

<u>Place</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>
1	Jonathan Cox	M	Eden Runners	00:31:38
2	Bertie Houghton	M	Dark Peak Runners	00:31:43
3	Steven Halsall	M	Keswick AC	00:32:04
4	Harry Cooling	M	Howgill Harriers	00:32:13
5	Matthew Atkinson	M	Keswick AC	00:32:47
6	Hamish Murray	M	Keswick AC	00:34:16
7	Ben Bardsley	M50	Borrowdale Fell Runners	00:34:39
8	Howard Seal	M40	Derwent AC	00:34:47
9	Tobias Barthelms	M	Keswick AC	00:35:29
10	Caleb Winfield	MU23		00:35:36
11	Phil Winskill	M40	Keswick AC	00:36:11
12	Jacob Winfield	MU23	Pennine	00:36:21
13	Lee Procter	M40	Helm Hill Runners	00:36:23
14	Dave Cope	M	Howgill Harriers	00:36:27
15	Simon Darmody	M40	Keswick AC	00:37:09
16	Andy F	M		00:37:10
17	Jos Addison	M		00:37:12
18	Jacob Tonkin	M	Keswick AC	00:37:15
19	Nat Winfield	M40	Pennine	00:37:45
20	John Boyle	M50	Cumberland Fell Runners	00:37:58
21	Dave Prosser	M50	Keswick AC	00:37:59
22	James Beckingham	M40		00:38:14
23	Daniel Pons	M		00:38:18
24	Stephen Pearce	M40	Eden Runners	00:38:19
25	John Donneky	M40	Derwent AC	00:38:32
26	Simon Mounser	M50	Howgill Harriers	00:38:41
27	Chris Knowles	M60	Ellenborough RC	00:39:00
28	Shirley Murray	F	Keswick AC	00:39:12
29	Adam Jackson	M50	Northern Fells	00:39:17
30	Chris Neil	M40	Eden Runners	00:39:33
31	Ben Still	M50		00:39:44
32	Guy Illingworth	M50	Keswick AC	00:39:52
33	James Haworth	M50	Keswick AC	00:40:24
34	Adam Marcinowicz	M40	Keswick AC	00:40:27
35	Rhiannon Douglas	F	Border Harriers	00:40:33
36	Niamh Hunter	FU23	Edin Uni Hare & Hounds	00:40:43
37	Ian Elsby	M40	Knutsford Tri Club	00:41:07
38	Ed Chittenden	M	Dark Peak Runners	00:41:13
39	John Bagge	M60	Helm Hill Runners	00:41:14
40	John Duff	M50	Northumberland Fell Runners	00:41:23
41	Matthew Gittins	M	Didsbury Runners	00:41:43
42	Jenn Bell	F	Keswick AC	00:41:54
43	David McCabe	M40	Trawden AC	00:41:57
44	Darren Wylie	M40	Ellenborough RC	00:42:34
45	Thomas Atkinson	M		00:42:37
46	James McMurtry	M50	Ashbourne RC	00:42:41
47	Simon Thompson	M40	Keswick AC	00:42:46
48	Jeff Henderson	M50	Keswick AC	00:42:47
49	William Atkinson	MU23		00:42:53

50	Tom Sutton	M40	Keswick AC	00:43:06
51	Stefanie Ervine	F	Keswick AC	00:43:13
52	Jonathan Heaney	M40		00:43:20
53	Peter German	M40	Helm Hill Runners	00:43:22
54	Jackie Murdy	F50	South Shields Harriers	00:43:25
55	Paul O'Neigl	M40	Harpenden ARO Runners	00:43:33
56	Lucy Spain	F	Helm Hill Runners	00:43:47
57	Trudy Beetham	F40	Keswick AC	00:44:26
58	Mike Mainprice	M40	Derwent AC	00:44:37
59	Robin Steels	M40		00:44:58
60	Mark Fleming	M50	Keswick AC	00:44:58
61	Sean Robinson	M40	Howgill Harriers	00:45:03
62	David Langridge	M40	Bollington Harriers	00:45:18
63	Sally Braithwaite	FU23	Eden Runners	00:45:22
64	Christopher Wichert	M		00:45:27
65	Rob Winfield	M40		00:45:52
66	Darryl Saunders	M	Keswick AC	00:46:24
67	Joseph Pollard	M		00:46:46
68	Edward Linsey	M		00:47:01
69	Andrew Rogers	M	St Bees Triers	00:47:34
70	Ali Richards	F40	Helm Hill Runners	00:48:09
71	Paul Morris	M60	Keswick AC	00:48:38
72	Jon Tombs	M50	Eden Runners	00:49:10
73	Lynne Hume	F40	Keswick AC	00:49:17
74	Helen Heaney	F40	north shields poly	00:49:47
75	Gillian Atkinson	F50	Keswick AC	00:49:52
76	Debbie Walker	F40	Derwent AC	00:50:36
77	Nigel Braitwaite	M50	Eden Runners	00:52:22
78	Andrew Grimshaw	M40		00:54:42
79	Charlotte Rawcliffe	F40		00:54:42
80	Rebecca Pollard	F		00:54:45
81	Neil Vorgter	M		00:54:53
82	Tim Hooper	M50		00:55:40
83	Nicky Butler	F60	Keswick AC	00:55:42
84	Lesley Malarkey	F70	Keswick AC	00:57:48
85	Jack King	M70	Cumberland Fell Runners	00:57:52
86	Zoe Robinson	M40	Howgill Harriers	00:59:22
87	James Morris	M40	Keswick AC	00:59:33
88	Laura Wylie	F	Cumberland AC	01:02:20