

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:33:54	25	Maddams	Russell	Keswick AC		M
2	00:34:39	1	Dixon	Garry	Barrow & Furness Striders AC		M
3	00:35:24	61	Walker	Richard	Barrow & Furness Striders AC		M
4	00:35:42	28	Miller	Patrick	Barrow & Furness Striders AC	V40	M
5	00:37:31	42	Howie	Chris	Hoad Hill Harriers	V40	M
6	00:37:32	26	Davies	Ian	Keswick AC		M
7	00:37:33	40	Bowness	Anthony		V40	M
8	00:37:36	19	Stanway	Simon	Barrow & Furness Striders AC	V40	M
9	00:37:39	49	Wilson	Matt	Kendal AC		M
10	00:38:19	54	McIver	Mike	Black Combe Runners		M
11	00:38:28	15	Jones	Richard	Garstang Running Club		M
12	00:39:17	32	Burns	Danny			M
13	00:39:26	48	Jackson	Andy	Hoad Hill Harriers	V40	M
14	00:39:29	73	Coward	Ashton	Barrow Boxing Club		M
15	00:39:52	44	Parker	Dave	Barrow & Furness Striders AC	V45	M
16	00:40:22	57	Melia	Harry	Barrow & Furness Striders AC	V50	M
17	00:40:31	72	Moses	Jeff	Barrow Boxing Club	V45	M
18	00:41:11	27	McVeigh	Keith	Cumberland AC	V55	M
19	00:41:38	66	Jones	Raymond	Barrow & Furness Striders AC	V45	M
20	00:41:59	30	Venton	Paul		V40	M
21	00:42:09	64	Dover	Gary	Hoad Hill Harriers	V45	M
22	00:42:10	60	Sadler	Ian	Barrow & Furness Striders AC	V45	M
23	00:42:21	77	Murphy	Joe	Barrow Boxing Club		M
24	00:42:37	76	Conroy	Liam	Barrow Boxing Club		M
25	00:42:41	75	McKenna	Steven	Barrow Boxing Club		M
26	00:42:44	53	Abel	Larry	Blengdale Runners	V45	M
27	00:42:48	33	Perry	Stephen	Lancaster & Morecambe	V55	M
28	00:42:59	51	Davison	Pete	Hoad Hill Harriers	V45	M
29	00:44:04	16	Perry	Jayne	Lancaster & Morecambe		F
30	00:44:33	36	Southward	Tom	Hoad Hill Harriers		M
31	00:44:41	71	Batty	Steven		V50	M
32	00:44:55	37	Mitchell	Ian	Helm Hill Runners	V45	M
33	00:45:15	50	Mann	Paul			M
34	00:45:15	34	Newnham	Adrian	Hoad Hill Harriers	V55	M
35	00:45:46	43	Quinn	Paul		V45	M
36	00:46:05	84	Phizacklea	Darren		V40	M
37	00:46:16	80	Leadbetter	Daniel			M
38	00:46:40	78	Smith	Joe	Barrow Boxing Club		M
39	00:46:50	45	McLeod	Joanne	Hoad Hill Harriers	V45	F
40	00:47:05	17	Knipe	Louise	Hoad Hill Harriers		F
41	00:47:40	67	Roberts	Martin		V45	M
42	00:47:43	82	MacKinnon	Karen			F
43	00:47:47	41	Tarvet	Ian	Vale of Aylesbury	V60	M
44	00:48:39	46	Turner	Shaun	Wesham RR	V40	M
45	00:48:56	18	Jackson	David			M
46	00:49:10	68	Gill	Dawn	Dallam RR	V50	F
47	00:49:14	12	Clarke	Mike	Army AA	V50	M
48	00:49:16	69	Smith	Marion	Kendal AC	V55	F
49	00:49:23	31	Lamb	Ken	Hoad Hill Harriers	V45	M
50	00:49:39	83	Moore	Andy		V45	M
51	00:50:26	58	Clarke	Tony	Hoad Hill Harriers	V60	M
52	00:51:06	55	Seddon	Jill	Barrow & Furness Striders AC		F
53	00:51:40	62	Walker	Helen	Barrow & Furness Striders AC		F
54	00:51:48	14	Nicholson	Brian	Kendal AC	V70	M

55	00:52:59	65 Manning	Peter	Blengdale Runners	V60	M
56	00:54:02	63 Fawcett	Mike	Hoad Hill Harriers	V60	M
57	00:54:42	29 Fursey	Karl	Black Combe Runners		M
58	00:54:56	8 Southward	Colin		V55	M
59	00:54:59	59 Williams	Peter	Kendal AC	V70	M
60	00:55:19	38 Tyson	Edward		V70	M
61	00:55:44	35 Moreton	Penny	Hoad Hill Harriers	V50	F
62	00:55:53	20 Stanway	Hannah	Barrow & Furness Striders AC		F
63	00:56:00	7 Morton	Robert			M
64	00:56:03	81 Leadbetter	David			M
65	00:56:10	70 Briggs	Judy		V50	F
66	00:56:18	39 Reid	Paul		V60	M
67	00:59:50	4 Boothroyd	Lavinia			F
68	00:59:55	11 Pattinson	Robert		V40	M
69	01:00:01	52 Carr	Paul		V45	M
70	01:00:19	10 Denham-Si	Susan	Cumberland AC	V40	F
71	01:00:37	47 Turner	Ruth	Wesham RR	V50	F
72	01:01:53	56 Leberton	Pamela	Hoad Hill Harriers	V65	F
73	01:02:03	9 Craig	Katherine			F
74	01:04:48	24 Heppell	Melanie		V40	F
75	01:04:48	23 Walters	Justin		V40	F
76	01:05:15	2 Miller	Catherine			F
77	01:05:15	5 Southward	Louise			F
78	01:05:15	6 Ottley	Clare			F
79	01:05:40	3 Miller	Darren			M
80	01:07:03	79 Leadbetter	Ros		V45	F