

Pos	Name	Category	Club	Time
1	Tom Addison	MSEN	Helm Hill	40:46:00
2	Sam Stead	MSEN	Keswick AC	41:31:00
3	Martin Dawson	MV40	North Derbysre RC	42:05:00
4	Sam Fisher	MSEN	Howgill Harriers	42:47:00
5	Jack Eyre	MSEN	Eden Runners	43:51:00
6	Karl Steinegger	MSEN	Ambleside AC	44:57:00
7	Paul Reilly	MV40	Helm Hill	45:46:00
8	Dave Cope	MSEN	Howgill Harriers	46:06:00
9	Brian Pennington	MV40	Howgill Harriers	46:47:00
10	Sharon Taylor	FV40	Helm Hill	48:12:00
11	Harry Cooling	MSEN	Howgill Harriers	49:01:00
12	Rob Harper	MV50	Ambleside AC	49:04:00
13	Ross Jenkin	MSEN	Howgill Harriers	49:44:00
14	Thomas Walton	MSEN	Howgill Harriers	50:09:00
15	Elsie Butler	FSEN	Charnwood AC	50:25:00
16	John Messenger	MV40	Northern Fells	51:02:00
17	David Griffin	MV60	Helm Hill	51:14:00
18	Tim Jackson	MSEN	Eden Runners	51:47:00
19	Paul Nelson	MV50	Howgill Harriers	52:02:00
20	Jacob Dyer	MV40	Helm Hill	52:06:00
21	Antony Scott	MV50		52:28:00
22	Bianca Dyer	FV40	Helm Hill	52:45:00
23	Matthew Holroyd	MSEN	Settle Harriers	52:49:00
24	Gary Lane	MV50	Howgill Harriers	52:57:00
25	Sean Robinson	MV40	Howgill Harriers	53:17:00
26	Richard Timms	MV50	Settle Harriers	53:23:00
27	Christopher Green	MV40	Ambleside AC	53:26:00
28	Daniel Pincott	MSEN		53:26:00
29	Joshua David Lyndsay	MSEN	Howgill Harriers	54:01:00
30	James Renwick-Smith	MSEN	Howgill Harriers	54:13:00
31	Shaun Addison	MV60	Helm Hill	54:50:00
32	John Jones	MV50	Helm Hill	55:03:00
33	Michelle Foxwell	FV40	Ambleside AC	55:10:00
34	Steph Jones	FSEN	Ambleside AC	55:21:00
35	Daniel Wilson	MSEN	Cumberland AC	55:28:00
36	Clive Allen	MV50	Helm Hill	56:42:00
37	David Clark	MV40	Congleton Harriers	56:45:00
38	Rob Crawford	MV40	Howgill Harriers	57:36:00
39	Calum Stott	MSEN	Howgill Harriers	57:44:00
40	Alistair Kirkbride	MV50		58:27:00
41	Mike Buckman	MV40		58:36:00

42	Alison Wainwright	FV50	Dark Peak	58:43:00
43	Leanne Ayres	FSEN	Ambleside AC	58:49:00
44	Lyn Thompson	FV60	Keswick AC	59:09:00
45	David Burton	MV50	Keswick AC	59:13:00
46	Paul Kelly	MV60	Durham Fell Runners	59:29:00
47	Roger Quayle	MV60		59:47:00
48	Aly Raw	FV50		60:08:00
49	Jane Verity	FV40	Howgill Harriers	60:08:00
50	Chloe Brown	FSEN	Howgill Harriers	60:08:00
51	Richard Percival	MV40		60:33:00
52	Andy Evans	MV60	Settle Harriers	60:33:00
53	Jessica Penney	FSEN		60:38:00
54	Kate Ayres	FV60	Ambleside AC	61:43:00
55	Gareth Cozens	MV50	Howgill Harriers	61:45:00
56	Stuart Backhouse	MV50	Keswick AC	61:54:00
57	Paul Davison	MSEN	Howgill Harriers	61:59:00
58	Alex Kirby	MV40	Kendal Tri	62:10:00
59	Kate Newman	FSEN	Wharfedale Harriers	62:17:00
60	Debs Greaves	FV40	Howgill Harriers	62:23:00
61	Philip Stones	MV60		63:56:00
62	Andy Brayshaw	MV40	Helm Hill	63:57:00
63	Robin Haywood	MV50	Howgill Harriers	64:00:00
64	Jackie Chapman	FV60	Lakeland Orienteering Club	64:13:00
65	Juliet Eyre	FSEN	Eden Runners	65:19:00
66	Jim Fisher	MV60	Howgill Harriers	65:51:00
67	Clare Kent	FSEN	Eden Runners	66:01:00
68	Andy F	MSEN		66:03:00
69	Vicky O'Neill	FSEN		66:03:00
70	Rebecca Wilson	FSEN		66:52:00
71	Kate Brayshaw	FV40	Helm Hill	67:05:00
72	Adrain Verity	MV40	Howgill Harriers	67:07:00
73	Adam Hoyle	MV50	Howgill Harriers	67:39:00
74	Nicholas Downes	MV40	Cumberland AC	68:07:00
75	Zoe Robinson	FSEN	Howgill Harriers	68:12:00
76	Keith Butterworth	MV60	Clayton Le Moors Harriers	68:15:00
77	Catherine Simpson	FV40		69:44:00
78	Mark Graham	MV60	CFR	71:40:00
79	Lyndsay Harrod	FV50	Helm Hill	75:18:00
80	Wendy Smith	FV40	Helm Hill	81:11:00
81	Elizabeth Adams	FV40	Helm Hill	81:11:00