

Pos	Name	Category	Club	Time
1	Chris Arthur	M	Bowland	00:28:08
2	Paul Tierney	M	Ambleside AC	00:29:03
3	Will Rigg	M	Black Combe	00:29:06
4	Garry Greenhow	M	Ambleside AC	00:29:24
5	Chris Waters	M	Ambleside AC	00:29:33
6	Mike Barron	M	Ambleside AC	00:29:34
7	Karl Steinegger	M	Ambleside AC	00:29:45
8	Nigel Wood	MV40	Helm Hill	00:30:03
9	Ben Procter	M	Helm Hill	00:30:11
10	Tim Cowin	MV40	Helm Hill	00:30:16
11	Kieran Hodgson	MV40	Helm Hill	00:30:24
12	John Helme	M	Ambleside AC	00:30:28
13	Bruce Duncan	M	Helm Hill	00:30:47
14	Michael Ainsworth	M	Helm Hill	00:30:58
15	Josh Hubbard	M	Ambleside AC	00:30:59
16	Brian Wakeley	M	Ambleside AC	00:31:01
17	Heidi Dent	F	Howgill	00:31:08
18	Harvey Lord	M	Black Combe	00:31:10
19	Sarah McCormack	F	Ambleside AC	00:31:13
20	Jacob Avery	U18	Helm Hill	00:31:23
21	Scarlet Dale	FU18	Lancaster & Morecambe AC	00:31:27
22	Tom Simpson	M	Ambleside AC	00:31:32
23	Jack Eyre	M	Eden Runners	00:31:33
24	Lizzie Adams	F	Black Combe	00:31:49
25	James Gray	M		00:32:06
26	Oliver Gajdowski	M	Ambleside AC	00:32:20
27	Stephen Terwey	M	Stonehaven RC	00:32:24
28	Paul Reiley	M	Coniston	00:32:32
29	Lee Knight	M	Ambleside AC	00:32:39
30	Ben Jackson	M		00:32:48
31	Sam Harrison	M	Bowland	00:32:52
32	Martin Askew	M	Helm Hill	00:33:04
33	Marcis Gubats	M		00:33:06
34	Ian Harrington	MV40	Helm Hill	00:33:07
35	Mark Baddeley	MV40	Lincoln Wellington AC	00:33:26
36	Craig Burrow	MV40	Helm Hill	00:33:35
37	Simon Sampson	M	Hillingdon	00:33:43
38	Jonny Marchant	MV40	Helm Hill	00:33:57
39	Hannah Russell	F	Helm Hill	00:34:05
40	Henry Keighley-Elstub	MV40	Wimbeldon	00:34:08
41	Liam Garrett	U18	London Heathside	00:34:10

42	Jake Shuttleworth	U16	Ambleside AC	00:34:14
43	Edward Garrett	MV40	London Heathside	00:34:16
44	Paul Knowles	MV40	Ambleside AC	00:34:26
45	Neil McKezie	MV40	Ambleside AC	00:34:27
46	Adam Oliver	M	Helm Hill	00:34:29
47	Gavin Lloyd	M	Black Combe	00:34:49
48	Ed Newcombe	M	Helm Hill	00:35:08
49	Daniel Haworth	M		00:35:11
50	Rob Browne	M	Black Combe	00:35:16
51	Paul Turner	MV40	Helm Hill	00:35:20
52	Jos Addison	M	Helm Hill	00:35:24
53	Michael Dugdale	U18	Helm Hill	00:35:33
54	Pete Marston	MV40	Helm Hill	00:35:35
55	Jenny Rice	M	Helm Hill	00:35:36
56	Andrew Woodhead	M	Ambleside AC	00:35:36
57	Phillip Pearson	MV50	Northern Fells	00:35:40
58	Graham Lund	M	Bowland	00:35:45
59	Martin Hepworth	MV50	Eden Runners	00:35:47
60	Joseph Conner	M	Helm Hill	00:35:58
61	Daniel Little	U18		00:36:06
62	Andy Hebson	M		00:36:07
63	Simon Thompson	M	Keswick	00:36:18
64	Will Spain	M	Dark Peak	00:36:29
65	Robert Askew	M	Helm Hill	00:36:30
66	Rob Jones	M	Keswick	00:36:33
67	Ian Almond	M		00:36:44
68	Peter Lawson	M		00:36:45
69	Catherine Niblock	F	Helm Hill	00:36:50
70	Adam Wallwork	M	Trawden	00:37:02
71	Phil Craker	MV40	Ambleside AC	00:37:09
72	Tim Roe	M	Helm Hill	00:37:11
73	David White	MV40	Helm Hill	00:37:13
74	Steve Storey	M	Penistone Footpath Runners	00:37:16
75	Matt Foxwell	MV40	Kendal AC	00:37:23
76	Alec McCarthy	M		00:37:26
77	John Armistead	M	Helm Hill	00:37:28
78	Richard Duckett	M		00:37:30
79	Lewis Bowness	U16	Helm Hill	00:37:36
80	David Griffin	MV50	Dallam	00:37:41
81	Paul Simpson	MV50	Kendal AC	00:37:44
82	Julian Donnelly	MV50	Black Combe	00:37:48
83	Chloe Routledge	F	Ambleside AC	00:37:55
84	Roger Gooding	MV40	Springfield	00:37:57
85	Fiona Marley Patterson	F	Helm Hill	00:38:17

86	Rosie Sale	F	Lancaster & Morecambe AC	00:38:30
87	David Wright	MV50	Newbury	00:38:32
88	Simon Mortlock	Mv50	Dumfries	00:38:33
89	Brian Thompson	Mv60	Helm Hill	00:38:35
90	Tim Murray	M	Helm Hill	00:38:38
91	Steven Carter	Mv40	Crook AC	00:38:42
92	Jonathan Mortlock	M		00:38:46
93	Matthew Senior	M		00:38:49
94	Daniel Marquina	M	Helm Hill	00:38:51
95	William Coupe	Mv50	Helm Hill	00:39:08
96	Martin Ramsay	M	Helm Hill	00:39:13
97	Caroline Holmes	F	Helm Hill	00:39:19
98	Lucy Spain	F	Helm Hill	00:39:21
99	Jean Brown	FV50	Clayton-le-Moors	00:39:23
100	Adam Baird	MV40	Ambleside AC	00:39:24
101	Mike Walsh	MV60	Kendal AC	00:39:26
102	Claire Wilson	F	Kendal AC	00:39:28
103	Eleanor Knowles	FV40	Ambleside AC	00:39:40
104	Pete Taylor	MV50	Black Combe	00:39:43
105	Matt Davies	M	Howgill	00:40:09
106	Gary Lane	MV40	Coniston	00:40:32
107	Ali Richards	FV40	Helm Hill	00:40:37
108	Rachel Findlay-Robinson	F	Keswick	00:40:40
109	Calvin Ferguson	M	CVFR	00:40:47
110	Lewis Veale	MV40	Isle Of Man Vets	00:40:55
111	Jackie Casey	FV50	Black Combe	00:41:02
112	Dave Tortoiseshell	MV40	FRA	00:41:25
113	Tony Little	MV40		00:41:28
114	Sophie Roberts	F	Black Combe	00:41:29
115	Sam Rose	MV40	Bridport Runners	00:41:35
116	Tom Patington	M		00:41:45
117	Gorgia Stevens	FU18	Helm Hill	00:42:04
118	Chris Schofield	MV50	Helm Hill	00:42:12
119	Alan Miller	MV50	Kendal AC	00:42:51
120	Eloy Benito	M	Helm Hill	00:42:56
121	David Appleyard	MV50	Helm Hill	00:43:11
122	Victoria Haworth	F	Keswick	00:43:14
123	Mike Jewell	MV50	Black Combe	00:43:19
124	Amanda Burrow	FV40	Helm Hill	00:43:43
125	Paul Stocks	MV50	Dallam	00:43:47
126	John Weston	MV50	Ipswich Jaffa	00:43:58
127	Jayne Rigby	FV40	Helm Hill	00:44:09
128	Rowan Ranner	F	Helm Hill	00:44:19
129	Bella Matarewicz	FU16		00:44:22

130	Jim Fisher	MV50	Howgill	00:44:24
131	Rachel Poynter	F	Eden Runners	00:44:28
132	Victoria Upton	F	Helm Hill	00:44:37
133	Stuart Ryder	MV40	Darwen Dashers	00:44:41
134	Jonathan Tombs	MV50	Eden Runners	00:44:46
135	Carolyn Meschino	F	Ambleside AC	00:44:58
136	Mike Troup	MV60	Ambleside AC	00:45:17
137	Emma Jenkins	FV40	Helm Hill	00:45:22
138	Andrew Graham	MV40	Trawden	00:45:33
139	Rachel Slattery	FU18	Helm Hill	00:45:36
140	Alice Slattery	FU18	Helm Hill	00:46:10
141	Kat Evans	F	Ambleside AC	00:46:31
142	Emma Gill	F	Helm Hill	00:46:50
143	Katie Thurlow	FU16	Helm Hill	00:47:26
144	Gillian Ramsay	FV50	Helm Hill	00:47:32
145	Paula Bowen	FV40	Ambleside AC	00:47:40
146	Sarah Senior	FV40		00:48:43
147	Helen Atkinson	F		00:49:00
148	Cath Musetti	FV50	Ambleside AC	00:49:55
149	Kathryn Tidswell	F		00:50:08
150	Lorna Askew	FV40	Helm Hill	00:50:21
151	Yvonne Procter	FV50	Helm Hill	00:51:03
152	Clare MacCarthy	F	Dirty Hip Hop	00:51:12
153	Vicky Atkinson	FV40	Helm Hill	00:51:27
154	Lindsay Harrod	FV40	Helm Hill	00:51:37
155	Matthew Bellingham	M		00:51:53
156	Danny Mills		York Postal Harriers	00:52:10
157	Sue Ross	FV40	Black Combe	00:53:20
158	Ellie Taylor	F		00:53:30
159	Amy Slattery	FU16	Helm Hill	00:53:47
160	Peta Rowland	FV40	Ambleside AC	00:53:58
161	Joanne May	FV40	Eden Runners	00:53:58
162	Carolyn Burns	FV40	Eden Runners	00:54:17
163	Fernanda Nunez	F	Ambleside AC	00:54:34
164	Anna Stevens	FV40	Helm Hill	00:54:36
165	Phil Kirby	MV60	Coniston	00:54:45
166	Hannah Stratton	F		00:55:30
167	Anna Brisley	F	Ambleside AC	00:56:33
168	Rebecca Rooke	F	Black Combe	00:56:44
169	Edward Proctor	MV60	FRA	00:56:55
170	Joe Beaumont	M	Dirty Hip Hop	01:04:49
171	David Dicks	MV40	Eden Runners	01:04:49
172	Gary Jackson	M	Eden Runners	01:04:58
173	Mike Tomes	M		01:05:44

