

<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	M	3:59:16	100.00	
2	David Lewis	Dark Peak Fell Runners	M	4:01:22	99.12	
3	Jose Concha	Ambleside AC	M	4:24:53	89.29	
4	Tom Saville	Dark Peak Fell Runners	M	4:29:56	87.18	
5	Jonty Fish		M	4:46:53	80.10	
6	Rob Greenwood	Dark Peak Fell Runners	M40	4:51:43	78.08	
7	Arthur Raffle	Altrincham and District AC	M	4:57:19	75.74	
8	Paul Neild	Bowland Fell Runners	M50	4:58:16	75.34	
9	Ross Spalding	Howgill Harriers	M	5:11:27	69.83	
10	Tobias Barthelmes	Keswick AC	M	5:12:35	69.36	
11	Daniel Bateson	Scarborough Athletic Club	M40	5:12:46	69.28	
12	Philip Montgomery	Dark Peak Fell Runners	M	5:14:22	68.61	
13	Chris Webb	Glossopdale Harriers	M40	5:14:31	68.55	
14	Ed Newbould	Helm Hill Runners	M	5:26:51	63.40	
15	Edward Watson	Queen's Park AC	M	5:30:16	61.97	
16	Nicholas Hopley	FRA	M	5:30:33	61.85	
17	James Wilkins	Dark Peak Fell Runners	M	5:30:50	61.73	
18	Charlie Mason	Helm Hill Runners	M	5:38:12	58.65	
19	Lara Coates	Keswick AC	FU23	5:38:34	58.50	100.00
20	Mark Walker	Northern Fells Running Club	M	5:38:39	58.46	
21	Mike Tyrie	Eden Runners	M50	5:41:13	57.39	
22	Chloe Lumsdon	Helm Hill Runners	F	5:41:43	57.18	99.07
23	Jonathan Fletcher		M40	5:41:49	57.14	
24	Matt Brindle	Ambleside AC	M40	5:41:51	57.13	
25	Sue Richmond	Pennine Fell Runners	F40	5:41:59	57.07	98.99
26	James Turnbull	Keswick AC	M	5:42:34	56.83	
27	Daniel Yates	Helm Hill Runners	M	5:43:30	56.44	
28	Alistair Wade	Derwent AC	M	5:44:33	56.00	
29	Kelli Roberts	Helm Hill Runners	F	5:47:49	54.63	97.27
30	Oisin Brennan		M	5:48:52	54.19	
31	Carol Morgan	Ambleside AC	F50	5:49:55	53.75	96.65
32	Matthew Jones	Keswick AC	M40	5:50:32	53.50	
33	Calum Fraser	Cumberland Fell Runners	M	5:50:41	53.43	
34	Rosie Watson		F	5:51:41	53.02	96.13
35	Michael Hawley	Cumberland Fell Runners	M40	5:52:18	52.76	
36	Robert Henderson	Saltaire Striders	M40	5:52:49	52.54	
37	Jake Mahone	Cumberland Fell Runners	M	5:53:00	52.47	
38	Tom Hustwitt	Esk Valley Fell Club	M	5:53:42	52.17	
39	Edmond Jackson	Ambleside AC	M60	5:54:07	52.00	
40	Tom Lynch	Ambleside AC	M40	5:58:01	50.37	
41	Jean Powell	Wharfedale Harriers	F50	5:59:24	49.79	93.85
42	Tom Ward	Ambleside AC	M	6:04:02	47.85	
43	Mark Roberts	Borrowdale Fell Runners	M60	6:11:03	44.92	
44	Andrew Sutton	Macclesfield Harriers & AC	M40	6:12:20	44.39	
45	Katrina Hemingway	Ambleside AC	F	6:13:24	43.94	89.71
46	Alex Ing-Simmons	Keswick AC	M	6:14:32	43.47	
47	Scott White	Keswick AC	M50	6:15:54	42.89	
48	Jonathan Rowland	Esk Valley Fell Club	M50	6:16:32	42.63	
49	Ben Simmonds		M	6:17:30	42.23	
50	Claire Kennedy	Helm Hill Runners	F	6:22:20	40.21	87.07
51	Jamie Funnell	Springfield Striders RC	M	6:22:23	40.19	
52	Brett Silvester	Cleethorpes AC	M	6:24:08	39.45	
53	Thomas Grundy	Lostock AC	M	6:25:49	38.75	
54	Richard Tunnicliffe	Pennine Fell Runners	M40	6:31:43	36.28	
55	Paul Coope	Bowland Fell Runners	M60	6:31:58	36.18	
56	Al Smithson	Mersey Tri	M40	6:34:23	35.17	
57	Louis Wood	Steel City Striders RC	M40	6:34:38	35.07	
58	Stewart Macdonald	Bingley Harriers & AC	M60	6:34:46	35.01	
59	Andrew Holmes	Pennine Fell Runners	M40	6:34:50	34.98	

60	Adam Malloy	Northumberland Fell Runners	M40	6:35:01	34.91	
61	Ruth Graham	Cumberland Fell Runners	F	6:36:29	34.29	82.89
62	Oli Warlow	Lochaber Athletic Club	M40	6:46:00	30.31	
63	Darren Parker	Cumberland Fell Runners	M60	6:54:31	26.76	
64	Jean Brown	Clayton-le-Moors Harriers	F50	6:54:33	26.74	77.56
65	Nigel Briggs	North York Moors AC	M60	6:54:42	26.68	
66	Paul Jennings	Cumberland Fell Runners	M60	6:56:00	26.14	
67	Colin Brennan	Springwell Running Club	M60	7:01:00	24.05	
68	Jonatan Pinkse	Lonsdale Fell Runners	M40	7:02:24	23.46	
69	Bob Halstead	Todmorden Harriers	M60	7:13:47	18.70	
70	Tanya Shepherd	Ambleside AC	F	7:20:41	15.82	69.84
71	Amy Duck	FRA	F40	7:20:52	15.74	69.78
72	Josie Greenhalgh	Lostock AC	F50	7:20:55	15.72	69.77
73	Alan Cieslar	Helm Hill Runners	M	7:21:07	15.64	
74	Tamsin Imber	Elvet Striders	F50	7:28:11	12.68	67.62
75	Simone Capponi	Bowland Fell Runners	M50	7:47:05	4.79	
76	Paul Simpson	Ambleside AC	M60	7:51:29	2.95	
77	Alistair Stevenson	Pennine Fell Runners	M60	8:01:43	0.00	

Pos	Name	Club	Category	Time	LCT points	W points
1	Lara Coates	Keswick AC	FU23	5:38:34	58.50	100.00
2	Chloe Lumsdon	Helm Hill Runners	F	5:41:43	57.18	99.07
3	Sue Richmond	Pennine Fell Runners	F40	5:41:59	57.07	98.99
4	Kelli Roberts	Helm Hill Runners	F	5:47:49	54.63	97.27
5	Carol Morgan	Ambleside AC	F50	5:49:55	53.75	96.65
6	Rosie Watson		F	5:51:41	53.02	96.13
7	Jean Powell	Wharfedale Harriers	F50	5:59:24	49.79	93.85
8	Katrina Hemingway	Ambleside AC	F	6:13:24	43.94	89.71
9	Claire Kennedy	Helm Hill Runners	F	6:22:20	40.21	87.07
10	Ruth Graham	Cumberland Fell Runners	F	6:36:29	34.29	82.89
11	Jean Brown	Clayton-le-Moors Harriers	F50	6:54:33	26.74	77.56
12	Tanya Shepherd	Ambleside AC	F	7:20:41	15.82	69.84
13	Amy Duck	FRA	F40	7:20:52	15.74	69.78
14	Josie Greenhalgh	Lostock AC	F50	7:20:55	15.72	69.77
15	Tamsin Imber	Elvet Striders	F50	7:28:11	12.68	67.62

Pos	Team (Open)	Team points	counter1	counter2	counter3
1	Dark Peak Fell Runners	88.13	David Lewis	Tom Saville	Rob Greenwood
2	Ambleside AC	82.14	Tom Simpson	Jose Concha	Matt Brindle
3	Keswick AC	61.56	Tobias Barthelmes	Lara Coates	James Turnbull
4	Helm Hill Runners	59.74	Ed Newbould	Charlie Mason	Chloe Lumsdon
5	Cumberland Fell Runners	52.89	Calum Fraser	Michael Hawley	Jake Mahone
6	Pennine Fell Runners	42.78	Sue Richmond	Richard Tunnicliffe	Andrew Holmes
7	Bowland Fell Runners	38.77	Paul Neild	Paul Coope	Simone Capponi

Pos	Team (Womens)	Team points	counter1	counter2	counter3
1	Helm Hill Runners	94.47	Chloe Lumsdon	Kelli Roberts	Claire Kennedy
2	Ambleside AC	85.40	Carol Morgan	Katrina Hemingway	Tanya Shepherd