

| Position | Actual Time | Race No | Surname      | First Name | Club Name                | Category | Sex |
|----------|-------------|---------|--------------|------------|--------------------------|----------|-----|
| 1        | 00:32:22    | 47      | Riddell      | Ben        | Salford Harriers         |          | M   |
| 2        | 00:32:42    | 35      | Russell      | Alasdair   | Kendal AC                |          | M   |
| 3        | 00:35:14    | 23      | Leckey       | Sean       | Ambleside AC             |          | M   |
| 4        | 00:35:32    | 215     | Wilson       | Richard    | Kendal AC                | V40      | M   |
| 5        | 00:35:54    | 38      | Sloan        | Jackson    | Lancaster & Morecambe    |          | M   |
| 6        | 00:35:57    | 54      | Taylor       | David      | Wesham RR                |          | M   |
| 7        | 00:36:01    | 39      | Smith        | Tom        |                          |          | M   |
| 8        | 00:36:16    | 212     | Short        | Robert     | Bolton Harriers          |          | M   |
| 9        | 00:36:24    | 43      | Wallace      | Andrew     | Kendal AC                | V40      | M   |
| 10       | 00:36:59    | 32      | Richmond     | Kenny      | Helm Hill Runners        | V50      | M   |
| 11       | 00:37:26    | 41      | Todd         | Joe        | Kendal AC                | V40      | M   |
| 12       | 00:37:32    | 207     | Jeffrey      | Charlie    | Glaxo Hoad Hill Harriers |          | M   |
| 13       | 00:38:08    | 214     | Wilson       | Matt       | Kendal AC                | V40      | M   |
| 14       | 00:38:44    | 37      | Sillito      | Seb        | Helm Hill Runners        | V40      | M   |
| 15       | 00:39:12    | 64      | Simpson      | Jack       | Helm Hill Runners        |          | M   |
| 16       | 00:39:33    | 11      | Douglas      | Andrew     | Eden Runners             | V40      | M   |
| 17       | 00:39:36    | 7       | Bouffler     | Danny      | Levens Valley            |          | M   |
| 18       | 00:39:53    | 44      | Williams     | John       | Eden Runners             | V40      | M   |
| 19       | 00:40:10    | 52      | Myerscoug    | Steve      | Wesham RR                | V40      | M   |
| 20       | 00:40:13    | 208     | Lee          | Philip     | Kendal AC                | V40      | M   |
| 21       | 00:40:14    | 216     | Pearson      | Ben        |                          |          | M   |
| 22       | 00:40:25    | 209     | Matthew      | David      | Run Nation Rc            |          | M   |
| 23       | 00:40:28    | 53      | Braithwaite  | Sally      | Eden Runners             |          | F   |
| 24       | 00:40:49    | 16      | Hunt         | Peter      |                          |          | M   |
| 25       | 00:41:02    | 56      | Sadler       | Ian        | Walney Wind Cheetahs     | V50      | M   |
| 26       | 00:42:09    | 4       | Barnes       | Martin     |                          |          | M   |
| 27       | 00:42:18    | 210     | Percival     | Katie      | Bolton Harriers          |          | F   |
| 28       | 00:42:42    | 10      | Carradus     | Adam       |                          |          | M   |
| 29       | 00:43:02    | 59      | Nielsen      | Emma       | Eden Runners             | V40      | F   |
| 30       | 00:43:04    | 34      | Robson       | John       | Helm Hill Runners        | V50      | M   |
| 31       | 00:43:28    | 211     | Sargent      | David      | Lancaster Runners        |          | M   |
| 32       | 00:43:52    | 203     | Boulter      | Glenn      | Glaxo Hoad Hill Harriers | V40      | M   |
| 33       | 00:44:19    | 48      | Taylor Friel | Joanne     | Kendal AC                | V50      | F   |
| 34       | 00:44:27    | 65      | Moffat       | Robert     |                          |          | M   |
| 35       | 00:44:41    | 60      | Mcnally      | Liz        | Leven Valley AC          | V50      | F   |
| 36       | 00:45:00    | 66      | Kirkby       | Sophie     |                          |          | F   |
| 37       | 00:45:09    | 206     | Horrocks     | Philip     | Walney Wind Cheetahs     | V50      | M   |
| 38       | 00:45:11    | 30      | McKeown      | Paul       | Eden Runners             | V50      | M   |
| 39       | 00:45:20    | 31      | Povey        | Iain       | New Marske Harriers      | V50      | M   |
| 40       | 00:45:23    | 46      | Bridge       | Karen      | Eden Runners             | V50      | F   |
| 41       | 00:45:41    | 57      | McLeod       | Joanne     | Glaxo Hoad Hill Harriers | V50      | F   |
| 42       | 00:45:47    | 58      | Metcalfe     | Kathryn    | Eden Runners             | V40      | F   |
| 43       | 00:45:54    | 29      | McGlincy     | Mark       | Bingley Harriers         | V50      | M   |
| 44       | 00:46:24    | 15      | Hodgson      | Stu        | Eden Runners             | V40      | M   |
| 45       | 00:47:40    | 205     | Holdsworth   | Neil       | Kendal AC                | V60      | M   |
| 46       | 00:47:41    | 1       | Andrewart    | John       | Eden Runners             | V40      | M   |
| 47       | 00:47:44    | 27      | Lowthian     | Mica       |                          |          | F   |
| 48       | 00:47:52    | 8       | Bower        | Garry      | Eden Runners             | V50      | M   |
| 49       | 00:48:15    | 63      | Roberts      | Stephen    | Kendal AC                | V50      | M   |
| 50       | 00:48:27    | 45      | Mcmlan       | Kayleigh   |                          |          | F   |
| 51       | 00:48:40    | 21      | Laker        | Gerard     |                          | V50      | M   |
| 52       | 00:48:48    | 36      | Sharp        | William    | Glaxo Hoad Hill Harriers | V60      | M   |
| 53       | 00:48:53    | 62      | Clayton      | Stuart     |                          | V50      | M   |
| 54       | 00:49:23    | 28      | Maciejkowi   | Rudolf     |                          | V70      | M   |

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| 55 | 00:49:25 | 201 Addison    | Helen     | Kendal AC                    | V40 | F |
| 56 | 00:49:50 | 12 Ferguson    | Fiona     | Eden Runners                 | V50 | F |
| 57 | 00:49:56 | 5 Birbeck      | Melissa   | Kendal AC                    |     | F |
| 58 | 00:50:14 | 25 Liszatynski | Emil      |                              |     | M |
| 59 | 00:51:08 | 42 Tyson       | Helen     | Eden Runners                 | V40 | F |
| 60 | 00:51:13 | 55 Azzopardi   | Ryan      | Wesham RR                    | V40 | M |
| 61 | 00:51:23 | 24 Liddell     | Ralph     | Eden Runners                 | V70 | M |
| 62 | 00:51:31 | 2 Armstrong    | Nickolas  | Bentham Beagles              | V40 | M |
| 63 | 00:52:01 | 67 Bland       | Abby      | Dallam RC                    |     | F |
| 64 | 00:52:59 | 13 Gate        | Julie     | Eden Runners                 | V50 | F |
| 65 | 00:53:00 | 14 Grisdale    | Catherine | Barrow & Furness Striders AC | V60 | F |
| 66 | 00:53:40 | 33 Robinson    | Ian       | Eden Runners                 | V60 | M |
| 67 | 00:54:19 | 20 Kennedy     | Graeme    |                              | V40 | M |
| 68 | 00:55:07 | 50 Murray      | Cormac    | Glaxo Hoad Hill Harriers     |     | M |
| 69 | 00:55:34 | 61 Graham      | Simon     |                              | V50 | M |
| 70 | 00:56:23 | 213 Wade       | Caroline  | Helm Hill Runners            | V40 | F |
| 71 | 00:56:36 | 6 Blackmore    | Sally     | Eden Runners                 | V50 | F |
| 72 | 00:57:31 | 26 Lowthian    | Stuart    | Eden Runners                 | V60 | M |
| 73 | 00:58:29 | 3 Armstrong    | Diane     | Bentham Beagles              | V40 | F |
| 74 | 01:00:59 | 49 Bullock     | Mik       |                              | V50 | M |
| 75 | 01:02:54 | 202 Barnes     | Bruce     |                              | V60 | M |
| 76 | 01:12:31 | 19 Juarez Rar  | Duice     |                              | V40 | F |