

Dale Head : 16th September 2018

<u>Position</u>	<u>No</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	30	Ted Ferguson	Borrowdale	U23	51.13
2	6	Rob Brown	Keswick AC	Sen	54.49
3	15	Arthur Raffle	Altrincham	U23	55.22
4	17	Simon Netherway	Keswick AC	Sen	55.43
5	31	Steve Halsall	Keswick AC	Sen	56.00
6	26	Harry Shuell	Ambleside AC	Sen	57.49
7	9	Dave Lund	Dark Peak	Sen	58.10
8	19	James Harris	Black Combe	Sen	58.25
9	28	Tomaso Migliuolo	Cheltenham H	Sen	61.51
10	21	Craig Smith	Keswick AC	V50	63.49
11	29	Pez Bullen	Keswick AC	V50	64.21
12	18	David Middlemas	Valley Str.	V40	65.24
13	2	Leigh Warburton	Bowland	V60	66.12
14	23	Matthew Jackman	Ambleside AC	Sen	68.24
15	32	Lucy Spain	Helm Hill	LSen	68.31
16	7	James Scott	Keswick AC	Sen	68.40
17	8	Keith Loan	Keswick AC	V60	68.54
18	34	Harry Chadwick		Sen	69.28
19	14	Peter McAvoy	C.F.R.	V40	69.59
20	10	Darren Parker	C.F.R.	V50	70.20
21	12	Steve Jones	Keswick AC	V40	71.34
22	33	Will Spain	Dark Peak	Sen	73.13
23	3	Craig Barker	Eden Runners	V40	73.54
24	20	Simon Veitch	Keswick AC	V50	74.18
25	4	Marie Robson	Helm Hill	LV50	74.39
26	22	Gary Mason	Keswick AC	V50	74.59
27	1	Stuart Backhouse	Keswick AC	V50	76.57
28	11	Allon Welsh	Northumberland F.R.	V50	80.19
29	13	Julie Carter	Keswick AC	LV50	81.10
30	5	Lesley Malarkey	Keswick AC	LV60	82.41
31	27	David Fell	C.F.R.	V70	85.54
32	16	Max Howard	Retford AC	V50	89.54
33	35	Leon Crossfield	Keswick AC	V50	91.46
34	25	Leslie Cavill	Morpeth H	V60	91.47
35	24	Gwenda Cavill	Morpeth H	LV50	94.35