

Langdale Horseshoe

10 October 2015

Pos	No	Club	Age	Time	
1	446	Sam Tosh	Rossendale	M	2.11.57
2	170	Morgan Donnelly	Borrowdale	MV40	2.11.58
3	185	Andy Fallas	Carnethy	M	2.12.01
4	77	Ben Abdelnoor	Ambleside	M	2.12.11
5	125	Tom Brunt	Dark Peak	MV40	2.12.23
6	246	Kieran Hodgson	Helm Hill	MV40	2.14.29
7	311	Luke Maude	Barlick FR	M	2.16.29
8	274	Andrew Jebb	Bingley	M	2.17.14
9	316	Mark McGoldrick	Wharfedale	M	2.18.02
10	239	John Helme	Ambleside	M	2.18.24
11	353	Adam Perry	Helm Hill	M	2.18.44
12	156	Neal Crampton	Pudsey & Bramley	M	2.18.59
13	317	Richard McGrath	Ellenborough	M	2.19.01
14	465	Chris Waters	Ambleside	M	2.19.17
15	155	Tim Cowin	Howgill	MV40	2.19.20
16	495	Nigel Wood	Helm Hill	MV40	2.21.46
17	443	Paul Tierney	Ambleside	M	2.23.07
18	86	Jon Ascroft	Carnethy	MV40	2.23.18
19	93	Nicholas Barber	Pennine	M	2.23.50
20	294	Ross Litherland	Pennine	M	2.24.33
21	85	Chris Arthur	U/A	M	2.25.33
22	351	Jon Pemberton	Dark Peak	M	2.26.04
23	299	David Lund	Dark Peak	M	2.26.08
24	50	Jasmin Paris	Carnethy	L	2.26.37
25	463	Dave Ward	Pennine	MV40	2.26.59
26	223	Steve Halsall	Westerlands	M	2.27.59
27	331	Lee Newton	Keswick	M	2.28.08
28	297	Harvey Lord	Black Combe R	M	2.29.30
29	491	Jack Wood	Ilkley H	M	2.29.31
30	405	Andrew Slattery	Keswick	MV45	2.30.57
31	328	Paul Navesey	Crawley AC	M	2.31.18
32	329	Paul Neild	Bowland	MV40	2.31.32
33	263	Mark Irving	Bowland	M	2.31.35
34	361	Lee Procter	Helm Hill	M	2.31.40
35	424	Andrew Stuart	Beeston AC	M	2.31.42
36	204	Andy Gibbons	Bingley	M	2.31.46
37	264	Andrew Jackson	Bowland	MV40	2.31.48
38	92	Chris Balderson	Bowland	MV50	2.31.49
39	482	Shaun Wilkinson	Keighley & Craven	MV50	2.32.16
40	408	Alan Smith	Deeside R	MV50	2.32.38
41	451	Andrew Wainwright	U/A	MV45	2.32.41
42	255	Josh Hubbard	Ambleside	M	2.32.47
43	303	Peter Mackie	Shettleston	M	2.32.53
44	293	Chris Lister	Ellenborough	M	2.33.21
45	237	David Haygarth	Wharfedale	MV40	2.34.12
46	182	Iain Embry	Lancaster University	M	2.34.13
47	452	Max Wainwright	U/A	M	2.35.14
48	310	Dale Mathers	Mourne R	MV50	2.35.22
49	382	Calvin Routledge	2.35.26	MV45	2.35.22
50	191	Darren Fishwick	Chorley	MV45	2.36.03
51	320	Jonathan Melia	Rossendale	MV45	2.37.28
52	365	Paul Reilly	Coniston	M	2.37.33
53	355	Laurence Piercy	Dark Peak	M	2.37.46
54	429	Dave Sykes	Dark Peak	MV40	2.38.07
55	83	Steve Angus	Keswick	MV45	2.38.24
56	334	Dave Nuttall	Bowland	MV50	2.38.48
57	154	Nick Corker	Sutton Coldfield AC	MV40	2.39.00

58	363	Konrad Rawlik	Carnethy	M	2.39.23
59	336	Jim O'Hara	Helsby	M	2.39.33
60	493	Keith Wood	Saltwell H	MV50	2.39.34
61	44	Heather Marshall	Totley AC	L	2.40.29
62	397	Ben Sheppard	Ilkley H	M	2.40.33
63	234	Sam Harrison	Bowland	M	2.40.35
64	350	Philip Pearson	Saltwell H	MV55	2.40.53
65	40	Kerstin Leslie	Dalbeattie RC	L	2.40.56
66	340	Andrew Orr	Clayton-Le-Moors	MV45	2.40.58
67	273	Martyn James	Porter Valley Plodders	M	2.41.02
68	183	David Evans	Ambleside	M	2.41.06
69	468	Chris Webb	Saddleworth	M	2.41.15
70	462	Leigh Warburton	Bowland	MV55	2.41.25
71	418	David Soles	Pennine	MV50	2.41.39
72	108	Andy Blackett	Durham FR	M	2.41.52
73	466	Sam Watson	Wharfedale	M	2.41.59
74	500	John Young	Harrogate H	M	2.41.59
75	485	Gavin Williams	Dark Peak	MV50	2.43.53
76	28	Rachel Hill	Settle H	LV40	2.43.58
77	490	Peter Winterbottom	Borrowdale	MV60	2.44.24
78	417	Richard Snowden	Totley AC	MV45	2.44.43
79	339	Adam Oliver	Helm Hill	M	2.44.59
80	288	Roger Laycock	Settle H	MV55	2.45.02
81	384	Tim Rutter	Dark Peak	M	2.45.08
82	162	Tim Culshaw	Glossopdale	M	2.45.43
83	489	Ian Willis	Keighley & Craven	MV40	2.45.56
84	448	Jim Turner	Bowland	M	2.45.58
85	32	Judith Jepson	Dark Peak	LV45	2.46.00
86	400	Stuart Shuttleworth	Ambleside	MV50	2.46.03
87	346	Rob Parker	U/A	MV45	2.46.32
88	143	Mark Clarkson	NFR	M	2.46.51
89	262	Stephen Ireland	U/A	M	2.46.53
90	176	Matt Dunn	Holcombe H	MV40	2.47.53
91	474	Jonathon Whitaker	Ilkley H	MV50	2.48.09
92	147	Steve Coates	East Hull H	MV40	2.48.37
93	231	Mark Harris	Helm Hill	MV40	2.48.46
94	197	Matt Foxwell	Kendal	MV40	2.48.54
95	327	Dave Naughton	Clayton-Le-Moors	MV55	2.49.02
96	306	John Marsham	Valley Striders	M	2.49.10
97	359	Huw Price	Bowland	MV50	2.49.22
98	63	Nicky Spinks	Dark Peak	LV45	2.49.25
99	285	George King	Howgill	M	2.50.01
100	409	Bob Smith	Barrow R Leicester	MV60	2.50.06
101	212	Ben Grant	Harrogate H	MV65	2.52.05
102	367	Michael Reynolds	Mercia	MV45	2.52.06
103	347	Charlie Pass	U/A	MV40	2.52.12
104	439	Jim Thompson	Saltwell H	MV45	2.52.21
105	354	Kevin Perry	U/A	MV50	2.52.37
106	122	Andrew Britton	Idle AC	M	2.53.04
107	457	Neil Walker	Altrincham	M	2.53.12
108	115	Richard Bradbury	Matlock AC	MV40	2.53.24
109	375	Chris Roberts	York Knavesmire H	M	2.53.33
110	498	Harold Wyber	Woodford Green	M	2.53.41
111	200	Stephen Fry	Harrogate H	MV45	2.53.48
112	254	John Houlihan	Ilkley H	MV50	2.53.50
113	441	David Thornley	U/A	M	2.53.53
114	252	Brian Horn	Borrowdale	MV60	2.53.58
115	279	Chris Jones	Wharfedale	MV45	2.54.00
116	27	Kirsty Hewitson	Macclesfield H	LV40	2.54.01
117	165	Kieran Davis	Erewash Valley RC	M	2.54.03
118	75	Adam Holloway	U/A	MV45	2.54.05
119	230	James Harris	Fell Ponies	M	2.54.12
120	163	Dave Cumins	Mow Cop R	MV45	2.54.13

121	291	D Lewis	U/A	MV40	2.54.14
122	181	James Elson	U/A	M	2.54.25
123	479	Howard Whittaker	Pennine	MV45	2.54.35
124	415	Thomas Smith	Dark Peak	M	2.55.20
125	396	John Sharples	Clayton-Le-Moors	MV60	2.55.26
126	295	Tom Loan	Keswick	M	2.55.34
127	388	David Scott	Ochil Hill R	MV55	2.55.40
128	228	Ian Harrington	Ambleside	MV40	2.56.02
129	105	Yewan Bennison	Chorley A & T	MV40	2.56.06
130	150	Bernie Cook	Pennine	MV40	2.56.07
131	494	Rowan Wood	Lonsdale	M	2.56.13
132	53	Zoe Procter	Pennine	L	2.56.18
133	203	Jim Garside	Trawden AC	MV40	2.56.19
134	277	Richard Joel	Ilkley H	MV45	2.56.20
135	323	John Minta	Calder Valley	MV45	2.56.22
136	58	Sue Richmond	Pennine	L	2.56.23
137	236	John Hayes	Ilkley H	MV45	2.56.31
138	304	Dave Makin	Achille Ratti	MV50	2.56.34
139	79	David Anderson	Pudsey & Bramley	MV40	2.56.35
140	481	Mark Wildsmith	Settle H	MV40	2.56.40
141	414	Michael Smith	Dallam	MV45	2.56.53
142	265	Edmond Jackson	U/A	MV50	2.56.58
143	416	Ed Sneddon	U/A	MV40	2.56.59
144	342	Bruce Owen	Pennine	MV50	2.57.01
145	425	Albert Sunter	Horwich	MV55	2.57.08
146	281	Ashley Kay	Dark Peak	MV55	2.57.45
147	132	Paul Calderbank	Ilkley H	MV55	2.57.48
148	337	Steven O'Keefe	Cumberland FR	MV40	2.57.49
149	422	Ian Stephenson	Ambleside	MV50	2.57.55
150	371	Joseph Rigby	U/A	M	2.59.02
151	486	Samuel Williams	Dark Peak	M	2.59.05
152	256	Dave Hulley	Stockport H	MV40	2.59.06
153	186	Matthew Farrer	U/A	M	2.59.37
154	218	Kristian Groom	Dark Peak	M	2.59.46
155	141	Paul Christon	North York Moors	MV45	3.00.00
156	423	Dan Stowers	Dark Peak	MV40	3.00.18
157	137	David Chandler	Ilkley H	M	3.00.43
158	473	Ivan Whigham	Clayton-Le-Moors	MV50	3.01.13
159	171	Andrew Driver	Barlick FR	M	3.01.24
160	427	Paul Swindles	U/A	M	3.02.21
161	30	Christine Holmes	Denton Holme	L	3.02.33
162	370	Steve Rhodes	U/A	MV50	3.03.28
163	445	Michael Toman	Rossendale	MV50	3.03.54
164	152	Duncan Cooper	Ilkley H	MV45	3.04.00
165	324	John Morrissey	Achille Ratti	M	3.04.08
166	469	Jez Westgarth	Arragons Tri	MV40	3.04.26
167	248	Keith Holmes	Dark Peak	MV60	3.04.52
168	225	Martin Hancock	Skipton AC	MV45	3.05.16
169	344	George Palmer	U/A	M	3.05.28
170	319	Dave McGuire	Wharfedale	MV45	3.05.44
171	247	Phil Hodgson	Todmorden	MV55	3.06.19
172	94	Piers Barber	Wharfedale	MV50	3.07.04
173	196	David Fountain	Harrogate H	M	3.07.32
174	111	John Boothman	Barlick FR	MV50	3.07.53
175	81	Jim Andrews	Coniston	MV50	3.08.14
176	407	Ian Smallwood	Wilmslow RC	MV50	3.08.38
177	276	Rigby Jerram	Kendal	MV50	3.09.14
178	269	Tim Jackson	Settle H	MV45	3.09.37
179	193	Simon Ford	Astley & Tyldesley RR	MV40	3.09.43
180	192	Andy Ford	Horwich	M	3.09.46
181	140	Ian Charlesworth	Penistone	MV50	3.10.12
182	305	Tony Marlow	Chorley Ath & Tri	MV50	3.10.23
183	444	Richard Timms	Settle H	MV45	3.10.28

184	412	James Smith	Barrow R Leicester	M	3.10.32
185	136	Peter Carvell	Congleton H	MV40	3.10.34
186	313	Stuart McAleavy	Marsh Harriers	MV40	3.10.46
187	488	Rob Williamson	Loftus & Whitby	MV50	3.10.49
188	41	Catherine Litherland	Pennine	L	3.10.52
189	401	Paul Simpson	Kendal	MV50	3.10.54
190	487	James Williamson	Trawden AC	M	3.10.56
191	117	Andrew Braithwaite	Trawden AC	MV40	3.10.59
192	352	Martin Pennington	U/A	M	3.11.17
193	442	Tony Thornton	Bentham Beagles	MV40	3.11.21
194	104	Richard Bembridge	Dark Peak	MV45	3.11.32
195	283	Robbie Kelly	Swaledale R	MV55	3.11.41
196	145	Phil Clayton	Black Combe R	MV45	3.11.44
197	266	Paul Jackson	Helm Hill	MV45	3.11.45
198	187	Matt Fawthrop	U/A	M	3.12.43
199	144	Mike Clayton	Liverpool RC	M	3.13.04
200	286	John Kirkbride	Coniston FR	MV45	3.13.15
201	341	John Osborne	Settle H	MV50	3.13.27
202	471	Mark Wharton	Calder Valley	MV50	3.13.31
203	164	Peter Davies	U/A	M	3.13.39
204	130	Carl Byrne	Holcombe H	MV40	3.13.45
205	440	John Thompson	Newburgh Nomads	MV45	3.13.57
206	123	Tim Brooks	Calder Valley	MV45	3.14.04
207	114	Peter Bowles	Todmorden	MV45	3.14.07
208	464	Mike Wardle	Calder Valley	MV55	3.14.23
209	374	Andy Roberts	Congleton H	MV40	3.14.45
210	179	Barry Edwards	U/A	MV55	3.14.54
211	67	Sally Ward	U/A	LV50	3.15.05
212	118	Justin Bramall	U/A	M	3.16.21
213	261	Guy Illingworth	U/A	MV45	3.17.30
214	249	Jarrold Homer	Wilmslow RC	MV45	3.17.36
215	410	Fred Smith	Saltwell H	MV55	3.17.42
216	267	Peter Jackson	Barlick FR	MV55	3.17.53
217	49	Clare Oliffe	Dark Peak	L	3.17.55
218	194	Gary Forrester	East Hull H	MV50	3.17.58
219	430	David Sykes	Lonsdale	MV45	3.18.00
220	307	Matthew Mason	Langgarverne (Denmark)	MV50	3.18.02
221	169	Steve Dixon	Valley Striders	MV60	3.18.04
222	244	Mike Hitchmough	Newburgh Nomads	MV45	3.18.14
223	20	Wendy Dodds	Clayton-Le-Moors	LV60	3.18.21
224	300	Tom Lynch	Otley	M	3.18.25
225	250	Adrian Hope	Lostock AC	MV40	3.18.37
226	133	Ian Capleton	U/A	M	3.18.47
227	421	Martin Statham	Achille Ratti	MV55	3.18.54
228	126	Peter Buchanan	Ochil Hill R	MV55	3.19.27
229	66	Alison Wainwright	U/A	LV45	3.19.33
230	438	Adrian Thomas	U/A	M	3.19.37
231	345	Julian Parker	Dark Peak	MV45	3.19.46
232	206	Roy Gibson	Kendal	MV55	3.20.05
233	189	Andrew Firth	Clayton-Le-Moors	MV55	3.20.37
234	476	Steve White	U/A	MV45	3.20.38
235	308	Paul Mason	CFR	MV55	3.20.40
236	52	Helen Price	Harrogate H	LV45	3.20.43
237	434	Paul Taylor	Calder Valley	MV50	3.20.49
238	97	Andy Baron	U/A	M	3.21.00
239	435	Paul Taylor	Saddleworth	MV45	3.21.12
240	268	Steve Jackson	Horwich	MV60	3.21.17
241	158	Michael Crook	Horwich	MV65	3.21.21
242	91	Stephen Baker	Helm Hill	MV40	3.21.36
243	413	Josh Smith	U/A	M	3.21.41
244	142	Mike Clarke	Loftus & Whitby	MV55	3.21.52
245	80	Nick Andralojc	Harrogate	MV50	3.22.05
246	87	Lewis Ashton	Dark Peak	MV45	3.22.20

247	372	Matt Rigby	Dark Peak	MV45	3.22.21
248	205	David Gibson	Esk Valley Fell Club	M	3.22.59
249	432	Chris Taylor	Mercia	MV60	3.23.02
250	46	Sarah Massey	Keswick	LV40	3.23.09
251	207	David Gill	Denby Dale Travellers	MV55	3.23.15
252	309	Andrew Mather	U/A	M	3.23.28
253	315	Ewan McCallum	U/A	MV50	3.23.33
254	82	Richard Andrews	Southwell RC	MV45	3.23.34
255	461	Brian Walton	Horwich	MV60	3.23.39
256	360	Martyn Price	Harrogate H	MV50	3.23.50
257	103	Jeff Belt	North York Moors	MV45	3.24.02
258	326	Daryl Mullen	Newburgh Nomads	MV50	3.24.10
259	199	Simon Froude	U/A	MV55	3.24.15
260	301	Brian Macfadyen	Macclesfield H	MV55	3.24.34
261	172	Michael Duffield	Ilkley H	MV45	3.24.41
262	233	Richard Harris	Newburgh Nomads	MV50	3.24.45
263	280	Adrian Kamis	East Hull H	MV50	3.24.46
264	272	David James	U/A	MV45	3.24.52
265	484	Andy Williams	Ashbourne	MV45	3.24.57
266	10	Suzanne Budgett	Horwich	LV50	3.25.13
267	238	Sam Healy	North York Moors	M	3.25.29
268	216	Stephen Grimley	Calder Valley	MV45	3.25.33
269	377	Dave Robson	Ilkley H	MV40	3.25.53
270	376	Steven Robinson	Otley	MV40	3.26.04
271	188	Jed Field	Horsforth Fellandale	M	3.26.21
272	211	Mark Graham	CFR	MV55	3.26.23
273	343	Simon Oxley	Settle H	MV55	3.26.26
274	404	Elliot Skorupa	U/A	M	3.27.03
275	166	Simon Davis	Dark Peak	MV40	3.27.05
276	242	Paul Hindle	Wharfedale	MV50	3.27.14
277	202	Martin Gardiner	U/A	MV40	3.27.25
278	9	Sarah Broadhurst	Dark Peak	LV45	3.27.37
279	314	Alistair McCaig	Howgill	MV40	3.28.06
280	73	Alice Wilson	Glossopdale	L	3.28.27
281	478	Glenn Whittaker	Barlick FR	MV50	3.28.33
282	177	Peter Eccleston	Dark Peak	M	3.28.59
283	157	Loxley Crawshaw	Dark Peak	MV45	3.29.22
284	71	Amy Whelan	Ambleside	L	3.29.23
285	220	Randolf Haggerty	Kirkstall H	MV45	3.29.27
286	467	Andy Watts	Cheshire Hill Racers	MV65	3.29.30
287	217	Ian Grimshaw	Derwent AC	MV55	3.29.54
288	380	Andy Ross	Northern Fells RC	MV45	3.29.55
289	35	Jacqueline Keavney	Swaledale R	LV50	3.29.57
290	245	Neil Hodgkinson	Todmorden	MV45	3.30.23
291	168	Adrian Dixon	U/A	MV65	3.30.25
292	195	Aaron Forshaw	U/A	MV40	3.30.41
293	128	David Burton	Keswick	MV55	3.30.54
294	139	Chris Charlesworth	Penistone Footpath R	MV40	3.30.55
295	43	Lesley Malarkey	Keswick	LV65	3.31.15
296	470	Tom Westgate	Dark Peak	MV50	3.31.37
297	349	Jim Paxman	Dark Peak	MV55	3.31.44
298	78	Michael Alexander	Barlick FR	M	3.31.56
299	292	Brent Lindsay	Penistone Footpath R	MV50	3.31.59
300	26	Martha Hart	Dark Peak	L	3.32.01
301	22	Fiona Fullwood	Dark Peak	L	3.32.16
302	151	Paul Coope	Bowland	MV50	3.32.37
303	175	Alasdair Duncan	Ashbourne	MV55	3.32.39
304	318	Keith McGregor	U/A	MV50	3.32.43
305	113	William Bower	U/A	M	3.33.14
306	72	Lucy Wiegand	Dark Peak	LV45	3.33.25
307	13	Katie Busfield	Ashbourne	LV45	3.34.07
308	398	Edwin Sherstone	Southport Waterloo	MV50	3.34.09
309	61	Rachel Slattery	Helm Hill	LV45	3.34.13

310	369	Jim Rhodes	Bowland	MV50	3.34.15
311	146	Tim Clegg	Keighley & Craven	MV55	3.34.29
312	25	Tara Grosvenor	U/A	L	3.34.37
313	31	Lorna Hubbard	Keighley & Craven	L	3.34.51
314	106	Dom Beresford	Pennine	MV45	3.35.29
315	18	Penny Collier	Dark Peak	LV45	3.36.48
316	1	Lorna Ascroft	Carnethy	L	3.37.16
317	431	Trevor Symonds	U/A	MV55	3.37.38
318	174	Stephen Dunbar	U/A	MV45	3.37.57
319	222	David Halliday	Barlick FR	MV40	3.38.13
320	224	Peter Hampshire	Pensby R	MV40	3.38.56
321	447	Mike Troup	Ambleside	MV60	3.39.08
322	312	Ian Maudsley	Coniston	MV40	3.39.14
323	65	Denise Tunstall	Durham FR	LV50	3.39.18
324	348	David Patrick	Ashbourne	MV45	3.39.19
325	321	Will Meredith	Pennine	MV40	3.39.35
326	198	Simon Franklin	Horsforth Fellandale	MV45	3.39.57
327	219	Daniel Grose	Kendal	MV45	3.40.20
328	358	John Poole	U/A	MV40	3.40.28
329	112	Michael Bourne	Dark Peak	MV40	3.40.34
330	90	Adam Baird	Ambleside	MV40	3.40.35
331	190	Simon Fisher	Calder Valley	MV40	3.42.46
332	426	Rod Sutcliffe	Calder Valley	MV60	3.42.55
333	19	Maria Cook	Parbold Pink Panthers	LV40	3.44.04
334	17	Bridget Collier	Parbold Pink Panthers	LV40	3.44.04
335	57	Freya Reynolds	Craven Energy	L	3.44.29
336	34	Sarah Jones-Morris	Penistone Footpath R	LV40	3.44.51
337	15	Paula Clark	Barlick FR	L	3.45.05
338	129	Malcolm Busfield	Ashbourne	MV40	3.45.36
339	356	Steven Pilkington	Rossendale	MV55	3.46.26
340	290	John Leech	Dallam	MV50	3.46.56
341	459	Martin Walsh	Bowland	MV65	3.47.05
342	149	Ian Connell	Clayton-Le-Moors	MV50	3.47.45
343	232	Nick Harris	Rossendale	MV65	3.48.25
344	379	Mark Rogerson	Settle H	M	3.48.33
345	240	Paul Hills	Pennine	MV55	3.49.38
346	241	Mike Hind	Borrowdale	MV60	3.50.45
347	12	Chantal Busby	Ilkley H	LV45	3.50.48
348	271	Peter Jagan	Bingley	MV65	3.51.07
349	24	Nicola Gover	York Acorn RC	L	3.51.37
350	338	Chris Oliphant	North Shields Poly	MV60	3.51.40
351	47	Anne Milner	Wharfedale	LV45	3.51.59
352	322	Steve Milner	Wharfedale	MV50	3.52.01
353	383	Stuart Russell	Liverpool RC	MV40	3.53.05
354	39	Jane Leonard	Todmorden	LV55	3.53.20
355	138	Simon Chandler	Wetherby R	M	3.54.00
356	36	Mo Kelly	Howgill	L	3.54.18
357	472	Mike Wharton	Sale H	M	3.54.18
358	420	Dave Spragg	Wimbleton Windmilers	MV40	3.54.19
359	406	Andrew Sly	Ambleside	MV60	3.55.48
360	385	Luigi Salzano	Radcliffe AC	MV40	3.55.49
361	88	Gregg Avery	Goyt Valley Striders	MV45	3.56.11
362	325	Richard Morrison	U/A	MV40	3.56.17
363	210	Andrew Graham	Trawden AC	MV40	3.56.21
364	148	Jim Coldwell	Swaledale R	MV40	3.56.52
365	59	Sue Roberts	Todmorden	LV50	3.57.55
366	201	Jim Fulton	Dark Peak	MV60	3.58.07
367	402	Spence Sivewright	U/A	MV50	3.58.13
368	23	Mandy Goth	Todmorden	LV55	3.59.08
369	480	Paul Whittle	Newburgh Nomads	MV45	4.00.04
370	5	Fran Berry	Durham FR	L	4.00.50
371	456	Gary Walker	U/A	MV55	4.01.44
372	135	Dvid Carruthers	CFR	MV40	4.01.57

373	45	Sandra Mason	CFR	LV55	4.02.09
374	173	Peter Dugdale	Clayton-Le-Moors	MV55	4.03.15
375	89	Kevin Ayre	South Shields H	MV50	4.06.05
376	386	Mark Sammon	SELOC	MV40	4.06.35
377	64	Michelle Sunter	Horwich	LV55	4.06.36
378	100	Chris Bates	U/A	MV45	4.06.37
379	221	Richard Hakes	Dark Peak	MV55	4.07.35
380	253	Tim Horrocks	Pennine	MV50	4.09.31
381	433	Neil Taylor	Skelmersdale B H	MV45	4.10.31
382	394	Paul Sessford	Keighley & Craven	MV45	4.11.14
383	419	Geoff Somers	Keswick	MV65	4.13.20
384	213	Leon Gray	U/A	MV40	4.50.06
385	42	Diane MacDonald	Keighley & Craven	LV45	4.50.11
386	62	Clare Smurthwaite	Keighley & Craven	LV45	4.50.11
387	70	Charlotte Wetton	Calder Valley	L	5.08.48