

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex	Records
1	00:31:55	281	Walsh	Mark	Salford Harriers	V40	M	CouR MV40
2	00:32:07	807	Messenger-Jones	Luca	Edinburgh University		M	
3	00:33:32	809	Minnican	Fraser			M	
4	00:33:48	890	McNally	Will	Leven Valley AC	U18	M	
5	00:34:05	294	Rooney	Blain	Border Harriers		M	
6	00:34:11	300	Campbell	Ross	Barrow & Furness Striders AC		M	
7	00:34:54	774	Hartley	Josh	Glaxo Hoad Hill Harriers		M	
8	00:34:57	857	Turner	Joseph	Walney Wind Cheetahs	U18	M	
9	00:34:59	877	Sims	Matt	Black Combe Runners	V40	M	
10	00:35:14	842	Short	Robert	Bolton Harriers		M	
11	00:35:39	844	Smith	Rod	Kendal AAC		M	
12	00:36:08	791	Lloyd	Gavin	Black Combe Runners		M	
13	00:36:14	743	Browne	Lizzie	Glaxo Hoad Hill Harriers		F	CR FV35
14	00:36:18	782	Jeffrey	Charlie	Glaxo Hoad Hill Harriers		M	
15	00:36:45	462	White	Nathan	Hoad hill Harriers		M	
16	00:37:01	759	Dunn	Calum			M	
17	00:37:10	446	Jones	Liam	Whitsunday RC		M	
18	00:37:16	752	Coward	Darren	Glaxo Hoad Hill Harriers		M	
19	00:37:23	299	Tomkinson	Mark	Glaxo Hoad Hill Harriers	V50	M	
20	00:37:36	292	Garnett	Stuart	Ulverston Tri Club		M	
21	00:37:43	764	English	Jonathan	Rosendale Harriers		M	
22	00:37:53	778	Holgate	Mark	Lancaster & Morecambe	V50	M	
23	00:38:01	832	Roberts	Sean		V50	M	
24	00:38:38	727	Allen	Matthew	Black Combe Runners		M	
25	00:38:46	784	Jessop	Graham			M	
26	00:39:04	414	Banks	Peter	Blackburn Harriers	V60	M	
27	00:39:15	856	Turner	Casey	Walney Wind Cheetahs		M	
28	00:39:18	284	Whelan	Amy	Glaxo Hoad Hill Harriers		F	
29	00:39:19	813	Moore	Sam	Millom Striders RC		M	
30	00:39:23	437	Jones	Jayden	Whitsunday RC		M	
31	00:39:39	288	Dover	Gary	Glaxo Hoad Hill Harriers	V55	M	
32	00:39:49	780	Huck	David			M	
33	00:39:52	863	Bailey	James	Leven Valley AC	V50	M	
34	00:40:04	781	Inman	Robert		V40	M	
35	00:40:13	350	Oldham	Oliver	Leven Valley AC	U18	M	
36	00:40:16	755	Cubin	Mike	Glaxo Hoad Hill Harriers	V50	M	
37	00:40:25	835	Santo	Matt		V45	M	
38	00:40:55	820	Percival	Katie	Ambleside AC		F	
39	00:41:11	304	Hardley	Joe		V40	M	
40	00:41:26	728	Ashton	Rogan	Otley AC	V50	M	
41	00:41:29	797	Martin	Charles			M	
42	00:41:30	459	McSweeney	Darren	Walney Wind Cheetahs	V50	M	
43	00:41:36	747	Chapman	Simon	Millom Striders RC		M	
44	00:41:39	392	Sadler	Ian	Walney Wind Cheetahs	V55	M	
45	00:41:50	741	Bremner	Scott	Glaxo Hoad Hill Harriers		M	
46	00:41:54	295	Haddow	Ronnie	Furness Fell Runners	V50	M	

47	00:41:57	876	Hopley	Pete	Glaxo Hoad Hill Harriers	V55	M	
48	00:41:58	301	Cordirgley	Sue	Bingley Harriers	V60	F	CR FV60
49	00:42:24	776	Hewitt	Peter	Garstang RC	V40	M	
50	00:42:40	763	Edwards	Dave		V50	M	
51	00:42:44	789	King	Isaac	Black Combe Runners		M	
52	00:42:52	885	Macdonald	Thomas			M	
53	00:43:02	287	Wright-Rosie	Marion			F	
54	00:43:10	290	Valentine	James			M	
55	00:43:25	736	Batty	Steven	Walney Wind Cheetahs	V60	M	
56	00:43:29	862	Marlton	Richard	Glaxo Hoad Hill Harriers	V55	M	
57	00:43:34	811	Mitchell	Charles		V50	M	
58	00:43:36	289	Filipek	Adrian			M	
59	00:43:37	756	Dickinson	Mark			M	
60	00:43:39	740	Booth	Daniel	Glaxo Hoad Hill Harriers		M	
61	00:43:47	758	Dryer	Amelie	Edinburgh University		F	
62	00:43:52	788	Keifi	Adel	Walney Wind Cheetahs	V40	M	
63	00:43:55	887	Viner	Matt			M	
64	00:44:08	896	Waymac	Ben		V40	M	
65	00:44:23	803	McLean	Kyle			M	
66	00:44:28	790	Larry	David			M	
67	00:44:30	823	Pyrah	Martin	Vegan Runners UK	V50	M	
68	00:44:31	847	Spence	Andrew			M	
69	00:44:46	739	Booth	Lauren	Glaxo Hoad Hill Harriers		F	
70	00:45:00	867	Barker	Ricky			M	
71	00:45:01	838	Shaw	Tom	Ulverston Tri Club		M	
72	00:45:03	792	Lysons	Christopher			M	
73	00:45:14	894	Davies	Rob	Hoad hill Harriers	V45	M	
74	00:45:15	810	Munnican	Lauren			F	
75	00:45:16	734	Barton	Rowan	Glaxo Hoad Hill Harriers		M	
76	00:45:19	839	Sheldon	Andrew	Kendal AC	V55	M	
77	00:45:22	891	McNally	Elizabeth	Leven Valley AC	V50	F	
78	00:45:25	799	McCullough	Harry	Glaxo Hoad Hill Harriers		M	
79	00:45:43	826	Rastelli	Hal			M	
80	00:45:54	819	Parker	Ian		V40	M	
81	00:45:58	805	Mcvey	Simon		V55	M	
82	00:46:03	298	McLeod	Joanne	Glaxo Hoad Hill Harriers	V55	F	
83	00:46:10	420	Jones	Dave	Whitsunday RC	V50	M	
84	00:46:21	729	Ashton	Brendan		V50	M	
85	00:46:33	843	Simmonds	Ellie	Glaxo Hoad Hill Harriers		F	
86	00:46:39	296	Taylor-Friell	Joanne	Glaxo Hoad Hill Harriers	V50	F	
87	00:46:43	779	Horrocks	Philip	Walney Wind Cheetahs	V55	M	
88	00:46:58	283	Wells	Bob	Bedford Harriers	V75	M	CR MV75
89	00:47:03	822	Pye	Nathan			M	
90	00:47:05	785	John	Ade	Black Combe Runners	V60	M	
91	00:47:12	851	Swainson	Mark		V40	M	
92	00:47:15	796	Maggio-Poyntz	Karen	Walney Wind Cheetahs	V50	F	
93	00:47:31	889	Lambert	Esther	Helm Hill Runners		F	
94	00:47:32	806	Messenger	Matt	Leven Valley AC	V45	M	
95	00:47:33	770	Goffe	James	Black Combe Runners	V60	M	
96	00:47:41	854	Thwaites	Emily		V40	F	

97	00:47:57	731	Bailey	Jonathan	Black Combe Runners	V45	M	
98	00:48:01	837	Sharp	William		V65	M	
99	00:48:08	753	Preston	Craig	Walney Wind Cheetahs	V55	M	
100	00:48:11	824	Randall	Joanna	TeignbridgeTrotters		F	
101	00:48:18	831	Rigg	Annie	Millom Striders RC		F	
102	00:48:19	777	Hill	Malcolm		V65	M	
103	00:48:19	733	Barrow	Mark		V45	M	
104	00:48:54	888	Earley	Alex	Walney Wind Cheetahs		F	
105	00:48:56	853	Thomas	Patrick	Glaxo Hoad Hill Harriers	V70	M	
106	00:49:00	841	Shewbridge	Claire		V40	F	
107	00:49:12	793	Macdonald	Neil	Millom Striders RC	V60	M	
108	00:49:17	883	Low	Philip	Walney Wind Cheetahs	V55	M	
109	00:49:38	897	Crawford	Scott			M	
110	00:49:39	880	Oldham	Karen	Walney Wind Cheetahs	V55	F	
111	00:49:52	869	Conway	Keith	Glaxo Hoad Hill Harriers	V50	M	
112	00:50:03	893	Metcalfe	Dennis	Hoad hill Harriers	V75	M	
113	00:50:05	657	Baxter	Rachael			F	
114	00:50:22	825	Rastelli	Rob		V55	M	
115	00:50:33	801	McGuire	Christina	Lancaster & Morecambe	V60	F	
116	00:50:46	873	Milby	Chris			M	
117	00:51:20	884	Jackson	Leanne		V40	F	
118	00:51:24	812	Moonan	Andrew		V40	M	
119	00:51:34	291	Benn	Colin	Millom Striders RC	V70	M	
120	00:51:44	879	Johnston	Stewart		V50	M	
121	00:51:50	815	O'Donoghue	Annette		V50	F	
122	00:51:54	814	Murray	Cormac	Glaxo Hoad Hill Harriers		M	
123	00:52:03	898	Tinkler	Kellyjo			F	
124	00:52:12	794	Maciejkowicz	Rudolf	Horwich RMI Harriers	V70	M	
125	00:52:22	765	Etherden	Cliff		V70	M	
126	00:52:34	864	Schofield	Dylan		V40	M	
127	00:52:50	829	Read	Rachel	Black Combe Runners	V55	F	
128	00:52:51	836	Scott	Claire		V40	F	
129	00:52:52	751	Clough	Eleanor			F	
130	00:53:01	737	Blakey	Maria	Walney Wind Cheetahs	V65	F	
131	00:53:02	817	Owen	Dave	Millom Striders RC	V60	M	
132	00:53:09	871	McNaughton	Tony		V60	M	
133	00:54:01	850	Sringhall	Abigail			F	
134	00:54:02	834	Sankey	Rebecca			F	
135	00:54:08	750	Chruscht	Janice	Airecentre Pacers	V40	F	
136	00:54:57	802	Mckeown	Frank	Glaxo Hoad Hill Harriers	V50	M	
137	00:55:02	828	Rawlinson	Dave	Walney Wind Cheetahs	V45	M	
138	00:55:04	380	Hemsley	Andrew	Walney Wind Cheetahs	V55	M	
139	00:55:21	757	Dioni	Rachel	Glaxo Hoad Hill Harriers	V40	F	
140	00:55:24	787	Jones	Rebekah		V55	F	
141	00:55:28	795	Maciejkowicz	Anna	Women on the Run		F	
142	00:55:39	872	Jewell	Mike	Black Combe Runners	V65	M	
143	00:55:49	313	Johnson	Kirsten	Walney Wind Cheetahs	V40	F	
144	00:55:50	772	Grisdale	Catherine	Barrow & Furness Striders AC	V60	F	
145	00:55:59	875	Moms	Carol	Walney Wind Cheetahs	V60	F	
146	00:55:59	821	Preston	John		V50	M	
147	00:56:05	749	Chester	Glenn			M	

148	00:56:07	735	Barwell	Julia	Millom Striders RC	V45	F	
149	00:56:10	762	Edwards	Robbie	Walney Wind Cheetahs	V70	M	
150	00:56:16	282	Warby	Matthew		V45	M	
151	00:56:28	833	Ruane	Lucy-Anne		V50	F	
152	00:57:16	406	Smith	Alexandra			F	
153	00:57:17	886	Ashcroft	Rebecca		V40	F	
154	00:57:17	326	Stephenson	Kim			F	
155	00:58:12	866	Brocklebank	Tom		V55	M	
156	00:58:17	848	Spencer	Angela	Glaxo Hoad Hill Harriers	V40	F	
157	00:58:17	882	Sibley	Katherine		V45	F	
158	00:58:37	738	Bond	Jenny			F	
159	00:58:44	742	Brown	Carolyn		V50	F	
160	00:58:44	417	Callister	Janice	Walney Wind Cheetahs	V55	F	
161	00:58:45	865	Johnstone	Rob		V50	M	
162	00:58:47	816	Osman	Dawn		V45	F	
163	00:58:47	804	McNulty	Alan		V45	M	
164	00:59:03	868	Holt	Yvonne		V55	F	
165	00:59:03	870	Wood	Helen		V50	F	
166	00:59:08	895	Sutton-Riley	Jacqui		V50	F	
167	00:59:14	786	Jones	Ian	Walney Wind Cheetahs	V65	M	
168	00:59:14	279	Wagner	Tarryn			F	
169	00:59:25	372	Parkinson	Vicky	Glaxo Hoad Hill Harriers	V45	F	
170	00:59:25	397	Connolly	Rebecca		V50	F	
171	00:59:40	377	Bell	Tracy	Walney Wind Cheetahs	V50	F	
172	00:59:42	874	Walker	Mark		V50	M	
173	00:59:44	730	Bagley	Brenda	Walney Wind Cheetahs	V65	F	
174	00:59:50	761	Edwards	Helen	Walney Wind Cheetahs	V55	F	
175	01:00:56	312	Lafferty	Patrick		V60	M	
176	01:01:09	297	Eadington	Ron		V65	M	
177	01:01:24	293	Moore	Chris		V40	M	
178	01:01:43	878	Johnston	Donna		V55	F	
179	01:02:17	280	Walker	Alex		V45	F	
180	01:02:37	892	McKeever	Rob	Black Combe Runners	V70	M	
181	01:02:46	744	Calvert	Lynne		V50	F	
182	01:03:10	329	Griffith	Emma	Furness Fell Runners	V50	F	
183	01:03:20	775	Herdman	David	Millom Striders RC	V60	M	
184	01:03:31	286	Wren	Julie	Parkside Panthers	V55	F	
185	01:03:46	754	Crow	Heather	Millom Striders RC		F	
186	01:03:49	748	Chappie	Kerry	Millom Striders RC		F	
187	01:03:49	320	Roach	Duncan	Millom Striders RC	V60	M	
188	01:04:12	818	Palmen	Christopher	Walney Wind Cheetahs	V60	M	
189	01:04:28	771	Grisdale	Stephen	Barrow & Furness Striders AC	V65	M	
190	01:04:33	767	Fleming	Val	Walney Wind Cheetahs	V65	F	
191	01:05:37	316	Johnson	Stephen	Millom Striders RC	V65	M	
192	01:06:16	800	McFie	Jane		V55	F	
193	01:06:45	881	McGuinchey	Gemma		V40	F	
194	01:06:56	859	Tyson	Helena		V45	F	
195	01:09:16	768	Fursey	Karl	Black Combe Runners	V50	M	
196	01:11:37	861	Robert	Cameron		V60	M	
197	01:12:53	840	Sherwen	John		V70	M	
198	01:18:55	798	McAuley	Paul	Parkside Panthers	V65	M	

199	01:20:05	899	Hewt	Amanda	Parkside Panthers	V50	F	
200	01:20:05	766	Farish	Sonja	Parkside Panthers	V50	F	
201	01:20:05	760	Edmondson	Dawn		V55	F	