

Number	First Name	Surname	Club	Category	Time
8	Carl	Bell	Keswick AC	MOpen	00:43:13
124	Tim	Stratton	City of York AC	MOpen	00:44:29
117	Tim	Cowin	Helm Hill	MV40	00:47:29
11	Matt	Brindle	UA	MV40	00:47:56
5	Aden	Ball	Askern District RC	MV40	00:49:27
141	Kirk	Wadsworth	Helm Hill	MV40	00:49:41
70	John	Mason	Dewsbury Road Runners	MV50	00:49:43
71	Phil	Mather	Lonsdale Fell Runners	MOpen	00:49:46
122	Will	Acland	Helm Hill	MV40	00:49:53
133	Andy	Thompson	Helm Hill	MOpen	00:50:00
84	Brian	Pennington	Howgill Harriers	MV40	00:50:07
108	Philip	Withnall	Lonsdale Fell Runners	MOpen	00:50:33
76	Simon	Mounsey	Howgill Harriers	MV40	00:50:40
39	James	Edwards	Lonsdale Fell Runners	MV40	00:50:56
57	John	Hosker	Howgill Harriers	MOpen	00:51:28
119	Paul	Reilly	Helm Hill	MV40	00:51:44
106	Simon	Whittaker	Helm Hill	MOpen	00:51:56
38	Jacob	Dyer	Helm Hill	MV40	00:52:04
112	Sharon	Taylor	Helm Hill	FOpen	00:52:15
142	James	Baron	Helm Hill	MV50	00:52:27
99	Paul	Targett	Holcombe Harriers	MV50	00:52:44
135	Andy	Hebson	Helm Hill	MOpen	00:53:31
4	Andy	Baguley	Chorlton Runners	MV40	00:54:17
72	Jenn	Mattinson	Keswick AC	FOpen	00:54:24
129	Andrew	Crowther	Lonsdale Fellrunners	MV40	00:54:25
127	Robert	Askew	Helm Hill	MOpen	00:54:28
111	Daniel	Malcolm	Helm Hill	MV40	00:54:32
1	Mason	Annabel	Wakefield Harriers	FOpen	00:54:37
130	Sean	Robinson	Howgill Harrers	MV40	00:54:50
59	Ross	Jenkin	Howgill Harriers	MOpen	00:55:35
41	Richard	Ellwood	UA	MV50	00:56:15
137	Robert	Jones	Keswick AC	MOpen	00:56:16
140	James	Todhunter	Helm Hill	MOpen	00:56:19
31	Geoff	Davis	Elvet Striders	MV60	00:56:23
120	Pat	Hanna	Howgill Harrers	MOpen	00:56:25
75	Steven	Middleton	Howgill Harriers	MV40	00:56:30
113	Jack	Walton	Howgill Harrers	MOpen	00:56:32
67	Jonny	Marchant	Helm Hill	MV40	00:56:35
60	Ball	Karen	Ackworth Road Runners	FV40	00:56:37
134	Lou	Roberts	Ambleside AC	FV40	00:56:42
78	Claire	Nance	Lonsdale Fell Runners	FOpen	00:57:26
51	Kevin	Hesketh	Preston Harriers & AC	MV60	00:57:30
88	John	Robson	Helm Hill	MV50	00:57:31
23	Justin	Cleary	Chorlton Runners	MOpen	00:58:25
143	Heather	Marshall	UA	FOpen	00:58:35
37	Bianca	Dyer	Helm Hill	FV40	00:59:02
97	Kevin	Sorlie	Tyne Bridge Harriers	MV40	00:59:04
82	Andrew	Oliver	UA	MOpen	00:59:06
136	David	Forsythe	UA	FV40	00:59:12

96	Matthew	Smith	UA	MV40	00:59:43
91	David	Roper	Howgill Harriers	MV60	01:00:32
6	Alan	Barr	Howgill Harriers	MV40	01:01:06
17	Jim	Clapp	Durham Fell Runners	MV60	01:01:12
79	Dennis	Nelson	Dallam RC	MV50	01:01:15
118	Stuart	Backhouse	Keswick AC	MV50	01:01:39
146	Ben	Hammond	UA	MOpen	01:01:48
93	James	Saxon	Eden Runners	MV40	01:01:54
110	Kirsty	Reade	Ambleside AC	FV40	01:02:25
16	Michael	Chalfont	UA	MV40	01:02:39
100	Brian	Thompson	Helm Hill	MV60	01:02:54
89	Marie	Robson	Helm Hill	FV50	01:02:54
58	Jane	Jackson	Carnethy	FV40	01:03:41
109	Tony	Wynne	Chorlton Runners	MV50	01:03:50
25	James	Coulthard	Howgill Harriers	MV40	01:03:55
13	Chloe	Brown	Howgill Harriers	FOpen	01:04:02
95	Keeley	Smith	Helm Hill	FOpen	01:04:03
105	Alison	Wainwright	Chorlton Runners	FOpen	01:04:05
9	Tim	Blackwell	Chorlton Runners	MV40	01:04:12
107	James	Wild	Lonsdale Fell Runners	MV40	01:04:37
10	Jenny	Brindle	UA	FOpen	01:05:03
145	Alistair	Kirkbride	UA	MV50	01:05:04
132	Emily	Fitzherbert	Helm Hill	FV40	01:05:23
116	Jane	Verity	Howgill Harrers	FV40	01:05:30
80	Sarah	Norman	UA	FV40	01:05:31
36	Nicholas	Drinkall	Chorlton Runners	MOpen	01:06:04
45	Barry	Hale	UA	MV60	01:06:06
85	Jacqueline	Perrot	Chorlton Runners	FV40	01:06:09
21	Phil	Clayton	Black Combe Runners	MV50	01:06:21
92	Drew	Savage	Chorlton Runners	MV40	01:06:30
65	Kate	Ludley	Lonsdale Fell Runners	FV40	01:06:48
52	Tony	Hodson	Howgill Harriers	MV50	01:07:22
14	Nicky	Butler	Keswick AC	FV50	01:07:23
128	Lorna	Askew	Helm Hill	FV40	01:08:08
28	Terry	Crowther	Chorlton Runners	MV40	01:08:09
64	Frances	Leach	UA	FOpen	01:08:11
61	Thomas	Keegan	Howgill Harriers	MV50	01:08:20
47	Rhiannon	Hammond	UA	FOpen	01:08:26
90	Caroline	Rochester	UA	FOpen	01:08:33
94	Richard	Simpson	Dallam RC	MV60	01:09:20
32	Susan	Davis	Elvet Striders	FV50	01:09:32
42	Jim	Fisher	Howgill Harriers	MV50	01:09:34
123	Laura	Tunstall	UA	FOpen	01:09:37
125	Andrew	Lowe	UA	MV60	01:10:18
66	Chris	Lund	UA	MV40	01:10:56
20	Abi	Clarke	UA	FV40	01:11:00
3	Vicky	Atkinson	Helm Hill	FV40	01:11:07
29	Patty	Davies	Helm Hill	FV50	01:11:10
98	Danny	Tanfield	UA	MV40	01:11:14
53	Claire	Holden	Lonsdale Fell Runners	FOpen	01:11:39

131	Zoe	Robinson	Howgill Harrers	FOpen	01:11:53
114	Amanda	Singleton	Eden Runners	FV40	01:12:57
115	Samantha	Sugden	Eden Runners	FOpen	01:12:58
49	Mark	Schofield	Chorlton Runners	MV40	01:13:00
63	Ian	Sharpe	Chorlton Runners	MV40	01:13:23
12	Carol	Brough	Chorlton Runners	FOpen	01:13:24
27	Hannah	Crowther	Chorlton Runners	FOpen	01:13:34
19	Kim	Clark	Keswick AC	FV60	01:13:42
15	Gillian	Campbell	Chorlton Runners	FV40	01:14:41
50	Stephanie	Bird	Chorlton Runners	FV40	01:15:51
150	Angela	Richardson	Howgill Harriers	FV40	01:15:59
104	Caroline	Wade	Helm Hill	FOpen	01:16:10
138	Emma	Gill	Helm Hill	FV50	01:16:12
62	David	Keetley	Howgill Harriers	MV60	01:16:14
126	Catherine	Simpson	UA	MV40	01:16:22
54	Graham	Holden	Lonsdale Fell Runners	MV60	01:17:08
83	Jess	Patten	UA	FOpen	01:17:21
18	Chris	Clark	Keswick AC	MV60	01:17:46
139	Elizabeth	Adams	Helm Hill	FV40	01:17:51
121	Graham	Schofield	Chorley	MV60	01:17:54
43	Becky	Gibbs	Helm Hill	FV40	01:18:43
86	Coral	Price	UA	FV60	01:18:57
26	May	Crawford	Helm Hill	FV40	01:19:04
55	Gary	Hollis	UA	MV50	01:20:15
35	Carol	Downing	Howgill Harriers	FV50	01:20:16
34	Rachel	Devlin	Chorlton Runners	FOpen	01:20:32
48	Lindsay	Harrod	Helm Hill	FV50	01:21:04
30	Rhian	Davies	Lonsdale Fell Runners	FOpen	01:21:25
7	Jude	Bek	Chorlton Runners	FOpen	01:22:29
103	Jen	Turner	Lancaster & Morecambe AC	FV40	01:23:12
22	Gemma	Cleary	Chorlton Runners	FOpen	01:23:25
24	Hannah	Coates	Chorlton Runners	FOpen	01:24:55
147	Heidi	Taylor	Felixstowe Road Runners	FV40	01:26:42
148	Jason	Taylor	Felixstowe Road Runners	MV40	01:26:42
40	Catherine	Elliott	Chorlton Runners	FV40	01:26:57
68	Tom	Marler	Chorlton Runners	MOpen	01:32:01
44	Bob	Gibbs	Lakeland Orienteering Club	MV70	01:36:44
144	Emma	Lewis	UA	FOpen	01:43:12
149	Jennie	Riding	Howgill Harriers	FOpen	01:43:13