

| Pos | Name                | Category | Club                | Time     |
|-----|---------------------|----------|---------------------|----------|
| 1   | Ted Mason           | Msen     | Wharfedale Harriers | 01:17:22 |
| 2   | Jim Davies          | M45      | Borrowdale          | 01:17:51 |
| 3   | Sam Watson          | Msen     | Wharfedale Harriers | 01:18:54 |
| 4   | Mark McGoldrick     | Msen     | Wharfedale Harriers | 01:20:52 |
| 5   | Phil Winskill       | Msen     | Keswick AC          | 01:21:51 |
| 6   | Alastair Dunn       | M40      | Helm Hill           | 01:22:28 |
| 7   | Chris Newman        | Msen     | Wharfedale Harriers | 01:23:37 |
| 8   | Sam Ware            | Msen     | Eden                | 01:23:42 |
| 9   | Dave Sargent        | M50      | Eden                | 01:23:51 |
| 10  | Timothy David Cowin | M40      | Howgill Harriers    | 01:24:10 |
| 11  | Nigel Wood          | Msen     | Coniston FR         | 01:24:45 |
| 12  | Todd Oates          | Msen     | Ambleside           | 01:24:57 |
| 13  | Gabby Greenhow      | Msen     | Ambleside           | 01:24:58 |
| 14  | Paul Cornforth      | M50      | Borrowdale          | 01:25:59 |
| 15  | Paul Aitken         | Msen     | Helm Hill           | 01:27:28 |
| 16  | Seb Sillito         | Msen     | Helm Hill           | 01:27:46 |
| 17  | Dan Clark           | Msen     | Bowland FR          | 01:27:53 |
| 18  | Jamie Luxmoore      | Msen     | Ambleside           | 01:28:14 |
| 19  | Paul Neild          | M40      | Bowland FR          | 01:28:25 |
| 20  | Ben Procter         | Msen     | Helm Hill           | 01:28:33 |
| 21  | Sam Harrison        | Msen     | Bowland FR          | 01:29:37 |
| 22  | Darren Fishwick     | M40      | Chorley             | 01:29:42 |
| 23  | Andy Thompson       | Msen     | Eden                | 01:29:45 |
| 24  | Lee John Newton     | Msen     | Keswick AC          | 01:29:48 |
| 25  | John Sutton         | M40      | Blackburn Harriers  | 01:30:09 |
| 26  | Mark Ruscoe         | Msen     | Ambleside           | 01:30:45 |
| 27  | Steven Angus        | M45      | Keswick AC          | 01:31:05 |
| 28  | Graham Lund         | Msen     | Bowland FR          | 01:31:19 |
| 29  | Chris Reade         | M50      | Bowland FR          | 01:32:13 |
| 30  | Phil Mather         | Msen     | Lonsdale            | 01:32:30 |
| 31  | Steven Bennett      | M45      | Eden                | 01:32:48 |
| 32  | Sean Bolland        | M40      | Bowland FR          | 01:32:55 |
| 33  | Robert Crawford     | Msen     | Coniston FR         | 01:33:01 |
| 34  | Paul Lambert        | M45      | Wharfedale Harriers | 01:33:39 |
| 35  | Mark Irving         | Msen     | Bowland FR          | 01:33:47 |
| 36  | David Wilson        | M45      | Bowland FR          | 01:34:06 |
| 37  | Sean Robinson       | Msen     | Howgill Harriers    | 01:34:48 |
| 38  | Mark Harris         | M40      | Helm Hill           | 01:35:37 |
| 39  | Sharon Taylor       | W30      | Helm Hill           | 01:35:43 |
| 40  | Matthew Emptage     | M50      | Howgill Harriers    | 01:35:55 |
| 41  | Paul Reilly         | Msen     | Coniston FR         | 01:36:05 |

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|----|----------------------|------|------------------------------|----------|
| 42 | Jon Richardson       | Msen | Howgill Harriers             | 01:36:37 |
| 43 | Roger Laycock        | M55  | Settle                       | 01:37:22 |
| 44 | Graham Lobb          | M45  | Coniston FR                  | 01:37:31 |
| 45 | David Banks          | M50  | Kendal AC                    | 01:37:40 |
| 46 | Chris Whiteoak       | Msen | Wharfedale Harriers          | 01:38:36 |
| 47 | Steven O'Keeffe      | M40  | CFR                          | 01:39:07 |
| 48 | Tom Bailey           | Msen | Great Western Runners        | 01:42:01 |
| 49 | Colin Whitaker       | M50  | Bowland FR                   | 01:43:25 |
| 50 | Nicola Davies        | W55  | Borrowdale                   | 01:43:32 |
| 51 | Tony Thornton        | M40  | Settle                       | 01:43:44 |
| 52 | Richard White        | Msen | Glossopdale Harriers         | 01:43:59 |
| 53 | Aly Raw              | W50  | Bingley Harriers             | 01:44:12 |
| 54 | Rigby Jerram         | M50  | Kendal AC                    | 01:46:46 |
| 55 | Jon Underwood        | M40  | Calder Valley Fell Runners   | 01:46:51 |
| 56 | Brian Horn           | M55  | Borrowdale                   | 01:47:05 |
| 57 | Jonathan Walkingshaw | Msen | Eden                         | 01:48:01 |
| 58 | Kate Beaty           | W55  | CFR                          | 01:48:57 |
| 59 | Matthew Davis        | Msen | Howgill Harriers             | 01:48:59 |
| 60 | Chris Funnell        | M45  | Clayton-le-Moors Harriers    | 01:49:10 |
| 61 | Alistair Hanna       | MU23 | Howgill Harriers             | 01:49:17 |
| 62 | Patrick Hanna        | MU23 | Howgill Harriers             | 01:49:19 |
| 63 | Dennis Nelson        | M50  | Dallam                       | 01:49:35 |
| 64 | Tony Tombs           | M55  |                              | 01:49:43 |
| 65 | Alan Barr            | M40  |                              | 01:49:58 |
| 66 | Daniel Grose         | M45  | Kendal AC                    | 01:50:13 |
| 67 | Michael Salkeld      | Msen | Eden                         | 01:50:37 |
| 68 | Emma Wood            | Wsen | Howgill Harriers             | 01:51:09 |
| 69 | Gavin Capstick       | Msen |                              | 01:51:23 |
| 70 | Carrie Gibson        | W40  | Helm Hill                    | 01:51:55 |
| 71 | Brian Thompson       | M60  | Helm Hill                    | 01:51:58 |
| 72 | Lee Procter          | Msen | Helm Hill                    | 01:52:10 |
| 73 | Paul Wright          | M50  |                              | 01:52:26 |
| 74 | Gerrard Meneaud      | M60  | Ambleside                    | 01:53:09 |
| 75 | Sharon McDonald      | W45  | Settle                       | 01:53:55 |
| 76 | James Osborne Wills  | M40  |                              | 01:55:28 |
| 77 | Simon Oxley          | M50  | Settle                       | 01:55:36 |
| 78 | David Appleyard      | M50  | Helm Hill                    | 01:55:44 |
| 79 | James McKay          | Msen |                              | 01:56:01 |
| 80 | Marie Robson         | W45  | Helm Hill                    | 01:56:09 |
| 81 | Cath Musetti         | W50  | Ambleside                    | 01:56:47 |
| 82 | Jim Fisher           | M55  | Howgill Harriers             | 01:56:57 |
| 83 | Tim Parkin           | Msen | Shaftesbury Barnet Harriers  | 01:57:06 |
| 84 | Rachel Slattery      | W45  | Helm Hill                    | 01:57:35 |
| 85 | Adrian Leigh         | M55  | Bentham Beagles Running Club | 01:58:37 |

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|-----|-------------------|------|-------------------------|----------|
| 86  | Lyndsey Ruscoe    | Wsen | Helm Hill               | 01:59:16 |
| 87  | David Harrison    | M65  | Keswick AC              | 01:59:38 |
| 88  | Victoria Ware     | Wsen |                         | 02:00:20 |
| 89  | Graham Schofield  | M60  | Chorley                 | 02:00:24 |
| 90  | Rachel Somerville | W45  | Bowland FR              | 02:00:42 |
| 91  | Trevor Murgatroyd | M50  | CVFR                    | 02:00:45 |
| 92  | Darren Hartley    | M40  | Bowland FR              | 02:00:59 |
| 93  | Eddie Dealtry     | M65  | Kendal AC               | 02:01:00 |
| 94  | Richard Simpson   | M55  |                         | 02:01:35 |
| 95  | John Coates       | M50  | Ilkley Harriers         | 02:03:12 |
| 96  | Mark Rogerson     | Msen | Settle                  | 02:03:19 |
| 97  | Sam Gibbs         | M40  | Helm Hill               | 02:04:06 |
| 98  | Denise Tunstall   | W50  | Durham Fell Runners     | 02:06:14 |
| 99  | Jonathan Mayo     | M55  | Kendal AC               | 02:11:59 |
| 100 | Jenny Russell     | W40  |                         | 02:15:12 |
| 101 | Kevin Illingworth | Msen | Lancashire Constabulary | 02:18:54 |
| 102 | Phil Corris       | M60  | Lancashire Constabulary | 02:19:39 |
| 103 | Wayne Walsh       | M50  | Bowland FR              | 02:29:11 |
| 104 | Paul Kelly        | M55  | Durham Fell Runners     | 1.49.5   |
| 105 | Daniel Biggs      | Msen | CVFR                    | Dnf      |