

Finish Position (Actual)	Name		Club	Category	Actual Time
1	Bobby	Gard-Storry	Eden	Msen	00:25:55
2	Jack	Gilbert	CFR	Msen	00:27:44
3	Mylo	Jewell	CFR	U17B	00:28:16
4	Ross	Coles	CFR	Msen	00:29:17
5	Peter	Crompton	CFR	M65	00:31:00
6	Ross	Butler	Keswick	M45	00:31:53
7	Jodie	Gray	Keswick	Wsen	00:31:57
8	Mike	Hawley	CFR	MSen	00:32:05
8	Rob	White	CFR	Msen	00:32:05
10	Calum	Fraser	CFR	Msen	00:33:17
11	Steve	Whitehurst	U/A	M55	00:33:35
12	Mark	Blackwell	CFR	M45	00:33:50
13	Ruth	Stanley	CFR	Wsen	00:34:52
14	Ben	Breeze	CFR	Msen	00:34:56
15	Juliet	Fullwood	CFR	Wsen	00:35:01
16	Caitlin	Pearson	CFR	Wsen	00:35:30
17	James	McLaughlin	CFR	M55	00:35:34
18	Rod	Welford	U/A	M55	00:35:43
19	Mark	Wise	CFR	M60	00:35:44
20	Jennie	Chatterley	CFR	W50	00:35:48
20	Ryan	Crellin	CFR	Msen	00:35:48
22	Darren	Parker	CFR	M55	00:36:53
23	Colin	Webb	CFR	M70	00:37:31
24	David	Burton	CFR	M60	00:37:53
25	Owen	Mills	Keswick	M50	00:37:57
26	David	Wood	CFR	Msen	00:38:05
27	Nicholas	Downes	CFR	M45	00:38:13
28	Hayley	Wood	Eden	Wsen	00:38:40
29	Matthew	Poulton	U/A	Msen	00:38:50
30	Colin	Valentine	Keswick	M60	00:39:47
31	Paul	Arts	CFR	M50	00:40:05
32	Mark	Cowperthwaite	Cumberland AC	M50	00:40:21
33	Gaz	Jones	U/A	Msen	00:40:23
34	Les	Barker	CFR	M55	00:40:24
35	Dyvia	Conlon	CFR	Wsen	00:41:46
36	Lindsay	Buck	CFR	W60	00:41:54
37	Ann	Cummings	CFR	W60	00:42:29
38	Vic	Wilson	CFR	W40	00:43:08
39	Tammy	Connor	CFR	W40	00:43:50
40	Steven	Breeze	CFR	M50	00:44:30
41	Andrew	Kelly	Cumberland AC	M45	00:45:15

42	Laura	Tomlinson	U/A	Wsen	00:51:54
43	Philip	Hawley	CFR	M70	00:51:57
44	Alison	Whitehurst	CFR	W55	00:52:26
45	Jane	Mottram	CFR	W65	00:54:33
46	Mike	Hind	Borrowdale	M70	00:54:52
47	Susan	Routledge	Tri Lakeland	W45	00:55:23
48	Andrew	Routledge	Tri Lakeland	M45	01:08:33