

Pos	Name	Category	Club	Time
1	Josh Jardine	M	Helm Hill	00:32:17
2	Carl Bell	M	Keswick	00:32:38
3	Jack Wright	M	Ambleside	00:33:34
4	Martin Yeomans	M	CFR	00:34:19
5	Matt Reedy	M40	Ambleside	00:34:34
6	Joe Kenny	M	Helm Hill	00:34:37
7	Ben Proctor	M	Helm Hill	00:35:05
8	Lee Proctor	M	Helm Hill	00:35:17
9	Harry Snell	M	Ambleside	00:35:49
10	Kieran Hodgson	M40	Helm Hill	00:35:50
11	Samuel Russell	M		00:35:56
12	Nigel Wood	M40	Helm Hill	00:36:39
13	Jack Simpson	M	Helm Hill	00:37:53
14	Phil Archer	M	CFR	00:38:15
15	James Chapman	M	Northern Fells	00:38:20
16	Andy Thompson	M	Helm Hill	00:38:42
17	James Baron	M50	Helm Hill	00:39:55
18	Tom Ratcliffe	M	York	00:40:02
19	Billy Proctor	M60	Helm Hill	00:40:03
20	Andy Hebson	M	Helm Hill	00:40:43
21	Jenny Rice	L	Helm Hill	00:41:12
22	Rob Crawford	M40	Howgill	00:41:13
23	Sean Robinson	M50	Howgill	00:41:17
24	David Griffin	M50	Helm Hill	00:41:46
25	Tony Little	M40	Bowland	00:41:47
26	Peter German	M	Helm Hill	00:42:13
27	David Banks	M50	Kendal	00:42:17
28	Ant Emmet	M40	Helm Hill	00:43:13
29	Janie Oates	L	Helm Hill	00:43:16
30	Jen Mattinson	L	Keswick	00:43:32
31	Aaron Walmsley	M	Bowland	00:44:38
32	Chris Rannell	M		00:45:18
33	John Robson	M50	Helm Hill	00:45:20
34	John Jones	M50	Helm Hill	00:45:22
35	James Morrison	M40	Tiverton	00:45:25
36	Andy Bennett	M40	Helm Hill	00:45:34
37	William Coupe	M50	Helm Hill	00:45:39
38	Rich Wilkinson	M50	Longeaton	00:45:53
39	Alice Fellbaum	L	Ambleside	00:46:01
40	Rodney Parker	M40	Ryde H	00:46:14
41	David Cowburn	M40	Chorley	00:46:15

42	Nigel Eldridge	M40	Ryde H	00:46:36
43	Claire Wilson	L	Helm Hill	00:46:53
44	Dave Appleyard	M50	Helm Hill	00:47:17
45	Chris Schofield	M50	Helm Hill	00:47:27
46	David Forsyth	M40		00:47:33
47	Ashley Kay	M50	Dark Peak	00:47:47
48	Chloe Alana	L	Helm Hill	00:48:15
49	Caroline Holden	L50	Helm Hill	00:48:56
50	Ella Waddington	L	Wimbledon	00:49:33
51	Kate Ayres	L50	Ambleside	00:49:51
52	Stephen Armstrong	M50		00:50:22
53	Keeley Spate	L	Helm Hill	00:51:16
54	Jimi Eldridge	M	Ryde H	00:51:54
55	Alan Miller	M60	Kendal	00:52:19
56	Andrew Firth	M60	Clayton	00:52:39
57	Bryn Rees Hughes	M		00:53:42
58	Cath Musetti	F50	Ambleside	00:55:43
59	Vicky Atkinson	L40	Helm Hill	00:55:59
60	Elizabeth Jackson	L40		00:57:45
61	Richard Simpson	M56	Dallam	00:58:15
62	John Birchenough	M60	Rosendale	00:59:01
63	Lucy Downauer	L	Ambleside	00:59:02
64	Stephen Fish	M60	Clayton	00:59:03
65	Mark Wolfenden	M50	Radcliffe	00:59:18
66	Lindsay Harrod	L50	Helm Hill	01:01:27
67	Steve Watall	M60	Black Combe	01:04:44
68	Max Howard	M50	Retford	01:05:39
69	Jonny Grisdale (injured)	M40	Helm Hill	01:06:14
70	Alice Howard	L		01:09:02
71	Ross Howard	M50		01:09:06
72	Lizzie Adams	L40	Helm Hill	01:09:50
73	Rosie Eldridge	L40	Ryde H	01:10:05
74	Anna Stevens	L40	Helm Hill	01:11:57