

## Trail Run 10k

Pos	Gender Pos	Bib	Name	Gender	Age Cat	Club	Finish Time
<b>Trail Run 10k</b>							
1	1	661	Laurence Hill	m			0:39:40
2	2	1017	Noel Ford	m	U21	Warriors Pentathlon AC	0:41:28
3	3	549	Darren Coward	m		Glaxo Hoad Hill Harriers	0:44:02
4	4	574	Karl Dickenson	m		Lonely Goat Rc	0:44:24
5	5	1098	Jason Beare	m		Lancaster Runners	0:46:48
6	6	281	David Brown	m	MV 40		0:47:16
7	7	809	Jamie Quan-Soon	m	MV 40		0:47:24
8	8	895	Ben Taylor	m	U21		0:48:45
9	9	709	John Kilner	m	MV 40		0:48:47
10	10	1077	Harry J Vaneris	m	MV 40		0:49:14
11	11	352	Tom Willox	m		Helm Hill Runners	0:49:23
12	12	318	Ummar-Ali Mal	m	U21	Oxford Univeristy	0:49:39
13	13	819	Martyn Robinson	m	MV 50	Bats	0:50:24
14	14	706	Joshua Kent	m			0:51:12
15	15	522	David Calder	m	MV 60	Westerlands Cross Country Club	0:51:13
16	16	893	KK Tangjaitrong	m	U21		0:51:19
17	17	801	Rob Powell	m	MV 50	Scarborough Athletic Club	0:51:36
18	18	716	Stephen Langan	m	MV 50		0:51:36
19	1	1032	Kylie Barlow	f		St Helens Striders	0:51:39
20	2	694	Charlotte Jones	f			0:52:21
21	19	354	Oliver Wilson	m	U25		0:53:09
22	20	747	Shane Mcquillan	m			0:53:22
23	3	901	Jane Thomas	f		Sale Harriers	0:53:26
24	21	320	Jake McGill	m			0:53:50
25	22	483	Jonathan Belshaw	m	MV 40	ACF	0:54:41
26	4	530	Jennifer Casson	f	FV 40		0:54:58
27	23	868	Andrew Spence	m			0:55:00
28	5	501	Lauren Booth	f		Hoad Hill Harriers	0:55:00
29	6	755	Rebecca Modeley	f			0:55:16
30	24	733	Rayaan Mal	m	U21		0:55:46
31	25	707	Louis Kent	m	U21		0:55:50
32	7	73	Helen King	f	FV 50		0:55:51
33	26	401	Paul Myers	m	MV 50	Billinge running club	0:55:54
34	27	231	Trevor Hindle	m	MV 60	Goyt Valley Striders	0:55:57
35	28	690	Gareth johnson	m	MV 40	Nob end run club	0:56:08
36	29	568	Pete Davison	m	MV 50	Glaxo Hoad Hill Harriers	0:56:16
37	30	768	Robert Myatt	m	MV 40		0:56:22
38	31	963	Alan Wilson	m	MV 60	Glaxo Hoad Hill Harriers	0:56:42
39	8	612	Lucy Garrod	f	FV 50		0:56:51
40	9	918	Joanne Unsworth	f			0:56:57
41	32	508	Michael Brinkhuijsen	m	MV 40		0:56:59
42	10	748	sarah McVicar	f	FV 40		0:57:10
43	33	1051	Andrew O'boyle	m	MV 50		0:57:26
44	34	696	Ian Jones	m	MV 50		0:57:37
45	35	793	Thomas Pearson	m			0:57:37
46	11	378	Justine Patton	f			0:57:57
47	36	493	Phil Blakey	m	MV 60		0:58:10
48	12	144	Sarah Ward	f		Abbey Runners	0:58:11
49	13	874	Nicola Stanley	f	FV 50		0:58:19
50	37	965	Kev Wilson	m	MV 40		0:58:29
51	38	408	Mark Wilson	m	MV 50	No Drama Llamas Running	0:58:44
52	14	65	Melissa Gorst	f		Dallam	0:58:45
53	15	297	Barbara Ford	f	FV 40	Warriors PAC	0:58:49
54	39	896	David Taylor	m	MV 60	Cheshire Hash House Harriers	0:58:50
55	40	372	Barry Lyonette	m	MV 70	Pensby Runners	0:58:50



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56	41	207	Jake Byers	m			0:59:31
57	42	330	Mark Ogilvie	m	MV 60		0:59:54
58	16	858	Charlene Smith	f	FV 40		0:59:56
59	17	974	Lucy Zaboklicka	f	FV 40	Furness Fell Runners	0:59:56
60	43	699	Peter Jones	m	MV 50		1:00:01
61	18	579	Amelia Dore	f			1:00:13
62	19	79	Sandra Myers	f	FV 50	Billinge running club	1:00:17
63	44	883	Joe Strudwick	m			1:00:34
64	45	503	Alan Boyd	m	MV 50		1:00:36
65	46	718	Pete Lashley	m	MV 50		1:00:44
66	20	554	Rachel Crow	f			1:00:46
67	21	940	Jackie Watts	f	FV 40		1:01:26
68	47	486	Calum Bickerton	m		Backworth Cricket Club	1:01:35
69	22	410	Gillian Doolan	f	FV 50		1:01:37
70	23	135	Brenda Rutter	f	FV 60		1:01:45
71	48	1112	Roger Harrison	m	MV 60		1:01:51
72	49	238	Andy Johnson	m	MV 40		1:01:54
73	50	840	James Saunders	m			1:01:56
74	24	495	Helen Blunt	f	FV 40		1:02:14
75	51	481	Steven Bellamy	m	MV 40	Red Rose Runners	1:02:17
76	52	1045	Ian Lockhart	m	MV 40		1:02:17
77	25	550	Donna Crabtree	f	FV 50	Red Rose Road Runners	1:02:18
78	26	663	Laura Hindle	f		FVO	1:02:25
79	53	1101	Julian Burgess	m	MV 40		1:02:32
80	54	572	Michael Devlin	m	MV 40		1:02:32
81	27	138	Emma Shaw	f			1:02:32
82	28	126	Lauren McGill	f			1:02:32
83	29	1014	Caroline D'Arcy	f	FV 50		1:02:37
84	30	743	Sally McFarlane	f	FV 50	None	1:02:44
85	55	461	Graeme Atkinson	m	MV 50		1:03:17
86	56	302	Nigel Harrison	m	MV 60	Red Rose Road runners	1:03:20
87	57	1008	Christopher D'Arcy	m	MV 50		1:05:01
88	58	797	Rob PHILLISKIRK	m	MV 40	Marsh Lane Harriers	1:05:06
89	59	204	Peter Blackledge	m	MV 40		1:05:13
90	31	775	Mia O'Callaghan	f			1:05:21
91	32	498	Mandy Bond	f	FV 50		1:05:24
92	60	388	Lee Clark	m	MV 40	Team Acf	1:05:32
93	33	44	Sian Walsh	f			1:05:42
94	34	844	Sharon Scott	f	FV 50		1:05:48
95	61	451	Matthew Almond	m	MV 40	Lancaster Runners	1:05:49
96	35	617	Ian Glendenning	f	FV 50		1:05:49
97	36	488	Wendy Birkett	f	FV 60	Ambleside Athletic Club	1:05:52
98	62	211	Christopher Cox	m	MV 60		1:05:54
99	37	808	Aneesa Quan-Soon	f	FV 40		1:06:18
100	63	494	Phil Blaylock	m	MV 40	Team Lakeland Trails	1:06:25
101	64	555	John Croxford	m	MV 60	N/A	1:06:34
102	38	111	Ann Cleave	f	FV 60	Red Rose Road Runners	1:06:36
103	39	90	Alison Standeven	f	FV 40		1:06:38
104	65	929	Andrew Walmsley	m	MV 50		1:06:39
105	40	148	Susan Heaps	f	FV 60	St Helens Striders	1:06:45
106	66	255	Daniel Small	m			1:06:47
107	41	476	Sally Barton	f	FV 60	Glaxo Hoad Hill Harriers	1:06:47
108	42	67	Isabelle Harrison	f	U25		1:06:52
109	43	96	Debbie Torr	f	FV 40		1:07:05
110	67	642	Damien Hardy	m			1:07:08
111	68	536	Michael Charnock	m			1:07:11
112	44	535	Hilary Charnock	f	FV 40		1:07:12



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113	69	338	Adam Smith	m	MV 40		1:07:15
114	70	283	Jonathan Butterworth	m	MV 40		1:07:15
115	45	305	Rebecca Hilton	f		St Bees Triers	1:07:18
116	46	63	Rach Garner	f	FV 50	Prestwich AC	1:07:18
117	47	146	Jen Willits	f	FV 40	Team ACF	1:07:19
118	71	317	Matthew MADDOCK	m	MV 40		1:07:22
119	48	124	Rebecca Maddock	f	FV 40		1:07:22
120	49	666	Jane Hogan	f	FV 60		1:07:30
121	72	613	Tom Garrod	m	MV 50		1:07:39
122	73	669	Pete Holding	m	MV 60		1:07:39
123	74	360	Simon Cowling	m	MV 50		1:07:41
124	75	697	Ieuan Jones	m	MV 50		1:07:42
125	76	477	Simon Barton	m	MV 60	Glaxo Hoad Hill Harriers	1:07:44
126	50	384	Vicky Ward	f	FV 50		1:07:45
127	51	1055	Kate Peers	f	FV 40		1:07:49
128	52	56	Amanda Deane	f		Furness Fell Runners	1:07:50
129	77	274	John Bee	m	MV 60		1:07:50
130	78	311	Stephen Jolly	m	MV 60	Allithwaite Running Club	1:07:55
131	53	1113	Rosie Egan	f	FV 60		1:07:58
132	54	580	Jayne Dore	f	FV 50		1:07:58
133	55	740	Nina McCann	f	FV 40		1:08:10
134	79	906	Richard Tickner	m	MV 60		1:08:24
135	80	1063	Nicholas Schaffer	m	MV 60	Millom Striders	1:08:25
136	56	682	Helen Jack	f	FV 50		1:08:37
137	57	147	Julie Wisely	f	FV 50		1:08:37
138	81	670	Andrew Hollowbread	m	MV 50		1:09:14
139	82	649	Andy Hayes	m	MV 50		1:09:20
140	58	1083	Claire Willis	f	FV 40		1:09:21
141	83	1088	Ahmed Abbas	m	MV 60		1:09:21
142	84	392	Simon Forshaw	m	MV 50		1:09:23
143	59	112	Anne Cox	f	FV 60		1:09:28
144	60	820	Sarah Robinson	f	FV 50		1:09:28
145	85	348	Mark Wardley	m	MV 50		1:09:31
146	61	153	Samantha Mitchell	f			1:09:46
147	86	848	Mark Shaw	m	MV 60		1:09:48
148	62	903	Vanessa Thomson	f	FV 40		1:09:56
149	63	1040	Melanie Jerram	f	FV 50		1:09:58
150	87	346	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	1:10:00
151	64	309	Bethane Huntley	f			1:10:25
152	65	453	Lynn-marie Anderton	f	FV 50		1:10:26
153	66	509	Shelley Brinkhuijsen	f	FV 40		1:10:42
154	67	1012	Charlotte Duff	f			1:10:43
155	88	1073	Michael Swann	m	MV 40		1:10:44
156	68	1104	Emma Caswell	f	FV 40		1:10:44
157	89	260	Dave Thompson	m	MV 60		1:10:45
158	69	30	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	1:10:46
159	70	904	Deborah Thorneycroft	f	FV 50		1:10:49
160	90	769	Robert Myatt	m	MV 60		1:10:49
161	71	129	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	1:10:50
162	72	807	Alison Pye	f	FV 40		1:10:57
163	91	705	John Kent	m	MV 50		1:11:00
164	73	722	Jade Lawson	f			1:11:01
165	92	1058	Tony Priest	m	MV 50		1:11:07
166	93	1013	Joel Duff	m			1:11:16
167	74	576	Joanna Dixon	f			1:11:18
168	94	658	Ben Higginson	m	MV 60	Preston Harriers	1:11:40
169	95	947	Simon Whelan	m	MV 50		1:11:49



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170	75	490	Di Blackshaw	f	FV 40	Warrington Road Runners	1:11:55
171	96	1027	Tom Halliwell	m	MV 40	Nob End Run club	1:11:55
172	97	1093	Ryan Armitage	m	MV 40	Nob End Run club	1:11:56
173	98	452	Wolfgang Altenau	m	MV 70		1:12:07
174	76	236	Fiona Jackson	f	FV 40		1:12:07
175	77	70	Lucy Johnson	f	FV 40		1:12:07
176	78	40	Kim Stockdale	f	FV 50		1:12:18
177	79	69	Beth Irving	f	FV 50		1:12:19
178	99	397	Philip Loftus	m	MV 60		1:12:20
179	100	704	Connor Kent	m			1:13:09
180	80	143	Helen Tope	f			1:13:16
181	81	537	Jane Cheetham	f	FV 50	Goostrey Striders	1:13:22
182	101	228	Dave Hill	m	MV 50	Billinge Running Club	1:13:23
183	102	282	Peter Burlingham	m	MV 40		1:13:30
184	103	345	Carl Waite	m	MV 60		1:13:48
185	82	217	Zoe Gelderd	f			1:14:06
186	83	104	Chloe Almond	f		Lancaster Runners	1:14:41
187	104	902	Danny Thompson	m	MV 60		1:14:41
188	84	581	Katy Dowdall	f			1:14:47
189	105	272	Damian Barrous Dume	m			1:15:05
190	85	340	Kate Stevenson	f			1:15:05
191	86	538	Janice Chruscht	f	FV 40	Airecentre Pacers	1:15:11
192	106	497	Pete Boddy	m	MV 50		1:15:15
193	87	496	Diane Boddy	f	FV 40		1:15:15
194	88	75	Ruth Lilliott	f	FV 60		1:15:19
195	89	54	Carol Cox	f	FV 50		1:15:20
196	90	213	Katie Egan	f			1:15:25
197	91	786	Sally Parkinson	f	FV 40		1:15:26
198	107	588	Albert Durance	m	U21		1:15:26
199	92	344	Leanne Topcuoglu	f	FV 40	ACF Standish	1:15:27
200	108	310	Allan Johnson	m	MV 70	Lakeside Lincoln	1:15:28
201	93	293	Bernice Edwards	f	FV 40		1:15:48
202	109	263	Bjorgvin Vigfusson	m			1:16:26
203	110	894	Stuart Tate	m	MV 40		1:16:29
204	94	294	Clare Egan	f			1:17:07
205	111	216	Steve Garland	m	MV 60		1:17:10
206	95	1059	Cindy Quirk	f	FV 70		1:17:12
207	96	601	Shirley Faichen	f	FV 60	Gosport Road Runners	1:17:16
208	97	657	Rachel Hickman	f			1:17:19
209	98	805	Karen Price	f	FV 60		1:17:31
210	99	475	Ruth Bartlett	f	FV 60		1:17:31
211	100	1038	Jane Hunter	f	FV 60		1:17:38
212	101	333	Yasmin Porter-bee	f			1:17:48
213	102	41	Alexia Taylor	f	FV 40		1:18:16
214	103	675	Pamela Howard	f	FV 70		1:18:21
215	104	323	Kerry Messenger	f	FV 40		1:18:28
216	105	533	Karen Chandisingh	f	FV 50		1:18:40
217	106	623	Sarah Greaves	f	FV 50		1:18:41
218	107	71	Jennifer Kilner	f	FV 40		1:19:02
219	108	750	Lesley Messenger-jones	f	FV 50		1:19:04
220	109	368	Catherine Hunt	f	FV 40	Women On The Run	1:19:04
221	110	82	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	1:19:05
222	112	284	Richard Campbell	m	MV 40		1:19:18
223	111	295	Jayne Elliott	f	FV 50		1:19:19
224	112	1001	Lynn Cook	f	FV 60	Millom Striders	1:19:30
225	113	597	Kit Erlebach	m	MV 50	Durham City Harriers	1:19:52
226	113	598	Sarah Erlebach	f	FV 50	Mums on the Run	1:19:54



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227	114	1076	Susan Travis	f	FV 60		1:19:58
228	115	1015	Abigail Edmondson	f	FV 40		1:19:58
229	116	664	Ali Hodgson	f	FV 50		1:19:59
230	114	269	Andrew Woods	m	MV 60	Millom Striders	1:20:02
231	117	1102	Vanessa Cadman	f	FV 40		1:20:19
232	118	930	Josephine LOUISE Walsh	f	FV 50		1:20:21
233	119	702	Heather Keiller	f	FV 50		1:20:27
234	120	35	Basia Nowak	f	FV 40		1:20:33
235	121	258	Nicole Spibey	f	FV 40		1:20:33
236	122	936	Gilly Waterman	f	FV 60		1:20:37
237	123	110	Gemma Clarke	f	FV 40		1:20:38
238	115	948	James Whiston	m	U21		1:20:42
239	124	695	Helen Jones	f	FV 40		1:20:43
240	125	21	Samantha Arden	f			1:20:51
241	126	117	Belinda Garland	f	FV 60		1:21:27
242	127	1075	Sarah Tranter	f	FV 40		1:21:33
243	128	821	Georgie Robson	f			1:21:33
244	129	229	Jane Hill	f	FV 50		1:21:42
245	130	527	Helen Carlson	f	FV 40		1:21:45
246	131	870	Esmeri Spruce	f			1:21:49
247	116	589	Alex Durance	m	MV 50		1:22:15
248	132	23	Kathryn Atkinson	f	FV 40	Trawden Athletic Club	1:22:20
249	117	267	Brian Winder	m	MV 70	Trailblazers	1:22:37
250	133	26	Georgina Briffett	f	FV 50	Lancaster & Morecambe AC	1:23:05
251	134	130	Helen Patten	f	FV 50	Red Rose Runners	1:23:06
252	135	577	Sara Dobson	f	FV 50		1:23:18
253	118	897	Mark Taylor	m	MV 60	Audenshaw Asthmatics	1:23:25
254	136	100	Mandi Wilson	f			1:23:33
255	137	927	Fran Walker	f	FV 50		1:23:33
256	138	131	Lisa Paxton	f	FV 40		1:24:16
257	139	205	Helen Borking	f	FV 50		1:24:19
258	140	248	Jade Pawson	f			1:24:50
259	119	400	John Melling	m	MV 60		1:25:03
260	141	36	Julia Park	f	FV 50	Me	1:26:03
261	120	395	Peter Jones	m	MV 60	Marsh Lane Harriers	1:26:05
262	142	58	Helen E Eddie	f	FV 40	Macclesfield Harriers	1:26:48
263	143	373	Christine Marshall-Smart	f	FV 60		1:26:56
264	121	749	Edward Melling	m	MV 60		1:27:46
265	144	1074	Jane Thwaites	f	FV 70		1:28:01
266	145	48	Frances Benns	f	FV 40		1:28:28
267	146	973	Alice Wort	f	FV 40		1:28:29
268	147	802	Louise Prescott	f	FV 40		1:28:39
269	148	1079	Jenny White	f	FV 60	BodyFit Cumbria	1:29:32
270	122	781	Helen Pagett	m	MV 40		1:29:33
271	149	504	Beth Bradshaw	f			1:29:35
272	150	803	Alexandra Preugschat	f			1:29:37
273	123	782	Martin Pagett	m	MV 40		1:29:58
274	124	828	David Rosen	m	MV 70	Lancaster & Morecambe AC	1:30:04
275	151	860	Despina Smith	f	FV 40	Didsbury Mums on the Run	1:31:47
276	125	949	Philip Whiston	m	MV 40		1:31:50
277	126	234	Chris Hutchinson	m	MV 60		1:36:58
278	127	341	Mark Sullivan	m	MV 60		2:10:14
279	128	873	Joel Stanier	m	MV 40	Red Rose Road Runners	4:22:02

Number of records: 279

