

CUMBERLAND FELL RUNNERS ASSOCIATION
 BUTTERMERE 'SAILBECK' FELL RACE RESULTS '98

POS	CAT	NAME	CLUB	ARD CRAGS	RIGG BECK	CAUSEY PIKE	CRAG HILL	WHITE -LESS PIKE	FINISH
1		S Booth	Borrowdale	0:26	0:35	0:52	1:11	1:18	1:24:05
2		I Holmes	Bingley	0:26	0:35	0:52	1:11	1:18	1:25:56
3		S Hawkins	Bingley	0:26	0:35	0:52	1:11	1:19	1:26:26
4		M Rigby	Ambleside	0:27	0:35	0:53	1:12	1:20	1:26:43
5		J Davies	Borrowdale	0:27	0:36	0:53	1:13	1:20	1:26:53
6		R Jeb	Bingley	0:27	0:35	0:53	1:12	1:20	1:27:14
7		M Roberts	Borrowdale	0:26	0:35	0:54	1:14	1:22	1:28:46.3
8	V40	D Neill	Mercia	0:27	0:36	0:54	1:14	1:22	1:28:46.8
9		M Kinch	Bingley	0:28	0:35	0:53	1:13	1:22	1:29:00
10		S Livesey	Clayton-Le-Moors	0:26	0:37	0:55	1:15	1:24	1:31:11
11		C Roberts	Kendal	0:28	0:37	0:56	1:16	1:24	1:31:13
12		A Trigg	Glossopdale	0:28	0:37	0:56	1:16	1:24	1:31:38
13	V40	M Patterson	Shettleston	0:28	0:67	0:54	1:16	1:24	1:31:51
14		G Bland	Borrowdale	0:28	0:37	0:56	1:17	1:25	1:32:01
15		M Whitfield	Bingley	0:28	0:36	0:54	1:15	1:24	1:32:24
16		J Hepburn	Lochaber AC	0:28	0:37	0:56	1:17	1:25	1:32:32
17		D Flatley	Horwich RMI	0:29	0:38	0:57	1:17	1:25	1:32:42
18		N Carty North	Belfast Harriers	0:28	0:38	0:56	1:17	1:26	1:33:03
19		I Postlethwaite	CFR	0:29	0:38	0:56	1:17	1:25	1:33:20
20		M Palmer	Forest of Dean	0:28	0:37	0:56	1:18	1:26	1:33:31
21		A Wrench	Todmorden H	0:29	0:38	0:57	1:18	1:26	1:33:34
22		A Schofield	Borrowdale	0:29	0:38	0:57	1:18	1:26	1:33:37
23	V40	S Oldfield	Bradford Airedale	0:29	0:38	0:57	1:18	1:26	1:33:43
24		B Ervine	Ballydrain H	0:29	0:38	0:56	1:17	1:25	1:33:48
25	V40	D Houlsworth	Kendal	0:30	0:39	0:58	1:19	1:24	1:33:53
26		J McQueen	Eryri	0:29	0:38	0:58	1:19	1:27	1:34:17
27		J Bland	Borrowdale	0:28	0:36	0:55	1:17	1:26	1:34:42
28	V40	A Jones	Glossopdale H	0:31	0:38	0:59	1:20	1:28	1:35:00
29	V40	G Schofield	Horwich RMI	0:30	0:39	0:59	1:20	1:28	1:35:10
30		I Boothroyd	CFR	0:29	0:39	0:57	1:18	1:27	1:35:29
31		N Spence	Kendal	0:29	0:38	0:58	1:20	1:29	1:36:01
32	V40	W Procter	Kendal	0:30	0:39	0:59	1:20	1:29	1:36:19
33		D Gamble	Mandale	0:29	0:38	0:58	1:20	1:28	1:36:24
34		M Amor	CFR	0:28	0:36	0:56	1:19	1:28	1:36:25
35		J Hunt	Mersey FR	0:30	0:39	1:00	1:21	1:29	1:36:27

36	V40	R Jamieson	Ambleside	0:30	0:39	0:59	1:21	1:29	1:36:48
37		M Fleming	Ambleside	0:30	0:39	0:59	1:22	1:29	1:36:57
38		G Webb	Calder Valley	0:29	0:39	0:59	1:22	1:29	1:37:04
39	V40	D Woodhead	Horwich RMI	0:29	0:39	0:59	1:21	1:29	1:37:16
40		S Bottomley	Eccleshill	0:28	0:39	1:00	1:22	1:30	1:37:22
41		R Lawrence	Bingley	0:29	0:38	0:59	1:22	1:31	1:37:48
42		D Crowe	Shettleston	0:28	0:37	0:57	1:20	1:29	1:38:00
43		M Horrocks	Clayton-Le-Moors	0:28	0:39	0:58	1:21	1:30	1:38:31
44		C Bottomley	Keighley & Craven	0:29	0:39	0:58	1:20	1:29	1:38:44
45		M Higginbottom	Carnethy	0:31	0:40	1:01	1:23	1:31	1:38:48
46	V50	J Patterson	Albertville H	0:30	0:40	1:00	1:22	1:31	1:38:51
47		P Skelton	CFR	0:30	0:39	1:00	1:22	1:31	1:38:58
48		J Wright	Todmorden H	0:31	0:40	1:01	1:24	1:31	1:39:08
49	L (Rec)	A Mudge	Carnethy	0:30	0:40	0:59	1:21	1:30	1:39:16
50	V40	G Gough	Clayton-Le-Moors	0:29	0:39	1:58	1:21	1:30	1:39:50
51		S Shuttleworth	Ambleside	0:31	0:40	1:01	1:24	1:32	1:39:51
52	V40	S Jackson	Horwich RMI	0:30	0:39	1:01	1:24	1:32	1:39:56
53		B Evans	Ambleside	0:31	0:40	1:02	1:25	1:33	1:40:00
54		G Watson	Eltringham AC	0:30	0:39	1:00	1:23	1:32	1:40:06
55	V40	B Roberts	Mandale	0:32	0:41	1:02	1:25	1:33	1:40:14
56		D Troman	Keswick	0:30	0:39	1:00	1:23	1:32	1:40:16
57	V45	P Clarke	Kendal	0:31	0:40	1:01	1:24	1:32	1:40:19
58		M Procter	Clayton-Le-Moors	0:32	0:42	1:03	1:25	1:33	1:40:26
59		S Hicks	Borrowdale	0:30	0:39	1:00	1:23	1:32	1:40:33
60		S Fairmanner	Trafford AC	0:30	0:39	1:00	1:23	1:32	1:40:50
61		S Willis	Todmorden H	0:27	0:36	0:56	1:19	1:30	1:40:55
62	V40	W Bell	CFR	0:31	0:39	1:00	1:25	1:33	1:41:22
63		R Byers	Trafford AC	0:30	0:39	1:01	1:25	1:33	1:41:29
64		P Mitchell	Bingley	0:31	0:39	1:00	1:23	1:32	1:41:54
65		D Gartley	Stockport	0:30	0:39	1:00	1:24	1:33	1:42:14
66		G Thomas	Kendal	0:32	0:41	1:03	1:26	1:34	1:42:29
67	V40	A Hauser	Pudsey & Bramley	0:30	0:39	1:00	1:24	1:34	1:42:46
68	V45	R Taylor	Pennine	0:32	0:41	1:03	1:26	1:34	1:42:48
69		A Davies	Borrowdale	0:31	0:42	1:02	1:25	1:34	1:42:52
70		J Brook	Bingley	0:32	0:41	1:03	1:26	1:35	1:42:54
71		L Gibson	CFR	0:31	0:39	1:01	1:25	1:34	1:42:57
72		P Pollitt	Bolton	0:32	0:41	1:03	1:26	1:34	1:43:04
73	V45	H Jarrett	CFR	0:32	0:41	1:02	1:26	1:36	1:43:45
74	V40	S Houghton	Calder Valley	0:33	0:43	1:05	1:27	1:36	1:43:46
75		A Woods	Eryri	0:32	0:41	1:03	1:26	1:36	1:43:47
76		W Brown	Calder Valley	0:32	0:42	1:04	1:27	1:36	1:43:53

77		M Holroyd	Borrowdale	0:32	0:40	1:03	1:27	1:36	1:44:01
78	V45	J Holt	Clayton-Le-Moors	0:32	0:41	1:03	1:27	1:36	1:44:07
79	V40	A Beaty	CFR	0:32	0:41	1:03	1:27	1:36	1:44:38
80		D Duxbury	Ambleside	0:32	0:42	1:03	1:27	1:36	1:44:47
81		B Connor	Carnethy	0:32	0:42	1:05	1:28	1:37	1:45:02
82		S Bell	Dark Peak FR	0:32	0:42	1:04	1:27	1:36	1:45:07
83		S Scott	NFR	0:32	0:40	1:02	1:25	1:36	1:45:16
84		I Warhurst	Pennine	0:32	0:43	1:05	1:28	1:37	1:45:20
85		D Wilkinson	Rochdale H	0:32	0:43	1:07	1:30	1:37	1:45:24
86		B Thompson	CFR	0:32	0:43	1:06	1:29	1:37	1:45:43
87		J Helmsley	Ilkley Harriers	0:32	0:42	1:04	1:28	1:37	1:45:44
88	V50	P McWade	Clayton-Le-Moors	0:31	0:41	1:03	1:26	1:37	1:45:51
89	V50	D Tait	Dark Peak FR	0:31	0:42	1:05	1:29	1:38	1:45:55
90		D Ansel	CFR	0:31	0:41	1:03	1:26	1:36	1:46:05
91		A Treweeke	Mersey FR	0:32	0:43	1:05	1:29	1:37	1:46:12
92	V40	N Kirkbright	Skyrac AC	0:32	0:43	1:05	1:29	1:38	1:46:16
93	V40	A Beck	Kendal	0:32	0:43	1:05	1:29	1:38	1:46:19
94	V40	D Collins	Todmorden H	0:32	0:43	1:05	1:29	1:38	1:46:21
95	V40	S Clarke	Clayton-Le-Moors	0:33	0:44	1:06	1:29	1:37	1:46:27
96		D Birch	Keswick	0:32	0:41	1:04	1:28	1:37	1:46:32
97		J Baker	Pudsey & Bramley	0:34	0:43	1:06	1:30	1:39	1:46:50
98	V50	K Carr	Clayton-Le-Moors	0:33	0:43	1:06	1:30	1:39	1:46:52
99		D Keeling	Trafford AC	0:31	0:39	1:03	1:27	1:37	1:46:55
100	V40	R Unwin	CFR	0:34	0:43	1:06	1:30	1:39	1:46:56
101	V40	M Wallis	Clayton-Le-Moors	0:29	0:39	0:59	1:24	1:37	1:46:58
102		N Raitt	Dundee Hawkshill	0:31	0:40	1:01	1:25	1:36	1:47:01
103	V45	D Beels	Rochdale H	0:32	0:43	1:05	1:29	1:38	1:47:32
104		S Burthem	Spectrum Striders	0:32	0:42	1:03	1:28	1:37	1:47:48
105		C Speight	Kendal	0:33	0:43	1:06	1:30	1:39	1:47:52
106	V45	F Fielding	Glossopdale	0:33	0:43	1:07	1:30	1:39	1:47:55
107		C Manson	CFR	0:33	0:43	1:05	1:30	1:39	1:48:05
108		C Reade	Bowland FR	0:35	0:46	1:08	1:31	1:40	1:48:18
109	V40	A Orringe	MDC	0:33	0:43	1:06	1:31	1:39	1:48:19
110	V40	A McDaid	Kendal	0:32	0:42	1:04	1:28	1:38	1:48:52
111	V45	I Holloway	Rochdale H	0:33	0:43	1:05	1:30	1:39	1:49:09
112		V Booth	Trafford AC	0:32	0:41	1:06	1:32	1:40	1:49:45
113	V40	L Warburton	Bowland FR	0:34	0:43	1:07	1:32	1:40	1:49:52
114		S Wyatt	Pennine	0:33	0:43	1:07	1:32	1:41	1:50:04
115	V40	T Houston	Bowland FR	0:34	0:44	1:08	1:32	1:41	1:50:20
116		S Barnard	Eryri	0:33	0:43	1:07	1:31	1:41	1:50:33
117		P Cadman	Mercia	0:32	0:42	1:04	1:29	1:40	1:50:38

118		M Woods	Clayton-Le-Moors	0:32	0:43	1:06	1:31	1:40	1:50:45
119	V45	P Booth	Clayton-Le-Moors	0:34	0:44	1:08	1:33	1:42	1:50:52
120	V40	S Brandwood	Todmorden H	0:34	0:45	1:08	1:33	1:42	1:51:03
121	V45	R Dredge	Mercia	0:34	0:45	1:08	1:33	1:42	1:51:12
122		A McFarlane	Hyndburn AC	0:32	0:41	1:05	1:31	1:41	1:51:20
123	V50	B Schofield	Todmorden H	0:33	0:43	1:06	1:32	1:42	1:51:25
124	V40	G Owens	NFR	0:33	0:43	1:06	1:32	1:42	1:51:31
125		R Townsend	Saltwell Harriers	0:35	0:46	1:10	1:33	1:42	1:51:32
126	V40	I Cowie	Mercia	0:34	0:45	1:08	1:33	1:43	1:51:39
127		S Bulby	Denby Dale	0:34	0:45	1:09	1:34	1:43	1:51:50
128	V40	M Wardle	Calder Valley	0:34	0:44	1:08	1:33	1:42	1:51:52
129		M Duxbury	Horwich RMI	0:32	0:41	1:05	1:31	1:41	1:51:54
130	V40	L I'Anson	Borrowdale	0:34	0:44	1:06	1:31	1:41	1:51:59
131		R Blyth	Kendal	0:34	0:49	1:08	1:33	1:42	1:52:04
132		D Taylor	CFR	0:33	0:44	1:07	1:33	1:43	1:52:08
133	V55	J Nuttall	Clayton-Le-Moors	0:35	0:46	1:09	1:34	1:43	1:52:10
134		S Sumner	Rossendale	0:33	0:43	1:08	1:34	1:43	1:52:15
135		R Mossop	CFR	0:34	0:45	1:08	1:34	1:43	1:52:23
136		M Nutter	Clayton-Le-Moors	0:34	0:44	1:08	1:33	1:43	1:52:36
137	V40	P Stones	CFR	0:34	0:44	1:08	1:34	1:44	1:52:39
138		L Powel	Pudsey & Bramley	0:33	0:43	1:07	1:34	1:44	1:52:48
139		A Spenceley	Carnethy	0:32	0:43	1:07	1:33	1:42	1:52:52
140	L	A Brand-Barker	Keswick	0:34	0:45	1:09	1:34	1:44	1:53:10
141	V40	B Walton	Horwich RMI	0:32	0:43	1:05	1:31	1:42	1:53:26
142	V45	R James	CFR	0:34	0:45	1:09	1:34	1:44	1:53:28
143		D Ellis	Kendal	0:35	0:46	1:10	1:35	1:44	1:53:29
144	V50	A Hulme	Pennine	0:35	0:46	1:09	1:34	1:44	1:53:40
145		P Houghton	Horwich RMI	0:34	0:46	1:08	1:33	1:43	1:54:09
146		M Addison	Kendal	0:32	0:43	1:06	1:32	1:43	1:54:32
147	LV40	Jo Anne Prowse	Keighley & Craven	0:36	0:47	1:10	1:35	1:45	1:54:38
148	V40	D Owens	Keswick	0:35	0:46	1:10	1:36	1:46	1:54:57
149		T Wilkinson	CFR	0:36	0:46	1:10	1:36	1:46	1:55:02
150	V40	C Knox	Keswick	0:36	0:46	1:11	1:37	1:47	1:55:09
151	V45	N Goldsmith	Dark Peak FR	0:36	0:46	1:10	1:35	1:46	1:55:10
152	L	L Osborn	Keswick	0:36	0:43	1:10	1:35	1:45	1:55:12
153	V50	A Harmer	Dark Peak FR	0:32	0:43	1:09	1:35	1:45	1:55:25
154		N Thompson	U/A	0:33	0:43	1:09	1:35	1:45	1:55:30
155		A Ward	Carnethy	0:29	0:39	1:01	1:28	1:40	1:55:36
156		M Anderton	Todmorden H	0:35	0:45	1:10	1:36	1:46	1:55:43
157	V50	M Walford	Kendal	0:35	0:47	1:11	1:37	1:47	1:55:48
158	V40	J Broxap	Kendal	0:36	0:47	1:10	1:36	1:46	1:56:08

159	V45	N Bland	Keighley & Craven	0:35	0:47	1:10	1:34	1:45	1:56:11
160	V40	S Kemp	Keswick	0:35	0:46	1:10	1:36	1:46	1:56:29
161	V45	G Houghton	Calder Valley FR	0:35	0:47	1:10	1:35	1:46	1:56:32
162	V45	J Winn	CFR	0:35	0:46	1:10	1:36	1:46	1:56:39
163	V45	R Mitchell	Mandale	0:37	0:48	1:12	1:37	1:47	1:56:44
164	V40	S Entwhistle	Glossopdale	0:32	0:41	1:06	1:33	1:45	1:56:51
165	L	L Lacon	Holmfirth H	0:37	0:48	1:11	1:37	1:47	1:56:54
166		C Taylor	Mercia	0:33	0:44	1:08	1:36	1:47	1:57:10
167	V50	C Hird	Dark Peak FR	0:36	0:47	1:11	1:37	1:48	1:57:12
168	V45	M Litt	CFR	0:34	0:45	1:10	1:37	1:48	1:57:18
169	LV40	L Thompson	Keswick	0:36	0:47	1:13	1:39	1:49	1:57:20
170		B Long	Kendal	0:33	0:44	1:09	1:26	1:46	1:57:28
171	V50	S Sharp	CFR	0:36	0:47	1:12	1:38	1:48	1:57:33
172		P Brannigan	Todmorden H	0:36	0:47	1:13	1:38	1:48	1:57:49
173		R Stout	Carnethy	0:36	0:47	1:12	1:38	1:48	1:58:03
174	LV45	V Peacock	Clayton-Le-Moors	0:35	0:46	1:11	1:37	1:48	1:58:04
175	V40	B Slater	Keighley & Craven	0:36	0:46	1:11	1:38	1:49	1:58:06
176	V40	S Holliday	CFR	0:35	0:47	1:12	1:38	1:48	1:58:07
177		M O'Donnell	Chorley AC	0:33	0:43	1:09	1:35	1:46	1:58:10
178	L	K Jenkins	Carnethy	0:37	0:48	1:12	1:39	1:49	1:58:16
179	V40	J Reeve	Kendal	0:34	0:45	1:09	1:36	1:47	1:58:20
180	V40	J Adair	Holmfirth H	0:36	0:46	1:11	1:37	1:48	1:58:37
181	V45	A Spicer	Rossendale	0:35	0:46	1:12	1:36	1:47	1:58:39
182		S Galloway	Todmorden H	0:36	0:48	1:12	1:38	1:49	1:59:04
183	V40	D Richardson	Kendal	0:36	0:47	1:11	1:37	1:48	1:59:14
184		G Denver	Chorley AC	0:36	0:47	1:11	1:37	1:49	1:59:19
185		W Harrison	CFR	0:37	0:47	1:12	1:39	1:50	1:59:26
186	V50	I Charlton	Keswick	0:37	0:47	1:12	1:38	1:49	1:59:39
187	V45	D Schofield	Rossendale H	0:37	0:48	1:12	1:38	1:48	2:00:03
188	V45	D Leaf	Saint Theresa's	0:35	0:46	1:12	1:39	1:50	2:00:19
189	V50	S Furness	Blackburn H	0:36	0:47	1:11	1:38	1:50	2:00:23
190	V50	B Martin	MDC	0:37	0:49	1:13	1:39	1:50	2:00:26
191	V45	G Newsam	Clayton-Le-Moors	0:37	0:48	1:13	1:41	1:51	2:00:41
192	V45	A Brentnall	Pennine	0:35	0:45	1:12	1:40	1:51	2:00:49
193	V45	M Blake	Eryri	0:37	0:47	1:14	1:43	1:53	2:00:54
194	V50	G Breeze	Skyrac	0:37	0:47	1:13	1:41	1:51	2:00:58
195	V50	D Lockwood	Dark Peak FR	0:36	0:47	1:12	1:39	1:51	2:01:00
196	V40	A Miller	Kendal	0:36	0:47	1:12	1:39	1:51	2:01:03
197		D Owen	Ambleside	0:36	0:47	1:13	1:39	1:51	2:01:05
198		C Greenwood	Calder Valley	0:36	0:48	1:12	1:40	1:51	2:01:12
199		C Moriarty	Pennine	0:37	0:48	1:13	1:42	1:52	2:01:18

200		C Pryce	CFR	0:36	0:47	1:10	1:40	1:51	2:01:22
201	V50	D W-S Thomas	Eryri	0:36	0:47	1:11	1:39	1:51	2:01:24
202	V40	M Wood	CFR	0:37	0:47	1:13	1:40	1:51	2:01:29
203		P Crowe	Manx FR	0:36	0:47	1:12	1:40	1:52	2:01:30
204	V40	S Morran	Horwich RMI	0:33	0:44	1:09	1:38	1:50	2:01:32
205	V45	J Humble	NFR	0:36	0:49	1:14	1:40	1:51	2:01:34
206	LV40	V Musgrove	Eryri	0:36	0:49	1:13	1:39	1:51	2:01:35
207	V45	J Rea	CFR	0:36	0:48	1:12	1:40	1:52	2:01:46
208	V40	P Hodgson	Todmorden H	0:37	0:48	1:14	1:42	1:52	2:01:52
209	V50	P Cheek	Macclesfield H	0:37	0:49	1:14	1:42	1:52	2:01:58
210		P Whelan	Bingley	0:35	0:48	1:12	1:41	1:52	2:02:01
211		H Jeffrey	Milton Keynes AC	0:36	0:48	1:13	1:41	1:52	2:02:04
212	LV40	J Smith	Dark Peak FR	0:36	0:49	1:13	1:41	1:52	2:02:05
213	L	K Beaty	CFR	0:37	0:49	1:14	1:41	1:52	2:02:32
214	V60	R Jaques	Clayton-Le-Moors	0:37	0:49	1:12	1:40	1:52	2:02:34
215	V45	N Hambrey	Kendal	0:37	0:48	1:13	1:41	1:53	2:02:40
216	V55	A Peacock	Clayton-Le-Moors	0:38	0:48	1:13	1:41	1:52	2:02:56
217		P Cullen	CFR	0:37	0:49	1:14	1:41	1:52	2:03:06
218	L	J Higginbottom	Carnethy	0:38	0:50	1:16	1:43	1:53	2:03:29
219		C Ford	CFR	0:37	0:48	1:13	1:40	1:52	2:03:32
220	L	J Lloyd	Eryri	0:37	0:49	1:15	1:43	1:53	2:03:34
221	V45	M Sadula	Rochdale H	0:38	0:48	1:15	1:43	1:53	2:03:52
222	V55	R Booth	Keswick	0:37	0:52	1:14	1:42	1:54	2:04:10
223	V45	S Gardner	Calder Valley	0:37	0:49	1:14	1:42	1:53	2:04:14
224	L	H Krynen	Kendal	0:38	0:49	1:14	1:42	1:53	2:04:21
225	V50	S Harwood	Keswick	0:37	0:49	1:15	1:43	1:54	2:04:27
226		A Walmsley	U/A	0:40	0:53	1:18	1:44	1:54	2:04:38
227	L	L Whittaker	Saddleworth R	0:38	0:50	1:16	1:44	1:54	2:04:44
228		N Clarke	Clayton-Le-Moors	0:39	0:52	1:18	1:45	1:55	2:04:49
229	V50	J Norman	Altringham AC	0:40	0:49	1:16	1:42	1:53	2:05:07
230	V45	J Dore	Rochdale H	0:39	0:49	1:14	1:43	1:55	2:05:10
231	V50	R Poulter	Todmorden H	0:37	0:49	1:15	1:43	1:54	2:05:12
232	V40	K Bogg	Keighley & Craven	0:36	0:48	1:14	1:42	1:54	2:05:18
233		D Donohue	Todmorden H	0:35	0:47	1:12	1:41	1:53	2:05:58
234		S Lloyds	Eden Runners	0:35	0:46	1:10	1:35	1:49	2:06:13
235	V45	G Davy-Day	Todmorden H	0:37	0:51	1:16	1:44	1:55	2:06:33
236	V50	A Varley	Horwich RMI	0:37	0:49	1:15	1:43	1:54	2:06:54
237	LV40	E Tomes	Keighley & Craven	0:37	0:49	1:14	1:42	1:54	2:06:58
238		C Doran	Ambleside	0:36	0:47	1:13	1:44	1:55	2:07:14
239	V45	G Hodges	Pennine	0:38	0:51	1:16	1:44	1:55	2:07:15
240	V50	P Mason	Todmorden H	0:38	0:51	1:17	1:44	1:55	2:07:51

241	V45	H Cotton	Dark Peak	0:38	0:51	1:17	1:45	1:56	2:08:03
242	V45	P Rawnsley	Skyrac	0:38	0:52	1:17	1:45	1:56	2:08:05
243	L	H Johnson	Ilkley Harriers	0:38	0:52	1:18	1:46	1:57	2:08:09
244	V55	P Dowker	Kendal	0:38	0:50	1:16	1:44	1:57	2:08:12
245	L	J Bateman	Pennine	0:39	0:51	1:18	1:46	1:58	2:08:16
246	L	J Shotter	Pudsey & Bramley	0:37	0:47	1:13	1:43	1:55	2:08:23
247	V40	T McCluskey	Todmorden H	0:36	0:49	1:16	1:44	1:56	2:08:27
248	V50	J Chadwick	Pennine	0:37	0:49	1:16	1:46	1:58	2:08:54
249	LV45	R Fletcher	Todmorden H	0:41	0:54	1:19	1:47	1:58	2:08:59
250	V40	R Davidson	CFR	0:37	0:50	1:16	1:45	1:57	2:09:09
251	LV45	W Dodds	Clayton-Le-Moors	0:41	0:52	1:19	1:48	1:59	2:09:23
252	V40	R Powell	Eryri	0:41	0:53	1:19	1:48	1:59	2:09:26
253	V50	D Hunter	Tynedale H	0:37	0:49	1:16	1:45	1:57	2:09:28
254	V50	M Pitchford	CFR	0:37	0:49	1:14	1:46	1:58	2:09:41
255	L	J Robertson	Spectrum Striders	0:41	0:53	1:19	1:48	1:59	2:09:45
256	V40	F Mallinson	Calder Valley	0:40	0:53	1:19	1:47	1:59	2:09:48
257	L	T Dewsnap	Eryri	0:38	0:51	1:17	1:46	1:58	2:09:59
258	V45	A Sweatman	Horwich RMI	0:37	0:49	1:17	1:45	1:57	2:10:08
259	V50	P Wheatcroft	Dark Peak	0:38	0:51	1:17	1:47	1:58	2:10:15
260	V45	M Ford	Bingley	0:40	0:53	1:18	1:46	1:58	2:10:21
261		C Valentine	Keswick	0:31	0:40	1:03	1:37	2:03	2:10:23
262	V45	J Myers	Dark Peak	0:42	0:55	1:22	1:49	2:00	2:10:24
263	V45	I Law	Calder Valley	0:40	0:53	1:19	1:48	2:00	2:11:13
264		R Day	Mercia	0:38	0:51	1:17	1:46	1:58	2:11:25
265	LV40	C Lorimer	Cosmic Hill Bash	0:40	0:52	1:20	1:49	2:01	2:11:26
266	V45	M Musson	Dark Peak	0:40	0:53	1:20	1:49	2:01	2:11:30
267		I Jones	Eryri	0:38	0:49	1:17	1:48	2:00	2:11:36
268	L	S Becconsall	Todmorden H	0:38	0:52	1:19	1:48	2:00	2:11:44
269	V45	T Lowden	CFR	0:38	0:50	1:17	1:47	1:59	2:12:07
270	V40	S Lorimer	Mercia	0:38	0:51	1:18	1:47	1:59	2:12:21
271		W Calvert	Bingley	0:42	0:54	1:22	1:50	2:01	2:12:29
272		M Hayes	Rochdale H	0:39	0:50	1:20	1:50	2:02	2:13:17
273	V40	N Harvey	Todmorden H	0:44	0:55	1:23	1:53	2:04	2:13:26
274	V50	D Gibson	Saddleworth R	0:38	0:50	1:17	1:47	1:59	2:13:36
275	V45	D Rawlinson	Todmorden H	0:37	0:48	1:14	1:45	1:58	2:13:41
276	V55	E Davies	Eryri	0:39	0:50	1:18	1:49	2:01	2:13:45
277	V55	R Blakeley	Todmorden H	0:41	0:54	1:21	1:51	2:03	2:13:53
278	V55	J Taylor	Ambleside	0:42	0:55	1:22	1:51	2:03	2:13:58
279	V50	J Eckersley	Rochdale H	0:41	0:54	1:21	1:50	2:02	2:14:24
280	V65	C Henson	Dark Peak	0:40	0:52	1:20	1:49	2:01	2:14:48
281	L	S Kiveal	Saddleworth R	0:40	0:54	1:19	1:47	2:01	2:14:56

282	V50	R Marsden	Dark Peak	0:40	0:52	1:19	1:50	2:02	2:15:12
283	V50	G Arthur	U/A	0:38	0:49	1:19	1:51	2:03	2:15:13
284	V55	B Johnson	CFR	0:41	0:54	1:21	1:50	2:03	2:15:14
285	L	B McWade	Clayton-Le-Moors	0:41	0:54	1:23	1:53	2:05	2:15:20
286	V50	B Jackson	Clayton-Le-Moors	0:40	0:53	1:21	1:52	2:04	2:15:58
287	V45	P Hawley	CFR	0:40	0:53	1:19	1:51	2:03	2:16:03
288	V50	J Collinson	Bingley	0:38	0:52	1:18	1:49	2:01	2:16:18
289	V50	R Gray	NFR	0:40	0:53	1:21	1:52	2:04	2:16:19
290		S Anderton	Todmorden H	0:34	0:44	1:09	1:35	1:46	2:16:21
291	LV40	K Thompson	Clayton-Le-Moors	0:42	0:55	1:24	1:54	2:06	2:16:42
292	V40	M Wood	Skyrac	0:40	0:53	1:21	1:52	2:04	2:16:50
293		P Hopkins	Trafford AC	0:39	0:51	1:20	1:53	2:04	2:16:59
294	LV40	F Tate	Keighley & Craven	0:40	0:55	1:24	1:55	2:07	2:17:24
295		M Hodgson	Saddleworth R	0:40	0:53	1:21	1:53	2:05	2:18:13
296		W Johnson	Macclesfield H	0:37	0:50	1:17	1:51	2:04	2:18:21
297		J Dennis	Keighley & Craven	0:36	0:49	1:15	1:50	2:04	2:18:42
298	V40	P Richards	Keswick	0:41	0:54	1:22	1:54	2:06	2:18:43
299	V45	M Bell	CFR	0:42	0:54	1:24	1:54	2:06	2:18:45
300		G Burnip	Mandale	0:42	0:55	1:24	1:55	2:07	2:18:46
301	V45	P Hamilton	Keswick	0:42	0:56	1:23	1:52	2:05	2:18:50
302	V50	D Ablitt	Ambleside	0:41	0:54	1:22	1:54	2:06	2:19:08
303	V45	E Procter	Calder Valley	0:40	0:54	1:22	1:54	2:06	2:19:25
304	V40	J Kiveal	Saddleworth R	0:42	0:56	1:25	1:57	2:08	2:19:28
305	V65	H Catlow	Dallam AC	0:41	0:54	1:23	1:56	2:08	2:19:38
306	V45	R Scottney	Pennine	0:41	0:54	1:23	1:57	2:08	2:19:48
307	V50	B Chapman	Todmorden H	0:41	0:55	1:23	1:55	2:07	2:19:51
308	V40	M Frost	Clayton-Le-Moors	0:42	0:55	1:25	1:56	2:08	2:19:52
309	V65	B Leathley	Clayton-Le-Moors	0:43	0:56	1:26	1:57	2:09	2:19:54
310	V50	R Rose	Altrincham AC	0:42	0:57	1:25	1:56	2:08	2:20:26
311	L	R Sharples	Keighley & Craven	0:42	0:56	1:22	1:53	2:05	2:20:31
312	V55	J Swift	Chorley AC	0:40	0:56	1:23	1:52	2:05	2:20:59
313	LV40	A Nimmo	Carnethy	0:43	0:54	1:25	1:59	2:09	2:21:12
314	LV45	G Goldsmith	Dark Peak	0:42	0:58	1:24	1:55	2:07	2:21:31
315	V45	J Armstrong	Rochdale H	0:41	0:54	1:24	1:58	2:10	2:22:01
316	LV45	M Bridge	Keswick	0:43	0:58	1:26	1:58	2:10	2:22:08
317		J Underwood	Milton Keynes AC	0:43	0:57	1:27	1:57	2:09	2:22:20
318	V50	P Ankers	Todmorden H	0:42	0:55	1:24	1:59	2:10	2:22:39
319	V50	J Sweeting	MDC	0:44	0:58	1:27	2:00	2:12	2:23:24
320	V55	R Hayes	NFR	0:42	0:55	1:23	1:55	2:09	2:23:44
321	L	A Smith	Clayton-Le-Moors	0:43	0:58	1:28	2:00	2:11	2:23:45
322	L	H Spenceley	Carnethy	0:42	0:57	1:25	1:57	2:10	2:23:47

323		D Hewitt	Kendal	0:41	0:54	1:23	1:56	2:09	2:23:54
324	LV40	S Ratcliffe	Saddleworth R	0:44	0:58	1:28	2:00	2:11	2:23:56
325	V50	A Buckley	Keswick	0:43	0:57	1:26	1:58	2:10	2:24:23
326	LV40	Jane Smith	Bingley	0:44	0:58	1:28	2:03	2:12	2:24:26
327	V50	B Barlow	Todmorden H	0:41	0:54	1:23	1:56	2:09	2:24:34
328	V60	P Knott	Blackpool & Fylde	0:43	0:58	1:27	1:59	2:11	2:25:20
329	V50	P Marshall	Todmorden H	0:42	0:54	1:24	1:58	2:11	2:25:50
246	L	J Shotter	Pudsey & Bramley	0:37	0:47	1:13	1:43	1:55	2:08:23
247	V40	T McCluskey	Todmorden H	0:36	0:49	1:16	1:44	1:56	2:08:27
248	V50	J Chadwick	Pennine	0:37	0:49	1:16	1:46	1:58	2:08:54
249	LV45	R Fletcher	Todmorden H	0:41	0:54	1:19	1:47	1:58	2:08:59
250	V40	R Davidson	CFR	0:37	0:50	1:16	1:45	1:57	2:09:09
251	LV45	W Dodds	Clayton-Le-Moors	0:41	0:52	1:19	1:48	1:59	2:09:23
252	V40	R Powell	Eryri	0:41	0:53	1:19	1:48	1:59	2:09:26
253	V50	D Hunter	Tynedale H	0:37	0:49	1:16	1:45	1:57	2:09:28
254	V50	M Pitchford	CFR	0:37	0:49	1:14	1:46	1:58	2:09:41
255	L	J Robertson	Spectrum Strider	0:41	0:53	1:19	1:48	1:59	2:09:45
256	V40	F Mallinson	Calder Valley	0:40	0:53	1:19	1:47	1:59	2:09:48
257	L	T Dewsnap	Eryri	0:38	0:51	1:17	1:46	1:58	2:09:59
258	V45	A Sweatman	Horwich RMI	0:37	0:49	1:17	1:45	1:57	2:10:08
259	V50	P Wheatcroft	Dark Peak	0:38	0:51	1:17	1:47	1:58	2:10:15
260	V45	M Ford	Bingley	0:40	0:53	1:18	1:46	1:58	2:10:21
261		C Valentine	Keswick	0:31	0:40	1:03	1:37	2:03	2:10:23
262	V45	J Myers	Dark Peak	0:42	0:55	1:22	1:49	2:00	2:10:24
263	V45	I Law	Calder Valley	0:40	0:53	1:19	1:48	2:00	2:11:13
264		R Day	Mercia	0:38	0:51	1:17	1:46	1:58	2:11:25
265	LV40	C Lorimer	Cosmic Hill Bash	0:40	0:52	1:20	1:49	2:01	2:11:26
266	V45	M Musson	Dark Peak	0:40	0:53	1:20	1:49	2:01	2:11:30
267		I Jones	Eryri	0:38	0:49	1:17	1:48	2:00	2:11:36
268	L	S Becconsall	Todmorden H	0:38	0:52	1:19	1:48	2:00	2:11:44
269	V45	T Lowden	CFR	0:38	0:50	1:17	1:47	1:59	2:12:07
270	V40	S Lorimer	Mercia	0:38	0:51	1:18	1:47	1:59	2:12:21
271		W Calvert	Bingley	0:42	0:54	1:22	1:50	2:01	2:12:29
272		M Hayes	Rochdale H	0:39	0:50	1:20	1:50	2:02	2:13:17
273	V40	N Harvey	Todmorden H	0:44	0:55	1:23	1:53	2:04	2:13:26
274	V50	D Gibson	Saddleworth R	0:38	0:50	1:17	1:47	1:59	2:13:36
275	V45	D Rawlinson	Todmorden H	0:37	0:48	1:14	1:45	1:58	2:13:41
276	V55	E Davies	Eryri	0:39	0:50	1:18	1:49	2:01	2:13:45
277	V55	R Blakeley	Todmorden H	0:41	0:54	1:21	1:51	2:03	2:13:53
278	V55	J Taylor	Ambleside	0:42	0:55	1:22	1:51	2:03	2:13:58
279	V50	J Eckersley	Rochdale H	0:41	0:54	1:21	1:50	2:02	2:14:24

280	V65	C Henson	Dark Peak	0:40	0:52	1:20	1:49	2:01	2:14:48
281	L	S Kiveal	Saddleworth R	0:40	0:54	1:19	1:47	2:01	2:14:56
282	V50	R Marsden	Dark Peak	0:40	0:52	1:19	1:50	2:02	2:15:12
283	V50	G Arthur	U/A	0:38	0:49	1:19	1:51	2:03	2:15:13
284	V55	B Johnson	CFR	0:41	0:54	1:21	1:50	2:03	2:15:14
285	L	B McWade	Clayton-Le-Moors	0:41	0:54	1:23	1:53	2:05	2:15:20
286	V50	B Jackson	Clayton-Le-Moors	0:40	0:53	1:21	1:52	2:04	2:15:58
287	V45	P Hawley	CFR	0:40	0:53	1:19	1:51	2:03	2:16:03
288	V50	J Collinson	Bingley	0:38	0:52	1:18	1:49	2:01	2:16:18
289	V50	R Gray	NFR	0:40	0:53	1:21	1:52	2:04	2:16:19
290		S Anderton	Todmorden H	0:34	0:44	1:09	1:35	1:46	2:16:21
291	LV40	K Thompson	Clayton-Le-Moors	0:42	0:55	1:24	1:54	2:06	2:16:42
292	V40	M Wood	Skyrac	0:40	0:53	1:21	1:52	2:04	2:16:50
293		P Hopkins	Trafford AC	0:39	0:51	1:20	1:53	2:04	2:16:59
294	LV40	F Tate	Keighley & Craven	0:40	0:55	1:24	1:55	2:07	2:17:24
295		M Hodgson	Saddleworth R	0:40	0:53	1:21	1:53	2:05	2:18:13
296		W Johnson	Macclesfield H	0:37	0:50	1:17	1:51	2:04	2:18:21
297		J Dennis	Keighley & Craven	0:36	0:49	1:15	1:50	2:04	2:18:42
298	V40	P Richards	Keswick	0:41	0:54	1:22	1:54	2:06	2:18:43
299	V45	M Bell	CFR	0:42	0:54	1:24	1:54	2:06	2:18:45
300		G Burnip	Mandale	0:42	0:55	1:24	1:55	2:07	2:18:46
301	V45	P Hamilton	Keswick	0:42	0:56	1:23	1:52	2:05	2:18:50
302	V50	D Ablitt	Ambleside	0:41	0:54	1:22	1:54	2:06	2:19:08
303	V45	E Procter	Calder Valley	0:40	0:54	1:22	1:54	2:06	2:19:25
304	V40	J Kiveal	Saddleworth R	0:42	0:56	1:25	1:57	2:08	2:19:28
305	V65	H Catlow	Dallam AC	0:41	0:54	1:23	1:56	2:08	2:19:38
306	V45	R Scottney	Pennine	0:41	0:54	1:23	1:57	2:08	2:19:48
307	V50	B Chapman	Todmorden H	0:41	0:55	1:23	1:55	2:07	2:19:51
308	V40	M Frost	Clayton-Le-Moors	0:42	0:55	1:25	1:56	2:08	2:19:52
309	V65	B Leathley	Clayton-Le-Moors	0:43	0:56	1:26	1:57	2:09	2:19:54
310	V50	R Rose	Altrincham AC	0:42	0:57	1:25	1:56	2:08	2:20:26
311	L	R Sharples	Keighley & Craven	0:42	0:56	1:22	1:53	2:05	2:20:31
312	V55	J Swift	Chorley AC	0:40	0:56	1:23	1:52	2:05	2:20:59
313	LV40	A Nimmo	Carnethy	0:43	0:54	1:25	1:59	2:09	2:21:12
314	LV45	G Goldsmith	Dark Peak	0:42	0:58	1:24	1:55	2:07	2:21:31
315	V45	J Armstrong	Rochdale Harrier	0:41	0:54	1:24	1:58	2:10	2:22:01
316	LV45	M Bridge	Keswick	0:43	0:58	1:26	1:58	2:10	2:22:08
317		J Underwood	Milton Keynes AC	0:43	0:57	1:27	1:57	2:09	2:22:20
318	V50	P Ankers	Todmorden H	0:42	0:55	1:24	1:59	2:10	2:22:39
319	V50	J Sweeting	MDC	0:44	0:58	1:27	2:00	2:12	2:23:24
320	V55	R Hayes	NFR	0:42	0:55	1:23	1:55	2:09	2:23:44

321	L	A Smith	Clayton-Le-Moors	0:43	0:58	1:28	2:00	2:11	2:23:45
322	L	H Spenceley	Carnethy	0:42	0:57	1:25	1:57	2:10	2:23:47
323		D Hewitt	Kendal	0:41	0:54	1:23	1:56	2:09	2:23:54
324	LV40	S Ratcliffe	Saddleworth R	0:44	0:58	1:28	2:00	2:11	2:23:56
325	V50	A Buckley	Keswick	0:43	0:57	1:26	1:58	2:10	2:24:23
326	LV40	Jane Smith	Bingley	0:44	0:58	1:28	2:03	2:12	2:24:26
327	V50	B Barlow	Todmorden H	0:41	0:54	1:23	1:56	2:09	2:24:34
328	V60	P Knott	Blackpool & Fylde	0:43	0:58	1:27	1:59	2:11	2:25:20
329	V50	P Marshall	Todmorden H	0:42	0:54	1:24	1:58	2:11	2:25:50
330	V40	I Callister	Manx Harriers	0:43	0:57	1:27	2:02	2:12	2:25:52
331	LV55	D Madden	Glossopdale	0:42	0:57	1:26	1:59	2:12	2:26:11
332	V55	R Mitchell	Treviotdale H	0:44	0:59	1:28	2:02	2:13	2:26:25
333	LV40	C Roberts	Calder Valley	0:44	0:59	1:29	2:02	2:14	2:26:28
334	V55	D Wood	U/A	0:42	0:57	1:27	2:01	2:13	2:26:40
335	V40	S Johnstone	CFR	0:42	0:57	1:26	2:00	2:13	2:26:48
336	V50	R Wignell	Altrincham AC	0:43	0:58	1:28	2:03	2:14	2:27:11
337	V40	I Block	CFR	0:35	0:46	1:11	1:46	2:02	2:27:43
338	V40	S Cavell	Calder Valley	0:42	0:57	1:26	1:59	2:11	2:28:09
339	V60	A Breakell	Borrowdale	0:42	0:58	1:28	2:01	2:14	2:28:22
340		R O'Sullivan	Todmorden H	0:42	0:56	1:26	2:01	2:13	2:28:25
341	V50	S Beaty	NFR	0:42	0:57	1:27	2:02	2:15	2:28:29
342	V55	J Smith	Todmorden H	0:42	0:57	1:24	1:59	2:14	2:29:16
343	V40	N Shotter	Pudsey & Bramley	0:42	0:58	1:28	2:03	2:15	2:30:28
344	V40	D O'Neill	Todmorden H	0:40	0:55	1:22	1:58	2:11	2:31:15
345	V45	K Whittaker	Saddleworth R	0:42	0:55	1:25	1:59	2:12	2:31:56
346	L	J Wood	Rossendale H	0:45	1:00	1:32	2:07	2:20	2:32:24
347	V50	D Morgan	CFR	0:45	0:59	1:31	2:06	2:19	2:32:48
348	V50	F Richardson	Todmorden H	0:42	0:58	1:28	2:03	2:16	2:33:32
349	L	A Powell	Beaumont Leys RC	0:42	0:57	1:28	2:05	2:18	2:33:48
350		J Lee	Rochdale Harrier	0:42	0:56	1:28	2:05	2:19	2:34:00
351	V50	J Sherlock	Rochdale Harrier	0:42	0:58	1:28	2:04	2:18	2:34:03
352		C Greatorex	U/A	0:39	0:51	1:20	1:58	2:14	2:34:47
353	V40	G Spencer	Calder Valley	0:42	0:58	1:28	2:04	2:18	2:35:09
354	LV45	A Dinsmor	Pennine	0:45	1:01	1:32	2:08	2:22	2:36:27
355	L	L Buck	CFR	0:45	1:01	1:31	2:06	2:21	2:36:36
356	L	J Hodgson	Saddleworth R	0:46	1:02	1:35	2:10	2:23	2:37:20
357		A Baker	Calder Valley	0:42	0:56	1:27	2:04	2:18	2:37:24
358	V50	P Ehrhardt	Todmorden H	0:42	0:55	1:26	2:05	2:21	2:38:11
359	L	J Saul	NFR	0:46	1:01	1:35	2:11	2:24	2:39:24
360	LV50	M Chippendale	Pennine	0:44	0:59	1:31	2:08	2:23	2:40:04
361	LV45	A Jones	Kendal	0:46	1:01	1:36	2:13	2:26	2:40:12

362	V40	P Moorhouse	U/A	0:50	1:03	1:37	2:12	2:25	2:40:21
363	V45	J Connolly	Rossendale H	0:46	0:58	1:39	2:17	2:29	2:42:19
364	LV45	L Hannah	Rossendale H	0:53	1:06	1:40	2:16	2:30	2:42:45
365		P Hannah	Rossendale H	0:53	1:05	1:40	2:16	2:29	2:42:47
366	LV40	H Dickinson	Tynedale Harrier	0:47	1:04	1:37	2:13	2:26	2:43:40
367	V45	A Becconsall	Todmorden H	0:45	0:59	1:35	2:17	2:31	2:44:11
368	L	H Wilson	Todmorden H	0:48	1:02	1:39	2:17	2:31	2:48:11
369	V60	H Blenkinsop	Keswick	0:54	1:07	1:41	2:19	2:31	2:48:15
370	V65	D Wright	Tynedale Harrier	0:47	1:02	1:37	2:14	2:28	2:49:32
371	LV50	S Lloyd	Eryri	0:54	1:07	1:43	2:23	2:42	2:57:48
372	L	B Broadhurst	Tynedale Harrier	0:47	1:04	1:38	2:21	2:36	2:59:33
373	V60	J Battersby	MDC	0:52	1:06	1:42	2:25	2:44	3:06:17
374	L	C Tibke	Rossendale H	0:58	1:15	1:56	2:38	2:54	3:11:18
375	V50	I Stansfield	Todmorden H	0:55	1:11	1:54	2:36	2:54	3:13:16
376	LV45	S Findley	CFR	0:58	1:15	1:59	2:50	3:07	3:25:10

Retirements

No.224	L	J King	CFR
No.339	L	A Morris	CFR
No.332	L	S Perry	WCOC
No.274	V45	S Kirkbride	Kendal

Teams

Gents	(5 to count)	Points	Vets	(Any 4 to count)	Points
1st	Bingley	35	1st	Kendal	207
2nd	Borrowdale	49	2nd	Horwich	261
3rd	Kendal	156	3rd	CFR	378

Ladies	(3 to count)	Points
1st	Keswick	361
2nd	Carnethy	445
3rd	Keighley & Craven	677