

Lakeland Trails 2024 Series Championships - 14-18k Trail Run - Overall



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1	James Grinbergs	m	MV 40	Eden Runners	968	988	984	990	950	968	975	990	7813
2	Simon Dodd	m	MV 40		954	984	976	983	880	970	957	981	7685
3	Kerry Grinbergs	f	FV 40	Eden runners	841	930	929	960	915	929	869	912	7285
4	Gillian Rowland	f	FV 60		772	927	921	966	862	892	892	928	7160
5	Ewan Taylor	m		Victoria Park Running Club, Warrington	854	969	947	0	917	946	929	970	6532
6	Terry Moss	m	MV 50		791	953	893	0	863	909	855	922	6186
7	Mary Entwistle	f	FV 50		624	846	741	866	717	776	706	856	6132
8	John Waring	m			788	891	868	0	800	854	868	931	6000
9	anton moss	m			798	867	820	0	825	862	858	918	5948
10	Felicia Singleton	f	FV 60	Victoria Park Running Club, Warrington	645	862	806	0	789	870	824	904	5700
11	Andrew Hemsley	m	MV 60	Walney Wind Cheetahs	674	879	795	0	741	826	715	846	5476
12	Helen Tyson	f	FV 40	Eden Runners	764	918	886	933	0	0	819	910	5230
13	Mark Austin	m	MV 50		685	0	818	0	820	897	833	932	4985
14	Leanne Jackson	f	FV 40		734	0	870	0	732	861	827	886	4910
15	Stephen Sewell	m	MV 40		920	978	0	986	958	974	0	0	4816
16	Lindsay Turner	f	FV 40	Ramsbottom Running Club	548	786	692	0	617	730	572	809	4754
17	Katie Samuelson	f	FV 40	Todmorden Harriers	620	0	751	904	0	847	776	848	4746
18	Stuart Taylor	m	MV 50		891	974	961	0	928	958	0	0	4712
19	Stephen Race	m	MV 50		706	0	793	0	727	805	713	865	4609
20	Sandy Race	f	FV 40		705	0	792	0	726	806	712	866	4607
21	Ian Stainthorpe	m	MV 60	Rochdale Harriers	859	945	0	0	933	933	904	0	4574
22	Darren Gillman	m	MV 50	Todmorden Harriers	590	0	750	0	768	825	744	855	4532
23	Brett Johnson	m	MV 40		861	932	0	0	849	0	899	942	4483
24	Kay McGreevy	f	FV 60	In2 The Wild	824	0	0	0	869	920	893	946	4452
25	Nick Fletcher	m	MV 50		802	883	0	956	0	888	890	0	4419
26	Tom Smith	m			828	0	881	0	856	908	900	0	4373
27	Stephanie Bairret	f	FV 40		616	0	729	0	695	783	695	842	4360
28	Elizabete Carmo-silva	f	FV 40		0	861	811	902	0	845	812	0	4231
29	Doug Orr	m	MV 40		0	860	810	901	0	844	811	0	4226
30	Louise Anderson	f	FV 50		783	913	809	0	0	860	805	0	4170
31	Joe Stevens	m	MV 60		716	0	767	946	839	881	0	0	4149
32	Gemma Drew	f		Methley striders	766	882	782	898	675	0	0	0	4003
33	Sarah Temple	f	FV 40		656	0	790	0	774	835	0	862	3917
34	David Barras	m			963	0	975	991	0	984	0	0	3913
35	Ian Johnson	m	MV 50		972	0	0	0	977	981	977	0	3907
36	John Singleton-Hardy	m		Lancaster	0	0	0	981	0	976	979	948	3884
37	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	940	0	0	0	957	967	963	0	3827

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
38	Neil Ward	m	MV 50	Ponteland Runners	890	0	0	0	0	957	954	967	3768
39	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	619	840	763	0	0	0	693	839	3754
40	Andrew Stuart	m	MV 50		0	934	880	0	930	0	926	0	3670
41	Andrew Carmichael	m	MV 40		0	946	919	0	874	843	0	0	3582
42	owen panton	m			0	0	0	0	806	932	877	950	3565
43	James Lilliot	m			814	0	0	0	836	916	0	960	3526
44	Jonathan Watt	m	MV 60		793	0	905	0	888	913	0	0	3499
45	Chris Lever	m	MV 50		831	933	0	0	833	0	860	0	3457
46	John Wiggans	m	MV 50		819	0	0	0	846	887	895	0	3447
47	Gail Bone	f	FV 40	St Bees Triers	786	0	0	0	865	878	847	0	3376
48	Pete Lashley	m	MV 50		746	0	0	938	815	0	861	0	3360
49	Terri Moore	f			0	0	0	0	807	864	796	882	3349
50	Colette Clarkson	f	FV 50		516	756	0	730	0	708	588	0	3298
51	Kevin Clarkson	m	MV 50		515	757	0	729	0	707	576	0	3284
52	Margaret Mossman	f	FV 50	Eden Runners	0	0	816	895	0	817	723	0	3251
53	Joanne Lewis	f	FV 50		460	761	662	0	580	0	0	783	3246
54	Christine Ramsbottom	f	FV 60	lymm runners	0	843	745	893	0	758	0	0	3239
55	Scott Rosevere	m			0	0	779	0	763	856	829	0	3227
56	Alison Nordon	f	FV 50		500	0	695	0	657	746	613	0	3211
57	Neil Sutcliffe	m	MV 60		518	760	672	0	0	693	531	0	3174
58	Teresa Onions	f	FV 60		0	812	748	873	0	0	692	0	3125
59	Raymond Mooney	m	MV 60	Stainland Lions	697	0	0	0	582	0	865	898	3042
60	Helen Foster	f	FV 50		521	0	804	872	0	0	0	827	3024
61	Gail Bristo	f	FV 50	Red Rose Road Runners	679	0	817	0	691	818	0	0	3005
62	Jonathan Cox	m		Eden Runners	1000	0	0	0	999	0	0	1000	2999
63	Gary Anderson	m	MV 50		0	776	717	0	0	757	747	0	2997
64	James Forrest	m	MV 40		0	0	991	0	991	0	997	0	2979
65	Ryan Lynch	m			567	852	803	0	0	737	0	0	2959
66	Nicole Frisby	f		Springfield Striders	0	0	986	0	0	0	981	991	2958
67	Benjamin Sewell	m	U21		977	0	0	993	971	0	0	0	2941
68	Martin Ellison	m			0	0	0	0	940	982	987	0	2909
69	Kevin Scott	m	MV 60		0	979	973	0	945	0	0	0	2897
70	David Calder	m	MV 60	Westerlands Cross Country Club	955	983	0	0	0	0	956	0	2894
71	Michelle Crowley	f	FV 40	Ambleside AC	0	0	967	0	952	0	960	0	2879
72	Ewan Head	m	U21		0	0	0	0	0	938	959	971	2868
73	Richard Hatton	m	MV 40	N/a	0	943	0	968	0	952	0	0	2863
74	Bruce Penhale	m	MV 60		0	0	948	0	937	0	951	0	2836
75	Ian Crook	m	MV 50	Barrow Striders	906	971	0	0	0	955	0	0	2832
76	Mike Duff	m	MV 40	Ealing Eagles	0	0	0	0	901	0	915	953	2769
77	Chris Bone	m	MV 40	St Bees Triers	913	0	0	0	0	930	924	0	2767
78	Ryan Thorburn	m			847	965	938	0	0	0	0	0	2750
79	Thomas Rosser	m	MV 50		0	911	0	941	0	874	0	0	2726
80	John Ryder	m	MV 50	Eden runners	0	925	0	0	905	885	0	0	2715
81	Karl Bescoby	m	MV 50	Chorlton Runners	0	0	897	0	0	0	878	936	2711
82	JONATHAN LILLIOTT	m	MV 60		0	0	0	0	829	904	0	945	2678
83	Stephen Stuart	m	MV 50		0	0	907	0	887	0	882	0	2676

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84	Stephanie Bond	f			0	0	0	911	841	0	0	915	2667
85	Tim Harper	m			596	0	0	0	676	768	604	0	2644
86	Pauline Carrera-Silva	f	FV 50		511	0	671	668	0	0	0	786	2636
87	Simon Yates	m	MV 50		0	904	0	915	0	0	817	0	2636
88	Angela Duff	f	FV 40	Ealing Eagles	0	0	681	0	591	0	556	792	2620
89	Robert Harper	m	MV 50		813	0	0	0	0	911	889	0	2613
90	Richard Brown	m	MV 40		741	921	0	934	0	0	0	0	2596
91	Lynne Midgley-ward	f	FV 50	Ponteland Runners	502	0	0	0	0	732	573	785	2592
92	Jo Andrews	f	FV 50		0	0	830	0	0	0	839	911	2580
93	Michael Moss	m	MV 50	Total Transition Triathlon Club	495	0	659	0	0	0	614	810	2578
94	Scott Dixon	m			0	887	761	0	0	0	0	920	2568
95	Paul Lewis	m	MV 50		0	762	0	0	827	0	0	972	2561
96	Paul Wilson	m	MV 50	Yorkshire wolds runners	880	973	0	0	0	0	701	0	2554
97	David Taylor	m	MV 60	Cheshire Hash House Harriers	758	0	878	917	0	0	0	0	2553
98	Wendy Fraser	f	FV 60		0	0	657	0	588	0	518	774	2537
99	Lynne Carruthers	f	FV 60	Dch	0	896	840	0	791	0	0	0	2527
100	Gary Wintersgill	m	MV 50		796	0	0	0	799	0	0	916	2511
101	Michael Devlin	m	MV 40		833	0	0	0	794	0	883	0	2510
102	Alan Parker	m	MV 50		801	0	0	0	838	871	0	0	2510
103	Sara Lucas	f	FV 50		458	0	664	0	584	0	0	794	2500
104	Zoe winter	f	FV 40		812	0	888	0	788	0	0	0	2488
105	Louise Roberts	f	FV 50	Border Reiver Runners	517	789	0	0	610	0	562	0	2478
106	Jacqueline Shore	f	FV 60		479	752	654	0	0	0	530	0	2415
107	Dorothy Pelly	f	FV 60	Ambleside Ac	0	0	821	0	0	834	755	0	2410
108	James Campbell	m	MV 40		0	0	0	801	775	828	0	0	2404
109	Doris Trueman	f	FV 70		0	0	0	861	728	812	0	0	2401
110	Deborah Raisbeck	f	FV 50		637	837	0	875	0	0	0	0	2349
111	SIMON Hackett	m	MV 60	Lymm Runners	0	842	746	0	0	760	0	0	2348
112	Fiona Dridge	f	FV 50	Thornton Cleveleys Running Club	0	0	726	0	0	770	0	851	2347
113	Victoria Booth	f			659	851	796	0	0	0	0	0	2306
114	Jen Salt	f	FV 40	Wesham Road Runners	0	0	771	0	709	816	0	0	2296
115	Owen Davies	m	MV 70		0	0	0	0	721	804	748	0	2273
116	Anthony Blight	m	MV 50	Blackpool wyre and fylde	735	0	0	0	703	832	0	0	2270
117	rikki hammond	f	FV 50	Stainland Lions	0	0	0	0	581	0	809	876	2266
118	Thomas Walker	m	MV 40	Team Sixteen	0	791	716	0	0	741	0	0	2248
119	Michael Welsh	m	MV 50		0	0	0	0	688	796	743	0	2227
120	Jane Grantham	f	FV 40	Sunnywood on Tour	0	0	0	814	0	0	616	773	2203
121	Debbie Torr	f	FV 40		598	874	0	0	0	0	724	0	2196
122	Robert Terry	m	MV 50	Belper Harriers	660	834	0	0	0	0	683	0	2177
123	Matt Jarvis	m	MV 50		579	0	849	0	739	0	0	0	2167
124	David Goodyear	m	MV 50	Eccleshill Road Runners	503	795	0	806	0	0	0	0	2104
125	Jenny Coupland	f	FV 40		0	0	0	764	622	716	0	0	2102
126	Jill Reed	f	FV 50		593	0	0	0	736	0	764	0	2093
127	Jacinta Yates	f	FV 50		0	790	0	760	0	0	534	0	2084
128	Emma Patterson	f	FV 40		0	783	683	0	606	0	0	0	2072
129	Kev Kendal	m	MV 50	Howgill Harriers	529	0	694	842	0	0	0	0	2065

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130	Clare Laybourn	f	FV 50		575	0	0	0	643	0	0	840	2058
131	Ruth Lilliot	f	FV 60		549	0	0	0	650	0	0	816	2015
132	Gary Gregory	m	MV 40	Helm Hill Runners	0	0	0	999	997	0	0	0	1996
133	David Howarth	m	MV 40		995	998	0	0	0	0	0	0	1993
134	Rorie McIntosh	m	MV 40	Ask Valley Fell Club	0	0	0	0	993	996	0	0	1989
135	Merlin Duff	m			990	997	0	0	0	0	0	0	1987
136	Macauley Bond	m			0	0	0	0	0	995	992	0	1987
137	Jacob Mennell	m				0	0	0	0	0	989	997	1986
138	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	576	814	0	0	0	0	595	0	1985
139	Melanie Jones	f	FV 50	Prestwich athletics club	0	0	0	759	0	686	538	0	1983
140	Jill Leader	f	FV 60		0	0	0	0	645	745	591	0	1981
141	Jennifer Badger	f			0	985	0	0	0	992	0	0	1977
142	Chris Bowers	m	MV 40		979	0	0	994	0	0	0	0	1973
143	Lou Osborn	f	FV 50	Ambleside AC	983	0	989	0	0	0	0	0	1972
144	Eugene Grant	m	MV 50	Milltown Milers	982	0	0	0	990	0	0	0	1972
145	Joshua Elliott	m	U25	Meltham ac	976	0	0	995	0	0	0	0	1971
146	Mike Allison	m	MV 60	Eden Runners	0	986	0	0	0	0	0	985	1971
147	David Walker	m	MV 50	Sedgefield Harriers	987	0	0	0	980	0	0	0	1967
148	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	980	0	0	0	0	0	984	0	1964
149	Rach Garner	f	FV 50	Prestwich AC	528	0	693	0	738	0	0	0	1959
150	Ian Trencher	m	MV 40	Billinge Running Club	561	0	0	0	0	0	590	805	1956
151	Ben Ashton	m	MV 50	DORunning		0	0	0	0	0	969	987	1956
152	Scott Burns	m	U25		0	0	0	980	974	0	0	0	1954
153	Will Swan	m	U25		0	0	0	0	963	0	991	0	1954
154	Jim Andrews	m	MV 50	Ambleside		0	0	0	0	0	970	984	1954
155	Katie Georgeson	f	FV 40		0	0	0	0	0	977	966	0	1943
156	Daniel McGrath	m	MV 40		0	962	0	0	0	0	0	979	1941
157	Stuart Haigh	m	MV 40	North Shields Polytechnic		0	0	0	0	0	961	980	1941
158	Timothy Forber	m		Lancaster & Morecambe Athletics Club	969	0	0	0	0	969	0	0	1938
159	Robert Faulkner	m			973	0	0	0	0	963	0	0	1936
160	Helen Thompson	f	FV 40	Poynton Runners	961	0	0	0	975	0	0	0	1936
161	Abbie Walker	f	U21	Sedgefield Harriers	970	0	0	0	964	0	0	0	1934
162	Michael Ives	m				0	0	0	0	0	968	965	1933
163	Philip Cuthbert	m	MV 50	Wallasey Ac	951	980	0	0	0	0	0	0	1931
164	Matthew Almond	m	MV 40	Lancaster Runners	646	0	0	0	666	0	618	0	1930
165	Sean Roddy	m	MV 40		948	0	0	0	0	0	0	978	1926
166	Paul McGreevy	m	MV 50	In2 The Wild		0	0	0	0	0	949	975	1924
167	Joshua Wilson	m			0	0	0	0	0	948	974	0	1922
168	Michael Touhey	m	MV 40		0	963	0	0	0	0	0	954	1917
169	Joel Ingham	m			0	0	0	0	935	979	0	0	1914
170	Paul Morris	m	MV 70	Keswick AC		0	0	0	0	0	937	973	1910
171	Scott Mason	m			933	0	0	0	0	0	976	0	1909
172	Garry Owens	m	MV 60	Nfr	931	976	0	0	0	0	0	0	1907
173	Roberto Raso	m	MV 60	Manchester Frontrunners	0	0	932	971	0	0	0	0	1903
174	Eric Austin	m	U21		0	0	0	951	0	950	0	0	1901
175	Andrew Fairweather	m	MV 40	Red rose road runner	0	0	0	957	0	941	0	0	1898

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176	Dave Wainwright	m	MV 50	Caistor Running Club	926	0	970	0	0	0	0	0	1896
177	Ray Monk	m	MV 50			0	0	0	0	0	944	952	1896
178	Christoph Thomas	m			0	0	951	0	0	943	0	0	1894
179	Jamie Funnell	m			0	0	964	0	0	0	0	927	1891
180	Chris McKee	m			916	972	0	0	0	0	0	0	1888
181	Ant Naylor	m	MV 40		899	0	0	0	0	0	0	988	1887
182	Al Neal	m	MV 40		928	0	0	0	954	0	0	0	1882
183	Bruce Austin	m	U25		0	0	0	970	0	905	0	0	1875
184	Natalie Swarbrick	f	FV 40			0	0	0	0	0	912	959	1871
185	Al McKain	m			0	0	0	948	0	919	0	0	1867
186	Rachael Collins	f	FV 40		0	0	0	947	0	0	0	919	1866
187	John Orrell	m	MV 50	Hoghton Flyers		0	0	0	0	0	914	951	1865
188	Paul Blundell	m	MV 60	Hardley runners		0	0	0	0	0	916	947	1863
189	Jayne Collins	f	FV 60	Wigan Harriers	918	0	0	0	938	0	0	0	1856
190	Pedro Rodriguez	m			885	0	0	0	0	966	0	0	1851
191	Christian Oxley	m	MV 40		0	0	0	0	0	917	0	934	1851
192	Martin Loveless	m	MV 60	Hardley Runners		0	0	0	0	0	920	929	1849
193	Chloe Almond	f		Lancaster Runners	566	0	0	0	665	0	617	0	1848
194	William Whall	m	MV 50	North Norfolk Beach Runners		0	0	0	0	0	903	943	1846
195	George Scott	m			0	0	918	0	0	927	0	0	1845
196	Linda Rix	f	FV 60	Manchester Frontrunners	0	0	904	929	0	0	0	0	1833
197	Julian Clarke	m	MV 50		902	0	0	0	924	0	0	0	1826
198	Nick Bunney	m			0	0	0	0	0	890	931	0	1821
199	Martha Anderson-Taylor	f			0	877	0	943	0	0	0	0	1820
200	Michael Harding	m			0	0	926	0	893	0	0	0	1819
201	David Battersby	m	MV 50		522	0	0	0	0	715	579	0	1816
202	Joanne Grant	f	FV 50	Milltown Milers	900	0	0	0	912	0	0	0	1812
203	Debbie Howard	f	FV 50	Furness Fell Runners	882	0	0	0	0	928	0	0	1810
204	Russell Fox	m			0	878	0	931	0	0	0	0	1809
205	Mark Salmon	m		N/a	0	0	925	0	877	0	0	0	1802
206	Simon Winster	m		Red Rose Road Runners	874	0	0	0	0	926	0	0	1800
207	Laura Hewitson	f	FV 40	St Bees Triers	0	0	0	0	0	893	905	0	1798
208	Neil Venables	m	MV 60		0	0	899	0	895	0	0	0	1794
209	Brendan Ashton	m	MV 50		0	0	0	0	0	915	875	0	1790
210	Julie Gate	f	FV 50	Eden Runners	0	0	0	937	0	849	0	0	1786
211	Sam Benson	m			0	0	0	0	855	0	0	930	1785
212	Chris Ridgers	m			823	0	960	0	0	0	0	0	1783
213	Laura Disley	f	FV 40		0	0	0	905	0	0	0	873	1778
214	John Maddy	m	MV 40		853	0	922	0	0	0	0	0	1775
215	David Logan	m	MV 40		840	0	0	0	0	0	932	0	1772
216	Graeme Atkinson	m	MV 50		0	0	0	863	0	0	0	906	1769
217	Mark Walker	m	MV 50	Rochdale Harriers and AC	893	0	0	0	866	0	0	0	1759
218	Olivia Wiggans	f		Chorley Athletic and Tri Club	0	0	0	0	847	912	0	0	1759
219	William Fitch	m			0	0	915	0	0	0	837	0	1752
220	Matt Whalley	m			810	0	0	939	0	0	0	0	1749
221	Callum Norris	m			0	0	0	0	842	0	906	0	1748

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222	Lauren Dean-Ashton	f	FV 40		0	0	0	666	570	0	510	0	1746
223	Sam Davis	m			0	0	0	0	0	895	851	0	1746
224	Phillip Humphries	m			0	0	0	0	0	873	873	0	1746
225	Brad Foster	m			0	869	0	876	0	0	0	0	1745
226	Simon Lobas	m	MV 40		0	0	788	0	955	0	0	0	1743
227	Glen Norris	m			0	0	0	0	850	0	891	0	1741
228	Mia Hayes	f	U25		795	0	945	0	0	0	0	0	1740
229	Alice Burrill	f		Barlick Fell Runners	0	0	842	0	0	0	0	893	1735
230	Simon Williams	m	MV 50		0	902	832	0	0	0	0	0	1734
231	Matthew McEwan	m			869	0	0	0	864	0	0	0	1733
232	Stuart O'connor	m	MV 50			0	0	0	0	0	798	935	1733
233	Richard Pennock	m	MV 50		806	0	0	0	0	0	0	925	1731
234	Suzanne Hughes-Rudd	f	FV 40		0	856	0	0	0	0	0	874	1730
235	Paul Senior	m			0	0	0	906	822	0	0	0	1728
236	Jo Fee	f	FV 50	CFR	0	855	0	0	0	0	0	870	1725
237	Melanie Hayes	f	FV 50		794	0	930	0	0	0	0	0	1724
238	Vicky Evans	f	FV 50		465	0	0	0	574	681	0	0	1720
239	Heather Woods	f		Keswick AC	0	838	0	877	0	0	0	0	1715
240	Glyn Williams	m	MV 50	Prestwich AC	0	0	0	935	0	0	780	0	1715
241	Mart Kissick	m	MV 40		0	854	0	858	0	0	0	0	1712
242	Ryan McDowell	m			805	0	898	0	0	0	0	0	1703
243	Matthew Duckett	m			0	0	0	922	779	0	0	0	1701
244	Chris Davies	m	MV 40	Team inov-8	740	960	0	0	0	0	0	0	1700
245	Arron Cook	m			829	0	0	0	870	0	0	0	1699
246	Steven Reynolds	m	MV 40		0	0	838	0	0	0	859	0	1697
247	Christina Loveridge	f	FV 40	Bbrc	0	848	0	0	0	0	0	847	1695
248	Rozanne Nolte	f			844	0	0	0	0	0	848	0	1692
249	John Halliday	m			836	0	0	0	0	0	856	0	1692
250	Andy Pettit	m	MV 50		0	0	813	0	876	0	0	0	1689
251	Kelly Barrett	f				0	0	0	0	0	797	892	1689
252	Alison Eagle	f	FV 60	Upper Wharfedale Runners	822	0	0	0	0	0	0	852	1674
253	Tom Langridge	m			787	0	0	0	886	0	0	0	1673
254	Bernice Blundell	f	FV 60	Skelmersdale Boundary Harriers		0	0	0	0	0	774	899	1673
255	John Edwards	m	MV 70		0	0	0	868	0	803	0	0	1671
256	Liz Handford	f	FV 50		800	0	0	0	0	868	0	0	1668
257	Stuart Bond	m			0	0	0	0	762	0	0	903	1665
258	Richard Rayner	m	MV 50		0	0	0	859	0	0	802	0	1661
259	Julie Rogerson	f			0	0	0	0	0	791	0	864	1655
260	Rachel Gray	f			0	0	791	0	0	0	0	863	1654
261	Joe Richardson	m			0	0	0	0	808	0	846	0	1654
262	Paul Fenton	m			799	0	853	0	0	0	0	0	1652
263	Colin Copland	m	MV 60		0	866	0	0	0	785	0	0	1651
264	Graeme White	m	MV 50		827	0	0	0	0	821	0	0	1648
265	Anne Cox	f	FV 60		0	0	0	862	0	0	784	0	1646
266	Carol Edwards	f	FV 60		0	0	0	811	0	0	0	834	1645
267	Nick Pape	m	MV 50	Hermitage Harriers		0	0	0	0	0	768	877	1645

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
268	Mary Fox	f			0	835	0	809	0	0	0	0	1644
269	Esther Stanier	f	FV 40	Red Rose Road Runners	0	870	0	0	0	773	0	0	1643
270	Louise Jeffrey-read	f	FV 40	Lostock ac	0	0	0	0	803	839	0	0	1642
271	Chris Green	m	MV 50			0	0	0	0	0	767	875	1642
272	Peter Cushion	m	MV 50	Wirral Vikings Trc	0	0	851	0	0	0	789	0	1640
273	Philippe Werey	m	MV 50			0	0	0	0	0	808	830	1638
274	Eric Roe	m			770	0	865	0	0	0	0	0	1635
275	Steve Roe	m	MV 50		769	0	864	0	0	0	0	0	1633
276	Emma Reynolds	f	FV 40	Riversway Roadrunners	725	0	0	0	0	0	0	908	1633
277	Lee Ashcroft	m			0	0	850	0	782	0	0	0	1632
278	Karen Bennett	f	FV 50	Lymm Runners	0	841	0	0	0	790	0	0	1631
279	Dawn Chilton	f	FV 50		742	884	0	0	0	0	0	0	1626
280	Rachel Stevens	f	FV 40	Lostock AC	0	0	736	885	0	0	0	0	1621
281	Louise Lowe	f		Craven Energy		0	0	0	0	0	736	885	1621
282	Ben Cheetham	m				0	0	0	0	0	734	887	1621
283	Kate Collier	f			0	0	768	852	0	0	0	0	1620
284	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	0	0	777	0	0	0	838	0	1615
285	Hannah Daglish	f			0	0	0	0	812	0	799	0	1611
286	Timothy Knowles	m	MV 60	None	0	0	0	0	0	811	800	0	1611
287	Kay Hebden	f	FV 50	Bollington Harriers	0	0	0	786	0	0	0	824	1610
288	Darrel White	m			0	0	0	0	733	877	0	0	1610
289	Diane Ward	f	FV 40		0	0	0	796	0	0	0	813	1609
290	Rebecca Hilton	f		St Bees Triers	0	0	772	833	0	0	0	0	1605
291	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers		0	0	0	0	0	711	894	1605
292	Cathryn Rostron	f	FV 50	Bollington Harriers	0	0	0	790	0	0	0	814	1604
293	Mark Holden	m	MV 40	Billinge Running Club	748	0	0	0	0	853	0	0	1601
294	Andrew Hamman	m	MV 40		737	864	0	0	0	0	0	0	1601
295	Darren Hodgson	m	MV 50		708	889	0	0	0	0	0	0	1597
296	Ruth Jack	f			0	0	867	0	729	0	0	0	1596
297	Kevin Silver	m	MV 60		0	807	786	0	0	0	0	0	1593
298	Mick Cook	m			733	0	858	0	0	0	0	0	1591
299	Ben Marshall	m			732	0	857	0	0	0	0	0	1589
300	Helen Hill	f	FV 40	Billingham Running Club	0	0	0	890	696	0	0	0	1586
301	Elaine Malyn	f	FV 50	Eden runners	0	0	0	0	0	815	771	0	1586
302	Tracey J Burlinson Campbell	f	FV 50	Lonely Goat Running Club	0	0	0	743	840	0	0	0	1583
303	Hannah Stirling	f			661	0	0	0	0	0	0	921	1582
304	Martin Barrett	m	MV 50			0	0	0	0	0	703	871	1574
305	Claire Pepper	f			0	0	928	0	0	0	644	0	1572
306	Phil Blaylock	m	MV 40	Lakeland Trails	0	0	0	0	765	0	807	0	1572
307	Emily Knowles	f			717	0	852	0	0	0	0	0	1569
308	David Faulkner	m	MV 60	Lymm Runners	0	805	0	0	0	759	0	0	1564
309	Rebecca Noblett	f	FV 50		0	0	732	832	0	0	0	0	1564
310	Harry Hardcastle	m	U25		745	0	0	0	816	0	0	0	1561
311	Liz Molyneux	f	FV 40			0	0	0	0	729	0	832	1561
312	Eugenia Kervin	f	FV 50			0	0	0	0	728	0	833	1561
313	Zoe Dale	f	FV 50	Yorkshire Wolds runners	738	0	0	0	0	0	820	0	1558

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
314	Ben Patterson	m	MV 40		0	0	0	0	708	0	850	0	1558
315	Gary Lacey	m	MV 40		0	0	731	0	0	0	0	826	1557
316	Victoria Slinger	f	FV 40		0	0	730	0	0	0	0	825	1555
317	Russell Pilling	m	MV 60	North Shields Poly		0	0	0	0	0	694	858	1552
318	Paula Marshall	f	FV 50	Bollington Harriers	0	0	0	751	0	0	0	796	1547
319	simon else	m	MV 50		0	0	0	0	731	0	813	0	1544
320	Alan Jones	m	MV 60	Garstang Running Club	759	0	0	0	784	0	0	0	1543
321	John Heathcote	m	MV 60		0	820	722	0	0	0	0	0	1542
322	Jack Croskery	m	U21		0	0	0	0	743	0	795	0	1538
323	Laurel Sleet	f			730	0	0	0	0	0	806	0	1536
324	Andrew Devitt	m	MV 50	Knowle & Dorridge Running Club	639	897	0	0	0	0	0	0	1536
325	Joanne Devitt	f	FV 50	Knowle & Dorridge Running Club	638	898	0	0	0	0	0	0	1536
326	Andrew Hollowbread	m	MV 50		0	817	719	0	0	0	0	0	1536
327	Louisa Graham	f	FV 40		0	0	0	822	712	0	0	0	1534
328	Sarah Collis Kerr	f			651	876	0	0	0	0	0	0	1527
329	Katy Woodman	f	FV 40	Border Reiver Runners	0	766	0	761	0	0	0	0	1527
330	Emily Bird	f	FV 40	Roberttown Roadrunners	630	0	0	887	0	0	0	0	1517
331	Brian Weatherington	m	MV 40		0	0	0	0	760	0	757	0	1517
332	Lisa Whetter	f	FV 50		0	0	718	797	0	0	0	0	1515
333	Gemma Chaters	f			652	858	0	0	0	0	0	0	1510
334	Pete Rands	m	MV 50		715	0	794	0	0	0	0	0	1509
335	Leonie Bell	f	FV 40		0	0	0	0	0	782	722	0	1504
336	Neil Hawkes	m	MV 50		0	0	0	0	0	781	721	0	1502
337	Simon Jones	m	MV 50		0	844	0	0	0	0	657	0	1501
338	Issy Pettit	f	U25		0	0	812	0	0	0	689	0	1501
339	Sam Livesey	f	FV 40		0	0	0	775	0	725	0	0	1500
340	Matt Dunn	m	MV 40	100 Marathon Club	672	0	827	0	0	0	0	0	1499
341	Gary Bigland	m	MV 40		704	0	0	0	0	794	0	0	1498
342	Simon Byron-keeler	m	MV 50	Monumental Movers	670	0	826	0	0	0	0	0	1496
343	Peter Reed	m	MV 70	Northumberland Fell Runners	0	798	0	0	697	0	0	0	1495
344	Rochelle Willan	f		Red Rose Road Runners	0	0	0	880	614	0	0	0	1494
345	Sarah Nutt	f	FV 40		0	0	0	0	693	0	801	0	1494
346	Andrea McEwan	f	FV 50			0	0	0	0	0	670	820	1490
347	Sally Anne Speight	f	FV 50	Roberttown Road Runners	629	0	0	860	0	0	0	0	1489
348	Jolene Sherbrooke	f	FV 40		0	0	785	0	700	0	0	0	1485
349	Michael Sherbrooke	m	MV 40		0	0	784	0	699	0	0	0	1483
350	Margaret Lupton	f	FV 50	Red Rose Road Runners		0	0	0	0	0	642	841	1483
351	Chris Probert	m	MV 60	Penny Lane Striders	0	0	769	0	0	0	709	0	1478
352	Susanna Sewell	f	FV 50	Sunnywood Ladies on Tour	0	0	0	828	0	0	647	0	1475
353	Miriam Brion	f	FV 40		0	0	807	0	0	0	666	0	1473
354	Emily Wilson	f	FV 40		0	0	0	0	754	717	0	0	1471
355	Martin Tilbury	m	MV 50		689	0	0	0	0	0	773	0	1462
356	Alastair Durno	m	MV 60	Hoad Hill Harriers	617	0	0	0	0	0	0	845	1462
357	Jonathan Ford	m	MV 40	Penwortham Panthers	0	765	696	0	0	0	0	0	1461
358	Isabel Thomas	f			0	0	766	0	694	0	0	0	1460
359	Stephen Dale	m	MV 60	Yorkshire wolds runners	668	0	0	0	0	0	785	0	1453

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
360	Michelle Davies	f	FV 40		0	0	673	0	0	779	0	0	1452
361	Jen Hayton	f	FV 40		0	0	0	0	633	0	0	818	1451
362	Richard Sabey	m	MV 60			0	0	0	0	0	635	811	1446
363	Jennifer Pugh	f	FV 40			0	0	0	0	0	637	808	1445
364	Danielle Radley	f	FV 40		0	0	0	0	637	0	0	806	1443
365	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	0	745	0	694	0	0	1439
366	Katie Welch	f	FV 60		0	755	0	682	0	0	0	0	1437
367	Nicola Aindow	f	FV 50		604	0	0	0	0	0	0	831	1435
368	Adam Morton	m	MV 50		0	0	753	0	0	0	682	0	1435
369	Steven Ohara	m	MV 40		0	0	0	0	719	0	716	0	1435
370	Austin Heath	m	MV 50	Slow A/F Run Club	607	0	0	827	0	0	0	0	1434
371	Rachel Hickman	f			0	0	0	818	612	0	0	0	1430
372	Elise Norbury	f	FV 40			0	0	0	0	0	626	803	1429
373	Tumkeen Badulla	f				0	0	0	0	0	625	802	1427
374	Will Lovett	m	MV 40		586	831	0	0	0	0	0	0	1417
375	Melissa Lovett	f	FV 40		585	832	0	0	0	0	0	0	1417
376	Catherine Vaneris	f	FV 40		0	0	727	0	0	688	0	0	1415
377	Sophie Puzey	f			752	0	0	0	0	0	662	0	1414
378	Amy Long	f	U25		0	0	0	793	619	0	0	0	1412
379	david martin	m	MV 60		0	782	0	0	0	0	629	0	1411
380	Tim Long	m	MV 50		0	0	0	792	618	0	0	0	1410
381	Kevin Gibbons	m	MV 60		588	818	0	0	0	0	0	0	1406
382	Susanne PETERS	f	FV 50		0	751	653	0	0	0	0	0	1404
383	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	0	0	0	707	0	697	0	0	1404
384	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	0	0	0	658	0	745	0	1403
385	Nicola Brown	f	FV 40		0	0	0	783	0	0	619	0	1402
386	Peter Cheung	m	MV 60		664	0	0	0	730	0	0	0	1394
387	Chris Price	m	MV 60	Kendal AAC	731	0	0	0	0	0	659	0	1390
388	Daniel Miller	m			653	0	735	0	0	0	0	0	1388
389	Mandy Burton	f	FV 60	Loftus & Whitby	0	0	0	795	0	0	593	0	1388
390	Kirsty Turnbull	f	FV 40		0	0	0	0	586	0	0	799	1385
391	Aude Peltier	f	FV 40		628	0	756	0	0	0	0	0	1384
392	Chloe Dufton	f			559	0	0	0	0	0	0	823	1382
393	John Scott	m	MV 50		482	881	0	0	0	0	0	0	1363
394	Matthew Gribbin	m	MV 50		582	0	0	0	780	0	0	0	1362
395	Laura Tracey	f	FV 40	Sunnywood Ladies on Tour	0	0	0	815	0	0	547	0	1362
396	Alistair McAndrew	m	MV 50		0	0	738	0	621	0	0	0	1359
397	Andrew Halcro-Johnston	m	MV 40	York Postal Harriers	0	0	749	0	609	0	0	0	1358
398	Cat Gooch	f	FV 50	Ponteland Runners		0	0	0	0	0	574	784	1358
399	Becky Blackburn	f	FV 40		0	0	737	0	620	0	0	0	1357
400	Linda Gant	f	FV 60		583	773	0	0	0	0	0	0	1356
401	Marie Walker	f	FV 50	Sedgefield Harriers	647	0	0	0	704	0	0	0	1351
402	Kate Peers	f	FV 40		631	0	0	0	0	0	720	0	1351
403	Gail Farr	f	FV 50	west hull ladies		0	0	0	0	0	569	782	1351
404	Hannah Croskery	f			0	0	0	0	674	0	672	0	1346
405	Emma Cafferty	f	FV 50	Lancaster Runners	0	0	721	0	623	0	0	0	1344

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
406	Julie Graham	f	FV 60	Garstang	557	0	0	0	0	786	0	0	1343
407	Helen Marriner	f	FV 50		595	0	0	0	0	747	0	0	1342
408	Elizabeth King	f	FV 50	Manchester triathlon club	0	0	666	0	0	676	0	0	1342
409	Carla Ainscough	f	FV 40		650	0	0	0	0	691	0	0	1341
410	Daniel Maltman	m	MV 40		643	0	0	0	0	0	697	0	1340
411	Sandra Williams	f	FV 50		541	796	0	0	0	0	0	0	1337
412	Kirsty Hope	f			0	0	652	685	0	0	0	0	1337
413	Louise Clayton	f	FV 50		621	0	714	0	0	0	0	0	1335
414	Lisa Edwards	f	FV 40		554	0	0	779	0	0	0	0	1333
415	Richard Carr	m	MV 50		589	0	0	0	0	740	0	0	1329
416	Oli Tomlinson	f	FV 50		520	0	0	0	0	0	0	807	1327
417	Wayne Lee Farr	m	MV 50			0	0	0	0	0	545	775	1320
418	Mark Sherwood	m	MV 50			0	0	0	0	721	598	0	1319
419	Mark Lightfoot	m	MV 50			0	0	0	0	720	597	0	1317
420	Catherine Gosson-Low	f	FV 50		0	0	697	0	608	0	0	0	1305
421	Lisa Riley	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	0	533	770	1303
422	Amy Derbyshire	f			599	0	682	0	0	0	0	0	1281
423	Gillian Felton	f	FV 50		610	0	0	0	0	0	667	0	1277
424	Joan Bailey	f	FV 40		584	0	0	0	0	0	691	0	1275
425	Catherine Cuthbert	f	FV 50	Wallasey Ac	475	799	0	0	0	0	0	0	1274
426	Andrew Gibson	m	MV 50		0	0	0	698	573	0	0	0	1271
427	Annabelle Allen	f	FV 60	BodyFit Cumbria Running Club	496	774	0	0	0	0	0	0	1270
428	John Irvine	m	MV 40		0	0	686	0	0	0	581	0	1267
429	Carol Forster	f	FV 50		0	0	0	697	569	0	0	0	1266
430	Julie Farron	f	FV 50	Atherton Running Club	578	0	0	0	685	0	0	0	1263
431	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0	720	0	0	542	0	1262
432	Nigel Ash	m	MV 50	Trail Running Assoc	602	0	0	0	0	0	652	0	1254
433	Margaret Gwilliam	f	FV 40	Freck and Warton	0	0	0	683	567	0	0	0	1250
434	Anne-Marie Cutmore	f	FV 40		0	0	663	0	585	0	0	0	1248
435	Kirsty Pettit	f	FV 50		0	0	679	0	565	0	0	0	1244
436	Jo Houghton	f	FV 50	Prestwich AC		0	0	0	0	689	535	0	1224
437	Nichola Cooke	f	FV 40	Prestwich Ac		0	0	0	0	687	536	0	1223
438	Evvie Feingold	f	FV 50	Prestwich AC		0	0	0	0	685	537	0	1222
439	Gerry Richards	f	FV 50		565	0	0	0	655	0	0	0	1220
440	Sarah Cullen	f	FV 40		564	0	0	0	653	0	0	0	1217
441	Gillian Sharpe	f	FV 60			0	0	0	0	678	520	0	1198
442	Helen Knowles	f	FV 60	None		0	0	0	0	677	519	0	1196
443	Steve Webster	m	MV 60		486	0	0	690	0	0	0	0	1176
444	Helen Hetherington	f	FV 70		463	0	0	710	0	0	0	0	1173
445	Anthony Welham	m	MV 70		0	0	656	0	0	0	517	0	1173
446	Luke Watkins	m			533	0	0	0	0	0	615	0	1148
447	Becky Christmas	f	FV 50	Tri Harman	483	0	0	0	575	0	0	0	1058
448	Josephine LOUISE Walsh	f	FV 50		459	0	0	0	579	0	0	0	1038
449	Vit Knezinek	m		INOv8 Czechia	0	1000	0	0	0	0	0	0	1000
450	Scott Nutter	m	U25	Border Harriers	0	0	1000	0	0	0	0	0	1000
451	Jake Collier	m	U25	Brooks UK	0	0	0	1000	0	0	0	0	1000

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
452	Chris Holdsworth	m		INOV8	0	0	0	0	1000	0	0	0	1000
453	Scout Adkin	f		Ambleside AC	0	0	0	0	0	1000	0	0	1000
454	Brogan McCawley	m		Leeds City AC		0	0	0	0	0	1000	0	1000
455	Zhi Yan Yeo	m	U25	University of Warwick	999	0	0	0	0	0	0	0	999
456	Stuart Wilson	m			0	999	0	0	0	0	0	0	999
457	Felix Barker	m		Ambleside AC	0	0	999	0	0	0	0	0	999
458	Craig Blakey	m		Bowland Fell Runners	0	0	0	0	0	999	0	0	999
459	Joe Grisdale	m				0	0	0	0	0	999	0	999
460	Richard Wilson	m	MV 40	Kendal AC		0	0	0	0	0	0	999	999
461	John French	m	MV 40	Eden Runners	998	0	0	0	0	0	0	0	998
462	Jack Robinson	m		Ambleside AC	0	0	998	0	0	0	0	0	998
463	Grzegorz Niewiadomski	m		Lancaster Morecambe Athletic Club	0	0	0	998	0	0	0	0	998
464	Daniel Thacker	m			0	0	0	0	998	0	0	0	998
465	Daniel Cottle	m	MV 40	Prestwich AC	0	0	0	0	0	998	0	0	998
466	Paul Reilly	m	MV 40	Coniston Fell Runners		0	0	0	0	0	998	0	998
467	Conall Stobbs	m	U25	Cheviot Trail Runners		0	0	0	0	0	0	998	998
468	Ted Leahy	m	MV 40	Ripon Runners	997	0	0	0	0	0	0	0	997
469	Alex Haine	m			0	0	997	0	0	0	0	0	997
470	Andrew Maltman	m			0	0	0	997	0	0	0	0	997
471	Martin Klavon	m	MV 40	Northowram Pumas	0	0	0	0	0	997	0	0	997
472	John Gill	m	MV 40		996	0	0	0	0	0	0	0	996
473	Victoria A Duncan	f			0	996	0	0	0	0	0	0	996
474	Liam Wilson	m			0	0	996	0	0	0	0	0	996
475	Arne Schmitz	m	MV 40	SC Komet Steckenborn	0	0	0	996	0	0	0	0	996
476	Matt Clark	m			0	0	0	0	996	0	0	0	996
477	Chris Miles	m		Sale Harriers		0	0	0	0	0	996	0	996
478	Wayne Laird	m	MV 40	GoActiv		0	0	0	0	0	0	996	996
479	Liam Major	m			0	995	0	0	0	0	0	0	995
480	Martin Gough	m			0	0	995	0	0	0	0	0	995
481	Catriona MacDonald	f		Morpeth Harriers	0	0	0	0	995	0	0	0	995
482	Jacob Goodwin	m		Chapel Allerton Runners		0	0	0	0	0	995	0	995
483	Nick Watson	m	MV 50			0	0	0	0	0	0	995	995
484	Dan Toole	m			994	0	0	0	0	0	0	0	994
485	Jonathan Gilroy	m	MV 40	Jarrow and Hebburn Ac	0	994	0	0	0	0	0	0	994
486	Jim Harlock	m	MV 60	City Of Hull Ac	0	0	994	0	0	0	0	0	994
487	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	0	994	0	0	0	994
488	Michael Smith	m	MV 40		0	0	0	0	0	994	0	0	994
489	John Cull	m	U21			0	0	0	0	0	994	0	994
490	Amy Weyers	f		Chorlton Runners		0	0	0	0	0	0	994	994
491	Dom Brown	m	U25		993	0	0	0	0	0	0	0	993
492	Barbora Cichá	f		Inov8 CZ	0	993	0	0	0	0	0	0	993
493	Ben Wales	m	MV 40	City of Hull AC	0	0	993	0	0	0	0	0	993
494	Martin Oldfield	m	MV 50	Darwen Dashers	0	0	0	0	0	993	0	0	993
495	Matthew Whipple	m				0	0	0	0	0	993	0	993
496	Matt Wilson	m	MV 50	Kendal AC		0	0	0	0	0	0	993	993
497	John Butters	m	MV 40		992	0	0	0	0	0	0	0	992

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
498	Paul Duke	m	MV 40	Burnden Road Runners	0	992	0	0	0	0	0	0	992
499	Matthew Rooke	m		Black Combe Runners	0	0	992	0	0	0	0	0	992
500	Michael Haynes	m			0	0	0	992	0	0	0	0	992
501	Josh Evans	m		Bellahouston Road Runners	0	0	0	0	992	0	0	0	992
502	Robert Smith	m	MV 40	Cleethorpes AC		0	0	0	0	0	0	992	992
503	Andrew Miles	m			991	0	0	0	0	0	0	0	991
504	Emma Neil	f			0	991	0	0	0	0	0	0	991
505	David Hatch	m			0	0	0	0	0	991	0	0	991
506	Gareth Doherty	m	MV 40	Burnden Road Runners	0	990	0	0	0	0	0	0	990
507	Lawrence Basham	m	MV 50		0	0	990	0	0	0	0	0	990
508	Mark McAfee	m	MV 40		0	0	0	0	0	990	0	0	990
509	Paul Heron	m	MV 40			0	0	0	0	0	990	0	990
510	Aisling Wall	f		Horsforth Harriers	989	0	0	0	0	0	0	0	989
511	james Galloway-Booth	m	U21		0	989	0	0	0	0	0	0	989
512	Callum Mahoney	m			0	0	0	989	0	0	0	0	989
513	Jamie Arkle	m			0	0	0	0	989	0	0	0	989
514	Jason Redman	m		Sunderland Harriers	0	0	0	0	0	989	0	0	989
515	James Cornforth	m				0	0	0	0	0	0	989	989
516	Ian Hunter	m	MV 40	Beeston AC	988	0	0	0	0	0	0	0	988
517	Tim Savage	m	MV 50	City of Hull AC	0	0	988	0	0	0	0	0	988
518	Tom Brown	m		Preston Harriers	0	0	0	988	0	0	0	0	988
519	Tom Ward	m	U25	Ambleside AC	0	0	0	0	988	0	0	0	988
520	Grace Culling	f	U21	helm hill	0	0	0	0	0	988	0	0	988
521	Barrie Quigley	m				0	0	0	0	0	988	0	988
522	Kyle Biggs	m			0	987	0	0	0	0	0	0	987
523	Stephen Glenville	m	MV 40	City of Hull AC	0	0	987	0	0	0	0	0	987
524	Adam Champion	m	MV 50	Keswick Athletic Club	0	0	0	987	0	0	0	0	987
525	Oliver Lee	m		Sale Harriers Manchester	0	0	0	0	987	0	0	0	987
526	Alastair Vale	m	MV 40		0	0	0	0	0	987	0	0	987
527	Mark Sandamas	m	MV 50	Garlick Fell Runners	986	0	0	0	0	0	0	0	986
528	Jamie Marsland	m			0	0	0	0	986	0	0	0	986
529	Graham Padget	m	MV 40		0	0	0	0	0	986	0	0	986
530	Peter Dinsmore	m				0	0	0	0	0	986	0	986
531	Katy Ward	f	FV 40	Eden Runners		0	0	0	0	0	0	986	986
532	Michael Mason	m	MV 40	Ormskirk Mountain Goats	985	0	0	0	0	0	0	0	985
533	Rebecca Rooke	f		Glaxo Hoad Hill Harriers	0	0	985	0	0	0	0	0	985
534	Alfie Smith	m	U21		0	0	0	985	0	0	0	0	985
535	Andrew Pipes	m	MV 40	Derwent AC	0	0	0	0	985	0	0	0	985
536	Stephen Dunn	m	MV 40	Blackpool Wyre and Fylde AC	0	0	0	0	0	985	0	0	985
537	Lorenzo Brunero	m				0	0	0	0	0	985	0	985
538	Daniel Hunter	m	MV 40		984	0	0	0	0	0	0	0	984
539	Ross Whitaker	m			0	0	0	984	0	0	0	0	984
540	Mark Quinn	m	MV 50		0	0	0	0	984	0	0	0	984
541	Eric Fowler	m	MV 50	Badgers	0	0	983	0	0	0	0	0	983
542	Mingma tshering Sherpa	m	MV 40	Inov8	0	0	0	0	983	0	0	0	983
543	Pauline Munro	f	FV 50	None	0	0	0	0	0	983	0	0	983

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
544	Jordan Lee	m				0	0	0	0	0	983	0	983
545	Simon Humphries	m	MV 50			0	0	0	0	0	0	983	983
546	Suleman Badat	m	MV 40		0	982	0	0	0	0	0	0	982
547	Joe Simons	m	MV 40		0	0	982	0	0	0	0	0	982
548	Cathleen Casterton	f			0	0	0	982	0	0	0	0	982
549	Elaine Omand	f			0	0	0	0	982	0	0	0	982
550	Andrew Rutter	m	U25			0	0	0	0	0	982	0	982
551	Ruth Everson	f	FV 40			0	0	0	0	0	0	982	982
552	Robert Cassidy	m	MV 40		981	0	0	0	0	0	0	0	981
553	Seamus Brennan	m			0	981	0	0	0	0	0	0	981
554	James Clark	m	U21		0	0	981	0	0	0	0	0	981
555	David Watts	m			0	0	0	0	981	0	0	0	981
556	Eleanor Fowler	f	FV 40	Badgers	0	0	980	0	0	0	0	0	980
557	Clive Bandy	m	MV 40	Valley striders	0	0	0	0	0	980	0	0	980
558	James A Jackson	m				0	0	0	0	0	980	0	980
559	Ben Hall	m	MV 40	Elswick Harriers	0	0	979	0	0	0	0	0	979
560	Mike Matthews	m			0	0	0	979	0	0	0	0	979
561	Adam Green	m			0	0	0	0	979	0	0	0	979
562	Daniel Tonge	m			978	0	0	0	0	0	0	0	978
563	Katherine Horner	f	FV 40	Common Runners	462	0	0	0	0	0	516	0	978
564	Mike Mckee	m	MV 40		0	0	978	0	0	0	0	0	978
565	Annie Porter	f	FV 40		0	0	0	978	0	0	0	0	978
566	Nick Hayward	m	MV 50		0	0	0	0	978	0	0	0	978
567	Anthony Lamb	m	MV 50		0	0	0	0	0	978	0	0	978
568	Helen Sharman	f		Keswick AC		0	0	0	0	0	978	0	978
569	Dominic Cooper	m	MV 40	Mossley Hill A.C.	0	977	0	0	0	0	0	0	977
570	Chris Mcdonald	m	MV 60		0	0	977	0	0	0	0	0	977
571	Molly Hale	f	U25		0	0	0	977	0	0	0	0	977
572	David Lea	m	MV 50	Eden Runners		0	0	0	0	0	0	977	977
573	Piet Koehorst	m			0	0	0	976	0	0	0	0	976
574	Alec Graham	m			0	0	0	0	976	0	0	0	976
575	Matt Walker	m		Tyne Bridge Harriers		0	0	0	0	0	0	976	976
576	Joe Gelder	m	U21		975	0	0	0	0	0	0	0	975
577	Michael Kermode	m		Burnden Road Runners	0	975	0	0	0	0	0	0	975
578	Tom Pollard	m			0	0	0	975	0	0	0	0	975
579	Neil Griffiths	m	MV 40		0	0	0	0	0	975	0	0	975
580	Fergal Leonard	m	MV 40		974	0	0	0	0	0	0	0	974
581	Andrew Page	m	MV 40	Vikings	0	0	974	0	0	0	0	0	974
582	Jim Watson	m	MV 50	Arena 80	0	0	0	974	0	0	0	0	974
583	Henry Pickup	m		Rochdale harriers		0	0	0	0	0	0	974	974
584	Kevin McLelland	m	MV 40		0	0	0	973	0	0	0	0	973
585	Richard Bate	m	MV 40	Mercia Fell Runners	0	0	0	0	973	0	0	0	973
586	Stuart Halsey	m	MV 60	South Derbyshire Road Runners	0	0	0	0	0	973	0	0	973
587	Martin Bewick	m	MV 40			0	0	0	0	0	973	0	973
588	Joe Elder	m		St Bees Triers	0	0	972	0	0	0	0	0	972
589	Emily Hart	f			0	0	0	972	0	0	0	0	972

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
590	Paul Sanderson	m	MV 50	Tri Preston	0	0	0	0	972	0	0	0	972
591	Joe Unsworth	m			0	0	0	0	0	972	0	0	972
592	David Bartlett	m				0	0	0	0	0	972	0	972
593	Benjamin Potter	m			971	0	0	0	0	0	0	0	971
594	Eddie Campbell	m		Didsbury Runners	0	0	971	0	0	0	0	0	971
595	Elliot Owens	m		Flookburgh Boxing gym	0	0	0	0	0	971	0	0	971
596	Nick Saxton	m				0	0	0	0	0	971	0	971
597	Kirsten Johnson	f	FV 40	Hash House Harriers	455	0	0	0	0	0	515	0	970
598	Joe Sweetman	m	U25		0	970	0	0	0	0	0	0	970
599	Peter Hood	m	MV 60	Wolverhampton and Bilston	0	0	0	0	970	0	0	0	970
600	Michael Graham	m	MV 40	Border Reiver runners	0	0	969	0	0	0	0	0	969
601	Rachel Bayley	f			0	0	0	969	0	0	0	0	969
602	Simon Daniels	m	MV 50	Gosforth Harriers & AC	0	0	0	0	969	0	0	0	969
603	Joe Worthington	m	MV 40	Ackworth Road Runners		0	0	0	0	0	0	969	969
604	Benjamin Fawcett	m			0	968	0	0	0	0	0	0	968
605	Ian Doughty	m			0	0	968	0	0	0	0	0	968
606	Koray Bacakoglu	m	U25		0	0	0	0	968	0	0	0	968
607	Chris Marshall	m				0	0	0	0	0	0	968	968
608	Simon Barnes	m		COLT	967	0	0	0	0	0	0	0	967
609	Arulkumaran Umapathy	m			0	967	0	0	0	0	0	0	967
610	Gemma Martin	f	FV 40		0	0	0	967	0	0	0	0	967
611	Sophie Pilkington	f			0	0	0	0	967	0	0	0	967
612	Laura Whitehouse	f				0	0	0	0	0	967	0	967
613	Rebecca Rooke	f		Glaxo Hoad Hill Harriers	966	0	0	0	0	0	0	0	966
614	Jeff Mccarthy	m	MV 50	Rochdale Harriers	0	966	0	0	0	0	0	0	966
615	Nick Clarke	m	MV 40	Walden Tri	0	0	966	0	0	0	0	0	966
616	Matthew Gregory	m			0	0	0	0	966	0	0	0	966
617	Robert Lilliot	m				0	0	0	0	0	0	966	966
618	Roger Grand	m	MV 50	Trentham running club	965	0	0	0	0	0	0	0	965
619	Stephen Webb	m	MV 50		0	0	965	0	0	0	0	0	965
620	Gareth Kerr	m	MV 40		0	0	0	965	0	0	0	0	965
621	Benjamin Logan	m			0	0	0	0	965	0	0	0	965
622	Paul Stuart	m	MV 50	East Kilbride Athletics Club	0	0	0	0	0	965	0	0	965
623	Sonny Playforth	m				0	0	0	0	0	965	0	965
624	Andrew Grimshaw	m	MV 40	Penny Lane Striders	964	0	0	0	0	0	0	0	964
625	Ben Clarke	m	MV 50	Team Nidderdale	0	964	0	0	0	0	0	0	964
626	Harry James	m	U25		0	0	0	964	0	0	0	0	964
627	Paul Gibson	m			0	0	0	0	0	964	0	0	964
628	Phil O'Sullivan	m				0	0	0	0	0	964	0	964
629	Liam Garnett	m				0	0	0	0	0	0	964	964
630	Jon Meeten	m	MV 50		0	0	963	0	0	0	0	0	963
631	Andrew Simpson	m	MV 40	Lonely Goat R C	0	0	0	963	0	0	0	0	963
632	Michael Rogers	m	MV 40	None		0	0	0	0	0	0	963	963
633	Royle Daniel	m			962	0	0	0	0	0	0	0	962
634	Paul Cartwright	m	MV 60	City Of Hull Ac	0	0	962	0	0	0	0	0	962
635	Charlie Horncastle	m	U25		0	0	0	962	0	0	0	0	962

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
636	David Gean	m	U21		0	0	0	0	962	0	0	0	962
637	Anthony Irving	m	MV 40		0	0	0	0	0	962	0	0	962
638	David Connolly	m	MV 50			0	0	0	0	0	962	0	962
639	Graham Jenkins	m	MV 50	Ribble Valley Runners		0	0	0	0	0	0	962	962
640	George McArthy	m			0	961	0	0	0	0	0	0	961
641	Gaz O'Leary	m	MV 40		0	0	0	961	0	0	0	0	961
642	Ed Higgs	m	U25		0	0	0	0	961	0	0	0	961
643	Amy Whelan	f		Glaxo Hoad Hill Harriers	0	0	0	0	0	961	0	0	961
644	Chris Ryan	m	MV 40	Sw Running Crew		0	0	0	0	0	0	961	961
645	David Brown	m	MV 40		960	0	0	0	0	0	0	0	960
646	Andy Baguley	m	MV 40	Chorlton Runners	0	0	0	0	960	0	0	0	960
647	Andrew Webster	m	MV 50	Otley AC	0	0	0	0	0	960	0	0	960
648	Luke Hough	m			959	0	0	0	0	0	0	0	959
649	Davide Cuoghi	m			0	959	0	0	0	0	0	0	959
650	Michael Norbury	m		Didsbury Runners	0	0	959	0	0	0	0	0	959
651	Ross Cowburn	m			0	0	0	959	0	0	0	0	959
652	Harry Vaneris	m	MV 40		0	0	0	0	959	0	0	0	959
653	Amelia Websdale	f	U25		0	0	0	0	0	959	0	0	959
654	Matthew Snarr	m	MV 40	N/a	958	0	0	0	0	0	0	0	958
655	Emily Thwaites	f	FV 40	Allithwaite Running Club	0	958	0	0	0	0	0	0	958
656	Jack Colling	m	U21		0	0	958	0	0	0	0	0	958
657	Jonny Borg	m			0	0	0	958	0	0	0	0	958
658	Mark Cameron	m	MV 50			0	0	0	0	0	958	0	958
659	Tim Emery	m				0	0	0	0	0	0	958	958
660	Kipp Jones	m			957	0	0	0	0	0	0	0	957
661	Raymond Quinn	m	MV 50		0	957	0	0	0	0	0	0	957
662	Alex Osborn	m		Embsay running club	0	0	957	0	0	0	0	0	957
663	Gemma Smith	f				0	0	0	0	0	0	957	957
664	Andy Johnson	m			956	0	0	0	0	0	0	0	956
665	Michael hutchyd8@hotmail.co.uk	m		N/A	0	956	0	0	0	0	0	0	956
666	Ben Compton	m	U25	Chorlton Runners	0	0	956	0	0	0	0	0	956
667	Richard Gover	m	MV 40	York Acorn Running Club	0	0	0	0	956	0	0	0	956
668	Stuart Hall	m	MV 40	Blackpool, Wyre and Fylde Athletics Club	0	0	0	0	0	956	0	0	956
669	stephen ormson	m	MV 50	Tricentral		0	0	0	0	0	0	956	956
670	Neil Whitaker	m			0	955	0	0	0	0	0	0	955
671	Ben Taylor	m	U21		0	0	955	0	0	0	0	0	955
672	Steve Worthington	m			0	0	0	955	0	0	0	0	955
673	Eilidh Brown	f	U25			0	0	0	0	0	955	0	955
674	Derek Irwin	m	MV 60	AVOHK		0	0	0	0	0	0	955	955
675	John Dickinson	m	MV 50	Liverpool Pembroke Sefton	0	954	0	0	0	0	0	0	954
676	Stuart Parker	m			0	0	954	0	0	0	0	0	954
677	Peter Gibb	m	MV 40		0	0	0	954	0	0	0	0	954
678	Chris Thorpe	m	MV 50		0	0	0	0	0	954	0	0	954
679	Paul Moor	m			953	0	0	0	0	0	0	0	953
680	Alex Butcher	m			0	0	953	0	0	0	0	0	953
681	Phil Blakey	m	MV 60		0	0	0	953	0	0	0	0	953

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
682	James Carter	m	U25		0	0	0	0	953	0	0	0	953
683	Chris Derbyshire	m	MV 40	Thursday Cunt Club	0	0	0	0	0	953	0	0	953
684	Steven Rutter	m				0	0	0	0	0	953	0	953
685	Mark Ashburn	m			952	0	0	0	0	0	0	0	952
686	Hanif Meeran	m	MV 50		0	952	0	0	0	0	0	0	952
687	Rupert Wilks	m	MV 50	City Of Hull Ac	0	0	952	0	0	0	0	0	952
688	Steven Marsh	m	MV 60		0	0	0	952	0	0	0	0	952
689	Heidi Rogers	f				0	0	0	0	0	952	0	952
690	Frank Saunders	m	U21	Team Otter	0	951	0	0	0	0	0	0	951
691	Paul Jones	m	MV 60	Shropshire Shufflers	0	0	0	0	951	0	0	0	951
692	Gary Craven	m	MV 40	Manchester Muckers	0	0	0	0	0	951	0	0	951
693	Matt Baxter	m			950	0	0	0	0	0	0	0	950
694	Dan Saunders	m	MV 40	Team Otter	0	950	0	0	0	0	0	0	950
695	Sam Russell	m			0	0	950	0	0	0	0	0	950
696	Robert Harker	m			0	0	0	950	0	0	0	0	950
697	Aoife Moss	f				0	0	0	0	0	950	0	950
698	Josh Silver	m			949	0	0	0	0	0	0	0	949
699	Mason Wennington	m	U21		0	949	0	0	0	0	0	0	949
700	Jessica Slater	f		Revolution runners	0	0	949	0	0	0	0	0	949
701	Dominique Boyle	f			0	0	0	949	0	0	0	0	949
702	James Shields	m			0	0	0	0	949	0	0	0	949
703	Sam Mooney	m			0	0	0	0	0	949	0	0	949
704	Neil Roberts	m	MV 50	Liverpool Pembroke & Sefton H&AC		0	0	0	0	0	0	949	949
705	Harrison Dent	m			0	948	0	0	0	0	0	0	948
706	Mike Innerdale	m	MV 50	Eden Runners	0	0	0	0	948	0	0	0	948
707	Kash Singh	m				0	0	0	0	0	948	0	948
708	Rich Greenfield	m	MV 40	Hoad Hill Harriers	947	0	0	0	0	0	0	0	947
709	Nick Martland	m	MV 50		0	947	0	0	0	0	0	0	947
710	Ali Pennefather	f			0	0	0	0	947	0	0	0	947
711	Adam Seidel	m	U25		0	0	0	0	0	947	0	0	947
712	Peter Burke	m				0	0	0	0	0	947	0	947
713	Tom Roper	m		Hyde Park Harriers	946	0	0	0	0	0	0	0	946
714	Stuart Buchan	m	MV 60	City of Hull	0	0	946	0	0	0	0	0	946
715	Adrian Hadley	m	MV 40		0	0	0	0	946	0	0	0	946
716	Andy Cartridge	m				0	0	0	0	0	946	0	946
717	Stephen Dyson	m	MV 40		945	0	0	0	0	0	0	0	945
718	Liam Neill	m			0	0	0	945	0	0	0	0	945
719	Stuart Clayton	m	MV 50		0	0	0	0	0	945	0	0	945
720	Luke Wilson	m				0	0	0	0	0	945	0	945
721	Dominic Welsby	m			944	0	0	0	0	0	0	0	944
722	Lyndsay Derbyshire	f	FV 50	Burnden Road Runners	0	944	0	0	0	0	0	0	944
723	Becky Speres	f			0	0	944	0	0	0	0	0	944
724	Tom Halliwell	m	MV 40	Nob End Run club	0	0	0	944	0	0	0	0	944
725	Andrew Malcolm	m			0	0	0	0	944	0	0	0	944
726	James Barry	m			0	0	0	0	0	944	0	0	944
727	Steve Tinniswood	m	MV 50			0	0	0	0	0	0	944	944

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
728	Gordon Blunt	m	MV 40	Kendal Hockey Club	943	0	0	0	0	0	0	0	943
729	Cliff Veighey	m	MV 50		0	0	943	0	0	0	0	0	943
730	David Pollitt	m	MV 50	Leigh Harriers	0	0	0	0	943	0	0	0	943
731	Crawford Barber	m				0	0	0	0	0	943	0	943
732	Benjamin North	m			942	0	0	0	0	0	0	0	942
733	Owen Jones	m	MV 40	The Otters	0	942	0	0	0	0	0	0	942
734	Max Buswell	m	U25		0	0	942	0	0	0	0	0	942
735	Martin Poore	m	MV 50		0	0	0	942	0	0	0	0	942
736	Joe Brooke	m			0	0	0	0	942	0	0	0	942
737	Liam Tillett	m			0	0	0	0	0	942	0	0	942
738	Jack Lawton	m	U25			0	0	0	0	0	942	0	942
739	Matt Whitehead	m			941	0	0	0	0	0	0	0	941
740	Sarah Kerr	f	FV 40		0	941	0	0	0	0	0	0	941
741	Ryan Bradley	m			0	0	941	0	0	0	0	0	941
742	Aidan Poynter	m			0	0	0	0	941	0	0	0	941
743	Lee Barker-field	m	MV 50			0	0	0	0	0	941	0	941
744	Ian Mckay	m	MV 50			0	0	0	0	0	0	941	941
745	Louise Robbins	f	FV 50		0	940	0	0	0	0	0	0	940
746	Iain Bramble	m	MV 50		0	0	940	0	0	0	0	0	940
747	Benjamin Tixier	m			0	0	0	940	0	0	0	0	940
748	Chris Howarth	m	MV 40	LAS Old Boys Basel	0	0	0	0	0	940	0	0	940
749	Callum Meadows	m		40% run club		0	0	0	0	0	940	0	940
750	Mark Hudson	m	MV 60	Liverpool Pembroke Sefton		0	0	0	0	0	0	940	940
751	Mr Lowes	m	MV 40	Elswick Harriers	939	0	0	0	0	0	0	0	939
752	Chris Lawrence	f	FV 60		0	939	0	0	0	0	0	0	939
753	Jack Gordon	m			0	0	939	0	0	0	0	0	939
754	Claire Thornton	f	FV 40	Methley Striders	0	0	0	0	939	0	0	0	939
755	Thomas Smith	m			0	0	0	0	0	939	0	0	939
756	Jack Lee-Thompson	m				0	0	0	0	0	939	0	939
757	Liam Webster	m				0	0	0	0	0	0	939	939
758	John Williams	m	MV 40	Milltown Milers	938	0	0	0	0	0	0	0	938
759	Eleanor Bennewith	f			0	938	0	0	0	0	0	0	938
760	Carlos Botello	m				0	0	0	0	0	938	0	938
761	Caroline White	f	FV 40	Helm Hill Runners		0	0	0	0	0	0	938	938
762	Ryan Armstrong	m			937	0	0	0	0	0	0	0	937
763	Andrew Mitchinson	m	MV 40	Team Otter	0	937	0	0	0	0	0	0	937
764	Michael Bean	m	MV 50		0	0	937	0	0	0	0	0	937
765	Connor Dykes	m	U25		0	0	0	0	0	937	0	0	937
766	Katherine Clancy	f	FV 40	Liverpool Pembroke and Sefton AC		0	0	0	0	0	0	937	937
767	Will Parry	m	MV 50	London Fronrunners	936	0	0	0	0	0	0	0	936
768	Rebecca Mon-Williams	f	FV 50		0	936	0	0	0	0	0	0	936
769	Richard Hawkins	m	MV 40	York Postal Harriers	0	0	936	0	0	0	0	0	936
770	Barry Lyonette	m	MV 70	Pensby Runners	0	0	0	936	0	0	0	0	936
771	Peter Whaley	m	MV 40	St Bees Triers	0	0	0	0	936	0	0	0	936
772	Rachel Bailey	f	U25	Bolton United Harriers	0	0	0	0	0	936	0	0	936
773	Benn Stephenson	m	MV 40			0	0	0	0	0	936	0	936

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
774	Paul Collins	m			935	0	0	0	0	0	0	0	935
775	Harrison Clough	m	U25		0	935	0	0	0	0	0	0	935
776	Ian Goulding	m	MV 60	Holmfirth Harriers	0	0	935	0	0	0	0	0	935
777	Anthony Hayes	m	MV 40		0	0	0	0	0	935	0	0	935
778	Alan Barr	m	MV 50	Howgill Harriers		0	0	0	0	0	935	0	935
779	Chris Parry	m			934	0	0	0	0	0	0	0	934
780	Dougie Burke	m	U25		0	0	934	0	0	0	0	0	934
781	Connor McAleer	m			0	0	0	0	934	0	0	0	934
782	Katrina Hamilton	f		Wigan Harriers AC	0	0	0	0	0	934	0	0	934
783	Peter Roll	m	MV 50	Ilkley Harriers		0	0	0	0	0	934	0	934
784	Rachel Darling Love	f	FV 50	City of Hull AC	0	0	933	0	0	0	0	0	933
785	Neil Cholmondeley	m	MV 40	N/a		0	0	0	0	0	933	0	933
786	Josh Morris	m				0	0	0	0	0	0	933	933
787	Ben Brown	m			932	0	0	0	0	0	0	0	932
788	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	0	0	932	0	0	0	0	932
789	Ben Rowe	m	U25		0	0	0	0	932	0	0	0	932
790	Anton Mirafsari	m		Jarrow and Hebburn ac	0	931	0	0	0	0	0	0	931
791	Caitlin Burke	f		Hyde Park Harriers	0	0	931	0	0	0	0	0	931
792	Kasia Button	f			0	0	0	0	931	0	0	0	931
793	Chris Jones	m		Leven Valley AC	0	0	0	0	0	931	0	0	931
794	Ian Bowker	m	MV 50	Marple Runners	930	0	0	0	0	0	0	0	930
795	Robin Livingstone	m	MV 60	Perth RR	0	0	0	930	0	0	0	0	930
796	Dylan Lawton	m	MV 40	N/a		0	0	0	0	0	930	0	930
797	Tom Willox	m		Helm Hill Runners	929	0	0	0	0	0	0	0	929
798	martin Landivar	m	MV 40		0	929	0	0	0	0	0	0	929
799	Emma Spooner	f	FV 40		0	0	0	0	929	0	0	0	929
800	Tim Palfreman	m	MV 50	Harrogate Harriers	0	928	0	0	0	0	0	0	928
801	Martin Dick	m	MV 50		0	0	0	928	0	0	0	0	928
802	Nick Valentine	m				0	0	0	0	0	928	0	928
803	Martin Slovak	m	MV 40		927	0	0	0	0	0	0	0	927
804	Phill Rae	m	MV 50		0	0	927	0	0	0	0	0	927
805	Madeleine Lomas	f	FV 60	Charnwood AC	0	0	0	927	0	0	0	0	927
806	steven bamber	m	MV 60	Preston Harriers	0	0	0	0	927	0	0	0	927
807	Samuel Watts	m				0	0	0	0	0	927	0	927
808	Carl Hutchinson	m			0	926	0	0	0	0	0	0	926
809	Katie Copeland	f	FV 40		0	0	0	926	0	0	0	0	926
810	Adam Kramer	m	MV 40		0	0	0	0	926	0	0	0	926
811	Mark Eccleston	m	MV 40			0	0	0	0	0	0	926	926
812	Sarah Taylor	f		Beeston AC	925	0	0	0	0	0	0	0	925
813	Jackie Watts	f	FV 40		0	0	0	925	0	0	0	0	925
814	Matt Hobby	m	MV 40		0	0	0	0	925	0	0	0	925
815	Matthew Mckeague	m	MV 40		0	0	0	0	0	925	0	0	925
816	Jamie Harrison	m				0	0	0	0	0	925	0	925
817	sam McCormack	m			924	0	0	0	0	0	0	0	924
818	Olivia Stewart	f	U25		0	924	0	0	0	0	0	0	924
819	John Marlen-Summers	m	MV 40		0	0	924	0	0	0	0	0	924

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
820	Philippa Tooms	f	FV 40		0	0	0	924	0	0	0	0	924
821	Mark Ayrton	m	MV 50		0	0	0	0	0	924	0	0	924
822	Michael Roddy	m				0	0	0	0	0	0	924	924
823	Jack Jolley	m	U25		923	0	0	0	0	0	0	0	923
824	Matthew Park	m			0	923	0	0	0	0	0	0	923
825	Hollie Steed	f			0	0	923	0	0	0	0	0	923
826	Peter Jones	m	MV 50		0	0	0	923	0	0	0	0	923
827	Paul Hammond	m	MV 40		0	0	0	0	923	0	0	0	923
828	Jane Applegarth	f	FV 40		0	0	0	0	0	923	0	0	923
829	Andrew Fleming	m	MV 40			0	0	0	0	0	923	0	923
830	Patricio Fernandez Quintana	m	MV 40			0	0	0	0	0	0	923	923
831	Dominic Bevan	m		Bogdan Bombers	922	0	0	0	0	0	0	0	922
832	Chris Gee	m	MV 40	Rochdale Harriers	0	922	0	0	0	0	0	0	922
833	Martyn Hurst	m	MV 40	Lonely Goat	0	0	0	0	922	0	0	0	922
834	Neil Mullinger	m	MV 40		0	0	0	0	0	922	0	0	922
835	Joanna Fitch	f				0	0	0	0	0	922	0	922
836	Steven Ainsworth	m			921	0	0	0	0	0	0	0	921
837	Dale Gerrard	m			0	0	0	921	0	0	0	0	921
838	Rebecca Howard	f		Quakers	0	0	0	0	921	0	0	0	921
839	Thomas Webster	m			0	0	0	0	0	921	0	0	921
840	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne		0	0	0	0	0	921	0	921
841	Anne Ferguson	f	FV 60	Burnden	0	920	0	0	0	0	0	0	920
842	Tyler Carter	m	U25		0	0	920	0	0	0	0	0	920
843	Cpt. David Ormrod	m			0	0	0	920	0	0	0	0	920
844	Adrian Burgon-kisby	m			0	0	0	0	920	0	0	0	920
845	Jonathan Watson	m			919	0	0	0	0	0	0	0	919
846	Ashley Kaye	m			0	919	0	0	0	0	0	0	919
847	Georgina Walters	f			0	0	0	919	0	0	0	0	919
848	Steven Edwards	m			0	0	0	0	919	0	0	0	919
849	Adam Long	m		40% club		0	0	0	0	0	919	0	919
850	Neil Jarvis	m	MV 50	Stubbington Green Runners	0	0	0	918	0	0	0	0	918
851	Philip Pasco	m			0	0	0	0	918	0	0	0	918
852	John Paul Smith	m	MV 60		0	0	0	0	0	918	0	0	918
853	Jim Kellow	m	MV 40			0	0	0	0	0	918	0	918
854	David Edwards	m			917	0	0	0	0	0	0	0	917
855	Simon Eggleston	m	MV 50	South Shields Harrers	0	917	0	0	0	0	0	0	917
856	Anna McDonald	f	U25	Didsbury Runners	0	0	917	0	0	0	0	0	917
857	Michiel Kieft	m	MV 40			0	0	0	0	0	917	0	917
858	Paul Hebden	m	MV 50	Bollington Harriers		0	0	0	0	0	0	917	917
859	Callum John	m	U25		0	916	0	0	0	0	0	0	916
860	Mike Collins	m	MV 50		0	0	916	0	0	0	0	0	916
861	Harry Watkinson	m			0	0	0	916	0	0	0	0	916
862	Billy Duckworth	m			0	0	0	0	916	0	0	0	916
863	Luke Poppleton	m	U25		915	0	0	0	0	0	0	0	915
864	Megan Raybould	f			0	915	0	0	0	0	0	0	915
865	Keith Robinson	m	MV 40		914	0	0	0	0	0	0	0	914

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
866	Lara Sharp	f			0	914	0	0	0	0	0	0	914
867	Dan Bromley	m	MV 40		0	0	914	0	0	0	0	0	914
868	Jay Sutcliffe	m	MV 40		0	0	0	914	0	0	0	0	914
869	Mark Picksley	m	MV 60	Unattached	0	0	0	0	914	0	0	0	914
870	Fay Tuffen	f	FV 50		0	0	0	0	0	914	0	0	914
871	Peter Cox	m	MV 50			0	0	0	0	0	0	914	914
872	Jack Richards	m			0	0	913	0	0	0	0	0	913
873	David Southgate	m	MV 40		0	0	0	913	0	0	0	0	913
874	Katie Blackett	f		Bellahouston Road Runners	0	0	0	0	913	0	0	0	913
875	Ben Barnard	m	MV 40			0	0	0	0	0	913	0	913
876	Anne Macfarlane	f	FV 60	Dumfries Running Club		0	0	0	0	0	0	913	913
877	Kieron Jackson	m	MV 40		912	0	0	0	0	0	0	0	912
878	Mark Edsell	m	MV 50		0	912	0	0	0	0	0	0	912
879	Matthew Atkinson	m	MV 40		0	0	912	0	0	0	0	0	912
880	Chris Saunders	m	MV 40		0	0	0	912	0	0	0	0	912
881	Stuart Lamb	m			911	0	0	0	0	0	0	0	911
882	Sophie Lee	f		City of Hull AC	0	0	911	0	0	0	0	0	911
883	Josh Tipper	m			0	0	0	0	911	0	0	0	911
884	Victor Ward	m	MV 50	Wolds Vets athletic club		0	0	0	0	0	911	0	911
885	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	910	0	0	0	0	0	0	0	910
886	Sarah Brotherton	f			0	910	0	0	0	0	0	0	910
887	Sam Jones	m	MV 40		0	0	910	0	0	0	0	0	910
888	Ieuan Morgan	m			0	0	0	910	0	0	0	0	910
889	Martin Le Roux	m			0	0	0	0	910	0	0	0	910
890	Robin Dallas-Childs	m	MV 40		0	0	0	0	0	910	0	0	910
891	Simon Robb	m				0	0	0	0	0	910	0	910
892	Jonathan Goldsworthy	m	MV 40		909	0	0	0	0	0	0	0	909
893	Ian Cooper	m	MV 60		0	909	0	0	0	0	0	0	909
894	Denis Cleary	m	MV 50	None	0	0	909	0	0	0	0	0	909
895	Holly Wood	f	FV 40		0	0	0	909	0	0	0	0	909
896	Steve Tupholme	m	MV 50	Holme Pierrepont RC	0	0	0	0	909	0	0	0	909
897	Matthew Eustace	m	MV 40			0	0	0	0	0	909	0	909
898	Anna Newton-Clarke	f				0	0	0	0	0	0	909	909
899	John McGinley	m			908	0	0	0	0	0	0	0	908
900	Elly Ball	f			0	908	0	0	0	0	0	0	908
901	Mary Hall	f	FV 40	Elswick Harriers	0	0	908	0	0	0	0	0	908
902	Amy Sinnott	f			0	0	0	908	0	0	0	0	908
903	Antony Briscoe	m	MV 60	Cumberland AC	0	0	0	0	908	0	0	0	908
904	Mihir Joshi	m	MV 40			0	0	0	0	0	908	0	908
905	Matt Dixon	m			907	0	0	0	0	0	0	0	907
906	Lucy Mote	f			0	907	0	0	0	0	0	0	907
907	Ellena Farrow	f		Preston Harriers	0	0	0	907	0	0	0	0	907
908	Laurent Stauffer	m	MV 60	MILA Rheintal	0	0	0	0	907	0	0	0	907
909	Matthew Higginson	m			0	0	0	0	0	907	0	0	907
910	Chris Craven	m	MV 40	LPS		0	0	0	0	0	907	0	907
911	Jim Laycock	m	MV 50			0	0	0	0	0	0	907	907

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
912	Spencer Wennington	m	U25		0	906	0	0	0	0	0	0	906
913	Isabelle Qamar	f	FV 50	Didsbury Runners	0	0	906	0	0	0	0	0	906
914	Peter Maguire	m	MV 40	Derwent Valley Running Club	0	0	0	0	906	0	0	0	906
915	Kyla Bennett	f	FV 40		0	0	0	0	0	906	0	0	906
916	Donna Cartwright	f	FV 40	Radcliffe Ac	905	0	0	0	0	0	0	0	905
917	Rob Wennington	m	MV 50		0	905	0	0	0	0	0	0	905
918	Jamie Doyle	m				0	0	0	0	0	0	905	905
919	Robert Burke	m	MV 40		904	0	0	0	0	0	0	0	904
920	Graham Pickering	m		Vegan Runners	0	0	0	0	904	0	0	0	904
921	Peter Bold	m	MV 60	Milltown Milers	903	0	0	0	0	0	0	0	903
922	Cheryl Stanley	f	FV 40		0	903	0	0	0	0	0	0	903
923	Alexandra Middleham	f	U25		0	0	903	0	0	0	0	0	903
924	Christopher Cox	m	MV 60		0	0	0	903	0	0	0	0	903
925	Neil Mclachlan	m	MV 40		0	0	0	0	903	0	0	0	903
926	James Pearson	m	MV 40		0	0	0	0	0	903	0	0	903
927	Charlotte Middleham	f	U25		0	0	902	0	0	0	0	0	902
928	Nick Massey	m	U25		0	0	0	0	902	0	0	0	902
929	jonathan Vose	m	MV 40		0	0	0	0	0	902	0	0	902
930	Alan McTavish	m	MV 40			0	0	0	0	0	902	0	902
931	Richard Bacon	m	MV 70			0	0	0	0	0	0	902	902
932	Godfrey Nyamugunduru	m			901	0	0	0	0	0	0	0	901
933	Mary Fairclough	f	FV 40		0	901	0	0	0	0	0	0	901
934	Michael Little	m	MV 40		0	0	901	0	0	0	0	0	901
935	Jen Helm	f	FV 40	Prestwich AC	0	0	0	0	0	901	0	0	901
936	Callum Broadleday	m				0	0	0	0	0	901	0	901
937	Erin Crompton	f	U25	Nob End		0	0	0	0	0	0	901	901
938	Richard Fawcett	m	MV 50		0	900	0	0	0	0	0	0	900
939	Glen Brown	m			0	0	900	0	0	0	0	0	900
940	Ian Massey	m	MV 40		0	0	0	900	0	0	0	0	900
941	Daniel Gilchrist	m	MV 40		0	0	0	0	900	0	0	0	900
942	Philip Arrowsmith	m	MV 40		0	0	0	0	0	900	0	0	900
943	Ralph Fletcher	m	U25	Cool Runnings		0	0	0	0	0	0	900	900
944	Linda Doherty	f	FV 50	Burnden road runners	0	899	0	0	0	0	0	0	899
945	Christopher McQuitty	m			0	0	0	899	0	0	0	0	899
946	LEE MCDONOUGH	m	MV 40		0	0	0	0	899	0	0	0	899
947	Kevin Duncan	m	MV 40		0	0	0	0	0	899	0	0	899
948	Ross Ives	m	MV 40		898	0	0	0	0	0	0	0	898
949	Gemma Cargin	f		Chorlton Runners	0	0	0	0	898	0	0	0	898
950	Kate Formstone	f	FV 40		0	0	0	0	0	898	0	0	898
951	Nicola Hughes	f				0	0	0	0	0	898	0	898
952	Kevan Garner	m	MV 50	Stockport harriers	897	0	0	0	0	0	0	0	897
953	Russell Mead	m	MV 60	Stubbington Green Runners	0	0	0	897	0	0	0	0	897
954	Alan Smitheman	m	MV 40	Loftus & Whitby Ac	0	0	0	0	897	0	0	0	897
955	Dave Tonge	m	MV 60			0	0	0	0	0	897	0	897
956	Peter EVANS	m	MV 50	Kings heath rc		0	0	0	0	0	0	897	897
957	andrew foulkes	m			896	0	0	0	0	0	0	0	896

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
958	Richard Kinrade	m			0	0	896	0	0	0	0	0	896
959	Anthony Frisby	m	MV 60	U/a	0	0	0	896	0	0	0	0	896
960	Charlie Murray	m			0	0	0	0	896	0	0	0	896
961	Anthony Thorley	m	MV 50	Red Rose Road Runners	0	0	0	0	0	896	0	0	896
962	Phil Kitchman	m	MV 50			0	0	0	0	0	896	0	896
963	Ferg Ryan	m	MV 40	Sw Running Crew		0	0	0	0	0	0	896	896
964	Lindsey Quinn	f			895	0	0	0	0	0	0	0	895
965	Mark Griffiths	m	MV 40		0	895	0	0	0	0	0	0	895
966	Chris Bristow	m	MV 40		0	0	895	0	0	0	0	0	895
967	Lotti Gecaite Collier	f	FV 40			0	0	0	0	0	0	895	895
968	David Simmons	m	MV 50	Prestwich AC	894	0	0	0	0	0	0	0	894
969	Joe Walker-Davies	m			0	894	0	0	0	0	0	0	894
970	Kelvin Palmer	m	MV 40		0	0	894	0	0	0	0	0	894
971	Emma Derby	f			0	0	0	894	0	0	0	0	894
972	John Wilson	m	MV 40		0	0	0	0	894	0	0	0	894
973	Colin Howard	m	MV 60	Furness Fell Runners	0	0	0	0	0	894	0	0	894
974	Peter Cantwell	m	MV 40			0	0	0	0	0	894	0	894
975	William Mulvaney	m			0	893	0	0	0	0	0	0	893
976	Christopher Hanson	m	MV 50		892	0	0	0	0	0	0	0	892
977	Adrian Dixon	m	MV 60		0	892	0	0	0	0	0	0	892
978	Andrew Moss	m			0	0	892	0	0	0	0	0	892
979	Claire Procter	f	FV 40	Stubbington Green Runners	0	0	0	892	0	0	0	0	892
980	David Holliday	m	MV 50	DCH Run Club	0	0	0	0	892	0	0	0	892
981	Matt Gillard	m	MV 40		0	0	891	0	0	0	0	0	891
982	Rebecca White	f	FV 50	Nidderdale Fell and Trail	0	0	0	891	0	0	0	0	891
983	Hugh Carter	m	U25		0	0	0	0	891	0	0	0	891
984	Craig Rimmer	m	MV 40		0	0	0	0	0	891	0	0	891
985	Helen Pointon	f	FV 40	#mrptrundamentalist		0	0	0	0	0	0	891	891
986	Jason Stanley	m	MV 40		0	890	0	0	0	0	0	0	890
987	Shannon Horrocks	f			0	0	890	0	0	0	0	0	890
988	Brian Clifford	m	MV 40		0	0	0	0	890	0	0	0	890
989	Rebecca Bazire	f				0	0	0	0	0	0	890	890
990	Kevin Mackay	m	MV 60		889	0	0	0	0	0	0	0	889
991	Matthew Dack	m			0	0	889	0	0	0	0	0	889
992	Malcolm Alderton	m	MV 60	Chorley Runners	0	0	0	889	0	0	0	0	889
993	Rebecca Willmott	f		Vegan Runners	0	0	0	0	889	0	0	0	889
994	Trudy Coyle	f	FV 50		0	0	0	0	0	889	0	0	889
995	Ian Goodall	m	MV 40			0	0	0	0	0	0	889	889
996	Kevin Tomlinson	m	MV 60	Milltown Milers	888	0	0	0	0	0	0	0	888
997	Melissa Gorst	f			0	888	0	0	0	0	0	0	888
998	Holly Mackenzie	f	FV 40		0	0	0	888	0	0	0	0	888
999	Nathan Lord	m				0	0	0	0	0	888	0	888
1000	Annie Consiglio	f				0	0	0	0	0	0	888	888
1001	Robert Melling	m			887	0	0	0	0	0	0	0	887
1002	Mark Nussey	m	MV 50	Thornton Cleveleys Running club	0	0	887	0	0	0	0	0	887
1003	Brenda Rutter	f	FV 60			0	0	0	0	0	887	0	887

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1004	Marjoiljn Spoorenberg	f			886	0	0	0	0	0	0	0	886
1005	Philip Grace	m	MV 50	Lonely Goat Rc	0	886	0	0	0	0	0	0	886
1006	Anna Bulcock	f	U25		0	0	0	886	0	0	0	0	886
1007	Jack Ryder	m			0	0	0	0	0	886	0	0	886
1008	John McCoy	m				0	0	0	0	0	886	0	886
1009	Natalie Curtis	f	FV 50	Ilkley Harriers	0	885	0	0	0	0	0	0	885
1010	Steven Kitchin	m	MV 50		0	0	885	0	0	0	0	0	885
1011	Joshua ROBSON	m	U25	Derwent Valley Running Club	0	0	0	0	885	0	0	0	885
1012	Chris Mccoy	m		Mersey Tri		0	0	0	0	0	885	0	885
1013	Emma Barrington	f			884	0	0	0	0	0	0	0	884
1014	Charlie Tose	m	U25		0	0	884	0	0	0	0	0	884
1015	Alex Kay	f			0	0	0	884	0	0	0	0	884
1016	Megan Stake	f		Marsh Lane Harriers	0	0	0	0	884	0	0	0	884
1017	Chris Bluck	m	MV 40	Blackpool Wyre & Fylde AC	0	0	0	0	0	884	0	0	884
1018	Find Jorgensen	m	MV 60			0	0	0	0	0	884	0	884
1019	Danielle Harper-Brady	f		Elvet striders		0	0	0	0	0	0	884	884
1020	Stephen Field	m	MV 40		883	0	0	0	0	0	0	0	883
1021	Elliott Cruickshanks	m			0	0	883	0	0	0	0	0	883
1022	Lucy Cottee	f			0	0	0	883	0	0	0	0	883
1023	Sandy Currie	m			0	0	0	0	883	0	0	0	883
1024	John Bamforth	m	MV 50		0	0	0	0	0	883	0	0	883
1025	Lauren Strong	f				0	0	0	0	0	0	883	883
1026	Steven Kjar	m	MV 50	Benfleet	0	0	882	0	0	0	0	0	882
1027	Imogen Poore	f			0	0	0	882	0	0	0	0	882
1028	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	0	0	882	0	0	0	882
1029	Phil Nixon	m	MV 50		0	0	0	0	0	882	0	0	882
1030	Steve Coward	m	MV 50		881	0	0	0	0	0	0	0	881
1031	Louise Lashley	f	FV 50		0	0	0	881	0	0	0	0	881
1032	Andrew Hickson	m	MV 50	Cornwall AC	0	0	0	0	881	0	0	0	881
1033	Andrew Cunliffe	m	U25			0	0	0	0	0	881	0	881
1034	Neil Tattersall	m	MV 50			0	0	0	0	0	0	881	881
1035	Ben Gibson	m	U21		0	880	0	0	0	0	0	0	880
1036	Andrew Harrison	m	MV 50		0	0	0	0	0	880	0	0	880
1037	James Lynch	m				0	0	0	0	0	880	0	880
1038	Stephanie Barlow	f	FV 50	Elvet striders		0	0	0	0	0	0	880	880
1039	Pierce Hamer	m	U25		879	0	0	0	0	0	0	0	879
1040	Louis Bolton	m	U25		0	0	879	0	0	0	0	0	879
1041	Jill Abel	f	FV 50		0	0	0	879	0	0	0	0	879
1042	John Findlay	m	MV 50		0	0	0	0	879	0	0	0	879
1043	Jim Harling	m	MV 40		0	0	0	0	0	879	0	0	879
1044	Albert Wood	m				0	0	0	0	0	879	0	879
1045	Jonathan Fletcher	m	MV 50	Ripon Runners		0	0	0	0	0	0	879	879
1046	Jordan Hammond	m		Furness Trailblazers	878	0	0	0	0	0	0	0	878
1047	sharon Britt	f	FV 50		0	0	0	878	0	0	0	0	878
1048	Ömer Bacakoglu	m	MV 50		0	0	0	0	878	0	0	0	878
1049	Libby Fletcher	f				0	0	0	0	0	0	878	878

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1050	Colin Dobbs	m	MV 40	Penny Lane Striders	877	0	0	0	0	0	0	0	877
1051	Chris Blackburn	m	MV 40		0	0	877	0	0	0	0	0	877
1052	Tom Barker	m			876	0	0	0	0	0	0	0	876
1053	Ruth John	f			0	0	876	0	0	0	0	0	876
1054	Stuart Tattersall	m	MV 50		0	0	0	0	0	876	0	0	876
1055	Nick Postill	m				0	0	0	0	0	876	0	876
1056	Kathryn Hopley	f			875	0	0	0	0	0	0	0	875
1057	Gavin Torr	m	MV 50		0	875	0	0	0	0	0	0	875
1058	Lucy Khan	f	FV 50	City Of Hull Ac	0	0	875	0	0	0	0	0	875
1059	John Kelly	m	MV 50		0	0	0	0	875	0	0	0	875
1060	Jo Bonham	f	FV 50		0	0	0	0	0	875	0	0	875
1061	Sally McCoy	f	FV 50	Lostock AC	0	0	874	0	0	0	0	0	874
1062	Mabli Davies	f		Ancoats Run Club	0	0	0	874	0	0	0	0	874
1063	Jason Loveridge	m				0	0	0	0	0	874	0	874
1064	Chris Hearle	m			873	0	0	0	0	0	0	0	873
1065	Melissa Husbands	f	FV 50	Burnden Road Runners	0	873	0	0	0	0	0	0	873
1066	Cheryl Ashdown	f	FV 60	City of Hull	0	0	873	0	0	0	0	0	873
1067	Magda Trafas	f	FV 40	Summit Ultra	0	0	0	0	873	0	0	0	873
1068	Gillian Glynn	f	FV 50		872	0	0	0	0	0	0	0	872
1069	Daniel Merlo	m	MV 40	Rochdale Harriers & AC	0	872	0	0	0	0	0	0	872
1070	Matthew Almond	m	MV 60		0	0	872	0	0	0	0	0	872
1071	David Green	m	MV 60		0	0	0	0	872	0	0	0	872
1072	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	0	0	0	0	872	0	0	872
1073	Jennifer Thornton-Smith	f				0	0	0	0	0	872	0	872
1074	Hannah Spencer	f				0	0	0	0	0	0	872	872
1075	Hilary Neal	f	FV 40		871	0	0	0	0	0	0	0	871
1076	Mary Dawson	f	FV 40		0	871	0	0	0	0	0	0	871
1077	Susan Kerfoot	f	FV 40	St Helens Striders	0	0	871	0	0	0	0	0	871
1078	Simon Cowling	m	MV 40		0	0	0	871	0	0	0	0	871
1079	Stephen McGinn	m	MV 50		0	0	0	0	871	0	0	0	871
1080	Jimmy Mcquillan	m				0	0	0	0	0	871	0	871
1081	Jimmy Ryan	m	MV 50		870	0	0	0	0	0	0	0	870
1082	Jayne Dore	f	FV 50		0	0	0	870	0	0	0	0	870
1083	Dean McCluskey	m				0	0	0	0	0	870	0	870
1084	George Chrystal	m	U25		0	0	869	0	0	0	0	0	869
1085	Chloe Taylor	f			0	0	0	869	0	0	0	0	869
1086	Carl Robinson	m	MV 60	Red Rose	0	0	0	0	0	869	0	0	869
1087	Lewis Horrocks	m				0	0	0	0	0	0	869	869
1088	Tom Silver	m		Chorlton Runners	868	0	0	0	0	0	0	0	868
1089	Neil Reddin	m	MV 40	Team Otter	0	868	0	0	0	0	0	0	868
1090	Kieran Ridley	m			0	0	0	0	868	0	0	0	868
1091	Joanna Popiela	f				0	0	0	0	0	0	868	868
1092	Lee Drummond	m	MV 50	Birtley Ac	867	0	0	0	0	0	0	0	867
1093	Gemma Garcia	f	U21		0	0	0	867	0	0	0	0	867
1094	Jonathan Beckham	m			0	0	0	0	867	0	0	0	867
1095	Jake Baker	m			0	0	0	0	0	867	0	0	867

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1096	Lucy Courtney	f	FV 50	Jog on Tyne		0	0	0	0	0	867	0	867
1097	Nicola Smith	f	FV 40	Cleethorpes AC		0	0	0	0	0	0	867	867
1098	Luke Kane	m	U25		866	0	0	0	0	0	0	0	866
1099	Rosina Merrett	f	FV 40		0	0	866	0	0	0	0	0	866
1100	Julie Hall	f	FV 40	Blackpool, Wyre and Fylde Athletics Club	0	0	0	0	0	866	0	0	866
1101	Gerard Rooney	m	MV 60	Dalston Caldew Runners		0	0	0	0	0	866	0	866
1102	Andrew Connors	m	MV 50	Knowle & Dorridge Running Club	865	0	0	0	0	0	0	0	865
1103	Fran Mckee	f			0	865	0	0	0	0	0	0	865
1104	Isabelle Fahy Nanci	f	U25		0	0	0	865	0	0	0	0	865
1105	Sarah Cartmel	f	FV 50		0	0	0	0	0	865	0	0	865
1106	Russell Davies	m	MV 50	Knowle And Dorridge Rc	864	0	0	0	0	0	0	0	864
1107	Lucy Howarth	f	FV 40		0	0	0	864	0	0	0	0	864
1108	Ravind Bhangal	m				0	0	0	0	0	864	0	864
1109	Corinne Cummings	f	FV 50	Keswick Athletics Club	863	0	0	0	0	0	0	0	863
1110	Elaine Clarke	f	FV 40	NYP TRI	0	863	0	0	0	0	0	0	863
1111	Wendy Slater	f	FV 50		0	0	863	0	0	0	0	0	863
1112	Tom Morris	m			0	0	0	0	0	863	0	0	863
1113	Stephen Gornall	m	MV 60			0	0	0	0	0	863	0	863
1114	Nicholas Short	m	MV 50		862	0	0	0	0	0	0	0	862
1115	Jeff Blackford	m	MV 50	Didsbury runners	0	0	862	0	0	0	0	0	862
1116	Adam Gornall	m				0	0	0	0	0	862	0	862
1117	Simon Willett	m	MV 40		0	0	861	0	0	0	0	0	861
1118	Jack Gargan	m			0	0	0	0	861	0	0	0	861
1119	Marion Bell	f	FV 40			0	0	0	0	0	0	861	861
1120	Matt Brookes	m	MV 40	Ripon Runners	860	0	0	0	0	0	0	0	860
1121	Daniel Tetlow	m		St Helens Striders	0	0	860	0	0	0	0	0	860
1122	Robert Houghton	m		Billinge Running Club	0	0	0	0	860	0	0	0	860
1123	Michelle Durney	f	FV 50			0	0	0	0	0	0	860	860
1124	Justin Gill	m	MV 50	Clayton-le-Moors Harriers	0	859	0	0	0	0	0	0	859
1125	Niki Whitaker	f	FV 40	City Of Hull AC	0	0	859	0	0	0	0	0	859
1126	Dean Sharples	m	U25		0	0	0	0	859	0	0	0	859
1127	Shaun McMullen	m	MV 60		0	0	0	0	0	859	0	0	859
1128	Rob Coppell	m	MV 40			0	0	0	0	0	0	859	859
1129	robert m page	m	MV 40		858	0	0	0	0	0	0	0	858
1130	Matthew Rowan	m			0	0	0	0	858	0	0	0	858
1131	Thomas Scott	m			0	0	0	0	0	858	0	0	858
1132	Leslie Johnson	m	MV 50	Cheshire Dragons	857	0	0	0	0	0	0	0	857
1133	Kathy Bloomfield	f	FV 40		0	857	0	0	0	0	0	0	857
1134	Kate McCabe	f	FV 50		0	0	0	857	0	0	0	0	857
1135	Shaun Babar	m	MV 50		0	0	0	0	857	0	0	0	857
1136	Dean Latham	m			0	0	0	0	0	857	0	0	857
1137	Marieke Chalmers	f	FV 40			0	0	0	0	0	857	0	857
1138	Rachel Ainsworth	f	FV 40	Johnson's Triathlon Coaching		0	0	0	0	0	0	857	857
1139	Laura Davies	f			856	0	0	0	0	0	0	0	856
1140	Nicola Kitchin	f	FV 50		0	0	856	0	0	0	0	0	856
1141	Mary McCarthy-Keen	f	FV 40		0	0	0	856	0	0	0	0	856

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1142	Paul Bennett	m	MV 40	Vale of York Athletic Community	855	0	0	0	0	0	0	0	855
1143	Jonathan Atkinson	m	MV 50	Didsbury Runners	0	0	855	0	0	0	0	0	855
1144	Kathy Bailey	f	FV 50	Knowle and Dorridge Running Club	0	0	0	855	0	0	0	0	855
1145	Paul Mccowen	m	MV 40		0	0	0	0	0	855	0	0	855
1146	Donna Blackburn	f	FV 40		0	0	854	0	0	0	0	0	854
1147	Ellie Brown	f			0	0	0	854	0	0	0	0	854
1148	Natasha Powell	f		Derwent valley running club	0	0	0	0	854	0	0	0	854
1149	Stuart Kane	m	MV 40	Lancashire Constabulary		0	0	0	0	0	854	0	854
1150	Lori Mcarthur	f	FV 40			0	0	0	0	0	0	854	854
1151	Josh Baldwin	m			0	853	0	0	0	0	0	0	853
1152	rebecca Byrne	f		St Bees Triers	0	0	0	853	0	0	0	0	853
1153	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0	0	853	0	0	0	853
1154	Neil Croskery	m	MV 50			0	0	0	0	0	853	0	853
1155	Charlotte Scott	f	FV 40	Upper Wharfedale Runners		0	0	0	0	0	0	853	853
1156	George Atherton	m			852	0	0	0	0	0	0	0	852
1157	Duncan Milne	m		GC-RBB	0	0	0	0	852	0	0	0	852
1158	Marianne McDermott	f			0	0	0	0	0	852	0	0	852
1159	amy kirk	f				0	0	0	0	0	852	0	852
1160	Thomas Alton	m			851	0	0	0	0	0	0	0	851
1161	Emma Thacker	f	FV 40		0	0	0	851	0	0	0	0	851
1162	Katie Murray	f			0	0	0	0	851	0	0	0	851
1163	Adam Myers	m			0	0	0	0	0	851	0	0	851
1164	Ollie Camburn	m	U25		850	0	0	0	0	0	0	0	850
1165	David Bailey	m	MV 50	Biddulph Running Club	0	850	0	0	0	0	0	0	850
1166	Kate Middlebrook	f			0	0	0	850	0	0	0	0	850
1167	Philip Whitfield	m	MV 50	Eden Runners	0	0	0	0	0	850	0	0	850
1168	Sharon Roberts	f	FV 50	Liverpool Pembroke & Sefton		0	0	0	0	0	0	850	850
1169	Tim Kings	m	MV 50		849	0	0	0	0	0	0	0	849
1170	Joanne Bailey	f	FV 50	Biddulph Running Club	0	849	0	0	0	0	0	0	849
1171	Reid Echols	m			0	0	0	849	0	0	0	0	849
1172	Callum Grant	m				0	0	0	0	0	849	0	849
1173	Victoria Hatton	f	FV 50			0	0	0	0	0	0	849	849
1174	Alastair Mcintosh	m	MV 40		848	0	0	0	0	0	0	0	848
1175	Gemma Kenny	f			0	0	848	0	0	0	0	0	848
1176	Jules McMahon	f	FV 40		0	0	0	848	0	0	0	0	848
1177	Jason Bowman	m	MV 50		0	0	0	0	848	0	0	0	848
1178	Simon James	m			0	0	0	0	0	848	0	0	848
1179	Wayne Lawrenson	m	MV 40		0	847	0	0	0	0	0	0	847
1180	Laura Parkin	f	FV 40	Didsbury Runners	0	0	847	0	0	0	0	0	847
1181	Matt Moore	m	MV 50		0	0	0	847	0	0	0	0	847
1182	Helen Palmer	f	FV 40		846	0	0	0	0	0	0	0	846
1183	Mark Graham	m	MV 50	Wirral Vikings	0	0	846	0	0	0	0	0	846
1184	Amy Moore	f			0	0	0	846	0	0	0	0	846
1185	Deb Stanaway	f	FV 50	Tattenhall Runners	0	0	0	0	0	846	0	0	846
1186	Simon Brady	m	MV 40		845	0	0	0	0	0	0	0	845
1187	Justin Ions	m	MV 50		0	845	0	0	0	0	0	0	845

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1188	Caroline D'Arcy	f	FV 50		0	0	845	0	0	0	0	0	845
1189	Bryan Waters	m	MV 50		0	0	0	845	0	0	0	0	845
1190	Andy Carpenter	m	MV 60		0	0	0	0	845	0	0	0	845
1191	Rachel Dimelow	f				0	0	0	0	0	845	0	845
1192	Greg Kilshaw	m	MV 40	Lostock AC	0	0	844	0	0	0	0	0	844
1193	Laura Prada	f			0	0	0	844	0	0	0	0	844
1194	Michael Ollier	m	MV 40	Vail Royal AC in Winsford	0	0	0	0	844	0	0	0	844
1195	Sam Coward	m				0	0	0	0	0	844	0	844
1196	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club		0	0	0	0	0	0	844	844
1197	Christopher Rowland	m	MV 40		843	0	0	0	0	0	0	0	843
1198	Alejandro McIntyre	m			0	0	843	0	0	0	0	0	843
1199	Michael Prada	m			0	0	0	843	0	0	0	0	843
1200	David Ormrod	m			0	0	0	0	843	0	0	0	843
1201	Jamie Birks	f				0	0	0	0	0	843	0	843
1202	Alec MacLean	m	MV 50	Beeston AC		0	0	0	0	0	0	843	843
1203	Laurence Betts	m	MV 40		842	0	0	0	0	0	0	0	842
1204	Jordan Hancock	m			0	0	0	0	0	842	0	0	842
1205	David Butler	m	MV 50	Blackpool Freedom Runners		0	0	0	0	0	842	0	842
1206	Davinia Jackson	f	FV 40		0	0	841	0	0	0	0	0	841
1207	Debbie Flesher	f	FV 50	Helm Hill	0	0	0	841	0	0	0	0	841
1208	Scott Damerum	m	MV 50		0	0	0	0	0	841	0	0	841
1209	Eva Harker	f	U21			0	0	0	0	0	841	0	841
1210	Melissa Brough	f			0	0	0	840	0	0	0	0	840
1211	Elaine Louise Parry	f	FV 40		0	0	0	0	0	840	0	0	840
1212	Richard Thomas	m				0	0	0	0	0	840	0	840
1213	Andrew Nuttall	m	MV 40		839	0	0	0	0	0	0	0	839
1214	Daniella Aspin	f	FV 40		0	839	0	0	0	0	0	0	839
1215	Dave Greene	m	MV 50	Thornton Cleveleys	0	0	839	0	0	0	0	0	839
1216	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	0	0	0	839	0	0	0	0	839
1217	Darren Conway	m	MV 50		838	0	0	0	0	0	0	0	838
1218	James Doyle	m			0	0	0	838	0	0	0	0	838
1219	Jack Roberts	m	U25		0	0	0	0	0	838	0	0	838
1220	James Parkinson	m				0	0	0	0	0	0	838	838
1221	Luke Wookey	m	MV 40		837	0	0	0	0	0	0	0	837
1222	Marianne Veighey	f	FV 50		0	0	837	0	0	0	0	0	837
1223	James Dearlove	m			0	0	0	837	0	0	0	0	837
1224	Andy Fisher	m	MV 40		0	0	0	0	837	0	0	0	837
1225	Gareth Eaton	m	MV 40		0	0	0	0	0	837	0	0	837
1226	Suzie Daw	f	FV 40			0	0	0	0	0	0	837	837
1227	Guy Cowen-Hutton	m			0	836	0	0	0	0	0	0	836
1228	Rachael Martin	f	FV 40		0	0	836	0	0	0	0	0	836
1229	Patrick Mennell	m	U25		0	0	0	836	0	0	0	0	836
1230	Andre Mair	m			0	0	0	0	0	836	0	0	836
1231	Leon Dack	m	U25			0	0	0	0	0	836	0	836
1232	Paul Main	m	MV 40			0	0	0	0	0	0	836	836
1233	Chris Pinkney	m	MV 40		835	0	0	0	0	0	0	0	835

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1234	Rachel Hancock	f	FV 50	Lostock AC	0	0	835	0	0	0	0	0	835
1235	Rebecca Graham	f	FV 40	Ripon Runners	0	0	0	835	0	0	0	0	835
1236	David Bone	m	MV 60		0	0	0	0	835	0	0	0	835
1237	Kate Harrison	f		Abbey Runners		0	0	0	0	0	835	0	835
1238	Jackie Welburn	f	FV 40	Beeston AC		0	0	0	0	0	0	835	835
1239	Grace Rowley	f	FV 40		834	0	0	0	0	0	0	0	834
1240	John Street	m	MV 50	Thornton Cleveleys Running Club	0	0	834	0	0	0	0	0	834
1241	Mike Davidson	m	MV 40		0	0	0	834	0	0	0	0	834
1242	Andy Johannesen	m		Glaxo Hoad Hill Harriers	0	0	0	0	834	0	0	0	834
1243	Simon Slatter	m		4ZERO		0	0	0	0	0	834	0	834
1244	Jodie Daglish	f			0	833	0	0	0	0	0	0	833
1245	Gary Tate	m	MV 40	Thornton cleveleys running club	0	0	833	0	0	0	0	0	833
1246	Laura Lawler	f	FV 50	BWFAC	0	0	0	0	0	833	0	0	833
1247	Hadley Gibson	m			832	0	0	0	0	0	0	0	832
1248	Michael Curry	m	MV 40		0	0	0	0	832	0	0	0	832
1249	Claire Faulkner	f				0	0	0	0	0	832	0	832
1250	Caroline Glover	f	FV 60		0	0	831	0	0	0	0	0	831
1251	Lesley Chapman	f	FV 60		0	0	0	831	0	0	0	0	831
1252	Andy Drake	m	MV 50		0	0	0	0	831	0	0	0	831
1253	Jordan Jenkinson	m			0	0	0	0	0	831	0	0	831
1254	Hayley Gardner	f				0	0	0	0	0	831	0	831
1255	Laura Benson	f		Eden Runners	830	0	0	0	0	0	0	0	830
1256	Mark Lobb	m			0	830	0	0	0	0	0	0	830
1257	Jill Cooke	f	FV 50		0	0	0	830	0	0	0	0	830
1258	Sophie Tedham	f			0	0	0	0	830	0	0	0	830
1259	Stephen Stanaway	m	MV 50	Tattenhall Trotters	0	0	0	0	0	830	0	0	830
1260	Jamie Butler	m		Birstall Rc		0	0	0	0	0	830	0	830
1261	Cherry Collison	f	FV 50	Bolton united harriers	0	829	0	0	0	0	0	0	829
1262	Jen Willitts	f	FV 40	Team ACF	0	0	829	0	0	0	0	0	829
1263	Janice Lisiecki	f	FV 60	Knowle & Dorridge Running Club	0	0	0	829	0	0	0	0	829
1264	Hilary Royston-bishop	f		Derwent Athletic Club	0	0	0	0	0	829	0	0	829
1265	Lizzy Fawcett	f				0	0	0	0	0	0	829	829
1266	Steve Gibson	m	MV 40		0	828	0	0	0	0	0	0	828
1267	Jonathan Willitts	m	MV 40		0	0	828	0	0	0	0	0	828
1268	Siobhan Firman	f			0	0	0	0	828	0	0	0	828
1269	Kate Bowden	f	FV 50	Glossopdale Harriers		0	0	0	0	0	828	0	828
1270	Holly Morrison-Carter	f				0	0	0	0	0	0	828	828
1271	Greg Jones	m	MV 40		0	827	0	0	0	0	0	0	827
1272	Caitlin Fawkes	f	U25	Glaxo Hoad Hill Harriers	0	0	0	0	0	827	0	0	827
1273	Paul Sale	m	MV 40		826	0	0	0	0	0	0	0	826
1274	Ellie McCarthy	f			0	826	0	0	0	0	0	0	826
1275	Mark Shaw	m	MV 50		0	0	0	826	0	0	0	0	826
1276	Sam Brown	m			0	0	0	0	826	0	0	0	826
1277	Nat Pawlowski	m	MV 50	Kendal Tri		0	0	0	0	0	826	0	826
1278	Jonathan Broome	m	MV 50	Achille Ratti	825	0	0	0	0	0	0	0	825
1279	Natalie Chan-Lam	f			0	825	0	0	0	0	0	0	825

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1280	Heather Soden	f	FV 50	Lostock AC	0	0	825	0	0	0	0	0	825
1281	beckie joyce	f	FV 50		0	0	0	825	0	0	0	0	825
1282	Dawn Jones	f	FV 50	Harlow Athletic Club		0	0	0	0	0	825	0	825
1283	Kate Shaw	f	FV 40		0	824	0	0	0	0	0	0	824
1284	Janet Rhodes	f	FV 50	Lostock ac	0	0	824	0	0	0	0	0	824
1285	Sharon Oconnell	f	FV 50	St. Helens Striders	0	0	0	824	0	0	0	0	824
1286	Alex White	m			0	0	0	0	824	0	0	0	824
1287	Alexandra Smith	f			0	0	0	0	0	824	0	0	824
1288	Jo Colvin	f	FV 40		0	823	0	0	0	0	0	0	823
1289	Lindi Day	f	FV 50	City of Hull AC	0	0	823	0	0	0	0	0	823
1290	Dave Brisco	m	MV 50	St. Helens Striders	0	0	0	823	0	0	0	0	823
1291	Amanda Gray	f			0	0	0	0	823	0	0	0	823
1292	christina downham	f			0	0	0	0	0	823	0	0	823
1293	Stephen King	m	MV 60	Ilkley Harriers		0	0	0	0	0	823	0	823
1294	Rebecca Mulvaney	f			0	822	0	0	0	0	0	0	822
1295	Roxanne McAllister	f		Thornton-Cleveleys Running Club	0	0	822	0	0	0	0	0	822
1296	Darren Roberts	m	MV 50		0	0	0	0	0	822	0	0	822
1297	Mark Blundell	m	MV 60	Edge Pistols		0	0	0	0	0	822	0	822
1298	Wolfgang Altenau	m	MV 70			0	0	0	0	0	0	822	822
1299	Si Stevenson	m	MV 40		821	0	0	0	0	0	0	0	821
1300	simon Bennewith	m	MV 50		0	821	0	0	0	0	0	0	821
1301	John Simister	m	MV 60	Stubbington Green Runners	0	0	0	821	0	0	0	0	821
1302	Michael Bellwood	m			0	0	0	0	821	0	0	0	821
1303	Matthew Riley	m				0	0	0	0	0	821	0	821
1304	Marie Nunes	f				0	0	0	0	0	0	821	821
1305	Peter Hill	m	MV 40		820	0	0	0	0	0	0	0	820
1306	Justin Borlase	m	U25		0	0	0	820	0	0	0	0	820
1307	Michael Nelson	m	MV 50		0	0	0	0	0	820	0	0	820
1308	Katherine Holt	f		Manchester Triathlon Club	0	819	0	0	0	0	0	0	819
1309	Andrea Keen	f	FV 50	City of Hull	0	0	819	0	0	0	0	0	819
1310	Kevin Borlase	m	MV 60		0	0	0	819	0	0	0	0	819
1311	Charlotte Bennett	f			0	0	0	0	819	0	0	0	819
1312	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	0	0	0	0	819	0	0	819
1313	Carole Hopkinson	f	FV 60			0	0	0	0	0	0	819	819
1314	Neil Dunlop	m	MV 60		818	0	0	0	0	0	0	0	818
1315	Amy Danaher	f			0	0	0	0	818	0	0	0	818
1316	Martyn Earle	m	MV 40			0	0	0	0	0	818	0	818
1317	William Burgess	m	MV 60	Cheshire Hash House Harriers	817	0	0	0	0	0	0	0	817
1318	Philip Donaldson	m	MV 40	None	0	0	0	817	0	0	0	0	817
1319	Eliot Manning	m	U25		0	0	0	0	817	0	0	0	817
1320	Niamh O'Malley	f				0	0	0	0	0	0	817	817
1321	Charlotte Short	f	U21		816	0	0	0	0	0	0	0	816
1322	Susan Smerdon	f	FV 40	Widnes running club	0	816	0	0	0	0	0	0	816
1323	Rebecca Hanratty	f			0	0	0	816	0	0	0	0	816
1324	Sally Williamson	f	FV 40			0	0	0	0	0	816	0	816
1325	Neal Pearsall	m	MV 40		815	0	0	0	0	0	0	0	815

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1326	Emily Crowder	f			0	815	0	0	0	0	0	0	815
1327	Callum Palmer	m	U25		0	0	815	0	0	0	0	0	815
1328	Alex Bowling	m				0	0	0	0	0	815	0	815
1329	Elaine Farrer	f	FV 50			0	0	0	0	0	0	815	815
1330	Sinead Cannon	f	FV 50	Kendal Tri Club	0	0	814	0	0	0	0	0	814
1331	Danii Houghton	f			0	0	0	0	814	0	0	0	814
1332	Stephen Draper	m	MV 40		0	0	0	0	0	814	0	0	814
1333	Ben Clay	m		Slaithwaite Striders		0	0	0	0	0	814	0	814
1334	Dan Mullarkey	m		Swinton Running Club	0	813	0	0	0	0	0	0	813
1335	Mark Rowson	m	MV 50	Beeston Ac	0	0	0	813	0	0	0	0	813
1336	Jonathan Davis	m	MV 40		0	0	0	0	813	0	0	0	813
1337	Ste Gregory	m	MV 40		0	0	0	0	0	813	0	0	813
1338	Kari Katharina Uglem	f	FV 50		0	0	0	812	0	0	0	0	812
1339	Andrew Turnbull	m	MV 40			0	0	0	0	0	0	812	812
1340	Virginia Short	f	FV 50		811	0	0	0	0	0	0	0	811
1341	Deborah Lyons-gravett	f	FV 50		0	811	0	0	0	0	0	0	811
1342	Pip Mclachlan	f	FV 40		0	0	0	0	811	0	0	0	811
1343	Jayson Liggett	m	MV 50		0	810	0	0	0	0	0	0	810
1344	Kate James	f	FV 50		0	0	0	810	0	0	0	0	810
1345	Steve Dodds	m	MV 50		0	0	0	0	810	0	0	0	810
1346	Emma Cook	f			0	0	0	0	0	810	0	0	810
1347	Catherine Harker	f	FV 40			0	0	0	0	0	810	0	810
1348	Peter Trencher	m	MV 40		809	0	0	0	0	0	0	0	809
1349	Carole Webster	f	FV 50		0	809	0	0	0	0	0	0	809
1350	Andy Hitchen	m	MV 60	Keswick A C	0	0	0	0	809	0	0	0	809
1351	Jane Damerum	f	FV 40	Dragons Running Club (Sale)	0	0	0	0	0	809	0	0	809
1352	Jonathan Fenwick	m			808	0	0	0	0	0	0	0	808
1353	Mary Umapathy	f			0	808	0	0	0	0	0	0	808
1354	Andrew Creighton	m	MV 50		0	0	808	0	0	0	0	0	808
1355	Robert Taylor	m	MV 60	Knowle and Dorridge RC	0	0	0	808	0	0	0	0	808
1356	John Macholc	m	MV 60	Accrington Road Runner	0	0	0	0	0	808	0	0	808
1357	Danny Thompson	m	MV 60		0	0	0	807	0	0	0	0	807
1358	Luciec Walker	f			807	0	0	0	0	0	0	0	807
1359	Shirley Swanson	f	FV 60	Steeple Chasers Running & Cycling Club	0	0	0	0	0	807	0	0	807
1360	Sharon Corbridge	f	FV 50		0	806	0	0	0	0	0	0	806
1361	Debbie Tyson	f	FV 40	Millom Striders	0	0	805	0	0	0	0	0	805
1362	Nicola Else	f	FV 40	Billinge Running Club	0	0	0	805	0	0	0	0	805
1363	Bill Hornby	m	MV 50	Hartlepool Burn Road Harriers	0	0	0	0	805	0	0	0	805
1364	Debi Ives	f	FV 40		804	0	0	0	0	0	0	0	804
1365	Jenni Partington	f	FV 40	Burnden Road Runners	0	804	0	0	0	0	0	0	804
1366	Shaun Mccullough	m	MV 50		0	0	0	804	0	0	0	0	804
1367	Kirsty Robson	f	FV 50	Derwent Valley Running Club	0	0	0	0	804	0	0	0	804
1368	Julie Cook	f	FV 50	Tynedale Harriers		0	0	0	0	0	804	0	804
1369	Louise Milburn	f	FV 50	Upper wharfedale runners		0	0	0	0	0	0	804	804
1370	Helen Hart	f	FV 40		803	0	0	0	0	0	0	0	803
1371	Rabab Gatnash	f			0	803	0	0	0	0	0	0	803

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1372	Heidi Atkins	f	FV 50		0	0	0	803	0	0	0	0	803
1373	Hannah Newcomb	f	FV 40			0	0	0	0	0	803	0	803
1374	Sarah Spalding	f	FV 40		0	802	0	0	0	0	0	0	802
1375	Rebecca Modeley	f			0	0	802	0	0	0	0	0	802
1376	Faye Campbell	f	FV 50		0	0	0	802	0	0	0	0	802
1377	Catherine Brydon	f	FV 40		0	0	0	0	802	0	0	0	802
1378	Julie Thorley	f	FV 50	Red Rose Road Runners	0	0	0	0	0	802	0	0	802
1379	Wendy Lynch	f	FV 50	Low Fell Running Club	0	801	0	0	0	0	0	0	801
1380	Natalie Biggin	f			0	0	801	0	0	0	0	0	801
1381	Esther Neal	f			0	0	0	0	801	0	0	0	801
1382	Nanne Brattinga	m	MV 40		0	0	0	0	0	801	0	0	801
1383	Garry Corr	m	MV 50			0	0	0	0	0	0	801	801
1384	Eleanor McIntosh	f			0	800	0	0	0	0	0	0	800
1385	Beverley Atherton-mckenna	f	FV 50	Lostock AC	0	0	800	0	0	0	0	0	800
1386	Martin Bates	m	MV 60	Wesham Road Runners	0	0	0	800	0	0	0	0	800
1387	Peter van den Belt	m	MV 40		0	0	0	0	0	800	0	0	800
1388	Amie Naylor	f	FV 50			0	0	0	0	0	0	800	800
1389	Christopher D'Arcy	m	MV 50		0	0	799	0	0	0	0	0	799
1390	Blake Byron	m	MV 40		0	0	0	799	0	0	0	0	799
1391	Tracy Slater	f	FV 40		0	0	0	0	0	799	0	0	799
1392	Jenny Owen-Jones	f	FV 40		0	0	798	0	0	0	0	0	798
1393	Keith Burlison	m	MV 50		0	0	0	798	0	0	0	0	798
1394	Grace Richardson	f		Roundhay Runners	0	0	0	0	798	0	0	0	798
1395	Vicki Moretti	f	FV 40		0	0	0	0	0	798	0	0	798
1396	Karen Henthorn	f	FV 40			0	0	0	0	0	0	798	798
1397	Andy Precious	m	MV 40		797	0	0	0	0	0	0	0	797
1398	Catriona Mackenzie	f	FV 50		0	797	0	0	0	0	0	0	797
1399	Ian Henry	m			0	0	797	0	0	0	0	0	797
1400	Andy Buckroyd	m	MV 60	Macclesfield Harriers	0	0	0	0	797	0	0	0	797
1401	Simon Scarr	m	MV 60	Bw&fac	0	0	0	0	0	797	0	0	797
1402	Paul Henthorn	m	MV 50			0	0	0	0	0	0	797	797
1403	Lee Marks	m	MV 40	Salford Metropolitan AC	0	0	0	0	796	0	0	0	796
1404	Rachel Day	f			0	0	0	0	795	0	0	0	795
1405	Janette Canfield	f	FV 50		0	0	0	0	0	795	0	0	795
1406	Sarah King	f	FV 40			0	0	0	0	0	0	795	795
1407	Bernard Brown	m	MV 60		0	794	0	0	0	0	0	0	794
1408	Carol Robinson	f	FV 40		0	0	0	794	0	0	0	0	794
1409	Mark Pearson	m	MV 50			0	0	0	0	0	794	0	794
1410	Marion Sharples	f			0	793	0	0	0	0	0	0	793
1411	John Green	m	MV 50		0	0	0	0	793	0	0	0	793
1412	James Kemp	m			0	0	0	0	0	793	0	0	793
1413	Kerry Barker	f	FV 40			0	0	0	0	0	793	0	793
1414	Karen Eckworth	f	FV 60	Alton Runners		0	0	0	0	0	0	793	793
1415	Gary Smith	m	MV 40		792	0	0	0	0	0	0	0	792
1416	Janet Finn	f	FV 50		0	792	0	0	0	0	0	0	792
1417	Emma Blundell	f		Lonsdale Fell Runners	0	0	0	0	792	0	0	0	792

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1418	Dane Browne	m			0	0	0	0	0	792	0	0	792
1419	Louise Chicken	f	FV 50	Tynedale Harriers		0	0	0	0	0	792	0	792
1420	Narumon Chinson	f			0	0	0	791	0	0	0	0	791
1421	Gareth Robinson	m	MV 40			0	0	0	0	0	791	0	791
1422	Jane Marshall	f	FV 50	York Acorn Running Club		0	0	0	0	0	0	791	791
1423	Kevin Betts	m	MV 40	Skelmersdale Boundary Harriers	790	0	0	0	0	0	0	0	790
1424	Chris Taylor	m	MV 40	Elvet Striders	0	0	0	0	790	0	0	0	790
1425	Paul Gibbons	m	MV 60			0	0	0	0	0	790	0	790
1426	Naomi Clague	f				0	0	0	0	0	0	790	790
1427	Ruth Owen-hughes	f	FV 50		789	0	0	0	0	0	0	0	789
1428	Dean Sharples	m	MV 40		0	0	789	0	0	0	0	0	789
1429	Adrian stanton	m	MV 50	Bollington harriers	0	0	0	789	0	0	0	0	789
1430	Mark Ewing	m		Penny lane striders	0	0	0	0	0	789	0	0	789
1431	Heather Boden	f				0	0	0	0	0	0	789	789
1432	Kathryn Brinkley	f			0	788	0	0	0	0	0	0	788
1433	Rachel King	f	FV 40		0	0	0	788	0	0	0	0	788
1434	David Smith	m	MV 60		0	0	0	0	0	788	0	0	788
1435	Jan-Friedrich Wulf	m	MV 50	Settle Harriers		0	0	0	0	0	788	0	788
1436	Helen McIntyre	f	FV 40			0	0	0	0	0	0	788	788
1437	Lesley Allison	f	FV 60	Eden Runners	0	787	0	0	0	0	0	0	787
1438	Sheona Lawrence	f			0	0	787	0	0	0	0	0	787
1439	Katie Metcalfe	f			0	0	0	787	0	0	0	0	787
1440	Anthony Wilkinson	m	MV 60		0	0	0	0	787	0	0	0	787
1441	Andi Edge	m	MV 50	Wyre Triathlon	0	0	0	0	0	787	0	0	787
1442	Jeremy Dyke	m	MV 50			0	0	0	0	0	787	0	787
1443	Ian Wood	m	MV 50	4Zero / Wildsoles		0	0	0	0	0	0	787	787
1444	jordan Rothery	m			0	0	0	0	786	0	0	0	786
1445	Rebecca Egerton	f				0	0	0	0	0	786	0	786
1446	Paul Shepherd	m	MV 50	City of Hull AC	785	0	0	0	0	0	0	0	785
1447	Elizabeth Bettley	f			0	785	0	0	0	0	0	0	785
1448	Dawn Anderson	f	FV 50	Middleton Harriers AC	0	0	0	785	0	0	0	0	785
1449	Alex Jirat	m			0	0	0	0	785	0	0	0	785
1450	Pete Palmer	m	MV 50		784	0	0	0	0	0	0	0	784
1451	Grace Burgess	f			0	784	0	0	0	0	0	0	784
1452	Robert Mundy	m	MV 70		0	0	0	784	0	0	0	0	784
1453	Glyn Kilsby	m	MV 60	Dubai Creek Striders	0	0	0	0	0	784	0	0	784
1454	Luke Partridge	m	U21		0	0	783	0	0	0	0	0	783
1455	Alan Vicarage	m	MV 60	Derwent valley running club	0	0	0	0	783	0	0	0	783
1456	Glyn Jones	m	MV 50			0	0	0	0	0	783	0	783
1457	Joe Gargett	m			782	0	0	0	0	0	0	0	782
1458	Sarah Wright	f	FV 40		0	0	0	782	0	0	0	0	782
1459	Liz Thompson	f	FV 50			0	0	0	0	0	782	0	782
1460	David Burrows	m			781	0	0	0	0	0	0	0	781
1461	Nicola Halsall	f	FV 40	Burnden Road Runners	0	781	0	0	0	0	0	0	781
1462	Robbie Taylor	m	U25		0	0	781	0	0	0	0	0	781
1463	Emma Luebke	f	FV 40		0	0	0	781	0	0	0	0	781

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1464	Nicholas Cox	m			0	0	0	0	781	0	0	0	781
1465	Ian Thompson	m	MV 50			0	0	0	0	0	781	0	781
1466	Viv Samuelson	f	FV 40			0	0	0	0	0	0	781	781
1467	Richard Campbell	m	MV 40		0	0	0	780	0	0	0	0	780
1468	Peter Leach	m	MV 40		780	0	0	0	0	0	0	0	780
1469	Kathryn Baron	f	FV 50	Burnden Road Runners	0	780	0	0	0	0	0	0	780
1470	Shannan Craig	f		Border Reiver Runners	0	0	780	0	0	0	0	0	780
1471	Millie Trowsdale	f	U25		0	0	0	0	0	780	0	0	780
1472	Helen Kelly	f	FV 50			0	0	0	0	0	0	780	780
1473	Emily Heys	f	FV 40		779	0	0	0	0	0	0	0	779
1474	Emma Walker	f	FV 50	Burnden Road Runners	0	779	0	0	0	0	0	0	779
1475	Abbey Wilson	f		Yorkshire Wolds Runners		0	0	0	0	0	779	0	779
1476	Jenny Brown	f	FV 40			0	0	0	0	0	0	779	779
1477	Harriet Ducker	f			778	0	0	0	0	0	0	0	778
1478	Kay Pitchford	f	FV 60		0	778	0	0	0	0	0	0	778
1479	Sally Nutter	f	FV 50	Keswick AC	0	0	778	0	0	0	0	0	778
1480	Helen Tatman	f	FV 50	Finedon Gladstones running club	0	0	0	778	0	0	0	0	778
1481	Julian Egan	m	MV 50		0	0	0	0	778	0	0	0	778
1482	Emma Caunce	m			0	0	0	0	0	778	0	0	778
1483	Joanna Ledson	f				0	0	0	0	0	778	0	778
1484	Kirstie Harrison	f	FV 40			0	0	0	0	0	0	778	778
1485	Mark Salmon	m	MV 40		777	0	0	0	0	0	0	0	777
1486	Matthew Lewin	m			0	777	0	0	0	0	0	0	777
1487	Paul Tatman	m	MV 50	Finedon Gladstones running club	0	0	0	777	0	0	0	0	777
1488	Sara Heath	f			0	0	0	0	777	0	0	0	777
1489	Lee-Victoria Davies	f	FV 40	Southport Strollers	0	0	0	0	0	777	0	0	777
1490	Jo Rolls	f	FV 50	Keswick AC		0	0	0	0	0	777	0	777
1491	Suzanne Bremner	f	FV 40	These Girls Can Run		0	0	0	0	0	0	777	777
1492	Paul Watson	m	MV 50	Black trail runners	776	0	0	0	0	0	0	0	776
1493	Lucy Pickering	f			0	0	776	0	0	0	0	0	776
1494	David Tarpey	m	MV 40		0	0	0	776	0	0	0	0	776
1495	Patrycja Respondek	f			0	0	0	0	776	0	0	0	776
1496	Susan Wilson	f	FV 60	These girls can run		0	0	0	0	0	0	776	776
1497	Gemma Skelton	f		MTJ	775	0	0	0	0	0	0	0	775
1498	Emma Atherton	f	FV 40		0	775	0	0	0	0	0	0	775
1499	Ash Loader	m	MV 40		0	0	775	0	0	0	0	0	775
1500	Lindsey Black	f	FV 40	Southport Strollers Running Club	0	0	0	0	0	775	0	0	775
1501	Jane Mellor	f	FV 40			0	0	0	0	0	775	0	775
1502	Jamie Rylance	m			774	0	0	0	0	0	0	0	774
1503	Jude Beckett	f	FV 40		0	0	774	0	0	0	0	0	774
1504	Helen Brereton	f	FV 50		0	0	0	774	0	0	0	0	774
1505	Rachel Grayson	f	FV 50	Quakers	0	0	0	0	0	774	0	0	774
1506	Paul Dye	m	MV 60	St Bees Triers	773	0	0	0	0	0	0	0	773
1507	Sarah BARTON	f	FV 40	Thornton-Cleveleys Running Club	0	0	773	0	0	0	0	0	773
1508	Philomena Skeffington	f	FV 60	serpentine rc	0	0	0	773	0	0	0	0	773
1509	Hannah Greenwood	f			0	0	0	0	773	0	0	0	773

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1510	Casey Rust	f	FV 40		0	772	0	0	0	0	0	0	772
1511	Lauren Rigg	f			0	0	0	772	0	0	0	0	772
1512	Robyn Hogg	f			0	0	0	0	772	0	0	0	772
1513	Elisabeth Zambo	f	FV 50		0	0	0	0	0	772	0	0	772
1514	Brodie Peers	m	MV 40			0	0	0	0	0	772	0	772
1515	Victoria Kibler	f	FV 50			0	0	0	0	0	0	772	772
1516	Sam Marine	f			771	0	0	0	0	0	0	0	771
1517	Graeme Tilbury	m	MV 40		0	771	0	0	0	0	0	0	771
1518	Katie Oldham	f			0	0	0	771	0	0	0	0	771
1519	Phil Smith	m	MV 50		0	0	0	0	771	0	0	0	771
1520	Chris Watts	m	MV 40		0	0	0	0	0	771	0	0	771
1521	Sandra Robinson	f	FV 40	Manchester Ymca Harriers		0	0	0	0	0	0	771	771
1522	Caron Parkes	f	FV 50		0	770	0	0	0	0	0	0	770
1523	Sally Precious	f	FV 50	City of Hull	0	0	770	0	0	0	0	0	770
1524	Dale Collins	m	MV 50		0	0	0	770	0	0	0	0	770
1525	Les Schmid	m	MV 70		0	0	0	0	770	0	0	0	770
1526	Lana Roy	f	FV 50			0	0	0	0	0	770	0	770
1527	Tyrone Mclvor	m	MV 40		0	769	0	0	0	0	0	0	769
1528	Giselle Collins	f	FV 50		0	0	0	769	0	0	0	0	769
1529	Katie O'sullivan	f	FV 40		0	0	0	0	769	0	0	0	769
1530	Martin Baker	m	MV 50	Lonely Goat	0	0	0	0	0	769	0	0	769
1531	Sara Wolstenholme	f	FV 50			0	0	0	0	0	769	0	769
1532	Debbie Worthington	f	FV 40	Ackworth Road Runners		0	0	0	0	0	0	769	769
1533	Charlotte Rawcliffe	f	FV 40	Penny Lane Striders	768	0	0	0	0	0	0	0	768
1534	Sue Mullock	f	FV 40		0	768	0	0	0	0	0	0	768
1535	Sacha Pemberthy	f	FV 50		0	0	0	768	0	0	0	0	768
1536	Patricia Bacon	f	FV 70			0	0	0	0	0	0	768	768
1537	Kathryn Hamer	f			767	0	0	0	0	0	0	0	767
1538	Wendy Pratt	f	FV 40		0	767	0	0	0	0	0	0	767
1539	Carey Wreford	f	FV 40	Tri Hards Exmouth	0	0	0	767	0	0	0	0	767
1540	John Stout	m	MV 70		0	0	0	0	767	0	0	0	767
1541	Yvonne Collingham	f	FV 50	Durham Mums on the Run	0	0	0	0	0	767	0	0	767
1542	Ann Kisluk	f	FV 50	Eccleshill Road Runners	0	0	0	766	0	0	0	0	766
1543	Andrea Donaldson	f	FV 40	St Bees Triers	0	0	0	0	766	0	0	0	766
1544	Sharon Cooper	f	FV 50	Wesham Road Runners	0	0	0	0	0	766	0	0	766
1545	Nigel Burkitt	m	MV 60			0	0	0	0	0	766	0	766
1546	Che McGarvey-Gill	f	FV 40	Lancaster and Morecambe Athletics Club	765	0	0	0	0	0	0	0	765
1547	Rick Hollingworth	m	MV 40	Plumstead Runners	0	0	765	0	0	0	0	0	765
1548	Barrie Mulholland	m	MV 50		0	0	0	765	0	0	0	0	765
1549	James Howe	m	U25		0	0	0	0	0	765	0	0	765
1550	Maxime Werckx	m				0	0	0	0	0	765	0	765
1551	Michael Taylor	m	MV 40	The Otters	0	764	0	0	0	0	0	0	764
1552	Leanne Batty	f	FV 40	Thornton-Cleveleys running club	0	0	764	0	0	0	0	0	764
1553	Rob England	m			0	0	0	0	764	0	0	0	764
1554	Amy Brinkman	f	U25		0	0	0	0	0	764	0	0	764
1555	Paul Elliott	m	MV 50	Meltham AC	763	0	0	0	0	0	0	0	763

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1556	Mark Finn	m	MV 50		0	763	0	0	0	0	0	0	763
1557	Mark Taylor	m	MV 60	Audenshaw Asthmatics	0	0	0	763	0	0	0	0	763
1558	Chris Caldwell	m			0	0	0	0	0	763	0	0	763
1559	jane THOMAS	f				0	0	0	0	0	763	0	763
1560	Sally Nuttall	f			762	0	0	0	0	0	0	0	762
1561	Annie Willetts	f	FV 50		0	0	762	0	0	0	0	0	762
1562	Beth Thompson	f			0	0	0	762	0	0	0	0	762
1563	Angela Shepherd	f	FV 60	Tadcaster Harriers	0	0	0	0	0	762	0	0	762
1564	Kim Ramshaw	f	FV 50	Eden Runners		0	0	0	0	0	762	0	762
1565	Chris Gumbley	m	MV 60		761	0	0	0	0	0	0	0	761
1566	Rob Huntbach	m	MV 60		0	0	0	0	761	0	0	0	761
1567	Jan Elkins	f	FV 60		0	0	0	0	0	761	0	0	761
1568	Jamie Southern	f				0	0	0	0	0	761	0	761
1569	Josh Willis	m	U21		760	0	0	0	0	0	0	0	760
1570	Sarah Calvert Calvert	f			0	0	760	0	0	0	0	0	760
1571	Louise Battey	f	FV 40			0	0	0	0	0	760	0	760
1572	Josephine Clare	f	FV 50		0	759	0	0	0	0	0	0	759
1573	Thomas Dean	m			0	0	759	0	0	0	0	0	759
1574	Alan bell	m	MV 40		0	0	0	0	759	0	0	0	759
1575	Caroline Greenen	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	0	759	0	759
1576	Maria Mccalmont	f	FV 60		0	758	0	0	0	0	0	0	758
1577	Elaine Miller	f	FV 50		0	0	758	0	0	0	0	0	758
1578	Linda Whitehead	f	FV 70		0	0	0	758	0	0	0	0	758
1579	Kieran Murray	m			0	0	0	0	758	0	0	0	758
1580	Lisa Harrop	f	FV 50	Sunnywood Ladies On Tour		0	0	0	0	0	758	0	758
1581	Graeme Kite	m	MV 50	Wheathampstead Warriors	757	0	0	0	0	0	0	0	757
1582	Olly Stevens	m	U25		0	0	757	0	0	0	0	0	757
1583	Bev Navesey	f	FV 60		0	0	0	757	0	0	0	0	757
1584	David Holliday	m	MV 40	HH	0	0	0	0	757	0	0	0	757
1585	Emily Aldridge	f			756	0	0	0	0	0	0	0	756
1586	Fiona Alderton	f	FV 60	Lions Running Community	0	0	0	756	0	0	0	0	756
1587	Daniel Howgate	m			0	0	0	0	756	0	0	0	756
1588	Josie Holding	f	U25		0	0	0	0	0	756	0	0	756
1589	Lucy Dunlop	f	FV 50	Tynedale Harriers		0	0	0	0	0	756	0	756
1590	Ross Aldridge	m	MV 40		755	0	0	0	0	0	0	0	755
1591	Clare Viney	f	FV 50		0	0	755	0	0	0	0	0	755
1592	Sue Moore	f	FV 60	Stubbington Green Runners	0	0	0	755	0	0	0	0	755
1593	Sarah Clarke	f	FV 40		0	0	0	0	755	0	0	0	755
1594	Rachel Johnson	f	U25		0	0	0	0	0	755	0	0	755
1595	David Fox	m	MV 50		754	0	0	0	0	0	0	0	754
1596	Marie Burton	f			0	754	0	0	0	0	0	0	754
1597	Katie Fyall	f			0	0	754	0	0	0	0	0	754
1598	Lindsay Pratt	f	FV 50	Stubbington Green Runners	0	0	0	754	0	0	0	0	754
1599	Isadora Pizzo	f			0	0	0	0	0	754	0	0	754
1600	Lucy Vine	f	U21			0	0	0	0	0	754	0	754
1601	Freya Bird	f	U25		753	0	0	0	0	0	0	0	753

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1602	Anthony fulop	m	MV 60	Burnden Road Runners	0	753	0	0	0	0	0	0	753
1603	Sharon Hughes	f	FV 60	Stubbington Green Runners	0	0	0	753	0	0	0	0	753
1604	Karen Ashcroft	f	FV 40		0	0	0	0	753	0	0	0	753
1605	Leanne Bluck	f	FV 40	Blackpool Wyre Fylde AC	0	0	0	0	0	753	0	0	753
1606	James Snutch	m	MV 40	Birstall Running Club		0	0	0	0	0	753	0	753
1607	Christopher Roberts	m	MV 60	Black Combe Runners	0	0	752	0	0	0	0	0	752
1608	Emma Bates	f	FV 50	Ramsbottom Running Club	0	0	0	752	0	0	0	0	752
1609	Jordan Wade	m			0	0	0	0	752	0	0	0	752
1610	Jim Byrne	m	MV 60		0	0	0	0	0	752	0	0	752
1611	Tom England	m				0	0	0	0	0	752	0	752
1612	Vicky Cooper	f	U25		751	0	0	0	0	0	0	0	751
1613	Paul Gardner	m	MV 50	Chorlton Runners	0	0	0	0	751	0	0	0	751
1614	Ali Cooper	f	FV 60	Kendal Tri Club	0	0	0	0	0	751	0	0	751
1615	Luke Harris	m				0	0	0	0	0	751	0	751
1616	Fran Connolly	f	FV 40	Blackpool Wyre & Fylde AC	750	0	0	0	0	0	0	0	750
1617	Caroline Thorpe	f	FV 50	Acre Street Runners	0	750	0	0	0	0	0	0	750
1618	Greg Boyle	m	MV 50		0	0	0	750	0	0	0	0	750
1619	Mark Ormerod	m	MV 60		0	0	0	0	750	0	0	0	750
1620	Paul Appelquist	m	MV 50		0	0	0	0	0	750	0	0	750
1621	Ben Melrose	m				0	0	0	0	0	750	0	750
1622	Claire Appelquist	f	FV 50		0	0	0	0	0	749	0	0	749
1623	Lola Deady	f	U21		749	0	0	0	0	0	0	0	749
1624	Helen Jones	f	FV 40		0	0	0	749	0	0	0	0	749
1625	Paul Cookson	m	MV 40		0	0	0	0	749	0	0	0	749
1626	Anna Fishpool	f	FV 50	Blackpool Freedome Runners		0	0	0	0	0	749	0	749
1627	Rachel Taylor	f			0	0	0	748	0	0	0	0	748
1628	Daryn Allinson	m			0	0	0	0	748	0	0	0	748
1629	Sophie Strelling	f			0	0	0	0	0	748	0	0	748
1630	Alistair Cropper	m	MV 60		747	0	0	0	0	0	0	0	747
1631	Patrycja Jaszek	f	FV 40		0	0	747	0	0	0	0	0	747
1632	Betty Stephenson	f			0	0	0	747	0	0	0	0	747
1633	Laura Wilson Bell	f			0	0	0	0	747	0	0	0	747
1634	John Crombie	m	MV 60		0	0	0	746	0	0	0	0	746
1635	Darren Stockdale	m	MV 40	Darlington Harriers	0	0	0	0	746	0	0	0	746
1636	Nicholas Barlow	m		4ZERO Run Club		0	0	0	0	0	746	0	746
1637	Matt Carter	m	MV 50		0	0	0	0	745	0	0	0	745
1638	Anthony Connolly	m	MV 40		744	0	0	0	0	0	0	0	744
1639	Steve Foreman	m	MV 50	Sedgefield Harriers	0	0	744	0	0	0	0	0	744
1640	Gary Jones	m	MV 50		0	0	0	744	0	0	0	0	744
1641	Mark Harper	m	MV 50		0	0	0	0	744	0	0	0	744
1642	Isobel Hall	f	FV 50	Jogging Pals	0	0	0	0	0	744	0	0	744
1643	Peter Roberts	m	MV 50		743	0	0	0	0	0	0	0	743
1644	Kate Thompson	f	FV 40		0	0	743	0	0	0	0	0	743
1645	Jenny Smith	f			0	0	0	0	0	743	0	0	743
1646	Philip Clayton	m	MV 60	EPOTS	0	0	742	0	0	0	0	0	742
1647	Daniel Elliott	m			0	0	0	742	0	0	0	0	742

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1648	Graham Read	m	MV 60		0	0	0	0	742	0	0	0	742
1649	Hannah Hayhurst	f			0	0	0	0	0	742	0	0	742
1650	Ella Wragg	f		NA		0	0	0	0	0	742	0	742
1651	Colin Wright	m	MV 50	Bollington Harriers	0	0	0	741	0	0	0	0	741
1652	Shane Lynas	m				0	0	0	0	0	741	0	741
1653	Tim LITTLECHILD	m	MV 40		0	0	740	0	0	0	0	0	740
1654	Adam Young	m			0	0	0	740	0	0	0	0	740
1655	Joe Llewellyn	m	MV 40		0	0	0	0	740	0	0	0	740
1656	Robina Kane	f				0	0	0	0	0	740	0	740
1657	Julia Rushton	f	FV 60	Clayton le Moors Harriers	739	0	0	0	0	0	0	0	739
1658	Mark Fowell	m	MV 60	Rolls-Royce Harriers	0	0	739	0	0	0	0	0	739
1659	Peter Burlingham	m	MV 40		0	0	0	739	0	0	0	0	739
1660	FIONA MCKEAN	f	FV 50	eden runners	0	0	0	0	0	739	0	0	739
1661	George Woodfield	m				0	0	0	0	0	739	0	739
1662	Sharon Jenkins	f	FV 50		0	0	0	738	0	0	0	0	738
1663	Vin Caldwell	m	MV 60		0	0	0	0	0	738	0	0	738
1664	Chris Ledson	f	FV 50			0	0	0	0	0	738	0	738
1665	Ryan Wilde	m	MV 40		0	0	0	737	0	0	0	0	737
1666	Jason Copp	m	MV 50		0	0	0	0	737	0	0	0	737
1667	John McConnell	m	MV 50			0	0	0	0	0	737	0	737
1668	Saran Jones	f	FV 60	West Lothian Triathlon Club	736	0	0	0	0	0	0	0	736
1669	Robert Cowell	m	MV 40		0	0	0	736	0	0	0	0	736
1670	Jack Pearce	m			0	0	0	0	0	736	0	0	736
1671	Debbie Lindley	f	FV 50	Carleton Running Community	0	0	0	735	0	0	0	0	735
1672	Ruth Howarth	f	FV 40		0	0	0	0	735	0	0	0	735
1673	Gregg Cropper	m	MV 40		0	0	0	0	0	735	0	0	735
1674	Lucy Moss	f				0	0	0	0	0	735	0	735
1675	Susan ROUTLEDGE	f	FV 40		0	0	734	0	0	0	0	0	734
1676	Yvonne Foley	f	FV 40	Carleton Running Community	0	0	0	734	0	0	0	0	734
1677	Curtis Radcliffe	m			0	0	0	0	734	0	0	0	734
1678	Sarah Bellew	f	FV 40		0	0	0	0	0	734	0	0	734
1679	Daniel Shercliff	m	MV 40		0	0	733	0	0	0	0	0	733
1680	John Hetherington	m	MV 60	Bodyfit Cumbria	0	0	0	733	0	0	0	0	733
1681	Sarah Edwards	f	FV 50			0	0	0	0	733	0	0	733
1682	Claire Crewe	f		Eden Runners		0	0	0	0	0	733	0	733
1683	Dawn Saxby	f	FV 60	DCH Run Club	0	0	0	732	0	0	0	0	732
1684	Susan Black	f	FV 50	Tynedale Harriers		0	0	0	0	0	732	0	732
1685	Sian Saxby	f	U21	DCH Run Club	0	0	0	731	0	0	0	0	731
1686	Fiona Headley	f	FV 60	Selby Striders		0	0	0	0	731	0	0	731
1687	Jo Hall	f	FV 50			0	0	0	0	0	731	0	731
1688	Helen Fairgrieve	f	FV 50			0	0	0	0	0	730	0	730
1689	Andrew Wright	m	MV 50		729	0	0	0	0	0	0	0	729
1690	Gayle Hanson-Jones	f	FV 50			0	0	0	0	0	729	0	729
1691	Nigel Dean	m	MV 50		728	0	0	0	0	0	0	0	728
1692	Stephen Buston	m	MV 50	Thornton Cleveleys Running Club	0	0	728	0	0	0	0	0	728
1693	Tanya Cronin	f	FV 50	Knowle & Dorridge Running Club	0	0	0	728	0	0	0	0	728

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1694	Miguel Menes	m				0	0	0	0	0	728	0	728
1695	Dawn Lamb	f	FV 40	Muckle Toon Joggers	727	0	0	0	0	0	0	0	727
1696	Eleanore Gay	f	FV 40		0	0	0	727	0	0	0	0	727
1697	Nic Edwards	f	FV 50	Hitchin Hares and Steeple Chasers (two teams!)		0	0	0	0	727	0	0	727
1698	Leonie Hayler	f	FV 50	Tynedale Harriers		0	0	0	0	0	727	0	727
1699	Laura Kirkham	f	FV 40	Riversway Road Runners	726	0	0	0	0	0	0	0	726
1700	Amy Fletcher	f	FV 40		0	0	0	726	0	0	0	0	726
1701	Kevin Browne	m	MV 40			0	0	0	0	726	0	0	726
1702	Emma Wragg	f	FV 50			0	0	0	0	0	726	0	726
1703	Simon Jones	m	MV 50	Adderbury Running Club	0	0	725	0	0	0	0	0	725
1704	Helen Stephenson	f	FV 40		0	0	0	725	0	0	0	0	725
1705	David Bishop	m	MV 60		0	0	0	0	725	0	0	0	725
1706	Simon King	m				0	0	0	0	0	725	0	725
1707	Bill Watts	m	MV 60	Riversway Road Runners	724	0	0	0	0	0	0	0	724
1708	Helen Halsall	f	FV 50		0	0	724	0	0	0	0	0	724
1709	Chris Parkes	m	MV 60	Bollington Harriers	0	0	0	724	0	0	0	0	724
1710	Camilla Carruthers	f			0	0	0	0	724	0	0	0	724
1711	Pradeep Kadu	m	MV 60			0	0	0	0	724	0	0	724
1712	David Burns	m	MV 60		723	0	0	0	0	0	0	0	723
1713	Neil Starr	m	MV 70		0	0	723	0	0	0	0	0	723
1714	Monica Blanshard	f	FV 70	Bollington Harriers	0	0	0	723	0	0	0	0	723
1715	Philip Loftus	m	MV 60		0	0	0	0	723	0	0	0	723
1716	James Stirling	m	MV 40			0	0	0	0	723	0	0	723
1717	Stevie Mulgrave	m	MV 40		722	0	0	0	0	0	0	0	722
1718	Lizzie Hadfield	f	FV 40		0	0	0	722	0	0	0	0	722
1719	Myfanwy Taylor	f	FV 60	In2Wild	0	0	0	0	722	0	0	0	722
1720	Daniel Whittaker	m	MV 40	None		0	0	0	0	722	0	0	722
1721	Alex Thompson	m	U25		721	0	0	0	0	0	0	0	721
1722	John Wiseman	m	MV 60		0	0	0	721	0	0	0	0	721
1723	Kay Drummond	f	FV 50	Birtley Ac	720	0	0	0	0	0	0	0	720
1724	Richard Purdy	m	MV 40		0	0	720	0	0	0	0	0	720
1725	Catherine Ramsay	f	FV 40		0	0	0	0	720	0	0	0	720
1726	Matt Herd	m	MV 40		719	0	0	0	0	0	0	0	719
1727	Mark Tucker	m	MV 60	Stubbington Green Runners	0	0	0	719	0	0	0	0	719
1728	Debbie Ellis	f	FV 60			0	0	0	0	719	0	0	719
1729	Josie Bamford	f		4Zero		0	0	0	0	0	719	0	719
1730	Rachel Precious	f	FV 40		718	0	0	0	0	0	0	0	718
1731	Katharine Tucker	f	FV 60	Stubbington Green Runners	0	0	0	718	0	0	0	0	718
1732	Daniel Ferrol	m			0	0	0	0	718	0	0	0	718
1733	Jonathan Ward	m	MV 50	Ambleside		0	0	0	0	718	0	0	718
1734	Kim How	m	MV 40			0	0	0	0	0	718	0	718
1735	Suzanne Smith	f	FV 60		0	0	0	717	0	0	0	0	717
1736	Ann Shellard	f	FV 50	Derwent Athletic Club		0	0	0	0	0	717	0	717
1737	Brian Winder	m	MV 70	Trailblazers	0	0	0	716	0	0	0	0	716
1738	Darren Henderson	m	MV 40		0	0	0	0	716	0	0	0	716
1739	Matt Arschavir	m	MV 40	Didsbury Runners	0	0	715	0	0	0	0	0	715

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1740	Amanda Watmough	f	FV 40	Macclesfield harriers	0	0	0	715	0	0	0	0	715
1741	Megan Grandi	f		Maverick Run Project	0	0	0	0	715	0	0	0	715
1742	David Wimpenny	m			714	0	0	0	0	0	0	0	714
1743	Hayley Rothwell	f			0	0	0	714	0	0	0	0	714
1744	Ben Howes	m			0	0	0	0	714	0	0	0	714
1745	Ricky Newell	m	MV 40			0	0	0	0	714	0	0	714
1746	Femke van Dreven	f	FV 50	Durham City Harriers		0	0	0	0	0	714	0	714
1747	Sian Fairhurst	f			713	0	0	0	0	0	0	0	713
1748	Sarah Scannell	f		Leeds & Bradford Triathlon	0	0	713	0	0	0	0	0	713
1749	Samantha Hunter	f			0	0	0	713	0	0	0	0	713
1750	Julie Todd	f	FV 40	Airecentre Pacers	0	0	0	0	713	0	0	0	713
1751	lucy fitzsims	f				0	0	0	0	713	0	0	713
1752	Nicholas Cooper	m	MV 60		712	0	0	0	0	0	0	0	712
1753	Nicola Ingle	f	FV 50	Slaithwaite striders	0	0	712	0	0	0	0	0	712
1754	Jade Murray	f		Na	0	0	0	712	0	0	0	0	712
1755	Colin Denney	m	MV 60	Thornton Cleveleys running club		0	0	0	0	712	0	0	712
1756	Jill Horsburgh	f	FV 60	Linlithgow Athletics Club	711	0	0	0	0	0	0	0	711
1757	Samantha Winn	f		Selby striders	0	0	711	0	0	0	0	0	711
1758	Jessica Clayton	f			0	0	0	711	0	0	0	0	711
1759	Michelle Johnson	f	FV 50		0	0	0	0	711	0	0	0	711
1760	Janine Denney	f	FV 50	Thornton Cleveleys Running Club		0	0	0	0	711	0	0	711
1761	Nichola Stewart	f	FV 50		710	0	0	0	0	0	0	0	710
1762	Nick Winn	m		Selby striders	0	0	710	0	0	0	0	0	710
1763	Thomas Harkin	m	MV 40	Manchester Muckers RC	0	0	0	0	710	0	0	0	710
1764	Suzannah Dykes	f	FV 50	Formby Stormers		0	0	0	0	710	0	0	710
1765	Rose Egan	f	FV 60	Cheshire Hash House Harriers		0	0	0	0	0	710	0	710
1766	Miles Huppatz	m			709	0	0	0	0	0	0	0	709
1767	Jessica Jones	f		City of Hull	0	0	709	0	0	0	0	0	709
1768	Jonny Yare	m	MV 40	Finedon Gladstone's	0	0	0	709	0	0	0	0	709
1769	Kurt Broadbent	m	MV 40			0	0	0	0	709	0	0	709
1770	Jessica Beattie	f	FV 40		0	0	708	0	0	0	0	0	708
1771	Helen Patten	f	FV 50	Red Rose Runners	0	0	0	708	0	0	0	0	708
1772	Patrick Loughlin	m				0	0	0	0	0	708	0	708
1773	Jessica Gittins	f	U21		707	0	0	0	0	0	0	0	707
1774	Rachel Flentje	f	FV 40		0	0	707	0	0	0	0	0	707
1775	Robert Peacock	m	MV 40	Derwent Valley RC	0	0	0	0	707	0	0	0	707
1776	Eve Frost	f				0	0	0	0	0	707	0	707
1777	Joe Wilcox	m			0	0	706	0	0	0	0	0	706
1778	Andrea Perrin	f	FV 40		0	0	0	706	0	0	0	0	706
1779	Laura Peacock	f	FV 40	Derwent Valley Running Club	0	0	0	0	706	0	0	0	706
1780	Peter Wood	m	MV 60			0	0	0	0	706	0	0	706
1781	James Jardine	m	MV 40	Eden Runners	0	0	705	0	0	0	0	0	705
1782	Heather Whalley	f			0	0	0	705	0	0	0	0	705
1783	Laura Porter	f	FV 40	Penny Lane Striders	0	0	0	0	705	0	0	0	705
1784	sonja Griffiths	f	FV 60	Gog Triathlon Club		0	0	0	0	705	0	0	705
1785	Ellaney Hayden	m		40% Club		0	0	0	0	0	705	0	705

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1786	Helen Lawrence	f	FV 50	Eden runners	0	0	704	0	0	0	0	0	704
1787	Sarah Baird	f			0	0	0	704	0	0	0	0	704
1788	Richard Pinches	m	MV 50	Blackpool Wyre And Fylde Ac		0	0	0	0	704	0	0	704
1789	Ruth Sibly	f		Headington Road Runners		0	0	0	0	0	704	0	704
1790	Cheryl Pace	f	FV 40	Penny Lane Striders	703	0	0	0	0	0	0	0	703
1791	Gabriella Corbridge	f	U25	Revolution Running	0	0	703	0	0	0	0	0	703
1792	Gary Pratt	m	MV 60	Stubbington Green Runners	0	0	0	703	0	0	0	0	703
1793	Clare Molyneux	f	FV 50			0	0	0	0	703	0	0	703
1794	Pat Wyke	f	FV 60	Run in Wirral	0	0	0	702	0	0	0	0	702
1795	Dan Mitchell	m	MV 40	Elvet Striders	702	0	0	0	0	0	0	0	702
1796	Dawn Saunders	f	FV 50	TCRC	0	0	702	0	0	0	0	0	702
1797	Rachel Service	f			0	0	0	0	702	0	0	0	702
1798	Jan Davies	f	FV 60			0	0	0	0	702	0	0	702
1799	Ray Foulkes	m	MV 60	Redcar Running Club		0	0	0	0	0	702	0	702
1800	Cheryl Chaffe	f	FV 50		0	0	0	701	0	0	0	0	701
1801	Oliver Taslic	m			701	0	0	0	0	0	0	0	701
1802	Christopher Bligh	m	MV 60	Thornton Cleveleys running club	0	0	701	0	0	0	0	0	701
1803	Rob Porter	m	MV 40		0	0	0	0	701	0	0	0	701
1804	Maria Martin	f	FV 60			0	0	0	0	701	0	0	701
1805	Georgios Argyropoulos	m	MV 50		700	0	0	0	0	0	0	0	700
1806	Allan Lytollis	m	MV 40		0	0	700	0	0	0	0	0	700
1807	Alison Dick	f	FV 50	Red Rose Road Runners	0	0	0	700	0	0	0	0	700
1808	Jason Clift-Jones	m				0	0	0	0	700	0	0	700
1809	Alex Meir	m	MV 40			0	0	0	0	0	700	0	700
1810	Faye Levi	f			699	0	0	0	0	0	0	0	699
1811	Mike Bremner	m	MV 40		0	0	699	0	0	0	0	0	699
1812	Julie Ashman	f	FV 50	Stubbington Green Runners	0	0	0	699	0	0	0	0	699
1813	Laura Sims	f	FV 50			0	0	0	0	699	0	0	699
1814	Robin Lee	m	MV 40			0	0	0	0	0	699	0	699
1815	Rukki Hammond	f	FV 50	Stainland Lions	698	0	0	0	0	0	0	0	698
1816	Elizabeth Lawrence	f	FV 40		0	0	698	0	0	0	0	0	698
1817	Jack Youngs	m	MV 60		0	0	0	0	698	0	0	0	698
1818	Debbie Scott	f	FV 60			0	0	0	0	698	0	0	698
1819	William Moscrop	m	MV 50			0	0	0	0	0	698	0	698
1820	Harry Gawler	m	MV 40		696	0	0	0	0	0	0	0	696
1821	Netsai Changata	f			0	0	0	696	0	0	0	0	696
1822	Angela James	f	FV 50			0	0	0	0	696	0	0	696
1823	Jane Maloney	f	FV 60	Easingwold Running Club		0	0	0	0	0	696	0	696
1824	Rosie Spencer	f	U25		695	0	0	0	0	0	0	0	695
1825	Bridget Hoult	f	FV 40		0	0	0	695	0	0	0	0	695
1826	Anna Sweet	f	FV 40			0	0	0	0	695	0	0	695
1827	Holly Huddart	f			694	0	0	0	0	0	0	0	694
1828	Dominic Lowry	m	MV 40	Finedon Gladstone	0	0	0	694	0	0	0	0	694
1829	Rachael Brown	f			693	0	0	0	0	0	0	0	693
1830	LOUISE WAINWRIGHT	f	FV 50	Thornton CLEVELEYS RUNNING CLUB	0	0	0	693	0	0	0	0	693
1831	Guy Barker	m			692	0	0	0	0	0	0	0	692

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1832	Lynn Shaw	f	FV 50	Thornton Cleveleys Running Club	0	0	0	692	0	0	0	0	692
1833	Joe Davies	m			0	0	0	0	692	0	0	0	692
1834	Maria Major	f	FV 40			0	0	0	0	692	0	0	692
1835	Steve Nelson	m	MV 60		691	0	0	0	0	0	0	0	691
1836	Kate Foster	f			0	0	691	0	0	0	0	0	691
1837	Trevor Wright	m	MV 60	Finedon Gladstones	0	0	0	691	0	0	0	0	691
1838	Katrina Gittins	f	FV 50	Yacyak	690	0	0	0	0	0	0	0	690
1839	Rosemary WEBSTER	f	FV 50	head torches	0	0	690	0	0	0	0	0	690
1840	Karen Wells	f	FV 40	Radcliffe AC	0	0	0	0	690	0	0	0	690
1841	Philippa Cook	f	FV 40			0	0	0	0	690	0	0	690
1842	Becky Plummer	f	U25			0	0	0	0	0	690	0	690
1843	Martyn Cottiss	m	MV 50	Ashington Hirst Running Club	0	0	689	0	0	0	0	0	689
1844	Ann Johansson	f	FV 50		0	0	0	689	0	0	0	0	689
1845	Jules Davies	m	MV 50		0	0	0	0	689	0	0	0	689
1846	Adam Stafford	m	MV 40		688	0	0	0	0	0	0	0	688
1847	Lisa Kallal	f	FV 50		0	0	688	0	0	0	0	0	688
1848	Angela Dallinger	f	FV 40	RED ROSE	0	0	0	688	0	0	0	0	688
1849	Ellie Murray	f	U25			0	0	0	0	0	688	0	688
1850	Emily Hudson	f	FV 40		687	0	0	0	0	0	0	0	687
1851	Rebecca Steven	f		St Bees Triers	0	0	687	0	0	0	0	0	687
1852	Heidi Martin	f	FV 40		0	0	0	687	0	0	0	0	687
1853	Nick Harries	m	MV 60		0	0	0	0	687	0	0	0	687
1854	Ben Brock	m	U25			0	0	0	0	0	687	0	687
1855	Ricardo Gomez	m			686	0	0	0	0	0	0	0	686
1856	Abbey Mills	f			0	0	0	686	0	0	0	0	686
1857	Jessica Harries	f			0	0	0	0	686	0	0	0	686
1858	Geraldine O'Grady-Thomas	f	FV 50	Pennine fell runners		0	0	0	0	0	686	0	686
1859	Nick Whitehead	m	MV 60	Alton Runners	0	0	685	0	0	0	0	0	685
1860	Ian Midgley	m	MV 50			0	0	0	0	0	685	0	685
1861	Carol Green	f		Northowram pumas	684	0	0	0	0	0	0	0	684
1862	Joanne Ryan	f	FV 50	Alton Runners	0	0	684	0	0	0	0	0	684
1863	Sue Simister	f	FV 60	Stubbington Green Runners	0	0	0	684	0	0	0	0	684
1864	Caroline Johnson	f	FV 50		0	0	0	0	684	0	0	0	684
1865	Stephanie Caldwell	f	FV 70	Prestwich Athletic Club		0	0	0	0	684	0	0	684
1866	Diane Wright	f	FV 50	Calder Valley Fell Runners		0	0	0	0	0	684	0	684
1867	Becky Ripley	f			683	0	0	0	0	0	0	0	683
1868	Rachael Holloway	f			0	0	0	0	683	0	0	0	683
1869	Caroline Johnston	f	FV 50	Prestwich Athletic Club		0	0	0	0	683	0	0	683
1870	Jayne Taylor	f			682	0	0	0	0	0	0	0	682
1871	Magdalena Wisniewska	f	FV 40		0	0	0	0	682	0	0	0	682
1872	Linzi Lloyd-Henry	f	FV 60	Prestwich AC		0	0	0	0	682	0	0	682
1873	Rachel Heathcote	f	FV 40	Hunters Bog Trotters	681	0	0	0	0	0	0	0	681
1874	Rita Leigh	f	FV 50		0	0	0	681	0	0	0	0	681
1875	Dave Thompson	m	MV 60		0	0	0	0	681	0	0	0	681
1876	Louisa Porter	f	FV 50	Blackpool Freedom Runners		0	0	0	0	0	681	0	681
1877	Sally Lambert	f	FV 60	Wray Runners	680	0	0	0	0	0	0	0	680

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1878	Steven Mcgregor	m	MV 40		0	0	680	0	0	0	0	0	680
1879	Frauke Lunan	f	FV 60		0	0	0	680	0	0	0	0	680
1880	John Fowles	m			0	0	0	0	680	0	0	0	680
1881	John Dunn	m	MV 40	Blackpool Wyre & Fylde Athletic Club		0	0	0	0	680	0	0	680
1882	Collette Eames	f	FV 60	JogOnTheTYne		0	0	0	0	0	680	0	680
1883	colin lloyd	m	MV 50		0	0	0	679	0	0	0	0	679
1884	Molly Garner	f			0	0	0	0	679	0	0	0	679
1885	Yiesha Peng	f				0	0	0	0	679	0	0	679
1886	Fiona O'brien	f	FV 50	Jog On The Tyne		0	0	0	0	0	679	0	679
1887	Chris Lang	m	MV 40		678	0	0	0	0	0	0	0	678
1888	Vicky Willett	f	FV 40	Sbc Plodders	0	0	678	0	0	0	0	0	678
1889	Steve Ablett	m	MV 50	finedon Gladstones	0	0	0	678	0	0	0	0	678
1890	Mike Swift	m	MV 60		0	0	0	0	678	0	0	0	678
1891	Anthony Young	m				0	0	0	0	0	678	0	678
1892	Denise Irving-lang	f	FV 40	Run the World Manchester	677	0	0	0	0	0	0	0	677
1893	Caroline Cotterell	f	FV 50	The Coffin Dodgers	0	0	677	0	0	0	0	0	677
1894	Steve Parry	m	MV 60	Finedon Gladstones	0	0	0	677	0	0	0	0	677
1895	Paul Kidd	m	MV 50		0	0	0	0	677	0	0	0	677
1896	Wendy Birkett	f	FV 60	Ambleside Athletic Club		0	0	0	0	0	677	0	677
1897	Olga James	f	FV 40		676	0	0	0	0	0	0	0	676
1898	Nick Holliday	m	MV 60	The Coffin Dodgers	0	0	676	0	0	0	0	0	676
1899	Laura Aldridge	f	FV 40	Finedon Gladstone's	0	0	0	676	0	0	0	0	676
1900	Matthew Burrows	m	MV 40			0	0	0	0	0	676	0	676
1901	Katherine Faudemer	f			675	0	0	0	0	0	0	0	675
1902	Jennie Eklund	f			0	0	675	0	0	0	0	0	675
1903	Aby Sollitt-Davis	f		Finedon Gladstones	0	0	0	675	0	0	0	0	675
1904	Emma Cousins	f				0	0	0	0	0	675	0	675
1905	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	0	0	674	0	0	0	0	0	674
1906	Meg Ablett	f	FV 50	Finedon Gladstones	0	0	0	674	0	0	0	0	674
1907	Martina Trapani	f				0	0	0	0	0	674	0	674
1908	Claire Hall	f	FV 40	Na	673	0	0	0	0	0	0	0	673
1909	sue pawson	f	FV 60		0	0	0	673	0	0	0	0	673
1910	Ellie Davies	f	FV 40		0	0	0	0	673	0	0	0	673
1911	Jenni Burrows	f				0	0	0	0	0	673	0	673
1912	Catherine Lowry	f		Finedon Gladstones	0	0	0	672	0	0	0	0	672
1913	Natalie C Hodson	f		York Postal Harriers	0	0	0	0	672	0	0	0	672
1914	Kim Bennett	f	FV 50		671	0	0	0	0	0	0	0	671
1915	Brenda Strathdee	f	FV 40		0	0	0	671	0	0	0	0	671
1916	Lucy Cleworth	f	FV 40		0	0	0	0	671	0	0	0	671
1917	Ciara Harper	f	U21	Yorkshire Wilds Runners		0	0	0	0	0	671	0	671
1918	Andrew JOHNSON	m	MV 40		0	0	670	0	0	0	0	0	670
1919	Matt Deane	m	MV 40		0	0	0	670	0	0	0	0	670
1920	Barry Green	m	MV 60	None	0	0	0	0	670	0	0	0	670
1921	isabel whybrow huppatz	f			669	0	0	0	0	0	0	0	669
1922	Niki Roberts	f	FV 40		0	0	669	0	0	0	0	0	669
1923	Margaret Barker	f	FV 70	Kettering Town Harriers	0	0	0	669	0	0	0	0	669

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1924	Ewan Copp	m	U21		0	0	0	0	669	0	0	0	669
1925	Peter Wallwork	m	MV 40			0	0	0	0	0	669	0	669
1926	Simone Connor	f	FV 50	Dalbeattie Running Club	0	0	668	0	0	0	0	0	668
1927	Colleen Haslam	f	FV 50		0	0	0	0	668	0	0	0	668
1928	Karyn Harper	f	FV 50	Yorkshire Wolds Runners		0	0	0	0	0	668	0	668
1929	Kelly Savage	f	FV 50	Prestwich Athletics Club	667	0	0	0	0	0	0	0	667
1930	Kirk Connor	m	MV 50		0	0	667	0	0	0	0	0	667
1931	Liz Hall	f	FV 60	Stubbington Green Runners	0	0	0	667	0	0	0	0	667
1932	Helen Marsland	f			0	0	0	0	667	0	0	0	667
1933	Susan Redfern	f	FV 50		666	0	0	0	0	0	0	0	666
1934	Donna Wood	f	FV 40	Milltown Milers	665	0	0	0	0	0	0	0	665
1935	NATHAN PARSONS	m	U21	TOTAL TRANSITION TRIATHLON CLUB	0	0	665	0	0	0	0	0	665
1936	Beth Casserley	f	FV 40		0	0	0	665	0	0	0	0	665
1937	Geb Hewlett	m	MV 40			0	0	0	0	0	665	0	665
1938	Keith Whitehead	m	MV 70		0	0	0	664	0	0	0	0	664
1939	Laura Keefe	f			0	0	0	0	664	0	0	0	664
1940	Hilary Burkitt	f	FV 70	Caistor rc		0	0	0	0	0	664	0	664
1941	Sarah Lord	f	FV 50	DH Runners	663	0	0	0	0	0	0	0	663
1942	Neil Allen	m	MV 60	Stubbington Green	0	0	0	663	0	0	0	0	663
1943	Darryl Whitehead	m	MV 60		0	0	0	0	663	0	0	0	663
1944	Harriet Burkitt	f				0	0	0	0	0	663	0	663
1945	Michael Shaw	m	MV 40		662	0	0	0	0	0	0	0	662
1946	Janice Allen	f	FV 50	Stubbington Green	0	0	0	662	0	0	0	0	662
1947	Lorraine Birnie	f	FV 50		0	0	0	0	662	0	0	0	662
1948	JACK MOSS	m	U21	TOTAL TRANSITION TRIATHLON CLUB	0	0	661	0	0	0	0	0	661
1949	Richard Lord	m	MV 40		0	0	0	661	0	0	0	0	661
1950	Baljit Dhanda	m	MV 60	Ealing Eagles	0	0	0	0	661	0	0	0	661
1951	Rebecca Simmons	f				0	0	0	0	0	661	0	661
1952	Reece Macdonald	m			0	0	660	0	0	0	0	0	660
1953	Tracey Long	f	FV 50		0	0	0	0	660	0	0	0	660
1954	Millie Atkinson	f	U25			0	0	0	0	0	660	0	660
1955	Lenka Hranaiova	f			0	0	0	0	659	0	0	0	659
1956	Suzanne Valentine	f	FV 40		658	0	0	0	0	0	0	0	658
1957	Neil Martin	m			0	0	658	0	0	0	0	0	658
1958	Alex Trowsdale	m	U25			0	0	0	0	0	658	0	658
1959	Chris Wilson	m	MV 60		657	0	0	0	0	0	0	0	657
1960	Kay Shaw	f	FV 50		0	0	0	0	656	0	0	0	656
1961	Karen Sharpe	f	FV 60	Eden Runners		0	0	0	0	0	656	0	656
1962	kate limbert	f	FV 40		655	0	0	0	0	0	0	0	655
1963	Victoria Bolton	f	FV 40		0	0	655	0	0	0	0	0	655
1964	Kim Firstbrook	f	FV 60			0	0	0	0	0	655	0	655
1965	Ravi Trivedi	m			654	0	0	0	0	0	0	0	654
1966	Alison Mayor	f	FV 40		0	0	0	0	654	0	0	0	654
1967	Isobel Williamson	f	FV 70			0	0	0	0	0	654	0	654
1968	Emma Teggart	f	FV 40	Lonely goat		0	0	0	0	0	653	0	653
1969	Rosie Hayward	f	FV 40		0	0	0	0	652	0	0	0	652

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1970	Kathryn Pearson	f	FV 50	Astley & Tyldesley Road Runners	0	0	651	0	0	0	0	0	651
1971	Sadie Dyson	f	FV 40		0	0	0	0	651	0	0	0	651
1972	Gareth Rickerby	m	MV 40	Invictus Triathlon Club		0	0	0	0	0	651	0	651
1973	Gill Morgan	f	FV 50	A&T running club	0	0	650	0	0	0	0	0	650
1974	Claire Kirk	f	FV 40	Invictus Triathlon Club		0	0	0	0	0	650	0	650
1975	Laura Fiddes-Baron	f			649	0	0	0	0	0	0	0	649
1976	Sarah Tock	f	FV 50	City Of Hull Ac	0	0	649	0	0	0	0	0	649
1977	Jason Feavers	m	MV 50		0	0	0	0	649	0	0	0	649
1978	Jo Critchley	f	FV 50	Sunnywood ladies on tour		0	0	0	0	0	649	0	649
1979	Andy Skelhorn	m	MV 60	Bollington Harriers	648	0	0	0	0	0	0	0	648
1980	Ivor Roberts	m	MV 80	Beverley Ac	0	0	648	0	0	0	0	0	648
1981	Diana Griffiths	f		St Bees Triers	0	0	0	0	648	0	0	0	648
1982	Christine Teller	f	FV 60			0	0	0	0	0	648	0	648
1983	CATHERINE Ohara	f	FV 50		0	0	647	0	0	0	0	0	647
1984	Paul Denyer	m	MV 50	St Bees Triers	0	0	0	0	647	0	0	0	647
1985	Richard Mckenna	m	MV 40		0	0	0	0	646	0	0	0	646
1986	Lynn Swift	f		Sunnywood ladies on tour		0	0	0	0	0	646	0	646
1987	Alasdair Roxburgh	m		Skelmersdale Boundary Harriers		0	0	0	0	0	645	0	645
1988	Matthew Mchugh	m			644	0	0	0	0	0	0	0	644
1989	Paul Spink	m	MV 40		0	0	0	0	644	0	0	0	644
1990	Lisa Moizer	f	FV 40			0	0	0	0	0	643	0	643
1991	Hannah Marshall	f	FV 40	Birtley AC	642	0	0	0	0	0	0	0	642
1992	Scott Burrow	m	MV 50		0	0	0	0	642	0	0	0	642
1993	Paul Lawton	m	MV 50		641	0	0	0	0	0	0	0	641
1994	Paul Haydon	m	MV 50	F.r.a.	0	0	0	0	641	0	0	0	641
1995	Lucy Lodge	f				0	0	0	0	0	641	0	641
1996	Liz Russell	f			640	0	0	0	0	0	0	0	640
1997	Hannah Crossley	f	FV 40		0	0	0	0	640	0	0	0	640
1998	Charles Rowell	m				0	0	0	0	0	640	0	640
1999	Kayleigh Sherwin	f			0	0	0	0	639	0	0	0	639
2000	Alex Abbott	f	FV 40			0	0	0	0	0	639	0	639
2001	Maggie Slamin	f	FV 60	Burnden Road Runners	0	0	0	0	638	0	0	0	638
2002	Jane Hornby	f	FV 40	Yorkshire Wolds Runners		0	0	0	0	0	638	0	638
2003	Mark Mulgrave	m	MV 40		636	0	0	0	0	0	0	0	636
2004	Christine Rostron	f	FV 60	Red Rose Road Runners	0	0	0	0	636	0	0	0	636
2005	Penny Coulthard	f	FV 50	Ilkley Harriers		0	0	0	0	0	636	0	636
2006	Liz Campbell	f	FV 60		635	0	0	0	0	0	0	0	635
2007	Gareth Pennell	m	MV 60		0	0	0	0	635	0	0	0	635
2008	David Evans	m	MV 50		634	0	0	0	0	0	0	0	634
2009	Sarah Smith	f		Coxhoe on the Run	0	0	0	0	634	0	0	0	634
2010	Robert Gould	m	MV 80	Na		0	0	0	0	0	634	0	634
2011	Graham Collins	m	MV 60	Milltown Milers	633	0	0	0	0	0	0	0	633
2012	Helen Schofield	f	FV 40	Stamford Striders		0	0	0	0	0	633	0	633
2013	Calum Willmott	m			632	0	0	0	0	0	0	0	632
2014	Ian Maddrell	m	MV 40	Atherton Running Club	0	0	0	0	632	0	0	0	632
2015	Charlotte Warden	f	FV 40			0	0	0	0	0	632	0	632

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
2016	Roy Thickett	m	MV 50		0	0	0	0	631	0	0	0	631
2017	Cameron O'Connor	f	U25			0	0	0	0	0	631	0	631
2018	John Beedles	m	MV 40		0	0	0	0	630	0	0	0	630
2019	Grace Sheridan	f	U25			0	0	0	0	0	630	0	630
2020	Sarah Ferguson	f	FV 40		0	0	0	0	629	0	0	0	629
2021	Laura Cooper	f			0	0	0	0	628	0	0	0	628
2022	Rachael Price	f	FV 40			0	0	0	0	0	628	0	628
2023	Alex Milner	f	FV 40		0	0	0	0	627	0	0	0	627
2024	Joe Brown	m	MV 40		627	0	0	0	0	0	0	0	627
2025	Kevin Brocklebank	m	MV 50			0	0	0	0	0	627	0	627
2026	Sarah Connors	f	FV 50	Knowle & Dorridge Running Club	626	0	0	0	0	0	0	0	626
2027	Margaret MacDonald	f	FV 60	Morpeth Harriers	0	0	0	0	626	0	0	0	626
2028	Andrew Connor	m	MV 60	Ambleside	625	0	0	0	0	0	0	0	625
2029	Lewis Stokes	m	MV 40		0	0	0	0	625	0	0	0	625
2030	Lucy Sill	f			0	0	0	0	624	0	0	0	624
2031	Debbie Whitehead	f	FV 60	Alton Runners		0	0	0	0	0	624	0	624
2032	Rachel Bevan	f		Bogdan Bombers	623	0	0	0	0	0	0	0	623
2033	Helyn McConnell	f	FV 50	SE Fitness		0	0	0	0	0	623	0	623
2034	Richard Toller	m	MV 60	Dundee Road Runners Ac	622	0	0	0	0	0	0	0	622
2035	Lorna Spalding	f	FV 40			0	0	0	0	0	622	0	622
2036	Anna Warner	f				0	0	0	0	0	621	0	621
2037	Lynne Terry	f	FV 50			0	0	0	0	0	620	0	620
2038	Louise Liddle	f	FV 40	Derwent Valley Runners	618	0	0	0	0	0	0	0	618
2039	Natali Harper	f	FV 40		0	0	0	0	616	0	0	0	616
2040	Elizabeth Hugill	f			615	0	0	0	0	0	0	0	615
2041	Michael Lu	m			0	0	0	0	615	0	0	0	615
2042	thomas brocklebank	m	MV 50	Millom striders	614	0	0	0	0	0	0	0	614
2043	Cat Mchugh	f	FV 40		613	0	0	0	0	0	0	0	613
2044	Laura Hastings	f		Hyde Park Harriers	0	0	0	0	613	0	0	0	613
2045	Annmarie Taylor	f	FV 40		612	0	0	0	0	0	0	0	612
2046	Emma Harris	f	FV 40			0	0	0	0	0	612	0	612
2047	Daniel Gaukrodger	m			611	0	0	0	0	0	0	0	611
2048	Paul Regan	m	MV 50	** Heart Attack Survivor and will never give up	0	0	0	0	611	0	0	0	611
2049	Elizabeth Thornton	f				0	0	0	0	0	611	0	611
2050	Lynda Davenport	f	FV 40			0	0	0	0	0	610	0	610
2051	Jane Disney	f	FV 50		609	0	0	0	0	0	0	0	609
2052	Sian Hacker	f	FV 40			0	0	0	0	0	609	0	609
2053	Jane Taylor	f	FV 40		608	0	0	0	0	0	0	0	608
2054	Julia Rothwell	f	FV 50			0	0	0	0	0	608	0	608
2055	Caroline Rush	f	FV 50	Ealing Eagles Running Club	0	0	0	0	607	0	0	0	607
2056	Nick Ellmore	m				0	0	0	0	0	607	0	607
2057	Lucy Owen	f			606	0	0	0	0	0	0	0	606
2058	Jo Ellmore	f				0	0	0	0	0	606	0	606
2059	Sandra Hutchinson	f	FV 50		605	0	0	0	0	0	0	0	605
2060	Claire Bain	f	FV 40	Red rose road runners	0	0	0	0	605	0	0	0	605
2061	Cerys Hanson-Jones	f	U25			0	0	0	0	0	605	0	605

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
2062	Jacqueline Blight	f	FV 60		0	0	0	0	604	0	0	0	604
2063	Isla Rush	f			603	0	0	0	0	0	0	0	603
2064	Claire Pratt	f	FV 50		0	0	0	0	603	0	0	0	603
2065	Kathryn Greenlees	f	FV 40			0	0	0	0	0	603	0	603
2066	Chrissie Lawson	f			0	0	0	0	602	0	0	0	602
2067	Maria Gomez	f	U21			0	0	0	0	0	602	0	602
2068	Louise McKimm	f			601	0	0	0	0	0	0	0	601
2069	Clarissa Hocking	f			0	0	0	0	601	0	0	0	601
2070	Rona Ricioppo	f	FV 60	Sunnywood Project		0	0	0	0	0	601	0	601
2071	David Lockwood	m	MV 50		600	0	0	0	0	0	0	0	600
2072	Kim Roberts	f	FV 40		0	0	0	0	600	0	0	0	600
2073	emily martin	f	FV 40			0	0	0	0	0	600	0	600
2074	Jill Robertson	f	FV 50		0	0	0	0	599	0	0	0	599
2075	Emily Alston	f	FV 40	Hook Norton Harriers		0	0	0	0	0	599	0	599
2076	Ruth Venables	f			0	0	0	0	598	0	0	0	598
2077	Gillian Roberts	f			597	0	0	0	0	0	0	0	597
2078	Jen Shepherd	f	FV 50		0	0	0	0	597	0	0	0	597
2079	Hannah Shore	f			0	0	0	0	596	0	0	0	596
2080	Steve Longney	m	MV 50	Yorkshire Wolds Runners		0	0	0	0	0	596	0	596
2081	Ellie Russell	f			0	0	0	0	595	0	0	0	595
2082	Lorie Hanson	f	FV 40		594	0	0	0	0	0	0	0	594
2083	Jessica Brewer	f	U25		0	0	0	0	594	0	0	0	594
2084	Luke Whitfield	m				0	0	0	0	0	594	0	594
2085	Andrew Green	m	MV 40	York Acorn	0	0	0	0	593	0	0	0	593
2086	Pauline Irving	f	FV 50	Muckle Toon Joggers	592	0	0	0	0	0	0	0	592
2087	Sarah Dhanda	f	FV 60		0	0	0	0	592	0	0	0	592
2088	Lorna Mundy	f	FV 40			0	0	0	0	0	592	0	592
2089	Lynne Aitken	f	FV 40	Muckletoon Joggers	591	0	0	0	0	0	0	0	591
2090	Claire Green	f	FV 40		0	0	0	0	590	0	0	0	590
2091	John Cleworth	m	MV 40		0	0	0	0	589	0	0	0	589
2092	Jo Maher	f	FV 50			0	0	0	0	0	589	0	589
2093	Chris Gamble	m	MV 50		587	0	0	0	0	0	0	0	587
2094	Sonja Farish	f	FV 50	Parkside panthers	0	0	0	0	587	0	0	0	587
2095	David Rand	m	MV 40	Penny Lane Striders		0	0	0	0	0	587	0	587
2096	Aimee Taylor	f				0	0	0	0	0	586	0	586
2097	Laura Pilkington	f				0	0	0	0	0	585	0	585
2098	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS		0	0	0	0	0	584	0	584
2099	Laurey Inniss	f	FV 40		0	0	0	0	583	0	0	0	583
2100	Suzy Vine	f	FV 50			0	0	0	0	0	583	0	583
2101	Nick Vine	m	MV 50			0	0	0	0	0	582	0	582
2102	Diane Cawley	f	FV 40		581	0	0	0	0	0	0	0	581
2103	Reece Watson	m			580	0	0	0	0	0	0	0	580
2104	Rachel Armer	f				0	0	0	0	0	580	0	580
2105	Andrew Cook	m	MV 60		0	0	0	0	578	0	0	0	578
2106	Elspeth Peddie	f	FV 50			0	0	0	0	0	578	0	578
2107	Alice Heywood	f	FV 40		577	0	0	0	0	0	0	0	577

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
2108	Emma Richardson	f	U25		0	0	0	0	577	0	0	0	577
2109	Joanne Lally	f	FV 50	Jog on the Tyne		0	0	0	0	0	577	0	577
2110	Anneke Cook	f	FV 50	Wymondham Athletic Club	0	0	0	0	576	0	0	0	576
2111	Amy Smithson	f				0	0	0	0	0	575	0	575
2112	Ann Luckock	f	FV 60	Bramhall Runners	574	0	0	0	0	0	0	0	574
2113	Gary Morton	m			573	0	0	0	0	0	0	0	573
2114	James Bland	m			572	0	0	0	0	0	0	0	572
2115	Kim Sugden	f	FV 40		0	0	0	0	572	0	0	0	572
2116	Emma Gardner	f			571	0	0	0	0	0	0	0	571
2117	Giseffemae Hackney	f			0	0	0	0	571	0	0	0	571
2118	Louise Shield	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	0	571	0	571
2119	Gill Mason	f	FV 60		570	0	0	0	0	0	0	0	570
2120	Laura Aiken	f		Radcliffe athletics club		0	0	0	0	0	570	0	570
2121	Vanessa Brierley	f	FV 50	Individual	569	0	0	0	0	0	0	0	569
2122	David Middlebrough	m	MV 50	Me	568	0	0	0	0	0	0	0	568
2123	Paul Brogden	m	MV 50		0	0	0	0	568	0	0	0	568
2124	Nic Dixon	f	FV 50			0	0	0	0	0	568	0	568
2125	Ursula Macfarlane	f	FV 40			0	0	0	0	0	567	0	567
2126	Jude Hayward	f	FV 40		0	0	0	0	566	0	0	0	566
2127	Alison Barnes	f	FV 50	Women on the Run - Kendal		0	0	0	0	0	566	0	566
2128	Beth Billington	f	FV 40			0	0	0	0	0	565	0	565
2129	linda McGinley	f	FV 60	eden runners	0	0	0	0	564	0	0	0	564
2130	Sean Mcgleenan	m	MV 60	Dumfries Running Club		0	0	0	0	0	564	0	564
2131	Mari Lewis	f	FV 50	Southport Strollers	563	0	0	0	0	0	0	0	563
2132	Wendy McGinley	f	FV 40		0	0	0	0	563	0	0	0	563
2133	Rachael Raw	f				0	0	0	0	0	563	0	563
2134	Tom Wynne	m			562	0	0	0	0	0	0	0	562
2135	Simon Wong	m				0	0	0	0	0	561	0	561
2136	Denise Gregory	f	FV 50	Bramhall runners	560	0	0	0	0	0	0	0	560
2137	John Harrington	m				0	0	0	0	0	560	0	560
2138	Marie Guttridge	f	FV 40			0	0	0	0	0	559	0	559
2139	David Dufton	m			558	0	0	0	0	0	0	0	558
2140	Clare Riley	f	FV 50	Sunnywood Ladies on tour		0	0	0	0	0	558	0	558
2141	Jo Oliver	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	0	557	0	557
2142	Laura Hampshaw	f	FV 40		556	0	0	0	0	0	0	0	556
2143	Fiona Wilson	f	FV 50		555	0	0	0	0	0	0	0	555
2144	John Harris	m	MV 40			0	0	0	0	0	555	0	555
2145	Helen O'Donnell	f				0	0	0	0	0	554	0	554
2146	Sam Blackburn	m	MV 40	Mornington Chasers	553	0	0	0	0	0	0	0	553
2147	Kathryn Tranter	f				0	0	0	0	0	553	0	553
2148	Jess Swire	f			552	0	0	0	0	0	0	0	552
2149	Jefferson Green	m	MV 40			0	0	0	0	0	552	0	552
2150	Joanne Stephenson	f	FV 50	Marple Runners	551	0	0	0	0	0	0	0	551
2151	Lucy Owens	f	FV 40	Stockton Striders		0	0	0	0	0	551	0	551
2152	Melanie Commins	f	FV 50		550	0	0	0	0	0	0	0	550
2153	Sophie Owens	f	FV 40	Stockton Striders		0	0	0	0	0	550	0	550

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
2154	Julia Thornley	f	FV 50	Sunnywood Crazy Trail Girls		0	0	0	0	0	549	0	549
2155	sacha roy	f	FV 40	Sunnywood Ladies On Tour		0	0	0	0	0	548	0	548
2156	Catherine Clennett	f	FV 50		547	0	0	0	0	0	0	0	547
2157	Tara Oxley	f	FV 40		546	0	0	0	0	0	0	0	546
2158	Tina Gee	f	FV 60			0	0	0	0	0	546	0	546
2159	Joanna Ridley	f	FV 50		545	0	0	0	0	0	0	0	545
2160	Nik Ansell	m	MV 40		544	0	0	0	0	0	0	0	544
2161	Louise Rooney	f	FV 60			0	0	0	0	0	544	0	544
2162	Iees Johnson	m	MV 50	billinge running club	543	0	0	0	0	0	0	0	543
2163	Teresa Palmer	f	FV 50	Birtley Athletics		0	0	0	0	0	543	0	543
2164	Chris Bunker	m	MV 40	Carlisle Tri Club	542	0	0	0	0	0	0	0	542
2165	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	0	541	0	541
2166	Peter Duffy	m	MV 60		540	0	0	0	0	0	0	0	540
2167	Helen E Eddie	f	FV 40	Macclesfield Harriers		0	0	0	0	0	540	0	540
2168	Laura Maguire	f			539	0	0	0	0	0	0	0	539
2169	Catherine Wernham	f	FV 60			0	0	0	0	0	539	0	539
2170	Ben Wallace	m			538	0	0	0	0	0	0	0	538
2171	Helen Lyon	f			537	0	0	0	0	0	0	0	537
2172	Joanne Slinger	f	FV 40		536	0	0	0	0	0	0	0	536
2173	Rhian Broomhead	f	FV 40		535	0	0	0	0	0	0	0	535
2174	Jen Husdan	f	FV 40		534	0	0	0	0	0	0	0	534
2175	Pauline Boardman	f	FV 40		532	0	0	0	0	0	0	0	532
2176	Cath Dyson	f	FV 40	West Hull Ladies		0	0	0	0	0	532	0	532
2177	Alison Atherton	f	FV 50		531	0	0	0	0	0	0	0	531
2178	Lesley Talbot	f	FV 50	Body Fit Cumbria	530	0	0	0	0	0	0	0	530
2179	Angela Pollitzer	f	FV 70	Hampstead Heath Parkrun		0	0	0	0	0	529	0	529
2180	Jenny Woodhams	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	0	528	0	528
2181	Rachel Latham	f	FV 40		527	0	0	0	0	0	0	0	527
2182	Emma Taylor	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	0	527	0	527
2183	Michelle Watt	f	FV 50		526	0	0	0	0	0	0	0	526
2184	Elizabeth Partington	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	0	526	0	526
2185	Mckaye Barnes	m			525	0	0	0	0	0	0	0	525
2186	Rachel Scholes	f				0	0	0	0	0	525	0	525
2187	Louis Barnes	m			524	0	0	0	0	0	0	0	524
2188	Chris Westwell	m	MV 40			0	0	0	0	0	524	0	524
2189	Anne Stockley	f	FV 40	Keswick AC	523	0	0	0	0	0	0	0	523
2190	Clare Westwell	f	FV 40			0	0	0	0	0	523	0	523
2191	Annette Wilson	f	FV 50			0	0	0	0	0	522	0	522
2192	Ricky Wilson	m	MV 50			0	0	0	0	0	521	0	521
2193	Danilo Trozzi	m	MV 50		519	0	0	0	0	0	0	0	519
2194	Rose Proudfoot	f			514	0	0	0	0	0	0	0	514
2195	Mr Tom Mitchell	m		tri central		0	0	0	0	0	514	0	514
2196	Alex Carey	m			513	0	0	0	0	0	0	0	513
2197	JACQUELINE JANE TURNBULL	f	FV 50			0	0	0	0	0	513	0	513
2198	Judith Weston	f	FV 50	Billingham Running Club	512	0	0	0	0	0	0	0	512
2199	Julie Heyes	f	FV 60			0	0	0	0	0	512	0	512

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
2200	Steven Heyes	m	MV 60			0	0	0	0	0	511	0	511
2201	Andy Hayes	m	MV 50		510	0	0	0	0	0	0	0	510
2202	Andy Dickson	m	MV 60	Dumfries Running Club	509	0	0	0	0	0	0	0	509
2203	Samantha Jackson	f	FV 50			0	0	0	0	0	509	0	509
2204	Yeolande Davies	f	FV 60	Dumfries Running Club	508	0	0	0	0	0	0	0	508
2205	Sarah Jackson	f	FV 50	Kendal AAC		0	0	0	0	0	508	0	508
2206	Laura Broatch	f	FV 40	Dumfries Running Club	507	0	0	0	0	0	0	0	507
2207	Nicola Edson	f	FV 50	Her Spirit	506	0	0	0	0	0	0	0	506
2208	Ian Millar	m	MV 40		505	0	0	0	0	0	0	0	505
2209	Gary Millar	m	MV 40		504	0	0	0	0	0	0	0	504
2210	Sandra Allan	f	FV 60	Fellside Ladies	501	0	0	0	0	0	0	0	501
2211	Scott Bartlett	m	MV 50	Bexley Ac	499	0	0	0	0	0	0	0	499
2212	Maree Barugh	f	FV 40		498	0	0	0	0	0	0	0	498
2213	Adam Turner	m			497	0	0	0	0	0	0	0	497
2214	Caroline Vitty	f	FV 60		494	0	0	0	0	0	0	0	494
2215	Cynthia Carter	f	FV 70	Crosby Stormers	493	0	0	0	0	0	0	0	493
2216	Deirdre Dobson	f	FV 50		492	0	0	0	0	0	0	0	492
2217	Catherine Humphreys	f	FV 50		491	0	0	0	0	0	0	0	491
2218	Isla Tomlinson	f	U21		490	0	0	0	0	0	0	0	490
2219	Florence Park	f	U25		489	0	0	0	0	0	0	0	489
2220	Talitha Tomlinson	f	U25		488	0	0	0	0	0	0	0	488
2221	Emily Tate	f			487	0	0	0	0	0	0	0	487
2222	Angela Nicholson	f	FV 50		485	0	0	0	0	0	0	0	485
2223	Gabrielle Wenham	f	FV 40	Parbold Pink Panthers	484	0	0	0	0	0	0	0	484
2224	Anneke Hackenbroich	f	FV 40		481	0	0	0	0	0	0	0	481
2225	Anne Oxbrough	f	FV 40	Penny Lane Striders	480	0	0	0	0	0	0	0	480
2226	Em Yolland	f			478	0	0	0	0	0	0	0	478
2227	Dave Cope	m	MV 70		477	0	0	0	0	0	0	0	477
2228	Ruth Toller	f	FV 70	Dundee Road Runners	476	0	0	0	0	0	0	0	476
2229	Claire Coulby	f	FV 50	Bramhall Runners	474	0	0	0	0	0	0	0	474
2230	Rhona Johnson	f	FV 60	Bramhall Runners	473	0	0	0	0	0	0	0	473
2231	Wendy Torevell	f	FV 60	Bramhall Runners	472	0	0	0	0	0	0	0	472
2232	Lynne Hardwick	f	FV 40	RuntheworldMCR	471	0	0	0	0	0	0	0	471
2233	Martin Rogers	m	MV 50	Mossley Hill Ac	470	0	0	0	0	0	0	0	470
2234	Karolina Faithfull	f	FV 40	Skelmersdale Boundary Harriers	469	0	0	0	0	0	0	0	469
2235	Jeremy Steele	m	MV 50		468	0	0	0	0	0	0	0	468
2236	Ian Bremner	m	MV 50		467	0	0	0	0	0	0	0	467
2237	sandra riley	f	FV 50		466	0	0	0	0	0	0	0	466
2238	Diane Rogers	f	FV 50	Mossley Hill Ac	464	0	0	0	0	0	0	0	464
2239	Maria Middlebrough	f	FV 60		461	0	0	0	0	0	0	0	461
2240	Marianne Manson	f	FV 40	Dockside Runners	457	0	0	0	0	0	0	0	457
2241	Gillian Allen	f	FV 50	Lonely Goat Running Club	456	0	0	0	0	0	0	0	456
2242	Caroline Betts	f	FV 40		454	0	0	0	0	0	0	0	454
2243	Maxine Grimshaw	f	FV 60	Ramsbottom Running Club	453	0	0	0	0	0	0	0	453
2244	Elice Lloyd	f			452	0	0	0	0	0	0	0	452
2245	Natalie Alifuoco-Grace	f	FV 40		451	0	0	0	0	0	0	0	451

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
2246	Annalaura Alifuoco	f	FV 40		450	0	0	0	0	0	0	0	450
2247	Kathryn Hodson	f	FV 50		449	0	0	0	0	0	0	0	449
2248	Sarah Edwards	f	FV 50		448	0	0	0	0	0	0	0	448