

Lake District Challenge 2022

Starting List



List of start times for participants who registered on or before the 31st May 2022 (list not updated once published).

Those who registered on or after the 1st June 2022 will receive their e-ticket with their bib number and start window at the latest 18:00pm on the 9th June 2022.

If you registered on or before the 31st of May 2022 and are not on this list/have not received your E-Ticket via email then please complete the E-Ticket request form linked below.

To complete an E-Ticket request form (or to let us know if you are not appearing on the list) please [CLICK HERE>>>](#)

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Carol	Abel	Ambleside 10K	09:30am		5000
Chris	Abrams	1st Half	08:00am		4000
Elizabeth	Adams	Full (Cont)	07:00am		2000
Tony	Adams	1st Half	08:30am		4001
Cerys	Adcock	1st Quarter	09:30am		7000
Dan	Addison	Full (Cont)	07:00am		2001
Chris	Agius	1st Quarter	09:30am		7001
Stuart	Ainslie	Full (Cont)	07:30am		1000
Michelle	Ajayi	1st Half	08:30am		4002
Dania	Al Asadi	Full (2 Day)	08:00am	06:00am-06:30am	3000
jobin	Albert Cruz	1st Half	08:30am		4003
Smija	Alex	1st Half	08:30am		4004
Shazia	Ali	2nd Half		06:00am-06:30am	6000
Elizabeth	Allen	Full (Cont)	07:00am		1001
James	Allison	2nd Half		06:00am-06:30am	6001
Kathy	Allman	1st Half	08:30am		4005
Erika	Amadio	Full (2 Day)	08:00am	06:00am-06:30am	3001
Stella	Amadio	Full (2 Day)	08:00am	06:00am-06:30am	3002
Pasco	Amatiello	Full (Cont)	07:30am		2002
Susan	Amatiello	Full (Cont)	07:30am		2003
John	Anderson	Ambleside 10K	09:30am		5001
Laura	Anderson	Ambleside 10K	09:30am		5002
Steven	Anderson	Full (Cont)	07:00am		1002
Max	Andrews	1st Quarter	09:00am		7002
Eeva	Anker	Full (2 Day)	09:00am	06:00am-06:30am	3003
Luke	Aqui	Full (Cont)	07:00am		2004
Caryll	Arcales	Full (2 Day)	07:00am	06:00am-06:30am	3004
Alexandra	Archer	1st Half	08:00am		4006
Katie	Arkell	1st Quarter	09:30am		7004
Thomas	Arkell	1st Quarter	09:30am		7005
Jez	Arnold	1st Half	08:30am		4007

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Rose	Ashmore	1st Half	08:00am		4008
Michael	Atherton	1st Half	08:30am		4009
Kasia	Atmaca	Full (Cont)	07:00am		2005
Caitlin	Baber	Full (2 Day)	07:30am	06:00am-06:30am	3005
Shukura	Babirye	Full (2 Day)	07:30am	06:00am-06:30am	3006
Helen	Bailey	1st Quarter	09:30am		7006
steven	bailey	Full (Cont)	07:30am		2006
Gordon	Baillie	Full (Cont)	07:30am		2007
Emma	Baker	1st Half	08:30am		4010
Sarah	Baker	1st Half	08:00am		4011
Jonathan	Banasko	1st Quarter	08:00am		7007
Paul	Bancroft	Full (Cont)	07:30am		2008
Nancy	Barber	Full (2 Day)	08:00am	06:00am-06:30am	3007
Lloyd	Barker	Ambleside 10K	09:30am		5004
Phillip	Barley	Full (2 Day)	08:00am	06:00am-06:30am	3008
Bob	Barlow	Full (Cont)	07:00am		1003
Michael	Barlow	Full (Cont)	07:30am		2009
Fred	Barnard	1st Quarter	08:30am		7008
Paul	Barnard	1st Half	08:30am		4012
Wendy	Barnard	1st Half	08:30am		4013
Jane	Barnes	1st Quarter	09:00am		7009
Peter	Barnes	1st Quarter	09:00am		7010
William	Barnes	Full (2 Day)	08:00am	06:00am-06:30am	3009
Andrew	Barnett	Full (Cont)	07:00am		2010
Jason	Barnett	Full (Cont)	07:30am		1004
Amy	Baron	Full (Cont)	07:00am		2011
Aishling	Barrett	1st Half	08:00am		4014
Antony	Barrett	Full (2 Day)	07:00am	06:00am-06:30am	3010
Elaine	Barrett	Full (2 Day)	07:00am	06:00am-06:30am	3011
Sally	Barton	Ambleside 10K	09:30am		5005
JONATHON	BASDEN	Full (Cont)	07:30am		2012
Janet	Bastiman	Full (2 Day)	07:30am	06:00am-06:30am	3012
Nomin	Bat	Full (Cont)	07:30am		2013
Donna	Bate	Ambleside 10K	09:30am		5006
Clara	Batten	Full (2 Day)	08:00am	06:00am-06:30am	3013
Lily	Bayley	Ambleside 10K	09:30am		5007
Lucy	Beard	1st Half	09:00am		4015
Seonaid	Beaugeard	Full (2 Day)	07:30am	06:00am-06:30am	3014
Emma	Beeston	1st Quarter	08:30am		7011
Isabelle	Beeston	1st Quarter	08:30am		7012
Michael	Beeston	1st Quarter	08:30am		7013
Elaine	Begley	1st Half	08:00am		4016
Helena	Belcher	1st Half	08:30am		4017

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Lawrence	Bell	Full (Cont)	07:00am		1005
Lysette	Bell	1st Half	08:30am		4018
Erin	Bellamy	Full (2 Day)	08:00am	06:00am-06:30am	3015
Arielle	Bennett	Full (Cont)	07:30am		2014
Pam	Bennett	1st Quarter	09:30am		7014
Lucy	Berresford	1st Half	07:30am		4019
Hannah	Bevan	Full (2 Day)	07:30am	06:00am-06:30am	3016
Kamal	Bhamra	1st Quarter	09:30am		7015
Hemisha	Bhardwa	1st Quarter	09:30am		7016
Krishan	Bhardwa	1st Quarter	09:30am		7017
Mala	Bhardwa-Mistry	1st Quarter	09:30am		7018
Prashant	Bhojani	1st Quarter	09:30am		7019
Sachideo	Bholah	1st Half	09:00am		4020
Roxanne	Billington	1st Half	08:30am		4326
Lee	Bingham	Full (Cont)	07:30am		2015
Martin	Birch	Full (Cont)	07:00am		1006
Siobhan	Birket	Ambleside 10K	09:30am		5008
Naomi	Blachford	Full (Cont)	07:00am		2016
Susan	BLACHFORD	Ambleside 10K	09:30am		5009
Tim	Blamire	Full (Cont)	07:00am		2017
Phil	Blaze	Ambleside 10K	09:30am		5010
David	Boden	Full (2 Day)	07:30am	06:00am-06:30am	3017
Giles	Bolton	1st Half	08:30am		4021
helene	Bolton	Full (Cont)	07:00am		2018
Simon	Bolton	1st Half	08:00am		4022
Trevor	Bolton	1st Quarter	08:30am		7020
Chris	Bond	Full (Cont)	07:00am		2019
Duncan	Bond	Full (2 Day)	07:30am	06:00am-06:30am	3018
Christopher	Bonnell	Full (Cont)	07:00am		2020
Nick	Booker	Full (Cont)	07:00am		2021
Steven	Booth	1st Half	08:00am		4023
Julie	Boothroyd	Full (2 Day)	08:00am	06:00am-06:30am	3019
Julie	Bould	Full (Cont)	09:00am		2022
Leanne	Boulding	Full (2 Day)	07:30am	06:00am-06:30am	3020
Lauren	Bowe	Ambleside 10K	09:30am		5011
Will	Bower	Full (Cont)	07:00am		1007
Karen	Bowes	1st Half	08:30am		4025
Stephen	Bowker	1st Half	08:30am		4026
Jackie	Bowring	1st Half	08:00am		4027
LIAM	Boyce	Full (2 Day)	08:00am	06:00am-06:30am	3022
Andrea	Boyle	1st Quarter	08:30am		7021
John	Boyle	Full (Cont)	07:00am		1008
Marc	Bracha	Full (Cont)	07:30am		2023

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
John	Bradley	Ambleside 10K	09:30am		5012
Helen	Brady	1st Quarter	09:30am		7022
Jarred	Braithwaite	Full (Cont)	07:00am		2024
Elliot	Bramhall	Full (Cont)	08:30am		2025
Daniel	Brayshaw	Full (Cont)	07:30am		2026
Kathryn	Bregazzi	Full (2 Day)	07:30am	06:00am-06:30am	3023
Naomi	Brennan	1st Quarter	09:00am		7023
CLARE	BREWER	1st Quarter	09:00am		7024
Louise	Bridges	1st Quarter	08:00am		7025
Charlotte	Brigham	1st Quarter	09:30am		7026
Kathryn	Brissenden	Ambleside 10K	09:30am		5013
Michael	Brockbank	Full (Cont)	09:00am		2027
Zara	Brogan	1st Quarter	09:30am		7027
Jennifer	Brooke	Full (2 Day)	07:00am	06:00am-06:30am	3024
Shona	Brotherton	1st Quarter	09:00am		7028
Chris	Brown	Full (Cont)	07:30am		2028
Nicholas	Brown	1st Quarter	09:00am		7297
Patrice	Brown	Ambleside 10K	09:30am		5014
Phil	Brown	2nd Half		06:00am-06:30am	6002
Jodie	Browne	Full (2 Day)	08:00am	06:00am-06:30am	3025
Thomas	Bruneteaux	Full (Cont)	07:00am		1009
Ed	Bryan	1st Half	08:00am		4030
michael	Bryan	Full (Cont)	07:30am		2029
RACHEL	BRYAN	1st Half	08:30am		4029
Shane	Bryant	Full (2 Day)	08:00am	06:00am-06:30am	3026
Barbora	Buchtova	1st Quarter	08:30am		7029
Jessica	Budgett	1st Half	08:30am		4031
Bev	Bulmer	1st Quarter	09:30am		7030
Amanda	Burnham	Full (2 Day)	07:30am	06:00am-06:30am	3028
Jonathan	Burr	1st Half	08:30am		4032
Leah	Burrows	Full (Cont)	07:00am		1010
Marie	Burton	Full (2 Day)	08:00am	06:00am-06:30am	3029
Amy	Butler	Ambleside 10K	09:30am		5015
Megan Cecilia	Butler	Ambleside 10K	09:30am		5016
Tara	Byrne	Full (Cont)	07:00am		1011
Claire	Cadzow	1st Quarter	09:30am		7032
Elanor	Cadzow	1st Quarter	09:30am		7033
Grace	Cadzow	1st Quarter	09:30am		7034
Scott	Cadzow	1st Quarter	09:30am		7035
Anita	Caira	1st Quarter	08:30am		7036
William	Cairns	1st Half	08:30am		4033
Thomas Callaghan	Callaghan	Full (Cont)	07:00am		2030

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Joanna	Cameron	1st Quarter	09:00am		7037
Joseph	Campbell	Ambleside 10K	09:30am		5017
Debbie	Cann	Full (2 Day)	07:00am	06:00am-06:30am	3030
Michelle	Canning	1st Quarter	08:30am		7038
Lily	Canter	Full (2 Day)	08:00am	06:00am-06:30am	3031
Anthony	Cape	Ambleside 10K	09:30am		5018
Amélie	Capelle	1st Half	08:30am		4034
Cosmin	Carabet	Full (2 Day)	08:00am	06:00am-06:30am	3032
Lisa	Carroll	Full (Cont)	09:00am		2031
Angela	Carter	Full (2 Day)	08:00am	06:00am-06:30am	3033
Catherine	Casey	1st Quarter	09:30am		7039
Simon	Cash	Full (2 Day)	07:30am	06:00am-06:30am	3034
Craig	Casley	Full (Cont)	07:00am		1012
Adam	Cassidy	Full (Cont)	07:00am		2032
Hannah	Catchpole	1st Quarter	09:30am		7040
Rose	Cattigan	Full (2 Day)	07:30am	06:00am-06:30am	3035
Julia	Cavanagh	1st Half	08:00am		4035
Camilla	Chafer	1st Half	08:30am		4036
Zoe Marie	Challoner	Full (2 Day)	08:00am	06:00am-06:30am	3036
Ratidzai	Changamire	Full (Cont)	07:30am		2033
Mark	Chapman	1st Half	08:00am		4037
Gina	Charles	1st Half	09:00am		4038
Ragini	Chavda	Ambleside 10K	09:30am		5019
Rita	Chawdhuri	Full (2 Day)	07:30am	06:00am-06:30am	3037
Roman	Chernyshev	1st Half	08:00am		4039
Svetlana	Chernysheva	1st Half	08:00am		4040
Symon	Chester	Full (Cont)	07:00am		1013
Luke	Chetwood	Full (2 Day)	08:00am	06:00am-06:30am	3038
Laura	Chiswell	Full (Cont)	07:30am		2034
Mark	Chmielewski	1st Half	08:30am		4041
Edyta	Chojnowska	Full (2 Day)	08:00am	06:00am-06:30am	3039
Shuly	Choudhury	1st Half	08:30am		4328
Charlotte	Christian	Full (Cont)	07:00am		2035
Terry	Christian	Full (Cont)	07:00am		2036
Megan	Chubb	1st Quarter	09:00am		7041
Aneel	Chumber	Full (2 Day)	07:30am	06:00am-06:30am	3040
Artur	Ciezarek	Ambleside 10K	09:30am		5020
Stephen	Clappison	Full (Cont)	07:00am		1014
Michelle	Clark	Full (2 Day)	07:30am	06:00am-06:30am	3041
Robin	Clark	Full (Cont)	07:30am		2037
Alex	Clarke	Full (2 Day)	07:30am	06:00am-06:30am	3042
Andrew	Clarke	1st Quarter	09:30am		7042
Austin	Clarke	Full (Cont)	07:30am		2038

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Elizabeth	Clarke	1st Quarter	09:30am		7043
Terry	Clarke	Full (2 Day)	07:30am	06:00am-06:30am	3043
Sarah	Clarkson	1st Quarter	09:30am		7044
Anna	Clements	1st Quarter	09:30am		7045
Becki	Clifford-Perkins	1st Quarter	09:00am		7046
Michael	Clough	Full (Cont)	07:00am		1015
Jim	Clover	Full (Cont)	07:00am		2039
Paul	Colcombe	1st Half	07:00am		4042
Melissa	Coleman	Full (Cont)	07:00am		2040
Megan	Collier	1st Quarter	09:30am		7047
David	Collins	Full (Cont)	09:00am		2041
David	Collins	Full (Cont)	07:30am		2042
Louise	Collinson	1st Half	08:00am		4043
Gillian	Combella	Ambleside 10K	09:30am		5021
Eileen	Connolly	Ambleside 10K	09:30am		5022
Julie	Connolly	1st Half	08:30am		4044
Patrick	Connolly	Ambleside 10K	09:30am		5023
Victoria	Connolly	1st Half	08:30am		4045
Stephen	Conway	Full (Cont)	07:00am		2043
Cheryl	Cooksey	1st Quarter	08:30am		7048
Charis	Cooper	Full (Cont)	07:30am		1016
Spencer	Copley	Full (Cont)	08:30am		2044
Chris	Corbett	Full (Cont)	07:00am		2045
cheryl	corns	1st Half	08:30am		4048
Dan	Corns	1st Half	08:30am		4047
Helen	Corpe	2nd Half		06:00am-06:30am	6003
Chris	Corsbie-Smith	1st Quarter	09:00am		7049
Jeremy	Cosgrove	Full (2 Day)	07:00am	06:00am-06:30am	3044
Manuel Maria	Costa	Full (Cont)	07:30am		2046
Sarah	Cotter	Full (2 Day)	07:30am	06:00am-06:30am	3045
Daniel	Cotton	Ambleside 10K	09:30am		5024
Catherine	Cowley	Full (2 Day)	07:30am	06:00am-06:30am	3046
Holly	Cox	Full (2 Day)	07:30am	06:00am-06:30am	3047
Linda	Cox	Full (2 Day)	07:30am	06:00am-06:30am	3048
Mark	Cox	Full (2 Day)	07:30am	06:00am-06:30am	3049
Robert	Cox	1st Quarter	09:30am		7051
Stuart	Cox	1st Half	07:00am		4049
Daniel	Craine	1st Half	08:00am		4050
Michael	Crampton	Ambleside 10K	09:30am		5025
Andy	Crawford	Full (Cont)	08:30am		2047
Zach	Cresswell	1st Half	08:30am		4052
Gillian	Crofts	Full (2 Day)	07:30am	06:00am-06:30am	3052
Hannah	Croghan	1st Half	08:30am		4053

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Laura	Croghan	1st Half	08:30am		4054
Emma	Cronolley	1st Quarter	08:30am		7052
Sara	Crosland	Full (Cont)	07:30am		2048
Roger	Cross	Full (Cont)	07:30am		2049
Stephen	Crossman	Full (Cont)	07:00am		2050
clare	croton	2nd Half		06:00am-06:30am	6004
Caroline	Crouch	Full (Cont)	08:00am		2051
Steven	Crouch	1st Half	08:00am		4055
Anna	Crowley	Full (Cont)	07:00am		2052
Ben	Crowley	Full (2 Day)	08:00am	06:00am-06:30am	3054
Jo	Cuddy	1st Quarter	09:00am		7053
holly	cullen	Full (2 Day)	08:00am	06:00am-06:30am	3055
David	Cummings	1st Quarter	08:00am		7054
Derek	Cummings	Full (Cont)	07:00am		2053
Nicola	Cummings	Full (Cont)	07:00am		2054
Yvonne	Cummings	1st Quarter	08:30am		7296
Lee	Cunningham	Full (Cont)	07:00am		2055
Renay	Cunningham	Full (Cont)	07:00am		2056
Adam	Curnow	Full (Cont)	08:30am		2057
James	Curran	Full (2 Day)	07:30am	06:00am-06:30am	3056
SANDRA	CURTO	1st Quarter	09:00am		7055
Becca	Dancey	1st Half	08:30am		4057
Chris	Daniels	1st Quarter	09:30am		7056
Nick	Darlington	1st Quarter	09:00am		7057
Paul	Darlington	1st Quarter	09:00am		7058
Louise	David	Full (Cont)	07:00am		2058
Carl	Davies	Full (Cont)	07:30am		1017
Jo	Davies	1st Quarter	09:30am		7059
Colin	Davis	Ambleside 10K	09:30am		5026
James	Davis	1st Quarter	09:30am		7060
Rebecca	Davis	Ambleside 10K	09:30am		5027
Christopher	davison	1st Quarter	09:30am		7063
Kevin	Davison	1st Half	09:00am		4058
Lianne	Davison	1st Quarter	08:30am		7061
Madeline	Davison	1st Half	09:00am		4059
Stephanie	Davison	1st Quarter	09:30am		7062
Carolyn	Dawe	1st Quarter	09:00am		7064
Tony	Dawson	Full (Cont)	07:00am		2059
Gail	Day	1st Quarter	09:30am		7065
Emma	De Casse	Full (Cont)	07:00am		2060
Kathryn	de Ferrer	Full (Cont)	07:00am		2061
richard	deakin	1st Half	08:30am		4060
Antony	Dean	Full (Cont)	07:00am		2062

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Lucy	Dean	1st Half	08:00am		4061
Rianne	Dearing-Aspinall	Full (2 Day)	07:30am	06:00am-06:30am	3057
Andrew	Deighton	Ambleside 10K	09:30am		5028
Tina	Delaney	1st Quarter	09:30am		7066
Emma	Delin	2nd Half		06:00am-06:30am	6005
Karen	Delin	2nd Half		06:00am-06:30am	6006
Chris	Dell	Full (2 Day)	07:30am	06:00am-06:30am	3058
Diana	Denning	1st Quarter	08:30am		7067
Kaleigh	Devlin	1st Quarter	08:30am		7068
Laura	Dewes	1st Half	08:30am		4062
Julie	Diamond	2nd Half		06:00am-06:30am	6007
Chloe	Dickinson	Ambleside 10K	09:30am		5029
Will	Dickson	1st Half	09:00am		4063
Wout	Dispa	Full (2 Day)	09:00am	06:00am-06:30am	3059
Liam	Dobson	Ambleside 10K	09:30am		5030
Robert	Dodds	1st Quarter	08:30am		7069
Linda	Donaldson	1st Half	08:30am		4325
Hazel	Donn	1st Quarter	09:00am		7070
James	Donnelly	Full (Cont)	07:00am		2064
Mathieu	Doumesche	Full (2 Day)	07:30am	06:00am-06:30am	3060
Jeff	Doyle	Full (Cont)	07:00am		2065
Guy	Drabble	1st Half	08:30am		4064
Elizabeth	Drew	Full (2 Day)	07:30am	06:00am-06:30am	3061
Julie	Driskell	Full (Cont)	08:30am		2066
Isabella	Drummond	1st Half	08:30am		4065
Helen	Dubber	Ambleside 10K	09:30am		5133
Fiona	Dunbar	Full (Cont)	07:00am		2067
marc	dunbavand	Full (Cont)	07:30am		2069
susie	Dunbavand	Full (Cont)	07:30am		2068
Michael	Dunn	Ambleside 10K	09:30am		5031
Philip	Dunn	Full (Cont)	07:00am		1019
Edward	Dunphy	1st Half	09:00am		4066
Helen	Earl	1st Quarter	09:00am		7071
John	Earl	1st Quarter	09:00am		7072
Vanessa	Eastwick-Field	1st Half	08:30am		4067
Stephanie	Eastwood	1st Quarter	09:00am		7073
Joseph	Eddison	2nd Half		06:00am-06:30am	6009
Wendy	Edgell	1st Quarter	08:30am		7074
Anna	Edigaryan	Full (Cont)	08:00am		2070
Benjamin	Edmondson	Full (2 Day)	08:00am	06:00am-06:30am	3062
Joe	Edmondson	Full (Cont)	07:00am		2071
Louise	Edmondson	Ambleside 10K	09:30am		5032
Jane	Edwards	1st Quarter	08:30am		7075

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Katie	Edwards	Full (Cont)	08:30am		2072
Kira-Jade	Edwards	Full (2 Day)	07:30am	06:00am-06:30am	3063
Michaela	Edwards	1st Quarter	08:30am		7076
Jasmine	Egan	1st Quarter	09:30am		7077
isaac	egas buco	Full (Cont)	07:30am		2073
Claire	Elderfield	1st Half	08:00am		4068
Sarah	Elliott	1st Quarter	09:00am		7078
Thomas	Elliott	1st Quarter	09:00am		7079
Richard	Ellis	Full (Cont)	09:00am		2074
selina	elson	Full (Cont)	09:00am		2075
Lisa	England	1st Quarter	09:30am		7080
Michael	English	Full (Cont)	07:30am		2076
Sarah	Escott	1st Quarter	09:00am		7081
Adam	Evans	Full (Cont)	07:00am		2077
Dean	Evans	Full (Cont)	07:00am		1020
Natalya	Evans	1st Quarter	09:30am		7082
Phoebe	Evans	1st Quarter	09:00am		7083
Chris	Everett	1st Half	07:00am		4069
Luke	Everitt	1st Half	07:00am		4070
Tymoteusz	Fabianski	Full (2 Day)	07:30am	06:00am-06:30am	3234
Francesca	Falco	Full (2 Day)	07:30am	06:00am-06:30am	3066
Lisa	Fall	1st Half	08:00am		4071
Pete	Fall	Ambleside 10K	09:30am		5033
Nicole	Fallowfield	1st Half	08:30am		4072
Jennifer	Farkas	1st Half	07:00am		4073
Helen	Farmiloe	1st Half	07:30am		4074
Guy	Farnsworth	1st Half	08:30am		4076
Dan	Farr	1st Quarter	09:00am		7084
Belinda	Farrell	1st Half	09:00am		4077
Nick	Farrelly	1st Half	09:00am		4078
Guy Sheffield	Farrier	2nd Half		06:00am-06:30am	6010
Anna	Faulkner	1st Quarter	09:00am		7085
Ashley	Faulkner	1st Half	08:30am		4079
Nathan	Faulkner	1st Quarter	09:00am		7086
Claire	Fell	Full (Cont)	08:00am		2078
Stephan	Fell	Full (Cont)	09:00am		2079
Daniel	Felton	2nd Half		06:00am-06:30am	6011
Helen	Felton	2nd Half		06:00am-06:30am	6012
Emma	Fenton	1st Half	08:30am		4080
Francesca	Field	Full (2 Day)	07:30am	06:00am-06:30am	3067
Richard	Fielder	Full (Cont)	07:00am		1021
Claire	Fielding	2nd Half		06:00am-06:30am	6013
kadene	Fife	Ambleside 10K	09:30am		5034

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Agnes	Filitoga	Full (2 Day)	08:00am	06:00am-06:30am	3068
Tracy	Findell	1st Quarter	08:00am		7087
Heather	Finlay	Full (2 Day)	08:00am	06:00am-06:30am	3069
Rob	Finley	Ambleside 10K	09:30am		5035
Georgia	Fisher	Full (Cont)	07:30am		2080
Lianne	Fisher	Full (2 Day)	07:00am	06:00am-06:30am	3070
Michael	Fisher	Full (Cont)	07:30am		1022
SALLY	FISHER	1st Half	08:30am		4081
Scarlett	Fitzhugh	1st Quarter	09:30am		7088
Liana	Fleming	1st Quarter	09:30am		7089
Darryl	Fletcher	Ambleside 10K	09:30am		5036
Amy	Flood	Full (Cont)	08:00am		2081
Olly	Fogden	1st Half	08:30am		4082
Daniel	Forbes	1st Half	07:30am		4083
Jamie	Forbes	Full (2 Day)	07:30am	06:00am-06:30am	3071
Oli	Ford	1st Quarter	09:30am		7090
Rachel	Ford	1st Half	09:00am		4084
Anna	Foster	1st Half	08:30am		4085
Christopher	Foster	1st Half	08:30am		4086
Helen	Fountain	1st Half	08:00am		4087
Thomas	Fowkes	Full (2 Day)	07:30am	06:00am-06:30am	3072
Jacqui	Fox	Full (Cont)	09:00am		2082
Raymond	Frame	Full (Cont)	07:30am		2083
Dean	Franklin	1st Quarter	09:00am		7091
Jody	Franklin	1st Quarter	09:00am		7092
Nikki	Fraser	1st Half	08:30am		4088
Paul	Fraser	Full (2 Day)	08:00am	06:00am-06:30am	3074
Bronwen	Freemantle	Full (Cont)	07:00am		2084
Zac	Frost	Full (Cont)	07:00am		2085
Bridget	Fry	1st Quarter	08:30am		7093
Sarah	Fulberg	Full (2 Day)	08:00am	06:00am-06:30am	3075
Jon	Furlong	1st Half	09:00am		4089
Mark	Gainsborough	1st Quarter	09:30am		7094
Erica	Galea	Full (Cont)	07:00am		1023
Nicola	Gallimore	Full (Cont)	08:30am		2086
Ellie	Gannon	Full (2 Day)	07:30am	06:00am-06:30am	3077
Eloise	Garbutt	1st Half	08:30am		4091
Laura	Garbutt	1st Half	08:30am		4092
Gonzalo	Garcia Torrent	Full (Cont)	07:00am		2087
Rob	Gardiner	Ambleside 10K	09:30am		5037
George	Gardner	1st Half	09:00am		4093
Daniel	Garnham	Full (Cont)	07:30am		2088
Kelly	Garrod	1st Half	07:00am		4094

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Ruth	Geach	Full (2 Day)	07:30am	06:00am-06:30am	3078
Tadas	Gedminas	1st Half	07:00am		4095
Joseph	Germaine	Full (Cont)	08:00am		2089
oscar	germaine	Full (Cont)	08:00am		2091
Patrick	Germaine	Full (Cont)	08:00am		2090
Kirstie	Ghirawoo	1st Half	08:00am		4096
Denise	Gibbard	Full (Cont)	07:30am		2092
James	Gibson	Ambleside 10K	09:30am		5038
Tamara	Gifford	1st Half	07:00am		4097
joey	gilchrist	1st Half	08:00am		4098
Thomas	Giles	1st Half	08:00am		4099
Cathryn	Gill	1st Quarter	09:00am		7095
Stanley	Gill	Ambleside 10K	09:30am		5039
Laura	Gillett	1st Half	08:30am		4100
Anna	Ginsberg	Full (2 Day)	08:00am	06:00am-06:30am	3079
Darren	Gladstone	1st Quarter	08:30am		7096
Jenny	Glover	2nd Half		06:00am-06:30am	6014
William	Godfrey	1st Quarter	09:00am		7097
Phil	Godson	Full (Cont)	09:00am		2093
Kevin	Gold	Full (2 Day)	07:30am	06:00am-06:30am	3080
Marc	Goldmark	Full (Cont)	07:00am		2094
Adam	Goldsmith	Full (2 Day)	07:30am	06:00am-06:30am	3081
Jennifer	Goldsmith	Full (2 Day)	07:30am	06:00am-06:30am	3082
Susana	Gomis Brevia	Ambleside 10K	09:30am		5040
Alexandre	Gonçalves	2nd Half		06:00am-06:30am	6015
Stefan	Goniszewski	Full (2 Day)	07:00am	06:00am-06:30am	2095
Helen	Gooder	Full (Cont)	07:00am		1024
Jody	Goodship	1st Half	08:00am		4102
Rhiannon	Gornall	Full (2 Day)	08:00am	06:00am-06:30am	3083
Sid	Gornall	Full (Cont)	07:30am		2096
Renata	Gorniak	Full (2 Day)	07:30am	06:00am-06:30am	3084
Chelsea	Gosling	Full (2 Day)	08:00am	06:00am-06:30am	3085
Elizabeth	Gould	Ambleside 10K	09:30am		5143
matthew	gould	1st Quarter	09:00am		7098
Julie	Graham	Ambleside 10K	09:30am		5041
V	Graham	Full (2 Day)	07:30am	06:00am-06:30am	3086
catherine	grant	Full (2 Day)	09:00am	06:00am-06:30am	3087
Oliver	Gray	Full (Cont)	07:00am		1025
Andrew	Green	1st Half	08:30am		4103
caroline	Green	1st Quarter	09:00am		7099
Erin	Green	1st Half	08:30am		4104
Lucy	Green	Full (Cont)	07:30am		2097
Vicky	Green	1st Quarter	09:30am		7100

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Giles	Greenhalgh	1st Half	08:30am		4105
LILIAN	GREENOUGH	1st Quarter	09:30am		7101
James	Greenwood	Ambleside 10K	09:30am		5042
Mari-Claire	Grenfell	Ambleside 10K	09:30am		5043
Abby	Grimwood	1st Quarter	09:30am		7104
Christopher	Grocott	Full (2 Day)	07:30am	06:00am-06:30am	3088
Alexandra	Gros	1st Quarter	09:00am		7105
Tomasz	Grzywacz	Ambleside 10K	09:30am		5044
Tom	Gully	Full (2 Day)	07:30am	06:00am-06:30am	3089
Josh	Gupta	Full (2 Day)	08:00am	06:00am-06:30am	3090
Francesca	Guratsky	1st Half	08:30am		4106
Kristina	Gurjevaite	Ambleside 10K	09:30am		5045
Jeni	Hacking	1st Half	08:30am		4107
Kathy	Hadden	1st Half	08:30am		4108
Finlay	Haggar	1st Half	07:00am		4109
Emily	Haigh	Ambleside 10K	09:30am		5046
Tamsin	Haines	1st Half	08:00am		4110
Michelle	Hale	Full (2 Day)	08:00am	06:00am-06:30am	3091
Sam	Hale	1st Quarter	09:30am		7106
David	Hall	Full (Cont)	07:00am		2099
Jodie	Hall	1st Half	08:00am		4111
Louise	Hall	1st Half	08:00am		4112
Stephen	Hall	1st Half	08:30am		4113
jim	Halley	Full (Cont)	07:00am		2100
Barbara	Halstead	Ambleside 10K	09:30am		5047
Steve	Halstead	Ambleside 10K	09:30am		5048
Shabana	Hameed	2nd Half		06:00am-06:30am	6016
Kelly	Hamacott	Full (Cont)	07:00am		2101
Denise	Hammond	Full (2 Day)	08:00am	06:00am-06:30am	3092
Claudia	Hammond-Price	1st Quarter	09:30am		7107
Stephen	Hanford	1st Quarter	08:30am		7108
Neil	Harding	Full (2 Day)	07:30am	06:00am-06:30am	3093
PJ	Harding	1st Half	08:00am		4114
Megan	Harker	1st Quarter	09:30am		7109
Michael	Harker	1st Quarter	09:30am		7110
Joanne	Harman	1st Quarter	08:30am		7111
David	Harper	Ambleside 10K	09:30am		5049
Jennie-Lou	Harper	Full (Cont)	07:30am		2102
Jennifer	Harrap	Full (2 Day)	08:00am	06:00am-06:30am	3094
Judith	Harrison	Full (Cont)	07:00am		2103
Louise	Harrison	Full (Cont)	07:30am		2104
Bryony	Harrison-Croft	Full (Cont)	08:30am		2105
Jo	Harrison-Smith	Full (2 Day)	09:00am	06:00am-06:30am	3095

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Louise	Hartley	1st Half	09:00am		4115
Mark	Harvey	Ambleside 10K	09:30am		5050
Faye	Hatto	1st Quarter	09:00am		7112
Tony	Hauxwell	Full (Cont)	07:00am		2106
Celine	Haynes	1st Half	08:00am		4116
Gail	Haythornthwaite	1st Quarter	08:00am		7113
David	Hayward	Full (Cont)	08:00am		2107
James	Hazeldine	1st Half	07:00am		4117
Lindsey	Hazle	Ambleside 10K	09:30am		5051
Steven	Head	Full (Cont)	07:00am		1026
Graham	Heap	Ambleside 10K	09:30am		5052
Brian	Heaton	1st Quarter	09:30am		7114
James	Heddle	Full (2 Day)	07:30am	06:00am-06:30am	3096
Andrew	Hedley	1st Half	08:00am		4118
Jackie	Hemus	Ambleside 10K	09:30am		5053
Anita	Henderson	Ambleside 10K	09:30am		5054
Emily	Henderson	Full (2 Day)	07:30am	06:00am-06:30am	3097
Lynne	Henderson	Full (Cont)	07:00am		2108
Margaret	Henderson	Full (Cont)	07:30am		2109
Gary	Henney	Full (Cont)	09:00am		1027
Liberty	Henry	Full (Cont)	07:30am		2110
Matilda	Henry	Full (Cont)	07:30am		2111
Peter	Hensler	1st Half	08:30am		4119
Paula	Herbert	Ambleside 10K	09:30am		5055
Trudy	Herholdt	1st Quarter	09:30am		7115
Veronica	Hernandez Domingo	2nd Half		06:00am-06:30am	6017
Francesca	Hesketh	1st Half	08:00am		4120
Jo	Heywood	Full (Cont)	07:00am		2112
Alison	Hide	1st Quarter	09:00am		7116
Brian	Hildick-Smith	Full (2 Day)	08:00am	06:00am-06:30am	3099
Kate	Hildick-Smith	Full (2 Day)	08:00am	06:00am-06:30am	3100
Dan	Hiley	1st Half	08:00am		4121
Moira	Hill	1st Quarter	09:30am		7117
Liam	Hindle	Ambleside 10K	09:30am		5056
Ashley	Hine	Full (Cont)	08:00am		2113
Jo	Hinton	1st Quarter	09:30am		7119
Matt	Hobson	Full (2 Day)	07:00am	06:00am-06:30am	3101
Ed	Hockey	Full (Cont)	07:00am		1028
philip	hodgkiss	Full (Cont)	07:00am		2114
Ben	Hodgson	Full (Cont)	07:00am		1029
Fiona	Hodgson	1st Half	08:30am		4122
kurt	hodgson	1st Half	08:00am		4123

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Mike	Hodgson	1st Quarter	09:30am		7120
natalie	hodgson	Full (2 Day)	08:00am	06:00am-06:30am	3102
Francesca	Hodson	1st Quarter	09:00am		7121
mark	hodson	2nd Half		06:00am-06:30am	6018
Nichola	Hodson	1st Quarter	09:00am		7299
Damien	Holdstock	Full (Cont)	07:00am		2115
Rachael	Holland	Ambleside 10K	09:30am		5057
Claire	Holliday	2nd Half		06:00am-06:30am	6019
Victoria	Hollis	1st Half	09:00am		4329
Ann	Holmes	Ambleside 10K	09:30am		5058
Jennifer	Holt	Full (Cont)	08:00am		2116
Mark	Holt	1st Half	08:00am		4124
Mary	Holt	1st Half	08:00am		4125
Nicola	Holt	1st Quarter	08:30am		7122
susan	Hone-Brookes	1st Half	08:30am		4126
Stacey	Hood	1st Half	08:30am		4127
Stuart	Hood	1st Half	08:30am		4128
Kate	Hore	1st Quarter	09:00am		7123
Russ	Hore	1st Quarter	09:00am		7124
Dave	Horseman	Full (Cont)	07:00am		2117
Mark	Horseman	Full (Cont)	07:00am		2118
Russell	Horsley	2nd Half		06:00am-06:30am	6020
Claudia	Horsleys	2nd Half		06:00am-06:30am	6021
Kerry	Horsman-Gray	Full (Cont)	09:00am		2119
Matt	houghton	Full (Cont)	07:00am		2121
Neil	Houghton	Full (Cont)	08:00am		2120
Lois	Howard	1st Half	08:30am		4129
Christopher	Howitt	2nd Half		06:00am-06:30am	6036
Liam	Howorth	Ambleside 10K	09:30am		5059
Amy	Hughes	Ambleside 10K	09:30am		5060
Holly	Hughes	1st Quarter	09:00am		7125
Simone	Humby	Full (2 Day)	08:00am	06:00am-06:30am	3103
Claire	Humphreys	Full (2 Day)	07:00am	06:00am-06:30am	3104
Michael	Hunsley	1st Quarter	08:30am		7126
Phillip	Hunter	Full (Cont)	07:30am		2122
Thomas	Hunter	Full (2 Day)	07:30am	06:00am-06:30am	3105
Tuure	Huosianmaa	Full (Cont)	07:30am		2123
Shiba	Hussain	Ambleside 10K	09:30am		5061
Luis	Inciarte	Full (Cont)	07:30am		2124
Mark	Ingram	1st Quarter	09:00am		7127
Clarissa	Isaacs	Ambleside 10K	09:30am		5062
Audrey	Jackson	Full (2 Day)	07:30am	06:00am-06:30am	3107
Barnaby	Jackson	Full (Cont)	08:00am		1030

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Ben	Jackson	Full (2 Day)	08:00am	06:00am-06:30am	3108
Rhona	Jackson	Full (2 Day)	08:00am	06:00am-06:30am	3109
Magdalena	Jaruga	Ambleside 10K	09:30am		5063
Adam	Jeffery	Full (Cont)	07:00am		2125
Matthew	Jelley	1st Half	08:00am		4132
Philip	Jelley	1st Half	08:00am		4133
Tracy	Jenkins	Full (Cont)	07:30am		2126
Andrew	Jennings	1st Half	07:00am		4134
Kyle	Jennings	1st Half	08:30am		4135
Lee	Jennings	Full (2 Day)	07:30am	06:00am-06:30am	3110
Helle	Jensen	Full (Cont)	08:30am		2127
Roberto	Jimenez	1st Quarter	09:30am		7295
Neeraj	Jitendra	Ambleside 10K	09:30am		5064
Derek	Johnson	Full (2 Day)	07:30am	06:00am-06:30am	3111
Jackie	Johnson	Full (2 Day)	07:00am	06:00am-06:30am	3112
Katherine	Johnson	Ambleside 10K	09:30am		5065
Laura	Johnson	Full (2 Day)	07:30am	06:00am-06:30am	3113
Michelle	Johnson	1st Quarter	08:30am		7130
Sarah	Johnson	Full (Cont)	07:00am		2128
Victoria	Johnson-Davies	1st Half	08:30am		4137
Robert	Johnstone	Ambleside 10K	09:30am		5066
Ryan	Johnstone	1st Half	08:30am		4138
Anna	Jones	1st Quarter	09:30am		7131
Aprille	Jones	Full (2 Day)	08:00am	06:00am-06:30am	3114
Daniel	Jones	1st Half	08:30am		4139
Garry	Jones	Ambleside 10K	09:30am		5067
Nicky	Jones	Full (2 Day)	07:30am	06:00am-06:30am	3115
Mason	Joyce	Full (Cont)	07:00am		2130
Reiss	Joyce	Full (Cont)	07:00am		2131
Artur	Jozwik	Ambleside 10K	09:30am		5068
Emma	Jupp	1st Half	08:00am		4141
James	Jupp	1st Half	08:00am		4142
Magdalena	Kaczmarek	1st Half	08:00am		4143
Rohan	Kallicharan	Full (Cont)	07:00am		1031
Fahad	Kandari	1st Quarter	09:00am		7293
Norma	Kandari	1st Quarter	08:30am		7132
Chandani	Karbhari	1st Quarter	09:30am		7133
Devang	Karbhari	1st Quarter	09:30am		7134
Hussain	Katariwala	Full (2 Day)	07:30am	06:00am-06:30am	3117
Rajina	Kaur	1st Quarter	09:00am		7135
Chris	Kearney	Full (Cont)	07:30am		1032
Martin	Keegan	Full (Cont)	08:30am		2132
Simon	Keenan	1st Half	09:00am		4144

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Laura	Kellaway	Full (Cont)	07:00am		2133
Emily	Kelly	1st Half	08:00am		4145
James	Kelly	Full (Cont)	08:30am		2134
Jamie	Kelly	1st Half	08:00am		4146
Sarah	Kelly	1st Quarter	09:00am		7136
Sonja	Kelly	Full (2 Day)	07:30am	06:00am-06:30am	3118
Tina	Kelly	Full (Cont)	07:00am		1033
Victoria	Kelly	Full (Cont)	09:00am		2135
Katrina	Kemp	Full (Cont)	07:00am		1034
Tim	Kemp	Full (Cont)	07:30am		2292
Miranda	Kent	1st Half	08:00am		4147
Danielle	Kermode	Full (2 Day)	07:30am	06:00am-06:30am	3119
Sharon	Kerr	Full (2 Day)	09:00am	06:00am-06:30am	3120
Stephen	Kerr	Ambleside 10K	09:30am		5069
Darren	Kerry	Full (Cont)	09:00am		2137
Alison	Kiln	1st Quarter	09:00am		7137
Simon	Kiln	1st Half	08:30am		4148
Eleanor	Kincaid	Full (2 Day)	08:00am	06:00am-06:30am	3121
Caroline	King	1st Half	08:00am		4149
Caroline	Kirby	Full (Cont)	08:00am		2138
Jeanne	Kirkham	1st Quarter	09:00am		7139
Steve	Kitchen	Full (Cont)	08:30am		2139
Tom	Kitching	Full (2 Day)	07:30am	06:00am-06:30am	3122
Jana	Kleteckova	Full (2 Day)	08:30am	06:00am-06:30am	3123
ANDREW	KNIGHTS	Full (Cont)	07:30am		2140
Elton	Knox	1st Half	08:30am		4150
Krzysztof	Krogulski	1st Half	08:30am		4151
Danuta	Kubica	1st Quarter	08:00am		7140
Davinder	Kular	1st Quarter	09:00am		7141
John	Kyle	1st Quarter	09:30am		7142
Ravinder	Lall	1st Quarter	09:00am		7143
Rosie	Lambert	1st Quarter	09:00am		7144
Sophie Jayne	Lambert	Full (Cont)	07:30am		2141
Sophie	Lamper	1st Half	08:00am		4152
Brian	Lappin	1st Half	07:30am		4153
Lizzie	Last	1st Half	08:30am		4154
Thomas	Last	1st Half	08:30am		4155
Clare	Latham	2nd Half		06:00am-06:30am	6022
Dean	Latham	2nd Half		06:00am-06:30am	6023
Angela	Lauderdale	1st Quarter	09:30am		7145
Grace	Lavelle	Full (2 Day)	08:00am	06:00am-06:30am	3124
Nina	Law	1st Half	08:30am		4156
Ashley	Lawrence	1st Quarter	09:00am		7146

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Katy	Lawson	1st Quarter	09:30am		7147
PHIL	LAWSON	1st Half	08:00am		4157
Joanna	Lay	Full (Cont)	07:30am		2142
Sarah	Lay	Full (Cont)	07:30am		2143
Ella	Lazenby	Full (Cont)	08:00am		3125
karl	lea	Full (Cont)	09:00am		2144
Rachel	Leake	Full (Cont)	07:30am		2145
George	Learmonth	1st Half	08:30am		4158
Anthony	Lee	Full (Cont)	09:00am		2146
Natasha	Lee	1st Quarter	09:30am		7148
Sarah	Lee	1st Quarter	09:00am		7149
Gazmir	Lela	1st Quarter	09:30am		7150
Claire	Lester	Ambleside 10K	09:30am		5070
Fran	Lethbridge	1st Half	08:00am		4159
Equeen	Leung	Full (Cont)	07:30am		2147
Clare	Levine	1st Quarter	09:00am		7151
Rob	Levine	1st Half	08:30am		4160
TOVA	LEVY	Full (2 Day)	08:00am	06:00am-06:30am	3127
susan	lewellin	Ambleside 10K	09:30am		5137
Agata	Lewicka	1st Quarter	08:30am		7152
Stephen	Lewis	Full (Cont)	07:30am		2149
Laura	Leyland	Full (Cont)	07:00am		2151
MAISIE	LEYLAND	Full (Cont)	07:00am		2150
Beth	Lightburn	1st Half	08:30am		4161
Sapphira	Lilley	Ambleside 10K	09:30am		5071
Karl	Lillis	Full (Cont)	07:30am		2152
Kimberley	Linehan	1st Quarter	08:30am		7153
Weronica	Ling	Full (Cont)	08:00am		2153
Jacek	Lipinski	Full (2 Day)	07:00am	06:00am-06:30am	3128
Courtney	Lister	1st Quarter	09:30am		7154
Peter	Little	Full (Cont)	09:00am		2154
Damon	Livingston	2nd Half		06:00am-06:30am	6024
Michelle	Lloyd	1st Half	08:30am		4162
Steve	Lloyd	1st Half	08:00am		4163
Nathan	Loader	1st Half	08:30am		4164
Vibeke	Loberg	1st Half	08:00am		4165
Sam	Long	Full (2 Day)	08:00am	06:00am-06:30am	3130
Jennifer	Long Booi	Full (Cont)	07:30am		2155
Eduardo	Lopez	Full (2 Day)	07:30am	06:00am-06:30am	3131
Rachel	Love	Full (Cont)	07:30am		2156
Deborah	Lovett	2nd Half		06:00am-06:30am	6025
Sam	Lowe	1st Quarter	08:00am		7155
Adam	Lucas	1st Quarter	09:00am		7156

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Darren	Lucas	1st Half	08:00am		4166
Mark	Lucas	Full (Cont)	07:00am		2157
Ellie	Luxton	Full (Cont)	07:00am		2158
Kate	Lynch	Full (2 Day)	08:00am	06:00am-06:30am	3132
john	lyons	1st Quarter	08:00am		7157
Fiona	MacAulay	Full (2 Day)	07:30am	06:00am-06:30am	3133
Linda	Macbeth	1st Half	08:00am		4169
Mark	Maclagan	Full (Cont)	07:00am		2159
Matthew	MacLaren	1st Half	09:00am		4171
Paula	MacLavery	1st Half	08:00am		4172
Moira	Macmillan	Full (2 Day)	07:30am	06:00am-06:30am	3134
Ellie	Macmillan-Fox	Full (2 Day)	07:30am	06:00am-06:30am	3135
murray	macnaughtan	Full (2 Day)	07:30am	06:00am-06:30am	3136
Christine	MacSween	1st Half	08:30am		4173
Helen	Maddison	1st Quarter	09:00am		7158
Daniel	Maddock	1st Quarter	09:00am		7300
Aidan	Magee	Full (Cont)	08:00am		2160
Julia	Magnani	1st Quarter	09:00am		7159
Daniel	Maguire	Full (Cont)	07:00am		2162
Sophie	Maguire	Full (Cont)	07:00am		2163
Divashni	Mahe	1st Quarter	09:30am		7162
Laurent	MAHE	1st Quarter	09:30am		7161
Peter	Maher	1st Half	09:00am		4174
Manjinder	Mahil	Full (2 Day)	07:30am	06:00am-06:30am	3137
Katie	Mahony	1st Quarter	09:00am		7163
Carl	Major	1st Quarter	09:30am		7164
Rhona	Makepeace	Full (Cont)	07:00am		1035
Imraan	Malik	1st Half	08:00am		4175
Jibran	Malik	Full (Cont)	07:00am		1036
James	Mallaband	1st Half	08:00am		4176
Marie	Mallaband	1st Half	08:00am		4177
Osman	Maqsood	Full (2 Day)	07:30am	06:00am-06:30am	3138
Gemma	Marshall	1st Quarter	09:00am		7165
Gillian	Marshall	1st Half	08:00am		4178
Sam	Marshall	1st Half	08:00am		4179
Rachel	Martin	1st Half	08:30am		4180
Tom	Martin	1st Quarter	09:00am		7166
Joshua	Martindale	1st Half	08:00am		4181
Thomas	Mason	1st Quarter	09:00am		7167
Rachel	Massey	2nd Half		Joining Full	6026
Steve	Massey	1st Half	08:30am		4182
Marc	Masso Del Llano	Full (Cont)	07:00am		2164
Cath	Mather	1st Quarter	09:00am		7168

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Rob	Mather	1st Quarter	09:00am		7169
Shelly	Mathew	1st Half	08:30am		4183
Chris	Matthews	Full (Cont)	09:00am		2165
Julia	Matthews	Ambleside 10K	09:30am		5072
Katy	Mawson	1st Half	08:00am		4184
Tom	Mayer	Full (Cont)	07:00am		1037
Anna	Mayhew	1st Half	08:00am		4185
Dora	Mc Govern	Full (2 Day)	08:00am	06:00am-06:30am	3139
Ian	mcalpine	Full (Cont)	07:00am		1038
Alasdair	McCarrick	Full (2 Day)	08:30am	06:00am-06:30am	3140
Katie	McCarron	1st Quarter	09:30am		7170
Ann	McCartney	1st Half	08:00am		4186
Nicolas	McCartney	1st Half	08:00am		4187
Katie	McCausland	Full (Cont)	07:00am		2166
Jennifer	McCormick	Full (Cont)	07:30am		2167
Allan	McDonagh	Full (2 Day)	07:30am	06:00am-06:30am	3141
Heather	McDonald	1st Quarter	09:00am		7171
kenny	Mcdonald	Full (2 Day)	07:30am	06:00am-06:30am	3142
Catherine	McElhinney	1st Half	08:00am		4188
Amie	McErlain	Full (Cont)	08:00am		2169
Paula	McEvoy	1st Quarter	09:30am		7172
Lindsay	McFarlane	Full (2 Day)	08:00am	06:00am-06:30am	3143
Amanda	McGartland	1st Quarter	09:30am		7173
Rachel	McGeary	Full (2 Day)	07:30am	06:00am-06:30am	3144
Paula	McGee	1st Quarter	08:30am		7174
Jade	McGeown	1st Quarter	09:00am		7175
Peter	McGurk	1st Half	08:30am		4189
Paul	McLaughlan	Full (Cont)	07:30am		2170
John	McLean	Full (Cont)	07:30am		2171
Laura	McLean	1st Half	07:00am		4190
Sean	McLean	Full (Cont)	07:30am		2172
Eve	McMahon	1st Half	08:00am		4191
Debbie	McMillan	Ambleside 10K	09:30am		5073
jamie	mcmillan	Full (Cont)	07:30am		2173
Gary	Mcmorland	1st Half	08:30am		4192
Natalie	McMullan	1st Half	08:30am		4193
Philip	McNair	1st Quarter	08:00am		7177
Vanessa	McPhee	1st Half	08:00am		4194
Kelly	Mcpherson	1st Half	08:30am		4195
Haley	Mctaggart	Ambleside 10K	09:30am		5074
Lynn	Medley	1st Half	08:00am		4196
MICHAEL	MEE	Full (2 Day)	08:00am	06:00am-06:30am	3145
Jacky	Megitt	1st Half	08:00am		4197

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Kasia	Mendela	1st Half	08:30am		4198
Sandeep	Merai	Full (2 Day)	07:30am	06:00am-06:30am	3146
Andrew	Metherell	1st Half	09:00am		4199
ruth	mew	1st Half	08:30am		4200
Dave	Micklethwaite	1st Quarter	08:30am		7178
Barrie	Middleton	1st Half	09:00am		4201
Candice	Middleton	1st Half	09:00am		4202
Grace	Middleton	Full (2 Day)	07:30am	06:00am-06:30am	3147
Theresa	Midgley-Walsh	Ambleside 10K	09:30am		5075
BERNARD	MIFSUD	Full (2 Day)	07:30am	06:00am-06:30am	3148
Hazel	Millard	1st Half	08:00am		4203
Chris	Miller	1st Quarter	09:30am		7180
Genna	Miller	1st Half	08:30am		4204
Paul	Miller	Full (Cont)	07:00am		2174
Stuart	Miller	Full (Cont)	07:00am		2175
chris	milligan	Full (Cont)	07:00am		2176
Sophie	Millington	Full (2 Day)	07:30am	06:00am-06:30am	3149
Charlotte	Miramis	Full (2 Day)	08:00am	06:00am-06:30am	3150
George	Miramis	Full (2 Day)	08:00am	06:00am-06:30am	3151
Ben	Mitchinson	Full (Cont)	07:00am		2177
Ajay	Mitha	Ambleside 10K	09:30am		5134
Angela	Molloy	Full (Cont)	07:00am		1039
Amy	Molotoks	Ambleside 10K	09:30am		5076
Fiona	Mongredien	Full (Cont)	07:00am		1040
Colin	Moore	Full (Cont)	07:00am		2178
Daniel	Moore	Full (Cont)	08:30am		2179
Michael	Moore	Full (2 Day)	08:30am	06:00am-06:30am	3152
Alex	Moores	Full (Cont)	07:00am		1041
Alex	Morales	Full (Cont)	07:00am		1042
Deborah	Moran	Ambleside 10K	09:30am		5142
Cathryn	Morgan	Full (Cont)	07:30am		2180
Kate	Morrell	1st Half	08:30am		4205
Alison	Morris	Full (Cont)	07:00am		1043
LeeAnne	Morris	2nd Half		06:00am-06:30am	6027
Michelle	Morris	1st Quarter	08:30am		7181
Raelea	Morris	Full (Cont)	08:00am		2181
Thomas	Morris	2nd Half		06:00am-06:30am	6028
Emma	Mosscrop	2nd Half		06:00am-06:30am	6029
Estelle	MOSTOWSKI	1st Quarter	09:00am		7182
GARY	MOXON	1st Half	09:00am		4206
Jackie	Moxon	1st Half	09:00am		4207
Klejdi	Muca	Full (2 Day)	07:30am	06:00am-06:30am	3154
AMANDA	MULLANEY	1st Quarter	09:00am		7183

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Emma	Mumby	1st Quarter	09:00am		7184
Alastair	Mundy	Full (Cont)	09:00am		2182
Joel	Mundy	Full (Cont)	09:00am		2183
Ian	Murphy	Full (Cont)	08:30am		2184
Luke	Murphy	1st Quarter	09:00am		7185
Chloe	Murray	1st Half	09:00am		4208
Sean	Murray	Full (Cont)	07:00am		2185
Joyce	Mutch	1st Quarter	09:00am		7186
Rosie	Mutton	Ambleside 10K	09:30am		5077
Leona	Mylne	1st Quarter	09:00am		7187
Sean	Mylne	1st Quarter	09:00am		7188
Karenjit	Nahal	1st Quarter	09:00am		7189
Hardial	Narwal	Full (2 Day)	07:30am	06:00am-06:30am	3155
Matthew	Nash	Full (Cont)	09:00am		2186
Sylwia	Natonska	1st Half	08:30am		4210
CARA	NAYLOR	Full (Cont)	07:00am		2187
Hope	Ndlovu	Full (Cont)	07:30am		2188
Anjanees	Neat	Full (Cont)	07:00am		2189
Maciej	Nebel	1st Quarter	08:30am		7190
Amanda	Needham	Full (2 Day)	07:30am	06:00am-06:30am	3156
Tejie	Needham	Full (2 Day)	07:30am	06:00am-06:30am	3157
Kerry	Neesam	1st Quarter	08:30am		7191
Anne	Neill	1st Half	08:00am		4211
Tom	Newbury	1st Half	08:30am		4212
Lisa	Newlands	1st Quarter	09:00am		7192
Kok Hung	Ng	Full (Cont)	07:30am		1044
Kate	Nicholls	1st Half	08:30am		4213
Kate	Nicklin	Full (2 Day)	07:30am	06:00am-06:30am	3158
Carol	Nickson	Full (Cont)	09:00am		2190
Kerry	Nield	1st Quarter	09:30am		7193
Naomi	Nield	Ambleside 10K	09:30am		5078
Ewelina	Nowaczyk	Full (2 Day)	07:30am	06:00am-06:30am	3159
Ricci	Nye	Full (Cont)	09:00am		2191
Riona	O Connor	Full (2 Day)	08:00am	06:00am-06:30am	3160
Ronan	O'Donnell	Full (2 Day)	08:00am	06:00am-06:30am	3161
Debbieanne	O'Donovan	Full (2 Day)	08:00am	06:00am-06:30am	3162
Caireen	O'Hagan	Full (2 Day)	08:00am	06:00am-06:30am	3163
Sarah	O'Neill	2nd Half		06:00am-06:30am	6030
Joanne	O'Nions	1st Half	08:30am		4215
Kirsty	O'Reilly	Full (2 Day)	07:00am	06:00am-06:30am	3165
Shannon	O'Driscoll	Full (2 Day)	07:30am	06:00am-06:30am	3166
Maria	Oasis	Ambleside 10K	09:30am		5140
Angela	OConnell	1st Half	08:30am		4216

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Lydia	Okoibhole	Full (2 Day)	07:30am	06:00am-06:30am	3167
Diego	Olivari	Full (Cont)	07:00am		2192
Vernetta	Oloughlin	1st Quarter	09:30am		7194
Marija	Olsteine	1st Quarter	08:00am		7195
Sebastian	Orzechowki	1st Half	08:30am		4217
Michael	Osborne	Full (2 Day)	07:30am	06:00am-06:30am	3168
Pamela	Othendee	1st Quarter	09:30am		7196
Louise	Owen	Full (2 Day)	09:00am	06:00am-06:30am	3169
Juliette	Packham	1st Quarter	09:30am		7197
Mark	Page	Full (Cont)	07:30am		2193
Melanie	Page	1st Quarter	09:30am		7198
Wojciech	Palac	Ambleside 10K	09:30am		5079
Geoffrey	Palmer	Ambleside 10K	09:30am		5080
Nigel	Palmer	1st Quarter	09:30am		7199
Rob	Parker	Full (2 Day)	08:00am	06:00am-06:30am	3170
Robert	Parker	Full (Cont)	07:00am		1045
Sue	Parker	Full (2 Day)	07:00am	06:00am-06:30am	3171
Jaz	Parkes	Full (2 Day)	07:30am	06:00am-06:30am	3172
Nigel	Parkes	Full (2 Day)	07:30am	06:00am-06:30am	3173
Rebecca	Parkin	Ambleside 10K	09:30am		5081
Kevin	Parr	Ambleside 10K	09:30am		5082
Tiffany	Parsons	1st Quarter	09:30am		7200
Ryan	Partington	1st Half	08:00am		4218
Lee	Paskell	Full (2 Day)	08:00am	06:00am-06:30am	3174
Nicoleta Diana	Paskell	Full (2 Day)	08:00am	06:00am-06:30am	3175
Ajit	Patel	1st Quarter	09:30am		7201
Dipti	Patel	1st Quarter	09:30am		7202
Heenesh	Patel	Full (2 Day)	07:30am	06:00am-06:30am	3176
HEMLATA	Patel	Ambleside 10K	09:30am		5083
Kalpesh	Patel	1st Half	09:00am		4219
Kiran	Patel	1st Half	09:00am		4220
Manish	Patel	1st Quarter	09:00am		7203
Pinesh	Patel	1st Quarter	09:00am		7204
Piyush	Patel	1st Half	09:00am		4221
Ria	Patel	1st Half	08:30am		4222
SUSAN	PATERSON	2nd Half		06:00am-06:30am	6031
Rodhan	Patke	Ambleside 10K	09:30am		5084
Hannah	Pattenden	Ambleside 10K	09:30am		5085
Hollie	Patterson	1st Half	08:00am		4223
Shirleyann	Patterson	1st Half	08:00am		4224
annaliese	pattinson	Full (Cont)	07:00am		1046
Jeremy	Pearson	Ambleside 10K	09:30am		5086
Lynsey	Pearson	1st Quarter	09:30am		7205

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Nigel	Pearson	Ambleside 10K	09:30am		5138
Tracey	Pearson	1st Half	08:30am		4225
Mereoni	Pedersen	Full (2 Day)	08:00am	06:00am-06:30am	3177
Mick	Penfold	Full (Cont)	07:00am		1047
Paul	Penman	Full (Cont)	07:00am		2194
Matthew	Pennington	Full (Cont)	08:30am		2195
Siobhan	Penny	1st Quarter	09:30am		7206
Annie	Pepperell	1st Half	08:00am		4226
Steven	Pepperell	1st Half	08:00am		4227
matthew	perciato	Full (Cont)	07:00am		2196
Gavin	Peters	Full (2 Day)	07:30am	06:00am-06:30am	3178
Kristina	Petrou	1st Half	08:30am		4228
Alex	Petty	Full (2 Day)	08:00am	06:00am-06:30am	3179
Chris	Pickering	1st Quarter	09:30am		7207
Joel	Pickersgill	Full (Cont)	07:00am		2197
Chris	Piercey	Full (Cont)	07:00am		1048
Charles	Pilbeam	Full (Cont)	07:30am		2198
Toni	Pinchen	1st Quarter	09:00am		7208
SURENDRA	PISAVADIA	Ambleside 10K	09:30am		5088
Matthew	Plant	Full (Cont)	09:00am		2199
Elaine	Platt	1st Half	08:30am		4229
Bryony	Plumb	Full (Cont)	07:00am		1049
Emmanuel	Poignant	1st Half	08:30am		4230
Michelle	Polley	Full (Cont)	07:30am		2200
James	Pollit	Full (2 Day)	08:00am	06:00am-06:30am	3180
laura	poole	1st Half	08:30am		4231
Adam	Pope	Full (Cont)	07:00am		1050
Jamie	Postlethwaite	Full (Cont)	07:00am		2201
Lesley	Postlethwaite	Full (Cont)	07:30am		2202
Stuart	Pottie	Full (Cont)	09:00am		2203
Anne	Powell	1st Quarter	09:30am		7209
Chris	Powell	1st Half	08:30am		4232
Laura	Powell	Full (Cont)	09:00am		2204
Nathan	Pownall	Full (Cont)	07:30am		2205
Suzanne	Powrozyk	1st Quarter	09:00am		7210
Meagan	Poynton	Full (2 Day)	07:30am	06:00am-06:30am	3182
Freddie	Prescott	Ambleside 10K	09:30am		5089
Theresa	Prescott-Jones	1st Quarter	09:30am		7211
Matt	Prevel	Full (Cont)	08:00am		2206
Andy	Price	Full (Cont)	07:30am		2207
Chris	Price	Full (Cont)	07:00am		2208
Jonathan	Price	Full (2 Day)	07:30am	06:00am-06:30am	3183
Matthew	Price	Full (2 Day)	07:30am	06:00am-06:30am	3184

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Sarah	Priestley	Ambleside 10K	09:30am		5090
Stuart	Priestley	Ambleside 10K	09:30am		5091
Alexia	Prinsloo	Full (Cont)	07:30am		2209
Richard	Procter	Full (Cont)	07:00am		2291
Kristina	Prodger	1st Half	08:00am		4233
Oscar	Prodger	1st Half	08:00am		4234
Hayley	Purton	1st Quarter	09:30am		7212
Lauren	Purton	1st Quarter	09:30am		7213
Ramya	Puttanna	1st Quarter	09:00am		7214
Richard	Quennell	Full (Cont)	07:30am		2210
Holly	Quine	1st Half	09:00am		4235
Christopher	Radford	Ambleside 10K	09:30am		5092
Mark	Raine	1st Quarter	09:30am		7215
Phoebe	Rainy Brown	Ambleside 10K	09:30am		5093
Peter	Ralphs	1st Half	08:30am		4236
Mahadevan	Ramanan	Full (Cont)	08:00am		2211
Marc	Ramis Castelltort	Full (Cont)	07:00am		1051
Steph	Ramsay	1st Quarter	09:30am		7216
Nicola	Ramus	1st Half	08:00am		4237
Nitin	Rana	1st Quarter	09:00am		7217
Paul	Rand	Full (Cont)	08:30am		2212
Steve	Randle	Full (Cont)	07:00am		2213
Jonathan	Raposo Andersson	1st Quarter	09:00am		7218
jen	ray	Full (Cont)	08:00am		2214
Antonio	Recchia	1st Quarter	09:00am		7219
Theresa	Recchia	1st Quarter	09:00am		7220
Stephen	Redfern	1st Quarter	09:30am		7221
Eva	Regendova	1st Half	08:30am		4330
Grace	Rennie	Ambleside 10K	09:30am		5094
Rebecca	Reynolds	Ambleside 10K	09:30am		5095
Adelle	Rhule-Martin	1st Quarter	09:00am		7222
Jacqui	Rice	1st Half	08:00am		4239
Stanage	Richard	1st Quarter	09:00am		7223
Amy	Richards	Full (2 Day)	07:30am	06:00am-06:30am	3185
LEE	RICHARDS	1st Half	08:30am		4240
Lee	Richardson	Full (Cont)	07:00am		2215
Kevin	Richens	Full (2 Day)	09:00am	06:00am-06:30am	3186
Louise	Richens	Full (2 Day)	09:00am	06:00am-06:30am	3187
Jamie	Riddell	Full (Cont)	07:00am		2216
Robert	Riddell	Ambleside 10K	09:30am		5096
York	Rider	Full (2 Day)	08:00am	06:00am-06:30am	3188
Karen	Ridings	1st Half	08:30am		4241
Ged	Riley	Full (2 Day)	07:30am	06:00am-06:30am	3189

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Rebecca	Riley	1st Quarter	09:00am		7224
Alison joy	Ritchie	1st Half	08:30am		4242
Emma	Roberts	1st Half	08:00am		4243
Katie	Roberts	1st Quarter	09:00am		7225
Liz	Roberts	1st Quarter	09:30am		7226
Michael	Roberts	Full (Cont)	07:00am		2217
Steve	Roberts	1st Quarter	09:00am		7227
tom	roberts	Full (Cont)	07:00am		2218
Abbe	Robertson	1st Quarter	09:00am		7228
Fraser	Robertson	1st Quarter	09:00am		7229
Max	Robertson	Ambleside 10K	09:30am		5097
Rianne	Robertson	Full (Cont)	07:30am		2219
Andrew	Robinson	Full (Cont)	09:00am		2220
Heather	Robinson	Ambleside 10K	09:30am		5098
Leanne	Robinson	1st Quarter	09:00am		7230
Mark	Robinson	Full (Cont)	07:00am		1052
Natasha	Robinson	1st Quarter	09:30am		7231
Nicola	Robinson	1st Quarter	09:00am		7298
Charlotte	Rochez	Full (2 Day)	08:00am	06:00am-06:30am	3190
Hazel	Rochez	Full (2 Day)	07:00am	06:00am-06:30am	3191
Anthony	Rodaway	1st Half	09:00am		4244
Katya	Rogers	2nd Half		Joining Full	6032
Neil	Rogers	Full (2 Day)	07:30am	06:00am-06:30am	3192
Tim	Rogerson	1st Half	08:00am		4245
Rebecca	Rolfe	Full (Cont)	07:00am		1053
Jason	Ross	1st Half	08:00am		4246
Sheila	Ross	1st Half	08:00am		4247
Caroline	Roy	1st Quarter	09:00am		7232
Jack	Roy	1st Quarter	08:00am		7233
Leanne	Rudnick	Full (2 Day)	08:00am	06:00am-06:30am	3193
Laurence	Ruitenbeek	1st Half	08:30am		4248
Joanne	Rumney	Ambleside 10K	09:30am		5099
Peter	Rushton	Full (Cont)	08:00am		2221
Taylor	Rutherford	1st Half	08:30am		4249
DEBBIE	RUTTER	Full (Cont)	07:00am		2222
Paulina	Ryl	Full (2 Day)	07:30am	06:00am-06:30am	3194
Claire	Salmon	Full (Cont)	07:30am		2223
Andrew	Salter	1st Half	07:00am		4250
Anna	Sammut	1st Half	07:00am		4251
Amelia	Sandy	Full (2 Day)	08:00am	06:00am-06:30am	3195
Mel	Sant	1st Half	08:30am		4252
Sheela	Santosh Kumar	1st Half	08:30am		4327
Mark	Sarjant	Ambleside 10K	09:30am		5100

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Andy	Scarborough	Full (Cont)	09:00am		2224
Francisco	Schiappacasse	Full (Cont)	07:00am		1054
Colin	Scott	Full (2 Day)	08:00am	06:00am-06:30am	3197
DONNA	SCOTT	Full (2 Day)	07:30am	06:00am-06:30am	3196
Jade	Screen	Ambleside 10K	09:30am		5101
Thomas	Screen	1st Half	08:30am		4254
Carl	Scutt	1st Quarter	09:00am		7234
Tracey	Secker	1st Quarter	08:30am		7235
Helen	Seddon	1st Half	08:30am		4255
James	Sephton	Full (2 Day)	07:30am	06:00am-06:30am	3198
Nathan	Sewell	Full (2 Day)	07:30am	06:00am-06:30am	3199
Sara	Seymour	Full (2 Day)	07:30am	06:00am-06:30am	3200
Bakul	Shah	1st Half	09:00am		4256
Muhammad	Shah	1st Half	08:30am		4257
Bhupendrakumar	Sharma	Ambleside 10K	09:30am		5102
Chloe	Sharpe	Full (2 Day)	07:30am	06:00am-06:30am	3201
Darren	Sharpe	Full (Cont)	09:00am		2225
Jessica	Sharples	Full (2 Day)	07:30am	06:00am-06:30am	3202
Nicola	Shaw	Full (Cont)	07:00am		1055
Stephenie	Shaw	1st Half	08:00am		4258
Kelly	Sheard	1st Half	08:00am		4259
Elizabeth	Shearer	1st Half	08:30am		4260
Andrew	Shepherd	Ambleside 10K	09:30am		5103
Kat	Shepherd	Full (Cont)	07:00am		2226
Michelle Katie	Shepherd	Full (Cont)	08:30am		2227
Sharon	Shepherd	Ambleside 10K	09:30am		5104
Shane	Sherbourne	1st Quarter	09:00am		7237
Laura	Shingles	1st Half	08:00am		4261
Robert	Shingles	1st Half	08:00am		4262
William	Shore	Ambleside 10K	09:30am		5105
Robin	Short	1st Half	08:00am		4263
Ian	Simmonds	Ambleside 10K	09:30am		5106
Peter	Simonsen	1st Quarter	09:00am		7238
Brian	Simpson	Full (Cont)	07:00am		2228
Nicky	Simpson	Full (Cont)	07:00am		2229
Sara	Skarbek-Wazynski	1st Quarter	09:30am		7239
David	Slade	1st Half	08:30am		4265
Carol	Slinger	Ambleside 10K	09:30am		5107
John	Slinger	Ambleside 10K	09:30am		5135
Agnieszka	Slojewska	1st Half	08:00am		4266
Gosia	Slojewska	1st Half	08:00am		4267
James	Smallbone	Full (2 Day)	07:30am	06:00am-06:30am	3203
Andrea	Smith	1st Quarter	09:30am		7240

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Charlie	Smith	Full (Cont)	07:00am		2230
Charlotte	Smith	Full (Cont)	07:30am		2231
Jenny	Smith	Ambleside 10K	09:30am		5108
Jo	Smith	1st Half	08:00am		4269
Paul	Smith	Full (2 Day)	07:30am	06:00am-06:30am	3204
Sean	Smith	Full (Cont)	07:00am		2232
Shelley	Smith	Full (2 Day)	07:00am	06:00am-06:30am	3205
Cathy	Smyth	Full (2 Day)	08:00am	06:00am-06:30am	3206
Clare	Smyth	1st Half	08:00am		4271
John	Smyth	Full (2 Day)	08:00am	06:00am-06:30am	3207
Amber	Sole	1st Quarter	09:30am		7241
Hortensia	Solis	1st Quarter	09:30am		7294
Keith	Spalding	1st Half	08:00am		4272
Katie	Sparrow	Full (Cont)	07:00am		2233
Andrea	Speak	Ambleside 10K	09:30am		5109
Toby	Spence	1st Half	09:00am		4273
Edward	Spoerry	Full (Cont)	07:00am		1056
Edouard	Spooner	Full (Cont)	07:00am		2234
Nicki	Stanton	1st Half	07:00am		4274
Lesley	Stapley	Full (Cont)	07:30am		2235
Sarah	Stapley	Full (Cont)	07:30am		2236
Will	Stead	1st Quarter	08:00am		7242
Claire	Steele	1st Quarter	08:00am		7243
Simon	Steele	1st Half	08:00am		4275
Hazel	Stephanou	Full (Cont)	08:30am		2237
Marcus	Stephanou	Full (Cont)	07:30am		2238
Henry	Sterling	1st Half	09:00am		4276
Lyndse	Steward	Full (2 Day)	07:00am	06:00am-06:30am	3208
Daniel	Stewart	Full (Cont)	09:00am		2239
John	Stiggers	Full (Cont)	07:00am		2240
Shannon	Stockdale	Ambleside 10K	09:30am		5110
Ruth	Stockley	1st Quarter	09:30am		7244
Sue	Stockley	1st Quarter	09:30am		7245
Anna-Marie	Stocks	1st Half	09:00am		4277
Mark	Stocks	1st Half	09:00am		4278
Lorraine	Stokes	1st Quarter	09:00am		7246
Derek	Stone	Full (Cont)	07:00am		2241
Mathew	Stone	1st Half	08:30am		4279
Daniel	Stoneman	Full (Cont)	09:00am		2242
Franky	Stoppard	Ambleside 10K	09:30am		5111
Kay	Straker	1st Quarter	09:30am		7247
Duncan	Straw	Full (Cont)	07:00am		2243
Rae	Strong	Ambleside 10K	09:30am		5112

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Marc	Studholme	Full (Cont)	08:00am		2244
Jack	Styles	1st Half	08:00am		4280
Monica	Sumner	Full (Cont)	07:00am		2245
Jane	Sunderland	1st Half	08:00am		4281
Joanna	Surtees	1st Half	07:00am		4282
Thomas	Sweetman	Full (Cont)	08:00am		2246
Tony	Sweetman	Full (Cont)	07:00am		1057
Louise	Sydney	2nd Half		06:00am-06:30am	6033
Marcus	Syson	Full (Cont)	07:30am		2247
Jozsef	Szavuj	1st Quarter	09:30am		7248
Kamil	Szul	1st Quarter	09:30am		7249
Hardeesh	Taggar	1st Quarter	09:00am		7250
Philip	Taggart	Full (Cont)	09:00am		2248
Lesley	Tailford	1st Quarter	09:30am		7251
Fergus	Tait	Full (2 Day)	07:30am	06:00am-06:30am	3210
Jasper	Tambini	Full (Cont)	08:00am		2250
Lauren	Tan	1st Quarter	09:30am		7252
Niraj	Tanna	1st Quarter	09:00am		7253
Laura	Taverner	Full (2 Day)	07:30am	06:00am-06:30am	3211
Lisa	Taverner	Full (2 Day)	07:30am	06:00am-06:30am	3212
Tricia	Tay	1st Half	08:00am		4283
Allan`	Taylor	Full (Cont)	08:00am		2251
Gina	Taylor	1st Half	08:00am		4284
Joanna	Taylor	1st Quarter	08:30am		7254
Juliet	Taylor	Full (Cont)	08:00am		2252
Kayleigh	Taylor	Full (2 Day)	07:30am	06:00am-06:30am	3213
Marc	Taylor	Full (Cont)	08:00am		2253
Sam	Taylor	1st Half	07:00am		4285
Sarah	Taylor	1st Quarter	09:30am		7255
Sue	Taylor	1st Quarter	09:00am		7256
Lu	Teagle	Full (2 Day)	07:00am	06:00am-06:30am	3214
Alison	Thomas	Full (Cont)	07:00am		2254
chris	thompson	1st Half	08:30am		4286
Michael	Thompson	1st Quarter	09:30am		7257
Michael	Thompson	Full (Cont)	08:30am		2255
Sarah	Thompson	Full (Cont)	07:00am		2256
Roderick	Thomson	Full (2 Day)	07:30am	06:00am-06:30am	3215
Neil	Thorley	1st Half	08:30am		4287
Stuart	Thorley	Full (Cont)	07:00am		2257
Liam	Thornhill	Full (Cont)	07:30am		2258
Gary	Thorp	Full (Cont)	07:00am		2259
Stephen	Thorp	Full (Cont)	07:00am		2260
Elise	Thorpe	1st Quarter	09:00am		7258

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Izabela	Thorpe	1st Quarter	09:00am		7259
Paul	Thorpe	Full (Cont)	07:00am		1058
Sue	Tickle	Ambleside 10K	09:30am		5113
Alex	Tilouche	1st Half	08:00am		4288
Charlotte	Tilouche	1st Half	08:00am		4289
JOHN	TIMMONS	1st Half	08:30am		4290
Michelle	Tobin	Full (Cont)	09:00am		2261
Idil	Tolunay	Full (2 Day)	08:00am	06:00am-06:30am	3216
Eloise	Tomlinson-Read	Ambleside 10K	09:30am		5114
Johnathan	Toolan	1st Half	07:00am		4291
Louise	Toone	1st Quarter	08:30am		7260
Cheryl	Torrington	Full (2 Day)	07:30am	06:00am-06:30am	3217
Joan	Tracey	1st Quarter	09:00am		7261
Liz	Tranter	2nd Half		06:00am-06:30am	6034
Paul	Tranter	Full (Cont)	07:30am		2262
Jamie	Travis	Full (2 Day)	08:00am	06:00am-06:30am	3218
paul	Tregonning	1st Half	08:30am		4292
Sian	Trigwell	Full (Cont)	07:00am		2263
Bernadette	Trowbridge	1st Quarter	08:30am		7262
Karen	Truman	1st Quarter	09:00am		7263
Charlene	Tseu	1st Quarter	09:00am		7264
Charlotte	Tunstall	1st Half	08:30am		4293
Gillian	Turnbull	1st Half	08:30am		4294
Georgina	Turner	1st Half	08:00am		4295
Rochelle	Turner	Ambleside 10K	09:30am		5116
Samuel	Turney	Ambleside 10K	09:30am		5117
Matt	Tye	1st Half	08:00am		4296
Nicholas	Unsworth	1st Half	07:00am		4297
gurmeet	uppal	1st Half	08:30am		4300
Malkeet	Uppal	1st Half	08:30am		4298
Ranjit	Uppal	1st Half	08:30am		4299
Gautam	Vajjhal	Full (Cont)	07:00am		2264
Lee	Varley	Full (Cont)	07:30am		2265
Darren	Vart	Full (Cont)	07:30am		2266
Stefan	Vass	1st Quarter	09:00am		7265
Arun	VASUDEV	Full (2 Day)	08:00am	06:00am-06:30am	3220
Francine	Vella	1st Quarter	09:30am		7266
Roy	Venables	Full (Cont)	07:00am		2267
STEPHANE	VESSAUD	1st Half	08:30am		4301
Lee	Vickers	1st Half	08:30am		4302
Stephanie	Videlo	1st Quarter	08:30am		7267
Veronica	Vigano	1st Half	08:30am		4303
Haydn	Vity	Ambleside 10K	09:30am		5118

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Penny	Vity	Ambleside 10K	09:30am		5119
Clare	Waddell	Ambleside 10K	09:30am		5120
Philip	Wakefield	Full (Cont)	07:00am		2268
Simon	Wakefield	1st Quarter	09:30am		7268
Kathryn	Walker	Ambleside 10K	09:30am		5121
Kieran	walker	1st Quarter	09:00am		7270
Simone	Walker	1st Quarter	09:30am		7269
Clive	Wall	1st Quarter	09:00am		7271
Sarah	Wall	1st Quarter	09:00am		7272
Simon	Wall	Full (Cont)	08:00am		2270
Andrew	Wallace	1st Half	08:30am		4304
David	Waller	1st Half	07:00am		4305
Emily	Waller	1st Half	08:00am		4306
Heather	Wallis	Full (Cont)	07:00am		2271
Richard	Wallsworth	Full (Cont)	07:30am		2272
John	Walmsley	1st Quarter	09:00am		7273
Gareth	Walton	1st Half	08:30am		4307
Shaun	Walton	Full (Cont)	07:30am		2273
Diane	Warburton	1st Quarter	09:00am		7274
Craig	Ward	Full (Cont)	09:00am		2274
Laura	Ward	Full (2 Day)	07:30am	06:00am-06:30am	3221
Louisa	Ward	1st Quarter	09:00am		7275
Simon	Ward	Full (Cont)	07:00am		2275
Terence	Ward	Full (Cont)	07:00am		1059
Nathan	Wardle	Ambleside 10K	09:30am		5122
Julie	Wardlow	Ambleside 10K	09:30am		5123
Christel	Warn	Ambleside 10K	09:30am		5124
Hayley	Warnock	Full (2 Day)	08:00am	06:00am-06:30am	3222
Kelly	Watkin	Full (Cont)	07:30am		2276
Rob	Watkins	Full (Cont)	08:30am		3223
Jessica	Watson	Full (Cont)	07:30am		2277
Joanne	Watton	1st Quarter	09:00am		7276
Lisa	Watts	1st Quarter	09:00am		7277
Simon	Waugh	Ambleside 10K	09:30am		5125
charlotte	Waythe	Full (Cont)	08:30am		2278
Aimee	Webb	Full (Cont)	07:00am		2279
Stacey	Webb	Full (2 Day)	07:30am	06:00am-06:30am	3225
Marion	Weir	Ambleside 10K	09:30am		5141
jill	welsby	2nd Half		06:00am-06:30am	6035
Diana	Wereska	Ambleside 10K	09:30am		5136
Aimee	West	1st Half	08:00am		4308
Callum	West	1st Half	08:00am		4309
Gill	West	1st Quarter	09:30am		7278

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Jon	West	Full (2 Day)	07:30am	06:00am-06:30am	3226
Lindsey	West	Ambleside 10K	09:30am		5126
Gary	Wharton	1st Half	07:30am		4310
Alison	White	1st Half	08:30am		4311
Natalee	White	1st Half	08:30am		4312
Carl	Whittam	1st Half	09:00am		4313
Sally-Anne	Whybrow	1st Half	08:00am		4314
Abbie	Wilcock	1st Quarter	09:30am		7279
Naomi	Wilcox	1st Quarter	09:30am		7280
Robert	Wiles	1st Quarter	09:00am		7281
Andy	Wilkin	Full (Cont)	07:00am		1061
Mandy	Wilkins	1st Half	08:00am		4315
Emma	Wilkinson	Full (2 Day)	08:00am	06:00am-06:30am	3227
Ann	Williams	1st Half	07:00am		4317
Claire	Williams	Ambleside 10K	09:30am		5127
Craig	Williams	1st Half	08:30am		4318
craig	williams	Full (Cont)	07:30am		2284
David	Williams	Ambleside 10K	09:30am		5128
Ian	Williams	Full (Cont)	07:30am		2281
Jane	Williams	1st Quarter	09:30am		7282
Joe	Williams	1st Half	09:00am		4319
MICHELLE	WILLIAMS	1st Half	08:00am		4316
Rob	Williams	Full (Cont)	07:00am		2282
Sarah	Williams	1st Quarter	09:30am		7283
Scott	Williams	Full (Cont)	07:30am		2283
Aaron	Willis	Ambleside 10K	09:30am		5129
Amy-leigh	Willis	Full (2 Day)	07:00am	06:00am-06:30am	3228
Ian	Willis	Full (Cont)	08:30am		2285
Mary	Willocks	1st Quarter	09:00am		7284
Scott	Willocks	1st Quarter	09:00am		7285
Becky	Willoughby	Ambleside 10K	09:30am		5139
Emma	Wilson	Ambleside 10K	09:30am		5130
Jack	Wilson	Ambleside 10K	09:30am		5131
Keith	Wilson	Full (2 Day)	07:30am	06:00am-06:30am	3229
Phil	Wilson	Full (2 Day)	07:30am	06:00am-06:30am	3230
Sarah	Wilson	Ambleside 10K	09:30am		5132
Milly	Wingfield	1st Half	08:00am		4320
Tanya	Winstanley	1st Half	09:00am		4321
Pushpa	Winter	Full (Cont)	07:30am		2286
Stephen	Winter	Full (Cont)	07:30am		2287
Clare	Winton	Full (2 Day)	08:00am	06:00am-06:30am	3231
Alex	Winyard	1st Quarter	09:00am		7286
KING CHEONG	WONG	Full (Cont)	07:00am		1062

First Name	Last Name	Distance	Sat Start	Sun Start	Bib
Samantha	Wood	Full (2 Day)	07:00am	06:00am-06:30am	2288
Andrew	Woods	1st Quarter	09:30am		7287
Christopher	Woods	Full (Cont)	07:00am		1063
Robert	Woolley	1st Quarter	09:30am		7288
Sarah	Wright	1st Half	08:30am		4322
Joe	Wyand	Full (2 Day)	09:00am	06:00am-06:30am	3232
Katrina	Yang	1st Quarter	09:30am		7289
Beverley	Yates	1st Quarter	09:30am		7290
James	Yearsley	Full (Cont)	08:30am		1064
Laura	Yearsley	1st Half	08:30am		4323
Michael	Yelland	Full (2 Day)	07:30am	06:00am-06:30am	3233
Darren	Young	Full (Cont)	08:30am		2289
Kathryn	Young	Full (Cont)	07:00am		2290
Kirsty	Young	1st Quarter	09:00am		7291
mark	young	1st Half	08:30am		4324
Justin	Zatouroff	1st Quarter	09:30am		7292