

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:32:22	47	Riddell	Ben	Salford Harriers		M
2	00:32:42	35	Russell	Alasdair	Kendal AC		M
3	00:35:14	23	Leckey	Sean	Ambleside AC		M
4	00:35:32	215	Wilson	Richard	Kendal AC	V40	M
5	00:35:54	38	Sloan	Jackson	Lancaster & Morecambe		M
6	00:35:57	54	Taylor	David	Wesham RR		M
7	00:36:01	39	Smith	Tom			M
8	00:36:16	212	Short	Robert	Bolton Harriers		M
9	00:36:24	43	Wallace	Andrew	Kendal AC	V40	M
10	00:36:59	32	Richmond	Kenny	Helm Hill Runners	V50	M
11	00:37:26	41	Todd	Joe	Kendal AC	V40	M
12	00:37:32	207	Jeffrey	Charlie	Glaxo Hoad Hill Harriers		M
13	00:38:08	214	Wilson	Matt	Kendal AC	V40	M
14	00:38:44	37	Sillito	Seb	Helm Hill Runners	V40	M
15	00:39:12	64	Simpson	Jack	Helm Hill Runners		M
16	00:39:33	11	Douglas	Andrew	Eden Runners	V40	M
17	00:39:36	7	Bouffler	Danny	Levens Valley		M
18	00:39:53	44	Williams	John	Eden Runners	V40	M
19	00:40:10	52	Myerscoug	Steve	Wesham RR	V40	M
20	00:40:13	208	Lee	Philip	Kendal AC	V40	M
21	00:40:14	216	Pearson	Ben			M
22	00:40:25	209	Matthew	David	Run Nation Rc		M
23	00:40:28	53	Braithwaite	Sally	Eden Runners		F
24	00:40:49	16	Hunt	Peter			M
25	00:41:02	56	Sadler	Ian	Walney Wind Cheetahs	V50	M
26	00:42:09	4	Barnes	Martin			M
27	00:42:18	210	Percival	Katie	Bolton Harriers		F
28	00:42:42	10	Carradus	Adam			M
29	00:43:02	59	Nielsen	Emma	Eden Runners	V40	F
30	00:43:04	34	Robson	John	Helm Hill Runners	V50	M
31	00:43:28	211	Sargent	David	Lancaster Runners		M
32	00:43:52	203	Boulter	Glenn	Glaxo Hoad Hill Harriers	V40	M
33	00:44:19	48	Taylor Friel	Joanne	Kendal AC	V50	F
34	00:44:27	65	Moffat	Robert			M
35	00:44:41	60	Mcnally	Liz	Leven Valley AC	V50	F
36	00:45:00	66	Kirkby	Sophie			F
37	00:45:09	206	Horrocks	Philip	Walney Wind Cheetahs	V50	M
38	00:45:11	30	McKeown	Paul	Eden Runners	V50	M
39	00:45:20	31	Povey	Iain	New Marske Harriers	V50	M
40	00:45:23	46	Bridge	Karen	Eden Runners	V50	F
41	00:45:41	57	McLeod	Joanne	Glaxo Hoad Hill Harriers	V50	F
42	00:45:47	58	Metcalfe	Kathryn	Eden Runners	V40	F
43	00:45:54	29	McGlincy	Mark	Bingley Harriers	V50	M
44	00:46:24	15	Hodgson	Stu	Eden Runners	V40	M
45	00:47:40	205	Holdsworth	Neil	Kendal AC	V60	M
46	00:47:41	1	Andrewart	John	Eden Runners	V40	M
47	00:47:44	27	Lowthian	Mica			F
48	00:47:52	8	Bower	Garry	Eden Runners	V50	M
49	00:48:15	63	Roberts	Stephen	Kendal AC	V50	M
50	00:48:27	45	Mcmlan	Kayleigh			F
51	00:48:40	21	Laker	Gerard		V50	M
52	00:48:48	36	Sharp	William	Glaxo Hoad Hill Harriers	V60	M
53	00:48:53	62	Clayton	Stuart		V50	M
54	00:49:23	28	Maciejkowi	Rudolf		V70	M

55	00:49:25	201 Addison	Helen	Kendal AC	V40	F
56	00:49:50	12 Ferguson	Fiona	Eden Runners	V50	F
57	00:49:56	5 Birbeck	Melissa	Kendal AC		F
58	00:50:14	25 Liszatynski	Emil			M
59	00:51:08	42 Tyson	Helen	Eden Runners	V40	F
60	00:51:13	55 Azzopardi	Ryan	Wesham RR	V40	M
61	00:51:23	24 Liddell	Ralph	Eden Runners	V70	M
62	00:51:31	2 Armstrong	Nickolas	Bentham Beagles	V40	M
63	00:52:01	67 Bland	Abby	Dallam RC		F
64	00:52:59	13 Gate	Julie	Eden Runners	V50	F
65	00:53:00	14 Grisdale	Catherine	Barrow & Furness Striders AC	V60	F
66	00:53:40	33 Robinson	Ian	Eden Runners	V60	M
67	00:54:19	20 Kennedy	Graeme		V40	M
68	00:55:07	50 Murray	Cormac	Glaxo Hoad Hill Harriers		M
69	00:55:34	61 Graham	Simon		V50	M
70	00:56:23	213 Wade	Caroline	Helm Hill Runners	V40	F
71	00:56:36	6 Blackmore	Sally	Eden Runners	V50	F
72	00:57:31	26 Lowthian	Stuart	Eden Runners	V60	M
73	00:58:29	3 Armstrong	Diane	Bentham Beagles	V40	F
74	01:00:59	49 Bullock	Mik		V50	M
75	01:02:54	202 Barnes	Bruce		V60	M
76	01:12:31	19 Juarez Rar	Duice		V40	F