

**Place Vest Time Forename Surname Club Category**

1	64	00:33:20	Peter Stock	HelmHill Runners	Msen
2	90	00:34:02	Seth Kennard	Lonsdale Fells Runners	Msen
3	22	00:34:32	Richard Wilson	Kendal AAC	M45
4	30	00:34:39	James Brassington	Lancaster& Morcambe AC	MU21
5	27	00:35:02	Mark Bispham	Bowland Fell Runners	M40
6	82	00:35:25	Gareth Lee	Lonsdale Fells Runners	Msen
7	15	00:35:26	Michael Dugdale	Helm Hill Runners	Msen
8	95	00:35:56	Dan Clarke	Bowland Fell Runners	Msen
9	20	00:36:08	Richard Wells	Sedbergh School Running Club	M50
10	16	00:36:22	Andrew Wallace	Kendal AAC	M40
11	21	00:36:54	Matt Wilson	Kendal AC	M45
12	31	00:37:13	Thomas Crabtree	Wesham Road Runners	Msen
13	58	00:37:39	Niall McDonald	u/a	Msen
14	7	00:37:45	Simon Mounsey	Howgill Harriers	M50
15	88	00:38:05	Adam Elkin	Lancaster & Morcambe AC	M40
16	8	00:38:32	Steve Myercough	Wesham Road Runners	M45
17	56	00:38:43	Daniel Bye	Lonsdale Fells Runners	M40
18	13	00:38:58	Phil Dugdale	Helm Hill Runners	M65
19	25	00:39:30	Jack Akister	u/a	Msen
20	52	00:39:35	Phil Swindells	Bowland Fell Runners	M55
21	50	00:40:02	Joe Hobbs	Lonsdale Fells Runners	Msen
22	61	00:40:10	Adam Taylor	Kendal AAC	Msen
23	19	00:40:14	Richard Jones	Garstang Running Club	M45
24	79	00:40:31	Nikki Marshall	Lancs Police	Wsen
25	55	00:41:05	James Bacon	Lonsdale Fells Runners	M55
26	49	00:41:15	Carl Groome	Wesham Road Runners	M50
27	76	00:41:22	Simon Gora	Garstang Running Club	M40
28	53	00:41:24	Peter Lawson	Howgill Harriers	Msen
29	93	00:41:25	Gareth Price	u/a	M40
30	35	00:41:44	Kenneth Murphy	Lonsdale Fells Runners	M55
31	62	00:42:45	Stuart Allan	COLT	M50
32	98	00:42:51	Sean Robinson	Howgill Harriers	M45
33	69	00:42:58	Andrew Derek Stokes	Dallam	M65 3
34	28	00:43:14	Stephen Roberts	Kendal AAC	M50
35	18	00:43:24	Peter Hewitt	Garstang Running Club	M40
36	100	00:43:35	Tyron Lewis	Dallam	M55
37	46	00:44:06	John Naylor	Wesham Road Runners	M40
38	73	00:44:24	Jordan Harris	u/a	Msen
39	51	00:44:29	Ian Nichols	Hogg Wesham Road Runners	Msen
40	38	00:44:47	Claire Godfrey	Garstang Running Club	Wsen
41	83	00:45:09	Jules Coleman	Lonsdale Fells Runners	M55
42	48	00:45:14	Michael Edge	Wesham Road Runners	M60

43 14 00:45:52 Evelyn Dugdale Helm Hill Runners W55  
44 94 00:46:08 Abbie Wilcock Dallam Wsen  
45 99 00:46:13 Isaac Robinson Howgill Harriers MU21  
46 59 00:46:14 Rob Crawford Howgill Harriers M45  
47 96 00:46:16 Colin Briffett Lonsdale Fells Runners M50  
48 42 00:46:21 Carmel Sullivan Wesham Road Runners W55  
49 45 00:47:00 Kay Twist Wesham Road Runners W50  
50 11 00:47:10 Michael Smith Dallam M50  
51 24 00:47:45 Mark O'Shaughnassy Dallam M60  
52 84 00:48:25 Louise Goddard Bowland Fell Runners W55  
53 67 00:48:44 Sarah Elliott Lancaster Runners W45  
54 72 00:48:52 Amy Wilkin Kendal AAC W45 5  
55 29 00:49:06 Sally Brassington Lancaster & Morcambe AC W45  
56 103 00:49:18 Hazel Clarke Kendal AC W45  
57 36 00:49:38 Byrony Boutell Garstang Running Club Wsen  
58 34 00:49:48 Emma Blundell Lonsdale Fells Runners Wsen  
59 104 00:50:04 Susan Goodfellow Dallam W50  
60 44 00:50:10 Geoff Lyons Garstang Running Club M60  
61 68 00:50:19 Bernard Pickthall Dallam M55  
62 26 00:50:23 Nick Burns Lonsdale Fells Runners M55  
63 63 00:50:41 Kelly Richardson COLT W45  
64 66 00:51:34 Jayne A Ryan u/a W60  
65 37 00:51:37 Julia Rolfe Lytham St-Annes RRC W60  
66 12 00:51:47 John Carman Trawden Athletic Club M70  
67 40 00:52:13 Fliss Milner Dark Peak Fell Runners W55  
68 32 00:52:18 John Rodgers u/a M65  
69 91 00:52:46 Mike Peat Lonsdale Fells Runners M60  
70 39 00:53:04 Greg Oulton Lytham St-Annes RRC M55  
71 23 00:53:28 Jim Fisher Howgill Harriers M60  
72 43 00:53:40 Ryan Azzopardi Wesham Road Runners M40  
73 86 00:53:53 David Welch u/a M60  
74 65 00:54:07 Marian Steele u/a W50  
75 102 00:54:30 Stephen E Roberts u/a M60  
76 57 00:54:45 Dvae Nichols Dallam M40  
77 89 00:55:45 Alison Harper u/a W50  
78 2 00:55:56 Ben Higginson Preston Harriers M65  
79 92 00:56:16 Diana Taylor u/a W40  
80 33 00:56:46 Martin Bennett u/a M45  
81 75 00:56:55 Sara Cook u/a W45  
82 74 00:56:57 Kate Melrose u/a W45  
83 80 00:57:42 Teresa Kirk u/a W45  
84 9 00:58:11 Kirsty Holland Wesham Road Runners Wsen  
85 17 00:58:23 Marian de Silver Dallam W60

86 87 00:58:46 Carol Sharpe Solemates W45  
87 101 00:58:53 Katri Kuusniemi Lancaster Runners W45  
88 6 00:59:29 Sarah Wright Eden Runners W45  
89 60 00:59:42 Gareth Turner Bowland Fell Runners M40  
90 5 01:00:09 Ian Conway Glaxo Hoad Hill Harriers M70  
91 4 01:00:31 Olga Wiggins Preston Harriers W40  
92 41 01:00:31 Sue Henry Lytham St-Annes RRC W45  
93 77 01:01:41 Katie Welch u/a W55  
94 47 01:02:17 Sally Deacon Wesham Road Runners W55  
95 81 01:02:14 Claire Greenwood u/a W40  
96 85 01:05:54 Phil Lakeland Preston Harriers M65  
97 97 01:06:11 Kati Wood Hero Flyers Wsen  
98 78 01:06:20 Danny Thompson u/a M60  
99 10 01:09:49 Julie Carman Trawden Athletic Club (Team Tac) W6!  
100 70 01:19:14 Steve Bateman COLT M65  
100 71 01:19:14 David Downes COLT M65 102 3 01:20:13 Phil Martir  
103 54 DNF Phil Tynan Lonsdale Fells Runners M60





5

1 Bowland Fell Runners M80