

<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	2:07:27	100.00	
2	Harry Cooling	Howgill Harriers	MSEN	2:09:21	98.51	
3	Huw Davies	Mercia Fell Runners	MSEN	2:10:47	97.38	
4	Garry Greenhow	Ambleside AC	M40	2:14:05	94.80	
5	Matthew Atkinson	Keswick AC	MSEN	2:18:37	91.24	
6	Joseph Pickard	Macclesfield Harriers & AC	MSEN	2:18:41	91.19	
7	Bobby Gard-Storry	Ambleside AC	MSEN	2:18:48	91.09	
8	Sam Dixon	Helm Hill Runners	MSEN	2:20:44	89.58	
9	Rowan Ashworth	Ambleside AC	MU23	2:24:53	86.32	
10	Sonny Ashton Fitch	Settle Harriers	MU23	2:27:34	84.22	
11	Kieran Hodgson	Helm Hill Runners	M50	2:28:05	83.81	
12	Zak Knill	Ambleside AC	MSEN	2:29:30	82.70	
13	Mark McGoldrick	Settle Harriers	M40	2:30:27	81.95	
14	Chris Alborough	Durham Fell Runners	MSEN	2:31:53	80.83	
15	Mark Burley	Macclesfield Harriers & AC	MSEN	2:32:57	79.99	
16	Matt Fleming	Ambleside AC	MSEN	2:33:28	79.59	
17	Max Wainwright	Matlock Athletic Club	MSEN	2:34:59	78.40	
18	Matthew Spoor	Dark Peak Fell Runners	MSEN	2:35:03	78.34	
19	Rhys Findlay-Robinson	Dark Peak Fell Runners	MSEN	2:36:03	77.56	
20	Frank Morgan	Settle Harriers	MSEN	2:37:45	76.23	
21	Arthur Raffle	Altrincham and District AC	MSEN	2:39:27	74.89	
22	Thomas Priestley	Ambleside AC	MSEN	2:39:38	74.75	
23	Daniel Clarke	Bowland Fell Runners	MSEN	2:41:04	73.62	
24	Paul Aitken	Helm Hill Runners	M40	2:41:29	73.30	
25	James Stuart	Mercia Fell Runners	M50	2:42:26	72.55	
26	Maxwell Cole	Rossendale Harriers & AC	M50	2:42:37	72.41	
27	John Hunt	Dark Peak Fell Runners	M50	2:42:52	72.21	
28	Ruben Razzetti	Keswick AC	MU23	2:44:13	71.15	
29	Jonathan Fletcher		M40	2:45:37	70.05	
30	Matt Brindle	Ambleside AC	M40	2:45:52	69.86	
31	Conor Parkes	Pudsey & Bramley AC	MSEN	2:46:08	69.65	
32	Philip Withnall	Lonsdale Fell Runners	MSEN	2:46:40	69.23	
33	Patrick Needham	Holmfirth Harriers AC	MSEN	2:47:31	68.56	
34	Joe Rigby	Red Rope	M40	2:48:18	67.95	
35	Tate Eldred	Tring RC	MSEN	2:49:33	66.97	
36	Paul Reilly	Helm Hill Runners	M40	2:49:37	66.92	
37	Chris Owens	Ambleside AC	MSEN	2:50:24	66.30	
38	James Stubbs	Pennine Fell Runners	MSEN	2:50:30	66.22	
39	Callum Keen	Durham Fell Runners	MSEN	2:51:02	65.80	
40	Joshua Jardine	Ambleside AC	MSEN	2:52:58	64.29	
41	Tom Lynch	Ambleside AC	M40	2:53:00	64.26	
42	David Lund	Eden Runners	M40	2:54:48	62.85	
43	Mark Irving	Ellenborough AC	M40	2:55:04	62.64	
44	Jon Hopper	Macclesfield Harriers & AC	M40	2:55:09	62.57	
45	Thomas Edwards	Leeds City AC	MSEN	2:55:16	62.48	
46	Sharon Taylor	Helm Hill Runners	F40	2:55:21	62.42	100.00
47	Robert Watson	Pennine Fell Runners	MSEN	2:57:14	60.94	
48	Michael Malyon	Baildon Runners	M40	2:59:23	59.25	
49	Tom Poland	Okehampton RC	M40	3:00:01	58.76	
50	James Haworth	Keswick AC	M50	3:00:11	58.62	
51	Philip Pearson	Northern Fells Running Club	M60	3:00:43	58.21	
52	Poppy Wardley	Dark Peak Fell Runners	FSEN	3:00:46	58.17	96.91
53	Andy Blackett	Durham Fell Runners	M40	3:01:26	57.64	
54	Helen Haigh	Holmfirth Harriers AC	F50	3:01:34	57.54	96.45
55	William Gardner	Rugby & Northampton AC	MSEN	3:02:11	57.06	
56	Rick Solman	Rossendale Harriers & AC	M40	3:02:14	57.02	
57	Iain Smith	Dark Peak Fell Runners	M50	3:03:38	55.92	
58	Andrew Stimson	Durham Fell Runners	M40	3:04:07	55.54	
59	Tom Matthew	Bowland Fell Runners	M50	3:04:21	55.36	
60	Dominic Skeoch		MSEN	3:04:23	55.33	
61	Lauren Munro-Bennett	Ambleside AC	FSEN	3:04:31	55.22	94.77
62	Stephen Smithies	Calder Valley Fell Runners	M50	3:04:58	54.87	

63	Bianca Dyer	Helm Hill Runners	F50	3:05:58	54.09	93.95
64	Tom Moses	Helm Hill Runners	MSEN	3:06:45	53.47	
65	Tom Makin	Achille Ratti Climbing Club	MSEN	3:07:34	52.83	
66	Adam Sunderland	Holmfirth Harriers AC	M50	3:07:41	52.74	
67	Ben Simmonds		MSEN	3:07:44	52.70	
68	Katie Mckay	Ambleside AC	FSEN	3:08:15	52.30	92.64
69	Tom Ward	Ambleside AC	MSEN	3:08:17	52.27	
70	Annie Garside	Holmfirth Harriers AC	FSEN	3:09:48	51.08	91.76
71	John Tullis		M40	3:09:54	51.00	
72	Greg Meschino		M40	3:10:04	50.87	
73	Christopher Balderson	Bowland Fell Runners	M60	3:10:07	50.83	
74	Sebastian Slater	Dark Peak Fell Runners	MSEN	3:10:58	50.16	
75	Natalie Hawkrigg	Northern Fells Running Club	F50	3:11:01	50.12	91.07
76	Henry Meredith		MSEN	3:11:42	49.59	
77	Tom Pape	Dark Peak Fell Runners	M40	3:16:23	45.91	
78	Richard Tunnicliffe	Pennine Fell Runners	M40	3:17:37	44.95	
79	Calum Fraser	Cumberland Fell Runners	MSEN	3:18:42	44.10	
80	Will Roberts	York Acorn Running Club	MSEN	3:18:45	44.06	
81	Ian Duffield	Okehampton RC	M40	3:18:47	44.03	
82	Andrew Holmes	Pennine Fell Runners	M40	3:18:50	43.99	
83	Andrew Hickman		M50	3:19:58	43.10	
84	Chris Barnard		M40	3:20:00	43.08	
85	Tom Hustwitt	Esk Valley Fell Club	MSEN	3:20:08	42.97	
86	Charlotte Sykes	Dark Peak Fell Runners	FU23	3:20:51	42.41	85.46
87	Rob Harper	Ambleside AC	M50	3:21:24	41.98	
88	Sue Richmond	Pennine Fell Runners	F40	3:21:26	41.95	85.12
89	Tom Cubbon		M50	3:22:18	41.27	
90	Jordan Horton	Pennine Fell Runners	MSEN	3:22:38	41.01	
91	Josie Greenhalgh	Lostock AC	F50	3:23:04	40.67	84.19
92	Caitlin Pearson	Cumberland Fell Runners	FSEN	3:23:22	40.43	84.02
93	John Miles	Ambleside AC	M50	3:23:29	40.34	
94	Charles Wain	Ilkley Harriers AC	MSEN	3:23:56	39.99	
95	Dave Sykes	Dark Peak Fell Runners	M50	3:25:29	38.77	
96	Hanno Torn	Ambleside AC	M50	3:25:32	38.73	
97	Paul Coope	Bowland Fell Runners	M60	3:25:45	38.56	
98	John Singh	Saltaire Striders	M40	3:26:24	38.05	
99	Aaron Hargreaves	Slaithwaite Striders RC	M40	3:29:08	35.91	
100	Matt Lovett	Poplar Running Club	M50	3:30:24	34.92	
101	David Ahearn	Pennine Fell Runners	M40	3:31:02	34.42	
102	James McMurtry	Ashbourne Running Club	M60	3:31:06	34.37	
103	Daniel Clayton	FRA	M50	3:31:22	34.16	
104	Chris Usher	Newburgh Nomads RC	M50	3:32:02	33.63	
105	Rowan Varley	Eden Runners	MU23	3:35:46	30.70	
106	Adam Elkin	Lancaster & Morecambe AC	M40	3:35:47	30.69	
107	Rachel Vincent	Tynedale Harriers & AC	F50	3:36:34	30.08	76.49
108	Paul Jennings	Cumberland Fell Runners	M50	3:37:11	29.59	
109	Tanya Shepherd	Horsforth Fellandale Club	FSEN	3:37:46	29.14	75.81
110	Alison Weston	Ilkley Harriers AC	F60	3:38:25	28.63	75.44
111	Simon Theobald	Ambleside AC	M50	3:38:54	28.25	
112	Chris Draper	Cumberland Fell Runners	M40	3:39:28	27.80	
113	Anna Oakes-Monger		FSEN	3:39:31	27.76	74.81
114	James Riley	Todmorden Harriers	M50	3:40:00	27.38	
115	Ruth Graham	Cumberland Fell Runners	FSEN	3:43:18	24.79	72.65
116	Tom Barrie		M40	3:43:40	24.51	
117	Darren Parker	Cumberland Fell Runners	M50	3:43:52	24.35	
118	Dave Spain	Cumberland Fell Runners	M60	3:44:00	24.24	
119	Xavi Salcedo		MU23	3:46:58	21.92	
120	Ben Newsam		M40	3:47:22	21.60	
121	Duncan Wardley		M50	3:47:24	21.58	
122	Paul Simpson	Ambleside AC	M60	3:47:38	21.39	
123	Caroline Harding	Pudsey & Bramley AC	F50	3:49:48	19.69	68.95
124	Barry Edwards		M60	3:49:52	19.64	
125	Laura Macfarlane	Dark Peak Fell Runners	F40	3:50:20	19.28	68.64

126	Gillian Atkinson	Keswick AC	F60	3:50:28	19.17	68.57
127	Peter Crompton	Cumberland Fell Runners	M60	3:50:48	18.91	
128	Lynne Hume	Keswick AC	F40	3:51:26	18.41	68.02
129	Lucy Spain	Helm Hill Runners	FSEN	3:51:32	18.33	67.96
130	K Alistair Stevenson	Pennine Fell Runners	M50	3:51:47	18.14	
131	Julie Darigala	Black Combe Runners	F50	3:55:21	15.34	65.78
132	Kate Charles	Cumberland Fell Runners	F50	3:56:09	14.71	65.33
133	Mark Nutter	Clayton-le-Moors Harriers	M60	3:56:16	14.62	
134	James Burton		M40	3:58:27	12.91	
135	Alison Wainwright	Dark Peak Fell Runners	F50	3:59:57	11.73	63.16
136	Robert Webb	Lonsdale Fell Runners	M40	4:03:12	9.18	
137	Fran Whitworth	Holmfirth Harriers AC	F50	4:06:15	6.79	59.57
138	Joseph Lane	Okehampton RC	M40	4:06:46	6.38	
139	Rob Jinman	Tavistock Athletic Club	M40	4:06:51	6.32	
140	Sara Staniek	Ambleside AC	F60	4:11:27	2.71	56.60
141	Becca Weir	Ambleside AC	F40	4:11:29	2.68	56.58
142	Alice Fellbaum	Ambleside AC	FSEN	4:11:30	2.67	56.57
143	Dave Zidane	Durham Fell Runners	M50	4:12:36	1.80	
144	Don Kershaw	FRA	M70	4:13:50	0.84	
145	Paul Georgas	Idle AC	M40	4:16:22	0.00	
146	Wally Coppelov	Newburgh Nomads RC	M60	4:16:59	0.00	
147	Meghan McCarthy	Durham Fell Runners	FSEN	4:17:21	0.00	53.24
148	Richard Campbell	Rossendale Harriers & AC	M50	4:31:27	0.00	
149	Allan Miller		M60	4:31:47	0.00	
150	Simone Capponi	Bowland Fell Runners	M40	4:39:48	0.00	
151	Jason Merron		M50	4:57:06	0.00	
152	Kenneth Taylor	Rossendale Harriers & AC	M70	5:14:04	0.00	

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>	<u>W points</u>
1	Sharon Taylor	Helm Hill Runners	F40	2:55:21	62.42	100.00
2	Poppy Wardley	Dark Peak Fell Runners	FSEN	3:00:46	58.17	96.91
3	Helen Haigh	Holmfirth Harriers AC	F50	3:01:34	57.54	96.45
4	Lauren Munro-Bennett	Ambleside AC	FSEN	3:04:31	55.22	94.77
5	Bianca Dyer	Helm Hill Runners	F50	3:05:58	54.09	93.95
6	Katie Mckay	Ambleside AC	FSEN	3:08:15	52.30	92.64
7	Annie Garside	Holmfirth Harriers AC	FSEN	3:09:48	51.08	91.76
8	Natalie Hawkrigg	Northern Fells Running Club	F50	3:11:01	50.12	91.07
9	Charlotte Sykes	Dark Peak Fell Runners	FU23	3:20:51	42.41	85.46
10	Sue Richmond	Pennine Fell Runners	F40	3:21:26	41.95	85.12
11	Josie Greenhalgh	Lostock AC	F50	3:23:04	40.67	84.19
12	Caitlin Pearson	Cumberland Fell Runners	FSEN	3:23:22	40.43	84.02
13	Rachel Vincent	Tynedale Harriers & AC	F50	3:36:34	30.08	76.49
14	Tanya Shepherd	Horsforth Fellandale Club	FSEN	3:37:46	29.14	75.81
15	Alison Weston	Ilkley Harriers AC	F60	3:38:25	28.63	75.44
16	Anna Oakes-Monger		FSEN	3:39:31	27.76	74.81
17	Ruth Graham	Cumberland Fell Runners	FSEN	3:43:18	24.79	72.65
18	Caroline Harding	Pudsey & Bramley AC	F50	3:49:48	19.69	68.95
19	Laura Macfarlane	Dark Peak Fell Runners	F40	3:50:20	19.28	68.64
20	Gillian Atkinson	Keswick AC	F60	3:50:28	19.17	68.57
21	Lynne Hume	Keswick AC	F40	3:51:26	18.41	68.02
22	Lucy Spain	Helm Hill Runners	FSEN	3:51:32	18.33	67.96
23	Julie Darigala	Black Combe Runners	F50	3:55:21	15.34	65.78
24	Kate Charles	Cumberland Fell Runners	F50	3:56:09	14.71	65.33
25	Alison Wainwright	Dark Peak Fell Runners	F50	3:59:57	11.73	63.16
26	Fran Whitworth	Holmfirth Harriers AC	F50	4:06:15	6.79	59.57
27	Sara Staniek	Ambleside AC	F60	4:11:27	2.71	56.60
28	Becca Weir	Ambleside AC	F40	4:11:29	2.68	56.58
29	Alice Fellbaum	Ambleside AC	FSEN	4:11:30	2.67	56.57
30	Meghan McCarthy	Durham Fell Runners	FSEN	4:17:21	0.00	53.24

<u>Pos</u>	<u>Team (Open)</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside AC	95.30	Tom Simpson	Garry Greenhow	Bobby Gard-Storry
2	Helm Hill Runners	82.23	Sam Dixon	Kieran Hodgson	Paul Aitken

3	Settle Harriers	80.80	Sonny Ashton Fitch	Mark McGoldrick	Frank Morgan
4	Macclesfield Harriers & AC	77.92	Joseph Pickard	Mark Burley	Jon Hopper
5	Dark Peak Fell Runners	76.04	Matthew Spoor	Rhys Findlay-Robinson	John Hunt
6	Keswick AC	73.67	Matthew Atkinson	Ruben Razzetti	James Haworth
7	Durham Fell Runners	68.09	Chris Alborough	Callum Keen	Andy Blackett
8	Bowland Fell Runners	59.94	Daniel Clarke	Tom Matthew	Christopher Balderson
9	Holmfirth Harriers AC	59.61	Patrick Needham	Helen Haigh	Adam Sunderland
10	Pennine Fell Runners	57.37	James Stubbs	Robert Watson	Richard Tunnicliffe
11	Rossendale Harriers & AC	43.14	Maxwell Cole	Rick Solman	Richard Campbell
12	Cumberland Fell Runners	38.04	Calum Fraser	Caitlin Pearson	Paul Jennings
13	Okehampton RC	36.39	Tom Poland	Ian Duffield	Joseph Lane

<u>Pos</u>	<u>Team (Open)</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside AC	95.30	Tom Simpson	Garry Greenhow	Bobby Gard-Storry
2	Helm Hill Runners	82.23	Sam Dixon	Kieran Hodgson	Paul Aitken
3	Settle Harriers	80.80	Sonny Ashton Fitch	Mark McGoldrick	Frank Morgan
4	Macclesfield Harriers & AC	77.92	Joseph Pickard	Mark Burley	Jon Hopper
5	Dark Peak Fell Runners	76.04	Matthew Spoor	Rhys Findlay-Robinson	John Hunt
6	Keswick AC	73.67	Matthew Atkinson	Ruben Razzetti	James Haworth
7	Durham Fell Runners	68.09	Chris Alborough	Callum Keen	Andy Blackett
8	Bowland Fell Runners	59.94	Daniel Clarke	Tom Matthew	Christopher Balderson
9	Holmfirth Harriers AC	59.61	Patrick Needham	Helen Haigh	Adam Sunderland
10	Pennine Fell Runners	57.37	James Stubbs	Robert Watson	Richard Tunnicliffe
11	Rossendale Harriers & AC	43.14	Maxwell Cole	Rick Solman	Richard Campbell
12	Cumberland Fell Runners	38.04	Calum Fraser	Caitlin Pearson	Paul Jennings
13	Okehampton RC	36.39	Tom Poland	Ian Duffield	Joseph Lane