

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



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1	James Grinbergs	m	MV 40	Eden Runners	968	988	984		950	968	975	990	6823
2	Simon Dodd	m	MV 40		954	984	976		880	970	957	981	6702
3	Ewan Taylor	m		Victoria Park Running Club, Warrington	854	969	947		917	946	929	970	6532
4	Kerry Grinbergs	f	FV 40	Eden runners	841	930	929		915	929	869	912	6325
5	Gillian Rowland	f	FV 60		772	927	921		862	892	892	928	6194
6	Terry Moss	m	MV 50		791	953	893		863	909	855	922	6186
7	John Waring	m			788	891	868		800	854	868	931	6000
8	anton moss	m			798	867	820		825	862	858	918	5948
9	Felicia Singleton	f	FV 60	Victoria Park Running Club, Warrington	645	862	806		789	870	824	904	5700
10	Andrew Hemsley	m	MV 60	Walney Wind Cheetahs	674	879	795		741	826	715	846	5476
11	Mary Entwistle	f	FV 50		624	846	741		717	776	706	856	5266
12	Mark Austin	m	MV 50		685	0	818		820	897	833	932	4985
13	Leanne Jackson	f	FV 40		734	0	870		732	861	827	886	4910
14	Lindsay Turner	f	FV 40	Ramsbottom Running Club	548	786	692		617	730	572	809	4754
15	Stuart Taylor	m	MV 50		891	974	961		928	958	0	0	4712
16	Stephen Race	m	MV 50		706	0	793		727	805	713	865	4609
17	Sandy Race	f	FV 40		705	0	792		726	806	712	866	4607
18	Ian Stainthorpe	m	MV 60	Rochdale Harriers	859	945	0		933	933	904	0	4574
19	Darren Gillman	m	MV 50	Todmorden Harriers	590	0	750		768	825	744	855	4532
20	Brett Johnson	m	MV 40		861	932	0		849	0	899	942	4483
21	Kay McGreevy	f	FV 60	In2 The Wild	824	0	0		869	920	893	946	4452
22	Tom Smith	m			828	0	881		856	908	900	0	4373
23	Stephanie Bairet	f	FV 40		616	0	729		695	783	695	842	4360
24	Helen Tyson	f	FV 40	Eden Runners	764	918	886		0	0	819	910	4297
25	Louise Anderson	f	FV 50		783	913	809		0	860	805	0	4170
26	Sarah Temple	f	FV 40		656	0	790		774	835	0	862	3917
27	Ian Johnson	m	MV 50		972	0	0		977	981	977	0	3907
28	Katie Samuelson	f	FV 40	Todmorden Harriers	620	0	751		0	847	776	848	3842
29	Stephen Sewell	m	MV 40		920	978	0		958	974	0	0	3830
30	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	940	0	0		957	967	963	0	3827
31	Neil Ward	m	MV 50	Ponteland Runners	890	0	0		0	957	954	967	3768
32	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	619	840	763		0	0	693	839	3754
33	Andrew Stuart	m	MV 50		0	934	880		930	0	926	0	3670

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
34	Andrew Carmichael	m	MV 40		0	946	919		874	843	0	0	3582
35	owen panton	m			0	0	0		806	932	877	950	3565
36	James Lilliot	m			814	0	0		836	916	0	960	3526
37	Jonathan Watt	m	MV 60		793	0	905		888	913	0	0	3499
38	Nick Fletcher	m	MV 50		802	883	0	0	888	890	0	0	3463
39	Chris Lever	m	MV 50		831	933	0		833	0	860	0	3457
40	John Wiggans	m	MV 50		819	0	0		846	887	895	0	3447
41	Gail Bone	f	FV 40	St Bees Triers	786	0	0		865	878	847	0	3376
42	Terri Moore	f			0	0	0		807	864	796	882	3349
43	Elizabete Carmo-silva	f	FV 40		0	861	811	0	845	812	0	0	3329
44	Doug Orr	m	MV 40		0	860	810	0	844	811	0	0	3325
45	Joanne Lewis	f	FV 50		460	761	662	580	0	0	783	0	3246
46	Scott Rosevere	m			0	0	779	763	856	829	0	0	3227
47	Alison Nordon	f	FV 50		500	0	695	657	746	613	0	0	3211
48	Joe Stevens	m	MV 60		716	0	767	839	881	0	0	0	3203
49	Neil Sutcliffe	m	MV 60		518	760	672	0	693	531	0	0	3174
50	Gemma Drew	f		Methley striders	766	882	782	675	0	0	0	0	3105
51	Raymond Mooney	m	MV 60	Stainland Lions	697	0	0	582	0	865	898	0	3042
52	Gail Bristo	f	FV 50	Red Rose Road Runners	679	0	817	691	818	0	0	0	3005
53	Jonathan Cox	m		Eden Runners	1000	0	0	999	0	0	1000	0	2999
54	Gary Anderson	m	MV 50		0	776	717	0	757	747	0	0	2997
55	James Forrest	m	MV 40		0	0	991	991	0	997	0	0	2979
56	Ryan Lynch	m			567	852	803	0	737	0	0	0	2959
57	Nicole Frisby	f		Springfield Striders	0	0	986	0	0	981	991	0	2958
58	David Barras	m			963	0	975	0	984	0	0	0	2922
59	Martin Ellison	m			0	0	0	940	982	987	0	0	2909
60	John Singleton-Hardy	m		Lancaster	0	0	0	0	976	979	948	0	2903
61	Kevin Scott	m	MV 60		0	979	973	945	0	0	0	0	2897
62	David Calder	m	MV 60	Westerlands Cross Country Club	955	983	0	0	0	956	0	0	2894
63	Michelle Crowley	f	FV 40	Ambleside AC	0	0	967	952	0	960	0	0	2879
64	Ewan Head	m	U21		0	0	0	0	938	959	971	0	2868
65	Bruce Penhale	m	MV 60		0	0	948	937	0	951	0	0	2836
66	Ian Crook	m	MV 50	Barrow Striders	906	971	0	0	955	0	0	0	2832
67	Mike Duff	m	MV 40	Ealing Eagles	0	0	0	901	0	915	953	0	2769
68	Chris Bone	m	MV 40	St Bees Triers	913	0	0	0	930	924	0	0	2767
69	Ryan Thorburn	m			847	965	938	0	0	0	0	0	2750
70	John Ryder	m	MV 50	Eden runners	0	925	0	905	885	0	0	0	2715
71	Karl Bescoby	m	MV 50	Chorlton Runners	0	0	897	0	0	878	936	0	2711
72	JONATHAN LILLIOTT	m	MV 60		0	0	0	829	904	0	945	0	2678
73	Stephen Stuart	m	MV 50		0	0	907	887	0	882	0	0	2676
74	Tim Harper	m			596	0	0	676	768	604	0	0	2644

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75	Angela Duff	f	FV 40	Ealing Eagles	0	0	681	0	591	0	556	792	2620
76	Robert Harper	m	MV 50		813	0	0	0	0	911	889	0	2613
77	Lynne Midgley-ward	f	FV 50	Ponteland Runners	502	0	0	0	0	732	573	785	2592
78	Jo Andrews	f	FV 50		0	0	830	0	0	0	839	911	2580
79	Michael Moss	m	MV 50	Total Transition Triathlon Club	495	0	659	0	0	0	614	810	2578
80	Colette Clarkson	f	FV 50		516	756	0	0	0	708	588	0	2568
81	Scott Dixon	m			0	887	761	0	0	0	0	920	2568
82	Paul Lewis	m	MV 50		0	762	0	827	0	0	0	972	2561
83	Kevin Clarkson	m	MV 50		515	757	0	0	0	707	576	0	2555
84	Paul Wilson	m	MV 50	Yorkshire wolds runners	880	973	0	0	0	0	701	0	2554
85	Wendy Fraser	f	FV 60		0	0	657	588	0	0	518	774	2537
86	Lynne Carruthers	f	FV 60	Dch	0	896	840	791	0	0	0	0	2527
87	Gary Wintersgill	m	MV 50		796	0	0	799	0	0	0	916	2511
88	Michael Devlin	m	MV 40		833	0	0	794	0	0	883	0	2510
89	Alan Parker	m	MV 50		801	0	0	838	871	0	0	0	2510
90	Sara Lucas	f	FV 50		458	0	664	584	0	0	0	794	2500
91	Zoe winter	f	FV 40		812	0	888	788	0	0	0	0	2488
92	Louise Roberts	f	FV 50	Border Reiver Runners	517	789	0	610	0	0	562	0	2478
93	Pete Lashley	m	MV 50		746	0	0	815	0	0	861	0	2422
94	Jacqueline Shore	f	FV 60		479	752	654	0	0	0	530	0	2415
95	Dorothy Pelly	f	FV 60	Ambleside Ac	0	0	821	0	0	834	755	0	2410
96	Margaret Mossman	f	FV 50	Eden Runners	0	0	816	0	0	817	723	0	2356
97	SIMON Hackett	m	MV 60	Lymm Runners	0	842	746	0	0	760	0	0	2348
98	Fiona Dridge	f	FV 50	Thornton Cleveleys Running Club	0	0	726	0	0	770	0	851	2347
99	Christine Ramsbottom	f	FV 60	lymm runners	0	843	745	0	0	758	0	0	2346
100	Victoria Booth	f			659	851	796	0	0	0	0	0	2306
101	Jen Salt	f	FV 40	Wesham Road Runners	0	0	771	709	0	816	0	0	2296
102	Owen Davies	m	MV 70		0	0	0	721	804	748	0	0	2273
103	Anthony Blight	m	MV 50	Blackpool wyre and fylde	735	0	0	703	832	0	0	0	2270
104	rikki hammond	f	FV 50	Stainland Lions	0	0	0	581	0	0	809	876	2266
105	Teresa Onions	f	FV 60		0	812	748	0	0	0	692	0	2252
106	Thomas Walker	m	MV 40	Team Sixteen	0	791	716	0	0	741	0	0	2248
107	Michael Welsh	m	MV 50		0	0	0	688	796	743	0	0	2227
108	Debbie Torr	f	FV 40		598	874	0	0	0	0	724	0	2196
109	Robert Terry	m	MV 50	Belper Harriers	660	834	0	0	0	0	683	0	2177
110	Matt Jarvis	m	MV 50		579	0	849	739	0	0	0	0	2167
111	Helen Foster	f	FV 50		521	0	804	0	0	0	0	827	2152
112	Jill Reed	f	FV 50		593	0	0	736	0	0	764	0	2093
113	Emma Patterson	f	FV 40		0	783	683	606	0	0	0	0	2072
114	Clare Laybourn	f	FV 50		575	0	0	643	0	0	0	840	2058
115	Ruth Lilliott	f	FV 60		549	0	0	650	0	0	0	816	2015

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116	David Howarth	m	MV 40		995	998	0		0	0	0	0	1993
117	Rorie McIntosh	m	MV 40	Ask Valley Fell Club	0	0	0		993	996	0	0	1989
118	Merlin Duff	m			990	997	0		0	0	0	0	1987
119	Macauley Bond	m			0	0	0		0	995	992	0	1987
120	Jacob Mennell	m				0	0		0	0	989	997	1986
121	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	576	814	0		0	0	595	0	1985
122	Jill Leader	f	FV 60		0	0	0		645	745	591	0	1981
123	Jennifer Badger	f			0	985	0		0	992	0	0	1977
124	Lou Osborn	f	FV 50	Ambleside AC	983	0	989		0	0	0	0	1972
125	Eugene Grant	m	MV 50	Milltown Milers	982	0	0		990	0	0	0	1972
126	Mike Allison	m	MV 60	Eden Runners	0	986	0		0	0	0	985	1971
127	Pauline Carrera-Silva	f	FV 50		511	0	671		0	0	0	786	1968
128	David Walker	m	MV 50	Sedgefield Harriers	987	0	0		980	0	0	0	1967
129	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	980	0	0		0	0	984	0	1964
130	Rach Garner	f	FV 50	Prestwich AC	528	0	693		738	0	0	0	1959
131	Ian Trencher	m	MV 40	Billinge Running Club	561	0	0		0	0	590	805	1956
132	Ben Ashton	m	MV 50	DORunning		0	0		0	0	969	987	1956
133	Will Swan	m	U25		0	0	0		963	0	991	0	1954
134	Jim Andrews	m	MV 50	Ambleside		0	0		0	0	970	984	1954
135	Benjamin Sewell	m	U21		977	0	0		971	0	0	0	1948
136	Katie Georgeson	f	FV 40		0	0	0		0	977	966	0	1943
137	Daniel McGrath	m	MV 40		0	962	0		0	0	0	979	1941
138	Stuart Haigh	m	MV 40	North Shields Polytechnic		0	0		0	0	961	980	1941
139	Timothy Forber	m		Lancaster & Morecambe Athletics Club	969	0	0		0	969	0	0	1938
140	Robert Faulkner	m			973	0	0		0	963	0	0	1936
141	Helen Thompson	f	FV 40	Poynton Runners	961	0	0		975	0	0	0	1936
142	Abbie Walker	f	U21	Sedgefield Harriers	970	0	0		964	0	0	0	1934
143	Michael Ives	m				0	0		0	0	968	965	1933
144	Philip Cuthbert	m	MV 50	Wallasey Ac	951	980	0		0	0	0	0	1931
145	Matthew Almond	m	MV 40	Lancaster Runners	646	0	0		666	0	618	0	1930
146	Sean Roddy	m	MV 40		948	0	0		0	0	0	978	1926
147	Paul Mcgreevy	m	MV 50	In2 The Wild		0	0		0	0	949	975	1924
148	Joshua Wilson	m			0	0	0		0	948	974	0	1922
149	Michael Touhey	m	MV 40		0	963	0		0	0	0	954	1917
150	Joel Ingham	m			0	0	0		935	979	0	0	1914
151	Paul Morris	m	MV 70	Keswick AC		0	0		0	0	937	973	1910
152	Scott Mason	m			933	0	0		0	0	976	0	1909
153	Garry Owens	m	MV 60	Nfr	931	976	0		0	0	0	0	1907
154	Dave Wainwright	m	MV 50	Caistor Running Club	926	0	970		0	0	0	0	1896
155	Ray Monk	m	MV 50			0	0		0	0	944	952	1896
156	Richard Hatton	m	MV 40	N/a	0	943	0		0	952	0	0	1895

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157	Christoph Thomas	m			0	0	951		0	943	0	0	1894
158	Jamie Funnell	m			0	0	964		0	0	0	927	1891
159	Chris McKee	m			916	972	0		0	0	0	0	1888
160	Ant Naylor	m	MV 40		899	0	0		0	0	0	988	1887
161	Al Neal	m	MV 40		928	0	0		954	0	0	0	1882
162	Natalie Swarbrick	f	FV 40			0	0		0	0	912	959	1871
163	John Orrell	m	MV 50	Hoghton Flyers		0	0		0	0	914	951	1865
164	Paul Blundell	m	MV 60	Hardley runners		0	0		0	0	916	947	1863
165	Jayne Collins	f	FV 60	Wigan Harriers	918	0	0		938	0	0	0	1856
166	Pedro Rodriguez	m			885	0	0		0	966	0	0	1851
167	Christian Oxley	m	MV 40		0	0	0		0	917	0	934	1851
168	Martin Loveless	m	MV 60	Hardley Runners		0	0		0	0	920	929	1849
169	Chloe Almond	f		Lancaster Runners	566	0	0		665	0	617	0	1848
170	William Whall	m	MV 50	North Norfolk Beach Runners		0	0		0	0	903	943	1846
171	George Scott	m			0	0	918		0	927	0	0	1845
172	Julian Clarke	m	MV 50		902	0	0		924	0	0	0	1826
173	Nick Bunney	m			0	0	0		0	890	931	0	1821
174	Michael Harding	m			0	0	926		893	0	0	0	1819
175	David Battersby	m	MV 50		522	0	0		0	715	579	0	1816
176	Joanne Grant	f	FV 50	Milltown Milers	900	0	0		912	0	0	0	1812
177	Debbie Howard	f	FV 50	Furness Fell Runners	882	0	0		0	928	0	0	1810
178	Mark Salmon	m		N/a	0	0	925		877	0	0	0	1802
179	Simon Winster	m		Red Rose Road Runners	874	0	0		0	926	0	0	1800
180	Laura Hewitson	f	FV 40	St Bees Triers	0	0	0		0	893	905	0	1798
181	Neil Venables	m	MV 60		0	0	899		895	0	0	0	1794
182	Brendan Ashton	m	MV 50		0	0	0		0	915	875	0	1790
183	Thomas Rosser	m	MV 50		0	911	0		0	874	0	0	1785
184	Sam Benson	m			0	0	0		855	0	0	930	1785
185	Chris Ridgers	m			823	0	960		0	0	0	0	1783
186	John Maddy	m	MV 40		853	0	922		0	0	0	0	1775
187	David Logan	m	MV 40		840	0	0		0	0	932	0	1772
188	Mark Walker	m	MV 50	Rochdale Harriers and AC	893	0	0		866	0	0	0	1759
189	Olivia Wiggans	f		Chorley Athletic and Tri Club	0	0	0		847	912	0	0	1759
190	Stephanie Bond	f			0	0	0		841	0	0	915	1756
191	William Fitch	m			0	0	915		0	0	837	0	1752
192	Callum Norris	m			0	0	0		842	0	906	0	1748
193	Sam Davis	m			0	0	0		0	895	851	0	1746
194	Phillip Humphries	m			0	0	0		0	873	873	0	1746
195	Simon Lobas	m	MV 40		0	0	788		955	0	0	0	1743
196	Glen Norris	m			0	0	0		850	0	891	0	1741
197	Mia Hayes	f	U25		795	0	945		0	0	0	0	1740

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198	Alice Burrill	f		Barlick Fell Runners	0	0	842	0	0	0	0	893	1735
199	Simon Williams	m	MV 50		0	902	832	0	0	0	0	0	1734
200	Matthew McEwan	m			869	0	0	864	0	0	0	0	1733
201	Stuart O'connor	m	MV 50			0	0	0	0	798	935	0	1733
202	Richard Pennock	m	MV 50		806	0	0	0	0	0	0	925	1731
203	Suzanne Hughes-Rudd	f	FV 40		0	856	0	0	0	0	0	874	1730
204	Jo Fee	f	FV 50	CFR	0	855	0	0	0	0	0	870	1725
205	Melanie Hayes	f	FV 50		794	0	930	0	0	0	0	0	1724
206	Simon Yates	m	MV 50		0	904	0	0	0	0	817	0	1721
207	Vicky Evans	f	FV 50		465	0	0	574	681	0	0	0	1720
208	Ryan McDowell	m			805	0	898	0	0	0	0	0	1703
209	Chris Davies	m	MV 40	Team inov-8	740	960	0	0	0	0	0	0	1700
210	Arron Cook	m			829	0	0	870	0	0	0	0	1699
211	Steven Reynolds	m	MV 40		0	0	838	0	0	0	859	0	1697
212	Christina Loveridge	f	FV 40	Bbrc	0	848	0	0	0	0	0	847	1695
213	Rozanne Nolte	f			844	0	0	0	0	0	848	0	1692
214	John Halliday	m			836	0	0	0	0	0	856	0	1692
215	Andy Pettit	m	MV 50		0	0	813	876	0	0	0	0	1689
216	Kelly Barrett	f				0	0	0	0	0	797	892	1689
217	Alison Eagle	f	FV 60	Upper Wharfedale Runners	822	0	0	0	0	0	0	852	1674
218	Tom Langridge	m			787	0	0	886	0	0	0	0	1673
219	Bernice Blundell	f	FV 60	Skelmersdale Boundary Harriers		0	0	0	0	0	774	899	1673
220	Liz Handford	f	FV 50		800	0	0	0	868	0	0	0	1668
221	Stuart Bond	m			0	0	0	762	0	0	0	903	1665
222	Richard Brown	m	MV 40		741	921	0	0	0	0	0	0	1662
223	Julie Rogerson	f			0	0	0	0	791	0	0	864	1655
224	Rachel Gray	f			0	0	791	0	0	0	0	863	1654
225	Joe Richardson	m			0	0	0	808	0	846	0	0	1654
226	Paul Fenton	m			799	0	853	0	0	0	0	0	1652
227	Colin Copland	m	MV 60		0	866	0	0	785	0	0	0	1651
228	Graeme White	m	MV 50		827	0	0	0	821	0	0	0	1648
229	Nick Pape	m	MV 50	Hermitage Harriers		0	0	0	0	768	877	0	1645
230	Esther Stanier	f	FV 40	Red Rose Road Runners	0	870	0	0	773	0	0	0	1643
231	Louise Jeffrey-read	f	FV 40	Lostock ac	0	0	0	803	839	0	0	0	1642
232	Chris Green	m	MV 50			0	0	0	0	767	875	0	1642
233	Peter Cushion	m	MV 50	Wirral Vikings Trc	0	0	851	0	0	789	0	0	1640
234	Philippe Wery	m	MV 50			0	0	0	0	808	830	0	1638
235	David Taylor	m	MV 60	Cheshire Hash House Harriers	758	0	878	0	0	0	0	0	1636
236	Eric Roe	m			770	0	865	0	0	0	0	0	1635
237	Steve Roe	m	MV 50		769	0	864	0	0	0	0	0	1633
238	Emma Reynolds	f	FV 40	Riversway Roadrunners	725	0	0	0	0	0	0	908	1633

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
280	Andrew Hollowbread	m	MV 50		0	817	719	0	0	0	0	0	1536
281	Sarah Collis Kerr	f			651	876	0	0	0	0	0	0	1527
282	Brian Weatherington	m	MV 40		0	0	0	760	0	757	0	0	1517
283	Gemma Chaters	f			652	858	0	0	0	0	0	0	1510
284	Pete Rands	m	MV 50		715	0	794	0	0	0	0	0	1509
285	Leonie Bell	f	FV 40		0	0	0	0	782	722	0	0	1504
286	Neil Hawkes	m	MV 50		0	0	0	0	781	721	0	0	1502
287	Simon Jones	m	MV 50		0	844	0	0	0	657	0	0	1501
288	Issy Pettit	f	U25		0	0	812	0	0	689	0	0	1501
289	Matt Dunn	m	MV 40	100 Marathon Club	672	0	827	0	0	0	0	0	1499
290	Gary Bigland	m	MV 40		704	0	0	0	794	0	0	0	1498
291	Simon Byron-keeler	m	MV 50	Monumental Movers	670	0	826	0	0	0	0	0	1496
292	Peter Reed	m	MV 70	Northumberland Fell Runners	0	798	0	697	0	0	0	0	1495
293	Sarah Nutt	f	FV 40		0	0	0	693	0	801	0	0	1494
294	Andrea McEwan	f	FV 50			0	0	0	0	670	820	0	1490
295	Jolene Sherbrooke	f	FV 40		0	0	785	700	0	0	0	0	1485
296	Michael Sherbrooke	m	MV 40		0	0	784	699	0	0	0	0	1483
297	Margaret Lupton	f	FV 50	Red Rose Road Runners		0	0	0	0	642	841	0	1483
298	Chris Probert	m	MV 60	Penny Lane Striders	0	0	769	0	0	709	0	0	1478
299	Deborah Raisbeck	f	FV 50		637	837	0	0	0	0	0	0	1474
300	Miriam Brion	f	FV 40		0	0	807	0	0	666	0	0	1473
301	Emily Wilson	f	FV 40		0	0	0	754	717	0	0	0	1471
302	Martin Tilbury	m	MV 50		689	0	0	0	0	773	0	0	1462
303	Alastair Durno	m	MV 60	Hoad Hill Harriers	617	0	0	0	0	0	0	845	1462
304	Jonathan Ford	m	MV 40	Penwortham Panthers	0	765	696	0	0	0	0	0	1461
305	Isabel Thomas	f			0	0	766	694	0	0	0	0	1460
306	Stephen Dale	m	MV 60	Yorkshire wolds runners	668	0	0	0	0	785	0	0	1453
307	Michelle Davies	f	FV 40		0	0	673	0	779	0	0	0	1452
308	Jen Hayton	f	FV 40		0	0	0	633	0	0	818	0	1451
309	Richard Sabey	m	MV 60			0	0	0	0	635	811	0	1446
310	Jennifer Pugh	f	FV 40			0	0	0	0	637	808	0	1445
311	Danielle Radley	f	FV 40		0	0	0	637	0	0	806	0	1443
312	Nicola Aindow	f	FV 50		604	0	0	0	0	0	831	0	1435
313	Adam Morton	m	MV 50		0	0	753	0	0	682	0	0	1435
314	Steven Ohara	m	MV 40		0	0	0	719	0	716	0	0	1435
315	Elise Norbury	f	FV 40			0	0	0	0	626	803	0	1429
316	Tumkeen Badulla	f				0	0	0	0	625	802	0	1427
317	Will Lovett	m	MV 40		586	831	0	0	0	0	0	0	1417
318	Melissa Lovett	f	FV 40		585	832	0	0	0	0	0	0	1417
319	Catherine Vaneris	f	FV 40		0	0	727	0	688	0	0	0	1415
320	Sophie Puzey	f			752	0	0	0	0	662	0	0	1414

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Miri	Keswick	Cartmel	Helvellyn	Ullswater	Total
321	david martin	m	MV 60		0	782	0	0	0	0	629	0	1411
322	Kevin Gibbons	m	MV 60		588	818	0	0	0	0	0	0	1406
323	Susanne PETERS	f	FV 50		0	751	653	0	0	0	0	0	1404
324	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	0	0	658	0	745	0	0	1403
325	Peter Cheung	m	MV 60		664	0	0	730	0	0	0	0	1394
326	Chris Price	m	MV 60	Kendal AAC	731	0	0	0	0	0	659	0	1390
327	Jane Grantham	f	FV 40	Sunnywood on Tour	0	0	0	0	0	0	616	773	1389
328	Daniel Miller	m			653	0	735	0	0	0	0	0	1388
329	Kirsty Turnbull	f	FV 40		0	0	0	586	0	0	0	799	1385
330	Aude Peltier	f	FV 40		628	0	756	0	0	0	0	0	1384
331	Chloe Dufton	f			559	0	0	0	0	0	0	823	1382
332	John Scott	m	MV 50		482	881	0	0	0	0	0	0	1363
333	Matthew Gribbin	m	MV 50		582	0	0	780	0	0	0	0	1362
334	Alistair McAndrew	m	MV 50		0	0	738	621	0	0	0	0	1359
335	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	0	0	749	609	0	0	0	0	1358
336	Cat Gooch	f	FV 50	Ponteland Runners		0	0	0	0	0	574	784	1358
337	Becky Blackburn	f	FV 40		0	0	737	620	0	0	0	0	1357
338	Linda Gant	f	FV 60		583	773	0	0	0	0	0	0	1356
339	Marie Walker	f	FV 50	Sedgefield Harriers	647	0	0	704	0	0	0	0	1351
340	Kate Peers	f	FV 40		631	0	0	0	0	0	720	0	1351
341	Gail Farr	f	FV 50	west hull ladies		0	0	0	0	0	569	782	1351
342	Hannah Croskery	f			0	0	0	674	0	672	0	0	1346
343	Emma Cafferty	f	FV 50	Lancaster Runners	0	0	721	623	0	0	0	0	1344
344	Julie Graham	f	FV 60	Garstang	557	0	0	0	786	0	0	0	1343
345	Helen Marriner	f	FV 50		595	0	0	0	747	0	0	0	1342
346	Elizabeth King	f	FV 50	Manchester triathlon club	0	0	666	0	676	0	0	0	1342
347	Carla Ainscough	f	FV 40		650	0	0	0	691	0	0	0	1341
348	Daniel Maltman	m	MV 40		643	0	0	0	0	0	697	0	1340
349	Jenny Coupland	f	FV 40		0	0	0	622	716	0	0	0	1338
350	Sandra Williams	f	FV 50		541	796	0	0	0	0	0	0	1337
351	Louise Clayton	f	FV 50		621	0	714	0	0	0	0	0	1335
352	Richard Carr	m	MV 50		589	0	0	0	740	0	0	0	1329
353	Oli Tomlinson	f	FV 50		520	0	0	0	0	0	0	807	1327
354	Jacinta Yates	f	FV 50		0	790	0	0	0	0	534	0	1324
355	Wayne Lee Farr	m	MV 50			0	0	0	0	0	545	775	1320
356	Mark Sherwood	m	MV 50			0	0	0	721	598	0	0	1319
357	Mark Lightfoot	m	MV 50			0	0	0	720	597	0	0	1317
358	Catherine Gosson-Low	f	FV 50		0	0	697	608	0	0	0	0	1305
359	Lisa Riley	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	0	533	770	1303
360	David Goodyear	m	MV 50	Eccleshill Road Runners	503	795	0	0	0	0	0	0	1298
361	Amy Derbyshire	f			599	0	682	0	0	0	0	0	1281

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
362	Gillian Felton	f	FV 50		610	0	0		0	0	667	0	1277
363	Joan Bailey	f	FV 40		584	0	0		0	0	691	0	1275
364	Catherine Cuthbert	f	FV 50	Wallasey Ac	475	799	0		0	0	0	0	1274
365	Annabelle Allen	f	FV 60	BodyFit Cumbria Running Club	496	774	0		0	0	0	0	1270
366	John Irvine	m	MV 40		0	0	686		0	0	581	0	1267
367	Julie Farron	f	FV 50	Atherton Running Club	578	0	0		685	0	0	0	1263
368	Nigel Ash	m	MV 50	Trail Running Assoc	602	0	0		0	0	652	0	1254
369	Anne-Marie Cutmore	f	FV 40		0	0	663		585	0	0	0	1248
370	Kirsty Pettit	f	FV 50		0	0	679		565	0	0	0	1244
371	Melanie Jones	f	FV 50	Prestwich athletics club	0	0	0		0	686	538	0	1224
372	Jo Houghton	f	FV 50	Prestwich AC		0	0		0	689	535	0	1224
373	Kev Kendal	m	MV 50	Howgill Harriers	529	0	694		0	0	0	0	1223
374	Nichola Cooke	f	FV 40	Prestwich Ac		0	0		0	687	536	0	1223
375	Evvie Feingold	f	FV 50	Prestwich AC		0	0		0	685	537	0	1222
376	Gerry Richards	f	FV 50		565	0	0		655	0	0	0	1220
377	Sarah Cullen	f	FV 40		564	0	0		653	0	0	0	1217
378	Gillian Sharpe	f	FV 60			0	0		0	678	520	0	1198
379	Helen Knowles	f	FV 60	None		0	0		0	677	519	0	1196
380	Anthony Welham	m	MV 70		0	0	656		0	0	517	0	1173
381	Luke Watkins	m			533	0	0		0	0	615	0	1148
382	Lauren Dean-Ashton	f	FV 40		0	0	0		570	0	510	0	1080
383	Becky Christmas	f	FV 50	Tri Harman	483	0	0		575	0	0	0	1058
384	Josephine LOUISE Walsh	f	FV 50		459	0	0		579	0	0	0	1038
385	Vit Knezinek	m		INOv8 Czechia	0	1000	0		0	0	0	0	1000
386	Scott Nutter	m	U25	Border Harriers	0	0	1000		0	0	0	0	1000
387	Chris Holdsworth	m		INOv8	0	0	0		1000	0	0	0	1000
388	Scout Adkin	f		Ambleside AC	0	0	0		0	1000	0	0	1000
389	Brogan McCawley	m		Leeds City AC		0	0		0	0	1000	0	1000
390	Zhi Yan Yeo	m	U25	University of Warwick	999	0	0		0	0	0	0	999
391	Stuart Wilson	m			0	999	0		0	0	0	0	999
392	Felix Barker	m		Ambleside AC	0	0	999		0	0	0	0	999
393	Craig Blakey	m		Bowland Fell Runners	0	0	0		0	999	0	0	999
394	Joe Grisdale	m				0	0		0	0	999	0	999
395	Richard Wilson	m	MV 40	Kendal AC		0	0		0	0	0	999	999
396	John French	m	MV 40	Eden Runners	998	0	0		0	0	0	0	998
397	Jack Robinson	m		Ambleside AC	0	0	998		0	0	0	0	998
398	Daniel Thacker	m			0	0	0		998	0	0	0	998
399	Daniel Cottle	m	MV 40	Prestwich AC	0	0	0		0	998	0	0	998
400	Paul Reilly	m	MV 40	Coniston Fell Runners		0	0		0	0	998	0	998
401	Conall Stobbs	m	U25	Cheviot Trail Runners		0	0		0	0	0	998	998
402	Gary Gregory	m	MV 40	Helm Hill Runners	0	0	0		997	0	0	0	997

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Miri	Keswick	Cartmel	Helvellyn	Ullswater	Total
403	Ted Leahy	m	MV 40	Ripon Runners	997	0	0	0	0	0	0	0	997
404	Alex Haine	m			0	0	997	0	0	0	0	0	997
405	Martin Klavon	m	MV 40	Northowram Pumas	0	0	0	0	997	0	0	0	997
406	John Gill	m	MV 40		996	0	0	0	0	0	0	0	996
407	Victoria A Duncan	f			0	996	0	0	0	0	0	0	996
408	Liam Wilson	m			0	0	996	0	0	0	0	0	996
409	Matt Clark	m			0	0	0	996	0	0	0	0	996
410	Chris Miles	m		Sale Harriers		0	0	0	0	996	0	0	996
411	Wayne Laird	m	MV 40	GoActiv		0	0	0	0	0	996	0	996
412	Liam Major	m			0	995	0	0	0	0	0	0	995
413	Martin Gough	m			0	0	995	0	0	0	0	0	995
414	Catriona MacDonald	f		Morpeth Harriers	0	0	0	995	0	0	0	0	995
415	Jacob Goodwin	m		Chapel Allerton Runners		0	0	0	0	995	0	0	995
416	Nick Watson	m	MV 50			0	0	0	0	0	0	995	995
417	Dan Toole	m			994	0	0	0	0	0	0	0	994
418	Jonathan Gilroy	m	MV 40	Jarrow and Hebburn Ac	0	994	0	0	0	0	0	0	994
419	Jim Harlock	m	MV 60	City Of Hull Ac	0	0	994	0	0	0	0	0	994
420	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	994	0	0	0	0	994
421	Michael Smith	m	MV 40		0	0	0	0	994	0	0	0	994
422	John Cull	m	U21			0	0	0	0	994	0	0	994
423	Amy Weyers	f		Chorlton Runners		0	0	0	0	0	0	994	994
424	Dom Brown	m	U25		993	0	0	0	0	0	0	0	993
425	Barbora Cichá	f		Inov8 CZ	0	993	0	0	0	0	0	0	993
426	Ben Wales	m	MV 40	City of Hull AC	0	0	993	0	0	0	0	0	993
427	Martin Oldfield	m	MV 50	Darwen Dashers	0	0	0	0	993	0	0	0	993
428	Matthew Whipple	m				0	0	0	0	993	0	0	993
429	Matt Wilson	m	MV 50	Kendal AC		0	0	0	0	0	0	993	993
430	John Butters	m	MV 40		992	0	0	0	0	0	0	0	992
431	Paul Duke	m	MV 40	Burnden Road Runners	0	992	0	0	0	0	0	0	992
432	Matthew Rooke	m		Black Combe Runners	0	0	992	0	0	0	0	0	992
433	Josh Evans	m		Bellahouston Road Runners	0	0	0	992	0	0	0	0	992
434	Robert Smith	m	MV 40	Cleethorpes AC		0	0	0	0	0	0	992	992
435	Andrew Miles	m			991	0	0	0	0	0	0	0	991
436	Emma Neil	f			0	991	0	0	0	0	0	0	991
437	David Hatch	m			0	0	0	0	991	0	0	0	991
438	Gareth Doherty	m	MV 40	Burnden Road Runners	0	990	0	0	0	0	0	0	990
439	Lawrence Basham	m	MV 50		0	0	990	0	0	0	0	0	990
440	Mark McAfee	m	MV 40		0	0	0	0	990	0	0	0	990
441	Paul Heron	m	MV 40			0	0	0	0	990	0	0	990
442	Aisling Wall	f		Horsforth Harriers	989	0	0	0	0	0	0	0	989
443	james Galloway-Booth	m	U21		0	989	0	0	0	0	0	0	989

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
444	Jamie Arkle	m			0	0	0		989	0	0	0	989
445	Jason Redman	m		Sunderland Harriers	0	0	0	0	0	989	0	0	989
446	James Cornforth	m				0	0	0	0	0	0	989	989
447	Ian Hunter	m	MV 40	Beeston AC	988	0	0	0	0	0	0	0	988
448	Tim Savage	m	MV 50	City of Hull AC	0	0	988	0	0	0	0	0	988
449	Tom Ward	m	U25	Ambleside AC	0	0	0	988	0	0	0	0	988
450	Grace Culling	f	U21	helm hill	0	0	0	0	988	0	0	0	988
451	Barrie Quigley	m				0	0	0	0	988	0	0	988
452	Kyle Biggs	m			0	987	0	0	0	0	0	0	987
453	Stephen Glenville	m	MV 40	City of Hull AC	0	0	987	0	0	0	0	0	987
454	Oliver Lee	m		Sale Harriers Manchester	0	0	0	987	0	0	0	0	987
455	Alastair Vale	m	MV 40		0	0	0	0	987	0	0	0	987
456	Mark Sandamas	m	MV 50	Garlick Fell Runners	986	0	0	0	0	0	0	0	986
457	Jamie Marsland	m			0	0	0	986	0	0	0	0	986
458	Graham Padget	m	MV 40		0	0	0	0	986	0	0	0	986
459	Peter Dinsmore	m				0	0	0	0	986	0	0	986
460	Katy Ward	f	FV 40	Eden Runners		0	0	0	0	0	0	986	986
461	Michael Mason	m	MV 40	Ormskirk Mountain Goats	985	0	0	0	0	0	0	0	985
462	Rebecca Rooke	f		Glaxo Hoad Hill Harriers	0	0	985	0	0	0	0	0	985
463	Andrew Pipes	m	MV 40	Derwent AC	0	0	0	985	0	0	0	0	985
464	Stephen Dunn	m	MV 40	Blackpool Wyre and Fylde AC	0	0	0	0	985	0	0	0	985
465	Lorenzo Brunero	m				0	0	0	0	985	0	0	985
466	Daniel Hunter	m	MV 40		984	0	0	0	0	0	0	0	984
467	Mark Quinn	m	MV 50		0	0	0	984	0	0	0	0	984
468	Eric Fowler	m	MV 50	Badgers	0	0	983	0	0	0	0	0	983
469	Mingma tshering Sherpa	m	MV 40	Inov8	0	0	0	983	0	0	0	0	983
470	Pauline Munro	f	FV 50	None	0	0	0	0	983	0	0	0	983
471	Jordan Lee	m				0	0	0	0	983	0	0	983
472	Simon Humphries	m	MV 50			0	0	0	0	0	0	983	983
473	Suleman Badat	m	MV 40		0	982	0	0	0	0	0	0	982
474	Joe Simons	m	MV 40		0	0	982	0	0	0	0	0	982
475	Elaine Omand	f			0	0	0	982	0	0	0	0	982
476	Andrew Rutter	m	U25			0	0	0	0	982	0	0	982
477	Ruth Everson	f	FV 40			0	0	0	0	0	982	0	982
478	Robert Cassidy	m	MV 40		981	0	0	0	0	0	0	0	981
479	Seamus Brennan	m			0	981	0	0	0	0	0	0	981
480	James Clark	m	U21		0	0	981	0	0	0	0	0	981
481	David Watts	m			0	0	0	981	0	0	0	0	981
482	Eleanor Fowler	f	FV 40	Badgers	0	0	980	0	0	0	0	0	980
483	Clive Bandy	m	MV 40	Valley striders	0	0	0	0	980	0	0	0	980
484	James A Jackson	m				0	0	0	0	980	0	0	980

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
485	Chris Bowers	m	MV 40		979	0	0		0	0	0	0	979
486	Ben Hall	m	MV 40	Elswick Harriers	0	0	979		0	0	0	0	979
487	Adam Green	m			0	0	0		979	0	0	0	979
488	Daniel Tonge	m			978	0	0		0	0	0	0	978
489	Katherine Horner	f	FV 40	Common Runners	462	0	0		0	0	516	0	978
490	Mike Mckee	m	MV 40		0	0	978		0	0	0	0	978
491	Nick Hayward	m	MV 50		0	0	0		978	0	0	0	978
492	Anthony Lamb	m	MV 50		0	0	0		0	978	0	0	978
493	Helen Sharman	f		Keswick AC		0	0		0	0	978	0	978
494	Dominic Cooper	m	MV 40	Mossley Hill A.C.	0	977	0		0	0	0	0	977
495	Chris Mcdonald	m	MV 60		0	0	977		0	0	0	0	977
496	David Lea	m	MV 50	Eden Runners		0	0		0	0	0	977	977
497	Joshua Elliott	m	U25	Meltham ac	976	0	0		0	0	0	0	976
498	Alec Graham	m			0	0	0		976	0	0	0	976
499	Matt Walker	m		Tyne Bridge Harriers		0	0		0	0	0	976	976
500	Joe Gelder	m	U21		975	0	0		0	0	0	0	975
501	Michael Kermode	m		Burnden Road Runners	0	975	0		0	0	0	0	975
502	Neil Griffiths	m	MV 40		0	0	0		0	975	0	0	975
503	Scott Burns	m	U25		0	0	0		974	0	0	0	974
504	Fergal Leonard	m	MV 40		974	0	0		0	0	0	0	974
505	Andrew Page	m	MV 40	Vikings	0	0	974		0	0	0	0	974
506	Henry Pickup	m		Rochdale harriers		0	0		0	0	0	974	974
507	Richard Bate	m	MV 40	Mercia Fell Runners	0	0	0		973	0	0	0	973
508	Stuart Halsey	m	MV 60	South Derbyshire Road Runners	0	0	0		0	973	0	0	973
509	Martin Bewick	m	MV 40			0	0		0	0	973	0	973
510	Joe Elder	m		St Bees Triers	0	0	972		0	0	0	0	972
511	Paul Sanderson	m	MV 50	Tri Preston	0	0	0		972	0	0	0	972
512	Joe Unsworth	m			0	0	0		0	972	0	0	972
513	David Bartlett	m				0	0		0	0	972	0	972
514	Benjamin Potter	m			971	0	0		0	0	0	0	971
515	Eddie Campbell	m		Didsbury Runners	0	0	971		0	0	0	0	971
516	Elliot Owens	m		Flookburgh Boxing gym	0	0	0		0	971	0	0	971
517	Nick Saxton	m				0	0		0	0	971	0	971
518	Kirsten Johnson	f	FV 40	Hash House Harriers	455	0	0		0	0	515	0	970
519	Joe Sweetman	m	U25		0	970	0		0	0	0	0	970
520	Peter Hood	m	MV 60	Wolverhampton and Bilston	0	0	0		970	0	0	0	970
521	Michael Graham	m	MV 40	Border Reiver runners	0	0	969		0	0	0	0	969
522	Simon Daniels	m	MV 50	Gosforth Harriers & AC	0	0	0		969	0	0	0	969
523	Joe Worthington	m	MV 40	Ackworth Road Runners		0	0		0	0	0	969	969
524	Benjamin Fawcett	m			0	968	0		0	0	0	0	968
525	Ian Doughty	m			0	0	968		0	0	0	0	968

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
526	Koray Bacakoglu	m	U25		0	0	0		968	0	0	0	968
527	Chris Marshall	m				0	0		0	0	0	968	968
528	Simon Barnes	m		COLT	967	0	0		0	0	0	0	967
529	Arulkumaran Umapathy	m			0	967	0		0	0	0	0	967
530	Sophie Pilkington	f			0	0	0		967	0	0	0	967
531	Laura Whitehouse	f				0	0		0	0	967	0	967
532	Rebecca Rooke	f		Glaxo Hoad Hill Harriers	966	0	0		0	0	0	0	966
533	Jeff Mccarthy	m	MV 50	Rochdale Harriers	0	966	0		0	0	0	0	966
534	Nick Clarke	m	MV 40	Walden Tri	0	0	966		0	0	0	0	966
535	Matthew Gregory	m			0	0	0		966	0	0	0	966
536	Robert Lilliott	m				0	0		0	0	0	966	966
537	Roger Grand	m	MV 50	Trentham running club	965	0	0		0	0	0	0	965
538	Stephen Webb	m	MV 50		0	0	965		0	0	0	0	965
539	Benjamin Logan	m			0	0	0		965	0	0	0	965
540	Paul Stuart	m	MV 50	East Kilbride Athletics Club	0	0	0		0	965	0	0	965
541	Sonny Playforth	m				0	0		0	0	965	0	965
542	Andrew Grimshaw	m	MV 40	Penny Lane Striders	964	0	0		0	0	0	0	964
543	Ben Clarke	m	MV 50	Team Nidderdale	0	964	0		0	0	0	0	964
544	Paul Gibson	m			0	0	0		0	964	0	0	964
545	Phil O'Sullivan	m				0	0		0	0	964	0	964
546	Liam Garnett	m				0	0		0	0	0	964	964
547	Jon Meeten	m	MV 50		0	0	963		0	0	0	0	963
548	Michael Rogers	m	MV 40	None		0	0		0	0	0	963	963
549	Royle Daniel	m			962	0	0		0	0	0	0	962
550	Paul Cartwright	m	MV 60	City Of Hull Ac	0	0	962		0	0	0	0	962
551	David Gean	m	U21		0	0	0		962	0	0	0	962
552	Anthony Irving	m	MV 40		0	0	0		0	962	0	0	962
553	David Connolly	m	MV 50			0	0		0	0	962	0	962
554	Graham Jenkins	m	MV 50	Ribble Valley Runners		0	0		0	0	0	962	962
555	George McArthy	m			0	961	0		0	0	0	0	961
556	Ed Higgs	m	U25		0	0	0		961	0	0	0	961
557	Amy Whelan	f		Glaxo Hoad Hill Harriers	0	0	0		0	961	0	0	961
558	Chris Ryan	m	MV 40	Sw Running Crew		0	0		0	0	0	961	961
559	David Brown	m	MV 40		960	0	0		0	0	0	0	960
560	Andy Baguley	m	MV 40	Chorlton Runners	0	0	0		960	0	0	0	960
561	Andrew Webster	m	MV 50	Otley AC	0	0	0		0	960	0	0	960
562	Luke Hough	m			959	0	0		0	0	0	0	959
563	Davide Cuoghi	m			0	959	0		0	0	0	0	959
564	Michael Norbury	m		Didsbury Runners	0	0	959		0	0	0	0	959
565	Harry Vaneris	m	MV 40		0	0	0		959	0	0	0	959
566	Amelia Websdale	f	U25		0	0	0		0	959	0	0	959

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
567	Matthew Snarr	m	MV 40	N/a	958	0	0	0	0	0	0	0	958
568	Emily Thwaites	f	FV 40	Allithwaite Running Club	0	958	0	0	0	0	0	0	958
569	Jack Colling	m	U21		0	0	958	0	0	0	0	0	958
570	Mark Cameron	m	MV 50			0	0	0	0	0	958	0	958
571	Tim Emery	m				0	0	0	0	0	0	958	958
572	Kipp Jones	m			957	0	0	0	0	0	0	0	957
573	Raymond Quinn	m	MV 50		0	957	0	0	0	0	0	0	957
574	Alex Osborn	m		Embsay running club	0	0	957	0	0	0	0	0	957
575	Gemma Smith	f				0	0	0	0	0	0	957	957
576	Andy Johnson	m			956	0	0	0	0	0	0	0	956
577	Michael hutchyd8@hotmail.co	m		N/A	0	956	0	0	0	0	0	0	956
578	Ben Compton	m	U25	Chorlton Runners	0	0	956	0	0	0	0	0	956
579	Richard Gover	m	MV 40	York Acorn Running Club	0	0	0	956	0	0	0	0	956
580	Stuart Hall	m	MV 40	Blackpool, Wyre and Fylde Athletics Club	0	0	0	0	956	0	0	0	956
581	stephen ormson	m	MV 50	Tricentral		0	0	0	0	0	0	956	956
582	Neil Whitaker	m			0	955	0	0	0	0	0	0	955
583	Ben Taylor	m	U21		0	0	955	0	0	0	0	0	955
584	Eilidh Brown	f	U25			0	0	0	0	0	955	0	955
585	Derek Irwin	m	MV 60	AVOHK		0	0	0	0	0	0	955	955
586	John Dickinson	m	MV 50	Liverpool Pembroke Sefton	0	954	0	0	0	0	0	0	954
587	Stuart Parker	m			0	0	954	0	0	0	0	0	954
588	Chris Thorpe	m	MV 50		0	0	0	0	954	0	0	0	954
589	Paul Moor	m			953	0	0	0	0	0	0	0	953
590	Alex Butcher	m			0	0	953	0	0	0	0	0	953
591	James Carter	m	U25		0	0	0	953	0	0	0	0	953
592	Chris Derbyshire	m	MV 40	Thursday Cunt Club	0	0	0	0	953	0	0	0	953
593	Steven Rutter	m				0	0	0	0	0	953	0	953
594	Mark Ashburn	m			952	0	0	0	0	0	0	0	952
595	Hanif Meeran	m	MV 50		0	952	0	0	0	0	0	0	952
596	Rupert Wilks	m	MV 50	City Of Hull Ac	0	0	952	0	0	0	0	0	952
597	Heidi Rogers	f				0	0	0	0	0	952	0	952
598	Frank Saunders	m	U21	Team Otter	0	951	0	0	0	0	0	0	951
599	Paul Jones	m	MV 60	Shropshire Shufflers	0	0	0	951	0	0	0	0	951
600	Gary Craven	m	MV 40	Manchester Muckers	0	0	0	0	951	0	0	0	951
601	Eric Austin	m	U21		0	0	0	0	950	0	0	0	950
602	Matt Baxter	m			950	0	0	0	0	0	0	0	950
603	Dan Saunders	m	MV 40	Team Otter	0	950	0	0	0	0	0	0	950
604	Sam Russell	m			0	0	950	0	0	0	0	0	950
605	Aoife Moss	f				0	0	0	0	0	950	0	950
606	Josh Silver	m			949	0	0	0	0	0	0	0	949
607	Mason Wennington	m	U21		0	949	0	0	0	0	0	0	949

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
608	Jessica Slater	f		Revolution runners	0	0	949		0	0	0	0	949
609	James Shields	m			0	0	0		949	0	0	0	949
610	Sam Mooney	m			0	0	0		0	949	0	0	949
611	Neil Roberts	m	MV 50	Liverpool Pembroke & Sefton H&AC		0	0		0	0	0	949	949
612	Harrison Dent	m			0	948	0		0	0	0	0	948
613	Mike Innerdale	m	MV 50	Eden Runners	0	0	0		948	0	0	0	948
614	Kash Singh	m				0	0		0	0	948	0	948
615	Rich Greenfield	m	MV 40	Hoad Hill Harriers	947	0	0		0	0	0	0	947
616	Nick Martland	m	MV 50		0	947	0		0	0	0	0	947
617	Ali Pennefather	f			0	0	0		947	0	0	0	947
618	Adam Seidel	m	U25		0	0	0		0	947	0	0	947
619	Peter Burke	m				0	0		0	0	947	0	947
620	Tom Roper	m		Hyde Park Harriers	946	0	0		0	0	0	0	946
621	Stuart Buchan	m	MV 60	City of Hull	0	0	946		0	0	0	0	946
622	Adrian Hadley	m	MV 40		0	0	0		946	0	0	0	946
623	Andy Cartridge	m				0	0		0	0	946	0	946
624	Stephen Dyson	m	MV 40		945	0	0		0	0	0	0	945
625	Stuart Clayton	m	MV 50		0	0	0		0	945	0	0	945
626	Luke Wilson	m				0	0		0	0	945	0	945
627	Dominic Welsby	m			944	0	0		0	0	0	0	944
628	Lyndsay Darbyshire	f	FV 50	Burnden Road Runners	0	944	0		0	0	0	0	944
629	Becky Speres	f			0	0	944		0	0	0	0	944
630	Andrew Malcolm	m			0	0	0		944	0	0	0	944
631	James Barry	m			0	0	0		0	944	0	0	944
632	Steve Tinniswood	m	MV 50			0	0		0	0	0	944	944
633	Gordon Blunt	m	MV 40	Kendal Hockey Club	943	0	0		0	0	0	0	943
634	Cliff Veighey	m	MV 50		0	0	943		0	0	0	0	943
635	David Pollitt	m	MV 50	Leigh Harriers	0	0	0		943	0	0	0	943
636	Crawford Barber	m				0	0		0	0	943	0	943
637	Benjamin North	m			942	0	0		0	0	0	0	942
638	Owen Jones	m	MV 40	The Otters	0	942	0		0	0	0	0	942
639	Max Buswell	m	U25		0	0	942		0	0	0	0	942
640	Joe Brooke	m			0	0	0		942	0	0	0	942
641	Liam Tillett	m			0	0	0		0	942	0	0	942
642	Jack Lawton	m	U25			0	0		0	0	942	0	942
643	Andrew Fairweather	m	MV 40	Red rose road runner	0	0	0		0	941	0	0	941
644	Matt Whitehead	m			941	0	0		0	0	0	0	941
645	Sarah Kerr	f	FV 40		0	941	0		0	0	0	0	941
646	Ryan Bradley	m			0	0	941		0	0	0	0	941
647	Aidan Poynter	m			0	0	0		941	0	0	0	941
648	Lee Barker-field	m	MV 50			0	0		0	0	941	0	941

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
649	Ian Mckay	m	MV 50			0	0	0	0	0	0	941	941
650	Louise Robbins	f	FV 50		0	940	0	0	0	0	0	0	940
651	Iain Bramble	m	MV 50		0	0	940	0	0	0	0	0	940
652	Chris Howarth	m	MV 40	LAS Old Boys Basel	0	0	0	0	0	940	0	0	940
653	Callum Meadows	m		40% run club		0	0	0	0	0	940	0	940
654	Mark Hudson	m	MV 60	Liverpool Pembroke Sefton		0	0	0	0	0	0	940	940
655	Mr Lowes	m	MV 40	Elswick Harriers	939	0	0	0	0	0	0	0	939
656	Chris Lawrence	f	FV 60		0	939	0	0	0	0	0	0	939
657	Jack Gordon	m			0	0	939	0	0	0	0	0	939
658	Claire Thornton	f	FV 40	Methley Striders	0	0	0	939	0	0	0	0	939
659	Thomas Smith	m			0	0	0	0	939	0	0	0	939
660	Jack Lee-Thompson	m				0	0	0	0	939	0	0	939
661	Liam Webster	m				0	0	0	0	0	0	939	939
662	John Williams	m	MV 40	Milltown Milers	938	0	0	0	0	0	0	0	938
663	Eleanor Bennewith	f			0	938	0	0	0	0	0	0	938
664	Carlos Botello	m				0	0	0	0	0	938	0	938
665	Caroline White	f	FV 40	Helm Hill Runners		0	0	0	0	0	0	938	938
666	Ryan Armstrong	m			937	0	0	0	0	0	0	0	937
667	Andrew Mitchinson	m	MV 40	Team Otter	0	937	0	0	0	0	0	0	937
668	Michael Bean	m	MV 50		0	0	937	0	0	0	0	0	937
669	Connor Dykes	m	U25		0	0	0	0	0	937	0	0	937
670	Katherine Clancy	f	FV 40	Liverpool Pembroke and Sefton AC		0	0	0	0	0	0	937	937
671	Will Parry	m	MV 50	London Fronrunners	936	0	0	0	0	0	0	0	936
672	Rebecca Mon-Williams	f	FV 50		0	936	0	0	0	0	0	0	936
673	Richard Hawkins	m	MV 40	York Postal Harriers	0	0	936	0	0	0	0	0	936
674	Peter Whaley	m	MV 40	St Bees Triers	0	0	0	936	0	0	0	0	936
675	Rachel Bailey	f	U25	Bolton United Harriers	0	0	0	0	0	936	0	0	936
676	Benn Stephenson	m	MV 40			0	0	0	0	0	936	0	936
677	Paul Collins	m			935	0	0	0	0	0	0	0	935
678	Harrison Clough	m	U25		0	935	0	0	0	0	0	0	935
679	Ian Goulding	m	MV 60	Holmfirth Harriers	0	0	935	0	0	0	0	0	935
680	Anthony Hayes	m	MV 40		0	0	0	0	0	935	0	0	935
681	Alan Barr	m	MV 50	Howgill Harriers		0	0	0	0	0	935	0	935
682	Chris Parry	m			934	0	0	0	0	0	0	0	934
683	Dougie Burke	m	U25		0	0	934	0	0	0	0	0	934
684	Connor McAleer	m			0	0	0	934	0	0	0	0	934
685	Katrina Hamilton	f		Wigan Harriers AC	0	0	0	0	0	934	0	0	934
686	Peter Roll	m	MV 50	Ilkley Harriers		0	0	0	0	0	934	0	934
687	Rachel Darling Love	f	FV 50	City of Hull AC	0	0	933	0	0	0	0	0	933
688	Neil Cholmondeley	m	MV 40	N/a		0	0	0	0	0	933	0	933
689	Josh Morris	m				0	0	0	0	0	0	933	933

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
690	Roberto Raso	m	MV 60	Manchester Frontrunners	0	0	932	0	0	0	0	0	932
691	Ben Brown	m			932	0	0	0	0	0	0	0	932
692	Ben Rowe	m	U25	Jarrow and Hebburn ac	0	0	0	932	0	0	0	0	932
693	Anton Mirafarsari	m			0	931	0	0	0	0	0	0	931
694	Caitlin Burke	f		Hyde Park Harriers	0	0	931	0	0	0	0	0	931
695	Kasia Button	f		Leven Valley AC	0	0	0	931	0	0	0	0	931
696	Chris Jones	m			0	0	0	0	931	0	0	0	931
697	Ian Bowker	m	MV 50	Marple Runners	930	0	0	0	0	0	0	0	930
698	Dylan Lawton	m	MV 40	N/a		0	0	0	0	930	0	0	930
699	Tom Willox	m		Helm Hill Runners	929	0	0	0	0	0	0	0	929
700	martin Landivar	m	MV 40	Harrogate Harriers	0	929	0	0	0	0	0	0	929
701	Emma Spooner	f	FV 40		0	0	0	929	0	0	0	0	929
702	Tim Palfreman	m	MV 50	Harrogate Harriers	0	928	0	0	0	0	0	0	928
703	Nick Valentine	m			0	0	0	0	0	928	0	0	928
704	Martin Slovak	m	MV 40	Preston Harriers	927	0	0	0	0	0	0	0	927
705	Phill Rae	m	MV 50		0	0	927	0	0	0	0	0	927
706	steven bamber	m	MV 60	Preston Harriers	0	0	0	927	0	0	0	0	927
707	Samuel Watts	m			0	0	0	0	0	927	0	0	927
708	Carl Hutchinson	m		Beeston AC	0	926	0	0	0	0	0	0	926
709	Adam Kramer	m	MV 40		0	0	0	926	0	0	0	0	926
710	Mark Eccleston	m	MV 40	Beeston AC		0	0	0	0	0	0	926	926
711	Sarah Taylor	f			925	0	0	0	0	0	0	0	925
712	Matt Hobby	m	MV 40	Beeston AC	0	0	0	925	0	0	0	0	925
713	Matthew Mckeague	m	MV 40		0	0	0	0	925	0	0	0	925
714	Jamie Harrison	m		Beeston AC		0	0	0	0	925	0	0	925
715	sam McCormack	m			924	0	0	0	0	0	0	0	924
716	Olivia Stewart	f	U25	Beeston AC	0	924	0	0	0	0	0	0	924
717	John Marlen-Summers	m	MV 40		0	0	924	0	0	0	0	0	924
718	Mark Ayrton	m	MV 50	Beeston AC	0	0	0	0	924	0	0	0	924
719	Michael Roddy	m			0	0	0	0	0	0	924	0	924
720	Jack Jolley	m	U25	Beeston AC	923	0	0	0	0	0	0	0	923
721	Matthew Park	m			0	923	0	0	0	0	0	0	923
722	Hollie Steed	f		Beeston AC	0	0	923	0	0	0	0	0	923
723	Paul Hammond	m	MV 40		0	0	0	923	0	0	0	0	923
724	Jane Applegarth	f	FV 40	Beeston AC	0	0	0	0	923	0	0	0	923
725	Andrew Fleming	m	MV 40		0	0	0	0	0	923	0	0	923
726	Patricio Fernandez Quintana	m	MV 40	Bogdan Bombers		0	0	0	0	0	923	0	923
727	Dominic Bevan	m			922	0	0	0	0	0	0	0	922
728	Chris Gee	m	MV 40	Rochdale Harriers	0	922	0	0	0	0	0	0	922
729	Martyn Hurst	m	MV 40	Lonely Goat	0	0	0	922	0	0	0	0	922
730	Neil Mullinger	m	MV 40		0	0	0	0	922	0	0	0	922

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
731	Joanna Fitch	f				0	0		0	0	922	0	922
732	Steven Ainsworth	m			921	0	0		0	0	0	0	921
733	Rebecca Howard	f		Quakers	0	0	0		921	0	0	0	921
734	Thomas Webster	m			0	0	0		0	921	0	0	921
735	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne		0	0		0	0	921	0	921
736	Anne Ferguson	f	FV 60	Burnden	0	920	0		0	0	0	0	920
737	Tyler Carter	m	U25		0	0	920		0	0	0	0	920
738	Adrian Burgon-kisby	m			0	0	0		920	0	0	0	920
739	Al McKain	m			0	0	0		0	919	0	0	919
740	Rachael Collins	f	FV 40		0	0	0		0	0	0	919	919
741	Jonathan Watson	m			919	0	0		0	0	0	0	919
742	Ashley Kaye	m			0	919	0		0	0	0	0	919
743	Steven Edwards	m			0	0	0		919	0	0	0	919
744	Adam Long	m		40% club		0	0		0	0	919	0	919
745	Philip Pasco	m			0	0	0		918	0	0	0	918
746	John Paul Smith	m	MV 60		0	0	0		0	918	0	0	918
747	Jim Kellow	m	MV 40			0	0		0	0	918	0	918
748	David Edwards	m			917	0	0		0	0	0	0	917
749	Simon Eggleston	m	MV 50	South Shields Harrers	0	917	0		0	0	0	0	917
750	Anna McDonald	f	U25	Didsbury Runners	0	0	917		0	0	0	0	917
751	Michiel Kieft	m	MV 40			0	0		0	0	917	0	917
752	Paul Hebden	m	MV 50	Bollington Harriers		0	0		0	0	0	917	917
753	Callum John	m	U25		0	916	0		0	0	0	0	916
754	Mike Collins	m	MV 50		0	0	916		0	0	0	0	916
755	Billy Duckworth	m			0	0	0		916	0	0	0	916
756	Luke Poppleton	m	U25		915	0	0		0	0	0	0	915
757	Megan Raybould	f			0	915	0		0	0	0	0	915
758	Keith Robinson	m	MV 40		914	0	0		0	0	0	0	914
759	Lara Sharp	f			0	914	0		0	0	0	0	914
760	Dan Bromley	m	MV 40		0	0	914		0	0	0	0	914
761	Mark Picksley	m	MV 60	Unattached	0	0	0		914	0	0	0	914
762	Fay Tuffen	f	FV 50		0	0	0		0	914	0	0	914
763	Peter Cox	m	MV 50			0	0		0	0	0	914	914
764	Jack Richards	m			0	0	913		0	0	0	0	913
765	Katie Blackett	f		Bellahouston Road Runners	0	0	0		913	0	0	0	913
766	Ben Barnard	m	MV 40			0	0		0	0	913	0	913
767	Anne Macfarlane	f	FV 60	Dumfries Running Club		0	0		0	0	0	913	913
768	Kieron Jackson	m	MV 40		912	0	0		0	0	0	0	912
769	Mark Edsell	m	MV 50		0	912	0		0	0	0	0	912
770	Matthew Atkinson	m	MV 40		0	0	912		0	0	0	0	912
771	Stuart Lamb	m			911	0	0		0	0	0	0	911

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
772	Sophie Lee	f		City of Hull AC	0	0	911		0	0	0	0	911
773	Josh Tipper	m			0	0	0		911	0	0	0	911
774	Victor Ward	m	MV 50	Wolds Vets athletic club		0	0		0	0	911	0	911
775	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	910	0	0		0	0	0	0	910
776	Sarah Brotherton	f			0	910	0		0	0	0	0	910
777	Sam Jones	m	MV 40		0	0	910		0	0	0	0	910
778	Martin Le Roux	m			0	0	0		910	0	0	0	910
779	Robin Dallas-Childs	m	MV 40		0	0	0		0	910	0	0	910
780	Simon Robb	m				0	0		0	0	910	0	910
781	Jonathan Goldsworthy	m	MV 40		909	0	0		0	0	0	0	909
782	Ian Cooper	m	MV 60		0	909	0		0	0	0	0	909
783	Denis Cleary	m	MV 50	None	0	0	909		0	0	0	0	909
784	Steve Tupholme	m	MV 50	Holme Pierrepont RC	0	0	0		909	0	0	0	909
785	Matthew Eustace	m	MV 40			0	0		0	0	909	0	909
786	Anna Newton-Clarke	f				0	0		0	0	0	909	909
787	John McGinley	m			908	0	0		0	0	0	0	908
788	Elly Ball	f			0	908	0		0	0	0	0	908
789	Mary Hall	f	FV 40	Elswick Harriers	0	0	908		0	0	0	0	908
790	Antony Briscoe	m	MV 60	Cumberland AC	0	0	0		908	0	0	0	908
791	Mihir Joshi	m	MV 40			0	0		0	0	908	0	908
792	Matt Dixon	m			907	0	0		0	0	0	0	907
793	Lucy Mote	f			0	907	0		0	0	0	0	907
794	Laurent Stauffer	m	MV 60	MILA Rheintal	0	0	0		907	0	0	0	907
795	Matthew Higginson	m			0	0	0		0	907	0	0	907
796	Chris Craven	m	MV 40	LPS		0	0		0	0	907	0	907
797	Jim Laycock	m	MV 50			0	0		0	0	0	907	907
798	Graeme Atkinson	m	MV 50		0	0	0		0	0	0	906	906
799	Spencer Wennington	m	U25		0	906	0		0	0	0	0	906
800	Isabelle Qamar	f	FV 50	Didsbury Runners	0	0	906		0	0	0	0	906
801	Peter Maguire	m	MV 40	Derwent Valley Running Club	0	0	0		906	0	0	0	906
802	Kyla Bennett	f	FV 40		0	0	0		0	906	0	0	906
803	Bruce Austin	m	U25		0	0	0		0	905	0	0	905
804	Donna Cartwright	f	FV 40	Radcliffe Ac	905	0	0		0	0	0	0	905
805	Rob Wennington	m	MV 50		0	905	0		0	0	0	0	905
806	Jamie Doyle	m				0	0		0	0	0	905	905
807	Linda Rix	f	FV 60	Manchester Frontrunners	0	0	904		0	0	0	0	904
808	Robert Burke	m	MV 40		904	0	0		0	0	0	0	904
809	Graham Pickering	m		Vegan Runners	0	0	0		904	0	0	0	904
810	Peter Bold	m	MV 60	Milltown Milers	903	0	0		0	0	0	0	903
811	Cheryl Stanley	f	FV 40		0	903	0		0	0	0	0	903
812	Alexandra Middleham	f	U25		0	0	903		0	0	0	0	903

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
813	Neil Mclachlan	m	MV 40		0	0	0		903	0	0	0	903
814	James Pearson	m	MV 40		0	0	0		0	903	0	0	903
815	Charlotte Middleham	f	U25		0	0	902		0	0	0	0	902
816	Nick Massey	m	U25		0	0	0		902	0	0	0	902
817	Jonathan Vose	m	MV 40		0	0	0		0	902	0	0	902
818	Alan McTavish	m	MV 40			0	0		0	0	902	0	902
819	Richard Bacon	m	MV 70			0	0		0	0	0	902	902
820	Godfrey Nyamugunduru	m			901	0	0		0	0	0	0	901
821	Mary Fairclough	f	FV 40		0	901	0		0	0	0	0	901
822	Michael Little	m	MV 40		0	0	901		0	0	0	0	901
823	Jen Helm	f	FV 40	Prestwich AC	0	0	0		0	901	0	0	901
824	Callum Broadleday	m				0	0		0	0	901	0	901
825	Erin Crompton	f	U25	Nob End		0	0		0	0	0	901	901
826	Richard Fawcett	m	MV 50		0	900	0		0	0	0	0	900
827	Glen Brown	m			0	0	900		0	0	0	0	900
828	Daniel Gilchrist	m	MV 40		0	0	0		900	0	0	0	900
829	Philip Arrowsmith	m	MV 40		0	0	0		0	900	0	0	900
830	Ralph Fletcher	m	U25	Cool Runnings		0	0		0	0	0	900	900
831	Linda Doherty	f	FV 50	Burnden road runners	0	899	0		0	0	0	0	899
832	LEE MCDONOUGH	m	MV 40		0	0	0		899	0	0	0	899
833	Kevin Duncan	m	MV 40		0	0	0		0	899	0	0	899
834	Ross Ives	m	MV 40		898	0	0		0	0	0	0	898
835	Gemma Cargin	f		Chorlton Runners	0	0	0		898	0	0	0	898
836	Kate Formstone	f	FV 40		0	0	0		0	898	0	0	898
837	Nicola Hughes	f				0	0		0	0	898	0	898
838	Kevan Garner	m	MV 50	Stockport harriers	897	0	0		0	0	0	0	897
839	Alan Smitheman	m	MV 40	Loftus & Whitby Ac	0	0	0		897	0	0	0	897
840	Dave Tonge	m	MV 60			0	0		0	0	897	0	897
841	Peter EVANS	m	MV 50	Kings heath rc		0	0		0	0	0	897	897
842	andrew foulkes	m			896	0	0		0	0	0	0	896
843	Richard Kinrade	m			0	0	896		0	0	0	0	896
844	Charlie Murray	m			0	0	0		896	0	0	0	896
845	Anthony Thorley	m	MV 50	Red Rose Road Runners	0	0	0		0	896	0	0	896
846	Phil Kitchman	m	MV 50			0	0		0	0	896	0	896
847	Ferg Ryan	m	MV 40	Sw Running Crew		0	0		0	0	0	896	896
848	Lindsey Quinn	f			895	0	0		0	0	0	0	895
849	Mark Griffiths	m	MV 40		0	895	0		0	0	0	0	895
850	Chris Bristow	m	MV 40		0	0	895		0	0	0	0	895
851	Lotti Gecaite Collier	f	FV 40			0	0		0	0	0	895	895
852	David Simmons	m	MV 50	Prestwich AC	894	0	0		0	0	0	0	894
853	Joe Walker-Davies	m			0	894	0		0	0	0	0	894

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
854	Kelvin Palmer	m	MV 40		0	0	894		0	0	0	0	894
855	John Wilson	m	MV 40		0	0	0		894	0	0	0	894
856	Colin Howard	m	MV 60	Furness Fell Runners	0	0	0	0	0	894	0	0	894
857	Peter Cantwell	m	MV 40			0	0	0	0	0	894	0	894
858	William Mulvaney	m			0	893	0	0	0	0	0	0	893
859	Christopher Hanson	m	MV 50		892	0	0	0	0	0	0	0	892
860	Adrian Dixon	m	MV 60		0	892	0	0	0	0	0	0	892
861	Andrew Moss	m			0	0	892	0	0	0	0	0	892
862	David Holliday	m	MV 50	DCH Run Club	0	0	0	892	0	0	0	0	892
863	Matt Gillard	m	MV 40		0	0	891	0	0	0	0	0	891
864	Hugh Carter	m	U25		0	0	0	891	0	0	0	0	891
865	Craig Rimmer	m	MV 40		0	0	0	0	891	0	0	0	891
866	Helen Pointon	f	FV 40	#mrprundamentalist		0	0	0	0	0	0	891	891
867	Jason Stanley	m	MV 40		0	890	0	0	0	0	0	0	890
868	Shannon Horrocks	f			0	0	890	0	0	0	0	0	890
869	Brian Clifford	m	MV 40		0	0	0	890	0	0	0	0	890
870	Rebecca Bazire	f				0	0	0	0	0	0	890	890
871	Kevin Mackay	m	MV 60		889	0	0	0	0	0	0	0	889
872	Matthew Dack	m			0	0	889	0	0	0	0	0	889
873	Rebecca Willmott	f		Vegan Runners	0	0	0	889	0	0	0	0	889
874	Trudy Coyle	f	FV 50		0	0	0	0	889	0	0	0	889
875	Ian Goodall	m	MV 40			0	0	0	0	0	0	889	889
876	Kevin Tomlinson	m	MV 60	Milltown Milers	888	0	0	0	0	0	0	0	888
877	Melissa Gorst	f			0	888	0	0	0	0	0	0	888
878	Nathan Lord	m				0	0	0	0	0	888	0	888
879	Annie Consiglio	f				0	0	0	0	0	0	888	888
880	Robert Melling	m			887	0	0	0	0	0	0	0	887
881	Mark Nussey	m	MV 50	Thornton Cleveleys Running club	0	0	887	0	0	0	0	0	887
882	Brenda Rutter	f	FV 60			0	0	0	0	0	887	0	887
883	Marjoiljn Spoorenberg	f			886	0	0	0	0	0	0	0	886
884	Philip Grace	m	MV 50	Lonely Goat Rc	0	886	0	0	0	0	0	0	886
885	Jack Ryder	m			0	0	0	0	886	0	0	0	886
886	John McCoy	m				0	0	0	0	0	886	0	886
887	Natalie Curtis	f	FV 50	Ilkley Harriers	0	885	0	0	0	0	0	0	885
888	Steven Kitchin	m	MV 50		0	0	885	0	0	0	0	0	885
889	Joshua ROBSON	m	U25	Derwent Valley Running Club	0	0	0	885	0	0	0	0	885
890	Chris Mccoy	m		Mersey Tri		0	0	0	0	0	885	0	885
891	Emma Barrington	f			884	0	0	0	0	0	0	0	884
892	Charlie Tose	m	U25		0	0	884	0	0	0	0	0	884
893	Megan Stake	f		Marsh Lane Harriers	0	0	0	884	0	0	0	0	884
894	Chris Bluck	m	MV 40	Blackpool Wyre & Fylde AC	0	0	0	0	884	0	0	0	884

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
895	Find Jorgensen	m	MV 60			0	0		0	0	884	0	884
896	Danielle Harper-Brady	f		Elvet striders		0	0	0	0	0	0	884	884
897	Stephen Field	m	MV 40		883	0	0	0	0	0	0	0	883
898	Elliott Cruickshanks	m			0	0	883	0	0	0	0	0	883
899	Sandy Currie	m			0	0	0	883	0	0	0	0	883
900	John Bamforth	m	MV 50		0	0	0	0	883	0	0	0	883
901	Lauren Strong	f				0	0	0	0	0	0	883	883
902	Steven Kjar	m	MV 50	Benfleet	0	0	882	0	0	0	0	0	882
903	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	0	882	0	0	0	0	882
904	Phil Nixon	m	MV 50		0	0	0	0	882	0	0	0	882
905	Steve Coward	m	MV 50		881	0	0	0	0	0	0	0	881
906	Andrew Hickson	m	MV 50	Cornwall AC	0	0	0	881	0	0	0	0	881
907	Andrew Cunliffe	m	U25			0	0	0	0	881	0	0	881
908	Neil Tattersall	m	MV 50			0	0	0	0	0	0	881	881
909	Ben Gibson	m	U21		0	880	0	0	0	0	0	0	880
910	Andrew Harrison	m	MV 50		0	0	0	0	880	0	0	0	880
911	James Lynch	m				0	0	0	0	880	0	0	880
912	Stephanie Barlow	f	FV 50	Elvet striders		0	0	0	0	0	0	880	880
913	Pierce Hamer	m	U25		879	0	0	0	0	0	0	0	879
914	Louis Bolton	m	U25		0	0	879	0	0	0	0	0	879
915	John Findlay	m	MV 50		0	0	0	879	0	0	0	0	879
916	Jim Harling	m	MV 40		0	0	0	0	879	0	0	0	879
917	Albert Wood	m				0	0	0	0	879	0	0	879
918	Jonathan Fletcher	m	MV 50	Ripon Runners		0	0	0	0	0	0	879	879
919	Russell Fox	m			0	878	0	0	0	0	0	0	878
920	Jordan Hammond	m		Furness Trailblazers	878	0	0	0	0	0	0	0	878
921	Ömer Bacakoglu	m	MV 50		0	0	0	878	0	0	0	0	878
922	Libby Fletcher	f				0	0	0	0	0	0	878	878
923	Martha Anderson-Taylor	f			0	877	0	0	0	0	0	0	877
924	Colin Dobbs	m	MV 40	Penny Lane Striders	877	0	0	0	0	0	0	0	877
925	Chris Blackburn	m	MV 40		0	0	877	0	0	0	0	0	877
926	Tom Barker	m			876	0	0	0	0	0	0	0	876
927	Ruth John	f			0	0	876	0	0	0	0	0	876
928	Stuart Tattersall	m	MV 50		0	0	0	0	876	0	0	0	876
929	Nick Postill	m				0	0	0	0	876	0	0	876
930	Kathryn Hopley	f			875	0	0	0	0	0	0	0	875
931	Gavin Torr	m	MV 50		0	875	0	0	0	0	0	0	875
932	Lucy Khan	f	FV 50	City Of Hull Ac	0	0	875	0	0	0	0	0	875
933	John Kelly	m	MV 50		0	0	0	875	0	0	0	0	875
934	Jo Bonham	f	FV 50		0	0	0	0	875	0	0	0	875
935	Sally McCoy	f	FV 50	Lostock AC	0	0	874	0	0	0	0	0	874

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
936	Jason Loveridge	m				0	0		0	0	874	0	874
937	Laura Disley	f	FV 40		0	0	0		0	0	0	873	873
938	Chris Hearle	m			873	0	0		0	0	0	0	873
939	Melissa Husbands	f	FV 50	Burnden Road Runners	0	873	0		0	0	0	0	873
940	Cheryl Ashdown	f	FV 60	City of Hull	0	0	873		0	0	0	0	873
941	Magda Trafas	f	FV 40	Summit Ultra	0	0	0		873	0	0	0	873
942	Gillian Glynn	f	FV 50		872	0	0		0	0	0	0	872
943	Daniel Merlo	m	MV 40	Rochdale Harriers & AC	0	872	0		0	0	0	0	872
944	Matthew Almond	m	MV 60		0	0	872		0	0	0	0	872
945	David Green	m	MV 60		0	0	0		872	0	0	0	872
946	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	0	0		0	872	0	0	872
947	Jennifer Thornton-Smith	f				0	0		0	0	872	0	872
948	Hannah Spencer	f				0	0		0	0	0	872	872
949	Hilary Neal	f	FV 40		871	0	0		0	0	0	0	871
950	Mary Dawson	f	FV 40		0	871	0		0	0	0	0	871
951	Susan Kerfoot	f	FV 40	St Helens Striders	0	0	871		0	0	0	0	871
952	Stephen McGinn	m	MV 50		0	0	0		871	0	0	0	871
953	Jimmy Mcquillan	m				0	0		0	0	871	0	871
954	Jimmy Ryan	m	MV 50		870	0	0		0	0	0	0	870
955	Dean McCluskey	m				0	0		0	0	870	0	870
956	Brad Foster	m			0	869	0		0	0	0	0	869
957	George Chrystal	m	U25		0	0	869		0	0	0	0	869
958	Carl Robinson	m	MV 60	Red Rose	0	0	0		0	869	0	0	869
959	Lewis Horrocks	m				0	0		0	0	0	869	869
960	Tom Silver	m		Chorlton Runners	868	0	0		0	0	0	0	868
961	Neil Reddin	m	MV 40	Team Otter	0	868	0		0	0	0	0	868
962	Kieran Ridley	m			0	0	0		868	0	0	0	868
963	Joanna Popiela	f				0	0		0	0	0	868	868
964	Lee Drummond	m	MV 50	Birtley Ac	867	0	0		0	0	0	0	867
965	Jonathan Beckham	m			0	0	0		867	0	0	0	867
966	Jake Baker	m			0	0	0		0	867	0	0	867
967	Lucy Courtney	f	FV 50	Jog on Tyne		0	0		0	0	867	0	867
968	Nicola Smith	f	FV 40	Cleethorpes AC		0	0		0	0	0	867	867
969	Luke Kane	m	U25		866	0	0		0	0	0	0	866
970	Rosina Merrett	f	FV 40		0	0	866		0	0	0	0	866
971	Julie Hall	f	FV 40	Blackpool, Wyre and Fylde Athletics Club	0	0	0		0	866	0	0	866
972	Gerard Rooney	m	MV 60	Dalston Caldew Runners		0	0		0	0	866	0	866
973	Andrew Connors	m	MV 50	Knowle & Dorridge Running Club	865	0	0		0	0	0	0	865
974	Fran Mckee	f			0	865	0		0	0	0	0	865
975	Sarah Cartmel	f	FV 50		0	0	0		0	865	0	0	865
976	Russell Davies	m	MV 50	Knowle And Dorridge Rc	864	0	0		0	0	0	0	864

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
977	Ravind Bhangal	m				0	0		0	0	864	0	864
978	Corinne Cummings	f	FV 50	Keswick Athletics Club	863	0	0		0	0	0	0	863
979	Elaine Clarke	f	FV 40	NYP TRI	0	863	0		0	0	0	0	863
980	Wendy Slater	f	FV 50		0	0	863		0	0	0	0	863
981	Tom Morris	m			0	0	0		0	863	0	0	863
982	Stephen Gornall	m	MV 60			0	0		0	0	863	0	863
983	Nicholas Short	m	MV 50		862	0	0		0	0	0	0	862
984	Jeff Blackford	m	MV 50	Didsbury runners	0	0	862		0	0	0	0	862
985	Adam Gornall	m				0	0		0	0	862	0	862
986	Simon Willett	m	MV 40		0	0	861		0	0	0	0	861
987	Jack Gargan	m			0	0	0		861	0	0	0	861
988	Marion Bell	f	FV 40			0	0		0	0	0	861	861
989	Matt Brookes	m	MV 40	Ripon Runners	860	0	0		0	0	0	0	860
990	Daniel Tetlow	m		St Helens Striders	0	0	860		0	0	0	0	860
991	Robert Houghton	m		Billinge Running Club	0	0	0		860	0	0	0	860
992	Michelle Durney	f	FV 50			0	0		0	0	0	860	860
993	Justin Gill	m	MV 50	Clayton-le-Moors Harriers	0	859	0		0	0	0	0	859
994	Niki Whitaker	f	FV 40	City Of Hull AC	0	0	859		0	0	0	0	859
995	Dean Sharples	m	U25		0	0	0		859	0	0	0	859
996	Shaun McMullen	m	MV 60		0	0	0		0	859	0	0	859
997	Rob Coppell	m	MV 40			0	0		0	0	0	859	859
998	robert m page	m	MV 40		858	0	0		0	0	0	0	858
999	Matthew Rowan	m			0	0	0		858	0	0	0	858
1000	Thomas Scott	m			0	0	0		0	858	0	0	858
1001	Leslie Johnson	m	MV 50	Cheshire Dragons	857	0	0		0	0	0	0	857
1002	Kathy Bloomfield	f	FV 40		0	857	0		0	0	0	0	857
1003	Shaun Babar	m	MV 50		0	0	0		857	0	0	0	857
1004	Dean Latham	m			0	0	0		0	857	0	0	857
1005	Marieke Chalmers	f	FV 40			0	0		0	0	857	0	857
1006	Rachel Ainsworth	f	FV 40	Johnson's Triathlon Coaching		0	0		0	0	0	857	857
1007	Laura Davies	f			856	0	0		0	0	0	0	856
1008	Nicola Kitchin	f	FV 50		0	0	856		0	0	0	0	856
1009	Paul Bennett	m	MV 40	Vale of York Athletic Community	855	0	0		0	0	0	0	855
1010	Jonathan Atkinson	m	MV 50	Didsbury Runners	0	0	855		0	0	0	0	855
1011	Paul Mccowen	m	MV 40		0	0	0		0	855	0	0	855
1012	Mart Kissick	m	MV 40		0	854	0		0	0	0	0	854
1013	Donna Blackburn	f	FV 40		0	0	854		0	0	0	0	854
1014	Natasha Powell	f		Derwent valley running club	0	0	0		854	0	0	0	854
1015	Stuart Kane	m	MV 40	Lancashire Constabulary		0	0		0	0	854	0	854
1016	Lori Mcarthur	f	FV 40			0	0		0	0	0	854	854
1017	Josh Baldwin	m			0	853	0		0	0	0	0	853

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1018	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0		853	0	0	0	853
1019	Neil Croskery	m	MV 50			0	0		0	0	853	0	853
1020	Charlotte Scott	f	FV 40	Upper Wharfedale Runners		0	0		0	0	0	853	853
1021	George Atherton	m			852	0	0		0	0	0	0	852
1022	Duncan Milne	m		GC-RBB	0	0	0		852	0	0	0	852
1023	Marianne McDermott	f			0	0	0		0	852	0	0	852
1024	amy kirk	f				0	0		0	0	852	0	852
1025	Thomas Alton	m			851	0	0		0	0	0	0	851
1026	Katie Murray	f			0	0	0		851	0	0	0	851
1027	Adam Myers	m			0	0	0		0	851	0	0	851
1028	Ollie Camburn	m	U25		850	0	0		0	0	0	0	850
1029	David Bailey	m	MV 50	Biddulph Running Club	0	850	0		0	0	0	0	850
1030	Philip Whitfield	m	MV 50	Eden Runners	0	0	0		0	850	0	0	850
1031	Sharon Roberts	f	FV 50	Liverpool Pembroke & Sefton		0	0		0	0	0	850	850
1032	Julie Gate	f	FV 50	Eden Runners	0	0	0		0	849	0	0	849
1033	Tim Kings	m	MV 50		849	0	0		0	0	0	0	849
1034	Joanne Bailey	f	FV 50	Biddulph Running Club	0	849	0		0	0	0	0	849
1035	Callum Grant	m				0	0		0	0	849	0	849
1036	Victoria Hatton	f	FV 50			0	0		0	0	0	849	849
1037	Alastair Mcintosh	m	MV 40		848	0	0		0	0	0	0	848
1038	Gemma Kenny	f			0	0	848		0	0	0	0	848
1039	Jason Bowman	m	MV 50		0	0	0		848	0	0	0	848
1040	Simon James	m			0	0	0		0	848	0	0	848
1041	Wayne Lawrenson	m	MV 40		0	847	0		0	0	0	0	847
1042	Laura Parkin	f	FV 40	Didsbury Runners	0	0	847		0	0	0	0	847
1043	Helen Palmer	f	FV 40		846	0	0		0	0	0	0	846
1044	Mark Graham	m	MV 50	Wirral Vikings	0	0	846		0	0	0	0	846
1045	Deb Stanaway	f	FV 50	Tattenhall Runners	0	0	0		0	846	0	0	846
1046	Simon Brady	m	MV 40		845	0	0		0	0	0	0	845
1047	Justin Ions	m	MV 50		0	845	0		0	0	0	0	845
1048	Caroline D'Arcy	f	FV 50		0	0	845		0	0	0	0	845
1049	Andy Carpenter	m	MV 60		0	0	0		845	0	0	0	845
1050	Rachel Dimelow	f				0	0		0	0	845	0	845
1051	Greg Kilshaw	m	MV 40	Lostock AC	0	0	844		0	0	0	0	844
1052	Michael Ollier	m	MV 40	Vail Royal AC in Winsford	0	0	0		844	0	0	0	844
1053	Sam Coward	m				0	0		0	0	844	0	844
1054	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club		0	0		0	0	0	844	844
1055	Christopher Rowland	m	MV 40		843	0	0		0	0	0	0	843
1056	Alejandro McIntyre	m			0	0	843		0	0	0	0	843
1057	David Ormrod	m			0	0	0		843	0	0	0	843
1058	Jamie Birks	f				0	0		0	0	843	0	843

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1059	Alec MacLean	m	MV 50	Beeston AC		0	0	0	0	0	0	843	843
1060	Laurence Betts	m	MV 40		842	0	0	0	0	0	0	0	842
1061	Jordan Hancock	m			0	0	0	0	0	842	0	0	842
1062	David Butler	m	MV 50	Blackpool Freedom Runners		0	0	0	0	0	842	0	842
1063	Davinia Jackson	f	FV 40		0	0	841	0	0	0	0	0	841
1064	Scott Damerum	m	MV 50		0	0	0	0	0	841	0	0	841
1065	Eva Harker	f	U21			0	0	0	0	0	841	0	841
1066	Tracey J Burlinson Campbell	f	FV 50	Lonely Goat Running Club	0	0	0	840	0	0	0	0	840
1067	Elaine Louise Parry	f	FV 40		0	0	0	0	840	0	0	0	840
1068	Richard Thomas	m				0	0	0	0	840	0	0	840
1069	Andrew Nuttall	m	MV 40		839	0	0	0	0	0	0	0	839
1070	Daniella Aspin	f	FV 40		0	839	0	0	0	0	0	0	839
1071	Dave Greene	m	MV 50	Thornton Cleveleys	0	0	839	0	0	0	0	0	839
1072	Heather Woods	f		Keswick AC	0	838	0	0	0	0	0	0	838
1073	Darren Conway	m	MV 50		838	0	0	0	0	0	0	0	838
1074	Jack Roberts	m	U25		0	0	0	0	0	838	0	0	838
1075	James Parkinson	m				0	0	0	0	0	0	838	838
1076	Luke Wookey	m	MV 40		837	0	0	0	0	0	0	0	837
1077	Marianne Veighey	f	FV 50		0	0	837	0	0	0	0	0	837
1078	Andy Fisher	m	MV 40		0	0	0	837	0	0	0	0	837
1079	Gareth Eaton	m	MV 40		0	0	0	0	837	0	0	0	837
1080	Suzie Daw	f	FV 40			0	0	0	0	0	0	837	837
1081	Guy Cowen-Hutton	m			0	836	0	0	0	0	0	0	836
1082	Rachael Martin	f	FV 40		0	0	836	0	0	0	0	0	836
1083	Andre Mair	m			0	0	0	0	836	0	0	0	836
1084	Leon Dack	m	U25			0	0	0	0	836	0	0	836
1085	Paul Main	m	MV 40			0	0	0	0	0	0	836	836
1086	Mary Fox	f			0	835	0	0	0	0	0	0	835
1087	Chris Pinkney	m	MV 40		835	0	0	0	0	0	0	0	835
1088	Rachel Hancock	f	FV 50	Lostock AC	0	0	835	0	0	0	0	0	835
1089	David Bone	m	MV 60		0	0	0	835	0	0	0	0	835
1090	Kate Harrison	f		Abbey Runners		0	0	0	0	835	0	0	835
1091	Jackie Welburn	f	FV 40	Beeston AC		0	0	0	0	0	0	835	835
1092	Carol Edwards	f	FV 60		0	0	0	0	0	0	0	834	834
1093	Grace Rowley	f	FV 40		834	0	0	0	0	0	0	0	834
1094	John Street	m	MV 50	Thornton Cleveleys Running Club	0	0	834	0	0	0	0	0	834
1095	Andy Johannesen	m		Glaxo Hoad Hill Harriers	0	0	0	834	0	0	0	0	834
1096	Simon Slatter	m		4ZERO		0	0	0	0	834	0	0	834
1097	Jodie Daghish	f			0	833	0	0	0	0	0	0	833
1098	Gary Tate	m	MV 40	Thornton cleveleys running club	0	0	833	0	0	0	0	0	833
1099	Laura Lawler	f	FV 50	BWFAC	0	0	0	0	833	0	0	0	833

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1100	Hadley Gibson	m			832	0	0		0	0	0	0	832
1101	Michael Curry	m	MV 40		0	0	0		832	0	0	0	832
1102	Claire Faulkner	f				0	0		0	0	832	0	832
1103	Caroline Glover	f	FV 60		0	0	831		0	0	0	0	831
1104	Andy Drake	m	MV 50		0	0	0		831	0	0	0	831
1105	Jordan Jenkinson	m			0	0	0		0	831	0	0	831
1106	Hayley Gardner	f				0	0		0	0	831	0	831
1107	Laura Benson	f		Eden Runners	830	0	0		0	0	0	0	830
1108	Mark Lobb	m			0	830	0		0	0	0	0	830
1109	Sophie Tedham	f			0	0	0		830	0	0	0	830
1110	Stephen Stanaway	m	MV 50	Tattenhall Trotters	0	0	0		0	830	0	0	830
1111	Jamie Butler	m		Birstall Rc		0	0		0	0	830	0	830
1112	Cherry Collison	f	FV 50	Bolton united harriers	0	829	0		0	0	0	0	829
1113	Jen Willitts	f	FV 40	Team ACF	0	0	829		0	0	0	0	829
1114	Hilary Royston-bishop	f		Derwent Athletic Club	0	0	0		0	829	0	0	829
1115	Lizzy Fawcett	f				0	0		0	0	0	829	829
1116	Steve Gibson	m	MV 40		0	828	0		0	0	0	0	828
1117	Jonathan Willitts	m	MV 40		0	0	828		0	0	0	0	828
1118	Siobhan Firman	f			0	0	0		828	0	0	0	828
1119	Kate Bowden	f	FV 50	Glossopdale Harriers		0	0		0	0	828	0	828
1120	Holly Morrison-Carter	f				0	0		0	0	0	828	828
1121	Greg Jones	m	MV 40		0	827	0		0	0	0	0	827
1122	Caitlin Fawkes	f	U25	Glaxo Hoad Hill Harriers	0	0	0		0	827	0	0	827
1123	Paul Sale	m	MV 40		826	0	0		0	0	0	0	826
1124	Ellie McCarthy	f			0	826	0		0	0	0	0	826
1125	Sam Brown	m			0	0	0		826	0	0	0	826
1126	Nat Pawlowski	m	MV 50	Kendal Tri		0	0		0	0	826	0	826
1127	Jonathan Broome	m	MV 50	Achille Ratti	825	0	0		0	0	0	0	825
1128	Natalie Chan-Lam	f			0	825	0		0	0	0	0	825
1129	Heather Soden	f	FV 50	Lostock AC	0	0	825		0	0	0	0	825
1130	Dawn Jones	f	FV 50	Harlow Athletic Club		0	0		0	0	825	0	825
1131	Kay Hebden	f	FV 50	Bollington Harriers	0	0	0		0	0	0	824	824
1132	Kate Shaw	f	FV 40		0	824	0		0	0	0	0	824
1133	Janet Rhodes	f	FV 50	Lostock ac	0	0	824		0	0	0	0	824
1134	Alex White	m			0	0	0		824	0	0	0	824
1135	Alexandra Smith	f			0	0	0		0	824	0	0	824
1136	Jo Colvin	f	FV 40		0	823	0		0	0	0	0	823
1137	Lindi Day	f	FV 50	City of Hull AC	0	0	823		0	0	0	0	823
1138	Amanda Gray	f			0	0	0		823	0	0	0	823
1139	christina downham	f			0	0	0		0	823	0	0	823
1140	Stephen King	m	MV 60	Ilkley Harriers		0	0		0	0	823	0	823

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1141	Paul Senior	m			0	0	0		822	0	0	0	822
1142	Rebecca Mulvaney	f			0	822	0		0	0	0	0	822
1143	Roxanne McAllister	f		Thornton-Cleveleys Running Club	0	0	822		0	0	0	0	822
1144	Darren Roberts	m	MV 50		0	0	0		0	822	0	0	822
1145	Mark Blundell	m	MV 60	Edge Pistols		0	0		0	0	822	0	822
1146	Wolfgang Altenau	m	MV 70			0	0		0	0	0	822	822
1147	Si Stevenson	m	MV 40		821	0	0		0	0	0	0	821
1148	simon Bennewith	m	MV 50		0	821	0		0	0	0	0	821
1149	Michael Bellwood	m			0	0	0		821	0	0	0	821
1150	Matthew Riley	m				0	0		0	0	821	0	821
1151	Marie Nunes	f				0	0		0	0	0	821	821
1152	Peter Hill	m	MV 40		820	0	0		0	0	0	0	820
1153	Michael Nelson	m	MV 50		0	0	0		0	820	0	0	820
1154	Katherine Holt	f		Manchester Triathlon Club	0	819	0		0	0	0	0	819
1155	Andrea Keen	f	FV 50	City of Hull	0	0	819		0	0	0	0	819
1156	Charlotte Bennett	f			0	0	0		819	0	0	0	819
1157	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	0	0		0	819	0	0	819
1158	Carole Hopkinson	f	FV 60			0	0		0	0	0	819	819
1159	Neil Dunlop	m	MV 60		818	0	0		0	0	0	0	818
1160	Amy Danaher	f			0	0	0		818	0	0	0	818
1161	Martyn Earle	m	MV 40			0	0		0	0	818	0	818
1162	William Burgess	m	MV 60	Cheshire Hash House Harriers	817	0	0		0	0	0	0	817
1163	Eliot Manning	m	U25		0	0	0		817	0	0	0	817
1164	Niamh O'Malley	f				0	0		0	0	0	817	817
1165	Charlotte Short	f	U21		816	0	0		0	0	0	0	816
1166	Susan Smerdon	f	FV 40	Widnes running club	0	816	0		0	0	0	0	816
1167	Sally Williamson	f	FV 40			0	0		0	0	816	0	816
1168	Neal Pearsall	m	MV 40		815	0	0		0	0	0	0	815
1169	Emily Crowder	f			0	815	0		0	0	0	0	815
1170	Callum Palmer	m	U25		0	0	815		0	0	0	0	815
1171	Alex Bowling	m				0	0		0	0	815	0	815
1172	Elaine Farrer	f	FV 50			0	0		0	0	0	815	815
1173	Cathryn Rostron	f	FV 50	Bollington Harriers	0	0	0		0	0	0	814	814
1174	Sinead Cannon	f	FV 50	Kendal Tri Club	0	0	814		0	0	0	0	814
1175	Danii Houghton	f			0	0	0		814	0	0	0	814
1176	Stephen Draper	m	MV 40		0	0	0		0	814	0	0	814
1177	Ben Clay	m		Slaithwaite Striders		0	0		0	0	814	0	814
1178	Diane Ward	f	FV 40		0	0	0		0	0	0	813	813
1179	Dan Mullarkey	m		Swinton Running Club	0	813	0		0	0	0	0	813
1180	Jonathan Davis	m	MV 40		0	0	0		813	0	0	0	813
1181	Ste Gregory	m	MV 40		0	0	0		0	813	0	0	813

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1182	Andrew Turnbull	m	MV 40			0	0		0	0	0	812	812
1183	Virginia Short	f	FV 50		811	0	0		0	0	0	0	811
1184	Deborah Lyons-gravett	f	FV 50		0	811	0		0	0	0	0	811
1185	Pip Mclachlan	f	FV 40		0	0	0		811	0	0	0	811
1186	Matt Whalley	m			810	0	0		0	0	0	0	810
1187	Jayson Liggett	m	MV 50		0	810	0		0	0	0	0	810
1188	Steve Dodds	m	MV 50		0	0	0		810	0	0	0	810
1189	Emma Cook	f			0	0	0		0	810	0	0	810
1190	Catherine Harker	f	FV 40			0	0		0	0	810	0	810
1191	Peter Trencher	m	MV 40		809	0	0		0	0	0	0	809
1192	Carole Webster	f	FV 50		0	809	0		0	0	0	0	809
1193	Andy Hitchen	m	MV 60	Keswick A C	0	0	0		809	0	0	0	809
1194	Jane Damerum	f	FV 40	Dragons Running Club (Sale)	0	0	0		0	809	0	0	809
1195	Jonathan Fenwick	m			808	0	0		0	0	0	0	808
1196	Mary Umapathy	f			0	808	0		0	0	0	0	808
1197	Andrew Creighton	m	MV 50		0	0	808		0	0	0	0	808
1198	John Macholc	m	MV 60	Accrington Road Runner	0	0	0		0	808	0	0	808
1199	Luciec Walker	f			807	0	0		0	0	0	0	807
1200	Shirley Swanson	f	FV 60	Steeple Chasers Running & Cycling Club	0	0	0		0	807	0	0	807
1201	Sharon Corbridge	f	FV 50		0	806	0		0	0	0	0	806
1202	Debbie Tyson	f	FV 40	Millom Striders	0	0	805		0	0	0	0	805
1203	Bill Hornby	m	MV 50	Hartlepool Burn Road Harriers	0	0	0		805	0	0	0	805
1204	Debi Ives	f	FV 40		804	0	0		0	0	0	0	804
1205	Jenni Partington	f	FV 40	Burnden Road Runners	0	804	0		0	0	0	0	804
1206	Kirsty Robson	f	FV 50	Derwent Valley Running Club	0	0	0		804	0	0	0	804
1207	Julie Cook	f	FV 50	Tynedale Harriers		0	0		0	0	804	0	804
1208	Louise Milburn	f	FV 50	Upper wharfedale runners		0	0		0	0	0	804	804
1209	John Edwards	m	MV 70		0	0	0		0	803	0	0	803
1210	Helen Hart	f	FV 40		803	0	0		0	0	0	0	803
1211	Rabab Gatnash	f			0	803	0		0	0	0	0	803
1212	Hannah Newcomb	f	FV 40			0	0		0	0	803	0	803
1213	Richard Rayner	m	MV 50		0	0	0		0	0	802	0	802
1214	Sarah Spalding	f	FV 40		0	802	0		0	0	0	0	802
1215	Rebecca Modeley	f			0	0	802		0	0	0	0	802
1216	Catherine Brydon	f	FV 40		0	0	0		802	0	0	0	802
1217	Julie Thorley	f	FV 50	Red Rose Road Runners	0	0	0		0	802	0	0	802
1218	Wendy Lynch	f	FV 50	Low Fell Running Club	0	801	0		0	0	0	0	801
1219	Natalie Biggin	f			0	0	801		0	0	0	0	801
1220	Esther Neal	f			0	0	0		801	0	0	0	801
1221	Nanne Brattinga	m	MV 40		0	0	0		0	801	0	0	801
1222	Garry Corr	m	MV 50			0	0		0	0	0	801	801

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1223	Eleanor McIntosh	f			0	800	0		0	0	0	0	800
1224	Beverley Atherton-mckenna	f	FV 50	Lostock AC	0	0	800		0	0	0	0	800
1225	Peter van den Belt	m	MV 40		0	0	0		0	800	0	0	800
1226	Amie Naylor	f	FV 50			0	0		0	0	0	800	800
1227	Christopher D'Arcy	m	MV 50		0	0	799		0	0	0	0	799
1228	Tracy Slater	f	FV 40		0	0	0		0	799	0	0	799
1229	Jenny Owen-Jones	f	FV 40		0	0	798		0	0	0	0	798
1230	Grace Richardson	f		Roundhay Runners	0	0	0		798	0	0	0	798
1231	Vicki Moretti	f	FV 40		0	0	0		0	798	0	0	798
1232	Karen Henthorn	f	FV 40			0	0		0	0	0	798	798
1233	Andy Precious	m	MV 40		797	0	0		0	0	0	0	797
1234	Catriona Mackenzie	f	FV 50		0	797	0		0	0	0	0	797
1235	Ian Henry	m			0	0	797		0	0	0	0	797
1236	Andy Buckroyd	m	MV 60	Macclesfield Harriers	0	0	0		797	0	0	0	797
1237	Simon Scarr	m	MV 60	Bw&fac	0	0	0		0	797	0	0	797
1238	Paul Henthorn	m	MV 50			0	0		0	0	0	797	797
1239	Paula Marshall	f	FV 50	Bollington Harriers	0	0	0		0	0	0	796	796
1240	Lee Marks	m	MV 40	Salford Metropolitan AC	0	0	0		796	0	0	0	796
1241	Rachel Day	f			0	0	0		795	0	0	0	795
1242	Janette Canfield	f	FV 50		0	0	0		0	795	0	0	795
1243	Sarah King	f	FV 40			0	0		0	0	0	795	795
1244	Bernard Brown	m	MV 60		0	794	0		0	0	0	0	794
1245	Mark Pearson	m	MV 50			0	0		0	0	794	0	794
1246	Marion Sharples	f			0	793	0		0	0	0	0	793
1247	John Green	m	MV 50		0	0	0		793	0	0	0	793
1248	James Kemp	m			0	0	0		0	793	0	0	793
1249	Kerry Barker	f	FV 40			0	0		0	0	793	0	793
1250	Karen Eckworth	f	FV 60	Alton Runners		0	0		0	0	0	793	793
1251	Gary Smith	m	MV 40		792	0	0		0	0	0	0	792
1252	Janet Finn	f	FV 50		0	792	0		0	0	0	0	792
1253	Emma Blundell	f		Lonsdale Fell Runners	0	0	0		792	0	0	0	792
1254	Dane Browne	m			0	0	0		0	792	0	0	792
1255	Louise Chicken	f	FV 50	Tynedale Harriers		0	0		0	0	792	0	792
1256	Gareth Robinson	m	MV 40			0	0		0	0	791	0	791
1257	Jane Marshall	f	FV 50	York Acorn Running Club		0	0		0	0	0	791	791
1258	Kevin Betts	m	MV 40	Skelmersdale Boundary Harriers	790	0	0		0	0	0	0	790
1259	Chris Taylor	m	MV 40	Elvet Striders	0	0	0		790	0	0	0	790
1260	Paul Gibbons	m	MV 60			0	0		0	0	790	0	790
1261	Naomi Clague	f				0	0		0	0	0	790	790
1262	Ruth Owen-hughes	f	FV 50		789	0	0		0	0	0	0	789
1263	Dean Sharples	m	MV 40		0	0	789		0	0	0	0	789

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1264	Mark Ewing	m		Penny lane striders	0	0	0		0	789	0	0	789
1265	Heather Boden	f				0	0		0	0	0	789	789
1266	Kathryn Brinkley	f				0	788		0	0	0	0	788
1267	David Smith	m	MV 60			0	0		0	788	0	0	788
1268	Jan-Friedrich Wulf	m	MV 50	Settle Harriers		0	0		0	0	788	0	788
1269	Helen McIntyre	f	FV 40			0	0		0	0	0	788	788
1270	Lesley Allison	f	FV 60	Eden Runners	0	787	0		0	0	0	0	787
1271	Sheona Lawrence	f				0	0	787	0	0	0	0	787
1272	Anthony Wilkinson	m	MV 60			0	0		787	0	0	0	787
1273	Andi Edge	m	MV 50	Wyre Triathlon	0	0	0		0	787	0	0	787
1274	Jeremy Dyke	m	MV 50			0	0		0	0	787	0	787
1275	Ian Wood	m	MV 50	4Zero / Wildsoles		0	0		0	0	0	787	787
1276	jordan Rothery	m			0	0	0		786	0	0	0	786
1277	Rebecca Egerton	f				0	0		0	0	786	0	786
1278	Paul Shepherd	m	MV 50	City of Hull AC	785	0	0		0	0	0	0	785
1279	Elizabeth Bettley	f				0	785		0	0	0	0	785
1280	Alex Jirat	m				0	0		785	0	0	0	785
1281	Anne Cox	f	FV 60			0	0		0	0	784	0	784
1282	Pete Palmer	m	MV 50		784	0	0		0	0	0	0	784
1283	Grace Burgess	f				0	784		0	0	0	0	784
1284	Glyn Kilsby	m	MV 60	Dubai Creek Striders	0	0	0		0	784	0	0	784
1285	Luke Partridge	m	U21			0	0	783	0	0	0	0	783
1286	Alan Vicarage	m	MV 60	Derwent valley running club	0	0	0		783	0	0	0	783
1287	Glyn Jones	m	MV 50			0	0		0	0	783	0	783
1288	Joe Gargett	m			782	0	0		0	0	0	0	782
1289	Liz Thompson	f	FV 50			0	0		0	0	782	0	782
1290	David Burrows	m			781	0	0		0	0	0	0	781
1291	Nicola Halsall	f	FV 40	Burnden Road Runners	0	781	0		0	0	0	0	781
1292	Robbie Taylor	m	U25			0	0	781	0	0	0	0	781
1293	Nicholas Cox	m				0	0		781	0	0	0	781
1294	Ian Thompson	m	MV 50			0	0		0	0	781	0	781
1295	Viv Samuelson	f	FV 40			0	0		0	0	0	781	781
1296	Glyn Williams	m	MV 50	Prestwich AC	0	0	0		0	0	780	0	780
1297	Peter Leach	m	MV 40		780	0	0		0	0	0	0	780
1298	Kathryn Baron	f	FV 50	Burnden Road Runners	0	780	0		0	0	0	0	780
1299	Shannan Craig	f		Border Reiver Runners	0	0	780		0	0	0	0	780
1300	Millie Trowsdale	f	U25			0	0		0	780	0	0	780
1301	Helen Kelly	f	FV 50			0	0		0	0	0	780	780
1302	Matthew Duckett	m				0	0		779	0	0	0	779
1303	Emily Heys	f	FV 40		779	0	0		0	0	0	0	779
1304	Emma Walker	f	FV 50	Burnden Road Runners	0	779	0		0	0	0	0	779

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1305	Abbey Wilson	f		Yorkshire Wolds Runners		0	0		0	0	779	0	779
1306	Jenny Brown	f	FV 40			0	0		0	0	0	779	779
1307	Harriet Ducker	f			778	0	0		0	0	0	0	778
1308	Kay Pitchford	f	FV 60		0	778	0		0	0	0	0	778
1309	Sally Nutter	f	FV 50	Keswick AC	0	0	778		0	0	0	0	778
1310	Julian Egan	m	MV 50		0	0	0		778	0	0	0	778
1311	Emma Counce	m			0	0	0		0	778	0	0	778
1312	Joanna Ledson	f				0	0		0	0	778	0	778
1313	Kirstie Harrison	f	FV 40			0	0		0	0	0	778	778
1314	Mark Salmon	m	MV 40		777	0	0		0	0	0	0	777
1315	Matthew Lewin	m			0	777	0		0	0	0	0	777
1316	Sara Heath	f			0	0	0		777	0	0	0	777
1317	Lee-Victoria Davies	f	FV 40	Southport Strollers	0	0	0		0	777	0	0	777
1318	Jo Rolls	f	FV 50	Keswick AC		0	0		0	0	777	0	777
1319	Suzanne Bremner	f	FV 40	These Girls Can Run		0	0		0	0	0	777	777
1320	Paul Watson	m	MV 50	Black trail runners	776	0	0		0	0	0	0	776
1321	Lucy Pickering	f			0	0	776		0	0	0	0	776
1322	Patrycja Respondek	f			0	0	0		776	0	0	0	776
1323	Susan Wilson	f	FV 60	These girls can run		0	0		0	0	0	776	776
1324	Gemma Skelton	f		MTJ	775	0	0		0	0	0	0	775
1325	Emma Atherton	f	FV 40		0	775	0		0	0	0	0	775
1326	Ash Loader	m	MV 40		0	0	775		0	0	0	0	775
1327	Lindsey Black	f	FV 40	Southport Strollers Running Club	0	0	0		0	775	0	0	775
1328	Jane Mellor	f	FV 40			0	0		0	0	775	0	775
1329	Jamie Rylance	m			774	0	0		0	0	0	0	774
1330	Jude Beckett	f	FV 40		0	0	774		0	0	0	0	774
1331	Rachel Grayson	f	FV 50	Quakers	0	0	0		0	774	0	0	774
1332	Paul Dye	m	MV 60	St Bees Triers	773	0	0		0	0	0	0	773
1333	Sarah BARTON	f	FV 40	Thornton-Cleveleys Running Club	0	0	773		0	0	0	0	773
1334	Hannah Greenwood	f			0	0	0		773	0	0	0	773
1335	Rebecca Hilton	f		St Bees Triers	0	0	772		0	0	0	0	772
1336	Casey Rust	f	FV 40		0	772	0		0	0	0	0	772
1337	Robyn Hogg	f			0	0	0		772	0	0	0	772
1338	Elisabeth Zambo	f	FV 50		0	0	0		0	772	0	0	772
1339	Brodie Peers	m	MV 40			0	0		0	0	772	0	772
1340	Victoria Kibler	f	FV 50			0	0		0	0	0	772	772
1341	Sam Marine	f			771	0	0		0	0	0	0	771
1342	Graeme Tilbury	m	MV 40		0	771	0		0	0	0	0	771
1343	Phil Smith	m	MV 50		0	0	0		771	0	0	0	771
1344	Chris Watts	m	MV 40		0	0	0		0	771	0	0	771
1345	Sandra Robinson	f	FV 40	Manchester Ymca Harriers		0	0		0	0	0	771	771

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Miri	Keswick	Cartmel	Helvellyn	Ullswater	Total
1346	Caron Parkes	f	FV 50		0	770	0	0	0	0	0	0	770
1347	Sally Precious	f	FV 50	City of Hull	0	0	770	0	0	0	0	0	770
1348	Les Schmid	m	MV 70		0	0	0	770	0	0	0	0	770
1349	Lana Roy	f	FV 50			0	0	0	0	770	0	0	770
1350	Tyrone Mclvor	m	MV 40		0	769	0	0	0	0	0	0	769
1351	Katie O'sullivan	f	FV 40		0	0	0	769	0	0	0	0	769
1352	Martin Baker	m	MV 50	Lonely Goat	0	0	0	0	769	0	0	0	769
1353	Sara Wolstenholme	f	FV 50			0	0	0	0	769	0	0	769
1354	Debbie Worthington	f	FV 40	Ackworth Road Runners		0	0	0	0	0	769	0	769
1355	Kate Collier	f			0	0	768	0	0	0	0	0	768
1356	Charlotte Rawcliffe	f	FV 40	Penny Lane Striders	768	0	0	0	0	0	0	0	768
1357	Sue Mullock	f	FV 40		0	768	0	0	0	0	0	0	768
1358	Patricia Bacon	f	FV 70			0	0	0	0	0	0	768	768
1359	Kathryn Hamer	f			767	0	0	0	0	0	0	0	767
1360	Wendy Pratt	f	FV 40		0	767	0	0	0	0	0	0	767
1361	John Stout	m	MV 70		0	0	0	767	0	0	0	0	767
1362	Yvonne Collingham	f	FV 50	Durham Mums on the Run	0	0	0	0	767	0	0	0	767
1363	Katy Woodman	f	FV 40	Border Reiver Runners	0	766	0	0	0	0	0	0	766
1364	Andrea Donaldson	f	FV 40	St Bees Triers	0	0	0	766	0	0	0	0	766
1365	Sharon Cooper	f	FV 50	Wesham Road Runners	0	0	0	0	766	0	0	0	766
1366	Nigel Burkitt	m	MV 60			0	0	0	0	766	0	0	766
1367	Che McGarvey-Gill	f	FV 40	Lancaster and Morecambe Athletics Club	765	0	0	0	0	0	0	0	765
1368	Rick Hollingworth	m	MV 40	Plumstead Runners	0	0	765	0	0	0	0	0	765
1369	James Howe	m	U25		0	0	0	0	765	0	0	0	765
1370	Maxime Werckx	m				0	0	0	0	765	0	0	765
1371	Michael Taylor	m	MV 40	The Otters	0	764	0	0	0	0	0	0	764
1372	Leanne Batty	f	FV 40	Thornton-Cleveleys running club	0	0	764	0	0	0	0	0	764
1373	Rob England	m			0	0	0	764	0	0	0	0	764
1374	Amy Brinkman	f	U25		0	0	0	0	764	0	0	0	764
1375	Paul Elliott	m	MV 50	Meltham AC	763	0	0	0	0	0	0	0	763
1376	Mark Finn	m	MV 50		0	763	0	0	0	0	0	0	763
1377	Chris Caldwell	m			0	0	0	0	763	0	0	0	763
1378	jane THOMAS	f				0	0	0	0	763	0	0	763
1379	Sally Nuttall	f			762	0	0	0	0	0	0	0	762
1380	Annie Willetts	f	FV 50		0	0	762	0	0	0	0	0	762
1381	Angela Shepherd	f	FV 60	Tadcaster Harriers	0	0	0	0	762	0	0	0	762
1382	Kim Ramshaw	f	FV 50	Eden Runners		0	0	0	0	762	0	0	762
1383	Chris Gumbley	m	MV 60		761	0	0	0	0	0	0	0	761
1384	Rob Huntbach	m	MV 60		0	0	0	761	0	0	0	0	761
1385	Jan Elkins	f	FV 60		0	0	0	0	761	0	0	0	761
1386	Jamie Southern	f				0	0	0	0	761	0	0	761

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1387	Josh Willis	m	U21		760	0	0		0	0	0	0	760
1388	Sarah Calvert Calvert	f			0	0	760		0	0	0	0	760
1389	Louise Battey	f	FV 40			0	0	0	0	0	760	0	760
1390	Josephine Clare	f	FV 50		0	759	0	0	0	0	0	0	759
1391	Thomas Dean	m			0	0	759		0	0	0	0	759
1392	Alan bell	m	MV 40		0	0	0	759		0	0	0	759
1393	Caroline Greenen	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	0	759	0	759
1394	Maria Mccalmont	f	FV 60		0	758	0	0	0	0	0	0	758
1395	Elaine Miller	f	FV 50		0	0	758		0	0	0	0	758
1396	Kieran Murray	m			0	0	0	758		0	0	0	758
1397	Lisa Harrop	f	FV 50	Sunnywood Ladies On Tour		0	0	0	0	0	758	0	758
1398	Graeme Kite	m	MV 50	Wheathampstead Warriors	757	0	0	0	0	0	0	0	757
1399	Olly Stevens	m	U25		0	0	757		0	0	0	0	757
1400	David Holliday	m	MV 40	HH	0	0	0	757		0	0	0	757
1401	Emily Aldridge	f			756	0	0	0	0	0	0	0	756
1402	Daniel Howgate	m			0	0	0	756		0	0	0	756
1403	Josie Holding	f	U25		0	0	0	0	756		0	0	756
1404	Lucy Dunlop	f	FV 50	Tynedale Harriers		0	0	0	0	0	756	0	756
1405	Katie Welch	f	FV 60		0	755	0	0	0	0	0	0	755
1406	Ross Aldridge	m	MV 40		755	0	0	0	0	0	0	0	755
1407	Clare Viney	f	FV 50		0	0	755		0	0	0	0	755
1408	Sarah Clarke	f	FV 40		0	0	0	755		0	0	0	755
1409	Rachel Johnson	f	U25		0	0	0	0	755		0	0	755
1410	David Fox	m	MV 50		754	0	0	0	0	0	0	0	754
1411	Marie Burton	f			0	754	0	0	0	0	0	0	754
1412	Katie Fyall	f			0	0	754		0	0	0	0	754
1413	Isadora Pizzo	f			0	0	0	0	754		0	0	754
1414	Lucy Vine	f	U21			0	0	0	0	754		0	754
1415	Freya Bird	f	U25		753	0	0	0	0	0	0	0	753
1416	Anthony fulop	m	MV 60	Burnden Road Runners	0	753	0	0	0	0	0	0	753
1417	Karen Ashcroft	f	FV 40		0	0	0	753		0	0	0	753
1418	Leanne Bluck	f	FV 40	Blackpool Wyre Fylde AC	0	0	0	0	753		0	0	753
1419	James Snutch	m	MV 40	Birstall Running Club		0	0	0	0	753		0	753
1420	Christopher Roberts	m	MV 60	Black Combe Runners	0	0	752		0	0	0	0	752
1421	Jordan Wade	m			0	0	0	752		0	0	0	752
1422	Jim Byrne	m	MV 60		0	0	0	0	752		0	0	752
1423	Tom England	m				0	0	0	0	752		0	752
1424	Vicky Cooper	f	U25		751	0	0	0	0	0	0	0	751
1425	Paul Gardner	m	MV 50	Chorlton Runners	0	0	0	751		0	0	0	751
1426	Ali Cooper	f	FV 60	Kendal Tri Club	0	0	0	0	751		0	0	751
1427	Luke Harris	m				0	0	0	0	751		0	751

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1428	Fran Connolly	f	FV 40	Blackpool Wyre & Fylde AC	750	0	0	0	0	0	0	0	750
1429	Caroline Thorpe	f	FV 50	Acre Street Runners	0	750	0	0	0	0	0	0	750
1430	Mark Ormerod	m	MV 60		0	0	0	750	0	0	0	0	750
1431	Paul Appelquist	m	MV 50		0	0	0	0	750	0	0	0	750
1432	Ben Melrose	m				0	0	0	0	750	0	0	750
1433	Claire Appelquist	f	FV 50		0	0	0	0	749	0	0	0	749
1434	Lola Deady	f	U21		749	0	0	0	0	0	0	0	749
1435	Paul Cookson	m	MV 40		0	0	0	749	0	0	0	0	749
1436	Anna Fishpool	f	FV 50	Blackpool Freedom Runners		0	0	0	0	749	0	0	749
1437	Daryn Allinson	m			0	0	0	748	0	0	0	0	748
1438	Sophie Strelling	f			0	0	0	0	748	0	0	0	748
1439	Alistair Cropper	m	MV 60		747	0	0	0	0	0	0	0	747
1440	Patrycja Jaszek	f	FV 40		0	0	747	0	0	0	0	0	747
1441	Laura Wilson Bell	f			0	0	0	747	0	0	0	0	747
1442	Darren Stockdale	m	MV 40	Darlington Harriers	0	0	0	746	0	0	0	0	746
1443	Nicholas Barlow	m		4ZERO Run Club		0	0	0	0	746	0	0	746
1444	Matt Carter	m	MV 50		0	0	0	745	0	0	0	0	745
1445	Anthony Connolly	m	MV 40		744	0	0	0	0	0	0	0	744
1446	Steve Foreman	m	MV 50	Sedgefield Harriers	0	0	744	0	0	0	0	0	744
1447	Mark Harper	m	MV 50		0	0	0	744	0	0	0	0	744
1448	Isobel Hall	f	FV 50	Jogging Pals	0	0	0	0	744	0	0	0	744
1449	Peter Roberts	m	MV 50		743	0	0	0	0	0	0	0	743
1450	Kate Thompson	f	FV 40		0	0	743	0	0	0	0	0	743
1451	Jenny Smith	f			0	0	0	0	743	0	0	0	743
1452	Philip Clayton	m	MV 60	EPOTS	0	0	742	0	0	0	0	0	742
1453	Graham Read	m	MV 60		0	0	0	742	0	0	0	0	742
1454	Hannah Hayhurst	f			0	0	0	0	742	0	0	0	742
1455	Ella Wragg	f		NA		0	0	0	0	742	0	0	742
1456	Shane Lynas	m				0	0	0	0	741	0	0	741
1457	Tim LITTLECHILD	m	MV 40		0	0	740	0	0	0	0	0	740
1458	Joe Llewellyn	m	MV 40		0	0	0	740	0	0	0	0	740
1459	Robina Kane	f				0	0	0	0	740	0	0	740
1460	Julia Rushton	f	FV 60	Clayton le Moors Harriers	739	0	0	0	0	0	0	0	739
1461	Mark Fowell	m	MV 60	Rolls-Royce Harriers	0	0	739	0	0	0	0	0	739
1462	FIONA MCKEAN	f	FV 50	eden runners	0	0	0	0	739	0	0	0	739
1463	George Woodfield	m				0	0	0	0	739	0	0	739
1464	Vin Caldwell	m	MV 60		0	0	0	0	738	0	0	0	738
1465	Chris Ledson	f	FV 50			0	0	0	0	738	0	0	738
1466	Jason Copp	m	MV 50		0	0	0	737	0	0	0	0	737
1467	John McConnell	m	MV 50			0	0	0	0	737	0	0	737
1468	Rachel Stevens	f	FV 40	Lostock AC	0	0	736	0	0	0	0	0	736

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1469	Saran Jones	f	FV 60	West Lothian Triathlon Club	736	0	0	0	0	0	0	0	736
1470	Jack Pearce	m			0	0	0	0	0	736	0	0	736
1471	Ruth Howarth	f	FV 40		0	0	0	0	735	0	0	0	735
1472	Gregg Cropper	m	MV 40		0	0	0	0	0	735	0	0	735
1473	Lucy Moss	f				0	0	0	0	0	735	0	735
1474	Susan ROUTLEDGE	f	FV 40		0	0	734	0	0	0	0	0	734
1475	Curtis Radcliffe	m			0	0	0	0	734	0	0	0	734
1476	Sarah Bellew	f	FV 40		0	0	0	0	0	734	0	0	734
1477	Daniel Shercliff	m	MV 40		0	0	733	0	0	0	0	0	733
1478	Sarah Edwards	f	FV 50			0	0	0	0	733	0	0	733
1479	Claire Crewe	f		Eden Runners		0	0	0	0	0	733	0	733
1480	Rebecca Noblett	f	FV 50		0	0	732	0	0	0	0	0	732
1481	Susan Black	f	FV 50	Tynedale Harriers		0	0	0	0	0	732	0	732
1482	Fiona Headley	f	FV 60	Selby Striders		0	0	0	0	731	0	0	731
1483	Jo Hall	f	FV 50			0	0	0	0	0	731	0	731
1484	Helen Fairgrieve	f	FV 50			0	0	0	0	0	730	0	730
1485	Andrew Wright	m	MV 50		729	0	0	0	0	0	0	0	729
1486	Gayle Hanson-Jones	f	FV 50			0	0	0	0	0	729	0	729
1487	Nigel Dean	m	MV 50		728	0	0	0	0	0	0	0	728
1488	Stephen Buston	m	MV 50	Thornton Cleveleys Running Club	0	0	728	0	0	0	0	0	728
1489	Miguel Menes	m				0	0	0	0	0	728	0	728
1490	Dawn Lamb	f	FV 40	Muckle Toon Joggers	727	0	0	0	0	0	0	0	727
1491	Nic Edwards	f	FV 50	Hitchin Hares and Steeple Chasers (two teams!)		0	0	0	0	727	0	0	727
1492	Leonie Hayler	f	FV 50	Tynedale Harriers		0	0	0	0	0	727	0	727
1493	Laura Kirkham	f	FV 40	Riversway Road Runners	726	0	0	0	0	0	0	0	726
1494	Kevin Browne	m	MV 40			0	0	0	0	726	0	0	726
1495	Emma Wragg	f	FV 50			0	0	0	0	0	726	0	726
1496	Sam Livesey	f	FV 40		0	0	0	0	0	725	0	0	725
1497	Simon Jones	m	MV 50	Adderbury Running Club	0	0	725	0	0	0	0	0	725
1498	David Bishop	m	MV 60		0	0	0	0	725	0	0	0	725
1499	Simon King	m				0	0	0	0	0	725	0	725
1500	Bill Watts	m	MV 60	Riversway Road Runners	724	0	0	0	0	0	0	0	724
1501	Helen Halsall	f	FV 50		0	0	724	0	0	0	0	0	724
1502	Camilla Carruthers	f			0	0	0	0	724	0	0	0	724
1503	Pradeep Kadu	m	MV 60			0	0	0	0	724	0	0	724
1504	David Burns	m	MV 60		723	0	0	0	0	0	0	0	723
1505	Neil Starr	m	MV 70		0	0	723	0	0	0	0	0	723
1506	Philip Loftus	m	MV 60		0	0	0	0	723	0	0	0	723
1507	James Stirling	m	MV 40			0	0	0	0	723	0	0	723
1508	Stevie Mulgrave	m	MV 40		722	0	0	0	0	0	0	0	722
1509	Myfanwy Taylor	f	FV 60	In2Wild	0	0	0	0	722	0	0	0	722

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1510	Daniel Whittaker	m	MV 40	None		0	0		0	722	0	0	722
1511	Alex Thompson	m	U25		721	0	0		0	0	0	0	721
1512	Kay Drummond	f	FV 50	Birtley Ac	720	0	0		0	0	0	0	720
1513	Richard Purdy	m	MV 40		0	0	720		0	0	0	0	720
1514	Catherine Ramsay	f	FV 40		0	0	0		720	0	0	0	720
1515	Matt Herd	m	MV 40		719	0	0		0	0	0	0	719
1516	Debbie Ellis	f	FV 60			0	0		0	719	0	0	719
1517	Josie Bamford	f		4Zero		0	0		0	0	719	0	719
1518	Lisa Whetter	f	FV 50		0	0	718		0	0	0	0	718
1519	Rachel Precious	f	FV 40		718	0	0		0	0	0	0	718
1520	Daniel Ferrol	m			0	0	0		718	0	0	0	718
1521	Jonathan Ward	m	MV 50	Ambleside		0	0		0	718	0	0	718
1522	Kim How	m	MV 40			0	0		0	0	718	0	718
1523	Ann Shellard	f	FV 50	Derwent Athletic Club		0	0		0	0	717	0	717
1524	Darren Henderson	m	MV 40		0	0	0		716	0	0	0	716
1525	Matt Arschavir	m	MV 40	Didsbury Runners	0	0	715		0	0	0	0	715
1526	Megan Grandi	f		Maverick Run Project	0	0	0		715	0	0	0	715
1527	David Wimpenny	m			714	0	0		0	0	0	0	714
1528	Ben Howes	m			0	0	0		714	0	0	0	714
1529	Ricky Newell	m	MV 40			0	0		0	714	0	0	714
1530	Femke van Dreven	f	FV 50	Durham City Harriers		0	0		0	0	714	0	714
1531	Sian Fairhurst	f			713	0	0		0	0	0	0	713
1532	Sarah Scannell	f		Leeds & Bradford Triathlon	0	0	713		0	0	0	0	713
1533	Julie Todd	f	FV 40	Airecentre Pacers	0	0	0		713	0	0	0	713
1534	lucy fitzsimons	f				0	0		0	713	0	0	713
1535	Louisa Graham	f	FV 40		0	0	0		712	0	0	0	712
1536	Nicholas Cooper	m	MV 60		712	0	0		0	0	0	0	712
1537	Nicola Ingle	f	FV 50	Slaithwaite striders	0	0	712		0	0	0	0	712
1538	Colin Denney	m	MV 60	Thornton Cleveleys running club		0	0		0	712	0	0	712
1539	Jill Horsburgh	f	FV 60	Linlithgow Athletics Club	711	0	0		0	0	0	0	711
1540	Samantha Winn	f		Selby striders	0	0	711		0	0	0	0	711
1541	Michelle Johnson	f	FV 50		0	0	0		711	0	0	0	711
1542	Janine Denney	f	FV 50	Thornton Cleveleys Running Club		0	0		0	711	0	0	711
1543	Nichola Stewart	f	FV 50		710	0	0		0	0	0	0	710
1544	Nick Winn	m		Selby striders	0	0	710		0	0	0	0	710
1545	Thomas Harkin	m	MV 40	Manchester Muckers RC	0	0	0		710	0	0	0	710
1546	Suzannah Dykes	f	FV 50	Formby Stormers		0	0		0	710	0	0	710
1547	Rose Egan	f	FV 60	Cheshire Hash House Harriers		0	0		0	0	710	0	710
1548	Miles Huppatz	m			709	0	0		0	0	0	0	709
1549	Jessica Jones	f		City of Hull	0	0	709		0	0	0	0	709
1550	Kurt Broadbent	m	MV 40			0	0		0	709	0	0	709

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1551	Jessica Beattie	f	FV 40		0	0	708		0	0	0	0	708
1552	Patrick Loughlin	m				0	0	0	0	0	708	0	708
1553	Jessica Gittins	f	U21		707	0	0	0	0	0	0	0	707
1554	Rachel Flentje	f	FV 40		0	0	707	0	0	0	0	0	707
1555	Robert Peacock	m	MV 40	Derwent Valley RC	0	0	0	707	0	0	0	0	707
1556	Eve Frost	f				0	0	0	0	0	707	0	707
1557	Joe Wilcox	m			0	0	706	0	0	0	0	0	706
1558	Laura Peacock	f	FV 40	Derwent Valley Running Club	0	0	0	706	0	0	0	0	706
1559	Peter Wood	m	MV 60			0	0	0	706	0	0	0	706
1560	James Jardine	m	MV 40	Eden Runners	0	0	705	0	0	0	0	0	705
1561	Laura Porter	f	FV 40	Penny Lane Striders	0	0	0	705	0	0	0	0	705
1562	sonja Griffiths	f	FV 60	Gog Triathlon Club		0	0	0	705	0	0	0	705
1563	Ellaney Hayden	m		40% Club		0	0	0	0	705	0	0	705
1564	Helen Lawrence	f	FV 50	Eden runners	0	0	704	0	0	0	0	0	704
1565	Richard Pinches	m	MV 50	Blackpool Wyre And Fylde Ac		0	0	0	704	0	0	0	704
1566	Ruth Sibly	f		Headington Road Runners		0	0	0	0	704	0	0	704
1567	Cheryl Pace	f	FV 40	Penny Lane Striders	703	0	0	0	0	0	0	0	703
1568	Gabriella Corbridge	f	U25	Revolution Running	0	0	703	0	0	0	0	0	703
1569	Clare Molyneux	f	FV 50			0	0	0	703	0	0	0	703
1570	Dan Mitchell	m	MV 40	Elvet Striders	702	0	0	0	0	0	0	0	702
1571	Dawn Saunders	f	FV 50	TCRC	0	0	702	0	0	0	0	0	702
1572	Rachel Service	f			0	0	0	702	0	0	0	0	702
1573	Jan Davies	f	FV 60			0	0	0	702	0	0	0	702
1574	Ray Foulkes	m	MV 60	Redcar Running Club		0	0	0	0	702	0	0	702
1575	Oliver Taslic	m			701	0	0	0	0	0	0	0	701
1576	Christopher Bligh	m	MV 60	Thornton Cleveleys running club	0	0	701	0	0	0	0	0	701
1577	Rob Porter	m	MV 40		0	0	0	701	0	0	0	0	701
1578	Maria Martin	f	FV 60			0	0	0	701	0	0	0	701
1579	Georgios Argyropoulos	m	MV 50		700	0	0	0	0	0	0	0	700
1580	Allan Lytollis	m	MV 40		0	0	700	0	0	0	0	0	700
1581	Jason Clift-Jones	m				0	0	0	700	0	0	0	700
1582	Alex Meir	m	MV 40			0	0	0	0	700	0	0	700
1583	Faye Levi	f			699	0	0	0	0	0	0	0	699
1584	Mike Bremner	m	MV 40		0	0	699	0	0	0	0	0	699
1585	Laura Sims	f	FV 50			0	0	0	699	0	0	0	699
1586	Robin Lee	m	MV 40			0	0	0	0	699	0	0	699
1587	Rukki Hammond	f	FV 50	Stainland Lions	698	0	0	0	0	0	0	0	698
1588	Elizabeth Lawrence	f	FV 40		0	0	698	0	0	0	0	0	698
1589	Jack Youngs	m	MV 60		0	0	0	698	0	0	0	0	698
1590	Debbie Scott	f	FV 60			0	0	0	698	0	0	0	698
1591	William Moscrop	m	MV 50			0	0	0	0	698	0	0	698

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1592	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	0	0	0		0	697	0	0	697
1593	Helen Hill	f	FV 40	Billingham Running Club	0	0	0		696	0	0	0	696
1594	Harry Gawler	m	MV 40		696	0	0		0	0	0	0	696
1595	Angela James	f	FV 50			0	0		0	696	0	0	696
1596	Jane Maloney	f	FV 60	Easingwold Running Club		0	0		0	0	696	0	696
1597	Rosie Spencer	f	U25		695	0	0		0	0	0	0	695
1598	Anna Sweet	f	FV 40			0	0		0	695	0	0	695
1599	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	0		0	694	0	0	694
1600	Holly Huddart	f			694	0	0		0	0	0	0	694
1601	Rachael Brown	f			693	0	0		0	0	0	0	693
1602	Guy Barker	m			692	0	0		0	0	0	0	692
1603	Joe Davies	m			0	0	0		692	0	0	0	692
1604	Maria Major	f	FV 40			0	0		0	692	0	0	692
1605	Steve Nelson	m	MV 60		691	0	0		0	0	0	0	691
1606	Kate Foster	f			0	0	691		0	0	0	0	691
1607	Katrina Gittins	f	FV 50	Yacyak	690	0	0		0	0	0	0	690
1608	Rosemary WEBSTER	f	FV 50	head torches	0	0	690		0	0	0	0	690
1609	Karen Wells	f	FV 40	Radcliffe AC	0	0	0		690	0	0	0	690
1610	Philippa Cook	f	FV 40			0	0		0	690	0	0	690
1611	Becky Plummer	f	U25			0	0		0	0	690	0	690
1612	Martyn Cottiss	m	MV 50	Ashington Hirst Running Club	0	0	689		0	0	0	0	689
1613	Jules Davies	m	MV 50		0	0	0		689	0	0	0	689
1614	Adam Stafford	m	MV 40		688	0	0		0	0	0	0	688
1615	Lisa Kallal	f	FV 50		0	0	688		0	0	0	0	688
1616	Ellie Murray	f	U25			0	0		0	0	688	0	688
1617	Emily Hudson	f	FV 40		687	0	0		0	0	0	0	687
1618	Rebecca Steven	f		St Bees Triers	0	0	687		0	0	0	0	687
1619	Nick Harries	m	MV 60		0	0	0		687	0	0	0	687
1620	Ben Brock	m	U25			0	0		0	0	687	0	687
1621	Ricardo Gomez	m			686	0	0		0	0	0	0	686
1622	Jessica Harries	f			0	0	0		686	0	0	0	686
1623	Geraldine O'Grady-Thomas	f	FV 50	Pennine fell runners		0	0		0	0	686	0	686
1624	Nick Whitehead	m	MV 60	Alton Runners	0	0	685		0	0	0	0	685
1625	Ian Midgley	m	MV 50			0	0		0	0	685	0	685
1626	Carol Green	f		Northowram pumas	684	0	0		0	0	0	0	684
1627	Joanne Ryan	f	FV 50	Alton Runners	0	0	684		0	0	0	0	684
1628	Caroline Johnson	f	FV 50		0	0	0		684	0	0	0	684
1629	Stephanie Caldwell	f	FV 70	Prestwich Athletic Club		0	0		0	684	0	0	684
1630	Diane Wright	f	FV 50	Calder Valley Fell Runners		0	0		0	0	684	0	684
1631	Becky Ripley	f			683	0	0		0	0	0	0	683
1632	Rachael Holloway	f			0	0	0		683	0	0	0	683

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1633	Caroline Johnston	f	FV 50	Prestwich Athletic Club		0	0		0	683	0	0	683
1634	Jayne Taylor	f			682	0	0		0	0	0	0	682
1635	Magdalena Wisniewska	f	FV 40		0	0	0		682	0	0	0	682
1636	Linzi Lloyd-Henry	f	FV 60	Prestwich AC		0	0		0	682	0	0	682
1637	Rachel Heathcote	f	FV 40	Hunters Bog Trotters	681	0	0		0	0	0	0	681
1638	Dave Thompson	m	MV 60		0	0	0		681	0	0	0	681
1639	Louisa Porter	f	FV 50	Blackpool Freedom Runners		0	0		0	0	681	0	681
1640	Sally Lambert	f	FV 60	Wray Runners	680	0	0		0	0	0	0	680
1641	Steven Mcgregor	m	MV 40		0	0	680		0	0	0	0	680
1642	John Fowles	m			0	0	0		680	0	0	0	680
1643	John Dunn	m	MV 40	Blackpool Wyre & Fylde Athletic Club		0	0		0	680	0	0	680
1644	Collette Eames	f	FV 60	JogOnTheTYne		0	0		0	0	680	0	680
1645	Molly Garner	f			0	0	0		679	0	0	0	679
1646	Yiesha Peng	f				0	0		0	679	0	0	679
1647	Fiona O'brien	f	FV 50	Jog On The Tyne		0	0		0	0	679	0	679
1648	Chris Lang	m	MV 40		678	0	0		0	0	0	0	678
1649	Vicky Willett	f	FV 40	Sbc Plodders	0	0	678		0	0	0	0	678
1650	Mike Swift	m	MV 60		0	0	0		678	0	0	0	678
1651	Anthony Young	m				0	0		0	0	678	0	678
1652	Denise Irving-lang	f	FV 40	Run the World Manchester	677	0	0		0	0	0	0	677
1653	Caroline Cotterell	f	FV 50	The Coffin Dodgers	0	0	677		0	0	0	0	677
1654	Paul Kidd	m	MV 50		0	0	0		677	0	0	0	677
1655	Wendy Birkett	f	FV 60	Ambleside Athletic Club		0	0		0	0	677	0	677
1656	Olga James	f	FV 40		676	0	0		0	0	0	0	676
1657	Nick Holliday	m	MV 60	The Coffin Dodgers	0	0	676		0	0	0	0	676
1658	Matthew Burrows	m	MV 40			0	0		0	0	676	0	676
1659	Katherine Faudemer	f			675	0	0		0	0	0	0	675
1660	Jennie Eklund	f			0	0	675		0	0	0	0	675
1661	Emma Cousins	f				0	0		0	0	675	0	675
1662	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	0	0	674		0	0	0	0	674
1663	Martina Trapani	f				0	0		0	0	674	0	674
1664	Claire Hall	f	FV 40	Na	673	0	0		0	0	0	0	673
1665	Ellie Davies	f	FV 40		0	0	0		673	0	0	0	673
1666	Jenni Burrows	f				0	0		0	0	673	0	673
1667	Natalie C Hodson	f		York Postal Harriers	0	0	0		672	0	0	0	672
1668	Kim Bennett	f	FV 50		671	0	0		0	0	0	0	671
1669	Lucy Cleworth	f	FV 40		0	0	0		671	0	0	0	671
1670	Ciara Harper	f	U21	Yorkshire Wilds Runners		0	0		0	0	671	0	671
1671	Andrew JOHNSON	m	MV 40		0	0	670		0	0	0	0	670
1672	Barry Green	m	MV 60	None	0	0	0		670	0	0	0	670
1673	isabel whybrow huppatz	f			669	0	0		0	0	0	0	669

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1674	Niki Roberts	f	FV 40		0	0	669		0	0	0	0	669
1675	Ewan Copp	m	U21		0	0	0		669	0	0	0	669
1676	Peter Wallwork	m	MV 40			0	0		0	0	669	0	669
1677	Simone Connor	f	FV 50	Dalbeattie Running Club	0	0	668		0	0	0	0	668
1678	Colleen Haslam	f	FV 50		0	0	0		668	0	0	0	668
1679	Karyn Harper	f	FV 50	Yorkshire Wolds Runnera		0	0		0	0	668	0	668
1680	Kelly Savage	f	FV 50	Prestwich Athletics Club	667	0	0		0	0	0	0	667
1681	Kirk Connor	m	MV 50		0	0	667		0	0	0	0	667
1682	Helen Marsland	f			0	0	0		667	0	0	0	667
1683	Susan Redfern	f	FV 50		666	0	0		0	0	0	0	666
1684	Donna Wood	f	FV 40	Milltown Milers	665	0	0		0	0	0	0	665
1685	NATHAN PARSONS	m	U21	TOTAL TRANSITION TRIATHLON CLUB	0	0	665		0	0	0	0	665
1686	Geb Hewlett	m	MV 40			0	0		0	0	665	0	665
1687	Laura Keefe	f			0	0	0		664	0	0	0	664
1688	Hilary Burkitt	f	FV 70	Caistor rc		0	0		0	0	664	0	664
1689	Sarah Lord	f	FV 50	DH Runners	663	0	0		0	0	0	0	663
1690	Darryl Whitehead	m	MV 60		0	0	0		663	0	0	0	663
1691	Harriet Burkitt	f				0	0		0	0	663	0	663
1692	Michael Shaw	m	MV 40		662	0	0		0	0	0	0	662
1693	Lorraine Birnie	f	FV 50		0	0	0		662	0	0	0	662
1694	JACK MOSS	m	U21	TOTAL TRANSITION TRIATHLON CLUB	0	0	661		0	0	0	0	661
1695	Baljit Dhanda	m	MV 60	Ealing Eagles	0	0	0		661	0	0	0	661
1696	Rebecca Simmons	f				0	0		0	0	661	0	661
1697	Reece Macdonald	m			0	0	660		0	0	0	0	660
1698	Tracey Long	f	FV 50		0	0	0		660	0	0	0	660
1699	Millie Atkinson	f	U25			0	0		0	0	660	0	660
1700	Lenka Hranaiova	f			0	0	0		659	0	0	0	659
1701	Suzanne Valentine	f	FV 40		658	0	0		0	0	0	0	658
1702	Neil Martin	m			0	0	658		0	0	0	0	658
1703	Alex Trowsdale	m	U25			0	0		0	0	658	0	658
1704	Chris Wilson	m	MV 60		657	0	0		0	0	0	0	657
1705	Kay Shaw	f	FV 50		0	0	0		656	0	0	0	656
1706	Karen Sharpe	f	FV 60	Eden Runners		0	0		0	0	656	0	656
1707	kate limbert	f	FV 40		655	0	0		0	0	0	0	655
1708	Victoria Bolton	f	FV 40		0	0	655		0	0	0	0	655
1709	Kim Firstbrook	f	FV 60			0	0		0	0	655	0	655
1710	Ravi Trivedi	m			654	0	0		0	0	0	0	654
1711	Alison Mayor	f	FV 40		0	0	0		654	0	0	0	654
1712	Isobel Williamson	f	FV 70			0	0		0	0	654	0	654
1713	Emma Teggart	f	FV 40	Lonely goat		0	0		0	0	653	0	653
1714	Kirsty Hope	f			0	0	652		0	0	0	0	652

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Miri	Keswick	Cartmel	Helvellyn	Ullswater	Total
1715	Rosie Hayward	f	FV 40		0	0	0		652	0	0	0	652
1716	Kathryn Pearson	f	FV 50	Astley & Tyldesley Road Runners	0	0	651		0	0	0	0	651
1717	Sadie Dyson	f	FV 40		0	0	0		651	0	0	0	651
1718	Gareth Rickerby	m	MV 40	Invictus Triathlon Club		0	0		0	0	651	0	651
1719	Gill Morgan	f	FV 50	A&T running club	0	0	650		0	0	0	0	650
1720	Claire Kirk	f	FV 40	Invictus Triathlon Club		0	0		0	0	650	0	650
1721	Laura Fiddes-Baron	f			649	0	0		0	0	0	0	649
1722	Sarah Tock	f	FV 50	City Of Hull Ac	0	0	649		0	0	0	0	649
1723	Jason Feavers	m	MV 50		0	0	0		649	0	0	0	649
1724	Jo Critchley	f	FV 50	Sunnywood ladies on tour		0	0		0	0	649	0	649
1725	Andy Skelhorn	m	MV 60	Bollington Harriers	648	0	0		0	0	0	0	648
1726	Ivor Roberts	m	MV 80	Beverley Ac	0	0	648		0	0	0	0	648
1727	Diana Griffiths	f		St Bees Triers	0	0	0		648	0	0	0	648
1728	Christine Teller	f	FV 60			0	0		0	0	648	0	648
1729	Susanna Sewell	f	FV 50	Sunnywood Ladies on Tour	0	0	0		0	0	647	0	647
1730	CATHERINE Ohara	f	FV 50		0	0	647		0	0	0	0	647
1731	Paul Denyer	m	MV 50	St Bees Triers	0	0	0		647	0	0	0	647
1732	Richard Mckenna	m	MV 40		0	0	0		646	0	0	0	646
1733	Lynn Swift	f		Sunnywood ladies on tour		0	0		0	0	646	0	646
1734	Alasdair Roxburgh	m		Skelmersdale Boundary Harriers		0	0		0	0	645	0	645
1735	Matthew Mchugh	m			644	0	0		0	0	0	0	644
1736	Paul Spink	m	MV 40		0	0	0		644	0	0	0	644
1737	Lisa Moizer	f	FV 40			0	0		0	0	643	0	643
1738	Hannah Marshall	f	FV 40	Birtley AC	642	0	0		0	0	0	0	642
1739	Scott Burrow	m	MV 50		0	0	0		642	0	0	0	642
1740	Paul Lawton	m	MV 50		641	0	0		0	0	0	0	641
1741	Paul Haydon	m	MV 50	F.r.a.	0	0	0		641	0	0	0	641
1742	Lucy Lodge	f				0	0		0	0	641	0	641
1743	Liz Russell	f			640	0	0		0	0	0	0	640
1744	Hannah Crossley	f	FV 40		0	0	0		640	0	0	0	640
1745	Charles Rowell	m				0	0		0	0	640	0	640
1746	Kayleigh Sherwin	f			0	0	0		639	0	0	0	639
1747	Alex Abbott	f	FV 40			0	0		0	0	639	0	639
1748	Maggie Slamin	f	FV 60	Burnden Road Runners	0	0	0		638	0	0	0	638
1749	Jane Hornby	f	FV 40	Yorkshire Wolds Runners		0	0		0	0	638	0	638
1750	Mark Mulgrave	m	MV 40		636	0	0		0	0	0	0	636
1751	Christine Rostron	f	FV 60	Red Rose Road Runners	0	0	0		636	0	0	0	636
1752	Penny Coulthard	f	FV 50	Ilkley Harriers		0	0		0	0	636	0	636
1753	Liz Campbell	f	FV 60		635	0	0		0	0	0	0	635
1754	Gareth Pennell	m	MV 60		0	0	0		635	0	0	0	635
1755	David Evans	m	MV 50		634	0	0		0	0	0	0	634

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Miri	Keswick	Cartmel	Helvellyn	Ullswater	Total
1756	Sarah Smith	f		Coxhoe on the Run	0	0	0		634	0	0	0	634
1757	Robert Gould	m	MV 80	Na		0	0		0	0	634	0	634
1758	Graham Collins	m	MV 60	Milltown Milers	633	0	0		0	0	0	0	633
1759	Helen Schofield	f	FV 40	Stamford Striders		0	0		0	0	633	0	633
1760	Calum Willmott	m			632	0	0		0	0	0	0	632
1761	Ian Maddrell	m	MV 40	Atherton Running Club	0	0	0		632	0	0	0	632
1762	Charlotte Warden	f	FV 40			0	0		0	0	632	0	632
1763	Roy Thickett	m	MV 50		0	0	0		631	0	0	0	631
1764	Cameron O'Connor	f	U25			0	0		0	0	631	0	631
1765	Emily Bird	f	FV 40	Roberttown Roadrunners	630	0	0		0	0	0	0	630
1766	John Beedles	m	MV 40		0	0	0		630	0	0	0	630
1767	Grace Sheridan	f	U25			0	0		0	0	630	0	630
1768	Sally Anne Speight	f	FV 50	Roberttown Road Runners	629	0	0		0	0	0	0	629
1769	Sarah Ferguson	f	FV 40		0	0	0		629	0	0	0	629
1770	Laura Cooper	f			0	0	0		628	0	0	0	628
1771	Rachael Price	f	FV 40			0	0		0	0	628	0	628
1772	Alex Milner	f	FV 40		0	0	0		627	0	0	0	627
1773	Joe Brown	m	MV 40		627	0	0		0	0	0	0	627
1774	Kevin Brocklebank	m	MV 50			0	0		0	0	627	0	627
1775	Sarah Connors	f	FV 50	Knowle & Dorridge Running Club	626	0	0		0	0	0	0	626
1776	Margaret MacDonald	f	FV 60	Morpeth Harriers	0	0	0		626	0	0	0	626
1777	Andrew Connor	m	MV 60	Ambleside	625	0	0		0	0	0	0	625
1778	Lewis Stokes	m	MV 40		0	0	0		625	0	0	0	625
1779	Lucy Sill	f			0	0	0		624	0	0	0	624
1780	Debbie Whitehead	f	FV 60	Alton Runners		0	0		0	0	624	0	624
1781	Rachel Bevan	f		Bogdan Bombers	623	0	0		0	0	0	0	623
1782	Helyn McConnell	f	FV 50	SE Fitness		0	0		0	0	623	0	623
1783	Richard Toller	m	MV 60	Dundee Road Runners Ac	622	0	0		0	0	0	0	622
1784	Lorna Spalding	f	FV 40			0	0		0	0	622	0	622
1785	Anna Warner	f				0	0		0	0	621	0	621
1786	Lynne Terry	f	FV 50			0	0		0	0	620	0	620
1787	Amy Long	f	U25		0	0	0		619	0	0	0	619
1788	Nicola Brown	f	FV 40		0	0	0		0	0	619	0	619
1789	Tim Long	m	MV 50		0	0	0		618	0	0	0	618
1790	Louise Liddle	f	FV 40	Derwent Valley Runners	618	0	0		0	0	0	0	618
1791	Natali Harper	f	FV 40		0	0	0		616	0	0	0	616
1792	Elizabeth Hugill	f			615	0	0		0	0	0	0	615
1793	Michael Lu	m			0	0	0		615	0	0	0	615
1794	Rochelle Willan	f		Red Rose Road Runners	0	0	0		614	0	0	0	614
1795	thomas brocklebank	m	MV 50	Millom striders	614	0	0		0	0	0	0	614
1796	Cat Mchugh	f	FV 40		613	0	0		0	0	0	0	613

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1797	Laura Hastings	f		Hyde Park Harriers	0	0	0		613	0	0	0	613
1798	Rachel Hickman	f			0	0	0		612	0	0	0	612
1799	Annmarie Taylor	f	FV 40		612	0	0		0	0	0	0	612
1800	Emma Harris	f	FV 40			0	0		0	0	612	0	612
1801	Daniel Gaukrodger	m			611	0	0		0	0	0	0	611
1802	Paul Regan	m	MV 50	** Heart Attack Survivor and will never give u	0	0	0		611	0	0	0	611
1803	Elizabeth Thornton	f				0	0		0	0	611	0	611
1804	Lynda Davenport	f	FV 40			0	0		0	0	610	0	610
1805	Jane Disney	f	FV 50		609	0	0		0	0	0	0	609
1806	Sian Hacker	f	FV 40			0	0		0	0	609	0	609
1807	Jane Taylor	f	FV 40		608	0	0		0	0	0	0	608
1808	Julia Rothwell	f	FV 50			0	0		0	0	608	0	608
1809	Austin Heath	m	MV 50	Slow A/F Run Club	607	0	0		0	0	0	0	607
1810	Caroline Rush	f	FV 50	Ealing Eagles Running Club	0	0	0		607	0	0	0	607
1811	Nick Ellmore	m				0	0		0	0	607	0	607
1812	Lucy Owen	f			606	0	0		0	0	0	0	606
1813	Jo Ellmore	f				0	0		0	0	606	0	606
1814	Sandra Hutchinson	f	FV 50		605	0	0		0	0	0	0	605
1815	Claire Bain	f	FV 40	Red rose road runners	0	0	0		605	0	0	0	605
1816	Cerys Hanson-Jones	f	U25			0	0		0	0	605	0	605
1817	Jacqueline Blight	f	FV 60		0	0	0		604	0	0	0	604
1818	Isla Rush	f			603	0	0		0	0	0	0	603
1819	Claire Pratt	f	FV 50		0	0	0		603	0	0	0	603
1820	Kathryn Greenlees	f	FV 40			0	0		0	0	603	0	603
1821	Chrissie Lawson	f			0	0	0		602	0	0	0	602
1822	Maria Gomez	f	U21			0	0		0	0	602	0	602
1823	Louise McKimm	f			601	0	0		0	0	0	0	601
1824	Clarissa Hocking	f			0	0	0		601	0	0	0	601
1825	Rona Ricioppo	f	FV 60	Sunnywood Project		0	0		0	0	601	0	601
1826	David Lockwood	m	MV 50		600	0	0		0	0	0	0	600
1827	Kim Roberts	f	FV 40		0	0	0		600	0	0	0	600
1828	emily martin	f	FV 40			0	0		0	0	600	0	600
1829	Jill Robertson	f	FV 50		0	0	0		599	0	0	0	599
1830	Emily Alston	f	FV 40	Hook Norton Harriers		0	0		0	0	599	0	599
1831	Ruth Venables	f			0	0	0		598	0	0	0	598
1832	Gillian Roberts	f			597	0	0		0	0	0	0	597
1833	Jen Shepherd	f	FV 50		0	0	0		597	0	0	0	597
1834	Hannah Shore	f			0	0	0		596	0	0	0	596
1835	Steve Longney	m	MV 50	Yorkshire Wolds Runners		0	0		0	0	596	0	596
1836	Ellie Russell	f			0	0	0		595	0	0	0	595
1837	Lorie Hanson	f	FV 40		594	0	0		0	0	0	0	594

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1838	Jessica Brewer	f	U25		0	0	0		594	0	0	0	594
1839	Luke Whitfield	m				0	0		0	0	594	0	594
1840	Mandy Burton	f	FV 60	Loftus & Whitby	0	0	0		0	0	593	0	593
1841	Andrew Green	m	MV 40	York Acorn	0	0	0		593	0	0	0	593
1842	Pauline Irving	f	FV 50	Muckle Toon Joggers	592	0	0		0	0	0	0	592
1843	Sarah Dhanda	f	FV 60		0	0	0		592	0	0	0	592
1844	Lorna Mundy	f	FV 40			0	0		0	0	592	0	592
1845	Lynne Aitken	f	FV 40	Muckletoon Joggers	591	0	0		0	0	0	0	591
1846	Claire Green	f	FV 40		0	0	0		590	0	0	0	590
1847	John Cleworth	m	MV 40		0	0	0		589	0	0	0	589
1848	Jo Maher	f	FV 50			0	0		0	0	589	0	589
1849	Chris Gamble	m	MV 50		587	0	0		0	0	0	0	587
1850	Sonja Farish	f	FV 50	Parkside panthers	0	0	0		587	0	0	0	587
1851	David Rand	m	MV 40	Penny Lane Striders		0	0		0	0	587	0	587
1852	Aimee Taylor	f				0	0		0	0	586	0	586
1853	Laura Pilkington	f				0	0		0	0	585	0	585
1854	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS		0	0		0	0	584	0	584
1855	Laurey Inniss	f	FV 40		0	0	0		583	0	0	0	583
1856	Suzy Vine	f	FV 50			0	0		0	0	583	0	583
1857	Nick Vine	m	MV 50			0	0		0	0	582	0	582
1858	Diane Cawley	f	FV 40		581	0	0		0	0	0	0	581
1859	Reece Watson	m			580	0	0		0	0	0	0	580
1860	Rachel Armer	f				0	0		0	0	580	0	580
1861	Andrew Cook	m	MV 60		0	0	0		578	0	0	0	578
1862	Elsbeth Peddie	f	FV 50			0	0		0	0	578	0	578
1863	Alice Heywood	f	FV 40		577	0	0		0	0	0	0	577
1864	Emma Richardson	f	U25		0	0	0		577	0	0	0	577
1865	Joanne Lally	f	FV 50	Jog on the Tyne		0	0		0	0	577	0	577
1866	Anneke Cook	f	FV 50	Wyndham Athletic Club	0	0	0		576	0	0	0	576
1867	Amy Smithson	f				0	0		0	0	575	0	575
1868	Ann Luckock	f	FV 60	Bramhall Runners	574	0	0		0	0	0	0	574
1869	Andrew Gibson	m	MV 50		0	0	0		573	0	0	0	573
1870	Gary Morton	m			573	0	0		0	0	0	0	573
1871	James Bland	m			572	0	0		0	0	0	0	572
1872	Kim Sugden	f	FV 40		0	0	0		572	0	0	0	572
1873	Emma Gardner	f			571	0	0		0	0	0	0	571
1874	Giseffemae Hackney	f			0	0	0		571	0	0	0	571
1875	Louise Shield	f	FV 40	Sunnywood Ladies on Tour		0	0		0	0	571	0	571
1876	Gill Mason	f	FV 60		570	0	0		0	0	0	0	570
1877	Laura Aiken	f		Radcliffe athletics club		0	0		0	0	570	0	570
1878	Carol Forster	f	FV 50		0	0	0		569	0	0	0	569

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Miri	Keswick	Cartmel	Helvellyn	Ullswater	Total
1879	Vanessa Brierley	f	FV 50	Individual	569	0	0		0	0	0	0	569
1880	David Middlebrough	m	MV 50	Me	568	0	0		0	0	0	0	568
1881	Paul Brogden	m	MV 50		0	0	0		568	0	0	0	568
1882	Nic Dixon	f	FV 50			0	0		0	0	568	0	568
1883	Margaret Gwilliam	f	FV 40	Freck and Warton	0	0	0		567	0	0	0	567
1884	Ursula Macfarlane	f	FV 40			0	0		0	0	567	0	567
1885	Jude Hayward	f	FV 40		0	0	0		566	0	0	0	566
1886	Alison Barnes	f	FV 50	Women on the Run - Kendal		0	0		0	0	566	0	566
1887	Beth Billington	f	FV 40			0	0		0	0	565	0	565
1888	linda McGinley	f	FV 60	eden runners	0	0	0		564	0	0	0	564
1889	Sean Mcgleenan	m	MV 60	Dumfries Running Club		0	0		0	0	564	0	564
1890	Mari Lewis	f	FV 50	Southport Strollers	563	0	0		0	0	0	0	563
1891	Wendy Mcginley	f	FV 40		0	0	0		563	0	0	0	563
1892	Rachael Raw	f				0	0		0	0	563	0	563
1893	Tom Wynne	m			562	0	0		0	0	0	0	562
1894	Simon Wong	m				0	0		0	0	561	0	561
1895	Denise Gregory	f	FV 50	Bramhall runners	560	0	0		0	0	0	0	560
1896	John Harrington	m				0	0		0	0	560	0	560
1897	Marie Guttridge	f	FV 40			0	0		0	0	559	0	559
1898	David Dufton	m			558	0	0		0	0	0	0	558
1899	Clare Riley	f	FV 50	Sunnywood Ladies on tour		0	0		0	0	558	0	558
1900	Jo Oliver	f	FV 50	Sunnywood Ladies on Tour		0	0		0	0	557	0	557
1901	Laura Hampshaw	f	FV 40		556	0	0		0	0	0	0	556
1902	Fiona Wilson	f	FV 50		555	0	0		0	0	0	0	555
1903	John Harris	m	MV 40			0	0		0	0	555	0	555
1904	Lisa Edwards	f	FV 40		554	0	0		0	0	0	0	554
1905	Helen O'Donnell	f				0	0		0	0	554	0	554
1906	Sam Blackburn	m	MV 40	Mornington Chasers	553	0	0		0	0	0	0	553
1907	Kathryn Tranter	f				0	0		0	0	553	0	553
1908	Jess Swire	f			552	0	0		0	0	0	0	552
1909	Jefferson Green	m	MV 40			0	0		0	0	552	0	552
1910	Joanne Stephenson	f	FV 50	Marple Runners	551	0	0		0	0	0	0	551
1911	Lucy Owens	f	FV 40	Stockton Striders		0	0		0	0	551	0	551
1912	Melanie Commins	f	FV 50		550	0	0		0	0	0	0	550
1913	Sophie Owens	f	FV 40	Stockton Striders		0	0		0	0	550	0	550
1914	Julia Thornley	f	FV 50	Sunnywood Crazy Trail Girls		0	0		0	0	549	0	549
1915	sacha roy	f	FV 40	Sunnywood Ladies On Tour		0	0		0	0	548	0	548
1916	Laura Tracey	f	FV 40	Sunnywood Ladies on Tour	0	0	0		0	0	547	0	547
1917	Catherine Clennett	f	FV 50		547	0	0		0	0	0	0	547
1918	Tara Oxley	f	FV 40		546	0	0		0	0	0	0	546
1919	Tina Gee	f	FV 60			0	0		0	0	546	0	546

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Miri	Keswick	Cartmel	Helvellyn	Ullswater	Total
1920	Joanna Ridley	f	FV 50		545	0	0		0	0	0	0	545
1921	Nik Ansell	m	MV 40		544	0	0		0	0	0	0	544
1922	Louise Rooney	f	FV 60			0	0		0	544	0	0	544
1923	Iees Johnson	m	MV 50	billinge running club	543	0	0		0	0	0	0	543
1924	Teresa Palmer	f	FV 50	Birtley Athletics		0	0		0	543	0	0	543
1925	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0		0	542	0	0	542
1926	Chris Bunker	m	MV 40	Carlisle Tri Club	542	0	0		0	0	0	0	542
1927	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour		0	0		0	541	0	0	541
1928	Peter Duffy	m	MV 60		540	0	0		0	0	0	0	540
1929	Helen E Eddie	f	FV 40	Macclesfield Harriers		0	0		0	540	0	0	540
1930	Laura Maguire	f			539	0	0		0	0	0	0	539
1931	Catherine Wernham	f	FV 60			0	0		0	539	0	0	539
1932	Ben Wallace	m			538	0	0		0	0	0	0	538
1933	Helen Lyon	f			537	0	0		0	0	0	0	537
1934	Joanne Slinger	f	FV 40		536	0	0		0	0	0	0	536
1935	Rhian Broomhead	f	FV 40		535	0	0		0	0	0	0	535
1936	Jen Husdan	f	FV 40		534	0	0		0	0	0	0	534
1937	Pauline Boardman	f	FV 40		532	0	0		0	0	0	0	532
1938	Cath Dyson	f	FV 40	West Hull Ladies		0	0		0	532	0	0	532
1939	Alison Atherton	f	FV 50		531	0	0		0	0	0	0	531
1940	Lesley Talbot	f	FV 50	Body Fit Cumbria	530	0	0		0	0	0	0	530
1941	Angela Pollitzer	f	FV 70	Hampstead Heath Parkrun		0	0		0	529	0	0	529
1942	Jenny Woodhams	f	FV 40	Sunnywood Ladies on Tour		0	0		0	528	0	0	528
1943	Rachel Latham	f	FV 40		527	0	0		0	0	0	0	527
1944	Emma Taylor	f	FV 40	Sunnywood Ladies on Tour		0	0		0	527	0	0	527
1945	Michelle Watt	f	FV 50		526	0	0		0	0	0	0	526
1946	Elizabeth Partington	f	FV 50	Sunnywood Ladies on Tour		0	0		0	526	0	0	526
1947	Mckaye Barnes	m			525	0	0		0	0	0	0	525
1948	Rachel Scholes	f				0	0		0	525	0	0	525
1949	Louis Barnes	m			524	0	0		0	0	0	0	524
1950	Chris Westwell	m	MV 40			0	0		0	524	0	0	524
1951	Anne Stockley	f	FV 40	Keswick AC	523	0	0		0	0	0	0	523
1952	Clare Westwell	f	FV 40			0	0		0	523	0	0	523
1953	Annette Wilson	f	FV 50			0	0		0	522	0	0	522
1954	Ricky Wilson	m	MV 50			0	0		0	521	0	0	521
1955	Danilo Trozzi	m	MV 50		519	0	0		0	0	0	0	519
1956	Rose Proudfoot	f			514	0	0		0	0	0	0	514
1957	Mr Tom Mitchell	m		tri central		0	0		0	514	0	0	514
1958	Alex Carey	m			513	0	0		0	0	0	0	513
1959	JACQUELINE JANE TURNBULL	f	FV 50			0	0		0	513	0	0	513
1960	Judith Weston	f	FV 50	Billingham Running Club	512	0	0		0	0	0	0	512

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Total
1961	Julie Heyes	f	FV 60			0	0		0	0	512	0	512
1962	Steven Heyes	m	MV 60			0	0		0	0	511	0	511
1963	Andy Hayes	m	MV 50		510	0	0		0	0	0	0	510
1964	Andy Dickson	m	MV 60	Dumfries Running Club	509	0	0		0	0	0	0	509
1965	Samantha Jackson	f	FV 50			0	0		0	0	509	0	509
1966	Yeolande Davies	f	FV 60	Dumfries Running Club	508	0	0		0	0	0	0	508
1967	Sarah Jackson	f	FV 50	Kendal AAC		0	0		0	0	508	0	508
1968	Laura Broatch	f	FV 40	Dumfries Running Club	507	0	0		0	0	0	0	507
1969	Nicola Edson	f	FV 50	Her Spirit	506	0	0		0	0	0	0	506
1970	Ian Millar	m	MV 40		505	0	0		0	0	0	0	505
1971	Gary Millar	m	MV 40		504	0	0		0	0	0	0	504
1972	Sandra Allan	f	FV 60	Fellside Ladies	501	0	0		0	0	0	0	501
1973	Scott Bartlett	m	MV 50	Bexley Ac	499	0	0		0	0	0	0	499
1974	Maree Barugh	f	FV 40		498	0	0		0	0	0	0	498
1975	Adam Turner	m			497	0	0		0	0	0	0	497
1976	Caroline Vitty	f	FV 60		494	0	0		0	0	0	0	494
1977	Cynthia Carter	f	FV 70	Crosby Stormers	493	0	0		0	0	0	0	493
1978	Deirdre Dobson	f	FV 50		492	0	0		0	0	0	0	492
1979	Catherine Humphreys	f	FV 50		491	0	0		0	0	0	0	491
1980	Isla Tomlinson	f	U21		490	0	0		0	0	0	0	490
1981	Florence Park	f	U25		489	0	0		0	0	0	0	489
1982	Talitha Tomlinson	f	U25		488	0	0		0	0	0	0	488
1983	Emily Tate	f			487	0	0		0	0	0	0	487
1984	Steve Webster	m	MV 60		486	0	0		0	0	0	0	486
1985	Angela Nicholson	f	FV 50		485	0	0		0	0	0	0	485
1986	Gabrielle Wenham	f	FV 40	Parbold Pink Panthers	484	0	0		0	0	0	0	484
1987	Anneke Hackenbroich	f	FV 40		481	0	0		0	0	0	0	481
1988	Anne Oxbrough	f	FV 40	Penny Lane Striders	480	0	0		0	0	0	0	480
1989	Em Yolland	f			478	0	0		0	0	0	0	478
1990	Dave Cope	m	MV 70		477	0	0		0	0	0	0	477
1991	Ruth Toller	f	FV 70	Dundee Road Runners	476	0	0		0	0	0	0	476
1992	Claire Coulby	f	FV 50	Bramhall Runners	474	0	0		0	0	0	0	474
1993	Rhona Johnson	f	FV 60	Bramhall Runners	473	0	0		0	0	0	0	473
1994	Wendy Torevell	f	FV 60	Bramhall Runners	472	0	0		0	0	0	0	472
1995	Lynne Hardwick	f	FV 40	RuntheworldMCR	471	0	0		0	0	0	0	471
1996	Martin Rogers	m	MV 50	Mossley Hill Ac	470	0	0		0	0	0	0	470
1997	Karolina Faithfull	f	FV 40	Skelmersdale Boundary Harriers	469	0	0		0	0	0	0	469
1998	Jeremy Steele	m	MV 50		468	0	0		0	0	0	0	468
1999	Ian Bremner	m	MV 50		467	0	0		0	0	0	0	467
2000	sandra riley	f	FV 50		466	0	0		0	0	0	0	466
2001	Diane Rogers	f	FV 50	Mossley Hill Ac	464	0	0		0	0	0	0	464

