

Pos	Name	Category	Club	Time
1	Josh Jardine	Open	Helm Hill	00:29:08
2	Gary Greenhow	Open	Ambleside	00:29:23
3	Tim Cowin	V40	Helm Hill	00:30:32
4	Sam Harrison	Open	Bowland	00:30:50
5	Iain Embrey	Open		00:31:18
6	Shane Ohly	V40	Helm Hill	00:31:36
7	Bruce Duncan	Open	Helm Hill	00:32:02
8	Lee Procter	Open	Helm Hill	00:32:21
9	Cambell Walsh	Open		00:33:13
10	Michael Tosh	Open	Ambleside	00:33:30
11	Oli Waters	V40	Helm Hill	00:33:40
12	Josh Addison	Open	Helm Hill	00:33:42
13	Craig Burrow	V40	Helm Hill	00:33:45
14	Phil Cracken	V40	Ambleside	00:33:54
15	Paul Riley	V40	Helm Hill	00:34:19
16	Hannah Russel	Open	Helm Hill	00:34:58
17	Jonny Marchent	V40	Helm Hill	00:34:59
18	Simon Whittiker	Open	Helm Hill	00:35:03
19	Carl Hanaghan	Open	Mac Harriers	00:35:24
20	Shaun Robinson	Open	Howgill	00:35:24
21	Will Ackland	Open		00:35:31
22	Rory Addison	Open		00:35:50
23	James Baron	V40	Helm Hill	00:35:54
24	Catherine Slater	Open	Helm Hill	00:36:12
25	Rob Mortimore	Open	Helm Hill	00:36:16
26	Sharon Taylor	Open	Helm Hill	00:36:29
27	Joe Todd	V40		00:36:31
28	Mark Cropper	V40	Helm Hill	00:36:52
29	David Bainbridge	Open	Howgill	00:37:28
30	Mike Gilpin	Open	Helm Hill	00:37:33
31	Crispin Halsall	V40	Bowland	00:37:51
32	David Banks	V50		00:37:56
33	John Wright	Open	Bowland	00:38:01
34	Tim Lofthouse	V50		00:38:20
35	Jenny Rice	Open	Helm Hill	00:38:40
36	Paul Scully	V40	Helm Hill	00:38:59
37	Andy Bennett	V40	Helm Hill	00:39:31
38	Pete Marston	V40	Helm Hill	00:40:07
39	Bill Coupe	V50	Helm Hill	00:40:17
40	Davis Goodby	Open	Helm Hill	00:40:40
41	Tony Crosly	V60	FRA	00:41:00

42	Heather Ohly	Open	Helm Hill	00:41:31
43	Rowena Browny	V50	Bowland	00:41:35
44	Emma Johnson	Open	Helm Hill	00:41:38
45	Graham Metcalfe	Open	Helm Hill	00:41:41
46	Kate Aires	V50	Ambleside	00:41:41
47	Jonathon Tombs	V40	Eden Runners	00:41:45
48	Mike Jewel	V50	Black Combe	00:41:54
49	Gary Lane	V40	Howgill	00:42:04
50	Chris Schofield	V40	Helm Hill	00:42:06
51	Helen Stuart	V40	Helm Hill	00:42:10
52	David Appleyard	V50	Helm Hill	00:42:18
53	Keeley Smith	Open	Helm Hill	00:42:37
54	Jo Wilcox	V50	Helm Hill	00:43:10
55	Mike Walsh	V60	Kendal AC	00:43:15
56	Aimee Mcaboy	Open	Garstang	00:44:02
57	Jonny Grisedale	V40	Helm Hill	00:44:06
58	Chris Roberts	V60	Black Combe	00:44:19
59	Darren Baker	V40	FRA	00:44:31
60	Daniel Grouse	V40	Ambleside	00:44:40
61	Mary Helm	Open	Ambleside	00:45:07
62	Pete Coe	V60	Helm Hill	00:45:17
63	Chloe Lumbston	Open	Helm Hill	00:45:33
64	Amanda Burrow	V40	Helm Hill	00:45:38
65	Claire Wilson	Open	Helm Hill	00:45:40
66	Richard Smith	Open	Helm Hill	00:45:44
67	Mike Addison	V50		00:45:55
68	Ian Cookson	V60	Bowland	00:45:58
69	Victoria Upton	Open	Helm Hill	00:46:25
70	Philip Harrington	V40	Helm Hill	00:49:27
71	Eddie Dealtry	V60	Kendal AC	00:49:40
72	Quentin Marriott	V50		00:49:55
73	Zoe Robinson	Open	Howgill	00:49:55
74	Linda Greensmith	V40	Howgill	00:50:04
75	Paul Keating	Open		00:50:28
76	Filip Kamyli	Open		00:50:28
77	Andrew Gittins	V50	Black Combe	00:51:27
78	Liz Adams	V40	Helm Hill	00:51:38
79	Patty Davis	V40	Helm Hill	00:52:05
80	Mae Crawford	Open	Helm Hill	00:56:25
81	Richard Lote	V50		00:59:50
82	Wendy Smith	V40	Helm Hill	01:00:01
83	Roger Bell	V70	Ambleside	01:00:38