

Pos	Name	Category	Club	Time
1	Jacob Adkin	MSEN	Keswick AC	00:25:26
2	Matthew Elkington	MSEN	Ambleside AC	00:27:05
3	Toby Middleton	MU18	Horwich R M I Harriers	00:27:32
4	Max Wainwright	MSEN	Matlock Athletic Club	00:27:42
5	Matthew Atkinson	MSEN	Keswick AC	00:27:44
6	Charlie Allmond	MU18	Ambleside AC	00:28:02
7	Alasdair Russell	MSEN	Kendal Amateur Athletic Club	00:28:05
8	Steven Hebblethwaite	MSEN	Keswick AC	00:28:07
9	Jack Wright	MSEN	Ambleside AC	00:28:11
10	Garry Greenhow	M40	Ambleside AC	00:28:45
11	Dylan Cater	MU18	Helm Hill Runners	00:28:47
12	Josh Hartley	MSEN	Black Combe Runners	00:28:49
13	Harry Shuell	MSEN	Ambleside AC	00:28:57
14	Philip Rutter	MSEN	Helm Hill Runners	00:28:59
15	Tom Day	MSEN	Keswick AC	00:29:04
16	Ben Abdelnoor	M40	Ambleside AC	00:29:24
17	Joe Kenny	MSEN	Helm Hill Runners	00:29:36
18	Scout Adkin	WSEN	Ambleside AC	00:29:41
19	Sam Dixon	MSEN	Helm Hill Runners	00:29:49
20	Harry Bowen	MU18	Ambleside AC	00:30:00
21	Samuel Hooper	MSEN	Keswick AC	00:30:18
22	James Harris	MSEN	Ambleside AC	00:30:22
23	Jonathan Rylance	M40	Ambleside AC	00:30:26
24	Matt Reedy	M40	Ambleside AC	00:30:31
25	Will Acland	M40	Helm Hill Runners	00:30:42
26	Eleanor Davis	WSEN	Preston Harriers	00:30:55
27	Chris Roberts	M40	Ambleside AC	00:31:19
28	William Laye	MSEN	Helm Hill Runners	00:31:29
29	Steve Hopwood	MSEN	Ambleside AC	00:31:36
30	Richard Mellon	M40	Bowland Fell Runners	00:31:48
31	Seb Sillito	M40	Helm Hill Runners	00:31:59
32	William Rigg	MSEN		00:32:14
33	Jack Simpson	MSEN	Helm Hill Runners	00:32:14
34	Spencer Riley	M40	Ambleside AC	00:32:18
35	Simon Whittaker	M40	Helm Hill Runners	00:32:20
36	Tim Kieniewicz	MSEN	Mercia Fell Runners	00:32:26
37	Antonia Fan	WSEN	Ambleside AC	00:32:48
38	Will Sisson	MSEN	Kendal Amateur Athletic Club	00:33:00
39	Joe Todd	M40	Kendal Amateur Athletic Club	00:33:08
40	Alfie Thorpe	MSEN	Ambleside AC	00:33:28
41	Matt Wilson	M40	Kendal AC	00:33:29

42	Chloe Rylance	WU18	Ambleside AC	00:33:33
43	Lawrence Basham	M40	Keswick AC	00:33:41
44	Ollie Barker	MSEN	Helm Hill Runners	00:34:38
45	Ivan Holroyd	M40	Keswick AC	00:34:40
46	Matt Wilson	MSEN		00:34:57
47	Lauren Munro-Bennett	WSEN		00:35:08
48	Jo Hickman Dunne	WSEN		00:35:13
49	Sam Moore	MSEN	Millom Striders Running Club	00:35:15
50	Mark Rogerson	M40	Bentham Beagles Running Club	00:35:16
51	Jodie Gray	WSEN	Keswick AC	00:35:17
52	Alex Lane	MSEN		00:35:25
53	David Goadby	MSEN	Helm Hill Runners	00:35:31
54	Paul Knowles	M50	Ambleside AC	00:35:33
55	Jamie Lawler	M40	Keswick AC	00:35:39
56	Isaac Robinson	MU18	Howgill Harriers	00:35:54
57	Peter Lawson	MSEN	Howgill Harriers	00:36:11
58	Jamie Baron	M50	Ambleside AC	00:36:14
59	David Riding	M40	Achille Ratti	00:36:22
60	David Banks	M50	Kendal Amateur Athletic Club	00:36:28
61	Sean Robinson	M40	Howgill Harriers	00:36:34
62	Sophie Rylance	WU18	Ambleside AC	00:36:51
63	Tony Bolton	M50	Northern Fells Running Club	00:37:10
64	Robert Crawford	M40	Howgill Harriers	00:37:17
65	Phil Riley	M40	Helm Hill Runners	00:37:19
66	Craig Brown	MSEN	Helm Hill Runners	00:37:23
67	Jim Evans	M50	Ambleside AC	00:37:31
68	Matthew Bourne	M50	Bowland Fell Runners	00:37:33
69	Gary Lane	M50	Howgill Harriers	00:37:44
70	Scott White	M40	Keswick AC	00:37:47
71	Matt Davis	MSEN	Howgill Harriers	00:37:56
72	James Todhunter	M40	Helm Hill Runners	00:38:02
73	Paul Reilly	M40	Helm Hill Runners	00:38:10
74	Jonny Marchant	M40	Helm Hill Runners	00:38:14
75	Raymond Gill	M60	Helm Hill Runners	00:38:32
76	Clive Allen	M50	Helm Hill Runners	00:38:32
77	Michael Green	M40	Bentham Beagles Running Club	00:38:46
78	Christian Stretton	M40	Helm Hill Runners	00:39:00
79	Hannah Keenan	WSEN	Helm Hill Runners	00:39:00
80	David Littler	M50	Bowland Fell Runners	00:39:00
81	John Robson	M50	Helm Hill Runners	00:39:00
82	Sarah Gerrish	WSEN	Helm Hill Runners	00:39:09
83	William Coupe	M50	Helm Hill Runners	00:39:10
84	Caroline Holden	W50	Helm Hill Runners	00:40:34
85	Eleanor Knowles	W50	Ambleside AC	00:40:53

86	Charles Briscoe	M40	Clayton-le-Moors Harriers	00:41:06
87	David Appleyard	M50	Helm Hill Runners	00:41:10
88	Tim Murray	M60	Helm Hill Runners	00:41:34
89	Lorela Movileanu	WSEN	Keswick AC	00:42:44
90	Jane Verity	W50	Howgill Harriers	00:42:53
91	Mike Beechey	M50	Keswick AC	00:43:05
92	Holly Gordon	WSEN	Ambleside AC	00:43:06
93	John Graham	M50	Bowland Fell Runners	00:43:29
94	Paul Davison	M40	Howgill Harriers	00:43:44
95	Rebecca Wilson	WSEN	Helm Hill Runners	00:44:21
96	Boris Psodorov	MSEN	Keswick AC	00:44:31
97	Wendy Dodds	W70	Dallam Running Club	00:45:13
98	Jo Cater	W50	Helm Hill Runners	00:46:07
99	Richard Cater	M40	Helm Hill Runners	00:46:25
100	Richard Simpson	M60	Dallam Running Club	00:47:05
101	Vicky Atkinson	W40	Helm Hill Runners	00:47:09
102	Sarah Senior	W50	Helm Hill Runners	00:48:37
103	May Crawford	W40	Helm Hill Runners	00:48:41
104	Karen Goodyear	W60	Ambleside AC	00:49:28
105	Richard Knowles	M40	Totley AC	00:50:23
106	Richard Tait	M60	Ambleside AC	00:53:54
107	Patty Davies	W50	Helm Hill Runners	00:55:16
108	Rebecca Bibby	WSEN	Helm Hill Runners	00:57:48