

Position	Name	Club	Category	Time
1	John Heneghan	Pudsey & Bramley	MSen	34:01
2	Phil Winskill	Keswick AC	MSen	34:10
3	Simon Booth	Borrowdale	MV45	35:19
4	Chris Edis	Keswick AC	MV45	35:44
5	Brian Taylor	Ellenborough	MV45	35:53
6	Mario Yeomans	CFR	MSen	36:06
7	Richard McGrath	Ellenborough	MSen	36:24
8	Mike Robinson	Dark Peak	MV45	36:34
9	Scott Keogh	Ellenborough	MV40	36:41
10	Simon Hunter	Tri-Lakeland	MV45	36:47
11	Paul Nield	Bowland	MV40	36:51
12	Callum Tinnion	Ellenborough	MSen	36:54
13	Chris Lister	Ellenborough	MSen	36:55
14	Chris Knowles	Ellenborough	MV50	36:58
15	Todd Oates	Ambleside	MSen	37:08
16	Nick Ray	Ellenborough	MV40	37:16
17	Lee Newton	Keswick AC	MSen	37:22
18	Paul Cornforth	Borrowdale	MV50	37:44
19	Dave Motley	Clayton Harriers	MSen	38:32
20	Peter Kemp	Ellenborough	MSen	38:59
21	David McCabe	Trawden AC	MV40	39:00
22	Adam Frankham	Ellenborough	MSen	39:27
23	Darren Fishwick	Chorley	MV45	39:33
24	Tony Mounsey	Cumberland AC	MV45	39:45
25	Adam Jackson	Keswick AC	MV40	39:55
26	Andy Wrigley	CFR	MV40	40:05
27	Hazel Robinson	Ambleside	FV40	40:06
28	Andy Beaty	CFR	MV55	40:14
29	Shaun Atkinson	U/A	MSen	40:16
30	Sean Exley	Cumberland AC	MSen	40:17
31	Amanda Ingram	Tri-Lakeland	FSen	40:18
32	Jim Francis	CFR	MV45	40:28
33	Neil Sidaway	CFR	MV50	40:38
34	Michael Allen	CFR	MSen	40:47
35	Paul Coon	Cumberland AC	MSen	41:04
36	Tommy Buckle	U/A	U23	41:06
37	Rob Motley	Derwent AC	MSen	41:11
38	Andrew Bradley	CFR	MV50	41:19
39	Mike Bethwaite	Ellenborough	MSen	41:30
40	Andrew Oglanby	Tri-Lakeland	MSen	41:32
41	Bill Williamson	CFR	MV50	41:41
42	Stuart Ackerley	Ellenborough	MSen	42:32
43	Jackie Winn	Ellenborough	MV60	42:36
44	Phil Clayton	Black Combe	MV45	42:40
45	Angela Armstrong	U/A	FSen	42:44
46	Nina Walkinshaw	Howgill Harriers	FSen	42:50
47	Ross Butler	Keswick AC	MSen	42:58
48	Colin Valentine	Keswick AC	MV50	43:05
49	Nick Lancaster	Derwent AC	MV60	43:12
50	Rob Jones	Keswick AC	MSen	43:27
51	Philip Jennings	CFR	U23	43:29
52	Claire Russell	CFR	FV40	43:49
53	Andrew Martindale	Keswick AC	MV45	43:57

54	Andy Reid	Ellenborough	MV55	44.10
55	John Skelton	CFR	MV40	44.16
56	Kane Tinnion	U/A	MSen	44.19
57	Gary Thwaite	Ellenborough	MSen	44.24
58	Graeme Fox	Ellenborough`	MSen	44.31
59	Nick Ogden	Keswick AC	MV45	44.43
60	Helen Winskill	Keswick AC	FV40	44.56
61	Tony Holliday	Cumberland AC	MV45	45.00
62	Graham Ansell	CFR	MSen	45.10
63	Fleecy Moss	CFR	MV45	45.35
64	Sophie Noon	U/A	FSen	45.38
65	Richard Buckle	LBT	MV40	45.44
66	Jackie Casey	Black Combe	FV55	46.10
67	Danny Bell	U/A	MV50	46.20
68	Les Barker	CFR	MV45	46.24
69	David Burton	Keswick AC	MV50	46.26
70	Lucy Stobbart	Cumberland AC	FSen	46.43
71	Ronald Hummerlink	Lonsdale FR	MSen	46.59
72	Kate Beaty	CFR	FV55	47.14
73	Howard Leslie	WCOC	MV50	47.30
74	Mike Hind	Borrowdale	MV60	47.44
75	Andy Rodger	U/A	MV45	48.00
76	Gerrard Meneaud	Ambleside	MV60	48.04
77	Tracy Park	CFR	FV45	48.08
78	Mick Cooper	U/A	MV50	49.15
79	Graham Watson	WCOC	MV50	49.15
80	Steven Breeze	CFR	MV40	49.19
81	David Fell	CFR	MV65	49.38
82	Amanda Graham	CFR	FV45	49.39
83	Mel Bradley	CFR	FV50	50.21
84	Siobhan Brewer	Keswick AC	FV40	50.45
85	Nick Moore	CFR	MV55	50.48
86	Raymond Keenan	U/A	MV40	50.50
87	David Wilson	U/A	MSen	51.01
88	Kirsten Ogden	Keswick AC	FV40	51.16
89	Rhiannon Jones	Cumberland AC	FV40	51.21
90	Anita Barker	CFR	FV45	52.05
91	Ann Cummings	CFR	FV55	52.23
92	John Shedwick	U/A	MSen	52.29
93	Lou Lyness	Black Combe	FV65	52.42
94	Kim Clark	Keswick AC	FV55	52.53
95	Anna Blackburn	CFR	FV55	53.42
96	Dave Carruthers	CFR	MV40	53.56
97	Phil Hawley	U/A	MV60	54.48
98	Katherine Harvey	U/A	FSen	55.06
99	Sandra Mason	CFR	FV50	55.45
100	Lindsay Buck	CFR	FV50	57.35
101	Kathleen Batty	Carlisle Tri	FSen	57.37
102	Paul Slattery	U/A	MV45	58.02
103	Terence Lowden	CFR	MV65	58.46
104	Dot Patton	CFR	FV55	58.50
105	Debbie Watson	WCOC	FV55	59.17
106	Ryan Crellin	CFR	MSen	59.44
107	Juliet Grieves	Keswick AC	FV45	62.49

108	Sam Ayers	Keswick AC	FV40	62.51
109	Jane Mottram	CFR	FV60	63.20
110	David Morgan	CFR	MV70	63.48
111	Jane Hornby	BCR	FV50	66.03
112	Barry Johnson	CFR	MV70	67.11