

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>	<u>W points</u>
1	Sam Bentham	Ilkley Harriers AC	MU23	2:03:51	100.00	
2	David Lewis	Dark Peak Fell Runners	M	2:03:55	99.95	
3	Daniel Clavey	Kendal Amateur Athletic Club	M	2:09:22	95.55	
4	Tom Watt	Ambleside AC	M	2:13:56	91.86	
5	Will Barton	Ambleside AC	M	2:14:19	91.55	
6	Calum Tinnion	Keswick AC	M	2:14:49	91.15	
7	Garry Greenhow	Ambleside AC	M40	2:15:13	90.82	
8	Tom Simpson	Ambleside AC	M	2:18:48	87.93	
9	Rowan Ashworth	Ambleside AC	MU23	2:19:36	87.28	
10	Steve Jacques	Ambleside AC	M40	2:22:09	85.22	
11	Joseph Pickard	Macclesfield Harriers & AC	M	2:26:38	81.60	
12	Andy Griffiths	Ambleside AC	M	2:26:57	81.35	
13	Jose Concha	Ambleside AC	M	2:26:59	81.32	
14	Zak Knill	Ambleside AC	M	2:27:05	81.24	
15	Rob Greenwood	Dark Peak Fell Runners	M40	2:28:43	79.92	
16	Will Silvie	Black Combe Runners	M	2:28:47	79.87	
17	Daniel Bateson	Scarborough Athletic Club	M40	2:29:45	79.09	
18	Matt Brindle	Ambleside AC	M40	2:37:46	72.61	
19	Stephen Pearce	Eden Runners	M40	2:38:20	72.16	
20	Charlie Mason	Helm Hill Runners	M	2:39:06	71.54	
21	Sandy Lockett	Bowland Fell Runners	M	2:39:45	71.01	
22	Rory Bevin		M	2:40:15	70.61	
23	Arthur Raffle	Altrincham and District AC	M	2:40:37	70.31	
24	Joe Dale	Dark Peak Fell Runners	M40	2:40:48	70.17	
25	Tom Makin	Achille Ratti Climbing Club	M	2:40:49	70.15	
26	Jonathan Fletcher		M40	2:40:59	70.02	
27	Matthew Christian	Manx Fell Runners	M	2:41:16	69.79	
28	Jasmin Paris	Carnethy Hill Racing Club	F40	2:41:47	69.37	100.00
29	Jamie Wood	Holmfirth Harriers AC	M	2:43:23	68.08	
30	David Lund	Eden Runners	M40	2:44:44	66.99	
31	Jamie Luxmoore	Ambleside AC	M40	2:45:44	66.18	
32	Ed Newbould	Helm Hill Runners	M	2:48:42	63.79	
33	James Wilkins	Dark Peak Fell Runners	M	2:49:48	62.90	
34	Paul Reilly	Helm Hill Runners	M50	2:49:55	62.80	
35	David Hewett	Ambleside AC	M	2:50:47	62.10	
36	Tate Eldred	Tring RC	M	2:51:03	61.89	
37	Nathanael Booker	Macclesfield Harriers & AC	M40	2:51:24	61.61	
38	James Loughlin		M	2:51:34	61.47	
39	Kelli Roberts	Helm Hill Runners	F40	2:51:53	61.22	93.76
40	Sophie Allen	Ambleside AC	F	2:51:57	61.16	93.72
41	David Williams	Ellenborough AC	M40	2:52:21	60.84	
42	Ondrej Theiner		M	2:53:21	60.03	
43	David Atkinson	Bowland Fell Runners	M	2:54:12	59.35	
44	Matthew Jones	Keswick AC	M40	2:55:35	58.23	
45	David Bagot	Clayton-le-Moors Harriers	M	2:55:55	57.96	
46	Ed Gamble	Keswick AC	M60	2:56:13	57.72	
47	Mark Roberts	Borrowdale Fell Runners	M60	2:56:25	57.56	
48	Jonathan Coney	Helm Hill Runners	M	2:56:44	57.30	
49	Rowen Ratcliffe	Saddleworth Runners Club	F	2:57:22	56.79	90.37
50	Phil Riley	Helm Hill Runners	M50	2:57:57	56.32	
51	Jamie Helmer	Glossopdale Harriers	M50	2:58:26	55.93	
52	Michael Lucas	Bowland Fell Runners	M40	2:58:53	55.56	
53	Tom Matthew	Bowland Fell Runners	M50	2:59:18	55.23	
54	Kevin Brooks	Black Combe Runners	M50	3:00:52	53.96	
55	Brian Crowther	Ambleside AC	M40	3:02:08	52.94	

56	Ben Crossley	Macclesfield Harriers & AC	M40	3:03:25	51.90	
57	Adam Jackson	Northern Fells Running Club	M50	3:04:08	51.33	
58	Stuart Parker		M	3:04:18	51.19	
59	Mark Duncan		M50	3:04:20	51.16	
60	Elizabeth Dyson	Haldon Trail Runners	F40	3:06:46	49.20	84.56
61	Craig Burrow	Helm Hill Runners	M50	3:07:10	48.88	
62	Tom Hustwitt	Esk Valley Fell Club	M	3:07:12	48.85	
63	Calum Fraser	Cumberland Fell Runners	M	3:07:58	48.23	
64	Ben Heinrich	Eden Runners	M	3:08:49	47.54	
65	John Singh	Saltaire Striders	M40	3:09:03	47.36	
66	David Ashby		M60	3:10:20	46.32	
67	Rose Singleton	Northern Fells Running Club	F40	3:10:35	46.12	82.20
68	Steve Lomas	Macclesfield Harriers & AC	M50	3:11:35	45.31	
69	Liam Major	Billinge Running Club	M	3:12:03	44.93	
70	Michael Pattrick	Totley AC	M40	3:12:10	44.84	
71	James Hall	Pennine Fell Runners	M40	3:12:45	44.37	
72	David Wilson	Bowland Fell Runners	M60	3:13:22	43.87	
73	Paul Lawton	Scarborough Athletic Club	M40	3:13:31	43.75	
74	Dave Prosser	Keswick AC	M60	3:15:53	41.84	
75	Chris Reade	Bowland Fell Runners	M60	3:16:40	41.21	
76	Michael Bagot	Clayton-le-Moors Harriers	M	3:18:10	39.99	
77	Thomas Appleton	Achille Ratti Climbing Club	M	3:18:26	39.78	
78	Matt Foxwell	Kendal Amateur Athletic Club	M50	3:18:36	39.64	
79	George Bramwell		M	3:19:43	38.74	
80	Nickey Russell	Bowland Fell Runners	F50	3:20:54	37.79	75.82
81	Josie Greenhalgh	Lostock AC	F50	3:21:11	37.56	75.65
82	Tim Slater	Eden Runners	M	3:22:02	36.87	
83	Luke Meleschko	Calder Valley Fell Runners	M50	3:23:37	35.59	
84	Mick Procter	Clayton-le-Moors Harriers	M60	3:23:56	35.34	
85	Chris Norman		M60	3:24:26	34.93	
86	Steve Garton	Eynsham Roadrunners	M50	3:24:34	34.83	
87	Paul Coope	Bowland Fell Runners	M60	3:25:12	34.32	
88	Luke Dyer	Ambleside AC	M	3:25:32	34.05	
89	Digby Harris	Pennine Fell Runners	M50	3:25:48	33.83	
90	Charles Wain	Ilkley Harriers AC	M	3:25:55	33.74	
91	Stuart Britt	Ambleside AC	M50	3:26:27	33.31	
92	Ewan Evans	Ambleside AC	MU23	3:27:05	32.80	
93	Jessica Richardson	Northern Fells Running Club	F	3:28:00	32.05	71.43
94	John Miles	Ambleside AC	M50	3:28:08	31.95	
95	Rebecca Cleator	Black Combe Runners	F	3:28:10	31.92	71.33
96	Charlotte Williamson	Helm Hill Runners	F	3:29:14	31.06	70.67
97	Jillian Convey	Keswick AC	F40	3:29:24	30.92	70.57
98	Neil Weightman	Eden Runners	M60	3:30:46	29.82	
99	James Mclaughlin	Cumberland Fell Runners	M50	3:30:51	29.75	
100	Tony Marlow	Lostock AC	M60	3:30:56	29.69	
101	Amy Sheppard	Nidd Valley Road Runners	F40	3:31:12	29.47	69.46
102	Helen Price	Settle Harriers	F50	3:31:15	29.43	69.42
103	Alison Weston	Ilkley Harriers AC	F60	3:32:28	28.45	68.67
104	Sarah Hall	Northern Fells Running Club	F	3:33:15	27.82	68.19
105	Anna Lawson	Clapham Chasers	F	3:33:20	27.75	68.14
106	Jack Murray		M	3:34:27	26.85	
107	Jenny Rice	Helm Hill Runners	F40	3:34:30	26.81	67.42
108	Elizabeth Wood	Westbury Harriers	F40	3:35:30	26.00	66.80
109	Mike Richards	Calder Valley Fell Runners	M	3:35:37	25.90	
110	Amy Duck	FRA	F40	3:37:53	24.07	65.32
111	Alex Masidlover	Manchester Harriers & AC	M40	3:38:00	23.98	

112	Rachel Munday	Macclesfield Harriers & AC	F40	3:38:08	23.87	65.17
113	Thomas Edwards	Ambleside AC	M	3:38:11	23.83	
114	Bridget Glaister	Billinge Running Club	F50	3:38:24	23.66	65.00
115	David Naughton	Cheshire Hill Racers	M60	3:38:32	23.55	
116	Catherine Litherland		F40	3:39:03	23.13	64.60
117	Tanya Shepherd	Ambleside AC	F	3:39:22	22.88	64.41
118	Ian Dobie	Calder Valley Fell Runners	M50	3:39:38	22.66	
119	Paul Ramsay	Millom Striders	M50	3:40:05	22.30	
120	Rowena Browne	Bowland Fell Runners	F60	3:41:06	21.48	63.34
121	Stephen Johnson	Todmorden Harriers	M40	3:41:30	21.15	
122	Aaron Hargreaves	Todmorden Harriers	M40	3:41:35	21.09	
123	Hayley Wood	Eden Runners	F	3:41:42	20.99	62.96
124	Joanna Cartmell	Northern Fells Running Club	F40	3:41:49	20.90	62.89
125	Ali Welsh	Bowland Fell Runners	M60	3:42:00	20.75	
126	James Cooke	Calder Valley Fell Runners	M40	3:42:05	20.68	
127	Neil Gerrity	Newcastle Staffs AC	M40	3:43:58	19.16	
128	Matt Wilson		M	3:44:04	19.08	
129	Toby Sydes	Calder Valley Fell Runners	M50	3:44:11	18.99	
130	Bob Halstead	Todmorden Harriers	M60	3:44:46	18.52	
131	Carrie Gibson	Helm Hill Runners	F50	3:44:58	18.36	60.95
132	David Clifton	Matlock Athletic Club	M40	3:46:37	17.02	
133	Roy Gibson	Ambleside AC	M60	3:48:06	15.83	
134	Alex Braysford	Clayton-le-Moors Harriers	M50	3:48:24	15.58	
135	Pete Sunnucks		M40	3:49:45	14.49	
136	Nigel Briggs	North York Moors AC	M60	3:52:32	12.25	
137	Robert Gittins	Macclesfield Harriers & AC	M60	3:52:41	12.12	
138	Alison Wainwright	Dark Peak Fell Runners	F50	3:54:23	10.75	55.13
139	Simone Capponi	Bowland Fell Runners	M50	3:55:24	9.93	
140	Alice Ridley	Calder Valley Fell Runners	F	3:55:41	9.70	54.32
141	David Allison	North York Moors AC	M60	3:56:14	9.26	
142	Catherine Speakman	Settle Harriers	F40	3:59:10	6.89	52.17
143	Guy Platon	North Leeds Fell Runners	M40	4:00:20	5.95	
144	Tom Wiggans	FRA	M50	4:00:22	5.92	
145	Kevin Brennan	St Helens Striders	M50	4:00:57	5.45	
146	Neil Palmer	Calder Valley Fell Runners	M50	4:03:16	3.58	
147	Matthew Haygarth		M	4:04:08	2.88	
148	Laurens Damminga		M40	4:06:15	1.17	
149	Bas Damminga		M40	4:06:16	1.16	
150	Matt Poulton		M	4:06:58	0.59	
151	Vicki Sherrington	Helm Hill Runners	F50	4:08:01	0.00	46.70
152	Torben Kallmeier		M	4:09:02	0.00	
153	Aly Foy	Ambleside AC	F	4:09:44	0.00	45.64
154	Don Kershaw	Ambleside AC	M70	4:11:06	0.00	
155	Simon Bray	Sinfin Running Club	M50	4:16:33	0.00	
156	Charlotte Wetton	Calder Valley Fell Runners	F40	4:17:34	0.00	40.80
157	Jo Rodham	Eden Runners	F40	4:17:58	0.00	40.55
158	Keith Jeddere-Fisher	Wharfedale Harriers	M70	4:18:01	0.00	
159	Kathleen O'donnell	Macclesfield Harriers & AC	F40	4:18:41	0.00	40.11
160	Joseph O'Keeffe		M	4:21:06	0.00	
161	Dominique Ashford	Settle Harriers	F50	4:24:41	0.00	36.40
162	Francis Wooff	Calder Valley Fell Runners	M60	4:37:13	0.00	
163	Nick Helm	Holmfirth Harriers AC	M50	4:38:57	0.00	
164	Richard Campbell	Rossendale Harriers & AC	M50	4:54:13	0.00	
165	Iain Fairnington	Sinfin Running Club	M	5:04:59	0.00	
166	Tamsin Cooke	Calder Valley Fell Runners	F40	5:05:39	0.00	11.07

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>	<u>LCT points</u>	<u>W points</u>
1	Jasmin Paris	Carnethy Hill Racing Club	F40	2:41:47	69.37	100.00
2	Kelli Roberts	Helm Hill Runners	F40	2:51:53	61.22	93.76
3	Sophie Allen	Ambleside AC	F	2:51:57	61.16	93.72
4	Rowen Ratcliffe	Saddleworth Runners Club	F	2:57:22	56.79	90.37
5	Elizabeth Dyson	Haldon Trail Runners	F40	3:06:46	49.20	84.56
6	Rose Singleton	Northern Fells Running Club	F40	3:10:35	46.12	82.20
7	Nickey Russell	Bowland Fell Runners	F50	3:20:54	37.79	75.82
8	Josie Greenhalgh	Lostock AC	F50	3:21:11	37.56	75.65
9	Jessica Richardson	Northern Fells Running Club	F	3:28:00	32.05	71.43
10	Rebecca Cleator	Black Combe Runners	F	3:28:10	31.92	71.33
11	Charlotte Williamson	Helm Hill Runners	F	3:29:14	31.06	70.67
12	Jillian Convey	Keswick AC	F40	3:29:24	30.92	70.57
13	Amy Sheppard	Nidd Valley Road Runners	F40	3:31:12	29.47	69.46
14	Helen Price	Settle Harriers	F50	3:31:15	29.43	69.42
15	Alison Weston	Ilkley Harriers AC	F60	3:32:28	28.45	68.67
16	Sarah Hall	Northern Fells Running Club	F	3:33:15	27.82	68.19
17	Anna Lawson	Clapham Chasers	F	3:33:20	27.75	68.14
18	Jenny Rice	Helm Hill Runners	F40	3:34:30	26.81	67.42
19	Elizabeth Wood	Westbury Harriers	F40	3:35:30	26.00	66.80
20	Amy Duck	FRA	F40	3:37:53	24.07	65.32
21	Rachel Munday	Macclesfield Harriers & AC	F40	3:38:08	23.87	65.17
22	Bridget Glaister	Billinge Running Club	F50	3:38:24	23.66	65.00
23	Catherine Litherland		F40	3:39:03	23.13	64.60
24	Tanya Shepherd	Ambleside AC	F	3:39:22	22.88	64.41
25	Rowena Browne	Bowland Fell Runners	F60	3:41:06	21.48	63.34
26	Hayley Wood	Eden Runners	F	3:41:42	20.99	62.96
27	Joanna Cartmell	Northern Fells Running Club	F40	3:41:49	20.90	62.89
28	Carrie Gibson	Helm Hill Runners	F50	3:44:58	18.36	60.95
29	Alison Wainwright	Dark Peak Fell Runners	F50	3:54:23	10.75	55.13
30	Alice Ridley	Calder Valley Fell Runners	F	3:55:41	9.70	54.32
31	Catherine Speakman	Settle Harriers	F40	3:59:10	6.89	52.17
32	Vicki Sherrington	Helm Hill Runners	F50	4:08:01	0.00	46.70
33	Aly Foy	Ambleside AC	F	4:09:44	0.00	45.64
34	Charlotte Wetton	Calder Valley Fell Runners	F40	4:17:34	0.00	40.80
35	Jo Rodham	Eden Runners	F40	4:17:58	0.00	40.55
36	Kathleen O'donnell	Macclesfield Harriers & AC	F40	4:18:41	0.00	40.11
37	Dominique Ashford	Settle Harriers	F50	4:24:41	0.00	36.40
38	Tamsin Cooke	Calder Valley Fell Runners	F40	5:05:39	0.00	11.07

<u>Pos</u>	<u>Team (Open)</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Ambleside AC	91.41	Tom Watt	Will Barton	Garry Greenhow
2	Dark Peak Fell Runners	83.34	David Lewis	Rob Greenwood	Joe Dale
3	Keswick AC	69.03	Calum Tinnion	Matthew Jones	Ed Gamble
4	Helm Hill Runners	66.04	Charlie Mason	Ed Newbould	Paul Reilly
5	Macclesfield Harriers & AC	65.04	Joseph Pickard	Nathanael Booker	Ben Crossley
6	Eden Runners	62.23	Stephen Pearce	David Lund	Ben Heinrich
7	Bowland Fell Runners	61.97	Sandy Lockett	David Atkinson	Michael Lucas
8	Black Combe Runners	55.25	Will Silvie	Kevin Brooks	Rebecca Cleator
9	Ilkley Harriers AC	54.06	Sam Bentham	Charles Wain	Alison Weston
10	Clayton-le-Moors Harriers	44.43	David Bagot	Michael Bagot	Mick Procter
11	Northern Fells Running Club	43.17	Adam Jackson	Rose Singleton	Jessica Richardson
12	Calder Valley Fell Runners	28.05	Luke Meleschko	Mike Richards	Ian Dobie
13	Todmorden Harriers	20.25	Stephen Johnson	Aaron Hargreaves	Bob Halstead
14	Settle Harriers	12.11	Helen Price	Catherine Speakman	Dominique Ashford

<u>Pos</u>	<u>Team (Womens)</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Helm Hill Runners	77.28	Kelli Roberts	Charlotte Williamson	Jenny Rice
2	Northern Fells Running Club	73.94	Rose Singleton	Jessica Richardson	Sarah Hall
3	Ambleside AC	67.92	Sophie Allen	Tanya Shepherd	Aly Foy
4	Settle Harriers	52.66	Helen Price	Catherine Speakman	Dominique Ashford
5	Calder Valley Fell Runners	35.40	Alice Ridley	Charlotte Wetton	Tamsin Cooke