

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
1	Philip Rutter	Helm Hill Runners	MSEN	3:56:38	100.0
2	Harry Bolton	Keswick AC	MU23	4:04:09	96.8
3	James Harris	Ambleside AC	MSEN	4:05:01	96.5
4	Hugh Chatfield	Tring RC	MSEN	4:23:07	88.8
5	Ben Abdelnoor	Ambleside AC	M40	4:24:25	88.3
6	Jack Wright	Ambleside AC	MSEN	4:25:27	87.8
7	Harry Stainton	Black Combe Runners	MSEN	4:30:17	85.8
8	Ricky Lightfoot	Ellenborough AC	MSEN	4:36:46	83.0
9	Ellis Bland	Bowland Fell Runners	MSEN	4:37:58	82.5
10	Steve Jacques		M40	4:38:43	82.2
11	Patrick Brennan	Rosendale Harriers & AC	M40	4:40:32	81.4
12	Chris Webb	Glossopdale Harriers	M40	4:42:26	80.6
13	Barney Nikolich	Pennine Fell Runners	MSEN	4:42:30	80.6
14	Kenny Richmond	Helm Hill Runners	M50	4:42:35	80.6
15	David Jackson	Achille Ratti CC	M40	4:44:52	79.6
16	Simon Darmody	Keswick AC	M40	4:46:00	79.1
17	Allen Bunyan	Macclesfield Harriers & AC	MSEN	4:46:13	79.0
18	Lawrence Eccles	Penny Lane Striders	MSEN	4:46:20	79.0
19	Sam Wainwright	Ochil Hill Runners	MSEN	4:47:09	78.7
20	Tom Watt	Ambleside AC	MSEN	4:48:27	78.1
21	Nic Ward	Northern Fells Running Club	MSEN	4:53:16	76.1
22	John Hunt	Dark Peak Fell Runners	M55	4:54:23	75.6
23	David Lund	Ambleside AC	M40	4:54:59	75.3
24	Paul Cornforth	Ambleside AC	M55	4:57:37	74.2
25	Victoria Thompson	Helm Hill Runners	WSEN	4:57:39	74.2
26	Robert Green	Achille Ratti CC	MSEN	5:04:14	71.4
27	Dave Ward	Pennine Fell Runners	M45	5:05:49	70.8
28	Daniel Cade	Dark Peak Fell Runners	MSEN	5:05:55	70.7
29	Joseph Morrell	Ilkley Harriers AC	MSEN	5:08:00	69.8
30	Sam Birch-Machin	Westerlands Cross Country Club	MSEN	5:08:22	69.7
31	Lawrence McCourt	Ilkley Harriers AC	MSEN	5:08:26	69.7
32	Scott Coates		MSEN	5:10:04	69.0
33	Will Carter	Dark Peak Fell Runners	MSEN	5:11:34	68.3
34	Andrew Armin	Saltwell Harriers	MSEN	5:12:13	68.1
35	Dan Gilbert	Horwich R M I Harriers	M45	5:12:39	67.9
36	Ethan Furness	Black Combe Runners	MSEN	5:12:59	67.7
37	Ian Ridgeway		MSEN	5:13:53	67.4
38	Joe Blackett	Dark Peak Fell Runners	M55	5:17:43	65.7
39	Simon Bell	Ilkley Harriers AC	MSEN	5:18:20	65.5
40	Matthew Holroyd	Settle Harriers	MU21	5:21:20	64.2
41	Matthew Lynas	Macclesfield Harriers & AC	M55	5:21:41	64.1
42	Chris Roberts	Ambleside AC	M40	5:21:43	64.0
43	Mingma Tshering Sherpa	Keswick AC	M40	5:22:12	63.8
44	Robert Webster	Eden Runners	MSEN	5:22:52	63.6
45	Mike Hitchmough	Newburgh Nomads RC	M55	5:26:36	62.0
46	Michael McGleenan	Bristol and West AC	MSEN	5:28:28	61.2
47	Tom Pape	Dark Peak Fell Runners	M45	5:30:11	60.5
48	Elaine Bisson	Elvet Striders	W40	5:30:38	60.3
49	Peter Rigby	Helm Hill Runners	MSEN	5:32:49	59.4
50	Tim Campbell	Astley & Tyldesley Road Runners	M45	5:37:05	57.6
51	Joe Rigby		MSEN	5:39:28	56.5
52	Sue Richmond	Pennine Fell Runners	W40	5:39:40	56.5
53	Edward Bailey		MSEN	5:40:21	56.2
54	Catherine Slater	Helm Hill Runners	WSEN	5:40:33	56.1
55	Matthew Calow	Clayton-le-Moors Harriers	MSEN	5:41:35	55.6
56	Matt Dunn	Holcombe Harriers	M50	5:41:41	55.6
57	Karl Tumelty	Black Combe Runners	M40	5:42:15	55.4
58	Craig Jeffery		M45	5:43:18	54.9
59	David James		M55	5:43:47	54.7

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
60	Littledave Cumins	Mow Cop Runners	M50	5:45:23	54.0
61	Daniel Barton	Keswick AC	M40	5:46:13	53.7
62	Matthew Luck	London City Runners	MSEN	5:47:37	53.1
63	Richard Tunnicliffe		M40	5:48:00	52.9
64	Peter Agnew	Buckley Runners	M55	5:50:00	52.1
65	Andrew Holmes	Pennine Fell Runners	M40	5:50:19	52.0
66	Scott Hutchinson	Marsden Racers	M45	5:51:26	51.5
67	John Crayston		MSEN	5:54:16	50.3
68	Al Smithson	Mersey Tri	MSEN	5:54:37	50.1
69	Michael Howarth	Helm Hill Runners	MSEN	5:56:52	49.2
70	Adam Brown		MSEN	5:57:14	49.0
71	Leigh Warburton	Bowland Fell Runners	M60	5:59:28	48.1
72	Craig Jones	Eryri Harriers	M50	5:59:36	48.0
73	Sam Harrison		MSEN	6:00:28	47.7
74	Rorie McIntosh	Esk Valley Fell Club	MSEN	6:00:45	47.5
75	Andrew Stimson	Durham Fell Runners	M40	6:01:15	47.3
76	John Singh	Saltaire Striders	MSEN	6:02:03	47.0
77	Paul Jackson	Dark Peak Fell Runners	M40	6:02:24	46.9
78	Jim Turner	Bowland Fell Runners	M40	6:05:08	45.7
79	Ross Coles	Cumberland Fell Runners	MSEN	6:05:48	45.4
80	Richard Garside	Ochil Hill Runners	M40	6:07:00	44.9
81	Hannah Barber	Cumberland Fell Runners	WSEN	6:07:33	44.7
82	Mick Procter	Clayton-le-Moors Harriers	M55	6:07:58	44.5
83	Andrew Greenstock		M45	6:10:58	43.2
84	Adam Nodwell	North Leeds Fell Runners	MSEN	6:11:56	42.8
85	Jim Londesborough		M60	6:12:11	42.7
86	Alan Kelly	Ambleside AC	M50	6:12:32	42.6
87	David Fort	Clayton-le-Moors Harriers	M45	6:13:02	42.4
88	Tanya Shepherd	Horsforth Fellandale Club	WSEN	6:13:18	42.2
89	George Chapman	Clayton-le-Moors Harriers	MSEN	6:14:16	41.8
90	Matthew Bourne	Bowland Fell Runners	M50	6:14:28	41.8
91	Tom Spreyer		M40	6:14:44	41.6
92	Dave Parker	St Theresa's AC	M55	6:15:05	41.5
93	Paul Hodgson	Durham Fell Runners	M40	6:15:31	41.3
94	Tim Lofthouse		M55	6:15:34	41.3
95	Joanne Worboys-Hodgson		W50	6:16:03	41.1
96	Andy Gaines		M40	6:18:05	40.2
97	Stuart Heaviside	Barlick Fell Runners	MSEN	6:18:18	40.1
98	Scott White	Keswick AC	M45	6:22:06	38.5
99	Stephen Coope	Bowland Fell Runners	M55	6:22:30	38.4
100	Michael Sturla	Durham Fell Runners	MSEN	6:23:20	38.0
101	Daniel Clayton		M45	6:25:10	37.2
102	Klemen Zafred	Cumberland Fell Runners	MSEN	6:27:39	36.2
103	Adam Malloy	Northumberland Fell Runners	M40	6:28:20	35.9
104	Dave Brock	Orion Harriers	M60	6:28:35	35.8
105	Ian Warrington	Bury A.C.	MSEN	6:29:57	35.2
106	Graham Stevens	Holcombe Harriers	M45	6:30:05	35.2
107	Neil Swan	Holcombe Harriers	M45	6:30:10	35.1
108	Andrew Hallam	Holcombe Harriers	MSEN	6:30:48	34.8
109	Julie Carter		W55	6:31:19	34.6
110	Roger Laycock	Settle Harriers	M60	6:32:13	34.3
111	Simone Capponi	Bowland Fell Runners	M45	6:34:30	33.3
112	Roy Gibson	Kendal Amateur Athletic Club	M60	6:35:14	33.0
113	Henry Robertshaw		MSEN	6:37:33	32.0
114	Dave Haygarth	Rosendale Harriers & AC	M50	6:38:54	31.4
115	David Crout	Keswick AC	M55	6:40:58	30.6
116	Matthew McLay	Mersey Tri	M40	6:43:04	29.7
117	John Skelton	Cumberland Fell Runners	M45	6:43:13	29.6
118	Alison Wainwright	Dark Peak Fell Runners	W50	6:44:21	29.1

<u>Pos</u>	<u>Name</u>	<u>club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>
119	Steven O'Keeffe	Northern Fells Running Club	M50	7:00:00	22.5
120	Steve Wathall	Black Combe Runners	M60	7:00:26	22.3
121	David Goodman		M50	7:03:34	21.0
122	Marcus Taylor	Horwich R M I Harriers	M50	7:14:27	16.4
123	Robert Nock	Goyt Valley Striders	M40	7:14:31	16.4
124	Geoffrey Evatt	Goyt Valley Striders	M40	7:14:32	16.4

<u>pos</u>	<u>team</u>	<u>team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Amleside AC	90.8	James Harris	Ben Abdelnoor	Jack Wright
2	Helm Hill Runners	84.9	Philip Rutter	Kenny Richmond	Victoria Thompson
3	Keswick AC	79.9	Harry Bolton	Simon Darmody	Mingma Tshering Sherpa
4	Dark Peak Fell Runners	71.5	John Hunt	Daniel Cade	Will Carter
5	Black Combe Runners	69.6	Harry Stainton	Ethan Furness	Karl Tumelty
6	Pennine Fell Runners	69.3	Barney Nikolich	Dave Ward	Sue Richmond
7	Ilkley Harriers AC	68.3	Joseph Morrell	Lawrence McCourt	Simon Bell
8	Bowland Fell Runners	58.8	Ellis Bland	Leigh Warburton	Jim Turner
9	Clayton-le-Moors Harriers	47.5	Matthew Calow	Mick Procter	David Fort
10	Durham Fell Runners	42.2	Andrew Stimson	Paul Hodgson	Michael Sturla
11	Cumberland Fell Runners	42.1	Ross Coles	Hannah Barber	Klemen Zafred
12	Holcombe Harriers	42.0	Matt Dunn	Graham Stevens	Neil Swan