

Pos	Name	Category	Club	Time
1	Dan Haworth	M	Keswick Athletic Club	00:22:29
2	Ben Abdelnoor	M	Ambleside Athletic Club	00:23:21
3	Tim Cowin	M40	Helm Hill Runners	00:23:23
4	Neil Orr	M	Border Harriers	00:23:26
5	Jack Eyre	M	Eden Runners	00:23:34
6	Sandy Lockett	M	Bowland Fell Runners	00:23:54
7	Paul Aitken	M	Helm Hill Runners	00:24:17
8	Michael Tosh	M	Ambleside Athletic Club	00:24:31
9	Robert Moffat	M	Howgill Harriers	00:25:01
10	Darren Fishwick	M40	Chorley Athletic & Triathlon Club	00:25:04
11	Ben Light	M	Buxton Athletic Club	00:25:10
12	Arthur Raffle	M	Altrincham & District Athletic Club	00:25:14
13	Jos Addison	M	Helm Hill Runners	00:25:19
14	David Cope	M	Howgill Harriers	00:25:22
15	Chris Knowles	M50	Ellenborough Athletic Club	00:25:24
16	Paul Reilly	M40	Helm Hill Runners	00:25:58
17	Ben Kent	M	Helm Hill Runners	00:26:00
18	Sam Green	M	Helm Hill Runners	00:26:03
19	Tom Simpson	M		00:26:19
20	Phil Winskill	M40	Keswick Athletic Club	00:26:20
21	Catherine Spurden	F	Keswick Athletic Club	00:26:21
22	David Williams	M	Ellenborough Athletic Club	00:26:22
23	Adam Maynard	M	Vegan Runners	00:26:45
24	Jack Simpson	M	Helm Hill Runners	00:26:48
25	Craig Smith	M50	Keswick Athletic Club	00:26:53
26	Brian Pennington	M40	Howgill Harriers	00:26:54
27	Ben Wilson	M	Bowland Fell Runners	00:27:14
28	Paul Knowles	M40	Ambleside Athletic Club	00:27:15
29	David Wilson	M50	Bowland Fell Runners	00:27:16
30	Sean Robinson	M	Howgill Harriers	00:27:19
31	John Beetham	M40	Keswick Athletic Club	00:27:23
32	Pez Bullen	M50	Keswick Athletic Club	00:27:46
33	Jonny Marchant	M40	Helm Hill Runners	00:28:08
34	Rob Crawford	M40	Howgill Harriers	00:28:19
35	Tim Raffle	M50	Altrincham & District Athletic Club	00:28:23
36	Jenny Rice	F	Helm Hill Runners	00:28:30
37	Ian Hayden	M40		00:28:41
38	David Bainbridge	M	Howgill Harriers	00:28:46
39	David Banks	M50		00:28:53
40	Steve Jones	M	Keswick Athletic Club	00:29:10
41	Paul Simpson	M50	Ambleside Athletic Club	00:29:19

42	Chris Hodgson	M50	Ambleside Athletic Club	00:29:54
43	Roy Gibson	M50	Kendal Athletic Club	00:30:14
44	Rachel Simpson	F		00:30:22
45	Ray Gill	M50	Dallam Running Club	00:30:39
46	Tom Voke	M		00:30:47
47	Allan Miller	M50	Kendal Athletic Club	00:30:54
48	Gary Jackson	M40	Eden Runners	00:31:02
49	Nina Walkingshaw	F	Howgill Harriers	00:31:06
50	Rosie Hodgson	F		00:31:07
51	Harry Blenkinship	M		00:31:09
52	Damian Kimmins	M40	Keswick Athletic Club	00:31:23
53	Richard Smith	M	Helm Hill Runners	00:31:24
54	Stephen Baker	M40	Helm Hill Runners	00:31:33
55	Jo Gillyon	F40	Keswick Athletic Club	00:31:55
56	Rachel Findlay-Robinson	F	Keswick Athletic Club	00:32:05
57	Mark Cropper	M40	Helm Hill Runners	00:32:06
58	Owen Mills	M40	Keswick Athletic Club	00:32:35
59	Phil Devine	M50	Kendal Athletic Club	00:32:42
60	Jo Simpson	F	Ambleside Athletic Club	00:32:45
61	Vic Haworth	F	Keswick Athletic Club	00:33:09
62	Lindsay Walker	F	Keswick Athletic Club	00:33:20
63	Aaron Gourley	M	Elvet Striders	00:33:35
64	George Blenkinship	M		00:33:39
65	Brian Thompson	M60	Helm Hill Runners	00:33:59
66	Carl Greenwood	M50	Calder Valley Fell Runners	00:34:02
67	Alistair McAig	M40	Howgill Harriers	00:34:13
68	Anthony Emmet	M40	Helm Hill Runners	00:36:33
69	Clare McArthur	F		00:36:55
70	George Raffle	M	Altrincham & District Athletic Club	00:36:59
71	John Leech	M50	Dallam Running Club	00:37:15
72	Mike Hind	M60	Borrowdale Fell Runners	00:39:04
73	Lindsay Harrod	F50	Helm Hill Runners	00:39:12
74	John Price	M60	Hay Hotfooters	00:39:52
75	Andrew Gittins	M50	Black Combe Runners	00:43:44