

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
1	Matt Atkinson	Keswick	M	2:01:20	100.0
2	Jack Wright	Ambleside	M	2:03:17	98.4
3	Matt Elkington	Ambleside	M	2:04:50	97.1
4	Ian Holmes	Bingley	M50	2:05:20	96.7
5	Sam Dixon	Helm Hill	M	2:06:49	95.5
6	Tom Simpson	Ambleside	M	2:08:01	94.5
7	Josh Hartley	Black Combe	M	2:10:22	92.6
8	Ben Abdelnoor	Ambleside	M40	2:10:51	92.2
9	James Harris	Ambleside	M	2:12:50	90.5
10	Mario Yeomans	CFR	M40	2:12:52	90.5
11	Harry Stainton	Black Combe	M	2:13:41	89.8
12	Matt Reedy	Ambleside	M40	2:17:32	86.6
13	Richard Mellon	Bowland	M40	2:18:35	85.8
14	John Ockenden	Bowland	M	2:19:01	85.4
15	Paul Cornforth	Ambleside	M50	2:19:33	85.0
16	Will Herman	Wharfedale	M40	2:19:40	84.9
17	Daniel Jones	Eden	M	2:20:07	84.5
18	Matthew Fretwell	Settle	M	2:20:28	84.2
19	Jimmy Parvin		M40	2:21:08	83.7
20	Richard Houghton	Ellenborough	M	2:23:19	81.9
21	Andrew Fleet	Saddleworth	M	2:23:24	81.8
22	Phil Archer	CFR	M	2:26:02	79.6
23	Jamie Luxmoore	Ambleside	M40	2:27:40	78.3
24	Mark Burley	Macclesfield H	M	2:28:06	77.9
25	Paul Reilly	Helm Hill	M40	2:29:22	76.9
26	Scott Morley	Eden	M	2:29:42	76.6
27	Chris Balderson	Bowland	M50	2:29:47	76.6
28	Jacob Tonkin	Keswick	M	2:30:06	76.3
29	Jamie Lawler	Keswick	M40	2:30:07	76.3
30	Simon Mccarthy	Ellenborough	M	2:30:44	75.8
31	David Birch	Keswick	M50	2:31:32	75.1
32	Mark Irving	Ellenborough	M	2:31:49	74.9
33	Matthew Allen	Black Combe	M	2:31:52	74.8
34	Adam Jackson	Northern Fells	M50	2:33:10	73.8
35	Matt Fawthrop	Horwich	M	2:33:33	73.4
36	Jack Eyre	Eden	M	2:37:09	70.5
37	Carl Helliwell	Clayton	M40	2:37:10	70.5
38	Mike Hitchmough	Newburgh Nom	M50	2:37:19	70.3
39	Bobby Gard-Storry		M	2:37:47	70.0
40	Michael Gregory	Manx FR	M40	2:37:49	69.9
41	David Williams	Ellenborough	M40	2:37:59	69.8
42	Oliver Wade	Bowland	M	2:38:20	69.5
43	Leigh Warburton	Bowland	M60	2:38:28	69.4
44	Lizzie Richardson	Eryri	W	2:38:31	69.4
45	Allen Bunyan	Macclesfield H	MU23	2:38:41	69.2
46	Mike Harrison	CFR	M50	2:39:08	68.8

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47	Mark Whittaker		M40	2:39:47	68.3
48	Karl Tumelty	Black Combe	M40	2:40:01	68.1
49	Spencer Riley	Ambleside	M40	2:42:18	66.2
50	Chris Lister	Ellenborough	M40	2:43:08	65.5
51	Jon Smith	Calder Valley	M40	2:44:37	64.3
52	Tim Reid	CFR	M	2:45:11	63.9
53	Tom Matthew	Bowland	M50	2:45:13	63.8
54	Chris Snell	Wharfedale	M40	2:45:26	63.7
55	Sarah Hodgson	Leeds City	W	2:46:06	63.1
56	Dominic Hoare	Bowland	M40	2:47:59	61.6
57	Sue Richmond	Glossopdale	W40	2:48:34	61.1
58	Chris Howitt	Ambleside	M	2:49:29	60.3
59	Rob Harper	Ambleside	M50	2:49:43	60.1
60	Edward Poulter		M	2:49:47	60.1
61	John Gill	Dallam	M40	2:49:49	60.0
62	Sarah Andrew	Glossopdale	W	2:50:49	59.2
63	Barney Plummer	Horsforth	M	2:52:36	57.7
64	Sean Giblin		M40	2:53:20	57.1
65	Dave Greaves	Black Combe	M40	2:53:38	56.9
66	Bill Becket	Chorley	M50	2:55:04	55.7
67	Jim Evans	Ambleside	M40	2:55:17	55.5
68	Jim Tyson	Ambleside	M40	2:56:01	54.9
69	Paul Jones	Eryri	M40	2:56:22	54.6
70	Bryony Halcrow	Ambleside	W	2:57:13	53.9
71	Nick Sebley	Black Combe	M60	2:57:40	53.6
72	Neal Crampton	Pudsey & B	M40	2:58:13	53.1
73	James Roddis		M50	2:58:42	52.7
74	Lucy Spain	Helm Hill	W	2:58:44	52.7
75	Matthew Bourne	Bowland	M50	2:58:47	52.7
76	Shaun Jackson	Altrincham	M50	2:58:51	52.6
77	Joanne Worboys-Hodgson	Denby Dale	W50	2:59:05	52.4
78	Ben Fletcher	Bowland	M40	3:00:01	51.6
79	Wesley Dachtler		M	3:01:31	50.4
80	Steve Brown	Ambleside	M50	3:01:43	50.2
81	Roy Gibson	Kendal	M60	3:02:08	49.9
82	Darren Parker	CFR	M50	3:02:33	49.5
83	David Cowburn	Chorley	M40	3:02:40	49.5
84	Jon Sharples	Clayton	M60	3:02:48	49.3
85	Stephen Coope	Bowland	M50	3:03:43	48.6
86	Mark Nutter	Clayton	M50	3:04:03	48.3
87	David Banks	Kendal	M50	3:04:17	48.1
88	Josie Greenhalgh	Lostock AC	W40	3:04:20	48.1
89	Carol Morgan		W40	3:04:30	47.9
90	Huw Price		M50	3:05:02	47.5
91	Chris Lister	Newburgh Nom	M40	3:05:15	47.3

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92	Alex Fairman	CFR	M	3:05:43	46.9
93	Andy Armstrong	Clayton	M50	3:06:41	46.1
94	Aaron Walmsley	Bowland	M	3:06:59	45.9
95	Tony Little	Bowland	M40	3:07:47	45.2
96	Ralph Baines	Clayton	M50	3:07:54	45.1
97	Leigh Hinchcliffe	Pudsey & B	M50	3:07:57	45.1
98	Dan Hoyle	Durham FR	M	3:08:32	44.6
99	Graham Stevens	Holcombe H	M40	3:08:47	44.4
100	Chris Funnell	Clayton	M50	3:09:59	43.4
101	Paul Simpson	Ambleside	M50	3:11:10	42.4
102	Toney Donnelly	Lostock AC	M40	3:14:18	39.9
103	Brian Dooley	Victoria Park	M	3:14:19	39.8
104	Russell Owen	Eryri	M60	3:14:19	39.8
105	Chris Taylor	Lostock AC	M50	3:14:22	39.8
106	Les Barker	CFR	M50	3:14:33	39.7
107	Kieran Oprey	Calder Valley	M	3:15:01	39.3
108	Lawrence Martin	Pudsey & B	M40	3:17:16	37.4
109	Colin Price	Totley	M40	3:17:17	37.4
110	Rebekah Beadle		W50	3:17:23	37.3
111	Simon Franklin	CFR	M50	3:18:23	36.5
112	Tory Miller	Ambleside	W	3:20:14	35.0
113	Sam Healy	North York Moors	M40	3:21:04	34.3
114	Matthew Taylor		M40	3:22:17	33.3
115	Andrew Priory	Clayton	M50	3:22:19	33.3
116	Katie Poulter		W	3:22:33	33.1
117	Barrie Thomason	Macclesfield H	M50	3:22:37	33.0
118	Declan Oduffy	Bowland	M60	3:22:37	33.0
119	Stephen Foley	Newburgh Nom	M50	3:22:46	32.9
120	David Crout	Keswick	M50	3:22:52	32.8
121	Karl Tuzio	Newburgh Nom	M50	3:23:34	32.2
122	Anita Barker	CFR	W50	3:24:41	31.3
123	Karon Forster	Spectrum Striders	W50	3:26:05	30.2
124	Kim Taylor	Northumberland	W60	3:26:09	30.1
125	David Armstrong	Northumberland	M60	3:26:10	30.1
126	Laura Taylor	Northumberland	W	3:27:14	29.2
127	Stephen Baker	Chorley	M60	3:27:40	28.8
128	John Leech	Dallam	M60	3:28:01	28.6
129	Dennis Kentrop	Macclesfield H	M50	3:28:30	28.2
130	Joe Fisher	Ambleside	M	3:29:53	27.0
131	Sue Ross	Black Combe	W40	3:30:35	26.4
132	Mark Shuttleworth	Lostock AC	M50	3:31:08	26.0
133	Albert Sunter	Lostockac	M60	3:31:39	25.6
134	John Gomersall	Ambleside	M60	3:32:47	24.6
135	Craig Partridge	Altrincham	M50	3:35:11	22.7
136	Ryan Fulford	Mercia	M40	3:36:01	22.0

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137	Teresa De Curtis	Clayton	W40	3:37:33	20.7
138	Owen Mills	Keswick	M50	3:39:21	19.2
139	Darren Mullen	Newburgh Nom	M50	3:39:51	18.8
140	Wally Coppelov	Newburgh Nom	M60	3:39:57	18.7
141	Andrew Firth	Clayton	M60	3:40:56	17.9
142	Steven Pilkington	Rossendale	M60	3:42:02	17.0
143	Andy Ginty	Lostockac	M50	3:42:27	16.7
144	Jane Leonard	Todmorden H	W60	3:43:45	15.6
145	Michael Pattrick		M	3:44:30	15.0
146	Steven Breeze	CFR	M50	3:44:47	14.7
147	Peter Mcnamee	Newburgh Nom	M	3:45:04	14.5
148	Jonathon Tombs	Eden	M50	3:45:08	14.5
149	Gary Mason	Northumberland	M50	3:46:13	13.6
150	Alan Kenny	Ambleside	M70	3:46:53	13.0
151	Andrew Lee	Rossendale	M50	3:47:17	12.7
152	Jamie Baron	Ambleside	M50	3:48:13	11.9
153	Mark Walker	Rochdale H	M50	3:48:19	11.8
154	Lesley Malarkey	Keswick AC	W70	3:50:12	10.3
155	Richard Longlands		M40	3:54:46	6.5
156	Mandy Goth	Todmorden H	W60	3:54:54	6.4
157	Anthony Spicer	Rossendale	M60	3:56:15	5.3
158	Mark Bentele	Lancaster & M	M	3:56:16	5.3
159	Richard Briscoe	Clayton	M40	4:01:58	0.6
160	Rich King		M40	4:02:36	0.1
161	Nigel Coe	Ambleside	M60	4:02:37	0.0
162	Helen Hodgkinson	Todmorden H	W50	4:05:14	0.0

<u>Pos</u>	<u>team</u>	<u>team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside	96.7	Jack Wright	Matt Elkington	Tom Simpson
2	Black Combe	85.7	Josh Hartley	Harry Stainton	Matthew Allen
3	Keswick	84.2	Matt Atkinson	Jacob Tonkin	Jamie Lawler
4	Bowland	82.6	Richard Mellon	John Ockenden	Chris Balderson
5	CFR	79.7	Mario Yeomans	Phil Archer	Mike Harrison
6	Ellenborough	77.5	Richard Houghton	Simon Mccarthy	Mark Irving
7	Eden	77.2	Daniel Jones	Scott Morley	Jack Eyre
8	Helm Hill	75.0	Sam Dixon	Paul Reilly	Lucy Spain
9	Macclesfield H	60.1	Mark Burley	Allen Bunyan	Barrie Thomason
10	Clayton	56.0	Carl Helliwell	Jon Sharples	Mark Nutter
11	Eryri	54.6	Lizzie Richardson	Paul Jones	Russell Owen
12	Newburgh Nomads	50.2	Mike Hitchmough	Chris Lister	Stephen Foley
13	Pudsey & Bramley	45.2	Neal Crampton	Leigh Hinchcliffe	Lawrence Martin
14	Chorley	44.7	Bill Becket	David Cowburn	Stephen Baker
15	Lostock AC	42.6	Josie Greenhalgh	Toney Donnelly	Chris Taylor
16	Northumberland	29.8	Kim Taylor	David Armstrong	Laura Taylor
17	Rossendale	11.7	Steven Pilkington	Andrew Lee	Anthony Spicer

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18	Todmorden Harriers	6.6	Jane Leonard	Mandy Goth	Helen Hodgkinson