02
300th	651	Chard	Joanne	FV40	Women On The Run	GBR	00:58:50	03:00:28	06:14:54	11:08:20	12:55:24
301st	1553	Boddy	Denise	FV50			01:08:01	03:14:38	06:39:59	11:28:06	12:58:00
302nd	601	Sands	Richard	MV50		GBR	01:01:46	02:59:26	06:21:36	11:21:13	13:04:29
303rd	623	Treadwell	Paul	MV50		GBR	01:01:48	02:59:43	06:20:58	11:21:09	13:04:37
304th	276	Day	Jon	MV50		GBR	00:58:22	02:46:21	06:13:27	11:26:25	13:23:23
305th	570	Marsh	Richard	MV50		GBR	01:05:58	03:11:31	06:50:19	12:05:02	14:06:02
306th	569	Marsh	Clare	FV40		GBR	01:06:02	03:11:23	06:51:14	12:05:19	14:06:21
	239	Hodgson	Karl	M	Red Rose Road Runners	GBR	00:36:46	01:34:54	03:13:59		05:23:05
	270	Carter	Phil	MV60		GBR	00:39:29	01:45:29	03:49:24		
	348	Hincks	Michelle	F		GBR	00:45:04	01:56:16	04:12:57		
	273	Crockford	Caitlin	F		GBR	00:50:15	02:20:38	05:08:48		
	599	Russell	Simon	MV40		GBR	00:44:02	01:53:32	04:08:19		
	232	Garvey	Gerry	MV50	Muddy Boots Nursery	GBR	01:00:43	03:04:02			
	471	Andrews	Sharon	FV50		GBR	00:58:50	02:49:58	06:29:39		
	506	Deakin	John	MV40		GBR	00:55:43	02:20:01	05:04:55		
	550	Jones	Chris	M		GBR	00:50:36	02:16:32	05:02:24		
	262	Battye	Michael	M		GBR	00:48:45	02:10:26	05:08:36		
	589	Pye	Andrew	MV40		GBR	00:46:39	02:03:48	04:29:17		
	641	Worthington	Steve	M		GBR	00:46:55	02:01:12	04:00:30		
	301	Navesey	Steve	MV60		GBR	01:00:47	02:42:12	05:55:45		
	464	Coupe	Graham	MV50	Wirral Vikings Trc	GBR	00:46:30	02:00:21	04:58:07		

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	571	Martland	Nick	MV50		GBR	00:48:37	02:05:12	04:23:44		
	461	Irvine	Gillian	FV60	Westerlands Cross Country Club	GBR	00:56:26	02:38:13			
	566	Long	Michael	M		GBR	00:46:18	02:04:28	04:35:01		
	520	Gatley	Antony	MV40		GBR	00:57:44	02:36:56	05:46:02		
	595	Rimmer	Craig	M		GBR	00:51:49	02:14:52	04:46:43		
	537	Hartle	Steven	MV40		GBR	00:51:45	02:19:41	05:41:36		
	474	Ashton	Rachel	FV40		GBR	01:09:07	03:18:18			
	685	Wright	Andrew	MV40		GBR	00:51:13	02:27:00			
	587	Powley	Jen	FV40		GBR	00:55:49	02:24:19	05:12:43		
	621	Travis	Jordan	M		GBR	01:01:02	02:47:38	06:16:56		
	496	Coates	Hilary	FV40		GBR	00:57:13	02:46:35	06:34:12		
	668	Main	Peter	MV70		GBR	00:58:48	02:49:55	06:29:45		
	336	Shaw	Tom	M	North Endurance	GBR	00:41:22	01:49:26			
	230	Bowker	Ian	MV50	Marple Runners	GBR	00:44:51	01:59:29	04:46:03		
	325	Waring	Stuart	MV40		GBR	00:54:38	02:30:08	05:08:54		
	213	Kendall	Michael	MV40	Cumberland Ac	GBR	00:48:05	02:30:17			
	248	Powley	Nicola	F	Washington	GBR	00:44:44	02:03:41			
	341	Bellwood	Adrian	M		GBR	00:43:20	01:52:30	03:50:50		
	229	Heald	Mary	F	Lancaster & Morecambe AC	GBR	00:39:46	01:51:14			
	573	McTavish	Alan	MV40		GBR	00:45:00	02:01:25	04:54:14		
	441	Mccarthy	Jeff	MV50	Rochdale Harriers	GBR	00:48:51	02:05:29	04:31:39		
	539	Heatley	Stuart	MV40		GBR	00:42:03	01:50:44	04:45:33		
	423	Walters	Keith	MV40	Moorside Park Run Club	GBR	01:03:43	02:57:07	06:44:59		
	534	Hanson	Rebecca	FV40		JEY	00:59:13	02:40:40	06:01:20		
	617	Taylor	Jack	M		GBR	00:49:53	02:14:13	04:52:32		
	643	Bodi	Ros	FV50	FERC	GBR	01:09:14	03:11:36	07:13:02		
	584	Peters	Nigel	MV60		GBR	00:55:52	02:28:14	05:24:18		
	335	Moggridge	Ian	M	Lonely Goat RC	GBR	00:47:52	02:03:32	04:23:55		
	405	Barry	Sharon	FV50	Keswick AC	GBR	00:49:59	02:15:35	04:47:18		
	314	Sims	Andrew	MV40		GBR	00:53:16	02:22:05	04:44:06		
	241	Hampson	Mike	MV50	Saddleworth runners	GBR	00:46:41	02:04:33	04:19:08		