

Pos	Name	Club	Age Cat	Helvellyn	Ullswater	Dirty Double
1	BROWN, John	Salford Harriers		00:53:10	00:52:16	01:45:26
2	GRAVES, Philip	City of York AC		00:58:05	00:56:57	01:55:02
3	ANNABLE, Tom	Vale Royal AC	Vet 40 Men	00:59:22	00:58:11	01:57:33
4	ADDEY, Bob			01:01:38	00:59:10	02:00:48
5	WALSH, Richard	Worcester AC		01:01:48	01:03:42	02:05:30
6	WILLIAMS, Andy	Blackpool, Wyre & Fylde AC	Vet 40 Men	01:05:05	01:05:05	02:10:10
7	POLITO, Giles	Bridgedale		01:06:12	01:05:19	02:11:31
8	SIMMONDS, John	Hardley Runners	Vet 50 Men	01:08:06	01:07:19	02:15:25
9	GRIBBLE, Martin	Unattached - Dursley	Vet 50 Men	01:08:00	01:10:28	02:18:28
10	HOLLAND, Brian	Unattached - Stockport	Vet 50 Men	01:09:41	01:09:09	02:18:50
11	HANRECK, Jon	Finknottle Snortlers		01:10:20	01:08:38	02:18:58
12	HUNTER, Ian	Unattached - Nottingham		01:10:13	01:09:48	02:20:01
13	SINGLETON, Peter	Unattached - Blackpool	Vet 50 Men	01:11:16	01:09:07	02:20:23
14	STEAD, Paul	Northbrook AC, Coventry		01:13:08	01:08:29	02:21:37
15	LOVELESS, Martin	Hardley Runners	Vet 50 Men	01:11:17	01:10:36	02:21:53
16	WALKER, James	Unattached - Birmingham		01:11:24	01:10:58	02:22:22
17	STEPTO, Paul	Stockport Harriers	Vet 40 Men	01:10:59	01:11:30	02:22:29
18	CHAPMAN, Karl	Wyndham AC		01:09:45	01:12:59	02:22:44
19	MCKENZIE, John	Hardley Runners	Vet 50 Men	01:11:17	01:11:37	02:22:54
20	ABBOT, Phil	Long Eaton RC, Nottingham		01:15:08	01:08:00	02:23:08
21	CLARKE, Russell	Wyndham AC	Vet 50 Men	01:11:25	01:12:59	02:24:24
22	SAUNDERS, Marcus	Lincoln & District Runners	Vet 40 Men	01:12:43	01:12:13	02:24:56
23	CUDWORTH, Ryan	Tickhill Running & AC		01:11:47	01:13:52	02:25:39
24	DALEY, Sam	Heaton Harriers	Vet 50 Men	01:08:17	01:17:25	02:25:42
25	GIRDWOOD, Vincent	Finknottle Snortlers		01:13:56	01:12:00	02:25:56
26	MCGRATH, Euan	Unattached - Southampton	Vet 40 Men	01:13:44	01:13:16	02:27:00
27	BOYD, Adrian	Unattached - Birmingham		01:14:29	01:12:45	02:27:14
28	LLOYD, Jim		Vet 40 Men	01:14:40	01:13:54	02:28:34
29	PROTIC, Mark	Unattached - Prescot		01:14:59	01:14:36	02:29:35
30	BUNDY, Richard	Unattached - Stonehouse		01:14:43	01:15:32	02:30:15
31	WARD, Tony	Stockport Harriers	Vet 40 Men	01:15:36	01:15:43	02:31:19
32	DALTON, Andrew	Skelmersdale Boundary Harriers	Vet 40 Men	01:17:38	01:14:05	02:31:43
33	PROCTER, Mark	Tri Preston		01:16:17	01:15:31	02:31:48
34	HUGHES, Ian	Unattached - Manchester		01:15:49	01:16:39	02:32:28
35	FORTUN, Philip	Stone Masters Marathoners, Staffs		01:17:39	01:15:18	02:32:57
36	CROOKS, Andrew	Unattached - Dumfries		01:17:46	01:16:17	02:34:03
37	ATWELL, Cris	Alnwick Harriers	Vet 40 Men	01:16:33	01:18:08	02:34:41
38	MARSH, Jolyon	Unattached - London		01:18:02	01:17:31	02:35:33
39	BUCKLE, Paul	Unattached - Halifax		01:19:29	01:16:15	02:35:44
40	MACDONALD, David			01:17:44	01:20:09	02:37:53
41	COCKBURN, John	Alnwick Harriers	Vet 60 Men	01:17:49	01:20:15	02:38:04
42	ROYSTON-BISHOP, George	Unattached - St Bees		01:19:32	01:18:54	02:38:26
43	MCENTEE, Ken	Unattached - Wallsend	Vet 40 Men	01:15:56	01:22:48	02:38:44
44	CAVE, Adrian	Desford Striders		01:19:15	01:19:36	02:38:51
45	SPRAWSON, Mark	Bournville Harriers		01:19:03	01:19:59	02:39:02
46	LEATHEREN, Andy	Unattached - Kendal	Vet 40 Men	01:19:19	01:20:12	02:39:31
47	STOCK, Nigel	Unattached - Coalville	Vet 40 Men	01:15:00	01:24:44	02:39:44
48	HAWKER, Ian	Hardley Runners	Vet 50 Men	01:18:22	01:22:13	02:40:35
49	ABRAM, Andy	Unattached - Southport		01:16:30	01:24:11	02:40:41
50	JOYCE, James	Northbrook AC, Coventry		01:18:54	01:22:30	02:41:24
51	BLUNDELL, Paul	Hardley Runners	Vet 40 Men	01:19:23	01:22:23	02:41:46
52	BETTS, Gary	Wyndham AC		01:20:24	01:22:40	02:43:04
53	FISHER, Toby	Unattached - Leeds		01:22:09	01:21:21	02:43:30
54	MOSS, Stuart	Unattached - Horsforth		01:22:09	01:21:21	02:43:30
55	POWELL, Alistair	Unattached - Stonehouse	Vet 40 Men	01:20:07	01:23:56	02:44:03
56	CARRE, Clinton	Unattached - Reading		01:22:20	01:22:00	02:44:20
57	SKIRROW, Graham	Alnwick Harriers	Vet 40 Men	01:19:51	01:24:53	02:44:44
58	BAKER, Ian	Unattached - Stockport	Vet 50 Men	01:22:28	01:22:53	02:45:21
59	PARKER, Graham	Unattached - Kendal	Vet 40 Men	01:20:53	01:24:43	02:45:36
60	HARRIS, Julian	Unattached - Gloucestershire		01:23:00	01:22:39	02:45:39
61	MARSHALL, John	Pudsey Pacers	Vet 40	01:13:22	01:32:29	02:45:51
62	GREEN, Tim	Unattached - Stirling		01:08:13	01:38:19	02:46:32
63	LEWIS, Peter	Unattached - Birmingham	Vet 50 Men	01:24:06	01:23:11	02:47:17
64	ACKROYD, Andrew	Harrogate Harriers	Vet 50 Men	01:24:16	01:23:29	02:47:45

65 WALKER, Dave	Unattached - Durham	Vet 40 Men	01:22:58	01:25:42	02:48:40
66 CLEARY, Paul	Unattached - Alsager	Vet 40 Men	01:24:12	01:25:23	02:49:35
67 OWENS, Scott	Unattached - Bradford		01:23:25	01:26:19	02:49:44
68 MASSEY, Bob	Blackpool, Wyre & Fylde AC	Vet 60 Men	01:25:19	01:24:45	02:50:04
69 BROWN, Antony	Unattached - Batley		01:22:35	01:27:52	02:50:27
70 OWEN, Phil	Fetcheveryone	Vet 40 Men	01:27:23	01:23:44	02:51:07
71 DICKSON, Kevin	Warrington Road Runners		01:21:34	01:30:21	02:51:55
72 LUCAS, Jonathan	Unattached - Sutton Coalfield		01:25:35	01:26:36	02:52:11
73 CULLEN, Steven	Unattached - Manchester		01:26:54	01:25:19	02:52:13
74 COOPER, Geoff	Unattached - Formby	Vet 50 Men	01:26:35	01:29:14	02:55:49
75 FIDDLER, Paul	Unattached - Warrington		01:30:40	01:26:01	02:56:41
76 PYPER, Stuart	Unattached - Wigton		01:27:32	01:30:07	02:57:39
77 CROSSFIELD, Leon	Keswick AC	Vet 40 Men	01:28:37	01:29:55	02:58:32
78 APPLETON, Richard	Unattached - Thirsk		01:30:54	01:32:45	03:03:39
79 MERCER, Neil	Unattached - Thirsk		01:30:54	01:32:45	03:03:39
80 TUFTS, Mark	Wyndham AC	Vet 40 Men	01:28:27	01:35:41	03:04:08
81 DURSTON, Michael	Unattaced - Saltburn	Vet 60 Men	01:30:41	01:33:38	03:04:19
82 GREEN, Robert	Headington Roadrunners	Vet 50 Men	01:33:52	01:32:00	03:05:52
83 STOWELL, Adrian	Unattached - Birmingham	Vet 40 Men	01:32:11	01:33:58	03:06:09
84 ROBERSON, Adam	Finknottle Snortlers		01:23:57	01:44:17	03:08:14
85 SHAW, Clive	Unattached - Liverpool	Vet 50 Men	01:32:27	01:35:50	03:08:17
86 KENDAL, Kev	Trail Running Association		01:34:03	01:35:04	03:09:07
87 JONES, Mike	Unattached - Barrow in Furness		01:38:14	01:32:25	03:10:39
88 ROBSON, Dave	Elvet Striders- Durham	Vet 50 Men	01:33:13	01:39:29	03:12:42
89 SMITH, Tim	Dallam RC	Vet 40 Men	01:35:48	01:37:31	03:13:19
90 SMART, Alan	Unattached - Blackpool	Vet 50 Men	01:37:10	01:36:28	03:13:38
91 SHERWOOD, Malcolm	Blackpool, Wyre & Fylde AC	Vet 50 Men	01:37:11	01:37:34	03:14:45
92 RICHARDS, Jonathan			01:25:46	01:49:01	03:14:47
93 LOCKHART, Derek	Unattached - Edinburgh		01:38:11	01:38:35	03:16:46
94 SIM, John	Unattached - Newcastle	Vet 50 Men	01:37:38	01:39:26	03:17:04
95 GILLMAN, Darren	Spa Striders		01:36:51	01:41:56	03:18:47
96 MODEN, Liam	Unattached - Haslingden	Vet 40 Men	01:38:35	01:40:26	03:19:01
97 BRAY, Ron	Blackpool, Wyre & Fylde AC	Vet 60 Men	01:38:12	01:41:59	03:20:11
98 PHILIPS, Paul	Unattached - Penrith	Vet 40 Men	01:38:42	01:43:30	03:22:12
99 TALLENTIRE, Stephen	Unattached Durham	Vet 50 Men	01:40:49	01:42:04	03:22:53
100 BARROW, Mark	Unattached - Bolton		01:59:54	01:25:57	03:25:51
101 BANNISTER, Kevin	Unattached - Inverurie	Vet 50 Men	01:39:45	01:46:18	03:26:03
102 BRIGHT, John	Unattached Darlington	Vet 50 Men	01:31:36	01:54:59	03:26:35
103 CRUTCHLEY, Ian	Unattached - Norwich	Vet 40 Men	01:28:08	02:00:36	03:28:44
104 WILKINSON, Ian	Unattached - Manchester		01:44:24	01:45:45	03:30:09
105 WARBOYS, Matthew			01:41:21	01:49:39	03:31:00
106 ROSE, Glyn	Unattached - Kendal	Vet 40 Men	01:44:45	01:46:42	03:31:27
107 SINGLETON, Wayne	Unattached - Barrow in Furness		01:44:47	01:46:42	03:31:29
108 WALKER, Stephen	Special Olympics Wrexham AC	Vet 50 Men	01:46:52	01:45:27	03:32:19
109 GILES, Thomas	Trail Running Association	Vet 40 Men	01:50:24	01:42:32	03:32:56
110 HITCHIN, Andy	Unattached - Warrington	Vet 40 Men	01:45:39	01:47:36	03:33:15
111 CROOKS, James	Unattached - Dumfries	Vet 50 Men	01:50:49	01:50:26	03:41:15
112 JOUGHIN, Shaun	Unattached - Guisborough		01:53:54	01:50:23	03:44:17
113 SINGLETON, Bernard	Unattached - Blackpool	Vet 60 Men	01:49:47	01:54:35	03:44:22
114 WILLIAMS, Ken	Unattached - Southport	Vet 40 Men	01:52:04	01:55:41	03:47:45
115 SUTTON, Andrew	Unattached - Whitehaven		01:53:52	01:54:10	03:48:02
116 BLEIKER, Philip	Unattached - Ivybridge	Vet 50 Men	01:55:44	01:59:43	03:55:27
117 WYATT, Philip	Unattached - Grange Over Sands	Vet 50 Men	02:00:49	02:07:36	04:08:25
118 HOPPER, Barry	Instinctive Sports- Plymouth	Vet 60 Men	02:16:51	02:06:32	04:23:23
119 HARBORD, Chris	Great Yarmouthh Road Runners	Vet 60 Men	02:10:28	02:45:58	04:56:26