

Pos	Name	Category	Club	Time
1	Rhys Findlay-Robertson		Dark Peak	00:41:12
2	Ricky Lightfoot		Ellenborough	00:41:49
3	Carl Bell		Howgill	00:42:15
4	Chris Newman		Wharfedale	00:42:27
5	Mike Robinson	M40	Dark Peak	00:42:29
6	Rick Stuart	M40	Helm Hill	00:43:24
7	Tom Doyle	U18	Helm Hill	00:45:01
8	Jack Dugdale		Clayton	00:45:13
9	Martin Holroyd	M40	Borrowdale	00:46:31
10	Phil Whiting	M50		00:47:01
11	Scott Gibson		NFR	00:47:35
12	Jack Wright	U18	Ambleside	00:47:46
13	Keith Alger		Holme Pierrepont	00:47:55
14	Sam Ware		Eden	00:48:22
15	JANE REEDY	L	AMBLESIDE	00:48:28
16	John Cooper	M40		00:48:49
17	Mick Cottam	M40	Garstang	00:50:23
18	Allan Miller	M50	Kendal	00:51:08
19	Wouter Hamelinck		LCC	00:51:18
20	Will Spain		Dark Peak	00:51:26
21	Adam Logan			00:51:31
22	Phil Metcalf			00:51:43
23	Andy Spain			00:51:53
24	Leigh Warburton	M50	Bowland	00:52:08
25	Albert Sunter	M50	Horwich	00:52:17
26	Gavin Thomas	M40	Kendal	00:52:26
27	David Griffin	M50	Dallam	00:52:31
28	Andy Bennett	M40	Helm Hill	00:52:39
29	Roger Laycock	M50	Settle	00:52:41
30	Stephen Cox	M40	Bowland	00:52:44
31	Hugh Balfour	M50	Dulwich	00:52:51
32	Nick Leigh			00:53:17
33	Paul Brittleton	M40	Helm Hill	00:53:41
34	LOU ROBERTS	L	KENDAL	00:53:44
35	Richard Kendall			00:53:46
36	Daniel Grose		Kendal	00:53:54
37	Pete Marston		CFR	00:54:09
38	Brian Wilson	M40	Laggan Valley	00:54:15
39	Richard Pyne		Kendal	00:54:54
40	Daniel Stafford			00:55:07
41	SUE WOOD	L40	AMBLESIDE	00:55:34

42	Michael Toman	M40	Rossendale	00:55:45
43	Gavin Coventry	M40	Thirsk & Sowerby	00:56:03
44	JO GILLYON	L	KESWICK	00:56:36
45	Andrew Dugdale	M40	Clayton	00:56:55
46	Ian Stephenson	M50	Ambleside	00:57:25
47	David Bagot	U18	Clayton	00:59:17
48	BECKY JAMES	L		00:59:21
49	Adrian Carroll	M40	Borrowdale	00:59:25
50	Dave Appleyard	M40	Helm Hill	00:59:35
51	Sam Clarke	M40		00:59:59
52	Gerry Meneaud	M50		01:00:18
53	Richard Unwin	M50	Keswick	01:00:21
54	Mark Taylor		Clayton	01:00:44
55	Phil Bettney	M60		01:01:59
56	David Kilpatrick	M40	Macclesfield	01:02:51
57	Steve Fish	M50	Clayton	01:03:24
58	Dave Till	M50	Helm Hill	01:04:04
59	Alan Heaton	M50	Bowland	01:04:57
60	Chris Knox	M50	Keswick	01:06:44
61	JANE HORNSBY	L40	Black Combe	01:09:29
62	VICTORIA LEPPER	L	HELM HILL	01:11:52
63	Ron Smith	M70	Ambleside	01:12:13
64	Wayne Walsh	M50	Bowland	01:13:23
65	Rob Smithurst	M40	Black Combe	01:16:40