

Pos	Name	Category	Club	Time
1	Alan Bowness	V40	C.F.R.	00:29:33
2	Peter Harrison		Border Harriers	00:30:40
3	Tim Orr	U16	Border Harriers	00:32:58
4	Ian Barnes		Ambleside AC	00:33:40
5	Nathan Thompson	U 16	C.F.R.	00:35:06
6	Brian Thompson	V40	C.F.R.	00:36:15
7	Alex Smith	V50	C.F.R.	00:38:17
8	Peter Orr	V50	Border Harriers	00:38:42
9	Jackie Casey	LV50	Black Combe Runners	00:39:18
10	Paul Savage		Ambleside AC	00:39:52
11	Tim Miller	V40	Ambleside AC	00:40:34
12	Graham Wright	V60	Rosendale Harriers	00:40:34
13	Derek Ratcliffe	V50	Rosendale Harriers	00:44:25
14	Ruth Smith	LV40	C.F.R.	00:46:20
15	Peter Henegan	V60	Horwich Harriers	00:46:39
16	Nigel Harrison	V40		00:48:54
17	Ed Parker			00:50:50
18	Rob Smithurst	V50	Black Combe Runners	00:51:48
19	Alice Rea	U16	C.F.R.	00:54:02
20	John Connelly	V50	Rosendale Harriers	00:57:06
21	Vicky Treeby	V40		01:07:34