

Table 1

TOM SIMPSON	27.48	MSEN	AMBLESIDE AC
MATTHEW ELKINGTON	28.02	MSEN	AMBLESIDE AC
DAVID LEWIS	28.16	MSEN	DARK PEAK
JACK WRIGHT	29.02	MSEN	AMBLESIDE AC
JOSE CONCHE	29.08	MSEN	AMBLESIDE AC
WILLIAM WEATHERILL	29.12	MSEN	AMBLESIDE AC
TOM WATT	29.16	MSEN	AMBLESIDE AC
BOBBY GARD-STORRY	29.34	MSEN	AMBLESIDE AC
SEAN LECKEY	29.36	MSEN	AMBLESIDE
ROSS SPALDING	29.46	MSEN	HOWGILL HARRIERS
MATTHEW BRIGGS	30.18	MSEN	HELM HILL
FELIX BAXTER	30.21	MSEN	AMBLESIDE AC
STEVE JAQUES	30.57	MV40	AMBLESIDE AC
ROB JEBB	31.23	MV50	HELM HILL
DAVE THORP	31.47	MSEN	AMBLESIDE AC
MIKE BARRON	31.50	MSEN	AMBLESIDE AC
EVE PANNONE	32.02	FSEN	AMBLESIDE AC
JACK BYRNE	32.18	MSEN	U/A
BEN PROCTOR	32.23	MV40	HELM HILL
JAVIER SIMON	32.39	MV50	HELM HILL
JOHN OCRENDEN	33.52	MSEN	HBT
ED NEWBOULD	34.35	MSEN	HELM HILL
ROBERT SHORT	34.40	MSEN	AMBLESIDE AC
DAVID GOADBY	34.58	MV40	HELM HILL
MATT REEDY	35.13	MV50	AMBLESIDE AC
ROWAN WOOD	35.37	MV40	LONSDALE
URSULA CATTEN	35.55	FSEN	YORK KNARESMIRE
CRAIG BURROW	36.04	MV50	HELM HILL
ROBERT CRANHAM	36.22	MV40	BARLICK F.R
ALEX HAYES	36.35	MSEN	HELM HILL
ROSE PEARSON	36.38	FSEN	U/A
MICHAEL KEARNEY	36.51	MV40	HELM HILL
ROBERT BOND	36.57	MSEN	U/A
SAM CLOUGH	37.02	MSEN	HELM HILL
DAVID HEWITT	37.08	MSEN	AMBLESIDE AC
SIMON WHITTAKER	37.32	MV40	HELM HILL
TOM WARD	37.36	MSEN	AMBLESIDE AC
ANNIE SOPER	37.54	FSEN	AMBLESIDE AC
PHIL RILEY	37.55	MV50	HELM HILL
JONATHON CADE	37.56	MSEN	U/A
TIM COWIN	38.06	MV50	HELM HILL
NIRAD ABROL	38.28	MSEN	HELM HILL
AMY BOUSTEAD	38.30	FV40	HELM HILL
REBECCA HOVE	38.47	FSEN	AMBLESIDE AC
BIANCA DYER	39.02	FV50	HELM HILL
JOHN NICOL	39.10	MV50	BORROWDALE
JOHN BAGGE	39.19	MV60	HELM HILL
ALASDAIR MUIR	39.27	MV50	U/A
SEAN ROBINSON	40.02	MV40	HOWGILL HARRIERS

CHLOE LUMSDON	40.09	FSEN	HELM HILL
ALASDAIR STEVENS	40.45	MSEN	FUL-ON
ROBERT MOFFAT	40.53	MSEN	HELM HILL
JACK FOGARTY	41.16	MSEN	AMBLESIDE AC
JANIE OATES	41.27	FSEN	HELM HILL
CLAIRE KENNEDY	41.34	FSEN	HELM HILL
ZACH THOMAS	41.38	MSEN	HELM HILL
ROBERT McCURN	41.54	MSEN	U/A
PATRICK McIVER	42.18	MV60	HOWGILL HARRIERS
KATIE PERCIVAL	42.43	FSEN	AMBLESIDE AC
PAUL KNOWLES	43.05	MV50	AMBLESIDE AC
OLLY BENSON	43.25	MV40	U/A
JONATHAN OLIPHANT	43.31	MV40	U/A
JO WILKINSON	44.13	FV50	HELM HILL
OWEN MILLS	44.22	MV50	KESWICK AC
MIKE FALGATE	44.46	MV60	HELM HILL
SAMUEL COOKE	45.00	MSEN	BILLINGE RUNNING CLUB
DARREN PARKER	45.08	MV60	CUMBERLAND FELL RUNNERS
JANE REEDY	45.09	FV50	AMBLESIDE AC
LIZ WHITFIELD	45.36	FV40	HELM HILL
ROWENA BROWNE	45.48	FV60	BOWLAND
ESTHER LAMBERT	47.59	FSEN	HELM HILL
VICKY SHERRINGHAM	48.27	FV50	HELM HILL
BEN EASTHAM	48.52	MSEN	U/A
JO WILCOX	49.11	FV50	HELM HILL
VICKY WOOF	49.43	FSEN	HELM HILL
STEVE WRIGLEY	50.35	MV60	U/A
COLIN VALENTINE	52.59	MV60	KESWICK AC
JIM FISHER	53.11	MV60	HOWGILL HARRIERS
ZOE ROBINSON	54.19	FV40	HOWGILL HARRIERS
ANNA MURRAY	57.06	FV60	HELM HILL
LOU BLAND	57.22	FV50	HELM HILL
KATHARINE SHRINE	58.48	FV50	HELM HILL
DENISE TUNSTALL	1.02.32	FV60	DURHAM FELL RUNNERS
KATIE ALLEN	1.03.13	FV50	FRA
JAY HUTCHINSON	DNF	MSEN	TRAFFORD AC