

Pos	Name	Category	Club	Time
1	Gareth Booth	M45	Howgill	00:39:10
2	Harvey Lord	MSEN	BlackCoombe	00:39:49
3	Doug Love	MSEN	Bowland	00:40:22
4	Shane Ohly	M40	Helme Hill	00:40:43
5	Mark Bonner	M40	BlackCoombe	00:40:51
6	Jos Addison	MSEN	Helme Hill	00:41:07
7	Phil Mather	MSEN	Lonsdale	00:41:16
8	Lee Partington	MSEN	Barlick	00:41:27
9	Will Sisson	MSEN	Kendal ACC	00:41:31
10	Anna Lupton	WSEN	BlackCoombe	00:41:48
11	Tom Hartley	MU23	Kendal ACC	00:41:53
12	David Hulley	M40	Stockport	00:43:35
13	James Baron	M45	Helme Hill	00:43:46
14	Paul Targett	M50		00:44:05
15	Andrew Crowther	M40	Lonsdale	00:44:12
16	Mike Gilpin	MSEN	Helme Hill	00:44:28
17	Ken Murphy	M50	Lonsdale	00:44:36
18	Joe Todd	M40	Kendal ACC	00:44:49
19	David Griffin	M55	Dallam	00:45:08
20	Matthew Murray	MSEN	Lonsdale	00:45:42
21	Mark Lehrle	M40	Hoad Hill	00:45:45
22	Paul Tynan	M55	Lonsdale	00:45:52
23	David Houldsworth	M60		00:45:59
24	Simon Gora	MSEN	Garstang	00:46:02
25	Ronald Hummelink	MSEN	Lonsdale	00:46:08
26	Jim Bacon	M50	Lonsdale	00:46:10
27	Tom Smith	M50	Bowland	00:46:16
28	Peter Lawson	MSEN		00:46:20
29	Claire Nance	WSEN	Lonsdale	00:46:22
30	Sam Merckel	MU21	Lonsdale	00:46:33
31	Felena De Silver	WSEN	Lonsdale	00:47:04
32	Andy Phelps	MSEN	Lonsdale	00:47:08
33	Nigel Jeff	M50	Buxton	00:48:05
34	Ben Merckel	MSEN	Lonsdale	00:48:11
35	Dave Sykes	M45	Lonsdale	00:48:20
36	Alan Barr	M45	Howgill	00:48:36
37	Michael Toman	M50	Rosendale	00:49:17
38	Stuart McGurk	M55	Kendal ACC	00:49:24
39	Richard Duckett	MSEN		00:50:22
40	Alison Richards	W40	Helme Hill	00:50:44
41	Mickey Griffin	M40	Wharfedale	00:50:47

42	Pyrah Tyloon	M40		00:50:48
43	Graham Moffatt	M55	Howgill	00:50:51
44	Nigel Storey	M50	Hoad Hill	00:51:03
45	James Wild	M40	Lonsdale	00:51:28
46	Helen Lawrenson	W45	Wesham Road Runners	00:51:30
47	Gary Lane	M45	Howgill	00:51:43
48	Peter Singleton	M60	Blackpool	00:51:45
49	Mark Glaister	M55	Skelmersdale	00:51:55
50	Chris Schofield	M50		00:51:58
51	Thomas Cornforth	MU21		00:52:22
52	Roger Quayle	M55		00:52:28
53	Mhair Helme	WSEN	Ambleside	00:54:00
54	Jonathan Hammond	M40		00:54:06
55	Andrew Hewiston	M45	Lonsdale	00:54:23
56	Mike Addison	M55		00:54:37
57	Emma Forbes	WSEN		00:55:04
58	Peter Gorst	M55	Kendal ACC	00:55:43
59	Paul Bates	M65	Lonsdale	00:56:03
60	Edward Duckett	M40		00:56:07
61	Kate Ludley	WSEN	Lonsdale	00:56:30
62	Chris Snell	WSEN	Kendal ACC	00:56:49
63	Vicky Atkinson	W40	Helme Hill	00:56:52
64	Victoria Upton	WSEN	Helme Hill	00:57:02
65	Dianne Priestley	W65	Kendal ACC	00:57:10
66	Andrew Howarth	M55	Clayton Le Moors	00:57:18
67	Nick Gannicliffe	M55	Dallam	00:57:29
68	Haris Kaloudis	MSEN		00:57:30
69	John Hodgson	M70	Dallam	00:57:42
70	Kath Hoyer	W55	FRA	00:58:04
71	Matt Lupton	M40		00:58:07
72	Jacqueline Nowell	W50	Kendal ACC	00:58:22
73	Sarah Moon	W40		00:58:59
74	Simon Waring	M65		00:59:04
75	Andrew Firth	M55	Clayton Le Moors	00:59:17
76	Christopher Smith	MSEN		00:59:31
77	David Downes	M60	WCOC	00:59:35
78	Helen Hughes	WSEN		00:59:46
79	Graham Holden	M60	Lonsdale	00:59:56
80	Jennifer Hulley	W40	Stockport	01:00:12
81	Claire Prescott	W40		01:00:54
82	Graham Schofield	M60	Chorley	01:01:19
83	Elizabeth Adams	W45	Helme Hill	01:01:27
84	Emma Blundell	WSEN	Lonsdale	01:02:06
85	Alex Cooper	M40		01:02:40

86	Elizabeth Hindle	W60	Dallam	01:03:10
87	Ben Higginson	M60	Preston Harriers	01:05:17
88	Phil Lakeland	M60	Preston Harriers	01:05:24
89	Bernard Singleton	M65	Blackpool	01:10:24
90	Robert Massey	M70	Blackpool	01:10:57
91	Dave Waywell	M70	Wesham Road Runners	01:11:26
92	Wendy Smith	W45	Helme Hill	01:11:34
93	Christine Matthews	W60		01:16:48
94	Paul Williams	M55		01:20:59
95	Sonta Vieforis	W55		01:24:00
96	Lee Marshall	M45	Morecambe & Lancaster	01:27:06