

Name	Age	Club	Time	Position
James Bowness	M open	TAC	18.21	1 <sup>st</sup> M
Nathan Thompson	M junior	CFR	19.54	1 <sup>st</sup> jun boy
Curtis Neil	M open	Cumberland	20.15	
Phil Quato	M open	Derwent	20.35	
Alan McKee	M v40	West Cumb Tri	20.43	1 <sup>st</sup> MV40
Mark Brown	M open	CFR	20.45	
Robin Orr	M open	UA	20.50	
Mark Opkins	M v40	Tri Lakeland	20.59	
Colin Sample	M v40	Tri Lakeland	21.52	
Nigel Todhunter	Mv45	CFR	21.58	
Hannah Bethwaite	Jun girl	Ellenborough	22.06	1 <sup>st</sup> jun girl
John Walker	M v45	CFR	22.13	
Tony Davis	Mv45	Derwent	22.24	
Peter Crompton	Mv50	CFR	22.27	1 <sup>st</sup> MV50
Gary Linch	Mv40	Ellenborough	22.43	
Mark Blackwell	M open	West Cumb Tri	22.48	
John Ghilay	M open	UA	23.18	
Geoff Thorpe	M open	Tri Lakeland	23.22	
Stewart Buck	M open	UA	23.55	
David Goodall	M v40	Cumberland	24/14/	
Carl Wilson	M v40	Ellenborough	24.20.	
Dave Prescott	M open	UA	24.40	
Tony Jewel	M v55	CFR	25.00	
Simon Clarke	M open	Tri Lakeland	25.06	
John Woodridge	M v60	Border harriers	25.17	1 <sup>st</sup> MV60
Phil Heaton	M v40	CFR	25.49	
Lee Holiday	M v40	West Cumb Tri	25.56	
Molly Wilkinson	Junior girl	UA	25.58	2 <sup>nd</sup> jun girl
Gary Cooper	M v45	UA	26.44	
Peter Taylor	M v70	CFR	26.48	1 <sup>st</sup> MV70
Jacqueline Storey	L v40	UA	27.01	1 <sup>st</sup> LV40
Niamh Hadley	Junior girl	CFR	27.14	3 <sup>rd</sup> jun girl
Dave Hadley	M v40	UA	27.15	
Jane Mottram	L v 55	CFR	27.26	1 <sup>st</sup> LV50
Dave Morgan	Mv65	CFR	27.33	
Kerris Atkinson	Junior girl	CFR	27.41	
Neil Atkinson	M open	UA	27.42	
Kirsty lee	L open	UA	27.47	1 <sup>st</sup> L open
Mike Bell	Mv55	CFR	27.53	
Dot Patton	Lv50	CFR	28.09	
Tommy Fowler	M open	UA	28.20	
Denise Hall	L open	Derwent	28.22	
Sandra Nelson	L v40	UA	28.41	
Julie Banks	L v45	UA	28.47	

Ann Slaymaker	L v40	UA	28.50
Maggie Grant	Lv60	Cumberland	29.09 1 <sup>st</sup> LV60
Catherine Harvey	L open	UA	29.15
Steve Watson	M v65	CFR	29.20
Trish Dunlop	Lv40	Tri Lakeland	29.24
Catherine Keevil	L open	UA	29.31
Rowena Evans	L open	UA	29.46
Gus Greenwood	M v65	UA	29.56
Laura Rosser	L open	UA	30.28
Sarah Benest	L open	UA	31.19
Helen Langcake	L v40	UA	31.28
Jeff Harrington	M v60	Cumberland	32.50
Emile Lroult	L open	UA	33.14
Jacky Harvey	Lv40	UA	33.25
Juliet Grieves	L v40	UA	33.25
Sue Templeman	L v45	UA	33.39
Wendy Hall	L v40	UA	34.38
Jill Todhunter	L v50	UA	34.38
Cath Howard	L v40	UA	37.21