

Pos	Name	Category	Club	Time
1	James Espie	MOpen	Deeside Runners	00:33:45
2	Sam Tosh	MOpen	Rossendale Harriers	00:34:15
3	Ross Gollan	MU23	Shettleston Harriers	00:34:25
4	Simon Bailey	MOpen	Mercia Fell Runners	00:34:43
5	Ewan Brown	MOpen	Corstorphine AAC	00:34:53
6	Alasdair Anthony	MV40	Ochil Hill Runners	00:35:14
7	Matthew Roberts	MOpen	Calder Valley Fell Runners	00:35:22
8	Rhys Findlay-Robinson	MOpen	Dark Peak	00:35:25
9	Harry Holmes	MOpen	Pudsey & Bramley AC	00:35:27
10	Rob Jebb	MV40	Helm Hill	00:35:31
11	Daniel Haworth	MOpen	Keswick AC	00:35:37
12	John Battrick	MOpen	Keswick AC	00:35:46
13	Robert Simpson	MOpen	Shettleston Harriers	00:35:51
14	Joe Baxter	MOpen	Pudsey & Bramley AC	00:35:56
15	Peter Bray	MOpen	Ambleside AC	00:35:58
16	Mark Lamb	MOpen	Keswick Ac	00:36:06
17	Jack Wood	MOpen	Ilkley Harriers AC	00:36:11
18	Ryan Stewart	MOpen	Shettleston Harriers	00:36:15
19	Carl Bell	MOpen	Keswick AAC	00:36:20
20	Gareth Hughes	MOpen	Mercia Fell Runners	00:36:26
21	Joshua Jardine	MU23	Helm Hill	00:36:31
22	Andy Swift	MOpen	Calder Valley Fell Runners	00:36:35
23	Steven Hebblethwaite	MOpen	Keswick AC	00:36:41
24	Billy Cartwright	MOpen	Matlock AC	00:36:45
25	Andrew Worster	MOpen	Todmorden Harriers	00:36:47
26	Ian Holmes	MV50	Bingley Harriers & AC	00:36:57
27	Sam Alexander	MOpen	Westerlands Cross Country Club	00:37:05
28	Ben Abdelnoor	MOpen	Ambleside AC	00:37:09
29	Steve Franklin	MOpen	Totley AC	00:37:12
30	Adam Perry	MOpen	Helm Hill Runners	00:37:14
31	Gavin Mulholland	MV40	Calder Valley Fell Runners	00:37:23
32	Josh Williams	MOpen	DPFR	00:37:29
33	Tom Addison	MOpen	Helm Hill Runners	00:37:31
34	Karl Gray	MV40	Calder Valley	00:37:35
35	Robert Little	MOpen	Dark Peak Fellrunners	00:37:40
36	Tim Ellis	MOpen	Calder Valley Fell Runners	00:37:44
37	Jim Davies	MV50	Borrowdale Fell Runners	00:37:51
38	Ted Ferguson	MU23	Borrowdale Fell Runners	00:38:10
39	Ben Mounsey	MOpen	Calder Valley Fell Runners	00:38:16
40	Mario Yeomans	MOpen	Cumberland Fell Runners	00:38:23
41	Jack Millar	MOpen	Ambleside AC	00:38:26

42	Max Dunford	MU18	St Davids College	00:38:26
43	Tom Saville	MOpen	Dark Peak Fell Runners	00:38:27
44	Richard Roberts	MOpen	Eryri Harriers	00:38:32
45	David Taylor	MV50	Dark Peak Fell Runners	00:38:49
46	Steve Halsall	MOpen	Keswick AC	00:38:54
47	Danny Hope	MV40	Horwich Rmi Harriers & A.C	00:39:03
48	Paul Jones	MV40	Mercia	00:39:06
49	Harold Wyber	MOpen	Ambleside AC	00:39:08
50	Rob Grantham	MV40	Pensby Runners	00:39:13
51	Jack Wright	MOpen	Ambleside AC	00:39:19
52	Tom Wood	MU18	Eryri Harriers	00:39:26
53	Callum Hanson	MOpen	Pudsey & Bramley AC	00:39:32
54	Peter Ryder	MOpen	Aberdare Valley Amateur AC	00:39:36
55	Jack Agnew	MU23	Mercia Fell Runners	00:39:46
56	Alasdair Campbell	MOpen	Buxton AC	00:39:49
57	Mark Burton	MV40	Calder Valley Fell Runners	00:39:50
58	John Navis	MOpen	Pudsey & Bramley AC	00:39:58
59	Paul Cornforth	MV50	Ambleside AC	00:40:02
60	Tom Simpson	MU23	Ambleside AC	00:40:11
61	Graeme Brown	MV40	Todmorden Harriers	00:40:19
62	Ali Burns	MOpen	Wharfedale Harriers	00:40:21
63	Mike Fanning	MV50	Holmfirth Harriers	00:40:23
64	Jon Wright	MV40	Todmorden Harriers	00:40:31
65	Todd Oates	MOpen	Ambleside AC	00:40:36
66	Harry Shuell	MOpen	Ambleside AC	00:40:39
67	Tim Werrett	MV40	Mercia Fell Runners	00:40:39
68	Callum O'Donnell	MU16	Eryri	00:40:46
69	Caitlin Rice	FOpen	Ribble Valley Harriers	00:40:49
70	Stephen Pyke	MV50	Dark Peak Fell Runners	00:40:49
71	Gavin Roberts	MOpen	Eryri Harriers	00:41:05
72	Bronwen Jenkinson	FU23	Eryri Harriers	00:41:09
73	Nigel Shekleton	MOpen	Carnethy	00:41:09
74	Noel Curtis	MV40	Pennine Fell Runners	00:41:14
75	Matthew Fortes	MV40	Eryri Harriers	00:41:17
76	Mark Taylor	MV40	Calder Valley Fell Runners	00:41:20
77	Billy Starling	MU23	Mercia Fell Runners	00:41:33
78	Joe Starling	MU18	Mercia Fell Runners	00:41:41
79	Nick Barber	MV40	Todmorden Harriers	00:41:42
80	Mel Price	FV40	Mercia Fell Runners	00:41:46
81	James Woodman	MOpen	Pudsey & Bramley AC	00:41:50
82	Mike Wallis	MV60	Clayton Le Moors Harriers	00:41:54
83	Dylan Griffiths	MOpen	Rhedwyr Hebog	00:42:01
84	Paul Hobbs	MV40	Todmorden Harriers	00:42:07
85	Stephen Jones	MV60	Eryri Harriers	00:42:15

86	Dan Stones	MU16	Menai Track & Field	00:42:17
87	Richard Houghton	MV50	Pennine Fell Runners	00:42:18
88	John Hunt	MV50	Dark Peak Fell Runners	00:42:23
89	John Busby	MOpen	Carnethy Hill Racing Club	00:42:26
90	Megan Wilson	FOpen	Dark Peak Fell Runners	00:42:32
91	Chris Atherton	MOpen	Ambleside AC	00:42:33
92	Bryan McKenna	MOpen	Buxton AC	00:42:39
93	Jon Deegan	MV50	Ambleside AC	00:42:46
94	Kieran Hodgson	MV40	Helm Hill Runners	00:42:49
95	Helen Berry	FV40	Holmfirth Harriers	00:42:55
96	Ifan Dafydd	MOpen		00:43:05
97	Sharon Taylor	FOpen	Helm Hill	00:43:10
98	Craig Jones	MV40	Eryri Harriers	00:43:19
99	Colin Walker	MV40	Pudsey & Bramley AC	00:43:25
100	Scott Sadler	MV40	Rossendale Harriers & AC	00:43:35
101	Karl Steinegger	MOpen	Ambleside AC	00:43:38
102	Josh Matthews	MOpen		00:43:42
103	Paul Jeggo	MV50	Springfield Striders RC	00:43:43
104	Virgil Barton	MV40	Mercia Fell Runners	00:43:46
105	Sam Williams-Duncan	MOpen	Dark Peak Fell Runners	00:43:48
106	Cai La Trobe-Roberts	MU16	Menai Track & Field	00:44:03
107	Hannah Russell	FU23	Helm Hill Runners	00:44:09
108	Mark Pursell	MV40	Pennine Fell Runners	00:44:13
109	Dwane Dixon	MV40	Todmorden Harriers	00:44:16
110	Steve Bell	MV50	Dark Peak Fell Runners	00:44:26
111	Neil Ashcroft	MV50	Ambleside AC	00:44:29
112	David White	MOpen	Buckley Runners	00:44:32
113	Stephen Smithies	MV50	Calder Valley Fell Runners	00:44:39
114	Chris Davies	MV60	Saddleworth Runners	00:45:02
115	Sara Willhoit	FOpen	Mercia Fell Runners	00:45:04
116	Jack Simpson	MOpen	Helm Hill Runners	00:45:09
117	Dan Stewart	MV40	Holmfirth Harriers AC	00:45:19
118	Andy McMurdo	MOpen	Pennine Fell Runners	00:45:23
119	Kirsty Hall	FV40	Ribble Valley Harriers	00:45:28
120	Richard Byers	MV50	Cheshire Hill Racers	00:45:34
121	Simon Titmuss	MV40	Carnethy Hill Racing Club	00:45:36
122	Steve Toogood	MV50	Buckley Runners	00:45:37
123	Annie Roberts	FOpen	Todmorden Harriers	00:45:39
124	David Dickson	MV60	Westerlands	00:45:40
125	James Baron	MV50	Helm Hill	00:45:43
126	Gonks Hughes	MV40	Clwb Rhedwyr Hebog	00:45:46
127	Ben Grant	MV60	Harrogate Harriers & AC	00:45:47
128	William Procter	MV60	Helm Hill Runners	00:45:55
129	Ivan Gee	MV40	Todmorden Harriers	00:45:59

130	Sarah Ridgway	FV40		00:46:02
131	Matthew Seddon	MOpen	Pudsey & Bramley AC	00:46:13
132	Sian Williams	FOpen	Rhedwyr Hebog	00:46:32
133	Jimmy Sheldon	MOpen	Macclesfield Harriers & AC	00:46:34
134	Daniel Latham	MOpen	Buxton AC	00:46:39
135	Jenn Mattinson	FOpen	Keswick AAC	00:46:46
136	Geoffrey Gough	MV60	Clayton Le Moors Harriers	00:46:51
137	Ian Warhurst	MV50	Pennine FR	00:47:06
138	Will Normand	MOpen	Carnethy Hill Racing Club	00:47:10
139	Anthony Powell	MV40	Maldwyn Harriers	00:47:19
140	Paul Tucker	MV50	Mynydd Du	00:47:22
141	Jonathan Moore	MV50	Eryri Harriers	00:47:28
142	Rachel Pilling	FOpen	Pudsey And Bramley	00:47:30
143	James McQueen	MV40	Eryri Harriers	00:47:43
144	Kevin Hagley	MV50	South West Road Runners	00:48:02
145	Simon Entwisle	MV60	Pennine Fell Runners	00:48:05
146	Paul Harlowe	MV60	Wharfedale Harriers	00:48:10
147	Sarah Bell	FOpen	Ribble Valley Harriers	00:48:23
148	Rachel Normand	FOpen	Carnethy HRC	00:48:46
149	Bianca Dyer	FV40	Helm Hill Runners	00:48:49
150	Graham Pilling	MOpen	Pudsey & Bramley AC	00:48:52
151	Chris Beadle	MV40	Holmfirth Harriers	00:48:57
152	Nia Albiston	FV40	Eryri	00:49:00
153	Leon Davies	MV40	NWRRC	00:49:02
154	Arthur Livesey	MOpen		00:49:08
155	Sarah Harley	FOpen	Eryri	00:49:11
156	James Riley	MV40	Todmorden Harriers	00:49:16
157	David Soles	MV50	Pennine Fell Runners	00:49:25
158	Andy Watts	MV60	Cheshire Hill Racers	00:49:29
159	Mark Agnew	MV50	Mercia Fell Runners	00:49:41
160	Rebecca Patrick	FV40	Todmorden Harriers	00:49:44
161	Robert Taylor	MV60	Pennine Fell Runners	00:49:46
162	Andy Roberts	MV50	Congleton Harriers	00:49:53
163	Stuart Wolstenholme	MV40	Todmorden Harriers	00:49:56
164	Peter German	MOpen	Helm Hill Runners	00:50:03
165	Steph Curtis	FV40	Pennine Fell Runners	00:50:04
166	Fionnuala Swann	FV40	Trawden AC	00:50:08
167	Jack Holt	MV60	Clayton Le Moors Harriers	00:50:09
168	Paul Jenkinson	MV50	Eryri Harriers	00:50:11
169	John Robson	MV50	Helm Hill Runners	00:50:17
170	Melanie Blackhurst	FV50	Todmorden Harriers	00:50:17
171	Becki Law	FOpen	Eryri Harriers	00:50:22
172	Michael Green	MV50	Horwich Rmi Harriers & A.C	00:50:29
173	Dave Keeling	MV50	Cheshire Hill Racers	00:50:36

174	Carrie Gibson	FV40	Helm Hill Runners	00:50:49
175	Richard Borne	MV50	Mysteruns Of Abergele	00:50:50
176	Stephen Morran	MV60	Calder Valley Fell Runners	00:50:54
177	Alison Weston	FV50	Ilkley Harriers AC	00:51:15
178	Ieuan Jones	MV40	Mercia Fell Runners	00:51:16
179	Matthew Haynes	MV40	Hay Hotfooters	00:51:18
180	Belinda Baquero	FOpen	Pudsey & Bramley AC	00:51:25
181	Mike Cooper	MV50	Cheshire Hill Racers	00:51:28
182	Louise Beetlestone	FOpen	Eryri Harriers	00:51:33
183	Holly Martin	FOpen	Pennine Fell Runners	00:51:47
184	Amy Shillcock	FOpen	Mercia Fell Runners	00:51:53
185	Marie Robson	FV50	Helm Hill Runners	00:51:55
186	John Gerallt Hughes	MOpen		00:52:02
187	Alison Richards	FV40	Helm Hill Runners	00:52:03
188	Sarah Barnwell	FV50	Eryri Harriers	00:52:08
189	Rhys Tudur	MOpen		00:52:24
190	Rachel Findlay-Robinson	FOpen	Keswick AC	00:52:28
191	Jenny Rice	FOpen	Helm Hill Runners	00:52:37
192	Jean Powell	FV50	Wharfedale Harriers	00:52:48
193	Sue Howarth	FV50	Mercia Fell Runners	00:52:53
194	Tania Wilson	FV50	Buxton Ac	00:52:59
195	Kate Mansell	FV40	Todmorden Harriers	00:53:08
196	Brian Seery	MOpen	Eryri Harriers	00:53:34
197	David Appleyard	MV50	Helm Hill Runners	00:53:43
198	Lois Lee	FU18	St David's College	00:53:55
199	Karon Forster	FV50	Calder Valley Fell Runners	00:54:04
200	Richard Goff	MOpen	Buxton AC	00:54:13
201	Ron Rees	MV60	Pennine Fell Runners	00:54:19
202	Celia Mills	FV50		00:54:24
203	Georgia Stevens	FU23	Helm Hill	00:54:31
204	Martin Roberts	MV60	Todmorden Harriers	00:54:32
205	Sasha Habgood	FV40	Mynydd Du	00:54:37
206	Tracy Ballinger	FOpen	Carnethy Hill Racing Club	00:54:40
207	Hadyn Cole	MU23	St Davids College	00:54:45
208	David Livesey	MV60		00:54:52
209	Judy Howells	FV40	Wharfedale Harriers	00:54:53
210	Tim Horrocks	MV50	Pennine Fell Runners	00:55:06
211	Hugh Morgan-Jones	MV50	WFRA	00:55:07
212	Anne Mynott	FV50	Colwyn Bay AC	00:55:13
213	Emyr Davies	MV70	Rhedwyr Hebog	00:55:13
214	Stephen Atherton	MV60	Ambelside A.C	00:55:28
215	Kerry Cornforth	FV40	Keswick AC	00:55:35
216	John Chambers	MOpen	GOG Tri	00:55:55
217	Rebecca Massey	FV40	Deestridders RC	00:55:56

218	Ceri Belshaw	FOpen	Denbigh Harriers	00:56:11
219	Tom Albiston	MOpen		00:56:13
220	Wendy Dodds	FV60	Clayton-le-Moors Harriers	00:56:26
221	Janet Burthem	FV50		00:56:34
222	Mike Prior	MV50	Holmfirth Harriers AC	00:56:44
223	Keith Holmes	MV60	Dark Peak Fell Runners	00:57:07
224	Caroline Harding	FV40	Pudsey & Bramley AC	00:57:10
225	Michael McLoughlin	MV60	Preston Harriers	00:57:36
226	Ellie Salisbury	FV50	Eryri Harriers	00:57:55
227	John Morris	MV70	Buckley Runners	00:58:13
228	Suzanne Kapitanec	FOpen	Mercia Fell Runners	00:58:26
229	Claire Green	FOpen	Pudsey And Bramley AC	00:58:43
230	David York	MV50	Tattenhall Runners	00:58:51
231	Mandy Peffers	FV40	Clwydian Range Runners	00:58:53
232	Rachael Bateman	FV40	Mercia Fell Runners	00:58:53
233	Beverley Tucker	FV50	Mynydd Du	00:59:54
234	Kenny Forster	MV50	Spectrum Striders RC	00:59:58
235	Owen Williams	MV50		01:00:31
236	Kristen Ballinger	FOpen		01:00:41
237	Rodrigo Reis	MOpen	Shettleston Harriers	01:01:13
238	Alwyn Oliver	MV70	Eryri Harriers	01:01:49
239	Tim Oliver	MV50	Pennine Fell Runners	01:02:02
240	Denise Tunstall	FV50	Durham Fell Runners	01:02:18
241	Menai Baugh	FV60	Denbigh Harriers	01:03:37
242	Geoffrey Fielding	MV70	Eryri Harriers	01:04:58
243	Alexandra Fletcher	FOpen	Eryri Harriers	01:05:16
244	Fred Smith	MOpen		01:05:22
245	Elizabeth Adams	FV40	Helm Hill Runners	01:05:58
246	Jason Darke	MV40		01:09:03
247	Paul Jackson	MV50	Chorley AC	01:10:29
248	Helen Buchan	FV40	Calder Valley Fell Runners	01:10:38
249	Peter Ehrhardt	MV70	Todmorden Harriers	01:11:27
250	Kurmang Rashid	MV50		01:18:46