

Lakeland Trails in Cartmel

Cartmel Trail Race 18km

Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
Cartmel Trail Race 18km							
1.	86	Christopher Holdsworth	m		Clayton-le-moors Harriers	1:10:16	1:10:15
2.	261	Ben Abdelnoor	m		Ambleside AC	1:11:15	1:11:14
3.	5	Jonathan Cox	m		Eden Runners	1:13:39	0:00:00
4.	75	Breton Holdsworth	m	Veteran 40	Clayton Le Moor Harriers	1:14:06	0:00:00
5.	11	Annie Conway	f		Ambleside AC	1:15:10	1:15:10
6.	234	dan golding	m	Veteran 40	U/A coniston,	1:16:16	1:16:15
7.	77	Russell Cottam	m	Veteran 40	Lincoln District Runners	1:16:41	1:16:40
8.	124	Daniel Taylor	m		U/A Liverpool , Merseyside	1:17:59	1:17:57
9.	228	Anthony Aimon	m		Hyde Park Harriers	1:18:04	1:18:03
10.	81	paul senior	m	Veteran 40	horsforth harriers	1:18:36	1:18:32
11.	118	Wayne Gregson	m		Tri Preston	1:19:16	1:19:16
12.	204	Steven Brennan	m	Veteran 50	U/A Ulverston, Cumbria	1:19:26	1:19:26
13.	186	William Sisson	m		U/A Grange over sands,	1:20:46	1:20:46
14.	120	David mccabe	m	Veteran 40	trawden ac	1:21:14	1:21:13
15.	231	Luke Walsh	m	Veteran 40	U/A Penrith, Cumbria	1:21:30	1:21:29
16.	101	Ian Greenwood	m	Veteran 50	Clayton-le-moors Harriers	1:21:52	1:21:51
17.	90	Steve Trudgeon	m	Veteran 50	Harrogate Harriers	1:22:05	1:22:04
18.	126	Robert Wadsworth	m		Dragons Running Club (Sale)	1:22:25	1:22:22
19.	49	Stephen Cooper	m		U/A Ealing, London	1:23:02	1:22:59
20.	109	Peter Roome	m	Veteran 50	Southport Waterloo AC	1:23:19	1:23:17
21.	127	Daniel Delina	m		1.Bezecky Jablunkov	1:23:22	1:23:14
22.	211	matthew johnson	m	Veteran 40	U/A wokingham, berkshire	1:24:25	1:24:23
23.	163	Richard Wells	m	Veteran 40	Allithwaite	1:24:40	1:24:36
24.	151	Peter Denness	m		Ulverston Tri Club	1:25:02	1:24:58
25.	50	Rob Langton	m		U/A LONDON, LONDON	1:26:00	1:25:58
26.	25	Garry Owens	m	Veteran 50	NFR	1:26:02	1:25:57
27.	137	peter fishpool	m	Veteran 40	U/A driffield, east yorks	1:26:03	1:25:59
28.	83	Paul Hart	m	Veteran 40	Dumfries Running Club	1:26:18	1:26:16
29.	106	Mark Morgan-Hillam	m	Veteran 40	U/A Wigan, Lancashire	1:26:52	1:26:50
30.	259	Lou Roberts	f	Lady Veteran 40	Ambleside AC	1:26:54	1:26:51
31.	41	Andrew Buchanan	m	Veteran 40	U/A Airdrie, Lanarkshire	1:27:11	1:27:10
32.	226	David Hall	m	Veteran 50	U/A Tyne and wEAR,	1:27:24	1:27:23
33.	55	Joe Robinson	m		The Always Merk	1:27:42	1:27:40
34.	73	Daniel Pratt	m		U/A Ilkley, West Yorkshire	1:28:21	1:28:17
35.	219	Derek Walkden	m	Veteran 40	Barlick Fell Runners	1:28:25	1:28:17
36.	178	James Stewart Rideout	m	Veteran 50	Bolton United Harriers	1:29:17	1:29:10
37.	155	Carl Peacock	m		U/A Manchester, England	1:29:29	1:29:23
38.	46	Ben Holmes	m		U/A Nottingham,	1:29:30	1:29:28
39.	139	stuart allan	m	Veteran 40	Helm Hill Runners	1:29:46	1:29:42
40.	125	Abigail Tiplady	f		U/A Stockton, Cleveland	1:29:47	1:29:39
41.	164	Philip Pointon	m	Veteran 40	U/A Todmorden, Lancs	1:30:00	1:29:57
42.	209	Sarah-Kay Norman	f		U/A Kendal, Cumbria	1:30:07	1:29:55
43.	96	Steven Gore	m		Wesham Road Runners	1:30:20	1:30:13
44.	166	Paul Chrisp	m	Veteran 50	Delamere Spartans	1:31:02	1:30:52
45.	235	Raquel Gutierrez Abad	f		Valley Striders	1:31:07	1:31:02
46.	100	Chris Tack	m		N/A	1:31:30	1:31:23
47.	190	James Hennin	m		North Shields Poly	1:31:31	1:31:18
48.	225	Kevin Bray	m	Veteran 50	Morpeth Harriers	1:31:38	1:31:33
49.	218	Simon Winslow	m	Veteran 40	Racing tnt	1:31:48	1:31:39
50.	262	Lee Coxan	m			1:31:49	1:31:31
51.	93	PHILIP DAVIDSON	m	Veteran 50	RED ROSE ROAD RUNNERS	1:32:04	1:31:58
52.	92	sean barry	m	Veteran 40	U/A huddersfield,	1:32:05	1:31:52
53.	111	Neil Hine	m		U/A Kendal, Cumbria	1:32:10	1:31:51
54.	52	Joshua Vincent	m		U/A Wigan, Lancs	1:32:12	1:31:59
55.	237	Richard Harrison	m	Veteran 50	Marshall Milton Keynes AC	1:32:14	1:32:11
56.	62	Terry Charles	m	Veteran 50	Delamere Spartans	1:32:18	1:32:09
57.	241	Andrew Plumridge	m		U/A Bingley, England	1:32:35	1:32:29
58.	48	Simon West	m		U/A Irby, Merseyside	1:33:36	1:33:29
59.	32	Andy Letheren	m	Veteran 50	U/A Kendal	1:33:55	1:33:45
60.	250	Gareth Mcgonagle	m		U/A Chorley, Lancs	1:34:16	1:34:12
61.	34	Allan Sumner	m	Veteran 40	Preston Harriers	1:34:26	1:34:18
62.	28	nick higham	m	Veteran 40	Lancaster and morecambe running club	1:34:54	1:34:36
63.	170	William garner	m	Veteran 40	U/A Blackburn,	1:34:54	1:34:50
64.	192	David Dicks	m	Veteran 40	U/A penrith, cumbria	1:35:15	1:35:12
65.	31	mark earle	m	Veteran 60	U/A knutsford, cheshire	1:35:17	1:35:13
66.	161	Stephen Green	m		Liverpool Running Club	1:35:46	1:35:30
67.	108	Clive Hope	m	Veteran 50	U/A Hyde, Cheshire	1:35:48	1:35:39

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Pos	Bib	Name	M/F	Age Cat	Club	Gun Time	Chip Time
68.	238	Melissa McGuire	f		U/A Morecambe, Lancashire	1:35:54	1:35:43
69.	173	Phil Blaycock	m		St Bees Triers	1:35:57	1:35:47
70.	165	Andrew Crampton	m	Veteran 40	U/A Todmorden, Lancashire	1:36:04	1:35:59
71.	183	Gavin Wayman	m		U/A Sunderland, Tyne&wear	1:36:19	1:36:18
72.	22	Andy Yates	m	Veteran 50	N/A	1:36:21	1:36:14
73.	177	tim hazeltine	m	Veteran 50	U/A belton, north lincs	1:36:47	1:36:41
74.	205	graham shaw	m	Veteran 50	bolton harriers	1:36:49	1:36:43
75.	144	MARK BARNARD	m	Veteran 60	U/A HENLEY IN ARDEN, WARWICKSHIRE	1:37:01	1:36:51
76.	230	Gudrun Ravetz	f		U/A Penrith, Cumbria	1:37:05	1:37:04
77.	257	Emily Heaviside	f			1:37:27	1:37:24
78.	140	Graham Johnson	m	Veteran 50	U/A Leeds,	1:37:29	1:37:21
79.	196	Mark Johnston	m		TriTalk	1:37:32	1:37:19
80.	227	Richard Hill	m	Veteran 50	Delamere Spartans	1:37:39	1:37:29
81.	66	Jeremy Loughran	m	Veteran 50	U/A Stoke on Trent, Staffordshire	1:37:43	1:37:35
82.	35	Mike Pigram	m	Veteran 40	U/A Manchester,	1:37:43	1:37:39
83.	248	Chris Pilkington	m		U/A Preston, Lancashire	1:37:59	1:37:48
84.	224	Heiko Litzke	m	Veteran 40	U/A Grange over Sands, Cumbria	1:37:59	1:37:45
85.	251	Rachel Hudson	f		U/A Todmorden,	1:38:04	1:37:59
86.	191	Stuart Haigh	m		U/A Newcastle upon Tyne, Tyne & Wear	1:38:15	1:38:00
87.	233	James Roberts	m		Asics	1:38:55	1:38:39
88.	112	Alex Holden	f		U/A Thornton-Cleveleys, Lancashire	1:39:01	1:38:52
89.	252	Jamie Arkle	m		Eden Runners	1:39:30	1:39:25
90.	65	Karen Foster	f	Lady Veteran 40	North Shields Poly AC	1:39:36	1:39:29
91.	254	DAVID BURTON	m	Veteran 50	KESWICK	1:39:49	1:39:43
92.	131	Kate Lightfoot	f	Lady Veteran 40	Tattenhall Runners	1:39:50	1:39:44
93.	69	Jon Broome	m	Veteran 40	Achille Ratti	1:40:07	1:39:50
94.	95	Asa Fitzgerald	m		U/A south shields,	1:40:23	1:40:16
95.	249	Paul Rawlinson	m		DH Runners	1:40:26	1:40:23
96.	243	Andrew Beswick	m	Veteran 40	U/A Preston,	1:40:31	1:40:18
97.	104	anja coulthard	f		KESWICK AC	1:40:42	1:40:39
98.	135	Simon Curry	m	Veteran 40	Wooler Running Club	1:40:52	1:40:43
99.	79	Marcus Hawthorn	m	Veteran 50	U/A Darlington, Co Durham	1:40:56	1:40:46
100.	180	Kieran Ireland	m		U/A Dalton-in-Furness,	1:41:06	1:40:57
101.	240	Christopher Gainer	m		U/A Liverpool, Merseyside	1:41:23	1:41:12
102.	147	jess prince	f		U/A manchester,	1:41:28	1:41:17
103.	150	John Angus	m	Veteran 40	U/A Darlington,	1:41:32	1:41:19
104.	134	Richard Thompson	m	Veteran 40	U/A London,	1:41:32	1:41:20
105.	162	Graham Hughes	m	Veteran 40	U/A Wirral, Merseyside	1:41:46	1:41:30
106.	221	Marianne Williams	f	Lady Veteran 40	U/A Carnforth, Lancashire	1:41:52	1:41:36
107.	91	Richard Smith	m	Veteran 50	U/A Potefract, West Yorkshire	1:41:57	1:41:51
108.	37	peter reed	m	Veteran 60	Northumberland Fell Runners	1:41:58	1:41:53
109.	171	Cherry Collinson	f	Lady Veteran 40	Bolton United Harriers	1:41:59	1:41:53
110.	89	Renata Ruszkiewicz	f	Lady Veteran 50	Ealing Eagles	1:42:23	1:42:13
111.	20	Edward Swinden	m	Veteran 40	U/A Manchester,	1:42:33	1:42:30
112.	242	Jennifer Goddard	f		U/A Carnforth, Cumbria	1:42:37	1:42:24
113.	206	leanne hayter	f		U/A hexham, northumberland	1:42:40	1:42:32
114.	188	Steve Gornall	m	Veteran 50	U/A Fleetwood, Lancashire	1:42:49	1:42:36
115.	97	Oliver Haines	m		Trawden AC	1:42:52	1:42:50
116.	70	Robert Foster	m	Veteran 40	North Shields Poly AC	1:42:56	1:42:50
117.	152	IAN HARRIS	m	Veteran 40	WOLVERHAMPTON AND BILSTON AC	1:42:59	1:42:45
118.	130	Malcolm Marshall	m	Veteran 50	Scunthorpe and District AC	1:43:04	1:42:55
119.	167	Rob Marshall	m	Veteran 40	Scunthorpe and District AC	1:43:04	1:42:55
120.	103	David Ashworth	m	Veteran 50	U/A Bolton, Lancs	1:43:07	1:42:56
121.	253	Nicholas Thorley	m		U/A Manchester,	1:43:28	1:43:09
122.	245	paul roche	m	Veteran 50	merseyside police	1:43:32	1:43:27
123.	146	jean turner	f	Lady Veteran 50	telford harriers	1:43:36	1:43:20
124.	220	Andy Binstead	m	Veteran 40	Red Rose Road Runners	1:43:47	1:43:31
125.	149	Jane Saint	f	Lady Veteran 40	U/A Great Alne, WARWICKSHIRE	1:44:00	1:43:51
126.	258	Tamsin Cass	f		Tynedale Harriers	1:44:48	1:44:41
127.	98	Tony Hails	m	Veteran 50	U/A Preston, Lancs	1:44:55	1:44:41
128.	193	Trish Mellor	f	Lady Veteran 50	Penistone footpath runners	1:45:10	1:45:02
129.	223	James Adamson	m	Veteran 40	U/A Ossett,	1:45:19	1:45:05
130.	255	mary tavener	f	Lady Veteran 50	vale royal	1:46:13	1:46:06
131.	51	Bryan Cosgrove	m		U/A Manchester,	1:46:13	1:46:00
132.	244	Andrea Horgosi	f		U/A Warrington, Cheshire	1:46:14	1:46:04
133.	222	Paul Gardner	m		U/A Liverpool,	1:46:52	1:46:40
134.	94	Adrian Cross	m	Veteran 40	U/A Arnside, Cumbria	1:47:06	1:46:52
135.	115	Mike Allison	m	Veteran 50	U/A Penrith, Cumbria	1:48:06	1:48:04
136.	239	Vinn McGuire	m	Veteran 50	Lonsdale	1:48:31	1:48:19

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137.	119	ken Williams	m	Veteran 60	U/A Carnforth, Lancashire	1:48:41	1:48:26
138.	145	Richard McGee	m	Veteran 40	U/A Stratford-upon-Avon,	1:49:15	1:49:06
139.	143	Charlie Michaelis	m	Veteran 50	U/A Stratford-upon-Avon, Warwicks	1:49:56	1:49:46
140.	87	Martyn Wigglesworth	m	Veteran 40	U/A Richmond, North Yorkshire	1:50:07	1:49:59
141.	38	ian rayner	m	Veteran 50	Roundhay Runners	1:50:12	1:49:57
142.	78	Darina Delinova	f		U/A Windermere,	1:50:28	1:50:19
143.	128	Tom Wright	m	Veteran 40	U/A Lytham St.Annes, Lancashire	1:50:38	1:50:32
144.	198	Will Stover	m		Fleetwood Tri Club	1:50:38	1:50:33
145.	197	Kate Charlton	f	Lady Veteran 40	U/A Hexham, Northumberland	1:50:54	1:50:46
146.	232	Dean Gorton	m		ASICS	1:51:11	1:50:55
147.	156	Abigail Macfarlane	f	Lady Veteran 40	U/A Ulverston, Cumbria	1:51:12	1:51:02
148.	67	Neil Paterson	m	Veteran 50	U/A Hexham, Northumberland	1:51:56	1:51:41
149.	88	Diane Wilson	f	Lady Veteran 40	U/A Richmond, North Yorkshire	1:51:57	1:51:49
150.	207	Quentin Merritt	m	Veteran 50	U/A Kendal,	1:52:09	1:51:53
151.	175	Laura Boothman	f		London Heathside	1:52:12	1:51:59
152.	117	Diane Hamblett	f	Lady Veteran 40	U/A Warrington, Cheshire	1:52:30	1:52:20
153.	168	Julie Lomax	f	Lady Veteran 40	Bolton United Harriers	1:52:32	1:52:25
154.	113	Shirley Hunt	f	Lady Veteran 40	Tri Preston	1:53:06	1:52:55
155.	63	Lesley Goodson	f	Lady Veteran 50	North Wales Road Runners Club	1:53:22	1:53:17
156.	142	Joanne May	f	Lady Veteran 40	Eden Runners	1:53:33	1:53:30
157.	105	Thomas Robinson	m		U/A Poulton le Fylde, Lancashire	1:54:07	1:53:58
158.	172	Tracey Apperley	f	Lady Veteran 40	U/A Newmarket, Suffolk	1:54:11	1:54:09
159.	72	Dev Devadason	m		U/A Altrincham,	1:54:22	1:54:09
160.	160	Amy Norfolk	f		Liverpool running club	1:55:16	1:54:59
161.	132	Daniel Waas	m		Hyde Park Harriers	1:55:26	1:55:20
162.	114	Jonathon Hunt	m	Veteran 40	Tri Preston	1:56:51	1:56:40
163.	56	andrew turner	m	Veteran 50	U/A whipsnade,	1:57:04	1:56:48
164.	24	Richard Cavner	m	Veteran 60	Fell runners Association	1:57:27	1:57:22
165.	159	Mary Beckett	f		Eden Runners	1:57:40	1:57:29
166.	60	john wilson	m		Fleetwood Tri	1:58:27	1:58:21
167.	247	Rachel Poynter	f		Eden Runners	1:58:30	1:58:20
168.	141	Andy Bentley	m	Veteran 40	U/A Bingley,	1:59:05	1:58:48
169.	68	Graham Schofield	m	Veteran 60	Chorley Harriers	1:59:43	1:59:38
170.	12	Leanne Jackson	f		Barrow & Furness Striders	2:00:18	2:00:06
171.	153	Garry Hobson	m	Veteran 50	Scunthorpe and District	2:00:44	2:00:30
172.	45	Andrew Goodson	m	Veteran 50	U/A Bowness on Windermere, Cumbria	2:01:39	2:01:35
173.	202	Rebecca Greaves	f		U/A Blackpool,	2:02:14	2:01:57
174.	174	Marcus Chapman	m	Veteran 40	U/A Grange-Over-Sands, Cumbria	2:02:15	2:01:57
175.	39	Gillian Csizmadia	f	Lady Veteran 50	Wrexham AC	2:03:06	2:02:53
176.	123	Mary Mills	f	Lady Veteran 50	Holme Pierrepont Running Club	2:06:05	2:05:51
177.	157	Michael Bradley	m		Warrington Running Club	2:07:16	2:07:13
178.	246	phillip brierley	m		U/A Blackpool, Lancashire	2:07:50	2:07:33
179.	82	lisa richardson	f		stainland lions	2:08:46	2:08:31
180.	116	frank penders	m	Veteran 50	U/A leeds, west yorkshire	2:11:08	2:11:03
181.	57	Simon Berrill	m		U/A Preston, Lancs	2:19:31	2:19:15
182.	189	David Sullivan	m	Veteran 50	deeside runners	2:22:57	2:22:40
183.	187	Elisabeth Sullivan	f		Edinburgh triathletes	2:22:58	2:22:40
184.	27	Lindsey Higham	f	Lady Veteran 40	Lancaster and Morecambe Running Club	2:36:13	2:35:55
185.	181	Rachael Webb	f		Team Bee	2:53:19	2:53:04

Number of records: 185