

Lakeland Trails 2016 Dirty Double 10km Ladies

Name	Category	Club	Helvellyn	Ullswater	Total
Louise Winter		Keswick AC	0:48:21.5	0:46:40.3	1:35:02
Angela Richardson		Elswick harriers	0:50:52.0	0:48:36.0	1:39:28
Nicola Gibson	Lady Veteran 40	U/A Ulverston, cumbria	0:50:34.9	0:51:20.9	1:41:56
Jane Mellor		U/A Bridge of Weir,	0:51:48.1	0:52:32.4	1:44:21
Kirsty McIntyre		Chorlton Runners	0:54:15.7	0:51:03.3	1:45:19
Kerry Newton		Smiley Paces	0:54:58.6	0:51:39.7	1:46:38
cathryn cotterill	Lady Veteran 50	Highland Hill Runners	0:54:08.4	0:52:57.3	1:47:06
Hayley Livesey	Lady Veteran 40	U/A Lincoln, Lincolnshire	0:58:25.1	0:56:03.7	1:54:29
Zoe Bridges	Lady Veteran 40	U/A Sudbury, Suffolk	0:58:47.8	0:59:28.6	1:58:16
Nicola Sproson	Lady Veteran 40	Nics Nordic Walks	1:01:21.8	0:58:00.4	1:59:22
PAULINE NAYLOR	Lady Veteran 50	n/a	1:00:12.7	1:01:35.4	2:01:48
Joanne Battersby	Lady Veteran 50	Smiley Paces	1:01:47.3	1:00:13.4	2:02:01
Carol Brough		Chorlton Runners	0:58:34.1	1:04:12.2	2:02:46
Delia Watts	Lady Veteran 50	Smiley Paces	1:02:54.4	1:00:59.2	2:03:54
Catherine Higson		U/A Keswick, Cumbria	1:04:05.9	1:01:17.9	2:05:24
Elaine Tompkins		U/A Colne, Lancashire	1:02:15.1	1:04:11.3	2:06:26
Linda Gant	Lady Veteran 50	St.Bees Triers	1:01:31.8	1:05:21.9	2:06:54
Vicky Johnston	Lady Veteran 40	St Bees Triers	1:01:44.4	1:05:21.7	2:07:06
sally Slack		U/A Penrith,	1:04:34.4	1:02:46.6	2:07:21
Kay Campbell	Lady Veteran 40	RL Hughes Primary School	1:05:56.2	1:01:45.7	2:07:42
Claire Bewsher	Lady Veteran 40	U/A Chorley, Lancashire	1:04:13.8	1:03:30.0	2:07:44
Carol Dent	Lady Veteran 60	Crocwalkers	1:06:03.6	1:04:04.3	2:10:08
Toby Brothers	Lady Veteran 50	Hampstead Heath Park Run	1:02:53.9	1:10:12.2	2:13:06
Heather Gilbert	Lady Veteran 40	U/A Disley, Cheshire	1:07:38.0	1:06:57.1	2:14:35
Cath Malone		U/A Cocker mouth , Cumbria	1:09:26.5	1:08:28.4	2:17:55
Madeline MacKenzie		U/A London, London	1:08:36.7	1:10:11.8	2:18:49
Heidi Martin		St.Bees Triers	1:08:16.6	1:10:53.6	2:19:10
Laura Clements	Lady Veteran 50	U/A Penrith, Cumbria	1:11:35.8	1:09:51.0	2:21:27
Emily Alston	Lady Veteran 40	Edinburgh Running Network	1:11:08.7	1:10:24.6	2:21:33
Juliet Rodgers	Lady Veteran 50	U/A London,	1:08:33.2	1:14:40.1	2:23:13
Anna Walton	Lady Veteran 40	None	1:12:09.2	1:11:08.8	2:23:18
Helen Crimlisk	Lady Veteran 50	Simley Paces	1:14:58.5	1:08:24.6	2:23:23
Clair Bonner	Lady Veteran 40	U/A Keighley, West Yorkshire	1:14:35.9	1:13:39.4	2:28:15
Roisin Black		U/A Skipton, North Yorkshire	1:14:33.1	1:14:58.7	2:29:32
Maria Varlas		Giggleswick Gazelles	1:14:33.4	1:14:58.9	2:29:32
Bridget Peacock	Lady Veteran 40	U/A London,	1:15:40.6	1:16:29.6	2:32:10
Susan Dunne		U/A King's Lynn, Norfolk	1:15:40.6	1:17:22.8	2:33:03
Katie Wray		U/A Manchester,	1:02:56.2	1:30:11.2	2:33:07
Abbi French		U/A York, North yorkshire	1:18:28.5	1:14:58.8	2:33:27
Julie Loftus	Lady Veteran 50	U/A Bolton, Lancashire	1:20:28.9	1:16:36.9	2:37:06
Liane Thompson	Lady Veteran 50	U/A Barrow-in-Furness, Cumbria	1:14:35.9	1:23:29.4	2:38:05
Clare Proctor		U/A Manchester,	1:22:48.4	1:18:21.1	2:41:09
Lynn Smith	Lady Veteran 50	Horwich RMI Harriers	1:20:56.0	1:21:23.5	2:42:19
Lesley Davidson	Lady Veteran 60	Horwich RMI Harriers	1:20:56.2	1:21:23.6	2:42:20
Karen Braddon	Lady Veteran 60	Crocwalkers	1:25:28.6	1:22:22.5	2:47:51
Fiona Anderson		Leverets	1:32:26.7	1:28:19.9	3:00:47