

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
1	Matthew Atkinson	Keswick AC	MSEN	2:59:40	100.0
2	Garry Greenhow	Ambleside AC	M40	3:00:28	99.6
3	Robert Jebb	Helm Hill Runners	M40	3:02:33	98.4
4	Sam Dixon	Helm Hill Runners	MSEN	3:05:28	96.8
5	Peter Davies	Dark Peak Fell Runners	M40	3:09:10	94.7
6	James Harris	Ambleside AC	MSEN	3:09:34	94.5
7	Mark McGoldrick	Wharfedale Harriers	M40	3:10:20	94.1
8	Matthew Fretwell	Settle Harriers	MSEN	3:13:05	92.5
9	Tom Simpson	Ambleside AC	MSEN	3:15:53	91.0
10	Duncan Coombs	Hunters Bog Trotters	MSEN	3:16:17	90.8
11	Adam Perry	Helm Hill Runners	MSEN	3:18:54	89.3
12	Ian Barnes	Ambleside AC	M40	3:21:23	87.9
13	Sam Holding	Cumberland Fell Runners	MSEN	3:28:19	84.1
14	Sharon Taylor	Helm Hill Runners	W40	3:29:09	83.6
15	John Hunt	Dark Peak Fell Runners	M50	3:33:23	81.2
16	Zach Jennings	Settle Harriers	MSEN	3:35:15	80.2
17	Charlie McIntosh	Pudsey & Bramley AC	M50	3:35:20	80.1
18	Tim Ripper	Black Combe Runners	MSEN	3:36:19	79.6
19	Matthew Allen	Black Combe Runners	MSEN	3:40:01	77.5
20	Nic Ward	Northern Fells Running Club	MSEN	3:40:49	77.1
21	Dave Ward	Pennine Fell Runners	M40	3:42:23	76.2
22	Alistair Palmer	Preston Harriers	MSEN	3:43:39	75.5
23	Jez Brown	Buckley Runners	M40	3:52:55	70.4
24	Barney Plummer	Horsforth Harriers	MSEN	3:53:16	70.2
25	Sue Richmond	Pennine Fell Runners	W40	3:53:26	70.1
26	Dave Nuttall	Bowland Fell Runners	M50	3:53:29	70.0
27	Sean Leckey	Ambleside AC	MSEN	3:53:47	69.9
28	Joe Blackett	Dark Peak Fell Runners	M50	3:54:02	69.7
29	Ieuan Belshaw	Eryri Harriers	MSEN	3:55:35	68.9
30	Adam Jackson	Northern Fells Running Club	M50	3:57:35	67.8

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
31	Jamie Lawler	Keswick AC	M40	3:57:56	67.6
32	Paul Rowley	Pennine Fell Runners	M40	3:58:07	67.5
33	Peter Crompton	Cumberland Fell Runners	M60	3:58:26	67.3
34	Patrick Kingston		M40	3:59:24	66.8
35	Bryony Halcrow	Ambleside AC	WSEN	3:59:31	66.7
36	Richard Bolton	Pennine Fell Runners	M40	4:00:41	66.0
37	Darren Fishwick	Chorley Athletic And Triathlon Club	M50	4:05:11	63.5
38	Leigh Warburton	Bowland Fell Runners	M60	4:11:36	60.0
39	Eleanor Wainwright	Dark PeakFell Runners	WSEN	4:20:05	55.2
40	Sarah Andrew	Glossopdale Harriers	WSEN	4:20:05	55.2
41	John Boothman	Barlick Fell Runners	M50	4:20:23	55.1
42	Hayley Evans		W40	4:20:23	55.1
43	Philip Pearson	Northern Fells Running Club	M60	4:22:03	54.1
44	James Roddis		M40	4:22:47	53.7
45	Crispin Halsall	Bowland Fell Runners	M50	4:22:50	53.7
46	Dave Greaves	Black Combe Runners	M40	4:23:20	53.4
47	Peter Tayler	Black Combe Runners	M50	4:23:21	53.4
48	Stephen Coope	Bowland Fell Runners	M50	4:24:26	52.8
49	Roy Gibson	Kendal Amateur Athletic Club	M60	4:24:32	52.8
50	Sam Booth	Ramsbottom Running Club	MSEN	4:25:11	52.4
51	Carlos Bedson	Cheshire Hill Racers	M50	4:28:45	50.4
52	Jim Masters	Cumberland Fell Runners	M40	4:29:02	50.3
53	Daryl Tacon	Cumberland Fell Runners	M40	4:31:30	48.9
54	Gary Bradley	Barlick Fell Runners	M50	4:32:25	48.4
55	Neil Lyons	Black Combe Runners	MSEN	4:32:31	48.3
56	Ian Stephenson	Ambleside AC	M60	4:33:13	47.9
57	Les Barker	Cumberland Fell Runners	M50	4:33:54	47.6
58	Matt Linnett		MSEN	4:34:04	47.5
59	Suzie Richards		WSEN	4:35:33	46.6

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
60	David Banks	Kendal Amateur Athletic Club	M50	4:35:45	46.5
61	Paul Taylor	Darwen Dashers RC	M50	4:36:22	46.2
62	Giles Bailey	Meltham AC	M50	4:38:29	45.0
63	Darren Parker	Cumberland Fell Runners	M50	4:39:48	44.3
64	Neil McAdie		M50	4:40:03	44.1
65	Robin Hoffmann	Glossopdale Harriers	M40	4:41:16	43.5
66	Simon Franklin	Cumberland Fell Runners	M50	4:43:13	42.4
67	Toby Johnson	Helm Hill Runners	M40	4:44:32	41.6
68	Alfie Thorpe	Ambleside AC	MU23	4:44:41	41.5
69	John Leech	Dallam Running Club	M60	4:46:29	40.5
70	Shaun Taylor	Porter Valley Plodders	M40	4:46:32	40.5
71	Paul Simpson	Ambleside AC	M50	4:53:18	36.8
72	Bill Beckett	Chorley Athletic And Triathlon Club	M50	4:53:59	36.4
73	Alison Wainwright	Dark Peak Fell Runners	W50	4:54:01	36.4
74	Keith G Holmes	Dark Peak Fell Runners	M60	4:54:16	36.2
75	Richard Campbell	Rosendale Harriers & AC	M40	4:57:22	34.5
76	Jenny Lyon	Dallam Running Club	W40	4:58:36	33.8
77	Dominic Hoare	Bowland Fell Runners	M40	4:59:32	33.3
78	Tim Murray	Helm Hill Runners	M60	4:59:50	33.1
79	Steven O'Keeffe	Northern Fells Running Club	M40	5:00:09	32.9
80	Robert Jarman	Ripon Runners	MSEN	5:00:11	32.9
81	Martha Hart	Dark Peak Fell Runners	WSEN	5:04:43	30.4
82	Chris Cripps	Macclesfield Harriers & AC	M40	5:05:21	30.0
83	Stephani Coe	Dark Peak Fell Runners	W40	5:09:56	27.5
84	Stephen Huyton		M40	5:13:17	25.6
85	Peter Ferris	Cumberland Fell Runners	M50	5:17:08	23.5
86	Max Howard		M60	5:20:16	21.7
87	David Nichols	Dallam Running Club	M40	5:20:34	21.6
88	John Bowskill		M40	5:22:40	20.4

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
89	Mick Fowler		M60	5:32:01	15.2
90	Sam Healy	North York Moors AC	M40	5:35:08	13.5
91	Verity Russo		WSEN	5:39:02	11.3
92	Ryan Crellin	Cumberland Fell Runners	MSEN	5:43:06	9.0
93	Trevor Matty	Dark Peak Fell Runners	M50	5:59:47	0.0
94	Daniel Grose	Ambleside AC	M50	6:00:22	0.0
95	Jonathan Bailey	Black Combe Runners	M40	6:01:31	0.0

<u>Pos</u>	<u>team</u>	<u>team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside AC	95.0	Garry Greenhow	James Harris	Tom Simpson
2	Helm Hill Runners	94.8	Robert Jebb	Sam Dixon	Adam Perry
3	Dark Peak Fell Runners	81.9	Peter Davies	John Hunt	Joe Blackett
4	Pennine Fell Runners	71.3	Dave Ward	Sue Richmond	Paul Rowley
5	Black Combe Runners	70.2	Tim Ripper	Matthew Allen	Dave Greaves
6	Cumberland Fell Runners	67.2	Sam Holding	Peter Crompton	Jim Masters
7	Northern Fells Running Club	66.3	Nic Ward	Adam Jackson	Philip Pearson
8	Bowland Fell Runners	61.2	Dave Nuttall	Leigh Warburton	Crispin Halsall
9	Dallam Running Club	32.0	John Leech	Jenny Lyon	David Nichols