

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	Matthew Atkinson	Keswick AC	M	51.28
2	Jack Scott	Inov-8	M	51.40
3	Orran Smith	Manx FR	M40	54.48
4	Daniel Thacker	Keswick AC	M	57.47
5	Samuel Jones	Manx FR	M	58.17
6	Lloyd Taggart	Manx FR	M50	58.30
7	Michael McGleenan		M	58.41
8	Nick Hepburn-Fish	Borrowdale	M50	59.50
9	Simon Netherway	Keswick AC	M40	59.56
10	Henry Fox	Slaithwaite Str	MU23	60.01
11	Tom Cringle	Manx Fr	M40	60.32
12	Andy F		M	61.36
13	Lewis James		M	61.45
14	James Neilson		M	65.33
15	Joseph Bond	Manx FR	M	66.20
16	Barry Wilkinson	Borrowdale	M50	67.26
17	Jackie Lee	Eryri H	F40	68.54
18	Jack Fullerton	Cortsorphine AC.	M	69.16
19	Charlie Whipp	Manx FR	M40	69.37
20	Jonathan Frike		M	74.32
21	Keith Loan	Keswick AC	M60	74.52
22	Rory Hand	Ricmond & Zetland H	M	75.24
23	Bill Beckett	Chorley	M50	75.50
24	Robin Dow	Keswick AC	M40	75.58
25	Randolph Haggerty	Kirkstall Harriers	M50	76.19
26	Colin Valentine	Keswick AC	M60	77.10
27	Stuart Allan	C.O.L.T.	M50	79.32
28	Jon Tombs	Eden R	M50	84.02
29	Bertie Heath		M	84.43
30	John Jones	Helm Hill	M60	85.30
31	Jonny Martin	Tri-Lakeland	M	86.50
32	Max Howard		M60	87.09
33	Richard Robinson	Keswick AC	M40	87.30
34	Gillian Atkinson	Keswick AC	F50	88.03
35	John Orell	FRA	M50	88.41
36	Jim Paxman	Dark Peak	M60	90.17

37	Lesley Malarkey	Keswick AC	F70	97.28
38	Richard Mellor		M50	107.23
39	Calvin Ferguson	Blackburn Harriers	M	109.48
40	Rachel Knight	Keswick AC	F	118.23
41	Jacob Tonkin	Keswick AC	M	118.27