

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>	<u>W points</u>
1	Finlay Wild	Lochaber Athletic Club	M40	2:00:33	100.00	
2	Tom Simpson	Ambleside AC	MSEN	2:06:09	95.35	
3	Sam Bentham	Ilkley Harriers AC	MU23	2:11:48	90.67	
4	Huw Davies	Mercia Fell Runners	MSEN	2:12:13	90.32	
5	George Foster	Keswick AC	M40	2:12:57	89.71	
6	Mark Lamb	Keswick AC	MSEN	2:13:44	89.06	
7	Garry Greenhow	Ambleside AC	M40	2:13:46	89.04	
8	Rowan Ashworth	Ambleside AC	MU23	2:14:05	88.77	
9	Calum Tinnion	Keswick AC	MSEN	2:15:07	87.92	
10	Matthew Elkington	Ambleside AC	MSEN	2:18:05	85.46	
11	Harry Kingston	North Leeds Fell Runners	MSEN	2:20:25	83.52	
12	Joe Woodley	Dark Peak Fell Runners	MSEN	2:22:52	81.49	
13	Joe Kenny	Helm Hill Runners	MSEN	2:27:09	77.93	
14	Rhys Findlay-Robinson	Dark Peak Fell Runners	MSEN	2:27:31	77.63	
15	Mark McGoldrick	Settle Harriers	M40	2:27:46	77.42	
16	Nicholas Barber	Helm Hill Runners	MSEN	2:28:58	76.43	
17	Joe Oldfield	Matlock Athletic Club	MSEN	2:29:19	76.14	
18	Matthew Atkinson	Keswick AC	MSEN	2:29:27	76.03	
19	Mark Burley	Macclesfield Harriers & AC	MSEN	2:29:29	76.00	
20	Peter Rigby	Helm Hill Runners	M40	2:30:44	74.96	
21	Michael McGleenan	Keswick AC	MSEN	2:31:19	74.48	
22	Chris Webb	Glossopdale Harriers	M40	2:31:21	74.45	
23	Will Silvie	Black Combe Runners	MSEN	2:31:31	74.31	
24	Zak Knill	Ambleside AC	MSEN	2:33:02	73.05	
25	Ian Holmes	Bingley Harriers & AC	M50	2:33:05	73.01	
26	Max Wainwright	Helm Hill Runners	MSEN	2:33:34	72.61	
27	Tom Watt	Ambleside AC	MSEN	2:34:35	71.77	
28	Thomas Priestley	Ambleside AC	MSEN	2:35:08	71.31	
29	Jack Simpson	Ambleside AC	MSEN	2:35:25	71.08	
30	Kieran Hodgson	Helm Hill Runners	M50	2:35:32	70.98	
31	Ethan Furness	Black Combe Runners	MSEN	2:35:36	70.92	
32	Ian Newell	Dark Peak Fell Runners	MSEN	2:35:57	70.63	
33	Will Rigg	Carnethy Hill Racing Club	MSEN	2:36:40	70.04	
34	Will Herman	Clayton-le-Moors Harriers	M50	2:36:59	69.78	
35	Bryony Halcrow	Ambleside AC	FSEN	2:38:20	68.66	100.00
36	Matt Reedy	Ambleside AC	M50	2:38:42	68.35	
37	Ben Rowley	Keswick AC	M40	2:39:51	67.40	
38	Doug Love	Bowland Fell Runners	M40	2:40:00	67.27	
39	Alex Clarkson	Kent AC	MSEN	2:40:17	67.04	
40	Simon Bell	Bingley Harriers & AC	M40	2:40:38	66.75	
41	Tom Renwick	Settle Harriers	MSEN	2:40:45	66.65	
42	Josh Hartley	Black Combe Runners	MSEN	2:43:21	64.50	
43	Matt Brindle	Ambleside AC	M40	2:43:24	64.45	
44	Harry Cooling	Howgill Harriers	MSEN	2:43:24	64.45	
45	Arthur Raffle	Altrincham and District AC	MSEN	2:43:35	64.30	
46	Mark Lee		M40	2:44:53	63.22	
47	Nic Ward	Settle Harriers	M40	2:46:22	61.99	
48	James Haworth	Keswick AC	M50	2:46:38	61.77	
49	Matt Fleming	Ambleside AC	MSEN	2:47:43	60.87	
50	Daniel Clarke	Bowland Fell Runners	MSEN	2:47:53	60.74	
51	Jack Eastham	Bowland Fell Runners	MSEN	2:48:09	60.51	
52	Liam Taylor	Bowland Fell Runners	MSEN	2:48:49	59.96	
53	Nick Sharp	Ambleside AC	M50	2:48:54	59.89	
54	Eliot Sedman	Carnethy Hill Racing Club	M40	2:49:24	59.48	
55	Craig Tweedie		M50	2:49:34	59.34	
56	Tom Makin	Achille Ratti Climbing Club	MSEN	2:51:18	57.90	
57	Charlie Green	Eden Runners	MSEN	2:51:54	57.40	
58	Hugo Hunt	Ambleside AC	MSEN	2:52:42	56.74	
59	Neil McKenzie	Ambleside AC	M50	2:52:52	56.60	
60	Nicholas Hopley		MSEN	2:53:14	56.30	
61	Jon Pemberton		MSEN	2:53:29	56.09	
62	Jon Hopper	Macclesfield Harriers & AC	M40	2:53:57	55.70	
63	Matthew Jones	Keswick AC	M40	2:54:14	55.47	

64	Ross Litherland		M40	2:54:43	55.07	
65	Michael Lucas	Bowland Fell Runners	MSEN	2:54:45	55.04	
66	Christopher Balderson	Bowland Fell Runners	M60	2:54:51	54.96	
67	James Wilkins	Dark Peak Fell Runners	MSEN	2:54:59	54.85	
68	Lewis James		MSEN	2:55:07	54.74	
69	Danny Gomme	SHRC	MSEN	2:55:36	54.33	
70	Dane Blomquist	OAC	MSEN	2:55:44	54.22	
71	Colin Doig	Hunters Bog Trotters	M40	2:55:47	54.18	
72	Elton Angle-Smith	Keswick AC	M40	2:56:02	53.97	
73	Thomas Edwards	Leeds City AC	MSEN	2:56:08	53.89	
74	John Murfin	Settle Harriers	M50	2:56:20	53.73	
75	Jonathan Fletcher		M40	2:56:29	53.60	
76	Oliver Elliott		MSEN	2:56:30	53.59	
77	Tanya Raab	Keswick AC	FSEN	2:56:36	53.50	88.46
78	Pawel Cylich	Denby Dale Athletics Club	M40	2:56:39	53.46	
79	Steve Price		MSEN	2:56:41	53.44	
80	Rowen Ratcliffe	Saddleworth Runners Club	FSEN	2:56:42	53.42	88.40
81	Ella Peters	Westerlands Cross Country Club	FSEN	2:56:43	53.41	88.39
82	Joseph Collins	Carnethy Hill Racing Club	MSEN	2:56:55	53.24	
83	Jon Coe	Dark Peak Fell Runners	M50	2:57:00	53.17	
84	Paul Reilly	Helm Hill Runners	M40	2:57:03	53.13	
85	Michael Howarth		MSEN	2:57:09	53.05	
86	James Beckingham	Keswick AC	M40	2:57:17	52.94	
87	Andrew Fleet		MSEN	2:58:44	51.74	
88	Javier Simon	Helm Hill Runners	M50	3:00:24	50.35	
89	George Hartley	Eryri Harriers	MSEN	3:01:29	49.45	
90	Jonathan Lamb	Keswick AC	MSEN	3:01:44	49.25	
91	Jacob Tonkin	Keswick AC	MSEN	3:01:46	49.22	
92	Thomas Lewis		MSEN	3:02:40	48.47	
93	Steve Birkinshaw	Borrowdale Fell Runners	M50	3:02:42	48.44	
94	Mark Wilson	Keswick AC	MSEN	3:03:20	47.92	
95	Brian Crowther	Ambleside AC	M40	3:03:57	47.41	
96	Lance Taylor	FRA	MSEN	3:04:17	47.13	
97	John Skelton	Cumberland Fell Runners	M50	3:05:07	46.44	
98	John Nicoll	Borrowdale Fell Runners	M50	3:05:21	46.25	
99	Rick Solman	Rosendale Harriers & AC	M40	3:05:47	45.89	
100	Sam Cooper	Bollington Harriers	M40	3:06:30	45.29	
101	Daniel Molesworth	Knaresborough Striders	MSEN	3:06:32	45.26	
102	Ray Ward	Hunters Bog Trotters	M50	3:06:33	45.25	
103	Jacob Dyer	Helm Hill Runners	M50	3:06:50	45.02	
104	Graham Lewis	Northern Fells Running Club	M40	3:06:58	44.91	
105	Lochlan Dulson	Summit Ultra	MSEN	3:07:03	44.84	
106	Mark Brightwell	Ambleside AC	M40	3:07:18	44.63	
107	Matthew Holroyd	Settle Harriers	MSEN	3:08:06	43.97	
108	Tom Pape	Dark Peak Fell Runners	M40	3:08:08	43.94	
109	Rose Singleton	Northern Fells Running Club	FSEN	3:08:12	43.88	81.14
110	David Lund	Eden Runners	M40	3:08:39	43.51	
111	Thomas Birkhead	Slaithwaite Striders RC	MSEN	3:08:45	43.43	
112	Greg Meschino		M40	3:08:52	43.33	
113	Mike Tyrie	Eden Runners	M50	3:09:18	42.97	
114	Michael Hyde		M40	3:09:46	42.58	
115	George Murphy	Keswick AC	MSEN	3:09:56	42.44	
116	Ben Gillespie	North Leeds Fell Runners	MSEN	3:09:57	42.43	
117	Iain Smith	Dark Peak Fell Runners	M50	3:10:25	42.04	
118	Christopher White	Belper Harriers	MSEN	3:10:33	41.93	
119	Charlotte Sykes	Dark Peak Fell Runners	FU23	3:10:58	41.59	79.39
120	Ian Hawley	Barrow Runners	M40	3:11:51	40.85	
121	Bianca Dyer	Helm Hill Runners	F50	3:12:11	40.58	78.62
122	Rachel Rose	Dark Peak Fell Runners	F40	3:12:26	40.37	78.46
123	Sam Pemberton	Dronfield Running Club	MSEN	3:12:48	40.07	
124	Oliver Harrison	Dronfield Running Club	M40	3:13:16	39.68	
125	Chris Durkin	Black Combe Runners	M40	3:13:58	39.10	
126	David Ryder	Achille Ratti Climbing Club	M40	3:14:24	38.74	
127	Steve Rhodes	Northern Fells Running Club	M60	3:14:31	38.64	

128	Tim Campbell	Eden Runners	M50	3:14:53	38.34	
129	Jack Millar	Monross Trailblazers	MSEN	3:15:04	38.19	
130	Chris Owens	Ambleside AC	MSEN	3:15:06	38.16	
131	Sam Cripps		MSEN	3:15:07	38.14	
132	Robert Kendall		MSEN	3:15:12	38.08	
133	Tom Ward	Ambleside AC	MSEN	3:15:18	37.99	
134	Robyn McGleenan	Keswick AC	FSEN	3:15:31	37.81	76.52
135	Tim Werrett	Mercia Fell Runners	M50	3:15:34	37.77	
136	Ben Simmonds		MSEN	3:15:36	37.74	
137	Dan Porter		MSEN	3:15:43	37.65	
138	Michael Graham		M40	3:15:45	37.62	
139	Alistair Shawcross	Dallam Running Club	M50	3:15:47	37.59	
140	Heather Tait	Helm Hill Runners	FSEN	3:15:48	37.58	76.34
141	Phil Duerdin	Northern Fells Running Club	M40	3:16:24	37.08	
142	Jim Bacon	Lonsdale Fell Runners	M50	3:16:42	36.83	
143	Adrian Myers		M40	3:16:58	36.61	
144	Sean Prendiville		M40	3:17:30	36.17	
145	Phil Riley	Helm Hill Runners	M50	3:17:33	36.13	
146	Caroline Lambert	Keswick AC	FSEN	3:17:51	35.88	75.04
147	Sam Dermott	Ormskirk Mountain Goats	MSEN	3:18:33	35.30	
148	David Hewett	Ambleside AC	MSEN	3:18:48	35.09	
149	Matthew Calvert	North Leeds Fell Runners	M50	3:18:50	35.06	
150	Chris McClymont	Cheviot Trail Runners	M40	3:19:02	34.90	
151	Joseph Dunn	Settle Harriers	M40	3:19:37	34.41	
152	Tom Rothwell	Ambleside AC	M40	3:19:50	34.23	
153	Martin Bailey		MSEN	3:19:52	34.20	
154	Rob Tatman		M40	3:20:14	33.90	
155	Adam Malloy	Northumberland Fell Runners	M40	3:20:50	33.40	
156	Greg Munsch	Helm Hill Runners	MSEN	3:21:02	33.24	
157	Richard Timms	Settle Harriers	M50	3:21:28	32.88	
158	Aaron Hargreaves	Slaithwaite Striders RC	M40	3:22:05	32.37	
159	Jim Turner	Bowland Fell Runners	M40	3:22:23	32.12	
160	Sophie Likeman	Cumberland Fell Runners	FSEN	3:22:28	32.05	72.13
161	Mark Likeman	Cumberland Fell Runners	M40	3:22:30	32.02	
162	Zoe Hebblethwaite	Keswick AC	F40	3:23:24	31.27	71.54
163	Sarah Pritchard	Dark Peak Fell Runners	FSEN	3:23:28	31.22	71.49
164	Martin Holroyd	Settle Harriers	M50	3:23:38	31.08	
165	James Thompson	Dark Peak Fell Runners	M50	3:23:42	31.02	
166	Thomas Mather		MSEN	3:23:44	31.00	
167	Christiaan Swanepoel	West Cumberland Orienteering Club	M40	3:23:51	30.90	
168	Roland Kelly	Lonsdale Fell Runners	M50	3:24:12	30.61	
169	Sam Carr	Billinge Running Club	MSEN	3:24:34	30.31	
170	Mick Loftus	Valley Striders AC	M50	3:24:37	30.26	
171	Josie Greenhalgh	Lostock AC	F50	3:24:39	30.24	70.75
172	Thomas Trotter	Redhill Road Runners	MSEN	3:24:56	30.00	
173	Adam Swanson	Thame Runners	M50	3:25:03	29.90	
174	Carol Morgan	Ambleside AC	F50	3:25:08	29.84	70.44
175	Steve Garton	Eynsham Roadrunners	M50	3:25:26	29.59	
176	John Singh	Saltaire Striders	M40	3:25:35	29.46	
177	Kenny Short	Teviotdale Harriers	M60	3:25:40	29.39	
178	Dan Bell	Ambleside AC	MSEN	3:25:45	29.32	
179	Joe Fisher	Ambleside AC	MSEN	3:25:56	29.17	
180	Michael Burdon	Ilkley Harriers AC	M50	3:26:02	29.09	
181	Robert Kenning	Northern Fells Running Club	M50	3:26:15	28.91	
182	Jonathan Cade		MSEN	3:26:27	28.74	
183	Janie Oates	Helm Hill Runners	FSEN	3:26:43	28.52	69.44
184	Simon Long	Saltwell Harriers	M50	3:27:03	28.25	
185	Colin Moses	Wharfedale Harriers	M50	3:27:55	27.53	
186	Patrick Welsh	Wharfedale Harriers	MU23	3:28:05	27.39	
187	Ben Jackson	Northern Fells Running Club	MSEN	3:28:28	27.07	
188	Jenny Caddick	Dark Peak Fell Runners	F50	3:29:09	26.50	67.91
189	Dave Sykes	Dark Peak Fell Runners	M50	3:29:13	26.45	
190	Andrew Gray	Thame Runners	M50	3:29:18	26.38	
191	Chris Norman		M60	3:29:41	26.06	

192	Ben Houghton		M40	3:29:59	25.81	
193	Daniel Clayton	FRA	M50	3:30:15	25.59	
194	Tom Cubbon		M50	3:30:23	25.48	
195	Neil Swan	Holcombe Harriers	M50	3:30:28	25.41	
196	Blyth Davies	Pudsey & Bramley AC	MSEN	3:30:55	25.04	
197	Simon Whittaker	Helm Hill Runners	M40	3:31:06	24.89	
198	Madeleine Dickson		FSEN	3:31:13	24.79	66.60
199	Paul Coope	Bowland Fell Runners	M60	3:31:23	24.65	
200	Zane Agapova	Dark Peak Fell Runners	FSEN	3:32:16	23.92	65.94
201	Mick Procter	Clayton-le-Moors Harriers	M60	3:33:05	23.24	
202	Rachel Simpson	Helm Hill Runners	FSEN	3:33:25	22.96	65.21
203	David Baglee	Eden Runners	M60	3:33:54	22.56	
204	John Miles	Ambleside AC	M50	3:35:59	20.84	
205	Mike Richards	Calder Valley Fell Runners	MSEN	3:36:11	20.67	
206	Alastair Mitchell	Settle Harriers	M50	3:36:19	20.56	
207	David Parkington	Preston Harriers	M60	3:36:37	20.31	
208	Mark Lamb	Mornington Chasers	M40	3:37:52	19.27	
209	Stuart Mc Aleavy	Wharfedale Harriers	M50	3:37:54	19.25	
210	Martin Hancock		M50	3:39:04	18.28	
211	Robin Hancock	FRA	M50	3:39:06	18.25	
212	Thomas Hall	Reiver Runners	MSEN	3:39:38	17.81	
213	Adam Hill	FRA	M40	3:39:42	17.75	
214	Catherine Litherland		F40	3:40:25	17.16	60.79
215	Daniel Abbott	Steel City Striders RC	M40	3:40:28	17.12	
216	Marc Thurkettle	Ambleside AC	M40	3:40:44	16.89	
217	James Riley	Todmorden Harriers	M50	3:41:07	16.58	
218	Katherine Downie	Keswick AC	FSEN	3:41:16	16.45	60.25
219	Calvin Routledge	Ambleside AC	M50	3:41:24	16.34	
220	Jules Coleman	Lonsdale Fell Runners	M60	3:42:14	15.65	
221	Ian Brockbank	Cumberland Fell Runners	M50	3:42:29	15.44	
222	Greg Norman	North Leeds Fell Runners	MSEN	3:42:31	15.42	
223	Matthew Galante	George & Falcon Trail Runners	M40	3:42:34	15.37	
224	Amicia Lee	Bingley Harriers & AC	FSEN	3:42:36	15.35	59.41
225	Amy Duck	FRA	F40	3:43:34	14.54	58.80
226	Tanya Shepherd	Horsforth Fellandale Club	FSEN	3:43:37	14.50	58.77
227	Caru Coetzee	Dark Peak Fell Runners	FSEN	3:43:49	14.34	58.64
228	Duncan Lomax	Town and Country Harriers (TACH)	MSEN	3:44:39	13.65	
229	Jim Tyson	Ambleside AC	M50	3:45:06	13.27	
230	Chris Usher	Newburgh Nomads RC	M50	3:45:54	12.61	
231	Matt Lovett	Poplar Running Club	M50	3:46:21	12.24	
232	Isobel Kelly	Achille Ratti Climbing Club	FU23	3:46:59	11.71	56.64
233	Randolph Haggerty		M50	3:48:05	10.80	
234	Becky Walshe		FSEN	3:48:27	10.49	55.72
235	Simon Theobald	Ambleside AC	M50	3:49:40	9.48	
236	Ian Beckingham	Redhill Road Runners	M60	3:49:49	9.36	
237	Liam Nolan		MSEN	3:50:02	9.18	
238	Nick Burns	Steel City Striders RC	M50	3:50:23	8.89	
239	Nigel Barnes	Steel City Striders RC	M50	3:50:25	8.86	
240	James Tibbatts		M40	3:50:38	8.68	
241	Nigel Briggs	North York Moors AC	M60	3:51:33	7.92	
242	Darren Parker	Cumberland Fell Runners	M50	3:51:59	7.56	
243	Kenneth Murphy	Lonsdale Fell Runners	M60	3:53:41	6.15	
244	Neil McGoun	Orion Harriers	M40	3:54:16	5.67	
245	Barry Edwards		M60	3:55:03	5.02	
246	Mark Beighton	Belper Harriers	M50	3:55:08	4.95	
247	Rebecca Brennan	Guildford & Godalming AC	F50	3:55:13	4.88	51.44
248	Zaya Carter		F40	3:55:15	4.85	51.42
249	Jerome McAllister	Tring RC	M50	3:56:13	4.05	
250	Paul Tynan	Lonsdale Fell Runners	M60	3:56:39	3.69	
251	Gillian Atkinson	Keswick AC	F60	3:56:41	3.66	50.52
252	Andrew Lee	Rossendale Harriers & AC	M50	3:56:53	3.50	
253	Sara Staniek	Ambleside AC	F60	3:57:19	3.14	50.12
254	Ben Goodacre	Horsforth Fellandale Club	MSEN	3:59:40	1.19	
255	David Naughton	Cheshire Hill Racers	M60	3:59:45	1.12	

256	Michael O'Shea		MSEN	4:00:10	0.77	
257	Liam Major		MSEN	4:00:12	0.75	
258	John Osborne(Oz)	Settle Harriers	M60	4:00:18	0.66	
259	Tom Harvey	Eden Runners	MSEN	4:00:27	0.54	
260	Mark Whitaker	Todmorden Harriers	M60	4:00:44	0.30	
261	Poppy Hill		FSEN	4:01:07	0.00	47.72
262	Russell Hirst	Run Talk Run	M40	4:01:42	0.00	
263	Alison Wainwright	Dark Peak Fell Runners	F50	4:02:21	0.00	46.94
264	Huw Price		M60	4:03:09	0.00	
265	Lynne Hume	Keswick AC	F40	4:03:26	0.00	46.25
266	Paul Simpson	Ambleside AC	M60	4:04:40	0.00	
267	Kate Charles	Cumberland Fell Runners	F50	4:04:52	0.00	45.35
268	Carrie Gibson	Helm Hill Runners	F50	4:04:56	0.00	45.31
269	Sarah Hall	Northern Fells Running Club	FSEN	4:04:59	0.00	45.27
270	Hannah Blair	Keswick AC	FSEN	4:05:22	0.00	45.03
271	Roy Gibson	Ambleside AC	M60	4:05:27	0.00	
272	Mark Rogerson	Settle Harriers	M40	4:05:43	0.00	
273	Matthew Jackman	Ambleside AC	MSEN	4:08:21	0.00	
274	Joseph Cottam	Bowland Fell Runners	MSEN	4:08:57	0.00	
275	Kent Bailey	Wharfedale Harriers	M50	4:09:13	0.00	
276	Kevin Brennan	St Helens Striders	M50	4:09:50	0.00	
277	Lucie Kelly	Achille Ratti Climbing Club	F40	4:13:29	0.00	39.91
278	Sophie Owen	Ambleside AC	FSEN	4:14:12	0.00	39.45
279	David Gill	Denby Dale Athletics Club	M60	4:14:38	0.00	
280	Yusuf Cox	Eye Community Runners	M40	4:15:50	0.00	
281	Craig Marsden		MSEN	4:20:31	0.00	
282	Daniel Miller	Billinge Running Club	MSEN	4:21:06	0.00	
283	Sara Miller	Billinge Running Club	FSEN	4:21:09	0.00	35.06
284	Isa Alam		MSEN	4:22:36	0.00	
285	Daniel Grose	Ambleside AC	M50	4:26:31	0.00	
286	Eddie Lesniak	Achille Ratti Climbing Club	M70	4:26:48	0.00	
287	Helen Harrison	Barlick Fell Runners	F40	4:29:03	0.00	30.07
288	Hugh Lindsay		MSEN	4:30:05	0.00	
289	Simon Bennett	Bowland Fell Runners	M60	4:30:14	0.00	
290	Mike Benson	Settle Harriers	M60	4:31:32	0.00	
291	Don Kershaw	Ambleside AC	M70	4:31:35	0.00	
292	Trevor Wakenshaw	Blyth Running Club	M50	4:33:45	0.00	
293	Annie Bedford	Wharfedale Harriers	F40	4:37:03	0.00	25.02
294	Nicola Shorrock	Ambleside AC	FSEN	4:40:05	0.00	23.11
295	Robert Webb	Lonsdale Fell Runners	M40	4:40:31	0.00	
296	Richard Slack	South Shields Harriers & AC	M60	4:43:44	0.00	
297	Wally Coppelov	Newburgh Nomads RC	M60	4:43:49	0.00	
298	Sam Healy		M40	4:46:16	0.00	
299	Friedrich-Wilhelm Duenbier	Newburgh Nomads RC	M70	4:57:41	0.00	
300	Andy Dickson	Ambleside AC	M60	4:57:44	0.00	

Pos	Name	Club	Category	Time	LCT points	W points
1	Bryony Halcrow	Ambleside AC	FSEN	2:38:20	68.66	100.00
2	Tanya Raab	Keswick AC	FSEN	2:56:36	53.50	88.46
3	Rowen Ratcliffe	Saddleworth Runners Club	FSEN	2:56:42	53.42	88.40
4	Ella Peters	Westerlands Cross Country Club	FSEN	2:56:43	53.41	88.39
5	Rose Singleton	Northern Fells Running Club	FSEN	3:08:12	43.88	81.14
6	Charlotte Sykes	Dark Peak Fell Runners	FU23	3:10:58	41.59	79.39
7	Bianca Dyer	Helm Hill Runners	F50	3:12:11	40.58	78.62
8	Rachel Rose	Dark Peak Fell Runners	F40	3:12:26	40.37	78.46
9	Robyn McGleenan	Keswick AC	FSEN	3:15:31	37.81	76.52
10	Heather Tait	Helm Hill Runners	FSEN	3:15:48	37.58	76.34
11	Caroline Lambert	Keswick AC	FSEN	3:17:51	35.88	75.04
12	Sophie Likeman	Cumberland Fell Runners	FSEN	3:22:28	32.05	72.13
13	Zoe Hebblethwaite	Keswick AC	F40	3:23:24	31.27	71.54
14	Sarah Pritchard	Dark Peak Fell Runners	FSEN	3:23:28	31.22	71.49
15	Josie Greenhalgh	Lostock AC	F50	3:24:39	30.24	70.75
16	Carol Morgan	Ambleside AC	F50	3:25:08	29.84	70.44
17	Janie Oates	Helm Hill Runners	FSEN	3:26:43	28.52	69.44

18	Jenny Caddick	Dark Peak Fell Runners	F50	3:29:09	26.50	67.91
19	Madeleine Dickson		FSEN	3:31:13	24.79	66.60
20	Zane Agapova	Dark Peak Fell Runners	FSEN	3:32:16	23.92	65.94
21	Rachel Simpson	Helm Hill Runners	FSEN	3:33:25	22.96	65.21
22	Catherine Litherland		F40	3:40:25	17.16	60.79
23	Katherine Downie	Keswick AC	FSEN	3:41:16	16.45	60.25
24	Amicia Lee	Bingley Harriers & AC	FSEN	3:42:36	15.35	59.41
25	Amy Duck	FRA	F40	3:43:34	14.54	58.80
26	Tanya Shepherd	Horsforth Fellandale Club	FSEN	3:43:37	14.50	58.77
27	Caru Coetzee	Dark Peak Fell Runners	FSEN	3:43:49	14.34	58.64
28	Isobel Kelly	Achille Ratti Climbing Club	FU23	3:46:59	11.71	56.64
29	Becky Walshe		FSEN	3:48:27	10.49	55.72
30	Rebecca Brennan	Guildford & Godalming AC	F50	3:55:13	4.88	51.44
31	Zaya Carter		F40	3:55:15	4.85	51.42
32	Gillian Atkinson	Keswick AC	F60	3:56:41	3.66	50.52
33	Sara Staniek	Ambleside AC	F60	3:57:19	3.14	50.12
34	Poppy Hill		FSEN	4:01:07	0.00	47.72
35	Alison Wainwright	Dark Peak Fell Runners	F50	4:02:21	0.00	46.94
36	Lynne Hume	Keswick AC	F40	4:03:26	0.00	46.25
37	Kate Charles	Cumberland Fell Runners	F50	4:04:52	0.00	45.35
38	Carrie Gibson	Helm Hill Runners	F50	4:04:56	0.00	45.31
39	Sarah Hall	Northern Fells Running Club	FSEN	4:04:59	0.00	45.27
40	Hannah Blair	Keswick AC	FSEN	4:05:22	0.00	45.03
41	Lucie Kelly	Achille Ratti Climbing Club	F40	4:13:29	0.00	39.91
42	Sophie Owen	Ambleside AC	FSEN	4:14:12	0.00	39.45
43	Sara Miller	Billinge Running Club	FSEN	4:21:09	0.00	35.06
44	Helen Harrison	Barlick Fell Runners	F40	4:29:03	0.00	30.07
45	Annie Bedford	Wharfedale Harriers	F40	4:37:03	0.00	25.02
46	Nicola Shorrock	Ambleside AC	FSEN	4:40:05	0.00	23.11

Pos	Team (Open)	Team points	counter1	counter2	counter3
1	Ambleside AC	91.05	Tom Simpson	Garry Greenhow	Rowan Ashworth
2	Keswick AC	88.90	George Foster	Mark Lamb	Calum Tinnion
3	Dark Peak Fell Runners	76.58	Joe Woodley	Rhys Findlay-Robinson	Ian Newell
4	Helm Hill Runners	76.44	Joe Kenny	Nicholas Barber	Peter Rigby
5	Black Combe Runners	69.91	Will Silvie	Ethan Furness	Josh Hartley
6	Settle Harriers	68.69	Mark McGoldrick	Tom Renwick	Nic Ward
7	Bowland Fell Runners	62.84	Doug Love	Daniel Clarke	Jack Eastham
8	Carnethy Hill Racing Club	60.92	Will Rigg	Eliot Sedman	Joseph Collins
9	North Leeds Fell Runners	53.67	Harry Kingston	Ben Gillespie	Matthew Calvert
10	Bingley Harriers & AC	51.70	Ian Holmes	Simon Bell	Amicia Lee
11	Eden Runners	47.96	Charlie Green	David Lund	Mike Tyrie
12	Northern Fells Running Club	42.48	Graham Lewis	Rose Singleton	Steve Rhodes
13	Cumberland Fell Runners	36.84	John Skelton	Sophie Likeman	Mark Likeman
14	Achille Ratti Climbing Club	36.12	Tom Makin	David Ryder	Isobel Kelly
15	Lonsdale Fell Runners	27.70	Jim Bacon	Roland Kelly	Jules Coleman
16	Wharfedale Harriers	24.72	Colin Moses	Patrick Welsh	Stuart Mc Aleavy
17	Steel City Striders RC	11.62	Daniel Abbott	Nick Burns	Nigel Barnes
18	Billinge Running Club	10.10	Sam Carr	Daniel Miller	Sara Miller
19	Newburgh Nomads RC	4.20	Chris Usher	Wally Coppelov	Friedrich-Wilhelm Duenbier

Pos	Team (Womens)	Team points	counter1	counter2	counter3
1	Keswick AC	80.01	Tanya Raab	Robyn McGleenan	Caroline Lambert
2	Dark Peak Fell Runners	76.45	Charlotte Sykes	Rachel Rose	Sarah Pritchard
3	Helm Hill Runners	74.80	Bianca Dyer	Heather Tait	Janie Oates
4	Ambleside AC	73.52	Bryony Halcrow	Carol Morgan	Sara Staniek