

Results				
Pos	Name	Club	Cat	Time
1	Jose Concha	Helm Hill Runners	MSEN	31:14
2	Jack Robinson	Ambleside AC	MSEN	31:57
3	Will Barton	Ambleside AC	MSEN	32:20
4	Matt Nichols	Eden Runners	MSEN	32:53
5	Ben Nutter	Border Harriers	MU19	32:57
6	Ben Jarvis	Unattached	MSEN	33:19
7	Ben Barker	Keswick AC	MSEN	33:21
8	Andy Fidrmuc	Unattached	MSEN	33:28
9	David Mirfield	Barlikk Fell Runners	MV40	33:33
10	Zack Archbold	Unattached	MSEN	33:53
11	Richard Wilson	Kendal AC	MV40	34:38
12	Kieran Hodgson	Helm Hill Runners	MV40	34:56
13	Paul Livesey	Unattached	MSEN	35:35
14	Alex Ing-Simmons	Keswick AC	MSEN	35:40
15	Thomas Parmenter	Unattached	MU23	35:47
16	Graham Lewis	Northern Fells Runr	MSEN	35:53
17	Ryan Bull	Keswick AC	MSEN	36:01
18	Samuel Barton	Eden Runners	MSEN	36:05
19	Celia Powell	Ambleside AC	FSEN	36:06
20	Ben Abdelnoor	Ambleside AC	MV40	36:15
21	Hannah Havelock-Allan	Keswick AC	FSEN	36:17
22	Max Buttinger	Keswick AC	MV40	36:19
23	Guy Illingworth	Keswick AC	MV50	36:21
24	Simon Mounsey	Howgill Harriers	MV50	36:29
25	Niamh Hunter	Edinburgh Uni Hare	FSEN	37:02
26	Eoin McGleenan	Unattached	MSEN	37:32
27	James Neilson	Unattached	MSEN	37:38
28	Adam Malloy	Ambleside AC	MV40	37:46
29	Daniel Grisedale	Cumberland Fell Ru	MSEN	37:54
30	Ashly Fryer	Ellenborough AC	MSEN	38:06

Prizes	
Male	Female
1 Jose Concha	1 Celia Powell
2 Jack Robinson	2 Hannah Havelock-Allan
3 Will Barton	3 Niamh Hunter
4 Matt Nichols	4 Jodie Gray
5 Ben Nutter	5 Robyn Beaty
MU19	FU19
1 Ben Nutter	1 -
2 -	2 -
3 -	3 -
MU23	FU23
1 Ben Nutter	1 -
2 Thomas Parmenter	2 -
3 Isaac Robinson	3 -
MV40	FV40
1 David Mirfield	1 Hazel Davies
2 Richard Wilson	2 Jennie Chatterley
3 Kieran Hodgson	3 Angela Wilson
MV50	FV50
1 Guy Illingworth	1 Hazel Davies
2 Simon Mounsey	2 Jennie Chatterley
3 Mark Bullock	3 Angela Wilson
MV60	FV60
1 Steve Freeman	1 Isobel Graham
2 Paul Morris	2 Nicky Butler
3 Patrick Holmes	3 Jill Libby

31	Isaac Griffiths	Crystal Palace Triat	MSEN	38:12
32	Jodie Gray	Keswick AC	FSEN	38:20
33	Simon West	Keswick AC	MV40	38:31
34	Nick Taylor	Billinge Running Clu	MSEN	38:50
35	Oliver Barker	Unattached	MSEN	38:54
36	Lochlan Dulson	Unattached	MSEN	38:55
37	Gareth Cavanagh	Cumberland AC	MSEN	38:58
38	Finn Haworth	Keswick AC	MSEN	39:24
39	Adam Marcinowicz	Keswick AC	MV40	39:28
40	Sam Smith	Unattached	MSEN	39:30
41	Joe Yates	Unattached	MSEN	39:36
42	Robert Crawford	Howgill Harriers	MV40	39:43
43	David Brown	Northern Fells Runr	MSEN	39:45
44	Aidan McGleenan	Unattached	MSEN	40:10
45	Sean Robinson	Howgill Harriers	MV40	40:15
46	Mark Bullock	Cumberland Fell Ru	MV50	40:21
47	Robyn Beaty	Unattached	FSEN	40:46
48	Michael McGleenan	Unattached	MSEN	40:47
49	Hughie Pollen	Unattached	MSEN	40:52
50	Carl Bradford	Keswick AC	MV50	41:00
51	Alexander Jones	Unattached	MV40	41:04
52	James Bridgewater	Derwent AC	MV40	41:07
53	Darren Graham	Todmorden Harrier	MV50	41:10
54	Chris Draper	Cumberland Fell Ru	MV40	41:25
55	Freya Billinghamurst	Netherhall AC	FSEN	42:30
56	Ian Wilson	Howgill Harriers	MV40	42:40
57	Andy Brunton	Dark Peak Fell Runr	MV40	42:45
58	Kieran Lynch	St Finbarrs	MV50	42:46
59	Douglas Furlong	Ely Runners	MSEN	42:49
60	Steve Freeman	Ambleside AC	MV60	42:56
61	Paul Wilson	Summit Ultra	MV40	43:08
62	Mike Eddy	Ambleside AC	MV50	43:13
63	Paul Morris	Keswick AC	MV70	43:15

	<u>MV70</u>	<u>FV70</u>
1	Paul Morris	1 Lesley Malarkey
2	-	2 -
3	-	3 -
	<u>Mens Teams</u>	<u>Womens Teams</u>
1	Ambleside AC (24)	1 Keswick AC (14)
2	Jack Robinson	2 Hannah Havelock-Allan
3	Will Barton	4 Jodie Gray
19	Ben Abdelnoor	8 Hazel Davies
2	Keswick AC (38)	2 Derwent AC (68)
7	Ben Barker	14 Isobel Graham
14	Alex Ing-Simmons	20 Tamsin Cass
17	Ryan Bull	34 Naomi Le Voi
3	Eden Runners (81)	3 - (-)
4	Matt Nichols	
18	Samuel Barton	
59	Jon Tombs	

64	Anna Robson	Unattached	FSEN	43:35
65	Sean Pollen	Unattached	MSEN	43:39
66	Jon Tombs	Eden Runners	MV50	43:50
67	James Morris	Keswick AC	MV40	44:07
68	Hazel Davies	Keswick AC	FV50	44:10
69	Lucy Treleaven	Stopsley Striders	FSEN	44:11
70	Patrick Holmes	Keswick AC	MV60	44:12
71	Jennie Chatterley	Cumberland Fell Ru	FV50	44:14
72	Angela Wilson	Summit Ultra	FV50	44:20
73	Amy Postlethwaite	Ambleside AC	FSEN	44:22
74	Josh Bawie	Unattached	MSEN	44:23
75	Paul Dyson	Unattached	MSEN	44:28
76	Katie Milburn	Eden Runners	FV40	44:32
77	Barney Horne	Calder Valley Fell R	MV40	44:57
78	John Bowman	Howgill Harriers	MSEN	45:08
79	Paul Arts	Cumberland Fell Ru	MV50	45:10
80	David Wright	Newbury AC	MV50	45:12
81	Isobel Graham	Derwent AC	FV60	45:21
82	Magda Trafas	Northern Fells Runr	FV40	45:24
83	David Wood	Cumberland Fell Ru	MSEN	45:47
84	Robert Jones	Keswick AC	MSEN	46:07
85	Glyn Blakey	Keswick AC	MV50	46:35
86	Isaac Robinson	Howgill Harriers	MU23	46:38
87	Stewart Gourlay	Unattached	MV50	46:39
88	Mark Osborne	Keswick AC	MV60	46:41
89	Hayley Smith	Billinge Running Cl	FSEN	46:43
90	Steph Illingworth	Keswick AC	FV50	46:51
91	George Hogarth	Unattached	MSEN	47:06
92	Corinne Cummings	Keswick AC	FV50	47:10
93	Louise Brown	Keswick AC	FV50	47:11
94	Mike Cottrill	Unattached	MV40	47:12
95	James Jardove	Eden Runners	MV40	47:15
96	Tamsin Cass	Derwent AC	FV40	47:22

97	Mike Beechey	Keswick AC	MV50	47:32
98	Naomi Hartopp	Hillsborough & Rive	FSEN	47:42
99	Kirsty Rowell	Summit Ultra	FSEN	47:50
100	Debbie Charlton	Keswick AC	FV40	48:01
101	Darren Parker	Cumberland Fell Ru	MV50	48:09
102	Hannah Bradshaw	Tri Lakeland	FSEN	48:14
103	Christine Fritsch	Unattached	FV50	48:20
104	Clive Bontoft	Derwent AC	MV60	48:24
105	Hannah Blair	Keswick AC	FSEN	48:26
106	Jamie Chaplin-Brice	Unattached	MSEN	49:01
107	Nicky Butler	Keswick AC	FV60	49:23
108	Martin Brockett	Keswick AC	MV50	49:39
109	Rob Bell	Summit Ultra	MSEN	49:57
110	Emma Griffiths	Crystal Palace Triat	FSEN	49:59
111	Colin Valentine	Keswick AC	MV60	51:21
112	Les Barker	Cumberland Fell Ru	MV50	51:35
113	Phillipa Haworth	Keswick AC	FSEN	51:59
114	Keith Butterworth	Clayton Le Moors F	MV60	52:01
115	Michelle Tones	Keswick AC	FV50	52:56
116	Jill Libby	Eden Runners	FV60	53:23
117	Zoe Robinson	Howgill Harriers	FV40	54:09
118	Ryan Harris	Keswick AC	MSEN	55:13
119	Karen Fyles	Howgill Harriers	FV50	56:05
120	Naomi Le Voi	Derwent AC	FSEN	57:09
121	Gemma Colling	Summit Ultra	FSEN	58:02
122	Lesley Malarkey	Keswick AC	FV70	58:14
123	Louise Bland	Helm Hill Runners	FV50	59:06
124	Sarah Chaudhri	Derwent AC	FV60	1:00:33