

Position	Race Number	Name		Category	Club	Time
1	573	Steve	Hebblethwaite	Msen	Keswick AC	34:32
2	502	Tom	Simpson	Msen	Ambleside AC	34:45
3	504	Matt	Reedy	M45	Ambleside AC	38:28
4	535	Sean	Lecky	Msen	Ambleside AC	38:37
5	507	Joe	Stringer	Msen	Northumberland FR	40:14
6	512	Rob	Brown	M40	Keswick AC	40:17
7	545	Tom	Watt	Msen	Ambleside AC	40:32
8	581	James	Harris	Msen	Ambleside AC	40:37
9	572	Brian	Pennington	M45	Howgill Harriers	40:40
10	514	Eve	Whitaker	U19G	Harrogate Harriers	40:46
11	557	Ali	Tod	M40	Northern Fells	41:15
12	516	Jacob	Tonkin	MSen	Keswick AC	41:32
13	517	James	Green	M40	Axe Valley	41:45
14	554	Jack	Gilbert	Msen	Cumberland FR	41:58
15	552	Arran	Horne	MU23	Northern Fells	42:08
16	571	Josh	Jardine	Msen	U/A	42:47
17	583	Sean	Bolland	M50	Bowland FR	42:57
18	501	Bryony	Halcrow	Wsen	Ambleside AC	43:11
19	580	Hamish	Carter	Msen	Eryri	43:27
20	579	Owen	Carter	Msen	Durham FR	43:31
21	509	Nigel	Wood	M45	Helm Hill	43:36
22	525	Sophie	Likeman	Wsen	Cumberland FR	43:39
23	575	James	Rafferty	Msen	Keswick AC	44:16
24	147	Alfie	Addison	U15B	Helm Hill	44:19
25	570	Ross	Coles	Msen	Cumberland FR	44:23
26	532	Dave	Hind	M40	Ambleside AC	44:24
27	562	Dave	Prosser	W55	Keswick AC	45:18
28	515	Peter	Taylor	M45	Cumberland FR	45:31
29	546	James	Haworth	M50	Keswick AC	45:49
30	559	Peter	Crompton	M65	Cumberland FR	45:58
31	510	Daniel	Worsell	Msen	Cumberland FR	47:43
32	578	Jon	Lawson	Msen	U/A	48:47
33	582	Guy	Illingworth	M55	Keswick AC	48:49
34	569	Georgia	Stevens	Wsen	Ambleside AC	48:54
35	537	Mike	Harrison	M50	Cumberland FR	49:07
36	568	Adam	Malloy	M40	Northumberland FR	49:09
37	551	Paul	Knowles	M50	Ambleside AC	49:12
38	547	Jim	Tyson	M45	Ambleside AC	49:13
39	539	Natalie	Hawkrigg	W50	Northern Fells	49:18
40	529	Richard	Baldwin	M40	Dark Peak	49:43
41	508	Elliott	Malloy	Msen	U/A	49:58
42	574	Zoe	Hebblethwaite	Wsen	Keswick AC	51:11
43	549	Lily	Higgins	WU23	Ambleside AC	51:22
44	553	John	Skelton	M45	Cumberland FR	51:27
45	506	Jane	Reedy	W45	Ambleside AC	51:30

46	555	Mark	Wise	M60	Cumberland FR	52:13
47	503	Paul	Simpson	M55	Ambleside AC	52:26
48	526	Neil	Weightman	M55	Northern Fells	52:31
49	558	Steve	Whitehurst	M55	U/A	52:47
50	531	Andrew	Greenstock	M45	U/A	52:54
51	565	Annabelle	Innerdale	W50	Eden Runners	53:20
52	541	Rachel	Towe	W45	Ambleside AC	54:03
53	522	Catherine	Sanderson	W50	Helm Hill	54:52
54	563	Jennie	Chatterley	W50	Cumberland FR	54:54
55	520	Colin	Valentine	M60	Keswick AC	55:07
56	564	Jonathan	Tombs	M50	Eden Runners	55:23
57	540	Chris	Curtis	M55	Northern Fells	55:26
58	543	Robert	James	M70	U/A	55:29
59	513	Charlotte	Hewitson	U15G	U/A	55:31
60	561	Gillian	Atkinson	W55	Keswick AC	55:33
61	538	Rose	Singleton	Wsen	Northern Fells	56:53
62	521	Izzy	Sanderson	U15G	Helm Hill	57:04
63	523	David	Sanderson	M55	Helm Hill	57:08
64	518	Niki	Rylance	W50	Ambleside AC	57:22
65	519	Jon	Rylance	M45	Ambleside AC	57:24
66	511	Don	Kershaw	M65	U/A	57:41
67	505	Lindsay	Buck	W60	Cumberland FR	57:53
68	566	Steven	Breeze	M50	Cumberland FR	58:13
69	567	Les	Barker	M50	Cumberland FR	58:17
70	530	Madleine	Greenstock	U19G	U/A	59:01
71	524	Nicky	Butler	W60	Keswick AC	60:54
72	556	Ann	Cummings	W60	Cumberland FR	60:58
73	545	Denise	Tunstall	W55	Durham FR	61:37
74	542	Jenny	Russell	W50	Northern Fells	63:10
75	576	Stan	Atkinson	M60	U/A	63:24
76	536	Ange	Jackson	W45	Cumberland FR	63:46
77	548	Holly	Gordon	Wsen	Ambleside AC	64:39
78	550	Nicola	Carruthers	W40	Northern Fells	67:13
79	560	Matt	Lees	M50	Bollington Harriers	67:21
80	587	Sian	Spencer	W40	Cumberland FR	69:37
81	534	Beth	Spurling	Wsen	U/A	72:35
82	533	Alsion	Wright	W55	Cumberland FR	73:53
83	528	Dot	Patton	W65	Cumberland FR	77:39
84	527	Jane	Mottram	W65	Cumberland FR	85:25