

Lakeland Trails in Helvellyn

Helvellyn Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
1.	637	Michael Metcalfe	m		Warrington RC	1:00:06.4	1:00:05.4
2.	1124	Tom Nicholson	m		Lancaster University Running Club	1:02:37.3	1:02:35.9
3.	943	Paul Macfarlane	m		Batala Mountain Runners	1:04:05.3	1:04:03.2
4.	794	Tim Johnstone	m	Veteran 40	U/A Chorley, Lancashire	1:06:37.3	1:06:24.6
5.	751	Gregory du Tertre	m		U/A Selby,	1:06:49.2	1:06:46.8
6.	913	Gope Walker	m	Veteran 40	Berkshire Tri Squad	1:08:05.5	1:08:04.4
7.	620	James Ireland	m		U/A Knaresborough, North Yorkshire	1:08:25.9	1:08:24.2
8.	497	steve brown	m	Veteran 50	U/A windermere, cumbria	1:08:43.8	1:08:40.9
9.	718	Shaun McGlynn	m		U/A Sunderland, Wearside	1:11:27.2	1:11:22.0
10.	624	Dan Foley	m		U/A Harrogate, N.Yorks	1:11:34.8	1:11:32.9
11.	1113	Steven Gore	m		Wesham RR	1:11:44.7	1:11:38.7
12.	999	Chris Lewarne	m		U/A Blackburn , Lancashire	1:11:48.6	1:11:39.7
13.	1006	Mike Hopkins	m	Veteran 50	U/A liverpool,	1:12:25.9	1:12:24.5
14.	1126	Jason Pollock	m	Veteran 40	U/A Carlisle , Cumbria	1:12:35.8	1:12:33.3
15.	1111	Jason Brown	m	Veteran 40		1:12:38.4	1:12:34.6
16.	601	Jonathan Fletcher	m	Veteran 50	Bedale and Aiskew	1:13:13.0	1:13:05.0
17.	1029	Paul Lindley	m		U/A Liverpool, Merseyside	1:13:23.7	1:13:00.3
18.	929	Mark Donohue	m		U/A Leeds, West Yorkshire	1:14:08.3	1:14:05.0
19.	884	Edward Pugh	m		School if Science	1:14:12.3	1:13:24.0
20.	771	Andy Phillips	m			1:14:20.2	1:14:14.3
21.	981	Rachael Ridley	f	Lady V40	Border Reiver Runners	1:14:27.8	1:14:25.2
22.	1129	Sean Barry	m	Veteran 40	U/A huddersfield,	1:14:39.5	1:14:28.3
23.	671	Nicholas Cooper	m	Veteran 50	Shelton Striders	1:15:13.8	1:14:56.2
24.	650	William Powis	m		U/A Whitley Bay, Tyne and Wear	1:16:00.3	1:15:56.1
25.	873	Amit Sharma	m		U/A Skelmersdale, Lancashire	1:16:11.1	1:15:23.4
26.	1045	Tom Corden	m	Veteran 40	U/A Nottingham,	1:16:16.1	1:16:14.4
27.	714	Oliver Jones	m		U/A Bedford, Bedfordshire	1:16:19.6	1:16:10.4
28.	1067	William McAllister	m		Parkside Panthers	1:16:20.6	1:16:10.5
29.	518	Stephen Huyton	m		Newburgh Nomads	1:16:36.6	1:16:25.7
30.	597	darren ernst	m		U/A Carlisle, cumbria	1:16:40.6	1:16:08.3
31.	819	Paul Rawlinson	m		DH Runners	1:16:46.3	1:16:18.4
32.	554	Andy Mingay	m		Eden Runners	1:16:52.9	1:16:50.8
33.	1118	Steve Cullen	m	Veteran 50	U/A Ellesmere Port,	1:16:57.5	1:16:55.4
34.	490	alan parker	m	Veteran 50	U/A stoke on trent,	1:17:00.2	1:16:53.7
35.	654	Paul Dunne	m		U/A Kings's Lynn, Norfolk	1:17:00.7	1:16:14.3
36.	912	James Barry	m		U/A High Wycombe, Buckinghamshire	1:17:22.5	1:17:18.1
37.	960	Michael Breakspeare	m	Veteran 40	U/A Leeds, West Yorkshire	1:17:33.8	1:17:23.6
38.	776	Daniel Dunbabin	m		U/A Warrington, Cheshire	1:17:50.6	1:17:43.6
39.	759	David Craggs	m	Veteran 40	Tailenders	1:17:59.2	1:17:54.6
40.	756	Darren Armstrong	m	Veteran 40	North Norfolk Beach Runners	1:18:00.9	1:17:48.5
41.	928	Tom Holman	m		U/A Grange-over-Sands, Cumbria	1:18:02.9	1:17:45.0
42.	619	Nick Howe	m		U/A Liverpool,	1:18:03.9	1:17:46.7
43.	1135	William Roberts	m		U/A Warrington, Cheshire	1:18:16.0	1:17:37.4
44.	741	Chris Brown	m		Red Rose Road Runners	1:18:22.8	1:18:15.4
45.	907	Barry Green	m	Veteran 40	U/A Cookham, Berkshire	1:18:33.1	1:18:29.4
46.	724	CHARLES COLBY	m	Veteran 40	Bowland Fell Runners	1:18:45.7	1:18:40.0
47.	839	Richard White	m		U/A Knaresborough, North Yorkshire	1:18:47.6	1:18:39.1
48.	625	greg swinbourne	m	Veteran 40	Hartlepool burn road harriers	1:18:52.3	1:18:37.1
49.	975	arthur brenton	m		U/A northampton,	1:18:58.3	1:18:37.1
50.	593	Paul Ross	m		U/A Rowlands Gill, Tyne and Wear	1:19:17.5	1:18:55.1
51.	1128	Angela Grace	f	Lady V40	U/A Cranage, Cheshire	1:19:24.5	1:19:09.6
52.	700	Mark Franey	m	Veteran 40	U/A Prenton,	1:19:38.7	1:19:26.8
53.	795	Gemma Preston	f		U/A Chorley, Lancashire	1:19:50.0	1:19:37.3
54.	989	Jonathan Bryant	m		U/A Birmingham,	1:19:52.2	1:19:45.7
55.	904	Lee Brogan	m		Milltown Rats	1:20:12.6	1:19:11.6
56.	901	Rebecca Antcliffe	f	Lady V40	U/A Hebden Bridge, West Yorkshire	1:20:13.4	1:19:36.0
57.	511	Katie Samuelson	f		Cambridge & Coleridge AC	1:20:15.0	1:19:58.3
58.	824	Paddy Watson	m		U/A Edinburgh,	1:20:22.5	1:20:13.6

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
59.	872	Claire Milton	f		U/A Salford,	1:20:28.8	1:19:42.0
60.	512	Darren Gillman	m	Veteran 40	Cambridge & Coleridge	1:20:29.5	1:20:07.6
61.	535	Pete Lashley	m	Veteran 40	U/A Milnthorpe, Cumbria	1:20:30.0	1:20:21.5
62.	487	Matthew Elliott	m		U/A Manchester,	1:20:30.8	1:20:12.9
63.	463	terry moss	m	Veteran 40	U/A preston, lancashire	1:20:33.1	1:20:24.7
64.	521	Mike Collins	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	1:20:36.4	1:20:31.8
65.	1103	fay tuffen	f	Lady V40	U/A troutbeck bridge, cumbria	1:20:41.6	1:20:38.0
66.	925	simon wright	m	Veteran 50	U/A lytham st. annes, lancashire	1:20:51.4	1:20:39.7
67.	473	Stuart Bell	m	Veteran 50	Kendal AC	1:20:55.5	1:20:52.1
68.	499	Philip Higgins	m	Veteran 40	Kendal Tri Club	1:21:02.0	1:20:59.0
69.	584	Phil Stones	m	Veteran 50	U/A Cleator Moor, Cumbria	1:21:25.8	1:20:48.7
70.	939	Sally Brading	f		U/A Carlisle, Cumbria	1:21:54.8	1:21:30.9
71.	808	Edward Hill	m	Veteran 40	U/A Huddersfield ,	1:22:02.1	1:21:35.8
72.	1024	Stphen Beard	m		U/A Thirnton, Lancashire	1:22:26.0	1:22:20.3
73.	826	Nathan Danby	m		U/A Halifax, West Yorkshire	1:22:50.4	1:22:41.8
74.	753	Ian Davies	m		U/A Edinburgh,	1:22:50.5	1:22:41.3
75.	825	Anna Danby	f		U/A Edinburgh,	1:22:50.6	1:22:42.0
76.	899	Mark Thorpe	m	Veteran 40	U/A Preston, Lancashire	1:22:55.5	1:22:43.1
77.	822	Peter Little	m	Veteran 40	U/A High Harrington, Cumbria	1:23:03.3	1:22:43.3
78.	1112	Find Jorgensen	m	Veteran 40		1:23:13.5	1:22:24.0
79.	735	Daniel Bolton	m		Pennington Flashers	1:23:14.3	1:22:53.4
80.	691	Howard Plaut	m	Veteran 50	U/A Crook, County Durham	1:23:21.9	1:23:08.0
81.	792	Jonathan Moss	m	Veteran 40	U/A Scunthorpe,	1:23:38.8	1:23:13.7
82.	1134	Dave Bartrum	m	Veteran 40	Alnwick Harriers	1:23:40.8	1:23:16.5
83.	905	Ash Barnes	m		Milltown Rats	1:23:42.1	1:22:40.8
84.	1005	Matt McCairn	m		U/A St Helens, Merseyside	1:23:50.8	1:23:41.2
85.	662	Charlotte Logie	f		South Cheshire Harriers	1:24:11.3	1:24:06.3
86.	678	David Campbell	m		U/A Widnes, Cheshire	1:24:15.1	1:23:47.4
87.	653	John Wilcock	m	Veteran 40	n/a	1:24:51.3	1:24:47.7
88.	652	Dominic Pope	m	Veteran 40	U/A Ulverston, Cumbria	1:24:51.5	1:24:47.6
89.	787	Richard Ward	m	Veteran 40	Red rose road runners	1:24:57.1	1:24:02.9
90.	491	roger harrison	m	Veteran 60	cheshire hash house harriers	1:25:01.3	1:24:46.3
91.	1060	Jason Brant	m		U/A Normanton,	1:25:04.6	1:24:50.9
92.	1037	Gill Cox	f		U/A Ambleside, Cumbria	1:25:12.1	1:25:10.2
93.	1122	PHILIP DAVIDSON	m	Veteran 50	RED ROSE ROAD RUNNERS	1:25:17.0	1:25:10.0
94.	856	Gordon Fletcher	m	Veteran 60	Batala Mountain Runners	1:25:19.0	1:24:50.8
95.	1069	Alex Cole	m		U/A Crowborough, East Sussex	1:25:26.7	1:24:44.1
96.	683	Craig Hetherington	m		Stirling Triathlon Club	1:25:36.1	1:24:56.0
97.	516	Robert Fry	m	Veteran 50	U/A Wigan,	1:25:39.9	1:25:15.8
98.	933	Nicholas Peterkin	m	Veteran 40	U/A Manchester,	1:25:49.6	1:25:25.1
99.	613	Richard Manley	m		U/A Wirral, Merseyside	1:25:52.5	1:25:25.0
100.	1114	Anna Anderson	f		U/A Edinburgh,	1:25:55.2	1:25:03.7
101.	1066	Andrew Kyle	m		U/A Spennymoor, Durham	1:26:04.6	1:25:30.3
102.	673	Jenny Simpson	f		North Shields Poly	1:26:25.5	1:26:15.4
103.	534	Iain Rankin	m	Veteran 40	U/A Macclesfield, Cheshire	1:26:31.5	1:25:36.1
104.	544	sandy walster	f		Cleethorpes ath	1:26:56.7	1:26:43.1
105.	603	Stephen Race	m	Veteran 40	U/A Grimsby,	1:26:57.5	1:26:42.5
106.	659	Adam Barker	m	Veteran 40	U/A Altrincham, Cheshire	1:27:06.0	1:26:10.3
107.	651	Dale Alltree	m	Veteran 40	U/A Haltwhistle,	1:27:12.9	1:27:09.5
108.	976	Christopher Edwards	m		U/A Manchester,	1:27:14.3	1:26:57.7
109.	590	Peter Houghton	m		U/A Chorley, Lancashire	1:27:19.0	1:27:08.4
110.	686	Fraser Dales	m	Veteran 40	U/A Grimsby, N E Lincs	1:27:21.6	1:26:40.3
111.	1058	KATE WILSON	f	Lady V40	U/A KENDAL, CUMBRIA	1:27:25.3	1:27:20.1
112.	804	Chris Aulton	m	Veteran 40	Balanced Performance	1:27:38.3	1:27:23.2
113.	797	Andy Holohan	m	Veteran 40	Harrogate Harriers AC	1:27:38.6	1:26:54.9
114.	575	Janice Metcalf	f	Lady V50	U/A Preston, Lancs.	1:27:53.1	1:27:39.4
115.	574	Alan Metcalf	m	Veteran 50	Preston Harriers	1:27:53.3	1:27:39.7
116.	470	Jonathan Watt	m	Veteran 50	U/A Altrincham, Cheshire	1:28:00.0	1:27:44.1

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
117.	1117	Mark Hill	m		Chester Triathlon Club	1:28:04.6	1:28:03.2
118.	723	ANGELA COLBY	f	Lady V40	Bowland Fell Runners	1:28:17.2	1:28:11.4
119.	944	Jenny Wroe	f		Batala Mountain Runners	1:28:24.7	1:27:59.3
120.	1019	Glen Cropper	m		Tideswell Running Club	1:28:30.2	1:28:06.3
121.	626	nichola swinbourne	f		Hartlepool burn road harriers	1:28:34.6	1:28:16.3
122.	924	Tania Milnes	f		Batala Mountain Runners	1:28:50.3	1:28:22.4
123.	596	Carl Fisher	m		U/A Leyland, Lancashire	1:28:56.3	1:28:03.5
124.	607	Samantha Scanlon	f		Red Rose Road Runners	1:28:56.5	1:28:02.8
125.	969	howard burke	m	Veteran 50	Unattached	1:29:31.0	1:28:38.0
126.	632	Dan Poltawski	m		U/A Lancaster,	1:29:40.0	1:29:08.8
127.	1064	Susan Whittaker	f	Lady V50	U/A Carnforth, Lancs	1:29:44.8	1:29:37.5
128.	1048	matt lusardi	m	Veteran 40	none	1:29:45.3	1:28:43.2
129.	900	robert uttley	m	Veteran 40	U/A bolton, lancashire	1:29:55.9	1:28:55.6
130.	1046	Katie Shorrock	f		U/A Leamington Spa, Warwickshire	1:29:56.5	1:29:48.8
131.	1010	Neil Brannelly	m	Veteran 40	U/A Prescot, Merseyside	1:30:04.2	1:29:37.4
132.	946	Sam Charles	m		U/A Manchester,	1:30:08.6	1:29:20.4
133.	757	Sally Walker	f		U/A Penrith,	1:30:16.9	1:30:11.5
134.	532	michael pickard	m	Veteran 50	U/A Leeds,	1:30:41.2	1:29:54.0
135.	510	Robert Bentley	m		U/A Manchester,	1:30:45.0	1:30:30.7
136.	952	Neil Critchlow	m		U/A Stockport, Greater Manchester	1:30:47.3	1:29:58.5
137.	951	Paul Fernandez	m	Veteran 50	U/A Manchester, Greater Manchester	1:30:47.5	1:29:58.5
138.	481	Anna Gibbons	f		n/a	1:30:51.9	1:30:42.8
139.	809	Lorraine Thompson	f	Lady V40	Womens running network	1:30:58.0	1:30:33.8
140.	1055	Michael Davies	m	Veteran 40	U/A Chester, Flintshire	1:31:02.7	1:30:28.3
141.	476	Ginny Newman	f	Lady V50	U/A Manchester,	1:31:03.7	1:30:59.6
142.	1025	James Alderson	m		U/A Thornton Cleveleys , Lancashire	1:31:04.2	1:30:58.0
143.	838	Daniel Sullivan	m		U/A Brampton, Cumbria	1:31:10.1	1:31:00.6
144.	812	Marcus Howell	m	Veteran 40	U/A Chorley, Lancashire	1:31:11.0	1:30:42.0
145.	595	Matthew Tyrer	m		U/A Heath charnock, Lancashire	1:31:20.7	1:31:11.0
146.	1133	Maureen Bartrum	f	Lady V40	Alnwick Harriers	1:31:21.0	1:30:55.0
147.	736	Ian Gibson	m	Veteran 50	Tynedale Harriers	1:31:21.5	1:30:40.3
148.	704	Amanda Hall	f		U/A North Shields, Tyne & Wear	1:31:22.8	1:31:12.9
149.	734	Peter Medicott	m	Veteran 40	Warrington Road Runners	1:31:25.2	1:31:03.8
150.	515	Mark Jesson	m	Veteran 40	Pendle Forest Orienteers	1:31:27.5	1:30:30.9
151.	663	Scott Logie	m	Veteran 40	U/A Nantwich, Cheshire	1:31:29.9	1:31:24.3
152.	945	Joanne Marsden	f	Lady V40	Tynedale Harriers	1:31:31.9	1:30:52.5
153.	588	Owen Davies	m	Veteran 60	U/A Sedbergh,	1:31:38.8	1:31:29.0
154.	926	Richard Jackson	m	Veteran 50	U/A Cracoe, North Yorkshire	1:32:13.4	1:32:04.0
155.	1049	paul thompson	m	Veteran 40	U/A ashington, northumberland	1:32:26.7	1:32:13.9
156.	890	Matthew Derrick	m		U/A Cottingham,	1:32:30.3	1:31:41.6
157.	883	Damian Cowell	m	Veteran 40	Warrington Running Club	1:32:30.5	1:32:20.2
158.	1115	Ally Briscoe	f	Lady V40	U/A Altrincham, Cheshire	1:32:37.1	1:32:05.8
159.	1116	Clive Briscoe	m	Veteran 50	U/A Altrincham, Cheshire	1:32:38.4	1:32:06.4
160.	728	Apryle Horbal	f		U/A Edinburgh,	1:32:43.9	1:31:53.0
161.	780	Joanna Fitch	f		U/A Wandsworth, London	1:32:49.1	1:32:35.4
162.	1061	John Grey	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	1:32:49.6	1:32:31.2
163.	1062	Sarah Grey	f	Lady V40	U/A Whitley Bay, Tyne and Wear	1:32:49.8	1:32:31.0
164.	1063	Ian Grey	m	Veteran 40	U/A Whitley Bay, Tyne and Wear	1:32:49.9	1:32:31.1
165.	458	Sabiene Ross	f	Lady V40	U/A Wigton, Cumbria	1:32:54.5	1:32:21.3
166.	707	Liz Cook	f	Lady V40	U/A Wigan, Lancs	1:32:55.3	1:32:43.1
167.	717	Stuart Whittaker	m	Veteran 50	Hartlepool burn road harriers	1:33:02.6	1:32:44.4
168.	748	Susan Black	f	Lady V40	Tynedale Harriers	1:33:03.0	1:32:21.8
169.	721	Ruth Morgan	f		U/A Edinburgh,	1:33:05.7	1:32:14.8
170.	889	Glyn Hodgson	m		U/A Lancaster ,	1:33:07.0	1:32:28.7
171.	531	Steve Spooner	m	Veteran 40	U/A Bollington, Cheshire	1:33:23.7	1:32:27.6
172.	1068	Jonathan Manners	m		U/A Crowborough , East sussex	1:33:39.9	1:32:56.6
173.	533	Craig Coates	m		U/A stretford ,	1:33:44.1	1:32:43.9
174.	698	Colin Goulder	m		U/A Lymm, Cheshire	1:34:11.0	1:33:59.7

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175.	466	mark cuerden	m	Veteran 50	U/A preston, lancs	1:34:14.1	1:33:41.6
176.	616	Neil MacNeill	m	Veteran 40	U/A Edinburgh, Midlothian	1:34:17.2	1:33:42.1
177.	609	Chris Smart	m		U/A Halifax,	1:34:24.3	1:33:37.9
178.	859	steve parkes	m	Veteran 50	U/A darlington, durham	1:34:26.9	1:33:55.1
179.	1121	Amanda Walsh	f	Lady V50	Womens Running Network	1:34:27.2	1:34:00.5
180.	744	Stephen Cummins	m	Veteran 50	U/A Bolton,	1:34:27.3	1:33:53.4
181.	633	Tom Gallagher	m		Derwent AC	1:34:34.1	1:34:27.5
182.	980	Dario Mezzullo	m		Border Reivers	1:34:38.7	1:34:04.6
183.	697	Steven Ruddock	m		Cheshire Tally Ho	1:34:43.6	1:34:31.2
184.	891	Mike Potts	m	Veteran 40	U/A Stockport, Cheshire	1:34:48.0	1:34:16.3
185.	1102	Margaret Lupton	f	Lady V40	Red Rose Road Runners	1:34:50.1	1:34:04.4
186.	892	Dave Eatough	m	Veteran 40	U/A Stockport, Cheshire	1:35:00.2	1:34:31.4
187.	649	Ross Singleton	m	Veteran 50	U/A Bristol,	1:35:04.8	1:34:53.4
188.	1080	Kenneth Wheeler	m	Veteran 50	Concordia Runners And Peddlers	1:35:11.9	1:34:35.2
189.	489	Igal Nagar	m	Veteran 50	U/A Sutton Coldfield, West Midlands	1:35:17.3	1:34:59.7
190.	727	Alison Hanlon	f		U/A Edinburgh,	1:35:18.1	1:34:27.2
191.	1038	steven gannon	m	Veteran 50	U/A stockport , cheshire	1:35:24.9	1:35:20.6
192.	478	IAN COOPER	m	Veteran 40	U/A WHITLEY BAY, TYNE AND WEAR	1:35:35.1	1:35:00.0
193.	816	Christopher Glossop	m	Veteran 40	U/A Chesterfield, Derbyshire	1:35:40.6	1:35:24.0
194.	998	Ben Keegan	m		U/A Sale,	1:35:42.0	1:34:56.4
195.	995	Anna Woods	f		U/A Ulverston, Cumbria	1:35:45.2	1:35:39.0
196.	1000	Simon Alexander	m		U/A manchester,	1:35:45.3	1:35:02.6
197.	994	kerry duckworth	f		U/A ulverston, cumbria	1:35:45.5	1:35:38.8
198.	618	Jeff McCarthy	m	Veteran 40	Rochdale Harriers	1:35:45.7	1:34:59.6
199.	582	Liam Moden	m	Veteran 40	U/A Haslingden, Lancashire	1:35:50.9	1:35:02.2
200.	1078	Lucy Armstrong	f		U/A Darlington,	1:35:54.1	1:35:39.7
201.	742	Lee Hetherington	m	Veteran 40	Sanddogs South Shields	1:35:58.9	1:35:05.3
202.	746	John Fail	m	Veteran 40	U/A South Shields,	1:35:59.8	1:35:05.4
203.	648	Matt Carter	m	Veteran 40	U/A Berkhamsted,	1:36:09.4	1:35:58.5
204.	465	Colin Sam Walton	m	Veteran 50	U/A Stockport, Cheshire	1:36:13.2	1:35:19.7
205.	500	Robert Myatt	m	Veteran 50	U/A Stoke on trent, Staffordshire	1:36:17.8	1:35:20.0
206.	679	Shaun Joughin	m	Veteran 40	U/A Guisborough, Redcar and Cleveland	1:36:22.0	1:36:06.4
207.	774	Gemma Thompson	f		North Shields Poly	1:36:33.5	1:36:08.3
208.	841	Steve atkinson	m	Veteran 50	U/A Stockport, cheshire	1:36:41.0	1:35:44.6
209.	509	Rob Walker	m	Veteran 50	U/A Bacup, Lancashire	1:36:47.4	1:36:07.2
210.	738	Andrea Whelan	f	Lady V40	Dalbeattie civic running club	1:36:49.4	1:36:15.0
211.	708	Iain Ferguson	m		U/A Wirral,	1:36:54.7	1:35:51.1
212.	1001	Izzy Rourke	f		U/A Workington,	1:37:16.3	1:36:40.8
213.	467	Tara Oxley	f		Stockton Striders A.C.	1:37:25.1	1:37:10.7
214.	932	Mark Brennan	m	Veteran 50	fra	1:37:35.4	1:36:37.8
215.	803	Sarah Halford	f	Lady V40	Balanced Performance	1:37:40.1	1:37:08.6
216.	911	ian grimshaw	m	Veteran 50	U/A ingleton, lancs	1:37:42.0	1:36:41.0
217.	766	Amy Frost	f		U/A London,	1:37:44.6	1:37:30.9
218.	745	Charles Satterly	m	Veteran 40	Lancaster & Morecambe A/C	1:37:48.9	1:36:53.0
219.	522	Viv Samuelson	f	Lady V40	Swinton RC	1:37:54.8	1:37:34.2
220.	898	Martin Moore	m	Veteran 50	Stafford Harriers	1:37:57.0	1:37:37.7
221.	778	jim little	m	Veteran 40	Warrington RC	1:38:00.6	1:37:41.3
222.	1127	Helen Little	f	Lady V40	U/A High Harrington, Cumbria	1:38:02.0	1:37:42.0
223.	806	Steven Slaney	m	Veteran 40	Fylde Tri Club	1:38:02.4	1:37:34.5
224.	566	stuart rome	m		U/A Carlisle, Cumbria	1:38:09.6	1:37:53.6
225.	602	Amanda Anderson	f	Lady V40	U/A Brompton on Swale, North Yorkshire	1:38:32.2	1:38:12.4
226.	888	Lee Hughes	m		U/A Lancaster ,	1:38:32.6	1:37:53.4
227.	862	simon jones	m	Veteran 40	U/A sawbridgeworth, herts	1:38:35.1	1:38:02.8
228.	610	Aimee Roblin	f		U/A Richmond, North Yorkshire	1:38:47.4	1:38:14.1
229.	614	julie gray	f	Lady V50	U/A st annes, lancashire	1:38:59.0	1:38:26.0
230.	1022	Tom Wilson	m		U/A York,	1:39:09.3	1:39:01.5
231.	1036	Tristan Reid	m	Veteran 40	Carlisle Tri Club	1:39:20.2	1:38:44.9
232.	1051	jim johnson	m	Veteran 40	U/A sheffield, south yorkshire	1:39:21.2	1:39:03.5

Lakeland Trails in Helvellyn

Helvellyn Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
233.	710	Alec Cottrill	m	Veteran 50	Burnden Road Runners	1:39:22.5	1:38:34.0
234.	811	Jon Davidson	m	Veteran 50	U/A Warrington,	1:39:28.4	1:39:12.4
235.	977	Beverley Milburn	f	Lady V50	U/A Stockport, Cheshire	1:39:34.3	1:39:17.6
236.	549	Morag Donoghue	f	Lady V40	Alnwick Harriers	1:39:35.2	1:39:14.1
237.	1125	Lorna Young	f	Lady V40	U/A CARLISLE, Cumbria	1:39:54.9	1:39:21.7
238.	1012	Helen Frost	f		U/A Salford,	1:39:58.5	1:39:26.8
239.	495	Marie Bainbridge	f		Blackhill Bounders	1:40:00.6	1:39:49.4
240.	469	Gina Mumford	f	Lady V50	U/A Barford St Michael,	1:40:01.9	1:39:37.2
241.	950	Charlotte Kershaw	f		U/A Warwick,	1:40:22.6	1:39:46.9
242.	615	Alison MacDonald	f	Lady V50	Unattached - Edinburgh	1:40:24.9	1:39:51.6
243.	680	Alasdair Start	m		U/A Leyland,	1:40:41.6	1:40:30.3
244.	695	deborah Reekie	f		U/A holmrook, cumbria	1:40:41.6	1:40:29.8
245.	477	Susan Tippin	f	Lady V50	U/A Southport,	1:40:49.6	1:39:51.9
246.	539	Dawn Saxby	f	Lady V50	U/A Harrogate, North Yorkshire	1:40:49.7	1:40:19.7
247.	1014	ian mclean	m		U/A newton-le-willows, Merseyside	1:40:52.3	1:39:53.6
248.	729	Rachel Heathcote	f		Hunters Bog Trotters	1:41:06.1	1:40:14.6
249.	1096	Elaine Statham	f	Lady V70	U/A Biddulph, Staffordshire	1:41:17.7	1:40:55.8
250.	958	Cheryl Pace	f		U/A Liverpool,	1:41:19.1	1:40:31.4
251.	605	Kirsty Jones	f		U/A Bedford, Bedfordshire	1:41:23.0	1:41:03.7
252.	760	Graham Crombie	m		U/A Edinburgh,	1:41:24.9	1:40:21.6
253.	846	Jane Davies	f	Lady V50	U/A Manchester,	1:42:01.0	1:41:11.3
254.	1003	Bryony Catlow	f		U/A Gateshead, Tyne And Wear	1:42:03.5	1:41:35.8
255.	754	Shiran Yakobi	f	Lady V40	RSCAC	1:42:05.1	1:41:20.5
256.	867	john wiseman	m	Veteran 50	U/A poynton, cheshire	1:42:09.1	1:41:33.4
257.	676	alison parkinson	f	Lady V40	U/A chorley, lancashire	1:42:12.9	1:41:49.7
258.	1054	Vanessa Noble	f	Lady V40	U/A Chester, Cheshire	1:42:14.7	1:41:40.6
259.	1104	vincent holme	m	Veteran 40	Batala Drummers	1:42:37.4	1:42:00.0
260.	460	Janice Allan	f	Lady V50	U/A Dumfries, Dumfries & Galloway	1:43:03.1	1:42:20.0
261.	1034	Paul Shier	m		Swinton Running Club	1:43:03.9	1:42:36.5
262.	492	rose egan	f	Lady V50	U/A West Kirby,	1:43:06.3	1:42:50.1
263.	875	Becky Coates	f		Bridgnorth Running Club	1:43:09.1	1:42:10.1
264.	863	ian jones	m	Veteran 40	U/A blandford forum, dorset	1:43:11.4	1:42:29.5
265.	545	Catherine Potts	f		U/A Newton-le-willows,	1:43:31.7	1:42:39.3
266.	631	Nicola Ridley	f		Dallam	1:43:33.9	1:43:01.1
267.	1089	Alison Garrigan	f		U/A Longsight,	1:43:34.3	1:42:55.4
268.	823	Nicky Jeffrey	f	Lady V50	Tynedale Harriers	1:43:36.0	1:42:38.4
269.	973	johnny wild	m	Veteran 50	lytham st annes RRC	1:43:45.4	1:43:16.2
270.	557	AUSTIN TRELFA	m	Veteran 60	U/A LEYLAND, LANCASHIRE	1:44:01.6	1:43:51.9
271.	656	Sean Backhouse	m	Veteran 40	U/A Selby, North Yorkshire	1:44:03.4	1:43:13.0
272.	501	Jill Ezard	f	Lady V40	U/A Ilkley,	1:44:06.7	1:43:30.5
273.	712	Paula Dalziel	f	Lady V50	U/A Bolton, Greater Manchester	1:44:17.6	1:43:40.5
274.	798	Sam Blackburn	m		U/A Manchester,	1:44:20.3	1:43:36.3
275.	548	carol davison	f	Lady V40	Alnwick Harriers	1:44:23.5	1:44:00.2
276.	762	KIRSTIN DU	f		U/A SURREY,	1:44:35.0	1:44:30.0
277.	986	Angela Irving	f		U/A Silloth, Cumbria	1:44:49.5	1:44:25.9
278.	1041	Phil Benn	m	Veteran 40	U/A Manchester, Lancashire	1:45:04.7	1:44:26.4
279.	475	Gavin Spickett	m	Veteran 50	Tynedale Harriers	1:45:05.8	1:44:54.4
280.	854	Debbie Millington	f		Warrington Running Club	1:45:11.6	1:44:51.1
281.	961	John Slater	m	Veteran 50	U/A Carnforth, Lancs	1:45:11.8	1:44:58.8
282.	514	Gill Myers	f		Creation pt	1:45:26.2	1:45:04.9
283.	555	Chris Carter	m	Veteran 40	Creation pt	1:45:26.2	1:45:03.8
284.	1070	John Stout	m	Veteran 60	U/A Aughton, Lancashire	1:45:28.7	1:44:31.6
285.	1094	Gerard Conway	m	Veteran 50	U/A Blackburn,	1:45:33.8	1:44:50.0
286.	1075	Paul Moss	m	Veteran 50	Baxi	1:45:42.4	1:44:48.8
287.	1092	Anne Crocker	f	Lady V40	N/A	1:45:44.4	1:45:17.3
288.	604	kevin burse	m	Veteran 40	U/A staines, middlesex	1:45:44.5	1:44:43.8
289.	820	Stephen Brohan	m	Veteran 40	U/A Worcester,	1:45:47.7	1:45:39.3
290.	1017	anneke ramsay	f	Lady V40	U/A silloth, cumbria	1:45:49.4	1:45:25.9

Lakeland Trails in Helvellyn

Helvellyn Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
291.	983	Kathryn Money	f	Lady V50	U/A Lincoln, Lincolnshire	1:45:56.3	1:45:40.1
292.	903	Michael Abram	m		Milltown Rats	1:45:59.5	1:44:57.5
293.	589	Jennie Davies	f	Lady V60	U/A Sedbergh, Cumbria	1:45:59.8	1:45:28.6
294.	1085	amanda kirtley	f	Lady V40	Carlisle Tri Club	1:46:03.7	1:45:18.1
295.	730	Kelly Fleetwood	f		U/A Edinburgh, Midlothian	1:46:17.8	1:45:27.6
296.	1076	Catherine Moss	f		U/A Preston, Lancashire	1:46:19.0	1:45:25.4
297.	672	Sharen Roberts	f	Lady V40	Swinton Running Club	1:46:28.9	1:46:05.6
298.	768	Dermot Ferguson	m	Veteran 50	U/A Wallasey, Merseyside	1:46:34.2	1:45:30.5
299.	1052	caroline johnson	f	Lady V40	U/A leeds,	1:46:34.3	1:46:15.8
300.	796	Tina Kelly	f	Lady V40	Ponteland Runners	1:46:40.3	1:46:28.4
301.	1011	Neil Wold	m		U/A Ashington, Northumberland	1:46:50.4	1:46:17.1
302.	1065	Pip Tatham	f	Lady V40	U/A LA6 1NR, Lancashire	1:46:57.2	1:46:49.7
303.	667	Angela Boakes	f	Lady V40	U/A Hengoed, Caerphilly	1:46:57.3	1:46:35.2
304.	668	Alex Boakes	m	Veteran 40	U/A Hengoed, Caerphilly	1:46:57.4	1:46:34.3
305.	623	Mary Conway	f	Lady V50	Red Rose Runners	1:47:00.4	1:46:08.4
306.	974	Iain Wood	m	Veteran 40	U/A Ormskirk, Lancashire	1:47:02.6	1:46:33.0
307.	868	Jayne Batt	f	Lady V50	U/A York,	1:47:05.0	1:46:22.2
308.	722	shelly allen	f	Lady V40	U/A bury, lancashire	1:47:05.6	1:46:26.1
309.	665	Penny Hill	f	Lady V50	Roundhay Runners	1:47:06.5	1:46:36.0
310.	660	Vicky Barker	f	Lady V40	U/A Altrincham, Cheshire	1:47:08.4	1:46:12.6
311.	830	Louise Bird	f		U/A Hampton, Middlesex	1:47:11.8	1:46:52.7
312.	677	Cathy Karn	f	Lady V50	Womens Running network	1:47:21.4	1:46:57.6
313.	775	Paul Hodgson	m		Monkey Runner	1:47:22.8	1:46:57.9
314.	454	Kate Lee	f		U/A Manchester,	1:47:28.4	1:47:10.2
315.	1109	Jenny McClelland	f	Lady V40	Lymm Runners	1:47:46.0	1:47:19.5
316.	1137	Jonny Boyes	m	Veteran 40	U/A golborne, cheshire	1:47:51.7	1:46:52.7
317.	666	Phil Hill	m	Veteran 50	Roundhay Runners	1:47:57.7	1:47:27.2
318.	1099	Sarah Wood	f		U/A Stockport, Cheshire	1:47:59.5	1:47:20.4
319.	507	Tracy Twitchin	f	Lady V50	U/A Ormskirk, Lancs	1:48:01.4	1:47:20.1
320.	876	Anne Stockley	f		U/A St Albans, Herts	1:48:05.5	1:47:57.3
321.	902	Ben Coniglio	m		Milltown Rats	1:48:07.1	1:47:05.4
322.	791	Joanne Moss	f	Lady V40	U/A Scunthorpe,	1:48:11.1	1:47:40.9
323.	761	John Crombie	m	Veteran 50	U/A Kilmarnock,	1:48:28.1	1:47:24.2
324.	713	Sarah Martin	f	Lady V40	U/A Bolton, Greater Manchester	1:48:39.4	1:48:01.4
325.	870	Helen Farrell	f	Lady V40	U/A York,	1:49:19.8	1:48:37.2
326.	770	Pauline Boardman	f		Dalbeattie Running Club	1:49:26.4	1:48:51.8
327.	844	Jo Powles	f		U/A Cambridge, Cambs	1:49:28.2	1:48:55.5
328.	842	Paul Griffin	m		U/A Cambridge, Cambridgeshire	1:49:28.6	1:48:56.1
329.	508	John Bide	m	Veteran 50	U/A Wainfleet All Saints, Lincolnshire	1:49:36.0	1:49:09.8
330.	1123	David Stretton	m		U/A Carlisle ,	1:49:45.5	1:49:10.6
331.	908	Beth O'Neil	f	Lady V40	U/A Leeds, West Yorkshire	1:50:08.6	1:49:32.4
332.	694	Nicola Kirkman	f	Lady V50	U/A Near Malpas, Cheshire	1:50:25.6	1:50:11.6
333.	693	Martin Kirkman	m	Veteran 50	U/A Near Malpas, Cheshire	1:50:25.6	1:50:11.2
334.	1033	David Williamson	m	Veteran 40	Swinton RC	1:50:27.7	1:50:00.9
335.	627	Patty Davies	f	Lady V40	U/A Ulverston, Cumbria	1:50:36.6	1:50:04.7
336.	1042	Lee Ford	m		U/A Stakeford, NORTHUMBERLAND	1:50:37.2	1:50:03.2
337.	785	Lynn Smith	f	Lady V50	Crosby Stormers	1:50:37.8	1:50:14.1
338.	1106	Helen Parker	f		Batala Drummers	1:50:53.8	1:50:09.3
339.	571	Catherine Clennett	f	Lady V40	Billingham Marsh House Harriers	1:51:39.9	1:51:22.7
340.	565	Judith Weston	f	Lady V50	Marsh House Harriers	1:51:40.7	1:51:23.1
341.	709	Jacqui Sutton-Riley	f	Lady V40	U/A Ulverston, Cumbria	1:51:58.3	1:51:08.3
342.	840	Petrina Cassell	f	Lady V50	U/A Barford St Michael, Oxfordshire	1:52:00.0	1:51:35.5
343.	639	Ruth Toller	f	Lady V60	Dundee Road Runners AC	1:52:09.5	1:51:55.9
344.	696	Natalie Carr	f		Bridgnorth Running Club	1:52:21.7	1:51:23.3
345.	941	Sarah Watson	f		Warrington Running Club	1:52:28.3	1:52:07.0
346.	1136	Oliver Smethurst	m	Veteran 40	ASICS	1:52:40.6	1:52:00.1
347.	636	Jon Tibke	m	Veteran 50	Lancaster And Morecambe A C	1:52:47.3	1:51:50.0
348.	940	Helen Brown	f	Lady V40	U/A Rushden, Northants	1:52:53.3	1:51:58.9

Lakeland Trails in Helvellyn

Helvellyn Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
349.	897	STUART ADAMSON	m	Veteran 60	U/A BRADFORD, WEST YORKSHIRE	1:52:54.5	1:51:59.3
350.	703	Lucy Davies	f		Bridgnorth Running Club	1:52:55.7	1:51:58.3
351.	480	Jo Fallows	f	Lady V40	Manchester Harriers & AC	1:53:05.1	1:52:18.0
352.	979	cathryn cotterill	f	Lady V40	Highland Hill Runners	1:53:07.8	1:52:23.9
353.	1027	Alison Gould	f	Lady V40	U/A Tynemouth, tyne and wear	1:53:12.0	1:52:22.1
354.	737	Jane Gibson	f	Lady V50	U/A Hexham, Northumberland	1:53:18.5	1:52:36.4
355.	984	Julia Johnson	f		U/A LEEDS,	1:53:22.5	1:53:02.9
356.	749	Joanne Heron	f	Lady V40	Womens Running Network	1:53:38.0	1:52:53.6
357.	711	Mandy Beard	f	Lady V40	Swinton Running Club	1:53:43.5	1:53:17.5
358.	827	Jill Shinnick	f	Lady V50	U/A burton latimer,	1:53:50.3	1:52:55.4
359.	942	Jennifer Craig	f		U/A Blackpool, Lancashire	1:54:03.2	1:53:23.0
360.	1015	Paul Coldham	m	Veteran 50	U/A Keswick, Cumbria	1:54:28.6	1:53:35.5
361.	1079	Ron Leary	m	Veteran 40	U/A Hull,	1:54:28.8	1:54:13.4
362.	1077	James Chappell	m	Veteran 40	U/A Cottingham,	1:54:29.4	1:54:13.6
363.	918	Peter Whiteside	m	Veteran 60	U/A Bolton,	1:54:58.5	1:53:57.8
364.	829	Sarah MacDonald	f		U/A Kincardine, Fife	1:55:05.5	1:54:45.8
365.	543	Maria McCalmont	f	Lady V60	U/A Nr. Strathaven, South Lanarkshire	1:55:22.0	1:54:33.6
366.	970	Gillian Brightwell	f	Lady V50	U/A Irthingborough, Northants	1:55:29.6	1:54:34.6
367.	461	Paula Swan	f	Lady V40	U/A Dumfries, Dumfriesshire	1:55:43.3	1:54:57.9
368.	674	Yvonne Rippeth	f	Lady V50	U/A Bristol,	1:55:51.7	1:55:02.5
369.	772	Jenny Williams	f	Lady V50	U/A Formby, Merseyside	1:55:52.7	1:55:26.6
370.	1016	Katherine Dodd	f	Lady V40	Elvet Striders	1:55:53.0	1:54:53.0
371.	993	Katherine Preston	f	Lady V40	U/A Sacriston, Durham	1:55:53.0	1:54:53.0
372.	992	Kate Macpherson	f	Lady V40	Elvet Striders	1:55:53.9	1:54:54.3
373.	690	angela salter	f	Lady V40	U/A llanymynech, powys	1:56:04.2	1:55:16.4
374.	1013	Sarah Chaudhri	f	Lady V50	U/A Cockermonth, Cumbria	1:56:07.6	1:55:27.8
375.	598	Amanda Benson	f		Roundhay Runners	1:56:23.6	1:55:54.4
376.	743	Gina Bellhouse	f	Lady V40	Southport Waterloo AC	1:56:30.1	1:56:26.5
377.	1059	Denise Lowther	f	Lady V40	10k running pals	1:56:54.1	1:56:49.6
378.	462	Rosalind Dyde	f	Lady V50	winstonrunners	1:56:57.1	1:56:49.5
379.	865	Dirk Etgeton	m	Veteran 40	U/A Rommerskirchen, Germany	1:57:02.1	1:56:46.3
380.	866	Mayumi Ishita	f	Lady V40	U/A Rommerskirchen, Germany	1:57:02.5	1:56:49.5
381.	1007	Deborah Redmond	f	Lady V50	Cumberland AC	1:58:16.1	1:57:36.5
382.	769	Alison Wingate	f	Lady V40	U/A Liverpool, Merseyside	1:58:37.6	1:58:15.0
383.	922	caroline walker	f	Lady V60	U/A leyburn, n yorkshire	1:58:51.7	1:58:00.1
384.	502	caroline vitty	f	Lady V50	U/A liverpool,	1:58:59.9	1:58:29.1
385.	1101	Mark Kurton	m		U/A Highnam, Gloucestershire	1:59:03.6	1:58:23.9
386.	716	Margaret Wilson	f	Lady V60	U/A Poulton-le-Fylde,	1:59:13.9	1:58:19.0
387.	914	Alison Leach	f	Lady V60	U/A Darwen, Lancashire	1:59:17.1	1:58:59.7
388.	828	Annie Adams	f	Lady V50	U/A Frinton on Sea, Essex	1:59:29.9	1:58:59.2
389.	1095	Michael Statham	m	Veteran 70	U/A Biddulph, Staffordshire	1:59:56.1	1:59:17.6
390.	906	Nicky Graves	f	Lady V40	Batala Drummers	1:59:58.1	1:59:15.8
391.	537	penny moreton	f	Lady V50	Black Combe Runners	2:00:19.1	1:59:38.3
392.	485	Anthony Jenner	m	Veteran 50	U/A Sunderland, Tyne and Wear	2:00:26.0	2:00:23.4
393.	484	Giselle Dudley	f	Lady V50	U/A Sunderland, Tyne and Wear	2:00:26.4	2:00:23.4
394.	503	Alison Gilchrist	f	Lady V50	Independent	2:00:26.7	1:59:22.1
395.	807	Ron McCormack	m	Veteran 60	Alnwick Harriers	2:00:38.2	2:00:16.3
396.	496	Gerald Bradley	m	Veteran 40	U/A Newton Aycliffe, Durham	2:00:47.6	2:00:02.1
397.	494	Karen Campbell	f	Lady V50	Falkland Trail Runners	2:01:29.3	2:00:47.4
398.	1026	michelle armstrong	f	Lady V40	north east vets athletic club	2:01:38.2	2:00:48.2
399.	788	Caroline Kenyon	f	Lady V50	U/A Liverpool,	2:01:50.0	2:01:20.4
400.	526	Jane Marshall	f	Lady V40	U/A York,	2:01:55.6	2:01:09.2
401.	750	Charlotte Haines	f	Lady V40	U/A Selby, N Yorkshire	2:02:30.0	2:02:01.6
402.	763	Samantha Milton	f		U/A West Kirby,	2:02:31.3	2:01:29.3
403.	1008	Sarah O'Neill	f	Lady V40	U/A Manchester,	2:02:31.6	2:01:55.3
404.	740	MARIE CAVEEN	f	Lady V60	Kirkby Stormers	2:02:34.2	2:02:05.6
405.	1020	Julie Beckett	f	Lady V40	U/A Colne, Lancashire	2:02:36.6	2:01:32.6
406.	739	Jeanette McCormack	f	Lady V50	Kirkby Stormers	2:02:37.7	2:02:07.6

Lakeland Trails in Helvellyn

Helvellyn Trail Challenge 15km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
407.	529	Alison Nordon	f	Lady V40	U/A Paisley,	2:02:47.8	2:01:55.6
408.	524	Jan Rayner	f	Lady V40	Roundhay Runners	2:03:10.7	2:02:40.8
409.	459	Lucy Maggiori	f	Lady V40	U/A Dumfries,	2:03:21.1	2:02:36.5
410.	910	Sarah Johnson	f	Lady V40	U/A Leeds, West Yorkshire	2:03:31.3	2:02:53.3
411.	1035	dinesh patel	m	Veteran 50	U/A preston, lancashire	2:03:31.5	2:03:25.8
412.	520	Peter Samuelson	m	Veteran 70	Spectrum striders	2:03:33.6	2:03:13.2
413.	909	Rachel Winter	f	Lady V40	U/A Leeds, West Yorkshire	2:03:34.3	2:02:57.9
414.	572	Julie Graham	f	Lady V40	Todmorden Harriers	2:03:41.7	2:02:46.0
415.	701	Louise Abdy	f	Lady V50	Todmorden Harriers	2:03:41.8	2:02:45.7
416.	935	Melanie Whitmore	f	Lady V50	Todmorden Harriers	2:03:41.8	2:02:46.4
417.	784	Suzannah Dykes	f	Lady V40	U/A Liverpool, Merseyside	2:04:01.9	2:03:26.4
418.	1044	Hannah Jowett	f	Lady V40	Hyde Park Harriers	2:04:04.3	2:03:35.5
419.	783	Alison Webster	f	Lady V40	U/A Hightown, Merseyside	2:04:26.3	2:03:51.0
420.	726	Karen	f	Lady V40	U/A Bury St Edmunds,	2:04:35.2	2:03:54.4
421.	777	Holly Blakemore	f		Warrington running club	2:04:50.7	2:04:28.2
422.	747	David Chalmers	m	Veteran 60	U/A Symington, Lanarkshire	2:05:11.8	2:04:22.8
423.	552	Fiona Murphy	f	Lady V50	U/A Glasgow,	2:05:48.6	2:05:06.4
424.	719	Dave Dave Cope	m	Veteran 60	U/A Kendal,	2:05:51.7	2:04:47.3
425.	452	Sharon White	f	Lady V40	U/A Kendal, Cumbria	2:06:10.1	2:05:10.8
426.	1031	rebecca fellows	f		Gainsborough and Morton Striders	2:06:55.5	2:05:52.5
427.	1032	neil fellows	m	Veteran 40	gainsborough and morton striders	2:06:56.6	2:05:54.0
428.	689	Rachel Stevenson	f	Lady V40	U/A Oswestry, Shropshire	2:07:10.4	2:06:22.5
429.	755	Jo Reely	f	Lady V40	Boldmere KB Club	2:07:33.1	2:06:48.1
430.	474	Mark Farmer	m	Veteran 50	U/A Lincoln, Lincolnshire	2:07:43.9	2:07:06.2
431.	1107	Emily Tarrant	f		U/A Barnsley, South Yorkshire	2:08:01.5	2:06:58.8
432.	1108	Helen Turner	f	Lady V40	U/A Tadcaster, North Yorkshire	2:08:01.9	2:06:59.5
433.	591	Julie Gardner	f	Lady V50	U/A Kendal,	2:08:13.3	2:08:03.1
434.	542	Eilidh Simpson	f	Lady V50	U/A East Kilbride, Lanarkshire	2:09:23.2	2:08:35.0
435.	877	Anthony Barnes	m		U/A London,	2:10:50.1	2:10:42.2
436.	818	Gillian O'boyle	f	Lady V40	U/A warrington, Cheshire	2:11:05.7	2:10:27.2
437.	644	Jason Wadey	m	Veteran 40	Burgess Hill Runners	2:11:09.5	2:10:44.6
438.	645	Caroline Wadey	f	Lady V40	Burgess Hill Runners	2:11:09.5	2:10:44.3
439.	682	Jenny Fairclough	f	Lady V50	Red Rose Road Runners	2:11:18.8	2:10:25.6
440.	781	Wendy Ward	f	Lady V40	Red rose road runners	2:11:19.5	2:10:26.2
441.	845	Louise Murray	f	Lady V50	U/A Manchester,	2:11:53.7	2:11:01.8
442.	456	Rhian Yates	f	Lady V50	U/A Colwyn Bay, Conwy	2:12:17.9	2:11:21.3
443.	880	Dean Richards	m	Veteran 40	Bridgnorth Running Club	2:12:23.5	2:11:24.8
444.	879	Catriona Richards	f		Bridgnorth Running Club	2:12:23.8	2:11:25.4
445.	1120	Merufyn Mccloud	m	Veteran 40	U/A	2:12:45.2	2:11:53.3
446.	628	MICHAEL MOSS	m	Veteran 40	U/A LITTLE NESTON, CHESHIRE	2:12:46.2	2:11:55.2
447.	1119	Andrew Cotterill	m	Veteran 40	INTOXICATED	2:12:47.7	2:11:56.6
448.	832	Sue Sperring	f	Lady V50	U/A Neston, Cheshire	2:12:56.2	2:12:30.2
449.	966	Helen Ellis	f	Lady V40	U/A Neston, Merseyside	2:12:56.5	2:12:34.4
450.	1030	Catherine Smith	f		Vegetarian Running and AC	2:13:07.8	2:12:20.9
451.	964	Daniel Laing	m		U/A YORK, North Yorkshire	2:13:08.0	2:12:20.9
452.	1110	Charmaine Robson	f	Lady V70	St Bees Triers	2:13:16.7	2:12:12.1
453.	833	Fiona Saxby	f	Lady V40	U/A Neston, Cheshire	2:21:55.3	2:21:28.8
454.	843	Sharon Smith	f	Lady V40	U/A Neston, Cheshire	2:22:04.5	2:21:44.0
455.	885	Kenda Marshall	f	Lady V40	Scunthorpe & District AC	2:22:40.6	2:22:10.6
456.	917	Sue Zergi	f	Lady V50	U/A Scunthorpe,	2:28:53.7	2:28:22.4
457.	692	Lydia Plackett	f	Lady V60	Red Rose Road Runners	2:49:17.9	2:48:32.0
458.	1130	Sarah Nealey	f	Lady V40	U/A Liverpool,	2:51:10.6	2:50:07.3

Number of records: 458