

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>	<u>W points</u>
1	Harry Bolton	Keswick AC	M	2:54:55	100.00	
2	Joe Daly	Dark Peak Fell Runners	MU23	2:56:38	99.02	
3	Tom Simpson	Ambleside AC	M	3:00:59	96.53	
4	George Foster	Keswick AC	M40	3:03:00	95.38	
5	Barney Nikolich	Pennine Fell Runners	M	3:04:36	94.46	
6	Daniel Clavey	Kendal Amateur Athletic Club	M	3:05:18	94.06	
7	David Lewis	Dark Peak Fell Runners	M	3:06:14	93.53	
8	Tom Watt	Ambleside AC	M	3:07:24	92.86	
9	Neil Palfrey		M	3:08:10	92.42	
10	Joe Oldfield	Matlock Athletic Club	M	3:08:26	92.27	
11	David Lawson	Queen's Park Athletics Club	M	3:08:36	92.18	
12	Sam Dixon	Helm Hill Runners	M	3:11:02	90.79	
13	Will Barton	Ambleside AC	M	3:15:29	88.24	
14	Michael McGleenan	Keswick AC	M	3:16:07	87.88	
15	Joseph Pickard	Macclesfield Harriers & AC	M	3:16:47	87.50	
16	Joseph Dugdale	Keswick AC	M	3:17:53	86.87	
17	Jose Concha	Ambleside AC	M	3:19:47	85.78	
18	Ben Abdelnoor	Ambleside AC	M40	3:22:03	84.49	
19	Matthew Atkinson	Keswick AC	M	3:22:28	84.25	
20	Kim Collison	Borrowdale Fell Runners	M40	3:22:51	84.03	
21	Harry Kneen	Dark Peak Fell Runners	MU23	3:28:23	80.87	
22	Nicholas Barber	Helm Hill Runners	M	3:28:58	80.53	
23	Mark Burley	Macclesfield Harriers & AC	M	3:29:19	80.33	
24	Pete Vale	Mercia Fell Runners	M50	3:29:45	80.09	
25	Ian Holmes	Bingley Harriers & AC	M60	3:31:21	79.17	
26	Matthew Spoor	Dark Peak Fell Runners	M	3:32:07	78.73	
27	Josh Ferguson	Bingley Harriers & AC	M	3:32:33	78.48	
28	Daniel Bateson	Scarborough Athletic Club	M40	3:33:42	77.83	
29	Tim Landy	South West Road Runners	M40	3:37:33	75.63	
30	Ethan Furness	Black Combe Runners	M	3:37:51	75.45	
31	Jonty Fish		M	3:42:36	72.74	
32	Jack Simpson	Ambleside AC	M40	3:43:54	72.00	
33	Eliot Sedman	Carnethy Hill Racing Club	M40	3:44:06	71.88	
34	Stephen Pearce	Eden Runners	M40	3:44:16	71.79	
35	Matthew Clark	Esk Valley Fell Club	MU23	3:44:18	71.77	
36	Andrew Armin	Saltwell Harriers	M	3:44:24	71.71	
37	Nicholas Hopley		M	3:45:26	71.12	
38	Thomas Dobbing	Durham Fell Runners	M	3:45:39	71.00	
39	Arthur Raffle	Altrincham & District AC	M	3:47:34	69.90	
40	Seben Fish		MU23	3:50:18	68.34	
41	Julian Hood	Barlick Fell Runners	M40	3:51:38	67.58	
42	Beth Pascall	Keswick AC	F	3:52:16	67.21	100.00
43	James Wilkins	Dark Peak Fell Runners	M	3:54:24	65.99	
44	James Chapman	Eden Runners	M40	3:54:41	65.83	
45	Caroline Lambert	Keswick AC	F	3:54:59	65.66	98.83
46	Michael Howarth		M	3:55:14	65.52	
47	Jonathan Fletcher		M40	3:55:24	65.42	
48	Craig Tweedie		M50	3:56:14	64.95	
49	Matthew Holroyd	Settle Harriers	M	3:56:53	64.57	
50	John Butters	Northumberland Fell Runners	M50	3:57:07	64.44	
51	Rosie Hodgson	Ambleside AC	F	3:57:30	64.22	97.75
52	Barry Wilkinson	Borrowdale Fell Runners	M50	4:00:05	62.74	
53	Michael Lucas	Bowland Fell Runners	M40	4:00:11	62.69	
54	Patrick Welsh	Wharfedale Harriers	MU23	4:01:00	62.22	
55	Lydia Barker-Chapman	Northern Fells Running Club	F	4:02:04	61.61	95.78
56	Timothy Barker-Chapman	Northern Fells Running Club	M	4:02:22	61.44	
57	Joe Stringer	Northumberland Fell Runners	M40	4:02:35	61.31	
58	Mike Tyrie	Eden Runners	M50	4:02:45	61.22	
59	Gareth Raven	Salford Harriers & AC	M50	4:03:45	60.65	
60	Harri Pickering		M	4:04:49	60.04	

61	John Hunt	Dark Peak Fell Runners	M60	4:05:02	59.91	
62	Adam Younghusband	Pennine Fell Runners	M	4:05:08	59.86	
63	Lara Coates	Keswick AC	FU23	4:05:37	59.58	94.25
64	James Spencer		M	4:06:35	59.03	
65	Oliver Chambers		M	4:06:44	58.94	
66	Scott Rose	Helm Hill Runners	M40	4:07:52	58.29	
67	Phil Riley	Helm Hill Runners	M50	4:08:05	58.17	
68	Michael Pattrick		M40	4:08:15	58.08	
69	Bethan Logan	Mynydd Du	F	4:08:24	57.99	93.05
70	Tom Makin	Achille Ratti Climbing Club	M	4:09:01	57.64	
71	Mark Walker	Northern Fells Running Club	M	4:09:04	57.61	
72	Oscar Devine-Wright	Dark Peak Fell Runners	M	4:10:22	56.87	
73	Ben Farrar		M	4:10:34	56.75	
74	Sam Upton	Helm Hill Runners	M	4:10:39	56.70	
75	Annie Soper	Ambleside AC	F	4:11:18	56.33	91.81
76	John Packer	Northumberland Fell Runners	M	4:12:17	55.77	
77	Carol Morgan	Ambleside AC	F50	4:13:32	55.05	90.84
78	Tom Waldman		M40	4:14:01	54.78	
79	Patrick Devine-Wright	Axe Valley Runners	M50	4:14:15	54.65	
80	Rowen Ratcliffe	Saddleworth Runners Club	F	4:14:47	54.34	90.31
81	Owain Clark		MU23	4:16:02	53.63	
82	John Duff	Keswick AC	M50	4:16:10	53.55	
83	Ben Jackson	Northern Fells Running Club	M	4:16:24	53.42	
84	Dave Ward	Pennine Fell Runners	M50	4:16:37	53.29	
85	Charlie Green	Eden Runners	M	4:17:07	53.01	
86	Jonathan Price	Helm Hill Runners	M	4:17:16	52.92	
87	Mark Roberts	Borrowdale Fell Runners	M60	4:18:40	52.12	
88	Jon Hopper	Macclesfield Harriers & AC	M40	4:18:59	51.94	
89	Alexander Young		M	4:19:39	51.56	
90	Alex Ing-Simmons	Keswick AC	M	4:19:42	51.53	
91	Andrew Sutton	Macclesfield Harriers & AC	M40	4:19:45	51.50	
92	Joe Rigby	Red Rope	M40	4:20:42	50.96	
93	Hal Roberts	Dark Peak Fell Runners	M	4:20:53	50.85	
94	Katie Ironside	Mynyddwyr De Cymru (MDC)	F	4:21:09	50.70	87.56
95	Robert Henderson	Saltaire Striders	M40	4:21:22	50.58	
96	Helen Roberts	Dark Peak Fell Runners	F	4:21:35	50.45	87.38
97	David Doherty	Keswick AC	M	4:22:04	50.18	
98	Ian Ferguson	Bingley Harriers & AC	M60	4:22:24	49.99	
99	Matthew Jones	Keswick AC	M40	4:22:34	49.89	
100	Annie Garside	Holmfirth Harriers AC	F	4:22:55	49.69	86.80
101	Adam Malloy	Northumberland Fell Runners	M40	4:24:04	49.03	
102	Paul Elwell	Wetherby Runners AC	M50	4:24:32	48.77	
103	Chloe Lumsdon	Helm Hill Runners	F	4:26:05	47.88	85.44
104	Sean Prendiville		M40	4:26:19	47.75	
105	Calum Fraser	Cumberland Fell Runners	M	4:26:23	47.71	
106	Colin Osborne	Totley AC	M50	4:26:37	47.58	
107	Bianca Dyer	Helm Hill Runners	F50	4:27:04	47.32	85.02
108	Tom Simpson		M	4:27:13	47.23	
109	Sam Cooper	Bollington Harriers	M40	4:27:29	47.08	
110	Ben Simmonds		M	4:28:05	46.74	
111	John Singh	Saltaire Striders	M40	4:28:31	46.49	
112	Martin Hancock		M50	4:28:34	46.46	
113	Richard Tunnicliffe	Pennine Fell Runners	M40	4:30:15	45.50	
114	Katy Ward	Eden Runners	F40	4:30:44	45.22	83.44
115	Chris Jackson	Glossopdale Harriers	M40	4:32:23	44.28	
116	Rebecca Pease	Cumberland Fell Runners	F	4:33:20	43.74	82.32
117	Robert Moorcroft	Black Combe Runners	M	4:33:39	43.55	
118	Josie Greenhalgh	Lostock AC	F50	4:37:23	41.42	80.58
119	Rhian Probert	Mynydd Du	F50	4:38:09	40.98	80.25
120	Matthew Farrer	Mynydd Du	M40	4:39:12	40.38	
121	Andrew Barrett		M40	4:39:48	40.04	

122	Sean McQuinn	Horsforth Fellandale Club	M40	4:39:55	39.97	
123	Simon Long	Saltwell Harriers	M50	4:40:24	39.70	
124	Zara Tweed	Keswick AC	F	4:40:29	39.65	79.24
125	Joel Ingham	Lonsdale Fell Runners	M	4:40:40	39.54	
126	Philip Pearson	Northern Fells Running Club	M60	4:41:36	39.01	
127	Ben Heinrich	Eden Runners	M	4:42:36	38.44	
128	Henry Meredith	Settle Harriers	M40	4:42:49	38.31	
129	Matthew Murgatroyd	Ambleside AC	M	4:45:00	37.07	
130	Tom Ward	Ambleside AC	M	4:45:03	37.04	
131	Andy Ashworth	Billinge Running Club	M	4:45:34	36.74	
132	Simon Bennett	Bowland Fell Runners	M60	4:48:10	35.25	
133	Paul Coope	Bowland Fell Runners	M60	4:49:12	34.66	
134	Hanno Torn	Ambleside AC	M50	4:49:14	34.65	
135	Ben Crossley	Macclesfield Harriers & AC	M40	4:49:33	34.46	
136	John Gill	Helm Hill Runners	M40	4:50:45	33.78	
137	Graham Stevens	Holcombe Harriers	M50	4:51:00	33.64	
138	Edward Simmons	Dulwich Runners AC	M40	4:54:34	31.60	
139	Mungo Stacy	FRA	M40	4:54:59	31.36	
140	Oliver Rushton		M40	4:55:06	31.29	
141	Andrew Maybury	Eden Runners	M40	4:56:10	30.68	
142	Sean O'Keeffe	Keswick AC	M	4:56:37	30.42	
143	Alison Weston	Ilkley Harriers AC	F60	4:57:21	30.00	71.98
144	Tom Newberry	Billinge Running Club	M	4:57:54	29.69	
145	Daniel Miller	Billinge Running Club	M	4:57:56	29.67	
146	Matty Johnston	Billinge Running Club	M	4:58:00	29.63	
147	Jim Turner	Bowland Fell Runners	M40	5:04:32	25.90	
148	Martin Holroyd	Settle Harriers	M60	5:04:57	25.66	
149	David Fleming		M60	5:05:01	25.62	
150	Simon Rutherford	Totley AC	M40	5:06:24	24.83	
151	Andrew Holmes	Pennine Fell Runners	M40	5:08:53	23.41	
152	James Rafferty	Keswick AC	M	5:09:07	23.28	
153	Edward Box	Ambleside AC	M50	5:09:53	22.84	
154	Ben Harris		M	5:10:07	22.71	
155	Morgan Serpell		M	5:10:09	22.69	
156	Tony Marlow	Lostock AC	M60	5:11:05	22.15	
157	James Floyd	Cambridge Harriers	M40	5:14:49	20.02	
158	David Whitfield	Bollington Harriers	M50	5:15:40	19.53	
159	Rowena Browne	Bowland Fell Runners	F60	5:18:20	18.01	62.94
160	Paul Smith	Saltwell Harriers	M	5:20:37	16.70	
161	Andy Metcalfe	FRA	M	5:20:53	16.55	
162	Will Johnson		M	5:20:55	16.53	
163	Luke Hough		M	5:22:03	15.88	
164	Andrew Kelly	Horwich R M I Harriers	M	5:22:05	15.86	
165	Emma Orourke	Keswick AC	F40	5:23:44	14.92	60.62
166	David Baglee	Eden Runners	M60	5:24:46	14.33	
167	Huw Price	Keswick AC	M60	5:27:28	12.79	
168	Darren Parker	Cumberland Fell Runners	M60	5:28:53	11.98	
169	Abigail Routledge	Eden Runners	F	5:29:29	11.63	58.14
170	Tanya Shepherd	Ambleside AC	F	5:29:36	11.57	58.09
171	Hannah Blair	Keswick AC	F	5:30:08	11.26	57.86
172	Nea Weston	Ilkley Harriers AC	F	5:32:32	9.89	56.83
173	Richard Clark	Esk Valley Fell Club	M50	5:33:03	9.60	
174	Paul Simpson	Ambleside AC	M60	5:35:16	8.33	
175	Christian Poulton	Cambridge Harriers	M60	5:36:25	7.67	
176	Jo Simpson	Ambleside AC	F	5:37:36	6.99	54.65
177	Charlotte Milligan	Helm Hill Runners	F	5:37:39	6.97	54.63
178	Chad Dixon	Keswick AC	M50	5:40:11	5.52	
179	Thomas Sanders	North Leeds Fell Runners	M	5:40:47	5.17	
180	Paul Ramsay	Millom Striders	M50	5:41:15	4.91	
181	Christopher Beckett	Bowland Fell Runners	M	5:41:31	4.75	
182	Matt Yardley	Bollington Harriers	M50	5:41:45	4.62	

183	Emma McWilliams	Mynydd Du	F40	5:42:14	4.34	52.65
184	Alison Wainwright	Dark Peak Fell Runners	F50	5:48:18	0.88	50.04
185	Robert Hornby		M	5:51:17	0.00	
186	Randolph Haggerty		M50	5:54:58	0.00	
187	Paul Appleby	Northumberland Fell Runners	M60	5:56:51	0.00	
188	Robert Webb	Lonsdale Fell Runners	M40	5:59:53	0.00	

Pos	Name	Club	Category	Time	LCT points	W points
1	Beth Pascall	Keswick AC	F	3:52:16	67.21	100.00
2	Caroline Lambert	Keswick AC	F	3:54:59	65.66	98.83
3	Rosie Hodgson	Ambleside AC	F	3:57:30	64.22	97.75
4	Lydia Barker-Chapman	Northern Fells Running Club	F	4:02:04	61.61	95.78
5	Lara Coates	Keswick AC	FU23	4:05:37	59.58	94.25
6	Bethan Logan	Mynydd Du	F	4:08:24	57.99	93.05
7	Annie Soper	Ambleside AC	F	4:11:18	56.33	91.81
8	Carol Morgan	Ambleside AC	F50	4:13:32	55.05	90.84
9	Rowen Ratcliffe	Saddleworth Runners Club	F	4:14:47	54.34	90.31
10	Katie Ironside	Mynyddwyr De Cymru (MDC)	F	4:21:09	50.70	87.56
11	Helen Roberts	Dark Peak Fell Runners	F	4:21:35	50.45	87.38
12	Annie Garside	Holmfirth Harriers AC	F	4:22:55	49.69	86.80
13	Chloe Lumsdon	Helm Hill Runners	F	4:26:05	47.88	85.44
14	Bianca Dyer	Helm Hill Runners	F50	4:27:04	47.32	85.02
15	Katy Ward	Eden Runners	F40	4:30:44	45.22	83.44
16	Rebecca Pease	Cumberland Fell Runners	F	4:33:20	43.74	82.32
17	Josie Greenhalgh	Lostock AC	F50	4:37:23	41.42	80.58
18	Rhian Probert	Mynydd Du	F50	4:38:09	40.98	80.25
19	Zara Tweed	Keswick AC	F	4:40:29	39.65	79.24
20	Alison Weston	Ilkley Harriers AC	F60	4:57:21	30.00	71.98
21	Rowena Browne	Bowland Fell Runners	F60	5:18:20	18.01	62.94
22	Emma Orourke	Keswick AC	F40	5:23:44	14.92	60.62
23	Abigail Routledge	Eden Runners	F	5:29:29	11.63	58.14
24	Tanya Shepherd	Ambleside AC	F	5:29:36	11.57	58.09
25	Hannah Blair	Keswick AC	F	5:30:08	11.26	57.86
26	Nea Weston	Ilkley Harriers AC	F	5:32:32	9.89	56.83
27	Jo Simpson	Ambleside AC	F	5:37:36	6.99	54.65
28	Charlotte Milligan	Helm Hill Runners	F	5:37:39	6.97	54.63
29	Emma McWilliams	Mynydd Du	F40	5:42:14	4.34	52.65
30	Alison Wainwright	Dark Peak Fell Runners	F50	5:48:18	0.88	50.04

Pos	Team (Open)	Team points	counter1	counter2	counter3
1	Keswick AC	94.42	Harry Bolton	George Foster	Michael McGleenan
2	Ambleside AC	92.55	Tom Simpson	Tom Watt	Will Barton
3	Dark Peak Fell Runners	91.14	Joe Daly	David Lewis	Harry Kneen
4	Helm Hill Runners	76.54	Sam Dixon	Nicholas Barber	Scott Rose
5	Macclesfield Harriers & AC	73.26	Joseph Pickard	Mark Burley	Jon Hopper
6	Bingley Harriers & AC	69.21	Ian Holmes	Josh Ferguson	Ian Ferguson
7	Pennine Fell Runners	69.20	Barney Nikolich	Adam Youngusband	Dave Ward
8	Borrowdale Fell Runners	66.30	Kim Collison	Barry Wilkinson	Mark Roberts
9	Eden Runners	66.28	Stephen Pearce	James Chapman	Mike Tyrie
10	Northumberland Fell Runners	60.51	John Butters	Joe Stringer	John Packer
11	Northern Fells Running Club	60.22	Lydia Barker-Chapman	Timothy Barker-Chapman	Mark Walker
12	Mynydd Du	46.45	Bethan Logan	Rhian Probert	Matthew Farrer
13	Bowland Fell Runners	44.20	Michael Lucas	Simon Bennett	Paul Coope
14	Settle Harriers	42.85	Matthew Holroyd	Henry Meredith	Martin Holroyd
15	Saltwell Harriers	42.70	Andrew Armin	Simon Long	Paul Smith
16	Cumberland Fell Runners	34.47	Calum Fraser	Rebecca Pease	Darren Parker
17	Billinge Running Club	32.03	Andy Ashworth	Tom Newberry	Daniel Miller
18	Bollington Harriers	23.74	Sam Cooper	David Whitfield	Matt Yardley

Pos	Team (Womens)	Team points	counter1	counter2	counter3
1	Keswick AC	97.69	Beth Pascall	Caroline Lambert	Lara Coates

2	Ambleside AC	93.47	Rosie Hodgson	Annie Soper	Carol Morgan
3	Mynydd Du	75.32	Bethan Logan	Rhian Probert	Emma McWilliams
4	Helm Hill Runners	75.03	Chloe Lumsdon	Bianca Dyer	Charlotte Milligan