

<u>POSITION</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>VET ETC</u>
1st/1st vet	Craig Roberts	Kendal	35.49	V40
2nd	Mark Addison	Helm Hill	35.59	
3rd	Carl Bell	Howgill Harriers	36.38	
4th	Steve Swarbrick	Bowland	38.02	
5th	Paul Dugdale	Kendal	38.23	V40
6th	Daniel Chan	Penine	38.57	
7th	Garry Greenhow		39.2	
8th	John Roche	Dark Peak	39.4	
9th	Mark Chippendale	Bowland	40.09	V40
10th	Kieran Horrigan		41.01	V50
11th	Paul Nield	Bowland	41.27	
12th	John Beetham	Keswick	41.28	
13th	Andrew Crowther	Lonsdale	41.3	
14th	Philip Cooper	Howgill Harriers	42.43	V40
15th	Mairead Roche		42.57	1st Lady
16th	Steve Carr		43.17	V50
17th	Nigel Wood	Coniston	43.24	V40
18th	Olly Fielden	Cumberland	43.32	
19th	Martin Smith		43.39	
20th	Shaun Addison	Helm Hill	43.45	V50
21st	Melanie Hyder	Helm Hill	43.55	
22nd	Alex Farrow		44.19	V40
23rd	Stephen Lashley		44.31	V40
24th	Sam Barron	Lonsdale	44.37	
25th	Ben Procter	Helm Hill	44.45	
26th	Gary Johnston	Blackpool	45.06	V50
27th	Chris Speight	Helm Hill	45.36	V50
28th	Ollie Roberts		45.49	
29th	Sean Bolland	Bowland	45.53	
30th	Peter Wood		45.54	V50
31st	Lee Parrington	L & M	45.56	
32nd	Simon Brister	Matlock	46.26	V60
33rd	Fraser Livesey	Howgill Harriers	46.31	V50
34th	Brendan Bolland	Horwich Hill	46.47	V40
35th	Paul Reilly	Coniston	46.48	
36th	Alistair Hanna	Howgill Harriers	46.5	
37th	Stuart Allan	Allithwaite	46.52	V40
38th	Phil Clayton	Ambleside	46.58	V40
39th	Chris Standish	CVFR	47.02	
40th	Nick Miles		47.16	
41st	Patrick Hanna	Howgill Harriers	47.28	
42nd	John Matthews	Ambleside	48.17	V40
43rd	Harry Modley	Lonsdale	48.25	
44th	Graham Moffatt	Howgill Harriers	48.38	V50
45th	Nicola Davies	Borrowdale	49.03	V50
46th	Trudy Beetham	Keswick	49.12	
47th	John Quine	Kendal	49.17	V50
48th	Stuart Hurst	Dallam	49.24	V40
49th	Mark McGlingy		49.36	V40

50th	Steve Watson	Dallam	50.13 V40
51st	Evelyn Dugdale	Kendal	50.19 V40
52nd	Helen Lawrenson	Wesham Road	50.25 V40
53rd	Jonathon Walkingshaw	CFR	50.42
54th	Stewart Johnson	Helm Hill	50.43 V60
55th	Mike Woodbridge	Dallam	50.48 V40
56th	Jamie Dowdall	Darwen Dashers	51.16
57th	Paul Modley	Lonsdale	51.19 V40
58th	Mike Meadowcroft	Bowland	51.21 V40
59th	John Hodgson	Dallam	51.24 V60
60th	Kevin May	Howgill Harriers	51.26 V50
61st	Jamie Clowes		51.31
62nd	Peter Singleton	Blackpool	51.42 V50
63rd	Nina Walkingshaw	CFR	51.48
64th	Jenn Mattinson	Howgill Harriers	52.08
65th	Paul Jackson	Howgill Harriers	52.2
66th	Donna whitehead		53.12 V40
67th	Jane Quine	Kendal	53.35 V50
68th	Steven Turner	Kendal	53.35 V50
69th	Ged Turner	Edgworth	54.19 V50
70th	Mike Hirst		54.43 V40
71st	David Parminter	Blackcombe	55.06 V50
72nd	Robert Preston	L & M	55.23
73rd	Mark Davey	Dallam	55.26
74th	Marion Smith	Kendal	55.34 V50
75th	Barry Edwards	Wesham	55.45 v40
76th	Simon Cummins	Howgill Harriers	56.13 V40
77th	John Woolridge	Border Harriers	56.14 V60
78th	Gabriel Fregoso		56.41 V40
79th	Amanda Conner	Helm Hill	56.44 V40
80th	Tim walker	Yealand	56.48 V50
81st	Andrea Menzies		56.51
82nd	Julia Possener	L & M	57.12 V40
83rd	Richard Lashley	Ryde Harriers	57.56 V40
84th	Stephen Ralston	Lonsdale	58 V50
85th	Elizabeth Rocke	Dallam	58.13 V50
86th	Jenna Wood	Howgill Harriers	58.19
87th	Bethan Burke	Helm Hill	58.37
88th	Paul Lakeland	Preston Harriers	58.5 V50
89th	Nicola Hart	Ambleside	59.09 V40
90th	Robert Massey	Blackpool	60.34 V60
91st	David Spencer	Barrow & Furne:	60.42 V70
92nd	Yvonne Procter	Helm Hill	60.06 V50
93rd	Ian Conway	Helm Hill	60.08 V60
94th	Peter Taylor	CFR	61.49 V70
95th	Angela Shuttleworth	Howgill Harriers	62.01 V50
96th	Tony Croft	Blackpool	63.14 V60
97th	Elise Watson	Dallam	63.38 V40
98th	Bernard Singleton	Blackpool	64.32 V60
99th	Mark Andrews		64.33 V40

100th	Pauline Bainbridge		65.36 V40
101st	Kate Wright		65.53 V40
102nd	Lyn May	Howgill Harriers	68.58 V50
103rd	Andrew Dunn		72.16 V60
104th	Juliet Proctor	Howgill Harriers	74.05 V40