

Pos	Name	Category	Club	Time
1	Chris Holdsworth	MSEN	Calder Valley Fell Runners	01:19:54
2	James Douglas	MSEN	Border Harriers & AC	01:20:56
3	Jonathan Cox	MSEN	Eden Runners	01:25:21
4	Alasdair Russell	MSEN	Kendal Amateur Athletic Club	01:25:41
5	John Mason	MSEN	Border Harriers & AC	01:28:21
6	Michael Parkin	MSEN	Eden Runners	01:30:17
7	John French	M40	Eden Runners	01:30:47
8	Steve Littler	M40	Wesham Road Runners & AC	01:32:02
9	Jamie Arkle	MSEN	RAF	01:32:24
10	Greg Walker	MSEN	Teviotdale Harriers	01:33:21
11	Rory Anderson	MSEN	Teviotdale Harriers	01:34:06
12	Gary Jones	M40	Northumberland Fell Runners	01:35:06
13	Daniel Jones	MSEN	Eden Runners	01:35:20
14	David Addenbrooke	MSEN	Sheffield RC	01:35:26
15	Eve Pannone	WU23	Eden Runners	01:36:53
16	Matt Sims	MSEN		01:38:46
17	Steve Swarbrick	M40	Bowland Fell Runners	01:39:05
18	Colin Welsh	MSEN	Teviotdale Harriers	01:39:39
19	Caroline Lambert	WSEN	Ribble Valley Harriers	01:40:15
20	Thomas Harkin	M40	Liverpool Pembroke & Sefton H AC	01:40:32
21	Tom Gibbs	M40	Ambleside AC	01:41:02
22	Kieren Drane	MSEN	Ely Runners	01:41:58
23	James Haworth	M50	Keswick AC	01:42:12
24	Rob Addenbrooke	MSEN	Sheffield RC	01:42:25
25	Norman Hayhurst	M60		01:42:51
26	Joe Todd	M40	Kendal Amateur Athletic Club	01:43:24
27	Hugh Dennis	MSEN	Chorlton Runners	01:44:28
28	Tom Sutton	MSEN	Freedom Racing	01:44:43
29	Henry Unwin	MSEN		01:45:24
30	Charlie Day	MSEN	Ambleside AC	01:45:52
31	Donald Waters	MSEN		01:47:06
32	Georgia Campbell	WSEN	Jarrow & Hebburn AC	01:47:55
33	Karen Parker	W50	Border Liners	01:48:29
34	Robert Daley	M40	Eden Runners	01:48:40
35	James Silson	MSEN		01:48:42
36	Giles Hawking	M40	York Knavesmire Harriers	01:48:51
37	Steve Doidge-Harrison	M40		01:49:28
38	Simon Thompson	MSEN	Keswick AC	01:49:29
39	Philip Dixon	M50	Eden Runners	01:49:43
40	Pete Croall	M40	Stopsley Striders	01:50:33
41	Graham Schofield	M60	Horwich R M I Harriers	01:50:37

42	Mike Allison	M60	Eden Runners	01:51:11
43	Graham Dale	MSEN		01:52:01
44	Laura King	WU23	Edinburgh University Hare And Hounds	01:52:31
45	Susanne Enhard	W50	Eden Runners	01:53:05
46	Ian Wilson	MSEN	Mersey Tri	01:53:13
47	Nicola King	W40	Eden Runners	01:53:16
48	Sam Braithwaite	MSEN		01:53:24
49	Jonathan Tombs	M50	Eden Runners	01:53:25
50	Paul Nickells	M50	Eden Runners	01:53:29
51	John Williams	M40	Eden Runners	01:53:34
52	Alan Steeple	M40	Chorlton Runners	01:53:35
53	Antony Scott	M50	Watercrock Warriors	01:53:40
54	John Osborne	M50	Settle Harriers	01:53:50
55	Matthew Bourne	M50	Bowland Fell Runners	01:53:53
56	Tom Smith	M50	Bowland Fell Runners	01:53:54
57	Robert Mortimore	MSEN	Helm Hill Runners	01:54:09
58	Ross Brannigan	MSEN	Ochil Hill Runners	01:54:25
59	Joshua Holloway	MSEN		01:55:02
60	Forrest Hamilton	MSEN	Ilkley Harriers AC	01:55:21
61	Richard Kirby	M40	Northumberland Fell Runners	01:55:26
62	John Anderton	M60		01:55:30
63	John Waite	M40	Carlisle Tri Club	01:55:44
64	Robert Crawford	M40	Howgill Harriers	01:55:56
65	Gary Lane	M50	Howgill Harriers	01:56:47
66	Ed Ashton	M50	Burnden Road Runners	01:57:05
67	Grant Owens	MSEN		01:57:37
68	Poppy Wardley	WU23	Reigate Priory AC	01:58:22
69	Nicky Sutton	W40	Freedom Racing	01:58:28
70	John Tullie	M60	Teviotdale Harriers	01:58:33
71	Heidi Dyson	WSEN	Derwent AC Cockermouth	01:58:35
72	Karen Bridge	W50	Eden Runners	01:58:46
73	Will Lloyd	MSEN	Tynedale Harriers & AC	01:58:50
74	Greg Simpson	M40	Eden Runners	01:59:23
75	Garry Owens	M60	Northumberland Fell Runners	01:59:29
76	Astrid Gibbs	W40	Ambleside AC	01:59:39
77	Ian Sharpe	M50	Chorlton Runners	01:59:46
78	Lee Sice	M40	Cumberland AC	02:00:16
79	Lynda Hembury	W60	Tring RC	02:00:37
80	Dave Baglee	M50	Eden Runners	02:00:52
81	Alex Heron	M60	Eden Runners	02:01:02
82	Mark Osborne	M50	Eden Runners	02:01:15
83	Dakotah Shirfield	WSEN	Chorlton Runners	02:01:37
84	Adam McGinley	MSEN	DH Runners	02:01:41
85	Edmund Rooney	M50	Lauderdale Limpers Running Club	02:01:43

86	Mike Harvey	M40	North Shields Poly	02:01:46
87	Naomi Stones	WSEN	Chorlton Runners	02:02:40
88	Alan Barr	M40	Howgill Harriers	02:03:01
89	Rachael Lawrance	W40	Macclesfield Harriers & AC	02:03:06
90	Josh Waite	M60		02:03:08
91	Richard Campbell	MSEN	Howgill Harriers	02:03:21
92	Sue Haslam	W60	Scarborough Athletic Club	02:03:41
93	Sean Robinson	M40	Howgill Harriers	02:03:58
94	Nigel Braithwaite	M50	Eden Runners	02:04:04
95	Dan Parker	M50	Border Liners	02:04:56
96	John Paul Smith	M50		02:05:14
97	Craig Wilkinson	M50	Blackburn Road Runners	02:05:20
98	Richard Slack	M50	Claremont Road Runners	02:05:40
99	Les Cavill	M60	Morpeth Harriers & AC	02:05:54
100	Martin Bewick	MSEN	Northern Fells Running Club	02:06:11
101	Carmel Sullivan	W50	Wesham Road Runners & AC	02:06:27
102	Andrew Clitheroe	M40	Border Reivers	02:06:32
103	Robert Hamilton	M60	Ilkley Harriers AC	02:06:43
104	Kevin Bray	M60	Morpeth Harriers & AC	02:06:45
105	John Davis	MSEN	Eden Runners	02:06:59
106	David White	M40	Helm Hill Runners	02:07:20
107	Kathleen Aubrey	W50	Helm Hill Runners	02:07:21
108	Alistair Diplock	MU23	Lancaster University Running Club	02:07:37
109	Rachel Poynter	WSEN	Eden Runners	02:08:09
110	Katie Milburn	WSEN	Eden Runners	02:08:10
111	Lucy Jones	WSEN	Eden Runners	02:08:10
112	Chris Turner	M50	Wimborne Orienteers	02:08:18
113	Oli Beswick	MU23		02:08:28
114	Peter Adams	M40	Chorlton Runners	02:08:38
115	Jane Verity	W40	Howgill Harriers	02:09:24
116	David Burton	M60	Keswick AC	02:09:26
117	Will Buckton	MSEN	Settle Harriers	02:09:29
118	Keith Thomas	M60	Burnden Road Runners	02:09:30
119	Lynne Kenyon	W50	Red Rose Road Runners	02:10:38
120	Suzanne Budgett	W50	Horwich R M I Harriers	02:10:52
121	Philip Pearson	M50		02:10:58
122	Simon Pipe	M50	Mercia Fell Runners	02:11:18
123	Jose Bennett	W60	Jog On The Tyne	02:11:48
124	Mark Pannone	M50	Eden Runners	02:11:53
125	Sarah Renshaw	WSEN	Chorlton Runners	02:12:25
126	Simon Hawkyard	M50		02:12:35
127	David Wathey	M50	Manchester And District Orienteering Club	02:12:49
128	Andrew Walker	M60	Eden Runners	02:14:10
129	Rachel Gray	W40		02:14:19

130	Daniel Gray	M40		02:14:19
131	Mike Hodson	M40	Bramhall Runners	02:14:35
132	Geoff Pettengell	M60	Mow Cop Runners	02:14:41
133	Bob Dredge	M60	Mercia Fell Runners	02:14:56
134	Merlyn Gilldaley	WU23		02:14:57
135	Andrew Kendall	MSEN		02:15:01
136	Alex Mitchell	M40	Eden Runners	02:15:43
137	Paul Davison	M40	Howgill Harriers	02:15:43
138	James Grinbergs	M40	Eden Runners	02:15:46
139	Sophie Heron	WSEN	Eden Runners	02:15:50
140	Andrew Turner	M50	Ambleside AC	02:17:05
141	Paul Lockie	M50	Teviotdale Harriers	02:17:25
142	Elizabeth Wastnedge	WSEN		02:17:36
143	Alan Metcalf	M50	Preston Harriers	02:17:36
144	Larry Horne	M50	Eden Runners	02:18:20
145	Rob McGurk	MSEN		02:19:01
146	Mary O' Gorman	WU23	Bowland Fell Runners	02:19:12
147	James Purves	M60	Gala Harriers	02:20:11
148	Paul Beal	M40	Horsforth Harriers	02:20:29
149	Jenny Harrison	WSEN	Horsforth Harriers	02:20:29
150	Wendy Dodds	W60	Dallam Running Club	02:20:43
151	Barry Utting	M50		02:20:47
152	Caroline Glover	W60	Wharfedale Harriers	02:20:59
153	Ann Carney	W60	Chorlton Runners	02:21:33
154	Simon Lawlor	M40	Hartlepool Burn Road Harriers	02:21:33
155	Angela Lawlor	W40	Hartlepool Burn Road Harriers	02:21:35
156	Alison Fox	W50	Huntingdonshire AC	02:21:58
157	Andrew Bidolak	M40		02:22:45
158	Alice Durrant	WSEN	Chorlton Runners	02:23:17
159	Mike Yule	MSEN		02:23:20
160	Robert Cranston	M50	Teviotdale Harriers	02:23:26
161	Richard Clague	MSEN		02:23:35
162	Christopher Toyne	M50		02:23:36
163	Jeremy Crate	M50		02:23:42
164	David Paxton	M50		02:24:39
165	James Fallows	M40	Eden Runners	02:24:48
166	Alan Jones	M60	Garstang Running Club	02:25:11
167	Steven Bate	M40	Burnden Road Runners	02:26:31
168	Ross Parkinson	MU23		02:26:47
169	Harry Lancaster	MU23	Eden Runners	02:26:48
170	Richard Chandler	M50	Carnethy Hill Racing Club	02:27:11
171	Ged Turner	M60	Burnden Road Runners	02:27:16
172	Danny Rinder	MU23		02:27:38
173	Sarah Daniels	W40	Chorlton Runners	02:27:39

174	Zoe Robinson	W40	Howgill Harriers	02:27:49
175	Batjilmaa Fallows	WSEN		02:29:18
176	Frank Birch	M70	Teviotdale Harriers	02:29:40
177	Helen Barker	W40	Kendal Amateur Athletic Club	02:30:04
178	Hazel Clark	W40	Kendal Amateur Athletic Club	02:30:04
179	Vicky Atkinson	W40	Helm Hill Runners	02:30:36
180	Shaun Roberts	M60	Elvet Striders	02:31:27
181	Guy Parker	M50		02:31:30
182	Lindsey Knox	W60	Teviotdale Harriers	02:31:46
183	Brad Parsons	MU23		02:31:51
184	Laura Garvey	WSEN		02:31:52
185	Callum Garvey	MSEN		02:31:52
186	Stuart Hayton	M50	Trawden Athletic Club	02:32:57
187	Elaine Corcoran	W40	Trawden Athletic Club	02:32:57
188	Jon Stafford	M50	Eden Runners	02:33:55
189	Jane Kirby	W40	Morpeth Harriers & AC	02:33:56
190	Holly Thornton	WSEN		02:34:15
191	Gill Morgan	WSEN		02:35:22
192	Denise Tunstall	W50	Durham Fell Runners	02:35:28
193	Julie Graham	W50	Garstang Running Club	02:35:48
194	May Crawford	W40	Helm Hill Runners	02:36:13
195	Caroline Parker	WSEN		02:36:14
196	Ken Wyles	M60		02:36:15
197	Hannah Greenlee	WSEN	Chorlton Runners	02:37:17
198	Richard Knowles	M40	Totley AC	02:38:07
199	Graham Schofield	M60	Chorley Athletic And Triathlon Club	02:38:34
200	Pauline McAdam	W60	Teviotdale Harriers	02:38:37
201	Jenny Wyles	W50	Chorley Athletic And Triathlon Club	02:38:38
202	Phillipa Haworth	WSEN		02:40:10
203	Christopher Colebourn	M50		02:42:12
204	Martin O' Gorman	M40	Bowland Fell Runners	02:42:16
205	Frank Miller	M70	Garstang Running Club	02:42:37
206	Tony Payne	M60	Chorlton Runners	02:42:57
207	Anne Berry	W50	Wesham Road Runners & AC	02:44:25
208	Alan Robinson	M60		02:44:47
209	Sue Woods	W50	Ambleside AC	02:45:28
210	Sandra Chandler	W50	Carnethy Hill Running Club	02:45:32
211	Jeremy Stolberg	M50		02:46:22
212	Judith Purves	W40		02:49:46
213	John Booth	M70	Wakefield Triathlon Club	02:50:00
214	Nicky Robinson	WSEN	Eden Runners	02:50:05
215	Shirley Staveley	W50	Burnden Road Runners	02:50:29
216	James Lloyd	M60		02:52:01
217	Andy Staveley	M50	Burnden Road Runners	02:52:02

218	Paul Adams	M50	Chorlton Runners	02:52:08
219	Kim Firstbrook	W60	Tynedale Harriers & AC	02:52:23
220	David Haire	M40	Burnden Road Runners	02:53:06
221	Sarah Chalmers	W50	Nidd Valley Road Runners	02:53:17
222	Elizabeth Rayner	W40		02:56:30
223	Nadia Raza	W40	Burnden Road Runners	02:57:39
224	Sarah Wright	W40	Eden Runners	02:58:03
225	David Owen	M60	St Helens Trail And Ale Running Hub	02:58:49
226	Lisa Whetter	W40		02:59:24
227	Abigail Jardine	WSEN	Eden Runners	03:03:14
228	Sarah Haworth	W40	Keswick AC	03:03:32
229	Jennifer Dale	WSEN		03:05:45
230	Jane Hunter	W60		03:06:51
231	Adam Hamer	MSEN		03:10:03
232	Xijia Liao	W40		03:10:29
233	Mark Gamblin	M50	Chorlton Runners	03:10:49
234	Sheila Tennant	W50		03:16:09