

<u>No</u>	<u>Lake, Mere or Water</u>	<u>Time (GH)</u>	<u>Time (IS)</u>	<u>Support runners</u>
1	Loweswater	09.30	09.30	Wayne Drinkwater
2	Crummock Water	10.10	10.10	"
3	Buttermere	10.45	10.45	"
4	Ennerdale	12.09	12.09	None
5	Wastwater	15.19	15.19	"
6	Devoke Water	17.34	17.34	"
7	Goats Water	21.23	21.23	"
8	Low Water	22.07	22.07	"
9	Levers Water	22.28	22.28	"
10	Coniston Water	23.11	23.11	Josie Greenhalgh, Geoff Capps, Alan Bland
11	Esthwaite Water	00.40	00.40	"
12	Elterwater	02.37	02.37	"
13	Grasmere	03.10	03.10	"
14	Rydal Water	03.36	03.36	"
15	Windermere	04.43	04.43	"
16	Skeggles Water	08.28	08.28	Alex Kirby
17	Small Water	10.59	10.59	"
18	Haweswater	11.29	11.29	"
19	Bleawater	12.11	12.11	"
20	Hayeswater	13.20	13.20	"
21	Brothers Water	14.10	14:16	Sarah McCartney (GH), Ross Coles (IS), Marcus Connolly (IS)
22	Ullswater	14.38	14:58	"
23	Thirlmere	16.45	17:57	"
24	Derwent Water	17.49	19:35	"
25	Bassenthwaite Lake	19.18	21:00	Alex Kirby (GH & IS)
26	Over Water	20.26	23:15	"

