

Male winners

1st	14	00:38:22	Carl	Bell	Keswick AC	M
2nd	60	00:39:42	John	French	Eden Runners	M40
3rd	199	00:41:29	Phil	Winskill	Keswick AC	M40

Male v40

1st	50	00:46:01	Martin	Curran	DH Runners	M40
2nd	198	00:46:04	John	Williams	Eden Runners	M40
3rd	172	00:46:25	Stuart	Edington	Keswick AC	M40

Male v50

1st	74	00:47:15	Ian	Horne	Eden Runners	M50
2nd	157	00:48:22	Peter	Walker	Derwent AC	M50
3rd	2	00:49:05	Paul	Nickells	Eden Runners	M50

Male v60

1st	180	00:52:16	Alex	Heron	Eden Runners	M60
2nd	118	00:54:00	Dave	Piercy	DCH Run Club	M60
3rd	107	00:54:49	John	Myatt	Northern Fells	M60

male v70

1st	54	01:01:18	Cliff	Etherden	Lakeland Orienteering Club	M70
2nd	none	none	none	none	#N/A	#N/A
3rd	none	none	none	none	#N/A	#N/A

Female winners

1st	76	00:39:49	Hannah	Horsburgh	Keswick AC	F
2nd	113	00:46:34	Lou	Osborn	Ambleside	F40
3rd	186	00:49:29	Rachel	Mellor	Keswick AC	F40

Female v40

1st	100	00:51:09	Dawn	Metcalf	Durham Fell Runners	F40
2nd	4	00:51:54	Samantha	Ayers	Bodyfit Cumbria	F40
3rd	87	00:53:09	Katie	Kerr		F40

Female v50

1st	182	00:49:35	Sarah	Hodgson	Keswick AC	F50
2nd	174	00:49:43	Susanne	Enhard	Eden Runners	F50
3rd	67	00:53:04	Hazel	Davies	Bodyfit Cumbria	F50

female v60

1st	196	01:02:21	Debbie	Thompson		F60
2nd	121	01:03:08	Kathleen	Proctor	Keswick AC	F60
3rd	136	01:03:09	Kathleen	Smith		F60

female v70

1st	none	none	none	none	#N/A	#N/A
2nd	none	none	none	none	#N/A	#N/A
3rd	none	none	none	none	#N/A	#N/A