

Pos	Name	Category	Club	Time
1	Mark Addison	M	Helm Hill	00:27:50
2	Gary Greenhow	M	Ambleside	00:28:23
3	Oscar Meanwell	M	Borrowdale	00:29:48
4	Tim Cowan	MV40	Howgill	00:29:53
5	Adam Perry	M	Helm Hill	00:30:35
6	Paul Aitken	M	Helm Hill	00:30:37
7	Chris Richardson	M	Helm Hill	00:30:38
8	Jon Deegan	MV40	Ambleside	00:30:43
9	Matthew Senior	M	Helm Hill	00:31:08
10	Michael Ainsworth	M	Helm Hill	00:31:17
11	Ben Procter	M	Helm Hill	00:31:42
12	Noah Hurton	M	Eden Runners	00:31:43
13	Lee Procter	M	Helm Hill	00:31:46
14	Craig Burrow	MV40	Helm Hill	00:31:49
15	Matt Reedy	M	Ambleside	00:31:55
16	Harvey Lord	M	Black Combe	00:32:11
17	Paul Reilly	M	Coniston	00:32:30
18	Mike Egner	MV50	Settle	00:33:02
19	Michael Greaves	M	Helm Hill	00:33:04
20	Oliver Waters	MV40	Coniston	00:33:09
21	Sharon Taylor	F	Helm Hill	00:33:35
22	Joe Rigby	M		00:33:43
23	Kris Baldock	M	Helm Hill	00:33:49
24	Robert Crawford	M	Coniston	00:33:52
25	Brian Kennedy	MV50	Settle	00:33:56
26	Shaun Robinson	M	Howgill	00:34:14
27	Patrick Hanna	M	Howgill	00:34:37
28	Jim Turner	M	Bowland	00:34:54
29	Simon Thompson	M	Keswick	00:35:17
30	Gary Lane	MV40	Coniston	00:35:33
31	David White	MV40	Helm Hill	00:35:43
32	Roy Gibson	MV50	Kendal	00:35:49
33	Tony Thornton	MV40	Settle	00:35:55
34	Paul Lambeth	MV40	Wharfedale	00:36:08
35	James McKay	M	Inov-8	00:36:40
36	Fiona Hughes	F		00:36:47
37	Connie Hurton	F	Eden Runners	00:36:50
38	Matthew Crawford	M	Coniston	00:37:24
39	Rob Harper	MV40	Kendal	00:37:37
40	Peter Garman	M	Helm Hill	00:37:43
41	William Coupe	MV50	Helm Hill	00:38:06

42	Paul Scully	M	Helm Hill	00:38:13
43	Mark Rogerson	M	Settle	00:38:19
44	Adrian Filipek	M		00:38:41
45	Jenny Rice	F	Helm Hill	00:38:46
46	Chris Evans	MV40	Ambleside	00:38:59
47	Carrie Gibson	FV40	Helm Hill	00:39:10
48	Mick Green	M	Bentham	00:39:26
49	Claire Wilson	F	Kendal	00:40:07
50	Caroline Holmes	F	Helm Hill	00:40:10
51	Helen Stuart	F	Inov-8	00:40:11
52	Jo Wilcox	FV40	Helm Hill	00:40:12
53	David Appleyard	MV40	Helm Hill	00:40:13
54	Ken Jeffrey	MV50		00:40:14
55	Amanda Burrow	FV40	Helm Hill	00:40:15
56	Marie Robson	FV40	Helm Hill	00:40:16
57	Mick Leddy	MV50	Hogill	00:40:17
58	Mike Hind	MV60	Borrowdale	00:40:18
59	Zoe Ringer	F	Hogill	00:40:19
60	Chris Brumby	MV50	Sandbach Striders	00:40:20
61	Kat Evans	F	Ambleside	00:40:21
62	Caroline Meschino	F		00:40:22
63	Shaun Preston	M		00:40:23
64	Gary Wilson	M	Settle Harriers	00:40:24
65	Dennis Bland	MV60		00:40:25