

Position	Race no	Name	Club	Cat	HH:MM:SS
1	189	Carl Bell	Howgill Harriers	M	00:22:38
2	173	Andy Beanland	Settle Harriers	M30	00:24:46
3	180	Paul Dugdale	Kendal AC	M40	00:25:08
4	177	Robert Moffat	Howgill Harriers	M	00:25:45
5	169	Matt Beresford	Kendal AC	M40	00:26:20
6	171	Stephen Moffat	Howgill Harriers	MV50	00:26:44
7	175	Steve Carr	None	MV50	00:27:45
8	170	Sean Robinson`	Howgill Harriers	M30	00:28:04
9	172	David Banks	Kendal AC	M40	00:28:08
10	179	Graham Moffat	Howgill Harriers	MV50	00:29:17
11	185	Matt Pearman	Kendal AC	M30	00:29:36
12	181	Paul Simpson	Kendal AC	M40	00:29:52
13	184	Edie Hemstock	Other	F	00:30:08
14	188	Jenn Mattinson	Howgill Harriers	F	00:31:38
15	168	John Barr	None	M40	00:33:15
16	182	Eddie Close	Howgill Harriers	M40	00:33:34
17	192	Kevin May	Howgill Harriers	MV50	00:33:38
18	178	Jenna Wood	Howgill Harriers	F	00:34:16
19	176	Adele Roche	Howgill Harriers	FV50	00:34:18
20	191	Samantha Forbes	Kendal AC	F	00:35:07
21	174	Nick Hambrey	Kendal AC	MV60	00:36:39
22	183	Victoria Howarth	Keswick AC	F	00:36:54
23	187	Sarah Leban	None	F30	00:37:31
24	186	Barry Leban	None	M40	00:37:32
25	167	N Dyson	Other	MV60	00:38:38
26	190	Nigel Walker	Kendal AC	MV50	00:42:10