

Ov. Pos	Chip Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time	F Pos	M Pos	Cat Pos
1	1	50	DAVID FULFORD	M	MSEN	GLAXO HOAD HILL HARRIERS	0:35:58	0:35:58		1	1
2	2	179	FRASER MINNICAN	M	MSEN	WALNEY WIND CHEETAHS	0:36:36	0:36:36		2	2
3	3	45	RYAN EVERETT	M	MSEN		0:38:32	0:38:32		3	3
4	4	251	LUCA MESSENGER-JONES	M	MSEN	BARROW & FURNESS STRIDERS	0:38:46	0:38:46		4	4
5	5	82	DAVID MCNALLY	M	MV40	LEVEN VALLEY AC	0:39:08	0:39:07		5	1
6	6	126	PAUL SMITH	M	MSEN		0:39:10	0:39:10		6	5
7	8	279	MATTHEW WALL	M	MSEN		0:40:14	0:40:13		7	6
8	9	316	RYAN TOOMEY	M	MSEN		0:40:16	0:40:15		8	7
9	10	203	ROBERT ARMSTRONG	M	MSEN		0:40:19	0:40:18		9	8
10	7	195	MICHAEL TEASDALE	M	MSEN		0:40:21	0:39:59		10	9
11	11	207	CAMERON BELL	M	MSEN		0:41:08	0:41:08		11	10
12	12	114	IAN SADLER	M	MV50	WALNEY WIND CHEETAHS	0:41:26	0:41:25		12	1
13	13	112	SEAN ROBERTS	M	MV40		0:41:46	0:41:44		13	2
14	14	233	CHRISTOPHER HUBBOLD	M	MSEN		0:42:01	0:42:00		14	11
15	14	268	CHRIS POLKINGHORN	M	MSEN		0:42:36	0:42:00		15	12
16	16	165	DARREN COWARD	M	MSEN	GLAXO HOAD HILL HARRIERS	0:42:45	0:42:42		16	13
17	17	138	LEWIS WATTS	M	MSEN	GLAXO HOAD HILL HARRIERS	0:43:22	0:43:13		17	14
18	18	205	JAMES BAILEY	M	MV40	CUMBRIA POLICE	0:43:23	0:43:17		18	3
19	19	285	LIAM WIDDRINGTON	M	MSEN	BAE	0:43:31	0:43:28		19	15
20	20	166	COLIN COX	M	MV40		0:43:42	0:43:38		20	4
21	21	253	SAM MOORE	M	MSEN	MILLOM STRIDERS	0:43:51	0:43:49		21	16
22	22	311	JOHN RODGERS	M	MV50		0:44:12	0:44:10		22	2
23	23	181	SCOTT MOSSOP	M	MSEN	MILLOM STRIDERS	0:44:41	0:44:39		23	17
24	24	256	NATHAN MOSSOP	M	MSEN		0:44:50	0:44:49		24	18
25	27	274	TYGA STEELE	F	FSEN		0:45:08	0:45:04	1		1
26	26	176	ANDY LODGE	M	MSEN		0:45:16	0:44:57		25	19
27	24	244	CHRISTOPHER LYSONS	M	MSEN		0:45:24	0:44:49		26	20
28	28	257	MARGARET MURPHY	F	FSEN	STRIDERS	0:45:28	0:45:26	2		2
29	29	265	DANNY PATTINSON	M	MSEN		0:45:38	0:45:27		27	21
30	31	190	AMY SINGLETON	F	FSEN	WALNEY WIND CHEETAHS	0:45:57	0:45:55	3		3
31	30	143	PAUL WILLETTS	M	MV50		0:46:10	0:45:43		28	3
32	32	139	CHRISTIAN WHITE	M	MSEN		0:46:17	0:46:00		29	22
33	35	270	CHRIS PUNTON	M	MSEN	WALNEY WIND CHEETAHS	0:46:27	0:46:24		30	23
34	34	277	MATT VINER	M	MSEN		0:46:28	0:46:19		31	24
35	37	134	HEATHER TRAVIS	F	FV40	GLAXO HOAD HILL HARRIERS	0:46:29	0:46:27	4		1
36	33	148	DAVID WRIGHT	M	MV50		0:46:32	0:46:11		32	4
37	38	317	ANTHONY ATKINSON	M	MSEN		0:46:38	0:46:34		33	25
38	39	127	DEAN STEELE	M	MV50	STEELES	0:46:44	0:46:40		34	5
39	40	14	GLENN BOULTER	M	MSEN	GLAXO HOAD HILL HARRIERS	0:46:52	0:46:49		35	26
40	35	302	KEVIN ROONEY	M	MV40		0:46:56	0:46:24		36	5
41	41	145	SCOTT WILSON	M	MV50	FURNESS COLLEGE	0:46:56	0:46:51		37	6
42	42	283	MICHAEL WEBSTER	M	MSEN	PARKRUN	0:46:56	0:46:52		38	27
43	43	208	DAVID BRIDGES	M	MV40		0:47:01	0:46:55		39	6
44	44	212	SIMON CHAPMAN	M	MSEN	MILLOM STRIDERS	0:47:29	0:47:23		40	28
45	45	177	MICHAEL MCDONALD	M	MSEN		0:47:31	0:47:28		41	29
46	47	232	PHILIP HORROCKS	M	MV50	WALNEY WIND CHEETAHS	0:47:45	0:47:41		42	7
47	46	313	JULIAN DONNELLY	M	MV50		0:47:48	0:47:35		43	8
48	48	43	MICHAEL DUNCAN	F	FSEN		0:48:02	0:47:52	5		4
49	50	107	PAUL QUINN	M	MV50	WALNEY WIND CHEETAHS	0:48:06	0:48:04		44	9
50	49	156	MARK BARROW	M	MV40	PARKSIDE PANTHERS	0:48:11	0:48:00		45	7
51	51	218	JAMES COOKE	M	MV60	GLAXO HOAD HILL HARRIERS	0:48:13	0:48:09		46	1
52	52	178	ANDY MILLER	M	MV50	WALNEY WIND CHEETAHS	0:48:18	0:48:10		47	10
53	53	294	KAREN MAGGIO-POYNTZ	F	FV40		0:48:29	0:48:25	6		2
54	54	261	KAREN OLDHAM	F	FV50	LEVEN VALLEY AC	0:48:36	0:48:26	7		1
55	58	269	JAMES PRESCOTT	M	MSEN		0:48:43	0:48:40		48	30
56	56	260	CHARLIE O'HARE	M	MSEN	WALNEY WIND CHEETAHS	0:48:46	0:48:36		49	31
57	55	320	KEITH NGWENYA	M	MSEN		0:48:49	0:48:34		50	32
58	59	31	DAN CHARNLEY	M	MSEN		0:48:52	0:48:43		51	33
59	62	219	ALISON COOKE	F	FV50	GLAXO HOAD HILL HARRIERS	0:48:54	0:48:52	8		2
60	60	151	DEBORAH YEARNSHIRE	F	FV40	GLAXO HOAD HILL HARRIERS	0:48:55	0:48:44	9		3
61	57	262	MICHAEL OLIVER	M	MSEN		0:48:57	0:48:38		52	34
62	61	79	EUAN MCKINNON	M	MV40	ULVERSTON TRI CLUB	0:49:07	0:48:50		53	8
63	63	70	NEIL JOHNSTON	M	MV40	LEVEN VALLEY AC	0:49:08	0:48:55		54	9
64	66	38	ALLAN DAVIDSON	M	MSEN		0:49:09	0:49:07		55	35
65	67	248	DARREN MCSWEENEY	M	MV50	WALNEY WIND CHEETAHS	0:49:14	0:49:10		56	11
66	64	217	KEITH CONWAY	M	MV40	ULVERSTON TRI CLUB	0:49:16	0:48:58		57	10
67	65	197	LIZ WHITE	F	FV40	GLAXO HOAD HILL HARRIERS	0:49:17	0:49:05	10		4
68	69	245	NEIL MACDONALD	M	MV50	MILLOM STRIDERS	0:49:23	0:49:17		58	12
69	68	141	AMY WHITEHEAD	F	FSEN		0:49:27	0:49:13	11		5
70	70	220	GRAHAM DACRE	M	MV50	BARROW & FURNESS STRIDERS	0:49:28	0:49:21		59	13
71	71	309	PAUL HARRIS	M	MSEN		0:49:36	0:49:28		60	36
72	72	20	ABE BROWN	M	MSEN	FURNESS COLLEGE	0:49:50	0:49:36		61	37
73	74	211	JANICE CALLISTER	F	FV50	WALNEY WIND CHEETAHS	0:49:50	0:49:46	12		3

74	73	240	TONY JEWELL	M	MV60		0:49:50	0:49:44		62	2
75	75	237	LEANNE JACKSON	F	FSEN	MILLOM STRIDERS	0:49:52	0:49:48	13		6
76	77	325	GARETH BOYLE	M	MSEN		0:49:56	0:49:53		63	38
77	78	312	RUSS MAGUIRE	M	MV40		0:49:59	0:49:58		64	11
78	76	101	CHRIS PLANT	M	MSEN		0:50:10	0:49:50		65	39
79	79	284	STEVEN WESTRAY	M	MV40		0:50:16	0:50:11		66	12
80	80	90	DEBORAH MORAN	F	FV50	WALNEY WIND CHEETAHS	0:50:23	0:50:13	14		4
81	81	221	SEAN DAVIES	M	MSEN		0:50:39	0:50:23		67	40
82	83	235	JULIE HUNTER	F	FV40	GLAXO HOAD HILL HARRIERS	0:50:46	0:50:34	15		5
83	82	9	SIMON BARTON	M	MV60	GLAXO HOAD HILL HARRIERS	0:50:50	0:50:29		68	3
84	85	229	KAREN GRIFFITHS	F	FV50	PARKSIDE PANTHERS	0:50:55	0:50:46	16		5
85	93	68	DAVID HOWIE	M	MV70	WALNEY WIND CHEETAHS	0:51:15	0:51:14		69	1
86	84	172	MATT HOUSTON	M	MSEN		0:51:19	0:50:43		70	41
87	85	162	JASON CAINE	M	MSEN		0:51:21	0:50:46		71	42
88	94	227	JAMES FAZACKERLEY	M	MSEN	WALNEY WIND CHEETAHS	0:51:28	0:51:18		72	43
89	97	171	MALCOLM HILL	M	MV60	PARKSIDE PANTHERS	0:51:36	0:51:25		73	4
90	87	300	WILL HINDE	M	MSEN		0:51:39	0:51:06		74	44
91	87	296	PHIL CUBIN	M	MSEN		0:51:39	0:51:06		75	45
92	98	200	LAUREN WRAY	F	FSEN	WALNEY WIND CHEETAHS	0:51:39	0:51:28	17		7
93	89	298	JACK MOSES	M	MSEN		0:51:41	0:51:07		76	46
94	90	330	ETHAN HALT	M	MSEN		0:51:41	0:51:08		77	47
95	96	44	STEVEN EDMONDSON	M	MSEN	FURNESS COLLEGE	0:51:41	0:51:24		78	48
96	91	292	JEFF MOSES	M	MV50		0:51:41	0:51:09		79	14
97	95	196	KERRY TRAVERS	F	FV40	BARROW & FURNESS STRIDERS	0:51:42	0:51:19	18		6
98	91	297	DEVON MULHOLLAND	M	MSEN		0:51:43	0:51:09		80	49
99	99	308	MATT MESSENGER	M	MV40		0:51:49	0:51:36		81	13
100	100	86	TIM MILES	M	MV40	MILLOM STRIDERS	0:52:05	0:52:00		82	14
101	102	111	CHRIS RICHARDSON	M	MV50		0:52:11	0:52:06		83	15
102	101	62	ANDREW HEMSLEY	M	MV50	WALNEY WIND CHEETAHS	0:52:12	0:52:03		84	16
103	107	252	NICOLA MOLLOY	F	FSEN		0:52:21	0:52:18	19		8
104	105	27	DANIEL CARTER	M	MSEN	FURNESS COLLEGE	0:52:25	0:52:13		85	50
105	104	161	CRAIG BURNS	M	MSEN		0:52:27	0:52:09		86	51
106	106	21	CONNAIRE BROWN	M	MSEN		0:52:35	0:52:15		87	52
107	103	160	COLIN BENN	M	MV60	MILLOM STRIDERS	0:52:36	0:52:08		88	5
108	112	118	DAVID SHAW	M	MV60	WALNEY WIND CHEETAHS	0:52:42	0:52:40		89	6
109	108	189	WILLIAM SHARP	M	MV60	GLAXO HOAD HILL HARRIERS	0:52:44	0:52:22		90	7
110	110	173	AL MCNULTY	M	MV40	PARKSIDE PANTHERS	0:52:47	0:52:34		91	15
111	111	47	PAUL ELLISON	M	MV40	PARKSIDE PANTHERS	0:52:48	0:52:37		92	16
112	108	194	HILARY STEPHENSON	F	FSEN	GEORGE HASTWELL SCHOOL	0:52:50	0:52:22	20		9
113	113	93	SEAN MULHOLLAND	M	MSEN		0:53:10	0:52:55		93	53
114	115	1	JIMMY ANDERSON	M	MV60		0:53:23	0:53:10		94	8
115	116	276	CERI THOMAS	M	MSEN	CUMBRIA POLICE	0:53:24	0:53:17		95	54
116	114	282	LEE WARREN	M	MSEN	WALNEY WIND CHEETAHS	0:53:28	0:53:07		96	55
117	120	255	KIRSTY MOORE	F	FSEN	MILLOM STRIDERS	0:53:52	0:53:38	21		10
118	117	231	ANDREW HIGGINSON	M	MSEN		0:53:53	0:53:20		97	56
119	121	56	JOHN GREENWOOD	M	MV60	WALNEY WIND CHEETAHS	0:53:58	0:53:49		98	9
120	118	326	MICHELLE WHALLEY	F	FV40		0:54:00	0:53:29	22		7
121	123	271	RACHEL READ	F	FV50	MILLOM STRIDERS	0:54:09	0:54:06	23		6
122	119	299	JAKE ALLONBY	M	MSEN		0:54:10	0:53:37		99	57
123	122	115	HAZEL SANKEY	F	FV50	PARKSIDE PANTHERS	0:54:25	0:54:05	24		7
124	124	18	ALAN BRADLEY	M	MV40		0:54:37	0:54:13		100	17
125	126	149	SADIE WOOD	F	FSEN		0:55:07	0:54:58	25		11
126	127	222	BENJAMIN DAWSON	M	MSEN	DAVENPORT RUNNERS	0:55:08	0:55:00		101	58
127	130	13	MARIA BLAKEY	F	FV60	WALNEY WIND CHEETAHS	0:55:15	0:55:05	26		1
128	125	187	FRASER ROBERTSON	M	MV40		0:55:22	0:54:53		102	18
129	132	273	ALEXANDRA SMITH	F	FSEN		0:55:24	0:55:10	27		12
130	129	206	LEANNE BAYLIFF	F	FV40	GLAXO HOAD HILL HARRIERS	0:55:25	0:55:04	28		8
131	128	272	HANNAH SCHOLES	F	FSEN	LEVEN VALLEY AC	0:55:32	0:55:02	29		13
132	131	275	EMILY THOMAS	F	FSEN		0:55:44	0:55:07	30		14
133	134	247	ALLISON MCEWAN	F	FV40		0:55:53	0:55:47	31		9
134	133	8	SALLY BARTON	F	FV50	GLAXO HOAD HILL HARRIERS	0:55:56	0:55:36	32		8
135	135	303	MANDY PARK	F	FV40		0:56:03	0:55:51	33		10
136	136	246	GEORGINA MAWSON	F	FSEN	MILLOM STRIDERS	0:56:07	0:56:04	34		15
137	137	46	HELEN EDWARDS	F	FV50	WALNEY WIND CHEETAHS	0:56:16	0:56:11	35		9
138	139	99	MARTIN PEARCE	M	MSEN		0:56:23	0:56:17		103	59
139	140	116	REBECCA SANKEY	F	FSEN	ULVERSTON TRI CLUB	0:56:45	0:56:29	36		16
140	138	322	DANNY TURNER	M	MV40		0:56:45	0:56:15		104	19
141	142	52	DAVINA GAMMACK	F	FV40		0:56:46	0:56:44	37		11
142	141	103	CAROL POSTLETHWAITE	F	FV50	GLAXO HOAD HILL HARRIERS	0:57:01	0:56:39	38		10
143	143	209	ALAN BURROW	M	MV50	MILLOM STRIDERS	0:57:04	0:56:58		105	17
144	144	154	CHRIS ALTREE	M	MSEN		0:57:18	0:57:06		106	60
145	145	22	LOUISE BURKE	F	FV40		0:57:39	0:57:12	39		12
146	146	192	PAUL SMITH	M	MV40	WALNEY WIND CHEETAHS	0:57:41	0:57:22		107	20
147	147	224	RON EADINGTON	M	MV60		0:57:41	0:57:31		108	10

148	149	215	SUSAN CLARKSON	F	FSEN	WALNEY WIND CHEETAHS	0:57:44	0:57:35	40	17
149	148	213	RACHAEL CHAPPLES	F	FSEN		0:57:48	0:57:34	41	18
150	152	97	CAROL PARK	F	FV50	WALNEY WIND CHEETAHS	0:57:59	0:57:49	42	11
151	150	216	MARTIN CLARKSON	M	MSEN	WALNEY WIND CHEETAHS	0:58:04	0:57:43	109	61
152	150	236	CRAIG HYDE	M	MSEN		0:58:04	0:57:43	110	62
153	156	121	SAMANTHA SHERWOOD	F	FSEN		0:58:19	0:58:15	43	19
154	153	59	CATHRINE GRISDALE	F	FV60	BARROW & FURNESS STRIDERS	0:58:25	0:58:01	44	2
155	156	164	RACHEL CLARK	F	FV40		0:58:35	0:58:15	45	13
156	158	77	HELEN MASON	F	FSEN		0:58:44	0:58:18	46	20
157	154	314	DAN WEBBER	M	MSEN		0:58:45	0:58:06	111	63
158	155	315	NEIL IRVING	M	MV40		0:58:46	0:58:07	112	21
159	160	51	SONJA FARISH	F	FV40		0:58:49	0:58:41	47	14
160	159	242	JUDITH KITTLEY	F	FSEN		0:58:52	0:58:30	48	21
161	162	318	MICHAEL HIGGINS	M	MV60	TYNE BRIDGE HARRIERS	0:58:54	0:58:49	113	11
162	161	307	SHAUN NELSON	M	MV50		0:59:09	0:58:47	114	18
163	163	7	JOANNA BARNARD	F	FV40	FURNESS COLLEGE	0:59:22	0:59:06	49	15
164	163	119	NATALIE SHAW	F	FSEN	FURNESS COLLEGE	0:59:22	0:59:06	50	22
165	167	188	ANNEMARIE SAYERS	F	FSEN	PARKSIDE PANTHERS	0:59:27	0:59:16	51	23
166	170	159	KIRSTEN BELL	F	FSEN		0:59:29	0:59:22	52	24
167	171	185	JACK RHODES	M	MSEN		0:59:29	0:59:23	115	64
168	168	329	LEEANN EVANS	F	FV40		0:59:31	0:59:18	53	16
169	165	191	EMMA SMITH	F	FSEN		0:59:33	0:59:10	54	25
170	172	254	OLIVIA MOORE	F	FSEN	MILLOM STRIDERS	0:59:38	0:59:33	55	26
171	166	243	MICHAEL LAMB	M	MSEN		0:59:42	0:59:11	116	65
172	177	73	DANIEL LAMB	M	MSEN		0:59:48	0:59:38	117	66
173	178	85	HANNAH MILBY	F	FSEN	GLAXO HOAD HILL HARRIERS	0:59:48	0:59:39	56	27
174	175	133	MIKE TRANTER	M	MV40		0:59:50	0:59:35	118	22
175	174	69	ALAN JACKSON	M	MV50	ULVERSTON TRI CLUB	0:59:52	0:59:34	119	19
176	169	76	EMMA LUPTON	F	FSEN		0:59:57	0:59:21	57	28
177	175	80	ADAM MCLARNON	M	MSEN		1:00:05	0:59:35	120	67
178	172	137	GRAEME WALLACE	M	MV40		1:00:10	0:59:33	121	23
179	185	33	MICHAEL COOK	M	MV50	WALNEY WIND CHEETAHS	1:00:14	1:00:09	122	20
180	184	63	PAULA HERBERT	F	FV50	WALNEY WIND CHEETAHS	1:00:17	1:00:08	58	12
181	179	186	PAM ROBERTSON	F	FV40		1:00:18	0:59:48	59	17
182	182	328	HELEN BROOKBANK	F	FSEN		1:00:21	0:59:57	60	29
183	179	290	OLIVER DILKS	M	MSEN		1:00:22	0:59:48	123	68
184	181	293	ROYSTON MCKENNA	M	MSEN		1:00:22	0:59:49	124	69
185	186	66	LYNNE HOLMES	F	FV50	WALNEY WIND CHEETAHS	1:00:28	1:00:19	61	13
186	188	258	STEVEN NEALE	M	MV50	BARROW RAIDERS	1:00:36	1:00:31	125	21
187	187	175	PETER JACKSON	M	MV70	MILLOM STRIDERS	1:00:40	1:00:28	126	2
188	183	210	CHARLOTTE CAIRNS	F	FSEN		1:00:42	1:00:07	62	30
189	190	105	DAVID PUCKNELL	M	MV50	FURNESS COLLEGE	1:00:54	1:00:37	127	22
190	195	163	ANDREW CAULFIELD	M	MSEN		1:00:56	1:00:53	128	70
191	193	331	HANNAH DIXON	F	FSEN		1:00:57	1:00:43	63	31
192	189	57	CLARE GREENWOOD	F	FV60	WALNEY WIND CHEETAHS	1:00:58	1:00:34	64	3
193	194	4	STEPHANIE ARCHER	F	FSEN		1:01:01	1:00:47	65	32
194	191	158	NAOMI BASSETT	F	FSEN	SIMON BASSETT	1:01:05	1:00:39	66	33
195	191	157	SIMON BASSETT	M	MSEN		1:01:05	1:00:39	129	71
196	196	36	JEFF CROSTHWAITE	M	MV60	PARKSIDE PANTHERS	1:01:12	1:00:57	130	12
197	198	128	ELIZABETH STILLING	F	FSEN		1:01:29	1:01:13	67	34
198	199	140	KELLY WHITE	F	FV40	RED ROSE RUNNERS	1:01:32	1:01:19	68	18
199	197	319	CALUM MACLEOD	M	MV40		1:01:35	1:01:04	131	24
200	200	155	BARRY ANGOVE	M	MV70		1:01:40	1:01:26	132	3
201	201	234	BRONTE HUDSON	F	FSEN	FURNESS COLLEGE	1:01:47	1:01:29	69	35
202	201	35	AUDREY CROSTHWAITE	F	FV60		1:01:54	1:01:29	70	4
203	203	202	MICHELLE ARMISTEAD	F	FSEN		1:02:12	1:01:41	71	36
204	208	48	SUE FELL	F	FV50	FURNESS COLLEGE	1:02:27	1:02:19	72	14
205	209	327	IAN FELL	M	MV50		1:02:27	1:02:20	133	23
206	210	193	PRANEE SOWERBY	F	FV40	MILLOM STRIDERS	1:02:32	1:02:24	73	19
207	204	324	JOANNE GARNETT	F	FV40		1:02:35	1:01:59	74	20
208	214	301	SHONA HARTLEY	F	FV40		1:02:43	1:02:34	75	21
209	205	267	STEVEN PHILLIPS	M	MSEN		1:02:44	1:02:12	134	72
210	206	183	VICTORIA PHILLIPS	F	FSEN		1:02:45	1:02:14	76	37
211	207	226	CHRISTINE EVERETT	F	FSEN		1:02:46	1:02:15	77	38
212	212	95	MARK NOBLE	M	MSEN	PARKSIDE PANTHERS	1:02:49	1:02:32	135	73
213	211	168	LORETO ESPANA AMED	F	FV40		1:02:53	1:02:29	78	22
214	213	102	CAMERON POLLOCK	M	MSEN		1:03:00	1:02:33	136	74
215	215	238	ANNABEL JAMES	F	FSEN	MILLOM STRIDERS	1:03:45	1:03:30	79	39
216	216	241	DONNA JOHNSTON	F	FV50	PARKSIDE PANTHERS	1:03:56	1:03:35	80	15
217	216	286	DAWN WILD	F	FV50	PARKSIDE PANTHERS	1:03:56	1:03:35	81	16
218	218	174	BETH HUGHES	F	FV40	PARKSIDE PANTHERS	1:03:57	1:03:36	82	23
219	220	184	HUGH PORTER	M	MV60		1:03:58	1:03:47	137	13
220	218	122	LESLEY SKELTON	F	FV50	DUDDON DRAGONS	1:03:58	1:03:36	83	17
221	221	16	LEANNE BRADLEY	F	FSEN	WALNEY WIND CHEETAHS	1:04:27	1:03:53	84	40

222	222	49	VAL FLEMING	F	FV60	WALNEY WIND CHEETAHS	1:04:44	1:04:23	85	5
223	223	55	SUE GRAHAM	F	FV50		1:05:02	1:04:41	86	18
224	225	287	ANDY WOODS	M	MV60	MILLOM STRIDERS	1:05:14	1:04:52	138	14
225	224	41	MICHELLE DOUGAN	F	FSEN		1:05:16	1:04:45	87	41
226	226	180	KAREN MOORE	F	FV50	MILLOM STRIDERS	1:05:56	1:05:50	88	19
227	227	295	LESLEY GRIEVE	F	FV60		1:06:15	1:05:52	89	6
228	228	150	JILL WOODHOUSE	F	FV60		1:06:18	1:05:59	90	7
229	231	310	ROBERT CAMERON	M	MV60		1:06:25	1:06:16	139	15
230	229	239	MATTHEW JEFFERSON	M	MSEN	FURNESS COLLEGE	1:06:29	1:06:11	140	75
231	229	204	DYLLAN ARMSTRONG	M	MSEN	FURNESS COLLEGE	1:06:29	1:06:11	141	76
232	234	304	JOSH GARTLAND	M	MSEN		1:06:32	1:06:30	142	77
233	234	24	ANDREW CALVERT	M	MSEN		1:06:36	1:06:30	143	78
234	234	25	TRACY CALVERT	F	FSEN	HORNSEA HARRIERS	1:06:36	1:06:30	91	42
235	231	136	IAN WALKER	M	MV50	GLAXO HOAD HILL HARRIERS	1:06:45	1:06:16	144	24
236	233	152	CHERYL YOUNG	F	FSEN	GLAXO HOAD HILL HARRIERS	1:06:45	1:06:17	92	43
237	237	30	KERRY CHAPPLE	F	FSEN	MILLOM STRIDERS	1:07:20	1:07:06	93	44
238	240	2	TERI ANDERSON	F	FSEN		1:07:34	1:07:22	94	45
239	241	131	HANNAH SWIERKOCKI	F	FSEN		1:07:36	1:07:25	95	46
240	238	281	MAX WAPLINGTON	M	MSEN		1:07:43	1:07:17	145	79
241	239	280	AMY WAPLINGTON	F	FSEN		1:07:44	1:07:18	96	47
242	242	250	HELEN MERRELL	F	FV50		1:07:57	1:07:27	97	20
243	243	17	SARAH BRADLEY	F	FV40		1:08:10	1:07:44	98	24
244	246	278	JOSHUA WALKER	M	MSEN		1:08:18	1:08:08	146	80
245	245	32	LOUISE COOK	F	FV50	WALNEY WIND CHEETAHS	1:08:27	1:08:07	99	21
246	244	214	SHARON CLARKE	F	FV40		1:08:27	1:08:01	100	25
247	247	71	BILL KITCHIN	M	MV70		1:09:21	1:08:51	147	4
248	251	167	WENDY CRAIK	F	FV50	MILLOM STRIDERS	1:09:22	1:09:14	101	22
249	250	110	NATALIE RENSHAW	F	FSEN		1:09:26	1:09:12	102	48
250	251	3	JOHN APPLETON	M	MSEN		1:09:27	1:09:14	148	81
251	248	305	LINDA ALLONBY	F	FV50		1:09:33	1:09:05	103	23
252	249	306	AMANDA HARVEY	F	FV40		1:09:35	1:09:08	104	26
253	253	6	KIRSTY BAGSHAW	F	FSEN		1:09:49	1:09:17	105	49
254	255	249	JOHN MCVEA	M	MV70	CUMBRIA POLICE	1:10:34	1:10:26	149	5
255	254	26	NAOMI CAPSTICK	F	FV40	GLAXO HOAD HILL HARRIERS	1:10:35	1:10:08	106	27
256	256	109	PAUL REID	M	MV60		1:11:11	1:10:36	150	16
257	257	108	DOREEN REID	F	FV60		1:11:12	1:10:37	107	8
258	258	144	BECKY WILLOUGHBY	F	FV40	HELM HILL RUNNERS	1:11:21	1:10:49	108	28
259	262	12	GEMMA BETTERIDGE	F	FSEN	MILLOM STRIDERS	1:12:10	1:12:03	109	50
260	261	67	RACHAEL HOUSTON	F	FV40	PARKSIDE PANTHERS	1:12:10	1:12:02	110	29
261	259	147	CHRISTINE WINDER	F	FV50	GLAXO HOAD HILL HARRIERS	1:12:26	1:11:58	111	24
262	263	106	BETHANY PYE	F	FSEN	FURNESS COLLEGE	1:12:28	1:12:11	112	51
263	260	74	MIKE LAVERY	M	MV60	GLAXO HOAD HILL HARRIERS	1:12:28	1:12:00	151	17
264	265	60	RUTH HAUGHIAN	F	FV60	WALNEY WIND CHEETAHS	1:13:11	1:12:55	113	9
265	266	125	HANNAH SMITH	F	FSEN	FURNESS COLLEGE	1:13:16	1:12:56	114	52
266	264	321	JULIE SHIPPEN	F	FV50		1:13:16	1:12:48	115	25
267	267	42	MAURICE DUFFY	M	MV50	WALNEY WIND CHEETAHS	1:13:17	1:13:01	152	25
268	268	146	JULIE WILSON	F	FV40	FURNESS COLLEGE	1:13:33	1:13:22	116	30
269	271	259	WENDY NUGENT	F	FV40	MILLOM STRIDERS	1:13:42	1:13:34	117	31
270	271	230	LAURA HEASLEY	F	FSEN	MILLOM STRIDERS	1:13:42	1:13:34	118	53
271	270	37	LINDA CROUD	F	FV50		1:13:45	1:13:31	119	26
272	269	291	SANDRA WRIGHT	F	FSEN		1:13:46	1:13:30	120	54
273	273	91	SHELAGH MORRALL	F	FV50		1:13:53	1:13:40	121	27
274	274	153	DAVE AITKEN	M	MV50	ULVERSTON TRI CLUB	1:14:30	1:14:08	153	26
275	275	323	LOIS MORRELL	F	FSEN		1:14:50	1:14:27	122	55
276	275	92	YVONNE MORRELL	F	FV40	BARROW & FURNESS STRIDERS	1:14:51	1:14:27	123	32
277	277	228	DANIEL FEARNETT	M	MSEN	FURNESS COLLEGE	1:15:27	1:15:03	154	82
278	278	29	LYNNE CHAMBERS	F	FV60		1:15:27	1:15:08	124	10
279	279	113	SANDRA ROBINSON	F	FV40	MANCHESTER YMCA HARRIERS	1:15:59	1:15:43	125	33
280	280	96	NICOLA NOBLE	F	FSEN	PARKSIDE PANTHERS	1:16:40	1:16:23	126	56
281	280	10	MARIE BENNETT	F	FV50		1:16:51	1:16:23	127	28
282	282	11	SHARON BENNETT WAS ALEXANDER	F	FV40		1:16:53	1:16:24	128	34
283	283	132	HAZEL SYKES	F	FSEN		1:17:17	1:16:42	129	57
284	284	40	BEVERLEY DODD	F	FV40	MILLOM STRIDERS	1:19:35	1:19:07	130	35
285	285	129	ELIZABETH SUNDERLAND	F	FSEN	BARROW LIFE LESUIRE	1:19:50	1:19:21	131	58
286	285	130	SAMANTHA SUNDERLAND	F	FV50		1:19:51	1:19:21	132	29
287	287	288	MARK SPRAGGEN	M	MV40		1:27:12	1:26:41	155	25
288	288	87	TRACY MITCHELL	F	FV40	MILLOM LADIES RUGBY	1:29:02	1:28:26	133	36
289	289	201	EBANY AMBROSE	F	FSEN	FURNESS COLLEGE	2:03:10	2:02:46	134	59
DNF		225	JANET ELSPEETH	F	FV40					
DNF		266	PENNY PEARCE	F	FV60					
DNF		289	PETER HALL	M	MV70					