

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
1	Jack Wright	Ambleside AC	MSEN	1:56:33	100.0
2	Harry Bolton	Keswick AC	MU23	1:57:45	99.0
3	Tom Simpson	Ambleside AC	MSEN	2:00:23	96.7
4	Ben Abdelnoor	Ambleside AC	M40	2:01:05	96.1
5	Sam Dixon	Helm Hill Runners	MSEN	2:01:19	95.9
6	Rhys Findlay-Robinson	Dark Peak Fell Runners	MSEN	2:02:33	94.9
7	Harry Stainton	Black Combe Runners	MSEN	2:03:45	93.8
8	Simon Harding	Macclesfield Harriers & AC	MSEN	2:05:13	92.6
9	Josh Hartley	Black Combe Runners	MSEN	2:07:05	91.0
10	Mark Duggan	Helm Hill Runners	MSEN	2:07:12	90.9
11	Matthew Atkinson	Keswick AC	MSEN	2:07:16	90.8
12	Matt Brindle	Ambleside AC	M40	2:09:16	89.1
13	Andy Laycock	Clayton-le-Moors Harriers	MSEN	2:09:31	88.9
14	Ian Holmes	Bingley Harriers & AC	M50	2:10:06	88.4
15	Mark Burley	Macclesfield Harriers & AC	MSEN	2:11:41	87.0
16	Daniel Bateson	Scarborough Athletic Club	M40	2:11:59	86.8
17	Tom Watt	Ambleside AC	MSEN	2:12:35	86.2
18	Garry Greenhow	Ambleside AC	M40	2:13:05	85.8
19	Chris Webb	Glossopdale Harriers	M40	2:13:07	85.8
20	Matt Reedy	Ambleside AC	M40	2:14:04	85.0
21	Sean Leckey	Ambleside AC	MSEN	2:14:11	84.9
22	Julian Goudge	Horwich R M I Harriers	M50	2:16:27	82.9
23	Joel Taylor		MU23	2:16:53	82.6
24	Sam Wainwright	Ochil Hill Runners	MSEN	2:17:28	82.1
25	Allen Bunyan	Macclesfield Harriers & AC	MSEN	2:17:50	81.7
26	David Appleton	Eryri Harriers	MSEN	2:18:10	81.5
27	Michael Barron	Ambleside AC	MSEN	2:18:17	81.4
28	Richard Mellon	Bowland Fell Runners	M50	2:18:33	81.1
29	Jack Simpson	Helm Hill Runners	MSEN	2:19:00	80.7
30	Peter Stock	Helm Hill Runners	MSEN	2:19:18	80.5
31	Kieran Hodgson	Helm Hill Runners	M40	2:19:49	80.0
32	Thomas Priestley	Ambleside AC	MSEN	2:19:54	80.0
33	Will Herman	Wharfedale Harriers	M40	2:20:22	79.6
34	Joseph Pickard	Macclesfield Harriers & AC	MSEN	2:20:55	79.1
35	Ian Ridgeway		MSEN	2:21:17	78.8
36	Ross Litherland		M40	2:22:02	78.1
37	Jon Deegan	Ambleside AC	M50	2:22:27	77.8
38	David Lund	Ambleside AC	M40	2:23:03	77.3
39	Adam Crowe	Ambleside AC	MSEN	2:23:20	77.0
40	Joe Todd	Kendal Amateur Athletic Club	M40	2:24:18	76.2
41	Neal Crampton	Pudsey & Bramley AC	M40	2:24:53	75.7
42	John Hunt	Dark Peak Fell Runners	M50	2:24:57	75.6
43	Wayne Croasdell	Eden Runners	MSEN	2:25:04	75.5
44	Joe Rigby		MSEN	2:25:27	75.2
45	Patrick Brennan	Rosendale Harriers & AC	M40	2:25:32	75.1
46	Thomas Edwards	Leeds City Athletic Club	MSEN	2:26:21	74.4
47	Majka Kunicka	Dark Peak Fell Runners	W40	2:26:40	74.2
48	Adam Jackson	Northern Fells Running Club	M50	2:28:13	72.8
49	Nathanael Booker	Macclesfield Harriers & AC	MSEN	2:28:37	72.5
50	Simon Bell	Ilkley Harriers AC	MSEN	2:29:02	72.1

51	Dave Prosser	Keswick AC	M50	2:29:05	72.1
52	Scott Morley	Eden Runners	MSEN	2:29:10	72.0
53	Ed Newbould	Abbey Runners	MSEN	2:29:22	71.8
54	Bryony Halcrow	Ambleside AC	WSEN	2:29:59	71.3
55	Craig Jeffery		M40	2:30:09	71.2
56	Dominic Raby	Chorley Athletic and Triathlon Club	M40	2:30:45	70.7
57	Thomas Lewis		MSEN	2:31:07	70.3
58	Will Broad	Ashbourne Running Club	MSEN	2:33:04	68.7
59	Will Silvie	Black Combe Runners	MSEN	2:33:18	68.5
60	Andrew Armin	Saltwell Harriers	MSEN	2:33:53	68.0
61	William Procter	Helm Hill Runners	M60	2:33:58	67.9
62	Chris Roberts	Ambleside AC	M40	2:34:18	67.6
63	Rob Harper	Ambleside AC	M50	2:34:31	67.4
64	Glynn Brown		M40	2:34:46	67.2
65	Peter Rigby	Helm Hill Runners	MSEN	2:35:03	67.0
66	John Bowers		M50	2:35:38	66.5
67	Littledave Cumins	Mow Cop Runners	M50	2:35:40	66.4
68	Sean Prendiville		MSEN	2:36:18	65.9
69	John Duff	Northumberland Fell Runners	M50	2:36:21	65.9
70	Tim Lofthouse		M50	2:36:38	65.6
71	Jacob Dyer	Helm Hill Runners	M50	2:36:43	65.5
72	Matthew Calow	Clayton-le-Moors Harriers	MSEN	2:36:54	65.4
73	Jamie Lawler	Keswick AC	M40	2:37:01	65.3
74	John Gill	Dallam Running Club	M40	2:37:05	65.2
75	James Freeman		M40	2:37:12	65.1
76	Mike Hitchmough	Newburgh Nomads RC	M50	2:37:17	65.1
77	Matthew Spoor	Dark Peak Fell Runners	MSEN	2:37:20	65.0
78	David Egan	Pudsey & Bramley AC	MSEN	2:37:22	65.0
79	Tom Matthew	Bowland Fell Runners	M50	2:37:32	64.8
80	Philippa Wakefield	Keswick AC	W40	2:37:40	64.7
81	Leigh Warburton	Bowland Fell Runners	M60	2:38:37	63.9
82	Kelli Roberts	Helm Hill Runners	WSEN	2:39:06	63.5
83	Edward Poulter		MSEN	2:39:29	63.2
84	Sarah Hodgson		WSEN	2:39:31	63.1
85	Stephen Smithies	Calder Valley Fell Runners	M50	2:39:34	63.1
86	John Rainford	Preston Harriers	M60	2:39:50	62.9
87	Spencer Riley	Ambleside AC	M40	2:39:54	62.8
88	James Simon	Bowland Fell Runners	MSEN	2:39:58	62.7
89	Tom Whittington	Macclesfield Harriers & AC	M40	2:40:41	62.1
90	Andrew Douglas	Helm Hill Runners	M40	2:41:15	61.6
91	Ben Fletcher	Bowland Fell Runners	M40	2:41:26	61.5
92	Mick Dobson	Trawden Athletic Club	M50	2:41:43	61.2
93	Jon Hopper	Macclesfield Harriers & AC	M40	2:42:07	60.9
94	Steve Rhodes	Hyde Park Harriers	M50	2:42:12	60.8
95	Phil Riley	Helm Hill Runners	M40	2:42:26	60.6
96	Sue Richmond	Pennine Fell Runners	W40	2:42:38	60.5
97	Mark Whittaker		M40	2:43:23	59.8
98	Andrew Cox	Helm Hill Runners	M50	2:44:45	58.6
99	Daniel Thwaites	West Cheshire Athletic Club	MSEN	2:45:32	58.0
100	Claire Nance	Lonsdale Fell Runners	WSEN	2:45:35	57.9
101	Nicola Kelly	Durham Fell Runners	WSEN	2:45:38	57.9

102	Andrew Gray	Thame Runners	M50	2:46:00	57.6
103	Carlos Bedson	Cheshire Hill Racers	M50	2:46:13	57.4
104	Katherine Klunder	Chorley Athletic and Triathlon Club	WSEN	2:46:45	56.9
105	Dan Duxbury	Ambleside AC	M40	2:46:59	56.7
106	Richard Wilson	Helm Hill Runners	MSEN	2:47:14	56.5
107	David James		M50	2:47:17	56.5
108	Alex Fairman	Cumberland Fell Runners	MSEN	2:47:33	56.2
109	Simon Long	Saltwell Harriers	M40	2:47:52	56.0
110	Mick Procter	Clayton-le-Moors Harriers	M50	2:48:01	55.8
111	Bianca Dyer	Helm Hill Runners	W40	2:48:30	55.4
112	Matthew Bourne	Bowland Fell Runners	M50	2:48:35	55.4
113	Chris Durkin	Black Combe Runners	M40	2:49:09	54.9
114	Katie Kallmeier	Ambleside AC	WSEN	2:49:29	54.6
115	Ursula Moore	York Knavesmire Harriers	WSEN	2:49:53	54.2
116	Steve Lomas	Macclesfield Harriers & AC	M50	2:49:55	54.2
117	Tim Campbell	Astley & Tyldesley Road Runners	M40	2:50:31	53.7
118	James McMurtry	Ashbourne Running Club	M50	2:50:35	53.6
119	Tony Little	Bowland Fell Runners	M40	2:50:59	53.3
120	Jim Bacon	Lonsdale Fell Runners	M50	2:51:01	53.3
121	Marie Robson	Helm Hill Runners	W50	2:51:07	53.2
122	Ashley Kay	Dark Peak Fell Runners	M60	2:51:14	53.1
123	Rowena Browne	Bowland Fell Runners	W60	2:51:19	53.0
124	James Lam	Vegan Runners UK	MSEN	2:51:21	53.0
125	Michael Lucas	Bowland Fell Runners	MSEN	2:51:40	52.7
126	Matt Dumenil	Pennine Fell Runners	M40	2:51:41	52.7
127	Dan Taylor	Todmorden Harriers	M40	2:52:34	51.9
128	Jean Powell	Wharfedale Harriers	W50	2:52:41	51.8
129	Jack Buckley		MSEN	2:52:47	51.8
130	Josie Greenhalgh	Lostock AC	W50	2:52:54	51.7
131	Jeff Henderson	Keswick AC	M50	2:54:03	50.7
132	John Singh	Saltaire Striders	MSEN	2:54:05	50.6
133	Gavin Lloyd	Black Combe Runners	MSEN	2:54:16	50.5
134	Darren Fishwick	Chorley Athletic and Triathlon Club	M50	2:54:19	50.4
135	Oli Read	York Knavesmire Harriers	MSEN	2:54:23	50.4
136	Tom Kelly		MSEN	2:55:14	49.6
137	Karl Tumelty	Black Combe Runners	M40	2:56:32	48.5
138	Stewart Macdonald	Bingley Harriers & AC	M50	2:56:40	48.4
139	Torben Kallmeier	Ambleside AC	MSEN	2:56:46	48.3
140	Matthew Pink	Pennine Fell Runners	M50	2:57:14	47.9
141	Robert Browne	Black Combe Runners	MSEN	2:57:26	47.8
142	Lauren Munro-Bennett	Ambleside AC	WSEN	2:57:30	47.7
143	Adam Bowler	Cambridge and Coleridge	MSEN	2:58:02	47.2
144	Jules Coleman	Lonsdale Fell Runners	M50	3:02:18	43.6
145	Madeleine Dickson	Chorlton Runners	WSEN	3:02:25	43.5
146	Oliver Richards	Otley AC	M40	3:02:36	43.3
147	Nick Sebley	Black Combe Runners	M60	3:02:49	43.1
148	James Burton		M40	3:02:53	43.1
149	Stuart Russell	Calder Valley Fell Runners	M50	3:02:55	43.1
150	David Parkington	Preston Harriers	M50	3:02:58	43.0
151	Jonathan Fletcher		MSEN	3:03:09	42.9
152	Laurence Martin	Pudsey & Bramley AC	M40	3:03:12	42.8

153	James Archbold	Borrowdale Fell Runners	M50	3:03:20	42.7
154	Jane Crowson	Dark Peak Fell Runners	W50	3:03:26	42.6
155	Thomas Brown	Preston Harriers	MSEN	3:03:58	42.2
156	Philip Devine	Kendal Amateur Athletic Club	M50	3:04:31	41.7
157	Roderick Pugh	Kilmarnock Harrier & Athletic Club	M60	3:04:35	41.6
158	Joanne Worboys-Hodgson		W50	3:04:48	41.4
159	Dan Clayton		M40	3:05:05	41.2
160	Allan Miller		M60	3:05:08	41.2
161	Emma Nielsen	Eden Runners	W40	3:05:10	41.1
162	Chris Gibbons	Bowland Fell Runners	M40	3:05:33	40.8
163	Oscar Hall		MSEN	3:05:35	40.8
164	Kerry Riley	Macclesfield Harriers & AC	WSEN	3:05:55	40.5
165	Paul Simpson	Ambleside AC	M50	3:06:22	40.1
166	Alison Weston	Ilkley Harriers AC	W50	3:06:27	40.0
167	David Crout	Keswick AC	M50	3:06:40	39.8
168	Roger Laycock	Settle Harriers	M60	3:07:13	39.4
169	Stephen Burthem	Spectrum Striders	M60	3:07:22	39.2
170	Rachel Towe	Ambleside AC	W40	3:07:24	39.2
171	Tanya Shepherd	Horsforth Fellandale Club	WSEN	3:07:25	39.2
172	Alan Calow	Bowland Fell Runners	M60	3:07:43	38.9
173	Dalton Barham	Dark Peak Fell Runners	MSEN	3:07:53	38.8
174	James Riley	Todmorden Harriers	M50	3:08:04	38.6
175	Laura Mccabe	Otley AC	W40	3:08:06	38.6
176	Ian Hodgson		M50	3:08:54	37.9
177	Edward Ingham		M50	3:09:07	37.7
178	Stephen Coope	Bowland Fell Runners	M50	3:09:21	37.5
179	Bill Beckett	Chorley Athletic and Triathlon Club	M50	3:09:48	37.2
180	Steve Swallow	Macclesfield Harriers & AC	M50	3:10:37	36.5
181	Steven O'Keefe	Northern Fells Running Club	M50	3:10:49	36.3
182	Ian Race	Helm Hill Runners	M60	3:10:55	36.2
183	Rebekah Beadle		W50	3:10:59	36.1
184	Faye Sharpley	Macclesfield Harriers & AC	WSEN	3:12:08	35.1
185	Kenneth Taylor	Rossendale Harriers & AC	M70	3:12:15	35.0
186	Tania Wilson	Buxton AC	W50	3:12:31	34.8
187	Thom Whiffen		MSEN	3:13:45	33.8
188	Alison Wainwright	Dark Peak Fell Runners	W50	3:17:56	30.2
189	Rebecca Cleator	Black Combe Runners	WSEN	3:18:03	30.1
190	Wendy Dodds	Dallam Running Club	W70	3:18:13	29.9
191	William Coupe	Helm Hill Runners	M50	3:20:40	27.8
192	Kathleen O'donnell	Macclesfield Harriers & AC	W40	3:20:43	27.8
193	Kat Evans	Ambleside AC	W40	3:20:47	27.7
194	Alice Kershaw		WSEN	3:20:49	27.7
195	Katie Poulter		WSEN	3:21:01	27.5
196	Don Kershaw		M60	3:21:21	27.2
197	Kerry Cornforth	Keswick AC	W50	3:21:55	26.8
198	Richard Campbell	Rossendale Harriers & AC	M40	3:22:46	26.0
199	Megan James	Eden Runners	WSEN	3:23:27	25.4
200	Sarah McCartney	Lonsdale Fell Runners	W40	3:23:29	25.4
201	Sam Gibbs	Helm Hill Runners	M40	3:23:50	25.1
202	Matthew Wilcock	Trawden Athletic Club	M50	3:24:06	24.9
203	Lauren Crisp	Northern Fells Running Club	WSEN	3:25:19	23.8

204	Catherine Litherland		W40	3:25:26	23.7
205	Richard Green	Belper Harriers	M50	3:25:45	23.5
206	William McAllister	Black Combe Runners	MSEN	3:26:44	22.6
207	Steve Wathall	Black Combe Runners	M60	3:27:50	21.7
208	Mark Nutter	Clayton-le-Moors Harriers	M60	3:28:31	21.1
209	Carolyn Meneaud	Ambleside AC	W40	3:28:42	20.9
210	Karl Steinegger	Ambleside AC	MSEN	3:28:43	20.9
211	James Goffe	Black Combe Runners	M60	3:28:57	20.7
212	Kathleen Brierley	Todmorden Harriers	W60	3:28:59	20.7
213	Natasha Coveney		WSEN	3:29:49	20.0
214	Jack Tyrie		MSEN	3:29:51	19.9
215	Steve King	Helm Hill Runners	M50	3:31:01	18.9
216	Alison Phillips	Eden Runners	W50	3:31:40	18.4
217	Andrew Turner	Ambleside AC	M60	3:32:54	17.3
218	Matt Clegg	Otley AC	M40	3:33:23	16.9
219	John Orrell		M50	3:34:53	15.6
220	Kate Ludley	Lonsdale Fell Runners	W40	3:36:12	14.5
221	John Taylor	Bowland Fell Runners	M70	3:36:48	14.0
222	Phil Clayton	Black Combe Runners	M50	3:37:54	13.0
223	Martin Quinn	Chorley Athletic and Triathlon Club	M50	3:38:20	12.7
224	Christopher Hall	Chorley Athletic and Triathlon Club	M50	3:38:24	12.6
225	Jonathan Tombs	Eden Runners	M50	3:40:14	11.0
226	David Kelly	Springfield Striders RC	M60	3:41:47	9.7
227	Lesley Malarkey	Keswick AC	W70	3:42:28	9.1
228	Gregor Smith	Bowland Fell Runners	MSEN	3:43:47	8.0
229	May Song Crawford	Helm Hill Runners	W40	3:43:57	7.9
230	Michael McLoughlin	Preston Harriers	M60	3:45:52	6.2
231	Jon Punshon	Northumberland Fell Runners	M60	3:47:10	5.1
232	Philip Dunn		MSEN	3:50:53	1.9
233	Mark Bentele	Lancaster & Morecambe AC	MSEN	3:50:55	1.9
234	Robert Webb	Lonsdale Fell Runners	MSEN	3:51:33	1.3
235	Jim Clapp		M60	3:55:56	0.0
236	Mandy Goth	Todmorden Harriers	W60	3:56:30	0.0
237	Simon Webster	Striders Of Croydon	M40	3:58:53	0.0
238	Jenny Morrirt		W40	3:58:59	0.0
239	Bronwen Ray	Smiley Paces	W40	3:59:07	0.0