

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>	<u>note</u>
1	Philip Rutter	Helm Hill Runners	MSEN	3:59:54	100.0	
2	James Harris	Ambleside AC	MSEN	4:08:57	96.2	
3	Matthew Atkinson	Keswick AC	MSEN	4:14:50	93.8	
4	Tom Simpson	Ambleside AC	MSEN	4:15:50	93.4	
5	Sam Dixon	Helm Hill Runners	MSEN	4:18:30	92.2	
6	Ben Abdelnoor	Ambleside AC	M40	4:26:24	89.0	
7	Jack Walton	Keighley & Craven AC	MU23	4:26:37	88.9	
8	Philip Vokes	DrongO	MSEN	4:27:05	88.7	
9	Andrew Schofield	Borrowdale Fell Runners	M50	4:41:12	82.8	
10	Julian Hood	Barlick Fell Runners	M40	4:43:53	81.7	
11	Barney Nikolich	Pennine Fell Runners	MSEN	4:44:24	81.5	
12	David Lund	Ambleside AC	M40	4:46:43	80.5	
13	James Hoad	Thames Hare & Hounds	MSEN	4:46:49	80.4	
14	Allen Bunyan	Macclesfield Harriers & AC	MSEN	4:47:03	80.3	
15	Simon Darmody	Keswick AC	M40	4:50:25	78.9	
16	Sean Leckey	Ambleside AC	MSEN	4:50:55	78.7	
17	William Bowers	Ochil Hill Runners	MSEN	4:51:42	78.4	
18	David Williams	Ellenborough AC	M40	4:54:37	77.2	
19	Sam Wainwright	Ochil Hill Runners	MSEN	4:54:40	77.2	
20	Ross Litherland		M40	4:57:01	76.2	
21	John Hunt	Dark Peak Fell Runners	M50	4:57:30	76.0	
22	Mark Burley	Macclesfield Harriers & AC	MSEN	5:03:47	73.4	
23	Kelli Roberts	Helm Hill Runners	WSEN	5:11:10	70.3	
24	Robert White	Cumberland Fell Runners	MSEN	5:12:49	69.6	
25	Scott Morley	Eden Runners	MSEN	5:14:03	69.1	
26	Charlie McIntosh	Pudsey & Bramley AC	M50	5:14:34	68.9	
27	Victoria Thompson	Helm Hill Runners	WSEN	5:14:55	68.7	
28	Philip Pearson	Northern Fells Running Club	M60	5:16:41	68.0	
29	Ethan Furness	Black Combe Runners	MSEN	5:18:21	67.3	
30	Hugh Watkin	Ripon Runners	M40	5:20:06	66.6	
31	Rose Mather	York Knivesmire Harriers	WSEN	5:23:25	65.2	
32	Andrew Holmes	Pennine Fell Runners	M40	5:26:28	63.9	
33	Majka Kunicka	Dark Peak Fell Runners	W40	5:26:45	63.8	
34	Richard Tunnicliffe		MSEN	5:28:36	63.0	
35	Matt Dunn	Holcombe Harriers	M50	5:28:46	63.0	
36	Matthew Lynas	Macclesfield Harriers & AC	M50	5:28:56	62.9	
37	Helen Leigh	Blackburn Harriers AC	WSEN	5:29:17	62.7	
38	Dominic Howell	Clayton-le-Moors Harriers	M40	5:29:21	62.7	
39	Littledave Cumins	Mow Cop Runners	M50	5:37:49	59.2	
40	Ben Turner	Ambleside AC	M40	5:41:47	57.5	
41	Sue Richmond	Pennine Fell Runners	W40	5:43:06	57.0	
42	Tom Whittington	Macclesfield Harriers & AC	M40	5:46:08	55.7	
43	Lauren Munro-Bennett	Ambleside AC	WSEN	5:46:34	55.5	
44	Simon Richardson	Ilkley Harriers AC	M40	5:46:39	55.5	
45	Karolina Woloszczyk		WSEN	5:47:01	55.3	
46	Ian Ferguson	Bingley Harriers & AC	M60	5:50:32	53.9	
47	Tom Vasepuru	Ochil Hill Runners	MSEN	5:53:15	52.8	
48	Andrew Sutton		M40	5:54:48	52.1	
49	Mike Hitchmough	Newburgh Nomads RC	M50	6:00:00	49.9	*adjusted due to assisting injured runner
50	Paul Jackson	Dark Peak Fell Runners	M40	6:00:00	49.9	*adjusted due to assisting injured runner
51	Simon White		M40	6:06:56	47.0	
52	Jessica Richardson	Northern Fells Running Club	WSEN	6:10:00	45.8	*adjusted due to assisting injured runner
53	Jenny Rice	Helm Hill Runners	WSEN	6:10:00	45.8	*adjusted due to assisting injured runner
54	Jon Hopper	Macclesfield Harriers & AC	M40	6:10:00	45.8	*adjusted due to assisting injured runner
55	Kenny Short	Teviotdale Harriers	M50	6:10:04	45.7	
56	Stephen Coope	Bowland Fell Runners	M50	6:18:31	42.2	
57	James Rafferty	Keswick AC	MSEN	6:19:21	41.9	
58	Clive Allen	Helm Hill Runners	M50	6:22:44	40.5	
59	James Roddis		M50	6:22:56	40.4	
60	Scott White	Keswick AC	M40	6:23:45	40.0	

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61	David Crout	Keswick AC	M50	6:24:17	39.8	
62	Daniel Clayton		M40	6:27:29	38.5	
63	Steven O'Keeffe	Northern Fells Running Club	M50	6:27:30	38.5	
64	Garry Beardwood	Helm Hill Runners	M50	6:27:50	38.3	
65	John Singh	Saltaire Striders	MSEN	6:31:40	36.7	
66	James McMurtry	Ashbourne Running Club	M50	6:33:39	35.9	
67	Joanne Worboys-Hodgson		W50	6:33:42	35.9	
68	Helene Whitaker	Harrogate Harriers & AC	W50	6:36:07	34.9	
69	Gary Bradley	Barlick Fell Runners	M50	6:37:51	34.2	
70	Dave Parker	St Theresa's AC	M50	6:39:18	33.6	
71	Steve Wathall	Black Combe Runners	M60	6:39:37	33.4	
72	Mick Loftus	Valley Striders AC	M50	6:41:26	32.7	
73	Simon Vallance	Valley Striders AC	M50	6:41:34	32.6	
74	Alison Wainwright	Dark Peak Fell Runners	W50	6:42:39	32.2	
75	Julie Carter	Keswick AC	W50	6:44:50	31.2	
76	Tania Wilson	Buxton AC	W50	6:49:16	29.4	
77	Daryl Tacon	Cumberland Fell Runners	M50	6:50:27	28.9	
78	Paul Simpson	Ambleside AC	M50	6:52:04	28.2	
79	Jo Simpson	Ambleside AC	WSEN	6:52:07	28.2	
80	Rick Ansell	Tring RC	M60	7:04:41	23.0	
81	Barrie Thomason	Macclesfield Harriers & AC	M50	7:09:45	20.9	
82	David Brock	Orion Harriers	M60	7:09:48	20.8	
83	Tanya Shepherd	Horsforth Fellandale Club	WSEN	7:40:28	8.1	
84	Sally Hicks	Horsforth Fellandale Club	WSEN	7:40:30	8.0	
85	Francis Wooff	Chorlton Runners	M50	7:57:49	0.8	
86	Nicholas Downes	Cumberland Fell Runners	M40	8:02:43	0.0	
87	Paul Goodhew	Orion Harriers	M50	8:14:50	0.0	

<u>Pos</u>	<u>team</u>	<u>team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside AC	92.8	James Harris	Tom Simpson	Ben Abdelnoor
2	Helm Hill Runners	87.5	Philip Rutter	Sam Dixon	Kelli Roberts
3	Macclesfield Harriers & AC	72.2	Allen Bunyan	Mark Burley	Matthew Lynas
4	Keswick AC	71.5	Matthew Atkinson	Simon Darmody	James Rafferty
5	Ochil Hill Runners	69.4	William Bowers	Sam Wainwright	Tom Vasepuru
6	Pennine Fell Runners	67.4	Barney Nikolich	Andrew Holmes	Sue Richmond
7	Dark Peak Fell Runners	63.2	John Hunt	Majka Kunicka	Paul Jackson
8	Northern Fells Running Club	50.7	Philip Pearson	Jessica Richardson	Steven O'Keeffe
9	Cumberland Fell Runners	32.4	Robert White	Daryl Tacon	Nicholas Downes