

Pos	Name	Category	Club	Time
1	ROB JEBB	M40	HELM HILL	01:13:11
2	IAN HOLMES	M50	BINGLEY	01:13:19
3	JOHN HELME	M40	AMBLESIDE	01:13:36
4	JACK WRIGHT	M	AMBLESIDE	01:15:39
5	BEN ABDELNOOR	M	AMBLESIDE	01:17:30
6	TOM SIMPSON	M	AMBLESIDE	01:17:43
7	NEIL CRAMPTON	M	PUDSEY&BRAMLEY	01:18:20
8	KENNY RICHMOND	M45	SHETTLESTON	01:18:49
9	PAUL AITKEN	M	HELM HILL	01:19:35
10	JOSH JARDINE	MU23	HELM HILL	01:19:52
11	PETER DAVIS	M	DARK PEAK	01:20:10
12	JAMES HARRIS	M	AMBLESIDE	01:20:24
13	JIM DAVIES	M50	BORROWDALE	01:20:30
14	ANDREW JEBB	M40	BINGLEY	01:21:00
15	MATT REEDY	M40	AMBLESIDE	01:21:42
16	ANDY LAYCOCK	M	CLAYTON LE MOOR	01:21:53
17	RICHARD MELLON	M45	BOWLAND	01:22:13
18	TOM DAY	M	KESWICK	01:22:18
19	ANTHONY MEANWELL	M45	BORROWDALE	01:22:24
20	ANDREW SCHOFIELD	M50	BORROWDALE	01:22:29
21	BOBBY GARD-STORRY	M		01:22:34
22	DAVID BIRCH	M50	KESWICK	01:22:39
23	PETER COATES	M40	CLAYTON LE MOOR	01:23:01
24	ROBERT BEE	M		01:23:17
25	JOE EDMONDSON	MU23	AMBLESIDE	01:23:20
26	KARL SKEINEGGER	M	AMBLESIDE	01:24:01
27	CHRIS PERRY	M	MATLOCK AC	01:24:08
28	PAUL ROWLEY	M	PENNINE	01:24:15
29	DAN DUXBURY	M40	AMBLESIDE	01:24:37
30	STEVEN JACQUES	M40		01:24:53
31	LEE PROCTER	M	HELM HILL	01:25:05
32	PAUL CORNFORTH	M55	AMBLESIDE	01:25:13
33	JACK SIMPSON	M	HELM HILL	01:25:33
34	JAMES WARBURTON	M	KNARESBOROUGH	01:25:46
35	JOHN HOOSON	M55	AMBLESIDE	01:26:13
36	DAN GILBERT	M40	HORWICH	01:26:19
37	FRASER MACDONALD OULDS	M	CHORLTON RUNNERS	01:27:55
38	ADAM JACKSON	M45	NORTHERN FELL RUNNERS	01:28:07
39	JAMES EDWARDS	M40	LONSDALE	01:28:49
40	SIMON RODGER	M40	BLACK COMBE	01:28:55
41	HUGO HUNT	M	AMBLESIDE	01:29:00

42	TOM HARE	M	SETTLE HARRIERS	01:29:03
43	SHARON TAYLOR	W	HELM HILL	01:29:03
44	BEN KENT	MU23	HELM HILL	01:29:13
45	DAVE NUTTALL	M50	BOWLAND	01:29:14
46	JAMIE BARON	M50		01:29:15
47	PAUL REILLY	M40	HELM HILL	01:29:20
48	CHRIS JACKSON	M	PENNINE	01:29:24
49	DAVE MILLIKEN	M50	SALFORD AC	01:29:30
50	BARRY WILKINSON	M50	BORROWDALE	01:29:42
51	JOE BLACKETT	M55	DARK PEAK	01:29:50
52	BEN LAVERICK	MU23		01:29:55
53	THOMAS JORDAN	M	PENDLE	01:30:02
54	TIM CHADWICH	M	BARLICK	01:30:04
55	SCOTT MORLEY	M	EDEN RUNNERS	01:30:08
56	CHRIS SNELL	M	CLAYTON LE MOOR	01:30:15
57	MARTIN HOLROYD	M50	SETTLE HARRIERS	01:30:21
58	DARREN FISHWICK	M45	CHORLEY	01:30:27
59	PHIL WINSKILL	M40	KESWICK	01:30:31
60	DECLAN BULMER	MU23	WHARFEDAILE	01:30:39
61	CHRIS BARNES	M	DEE OC	01:30:44
62	JIM TYSON	M45	AMBLESIDE	01:30:45
63	JIM TURNER	M	BOWLAND	01:30:47
64	ADAM STORER	M45		01:30:58
65	DAVE MOTLEY	M	CLAYTON LE MOOR	01:30:59
66	ANDREW DUFEU	M45	DENBY DALE	01:31:02
67	MARK WHITTAKER	M45		01:31:10
68	LOU ROBERTS	W45	AMBLESIDE	01:31:17
69	NOEL CURTIS	M40	PENNINE	01:31:40
70	JOE TODD	M40	KENDAL	01:32:01
71	ALICE FORSTER	W	BLACK COMBE	01:32:03
72	ROWAN WOOD	M	LONSDALE	01:32:12
73	MATTHEW ALLEN	M	BLACK COMBE	01:32:13
74	KIERAN DAVIS	M40		01:32:17
75	ANDREW CAMPBELL	M	PENNINE	01:32:18
76	IAN FERGUSON	M55	BINGLEY	01:32:25
77	STEVEN KNOWLES	M45	PENNINE	01:32:29
78	RICK SOLMAN	M		01:32:39
79	JONATHAN WHITTAKER	M55	HARROGATE	01:33:05
80	JOHN RAINFORD	M55	PRESTON	01:33:15
81	DAVE SYKES	M45	DARK PEAK	01:33:42
82	STEPHEN BURGESS	MU23	TRING	01:33:45
83	GAVIN LLOYD	M	BLACK COMBE	01:33:47
84	ETHAN HASSELL	M	WHARFEDAILE	01:33:48
85	CHRIS HOWITT	M	AMBLESIDE	01:34:01

86	REBECCA SHEFFIELD	W	AMBLESIDE	01:34:02
87	ANDREW HARRISON	M	PRESTON	01:34:14
88	MICHAEL ELLIOT	M40		01:34:52
89	CALEB REID	M40	NORTHERN FELL RUNNERS	01:34:56
90	DWANE DICKSON	M45	TODMORDEN	01:35:12
91	LEIGH WARBURTON	M60	BOWLAND	01:35:16
92	PHILIP PEARSON	M55	NORTHERN FELL RUNNERS	01:35:17
93	ROY GIBSON	M55	KENDAL	01:35:18
94	WAYNE COLLINS	M45		01:35:26
95	JACK GRIBBIN	M		01:35:31
96	JOHN LAMEY	M45	NORTHERN FELL RUNNERS	01:35:37
97	THOMAS HODGSON	M		01:35:40
98	COLIN MOSES	M50	WHARFEDALE	01:35:56
99	CRISPIN HALSALL	M50	BOWLAND	01:36:02
100	ANNIE ROBERTS	W	TODMORDEN	01:36:09
101	STEVE BROWN	M50	AMBLESIDE	01:36:10
102	NICK PROCTER	M50	CLAYTON LE MOOR	01:36:16
103	MIKE BERNERS-LEE	M50	HELM HILL	01:36:25
104	PAUL KNOWLES	M50	AMBLESIDE	01:36:56
105	CHRIS SEDDON	M50		01:37:05
106	DAVID PARKINSON	M55	PRESTON	01:37:08
107	ROBERT GREEN	M	ACHILLE RATTI	01:37:11
108	JOHN GRAHAMS	M55	PRESTON	01:37:14
109	LIAM TAYLOR	M	HELM HILL	01:37:48
110	HEATHER MARSHALL	W	CFR	01:38:13
111	GUY ILLINGWORTH	M50		01:39:02
112	THOMAS WALTON	M		01:39:27
113	DAVID BANKS	M55	KENDAL	01:39:32
114	DAVE GARNER	M50	TODMORDEN	01:39:45
115	CARLOS BEDSON	M50	CHESHIRE HILL RACERS	01:40:14
116	HINDA HARDAKER	W40	KEIGHLEY&CRAVEN	01:40:16
117	IAN LIVESEY	M	BARLICK	01:40:17
118	DAVID HARVEY	M50	PENNINE	01:40:27
119	DAVID SPENCE	M50	AMBLESIDE	01:40:31
120	ROBERT HOLDSWORTH	M	TODMORDEN	01:40:35
121	ROB PULLER	M40	WESTEND	01:40:39
122	TOM LUMBY	M		01:40:46
123	ALISTAIR HEARN	M45	HELM HILL	01:40:58
124	ZACH RYAN	MU23	WIRRAL	01:41:14
125	STEVE FREEMAN	M55	AMBLESIDE	01:41:15
126	SARAH PIKE	W40	BLACK COMBE	01:41:17
127	CHRISTIAN HODGSON	M40	VEGAN RUNNERS	01:41:18
128	KENNETH MURPHY	M50	LONSDALE	01:41:30
129	RICKY PARRISH	M	TODMORDEN	01:41:33

130	TONY LIVESEY	M	CONISTON	01:41:45
131	JAMES PELL	M		01:41:57
132	JEAN BROWN	W50	CLAYTON LE MOOR	01:41:59
133	JAMES WILLIAMSON	M	CLAYTON LE MOOR	01:42:10
134	DARREN PARKER	M50	CFR	01:42:12
135	CHRIS CURTIS	M50	NORTHERN FELL RUNNERS	01:42:15
136	STEVEN BACON	M	NORFOLK TRAIL RUNNERS	01:42:16
137	JOHN STALKER	M		01:42:22
138	MICK DOBSON	M45	TRAWDEN AC	01:42:27
139	COLIN SHUTTLEWORTH	M60	PRESTON	01:42:29
140	DAN MEAD	M		01:42:34
141	DECLAN ODUFFY	M60	BOWLAND	01:42:36
142	STEVEN OKEEFFE	M	NORTHERN FELL RUNNERS	01:42:36
143	DAVID MCCHESENEY	M		01:42:38
144	STEPH CURTIS	W50	PENNINE	01:42:48
145	MALCOLM McMILLAN	M	HELM HILL	01:42:59
146	SUE RICHMOND	W40	PENNINE	01:43:17
147	ED POULTER	M		01:43:29
148	JAMES TINGLE	M		01:43:34
149	ANNABELLE MASON	WU23	LANCS&MORECAMBE	01:43:39
150	MARK MIDGLEY	M50	BOWLAND	01:43:55
151	ROSE SINGLETON	W	NORTHERN FELL RUNNERS	01:44:12
152	KEVIN HAGLEY	M55	SWRR	01:44:15
153	MICHELLE FOXWELL	W40	AMBLESIDE	01:44:19
154	ROBIN HOFFMANN	M40	GLOSSOPDALE	01:44:27
155	PAUL TAYLOR	M50	DARWEN DASHERS	01:44:47
156	SARAH ANDREW	W	GLOSSOPDALE	01:44:57
157	TRISTAN LANGLOIS	M45	TODMORDEN	01:45:15
158	PAUL HEELEY	M40	FELLANDDALE	01:45:20
159	PETE LLOYD	M	KEIGHLEY&CRAVEN	01:45:25
160	DAVID HOULSTON	M		01:45:27
161	DUNCAN RITCHER	M45	TODMORDEN	01:45:29
162	MATT NUTTALL	M50	BLACKBURN HARRIERS	01:45:36
163	ALEXANDER LEWIS	M55	SOUTHWELL	01:45:43
164	MATT CRAWFORD	M	CONISTON	01:45:48
165	COLIN HAUGHTON	M45	PENNINE	01:45:58
166	JAMES RILEY	M45	TODMORDEN	01:46:03
167	ROGER TAYLOR	M50	PRESTON	01:46:07
168	CHRIS DOWNHAM	M		01:46:13
169	NICK SEBLEY	M55	BLACK COMBE	01:46:23
170	ELEANOR WAINWRIGHT	W	DARK PEAK	01:46:46
171	STUART McALAVEY	M40	WHARFEDAILE	01:46:52
172	STUART MCPHERSON	M		01:47:09
173	ANDY HOLDEN	M55	WHARFEDAILE	01:47:23

174	ZACH KAYE	M	BARLICK	01:47:36
175	DANIEL COE	M45		01:47:39
176	ALISON WAINWRIGHT	W50	DARK PEAK	01:47:42
177	NEIL THOMPSON	M50	KESWICK	01:47:48
178	ANDREW SANDERCOCK	M	NORTH LEEDS	01:48:10
179	JULIAN DONNELLY	M55	BLACK COMBE	01:48:16
180	PETER DUGDALE	M60	CLAYTON LE MOOR	01:48:18
181	JENNY CADDICK	W45	DARK PEAK	01:48:19
182	AMY FREEMAN	W	DARWEN DASHERS	01:48:22
183	DAVID SHARP	M		01:48:29
184	DAVID PARKINSON	M	PENNINE	01:48:47
185	MARCUS NILSSON	M50	GOYT VALLEY STRIDERS	01:48:59
186	PHIL CLAYTON	M50	BLACK COMBE	01:49:06
187	JO SIMPSON	WU23	AMBLESIDE	01:49:10
188	PETER TAYLER	M55	BLACK COMBE	01:49:15
189	RYAN CRELLING	M	CFR	01:49:17
190	IAN HODGSON	M50	NYMAC	01:49:24
191	MICHAEL BURGESS	M55	TRING	01:49:26
192	PAUL SIMPSON	M55	AMBLESIDE	01:49:32
193	BILL BECKETT	M50	CHORLEY	01:49:33
194	GEORGIA STEVENS	WU23	HELM HILL	01:49:36
195	JIM EVANS	M50	AMBLESIDE	01:49:44
196	MHAIRI HELME	W40	HELM HILL	01:50:05
197	TREVOR SYMONDS	M60	NORTHERN FELL RUNNERS	01:50:10
198	LUCY BURNETT	W40	KESWICK	01:50:20
199	JOHN HAIGH	M40	SADDLEWORTH	01:50:25
200	HELENE WHITTAKER	W55	HARROGATE	01:50:50
201	WILLIAM COUPE	M55	HELM HILL	01:51:06
202	STUART WOLSTENHOLME	M45	TODMORDEN	01:51:06
203	ROGER HAWORTH	M50	TODMORDEN	01:51:11
204	PETER MCAVOY	M45	CFR	01:51:17
205	GEORGE JONES	M		01:51:19
206	JEAN POWELL	W50	WHARFEDALE	01:51:24
207	SUSAN ROSS	W40	BLACK COMBE	01:51:33
208	REBECCA SENIOR	W	TODMORDEN	01:51:53
209	THOMAS MONDAIN-MONVAL	M	LONSDALE	01:51:56
210	JOHN SINCH	M	SALTAIRE STRIDERS	01:52:24
211	MILES WESTON	M45	SOUTH SHIELDS HARRIERS	01:52:48
212	IMOGEN JONES	W	PENNINE	01:52:53
213	ADAM BAIRD	M45	AMBLESIDE	01:53:05
214	ALAN MILLER	M60	KENDAL	01:53:16
215	DAVID APPLEYARD	M55	HELM HILL	01:53:19
216	RANDOLPH HAGGERTY	M50	KIRKSTALL HARRIERS	01:53:20
217	PATRICK MCIVER	M55	BLACK COMBE	01:53:27

218	LEE TARR	M45	CONISTON	01:53:49
219	DANIEL PINCOTT	M		01:54:19
220	COLIN PRICE	M40		01:55:12
221	ROBERT WEBB	M	LONSDALE	01:55:19
222	PHILIP DEVINE	M50	KENDAL	01:55:55
223	MARK WALKER	M50	ROCHDALE	01:55:57
224	RICHARD UNWIN	M60	NORTHERN FELL RUNNERS	01:56:08
225	RICHARD SIMPSON	M60	DALLAM	01:56:32
226	DARYL BENTLEY	M45	BOLTON	01:56:51
227	CHARLIE FRANKLAND	M50		01:56:57
228	PETE SHAKESPEARE	M50		01:56:58
229	BERNARD HALL	M65		01:57:04
230	HEATHER TUFFS	W	TEAM NIDDERDALE	01:57:15
231	ROB KEMPSTER	M	LONSDALE	01:57:32
232	BRIAN MELIA	M50	ILKLEY	01:57:34
233	WENDY DODDS	W65	CLAYTON LE MOOR	01:57:49
234	DANIEL NEWMAN	M		01:57:59
235	ALAN SUMNER	M50	LANCS&MORECAMBE	01:58:20
236	MARK BENTELE	M	LANCS&MORECAMBE	01:58:20
237	CATH MUSETTI	W55	AMBLESIDE	01:58:43
238	MARK BRIDGE	M		01:58:58
239	ALAN BRETNALL	M65	PENNINE	01:59:03
240	DAVE BRADLEY	M50	WHARFEDALE	01:59:15
241	ANDREW FIRTH	M60	CLAYTON LE MOOR	01:59:19
242	DAVE BOWEN	M60	PENNINE	01:59:33
243	JAMIE ORSBORNE	M40		02:00:18
244	PETE BLACKBURN	M45		02:00:36
245	ANDREW BREWER	M40	LEIGH HARRIERS	02:00:45
246	CLARE GARDINER	W		02:00:46
247	ROBERT ROSE	M	BRAT	02:01:08
248	JANE LEONARD	W60	TODMORDEN	02:01:16
249	CHLOE BROWN	W	HOWGILL HARRIERS	02:01:44
250	ANDREW DUNCAN	M60	NFR	02:02:16
251	IAN ASHER	M50	DARWEN DASHERS	02:02:34
252	MARK CHARNLEY	M45	SETTLE HARRIERS	02:02:37
253	SIMON THEOBALD	M50	HELM HILL	02:02:37
254	STEVE BATES	M55	CHORLEY	02:02:43
255	MIKE DEAN	M50	CALDER VALLEY	02:03:14
256	PHIL HODGSON	M60	TODMORDEN	02:03:29
257	ALAN YEOMANS	M55	ROSSENDALE	02:03:46
258	LESLEY MALARKEY	W70	KESWICK	02:04:02
259	KAREN GOODYEAR	W60	AMBLESIDE	02:04:09
260	LINDSAY BUCK	W55	CFR	02:04:32
261	KATHERINE BARRATT	W	ALTON RUNNERS	02:04:58

262	TADAS JONIUSKIS	M		02:05:41
263	PAUL EASTHAM	M50		02:05:53
264	DAVID LITTLER	M50	BOWLAND	02:05:57
265	JOHN ARMSTRONG	M65	AMBLESIDE	02:05:59
266	PETER TURNER	M45		02:06:05
267	JONATHAN BAILEY	M40	BLACK COMBE	02:06:12
268	NICK HARRIS	M65	ROSSENDALE	02:06:32
269	PAUL SANDERSON	M55	DARK PEAK	02:06:36
270	DEBBIE COOPER	W40	BOWLAND	02:06:37
271	MARK GRAHAM	M60	CFR	02:07:33
272	NICKI RYLANCE	W45	AMBLESIDE	02:07:55
273	PAT EVANS	W	AMBLESIDE	02:07:55
274	CHRIS WHITEOAK	M		02:08:53
275	SELINE WALCOCK	W45	TRING	02:08:54
276	TIM HORROCKS	M50	PENNINE	02:10:18
277	MICHAEL MCLOUGHLIN	M65	PRESTON	02:10:25
278	JENNY RUSSELL	W45	NORTHERN FELL RUNNERS	02:10:34
279	HELEN HODGKINSON	W45	TODMORDEN	02:10:42
280	PAUL BATES	M65	LANCS&MORECAMBE	02:11:24
281	LINDSAY HARROD	W50	HELM HILL	02:11:36
282	JOHN ORRELL	M50	BLACKBURN HARRIERS	02:12:36
283	CHRISTINE ADDISON	W50	HORSFORTH	02:13:17
284	MIKE TROUP	M60	AMBLESIDE	02:13:24
285	EDDIE DEALTRY	M70	KENDAL	02:13:31
286	VICKY SHERRINGTON	W45	PRESTON	02:14:23
287	CHRISTOPHER BALL	M55		02:15:35
288	RAJ MADHAS	M50	WHARFEDAILE	02:18:18
289	TANIA SHEPHERD	W	FELLANDDALE	02:18:44
290	MARTIN WALSH	M70	BOWLAND	02:19:04
291	MANDY GOTH	W55	TODMORDEN	02:19:28
292	ROS BLACKMORE	W50	SWALEDALE	02:19:28
293	RICHARD TAIT	M65	AMBLESIDE	02:20:16
294	ALAN MCGUINNESS	M65	ROSSENDALE	02:21:08
295	PAUL HARTIGAN	M55	HILLINGDON TRI	02:26:54
296	KATE KELLAND	W45	HILLINGDON TRI	02:26:54
297	IAN GRAHAM	M		02:26:54
298	GUY HAMMERSLAY	M60	PURBECK RUNNERS	02:27:59
299	NICOLA SPENCER	W40	CLAYTON LE MOOR	02:28:30
300	EMMA BLUNDELL	W	LONSDALE	02:28:51
301	SARAH CLIFFORD	W		02:35:21
302	KATE MCFARLANE	W	PENNY LANE	02:35:21
303	CLIFF GOSDEN	M65	NORTHERN FELL RUNNERS	02:35:27
304	MICK FOWLER	M60		02:36:04
305	RICHARD STOKES	M60		02:38:15

306	JOHANNA LUNDEBERG	W40	GOYT VALLEY STRIDERS	02:38:37
307	EMMA HOUGHTERMAN	W	DARWEN DASHERS	02:39:05
308	ANDREW DEWHURST	M55	MS TRUST RC	02:39:18
309	SELWYN WRIGHT	M60	AMBLESIDE	02:55:59
310	RHIAN DAVIES	W	LONSDALE	03:03:39
311	ANDREW ALLAN	M50	PUDSEY&BRAMLEY	03:08:18
312	DANIEL NORCLIFFE	M		03:11:35