

Pos	Name	Category	Club	Time
1	Matt Elkington	M	Dark Peak	00:33:39
2	Tim Cowin	M40	Helm Hill	00:33:42
3	Shane Ohly	M40	Helm Hill	00:36:49
4	Lee Procter	M	Helm Hill	00:37:05
5	Darren Fishwick	M40	Chorley	00:38:10
6	Paul Reilly	M40	Helm Hill	00:39:05
7	David Cope	M	Howgill	00:39:13
8	Jacob Aubrey	M	Helm Hill	00:39:16
9	Jack Simpson	M	Helm Hill	00:39:33
10	James Chapman	M		00:40:40
11	Sean Robinson	M	Howgill	00:41:11
12	Hannah Russell	L	Helm Hill	00:41:45
13	Pete German	M	Helm Hill	00:42:14
14	Guy Bradford	M40	Weston AC	00:46:20
15	Bianca Dyer	L40	Helm Hill	00:46:35
16	Jennifer Hutchinson	L	Helm Hill	00:46:43
17	Katie Wright	L	Ambleside	00:46:44
18	Mark Nutter	M50	Clayton	00:46:46
19	Gary Lane	M40	Howgill	00:47:07
20	Rachel Simpson	L		00:47:09
21	Dominic Hoare	M40	Bowland	00:47:18
22	Richard Smith	M	Helm Hill	00:48:10
23	William Coupe	M50	Helm Hill	00:48:17
24	Ali Richards	L40	Helm Hill	00:48:47
25	Chris Schofield	M50	Helm Hill	00:48:52
26	Alan Miller	M50	Kendal	00:48:59
27	Kate Simpson	L40	Helm Hill	00:49:05
28	Kerry Cornforth	L40	Borrowdale	00:49:20
29	Ivan Whigham	M50	Clayton	00:49:30
30	Jo Wilcox	L50	Helm Hill	00:49:51
31	Rara Robb	L	Lowfell	00:50:27
32	Marie Robson	L40	Helm Hill	00:51:14
33	Dave Appleyard	M50	Helm Hill	00:51:37
34	Jayne Rigby	L40	Helm Hill	00:51:49
35	Jonny Grisdale	M40	Helm Hill	00:52:39
36	Andrew Russll	M50	Helm Hill	00:53:47
37	Victoria Upton	L	Helm Hill	00:54:21
38	Vicky Atkinson	L40	Helm Hill	00:54:33
39	Quentin Merritt	M50		00:54:35
40	Andrew Firth	M50	Clayton	00:56:41
41	Ella Waddington	L	Wimbledon	00:57:25

42	Pete Dugdale	M60	Clayton	00:59:24
43	Keely Smith	L	Helm Hill	01:03:37
44	Lindsay Harrod	L50	Helm Hill	01:04:18
45	Patty Davies	L40	Helm Hill	01:07:38
46	Anna Stevens	L40	Helm Hill	01:16:24