

Pos	Name	Category	Club	Time
1	Ricky Lightfoot	MSEN	Ellenborough AC	03:03:57
2	Brennan Townshend	MSEN	Keswick AC	03:10:09
3	Ian Holmes	M50	Bingley Harriers & AC	03:18:11
4	Dan Mills	MSEN	Keswick AC	03:20:37
5	Mario Yeomans	MSEN	Cumberland Fell Runners	03:21:20
6	Matthew Roberts	MSEN	Calder Valley Fell Runners	03:26:48
7	Steve Halsall	MSEN	Keswick AC	03:26:57
8	Sam Watson	MSEN	Wharfedale Harriers	03:29:23
9	James Harris	MSEN	Ambleside AC	03:30:30
10	Garry Greenhow	M40	Ambleside AC	03:31:06
11	Andy Laycock	MSEN	Clayton-le-Moors Harriers	03:32:02
12	Ellis Bland	MSEN	Bowland Fell Runners	03:32:28
13	Sam Dixon	MSEN	Dark Peak Fell Runners	03:32:33
14	Neal Crampton	MSEN	Pudsey & Bramley AC	03:39:16
15	Joel Gomes	MSEN	Wrexham Amateur Athletic Club	03:42:24
16	Matthew Richardson	MSEN	Saltaire Striders	03:43:20
17	Tom Day	MSEN	Keswick AC	03:43:42
18	Arthur Raffle	MU23	Altrincham & District Athletic Club Limited	03:44:43
19	Laurence Piercy	MSEN	Dark Peak Fell Runners	03:45:56
20	Christopher Armit	MSEN	Dark Peak Fell Runners	03:46:30
21	Steve Jones	M40	Keswick AC	03:46:45
22	Alex Luetchford	MSEN	Hunters Bog Trotters	03:47:25
23	Tom Simpson	MSEN	Ambleside AC	03:47:57
24	Philip Pearson	M60	Northern Fells Running Club	03:48:28
25	Paul Neild	M40	Bowland Fell Runners	03:50:25
26	Tobias Barthelmes	MU23	Keswick AC	03:51:38
27	James Haworth	M40	Keswick AC	03:52:08
28	Julian Hood	M40	Barlick Fell Runners	03:52:50
29	Dave Ward	M40	Pennine Fell Runners	03:53:58
30	David Bagot	MSEN	Clayton-le-Moors Harriers	03:57:19
31	Chris Newman	MSEN	Wharfedale Harriers	03:57:22
32	Barry Wilkinson	M50	Borrowdale Fell Runners	03:58:33
33	Vivian Scott	MSEN		03:59:22
34	Rob Fielding	M40	Sedbergh School	03:59:31
35	Majka Kunicka	WSEN	Dark Peak Fell Runners	04:00:05
36	Ben Grayson	MSEN	Eden Runners	04:00:52
37	Konrad Rawlik	MSEN	Carnethy Hill Racing Club	04:01:05
38	David Ashby	M50		04:02:06
39	Nicholas Hopley	MSEN		04:02:12
40	Neil McKenzie	M40	Ambleside AC	04:02:29
41	Bobby Gard-Storry	MSEN		04:02:43

42	Lisa Watson	WSEN	Dark Peak Fell Runners	04:03:17
43	Ben Simmonds	MU23	South Molton Strugglers	04:03:22
44	David Williams	MSEN	Ellenborough AC	04:04:15
45	Jim Turner	MSEN	Bowland Fell Runners	04:04:43
46	Paul Johnson	M40	Cumberland Fell Runners	04:05:56
47	Martin Holroyd	M50	Settle Harriers	04:06:17
48	David Kirkham	M40	Wharfedale Harriers	04:06:28
49	Martin Cliffe	M40	South Cheshire Harriers	04:06:40
50	Joe Rigby	MSEN		04:07:10
51	Matt Owens	MSEN	Chorlton Runners	04:07:53
52	Chris Jackson	MSEN	Pennine Fell Runners	04:08:26
53	Will Herman	M40	Clayton-le-Moors Harriers	04:09:01
54	Karl Steinegger	MSEN	Ambleside AC	04:09:27
55	Jonny Kent	MSEN	Eden Runners	04:10:23
56	Brian Mullins	MSEN	St Finbarrs AC	04:10:35
57	Stephen Shorrock	M40	Barlick Fell Runners	04:10:42
58	Douglas Love	MSEN	Bowland Fell Runners	04:10:55
59	Tom Pape	M40	Dark Peak Fell Runners	04:10:57
60	Richard Bolton	M40	Pennine Fell Runners	04:11:22
61	Ross Bibby	MSEN	Valley Striders AC	04:12:50
62	Peter Watson	MSEN	Matlock Athletic Club	04:13:57
63	Ross Cowie	M40	Perth Road Runners	04:15:36
64	James Halse	M40	Dark Peak Fell Runners	04:15:51
65	Rick Solman	M40		04:16:28
66	Hayley Evans	WSEN	Buckley Runners	04:16:34
67	Andrew Britton	M40	Wharfedale Harriers	04:16:36
68	Matt Dunn.	M40	Holcombe Harriers	04:16:39
69	John Duff	M50	Northumberland Fell Runners	04:16:48
70	Rob Furness	MSEN	Wharfedale Harriers	04:17:50
71	David Middlemas	M40	Valley Striders AC	04:17:55
72	Jon Pemberton	MSEN	Dark Peak Fell Runners	04:18:37
73	Emlyn Owen	M40	Eryri Harriers	04:18:42
74	Sam Steele	MSEN	Mountain Fuel	04:18:50
75	Colin Jennings	M40	Garstang Running Club	04:19:40
76	Janie Oates	WSEN	Helm Hill Runners	04:20:04
77	Dan Walmsley	M40	Highland Hill Runners	04:20:07
78	Matt Brindle	M40	Helm Hill Runners	04:20:24
79	Robert Mortimore	MSEN	Helm Hill Runners	04:20:35
80	Sam Pole	MSEN	West End Runners	04:20:53
81	Tarbo Fukazawa	MSEN	Cambridge Harriers	04:21:01
82	Andy Preston	MSEN	Rosendale Harriers & AC	04:21:25
83	Dave Sykes	M40	Dark Peak Fell Runners	04:21:53
84	Nicky Spinks	W50	Dark Peak Fell Runners	04:22:36
85	John Bell	M40	IMRA	04:22:57

86	Matt Rowat	MSEN		04:23:34
87	James Mountain	MSEN		04:24:01
88	Matthew Curry	MSEN	Carnethy Hill Racing Club	04:24:46
89	Annie Roberts	WSEN	Todmorden Harriers	04:24:53
90	Oliver Wade	MSEN		04:26:41
91	Clark Hind	MSEN	Holmfirth Harriers AC	04:26:49
92	Colin Moses	M50	Wharfedale Harriers	04:27:01
93	Leigh Warburton	M60	Bowland Fell Runners	04:27:08
94	David White	M50	Kilmarnock Harrier & Athletic Club	04:27:20
95	Al Smithson	MSEN	Mersey Tri	04:27:37
96	Mark Burley	MSEN	Macclesfield Harriers & AC	04:27:43
97	Bryony Halcrow	WSEN	Harrogate Harriers & AC	04:28:02
98	Eoin Brady	MSEN	Herne Hill Harriers	04:28:25
99	Simon Garside	M50	Pudsey & Bramley AC	04:29:17
100	Matthew Heywood	M40	Derwent Runners (Derby)	04:29:47
101	Dan Marsden	MSEN	Calder Valley Fell Runners	04:30:48
102	Caleb Reid	M40	Northern Fells Running Club	04:31:02
103	Mark Chippendale	M50	Bowland Fell Runners	04:31:14
104	Alex Fawcett	M50	Ripon Runners	04:31:17
105	Hinda Hardaker	W40	Keighley & Craven AC	04:32:37
106	Darren Parker	M50	Cumberland Fell Runners	04:33:02
107	Anthony Hemmings	MSEN	Carnethy Hill Racing Club	04:33:58
108	Matt Tomkins	MSEN		04:34:02
109	Declan Bulmer	MSEN	Wharfedale Harriers	04:34:11
110	Mick Dobson	M40	Trawden Athletic Club	04:34:29
111	Sam Downey	M40	Keighley & Craven AC	04:35:47
112	Nigel Shekleton	MSEN	Carnethy Hill Racing Club	04:36:18
113	Matthew Farrer	MSEN		04:36:19
114	Carl Helliwell	M40	Clayton-le-Moors Harriers	04:36:47
115	Lucy Burnett	W40	Keswick AC	04:37:01
116	James Roddis	M40		04:37:09
117	Steve Haswell	M50	Northumberland Fell Runners	04:37:56
118	Ian Jones	M50	Eryri Orienteers	04:38:38
119	Jonathan Moore	M50	Eryri Harriers	04:38:41
120	Steve Adams	M50	Dark Peak Fell Runners	04:38:42
121	Rob Brooks	M40	Saltwell Harriers	04:38:53
122	Matthew Hetherington	MSEN	Northumberland Fell Runners	04:39:03
123	Stephen Pugh	M50	Esk Valley Fell Club	04:39:13
124	Craig Smith	M50	Keswick AC	04:40:15
125	Wayne Collins	M40		04:41:42
126	Adam Moger	M40	Kirkstall Harriers	04:41:56
127	Ethan Hassell	MSEN	Wharfedale Harriers	04:42:03
128	Dave Garner	M50	Todmorden Harriers	04:42:05
129	John Smith	M50	Perth United CC	04:43:30

130	John Gill	MSEN	Dallam Running Club	04:43:58
131	Tom Heath	MSEN		04:44:40
132	Graham McLellan	M40	Hartfell Hill Running Club	04:44:48
133	James Mellor	MSEN	Darwen Dashers RC	04:45:00
134	Alice Swift	WSEN	Chorlton Runners	04:45:02
135	Peter Agnew	M50	Buckley Runners	04:45:27
136	Michael Procter	M50	Clayton-le-Moors Harriers	04:46:13
137	Rosie Walwyn	WSEN	Dark Peak Fell Runners	04:46:22
138	Charlie McIntosh	M50	Pudsey & Bramley AC	04:46:26
139	Paul Jennings	M50	Cumberland Fell Runners	04:48:07
140	Adam Malloy	MSEN	Northumberland Fell Runners	04:51:55
141	Paul Woolhouse	M40	Southwell Running Club	04:52:08
142	Bill Beckett	M50	Chorley Athletic And Triathlon Club	04:52:28
143	Richard Smith	MSEN		04:52:38
144	Shaun Atkinson	MSEN	Ellenborough AC	04:52:48
145	Pete Lloyd	MSEN	Keighley & Craven AC	04:53:21
146	Rose Singleton	WSEN	Northern Fells Running Club	04:53:42
147	David Riding	M40	Achille Ratti	04:53:57
148	Richard Tunnicliffe	MSEN		04:54:50
149	Matt Searson	M40		04:56:54
150	Paul Calverley	M50	Achille Ratti	04:57:17
151	Gary Tompsett	M50	Strathaven Striders	04:57:55
152	Mark Fussell	MSEN	Cumberland Fell Runners	04:57:58
153	Barry Scott	M40	Wharfedale Harriers	04:58:42
154	Matthew Nuttall	M50	Blackburn Harriers & AC	04:58:47
155	Rachel Findlay-Robinson	WSEN	Keswick AC	04:59:19
156	Mark Davinson	M40	Derwentside AC	04:59:21
157	Glen Borrell	M40	Dark Peak Fell Runners	04:59:54
158	Matthew Seddon	MSEN	Pudsey & Bramley AC	05:00:11
159	Iain Armstrong	M40	Saltwell Harriers	05:00:14
160	Jonny Cartwright	M40	Stadium Runners	05:00:47
161	Peter Walmsley	MSEN	Cumberland Fell Runners	05:00:58
162	Daniel Hurd	MSEN	Wharfedale Harriers	05:02:11
163	David Allen	M60	Dark Peak Fell Runners	05:02:42
164	Bevan Adams	M40	Retford AC	05:03:07
165	Alison Wainwright	W50	Dark Peak Fell Runners	05:03:17
166	Dominic Watts	M50	Dark Peak Fell Runners	05:03:51
167	Dave Nuttall	M50	Bowland Fell Runners	05:04:11
168	Gary Mason	M40	Northumberland Fell Runners	05:05:54
169	Guy Heath	M50		05:07:23
170	Jo Simpson	WU23	Ambleside AC	05:08:41
171	Neil Glendinning	M40	Hartfell Hill Running Club	05:08:52
172	Andrew Shipley	MSEN	Highgate Harriers	05:09:18
173	Ian Grimshaw	M50	Cumberland Fell Runners	05:09:38

174	Eleanor Wainwright	WSEN	Dark Peak Fell Runners	05:09:59
175	Paul Appleby	M50	Northumberland Fell Runners	05:10:03
176	Adam Nodwell	MSEN	North Leeds Fell Runners	05:10:51
177	Seb Bufton	MSEN	Saltwell Harriers	05:11:14
178	Rosie Watson	WSEN	Cumberland Fell Runners	05:11:40
179	Philip Metcalf	M40	Borrowdale Fell Runners	05:12:00
180	Ian Sutcliffe	M40	Stadium Runners	05:12:18
181	Clem Dixon	M50	Cambridge Harriers	05:12:25
182	Christian Poulton	M50	Cambridge Harriers	05:12:25
183	Philip Montgomery	MSEN	Penistone Footpath Runners & Athletic C	05:13:13
184	Zoltan Fodor	M40	Orion Harriers	05:13:42
185	Tyrrell Basson	M40	Dark Peak Fell Runners	05:13:51
186	Graeme Shaw	M40		05:13:59
187	Rachel Poynter	WSEN	Eden Runners	05:15:24
188	Kate Ayres	W60	Ambleside AC	05:16:06
189	Keith G Holmes	M60	Dark Peak Fell Runners	05:16:28
190	Emma Watson	WSEN	Wharfedale Harriers	05:16:57
191	Andrew Webster	M40	Solway	05:17:19
192	Andrew Campbell	MSEN	Pennine Fell Runners	05:18:56
193	Andrew Smallwood	M50	Leeds & Bradford Triathlon Club	05:19:02
194	Kent Bailey	M50	Wharfedale Harriers	05:19:23
195	Paul Simpson	M50	Ambleside AC	05:19:55
196	Steven Whitehurst	M50		05:19:55
197	Rachel Slattery	W50	Helm Hill Runners	05:20:01
198	Craig Malcolmson	M50	Hartfell Hill Running Club	05:20:17
199	Will Buckton	MSEN	Ilkley Harriers AC	05:20:52
200	Neil Wilkes	M40	Mercia Fell Runners	05:22:03
201	Eddie Lesniak	M60	Achille Ratti	05:22:09
202	Peter Gilbert	M60	Retford AC	05:22:33
203	Tim Cook	M40	Cumberland Fell Runners	05:22:52
204	Chris Little	M50	Keswick AC	05:24:11
205	Randolph Haggerty	M50	Kirkstall Harriers	05:24:58
206	Lesley Malarkey	W70	Keswick AC	05:25:27
207	Jim Clapp	M60	Durham Fell Runners	05:25:40
208	David Parkington	M50	Preston Harriers	05:25:44
209	David Gibson	M40	Esk Valley Fell Club	05:27:31
210	Timothy Kliphuis	M40	Clwydian Range Runners	05:28:55
211	Rowena Browne	W50	Bowland Fell Runners	05:29:05
212	Dave Brock	M50	Orion Harriers	05:32:00
213	Martin Farrar	M50	Wharfedale Harriers	05:32:52
214	Sam Healy	M40	North York Moors AC	05:34:05
215	Fiona Buchan	WSEN		05:34:40
216	David Parkinson	MSEN	Pennine Fell Runners	05:34:56
217	Gavin Peach	MSEN		05:36:25

218	Lorna Ascroft	W40	Carnethy Hill Racing Club	05:38:57
219	Amanda Graham	W50	Cumberland Fell Runners	05:39:55
220	Karl Robb	MSEN	Barlick Fell Runners	05:42:38
221	Stephen Priestnall	M50	Myndd Du	05:43:49
222	Ricky Parrish	MSEN	Todmorden Harriers	05:44:14
223	Jessica Husbands	WSEN	Hunters Bog Trotters	05:45:20
224	Richard Bembridge	M40	Dark Peak Fell Runners	05:45:34
225	Matt Bullen	M50	Blackheath & Bromley Harriers	05:46:11
226	Ed Matthews	MSEN	Kent AC	05:46:50
227	Ian Haigh	M40	Southwell Running Club	05:49:07
228	Andrew Hindson	M50	Cirencester AC	05:49:42
229	Graham Porter	M60		05:50:09
230	Charles Mason	M50	Cumberland Fell Runners	05:50:14
231	Leon Severn	MSEN	Stainland Lions Running Club	05:51:24
232	Richard Campbell	M40	Rosendale Harriers & AC	05:51:40
233	Les Barker	M50	Cumberland Fell Runners	05:52:13
234	John Thompson	M50	Newburgh Nomads RC	05:52:35
235	Dan Oldfield	M40	FRA	05:54:19
236	Stephen Forster	M50	Wharfedale Harriers	05:54:26
237	Jenny Lee	W40	Northern Fells Running Club	05:54:49
238	Nazir Bashir	M40	Derwent Valley Trail Runners	Rtd
239	Sebastian Pflanz	M50	Dumfries Running Club	Rtd
240	Nick Harris	M70	Rosendale Harriers & AC	Rtd
241	Barrie Thomason	M50	Macclesfield Harriers & AC	Rtd
242	Nick Ray	M40	Ellenborough AC	Rtd
243	Kerry Varden	W40	Lostock AC	Rtd
244	Paul Nickells	M50	Eden Runners	Rtd
245	Steve Milner	M50	Wharfedale Harriers	Rtd
246	Andrew Meiklejohn	M40		Rtd
247	Mick Fowler	M60		Rtd
248	Martin Hancock	M50	Skipton AC	Rtd
249	Steve Swallow	M50	Macclesfield Harriers & AC	Rtd
250	Jacob Tonkin	MSEN	Keswick AC	Rtd
251	Phil Archer	MSEN	Cumberland Fell Runners	Rtd
252	Philip James	M60	Saltwell Harriers	Rtd
253	Jack Smith	MSEN	Wharfedale Harriers	Rtd
254	Andrew Duncan	M60	Northumberland Fell Runners	Rtd
255	Paul Doxford	M50	South Shields Harriers & AC	Rtd
256	Darren Earnshaw	M40	Calder Valley Fell Runners	Rtd
257	Tom Middleton	MSEN	Eden Runners	Rtd
258	David Clark	M40	Cosmic Hillbashers	Rtd
259	Richard Slack	M50	Claremont Road Runners	Rtd
260	Caroline Knox	W40	Northern Fells Running Club	Rtd
261	Belinda Baquero	WSEN	Pudsey & Bramley AC	Rtd

262	Bill Williamson	M50	Cumberland Fell Runners	Rtd
263	Sarah Bowen	W40	Claremont Road Runners	Rtd
264	Daniel Shaw	MSEN	Holmfirth Harriers AC	Rtd
265	Murray Bishop	M50	Dark Peak Fell Runners	Rtd
266	Matthew Hirst	M40	Bowland Fell Runners	Rtd
267	Kim Collison	MSEN	Borrowdale Fell Runners	Rtd
268	Frederick Smith	MSEN	Clwydian Range Runners	Rtd
269	Anne Milner	W50	Wharfedale Harriers	Rtd
270	Mike Ernill	M50	Lostock AC	Rtd
271	Libby Jones	WSEN		Rtd
272	Lesley Clark	W40	Cosmic Hillbashers	Rtd
273	Deborah Mahoney	W50	Settle Harriers	Rtd
274	Chris Steele	M50		Rtd
275	Lesley Watson	W40	Bingley Harriers & AC	Rtd
276	Darren Burns	M50		Rtd
277	Mark Wise	M50	Cumberland Fell Runners	Rtd
278	Mark Sammon	M40	SELOC	Rtd
279	Dawn Metcalfe	W40	Durham Fell Runners	Rtd
280	Colin Walker Linked In	M40	Pudsey & Bramley AC	Rtd
281	Stephen Baker	M50	Chorley Athletic And Triathlon Club	Rtd
282	Stephen Dixon	M60	Valley Striders AC	Rtd