

Position	Vest No	Surname	First Name	Time	Category	Club
1	67	Addison	Mark	00:36:23	Man	Helm Hill
2	25	Richmond	Kenny	00:39:18	MV40	Shettleston
3	32	Kenny	Joe	00:39:34	Man	Helm Hill
4	27	Aitken	Paul	00:40:27	Man	Helm Hill
5	70	Stewart	Bill	00:40:28	MV40	Borrowdale
6	11	Davis	Kieran	00:41:44	Man	Dark Peak
7	76	Hooson	John	00:42:31	MV50	Ambleside
8	79	Simpson	Tom	00:42:54	Man	Ambleside
9	29	Fishwick	Darren	00:43:03	MV40	Chorley
10	60	Acland	Will	00:43:09	MV40	Helm Hill
11	54	Duncan	Bruce	00:43:21	Man	Helm Hill
12	39	Reilly	Paul	00:43:23	MV40	Helm Hill
13	59	Crawford	Robert	00:43:24	MV40	Howgill Harriers
14	44	Simpson	Jack	00:43:37	Man	Helm Hill
15	23	Wilson	Matt	00:44:03	MV40	Kendal AC
16	31	Scott	Rod	00:44:06	MV40	Helm Hill
17	75	Routledge	Calvin	00:44:38	MV40	Ambleside
18	42	Pennington	Brian	00:44:43	MV40	Howgill Harriers
19	10	Green	Sam	00:44:52	Man	Helm Hill
20	24	Wilson	Richard	00:45:08	MV40	Kendal AC
21	61	Todd	Joe	00:45:23	MV40	Kendal AC
22	14	Leather	Finlay	00:45:58	MU21	Helm Hill
23	55	Procter	Billy	00:46:04	MV60	Helm Hill
24	63	Mortimore	Rob	00:46:15	Man	Helm Hill
25	26	Hebson	Andrew	00:46:43	Man	Helm Hill
26	17	German	Peter	00:47:07	Man	Helm Hill
27	43	Houldsworth	David	00:47:14	MV60	UA
28	68	Cropper	Mark	00:47:15	MV40	Helm Hill
29	62	Todhunter	James	00:47:23	Man	Helm Hill
30	73	Pickering	Tim	00:48:00	Man	Helm Hill
31	71	Rice	Jenny	00:48:04	Lady	Helm Hill
32	77	Spence	David	00:49:15	MV40	UA
33	1	Lofthouse	Tim	00:49:29	MV50	UA
34	64	Addison	Shaun	00:49:30	MV50	Helm Hill
35	52	Baron	James	00:50:14	MV50	Helm Hill
36	3	Robson	John	00:50:46	MV50	Helm Hill
37	74	Emmett	Anthony	00:51:31	MV40	Helm Hill
38	34	Toman	Michael	00:51:38	MV50	Rosendale Harriers
39	12	Bennett	Andy	00:51:44	MV40	Helm Hill
40	30	Britton	Graham	00:51:46	MV60	UA
41	66	Richards	Alison	00:51:53	WV40	Helm Hill
42	69	Appleyard	David	00:51:57	MV50	Helm Hill
43	58	Browne	Rowena	00:52:04	WV50	Bowland
44	28	Gibson	Carrie	00:52:08	WV40	Helm Hill
45	20	Murray	Tim	00:52:17	MV50	Helm Hill
46	5	Robson	Marie	00:53:08	WV50	Helm Hill
47	15	Smith	Keeley	00:53:11	Lady	Helm Hill

48	35	Race	Ian	00:53:14	MV60	Helm Hill
49	37	Wilkinson	Rich	00:53:35	MV50	Long Eaton
50	41	Roper	David	00:54:18	MV50	Howgill Harriers
51	40	Schofield	Chris	00:54:34	MV50	Helm Hill
52	50	Hunter	David	00:55:04	MV50	Helm Hill
53	4	Ward	Tom	00:55:54	MU21	Helm Hill
54	13	Armstrong	Stephen	00:55:57	MV50	UA
55	8	Valentine	Colin	00:55:58	MV50	Keswick Athletic
56	57	Dodds	Wendy	00:56:05	WV60	Clayton le Moor
57	78	Tombs	Jon	00:56:35	MV40	Eden Runners
58	65	Russell	Andrew	00:56:46	MV50	Helm Hill
59	47	France	Katherine	00:57:00	WV40	Helm Hill
60	36	Browning	Peter	00:57:35	MV50	Clayton le Moor
61	19	Burrow	Amanda	00:58:38	MV40	Helm Hill
62	33	Andrews	Steve	00:58:52	MV40	Barnsley Harriers
63	9	Acland	Peter	00:58:54	MV50	Kendal AC
64	48	Brayshaw	Kate	00:59:35	WV40	Helm Hill
65	45	Simpson	Rachel	01:00:41	Lady	Helm Hill
66	7	Stevenson	Paul	01:00:44	MV60	Long Eaton
67	16	Dealtry	Eddie	01:04:16	MV70	Kendal AC
68	72	Davies	Patty	01:05:16	WV50	Helm Hill
69	46	Harrod	Lindsay	01:06:07	WV50	Helm Hill
70	2	McKenna	David	01:06:11	MV50	Penny Lane Striders
71	53	Crawford	May	01:07:32	Lady	Helm Hill
72	18	Burrow	Craig	01:07:44	MV40	Helm Hill
73	6	Bolstock	Colin	01:08:33	MV60	Long Eaton
74	22	Jarvis	Margeret	01:11:26	WV60	Okehampon RC
75	21	Howard	Sarah	01:11:27	Lady	Liverpool Harriers
76	49	Matthews	Emma	01:13:14	Lady	UA
77	51	Hodgson	Rebecca	01:13:14	Lady	Helm Hill
78	56	Waters	Oliver	DNF	MV40	Helm Hill
79	38	Holden	Caroline	DNF	WV50	Helm Hill
80						
81						
82						

Comments

1st Man

2nd Man

3rd Man

1st Lady

2nd Lady

3rd Lady