

37th Wasdale Horseshoe Race Results

11th July 2009

Individuals - Overall

Posn	Cat	Name	Club	Finish
1	S	Rob Jebb	Bingley Harriers	3:46:39
2	S	Simon Bailey	Mercia FR	3:56:04
3	S	Pete Vale	Mercia FR	3:56:37
4	V40	Simon Booth	Borrowdale FR	4:01:01
5	S	Lloyd Taggart	DPFR	4:08:03
6	V40	John Hunt	DPFR	4:10:00
7	V40	Jim Davies	Borrowdale FR	4:10:58
8	S	Es Tresidder	DPFR	4:12:05
9	S	Ben Abdelnoor	Ambleside AC	4:15:57
10	V40	Steve Birkinshaw	Borrowdale FR	4:17:03
11	S	Matthew Hulley	DPFR	4:17:26
12	V40	Steve Bottomley	Pudsey & Bramley	4:18:31
13	V45	Joe Blackett	DPFR	4:18:47
14	V40	Jon Morgan	DPFR	4:25:01
15	S	Jon Ascroft	Carnethy	4:25:36
16	V45	Mark Palmer	Mynydd Du	4:29:05
17	S	Iain Ridgway	Eryri Harriers	4:29:41
18	S	Jon Coe	DPFR	4:30:00
19	S	Mike Robinson	DPFR	4:30:17
20	V45	Michael Green	Lostock AC	4:30:25
21	V40	Dave Milliken	Horwich RMI	4:31:04
22	V45	Michael Whyatt	Bowland FR	4:31:12
23	S	Richard Mellon	Bowland FR	4:32:35
24	V45	Julian Rank	Holmfirth Harriers	4:32:59
25	S	Steve Hebblethwaite	Keswick AC	4:34:13
26	S	Michael Cunningham	Borrowdale FR	4:35:17
27	LS	Philippa Jackson	Keswick AC	4:38:21
28	V45	Mike Johnson	Bowland FR	4:38:31
29	S	David Ward	Borrowdale FR	4:39:01
30	S	Dominic Raby	Chorley H	4:39:15

Individuals - Ladies

(Overall) Posn	Cat	Name	Club	Finish
27	LS	Philippa Jackson	Keswick AC	4:38:21
31	LS	Jane Reedy	Ambleside AC	4:40:53
44	LV40	Anne Johnson	Calder Valley FR	4:55:51
54	LS	Helen Fines	Calder Valley FR	5:07:19
60	LS	Mary Gillie	Clwydian Range R	5:10:31
71	LS	Hazel Robinson	Ambleside AC	5:17:27
73	LV40	Nicky Spinks	DPFR	5:18:02
79	LV40	Helene Whitaker	Ilkley Harriers	5:24:01
80	LS	Holly Williamson	Ilkley Harriers	5:24:03
90	LV40	Jo Taylor	Bowland FR	5:33:09
103	LV40	Alison Weston	Ilkley Harriers	5:39:03
114	LV45	Kath Brierley	Todmorden H	5:44:13
119	LV40	Anna Forrest	Ambleside AC	5:46:18
124	LS	Rachel Lawrence	Macclesfield H	5:49:27
126	LV55	Wendy Dodds	Clayton -le-Moors	5:50:25
133	LV40	Isaline Hughes	Burnden RR	5:55:20
136	LV40	Susan Clough	Ambleside AC	5:58:40
139	LS	Catherine Evans	Keswick AC	6:02:14
140	LS	Jo Gillyon	Keswick AC	6:02:15
144	LV45	Clare Kenny	Calder Valley FR	6:04:50
152	LS	Britta Sendlhofer	Ambleside AC	6:07:12
153	LV45	Suzanne Budgett	Horwich RMI	6:07:50
155	LS	Judy Howells	Wharfedale H	6:12:09
163	LS	Rachel Skinner	Todmorden	6:20:08
165	LS	Susan Hodgkinson	Black Combe	6:23:02
168	LS	Kirsty Hall	Wharfedale H	6:28:09
174	LV40	Mandy Clarke	Bingley H	6:32:51
176	LV50	Thirza Hyde	Calder Valley FR	6:33:40
179	LV55	Katy Thompson	Clayton-le-Moors	6:35:31
190	LS	Lauren Jeska	Todmorden H	6:52:40
191	LV45	Louise Adby	Todmorden H	6:54:02

Gents – Individuals First 3 in each category

Posn	Cat	Name	Club	Finish
Vet 40				
4	V40	Simon Booth	Borrowdale FR	4:01:01
6	V40	John Hunt	DPFR	4:10:00
7	V40	Jim Davies	Borrowdale FR	4:10:58
Vet 45				
16	V45	Mark Palmer	Mynydd Du	4:29:05
20	V45	Michael Green	Lostock AC	4:30:25
22	V45	Michael Whyatt	Bowland FR	4:31:12
Vet 50				
32	V50	Geoff Briggs	Pennine FR	4:44:55
37	V50	Peter Crompton	CFR	4:49:25
41	V50	Steve Storey	DPFR	4:52:13
Vet 55				
43	V55	Jackie Winn	Ellenborough AC	4:55:49
76	V55	Pete Booth	Clayton-le-Moors	5:20:43
85	V55	Nick Hewitt	Bowland FR	5:27:52
Vet 60				
65	V60	Dave Tait	DPFR	5:14:06
105	V60	Michael Crook	Horwich RMI	5:39:51
129	V60	John Taylor	Bowland	5:51:39
Vet 65				
116	V65	Geoffrey Howard	Ilkley H	5:45:23

Gents Open Teams (5 to count)

1 st DPFR	43 points:	
Lloyd Taggart (5)	John Hunt (6),	Es Tresidder (8), Matthew Hulley (11) Joe Blackett (13)
2 nd Borrowdale	76 points	(4,7,10,26,29)
3 rd Bowland	197	(22,23,28,39,85)

Gents V40 Teams (4 to count)

1 st DPFR	31 points	(2,6,7,16)
2 nd Borrowdale	34	(1,3,4,26)
3 rd Bowland	92	(11,13,20,48)

Gents V50 Teams (3 to count)

1 st Pennine FR	228 points	(32,84,112)
2 nd CFR	256	(37,62,157)
3 rd Clayton-le-M	281	(76,91,114)

Ladies – Individuals First 3 in each category

Posn	Cat	Name	Club	Finish
LVet 40				
44	LV40	Anne Johnson	Calder Valley FR	4:55:51
73	LV40	Nicky Spinks	DPFR	5:18:02
79	LV40	Helene Whitaker	Ilkley H	5:24:01
LVet 45				
114	LV45	Kath Brierley	Todmorden H	5:44:14
144	LV45	Clare Kenny	Calder Valley FR	6:04:50
153	LV45	Suzanne Budgett	Horwich RMI	6:07:50
LVet 50				
176	LV50	Thirza Hyde	Calder Valley FR	6:33:40
LVet 55				
126	LV55	Wendy Dodds	Clayton-le-Moors	5:50:25
179	LV55	Katy Thompson	Clayton-le-Moors	6:35:31

Ladies Open Teams (3 to count)

1 st Ambleside AC	221 points	
Jane Reedy (31), Hazel Robinson (71), Anna Forrest (119)		
2 nd Calder Valley FR	242	(44,54,144)
3 rd Ilkley	262	(79,80,103)

Ladies V40 Teams (3 to count)

1 st Calder Valley FR	364 points	(44,144,176)
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Prizes given out for first 3 in Gents, Ladies and all Vet Categories, 1st, 2nd & 3rd teams in Open & Vets categories for Gents & Ladies

Race Report

After dire forecasts, Saturday was superb, maybe too hot but clear till evening. Sunblock on the menu! 253 started, 194 finished. English championship but again thanks to Brian Martin/Graham Breeze (www.lakelandclassicstrophy.com) for their initiative classic races - helped the longer fell races no end.

We ran a dibber system & tallies – even in perfect weather, & it could so easily have been appalling conditions.

Bingley's Rob Jebb had a short lead as the field came through Greendale, from Simon Bailey & last year's winner Pete Vale. Simon Booth overtook Rob on the descent from Seatallan, but Rob regained his lead by Pillar & progressively extended it to 10 minutes by the finish. The men's open team prize was won by Dark Peak. Runners up Borrowdale & 3rd was Bowland. The Gents vet40 team was again won by Dark Peak from Borrowdale with Bowland 3rd.

The ladies winner was Philippa Jackson in an excellent 27th place overall from Jane Reedy in 31st & 3rd was Anne Johnson in 44th position.

The ladies open team prize was won by Ambleside, runners up Calder Valley & 3rd Ilkley.

Thanks to our helpers: Jim Davis & Lindsay Buck registration & Greendale, to Simon Clancy & John Rea for the car parking, time keeping with Sam Kirkpatrick, Greendale etc., Peter o'Neil radio control, Annette Morris, Phil Cheek, Sharon, Sam Kirkpatrick & Ray Phillips on Whin Rigg, Neil Eccles & his wife with Irvine Block on Seatallan, Richard Green with his wife Diana & sons Nathaniel & Michael – Pillar, Steve Barnes & Jenny Bailie with Chris Cripps who ran round after the back marker 'sweeping up' a most valuable contribution! - Great Gable, Dave Powell-Thompson with Morag Ferris – Esk Hause, Bob Smith & his wife Nicki & Stuart Young on Scafell Pike, Annette Morris, Phil Cheek & Sharon (again!) - Lingmell Nose. Lisa & Chris Smith with Mark Hodgson from the Wasdale Head Hall farm for the food catering, Joss for the prizes & Joss for flagging the valley/Greendale. Also to the National Trust for the use of the campsite & to St John's Ambulance for their safety cover.

Please note Scafell Pike 26th Sept, King/Queen of the Mountains competition & another Wasdale next year.

Thanks again for coming along & helping to make it a great day for fell running.

Richard J Eastman Chairman CFRA

Wasdale Fell Race Overall Results

Posn	Race no.	Name	Club	Cat	Whin Rigg	Seatallan Pillar	Great Gable	Esk Hause	Scafell Pike	Lingmell Nose	Finish
1	121	Rob Jebb	Bingley H	S	34:02	1:25:33 2:02:45	2:39:55	3:05:23	3:26:51	3:42:14	3:46:39
2	239	Simon Bailey	Mercia FR	S	34:02	51:31 37:12	37:10	25:28	21:28	15:23 4:25	3:56:04
3	187	Pete Vale	Mercia FR	S	34:06	51:44 39:00	40:27	27:07	24:00	15:32 4:08	3:56:37
4	93	Simon Booth	Borrowdale FR	V40	34:10	1:25:54 2:04:48	2:45:14	3:12:28	3:36:23	3:52:03	3:56:37
5	189	Lloyd Taggart	Dark Peak FR	S	34:10	51:44 38:54	40:26	27:14	23:55	15:40 4:34	4:01:01
6	4	John Hunt	Dark Peak FR	V40	34:12	1:25:40 2:03:31	2:46:08	3:16:47	3:41:30	3:56:21	4:01:01
7	17	Jim Davies	Borrowdale FR	V40	34:12	51:28 37:51	42:37	30:39	24:43	14:51 4:40	4:08:03
8	172	Es Tresidder	Dark Peak Fr	S	34:18	1:26:11 2:05:48	2:48:17	3:19:03	3:43:03	4:01:55	4:08:03
9	194	Ben Abdelnoor	Ambleside AC	S	34:18	51:53 39:37	42:29	30:46	24:00	18:52 6:08	4:10:00
10	147	Steve Birkinshaw	Borrowdale FR	V40	35:27	1:29:57 2:11:11	2:54:15	3:22:41	3:47:54	4:04:41	4:10:00
11	54	Matthew Hulley	Dark Peak FR	S	35:27	54:30 41:14	43:04	28:26	25:13	16:47 5:19	4:10:58
12	39	Stephen Bottomley	Pudsey & Bram	V40	35:10	1:28:41 2:10:17	2:56:18	3:25:03	3:49:49	4:06:08	4:10:58
13	8	Joe Blackett	Dark Peak FR	V45	35:10	53:31 41:36	46:01	28:45	24:46	16:19 4:50	4:12:05
14	173	Jon Morgan	Dark Peak FR	V40	35:01	1:28:18 2:10:10	2:52:52	3:23:19	3:48:16	4:06:13	4:12:05
15	124	Jon Ascroft	Carnethy HR	S	35:01	53:17 41:52	42:42	30:27	24:57	17:57 5:52	4:15:57
16	137	Mark Palmer	Mynydd Du	V45	34:57	1:29:54 2:13:14	2:55:56	3:26:59	3:52:08	4:09:46	4:15:57
17	14	Iain Ridgway	Eryri H	S	34:57	54:57 43:20	42:42	31:03	25:09	17:38 6:11	4:17:03
18	210	Jon Coe	Dark Peak FR	S	37:26	1:34:02 2:16:43	2:59:21	3:28:24	3:55:18	4:11:44	4:17:03
					37:26	56:36 42:41	42:38	29:03	26:54	16:26 5:19	4:17:26
					38:19	1:36:09 2:18:35	3:01:31	3:31:47	3:57:28	4:12:42	4:17:26
					38:19	57:50 42:26	42:56	30:16	25:41	15:14 4:44	4:18:31
					36:00	1:33:04 2:15:28	2:59:49	3:29:37	3:55:28	4:13:28	4:18:31
					36:00	57:04 42:24	44:21	29:48	25:51	18:00 5:03	4:18:47
					37:57	1:33:01 2:15:25	3:00:52	3:31:51	3:58:04	4:14:13	4:18:47
					37:57	55:04 42:24	45:27	30:59	26:13	16:09 4:34	4:25:01
					39:14	1:37:25 2:19:12	3:04:49	3:34:58	3:59:51	4:18:41	4:25:01
					39:14	58:11 41:47	45:37	30:09	24:53	18:50 6:20	4:25:36
					38:34	1:36:21 2:18:53	3:04:52	3:36:35	4:02:36	4:20:12	4:25:36
					38:34	57:47 42:32	45:59	31:43	26:01	17:36 5:24	4:29:05
					40:18	1:38:39 2:21:33	3:06:23	3:39:15	4:05:21	4:23:31	4:29:05
					40:18	58:21 42:54	44:50	32:52	26:06	18:10 5:34	4:29:41
					36:55	1:34:25 2:18:37	3:02:21	3:34:15	4:03:08	4:24:30	4:29:41
					36:55	57:30 44:12	43:44	31:54	28:53	21:22 5:11	4:30:00
					39:22	1:39:23 2:24:39	3:11:01	3:41:47	4:08:23	4:25:08	4:30:00
					39:22	1:00:01 45:16	46:22	30:46	26:36	16:45 4:52	4:30:00

19	235	Mike Robinson	Dark Peak FR	S	38:17	1:37:04	2:21:48	3:07:40	3:42:24	4:08:16	4:25:16	4:30:17
					38:17	58:47	44:44	45:52	34:44	25:52	17:00	5:01
20	11	Michael Green	Lostock AC	V45	38:44	1:38:02	2:22:04	3:10:36	3:41:44	4:08:28	4:25:22	4:30:25
					38:44	59:18	44:02	48:32	31:08	26:44	16:54	5:03
21	152	Dave Milliken	Horwich RMI	V40	35:56	1:30:07	2:13:23	3:01:07	3:33:55	4:01:16	4:24:50	4:31:04
					35:56	54:11	43:16	47:44	32:48	27:21	23:34	6:14
22	143	Michael Whyatt	Bowland FR	V45	37:15	1:34:15	2:19:14	3:04:50	3:38:08	4:05:58	4:24:54	4:31:12
					37:15	57:00	44:59	45:36	33:18	27:50	18:56	6:18
23	132	Richard Mellon	Bowland FR	S	38:37	1:38:17	2:24:37	3:12:05	3:44:57	4:11:49	4:27:57	4:32:35
					38:37	59:40	46:20	47:28	32:52	26:52	16:08	4:38
24	7	Julian Rank	Holmfirth H	V45	38:25	1:37:45	2:22:39	3:10:47	3:43:55	4:12:13	4:28:29	4:32:59
					38:25	59:20	44:54	48:08	33:08	28:18	16:16	4:30
25	171	Steve Hebblethwaite	Keswick AC	S	39:05	1:37:14	2:24:05	3:13:55	3:46:25	4:11:31	4:28:56	4:34:13
					39:05	58:09	46:51	49:50	32:30	25:06	17:25	5:17
26	183	Michael Cunningham	Borrowdale FR	S	39:49	1:37:59	2:21:57	3:10:33	3:44:33	4:11:53	4:29:03	4:35:17
					39:49	58:10	43:58	48:36	34:00	27:20	17:10	6:14
27	202	Philippa Jackson	Keswick AC	LS	37:25	1:37:12	2:24:18	3:14:00	3:46:07	4:13:12	4:32:48	4:38:21
					37:25	59:47	47:06	49:42	32:07	27:05	19:36	5:33
28	134	Mike Johnson	Bowland FR	V45	38:53	1:41:23	2:28:49	3:18:09	3:52:01	4:17:35	4:33:39	4:38:31
					38:53	1:02:30	47:26	49:20	33:52	25:34	16:04	4:52
29	59	David Ward	Borrowdale FR	S	39:21	1:39:25	2:26:14	3:15:12	3:47:45	4:15:07	4:33:36	4:39:01
					39:21	1:00:04	46:49	48:58	32:33	27:22	18:29	5:25
30	233	Dominic Raby	Chorley H	S	39:40	1:39:20	2:24:30	3:12:43	3:46:10	4:13:34	4:33:48	4:39:15
					39:40	59:40	45:10	48:13	33:27	27:24	20:14	5:27
31	108	Jane Reedy	Ambleside AC	LS	41:26	1:45:13	2:33:38	3:20:57	3:51:58	4:17:46	4:35:25	4:40:53
					41:26	1:03:47	48:25	47:19	31:01	25:48	17:39	5:28
32	81	Geoff Briggs	Pennine FR	V50	41:06	1:43:04	2:30:21	3:19:50	3:51:54	4:18:47	4:38:19	4:44:55
					41:06	1:01:58	47:17	49:29	32:04	26:53	19:32	6:36
33	174	Simon Bourne	CVFR	V40	39:12	1:40:23	2:25:44	3:16:13	3:51:56	4:19:11	4:39:11	4:46:14
					39:12	1:01:11	45:21	50:29	35:43	27:15	20:00	7:03
34	229	Steve Bell	Dark Peak FR	V45	40:26	1:41:15	2:28:38	3:19:11	3:52:06	4:19:17	4:40:54	4:46:43
					40:26	1:00:49	47:23	50:33	32:55	27:11	21:37	5:49
35	188	Andrew Jebb	Bingley H	S	38:40	1:38:14	2:24:23	3:15:01	3:52:13	4:21:15	4:41:13	4:47:15
					38:40	59:34	46:09	50:38	37:12	29:02	19:58	6:02
36	90	Neil Ashcroft	Ambleside AC	V40	41:07	1:42:44	2:31:38	3:22:23	3:57:49	4:27:24	4:44:26	4:49:12
					41:07	1:01:37	48:54	50:45	35:26	29:35	17:02	4:46
37	240	Peter Crompton	CFR	V50	38:30	1:39:02	2:26:10	3:16:18	3:52:33	4:23:30	4:43:49	4:49:25
					38:30	1:00:32	47:08	50:08	36:15	30:57	20:19	5:36
38	228	Richard Snowden	Totley AC	V40	40:05	1:42:35	2:33:35	3:22:10	3:58:18	4:25:47	4:44:01	4:49:58
					40:05	1:02:30	51:00	48:35	36:08	27:29	18:14	5:57

39	135	Mark Chippendale	Bowland FR	V40	41:01	1:43:11	2:30:44	3:19:55	3:53:27	4:24:42	4:45:07	4:50:57
					41:01	1:02:10	47:33	49:11	33:32	31:15	20:25	5:50
40	89	Alastair Rhodes-Dawson	Todmorden H	S	39:03	1:39:21	2:24:51	3:18:25	3:54:26	4:25:18	4:46:01	4:51:48
					39:03	1:00:18	45:30	53:34	36:01	30:52	20:43	5:47
41	130	Steve Storey	Dark Peak FR	V50	41:41	1:44:31	2:32:57	3:23:25	3:57:45	4:27:45	4:46:34	4:52:13
					41:41	1:02:50	48:26	50:28	34:20	30:00	18:49	5:39
42	34	Andrew Wrench	Todmorden H	V40	39:13	1:38:42	2:26:25	3:20:08	3:55:59	4:25:16	4:47:36	4:54:41
					39:13	59:29	47:43	53:43	35:51	29:17	22:20	7:05
43	141	Jackie Winn	Ellenborough	V55	39:58	1:42:29	2:31:38	3:23:22	4:00:16	4:30:01	4:49:51	4:55:49
					39:58	1:02:31	49:09	51:44	36:54	29:45	19:50	5:58
44	115	Anne Johnson	CVFR	LV40	40:45	1:43:43	2:32:51	3:25:13	4:02:53	4:32:11	4:50:58	4:55:51
					40:45	1:02:58	49:08	52:22	37:40	29:18	18:47	4:53
45	215	Peter Ward	Lochaber AC	S	37:51	1:38:32	2:26:04	3:19:39	3:55:54	4:27:37	4:49:39	4:56:18
					37:51	1:00:41	47:32	53:35	36:15	31:43	22:02	6:39
46	72	Gareth Jones	Bitton RR	S	40:45	1:42:40	2:31:13	3:22:48	4:01:11	4:33:39	4:52:52	4:58:42
					40:45	1:01:55	48:33	51:35	38:23	32:28	19:13	5:50
47	125	Ian Rowbotham	Ilkley H	V50	44:51	1:51:02	2:39:37	3:31:07	4:06:02	4:35:45	4:54:40	4:59:55
					44:51	1:06:11	48:35	51:30	34:55	29:43	18:55	5:15
48	65	Nick Kirk	DPFR	V40	41:38	1:44:24	2:31:30	3:30:33	4:06:39	4:36:45	4:55:05	5:00:31
					41:38	1:02:46	47:06	59:03	36:06	30:06	18:20	5:26
49	216	Ian Barnes	Ambleside AC	S	42:21	1:47:35	2:37:54	3:33:02	4:09:20	4:37:08	4:56:12	5:02:39
					42:21	1:05:14	50:19	55:08	36:18	27:48	19:04	6:27
50	29	Martin Holroyd	Borrowdale FR	V40	43:15	1:51:31	2:44:27	3:38:32	4:15:39	4:44:06	5:00:47	5:05:42
					43:15	1:08:16	52:56	54:05	37:07	28:27	16:41	4:55
51	57	Alan Life	Clayton-le-M	V40	45:18	1:51:47	2:41:25	3:34:28	4:10:59	4:43:07	5:01:15	5:06:28
					45:18	1:06:29	49:38	53:03	36:31	32:08	18:08	5:13
52	198	Dave Wilby	Saltwell H	V45	39:12	1:41:16	2:31:26	3:25:01	4:08:04	4:38:28	5:00:40	5:06:45
					39:12	1:02:04	50:10	53:35	43:03	30:24	22:12	6:05
53	209	Nick Barraclough	U/A	V40	42:40	1:47:46	2:39:10	3:34:59	4:11:14	4:39:36	5:00:00	5:06:51
					42:40	1:05:06	51:24	55:49	36:15	28:22	20:24	6:51
54	9	Helen Fines	CVFR	LS	40:43	1:43:55	2:32:47	3:24:07	4:01:34	4:34:59	4:59:20	5:07:19
					40:43	1:03:12	48:52	51:20	37:27	33:25	24:21	7:59
55	161	Paul Kelly	Durham FR	V50	40:26	1:41:10	2:30:29	3:28:06	4:08:10	4:41:52	5:02:00	5:07:27
					40:26	1:00:44	49:19	57:37	40:04	33:42	20:08	5:27
56	248	Adam Perry	Manchester Uni.	S	39:26	1:41:22	2:32:56	3:29:51	4:07:22	4:38:47	5:02:14	5:07:32
					39:26	1:01:56	51:34	56:55	37:31	31:25	23:27	5:18
57	182	Tim Edward	Clayton-le-M	V40	39:49	1:43:46	2:33:31	3:27:59	4:08:17	4:39:18	5:01:53	5:08:09
					39:49	1:03:57	49:45	54:28	40:18	31:01	22:35	6:16
58	43	Stephen Smithies	CVFR	V40	38:44	1:38:40	2:24:44	3:16:27	3:56:04	4:33:22	5:03:02	5:10:24
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59	154	Paul Mitchell	Bingley H	V45	39:04	1:40:00	2:30:38	3:26:32	4:08:28	4:41:50	5:03:16	5:10:28
					39:04	1:00:56	50:38	55:54	41:56	33:22	21:26	7:12
60	167	Mary Gillie	Clwydian RR	V50	45:19	1:54:24	2:45:19	3:39:03	4:14:24	4:43:48	5:04:28	5:10:31
					45:19	1:09:05	50:55	53:44	35:21	29:24	20:40	6:03
61	226	Ed Gamble	Cheshire HR	LS	46:56	1:57:00	2:47:47	3:41:43	4:15:57	4:46:53	5:06:17	5:11:49
					46:56	1:10:04	50:47	53:56	34:14	30:56	19:24	5:32
62	69	Willie Bell	CFR	V50	41:11	1:43:50	2:33:22	3:26:38	4:08:42	4:46:11	5:06:41	5:12:25
					41:11	1:02:39	49:32	53:16	42:04	37:29	20:30	5:44
63	31	Jonathan Whitaker	Ilkley H	V45	40:27	1:47:55	2:41:22	3:37:54	4:15:31	4:45:51	5:06:51	5:12:48
					40:27	1:07:28	53:27	56:32	37:37	30:20	21:00	5:57
64	73	Matthew Sullivan	Shettlestone H	S	41:49	1:44:22	2:31:59	3:25:43	4:09:34	4:41:39	5:05:24	5:13:01
					41:49	1:02:33	47:37	53:44	43:51	32:05	23:45	7:37
65	129	Dave Tait	DPFR	V60	44:23	1:50:56	2:42:13	3:38:38	4:16:43	4:49:03	5:08:40	5:14:06
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66	212	Craig Smith	Keswick AC	V40	43:50	1:51:06	2:42:18	3:38:47	4:16:45	4:48:57	5:08:44	5:14:08
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67	112	Adam Lusby	U/A	S	50:41	2:02:10	2:50:50	3:46:19	4:22:40	4:51:05	5:09:59	5:15:17
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68	35	Andrew Horsfall	Todmorden H	V40	41:09	1:46:37	2:38:16	3:34:33	4:16:41	4:49:00	5:09:41	5:15:30
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69	113	Derek Fuller	U/A	S	40:56	1:51:54	2:46:24	3:41:58	4:22:09	4:51:07	5:10:51	5:16:21
					40:56	1:10:58	54:30	55:34	40:11	28:58	19:44	5:30
70	44	Martin Terry	Clayton-le-M	V45	44:57	1:54:16	2:46:10	3:43:18	4:20:05	4:52:32	5:11:27	5:16:38
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71	236	Hazel Robinson	Ambleside AC	LS	46:37	1:57:22	2:52:36	3:46:43	4:22:55	4:53:45	5:12:35	5:17:27
					46:37	1:10:45	55:14	54:07	36:12	30:50	18:50	4:52
72	50	Andrew Hirst	Wharfedale H	V45	43:40	1:51:39	2:46:01	3:43:22	4:22:48	4:54:16	5:12:42	5:17:53
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73	67	Nicky Spinks	DPFR	LV40	47:37	1:58:57	2:52:39	3:47:28	4:23:04	4:51:26	5:12:14	5:18:02
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74	198	Gavin Pattison	CFR	S	39:54	1:47:49	2:43:17	3:40:05	4:18:35	4:51:33	5:12:17	5:18:19
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75	62	David Sykes	DPFR	S	43:27	1:50:26	2:44:43	3:43:12	4:23:38	4:56:06	5:15:09	5:20:39
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76	149	Pete Booth	Clayton-le-M	V55	45:21	1:54:44	2:45:56	3:43:15	4:22:36	4:54:10	5:15:16	5:20:43
					45:21	1:09:23	51:12	57:19	39:21	31:34	21:06	5:27
77	192	Dave Sykes	Tattenhall	V40	48:02	1:56:56	2:49:54	3:47:49	4:25:51	4:55:45	5:15:41	5:22:12
					48:02	1:08:54	52:58	57:55	38:02	29:54	19:56	6:31
78	71	Philip Taylor	Rossendale H	V50	40:32	1:45:25	2:35:56	3:37:13	4:19:41	4:53:16	5:16:44	5:22:40
					40:32	1:04:53	50:31	1:01:17	42:28	33:35	23:28	5:56

79	32	Helene Whitaker	Ilkley H	LV40	43:50	1:56:07	2:53:14	3:49:28	4:27:27	4:57:03	5:17:36	5:24:01
					43:50	1:12:17	57:07	56:14	37:59	29:36	20:33	6:25
80	26	Holly Williamson	Ilkley H	LS	45:45	1:56:35	2:50:01	3:47:30	4:25:26	4:57:05	5:17:41	5:24:03
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81	193	Mark Ellithorn	Chorley H	V40	43:53	1:52:12	2:46:34	3:46:22	4:26:24	4:57:24	5:17:49	5:24:10
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82	111	Simon Halliday	Clayton-le-M	V40	47:40	2:01:12	2:58:35	3:57:05	4:34:17	5:04:43	5:20:50	5:25:38
					47:40	1:13:32	57:23	58:30	37:12	30:26	16:07	4:48
83	74	Matt Beresford	Kendal AC	V50	42:12	1:52:10	2:46:14	3:46:49	4:25:02	4:55:24	5:19:56	5:26:56
					42:12	1:09:58	54:04	1:00:35	38:13	30:22	24:32	7:00
84	79	Andy Butler	Pennine FR	V50	44:08	1:53:11	2:47:31	3:44:42	4:25:44	4:59:06	5:20:37	5:27:39
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85	133	Nick Hewitt	Bowland FR	LS	42:52	1:52:37	2:51:19	3:51:09	4:30:03	5:02:03	5:21:52	5:27:52
					42:52	1:09:45	58:42	59:50	38:54	32:00	19:49	6:00
86	197	Philip Pearson	Saltwell H	V40	42:39	1:48:28	2:40:51	3:36:44	4:16:48	4:52:53	5:20:47	5:28:05
					42:39	1:05:49	52:23	55:53	40:04	36:05	27:54	7:18
87	20	Craig Stansfield	Rosendale H	S	45:48	1:55:30	2:49:48	3:49:10	4:31:06	5:02:42	5:22:54	5:28:07
					45:48	1:09:42	54:18	59:22	41:56	31:36	20:12	5:13
88	244	Ian Lancaster	Tattenhall	V40	42:30	1:48:56	2:40:58	3:40:27	4:25:59	5:01:48	5:25:17	5:31:33
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89	162	Bill Oxley	FRA	V50	47:23	2:00:14	2:52:41	3:49:13	4:29:23	5:02:32	5:25:02	5:31:41
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90	18	Jo Taylor	Bowland FR	V55	45:50	1:56:42	2:49:46	3:47:45	4:29:21	5:02:35	5:26:32	5:33:09
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91	114	Peter Browning	Clayton-le-M	V50	47:43	2:01:09	2:58:40	3:57:33	4:35:42	5:07:32	5:28:09	5:33:49
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92	227	Greg Crowley	DPFR	V40	47:44	2:00:13	2:54:33	3:53:40	4:32:55	5:04:31	5:27:47	5:34:02
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93	186	Paul Jennings	CFR	V50	47:30	1:59:12	2:53:52	3:52:36	4:33:26	5:07:21	5:28:13	5:34:23
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94	63	Greg Rimmer	DPFR	S	46:11	1:56:58	2:53:33	3:57:01	4:35:55	5:08:41	5:29:15	5:35:04
					46:11	1:10:47	56:35	1:03:28	38:54	32:46	20:34	5:49
95	45	Andrew McFarlane	Clayton-le-M	LV45	42:14	1:46:12	2:38:02	3:36:15	4:20:22	5:01:06	5:28:33	5:35:49
					42:14	1:03:58	51:50	58:13	44:07	40:44	27:27	7:16
96	151	Dave Stephenson	Bingley H	V50	47:57	1:58:22	2:53:04	3:53:45	4:33:52	5:05:59	5:30:16	5:36:34
					47:57	1:10:25	54:42	1:00:41	40:07	32:07	24:17	6:18
97	77	Pete Tayler	Black Coombe	V40	44:03	1:54:55	2:51:29	3:51:42	4:33:49	5:08:38	5:30:39	5:37:02
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98	103	William Ross	Black Coombe	V40	46:09	1:59:02	2:55:52	3:56:52	4:35:46	5:10:52	5:31:32	5:38:00
					46:09	1:12:53	56:50	1:01:00	38:54	35:06	20:40	6:28

99	6	Richard Walsh	Worcester AC	V45	45:27	1:55:39	2:50:24	3:50:17	4:33:46	5:10:32	5:32:24	5:38:06
					45:27	1:10:12	54:45	59:53	43:29	36:46	21:52	5:42
100	88	Neil Cassidy	Tynedale	V40	42:23	1:50:59	2:46:22	3:47:57	4:30:48	5:05:30	5:32:14	5:38:49
					42:23	1:08:36	55:23	1:01:35	42:51	34:42	26:44	6:35
101	238	Kirstin Bailey	Bingley H	S	44:52	1:56:09	2:53:30	3:56:05	4:35:49	5:09:25	5:32:37	5:38:50
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102	127	Martin Farrar	Skyrac	V45	45:42	1:59:15	2:58:07	3:59:47	4:41:14	5:13:47	5:33:44	5:39:00
					45:42	1:13:33	58:52	1:01:40	41:27	32:33	19:57	5:16
103	33	Alison Weston	Ilkley H	LV40	48:09	2:03:32	3:00:04	3:57:55	4:37:55	5:10:55	5:33:03	5:39:03
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104	52	Phil Vincent	Tynedale	S	45:33	1:54:20	2:51:27	3:55:09	4:39:36	5:12:52	5:33:53	5:39:05
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105	153	Michael Crook	Horwich RMI	V60	44:27	1:52:06	2:46:17	3:47:24	4:29:32	5:07:49	5:32:29	5:39:51
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106	144	Andy Roberts	Congleton H	V40	46:23	1:58:28	2:54:42	3:57:21	4:39:39	5:12:36	5:33:51	5:40:09
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107	191	Neil Walker	Altrincham	S	42:55	1:49:54	2:48:24	3:50:28	4:35:12	5:08:46	5:33:50	5:41:15
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108	146	Tony Wimbush	Idle AC	V55	49:01	2:02:25	2:59:50	4:00:13	4:40:58	5:14:03	5:35:20	5:41:30
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109	15	Andrew Fox	Glossopdale H	V50	52:08	2:09:27	3:08:06	4:07:42	4:46:30	5:16:09	5:36:26	5:41:52
					52:08	1:17:19	58:39	59:36	38:48	29:39	20:17	5:26
110	2	Graham McArr	Cheshire HR	V55	42:12	1:48:26	2:42:35	3:45:17	4:28:52	5:07:43	5:35:02	5:42:14
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111	234	Malcolm Christie	Chorley H	V45	42:33	1:48:34	2:40:25	3:37:32	4:22:05	5:07:26	5:33:26	5:43:35
					42:33	1:06:01	51:51	57:07	44:33	45:21	26:00	10:09
112	80	Ian Warhurst	Pennine FR	V50	47:08	1:58:34	2:52:32	3:55:05	4:39:33	5:13:35	5:37:18	5:43:41
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113	110	Stewart Barrie	Hunters BT	V40	50:42	2:07:11	3:05:00	4:04:51	4:45:18	5:16:17	5:38:27	5:43:55
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114	119	Richard Bellaries	Clayton-le-M	V55	47:47	2:02:57	3:00:48	4:04:14	4:47:28	5:20:32	5:38:44	5:44:07
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115	242	Kath Brierley	Todmorden H	LV45	48:25	2:03:26	3:03:23	4:06:19	4:48:41	5:20:27	5:39:07	5:44:13
					48:25	1:15:01	59:57	1:02:56	42:22	31:46	18:40	5:06
116	84	Noel Hogan	Newport DRC	V40	46:51	1:59:26	2:56:13	3:57:59	4:39:45	5:14:06	5:37:44	5:44:18
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117	46	Geoffrey Howard	Ilkley H	V65	50:05	2:03:45	3:00:51	3:57:46	4:41:00	5:15:30	5:39:21	5:45:23
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118	203	Andrew McFie	Todmorden H	V40	43:47	1:52:04	2:47:14	3:54:15	4:42:23	5:17:53	5:39:14	5:45:29
					43:47	1:08:17	55:10	1:07:01	48:08	35:30	21:21	6:15

119	1	Tom Roo	Mercia FR	S	48:24	1:58:40	2:54:08	3:54:43	4:45:36	5:22:18	5:40:25	5:46:04
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120	246	Anna Forrest	Ambleside AC	LV40	48:23	2:04:37	3:05:14	4:09:04	4:49:49	5:21:29	5:40:44	5:46:18
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121	101	John Thompson	Newburgh N	V40	45:48	1:58:19	2:55:43	4:02:01	4:46:50	5:18:34	5:40:41	5:46:24
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122	48	Martin Brady	Clayton-le-M	V45	47:40	2:00:39	2:56:09	3:59:07	4:41:22	5:18:04	5:40:32	5:46:48
					47:40	1:12:59	55:30	1:02:58	42:15	36:42	22:28	6:16
123	10	Michael McLaughlin	Preston H	V55	47:58	2:04:09	3:03:38	4:05:10	4:45:40	5:18:38	5:40:36	5:47:10
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124	175	Gary Pearson	Croft Ambrey	S	48:03	2:02:02	3:00:23	4:01:28	4:47:19	5:20:31	5:41:10	5:48:54
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125	243	Rachael Lawrence	Macclesfield H	LS	47:40	2:00:54	2:58:10	4:00:02	4:42:17	5:17:45	5:42:18	5:49:27
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126	170	Andrew Nicoll	Bingley H	V40	39:24	1:44:46	2:43:11	3:47:13	4:32:19	5:11:13	5:40:05	5:50:01
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127	55	Wendy Dodds	Clayton-le-M	LV55	48:39	2:05:13	3:03:05	4:05:07	4:47:26	5:20:24	5:43:46	5:50:25
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128	100	Michael Coppelov	Newburgh N	S	47:09	1:57:45	2:53:50	3:59:26	4:45:54	5:19:46	5:43:30	5:50:49
					47:09	1:10:36	56:05	1:05:36	46:28	33:52	23:44	7:19
129	16	John Taylor	Bowland FR	V60	51:21	2:07:55	3:05:04	4:07:33	4:49:54	5:24:15	5:45:35	5:51:39
					51:21	1:16:34	57:09	1:02:29	42:21	34:21	21:20	6:04
130	68	Declan O'Duffy	Bowland FR	V50	47:16	2:00:00	3:00:00	4:05:59	4:47:58	5:21:50	5:45:02	5:51:42
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131	117	Naomi Sharratt	CVFR	LV40	45:52	1:56:54	2:52:13	3:53:58	4:39:16	5:15:20	5:45:15	5:51:56
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132	241	Andrew Hearle	Mercia FR	V50	46:02	1:59:03	2:55:54	3:59:18	4:46:43	5:22:15	5:46:14	5:51:57
					46:02	1:13:01	56:51	1:03:24	47:25	35:32	23:59	5:43
133	250	Fleecy Moss	St Bees	V40	47:48	1:59:06	2:58:24	4:00:44	4:44:06	5:20:03	5:46:00	5:52:06
					47:48	1:11:18	59:18	1:02:20	43:22	35:57	25:57	6:06
134	179	Richard Topliss	Pennine FR	V40	48:03	1:58:27	2:50:45	3:47:53	4:27:38	5:07:20	5:43:24	5:52:28
					48:03	1:10:24	52:18	57:08	39:45	39:42	36:04	9:04
135	178	Daniel Barnett	Croft Ambrey	S	45:50	1:57:05	2:55:17	3:57:38	4:43:03	5:19:12	5:45:05	5:52:33
					45:50	1:11:15	58:12	1:02:21	45:25	36:09	25:53	7:28
136	76	Isaline Hughes	Burnden RR	LV40	46:18	2:01:47	3:00:28	4:04:55	4:47:41	5:22:13	5:48:53	5:55:20
					46:18	1:15:29	58:41	1:04:27	42:46	34:32	26:40	6:27
137	53	Rob Carter	Bishops S	S	47:42	2:03:20	3:01:18	4:05:40	4:51:59	5:26:56	5:50:58	5:57:51
					47:42	1:15:38	57:58	1:04:22	46:19	34:57	24:02	6:53
138	138	Brian Melia	Ilkley H	V40	44:24	1:58:09	2:59:00	4:05:28	4:51:16	5:27:04	5:51:42	5:58:12
					44:24	1:13:45	1:00:51	1:06:28	45:48	35:48	24:38	6:30

139	204	Ian Connell	Clayton-le-M	V45	49:32	2:05:03	3:03:50	4:08:10	4:53:40	5:29:03	5:51:49	5:58:37
					49:32	1:15:31	58:47	1:04:20	45:30	35:23	22:46	6:48
140	75	Susan` Clough	Ambleside AC	LV40	52:17	2:09:35	3:08:07	4:09:29	4:51:23	5:25:47	5:51:33	5:58:40
					52:17	1:17:18	58:32	1:01:22	41:54	34:24	25:46	7:07
141	251	Peter Ferris	CFR	V45	47:28	2:01:58	2:59:46	4:04:10	4:48:27	5:28:07	5:52:13	5:59:41
					47:28	1:14:30	57:48	1:04:24	44:17	39:40	24:06	7:28
142	24	Dave Power	Aberystwyth	V55	45:58	2:02:23	3:04:03	4:09:19	4:54:43	5:29:23	5:53:46	6:01:10
					45:58	1:16:25	1:01:40	1:05:16	45:24	34:40	24:23	7:24
143	168	Catherine Evans	Keswick AC	LS	52:15	2:08:41	3:11:30	4:14:00	4:56:40	5:30:46	5:55:45	6:02:14
					52:15	1:16:26	1:02:49	1:02:30	42:40	34:06	24:59	6:29
144	169	Jo Gillyon	Keswick AC	LS	52:14	2:08:43	3:11:32	4:14:07	4:56:41	5:30:45	5:55:43	6:02:15
					52:14	1:16:29	1:02:49	1:02:35	42:34	34:04	24:58	6:32
145	196	Stephen Fry	Bingley H	V45	47:51	1:55:46	2:52:02	4:05:33	4:51:22	5:27:48	5:57:51	6:03:25
					47:51	1:07:55	56:16	1:13:31	45:49	36:26	30:03	5:34
146	49	Andrew Robinson	Clayton-le-M	V55	49:03	1:59:33	2:51:33	3:48:00	4:33:20	5:23:34	5:55:17	6:03:32
					49:03	1:10:30	52:00	56:27	45:20	50:14	31:43	8:15
147	199	Robert Taylor	Pennine FR	V55	51:40	2:08:15	3:06:35	4:12:23	4:57:30	5:35:04	5:58:18	6:03:37
					51:40	1:16:35	58:20	1:05:48	45:07	37:34	23:14	5:19
148	19	Clare Kenny	CVFR	LV45	49:43	2:06:49	3:08:36	4:11:25	4:58:09	5:34:45	5:58:43	6:04:50
					49:43	1:17:06	1:01:47	1:02:49	46:44	36:36	23:58	6:07
149	224	John Hazell	FRA	V50	50:19	2:05:08	3:06:04	4:11:15	4:55:34	5:34:28	5:58:48	6:05:12
					50:19	1:14:49	1:00:56	1:05:11	44:19	38:54	24:20	6:24
150	158	Lawrence Eccles	U/A	S	42:02	1:57:54	3:00:55	4:09:14	4:58:42	5:33:43	6:00:31	6:06:38
					42:02	1:15:52	1:03:01	1:08:19	49:28	35:01	26:48	6:07
151	21	Chris Green	FRA	S	50:44	2:08:25	3:11:00	4:18:21	5:01:39	5:40:05	6:00:52	6:06:42
					50:44	1:17:41	1:02:35	1:07:21	43:18	38:26	20:47	5:50
152	195	Britta Sendlhofer	Ambleside AC	LS	50:24	2:08:59	3:09:55	4:15:57	4:59:51	5:34:56	6:00:26	6:07:12
					50:24	1:18:35	1:00:56	1:06:02	43:54	35:05	25:30	6:46
153	160	Suzanne Budgett	Horwich RMI	LV45	50:41	2:04:13	3:04:26	4:12:17	4:58:35	5:34:50	6:01:09	6:07:50
					50:41	1:13:32	1:00:13	1:07:51	46:18	36:15	26:19	6:41
154	208	Shaun Hardisty	Eden Runners	V40	48:33	2:05:01	3:03:28	4:08:20	4:54:46	5:31:05	6:00:37	6:09:03
					48:33	1:16:28	58:27	1:04:52	46:26	36:19	29:32	8:26
155	166	Judy Howells	Wharfedale R	LS	52:14	2:08:39	3:11:27	4:14:03	4:58:45	5:35:16	6:03:57	6:12:09
					52:14	1:16:25	1:02:48	1:02:36	44:42	36:31	28:41	8:12
156	177	Mike Munnelly	Pennine FR	S	51:06	2:08:48	3:09:41	4:17:56	5:05:09	5:43:40	6:06:53	6:13:58
					51:06	1:17:42	1:00:53	1:08:15	47:13	38:31	23:13	7:05
157	56	Mark Graham	CFR	V50	50:03	2:09:25	3:10:36	4:17:08	5:07:15	5:46:18	6:08:11	6:14:13
					50:03	1:19:22	1:01:11	1:06:32	50:07	39:03	21:53	6:02
158	86	Paul Atkinson	U/A	V40	48:00	2:04:59	3:08:21	4:13:45	5:03:08	5:40:51	6:08:07	6:15:08
					48:00	1:16:59	1:03:22	1:05:24	49:23	37:43	27:16	7:01

159	70	John Armstrong	Rochdale H	V55	50:15	2:08:53	3:09:49	4:15:35	5:00:00	5:36:11	6:03:35	6:15:42
					50:15	1:18:38	1:00:56	1:05:46	44:25	36:11	27:24	12:07
160	252	Steve Wathall	Retford AC	V50	47:35	2:02:54	3:05:30	4:15:42	5:07:40	5:43:36	6:08:52	6:16:39
					47:35	1:15:19	1:02:36	1:10:12	51:58	35:56	25:16	7:47
161	91	James Riley	Todmorden H	S	50:28	2:08:50	3:10:04	4:17:27	5:04:02	5:42:14	6:09:25	6:17:56
					50:28	1:18:22	1:01:14	1:07:23	46:35	38:12	27:11	8:31
162	27	Anthony Fryer	Valley Striders	S	44:06	2:02:14	3:02:59	4:15:14	5:02:51	5:41:20	6:08:42	6:18:21
					44:06	1:18:08	1:00:45	1:12:15	47:37	38:29	27:22	9:39
163	87	Rachel Skinner	Todmorden H	LS	50:30	2:12:56	3:18:40	4:25:33	5:12:50	5:49:56	6:13:53	6:20:08
					50:30	1:22:26	1:05:44	1:06:53	47:17	37:06	23:57	6:15
164	22	Darren Parker	FRA	V40	47:38	2:07:02	3:09:30	4:19:23	5:09:53	5:50:36	6:15:43	6:22:14
					47:38	1:19:24	1:02:28	1:09:53	50:30	40:43	25:07	6:31
165	142	Susan Hodgkinson	Black Coombe	LS	50:30	2:11:57	3:12:35	4:19:56	5:08:27	5:44:57	6:15:21	6:23:02
					50:30	1:21:27	1:00:38	1:07:21	48:31	36:30	30:24	7:41
166	159	Paul Jackson	U/A	S	46:14	2:02:59	3:04:17	4:13:55	5:11:38	5:48:32	6:17:38	6:25:11
					46:14	1:16:45	1:01:18	1:09:38	57:43	36:54	29:06	7:33
167	164	Daniel Tindall	CFR	S	50:47	2:07:18	3:12:07	4:30:15	5:17:18	5:55:45	6:19:39	6:25:58
					50:47	1:16:31	1:04:49	1:18:08	47:03	38:27	23:54	6:19
168	42	Kirsty Hall	Wharfedale H	LS	50:12	2:08:57	3:11:49	4:19:52	5:10:01	5:49:14	6:18:45	6:28:09
					50:12	1:18:45	1:02:52	1:08:03	50:09	39:13	29:31	9:24
169	148	Paul Archer	Clayton-le-M	V40	49:00	2:00:52	3:01:45	4:12:02	5:08:32	5:49:22	6:17:41	6:29:34
					49:00	1:11:52	1:00:53	1:10:17	56:30	40:50	28:19	11:53
170	165	Paul Simpson	Kendal AC	V45	48:33	2:08:45	3:12:38	4:22:27	5:14:33	5:58:44	6:24:30	6:30:32
					48:33	1:20:12	1:03:53	1:09:49	52:06	44:11	25:46	6:02
171	207	Andrew Murray	Keswick AC	S	48:09	2:05:31	3:11:34	4:25:43	5:16:16	5:56:40	6:24:22	6:31:49
					48:09	1:17:22	1:06:03	1:14:09	50:33	40:24	27:42	7:27
172	206	Geoff Smith	Clayton-le-M	S	48:17	2:04:52	3:09:53	4:22:34	5:14:03	5:56:33	6:24:26	6:31:51
					48:17	1:16:35	1:05:01	1:12:41	51:29	42:30	27:53	7:25
173	36	Rob Shepherd	FRA	V40	48:23	2:05:24	3:06:25	4:18:17	5:14:16	5:52:51	6:24:55	6:32:00
					48:23	1:17:01	1:01:01	1:11:52	55:59	38:35	32:04	7:05
174	3	Mandy Clarke	Bingley H	LV40	51:11	2:09:30	3:11:06	4:22:31	5:13:38	5:53:18	6:25:27	6:32:51
					51:11	1:18:19	1:01:36	1:11:25	51:07	39:40	32:09	7:24
175	78	Geoffrey Fielding	Rosendale H	S	48:30	2:09:12	3:12:56	4:24:28	5:17:12	5:56:49	6:25:02	6:33:09
					48:30	1:20:42	1:03:44	1:11:32	52:44	39:37	28:13	8:07
176	96	Thirza Hyde	CVFR	LV50	49:01	2:09:32	3:11:56	4:20:03	5:13:32	5:54:25	6:25:50	6:33:40
					49:01	1:20:31	1:02:24	1:08:07	53:29	40:53	31:25	7:50
177	211	Dan Fawcett	Keswick AC	S	48:53	2:12:31	3:19:12	4:31:46	5:23:42	6:03:54	6:27:20	6:34:29
					48:53	1:23:38	1:06:41	1:12:34	51:56	40:12	23:26	7:09
178	131	Richard Leonard	Todmorden H	V50	48:20	2:08:23	3:11:58	4:19:07	5:16:13	5:56:53	6:26:41	6:34:39
					48:20	1:20:03	1:03:35	1:07:09	57:06	40:40	29:48	7:58

179	181	Katy Thompson	Clayton-le-M	LV55	53:47	2:15:17	3:21:14	4:29:15	5:21:31	6:03:34	6:28:47	6:35:31
					53:47	1:21:30	1:05:57	1:08:01	52:16	42:03	25:13	6:44
180	126	Graham Breeze	Skyrac AC	V60	52:21	2:12:00	3:14:28	4:26:12	5:18:16	6:00:54	6:28:50	6:35:34
					52:21	1:19:39	1:02:28	1:11:44	52:04	42:38	27:56	6:44
181	58	Max Howard	Retford AC	V50	49:47	2:11:38	3:18:25	4:29:27	5:22:19	6:04:14	6:29:56	6:36:52
					49:47	1:21:51	1:06:47	1:11:02	52:52	41:55	25:42	6:56
182	249	Roderick Pugh	Kilmarnock H	V50	51:53	2:09:18	3:15:52	4:24:51	5:19:39	6:03:48	6:30:15	6:37:59
					51:53	1:17:25	1:06:34	1:08:59	54:48	44:09	26:27	7:44
183	85	Daniel Taylor	Todmorden H	S	51:58	2:15:06	3:18:28	4:24:33	5:21:50	6:00:56	6:31:02	6:39:26
					51:58	1:23:08	1:03:22	1:06:05	57:17	39:06	30:06	8:24
184	102	Mark Rennison	U/A	V40	42:59	1:59:11	3:04:29	4:20:35	5:14:10	5:58:14	6:31:10	6:39:57
					42:59	1:16:12	1:05:18	1:16:06	53:35	44:04	32:56	8:47
185	106	Paul Lydon	Totley AC	S	48:06	2:04:16	3:05:34	4:18:15	5:20:58	6:04:04	6:32:39	6:40:02
					48:06	1:16:10	1:01:18	1:12:41	1:02:43	43:06	28:35	7:23
186	155	Dave Till	Helm Hill R	V50	49:52	2:14:33	3:21:32	4:33:01	5:26:22	6:08:45	6:33:07	6:40:08
					49:52	1:24:41	1:06:59	1:11:29	53:21	42:23	24:22	7:01
187	5	Nigel Horney	Keswick AC	V50	47:45	2:05:30	3:10:53	4:20:59	5:16:09	5:57:40	6:29:48	6:40:57
					47:45	1:17:45	1:05:23	1:10:06	55:10	41:31	32:08	11:09
188	116	Edwin Sherstone	Southport W	V40	48:26	2:05:20	3:09:10	4:20:46	5:16:23	6:00:48	6:34:19	6:44:14
					48:26	1:16:54	1:03:50	1:11:36	55:37	44:25	33:31	9:55
189	185	Roger Whitaker	CFR	V60	50:51	2:11:16	3:13:22	4:30:46	5:30:21	6:11:41	6:43:53	6:51:56
					50:51	1:20:25	1:02:06	1:17:24	59:35	41:20	32:12	8:03
190	118	Lauren Jeska	Todmorden H	LS	50:34	2:17:47	3:22:32	4:27:10	5:23:49	6:06:30	6:39:06	6:52:40
					50:34	1:27:13	1:04:45	1:04:38	56:39	42:41	32:36	13:34
191	140	Louise Adby	Todmorden H	LV45	52:34	2:19:38	3:25:00	4:31:37	5:29:32	6:12:43	6:45:52	6:54:02
					52:34	1:27:04	1:05:22	1:06:37	57:55	43:11	33:09	8:10
192	184	Mike Hind	Borrowdale FR	V55	50:46	2:11:20	3:16:49	4:32:31	5:37:45	6:22:25	6:51:22	6:58:42
					50:46	1:20:34	1:05:29	1:15:42	1:05:14	44:40	28:57	7:20
193	145	Colin Brooke	U/A	V55	51:45	2:15:21	3:21:30	4:31:49	5:33:13	6:17:39	6:50:56	6:59:06
					51:45	1:23:36	1:06:09	1:10:19	1:01:24	44:26	33:17	8:10
194	82	Paul Jackson	Chorley H	V40	52:17	2:12:34	3:18:21	4:29:08	5:37:48	6:26:41	7:07:02	7:16:26
					52:17	1:20:17	1:05:47	1:10:47	1:08:40	48:53	40:21	9:24

Retirements

Rod Sutcliffe	CVFR	53:56	2:19:13	3:30:09	-----	-----	-----	-----	-----
		53:56	1:25:17	1:10:56					
Gary Thorpe	Ambleside AC	39:19	1:40:33	2:31:06	3:36:40	-----	-----	-----	-----
		39:19	1:01:14	50:33	1:05:34				
Jon Deegan	Ambleside AC	35:01	1:29:51	2:15:23	3:01:28	-----	-----	-----	-----
		35:01	54:50	45:32	46:05				
Aidan Linskill	Totley AC	39:41	-----	-----	-----	-----	-----	-----	-----
		39:41							
Nick Marx	Army Commando	56:24	2:43:09	-----	-----	-----	-----	-----	-----
		56:24	1:46:45						
Jim Bell	DPFR	41:44	1:49:26	2:46:38	-----	-----	-----	-----	-----
		41:44	1:07:42	57:12					
David Owens	Keswick AC	45:44	1:55:13	2:51:45	-----	-----	-----	-----	-----
		45:44	1:09:29	56:32					
Tim Werrett	Mercia FR	38:32	1:37:57	2:24:27	3:23:16	-----	-----	-----	-----
		38:32	59:25	46:30	58:49				
David Naylor	Clayton-le-M	52:32	2:20:44	-----	-----	-----	-----	-----	-----
		52:32	1:28:12						
Robert Little	DPFR	38:17	1:37:49	-----	-----	-----	-----	-----	-----
		38:17	59:32						
Ed Swift	Horwich RMI	-----	-----	-----	-----	-----	-----	-----	-----
Jackie Lee	Eryri H	42:11	1:48:24	-----	-----	-----	-----	-----	-----
		42:11	1:06:13						
Jane Murphy	Clayton-le-M	54:11	2:18:47	3:25:43	4:43:05	-----	-----	-----	-----
		54:11	1:24:36	1:06:56	1:17:22				
Paul Thompson	Clayton-le-M	36:24	1:32:59	2:16:08	-----	-----	-----	-----	-----
		36:24	56:35	43:09					
Dave Bowen	Pennine FR	51:54	2:18:08	3:24:06	-----	-----	-----	-----	-----
		51:54	1:26:14	1:05:58					
Brian Walton	Horwich RMI	39:51	1:46:06	2:50:30	-----	-----	-----	-----	-----
		39:51	1:06:15	1:04:24					
Steve Jackson	Horwich RMI	50:36	2:07:52	3:12:42	-----	-----	-----	-----	-----
		50:36	1:17:16	1:04:50					
Dave Collins	Todmorden H	42:04	1:47:41	-----	-----	-----	-----	-----	-----
		42:04	1:05:37						
Mandy Goth	Todmorden H	56:08	2:25:50	3:38:25	-----	-----	-----	-----	-----
		56:08	1:29:42	1:12:35					
Phil Hodgson	Todmorden H	44:02	1:59:	-----	-----	-----	-----	-----	-----
		44:02	1:15:29						

