

Pos	Name	Category	Club	Time
1	Garry Greenhow		Ambleside	02:00:45
2	Pete Bray		Ambleside	02:01:55
3	Jack Wright		Ambleside	02:02:53
4	Ben Abdelnoor		Ambleside	02:03:57
5	Mark Roberts	M50	Borrowdale	02:07:12
6	Paul Tierney		Ambleside	02:08:07
7	Tom Brunt	M40	Dark Peak	02:09:23
8	Harry Bolton	MU23	Keswick	02:10:42
9	James Harris		Ambleside	02:12:02
10	Tom Simpson		Ambleside	02:12:19
11	Rob Fielding	M40	Sedbergh School	02:12:29
12	Andy Laycock		Clayton	02:12:44
13	Charlie Lowther	M40	Eden	02:12:54
14	Keiran Hodgson	M40	Helm Hill	02:14:41
15	Steven Jacques	M40		02:14:46
16	David Bagot		Clayton	02:16:52
17	Ian Barnes		Ambleside	02:17:06
18	Phil Archer		Cumberland FR	02:19:51
19	Jon Deegan	M50	Ambleside	02:20:27
20	Hugo Hunt		Ambleside	02:20:36
21	Tim Grimmond		Swaledale Runners	02:20:42
22	Paul Cornforth	M50	Ambleside	02:21:01
23	Dave Wood	M40	Pennine FR	02:21:34
24	Ian Symington	M40	Todmorden Harriers	02:22:06
25	Ed Gamble	M50	Cheshire HR	02:22:48
26	Ben Gibbons			02:22:52
27	James Allard		Wharfedale	02:23:35
28	Adam Jackson	M40	Northern Fells	02:24:01
29	Andrew Holmes	M40	Pennine FR	02:24:30
30	Oliver Wade		Bowland	02:25:06
31	Chris Lister		Ellenborough	02:25:40
32	Chris Huggett			02:26:00
33	Peter Watson		Matlock AC	02:26:09
34	Mark Taylor	M40	Calder Valley	02:26:40
35	Dave Nuttall	M50	Bowland	02:26:47
36	Scott Morley		Eden	02:27:17
37	Sam Downey	M40	Keighley & C	02:27:20
38	Rob Harper	M50	Ambleside	02:28:36
39	Tim Culshaw		Glossopdale H	02:28:53
40	Chris Owens			02:29:05
41	Darren Fishwick	M40	Chorley A+T	02:29:06

42	David Williams		Ellenborough AC	02:30:33
43	Andrew Wainwright	M50		02:30:40
44	Matt Owens	M40	Chorlton R	02:30:45
45	Steve Swarbick	M40	Bowland FR	02:31:23
46	Gary Thorpe	M50	Ambleside	02:31:45
47	Nick Hammond	M40	Framlington Flyers	02:31:59
48	Natalie Beadle	WU23	Oxford Uni AC	02:32:06
49	Karl Webster	M40	Matlock AC	02:32:13
50	Mark Irving		Bowland FR	02:32:15
51	Tom Lynch		Otley AC	02:32:16
52	AnnaLupton	W40	Black Combe R	02:32:22
53	Philip Pearson	M60	Northern Fell RC	02:32:46
54	Mark Whittaker	M40		02:33:10
55	Daniel Jones		Eden Runners	02:33:42
56	Simon McCarthy		Ellenborough AC	02:34:08
57	Mark Chippendale	M50	Bowland FR	02:35:11
58	Wayne Croasdell		Eden Runners	02:35:33
59	Jon Green	M40	Preston H	02:35:40
60	Barry Wilkinson	M50	Borrowdale FR	02:35:53
61	Mark Burley		Macclesfield H AC	02:38:40
62	Leigh Warburton	M60	Bowland FR	02:39:08
63	Stephen Ireland	M40		02:39:27
64	Alex Stainforth		Helm Hill R	02:39:29
65	David Naughton	M50	Clayton-le-Moors H	02:39:46
66	Matt Tomkins			02:39:57
67	Caleb Reid	M40	Northern Fells RC	02:39:58
68	Sean Giblin	M40		02:40:08
69	Michelle Foxwell	W40	Ambleside	02:40:36
70	Joe Parsons			02:40:59
71	Andrew Slattery	M50	Keswick	02:41:05
72	Mark Webster	M50	Keswick	02:42:05
73	Dave McGuire	M50	Wharfedale H	02:42:31
74	Zac Kaye		Barlick FR	02:42:35
75	Sam Stell	M40		02:42:43
76	Ben Timbers	M40	Keighley & C	02:42:52
77	Mick Dobson	M40	Trawden AC	02:43:34
78	Michael Hewitt		Eden Runners	02:44:44
79	Nick Kirk	M50	Steel City Striders AC	02:44:48
80	Marcus Taylor	M40	Horwich R M I H	02:45:01
81	John Messenger	M40	Norther Fells RC	02:45:12
82	Bryony Halcrow	W Sen	Harrogate H + AC	02:45:19
83	Sue Richmond	W40	Pennine FR	02:45:26
84	Roy Gibston	M50	Kendal AAC	02:45:37
85	Sarah Lilleman	W Sen	Dark Peak	02:46:35

86	Daniel Lane	??		02:46:36
87	Olivier Gaillemain	M40	Sale Harriers Manc	02:46:38
88	Edward Poulter			02:46:44
89	Wayne Collins	M40		02:46:51
90	Barry Scott	M40	Wharfedale H	02:47:02
91	David Edmundson	M50	Clayton-le-Moors H	02:47:08
92	Nicky Spinks	W50	Dark Peak	02:47:44
93	Darren Parker	M50	Cumberland FR	02:48:14
94	Aaron Warmesley		Bowland FR	02:48:42
95	Darren Sheppard	M40	Framlington Flyers	02:48:55
96	Tim Lofthouse	M50		02:49:20
97	Scott McCredie	M40	Barlick FR	02:50:21
98	James Roddis	M40		02:50:41
99	Benjamin Hoyle	M40	Barlick FR	02:50:49
100	Stephen Bark	M40	Lincoln And District R	02:51:03
101	Mike Hitchmough	M50	Newburgh Nomads	02:51:35
102	John Gill		Dallam RC	02:51:38
103	Rose Singleton	W Sen	Northern Fells RC	02:51:41
104	Tony Little	M40	Bowland FR	02:52:01
105	David McChesney			02:52:18
106	Andrew Sheldbourne	M50	Holmfirth H AC	02:53:07
107	Chris Curtis	M50	Northern Fells RC	02:53:49
108	Katie Wright	W Sen	Ambleside	02:53:55
109	Gary Bradley	M50	Barlick FR	02:54:00
110	Nina Mason	W40	Elvet Striders	02:54:33
111	Helen Wood	W Sen	Ilkley H AC	02:54:56
112	Helen Price	W40	Harrogate H + AC	02:56:33
113	Thomas Gibson		Oxford Uni AC	02:56:52
114	Ian Oldham	M40	Swaledale Runners	02:57:41
115	Danielle Ledbury	W Sen	Eden Runners	02:58:08
116	Edward Ingham	M50		02:58:25
117	Kate Macfarlane		Penny Lane Striders	02:58:52
118	Elton Davies	M40	Sale Harriers Manc	02:59:03
119	Richard Smith		Ambleside	02:59:30
120	Paul Barret		Sale Harriers Manc	02:59:41
121	Maria Cook	W40	Skelmersdale B H	03:00:09
122	Will Ross		Black Combe R	03:00:25
123	Bill Beckett	M50	Chorley A+T	03:01:32
124	Bridget Glaister	W40	Skelmersdale B H	03:01:48
125	Alex Braysford	M40	Clayton-le-Moors H	03:02:12
126	Henry Gordon			03:02:14
127	Ellis Bland		Bowland FR	03:02:16
128	Lucy Burnett	W40	Keswick AC	03:02:18
129	Kieran Larkin			03:02:19

130	Ian Hodgson	M50	North York Moors AC	03:02:21
131	Rachel Poynter	W Sen	Eden Runners	03:02:24
132	John Griffiths	M50	Preston Harriers	03:02:27
133	Georgia Stevens	WU23	Helm Hill	03:02:29
134	Dan Martell		Altringham + District AC	03:02:53
135	Charlie Bradshaw		Keswick AC	03:03:10
136	Peter Warmsley		Cumberland FR	03:03:12
137	Joanne Warboys-Hodgson	W40	Denby Dale AC	03:03:31
138	John Evason		Black Combe R	03:03:45
139	Mark Richards	M60	Goyt Valley	03:04:02
140	Roger Taylor	M50	Preston H	03:04:05
141	Alison Weston	W50	Ilkley H AC	03:04:22
142	Matt Lovett	M40	Poplar RC	03:04:26
143	Dave Baglee	M50	Eden	03:04:33
144	Tom Partington		Keswick	03:04:34
145	Jon Sharples	M60	Clayton	03:04:57
146	Matthew Wilcock	M50	Trawden AC	03:05:23
147	Simon Laheney	M40		03:05:28
148	Geoff Davies	M60	Northumberland	03:05:55
149	Ian Horne	M50	Eden	03:06:18
150	Martyn Price	M50	Harrogate H + AC	03:06:18
151	Simon Franklin	M50	Horsforth Fellandale	03:06:18
152	Rebekah Beadle	W50	Lakeland OC	03:06:22
153	Katherine Klunder	W	Chorley A+T	03:06:49
154	Chris Smallman	M50	Mercia	03:06:58
155	Carlos Bedson	M50	Cheshire HR	03:07:47
156	Martin Quinn	M40	Chorley A+T	03:07:55
157	Chris Clay	M40	Dark Peak	03:08:10
158	Tim Dempsey		Wharfedale	03:08:11
159	Brian Smith	M50	North East Vets	03:08:15
160	Duncan Wardley	M50	Reigate Priory	03:08:32
161	Paul Simpson	M50	Ambleside	03:08:53
162	Kevin Brennan	M50	St Helens Striders	03:09:14
163	Laura McCabe	W40	Otley AC	03:09:41
164	Emma Nielson	W40	Eden	03:10:26
165	Neil Weightman	M50		03:10:59
166	Paul Appleby		Northumberland	03:11:29
167	Paul Law			03:12:39
168	Victoria Stainburn	W	Otley AC	03:12:43
169	Rachel Findlay-Robinson	W	Keswick	03:13:13
170	Stephen Foster	M50	Wharfedale	03:13:42
171	Keenan Longster	MU23		03:13:56
172	Roy Parkinson	M50	Preston	03:14:28
173	Jenny Lyon	W	Dallam RC	03:14:38

174	Eddie Lesniak	M60	Achille Ratti	03:14:51
175	Richard Green	M50	Shelton Striders	03:15:02
176	John Leech	M50	Dallam RC	03:15:05
177	Ross Murdoch		Chorlton Runners	03:15:07
178	Nick Sebley	M50	Black Combe R	03:15:20
179	Kevin Walker	M40	Skelmersdale B H	03:15:43
180	Rebecca Wadeson	W	Skelmersdale B H	03:15:46
181	Natasha Fellowes	W50	Chorley A+T	03:16:13
182	Meghan McCarthy	W	Durham	03:16:58
183	Mark Nutter	M50	Clayton	03:17:11
184	Aiden Rafferty	M60	Sale Harriers Manc	03:17:15
185	David Ahearn		Pennine FR	03:17:18
186	Jim Paxman	M60	Dark Peak	03:18:03
187	Mark Farrell		Valley Striders	03:18:07
188	Dale Foster	M40		03:20:17
189	Karen Foster	W50	Spectrum Striders	03:20:26
190	Mike Asbitt	M40	Skelmersdale B H	03:21:02
191	Sue Ross	W	Black Combe R	03:21:23
192	Rachel Slattery	W	Helm Hill	03:21:31
193	Jenny Brindle	W	Helm Hill	03:26:08
194	Sam Healy	M40	N.Y.M	03:26:20
195	Stev Wathall	M60	Black Combe R	03:26:45
196	Greg Skelton	M40		03:26:57
197	David Richards			03:26:57
198	Rick Ansell	M50	Tring R C	03:27:53
199	Andrew Sly	M60	Ambleside	03:28:28
200	Richard Kenaugh	M50	Altringham + District AC	03:28:33
201	Geoff Hand	M60	Spectrum Striders	03:28:36
202	Christophe Menand	M50	Burnden R R	03:28:43
203	James Burton	M40		03:29:26
204	Teresa DCurtis	W40	Clayton	03:30:09
205	Simon Stansfield	M40	Clayton	03:30:19
206	Lesley Malarkey	W70	Keswick	03:30:27
207	Mike Wharton	M40	Sale Harriers Manc	03:30:33
208	Andrew Firth	M60	Clayton	03:31:30
209	Richard Campbell	M40	Rosendale	03:31:48
210	Michael McLoughlin	M60	Preston	03:32:12
211	David Gill	M50	Denby Dale AC	03:32:38
212	Michael Keavney	M50	Swaledale Runners	03:32:51
213	Jim Doherty	M50	Preston	03:33:03
214	Sam Johansen		Oxford Uni AC	03:33:18
215	Jonathon Tombs	M40	Eden Runners	03:34:07
216	Nicholas Moore	M60	Cumberland FR	03:39:28
217	Andrew Duncan	M60	Northumberland	03:41:18

218	Katie Poulter	W		03:41:39
219	Kathryn Evans	W	Ambleside	03:42:03
220	Richard Slack	M50	Claremont RR	03:42:10
221	Colin Rigby	M50	Horwich R M I H	03:42:19
222	Barrie Thomason	M50	Macclesfield H AC	03:47:34
223	Stephen Baker	M50	Chorley A+T	03:49:11
224	Allan Welsh	M50	Northumberland	03:49:43
225	Eddie Dealtry	M70	Kendal AAC	03:50:09
226	Allan Sumner	M50	Lancs & More	03:50:23
227	Mark Bentele		Lancs & More	03:50:24
228	Laura Taylor	W	Northumberland	03:50:41
229	Paul Brunt	M40	Shelton Striders	03:50:47
230	Tanya Shepherd	W	Horsforth Fellandale	03:51:29
231	Gareth Evans	M40	Saddleworth	03:54:47
232	Kim Taylor	W50	Northumberland	03:56:08
233	David Armstrong	M50	Northumberland	03:56:09
234	Patrick Garland	M50		03:56:10
235	Gareth Dixon		Skipton	03:56:46
236	Richard Macilwaine	M60	Spectrum Striders	04:08:41
237	Kenny Forster	M50	Spectrum Striders	04:18:10