

Lakeland Trails 2024 Series Championships - 10k Trail Run Series - Best of 3



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1	Karl Dickenson	m		Lonely Goat Rc	0	0	996	998	995	997	999	1000	2997
2	Stephen Walker	m	MV 40	Tadcaster Harriers	0	0	0	0	997	0	998	998	2993
3	Macauley Bond	m			0	0	995	0	999	0	0	997	2991
4	Charlie Barnes	m	U21		991	996	0	0	987	0	980	0	2974
5	Ben Taylor	m	U21		987	991	0	0	991	992	0	0	2974
6	Andrew Fairweather	m	MV 40	Red rose road runner	968	958	0	0	0	0	968	987	2923
7	Stuart Chandler	m			975	974	0	0	968	0	0	0	2917
8	Alfie Smith	m	U21		0	972	0	0	961	0	978	0	2911
9	Tom Halliwell	m	MV 40	Nob End Run club	0	963	0	0	950	792	806	992	2905
10	Mark Wilson	m	MV 50	No Drama Llamas Running	957	964	958	0	0	944	937	975	2897
11	Martin Dick	m	MV 50		952	962	0	0	0	0	951	974	2888
12	Lee Barlow	m	MV 40		900	947	954	0	0	0	0	985	2886
13	Korinne Shaw	f			920	940	956	983	910	0	929	0	2879
14	Rachel Crow	f			970	0	944	0	957	929	915	0	2871
15	David Hull	m	MV 60		0	0	946	0	948	0	0	976	2870
16	Nicola Stanley	f	FV 50		833	866	921	968	953	946	942	0	2867
17	Ralph Liddell	m	MV 70	Eden Runners	926	0	933	0	0	0	943	973	2849
18	Phil Blakey	m	MV 60		945	953	0	0	0	948	0	0	2846
19	Peter Jones	m	MV 50		909	937	922	0	912	935	934	972	2844
20	Katie Palmer	f	FV 40		923	925	945	0	949	0	941	0	2835
21	Lucy Zaboklicka	f	FV 40	Furness Fell Runners	944	943	0	0	0	936	0	0	2823
22	James Bartholomew	m	MV 50		927	955	941	0	0	0	0	0	2823
23	Alan Wilson	m	MV 60	Glaxo Hoad Hill Harriers	930	924	932	0	896	958	0	0	2820
24	Andrew O'boyle	m	MV 50		0	815	0	0	911	952	957	0	2820
25	Caroline D'Arcy	f	FV 50		0	0	0	0	928	910	919	968	2815
26	Helen Blunt	f	FV 40		0	917	0	976	0	920	0	0	2813
27	Alan Boyd	m	MV 50		898	938	0	0	926	931	927	0	2796
28	Rebecca Modeley	f			0	0	0	0	878	967	882	946	2795
29	Graeme Atkinson	m	MV 50		866	886	0	967	892	907	914	0	2788
30	Calum Bickerton	m	U25	Backworth Cricket Club	917	0	0	0	0	926	931	0	2774
31	Paul Senior	m			0	895	0	989	0	874	0	0	2758
32	Stephanie Bond	f			0	891	0	986	0	880	0	0	2757
33	Laura Hindle	f		FVO	913	0	0	0	0	916	925	0	2754
34	Sandra Connell	f	FV 60		0	908	0	0	934	0	901	0	2743
35	CLIFF ETHERDEN	m	MV 70		0	0	923	0	917	0	902	0	2742

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
36	Christopher D'Arcy	m	MV 50		0	0	0	0	889	902	0	945	2736
37	Sally Barton	f	FV 60	Glaxo Hoad Hill Harriers	891	0	917	0	925	872	0	0	2733
38	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	939	939	0	0	845	0	0	2723
39	Jimmy Hark	m	MV 40	Nob end run club	835	880	914	0	0	0	0	902	2696
40	Rebecca Hilton	f		St Bees Triers	822	849	0	0	879	863	870	943	2692
41	Belinda Schofield	f	FV 50		842	874	889	0	898	0	0	0	2661
42	Danny Thompson	m	MV 60		737	743	804	929	827	768	0	903	2659
43	Simon Barton	m	MV 60	Glaxo Hoad Hill Harriers	875	0	890	0	893	852	0	0	2658
44	Stuart Edwards	m	MV 60	Lonely Goat	862	863	888	0	907	0	0	0	2658
45	Margaret Lupton	f	FV 50	Red Rose Road Runners	871	875	911	0	0	0	0	0	2657
46	Keith Tolley	m	MV 60	High Peak AC	0	841	0	962	0	847	0	0	2650
47	Alison Thorburn	f	FV 50	Eden Runners	870	861	882	0	0	0	0	0	2613
48	Rachel Summers	f	FV 50		791	0	0	917	0	831	864	0	2612
49	Mark Shaw	m	MV 50		779	805	886	0	850	819	863	863	2612
50	Martin Bates	m	MV 60	Wesham Road Runners	827	787	798	923	852	736	740	834	2609
51	Jayne Dore	f	FV 50		769	856	884	0	868	843	855	0	2608
52	Simon Cowling	m	MV 40		0	855	885	0	0	854	856	0	2596
53	Shirley Spratt	f	FV 60		818	0	854	0	0	858	842	883	2595
54	Matthew Almond	m	MV 40	Lancaster Runners	0	833	831	0	0	889	0	873	2595
55	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	832	0	881	0	0	816	874	0	2587
56	Sarah Douthwaite	f	FV 40		848	860	870	0	0	0	0	0	2578
57	Richard Clements	m	MV 50	Hip Replacement Runners	838	864	871	0	0	0	0	0	2573
58	Andrea Lancaster	f	FV 40		817	802	851	0	0	799	840	882	2573
59	Wendy Birkett	f	FV 60	Ambleside Athletic Club	810	862	0	0	0	887	0	0	2559
60	Tony Priest	m	MV 50		0	0	0	0	886	798	875	0	2559
61	Caitlin Fawkes	f	U25		807	0	874	0	870	0	0	0	2551
62	Jade Lawson	f			805	0	0	943	0	800	0	0	2548
63	Brian Winder	m	MV 70	Trailblazers	705	725	782	916	753	671	752	840	2538
64	Chloe Almond	f		Lancaster Runners	0	832	830	0	0	769	0	872	2534
65	Alison Pye	f	FV 40		0	0	0	0	860	802	869	0	2531
66	Mal Smith	m	MV 50	Ashington Hirst running club	0	816	852	0	862	0	0	0	2530
67	Mart Kissick	m	MV 40		803	0	0	0	866	0	853	0	2522
68	Robert Myatt	m	MV 60		789	836	855	0	826	804	0	0	2517
69	Iain Peacock	m	MV 40		0	827	821	0	0	0	867	0	2515
70	Andy Glen	m	MV 40	Nob End Run Club	834	846	829	0	0	0	0	0	2509
71	Karyn Harper	f	FV 50		825	834	0	0	0	846	0	0	2505
72	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	849	0	848	0	0	803	0	0	2500
73	Deborah Thorneycroft	f	FV 50		830	828	841	0	0	805	0	0	2499
74	Phil Jones	m	MV 50		748	767	0	0	851	0	877	0	2495
75	Dawn Saxby	f	FV 50	DCH Run Club	717	723	778	909	806	672	744	0	2493
76	Sian Saxby	f	U21	DCH Run Club	718	720	780	905	807	673	745	0	2492
77	Alexia Taylor	f	FV 40		0	0	0	0	797	725	813	881	2491
78	Simon Whelan	m	MV 50		747	791	0	0	0	794	884	0	2469

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79	Ben Higginson	m	MV 60	Preston Harriers	0	727	825	0	848	795	0	0	2468
80	Jayne Batt	f	FV 60		756	729	808	0	853	765	801	0	2462
81	Aneesa Quan-Soon	f	FV 40		0	0	0	0	708	884	860	0	2452
82	David Goodyear	m	MV 50	Eccleshill Road Runners	0	0	817	0	821	0	808	0	2446
83	Peter Burlingham	m	MV 40		806	800	820	0	811	775	0	0	2437
84	Richard Campbell	m	MV 40		720	0	0	896	0	716	815	0	2431
85	Richard Turner	m	MV 70		0	0	786	0	789	0	0	844	2419
86	Kim Stockdale	f	FV 50		0	779	0	0	847	787	0	0	2413
87	Beth Irving	f	FV 50		0	765	0	0	858	786	0	0	2409
88	Fiona Jackson	f	FV 40		766	0	846	0	0	789	0	0	2401
89	Helen Jones	f	FV 40		726	692	770	0	767	695	774	855	2399
90	Lucy Johnson	f	FV 40		765	0	845	0	0	788	0	0	2398
91	Samantha Sunderland	f	FV 50		711	0	765	0	824	753	804	0	2393
92	Alison Hodges	f	FV 50	Blackhill Bounders	741	783	0	0	0	0	0	867	2391
93	Danielle Brockley	f			752	814	824	0	0	0	0	0	2390
94	Susan Averill	f	FV 50	Watnall Warriors	723	750	0	915	0	0	0	0	2388
95	Brian Richardson	m	MV 60	blackhill bounders	738	781	0	0	0	0	0	866	2385
96	Mark Taylor	m	MV 60	Audenshaw Asthmatics	703	712	0	0	787	667	766	828	2381
97	Jackie Frank	f	FV 40		0	675	0	895	730	0	754	0	2379
98	Julie Spencer	f	FV 50		0	665	747	887	741	0	0	0	2375
99	Gemma Clarke	f	FV 40		0	0	0	0	0	697	785	891	2373
100	Mark Aldam	m	MV 60		750	768	850	0	0	0	0	0	2368
101	Lesley Nixon	f	FV 50	Red Rose Road Runners	770	757	822	0	0	0	775	0	2367
102	Dan Horton	m			761	705	0	0	0	0	0	885	2351
103	Christine Richards	f	FV 50	Border Reivers	0	629	0	871	0	0	688	789	2348
104	Dawn Fahy	f	FV 60	Burgess Hill Runners	0	672	0	0	0	0	880	790	2342
105	Carol Cox	f	FV 50		764	0	809	0	0	756	0	0	2329
106	Dale Collins	m	MV 50		693	707	0	0	784	0	838	0	2329
107	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	0	0	0	0	808	717	799	0	2324
108	Helen Patten	f	FV 50	Red Rose Runners	668	644	733	0	766	669	707	805	2304
109	Helen Bowerman	f	FV 50		733	689	748	0	772	705	779	0	2299
110	Wolfgang Altenau	m	MV 70		745	762	0	0	0	790	0	0	2297
111	Catherine Cooper	f	FV 60	Lyme Runners	742	764	0	0	790	0	0	0	2296
112	Josephine LOUISE Walsh	f	FV 50		0	0	0	0	0	703	755	831	2289
113	James Whiston	m	U21		0	700	0	0	760	696	824	0	2284
114	Melissa Grocock	f	FV 40		689	735	787	0	0	0	757	0	2279
115	Jenny Mabbutt	f			676	0	0	0	761	0	0	837	2274
116	Ruth Wood	f	FV 40		653	0	729	0	734	0	719	809	2272
117	Gillian O'boyle	f	FV 50		0	715	0	0	782	0	772	0	2269
118	Sara Summers	f	FV 50		701	0	0	0	0	760	800	0	2261
119	Kay Standing	f	FV 60	Mikeller Running Club Liverpool	688	676	0	890	0	0	0	0	2254
120	Katie Welch	f	FV 60		751	0	726	0	775	0	0	0	2252
121	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	657	645	0	0	0	0	748	829	2234

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122	Jane Malcolm	f	FV 50	Jogscotland	672	630	0	0	717	0	711	795	2223
123	Betty Stephenson	f			0	0	756	0	0	635	0	824	2215
124	John Melling	m	MV 60		680	698	763	0	0	660	750	0	2211
125	Beth Billington	f	FV 40		0	0	762	0	770	679	0	0	2211
126	Jocelyn Coppard	f	FV 60		0	673	0	0	0	0	742	793	2208
127	Beth Sunderland	f			710	0	766	0	722	0	0	0	2198
128	Paul Coldham	m	MV 60	DCH Run Club	716	0	0	0	780	0	694	0	2190
129	Giselle Collins	f	FV 50		694	708	0	0	783	0	0	0	2185
130	Ann Kisluk	f	FV 50	Eccleshill Road Runners	646	641	718	0	731	0	720	0	2169
131	Alison Dick	f	FV 50	Red Rose Road Runners	658	643	0	0	0	0	706	804	2168
132	Kathryn Atkinson	f	FV 40	Trawden Athletic Club	0	654	751	0	0	674	738	0	2163
133	Edward Melling	m	MV 60		669	666	737	0	0	655	749	0	2155
134	Gail Richards	f	FV 40	Evenwood Road Runners	692	0	724	0	0	650	722	0	2138
135	David Rosen	m	MV 70	Lancaster & Morecambe AC	0	0	727	0	758	642	0	0	2127
136	Georgina Briffett	f	FV 50	Lancaster & Morecambe AC	0	694	0	0	0	670	761	0	2125
137	Tracey Brocklehurst	f	FV 60		695	684	745	0	0	0	0	0	2124
138	Philip Whiston	m	MV 40		0	657	0	0	732	634	732	0	2121
139	Peter Jones	m	MV 60	Marsh Lane Harriers	0	0	705	0	751	658	0	0	2114
140	Clare Clarke	f	FV 50	Evenwood Road Runners	0	0	725	0	0	649	723	0	2097
141	James Barsby	m			999	0	994	0	0	0	0	0	1993
142	Adrian Filipek	m			0	994	0	996	0	0	0	0	1990
143	Mathew Carver	m			0	0	0	0	0	0	994	993	1987
144	Jamie Quan-Soon	m	MV 40		0	0	0	0	984	994	0	0	1978
145	Ross Whitaker	m	U25		0	989	987	0	0	0	0	0	1976
146	Stephen Entwistle	m	MV 60	Wirral Vikings TRC	0	0	0	0	0	0	982	994	1976
147	Sophie Hunt	f			0	0	985	0	0	0	989	0	1974
148	Stephen Langan	m	MV 50		0	0	0	0	0	981	0	990	1971
149	Harry J Vaneris	m	MV 40		0	0	981	0	0	989	0	0	1970
150	Soroush Pourhashemi	m	MV 40		0	0	0	0	0	0	977	991	1968
151	Anthony Irving	m	MV 40		0	981	0	0	982	0	0	0	1963
152	Nicholas Bee	m			0	0	0	0	974	0	984	0	1958
153	Ummar-Ali Mal	m	U21	Oxford Univeristy	0	0	0	0	970	987	0	0	1957
154	Anna Hoogkamer	f			0	982	0	0	0	0	974	0	1956
155	Paul Smith	m	MV 40		0	0	953	990	0	0	0	0	1943
156	Andy Mackenzie	m	MV 50		0	0	0	0	0	0	964	978	1942
157	Shane Mcquillan	m			0	0	963	0	0	977	0	0	1940
158	Matt Roche	m			0	965	0	0	0	972	0	0	1937
159	ADAM TASKER	m	MV 40		0	0	976	0	0	0	961	0	1937
160	Carl Joynson	m	MV 40		0	0	967	0	0	0	966	0	1933
161	Thomas Eccles	m			0	0	0	0	0	953	0	980	1933
162	Jane Thomas	f		Sale Harriers	0	0	955	0	0	976	0	0	1931
163	Trevor Hindle	m	MV 60	Goyt Valley Striders	0	0	0	0	0	962	969	0	1931
164	Anthony Holland	m			0	0	0	985	940	0	0	0	1925

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165	Molly Hale	f	U25		0	959	965	0	0	0	0	0	1924
166	Paul Myers	m	MV 50	Billinge running club	0	0	961	0	0	963	0	0	1924
167	Connor Harris	m			0	0	940	0	0	0	0	982	1922
168	Rayaan Mal	m	U21		0	0	0	0	956	966	0	0	1922
169	Olivia Wiggans	f			936	0	0	0	0	0	0	984	1920
170	Richard Hunter	m			0	950	0	0	0	0	970	0	1920
171	Matty Brown	m			947	968	0	0	0	0	0	0	1915
172	Jeroen van Vuuren	m	MV 40		0	0	926	984	0	0	0	0	1910
173	Ian Williamson	m	MV 50	Chorlton Runners	942	0	0	0	0	0	965	0	1907
174	Kayleigh Webster	f			0	0	936	0	0	0	0	970	1906
175	Alan Parker	m	MV 50		0	946	948	0	0	0	0	0	1894
176	Lisa Hall	f	FV 40		0	0	913	980	0	0	0	0	1893
177	Stef Williams	f	FV 50		0	0	905	982	0	0	0	0	1887
178	Louise Daniels	f	FV 40		0	0	0	0	0	0	918	966	1884
179	Anthony Mclaughlan	m	MV 50	Altrincham Old Fellers	0	941	0	0	0	0	935	0	1876
180	Barbara Ford	f	FV 40	Warriors PAC	0	934	0	0	0	942	0	0	1876
181	Patrick Richardson	m			0	0	897	0	0	0	0	979	1876
182	Sandra Myers	f	FV 50	Billinge running club	0	0	934	0	0	933	0	0	1867
183	Michael Devlin	m	MV 40		0	0	949	0	0	913	0	0	1862
184	Calum Cook	m			908	952	0	0	0	0	0	0	1860
185	Simon Thorne	m	MV 60		0	0	0	0	0	0	899	959	1858
186	David Webster	m	MV 40		0	0	919	0	0	0	0	935	1854
187	Brenda Rutter	f	FV 60		0	929	0	0	0	924	0	0	1853
188	Mandy Bond	f	FV 50		0	0	0	0	0	896	0	956	1852
189	Dawn Chilton	f	FV 50		0	0	0	0	0	0	903	947	1850
190	Dawn Wicks	f	FV 50		0	885	0	959	0	0	0	0	1844
191	Gary Cattermole	m	MV 60		0	927	0	0	915	0	0	0	1842
192	Andrew Walmsley	m	MV 50		0	0	0	0	0	876	0	962	1838
193	Pete Lashley	m	MV 50		0	907	0	0	0	930	0	0	1837
194	Jim Higham	m	MV 50		0	0	0	0	0	0	895	942	1837
195	Victoria Eze	f	FV 60	Hampstead Heath Park Run	0	0	0	0	0	0	898	937	1835
196	Phil Temple	m	MV 40		0	0	0	0	931	901	0	0	1832
197	Karen Higham	f	FV 50		0	0	0	0	0	0	893	938	1831
198	Julie Cole	f	FV 50	Jog on the Tyne	0	0	0	0	0	0	890	941	1831
199	Julie Murrell	f	FV 50	Jog on the Tyne	0	0	0	0	0	0	889	940	1829
200	Jason Copper	m	MV 50		0	0	873	955	0	0	0	0	1828
201	Matthew MADDOCK	m	MV 40		0	966	0	0	0	860	0	0	1826
202	Jen Henry	f			895	930	0	0	0	0	0	0	1825
203	Alison Gill	f	FV 50		0	894	925	0	0	0	0	0	1819
204	David Williams	m	MV 50	Ambleside AC	0	0	0	0	895	0	0	920	1815
205	Vinny Hulton	m	MV 40	Nob End Running Club	0	0	861	0	0	0	0	953	1814
206	Nicole Patterson	f			861	0	0	951	0	0	0	0	1812
207	david hill	m			915	0	896	0	0	0	0	0	1811

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208	David Williams	m	MV 50		0	0	863	948	0	0	0	0	1811
209	Cora Bryan	f			0	913	0	0	0	0	897	0	1810
210	Jackie Watts	f	FV 40		0	0	883	0	0	927	0	0	1810
211	Debbie Torr	f	FV 40		0	0	0	0	0	869	0	939	1808
212	Ian Lockhart	m	MV 40		0	889	0	0	0	918	0	0	1807
213	Sarah McGrath	f	FV 40	Ramsbottom Running Club	0	867	0	0	0	0	0	930	1797
214	Lucie Hodgson	f			0	0	0	0	0	882	909	0	1791
215	Elaine Morgan	f	FV 50	Oldham & Royton Harriers	0	0	837	952	0	0	0	0	1789
216	John Sinclair	m	MV 50	Craven Energy	872	915	0	0	0	0	0	0	1787
217	Chris Price	m	MV 60	Kendal AAC	0	896	0	0	0	0	0	884	1780
218	Alison Mcgregor	f			876	0	903	0	0	0	0	0	1779
219	Christopher Cox	m	MV 60		0	888	0	0	0	886	0	0	1774
220	Wayne Laird	m	MV 40		0	837	0	0	936	0	0	0	1773
221	Richard Cross	m	MV 60		0	868	898	0	0	0	0	0	1766
222	Diane Carson	f	FV 60	Park View 4U Run Group	869	0	892	0	0	0	0	0	1761
223	Janette Canfield	f	FV 50		0	0	0	0	881	0	876	0	1757
224	Linda Wilson	f	FV 50		0	0	813	942	0	0	0	0	1755
225	Collette Eames	f	FV 60	JogOnTheTYne	0	854	0	0	0	0	0	900	1754
226	Ellie Mackay	f	FV 40		0	847	0	0	0	0	0	906	1753
227	Jacq Charles	f	FV 40	Wirral Vikings Trc	0	877	0	0	0	0	868	0	1745
228	Michael Quigley	m	MV 50	Ashington Hirst Running Club	0	0	864	0	880	0	0	0	1744
229	Jenny Wilson	f	U25		0	0	812	928	0	0	0	0	1740
230	Michael Barwise	m			0	0	842	0	0	0	0	889	1731
231	Kate Peers	f	FV 40		0	873	0	0	0	850	0	0	1723
232	Debbie Flesher	f	FV 50	Helm Hill	0	0	0	0	877	0	846	0	1723
233	Sarah Mackarel	f			0	0	0	0	873	0	0	848	1721
234	Mark Gean Hughes	m	MV 50	Jog Scotland Stirling Striders	845	0	0	0	872	0	0	0	1717
235	Matthew Swann	m			0	0	869	0	846	0	0	0	1715
236	Tim Smith	m	MV 50		878	0	835	0	0	0	0	0	1713
237	Mary Henderson	f	FV 60	JOTT	0	0	0	0	0	0	814	899	1713
238	Rosie Egan	f	FV 60	Cheshire Hash House Harriers	0	0	867	0	0	844	0	0	1711
239	Rebecca Day	f	FV 40		0	803	0	0	0	0	0	905	1708
240	Amanda Deane	f		Furness Fell Runners	857	0	0	0	0	849	0	0	1706
241	Pete Holding	m	MV 60		0	851	0	0	0	855	0	0	1706
242	Josh Snalam	m			847	858	0	0	0	0	0	0	1705
243	Jo Storey	f	FV 50	Jogonthetyne	0	0	0	0	0	0	798	898	1696
244	Felicity Cross	f	FV 60	Preston Harriers	844	843	0	0	0	0	0	0	1687
245	Simon Forshaw	m	MV 50		0	0	856	0	0	827	0	0	1683
246	Cory Beaumont	m	U21	keele university	820	0	0	0	861	0	0	0	1681
247	Julie Thomas	f	FV 60		0	0	0	0	0	0	803	876	1679
248	Chloe Taylor	f			0	0	853	0	0	0	0	823	1676
249	Andy Hayes	m	MV 50		0	0	0	0	0	830	843	0	1673
250	Hannah Swift	f		N/a	0	0	818	0	0	0	0	853	1671

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
251	Toby Brothers	f	FV 50	Hampstead Heath Park Run	0	0	0	0	0	0	795	875	1670
252	Catherine Vaneris	f	FV 40		0	813	0	0	854	0	0	0	1667
253	Dave Thompson	m	MV 60		0	0	859	0	0	808	0	0	1667
254	Anna Howard	f	FV 40	Tadcaster Harriers	0	0	0	0	838	0	826	0	1664
255	Keith Hardcastle	m	MV 60		0	0	0	0	837	0	825	0	1662
256	Lisa Leigh	f	FV 40		0	0	0	0	786	0	0	874	1660
257	Aude Peltier	f	FV 40		0	818	0	0	0	840	0	0	1658
258	Ben Scott	m	U21	Keele University	821	0	0	0	834	0	0	0	1655
259	Scott Goude-McCabe	m		ScottRunsTrails	0	0	0	0	0	821	834	0	1655
260	Hazel Ward	f	FV 70	Jog On The Tyne	0	826	0	0	0	0	822	0	1648
261	Michael Lawton	m	MV 50		865	782	0	0	0	0	0	0	1647
262	Nick Kaufmann	m	MV 60	Hampstead Heath parkrun	0	0	0	0	0	0	743	901	1644
263	Jennie Thelen	f	FV 50		0	0	0	0	0	0	793	850	1643
264	Andrew Hollowbread	m	MV 50		0	0	0	0	0	832	809	0	1641
265	Lucy Thomas	f	FV 50	Hampstead heath parkrun	0	0	0	0	0	0	792	849	1641
266	Jamie Hayton	m	MV 40		819	0	0	0	0	0	821	0	1640
267	Philip Loftus	m	MV 60		854	0	0	0	0	785	0	0	1639
268	David Battersby	m	MV 50		0	0	0	0	777	0	0	862	1639
269	Nicky Grace	f	FV 40		0	761	0	0	0	0	0	877	1638
270	Ros Barbour	f	FV 40	West hull ladies	0	0	0	0	0	0	764	871	1635
271	Sara Williamson	f	FV 50	Chorlton Runners	824	0	0	0	0	0	810	0	1634
272	Helen Taylor	f	FV 50		0	793	838	0	0	0	0	0	1631
273	Andrew Reid	m	MV 40		763	0	0	0	867	0	0	0	1630
274	Giancarlo Rizzi	m	MV 60		786	0	0	0	0	0	841	0	1627
275	Sarah Longstaff	f			788	838	0	0	0	0	0	0	1626
276	Fiona Copper	f	FV 60	Barton and district athletic club	0	0	732	894	0	0	0	0	1626
277	Pat Wyke	f	FV 60	Run in Wirral	0	0	0	893	0	0	733	0	1626
278	Cheryl Chaffe	f	FV 50		0	0	0	892	0	0	734	0	1626
279	Mark Wardley	m	MV 50	Red rose	790	0	0	0	0	824	0	0	1614
280	Irene Williams	f	FV 50		0	0	0	0	0	783	831	0	1614
281	Chris Cuiu	m	MV 50		0	0	0	0	755	0	0	852	1607
282	Lada Cuiu	f	FV 50		0	0	0	0	754	0	0	851	1605
283	Emma Kirkwood	f			0	0	0	0	0	782	823	0	1605
284	Tony Fahy	m	MV 70		0	0	0	0	0	0	811	794	1605
285	Claerwen Snell	f	FV 40	Didsbury Runners	794	807	0	0	0	0	0	0	1601
286	Michael McCann	m			0	878	719	0	0	0	0	0	1597
287	Ryan Armitage	m	MV 40	Nob End Run club	0	0	0	0	0	791	805	0	1596
288	Helen Tope	f			0	817	0	0	0	778	0	0	1595
289	Lisa Kirkwood	f			0	0	0	0	0	779	816	0	1595
290	Jez Makin	m	MV 60	Darlington Harriers & AC	0	0	0	0	814	773	0	0	1587
291	Jennifer Hale	f			0	0	711	874	0	0	0	0	1585
292	Gemma Garcia	f	U25		0	744	840	0	0	0	0	0	1584
293	Joyce Hill	f	FV 60		760	0	823	0	0	0	0	0	1583

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
337	Natasha Cruickshank	f	FV 40		724	0	777	0	0	0	0	0	1501
338	Annabelle Allen	f	FV 60	BodyFit Cumbria Running Club	0	0	0	0	0	681	817	0	1498
339	Susan Travis	f	FV 60		0	0	0	0	785	711	0	0	1496
340	Alison Leach	f	FV 70		707	0	788	0	0	0	0	0	1495
341	Rosalie Liddell	f	FV 60	Eden Runners	725	0	768	0	0	0	0	0	1493
342	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	0	0	0	868	0	623	0	0	1491
343	Lizzie Coleshill	f	FV 70		0	0	0	0	0	0	695	791	1486
344	Faye Campbell	f	FV 50		0	0	0	0	0	685	796	0	1481
345	Rachel Armer	f			0	0	0	0	773	707	0	0	1480
346	Judith Barker	f	FV 50		719	0	759	0	0	0	0	0	1478
347	Iain Melville	m	MV 60		0	734	0	0	0	743	0	0	1477
348	Emma Luebke	f	FV 40		0	0	0	0	0	686	791	0	1477
349	Andrew Woods	m	MV 60	Millom Striders	0	0	0	0	0	708	768	0	1476
350	Judith Weston	f	FV 50	Billingham Running Club	0	714	0	0	759	0	0	0	1473
351	Joan Carlsson	f	FV 70		699	0	773	0	0	0	0	0	1472
352	Jessica Collins	f			762	706	0	0	0	0	0	0	1468
353	Susie Quinn	f	FV 50	Lakeside Runners	0	0	0	0	738	0	724	0	1462
354	Audrey Gresty	f	FV 60	Thornton Cleveleys Running Club	0	716	738	0	0	0	0	0	1454
355	Abigail Jardine	f	FV 40	Eden Runners	0	696	758	0	0	0	0	0	1454
356	Jenny Coupland	f	FV 40		713	728	0	0	0	0	0	0	1441
357	Nicky Graves	f	FV 50	Batala Drummers	729	710	0	0	0	0	0	0	1439
358	Sam Bagshaw	f	FV 50	Fellside Ladies	0	636	0	0	0	0	802	0	1438
359	Jane Hill	f	FV 50		0	0	754	0	0	684	0	0	1438
360	Janice Chruscht	f	FV 40	Airecentre Pacers	0	671	0	0	0	761	0	0	1432
361	Sarah Jackson	f	FV 50	Kendal AAC	0	626	0	0	0	0	0	798	1424
362	Jonathon Colman	m			0	0	772	0	0	646	0	0	1418
363	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	0	722	0	0	0	691	0	0	1413
364	Christine Sutherland	f	FV 60		0	679	0	0	733	0	0	0	1412
365	Sandra Allan	f	FV 60	Fellside Ladies	0	0	0	0	0	682	727	0	1409
366	Chris Bagshaw	m	MV 50		0	661	0	0	0	0	746	0	1407
367	Roberta Whyte	f	FV 60	Linlithgow Athletic Club	0	726	0	0	0	678	0	0	1404
368	Sue Parker	f	FV 40		0	0	0	0	705	0	696	0	1401
369	Nicola Machin	f	FV 50		667	0	0	0	713	0	0	0	1380
370	Jenny White	f	FV 60	BodyFit Cumbria	0	0	0	0	729	648	0	0	1377
371	Joanne Chard	f	FV 50	Women On The Run	740	0	0	0	0	630	0	0	1370
372	Amanda Cirelli	f	FV 50		650	717	0	0	0	0	0	0	1367
373	Jude Bennett	f	FV 50	Fellside Ladies	0	638	0	0	0	0	726	0	1364
374	Fiona Tidbury	f	FV 60	Eden Runners	0	637	0	0	0	0	725	0	1362
375	Richard Macfarlane	m	MV 40		645	0	715	0	0	0	0	0	1360
376	Angela Dallinger	f	FV 40	RED ROSE	0	0	0	0	720	633	0	0	1353
377	Lynne Evans	f	FV 60		682	668	0	0	0	0	0	0	1350
378	Yvonne O'malley	f	FV 40	The Kilted Lassies	0	631	0	0	716	0	0	0	1347
379	Andrea Jones	f	FV 50		0	642	0	0	0	0	697	0	1339

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
380	Christina Davies	f	FV 40		673	658	0	0	0	0	0	0	1331
381	Edwina Rickards Collinson	f	FV 60	Crocwalkers	0	625	703	0	0	0	0	0	1328
382	Sally Wilkinson	f	FV 50	Get Over Yourself	0	624	704	0	0	0	0	0	1328
383	Gill Morgan	f	FV 50	A&T running club	0	0	0	0	0	628	699	0	1327
384	Kathryn Pearson	f	FV 50		0	0	0	0	0	627	700	0	1327
385	Emilie Eccles	f			0	0	0	0	0	618	701	0	1319
386	Chris Harbord	m	MV 70	eat Yarmouth RR & Bungay Black D	0	628	0	0	0	0	687	0	1315
387	Heather Freeman-Dawson	f	FV 40		0	669	0	0	0	621	0	0	1290
388	Chris Hutchinson	m	MV 60		0	640	0	0	0	629	0	0	1269
389	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	634	0	0	0	625	0	0	1259
390	Craig Blakey	m		Bowland Fell Runners	1000	0	0	0	0	0	0	0	1000
391	Adam Sciacca	m		Preston Harriers	0	1000	0	0	0	0	0	0	1000
392	Joe Kenny	m		Helm Hill	0	0	1000	0	0	0	0	0	1000
393	Gary Gregory	m	MV 40	Helm Hill Runners	0	0	0	1000	0	0	0	0	1000
394	Craig Marsh	m	MV 40	Keswick Ac	0	0	0	0	1000	0	0	0	1000
395	Laurence Hill	m			0	0	0	0	0	1000	0	0	1000
396	Alex Robinson	m			0	0	0	0	0	0	1000	0	1000
397	Charlie Player	m			0	999	0	0	0	0	0	0	999
398	David Parkin	m	MV 50	Leeds City AC	0	0	999	0	0	0	0	0	999
399	andrew wallace	m	MV 40		0	0	0	999	0	0	0	0	999
400	Noel Ford	m	U21	Warriors Pentathlon AC	0	0	0	0	0	999	0	0	999
401	Jacob Goodwin	m		Chapel Allerton Runners	0	0	0	0	0	0	0	999	999
402	Tim Chadwick	m		Wharfedale Harriers	998	0	0	0	0	0	0	0	998
403	Bethan Lowe	f			0	998	0	0	0	0	0	0	998
404	Simon Whittaker	m	MV 40	Helm Hill	0	0	998	0	0	0	0	0	998
405	Tom Kenny	m		N/a	0	0	0	0	998	0	0	0	998
406	Darren Coward	m		Glaxo Hoad Hill Harriers	0	0	0	0	0	998	0	0	998
407	Christopher Nattress	m	MV 40		997	0	0	0	0	0	0	0	997
408	Javier Cabrero Blanco	m			0	997	0	0	0	0	0	0	997
409	Christopher Pell	m		Cambridge And Coleridge Ac	0	0	997	0	0	0	0	0	997
410	Daniel Askew	m			0	0	0	997	0	0	0	0	997
411	Mr Simon Stainer	m	MV 50		0	0	0	0	0	0	997	0	997
412	Jake Higham	m			996	0	0	0	0	0	0	0	996
413	Richard Benson	m			0	0	0	0	996	0	0	0	996
414	Jason Beare	m		Lancaster Runners	0	0	0	0	0	996	0	0	996
415	Stephen Leahy	m	MV 40		0	0	0	0	0	0	996	0	996
416	Eeen Turner	m	MV 40		0	0	0	0	0	0	0	996	996
417	Michael Gaddas	m			995	0	0	0	0	0	0	0	995
418	Daniel McDonagh	m			0	995	0	0	0	0	0	0	995
419	Samuel Pimm	m	U25		0	0	0	995	0	0	0	0	995
420	David Brown	m	MV 40		0	0	0	0	0	995	0	0	995
421	Christopher Joyce	m	MV 40		0	0	0	0	0	0	995	0	995
422	William Laye	m			0	0	0	0	0	0	0	995	995

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
423	Ian Bilton	m		Hartlepool Burn Road Harriers	994	0	0	0	0	0	0	0	994
424	Dave Muckle	m	MV 50	The Blue Notes	0	0	0	994	0	0	0	0	994
425	Henok Asmelash	m		Warley Woods Pacers	0	0	0	0	994	0	0	0	994
426	Shaun Malone	m	MV 40		993	0	0	0	0	0	0	0	993
427	Tony Mills	m	MV 50	Valley Striders AC	0	993	0	0	0	0	0	0	993
428	Andrew Maltman	m			0	0	993	0	0	0	0	0	993
429	Richard King	m	MV 40		0	0	0	993	0	0	0	0	993
430	Max Clarke	m	U21	Cake District	0	0	0	0	993	0	0	0	993
431	Alfie Hall	m	U21	ckpool, Wyre and Fylde Athletics C	0	0	0	0	0	993	0	0	993
432	Simon Holt	m	MV 50	Rotherham Harriers AC	0	0	0	0	0	0	993	0	993
433	Sam Liddell	m			992	0	0	0	0	0	0	0	992
434	Owen Ford	m	U21		0	992	0	0	0	0	0	0	992
435	Matt Lowther	m			0	0	992	0	0	0	0	0	992
436	Phil Kinner	m	MV 40	Swad Joggers	0	0	0	992	0	0	0	0	992
437	Max Hughes	m	U21		0	0	0	0	992	0	0	0	992
438	Stephen Sewell	m	MV 40		0	0	0	0	0	0	992	0	992
439	Daniel Dickinson	m		North Bolton Runners	0	0	991	0	0	0	0	0	991
440	John Paul Smith	m	MV 60		0	0	0	991	0	0	0	0	991
441	John Kilner	m	MV 40		0	0	0	0	0	991	0	0	991
442	Reuben Lazenby-wood	m	U21		0	0	0	0	0	0	991	0	991
443	Daniel Holmes	m	MV 40		990	0	0	0	0	0	0	0	990
444	Riley Knight	m			0	990	0	0	0	0	0	0	990
445	Eleanor Ashcroft	f		Denbigh Harriers	0	0	990	0	0	0	0	0	990
446	Chris Ingham	m	MV 40		0	0	0	0	990	0	0	0	990
447	Peter Dinsmore	m			0	0	0	0	0	990	0	0	990
448	Fergal Duffy	m	MV 50		0	0	0	0	0	0	990	0	990
449	Rosie De Laune	f			989	0	0	0	0	0	0	0	989
450	Ken Montgomery	m	MV 40	Halifax Harrier	0	0	989	0	0	0	0	0	989
451	stuart blissett	m	MV 40		0	0	0	0	989	0	0	0	989
452	Zac Vernon	m			0	0	0	0	0	0	0	989	989
453	Ben Holland	m			988	0	0	0	0	0	0	0	988
454	Jim Andrews	m	MV 50	Ambleside	0	988	0	0	0	0	0	0	988
455	Simon Barnes	m		COLT	0	0	988	0	0	0	0	0	988
456	Alasdair Macdonald	m	MV 60		0	0	0	988	0	0	0	0	988
457	Andrew carter	m	MV 40	lonely goat RC	0	0	0	0	988	0	0	0	988
458	Tom Willox	m		Helm Hill Runners	0	0	0	0	0	988	0	0	988
459	Alistair Holl	m	MV 50		0	0	0	0	0	0	988	0	988
460	Hannah Whitelam	f	FV 40		0	0	0	0	0	0	0	988	988
461	MISS MHAIRI WATRET	f	U25		0	987	0	0	0	0	0	0	987
462	Philip Nevitt	m	MV 50		0	0	0	987	0	0	0	0	987
463	Frankie Guidi	m	U21		0	0	0	0	0	0	987	0	987
464	Matthew Ashton	m	MV 40	Bad Boy Running Club	986	0	0	0	0	0	0	0	986
465	John Reardon	m			0	986	0	0	0	0	0	0	986

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
466	Suzie Freer	f			0	0	986	0	0	0	0	0	986
467	Steven Worsley	m	MV 60	Lancaster and morecambe ac	0	0	0	0	986	0	0	0	986
468	Martyn Robinson	m	MV 50	Bats	0	0	0	0	0	986	0	0	986
469	Jack Cuff	m	U25		0	0	0	0	0	0	986	0	986
470	Simon Northcott	m	MV 40	Scarborough and Nene Vally Athletic C	0	0	0	0	0	0	0	986	986
471	Alex Parry	m	U21		985	0	0	0	0	0	0	0	985
472	Matt Marshall	m	MV 40		0	985	0	0	0	0	0	0	985
473	Matthew Gardner	m	U21	Trafford AC	0	0	0	0	985	0	0	0	985
474	Joshua Kent	m			0	0	0	0	0	985	0	0	985
475	Bethany Jellinek	f			0	0	0	0	0	0	985	0	985
476	Neil Mistry	m			984	0	0	0	0	0	0	0	984
477	Mark Wilson	m	MV 40	Holmfirth harriers	0	984	0	0	0	0	0	0	984
478	Toby Carway	m			0	0	984	0	0	0	0	0	984
479	David Calder	m	MV 60	Westerlands Cross Country Club	0	0	0	0	0	984	0	0	984
480	Dave Park	m		Red Rose Road Runners	983	0	0	0	0	0	0	0	983
481	Tom Buckley	m			0	983	0	0	0	0	0	0	983
482	Dan Lowthorpe	m	MV 40		0	0	983	0	0	0	0	0	983
483	Thomas Bateson	m		LBC Tractors	0	0	0	0	983	0	0	0	983
484	KK Tangjaitrong	m	U21		0	0	0	0	0	983	0	0	983
485	Denis Brice	m			0	0	0	0	0	0	983	0	983
486	Chris Bone	m	MV 40	St Bees Triers	0	0	0	0	0	0	0	983	983
487	Sasha Oldham	f	U21		982	0	0	0	0	0	0	0	982
488	Ewen Turner	m	MV 40		0	0	982	0	0	0	0	0	982
489	Rob Powell	m	MV 50	Scarborough Athletic Club	0	0	0	0	0	982	0	0	982
490	Sally Braithwaite	f	U25	Eden runners	981	0	0	0	0	0	0	0	981
491	John Garraway	m	MV 70		0	0	0	981	0	0	0	0	981
492	Gary Wells	m	MV 60		0	0	0	0	981	0	0	0	981
493	Graham Jenkins	m	MV 50	Ribble Valley Runners	0	0	0	0	0	0	981	0	981
494	Isaac Heap	m	U21		0	0	0	0	0	0	0	981	981
495	John Cull	m	U21		980	0	0	0	0	0	0	0	980
496	kevin Berry	m			0	980	0	0	0	0	0	0	980
497	Matt Allen	m			0	0	980	0	0	0	0	0	980
498	Marcus Carter-Strutt	m			0	0	0	0	980	0	0	0	980
499	Kylie Barlow	f		St Helens Striders	0	0	0	0	0	980	0	0	980
500	Jack Wilson	m			979	0	0	0	0	0	0	0	979
501	Daniel Leonard	m			0	979	0	0	0	0	0	0	979
502	Carl Wild	m	MV 40		0	0	979	0	0	0	0	0	979
503	Darren Wilson	m	MV 50		0	0	0	979	0	0	0	0	979
504	Mikey Hanna	m		LBC Tractors	0	0	0	0	979	0	0	0	979
505	Charlotte Jones	f			0	0	0	0	0	979	0	0	979
506	Alistair Jellinek	m			0	0	0	0	0	0	979	0	979
507	Tom Oldham	m	MV 50		978	0	0	0	0	0	0	0	978
508	Josh Crowther	m			0	978	0	0	0	0	0	0	978

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
509	Steve Jones	m	MV 40		0	0	978	0	0	0	0	0	978
510	Imogen Patrick	f	U25		0	0	0	978	0	0	0	0	978
511	Corey Finnermore	m	U25	Runningwithreece	0	0	0	0	978	0	0	0	978
512	Oliver Wilson	m	U25		0	0	0	0	0	978	0	0	978
513	Neil Croskery	m	MV 50		977	0	0	0	0	0	0	0	977
514	Sophie Lawton	f	U25		0	977	0	0	0	0	0	0	977
515	Alan Huggon	m	MV 50	Border Reiver Runners	0	0	977	0	0	0	0	0	977
516	Steven Marsh	m	MV 60		0	0	0	977	0	0	0	0	977
517	Shaunagh Durkin	f			0	0	0	0	977	0	0	0	977
518	Geoff Lowe	m	MV 60	The Herdy Maaa-shal	0	0	0	0	0	0	0	977	977
519	Josh Holland	m			976	0	0	0	0	0	0	0	976
520	Emm Cassidy	f			0	976	0	0	0	0	0	0	976
521	Chris McDonald	m	MV 50	Boulder Road Runners	0	0	0	0	976	0	0	0	976
522	Jonathan Male	m	MV 40		0	0	0	0	0	0	976	0	976
523	Amy Pickworth	f	FV 40	Darlington harriers	0	975	0	0	0	0	0	0	975
524	Paula Pilling	f	FV 40	Bolton Triathlon Club	0	0	975	0	0	0	0	0	975
525	Courtney Hine	f			0	0	0	975	0	0	0	0	975
526	Jack Whitworth	m		LBC Tractors	0	0	0	0	975	0	0	0	975
527	Andrew Kayll	m			0	0	0	0	0	975	0	0	975
528	Lewis Corran	m			0	0	0	0	0	0	975	0	975
529	James Wadsworth	m			974	0	0	0	0	0	0	0	974
530	Eilidh Wagstaff	f			0	0	974	0	0	0	0	0	974
531	Thomas Skouras	m	MV 40		0	0	0	974	0	0	0	0	974
532	Niall Steadman	m			0	0	0	0	0	974	0	0	974
533	Freya Billinghamurst	f	U25	Netherhall AC	973	0	0	0	0	0	0	0	973
534	Martyn Cottiss	m	MV 50	Ashington Hirst Running Club	0	973	0	0	0	0	0	0	973
535	Tanya Lambert	f	FV 50	Eden Runners	0	0	973	0	0	0	0	0	973
536	Chris Boal	m	MV 60		0	0	0	973	0	0	0	0	973
537	Peter Browne	m	MV 60		0	0	0	0	973	0	0	0	973
538	Jake McGill	m			0	0	0	0	0	973	0	0	973
539	Louise Male	f	FV 40		0	0	0	0	0	0	973	0	973
540	Luke Bell	m			972	0	0	0	0	0	0	0	972
541	Peter Maguire	m	MV 40	Derwent Valley Running Club	0	0	972	0	0	0	0	0	972
542	Shanthi Bilvamangal	f	FV 40		0	0	0	972	0	0	0	0	972
543	Andy Smith	m	MV 60		0	0	0	0	972	0	0	0	972
544	brendan wood	m	MV 40		0	0	0	0	0	0	972	0	972
545	David Lea	m	MV 50	Eden Runners	971	0	0	0	0	0	0	0	971
546	George Wrona	m			0	971	0	0	0	0	0	0	971
547	Jose Gonzalez	m			0	0	971	0	0	0	0	0	971
548	Richard Thomas	m			0	0	0	971	0	0	0	0	971
549	Kev Smith	m	MV 50		0	0	0	0	971	0	0	0	971
550	Jonathan Belshaw	m	MV 40	ACF	0	0	0	0	0	971	0	0	971
551	Raymond Duff	m	MV 50		0	0	0	0	0	0	971	0	971

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
552	John Heap	m	MV 40		0	0	0	0	0	0	0	971	971
553	Jonny Borg	m			0	970	0	0	0	0	0	0	970
554	William wagstaff	m	MV 60		0	0	970	0	0	0	0	0	970
555	Robert Fullerton-Batten	m			0	0	0	970	0	0	0	0	970
556	Jennifer Casson	f	FV 40		0	0	0	0	0	970	0	0	970
557	Ben de Laune	m	MV 40		969	0	0	0	0	0	0	0	969
558	Joe Wilcox	m			0	969	0	0	0	0	0	0	969
559	Robbie Jones	m	MV 50		0	0	969	0	0	0	0	0	969
560	Thomas Staerke	m			0	0	0	969	0	0	0	0	969
561	Jonathan Blissett	m			0	0	0	0	969	0	0	0	969
562	Andrew Spence	m			0	0	0	0	0	969	0	0	969
563	Claire Faulkner	f			0	0	0	0	0	0	0	969	969
564	Matt Fairhurst	m			0	0	968	0	0	0	0	0	968
565	Lauren Booth	f		Hoad Hill Harriers	0	0	0	0	0	968	0	0	968
566	Jason Halliwell	m			967	0	0	0	0	0	0	0	967
567	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	0	967	0	0	0	0	0	0	967
568	Andrew Stewart	m	MV 50		0	0	0	0	967	0	0	0	967
569	Jason Smith	m		North Shields Poly	0	0	0	0	0	0	967	0	967
570	Lucy Courtney	f	FV 50	Jog on Tyne	0	0	0	0	0	0	0	967	967
571	Dorota Fish	f			966	0	0	0	0	0	0	0	966
572	Nick Brookes	m	MV 50		0	0	966	0	0	0	0	0	966
573	Dave Welch	m	MV 60		0	0	0	966	0	0	0	0	966
574	John Butters	m	MV 40	Morpeth harriers	0	0	0	0	966	0	0	0	966
575	Francesca Kearney	f		U/a	965	0	0	0	0	0	0	0	965
576	jane THOMAS	f			0	0	0	965	0	0	0	0	965
577	Lindsey Quinn	f		Morpeth Harriers	0	0	0	0	965	0	0	0	965
578	Louis Kent	m	U21		0	0	0	0	0	965	0	0	965
579	Kevin Harber	m	MV 50		0	0	0	0	0	0	0	965	965
580	Simon Mccarthy	m		U/a	964	0	0	0	0	0	0	0	964
581	Debbie Howard	f	FV 50	Furness Fell Runners	0	0	964	0	0	0	0	0	964
582	Harrison Winstanley	m	U25		0	0	0	964	0	0	0	0	964
583	Dave Robinson	m	MV 40		0	0	0	0	964	0	0	0	964
584	Helen King	f	FV 50		0	0	0	0	0	964	0	0	964
585	Gavin Simpson	m	MV 50		0	0	0	0	0	0	0	964	964
586	Gavin Holmes	m			963	0	0	0	0	0	0	0	963
587	Claire Schofield	f	FV 40		0	0	0	963	0	0	0	0	963
588	Decland Mernagh	m		LBC Tractors	0	0	0	0	963	0	0	0	963
589	Georgia Lines	f	U21		0	0	0	0	0	0	963	0	963
590	Robert Liang	m			0	0	0	0	0	0	0	963	963
591	Emma Lawton	f	U25		962	0	0	0	0	0	0	0	962
592	david whitley	m	MV 50		0	0	962	0	0	0	0	0	962
593	Simon Clarke	m	MV 40		0	0	0	0	962	0	0	0	962
594	Mike Lines	m	MV 40		0	0	0	0	0	0	962	0	962

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
595	Cameron Ives	m	U21		961	0	0	0	0	0	0	0	961
596	Steven Livingstone	m		Derwent Valley Running Club	0	961	0	0	0	0	0	0	961
597	Jim Laycock	m	MV 50		0	0	0	961	0	0	0	0	961
598	Gareth johnson	m	MV 40	Nob end run club	0	0	0	0	0	961	0	0	961
599	Gail Bone	f	FV 40	St Bees Triers	0	0	0	0	0	0	0	961	961
600	Steve Wilkinson	m	MV 40		960	0	0	0	0	0	0	0	960
601	Jim Bowman	m	MV 40		0	960	0	0	0	0	0	0	960
602	Ian Davenport	m	MV 50		0	0	960	0	0	0	0	0	960
603	Ruby Blake	f			0	0	0	960	0	0	0	0	960
604	Chad Sinclair	m			0	0	0	0	960	0	0	0	960
605	Pete Davison	m	MV 50	Glaxo Hoad Hill Harriers	0	0	0	0	0	960	0	0	960
606	Stephen Gilks	m	MV 40		0	0	0	0	0	0	960	0	960
607	Alex Pottinger	m			0	0	0	0	0	0	0	960	960
608	Josh Comley	m	MV 40		959	0	0	0	0	0	0	0	959
609	Amy Ball	f	FV 40	RRC	0	0	959	0	0	0	0	0	959
610	Louise Roberts	f	FV 40		0	0	0	0	959	0	0	0	959
611	Robert Myatt	m	MV 40		0	0	0	0	0	959	0	0	959
612	Al McKain	m			0	0	0	0	0	0	959	0	959
613	Graham Pickering	m			958	0	0	0	0	0	0	0	958
614	Lucy Robins	f	FV 50		0	0	0	958	0	0	0	0	958
615	Jack Brain	m			0	0	0	0	958	0	0	0	958
616	Rupert Rowe	m			0	0	0	0	0	0	958	0	958
617	Mark Pearson	m	MV 50		0	0	0	0	0	0	0	958	958
618	Daniel Ford	m	MV 40	Bunfit	0	957	0	0	0	0	0	0	957
619	Richard Lambert	m	MV 50	Eden Runners	0	0	957	0	0	0	0	0	957
620	Tanya Akartel	f			0	0	0	957	0	0	0	0	957
621	Lucy Garrod	f	FV 50		0	0	0	0	0	957	0	0	957
622	Anna Geary	f	FV 40		0	0	0	0	0	0	0	957	957
623	Laura Leslie	f	FV 40	BRAT	956	0	0	0	0	0	0	0	956
624	James Jardine	m	MV 40	Eden Runners	0	956	0	0	0	0	0	0	956
625	Lee Graham	m	MV 50		0	0	0	956	0	0	0	0	956
626	Joanne Unsworth	f			0	0	0	0	0	956	0	0	956
627	Andrew Unitt	m	MV 60	Barrow Runners	0	0	0	0	0	0	956	0	956
628	Alison Oldham	f	FV 50		955	0	0	0	0	0	0	0	955
629	Richard Hawkins	m	MV 40	York Postal Harriers	0	0	0	0	955	0	0	0	955
630	Michael Brinkhuijsen	m	MV 40		0	0	0	0	0	955	0	0	955
631	Jamie Thompson	m			0	0	0	0	0	0	955	0	955
632	Rob Bennion	m	MV 50		0	0	0	0	0	0	0	955	955
633	Joe Taylforth	m			954	0	0	0	0	0	0	0	954
634	Liam Hall	m			0	954	0	0	0	0	0	0	954
635	Jane Damerum	f	FV 40		0	0	0	954	0	0	0	0	954
636	Ryan McDowell	m			0	0	0	0	954	0	0	0	954
637	sarah McVicar	f	FV 40		0	0	0	0	0	954	0	0	954

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
638	Ashley Benton	m			0	0	0	0	0	0	954	0	954
639	Ian Stainthorpe	m	MV 60	Rochdale Harriers	0	0	0	0	0	0	0	954	954
640	Mark Foden	m	MV 40		953	0	0	0	0	0	0	0	953
641	Lauren Parkins	f			0	0	0	953	0	0	0	0	953
642	Ben Hindley	m			0	0	0	0	0	0	953	0	953
643	Jessica Cocker	f		Cambridge And Coleridge Ac	0	0	952	0	0	0	0	0	952
644	Paul Jones	m			0	0	0	0	952	0	0	0	952
645	Stu Jolly	m	MV 40		0	0	0	0	0	0	952	0	952
646	Scott Rosevere	m		Radcliffe AC	0	0	0	0	0	0	0	952	952
647	Richard Brown	m	MV 40	Belper Harriers	951	0	0	0	0	0	0	0	951
648	Craig Tett	m			0	951	0	0	0	0	0	0	951
649	Joseph Peate	m	MV 50		0	0	951	0	0	0	0	0	951
650	John Turner	m	MV 40	Lonely Goat RC	0	0	0	0	951	0	0	0	951
651	Ian Jones	m	MV 50		0	0	0	0	0	951	0	0	951
652	Joanna Fitch	f			0	0	0	0	0	0	0	951	951
653	Darrel White	m			950	0	0	0	0	0	0	0	950
654	Russell Thompson	m	MV 60		0	0	950	0	0	0	0	0	950
655	Colin Mackenzie	m	MV 60		0	0	0	950	0	0	0	0	950
656	Thomas Pearson	m			0	0	0	0	0	950	0	0	950
657	Lewis Saunders	m			0	0	0	0	0	0	950	0	950
658	William Fitch	m			0	0	0	0	0	0	0	950	950
659	Andrew Backhouse	m	MV 50		949	0	0	0	0	0	0	0	949
660	ANDREW NALBORCZYK	m	MV 40		0	949	0	0	0	0	0	0	949
661	Mick WK	m			0	0	0	949	0	0	0	0	949
662	Justine Patton	f			0	0	0	0	0	949	0	0	949
663	Jack Whiting	m			0	0	0	0	0	0	949	0	949
664	Megan Proffitt	f	U25		0	0	0	0	0	0	0	949	949
665	Chris Dunn	m	MV 40	Nob End running club	948	0	0	0	0	0	0	0	948
666	Phil Anderson	m	MV 40	Riversway Roadrunners	0	948	0	0	0	0	0	0	948
667	Chris Clark	m	MV 40		0	0	0	0	0	0	948	0	948
668	Maddie Gwillim	f	U25	Wallsend harriers	0	0	0	0	0	0	0	948	948
669	Christopher Rowland	m	MV 40		0	0	947	0	0	0	0	0	947
670	Michael Davis	m	MV 70	Prestatyn R C	0	0	0	947	0	0	0	0	947
671	Fraser Tidman	m	MV 40		0	0	0	0	947	0	0	0	947
672	Sarah Ward	f		Abbey Runners	0	0	0	0	0	947	0	0	947
673	Adrian Spencer	m	MV 50	Barrow Runners	0	0	0	0	0	0	947	0	947
674	Mark Wilding	m	MV 50		946	0	0	0	0	0	0	0	946
675	Phil Hayes	m	MV 50	TCRC	0	0	0	946	0	0	0	0	946
676	wayne cooper	m	MV 40		0	0	0	0	946	0	0	0	946
677	Luke Addison	m			0	0	0	0	0	0	946	0	946
678	Jeff Conabere	m	MV 50		0	945	0	0	0	0	0	0	945
679	Javier Marroquin Fernandez	m			0	0	0	945	0	0	0	0	945
680	Ann Birchall	f	FV 50	Ashington Hirst Running Club	0	0	0	0	945	0	0	0	945

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
681	Kev Wilson	m	MV 40		0	0	0	0	0	945	0	0	945
682	Finlay Nichols	m	U21		0	0	0	0	0	0	945	0	945
683	Lewis Mcintyre	m	MV 60		0	944	0	0	0	0	0	0	944
684	Nadia González de Dios	f			0	0	0	944	0	0	0	0	944
685	Christina Mcguire	f	FV 60	Lancaster & Morecambe	0	0	0	0	944	0	0	0	944
686	Elliot Shorrock	m	U21		0	0	0	0	0	0	944	0	944
687	David Macgillivray	m	MV 60	Dh Runners	0	0	0	0	0	0	0	944	944
688	Jack Liddell	m			943	0	0	0	0	0	0	0	943
689	William Burgess	m	MV 60	Cheshire Hash House Harriers	0	0	943	0	0	0	0	0	943
690	Ayub Mal	m	MV 40		0	0	0	0	943	0	0	0	943
691	Melissa Gorst	f		Dallam	0	0	0	0	0	943	0	0	943
692	Alison Piron	f	FV 40		0	942	0	0	0	0	0	0	942
693	Erin Crompton	f	U25	Nob End	0	0	942	0	0	0	0	0	942
694	Gareth Pratt	m	MV 50	Lostock AC	0	0	0	0	942	0	0	0	942
695	Elsie Roberts	f	FV 40	Glaxo Hoad Hill Harriers	941	0	0	0	0	0	0	0	941
696	Beth Goodliff	f	FV 40		0	0	0	941	0	0	0	0	941
697	Richard Bibb	m	MV 50	Shepshed	0	0	0	0	941	0	0	0	941
698	David Taylor	m	MV 60	Cheshire Hash House Harriers	0	0	0	0	0	941	0	0	941
699	Graham Pinder	m	MV 60	Hoadhill Harriers	940	0	0	0	0	0	0	0	940
700	Maggie Dunn	f	FV 50		0	0	0	940	0	0	0	0	940
701	Barry Lyonette	m	MV 70	Pensby Runners	0	0	0	0	0	940	0	0	940
702	Peter EVANS	m	MV 50	Kings heath rc	0	0	0	0	0	0	940	0	940
703	Daniel Robinson	m			939	0	0	0	0	0	0	0	939
704	Katharine Donaldson	f			0	0	0	939	0	0	0	0	939
705	Jessica Booth	f			0	0	0	0	939	0	0	0	939
706	Jake Byers	m			0	0	0	0	0	939	0	0	939
707	David Brooks	m	MV 60		0	0	0	0	0	0	939	0	939
708	Andrew Baker	m			938	0	0	0	0	0	0	0	938
709	Simon Cocker	m	MV 60		0	0	938	0	0	0	0	0	938
710	Sarah Green	f	FV 40	Warrington running club	0	0	0	938	0	0	0	0	938
711	Adrian Dixon	m	MV 60		0	0	0	0	938	0	0	0	938
712	Mark Ogilvie	m	MV 60		0	0	0	0	0	938	0	0	938
713	Alistair Hudson	m			0	0	0	0	0	0	938	0	938
714	Ashleigh Atkinson	f			937	0	0	0	0	0	0	0	937
715	Michal Wozniak	m	MV 40		0	0	937	0	0	0	0	0	937
716	Emma Gardner	f			0	0	0	937	0	0	0	0	937
717	Jessica Montgomery	f			0	0	0	0	937	0	0	0	937
718	Charlene Smith	f	FV 40		0	0	0	0	0	937	0	0	937
719	Sarah Donaldson	f			0	0	0	936	0	0	0	0	936
720	Matthew Harvey	m			0	0	0	0	0	0	936	0	936
721	Tara Langley	f	FV 40		0	0	0	0	0	0	0	936	936
722	Lee Holman	m	MV 50		935	0	0	0	0	0	0	0	935
723	Jo Andrews	f	FV 50		0	935	0	0	0	0	0	0	935

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
724	Christina Marechal	f			0	0	935	0	0	0	0	0	935
725	Hannah Lewington	f			0	0	0	935	0	0	0	0	935
726	John Gummery	m	MV 60	Kendal Tri Club	0	0	0	0	935	0	0	0	935
727	Holly Radcliffe	f			934	0	0	0	0	0	0	0	934
728	Bee Baatarsuren	f	FV 40		0	0	0	934	0	0	0	0	934
729	Amelia Dore	f			0	0	0	0	0	934	0	0	934
730	Graham Livesey	m	MV 50		0	0	0	0	0	0	0	934	934
731	Tim Brion	m	MV 40		933	0	0	0	0	0	0	0	933
732	Tim Cullimore	m	MV 50		0	933	0	0	0	0	0	0	933
733	Gemma Hunter	f			0	0	0	933	0	0	0	0	933
734	Mat Harrop	m	MV 50		0	0	0	0	933	0	0	0	933
735	Philip Vautier	m			0	0	0	0	0	0	933	0	933
736	Mike Rhodes	m			0	0	0	0	0	0	0	933	933
737	Tom Prescott	m	U21	Billinge Running Club	932	0	0	0	0	0	0	0	932
738	Allison Pilling	f			0	932	0	0	0	0	0	0	932
739	Jamie Grierson	m		Warrington Running Club	0	0	0	932	0	0	0	0	932
740	Esther Rollinson	f			0	0	0	0	932	0	0	0	932
741	Joe Strudwick	m			0	0	0	0	0	932	0	0	932
742	Matthew Flynn	m			0	0	0	0	0	0	932	0	932
743	Emma Miller	f			0	0	0	0	0	0	0	932	932
744	Peter Gibb	m	MV 40		931	0	0	0	0	0	0	0	931
745	Des Cannon	m	MV 60	Kendal Tri Club	0	931	0	0	0	0	0	0	931
746	David Goodier	m	MV 40		0	0	931	0	0	0	0	0	931
747	Samantha Warner	f		Victoria Park Running Club	0	0	0	931	0	0	0	0	931
748	Kimberley Powles	f	FV 40	Wyndham Athletics Club	0	0	0	0	0	0	0	931	931
749	fiona mashiter	f	FV 50	Ulverston Tri Club	0	0	930	0	0	0	0	0	930
750	Sarah Wright	f	FV 40	Eden Runners	0	0	0	930	0	0	0	0	930
751	Sam Jackson	m			0	0	0	0	930	0	0	0	930
752	Peter Stokes	m			0	0	0	0	0	0	930	0	930
753	Dawn Bennett	f	FV 40	Vale of York Athletic Community	929	0	0	0	0	0	0	0	929
754	Peter Foster	m	U21		0	0	929	0	0	0	0	0	929
755	Kirsten Macleman	f			0	0	0	0	929	0	0	0	929
756	Susan Black	f	FV 50	Tynedale Harriers	0	0	0	0	0	0	0	929	929
757	Jonathan Booth	m			928	0	0	0	0	0	0	0	928
758	David Mccluskey	m	MV 40		0	928	0	0	0	0	0	0	928
759	Sarah Weston	f	FV 40		0	0	928	0	0	0	0	0	928
760	Paul Otway	m	MV 50		0	0	0	0	0	928	0	0	928
761	Caroline Clark	f	FV 40		0	0	0	0	0	0	928	0	928
762	Tom Mitchell	m	MV 60	Tricentral	0	0	0	0	0	0	0	928	928
763	Yvonne Hung	f	FV 40		0	0	927	0	0	0	0	0	927
764	Andrew Lebus	m	MV 60		0	0	0	927	0	0	0	0	927
765	Lucy Mattinson	f			0	0	0	0	927	0	0	0	927
766	Nick Lewer	m	MV 70		0	0	0	0	0	0	0	927	927

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
767	Heather Taylor	f	FV 40		0	926	0	0	0	0	0	0	926
768	Laura Mann	f			0	0	0	926	0	0	0	0	926
769	David Robson	m	MV 50	Barrow Runners	0	0	0	0	0	0	926	0	926
770	James Snutch	m	MV 40	Birstall Running Club	0	0	0	0	0	0	0	926	926
771	Laura Hewitson	f	FV 40	St Bees Triers	925	0	0	0	0	0	0	0	925
772	Katherine Wren	f	FV 50		0	0	0	925	0	0	0	0	925
773	Gillian Doolan	f	FV 50		0	0	0	0	0	925	0	0	925
774	William Rooke	m			0	0	0	0	0	0	0	925	925
775	Jenny Jacques	f		St Bees Triers	924	0	0	0	0	0	0	0	924
776	Kate Formstone	f	FV 40		0	0	924	0	0	0	0	0	924
777	Rose Matthews	f	FV 60		0	0	0	924	0	0	0	0	924
778	Jonty Tarbuck	m	MV 50		0	0	0	0	924	0	0	0	924
779	Mike Whiteman	m	MV 50	None	0	0	0	0	0	0	924	0	924
780	Jamie Butler	m		Birstall Rc	0	0	0	0	0	0	0	924	924
781	Aaron Smith	m			0	923	0	0	0	0	0	0	923
782	Dan Ross	m	MV 50		0	0	0	0	923	0	0	0	923
783	Roger Harrison	m	MV 60		0	0	0	0	0	923	0	0	923
784	Darren Hodgson	m	MV 50	RHBoys	0	0	0	0	0	0	923	0	923
785	Robert Burgess	m	MV 50		0	0	0	0	0	0	0	923	923
786	Alice Bradshaw	f			922	0	0	0	0	0	0	0	922
787	Daniel Stevens	m			0	922	0	0	0	0	0	0	922
788	Steve Burgess	m	MV 60	Thornton Cleveleys	0	0	0	922	0	0	0	0	922
789	Joris Volmer	m			0	0	0	0	922	0	0	0	922
790	Andy Johnson	m	MV 40		0	0	0	0	0	922	0	0	922
791	James Campbell	m	MV 40		0	0	0	0	0	0	922	0	922
792	Neil Park	m	MV 60		0	0	0	0	0	0	0	922	922
793	KEVIN SIM	m	MV 40		921	0	0	0	0	0	0	0	921
794	Duncan Ford	m	MV 50		0	921	0	0	0	0	0	0	921
795	Paul Henthorn	m	MV 50		0	0	0	921	0	0	0	0	921
796	Joseph Grimble	m			0	0	0	0	921	0	0	0	921
797	James Saunders	m			0	0	0	0	0	921	0	0	921
798	Jason Stanley	m	MV 40		0	0	0	0	0	0	921	0	921
799	Jenni Wisher	f	FV 50		0	0	0	0	0	0	0	921	921
800	Lee Hughes	m			0	920	0	0	0	0	0	0	920
801	Glenn Morris	m	MV 50	Running Bear	0	0	920	0	0	0	0	0	920
802	Karen Henthorn	f	FV 40		0	0	0	920	0	0	0	0	920
803	David Spowart	m			0	0	0	0	920	0	0	0	920
804	John Green	m	MV 50		0	0	0	0	0	0	920	0	920
805	Hazel Cottam	f			919	0	0	0	0	0	0	0	919
806	Hannah Blundell	f		Rivington Run Club	0	919	0	0	0	0	0	0	919
807	Jules Steele	f	FV 50	Witherslack Warriors	0	0	0	919	0	0	0	0	919
808	Marie Decadt	f			0	0	0	0	919	0	0	0	919
809	Steven Bellamy	m	MV 40	Red Rose Runners	0	0	0	0	0	919	0	0	919

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
853	Rosina Merrett	f	FV 40		0	910	0	0	0	0	0	0	910
854	Dan McCandlish	m			0	0	910	0	0	0	0	0	910
855	Rosanna Cox	f	FV 50		0	0	0	910	0	0	0	0	910
856	Hannah Heron	f	FV 40		0	0	0	0	0	0	910	0	910
857	Lucy Anstiss	f			0	0	0	0	0	0	0	910	910
858	Katherine France	f	FV 40		0	909	0	0	0	0	0	0	909
859	Emma Findlay	f			0	0	909	0	0	0	0	0	909
860	Erica Carter	f	FV 50		0	0	0	0	909	0	0	0	909
861	Sally McFarlane	f	FV 50	None	0	0	0	0	0	909	0	0	909
862	Ali Rafferty	f			0	0	0	0	0	0	0	909	909
863	Matthew Slater	m	U21		0	0	908	0	0	0	0	0	908
864	Debbie Whitehead	f	FV 60	Alton Runners	0	0	0	908	0	0	0	0	908
865	Ben Mitchell	m	MV 40		0	0	0	0	908	0	0	0	908
866	Phil Holden	m	MV 60		0	0	0	0	0	908	0	0	908
867	Alexander Wrigley	m		Black Combe Runners	0	0	0	0	0	0	908	0	908
868	Ceri Makin	f			0	0	0	0	0	0	0	908	908
869	George Thompson	m			907	0	0	0	0	0	0	0	907
870	Anthony Slater	m	MV 50		0	0	907	0	0	0	0	0	907
871	Damian Melia	m	MV 40	Levenshulme Runners	0	0	0	907	0	0	0	0	907
872	Liam Nichol	m		Training for the trails	0	0	0	0	0	0	907	0	907
873	Kerrie Mott	f			0	0	0	0	0	0	0	907	907
874	Helen Lawrenson	f	FV 50	Blackpool Wyre & fylde AC	906	0	0	0	0	0	0	0	906
875	Steve Roe	m	MV 50		0	906	0	0	0	0	0	0	906
876	Philip Whitfield	m	MV 50	Eden Runners	0	0	906	0	0	0	0	0	906
877	Frank Rogers	m	MV 50	Levenshulme Runners	0	0	0	906	0	0	0	0	906
878	Phillip Coulter	m	MV 50		0	0	0	0	906	0	0	0	906
879	Nigel Harrison	m	MV 60	Red Rose Road runners	0	0	0	0	0	906	0	0	906
880	James Woodford	m	MV 40		0	0	0	0	0	0	906	0	906
881	Jonathan Davis	m	MV 40		905	0	0	0	0	0	0	0	905
882	Justine Roe	f	FV 50		0	905	0	0	0	0	0	0	905
883	Audrey Allas	f			0	0	0	0	905	0	0	0	905
884	Callum Grogan	m			0	0	0	0	0	905	0	0	905
885	Robert Fisher	m	MV 40		0	0	0	0	0	0	905	0	905
886	Chris Dixon	m	MV 40		904	0	0	0	0	0	0	0	904
887	ELIZABETH HUNTER	f	FV 40		0	904	0	0	0	0	0	0	904
888	Ellie Coates	f	U25		0	0	904	0	0	0	0	0	904
889	Tsomo Ch	f	FV 40		0	0	0	904	0	0	0	0	904
890	Arthur Littlewood	m			0	0	0	0	904	0	0	0	904
891	Chris Lawrence	f	FV 60		0	0	0	0	0	904	0	0	904
892	Christopher Barnes	m	MV 40		0	0	0	0	0	0	904	0	904
893	Bridget Broadhurst	f	FV 60	Tynedale Harriers	0	0	0	0	0	0	0	904	904
894	anna kirk	f			903	0	0	0	0	0	0	0	903
895	Nick Doy	m			0	903	0	0	0	0	0	0	903

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
896	Joanne Ryan	f	FV 50	Alton Runners	0	0	0	903	0	0	0	0	903
897	Karen McClay	f	FV 50	Cornwall ac	0	0	0	0	903	0	0	0	903
898	Tamsyn Duffy	f	FV 40		0	0	0	0	0	903	0	0	903
899	Howard Rand	m	MV 50		902	0	0	0	0	0	0	0	902
900	Dan Jackson	m	MV 40		0	902	0	0	0	0	0	0	902
901	Julie Gate	f	FV 50	Eden Runners	0	0	902	0	0	0	0	0	902
902	claire beaty	f	FV 50		0	0	0	902	0	0	0	0	902
903	Thanasis Lechouritis	m			0	0	0	0	902	0	0	0	902
904	Jason Doggett	m			901	0	0	0	0	0	0	0	901
905	Lucy Bowman	f	U21		0	901	0	0	0	0	0	0	901
906	Jennifer Coates	m			0	0	901	0	0	0	0	0	901
907	Kerry Oakey	f	FV 40		0	0	0	901	0	0	0	0	901
908	Caroline Hollick	f	FV 40		0	0	0	0	901	0	0	0	901
909	Malcolm Alderton	m	MV 60	Chorley Runners	0	900	0	0	0	0	0	0	900
910	Kieran Waller	m			0	0	900	0	0	0	0	0	900
911	Finn McCann	m			0	0	0	0	900	0	0	0	900
912	Lucy Grogan	f			0	0	0	0	0	900	0	0	900
913	Lynne Carruthers	f	FV 60	Dch	0	0	0	0	0	0	900	0	900
914	James Skivington	m			899	0	0	0	0	0	0	0	899
915	Chris Hughes	m	MV 40		0	899	0	0	0	0	0	0	899
916	Clare Cotton	f			0	0	899	0	0	0	0	0	899
917	Mark Charlson	m	MV 40		0	0	0	899	0	0	0	0	899
918	Lucy McCann	f			0	0	0	0	899	0	0	0	899
919	Rob PHILLISKIRK	m	MV 40	Marsh Lane Harriers	0	0	0	0	0	899	0	0	899
920	Chris Sloan	m	MV 40		0	898	0	0	0	0	0	0	898
921	Peter Blackledge	m	MV 40		0	0	0	0	0	898	0	0	898
922	Lauren Morris	f			897	0	0	0	0	0	0	0	897
923	Richard Dawson	m	MV 40		0	897	0	0	0	0	0	0	897
924	Helen Baxandall	f	FV 60	Prestatyn running club	0	0	0	897	0	0	0	0	897
925	Karla Napoleon	f	FV 40		0	0	0	0	897	0	0	0	897
926	Mia O'Callaghan	f			0	0	0	0	0	897	0	0	897
927	Rae Morris	f	U25		0	0	0	0	0	0	0	897	897
928	Alice Marsden	f			896	0	0	0	0	0	0	0	896
929	Holly Mackenzie	f	FV 40		0	0	0	0	0	0	896	0	896
930	Leonie Hayler	f	FV 50	Tynedale Harriers	0	0	0	0	0	0	0	896	896
931	Alecia Johnstone	f	FV 40		0	0	895	0	0	0	0	0	895
932	Joe Tracy	m	MV 50		0	0	0	0	0	895	0	0	895
933	Elizabeth Thornton	f			0	0	0	0	0	0	0	895	895
934	Stuart Anderson	m	MV 40		894	0	0	0	0	0	0	0	894
935	Simon Tomlinson	m	MV 50		0	0	894	0	0	0	0	0	894
936	Paul Hewitt	m	MV 60		0	0	0	0	894	0	0	0	894
937	Lee Clark	m	MV 40	Team Acf	0	0	0	0	0	894	0	0	894
938	Lizzie Robinson	f			0	0	0	0	0	0	894	0	894

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
939	Emma Harris	f	FV 40		0	0	0	0	0	0	0	894	894
940	Sophie Newbould	f		Skipton Ac	893	0	0	0	0	0	0	0	893
941	Shirley Buckley	f	FV 60	The Stragglers	0	893	0	0	0	0	0	0	893
942	Hannah Greenwood	f			0	0	893	0	0	0	0	0	893
943	Stephen Leung	m	MV 50		0	0	0	0	0	893	0	0	893
944	Sian Hacker	f	FV 40		0	0	0	0	0	0	0	893	893
945	Rebecca Brigg	f	FV 40		892	0	0	0	0	0	0	0	892
946	Fliss Milner	f	FV 60	Dark Peak Fell Runners	0	892	0	0	0	0	0	0	892
947	George Woodfield	m			0	0	0	0	0	892	0	0	892
948	Rebecca Leahy	f			0	0	0	0	0	0	892	0	892
949	Lynda Davenport	f	FV 40		0	0	0	0	0	0	0	892	892
950	Tim Farron	m	MV 50	Dallam Runners	0	0	891	0	0	0	0	0	891
951	alice bavuudorj	f	FV 50		0	0	0	891	0	0	0	0	891
952	Anthony Flynn	m	MV 40		0	0	0	0	891	0	0	0	891
953	Sian Walsh	f			0	0	0	0	0	891	0	0	891
954	Craig Stephenson	m	MV 40	SUMMIT ULVERSTON	0	0	0	0	0	0	891	0	891
955	Katie Wilkinson	f	FV 50		890	0	0	0	0	0	0	0	890
956	Andy Counce	m			0	890	0	0	0	0	0	0	890
957	Jackie Smith	f	FV 60		0	0	0	0	890	0	0	0	890
958	Sharon Scott	f	FV 50		0	0	0	0	0	890	0	0	890
959	Gary Anderson	m	MV 50		0	0	0	0	0	0	0	890	890
960	Ben Jackson	m			889	0	0	0	0	0	0	0	889
961	Susanne PETERS	f	FV 50		0	0	0	889	0	0	0	0	889
962	Marie Stolbrink	f			888	0	0	0	0	0	0	0	888
963	Jennifer Gemmell	f	FV 40	Witherslack Warriors	0	0	0	888	0	0	0	0	888
964	Jean WILKINSON	f	FV 50		0	0	0	0	888	0	0	0	888
965	Ian Glendenning	f	FV 50		0	0	0	0	0	888	0	0	888
966	Elin Brooks	f		North Shields Poly	0	0	0	0	0	0	888	0	888
967	Gillian Felton	f	FV 50		0	0	0	0	0	0	0	888	888
968	Jack Croskery	m	U21		887	0	0	0	0	0	0	0	887
969	David Leech	m			0	887	0	0	0	0	0	0	887
970	Julie Muggleton	f	FV 50		0	0	887	0	0	0	0	0	887
971	Rebecca Payne	f	FV 40		0	0	0	0	887	0	0	0	887
972	Claudia Pagoulatou	f	FV 50	Pensby Runners	0	0	0	0	0	0	887	0	887
973	Josh Collins	m			0	0	0	0	0	0	0	887	887
974	curtis rutter	m			886	0	0	0	0	0	0	0	886
975	egi bayar	f	FV 40		0	0	0	886	0	0	0	0	886
976	Briony Coglan	f		SUMMIT ULVERSTON	0	0	0	0	0	0	886	0	886
977	Elise Lown	f	U25		0	0	0	0	0	0	0	886	886
978	Ruth Jack	f			885	0	0	0	0	0	0	0	885
979	Rebecca Quelch-Cliffe	f			0	0	0	885	0	0	0	0	885
980	David Craig	m		Bellahouston Harriers	0	0	0	0	885	0	0	0	885
981	Michael Wilkinson	m			0	0	0	0	0	885	0	0	885

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
982	Alison Duggan	f	FV 40	Washlands Women	0	0	0	0	0	0	885	0	885
983	Simon Williams	m	MV 50		884	0	0	0	0	0	0	0	884
984	Jonathan Hughes	m		NARC	0	884	0	0	0	0	0	0	884
985	Ruth Robson	f	FV 40	York Knavesmire Harriers	0	0	0	884	0	0	0	0	884
986	Kerry Lawrence	f	FV 50		0	0	0	0	884	0	0	0	884
987	Hannah Croskery	f	U25		883	0	0	0	0	0	0	0	883
988	Dawn Jones	f	FV 50	Harlow Athletic Club	0	883	0	0	0	0	0	0	883
989	Vicky Johnston	f	FV 50	St Bees Triers	0	0	0	883	0	0	0	0	883
990	Jane Jackson	f	FV 60	Lonely Goat RC	0	0	0	0	883	0	0	0	883
991	Phil Blaylock	m	MV 40	Team Lakeland Trails	0	0	0	0	0	883	0	0	883
992	Frank McKeown	m	MV 50	Glaxo Hoad Hill Harriers	0	0	0	0	0	0	883	0	883
993	David Stephens	m	MV 60	Clwydian Range Runners	882	0	0	0	0	0	0	0	882
994	Gemma Kenny	f			0	882	0	0	0	0	0	0	882
995	David Watson	m	MV 50	Red Rose Road Runners	0	0	0	882	0	0	0	0	882
996	Rosie Spencer	f	U25		0	0	0	0	882	0	0	0	882
997	Matt McCormack	m			881	0	0	0	0	0	0	0	881
998	Martin Ashcroft	m	MV 40		0	881	0	0	0	0	0	0	881
999	John Croxford	m	MV 60	N/A	0	0	0	0	0	881	0	0	881
1000	Sam Perkins	f	FV 40		0	0	0	0	0	0	881	0	881
1001	Katie McCormack	f			880	0	0	0	0	0	0	0	880
1002	Ellie Brown	f			0	0	880	0	0	0	0	0	880
1003	Karol Whettlock	f	FV 60		0	0	0	880	0	0	0	0	880
1004	Nancy Allen	f	FV 40		0	0	0	0	0	0	0	880	880
1005	lucy barnes	f	U25	Keele University	879	0	0	0	0	0	0	0	879
1006	Helen Dyche	f	FV 40	Washland Women Runners	0	879	0	0	0	0	0	0	879
1007	James Buckingham	m	MV 60	Penarth and Dinas Runners	0	0	879	0	0	0	0	0	879
1008	Heidi Martin	f	FV 40		0	0	0	879	0	0	0	0	879
1009	Ann Cleave	f	FV 60	Red Rose Road Runners	0	0	0	0	0	879	0	0	879
1010	Hilary Stephenson	f	FV 40	Hoad Hill Harriers	0	0	0	0	0	0	879	0	879
1011	Karmini McCann	f	FV 40		0	0	0	0	0	0	0	879	879
1012	Samuel Wroe	m			0	0	878	0	0	0	0	0	878
1013	Budjav Erde	f	FV 40		0	0	0	878	0	0	0	0	878
1014	Alison Standeven	f	FV 40		0	0	0	0	0	878	0	0	878
1015	Nicola Woods	f	FV 40		0	0	0	0	0	0	878	0	878
1016	Lucy Graham	f	FV 40		0	0	0	0	0	0	0	878	878
1017	Paul Amiss	m	MV 50		877	0	0	0	0	0	0	0	877
1018	Sally Gardner	f	FV 50		0	0	877	0	0	0	0	0	877
1019	Gabby Thorpe	f	FV 40		0	0	0	877	0	0	0	0	877
1020	Stephen Hatch	m	MV 60		0	0	0	0	0	877	0	0	877
1021	Gemma Lodge	f			0	876	0	0	0	0	0	0	876
1022	Carrie Pearson	f	FV 40		0	0	876	0	0	0	0	0	876
1023	Robert Payne	m	MV 40		0	0	0	0	876	0	0	0	876
1024	Lucie MacArthur	f	FV 40		0	0	875	0	0	0	0	0	875

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1025	Julia Thornley	f	FV 50	Sunnywood Crazy Trail Girls	0	0	0	875	0	0	0	0	875
1026	Sam Elliott	m			0	0	0	0	875	0	0	0	875
1027	Susan Heaps	f	FV 60	St Helens Striders	0	0	0	0	0	875	0	0	875
1028	Nick Bell	m	MV 60	Savvy Park Runrz	874	0	0	0	0	0	0	0	874
1029	Carolina Francener	f			0	0	0	0	874	0	0	0	874
1030	Lucinda Stone	f	FV 40	Staffs Moorlands	873	0	0	0	0	0	0	0	873
1031	Maria Lahtinen	f			0	0	0	873	0	0	0	0	873
1032	Daniel Small	m			0	0	0	0	0	873	0	0	873
1033	Charlie Garner	m	U25		0	0	0	0	0	0	873	0	873
1034	Lesley Wallace	f	FV 50	Women on the Run	0	872	0	0	0	0	0	0	872
1035	Carla Benaron	f	FV 40		0	0	872	0	0	0	0	0	872
1036	Scott Currie	m	MV 70	Bridgened Bumpers	0	0	0	872	0	0	0	0	872
1037	Julie Evans	f	FV 50	Kings Heath RC	0	0	0	0	0	0	872	0	872
1038	Robbie Shuttleworth	f			0	871	0	0	0	0	0	0	871
1039	Eva Wardlow	f	U25		0	0	0	0	871	0	0	0	871
1040	Isabelle Harrison	f	U25		0	0	0	0	0	871	0	0	871
1041	James Hall	m			0	0	0	0	0	0	871	0	871
1042	Michael Johnson	m	MV 60		0	870	0	0	0	0	0	0	870
1043	Jackie Routledge	f	FV 60	Thornton Cleveleys	0	0	0	870	0	0	0	0	870
1044	Carol Hatch	f	FV 60		0	0	0	0	0	870	0	0	870
1045	Anastasia Fleming	f			0	0	0	0	0	0	0	870	870
1046	Gary Thacker	m	MV 60		0	869	0	0	0	0	0	0	869
1047	Holly Unsworth	f			0	0	0	869	0	0	0	0	869
1048	Andrea Counce	f	FV 50		0	0	0	0	869	0	0	0	869
1049	Callum James Woodward	m			0	0	0	0	0	0	0	869	869
1050	Luke Kenealy	m	MV 40		868	0	0	0	0	0	0	0	868
1051	Sian Mccamon	f			0	0	868	0	0	0	0	0	868
1052	Damien Hardy	m			0	0	0	0	0	868	0	0	868
1053	Alannah Woodward	f			0	0	0	0	0	0	0	868	868
1054	Claire Doffegnies	f			867	0	0	0	0	0	0	0	867
1055	Michael Charnock	m			0	0	0	0	0	867	0	0	867
1056	Glyn McGovern	m	MV 60		0	0	866	0	0	0	0	0	866
1057	Hilary Charnock	f	FV 40		0	0	0	0	0	866	0	0	866
1058	Zoe Bridges	f	FV 50	Trail Running Association	0	0	0	0	0	0	866	0	866
1059	Gill Leigh	f	FV 50		0	865	0	0	0	0	0	0	865
1060	James Murphy	m			0	0	865	0	0	0	0	0	865
1061	Katie Jackson	f			0	0	0	0	865	0	0	0	865
1062	Adam Smith	m	MV 40		0	0	0	0	0	865	0	0	865
1063	Dave Raynor	m	MV 60	Red Rose Road Runners	0	0	0	0	0	0	865	0	865
1064	Dave Prescott	m	MV 50	Bridgnorth Running Club	0	0	0	0	0	0	0	865	865
1065	Helen Jones	f	FV 40		864	0	0	0	0	0	0	0	864
1066	Lesley Chapman	f	FV 60		0	0	0	0	864	0	0	0	864
1067	Jonathan Butterworth	m	MV 40		0	0	0	0	0	864	0	0	864

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1111	Vicky Ward	f	FV 50		0	0	0	0	0	851	0	0	851
1112	Paul Haydon	m	MV 50	F.r.a.	0	0	0	0	0	0	851	0	851
1113	Tessa Atkinson	f			850	0	0	0	0	0	0	0	850
1114	Christian Oxley	m	MV 40		0	850	0	0	0	0	0	0	850
1115	Jan Jolly	f	FV 40		0	0	0	0	0	0	850	0	850
1116	Joanna Kinrade	f			0	0	849	0	0	0	0	0	849
1117	Corinna Williamson	f			0	0	0	0	849	0	0	0	849
1118	Chris Rugg	m	MV 40		0	0	0	0	0	0	849	0	849
1119	Alice Tolley	f	U21	City of Sheffield and Dearne	0	848	0	0	0	0	0	0	848
1120	John Bee	m	MV 60		0	0	0	0	0	848	0	0	848
1121	Lindsay Brown	f	FV 50	DH Runners	0	0	0	0	0	0	848	0	848
1122	Shinade Creighton	f	U21		0	0	847	0	0	0	0	0	847
1123	Karen Lee	f	FV 50	DH Runners	0	0	0	0	0	0	847	0	847
1124	David Mackarel	m			0	0	0	0	0	0	0	847	847
1125	Dominic Banks	m			0	0	0	0	0	0	0	846	846
1126	Jill Reed	f	FV 50		0	845	0	0	0	0	0	0	845
1127	David Lomas	m	MV 50	Littleborough Runners	0	0	0	0	845	0	0	0	845
1128	Hannah Hayhurst	f			0	0	0	0	0	0	845	0	845
1129	Katie Blackburn	f	FV 40		0	0	0	0	0	0	0	845	845
1130	Andy Brookes	m			0	844	0	0	0	0	0	0	844
1131	Scott Youngman	m			0	0	844	0	0	0	0	0	844
1132	Caitlin Walsh	f	U25		0	0	0	0	844	0	0	0	844
1133	Jenny Smith	f			0	0	0	0	0	0	844	0	844
1134	Andrew Gillham	m	MV 70	Garstang	843	0	0	0	0	0	0	0	843
1135	Andrew Kidger	m			0	0	843	0	0	0	0	0	843
1136	Rabab Gatnash	f			0	0	0	0	843	0	0	0	843
1137	Ben Scott	m	MV 40		0	0	0	0	0	0	0	843	843
1138	Brodie Peers	m	MV 40		0	842	0	0	0	0	0	0	842
1139	Ali Cooper	f	FV 60	Kendal Tri Club	0	0	0	0	842	0	0	0	842
1140	Emma Montgomery	f	FV 50		0	0	0	0	0	842	0	0	842
1141	Catherine Scott	f	FV 40		0	0	0	0	0	0	0	842	842
1142	Joanne Beck	f	FV 50		841	0	0	0	0	0	0	0	841
1143	Daniel Copp	m	U21		0	0	0	0	841	0	0	0	841
1144	Emma Lawrence	f	FV 50		0	0	0	0	0	841	0	0	841
1145	Maggie Grant	f	FV 70	Bodyfit Running Club	0	0	0	0	0	0	0	841	841
1146	Simon Forshaw	m	MV 50		840	0	0	0	0	0	0	0	840
1147	Thomas Badger	m			0	840	0	0	0	0	0	0	840
1148	Sam Stalker	m			839	0	0	0	0	0	0	0	839
1149	Rebekah Doherty	f			0	839	0	0	0	0	0	0	839
1150	Sue Heaps	f	FV 60	St Helens Strider	0	0	839	0	0	0	0	0	839
1151	Sophie Ward	f			0	0	0	0	839	0	0	0	839
1152	Nina McCann	f	FV 40		0	0	0	0	0	839	0	0	839
1153	Alex Hunter	f			0	0	0	0	0	0	839	0	839

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1154	Elizabeth Clements	f	FV 40		0	0	0	0	0	0	0	839	839
1155	Richard Tickner	m	MV 60		0	0	0	0	0	838	0	0	838
1156	Graham Ibbetson	m	MV 50		837	0	0	0	0	0	0	0	837
1157	Nicholas Schaffer	m	MV 60	Millom Striders	0	0	0	0	0	837	0	0	837
1158	miriam eaton	f	FV 60	Kirkby Milers AC	0	0	0	0	0	0	837	0	837
1159	Daisy Munn	f			836	0	0	0	0	0	0	0	836
1160	Rachel Horsfield	f			0	0	836	0	0	0	0	0	836
1161	Nicki Sullivan	f	FV 50		0	0	0	0	836	0	0	0	836
1162	Helen Jack	f	FV 50		0	0	0	0	0	836	0	0	836
1163	Clare Guidi	f	FV 50	Parbold Pink Panthers	0	0	0	0	0	0	836	0	836
1164	Rona Ricioppo	f	FV 60	Sunnywood Project	0	0	0	0	0	0	0	836	836
1165	Daniel Gaukrodger	m			0	835	0	0	0	0	0	0	835
1166	Lauren Marsden	f	FV 50	Swinton Running Club	0	0	0	0	835	0	0	0	835
1167	Julie Wisely	f	FV 50		0	0	0	0	0	835	0	0	835
1168	Paul Woods	m	MV 60		0	0	0	0	0	0	835	0	835
1169	Louise Roberts	f	FV 50	Border Reavers	0	0	0	0	0	0	0	835	835
1170	Lizzy Ambrose	f	FV 50		0	0	834	0	0	0	0	0	834
1171	Becca March	f	FV 40		0	0	0	0	0	834	0	0	834
1172	Duncan Lawrence	m	MV 50		0	0	0	0	833	0	0	0	833
1173	Carl Laing	m	MV 40		0	0	0	0	0	833	0	0	833
1174	Sarah johnson	f	FV 50		0	0	0	0	0	0	833	0	833
1175	Julie Hedley	f	FV 40		0	0	832	0	0	0	0	0	832
1176	Tracey Shaw	f	FV 40		0	0	0	0	832	0	0	0	832
1177	Julie Farron	f	FV 50	Atherton Running Club	0	0	0	0	0	0	832	0	832
1178	Anita Banerji	f	FV 50		831	0	0	0	0	0	0	0	831
1179	Katie Longley	f			0	831	0	0	0	0	0	0	831
1180	Phillip Morris	m	MV 40		0	0	0	0	831	0	0	0	831
1181	Amanda Denyer	f	FV 50		0	830	0	0	0	0	0	0	830
1182	Victoria Sewell	f	FV 40		0	0	0	0	830	0	0	0	830
1183	Paula Lawson	f	FV 50		0	0	0	0	0	0	830	0	830
1184	Jacqueline Jones	f	FV 50		829	0	0	0	0	0	0	0	829
1185	Paul Denyer	m	MV 50	St Bees Triers	0	829	0	0	0	0	0	0	829
1186	Rachel Bellwood	f			0	0	0	0	829	0	0	0	829
1187	Claire Willis	f	FV 40		0	0	0	0	0	829	0	0	829
1188	Kathryn Green	f	FV 60		0	0	0	0	0	0	829	0	829
1189	Karen Hopper	f	FV 40		828	0	0	0	0	0	0	0	828
1190	Sam Nicholson	f	FV 50	Border Reiver Runners	0	0	828	0	0	0	0	0	828
1191	Louise Fuller	f	FV 50		0	0	0	0	828	0	0	0	828
1192	Ahmed Abbas	m	MV 60		0	0	0	0	0	828	0	0	828
1193	Niamh Luff	f	U21		0	0	0	0	0	0	828	0	828
1194	William Ross	m			0	0	0	0	0	0	827	0	827
1195	Owen Peacock	m	MV 50		826	0	0	0	0	0	0	0	826
1196	Tim Harper	m			0	0	826	0	0	0	0	0	826

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1240	Steve Parkes	m	MV 60		0	0	0	0	813	0	0	0	813
1241	Katie Gaze	f	FV 40		0	0	0	0	0	813	0	0	813
1242	Erin Fothergill	f			0	0	0	0	0	0	0	813	813
1243	Ruth Craxford	f			812	0	0	0	0	0	0	0	812
1244	Lauren Docksey	f		Washlands Women Runners	0	812	0	0	0	0	0	0	812
1245	michael parkes	m	MV 50		0	0	0	0	812	0	0	0	812
1246	Shelley Brinkhuijsen	f	FV 40		0	0	0	0	0	812	0	0	812
1247	Andrew Speakman	m	MV 40		0	0	0	0	0	0	812	0	812
1248	Jim Lucas	m	MV 40		811	0	0	0	0	0	0	0	811
1249	Samantha Higginson	f			0	811	0	0	0	0	0	0	811
1250	Danielle Owen	f			0	0	811	0	0	0	0	0	811
1251	Charlotte Duff	f			0	0	0	0	0	811	0	0	811
1252	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	0	811	811
1253	Tim Bray	m	MV 40		0	810	0	0	0	0	0	0	810
1254	Simon Gainey	m	MV 40		0	0	0	0	810	0	0	0	810
1255	Michael Swann	m	MV 40		0	0	0	0	0	810	0	0	810
1256	Jennifer Lunn	f			809	0	0	0	0	0	0	0	809
1257	Tracy Foreman	f	FV 40	Sedgefield Harriers	0	809	0	0	0	0	0	0	809
1258	John Hetherington	m	MV 60	Bodyfit Cumbria	0	0	0	0	809	0	0	0	809
1259	Emma Caswell	f	FV 40		0	0	0	0	0	809	0	0	809
1260	Shaun Teasdale	m	MV 60		808	0	0	0	0	0	0	0	808
1261	Scott Curtis	m	MV 40		0	808	0	0	0	0	0	0	808
1262	Megan McGarvey	m			0	0	807	0	0	0	0	0	807
1263	David Proctor	m	MV 60		0	0	0	0	0	807	0	0	807
1264	Margaret Dixon	f	FV 50		0	806	0	0	0	0	0	0	806
1265	Michael Vale	m	MV 40		0	0	806	0	0	0	0	0	806
1266	Barry Bailey	m			0	0	805	0	0	0	0	0	805
1267	Alicia Carter	f	FV 50	Girls that Jeff	0	0	0	0	805	0	0	0	805
1268	Rebecca Shorrock	f			804	0	0	0	0	0	0	0	804
1269	Lorraine Thompson	f	FV 50	N/A	0	804	0	0	0	0	0	0	804
1270	Lisa Buss	f		Eden Runners	0	0	0	0	804	0	0	0	804
1271	Amy de Nobriga	f		Sowerby Bridge Snails	0	0	803	0	0	0	0	0	803
1272	Sarah Price	f			0	0	0	0	803	0	0	0	803
1273	Nicola Else	f	FV 40	Billinge Running Club	802	0	0	0	0	0	0	0	802
1274	Ian Hanratty	m			0	0	802	0	0	0	0	0	802
1275	Caity Sinclair	f			0	0	0	0	802	0	0	0	802
1276	Emma Taylor	f	FV 40	Sunnywood Ladies on Tour	0	0	0	0	0	0	0	802	802
1277	Nigel McIntyre	m	MV 50		801	0	0	0	0	0	0	0	801
1278	Philip Hamilton	m	MV 50	BUNFIT	0	801	0	0	0	0	0	0	801
1279	Rebecca Hanratty	f			0	0	801	0	0	0	0	0	801
1280	Melanie Conaghan	f	FV 50		0	0	0	0	801	0	0	0	801
1281	John Kent	m	MV 50		0	0	0	0	0	801	0	0	801
1282	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	0	801	801

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1283	Anthony Gilchrist	m	MV 50		800	0	0	0	0	0	0	0	800
1284	Heidi Atkins	f	FV 50		0	0	800	0	0	0	0	0	800
1285	Elizabeth O'Shea	f	FV 40	NA	0	0	0	0	800	0	0	0	800
1286	Elizabeth Partington	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	0	800	800
1287	Paul Cobham	m	MV 40		799	0	0	0	0	0	0	0	799
1288	Kirsty Dumelow	f		Washlands Women Runners	0	799	0	0	0	0	0	0	799
1289	Kathryn Nicholson	f	FV 40		0	0	0	0	799	0	0	0	799
1290	Samantha Jackson	f	FV 50		0	0	0	0	0	0	0	799	799
1291	Barry Widdowson	m	MV 50		798	0	0	0	0	0	0	0	798
1292	Chelsea King	f		Nobend Run Club	0	798	0	0	0	0	0	0	798
1293	Rosemary WEBSTER	f	FV 50	head torches	0	0	0	0	798	0	0	0	798
1294	Cherry Collison	f	FV 50	Bolton united harriers	797	0	0	0	0	0	0	0	797
1295	Kath Pennels	f			0	797	0	0	0	0	0	0	797
1296	Joel Duff	m			0	0	0	0	0	797	0	0	797
1297	Angela Wood	f	FV 50	F.r.a.	0	0	0	0	0	0	0	797	797
1298	Paul Moss	m	MV 60	Garstang Running Club	796	0	0	0	0	0	0	0	796
1299	Aphra Robinson-Balchin	f		N/A	0	796	0	0	0	0	0	0	796
1300	Carol Stevenson	f	FV 50		0	0	0	0	796	0	0	0	796
1301	Joanna Dixon	f			0	0	0	0	0	796	0	0	796
1302	Claire Turner	f	FV 40		0	0	0	0	0	0	0	796	796
1303	Morgan Williams	m	MV 60	Upper Wharfedale Runners	795	0	0	0	0	0	0	0	795
1304	Zena Cassels	f	FV 40	Women on the run	0	795	0	0	0	0	0	0	795
1305	Clare Hambly	f	FV 50		0	0	795	0	0	0	0	0	795
1306	Hannah Kelly	f	FV 40		0	0	0	0	795	0	0	0	795
1307	Amanda Anderson	f	FV 50		0	794	0	0	0	0	0	0	794
1308	Amy Fletcher	f	FV 40		0	0	794	0	0	0	0	0	794
1309	Ruth Younger	f			0	0	0	0	794	0	0	0	794
1310	Selena Tye	f	FV 50	Washlands Womens Running Club	0	0	0	0	0	0	794	0	794
1311	Stephanie Thomson	f	FV 40		793	0	0	0	0	0	0	0	793
1312	Martyn Precious	m	MV 50	City of Hull	0	0	793	0	0	0	0	0	793
1313	Helen Blake	f	FV 40		0	0	0	0	793	0	0	0	793
1314	Di Blackshaw	f	FV 40	Warrington Road Runners	0	0	0	0	0	793	0	0	793
1315	James Thomson	m	MV 40		792	0	0	0	0	0	0	0	792
1316	Helen Field	f	FV 40	Women on the run	0	792	0	0	0	0	0	0	792
1317	Derek Ricketts	m	MV 70	City of Hull AC	0	0	792	0	0	0	0	0	792
1318	Jay Hilton	f	FV 40		0	0	0	0	792	0	0	0	792
1319	Tina Smith	f	FV 50		0	0	791	0	0	0	0	0	791
1320	Brian Flynn	m	MV 40		0	0	0	0	791	0	0	0	791
1321	Hilary Johnson	f	FV 60		0	790	0	0	0	0	0	0	790
1322	Zoe Clarke	f	FV 60		0	0	790	0	0	0	0	0	790
1323	Jill Robertson	f	FV 50		0	0	0	0	0	0	790	0	790
1324	Sandy McBride	f	FV 50		0	789	0	0	0	0	0	0	789
1325	Catherine Aitken	f	FV 60		0	0	0	0	0	0	789	0	789

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1326	Rachel Tejera	f	FV 40		0	788	0	0	0	0	0	0	788
1327	Rebekah Pyatt	f	FV 40		0	0	0	0	788	0	0	0	788
1328	Melissa Grove	f			0	0	0	0	0	0	788	0	788
1329	Bob Thomas	m			787	0	0	0	0	0	0	0	787
1330	Aby Biles	f			0	0	0	0	0	0	787	0	787
1331	Catherine Clennett	f	FV 50		0	786	0	0	0	0	0	0	786
1332	Sue Rugg	f	FV 40		0	0	0	0	0	0	786	0	786
1333	Elizabeth Gaston	f			785	0	0	0	0	0	0	0	785
1334	Tara Oxley	f	FV 40		0	785	0	0	0	0	0	0	785
1335	Chris Bond	m			0	0	785	0	0	0	0	0	785
1336	Scott Burrow	m	MV 50		784	0	0	0	0	0	0	0	784
1337	Vicki Grimshaw	f	U25		0	0	784	0	0	0	0	0	784
1338	David Whiteley	m	MV 60		0	0	0	0	0	784	0	0	784
1339	Maisy Corless	f	U25		783	0	0	0	0	0	0	0	783
1340	Jiten Makan	m	MV 40		0	0	783	0	0	0	0	0	783
1341	Clare Pain	f	FV 40		0	0	0	0	0	0	783	0	783
1342	Robyn Lees	f	U25	Lymm Runners	782	0	0	0	0	0	0	0	782
1343	Jennifer Hill	f	FV 40		0	0	0	0	0	0	782	0	782
1344	Edward Dowling	m	U25		781	0	0	0	0	0	0	0	781
1345	Sarah Feng	f			0	0	781	0	0	0	0	0	781
1346	Deborah Ross	f	FV 50		0	0	0	0	781	0	0	0	781
1347	Laura Henderson	f			0	0	0	0	0	781	0	0	781
1348	Jennie Bateson	f	FV 40		0	0	0	0	0	0	781	0	781
1349	Ruth Pavey	f			780	0	0	0	0	0	0	0	780
1350	Laura Goldsworthy	f	FV 40		0	780	0	0	0	0	0	0	780
1351	Connor Kent	m			0	0	0	0	0	780	0	0	780
1352	Niki Ray	f	FV 40		0	0	0	0	0	0	780	0	780
1353	Tim Bettley	m	MV 50		0	0	779	0	0	0	0	0	779
1354	Tony Hughes	m	MV 70		0	0	0	0	779	0	0	0	779
1355	Adrian Wicken	m	MV 70		778	0	0	0	0	0	0	0	778
1356	Katy Lewis	f	FV 60		0	778	0	0	0	0	0	0	778
1357	Hilary Shaw	f	FV 60		0	0	0	0	778	0	0	0	778
1358	Alison Wingate	f	FV 50	Southport Strollers AC	0	0	0	0	0	0	778	0	778
1359	SARAH FLEMING	f			777	0	0	0	0	0	0	0	777
1360	Tony Orr	m	MV 60		0	777	0	0	0	0	0	0	777
1361	Jane Cheetham	f	FV 50	Goostrey Striders	0	0	0	0	0	777	0	0	777
1362	Shelly Allen	f	FV 50		0	0	0	0	0	0	777	0	777
1363	Nic Holmes	f	FV 50		776	0	0	0	0	0	0	0	776
1364	Michelle donnelly	f	FV 50	Southport Strollers running club	0	776	0	0	0	0	0	0	776
1365	Linda Coffey	f	FV 70	Darwen Dashers	0	0	776	0	0	0	0	0	776
1366	David Littlefair	m	MV 50		0	0	0	0	0	0	776	0	776
1367	Helen Hill	f	FV 40	Billingham Running Club	775	0	0	0	0	0	0	0	775
1368	Lisa Holme	f			0	775	0	0	0	0	0	0	775

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1369	Sue France	f	FV 60	Wigan Harriers	0	0	775	0	0	0	0	0	775
1370	Eleanor Rawling	f	FV 70		774	0	0	0	0	0	0	0	774
1371	Tracey Dennett	f	FV 40	Wigan Harriers	0	0	774	0	0	0	0	0	774
1372	Carl Waite	m	MV 60		0	0	0	0	0	774	0	0	774
1373	Jack Lemmings	m	U21	Keele University	773	0	0	0	0	0	0	0	773
1374	Ricky Molyneux	m			0	773	0	0	0	0	0	0	773
1375	David Ash	m	MV 40		0	0	0	0	0	0	773	0	773
1376	Zoe Gelderd	f			0	0	0	0	0	772	0	0	772
1377	Bryan Waters	m	MV 50		771	0	0	0	0	0	0	0	771
1378	Rachel Bellwood	f		N/A	0	771	0	0	0	0	0	0	771
1379	Emma Mason	f	FV 50	St Bees Triers	0	0	771	0	0	0	0	0	771
1380	Alison Barnes	f	FV 50	Women on the Run - Kendal	0	0	0	0	771	0	0	0	771
1381	David Gigli	m	MV 50		0	0	0	0	0	771	0	0	771
1382	John Gore	m	MV 40	Rochdale Tri Club	0	0	0	0	0	0	771	0	771
1383	John Hocking	m	MV 40		0	0	0	0	0	770	0	0	770
1384	Chris Haselden	m	MV 50		0	0	0	0	0	0	770	0	770
1385	Gabriella Corbridge	f	U25	Revolution Running	0	769	0	0	0	0	0	0	769
1386	Sarah Jones	f			0	0	769	0	0	0	0	0	769
1387	Richard Cawdell	m	MV 60	Highgate Harriers	0	0	0	0	0	0	769	0	769
1388	Susanne Parry	f	FV 50		767	0	0	0	0	0	0	0	767
1389	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	0	0	767	0	0	0	0	0	767
1390	BEVERLEY GIGLI	f	FV 60	BWFAC	0	0	0	0	0	767	0	0	767
1391	John Munro	m			0	0	0	0	0	0	767	0	767
1392	Charlotte Twigger	f	FV 40		0	766	0	0	0	0	0	0	766
1393	Katy Dowdall	f			0	0	0	0	0	766	0	0	766
1394	Sylvia Chudley	f	FV 60		0	0	0	0	765	0	0	0	765
1395	Brenda Lowry	f	FV 50	Red Kites	0	0	0	0	0	0	765	0	765
1396	Clair Bonner	f	FV 50		0	0	764	0	0	0	0	0	764
1397	Kevin Silver	m	MV 60		0	0	0	0	764	0	0	0	764
1398	Rachel Dinsmore	f	U25		0	0	0	0	0	764	0	0	764
1399	Sharon Corbridge	f	FV 50		0	0	0	0	763	0	0	0	763
1400	Damian Barrous Dume	m			0	0	0	0	0	763	0	0	763
1401	Helen Merrell	f	FV 50		0	0	0	0	762	0	0	0	762
1402	Kate Stevenson	f			0	0	0	0	0	762	0	0	762
1403	Colette Clarkson	f	FV 50		0	0	761	0	0	0	0	0	761
1404	Laura McLean	f			0	760	0	0	0	0	0	0	760
1405	Kevin Clarkson	m	MV 50		0	0	760	0	0	0	0	0	760
1406	Anna Parsons	f			759	0	0	0	0	0	0	0	759
1407	Pete Boddy	m	MV 50		0	0	0	0	0	759	0	0	759
1408	Sarah Walker	f	FV 40		0	0	0	0	0	0	759	0	759
1409	Rosie Harrison	f			758	0	0	0	0	0	0	0	758
1410	Melissa Gaukrodger	f			0	758	0	0	0	0	0	0	758
1411	Diane Boddy	f	FV 40		0	0	0	0	0	758	0	0	758

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1412	Amanda Blessington	f	FV 50		0	0	0	0	0	0	758	0	758
1413	Dale Harrison	m			757	0	0	0	0	0	0	0	757
1414	Rhia Abukhalil	f			0	0	757	0	0	0	0	0	757
1415	Ruth Lillioott	f	FV 60		0	0	0	0	0	757	0	0	757
1416	Kat Custard	f	FV 40		0	756	0	0	0	0	0	0	756
1417	Anne Statham	f	FV 50	None	0	0	0	0	756	0	0	0	756
1418	Lola Jimenez	f	FV 40	Southport Strollers	0	0	0	0	0	0	756	0	756
1419	Kate Skivington	f			755	0	0	0	0	0	0	0	755
1420	Joanne Heron	f	FV 50		0	755	0	0	0	0	0	0	755
1421	Julie Kelly	f	FV 60	St Bees Triers	0	0	755	0	0	0	0	0	755
1422	Katie Egan	f			0	0	0	0	0	755	0	0	755
1423	Kay Billingham	f	FV 50	WCOC	754	0	0	0	0	0	0	0	754
1424	Amanda Walsh	f	FV 50		0	754	0	0	0	0	0	0	754
1425	Amanda Delew	f	FV 50		0	753	0	0	0	0	0	0	753
1426	Sue Buckingham	f	FV 60		0	0	753	0	0	0	0	0	753
1427	Margaret Woods	f	FV 70	Millom Striders	0	0	0	0	0	0	753	0	753
1428	ali Roberts	f	FV 50		0	0	0	0	752	0	0	0	752
1429	Sally Parkinson	f	FV 40		0	0	0	0	0	752	0	0	752
1430	Carol Sharpe	f	FV 40		0	751	0	0	0	0	0	0	751
1431	Albert Durance	m	U21		0	0	0	0	0	751	0	0	751
1432	Christian Martin	m			0	0	0	0	0	0	751	0	751
1433	Andy Doublett	m	MV 50	Red Rose Road Runners	0	0	750	0	0	0	0	0	750
1434	Lesley Jones	f	FV 60		0	0	0	0	750	0	0	0	750
1435	Leanne Topcuoglu	f	FV 40	ACF Standish	0	0	0	0	0	750	0	0	750
1436	Paul Heaton	m	MV 60		749	0	0	0	0	0	0	0	749
1437	Fiona Alderton	f	FV 60	Chorley Runners	0	749	0	0	0	0	0	0	749
1438	Julie Doublett	f	FV 60		0	0	749	0	0	0	0	0	749
1439	Philip Jones	m	MV 60		0	0	0	0	749	0	0	0	749
1440	Allan Johnson	m	MV 70	Lakeside Lincoln	0	0	0	0	0	749	0	0	749
1441	Janine Weatherington	f	FV 40		0	0	0	0	748	0	0	0	748
1442	Ella Bowman	f	U21		0	747	0	0	0	0	0	0	747
1443	Vivienne Watson	f	FV 50		0	0	0	0	747	0	0	0	747
1444	Karen Greene	f	FV 50		0	0	0	0	0	747	0	0	747
1445	Emma Lomas	f			746	0	0	0	0	0	0	0	746
1446	mark lee	m	MV 50		0	746	0	0	0	0	0	0	746
1447	Jennifer Haworth	f			0	0	746	0	0	0	0	0	746
1448	Clair Crowther	f	FV 50		0	0	0	0	746	0	0	0	746
1449	Mike Greene	m	MV 60		0	0	0	0	0	746	0	0	746
1450	Catherine Bowman	f	FV 40	Smiley Paces	0	745	0	0	0	0	0	0	745
1451	Linda Clark	f	FV 70		0	0	0	0	745	0	0	0	745
1452	James Williams	m	MV 50		744	0	0	0	0	0	0	0	744
1453	Jan Molyneux	f	FV 50		0	0	744	0	0	0	0	0	744
1454	Ilyas Mal	m	MV 40		0	0	0	0	744	0	0	0	744

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1455	Peter Wallwork	m	MV 40		743	0	0	0	0	0	0	0	743
1456	Hannah Cousins	f		Chorlton Runners	0	0	743	0	0	0	0	0	743
1457	Matthew Potter	m	MV 40		0	0	0	0	743	0	0	0	743
1458	Sian Hamilton	f	FV 50	Washlands Women Runners	0	742	0	0	0	0	0	0	742
1459	Tom Gathercole	m			0	0	742	0	0	0	0	0	742
1460	Charlotte Alston	f	FV 40		0	0	0	0	742	0	0	0	742
1461	Becci McKone	f			0	741	0	0	0	0	0	0	741
1462	Pauline Taylor	f	FV 60	Wigan & District Harriers	0	0	741	0	0	0	0	0	741
1463	Bjorgvin Vigfusson	m			0	0	0	0	0	741	0	0	741
1464	Andrea Peak	f	FV 40		0	740	0	0	0	0	0	0	740
1465	Alan Taylor	m	MV 60	Billinge Running Club	0	0	740	0	0	0	0	0	740
1466	Claire Howarth	f	FV 40	Chorlton Runners	0	0	0	0	740	0	0	0	740
1467	Stuart Tate	m	MV 40		0	0	0	0	0	740	0	0	740
1468	Jayne Denney	f	FV 50		0	739	0	0	0	0	0	0	739
1469	Angela Norris	f	FV 60	Garstang	0	0	739	0	0	0	0	0	739
1470	Helen Larkin	f	FV 50	Chorlton Runners	0	0	0	0	739	0	0	0	739
1471	Paul Tickner	m	MV 60		0	0	0	0	0	739	0	0	739
1472	Judith Robson	f	FV 60		0	0	0	0	0	0	739	0	739
1473	Sinead Cannon	f	FV 50	Kendal Tri Club	0	738	0	0	0	0	0	0	738
1474	Susan Wood	f	FV 60		0	0	0	0	0	738	0	0	738
1475	Hannah Conlin	f			0	737	0	0	0	0	0	0	737
1476	Andy Lynch	m	MV 60		0	0	0	0	737	0	0	0	737
1477	Clare Egan	f			0	0	0	0	0	737	0	0	737
1478	Benjamin Shenton	m			736	0	0	0	0	0	0	0	736
1479	William Monk	m		Big dog pack	0	736	0	0	0	0	0	0	736
1480	Angela Jones	f	FV 50	St Helens Striders	0	0	736	0	0	0	0	0	736
1481	Izzy Mehta	f	U21	Keswick school	0	0	0	0	736	0	0	0	736
1482	Carole Wood	f	FV 60		0	0	0	0	0	0	736	0	736
1483	Russell Greenwood	m	MV 60		735	0	0	0	0	0	0	0	735
1484	Anita Hall	f	FV 50	St Helens Striders	0	0	735	0	0	0	0	0	735
1485	Callum Holt	m	U25		0	0	0	0	735	0	0	0	735
1486	Steve Garland	m	MV 60		0	0	0	0	0	735	0	0	735
1487	Tom Hailwood	m	MV 40		0	0	0	0	0	0	735	0	735
1488	Caron Parkes	f	FV 50		734	0	0	0	0	0	0	0	734
1489	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	734	0	0	0	0	0	734
1490	Mandy Rothwell	f	FV 50		0	0	0	0	0	734	0	0	734
1491	Kerry Edwards	f	FV 50		0	733	0	0	0	0	0	0	733
1492	Cindy Quirk	f	FV 70		0	0	0	0	0	733	0	0	733
1493	Sam Hunter	f			732	0	0	0	0	0	0	0	732
1494	Shirley Faichen	f	FV 60	Gosport Road Runners	0	0	0	0	0	732	0	0	732
1495	Pippa Lawson	f			731	0	0	0	0	0	0	0	731
1496	Emma Brierley	f	FV 50		0	731	0	0	0	0	0	0	731
1497	Rachel Hickman	f			0	0	0	0	0	731	0	0	731

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1498	Hannah Moorhouse	f	FV 50	Delamere Spartans	0	0	0	0	0	0	731	0	731
1499	Claire Gillham	f	FV 70	Garstang RC	730	0	0	0	0	0	0	0	730
1500	Rachel Latham	f	FV 40		0	730	0	0	0	0	0	0	730
1501	S Rollaston	f	FV 50		0	0	730	0	0	0	0	0	730
1502	Karen Price	f	FV 60		0	0	0	0	0	730	0	0	730
1503	Ruth Bartlett	f	FV 60		0	0	0	0	0	729	0	0	729
1504	Emma Holt	f	FV 50		0	0	0	0	0	0	729	0	729
1505	Wendy Hope	f	FV 50	Blackpool Fylde & Wyre AC	0	0	728	0	0	0	0	0	728
1506	Christina Howarth	f			0	0	0	0	728	0	0	0	728
1507	Tarrin Kennaway	f			0	0	0	0	0	0	728	0	728
1508	Anthony Traynor	m	MV 40	Mohicans	727	0	0	0	0	0	0	0	727
1509	Kate Wilson	f	FV 40		0	0	0	0	727	0	0	0	727
1510	Sam Stephenson	m	MV 40		0	0	0	0	0	727	0	0	727
1511	Kath Dyer	f	FV 50		0	0	0	0	726	0	0	0	726
1512	Yasmin Porter-bee	f			0	0	0	0	0	726	0	0	726
1513	Claire Holme	f			0	724	0	0	0	0	0	0	724
1514	Helen Keough	f	FV 40		0	0	0	0	724	0	0	0	724
1515	Pamela Howard	f	FV 70		0	0	0	0	0	724	0	0	724
1516	Kate Shipton	f	FV 40		0	0	723	0	0	0	0	0	723
1517	Ella Sunderland	f	U25		0	0	0	0	723	0	0	0	723
1518	Kerry Messenger	f	FV 40		0	0	0	0	0	723	0	0	723
1519	Susan Ridings	f	FV 60	Buckley Runners	722	0	0	0	0	0	0	0	722
1520	Hannah Thompson	f			0	0	722	0	0	0	0	0	722
1521	Karen Chandisingh	f	FV 50		0	0	0	0	0	722	0	0	722
1522	Suzanne Jones	f	FV 50		0	721	0	0	0	0	0	0	721
1523	Ewan MacGillivray	m	MV 40		0	0	721	0	0	0	0	0	721
1524	Mel Bloor-steen	f	FV 60		0	0	0	0	721	0	0	0	721
1525	Sarah Greaves	f	FV 50		0	0	0	0	0	721	0	0	721
1526	Vicky Evans	f	FV 50		0	0	0	0	0	0	721	0	721
1527	Helen Hetherington	f	FV 70		0	0	720	0	0	0	0	0	720
1528	Jennifer Kilner	f	FV 40		0	0	0	0	0	720	0	0	720
1529	Helen Lawrence	f	FV 50	Eden runners	0	719	0	0	0	0	0	0	719
1530	Joyce Hamilton	f	FV 50	Dumfries Running Club	0	0	0	0	719	0	0	0	719
1531	Lesley Messenger-jones	f	FV 50		0	0	0	0	0	719	0	0	719
1532	Rebecca Steven	f		St Bees Triers	0	718	0	0	0	0	0	0	718
1533	Jane Mcgreen	f	FV 70	N/a	0	0	0	0	718	0	0	0	718
1534	Catherine Hunt	f	FV 40	Women On The Run	0	0	0	0	0	718	0	0	718
1535	Wyn Clayton	f	FV 70	Women On The Run	0	0	0	0	0	0	718	0	718
1536	Linda Farquhar	f	FV 70		0	0	717	0	0	0	0	0	717
1537	Sue Thompson	f	FV 60		0	0	716	0	0	0	0	0	716
1538	Mande Scott	f	FV 50	None	0	0	0	0	0	0	716	0	716
1539	Nickie Long	f	FV 50		715	0	0	0	0	0	0	0	715
1540	Hazel Russell	f	FV 50	Ripon Runners	0	0	0	0	715	0	0	0	715

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1541	Jayne Elliott	f	FV 50		0	0	0	0	0	715	0	0	715
1542	Kathryn Tranter	f			714	0	0	0	0	0	0	0	714
1543	Nicola Joyce	f	FV 50		0	0	714	0	0	0	0	0	714
1544	Shelagh Davie	f	FV 50		0	0	0	0	714	0	0	0	714
1545	Lynn Cook	f	FV 60	Millom Striders	0	0	0	0	0	714	0	0	714
1546	Mary Bloye	f	FV 60		0	0	713	0	0	0	0	0	713
1547	Kit Erlebach	m	MV 50	Durham City Harriers	0	0	0	0	0	713	0	0	713
1548	Alana Fraser	f			0	0	0	0	0	0	713	0	713
1549	Nicola Brown	f	FV 40		712	0	0	0	0	0	0	0	712
1550	Emma Smith	f	FV 40		0	0	712	0	0	0	0	0	712
1551	Ian Reid	m	MV 40		0	0	0	0	712	0	0	0	712
1552	Sarah Erlebach	f	FV 50	Mums on the Run	0	0	0	0	0	712	0	0	712
1553	Kathryne Farkas	f	FV 60		0	711	0	0	0	0	0	0	711
1554	Jane Wood	f	FV 50		0	0	0	0	711	0	0	0	711
1555	Tina Pye	f	FV 40		0	0	0	0	710	0	0	0	710
1556	Abigail Edmondson	f	FV 40		0	0	0	0	0	710	0	0	710
1557	Joanna Muzzell	f	FV 40		0	0	0	0	0	0	710	0	710
1558	Helen O'Donnell	f			709	0	0	0	0	0	0	0	709
1559	Louise Rooney	f	FV 60		0	709	0	0	0	0	0	0	709
1560	Claire Hougham	f	FV 40	Hyde Park Harriers	0	0	709	0	0	0	0	0	709
1561	Sheema Mal	f	FV 40		0	0	0	0	709	0	0	0	709
1562	Al Marron	f	FV 50		0	0	0	0	0	0	709	0	709
1563	Mark Tomlinson	m	MV 60	12	708	0	0	0	0	0	0	0	708
1564	Manesha Chauhan	f	FV 40	Green Heart Runners	0	0	708	0	0	0	0	0	708
1565	Donna Thorpe	f	FV 40		0	0	0	0	0	0	708	0	708
1566	Claire Leighton	f	FV 40	Ashington Hirst Running Club	0	0	707	0	0	0	0	0	707
1567	Lindsay Gerrand	f	FV 50		0	0	0	0	707	0	0	0	707
1568	Christine Rostron	f	FV 60	Red Rose Road Runners	706	0	0	0	0	0	0	0	706
1569	Susie Foster	f	FV 50		0	0	706	0	0	0	0	0	706
1570	Emma Hopwood	f		Southport strollers	0	0	0	0	706	0	0	0	706
1571	Helen Proctor	f	FV 50	Women on the Run Kendal	0	0	0	0	0	706	0	0	706
1572	Paul Kelly	m	MV 50		0	0	0	0	0	0	705	0	705
1573	Helen Craven	f	FV 50	Snaith & Cowick Running Club	704	0	0	0	0	0	0	0	704
1574	Helen Tulloch	f			0	704	0	0	0	0	0	0	704
1575	Anne Claypole	f	FV 40		0	0	0	0	704	0	0	0	704
1576	Vanessa Cadman	f	FV 40		0	0	0	0	0	704	0	0	704
1577	Gillian Kelly	f	FV 50		0	0	0	0	0	0	704	0	704
1578	Rosie Meredith	f			0	703	0	0	0	0	0	0	703
1579	Karen Culshaw	f	FV 40	Penny Lane Striders	0	0	0	0	703	0	0	0	703
1580	Catherine Ball	f	FV 50	Wirral Viking Trc	0	0	0	0	0	0	703	0	703
1581	Ruth Toller	f	FV 70	Dundee Road Runners	702	0	0	0	0	0	0	0	702
1582	Claire Shepherd	f			0	702	0	0	0	0	0	0	702
1583	Mo McGeorge	f	FV 50		0	0	0	0	702	0	0	0	702

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1584	Heather Keiller	f	FV 50		0	0	0	0	0	702	0	0	702
1585	Kathryn Linker	f	FV 50		0	0	0	0	0	0	702	0	702
1586	Sarah Hopkins	f	FV 50		0	701	0	0	0	0	0	0	701
1587	Eric Smart	m	MV 60	North East Vets	0	0	0	0	701	0	0	0	701
1588	Basia Nowak	f	FV 40		0	0	0	0	0	701	0	0	701
1589	Nicole Spibey	f	FV 40		0	0	0	0	0	700	0	0	700
1590	Charlotte Murray	f		Ambleside AC	0	699	0	0	0	0	0	0	699
1591	Lisa Derr	f	FV 40		0	0	0	0	0	699	0	0	699
1592	Jill Beadle	f	FV 40		698	0	0	0	0	0	0	0	698
1593	Gilly Waterman	f	FV 60		0	0	0	0	0	698	0	0	698
1594	Helen Billingham	f	FV 60		0	0	0	0	0	0	698	0	698
1595	Nadine Scaife	f	FV 50		697	0	0	0	0	0	0	0	697
1596	Rachel Flentje	f	FV 40		0	697	0	0	0	0	0	0	697
1597	Katharine Walshe	f	FV 50		696	0	0	0	0	0	0	0	696
1598	Beth Thompson	f			0	695	0	0	0	0	0	0	695
1599	Shelley Hill	f	FV 40		0	0	0	0	0	694	0	0	694
1600	Ian Wood	m	MV 50	Wildsoles	0	693	0	0	0	0	0	0	693
1601	Samantha Arden	f			0	0	0	0	0	693	0	0	693
1602	Sarah Parker	f	FV 40	Jog on The Tyne	0	0	0	0	0	0	693	0	693
1603	Peter Hill	m	MV 40		0	0	0	0	0	692	0	0	692
1604	Karolina Faithfull	f	FV 40	Skelmersdale boundary harriers	0	0	0	0	0	0	692	0	692
1605	Emma Gee	f			691	0	0	0	0	0	0	0	691
1606	Rachel Taylor	f			0	691	0	0	0	0	0	0	691
1607	Clare Gavan	f		Skelmersdale Boundary Harriers	0	0	0	0	0	0	691	0	691
1608	Kealey Johnson	f	FV 40		0	690	0	0	0	0	0	0	690
1609	Belinda Garland	f	FV 60		0	0	0	0	0	690	0	0	690
1610	Jemma Taylor	f		Skelmersdale Boundary Harriers	0	0	0	0	0	0	690	0	690
1611	Adelle Gardiner	f	FV 40		0	0	0	0	0	689	0	0	689
1612	Amy Court	f		Skelmersdale Boundary Harriers	0	0	0	0	0	0	689	0	689
1613	Angela Nicholson	f	FV 50		0	688	0	0	0	0	0	0	688
1614	Sarah Tranter	f	FV 40		0	0	0	0	0	688	0	0	688
1615	Hannah March	f			687	0	0	0	0	0	0	0	687
1616	annie hurst	f	FV 50		0	687	0	0	0	0	0	0	687
1617	Georgie Robson	f			0	0	0	0	0	687	0	0	687
1618	Michael Halliwell	m	MV 60		686	0	0	0	0	0	0	0	686
1619	Alison Scally	f	FV 60		0	686	0	0	0	0	0	0	686
1620	Jade Shorrocks	f			685	0	0	0	0	0	0	0	685
1621	Sally Hislop	f	FV 50		0	685	0	0	0	0	0	0	685
1622	Martin Creasor	m	MV 50		684	0	0	0	0	0	0	0	684
1623	Nathan Bushell	m	U21		683	0	0	0	0	0	0	0	683
1624	Kirsty Pettit	f	FV 50		0	683	0	0	0	0	0	0	683
1625	Helen Carlson	f	FV 40		0	0	0	0	0	683	0	0	683
1626	Adam Curtis	m	MV 40		0	682	0	0	0	0	0	0	682

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1627	Ian Coote	m	MV 60		681	0	0	0	0	0	0	0	681
1628	Catherine Gosson-Low	f	FV 50		0	681	0	0	0	0	0	0	681
1629	Phil Dixon	m	MV 50		0	680	0	0	0	0	0	0	680
1630	Esmeri Spruce	f			0	0	0	0	0	680	0	0	680
1631	Row Spencer	m	MV 70	Milltown Milers	679	0	0	0	0	0	0	0	679
1632	Lynda McIntyre	f	FV 50		678	0	0	0	0	0	0	0	678
1633	Louise Jackson	f			0	678	0	0	0	0	0	0	678
1634	Paula Marshall	f	FV 50	Bollington Harriers	677	0	0	0	0	0	0	0	677
1635	Emma Cattermole	f	FV 50	Women On The Run	0	677	0	0	0	0	0	0	677
1636	Lucy McLachlan	f			0	0	0	0	0	677	0	0	677
1637	Pete Williams	m	MV 40		0	0	0	0	0	676	0	0	676
1638	Helen Eastham	f	FV 40		675	0	0	0	0	0	0	0	675
1639	Alex Durance	m	MV 50		0	0	0	0	0	675	0	0	675
1640	Susan Walker	f	FV 50		674	0	0	0	0	0	0	0	674
1641	Michael Thompson	m			0	674	0	0	0	0	0	0	674
1642	Jennifer Chambers	f	FV 40	Tattenhall Runners	671	0	0	0	0	0	0	0	671
1643	Jessica Lesley Shipley-Burgess	f			670	0	0	0	0	0	0	0	670
1644	Kaz Smith	f	FV 40		0	670	0	0	0	0	0	0	670
1645	Sara Dobson	f	FV 50		0	0	0	0	0	668	0	0	668
1646	Elinor Doherty	f	FV 40		0	667	0	0	0	0	0	0	667
1647	Tony Seddon	m	MV 50	Team Caterpillar	666	0	0	0	0	0	0	0	666
1648	Mandi Wilson	f			0	0	0	0	0	666	0	0	666
1649	Jonny Gilchrist	m			665	0	0	0	0	0	0	0	665
1650	Fran Walker	f	FV 50		0	0	0	0	0	665	0	0	665
1651	Abby Cornforth	f			664	0	0	0	0	0	0	0	664
1652	Catherine Pattison	f	FV 40		0	664	0	0	0	0	0	0	664
1653	Lisa Paxton	f	FV 40		0	0	0	0	0	664	0	0	664
1654	David Pattison	m	MV 50		0	663	0	0	0	0	0	0	663
1655	Helen Borking	f	FV 50		0	0	0	0	0	663	0	0	663
1656	Caitlin Stokes	f	U25		662	0	0	0	0	0	0	0	662
1657	Heather HILLIER	f			0	662	0	0	0	0	0	0	662
1658	Alison Spiby	f	FV 50		0	0	0	0	0	662	0	0	662
1659	Emma Cull	f	U21		661	0	0	0	0	0	0	0	661
1660	Jade Pawson	f			0	0	0	0	0	661	0	0	661
1661	Laura Sweeting	f	FV 40		0	660	0	0	0	0	0	0	660
1662	Carol Rhodes	f	FV 50	Red Rose Runners	659	0	0	0	0	0	0	0	659
1663	Edgar Buhl	m	MV 40		0	659	0	0	0	0	0	0	659
1664	Julia Park	f	FV 50	Me	0	0	0	0	0	659	0	0	659
1665	Josh Bruney	m			656	0	0	0	0	0	0	0	656
1666	Amy Barton	f			0	656	0	0	0	0	0	0	656
1667	Christine Marshall-Smart	f	FV 60		0	0	0	0	0	656	0	0	656
1668	Hannah Bell	f			655	0	0	0	0	0	0	0	655
1669	Darren Singleton	m			0	655	0	0	0	0	0	0	655

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1670	Carole Heaton	f	FV 60	Lions Running Community	654	0	0	0	0	0	0	0	654
1671	Jane Thwaites	f	FV 70		0	0	0	0	0	654	0	0	654
1672	Gemma Houghton	f	FV 40	Trawden Athletics Club	0	653	0	0	0	0	0	0	653
1673	Frances Bennis	f	FV 40		0	0	0	0	0	653	0	0	653
1674	Sharon Little	f	FV 50		652	0	0	0	0	0	0	0	652
1675	Tasha Pearson	f			0	652	0	0	0	0	0	0	652
1676	Alice Wort	f	FV 40		0	0	0	0	0	652	0	0	652
1677	Denise Smith	f	FV 50		651	0	0	0	0	0	0	0	651
1678	Charlotte Pearson-Rolph	f	FV 40		0	651	0	0	0	0	0	0	651
1679	Louise Prescott	f	FV 40		0	0	0	0	0	651	0	0	651
1680	Francesca Moulton	f			0	650	0	0	0	0	0	0	650
1681	Adam WATSON	m	MV 50		649	0	0	0	0	0	0	0	649
1682	Anna Sweet	f	FV 40		0	649	0	0	0	0	0	0	649
1683	Lauren Dean-Ashton	f	FV 40		648	0	0	0	0	0	0	0	648
1684	Laura Newsham	f	FV 40		0	648	0	0	0	0	0	0	648
1685	Simon Mcknight	m	MV 60		647	0	0	0	0	0	0	0	647
1686	Yvonne Chrystie	f			0	647	0	0	0	0	0	0	647
1687	Helen Pagett	m	MV 40		0	0	0	0	0	647	0	0	647
1688	Lynne Anderson	f			0	646	0	0	0	0	0	0	646
1689	Beth Bradshaw	f			0	0	0	0	0	645	0	0	645
1690	Ursula Collie	f	FV 60		644	0	0	0	0	0	0	0	644
1691	Alexandra Preugschat	f			0	0	0	0	0	644	0	0	644
1692	Lynn Wilson	f	FV 60		643	0	0	0	0	0	0	0	643
1693	Martin Pagett	m	MV 40		0	0	0	0	0	643	0	0	643
1694	Wayne Lee	m	MV 50	Border Reiver Runners	642	0	0	0	0	0	0	0	642
1695	Moyna Milne	f	FV 50		0	0	0	0	0	641	0	0	641
1696	Laurence Campbell	f	FV 50		0	0	0	0	0	640	0	0	640
1697	Amanda Williams	f			0	639	0	0	0	0	0	0	639
1698	Rachel Tickner	f	FV 70		0	0	0	0	0	639	0	0	639
1699	Carole Whiteley	f	FV 60	Women On The Run Kendal	0	0	0	0	0	638	0	0	638
1700	Iain Wood	m	MV 50		0	0	0	0	0	637	0	0	637
1701	Despina Smith	f	FV 40	Didsbury Mums on the Run	0	0	0	0	0	636	0	0	636
1702	Kathryn Hodson	f	FV 50		0	635	0	0	0	0	0	0	635
1703	Sarah Boyle	f	FV 50		0	633	0	0	0	0	0	0	633
1704	Julie Dugdale	f	FV 50		0	632	0	0	0	0	0	0	632
1705	Susan Heatley	f	FV 40	Red Rose Road Runners	0	0	0	0	0	632	0	0	632
1706	Elizabeth Barrett	f	FV 50		0	0	0	0	0	631	0	0	631
1707	Robyn Johnson	f		Hyde Park Harriers	0	627	0	0	0	0	0	0	627
1708	Julie Loftus	f	FV 50		0	0	0	0	0	626	0	0	626
1709	Nicola Detheridge	f	FV 40		0	623	0	0	0	0	0	0	623
1710	Jennie Eklund	f			0	622	0	0	0	0	0	0	622
1711	Rebecca Rendle	f	FV 60	Women On The Run	0	0	0	0	0	622	0	0	622
1712	Amy Derbyshire	f			0	621	0	0	0	0	0	0	621

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1713	Ellie Bailey	f			0	620	0	0	0	0	0	0	620
1714	Karen Jones	f	FV 40		0	0	0	0	0	620	0	0	620
1715	Kerry Newton	f			0	0	0	0	0	619	0	0	619
1716	Helen Mitchell	f	FV 50		0	0	0	0	0	617	0	0	617
1717	Debbie Bell	f	FV 60		0	0	0	0	0	616	0	0	616
1718	Mark Sullivan	m	MV 60		0	0	0	0	0	615	0	0	615