

Ov. Pos	Race no.	Name	Gender	Cat	Club	Gun Time	Chip Time	F Pos	M Pos	Cat Pos	Team Pos
1	327	MAX HAZLEHURST	M	MSEN	LEVEN VALLEY AC	00:33:21	00:33:21		1	1	1
2	414	WILL MCNALLY	M	MSEN	LEVEN VALLEY AC	00:33:25	00:33:24		2	2	2
3	391	PAUL GRAHAM	M	MV45	CUMBERLAND AC	00:35:13	00:35:11		3	1	1
4	381	BARNEY PLUMMER	M	MSEN	HELM HILL RUNNERS	00:35:37	00:35:36		4	3	1
5	337	KEVIN WALLACE	M	MV50	CUMBERLAND AC	00:35:47	00:35:44		5	1	2
6	392	KATE MALTBY	F	FSEN	BORDER HARRIERS & AC	00:36:59	00:36:58	1		1	1
7	127	PAUL BLAKEY-HARRIS	M	MSEN	WARLEY WOODS PACERS	00:37:04	00:37:01		6	4	1
8	334	GARY PALA	M	MV40	CUMBERLAND AC	00:37:08	00:37:06		7	1	3
9	384	GAVIN LLOYD	M	MSEN	BLACK COMBE RUNNERS	00:38:08	00:38:07		8	5	1
10	344	HARRY TIERNEY	M	MSEN	FURNESS FELL RUNNERS	00:38:32	00:38:28		9	6	1
11	318	ROB OWEN	M	MSEN	CARNETHY	00:38:48	00:38:45		10	7	1
12	427	NATHAN COLLETT	M	MSEN		00:38:53	00:38:51		11	8	
13	418	TOM MACDONALD	M	MSEN	MILLOM STRIDERS	00:38:58	00:38:55		12	9	1
14	321	SAM MOORE	M	MSEN	MILLOM STRIDERS	00:39:55	00:39:53		13	10	2
15	291	BEN HODGSON	M	MSEN		00:40:02	00:40:02		14	11	
16	395	DANIEL BOOTH	M	MSEN	GLAXO HOAD HILL HARRIERS	00:40:19	00:40:19		15	12	1
17	390	ISAAC KING	M	MSEN	MILLOM STRIDERS	00:40:27	00:40:24		16	13	3
18	394	MARK DICKINSON	M	MSEN	MILLOM STRIDERS	00:40:30	00:40:28		17	14	4
19	409	SIMON CHAPMAN	M	MSEN		00:40:38	00:40:35		18	15	
20	295	ABE BROWN	M	MSEN		00:40:59	00:40:50		19	16	
21	305	RONNIE HADDOW	M	MV50	FURNESS FELL RUNNERS	00:41:30	00:41:26		20	2	2
22	309	IAN SADLER	M	MV55	WALNEY WIND CHEETAHS	00:41:33	00:41:30		21	1	1
23	366	DANIEL THOMAS	M	MSEN		00:41:50	00:41:47		22	17	
24	374	RICHARD MARLTON	M	MV55	GLAXO HOAD HILL HARRIERS	00:42:13	00:42:09		23	2	2
25	369	SUSAN HOLLIDAY	F	FV45	CUMBERLAND AC	00:42:37	00:42:34	2		1	1
26	397	GLENN BOULTER	M	MV40	GLAXO HOAD HILL HARRIERS	00:43:04	00:43:00		24	2	3
27	368	BEVERLEY SMITH	F	FV40	CUMBERLAND AC	00:43:11	00:43:08	3		1	2
28	131	GRAHAM STRICKLAND	M	MV45	BLACK COMBE RUNNERS	00:43:38	00:43:31		25	2	2
29	332	OLIVER SMITH	M	MSEN		00:43:39	00:43:35		26	18	
30	371	MICHAEL SANDELANDS	M	MV50	CUMBERLAND AC	00:43:39	00:43:35		27	3	4
31	421	RAGHU VEDAPANAKAL	M	MV55	DERWENT AC COCKERMOUTH	00:43:43	00:43:39		28	3	1
32	446	MARK O'BRIEN	M	MSEN		00:44:11	00:44:00		29	19	
33	437	ANDREW SPENCE	M	MSEN		00:44:24	00:44:15		30	20	
34	298	ELLIOT BURROW	M	MSEN		00:44:48	00:44:38		31	21	
35	388	BRIAN THOMPSON	M	MV70	GLAXO HOAD HILL HARRIERS	00:44:54	00:44:50		32	1	4
36	130	CORIN THOMPSON	M	MSEN		00:44:54	00:44:47		33	22	
37	325	ERIC WILLIAMS	M	MV65	CUMBERLAND AC	00:45:02	00:44:57		34	1	5
38	412	ELIZABETH MCNALLY	F	FV50	LEVEN VALLEY AC	00:45:08	00:45:04	4		1	1
39	306	RORY MOORE	F	FSEN		00:45:42	00:45:37	5		2	
40	435	JONATHAN BAILEY	M	MV45	BLACK COMBE RUNNERS	00:45:55	00:45:50		35	3	3
41	312	GEORGE MABEY	M	MSEN	GLAXO HOAD HILL HARRIERS	00:46:01	00:45:57		36	23	5
42	373	STEVEN BATTY	M	MV60	WALNEY WIND CHEETAHS	00:46:21	00:46:14		37	1	2
43	426	PAUL MCVIEY	M	MSEN		00:46:52	00:46:45		38	24	
44	133	DUNCAN GREGORY	M	MV50		00:46:56	00:46:48		39	4	
45	350	JOHN AUSTIN	M	MSEN	GLAXO HOAD HILL HARRIERS	00:47:00	00:46:53		40	25	6
46	447	STUART ROCHE	M	MSEN		00:47:23	00:47:10		41	26	
47	380	ANDREW MOONAN	M	MV45		00:47:57	00:47:50		42	4	
48	445	PAUL AITKEN	M	MSEN		00:48:07	00:48:03		43	27	
49	367	LIZ WHITE	F	FV45	GLAXO HOAD HILL HARRIERS	00:48:23	00:48:18	6		2	1
50	313	DEBBIE HOWARD	F	FV55	FURNESS FELL RUNNERS	00:48:39	00:48:35	7		1	1
51	301	NEIL MACDONALD	M	MV60	MILLOM STRIDERS	00:48:48	00:48:43		44	2	5
52	423	ANNIE RIGG	F	FSEN	MILLOM STRIDERS	00:48:51	00:48:39	8		3	1
53	413	LUKE CHMIEL	M	MSEN		00:49:02	00:48:50		45	28	
54	304	JAMIE BANKS	M	MV40	CUMBERLAND AC	00:49:05	00:49:01		46	3	6
55	310	EMILY QUINN	F	FSEN	GLAXO HOAD HILL HARRIERS	00:49:09	00:49:03	9		4	2
56	436	JAMES GOFFE	M	MV60	BLACK COMBE RUNNERS	00:49:09	00:49:04		47	3	4
57	372	PHILIP HORROCKS	M	MV55	WALNEY WIND CHEETAHS	00:49:37	00:49:30		48	4	3
58	347	RACHEL READ	F	FV55	MILLOM STRIDERS	00:49:38	00:49:34	10		2	2
59	396	MARK HOLDEN	M	MV55	GLAXO HOAD HILL HARRIERS	00:49:40	00:49:33		49	5	7
60	134	OLLIE PARK	M	MSEN		00:49:48	00:49:34		50	29	
61	315	COLIN HOWARD	M	MV60	FURNESS FELL RUNNERS	00:49:49	00:49:44		51	4	3
62	343	JONATHAN BROWN	M	MV50	WALNEY WIND CHEETAHS	00:49:54	00:49:43		52	5	4
63	398	PATRICK THOMAS	M	MV75	GLAXO HOAD HILL HARRIERS	00:49:56	00:49:47		53	1	8
64	328	MATT WARBY	M	MV50		00:50:04	00:49:57		54	6	
65	370	SARAH MINCHELLA	F	FV45	CUMBERLAND AC	00:50:09	00:50:01	11		3	3
66	346	SIOBHAN RILEY	F	FV55	GLAXO HOAD HILL HARRIERS	00:50:09	00:50:03	12		3	3
67	416	JANICE CALLISTER	F	FV55	WALNEY WIND CHEETAHS	00:50:58	00:50:51	13		4	1
68	339	GILLIAN BAXTER	F	FV60	CUMBERLAND AC	00:51:05	00:50:57	14		1	4
69	378	ANDREA CHALLENGER	F	FV50	CUMBERLAND AC	00:51:18	00:51:14	15		2	5
70	399	ARRON HYDE	M	MSEN	JARROW & HEBBURN AC	00:51:26	00:51:16		55	30	1
71	335	CHRISTOPHER WANE	M	MV40	RUN UP	00:51:28	00:51:12		56	4	1
72	442	JESS GORRY-EDWARDS	F	FSEN		00:51:28	00:51:22	16		5	
73	387	DEBORAH MORAN	F	FV55		00:51:32	00:51:23	17		5	
74	292	SUSAN CAIN	F	FV65	CUMBERLAND AC	00:51:46	00:51:41	18		1	6
75	129	SUSAN DOWKER-THOMPSON	F	FV50	BLACK COMBE RUNNERS	00:52:13	00:52:06	19		3	1
76	415	MARIA BLAKEY	F	FV65	WALNEY WIND CHEETAHS	00:52:36	00:52:31	20		2	2

77	432	TIM MILES	M	MV45		00:53:34	00:53:27		57	5	
78	128	HANNAH BLAKEY-HARRIS	F	FSEN	WARLEY WOODS PACERS	00:53:43	00:53:37	21		6	1
79	293	JO KILKENNY	F	FV45	AMBLESIDE AC	00:53:59	00:53:52	22		4	1
80	302	STEPHEN ROBINSON	M	MSEN		00:54:11	00:54:02		58	31	
81	406	ADAM SLACK	M	MV40		00:54:24	00:54:14		59	5	
82	333	TRACY BELL	F	FV55	WALNEY WIND CHEETAHS	00:54:27	00:54:21	23		6	3
83	296	ALAN BURROW	M	MV55		00:54:29	00:54:22		60	6	
84	443	GARY PRITCHARD	M	MV55		00:54:32	00:54:22		61	7	
85	410	NICHOLAS DOWNES	M	MV45	CUMBERLAND AC	00:54:38	00:54:32		62	6	7
86	320	GEORGINA MAWSON	F	FSEN		00:54:40	00:54:34	24		7	
87	297	DAVE BROWN	M	MV55		00:54:42	00:54:32		63	8	
88	330	COLIN CAMPBELL	M	MV55	BARROW & FURNESS STRIDERS AC	00:54:56	00:54:48		64	9	1
89	425	HELEN BROCKLEBANK	F	FV40		00:55:13	00:55:00	25		2	
90	132	ALANA MYERS	F	FSEN		00:55:46	00:55:39	26		8	
91	400	LAURA TOMLINSON	F	FSEN	CUMBERLAND AC	00:55:48	00:55:39	27		9	7
92	403	DEBORAH TYSON	F	FV45	MILLOM STRIDERS	00:56:04	00:55:59	28		5	3
93	294	MICHAEL HIGGINS	M	MV70	TYNE BRIDGE HARRIERS	00:56:32	00:56:24		65	2	1
94	430	NICK SHAFFER	M	MV60	MILLOM STRIDERS	00:56:42	00:56:30		66	5	6
95	424	PETE BROCKLEBANK	M	MV40		00:56:53	00:56:41		67	6	
96	307	T HAYNE	M	MV65	SKELMERSDALE RUNNING CLUB	00:56:55	00:56:43		68	2	1
97	349	ANDREW HEMSLEY	M	MV60	WALNEY WIND CHEETAHS	00:56:57	00:56:49		69	6	5
98	438	SHANTHI BILVAMANGEL	F	FV40		00:57:11	00:57:03	29		3	
99	331	HOLLY CHANDLER	F	FSEN		00:57:16	00:57:11	30		10	
100	440	CLAIRE SCOTT	F	FV40	MILLOM STRIDERS	00:57:37	00:57:31	31		4	4
101	319	DAVID OWEN	M	MV65	MILLOM STRIDERS	00:58:22	00:58:13		70	3	7
102	323	STUART BUCHANAN	M	MV60	CUMBERLAND AC	00:58:28	00:58:23		71	7	8
103	429	NINA STIRRUP	F	FSEN		00:58:33	00:58:21	32		11	
104	382	AMY HESKETH	F	FSEN	WALNEY WIND CHEETAHS	00:58:48	00:58:37	33		12	4
105	441	EMMA GANDY	F	FSEN		00:59:02	00:58:54	34		13	
106	336	CAROLYN BROWN	F	FV50	WALNEY WIND CHEETAHS	00:59:18	00:59:07	35		4	5
107	393	KATY LEECE	F	FSEN	MILLOM STRIDERS	00:59:21	00:59:09	36		14	5
108	340	STEPHEN JACKSON	M	MV65	CUMBERLAND AC	00:59:36	00:59:29		72	4	9
109	389	THOMAS BROCKLEBANK	M	MV55	MILLOM STRIDERS	01:00:06	00:59:53		73	10	8
110	348	DAVID HERDMAN	M	MV60	MILLOM STRIDERS	01:00:07	00:59:58		74	8	9
111	316	GAY EASTOE	F	FV70	CUMBERLAND AC	01:00:10	00:59:56	37		1	8
112	317	RICHARD EASTOE	M	MV70	CUMBERLAND AC	01:00:10	00:59:55		75	3	10
113	126	NATHAN STEPHENS	M	MSEN		01:00:13	00:59:59		76	32	
114	386	KAREN MCLEAN	F	FV60	CUMBERLAND AC	01:00:18	01:00:09	38		2	9
115	431	LAUREN NUTTALL	F	FV40	MILLOM STRIDERS	01:00:26	01:00:14	39		5	6
116	402	KIRSTY BAGSHAW	F	FSEN		01:00:28	01:00:16	40		15	
117	311	JENNA PUGH	F	FSEN		01:00:39	01:00:27	41		16	
118	383	A DUCKETT-TAKACS	F	FV40		01:00:47	01:00:34	42		6	
119	385	NICOLA COWAN	F	FV40	CUMBERLAND AC	01:01:10	01:01:01	43		7	10
120	290	KERRY CHAPPLE	F	FSEN	MILLOM STRIDERS	01:01:14	01:01:02	44		17	7
121	404	KATRINA DICKINSON	F	FSEN	ST BEES TRIERS	01:01:17	01:01:07	45		18	1
122	405	CATHERINE KEEVIL	F	FSEN	CUMBERLAND AC	01:01:18	01:01:07	46		19	11
123	345	BRENDA BAGLEY	F	FV65	WALNEY WIND CHEETAHS	01:02:22	01:02:13	47		3	6
124	434	TRACY PRESTON	F	FV45	MILLOM STRIDERS	01:03:10	01:02:58	48		6	8
125	300	PAULA HERBERT	F	FV55	GLAXO HOAD HILL HARRIERS	01:03:27	01:03:19	49		7	4
126	444	ADELE MYERS	F	FSEN		01:03:30	01:03:17	50		20	
127	417	DAVID LIMBRICK	M	MV60	ISLWYN RC	01:03:43	01:03:35		77	9	1
128	379	EMMA HEWERDINE	F	FV50	MILLOM STRIDERS	01:04:02	01:03:47	51		5	9
129	439	EMILY BRUCHEZ	F	FSEN		01:04:35	01:04:22	52		21	
130	299	PAIGE BURROW	F	FSEN		01:04:38	01:04:28	53		22	
131	428	MANDY JAMES	F	FV55		01:05:07	01:05:04	54		8	
132	303	SUZANNE BOYLE	F	FV50		01:05:31	01:05:24	55		6	
133	375	HANNAH MAIDEN	F	FV40		01:06:04	01:05:51	56		8	
134	420	SUSAN ROUTLEDGE	F	FV45	TRI LAKELAND	01:06:08	01:05:54	57		7	1
135	342	JASMIN HOWARD	F	FSEN	FURNESS FELL RUNNERS	01:06:24	01:06:18	58		23	2
136	422	STUART ROUTLEDGE	M	MV45	TRI LAKELAND	01:07:11	01:06:58		78	7	1
137	322	PRANEE HARRISON	F	FV45		01:07:24	01:07:12	59		8	
138	341	SUE TALBOT	F	FV65	SOUTH LEEDS LAKERS RUNNING CLUB	01:07:45	01:07:35	60		4	1
139	408	LAURA MULLEN-LAWFORD	F	FSEN		01:09:13	01:09:01	61		24	
140	324	WENDY CRAIK	F	FV60	MILLOM STRIDERS	01:09:13	01:09:02	62		3	10
141	419	JULIA ROSS	F	FV50		01:09:48	01:09:34	63		7	
142	329	ANDY WOODS	M	MV65	MILLOM STRIDERS	01:09:53	01:09:41		79	5	10
143	401	MARGARET WOODS	F	FV70	MILLOM STRIDERS	01:11:04	01:10:50	64		2	11
144	433	KAREN CAIRNS	F	FV50		01:12:35	01:12:23	65		8	
145	338	PENNY MORETON	F	FV65	GLAXO HOAD HILL HARRIERS	01:15:02	01:14:46	66		5	5
146	411	ANTHONY CRAWFORD	M	MV45		01:15:03	01:14:47		80	8	
147	326	ANGELA BELL	F	FV55		01:15:05	01:14:50	67		9	
148	308	GAYNOR TILBY	F	FV55		01:21:41	01:21:31	68		10	
149	407	HELENA TYSON	F	FV45		01:23:35	01:23:26	69		9	
150	376	KAREN JACKSON-SMITH	F	FV60		01:23:57	01:23:45	70		4	
151	314	AMANDA STEELE	F	FV50	MILLOM STRIDERS	01:24:01	01:23:52	71		9	12
152	377	MARIANN DAWSON	F	FSEN		01:34:00	01:33:44	72		25	