

Pos	Name	Category	Club	Time
1	Jacob Adkin	Msen	Keswick AC	00:35:15
2	Mark Lamb	Msen	Keswick AC	00:36:28
3	Matthew Elkington	Msen	Ambleside AC	00:36:37
4	Ricky Lightfoot	Msen	Ellenborough AC	00:39:00
5	Ben O'Dowd	Mu23	Eden Runners	00:39:42
6	Harry Bolton	Mu23	Keswick AC	00:41:34
7	Josh Hartley	Msen	Black Combe	00:41:41
8	Ben Abdelnoor	M40	Ambleside AC	00:42:03
9	Darren Kay	M50	Calder Valley FR	00:42:08
10	Alistair Tod	M40	Northern Fells	00:42:25
11	Simon Netherway	M40	Keswick AC	00:42:39
12	David Brigham	Msen		00:42:59
13	Jake Collier	Mu23	Bowland FR	00:43:52
14	Simon O'Meara	Msen	Trafford AC	00:44:05
15	Liam Taylor	Msen		00:44:06
16	Andrew Laycock	Msen	Clayton-le-Moors	00:44:33
17	James Harris	Msen	Ambleside AC	00:44:44
18	Calum Kitching	Mu23	Keswick AC	00:44:50
19	David Williams	M40	Ellenborough AC	00:45:13
20	Craig Scott	Msen	Keswick AC	00:45:20
21	Andy Blackett	Msen	Durham Fell Runners	00:45:35
22	Steve Birkinshaw	M50	BOrrerdale FR	00:45:42
23	Paul Cornforth	M50	Ambleside AC	00:45:47
24	David Middlemass	M40	Valley Striders	00:45:58
25	Matt Clark	Msen	Ambleside AC	00:46:03
26	James Conlon	Msen	CFR	00:46:09
27	Sophie Likeman	Wsen	CFR	00:46:19
28	Scott Morley	Msen	Eden Runners	00:46:43
29	Darren Haworth	Msen	DCH Coaching	00:47:24
30	Matthew Steel	Msen	Eden Runners	00:47:30
31	Catherine Spurden	Wsen	Keswick AC	00:47:53
32	Paul Reilly	M40	Helm Hill	00:48:23
33	Trevor Caunt	M40	Black Combe	00:48:45
34	Shaun Atkinson	M40	Ellenborough AC	00:48:52
35	Mark Fleming	M50	Keswick AC	00:48:56
36	Phil Winskill	M40	Keswick AC	00:49:13
37	Michael Rudd	M40	Northern Fells	00:49:17
38	Kenny Short	M55	Teviotdale Harriers	00:49:22
39	Eve Pannone	Wu23	Eden Runners	00:50:03
40	Paul Knowles	M50	Ambleside AC	00:50:44
41	Paul Hodgson	M40	Durham Fell Runners	00:50:54

42	Pedro Thompson	Msen		00:51:20
43	Dan Roach	Msen		00:51:31
44	Karl Tumelty	M40	Black Combe	00:52:17
45	Rob Oliver	M50	CFR	00:52:21
46	Sean Robinson	M40	Howgill Harriers	00:52:23
47	Ryan Sibley	Msen		00:52:48
48	Tony Bolton	M50	Northern Fells	00:52:55
49	Johnathan Lyon	Msen		00:52:57
50	Jordan Palmer	Msen	Keswick AC	00:53:16
51	Vicki Cronin	Wsen	Trafford AC	00:53:31
52	Tim Slater	Msen	Eden Runners	00:53:52
53	Tom Holman	M40		00:54:36
54	Tom Partington	Msen	Keswick AC	00:55:05
55	Stephen Mackie	M40	Netherhall AC	00:55:08
56	Trudy Beetham	W40	Keswick AC	00:55:35
57	Andy Holden	M50	Achille Ratti	00:55:52
58	Caroline Holden	W50	Helm Hill	00:55:58
59	Heidi Dyson	Wsen	Keswick AC	00:56:05
60	James Rafferty	Msen	Keswick AC	00:56:26
61	Simon Franklin	M50	CFR	00:56:41
62	Katie Hall	Wu23	Keswick AC	00:58:09
63	Rachel Findlay-R	Wsen	Keswick AC	00:58:15
64	Emily Day	Wu23		00:58:35
65	Jim Downie	M70	Keswick AC	00:58:41
66	Martin Penrice	M60	Northern Fells	00:58:52
67	Paul Davison	M40	Howgill Harriers	01:03:05
68	Roderick Smart	M50	Leics Police	01:03:19
69	Jordan Jenkinson	Msen	Netherhall AC	01:04:16
70	Andrew Gibbs	Msen		01:05:41
71	Nicky Butler	W50	Keswick AC	01:06:09
72	John Pollard	M60	Glossopdale Harriers	01:08:36
73	David Porter	M60		01:08:48
74	Dougie Nisbet	M50	Durham Fell Runners	01:09:25
75	Steve Kruger	M60		01:10:04
76	Denise Tunstall	W50	Durham Fell Runners	01:10:07
77	Rebecca North	Wsen		01:10:09
78	Lindsay Buck	W60	CFR	01:11:28
79	Rebecca Bibby	Wsen	Helm Hill	01:30:00