



Lakeland Trails 2021 Series Championships - 14-18k Trail Run 'Best of 3'



Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1	Jonathan Cox	m		Eden Runners	998	0	0	1000	0	0	999	999	2998
2	Mike Allison	m	MV 60	Eden Runners	968	0	987	977	0	991	0	989	2967
3	Karen Smith	f		St Bees Triers	983	0	0	982	0	987	974	988	2958
4	Jonathan Gray	m	MV 40	Richmond & Zetland Harriers	0	0	0	0	996	0	973	974	2943
5	Andrew Miles	m			964	0	946	0	982	982	964	977	2941
6	Merlin Duff	m			0	0	0	981	0	0	975	983	2939
7	Tom Shaw	m		North Endurance	912	0	976	966	0	985	969	973	2934
8	Helen Sharman	f		Keswick AC	0	0	0	960	0	984	0	984	2928
9	Ben Thompson	m		City of York Athletic Club	933	0	0	0	994	0	942	987	2923
10	Lewis Bowness	m		Team inov-8	996	0	0	996	929	0	0	0	2921
11	John Scott	m	MV 50	Stafford Harriers	963	0	977	0	974	0	0	0	2914
12	Joe Wrigley	m		Black Combe Runners	0	986	967	0	950	957	921	947	2910
13	Peter Cushion	m	MV 40	Wirral Vikings Trc	0	0	966	0	970	0	960	972	2908
14	Aileen Gibson	f	FV 40		0	0	972	961	973	0	0	0	2906
15	Cameron Ronaldson	m			0	0	0	0	910	998	994	0	2902
16	Stephen Bennett	m	MV 40		0	0	0	956	0	963	980	0	2899
17	Andy McClelland	m			0	0	0	941	0	981	965	0	2887
18	Craig Downs	m	MV 50		0	0	0	955	0	970	961	0	2886
19	Matthew Whattam	m	MV 40	Selby Striders	0	0	0	972	0	0	934	968	2874
20	Simon Dodd	m	MV 40		914	0	950	924	947	967	903	927	2864
21	Phill Beard	m	MV 40	N/a	924	0	958	947	0	959	799	0	2864
22	Shaun Gill	m		None	935	0	951	906	972	0	0	0	2858
23	Andy Phillips	m	MV 40		0	0	0	0	961	949	925	945	2855
24	Michael Smith	m			0	0	935	0	0	953	0	965	2853
25	Stuart Taylor	m	MV 40		946	0	0	944	957	0	947	0	2850
26	John Dickinson	m	MV 50	Liverpool Pembroke Sefton	0	0	0	931	0	961	938	0	2830
27	Ian Whalley	m			906	0	955	0	954	0	0	0	2815
28	David Booth	m		Macclesfield Harriers	0	0	0	0	956	0	895	959	2810
29	Darren Horobin	m	MV 40		852	0	0	919	958	0	926	0	2803
30	Steve Gould	m	MV 50		916	0	932	0	949	0	915	921	2802
31	Jonathan Clemens	m	MV 50	Knutsford Tri Club	881	0	0	926	951	0	888	918	2795

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
32	Paul Morris	m	MV 60	Hockley Trail Runners	0	0	942	935	0	0	881	911	2788
33	Larry Horne	m	MV 50	Eden Runners	873	0	930	930	924	0	875	905	2784
34	James Waterhouse	m	MV 40		921	0	941	0	0	0	914	0	2776
35	Abby Huxtable	f		Pocklington Runners	909	0	920	887	925	930	865	914	2775
36	Ian Stainthorpe	m	MV 60	Rochdale Harriers	0	0	883	933	0	0	899	940	2772
37	Owen Panton	m			0	0	0	867	0	940	909	917	2766
38	Harry Vaneris	m	MV 40		919	0	708	737	804	933	816	910	2762
39	Simon Downs	m	MV 50		0	0	0	923	0	944	861	0	2728
40	Jonathan Mock	m		Tynedale Rfc	844	975	0	0	0	0	904	0	2723
41	Adrian Gooding	m	MV 40	Quakers	880	0	0	859	0	929	869	893	2702
42	Sara Lewis	f		Meltham Ac	883	0	0	0	0	0	889	923	2695
43	Andy Jackson	m	MV 40	The Fell Devils	886	0	0	0	905	0	0	903	2694
44	Pete Lashley	m	MV 50		807	960	851	818	870	864	0	0	2694
45	Callum Mcculloch	m	MV 50		0	0	860	896	0	886	836	901	2683
46	Alan Parker	m	MV 50		863	892	892	854	898	0	786	826	2682
47	LIAM MCDONNELL	m	MV 40	SOUTHPORT	0	0	0	797	0	909	0	962	2668
48	Nick Goligher	m	MV 40	Sedbergh School Running Club	894	0	881	891	0	0	0	0	2666
49	Gary Smith	m	MV 40		796	0	896	848	919	0	0	0	2663
50	John Gray	m	MV 50	Meltham Ac	875	0	0	0	0	0	874	907	2656
51	Stephen Peterson	m	MV 60		857	0	890	908	0	0	0	0	2655
52	Jon Meeten	m	MV 50		779	956	0	781	0	906	0	0	2643
53	Ian Davenport	m	MV 50		834	0	843	857	913	867	831	822	2637
54	Tim Ellams	m	MV 40		0	965	0	815	0	0	857	0	2637
55	Julie Smith	f	FV 50	The Fell Devils	867	0	0	0	906	0	0	857	2630
56	Andrew Stuart	m	MV 50		890	0	0	840	0	0	892	0	2622
57	Dennis Nelson	m	MV 50	Lancashire Constabulary Athletic C	0	0	891	862	845	0	0	864	2617
58	Gerard Rooney	m	MV 60		0	950	0	771	0	848	709	813	2611
59	Sandra Connell	f	FV 60		0	0	874	674	0	885	773	850	2609
60	Terry Moss	m	MV 40		856	0	884	869	0	845	853	832	2609
61	Neil Brooks	m	MV 50		817	0	859	814	737	918	715	823	2600
62	Joanna Fitch	f			0	0	875	0	902	0	761	815	2592
63	James Morris	m	MV 40		802	0	880	821	874	0	765	836	2590
64	Phil Horner	m	MV 40	Garstang RC	640	0	888	0	837	0	0	863	2588
65	David Green	m	MV 50		0	0	773	0	890	855	0	843	2588
66	Simon Hawkyard	m	MV 60		784	0	901	0	0	0	814	872	2587
67	Denis Cleary	m	MV 40	None	0	0	855	0	875	846	756	0	2576
68	Kev Kendal	m	MV 40	Howgill Harriers	818	0	820	842	884	849	782	830	2575
69	Edward Hill	m	MV 50		895	0	0	0	0	0	802	877	2574

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70	Louise Jeffrey-read	f	FV 40		822	0	831	0	0	0	845	897	2573
71	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	780	934	852	0	0	0	0	0	2566
72	Neil Pomfret	m	MV 50	Ilkley Harriers	0	0	853	0	0	878	815	0	2546
73	Anne-marie Woodcock	f	FV 50	Lions Running Community	905	0	836	0	779	0	0	805	2546
74	Alison Piron	f			795	0	0	858	891	0	0	0	2544
75	Thomas Walker	m		Team Sixteen	0	0	790	817	847	877	788	0	2541
76	Chris Davies	m	MV 40	Team inov-8	0	0	801	790	0	868	871	657	2540
77	Mark Wardley	m	MV 50	Red rose	768	952	0	563	761	750	453	819	2539
78	Glyn Williams	m	MV 50	Prestwich AC	871	0	925	0	0	0	0	732	2528
79	Andrew Hemsley	m	MV 50	Walney Wind Cheetahs	710	0	826	835	0	862	767	0	2523
80	Michal Parka	m			821	0	749	801	900	0	0	0	2522
81	Chris Ryan	m	MV 40	SWRC	0	954	800	768	0	0	0	0	2522
82	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	826	0	791	819	871	0	671	745	2516
83	Darren Gillman	m	MV 50	Todmorden Harriers	851	0	867	786	730	0	766	798	2516
84	Islay Horton	f	FV 40	South Cheshire Harriers	837	0	0	875	0	0	800	0	2512
85	Dorothy Pelly	f	FV 60	Ambleside Ac	801	0	822	0	885	798	752	772	2508
86	Clair Priestley	f	FV 40		794	0	0	0	0	887	762	818	2499
87	Andrew Vincent	m	MV 50	Bollington Harriers	907	0	0	0	0	0	688	902	2497
88	Adam Thornton	m			690	907	761	736	756	796	599	792	2495
89	Anthony Oliver	m	MV 50	Hartlepool Burn Road Harriers	979	0	0	530	985	0	0	0	2494
90	John Walter	m	MV 70		0	935	0	663	814	738	588	0	2487
91	Neil Ainsworth	m	MV 50		0	0	842	0	0	0	764	870	2476
92	Katie Trace	f	FV 40	Biddulph Running Club	0	0	0	0	866	0	742	862	2470
93	Andrew Haley	m	MV 50	Lonsdale Fell Runners	0	0	823	0	818	826	0	802	2467
94	Adam Birch	m			0	0	0	755	849	858	0	0	2462
95	Darren Hodgson	m	MV 40		791	0	0	831	0	0	0	839	2461
96	Cefn Willis	m	MV 40		799	0	827	0	835	0	0	0	2461
97	Peter Burlingham	m		Lonely Goat RC	0	874	747	608	0	815	0	759	2448
98	Igal Nagar	m	MV 60		759	0	828	757	860	0	0	0	2447
99	Tim Harper	m			748	0	797	627	854	0	780	795	2446
100	Stephen Lester	m	MV 60	Cumberland Fell Runners	785	0	829	0	827	0	0	0	2441
101	Barry Lyonette	m	MV 60		840	0	0	820	0	0	771	0	2431
102	Jessica Clifton	f	FV 40		0	933	0	692	0	719	553	778	2430
103	Nicholas Schaffer	m	MV 50	Millom Striders	0	0	0	0	824	0	791	814	2429
104	Paul Roche	m	MV 60		746	0	782	744	606	0	900	0	2428
105	Kay McGreevy	f	FV 50	BMF Glasgow	0	0	769	773	802	0	748	845	2420
106	Sarah Nutt	f	FV 40		0	0	752	828	0	0	792	794	2414
107	Tim Bateman	m	MV 50		806	0	839	0	762	0	642	691	2407

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108	Sarah Lewis-Briggs	f	FV 50	Head Torches Around The Tarn - E	729	929	731	727	0	0	619	743	2403	
109	Katie O'sullivan	f	FV 40		777	0	0	709	0	819	720	779	2375	
110	Jo Rolls	f	FV 40	Keswick AC	0	0	0	0	855	0	694	806	2355	
111	Owen Davies	m	MV 70		727	0	785	730	800	0	660	764	2349	
112	Tom Lawson	m	MV 40	Netherhall AC	730	0	798	731	0	797	681	0	2326	
113	John Waring	m			839	0	777	0	641	0	494	705	2321	
114	Tim Jefferson	m	MV 50	Spectrum Striders	634	0	861	0	0	0	826	0	2321	
115	Andy Dickinson	m	MV 60		750	0	756	0	811	0	0	0	2317	
116	Lindsay Bennison	f	FV 50	The Fell Devils	0	0	0	0	799	788	0	726	2313	
117	Neil Venables	m	MV 50		0	0	812	738	0	0	751	0	2301	
118	Dawn Wicks	f	FV 50		0	0	730	653	0	813	646	754	2297	
119	Abigail Chard	f	FV 50		808	0	0	0	750	0	738	0	2296	
120	Helen Milner	f	FV 40	Ledbury Harriers	0	0	0	0	843	0	649	801	2293	
121	Margaret Lupton	f	FV 50	Red Rose Road Runners	742	0	771	0	723	766	0	0	2279	
122	Michael Welsh	m	MV 40		747	0	581	0	745	0	664	782	2274	
123	Louise Lashley	f	FV 40		0	922	0	559	0	777	0	0	2258	
124	Terry Charles	m	MV 60	Wirral Vikings Trc	0	0	806	0	0	0	684	768	2258	
125	Sheona Lawrence-Silver	f			0	0	764	0	0	717	0	776	2257	
126	Dave Raynor	m	MV 50	Red Rose Road Runners	773	0	845	0	0	0	633	0	2251	
127	Fiona Haigh	f	FV 50	Team Fi & B	763	0	774	693	0	0	635	0	2230	
128	Sue Woods	f	FV 50		721	0	706	0	736	769	0	0	2226	
129	John Stout	m	MV 60		0	0	0	0	758	768	513	700	2226	
130	Stephen Cruickshank	m	MV 50		720	0	770	734	0	0	0	0	2224	
131	Rachel Blakeley	f	FV 40		0	871	677	649	0	0	0	673	2221	
132	Fran Connolly	f	FV 40	Blackpool Wyre & Fylde AC	860	0	0	578	782	0	0	0	2220	
133	Jason Tuddenham	m	MV 50		714	0	710	634	690	795	592	652	2219	
134	David Walsh	m	MV 60		728	0	718	0	771	0	0	0	2217	
135	Graeme White	m	MV 50		0	0	0	767	0	861	586	0	2214	
136	Heather Santar	f	FV 50		669	0	687	646	748	755	565	706	2209	
137	Gail Bristo	f	FV 50	Red Rose Road Runners	0	0	734	562	714	757	454	0	2205	
138	Katie Samuelson	f	FV 40	Todmorden Harriers	836	0	608	572	729	0	374	633	2198	
139	Simon Byrne	m		St Bees Trier	0	0	714	0	830	0	647	0	2191	
140	Phil Cape	m	MV 40	Stone Master Marathoners	0	0	0	0	993	0	474	723	2190	
141	Jordan Travis	m			680	0	691	0	757	0	624	741	2189	
142	Paul Haydon	m	MV 50	F.r.a.	770	0	746	0	0	0	661	514	2177	
143	Jo Colvin	f	FV 40		617	897	655	0	0	0	452	0	2169	
144	Nicki Whattam	f	FV 40	Selby Striders	737	0	0	725	0	0	519	701	2163	
145	Dean Hamer	m			648	795	0	605	648	720	499	0	2163	

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146	Colin Copland	m	MV 60		0	901	0	0	0	0	587	669	2157
147	Sara Summers	f	FV 50		645	866	0	0	643	0	0	0	2154
148	Jeff Borradaile	m	MV 50		0	0	0	675	0	801	669	0	2145
149	Elizabeth Chaplin-Brice	f			0	0	0	497	0	822	0	816	2135
150	Guy Simpson	m	MV 40	Eden Runners	698	0	704	0	733	0	413	561	2135
151	Andrew Woodhead	m			688	0	726	0	719	0	0	605	2133
152	Julie Graham	f	FV 50	Garstang	708	0	0	647	706	0	0	717	2131
153	Ginny Newman	f	FV 60		0	0	682	656	793	0	0	0	2131
154	Ray Foulkes	m	MV 50	Redcar Running Club	724	0	765	641	0	0	636	0	2130
155	Allison Cape	f	FV 50	Stone Master Marathoners	0	0	665	0	734	0	473	722	2121
156	Mel Waring	m	MV 50		687	0	692	0	732	0	0	0	2111
157	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	548	847	596	0	0	658	0	0	2101
158	Stephanie Phillips	f		Parbold Pink Panthers	702	0	0	0	660	736	0	0	2098
159	Chris Price	m	MV 50	Kendal AAC	532	0	0	509	0	840	706	552	2098
160	Katy Lewis	f	FV 50		0	0	670	0	0	763	564	660	2093
161	Kathryn Abbott	f	FV 50	Red Rose Road Runners	689	0	681	597	721	0	536	643	2091
162	Susan Chilton	f	FV 50	Lune Valley Hash House Harriers	0	0	717	0	743	0	0	629	2089
163	Lisa Whetter	f	FV 40		692	0	0	0	668	722	0	0	2082
164	Steve Longney	m	MV 50	Yorkshire Wolds Runners	652	0	0	644	0	786	0	0	2082
165	Hannah Greenlee	f		Chorlton Runners	0	0	0	0	794	0	574	708	2076
166	David Ellicott	m	MV 40	Askern District RC	620	0	637	669	770	0	482	623	2076
167	Alex McClellan	f			0	0	0	0	796	0	580	694	2070
168	Alan Davidson	m	MV 60		664	0	0	660	0	744	0	0	2068
169	David Goodyear	m	MV 50	Eccleshill Road Runners	0	0	621	728	0	715	0	0	2064
170	Sonja Farish	f	FV 50	Parkside panthers	0	0	620	574	716	727	503	597	2063
171	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	650	0	0	643	0	770	0	0	2063
172	David Owen	m	MV 60		700	0	0	0	738	0	621	0	2059
173	Jane Marshall	f	FV 50	York Acorn Running Club	647	0	675	561	652	728	496	634	2055
174	Skye Sarahs	f		Dumfries Running Club	0	0	0	680	0	774	598	0	2052
175	Julie Russell	f	FV 50	Quakers Rc	0	0	703	0	692	0	526	653	2048
176	Gerry Garvey	m	MV 50	Muddy Boots Nursery	607	0	662	0	0	778	0	0	2047
177	Clare Laybourn	f	FV 50		0	0	645	558	681	713	490	607	2039
178	Hilary Dickinson	f	FV 60	Tynedale Harriers & A C	686	0	654	566	0	699	603	0	2039
179	Andrew Green	m	MV 40	York Acorn	534	0	0	0	646	839	0	553	2038
180	Julie Moore	f	FV 60	Wigan Harriers & Ac	633	0	849	0	0	0	548	0	2030
181	Sharon Oconnell	f	FV 50	St. Helens Striders	741	0	0	0	0	0	644	641	2026
182	Claire Horner	f	FV 40	Garstang RC	641	0	698	568	682	0	0	644	2024
183	Raphael Dunne	m	MV 40		651	0	666	0	697	0	0	0	2014

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184	martin walsh	m	MV 70	Bowland fell runners	0	0	0	685	0	791	527	0	2003
185	Jonathan Richardson	m	MV 40	York Postal Harriers	625	0	622	0	751	0	0	0	1998
186	Joe Kenny	m		Team inov-8	997	0	1000	0	0	0	0	0	1997
187	Sarah Booth	f		Macclesfield Harriers	0	0	0	0	749	0	512	734	1995
188	Ross Bibby	m		Helm Hill Runners	995	0	994	0	0	0	0	0	1989
189	James Chapman	m		Northern Fells Running Club	0	0	0	0	0	994	993	0	1987
190	Daniel Bateson	m	MV 40	Scarborough AC	0	0	0	0	0	0	990	996	1986
191	Martin Klavon	m			989	0	0	995	0	0	0	0	1984
192	Deborah Reekie	f	FV 40		660	0	650	0	672	0	514	617	1982
193	John Heyes	m	MV 50	Wigan Harriers	987	0	993	0	0	0	0	0	1980
194	Frazer Durriss	m	MV 40	Trawden Ac	986	0	0	0	0	0	992	0	1978
195	Aodhan Carson	m	MV 40		0	0	990	0	0	0	986	0	1976
196	Jonathan Sangster	m		Burnden Road Runners	0	0	0	0	0	0	983	991	1974
197	Karen Lillie	f	FV 50	Lonely goat	0	0	0	668	0	698	444	600	1966
198	Stuart Towns	m	MV 40	Wigan Harriers	981	0	983	0	0	0	0	0	1964
199	Andrew Hollowbread	m	MV 50		713	0	0	618	0	0	632	0	1963
200	Dorothy Stirling	f	FV 50	Hoad Hill Harriers	630	0	631	0	700	0	0	0	1961
201	Alastair Vale	m	MV 40		980	0	0	0	981	0	0	0	1961
202	Andrew Mallagh	m	MV 50		970	0	991	0	0	0	0	0	1961
203	Steven Southern	m			0	0	0	0	0	0	979	980	1959
204	Mel Simmonds	f	FV 40	Hoad Hill Harriers	629	0	630	0	699	0	0	0	1958
205	Chris Downham	m			0	0	0	0	0	979	0	976	1955
206	Graeme Denman	m		N/a	0	0	978	0	0	0	976	0	1954
207	Tim Gregory	m		St Bees Triers	0	0	0	980	0	971	0	0	1951
208	James Harper	m			0	0	0	0	0	977	0	971	1948
209	Karen Robertson	f	FV 50	Northumberland Fell Runners	0	0	0	0	0	0	966	981	1947
210	Nick Peterson	m		Penny Lane Striders	977	0	0	970	0	0	0	0	1947
211	Mark Cooling	m			0	0	979	967	0	0	0	0	1946
212	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	959	0	986	0	0	0	0	0	1945
213	Clive Barker	m	MV 60		657	0	646	0	0	0	0	639	1942
214	Amy Frost	f			0	0	0	536	0	0	450	952	1938
215	Dave Abbott	m			0	0	971	0	967	0	0	0	1938
216	Andy Johnson	m			0	0	0	0	0	986	0	951	1937
217	Helen Halsall	f	FV 50		0	0	711	631	0	0	594	0	1936
218	Catherine Houston	f	FV 40		0	984	0	0	0	951	0	0	1935
219	Christopher Tait	m		Sale Harriers	0	0	989	0	0	0	0	944	1933
220	Hannah Stirling	f			0	0	0	0	626	725	0	580	1931
221	Steven Marsh	m	MV 60		0	988	0	0	942	0	0	0	1930

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
222	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	0	0	961	969	0	0	0	0	1930
223	Austin Trelfa	m	MV 60	Red Rose Road Runners	622	0	618	0	689	0	0	0	1929
224	Ian Trencher	m	MV 40	Billinge Running Club	615	0	632	580	680	0	500	593	1927
225	Mark Mardell	m	MV 40	Norwich road runners	0	0	0	0	0	0	962	964	1926
226	Sally Gilliver	f	FV 60	Wilmslow Running Club	0	0	0	0	969	0	0	956	1925
227	David Walker	m	MV 50	Sedgefield Harriers	948	0	0	976	0	0	0	0	1924
228	Judith Barker	f	FV 50		626	0	0	0	0	711	0	585	1922
229	Paul Macfarlane	m	MV 40	Helmhill / Drum Nation	0	0	0	964	0	0	0	957	1921
230	Neil Ward	m	MV 50	Ponteland Runners	950	0	969	0	0	0	0	0	1919
231	Andrew Simpson	m	MV 40	Lonely Goat R C	0	0	921	0	0	0	996	0	1917
232	Roberto Raso	m	MV 50	Manchester Frontrunners	0	0	956	0	0	958	0	0	1914
233	Nicky Jones	f	FV 40		0	0	588	645	0	676	0	0	1909
234	Nathan Cornish	m	MV 40	Dragons Running Club Sale	944	0	0	0	964	0	0	0	1908
235	Rebecca Meeten	f	FV 50		571	844	0	492	0	0	0	0	1907
236	Debbie Hallsworth	f		Derwent Ac	0	0	573	516	639	694	442	0	1906
237	Matthew Smith	m	MV 40		0	0	0	937	0	0	0	969	1906
238	Ben Ashton	m	MV 40	DOrunning	0	0	0	0	0	0	929	975	1904
239	Adelle Mcnamara	f	FV 40		0	0	705	0	759	0	438	0	1902
240	George Gilhooley	m	MV 60	Lothian RC	0	0	0	0	945	956	0	0	1901
241	Mark Walker	m	MV 50	Rochdale Harriers and AC	0	0	948	949	0	0	0	0	1897
242	Jeff Mccarthy	m	MV 50	Rochdale Harriers	945	0	0	0	0	950	0	0	1895
243	Robert Pattinson	m	MV 50	Motherwell AC	0	0	953	0	941	0	0	0	1894
244	Paul Robertson	m	MV 60	Wirral Vikings	0	0	954	940	0	0	0	0	1894
245	Stephen Entwistle	m	MV 50	Wirral Vikings TRC	0	959	0	0	0	0	932	0	1891
246	Graham Cash	m	MV 40	Abc	0	0	963	0	0	0	927	0	1890
247	Rob Bond	m	MV 40	Staffordshire Moorlands Ac	0	0	0	0	0	0	930	960	1890
248	Andrew Ackroyd	m			0	0	0	0	0	978	912	0	1890
249	James Johnston	m			0	985	0	0	0	0	901	0	1886
250	James Jardine	m		Eden Runners	564	0	579	0	742	0	414	541	1885
251	Gregory Mcneill	m			0	0	943	942	0	0	0	0	1885
252	Dawn Richardson	f	FV 40	Quakers	928	0	0	0	0	0	0	955	1883
253	Ian Looker	m	MV 50	N/a	0	0	938	0	0	941	0	0	1879
254	Kevin Scott	m	MV 50		0	0	0	939	0	0	0	939	1878
255	Stuart Haigh	m	MV 40	North Shields Polytechnic	0	0	0	925	953	0	0	0	1878
256	Andrew Robertson	m			0	966	0	911	0	0	0	0	1877
257	Joanne Morris	f	FV 40		0	0	674	575	0	0	488	625	1874
258	Mathew Clarkson	m	MV 40		0	0	975	0	0	0	898	0	1873
259	Jenny Lockett	f			0	969	0	0	0	903	0	0	1872

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
260	Jason Millward	m	MV 40	Team inov-8	0	0	0	0	880	992	0	0	1872	
261	Claire Green	f	FV 40		531	0	0	0	647	669	0	555	1871	
262	Roy Young	m	MV 40	North Shields Poly	0	0	0	0	0	0	924	946	1870	
263	Stuart Crook	m			0	0	0	929	0	939	0	0	1868	
264	Malcolm Anderson	m			0	974	0	0	0	892	0	0	1866	
265	Rob Legge	m	MV 50		0	0	0	0	0	945	0	920	1865	
266	David Pollitt	m	MV 50	Leigh Harriers	930	0	0	934	0	0	0	0	1864	
267	Nigel Tillott	m	MV 50	Tewkesbury Ac	0	0	917	0	946	0	0	0	1863	
268	Philip Cuthbert	m	MV 40		0	0	926	0	0	937	0	0	1863	
269	Jeffrey Counce	m	MV 40		0	0	0	0	0	910	0	950	1860	
270	Ian McPake	m	MV 40		0	0	0	916	0	0	0	943	1859	
271	Josh Comley	m	MV 40		917	0	0	0	0	0	940	0	1857	
272	Jennie Davies	f	FV 70	Women On The Run	570	0	607	565	678	0	0	0	1855	
273	Alexander Sharman	m			0	0	0	0	0	931	0	924	1855	
274	Katie Halsall	f			0	0	939	915	0	0	0	0	1854	
275	Maxine Grimshaw	f	FV 60	RED Community	544	0	570	0	628	652	370	0	1850	
276	Cristiano Vizzotto	m			0	0	949	901	0	0	0	0	1850	
277	Mike Smith	m	MV 60		612	0	619	0	617	0	525	591	1848	
278	Tony Seddon	m	MV 50		0	812	0	0	0	648	388	0	1848	
279	Rachel Lawton	f	FV 40	Wigan Harriers	635	0	664	0	0	0	547	0	1846	
280	Ian Dixon	m	MV 40		0	0	909	0	936	0	0	0	1845	
281	Ben Capsey	m	MV 40	Salford Mets	0	0	0	0	0	0	906	938	1844	
282	Oliver Wilson	m	MV 40		0	0	0	922	0	0	0	922	1844	
283	Andrew Kitts	m			0	0	908	0	0	936	0	0	1844	
284	Lesley Allison	f	FV 60	Eden Runners	624	0	0	560	0	0	0	654	1838	
285	James Chambers	m	MV 40	York Knavesmire Harriers	0	0	898	0	940	0	0	0	1838	
286	Helen Hill	f	FV 40	Billingham Marsh House Harriers	0	0	615	0	0	0	523	699	1837	
287	Ian Bowker	m	MV 50	Marple Runners	0	0	915	0	0	0	911	0	1826	
288	Alison Nordon	f	FV 50		553	0	577	512	0	677	434	572	1826	
289	Graham Coupe	m	MV 40	Wirral Vikings Trc	0	0	0	0	0	0	907	919	1826	
290	Simon Thomas	m	MV 40		0	0	910	0	914	0	0	0	1824	
291	Myfanwy Taylor	f	FV 60	Bmf	0	0	651	595	0	0	0	576	1822	
292	Rosie Halsall	f			0	0	916	905	0	0	0	0	1821	
293	Nick Cook	m	MV 40		0	0	911	0	909	0	0	0	1820	
294	David Everson	m	MV 50		892	0	0	0	927	0	0	0	1819	
295	Mihir Joshi	m			882	0	0	0	935	0	0	0	1817	
296	Graeme Lee	m	MV 50	Meltham AC	897	0	0	0	916	0	0	0	1813	
297	Tom Newton	m	MV 40	Blacko Massive	898	0	0	0	0	0	910	0	1808	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
298	Carol Forster	f	FV 50		530	0	592	517	0	685	0	0	1807
299	Andrew Gibson	m	MV 50		529	0	594	0	0	684	0	0	1807
300	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	584	0	590	0	632	0	0	0	1806
301	Lindsay Smith	f		Derwent Valley Running Club	0	0	0	914	0	890	0	0	1804
302	Ursula Collie	f	FV 50		0	800	0	0	0	638	361	0	1799
303	Shiran Cleminson	f	FV 40	Boldmere bullets	0	0	589	534	0	675	0	0	1798
304	David Moston	m	MV 40	Wirral Vikings	828	0	970	0	0	0	0	0	1798
305	Lynne Midgley-ward	f	FV 50	Ponteland Runners	579	0	586	0	0	0	396	631	1796
306	Chris Pilkington	m		Hawkshead Brewery	0	0	900	0	893	0	0	0	1793
307	Nadine Scaife	f	FV 40		0	0	636	0	654	0	501	0	1791
308	Alberto Riveros Rojas	m	MV 40	Horsforth Harriers	0	0	0	0	0	0	876	915	1791
309	Philip Dixon	m	MV 50	Eden Runners	0	0	937	853	0	0	0	0	1790
310	Ian Jones	m	MV 40		0	0	940	0	0	0	848	0	1788
311	Matthew Croughan	m	MV 40	Meltham AC	0	0	0	0	0	0	850	934	1784
312	Gary Grand	m	MV 50		0	0	0	0	0	0	854	930	1784
313	Laura Molyneux	f	FV 40		0	0	0	0	0	915	867	0	1782
314	Jonathan Fletcher	m	MV 50	Ripon Runner	0	0	0	0	0	0	873	909	1782
315	Abigail Jardine	f		Eden Runners	567	0	574	0	638	0	415	542	1779
316	Julie Cook	f	FV 50	Tynedale Harriers	0	937	0	0	0	842	0	0	1779
317	Fay Tuffen	f	FV 40		0	0	906	872	0	0	0	0	1778
318	Paul Milner	m	MV 50		861	0	0	0	0	0	917	0	1778
319	Simon Brady	m	MV 40		0	0	878	0	0	0	0	898	1776
320	Peter Medicott	m	MV 40	St Helens Striders	0	0	872	0	904	0	0	0	1776
321	Richard Brown	m	MV 40	Belper Harriers	0	0	0	0	0	0	879	896	1775
322	Hazel McWilliams	f	FV 50		0	0	912	0	0	0	862	0	1774
323	Linda Rix	f	FV 50	Manchester Frontrunners	0	0	885	0	0	888	0	0	1773
324	Phil Holden	m	MV 40		0	0	865	0	908	0	0	0	1773
325	Jane Harris	f	FV 40	Tewkesbury running club	0	0	0	0	0	0	882	890	1772
326	Neil Sutcliffe	m	MV 60		546	0	593	0	627	0	0	0	1766
327	Louise Anderson	f	FV 50		0	0	0	0	894	0	0	871	1765
328	Kelly Anne Towns	f	FV 40	Wigan Harriers	868	0	897	0	0	0	0	0	1765
329	Adam Corbridge	m			0	0	0	0	0	919	846	0	1765
330	Ray Padgett	m	MV 60		0	0	837	0	926	0	0	0	1763
331					520	0	524	474	599	635	350	495	1758
332	Sarah Jackson	f	FV 40	Kendal AAC	533	0	0	508	0	670	403	554	1757
333	Ellen Mclachlan	f			896	0	0	0	0	0	855	0	1751
334	James Trace	m	MV 40	Biddulph Running Club	0	0	0	0	653	0	486	610	1749
335	James Burke	m			0	0	0	898	0	0	851	0	1749

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
336	Andrew Lewis	m	MV 60	Shrewsbury Ac	805	942	0	0	0	0	0	0	1747
337	Leonie Hayler	f	FV 40	Tynedale Harriers	0	945	0	0	0	800	0	0	1745
338	Adam Wilcock	m		Lonely Goat	825	0	919	0	0	0	0	0	1744
339	Stu Johnson	m		Tynedale Rfc	843	0	0	0	0	0	897	0	1740
340	michael stopford	m		Darwen Dashers	0	0	0	826	0	913	0	0	1739
341	Craig Mitchell	m		Knaresborough Striders	0	0	0	0	0	0	812	926	1738
342	Gary Webster	m		Knaresborough Striders	0	0	0	0	0	0	955	783	1738
343	Katy Moore	f	FV 40		0	0	565	504	0	668	0	0	1737
344	Darren Conway	m	MV 40		766	970	0	0	0	0	0	0	1736
345	Philip Kitchen	m	MV 40		827	0	0	0	0	908	0	0	1735
346	Jane Davies	f	FV 50		610	0	0	0	666	0	458	0	1734
347	Alexander Wrigley	m			0	0	0	0	0	850	0	884	1734
348	Matthew Soanes	m			0	0	0	0	0	875	0	859	1734
349	Ruth Pimblett-tattley	f	FV 50		0	0	564	503	0	665	0	0	1732
350	John Pollard	m	MV 60	Glossopdale Harriers	0	0	0	0	873	859	0	0	1732
351	John Reynolds	m	MV 60	Cumberland Fell Runners	0	0	857	873	0	0	0	0	1730
352	Raymond Riley	m	MV 40		0	0	0	0	0	870	0	858	1728
353	Stuart Bell	m	MV 60	Kendal Ac	0	0	0	860	865	0	0	0	1725
354	Kirstin Walker	f		Darwen Dashers	0	0	0	827	0	896	0	0	1723
355	Doug Bryden	m	MV 50	Red Rose Road Runners	0	0	0	830	0	893	0	0	1723
356	Stuart Berry	m	MV 60		0	943	780	0	0	0	0	0	1723
357	Colin Fitton	m	MV 50		0	0	830	0	889	0	0	0	1719
358	Darren Atkinson	m			0	0	868	0	851	0	0	0	1719
359	David Miller	m	MV 60	Chorley	0	0	0	0	877	841	0	0	1718
360	Carl Wild	m			0	939	0	0	0	779	0	0	1718
361	Ferg Ryan	m	MV 40	Sw Running Crew	0	918	799	0	0	0	0	0	1717
362	Roberta Whyte	f	FV 60	Linlithgow Athletic Club	0	837	0	0	0	0	365	512	1714
363	Emma Robinson	f			774	940	0	0	0	0	0	0	1714
364	Alex Bone	m			0	0	0	0	0	0	801	912	1713
365	Phil Johnson	m	MV 50	Tewkesbury tri	0	0	0	0	876	0	834	0	1710
366	John Beedles	m	MV 40		838	0	0	0	0	871	0	0	1709
367	Kevin Church	m	MV 50	Marshall Milton Keynes Ac	0	859	0	0	0	0	0	848	1707
368	Martin Duffy	m	MV 40		0	0	0	0	616	681	410	0	1707
369	Bryan Waters	m	MV 50		0	0	0	0	0	879	827	0	1706
370	Robert Harper	m	MV 50	Yorkshire Wolds Runners	859	0	0	0	0	847	0	0	1706
371	Helen Clark	f	FV 50	Bollington Harriers	628	0	0	0	0	0	467	609	1704
372	Jon Moulding	m	MV 40	Dark Peak Fell Runners	0	0	0	0	0	0	806	895	1701
373	Jonathan Watt	m	MV 50		0	0	0	0	0	872	829	0	1701

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
374	Tim Cullimore	m	MV 40		0	0	0	0	0	882	0	817	1699
375	Karen Chalmers	f	FV 50		0	0	0	0	0	0	805	894	1699
376	Dan Johnson	m			0	0	0	0	0	0	864	833	1697
377	Ben Howes	m			0	0	0	0	0	0	807	888	1695
378	Wayne Rebanks	m	MV 50		0	0	0	836	0	0	858	0	1694
379	Allen Smith	m	MV 60	Buckley RR	0	0	834	0	0	860	0	0	1694
380	John David Peatfield	m	MV 70		587	0	601	505	0	0	353	499	1693
381	Ceri Nicholas	f	FV 50	Buckley RR	0	0	835	0	0	857	0	0	1692
382	Samuel Gilmore	m			0	962	0	729	0	0	0	0	1691
383	Ian Mckay	m	MV 50		0	0	0	844	0	0	843	0	1687
384	George Towler	m	MV 40		832	0	854	0	0	0	0	0	1686
385	Nadhim Bayatti	m	MV 40	The Fell Devils	803	0	0	0	878	0	0	0	1681
386	Phil Hughes	m	MV 60		809	0	0	868	0	0	0	0	1677
387	David Gilbert	m	MV 50		814	0	0	0	859	0	0	0	1673
388	Liz Thompson	f	FV 40		0	0	803	0	0	869	0	0	1672
389	Anthony Mclaughlan	m	MV 40		830	0	0	0	0	0	0	840	1670
390	Simon Fogerty	m	MV 40		0	0	0	829	0	0	841	0	1670
391	Ian Hogg	m	MV 40		820	0	850	0	0	0	0	0	1670
392	Josephine LOUISE Walsh	f	FV 40	Red Rose Road Runners	0	0	541	0	618	0	372	509	1668
393	Siobhan Riley	f	FV 50		0	0	0	0	0	831	0	837	1668
394	Jacqueline MOXON	f	FV 50		0	0	0	485	0	651	0	531	1667
395	Alasdair Macdonald	m	MV 50		0	0	0	0	0	0	809	856	1665
396	Louisa Phillips	f	FV 40		0	0	0	0	0	0	777	886	1663
397	Chantelle Schulz	f			0	0	0	0	842	0	0	820	1662
398	Jill Ezard	f	FV 50	Ilkley Harriers	0	0	810	852	0	0	0	0	1662
399	GARY MOXON	m	MV 60		0	0	0	486	0	650	0	526	1662
400	Andrew Sumner	m	MV 50		0	0	0	0	0	827	0	835	1662
401	Petra Madarasan	f	FV 40	Kendal AC	0	0	766	0	895	0	0	0	1661
402	Helen Lawrenson	f	FV 50	Wesham Road Runners	0	0	817	0	844	0	0	0	1661
403	Laura Berry	f			0	936	724	0	0	0	0	0	1660
404	Nicola Norton	f			0	0	0	0	0	905	753	0	1658
405	Howard Rand	m	MV 40		0	0	0	0	0	880	774	0	1654
406	Mark Bades	m	MV 50		0	0	0	0	821	0	0	831	1652
407	Helen Palmer	f	FV 40		854	0	0	0	0	0	794	0	1648
408	Stephen Stuart	m	MV 50		879	0	0	769	0	0	0	0	1648
409	Anja Coulthard	f	FV 40	Keswick AC	0	0	841	803	0	0	0	0	1644
410	Sarah Walker	f			0	0	0	0	883	0	0	760	1643
411	Jayne Ashe	f			819	0	824	0	0	0	0	0	1643

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
412	Mike Donigan	m	MV 40	Swinton Running Club	0	0	0	0	0	0	747	889	1636
413	Tony Priest	m	MV 50		0	0	0	876	0	0	757	0	1633
414	Karen Jones	f	FV 40		0	0	0	0	0	863	769	0	1632
415	Helen Young	f	FV 40	York Knavesmire Harriers	0	0	783	0	848	0	0	0	1631
416	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	0	902	0	0	727	0	0	0	1629
417	Ann Nicholson	f	FV 70	Cartmel	0	0	0	0	0	664	404	560	1628
418	John Leivers	m	MV 50		0	0	0	0	0	0	779	849	1628
419	Phil Jones	m	MV 40		0	909	719	0	0	0	0	0	1628
420	Jonathan Evans	m	MV 50	Wesham	0	0	0	0	0	900	718	0	1618
421	Chris Green	m	MV 50		0	0	0	0	0	0	760	852	1612
422	Olivia Wiggans	f			787	0	0	823	0	0	0	0	1610
423	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	789	0	0	0	820	0	0	0	1609
424	Rosie Egan	f	FV 50	Cheshire Hash House Harriers	0	896	712	0	0	0	0	0	1608
425	Gary Cattermole	m	MV 50		788	0	818	0	0	0	0	0	1606
426	Philip Whiston	m	MV 40		545	0	563	498	0	0	0	0	1606
427	David Bailey	m	MV 50	Biddulph Running Club	0	0	0	0	0	0	743	861	1604
428	Carole Frost	f	FV 50	Orchard Eagles Running Club	0	921	0	0	0	0	0	682	1603
429	Rob Leatt	m			0	0	856	0	0	0	746	0	1602
430	Mark Robinson	m	MV 50		0	0	0	0	786	816	0	0	1602
431	Simon Thorn	m			0	0	0	796	0	0	804	0	1600
432	Kelly Staunton	f		Billinge Running Club	0	0	858	0	0	0	732	0	1590
433	ALEXA WILCOCK	f			824	0	0	0	0	0	0	761	1585
434	philippa Leach	f	FV 60		0	0	0	850	0	0	729	0	1579
435	Alice Fantom	f			0	0	0	0	0	790	0	788	1578
436	Lisa Jackson	f		Derwent AC Cockermouth	0	0	0	0	0	851	727	0	1578
437	Fiona Edwards	f		Spa Striders	0	0	0	0	0	0	701	875	1576
438	Charlotte Everard	f		Spa Striders	0	0	0	0	0	0	699	876	1575
439	Matt Leydon	m		Spa Striders	0	0	0	0	0	0	702	873	1575
440	Sarah Watton	f		Burnden Road Runners	0	0	0	0	0	0	700	874	1574
441	Charlene Smith	f			0	0	0	0	0	854	717	0	1571
442	Clare Mallon	f	FV 40	West Cheshire AC	0	0	0	0	0	0	735	829	1564
443	Nicola Unsworth	f	FV 50		0	0	819	0	0	0	744	0	1563
444	Mark Aldam	m	MV 50		0	0	722	0	841	0	0	0	1563
445	Tammy Lee	f	FV 40		0	0	0	0	0	0	734	828	1562
446	Martin Tilbury	m	MV 50		0	0	0	0	846	0	716	0	1562
447	Find Jorgensen	m	MV 60		0	0	0	0	0	0	754	807	1561
448	Nicola Kitchin	f	FV 50		762	0	0	0	0	0	0	799	1561
449	Alan Robinson	m	MV 60	Cmf	0	0	751	0	810	0	0	0	1561

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
450	Paul Gardiner	m	MV 50	Trail Running Association	0	0	0	0	0	0	825	735	1560	
451	Bree Sutcliffe	f	FV 40	Wirral AC	0	0	0	0	0	0	733	827	1560	
452	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	590	0	0	968	0	0	0	0	1558	
453	Anthony Maxwell	m	MV 60	Lostock AC	0	0	737	0	819	0	0	0	1556	
454	James Wright	m		Knaresborough Striders	0	0	0	0	0	0	625	929	1554	
455	Hannah O'connor	f			798	0	0	0	0	0	0	753	1551	
456	Stephen Wallwork	m	MV 40		0	0	776	0	774	0	0	0	1550	
457	Siobhan Davies	f	MV 50		0	0	744	0	0	806	0	0	1550	
458	Stuart O'connor	m			797	0	0	0	0	0	0	752	1549	
459	Beyhan Akyollu	f		Knaresborough Striders	0	0	0	0	0	0	763	784	1547	
460	Gary Burt	m	MV 50		0	888	0	0	658	0	0	0	1546	
461	Steven Kitchin	m	MV 40		776	0	0	0	0	0	0	769	1545	
462	Sheila Williamson	f	FV 50		0	870	0	0	0	0	0	672	1542	
463	Catherine Jones	f	FV 60		0	0	543	0	623	0	376	0	1542	
464	Richard Mayson	m	MV 60	Unattached	751	0	0	789	0	0	0	0	1540	
465	Mark Allitt	m	MV 50	Selby Striders	0	840	694	0	0	0	0	0	1534	
466	Kelly Temple	f	FV 40		0	0	0	707	823	0	0	0	1530	
467	Anne Macfarlane	f	FV 50	Dumfries Running Club	735	0	0	795	0	0	0	0	1530	
468	Angela Gribbon	f	FV 40		711	0	814	0	0	0	0	0	1525	
469	Suzanne Hughes-Rudd	f	FV 40	Bodyfit Cumbria Running Club	726	0	0	0	797	0	0	0	1523	
470	Sarah O'Neill	f	FV 40		0	863	0	0	0	659	0	0	1522	
471	Jo Fee	f	FV 50	Bodyfit Cumbria running club	740	0	0	0	780	0	0	0	1520	
472	Nadia Mckane	f	MV 40		0	0	690	0	0	829	0	0	1519	
473	Neil Taylor	m			0	0	0	0	752	767	0	0	1519	
474	William Fitch	m			0	0	788	0	728	0	0	0	1516	
475	Edward Ryder	m	MV 40	Otley AC	0	0	0	0	809	0	705	0	1514	
476	Nicola Connal	f	FV 40		0	879	0	0	0	0	634	0	1513	
477	Cecilia Marsh	f			0	0	0	0	0	787	0	725	1512	
478	Rachel Langrish	f		Sunderland Strollers	0	0	0	0	0	0	657	853	1510	
479	Miranda Bartlett	f	FV 60		522	0	0	0	0	637	351	0	1510	
480	Nicola Brown	f	FV 40		0	0	0	0	765	743	0	0	1508	
481	James Crossan	m	FV 40		676	0	0	832	0	0	0	0	1508	
482	Helen Kelsall	f		Kirkby Milers Ac	0	0	0	0	764	739	0	0	1503	
483	Paul Regan	m	MV 50	Lancs Police ** Heart Attack Surviv	0	0	723	0	0	775	0	0	1498	
484	Paul Hands	m	MV 50	Lions Running Community	0	858	635	0	0	0	0	0	1493	
485	Wendy Fraser	f	FV 60		565	0	0	0	0	0	406	522	1493	
486	Kenny Goodliffe	m	MV 40		0	0	0	0	0	0	668	824	1492	
487	Graham Schofield	m	MV 60	Chorley Harriers	0	0	0	703	783	0	0	0	1486	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
488	Simon Parsons	m	MV 40	Spa Striders	0	0	0	0	0	0	518	967	1485
489	Simon Lobas	m	MV 40	Swinton	521	0	0	962	0	0	0	0	1483
490	Elisabeth Zambo	f	FV 40		0	0	741	0	0	0	0	738	1479
491	Damian Moss	m	MV 50		0	843	0	0	0	0	0	635	1478
492	Menna Goodwin	f	FV 40	Warrington	0	0	0	0	808	0	0	668	1476
493	Ben Brennan	m	MV 50	Thornton Cleveleys Running Club	752	0	0	0	0	0	723	0	1475
494	Sally Lambert	f	FV 50		0	0	759	0	0	0	0	715	1474
495	Susan Averill	f	FV 50	Watnall Warriors	0	0	0	525	0	0	422	525	1472
496	Michael Bellwood	m		N/a	0	0	0	752	0	0	719	0	1471
497	Orry King	m	MV 50		703	0	0	0	768	0	0	0	1471
498	John Glass	m			0	0	758	0	712	0	0	0	1470
499	Martina Trapani	f			0	0	0	0	0	737	0	731	1468
500	Paul Mackey	m	MV 40		677	0	0	787	0	0	0	0	1464
501	Ben Melrose	m			0	0	0	700	763	0	0	0	1463
502	Ric Jaques	m	MV 50		0	0	760	0	702	0	0	0	1462
503	Peter Cheung	m	MV 60		0	0	732	723	0	0	0	0	1455
504	Gary Wintersgill	m	MV 50		0	0	0	694	0	0	0	758	1452
505	Charmain Brenyah	f	FV 40		0	0	0	0	0	0	686	762	1448
506	Suzy Dickins	f	FV 40		0	0	0	0	0	0	710	737	1447
507	Arwa Eskander	f	FV 40	Colt	0	834	609	0	0	0	0	0	1443
508	Steve Bellamy	m	MV 40	Red Rose Road Runners	0	0	721	0	720	0	0	0	1441
509	Paul Wilson	m	MV 50		0	0	0	0	0	837	0	603	1440
510	Michelle Barrow	f			0	0	696	0	0	0	0	742	1438
511	Jon Gilson	m	MV 50		0	0	0	0	0	748	0	689	1437
512	Gary Anderson	m	MV 50		0	0	0	0	739	0	0	697	1436
513	Charlotte Sherman	f		Beverley Athletics Club	849	0	0	0	0	0	583	0	1432
514	Peter Reed	m	MV 70	Northumberland Fell Runners	0	0	0	676	755	0	0	0	1431
515	Caroline Sidery	f	FV 60	Lions Running Community	0	894	0	0	0	0	0	534	1428
516	Jane Hunter	f	FV 60		0	828	598	0	0	0	0	0	1426
517	Simon Hodgson	m	MV 50		0	0	680	0	746	0	0	0	1426
518	Mark Hall	m	MV 40		731	0	0	0	0	0	0	693	1424
519	Jen Gardiner	f	FV 50	Trail Running Association	0	0	0	0	0	0	687	736	1423
520	Nathalie Robinson	f		Roefield Run Club	0	0	753	0	0	0	670	0	1423
521	Mark Molloy	m	MV 50	Warrington Running Club	734	0	0	688	0	0	0	0	1422
522	John Wiggans	m	MV 40		695	0	0	724	0	0	0	0	1419
523	Jo Gibson	f			0	0	778	0	0	640	0	0	1418
524	John Barr	m	MV 70	St. Helens Striders	733	0	0	0	0	0	0	684	1417
525	Sharon Swift	f	FV 50	St Helen's Striders	732	0	0	0	0	0	0	685	1417

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
526	Julian Carr	m	MV 50	Knaresborough Striders	0	0	0	0	0	0	626	791	1417	
527	Shaun Mcfaul	m	MV 50		0	0	0	0	715	701	0	0	1416	
528	Dave Brisco	m	MV 50	St. Helens Striders	0	0	0	0	0	0	630	777	1407	
529	Pete Williams	m		Team inov-8	744	0	0	0	0	0	0	658	1402	
530	Christine Ryder	f	FV 50	Marshall Milton Keynes	0	822	0	0	0	0	0	575	1397	
531	Mike Church	m			0	0	0	0	754	0	643	0	1397	
532	Alison Unsworth	f	FV 50		0	0	0	0	766	0	628	0	1394	
533	Victoria Brooker	f		Ambleside AC	0	0	0	0	0	756	637	0	1393	
534	Robert Myatt	m	MV 50		0	838	0	551	0	0	0	0	1389	
535	Esther Stanier	f		Red Rose Road Runners	0	886	0	0	0	0	498	0	1384	
536	Wendy Johnson	f	FV 50		0	0	700	682	0	0	0	0	1382	
537	David Lyons	m	MV 50		682	0	699	0	0	0	0	0	1381	
538	Cat Gooch	f	FV 40	Ponteland Runners	0	0	0	0	0	0	493	887	1380	
539	Jayne Dore	f	FV 40		722	0	0	658	0	0	0	0	1380	
540	Tracey Brocklehurst	f	FV 50		560	820	0	0	0	0	0	0	1380	
541	Dawn Jones	f	FV 50	Harlow Athletic Club	765	0	0	0	0	0	613	0	1378	
542	Craig Dudley	m	MV 50	N/a	0	0	0	699	0	0	678	0	1377	
543	Emma Shaw	f			0	0	0	715	0	0	659	0	1374	
544	Oliver Doherty	m	MV 40		0	0	0	0	0	0	645	728	1373	
545	Hazel Church	f	FV 50	Marshall Milton Keynes Ac	0	824	0	0	0	0	0	548	1372	
546	Denise Warner	f	FV 50		0	829	0	543	0	0	0	0	1372	
547	Liz Anderson	f			0	0	0	0	0	793	577	0	1370	
548	Louise Rooney	f	FV 50		0	850	0	511	0	0	0	0	1361	
549	Angela Holt	f	FV 40		0	0	672	681	0	0	0	0	1353	
550	Phillipa Haworth	f			0	0	0	0	0	0	620	724	1344	
551	Matthew Hayes	m	MV 40		0	0	673	670	0	0	0	0	1343	
552	Sheila Maxwell	f	FV 60	Lostock AC	0	0	649	0	687	0	0	0	1336	
553	Rachel Hay	f	FV 40		0	0	0	0	691	0	0	642	1333	
554	Jill Leader	f	FV 60		0	0	624	0	708	0	0	0	1332	
555	Lisa Heyes	f	FV 40	Wigan Harriers	649	0	683	0	0	0	0	0	1332	
556	Anthony Wilkinson	m	MV 60		675	0	0	657	0	0	0	0	1332	
557	Sarah Collins	f		Beverley Athletics Club	0	0	0	0	0	0	584	747	1331	
558	Vicki Dempsey	f	FV 40	Blackhill Bounders	668	0	661	0	0	0	0	0	1329	
559	Becky Haft	f		Fell CrossFit	0	0	0	0	0	0	570	757	1327	
560	Shelly Allen	f	FV 40		659	0	667	0	0	0	0	0	1326	
561	Lee Hetherington	m	MV 50	South Shields Harriers	0	0	0	0	0	0	627	698	1325	
562	Matthew Tollitt	m	MV 60	Penny Lane Striders	0	0	643	0	677	0	0	0	1320	
563	Catherine Vaneris	f	FV 40		0	0	0	606	713	0	0	0	1319	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
564	Sandra Allan	f	FV 60	Fellside Ladies	0	868	0	0	0	0	446	0	1314
565	Anya Lawrence	f			0	0	0	704	0	0	607	0	1311
566	Chris Lawrence	m	MV 40		0	0	0	705	0	0	606	0	1311
567	Dominick McIntyre	m	MV 50	Fetcheveryone	0	0	0	0	0	0	546	763	1309
568	Julian Brook	m	MV 40		608	0	0	0	701	0	0	0	1309
569	Stephen Shaw	m	MV 50	-	0	0	0	0	0	0	596	712	1308
570	Sally Haycock	f	FV 40	Stafford Harriers	678	0	629	0	0	0	0	0	1307
571	James Kemp	m		Warrington Running Club	613	0	0	0	693	0	0	0	1306
572	Sally Watts	f	FV 40	Marsden Racers	0	0	0	0	0	0	445	855	1300
573	Sharon Cooper	f	FV 40	Wesham Road Runners	0	0	720	0	0	0	579	0	1299
574	Elizabeth Bailey	f	FV 40	Garstang Running Club	0	0	728	569	0	0	0	0	1297
575	Ian Twiselton	m	MV 60		0	0	671	621	0	0	0	0	1292
576	Wayne Farr	m	MV 50		0	0	0	0	0	0	571	720	1291
577	Gail Farr	f	FV 50	west hull ladies	0	0	0	0	0	0	572	719	1291
578	Simon Jones	m	MV 50		697	0	0	0	0	0	589	0	1286
579	Sheila Williamson	f	FV 50	Macclesfield Harriers	0	0	676	607	0	0	0	0	1283
580	Louise Corrigan	f	FV 40	Swinton Rc	679	0	603	0	0	0	0	0	1282
581	Chris Piper	m	MV 50		528	0	0	0	0	751	0	0	1279
582	Nick Pape	m	MV 50	Hermitage Harriers	0	0	0	0	0	0	595	679	1274
583	Darren Smith	m	MV 50	Slaithwaite Striders RC	0	0	659	614	0	0	0	0	1273
584	Richard Hudson	m			0	0	0	0	0	718	554	0	1272
585	Gary Johnson	m	MV 50		0	0	0	0	0	0	672	599	1271
586	Sarah Simmons	f	FV 50	N/a	0	0	0	0	0	0	557	713	1270
587	Helen Smith	f	FV 40	Slaithwaite Striders RC	0	0	657	612	0	0	0	0	1269
588	Claire Appelquist	f	FV 50		0	0	0	0	0	0	558	710	1268
589	Kathryn Tracey	f	FV 40	Riverside Runners	0	0	0	0	0	0	559	709	1268
590	Kirsty Barker	f	FV 50	Keswick AC	0	0	795	0	0	0	463	0	1258
591	Joanne Moss	f	FV 50		0	0	597	0	657	0	0	0	1254
592	Clive Shaw	m	MV 60		0	832	0	0	0	0	421	0	1253
593	Austin Heath	m	MV 50	N/A	600	0	652	0	0	0	0	0	1252
594	Lorna Aust	f	FV 50	Stamford Striders	0	0	0	0	0	0	544	707	1251
595	Diane Wright	f	FV 50	Calder Valley Fell Runners	707	0	0	0	0	0	535	0	1242
596	Linda Coffey	f	FV 60	Darwen Dashers	554	0	0	0	685	0	0	0	1239
597	Paul Taylor	m	MV 50		0	0	0	0	0	0	549	687	1236
598	Lorraine Parsons	f	FV 40	Spa Striders	0	0	0	0	0	0	517	718	1235
599	Anna Holmes-Rand	f			0	0	0	0	0	712	522	0	1234
600	Jane Hurn	f	FV 40	Parbold Pink Panthers	0	0	567	0	0	666	0	0	1233
601	Peter Burton	m	MV 50	Lymm Runners	0	0	0	0	0	0	543	690	1233

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
602	Izzy Styles	f			0	0	0	0	0	0	521	711	1232
603	Mark Shaw	m	MV 50		0	0	0	659	0	0	573	0	1232
604	Jacqueline Hodgson	f	FV 50		0	0	587	0	640	0	0	0	1227
605	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	0	0	591	0	633	0	0	0	1224
606	Jason Spear	m	MV 50	Lions Running Community	0	0	669	554	0	0	0	0	1223
607	Paul Tickner	m	MV 60		0	0	0	0	0	726	495	0	1221
608	Darren Eccles	m	MV 40	St. Helens Striders	0	0	653	557	0	0	0	0	1210
609	Raghu Vedapanakal	m	MV 40	Derwent AC	681	0	0	0	0	0	0	523	1204
610	Jennifer Burtonwood	f	FV 50	Blackpool Wyre & Fylde AC	619	0	0	584	0	0	0	0	1203
611	Lee Latham	m	MV 40	Victoria Park Running Club	623	0	0	571	0	0	0	0	1194
612	Gareth Pennell	m	MV 60		0	0	0	0	0	0	529	663	1192
613	Philip Harland	m	MV 60	Victoria Park Running Club	591	0	0	598	0	0	0	0	1189
614	Davinia Jackson	f	FV 40	Thornton Cleveleys Running Club	0	0	0	604	0	0	0	581	1185
615	Carole Heaton	f	FV 50	Lions Running Community	0	0	0	0	0	649	0	535	1184
616	Charlotte Kershaw	f			0	0	0	0	0	0	520	659	1179
617	Wyn Clayton	f	FV 70	Women On The Run	0	0	534	0	0	645	0	0	1179
618	Steve Alder	m	MV 40		0	0	0	0	0	0	562	615	1177
619	Sue Fletcher	f	FV 60		0	0	533	0	0	644	0	0	1177
620	Lynda Tarn	f	FV 40	Lonely Goat	558	0	0	0	611	0	0	0	1169
621	David Devine	m	MV 50	BMF Glasgow	0	0	0	0	0	0	530	637	1167
622	Karen Crozier	f	FV 40	Lonely Goat	557	0	0	0	610	0	0	0	1167
623	Sharon Hill	f	FV 50	Parkside Panthers	0	0	0	570	0	0	0	595	1165
624	Brian Richardson	m	MV 50	Blackhill Bounders	0	0	0	582	0	0	0	582	1164
625	Nichola Cooke	f		Prestwich Ac	614	0	0	0	0	0	0	549	1163
626	Dave Higson	m	MV 60	Ambleside Ac	594	0	569	0	0	0	0	0	1163
627	Helen Bennett	f	FV 50	Lymm Runners	541	0	617	0	0	0	0	0	1158
628	Emma Smith	f			0	0	539	0	612	0	0	0	1151
629	Richard Jones	m	MV 50	Blackwater Valley Runners	582	0	0	0	0	0	0	567	1149
630	Victoria Jefferies	f			0	0	0	0	0	0	534	614	1148
631	Gina Biggs	f		Red Rose Road Runners	0	0	530	0	609	0	0	0	1139
632	Vicky Johnston	f	FV 50	St Bees Triers	0	0	0	0	661	0	464	0	1125
633	Carrie Bostock	f	FV 40	10CaKers	0	0	0	0	0	688	436	0	1124
634	Nic Holmes	f	FV 40		0	0	0	0	0	689	435	0	1124
635	Emma Atherton	f	FV 40		0	0	647	0	0	0	461	0	1108
636	Sarah Bettinson	f	FV 40		0	0	695	0	0	0	409	0	1104
637	Alison Dick	f	FV 50	Red Rose Road Runners	547	0	544	0	0	0	0	0	1091
638	Mandy Williams	f	FV 40		599	0	0	0	0	0	470	0	1069
639	Dawn Saunders	f	FV 50	TCRC	0	0	0	481	0	0	0	579	1060

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
640	Stephen Ralston	m	MV 60	Lonsdale Fell Runners	0	0	685	0	0	0	371	0	1056	
641	Elainea Aitken	f	FV 40		0	0	0	0	0	0	437	618	1055	
642	Joanne Bailey	f	FV 50	Biddulph Running Club	0	0	0	0	0	0	469	571	1040	
643	Della Lansley	f	FV 50		0	0	0	0	0	0	532	500	1032	
644	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	0	0	0	0	0	0	466	565	1031	
645	Katy Malzer	f			0	0	0	651	0	0	367	0	1018	
646	Timothy Mcwilliams	m	MV 50		0	0	566	0	0	0	443	0	1009	
647	Paul Thornton	m	MV 50		0	0	0	553	0	0	451	0	1004	
648	Simon Winster	m		Red Rose Road Runners	0	0	0	0	0	0	1000	0	1000	
649	Lewis Hinchcliffe	m		Rochdale Harriers & AC	0	0	0	0	0	1000	0	0	1000	
650	Alex Whittem	m	MV 40	Calder Valley Fell Runners	0	0	0	0	1000	0	0	0	1000	
651	Neeraj Dhaun	m	MV 40		0	1000	0	0	0	0	0	0	1000	
652	Thomas Adams	m		Team Inov-8	1000	0	0	0	0	0	0	0	1000	
653	Philip Hinchcliffe	m		Rochdale Harriers	0	0	0	0	0	999	0	0	999	
654	Andrew Wilkin	m			0	0	0	0	999	0	0	0	999	
655	Daniel Thacker	m			0	0	0	999	0	0	0	0	999	
656	Robert Hughes	m	MV 40	Salford harriers	0	0	999	0	0	0	0	0	999	
657	Richard Wilson	m	MV 40	Kendal AC	0	999	0	0	0	0	0	0	999	
658	Billy Cartwright	m		Team Inov-8	999	0	0	0	0	0	0	0	999	
659	Emil Pruden	m		Cornwall Athletics	0	0	0	0	0	0	0	998	998	
660	Ben Abdelnoor	m			0	0	0	0	0	0	998	0	998	
661	Tom Nicholson	m		Border Reivers Runners	0	0	0	0	998	0	0	0	998	
662	Mark Magee	m		Blackburn Harriers	0	0	0	998	0	0	0	0	998	
663	Russell Maddams	m	MV 40	Keswick Ac	0	0	998	0	0	0	0	0	998	
664	Adam Notley	m		Spa Striders	0	998	0	0	0	0	0	0	998	
665	Steve Cairns	m	MV 50	Tyne Bridge Harriers	0	0	997	0	0	0	0	0	997	
666	Greg Hopkinson	m			0	0	0	0	0	0	0	997	997	
667	Claire Knowles	f	FV 40	Jog On The Tyne	585	0	0	0	0	0	412	0	997	
668	Philip Rutter	m			0	0	0	0	0	0	997	0	997	
669	Alex Haine	m			0	0	0	0	0	997	0	0	997	
670	William Fish	m		Dallam Running Club	0	0	0	0	997	0	0	0	997	
671	Marc Hartley	m		Blackburn Harriers	0	0	0	997	0	0	0	0	997	
672	Matt Wilson	m	MV 40	Kendal AC	0	997	0	0	0	0	0	0	997	
673	Katherine Kemp	f			0	0	0	0	0	0	475	521	996	
674	Gareth Booth	m	MV 40	Horwich Rmi	0	0	0	0	0	996	0	0	996	
675	Mike Holcroft	m			0	0	996	0	0	0	0	0	996	
676	Ben Hoyle	m	MV 40	Barlick Fell Runners	0	996	0	0	0	0	0	0	996	
677	Kane Green	m	MV 40	St. Helens Striders	0	0	995	0	0	0	0	0	995	

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
678	Stephen Magrath	m		Low fell	0	0	0	0	0	0	0	995	995	
679	John French	m	MV 40	Eden Runners	0	0	0	0	0	0	995	0	995	
680	Adam Taylor	m		Kendal AAC	0	0	0	0	0	995	0	0	995	
681	Jerome Francis	m			0	0	0	0	995	0	0	0	995	
682	Charlie Day	m		Ambleside AC	0	995	0	0	0	0	0	0	995	
683	Philip Leybourne	m	MV 50		0	0	0	0	0	0	0	994	994	
684	Nichola Jackson	f		Team Inov-8	994	0	0	0	0	0	0	0	994	
685	Michael Howarth	m		Chorlton Runners	0	0	0	994	0	0	0	0	994	
686	Andrew Pipes	m		Derwent AC	0	994	0	0	0	0	0	0	994	
687	Craig Blakey	m			0	0	0	0	0	0	0	993	993	
688	Wayne Beggs	m			0	0	0	0	0	993	0	0	993	
689	Andrew Anderson	m		Cambuslang	0	0	0	993	0	0	0	0	993	
690	Paul Knowles	m	MV 50	Ambleside AC	0	993	0	0	0	0	0	0	993	
691	Kirk Butler	m		Trawden	993	0	0	0	0	0	0	0	993	
692	Peter Roome	m	MV 50	Southport Waterloo Ac	0	0	992	0	0	0	0	0	992	
693	Rowan Wood	m	MV 40	Lonsdale Fell Runners	0	0	0	0	0	0	0	992	992	
694	Paul Tudor	m			0	0	0	0	992	0	0	0	992	
695	Richard Jones	m		City Of Norwich Ac	0	0	0	992	0	0	0	0	992	
696	Johnny Johnson	m	MV 50		0	992	0	0	0	0	0	0	992	
697	Andrew Heppell	m	MV 40	Gosforth Harriers	992	0	0	0	0	0	0	0	992	
698	Dave Rowley	m	MV 40		0	0	0	0	0	0	991	0	991	
699	John Greenwood	m	MV 40		0	0	0	0	991	0	0	0	991	
700	Chris Smith	m		Glossopdale Harriers	0	0	0	991	0	0	0	0	991	
701	Paul Black	m			0	991	0	0	0	0	0	0	991	
702	Adam Firth	m			991	0	0	0	0	0	0	0	991	
703	Robert Sizer	m			0	0	0	0	0	0	0	990	990	
704	Mat Rushbrook	m	MV 40		0	0	0	0	0	990	0	0	990	
705	Daniel Stott	m			0	0	0	0	990	0	0	0	990	
706	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	990	0	0	0	0	990	
707	Neil Ibbotson	m	MV 50	Methley Striders	0	990	0	0	0	0	0	0	990	
708	Daniel Towers	m	MV 40		990	0	0	0	0	0	0	0	990	
709	Ian Simmonds	m	MV 50		0	0	0	0	0	0	989	0	989	
710	Andy Baguley	m	MV 40	Chorlton Runners	0	0	0	0	0	989	0	0	989	
711	Kevin Garlick	m	MV 40	Bingley	0	0	0	0	989	0	0	0	989	
712	Paul Peacock	m	MV 50	Thirsk and Sowerby	0	0	0	989	0	0	0	0	989	
713	Dominic Cooper	m		Mossley Hill A.c.	0	989	0	0	0	0	0	0	989	
714	Matthew Turnbull	m		Ponteland Runners	0	0	0	0	0	0	988	0	988	
715	Colin Rigby	m	MV 50	Horwich RMI	0	0	0	0	0	988	0	0	988	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
754	Amy Singleton	f	FV 40		0	979	0	0	0	0	0	0	979
755	Paul Johnson	m	MV 40		0	0	0	0	979	0	0	0	979
756	William Dickson	m	MV 60		0	0	0	979	0	0	0	0	979
757	Joe Wilson	m			0	0	0	0	0	0	0	978	978
758	Jill PITTARD	f	FV 40	Northbrook Ac	0	978	0	0	0	0	0	0	978
759	Michael Quane	m	MV 50		0	0	0	0	0	0	978	0	978
760	Alastair Wood	m		Selby striders	0	0	0	0	978	0	0	0	978
761	Steve Everett	m	MV 60	Durham City Harriers	0	0	0	978	0	0	0	0	978
762	Graham Dale	m			978	0	0	0	0	0	0	0	978
763	Anne-Gaëlle Simon	f			0	977	0	0	0	0	0	0	977
764	Jack Fuller	m			0	0	0	0	0	0	977	0	977
765	Ian Jones	m			0	0	0	0	977	0	0	0	977
766	Gina Howorth	f	FV 40		0	0	0	0	0	976	0	0	976
767	Rebecca Winter	f		Ackworth Road Runners	0	0	0	0	976	0	0	0	976
768	Mike Tod	m	MV 50	Lincoln Wellington	0	976	0	0	0	0	0	0	976
769	Ellis McCoy	m			976	0	0	0	0	0	0	0	976
770	Christine Holmes	f	FV 40		975	0	0	0	0	0	0	0	975
771	Chris Lane	m	MV 50	Chorley Athletic and Tri	0	0	0	0	0	975	0	0	975
772	Sam Harding	m			0	0	0	0	975	0	0	0	975
773	Anthony Irving	m	MV 40		0	0	0	975	0	0	0	0	975
774	Simon Austin	m		Black Combe Runners	0	0	0	0	0	974	0	0	974
775	Alexander Lake	m			0	0	0	974	0	0	0	0	974
776	Haydn MacKenzie	m	MV 40		0	0	974	0	0	0	0	0	974
777	Benjamin Sears	m			974	0	0	0	0	0	0	0	974
778	Jo Sutton	f			0	0	973	0	0	0	0	0	973
779	Rory Schofield	m			0	0	0	0	0	973	0	0	973
780	Richard Pollitt	m			0	0	0	973	0	0	0	0	973
781	Douglas Kington	m			0	973	0	0	0	0	0	0	973
782	Colin Mcevoy	m	MV 40	Trentham Rc	973	0	0	0	0	0	0	0	973
783	Hannah Farrell	f			0	972	0	0	0	0	0	0	972
784	Michael Anderson	m	MV 40		0	0	0	0	0	0	972	0	972
785	James Clarke	m			0	0	0	0	0	972	0	0	972
786	Andrew Douglas	m	MV 40		972	0	0	0	0	0	0	0	972
787	Amy Weyers	f		Chorlton Runners	0	0	0	971	0	0	0	0	971
788	Mark Sandford	m	MV 40	Lonely Goat Running Club	0	0	0	0	0	0	971	0	971
789	Simon Russell	m	MV 40		0	0	0	0	971	0	0	0	971
790	Daniel Macrorie	m			0	971	0	0	0	0	0	0	971
791	Alexander Nancolas	m		Valley Striders	971	0	0	0	0	0	0	0	971

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
792	David Cairns	m	MV 50	Lonely Goat Rc	0	0	0	0	0	0	0	970	970
793	Gary Southwell	m	MV 50		0	0	0	0	0	0	970	0	970
794	Lizzie Nairn	f		Selby Striders	969	0	0	0	0	0	0	0	969
795	David Connolly	m	MV 40		0	0	0	0	0	969	0	0	969
796	Matthew Harris	m			0	0	0	0	0	0	968	0	968
797	Robert Turner	m			0	0	0	0	0	968	0	0	968
798	Mike Chapman	m	MV 40	Inspire 4 Fitness	0	0	0	0	968	0	0	0	968
799	Jon Wood	m	MV 40		0	0	968	0	0	0	0	0	968
800	Kevin Bond	m	MV 40		0	968	0	0	0	0	0	0	968
801	Mark Griffiths	m	MV 40	Manchester Ymca Harriers	0	0	0	0	0	0	967	0	967
802	Michael Kendall	m	MV 40	Cumberland Ac	0	967	0	0	0	0	0	0	967
803	Rodney Lewis	m			967	0	0	0	0	0	0	0	967
804	Ben Kirkby	m			0	0	0	0	0	0	0	966	966
805	Antony Beynon	m	MV 40		0	0	0	0	0	966	0	0	966
806	David Baglee	m	MV 50	Eden Runners	0	0	0	0	966	0	0	0	966
807	Aaron Hargreaves	m		Marsden Racers	966	0	0	0	0	0	0	0	966
808	Ed Ashton	m	MV 50	Burnden Road Runners	0	0	0	0	0	965	0	0	965
809	Rob Brander	m			0	0	0	0	965	0	0	0	965
810	David Nolan	m		Low Fell Running Club	0	0	0	965	0	0	0	0	965
811	John Morley	m			0	0	965	0	0	0	0	0	965
812	Matt Reed	m	MV 40	Sheffield Triathlon Club	965	0	0	0	0	0	0	0	965
813	Matthew Wilson	m	MV 40		0	0	964	0	0	0	0	0	964
814	Helen Taylor	f	FV 40	Holcombe Harriers	0	964	0	0	0	0	0	0	964
815	Adam Roberts	m			0	0	0	0	0	964	0	0	964
816	Will Parry	m	MV 50	London Frontrunners	0	0	0	0	0	0	0	963	963
817	Jacob Goodwin	m		Chapel Allerton Runners	0	0	0	0	0	0	963	0	963
818	Phil Chesworth	m	MV 40		0	0	0	0	963	0	0	0	963
819	Tom Pickering	m		Vegan Runners	0	0	0	963	0	0	0	0	963
820	Andrew Nicholson	m	MV 50		0	963	0	0	0	0	0	0	963
821	Thomas Barker	m			0	0	962	0	0	0	0	0	962
822	Stephen Hackley	m	MV 40		0	0	0	0	0	962	0	0	962
823	David Stevenson	m	MV 50	Running bear	0	0	0	0	962	0	0	0	962
824	Steve Smith	m	MV 50	Wallasey Athletics	962	0	0	0	0	0	0	0	962
825	Declan Mehigan	m			0	0	0	0	0	0	0	961	961
826	Pierrick Simon	m			0	961	0	0	0	0	0	0	961
827	bryan lowrie	m	MV 40		961	0	0	0	0	0	0	0	961
828	Lewis Hutchinson	m		York Acorn running club	0	0	960	0	0	0	0	0	960
829	Christian Rengers	m			0	0	0	0	0	960	0	0	960

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
830	Ben Wood	m	MV 40		0	0	0	0	960	0	0	0	960	
831	Mark Young	m	MV 50		960	0	0	0	0	0	0	0	960	
832	Jamie Stephenson	m	MV 40		0	0	0	0	0	0	959	0	959	
833	Richard Holmes	m	MV 50		0	0	0	0	959	0	0	0	959	
834	David Edwards	m			0	0	0	959	0	0	0	0	959	
835	Kevin Melling	m	MV 40	Lakeland Trails Volunteers	0	0	959	0	0	0	0	0	959	
836	Steven Macuras	m	MV 40	Preston Harriers	0	0	0	0	0	0	0	958	958	
837	Benjamin Morison	m	MV 40		0	0	0	0	0	0	958	0	958	
838	Ian Roche	m	MV 50	Mersey Tri	0	0	0	958	0	0	0	0	958	
839	Jamie Miranda	m			0	958	0	0	0	0	0	0	958	
840	Gordon Blunt	m	MV 40	Kendal Hockey Club	958	0	0	0	0	0	0	0	958	
841	Alan Metcalf	m	MV 60	Preston Harriers	0	0	957	0	0	0	0	0	957	
842	Harry Adams	m			0	0	0	0	0	0	957	0	957	
843	David McKenna	m	MV 50	Darlington Harriers and Athletics C	0	0	0	957	0	0	0	0	957	
844	Chris Johnson	m			0	957	0	0	0	0	0	0	957	
845	Nathan Davies	m	MV 40		957	0	0	0	0	0	0	0	957	
846	Tim Brooker	m	MV 40	Ambleside AC	0	0	0	0	0	0	956	0	956	
847	Alan Barr	m	MV 40	Howgill Harriers	956	0	0	0	0	0	0	0	956	
848	Andrew Connors	m	MV 50	Knowle & Dorridge Running Club	0	0	0	0	0	955	0	0	955	
849	Pedro Rodriguez	m			0	0	0	0	955	0	0	0	955	
850	David Fox	m	MV 40		0	955	0	0	0	0	0	0	955	
851	James Bateson	m			955	0	0	0	0	0	0	0	955	
852	Liam Graham	m			0	0	0	0	0	0	0	954	954	
853	Paul Banks	m	MV 50	Morpeth Harriers	0	0	0	0	0	0	954	0	954	
854	David Norton	m	MV 40		0	0	0	0	0	954	0	0	954	
855	Paul Owen	m	MV 40	South Shields Harriers	0	0	0	954	0	0	0	0	954	
856	Philip Jarvis	m	MV 40		954	0	0	0	0	0	0	0	954	
857	Mathew Carver	m			0	0	0	0	0	0	0	953	953	
858	Anna Badcock	f	FV 40	Team Våga	0	953	0	0	0	0	0	0	953	
859	Andy Cottam	m	MV 40		0	0	0	0	0	0	953	0	953	
860	Peter Roll	m	MV 50		0	0	0	953	0	0	0	0	953	
861	Liam Graham	m		Team Inov-8	953	0	0	0	0	0	0	0	953	
862	Charlotte Wilson-Dewhurst	f		Liverpool	0	0	0	952	0	0	0	0	952	
863	Melanie Funnell	f	FV 40	Shropshire Shufflers	952	0	0	0	0	0	0	0	952	
864	Josh Bruney	m			0	0	0	0	0	0	952	0	952	
865	Paul Yates	m	MV 40		0	0	0	0	0	952	0	0	952	
866	Ian Travis	m	MV 40		0	0	0	0	952	0	0	0	952	
867	Chris Astles	m			0	0	952	0	0	0	0	0	952	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
868	Becky Ingham	f			0	951	0	0	0	0	0	0	951
869	Robert Hornby	m			0	0	0	0	0	0	951	0	951
870	Matthew Brodrick	m			0	0	0	951	0	0	0	0	951
871	Andrew Pye	m	MV 40		951	0	0	0	0	0	0	0	951
872	Oliver Jackson	m			0	0	0	0	0	0	950	0	950
873	Tom Allenby	m			0	0	0	950	0	0	0	0	950
874	David Carr	m	MV 40		0	0	0	0	0	0	0	949	949
875	kirt O'hara	m			0	0	0	0	0	0	949	0	949
876	Philip Jones	m	MV 60	Baildon Runners	0	949	0	0	0	0	0	0	949
877	Luke Baker	m			949	0	0	0	0	0	0	0	949
878	Ben Walduck	m	MV 40	Ulverston tri club	0	0	0	0	0	0	0	948	948
879	Michael Mason	m	MV 40		0	0	0	0	0	0	948	0	948
880	Sebastien Carter	m			0	0	0	0	0	948	0	0	948
881	San Tou	m			0	0	0	0	948	0	0	0	948
882	Mark Adamson	m			0	0	0	948	0	0	0	0	948
883	Christopher Snelling	m	MV 40		0	948	0	0	0	0	0	0	948
884	Jo Houghton-davies	f	FV 40	Deestridders	0	947	0	0	0	0	0	0	947
885	iain Watson	m	MV 40		0	0	0	0	0	947	0	0	947
886	Kai Athersmith	m			0	0	947	0	0	0	0	0	947
887	Daniel Clark	m	MV 40	Felixstowe Road Runners	947	0	0	0	0	0	0	0	947
888	Steven Rutter	m			0	0	0	0	0	0	946	0	946
889	Hayley Long	f		Selby Striders	0	946	0	0	0	0	0	0	946
890	Chris Turner	m	MV 60	NYP Tri	0	0	0	0	0	946	0	0	946
891	tom beresford	m		Chorley	0	0	0	946	0	0	0	0	946
892	Jonathan Poirrette	m	MV 50		0	0	945	0	0	0	0	0	945
893	Michelle Harrison	f		Keswick AC	0	0	0	945	0	0	0	0	945
894	Gary Bonner	m	MV 50	Dudley Kingswinford Running Club	0	0	0	0	0	0	945	0	945
895	Rachel Hollins	f	FV 40	Chester Tri Club	0	0	944	0	0	0	0	0	944
896	Ruth Volley	f	FV 40		0	944	0	0	0	0	0	0	944
897	Andrew Lee	m	MV 50	Rossendale	0	0	0	0	0	0	944	0	944
898	Paul Stirrup	m	MV 50	Bowland Bimblers	0	0	0	0	944	0	0	0	944
899	John Armstrong	m	MV 40	Mornington Chasers	0	0	0	0	0	0	943	0	943
900	Joseph Priestley	m			0	0	0	0	0	943	0	0	943
901	Adam Mcginley	m	MV 40	Dh Runners	0	0	0	0	943	0	0	0	943
902	Neil Marshall	m	MV 40		0	0	0	943	0	0	0	0	943
903	Matthew Little	m	MV 40		943	0	0	0	0	0	0	0	943
904	Stephen Sewell	m	MV 40		0	0	0	0	0	0	0	942	942
905	Jon Tose	m	MV 50		0	0	0	0	0	942	0	0	942

[illegible]

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
944	David Robertshaw	m	MV 40		0	0	0	0	0	932	0	0	932
945	Barry Williams	m		Mersey Tri	0	0	0	0	932	0	0	0	932
946	Sam Jackson	m			0	0	0	932	0	0	0	0	932
947	Robin Lee	m	MV 40		0	932	0	0	0	0	0	0	932
948	Christian Lloyd	m	MV 50	Meltham Ac	932	0	0	0	0	0	0	0	932
949	Patrick Cush	m	MV 40		0	0	0	0	0	0	0	931	931
950	Samantha Sale	f	FV 40	Team inov-8	0	0	931	0	0	0	0	0	931
951	Hayley Nancolas	f	FV 40	Valley Striders	931	0	0	0	0	0	0	0	931
952	Scott Gregory	m	MV 50	Mow Cop Runners	0	0	0	0	0	0	931	0	931
953	Andrew Mitchinson	m	MV 40	Team Otter	0	0	0	0	931	0	0	0	931
954	Chris Roberts	m	MV 40		0	931	0	0	0	0	0	0	931
955	Lorna Harper	f		Mersey Tri	0	0	0	0	930	0	0	0	930
956	Lotta Hobson	f	FV 50	Trailblazers	0	930	0	0	0	0	0	0	930
957	Chris Morley	m	MV 40		0	0	929	0	0	0	0	0	929
958	Martin Cooper	m		North Derbyshire Running Club	929	0	0	0	0	0	0	0	929
959	Matt Warboys	m	MV 40		0	0	0	0	0	0	0	928	928
960	Christine Bexton	f	FV 60	Beeston Ac	0	928	0	0	0	0	0	0	928
961	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	0	0	0	0	928	0	928
962	George Wrona	m			0	0	0	0	0	928	0	0	928
963	Ben Clarke	m	MV 40	Team Nidderdale	0	0	0	0	928	0	0	0	928
964	Thomas Fearn	m		Salford	0	0	0	928	0	0	0	0	928
965	Colin Smith	m	MV 60	Bury Athletic Club	0	0	928	0	0	0	0	0	928
966	Helen Shulver	f	FV 40	Steel City Striders	0	0	927	0	0	0	0	0	927
967	Dom Coleman	m			0	0	0	0	0	927	0	0	927
968	J Gardiner	m			0	0	0	927	0	0	0	0	927
969	Russell Mead	m	MV 50	Stubbington Green Runners	0	927	0	0	0	0	0	0	927
970	Adrian Hope	m	MV 40	Team Inov-8	927	0	0	0	0	0	0	0	927
971	Tom Hadfield	m	MV 40		0	0	0	0	0	926	0	0	926
972	Richard Porter	m			0	926	0	0	0	0	0	0	926
973	Daniel Doherty	m			926	0	0	0	0	0	0	0	926
974	Jonathan Tose	m	MV 50		0	0	0	0	0	0	0	925	925
975	Daniella Waddoup	f			0	0	0	0	0	925	0	0	925
976	Chris Holland	m	MV 50		0	925	0	0	0	0	0	0	925
977	Ben Garrard	m	MV 40	Selby Striders	925	0	0	0	0	0	0	0	925
978	Hayley Staunton	f			0	0	924	0	0	0	0	0	924
979	Matt Brash	m			0	0	0	0	0	924	0	0	924
980	Gary Pargeter	m	MV 50		0	924	0	0	0	0	0	0	924
981	Claire Thomson	f	FV 40	Walney Wind Cheetahs	0	923	0	0	0	0	0	0	923

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
982	Miss Beaumont	f		Chorlton Runners	923	0	0	0	0	0	0	0	923
983	Mark Wilson	m	MV 40		0	0	0	0	0	0	923	0	923
984	Fred Lynch	m	MV 60	Red Rose Road Runners	0	0	0	0	0	923	0	0	923
985	Alex Williams	m	MV 40		0	0	0	0	923	0	0	0	923
986	Matthew Snarr	m	MV 40	N/a	0	0	923	0	0	0	0	0	923
987	Colin Dalton	m	MV 50	Sandbach Striders	0	0	922	0	0	0	0	0	922
988	Michaela Rayner	f	FV 50	Craven Energy	0	0	0	564	0	0	358	0	922
989	Ally Robson	m	MV 40	Ponteland	0	0	0	0	0	0	922	0	922
990	Andrew Fleming	m	MV 40		0	0	0	0	0	922	0	0	922
991	Mike Hitchen	m	MV 40		0	0	0	0	922	0	0	0	922
992	Jake Kitching	m		N/a	922	0	0	0	0	0	0	0	922
993	Emily Thwaites	f	FV 40	Alithwaite Running Club	0	0	0	0	921	0	0	0	921
994	Jonathan Goldsworthy	m	MV 40		0	0	0	0	0	921	0	0	921
995	Martin Skinner	m	MV 50	N/a	0	0	0	921	0	0	0	0	921
996	Paul Ross	m			0	0	0	0	0	0	920	0	920
997	Carole Stirrup	f	FV 50	Bowland Bimblers	0	0	0	0	920	0	0	0	920
998	Melissa Papa	f			0	0	0	920	0	0	0	0	920
999	Andrew Crampton	m	MV 50		0	0	0	0	0	920	0	0	920
1000	Mark Butler	m	MV 50	Burnden Roadrunners	0	920	0	0	0	0	0	0	920
1001	Adam Barker	m	MV 50		920	0	0	0	0	0	0	0	920
1002	Daniel Donohue	m	MV 40		0	0	0	0	0	0	919	0	919
1003	Liam Aplin	m	MV 40		0	919	0	0	0	0	0	0	919
1004	Eve Newton	f		Army Triathlon	0	0	0	0	918	0	0	0	918
1005	Peter Hood	m	MV 60	Wolverhampton and Bilston	0	0	0	0	0	0	918	0	918
1006	Md Abdul Latif	m			0	0	0	918	0	0	0	0	918
1007	Jon Goldsworth	m	MV 40		0	0	918	0	0	0	0	0	918
1008	Mark Edmondson	m	MV 40	Buttermere Tri Club	918	0	0	0	0	0	0	0	918
1009	Nicola Brown	f			0	917	0	0	0	0	0	0	917
1010	Baz Green	m	MV 40	Cookham Running Club	0	0	0	0	0	917	0	0	917
1011	Colin Sam Walton	m	MV 50	Wilmslow Running Club	0	0	0	0	917	0	0	0	917
1012	Edd Knapp	m			0	0	0	917	0	0	0	0	917
1013	Tim Buckley	m	MV 50	Chepstow Harriers	0	0	0	0	0	0	0	916	916
1014	Anna Haywood	f	FV 50		0	916	0	0	0	0	0	0	916
1015	Lee Williams	m	MV 40		0	0	0	0	0	0	916	0	916
1016	James Brown	m		Sisu Run	0	0	0	0	0	916	0	0	916
1017	Nick Graham	m	MV 40		0	0	0	0	915	0	0	0	915
1018	Mark Rowson	m	MV 50	Beeston Ac	0	915	0	0	0	0	0	0	915
1019	Andy Wilson	m	MV 40		915	0	0	0	0	0	0	0	915

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1020	Sarah King	f	FV 50		0	914	0	0	0	0	0	0	914	
1021	Liam Conway	m		Wigan Harriers	0	0	0	0	0	914	0	0	914	
1022	Nigel Youngman	m	MV 40		0	0	914	0	0	0	0	0	914	
1023	Callum Ctosby	m			0	0	913	0	0	0	0	0	913	
1024	Mark Blundell	m	MV 50	Edge Pistols	0	0	0	0	0	0	0	913	913	
1025	Alexa James	f		Avon Valley Runners	0	0	0	913	0	0	0	0	913	
1026	Olivia Stewart	f			0	913	0	0	0	0	0	0	913	
1027	Thomas Procter	m		Sleaford Striders	0	0	0	0	0	0	913	0	913	
1028	Steven Boardman	m	MV 40		913	0	0	0	0	0	0	0	913	
1029	Jodie Daglish	f			0	912	0	0	0	0	0	0	912	
1030	Daniel Walker	m	MV 40		0	0	0	0	0	912	0	0	912	
1031	Peter McGivern	m	MV 40		0	0	0	0	912	0	0	0	912	
1032	Michael Brinkhuijsen	m	MV 40		0	0	0	912	0	0	0	0	912	
1033	Rosie Taylor	f			0	0	0	0	0	911	0	0	911	
1034	Harry Nicholls	m			0	0	0	0	911	0	0	0	911	
1035	Tony Mather	m	MV 50		0	911	0	0	0	0	0	0	911	
1036	Andrew Dawson	m	MV 40		911	0	0	0	0	0	0	0	911	
1037	Viv Samuelson	f	FV 40		537	0	0	0	0	0	373	0	910	
1038	Aike van Ruitenbeek	f		Survivalrun Trajectum	0	0	0	910	0	0	0	0	910	
1039	Jessica Osullivan	f			0	910	0	0	0	0	0	0	910	
1040	Ben Barton	m	MV 40	None	910	0	0	0	0	0	0	0	910	
1041	John Wilson	m	MV 40		0	0	0	909	0	0	0	0	909	
1042	Iain Riley	m			0	0	0	0	0	0	0	908	908	
1043	Chris Wynne	m	MV 60		0	0	0	0	0	0	908	0	908	
1044	Rachel Brodie	f	FV 40		0	908	0	0	0	0	0	0	908	
1045	Sam Sale	f	FV 40	Team Inov-8	908	0	0	0	0	0	0	0	908	
1046	Louise Roberts	f	FV 40		0	0	0	907	0	0	0	0	907	
1047	Jude Chadwick	f	FV 40	Trail Tuesday	0	0	907	0	0	0	0	0	907	
1048	Dean Rowlandson	m			0	0	0	0	0	907	0	0	907	
1049	Matt Routledge	m	MV 40	UTS	0	0	0	0	907	0	0	0	907	
1050	Corinne Cummings	f	FV 50		0	0	0	0	0	0	0	906	906	
1051	Rosalind Waters	f	FV 40		0	906	0	0	0	0	0	0	906	
1052	Jared Dalby	m			0	0	0	0	0	0	905	0	905	
1053	Michael Lemmy	m	MV 50		0	0	905	0	0	0	0	0	905	
1054	Martin Brooks	m	MV 60		0	905	0	0	0	0	0	0	905	
1055	David Sargent	m			0	0	0	0	0	0	0	904	904	
1056	Carole Waddell	f	FV 40		0	0	0	0	0	904	0	0	904	
1057	Elisabet Vives Requena	f			0	904	0	0	0	0	0	0	904	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1058	Paul Rawlinson	m	MV 40		0	0	0	904	0	0	0	0	904
1059	Richard Holmes	m	MV 50	Trail Tuesday	0	0	904	0	0	0	0	0	904
1060	Nick Howe	m	MV 40		904	0	0	0	0	0	0	0	904
1061	Lesley Needham	f	FV 50	Ackworth Road Runners	0	903	0	0	0	0	0	0	903
1062	Ian Jones	m	MV 50		0	0	0	0	903	0	0	0	903
1063	Richard Watson	m			0	0	0	903	0	0	0	0	903
1064	John Davis	m		Eden Runners	0	0	903	0	0	0	0	0	903
1065	Richard Laing	m	MV 40		903	0	0	0	0	0	0	0	903
1066	Quin Davies	f		Parbold Pink Panthers	0	0	0	0	0	902	0	0	902
1067	Owen Barden	m	MV 40	Mersey Tri	0	0	0	0	0	0	902	0	902
1068	Paul WEYERS	m		Manchester	0	0	0	902	0	0	0	0	902
1069	Dave Gaskell	m	MV 50	Beurbest	0	0	902	0	0	0	0	0	902
1070	Ravind Bhargal	m			902	0	0	0	0	0	0	0	902
1071	Andrew Foggo	m			0	0	0	0	0	901	0	0	901
1072	Andy Doublett	m	MV 50	Red Rose Road Runners	0	0	0	0	901	0	0	0	901
1073	Scott Liddell	m	MV 60		901	0	0	0	0	0	0	0	901
1074	Samuel Etherington	m			0	0	0	0	0	0	0	900	900
1075	Jill Cooke	f	FV 50		0	900	0	0	0	0	0	0	900
1076	Michael Wilson	m		Leyland	0	0	0	900	0	0	0	0	900
1077	Simon Daniels	m	MV 50	Gosforth Harriers & Ac	900	0	0	0	0	0	0	0	900
1078	Christopher Morris	m		Team Windmill	0	0	899	0	0	0	0	0	899
1079	Nicky Strong	m			0	0	0	0	0	0	0	899	899
1080	Rebecca Howard	f		Quakers	899	0	0	0	0	0	0	0	899
1081	Jim Kellow	m	MV 40		0	0	0	0	0	899	0	0	899
1082	Doug Lindsay	m	MV 40		0	0	0	0	899	0	0	0	899
1083	Neil Burnett	m	MV 40	Kendal	0	0	0	899	0	0	0	0	899
1084	John Odonnell	m	MV 70	Beeston Ac	0	899	0	0	0	0	0	0	899
1085	SUSAN HIRD	f	FV 60	BARLICK FELL RUNNERS	0	898	0	0	0	0	0	0	898
1086	Lloyd Barton	m	MV 50		0	0	0	0	0	898	0	0	898
1087	Russell Davies	m	MV 50	Knowle And Dorridge Rc	0	0	0	0	0	897	0	0	897
1088	Liam Heaphy	m			0	0	0	0	897	0	0	0	897
1089	Colin Grace	m	MV 50	Ware Joggers & Allenburys	0	0	0	897	0	0	0	0	897
1090	Rachel Mann	f	FV 40	Kendal AAC	0	0	0	0	896	0	0	0	896
1091	David Henriques	m			0	0	0	0	0	0	896	0	896
1092	Joanna Mitchell	f	FV 40	Stocksfield Striders	0	0	895	0	0	0	0	0	895
1093	Tom Burrows	m			0	0	0	0	0	895	0	0	895
1094	Ryan Francis	m			0	0	0	895	0	0	0	0	895
1095	Stephen James	m	MV 40	Lancaster Runners	0	895	0	0	0	0	0	0	895

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1096	Alastair Moir	m		Stocksfield Striders	0	0	0	0	0	0	894	0	894
1097	andrew lewis	m			0	0	0	0	0	894	0	0	894
1098	Robert Bowen	m	MV 40	The Yellow Army	0	0	0	894	0	0	0	0	894
1099	Dan Friend	m		Trail Tuesday Ripponden	0	0	894	0	0	0	0	0	894
1100	George Clayson	m	MV 50	Brighton And Hove Athletics	0	0	0	0	0	0	893	0	893
1101	Donna Thorpe	f	FV 40		0	0	0	0	0	0	377	516	893
1102	Al Marron	f	FV 40		0	0	0	0	0	0	378	515	893
1103	Kate Moore	f			0	0	0	893	0	0	0	0	893
1104	Deborah Thorneycroft	f	FV 50		0	893	0	0	0	0	0	0	893
1105	Andrew Iddon	m		Nidd Valley Road Runners	0	0	893	0	0	0	0	0	893
1106	Michael Spink	m			893	0	0	0	0	0	0	0	893
1107	Roy Partington	m	MV 60		0	0	0	0	0	0	0	892	892
1108	Guy Lewcock	m	MV 40		0	0	0	0	892	0	0	0	892
1109	Dave Dale	m	MV 40	Heaton Harriers	0	0	0	892	0	0	0	0	892
1110	Ivor Stirling	m		Lancaster University Running And	0	0	0	0	0	0	0	891	891
1111	Elizabeth Watson	f		Derwent AC	0	0	0	0	0	0	891	0	891
1112	John Birkett	m	MV 60	N/a	0	0	0	0	0	891	0	0	891
1113	Ian Glendenning	m	MV 50		0	891	0	0	0	0	0	0	891
1114	William Malcolm Roberts	m	MV 60	St Austell Running Club	891	0	0	0	0	0	0	0	891
1115	Lucie Gage	f	FV 50	Newburn Running Group	0	0	526	0	0	0	364	0	890
1116	Rebecca Rose	f			0	0	0	0	0	0	890	0	890
1117	Mel Steer	f	FV 50	Alnwick Harriers	0	0	0	890	0	0	0	0	890
1118	Diane Cawley	f			0	890	0	0	0	0	0	0	890
1119	Gwenda Cavill	f	FV 50		0	0	889	0	0	0	0	0	889
1120	Joanne Slinger	f	FV 40		0	889	0	0	0	0	0	0	889
1121	Megan Kirton	f			889	0	0	0	0	0	0	0	889
1122	Jon Coulson	m	MV 40	Worksop Harriers	0	0	0	0	0	889	0	0	889
1123	Danny Rurlander	m	MV 40		0	0	0	889	0	0	0	0	889
1124	Jane Greening	f	FV 40	Stocksfield Striders	0	0	0	888	0	0	0	0	888
1125	Alex Horne	m			0	0	0	0	888	0	0	0	888
1126	David Brisco	m	MV 50		888	0	0	0	0	0	0	0	888
1127	Jen Moss	f		HI Runners	0	0	0	0	887	0	0	0	887
1128	Adam Mccreadie	m	MV 40	Deeside Orienteering Club	0	0	0	0	0	0	887	0	887
1129	Andrew Draper	m	MV 40		0	0	887	0	0	0	0	0	887
1130	Joel Stanier	m		Red Rose Road Runners	0	887	0	0	0	0	0	0	887
1131	Robert Myatt	m			887	0	0	0	0	0	0	0	887
1132	Matthew Brooks	m	MV 40		0	0	0	0	0	0	886	0	886
1133	Hania Bonham	f			0	0	0	886	0	0	0	0	886

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1134	Tom Moss	m		HI Runners	0	0	0	0	886	0	0	0	886
1135	Steven Beahan	m	MV 50		0	0	886	0	0	0	0	0	886
1136	Philip Knighton	m	MV 40		0	0	0	0	0	0	0	885	885
1137	Tania Wild	f		Lymm Running Club	0	885	0	0	0	0	0	0	885
1138	Sally Caton	f	FV 40	Stainland Lions Running Club	885	0	0	0	0	0	0	0	885
1139	Tim Winsor	m			0	0	0	0	0	0	885	0	885
1140	David Johnson	m		Staffordshire Moorlands Athletics	0	0	0	885	0	0	0	0	885
1141	John Cunningham	m	MV 50	Davenport Runners	0	0	0	0	0	0	884	0	884
1142	Jude Carey	f	FV 40		0	884	0	0	0	0	0	0	884
1143	Nick Jones	m	MV 40		0	0	0	0	0	884	0	0	884
1144	Stuart Allan	m	MV 50		0	0	0	884	0	0	0	0	884
1145	Gavin Tilling	m	MV 40	Little Baddow Ridge Runners	884	0	0	0	0	0	0	0	884
1146	Brian Weatherington	m	MV 40		0	0	0	0	0	0	0	883	883
1147	Kati Wood	f		Lancaster Runners	0	883	0	0	0	0	0	0	883
1148	Jimmy Ryan	m	MV 40		0	0	0	0	0	0	883	0	883
1149	Bruce Helme	m	MV 40		0	0	0	0	0	883	0	0	883
1150	Salvatore Genovese	m	MV 50		0	0	0	883	0	0	0	0	883
1151	Amer Obeid	m			0	0	0	0	0	0	0	882	882
1152	Penny Short	f	FV 40		0	882	0	0	0	0	0	0	882
1153	Duncan Bennett	m	MV 40		0	0	0	0	882	0	0	0	882
1154	Ian Giggs	m	MV 40	Reading Roadrunners	0	0	0	882	0	0	0	0	882
1155	Stephen Draper	m	MV 40		0	0	882	0	0	0	0	0	882
1156	Tim Porter	m			0	0	0	0	0	0	0	881	881
1157	Victoria Millward	f			0	0	0	0	881	0	0	0	881
1158	Tina Gee	f	FV 60	Bingham Tri	0	881	0	0	0	0	0	0	881
1159	Dylan Lawton	m	MV 40	N/a	0	0	0	0	0	881	0	0	881
1160	Jamie Lawson	m			0	0	0	881	0	0	0	0	881
1161	Eloise Fritsch	f			0	0	0	0	0	0	0	880	880
1162	Hannah Houghton	f			0	0	0	0	0	0	880	0	880
1163	Karen Daniels	f	FV 40		0	880	0	0	0	0	0	0	880
1164	Paul Spriggs	m	MV 50	Wrekin Road Runners	0	0	0	880	0	0	0	0	880
1165	David Wimpenny	m			0	0	0	0	0	0	0	879	879
1166	Heather Acton	f	FV 40		0	0	0	0	879	0	0	0	879
1167	Tessa Young	f			0	0	0	879	0	0	0	0	879
1168	Les Cavill	m	MV 60		0	0	879	0	0	0	0	0	879
1169	Nigel Forster	m	MV 50		0	0	0	0	0	0	0	878	878
1170	Fran McNeela	f			0	0	0	0	0	0	878	0	878
1171	Julie Eaves	f			0	878	0	0	0	0	0	0	878

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1172	Craig MacWilliam	m	MV 50	Lenzie Velo	0	0	0	878	0	0	0	0	878	
1173	Greg Coombes	m	MV 40		878	0	0	0	0	0	0	0	878	
1174	Dawn Winstanley	f	FV 50		0	0	0	0	0	0	877	0	877	
1175	Amy Boustead	f			0	0	877	0	0	0	0	0	877	
1176	Carlie Parkinson	f			0	877	0	0	0	0	0	0	877	
1177	Martin Armstrong	m			0	0	0	877	0	0	0	0	877	
1178	Craig Rimmer	m			877	0	0	0	0	0	0	0	877	
1179	Jayne Wilkinson	f			0	0	876	0	0	0	0	0	876	
1180	Hannah Jenkinson	f			0	876	0	0	0	0	0	0	876	
1181	Grace Rowley	f			876	0	0	0	0	0	0	0	876	
1182	Matt Yates	m	MV 40		0	0	0	0	0	876	0	0	876	
1183	Kirstie Bransfield-Garth	f			0	875	0	0	0	0	0	0	875	
1184	Lisa Ellis	f		Clayton le moors harriers	0	0	0	0	0	874	0	0	874	
1185	Mike Collins	m	MV 40		0	0	0	874	0	0	0	0	874	
1186	Ian Croft	m	MV 50	Red Rose Road Runners	874	0	0	0	0	0	0	0	874	
1187	Wendy Cree	f	FV 40	Pocklington Runners	0	0	0	0	0	873	0	0	873	
1188	Carole Laycock	f	FV 40		0	0	873	0	0	0	0	0	873	
1189	Michelle Johnson	f	FV 50	Catherines Anyone Can Run	0	873	0	0	0	0	0	0	873	
1190	Lynne Carruthers	f	FV 60	Dch	0	0	0	0	872	0	0	0	872	
1191	Amy Bonstow	f		Team Vaga	0	872	0	0	0	0	0	0	872	
1192	Janice Ward	f			872	0	0	0	0	0	0	0	872	
1193	Daniel Houghton	m			0	0	0	0	0	0	872	0	872	
1194	Steve Tinniswood	m	MV 50		0	0	0	871	0	0	0	0	871	
1195	Mark Hamilton	m	MV 40	St Helens Striders	0	0	871	0	0	0	0	0	871	
1196	Kate Turner	f			0	0	0	870	0	0	0	0	870	
1197	Andrew Martin	m	MV 40		0	0	0	0	0	0	870	0	870	
1198	Ray Lowrey	m	MV 50		0	0	870	0	0	0	0	0	870	
1199	Robert Tomlin	m	MV 50	Prestwich Ac	870	0	0	0	0	0	0	0	870	
1200	Lorna Wrigley	f			0	0	0	0	0	0	0	869	869	
1201	Lizzie Morley	f			0	869	0	0	0	0	0	0	869	
1202	Daniel Hobson	m	MV 40		0	0	0	0	869	0	0	0	869	
1203	Peter Norton	m	MV 50		0	0	869	0	0	0	0	0	869	
1204	Gaz Metcalfe	m			869	0	0	0	0	0	0	0	869	
1205	Ian Paxton	m	MV 40		0	0	0	0	0	0	868	0	868	
1206	Emma Cousins	f			0	0	0	0	0	0	0	868	868	
1207	Catherine Eaton	f	FV 40		0	0	0	0	868	0	0	0	868	
1208	Jolyon Marsh	m	MV 40		0	0	0	0	0	0	0	867	867	
1209	Rachel Ferguson	f	FV 40		0	867	0	0	0	0	0	0	867	

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1210	Paul Waldram	m	MV 40		0	0	0	0	867	0	0	0	867	
1211	James O'brien	m		MMM	0	0	0	0	0	0	0	866	866	
1212	Maria Sowerby	f	FV 60	Stamford Striders	0	0	0	0	0	0	356	510	866	
1213	Jessica Dring-Morris	f		Leicestershire Orienteering Club	0	0	0	0	0	0	866	0	866	
1214	Angela Grace	f	FV 40		0	0	0	866	0	0	0	0	866	
1215	Harry Gawler	m			0	0	0	0	0	866	0	0	866	
1216	Malcolm Marshall	m	MV 50	Scunthorpe & District Ac	0	0	866	0	0	0	0	0	866	
1217	Kieran Conway	m	MV 40		866	0	0	0	0	0	0	0	866	
1218	Doug Kington	m			0	0	0	0	0	0	0	865	865	
1219	Charlotte Rawcliffe	f	FV 40	Penny Lane Striders	0	0	0	0	0	865	0	0	865	
1220	Yasmin Porter-bee	f			0	865	0	0	0	0	0	0	865	
1221	Aren McCabe	m			0	0	0	865	0	0	0	0	865	
1222	Christopher Hill	m		Sale Dragons	865	0	0	0	0	0	0	0	865	
1223	Nikki Smith	f	FV 50	Horsforth Harriers	0	0	0	0	0	0	360	504	864	
1224	Rebecca Bibby	f		Helm Hill Runners	0	864	0	0	0	0	0	0	864	
1225	Charl Erasmus	m	MV 40		0	0	0	0	864	0	0	0	864	
1226	Richard Dunn	m	MV 40		0	0	0	864	0	0	0	0	864	
1227	Michael Ball	m	MV 40		0	0	864	0	0	0	0	0	864	
1228	Paul Chrisp	m	MV 50	Delamere Spartans	864	0	0	0	0	0	0	0	864	
1229	Jon Blackmore	m	MV 50		0	0	0	0	0	0	863	0	863	
1230	Katrina Mccaughan	f	FV 40		0	0	0	863	0	0	0	0	863	
1231	Myles Mason	m	MV 40	Bramhall Runners	0	0	0	0	863	0	0	0	863	
1232	Nick Martland	m	MV 50		0	0	863	0	0	0	0	0	863	
1233	Julia Sayburn	f	FV 50		0	0	862	0	0	0	0	0	862	
1234	Cath Livingstone	f	FV 50	Perth RR	0	862	0	0	0	0	0	0	862	
1235	Guy Mason	m	MV 40	LRGS	0	0	0	0	862	0	0	0	862	
1236	Christopher Johnson	m	MV 40		862	0	0	0	0	0	0	0	862	
1237	Ryan McShane	m	MV 40		0	0	0	0	861	0	0	0	861	
1238	Rob Tweddle	m	MV 40	Tri-lakeland	0	0	0	861	0	0	0	0	861	
1239	Robin Livingstone	m	MV 60	Perth RR	0	861	0	0	0	0	0	0	861	
1240	A Wilby	m	MV 50		0	0	0	0	0	0	0	860	860	
1241	William Davies	m			0	0	0	0	0	0	860	0	860	
1242	Dimitar Tasev	m			0	860	0	0	0	0	0	0	860	
1243	Mark Dye	m	MV 50		0	0	0	0	0	0	859	0	859	
1244	Andrew Harrison	m	MV 50		0	0	0	0	858	0	0	0	858	
1245	Wayne Fox	m		St. Bees Triers	858	0	0	0	0	0	0	0	858	
1246	Gemma Bell	f	FV 40		0	0	0	0	857	0	0	0	857	
1247	Rhian Broomhead	f			0	857	0	0	0	0	0	0	857	

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1248	Helen Robinson	f	FV 40	Lonely goat	0	0	0	0	0	856	0	0	856	
1249	Lee Stead	m	MV 40		0	0	0	0	0	0	856	0	856	
1250	Trevor Mercer	m	MV 70		0	0	0	0	856	0	0	0	856	
1251	Mark Grimshaw	m	MV 50		0	0	0	856	0	0	0	0	856	
1252	Phil Salmon	m			0	856	0	0	0	0	0	0	856	
1253	Gregory Burkitt	m	MV 50		0	0	0	855	0	0	0	0	855	
1254	John Wiseman	m	MV 50	Red Rose Road Runners	0	855	0	0	0	0	0	0	855	
1255	Phil Williams	m			855	0	0	0	0	0	0	0	855	
1256	Jen Houlsworth	f			0	0	0	0	0	0	0	854	854	
1257	Hannah Darby	f			0	854	0	0	0	0	0	0	854	
1258	Lucy Khan	f	FV 50	City Of Hull Ac	0	0	0	0	853	0	0	0	853	
1259	Lorraine Naylor	f	FV 50		853	0	0	0	0	0	0	0	853	
1260	Richard Hooper	m	MV 50		0	0	0	0	0	853	0	0	853	
1261	Anthony Evans	m			0	853	0	0	0	0	0	0	853	
1262	Laura Tolpezninkaite	f			0	0	0	0	0	852	0	0	852	
1263	Claudia Johnson	f	FV 50		0	852	0	0	0	0	0	0	852	
1264	Michael Smith	m			0	0	0	0	0	0	852	0	852	
1265	Steve Higginbotham	m	MV 40		0	0	0	0	852	0	0	0	852	
1266	Sue Gibbons	f	FV 40		0	0	0	0	0	0	0	851	851	
1267	Alexy Jackson	f			0	0	0	851	0	0	0	0	851	
1268	Brian Winder	m	MV 70	Darwen Running Group	0	851	0	0	0	0	0	0	851	
1269	Karen Watson	f	FV 50	Unattached	0	0	0	0	0	0	352	498	850	
1270	Andrea Mcgeehin	f		St Bees Triers	850	0	0	0	0	0	0	0	850	
1271	Alex Sugden	m			0	0	0	0	850	0	0	0	850	
1272	katie levy	f	FV 40		0	849	0	0	0	0	0	0	849	
1273	Andy Froud	m	MV 50		0	0	0	0	0	0	849	0	849	
1274	Steve Twyford	m	MV 50	Runners next the Sea	0	0	0	849	0	0	0	0	849	
1275	Vicky Russell	f	FV 50		0	0	848	0	0	0	0	0	848	
1276	Jonathan Heighway	m	MV 50		0	848	0	0	0	0	0	0	848	
1277	Kevin Thomas	m	MV 60	Gosforth Harriers	848	0	0	0	0	0	0	0	848	
1278	Stuart Little	m	MV 40		0	0	0	0	0	0	0	847	847	
1279	Elaine Sargent	f	FV 50	Run Free Fell Runners	0	0	0	0	0	0	847	0	847	
1280	Rachel Hancock	f	FV 40	Lostock AC	0	0	847	0	0	0	0	0	847	
1281	Michael Rogers	m	MV 40	None	0	0	0	847	0	0	0	0	847	
1282	Neil Piggot	m	MV 40		847	0	0	0	0	0	0	0	847	
1283	Elizabeth Little	f			0	0	0	0	0	0	0	846	846	
1284	Kathryn Deakin	f	FV 40		0	0	846	0	0	0	0	0	846	
1285	Siobhan O'donnell	f	FV 50		0	846	0	0	0	0	0	0	846	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1286	Christina Lawrence	f	FV 50		846	0	0	0	0	0	0	0	846
1287	James Bewley	m	MV 40	Gateshead	0	0	0	846	0	0	0	0	846
1288	Hannah Bryan	f		Darlington	0	0	0	845	0	0	0	0	845
1289	Ann Butler	f	FV 50	Ramsbottom Running Club	0	845	0	0	0	0	0	0	845
1290	Louise Robbins	f	FV 40		845	0	0	0	0	0	0	0	845
1291	John Bamforth	m	MV 50		0	0	844	0	0	0	0	0	844
1292	Az Alam	m	MV 40		0	0	0	0	0	0	0	844	844
1293	Michael Worthington	m	MV 50		0	0	0	0	0	0	844	0	844
1294	Fiona Lobban	f	FV 40		0	0	0	0	0	844	0	0	844
1295	Catherine Wilson	f	FV 40		0	0	0	0	0	843	0	0	843
1296	Michael Burkitt	m	MV 50		0	0	0	843	0	0	0	0	843
1297	Mark Champagne	m	MV 50		0	0	0	0	0	0	0	842	842
1298	Matthew Rees	m	MV 40		0	0	0	0	0	0	842	0	842
1299	Joanne Chard	f	FV 40	Women On The Run	0	842	0	0	0	0	0	0	842
1300	Suzannah Dykes	f	FV 50	Shorrock's Hill Running Club	842	0	0	0	0	0	0	0	842
1301	Ruth Forrester	f			0	0	0	0	0	0	0	841	841
1302	karen Mitchell	f	FV 50	nottingham	0	841	0	0	0	0	0	0	841
1303	Tom Humphries	m		Border Harriers	0	0	0	841	0	0	0	0	841
1304	Frank Tippin	m	MV 60		841	0	0	0	0	0	0	0	841
1305	Robert Sewell	m	MV 60	Ponteland Runners	0	0	0	0	0	0	840	0	840
1306	Steve Owen	m	MV 40	BRC	0	0	0	0	840	0	0	0	840
1307	Tony Hesketh	m	MV 70	Horwich Rmi Harriers	0	0	840	0	0	0	0	0	840
1308	Jennifer Lapping	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	839	0	839
1309	Sarah Mason	f	FV 50	Selby Striders	0	839	0	0	0	0	0	0	839
1310	Brian Smith	m	MV 50		0	0	0	0	839	0	0	0	839
1311	Phillip Whettlock	m	MV 50	Queensbury RC	0	0	0	839	0	0	0	0	839
1312	Tim Selves	m	MV 50		0	0	0	0	0	0	838	0	838
1313	Laura Owen	f		Warrington Running Club	0	0	0	0	0	0	0	838	838
1314	Nicola Portergill	f	FV 50		0	0	0	0	838	0	0	0	838
1315	Max Mladenovic	m	MV 50	Knowle & Dorridge RC	0	0	0	0	0	838	0	0	838
1316	Iain Myers	m	MV 50	Liverpool Pembroke & Sefton	0	0	0	838	0	0	0	0	838
1317	Martin Moore	m	MV 60	Vegan Runners UK	0	0	838	0	0	0	0	0	838
1318	Roy Morris	m	MV 50	Btr Road Runners	0	0	0	0	0	0	837	0	837
1319	Edward Anderson	m	MV 50		0	0	0	837	0	0	0	0	837
1320	Margaret Jones	f	FV 60		0	836	0	0	0	0	0	0	836
1321	Carl Simpson	m			0	0	0	0	0	836	0	0	836
1322	Daryl Shaw	m			0	0	0	0	836	0	0	0	836
1323	Brenda Rutter	f	FV 50		0	0	0	0	0	0	835	0	835

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1324	Wendy Birkett	f	FV 60		0	0	0	0	0	835	0	0	835
1325	Malcolm Beech	m	MV 70	Blackpool Wyre & Fylde Athletic C	0	835	0	0	0	0	0	0	835
1326	Luke Anderson	m			835	0	0	0	0	0	0	0	835
1327	Mark Austin	m	MV 40		0	0	0	0	0	0	0	834	834
1328	Karla Napoleon	f	FV 40		0	0	0	0	0	834	0	0	834
1329	John Moran	m	MV 40	Askern District Running Club	0	0	0	0	834	0	0	0	834
1330	David Parry	m			0	0	0	834	0	0	0	0	834
1331	Darren Halls	m	MV 50		0	0	833	0	0	0	0	0	833
1332	Audra Matthews	f	FV 50		0	833	0	0	0	0	0	0	833
1333	Ben Worrall	m			0	0	0	0	0	0	833	0	833
1334	Danny Tanfield	m	MV 40		0	0	0	0	0	833	0	0	833
1335	Phil Hayes	m	MV 50	TCRC	0	0	0	0	833	0	0	0	833
1336	Stewart Hamilton-arrandale	m	MV 40		0	0	0	833	0	0	0	0	833
1337	Erwin Kalis	m	MV 40	Lancaster & Morecambe Athletics	833	0	0	0	0	0	0	0	833
1338	Gillian Atkinson	f	FV 50	Keswick AC	0	0	832	0	0	0	0	0	832
1339	Mike Mccarthy	m	MV 50	London Irish AC	0	0	0	0	0	0	832	0	832
1340	James Boon	m	MV 40		0	0	0	0	0	832	0	0	832
1341	Steven Robinson	m	MV 60	Thornton Cleveleys Running Club	0	0	0	0	832	0	0	0	832
1342	Owen David	m			0	0	0	0	831	0	0	0	831
1343	Gary Pratt	m	MV 60	Stubbington Green Runners	0	831	0	0	0	0	0	0	831
1344	Owen Lewis	m	MV 40	Independent	831	0	0	0	0	0	0	0	831
1345	Tony Rutter	m	MV 60		0	0	0	0	0	0	830	0	830
1346	Susan Heatley	f	FV 40	Red Rose Road Runners	0	830	0	0	0	0	0	0	830
1347	Jason Copp	m	MV 50		0	0	0	0	0	830	0	0	830
1348	Daniel Maltman	m	MV 40		0	0	0	0	829	0	0	0	829
1349	Chris Reid	m	MV 40		829	0	0	0	0	0	0	0	829
1350	Kevin Webster	m			0	0	0	0	0	0	828	0	828
1351	Rachel Watson	f	FV 40		0	0	0	0	0	828	0	0	828
1352	Graham Jackson	m		Allithwaite Running Club	0	0	0	0	828	0	0	0	828
1353	Georgina Briffett	f	FV 40	Dallam Running Club	0	827	0	0	0	0	0	0	827
1354	Rachel Bostock	f		Selby striders	0	0	0	0	826	0	0	0	826
1355	Katri Kuusniemi	f	FV 40		0	826	0	0	0	0	0	0	826
1356	Mandy Clarke	f	FV 50	Bingley Harriers	0	0	0	0	0	0	0	825	825
1357	Sara Reeve	f		Delamere Spartans	0	0	825	0	0	0	0	0	825
1358	Joanna Spencer	f			0	825	0	0	0	0	0	0	825
1359	Charlie O'hare	m		Walney Wind Cheetahs	0	0	0	0	0	825	0	0	825
1360	David Taylor	m	MV 60	Cheshire Hash House Harriers	0	0	0	0	825	0	0	0	825
1361	Dale Alltree	m	MV 40		0	0	0	825	0	0	0	0	825

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1362	Paul Furness	m	MV 50	Beverley AC	0	0	0	0	0	0	824	0	824	
1363	Caroline Ford	f	FV 40	Parbold Pink Panthers	0	0	0	0	0	824	0	0	824	
1364	Matthew Emsley	m			0	0	0	824	0	0	0	0	824	
1365	Anthony Blight	m	MV 50		0	0	0	0	0	0	823	0	823	
1366	James Chaplin-brice	m			0	0	0	0	0	823	0	0	823	
1367	Malcolm Kidby	m	MV 50	Marshall Milton Keynes Ac	0	823	0	0	0	0	0	0	823	
1368	Paul Elliott	m	MV 50	Meltham Ac	823	0	0	0	0	0	0	0	823	
1369	Tony Glynn	m	MV 50	Bramhall Runners	0	0	0	0	0	0	822	0	822	
1370	Steve Gray	m	MV 40		0	0	0	0	822	0	0	0	822	
1371	Stephen Hird	m			0	0	0	822	0	0	0	0	822	
1372	Tony Foster	m	MV 60		0	0	0	0	0	0	0	821	821	
1373	Zoe winter	f	FV 40		0	0	0	0	0	0	821	0	821	
1374	Sarah Lockett	f			0	0	0	0	0	821	0	0	821	
1375	Jenny Marsh	f			0	821	0	0	0	0	0	0	821	
1376	Jason Robinson	m	MV 40		0	0	821	0	0	0	0	0	821	
1377	James Worrall	m			0	0	0	0	0	0	820	0	820	
1378	Nina Maggiori	f			0	0	0	0	0	820	0	0	820	
1379	Simon Scott-harden	m	MV 40	Gosforth Harriers	0	0	0	0	0	0	819	0	819	
1380	Jennifer Hale	f			0	819	0	0	0	0	0	0	819	
1381	Kev Elliott	m	MV 40		0	0	0	0	0	0	818	0	818	
1382	Francesca Ring	f			0	0	0	0	0	818	0	0	818	
1383	Michael Jones	m	MV 60		0	818	0	0	0	0	0	0	818	
1384	Andrew Ladwiniec	m	MV 40		0	0	0	0	0	0	817	0	817	
1385	Jill Gregg	f	FV 40	Parbold Pink Panthers	0	0	0	0	0	817	0	0	817	
1386	Janet Holmes	f	FV 60	St Helens Striders	0	817	0	0	0	0	0	0	817	
1387	Justin Wetters	m	MV 50	Goodgym Race Team	0	0	0	0	817	0	0	0	817	
1388	Amy Postlethwaite	f		Wray Runners	0	0	0	816	0	0	0	0	816	
1389	Saskia Munden	f			0	0	816	0	0	0	0	0	816	
1390	Julie Ashman	f	FV 50	Stubbington Green	0	816	0	0	0	0	0	0	816	
1391	James Atherton	m	MV 40		0	0	0	0	816	0	0	0	816	
1392	Jerry Smith	m	MV 60	Chorlton Runners	816	0	0	0	0	0	0	0	816	
1393	Sarah Temple	f	FV 40		0	0	0	0	815	0	0	0	815	
1394	Hazel Clark	f	FV 40	Kendal AAC	815	0	0	0	0	0	0	0	815	
1395	Gary Dempsey	m	MV 40	Blackhill Bounders	0	0	815	0	0	0	0	0	815	
1396	Kevin Ashman	m	MV 60	Stubbington Green Runners	0	815	0	0	0	0	0	0	815	
1397	Sue Robinson	f	FV 60	Stubbington Green Runners	0	814	0	0	0	0	0	0	814	
1398	Peter Yates	m			0	0	0	0	0	814	0	0	814	
1399	Nicola Whitfield	f			0	0	0	0	0	0	813	0	813	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1400	Sandie McIntosh	f	FV 60	Stubbington Green Runners	0	813	0	0	0	0	0	0	813
1401	Peter Doran	m	MV 40		0	0	0	0	813	0	0	0	813
1402	Huw Parry	m	MV 50	North Shields Polytechnic	0	0	0	813	0	0	0	0	813
1403	David Stott	m	MV 50		0	0	813	0	0	0	0	0	813
1404	Matthew Taylor	m			813	0	0	0	0	0	0	0	813
1405	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers	0	0	0	0	0	0	0	812	812
1406	Lynsey Taylor	f	FV 40		0	0	0	0	812	0	0	0	812
1407	Kate Platt	f	FV 40		0	0	0	812	0	0	0	0	812
1408	Helen Barton	f	FV 50		812	0	0	0	0	0	0	0	812
1409	Chris Gumbley	m	MV 60		0	0	0	0	0	812	0	0	812
1410	Darren Entwistle	m	MV 40		0	0	0	0	0	0	0	811	811
1411	Paul Renison	m	MV 40		0	0	0	0	0	0	811	0	811
1412	John Cleworth	m	MV 40		0	0	0	0	0	811	0	0	811
1413	Jackie Harland	f	FV 60		0	0	0	811	0	0	0	0	811
1414	Jonathan McCabe	m	MV 40		0	0	811	0	0	0	0	0	811
1415	Mike Mills	m	MV 70	Totton R C	0	811	0	0	0	0	0	0	811
1416	Shaun McMullen	m	MV 50		811	0	0	0	0	0	0	0	811
1417	Daniel Whittaker	m	MV 40		0	0	0	0	0	0	0	810	810
1418	Alistair Fraser Bloxham	m	MV 40		0	0	0	0	0	0	810	0	810
1419	Morven Walker	f			0	0	0	0	0	810	0	0	810
1420	Tina Mills	f	FV 60	Totton Rc	0	810	0	0	0	0	0	0	810
1421	Andrew Crooks	m	MV 40	Dumfries	0	0	0	810	0	0	0	0	810
1422	Paul Cookson	m			810	0	0	0	0	0	0	0	810
1423	Zoe Hurley	f	FV 40		0	0	0	0	0	0	0	809	809
1424	Liz Tillott	f	FV 50		0	0	809	0	0	0	0	0	809
1425	Ann Myatt	f	FV 60	Cheadle	0	809	0	0	0	0	0	0	809
1426	Martin Mcgregor	m	MV 50		0	0	0	0	0	809	0	0	809
1427	Gareth Tosh	m	MV 60		0	0	0	809	0	0	0	0	809
1428	PHIL MAIR	m	MV 60		0	0	0	0	0	0	0	808	808
1429	Ian Henry	m			0	0	0	0	0	0	808	0	808
1430	Emma Harris	f		Horsforth Harriers	0	808	0	0	0	0	0	0	808
1431	Martin Jackson	m	MV 40		0	0	0	0	0	808	0	0	808
1432	Chris Longhorn	m	MV 40	Team Longhorn	0	0	0	808	0	0	0	0	808
1433	David Proctor	m	MV 40		0	0	808	0	0	0	0	0	808
1434	Louise Chicken	f	FV 50	Tynedale Harriers	0	0	0	0	0	807	0	0	807
1435	Graham Eardley	m			0	0	0	0	807	0	0	0	807
1436	Martin McCabe	m	MV 50		0	0	0	807	0	0	0	0	807
1437	David Bayliss	m	MV 40	Red Rose Road Runners	0	0	807	0	0	0	0	0	807

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1438	Paul Farmery	m		Hyde park harriers	0	807	0	0	0	0	0	0	807
1439	Leonie Bell	f	FV 40		0	0	0	0	806	0	0	0	806
1440	Andrew Mullen	m			0	0	0	806	0	0	0	0	806
1441	Paul Coldham	m	MV 50	DCH Run Club	0	806	0	0	0	0	0	0	806
1442	Alex Chaplin	m	MV 50		0	0	0	0	0	805	0	0	805
1443	Emily Heptonstall	f			0	0	0	805	0	0	0	0	805
1444	Dawn Saxby	f	FV 50	DCH Run Club	0	805	0	0	0	0	0	0	805
1445	Neil Hawkes	m	MV 50		0	0	0	0	805	0	0	0	805
1446	Darren Davies	m	MV 50		0	0	805	0	0	0	0	0	805
1447	James Bickerstaff	m	MV 50		0	0	0	0	0	0	0	804	804
1448	Jason Berridge	m	MV 50		0	0	0	0	0	804	0	0	804
1449	Catherine Dawes	f			0	0	804	0	0	0	0	0	804
1450	Emma Holt	f	FV 40		0	804	0	0	0	0	0	0	804
1451	David Jenkinson	m	MV 40	Dronfield	0	0	0	804	0	0	0	0	804
1452	Justin Barritt	m	MV 40		804	0	0	0	0	0	0	0	804
1453	Andrew Hopkinson	m	MV 50		0	0	0	0	0	0	803	0	803
1454	Rachel Thomas	f	FV 50		0	0	0	0	0	0	0	803	803
1455	Sarah Connors	f	FV 50	Knowle And Dorridge Rc	0	0	0	0	0	803	0	0	803
1456	Kirsty Hope	f		Bollington Harriers	0	803	0	0	0	0	0	0	803
1457	Joshua Coupe	m			0	0	0	0	803	0	0	0	803
1458	Richard Haine	m	MV 60		0	0	0	0	0	802	0	0	802
1459	Sally Conyers	f			0	0	802	0	0	0	0	0	802
1460	Rita Leigh	f	FV 50	Stubbington Green Runners	0	802	0	0	0	0	0	0	802
1461	Peter Thomas	m	MV 60	N/a	0	0	0	802	0	0	0	0	802
1462	Garance Fourie	f			0	0	0	0	801	0	0	0	801
1463	STEPHEN COLE	m			0	801	0	0	0	0	0	0	801
1464	David spowart	m			0	0	0	0	0	0	0	800	800
1465	Brydie Greenwood	f			800	0	0	0	0	0	0	0	800
1466	Ben Chamberlain	m	MV 40	Cambridge & Coleridge AC	0	0	0	800	0	0	0	0	800
1467	Lucy Dunlop	f	FV 50	Tynedale Harriers	0	0	0	0	0	799	0	0	799
1468	Sian Hurst	f	FV 50	Stubbington Green Runners	0	799	0	0	0	0	0	0	799
1469	Alistair Cropper	m	MV 60	Animis Racing Team	0	0	0	799	0	0	0	0	799
1470	Phil Jennings	m	MV 50	City Of Hull Ac	0	0	0	0	0	0	798	0	798
1471	Christine Woods	f	FV 60	Durham City Harriers	0	0	0	0	798	0	0	0	798
1472	Jodie Beardmore	f			0	798	0	0	0	0	0	0	798
1473	Dan Marechal	m			0	0	0	798	0	0	0	0	798
1474	Joanna Bathgate	f			0	0	0	0	0	0	0	797	797
1475	Amy Britton	f			0	0	0	0	0	0	797	0	797

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1476	Claire Beardmore	f			0	797	0	0	0	0	0	0	797
1477	Howard Sidery	m	MV 60	Lions Running Community	0	0	0	0	0	0	0	796	796
1478	Matthew Wilson	m			0	0	0	0	0	0	796	0	796
1479	Diane Hall	f	FV 50		0	796	0	0	0	0	0	0	796
1480	Peter Wild	m	MV 60		0	0	796	0	0	0	0	0	796
1481	Jenny Simpson	f			0	0	0	0	0	0	795	0	795
1482	David Millar	m	MV 50		0	0	0	0	795	0	0	0	795
1483	Heather Yates	f	FV 40		0	0	0	0	0	794	0	0	794
1484	Sophie Dawes	f		Portobello Running Club	0	0	794	0	0	0	0	0	794
1485	Fiona Downie	f			0	794	0	0	0	0	0	0	794
1486	Andy Sheridan	m	MV 40		0	0	0	794	0	0	0	0	794
1487	Mark Barr	m	MV 40		0	0	793	0	0	0	0	0	793
1488	Alex Abbott	f	FV 40		0	0	0	0	0	0	0	793	793
1489	Joanna Palmer	f	FV 40		0	0	0	0	0	0	793	0	793
1490	Hannah Hughes	f	FV 40		793	0	0	0	0	0	0	0	793
1491	Philip Lonsdale	m	MV 50		0	0	0	793	0	0	0	0	793
1492	Mark Sullivan	m	MV 60		0	793	0	0	0	0	0	0	793
1493	Sonia D'andreta	f		Manchester Road Runners	0	0	0	0	0	792	0	0	792
1494	Fay Smith	f	FV 40		0	0	0	0	792	0	0	0	792
1495	Leanne Nield	f			0	0	792	0	0	0	0	0	792
1496	Peter Trencher	m	MV 40	Billinge running club	0	0	0	792	0	0	0	0	792
1497	Samuel Gant	m		Gosforth Harriers	792	0	0	0	0	0	0	0	792
1498	Laura Tattersall	f			0	0	0	791	0	0	0	0	791
1499	Joseph Croxford	m			0	0	0	0	791	0	0	0	791
1500	Abigail Fry	f			0	0	0	0	0	0	0	790	790
1501	Sam Dixon	f		Crook & District Ac	0	0	0	0	0	0	790	0	790
1502	Laurel Sleet	f			0	0	0	0	790	0	0	0	790
1503	Jason Stanley	m	MV 40		790	0	0	0	0	0	0	0	790
1504	Tom Vickers	m			0	0	0	0	0	0	0	789	789
1505	John Haxon	m			0	0	0	0	0	0	789	0	789
1506	Rob Bennion	m	MV 50		0	0	0	0	0	789	0	0	789
1507	Kathryn Vernon	f	FV 50		0	0	0	0	789	0	0	0	789
1508	Ian Anderson	m	MV 50		0	0	789	0	0	0	0	0	789
1509	Naomi Jones	f			0	0	0	788	0	0	0	0	788
1510	Mark Earle	m	MV 70		0	0	0	0	788	0	0	0	788
1511	Liam Smith	m			0	0	0	0	0	0	787	0	787
1512	Rachel Atherton	f	FV 40	Preston	0	0	0	0	0	0	0	787	787
1513	Ashley Price-sabate	f	FV 50	Elvet Striders	0	0	0	0	787	0	0	0	787

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1514	Louise Tomkow	f			0	0	787	0	0	0	0	0	787
1515	Paul Robinson	m	MV 50		0	0	786	0	0	0	0	0	786
1516	Ben Safrany	m			0	0	0	0	0	0	0	786	786
1517	Hilary Page	f	FV 60		786	0	0	0	0	0	0	0	786
1518	Michael Wilson	m	MV 50	Chorley Athletic & Triathlon Club	0	0	0	0	0	0	0	785	785
1519	Sam Burthem	m			0	0	0	0	0	0	785	0	785
1520	Lindsay Cobham	f			0	0	0	0	0	785	0	0	785
1521	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0	785	0	0	0	0	785
1522	Tim Dunsby	m	MV 40		0	0	0	0	785	0	0	0	785
1523	Alex Medhurst	m			0	0	0	0	0	0	784	0	784
1524	Mark Essery	m	MV 50		0	0	0	0	0	784	0	0	784
1525	Claire Knapp	f			0	0	0	784	0	0	0	0	784
1526	Alex Kelly	m			0	0	0	0	784	0	0	0	784
1527	Richard Pennock	m	MV 50		0	0	784	0	0	0	0	0	784
1528	Sarah Moir	f	FV 40		0	0	0	0	0	0	783	0	783
1529	Karyn Harper	f	FV 50	Yorkshire Wolds Runners	0	0	0	0	0	783	0	0	783
1530	Keenan Longster	m		Grange-over-Sands	0	0	0	783	0	0	0	0	783
1531	Andrew Riley	m	MV 40		783	0	0	0	0	0	0	0	783
1532	Simon Forshaw	m	MV 50		0	0	0	0	0	782	0	0	782
1533	Sean Sweeney	m	MV 50		0	0	0	782	0	0	0	0	782
1534	Michael Hoare	m	MV 40		782	0	0	0	0	0	0	0	782
1535	Gareth Williams	m	MV 40	HMCC	0	0	0	0	0	0	0	781	781
1536	Phil Smith	m	MV 50		0	0	0	0	0	0	781	0	781
1537	Deb Reekie	f	FV 40		0	0	0	0	0	781	0	0	781
1538	Jennifer Burtonwood	f	FV 50	Blackpool Wyre And Fylde Athletic	0	0	0	0	781	0	0	0	781
1539	Chris Truckle	m	MV 40		0	0	781	0	0	0	0	0	781
1540	Tom Wright	m	MV 40		781	0	0	0	0	0	0	0	781
1541	Charlotte Hines	f			0	0	0	0	0	0	0	780	780
1542	Rebecca Poole	f		Fairwater Runners Cwmbran	0	0	0	0	0	780	0	0	780
1543	Barry Knowles	m	MV 50		0	0	0	780	0	0	0	0	780
1544	Ruth Courtney	f		Bristol	0	0	0	779	0	0	0	0	779
1545	Jacques van Zyl	m	MV 40		0	0	779	0	0	0	0	0	779
1546	Anna Baginski	f			0	0	0	0	0	0	778	0	778
1547	Nesta Hawker	f	FV 50	Helsby Running Club	0	0	0	0	778	0	0	0	778
1548	Ellen Stephenson	f	FV 40		778	0	0	0	0	0	0	0	778
1549	Hal Kohlman	m			0	0	0	778	0	0	0	0	778
1550	Claire Platt	f		Tri Preston	0	0	0	0	777	0	0	0	777
1551	Steve Green	m	MV 40		0	0	0	777	0	0	0	0	777

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1590	Jane Warner	f	FV 50	Parbold Pink Panthers	0	0	0	0	0	765	0	0	765
1591	Diane Streets	f	FV 60		0	0	0	765	0	0	0	0	765
1592	Dave Haines	m	MV 40		0	0	0	0	0	764	0	0	764
1593	Lindsey Durkin	f	FV 40		0	0	0	764	0	0	0	0	764
1594	Matthew Lambert	m	MV 40		764	0	0	0	0	0	0	0	764
1595	Becca Smith	f			0	0	763	0	0	0	0	0	763
1596	Debbie Collier	f	FV 40		0	0	0	763	0	0	0	0	763
1597	Nick Brookes	m	MV 50		0	0	0	0	0	762	0	0	762
1598	Joanne Moyers	f	FV 40	Widnes Wasps LRC	0	0	762	0	0	0	0	0	762
1599	Andrew Edwards	m	MV 40		0	0	0	762	0	0	0	0	762
1600	Rebecca Bean	f			0	0	0	0	0	761	0	0	761
1601	Kate Hannaford	f	FV 40		0	0	0	761	0	0	0	0	761
1602	Mike Fishpool	m	MV 50		761	0	0	0	0	0	0	0	761
1603	James Heslop	m		Stockton Striders Ac	0	0	0	0	0	760	0	0	760
1604	Emma Thacker	f	FV 40		0	0	0	0	760	0	0	0	760
1605	Matthew Chadwick	m			0	0	0	760	0	0	0	0	760
1606	Chris Davies	m		Team Inov-8	760	0	0	0	0	0	0	0	760
1607	Nina Caygill	f	FV 40		0	0	0	0	0	0	759	0	759
1608	Hannah Darbyshire	f	FV 40		0	0	0	0	0	759	0	0	759
1609	Samantha Harrison	f		Staffordshire Moorlands Athletics	0	0	0	759	0	0	0	0	759
1610	Will Nicolson	m	MV 40		0	0	0	0	0	0	758	0	758
1611	Sue Essery	f	FV 50		0	0	0	0	0	758	0	0	758
1612	James Hetherington	m			0	0	0	758	0	0	0	0	758
1613	Russell Whyham	m	MV 40		758	0	0	0	0	0	0	0	758
1614	Gillian Bell	f	FV 40	Tynedale Harriers	0	0	757	0	0	0	0	0	757
1615	Abbey Wilson	f		Yorkshire Wolds Runners	757	0	0	0	0	0	0	0	757
1616	Louise Lowe	f			0	0	0	0	0	0	0	756	756
1617	Hannah Evans	f	FV 40		0	0	0	756	0	0	0	0	756
1618	Richard Mcquade	m	MV 50	Gosforth Harriers	756	0	0	0	0	0	0	0	756
1619	Samuel Noller	m			0	0	755	0	0	0	0	0	755
1620	John Crellin	m		Blackburn Road Runners	0	0	0	0	0	0	0	755	755
1621	Jack Sharples	m			0	0	0	0	0	0	755	0	755
1622	Matthew Leach	m			755	0	0	0	0	0	0	0	755
1623	Rachel Haines	f	FV 40		0	0	0	0	0	754	0	0	754
1624	Claerwen Snell	f	FV 40	Didsbury Runners	0	0	754	0	0	0	0	0	754
1625	Jason Hart	m			0	0	0	754	0	0	0	0	754
1626	Paul Watson	m	MV 40		754	0	0	0	0	0	0	0	754
1627	Matthew Haines	m	MV 40		0	0	0	0	0	753	0	0	753

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1628	Alyson Adams	f	FV 50	Bramhall Runners	753	0	0	0	0	0	0	0	753
1629	Ian Peters	m	MV 60	Glaxo Hoad Hill Harriets	0	0	0	0	753	0	0	0	753
1630	Jim Latimer	m	MV 50		0	0	0	753	0	0	0	0	753
1631	Chris Probert	m	MV 50	Penny Lane Striders	0	0	0	0	0	752	0	0	752
1632	Andy White	m			0	0	0	0	0	0	0	751	751
1633	Sharron Clark	f	FV 40	Wigton Rd Runners	0	0	0	751	0	0	0	0	751
1634	Chris Bailey	m			0	0	0	0	0	0	0	750	750
1635	Holly Craggs	f	FV 40	Burnden Road Runners	0	0	0	0	0	0	750	0	750
1636	Michael Conway	m	MV 40		0	0	0	750	0	0	0	0	750
1637	Christopher Ramshaw	m	MV 50		0	0	750	0	0	0	0	0	750
1638	Mark Procter	m	MV 50	Sleaford striders	0	0	0	0	0	0	749	0	749
1639	Phil Halpin	m	MV 40		0	0	0	0	0	749	0	0	749
1640	Lindsey Collier	f	FV 40	Mossley Hill Athletics Club	0	0	0	0	0	0	0	749	749
1641	Claire van Zwanenberg	f			749	0	0	0	0	0	0	0	749
1642	Trevor Hallam	m	MV 40		0	0	0	749	0	0	0	0	749
1643	Mike Buckman	m	MV 40		0	0	0	0	0	0	0	748	748
1644	Bryony Catlow	f			0	0	748	0	0	0	0	0	748
1645	Scott Fraser	m	MV 40		0	0	0	748	0	0	0	0	748
1646	Keith Burlison	m			0	0	0	0	747	0	0	0	747
1647	Lizzie Simmons	f	FV 40		0	0	0	0	0	747	0	0	747
1648	Jenni Rennie	f	FV 40		0	0	0	747	0	0	0	0	747
1649	Graham Patten	m	MV 50		0	0	0	0	0	0	0	746	746
1650	Olga Koepping	f	FV 40		0	0	0	0	0	746	0	0	746
1651	Jamie Allsop	m			0	0	0	746	0	0	0	0	746
1652	Martin Jackson	m	MV 40		0	0	745	0	0	0	0	0	745
1653	William Smith	m	MV 50	St Albans Striders	0	0	0	0	0	0	745	0	745
1654	Gill Nevin	f	FV 40	Rimrose Runners	0	0	0	0	0	745	0	0	745
1655	Tracy Brookes	f	FV 40		0	0	0	745	0	0	0	0	745
1656	Liz Robinson	f	FV 40		745	0	0	0	0	0	0	0	745
1657	Jeremy Stolberg	m	MV 60	Cmf	0	0	0	0	0	0	0	744	744
1658	JOANNE SALTER	f		Red Rose Road Runners	0	0	0	0	744	0	0	0	744
1659	Rebecca Mckenna	f	FV 40	St Helens Striders	0	0	743	0	0	0	0	0	743
1660	Mariana Rufino	f	FV 40	Lancaster & Morecambe Athletic C	743	0	0	0	0	0	0	0	743
1661	Graham Fern	m	MV 50		0	0	0	743	0	0	0	0	743
1662	Thomas Everitt-Stewart	m			0	0	0	0	0	742	0	0	742
1663	Cassandra Fennell	f		Selby Striders	0	0	0	742	0	0	0	0	742
1664	Anna Wild	f		N/a	0	0	742	0	0	0	0	0	742
1665	Neil Dunlop	m	MV 50		0	0	0	0	0	0	741	0	741

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1666	Shirley Spratt	f	FV 60		0	0	0	0	0	741	0	0	741
1667	Jessica Durant	f		Rugby & Northampton Athletics C	0	0	0	0	741	0	0	0	741
1668	Anne-marie Pearson	f			0	0	0	741	0	0	0	0	741
1669	Andy Hull	m	MV 40		0	0	0	0	0	0	0	740	740
1670	Matt Fletcher	m	MV 40		0	0	0	0	0	0	740	0	740
1671	Andrea Lancaster	f	FV 40		0	0	0	0	0	740	0	0	740
1672	Pete Wareham	m	MV 50		0	0	0	0	740	0	0	0	740
1673	Daniel Harrison	m			0	0	0	740	0	0	0	0	740
1674	Michael Lynch	m	MV 60		0	0	740	0	0	0	0	0	740
1675	Aileen Shand	f			0	0	0	0	0	0	0	739	739
1676	Lisa Ferrero	f			0	0	0	0	0	0	739	0	739
1677	Christine Frank	f	FV 50		0	0	0	739	0	0	0	0	739
1678	Lorraine Toll	f	FV 50	Barrow Runners	739	0	0	0	0	0	0	0	739
1679	Mike Lowes	m	MV 50	Saltwell Harriers	0	0	739	0	0	0	0	0	739
1680	Susan Lowes	f	FV 50	Saltwell Harriers	0	0	738	0	0	0	0	0	738
1681	Martin McGarry	m	MV 40		738	0	0	0	0	0	0	0	738
1682	Andrew Clarke	m	MV 50	Holmfirth Harriers	0	0	0	0	0	0	737	0	737
1683	Martyn Wigglesworth	m	MV 40		0	0	0	0	0	0	736	0	736
1684	Sue Hughes	f	FV 40		0	0	736	0	0	0	0	0	736
1685	Chris Miller	m			736	0	0	0	0	0	0	0	736
1686	Craig Booth	m	MV 50		0	0	0	0	735	0	0	0	735
1687	Jessica Ainsley Gill	f			0	0	0	0	0	735	0	0	735
1688	Joanne Beahan	f	FV 40		0	0	735	0	0	0	0	0	735
1689	Michael Jessop	m	MV 40	Wakefield Triathlon Club	0	0	0	735	0	0	0	0	735
1690	Mathew Yates	m			0	0	0	0	0	734	0	0	734
1691	Graham Fisher	m	MV 50	Biddulph Running Club	0	0	0	0	0	0	0	733	733
1692	Hilary Graham	f	FV 60	Tynedale Harriers	0	0	0	0	0	733	0	0	733
1693	Ana Costa	f	FV 40	Lancaster	0	0	0	733	0	0	0	0	733
1694	John Mercer	m	MV 60		0	0	733	0	0	0	0	0	733
1695	Patrick Varley	m			0	0	0	0	0	732	0	0	732
1696	Fred Wood	m	MV 60		0	0	0	732	0	0	0	0	732
1697	Ivan Church	m	MV 50		0	0	0	0	0	0	731	0	731
1698	Christopher Colebourn	m	MV 50		0	0	0	0	731	0	0	0	731
1699	Ann Kent	f	FV 40	Run In Wirral	0	0	0	0	0	731	0	0	731
1700	Philip Palmer	m	MV 40		0	0	0	0	0	0	730	0	730
1701	James Kent	m	MV 40	Run In Wirral	0	0	0	0	0	730	0	0	730
1702	Bernice Blundell	f	FV 50	Edge Pistols	0	0	0	0	0	0	0	730	730
1703	Ian Woodgate	m	MV 50	Manchester Tri Club	0	0	0	0	0	729	0	0	729

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1704	Nicki McDermott-Roe	f			0	0	0	0	0	0	0	729	729
1705	Mike Swift	m	MV 60		0	0	729	0	0	0	0	0	729
1706	Graham Crombie	m			0	0	0	0	0	0	728	0	728
1707	Kate Hadwin	f	FV 40		0	0	0	0	0	0	0	727	727
1708	Andrew Turnbull	m	MV 40		0	0	727	0	0	0	0	0	727
1709	Sam Green	m			0	0	0	0	0	0	726	0	726
1710	Joe Stevens	m	MV 50		0	0	0	0	726	0	0	0	726
1711	Pat Richardson	f	FV 50		0	0	0	726	0	0	0	0	726
1712	Donald Nichol	m	MV 60	ramsbottom running club	0	0	725	0	0	0	0	0	725
1713	Walter Robison	m	MV 40		0	0	0	0	0	0	725	0	725
1714	Jon Trubshaw	m	MV 50		0	0	0	0	725	0	0	0	725
1715	Marcin Klingbajl	m		Sheffield triathlon club	725	0	0	0	0	0	0	0	725
1716	Michael Mason	m	MV 50		0	0	0	0	724	0	0	0	724
1717	Karen Munro	f			0	0	0	0	0	0	724	0	724
1718	Helen Louise FORSTER	f	FV 40		0	0	0	0	0	724	0	0	724
1719	Nicky Jeffrey	f	FV 50	Tynedale Harriers	0	0	0	0	0	723	0	0	723
1720	Nathan Greenwood	m			723	0	0	0	0	0	0	0	723
1721	John Duke-Norris	m	MV 40		0	0	0	0	0	0	722	0	722
1722	Angela Dallinger	f	FV 40	Red Rose	0	0	0	0	722	0	0	0	722
1723	Lisa King	f	FV 40		0	0	0	722	0	0	0	0	722
1724	Paul Kirtley	m	MV 40	Me	0	0	0	0	0	721	0	0	721
1725	Tayler Carver	f			0	0	0	0	0	0	0	721	721
1726	Katie Stephens	f	FV 50		0	0	0	0	0	0	721	0	721
1727	Gillian Mclaughlin	f	FV 40		0	0	0	721	0	0	0	0	721
1728	Samantha Meredith	f	FV 40		0	0	0	720	0	0	0	0	720
1729	Fergus Ryan	m	MV 40	SWRC	0	0	0	719	0	0	0	0	719
1730	John Brear	m	MV 50	Lymm Runners	719	0	0	0	0	0	0	0	719
1731	Nicky Cannon	f	FV 40	Colt	0	0	0	0	718	0	0	0	718
1732	Clare Brame	f			0	0	0	718	0	0	0	0	718
1733	Stewart McNicholl	m	MV 40		718	0	0	0	0	0	0	0	718
1734	Sarah Lord	f	FV 40		0	0	0	0	717	0	0	0	717
1735	Helen Palmer	f	FV 40	Edinburgh	0	0	0	717	0	0	0	0	717
1736	Michele Gostling	f	FV 50		717	0	0	0	0	0	0	0	717
1737	Amanda Pepper	f	FV 40	Na	0	0	0	0	0	0	0	716	716
1738	Svetlana Stewart	f			0	0	0	0	0	716	0	0	716
1739	Sarah Trencher	f	FV 40	Billinge Running Club	0	0	0	716	0	0	0	0	716
1740	Sue Slack	f	FV 50		716	0	0	0	0	0	0	0	716
1741	Simon Clarke	m	MV 40		0	0	716	0	0	0	0	0	716

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1742	Kate Howes	f	FV 60	Rutland triathlon running club	0	0	715	0	0	0	0	0	715	
1743	David Stephenson	m	MV 50		715	0	0	0	0	0	0	0	715	
1744	Chris Mccoy	m		Mersey Tri	0	0	0	0	0	0	714	0	714	
1745	Mary Ellen Entwistle	f	FV 40		0	0	0	0	0	0	0	714	714	
1746	Akvile McCabe	f			0	0	0	0	0	714	0	0	714	
1747	Ross Singleton	m	MV 50		0	0	0	714	0	0	0	0	714	
1748	Michelle Dinsdale	f			0	0	0	0	0	0	713	0	713	
1749	Nicola Mapes	f			0	0	0	713	0	0	0	0	713	
1750	Chloe Atkins	f			0	0	713	0	0	0	0	0	713	
1751	Iain Fenwick	m	MV 50	Tri Northumberland Triathlon Club	0	0	0	0	0	0	712	0	712	
1752	Sam Whyman	m			0	0	0	712	0	0	0	0	712	
1753	Neil Clark	m	MV 50		712	0	0	0	0	0	0	0	712	
1754	Dean Ramsden	m	MV 50	Tri Rivington	0	0	0	0	711	0	0	0	711	
1755	Karen Singleton	f	FV 50	Tri Northumberland	0	0	0	0	0	0	711	0	711	
1756	Mark Madle	m	MV 50		0	0	0	711	0	0	0	0	711	
1757	Sarah Kinsella	f	FV 40		0	0	0	0	0	710	0	0	710	
1758	Sophie Farnell	f	FV 40		0	0	0	0	710	0	0	0	710	
1759	Sophie whyman	f		Redcar	0	0	0	710	0	0	0	0	710	
1760	Jack Youngs	m	MV 50		0	0	0	0	709	0	0	0	709	
1761	Amanda Newby	f			0	0	0	0	0	709	0	0	709	
1762	Eliot Saxton	m	MV 40	N/a	0	0	709	0	0	0	0	0	709	
1763	Andre Whelan	m	MV 50		709	0	0	0	0	0	0	0	709	
1764	Colin Newby	m	MV 50		0	0	0	0	0	708	0	0	708	
1765	Eilidh Mann	f			0	0	0	0	0	0	708	0	708	
1766	Kevin Potter	m	MV 40		0	0	0	708	0	0	0	0	708	
1767	Ross Kirby	m	MV 40		0	0	0	0	0	0	707	0	707	
1768	Garry Ogden	m	MV 40		0	0	0	0	0	707	0	0	707	
1769	Steven Francom	m	MV 40		0	0	0	0	707	0	0	0	707	
1770	Tim Ward	m	MV 60	Eden Runners	0	0	707	0	0	0	0	0	707	
1771	Sheila Tose	f	FV 50		0	0	0	0	0	706	0	0	706	
1772	Lucy Rurlander	f			0	0	0	706	0	0	0	0	706	
1773	Matt Rhodes	m		N/a	706	0	0	0	0	0	0	0	706	
1774	Phil Berry	m	MV 40		0	0	0	0	705	0	0	0	705	
1775	Margaret Woods	f	FV 60	Millom Striders	0	0	0	0	0	705	0	0	705	
1776	Paula Tilling	f	FV 40	Little Baddow Ridge Runners	705	0	0	0	0	0	0	0	705	
1777	Paul Heaton	m	MV 60		0	0	0	0	0	0	0	704	704	
1778	Sandra Gilchrist	f	FV 40	Cbfitness	0	0	0	0	0	0	704	0	704	
1779	Bridget Broadhurst	f	FV 60	Tynedale Harriers	0	0	0	0	0	704	0	0	704	

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1780	Sally Beech	f	FV 60	RRRC	0	0	0	0	704	0	0	0	704	
1781	Alison Wright	f	FV 50	Cumberland Fell Runners	704	0	0	0	0	0	0	0	704	
1782	Peter Wallwork	m	MV 40		0	0	0	0	703	0	0	0	703	
1783	Sheona Etherington	f			0	0	0	0	0	0	0	703	703	
1784	Janet Rhodes	f	FV 40	Lostock ac	0	0	0	0	0	0	703	0	703	
1785	Christine Rostron	f	FV 50	Red Rose Road Runners	0	0	0	0	0	703	0	0	703	
1786	Roger Barrett	m	MV 60		0	0	702	0	0	0	0	0	702	
1787	Thomas Pygott	m			0	0	0	0	0	702	0	0	702	
1788	Rosie Bee	f		Rydal Rangers	0	0	0	0	0	0	0	702	702	
1789	Kay Kelly	f	FV 50	HARC	0	0	0	702	0	0	0	0	702	
1790	Janice Metcalf	f	FV 50		0	0	701	0	0	0	0	0	701	
1791	Belinda Schofield	f	FV 50		0	0	0	701	0	0	0	0	701	
1792	Grace Crawford	f	FV 40	Knutsford triathlon club	701	0	0	0	0	0	0	0	701	
1793	Hannah Lucas	f			0	0	0	0	0	700	0	0	700	
1794	Ruth Port	f	FV 50	Razzer's Runners	699	0	0	0	0	0	0	0	699	
1795	Tom Martin	m		Metro Aberdeen Running	0	0	0	0	0	0	698	0	698	
1796	Wendy Pratt	f	FV 40		0	0	0	0	698	0	0	0	698	
1797	Anna Berentzen	f		SALFORD	0	0	0	698	0	0	0	0	698	
1798	John Scott	m	MV 40		0	0	0	0	0	0	697	0	697	
1799	Richard Bartlett	m	MV 60		0	0	0	0	0	697	0	0	697	
1800	Tim Curran	m			0	0	0	697	0	0	0	0	697	
1801	Ian Oakey	m	MV 50	Settle Harriers	0	0	697	0	0	0	0	0	697	
1802	Craig Dugdale	m			0	0	0	0	0	0	0	696	696	
1803	Lee Clark	m	MV 40	Team Acf	0	0	0	0	0	0	696	0	696	
1804	Timothy Knowles	m	MV 50	None	0	0	0	0	0	696	0	0	696	
1805	Guy Platt	m	MV 40		0	0	0	696	0	0	0	0	696	
1806	Sue Guyton	f	FV 40		0	0	0	0	696	0	0	0	696	
1807	Lucy Derby	f	FV 40	Moss Park Strollers	696	0	0	0	0	0	0	0	696	
1808	Nathan Horsfall	m			0	0	0	0	0	0	0	695	695	
1809	Steven Haslam	m	MV 40	Tri Rivington	0	0	0	0	695	0	0	0	695	
1810	Sally Anderson	f		Saddleworth runners	0	0	0	0	0	0	695	0	695	
1811	Kay Pitchford	f	FV 50		0	0	0	0	0	695	0	0	695	
1812	Emma Banister	f	FV 40	Chorlton Runners	0	0	0	695	0	0	0	0	695	
1813	Sarah Haslam	f	FV 40	Tri Rivington	0	0	0	0	694	0	0	0	694	
1814	Morag Sutton	f	FV 50	Northwich Running Club	694	0	0	0	0	0	0	0	694	
1815	Nigel Mabbs	m	MV 40		0	0	0	0	0	0	693	0	693	
1816	Lucy Moran	f	FV 50		0	0	0	0	0	693	0	0	693	
1817	Sarah Nalborczyk	f			0	0	693	0	0	0	0	0	693	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1818	Suzanne Mitchell	f	FV 60		693	0	0	0	0	0	0	0	693
1819	John Skyner	m	MV 50	Warrington Running Club	0	0	0	0	0	0	0	692	692
1820	Jonathan Horne	m	MV 60	Biddulph Running Club	0	0	0	0	0	0	692	0	692
1821	Emma Hastie	f	FV 40	Parbold Pink panthers	0	0	0	0	0	692	0	0	692
1822	Warren Anderson	m			0	0	0	0	0	0	691	0	691
1823	Andrew Woods	m	MV 60	Millom Striders	0	0	0	0	0	691	0	0	691
1824	Vicky Barker	f	FV 50		691	0	0	0	0	0	0	0	691
1825	John Gravett	m	MV 60	Keswick	0	0	0	691	0	0	0	0	691
1826	Mick Haynes	m	MV 50		0	0	0	0	0	0	690	0	690
1827	Caroline Bones	f			0	0	0	0	0	690	0	0	690
1828	Zoe Bridges	f	FV 50	Trail Running Association	0	0	0	690	0	0	0	0	690
1829	Chandra Shekar	m	MV 40		0	0	0	0	0	0	689	0	689
1830	Caroline Wither	f			0	0	689	0	0	0	0	0	689
1831	Simon Gurney	m			0	0	0	689	0	0	0	0	689
1832	Jonathan Moss	m	MV 50		0	0	0	0	688	0	0	0	688
1833	Jo Dixon	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	0	0	688	688
1834	Graham Alsop	m	MV 40		0	0	688	0	0	0	0	0	688
1835	Anthony Kirtley	m	MV 40		0	0	0	0	0	687	0	0	687
1836	Jim Lockhart	m	MV 40	Glasgow Triathlon Club	0	0	0	687	0	0	0	0	687
1837	Brenda Cahill	f	FV 60	St Helen's striders	0	0	0	0	0	0	0	686	686
1838	Gabi Smallbone	f	FV 50		0	0	0	0	0	686	0	0	686
1839	Joanne Hawden	f	FV 50	Rothwell&district Harriers	0	0	0	0	686	0	0	0	686
1840	Shirley Campbell	f	FV 60		0	0	686	0	0	0	0	0	686
1841	Stuart Mansfield	m	MV 40	St. Helens	0	0	0	686	0	0	0	0	686
1842	David Cummins	m	MV 50		0	0	0	0	0	0	685	0	685
1843	Dylan Cass	m	MV 40	Mersey Tri	685	0	0	0	0	0	0	0	685
1844	David Evans	m	MV 40		0	0	0	0	684	0	0	0	684
1845	Simone Koers	f			0	0	0	684	0	0	0	0	684
1846	Joanne McVeigh	f	FV 40		684	0	0	0	0	0	0	0	684
1847	David Mclean	m	MV 40		0	0	684	0	0	0	0	0	684
1848	Jason Mather	m	MV 50	St Helens Striders	0	0	0	0	0	0	0	683	683
1849	Sophie Tedham	f			0	0	0	0	0	0	683	0	683
1850	Hannah Coupe	f	FV 40		0	0	0	0	0	683	0	0	683
1851	Carol Robinson	f	FV 40		0	0	0	0	683	0	0	0	683
1852	Louisa Craven	f	FV 50		0	0	0	683	0	0	0	0	683
1853	Helen Murray	f		Knutsford Tri Club	683	0	0	0	0	0	0	0	683
1854	Daniel Nicholson	m			0	0	0	0	0	0	682	0	682
1855	Brijesh Desai	m	MV 40		0	0	0	0	0	682	0	0	682

TRAILS														
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3	
1856	Jude Taylor	f	FV 40		0	0	0	0	0	0	0	681	681	
1857	M Mullen	m			0	0	0	0	0	0	680	0	680	
1858	Nick Collie	m	MV 50		0	0	0	0	0	680	0	0	680	
1859	Catherine Davenport	f	FV 40		0	0	0	0	0	0	0	680	680	
1860	Alex Bradburn	m			0	0	0	0	0	0	679	0	679	
1861	Holly Higham	f			0	0	679	0	0	0	0	0	679	
1862	Beverley Prescottt	f	FV 50	Parbold Pink Panthers	0	0	0	0	0	679	0	0	679	
1863	Claire St John	f	FV 40	BLACKPOOL WYRE & FYLDE ATHLE	0	0	0	0	679	0	0	0	679	
1864	Charlotte Lee	f			0	0	0	679	0	0	0	0	679	
1865	Geoff Walker	m	MV 60		0	0	0	0	0	678	0	0	678	
1866	Steph Nicolle	f			0	0	0	0	0	0	0	678	678	
1867	Katya Pell	f			0	0	678	0	0	0	0	0	678	
1868	Chris Lee	m	MV 60		0	0	0	678	0	0	0	0	678	
1869	Miriam Brion	f	FV 40		0	0	0	0	0	0	0	677	677	
1870	Rachel Blake	f	FV 40		0	0	0	0	0	0	677	0	677	
1871	Jane Mellor	f	FV 40		0	0	0	677	0	0	0	0	677	
1872	Alison Ferneyhough	f	FV 50		0	0	0	0	0	0	0	676	676	
1873	Kate Corby	f	FV 40		0	0	0	0	0	0	676	0	676	
1874	Hannah Coates	f		Chorlton Runners	0	0	0	0	676	0	0	0	676	
1875	David Campbell-molloy	m			0	0	0	0	0	0	675	0	675	
1876	Sharon Barry	f	FV 50	Tri-lakeland	0	0	0	0	0	0	0	675	675	
1877	Clare Smith	f	FV 40		0	0	0	0	675	0	0	0	675	
1878	Ian Gilbert	m	MV 60		0	0	0	0	0	674	0	0	674	
1879	Nicky Steels	f	FV 40		0	0	0	0	0	0	0	674	674	
1880	Holly Arnold	f		Fellside Ladies	0	0	0	0	0	0	674	0	674	
1881	Gillian Ramsden	f	FV 50	Tri Rivington	0	0	0	0	674	0	0	0	674	
1882	Paddy Mcdonald	m	MV 60	Haddington Running Club	674	0	0	0	0	0	0	0	674	
1883	Steve Cockle	m	MV 40	Battersea Ironsides	0	0	0	0	0	0	673	0	673	
1884	Denise Grace	f	FV 50		0	0	0	0	0	673	0	0	673	
1885	Donna Cooper	f	FV 40	Tri Rivington	0	0	0	0	673	0	0	0	673	
1886	Bryony Vaughan	f			0	0	0	673	0	0	0	0	673	
1887	MICHELLE WOLSTENHOLME	f	FV 40		673	0	0	0	0	0	0	0	673	
1888	Natalie Lowe	f			0	0	0	0	0	672	0	0	672	
1889	Jonathan Green	m	MV 50		0	0	0	672	0	0	0	0	672	
1890	Paul Winks	m	MV 60	None	672	0	0	0	0	0	0	0	672	
1891	Ian Hanratty	m			0	0	0	0	0	0	0	671	671	
1892	Shaun Dubiel	m	MV 40		0	0	0	0	0	671	0	0	671	
1893	Timothy Campbell	m	MV 40		0	0	0	0	671	0	0	0	671	

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1894	Emily Stapleton	f	FV 40		0	0	0	671	0	0	0	0	671
1895	Nina Carter-Brown	f			671	0	0	0	0	0	0	0	671
1896	Rebecca Hanratty	f		St Bees Triers	0	0	0	0	0	0	0	670	670
1897	Sian Beaumont	f			0	0	0	0	670	0	0	0	670
1898	Kathryn Greenlees	f			670	0	0	0	0	0	0	0	670
1899	Tracey Clarke	f	FV 50		0	0	0	0	669	0	0	0	669
1900	Kerry Mckenna	m	MV 40		0	0	668	0	0	0	0	0	668
1901	Chris Hall	m		Tynedale	0	0	0	0	0	0	667	0	667
1902	Debbie Huston	f	FV 50	Warrington Running Club	0	0	0	0	0	0	0	667	667
1903	Janet Farrow	f	FV 50	Parbold Pink Panthers	0	0	0	0	0	667	0	0	667
1904	Amanda Ley	f	FV 50	Colt	0	0	0	0	667	0	0	0	667
1905	Deborah Lyons-gravett	f	FV 50		0	0	0	667	0	0	0	0	667
1906	Alicia Croft	f	FV 40	Red Rose Road Runners	667	0	0	0	0	0	0	0	667
1907	Ully Kritzler	m	MV 50	Lancaster and Morecambe Athleti	0	0	0	0	0	0	0	666	666
1908	James Pass	m			0	0	0	0	0	0	666	0	666
1909	Claire Chapman	f	FV 40	Quakers	666	0	0	0	0	0	0	0	666
1910	Matthew Butler	m		Staveley	0	0	0	666	0	0	0	0	666
1911	Paul Fisher	m	MV 40	Lancaster and Morecambe Athleti	0	0	0	0	0	0	0	665	665
1912	Adam Brant	m	MV 40	Chorlton Runners	0	0	0	0	665	0	0	0	665
1913	Hannah Caulfield	f	FV 40		0	0	0	0	0	0	665	0	665
1914	Samantha Hunter	f			0	0	0	665	0	0	0	0	665
1915	Tom Chapman	m	MV 40	Quakers	665	0	0	0	0	0	0	0	665
1916	Kay Schiller	m	MV 50	LMAC	0	0	0	0	0	0	0	664	664
1917	Keith Whitehead	m	MV 60	Knowle & Dorridge Running Club	0	0	0	0	664	0	0	0	664
1918	Melissa Gurney	f			0	0	0	664	0	0	0	0	664
1919	Deborah Clarke	f	FV 50	Holmfirth Harriers	0	0	0	0	0	0	663	0	663
1920	Helen Carter	f	FV 40		0	0	0	0	0	663	0	0	663
1921	Linda Whitehead	f	FV 60	Knowle & Dorridge Running Club	0	0	0	0	663	0	0	0	663
1922	Nicola Swann	f	FV 40	Otley A.C	0	0	663	0	0	0	0	0	663
1923	Gary Craven	m	MV 40		663	0	0	0	0	0	0	0	663
1924	Jonathan Tucker	m	MV 60		0	0	0	0	0	0	0	662	662
1925	David Langrish	m	MV 60	Sunderland Strollers	0	0	0	0	0	0	662	0	662
1926	Tim Bettley	m	MV 50		0	0	0	0	0	662	0	0	662
1927	Nicola Sloan	f	FV 40		0	0	0	0	662	0	0	0	662
1928	Abigail McAninly	f	FV 40		0	0	0	662	0	0	0	0	662
1929	Thomas Harkin	m	MV 40	Derry Abu	662	0	0	0	0	0	0	0	662
1930	Alastair Elliott	m	MV 50	N/a	0	0	0	0	0	0	0	661	661
1931	Sarah Taylor	f	FV 40		0	0	0	0	0	661	0	0	661

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1932	Isobel Hall	f	FV 50	Jogging Pals	661	0	0	0	0	0	0	0	661
1933	Jeremy Hill	m	MV 60		0	0	0	661	0	0	0	0	661
1934	Pip Tatham	f	FV 40		0	0	660	0	0	0	0	0	660
1935	Joanne Marshall	f	FV 50		0	0	0	0	0	660	0	0	660
1936	Tracy Berry	f	FV 40	Skelmersdale Harriers	0	0	0	0	659	0	0	0	659
1937	Curt Parker	m			0	0	0	0	0	0	658	0	658
1938	Kiersti Dickinson	f	FV 50	Slaithwaite Striders RC	0	0	658	0	0	0	0	0	658
1939	Chloe Banks	f			658	0	0	0	0	0	0	0	658
1940	Sean Daniels	m	MV 50		0	0	0	0	0	657	0	0	657
1941	Jason Clarke	m	MV 40		0	0	0	0	0	0	656	0	656
1942	Ian Lucas	m	MV 60	Witham Running Club	0	0	0	0	656	0	0	0	656
1943	Edelin Bulmer	f		Team inov-8	0	0	0	0	0	0	0	656	656
1944	Anne Louise Kershaw	f	FV 40		0	0	0	0	0	656	0	0	656
1945	Jase Stephens	m			0	0	656	0	0	0	0	0	656
1946	David Norbury	m	MV 40		656	0	0	0	0	0	0	0	656
1947	Gary Woodruff	m	MV 40		0	0	0	0	0	0	0	655	655
1948	ian loke	m	MV 50		0	0	0	0	0	0	655	0	655
1949	VICTORIA MAY	f	FV 40		0	0	0	0	0	655	0	0	655
1950	Claire Lucas	f			0	0	0	0	655	0	0	0	655
1951	Louise Corlett	f	FV 50		0	0	0	655	0	0	0	0	655
1952	Mark Banks	m	MV 50		655	0	0	0	0	0	0	0	655
1953	Abby Stead	f			0	0	0	0	0	0	654	0	654
1954	Shona Noble	f			0	0	0	0	0	654	0	0	654
1955	Debbie Millington	f	FV 40	Lonely Goat Running Club	0	0	0	654	0	0	0	0	654
1956	Sophie Roberts	f			654	0	0	0	0	0	0	0	654
1957	Bob Barford	m	MV 50		0	0	0	0	0	0	653	0	653
1958	Ruth Farquharson	f			0	0	0	0	0	653	0	0	653
1959	Sara Master	f	FV 40		653	0	0	0	0	0	0	0	653
1960	Michael Cummins	m	MV 50		0	0	0	0	0	0	652	0	652
1961	Alistair Guzowski	m			0	0	0	652	0	0	0	0	652
1962	Peter Burdis	m	MV 40		0	0	0	0	0	0	651	0	651
1963	Dave Haycock	m	MV 60	Parkbootcamp	0	0	0	0	651	0	0	0	651
1964	Rachel Ashton	f	FV 40	DOrunning	0	0	0	0	0	0	0	651	651
1965	Keith Burlison	m	MV 50		0	0	0	0	0	0	0	650	650
1966	Andrew Wilkinson	m	MV 50	Wesham road runners	0	0	0	0	0	0	650	0	650
1967	Nicholas Taylor	m	MV 50		0	0	0	0	650	0	0	0	650
1968	Beth Lockhart	f	FV 40	Glasgow Triathlon Club	0	0	0	650	0	0	0	0	650
1969	Michael Harrison	m	MV 40		0	0	0	0	649	0	0	0	649

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
1970	Jane Maloney	f	FV 60	Easingwold Running Club	0	0	0	0	0	0	0	649	649
1971	Sam Dutton	m			0	0	0	0	0	0	0	648	648
1972	Alan Jones	m	MV 60	Garstang Running Club	0	0	0	0	0	0	648	0	648
1973	Lewis Conboy	m		Barnoldswick	0	0	0	648	0	0	0	0	648
1974	Faye Ruscoe	f	FV 40		0	0	648	0	0	0	0	0	648
1975	Joe Gallagher	m			0	0	0	0	0	0	0	647	647
1976	Julie Webster	f	FV 50	Redhill Road Runners	0	0	0	0	0	647	0	0	647
1977	Rob Ashcroft	m			0	0	0	0	0	0	0	646	646
1978	Mark Webster	m	MV 50	Redhill Road Runners	0	0	0	0	0	646	0	0	646
1979	Louise Millo	f	FV 40		646	0	0	0	0	0	0	0	646
1980	Anthony Ryder	m	MV 40		0	0	0	0	645	0	0	0	645
1981	Carol Maynard	f	FV 40		0	0	0	0	0	0	0	645	645
1982	Sarah Ryder	f	FV 40		0	0	0	0	644	0	0	0	644
1983	Anna King	f	FV 40		0	0	644	0	0	0	0	0	644
1984	Patricia White	f	FV 60	Women on the Run	644	0	0	0	0	0	0	0	644
1985	Nicole Goh	f	FV 40		0	0	0	0	0	643	0	0	643
1986	Claudette Joint	f	FV 40	Grantham Running Club	643	0	0	0	0	0	0	0	643
1987	Fiona Robb	f			0	0	0	0	0	642	0	0	642
1988	Joanne Bretherton	f	FV 40		0	0	0	0	642	0	0	0	642
1989	Katherine Ellsworth-Krebs	f			0	0	0	642	0	0	0	0	642
1990	Barbara Bath	f	FV 50	Red Rose Road Runners	0	0	642	0	0	0	0	0	642
1991	Darren Joint	m	MV 40	Belvoir Triathlon Club	642	0	0	0	0	0	0	0	642
1992	Joanne Rogers	f	FV 50		0	0	0	0	0	0	641	0	641
1993	Courtney Gunn	f			0	0	0	0	0	641	0	0	641
1994	Sarah Ball	f	FV 40		0	0	641	0	0	0	0	0	641
1995	Paul Abrams	m	MV 40		0	0	0	640	0	0	0	0	640
1996	Isobel Williamson	f	FV 70		0	0	0	0	0	0	0	640	640
1997	Anna Mason	f	FV 40	Elvet Striders	0	0	0	0	0	0	640	0	640
1998	Malcolm Alderton	m	MV 60	Lions Running Community	0	0	640	0	0	0	0	0	640
1999	Dominic Gilmour	m			0	0	0	639	0	0	0	0	639
2000	Stef Barlow	f	FV 40	Elvet Striders	0	0	0	0	0	0	639	0	639
2001	Karen Cherry	f	FV 50	Middleton Harriers	0	0	0	0	0	639	0	0	639
2002	Fiona Alderton	f	FV 60	Lions Running Community	0	0	639	0	0	0	0	0	639
2003	Alan Taylor	m	MV 60	NA	639	0	0	0	0	0	0	0	639
2004	Ian Stephenson	m	MV 60	Alnwick Harriers	0	0	0	0	0	0	638	0	638
2005	Pauline Foster	f	FV 60		0	0	0	0	0	0	0	638	638
2006	Amy Atkins	f		Hartlepool Burn Road Harriers	0	0	0	638	0	0	0	0	638
2007	Alison Mercer	f	FV 60	Red Rose Road Runners	0	0	638	0	0	0	0	0	638

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2008	Graeme Tilbury	m	MV 40		638	0	0	0	0	0	0	0	638
2009	Iryna Eaton	f			0	0	0	0	637	0	0	0	637
2010	Catherine Ramsay	f	FV 40		0	0	0	637	0	0	0	0	637
2011	Casey Rust	f	FV 40		637	0	0	0	0	0	0	0	637
2012	Andy Mowatt	m	MV 40		0	0	0	0	0	0	0	636	636
2013	Carl Lockwood	m	MV 60		0	0	0	0	0	636	0	0	636
2014	Glen Bott	m			0	0	0	636	0	0	0	0	636
2015	Helen Ohagan	f	FV 40		0	0	0	0	636	0	0	0	636
2016	Anthony Brockbank	m	MV 60		636	0	0	0	0	0	0	0	636
2017	Matthew Atkinson	m	MV 40		0	0	0	0	635	0	0	0	635
2018	Rebecca Bott	f			0	0	0	635	0	0	0	0	635
2019	Mark Hammond	m	MV 40		0	0	0	0	634	0	0	0	634
2020	Peter Webb	m	MV 60		0	0	634	0	0	0	0	0	634
2021	Dave Carter	m			0	0	0	633	0	0	0	0	633
2022	Christine Gill	f	FV 50		0	0	633	0	0	0	0	0	633
2023	Clement Bidwell	m			0	0	0	0	0	0	0	632	632
2024	Andrea Fern	f	FV 40		0	0	0	632	0	0	0	0	632
2025	Stuart Cowie	m	MV 40		632	0	0	0	0	0	0	0	632
2026	Mark Liptrott	m	MV 50		0	0	0	0	0	0	631	0	631
2027	Carolyn Rigby	f	FV 50	Widnes Wasps	0	0	0	0	631	0	0	0	631
2028	Emma Cowie	f	FV 40		631	0	0	0	0	0	0	0	631
2029	Ian Rigby	m	MV 50		0	0	0	0	630	0	0	0	630
2030	Christopher Norfolk	m	MV 50	Sawston Scramblers.	0	0	0	630	0	0	0	0	630
2031	Dawn Elliott	f	FV 40		0	0	0	0	0	0	0	630	630
2032	Robert Terry	m	MV 50	Belper Harriers	0	0	0	0	0	0	629	0	629
2033	Emma Coopland-Lee	f	FV 40		0	0	0	0	629	0	0	0	629
2034	Helen Foster	f	FV 40		0	0	0	629	0	0	0	0	629
2035	Jason Feavers	m	MV 40		0	0	0	628	0	0	0	0	628
2036	Bairet Stephanie	f	FV 40		0	0	0	0	0	0	0	628	628
2037	Andrew Pringle	m	MV 50		0	0	628	0	0	0	0	0	628
2038	Kathy Bloomfield	f	FV 40		0	0	0	0	0	0	0	627	627
2039	Joseph Bolger	m			0	0	627	0	0	0	0	0	627
2040	Richard Purdy	m	MV 40		627	0	0	0	0	0	0	0	627
2041	SUZI RICHMOND	f	FV 40		0	0	0	0	0	0	0	626	626
2042	Helene Turley	f	FV 50	Warley Woods Pacers	0	0	0	626	0	0	0	0	626
2043	Charlotte Furness	f			0	0	626	0	0	0	0	0	626
2044	Graham Hawden	m	MV 60	Rothwell & District Harriers	0	0	0	0	625	0	0	0	625
2045	Kerry Harmer	f	FV 50		0	0	625	0	0	0	0	0	625

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2046	Suzanne Jenkins	f	FV 40	Razzers Runners	0	0	0	625	0	0	0	0	625
2047	Neil Taylor	m	MV 40	Wigan Wheelers And Triathlon Clu	0	0	0	0	624	0	0	0	624
2048	Brian Jenkins	m	MV 40		0	0	0	624	0	0	0	0	624
2049	Jessica Miller	f			0	0	0	0	0	0	0	624	624
2050	Christine Johnson	f	FV 60	Dallam	0	0	0	0	0	0	623	0	623
2051	Claire Clarke	f	FV 40		0	0	0	623	0	0	0	0	623
2052	Lesley Nixon	f	FV 50	Red Rose Road Runners	0	0	623	0	0	0	0	0	623
2053	Mike Ferneyhough	m	MV 50		0	0	0	0	0	0	0	622	622
2054	Gavin Blakemore	m	MV 40		0	0	0	0	622	0	0	0	622
2055	Mike Roe	m	MV 60		0	0	0	622	0	0	0	0	622
2056	Katharine Bibby	f	FV 40		0	0	0	0	0	0	622	0	622
2057	Ian Rae	m	MV 60	Runcorn Rinklies	0	0	0	0	0	0	0	621	621
2058	Michaela Dodd	f	FV 40		0	0	0	0	621	0	0	0	621
2059	Amanda Bentley	f	FV 40	Warrington Running Club	621	0	0	0	0	0	0	0	621
2060	Phil Chew	m	MV 60		0	0	0	0	0	0	0	620	620
2061	Val Cumberpatch	f	FV 60		0	0	0	0	620	0	0	0	620
2062	Ruth Chamberlain	f	FV 40	Lonely Goat RC	0	0	0	620	0	0	0	0	620
2063	Gordon Armitstead	m	MV 60		0	0	0	0	619	0	0	0	619
2064	Jennifer Thompson	f			0	0	0	0	0	0	0	619	619
2065	Marina Quayle	f	FV 50		0	0	0	619	0	0	0	0	619
2066	David Smith	m	MV 60		0	0	0	0	0	0	618	0	618
2067	Roderick Smith	m	MV 60		618	0	0	0	0	0	0	0	618
2068	Michael Nelson	m	MV 50		0	0	0	0	0	0	617	0	617
2069	Ian Rossiter	m			0	0	0	617	0	0	0	0	617
2070	David Eatough	m	MV 40		0	0	0	0	0	0	616	0	616
2071	Melissa Grocock	f	FV 40		0	0	0	0	0	0	0	616	616
2072	Katy Kelton	f			0	0	0	616	0	0	0	0	616
2073	Katherine Penrose	f	FV 60	Kippax Harriers	0	0	616	0	0	0	0	0	616
2074	Jane Pike	f	FV 40		616	0	0	0	0	0	0	0	616
2075	John Heathcote	m	MV 60		0	0	0	0	0	0	615	0	615
2076	Janet Morris	f	FV 60	Knaresborough Striders	0	0	0	0	615	0	0	0	615
2077	Joanne Price	f			0	0	0	615	0	0	0	0	615
2078	Mark Avison	m	MV 60	Border Reiver Runners	0	0	0	0	0	0	614	0	614
2079	Anthony Church	m	MV 60		0	0	0	0	614	0	0	0	614
2080	Sadie Wood	f			0	0	614	0	0	0	0	0	614
2081	Kerry Wilson	f	FV 40		0	0	0	0	0	0	0	613	613
2082	Heidi Martin	f	FV 40	CFR	0	0	0	0	613	0	0	0	613
2083	Nicola Spurling	f	FV 40	Unaffiliated	0	0	0	613	0	0	0	0	613

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2084	Alex Clark	f	FV 40	York Solemates	0	0	613	0	0	0	0	0	613
2085	Dawn Fahy	f	FV 60		0	0	0	0	0	0	0	612	612
2086	Helen Field	f		Women on the run	0	0	0	0	0	0	612	0	612
2087	Lottie Hutchinson	f		York Acorns	0	0	612	0	0	0	0	0	612
2088	Jo Spragg	f	FV 40		0	0	0	0	0	0	0	611	611
2089	Jen Dixon	f	FV 50		0	0	0	0	0	0	611	0	611
2090	Katherine Smith	f	FV 50		0	0	0	611	0	0	0	0	611
2091	Lorna Mundy	f	FV 40		611	0	0	0	0	0	0	0	611
2092	Nick Shaw	m	MV 40		0	0	611	0	0	0	0	0	611
2093	Paul Dixon	m	MV 50		0	0	0	0	0	0	610	0	610
2094	Rene Kizsel-Kohari	m	MV 40		0	0	0	610	0	0	0	0	610
2095	Rebecca Talbot	f	FV 40	Elvet Striders	0	0	610	0	0	0	0	0	610
2096	Kevin McDermott	m	MV 40		0	0	0	609	0	0	0	0	609
2097	Jennifer Webb	f		Chiltern Harriers AC	0	0	0	0	0	0	609	0	609
2098	Robert Massey	m	MV 70	Bw&fac	609	0	0	0	0	0	0	0	609
2099	Andrew Dixon	m	MV 40	Quakers Rc	0	0	0	0	0	0	608	0	608
2100	Judith Walker	f	FV 50		0	0	0	0	0	0	0	608	608
2101	Mairead Crossey	f			0	0	0	0	608	0	0	0	608
2102	Kayleigh Lord	f			0	0	0	0	607	0	0	0	607
2103	Rebecca Hanson	f	FV 40		0	0	0	0	0	0	0	606	606
2104	Hayley Esgate	f			0	0	606	0	0	0	0	0	606
2105	Vicki Cummings	f	FV 40		606	0	0	0	0	0	0	0	606
2106	Paul Kelly	m	MV 40		0	0	0	0	0	0	605	0	605
2107	Stephen Morris	m	MV 60	Knaresborough Striders	0	0	0	0	605	0	0	0	605
2108	Helen McIntyre	f	FV 40		0	0	605	0	0	0	0	0	605
2109	Rachael Chamberlain	f	FV 40	Bodyfit Cumbria Running Club	605	0	0	0	0	0	0	0	605
2110	Ira Smith	m	MV 70	BUNGAY BLACK DOG	0	0	0	0	604	0	0	0	604
2111	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	0	0	0	0	0	0	0	604	604
2112	Jenny Dilworth	f	FV 50		0	0	0	0	0	0	604	0	604
2113	Catherine Shaw	f	FV 40		0	0	604	0	0	0	0	0	604
2114	John Hammill	m	MV 60	Batala	604	0	0	0	0	0	0	0	604
2115	Richard Eaton	m	MV 40		0	0	0	0	603	0	0	0	603
2116	Lisa Cox	f	FV 40		0	0	0	603	0	0	0	0	603
2117	Alison Leach	f	FV 70		603	0	0	0	0	0	0	0	603
2118	Cliff Mann	m	MV 50		0	0	0	0	0	0	602	0	602
2119	Terance Li	m			0	0	0	602	0	0	0	0	602
2120	Gemma Dunn	f		Dunns	0	0	0	0	0	0	0	602	602
2121	Paula Morgan	f	FV 40		0	0	0	0	602	0	0	0	602

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2122	Bev Misik	f	FV 50		0	0	602	0	0	0	0	0	602
2123	Fiona O'brien	f	FV 50	Jog On The Tyne	602	0	0	0	0	0	0	0	602
2124	Greg Boyle	m	MV 40		0	0	0	0	0	0	0	601	601
2125	Mark Rose	m			0	0	0	0	0	0	601	0	601
2126	Paul Towers	m	MV 50		0	0	0	0	601	0	0	0	601
2127	Marcela Reyes Otaiza	f	FV 40		0	0	0	601	0	0	0	0	601
2128	Sarah Chalmers	f	FV 50	Nidd Valley Road Runners	601	0	0	0	0	0	0	0	601
2129	Darrel White	m			0	0	0	0	0	0	600	0	600
2130	Chris Harbord	m	MV 70	Great Yarmouthh Road Runners	0	0	0	0	600	0	0	0	600
2131	Paul Kirton	m	MV 50		0	0	0	600	0	0	0	0	600
2132	Jan Rayner	f	FV 50	Roundhay Runners	0	0	600	0	0	0	0	0	600
2133	Laura Butler	f	FV 40		0	0	0	599	0	0	0	0	599
2134	Helen Mathews	f	FV 40		0	0	599	0	0	0	0	0	599
2135	Barbara Mead-Mason	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	0	0	598	598
2136	Michelle Jones	f	FV 50	Wigan Harriers	598	0	0	0	0	0	0	0	598
2137	Andy Dickson	m	MV 50	Dumfries Running Club	0	0	0	0	0	0	597	0	597
2138	Paul Carter	m	MV 50	Wigan Harriers	597	0	0	0	0	0	0	0	597
2139	Ian Jempson	m	MV 40		0	0	0	596	0	0	0	0	596
2140	Hannah March	f			0	0	0	0	0	0	0	596	596
2141	John Hall	m	MV 60		596	0	0	0	0	0	0	0	596
2142	Kirsten Johnson	f	FV 40		0	0	595	0	0	0	0	0	595
2143	Michelle Cresswell	f	FV 40		595	0	0	0	0	0	0	0	595
2144	Amy Butler	f			0	0	0	0	0	0	0	594	594
2145	Susanne Garth	f	FV 40		0	0	0	594	0	0	0	0	594
2146	Janet Shaw	f	FV 50	-	0	0	0	0	0	0	593	0	593
2147	Carol dell-price	f	FV 50		0	0	0	593	0	0	0	0	593
2148	Jen Dale	f			593	0	0	0	0	0	0	0	593
2149	Nicola Bennett	f	FV 40		0	0	0	0	0	0	0	592	592
2150	Jo Blackwood	f			0	0	0	592	0	0	0	0	592
2151	Laura Pilkington	f			592	0	0	0	0	0	0	0	592
2152	James Wilby	m			0	0	0	0	0	0	591	0	591
2153	Line Kjellerup	f	FV 40	EDINBURGH	0	0	0	591	0	0	0	0	591
2154	James Brookling	m			0	0	0	0	0	0	590	0	590
2155	Simon Turner	m	MV 40		0	0	0	590	0	0	0	0	590
2156	Linda Jones	f	FV 50	Warrington Running Club	0	0	0	0	0	0	0	590	590
2157	wayne Starsmore	m	MV 50	Wells	0	0	0	589	0	0	0	0	589
2158	Bernadette Barnard	f	FV 50	Warrington Running Club	0	0	0	0	0	0	0	589	589
2159	Wendy Lucas	f	FV 50		589	0	0	0	0	0	0	0	589

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2160	Elliot Chew	m			0	0	0	0	0	0	0	588	588
2161	Thomas Pick	m			0	0	0	588	0	0	0	0	588
2162	Anna Finn	f	FV 40	100 Marathon Club	588	0	0	0	0	0	0	0	588
2163	Brad Williamson	m	MV 60		0	0	0	587	0	0	0	0	587
2164	Margaret Smith	f	FV 50	Seaford Town Runners	0	0	0	0	0	0	0	587	587
2165	Debbie Ellis	f	FV 50	Avon Valley Runners	0	0	0	0	0	0	0	586	586
2166	Sue Toal	f	FV 50		0	0	0	586	0	0	0	0	586
2167	Gary Carlile	m	MV 50	Hinckley RC	586	0	0	0	0	0	0	0	586
2168	Liam Berney	m	MV 60		0	0	0	585	0	0	0	0	585
2169	Sally Lucas	f	FV 40		0	0	0	0	0	0	585	0	585
2170	Janette Fleetwood	f	FV 40		0	0	585	0	0	0	0	0	585
2171	Helen Martin	f	FV 40		0	0	0	0	0	0	0	584	584
2172	Caroline Tong	f	FV 40	Ilkley Harriers	0	0	584	0	0	0	0	0	584
2173	Matt Carter	m	MV 40		0	0	0	583	0	0	0	0	583
2174	Alison Hodges	f	FV 50	Blackball Bounders	0	0	0	0	0	0	0	583	583
2175	Sue Kenny	f	FV 40		0	0	583	0	0	0	0	0	583
2176	Lynne Doyle	f	FV 40	Kirkby Milers Ac	583	0	0	0	0	0	0	0	583
2177	Ian Edwards	m		Doom Hill Warriors	0	0	0	0	0	0	582	0	582
2178	John Pickering	m	MV 50		0	0	582	0	0	0	0	0	582
2179	Craig Broomhead	m		Cb Fitness	0	0	0	0	0	0	581	0	581
2180	Helen Hatcher	f	FV 50	Cambridge and Coleridge	0	0	0	581	0	0	0	0	581
2181	Paul Ryan	m	MV 40	Quakers running club	581	0	0	0	0	0	0	0	581
2182	Abi Edwards	f	FV 40	Fen Edge Runners	0	0	580	0	0	0	0	0	580
2183	Hayley Agnew	f	FV 50		580	0	0	0	0	0	0	0	580
2184	Charles Larsson	m	MV 50	Silverdale Tv	0	0	0	579	0	0	0	0	579
2185	Gary Hinds	m	MV 50		0	0	0	0	0	0	578	0	578
2186	Hannah Swift	f		N/a	0	0	0	0	0	0	0	578	578
2187	Allison Atkins	f	FV 40		0	0	578	0	0	0	0	0	578
2188	Tracy Rees-clarke	f	FV 50	Blackwater Valley Runners	578	0	0	0	0	0	0	0	578
2189	Roger Grimble	m			0	0	0	0	0	0	0	577	577
2190	Richard Clements	m	MV 50		0	0	0	577	0	0	0	0	577
2191	Caitlin Banks	f			577	0	0	0	0	0	0	0	577
2192	Paul Rowe	m	MV 50	Blackhill Bounders	0	0	576	0	0	0	0	0	576
2193	Katie Pymm	f			0	0	0	0	0	0	576	0	576
2194	Gemma Downing	f			0	0	0	576	0	0	0	0	576
2195	John Goodridge	m			576	0	0	0	0	0	0	0	576
2196	Sarah Goring	f		Stockport Harriers AC	0	0	0	0	0	0	575	0	575
2197	Audrey Rowe	f	FV 50	Blackhill Bounders	0	0	575	0	0	0	0	0	575

TRAILS

[illegible]

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2236	Annabella-Louise Walberg	f			0	0	557	0	0	0	0	0	557
2237	John Bruchez	m	MV 50		0	0	0	0	0	0	0	556	556
2238	Kathryn Money	f	FV 50	Caistor running club	0	0	0	0	0	0	556	0	556
2239	Cheryl Rickwood	f	FV 40	Blackpool Wyre & Fylde Ac	0	0	0	556	0	0	0	0	556
2240	Natasha Fell	f			0	0	556	0	0	0	0	0	556
2241	Miami Holt	f		Saltaire striders	556	0	0	0	0	0	0	0	556
2242	Phil Wilkins	m	MV 40	Morley running club	0	0	0	555	0	0	0	0	555
2243	Ellen Lovatt	f	FV 40	Trail Shoes & Tutus	0	0	0	0	0	0	555	0	555
2244	angela allen	f			0	0	555	0	0	0	0	0	555
2245	Richard Stokes	m	MV 60	Fra	555	0	0	0	0	0	0	0	555
2246	judith dugdale	f	FV 40		0	0	554	0	0	0	0	0	554
2247	colleen mcmorran	f	FV 50		0	0	553	0	0	0	0	0	553
2248	Dave Arnold	m	MV 40		0	0	0	0	0	0	552	0	552
2249	Kevin Walsh	m	MV 50		0	0	552	0	0	0	0	0	552
2250	Debra Hodgson	f	FV 50		0	0	0	552	0	0	0	0	552
2251	Ann Lister	f	FV 70	Glasgow Running Network	552	0	0	0	0	0	0	0	552
2252	Geoff Cooper	m	MV 70		0	0	551	0	0	0	0	0	551
2253	Evvie Feingold	f	FV 50	Prestwich AC	0	0	0	0	0	0	0	551	551
2254	Amanda Denyer	f	FV 40		0	0	0	0	0	0	551	0	551
2255	Helen Jones	f			551	0	0	0	0	0	0	0	551
2256	Jo Houghton	f	FV 50	Prestwich Ac	0	0	0	0	0	0	0	550	550
2257	Diana Griffiths	f		St Bees Triers	0	0	0	0	0	0	550	0	550
2258	Julie Lyon	f	FV 50		0	0	0	550	0	0	0	0	550
2259	Carolyn Wright	f			550	0	0	0	0	0	0	0	550
2260	Andrew Speck	m	MV 50		0	0	549	0	0	0	0	0	549
2261	Helena Conlan	f	FV 50	Manchester	0	0	0	549	0	0	0	0	549
2262	Sarah Shepherd	f	FV 40		549	0	0	0	0	0	0	0	549
2263	John Hetherington	m	MV 60	Bodyfit Cumbria	0	0	0	548	0	0	0	0	548
2264	Gillian Pimblett	f	FV 60		0	0	548	0	0	0	0	0	548
2265	Jules Telford	f	FV 60		0	0	0	0	0	0	0	547	547
2266	Rachel Collie	f	FV 40		0	0	0	547	0	0	0	0	547
2267	Julie Bland	f	FV 50		0	0	547	0	0	0	0	0	547
2268	Ian Nicholson	m	MV 60	Chorley runners	0	0	0	546	0	0	0	0	546
2269	Sandra Wood	f	FV 50	Plodderstars	0	0	0	0	0	0	0	546	546
2270	Sarah Boyle	f	FV 50		0	0	546	0	0	0	0	0	546
2271	Nigel Ash	m	MV 50	Trail Running Assoc	0	0	0	0	0	0	545	0	545
2272	Diane Gallagher	f	FV 50	PNY	0	0	0	0	0	0	0	545	545
2273	Carla Langley	f		St Helens Trail n Ale	0	0	0	545	0	0	0	0	545

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2274	Julie Dugdale	f	FV 50		0	0	545	0	0	0	0	0	545
2275	Steven Bellamy	m	MV 40	Red Rose Runners	0	0	0	0	0	0	0	544	544
2276	Andrew Marsh	m		Leeds	0	0	0	544	0	0	0	0	544
2277	Emma Newton	f	FV 40	Warrington Running Club	0	0	0	0	0	0	0	543	543
2278	Dean Finch	m	MV 40		543	0	0	0	0	0	0	0	543
2279	Rachael Robinson	f	FV 50		0	0	542	0	0	0	0	0	542
2280	Linda Field	f	FV 50		0	0	0	0	0	0	542	0	542
2281	Laura Homfray	f		Manchester	0	0	0	542	0	0	0	0	542
2282	Ivan Finch	m	MV 40		542	0	0	0	0	0	0	0	542
2283	Clare Clarke	f	FV 40	10 caKers	0	0	0	0	0	0	541	0	541
2284	Samantha Darby	f			0	0	0	541	0	0	0	0	541
2285	Jon Stock	m	MV 50		0	0	0	0	0	0	540	0	540
2286	Matthew Cranham	m	MV 40		0	0	540	0	0	0	0	0	540
2287	Rebecca Sogbetun	f	FV 50	Warrington running club	0	0	0	0	0	0	0	540	540
2288	Helen Moffat	f	FV 50		0	0	0	540	0	0	0	0	540
2289	Jo Wadsworth	f	FV 50	Lymm Runners	540	0	0	0	0	0	0	0	540
2290	Elaine Fraser	f	FV 40	Wrc	0	0	0	0	0	0	0	539	539
2291	Sophie Hodge	f			0	0	0	0	0	0	539	0	539
2292	angela gibbs	f	FV 50	Bodyfit Cumbria Running Club	0	0	0	539	0	0	0	0	539
2293	Lauren Dean-Ashton	f	FV 40		539	0	0	0	0	0	0	0	539
2294	Colin Gibbs	m	MV 50	Cockermouth	0	0	0	538	0	0	0	0	538
2295	Vicky Willett	f	FV 40	Sbc Plodders	0	0	0	0	0	0	0	538	538
2296	Lucy Spain	f		Helm Hill	0	0	0	0	0	0	538	0	538
2297	Lyndsey Clark	f	FV 40		0	0	538	0	0	0	0	0	538
2298	Laura Brear	f	FV 50	Lymm Runners	538	0	0	0	0	0	0	0	538
2299	Gareth Preece	m	MV 40		0	0	0	0	0	0	537	0	537
2300	Stephen Slocombe	m	MV 50		0	0	0	537	0	0	0	0	537
2301	Phil Owen	m	MV 50	Fetcheveryone	0	0	537	0	0	0	0	0	537
2302	Gillian Brightwell	f	FV 60	Wellingborough & District Athletic	0	0	0	0	0	0	0	537	537
2303	Jill Shinnick	f	FV 50	W&DAC	0	0	0	0	0	0	0	536	536
2304	Lynn Melvin	f	FV 60	Red Rose Road Runners	0	0	536	0	0	0	0	0	536
2305	Emma Warwick	f	FV 40	Kirkby Milers AC	536	0	0	0	0	0	0	0	536
2306	Helen Carvill	f	FV 50		0	0	0	535	0	0	0	0	535
2307	Jenny Fairclough	f	FV 60		0	0	535	0	0	0	0	0	535
2308	Alison Webster	f	FV 50	Formby Stormers	535	0	0	0	0	0	0	0	535
2309	Adam Young	m			0	0	0	0	0	0	533	0	533
2310	Elizabeth Gartshore	f	FV 60	Pensby Runners	0	0	0	0	0	0	0	533	533
2311	Annabelle Allen	f	FV 50	BodyFit Cumbria Running Club	0	0	0	533	0	0	0	0	533

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2312	Rose Duggan	f			0	0	0	0	0	0	0	532	532
2313	Sarah BARTON	f	FV 40	Thornton-Cleveleys Running Club	0	0	0	532	0	0	0	0	532
2314	Jane Slaney	f	FV 50		0	0	532	0	0	0	0	0	532
2315	Steven Slaney	m	MV 50	Fylde Tri Club	0	0	531	0	0	0	0	0	531
2316	Anna Cocker	f			0	0	0	0	0	0	531	0	531
2317	Samantha Mitchell	f			0	0	0	531	0	0	0	0	531
2318	Steve Needham	m	MV 70	NOTFAST	0	0	0	0	0	0	0	530	530
2319	Jon Merritt	m	MV 60		0	0	0	529	0	0	0	0	529
2320	SUE NEEDHAM	f	FV 60	NOTFAST	0	0	0	0	0	0	0	529	529
2321	Debbie Johnson	f	FV 50		0	0	529	0	0	0	0	0	529
2322	Simon Turgoose	m	MV 50		0	0	0	0	0	0	0	528	528
2323	Andy Johnson	m	MV 60		0	0	528	0	0	0	0	0	528
2324	Penny Oliver	f	FV 50		0	0	0	0	0	0	528	0	528
2325	Vicky Thompson	f		Chorlton Runners	0	0	0	528	0	0	0	0	528
2326	Phil Roberts	m	MV 70	Rochdale Harriers	0	0	527	0	0	0	0	0	527
2327	Julie Luckman	f	FV 50	Oldham and Royton Harriers	0	0	0	0	0	0	0	527	527
2328	Clare Hiscock	f	FV 40		0	0	0	527	0	0	0	0	527
2329	James Roberts	m	MV 60	BTR Road Runners	527	0	0	0	0	0	0	0	527
2330	Steve Pridmore	m	MV 50		0	0	0	526	0	0	0	0	526
2331	Razan Saman	f			526	0	0	0	0	0	0	0	526
2332	Tracey Watson	f	FV 50		0	0	525	0	0	0	0	0	525
2333	Faieza Saleem	f			525	0	0	0	0	0	0	0	525
2334	Matt Deane	m	MV 40		0	0	0	0	0	0	0	524	524
2335	Lynne Terry	f	FV 50		0	0	0	0	0	0	524	0	524
2336	Liz Kippax	f	FV 60		0	0	0	524	0	0	0	0	524
2337	Karen Wellington	f	FV 50		524	0	0	0	0	0	0	0	524
2338	Daniel Kelly	m			0	0	0	523	0	0	0	0	523
2339	Jim Little	m	MV 50		523	0	0	0	0	0	0	0	523
2340	Nicholas Porter	m	MV 60	Trail Running Association	0	0	0	522	0	0	0	0	522
2341	Penny Coulthard	f	FV 50		0	0	0	521	0	0	0	0	521
2342	James Turley	m	MV 50		0	0	0	520	0	0	0	0	520
2343	Rebecca Ash	f	FV 40		0	0	0	0	0	0	0	520	520
2344	Greg Wells	m	MV 40	Southampton	0	0	0	519	0	0	0	0	519
2345	Joanne Bottomley	f	FV 50		0	0	0	0	0	0	0	519	519
2346	Jane Dasgupta	f	FV 50	Btr Roadrunners	0	0	0	0	0	0	0	518	518
2347	claire cohen	f	FV 40	Wells	0	0	0	518	0	0	0	0	518
2348	Julie Taylorson	f	FV 60		0	0	0	0	0	0	0	517	517
2349	Katie Learman	f	FV 50		0	0	0	0	0	0	516	0	516

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2350	Lisa Funge	f	FV 40	Silverdale RC	0	0	0	0	0	0	515	0	515
2351	Emma Weisblatt	f	FV 50	Trail Running Association	0	0	0	515	0	0	0	0	515
2352	Rowan Luck	f	FV 40	Woodthorpe Huffers & Puffers	0	0	0	514	0	0	0	0	514
2353	Angela Wood	f	FV 50	Fell Runners Association	0	0	0	0	0	0	0	513	513
2354	Debbie Crouch	f	FV 50	Woodthorpe Huffers & Puffers	0	0	0	513	0	0	0	0	513
2355	Barbara Ramsbottom	f	FV 50		0	0	0	0	0	0	0	511	511
2356	Petra Palmer	f			0	0	0	0	0	0	511	0	511
2357	Dana Fowles	f		Girls Run Sydney	0	0	0	0	0	0	510	0	510
2358	Em Yolland	f		Barrow-in-Furness	0	0	0	510	0	0	0	0	510
2359	Nicola Aindow	f	FV 40		0	0	0	0	0	0	509	0	509
2360	Chris Bagshaw	m	MV 50		0	0	0	0	0	0	0	508	508
2361	Sarah Gibbons	f	FV 40		0	0	0	0	0	0	508	0	508
2362	James Anthony	m	MV 50		0	0	0	0	0	0	507	0	507
2363	Dave Cope	m	MV 70		0	0	0	507	0	0	0	0	507
2364	Fiona Tidbury	f	FV 60	Eden Runners	0	0	0	0	0	0	0	507	507
2365	Sam Bagshaw	f	FV 50	Fellside Ladies	0	0	0	0	0	0	0	506	506
2366	Nicola Brown	f	FV 40		0	0	0	0	0	0	506	0	506
2367	Sarah Newport	f	FV 50		0	0	0	506	0	0	0	0	506
2368	Jo Falconer	f	FV 40	Fellside Ladies	0	0	0	0	0	0	0	505	505
2369	Lizzy Fawcett	f			0	0	0	0	0	0	505	0	505
2370	Selina Sweetman	f			0	0	0	0	0	0	504	0	504
2371	Elaine Hudson	f	FV 40		0	0	0	0	0	0	0	503	503
2372	Lizzie Coleshill	f	FV 60		0	0	0	0	0	0	0	502	502
2373	Andrea Hobbs	f	FV 50	None	0	0	0	0	0	0	502	0	502
2374	Mary Conway	f	FV 60	Red Rose Road Runners	0	0	0	502	0	0	0	0	502
2375	George Fielding	m	MV 60	Swinton Running Club	0	0	0	501	0	0	0	0	501
2376	Lesley Ross	f	FV 60		0	0	0	0	0	0	0	501	501
2377	Shona Fielding	f			0	0	0	500	0	0	0	0	500
2378	Ian Smith	m	MV 50	Harmeny AC	0	0	0	499	0	0	0	0	499
2379	Ian Gilliver	m	MV 60	MDOC	0	0	0	0	0	0	0	497	497
2380	Kevin Hutchinson	m			0	0	0	0	0	0	497	0	497
2381	Naomi Clague	f		KESWICK	0	0	0	496	0	0	0	0	496
2382	Natasha Price	f	FV 40	RbR	0	0	0	495	0	0	0	0	495
2383	Davina Bowling	f	FV 70	Redrose Road Runners	0	0	0	494	0	0	0	0	494
2384	Corinne Vaughan	f			0	0	0	493	0	0	0	0	493
2385	Russ Kelly	m	MV 40	Redcar Running Club	0	0	0	0	0	0	492	0	492
2386	Jennie Hayes	f	FV 40		0	0	0	0	0	0	491	0	491
2387	Kirsty Turnbull	f	FV 40		0	0	0	491	0	0	0	0	491

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2388	Jack Christopher	m		Manchester	0	0	0	490	0	0	0	0	490
2389	Charlotte Ing	f			0	0	0	0	0	0	489	0	489
2390	Jen Whittaker	f			0	0	0	489	0	0	0	0	489
2391	James Owens	m		St Helens Striders	0	0	0	488	0	0	0	0	488
2392	Rod Owens	m	MV 70		0	0	0	487	0	0	0	0	487
2393	Ruth Peet	f	FV 40	Wigan Harriers	0	0	0	0	0	0	487	0	487
2394	Phillip Young	m	MV 50	Phill	0	0	0	0	0	0	485	0	485
2395	Micheal Fetherstone	m	MV 50	Sedburgh fatties	0	0	0	484	0	0	0	0	484
2396	Femke van Dreven	f	FV 50	Durham City Harriers	0	0	0	0	0	0	484	0	484
2397	Gary Peet	m	MV 50	Wigan Harriers	0	0	0	0	0	0	483	0	483
2398	Matthew Cranham	m	MV 40	Skelmersdale Boudary Harriers	0	0	0	483	0	0	0	0	483
2399	Beth Nelson	f			0	0	0	482	0	0	0	0	482
2400	Hayley Walker	f		Women On The Run Preston	0	0	0	0	0	0	481	0	481
2401	Jeremy Dyer	m	MV 60		0	0	0	0	0	0	480	0	480
2402	Sarah Sysum	f	FV 40		0	0	0	480	0	0	0	0	480
2403	Carl Southam	m			0	0	0	0	0	0	479	0	479
2404	Wendy Fullerton	f	FV 60		0	0	0	479	0	0	0	0	479
2405	Karen Thistlethwaite	f			0	0	0	0	0	0	478	0	478
2406	Susan Lowe	f	FV 50		0	0	0	478	0	0	0	0	478
2407	Emily Riddell	f			0	0	0	0	0	0	477	0	477
2408	Amy Hutton	f			0	0	0	477	0	0	0	0	477
2409	Avril Riddell	f	FV 60	Serpentine running club	0	0	0	0	0	0	476	0	476
2410	Claire Tosh	f	FV 50		0	0	0	476	0	0	0	0	476
2411	Bev Thomas	f	FV 60		0	0	0	475	0	0	0	0	475
2412	Brian Burgess	m	MV 50	Styal	0	0	0	0	0	0	472	0	472
2413	Melissa Martin	f			0	0	0	0	0	0	471	0	471
2414	Carol Stevenson	f	FV 50		0	0	0	0	0	0	468	0	468
2415	Richard buckham	m	MV 60		0	0	0	0	0	0	465	0	465
2416	Lisa Griffin	f	FV 40		0	0	0	0	0	0	462	0	462
2417	Colin Gilchrist	m	MV 40	Cbfitness	0	0	0	0	0	0	460	0	460
2418	Kirstie Whyatt	f	FV 40		0	0	0	0	0	0	459	0	459
2419	Jez Makin	m	MV 50	Darlington Harriers & AC	0	0	0	0	0	0	457	0	457
2420	Richard Payne	m	MV 60	Quakers Running Club	0	0	0	0	0	0	456	0	456
2421	Tracey J Burlinson Campbell	f	FV 50	Lonely Goat Running Club	0	0	0	0	0	0	455	0	455
2422	Gillian O'boyle	f	FV 50		0	0	0	0	0	0	449	0	449
2423	Diane Knowles	f	FV 50		0	0	0	0	0	0	448	0	448
2424	Ruth Shooter	f	FV 40	Ruth's Runners	0	0	0	0	0	0	447	0	447
2425	Katherine Davidson	f			0	0	0	0	0	0	441	0	441

TRAILS													
Position	Name	Gender	Age Cat	Club	Staveley	Ambleside	Hawkshead	Keswick	Cartmel	Coniston	Helvellyn	Ullswater	Best 3
2426	Gillian Marston	f	FV 50		0	0	0	0	0	0	440	0	440
2427	Laura Holton	f			0	0	0	0	0	0	439	0	439
2428	Clare Agar	f	FV 40	Redcar Running Club	0	0	0	0	0	0	433	0	433
2429	Ronni Kirkham	f	FV 50	Esk valley	0	0	0	0	0	0	432	0	432
2430	Jeannie Wilde	f	FV 50	Redcar Running Club	0	0	0	0	0	0	431	0	431
2431	David Lehan	m	MV 60		0	0	0	0	0	0	430	0	430
2432	Rosemary Lehan	f	FV 50		0	0	0	0	0	0	429	0	429
2433	Leonardos Papadopoulos	m			0	0	0	0	0	0	428	0	428
2434	Julie Farron	f	FV 50	Atherton Running Club	0	0	0	0	0	0	427	0	427
2435	Ian Maddrell	m	MV 40	Atherton Running Club	0	0	0	0	0	0	426	0	426
2436	Anneke Hackenbroich	f			0	0	0	0	0	0	425	0	425
2437	Sandra Clarke	f	FV 40		0	0	0	0	0	0	424	0	424
2438	Anne Avison	f	FV 60		0	0	0	0	0	0	423	0	423
2439	Alison Hanlon	f	FV 40		0	0	0	0	0	0	420	0	420
2440	Beth Clarke	f			0	0	0	0	0	0	419	0	419
2441	Clare Greenwood	f	FV 60	Walney Wind Cheetahs	0	0	0	0	0	0	418	0	418
2442	John Greenwood	m	MV 60	Walney Wind Cheetahs	0	0	0	0	0	0	417	0	417
2443	Elaine Johnstone	f	FV 40		0	0	0	0	0	0	416	0	416
2444	Deborah Williams	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	411	0	411
2445	Anna Dove	f	FV 40		0	0	0	0	0	0	408	0	408
2446	John Harrington	m			0	0	0	0	0	0	407	0	407
2447	Marie Guttridge	f	FV 40		0	0	0	0	0	0	405	0	405
2448	Emma Craddock	f			0	0	0	0	0	0	402	0	402
2449	Patricia Coombe	f	FV 50		0	0	0	0	0	0	401	0	401
2450	Jo Fox	f			0	0	0	0	0	0	400	0	400
2451	Angela Pendlebury	f	FV 50		0	0	0	0	0	0	399	0	399
2452	Jonathan Clarke	m	MV 50	Style	0	0	0	0	0	0	398	0	398
2453	Diane Burgess	f	FV 50	Styal	0	0	0	0	0	0	397	0	397
2454	Dean Scott	m	MV 50		0	0	0	0	0	0	395	0	395
2455	Rosanne Broyd	f		Helm Hill Runners	0	0	0	0	0	0	394	0	394
2456	Ros Bodi	f	FV 50	FERC	0	0	0	0	0	0	393	0	393
2457	Katharine Lowe	f	FV 50		0	0	0	0	0	0	392	0	392
2458	Anna Russell	f	FV 40		0	0	0	0	0	0	391	0	391
2459	Elizabeth Ross	f	FV 40		0	0	0	0	0	0	390	0	390
2460	Jennifer Amadi	f	FV 40		0	0	0	0	0	0	389	0	389
2461	Sara Morris	f	FV 50	Btr Road Runners	0	0	0	0	0	0	386	0	386
2462	Beth Harrington	f	FV 40	10caKers	0	0	0	0	0	0	385	0	385
2463	Jane Newby	f	FV 40		0	0	0	0	0	0	384	0	384

