

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



| Position | Name                  | Gender | Age Cat | Club                                   | Hawkshead | Staveley | Coniston | Spring |
|----------|-----------------------|--------|---------|--|-----------|----------|----------|--------|
| 1        | James Grinbergs       | m      | MV 40   | Eden Runners                           | 968       | 988      | 984      | 2940   |
| 2        | Simon Dodd            | m      | MV 40   |  | 954       | 984      | 976      | 2914   |
| 3        | Stuart Taylor         | m      | MV 50   |  | 891       | 974      | 961      | 2826   |
| 4        | Ewan Taylor           | m      |         | Victoria Park Running Club, Warrington | 854       | 969      | 947      | 2770   |
| 5        | Ryan Thorburn         | m      |         |  | 847       | 965      | 938      | 2750   |
| 6        | Kerry Grinbergs       | f      | FV 40   | Eden runners                           | 841       | 930      | 929      | 2700   |
| 7        | Terry Moss            | m      | MV 50   |  | 791       | 953      | 893      | 2637   |
| 8        | Gillian Rowland       | f      | FV 60   |  | 772       | 927      | 921      | 2620   |
| 9        | Helen Tyson           | f      | FV 40   | Eden Runners                           | 764       | 918      | 886      | 2568   |
| 10       | John Waring           | m      |         |  | 788       | 891      | 868      | 2547   |
| 11       | Louise Anderson       | f      | FV 50   |  | 783       | 913      | 809      | 2505   |
| 12       | anton moss            | m      |         |  | 798       | 867      | 820      | 2485   |
| 13       | Gemma Drew            | f      |         | Methley striders                       | 766       | 882      | 782      | 2430   |
| 14       | Andrew Hemsley        | m      | MV 60   | Walney Wind Cheetahs                   | 674       | 879      | 795      | 2348   |
| 15       | Felicia Singleton     | f      | FV 60   | Victoria Park Running Club, Warrington | 645       | 862      | 806      | 2313   |
| 16       | Victoria Booth        | f      |         |  | 659       | 851      | 796      | 2306   |
| 17       | Lesley Strickland     | f      | FV 50   | Hartlepool Burn Road Harriers          | 619       | 840      | 763      | 2222   |
| 18       | Ryan Lynch            | m      |         |  | 567       | 852      | 803      | 2222   |
| 19       | Mary Entwistle        | f      | FV 50   |  | 624       | 846      | 741      | 2211   |
| 20       | Lindsay Turner        | f      | FV 40   | Ramsbottom Running Club                | 548       | 786      | 692      | 2026   |
| 21       | David Howarth         | m      | MV 40   |  | 995       | 998      | 0        | 1993   |
| 22       | Merlin Duff           | m      |         |  | 990       | 997      | 0        | 1987   |
| 23       | Lou Osborn            | f      | FV 50   | Ambleside AC                           | 983       | 0        | 989      | 1972   |
| 24       | Kevin Scott           | m      | MV 60   |  | 0         | 979      | 973      | 1952   |
| 25       | Neil Sutcliffe        | m      | MV 60   |  | 518       | 760      | 672      | 1950   |
| 26       | David Barras          | m      |         |  | 963       | 0        | 975      | 1938   |
| 27       | David Calder          | m      | MV 60   | Westerlands Cross Country Club         | 955       | 983      | 0        | 1938   |
| 28       | Philip Cuthbert       | m      | MV 50   | Wallasey Ac                            | 951       | 980      | 0        | 1931   |
| 29       | Garry Owens           | m      | MV 60   | Nfr                                    | 931       | 976      | 0        | 1907   |
| 30       | Stephen Sewell        | m      | MV 40   |  | 920       | 978      | 0        | 1898   |
| 31       | Dave Wainwright       | m      | MV 50   | Caistor Running Club                   | 926       | 0        | 970      | 1896   |
| 32       | Chris McKee           | m      |         |  | 916       | 972      | 0        | 1888   |
| 33       | Jacqueline Shore      | f      | FV 60   |  | 479       | 752      | 654      | 1885   |
| 34       | Joanne Lewis          | f      | FV 50   |  | 460       | 761      | 662      | 1883   |
| 35       | Ian Crook             | m      | MV 50   | Barrow Striders                        | 906       | 971      | 0        | 1877   |
| 36       | Andrew Carmichael     | m      | MV 40   |  | 0         | 946      | 919      | 1865   |
| 37       | Paul Wilson           | m      | MV 50   | Yorkshire wolds runners                | 880       | 973      | 0        | 1853   |
| 38       | Andrew Stuart         | m      | MV 50   |  | 0         | 934      | 880      | 1814   |
| 39       | Ian Stainthorpe       | m      | MV 60   | Rochdale Harriers                      | 859       | 945      | 0        | 1804   |
| 40       | Brett Johnson         | m      | MV 40   |  | 861       | 932      | 0        | 1793   |
| 41       | Chris Ridgers         | m      |         |  | 823       | 0        | 960      | 1783   |
| 42       | John Maddy            | m      | MV 40   |  | 853       | 0        | 922      | 1775   |
| 43       | Chris Lever           | m      | MV 50   |  | 831       | 933      | 0        | 1764   |
| 44       | Mia Hayes             | f      | U25     |  | 795       | 0        | 945      | 1740   |
| 45       | Lynne Carruthers      | f      | FV 60   | Dch                                    | 0         | 896      | 840      | 1736   |
| 46       | Simon Williams        | m      | MV 50   |  | 0         | 902      | 832      | 1734   |
| 47       | Melanie Hayes         | f      | FV 50   |  | 794       | 0        | 930      | 1724   |
| 48       | Tom Smith             | m      |         |  | 828       | 0        | 881      | 1709   |
| 49       | Ryan McDowell         | m      |         |  | 805       | 0        | 898      | 1703   |
| 50       | Zoe winter            | f      | FV 40   |  | 812       | 0        | 888      | 1700   |
| 51       | Chris Davies          | m      | MV 40   | Team inov-8                            | 740       | 960      | 0        | 1700   |
| 52       | Jonathan Watt         | m      | MV 60   |  | 793       | 0        | 905      | 1698   |
| 53       | Nick Fletcher         | m      | MV 50   |  | 802       | 883      | 0        | 1685   |
| 54       | Elizabete Carmo-silva | f      | FV 40   |  | 0         | 861      | 811      | 1672   |
| 55       | Doug Orr              | m      | MV 40   |  | 0         | 860      | 810      | 1670   |
| 56       | Richard Brown         | m      | MV 40   |  | 741       | 921      | 0        | 1662   |

| Position | Name                 | Gender | Age Cat | Club                           | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|--------------------------------|-----------|----------|----------|--------|
| 57       | Paul Fenton          | m      |         |                                | 799       | 0        | 853      | 1652   |
| 58       | Scott Dixon          | m      |         |                                | 0         | 887      | 761      | 1648   |
| 59       | David Taylor         | m      | MV 60   | Cheshire Hash House Harriers   | 758       | 0        | 878      | 1636   |
| 60       | Eric Roe             | m      |         |                                | 770       | 0        | 865      | 1635   |
| 61       | Steve Roe            | m      | MV 50   |                                | 769       | 0        | 864      | 1633   |
| 62       | Dawn Chilton         | f      | FV 50   |                                | 742       | 884      | 0        | 1626   |
| 63       | Leanne Jackson       | f      | FV 40   |                                | 734       | 0        | 870      | 1604   |
| 64       | Andrew Hamman        | m      | MV 40   |                                | 737       | 864      | 0        | 1601   |
| 65       | Darren Hodgson       | m      | MV 50   |                                | 708       | 889      | 0        | 1597   |
| 66       | Kevin Silver         | m      | MV 60   |                                | 0         | 807      | 786      | 1593   |
| 67       | Mick Cook            | m      |         |                                | 733       | 0        | 858      | 1591   |
| 68       | Ben Marshall         | m      |         |                                | 732       | 0        | 857      | 1589   |
| 69       | Christine Ramsbottom | f      | FV 60   | lymm runners                   | 0         | 843      | 745      | 1588   |
| 70       | SIMON Hackett        | m      | MV 60   | Lymm Runners                   | 0         | 842      | 746      | 1588   |
| 71       | Emily Knowles        | f      |         |                                | 717       | 0        | 852      | 1569   |
| 72       | Teresa Onions        | f      | FV 60   |                                | 0         | 812      | 748      | 1560   |
| 73       | John Heathcote       | m      | MV 60   |                                | 0         | 820      | 722      | 1542   |
| 74       | Andrew Devitt        | m      | MV 50   | Knowle & Dorridge Running Club | 639       | 897      | 0        | 1536   |
| 75       | Joanne Devitt        | f      | FV 50   | Knowle & Dorridge Running Club | 638       | 898      | 0        | 1536   |
| 76       | Andrew Hollowbread   | m      | MV 50   |                                | 0         | 817      | 719      | 1536   |
| 77       | Sarah Collis Kerr    | f      |         |                                | 651       | 876      | 0        | 1527   |
| 78       | Gemma Chaters        | f      |         |                                | 652       | 858      | 0        | 1510   |
| 79       | Pete Rands           | m      | MV 50   |                                | 715       | 0        | 794      | 1509   |
| 80       | Thomas Walker        | m      | MV 40   | Team Sixteen                   | 0         | 791      | 716      | 1507   |
| 81       | Mark Austin          | m      | MV 50   |                                | 685       | 0        | 818      | 1503   |
| 82       | Stephen Race         | m      | MV 50   |                                | 706       | 0        | 793      | 1499   |
| 83       | Matt Dunn            | m      | MV 40   | 100 Marathon Club              | 672       | 0        | 827      | 1499   |
| 84       | Sandy Race           | f      | FV 40   |                                | 705       | 0        | 792      | 1497   |
| 85       | Gail Bristo          | f      | FV 50   | Red Rose Road Runners          | 679       | 0        | 817      | 1496   |
| 86       | Simon Byron-keeler   | m      | MV 50   | Monumental Movers              | 670       | 0        | 826      | 1496   |
| 87       | Robert Terry         | m      | MV 50   | Belper Harriers                | 660       | 834      | 0        | 1494   |
| 88       | Gary Anderson        | m      | MV 50   |                                | 0         | 776      | 717      | 1493   |
| 89       | Joe Stevens          | m      | MV 60   |                                | 716       | 0        | 767      | 1483   |
| 90       | Deborah Raisbeck     | f      | FV 50   |                                | 637       | 837      | 0        | 1474   |
| 91       | Debbie Torr          | f      | FV 40   |                                | 598       | 874      | 0        | 1472   |
| 92       | Emma Patterson       | f      | FV 40   |                                | 0         | 783      | 683      | 1466   |
| 93       | Jonathan Ford        | m      | MV 40   | Penwortham Panthers            | 0         | 765      | 696      | 1461   |
| 94       | Sarah Temple         | f      | FV 40   |                                | 656       | 0        | 790      | 1446   |
| 95       | Matt Jarvis          | m      | MV 50   |                                | 579       | 0        | 849      | 1428   |
| 96       | Will Lovett          | m      | MV 40   |                                | 586       | 831      | 0        | 1417   |
| 97       | Melissa Lovett       | f      | FV 40   |                                | 585       | 832      | 0        | 1417   |
| 98       | Kevin Gibbons        | m      | MV 60   |                                | 588       | 818      | 0        | 1406   |
| 99       | Susanne PETERS       | f      | FV 50   |                                | 0         | 751      | 653      | 1404   |
| 100      | Lynn Wilson          | f      | FV 50   | Yorkshire Wolds Runners        | 576       | 814      | 0        | 1390   |
| 101      | Daniel Miller        | m      |         |                                | 653       | 0        | 735      | 1388   |
| 102      | Aude Peltier         | f      | FV 40   |                                | 628       | 0        | 756      | 1384   |
| 103      | Katie Samuelson      | f      | FV 40   | Todmorden Harriers             | 620       | 0        | 751      | 1371   |
| 104      | John Scott           | m      | MV 50   |                                | 482       | 881      | 0        | 1363   |
| 105      | Linda Gant           | f      | FV 60   |                                | 583       | 773      | 0        | 1356   |
| 106      | Stephanie Bairet     | f      | FV 40   |                                | 616       | 0        | 729      | 1345   |
| 107      | Darren Gillman       | m      | MV 50   | Todmorden Harriers             | 590       | 0        | 750      | 1340   |
| 108      | Sandra Williams      | f      | FV 50   |                                | 541       | 796      | 0        | 1337   |
| 109      | Louise Clayton       | f      | FV 50   |                                | 621       | 0        | 714      | 1335   |
| 110      | Helen Foster         | f      | FV 50   |                                | 521       | 0        | 804      | 1325   |
| 111      | Louise Roberts       | f      | FV 50   | Border Reiver Runners          | 517       | 789      | 0        | 1306   |
| 112      | David Goodyear       | m      | MV 50   | Eccleshill Road Runners        | 503       | 795      | 0        | 1298   |
| 113      | Amy Derbyshire       | f      |         |                                | 599       | 0        | 682      | 1281   |
| 114      | Catherine Cuthbert   | f      | FV 50   | Wallasey Ac                    | 475       | 799      | 0        | 1274   |
| 115      | Colette Clarkson     | f      | FV 50   |                                | 516       | 756      | 0        | 1272   |
| 116      | Kevin Clarkson       | m      | MV 50   |                                | 515       | 757      | 0        | 1272   |
| 117      | Annabelle Allen      | f      | FV 60   | BodyFit Cumbria Running Club   | 496       | 774      | 0        | 1270   |
| 118      | Kev Kendal           | m      | MV 50   | Howgill Harriers               | 529       | 0        | 694      | 1223   |
| 119      | Rach Garner          | f      | FV 50   | Prestwich AC                   | 528       | 0        | 693      | 1221   |
| 120      | Alison Nordon        | f      | FV 50   |                                | 500       | 0        | 695      | 1195   |

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|----------|-----------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 121      | Pauline Carrera-Silva | f      | FV 50   |                                 | 511       | 0        | 671      | 1182   |
| 122      | Michael Moss          | m      | MV 50   | Total Transition Triathlon Club | 495       | 0        | 659      | 1154   |
| 123      | Sara Lucas            | f      | FV 50   |                                 | 458       | 0        | 664      | 1122   |
| 124      | Jonathan Cox          | m      |         | Eden Runners                    | 1000      | 0        | 0        | 1000   |
| 125      | Vit Knezinek          | m      |         | INOv8 Czechia                   | 0         | 1000     | 0        | 1000   |
| 126      | Scott Nutter          | m      | U25     | Border Harriers                 | 0         | 0        | 1000     | 1000   |
| 127      | Zhi Yan Yeo           | m      | U25     | University of Warwick           | 999       | 0        | 0        | 999    |
| 128      | Stuart Wilson         | m      |         |                                 | 0         | 999      | 0        | 999    |
| 129      | Felix Barker          | m      |         | Ambleside AC                    | 0         | 0        | 999      | 999    |
| 130      | John French           | m      | MV 40   | Eden Runners                    | 998       | 0        | 0        | 998    |
| 131      | Jack Robinson         | m      |         | Ambleside AC                    | 0         | 0        | 998      | 998    |
| 132      | Ted Leahy             | m      | MV 40   | Ripon Runners                   | 997       | 0        | 0        | 997    |
| 133      | Alex Haine            | m      |         |                                 | 0         | 0        | 997      | 997    |
| 134      | John Gill             | m      | MV 40   |                                 | 996       | 0        | 0        | 996    |
| 135      | Victoria A Duncan     | f      |         |                                 | 0         | 996      | 0        | 996    |
| 136      | Liam Wilson           | m      |         |                                 | 0         | 0        | 996      | 996    |
| 137      | Liam Major            | m      |         |                                 | 0         | 995      | 0        | 995    |
| 138      | Martin Gough          | m      |         |                                 | 0         | 0        | 995      | 995    |
| 139      | Dan Toole             | m      |         |                                 | 994       | 0        | 0        | 994    |
| 140      | Jonathan Gilroy       | m      | MV 40   | Jarrow and Hebburn Ac           | 0         | 994      | 0        | 994    |
| 141      | Jim Harlock           | m      | MV 60   | City Of Hull Ac                 | 0         | 0        | 994      | 994    |
| 142      | Dom Brown             | m      | U25     |                                 | 993       | 0        | 0        | 993    |
| 143      | Barbora Cichá         | f      |         | Inov8 CZ                        | 0         | 993      | 0        | 993    |
| 144      | Ben Wales             | m      | MV 40   | City of Hull AC                 | 0         | 0        | 993      | 993    |
| 145      | John Butters          | m      | MV 40   |                                 | 992       | 0        | 0        | 992    |
| 146      | Paul Duke             | m      | MV 40   | Burnden Road Runners            | 0         | 992      | 0        | 992    |
| 147      | Matthew Rooke         | m      |         | Black Combe Runners             | 0         | 0        | 992      | 992    |
| 148      | Andrew Miles          | m      |         |                                 | 991       | 0        | 0        | 991    |
| 149      | Emma Neil             | f      |         |                                 | 0         | 991      | 0        | 991    |
| 150      | James Forrest         | m      | MV 40   |                                 | 0         | 0        | 991      | 991    |
| 151      | Gareth Doherty        | m      | MV 40   | Burnden Road Runners            | 0         | 990      | 0        | 990    |
| 152      | Lawrence Basham       | m      | MV 50   |                                 | 0         | 0        | 990      | 990    |
| 153      | Aisling Wall          | f      |         | Horsforth Harriers              | 989       | 0        | 0        | 989    |
| 154      | james Galloway-Booth  | m      | U21     |                                 | 0         | 989      | 0        | 989    |
| 155      | Ian Hunter            | m      | MV 40   | Beeston AC                      | 988       | 0        | 0        | 988    |
| 156      | Tim Savage            | m      | MV 50   | City of Hull AC                 | 0         | 0        | 988      | 988    |
| 157      | David Walker          | m      | MV 50   | Sedgefield Harriers             | 987       | 0        | 0        | 987    |
| 158      | Kyle Biggs            | m      |         |                                 | 0         | 987      | 0        | 987    |
| 159      | Stephen Glenville     | m      | MV 40   | City of Hull AC                 | 0         | 0        | 987      | 987    |
| 160      | Mark Sandamas         | m      | MV 50   | Garlick Fell Runners            | 986       | 0        | 0        | 986    |
| 161      | Mike Allison          | m      | MV 60   | Eden Runners                    | 0         | 986      | 0        | 986    |
| 162      | Nicole Frisby         | f      |         | Springfield Striders            | 0         | 0        | 986      | 986    |
| 163      | Michael Mason         | m      | MV 40   | Ormskirk Mountain Goats         | 985       | 0        | 0        | 985    |
| 164      | Jennifer Badger       | f      |         |                                 | 0         | 985      | 0        | 985    |
| 165      | Rebecca Rooke         | f      |         | Glaxo Hoad Hill Harriers        | 0         | 0        | 985      | 985    |
| 166      | Daniel Hunter         | m      | MV 40   |                                 | 984       | 0        | 0        | 984    |
| 167      | Eric Fowler           | m      | MV 50   | Badgers                         | 0         | 0        | 983      | 983    |
| 168      | Eugene Grant          | m      | MV 50   | Milltown Milers                 | 982       | 0        | 0        | 982    |
| 169      | Suleman Badat         | m      | MV 40   |                                 | 0         | 982      | 0        | 982    |
| 170      | Joe Simons            | m      | MV 40   |                                 | 0         | 0        | 982      | 982    |
| 171      | Robert Cassidy        | m      | MV 40   |                                 | 981       | 0        | 0        | 981    |
| 172      | Seamus Brennan        | m      |         |                                 | 0         | 981      | 0        | 981    |
| 173      | James Clark           | m      | U21     |                                 | 0         | 0        | 981      | 981    |
| 174      | Andrew Foster         | m      | MV 50   | Liverpool Pembroke & Sefton     | 980       | 0        | 0        | 980    |
| 175      | Eleanor Fowler        | f      | FV 40   | Badgers                         | 0         | 0        | 980      | 980    |
| 176      | Chris Bowers          | m      | MV 40   |                                 | 979       | 0        | 0        | 979    |
| 177      | Ben Hall              | m      | MV 40   | Elswick Harriers                | 0         | 0        | 979      | 979    |
| 178      | Daniel Tonge          | m      |         |                                 | 978       | 0        | 0        | 978    |
| 179      | Mike Mckee            | m      | MV 40   |                                 | 0         | 0        | 978      | 978    |
| 180      | Benjamin Sewell       | m      | U21     |                                 | 977       | 0        | 0        | 977    |
| 181      | Dominic Cooper        | m      | MV 40   | Mossley Hill A.C.               | 0         | 977      | 0        | 977    |
| 182      | Chris Mcdonald        | m      | MV 60   |                                 | 0         | 0        | 977      | 977    |
| 183      | Joshua Elliott        | m      | U25     | Meltham ac                      | 976       | 0        | 0        | 976    |
| 184      | Joe Gelder            | m      | U21     |                                 | 975       | 0        | 0        | 975    |

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|----------|-----------------------------|--------|---------|--------------------------------------|-----------|----------|----------|--------|
| 185      | Michael Kermodé             | m      |         | Burnden Road Runners                 | 0         | 975      | 0        | 975    |
| 186      | Fergal Leonard              | m      | MV 40   |                                      | 974       | 0        | 0        | 974    |
| 187      | Andrew Page                 | m      | MV 40   | Vikings                              | 0         | 0        | 974      | 974    |
| 188      | Robert Faulkner             | m      |         |                                      | 973       | 0        | 0        | 973    |
| 189      | Ian Johnson                 | m      | MV 50   |                                      | 972       | 0        | 0        | 972    |
| 190      | Joe Elder                   | m      |         | St Bees Triers                       | 0         | 0        | 972      | 972    |
| 191      | Benjamin Potter             | m      |         |                                      | 971       | 0        | 0        | 971    |
| 192      | Eddie Campbell              | m      |         | Didsbury Runners                     | 0         | 0        | 971      | 971    |
| 193      | Abbie Walker                | f      | U21     | Sedgefield Harriers                  | 970       | 0        | 0        | 970    |
| 194      | Joe Sweetman                | m      | U25     |                                      | 0         | 970      | 0        | 970    |
| 195      | Timothy Forber              | m      |         | Lancaster & Morecambe Athletics Club | 969       | 0        | 0        | 969    |
| 196      | Michael Graham              | m      | MV 40   | Border Reiver runners                | 0         | 0        | 969      | 969    |
| 197      | Benjamin Fawcett            | m      |         |                                      | 0         | 968      | 0        | 968    |
| 198      | Ian Doughty                 | m      |         |                                      | 0         | 0        | 968      | 968    |
| 199      | Simon Barnes                | m      |         | COLT                                 | 967       | 0        | 0        | 967    |
| 200      | Arulkumaran Umapathy        | m      |         |                                      | 0         | 967      | 0        | 967    |
| 201      | Michelle Crowley            | f      | FV 40   | Ambleside AC                         | 0         | 0        | 967      | 967    |
| 202      | Rebecca Rooke               | f      |         | Glaxo Hoad Hill Harriers             | 966       | 0        | 0        | 966    |
| 203      | Jeff Mccarthy               | m      | MV 50   | Rochdale Harriers                    | 0         | 966      | 0        | 966    |
| 204      | Nick Clarke                 | m      | MV 40   | Walden Tri                           | 0         | 0        | 966      | 966    |
| 205      | Roger Grand                 | m      | MV 50   | Trentham running club                | 965       | 0        | 0        | 965    |
| 206      | Stephen Webb                | m      | MV 50   |                                      | 0         | 0        | 965      | 965    |
| 207      | Andrew Grimshaw             | m      | MV 40   | Penny Lane Striders                  | 964       | 0        | 0        | 964    |
| 208      | Ben Clarke                  | m      | MV 50   | Team Nidderdale                      | 0         | 964      | 0        | 964    |
| 209      | Jamie Funnell               | m      |         |                                      | 0         | 0        | 964      | 964    |
| 210      | Michael Touhey              | m      | MV 40   |                                      | 0         | 963      | 0        | 963    |
| 211      | Jon Meeten                  | m      | MV 50   |                                      | 0         | 0        | 963      | 963    |
| 212      | Royle Daniel                | m      |         |                                      | 962       | 0        | 0        | 962    |
| 213      | Daniel McGrath              | m      | MV 40   |                                      | 0         | 962      | 0        | 962    |
| 214      | Paul Cartwright             | m      | MV 60   | City Of Hull Ac                      | 0         | 0        | 962      | 962    |
| 215      | Helen Thompson              | f      | FV 40   | Poynton Runners                      | 961       | 0        | 0        | 961    |
| 216      | George McArthy              | m      |         |                                      | 0         | 961      | 0        | 961    |
| 217      | David Brown                 | m      | MV 40   |                                      | 960       | 0        | 0        | 960    |
| 218      | Luke Hough                  | m      |         |                                      | 959       | 0        | 0        | 959    |
| 219      | Davide Cuoghi               | m      |         |                                      | 0         | 959      | 0        | 959    |
| 220      | Michael Norbury             | m      |         | Didsbury Runners                     | 0         | 0        | 959      | 959    |
| 221      | Matthew Snarr               | m      | MV 40   | N/a                                  | 958       | 0        | 0        | 958    |
| 222      | Emily Thwaites              | f      | FV 40   | Allithwaite Running Club             | 0         | 958      | 0        | 958    |
| 223      | Jack Colling                | m      | U21     |                                      | 0         | 0        | 958      | 958    |
| 224      | Kipp Jones                  | m      |         |                                      | 957       | 0        | 0        | 957    |
| 225      | Raymond Quinn               | m      | MV 50   |                                      | 0         | 957      | 0        | 957    |
| 226      | Alex Osborn                 | m      |         | Embsay running club                  | 0         | 0        | 957      | 957    |
| 227      | Andy Johnson                | m      |         |                                      | 956       | 0        | 0        | 956    |
| 228      | Michael hutchyd8@hotmail.co | m      |         | N/A                                  | 0         | 956      | 0        | 956    |
| 229      | Ben Compton                 | m      | U25     | Chorlton Runners                     | 0         | 0        | 956      | 956    |
| 230      | Neil Whitaker               | m      |         |                                      | 0         | 955      | 0        | 955    |
| 231      | Ben Taylor                  | m      | U21     |                                      | 0         | 0        | 955      | 955    |
| 232      | John Dickinson              | m      | MV 50   | Liverpool Pembroke Sefton            | 0         | 954      | 0        | 954    |
| 233      | Stuart Parker               | m      |         |                                      | 0         | 0        | 954      | 954    |
| 234      | Paul Moor                   | m      |         |                                      | 953       | 0        | 0        | 953    |
| 235      | Alex Butcher                | m      |         |                                      | 0         | 0        | 953      | 953    |
| 236      | Mark Ashburn                | m      |         |                                      | 952       | 0        | 0        | 952    |
| 237      | Hanif Meeran                | m      | MV 50   |                                      | 0         | 952      | 0        | 952    |
| 238      | Rupert Wilks                | m      | MV 50   | City Of Hull Ac                      | 0         | 0        | 952      | 952    |
| 239      | Frank Saunders              | m      | U21     | Team Otter                           | 0         | 951      | 0        | 951    |
| 240      | Christoph Thomas            | m      |         |                                      | 0         | 0        | 951      | 951    |
| 241      | Matt Baxter                 | m      |         |                                      | 950       | 0        | 0        | 950    |
| 242      | Dan Saunders                | m      | MV 40   | Team Otter                           | 0         | 950      | 0        | 950    |
| 243      | Sam Russell                 | m      |         |                                      | 0         | 0        | 950      | 950    |
| 244      | Josh Silver                 | m      |         |                                      | 949       | 0        | 0        | 949    |
| 245      | Mason Wennington            | m      | U21     |                                      | 0         | 949      | 0        | 949    |
| 246      | Jessica Slater              | f      |         | Revolution runners                   | 0         | 0        | 949      | 949    |
| 247      | Sean Roddy                  | m      | MV 40   |                                      | 948       | 0        | 0        | 948    |
| 248      | Harrison Dent               | m      |         |                                      | 0         | 948      | 0        | 948    |

| Position | Name                 | Gender | Age Cat | Club                    | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|-------------------------|-----------|----------|----------|--------|
| 249      | Bruce Penhale        | m      | MV 60   |                         | 0         | 0        | 948      | 948    |
| 250      | Rich Greenfield      | m      | MV 40   | Hoad Hill Harriers      | 947       | 0        | 0        | 947    |
| 251      | Nick Martland        | m      | MV 50   |                         | 0         | 947      | 0        | 947    |
| 252      | Tom Roper            | m      |         | Hyde Park Harriers      | 946       | 0        | 0        | 946    |
| 253      | Stuart Buchan        | m      | MV 60   | City of Hull            | 0         | 0        | 946      | 946    |
| 254      | Stephen Dyson        | m      | MV 40   |                         | 945       | 0        | 0        | 945    |
| 255      | Dominic Welsby       | m      |         |                         | 944       | 0        | 0        | 944    |
| 256      | Lyndsay Darbyshire   | f      | FV 50   | Burnden Road Runners    | 0         | 944      | 0        | 944    |
| 257      | Becky Speres         | f      |         |                         | 0         | 0        | 944      | 944    |
| 258      | Gordon Blunt         | m      | MV 40   | Kendal Hockey Club      | 943       | 0        | 0        | 943    |
| 259      | Richard Hatton       | m      | MV 40   | N/a                     | 0         | 943      | 0        | 943    |
| 260      | Cliff Veighey        | m      | MV 50   |                         | 0         | 0        | 943      | 943    |
| 261      | Benjamin North       | m      |         |                         | 942       | 0        | 0        | 942    |
| 262      | Owen Jones           | m      | MV 40   | The Otters              | 0         | 942      | 0        | 942    |
| 263      | Max Buswell          | m      | U25     |                         | 0         | 0        | 942      | 942    |
| 264      | Matt Whitehead       | m      |         |                         | 941       | 0        | 0        | 941    |
| 265      | Sarah Kerr           | f      | FV 40   |                         | 0         | 941      | 0        | 941    |
| 266      | Ryan Bradley         | m      |         |                         | 0         | 0        | 941      | 941    |
| 267      | Peter Fishpool       | m      | MV 50   | Yorkshire Wolds Runners | 940       | 0        | 0        | 940    |
| 268      | Louise Robbins       | f      | FV 50   |                         | 0         | 940      | 0        | 940    |
| 269      | Iain Bramble         | m      | MV 50   |                         | 0         | 0        | 940      | 940    |
| 270      | Mr Lowes             | m      | MV 40   | Elswick Harriers        | 939       | 0        | 0        | 939    |
| 271      | Chris Lawrence       | f      | FV 60   |                         | 0         | 939      | 0        | 939    |
| 272      | Jack Gordon          | m      |         |                         | 0         | 0        | 939      | 939    |
| 273      | John Williams        | m      | MV 40   | Milltown Milers         | 938       | 0        | 0        | 938    |
| 274      | Eleanor Bennewith    | f      |         |                         | 0         | 938      | 0        | 938    |
| 275      | Ryan Armstrong       | m      |         |                         | 937       | 0        | 0        | 937    |
| 276      | Andrew Mitchinson    | m      | MV 40   | Team Otter              | 0         | 937      | 0        | 937    |
| 277      | Michael Bean         | m      | MV 50   |                         | 0         | 0        | 937      | 937    |
| 278      | Will Parry           | m      | MV 50   | London Fronrunners      | 936       | 0        | 0        | 936    |
| 279      | Rebecca Mon-Williams | f      | FV 50   |                         | 0         | 936      | 0        | 936    |
| 280      | Richard Hawkins      | m      | MV 40   | York Postal Harriers    | 0         | 0        | 936      | 936    |
| 281      | Paul Collins         | m      |         |                         | 935       | 0        | 0        | 935    |
| 282      | Harrison Clough      | m      | U25     |                         | 0         | 935      | 0        | 935    |
| 283      | Ian Goulding         | m      | MV 60   | Holmfirth Harriers      | 0         | 0        | 935      | 935    |
| 284      | Chris Parry          | m      |         |                         | 934       | 0        | 0        | 934    |
| 285      | Dougie Burke         | m      | U25     |                         | 0         | 0        | 934      | 934    |
| 286      | Scott Mason          | m      |         |                         | 933       | 0        | 0        | 933    |
| 287      | Rachel Darling Love  | f      | FV 50   | City of Hull AC         | 0         | 0        | 933      | 933    |
| 288      | Ben Brown            | m      |         |                         | 932       | 0        | 0        | 932    |
| 289      | Roberto Raso         | m      | MV 60   | Manchester Fronrunners  | 0         | 0        | 932      | 932    |
| 290      | Anton Mirafsari      | m      |         | Jarrow and Hebburn ac   | 0         | 931      | 0        | 931    |
| 291      | Caitlin Burke        | f      |         | Hyde Park Harriers      | 0         | 0        | 931      | 931    |
| 292      | Ian Bowker           | m      | MV 50   | Marple Runners          | 930       | 0        | 0        | 930    |
| 293      | Tom Willox           | m      |         | Helm Hill Runners       | 929       | 0        | 0        | 929    |
| 294      | martin Landivar      | m      | MV 40   |                         | 0         | 929      | 0        | 929    |
| 295      | Al Neal              | m      | MV 40   |                         | 928       | 0        | 0        | 928    |
| 296      | Tim Palfreman        | m      | MV 50   | Harrogate Harriers      | 0         | 928      | 0        | 928    |
| 297      | Claire Pepper        | f      |         |                         | 0         | 0        | 928      | 928    |
| 298      | Martin Slovak        | m      | MV 40   |                         | 927       | 0        | 0        | 927    |
| 299      | Phill Rae            | m      | MV 50   |                         | 0         | 0        | 927      | 927    |
| 300      | Carl Hutchinson      | m      |         |                         | 0         | 926      | 0        | 926    |
| 301      | Michael Harding      | m      |         |                         | 0         | 0        | 926      | 926    |
| 302      | Sarah Taylor         | f      |         | Beeston AC              | 925       | 0        | 0        | 925    |
| 303      | John Ryder           | m      | MV 50   | Eden runners            | 0         | 925      | 0        | 925    |
| 304      | Mark Salmon          | m      |         | N/a                     | 0         | 0        | 925      | 925    |
| 305      | sam McCormack        | m      |         |                         | 924       | 0        | 0        | 924    |
| 306      | Olivia Stewart       | f      | U25     |                         | 0         | 924      | 0        | 924    |
| 307      | John Marlen-Summers  | m      | MV 40   |                         | 0         | 0        | 924      | 924    |
| 308      | Jack Jolley          | m      | U25     |                         | 923       | 0        | 0        | 923    |
| 309      | Matthew Park         | m      |         |                         | 0         | 923      | 0        | 923    |
| 310      | Hollie Steed         | f      |         |                         | 0         | 0        | 923      | 923    |
| 311      | Dominic Bevan        | m      |         | Bogdan Bombers          | 922       | 0        | 0        | 922    |
| 312      | Chris Gee            | m      | MV 40   | Rochdale Harriers       | 0         | 922      | 0        | 922    |

| Position | Name                 | Gender | Age Cat | Club                        | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|-----------------------------|-----------|----------|----------|--------|
| 313      | Steven Ainsworth     | m      |         |                             | 921       | 0        | 0        | 921    |
| 314      | Anne Ferguson        | f      | FV 60   | Burnden                     | 0         | 920      | 0        | 920    |
| 315      | Tyler Carter         | m      | U25     |                             | 0         | 0        | 920      | 920    |
| 316      | Jonathan Watson      | m      |         |                             | 919       | 0        | 0        | 919    |
| 317      | Ashley Kaye          | m      |         |                             | 0         | 919      | 0        | 919    |
| 318      | Jayne Collins        | f      | FV 60   | Wigan Harriers              | 918       | 0        | 0        | 918    |
| 319      | George Scott         | m      |         |                             | 0         | 0        | 918      | 918    |
| 320      | David Edwards        | m      |         |                             | 917       | 0        | 0        | 917    |
| 321      | Simon Eggleston      | m      | MV 50   | South Shields Harrers       | 0         | 917      | 0        | 917    |
| 322      | Anna McDonald        | f      | U25     | Didsbury Runners            | 0         | 0        | 917      | 917    |
| 323      | Callum John          | m      | U25     |                             | 0         | 916      | 0        | 916    |
| 324      | Mike Collins         | m      | MV 50   |                             | 0         | 0        | 916      | 916    |
| 325      | Luke Poppleton       | m      | U25     |                             | 915       | 0        | 0        | 915    |
| 326      | Megan Raybould       | f      |         |                             | 0         | 915      | 0        | 915    |
| 327      | William Fitch        | m      |         |                             | 0         | 0        | 915      | 915    |
| 328      | Keith Robinson       | m      | MV 40   |                             | 914       | 0        | 0        | 914    |
| 329      | Lara Sharp           | f      |         |                             | 0         | 914      | 0        | 914    |
| 330      | Dan Bromley          | m      | MV 40   |                             | 0         | 0        | 914      | 914    |
| 331      | Chris Bone           | m      | MV 40   | St Bees Triers              | 913       | 0        | 0        | 913    |
| 332      | Jack Richards        | m      |         |                             | 0         | 0        | 913      | 913    |
| 333      | Kieron Jackson       | m      | MV 40   |                             | 912       | 0        | 0        | 912    |
| 334      | Mark Edsell          | m      | MV 50   |                             | 0         | 912      | 0        | 912    |
| 335      | Matthew Atkinson     | m      | MV 40   |                             | 0         | 0        | 912      | 912    |
| 336      | Stuart Lamb          | m      |         |                             | 911       | 0        | 0        | 911    |
| 337      | Thomas Rosser        | m      | MV 50   |                             | 0         | 911      | 0        | 911    |
| 338      | Sophie Lee           | f      |         | City of Hull AC             | 0         | 0        | 911      | 911    |
| 339      | Basia Pawelczak      | f      |         | Blackpool Wyre And Fylde Ac | 910       | 0        | 0        | 910    |
| 340      | Sarah Brotherton     | f      |         |                             | 0         | 910      | 0        | 910    |
| 341      | Sam Jones            | m      | MV 40   |                             | 0         | 0        | 910      | 910    |
| 342      | Jonathan Goldsworthy | m      | MV 40   |                             | 909       | 0        | 0        | 909    |
| 343      | Ian Cooper           | m      | MV 60   |                             | 0         | 909      | 0        | 909    |
| 344      | Denis Cleary         | m      | MV 50   | None                        | 0         | 0        | 909      | 909    |
| 345      | John McGinley        | m      |         |                             | 908       | 0        | 0        | 908    |
| 346      | Elly Ball            | f      |         |                             | 0         | 908      | 0        | 908    |
| 347      | Mary Hall            | f      | FV 40   | Elswick Harriers            | 0         | 0        | 908      | 908    |
| 348      | Matt Dixon           | m      |         |                             | 907       | 0        | 0        | 907    |
| 349      | Lucy Mote            | f      |         |                             | 0         | 907      | 0        | 907    |
| 350      | Stephen Stuart       | m      | MV 50   |                             | 0         | 0        | 907      | 907    |
| 351      | Spencer Wennington   | m      | U25     |                             | 0         | 906      | 0        | 906    |
| 352      | Isabelle Qamar       | f      | FV 50   | Didsbury Runners            | 0         | 0        | 906      | 906    |
| 353      | Donna Cartwright     | f      | FV 40   | Radcliffe Ac                | 905       | 0        | 0        | 905    |
| 354      | Rob Wennington       | m      | MV 50   |                             | 0         | 905      | 0        | 905    |
| 355      | Robert Burke         | m      | MV 40   |                             | 904       | 0        | 0        | 904    |
| 356      | Simon Yates          | m      | MV 50   |                             | 0         | 904      | 0        | 904    |
| 357      | Linda Rix            | f      | FV 60   | Manchester Frontrunners     | 0         | 0        | 904      | 904    |
| 358      | Peter Bold           | m      | MV 60   | Milltown Milers             | 903       | 0        | 0        | 903    |
| 359      | Cheryl Stanley       | f      | FV 40   |                             | 0         | 903      | 0        | 903    |
| 360      | Alexandra Middleham  | f      | U25     |                             | 0         | 0        | 903      | 903    |
| 361      | Julian Clarke        | m      | MV 50   |                             | 902       | 0        | 0        | 902    |
| 362      | Charlotte Middleham  | f      | U25     |                             | 0         | 0        | 902      | 902    |
| 363      | Godfrey Nyamugunduru | m      |         |                             | 901       | 0        | 0        | 901    |
| 364      | Mary Fairclough      | f      | FV 40   |                             | 0         | 901      | 0        | 901    |
| 365      | Michael Little       | m      | MV 40   |                             | 0         | 0        | 901      | 901    |
| 366      | Joanne Grant         | f      | FV 50   | Milltown Milers             | 900       | 0        | 0        | 900    |
| 367      | Richard Fawcett      | m      | MV 50   |                             | 0         | 900      | 0        | 900    |
| 368      | Glen Brown           | m      |         |                             | 0         | 0        | 900      | 900    |
| 369      | Ant Naylor           | m      | MV 40   |                             | 899       | 0        | 0        | 899    |
| 370      | Linda Doherty        | f      | FV 50   | Burnden road runners        | 0         | 899      | 0        | 899    |
| 371      | Neil Venables        | m      | MV 60   |                             | 0         | 0        | 899      | 899    |
| 372      | Ross Ives            | m      | MV 40   |                             | 898       | 0        | 0        | 898    |
| 373      | Kevan Garner         | m      | MV 50   | Stockport harriers          | 897       | 0        | 0        | 897    |
| 374      | Karl Bescoby         | m      | MV 50   | Chorlton Runners            | 0         | 0        | 897      | 897    |
| 375      | andrew foulkes       | m      |         |                             | 896       | 0        | 0        | 896    |
| 376      | Richard Kinrade      | m      |         |                             | 0         | 0        | 896      | 896    |

| Position | Name                   | Gender | Age Cat | Club                            | Hawkshead | Staveley | Coniston | Spring |
|----------|------------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 377      | Lindsey Quinn          | f      |         |                                 | 895       | 0        | 0        | 895    |
| 378      | Mark Griffiths         | m      | MV 40   |                                 | 0         | 895      | 0        | 895    |
| 379      | Chris Bristow          | m      | MV 40   |                                 | 0         | 0        | 895      | 895    |
| 380      | David Simmons          | m      | MV 50   | Prestwich AC                    | 894       | 0        | 0        | 894    |
| 381      | Joe Walker-Davies      | m      |         |                                 | 0         | 894      | 0        | 894    |
| 382      | Kelvin Palmer          | m      | MV 40   |                                 | 0         | 0        | 894      | 894    |
| 383      | Mark Walker            | m      | MV 50   | Rochdale Harriers and AC        | 893       | 0        | 0        | 893    |
| 384      | William Mulvaney       | m      |         |                                 | 0         | 893      | 0        | 893    |
| 385      | Christopher Hanson     | m      | MV 50   |                                 | 892       | 0        | 0        | 892    |
| 386      | Adrian Dixon           | m      | MV 60   |                                 | 0         | 892      | 0        | 892    |
| 387      | Andrew Moss            | m      |         |                                 | 0         | 0        | 892      | 892    |
| 388      | Matt Gillard           | m      | MV 40   |                                 | 0         | 0        | 891      | 891    |
| 389      | Neil Ward              | m      | MV 50   | Ponteland Runners               | 890       | 0        | 0        | 890    |
| 390      | Jason Stanley          | m      | MV 40   |                                 | 0         | 890      | 0        | 890    |
| 391      | Shannon Horrocks       | f      |         |                                 | 0         | 0        | 890      | 890    |
| 392      | Kevin Mackay           | m      | MV 60   |                                 | 889       | 0        | 0        | 889    |
| 393      | Matthew Dack           | m      |         |                                 | 0         | 0        | 889      | 889    |
| 394      | Kevin Tomlinson        | m      | MV 60   | Milltown Milers                 | 888       | 0        | 0        | 888    |
| 395      | Melissa Gorst          | f      |         |                                 | 0         | 888      | 0        | 888    |
| 396      | Robert Melling         | m      |         |                                 | 887       | 0        | 0        | 887    |
| 397      | Mark Nussey            | m      | MV 50   | Thornton Cleveleys Running club | 0         | 0        | 887      | 887    |
| 398      | Marjoiljn Spoorenberg  | f      |         |                                 | 886       | 0        | 0        | 886    |
| 399      | Philip Grace           | m      | MV 50   | Lonely Goat Rc                  | 0         | 886      | 0        | 886    |
| 400      | Pedro Rodriguez        | m      |         |                                 | 885       | 0        | 0        | 885    |
| 401      | Natalie Curtis         | f      | FV 50   | Ilkley Harriers                 | 0         | 885      | 0        | 885    |
| 402      | Steven Kitchin         | m      | MV 50   |                                 | 0         | 0        | 885      | 885    |
| 403      | Emma Barrington        | f      |         |                                 | 884       | 0        | 0        | 884    |
| 404      | Charlie Tose           | m      | U25     |                                 | 0         | 0        | 884      | 884    |
| 405      | Stephen Field          | m      | MV 40   |                                 | 883       | 0        | 0        | 883    |
| 406      | Elliott Cruickshanks   | m      |         |                                 | 0         | 0        | 883      | 883    |
| 407      | Debbie Howard          | f      | FV 50   | Furness Fell Runners            | 882       | 0        | 0        | 882    |
| 408      | Steven Kjar            | m      | MV 50   | Benfleet                        | 0         | 0        | 882      | 882    |
| 409      | Steve Coward           | m      | MV 50   |                                 | 881       | 0        | 0        | 881    |
| 410      | Ben Gibson             | m      | U21     |                                 | 0         | 880      | 0        | 880    |
| 411      | Pierce Hamer           | m      | U25     |                                 | 879       | 0        | 0        | 879    |
| 412      | Louis Bolton           | m      | U25     |                                 | 0         | 0        | 879      | 879    |
| 413      | Jordan Hammond         | m      |         | Furness Trailblazers            | 878       | 0        | 0        | 878    |
| 414      | Russell Fox            | m      |         |                                 | 0         | 878      | 0        | 878    |
| 415      | Colin Dobbs            | m      | MV 40   | Penny Lane Striders             | 877       | 0        | 0        | 877    |
| 416      | Martha Anderson-Taylor | f      |         |                                 | 0         | 877      | 0        | 877    |
| 417      | Chris Blackburn        | m      | MV 40   |                                 | 0         | 0        | 877      | 877    |
| 418      | Tom Barker             | m      |         |                                 | 876       | 0        | 0        | 876    |
| 419      | Ruth John              | f      |         |                                 | 0         | 0        | 876      | 876    |
| 420      | Kathryn Hopley         | f      |         |                                 | 875       | 0        | 0        | 875    |
| 421      | Gavin Torr             | m      | MV 50   |                                 | 0         | 875      | 0        | 875    |
| 422      | Lucy Khan              | f      | FV 50   | City Of Hull Ac                 | 0         | 0        | 875      | 875    |
| 423      | Simon Winster          | m      |         | Red Rose Road Runners           | 874       | 0        | 0        | 874    |
| 424      | Sally McCoy            | f      | FV 50   | Lostock AC                      | 0         | 0        | 874      | 874    |
| 425      | Chris Hearle           | m      |         |                                 | 873       | 0        | 0        | 873    |
| 426      | Melissa Husbands       | f      | FV 50   | Burnden Road Runners            | 0         | 873      | 0        | 873    |
| 427      | Cheryl Ashdown         | f      | FV 60   | City of Hull                    | 0         | 0        | 873      | 873    |
| 428      | Gillian Glynn          | f      | FV 50   |                                 | 872       | 0        | 0        | 872    |
| 429      | Daniel Merlo           | m      | MV 40   | Rochdale Harriers & AC          | 0         | 872      | 0        | 872    |
| 430      | Matthew Almond         | m      | MV 60   |                                 | 0         | 0        | 872      | 872    |
| 431      | Hilary Neal            | f      | FV 40   |                                 | 871       | 0        | 0        | 871    |
| 432      | Mary Dawson            | f      | FV 40   |                                 | 0         | 871      | 0        | 871    |
| 433      | Susan Kerfoot          | f      | FV 40   | St Helens Striders              | 0         | 0        | 871      | 871    |
| 434      | Jimmy Ryan             | m      | MV 50   |                                 | 870       | 0        | 0        | 870    |
| 435      | Esther Stanier         | f      | FV 40   | Red Rose Road Runners           | 0         | 870      | 0        | 870    |
| 436      | Matthew McEwan         | m      |         |                                 | 869       | 0        | 0        | 869    |
| 437      | Brad Foster            | m      |         |                                 | 0         | 869      | 0        | 869    |
| 438      | George Chrystal        | m      | U25     |                                 | 0         | 0        | 869      | 869    |
| 439      | Tom Silver             | m      |         | Chorlton Runners                | 868       | 0        | 0        | 868    |
| 440      | Neil Reddin            | m      | MV 40   | Team Otter                      | 0         | 868      | 0        | 868    |

| Position | Name                | Gender | Age Cat | Club                            | Hawkshead | Staveley | Coniston | Spring |
|----------|---------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 441      | Lee Drummond        | m      | MV 50   | Birtley Ac                      | 867       | 0        | 0        | 867    |
| 442      | Ruth Jack           | f      |         |                                 | 0         | 0        | 867      | 867    |
| 443      | Luke Kane           | m      | U25     |                                 | 866       | 0        | 0        | 866    |
| 444      | Colin Copland       | m      | MV 60   |                                 | 0         | 866      | 0        | 866    |
| 445      | Rosina Merrett      | f      | FV 40   |                                 | 0         | 0        | 866      | 866    |
| 446      | Andrew Connors      | m      | MV 50   | Knowle & Dorrige Running Club   | 865       | 0        | 0        | 865    |
| 447      | Fran Mckee          | f      |         |                                 | 0         | 865      | 0        | 865    |
| 448      | Russell Davies      | m      | MV 50   | Knowle And Dorrige Rc           | 864       | 0        | 0        | 864    |
| 449      | Corinne Cummings    | f      | FV 50   | Keswick Athletics Club          | 863       | 0        | 0        | 863    |
| 450      | Elaine Clarke       | f      | FV 40   | NYP TRI                         | 0         | 863      | 0        | 863    |
| 451      | Wendy Slater        | f      | FV 50   |                                 | 0         | 0        | 863      | 863    |
| 452      | Nicholas Short      | m      | MV 50   |                                 | 862       | 0        | 0        | 862    |
| 453      | Jeff Blackford      | m      | MV 50   | Didsbury runners                | 0         | 0        | 862      | 862    |
| 454      | Simon Willett       | m      | MV 40   |                                 | 0         | 0        | 861      | 861    |
| 455      | Matt Brookes        | m      | MV 40   | Ripon Runners                   | 860       | 0        | 0        | 860    |
| 456      | Daniel Tetlow       | m      |         | St Helens Striders              | 0         | 0        | 860      | 860    |
| 457      | Justin Gill         | m      | MV 50   | Clayton-le-Moors Harriers       | 0         | 859      | 0        | 859    |
| 458      | Niki Whitaker       | f      | FV 40   | City Of Hull AC                 | 0         | 0        | 859      | 859    |
| 459      | robert m page       | m      | MV 40   |                                 | 858       | 0        | 0        | 858    |
| 460      | Leslie Johnson      | m      | MV 50   | Cheshire Dragons                | 857       | 0        | 0        | 857    |
| 461      | Kathy Bloomfield    | f      | FV 40   |                                 | 0         | 857      | 0        | 857    |
| 462      | Laura Davies        | f      |         |                                 | 856       | 0        | 0        | 856    |
| 463      | Suzanne Hughes-Rudd | f      | FV 40   |                                 | 0         | 856      | 0        | 856    |
| 464      | Nicola Kitchin      | f      | FV 50   |                                 | 0         | 0        | 856      | 856    |
| 465      | Paul Bennett        | m      | MV 40   | Vale of York Athletic Community | 855       | 0        | 0        | 855    |
| 466      | Jo Fee              | f      | FV 50   | CFR                             | 0         | 855      | 0        | 855    |
| 467      | Jonathan Atkinson   | m      | MV 50   | Didsbury Runners                | 0         | 0        | 855      | 855    |
| 468      | Mart Kissick        | m      | MV 40   |                                 | 0         | 854      | 0        | 854    |
| 469      | Donna Blackburn     | f      | FV 40   |                                 | 0         | 0        | 854      | 854    |
| 470      | Josh Baldwin        | m      |         |                                 | 0         | 853      | 0        | 853    |
| 471      | George Atherton     | m      |         |                                 | 852       | 0        | 0        | 852    |
| 472      | Thomas Alton        | m      |         |                                 | 851       | 0        | 0        | 851    |
| 473      | Peter Cushion       | m      | MV 50   | Wirral Vikings Trc              | 0         | 0        | 851      | 851    |
| 474      | Ollie Camburn       | m      | U25     |                                 | 850       | 0        | 0        | 850    |
| 475      | David Bailey        | m      | MV 50   | Biddulph Running Club           | 0         | 850      | 0        | 850    |
| 476      | Lee Ashcroft        | m      |         |                                 | 0         | 0        | 850      | 850    |
| 477      | Tim Kings           | m      | MV 50   |                                 | 849       | 0        | 0        | 849    |
| 478      | Joanne Bailey       | f      | FV 50   | Biddulph Running Club           | 0         | 849      | 0        | 849    |
| 479      | Alastair Mcintosh   | m      | MV 40   |                                 | 848       | 0        | 0        | 848    |
| 480      | Christina Loveridge | f      | FV 40   | Bbrc                            | 0         | 848      | 0        | 848    |
| 481      | Gemma Kenny         | f      |         |                                 | 0         | 0        | 848      | 848    |
| 482      | Wayne Lawrenson     | m      | MV 40   |                                 | 0         | 847      | 0        | 847    |
| 483      | Laura Parkin        | f      | FV 40   | Didsbury Runners                | 0         | 0        | 847      | 847    |
| 484      | Helen Palmer        | f      | FV 40   |                                 | 846       | 0        | 0        | 846    |
| 485      | Mark Graham         | m      | MV 50   | Wirral Vikings                  | 0         | 0        | 846      | 846    |
| 486      | Simon Brady         | m      | MV 40   |                                 | 845       | 0        | 0        | 845    |
| 487      | Justin Ions         | m      | MV 50   |                                 | 0         | 845      | 0        | 845    |
| 488      | Caroline D'Arcy     | f      | FV 50   |                                 | 0         | 0        | 845      | 845    |
| 489      | Rozanne Nolte       | f      |         |                                 | 844       | 0        | 0        | 844    |
| 490      | Simon Jones         | m      | MV 50   |                                 | 0         | 844      | 0        | 844    |
| 491      | Greg Kilshaw        | m      | MV 40   | Lostock AC                      | 0         | 0        | 844      | 844    |
| 492      | Christopher Rowland | m      | MV 40   |                                 | 843       | 0        | 0        | 843    |
| 493      | Alejandro McIntyre  | m      |         |                                 | 0         | 0        | 843      | 843    |
| 494      | Laurence Betts      | m      | MV 40   |                                 | 842       | 0        | 0        | 842    |
| 495      | Alice Burrill       | f      |         | Barlick Fell Runners            | 0         | 0        | 842      | 842    |
| 496      | Karen Bennett       | f      | FV 50   | Lymm Runners                    | 0         | 841      | 0        | 841    |
| 497      | Davinia Jackson     | f      | FV 40   |                                 | 0         | 0        | 841      | 841    |
| 498      | David Logan         | m      | MV 40   |                                 | 840       | 0        | 0        | 840    |
| 499      | Andrew Nuttall      | m      | MV 40   |                                 | 839       | 0        | 0        | 839    |
| 500      | Daniella Aspin      | f      | FV 40   |                                 | 0         | 839      | 0        | 839    |
| 501      | Dave Greene         | m      | MV 50   | Thornton Cleveleys              | 0         | 0        | 839      | 839    |
| 502      | Darren Conway       | m      | MV 50   |                                 | 838       | 0        | 0        | 838    |
| 503      | Heather Woods       | f      |         | Keswick AC                      | 0         | 838      | 0        | 838    |
| 504      | Steven Reynolds     | m      | MV 40   |                                 | 0         | 0        | 838      | 838    |



| Position | Name                  | Gender | Age Cat | Club                            | Hawkshead | Staveley | Coniston | Spring |
|----------|-----------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 505      | Luke Wookey           | m      | MV 40   |                                 | 837       | 0        | 0        | 837    |
| 506      | Marianne Veighey      | f      | FV 50   |                                 | 0         | 0        | 837      | 837    |
| 507      | John Halliday         | m      |         |                                 | 836       | 0        | 0        | 836    |
| 508      | Guy Cowen-Hutton      | m      |         |                                 | 0         | 836      | 0        | 836    |
| 509      | Rachael Martin        | f      | FV 40   |                                 | 0         | 0        | 836      | 836    |
| 510      | Chris Pinkney         | m      | MV 40   |                                 | 835       | 0        | 0        | 835    |
| 511      | Mary Fox              | f      |         |                                 | 0         | 835      | 0        | 835    |
| 512      | Rachel Hancock        | f      | FV 50   | Lostock AC                      | 0         | 0        | 835      | 835    |
| 513      | Grace Rowley          | f      | FV 40   |                                 | 834       | 0        | 0        | 834    |
| 514      | John Street           | m      | MV 50   | Thornton Cleveleys Running Club | 0         | 0        | 834      | 834    |
| 515      | Michael Devlin        | m      | MV 40   |                                 | 833       | 0        | 0        | 833    |
| 516      | Jodie Daghish         | f      |         |                                 | 0         | 833      | 0        | 833    |
| 517      | Gary Tate             | m      | MV 40   | Thornton cleveleys running club | 0         | 0        | 833      | 833    |
| 518      | Hadley Gibson         | m      |         |                                 | 832       | 0        | 0        | 832    |
| 519      | Caroline Glover       | f      | FV 60   |                                 | 0         | 0        | 831      | 831    |
| 520      | Laura Benson          | f      |         | Eden Runners                    | 830       | 0        | 0        | 830    |
| 521      | Mark Lobb             | m      |         |                                 | 0         | 830      | 0        | 830    |
| 522      | Jo Andrews            | f      | FV 50   |                                 | 0         | 0        | 830      | 830    |
| 523      | Arron Cook            | m      |         |                                 | 829       | 0        | 0        | 829    |
| 524      | Cherry Collison       | f      | FV 50   | Bolton united harriers          | 0         | 829      | 0        | 829    |
| 525      | Jen Willitts          | f      | FV 40   | Team ACF                        | 0         | 0        | 829      | 829    |
| 526      | Steve Gibson          | m      | MV 40   |                                 | 0         | 828      | 0        | 828    |
| 527      | Jonathan Willitts     | m      | MV 40   |                                 | 0         | 0        | 828      | 828    |
| 528      | Graeme White          | m      | MV 50   |                                 | 827       | 0        | 0        | 827    |
| 529      | Greg Jones            | m      | MV 40   |                                 | 0         | 827      | 0        | 827    |
| 530      | Paul Sale             | m      | MV 40   |                                 | 826       | 0        | 0        | 826    |
| 531      | Ellie McCarthy        | f      |         |                                 | 0         | 826      | 0        | 826    |
| 532      | Jonathan Broome       | m      | MV 50   | Achille Ratti                   | 825       | 0        | 0        | 825    |
| 533      | Natalie Chan-Lam      | f      |         |                                 | 0         | 825      | 0        | 825    |
| 534      | Heather Soden         | f      | FV 50   | Lostock AC                      | 0         | 0        | 825      | 825    |
| 535      | Kay McGreevy          | f      | FV 60   | In2 The Wild                    | 824       | 0        | 0        | 824    |
| 536      | Kate Shaw             | f      | FV 40   |                                 | 0         | 824      | 0        | 824    |
| 537      | Janet Rhodes          | f      | FV 50   | Lostock ac                      | 0         | 0        | 824      | 824    |
| 538      | Jo Colvin             | f      | FV 40   |                                 | 0         | 823      | 0        | 823    |
| 539      | Lindi Day             | f      | FV 50   | City of Hull AC                 | 0         | 0        | 823      | 823    |
| 540      | Alison Eagle          | f      | FV 60   | Upper Wharfedale Runners        | 822       | 0        | 0        | 822    |
| 541      | Rebecca Mulvaney      | f      |         |                                 | 0         | 822      | 0        | 822    |
| 542      | Roxanne McAllister    | f      |         | Thornton-Cleveleys Running Club | 0         | 0        | 822      | 822    |
| 543      | Si Stevenson          | m      | MV 40   |                                 | 821       | 0        | 0        | 821    |
| 544      | simon Bennewith       | m      | MV 50   |                                 | 0         | 821      | 0        | 821    |
| 545      | Dorothy Pelly         | f      | FV 60   | Ambleside Ac                    | 0         | 0        | 821      | 821    |
| 546      | Peter Hill            | m      | MV 40   |                                 | 820       | 0        | 0        | 820    |
| 547      | John Wiggans          | m      | MV 50   |                                 | 819       | 0        | 0        | 819    |
| 548      | Katherine Holt        | f      |         | Manchester Triathlon Club       | 0         | 819      | 0        | 819    |
| 549      | Andrea Keen           | f      | FV 50   | City of Hull                    | 0         | 0        | 819      | 819    |
| 550      | Neil Dunlop           | m      | MV 60   |                                 | 818       | 0        | 0        | 818    |
| 551      | William Burgess       | m      | MV 60   | Cheshire Hash House Harriers    | 817       | 0        | 0        | 817    |
| 552      | Charlotte Short       | f      | U21     |                                 | 816       | 0        | 0        | 816    |
| 553      | Susan Smerdon         | f      | FV 40   | Widnes running club             | 0         | 816      | 0        | 816    |
| 554      | Margaret Mossman      | f      | FV 50   | Eden Runners                    | 0         | 0        | 816      | 816    |
| 555      | Neal Pearsall         | m      | MV 40   |                                 | 815       | 0        | 0        | 815    |
| 556      | Emily Crowder         | f      |         |                                 | 0         | 815      | 0        | 815    |
| 557      | Callum Palmer         | m      | U25     |                                 | 0         | 0        | 815      | 815    |
| 558      | James Lilliott        | m      |         |                                 | 814       | 0        | 0        | 814    |
| 559      | Sinead Cannon         | f      | FV 50   | Kendal Tri Club                 | 0         | 0        | 814      | 814    |
| 560      | Robert Harper         | m      | MV 50   |                                 | 813       | 0        | 0        | 813    |
| 561      | Dan Mullarkey         | m      |         | Swinton Running Club            | 0         | 813      | 0        | 813    |
| 562      | Andy Pettit           | m      | MV 50   |                                 | 0         | 0        | 813      | 813    |
| 563      | Issy Pettit           | f      | U25     |                                 | 0         | 0        | 812      | 812    |
| 564      | Virginia Short        | f      | FV 50   |                                 | 811       | 0        | 0        | 811    |
| 565      | Deborah Lyons-gravett | f      | FV 50   |                                 | 0         | 811      | 0        | 811    |
| 566      | Matt Whalley          | m      |         |                                 | 810       | 0        | 0        | 810    |
| 567      | Jayson Liggett        | m      | MV 50   |                                 | 0         | 810      | 0        | 810    |
| 568      | Peter Trencher        | m      | MV 40   |                                 | 809       | 0        | 0        | 809    |

| Position | Name                      | Gender | Age Cat | Club                           | Hawkshead | Staveley | Coniston | Spring |
|----------|---------------------------|--------|---------|--------------------------------|-----------|----------|----------|--------|
| 569      | Carole Webster            | f      | FV 50   |                                | 0         | 809      | 0        | 809    |
| 570      | Jonathan Fenwick          | m      |         |                                | 808       | 0        | 0        | 808    |
| 571      | Mary Umopathy             | f      |         |                                | 0         | 808      | 0        | 808    |
| 572      | Andrew Creighton          | m      | MV 50   |                                | 0         | 0        | 808      | 808    |
| 573      | Luciec Walker             | f      |         |                                | 807       | 0        | 0        | 807    |
| 574      | Miriam Brion              | f      | FV 40   |                                | 0         | 0        | 807      | 807    |
| 575      | Richard Pennock           | m      | MV 50   |                                | 806       | 0        | 0        | 806    |
| 576      | Sharon Corbridge          | f      | FV 50   |                                | 0         | 806      | 0        | 806    |
| 577      | David Faulkner            | m      | MV 60   | Lymm Runners                   | 0         | 805      | 0        | 805    |
| 578      | Debbie Tyson              | f      | FV 40   | Millom Striders                | 0         | 0        | 805      | 805    |
| 579      | Debi Ives                 | f      | FV 40   |                                | 804       | 0        | 0        | 804    |
| 580      | Jenni Partington          | f      | FV 40   | Burnden Road Runners           | 0         | 804      | 0        | 804    |
| 581      | Helen Hart                | f      | FV 40   |                                | 803       | 0        | 0        | 803    |
| 582      | Rabab Gatnash             | f      |         |                                | 0         | 803      | 0        | 803    |
| 583      | Sarah Spalding            | f      | FV 40   |                                | 0         | 802      | 0        | 802    |
| 584      | Rebecca Modeley           | f      |         |                                | 0         | 0        | 802      | 802    |
| 585      | Alan Parker               | m      | MV 50   |                                | 801       | 0        | 0        | 801    |
| 586      | Wendy Lynch               | f      | FV 50   | Low Fell Running Club          | 0         | 801      | 0        | 801    |
| 587      | Natalie Biggin            | f      |         |                                | 0         | 0        | 801      | 801    |
| 588      | Liz Handford              | f      | FV 50   |                                | 800       | 0        | 0        | 800    |
| 589      | Eleanor McIntosh          | f      |         |                                | 0         | 800      | 0        | 800    |
| 590      | Beverley Atherton-mckenna | f      | FV 50   | Lostock AC                     | 0         | 0        | 800      | 800    |
| 591      | Christopher D'Arcy        | m      | MV 50   |                                | 0         | 0        | 799      | 799    |
| 592      | Peter Reed                | m      | MV 70   | Northumberland Fell Runners    | 0         | 798      | 0        | 798    |
| 593      | Jenny Owen-Jones          | f      | FV 40   |                                | 0         | 0        | 798      | 798    |
| 594      | Andy Precious             | m      | MV 40   |                                | 797       | 0        | 0        | 797    |
| 595      | Catriona Mackenzie        | f      | FV 50   |                                | 0         | 797      | 0        | 797    |
| 596      | Ian Henry                 | m      |         |                                | 0         | 0        | 797      | 797    |
| 597      | Gary Wintersgill          | m      | MV 50   |                                | 796       | 0        | 0        | 796    |
| 598      | Bernard Brown             | m      | MV 60   |                                | 0         | 794      | 0        | 794    |
| 599      | Marion Sharples           | f      |         |                                | 0         | 793      | 0        | 793    |
| 600      | Gary Smith                | m      | MV 40   |                                | 792       | 0        | 0        | 792    |
| 601      | Janet Finn                | f      | FV 50   |                                | 0         | 792      | 0        | 792    |
| 602      | Rachel Gray               | f      |         |                                | 0         | 0        | 791      | 791    |
| 603      | Kevin Betts               | m      | MV 40   | Skelmersdale Boundary Harriers | 790       | 0        | 0        | 790    |
| 604      | Jacinta Yates             | f      | FV 50   |                                | 0         | 790      | 0        | 790    |
| 605      | Ruth Owen-hughes          | f      | FV 50   |                                | 789       | 0        | 0        | 789    |
| 606      | Dean Sharples             | m      | MV 40   |                                | 0         | 0        | 789      | 789    |
| 607      | Kathryn Brinkley          | f      |         |                                | 0         | 788      | 0        | 788    |
| 608      | Simon Lobas               | m      | MV 40   |                                | 0         | 0        | 788      | 788    |
| 609      | Tom Langridge             | m      |         |                                | 787       | 0        | 0        | 787    |
| 610      | Lesley Allison            | f      | FV 60   | Eden Runners                   | 0         | 787      | 0        | 787    |
| 611      | Sheona Lawrence           | f      |         |                                | 0         | 0        | 787      | 787    |
| 612      | Gail Bone                 | f      | FV 40   | St Bees Triers                 | 786       | 0        | 0        | 786    |
| 613      | Paul Shepherd             | m      | MV 50   | City of Hull AC                | 785       | 0        | 0        | 785    |
| 614      | Elizabeth Bettley         | f      |         |                                | 0         | 785      | 0        | 785    |
| 615      | Jolene Sherbrooke         | f      | FV 40   |                                | 0         | 0        | 785      | 785    |
| 616      | Pete Palmer               | m      | MV 50   |                                | 784       | 0        | 0        | 784    |
| 617      | Grace Burgess             | f      |         |                                | 0         | 784      | 0        | 784    |
| 618      | Michael Sherbrooke        | m      | MV 40   |                                | 0         | 0        | 784      | 784    |
| 619      | Luke Partridge            | m      | U21     |                                | 0         | 0        | 783      | 783    |
| 620      | Joe Gargett               | m      |         |                                | 782       | 0        | 0        | 782    |
| 621      | david martin              | m      | MV 60   |                                | 0         | 782      | 0        | 782    |
| 622      | David Burrows             | m      |         |                                | 781       | 0        | 0        | 781    |
| 623      | Nicola Halsall            | f      | FV 40   | Burnden Road Runners           | 0         | 781      | 0        | 781    |
| 624      | Robbie Taylor             | m      | U25     |                                | 0         | 0        | 781      | 781    |
| 625      | Peter Leach               | m      | MV 40   |                                | 780       | 0        | 0        | 780    |
| 626      | Kathryn Baron             | f      | FV 50   | Burnden Road Runners           | 0         | 780      | 0        | 780    |
| 627      | Shannan Craig             | f      |         | Border Reiver Runners          | 0         | 0        | 780      | 780    |
| 628      | Emily Heys                | f      | FV 40   |                                | 779       | 0        | 0        | 779    |
| 629      | Emma Walker               | f      | FV 50   | Burnden Road Runners           | 0         | 779      | 0        | 779    |
| 630      | Scott Rosevere            | m      |         |                                | 0         | 0        | 779      | 779    |
| 631      | Harriet Ducker            | f      |         |                                | 778       | 0        | 0        | 778    |
| 632      | Kay Pitchford             | f      | FV 60   |                                | 0         | 778      | 0        | 778    |

| Position | Name                  | Gender | Age Cat | Club                                   | Hawkshead | Staveley | Coniston | Spring |
|----------|-----------------------|--------|---------|--|-----------|----------|----------|--------|
| 633      | Sally Nutter          | f      | FV 50   | Keswick AC                             | 0         | 0        | 778      | 778    |
| 634      | Mark Salmon           | m      | MV 40   |  | 777       | 0        | 0        | 777    |
| 635      | Matthew Lewin         | m      |         |  | 0         | 777      | 0        | 777    |
| 636      | Roger Harrison        | m      | MV 60   | Cheshire Hash House Harriers           | 0         | 0        | 777      | 777    |
| 637      | Paul Watson           | m      | MV 50   | Black trail runners                    | 776       | 0        | 0        | 776    |
| 638      | Lucy Pickering        | f      |         |  | 0         | 0        | 776      | 776    |
| 639      | Gemma Skelton         | f      |         | MTJ                                    | 775       | 0        | 0        | 775    |
| 640      | Emma Atherton         | f      | FV 40   |  | 0         | 775      | 0        | 775    |
| 641      | Ash Loader            | m      | MV 40   |  | 0         | 0        | 775      | 775    |
| 642      | Jamie Rylance         | m      |         |  | 774       | 0        | 0        | 774    |
| 643      | Jude Beckett          | f      | FV 40   |  | 0         | 0        | 774      | 774    |
| 644      | Paul Dye              | m      | MV 60   | St Bees Triers                         | 773       | 0        | 0        | 773    |
| 645      | Sarah BARTON          | f      | FV 40   | Thornton-Cleveleys Running Club        | 0         | 0        | 773      | 773    |
| 646      | Casey Rust            | f      | FV 40   |  | 0         | 772      | 0        | 772    |
| 647      | Rebecca Hilton        | f      |         | St Bees Triers                         | 0         | 0        | 772      | 772    |
| 648      | Sam Marine            | f      |         |  | 771       | 0        | 0        | 771    |
| 649      | Graeme Tilbury        | m      | MV 40   |  | 0         | 771      | 0        | 771    |
| 650      | Jen Salt              | f      | FV 40   | Wesham Road Runners                    | 0         | 0        | 771      | 771    |
| 651      | Caron Parkes          | f      | FV 50   |  | 0         | 770      | 0        | 770    |
| 652      | Sally Precious        | f      | FV 50   | City of Hull                           | 0         | 0        | 770      | 770    |
| 653      | Tyrone Mclvor         | m      | MV 40   |  | 0         | 769      | 0        | 769    |
| 654      | Chris Probert         | m      | MV 60   | Penny Lane Striders                    | 0         | 0        | 769      | 769    |
| 655      | Charlotte Rawcliffe   | f      | FV 40   | Penny Lane Striders                    | 768       | 0        | 0        | 768    |
| 656      | Sue Mullock           | f      | FV 40   |  | 0         | 768      | 0        | 768    |
| 657      | Kate Collier          | f      |         |  | 0         | 0        | 768      | 768    |
| 658      | Kathryn Hamer         | f      |         |  | 767       | 0        | 0        | 767    |
| 659      | Wendy Pratt           | f      | FV 40   |  | 0         | 767      | 0        | 767    |
| 660      | Katy Woodman          | f      | FV 40   | Border Reiver Runners                  | 0         | 766      | 0        | 766    |
| 661      | Isabel Thomas         | f      |         |  | 0         | 0        | 766      | 766    |
| 662      | Che McGarvey-Gill     | f      | FV 40   | Lancaster and Morecambe Athletics Club | 765       | 0        | 0        | 765    |
| 663      | Rick Hollingworth     | m      | MV 40   | Plumstead Runners                      | 0         | 0        | 765      | 765    |
| 664      | Michael Taylor        | m      | MV 40   | The Otters                             | 0         | 764      | 0        | 764    |
| 665      | Leanne Batty          | f      | FV 40   | Thornton-Cleveleys running club        | 0         | 0        | 764      | 764    |
| 666      | Paul Elliott          | m      | MV 50   | Meltham AC                             | 763       | 0        | 0        | 763    |
| 667      | Mark Finn             | m      | MV 50   |  | 0         | 763      | 0        | 763    |
| 668      | Sally Nuttall         | f      |         |  | 762       | 0        | 0        | 762    |
| 669      | Paul Lewis            | m      | MV 50   |  | 0         | 762      | 0        | 762    |
| 670      | Annie Willetts        | f      | FV 50   |  | 0         | 0        | 762      | 762    |
| 671      | Chris Gumbley         | m      | MV 60   |  | 761       | 0        | 0        | 761    |
| 672      | Josh Willis           | m      | U21     |  | 760       | 0        | 0        | 760    |
| 673      | Sarah Calvert Calvert | f      |         |  | 0         | 0        | 760      | 760    |
| 674      | Alan Jones            | m      | MV 60   | Garstang Running Club                  | 759       | 0        | 0        | 759    |
| 675      | Josephine Clare       | f      | FV 50   |  | 0         | 759      | 0        | 759    |
| 676      | Thomas Dean           | m      |         |  | 0         | 0        | 759      | 759    |
| 677      | Maria Mccalmont       | f      | FV 60   |  | 0         | 758      | 0        | 758    |
| 678      | Elaine Miller         | f      | FV 50   |  | 0         | 0        | 758      | 758    |
| 679      | Graeme Kite           | m      | MV 50   | Wheathampstead Warriors                | 757       | 0        | 0        | 757    |
| 680      | Olly Stevens          | m      | U25     |  | 0         | 0        | 757      | 757    |
| 681      | Emily Aldridge        | f      |         |  | 756       | 0        | 0        | 756    |
| 682      | Ross Aldridge         | m      | MV 40   |  | 755       | 0        | 0        | 755    |
| 683      | Katie Welch           | f      | FV 60   |  | 0         | 755      | 0        | 755    |
| 684      | Clare Viney           | f      | FV 50   |  | 0         | 0        | 755      | 755    |
| 685      | David Fox             | m      | MV 50   |  | 754       | 0        | 0        | 754    |
| 686      | Marie Burton          | f      |         |  | 0         | 754      | 0        | 754    |
| 687      | Katie Fyall           | f      |         |  | 0         | 0        | 754      | 754    |
| 688      | Freya Bird            | f      | U25     |  | 753       | 0        | 0        | 753    |
| 689      | Anthony fulop         | m      | MV 60   | Burnden Road Runners                   | 0         | 753      | 0        | 753    |
| 690      | Adam Morton           | m      | MV 50   |  | 0         | 0        | 753      | 753    |
| 691      | Sophie Puzey          | f      |         |  | 752       | 0        | 0        | 752    |
| 692      | Christopher Roberts   | m      | MV 60   | Black Combe Runners                    | 0         | 0        | 752      | 752    |
| 693      | Vicky Cooper          | f      | U25     |  | 751       | 0        | 0        | 751    |
| 694      | Fran Connolly         | f      | FV 40   | Blackpool Wyre & Fylde AC              | 750       | 0        | 0        | 750    |
| 695      | Caroline Thorpe       | f      | FV 50   | Acre Street Runners                    | 0         | 750      | 0        | 750    |
| 696      | Lola Deady            | f      | U21     |  | 749       | 0        | 0        | 749    |

| Position | Name                   | Gender | Age Cat | Club                            | Hawkshead | Staveley | Coniston | Spring |
|----------|------------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 697      | Andrew Halcro-johnston | m      | MV 40   | York Postal Harriers            | 0         | 0        | 749      | 749    |
| 698      | Mark Holden            | m      | MV 40   | Billinge Running Club           | 748       | 0        | 0        | 748    |
| 699      | Alistair Cropper       | m      | MV 60   |                                 | 747       | 0        | 0        | 747    |
| 700      | Patrycja Jaszek        | f      | FV 40   |                                 | 0         | 0        | 747      | 747    |
| 701      | Pete Lashley           | m      | MV 50   |                                 | 746       | 0        | 0        | 746    |
| 702      | Harry Hardcastle       | m      | U25     |                                 | 745       | 0        | 0        | 745    |
| 703      | Anthony Connolly       | m      | MV 40   |                                 | 744       | 0        | 0        | 744    |
| 704      | Steve Foreman          | m      | MV 50   | Sedgefield Harriers             | 0         | 0        | 744      | 744    |
| 705      | Peter Roberts          | m      | MV 50   |                                 | 743       | 0        | 0        | 743    |
| 706      | Kate Thompson          | f      | FV 40   |                                 | 0         | 0        | 743      | 743    |
| 707      | Philip Clayton         | m      | MV 60   | EPOTS                           | 0         | 0        | 742      | 742    |
| 708      | Tim LITTLECHILD        | m      | MV 40   |                                 | 0         | 0        | 740      | 740    |
| 709      | Julia Rushton          | f      | FV 60   | Clayton le Moors Harriers       | 739       | 0        | 0        | 739    |
| 710      | Mark Fowell            | m      | MV 60   | Rolls-Royce Harriers            | 0         | 0        | 739      | 739    |
| 711      | Zoe Dale               | f      | FV 50   | Yorkshire Wolds runners         | 738       | 0        | 0        | 738    |
| 712      | Alistair McAndrew      | m      | MV 50   |                                 | 0         | 0        | 738      | 738    |
| 713      | Becky Blackburn        | f      | FV 40   |                                 | 0         | 0        | 737      | 737    |
| 714      | Saran Jones            | f      | FV 60   | West Lothian Triathlon Club     | 736       | 0        | 0        | 736    |
| 715      | Rachel Stevens         | f      | FV 40   | Lostock AC                      | 0         | 0        | 736      | 736    |
| 716      | Anthony Blight         | m      | MV 50   | Blackpool wyre and fylde        | 735       | 0        | 0        | 735    |
| 717      | Susan ROUTLEDGE        | f      | FV 40   |                                 | 0         | 0        | 734      | 734    |
| 718      | Daniel Shercliff       | m      | MV 40   |                                 | 0         | 0        | 733      | 733    |
| 719      | Rebecca Noblett        | f      | FV 50   |                                 | 0         | 0        | 732      | 732    |
| 720      | Chris Price            | m      | MV 60   | Kendal AAC                      | 731       | 0        | 0        | 731    |
| 721      | Gary Lacey             | m      | MV 40   |                                 | 0         | 0        | 731      | 731    |
| 722      | Laurel Sleet           | f      |         |                                 | 730       | 0        | 0        | 730    |
| 723      | Victoria Slinger       | f      | FV 40   |                                 | 0         | 0        | 730      | 730    |
| 724      | Andrew Wright          | m      | MV 50   |                                 | 729       | 0        | 0        | 729    |
| 725      | Nigel Dean             | m      | MV 50   |                                 | 728       | 0        | 0        | 728    |
| 726      | Stephen Buston         | m      | MV 50   | Thornton Cleveleys Running Club | 0         | 0        | 728      | 728    |
| 727      | Dawn Lamb              | f      | FV 40   | Muckle Toon Joggers             | 727       | 0        | 0        | 727    |
| 728      | Catherine Vaneris      | f      | FV 40   |                                 | 0         | 0        | 727      | 727    |
| 729      | Laura Kirkham          | f      | FV 40   | Riversway Road Runners          | 726       | 0        | 0        | 726    |
| 730      | Fiona Dridge           | f      | FV 50   | Thornton Cleveleys Running Club | 0         | 0        | 726      | 726    |
| 731      | Emma Reynolds          | f      | FV 40   | Riversway Roadrunners           | 725       | 0        | 0        | 725    |
| 732      | Simon Jones            | m      | MV 50   | Adderbury Running Club          | 0         | 0        | 725      | 725    |
| 733      | Bill Watts             | m      | MV 60   | Riversway Road Runners          | 724       | 0        | 0        | 724    |
| 734      | Helen Halsall          | f      | FV 50   |                                 | 0         | 0        | 724      | 724    |
| 735      | David Burns            | m      | MV 60   |                                 | 723       | 0        | 0        | 723    |
| 736      | Neil Starr             | m      | MV 70   |                                 | 0         | 0        | 723      | 723    |
| 737      | Stevie Mulgrave        | m      | MV 40   |                                 | 722       | 0        | 0        | 722    |
| 738      | Alex Thompson          | m      | U25     |                                 | 721       | 0        | 0        | 721    |
| 739      | Emma Cafferty          | f      | FV 50   | Lancaster Runners               | 0         | 0        | 721      | 721    |
| 740      | Kay Drummond           | f      | FV 50   | Birtley Ac                      | 720       | 0        | 0        | 720    |
| 741      | Richard Purdy          | m      | MV 40   |                                 | 0         | 0        | 720      | 720    |
| 742      | Matt Herd              | m      | MV 40   |                                 | 719       | 0        | 0        | 719    |
| 743      | Rachel Precious        | f      | FV 40   |                                 | 718       | 0        | 0        | 718    |
| 744      | Lisa Whetter           | f      | FV 50   |                                 | 0         | 0        | 718      | 718    |
| 745      | Matt Arschavir         | m      | MV 40   | Didsbury Runners                | 0         | 0        | 715      | 715    |
| 746      | David Wimpenny         | m      |         |                                 | 714       | 0        | 0        | 714    |
| 747      | Sian Fairhurst         | f      |         |                                 | 713       | 0        | 0        | 713    |
| 748      | Sarah Scannell         | f      |         | Leeds & Bradford Triathlon      | 0         | 0        | 713      | 713    |
| 749      | Nicholas Cooper        | m      | MV 60   |                                 | 712       | 0        | 0        | 712    |
| 750      | Nicola Ingle           | f      | FV 50   | Slaithwaite striders            | 0         | 0        | 712      | 712    |
| 751      | Jill Horsburgh         | f      | FV 60   | Linlithgow Athletics Club       | 711       | 0        | 0        | 711    |
| 752      | Samantha Winn          | f      |         | Selby striders                  | 0         | 0        | 711      | 711    |
| 753      | Nichola Stewart        | f      | FV 50   |                                 | 710       | 0        | 0        | 710    |
| 754      | Nick Winn              | m      |         | Selby striders                  | 0         | 0        | 710      | 710    |
| 755      | Miles Huppatz          | m      |         |                                 | 709       | 0        | 0        | 709    |
| 756      | Jessica Jones          | f      |         | City of Hull                    | 0         | 0        | 709      | 709    |
| 757      | Jessica Beattie        | f      | FV 40   |                                 | 0         | 0        | 708      | 708    |
| 758      | Jessica Gittins        | f      | U21     |                                 | 707       | 0        | 0        | 707    |
| 759      | Rachel Flentje         | f      | FV 40   |                                 | 0         | 0        | 707      | 707    |
| 760      | Joe Wilcox             | m      |         |                                 | 0         | 0        | 706      | 706    |

| Position | Name                   | Gender | Age Cat | Club                            | Hawkshead | Staveley | Coniston | Spring |
|----------|------------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 761      | James Jardine          | m      | MV 40   | Eden Runners                    | 0         | 0        | 705      | 705    |
| 762      | Gary Bigland           | m      | MV 40   |                                 | 704       | 0        | 0        | 704    |
| 763      | Helen Lawrence         | f      | FV 50   | Eden runners                    | 0         | 0        | 704      | 704    |
| 764      | Cheryl Pace            | f      | FV 40   | Penny Lane Striders             | 703       | 0        | 0        | 703    |
| 765      | Gabriella Corbridge    | f      | U25     | Revolution Running              | 0         | 0        | 703      | 703    |
| 766      | Dan Mitchell           | m      | MV 40   | Elvet Striders                  | 702       | 0        | 0        | 702    |
| 767      | Dawn Saunders          | f      | FV 50   | TCRC                            | 0         | 0        | 702      | 702    |
| 768      | Oliver Taslic          | m      |         |                                 | 701       | 0        | 0        | 701    |
| 769      | Christopher Bligh      | m      | MV 60   | Thornton Cleveleys running club | 0         | 0        | 701      | 701    |
| 770      | Georgios Argyropoulos  | m      | MV 50   |                                 | 700       | 0        | 0        | 700    |
| 771      | Allan Lytollis         | m      | MV 40   |                                 | 0         | 0        | 700      | 700    |
| 772      | Faye Levi              | f      |         |                                 | 699       | 0        | 0        | 699    |
| 773      | Mike Bremner           | m      | MV 40   |                                 | 0         | 0        | 699      | 699    |
| 774      | Rukki Hammond          | f      | FV 50   | Stainland Lions                 | 698       | 0        | 0        | 698    |
| 775      | Elizabeth Lawrence     | f      | FV 40   |                                 | 0         | 0        | 698      | 698    |
| 776      | Raymond Mooney         | m      | MV 60   | Stainland Lions                 | 697       | 0        | 0        | 697    |
| 777      | Catherine Gosson-Low   | f      | FV 50   |                                 | 0         | 0        | 697      | 697    |
| 778      | Harry Gawler           | m      | MV 40   |                                 | 696       | 0        | 0        | 696    |
| 779      | Rosie Spencer          | f      | U25     |                                 | 695       | 0        | 0        | 695    |
| 780      | Holly Huddart          | f      |         |                                 | 694       | 0        | 0        | 694    |
| 781      | Rachael Brown          | f      |         |                                 | 693       | 0        | 0        | 693    |
| 782      | Guy Barker             | m      |         |                                 | 692       | 0        | 0        | 692    |
| 783      | Steve Nelson           | m      | MV 60   |                                 | 691       | 0        | 0        | 691    |
| 784      | Kate Foster            | f      |         |                                 | 0         | 0        | 691      | 691    |
| 785      | Katrina Gittins        | f      | FV 50   | Yacyak                          | 690       | 0        | 0        | 690    |
| 786      | Rosemary WEBSTER       | f      | FV 50   | head torches                    | 0         | 0        | 690      | 690    |
| 787      | Martin Tilbury         | m      | MV 50   |                                 | 689       | 0        | 0        | 689    |
| 788      | Martyn Cottiss         | m      | MV 50   | Ashington Hirst Running Club    | 0         | 0        | 689      | 689    |
| 789      | Adam Stafford          | m      | MV 40   |                                 | 688       | 0        | 0        | 688    |
| 790      | Lisa Kallal            | f      | FV 50   |                                 | 0         | 0        | 688      | 688    |
| 791      | Emily Hudson           | f      | FV 40   |                                 | 687       | 0        | 0        | 687    |
| 792      | Rebecca Steven         | f      |         | St Bees Triers                  | 0         | 0        | 687      | 687    |
| 793      | Ricardo Gomez          | m      |         |                                 | 686       | 0        | 0        | 686    |
| 794      | John Irvine            | m      | MV 40   |                                 | 0         | 0        | 686      | 686    |
| 795      | Nick Whitehead         | m      | MV 60   | Alton Runners                   | 0         | 0        | 685      | 685    |
| 796      | Carol Green            | f      |         | Northowram pumas                | 684       | 0        | 0        | 684    |
| 797      | Joanne Ryan            | f      | FV 50   | Alton Runners                   | 0         | 0        | 684      | 684    |
| 798      | Becky Ripley           | f      |         |                                 | 683       | 0        | 0        | 683    |
| 799      | Jayne Taylor           | f      |         |                                 | 682       | 0        | 0        | 682    |
| 800      | Rachel Heathcote       | f      | FV 40   | Hunters Bog Trotters            | 681       | 0        | 0        | 681    |
| 801      | Angela Duff            | f      | FV 40   | Ealing Eagles                   | 0         | 0        | 681      | 681    |
| 802      | Sally Lambert          | f      | FV 60   | Wray Runners                    | 680       | 0        | 0        | 680    |
| 803      | Steven Mcgregor        | m      | MV 40   |                                 | 0         | 0        | 680      | 680    |
| 804      | Kirsty Pettit          | f      | FV 50   |                                 | 0         | 0        | 679      | 679    |
| 805      | Chris Lang             | m      | MV 40   |                                 | 678       | 0        | 0        | 678    |
| 806      | Vicky Willett          | f      | FV 40   | Sbc Plodders                    | 0         | 0        | 678      | 678    |
| 807      | Denise Irving-lang     | f      | FV 40   | Run the World Manchester        | 677       | 0        | 0        | 677    |
| 808      | Caroline Cotterell     | f      | FV 50   | The Coffin Dodgers              | 0         | 0        | 677      | 677    |
| 809      | Olga James             | f      | FV 40   |                                 | 676       | 0        | 0        | 676    |
| 810      | Nick Holliday          | m      | MV 60   | The Coffin Dodgers              | 0         | 0        | 676      | 676    |
| 811      | Katherine Faudemer     | f      |         |                                 | 675       | 0        | 0        | 675    |
| 812      | Jennie Eklund          | f      |         |                                 | 0         | 0        | 675      | 675    |
| 813      | Claire Penhallurick    | f      | FV 40   | Lonely Goat Running Club        | 0         | 0        | 674      | 674    |
| 814      | Claire Hall            | f      | FV 40   | Na                              | 673       | 0        | 0        | 673    |
| 815      | Michelle Davies        | f      | FV 40   |                                 | 0         | 0        | 673      | 673    |
| 816      | Kim Bennett            | f      | FV 50   |                                 | 671       | 0        | 0        | 671    |
| 817      | Andrew JOHNSON         | m      | MV 40   |                                 | 0         | 0        | 670      | 670    |
| 818      | isabel whybrow huppatz | f      |         |                                 | 669       | 0        | 0        | 669    |
| 819      | Niki Roberts           | f      | FV 40   |                                 | 0         | 0        | 669      | 669    |
| 820      | Stephen Dale           | m      | MV 60   | Yorkshire wolds runners         | 668       | 0        | 0        | 668    |
| 821      | Simone Connor          | f      | FV 50   | Dalbeattie Running Club         | 0         | 0        | 668      | 668    |
| 822      | Kelly Savage           | f      | FV 50   | Prestwich Athletics Club        | 667       | 0        | 0        | 667    |
| 823      | Kirk Connor            | m      | MV 50   |                                 | 0         | 0        | 667      | 667    |
| 824      | Susan Redfern          | f      | FV 50   |                                 | 666       | 0        | 0        | 666    |

| Position | Name               | Gender | Age Cat | Club                            | Hawkshead | Staveley | Coniston | Spring |
|----------|--------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 825      | Elizabeth King     | f      | FV 50   | Manchester triathlon club       | 0         | 0        | 666      | 666    |
| 826      | Donna Wood         | f      | FV 40   | Milltown Milers                 | 665       | 0        | 0        | 665    |
| 827      | NATHAN PARSONS     | m      | U21     | TOTAL TRANSITION TRIATHLON CLUB | 0         | 0        | 665      | 665    |
| 828      | Peter Cheung       | m      | MV 60   |                                 | 664       | 0        | 0        | 664    |
| 829      | Sarah Lord         | f      | FV 50   | DH Runners                      | 663       | 0        | 0        | 663    |
| 830      | Anne-Marie Cutmore | f      | FV 40   |                                 | 0         | 0        | 663      | 663    |
| 831      | Michael Shaw       | m      | MV 40   |                                 | 662       | 0        | 0        | 662    |
| 832      | Hannah Stirling    | f      |         |                                 | 661       | 0        | 0        | 661    |
| 833      | JACK MOSS          | m      | U21     | TOTAL TRANSITION TRIATHLON CLUB | 0         | 0        | 661      | 661    |
| 834      | Reece Macdonald    | m      |         |                                 | 0         | 0        | 660      | 660    |
| 835      | Suzanne Valentine  | f      | FV 40   |                                 | 658       | 0        | 0        | 658    |
| 836      | Neil Martin        | m      |         |                                 | 0         | 0        | 658      | 658    |
| 837      | Chris Wilson       | m      | MV 60   |                                 | 657       | 0        | 0        | 657    |
| 838      | Wendy Fraser       | f      | FV 60   |                                 | 0         | 0        | 657      | 657    |
| 839      | Anthony Welham     | m      | MV 70   |                                 | 0         | 0        | 656      | 656    |
| 840      | kate limbert       | f      | FV 40   |                                 | 655       | 0        | 0        | 655    |
| 841      | Victoria Bolton    | f      | FV 40   |                                 | 0         | 0        | 655      | 655    |
| 842      | Ravi Trivedi       | m      |         |                                 | 654       | 0        | 0        | 654    |
| 843      | Kirsty Hope        | f      |         |                                 | 0         | 0        | 652      | 652    |
| 844      | Kathryn Pearson    | f      | FV 50   | Astley & Tyldesley Road Runners | 0         | 0        | 651      | 651    |
| 845      | Carla Ainscough    | f      | FV 40   |                                 | 650       | 0        | 0        | 650    |
| 846      | Gill Morgan        | f      | FV 50   | A&T running club                | 0         | 0        | 650      | 650    |
| 847      | Laura Fiddes-Baron | f      |         |                                 | 649       | 0        | 0        | 649    |
| 848      | Sarah Tock         | f      | FV 50   | City Of Hull Ac                 | 0         | 0        | 649      | 649    |
| 849      | Andy Skelhorn      | m      | MV 60   | Bollington Harriers             | 648       | 0        | 0        | 648    |
| 850      | Ivor Roberts       | m      | MV 80   | Beverley Ac                     | 0         | 0        | 648      | 648    |
| 851      | Marie Walker       | f      | FV 50   | Sedgefield Harriers             | 647       | 0        | 0        | 647    |
| 852      | CATHERINE Ohara    | f      | FV 50   |                                 | 0         | 0        | 647      | 647    |
| 853      | Matthew Almond     | m      | MV 40   | Lancaster Runners               | 646       | 0        | 0        | 646    |
| 854      | Matthew Mchugh     | m      |         |                                 | 644       | 0        | 0        | 644    |
| 855      | Daniel Maltman     | m      | MV 40   |                                 | 643       | 0        | 0        | 643    |
| 856      | Hannah Marshall    | f      | FV 40   | Birtley AC                      | 642       | 0        | 0        | 642    |
| 857      | Paul Lawton        | m      | MV 50   |                                 | 641       | 0        | 0        | 641    |
| 858      | Liz Russell        | f      |         |                                 | 640       | 0        | 0        | 640    |
| 859      | Mark Mulgrave      | m      | MV 40   |                                 | 636       | 0        | 0        | 636    |
| 860      | Liz Campbell       | f      | FV 60   |                                 | 635       | 0        | 0        | 635    |
| 861      | David Evans        | m      | MV 50   |                                 | 634       | 0        | 0        | 634    |
| 862      | Graham Collins     | m      | MV 60   | Milltown Milers                 | 633       | 0        | 0        | 633    |
| 863      | Calum Willmott     | m      |         |                                 | 632       | 0        | 0        | 632    |
| 864      | Kate Peers         | f      | FV 40   |                                 | 631       | 0        | 0        | 631    |
| 865      | Emily Bird         | f      | FV 40   | Roberttown Roadrunners          | 630       | 0        | 0        | 630    |
| 866      | Sally Anne Speight | f      | FV 50   | Roberttown Road Runners         | 629       | 0        | 0        | 629    |
| 867      | Joe Brown          | m      | MV 40   |                                 | 627       | 0        | 0        | 627    |
| 868      | Sarah Connors      | f      | FV 50   | Knowle & Dorridge Running Club  | 626       | 0        | 0        | 626    |
| 869      | Andrew Connor      | m      | MV 60   | Ambleside                       | 625       | 0        | 0        | 625    |
| 870      | Rachel Bevan       | f      |         | Bogdan Bombers                  | 623       | 0        | 0        | 623    |
| 871      | Richard Toller     | m      | MV 60   | Dundee Road Runners Ac          | 622       | 0        | 0        | 622    |
| 872      | Louise Liddle      | f      | FV 40   | Derwent Valley Runners          | 618       | 0        | 0        | 618    |
| 873      | Alastair Durno     | m      | MV 60   | Hoad Hill Harriers              | 617       | 0        | 0        | 617    |
| 874      | Elizabeth Hugill   | f      |         |                                 | 615       | 0        | 0        | 615    |
| 875      | thomas brocklebank | m      | MV 50   | Millom striders                 | 614       | 0        | 0        | 614    |
| 876      | Cat Mchugh         | f      | FV 40   |                                 | 613       | 0        | 0        | 613    |
| 877      | Annamarie Taylor   | f      | FV 40   |                                 | 612       | 0        | 0        | 612    |
| 878      | Daniel Gaukrodger  | m      |         |                                 | 611       | 0        | 0        | 611    |
| 879      | Gillian Felton     | f      | FV 50   |                                 | 610       | 0        | 0        | 610    |
| 880      | Jane Disney        | f      | FV 50   |                                 | 609       | 0        | 0        | 609    |
| 881      | Jane Taylor        | f      | FV 40   |                                 | 608       | 0        | 0        | 608    |
| 882      | Austin Heath       | m      | MV 50   | Slow A/F Run Club               | 607       | 0        | 0        | 607    |
| 883      | Lucy Owen          | f      |         |                                 | 606       | 0        | 0        | 606    |
| 884      | Sandra Hutchinson  | f      | FV 50   |                                 | 605       | 0        | 0        | 605    |
| 885      | Nicola Aindow      | f      | FV 50   |                                 | 604       | 0        | 0        | 604    |
| 886      | Isla Rush          | f      |         |                                 | 603       | 0        | 0        | 603    |
| 887      | Nigel Ash          | m      | MV 50   | Trail Running Assoc             | 602       | 0        | 0        | 602    |
| 888      | Louise McKimm      | f      |         |                                 | 601       | 0        | 0        | 601    |

| Position | Name               | Gender | Age Cat | Club                  | Hawkshead | Staveley | Coniston | Spring |
|----------|--------------------|--------|---------|-----------------------|-----------|----------|----------|--------|
| 889      | David Lockwood     | m      | MV 50   |                       | 600       | 0        | 0        | 600    |
| 890      | Gillian Roberts    | f      |         |                       | 597       | 0        | 0        | 597    |
| 891      | Tim Harper         | m      |         |                       | 596       | 0        | 0        | 596    |
| 892      | Helen Marriner     | f      | FV 50   |                       | 595       | 0        | 0        | 595    |
| 893      | Lorie Hanson       | f      | FV 40   |                       | 594       | 0        | 0        | 594    |
| 894      | Jill Reed          | f      | FV 50   |                       | 593       | 0        | 0        | 593    |
| 895      | Pauline Irving     | f      | FV 50   | Muckle Toon Joggers   | 592       | 0        | 0        | 592    |
| 896      | Lynne Aitken       | f      | FV 40   | Muckletoon Joggers    | 591       | 0        | 0        | 591    |
| 897      | Richard Carr       | m      | MV 50   |                       | 589       | 0        | 0        | 589    |
| 898      | Chris Gamble       | m      | MV 50   |                       | 587       | 0        | 0        | 587    |
| 899      | Joan Bailey        | f      | FV 40   |                       | 584       | 0        | 0        | 584    |
| 900      | Matthew Gribbin    | m      | MV 50   |                       | 582       | 0        | 0        | 582    |
| 901      | Diane Cawley       | f      | FV 40   |                       | 581       | 0        | 0        | 581    |
| 902      | Reece Watson       | m      |         |                       | 580       | 0        | 0        | 580    |
| 903      | Julie Farron       | f      | FV 50   | Atherton Running Club | 578       | 0        | 0        | 578    |
| 904      | Alice Heywood      | f      | FV 40   |                       | 577       | 0        | 0        | 577    |
| 905      | Clare Laybourn     | f      | FV 50   |                       | 575       | 0        | 0        | 575    |
| 906      | Ann Luckock        | f      | FV 60   | Bramhall Runners      | 574       | 0        | 0        | 574    |
| 907      | Gary Morton        | m      |         |                       | 573       | 0        | 0        | 573    |
| 908      | James Bland        | m      |         |                       | 572       | 0        | 0        | 572    |
| 909      | Emma Gardner       | f      |         |                       | 571       | 0        | 0        | 571    |
| 910      | Gill Mason         | f      | FV 60   |                       | 570       | 0        | 0        | 570    |
| 911      | Vanessa Brierley   | f      | FV 50   | Individual            | 569       | 0        | 0        | 569    |
| 912      | David Middlebrough | m      | MV 50   | Me                    | 568       | 0        | 0        | 568    |
| 913      | Chloe Almond       | f      |         | Lancaster Runners     | 566       | 0        | 0        | 566    |
| 914      | Gerry Richards     | f      | FV 50   |                       | 565       | 0        | 0        | 565    |
| 915      | Sarah Cullen       | f      | FV 40   |                       | 564       | 0        | 0        | 564    |
| 916      | Mari Lewis         | f      | FV 50   | Southport Strollers   | 563       | 0        | 0        | 563    |
| 917      | Tom Wynne          | m      |         |                       | 562       | 0        | 0        | 562    |
| 918      | Ian Trencher       | m      | MV 40   | Billinge Running Club | 561       | 0        | 0        | 561    |
| 919      | Denise Gregory     | f      | FV 50   | Bramhall runners      | 560       | 0        | 0        | 560    |
| 920      | Chloe Dufton       | f      |         |                       | 559       | 0        | 0        | 559    |
| 921      | David Dufton       | m      |         |                       | 558       | 0        | 0        | 558    |
| 922      | Julie Graham       | f      | FV 60   | Garstang              | 557       | 0        | 0        | 557    |
| 923      | Laura Hampshaw     | f      | FV 40   |                       | 556       | 0        | 0        | 556    |
| 924      | Fiona Wilson       | f      | FV 50   |                       | 555       | 0        | 0        | 555    |
| 925      | Lisa Edwards       | f      | FV 40   |                       | 554       | 0        | 0        | 554    |
| 926      | Sam Blackburn      | m      | MV 40   | Mornington Chasers    | 553       | 0        | 0        | 553    |
| 927      | Jess Swire         | f      |         |                       | 552       | 0        | 0        | 552    |
| 928      | Joanne Stephenson  | f      | FV 50   | Marple Runners        | 551       | 0        | 0        | 551    |
| 929      | Melanie Commins    | f      | FV 50   |                       | 550       | 0        | 0        | 550    |
| 930      | Ruth Lilliott      | f      | FV 60   |                       | 549       | 0        | 0        | 549    |
| 931      | Catherine Clennett | f      | FV 50   |                       | 547       | 0        | 0        | 547    |
| 932      | Tara Oxley         | f      | FV 40   |                       | 546       | 0        | 0        | 546    |
| 933      | Joanna Ridley      | f      | FV 50   |                       | 545       | 0        | 0        | 545    |
| 934      | Nik Ansell         | m      | MV 40   |                       | 544       | 0        | 0        | 544    |
| 935      | Iees Johnson       | m      | MV 50   | billinge running club | 543       | 0        | 0        | 543    |
| 936      | Chris Bunker       | m      | MV 40   | Carlisle Tri Club     | 542       | 0        | 0        | 542    |
| 937      | Peter Duffy        | m      | MV 60   |                       | 540       | 0        | 0        | 540    |
| 938      | Laura Maguire      | f      |         |                       | 539       | 0        | 0        | 539    |
| 939      | Ben Wallace        | m      |         |                       | 538       | 0        | 0        | 538    |
| 940      | Helen Lyon         | f      |         |                       | 537       | 0        | 0        | 537    |
| 941      | Joanne Slinger     | f      | FV 40   |                       | 536       | 0        | 0        | 536    |
| 942      | Rhian Broomhead    | f      | FV 40   |                       | 535       | 0        | 0        | 535    |
| 943      | Jen Husdan         | f      | FV 40   |                       | 534       | 0        | 0        | 534    |
| 944      | Luke Watkins       | m      |         |                       | 533       | 0        | 0        | 533    |
| 945      | Pauline Boardman   | f      | FV 40   |                       | 532       | 0        | 0        | 532    |
| 946      | Alison Atherton    | f      | FV 50   |                       | 531       | 0        | 0        | 531    |
| 947      | Lesley Talbot      | f      | FV 50   | Body Fit Cumbria      | 530       | 0        | 0        | 530    |
| 948      | Rachel Latham      | f      | FV 40   |                       | 527       | 0        | 0        | 527    |
| 949      | Michelle Watt      | f      | FV 50   |                       | 526       | 0        | 0        | 526    |
| 950      | Mckaye Barnes      | m      |         |                       | 525       | 0        | 0        | 525    |
| 951      | Louis Barnes       | m      |         |                       | 524       | 0        | 0        | 524    |
| 952      | Anne Stockley      | f      | FV 40   | Keswick AC            | 523       | 0        | 0        | 523    |

| Position | Name                   | Gender | Age Cat | Club                           | Hawkshead | Staveley | Coniston | Spring |
|----------|------------------------|--------|---------|--------------------------------|-----------|----------|----------|--------|
| 953      | David Battersby        | m      | MV 50   |                                | 522       | 0        | 0        | 522    |
| 954      | Oli Tomlinson          | f      | FV 50   |                                | 520       | 0        | 0        | 520    |
| 955      | Danilo Trozzi          | m      | MV 50   |                                | 519       | 0        | 0        | 519    |
| 956      | Rose Proudfoot         | f      |         |                                | 514       | 0        | 0        | 514    |
| 957      | Alex Carey             | m      |         |                                | 513       | 0        | 0        | 513    |
| 958      | Judith Weston          | f      | FV 50   | Billingham Running Club        | 512       | 0        | 0        | 512    |
| 959      | Andy Hayes             | m      | MV 50   |                                | 510       | 0        | 0        | 510    |
| 960      | Andy Dickson           | m      | MV 60   | Dumfries Running Club          | 509       | 0        | 0        | 509    |
| 961      | Yeolande Davies        | f      | FV 60   | Dumfries Running Club          | 508       | 0        | 0        | 508    |
| 962      | Laura Broatch          | f      | FV 40   | Dumfries Running Club          | 507       | 0        | 0        | 507    |
| 963      | Nicola Edson           | f      | FV 50   | Her Spirit                     | 506       | 0        | 0        | 506    |
| 964      | Ian Millar             | m      | MV 40   |                                | 505       | 0        | 0        | 505    |
| 965      | Gary Millar            | m      | MV 40   |                                | 504       | 0        | 0        | 504    |
| 966      | Lynne Midgley-ward     | f      | FV 50   | Ponteland Runners              | 502       | 0        | 0        | 502    |
| 967      | Sandra Allan           | f      | FV 60   | Fellside Ladies                | 501       | 0        | 0        | 501    |
| 968      | Scott Bartlett         | m      | MV 50   | Bexley Ac                      | 499       | 0        | 0        | 499    |
| 969      | Maree Barugh           | f      | FV 40   |                                | 498       | 0        | 0        | 498    |
| 970      | Adam Turner            | m      |         |                                | 497       | 0        | 0        | 497    |
| 971      | Caroline Vitty         | f      | FV 60   |                                | 494       | 0        | 0        | 494    |
| 972      | Cynthia Carter         | f      | FV 70   | Crosby Stormers                | 493       | 0        | 0        | 493    |
| 973      | Deirdre Dobson         | f      | FV 50   |                                | 492       | 0        | 0        | 492    |
| 974      | Catherine Humphreys    | f      | FV 50   |                                | 491       | 0        | 0        | 491    |
| 975      | Isla Tomlinson         | f      | U21     |                                | 490       | 0        | 0        | 490    |
| 976      | Florence Park          | f      | U25     |                                | 489       | 0        | 0        | 489    |
| 977      | Talitha Tomlinson      | f      | U25     |                                | 488       | 0        | 0        | 488    |
| 978      | Emily Tate             | f      |         |                                | 487       | 0        | 0        | 487    |
| 979      | Steve Webster          | m      | MV 60   |                                | 486       | 0        | 0        | 486    |
| 980      | Angela Nicholson       | f      | FV 50   |                                | 485       | 0        | 0        | 485    |
| 981      | Gabrielle Wenham       | f      | FV 40   | Parbold Pink Panthers          | 484       | 0        | 0        | 484    |
| 982      | Becky Christmas        | f      | FV 50   | Tri Harman                     | 483       | 0        | 0        | 483    |
| 983      | Anneke Hackenbroich    | f      | FV 40   |                                | 481       | 0        | 0        | 481    |
| 984      | Anne Oxbrough          | f      | FV 40   | Penny Lane Striders            | 480       | 0        | 0        | 480    |
| 985      | Em Yolland             | f      |         |                                | 478       | 0        | 0        | 478    |
| 986      | Dave Cope              | m      | MV 70   |                                | 477       | 0        | 0        | 477    |
| 987      | Ruth Toller            | f      | FV 70   | Dundee Road Runners            | 476       | 0        | 0        | 476    |
| 988      | Claire Coulby          | f      | FV 50   | Bramhall Runners               | 474       | 0        | 0        | 474    |
| 989      | Rhona Johnson          | f      | FV 60   | Bramhall Runners               | 473       | 0        | 0        | 473    |
| 990      | Wendy Torevell         | f      | FV 60   | Bramhall Runners               | 472       | 0        | 0        | 472    |
| 991      | Lynne Hardwick         | f      | FV 40   | RuntheworldMCR                 | 471       | 0        | 0        | 471    |
| 992      | Martin Rogers          | m      | MV 50   | Mossley Hill Ac                | 470       | 0        | 0        | 470    |
| 993      | Karolina Faithfull     | f      | FV 40   | Skelmersdale Boundary Harriers | 469       | 0        | 0        | 469    |
| 994      | Jeremy Steele          | m      | MV 50   |                                | 468       | 0        | 0        | 468    |
| 995      | Ian Bremner            | m      | MV 50   |                                | 467       | 0        | 0        | 467    |
| 996      | sandra riley           | f      | FV 50   |                                | 466       | 0        | 0        | 466    |
| 997      | Vicky Evans            | f      | FV 50   |                                | 465       | 0        | 0        | 465    |
| 998      | Diane Rogers           | f      | FV 50   | Mossley Hill Ac                | 464       | 0        | 0        | 464    |
| 999      | Helen Hetherington     | f      | FV 70   |                                | 463       | 0        | 0        | 463    |
| 1000     | Katherine Horner       | f      | FV 40   | Common Runners                 | 462       | 0        | 0        | 462    |
| 1001     | Maria Middlebrough     | f      | FV 60   |                                | 461       | 0        | 0        | 461    |
| 1002     | Josephine LOUISE Walsh | f      | FV 50   |                                | 459       | 0        | 0        | 459    |
| 1003     | Marianne Manson        | f      | FV 40   | Dockside Runners               | 457       | 0        | 0        | 457    |
| 1004     | Gillian Allen          | f      | FV 50   | Lonely Goat Running Club       | 456       | 0        | 0        | 456    |
| 1005     | Kirsten Johnson        | f      | FV 40   | Hash House Harriers            | 455       | 0        | 0        | 455    |
| 1006     | Caroline Betts         | f      | FV 40   |                                | 454       | 0        | 0        | 454    |
| 1007     | Maxine Grimshaw        | f      | FV 60   | Ramsbottom Running Club        | 453       | 0        | 0        | 453    |
| 1008     | Elice Lloyd            | f      |         |                                | 452       | 0        | 0        | 452    |
| 1009     | Natalie Alifuoco-Grace | f      | FV 40   |                                | 451       | 0        | 0        | 451    |
| 1010     | Annalaura Alifuoco     | f      | FV 40   |                                | 450       | 0        | 0        | 450    |
| 1011     | Kathryn Hodson         | f      | FV 50   |                                | 449       | 0        | 0        | 449    |
| 1012     | Sarah Edwards          | f      | FV 50   |                                | 448       | 0        | 0        | 448    |