

Pos	Name	Category	Club	Time
1	Sam Harrison	MSEN	Bowland Fell Runners	00:39:05
2	Matthew Briggs	MU21	Northumberland Fell Runners	00:39:14
3	Steve Swarbrick	M40	Bowland FR	00:39:52
4	Mike Gregory	M40	Leven Valley Running Club	00:40:01
5	Phil Mather	MSEN	Lonsdale Fell Runners	00:40:11
6	Matthew Fortes	M40	Eryri Harriers	00:40:36
7	Tim Cowin	M40	Helm Hill	00:40:46
8	Harvey Lord	MSEN	Black Combe	00:40:49
9	Brian Pennington	M40	Howgill Harriers	00:40:51
10	Richard Mellon	M40	Bowland Fell Runners	00:41:21
11	James Simon	MSEN	Bowland Fell Runners	00:41:25
12	James Gray	MSEN	Bowland Fell Runners	00:41:55
13	James Edwards	M40	Lonsdale Fell Runners	00:42:35
14	Richard Wells	M40	Sedbergh School Running Club	00:43:10
15	Philip Withnall	MSEN	Lonsdale Fell Runners	00:43:32
16	Richard Wilson	M40	Kendal AC	00:43:40
17	Matthew Rooke	MSEN	Black Combe Runners	00:43:45
18	Sam Moon	M40	Helm Hill	00:43:53
19	Annie Conway	WSEN	Kendal AAC	00:44:00
20	John Ockenden	MSEN	Bowland	00:44:10
21	Peter German	MSEN	Helm Hill	00:44:23
22	Matt Wilson	M40	Kendal AC	00:44:57
23	David Griffin	M60	Helm Hill Runners	00:45:10
24	Joe Todd	M40	Kendal Athletic Club	00:45:32
25	James Johnson	M40	Morpeth Harriers	00:46:08
26	Peter Lawson	MSEN	Howgill Harriers	00:46:12
27	Colin Jennings	M40	GARSTANG RC	00:46:12
28	Mark Davy	MSEN		00:46:24
29	John Gill	MSEN	Dallam	00:46:25
30	Alistair Shawcross	M40	Dallam	00:46:46
31	Julie Darigala	W50	Penistone Footpath Runners	00:46:52
32	Sam Merckel	MSEN	Lonsdale	00:47:00
33	Paul Knowles	M50	Ambleside AC	00:47:05
34	Janie Oates	WSEN	Helm Hill	00:47:08
35	Antony Scott	M50	Watercrock Warriors	00:47:17
36	Neil Hardiman	M50	Clayton	00:47:28
37	Chris Green	M40	Ambleside AC	00:47:37
38	Sean Robinson	M40	Howgill Harriers	00:47:40
39	Phil Walker	M50	Morpeth Harriers	00:47:48
40	Graham Briffett	M50	Highland Hill Runners	00:48:03
41	Kenneth Murphy	M50	Lonsdale Fell Runners	00:48:04

42	Chris Gibbons	MSEN		00:48:04
43	David Kyriacou	MSEN	Leven Valley Athletic Club	00:48:22
44	Jonny Marchant	M40	Helm Hill	00:48:26
45	Dan Aaron	M40	Furness Fell Runners	00:48:33
46	Nigel Barnes	M50	Garstang RC	00:48:35
47	Becki Law	WSEN	Eryri Harriers	00:48:39
48	Ronnie Haddow	M40	Furness Fell Runners	00:48:48
49	Shaun Mccartney	M50	Lonsdale Fell Runners	00:48:50
50	Mark Warner	MSEN	BWFAC	00:49:03
51	Patrick Mciver	M50	Black Combe Runners	00:49:25
52	Fiona Hall	W40	Trawden Ac	00:49:50
53	Claire Nance	WSEN	Lonsdale Fell Runners	00:49:59
54	Lucy Varney	W50	Kendal AC	00:50:15
55	Ellie Mather	WSEN	Lonsdale Fell Runners	00:50:21
56	Gary Lane	M50	Howgill Harriers	00:50:39
57	Sarah Mccartney	W40	Lonsdale Fell Runners	00:50:40
58	John Robson	M50	Helm Hill	00:50:48
59	Rhiannon Page	WSEN	Lonsdale Fell Runners	00:50:56
60	Garry Owens	M60	Northumberland Fell Runners	00:51:18
61	Melissa Mcguire	W40		00:51:32
62	Amie Mcavoy	WSEN	Garstang	00:51:38
63	Jules Coleman	M50	Lonsdale	00:51:58
64	Steve Seddon	M50	Dallam Running Club	00:51:59
65	Roger Taylor	M50	Preston Harriers	00:52:08
66	Colin Briffett	M40	Lonsdale Fell Runners	00:52:11
67	Jim Alder	M50	Morpeth Harriers	00:52:15
68	Earle Logan	M40		00:52:28
69	Kevin Bray	M60	Morpeth Harriers	00:52:33
70	Ben Merckel	MSEN	Lonsdale	00:52:38
71	James Owens	MSEN		00:52:41
72	Thomas Yates	MSEN		00:53:00
73	Roger Quayle	M60		00:53:05
74	Eleanor Knowles	W50	Ambleside AC	00:53:18
75	Louise Goddard	W50	Lancaster And Morecambe	00:53:20
76	Stephen Spamer	M40	Bolton Tri	00:53:33
77	Jon Tombs	M40	Eden Runners	00:53:50
78	Lizzie Sayer	WSEN	FoulÃ©es De Saint-Germain-en-Laye	00:54:26
79	Philippe Jumeau	M50		00:54:42
80	Verity Russo	WSEN		00:54:47
81	John Shevelan	M40	Black Combe Runners	00:55:04
82	Geoff Lyons	M50	Garstang Running Club	00:55:04
83	David Miller	M60	Chorley A & T	00:55:11
84	Andrew Wilby	M50	Dallam	00:55:43
85	John Carty	M40		00:55:49

86	Amy Ball	W40	Lancashire Fire & Rescue AC	00:56:03
87	Oliver Gray	MSEN		00:56:15
88	Lucy Scrase	W40		00:56:27
89	Chris Roberts	M60	Black Combe Runners	00:56:34
90	Robin Sharp	M40	LMAC	00:56:41
91	Claire Godfrey	WSEN	Garstang	00:57:00
92	Phillip Benachour	M50	Lancaster & Morecambe Athletics Club	00:57:03
93	Andrew Whittaker	M50	Dallam Running Club	00:57:25
94	Richard Harrison	M40		00:57:31
95	Pete Davison	M50	Glaxo Hoad Hill Harriers	00:57:37
96	Greg Burkitt	M50		00:57:40
97	Michael Burkitt	M50		00:57:45
98	Jo Taylor	W50	Bowland FR	00:57:49
99	Laura Macfarlane	WSEN	Glossopdale Harriers	00:57:56
100	Andrew Howarth	M60	Clayton Harriers	00:58:17
101	John Armstrong	M60	Ambleside AC	00:58:25
102	Charles Vereker	MSEN		00:58:31
103	Barbara Savage	W50	Clayton	00:58:44
104	Nick Goligher	M40	Sedbergh School	00:58:57
105	Paul Corkill	M40	Levens Valley AC	00:59:12
106	Emma Blundell	WSEN	Lonsdale Fell Runners	00:59:15
107	Vinn Mcguire	M50		00:59:23
108	Jo Sumner	W40	Lancaster & Morecambe AC	00:59:32
109	Allan Sumner	M50	Lancaster & Morecambe AC	00:59:32
110	Lee Petch	M60	Bolton United Harriers And Athletic Club	00:59:53
111	Emma Winter	WSEN	Eden	00:59:56
112	Richard Simpson	M60	Dallam Running Club	00:59:59
113	Sarah Elliott	W40	Lancaster Runners	01:00:11
114	Mike Troup	M60	Ambleside AC	01:00:23
115	Carolyn Kevan	W60	Kendal AAC	01:00:45
116	Belinda Barclay	WSEN		01:00:49
117	John Pollard	M60	Glossopdale Harriers	01:01:01
118	David Morrison	M40	Burden Roadrunners	01:01:02
119	Brent Lindsay	M50	Penistone Footpath Runners	01:01:13
120	Kat Evans	WSEN	Ambleside AC	01:01:44
121	Martin Metcalfe	M60		01:01:49
122	Matthew Bluck	M40		01:01:55
123	Lynsey Hall	W40	Lancaster Runners	01:02:21
124	Rebecca Hodgson	WSEN	Helm Hill	01:02:24
125	Robyn Anderson	W40	Preston Harriers	01:02:54
126	Chris Giles	M50	Ambleside Ac	01:02:56
127	Michael Leck	M60		01:03:00
128	David Sandford	M50		01:03:01
129	Alan Kenny	M70	Achille Ratti	01:03:02

130	Andrew Briffett	M50		01:03:26
131	Julia Rolfe	W50	Lytham St. Annes Road Runners Club	01:03:33
132	Fran Connolly	WSEN	Blackpool Wyre & Fylde AC	01:04:30
133	Peter Reed	M60	NFR	01:04:33
134	Sara Cook	W40	Dallam Running Club	01:04:36
135	Anne Giles	W50	Ambleside Ac	01:04:49
136	Andrew Gittins	M50	Black Combe Runners	01:05:22
137	Pamela Hardman	W60	Lytham St. Annes Road Runners Club	01:05:32
138	Jenna Butler	W40	Helm Hill	01:05:48
139	Ruth Jennings	W40		01:06:27
140	Daisy Hollister	WU21	Dallam	01:06:46
141	Lindsay Buck	W50	Cumberland Fell Runners	01:06:56
142	Stephen Ralston	M50	Lonsdale	01:07:21
143	Sue Smith	W50	Morpeth Harriers & AC	01:07:34
144	Anna Haywood	W50		01:08:02
145	Peta Rowand	W40	Ambleside AC	01:08:05
146	Jennifer Burtonwood	W50	Blackpool Wyre And Fylde Athletics Club	01:09:02
147	Julia Patefield	W50	Garstang Running Club	01:09:09
148	Anne Briffett	W40		01:09:24
149	Amanda Fuller	W40	Blackpool Wyre & Fylde AC	01:09:25
150	Miriam Rosen	W70	Lancaster & Morecambe AC	01:10:55
151	Sarah Hollister	W50	Dallam Running Club	01:11:10
152	Elizabeth Adams	W40	Helm Hill	01:11:24
153	Wendy Smith	W40	Helm Hill	01:11:24
154	Jane Hylton	W50	Lancaster Runners	01:11:52
155	Robert Massey	W70	Blackpool Wyre & Fylde AC	01:12:22
156	Carole Cooper	W60		01:16:26
157	Chris Fisher	MSEN		01:16:27
158	Kate Melrose	W40		01:17:10
159	Sara Owen	W40	Lonely Goat Running Club	01:19:48
160	Donna Stretton	W40	Cumbria	01:19:48
161	Georgina Briffett	W40	Lancaster Runners	01:20:08
162	Kate Lenton	MU21		01:21:46
163	Phil Martin	M70	Bowland Fell Runners	01:21:59
164	Robert Hirst	M60	CLAYTON HARRIERS	01:26:42
165	John Taylor	M70	Bowland FR	DNF