

Pos	No	First Name	Surname	Club	Cat	Time
1	79	John	Helme	Ambleside AC	MV40	00:17:29
2	86	Tim	Cowin	Helm Hill	MV40	00:17:54
3	75	Brian	Pennington	Howgill Harriers	MV40	00:18:25
4	81	Peter	German	Helm Hill	MOpen	00:19:55
5	78	Sean	Robinson	Howgill Harriers	MV40	00:20:54
6	80	James	Coulthard	Howgill Harriers	MV40	00:21:04
7	85	Eddie	Close	Howgill Harriers	MV40	00:21:36
8	77	Alan	Barr	Howgill Harriers	MV40	00:22:31
9	76	Sally	Brassington	Lancaster & Morecambe AC	FV40	00:24:30
10	84	Robin	Haywood	Howgill Harriers	MV50	00:25:16
11	82	Denise	Tunstall	Durham Fell Runners	FV50	00:27:06
12	83	Catherine	Simpson	UA	FV40	00:27:19
13	87	Sophie	King	UA	FOpen	00:27:42
14	88	Debra	Robinson	Howgill Harriers	FOpen	00:34:21