

<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 Spencer	Dark Peak Fell Runners	M	2:56:49	100.00	
2	Jose Concha	Ambleside AC	M	3:17:01	88.58	
3	Sam Dixon	Helm Hill Runners	M	3:21:18	86.15	
4	Matthew Atkinson	Keswick AC	M	3:23:45	84.77	
5	Dan Dry	Queen's Park AC	M	3:27:18	82.76	
6	Matthew Whitley		M	3:32:29	79.83	
7	Will Silvie	Black Combe Runners	M	3:34:06	78.91	
8	Charlie Mason	Helm Hill Runners	M	3:38:08	76.63	
9	Tom Makin	Achille Ratti Climbing Club	M	3:39:08	76.07	
10	Joseph Dawes	Lauderdale Limpers	MU23	3:39:23	75.93	
11	Ross Coles	Cumberland Fell Runners	M	3:48:16	70.90	
12	John Hunt	Dark Peak Fell Runners	M60	3:51:29	69.08	
13	Peter Rigby	Helm Hill Runners	M40	3:52:56	68.26	
14	Ethan Furness	Black Combe Runners	M	3:54:29	67.39	
15	James Scott-Farrington	Horwich R M I Harriers	M	3:55:45	66.67	
16	Jonathan Milton	Keswick AC	M	3:56:15	66.39	
17	Josh Ferguson	Bingley Harriers & AC	M	3:58:43	64.99	
18	Nicholas Hopley		M	4:01:03	63.67	
19	Thomas Dobbing	Durham Fell Runners	M	4:01:15	63.56	
20	David Williams	Ellenborough AC	M40	4:03:43	62.16	
21	Chris Webb	Glossopdale Harriers	M40	4:07:12	60.19	
22	Nicholas Barber	Helm Hill Runners	M	4:08:40	59.36	
23	Tanya Raab	Keswick AC	F	4:11:13	57.92	100.00
24	Ben Farrar	Fell Runners Association	M	4:11:19	57.87	
25	Sean Leckey	Ambleside AC	M	4:11:56	57.52	
26	Steve Price	Helm Hill Runners	M	4:12:49	57.02	
27	Carol Morgan	Ambleside AC	F50	4:13:13	56.79	99.20
28	Scott Baistow		M	4:13:39	56.55	
29	Daniel Clarke	Bowland Fell Runners	M	4:14:00	56.35	
30	Bianca Dyer	Helm Hill Runners	F50	4:15:03	55.75	98.47
31	Kelli Roberts	Helm Hill Runners	F	4:15:26	55.54	98.32
32	Sue Richmond	Pennine Fell Runners	F40	4:16:58	54.67	97.71
33	Mark Wilson	Keswick AC	M	4:18:34	53.77	
34	Mike Skinner	Worthing and District Harriers	M40	4:19:04	53.48	
35	Adam Younghusband	Pennine Fell Runners	M	4:19:28	53.26	
36	Sam Waddy	Dartmoor Runners	M50	4:19:57	52.98	
37	Scott White	Keswick AC	M50	4:21:21	52.19	
38	Annie Soper	Ambleside AC	F	4:22:05	51.78	95.67
39	Suzy Whatmough	Ranelagh Harriers	F	4:25:44	49.71	94.22
40	Michael Howarth		M	4:27:53	48.50	
41	Alan Cieslar	Helm Hill Runners	M	4:28:36	48.09	
42	Ed Hammerton	Slaithwaite Striders RC	M	4:29:43	47.46	
43	Ross Bibby	Helm Hill Runners	M40	4:32:20	45.98	
44	Richard Tunnicliffe	Pennine Fell Runners	M40	4:32:46	45.73	
45	Richard Bolton	Pennine Fell Runners	M50	4:33:50	45.13	
46	Mark Roberts	Borrowdale Fell Runners	M60	4:34:05	44.99	
47	Dave Ward	Pennine Fell Runners	M50	4:35:56	43.94	
48	Annie Garside	Holmfirth Harriers AC	F	4:37:55	42.82	89.37
49	Joseph Cottam	Bowland Fell Runners	M	4:38:00	42.78	
50	Oisin Brennan	Westerlands Cross Country Club	M	4:39:26	41.96	
51	Steve Garton	Eynsham Roadrunners	M50	4:39:33	41.90	
52	Tim Jackson		M40	4:41:41	40.69	
53	Adam Malloy	Northumberland Fell Runners	M40	4:42:30	40.23	
54	Dave Parton	Rochdale Harriers & AC	M	4:43:28	39.68	
55	Alex Banks		M40	4:45:05	38.77	

56	Scott Hutchinson	Marsden Racers	M50	4:45:26	38.57	
57	Martin Hancock		M50	4:46:11	38.15	
58	Chloe Lumsdon	Helm Hill Runners	F	4:46:21	38.05	86.01
59	Jean Brown	Clayton-le-Moors Harriers	F50	4:51:32	35.12	83.95
60	Zac Ying Zhi Chua		M	4:54:10	33.63	
61	Matt McKibbin	Mercia Fell Runners	M	4:54:12	33.61	
62	Stewart Macdonald	Bingley Harriers & AC	M60	4:58:37	31.12	
63	Alison Weston	Ilkley Harriers AC	F60	5:01:01	29.76	80.18
64	Rebecca Cleator	Black Combe Runners	F	5:03:33	28.33	79.17
65	Antony Bryson-Mcateer		M	5:03:55	28.12	
66	Ben MacLennan		MU23	5:04:08	28.00	
67	Al Smithson	Mersey Tri	M40	5:04:31	27.78	
68	Jamie Helmer	Glossopdale Harriers	M40	5:04:46	27.64	
69	Stuart Britt	Ambleside AC	M50	5:05:01	27.50	
70	Gillian Atkinson	Keswick AC	F60	5:07:37	26.03	77.55
71	Martha Hart	Dark Peak Fell Runners	F40	5:10:10	24.58	76.53
72	David Ahearn	Pennine Fell Runners	M40	5:10:21	24.48	
73	Luke Dyer	Ambleside AC	M	5:14:52	21.92	
74	Tanya Shepherd	Ambleside AC	F	5:14:53	21.92	74.66
75	Tom Ward	Ambleside AC	M	5:14:54	21.91	
76	Josie Greenhalgh	Lostock AC	F50	5:17:47	20.28	73.50
77	Andrew Waddington	George & Falcon Trail Runners	M50	5:18:29	19.88	
78	Lynne Hume	Keswick AC	F40	5:20:39	18.65	72.36
79	James Ritchie	Ranelagh Harriers	M50	5:21:13	18.33	
80	Kate Charles	Cumberland Fell Runners	F50	5:22:18	17.72	71.70
81	Aaron Hargreaves	Slaithwaite Striders RC	M40	5:23:10	17.23	
82	Tony Marlow	Lostock AC	M60	5:23:40	16.95	
83	Lloyd Nicholls	Rivington Run Club	M40	5:26:53	15.13	
84	Alex Senior	Marsden Racers	M40	5:27:17	14.90	
85	John Wiejak	Eden Runners	M	5:37:46	8.97	
86	Darren Parker	Cumberland Fell Runners	M60	5:37:59	8.85	
87	Calman MacLennan	Summit Ultra	M50	5:40:42	7.31	
88	Rebecca Brennan	Guildford & Godalming AC	F50	5:50:13	1.93	60.59
89	Toby Sheppard		MU23	6:01:50	0.00	
90	Darren Sheppard	Framlingham Flyers	M50	6:01:52	0.00	
91	Amy Duck	FRA	F40	6:03:41	0.00	55.23

Pos	Name	Club	Category	Time	LCT points	W points
1	Tanya Raab	Keswick AC	F	4:11:13	57.92	100.00
2	Carol Morgan	Ambleside AC	F50	4:13:13	56.79	99.20
3	Bianca Dyer	Helm Hill Runners	F50	4:15:03	55.75	98.47
4	Kelli Roberts	Helm Hill Runners	F	4:15:26	55.54	98.32
5	Sue Richmond	Pennine Fell Runners	F40	4:16:58	54.67	97.71
6	Annie Soper	Ambleside AC	F	4:22:05	51.78	95.67
7	Suzy Whatmough	Ranelagh Harriers	F	4:25:44	49.71	94.22
8	Annie Garside	Holmfirth Harriers AC	F	4:37:55	42.82	89.37
9	Chloe Lumsdon	Helm Hill Runners	F	4:46:21	38.05	86.01
10	Jean Brown	Clayton-le-Moors Harriers	F50	4:51:32	35.12	83.95
11	Alison Weston	Ilkley Harriers AC	F60	5:01:01	29.76	80.18
12	Rebecca Cleator	Black Combe Runners	F	5:03:33	28.33	79.17
13	Gillian Atkinson	Keswick AC	F60	5:07:37	26.03	77.55
14	Martha Hart	Dark Peak Fell Runners	F40	5:10:10	24.58	76.53
15	Tanya Shepherd	Ambleside AC	F	5:14:53	21.92	74.66
16	Josie Greenhalgh	Lostock AC	F50	5:17:47	20.28	73.50
17	Lynne Hume	Keswick AC	F40	5:20:39	18.65	72.36
18	Kate Charles	Cumberland Fell Runners	F50	5:22:18	17.72	71.70

19	Rebecca Brennan	Guildford & Godalming AC	F50	5:50:13	1.93	60.59
20	Amy Duck	FRA	F40	6:03:41	0.00	55.23

<u>Pos</u>	<u>Team (Open)</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Helm Hill Runners	77.02	Sam Dixon	Charlie Mason	Peter Rigby
2	Keswick AC	69.69	Matthew Atkinson	Jonathan Milton	Tanya Raab
3	Ambleside AC	67.63	Jose Concha	Sean Leckey	Carol Morgan
4	Dark Peak Fell Runners	64.56	Tom Spencer	John Hunt	Martha Hart
5	Black Combe Runners	58.21	Will Silvie	Ethan Furness	Rebecca Cleator
6	Pennine Fell Runners	51.22	Sue Richmond	Adam Younghusband	Richard Tunnicliffe
7	Cumberland Fell Runners	32.49	Ross Coles	Kate Charles	Darren Parker

<u>Pos</u>	<u>Team (Womens)</u>	<u>Team points</u>	<u>counter1</u>	<u>counter2</u>	<u>counter3</u>
1	Helm Hill Runners	94.27	Bianca Dyer	Kelli Roberts	Chloe Lumsdon
2	Ambleside AC	89.84	Carol Morgan	Annie Soper	Tanya Shepherd
3	Keswick AC	83.30	Tanya Raab	Gillian Atkinson	Lynne Hume