

Name	Club	Category	Cartmel	Hawkshead	Kentmere	Total
COOPER, Ian	Unattached : Wirral	Vet50	999	998	997	2994
JACKSON, Graham	Unattached : Cartmel		997	993	993	2983
DEAKIN, Thomas	Styal Running Club		992	986	992	2970
LEATHEREN, Michael	Fetcheveryone		988	985	981	2954
MCGINLEY, Matt	Backbarrow Bombers		986	984	982	2952
REID, Andrew	Unattached : Mersersyde		977	963	968	2908
BILLINGTON, Christopher	Unattached - Southport		943	972	988	2903
WILLIAMS, Michael	Unattached : Hexham	Vet40	938	973	961	2872
DALTON, Jon	Unattached : Ulverston		956	951	959	2866
PRATT, Douglas	Unattached - Penrith	Vet40	947	955	953	2855
CLAY, Gary	Unattached - Huddersfield	Vet50	953	945	954	2852
BINDLESS, Richard	Unattached : Grange Over Sands	Vet60	952	952	946	2850
LEWIS, Peter	Unattached - Southport	Vet40	931	966	948	2845
BENNETT, Jacob	Unattached		969	928	942	2839
THOMPSON, John	Unattached : Middleton in	Vet40	963	946	929	2838
SHARMAN, Alexander	Unattached : Lutterworth		944	941	938	2823
HOTCHKISS, Dan	Unattached : Allithwaite	Vet40	922	925	934	2781
PARGETER, Gary	Unattached : Northwich	Vet40	925	919	924	2768
KENNY, Mark	Unattached	Vet40	919	914	925	2758
PEARSON, Chris	Unattached : Grange Over Sands	Vet50	907	909	914	2730
BARTON, David	Fords AC	Vet60	903	903	913	2719
HORNBY, John Fleet	Unattached - Ulverston	Vet60	902	899	912	2713
JACKSON, Will	Helm Hill			1000	1000	2000
KITTS, David	Unattached : Ulverston			990	995	1985
MANLEY, Richard	Unattached : Wirral		993		987	1980
SUDDER, David	Unattached : Shap	Vet40	990		990	1980
KAVANAGH, Anthony	Arragon's Cumbrian Tri Club		989	989		1978
RAWLINSOON, Paul	Unattached : Grange Over Sands		994		980	1974
FAWCETT, Richard	Unattached : Milnthorpe	Vet40	984	981		1965
JOHNSTONE, Gordon	Unattached - Kendal		982	982		1964
INNERDALE, Mike	Unattached : Appleby	Vet40	978	983		1961
STANGROOM, Craig	Unattached : Kirkby in Furness	Vet40	976	980		1956
HUDD, Phil	Unattached	Vet40	980		975	1955
LEES, Robin	Unattached - Ambleside	Vet60		957	964	1921
LACEY, Gary	Unattached - Warrington		960	960		1920
HEATON, Robert	Unattached - Warrington		959	959		1918
PALMER, Tim	Deeside Orienteering Club	Vet40	951	965		1916
TOWNSEND, Adam	Unattached : Radstock			958	957	1915
THOMPSON, Paul	Hornsea Harriers	Vet50	957	950		1907
AITKEN, Angus	Unattached : Hexham		937	954		1891
GRAHAM, Richard	Unattached : Carlisle	Vet50	949	938		1887
DYER, Michael	Unattached - Bolton			942		1875
AINSWORTH, Tony	Unattached - Kendal	Vet40	933		940	1873
LIPTROTT, Mark	Unattached - Ormskirk	Vet40		930	935	1865
PERIE, Stephen	Allithwaite and District	Vet40	935		928	1863
HIRST, Andy	Unattached : Dearham	Vet40		921	937	1858
PATTEN, Michael	Preston Harriers		916	939		1855
PLATTS, Alan	Unattached - Kendal	Vet50	923		930	1853
WILDMAN, Geoffory	Unattached - Leyland	Vet60	915		922	1837
WHATCOTT, Craig	Unattached - Preston		920	906		1826
TOWNSEND, Alan	Unattached : Radstock	Vet60		904	916	1820
DIXON, Phil	Unattached : Redcar	Vet40	917	900		1817
BROWNSMITH, Graham	Unattached - Lancaster	Vet40	905	901		1806
SISSON, William	Unattached : Grange-Over-Sands		1000			1000
WARD, Tony	Team trisports			999		999
WOODS, Ryan	Unattached - London				999	999
BARKER, David	Unattached - St Bees	Vet40	998			998
STICKLEY, Andrew	Alchester				998	998
MEANWELL, Oscar	Borrowdale Fell Runners			997		997
CONYNGHAM, Danny	Unattached - Twickenham				996	996
DOUGLAS, John	Allithwaite and District	Vet40	996			996
WHITTINGTON, Tom	Unattached : Northwich			996		996
BOLTON, Jonny	Elswick Harriers	Vet40		995		995
PAYNE, Jonathan	Unattached - London		995			995
ADAMS, Andrew	Unattached			994		994
ATKINSON, David	Blengdale Runners	Vet 40			994	994
TEDCASTLE, Martin	Unattached : Grange-Over-Sands	Vet40		992		992
BENNETT, Tim	Unattached - Carnforth	Vet40	991			991
NESBIT, Alan	Unattached - Bristol	Vet 50			991	991

PITCHFORD, John	Unattached : Whitehaven			991		991
OLIVER, Adam	Unattached : Stourbridge				989	989
ROBINSON , Kristian	Rochdale Harriers	Vet40		988		988
COWELL, Richard	ua Croydon		987			987
PASCOE, Paul	Elvet Striders- Durham	Vet40		987		987
BUCKLEY, Daniel	Saddleworth Fell Runners				986	986
BREWSTER, Trevor	Unattached - Leeds	Vet60	985			985
SADLER, Jon	Unattached - Manchester				985	985
ROBSON, Andrew	Team Robson	Vet 40			984	984
CARELESS, Stephen	Unattached - Carnforth	Vet40	983			983
CONNER, Craig	Asics				983	983
HIGGINS, Philip	Unattached - Windermere	Vet40	981			981
DONOHUE, Mark	Unattached - Leeds				979	979
KOTZE, Andre	ua Asics			979		979
PAGNILLO, Brian	Unattached - Preston		979			979
CATTERMOLE, Gary	Unattached - Kendal	Vet 40			978	978
DOYLE, Philip	Unattached - Newcastle			978		978
FISHER, Jason	Unattached : Warwick	Vet 40			977	977
MCGINNIS, Derek	ua Asics			977		977
ARMSTRONG, Mark	Unattached - Bolton				976	976
HORNE, Larry	Unattached - Penrith	Vet50		976		976
MEIER, Nigel	Unattached	Vet40	975			975
NASH, Adam	Unattached			975		975
TOMENSON, Robert	Unattached Oakham		974			974
WISE, Dave	TrekandRun	Vet40		974		974
WOOD, Oliver	Unattached - Preston				974	974
ANTILL, Jonathan	Unattached : Oxford				973	973
WATKINS, Kevin	Unattached - Lancaster		973			973
MCGUIRE, Vinn	Unattached : Morecambe	Vet50	972			972
WALDRON, Tim	Unattached - Liverpool				972	972
BLAIRE, Alistair	Unattached - Edinburgh	Vet 60			971	971
CHATTERS, John	Unattached - Stockport	Vet40		971		971
TACON, Daryl	Unattached : Cockermouth	Vet40	971			971
DOUGLAS, Chris	Unattached : Delph	Vet 50			970	970
GLOVER, Chris	Unattached : Lytham St Annes	Vet40		970		970
WARDLEY, Mark	Unattached - Preston	Vet40	970			970
BARBER, W	Unattached - Kendal	Vet 40			969	969
SLEE, Guillaume	Unattached :Timperley			969		969
HOLMES, Andrew	Unattached - Skipton			968		968
HUGHES, Steven	Unattached - Manchester	Vet40	968			968
EASTERBY, Andrew	Unattached - Carnforth	Vet50	967			967
FRENCH, Gary	Unattached : Windermere	Vet 40			967	967
LOWE, Geoff	Charlbury Cricket Club	Vet50		967		967
EDWARDS, Barry	ua Barnstaple	Vet 50			966	966
HANLON, ROBERT	Vet50		966			966
NOBBS, Dave	Unattached - Bradford		965			965
OATRIDGE, Graham	Unattached				965	965
HILL, Robin	ua Launceston		964			964
RODGER, Chris	Unattached - Edinburgh	Vet40		964		964
GROVES, Matt	Unattached : Broughton in				963	963
BROWN, Paul	Unattached - Cheshire	Vet50	962			962
LIVERY, Craig	Unattached				962	962
LAWTON, Dylan	Unattached			962		962
CHAPMAN, Dave	Unattached : Ulverston			961		961
RAMSDEN, Barry	Unattached - Manchester		961			961
HEATHCOTE, John	Unattached : Oldham	Vet 50			960	960
FURPHY, Chris	Unattached - Guisborough	Vet 40			958	958
SOMERVILLE, Peter	Unattached : Leeds		958			958
BINDLESS, Matt	Unattached	Vet 40			956	956
CROFT, Chris	EWB-UK			956		956
KNIGHT, Howard	Unattached	Vet 40			955	955
LEWIS, John	Unattached : Brampton	Vet40	955			955
MORRIS, Tom	Unattached - Carnforth		954			954
JOLLY, Aidan	Unattached : Mossley	Vet40		953		953
BUTLER, Stephen	Unattached Durham				952	952
BAINES, Martin	Mossley Pikers	Vet 40			951	951
MCCONVILLE, Steven	Unattached : Leeds		950			950
ROBINSON, Ian	Unattached - Carnforth	Vet 50			950	950
MAYOT, Vincent	Unattached - London				949	949
SOPER, Alastair	Unattached - Preston			949		949
NOBLE, Phil	Unattached - Southport	Vet50		948		948

TARBUCK, Jonty	Unattached - Newcastle	Vet40	948			948
JOHNSON, Stephen	Unattached - Harrogate			947		947
MARTIN, Andrew	Unattached - Liverpool				947	947
LYDEN, Hunter	Unattached - Manchester		946			946
LOUGHNEY, Dan	Unattached : Leeds				945	945
STOCKDALE, Peter	Unattached - Carlisle		945			945
BEAUMONT, Scott	Unattached Darlington				944	944
CUNDY, Glenn	Unattached - Warrington	Vet40		944		944
PARKER, Mark	Unattached : Leighton Buzzard			943		943
THOMPSON, James	Unattached - Manchester				943	943
TICKNER, Paul	West Cumberland Orienteering	Vet50	942			942
FAULKS, Graham	Unattached - Edinburgh				941	941
WEYMOUTH, Douglas	Unattached - Penrith	Vet40	941			941
ALLEN, Graham	Unattached	Vet40		940		940
HIGGINSON, Andrew	Unattached - Blackburn		940			940
DIXON, Jason	Unattached - Kendal	Vet 40			939	939
VERBER, Ian	Unattached : Broughton in	Vet60	939			939
SMITH, Jason	Unattached : Mossley	Vet40		937		937
BOUSIE, Mark	Unattached - Manchester				936	936
RAINE, Austen	Unattached - Wigan	Vet60		936		936
TOWERS, Steve	Unattached - Carnforth	Vet50	936			936
PATTEN, Andrew	Unattached - Preston			935		935
ASHTON, Carl	Unattached - Warrington	Vet40		934		934
BROWNELL-JUDD, Andy	Unattached : Leeds	Vet40	934			934
BARTON, Simon	Unattached - Liverpool	Vet40		933		933
HOWARTH, Christopher	Unattached : Atherton				932	932
LEWIS, Owen	Unattached		932			932
ROUND, Paul	Unattached : Birmingham	Vet40		932		932
BANCROFT, Paul	Unattached - Preston	Vet 50			931	931
HANSON, Ian	Unattached : Aldershot	Vet50		931		931
BLACK, Matthew	Unattached - Lancaster		930			930
FERN, Steve	Unattached - Sandbach	Vet50		929		929
GATHERER, David	Unattached - Sunderland	Vet60	929			929
BURSTOW, Chris	Unattached - Bowness		928			928
GALLOWAY, Wayne	Unattached - Edinburgh			927		927
LUCIANO GUIMARAES, Camila	Unattached - London				927	927
MOSS, David	Unattached - Clithroe		927			927
DAVIES, Alan	North Wales Road Runners Club	Vet50	926			926
PROCTER, Daniel	Unattached : Chorley			926		926
WOOD, David	Manchester Harriers	Vet 50			926	926
JONES, Melvyn	Swinton Running Club	Vet50	924			924
MCDOWALL, Ian	Unattached : Linlithgow	Vet50		924		924
HAMBLY, Paul	Unattached	Vet 60			923	923
THOMPSON, Dave	Unattached : Stoke On Trent	Vet50		923		923
PATTEN, William	Unattached - Preston	Vet60		922		922
CARROLL, Daniel	Unattached - Skipton		921			921
WATKINSON, William	ua Staveley	Vet 60			921	921
MOSS, Paul	Baxi Group Preston	Vet50		920		920
PHILLIPS, Peter	NYMAC	Vet 60			920	920
PHILLIPS, Gareth	Gateshead Harriers				919	919
HARVEY, Paul	Unattached : Cramlington		918			918
JOYCE, Carl	Unattached : Wirral	Vet40		918		918
WOODLEY, Lawrence	Tattenshall Runner	Vet 70			918	918
GOODALL, Gary	Unattached : Morecambe				917	917
PEARSON, Adam	Unattached - Manchester			917		917
FINN, Mark	Unattached - Bolton	Vet40		916		916
CARROLL, Tony	Unattached : Frizington	Vet60		915		915
PINDER, Kevin	Unattached bushy	Vet 40			915	915
SMITH, Lee	Unattached - Wigan	Vet40	914			914
ARCHER, Nick	Unattached - Manchester	Vet40		913		913
FITZGERALD, Douglas	Unattached : Chorley		913			913
KING, Stewart	Unattached : Chorley	Vet40		912		912
STEVENSON, Adrian	Unattached - Manchester	Vet40	912			912
FURNESS, Richard	ua Burton upon Trent	Vet50		911		911
STANLEY, Martin	Quaysiders	Vet40	911			911
MALE, Roy	Unattached - Solihull	Vet70		910		910
SADLER, Michael	Unattached : Washington	Vet 50			910	910
TRUSWELL, Nigel	Unattached : Waterhouses	Vet60	910			910
DODD, Michael	Unattached - Kendal	Vet40	909			909
HISCOCK, Jeremy	Unattached : Ulverston		908			908

WOOD, Roy	Unattached : Chester	Vet40		908		908
FURNESS, Peter	ua Acomb	Vet40		907		907
STOTT, Derek	Unattached : Burnley	Vet60	906			906
IRVING, Francis	Team Good Gym			905		905
WESTON, David	Unattached - Stockton-on-Tees	Vet40	904			904
GOODLAD, Richard	Unattached : Lincoln	Vet40		902		902
BRITTON, Andrew	Team Heaton	Vet60	901			901
DABLE, Jeremy	Unattached - Preston	Vet50	900			900
FERNES, Sam	Unattached : Salford		899			899
HOWARD, J	ua Ashton under Lyne	Vet60		898		898