

<u>Open</u>						
<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>	<u>W points</u>
1	Tom Simpson	Ambleside AC	MSEN	2:13:47	100.0	
2	Matthew Atkinson	Keswick AC	MSEN	2:21:19	94.4	
3	Lewis Bowness	Helm Hill Runners	MU23	2:28:40	88.9	
4	Joe Baxter	Pudsey & Bramley AC	MSEN	2:29:13	88.5	
5	Josh Hartley	Black Combe Runners	MSEN	2:33:29	85.3	
6	Billy Cartwright	Matlock Athletic Club	MSEN	2:34:16	84.7	
7	Jack Walton	Keighley & Craven AC	MU23	2:34:27	84.6	
8	Samuel Tosh	Carnethy Hill Racing Club	MSEN	2:35:35	83.7	
9	James Harris	Ambleside AC	MSEN	2:35:41	83.6	
10	Oliver Heaton	Preston Harriers	MSEN	2:35:59	83.4	
11	Bobby Gard-Storry	Eden Runners	MSEN	2:37:34	82.2	
12	Alistair Palmer	Preston Harriers	MSEN	2:37:45	82.1	
13	Huw Davies	Mercia Fell Runners	MSEN	2:37:49	82.0	
14	Ethan Furness	Black Combe Runners	MSEN	2:37:51	82.0	
15	Will Silvie	Black Combe Runners	MSEN	2:37:54	82.0	
16	Simon Gray	Northern Fells Running Club	MSEN	2:38:13	81.7	
17	Charlie Lowther	Eden Runners	M40	2:38:25	81.6	
18	Phil Archer	Cumberland Fell Runners	MSEN	2:38:49	81.3	
19	Gavin Dale	Ambleside AC	MSEN	2:39:37	80.7	
20	Harry Cooling	Howgill Harriers	MSEN	2:42:00	78.9	
21	Mark Burley	Macclesfield Harriers & AC	MSEN	2:42:38	78.4	
22	Kieran Hodgson	Helm Hill Runners	M40	2:45:04	76.6	
23	Kenny Richmond	Helm Hill Runners	M50	2:45:10	76.5	
24	Ian Holmes	Bingley Harriers & AC	M50	2:47:03	75.1	
25	Ted Mason	Wharfedale Harriers	M40	2:47:04	75.1	
26	Sam Bennett	Cumberland Fell Runners	MSEN	2:47:57	74.5	
27	Andrew Jebb	Bingley Harriers & AC	M40	2:48:03	74.4	
28	Chris Webb	Glossopdale Harriers	M40	2:48:55	73.7	
29	Mark McGoldrick	Settle Harriers	M40	2:49:42	73.2	
30	James Logue	Calder Valley Fell Runners	M50	2:50:38	72.5	
31	Carl Algeo	Northern Fells Running Club	MSEN	2:50:50	72.3	
32	Mark Roberts	Borrowdale Fell Runners	M60	2:51:11	72.0	
33	Matthew Holroyd	Settle Harriers	MU23	2:51:31	71.8	
34	Louise Mitchell	DUAXC	WU23	2:51:33	71.8	100.0
35	Sam Leadley	Loftus & Whitby AC	MSEN	2:51:48	71.6	
36	Jack Simpson	Helm Hill Runners	MSEN	2:56:56	67.7	
37	James Allard	Wharfedale Harriers	MSEN	2:56:59	67.7	
38	James Largey	North East Project	MSEN	2:57:08	67.6	
39	Nicholas Barber	Helm Hill Runners	MSEN	2:57:23	67.4	
40	Eve Pannone	Eden Runners	WU23	2:57:35	67.3	96.5
41	Bryony Halcrow	Ambleside AC	WSEN	2:58:00	66.9	96.2
42	Tom Davies	Mercia Fell Runners	MSEN	3:00:18	65.2	
43	Tim Grimwood	Swaledale Runners	M40	3:00:29	65.1	
44	Colin Brearley	Holme Pierrepont RC	M40	3:01:47	64.1	
45	James Kelly		MU23	3:02:10	63.8	
46	Ross Coles	Cumberland Fell Runners	MSEN	3:02:20	63.7	
47	Jon Coe	Dark Peak Fell Runners	M40	3:02:49	63.3	
48	John Ockenden	Hunters Bog Trotters	MSEN	3:03:10	63.1	
49	Dave Ward	Pennine Fell Runners	M40	3:04:06	62.4	
50	John Skelton	Cumberland Fell Runners	M50	3:04:36	62.0	
51	Tim Campbell	Eden Runners	M50	3:06:16	60.8	
52	Dave Parton	Rochdale Harriers & AC	MSEN	3:08:06	59.4	
53	Scott Morley	Eden Runners	MSEN	3:08:59	58.7	
54	Thomas Edwards	Leeds City AC	MSEN	3:09:08	58.6	
55	Julian Goudge	Horwich R M I Harriers	M50	3:09:23	58.4	
56	Sam Stell		M40	3:10:08	57.9	
57	Sophie Rylance	Ambleside AC	WU23	3:10:18	57.8	89.1
58	Jonathan Rylance	Ambleside AC	M40	3:10:20	57.7	
59	Jacob Tonkin	Keswick AC	MSEN	3:10:23	57.7	
60	Paul Reilly	Helm Hill Runners	M40	3:10:36	57.5	
61	Mike Hitchmough	Newburgh Nomads RC	M50	3:10:46	57.4	
62	Steve Birkinshaw	Borrowdale Fell Runners	M50	3:10:48	57.4	
63	Jonathan Fletcher		MSEN	3:10:50	57.4	
64	Anna Llewellyn	Lonsdale Fell Runners	WSEN	3:11:19	57.0	88.5
65	Isabel Steele		WSEN	3:11:32	56.8	88.4
66	Steven Paterson		M50	3:11:36	56.8	
67	Craig Tweedie		M40	3:11:45	56.7	
68	David Riding	Achille Ratti Climbing Club	M40	3:13:36	55.3	
69	Joe Rigby		M40	3:14:57	54.3	
70	David Lund	Ambleside AC	M40	3:15:05	54.2	
71	Charlie Day	Ambleside AC	MSEN	3:15:08	54.1	

72	Andrew Armin	Saltwell Harriers	MSEN	3:15:21	54.0	
73	Oliver Shaw	Loftus & Whitby AC	MSEN	3:15:33	53.8	
74	Tom Pape	Dark Peak Fell Runners	M40	3:16:08	53.4	
75	Dan Gilbert	Horwich R M I Harriers	M40	3:16:23	53.2	
76	Neil McKenzie	Ambleside AC	M50	3:16:30	53.1	
77	Adam Storer		M50	3:17:19	52.5	
78	Philip Pearson	Northern Fells Running Club	M60	3:17:36	52.3	
79	Alex Jones	Ashbourne Running Club	M40	3:18:49	51.4	
80	Mark Whittaker	Clayton-le-Moors Harriers	M50	3:19:01	51.2	
81	Andy Gibbons	Bingley Harriers & AC	M40	3:20:24	50.2	
82	Richard Bolton	Pennine Fell Runners	M50	3:22:09	48.9	
83	Seth Kennard	Lonsdale Fell Runners	MSEN	3:23:41	47.8	
84	Peter Rigby	Helm Hill Runners	MSEN	3:25:24	46.5	
85	David Jackson	Achille Ratti Climbing Club	M40	3:25:46	46.2	
86	Ben Buky		MU23	3:27:35	44.8	
87	Sarah Andrew	Glossopdale Harriers	W40	3:28:09	44.4	78.7
88	Leigh Warburton	Bowland Fell Runners	M60	3:36:54	37.9	
89	Chris Walsh	Hunters Bog Trotters	M40	3:37:57	37.1	
90	Stephen Pearce	Eden Runners	M40	3:38:01	37.0	
91	Ian Symington	Todmorden Harriers	M40	3:38:06	37.0	
92	Natalie Hawkrigg	Northern Fells Running Club	W50	3:38:15	36.9	72.8
93	Mick Loftus	Valley Striders AC	M50	3:38:21	36.8	
94	Andy Holden	Achille Ratti Climbing Club	M50	3:38:32	36.7	
95	Andrew Sutton	Macclesfield Harriers & AC	M40	3:38:37	36.6	
96	Mark Eastman	Bollington Harriers	MSEN	3:38:56	36.4	
97	Adam Jackson	Northern Fells Running Club	M50	3:39:40	35.8	
98	Paul Carman	Ilkley Harriers AC	M40	3:40:34	35.1	
99	Paul Lambert	Settle Harriers	M50	3:40:37	35.1	
100	Daniel Worsell	Cumberland Fell Runners	MSEN	3:41:35	34.4	
101	Simon Mounsey	Howgill Harriers	M50	3:41:47	34.2	
102	Thomas Mondain-Monval	Lonsdale Fell Runners	MSEN	3:41:51	34.2	
103	Jonathan Heaney	North Shields Polytechnic Club	M40	3:42:20	33.8	
104	Steve Angus	Keswick AC	M50	3:42:32	33.7	
105	Francis Gainsborough		MSEN	3:42:36	33.6	
106	Barry Wilkinson	Borrowdale Fell Runners	M50	3:42:42	33.5	
107	Katherine Klunder	Chorley Athletic and Triathlon Club	W40	3:42:51	33.4	70.1
108	Joe Blackett	Dark Peak Fell Runners	M50	3:43:01	33.3	
109	Darren Fishwick	Chorley Athletic and Triathlon Club	M50	3:43:13	33.2	
110	Richard Sale	Achille Ratti Climbing Club	MSEN	3:43:28	33.0	
111	Littledave Cumins	Mow Cop Runners	M50	3:43:37	32.9	
112	Neil Swan	Holcombe Harriers	M40	3:43:40	32.8	
113	Philippa Wakefield	Keswick AC	W40	3:44:21	32.3	69.2
114	Rachel Simpson	Helm Hill Runners	WSEN	3:44:27	32.2	69.2
115	Paul Coope	Bowland Fell Runners	M50	3:44:47	32.0	
116	Joseph Kennaugh		MU23	3:44:54	31.9	
117	Simon Vallance	Valley Striders AC	M50	3:45:01	31.8	
118	Ashley Kay	Dark Peak Fell Runners	M60	3:45:13	31.7	
119	Tom Lynch	Otley AC	M40	3:45:22	31.5	
120	Paul Simpson	Ambleside AC	M60	3:45:44	31.3	
121	Kenny Short	Teviotdale Harriers	M50	3:45:47	31.2	
122	James McMurtry	Ashbourne Running Club	M50	3:45:53	31.2	
123	Katie Mckay		WSEN	3:46:01	31.1	68.3
124	Tim Reid	Ambleside AC	MSEN	3:46:38	30.6	
125	Jenny Caddick	Dark Peak Fell Runners	W50	3:46:47	30.5	67.8
126	Jim Turner	Bowland Fell Runners	M40	3:47:56	29.6	
127	Andy Poole	Saddleworth Runners Club	M60	3:48:27	29.2	
128	Edward Box	Ambleside AC	M40	3:48:31	29.2	
129	Billy Rimmer		MSEN	3:48:48	29.0	
130	Kevin Mcloughlin	North York Moors AC	M50	3:49:04	28.8	
131	Marisa Allen	Carnethy Hill Racing Club	WU23	3:50:58	27.4	65.4
132	Paul Richardson	Saltwell Harriers	M40	3:51:53	26.7	
133	Bill Beckett	Chorley Athletic and Triathlon Club	M50	3:52:04	26.5	
134	Alistair Shawcross	Dallam Running Club	M40	3:52:30	26.2	
135	Zane Agapova	Dark Peak Fell Runners	WSEN	3:52:43	26.0	64.3
136	Mark Brightwell	Helm Hill Runners	M40	3:52:54	25.9	
137	Charlie Huins		MSEN	3:53:01	25.8	
138	Thomas Wynn		MSEN	3:53:06	25.8	
139	Amicia Lee	Bingley Harriers & AC	WSEN	3:53:29	25.5	63.9
140	Frederick Simpson	Victoria Park Harriers AC	MSEN	3:53:34	25.4	
141	Andrew Hallam	Holcombe Harriers	M40	3:53:51	25.2	
142	Natasha Fellowes	Achille Ratti Climbing Club	W50	3:54:13	24.9	63.5
143	Mike Innerdale	Eden Runners	M50	3:54:16	24.9	
144	Martin Holroyd	Settle Harriers	M50	3:54:49	24.5	

145	Peter McNamee	Newburgh Nomads RC	MSEN	3:55:03	24.3	
146	Rachel Towe	Ambleside AC	W40	3:55:12	24.2	62.9
147	Calum Fraser	Cumberland Fell Runners	MSEN	3:55:56	23.6	
148	Ronan Loftus	Valley Striders AC	MSEN	3:56:33	23.2	
149	Ian Ferguson	Bingley Harriers & AC	M60	3:56:40	23.1	
150	Alison Weston	Ilkley Harriers AC	W50	3:56:46	23.0	62.0
151	Rebecca Cleator	Black Combe Runners	WSEN	3:56:49	23.0	62.0
152	Edward Bailey		M40	3:57:10	22.7	
153	Julie Darigala	Black Combe Runners	W50	3:57:17	22.6	61.7
154	Greg Rimmer	Dark Peak Fell Runners	M60	3:57:54	22.2	
155	Dave Sykes	Dark Peak Fell Runners	M50	3:58:29	21.7	
156	Colin Moses	Wharfedale Harriers	M50	3:58:49	21.5	
157	Martin Hancock		M50	3:58:54	21.4	
158	Chris Johnson		MSEN	3:58:56	21.4	
159	Annabelle Innerdale	Eden Runners	W50	3:59:01	21.3	60.7
160	Wil Spain	Dark Peak Fell Runners	MSEN	4:00:05	20.5	
161	Helen Harrison	Barlick Fell Runners	W40	4:00:32	20.2	59.8
162	Scott White	Keswick AC	M40	4:01:21	19.6	
163	Hugo Robbins	Westerlands Cross Country Club	MSEN	4:04:14	17.4	
164	Sam Robinson	Pennine Fell Runners	MSEN	4:04:39	17.1	
165	Neil Colquhoun	Goyt Valley Striders	MSEN	4:04:55	16.9	
166	John Miles	Ambleside AC	M40	4:05:21	16.6	
167	Luke Dyer		MSEN	4:05:40	16.4	
168	Hugh Lindsay		MSEN	4:06:19	15.9	
169	Calum Sowden	Westerlands Cross Country Club	MSEN	4:06:25	15.8	
170	Christopher Hewitson		M40	4:11:18	12.2	
171	Jann Smith	Ilkley Harriers AC	W50	4:11:20	12.1	53.5
172	John Thompson	Newburgh Nomads RC	M50	4:12:19	11.4	
173	Sam Healy	North York Moors AC	M40	4:14:06	10.1	
174	Mark Wood		M50	4:14:19	9.9	
175	Nicola McCoy	Morpeth Harriers & AC	W50	4:15:21	9.1	51.2
176	Joe Curran	Accrington Road Runners	M60	4:16:34	8.2	
177	Thomas Page	Buttery Chuggington Running Club	MU23	4:16:48	8.0	
178	Thomas Hubbard		M40	4:19:03	6.4	
179	John Leech	Dallam Running Club	M60	4:19:54	5.7	
180	Javier Simon	Helm Hill Runners	M50	4:22:13	4.0	
181	Lochlan Dulson		MSEN	4:23:40	2.9	
182	Colin Dulson	Cumberland Fell Runners	M60	4:23:42	2.9	
183	Grant Harris		MSEN	4:23:44	2.9	
184	Robin Hoffmann	Glossopdale Harriers	M40	4:24:09	2.6	
185	Steve Wathall	FRA	M60	4:25:31	1.5	
186	Tom Horrocks		MSEN	4:29:51	0.0	
187	Joe Dobson		MSEN	4:30:22	0.0	
188	Michael Keavney	Swaledale Runners	M50	4:33:17	0.0	
189	Wendy Dodds	Dallam Running Club	W70	4:40:26	0.0	36.5
190	David Sexton	Settle Harriers	M50	4:40:29	0.0	
191	Christopher Chambers	Mynydd Du Mountain Runners	M50	4:40:30	0.0	
192	Lee Robinson	Oldham & Royton H & AC	M40	4:40:33	0.0	
193	Stephen Grimley	Calder Valley Fell Runners	M50	4:45:53	0.0	
194	Richard Kennaugh	Altrincham & District Athletic Club	M50	4:46:17	0.0	
195	Rob Humphreys	Eden Runners	M40	4:50:11	0.0	
196	Claire Humphreys	Eden Runners	W40	4:50:13	0.0	30.8
	Female					
1	Louise Mitchell	DUAXC	WU23	2:51:33	71.8	100.0
2	Eve Pannone	Eden Runners	WU23	2:57:35	67.3	96.5
3	Bryony Halcrow	Ambleside AC	WSEN	2:58:00	66.9	96.2
4	Sophie Rylance	Ambleside AC	WU23	3:10:18	57.8	89.1
5	Anna Llewellyn	Lonsdale Fell Runners	WSEN	3:11:19	57.0	88.5
6	Isabel Steele		WSEN	3:11:32	56.8	88.4
7	Sarah Andrew	Glossopdale Harriers	W40	3:28:09	44.4	78.7
8	Natalie Hawkrigg	Northern Fells Running Club	W50	3:38:15	36.9	72.8
9	Katherine Klunder	Chorley Athletic and Triathlon Club	W40	3:42:51	33.4	70.1
10	Philippa Wakefield	Keswick AC	W40	3:44:21	32.3	69.2
11	Rachel Simpson	Helm Hill Runners	WSEN	3:44:27	32.2	69.2
12	Katie Mckay		WSEN	3:46:01	31.1	68.3
13	Jenny Caddick	Dark Peak Fell Runners	W50	3:46:47	30.5	67.8
14	Marisa Allen	Carnethy Hill Racing Club	WU23	3:50:58	27.4	65.4
15	Zane Agapova	Dark Peak Fell Runners	WSEN	3:52:43	26.0	64.3
16	Amicia Lee	Bingley Harriers & AC	WSEN	3:53:29	25.5	63.9
17	Natasha Fellowes	Achille Ratti Climbing Club	W50	3:54:13	24.9	63.5
18	Rachel Towe	Ambleside AC	W40	3:55:12	24.2	62.9
19	Alison Weston	Ilkley Harriers AC	W50	3:56:46	23.0	62.0

20	Rebecca Cleator	Black Combe Runners	WSEN	3:56:49	23.0	62.0
21	Julie Darigala	Black Combe Runners	W50	3:57:17	22.6	61.7
22	Annabelle Innerdale	Eden Runners	W50	3:59:01	21.3	60.7
23	Helen Harrison	Barlick Fell Runners	W40	4:00:32	20.2	59.8
24	Jann Smith	Ilkley Harriers AC	W50	4:11:20	12.1	53.5
25	Nicola McCoy	Morpeth Harriers & AC	W50	4:15:21	9.1	51.2
26	Wendy Dodds	Dallam Running Club	W70	4:40:26	0.0	36.5
27	Claire Humphreys	Eden Runners	W40	4:50:13	0.0	30.8

Open teams

<u>Pos</u>	<u>Team</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside AC	88.1	Tom Simpson	James Harris	Gavin Dale
2	Black Combe Runners	83.1	Josh Hartley	Ethan Furness	Will Silvie
3	Helm Hill Runners	80.7	Lewis Bowness	Kieran Hodgson	Kenny Richmond
4	Eden Runners	77.0	Bobby Gard-Storry	Charlie Lowther	Eve Pannone
5	Cumberland Fell Runners	73.2	Phil Archer	Sam Bennett	Ross Coles
6	Northern Fells Running Club	68.8	Simon Gray	Carl Algeo	Philip Pearson
7	Bingley Harriers & AC	66.6	Ian Holmes	Andrew Jebb	Andy Gibbons
8	Keswick AC	61.9	Matthew Atkinson	Jacob Tonkin	Steve Angus
9	Settle Harriers	60.0	Mark McGoldrick	Matthew Holroyd	Paul Lambert
10	Wharfedale Harriers	54.8	Ted Mason	James Allard	Colin Moses
11	Borrowdale Fell Runners	54.3	Mark Roberts	Steve Birkinshaw	Barry Wilkinson
12	Dark Peak Fell Runners	50.0	Jon Coe	Tom Pape	Joe Blackett
13	Lonsdale Fell Runners	46.3	Anna Llewellyn	Seth Kennard	Thomas Mondain-Monval
14	Achille Ratti Climbing Club	46.0	David Riding	David Jackson	Andy Holden
15	Pennine Fell Runners	42.8	Dave Ward	Richard Bolton	Sam Robinson
16	Glossopdale Harriers	40.2	Chris Webb	Sarah Andrew	Robin Hoffmann
17	Bowland Fell Runners	33.2	Leigh Warburton	Paul Coope	Jim Turner
18	Chorley Athletic and Triathlon Club	31.0	Katherine Klunder	Darren Fishwick	Bill Beckett
18	Newburgh Nomads RC	31.0	Mike Hitchmough	Peter McNamee	John Thompson
20	Valley Striders AC	30.6	Mick Loftus	Simon Vallance	Ronan Loftus
21	Ilkley Harriers AC	23.4	Paul Carman	Alison Weston	Jann Smith
22	Dallam Running Club	10.6	Alistair Shawcross	John Leech	Wendy Dodds

Female teams

<u>Pos</u>	<u>Team</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside AC	82.7	Bryony Halcrow	Sophie Rylance	Rachel Towe
2	Eden Runners	62.7	Eve Pannone	Annabelle Innerdale	Claire Humphreys