

Position	Name	Category	Club	Time
1	Jack Wright	MSEN	Ambleside AC	0:28:04
2	Tom Simpson	MSEN	Ambleside AC	0:28:10
3	Gavin Dale	MSEN	Ambleside AC	0:28:21
4	Ross Spalding	MSEN	Howgill Harriers	0:28:29
5	Matthew Elkington	MSEN	Ambleside AC	0:29:14
6	Sean Leckey	MSEN	Ambleside AC	0:29:26
7	Sam Burnstone	MSEN	Helm Hill	0:29:28
8	Peter Stock	MSEN	Helm Hill	0:29:58
9	Jack Robinson	MSEN	Ambleside AC	0:30:13
10	Seth Kennard	MSEN	Lonsdale Fellrunners	0:30:14
11	Simon Rowe	M40	Ambleside AC	0:31:02
12	Ross Bibby	M40	Helm Hill	0:31:41
13	Barney Plummer	MSEN	Helm Hill	0:32:14
14	Matt Reedy	M40	Ambleside AC	0:32:18
15	Robert Short	MSEN	Ambleside AC	0:32:42
16	Chris Owens	MSEN	Ambleside AC	0:33:05
17	Scott Rose	M40	Helm Hill	0:33:11
18	Jack Simpson	MSEN	UA	0:33:40
19	Matt Clark	MSEN	Ambleside AC	0:34:02
20	Kelli Roberts	WSEN	Helm Hill	0:34:09
21	Katie Lord	WSEN	Ambleside AC	0:34:29
22	Alex Devito	MSEN	Ambleside AC	0:34:40
23	David Hewett	MSEN	UA	0:35:28
24	David Goaddy	MSEN	Ambleside AC	0:36:01
25	Tim Reid	MSEN	Ambleside AC	0:36:21
26	Jonathan Price	MSEN	UA	0:36:21
27	Tom Kenny	MSEN	UA	0:36:22
28	Thomas Ward	MSEN	Ambleside AC	0:36:23
29	Ryan Edy	MSEN	OAD	0:36:25

30	Sophie Allen	WSEN	Ambleside AC	0:36:27
31	Edward Jerry	U23	Howgill Harriers	0:36:41
32	Martin Bailey	MSEN	UA	0:36:44
33	Dan Bell	MSEN	Ambleside AC	0:36:55
34	Chloe Lumsdon	WSEN	Helm Hill	0:37:30
35	Phil Riley	M40	Helm Hill	0:37:36
36	Alex Hayes	MSEN	UA	0:38:26
37	Jonathan Cade	MSEN	UA	0:38:30
38	Janie Oates	WSEN	Helm Hill	0:38:34
39	Katie Percival	WSEN	Ambleside AC	0:38:41
40	Hannah Barber	WSEN	Helm Hill	0:38:53
41	Sean Robinson	M40	Howgill Harriers	0:39:01
42	Darrren Graham	M50	Todmorden Harriers	0:39:09
43	Joe Fisher	MSEN	Ambleside AC	0:39:28
44	Paul Simpson	M60	Ambleside AC	0:39:44
45	Daniel Carriucca	M40	UA	0:39:50
46	Pete Hopley	M50	Ambleside AC	0:39:57
47	Ollie Fenton	MSEN	UA	0:40:04
48	Jonathan Lyon	M40	UA	0:40:08
49	Paul Knowles	M50	Ambleside AC	0:40:26
50	John Bagge	M60	Helm Hill	0:40:32
51	Ellie Simmonds	WU23	Helm Hill	0:40:38
52	Jim Tyson	M50	Ambleside AC	0:40:43
53	Ryan Campbell	MSEN	Lonsdale Fellrunners	0:40:45
54	Matthew Murgatroyd	MSEN	Ambleside AC	0:40:47
55	Loyd Purvoi	M50	UA	0:41:01
56	Lee Procter	M40	Helm Hill	0:41:02
57	Simon Eastwood	M50	Swansea Harriers	0:41:06
58	Tom Richardson	M40	UA	0:41:14

59	Johnny Dodgin	V40	UA	0:41:21
60	Peter Lawson	MSEN	Howgill Harriers	0:41:30
61	Jane Reedy	W40	Ambleside AC	0:41:36
62	Holly Gordon	WSEN	Ambleside AC	0:41:40
63	Catherine Houston	W40	Helm Hill	0:41:54
64	John Jones	M60	Helm Hill	0:42:26
65	Charlotte Williamson	WSEN	Helm Hill	0:42:45
66	Corrin Stock	WSEN	Helm Hill	0:42:57
67	Rachael Macpherson	WSEN	Lochaber Athletic Club	0:43:04
68	Rachel Simpson	WSEN	Helm Hill	0:43:23
69	Julian Donnelly	M60	Black Combe Runners	0:43:31
70	Vicky Woof	WU23	Howgill Harriers	0:43:44
71	Rowena Browne	W60	Bowland Fell Runners	0:43:49
72	Leanne Priseman	WSEN	Helm Hill	0:44:03
73	Phil Soan	M50	UA	0:44:11
74	Jack Frogarty	MSEN	Ambleside AC	0:44:42
75	Sophie Owen	WSEN	Ambleside AC	0:44:50
76	Esther Lambert	WSEN	Helm Hill	0:45:20
77	Liz Whitfield	W40	Helm Hill	0:46:29
78	Jamie Dalton	V40	UA	0:48:21
79	Fiona Morphet	WSEN	Helm Hill	0:48:23
80	David Appleyard	M60	Helm Hill	0:49:03
81	Anna Woodall	WSEN	UA	0:49:30
82	Rosie Taylor	WSEN	Helm Hill	0:50:10
83	Vicky Atkinson	V50	Helm Hill	0:50:14
84	Mike Peat	M60	Lonsdale Fellrunners	0:50:17
85	Jim Fisher	M60	Howgill Harriers	0:51:16
86	Vicky Sherrington	W50	Helm Hill	0:51:54
87	Zoe Robinson	W40	Howgill Harriers	0:52:43

88	Josie Banford	WSEN	UA	0:57:46
89	Angela Burley	W60	Helm Hill	0:57:53
90	Victoria McGarry	W50	Helm Hill	1:12:34