

<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Cartmel</b>	<b>Hawkshead</b>	<b>Kentmere</b>	<b>Total</b>
TOPPIN, Suzanne	Unattached - Penrith	LadyVet40	998	999	999	2996
WILKINSON, Helen	Unattached : Lutterworth		999	994	996	2989
SPOONER, Emma	Unattached : Morecambe		987	990	993	2970
BROOKS, Michelle	Unattached - Colne		984	989	994	2967
BURNS, Carolyn	Unattached - Penrith		982	984	984	2950
FIDLER, Julia	Unattached : Ellesmere Port	LadyVet40	966	978	972	2916
JONES, Jacq	Delamere Spartans		986	972	957	2915
PALMER, Jenny	Deeside Orienteering Club	LadyVet40	954	975	977	2906
HEWITT, Debbie	Sinfin	LadyVet40	950	973	975	2898
WHITE, Patricia	Unattached - Kendal	LadyVet50	939	966	974	2879
SHRINE, Katharine	Unattached - Carnforth		930	967	963	2860
HOLDSWORTH, Paula	Unattached : Burnley		920	945	946	2811
OLIVER, Amy	Unattached : Stourbridge		919	919	939	2777
PRATT, Wendy	Unattached - Penrith		897	918	950	2765
ALLISON, Lesley	Unattached - Penrith	LadyVet50	898	908	947	2753
WILDMAN, Louise	Unattached - Leyland		902	913	937	2752
HUMPHREYS, Caroline	Unattached - Kendal		915	907	928	2750
BENNETT, Clare	Unattached	LadyVet40	899	914	921	2734
JONES, Kate	Unattached : Eccles	LadyVet50	901	910	898	2709
DAVIES, Jane	Unattached - Manchester	LadyVet40	896	909	894	2699
ROYTHORNE, Sally	Unattached - Penrith		890	891	918	2699
MAY, Alison	Unattached : Appleby		889	892	916	2697
HARRIS, Adrienne	Carlisle Tri Club	LadyVet50	855	889	929	2673
JONES, Andrea	Carlisle Tri Club		857	888	912	2657
VLIES, Ruth	Unattached - Liverpool		849	871	902	2622
SWEETING, Laura	Unattached - Manchester		845	870	903	2618
WILSON, Lynn	Unattached - Kendal	LadyVet40	870	855	893	2618
MARTIN, Heidi	St Bees Triers		841	857	897	2595
WOODLEY, Helen	Unattached : Ulverston			997	998	1995
GRAHAM, Isobel	Unattached : Carlisle	LadyVet40	995	993		1988
HEFFERMAN, Janet	Unattached : Ulverston		993	986		1979
FAWCETT, Elizabeth	Unattached : Milnthorpe	LadyVet40	992	985		1977
ASKEW, Lorna	Helm Hill Runners	LadyVet40	981		989	1970
JEFFREY, Sue	Dumfries Running Club		974		991	1965
MENNELL, Josie	Unattached : Sedbergh		971	981		1952
MCILDOWIE, Pamela	Unattached - Glasgow		968	982		1950
MCCAFFREY, Anne	Unattached - Southport	LadyVet50	970	979		1949
THOMPSON, Rosemary	Unattached : Middleton in	LadyVet40	980	969		1949
EDWARDS, Antoinette	Unattached - Manchester		969		978	1947
GRAY, Claire	Unattached : Carlisle	LadyVet40	988	948		1936
PILGRIM, Elizabeth	Unattached - Kendal	LadyVet40	949		971	1920
BAILLEY-WOODS, Janette	Unattached - Kendal	LadyVet40	945		967	1912
ASTALL, Laura	Unattached : Dearham			949	955	1904
MONEY, Kathryn	Unattached : Lincoln	LadyVet40		950	953	1903
COLLINSON, Carolyn	Unattached - Lancaster	LadyVet40	964	933		1897
SUDDER, Lisa	Unattached : Shap	LadyVet40	912		954	1866
OUTTERSIDE, Joanna	Unattached - Cheadle		917		942	1859
KILNER, Karen	Unattached: Oldham	LadyVet40	910	932		1842
QUINN, Claire	Unattached - Manchester	LadyVet40	911	930		1841
O'HARE, Belinda	Unattached - Leeds	LadyVet50	877		952	1829
DALY, Kate	Unattached - Preston		922	902		1824
STANSBIE, Claire	Unattached : Chorley			887	935	1822
STARK, Linda	Unattached : Melrose	LadyVet50	884		927	1811
WOOD, Catherine	Unattached - Preston	LadyVet40	874		936	1810
YATES, Jane	Unattached - Penrith	LadyVet40	878		926	1804
ETHERDEN, Kath	South East Lancs Orienteering	LadyVet60		886	915	1801
STOCKTON, Niki	Swinton Running Club	LadyVet40	900		899	1799
PEARSON, Claire	Unattached : Grange Over Sands	LadyVet40	867		913	1780
PARK, Julia	Unattached	LadyVet40	860		917	1777
HOTCHKISS, Sue	Unattached : Allithwaite	LadyVet50	872	900		1772
MODEN, Mary	Rosendale Harriers	LadyVet40		856	900	1756
BROWNSMITH, Rachel	Unattached - Lancaster		863	874		1737

RAYNER, Jan	Unattached - Leeds	LadyVet40	864	872		1736
ICENOGLU, Elizabeth	Unattached : Leeds		840		890	1730
TICKNER, Rachel	Cockermouth	LadyVet60	848	878		1726
PARDOE, Elaine	Guinea Pig Racing Club	LadyVet40	856	864		1720
BROWNLEE, Katherine	Unattached - Edinburgh				1000	1000
ESSEX-CROSBY, Emma	Preston Harriers			1000		1000
RIDEHALGH, Sarah	Accrington Road Runners		1000			1000
ATHERTON, Kath	Unattached - Ulverston				998	998
WOODLEY, Kath	Unattached : Ulverston			998		998
CLARE, Halina	Unattached - Richmond		997			997
CUNNINGHAM, Anna	Lancaster Womens Running			996		996
WINDLE, Heather	Unattached - Clithroe		996			996
BROOKS, Anna	Unattached - London				995	995
CHILD, Anna	Unattached - Lancaster			995		995
DAVIES, Gemma	Unattached : Cockermouth		994			994
BROWNLEE, Helen	Unattached - Edinburgh				992	992
FOWLER, Mindy	ua Louisville, Colorado			992		992
JACKSON, Emma	Unattached - Edinburgh		991			991
TEDCASTLE, Kathy	Unattached : Grange-Over-Sands			991		991
CLENNETT, Catherine	Billingham Marsh House Harriers	Lady Vet 40			990	990
SWEENEY, Lynne	Unattached : Windermere	LadyVet50	990			990
VOWDEN, Charlotte	Unattached - London		989			989
MAYOT, Lauren	Unattached - London				988	988
WATERMAN, Elizabeth	Unattached : Hexham			988		988
BEATIE, Sara	Unattached : Carlisle			987		987
BUTLER, Elinor	Elvet Striders- Durham				987	987
FRANCE, Katherine	Unattached - Kendal				986	986
HEATHCOTE, Rachel	Hunters Bog Trotters				985	985
ROWLAND, Caroline	Unattached : Ulverston	LadyVet40	985			985
MCKEAN, Sadie	Unattached - Lancaster	LadyVet40		983		983
WATSON, Elizabeth	Unattached : Cockermouth		983			983
WILSON, Kate	Unattached - Kendal				983	983
WILSON, Meghan	ua Beverley				981	981
ISHERWOOD, Lucy	Unattached - London			980		980
KILBY, Bex	Beverley AC				980	980
MCGRATH, Karen	Worthing Striders	Lady Vet 50			979	979
BEAUMONT, Katherine	Unattached : Bentham		978			978
JONES, Becky	Lancaster & Morcambe AC			977		977
LEWIS, Jo	Unattached : Brampton	LadyVet40	977			977
BATTY, Fiona	Unattached - Fleetwood				976	976
BENNETT, Kyla	Unattached - Lancaster		976			976
MELVIN, Trudy	Unattached			976		976
JACKSON-ROE, Katie	Unattached - Wigan		975			975
SMITH, Rachel	Unattached : Todmorden	LadyVet40		974		974
KENNY, Natasha	The Legacy Cumbria friendship		973			973
RAWLING, Eleanor	Unattached - Abingdon	Lady Vet 60			973	973
MOZDZYNSKI, Rowena	The Legacy Cumbria friendship		972			972
WARD, Liz	Team trisports			971		971
HIGHAM, Louise	Unattached : Heswall	LadyVet40		970		970
WALSHAW, Samantha	Unattached - Preston	Lady Vet 40			970	970
PLIMMER, Mel	Unattached - Manchester	Lady Vet 40			969	969
MAGUIRE, Karon	Unattached	LadyVet40		968		968
WALMSLEY, Gemma	Unattached - London				968	968
FIRBY, Louise	Unattached : Cockermouth		967			967
BARTLETT, Ruth	Lancaster & Morcambe AC	Lady Vet 50			965	965
SUNDERLAND, Samantha	Unattached : Dalton	LadyVet40	965			965
WILSON, Angela	Unattached - Liverpool	LadyVet40		965		965
BOLTON, Erin	Unattached : Oswaldtwistle	Lady Vet 40			964	964
GRANT, Ashley	ua Rochdale			964		964
JOHNSTON, Helen	Billingham Marsh House Harriers	LadyVet40	963			963
TIPPIN, Susan	Unattached - Southport	LadyVet50		963		963
BOYLES, Linda	Unattached : Ashton-Under-Lyne	LadyVet40		962		962
GOUGH, Vivienne	Unattached - Glasgow				962	962

MCCLEMENTS, Gillian	Unattached - Carnforth	LadyVet40	962			962
BRIGHT, Rachel	Unattached : Oxford				961	961
CARROLL, Paula	Unattached : Frizington			961		961
CLIFTON, Ellie	Unattached - Carnforth	LadyVet40	961			961
MONTAGUE, Jayne	ua Killinghall	LadyVet40		960		960
STOCKS, Helen	Billingham Marsh House Harriers		960			960
HABSUDOVA, Lenka	Unattached - Manchester			959		959
HICKEY, Cathriona	Unattached : Leeds				959	959
TURNER, Jayne	ua Glaisdale		959			959
FARTHING, Helen	Unattached	Lady Vet 50			958	958
LOUGHLIN, Clare	Unattached : Tarporley		958			958
PEARSON, Katerina	Unattached - Manchester			958		958
TORR, Debbie	Unattached - Kendal			957		957
VINCENT, Jo	Unattached - Kendal	LadyVet40	957			957
BARTON, Issy	Unattached : Windermere				956	956
MOSS, Catherine	Unattached - Preston			956		956
TINDALL, Pamela	Unattached : Knutsford		956			956
APPLEYARD, Vivien	Helm Hill	LadyVet40		955		955
FLETCHER, Suzanne	Unattached : Frodsham		955			955
WOOD, Megan	Unattached : Dunfermline			954		954
BAKER, Gillian	Unattached : Yarm			953		953
SHARPLES, Rachael	Unattached - Manchester		953			953
LEECH, Jackie	Wigton Road RC	LadyVet40		952		952
WARD, Dawn	Unattached : Market Harborough	LadyVet40	952			952
DENNISTON, Sarah	Unattached : Birmingham		951			951
EASTHAM, Helen	Unattached - Lancaster			951		951
HENSHALL, Annelies	Alchester				951	951
MIDDLEMISS, Gayle	Unattached : Whitley Bay	Lady Vet 40			949	949
DAWSON-DAVIES, Erika	North Wales Road Runners Club	LadyVet40	948			948
NORTH, Clare	Unattached - Cheadle	Lady Vet 40			948	948
EDGAR, Rachael	Unattached : Carlisle		947			947
LOWE, Katharine	ua Chipping Norton	LadyVet40		947		947
LAWTON, Elen	ua Marlow		946			946
WILLIAMS, Gemma	Unattached : Yarm	LadyVet40		946		946
ADAMS, Anna	Unattached : melton Mowbury	Lady Vet 50			945	945
ALSTON, Emily	Edinburgh Running Network				944	944
MASON, Claire	Unattached - Kendal	LadyVet40	944			944
RIBCHESTER, Elizabeth	Unattached - Ambleside			944		944
BIBBY, Alison	Unattached : Cockermouth	LadyVet40	943			943
HANSON, Rebecca	Unattached - Manchester				943	943
WILLET, Vicky	Unattached - Skipton			943		943
FINN, Janet	Unattached : Bolton	LadyVet40		942		942
SINGLETON, Kerry	Unattached - Kendal		942			942
HERBERT, Niki	Unattached				941	941
MCGREGOR, Nina	Unattached - Glasgow		941			941
SAXBY, Dawn	Unattached - Harrogate	LadyVet40		941		941
CAUDLE, Nicola	Mossley Pikers	Lady Vet 40			940	940
REGAN, Joanne	Unattached - Lancaster	LadyVet40	940			940
WRIGHT, Amy	Unattached - Tarporley			940		940
WHITNEY, Emma	Unattached : Windermere	LadyVet40		939		939
HILL, Emma	Unattached : Leicester		938			938
LOGOTHETIS, Athena	Unattached - London				938	938
TAYLOR, Kathryn	Unattached	LadyVet50		938		938
BETLEY, Catherine	Unattached		937			937
NORTON, Naomi	Horsforth Harriers			937		937
DON-DUNCAN, Helen	Unattached - Wigan			936		936
JOHNSTONE, Ann-Marie	Unattached - Middlesborough		936			936
CROWTHER, Clair	Unattached : Hexham	LadyVet40	935			935
HALE, Wendy	Unattached : Chorley	LadyVet40		935		935
BLACKMAN, Penny	Unattached : Lincoln	LadyVet40		934		934
CHASPIERRE, Valerie	Unattached : Dukingfield	Lady Vet 40			934	934
MATTOCK, Joanne	Unattached : Chorley	LadyVet40	934			934
LLOYD, Tessa	Unattached Oswestry	Lady Vet 40			933	933

RICHARDS, Rosalyn	Unattached : Ulverston		933			933
HOTCHKISS, Sue	Unattached	Lady Vet 50			932	932
PORTER, Deborah	Unattached - Preston	LadyVet40	932			932
BROHAN, Liz	Unattached : Frodsham				931	931
DIXON, Margaret	Unattached : Redcar	LadyVet40		931		931
NICKLIN, Leah	Unattached : Ulverston		931			931
ROYLES, Bethan	Unattached : Frodsham				930	930
FARQUHAR, Sarah	Unattached - St Bees		929			929
TAYLOR, Abi	Unattached			929		929
LYONS, Deborah	Unattached : Darwen	LadyVet40	928			928
MAGNUSSEN, Monica	Unattached - Edinburgh	LadyVet40		928		928
CHAPLIN, Julia	Unattached - Kendal		927			927
PRATTLE, Jennifer	Unattached : Altrincham			927		927
EWEN, Karen	ua Stocksfield			926		926
POWER, Ruth	Unattached - Carnforth	LadyVet40	926			926
MCGINLEY, Linda	Gyle Harriers	LadyVet50	925			925
ROTHWELL, Mandy	Unattached - Manchester	Lady Vet 40			925	925
TAYLOR, Tina	Unattached : Windermere	LadyVet50		925		925
EVANS, Lynne	Unattached : Chorley	LadyVet40	924			924
HOOK, Sonia	Unattached : North Kilworth	LadyVet40		924		924
LAWRENCE, Chris	Unattached - Congleton	Lady Vet 40			924	924
BULMER, Anne	Unattached : Stockton	LadyVet50	923			923
HEPPELL, Melanie	Unattached : Haltwhistle	Lady Vet 40			923	923
MCCONNELL-WOOD, Lisa	Unattached : Leeds			923		923
CATTERMOLE, Emma	Unattached - Kendal	Lady Vet 40			922	922
EVERATT, Helen	Unattached : Bramhall			922		922
CULL, Jane	South Ribble Runners			921		921
WESTON, Judith	Marsh House Harriers	LadyVet40	921			921
HOYER, Kath	Wesham Road Runners	Lady Vet 50			920	920
RAINE, Susan	Unattached - Wigton	LadyVet50		920		920
HARDMAN, Claire	Wesham Road Runners				919	919
REGAN, Shelley	Unattached - Preston		918			918
FURNESS, Kerrie	ua Burton upon Trent	LadyVet40		917		917
HUNTER, Jan	Unattached : Cramlington	LadyVet40	916			916
WYATT, Sara	HCC	LadyVet40		916		916
FRANC, Nikki	Unattached : Hexham			915		915
GREENNEY, Anne	Unattached - Carnforth		914			914
DODDS, Rachael	Roundhay Runners		913			913
JONES, Rebecca	Unattached : Worsley			912		912
FORSTER, Vivienne	Unattached : Carlisle	Lady Vet 40			911	911
SAYLE, Emma	Unattached : Nelson			911		911
HUDD, Lindsay	Unattached	Lady Vet 40			910	910
ROGERSON, Kelly	ua Nantwich				909	909
WILLIS, Rachel	Unattached : Birmingham		909			909
ALEXANDER, Susan	Unattached Darlington	Lady Vet 40			908	908
SIDDALL, Samatha	Kendal Tri Club		908			908
ARMSTRONG, Helen	Unattached : Bolton	Lady Vet 40			907	907
FLEMINGTON, Vikki	Unattached - Manchester		907			907
COATES, Angela	Elvet Striders- Durham			906		906
FURNESS, Libby	Unattached - Leeds	Lady Vet 60			906	906
SCHOFIELD, Ruth	Preston Harriers		906			906
CLARKE, Kelly	Rocktart Runners		905			905
MAHAN, Joanne	Unattached : Chester-Le-Street	LadyVet50		905		905
RECORD, Annabel	Unattached - Twickenham				905	905
EDWARDS, Kaye	Unattached : Wirral	LadyVet40		904		904
JONES, Helen	ua Walsden Todmorden		904			904
MELLOR, Belinda	Unattached - Blackpool	Lady Vet 40			904	904
HALL, Joanne	Unattached - Carnforth	LadyVet40	903			903
KELLY, Kathryn	Unattached : Ulverston			903		903
ATKINS, Kathryn	Unattached - Leeds	LadyVet50		901		901
FLOYDE, Rachel	Unattached			899		899
GILCHRIST, Alison	Unattached	LadyVet50		898		898
LEWIS, Sarah	High Peak Tri Club	LadyVet50		897		897

BAILEY, Julia	Newcastle AC - Staffs	Lady Vet 40			896	896
HOPTON, Caroline	Unattached - Blackpool			896		896
COLLINSON, Stephanie	Unattached : Thornton Cleveleys			895		895
MOON, Rebecca	Unattached - Wigan		895			895
MURRAY, Louise	Unattached - Manchester	Lady Vet 40			895	895
DUNBAR, Fiona	High Peak Tri Club	LadyVet40		894		894
WARNOCK, Gillian	Unattached : Kilmarnock		894			894
FITZGERALD, Paula	Unattached - South Shields		893			893
THOMPSON, Sue	Unattached : Stoke On Trent	LadyVet50		893		893
CLARKE, Liz	Chorlton Runners	Lady Vet 50			892	892
RADCLIFFE, Diane	LadyVet50		892			892
SOMERSET, Jo	Chorlton Runners	Lady Vet 60			891	891
WRAY, Katie	Unattached - Manchester		891			891
BRADLEY, Claire	Unattached : Warwick	LadyVet40		890		890
MITCHELL, Joanne	Unattached - Newcastle	LadyVet40	888			888
ROBLIN, Aimee	Unattached - Richmond		887			887
COOPER, Karen	Shelton Striders	LadyVet40	886			886
ASHCROFT, Maddi	Unattached - Warrington	LadyVet50	885			885
MASTIN, Jane	Unattached - Ambleside	LadyVet40		885		885
ROBINSON , Brenda	Unattached - Rochdale	LadyVet60		884		884
BURTON, Rachel	Team Good Gym			883		883
STEVENSON, Jane	Unattached - Manchester	LadyVet40	883			883
GILLATT, Jennifer	ua Acomb	LadyVet40		882		882
HUGHES, Hazel	Guinea Pig Racing Club	LadyVet60	882			882
GLOVER, Helen	Unattached : Lytham St Annes	LadyVet40		881		881
RICHARDS, Kim	Billingham Marsh House Harriers		881			881
GOODLAD, Marie	Unattached : Lincoln	LadyVet40		880		880
SCOTT, Jenny	Unattached : Sale	LadyVet40	880			880
ARCHER, Rachel	Unattached - Manchester	LadyVet40		879		879
RUTHERFORD, Hannah	Unattached - Carnforth		879			879
HISLOP, Sally	Unattached : Heswall	LadyVet40		877		877
GRATTON, Jeanette	Billingham Marsh House Harriers	LadyVet50	876			876
HURST, Ann	Arragon's Cumbrian Tri Club	LadyVet40		876		876
HAIGH, Wendy	Unattached - Preston	LadyVet40	875			875
PETFORD, Lesley	Unattached : Redcar	LadyVet40		875		875
HATTERSLEY, Charlotte	Unattached : Grange-Over-Sands		873			873
OSBORNE, Kathryn	Unattached - Carlisle			873		873
HOLMAN, Natalie	Unattached - Harrogate		871			871
DIXON, Hannah	Unattached : Redcar			869		869
DODD, Tracy	Unattached - Kendal	LadyVet40	869			869
MURRAY, Kay	Unattached : Morecambe	LadyVet50	868			868
WALMSLEY, Dawn	Unattached - Preston	LadyVet50		868		868
RIDGLEY, Claire	Unattached - Warrington	LadyVet40		867		867
COLEMAN, Linda	Billingham Marsh House Harriers	LadyVet60	866			866
PROCTER, Joanne	Unattached : Chorley			866		866
BOOTH, Kimberley	ua Bundanoon	LadyVet40		865		865
FOLEY, Julie	Billingham Marsh House Harriers	LadyVet50	865			865
CRAMPTON, Samantha	Blackhill bounders			863		863
COLLIE, Ursula	Unattached - Richmond	LadyVet50	862			862
CURRIE, Roz	Unattached - Edinburgh			862		862
CURRIE, Bronwen	ua Bruichladdich	LadyVet60		861		861
LIDBURY, Hilary	Unattached - Warrington	LadyVet60	861			861
REGINA, Janna	Unattached - London			860		860
BROHAN, Anna	Unattached - Worcester		859			859
HUGHES, Nikki	Unattached - London			859		859
CLIFTON, Naomi	Unattached : Cartmel		858			858
FURNESS, Margaret	Unattached : Leeds	LadyVet60		858		858
DICKENSON, June	Billingham Marsh House Harriers	LadyVet40	854			854
FARQUHAR, Linda	Unattached : Egremont	LadyVet60	853			853
ELWELL, Claire	Unattached : Grange-Over-Sands	LadyVet40	852			852
HODGSON, Samantha	Unattached : Grange-Over-Sands	LadyVet40	851			851
WRIGHT, Christine	Unattached : Allogenes	LadyVet50	850			850
CLAY, Nicola	Unattached : Ulverston		847			847

HOWES, Carol	Billingham Marsh House Harriers	LadyVet50	846			846
BIRD, Jo	Unattached - Manchester	LadyVet40	844			844
FERNES, Rose	Unattached : Salford		843			843
HEDLEY, Michelle	Billingham Marsh House Harriers	LadyVet40	842			842
FAHY, Anne-Marie	Team Heaton	LadyVet40	839			839
SEERS, Elizabeth	Team Heaton	LadyVet50	838			838
TADEO, Andrea	Unattached - Southport	Lady Vet 40			966	
TAYLOR, Jennifer	Unattached - Ulverston				901	
THOMPSON, Daniella	Unattached - Manchester				982	
WRIGHT, Sarah	Unattached - Penrith				960	