

Position	Name	Club	Category	Time
1	Josh Jardine	Helm Hill	MU23	28.44
2	Rob Jebb	Helm Hill	MV40	28.53
3	Joe Kenny	Helm Hill	Msen	28.54
4	Tom Day	Keswick	MSen	29.22
5	Noah Hurton	Eden	MU23	29.32
6	Tom Simpson	Ambleside	MSen	29.56
7	Adam Perry	Helm Hill	MSen	30.3
8	Jack Wright	Ambleside	Msen	31.16
9	Jacob Aubrey	Helm Hill	MU23	31.19
10	Kieran Hodgson	Helm Hill	MV40	31.2
11	Lewis Bowness	Helm Hill	MU23	31.35
12	Tim Cowin	Helm Hill	MV40	31.39
13	Matt Brindle	Helm Hill	MV40	32.18
14	Phil Winskill	Keswick	MV40	32.24
15	Joshua Liddle	Eden	MU23	32.27
16	Seb Sillito	Helm Hill	MSen	32.33
17	Jack Simpson	Helm Hill	Msen	33.23
18	Craig Burrow	Helm Hill	Msen	33.27
19	Daniel Yates	U/A	Msen	33.38
20	Ben Kent	Helm Hill	MU23	33.46
21	Liam Taylor	Helm Hill	MSen	34.04
22	Alex Chesters	U/A	MU23	34.21
23	Calvin Rutledge	Ambleside	MV50	34.25
24	Dave Goadby	Helm Hill	MSen	34.42
25	Otto Nelson	U/A	MSen	34.44
26	James Baron	Helm Hill	MV50	35.02
27	Elsie Butler	Charnwood	WSen	35.07
28	Sean Robinson	Howgill	MV40	35.28
29	Will Acland	Helm Hill	MV40	35.27
30	Alasdair Muir	U/A	MV40	35.3
31	Pete Lawson	Howgill	MSen	35.55
32	John Douglas	Allithwaite	MV40	36.59
33	Olly Waters	Helm Hill	MV40	37.39
34	Matt Crawford	Coniston	MSen	37.41
35	Janie Oates	Helm Hill	WSen	37.44
36	David Griffin	Helm Hill	MV50	37.54
37	Jonny Marchant	Helm Hill	MV40	37.57
38	Thomas Targget	Eden	MSen	38.03
39	David Banks	Kendal	MV50	38.13
40	Dan Robinson	U/A	MSen	38.2
41	David White	Helm Hill	MV40	38.28
42	Joseph Stevens	U/A	MSen	38.37
43	Jane Reedy	Ambleside	WV40	38.44
44	Mark Cropper	Helm Hill	MV40	38.46
45	Tom Flemming	U/A	MSen	38.53
46	John Hazelgrave	U/A	MV50	39.06
47	Lucy Varney	Kendal	WV50	39.1
48	Liz Topper	Helm Hill	WV40	39.23
49	Mark Greenbank	U/A	MV40	39.49

50	Georgia Stevens	Helm Hill	WU23	40.03
51	Katie Wright	Ambleside	WU23	40.29
52	Eddie Close	Howgill	MV40	40.4
53	Jo Simpson	Ambleside	WU23	40.42
54	Alice Fellhaum	Ambleside	WSen	40.53
55	Tom Robinson	U/A	MSen	40.58
56	Adi Baker	Dark Peak	MV50	41.06
57	Tom Ward	Helm Hill	MU23	41.07
58	Rowena Brown	Bowland	WV50	41.09
59	Sarah Gerrish	Helm Hill	WSen	41.18
60	Alistair Kirkbride	U/A	MV50	41.23
61	Caroline Holden	Helm Hill	WV50	41.51
62	Chloe Lumsdon	Helm Hill	WSen	42.24
63	Sam Calliser-Russel	U/A	MSen	42.37
64	Chris Tomlinson	U/A	MV40	42.49
65	Jonny Grisedale	Helm Hill	MV40	42.53
66	Mhairi Helme	Ambleside	WV40	42.57
67	Jonathan Tombs	Eden	MV40	43.26
68	Ali Richards	Helm Hill	WV40	43.48
69	Lucy Downham	Ambleside	WSen	44.27
70	Jo Rodham	Helm Hill	WSen	44.43
71	Pete Coe	Helm Hill	MV60	45.57
72	Chris Roberts	Black Combe	MV60	46.02
73	Paul Davison	Howgill	MSen	46.17
74	Amanda Burrow	Helm Hill	WV40	47.32
75	Hugo Hunt	Ambleside	MSen	48.22
76	Lindsey Harrod	Helm Hill	WV50	48.53
77	Laura Potter	Helm Hill	WSen	51.06
78	Sarah Griggs	U/A	WV50	52.32
79	Joanne Claire	Helm Hill	WV40	53.04
80	Andrew Gitting	Black Combe	MV50	55.03
81	Sarah Wright	Eden	WV40	59.41
82	Debra Robinson	Howgill	WSen	1.12.00