

# Lakes Spring Long

March 05, 2023

## START LIST

### Black

No.	Name	Club	Countr	Age Class	SI-Card	Time
145	David Gray	MDOC	GBR	M40	8202810	11:00:00
18	Tsz Chun Jason Wong	SLOW	GBR	M21	8668703	11:01:00
59	Karen Parker	BL	GBR	W60	8632174	11:02:00
52	Dil Wetherill	WAOC	GBR	M55	8210864	11:03:00
90	Yi Shan Wong		HKG	W21	8414588	11:04:00
66	John Mather	LOG	GBR	M50	8131070	11:06:00
155	Himmy Lau	SLOW	GBR	M21	8117085	11:07:00
169	Matthew McCreadie	DEE	GBR	M18	8011235	11:08:00
7	Alison O'Neil	ESOC	GBR	W35	8128734	11:09:00
3	Jon Cross	FVO	GBR	M55	8630841	11:11:00
58	Dan Parker	BL	GBR	M60	8632175	11:12:00
16	Graham Patten	WARO	GBR	M60	8145447	11:13:00
21	Scott Collier	KERNO	GBR	M35	8400168	11:14:00
135	Charlie Adams	SYO	GBR	M55	8091164	11:16:00
62	Paul Hammond	FVO	GBR	M45	8080576	11:17:00
209	Andrew Kitchin	INT	GBR	M55	8005966	11:18:00
194	Dominic Green	CLOK	GBR	M20	8064310	11:19:00
210	Roger Goddard	FVO	GBR	M45	8230874	11:21:00
91	James Rogers	LOC	GBR	M21	8668901	11:22:00
45	Duncan Archer	CLOK	GBR	M45	8110277	11:23:00
55	Matthew Rooke	LOC	GBR	M35	8416921	11:24:00
22	Alistair Landels	OD	GBR	M55	8120968	11:26:00
12	Tommy Rollins	SN	GBR	M16	8234007	11:28:00
170	Charlie Rennie	WCOC	GBR	M20	8632902	11:30:00
211	Jamie Goddard	FVO	GBR	M20	8112004	11:32:00
200	Daniel Heppell	WCOC	GBR	M18	8234456	11:34:00
72	Fiona Bunn	TVOC	GBR	W21	8120401	11:36:00
99	Joe Sunley	EUOC	GBR	M20	8200203	11:38:00
1	Ben Stevens	INT	GBR	M35	8656102	11:40:00
44	Frank Townley	EUOC	GBR	M20	8170103	11:42:00
140	Finlay Johnson	SROC	GBR	M21	8280102	11:44:00
218	Ben Squire	NOC	GBR	M20	8130804	11:46:00
28	Alex Wetherill	EUOC	GBR	M20	8280103	11:48:00
11	Paul Pruzina	LVO	GBR	M21	8000123	11:50:00
119	Alistair Thornton	FVO	GBR	M21	8272727	11:52:00
131	Rhys Findlay-Robinson	LOC	GBR	M35	8026486	11:56:00
181	Daniel Spencer	EUOC	GBR	M21	8170400	11:58:00
161	Alex Matthew	SROC	GBR	M20	8241004	Punching
162	Fanni Gyurko	FVO	GBR	W35	8180187	Punching
219	Ian Porter	SROC	GBR	M50	8004569	Punching

### Brown

No.	Name	Club	Countr	Age Class	SI-Card	Time
47	Tsz Fung Yu	OD	GBR	M21	7427817	11:01:00
88	Trevor Hoey	FVO	GBR	M55	8022764	11:03:00
68	Janine Inman	FVO	GBR	W45	8669947	11:07:00
57	Brad Connor	FVO	GBR	M50	8499880	11:09:00
70	Nigel Bunn	TVOC	GBR	M55	8655916	11:11:00
4	Jolyon Medlock	WSX	GBR	M45	8419321	11:13:00
82	Richard Baxter	SYO	GBR	M55	541068	11:15:00

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### Brown

No.	Name	Club	Countr	Age Class	SI-Card	Time
111	Andrew Hobson	AIRE	GBR	M35	8640449	11:17:00
168	Adam McCreadie	DEE	GBR	M45	8090108	11:19:00
198	Isabel Sunley	WCOC	GBR	W18	8240105	11:21:00
64	Jonathan Emberton	EPOC	GBR	M60	8010661	11:23:00
29	Michele Dawson	MDOC	GBR	W21	8471994	11:25:00
25	Nicholas Barber	LOC	GBR	M35	9058008	11:27:00
38	Toni O'Donovan	LEI	GBR	W45	8002102	11:29:00
100	Alice Rigby	CLOK	GBR	W21	8433132	11:31:00
191	Emma Crawford	WCOC	GBR	W18	8256371	11:33:00
171	Daisy Rennie	WCOC	GBR	W18	8311038	11:35:00
74	Pippa Carcas	INT	GBR	W20	9170404	11:37:00
83	Kim Baxter	SYO	GBR	W45	8662421	11:39:00
130	Emma Wilson	CLYDE	GBR	W21	8250699	11:41:00
183	Louise Adams	INT	GBR	W21	8121098	11:43:00
127	Alice Kemsley	BASOC	GBR	W18	8050205	11:45:00
13	Sarah Rollins	SN	GBR	W45	8140776	11:47:00
105	Rachel Brown	EUOC	GBR	W20	8120803	11:49:00
117	Iris MacMillan	ECKO	GBR	W18	8020004	11:51:00
89	Isobel Howard	EUOC	GBR	W18	8656103	11:53:00
196	Chloe Potter	BOK	GBR	W21	8199529	11:55:00
180	Niamh Hunter	EUOC	GBR	W21	8011000	11:57:00
78	Simonas Sakalauskas	SROC	GBR	M35	8211753	Punching
163	Cate Matthew	SROC	GBR	W18	8130806	Punching

### Blue

No.	Name	Club	Countr	Age Class	SI-Card	Time
5	Lyra Medlock	WSX	GBR	W16	8204796	10:50:00
8	Mike O'Neil	NOC	GBR	M65	32507	10:50:00
23	Juliette Soulard	OD	GBR	W50	8111271	10:50:00
41	Alice McDaid	FVO	GBR	W40	8518870	10:50:00
67	Hannah Mather	LOG	GBR	W18	8161006	10:50:00
92	Alice Bedwell	BOK	GBR	W60	8667571	10:50:00
93	Mark Saunders	BOK	GBR	M60	8069675	10:50:00
110	Simon Hunt	FVO	GBR	M55	8080465	10:50:00
126	Vicky Thornton	FVO	GBR	W60	8030261	10:50:00
144	Alison Cunningham	FVO	GBR	W60	8630902	10:50:00
153	Hazel Dean	FVO	GBR	W60	8005263	10:50:00
197	Mykyta Chubynsky	OD	GBR	M45	2076117	10:50:00
202	Mark Wood	FVO	GBR	M55	8170504	10:50:00
19	Paul Bradbury	SYO	GBR	M65	8091957	11:10:00
46	Pippa Archer	CLOK	GBR	W45	8132132	11:10:00
60	Sharon Bowes	CLARO	GBR	W50	8668926	11:10:00
61	Andy Bowes	CLARO	GBR	M55	8064319	11:10:00
73	John Lonsdale	NN	GBR	M55	2110046	11:10:00
75	Helen Chiswell	DVO	GBR	W45	8010177	11:10:00
106	Keith Brown	ESOC	GBR	M60	8190662	11:10:00
122	Lisa James	SOC	GBR	W55	8203963	11:10:00
125	Nicola Hart	DVO	GBR	W60	8168555	11:10:00
128	Stephen Wilson	CLYDE	GBR	M55	8260165	11:10:00
136	Neil Conway	AIRE	GBR	M55	8279279	11:10:00

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No.	Name	Club	Countr	Age Class	SI-Card	Time
137	Natasha Conway	AIRE	GBR	W50	8100271	11:10:00
215	John Dowty	SLOW	GBR	M65	8641548	11:10:00
27	Jo Cleary	LOC	GBR	W55	8210664	11:30:00
95	Lindsey Bayles	LOC	GBR	W60	8670617	11:30:00
113	Richard Tiley	LOC	GBR	M65	8516569	11:30:00
124	Christine Goulding	BL	GBR	W60	8630914	11:30:00
138	Jo Buckley	AIRE	GBR	W45	8214518	11:30:00
146	Stephen Eastley	BL	GBR	M65	8003048	11:30:00
167	Rebecca McCreadie	DEE	GBR	W45	8145306	11:30:00
177	Andy Robinson	LOC	GBR	M65	8632898	11:30:00
182	Isabel Berry	BL	GBR	W40	8640474	11:30:00
195	Adrien Gallet	SHUOC	GBR	M21	8101997	11:30:00
201	Toby Heppell	WCOC	GBR	M16	8160908	11:30:00
204	Steve Holmes	WCOC	GBR	M50	8628899	11:30:00
160	Jo Matthew	SROC	GBR	W45	8475092	Punching
176	Andrew Quickfall	SROC	GBR	M65	8667584	Punching
220	Tania Milnes	SROC	GBR	W45	8004559	Punching

### Light Blue

No.	Name	Club	Countr	Age Class	SI-Card	Time
2	Ting Ho Gilbert Lee	MDOC	GBR	M21	8668702	10:50:00
112	Julie Mair	AIRE	GBR	W40	8640475	10:50:00
121	John Britton	MDOC	GBR	M70	8195196	10:50:00
189	Graham Lloyd	EPOC	GBR	M60	8235624	10:50:00
77	Nigel Owens	SYO	GBR	M55	9883405	11:10:00
107	Tim Field	LOC	GBR	M55	11761	11:10:00
108	Gavin Pattison	LOC	GBR	M50	8234517	11:10:00
172	Helen Rennie	WCOC	GBR	W50	8005235	11:10:00
173	George Rennie	WCOC	GBR	M16	8126579	11:10:00
222	Janet Adams	SYO	GBR	W60	8241963	11:10:00
30	Eleanor Osborne	LOC	GBR	W45	8201176	11:30:00
32	Michael Osborne	LOC	GBR	M45	8280976	11:30:00
33	Sam Osborne	LOC	GBR	M16	8082008	11:30:00
179	David Downes	WCOC	GBR	M65	8072448	11:30:00
199	Rachel Platt	LOC	GBR	W35	8291084	11:30:00
221	Julia Preston	SROC	GBR	W40	8037051	Punching
227	Jane Ligema	LOC	GBR	W55	430459	Punching

### Green

No.	Name	Club	Countr	Age Class	SI-Card	Time
6	Rebecca Medlock	WSX	GBR	W45	8178434	10:50:00
10	Marie Claire Shankland	FVO	GBR	W55	8630883	10:50:00
26	Kerstin Mitchell	HOC	GBR	W55	8011366	10:50:00
36	Maggie Scrugham	LOC	GBR	W65	8680950	10:50:00
63	Rachel Kirkland	FVO	GBR	W50	8181026	10:50:00
71	Alison Smith	TVOC	GBR	W55	8150151	10:50:00
86	Lindsey Hensman	FVO	GBR	W75	8021148	10:50:00
87	Geoffrey Hensman	FVO	GBR	M75	8190848	10:50:00

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### Green

No.	Name	Club	Countr	Age Class	SI-Card	Time
102	Roy Dawson	NATO	GBR	M75	8011758	10:50:00
115	Dave Coustick	FVO	GBR	M75	8497979	10:50:00
116	Brian Bullen	FVO	GBR	M70	8007771	10:50:00
152	Martin Dean	FVO	GBR	M65	8151257	10:50:00
174	Mark Holliday	FVO	GBR	M65	8046844	10:50:00
184	Pauline Tryner	SYO	GBR	W50	8199072	10:50:00
212	Dawn Goddard	FVO	GBR	W55	8240267	10:50:00
20	Marcia Bradbury	SYO	GBR	W65	7771957	11:10:00
37	Edward Mellor	SELOC	GBR	M50	8197999	11:10:00
76	Andrew Leedham	LOC	GBR	M60	261890	11:10:00
84	Ella Baxter	SYO	GBR	W14	8041068	11:10:00
129	Rachel Wilson	CLYDE	GBR	W55	8240666	11:10:00
134	Steve Kruger	LOC	GBR	M60	8214509	11:10:00
147	Roger Lott	AIRE	GBR	M70	2074500	11:10:00
158	Tim O'Donoghue	SOLWA	GBR	M70	8641511	11:10:00
193	Andrew Thornton	MDOC	GBR	M60	8300160	11:10:00
208	Richard Llewellyn	NOC	GBR	M65	8302602	11:10:00
213	Stephen Bingham	MDOC	GBR	M65	8288061	11:10:00
217	Joyce Marshall	AIRE	GBR	W60	8632889	11:10:00
48	Roger Thomas	WCOC	GBR	M60	8657548	11:30:00
49	Lynne Thomas	WCOC	GBR	W50	8632164	11:30:00
50	Tom Barkas	LOC	GBR	M75	8645275	11:30:00
81	John Broadhead	LOC	GBR	M65	8444788	11:30:00
94	Deborah Goodwin	WCOC	GBR	W60	8074460	11:30:00
104	Anne Burbidge	WCOC	GBR	W60	345538	11:30:00
141	Deb Murrell	SROC	GBR	W55	8240766	11:30:00
150	Neil Adams	LOC	GBR	M60	8680925	11:30:00
165	John Nash	LOC	GBR	M70	11721	11:30:00
166	Stephen Fellbaum	LOC	GBR	M60	8118119	11:30:00
186	Ian Teasdale	WCOC	GBR	M60	8191960	11:30:00
187	Myrtle Ashworth	WCOC	GBR	W16	8669943	11:30:00
192	Sophie Crawford	WCOC	GBR	W16	8256374	11:30:00
223	Ann Cranke	CLOK	GBR	W65	8620524	Punching
228	Matti Ligema	LOC	GBR	M16	8129885	Punching

### Short Green

No.	Name	Club	Countr	Age Class	SI-Card	Time
9	Helen O'Neil	NOC	GBR	W65	32508	10:50:00
40	Eoin Simpson	LEI	GBR	M14	8000653	10:50:00
65	Joanna Emberton	EPOC	GBR	W60	7202907	10:50:00
79	Clare Fletcher	BOK	GBR	W80	8194272	10:50:00
103	Catherine Dawson	NATO	GBR	W70	8011738	10:50:00
123	Jill Smith	EBOR	GBR	W65	8081302	10:50:00
132	Karen Clark	EBOR	GBR	W65	8171255	10:50:00
133	Richard Clark	EBOR	GBR	M75	8080246	10:50:00
156	Fiona Hendrie	FVO	GBR	W60	8050360	10:50:00
190	Rebecca Lloyd	EPOC	GBR	W55	33193	10:50:00
53	Marie Roberts	MDOC	GBR	W65	8657508	11:10:00
54	Trevor Roberts	MDOC	GBR	M75	8680923	11:10:00
101	Samuel Higginbotham	CLOK	GBR	M21	1433132	11:10:00

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### Short Green

No.	Name	Club	Countr	Age Class	SI-Card	Time
114	Tony Duncan	WCOC	GBR	M80	8190343	11:10:00
118	Richard Moss	BL	GBR	M80	8345568	11:10:00
120	Gill Browne	LOC	GBR	W65	8657439	11:10:00
159	Helen O'Donoghue	SOLWA	GBR	W60	33194	11:10:00
203	Karen Saunders	LOC	GBR	W55	8200167	11:10:00
207	Michael Pearson	WCOC	GBR	M75	8554242	11:10:00
15	Janice Nichols	BL	GBR	W60	8280281	11:30:00
17	Karen Blackburn	BL	GBR	W75	8066681	11:30:00
35	Cath Lee	LOC	GBR	W60	8092021	11:30:00
96	David Corp	LOC	GBR	M70	8413726	11:30:00
142	Roger Smith	LOC	GBR	M75	8657416	11:30:00
143	Ann Smith	LOC	GBR	W75	41329	11:30:00
151	Mary Adams	LOC	GBR	W60	8680924	11:30:00
164	Janet Nash	LOC	GBR	W70	2064128	11:30:00
178	Christine Robinson	LOC	GBR	W65	8632891	11:30:00
185	Catherine Wetherfield	WCOC	GBR	W55	8158186	11:30:00
225	Alan Cranke	CLOK	GBR	M70	1399097	Punching
226	Richard Towler	LOC	GBR	M70	8197024	Punching

### Light Green

No.	Name	Club	Countr	Age Class	SI-Card	Time
39	Ellen Simpson	LEI	GBR	W16	8031773	10:50:00
56	Eilidh Connor	FVO	GBR	W14	8669949	10:50:00
80	Allan Darwell	BOK	GBR	M70	2032783	10:50:00
97	Rob Truswell	FVO	GBR	M45	221174	10:50:00
149	Tracey Barker	SOS	GBR	W55	424431	10:50:00
188	Heather Thomson	FVO	GBR	W45	8070974	10:50:00
24	Adam Landels	OD	GBR	M14	8220609	11:10:00
51	Catherine Rooney	RR	GBR	W60	8187993	11:10:00
139	Bethan Buckley	AIRE	GBR	W14	50326	11:10:00
148	Martyn Roome	SROC	GBR	M70	8141052	11:10:00
157	Helen Gordon		GBR	W21	221750	11:10:00
205	Hiroki Holmes	WCOC	GBR	M14	8203203	11:10:00
216	Ian Marshall	AIRE	GBR	M60	8632888	11:10:00
14	Philip Nichols	BL	GBR	M65	8005757	11:30:00
31	Jamie Osborne	LOC	GBR	M14	8160510	11:30:00
34	Rach Stavert	LOC	GBR	W55	8224974	11:30:00
109	Kathryn Savage	LOC	GBR	W45	8001806	11:30:00
175	Karen Quickfall	SROC	GBR	W60	8667588	Punching
214	David Hargreaves	SROC	GBR	M70	8680927	Punching
224	Evelyn Morgan	LOC	GBR	W70	2096710	Punching

### Orange

No.	Name	Club	Countr	Age Class	SI-Card	Time
69	Hannah Inman	FVO	GBR	W12	8130912	Punching
85	Jack Baxter	SYO	GBR	M12	8110403	Punching
154	Rosie Stothert		GBR	W35	221757	Punching
206	Sola Holmes	WCOC	GBR	W12	606868	Punching

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### Yellow

No.	Name	Club	Countr	Age Class	SI-Card	Time
42	Freya McDaid	FVO	GBR	W10	349222	Punching
43	Erin McDaid	FVO	GBR	W10	349215	Punching
98	Sean Truswell	FVO	GBR	M10	349214	Punching