

<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	2:15:16	100.0
2	Calum Tinnion	Keswick AC	MSEN	2:16:12	99.3
3	Ian Holmes	Bingley Harriers & AC	M50	2:21:35	95.3
4	Steve Jacques		M40	2:22:39	94.5
5	James Harris	Ambleside AC	MSEN	2:22:42	94.5
6	Ben Abdelnoor	Ambleside AC	M40	2:22:48	94.4
7	Josh Hartley	Black Combe Runners	MSEN	2:22:49	94.4
8	Oli Murphy	Ilkley Harriers AC	MSEN	2:25:56	92.1
9	Sam Dixon	Helm Hill Runners	MSEN	2:26:42	91.5
10	Jack Walton	Keighley & Craven AC	MU23	2:29:01	89.8
11	Kieran Hodgson	Helm Hill Runners	M40	2:29:29	89.5
12	David Birch	Keswick AC	M50	2:29:45	89.3
13	Nic Ward	Northern Fells Running Club	MSEN	2:30:28	88.8
14	Philip Rutter	Helm Hill Runners	MSEN	2:30:44	88.6
15	Ben Kent	Ambleside AC	MU23	2:31:11	88.2
16	Phil Archer	Cumberland Fell Runners	MSEN	2:32:05	87.6
17	Andrew Jebb	Bingley Harriers & AC	M40	2:32:05	87.6
18	Richard Houghton	Ellenborough AC	MSEN	2:34:16	86.0
19	Max Wainwright	Matlock Athletic Club	MSEN	2:35:12	85.3
20	Richard Mellon	Bowland Fell Runners	M40	2:35:32	85.0
21	Will Herman	Wharfedale Harriers	M40	2:36:11	84.5
22	Matt Reedy	Ambleside AC	M40	2:36:52	84.0
23	Paul Cornforth	Ambleside AC	M50	2:36:57	84.0
24	John Ockenden	Bowland Fell Runners	MSEN	2:38:34	82.8
25	James Logue	Calder Valley Fell Runners	M50	2:40:41	81.2
26	Matthew Harmon	Dark Peak Fell Runners	MSEN	2:41:05	80.9
27	Duncan Coombs	Hunters Bog Trotters	MSEN	2:41:10	80.9
28	Duncan Harris	Deeside Orienteering Club	M50	2:41:17	80.8
29	Ross Litherland	Pennine Fell Runners	M40	2:41:31	80.6
30	Scott Morley	Eden Runners	MSEN	2:43:13	79.3
31	Jamie Luxmoore	Ambleside AC	M40	2:43:43	79.0
32	Jack Eyre	Eden Runners	MSEN	2:44:00	78.8
33	Tom Hare	Settle Harriers	MSEN	2:44:04	78.7
34	Adam Jackson	Northern Fells Running Club	M50	2:44:05	78.7
35	Andrew Fleet	Saddleworth Runners Club	MSEN	2:44:33	78.4
36	Dave Ward	Pennine Fell Runners	M40	2:44:34	78.3
37	Oisin Brennan	Springwell Running Club	MU23	2:44:36	78.3
38	Lova Chechik	Dark Peak Fell Runners	MSEN	2:44:43	78.2
39	Tom Pape	Dark Peak Fell Runners	M40	2:44:55	78.1
40	Arthur Raffle	Altrincham & District Athletic Club	MSEN	2:45:00	78.0
41	David Jackson	Achille Ratti	M40	2:46:24	77.0
42	James Baron	Helm Hill Runners	M50	2:47:17	76.3
43	Harry Shuell	Ambleside AC	MSEN	2:47:28	76.2
44	Mark Whittaker		M40	2:47:33	76.1
45	Bob Addey		M40	2:49:40	74.6
46	Jacob Tonkin	Keswick AC	MSEN	2:49:51	74.4
47	Kenny Richmond	Shettleston Harriers	M50	2:51:00	73.6
48	Robert Green	Achille Ratti	MSEN	2:51:31	73.2
49	Mingma Tshering Sherpa	Keswick AC	MSEN	2:51:43	73.1
50	Luke Parker	Durham University	MU23	2:52:27	72.5
51	Jon Morgan	Dark Peak Fell Runners	M50	2:53:15	71.9
52	Sam Allsopp	Settle Harriers	MSEN	2:53:55	71.4
53	Jack Ravenscroft	Fellkour Squad	MSEN	2:54:05	71.3
54	Lawrence Friell		M40	2:54:39	70.9
55	Tessa Strain	Hunters Bog Trotters	WSEN	2:54:57	70.7
56	Carl Helliwell	Clayton-le-Moors Harriers	M40	2:55:16	70.4
57	Scott Coates		MSEN	2:55:35	70.2
58	Matthew Calow	Clayton-le-Moors Harriers	MSEN	2:57:51	68.5
59	Ian Symington	Todmorden Harriers	M40	3:00:06	66.9

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
60	Simon Mills	Dark Peak Fell Runners	MSEN	3:00:09	66.8
61	David Oldfield	Harrogate Harriers & AC	MSEN	3:00:14	66.8
62	Tim Grimwood	Swaledale Runners	M40	3:00:26	66.6
63	Mike Hitchmough	Newburgh Nomads	M50	3:00:28	66.6
64	Jamie Lawler		M40	3:00:30	66.6
65	Mark Ruscoe	Ambleside AC	M40	3:00:30	66.6
66	Darren Fishwick	Chorley Athletic and Triathlon Club	M50	3:00:47	66.4
67	Tim Campbell	Astley & Tyldesley Road Runners	M40	3:00:54	66.3
68	Dan Gilbert	Horwich R M I Harriers	M40	3:01:19	66.0
69	Oliver Perratt	Ludlow Runners	MSEN	3:01:30	65.8
70	Daniel Worsell		MSEN	3:01:35	65.8
71	Leigh Warburton	Bowland Fell Runners	M60	3:01:38	65.7
72	Ian Ridgeway		MSEN	3:01:52	65.5
73	Thomas Lewis		MSEN	3:01:55	65.5
74	Jim Tyson	Ambleside AC	M40	3:01:57	65.5
75	Steve Adams	Dark Peak Fell Runners	M50	3:02:00	65.5
76	Jon Coe		M40	3:02:12	65.3
77	Joe Rigby		MSEN	3:02:23	65.2
78	James Boustead		MSEN	3:02:23	65.2
79	Rory Woods	Durham Fell Runners	MSEN	3:02:27	65.1
80	Andrew Elwood	Durham University	MU23	3:02:32	65.1
81	Thomas Edwards	Leeds City Athletic Club	MSEN	3:02:39	65.0
82	Sue Richmond	Pennine Fell Runners	W40	3:02:49	64.8
83	Benjamin Gibbons	Poole A.C.	MSEN	3:03:31	64.3
84	Bryony Halcrow	Ambleside AC	WSEN	3:03:42	64.2
85	Claire Nance	Lonsdale Fell Runners	WSEN	3:05:32	62.8
86	Oliver Widdaker		M40	3:06:55	61.8
87	Michael Elliott	Ambleside AC	M40	3:07:17	61.5
88	Sean Leckey	Ambleside AC	MSEN	3:07:33	61.3
89	Richard Bolton	Pennine Fell Runners	M40	3:08:22	60.7
90	Richard Kendall		M40	3:08:39	60.5
91	Daniel Ayers		MSEN	3:08:58	60.3
92	Lizzie Richardson	Eryri Harriers	WSEN	3:09:43	59.7
93	Muir Morton	Pennine Fell Runners	M40	3:09:56	59.6
94	Paul Freeman	Pennine Fell Runners	M40	3:10:15	59.4
95	David Siska		M40	3:10:20	59.3
96	Paul Swindles	Pennine Fell Runners	M40	3:10:36	59.1
97	Stefan Bramwell		M40	3:10:38	59.1
98	Dominic Hoare	Bowland Fell Runners	M40	3:11:08	58.7
99	David Cope	Howgill Harriers	MSEN	3:13:42	56.8
100	Michael Howarth	Chorlton Runners	MSEN	3:13:48	56.7
101	Dan Hoyle	Durham Fell Runners	MSEN	3:14:15	56.4
102	Ethan Furness		MSEN	3:14:29	56.2
103	Carlos Bedson	Cheshire Hill Racers	M50	3:14:31	56.2
104	Andy Haines	Holcombe Harriers	M40	3:14:41	56.1
105	Alan Renville	Carnethy Hill Racing Club	M50	3:14:43	56.0
106	Matthew Smith	Achille Ratti	MSEN	3:14:49	56.0
107	Ben Fletcher	Bowland Fell Runners	M40	3:14:52	55.9
108	Victoria Thompson	Helm Hill Runners	WSEN	3:14:53	55.9
109	Tony Little	Bowland Fell Runners	M40	3:14:55	55.9
110	Nicholas Hopley		MSEN	3:15:11	55.7
111	Andrew Campbell	Pennine Fell Runners	MSEN	3:15:13	55.7
112	Kirsty Hewitson	Keswick AC	W40	3:15:14	55.7
113	Roy Gibson	Kendal Amateur Athletic Club	M60	3:15:20	55.6
114	Michael Lucas	Bowland Fell Runners	MSEN	3:15:23	55.6
115	Dean Ridgeway		MSEN	3:15:28	55.5
116	Ben Naylor	Preston Harriers	MSEN	3:15:47	55.3
117	Nick Hammond	Framlingham Flyers	M50	3:15:48	55.2

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
118	Robin Hoffmann	Glossopdale Harriers	M40	3:16:00	55.1
119	Joseph Crellin		MSEN	3:16:05	55.0
120	Alex Chesters		MU23	3:16:16	54.9
121	Jack Byrne	Helm Hill Runners	MU23	3:16:16	54.9
122	David Fort	Clayton-le-Moors Harriers	M40	3:16:22	54.8
123	Matt Leigh	Ambleside AC	M40	3:16:31	54.7
124	Gareth Hardcastle		M40	3:16:32	54.7
125	Graham Lewis-Dale	North Shields Polytechnic Club	M40	3:16:38	54.6
126	Richard Veitch	Esk Valley Fell Club	M40	3:16:46	54.5
127	Daniel Miller		MSEN	3:17:18	54.1
128	Richard Sale	Achille Ratti	MSEN	3:17:19	54.1
129	Nick Sebley	Black Combe Runners	M60	3:17:23	54.1
130	Victoria Rose Miller	Ambleside AC	WSEN	3:17:23	54.1
131	Marcus Taylor	Horwich R M I Harriers	M50	3:17:30	54.0
132	James Spencer		MSEN	3:17:41	53.9
133	Tim Raffle	Altrincham & District Athletic Club	M50	3:17:43	53.8
134	Kenny Short	Teviotdale Harriers	M50	3:18:15	53.4
135	Sarah Andrew	Glossopdale Harriers	WSEN	3:18:36	53.2
136	Steven O'Keefe	Northern Fells Running Club	M40	3:18:39	53.1
137	Thomas Jones	Esk Valley Fell Club	M40	3:18:39	53.1
138	Philip Withnall	Lonsdale Fell Runners	MSEN	3:18:43	53.1
139	Jack Wood	Ilkley Harriers AC	MSEN	3:18:44	53.1
140	James Halse	Dark Peak Fell Runners	M40	3:18:52	53.0
141	Chloe Haines	Cambridge & Coleridge AC	WSEN	3:18:53	53.0
142	Ashley Kay	Dark Peak Fell Runners	M60	3:19:41	52.4
143	Aaron Walmsley	Bowland Fell Runners	MSEN	3:19:51	52.3
144	Calvin Routledge	Ambleside AC	M50	3:19:54	52.2
145	Jim Ryder	Ilkley Harriers AC	M50	3:20:48	51.6
146	Neil Walker	Altrincham & District Athletic Club	M40	3:20:57	51.4
147	Stuart Russell	Calder Valley Fell Runners	M40	3:22:26	50.3
148	Robin Stones		MSEN	3:23:19	49.7
149	Meg Stuart	Helm Hill Runners	WSEN	3:26:57	47.0
150	Damien Brockie		M40	3:28:35	45.8
151	Richard Tunnicliffe		M40	3:28:39	45.7
152	Kieran O'Prey	Calder Valley Fell Runners	MSEN	3:28:49	45.6
153	Michael Keavney	Swaledale Runners	M50	3:29:02	45.5
154	Andy Armstrong	Clayton-le-Moors Harriers	M50	3:29:03	45.5
155	Stephen Coope	Bowland Fell Runners	M50	3:29:14	45.3
156	Chris Curtis	Northern Fells Running Club	M50	3:29:14	45.3
157	Josie Greenhalgh	Lostock AC	W40	3:29:17	45.3
158	Catherine Litherland	Pennine Fell Runners	W40	3:31:09	43.9
159	Kieron Larkin		M40	3:31:11	43.9
160	Paul Simpson	Ambleside AC	M50	3:31:50	43.4
161	Ralph Baines	Clayton-le-Moors Harriers	M50	3:32:41	42.8
162	Adrian Dean		M40	3:33:24	42.2
163	Neil Swan	Holcombe Harriers	M40	3:33:25	42.2
164	Jenny Caddick	Dark Peak Fell Runners	W40	3:33:38	42.1
165	Dave Sykes	Dark Peak Fell Runners	M40	3:34:12	41.6
166	Sean Prendiville		MSEN	3:34:56	41.1
167	Chris Baynham-Hughes		M40	3:36:41	39.8
168	Littledave Cumins	Mow Cop Runners	M50	3:36:42	39.8
169	Nina Mason	Elvet Striders	W40	3:37:03	39.5
170	Fiona Lynch	Calder Valley Fell Runners	W40	3:37:13	39.4
171	Mick Procter	Clayton-le-Moors Harriers	M50	3:37:26	39.3
172	Thomas Gibson		MSEN	3:38:27	38.5
173	Lauren Munro-Bennett	Ambleside AC	WSEN	3:38:29	38.5
174	Andrew Scott	Roundhay Runners	MSEN	3:38:32	38.4
175	Andy Poole	Saddleworth Runners Club	M50	3:38:43	38.3

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
176	Scott White	Keswick AC	M40	3:39:13	37.9
177	Jonny Cartwright	Stadium Runners	M50	3:39:45	37.5
178	Lance Taylor	Hogweed Trotters	MSEN	3:40:17	37.1
179	Bill Beckett	Chorley Athletic and Triathlon Club	M50	3:41:08	36.5
180	Andy Holden	Achille Ratti	M50	3:41:50	36.0
181	Adam Malloy	Northumberland Fell Runners	MSEN	3:45:05	33.6
182	John Brannock	Porter Valley Plodders	MSEN	3:45:57	33.0
183	Shaun Taylor	Porter Valley Plodders	M40	3:46:59	32.2
184	Richard Bellaries	Clayton-le-Moors Harriers	M60	3:47:00	32.2
185	Hannah Keenan	Helm Hill Runners	WSEN	3:47:18	32.0
186	Christopher Barry		MSEN	3:47:25	31.9
187	Barry Edwards		M60	3:47:30	31.8
188	Mathew Taylor		M40	3:47:56	31.5
189	Clare Cummings	Chorlton Runners	WSEN	3:48:02	31.4
190	Paul Mason	Cumberland Fell Runners	M60	3:50:55	29.3
191	Zachary Smith		MSEN	3:51:00	29.2
192	Toney Donnelly	Lostock AC	M40	3:51:03	29.2
193	Madeleine Dickson	Chorlton Runners	WSEN	3:51:08	29.1
194	Alison Campbell	Valley Striders AC	W40	3:51:14	29.1
195	Andrew Greenstock		M40	3:53:37	27.3
196	Ian Shuttleworth	FRA	M50	3:53:43	27.2
197	Thomas Aspin	Durham University	MU23	3:54:53	26.4
198	Philip Hutchinson		MSEN	3:54:56	26.3
199	Steve Wathall	Black Combe Runners	M60	3:55:23	26.0
200	Alison Wainwright	Dark Peak Fell Runners	W50	3:55:24	26.0
201	David Ahearn	Pennine Fell Runners	M40	3:56:07	25.4
202	Albert Sunter	Lostock AC	M60	3:56:42	25.0
203	Roy Gardner		M50	3:56:55	24.9
204	Luke Appleyard	Wharfedale Harriers	M40	3:57:16	24.6
205	James Todhunter	Helm Hill Runners	M40	3:58:25	23.7
206	Lucie Todhunter	Helm Hill Runners	W40	3:58:27	23.7
207	Richard Clark	Esk Valley Fell Club	M50	3:58:37	23.6
208	Meghan McCarthy	Durham Fell Runners	WSEN	3:58:40	23.6
209	Daniel Grose	Ambleside AC	M50	3:58:49	23.4
210	Neil Weightman		M50	3:59:34	22.9
211	Tim Waldron	Liverpool Running Club	M40	3:59:37	22.9
212	Steven Renny	Altrincham & District Athletic Club	M50	3:59:45	22.8
213	John Stockdale		M40	3:59:50	22.7
214	Toby Johnson	Helm Hill Runners	M40	3:59:51	22.7
215	Georgia Stevens	Ambleside AC	WU23	4:00:03	22.5
216	Jo Simpson	Ambleside AC	WSEN	4:00:04	22.5
217	John Leech	Dallam Running Club	M60	4:00:06	22.5
218	Ian Oldham	Swaledale Runners	M40	4:00:22	22.3
219	Michael McLoughlin	Preston Harriers	M60	4:01:35	21.4
220	Maria Cook	Skelmersdale Boundary Harriers	W40	4:01:37	21.4
221	Honor Thompson	Skelmersdale Boundary Harriers	W40	4:01:39	21.4
222	Rebecca Wadeson	Skelmersdale Boundary Harriers	W40	4:01:43	21.3
223	Robert Rose		M40	4:02:04	21.0
224	Iain Dalglish		M40	4:02:08	21.0
225	Nigel Briggs	North York Moors AC	M60	4:02:27	20.8
226	Tania Wilson	Buxton AC	W50	4:02:34	20.7
227	Michael Pattrick		MSEN	4:02:40	20.6
228	Declan O'Duffy	Bowland Fell Runners	M60	4:02:43	20.6
229	Stuart Allan		M50	4:03:23	20.1
230	Edmund Rooney	Lauderdale Limpers Running Club	M60	4:03:37	19.9
231	Joseph Fennell		MSEN	4:04:52	19.0
232	Lesley Malarkey	Keswick AC	W70	4:05:05	18.8
233	Kerry Cornforth	Keswick AC	W50	4:05:11	18.7

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
234	Randolph Haggerty	Kirkstall Harriers	M50	4:05:38	18.4
235	Sarah Harmon	Dark Peak Fell Runners	WSEN	4:05:43	18.3
236	Patrick Kinsella	Axe Valley Runners	M40	4:06:38	17.7
237	Don Kershaw		M60	4:07:38	16.9
238	Dan Lounds		M50	4:18:37	8.8
239	Mark Wood		M50	4:21:51	6.4
240	Sam Carr	Liverpool Pembroke & Sefton Harriers AC	MU23	4:22:31	5.9
241	David Crout	Keswick AC	M50	4:23:19	5.3
242	Denise Tunstall	Durham Fell Runners	W50	4:23:30	5.2
243	Nicholas Olszewski	Clayton-le-Moors Harriers	M60	4:23:33	5.2
244	Allan Miller		M60	4:23:57	4.9
245	Dan Walmsley	Highland Hill Runners	M40	4:23:59	4.8
246	James Purves	Gala Harriers	M60	4:24:06	4.8
247	Andrew Walmsley		M60	4:24:07	4.7
248	Richard Woodhead		M40	4:24:11	4.7
249	Dave Brock	Orion Harriers	M60	4:26:41	2.8
250	Kenneth Taylor	Rosendale Harriers & AC	M70	4:26:56	2.7
251	Murray Bishop	Dark Peak Fell Runners	M50	4:27:30	2.2
252	Michael Berks	Altrincham & District Athletic Club	MSEN	4:34:04	0.0
253	David Large	Tri Preston	M50	4:35:46	0.0
254	Simon Froude	Airienteers	M60	4:36:31	0.0
255	Daryl Tacon	Cumberland Fell Runners	M50	4:42:26	0.0
256	James Holden	Salford Lads Club	M40	4:42:27	0.0

<u>Pos</u>	<u>team</u>	<u>team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Keswick AC	96.2	Matthew Atkinson	Calum Tinnion	David Birch
2	Ambleside AC	92.4	James Harris	Ben Abdelnoor	Ben Kent
3	Helm Hill Runners	89.9	Sam Dixon	Kieran Hodgson	Philip Rutter
4	Dark Peak Fell Runners	79.1	Matthew Harmon	Lova Chechik	Tom Pape
5	Bowland Fell Runners	77.8	Richard Mellon	John Ockenden	Leigh Warburton
6	Pennine Fell Runners	74.6	Ross Litherland	Dave Ward	Sue Richmond
7	Northern Fells Running Club	73.5	Nic Ward	Adam Jackson	Steven O'Keeffe
8	Achille Ratti	68.7	David Jackson	Robert Green	Matthew Smith
9	Ilkley Harriers AC	65.6	Oli Murphy	Jack Wood	Jim Ryder
10	Clayton-le-Moors Harriers	64.6	Carl Helliwell	Matthew Calow	David Fort
11	Altrincham & District Athletic Club	61.1	Arthur Raffle	Tim Raffle	Neil Walker
12	Calder Valley Fell Runners	59.1	James Logue	Stuart Russell	Kieran O'Prey
13	Black Combe Runners	58.2	Josh Hartley	Nick Sebley	Steve Wathall
14	Durham University	54.6	Luke Parker	Andrew Elwood	Thomas Aspin
15	Durham Fell Runners	48.4	Rory Woods	Dan Hoyle	Meghan McCarthy
16	Swaledale Runners	44.8	Tim Grimwood	Michael Keavney	Ian Oldham
17	Esk Valley Fell Club	43.8	Richard Veitch	Thomas Jones	Richard Clark
18	Chorlton Runners	39.1	Michael Howarth	Clare Cummings	Madeleine Dickson
19	Cumberland Fell Runners	36.0	Phil Archer	Paul Mason	Daryl Tacon
20	Lostock AC	33.2	Josie Greenhalgh	Toney Donnelly	Albert Sunter
21	Skelmersdale Boundary Harriers	21.3	Maria Cook	Honor Thompson	Rebecca Wadeson