

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
1	Brennan Townshend	Keswick AC	MSEN	2:58:42	100.0
2	Ricky Lightfoot	Ellenborough AC	MSEN	3:05:41	96.1
3	Mark Lamb	Keswick AC	MSEN	3:08:04	94.8
4	Philip Rutter	Helm Hill Runners	MSEN	3:08:07	94.7
5	Kim Collison	Borrowdale Fell Runners	M40	3:08:25	94.6
6	Harry Cooling	Howgill Harriers	MSEN	3:11:55	92.6
7	Samuel Tosh	Carnethy Hill Racing Club	MSEN	3:12:11	92.5
8	Alistair Thornton	Howgill Harriers	MSEN	3:12:28	92.3
9	Harry Kingston	North Leeds Fell Runners	MSEN	3:12:34	92.2
10	Ian Holmes	Bingley Harriers & AC	M50	3:12:45	92.1
11	Sam Dixon	Helm Hill Runners	MSEN	3:12:57	92.0
12	James Harris	Ambleside AC	MSEN	3:13:58	91.5
13	Tom Simpson	Ambleside AC	MSEN	3:14:30	91.2
14	Ellis Bland	Bowland Fell Runners	MSEN	3:15:51	90.4
15	Matthew Atkinson	Keswick AC	MSEN	3:26:50	84.3
16	Julian Hood	Barlick Fell Runners	M40	3:28:34	83.3
17	William White	North Leeds Fell Runners	MSEN	3:29:07	83.0
18	Andy Laycock	Clayton-le-Moors Harriers	MSEN	3:29:22	82.8
19	Lawrence Eccles	Penny Lane Striders	MSEN	3:29:45	82.6
20	Tom Watt	Ambleside AC	MSEN	3:30:00	82.5
21	Sam Wainwright	Ochil Hill Runners	MSEN	3:30:51	82.0
22	Sean Leckey	Ambleside AC	MSEN	3:31:25	81.7
23	Matthew Fretwell	Settle Harriers	MSEN	3:32:10	81.3
24	Matt Reedy	Ambleside AC	M40	3:32:18	81.2
25	Mark Burley	Macclesfield Harriers & AC	MSEN	3:32:42	81.0
26	Kenny Richmond	Helm Hill Runners	M50	3:33:24	80.6
27	Matt Brindle	Ambleside AC	M40	3:33:40	80.4
28	Daniel Bateson	Scarborough Athletic Club	M40	3:34:35	79.9
29	David Cope	Howgill Harriers	MSEN	3:34:54	79.7
30	Joseph Pickard	Macclesfield Harriers & AC	MSEN	3:38:51	77.5
31	Henry Webb	Mercia Fell Runners	MU23	3:39:00	77.4
32	Steve Jacques		M40	3:39:17	77.3
33	David Lund	Ambleside AC	M40	3:39:34	77.1
34	Andrew Jebb	Bingley Harriers & AC	M40	3:40:37	76.5
35	Shane Ohly	Helm Hill Runners	M40	3:42:11	75.7
36	Ian Ridgeway		MSEN	3:42:56	75.2
37	Paul Cornforth	Ambleside AC	M50	3:43:05	75.2
38	Robert Green	Achille Ratti Climbing Club	MSEN	3:43:27	75.0
39	Olly Frost		MSEN	3:45:21	73.9
40	Alistair Tod	Northern Fells Running Club	M40	3:45:22	73.9
41	David Williams	Ellenborough AC	M40	3:45:24	73.9
42	Christopher Armit		MSEN	3:45:27	73.8
43	Matthew Holroyd	Settle Harriers	MU23	3:46:55	73.0
44	Peter Rigby	Helm Hill Runners	MSEN	3:47:23	72.8
45	Luke Piper	Brighton Phoenix	MSEN	3:47:53	72.5
46	Anna Lupton	Black Combe Runners	W40	3:48:04	72.4
47	Jack Gribbin	Ilkley Harriers AC	MSEN	3:48:24	72.2
48	Ethan Furness	Black Combe Runners	MSEN	3:48:29	72.1
49	Rose Mather	York Knavesmire Harriers	WSEN	3:48:36	72.1
50	Hamish Murray	Keswick AC	MSEN	3:48:47	72.0
51	Simon Bell	Ilkley Harriers AC	MSEN	3:49:07	71.8
52	Scott Morley	Eden Runners	MSEN	3:49:12	71.7
53	Dan Gilbert	Horwich R M I Harriers	M40	3:49:28	71.6
54	John Hunt	Dark Peak Fell Runners	M50	3:49:35	71.5
55	Dave Ward	Pennine Fell Runners	M40	3:50:39	70.9
56	Andrew Peace	Bingley Harriers & AC	M50	3:50:47	70.9
57	Janie Oates	Helm Hill Runners	WSEN	3:51:58	70.2
58	Ed Newcome		MSEN	3:54:09	69.0
59	Spencer Riley	Ambleside AC	M40	3:54:12	68.9

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
60	Tom Hare	Ambleside AC	MSEN	3:54:32	68.8
61	Patrick Brennan	Rossendale Harriers & AC	M40	3:54:41	68.7
62	John Hannah	Lancaster & Morecambe AC	MSEN	3:55:56	68.0
63	Philip Pearson	Northern Fells Running Club	M60	3:58:46	66.4
64	Jacob Tonkin	Keswick AC	MSEN	3:59:05	66.2
65	Ross Litherland		M40	3:59:47	65.8
66	Craig Smith	Keswick AC	M50	4:00:39	65.3
67	Oliver Wade	Bowland Fell Runners	MSEN	4:03:21	63.8
68	Howard Seal	Cumberland Fell Runners	M40	4:03:35	63.7
69	Mark Thistlethwaite	Shettleston Harriers	M40	4:04:44	63.0
70	Kelli Roberts	Helm Hill Runners	WSEN	4:04:58	62.9
71	Daniel Worsell	Cumberland Fell Runners	MSEN	4:05:25	62.7
72	Victoria Thompson	Helm Hill Runners	WSEN	4:05:28	62.6
73	Andrew Holmes	Pennine Fell Runners	M40	4:06:09	62.3
74	Majka Kunicka	Dark Peak Fell Runners	W40	4:06:42	61.9
75	Robert White	Cumberland Fell Runners	MSEN	4:08:12	61.1
76	David Alcock	Airienteers	M40	4:08:31	60.9
77	Sam Downey	Keighley & Craven AC	M40	4:08:34	60.9
78	Helen Leigh	Blackburn Harriers AC	WSEN	4:08:37	60.9
79	Andrew Armin	Saltwell Harriers	MSEN	4:08:39	60.9
80	Matt Rowat	Bowland Fell Runners	MSEN	4:09:15	60.5
81	Mike Hitchmough	Newburgh Nomads RC	M50	4:10:52	59.6
82	Alex Jones	Horsforth Fellandale Club	MSEN	4:11:12	59.4
83	Michael Howarth	Helm Hill Runners	MSEN	4:12:14	58.9
84	Ross Coles	Cumberland Fell Runners	MSEN	4:12:39	58.6
85	Tarbo Fukazawa	Cambridge Harriers	MSEN	4:12:50	58.5
86	Tim Grimwood	Swaledale Runners	M40	4:13:13	58.3
87	Dave Prosser	Keswick AC	M50	4:13:21	58.2
88	Shirley Murray	Keswick AC	WSEN	4:13:30	58.1
89	Mark O'Connor	Calder Valley Fell Runners	M40	4:13:36	58.1
90	Richard Tunnicliffe		M40	4:14:02	57.8
91	Wykeham Bosworth	Belper Harriers	MSEN	4:16:00	56.7
92	Craig Jeffery		M40	4:16:16	56.6
93	Rebecca Howard	Ambleside AC	WSEN	4:16:29	56.5
94	John Duff	Northumberland Fell Runners	M50	4:16:43	56.3
95	Rowan Wood	Lonsdale Fell Runners	M40	4:17:01	56.2
96	Chris Worth	Saddleworth Runners Club	MSEN	4:17:12	56.1
97	Karl Tumelty	Black Combe Runners	M40	4:17:33	55.9
98	Daniel Miller	Billinge Running Club	MSEN	4:19:00	55.1
99	Littledave Cumins	Mow Cop Runners	M50	4:19:09	55.0
100	Seb Bufton	Saltwell Harriers	M40	4:20:37	54.2
101	Jonathan Fletcher		MSEN	4:20:54	54.0
102	Matt Walker	Durham Fell Runners	M40	4:21:46	53.5
103	John Gill	Dallam Running Club	M40	4:22:28	53.1
104	David Middlemas	Valley Striders AC	M40	4:22:44	53.0
105	Chris Roberts	Ambleside AC	M40	4:22:55	52.9
106	Matthew Luck	London City Runners	MSEN	4:22:58	52.8
107	David Fort	Clayton-le-Moors Harriers	M40	4:23:18	52.7
108	Tim Culshaw	Saddleworth Runners Club	MSEN	4:23:24	52.6
109	Ollie Barker	Helm Hill Runners	MSEN	4:23:26	52.6
110	Thomas Lewis		MSEN	4:23:42	52.4
111	Daniel Barton	Keswick AC	M40	4:24:35	51.9
112	Paul Jackson	Dark Peak Fell Runners	M40	4:24:52	51.8
113	Christian Poulton	Cambridge Harriers	M50	4:25:14	51.6
114	Chris Jackson	Glossopdale Harriers	MSEN	4:27:06	50.5
115	Mark Chippendale	Bowland Fell Runners	M50	4:27:12	50.5
116	Iain Shaw	Bowland Fell Runners	M40	4:27:18	50.4
117	Ross Bell	Eden Runners	MSEN	4:27:20	50.4
118	Al Smithson	Mersey Tri	MSEN	4:27:33	50.3

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
119	David James		M50	4:27:47	50.1
120	Bill Johnson	Calder Valley Fell Runners	M50	4:28:09	49.9
121	Ian Ferguson	Bingley Harriers & AC	M60	4:28:20	49.8
122	Hannah Barber	Cumberland Fell Runners	WSEN	4:28:51	49.6
123	John Bowers		M50	4:28:58	49.5
124	Tom Smith	Bowland Fell Runners	M50	4:29:01	49.5
125	Steve Angus	Keswick AC	M50	4:30:11	48.8
126	Dominic Raby	Chorley Athletic and Triathlon Club	M40	4:30:14	48.8
127	Gavin Lamb	Ilkley Harriers AC	M40	4:30:32	48.6
128	Adam Oliver	Helm Hill Runners	M40	4:30:33	48.6
129	Jim Thompson	Saltwell Harriers	M50	4:30:38	48.6
130	Jake Lockwood		MSEN	4:31:06	48.3
131	David Banks	Kendal Amateur Athletic Club	M50	4:31:14	48.2
132	Leigh Warburton	Bowland Fell Runners	M60	4:31:20	48.2
133	Roger Sillito	Northumberland Fell Runners	M40	4:32:55	47.3
134	Marie Robson	Helm Hill Runners	W50	4:32:59	47.2
135	Robert Halstead	Todmorden Harriers	M60	4:34:35	46.3
136	Adam Marcinowicz	Keswick AC	M40	4:35:22	45.9
137	John Millen	Black Combe Runners	M40	4:35:22	45.9
138	John Skelton	Cumberland Fell Runners	M40	4:37:50	44.5
139	Richard Garside	Ochil Hill Runners	M40	4:40:00	43.3
140	Andrew Campbell	Pennine Fell Runners	MSEN	4:40:16	43.2
141	Zaheir Bashir	Pudsey Pacers RC	M40	4:40:24	43.1
142	James Roddis		M50	4:40:39	42.9
143	Matthew Bourne	Bowland Fell Runners	M50	4:41:01	42.7
144	Stephen Smithies	Calder Valley Fell Runners	M50	4:41:20	42.6
145	Jean Brown	Clayton-le-Moors Harriers	W50	4:41:24	42.5
146	Roland Allatt	Dark Peak Fell Runners	M40	4:41:27	42.5
147	Hanno Torn	Ambleside AC	M50	4:41:49	42.3
148	Christopher Barry		MSEN	4:44:02	41.1
149	Madeleine Dickson	Chorlton Runners	WSEN	4:44:05	41.0
150	Grant Harris		MSEN	4:44:12	41.0
151	Matt Searson	Keswick AC	M40	4:45:06	40.5
152	Rowena Browne	Bowland Fell Runners	W60	4:45:28	40.3
153	John Woodhouse	Durham Fell Runners	MSEN	4:45:34	40.2
154	Andrew Greenstock		M40	4:46:12	39.8
155	Oliver Cook	Long Eaton Running Club	M50	4:47:38	39.0
156	Matt Linnett		MSEN	4:50:38	37.4
157	David Baglee	Eden Runners	M60	4:52:26	36.4
158	Craig Morgan	Belper Harriers	MSEN	4:52:58	36.1
159	Alan Kelly	Ambleside AC	M50	4:52:58	36.1
160	Mike Bottom	Belper Harriers	MSEN	4:53:03	36.0
161	Carlos Bedson	Cheshire Hill Racers	M50	4:53:35	35.7
162	Michelle Hetherington	Carnethy Hill Racing Club	W50	4:54:04	35.4
163	George Chapman	Clayton-le-Moors Harriers	MSEN	4:54:30	35.2
164	Adam Nodwell	North Leeds Fell Runners	MSEN	4:54:50	35.0
165	Paul Carman	Ilkley Harriers AC	M40	4:55:08	34.8
166	Chris Thain		MSEN	4:55:28	34.7
167	Dave Parker	St Theresa's AC	M50	4:57:13	33.7
168	Gavin Roper	Calder Valley Fell Runners	M40	4:57:42	33.4
169	Catherine Spurden	Keswick AC	WSEN	4:58:31	33.0
170	Adrian Noble	Weston Athletic Club	M50	4:58:38	32.9
171	Chris Draper	Cumberland Fell Runners	M40	4:59:09	32.6
172	Andy Morton		MSEN	4:59:12	32.6
173	Chris Durkin	Black Combe Runners	M40	4:59:33	32.4
174	Peter Walmsley		MSEN	5:00:46	31.7
175	Philip Hutchinson	Pennine Fell Runners	MSEN	5:02:20	30.8
176	Mick Procter	Clayton-le-Moors Harriers	M50	5:04:26	29.6
177	Tom Bennett		M40	5:05:07	29.3

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
178	Paul Simpson	Ambleside AC	M50	5:05:37	29.0
179	Catherine Holden	Calder Valley Fell Runners	W40	5:05:54	28.8
180	Stephen Harris		M40	5:06:06	28.7
181	John Singh	Saltaire Striders	MSEN	5:06:12	28.7
182	Mark Beighton	Belper Harriers	M50	5:06:16	28.6
183	Alison Wainwright	Dark Peak Fell Runners	W50	5:06:28	28.5
184	Mungo Stacy		M40	5:06:57	28.2
185	Ellis Maguire	North Leeds Fell Runners	WSEN	5:07:03	28.2
186	Steve Beldon	Malvern Buzzards Running Club	M40	5:07:30	27.9
187	Alison Weston	Ilkley Harriers AC	W50	5:07:45	27.8
188	Ruth Stanley	Cumberland Fell Runners	WSEN	5:08:02	27.6
189	Paul Hodgson	Durham Fell Runners	M40	5:08:10	27.6
190	Stephen Coope	Bowland Fell Runners	M50	5:09:26	26.8
191	Mark Wise	Cumberland Fell Runners	M60	5:11:14	25.8
192	David Fleming		M50	5:11:51	25.5
193	Nick Walker	Keighley & Craven AC	M40	5:12:42	25.0
194	Stuart Russell	Calder Valley Fell Runners	M50	5:12:42	25.0
195	Michael Clayton	Calder Valley Fell Runners	M40	5:14:55	23.8
196	Andrew Hallam	Holcombe Harriers	MSEN	5:17:11	22.5
197	Randolph Haggerty	Kirkstall Harriers	M50	5:17:21	22.4
198	Hinda Hardaker	Keighley & Craven AC	W40	5:17:23	22.4
199	Dick Waddington	Ilkley Harriers AC	M50	5:17:35	22.3
200	Craig Barker	Borrowdale Fell Runners	M50	5:18:04	22.0
201	Andy Armstrong	Clayton-le-Moors Harriers	M50	5:18:13	21.9
202	Bill Beckett	Chorley Athletic and Triathlon Club	M50	5:18:21	21.9
203	Tim Brooks	Calder Valley Fell Runners	M50	5:19:01	21.5
204	Rob Brooks	Saltwell Harriers	M40	5:19:11	21.4
205	James McMurtry	Ashbourne RC	M50	5:19:42	21.1
206	David Crout	Keswick AC	M50	5:20:14	20.8
207	John Smith	Lomond Hill Runners Scotland	M50	5:21:20	20.2
208	Martin Farrar	Wharfedale Harriers	M50	5:21:45	19.9
209	Georgia Stevens	Ambleside AC	WSEN	5:22:20	19.6
210	Jo Simpson	Ambleside AC	WSEN	5:22:20	19.6
211	Steve Wathall	Black Combe Runners	M60	5:23:20	19.1
212	Keith G Holmes	Dark Peak Fell Runners	M60	5:25:00	18.1
213	Samuel Williams-Duncan	Dark Peak Fell Runners	MSEN	5:28:07	16.4
214	Julie Carter		W50	5:28:33	16.1
215	Anna Oakes-Monger		WSEN	5:28:35	16.1
216	Rebecca Smith		W40	5:29:05	15.8
217	Thomas Brightwell	Carnethy Hill Racing Club	M40	5:30:29	15.1
218	James Cooke	Calder Valley Fell Runners	M40	5:31:54	14.3
219	Chad Dixon	Keswick AC	M40	5:34:13	13.0
220	Michael Pattrick		MSEN	5:34:19	12.9
221	Wendy Dodds	Dallam Running Club	W70	5:35:35	12.2
222	Mark Osborne	Eden Runners	M50	5:36:22	11.8
223	Amanda Graham	Cumberland Fell Runners	W50	5:40:35	9.4
224	David Todd	Saltwell Harriers	M40	5:41:29	8.9
225	Robert Rose	Harlequin Orienteering Club	M40	5:42:52	8.1
226	Richard Clark	Esk Valley Fell Club	M50	5:45:10	6.8
227	Helen Heaney	North Shields Polytechnic Club	W40	5:50:10	4.0
228	Jonathan Heaney	North Shields Polytechnic Club	M40	5:50:12	4.0

<u>pos</u>	<u>team</u>	<u>team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Keswick AC	93.0	Brennan Townshend	Mark Lamb	Matthew Atkinson
2	Helm Hill Runners	89.1	Philip Rutter	Sam Dixon	Kenny Richmond
3	Ambleside AC	88.4	James Harris	Tom Simpson	Tom Watt
4	Howgill Harriers	88.2	Harry Cooling	Alistair Thornton	David Cope
5	Bingley Harriers & AC	79.8	Ian Holmes	Andrew Jebb	Andrew Peace
6	Bowland Fell Runners	71.6	Ellis Bland	Oliver Wade	Matt Rowat

<u>Pos</u>	<u>Name</u>	<u>club</u>		<u>Category</u>	<u>Time</u>	<u>LCT points</u>
7	North Leeds Fell Runners		70.1	Harry Kingston	William White	Adam Nodwell
8	Black Combe Runners		66.8	Anna Lupton	Ethan Furness	Karl Tumelty
9	Ilkley Harriers AC		64.2	Jack Gribbin	Simon Bell	Gavin Lamb
10	Cumberland Fell Runners		62.5	Howard Seal	Daniel Worsell	Robert White
11	Dark Peak Fell Runners		61.8	John Hunt	Majka Kunicka	Paul Jackson
12	Clayton-le-Moors Harriers		59.3	Andy Laycock	David Fort	Jean Brown
13	Pennine Fell Runners		58.8	Dave Ward	Andrew Holmes	Andrew Campbell
14	Saltwell Harriers		54.5	Andrew Armin	Seb Bufton	Jim Thompson
15	Eden Runners		52.8	Scott Morley	Ross Bell	David Baglee
16	Calder Valley Fell Runners		50.2	Mark O'Connor	Bill Johnson	Stephen Smithies
17	Carnethy Hill Racing Club		47.7	Samuel Tosh	Michelle Hetherington	Thomas Brightwell
18	Belper Harriers		42.9	Wykeham Bosworth	Craig Morgan	Mike Bottom
19	Durham Fell Runners		40.4	Matt Walker	John Woodhouse	Paul Hodgson
20	Keighley & Craven AC		36.1	Sam Downey	Nick Walker	Hinda Hardaker