

Pos	Name	Category	Club	Time
1	Rhys Findlay-Robinson		Dark Peak	00:21:08
2	Nathan Lawson		Dark Peak	00:21:39
3	Max Wainwright		Dark Peak	00:22:07
4	Carl Bell		Keswick	00:22:19
5	Alistair Thornton		Horwich	00:22:21
6	Tom Simpson		Ambleside	00:22:24
7	Martin Mikkleson-Barron		Borrowdale	00:22:32
8	Noah Hurton		Eden	00:22:35
9	Josh Jardine		Helm Hill	00:22:42
10	Rob Brown		Keswick	00:23:10
11	Tobias Barthelomes		Keswick	00:23:20
12	Robin Regan		Eden	00:23:29
13	Matthew Atkinson		Borrowdale	00:23:54
14	Sandy Lockett		Bowland	00:24:13
15	Kieran Hodgson	V40	Helm Hill	00:24:21
16	Derek Hurton	V50	Eden	00:24:22
17	Simon Netherway		Keswick	00:24:26
18	James Harris		Ambleside	00:24:34
19	Daniel Cade		Dark Peak	00:24:37
20	Paul Reilly	V40	Helm Hill	00:24:44
21	Joshua Liddle		Eden	00:24:47
22	Scott Morley		Eden	00:24:53
23	Jonny Kent		Eden	00:24:55
24	Laurie Luscombe		Liverpool Harriers	00:25:00
25	Nichola Jackson	F	Ribble Valley Harriers	00:25:11
26	Jos Addison		Helm Hill	00:25:34
27	Richard Smith		Ambleside	00:25:37
28	Ben Kent		Helm Hill	00:25:41
29	Brian Pennington	V40	Howgill Harriers	00:25:45
30	Chris Knowles	V50	Ellenborough	00:25:55
31	Michael Parkin		Eden	00:26:00
32	Hannah Russell	F	Helm Hill	00:26:02
33	Joel Burchell			00:26:14
34	Richard Milligan		Sheffield Uni	00:26:22
35	Jamie Partridge		Eden	00:26:25
36	Jack Simpson		Helm Hill	00:26:35
37	Arran Horne		Northern Fells Running Club	00:26:36
38	Martin Askew		Helm Hill	00:26:36
39	Craig Burrow	V40	Helm Hill	00:26:40
40	Andy Thompson		Helm Hill	00:26:43
41	Mike Robinson	V40	Dark Peak	00:26:52

42	Stuart Heaviside		Barlick	00:26:52
43	Caleb Reid	V40	Northern Fells Running Club	00:26:52
44	Stevie Birkinshaw	V50	Borrowdale	00:26:58
45	Jamie Lawlar	V40	Keswick	00:27:00
46	Alex Bland		Borrowdale	00:27:01
47	Catherine Spurden	F	Keswick	00:27:02
48	Matt Dunn	V40	Holcombe Harriers	00:27:06
49	Wayne Croasdell		Eden	00:27:13
50	Kirsty Hall	F	Ribble Valley Harriers	00:27:16
51	Steve Jones	V40	Keswick	00:27:27
52	Arthur Raffle		Altrincham	00:27:27
53	Dave Sargent	V50	Eden	00:27:42
54	Paul Knowles	V50	Ambleside	00:27:47
55	Jack Bland		Borrowdale	00:27:48
56	Bianca Dyer	FV40	Helm Hill	00:27:53
57	Philip Pearson	V60	Northern Fells Running Club	00:28:08
58	Jenn Bell	F	Keswick	00:28:08
59	Pez Bullen	V50	Keswick	00:28:44
60	Bryony Halcrow	F	Harrogate Harriers	00:28:48
61	Shaun Atkinson		Ellenborough	00:28:54
62	Ellen Williams	F	Southend	00:29:37
63	Sean Robinson	V40	Howgill Harriers	00:29:38
64	Jon Lamey	V40	Northern Fells Running Club	00:29:41
65	David Banks	V50	Kendal	00:29:42
66	Remy Shaieb		Imperial College Cross Country	00:30:04
67	Roy Gibson	V50	Kendal	00:30:07
68	Tom Partington		Keswick	00:30:08
69	Rose Singleton	F	Northern Fells Running Club	00:30:14
70	Robert Hartley	V50	Helm Hill	00:30:20
71	Georgia Stevens	F	Helm Hill	00:30:22
72	Paul Simpson	V50	Ambleside	00:30:24
73	Nick Ray	V40	Ellenborough	00:30:28
74	Zoe Webber	F	Keswick	00:30:31
75	Natalie Hawkrigg	F	Northern Fells Running Club	00:30:35
76	Robert Jones		Keswick	00:30:46
77	David Riding	V40	Achilli Ratti	00:30:55
78	Raymond Gill	V50	Dallam	00:31:12
79	Gary Lane	V50	Howgill Harriers	00:31:17
80	Danielle Ledbury	F		00:31:50
81	Keith Baird	V40	Holmfirth	00:32:02
82	Gavin Bland	V40	Borrowdale	00:32:06
83	Rachel Findlay-Robinson	F	Keswick	00:32:23
84	David Appleyard	V50	Helm Hill	00:32:35
85	Chris Little	V50	Keswick	00:32:46

86	William Coupe	V50	Helm Hill	00:32:59
87	Josh Spencer		Bingley	00:32:59
88	Jenna Williams	F	Southend	00:33:09
89	Rob Crawford	V40	Howgill Harriers	00:33:20
90	Simon Veitch	V50	Keswick	00:34:06
91	Owen Mills	V40	Keswick	00:34:28
92	Matt Davis		Howgill Harriers	00:34:34
93	Don Kershaw	V60		00:34:36
94	Daniel Grose	V50	Ambleside	00:34:39
95	Ant Winter	V40	Eden	00:34:45
96	John Tumbs	V40	Eden	00:34:52
97	Lucy Brown	F	Barlick	00:35:05
98	Andrew Russell	V50	Helm Hill	00:35:06
99	Jo Rodham	F	Helm Hill	00:36:38
100	John Horne	V50	Northern Fells Running Club	00:36:55
101	John Leech	V50	Dallam	00:37:16
102	Paul Spencer	V50	Bingley	00:37:40
103	Lindsay Harrod	FV50	Helm Hill	00:38:20
104	Emma Winter	F	Eden	00:38:26
105	Mike Hind	V60	Borrowdale	00:39:40
106	Jenny Russell	FV40	Northern Fells Running Club	00:40:14
107	Sara Helena Demetriou	FV40	Springfield Striders	00:40:18
108	Emma Millington	F		00:41:40
109	Cliff Gosden	V60	Northern Fells Running Club	00:45:41