

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:16:09	357	Campbell	Ross	Barrow and Furness Stride		M
2	00:16:20	364	Fulford	David	Hoad Hill Harriers		M
3	00:16:21	391	Dorrian	Andrew	Hoad Hill Harriers		M
4	00:16:23	397	McSherry	Sam	Levens Valley	U18	M
5	00:16:37	386	Hartley	Josh	Black Combe Runners		M
6	00:17:05	413	Mckinnley	George	Barrow and	FV45	M
7	00:17:08	303	Corbishley	James	Hoad Hill Har	U18	M
8	00:17:12	426	Dunn-Capper	Rowan	Edinburgh AC		M
9	00:17:13	352	Atkinson	Bob	Barrow and	FV60	M
10	00:17:15	372	Threlfull-Harri	Tom	Kendal AAC		M
11	00:17:23	338	Brophy	Tom	Walney Wind	Cheetahs	M
12	00:17:49	385	Lord	Harvey	Black Combe Runners		M
13	00:17:52	392	Messergodas	Luce		U18	M
14	00:18:17	308	Fletcher	Eddie	Keswick AC		M
15	00:18:20	368	Wells	Richard	Sedbergh Sch	V45	M
16	00:18:22	381	Corbishley	Justin	Hoad Hill Har	U18	M
17	00:18:23	393	lloyd	Gavin	Black Combe Runners		M
18	00:18:27	387	Murphy	Josh	Levens Valley	AC	M
19	00:18:30	332	Symon	Fraser	Barrow and Furness Stride		M
20	00:18:43	330	Smith	Tom			M
21	00:18:46	384	Sadler	Ian	Walney Winc	V50	M
22	00:18:47	375	Lee	Philip	Kendal AAC	V40	M
23	00:18:49	296	Bailey	Jessica	Levens Valley	U18	F
24	00:18:54	295	Bailey	James	Levens Valley	V45	M
25	00:19:00	388	Jeuk	Vincent	Hoad Hill Harriers		M
26	00:19:02	350	Winder	Alesia	Levens Valley	U18	F
27	00:19:06	402	Hubbold	Christopher			M
28	00:19:12	304	Cubin	Mike	Hoad Hill Har	V45	M
29	00:19:17	389	Turner	Luke	Hoad Hill Harriers		M

30	00:19:24	382 Chadwick	Jeffrey	Hoad Hill Har V50	M
31	00:19:28	383 Harker	David	Walney Winc V45	M
32	00:19:34	405 Southward	Tom	Hoad Hill Harriers	M
33	00:19:40	329 Smith	Rod		M
34	00:19:48	293 Atkinson	Matthew		M
35	00:19:49	344 Marlton	Richard	V50	M
36	00:19:58	342 Bell	Georgia	Levens Valley U18	F
37	00:20:02	309 Fletcher	Hailey	Sedbergh School RC	F
38	00:20:04	411 Orr	Hollie	Black Combe Runners	F
39	00:20:05	415 Cull	Mick	Hoad Hill Harriers	M
40	00:20:13	339 Holland	Spencer	Stafford Harr V50	M
41	00:20:28	410 Harrison	Michael	Howgill Harri V55	M
42	00:20:30	424 Willacy	Martyn	Hoad Hill Har V50	M
43	00:20:34	408 Low	Philip	Walney Winc V50	M
44	00:20:37	366 Jackson	Andy	Hoad Hill Har V45	M
45	00:20:45	370 Clark	Owain	Levens Valley U18	M
46	00:20:46	394 Lysons	Chrisopher		M
47	00:20:47	377 Batty	Steven	Walney Winc V55	M
48	00:20:50	333 Taylor-Friell	Joanne	Kendal AAC V45	F
49	00:20:51	345 Thomas	Patrick	Hoad Hill Har V70	M
50	00:20:56	336 Pinder	Graham	Hoad Hill Har V60	M
51	00:21:09	403 Quinn	Paul	Walney Winc V50	M
52	00:21:15	307 Filipek	Adrian		M
53	00:21:31	417 Booth	Lauren	Hoad Hill Harriers	F
54	00:21:35	355 Singleton	Amy	Walney Winc V35	F
55	00:21:40	414 Wells	Bob	Bedford harr V70	M
56	00:21:46	335 Garnett	Sandra	Walney Winc V40	F
57	00:21:48	412 Hilton	Anthony	Lymm Runne V40	M
58	00:21:51	360 Varden	Richard	V40	M
59	00:22:04	374 Leadbetter	Stephen	Levens Valley AC	M

60	00:22:06	300 Boulter	Glenn	Hoad Hill Harriers	M
61	00:22:07	334 Travis	Heather	Hoad Hill Har V45	F
62	00:22:08	407 Crossman	Dean	Walney Wind Cheetahs	M
63	00:22:12	367 Davison	Pete	Hoad Hill Har V50	M
64	00:22:14	399 O'Hare	Charlie	Walney Wind Cheetahs	M
65	00:22:19	347 Williamson	Adam	Levens Valley U18	M
66	00:22:20	310 Fraser	Adam		M
67	00:22:21	429 Goffe	James	Black Combe V55	M
68	00:22:22	390 Ritchie	Natham	Levens Valley U18	M
69	00:22:24	353 McSweeney	Darren	Walney Winc V50	M
70	00:22:29	380 McNally	Liz	Levens Valley V45	F
71	00:22:33	428 O'Neill	John	V60	M
72	00:22:37	425 Punton	Christopher	Walney Wind Cheetahs	M
73	00:22:47	354 Singleton	Steven	Walney Winc V45	M
74	00:22:49	358 Campbell	Colin	Barrow and FV50	M
75	00:22:49	340 Callister	Janice	Walney Winc V50	F
76	00:22:52	423 Rastelli	Hal	U18	M
77	00:22:55	299 Bouffler	Sarah	Barrow and FV35	F
78	00:22:55	379 Beable	Rebekah	V55	F
79	00:23:11	427 Capper	Graham	V60	M
80	00:23:18	395 Cooper	Harvey	Levens Valley U18	M
81	00:23:29	316 Hemsley	Andrew	Walney Winc V55	M
82	00:23:52	373 Messenger	Matt	Levens Valley V40	M
83	00:23:57	356 Marr	Helen	Walney Winc V40	F
84	00:24:01	406 Hazelhurst	Max	Hoad Hill Har U18	M
85	00:24:02	420 Kevan	Carolyn	Kendal AAC V60	F
86	00:24:04	297 Bailey	Joanna	V45	F
87	00:24:07	321 Jones	Ian	Walney Winc V60	M
88	00:24:13	421 Slattery	Rachel	Hoad Hill Har V50	F
89	00:24:17	409 McLeod	Joanne	V50	F

90	00:24:17	319 Horrocks	Philip	Walney Winc	V50	M
91	00:24:17	348 Kolbe	John	Walney Winc	V50	M
92	00:24:25	419 Priestley	Dianne	Kendal AAC	V65	F
93	00:24:40	401 Sankey	Rebecca			F
94	00:24:47	422 Rastelli	Rob		V50	M
95	00:24:56	313 Greenwood	John	Walney Winc	V60	M
96	00:24:58	371 Read	Rachel	Millom Stride	V50	F
97	00:25:01	378 Clarkson	Martin	Walney Wind	Cheetahs	M
98	00:25:08	400 Sankey	Hazel		V50	F
99	00:25:19	346 Williamson	Mark	Levens Valley	V50	M
100	00:25:20	314 Grisdale	Catherine	Barrow and	FV60	F
101	00:25:30	298 Blakey	Maria	Walney Winc	V60	F
102	00:25:38	301 Braithwaite	Claire			F
103	00:25:40	362 Robertson	Fraser		V40	M
104	00:26:32	306 Earley	Alex	Walney Wind	Cheetahs	F
105	00:26:42	323 Park	Carol	Walney Winc	V55	F
106	00:26:55	376 Clarkson	Susan	Walney Winc	V35	F
107	00:26:58	361 Robertson	Pam		V45	F
108	00:27:01	317 Higgins	Michael	Tyne Bridge	FV65	M
109	00:27:05	359 Parkinson	Vicky		V40	F
110	00:27:05	349 Connolly	Rebecca		V45	F
111	00:27:06	320 Ion	Peter	Kendal AAC	V75	M
112	00:27:33	312 Greenwood	Clare	Walney Winc	V60	F
113	00:27:33	404 Bleackley	John		V55	M
114	00:27:39	343 singleton	Gavin	Millom Stride	V40	M
115	00:27:43	351 Winder	Anastasia	Levens Valley	V35	F
116	00:27:43	396 Oldham	Colleen		V40	F
117	00:28:10	328 Sherwood	Samantha			F
118	00:28:40	341 Johnson	Stephen	Millom Stride	V60	M
119	00:28:46	337 Jones	Mick	Walney Wind	Cheetahs	M

120	00:29:04	365 Barclay	N	V40	F
121	00:29:18	416 Cooper	Anna	V35	F
122	00:29:20	311 Fursey	Karl	Black Combe V45	M
123	00:29:47	418 Fleming	Val	Walney Winc V60	F
124	00:30:53	327 Sherwen	John	V65	M
125	00:30:53	302 Clark	Julie	Walney Winc V45	F
126	00:33:22	398 Kitchin	Bill	V75	M
127	00:35:20	363 McSorley	Terry	Walney Winc V60	M
128	00:35:20	315 Grisdale	Stephen	V60	M
129	00:36:39	318 Hill	Sharon	V50	F
130	00:40:35	369 Thompson	Gillian	Barrow and F V75	F
131	00:45:33	331 Stanfield	Ian	Todmorden V75	M