

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:32:26	308	Rossell	Alasdiar	Kendal AC		M
2	00:32:40	313	Johnson	Grant	Ulverstor tri club		M
3	00:36:04	215	Wilson	Richard	Kendal AC	V40	M
4	00:36:44	305	Wallace	Andrew	Kendal AC	V40	M
5	00:36:52	302	Smith	Tom			M
6	00:37:05	212	Short	Robert	Bolton Harriers		M
7	00:37:33	214	Wilson	Matt	Kendal AC	V40	M
8	00:38:06	315	Leybourne	Phillip	Salford Harriers	V50	M
9	00:38:11	99	Slater	Graeme		V40	M
10	00:39:33	71	Bouffler	Danny	Levens Valley		M
11	00:40:24	301	Sisson	William	Kendal AC		M
12	00:40:34	209	Matthew	David	Run Nation Rc		M
13	00:40:48	208	Lee	Philip	Kendal AC	V40	M
14	00:41:17	97	Santo	Matt		V40	M
15	00:41:31	70	Barnes	Martin			M
16	00:41:39	216	Pearson	Ben			M
17	00:41:44	312	Sadler	Ian	Walney Wind Cheetahs	V50	M
18	00:42:59	318	Robson	John	Helm Hill Runners	V50	M
19	00:43:42	210	Percival	Katie	Bolton Harriers		F
20	00:43:53	89	Poirrette	Jonathan	Serpentine Runners	V60	M
21	00:43:58	319	McNally	Liz	Leven Valley AC	V50	F
22	00:44:08	203	Boulter	Glenn	Glaxo Hoad Hill Harriers	V40	M
23	00:44:33	92	Ramsay	Martin		V50	M
24	00:44:42	325	Lewis	Tyrone	Dallam RC	V50	M
25	00:44:50	211	Sargent	David	Lancaster Runners		M
26	00:45:05	90	Povey	Iain	Bentham Beagles	V60	M
27	00:45:20	314	Andrewartha	John	Eden Runners	V40	M
28	00:45:27	94	Robinson	Sean	Howgill Harriers	V40	M
29	00:45:29	323	Maguire	Russ	Walney Wind Cheetahs	V40	M
30	00:45:31	84	McGlinchy	Mark	Bingley Harriers	V50	M
31	00:45:38	310	Bridge	Karen	Eden Runners	V50	F
32	00:45:50	80	Jones	Damian	Glaxo Hoad Hill Harriers	V60	M
33	00:45:59	324	Evans	Edward	Bentham Beagles		M
34	00:46:24	306	Mcvey	Simon		V50	M
35	00:46:25	307	Mcvey	Matt			M
36	00:46:28	206	Horrocks	Philip	Walney Wind Cheetahs	V50	M
37	00:46:39	320	Letheren	Andy	fetch everyone	V50	M
38	00:48:07	82	Laker	Gerard		V50	M
39	00:48:34	205	Holdsworth	Neil	Kendal AC	V60	M
40	00:49:06	309	Dodds	Ian		V60	M
41	00:49:17	322	Dacre	Graham	Barrow & Furness Striders AC	V50	M
42	00:49:18	78	Hill	Malcolm		V60	M
43	00:49:36	95	Robinson	Isaac	Howgill Harriers		M
44	00:49:38	87	McMullen	Shaun		V50	M
45	00:49:39	72	Burkitt	Greg		V50	M
46	00:49:46	85	McGuire	Christina	Lancaster & Morecambe	V50	F
47	00:49:53	201	Addison	Helen	Kendal AC	V40	F
48	00:49:55	81	Kendal	Kev	Howgill Harriers	V40	M
49	00:49:57	321	Liszatynshi	Emil			M
50	00:50:03	74	Gardner	Michael			M
51	00:50:09	300	Simmill	Mark	Lancaster & Morecambe	V60	M
52	00:51:25	316	Price	Chris	Kendal AC	V50	M
53	00:52:21	98	Sheldon	Andrew	Kendal AC	V50	M
54	00:52:35	83	Leigh	Adrian	Bentham Beagles	V60	M
55	00:53:13	76	Grange	Daniel			M

56	00:53:26	317 Murray	Cormac	Glaxo Hoad Hill Harriers		M
57	00:53:28	77 Gristdale	Catherine	Barrow & Furness Striders AC	V60	F
58	00:53:53	73 Dickinson	Joel			M
59	00:55:07	93 Robinson	Zoe	Howgill Harriers	V40	F
60	00:55:21	303 Thistlethwaite	Andrew		V50	M
61	00:55:39	91 Ramsay	Gill		V50	F
62	00:56:22	213 Wade	Caroline	Helm Hill Runners	V40	F
63	00:57:03	311 Leviston	Pete	Barrow & Furness Striders AC	V70	M
64	00:57:44	304 Thorley	Julie	Red Rose RR	V50	F
65	00:58:32	69 Armstrong	Diane	Bentham Beagles	V40	F
66	00:58:32	68 Armstrong	Nickolas	Bentham Beagles	V40	M
67	00:59:00	88 Meyrick	Kathrin	Vegetarian Cycling AC	V50	F
68	01:00:04	100 Simmill	Eliane	Lancaster & Morecambe	V60	F
69	01:02:07	96 Robson	Andrew		V60	M
70	01:02:55	202 Barnes	Bruce		V60	M