

Name	Club	Cat	Position	Time
Garry Greenhow	Ambleside	MV40	1	27.42
Ben Sharrock	Ambleside	MU21	2	28.13
Jack Wright	Ambleside	MSEN	3	28.45
Tom Simpson	Ambleside	MSEN	4	29.18
Joe Kenny	Helm Hill	MSEN	5	29.51
Philip Rutter	Helm Hill	MSEN	6	29.53
Steve Jacques	U/A	MV40	7	29.58
Tom Day	Keswick	MSEN	8	30.11
Kieran Hodgson	Helm Hill	MV40	9	30.13
Will Acland	Helm Hill	MV40	10	31.03
Michael Ainsworth	Helm Hill	MSEN	11	31.20
Sean Leckey	Ambleside	MSEN	12	31.30
Jack Eyre	Eden	MSEN	13	31.39
Ross Bibby	Helm Hill	MSEN	14	31.46
Zavier Simon	U/A	MV40	15	32.14
Craig Burrow	Helm Hill	MV40	16	32.19
Henry Hunter	Helm Hill	MU21	17	32.35
Joe Rigby	U/A	MSEN	18	32.57
Neil Davies	U/A	MSEN	19	32.58
Jamie Partridge	Eden	MSEN	20	33.04
James Lee Baron	Helm Hill	MV50	21	33.12
Lee Proctor	Helm Hill	MV40	22	33.32
Simon Whittaker	Helm Hill	MV40	23	33.52
Darren Fishwick	Chorley	MV50	24	34.09
Rob Harper	Ambleside	MV50	25	34.13
Mike Holcroft	Helm Hill	MSEN	26	34.18
Sean Prendiville	U/A	MSEN	27	34.26
Bryony Halcrow	Ambleside	FSEN	28	34.33
David Griffin	Helm Hill	MV60	29	34.35
Michael Havard	Helm Hill	MV40	30	34.40
Steve Pearce	Eden	MV40	31	34.41
William Lane	Helm Hill	MSEN	32	35.50
Joe Stevens	U/A	MV40	33	36.13
Jon Hill	Helm Hill	MV40	34	36.27
Katherine Klunder	Chorley	WSEN	35	36.29
Philip Pearson	Northern Fell R. Club	MV60	36	36.52
Rick Stuart	Helm Hill	MV50	37	36.57
David Riding	Achille Ratti	MV40	38	37.07
James Todhunter	Helm Hill	MV40	39	37.14
Zachary Smith	U/A	MSEN	40	37.24
Sean Robinson	Howgills	MV40	41	37.27
Jose Concha	U/A	MSEN	42	37.30
Adam Molloy	Fell Runners	MSEN	43	37.35
Aileen O'Neill	Helm Hill	FSEN	44	37.47
Nigel Maddocks	Manx F.R	MV40	45	38.06
Matt Bourne	Bowland	MV50	46	38.11
Georgia Stevens	Ambleside	FSEN	47	38.14
Fiona M. Paterson	Helm Hill	FSEN	48	38.28
Anthony Emmett	Helm Hill	MV40	49	38.40

Victoria Thompson	Helm Hill	FSEN	50	38.57
Dave Baglee	Eden	MV50	51	39.01
Diana Vulpe	U/A	FSEN	52	39.03
Toby Johnson	Helm Hill	MV40	53	39.12
Janie Oates	Helm Hill	FSEN	54	39.15
Clive Allen	Helm Hill	MV50	55	39.29
Alexander Johnson	U/A	MSEN	56	39.34
William Coupe	Helm Hill	MV50	57	39.45
Nina Mason	Elvet Striders	FV40	58	40.16
Steve Wathall	Blackcombe	MV60	59	40.19
Phil Riley	Helm Hill	MV40	60	40.25
Ashley Kay	Dark Peak	MV60	61	40.36
Hannah Keenan	Helm Hill	FSEN	62	41.10
Andy Bennett	Helm Hill	MV50	63	41.31
Charlotte Williamson	Helm Hill	FSEN	64	41.45
Liz Whitfield	Spectrum Striders	FV40	65	41.48
Tim Murray	Helm Hill	MV60	66	41.51
Katie Milburn	Eden	FSEN	67	42.01
Ali Richards	Helm Hill	FV40	68	42.11
Jonathon Tombs	Eden	MV50	69	42.19
Stephen Forster	Wharfedale	MV50	70	42.56
Stuart Lockton	Helm Hill	MV50	71	43.13
Daniel Brereton	U/A	MSEN	72	43.22
Scott Boswell	Helm Hill	MSEN	73	43.35
Alison Weston	Ilkley Harriers	FV50	74	43.40
Andrew Russell	Helm Hill	MV50	75	44.13
Paul Burchell	Long Eaton RC	MV60	76	44.20
Wendy Dodds	Dallam	FV70	77	44.41
Vicky Atkinson	Helm Hill	FV40	78	44.48
Kit Saunders	Helm Hill	FV40	79	45.01
Andrew Johnson	York Knavesmire Harriers	MV60	80	45.08
Victoria Upton	Helm Hill	FSEN	81	45.17
Mary O'Gormon	Bowland	FSEN	82	46.13
Rowan Ranner	Helm Hill	FV40	83	46.56
Sarah Senior	Helm Hill	FV50	84	47.12
Chris Roberts	Blackcombe	MV60	85	47.52
Daisy Hollister	Helm Hill	FSEN	86	48.00
Laura Potter	Helm Hill	FSEN	87	48.18
Linda M. Lord	Clayton	FV70	88	48.45
Esther Lambert	Helm Hill	FSEN	89	48.51
Zoe Robinson	Howgill	FV40	90	48.52
Larry Day	U/A	MV40	91	50.02
May Crawford	Helm Hill	FV40	92	50.49
Vicky Sherringham	Helm Hill	FV50	93	51.55
Lucy Jerram	Helm Hill	FU21	94	54.01
Rigby Jerram	U/A	MV50	95	54.02
Anna Stevens	Helm Hill	FV50	96	56.22
Patty Davies	Helm Hill	FV50	97	58.23

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