

Pos	Name	Category	Club	Time
1	Mark Addison	M	Helm Hill Runners	00:38:27
2	Tom Addison	M	Helm Hill Runners	00:39:30
3	John Heneghan	M	Pudsey And Bramley Athletic Club	00:39:53
4	Carl Bell	M	Keswick Athletic Club	00:40:14
5	Martin Mikkelsen-Barron	M	Borrowdale Fell Runners	00:40:54
6	Chris Richards	MU19	Helm Hill Runners	00:41:51
7	Darren Kay	M40	Calder Valley Fell Runners	00:42:03
8	John Helme	M	Ambleside Athletic Club	00:42:13
9	Adam Perry	M	Helm Hill Runners	00:42:30
10	Ben Procter	M	Helm Hill Runners	00:42:47
11	Nigel Wood	M40	Helm Hill Runners	00:43:24
12	Paul Aitken	M	Helm Hill Runners	00:43:58
13	Antony Meanwell	M40	Borrowdale Fell Runners	00:45:41
14	Daniel Johnson	M	Unattached	00:45:46
15	Paul Reilly	M	Coniston Fell Running Club	00:45:54
16	Heidi Dent	W	Howgill Harriers	00:46:09
17	Dan Duxbury	M40	Ambleside Athletic Club	00:46:19
18	Alex Hinchcliffe	M	Helm Hill Runners	00:46:22
19	Stephen Brock	M40	Wharfedale Harriers	00:46:28
20	Jonathan Marchant	M40	Helm Hill Runners	00:46:52
21	Lee Knight	M	Helm Hill Runners	00:47:03
22	Sam Harrison	M	Bowland Fell Runners	00:47:48
23	Simon Rodger	M	Black Combe Runners	00:47:52
24	Kevin Doyle	M40	Kimberworth Striders Running Club	00:47:55
25	Sharon Taylor	W	Helm Hill Runners	00:47:58
26	Craig Burrow	M40	Helm Hill Runners	00:48:32
27	Hannah Russell	WU19	Helm Hill Runners	00:48:34
28	Robert Green	M	Achille Ratti Climbing Club	00:48:45
29	Matthew Rooke	M	Black Combe Runners	00:48:57
30	Oliver Waters	M40	Coniston Fell Running Club	00:49:05
31	Hazel Robinson	W40	Ambleside Athletic Club	00:49:16
32	Gavin Lloyd	M	Black Combe Runners	00:49:20
33	Adam Jackson	M40	Keswick Athletic Club	00:50:00
34	Nicholas Latty	M	Riccarton, New Zealand	00:50:05
35	Mark Harris	M40	Helm Hill Runners	00:50:11
36	Alice Forster	W	Manx Fell Runners	00:50:12
37	David Evans	M	Ambleside Athletic Club	00:50:14
38	Paul Lambert	M40	Wharfedale Harriers	00:50:19
39	Paul Knowles	M40	Ambleside Athletic Club	00:50:23
40	William Sisson	M	Kendal Athletic Club	00:50:35
41	Sean Robinson	M	Howgill Harriers	00:50:43

42	Joshua McGettigan	M	Unattached	00:50:48
43	Matthew Thompson	M	Black Combe Runners	00:50:54
44	David McCabe	M40	Coniston Fell Running Club	00:51:25
45	Jim Tyson	M40	Ambleside Athletic Club	00:51:37
46	Andy Pooler	M40	Achille Ratti Climbing Club	00:51:50
47	Joseph Gill	M	Unattached	00:51:52
48	Ross Butler	M	Keswick Athletic Club	00:52:00
49	Christina Wiejak	W	Black Combe Runners	00:52:25
50	Karl Mason	M	Helm Hill Runners	00:52:34
51	Nick Kelly	M40	Horwich RMI Harriers	00:52:38
52	Luke Appleyard	M	Wharfedale Harriers	00:53:05
53	Doug Hayes	M50	Unattached	00:53:23
54	Andy Poole	M50	Achille Ratti Climbing Club	00:53:40
55	Aaron Walmsley	M	Unattached	00:53:42
56	Peter German	M	Helm Hill Runners	00:53:47
57	Shaun Addison	M50	Helm Hill Runners	00:53:52
58	Nina Walkingshaw	W	Howgill Harriers	00:53:54
59	Sue Richmond	W	Pennine Fell Runners	00:53:55
60	Andy Jackson	M40	FRA	00:54:08
61	Pete Tayler	M50	Black Combe Runners	00:54:13
62	Dave Harvey	M50	Pennine Fell Runners	00:54:18
63	Damian Kimmins	M40	Keswick Athletic Club	00:54:19
64	John Parminter	M40	Black Combe Runners	00:54:25
65	Matthew Allen	M	Black Combe Runners	00:54:47
66	Martin Currie	M	Black Combe Runners	00:54:50
67	Luca Jandu	M	Unattached	00:55:11
68	Chris Schofield	M50	Helm Hill Runners	00:56:28
69	Phil Clayton	M40	Black Combe Runners	00:56:42
70	Mike Cottrill	M	Unattached	00:56:49
71	Chris Clinch	M40	Ulverston Tri Club	00:56:53
72	Catherine Niblock	W	Helm Hill Runners	00:57:04
73	Michael Toman	M50	Rosendale Harriers Athletic Club	00:57:08
74	James Hennin	M	North Shields Polytechnic Club	00:57:24
75	Caroline Holmes	W	Helm Hill Runners	00:57:25
76	Seamus Wrigley	M	Waveney Valley Athletic Club	00:57:29
77	John Evason	M	Ulverston Tri Club	00:57:32
78	Kevin Brain	M50	Baildon Runners	00:57:40
79	Andy Holden	M50	Wharfedale Harriers	00:57:51
80	Eddie Close	M40	Howgill Harriers	00:58:01
81	Adrian Walker	M50	Settle Harriers	00:58:10
82	Peter Browning	M50	Clayton-le-Moors Harriers	00:58:16
83	Tim Miller	M50	Ambleside Athletic Club	00:58:27
84	Grace Leedham	W40	Dallam Running Club	00:58:28
85	Nick Sebley	M50	Black Combe Runners	00:58:34

86	Andy Bennett	M40	Helm Hill Runners	00:58:43
87	Gary Mason	M50	Unattached	00:59:07
88	Sandra Kelly	W40	Horwich RMI Harriers	00:59:13
89	Tim Murray	M50	Helm Hill Runners	00:59:14
90	Mike Jewell	M50	Black Combe Runners	00:59:15
91	Amy Whelan	W	Ambleside Athletic Club	00:59:20
92	Jo Wilcox	W40	Helm Hill Runners	00:59:44
93	Kath Aubrey	W50	Helm Hill Runners	01:00:16
94	Wendy Dodds	W60	Clayton-le-Moors Harriers	01:00:34
95	James Goffe	M50	Black Combe Runners	01:00:46
96	Andrew Russell	M50	Helm Hill Runners	01:02:37
97	Andrew Millard	M	Unattached	01:03:26
98	Gaurav Batra	M40	Sale Harriers	01:03:52
99	Steven Postlethwaite	M	Unattached	01:03:58
100	Jayne Dickinson	W40	Achille Ratti Climbing Club	01:04:01
101	Mark Graham	M50	Cumberland Fell Runners	01:04:16
102	David Carruthers	M40	Cumberland Fell Runners	01:04:29
103	Paul Hills	M50	Pennine Fell Runners	01:05:26
104	Andy Dalton	M50	Skelmersdale Boundary Harriers	01:05:38
105	Ranald Mackay	M40	Spectrum Striders	01:06:23
106	Brian Jackson	M60	Macclesfield Harriers	01:06:38
107	Fiona Glen	W40	Accrington Road Runners	01:06:42
108	Tamsin Symons	W40	Unattached	01:06:47
109	David Tucker	M60	Macclesfield Harriers	01:07:16
110	Colin Ardron	M70	Macclesfield Harriers	01:07:19
111	Mark Glaister	M50	Skelmersdale Boundary Harriers	01:07:33
112	Lindsay Buck	W50	Cumberland Fell Runners	01:07:42
113	Philip Cottrill	M60	FRA	01:08:49
114	Paul Walsh	M70	Bowland Fell Runners	01:09:01
115	Rob McKeever	M60	Black Combe Runners	01:10:24
116	Nigel Coe	M60	Ambleside Athletic Club	01:10:29
117	Mark Hammond	M40	Accrington Road Runners	01:10:35
118	Viv Riley	W40	Black Combe Runners	01:10:43
119	Paula Irons	W	Black Combe Runners	01:10:44
120	Jo Taylor	W50	Bowland Fell Runners	01:11:13
121	Val Gill	W60	Black Combe Runners	01:12:31
122	David Walker	M60	Macclesfield Harriers	01:12:52
123	Nemone Jacques	W40	Unattached	01:13:12
124	Peter Jacques	M40	Saltaire Striders	01:13:13
125	Hazel Tayler	W50	Black Combe Runners	01:14:05
126	Anna Watson	W40	Unattached	01:14:38
127	Jane Hornsby	W50	Black Combe Runners	01:16:31
128	George James	M70	Blackpool Wyre And Fylde AC	01:16:32
129	Karl Fursey	M40	Black Combe Runners	01:17:21

130	Lisa Mackay	W40	Spectrum Striders	01:17:27
131	Ian Verber	M60	Black Combe Runners	01:20:58
132	Miriam Rosen	W60	Lancaster & Morecambe AC	01:22:12
133	Barry Johnson	M70	Cumberland Fell Runners	01:25:59
134	David Rosen	M60	Lancaster & Morecambe AC	01:28:07