

Pos	Name	Category	Club	Time
1	Joshua Boyle	MU23	Ribble Valley AC	00:25:37
2	Phil Davies	MV40	Borrowdale Fell Runners	00:26:09
3	John Helme	MOpen	Ambleside AC	00:26:37
4	Jonny Malley	MOpen	Ambleside AC	00:26:54
5	Jack Wright	MOpen	Ambleside AC	00:27:04
6	Tim Cowan	MV40	Helm Hill	00:27:09
7	Chris Edis	MOpen	Keswick AC	00:27:31
8	James Edwards	MV40	Lonsdale Fell Runners	00:29:22
9	Jos Addison	MOpen	Helm Hill	00:29:38
10	Joseph Hobbs	MOpen	Lonsdale Fell Runners	00:30:45
11	David Wilson	MV50	Bowland Fell Runners	00:31:00
12	Peter German	MOpen	Helm Hill	00:31:21
13	Rowan Wood	MOpen	Lonsdale Fell Runners	00:31:38
14	Jonny Marchant	MV40	Helm Hill	00:31:43
15	Richard Wells	MV40	Howgill Harriers	00:32:59
16	Sean Robinson	MOpen	Howgill Harriers	00:33:32
17	Claire Nance	FOpen	Lonsdale Fell Runners	00:33:47
18	Jim Bacon	MV50	Lonsdale Fell Runners	00:33:48
19	Rich Wilkinson	MV50	Long Eaton RC	00:33:58
20	Emma Wood	FOpen	Rosendale Harriers AC	00:34:39
21	Ben Houghton	MV40	Howgill Harriers	00:35:32
22	Steven Middleton	MV40	Howgill Harriers	00:35:37
23	Catherine Niblock	FOpen	Helm Hill	00:36:03
24	Graham Moffat	MV50	Howgill Harriers	00:36:08
25	Kerry Cornfield	FV40	Borrowdale Fell Runners	00:36:35
26	Carrie Gibson	FV40	Helm Hill	00:37:30
27	Chris Roberts	MV60	Black Combe Runners	00:37:34
28	Lizzie James	FV40		00:37:43
29	Georgia Houghton	FOpen	Howgill Harriers	00:37:46
30	Will Spain	MOpen	Dark Peak Fell Runners	00:38:30
31	Wendy Dodds	FV60	Clayton-le-Moors Harriers	00:38:49
32	Emily Fitzherbert	FOpen		00:39:45
33	Sharon Schofield	FV40	Borrowdale Fell Runners	00:40:13
34	Mike Addison	MV50		00:40:46
35	Denise Tunstall	FV50	Durham Fell Runners	00:41:39
36	Stephen Fish	MV60	Clayton-le-Moors Harriers	00:43:00
37	Robin Haywood	MV40	Howgill Harriers	00:46:03
38	Wendy Smith	FV40	Helm Hill	00:55:02