

Pos	Name	Club	Category	Time
1	Mark Lamb	Keswick AC	M	38.28
2	Carl Bell	Keswick AC	M	39.06
3	Calum Tinnion	Ellenborough AC	M	40.02
4	Josh Jardine	Helm Hill	MU23	40.42
5	Daniel Mills	Barlick FR	M	40.59
6	Charlie Lowther	Eden Runners	M	42.00
7	Adam Perry	Helm Hill	M	42.27
8	Tim Cowin	Helm Hill	M40	42.30
9	Jack Eyre	Eden Runners	M	42.42
10	Mario Yeomans	CFR	M	42.47
11	Kieran Hodgson	Helm Hill	M40	43.02
12	Ben Proctor	Helm Hill	M	43.30
13	Phil Winskill	Keswick AC	M40	44.21
14	Simon Netherway	Keswick AC	M	44.25
15	Lee Newton	Keswick AC	M	45.01
16	Lee Proctor	Helm Hill	M	45.13
17	Oliver Waters	Helm Hill	M40	45.30
18	Adam Jackson	Northern Fells	M40	45.38
19	Noah Hurton	Eden Runners	MU23	45.41
20	Chris Lister	Ellenborough AC	M	45.55
21	Craig Burlow	Helm Hill	M40	46.16
22	Paul Reilly	Helm Hill	M40	46.32
23	Peter German	Helm Hill	M	46.40
24	Catherine Spurden	Keswick AC	F	47.01
25	Alistair Tod	Northern Fells	M	47.08
26	Craig Smith	Keswick AC	M50	47.36
27	Steve Halsall	u/a	M	48.04
28	Sean Robinson	Howgill Harriers	M	48.10
29	Nick Ray	Ellenborough AC	M40	48.15
30	Jonathan Kent	Eden Runners	M	48.24
31	Heidi Dent	Howgill Harriers	F	48.31
32	Jonny Marchant	Helm Hill	M40	48.35
33	Peter Crompton	CFR	M60	48.42
34	Derek Hurton	Eden Runners	M40	48.46
35	Neil Sidaway	CFR	M50	48.57
36	Tom Day	Keswick AC	M	49.39
37	Sophie Noon	Derwent AC	F	49.43
38	Scott Morley	Eden Runners	M	50.09
39	Andrew Bradley	CFR	M50	50.22
40	Nick Lancaster	Derwent AC	M60	50.22
41	Adam Oliver	Helm Hill	M	50.31
42	David Williams	Ellenborough AC	M	50.43
43	Paul Jennings	CFR	M50	51.03
44	Ben Breeze	CFR	M	51.15
45	Connie Hurton	Eden Runners	F	51.18
46	David Bainbridge	Howgill Harriers	M	51.39
47	Steve Jones	Keswick AC	M	51.50
48	Ryan Hutchinson	CFR	M	52.00
49	Tim Slater	Eden Runners	M	52.09
50	Chris Fleming-Williams	u/a	M40	52.44
51	Karl Mason	Helm Hill	M	52.47
52	Mike Harrison	CFR	M40	52.57
53	Tim Roe	Helm Hill	M	53.22
54	Philip Pearson	Northern Fells	M50	53.55
55	Ian Horne	Eden Runners	M50	54.09
56	John Curran	Keswick AC	M50	54.32

57 Peter McAvoy	CFR	M40	55.14
58 Chris Green	Ambleside AC	M40	55.20
59 Francesca Hamilton	Eden Runners	F	55.22
60 Dave Troman	Keswick AC	M40	55.22
61 Harry Hyslop	u/a	M	55.26
62 Carrie Gibson	Helm Hill	F40	55.29
63 Brian Thompson	Helm Hill	M60	55.30
64 Gavin Slack	u/a	M40	55.33
65 Rob Oliver	CFR	M40	55.38
66 Natalie Hawkrigg	Northern Fells	F40	55.49
67 Andy Reid	Ellenborough AC	M60	56.38
68 John Robson	Helm Hill	M50	57.20
69 Dominic Davis	Derwent AC	M	58.01
70 Kathleen Aubrey	Helm Hill	F50	58.07
71 Les Barker	CFR	M40	58.16
72 Marie Robson	Helm Hill	F40	58.38
73 Gary Lane	Howgill Harriers	M40	59.09
74 George Blenkinship	u/a	M	59.40
75 Nick Irlam	Eden Runners	M	60.18
76 David Reaves	Mid Essex Casuals	M70	61.08
77 Angela Davies	Keswick AC	F	61.12
78 Jennie Clatterly	CFR	F40	61.31
79 Paul Rawlinson	u/a	M50	61.47
80 Steve Breeze	CFR	M40	62.54
81 Alison Phillips	Eden Runners	F40	63.45
82 Rebecca Crompton	Derwent AC	F	64.35
83 Catherine Musetti	Ambleside AC	F50	66.26
84 Quentin Merritt	u/a	M50	66.43
85 Graham Watson	CFR	M50	66.49
86 Luke Blakey	u/a	M	67.00
87 Russell Cannon	Helm Hill	M50	67.10
88 Lindsay Buck	CFR	F50	67.47
89 Sarah Jones	Ambleside AC	F40	68.01
90 Anna Blackburn	CFR	F50	68.11
91 Nick Moore	CFR	M50	69.18
92 Ryan Crellin	CFR	M	71.13
93 Charlotte Akam	CFR	F	72.42
94 Jenny Jennings	CFR	F50	74.15
95 Philip Hawley	CFR	M60	75.08
96 Dot Patton	CFR	F6	79.30
97 Catherine Hadfield	Derwent AC	F	79.91
98 Jane Mottram	CFR	F60	83.21
99 Catherine Keevil	Derwent AC	F	96.54
100 Emma Smith	Derwent AC	F40	97.29