

| <u>Pos</u> | <u>Name</u> | <u>club</u> | <u>Category</u> | <u>Time</u> | <u>LCT points</u> |
|------------|------------------|---------------------------------|-----------------|-------------|-------------------|
| 1 | Harry Bolton | Keswick AC | MU23 | 2:57:15 | 100.0 |
| 2 | Doni Clarke | Todmorden Harriers | M40 | 3:00:54 | 97.9 |
| 3 | Tom Simpson | Ambleside AC | MSEN | 3:04:28 | 95.9 |
| 4 | Garry Greenhow | Ambleside AC | M40 | 3:10:13 | 92.7 |
| 5 | Harry Stainton | Black Combe Runners | MSEN | 3:11:37 | 91.9 |
| 6 | Ben Abdelnoor | Ambleside AC | M40 | 3:14:28 | 90.3 |
| 7 | Sam Dixon | Helm Hill Runners | MSEN | 3:15:02 | 90.0 |
| 8 | James Harris | Ambleside AC | MSEN | 3:15:21 | 89.8 |
| 9 | Josh Hartley | Black Combe Runners | MSEN | 3:15:41 | 89.6 |
| 10 | David Jackson | Achille Ratti CC | M40 | 3:17:23 | 88.6 |
| 11 | Chris Webb | Glossopdale Harriers | M40 | 3:18:00 | 88.3 |
| 12 | Greg Hopkinson | Matlock Athletic Club | MSEN | 3:18:09 | 88.2 |
| 13 | Jacob Hiom | Durham University | MSEN | 3:18:28 | 88.0 |
| 14 | Luke Parker | Durham University | MU23 | 3:19:04 | 87.7 |
| 15 | Sharon Taylor | Helm Hill Runners | W40 | 3:19:44 | 87.3 |
| 16 | Tim Ripper | Black Combe Runners | MSEN | 3:23:03 | 85.4 |
| 17 | Daniel Bateson | Scarborough Athletic Club | M40 | 3:23:27 | 85.2 |
| 18 | Matthew Allen | Black Combe Runners | MSEN | 3:25:35 | 84.0 |
| 19 | Oisin Brennan | Durham University | MU23 | 3:29:10 | 82.0 |
| 20 | David Lund | Ambleside AC | M40 | 3:30:55 | 81.0 |
| 21 | Mark Burley | Macclesfield Harriers & AC | MSEN | 3:33:32 | 79.5 |
| 22 | Paul Cornforth | Ambleside AC | M50 | 3:33:57 | 79.3 |
| 23 | Ross Litherland | (no club) | M40 | 3:34:02 | 79.2 |
| 24 | Lawrence Eccles | Penny Lane Striders | MSEN | 3:34:27 | 79.0 |
| 25 | John Hunt | Dark Peak Fell Runners | M50 | 3:35:32 | 78.4 |
| 26 | Ethan Furness | Black Combe Runners | MSEN | 3:36:02 | 78.1 |
| 27 | Arthur Raffle | Altrincham & District AC | MSEN | 3:36:13 | 78.0 |
| 28 | Sean Leckey | Ambleside AC | MSEN | 3:36:35 | 77.8 |
| 29 | David Williams | Ellenborough | M40 | 3:39:24 | 76.2 |
| 30 | Tim Campbell | Astley & Tyldesley Road Runners | M40 | 3:39:34 | 76.1 |
| 31 | Kelli Roberts | Helm Hill Runners | WSEN | 3:41:15 | 75.2 |
| 32 | Chris Roberts | Ambleside AC | M40 | 3:42:57 | 74.2 |
| 33 | Daniel Barton | Keswick AC | M40 | 3:42:59 | 74.2 |
| 34 | Rowan Wood | Lonsdale Fell Runners | M40 | 3:43:24 | 74.0 |
| 35 | Philip Pearson | Northern Fells Running Club | M60 | 3:44:09 | 73.5 |
| 36 | Craig Jeffery | (no club) | M40 | 3:47:32 | 71.6 |
| 37 | William Silvie | Black Combe Runners | MSEN | 3:47:41 | 71.5 |
| 38 | Majka Kunicka | Dark Peak Fell Runners | W40 | 3:47:51 | 71.5 |
| 39 | Craig Smith | Keswick AC | M50 | 3:48:40 | 71.0 |
| 40 | Bryony Halcrow | Ambleside AC | WSEN | 3:50:38 | 69.9 |
| 41 | John Millen | Black Combe Runners | M40 | 3:50:55 | 69.7 |
| 42 | Dave Prosser | Keswick AC | M50 | 3:51:00 | 69.7 |
| 43 | Robert Henderson | Saltaire Striders | M40 | 3:52:11 | 69.0 |
| 44 | Andrew Scott | Roundhay Runners | MSEN | 3:52:40 | 68.7 |
| 45 | Robert Driscoll | Black Combe Runners | MSEN | 3:53:46 | 68.1 |
| 46 | Matt Sims | Black Combe Runners | M40 | 3:54:03 | 68.0 |
| 47 | Graeme Brown | Todmorden Harriers | M40 | 3:54:51 | 67.5 |
| 48 | Alfie Thorpe | (no club) | MU23 | 3:56:27 | 66.6 |
| 49 | Matt Fawthrop | Horwich R M I Harriers | MSEN | 3:59:31 | 64.9 |
| 50 | Spencer Riley | Ambleside AC | M40 | 3:59:31 | 64.9 |
| 51 | Matthew Lynas | Macclesfield Harriers & AC | M50 | 3:59:42 | 64.8 |
| 52 | Jim Masters | Cumberland Fell Runners | M40 | 4:01:16 | 63.9 |

| <u>Pos</u> | <u>Name</u> | <u>club</u> | <u>Category</u> | <u>Time</u> | <u>LCT points</u> |
|------------|------------------------|------------------------------|-----------------|-------------|-------------------|
| 53 | David James | Unattached | M50 | 4:02:54 | 63.0 |
| 54 | Kevin Brooks | Black Combe Runners | M40 | 4:07:07 | 60.6 |
| 55 | Chris Durkin | Black Combe Runners | M40 | 4:07:40 | 60.3 |
| 56 | Dan Gilbert | Horwich R M I Harriers | M40 | 4:08:27 | 59.8 |
| 57 | Rod Scott | Helm Hill Runners | M40 | 4:08:36 | 59.7 |
| 58 | Jonathan Whitaker | Harrogate Harriers & AC | M50 | 4:09:39 | 59.2 |
| 59 | Richard Tunnicliffe | Unattached | M40 | 4:09:55 | 59.0 |
| 60 | Charlie Wilde | (no club) | MU23 | 4:10:43 | 58.6 |
| 61 | Colin Reilly | Keswick AC | MSEN | 4:11:22 | 58.2 |
| 62 | Lauren Munro-Bennett | Ambleside AC | WSEN | 4:12:57 | 57.3 |
| 63 | Matt Searson | Keswick AC | M40 | 4:13:25 | 57.0 |
| 64 | David Banks | Kendal Amateur Athletic Club | M50 | 4:16:16 | 55.4 |
| 65 | Leigh Warburton | Bowland Fell Runners | M60 | 4:20:39 | 52.9 |
| 66 | Duncan Copley | Kendal Amateur Athletic Club | M50 | 4:24:03 | 51.0 |
| 67 | Roy Gardner | Achille Ratti CC | M50 | 4:24:46 | 50.6 |
| 68 | Helen Price | Harrogate Harriers & AC | W50 | 4:25:13 | 50.4 |
| 69 | Mick Procter | Clayton-le-Moors Harriers | M50 | 4:25:24 | 50.3 |
| 70 | Sean Giblin | Unattached | M40 | 4:25:54 | 50.0 |
| 71 | Duncan Ritchie | Todmorden Harriers | M50 | 4:29:11 | 48.1 |
| 72 | Chris Lawson | Dark Peak Fell Runners | M50 | 4:32:36 | 46.2 |
| 73 | Joanne Worboys-Hodgson | | W50 | 4:34:36 | 45.1 |
| 74 | Robert Halstead | Todmorden Harriers | M60 | 4:35:34 | 44.5 |
| 75 | Roy Gibson | Kendal Amateur Athletic Club | M60 | 4:35:41 | 44.5 |
| 76 | Catherine Litherland | (no club) | W40 | 4:35:47 | 44.4 |
| 77 | Andrew Sutton | (no club) | M40 | 4:36:02 | 44.3 |
| 78 | Helene Whitaker | Harrogate Harriers & AC | W50 | 4:37:25 | 43.5 |
| 79 | David Crout | Keswick AC | M50 | 4:39:27 | 42.3 |
| 80 | Stephen Coope | Bowland Fell Runners | M50 | 4:40:33 | 41.7 |
| 81 | Gary Bradley | Barlick Fell Runners | M50 | 4:40:57 | 41.5 |
| 82 | Russell Owen | Eryri Harriers | M60 | 4:41:40 | 41.1 |
| 83 | Gavin Roper | Calder Valley Fell Runners | M40 | 4:42:06 | 40.8 |
| 84 | Darren Foote | Ambleside AC | M50 | 4:42:07 | 40.8 |
| 85 | Allan Miller | (no club) | M60 | 4:42:19 | 40.7 |
| 86 | Darren Parker | Cumberland Fell Runners | M50 | 4:43:26 | 40.1 |
| 87 | Trudy Morrice | Thirsk & Sowerby Harriers | W50 | 4:43:41 | 40.0 |
| 88 | Tiago Silva | (no club) | M40 | 4:45:02 | 39.2 |
| 89 | Victoria Rose Miller | Ambleside AC | WSEN | 4:45:13 | 39.1 |
| 90 | Alison Wainwright | Dark Peak Fell Runners | W50 | 4:45:22 | 39.0 |
| 91 | Ralph Baines | Clayton-le-Moors Harriers | M50 | 4:45:29 | 38.9 |
| 92 | Steve Wathall | Black Combe Runners | M60 | 4:47:17 | 37.9 |
| 93 | Gavin Lloyd | Black Combe Runners | MSEN | 4:47:29 | 37.8 |
| 94 | Tim Murray | Helm Hill Runners | M60 | 4:48:00 | 37.5 |
| 95 | Georgia Stevens | Ambleside AC | WSEN | 4:55:39 | 33.2 |
| 96 | Jo Simpson | Ambleside AC | WSEN | 4:55:40 | 33.2 |
| 97 | Paul Simpson | Ambleside AC | M50 | 4:55:42 | 33.2 |
| 98 | Tania Wilson | Buxton AC | W50 | 4:56:28 | 32.7 |
| 99 | Eleanor Claringbold | Black Combe Runners | WSEN | 4:57:11 | 32.3 |
| 100 | Richard Gordon | Eden Runners | M50 | 4:57:57 | 31.9 |
| 101 | Graham Porter | Unattached | M60 | 5:02:39 | 29.3 |
| 102 | Julie Carter | Keswick AC | W50 | 5:06:47 | 26.9 |
| 103 | Emma Seery | Black Combe Runners | W40 | 5:08:59 | 25.7 |

| <u>Pos</u> | <u>Name</u> | <u>club</u> | <u>Category</u> | <u>Time</u> | <u>LCT points</u> |
|------------|-----------------|-----------------------------|-----------------|-------------|-------------------|
| 104 | Keith G Holmes | Dark Peak Fell Runners | M60 | 5:09:25 | 25.4 |
| 105 | Rick Ansell | Tring RC | M60 | 5:09:40 | 25.3 |
| 106 | Bruce Humphrey | Chorlton Runners | M40 | 5:10:52 | 24.6 |
| 107 | Wendy Dodds | Dallam Running Club | W70 | 5:15:36 | 21.9 |
| 108 | David Fleming | | M50 | 5:16:42 | 21.3 |
| 109 | Max Howard | (no club) | M60 | 5:19:30 | 19.7 |
| 110 | Chris Curtis | Northern Fells Running Club | M50 | 5:27:29 | 15.2 |
| 111 | Jonathan Savage | Northern Fells Running Club | M50 | 5:27:32 | 15.2 |
| 112 | Gavin Coventry | Thirsk & Sowerby Harriers | M50 | 5:33:01 | 12.1 |
| 113 | Marc Davies | Thirsk & Sowerby Harriers | M50 | 5:33:02 | 12.1 |
| 114 | Tim Palfreman | Harrogate Harriers & AC | M50 | 5:35:11 | 10.9 |
| 115 | Daniel Grose | Ambleside AC | M50 | 5:38:13 | 9.2 |
| 116 | Luke Stangroom | (no club) | MSEN | 5:40:35 | 7.9 |
| 117 | Alan Simpson | Thirsk & Sowerby Harriers | M50 | 5:42:48 | 6.6 |
| 118 | Francis Wooff | Chorlton Runners | M50 | 6:02:59 | 0.0 |
| 119 | Ian Sharpe | Chorlton Runners | M50 | 6:10:49 | 0.0 |

| <u>pos</u> | <u>team</u> | <u>team points</u> | <u>counter1</u> | <u>counter2</u> | <u>counter3</u> |
|------------|-----------------------------|--------------------|-------------------|-----------------|-----------------|
| 1 | Ambleside AC | 93.0 | Tom Simpson | Garry Greenhow | Ben Abdelnoor |
| 2 | Black Combe Runners | 89.0 | Harry Stainton | Josh Hartley | Tim Ripper |
| 3 | Durham University | 85.9 | Jacob Hiom | Luke Parker | Oisin Brennan |
| 4 | Helm Hill Runners | 84.2 | Sam Dixon | Sharon Taylor | Kelli Roberts |
| 5 | Keswick AC | 81.7 | Harry Bolton | Daniel Barton | Craig Smith |
| 6 | Todmorden Harriers | 71.2 | Doni Clarke | Graeme Brown | Duncan Ritchie |
| 7 | Dark Peak Fell Runners | 65.4 | John Hunt | Majka Kunicka | Chris Lawson |
| 8 | Harrogate Harriers & AC | 51.0 | Jonathan Whitaker | Helen Price | Helene Whitaker |
| 9 | Kendal Amateur Athletic Clu | 50.3 | David Banks | Duncan Copley | Roy Gibson |
| 10 | Northern Fells Running Clu | 34.7 | Philip Pearson | Chris Curtis | Jonathan Savage |
| 11 | Thirsk & Sowerby Harriers | 21.4 | Trudy Morrice | Gavin Coventry | Marc Davies |
| 12 | Chorlton Runners | 3.5 | Bruce Humphrey | Francis Wooff | Ian Sharpe |