

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1.	Grisedale, Jonny	Team inov-8.com		975	967	970	987	950	970	972	968	7759
2.	Ingham, Graham	U/A Kirkham,		914	952	949	989	901	964	950	962	7581
3.	Gudgeon, Michael	U/A Settle, North Yorkshire		918	928	943	969	902	937	946	912	7455
4.	Saxby, Lance	U/A Harrogate, North Yorkshire		956	969	972		988	987	990	994	6856
5.	French, Tom	U/A Skipton, North Yorkshire		545	623	776	943	877	936	942	947	6589
6.	Stones, Phil	U/A Cleator Moor, Cumbria		884	922		978	938	949	936	942	6549
7.	Reid, Andrew	U/A Merseyside,		845	876	924		934	943	915	814	6251
8.	Rankine, Andy	U/A Chorley, Lancashire		786	852	852		874	931	938	910	6143
9.	Hurst, Gerard	U/A Wigan,		923	914	932		947		949	931	5596
10.	Watson, David	Red rose Road runners		546	591	628	856	682	755	719	604	5381
11.	Phillips, Peter	Loftus and Whitby AC		630	753			779	838	843	854	4697
12.	Foreman, Steve	Sedgefield Harriers		944	970	968		967		842		4691
13.	Stead, Kevin	U/A Kendal,		898	926	934				958	969	4685
14.	Phillips, Gareth	Gateshead harriers		912		902		925	942		964	4645
15.	Neville, Andy	U/A Wesham, Lancs				893		918	935	943	941	4630
16.	Watson, Steve	U/A Gleaston, Ulverston		919	929	881		924	944			4597
17.	Wilson, Mark	Skipton Athleatics Club		905	885	905	971	928				4594
18.	Ellicott, David	Keswick AC				808		865	915	893	891	4372
19.	Pye, Christopher	U/A LIVERPOOL, Merseyside		771	818	822		841	883			4135
20.	TRELFA, AUSTIN	Red Rose Road Runners		801	813	843	930				724	4111
21.	Reynolds, John	U/A Wigton, Cumbria		716	779	891		858			858	4102
22.	Sharp, Nick	U/A Wakefield, West Yorkshire						993	995	994	1000	3982
23.	Jones, John	Kendal Amateur Athletic Club		995	986	993	999					3973
24.	Jackson, Graham	Allithwaite Running Club		991	979	977	993					3940
25.	Mannion, Lawrence	U/A Kendal,						982	981	975	977	3915
26.	Llewellyn, Peter	Bowland Fell Runners		961		979			983	974		3897
27.	Lewthwaite, Nick	U/A Windermere, Cumbria		959	977	959	988					3883
28.	Hull, David	U/A Nr Chorley, Lancashire		950	964		982	973				3869
29.	Gaffney, James	-		903	935				989	985		3812
30.	moss, terry	U/A preston, lancashire		927	956	964					953	3800
31.	Elsender, David	Nic's Nordic Walks		452	540	606	845	640		699		3782
32.	Wilson, Paul	U/A Durham, Durham		917	923	961		981				3782
33.	Jackson, Chris	U/A Tunstall, East Riding of Yorkshire			940	947		939	946			3772

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34.	McCarthy, Jeff	Rochdale Harriers				969		819		967	975	3730
35.	SWIRE, JAMES	U/A Southport,		456	550	616		678	753		624	3677
36.	Anderson, Warren	U/A Slough,						873	868	869	928	3538
37.	Pearson, Chris	U/A Grange Over Sands, Cumbria		610	724	697		758		742		3531
38.	Burt, James	Stepping Stone Striders		854	845	909			898			3506
39.	Islam, Mahfuzul	U/A Sabden,		590	675	722		704	793			3484
40.	Bowden, David	Darwen Cricket Club		805					894	901	844	3444
41.	Clements, Richard	U/A Manchester,		823	871			847	896			3437
42.	Grimwade, Joe	U/A Shap , Cumbria		920	932	950					603	3405
43.	Pearson, Thomas	U/A Grange Over Sands, Cumbria		755	839	810		890				3294
44.	Mcnicholl, Stewart	U/A Morpeth , Northumberland			721	769				863	885	3238
45.	Etherington, Mark	U/A Preston, Lancs		692	692	917					836	3137
46.	Washington, Jonathan	U/A Dalton-in-Furness, Cumbria		676	798	809			837			3120
47.	Spencer, Aaron	U/A Whitehaven, Cumbria		988	991		994					2973
48.	White, Martin	CFR			693	702		755	823			2973
49.	jarzyna, alex	langholm primary		993	983	994						2970
50.	Bennett, Andy	U/A Morecambe, Lancashire		992	985	988						2965
51.	Laird, Wayne	Border Warrior		964	994		1000					2958
52.	Maughan, Simon	U/A Blackburn, Lancashire		971	990	992						2953
53.	Robinson, Ian	SCC		973	982	989						2944
54.	STOBART, Billy	Cumberland ac						979	976	979		2934
55.	McCarthy, Louis	Rochdale Harriers						978		969	980	2927
56.	Friend, Scott	Darwen Cricket Club		938						980	986	2904
57.	shard, jon	U/A manchester, lancashire			944			969		970		2883
58.	Wilson, Alan	Glaxo Hoad Hill Harriers			938	956			960			2854
59.	Eggleston, Simon	U/A Sunderland, Tyne & Wear		937				955			960	2852
60.	young, John	Ilkley Harriers AC						943		945	949	2837
61.	Edwards, Robbie	Southport running cluc		943	942	946						2831
62.	Friend, Mark	U/A Manchester,		889						960	979	2828
63.	Morgan, Ian	U/A Kirkby Lonsdale, Cumbria				958		977	873			2808
64.	Stirling, David	U/A Lancaster, Lancashire			631	635		686		828		2780
65.	Mather, Tony	U/A Stockport, Cheshire		910						922	933	2765
66.	Gregory, Toby	U/A Preston, Lancashire		891	918	953						2762
67.	ranner, adam	mudstacle				907	960	891				2758
68.	ROBINSON, KRISTIAN	Rochdale Harriers			896	914		930				2740

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
69.	Marsh, Steven	U/A Penrith, Cumbria		890	873						972	2735
70.	Devlin, Chris	U/A Manchester, LANCS		859		933		941				2733
71.	Robson, Simon	U/A York, North Yorkshire			859			899		947		2705
72.	Hayes, Phil	Thornton Cleveleys		888						895	884	2667
73.	burgess, steven	thornton cleveleys running club		872						894	874	2640
74.	James, Stephen	Fylde Coast Runners		883	853	903						2639
75.	Robson, Chris	U/A St Bees, Cumbria			536	610	847	645				2638
76.	Coldham, Alastair	Wirral Vikings TRC		901						931	778	2610
77.	Garvey, Gerry	Muddy Boots Nursery						851	882		864	2597
78.	Davies, Reece	DCC		756						900	934	2590
79.	Gorman, Kevin	U/A Grange over sands, Cumbria		839	864	882						2585
80.	Fry, Philip	U/A Manchester ,		797		865		897				2559
81.	Hanley, Brian	Red Rose Road Runners		841	844	847						2532
82.	Free, Martin	U/A Huddersfield,			816	857					857	2530
83.	McCalman, Finlay	Wesham Road Runners						803	879	838		2520
84.	Crozier, Michael	U/A Colne,		790	848			864				2502
85.	Simmons, David	Wirral vikings TRC		864						953	635	2452
86.	wardley, mark	U/A preston, lancs		849	738				844			2431
87.	Bates, Paul	Mossley AFC Running Club		764	807	849						2420
88.	Bates, Steve	Mossley AFC Running Club		765	806	848						2419
89.	Fiddler, Paul	U/A Warrington, Cheshire						747	839		749	2335
90.	Aplin, Liam	U/A Cockermouth, Cumbria		814	684	828						2326
91.	Donohue, Martin	U/A Wigan , Lancs		695	705	869						2269
92.	Howard, J	U/A Ashton under Lyne, Lancs		460	543	611		644				2258
93.	Slater, John	U/A Carnforth, Lancs						685	786	783		2254
94.	Humphreys, James	U/A Bury,		634		803		796				2233
95.	Hanson-Hamilton, Simon	U/A Preston,		711	766	729						2206
96.	Shanahan, Robert	Wirral Viking		781						770	637	2188
97.	FENNA, DENNIS	U/A ORMSKIRK, LANCASHIRE			601				726	733		2060
98.	Wilson, Matt	Kendal AC				998			999			1997
99.	Wilson, Richard	Kendal AC				996			998			1994
100.	Nixon, Alex	U/A Preston, Lancashire		996		995						1991
101.	Harrison, John	U/A Carlisle, Cumbria			593	679		718				1990
102.	Hart, Greg	U/A Stockton-On-Tees , Cleveland		982			992					1974
103.	Leece, Malcolm	Jarrow and Hebburn				983		983				1966

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
104.	Roberts, William Malcolm	St Austell Running Club							982	982		1964
105.	Coombes, Craig	U/A Kendal, Cumbria		985	978							1963
106.	Procter, Lee	Team Inov-8		962						997		1959
107.	Jenkins, Neil	U/A Ellesmere Port, Cheshire			975	982						1957
108.	Emmins, Paul	U/A Manchester,						964	988			1952
109.	Potter, Stephen	Kendal AAC			972	973						1945
110.	Gorman, John	U/A Preston , Lancashire			959			985				1944
111.	Wedgwood, Adam	U/A Cockermouth,		951				992				1943
112.	Pattison, Jason	Stockton Striders AC		967			975					1942
113.	McConnell, Nick	U/A YORK, NORTH YORKSHIRE			960				979			1939
114.	Higginson, Ben	Preston Harriers		592	628	703						1923
115.	Birch, Adam	U/A Kendal, Cumbria								965	952	1917
116.	MacKenzie, Andrew	U/A London,								954	957	1911
117.	Turner, John	Lancaster Runners		948					961			1909
118.	Kenny, Joe	U/A			999	910						1909
119.	Mounsey, Paul	U/A Preston, Lancs			924				978			1902
120.	Hickson, Andy	U/A LONDON,				945			955			1900
121.	cook, nick	U/A carnforth, lancs		935		957						1892
122.	Poole, Dave	U/A Askam in Furness, Cumbria		954						935		1889
123.	Campbell, Daniel	U/A Hamilton, South lanarkshire						913		971		1884
124.	Wright, Daniel	U/A Carnforth, Lancashire				927			953			1880
125.	Mctigue, Mark	U/A Lancaster, Lancashire				971					908	1879
126.	Decadt, Bart	U/A Bolton,			927	951						1878
127.	Weal, Paul	U/A Chipperfield, Hertfordshire		936		939						1875
128.	Patten, Graham			868					1000			1868
129.	McConnell, Colin	NYMAC			917				945			1862
130.	Donohue, Mark	U/A Leeds, West Yorkshire		934	920							1854
131.	Johnson, Michael	U/A London,								892	951	1843
132.	Foster, Ged	U/A Whickham, Newcastle upon Tyne			919	918						1837
133.	Fairclough, Paul	Red rose runner							923	913		1836
134.	Ashworth, David	U/A Bolton, Lancs		893		925						1818
135.	Western, David	U/A Sutton, Surrey				898			920			1818
136.	Docherty, Richard	Jarrow and Hebburn AC								906	901	1807
137.	Lynn, Sean	U/A Newcastle								902	904	1806
138.	Bayliss, David	Red Rose Road Runners		894	895							1789

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139.	Evans, Paul	Wirral Vikings								987	797	1784
140.	Careless, Stephen	U/A Carnforth, Lancashire		866		915						1781
141.	Barton, Simon	Hoad Hill Harriers		877	899							1776
142.	Lane, Peter	U/A Newark, Nottinghamshire		842					933			1775
143.	Robinson, Steven	U/A Poulton le Fylde ,								890	875	1765
144.	Murray, Peter	U/A Davyhulme, MANCHESTER				864		898				1762
145.	Entwistle, Darren	U/A Bury , Lancashire		865		895						1760
146.	Adlard, Peter	Wirral Vikings TRC								959	798	1757
147.	Tilbury, Martin	U/A Sale, Cheshire			878			878				1756
148.	Lees, Robin	U/A Ambleside, Cumbria						910			846	1756
149.	Copp, Jason	U/A Birmingham, West Midlands							870	885		1755
150.	Nelson, Stuart	U/A Maryport, Cumbria						838		914		1752
151.	Hatch, Peter	U/A Billingham,			857	889						1746
152.	Oram, Stuart	U/A Manchester, Manchester		787			954					1741
153.	Cowan, Mark	Wirral Vikings TRC								941	796	1737
154.	Denwood, Greg	U/A Carlisle, Cumbria		857				879				1736
155.	Jones, Michael	U/A Carnforth, Lancashire		834	882							1716
156.	fisk, gavin	U/A manchester,			782		934					1716
157.	Newton, Dave	None								845	871	1716
158.	Grant-Cawdell, Callum	U/A London, Outside U.S./Canada								877	834	1711
159.	Jardine, James	U/A Penrith, Cumbria						806	904			1710
160.	Oldcorn, Don	U/A Wantage, Oxon								924	785	1709
161.	Cross, Matt	U/A Wolverhampton,		811						882		1693
162.	Abbas, Ahmed	U/A Manchester,			784				909			1693
163.	McGovern, Glyn	U/A Altrincham		780					906			1686
164.	Silva, ben	carleton house				831		846				1677
165.	Coulthard, Julian	Border Harriers			815	855						1670
166.	Avison, Paul	Wirral Vikings								926	741	1667
167.	clay, gary	U/A huddersfield, west yorkshire		792		860						1652
168.	Spaulding, Matt	U/A Preston, United Kingdom		833				804				1637
169.	Gelder, Kevin	U/A Cleckheaton, West Yorkshire			824	800						1624
170.	Blakeley, Philip	U/A Aughton, Lancs						760	840			1600
171.	Fisher, Dave	Wirral Vikings								860	736	1596
172.	Marechal, Anthony	U/A STROUD, Glos			743			852				1595
173.	Trace, James	U/A Congleton, Cheshire								777	805	1582

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174.	Kaufmann, Nick	U/A Edgware, Middx								826	739	1565
175.	Hutchinson, Chris	U/A Nr Hull, East Yorkshire		789				769				1558
176.	Pleasance, Bob	U/A Manchester,							724	833		1557
177.	Whiteley, David	U/A Kendal, Cumbria			767			782				1549
178.	Gaines, Peter	U/A Warrington, Cheshire				712				830		1542
179.	Kirkham, John	Holcombe Harriers								816	725	1541
180.	Wiseman, John	Red Rose Road Runners				642		889				1531
181.	Ballester, Jordi	U/A Worsley, Manchester			775	752						1527
182.	Robinson, Trevor	U/A Carlisle, Cumbria			804						721	1525
183.	Beuzeval, David	RED		775	731							1506
184.	Dobson, Adrian	Team Dobson				691				811		1502
185.	watt, stephen	U/A hexham, northumberland		735	765							1500
186.	Taggart, Simon	Galloway harriers				705				788		1493
187.	Whittington, Ken	U/A Ilkley, WEST YORKSHIRE							771		722	1493
188.	Edwards, Stuart	U/A North Shields, Tyne and Wear			717	772						1489
189.	Wild, Johnny	Lytham St Anne's road runners		690				793				1483
190.	Swift, Peter	N/A						696	767			1463
191.	green, Nicholas	U/A penrith, cumbria		670	788							1458
192.	O'Neill, Martin	U/A Liverpool, Merseyside		706	741							1447
193.	Wordsworth, Graeme	North Shields Poly			729	718						1447
194.	LASH, DAVID	U/A SEAHAM, CO. DURHAM			574		870					1444
195.	Orr, Tony	U/A burton in kendal, cumbria		639		802						1441
196.	Pressler, Daniel	U/A Bolton, Lancashire		709		720						1429
197.	Shearer, Roger	U/A Kendal, Cumbria		713	712							1425
198.	Cawdell, Richard	U/A London,								805	620	1425
199.	Moor, Dave	U/A Saltburn, Cleveland								755	665	1420
200.	Davies, Martin	U/A Settle, North Yorkshire		773	622							1395
201.	Noble, Stephen	MRG		660							718	1378
202.	Thompson, Michael	U/A Cheadle Hulme, Cheshire			668	709						1377
203.	richardson, brian	blackhill bounders			659	681						1340
204.	Collier, Stuart	U/A Manchester				646		691				1337
205.	Cornwall, Peter	U/A Lancaster,		667	663							1330
206.	Cassels, David	Rocktart Runners		644							668	1312
207.	Dixon, Phil	U/A Redcar,		490					752			1242
208.	Khan, Imran	U/A Accrington, Lancashire		562		634						1196

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209.	Wood, Iain	U/A Ormskirk, Lancashire		509				676				1185
210.	Sullivan, Mark	U/A FRODSHAM, Cheshire			551	618						1169
211.	Sewell, Ewan	U/A York, North Yorkshire		1000								1000
212.	Payne, Andrew	Ribble Valley Harriers			1000							1000
213.	Roddy, Ciaran	Red rose runners				1000						1000
214.	Chamberlain, Paul	U/A Wigginton Herts						1000				1000
215.	Robinson, Alex	HolmfirthHarriers								1000		1000
216.	Gunn, Craig	U/A Sunderland, Tyne & Wear				999						999
217.	Stainer, Simon	Ambleside AC						999				999
218.	Collins, Adam	U/A Leeds,								999		999
219.	Pell, Christopher	Cambridge and Coleridge AC			998							998
220.	Wade, Mark	Aycliffe RC								998		998
221.	Rudge, Malcolm	U/A Kendal,		997								997
222.	Healy, Richard	Dragons			997							997
223.	Carter-Brzezinski, Luke	Chorlton Runners				997						997
224.	worsley, steven	inverness harriers						997				997
225.	Winter, Lee	Hoad Hill Harriers							997			997
226.	Lowther, Jake	Team inov-8			996							996
227.	Pipes, Andrew	Derwent AC						996				996
228.	Harratt, Matt	U/A Oldham,							996			996
229.	Trewby, William	U/A Sherburn Village, County Durham								996		996
230.	Lee, Ben	U/A Edinburgh			995							995
231.	Barker, John	Red Rose Runners						995				995
232.	Duffy, Fergal	U/A Enniskillen, Co. Fermanagh								995		995
233.	Phillips, Matthew	Houghton Harriers						994				994
234.	Stainthorpe, Ian	Rochdale Harriers			993							993
235.	barry, sean	U/A huddersfield,							993			993
236.	Bartram, tom	n/a			992							992
237.	Smith, Michael	U/A Clitheroe, Lancashire							992			992
238.	Wandless, John	U/A Durham, Durham								992		992
239.	Elliot, Keith	Muckle Toon Sloggers				991						991
240.	Dallow, Leon	Oswestry Olympians							991			991
241.	Holmes, Mark	U/A Southport , Merseyside								991		991
242.	Braakman, Sietse	U/A Cheshire,		990								990
243.	McAfee, Mark	U/A Manchester,				990						990

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244.	Ridley, Chris	South Shields harriers						990				990
245.	Hemmings, Ross	U/A Goostrey ,							990			990
246.	Beck, Charles	U/A LANCASHIRE,			989							989
247.	Davis, Martin	Newquay Road Runners						989				989
248.	Cooper, Josh	U/A Rossendale, Lancashire								989		989
249.	Thomlinson, Martin	Muckle Toon Sloggers			988							988
250.	Williams, Scott	Kings Heath Running Club		987								987
251.	Crompton, Sam	U/A Crosthwaite , Cumbria				987						987
252.	Connor, Stephen	Beeston AC						987				987
253.	Chilton, Patrick	U/A Stockton,		986								986
254.	Cooper, Alistair	U/A Manchester,				986						986
255.	Macfarlane, Paul	Helmhill / Batala						986				986
256.	Managh, Paul	Ulverston Tri Club							986			986
257.	Boyd, Martin	U/A Rossendale, Lancs								986		986
258.	Spencer, Garth	Ribble Valley Triathlon Club				985						985
259.	Bennett, Tim	U/A Carnforth, Lancashire							985			985
260.	Hughes, Paul	Claremont Road Runners			984							984
261.	Wilkinson-gray, Oliver	U/A St Anne's,				984						984
262.	Dodd, Jason	Warrington running club						984				984
263.	Webb, Gareth	Sale Harriers Manchester							984			984
264.	Fox, Graeme	Ellenborough ac								984		984
265.	Hoyle, Henry	U/A Great Limber, Lincolnshire									984	984
266.	Richardson, Simon	U/A Seascale ,		983								983
267.	Trewby, Tom	U/A Bedford,								983		983
268.	Oldfield, Steven	N/A		981								981
269.	Charlesworth, George					981						981
270.	Jones, Steve	U/A Cramlington , Northumberland								981		981
271.	Slack, Tim	U/A Sheffield, South Yorkshire		980								980
272.	Wilson, Matthew	U/A Workington, Cumbria				980						980
273.	Porter, Ian	U/A Lancaster							980			980
274.	BERRY, MARTIN	U/A SHEFFIELD, S.YORKS		979								979
275.	Manley, Richard	U/A Wirral, Merseyside		978								978
276.	Baxter, Neil	U/A Rhoose, Vale of Glamorgan				978						978
277.	Hindmarsh, Philip	Stocksfield Striders							977			977
278.	Moralee, George	Quuen Elizabeth, Gainsborough								977		977

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
279.	Mallender, Stuart	Team Nidderdale		976								976
280.	Peters, Stephen	Glaxo Hoad Hill Harriers			976							976
281.	Baldwin, Chris	U/A Liverpool,								976		976
282.	Trafford, Ian	U/A Manchester, Greater Manchester				975						975
283.	Haile, James	U/A Carlisle , Cumbria						975				975
284.	Blakeley, Matthew	Roundhay Runners		974								974
285.	Barsby, James	U/A clitheroe, Lancashire			974							974
286.	Ratcliffe, Tom	U/A Baildon,				974						974
287.	Wilson, Oliver	U/A Grange-Over-Sands,							974			974
288.	Onions, Rob	U/A Darlington, UK							973			973
289.	Rogers, Simon	U/A Kilbarchan,		972								972
290.	Barker, Stuart	U/A Chorley, Lancashire							972			972
291.	HALLY, RICHARD	Red Rose Runners			971							971
292.	christie, andrew	U/A glasgow,						970				970
293.	Wright, Chad	MerseyTRI		969								969
294.	Carruthers, Nick	U/A Ulverston,		968								968
295.	Mckinley, Sam	U/A driffield, East Riding of Yorkshire			968							968
296.	Barker, Ollie	U/A Preston, Lancashire						968				968
297.	Fletcher, Jonathan	Ripon Runner							968			968
298.	Owens, Michael	U/A Liverpool,								968		968
299.	Gorman, Liam	U/A Grange over sands, Cumbria		966								966
300.	Rice, Lee	U/A Chester le street , Durham			966							966
301.	Coakley, Rob	U/A Manchester ,						966				966
302.	Bibby, Dave	Run in Wirral							966			966
303.	Thompson, James	U/A Holmfirth,								966		966
304.	fishpool, Luke	U/A driffield, East Riding of Yorkshire			965							965
305.	ARMSTRONG, STEPHEN	U/A kendal,				965						965
306.	Tippin, Frank	U/A Southport,					965					965
307.	Buswell, Andrew	U/A Santo Stefano Ticino, MI						965				965
308.	Spillman, Matthew	Tri-anglia			963							963
309.	coe, pete	U/A Kendal,				963						963
310.	Ward, Thomas	U/A Lancaster, Lancashire							963			963
311.	MacGillivray, David	DH Runners								963		963
312.	Baker, Simon	U/A Newcastle upon Tyne ,						962				962
313.	Stephens, David	Clwydian Range Runners							962			962

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
314.	Looker, Ian	n/a								962		962
315.	Southcott, Andy	Me			961							961
316.	Raynor, Dave	Red Rose Road Runners						961				961
317.	Reynolds, Gary	U/A Preston , Lancashire		960								960
318.	Jewell, Tony	CFR						959				959
319.	Lister, Matthew	U/A Ulverston,		958								958
320.	Ashton, Matthew	U/A Telford, Shropshire			958							958
321.	Brown, Shaun	U/A Norwich , Norfolk						958				958
322.	Taylor, Andrew	U/A Bury,		957								957
323.	Longhorn, Chris	U/A Hartburn, Stockton on tees						957				957
324.	Mee, Jason	U/A West kirby, Cheshire							957			957
325.	McLoughlin, Martin	U/A Scunthorpe, North Lincolnshire								957		957
326.	Cameron, Paul	Run in Wirral							956			956
327.	Swiers, Jonny	U/A Bedale,		955								955
328.	Antill, Dave	U/A Newcastle upon Tyne,			955							955
329.	Cutter-Thomas, Steven	U/A Manchester,				955						955
330.	Metcalf, Robert	U/A Durham, Durham								955		955
331.	Westerman, Jake	U/A Keswick,						954				954
332.	Sansom, Nathan	U/A LONDON,		953								953
333.	Shaw, Charles	U/A Kendal, Cumbria			953							953
334.	Ridley, Ben	U/A Bishop Auckland , Durham						953				953
335.	Shaw, Stephen	U/A Standish, Wigan, Gtr Manchester				952						952
336.	Reed, Andy	U/A Cheshire							952			952
337.	Stephens, Dave	Clwydian range runners			950							950
338.	Morton, Nick	Kirkby Milers							950			950
339.	Parish, Geoff	U/A Nottinghamshire,						949				949
340.	Cottam, Peter	U/A Higher Kinnerton, Flintshire			948							948
341.	Mitchell, Sean	Barnet & District AC				948						948
342.	Phillips, Ryan	U/A St.Helens, Merseyside							948			948
343.	Smith, Chris	Keswick AC		947								947
344.	robinson, george	blackpool							947			947
345.	Gonzalez, Jose	U/A Manchester,			945							945
346.	Openshaw, Richard	U/A Lytham St Annes, Lancashire								944		944
347.	Lewis, Rodney	U/A Brixton, London			943							943
348.	Cull, Mick	Glaxo Hoad Hill Harriers		942								942

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
349.	Nicholson, Joe	U/A Ormskirk, Lancashire				942						942
350.	Hawkins, Graham	motherwell ac						942				942
351.	Clarke, Ben	Team Nidderdale		941								941
352.	Mackie, Steven	U/A KENDAL, Cumbria				941						941
353.	Abbott, Craig	U/A Lancaster, Lancashire							941			941
354.	kings, tim	U/A KENDAL,				940						940
355.	Marsh, Barry	U/A Gravesend, Kent							940			940
356.	Openshaw, Steve	Wray Running Club								940		940
357.	Varian, Desmond	U/A Carlisle, Cumbria		939								939
358.	Schofield, Andy	U/A Rawtenstall , Lancashire								939		939
359.	ward, carl	U/A driffield, east yorkshire			937							937
360.	Whalley, Ian	U/A Huddersfield, West Yorkshire				937						937
361.	McKinlay, David	Wallasey AC								937		937
362.	Cuthbertson, Martin	U/A Manchester , Lancashire			936							936
363.	Withey, Simon	U/A Shipley, West Yorkshire				936						936
364.	Roddy, Sean	U/A Preston, Lancs				935						935
365.	Bennett, Dan	U/A Workington, Cumbria						935				935
366.	Myatt, Robert	U/A Liverpool,			933							933
367.	Harrison, Dominic	U/A Workington,						933				933
368.	Dewell, Mark	U/A Wilmslow,		932								932
369.	Hall, Michael	U/A Seaham, Co Durham						932				932
370.	Eccles, Chris	U/A Lincoln,								932		932
371.	Woods, Harvey	U/A Wilmslow,		931								931
372.	Dixon, Gareth	U/A Woodthorpe, Nottinghamshire			931							931
373.	revell, ian	U/A west kirby, Merseyside		930								930
374.	Evans, John	U/A Brampton, Cumbria			930							930
375.	Hutchinson, Gary	U/A Sunderland, Tyne & Wear				930						930
376.	Gray, John	U/A Bedford, Bedfordshire							930			930
377.	Clark, Greg	U/A Durham, Durham								930		930
378.	Mellor, Andy	U/A Sale,		928								928
379.	Hurley, James	U/A Heswall, Merseyside							928			928
380.	Lloyd, Huw	U/A Farnham Surrey								928		928
381.	Brownson, Gareth	GB Bootcamps							927			927
382.	Lloyd, Glyn	U/A Farnham Surrey								927		927
383.	Sergeant, Oli	U/A Kendal, Cumbria		926								926

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
384.	Horner, Phil	Garstang RC				926						926
385.	Pepper, Stephen	U/A Ardrossan, North ayshire						926				926
386.	Caisley, Colin	U/A Wilmslow, Cheshire							926			926
387.	James, Phill	U/A Preston, Lancashire		925								925
388.	kenealy, luke	U/A lowton, cheshire			925							925
389.	Martin, Dan	U/A Carnforth, Lancashire							925			925
390.	Mackie, Iain	U/A Preston, Lancashire				923						923
391.	Ezard, Nigel	U/A Ilkley,				922						922
392.	Milligan, George	U/A Earlstun ,						922				922
393.	Laidlow, Andrew	U/A Wigton, Cumbria		921								921
394.	Clay, Alistair	U/A Carnforth			921							921
395.	Lynn, David	U/A North Shields, Tyne and wear						921				921
396.	Davies, Sam	U/A Stockport,								921		921
397.	Millican, Jon	U/A Durham,						920				920
398.	Ivers, Andy	U/A Carlisle, Cumbria								920		920
399.	Lawrenson, Lee	Red Rose Runners						919				919
400.	Heys, Silas	U/A Wigan, Lancashire							919			919
401.	Paterson, Ian	U/A Maghull, Merseyside					918					918
402.	Macham, Graham	U/A Chorley , Lancashire							918			918
403.	Burnett, Neil									918		918
404.	Foster, Andy	U/A Leeds, Yorkshire			916							916
405.	Whitehouse, Mark	U/A Thornton Cleveleys , Lancashire								916		916
406.	Williams, Ross	U/A Langwathby, Cumbria			915							915
407.	Wilson, Sebastian	U/A Grange-Over-Sands,							913			913
408.	Cocker, Simon	U/A Grantham,			912							912
409.	Cooper, Robert	Penny Lane Striders				912						912
410.	Kinner, Phil	U/A Ashby De La Zouch,							912			912
411.	Schofield, Jake	U/A LIVERPOOL, Merseyside		911								911
412.	Reddington, Stephen	U/A Manchester , Greater Manchester			911							911
413.	Leck, Michael	Lancaster & Morecambe AC							911			911
414.	Waring, Stuart	U/A Blackburn, Lancashire							910			910
415.	Metcalfe, Alan	U/A Durham, Durham								910		910
416.	Weedall, Antony	n/a		909								909
417.	bell, luke	U/A castleford, west yorkshire			909							909
418.	Law, Russell	Freckleton and Warton Running Club						909				909

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
419.	Satterly, Charles	Lancaster & Morecambe A/C								909		909
420.	Ellis, John	U/A Durham, County Durham							908			908
421.	Bell, Ian	U/A Carlisle,		907								907
422.	Prichard, Edward	U/A Manchester,			907							907
423.	Tomlinson, John	U/A Bolton,						907				907
424.	dodd, aaron	U/A whitley bay, tyne and wear			906							906
425.	Thompson, Paul	Hornsea Harriers			905							905
426.	Quinn, oliver	U/A London, Middlesex						905				905
427.	Ball, Michael	U/A Swindon, Wiltshire		904								904
428.	Wild, Tom	U/A Manchester , Cheshire				904						904
429.	Patel, Harshad	U/A WEST BROMWICH, West Midlands						904				904
430.	Wood, Lloyd	U/A Wylam, Northumberland								904		904
431.	Gaeta, Davide	U/A Manchester,						903				903
432.	Careless, Freddy	U/A Carnforth, Lancashire		902								902
433.	Baglee, David	U/A Penrith, Cumbria			902							902
434.	Dallow, Jamie	Oswestry Olympians							901			901
435.	Revell, Mags	None		900								900
436.	Brook, Julian	U/A Grundisburgh,		899								899
437.	Jempson, Ian	U/A Wigton,							899			899
438.	henworth, andy	U/A lancaster, lancashire								899		899
439.	Langdale, Nick	U/A Preston, Lancs			898							898
440.	Whyham, Russell	U/A Blackpool,				897						897
441.	Grundy, Darren	U/A Blackpool, Lancashire							897			897
442.	Clarke, Simon	Tri Lakeland		896								896
443.	Burkitt, Michael	U/A Lancaster						896				896
444.	Gourlay, Ross	Roundhay Runners		895								895
445.	Lindsay, Douglas	U/A Glasgow,						895				895
446.	Fishpool, Ryan	U/A Driffield, East Yorkshire			894							894
447.	Worrall, Ben	U/A Frodsham, Cheshire						894				894
448.	Willett, Jonathan	U/A Braco, Pethshire			893							893
449.	Appleton, Andrew	U/A Warrington, Cheshire						893				893
450.	Cameron, James	U/A Carlisle, Cumbria		892								892
451.	Matthews, Harry	Elswick Harriers			892							892
452.	Robins, Ben	U/A Welwyn Garden City, Herts				892						892
453.	Brayshaw, Andy	U/A Kendal, Cumbria			891							891

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
454.	Pemberton, Mark	Trawden AC			888							888
455.	Kaye, Jonathan	U/A Windermere, Cumbria				888						888
456.	Swann, Tony	AlbaRosaCC				887						887
457.	Binks, Steve	U/A Kiegthley,						887				887
458.	Phelps, Tim	Na							886			886
459.	Schaffer, Nicholas	U/A Millom, Cumbria							885			885
460.	Brookes, Nick	U/A Manchester ,						883				883
461.	Eggett, Chris	Northumberland Fell Runners								883		883
462.	Davies, Owen	U/A Sedbergh,			881							881
463.	Johnston, Aidan	U/A workington, Cumbria						881				881
464.	Barton, Roy	U/A Leeds,								881		881
465.	Walker, Stewart	U/A Egremont, CUMBRIA			880							880
466.	Clayton, Andrew	U/A Blackpool,				880						880
467.	Johnson, David	U/A Grasmere, Cumbria		878								878
468.	Huebner, Arne	U/A Frankfurt, Hessen							878			878
469.	Hodgson, Callum	U/A Arnside, Cumbria				877						877
470.	Wilson, Iain	U/A Glossop, Derbyshire						876				876
471.	Manderson, Ian	U/A Carnforth, Lancs							876			876
472.	Hudson, Joshua	Swad Joggers								876		876
473.	Brinkhuijsen, Michael	U/A Tarleton , Lancs		875								875
474.	Evans, Peter	Kings Heath Running Club			875							875
475.	Ward, Mike	U/A Prenton, Cheshire							875			875
476.	Hudson, Paul	Swad Joggers								875		875
477.	Thomson, John	U/A Penicuik, Midlothian					874					874
478.	Lowcock, Kieran	U/A Manchester, Greater Manchester							874			874
479.	Walton, Matthew	U/A Carlisle , Cumbria		873								873
480.	Moor, James	Native		871								871
481.	Blundell, Mark	U/A Ormskirk , Lancashire				871						871
482.	Barrett, Paul	U/A Newton Mearns,								871		871
483.	Patterson, Keith	North Shields Poly			870							870
484.	Bidwell, Clement	U/A Salford,						870				870
485.	Adam, Matthew	U/A Christleton ,						867				867
486.	Mathews, Tim	U/A Port Sunlight, Wirral			866							866
487.	Allan, Richard	U/A Altrincham, Cheshire				866						866
488.	Wrennall, Jason	U/A Ormskirk, Lancashire						866				866

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
489.	Hunter, David	U/A London,							866			866
490.	Storey, Mark	U/A Newcastle, Tyne & Wear								866		866
491.	Bethune, Iain	Run Sandymoor							864			864
492.	Graham, Stuart	U/A Dumfries,		863								863
493.	ciaramitaro, joseph	U/A tucson arizona,				863						863
494.	O'Grady, Peter	Red Rose Road Runners		862								862
495.	Allan, Simon	U/A Newcastle upon Tyne,				862						862
496.	Stevens, James	U/A Berkhamsted,						862				862
497.	clarke, callum	Lone Ranger						860				860
498.	Gelder, Tom	U/A Bury, Lancashire			858							858
499.	Arrowsmith, Jonny	U/A Manchester ,								858		858
500.	Hollis, Gary	U/A Kendal, Cumbria							857			857
501.	Holmes, Michael	U/A Carlisle, Cumbria								857		857
502.	Partington, Andrew	U/A Lancaster, Lancashire			856							856
503.	Munn, Paul	U/A Milton Keynes,						856				856
504.	Norton, Peter	U/A York,		855								855
505.	Whitton, Andrew	Lancaster & Morecambe			855							855
506.	Stokes, Simon	U/A Wellingborough,								855		855
507.	Forrest, Derek	U/A Hawick, Roxburghshire			854							854
508.	Blackledge, Peter Edward	U/A Congleton,								854		854
509.	Mitchell, Richard	U/A Kirkham, Lancashire		852								852
510.	Buchan, Scott	U/A Glasgow, Glasgow				850						850
511.	Cooke, David	U/A Bowness,		847								847
512.	Vardy, Sean	U/A Bacup, Lancashire			847							847
513.	Mason, Adam	U/A Wigan,		846								846
514.	Richmond, Gary	U/A Broadstairs, Kent							845			845
515.	Wilson, Martin	U/A Warton, Lancashire		844								844
516.	carruthers, barrie	U/A Carlisle, Cumbria		843								843
517.	Briffett, Colin	U/A Middleton, Lancashire		840								840
518.	McGleenan, Sean	Dumfries RC						840				840
519.	Harbour, Luke	U/A Rochdale ,						839				839
520.	Smits, Casper	U/A Nijmegen,								839		839
521.	Twitchett, Mark	U/A Leeds,			837							837
522.	Johnson, Stephen	U/A Harrogate, North Yorkshire		836								836
523.	Roche, Duncan	U/A Millom, Cumbria						836				836

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
524.	Crompton, Carl	U/A Near Kendal, Cumbria				835						835
525.	Haslam, Mark	NA						834				834
526.	McCormack, Matthew	U/A Manchester,							833			833
527.	Yates, Dan	U/A Colwyn Bay,			830							830
528.	Longhorn, Brian	U/A Stockton on Tees, Cleveland						830				830
529.	Yates, Andrew	U/A Colwyn Bay Conwy			829							829
530.	Jones, Michael	Altrincham & District AC				829						829
531.	Cameron, Ian	U/A Fleetwood, Lancashire		828								828
532.	Stanley, Adam	U/A Southport, Merseyside		827								827
533.	Waterhouse, Steve	U/A Blackpool ,						827				827
534.	Sharkey, Mike	Wigan							827			827
535.	Lyon, David	U/A Wigan, Lancs							826			826
536.	Dobbin, Mark	U/A Whitley Bay, Tyne and Wear			825							825
537.	bell, nick	unattached			823							823
538.	Stevens, Andrew	U/A Wigton, Cumbria							822			822
539.	Maxwell, Anthony	U/A Bolton,						821				821
540.	Wilkinson, David	U/A Southport , Merseyside								821		821
541.	Finch, Darren	U/A Belton, North Lincs				818						818
542.	Brook, Graham	Wesham Road Runners						818				818
543.	churnside, robert	tri northumberland						817				817
544.	Hartwell, Ian	U/A Manchester,				815						815
545.	stephenson, Craig	U/A leeds,		813								813
546.	Brookes, Martin	None						813				813
547.	Macfarlane, Stewart	U/A Hawarden, Flintshire		812								812
548.	Darby, Graham	Sledge field Harriers						812				812
549.	Platts, Graham	U/A Manchester,								812		812
550.	Rogers, James	Team inov-8.com				811						811
551.	Kearsley, Robert	U/A HEXHAM, Northumberland		809								809
552.	Hartley, James	U/A Kendal, Cumbria			809							809
553.	Payne, Robert	U/A Lancaster,							809			809
554.	bellis-jones, Paul	U/A Barrow In Furness, Cumbria		808								808
555.	Clement, Jon	U/A Kendal, Cumbria			808							808
556.	McIntyre, Nigel	U/A Longton, Lancashire		807								807
557.	Tolley, Keith	U/A Buxton,				807						807
558.	Fisher, David	U/A Kendal,				805						805

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
559.	edge, john	none		803								803
560.	Stevens, Mark	U/A Chorley, Lancashire								803		803
561.	Shakespeare, James	U/A Nottingham, Nottinghamshire						801				801
562.	Kendal, Kevin	Howgill Harriers				798						798
563.	Ashdown, Richard	U/A Carshalton, Surrey			797							797
564.	Jenkins, Tim	U/A Wallasey, Merseyside						795				795
565.	Kendal, Kev	Howgill Harriers							794			794
566.	Johnson, Allan	Lakeside Lincoln								792		792
567.	Butcher, Alex	U/A Ramsbottom ,							791			791
568.	Collett, Joe	U/A Manchester,						790				790
569.	Isaacs, Danny	U/A Wesham,							785			785
570.	Dickson, Gavin	U/A Edinburgh,						783				783
571.	Mason, Scott	U/A Wigan, Lancashire		782								782
572.	McDonald, Patrick	U/A Formby, Merseyside			781							781
573.	Gibson, Christopher	Sildon Athletic				781						781
574.	Britton, Mark	Border Harriers		778								778
575.	Thompson, Dave	U/A Stoke on Trent, Staffordshire			778							778
576.	Bide, John	U/A Wainfleet All Saints, Lincolnshire				778						778
577.	Shaw, Jonathan	U/A Macclesfield,				777						777
578.	Gilson, Jon	U/A Leek,			776							776
579.	Dawson, Kelvin	U/A Peel,								775		775
580.	Peacock, Owen	U/A Shipton by Beningbrough, North Yorkshire			772							772
581.	Elliott, Jason	U/A North Shields, Tyne and Wear								772		772
582.	Wignall, Oliver	U/A Grange over sands , Cumbria		766								766
583.	thacker, gary	U/A mkt harborough, leics		763								763
584.	Alecock, Stephen	U/A Carlisle, Cumbria			762							762
585.	Holland, Michael	U/A Stockport,		761								761
586.	jackson, paul	U/A widnes, cheshire		760								760
587.	Walker, Karl	U/A Newcastle upon tyne, Tyne and wear								760		760
588.	Davidson, Jon	U/A Warrington,		759								759
589.	Babic, Dan	Independent				759						759
590.	Dobson, Andrew	U/A Kendal, Cumbria							758			758
591.	Cowan, Michael	Team cowan								758		758
592.	Fox, Paul	U/A Lancaster,							757			757
593.	FENNA, THOMAS	U/A ORMSKIRK, LANCASHIRE			755							755

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
594.	Fox, David	U/A Altrincham, Cheshire			754							754
595.	Hammill, John	Batala				754						754
596.	Ribchester, Andrew	U/A Ambleside								753		753
597.	Rastelli, ROB	U/A Ulverston, Cumbria		750								750
598.	Swann, Matthew	St Helens Striders		745								745
599.	Harwood, Stephen	Keswick AC			745							745
600.	Hocking, John	U/A Lancaster,						742				742
601.	Aaron, Leon	U/A Blackpool , Lancashire						741				741
602.	Jones, Chris	U/A Bury, Greater Manchester				740						740
603.	jackson, malcolm	U/A congleton, cheshire		738								738
604.	Abrams, Paul	U/A St Helens, Lancs				736						736
605.	Bradshaw, Charles	U/A Workington, Cumbria			732							732
606.	Ellis, David	U/A Skipton, North Yorkshire				732						732
607.	Davies, Mark	U/A Formby, Merseyside			728							728
608.	Wileman, David	U/A Heswall,			727							727
609.	Townsend, Adam	U/A Radstock,		726								726
610.	Mack, John	U/A Sale,			725							725
611.	Gray, Michael	Thornton and cleveleys RC		723								723
612.	dobbs, joe	independent						723				723
613.	Swali, Surrinder	U/A Bolton,							723			723
614.	Osmond, Simon	U/A Carnforth, Lancashire		720								720
615.	popple, richard	U/A Sheffield, South Yorkshire		712								712
616.	Petrik, Slavomir	U/A Hitchin, Hertfordshire				711						711
617.	Mcmahon, Lee	U/A Huthwaite, Nottingham								711		711
618.	Roe, Thomas	U/A Worcester,		710								710
619.	McMonagle, Paul	U/A Lytham St. Annes, Lancashire								709		709
620.	Hawthorne, Barry	U/A Castleford, West Yorkshire								708		708
621.	Butler, James	Red Rose Road Runers		705								705
622.	cass, dylan	mersey tri						701				701
623.	Osborne, Matt	Team Ella			700							700
624.	Hancock, Paul	Wigan harriers			697							697
625.	polley, caleb	U/A Stockport,		689								689
626.	Wright, Nick	U/A Ambleside,				688						688
627.	Woodhead, Jonathan	U/A Grange Over Sands,			687							687
628.	Littlefield, Paul	U/A Bolton,		684								684

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
629.	Southern, Neil	U/A Frodsham,		683								683
630.	Clague, Eddie	U/A Manchester, Lancashire			682							682
631.	Wilson, Sam	U/A Manchester,			680							680
632.	Bamber, Paul	U/A Altrincham,			679							679
633.	collins, shane	red rose road runners		678								678
634.	Fleming, Nick	U/A Largs ,			678							678
635.	Berry, Phil	U/A Ormskirk ,		677								677
636.	Lomas, David	U/A Rochdale , Greater Manchester				674						674
637.	Charles, Jacq	Wirral Vikings TRC		673								673
638.	Rattray, Callum	U/A Stockton-on-Tees, Teesside						671				671
639.	Palmer, Andrew	U/A Walsall,						670				670
640.	Staniard, William	Stockport Tri Club		669								669
641.	Gibbins, Paul	U/A Grimsby, North East Lincs				666						666
642.	Lamb, Darren	U/A Preston, Lancashire		663								663
643.	Anderson, Neil	U/A Preston, Lancs				661						661
644.	Chapple, John	U/A Brentwood,			652							652
645.	Oliver, Richard	U/A London,						646				646
646.	Rainger, David	U/A Wigan, Lancashire		645								645
647.	Midgley, David	U/A YORK, North Yorkshire			645							645
648.	Wilkinson, Paul	U/A Stanley, County Durham				645						645
649.	Cummings, Mark	U/A St. Helens, Merseyside			640							640
650.	WOODS, ANDREW	Fell Striders			638							638
651.	Mclean, Jim	Red Rose Road Runners		636								636
652.	Barnes, David	Red Rose		631								631
653.	Bowden, Joshua	U/A SELBY, North Yorkshire				630						630
654.	Richardson, Anthony	U/A Altrincham,		626								626
655.	Carruthers, Marc	U/A Stonehaven,			624							624
656.	Pargeter, Gary	U/A Northwich, Cheshire		622								622
657.	Christmas, David	U/A Kidderminster,			620							620
658.	Shaw, James	U/A Gateshead,									614	614
659.	Pugh, Richard	Tri Preston		608								608
660.	Grimwade, Samuel	U/A High Wycombe, Buckinghamshire									606	606
661.	Harland, Philip	U/A Warrington, Cheshire		605								605
662.	Smith, Andy	Victoria Park Running Club		604								604
663.	Sutton, Paul	U/A Manchester,		597								597

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
664.	Nicholson, David	Team Cropper			596							596
665.	Reid, Stephen	U/A Manchester, Greater Manchester			595							595
666.	Hutchinson, Mark	U/A Hull,		586								586
667.	Stevenson, Graham	U/A euxton chorley, Lancashire		585								585
668.	Miller, Ian	Stevenson's rockets		584								584
669.	Hagger, Graham	U/A Leigh,			583							583
670.	Lomas, Martin	U/A Warrington, Cheshire			578							578
671.	Murray, Sam	U/A Manchester,		574								574
672.	Seddon, Fred	U/A Richmond, North Yorkshire			569							569
673.	Barker, Richard				568							568
674.	Smith, James	U/A Congleton,		557								557
675.	ovans, simpson	U/A malvern,		555								555
676.	Ramshaw, Christopher	U/A Newcastle Upon Tyne, Tyne and Wear			553							553
677.	Roberts, Andrew	U/A Leeds,		542								542
678.	Dean, Jim	U/A Kendal, Cumbria		524								524
679.	Rigby, Ian	U/A Widnes, Cheshire		501								501
680.	Townsend, Alan	U/A Radstock,		497								497
681.	Pyke, Christopher	U/A Manchester,		493								493
682.	Cartwright, Matt	U/A Preston, Lancashire		487								487
683.	Lord, Michael	Beeston AC		483								483
684.	Barker, Tex	VPRC		465								465

Lakeland Trails 2018 10K Series Results : Women

1.	Mellor, Jane	U/A Bridge of Weir,		880	908	928	967	923	939	929	938	7412
2.	Grisedale, Jo	Team inov-8.com		831	883	894	947	892	914	745	812	6918
3.	Johnston, Vicky	St Bees Triers		733	801	735	920	800	849	741	837	6416
4.	Burnett, Sarah	U/A Kendal, Cumbria		861	904	919	959	853	922	917		6335
5.	Turner, Jean	Telford Harriers		867	889	901		915	924	864	815	6175
6.	Mossop, Carol	Dumfries Running Club		594	695	704	888	773	829	769	714	5966
7.	Winter, Louise	Keswick AC		984	957		986		969	978	981	5855
8.	Paton, Julie	U/A Preston, Lancashire		739	794	796		805	880	896	882	5792
9.	Navin, Wendy	Cumberland AC		777	828	785		788	850	747	862	5637
10.	Lee, Lois	SDC		970	913		990	976		993	645	5487
11.	Summers, Sara	U/A Preston,		718	747	701		762	814	836	755	5333
12.	Williams, Claire	Eryri Harriers		768	851	896	962	916	938			5331

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
13.	Miller, Allyson	U/A Chorley, Lancashire		489	570	636	861	695	746	720	599	5316
14.	Morley, Lizzie	U/A Ambleside, Cumbria		561	689	710		731	820	773	746	5030
15.	Summers, Rachel	U/A Preston,		744	810	797		829	884		876	4940
16.	johnson, karen	U/A Ulverston,		924	941	944		956	971			4736
17.	Dodd, Sarah	U/A Barrow In Furness, Cumbria			677	771		797	860	820	761	4686
18.	Edwards, Kerry	U/A Cupar, Fife			657	747		778	842	841	773	4638
19.	Booth, Jessica	U/A Salford, Greater Manchester			860	890	966	945	958			4619
20.	Phillips, Louisa	U/A Manchester, Greater Manchester			865	916		929	951		903	4564
21.	Collier, Debbie	Thornton Cleveleys Running Club			834	874	951	912		903		4474
22.	Irving, Beth	U/A Carlisle,				783		832	994	861	905	4375
23.	Brownsmith, Rachel	U/A Lancaster,		650	736	730		712	803		688	4319
24.	Braddon, Karen	Crocwalkers		462	545	613		641	728	701	600	4290
25.	Bonham, Jo	U/A Barrow in Furness, Cumbria		721	780	821			891	908		4121
26.	Gasior, Rachel	Keighley and Craven Athletic Club				801		815	846	832	818	4112
27.	Brown, Tracy	Sedgefield Harriers		749	814	859		786		846		4054
28.	Sullivan, Torrie	U/A Brampton, Cumbria		550	594	687			754	730	633	3948
29.	Haigh, Jo	U/A Skipton, North Yorkshire		940	949	962		971				3822
30.	Ball, Nicky	U/A Bolton , Lancashire		734	773	751			779		719	3756
31.	grimes, jeanette	U/A prescot, merseyside		732	701	695		776	816			3720
32.	Horne, Gill	Biddulph Running Club		642		765		719		800	787	3713
33.	Elliott, Kate	U/A Manchester,		611	676	738				829	799	3653
34.	Mellor, Kate	U/A Wetherby, W Yorkshire			877		963		907		877	3624
35.	Bale, Liz	U/A Penrith,						872	862	870	924	3528
36.	Parry, Susanne	U/A Carlisle,			849	875		884		905		3513
37.	Gray, Julie	n/a		850	869	885					823	3427
38.	slater, bridget	U/A Skipton, N Yorks		806	832	873		882				3393
39.	Jones, Kate	U/A Eccles,		595	633	676		699	772			3375
40.	Schofield, Belinda	U/A Manchester,		752	841			848	921			3362
41.	Krynén, Hilde	U/A Kendal, Cumbria						837	890	814	811	3352
42.	Oxley, Tara	Stockton Striders			846	845			871		740	3302
43.	Frank, Jackie	U/A Redcar,			836	830		785		844		3295
44.	Sharp, Susan	U/A Wakefield, west Yorkshire						825	852	798	808	3283
45.	Wearing, Catherine	U/A Lancaster,			567	627		683	748		646	3271
46.	White, Angela	CFR			805	779		791	887			3262
47.	Thorneycroft, Deborah	U/A Stoke on Trent, Staffs			720	767	919			799		3205

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
48.	Foster, Jenny	U/A Manchester,		753	795	846					765	3159
49.	Roblin, Aimee	U/A Richmond, North Yorkshire		707		787				847	777	3118
50.	Sandell, Sarah	U/A Richmond, North Yorkshire		708		786				848	776	3118
51.	Jones, Eileen	Clayton le Moors Harriers			740	750		767	799			3056
52.	McCarron, Natalie	U/A		989			998	991				2978
53.	cuthbert, catherine	wallasey ac		658	702	748			854			2962
54.	Higson, Catherine	U/A Keswick		656	761	753		781				2951
55.	Spiby, Alison	U/A Windermere, Cumbria		657	671	714	898					2940
56.	Radcliffe, Tricia	St Bees Triers		704		680		753		784		2921
57.	Daly, Allison	Helm Hill		965	962	966						2893
58.	Hopkins, Sarah	U/A Preston, Lancs		693	691	749					744	2877
59.	Bonner, Clair	U/A Keighley, West Yorkshire		589	647		877			727		2840
60.	Lapping, Jennifer	Jog on the Tyne		916						956	965	2837
61.	Gray Carnaffin, Julia	Jog on the Tyne		915						951	961	2827
62.	Bolton, Lisa	Red rose road runners			901	938		936				2775
63.	Eversfield, Catherine	Ilkley Harriers						888		933	950	2771
64.	Slaney, Jane	U/A Blackpool, Lancashire						684	741	725	616	2766
65.	Wilson, Abby	U/A Chester,			619			724		739	649	2731
66.	Jackson, Elizabeth	U/A Tunstall, East Riding of Yorkshire			585	655		717	768			2725
67.	Beresford, Amanda	Roundhay Runners						649	729	721	612	2711
68.	Turnbull, Kate	U/A Kendal ,		882	900					923		2705
69.	Mulcrone, Jane	Penny Lane Striders		572	650	706			773			2701
70.	Bridges, Zoe	U/A Sudbury, Suffolk			872					898	925	2695
71.	Rickards Collinson, Edwina	U/A CARNFORTH,						650	730	700	611	2691
72.	Pryor, Gillian	Thornton Cleveleys Running Club		887						889	869	2645
73.	Shaw, Gerry	Warrington Running Club						906		925	801	2632
74.	Silcock, Amy	U/A Frodsham,						886		880	863	2629
75.	McLachlan, Ellen	BWFAC				840		854	916			2610
76.	Bale, Katie	U/A Penrith, Cumbria						871	861	867		2599
77.	Hindle, Gill	Jog on the Tyne		799						862	892	2553
78.	Williams, Sara Lloyd	U/A Carlisle, Cumbria			561			651	732		608	2552
79.	Lockett, Sarah	U/A Frodsham , Cheshire		785						874	890	2549
80.	Spratt, Shirley	U/A Congleton, Cheshire				839				873	827	2539
81.	Addy, Louise	U/A Kendal, Cumbria		838	843	853						2534
82.	Ward, Rose	Smiley Paces			768					878	878	2524

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
83.	Johnson, Hilary	U/A London,				742				888	866	2496
84.	Madarasan, Petra	Jogging Pals				791		816	872			2479
85.	Horne, Fran	U/A Grange over Sands,		796	812	861						2469
86.	Trippitt, Angie	Kendal Tri Club		798	840	819						2457
87.	Jones, Angela	U/A Kendal, Cumbria		804	827	823						2454
88.	Keating, Sharon	U/A Lancaster , Lancashire				768		810			859	2437
89.	Lambert, Sally	U/A Ambleside, Cumbria		740	850	834						2424
90.	Ashton, Clare	U/A Warrington, Cheshire			820	824		775				2419
91.	Crate, Beverley	U/A Bedlington , Northumberland							851	822	737	2410
92.	Green, Karen	U/A Neston, Cheshire		717		766	923					2406
93.	McAninly, Abigail	Durham		747	803	841						2391
94.	Cash, Sue	Wirral Vikings TRC		754						872	758	2384
95.	Aplin, Shelley	U/A Kendal, Cumbria		815	685	837						2337
96.	Rollason, Kate	U/A Skipton, North Yorkshire		680	760	884						2324
97.	Haggerty, Catherine	U/A St Helens, Merseyside			716	795		802				2313
98.	Pye, Alison	U/A Kendal, Cumbria		727	770					802		2299
99.	Williams, Deborah	Jog on the Tyne		729						806	762	2297
100.	Betley, Catherine	N/A						700	801	778		2279
101.	Taylor, Jane	Women on the Run - Preston		769	709	790						2268
102.	Ashton, Rachel	U/A Nottingham, NOTTINGHAMSHIRE			683					782	767	2232
103.	Cattermole, Emma	Women on the Run		654		723		833				2210
104.	Hanson, Laura	U/A NEWCASTLE UPON TYNE, Tyne and			713	763		727				2203
105.	Simmons, Nicola	Wirral vikings TRC		824						737	638	2199
106.	Kitchen, Zoe	U/A morecambe,		659	752	755						2166
107.	Martin, Heidi	St.Bees Triers				685				780	695	2160
108.	Johnson, Sue	U/A Penrith			634			756		746		2136
109.	Leader, Jill	U/A Kendal , Cumbria		687	722	716						2125
110.	Croft, Rachael	U/A Didsbury, Manchester		661	696					765		2122
111.	Stirling, Hannah	U/A Wilmslow,			666	675		772				2113
112.	FENNA, JOANNE	U/A ORMSKIRK, LANCASHIRE			600				760	735		2095
113.	Jackson, Elizabeth	U/A Tunstall, East Riding of Yorkshire			688	693		703				2084
114.	Gamberini, Ellena	Rocktart Runners				671		744			667	2082
115.	Mather, Lisa	U/A Stockport, Cheshire		651						740	691	2082
116.	Myatt, Ann	Cheadle			572	641	866					2079
117.	Roberts, Rose	261 Fearless				648		745			677	2070

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
118.	Thompson, Liane	U/A Barrow-in-Furness, Cumbria			646					728	656	2030
119.	Houlihan, Emma	U/A Windermere, Cumbria		638	673	715						2026
120.	Shaw, Nadia	U/A		994			996					1990
121.	Dowthwaite, Cassandra	Smiley Paces			563					732	648	1943
122.	henderson, margaret	U/A warton, lancs			973	967						1940
123.	Lowe, Bethan	U/A Manchester,		945	981							1926
124.	Stockton, Niki	U/A Manchester		513				668	743			1924
125.	Casson, Jennifer	U/A Lancaster ,					976	931				1907
126.	Smith, Felicity	Elswick		922					975			1897
127.	Trace, Katie	Biddulph Running Club								952	939	1891
128.	France, Katherine	U/A Kendal, Cumbria			934			952				1886
129.	Smith, Sue	U/A Morecambe, Lancs		480	552		851					1883
130.	Heys, Stephanie	U/A Wigan, Greater Manchester							929		944	1873
131.	McAuley, Fiona	U/A Manchester, Greater Manchester		628	573	665						1866
132.	Shaw, Stephanie	None		929				937				1866
133.	Aspinall, Linda	U/A Carlisle, Cumbria			910			944				1854
134.	Bluck, Elena	Tynedale Harriers			903			946				1849
135.	Westerman, Cheryl	U/A Keswick, Cumbria				920		927				1847
136.	Johnstone, Alecia	Red rose road runners								911	927	1838
137.	Appleby, Kathy	U/A Lancaster, Lancashire						917			915	1832
138.	Higgins, Donna	U/A Wigan , Lancashire		560	555					716		1831
139.	Taylor, Helen	U/A Bury, Greater Manchester			879					948		1827
140.	Borking, Helen	Women on the Run		516		632		664				1812
141.	Fildes, Christine	Nics Nordic Walks			547	615		648				1810
142.	farquhar, linda	st bees triers		491		629		688				1808
143.	Docherty, Antonia	Jarrow and Hebburn AC								907	900	1807
144.	Brookes, Sara	U/A Preston, Lancashire								887	906	1793
145.	Gorman, Margaret	U/A			890	899						1789
146.	Weal, Alison	U/A Chipperfield, Hertfordshire		879		908						1787
147.	McKay, Kat	U/A Glasgow,								868	919	1787
148.	Wood, Carole	U/A Kendal, Cumbria		530	598	654						1782
149.	Minshull, Heather	U/A Bolton,		518	607	656						1781
150.	Pattison, Lisa	Stockton Striders AC		830			938					1768
151.	Nolan, Anna	Ilkley Harriers		870	897							1767
152.	Islam, Elizabeth	U/A Sabden,		520	588	653						1761

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
153.	Johnson, Helen	Wirral Vikings								964	794	1758
154.	Richardson, Susan	St Bees Triers								856	895	1751
155.	Marechal, Christina	U/A Manchester, Lancashire			862			885				1747
156.	Hufton, Emily	U/A longridge, lancs								766	970	1736
157.	Sutton, Viki	U/A Lancaster,				872		863				1735
158.	Dove, Sarah	U/A Blackburn, Lancashire			821	900						1721
159.	Hart, Michelle	U/A Stockton on tees, Cleveland		783			937					1720
160.	Parker, Maureen	Tynedale Harriers						880		831		1711
161.	Perkins, Sam	U/A Hexham,								879	829	1708
162.	Millard, Rachel	U/A Worsley, Manchester						811	892			1703
163.	Habsudova, Lenka	U/A Manchester, Lancashire		503	576	621						1700
164.	Gibson, Elizabeth	U/A Kendal , Cumbria				794			903			1697
165.	Wade, Abby	U/A Kendal, Cumbria				793			902			1695
166.	Whiteley, Lisa	LWhiteley-Personal Training		816	874							1690
167.	Barton, Catherine	U/A Carnforth ,					893	794				1687
168.	hindle, elaine	U/A Liverpool,				825		842				1667
169.	Dinsdale, Nicola	Ribble valley Tri Club				775			881			1656
170.	Walsh, Natasha	COLT			833	820						1653
171.	Meynell, Louise	Billingham Marsh House Harriers			819	832						1651
172.	Nicholls, Emma	U/A Millom, Cumbria		471	554	622						1647
173.	Evans, Lorna	U/A Preston, Lancashire		791		854						1645
174.	Rickards-Collinson, Edwina	Crocwalkers		476	548	619						1643
175.	Barton, Sally	Hoad Hill Harriers		820	817							1637
176.	Daniels, Louise	Prestwich Athletic Club							847	787		1634
177.	Seigler, Jackie	U/A London,								807	825	1632
178.	Horton, Helen	U/A Otley ,		788	835							1623
179.	Dixon, Jo	U/A Keswick , Cumbria						814			809	1623
180.	Lewis, Anne	Independent					889	729				1618
181.	Edgar, Sal	U/A Ormskirk,			800				810			1610
182.	Ferreira, Sarah	U/A Ormskirk,			799				811			1610
183.	Brookfield, Hannah	U/A Aughton, Lancashire						761	841			1602
184.	Dixon, Margaret	U/A Redcar,		728					869			1597
185.	Tejera, Rachel	U/A Merstham, Surrey								850	747	1597
186.	Swann, Nicola	U/A Leeds, West Yorkshire		784						810		1594
187.	Hanley, vicki	Nordic walking Preston		451	537	605						1593

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
188.	Stavert, Rachel	U/A Penrith, Cumbria						764	825			1589
189.	Tomlinson, Jackie	U/A Bolton ,				684	904					1588
190.	Ridings, Susan	U/A Mold, Flintshire			763				824			1587
191.	Jones, Debra	Jogging Pals						766	821			1587
192.	O'Brien, Fiona	Jog on the Tyne								827	760	1587
193.	Bristo, Gail	Red Rose Road Runners			739				843			1582
194.	Lumley, Gemma	U/A York, North Yorkshire						789		789		1578
195.	Williams, Irene	U/A Coventry, West Midlands		668			905					1573
196.	Knowles, Claire	Jog on the Tyne								808	763	1571
197.	Parkes, Caron	U/A Kendal, Cumbria						751	819			1570
198.	Sunderland, Samantha									859	699	1558
199.	Ward, Hazel	Jog on the Tyne		722						834		1556
200.	Gunn, Carol	St Bees Triers								853	694	1547
201.	Goldrick, Sue	U/A Manchester,							744	797		1541
202.	Nevin, Gill	Crosby Stormers				728		799				1527
203.	beattie, mhairi	langholm primary		751	769							1520
204.	Hodgson, Susie	U/A Ambleside, Cumbria			759	760						1519
205.	Shaw, Hilary	U/A gateshead, Tyne & Wear							805		707	1512
206.	Gemson, Fiona	U/A Lancaster, Lancashire			617		895					1512
207.	Keegan, Alex	U/A Carlisle,			791						720	1511
208.	Majtanova, Nikky	U/A Lostock Hall, Lancashire		724	777							1501
209.	watt, nicola	U/A hexham,		736	764							1500
210.	Bamber, Liz	Lancaster Women's Running Club			710	789						1499
211.	Swift, Hannah	N/A						708	788			1496
212.	Hamilton, Sian	Washlands Women Runners								723	769	1492
213.	thomas, julie	hampstead health park run								786	706	1492
214.	Amos, Joanna	U/A Stanley, County Durham				672			818			1490
215.	Jones, Angela	St Helens Striders		653					832			1485
216.	Bennett, Clare	unattached			615		869					1484
217.	Jimenez, Lola	U/A Southport, Merseyside						713	763			1476
218.	Bannister, Sharna	U/A Preston, Lancashire		616				855				1471
219.	Tinsley, Alana	U/A Preston, Lancashire		681	787							1468
220.	Weston, Jacqui	Ilkley Harriers		671	793							1464
221.	Robson, Jo-Anna	U/A Formby,				725		735				1460
222.	Fawkes, Fiona									761	698	1459

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
223.	Noon, Caroline	U/A London,								748	711	1459
224.	Brocklehurst, Tracey	U/A Wigan, Lancashire								768	689	1457
225.	McGreen, Jane	n/a							742	712		1454
226.	Stafford, Jessica	U/A Preston, Lancashire								779	672	1451
227.	Oram, Sarah	Chorlton Runners		577			872					1449
228.	Waszkiel, Melanie	U/A Heversham,		691		758						1449
229.	Peacock, Bridget	U/A London,								763	676	1439
230.	Mabbutt, Jenny	U/A Accrington , Lancashire			711	727						1438
231.	Thomson, Kate								731	707		1438
232.	Birch, Deborah	U/A Lancaster, Lancashire			655			780				1435
233.	Airey, James	U/A Kendal,		699		734						1433
234.	Adlard, Angela	Wirral Vikings TRC								767	664	1431
235.	Sharples, Naomi	U/A Bury, Lancashire			694	731						1425
236.	Moor, Tracy	Loftus and Whitby athletics								754	671	1425
237.	Cummings, Deborah	U/A St. Helens, Merseyside			641	780						1421
238.	Crellin, Rebecca	U/A Frizington, Cumbria		674	744							1418
239.	Kirkham, Brenda	U/A Bury, Greater Manchester								743	674	1417
240.	Machin, Claire									762	655	1417
241.	Moorhouse, Heather	Women on the Run-Kendal		665	751							1416
242.	Jackson, Gill	Jog on the Tyne		601						813		1414
243.	Gromova, Marina	U/A London,								729	681	1410
244.	Evans, Kate	U/A Kendal, Cumbria		743	665							1408
245.	Donohue, Helen	U/A Wigan, Lancs		686	706							1392
246.	Hodgson, Sorcha	U/A Burneside, Cumbria				708					682	1390
247.	Byrne, Paula	U/A Arnside, Cumbria				707					680	1387
248.	Kay, Nicola	Horwich RMI Harriers		641				738				1379
249.	Bailey, Miriam	Trawden Athletic		527			849					1376
250.	Avison, Joanne	Wirral Vikings TRC								738	636	1374
251.	Franklin, Sylvia	Washlands women runners								722	644	1366
252.	TICKNER, Rachel	U/A Cockermouth, Cumbria						715			643	1358
253.	Mounsey, Elizabeth	U/A Preston , Lancashire			589				762			1351
254.	Airey, Sarah	U/A Kendal,		618		726						1344
255.	Hodges, Alison	Blackhill Bounders			660	682						1342
256.	Lane, Ellie	U/A Manchester				647		692				1339
257.	Gamberini, Lorna	Rocktart Runners				670					669	1339

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
258.	Earley, Alex	Lakeland Orienteering			648	686						1334
259.	Twist, Julia	U/A Kendal , Cumbria		633		699						1332
260.	Graves, Nicky	Batala Drummers		632		694						1326
261.	Sanders, Wendy	U/A Glossop, Derbyshire				639		687				1326
262.	WILSON, lynn	U/A New Milton, Hants								706	615	1321
263.	guttridge, marie	U/A Liverpool, Merseyside		600							712	1312
264.	Ewing, Alison	Warrington Running Club			629	683						1312
265.	Murray, Theresa	U/A Crook, Cumbria		598		713						1311
266.	Fairless-Aitken, Suzanne	Jog on the Tyne								702	598	1300
267.	Lawson, Sophie	U/A Melrose,		563				734				1297
268.	Ward, Beverley	U/A Stocksfield, Tyne & Wear			639	657						1296
269.	Dawson, Marie	U/A Peel,		519						774		1293
270.	Owen, Katherine	U/A Bury, Lancs			632	651						1283
271.	Wilson-Lagan, Elizabeth	Crosby Stormers		629	651							1280
272.	Davidson, Lesley	Horwich RMI Harriers		525					750			1275
273.	Hawthorne, Hayley	Ackworth Road Runners						660			613	1273
274.	Morgan-Hillam, Leanne	Wigan and District Harriers			556					714		1270
275.	Barrett, Jenni	U/A Ribchester, Lancashire		544				721				1265
276.	Strother, Susan	U/A Lytham St Annes, Lancashire						656			605	1261
277.	Davies, Vanessa	U/A Formby, Merseyside			602			654				1256
278.	Whiteley, Carole	U/A Kendal, Cumbria			571			669				1240
279.	Atkins, Kathryn	U/A Leeds, West Yorkshire			597	640						1237
280.	green, angela	U/A penrith, cumbria		568	662							1230
281.	Dodd, Bev	U/A Lancaster, Lancashire		486					740			1226
282.	Graves, Cressida	U/A Lancaster, Lancashire		573		644						1217
283.	Whitehead, Lisa	U/A Manchester		488					722			1210
284.	cowdell, Sarah	U/A Huddersfield, west yorks		580	627							1207
285.	Mawson, Briony	U/A Tadcaster, North Yorkshire		581	626							1207
286.	Molloy, Anne	U/A Halifax, West Yorkshire		582	625							1207
287.	Wilson, Alison	U/A Summerbridge,		614	586							1200
288.	Jones, Heidi	U/A Carnforth, Lancashire		578	610							1188
289.	Paxton, Lisa	Women on the Run		515				663				1178
290.	Roberts, Catherine	U/A Settle, N Yorkshire		547		623						1170
291.	Shepherd, Nicky	U/A Blackpool, LANCASHIRE		528		638						1166
292.	Lamb, Kathryn	U/A Carnforth , Lancashire		552	609							1161

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
293.	Williams, Laura	U/A Harrogate,		566	590							1156
294.	Gutteridge, Fiona	Red Rose Road Runners		505		643						1148
295.	Moore, Tira	U/A Durham, Durham			535	601						1136
296.	Rigby, Sue	Wesham Road Runners		498				636				1134
297.	Gray, Jaclyn	U/A Workington , Cumbria		459				667				1126
298.	Davies, Amy	U/A Settle, North Yorkshire		504	587							1091
299.	Carr, Dot	U/A harrogate, yorkshire		467		609						1076
300.	Campbell, Carol	U/A Grange over Sands, Cumbria		469	549							1018
301.	Finn, Gillian	Nordic Walking Preston		468	546							1014
302.	Sewell, Victoria	Knavesmire Harriers		999								999
303.	Slater, Catherine	Preston Harriers		998								998
304.	Conway, Annie	None						998				998
305.	Crank, Helen	U/A Ulverston, Cumbria		454	538							992
306.	Stoney, Jo	U/A Ulverston, Cumbria		453	539							992
307.	Macfarlane, Kate	Penny Lane Striders									992	992
308.	Cooper, Emma	U/A Leeds,								988		988
309.	Hoogkamer, Anna	Team inov-8			987							987
310.	Lomas, Christine	Nordic Walking Preston		450	534							984
311.	Jeffries, Ella	GoodGym					984					984
312.	Toppin, Suzanne	Team Mountain Fuel									983	983
313.	Cocker, Jessica	Cambridge and Coleridge AC			980							980
314.	Davis, Lydia	Newquay Roadrunners						980				980
315.	Cowan, Jess	Goodgym					979					979
316.	Hunt, Sophie	U/A Wirral,		977								977
317.	Thomas, Jane	Sale Harriers				976						976
318.	Smith, Caroline	U/A Warrington,					974					974
319.	Hatch, Jennifer	U/A Manchester,						974				974
320.	Oxlade, Claire					973						973
321.	Wiggans, Olivia	Red Rose Road Runners								973		973
322.	Brewster, Siobonne	U/A Carlisle, Cumbria						972				972
323.	Gillie, Susan	U/A Sheffield, S Yorks					968					968
324.	Paprzycka-Casson, Monika	U/A Uppermill, Oldham, Greater Manchester							967			967
325.	Marsh, Catherine	U/A Goonhavern, Cornwall									966	966
326.	Foley, Charlotte	U/A Tyne And Wear							965			965
327.	Davies, Angela	Team inov-8.com		963								963

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
328.	Tickle, Michelle	Blackpool Wyre & Fylde AC						963				963
329.	Houghton, Eleanor	U/A Liverpool,									963	963
330.	Philp, Michele	U/A Wylam, Northumberland								961		961
331.	Maguire, Kylie	St Helens Striders				960						960
332.	MacFarlane, Anne	Dumfries RC						960				960
333.	Dodds, Natalie	Hoad Hill Harriers							959			959
334.	Clennet, Catherine	Stockton Striders					958					958
335.	Wicks, Lilli	U/A Sheffield, South Yorkshire					956					956
336.	Hale, Sally	U/A Arnold Nottingham									956	956
337.	nuttall, nicola	U/A bury, lancashire					955					955
338.	tuffen, fay	U/A troutbeck bridge, cumbria			954							954
339.	Dobson, Rebecca					954						954
340.	Loughran, Beth	U/A Kendal,							954			954
341.	Muggleton, Julie	U/A Derby, Derbyshire					953					953
342.	Graham, Zoe	Dumfries Running Club		952								952
343.	Higginson, Catherine	U/A Banksia, NSW					952					952
344.	Booth, Lauren	Bury Athletics Club			951							951
345.	Lambert, Hannah	Holcombe Harriers						951				951
346.	Simmons, Sarah	N/A					950					950
347.	Barrett-Walsh, Deborah	U/A Beckermat , Cumbria		949								949
348.	Pawelczak, Basia	Blackpool Wyre and Fylde AC						948				948
349.	Fitzpatrick, Megan	Team inov-8.com			947							947
350.	Graham, Cat	U/A Carlisle ,		946								946
351.	Wilson, Joanne	U/A Wigton , Cumbria			946							946
352.	Wade-Rudin, Jenni	U/A Newcastle,					945					945
353.	Johansen, Miriam	U/A Durham,						940				940
354.	Bryant, Jane	Ilkley Harriers			939							939
355.	Turner, Robyn	U/A Blackburn,									936	936
356.	Fordham, Clare	U/A Bury, Manchester					935					935
357.	MacKenzie, Madeline	U/A London,								934		934
358.	Kirton, Megan	U/A Edinburgh, Edinburgh, City of							934			934
359.	Chapples, Rachael	U/A Askam in Furness, Cumbria					933					933
360.	Harper, Lorna	Merseytri		933								933
361.	Tippin, Susan	U/A Southport					932					932
362.	Rooney, Katherine	U/A Glasgow,									932	932

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
363.	Wright, Hannah	U/A Millom, Cumbria							932			932
364.	Holman, Denyse	U/A Lanchester , Durham				931						931
365.	Malcolm, anne	GoodGym					931					931
366.	Warwick, Sarah	U/A Wigton				929						929
367.	Radcliffe, Alison	U/A Fleetwood, Lancashire					929					929
368.	Rogers, Hannah	U/A Kenilworth,					928					928
369.	Le Bihan, Audrey	U/A Bramhall,					926					926
370.	hunter, manuela	U/A blackburn,					925					925
371.	Forsyth, Jennifer	U/A Ramsbottom, Lancashire					924					924
372.	Worthington, Eileen	U/A Fleetwood, Lancashire					922					922
373.	Bundgaard, Mette	FIF - Copenhagen									922	922
374.	Thornton, Callie	Canicross Clwyd				921						921
375.	Stokes, Carolyn	U/A Ormskirk					921					921
376.	Deane, Barbara	U/A Penrith,									921	921
377.	Fraser, Jenny	U/A Egremont, Cumbria								919		919
378.	Clegg, Bria	U/A Penrith, Cumbria									918	918
379.	Mason, Charlotte	U/A Kendal, Cumbria							917			917
380.	Law, Rose	U/A Preston , Wiltshire					917					917
381.	Holden, Claire	Lonsdale Fell Runners									916	916
382.	Charters, Kate	U/A Whitby, North Yorkshire					915					915
383.	Meadows, Jenny	U/A Fleetwood, Lancashire					914					914
384.	Brandon, Jane	None							914			914
385.	Simpson, Frances	U/A Cononley, North Yorkshire		913								913
386.	hutch, amy	U/A glasgow,				913						913
387.	Philburn-Powell, Katie	U/A Fleetwood, Lancashire					913					913
388.	Dumelow, Kirsty	Washlands Women Runners									913	913
389.	Smith, Anna	Baildon Runners								912		912
390.	Kenny, Gemma	U/A Staveley,				911						911
391.	Munroe, Lindsay	U/A London,					911					911
392.	Campbell, Jenni	U/A Hamilton ,						911				911
393.	Marfell-cadman, Sarah	U/A Bolton, Lancashire					910					910
394.	Sunderland, Joanne	Roundhay Runners					909					909
395.	Bowman, Meggan	U/A Carlisle , Cumbria		908								908
396.	Lambert, Kath	U/A Leeds,					908					908
397.	Astle, Hannah	U/A Edinburgh,						908				908

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
398.	Blake, Lorna	U/A Carshalton,					907					907
399.	Kenyon, Sally	U/A Liverpool,		906								906
400.	Lawrence, Jo	U/A Haslington , Cheshire				906						906
401.	Molenkamp, Victoria	GoodGym					906					906
402.	Haygarth, Julie	U/A Kirkby Stephen, Cumbria							905			905
403.	Batty, Fiona	U/A Worksop, Nottinghamshire					901					901
404.	Abbas, Andrea	U/A Manchester,							900			900
405.	sowerby, susan	U/A workington, cumbria					900					900
406.	Ingham, Becky	U/A Kirkham, Lancashire						900				900
407.	Rooke, Rebecca	Black Combe Runners		897								897
408.	Weston, Lynda	U/A Sutton Coldfield, West Midlands					897					897
409.	Carruthers, Anne-Marie	Wray Running Club								897		897
410.	Leon, Pamela	Smiley Paces									897	897
411.	White, Jackie	U/A Leek, Staffordshire					896					896
412.	Rousell, Christine	U/A Cockermouth, Cumbria							895			895
413.	Sandilands, Yat	U/A Aberdeen , Aberdeenshire					894					894
414.	Fletcher, Maxine	U/A Gargrave, Skipton									893	893
415.	Hughes, SAMANTHA	Accrington Road Runners							893			893
416.	Gott, Julie	U/A Kendal,					892					892
417.	birks, sarah	U/A london,								891		891
418.	Keyse, Bryony	U/A Derby, Derbyshire									889	889
419.	Bonham, Philippa	U/A Doncaster, South Yorkshire							889			889
420.	Wisely, Julie	U/A Manchester ,							888			888
421.	Bibby, Susan	U/A cumbria,			887							887
422.	Burnett, Helen	Clayton-le-Moors Harriers					887					887
423.	Noonan, Ruth	U/A Cockermouth, Cumbria									887	887
424.	King, Cheryl	U/A Barrow in Furness, Cumbria		886								886
425.	Brayshaw, Kate	U/A Kendal,			886							886
426.	Cardwell, Alison	Styal RC				886						886
427.	Wood, Helen	U/A Wylam , Northumberland								886		886
428.	Elson, Sarah	U/A Derby, Derbyshire									886	886
429.	Powrie, Frances	GoodGym Race Team					885					885
430.	Trueman, Dawn	Smiley Paces			884							884
431.	Longbon, Kim	GoodGym Sheffield					884					884
432.	Eggett, Alyson	U/A Seaton Sluice,								884		884

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
433.	tattersall, liza	U/A carnforth, lancashire				883						883
434.	Hammond, Angela						882					882
435.	Duncan, Jennifer	U/A York, Yorkshire		881								881
436.	Baxter, Joy	U/A Fleetwood, Lancashire					881					881
437.	Staunton, Hayley	U/A warrington, cheshire									881	881
438.	Johnston, Denise	U/A Maghull, Merseyside					880					880
439.	Davidson, Zoe	U/A Crewe,									880	880
440.	Bather, Philippa	U/A Manchester,				879						879
441.	Lutton, Heather	U/A Ashton, Chester, Cheshire					879					879
442.	McParland, Louise	U/A Glasgow,				878						878
443.	Willis, Donna	U/A Consett, Co Durham					878					878
444.	Buck, Lindsay	U/A Seascale, Cumbria							877			877
445.	Reynolds, Emma	Riversway Roadrunners		876								876
446.	Woollard, Laura	U/A Ellesmere Port, Cheshire				876						876
447.	Giddins, Jane	U/A Nottingham,					876					876
448.	Paul, Therasa	U/A Kendal, Cumbria						875				875
449.	Kirkham, Laura	riversway road runners		874								874
450.	Chaplin-Brice, Elizabeth	U/A Keswick,									873	873
451.	Thompson, Michelle	U/A Preston, Lancashire									872	872
452.	Hinch, Sara	Steel City Striders					871					871
453.	Blundell, Bernice	U/A Ormskirk, Lancashire				870						870
454.	Brant, Helen	Saltaire Striders		869								869
455.	McCullagh, Vanora	U/A Keighley, West Yorkshire						869				869
456.	Taylor, Cara	U/A Ulverston ,			868							868
457.	Whittaker, Laura	U/A Kendal, Cumbria				868						868
458.	Rawlinson, Annie	U/A Kendal, Cumbria					868					868
459.	Proctor, Wendy	Newcastle (Staffs) Triathlon Club						868				868
460.	Jenner, Mary	U/A Ambleside,			867							867
461.	Renyard, Corrie	U/A Carlisle, Cumbria				867						867
462.	Farquar, Linda	St Bees Triers					867					867
463.	Clark, Hazel	Ware Joggers									867	867
464.	Butcher, Bethany	U/A Ramsbottom ,							867			867
465.	Choe, Claire	U/A London, London					865					865
466.	Storey, Anna	U/A Newcastle, Tyne & Wear								865		865
467.	Proctor, Kathleen	U/A Keswick									865	865

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
468.	McFarlane, Kirsten	U/A Manchester, Greater Manchester							865			865
469.	Sherlock-Smith, Jessica	U/A Macclesfield,			863							863
470.	Forster, Carol	U/A Cockermouth, Cumbria					863					863
471.	Bethune, Julie	U/A Runcorn,							863			863
472.	Hoskins, Bethan	GoodGym					862					862
473.	Lynch, Anna	Ilkley Running Group			861							861
474.	Stevens, Christina	Tring Running Club						861				861
475.	Leishman, Moira	U/A Kilmarnock, Ayrshire		860								860
476.	O'Sullivan, Katie	BMF									860	860
477.	Wardle, Stephanie	U/A Salford,						859				859
478.	Randle, Jennifer	U/A Southport							859			859
479.	Munnely, Karen	Riversway Road Runners		858								858
480.	Kelsall, Donna	Lostock AC				858						858
481.	Waddington, Rachel	U/A Wigginton , N Yorks					858					858
482.	Downing, Carol	Howgill Harriers							858			858
483.	Gibson, Jo	Penny Lane Striders					857					857
484.	Bland, Gillian	U/A Carnforth , Lancashire							857			857
485.	Preston, Joanne	Wirral Vikings TRC		856								856
486.	Bishop, Nicola	U/A Lancaster, Lancashire				856						856
487.	Young, Rachel	U/A Carlisle,									856	856
488.	Dyer, Camilla	Giffnock North							856			856
489.	Averill, Susan	Notts Women Runners					855					855
490.	Gall, Zara	Didsbury ladies							855			855
491.	Orf, Kate	U/A LONDON, London		853								853
492.	Loftus, Julie	U/A Bolton, Lancashire					853					853
493.	Wicks, Dawn	U/A Penrith, Cumbria									853	853
494.	Phillips, Nicola	U/A Manchester,							853			853
495.	Fairburn, Janice	U/A Fleetwood, Lancashire					852					852
496.	Willetts, Annie	U/A wylam, northumberland								852		852
497.	Lace, Chloe	U/A Wigan, Greater Manchester									852	852
498.	Scally, Sandra	Carnethy Hill Runners		851								851
499.	Buchan, Susan	U/A Glasgow, Glasgow				851						851
500.	Rushton, Heidi	U/A Hebden Bridge, West Yorkshire								851		851
501.	Howard, Bianca	U/A Bedford,					850					850
502.	Peters, Amy	U/A Sunderland,						850				850

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
503.	ryder, megan	U/A boston spa,									850	850
504.	Reiter, Karolina	U/A London,						849				849
505.	Jerram, Melanie	U/A Strathaven, South Lanarkshire								849		849
506.	Smith, Susanne	Leigh Harriers		848								848
507.	Mann, Catherine	Uttoxeter Road Runners					848					848
508.	Butler, Molly	U/A Ely, Cambridgeshire									848	848
509.	Anderson, Amanda	U/A Topcliffe, North Yorkshire							848			848
510.	McKinlay, Jessica	Wallasey AC									847	847
511.	Russell, Katharine	U/A Stocksfield, Northumberland					846					846
512.	Rowland, Caroline	U/A						845				845
513.	Battersby, Anna	U/A London,									845	845
514.	Macdonald, Larissa	U/A Clarkston,				844						844
515.	Bell, Alexandra	RAF						844				844
516.	Pratt, Claire	U/A Bolton,						843				843
517.	Hannam, Jude	YacYak									843	843
518.	Crowther, Sarah	U/A Ambleside , Cumbria			842							842
519.	Laverack, Julia	Ambleside AC				842						842
520.	Ford, Ruth	Washlands Women Runners									842	842
521.	Bullock, Emma	U/A Wood Green,									841	841
522.	Beckers, Angelique	U/A Nijmegen,								840		840
523.	Bailey, Rachel	U/A Marple Bridge,									840	840
524.	Sewell, Nicola	Smiley Paces									839	839
525.	Hall, Sarah	U/A Leeds,			838							838
526.	DeCurtis, Alison	U/A Padiham,				838						838
527.	Jacobs, Ruth	Smiley Paces									838	838
528.	Jones, Christina	U/A Birmingham, West Midlands		837								837
529.	Jerram, Julie	U/A Leeds,								837		837
530.	Crompton, Nicola	U/A Near Kendal,				836						836
531.	robinson, sarah	U/A poulton-le-fylde,							836			836
532.	Harper, Karyn	Yorkshire Wolds Runners		835								835
533.	townsley, julie	st bees triers						835				835
534.	Robinson, Lizzie	U/A Holmfirth ,								835		835
535.	Tomlinson, Sarah	U/A Poulton-le-Fylde, Lancs							835			835
536.	Walton, Anna								834			834
537.	Mackay, Ellie	U/A Kendal,				833						833

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
538.	Ashton, Laura	U/A Telford, Shropshire			831							831
539.	thomas, clare	U/A kendal, cumbria						831				831
540.	O'Neill, Helen	U/A ULVERSTON, CUMBRIA									831	831
541.	Hall, Isobel	U/A Kendal, Cumbria							831			831
542.	Thorpe, Rebecca	U/A Millom, Cumbria									830	830
543.	Chanter, Rachel	U/A Manchester ,							830			830
544.	Guenther, Lisa	U/A Lancaster,		829								829
545.	McBlane, Kate	U/A Derby, Derbyshire						828				828
546.	Tracy, Aynsley	U/A Glasgow, Glasgow City							828			828
547.	McGahey, Lindsey	Women on the Run				827						827
548.	Baxter, Val	Birtley AC		826								826
549.	Melvin, Lyn	Red Rose Road Runners			826							826
550.	Cross, Felicity	Preston Harriers				826						826
551.	DALE, JILL	None						826				826
552.	Clennett, Catherine	Stockton Striders									826	826
553.	Barry, Sarah	U/A Kilbarchan,		825								825
554.	Holden, Charlotte	U/A Cockermouth, Cumbria								825		825
555.	Cook, Lindsey	U/A Lancaster, Lancashire						824				824
556.	Gordon, Katherine	U/A Cockermouth, Cumbria								824		824
557.	Hadfield, Lauren	Washlands Womens Runners									824	824
558.	Ellis, Catherine	U/A Cockermouth, Cumbria						823				823
559.	Mahony, Michelle	U/A Ulverston ,								823		823
560.	Singh, Tessa	U/A Manchester ,		822								822
561.	Black, Elaine	U/A Dundee,			822							822
562.	Chapman, Claire	Quakers						822				822
563.	Moss, Zoe	U/A Manchester,		821								821
564.	Maher, Dawn	Blackpool Wyre and Fylde AC						820				820
565.	Raassum, Kristin	Serpentine									820	820
566.	Miller, Kirstie	U/A Hexham,		819								819
567.	Barry, Sharon	U/A Cockermouth Cumbria								819		819
568.	Butler, Wendy	U/A Carlisle, Cumbria		818								818
569.	Steels, Nicky	U/A Ambleside								818		818
570.	Gill, Alexandra	U/A Barrow-in-Furness, Cumbria		817								817
571.	McBride, Sandy	U/A London, London				817						817
572.	Matharu, Ranj	U/A Manchester,								817		817

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
573.	de Gruchy, Jeanelle	U/A London ,							817			817
574.	Skelton, Yvonne	U/A Harrogate,				816						816
575.	Thomas, Linda	U/A Wylam,								815		815
576.	Overshott, Ella	U/A manchester, Select county							815			815
577.	Gerrard, Zoe	U/A Ashton-under-Lyne, Lancashire				814						814
578.	Coulson, Tessa	U/A Manchester,				813						813
579.	Murray, Rachel	U/A Millom, Cumbria									813	813
580.	Eaton, Helen	Kirkby Milers							813			813
581.	Cockburn, Rachel	Skelmersdale Boundary Harriers							812			812
582.	Wilson, Charlotte	U/A Manchester,				812						812
583.	DICKINSON, HILARY	TYNEDALE HARRIERS & A C						811				811
584.	bellis-jones, Clare	U/A Barrow In Furness, Cumbria		810								810
585.	Taylor, Susan	U/A Milnthorpe, Cumbria									810	810
586.	Wellings, Dean	Scunthorpe & District AC						809				809
587.	Collins, Clare	U/A Prudhoe, Northumberland								809		809
588.	Salt, Fiona	The Salts							808			808
589.	Wellings, Sharon	Scunthorpe and district AC						808				808
590.	Marritt, Kate	U/A Altrincham,						807				807
591.	Longhorn, Ellen	U/A Millom, Cumbria							807			807
592.	Macaro, Debbie	U/A Banbury,				806						806
593.	Purser, Beth	Yac yak									806	806
594.	Jones, Sarah	U/A Kendal,							806			806
595.	Adams, Sarah	U/A Kendal,				804						804
596.	Stevens, Sandra	U/A Chorley, Lancs								804		804
597.	Johnston, Sophie	U/A Carlisle,									804	804
598.	Joyce, Charlotte	U/A Newcastle ,							804			804
599.	Norman, Tracy	Wirral Vikings TRC		802								802
600.	Heatley, Juliet	Smiley Paces				802						802
601.	Miller, Jessica	U/A London,									802	802
602.	Blundell, Kay	U/A Manchester, Greater Manchester							802			802
603.	Stevenson, Carol	U/A Lutterworth, Leicestershire								801		801
604.	Houghton, Julie	Mossley Hill athletic club		800								800
605.	Harman, Sandra	York Knavesmire Harriers							800			800
606.	Gelder, Clare	U/A Cleckheaton, West Yorkshire				799						799
607.	Dowson, Jane	Tadcaster Harriers						798				798

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
608.	Livesey, Michelle	Red Rose Road Runners							798			798
609.	Brunton, Jackie	Red rose road runners							797			797
610.	Irving, Angela	U/A Silloth, Cumbria			796							796
611.	Skelton, Angela	Me								796		796
612.	Frost, Pella	U/A London, London							796			796
613.	blakeley, alyson	roundhay runners		795								795
614.	Evans, Lindy	Wirral Vikings									795	795
615.	Love, Leanne	Farsley Flyers								795		795
616.	Benson, Courtney	Howgill harriers							795			795
617.	Ramsdale, Ruth	U/A Preston,		794								794
618.	Lowry, Brenda	Red Kites								794		794
619.	cunningham, olwen	St Bees triers		793								793
620.	Derham, Ruth	U/A Bingley, West Yorkshire								793		793
621.	Bond, Isabelle	U/A Windermere,			792							792
622.	Marley, Jennifer	U/A Manchester,				792						792
623.	Wright, Sarah	U/A Penrith						792				792
624.	Battersby, Joanne	Smiley Paces									792	792
625.	Caluseru, Jayne	U/A Kendal, Cumbria							792			792
626.	Palmerley, Sheila	U/A Longbenton , Tyne and wear								791		791
627.	Darby, Samantha	U/A Shrewsbury , Shropshire									791	791
628.	Burn, Carolyn	U/A Millom,			790							790
629.	Finn, Janet	U/A Bolton,								790		790
630.	Hodge, Kate	U/A earlsfield,									790	790
631.	Swann, Penny	U/A Lancaster,							790			790
632.	McIntosh, Sophie	U/A Burnley, Lancashire			789							789
633.	Gittins, Katrina	YacYak									789	789
634.	Butcher, Debra	U/A Ramsbottom ,							789			789
635.	Horner, Claire	U/A Hornby,				788						788
636.	Gore, Vicky	Wesham Road Runners						787				787
637.	Forsman, Rebecca	U/A Millom,							787			787
638.	Hyatt, Karen	Smiley Paces			786							786
639.	Pickervance, Sherron	U/A Preston , Lancs									786	786
640.	Denning, Jeannette	Dragons running club leeds			785							785
641.	McGhee, SUSAN	U/A Prudhoe, Northumberland, Northumberland								785		785
642.	Mackintosh, Carolyn	Ambleside AC				784						784

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
643.	Murphy, Jo	TYnedale Harriers						784				784
644.	Rayner, Philippa	Quakers Running Club							784			784
645.	Rebello, Stef	U/A Bollington,			783							783
646.	Shaw, Francesca	U/A Ulverston, Cumbria							783			783
647.	Kelly, Linda	Shildon Athletic Running Club				782						782
648.	Dobson, Sara	Helm Hill Runners							782			782
649.	Castro, Sarah	Up and Running								781		781
650.	Blakemore, Holly	Warrington running club									781	781
651.	Wood, Jennifer	U/A Kendal, Cumbria							781			781
652.	Fairclough, Kym	South ribble runners							780			780
653.	Stubbs, Lucy	U/A LIVERPOOL, Merseyside		779								779
654.	White, Annmarie	U/A Kendal, Cumbria									779	779
655.	Meyrick, Kathrin	U/A Windermere, Cumbria							778			778
656.	Penny, Laura	U/A Bradford,						777				777
657.	Nicholl, Jane Marie	U/A Newcastle upon Tyne ,							777			777
658.	Streets, Emma	U/A London,		776								776
659.	Eccles, Kathryn	U/A Lincoln,								776		776
660.	Fox, Amelia	U/A Lancaster,							776			776
661.	cross, Joanne	Resolution Runners							775			775
662.	Hope, Deborah	U/A Carlisle , Cumbria		774								774
663.	Palmer, Sally	U/A London,			774							774
664.	Lynch, Wendy	Low Fell Running Club				774						774
665.	Davie, Shelagh	U/A Stoke-on-Trent, Staffordshire						774				774
666.	Rothwell, Amanda	U/A Manchester, Lancashire							774			774
667.	Torr, Debbie	U/A Kendal, Cumbria				773						773
668.	Adshead, Jo	Me		772								772
669.	Noble, Hannah	Washlands									772	772
670.	Bradley, Claire	Warwickshire RC						771				771
671.	Owen, Kirsty	U/A Whickham , Tyne and Wear			771							771
672.	Halliwell, Jemma	U/A NEWTON-LE-WILLOWS, Merseyside								771		771
673.	Stringer, Rebecca	Washlands Womens Runners									771	771
674.	McDonald, Caroline			770								770
675.	Schleiffer, Vera	Wigan and District Harriers and AC				770						770
676.	Woolgar, Kim	Metres to Miles						770				770
677.	eley, alison	washlands women runners									770	770

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
678.	Whittington, Ann	U/A Ilkley, WEST YORKSHIRE							770			770
679.	Downing, Gemma	U/A Stourbridge							769			769
680.	Caisley, Jo	Bellahousten Harriers						768				768
681.	Cleaver, Michelle	Washlands Women Runners									768	768
682.	Wignall, Dorinda	Ulverston Triathlon club		767								767
683.	Foster, Pauline	Wigan Harriers									766	766
684.	Stevens, Hannah	EDMC							766			766
685.	Hetherington, Alison	U/A Cockermouth , Cumbria						765				765
686.	Ryan, Nancy	Mums on the Run							765			765
687.	Semley, Lisa	Red Rose Runners				764						764
688.	Morton, Kerry	U/A York , Yorkshire								764		764
689.	Hutchinson, Kate	U/A Roslin, Midlothian									764	764
690.	Fox, Kathryn	U/A Lancaster,							764			764
691.	Vigar, Madeleine	U/A nr Haverhill, Essex						763				763
692.	Thacker, Holly	U/A Market Harborough, Leicestershire		762								762
693.	Willson, Lydia	Lymm Runner				762						762
694.	Thomson, Catherine	U/A Manchester,				761						761
695.	Marsh, Penny	U/A Gravesend, Kent							761			761
696.	caunce, andrea	Tri Preston						759				759
697.	Martin, Julie	Kent Police AC									759	759
698.	Gray, Amanda	U/A Bedford, Bedfordshire							759			759
699.	Syrett, Katie	U/A Manchester , Greater Manchester		758								758
700.	Christmas, Pauline	U/A Kidderminster,				758						758
701.	Saville, Josie	U/A Stockport,		757								757
702.	Faulkner, Elspeth	Smiley Paces				757						757
703.	Maxwell, Sheila	U/A Bolton,						757				757
704.	RITSON, Jill	WOTR				757						757
705.	Dodd, Helen	U/A Hexham, Northumberland								757		757
706.	Latimer, Nicola	Wigton Road Runners									757	757
707.	fishpool, Alex	U/A driffield, East Riding of Yorkshire				756						756
708.	Ashton, Maggie	U/A Carlisle,								756		756
709.	Davies, Christina	U/A Bishop Auckland, Durham							756			756
710.	Howkins, Lucy	U/A Wellingborough, Northants								756		756
711.	Robson, Laura	York Postal Harriers									756	756
712.	walshaw, samantha	U/A preston,						754				754

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
713.	Pye, Jane	U/A Lancaster, Lancashire									754	754
714.	Barden, Louise	U/A Kendal, Cumbria									753	753
715.	Helm, Katherine	Unattached						752				752
716.	Atkinson, Kathryn	Pendle Triathlon Club								752		752
717.	Robinson, Carol	U/A Kendal, Cumbria									752	752
718.	Evans, Laura	U/A York,								751		751
719.	Smith, Lynn	Horwich RMI Harriers							751			751
720.	Goodson, Gay	U/A kirkby-in-Furness, cumbria			750							750
721.	Campion, Peggy	NA						750				750
722.	Clark, Bethany	U/A York,								750		750
723.	O'Neill, Linda	U/A Dundee									750	750
724.	Carruthers, Kirsty	U/A Morpeth, Northumberland			749							749
725.	Smith, Despina	U/A Manchester ,							749			749
726.	Tompkins, Lucy	U/A Cockermouth , Cumbria						749				749
727.	O'boyle, Gillian	U/A warrington, Cheshire								749		749
728.	Tomkow, Nichola	U/A Newton-le-Willows, Merseyside		748								748
729.	Kon, Ella	U/A Harrogate,			748							748
730.	Cock, Florence	U/A London,						748				748
731.	Dyche, Helen	Washland women runners									748	748
732.	Oliver, Gillian	Lytham St Annes Road Running Club							747			747
733.	Flanagan, Katie	U/A Morecambe , Lancashire		746								746
734.	Watts, Delia	Smiley Paces			746							746
735.	Astall, Laura	U/A Prudhoe,				746						746
736.	Boyles, Jude	U/A Leeds, West Yorkshire						746				746
737.	Joinson, Emma	U/A Chorley Lancs				745						745
738.	Bandesha, Gunjit	U/A Manchester, Grtr Manchester							745			745
739.	Allan, Kathy	U/A Newcastle upon Tyne,				744						744
740.	Eccles, Anne	U/A Lincoln, Lincs								744		744
741.	Dickie, Sue	U/A London, camden				743						743
742.	Seton, Ruth	U/A Sale Cheshire						743				743
743.	Benson, Judith	Ponteland Runners									743	743
744.	Epstein, Amanda	U/A Newton-le-willows, Merseyside		742								742
745.	Chambers, Jennifer	Tattenhall Runners			742							742
746.	jackson, sandre	U/A congleton, cheshire		741								741
747.	Felstead, Alison	Lymm Runners				741						741

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
748.	Aaron, Bonnie	U/A Blackpool, Lancashire						740				740
749.	Westney, Charlie	U/A Arnside, Cumbria				739						739
750.	dos SANTOS, Paloma	U/A Durham, DURHAM						739				739
751.	Park, Julia	U/A							739			739
752.	Parry, Sandra	Eden Runners									738	738
753.	Barrett, Julie	Resolution Runners							738			738
754.	Wright, Pauline	Jog on the Tyne		737								737
755.	Evans, Julie	Kings Heath Running Club			737							737
756.	Storey, Katie	U/A Liverpool , Merseyside				737						737
757.	Moss, Victoria	Bollys Warriors						737				737
758.	Napier, Lisa	U/A Wigan ,							737			737
759.	Shaw, Tracey	Cumberland AC						736				736
760.	Hudson, Catherine	Washlands Womens Runners								736		736
761.	hudd, lindsay	na							736			736
762.	Tomlins, Jacqueline	U/A Edinburgh,			735							735
763.	bennett, jose	jog on the tyne							735			735
764.	Bradshaw, Steph	U/A Keswick,			734							734
765.	Lomas, Robyn	U/A Westhoughton, Bolton, Greater Manchester								734		734
766.	Letman, Angela	Ellesmere port running club									734	734
767.	Fallon, Marie	Jog on the Tyne							734			734
768.	Bradshaw, Heather	U/A Workington, Cumbria			733							733
769.	Ibbotson, Sarah	U/A Skipton, North Yorkshire				733						733
770.	Husbands, Alison	Biddulph Running Club						733				733
771.	Turner, Lucinda	U/A London,									733	733
772.	Watson, Vivienne	Jog on the Tyne							733			733
773.	Sharrock, Tracey	Blackpool Wyre & Fylde						732				732
774.	Campbell, Fiona	U/A London,		731								731
775.	Grimshaw, Siobhan	Blackburn road runners								731		731
776.	Turner, Dawn	Ilkley Harriers									731	731
777.	Kidd, Lizzy	Head Torches		730								730
778.	Outterside, Joanna	U/A Cheadle, Cheshire			730							730
779.	Herbert, Niki	U/A Warrington, Cheshire						730				730
780.	Gregg, Jill	Parbold Pink Panthers									730	730
781.	Knight, Sarah	Parbold Pink Panthers									729	729
782.	Munn, Jane	U/A Milton Keynes,						728				728

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
783.	Leigh, Claire	Washland Women Runners									727	727
784.	Fenna, Phoebe	U/A Bradford, West yorkshire							727			727
785.	Mack, Caroline	U/A Sale, Cheshire			726							726
786.	Lumaca, Silvia	U/A Birmingham,						726				726
787.	Sugden, Fiona	U/A Huddersfield,								726		726
788.	Peters, Cat	U/A Penrith, Cumbria									726	726
789.	Seymour Mead, Rachel	U/A Manchester, Manchester		725								725
790.	Maas, Mandy	U/A London, London						725				725
791.	Richmond, Nicola	U/A Broadstairs , Kent							725			725
792.	Hill, Lucy	Women on the run				724						724
793.	Burke, Gemma	U/A Eccles , Manchester								724		724
794.	Hill, Micheala	U/A Huddersfield, West Yorkshire			723							723
795.	Whittington, Kate	U/A Ilkley, LEEDS									723	723
796.	O'Grady, Marion	Red Rose Road Runners						722				722
797.	Bonner, Naomi	Rosemere				721						721
798.	Murray, Louise	Unnattached							721			721
799.	Knight, Cindy	Biddulph Running Club						720				720
800.	Ayaz, Jo	U/A Heswall, Wirral		719								719
801.	Peacock, Kathy	U/A Shipton by Beningbrough ,			719							719
802.	Hickson, Jennifer	U/A LONDON,				719						719
803.	Sendlhofer, Britta	Team inov-8.com			718							718
804.	Christie, Karen	U/A penarth,								718		718
805.	Flight, Becky	N/A				717						717
806.	Barrett, Elizabeth	U/A Frodsham,								717		717
807.	Ridley, Michaela	Riverside Runners									717	717
808.	Mann, Laura	U/A Falkirk,						716				716
809.	Jackson, Laura	Washland Women Runners									716	716
810.	Keiller, Heather	U/A Penrith , Cumbria		715								715
811.	Mitchell, Sian	Garden City Runners			715							715
812.	Johnstone, Ann-Marie	U/A Middlesbrough, Cleveland								715		715
813.	Stockley, Anne	U/A St Albans, Herts									715	715
814.	Norton, Angela	U/A York,		714								714
815.	Davies, Jennie	U/A Sedbergh, Cumbria			714							714
816.	Dewhurst, Victoria	U/A Bolton, Lancs						714				714
817.	Wood, Laura	U/A Ormesby, Middlesbrough								713		713

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
818.	Monkhouse, Lucy	U/A Huddersfield,						711				711
819.	Holmes, Claire	U/A Grange over Sands, Cumbria						710				710
820.	Healy, Kerry	U/A Huthwaite, Nottingham								710		710
821.	Warner, Jane	Skelmersdale Boundary Harriers									710	710
822.	Longhorn, Marie	The dude club						709				709
823.	Hurn, Jane	Parbold Pink Panthers									709	709
824.	Holloway, Rachael	U/A Liverpool,			708							708
825.	O'Hare, Belinda	U/A Leeds, West Yorkshire			707							707
826.	Tweedy, Julie	Billingham Marsh House Harriers						707				707
827.	Jurin, Amanda	U/A Lytham St Annes, Lancashire						706				706
828.	Richardson, Sara	U/A St Annes, Lancashire						705				705
829.	van der Vliet, katrina	U/A Penarth, Vale of Glamorgan								705		705
830.	Childe, Casey	U/A Abberley,			704							704
831.	muir, rachel	U/A alyth, perthshire								704		704
832.	Baldwin, Georgia	U/A Carnforth , Lancashire									704	704
833.	Spibey, Nicole	U/A Cartmel ,		703								703
834.	Gibson, Kelly	Darlington Tri			703							703
835.	blackburn, susie	U/A Barnard Castle , Co Durham								703		703
836.	Coupe, Hannah	U/A Parbold, Lancs									703	703
837.	Mclinden, Jessica	U/A Liverpool, Merseyside		702								702
838.	Mcguinness, Andrea	mersey tri						702				702
839.	Gill, Sue	Parbold Pink Panthers									702	702
840.	Whitworth, Melissa	manchester frontrunners		701								701
841.	Gunn, Sarah	U/A Nottingham									701	701
842.	Berry, Tracy	Skelmersdale Harriers		700								700
843.	West, Viv	Staveley Choral				700						700
844.	Viccars, Becky	U/A Nr Kendal,									700	700
845.	Fasolino, Jennie	U/A Wallasey, Merseyside			699							699
846.	Barnard, Rachel	U/A Workington, Cumbria		698								698
847.	Holman, Ceri	U/A Grange over Sands, Cumbria				698						698
848.	Harrison-Round, Tammy	U/A westhoughton, Lancashire			698							698
849.	Waring, Laura	U/A Wigan, Lancashire						698				698
850.	Belford, Alison	Formby Stormers		697								697
851.	Leigh, Lisa	U/A Wigan,						697				697
852.	Hoyle, Lucy	U/A Manchester,									697	697

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
853.	Williams, Jenny	U/A Formby, Merseyside		696								696
854.	Gentilcore, Gabriella	U/A Edgware, Middx				696						696
855.	Weston, Judith	Marsh House Harriers									696	696
856.	Graham, Carol	U/A Dumfries,		694								694
857.	MacFarlane, Fiona	U/A						694				694
858.	Barnett, Clare	U/A Edinburgh, Scotland						693				693
859.	Horsman, Jen	Witney Road Runners									693	693
860.	Coutts, Janet	Skipton AC				692						692
861.	Bowyer, Jodi	U/A Lancaster , Lancashire			690							690
862.	Taggart, Ailsa	Galloway Harriers				690						690
863.	Richardson, Joanne	Elvet Striders						690				690
864.	Wright, Nicola	U/A Ambleside,				689						689
865.	Shakespeare, Fleur	U/A Northampton,						689				689
866.	Kenyon, Rosie	U/A Liverpool,		688								688
867.	teggart, Emma	U/A Grange-Over-Sands , Cumbria									687	687
868.	Davenport, Carrie	U/A Stockport,			686							686
869.	Holmes, Janet	St Helens Sutton AC									686	686
870.	McNeill, Janine	Glaxo Hoad Hill Harriers		685								685
871.	Cleminson, Shiran	Boldmere Bullets									685	685
872.	Piacentini, Maria	Batala Mountain Drummers		682								682
873.	Willett, Lesley	U/A Braco, Perthshire			681							681
874.	Weir, Lynsey	U/A Renfrew, Renfrewshire						681				681
875.	Fallon, Jackie	U/A Paisley , Renfrewshire						680				680
876.	Dawson, Ana	U/A Peel,		679								679
877.	Fuller, Amanda	Blackpool Wyre & Fylde AC						679				679
878.	Mackenzie, Joanna	U/A Edinburgh,				678						678
879.	Harper, Charlotte	U/A London,									678	678
880.	Dyball, Melissa	U/A Darlington, Durham				677						677
881.	Bloor-Steen, Mel	U/A Llandudno, Conwy						677				677
882.	Peake, Louise	U/A Liverpool, Merseyside		675								675
883.	Maclean, Laura	U/A Manchester,						675				675
884.	Rooney, Louise	U/A Carlisle,									675	675
885.	Fortun, Dawn	U/A SOT, Staffordshire			674							674
886.	WILSON, KATE	U/A KENDAL, CUMBRIA						674				674
887.	Sumner, Suzanne	Ribble Valley Triathlon Club				673						673

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
888.	Dyer, Kath	U/A Kirkby Stephen, Cumbria						673				673
889.	Monkman, Sophie	U/A Preston, Lancashire									673	673
890.	Whitby, Debby	U/A Carlisle, Cumbria		672								672
891.	Wilding, Hannah	U/A Lakeside, Ulverston,			672							672
892.	Bean, Emily	Vegan Runners						672				672
893.	Cartledge, Emma	U/A Gatley, Cheadle, Greater Manchester			670							670
894.	Pearce, Sara	U/A Ilkley,			669							669
895.	Donthamsetty, Tripti	Lymm runners				669						669
896.	Latimer, Hannah	Wigton Road Runners				668						668
897.	Dawson, Hannah	U/A Kendal, Cumbria			667							667
898.	Gibbins, Ann	U/A Grimsby , North East Lincs				667						667
899.	GRAHAM, DIANE	DH RUNNERS		666								666
900.	Brazier, Caroline	U/A Aylesbury,						666				666
901.	Winspear, Sarah	U/A Riding Mill, Northumberland									666	666
902.	Green, Rebecca	U/A Norwich,						665				665
903.	Bescoby, Claire	Helm hill		664								664
904.	Kon, Colette	U/A Harrogate, North Yorkshire			664							664
905.	Dempsey, Justine	Lymm runners				664						664
906.	Davidson, Marie	U/A Blackpool,				663						663
907.	Kelsall, Anna	U/A Bolton, Manchester									663	663
908.	Hindle, Rachel	U/A Grange-over-Sands, Cumbria		662								662
909.	Kelly, Denise	U/A Ferryhill, Durham				662						662
910.	Rodgerson, Hilary	U/A Middlesbrough, North Yorkshire						662				662
911.	Burns, Gill	U/A Edgworth,									662	662
912.	Crimlisk, Helen	Smiley Paces			661							661
913.	Wood, Angela	U/A Great Ayton, North Yorkshire						661				661
914.	Wilkinson, Laura	U/A Huddersfield,				660						660
915.	Crocker, Jennifer	U/A Manchester									660	660
916.	Robinson, Lizzie	U/A Huddersfield,				659						659
917.	Strother, Bethany	U/A Lytham St Annes, United Kingdom						659				659
918.	Bell, Joanne	Washlands women runners									659	659
919.	Fox, Jo	U/A Altrincham,			658							658
920.	Firth, Helen	U/A Altrincham, Cheshire				658						658
921.	Casey, Mon	U/A Manchester , Greater Manchester						658				658
922.	Greenhalgh, Helen	Red Rose Road Runners									658	658

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
923.	Shuttleworth, Jo	U/A Manchester						657				657
924.	Mihaly, Beata	U/A Sidcup, Kent									657	657
925.	Chard, Joanne	Women on the Run			656							656
926.	Hamilton, Victoria	U/A Ramsbottom, Lancs		655								655
927.	Harris, Katherine	U/A Wigan, Lancashire						655				655
928.	Huntley, Bethane	Team Cropper			654							654
929.	Ley, Amanda	Colt									654	654
930.	Talbot, Rebecca	Elves Striders			653							653
931.	Conway, Kate	The Garland Girls						653				653
932.	Benson, Nicola	City of Lancaster Triathlon Club									653	653
933.	Berry, Kristen	U/A Sheffield ,		652								652
934.	Levitt, Emma	U/A Leeds,				652						652
935.	Mcgregor, Laura	The garland girls						652				652
936.	McCracken, Dawn	City of Lancaster Triathlon COLT									652	652
937.	Greenney, Anne	U/A Carnforth, Lancashire									651	651
938.	Rothwell, Mandy	U/A Manchester, LANCS				650						650
939.	Patterson, Sarah	City of Lancaster Triathlon (COLT)									650	650
940.	Deakin, Ruth	U/A Bury,		649								649
941.	Self, Katherine	U/A Keighley,			649							649
942.	Lavery, Theresa	U/A Dumfries, Dumfries and Galloway				649						649
943.	Oliver, Penny	U/A Penrith, Cumbria		648								648
944.	Lweis-Briggs, Sarah	Head Torches around the Tarn - Brampton		647								647
945.	Hardy, Nicola	U/A Bolton,						647				647
946.	Oldcorn, Karen	U/A Wantage, Oxon									647	647
947.	Simpson, Jen	U/A Wirral, Merseyside		646								646
948.	Hughes, Ellen	U/A Manchester, Greater Manchester			644							644
949.	Griffiths, Rachel	U/A Altrincham,		643								643
950.	McNicholl, Fritha	U/A Morpeth, Northumberland			643							643
951.	Rogan, Laura	U/A Kirkby Stephen, Cumbria						643				643
952.	Schindler, Sabine	U/A Durham, Durham			642							642
953.	Brookes, Jane	None						642				642
954.	Ashford, Pamela	U/A Barnard Castle, Durham									641	641
955.	Carmichael, Lynne	Run in Wirral		640								640
956.	Aldred, Vanessa	N/a									640	640
957.	Fairlam, cath	wigton road runners						639				639

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
958.	Todd, Megan	N/A									639	639
959.	Bee, Michelle	U/A Johnstown, Wrexham						638				638
960.	O'Kane, Geraldine	U/A Glasgow,		637								637
961.	Thorpe, Donna	U/A Hornby, Lancs			637							637
962.	Fitzgerald, Isla	U/A kendal ,				637						637
963.	Raynor, Laura	Blackpool Wyre and Fylde AC						637				637
964.	Marron, Al	U/A Lancaster , Lancashire			636							636
965.	ainsley, paula	U/A york, north yorkshire		635								635
966.	Maxfield, Victoria	U/A Bolton,			635							635
967.	Little, Fiona	Blackpool Wyre & Fylde Athletics Club						635				635
968.	Kelly, Gillian	St. Helens striders						634				634
969.	Francis, Nadine	U/A Warrington, Cheshire				633						633
970.	Marsh, Fiona	U/A Penrith , Cumbria									632	632
971.	Lehm, Kathryn	U/A Kendal, Cumbria				631						631
972.	Ward, Maxine	Durham mums on the run									631	631
973.	Ridings, Kate	Lancaster Women's Running Group			630							630
974.	White, Christina	U/A Sedgefield , Cleveland									630	630
975.	Kain, Ann	U/A Sedgefield , Cleveland									629	629
976.	Stretton, Maddy	Washland womens runner									628	628
977.	Murray, Fran	U/A Manchester,		627								627
978.	Stubbs, Anna	Washlands Women Runners									627	627
979.	McCluskey, Andrea	U/A Warrington , cheshire				626						626
980.	Jackson, Karen	Washlands Women Runners									626	626
981.	Richardson, Lucy	U/A Altrincham ,		625								625
982.	Collins, Sam	U/A Warrington, Cheshire				625						625
983.	Owen, Sam	Washland women									625	625
984.	Bennett, Karen ann	walney wind cheetahs		624								624
985.	Bowden, Sally	U/A SELBY, North Yorkshire				624						624
986.	Taylor, Sharon	walney wind cheetahs		623								623
987.	Newton, Georgina	U/A Altrincham, Cheshire									623	623
988.	Pyrah, Janie	U/A Altrincham ,									622	622
989.	Long, Clare	U/A Whitehaven,		621								621
990.	Cox, Angela	U/A Skipton, North Yorkshire			621							621
991.	Brothers, Toby	Hampstead Heath Park Run									621	621
992.	Gilmour, Laura	Kings Heath Running Club		620								620

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
993.	Clarke, Anita	U/A Lichfield,				620						620
994.	Penrice, Rachel	U/A Kendal, Cumbria		619								619
995.	Carter, Cynthia	Crosby stormers									619	619
996.	Davies, Hannah	U/A Liverpool, Merseyside			618							618
997.	vitty, caroline	U/A liverpool,									618	618
998.	Weldegebriel, Temesgen	U/A Brighthouse ,		617								617
999.	Fox, Janet	Nordic Walker				617						617
1000.	Ward, Sharon	Smiley Paces									617	617
1001.	Hrachowina, Catherine	U/A Heysham, Lancashire			616							616
1002.	Henworth, Julie	U/A Lancaster,		615								615
1003.	Garnock-Jones, Christine	Smiley Paces			614							614
1004.	Gardiner, Sam	U/A Bedford, Bedfordshire				614						614
1005.	Wormald, Jessica	U/A York, Yorkshire		613								613
1006.	McIntyre, Helen	U/A Warrington, Cheshire			613							613
1007.	Gray, Natalie	U/A Warrington,		612								612
1008.	Daintith, Meg	Warrington RC				612						612
1009.	WOODS, MARGARET	FELLSTRIDERS			612							612
1010.	Hanley, Gillian	U/A Warrington, Cheshire			611							611
1011.	Walsh, Josephine	Red Rose Road Runners									610	610
1012.	Plowman, Sarah	U/A Swindon,		609								609
1013.	Colquhoun, Nina		Children U8								609	609
1014.	Kelly, Rebecca	U/A Leeds, West Yorkshire			608							608
1015.	Abernethy, Michelle	U/A Wilmslow, Cheshire				608						608
1016.	Cooper, Emma	U/A Preston, Lancashire		607								607
1017.	Pearson, Shonagh	U/A Handforth , Cheshire				607						607
1018.	Hamilton, Joyce	Dumfries running club									607	607
1019.	Grayston, Lorraine	U/A Preston, Lancs		606								606
1020.	Davies, Tracy	Knowle & Dorridge Running Club			606							606
1021.	Davies, Lorna	Knowle and Dorridge			605							605
1022.	Paterson, Jackie	Knowle & Dorridge RC			604							604
1023.	Finch, Linda	Rosemere Cancer Foundation				604						604
1024.	Macpherson, Kate	Elvet Striders		603								603
1025.	Wassell, Sue	Knowle & Dorridge Running Club			603							603
1026.	Wilson, Jennifer	U/A Doncaster, South Yorkshire				603						603
1027.	Preston, Katherine	U/A Sacriston, Durham		602								602

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1028.	Allan, Hannah	U/A Altrincham, Cheshire				602						602
1029.	Smith, Andrea	U/A Lytham St Annes, Lancashire									602	602
1030.	Lewis, Natalie	Fellside Ladies Kirkoswald									601	601
1031.	Mccormack, Jeanette	Kirkby Stormers		599								599
1032.	Ensor, Bev	Smiley Paces			599							599
1033.	Thompson, Helen	U/A Silsden, West Yorkshire									597	597
1034.	Rogers, Lisa	U/A Little sutton, Cheshire		596								596
1035.	Wilson, Penny	U/A COCKERMOUTH,		593								593
1036.	Tracey, Fiona	U/A Northallerton, NORTH YORKSHIRE			592							592
1037.	Marsh, Nicky	U/A Catterall, Lancs		591								591
1038.	Wilson, Michelle	Warrington Running Club		588								588
1039.	Eastham, Rachel	U/A Dalton-in-Furness, Cumbria		587								587
1040.	Kaye, Caroline	U/A Windermere, Cumbria			584							584
1041.	Harrison, Kathryn	U/A Carnforth, Lancashire		583								583
1042.	Clark, Lyndsey	U/A Edinburgh,			582							582
1043.	Hancock, Tanya	Wigan harriers			581							581
1044.	Brooks, Amanda	U/A Preston, Lancashire			580							580
1045.	Taylor, Katie	U/A Cramlington, Northumberland		579								579
1046.	Medlicott, Alison	U/A Leigh, Lancs			579							579
1047.	Lomas, Sarah	U/A Warrington, Cheshire			577							577
1048.	Murray, Leanne	U/A Sale, Cheshire		576								576
1049.	Kaur, Amrit	U/A Manchester ,		575								575
1050.	Hamilton, Robyn	U/A Morpeth, Northumberland			575							575
1051.	Jones, Claire	U/A Gomersal, West Yorkshire		571								571
1052.	Wilson, Louise	U/A Carlisle,		570								570
1053.	Sowerby, Tracey	DH RUNNERS		569								569
1054.	Lewis, Jennifer	U/A Manchester,		567								567
1055.	Jaszczuk, Agata	U/A			566							566
1056.	Cook, Grace	U/A BARROW-IN-FURNESS,		565								565
1057.	Cummings, Karen	U/A St Helens, Merseyside			565							565
1058.	Cook, Elizabeth	U/A Northwich, Cheshire		564								564
1059.	Weekes, Emma	U/A Saffron Walden Essexx			564							564
1060.	Egan, Rosie	Cheshire Hash House Harriers			562							562
1061.	Parry, Abbie	U/A Caernarfon, Gwynedd			560							560
1062.	Cannon, Catherine	Wirral Vikings		559								559

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1063.	Rodman, Sue	U/A Stoke on Trent, Staffordshire										559
1064.	Parmley, Hannah	Roundhay Runners		558								558
1065.	Townley, Kerry	U/A Cambridge										558
1066.	Taylorson, Julie	U/A Hartlepool , Cleveland										557
1067.	Thomas, Sharon	U/A Chapels, Kirkby in Furness		556								556
1068.	cunningham, susan	U/A manchster, Greater Manchester		554								554
1069.	Rigby, Carolyn	Widnes Wasps		553								553
1070.	McIntyre, Lynda	U/A Longton, Lancashire		551								551
1071.	Hogge, Amanda	U/A Isle of Arran, Ayrshire		549								549
1072.	Senior, Isla	RED		548								548
1073.	Guth, Jessica	U/A Keighley, West Yorkshire										544
1074.	Graves, Gillian	U/A York, North Yorkshire		543								543
1075.	Elmore, Rosie	Smiley Paces										542
1076.	Mclinden, Joanne	U/A Liverpool, Merseyside		541								541
1077.	Gregson, Vikki	U/A Leyland, Lancashire										541
1078.	park, laura	U/A lyth,		540								540
1079.	park, mariann	U/A crook,		539								539
1080.	myers, shelley	U/A millom, cumbria		538								538
1081.	Dowe, Rosie	U/A Leeds,		537								537
1082.	Delcassian, Sabina	U/A London,		536								536
1083.	Delcassian, Derfogail	U/A Cheshire,		535								535
1084.	Alston, Charlotte	U/A Gateshead, Tyne and Wear		534								534
1085.	Alston, Emily	U/A Gateshead, Tyne and Wear		533								533
1086.	Hannay, Gill	U/A Rossendale, Lancashire		532								532
1087.	Flanagan, Christina	U/A Rossendale, Lancashire		531								531
1088.	Laxton-Kane, Martha	Milltown Milers		529								529
1089.	Sutcliffe, Jeanette	Trawden Athletic		526								526
1090.	Macleod, Fiona	U/A Lancaster,		523								523
1091.	Hastie, Sarah	U/A Shap, Cumbria		522								522
1092.	Clarke, Fiona	U/A Maryport, Cumbria		521								521
1093.	Ovans, helen	Stowmarket Striders		517								517
1094.	Ghosh, Helene	U/A Gomersal,		514								514
1095.	Beardmore, Alison	Cheshire Hash House Harriers		512								512
1096.	Melville, Alice	U/A Newcastle upon Tyne,		511								511
1097.	Pye, Eliza	U/A Liverpool, Merseyside		510								510

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Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1098.	Daintree, Helen	U/A Dalton-in-Furness, Cumbria		508								508
1099.	Wicks, Kirsty	N/A		507								507
1100.	Hall, Jo	U/A Carnforth, Lancashire		506								506
1101.	Black, Roisin	U/A Skipton		502								502
1102.	Sutton, Suzanne	U/A Kirkby Lonsdale, Lancs		500								500
1103.	Rooney, Julie	Wesham road runners		499								499
1104.	Coombe, Patricia	U/A Carlisle, Cumbria		496								496
1105.	Britton, Laura	Head torches around the Tarn		495								495
1106.	Crossley, Alison	U/A Carnforth, Cumbria		494								494
1107.	Nelson, Pauline	U/A Hoghton, Preston		492								492
1108.	Berry, Amanda	Red Rose Road Runners		485								485
1109.	bowling, davina	redrose road runners		484								484
1110.	Lord, Julie	Beeston AC		482								482
1111.	Tasker, Lucy	WeRunLiv		481								481
1112.	Grzywna, Jayne	U/A Preston, Lancs		479								479
1113.	Winslow, Jacqueline	Red Rose Road Runners		478								478
1114.	Clayton, Wyn	Women on the Run		477								477
1115.	Andrews, Emma	U/A Carlisle, Cumbria		475								475
1116.	Scott, Laura	Red rose road runners		474								474
1117.	McLean, Dawn	Red Rose Road Runners		473								473
1118.	pyciak, sylwia	U/A workington, cumbria		472								472
1119.	Cleary, Jo	none		470								470
1120.	hodgson, maddi	Victoria Park Running Club		466								466
1121.	Rutter, Eileen	U/A Warrington , Cheshire		464								464
1122.	Coleman, Tracey	VPRC		463								463
1123.	Lonergan Cooke, Tracy	U/A Bowness, Cumbria		461								461
1124.	Mcleavy, Danielle	U/A Wigton, Cumbria		458								458
1125.	nixon, samantha	Victoria Park Running Club		457								457
1126.	Cunningham, Nat	Victoria Park Running Club		455								455

1.	Rothwell, Shane	U/A Lancaster,					949				868	1817
2.	Taverner, James	GoodGym					997					997
3.	Millward, Jason	Team inov-8.com					995					995
4.	Johnston, Thomas	U/A Merseyside,					991					991

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
5.	Howson, Chris	GoodGym					985					985
6.	Gluszek, Stefan	U/A Linkoping,					983					983
7.	Stones, Gary	Lymington Athletics					981					981
8.	Lashley, Peter						980					980
9.	Mistry, Priyan	U/A Norton, Durham					977					977
10.	Smith, Daniel	GoodGym					972					972
11.	Stockton, Jack	U/A Glossop, Derbyshire					970					970
12.	Edwards, Stephen	Sweatshop Running Community					964					964
13.	WEBSTER, JOHN	U/A Harrogate, North Yorkshire					961					961
14.	Furphy, Chris	Stockton Striders					957					957
15.	Weston, Carl	U/A Sutton Coldfield, West Midlands					948					948
16.	Southworth, James	U/A Hadfield, Derbyshire					946					946
17.	Logan, Dave	U/A Sunderland,					944					944
18.	Reeve, Stephen	U/A London,					942					942
19.	Robinson, Philip	U/A Harrogate, North Yorkshire					941					941
20.	Wheatley, Tim	U/A London ,					940					940
21.	Fisher, Martyn	Almost Athletes					939					939
22.	ó conaill, Marc	U/A Baile Mhac Cairbre, Waterford					936					936
23.	Loftus, Philip	U/A Bolton, Lancashire					927					927
24.	Charters, Phil	U/A Harrogate, North Yorkshire					916					916
25.	Doyle, Andrew	U/A London,					912					912
26.	Tarpey, Tony	Pensby					903					903
27.	Safrany, Ben	U/A Worskop, Notta					902					902
28.	Sowerby, Cameron	U/A Workington, Cumbria					899					899
29.	Bailey, David	U/A Burnley					891					891
30.	Acres, Jack	U/A Stockton-On-Tees,					890					890
31.	Burnett, David	Clayton-le-Moors Harriers					886					886
32.	Gilmer, Stephen	Goodgym					883					883
33.	fisk, jonathan	U/A york,					875					875
34.	de Paeztron, David	U/A London, England					873					873
35.	Gibson, Andrew	U/A Cockermouth, Cumbria					864					864
36.	Ryan, Alan	U/A York,					860					860
37.	MOORE, STEVEN	NORDIC WALKING UK					859					859
38.	McCormack, Mac	Red Rose Runners					854					854
39.	Church, Anthony	U/A Vigo Village Kent									708	708

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
1.	Phillips, Andy	U/A Manchester, Greater Manchester									999	999
2.	Wire, Richard	U/A Earlsfield,									998	998
3.	Wackett, Matt	Knutsford Tri Club									997	997
4.	Burns, Chris	U/A Preston, Lancashire									996	996
5.	muldoon, martin	U/A london,									995	995
6.	Dorham, Joe	U/A Liverpool,									993	993
7.	Sibson, Bromley	U/A Derby, Derbyshire									991	991
8.	Blackwell, Mark	WestCumbriaTri									990	990
9.	Turner, Jonathan	Ilkley Harriers									989	989
10.	Corden, Tom	U/A Nottingham,									988	988
11.	Carr, Darran	U/A GRANGE-OVER-SANDS, CUMBRIA									987	987
12.	Wackett, Harry	U/A London, Westminster									985	985
13.	Pyrah, John	U/A London,									982	982
14.	Morley, John	U/A Ambleside,									978	978
15.	Howe, Nick	U/A Liverpool,									976	976
16.	Ridley, Paul	Riverside Runners									974	974
17.	Gooding, Adrian	Quakers									973	973
18.	Yates, Andy	U/A Colwyn Bay, Conwy									971	971
19.	Johnson, phillip	U/A manchester,									967	967
20.	Draper, Andrew	U/A Chorley, Lancashire									959	959
21.	Davies, Darren	U/A Preston ,									958	958
22.	Foster, Tony	Wigan Harriers									955	955
23.	Hopkinson, Chris	Teamram									954	954
24.	Wilson, David	U/A Sunderland ,									948	948
25.	Dodds, Richard	U/A Southampton, Hampshire									946	946
26.	Smith-Duque, Chris	U/A Southampton, Hants									945	945
27.	Brookes, Christopher	U/A Preston , Lancashire									943	943
28.	Horne, Jon	Biddulph Running Club									940	940
29.	Oxley, Christian	Stockton Striders									937	937
30.	Elliott, Matthew	U/A Manchester,									935	935
31.	Darby, Mark	U/A Shrewsbury, Shropshire									930	930
32.	parker, alan	U/A stoke on trent,									929	929
33.	Spear, Jason	U/A Chorley, Lancashire									926	926
34.	Bruun, Mathias	FIF - Copenhagen									923	923
35.	Rudd, John	U/A Dundee									920	920

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
36.	TICKNER, PAUL	U/A Cockermouth, Cumbria									917	917
37.	Abbott, Phil	Long Eaton Running Club									914	914
38.	Lowe, Geoff	The Herdy Maaa-shal									911	911
39.	Smith, Lester	U/A Lancaster, Lancashire									909	909
40.	Wilson, Chris	U/A New Milton, Hants									907	907
41.	Truckle, Chris	U/A Preston, Lancashire									902	902
42.	Slaney, Steven	Fylde Tri Club									899	899
43.	Davenport, Ian	U/A Harrogate, North yorkshire									898	898
44.	Byron, Andrew	U/A London,									896	896
45.	White, Andy	U/A Stockport, Cheshire									894	894
46.	Sibson, Robin	U/A Derby, Derbyshire									888	888
47.	Barrett, Neil	U/A Preston, Lancashire									883	883
48.	Jaques, Ric	U/A Brampton,									879	879
49.	Horsman, Jim	U/A Witney,									870	870
50.	Cummins, David	U/A chorley,									861	861
51.	Pyrah, Stewart	U/A Windermere, Cumbria									855	855
52.	Price, John	U/A Newcastle upon Tyne,									851	851
53.	ryder, john	U/A wetherby,									849	849
54.	Hindmarsh, Norman	U/A Ashington, Northumberland									835	835
55.	reed, peter	Northumberland Fell Runners									833	833
56.	McGregor, Iain	U/A Stockport,									832	832
57.	Singleton, Ross	U/A Bristol,									828	828
58.	Collison, Matthew	U/A Hemel Hempstead,									822	822
59.	Jesson, Mark	Pendle Forest Orienteers									821	821
60.	Chaplin-Brice, James	U/A Keswick,									819	819
61.	Riley, Sally	U/A Hawkshead, Cumbria									817	817
62.	Lawson, Tom	U/A Maryport, Cumbria									816	816
63.	Cox, John	U/A Penrith, Cumbria									803	803
64.	Shaw, Andy	U/A Newton - le - Willows, Merseyside									800	800
65.	coupe, graham	Wirral Vikings TRC									793	793
66.	Fisher, Graham	Biddulph Running Club									788	788
67.	Crombie, Ross	U/A West Bridgford,									784	784
68.	Meyrick, Kelly	U/A Kendal , Cumbria									783	783
69.	Hindmarsh, Monique	U/A Ashington, Northumberland									782	782
70.	Jackson, Richard	U/A London,									780	780

2018 Series Results 10K

Pos	Name	Club	AG	CAR	HAW	STA	MAR 10K	KES	CON	HEL	ULL	Total
71.	Heap, Arran	U/A Blackpool, GB									775	775
72.	Rooney, Gerry	U/A Carlisle,									774	774
73.	Pickervance, Adam	U/A Preston , Lancs									751	751
74.	Barnes, Steve	U/A Newcastle upon Tyne,									745	745
75.	Cavner, Richard	Northumberland Fell Runners Association									742	742
76.	Gulliver, Nick	U/A London ,									735	735
77.	Hancock, Benjamin	U/A MIDDLESBROUGH, CLEVELAND									732	732
78.	Carter, Matt	U/A Berkhamsted,									728	728
79.	Harrington, John	U/A Sheffield ,									713	713
80.	Stout, John	U/A Leigh, Greater Manchester									705	705
81.	Barnes, Anthony	U/A London,									692	692
82.	Heap, Paul	Bowland Pennine Mountain Rescue Team									690	690
83.	Johannessen, Christian	U/A Odense,									684	684
84.	Fuglsang Klicman, Mike Oliver	U/A Odense V, Fyn									683	683
85.	Thornber, Mark	U/A Arnside, Cumbria									679	679
86.	Caspi, Alon	Mornington Chasers									670	670
87.	Pryor, Mark	Thornton Cleveleys									661	661
88.	Ashford, Chris	Teesdale AC									642	642
89.	Wilson, Nick	Wirral Vikings									634	634
90.	Aked, Mark	U/A Silsden, West Yorkshire									596	596

Number of records: 1939