

| Pos | Name                  | Category | Club                           | Time     |
|-----|-----------------------|----------|--------------------------------|----------|
| 1   | James Espie           | MOpen    | Deeside Runners                | 00:33:45 |
| 2   | Sam Tosh              | MOpen    | Rossendale Harriers            | 00:34:15 |
| 3   | Ross Gollan           | MU23     | Shettleston Harriers           | 00:34:25 |
| 4   | Simon Bailey          | MOpen    | Mercia Fell Runners            | 00:34:43 |
| 5   | Ewan Brown            | MOpen    | Corstorphine AAC               | 00:34:53 |
| 6   | Alasdair Anthony      | MV40     | Ochil Hill Runners             | 00:35:14 |
| 7   | Matthew Roberts       | MOpen    | Calder Valley Fell Runners     | 00:35:22 |
| 8   | Rhys Findlay-Robinson | MOpen    | Dark Peak                      | 00:35:25 |
| 9   | Harry Holmes          | MOpen    | Pudsey & Bramley AC            | 00:35:27 |
| 10  | Rob Jebb              | MV40     | Helm Hill                      | 00:35:31 |
| 11  | Daniel Haworth        | MOpen    | Keswick AC                     | 00:35:37 |
| 12  | John Battrick         | MOpen    | Keswick AC                     | 00:35:46 |
| 13  | Robert Simpson        | MOpen    | Shettleston Harriers           | 00:35:51 |
| 14  | Joe Baxter            | MOpen    | Pudsey & Bramley AC            | 00:35:56 |
| 15  | Peter Bray            | MOpen    | Ambleside AC                   | 00:35:58 |
| 16  | Mark Lamb             | MOpen    | Keswick Ac                     | 00:36:06 |
| 17  | Jack Wood             | MOpen    | Ilkley Harriers AC             | 00:36:11 |
| 18  | Ryan Stewart          | MOpen    | Shettleston Harriers           | 00:36:15 |
| 19  | Carl Bell             | MOpen    | Keswick AAC                    | 00:36:20 |
| 20  | Gareth Hughes         | MOpen    | Mercia Fell Runners            | 00:36:26 |
| 21  | Joshua Jardine        | MU23     | Helm Hill                      | 00:36:31 |
| 22  | Andy Swift            | MOpen    | Calder Valley Fell Runners     | 00:36:35 |
| 23  | Steven Hebblethwaite  | MOpen    | Keswick AC                     | 00:36:41 |
| 24  | Billy Cartwright      | MOpen    | Matlock AC                     | 00:36:45 |
| 25  | Andrew Worster        | MOpen    | Todmorden Harriers             | 00:36:47 |
| 26  | Ian Holmes            | MV50     | Bingley Harriers & AC          | 00:36:57 |
| 27  | Sam Alexander         | MOpen    | Westerlands Cross Country Club | 00:37:05 |
| 28  | Ben Abdelnoor         | MOpen    | Ambleside AC                   | 00:37:09 |
| 29  | Steve Franklin        | MOpen    | Totley AC                      | 00:37:12 |
| 30  | Adam Perry            | MOpen    | Helm Hill Runners              | 00:37:14 |
| 31  | Gavin Mulholland      | MV40     | Calder Valley Fell Runners     | 00:37:23 |
| 32  | Josh Williams         | MOpen    | DPFR                           | 00:37:29 |
| 33  | Tom Addison           | MOpen    | Helm Hill Runners              | 00:37:31 |
| 34  | Karl Gray             | MV40     | Calder Valley                  | 00:37:35 |
| 35  | Robert Little         | MOpen    | Dark Peak Fellrunners          | 00:37:40 |
| 36  | Tim Ellis             | MOpen    | Calder Valley Fell Runners     | 00:37:44 |
| 37  | Jim Davies            | MV50     | Borrowdale Fell Runners        | 00:37:51 |
| 38  | Ted Ferguson          | MU23     | Borrowdale Fell Runners        | 00:38:10 |
| 39  | Ben Mounsey           | MOpen    | Calder Valley Fell Runners     | 00:38:16 |
| 40  | Mario Yeomans         | MOpen    | Cumberland Fell Runners        | 00:38:23 |
| 41  | Jack Millar           | MOpen    | Ambleside AC                   | 00:38:26 |

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|----|-------------------|-------|----------------------------|----------|
| 42 | Max Dunford       | MU18  | St Davids College          | 00:38:26 |
| 43 | Tom Saville       | MOpen | Dark Peak Fell Runners     | 00:38:27 |
| 44 | Richard Roberts   | MOpen | Eryri Harriers             | 00:38:32 |
| 45 | David Taylor      | MV50  | Dark Peak Fell Runners     | 00:38:49 |
| 46 | Steve Halsall     | MOpen | Keswick AC                 | 00:38:54 |
| 47 | Danny Hope        | MV40  | Horwich Rmi Harriers & A.C | 00:39:03 |
| 48 | Paul Jones        | MV40  | Mercia                     | 00:39:06 |
| 49 | Harold Wyber      | MOpen | Ambleside AC               | 00:39:08 |
| 50 | Rob Grantham      | MV40  | Pensby Runners             | 00:39:13 |
| 51 | Jack Wright       | MOpen | Ambleside AC               | 00:39:19 |
| 52 | Tom Wood          | MU18  | Eryri Harriers             | 00:39:26 |
| 53 | Callum Hanson     | MOpen | Pudsey & Bramley AC        | 00:39:32 |
| 54 | Peter Ryder       | MOpen | Aberdare Valley Amateur AC | 00:39:36 |
| 55 | Jack Agnew        | MU23  | Mercia Fell Runners        | 00:39:46 |
| 56 | Alasdair Campbell | MOpen | Buxton AC                  | 00:39:49 |
| 57 | Mark Burton       | MV40  | Calder Valley Fell Runners | 00:39:50 |
| 58 | John Navis        | MOpen | Pudsey & Bramley AC        | 00:39:58 |
| 59 | Paul Cornforth    | MV50  | Ambleside AC               | 00:40:02 |
| 60 | Tom Simpson       | MU23  | Ambleside AC               | 00:40:11 |
| 61 | Graeme Brown      | MV40  | Todmorden Harriers         | 00:40:19 |
| 62 | Ali Burns         | MOpen | Wharfedale Harriers        | 00:40:21 |
| 63 | Mike Fanning      | MV50  | Holmfirth Harriers         | 00:40:23 |
| 64 | Jon Wright        | MV40  | Todmorden Harriers         | 00:40:31 |
| 65 | Todd Oates        | MOpen | Ambleside AC               | 00:40:36 |
| 66 | Harry Shuell      | MOpen | Ambleside AC               | 00:40:39 |
| 67 | Tim Werrett       | MV40  | Mercia Fell Runners        | 00:40:39 |
| 68 | Callum O'Donnell  | MU16  | Eryri                      | 00:40:46 |
| 69 | Caitlin Rice      | FOpen | Ribble Valley Harriers     | 00:40:49 |
| 70 | Stephen Pyke      | MV50  | Dark Peak Fell Runners     | 00:40:49 |
| 71 | Gavin Roberts     | MOpen | Eryri Harriers             | 00:41:05 |
| 72 | Bronwen Jenkinson | FU23  | Eryri Harriers             | 00:41:09 |
| 73 | Nigel Shekleton   | MOpen | Carnethy                   | 00:41:09 |
| 74 | Noel Curtis       | MV40  | Pennine Fell Runners       | 00:41:14 |
| 75 | Matthew Fortes    | MV40  | Eryri Harriers             | 00:41:17 |
| 76 | Mark Taylor       | MV40  | Calder Valley Fell Runners | 00:41:20 |
| 77 | Billy Starling    | MU23  | Mercia Fell Runners        | 00:41:33 |
| 78 | Joe Starling      | MU18  | Mercia Fell Runners        | 00:41:41 |
| 79 | Nick Barber       | MV40  | Todmorden Harriers         | 00:41:42 |
| 80 | Mel Price         | FV40  | Mercia Fell Runners        | 00:41:46 |
| 81 | James Woodman     | MOpen | Pudsey & Bramley AC        | 00:41:50 |
| 82 | Mike Wallis       | MV60  | Clayton Le Moors Harriers  | 00:41:54 |
| 83 | Dylan Griffiths   | MOpen | Rhedwyr Hebog              | 00:42:01 |
| 84 | Paul Hobbs        | MV40  | Todmorden Harriers         | 00:42:07 |
| 85 | Stephen Jones     | MV60  | Eryri Harriers             | 00:42:15 |

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|-----|----------------------|-------|----------------------------|----------|
| 86  | Dan Stones           | MU16  | Menai Track & Field        | 00:42:17 |
| 87  | Richard Houghton     | MV50  | Pennine Fell Runners       | 00:42:18 |
| 88  | John Hunt            | MV50  | Dark Peak Fell Runners     | 00:42:23 |
| 89  | John Busby           | MOpen | Carnethy Hill Racing Club  | 00:42:26 |
| 90  | Megan Wilson         | FOpen | Dark Peak Fell Runners     | 00:42:32 |
| 91  | Chris Atherton       | MOpen | Ambleside AC               | 00:42:33 |
| 92  | Bryan McKenna        | MOpen | Buxton AC                  | 00:42:39 |
| 93  | Jon Deegan           | MV50  | Ambleside AC               | 00:42:46 |
| 94  | Kieran Hodgson       | MV40  | Helm Hill Runners          | 00:42:49 |
| 95  | Helen Berry          | FV40  | Holmfirth Harriers         | 00:42:55 |
| 96  | Ifan Dafydd          | MOpen |                            | 00:43:05 |
| 97  | Sharon Taylor        | FOpen | Helm Hill                  | 00:43:10 |
| 98  | Craig Jones          | MV40  | Eryri Harriers             | 00:43:19 |
| 99  | Colin Walker         | MV40  | Pudsey & Bramley AC        | 00:43:25 |
| 100 | Scott Sadler         | MV40  | Rossendale Harriers & AC   | 00:43:35 |
| 101 | Karl Steinegger      | MOpen | Ambleside AC               | 00:43:38 |
| 102 | Josh Matthews        | MOpen |                            | 00:43:42 |
| 103 | Paul Jeggo           | MV50  | Springfield Striders RC    | 00:43:43 |
| 104 | Virgil Barton        | MV40  | Mercia Fell Runners        | 00:43:46 |
| 105 | Sam Williams-Duncan  | MOpen | Dark Peak Fell Runners     | 00:43:48 |
| 106 | Cai La Trobe-Roberts | MU16  | Menai Track & Field        | 00:44:03 |
| 107 | Hannah Russell       | FU23  | Helm Hill Runners          | 00:44:09 |
| 108 | Mark Pursell         | MV40  | Pennine Fell Runners       | 00:44:13 |
| 109 | Dwane Dixon          | MV40  | Todmorden Harriers         | 00:44:16 |
| 110 | Steve Bell           | MV50  | Dark Peak Fell Runners     | 00:44:26 |
| 111 | Neil Ashcroft        | MV50  | Ambleside AC               | 00:44:29 |
| 112 | David White          | MOpen | Buckley Runners            | 00:44:32 |
| 113 | Stephen Smithies     | MV50  | Calder Valley Fell Runners | 00:44:39 |
| 114 | Chris Davies         | MV60  | Saddleworth Runners        | 00:45:02 |
| 115 | Sara Willhoit        | FOpen | Mercia Fell Runners        | 00:45:04 |
| 116 | Jack Simpson         | MOpen | Helm Hill Runners          | 00:45:09 |
| 117 | Dan Stewart          | MV40  | Holmfirth Harriers AC      | 00:45:19 |
| 118 | Andy McMurdo         | MOpen | Pennine Fell Runners       | 00:45:23 |
| 119 | Kirsty Hall          | FV40  | Ribble Valley Harriers     | 00:45:28 |
| 120 | Richard Byers        | MV50  | Cheshire Hill Racers       | 00:45:34 |
| 121 | Simon Titmuss        | MV40  | Carnethy Hill Racing Club  | 00:45:36 |
| 122 | Steve Toogood        | MV50  | Buckley Runners            | 00:45:37 |
| 123 | Annie Roberts        | FOpen | Todmorden Harriers         | 00:45:39 |
| 124 | David Dickson        | MV60  | Westerlands                | 00:45:40 |
| 125 | James Baron          | MV50  | Helm Hill                  | 00:45:43 |
| 126 | Gonks Hughes         | MV40  | Clwb Rhedwyr Hebog         | 00:45:46 |
| 127 | Ben Grant            | MV60  | Harrogate Harriers & AC    | 00:45:47 |
| 128 | William Procter      | MV60  | Helm Hill Runners          | 00:45:55 |
| 129 | Ivan Gee             | MV40  | Todmorden Harriers         | 00:45:59 |

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|-----|---------------------|-------|----------------------------|----------|
| 130 | Sarah Ridgway       | FV40  |                            | 00:46:02 |
| 131 | Matthew Seddon      | MOpen | Pudsey & Bramley AC        | 00:46:13 |
| 132 | Sian Williams       | FOpen | Rhedwyr Hebog              | 00:46:32 |
| 133 | Jimmy Sheldon       | MOpen | Macclesfield Harriers & AC | 00:46:34 |
| 134 | Daniel Latham       | MOpen | Buxton AC                  | 00:46:39 |
| 135 | Jenn Mattinson      | FOpen | Keswick AAC                | 00:46:46 |
| 136 | Geoffrey Gough      | MV60  | Clayton Le Moors Harriers  | 00:46:51 |
| 137 | Ian Warhurst        | MV50  | Pennine FR                 | 00:47:06 |
| 138 | Will Normand        | MOpen | Carnethy Hill Racing Club  | 00:47:10 |
| 139 | Anthony Powell      | MV40  | Maldwyn Harriers           | 00:47:19 |
| 140 | Paul Tucker         | MV50  | Mynydd Du                  | 00:47:22 |
| 141 | Jonathan Moore      | MV50  | Eryri Harriers             | 00:47:28 |
| 142 | Rachel Pilling      | FOpen | Pudsey And Bramley         | 00:47:30 |
| 143 | James McQueen       | MV40  | Eryri Harriers             | 00:47:43 |
| 144 | Kevin Hagley        | MV50  | South West Road Runners    | 00:48:02 |
| 145 | Simon Entwisle      | MV60  | Pennine Fell Runners       | 00:48:05 |
| 146 | Paul Harlowe        | MV60  | Wharfedale Harriers        | 00:48:10 |
| 147 | Sarah Bell          | FOpen | Ribble Valley Harriers     | 00:48:23 |
| 148 | Rachel Normand      | FOpen | Carnethy HRC               | 00:48:46 |
| 149 | Bianca Dyer         | FV40  | Helm Hill Runners          | 00:48:49 |
| 150 | Graham Pilling      | MOpen | Pudsey & Bramley AC        | 00:48:52 |
| 151 | Chris Beadle        | MV40  | Holmfirth Harriers         | 00:48:57 |
| 152 | Nia Albiston        | FV40  | Eryri                      | 00:49:00 |
| 153 | Leon Davies         | MV40  | NWRRC                      | 00:49:02 |
| 154 | Arthur Livesey      | MOpen |                            | 00:49:08 |
| 155 | Sarah Harley        | FOpen | Eryri                      | 00:49:11 |
| 156 | James Riley         | MV40  | Todmorden Harriers         | 00:49:16 |
| 157 | David Soles         | MV50  | Pennine Fell Runners       | 00:49:25 |
| 158 | Andy Watts          | MV60  | Cheshire Hill Racers       | 00:49:29 |
| 159 | Mark Agnew          | MV50  | Mercia Fell Runners        | 00:49:41 |
| 160 | Rebecca Patrick     | FV40  | Todmorden Harriers         | 00:49:44 |
| 161 | Robert Taylor       | MV60  | Pennine Fell Runners       | 00:49:46 |
| 162 | Andy Roberts        | MV50  | Congleton Harriers         | 00:49:53 |
| 163 | Stuart Wolstenholme | MV40  | Todmorden Harriers         | 00:49:56 |
| 164 | Peter German        | MOpen | Helm Hill Runners          | 00:50:03 |
| 165 | Steph Curtis        | FV40  | Pennine Fell Runners       | 00:50:04 |
| 166 | Fionnuala Swann     | FV40  | Trawden AC                 | 00:50:08 |
| 167 | Jack Holt           | MV60  | Clayton Le Moors Harriers  | 00:50:09 |
| 168 | Paul Jenkinson      | MV50  | Eryri Harriers             | 00:50:11 |
| 169 | John Robson         | MV50  | Helm Hill Runners          | 00:50:17 |
| 170 | Melanie Blackhurst  | FV50  | Todmorden Harriers         | 00:50:17 |
| 171 | Becki Law           | FOpen | Eryri Harriers             | 00:50:22 |
| 172 | Michael Green       | MV50  | Horwich Rmi Harriers & A.C | 00:50:29 |
| 173 | Dave Keeling        | MV50  | Cheshire Hill Racers       | 00:50:36 |

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|-----|-------------------------|-------|----------------------------|----------|
| 174 | Carrie Gibson           | FV40  | Helm Hill Runners          | 00:50:49 |
| 175 | Richard Borne           | MV50  | Mysteruns Of Abergele      | 00:50:50 |
| 176 | Stephen Morran          | MV60  | Calder Valley Fell Runners | 00:50:54 |
| 177 | Alison Weston           | FV50  | Ilkley Harriers AC         | 00:51:15 |
| 178 | Ieuan Jones             | MV40  | Mercia Fell Runners        | 00:51:16 |
| 179 | Matthew Haynes          | MV40  | Hay Hotfooters             | 00:51:18 |
| 180 | Belinda Baquero         | FOpen | Pudsey & Bramley AC        | 00:51:25 |
| 181 | Mike Cooper             | MV50  | Cheshire Hill Racers       | 00:51:28 |
| 182 | Louise Beetlestone      | FOpen | Eryri Harriers             | 00:51:33 |
| 183 | Holly Martin            | FOpen | Pennine Fell Runners       | 00:51:47 |
| 184 | Amy Shillcock           | FOpen | Mercia Fell Runners        | 00:51:53 |
| 185 | Marie Robson            | FV50  | Helm Hill Runners          | 00:51:55 |
| 186 | John Gerallt Hughes     | MOpen |                            | 00:52:02 |
| 187 | Alison Richards         | FV40  | Helm Hill Runners          | 00:52:03 |
| 188 | Sarah Barnwell          | FV50  | Eryri Harriers             | 00:52:08 |
| 189 | Rhys Tudur              | MOpen |                            | 00:52:24 |
| 190 | Rachel Findlay-Robinson | FOpen | Keswick AC                 | 00:52:28 |
| 191 | Jenny Rice              | FOpen | Helm Hill Runners          | 00:52:37 |
| 192 | Jean Powell             | FV50  | Wharfedale Harriers        | 00:52:48 |
| 193 | Sue Howarth             | FV50  | Mercia Fell Runners        | 00:52:53 |
| 194 | Tania Wilson            | FV50  | Buxton Ac                  | 00:52:59 |
| 195 | Kate Mansell            | FV40  | Todmorden Harriers         | 00:53:08 |
| 196 | Brian Seery             | MOpen | Eryri Harriers             | 00:53:34 |
| 197 | David Appleyard         | MV50  | Helm Hill Runners          | 00:53:43 |
| 198 | Lois Lee                | FU18  | St David's College         | 00:53:55 |
| 199 | Karon Forster           | FV50  | Calder Valley Fell Runners | 00:54:04 |
| 200 | Richard Goff            | MOpen | Buxton AC                  | 00:54:13 |
| 201 | Ron Rees                | MV60  | Pennine Fell Runners       | 00:54:19 |
| 202 | Celia Mills             | FV50  |                            | 00:54:24 |
| 203 | Georgia Stevens         | FU23  | Helm Hill                  | 00:54:31 |
| 204 | Martin Roberts          | MV60  | Todmorden Harriers         | 00:54:32 |
| 205 | Sasha Habgood           | FV40  | Mynydd Du                  | 00:54:37 |
| 206 | Tracy Ballinger         | FOpen | Carnethy Hill Racing Club  | 00:54:40 |
| 207 | Hadyn Cole              | MU23  | St Davids College          | 00:54:45 |
| 208 | David Livesey           | MV60  |                            | 00:54:52 |
| 209 | Judy Howells            | FV40  | Wharfedale Harriers        | 00:54:53 |
| 210 | Tim Horrocks            | MV50  | Pennine Fell Runners       | 00:55:06 |
| 211 | Hugh Morgan-Jones       | MV50  | WFRA                       | 00:55:07 |
| 212 | Anne Mynott             | FV50  | Colwyn Bay AC              | 00:55:13 |
| 213 | Emyr Davies             | MV70  | Rhedwyr Hebog              | 00:55:13 |
| 214 | Stephen Atherton        | MV60  | Ambelside A.C              | 00:55:28 |
| 215 | Kerry Cornforth         | FV40  | Keswick AC                 | 00:55:35 |
| 216 | John Chambers           | MOpen | GOG Tri                    | 00:55:55 |
| 217 | Rebecca Massey          | FV40  | Deestridders RC            | 00:55:56 |

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|-----|--------------------|-------|----------------------------|----------|
| 218 | Ceri Belshaw       | FOpen | Denbigh Harriers           | 00:56:11 |
| 219 | Tom Albiston       | MOpen |                            | 00:56:13 |
| 220 | Wendy Dodds        | FV60  | Clayton-le-Moors Harriers  | 00:56:26 |
| 221 | Janet Burthem      | FV50  |                            | 00:56:34 |
| 222 | Mike Prior         | MV50  | Holmfirth Harriers AC      | 00:56:44 |
| 223 | Keith Holmes       | MV60  | Dark Peak Fell Runners     | 00:57:07 |
| 224 | Caroline Harding   | FV40  | Pudsey & Bramley AC        | 00:57:10 |
| 225 | Michael McLoughlin | MV60  | Preston Harriers           | 00:57:36 |
| 226 | Ellie Salisbury    | FV50  | Eryri Harriers             | 00:57:55 |
| 227 | John Morris        | MV70  | Buckley Runners            | 00:58:13 |
| 228 | Suzanne Kapitanec  | FOpen | Mercia Fell Runners        | 00:58:26 |
| 229 | Claire Green       | FOpen | Pudsey And Bramley AC      | 00:58:43 |
| 230 | David York         | MV50  | Tattenhall Runners         | 00:58:51 |
| 231 | Mandy Peffers      | FV40  | Clwydian Range Runners     | 00:58:53 |
| 232 | Rachael Bateman    | FV40  | Mercia Fell Runners        | 00:58:53 |
| 233 | Beverley Tucker    | FV50  | Mynydd Du                  | 00:59:54 |
| 234 | Kenny Forster      | MV50  | Spectrum Striders RC       | 00:59:58 |
| 235 | Owen Williams      | MV50  |                            | 01:00:31 |
| 236 | Kristen Ballinger  | FOpen |                            | 01:00:41 |
| 237 | Rodrigo Reis       | MOpen | Shettleston Harriers       | 01:01:13 |
| 238 | Alwyn Oliver       | MV70  | Eryri Harriers             | 01:01:49 |
| 239 | Tim Oliver         | MV50  | Pennine Fell Runners       | 01:02:02 |
| 240 | Denise Tunstall    | FV50  | Durham Fell Runners        | 01:02:18 |
| 241 | Menai Baugh        | FV60  | Denbigh Harriers           | 01:03:37 |
| 242 | Geoffrey Fielding  | MV70  | Eryri Harriers             | 01:04:58 |
| 243 | Alexandra Fletcher | FOpen | Eryri Harriers             | 01:05:16 |
| 244 | Fred Smith         | MOpen |                            | 01:05:22 |
| 245 | Elizabeth Adams    | FV40  | Helm Hill Runners          | 01:05:58 |
| 246 | Jason Darke        | MV40  |                            | 01:09:03 |
| 247 | Paul Jackson       | MV50  | Chorley AC                 | 01:10:29 |
| 248 | Helen Buchan       | FV40  | Calder Valley Fell Runners | 01:10:38 |
| 249 | Peter Ehrhardt     | MV70  | Todmorden Harriers         | 01:11:27 |
| 250 | Kurmang Rashid     | MV50  |                            | 01:18:46 |