



Lakeland Trails 2022 Series Championships - 10k Trail Run Spring Series



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1	Ronnie Haddow	m	MV 50	Furness Fell Runners	994	998	999	1000	992	993	996	998	2997
2	Gary O'Neill	m	MV 40	Furness Fell Runners	978	0	991	999	988	994	992	997	2990
3	Macaulay Bond	m			0	0	0	0	991	997	997	0	2985
4	Sharon Dixon	f	FV 50	Furness Fell Runners	989	0	0	0	995	0	0	999	2983
5	Jim Andrews	m	MV 50	Helm Hill Runners	988	994	992	0	0	0	0	0	2974
6	Steve Jones	m	MV 40		979	0	939	0	994	0	999	0	2972
7	Philip Neal	m	MV 40	Quakers Running Club	971	968	987	998	962	981	0	0	2966
8	Andrew Fairweather	m	MV 40	Red rose road runners	969	963	0	0	0	988	984	993	2965
9	Rachel Crow	f		BFR	968	0	990	0	983	991	982	0	2964
10	Katrina Mccaughan	f	FV 40		941	951	976	994	955	966	965	985	2955
11	Mark Wilson	m	MV 50	No Drama Llamas Running	959	984	985	0	968	984	0	0	2953
12	Andy Firkin	m	MV 50	Lancaster and Morecambe ac	0	986	0	0	973	0	980	0	2939
13	Thomas Pearson	m			949	936	0	993	0	965	0	0	2907
14	Richard Campbell	m	MV 40		836	0	955	979	954	968	860	0	2902
15	Joseph Ritson	m	MV 60	Derwent Ac Cockermouth	0	933	954	981	935	961	0	0	2896
16	Alan Huggon	m	MV 50	Border Reiver Runners	0	976	0	0	981	0	928	0	2885
17	Ralph Liddell	m	MV 70	Eden Runners	928	0	0	0	0	0	961	982	2871
18	Simon Barton	m	MV 60	Glaxo Hoad Hill Harriers	893	882	0	978	917	0	0	965	2860
19	Kevin Eland	m			922	0	971	0	958	0	0	0	2851
20	Steven Livingstone	m			0	0	963	0	899	0	966	0	2828
21	Howard Rand	m	MV 40		0	924	0	0	947	955	0	0	2826
22	Lesley Neal	f	FV 40	Quakers running club	861	849	913	971	858	801	892	940	2824
23	Jo Andrews	f	FV 50		910	944	968	0	0	0	0	0	2822
24	Dawn Chilton	f	FV 50		903	0	0	0	0	0	940	975	2818
25	Sally Barton	f	FV 60	Glaxo Hoad Hill Harriers	882	883	0	973	892	0	0	953	2818
26	Will Phillips	m			0	917	0	0	937	957	0	0	2811
27	Martin Bates	m	MV 60	Wesham Road Runners	909	0	949	0	907	948	0	0	2806
28	Graham Kenealy	m	MV 60		919	918	967	0	0	0	0	0	2804
29	Catherine Doyle	f	FV 50		785	822	919	960	902	915	0	0	2794
30	Craig Rimmer	m			920	910	0	0	961	0	0	0	2791

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
31	Jean Turner	f	FV 60	Telford Harriers	837	835	915	959	867	862	873	917	2791
32	Rachel Summers	f	FV 50		859	877	936	969	744	0	0	0	2782
33	Jacq Charles	f	FV 40	Wirral Vikings Trc	866	0	923	0	0	0	915	932	2770
34	Matthew MADDOCK	m	MV 40		886	921	0	0	0	954	0	0	2761
35	Carl Wild	m	MV 40		0	0	0	0	918	925	911	0	2754
36	Shirley Spratt	f	FV 60		843	831	0	0	895	0	912	946	2753
37	Elaine Fisher	f	FV 50	Ambleside AC	884	908	959	0	0	0	0	0	2751
38	Barry Green	m	MV 60	None	0	875	0	0	900	0	0	958	2733
39	Pete Holding	m	MV 60		840	830	904	0	0	870	878	931	2713
40	Brian Winder	m	MV 70	Darwen Running Group	726	0	872	950	807	807	794	886	2708
41	Clare Thomas	f	FV 40		820	851	0	0	885	912	898	0	2695
42	Caron Parkes	f	FV 50		729	0	852	941	0	803	805	897	2690
43	Susanne Parry	f	FV 50		0	870	903	0	881	896	0	0	2680
44	Claire Smith	f	FV 40	North Shields Poly Ac	806	824	892	0	869	918	0	0	2679
45	David Dodgson	m	MV 50		852	0	0	972	853	0	0	0	2677
46	Graeme Atkinson	m	MV 50		794	0	917	965	0	0	0	0	2676
47	Elaine Shepherd	f	FV 50		807	0	0	0	0	0	914	952	2673
48	Deborah Thorneycroft	f	FV 50		0	843	914	0	0	909	0	0	2666
49	Sara Summers	f	FV 50		779	827	880	955	737	0	0	0	2662
50	Shelley Strydom	f	FV 40	Furness Fell Runners	0	0	895	0	856	882	0	0	2633
51	Alanna Buckle	f			786	881	881	0	0	866	0	0	2628
52	Jayne Batt	f	FV 60		778	787	899	0	882	846	0	0	2627
53	Andrea Lancaster	f	FV 40		834	829	0	0	852	0	871	903	2626
54	Liz Meekings	f	FV 40	Smiley Paces	0	860	0	0	0	0	847	907	2614
55	Mart Kissick	m	MV 40		0	0	0	0	859	892	857	0	2608
56	James Featherstone	m	MV 60		0	821	886	0	850	0	870	0	2606
57	Jayne Dore	f	FV 50		825	0	890	0	840	859	0	0	2589
58	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	0	820	921	0	0	0	844	0	2585
59	Debra Hodgson	f	FV 50		804	0	0	0	0	0	853	926	2583
60	Anna Holmes-Rand	f			0	864	0	0	843	864	0	0	2571
61	Ben Higginson	m	MV 60	Preston Harriers	819	0	935	0	0	792	0	0	2546
62	Christine Sutherland	f	FV 60		0	0	0	934	797	0	809	0	2540
63	Sarah Yeates	f			787	0	883	0	0	867	0	0	2537
64	David Watson	m	MV 50	Red Rose Road Runners	695	0	0	967	0	0	0	868	2530
65	Jackie Frank	f	FV 40		800	0	0	0	842	823	865	0	2530
66	Jeanette Grimes	f	FV 60		0	815	849	0	755	0	0	860	2524
67	Melissa Grocock	f	FV 40		759	780	897	0	838	0	0	0	2515
68	Stephen Perry	m	MV 60	Lancaster and Morecambe ac	0	755	0	0	877	0	842	0	2474

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69	Helen Bowerman	f	FV 50		756	773	0	0	802	834	837	0	2473
70	Emma Teggart	f	FV 40	Lonely goat	795	0	844	0	0	749	827	0	2466
71	Nic Holmes	f	FV 40		0	861	0	0	839	765	0	0	2465
72	Stewart Grieve	m	MV 40		0	0	0	0	855	854	751	0	2460
73	Ruth Shooter	f	FV 40	Ruth's Runners	771	0	862	0	0	784	808	0	2454
74	Emma Cafferty	f	FV 40	Lancaster Runners	811	0	824	0	0	809	0	0	2444
75	Danny Thompson	m	MV 60		0	775	866	0	798	0	0	0	2439
76	Sandra Allan	f	FV 60	Fellside Ladies	0	723	0	0	803	0	774	862	2439
77	Chris Pearson	m	MV 60		749	743	0	943	0	0	0	0	2435
78	Jan Molyneux	f	FV 50		651	0	825	0	757	0	766	838	2429
79	Tracey Brocklehurst	f	FV 50		0	0	0	0	0	776	775	873	2424
80	Sharon Donald	f	FV 40	DCH Run Club	739	0	868	0	812	0	0	0	2419
81	Christina Davies	f	FV 40		0	671	823	0	735	734	753	837	2413
82	Caitlin Stokes	f			687	697	0	0	0	722	804	875	2401
83	Emma Brierley	f	FV 40		705	0	884	0	0	810	0	0	2399
84	Sarah Hopkins	f	FV 40		724	713	0	944	0	0	0	0	2381
85	Jo Moss	f	FV 40		0	762	0	0	817	0	799	0	2378
86	Angela Dallinger	f	FV 40	Red Rose	770	749	856	0	0	0	0	0	2375
87	Julie Kelly	f	FV 60	St Bees Triers	0	707	835	0	768	772	0	0	2375
88	Nicky Ball	f	FV 50		750	761	0	0	0	0	851	0	2362
89	John Wiseman	m	MV 50	Red Rose Road Runners	0	750	0	0	787	0	0	821	2358
90	Alison Dick	f	FV 50	Red Rose Road Runners	674	686	0	0	0	752	749	852	2353
91	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	675	708	0	0	0	747	744	856	2347
92	Edward Melling	m	MV 60		0	660	0	0	0	821	850	0	2331
93	Anna Richings	f	FV 50	Lancaster and Morecambe ac	0	754	0	0	771	0	800	0	2325
94	Edwina Rickards Collinson	f	FV 60	Crocwalkers	0	677	0	0	742	720	729	835	2306
95	Rachel Archer	f	FV 50		0	0	822	0	741	0	741	0	2304
96	Paul Coldham	m	MV 50	DCH Run Club	702	721	0	0	791	780	0	0	2292
97	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	0	729	0	0	0	785	773	0	2287
98	Lynn Boylin	f	FV 60	Astley & Tyldesley	685	0	817	0	0	0	770	0	2272
99	Carole Whiteley	f	FV 60	Women On The Run Kendal	665	679	0	0	0	0	752	834	2265
100	Kathryn Pearson	f	FV 50	Astley & Tyldesley Road Runners	680	0	816	0	0	0	739	0	2235
101	Gill Morgan	f	FV 50	A&T running club	679	0	814	0	0	0	740	0	2233
102	Yvonne O'malley	f	FV 40	Jogscotland Penicuik	663	0	0	0	0	0	737	828	2228
103	Jane Malcolm	f	FV 50	Jogscotland	664	0	0	0	0	0	736	827	2227
104	Elliot Chew	m			0	700	0	0	762	0	757	0	2219
105	Linda Farquhar	f	FV 70	St Bees Triers	0	654	811	0	736	0	0	0	2201
106	Elizabeth Eccles	f	FV 40	St. Helens Striders	666	706	0	0	813	0	0	0	2185

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107	Angela Wood	f	FV 50	Fell Runners Association	646	0	0	0	0	708	0	826	2180
108	John Melling	m	MV 60		0	661	0	0	0	742	768	0	2171
109	Davina Bowling	f	FV 70	Redrose Road Runners	616	0	0	0	0	0	721	820	2157
110	Andrea Jones	f	FV 50		649	0	0	0	732	0	745	0	2126
111	David Leyland	m	MV 50	Saddleworth Runners Club	650	651	0	0	734	725	0	0	2110
112	Ann Leyland	f	FV 50		0	652	0	0	733	723	0	0	2108
113	Ursula Collie	f	FV 60		657	676	0	0	0	724	0	0	2057
114	David Hatch	m			0	0	0	0	0	0	1000	1000	2000
115	Lee Procter	m	MV 40	Team inov-8	0	999	0	0	999	0	0	0	1998
116	Dan Bell	m			0	996	997	0	0	0	0	0	1993
117	Joshua Erlebach	m		Durham City Harriers	991	0	0	0	0	999	0	0	1990
118	Stephen Entwistle	m	MV 60	Wirral Vikings TRC	0	0	0	0	0	0	989	994	1983
119	Anna Hoogkamer	f			987	995	0	0	0	0	0	0	1982
120	Tim Gmerek	m	MV 40		0	0	989	0	0	992	0	0	1981
121	Chris Robson	m	MV 80		615	634	0	0	728	0	0	0	1977
122	Franklin Higgins	m			0	0	993	0	984	0	0	0	1977
123	Rob Coakley	m			0	0	0	0	0	0	985	992	1977
124	Helen Johnson	f	FV 50	Wirral Vikings	0	0	0	0	0	0	981	990	1971
125	Lauren Booth	f		Hoad Hill Harriers	984	0	0	0	0	986	0	0	1970
126	Philip Lonsdale	m	MV 50		0	0	0	0	982	0	988	0	1970
127	Olivia Wiggans	f		Red Rose Road Runners	0	0	0	0	0	974	0	995	1969
128	Jack Liddell	m			0	0	0	0	0	0	975	991	1966
129	Gary Moran	m			0	0	0	0	978	0	986	0	1964
130	David Atkinson	m	MV 50	Blengdale Runners	0	972	984	0	0	0	0	0	1956
131	Colin Howard	m	MV 60	Furness Fell Runners	0	0	0	0	971	982	0	0	1953
132	Christopher Hill	m			0	962	0	0	0	0	983	0	1945
133	Matt Smith	m	MV 40		964	979	0	0	0	0	0	0	1943
134	Harry Vaneris	m	MV 40		956	0	0	0	0	983	0	0	1939
135	Clare Thompson	f	FV 40	Smiley Paces	0	0	0	0	0	0	957	978	1935
136	Nicola Unsworth	f	FV 50	Blackpool Wyre & Fylde Ac	0	0	0	986	949	0	0	0	1935
137	Simon Thomas	m	MV 40		0	960	975	0	0	0	0	0	1935
138	David Hull	m	MV 60		0	0	965	0	0	969	0	0	1934
139	Claire Lester	f	FV 50		0	0	0	0	0	0	956	977	1933
140	Karen Pickles	f	FV 50	Spenborough	966	965	0	0	0	0	0	0	1931
141	Nick Cook	m	MV 40		0	957	974	0	0	0	0	0	1931
142	michael watson	m	MV 40		954	973	0	0	0	0	0	0	1927
143	Frans Strydom	m	MV 40	Furness Fell Runners	0	0	0	0	952	972	0	0	1924
144	John Pollard	m	MV 60	Glossopdale Harriers	931	0	0	992	0	0	0	0	1923

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145	Margaret Henderson	f	FV 40		951	971	0	0	0	0	0	0	1922
146	Spencer Reynolds	m	MV 40	Wirral Viking's	0	0	0	0	0	0	946	976	1922
147	Jennifer Casson	f	FV 40		0	943	0	0	0	973	0	0	1916
148	Christopher Snelling	m	MV 40		0	959	0	0	0	0	953	0	1912
149	Jane Langham	f	FV 50	Smiley Paces	0	932	0	0	0	0	0	980	1912
150	Ann Birchall	f	FV 50	Ashington Hirst Running Club	0	929	0	0	976	0	0	0	1905
151	Tom Hadfield	m	MV 40		934	969	0	0	0	0	0	0	1903
152	John Gray	m	MV 50		939	0	962	0	0	0	0	0	1901
153	Kerry Bromhall	f	FV 50		0	0	0	0	0	0	934	966	1900
154	Mark Cowan	m	MV 40	Wirral Vikings Trc	0	0	0	0	0	0	926	969	1895
155	Jim Higham	m	MV 50		0	0	0	0	0	0	929	963	1892
156	Martin Dick	m	MV 50		0	0	0	0	0	944	948	0	1892
157	david CARTER	m	MV 50		0	0	0	0	0	0	924	967	1891
158	David Offord	m	MV 50		0	901	0	989	0	0	0	0	1890
159	Carol Hatch	f	FV 60		0	0	0	0	0	0	930	959	1889
160	Robin Lee	m	MV 40		0	931	0	0	0	0	954	0	1885
161	Duncan Rossall	m	MV 60		0	920	0	0	0	0	964	0	1884
162	Delia Watts	f	FV 50	Smiley Paces	0	0	0	0	0	0	921	957	1878
163	Jackie Watts	f	FV 40		0	0	946	0	0	0	927	0	1873
164	Jessica Booth	f			0	0	0	0	931	0	942	0	1873
165	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	0	961	0	0	0	0	0	912	1873
166	Barry Lyonette	m	MV 60		0	907	0	0	964	0	0	0	1871
167	Martin Slater	m	MV 40		0	0	0	0	0	920	0	950	1870
168	Beth Irving	f	FV 50		0	928	0	0	940	0	0	0	1868
169	David Moran	m			0	0	0	0	916	0	952	0	1868
170	Jake Coulton-Foran	m			0	0	0	0	912	952	0	0	1864
171	Joanne Boreham	f	FV 50	4 Amigos	0	0	0	0	0	0	903	961	1864
172	Andrew Edwards	m	MV 40	East Fife Triathlon Club	905	0	0	0	0	0	958	0	1863
173	Jonny Grisedale	m	MV 40		904	0	957	0	0	0	0	0	1861
174	Stephen Biscomb	m	MV 60	Clayton-le-moors	0	911	0	0	950	0	0	0	1861
175	Judith Wall	f	FV 40	Manchester Triathlon Club	0	0	0	0	980	879	0	0	1859
176	Sarah Jones	f	FV 50		0	0	0	0	0	0	908	947	1855
177	Jo Bonham	f	FV 50		0	0	925	0	0	924	0	0	1849
178	Adam Birch	m			0	891	956	0	0	0	0	0	1847
179	Julie Wisely	f	FV 40		0	0	0	0	911	928	0	0	1839
180	Julian Burgess	m	MV 40		0	900	0	0	0	938	0	0	1838
181	Richard Tickner	m	MV 60		0	0	0	0	0	876	0	962	1838
182	Sandra Guise	f	FV 50		0	0	930	0	904	0	0	0	1834

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183	Ellie Krukowski	f	FV 40	St Bees Triers	0	0	0	957	0	0	876	0	1833
184	Fran Pearson	f		Bury AC	0	0	0	0	0	933	897	0	1830
185	Sarah Horsley	f	FV 40		0	0	0	938	0	0	0	889	1827
186	Karl Dickenson	m		Lonely Goat Rc	992	0	0	0	0	0	824	0	1816
187	Christopher Billington	m	MV 40		0	899	0	0	913	0	0	0	1812
188	Lizzie Simmons	f	FV 40		902	909	0	0	0	0	0	0	1811
189	Philip Sturgess	m	MV 50		0	0	0	0	0	0	874	937	1811
190	Hannah Staffieri	f			0	0	0	0	0	0	869	941	1810
191	Sarah McGrath	f	FV 40	Ramsbottom Running Club	0	0	0	0	887	922	0	0	1809
192	Richard Clements	m	MV 50	Hip Replacement Runners	0	0	0	0	0	898	906	0	1804
193	Christopher Bond	m	MV 40		881	916	0	0	0	0	0	0	1797
194	Chloe Almond	f			0	0	0	0	0	886	910	0	1796
195	Graham Ibbetson	m	MV 50		0	0	0	0	0	897	899	0	1796
196	Jerry Barnes	m	MV 60	Vegan runners	865	0	0	0	0	0	931	0	1796
197	Rachel Barnes	f	FV 40	Smiley Paces	0	0	0	0	0	0	888	908	1796
198	Zoe Bridges	f	FV 50	Trail Running Association	0	0	0	0	0	0	872	921	1793
199	Paul Abrams	m	MV 40		889	902	0	0	0	0	0	0	1791
200	Gail Rason	f	FV 40		0	885	0	0	0	905	0	0	1790
201	Joanne Battersby	f	FV 50	Smiley Paces	0	859	0	0	0	0	0	928	1787
202	Richard Harding	m	MV 40		0	844	934	0	0	0	0	0	1778
203	Laura Carter	f	FV 50	Stockport Tri Club	0	0	0	0	0	0	859	916	1775
204	Gillian Doolan	f	FV 50		0	0	0	0	0	0	858	915	1773
205	Rob Clayton	m	MV 40	ncaster and Morecambe athletic cl	0	0	0	0	972	0	801	0	1773
206	Keith Tolley	m	MV 50	High Peak AC	0	894	0	0	0	0	877	0	1771
207	Belinda Schofield	f	FV 50		0	0	0	0	0	888	882	0	1770
208	Angie Trippitt	f	FV 50		883	886	0	0	0	0	0	0	1769
209	Lloyd Trippitt	m			885	884	0	0	0	0	0	0	1769
210	Abby Wade	f			0	850	0	0	0	910	0	0	1760
211	Helen Lester	f	FV 50	Wirral Vikings	0	0	0	0	0	0	848	906	1754
212	Kirsty Batchelor	f			0	841	0	0	0	0	913	0	1754
213	Melissa Coleman	f			860	893	0	0	0	0	0	0	1753
214	Rob Bennion	m	MV 50		874	878	0	0	0	0	0	0	1752
215	Phil Chew	m	MV 60	Little fellas on fells	0	0	0	0	862	0	886	0	1748
216	Sharon OConnell	f	FV 50		864	879	0	0	0	0	0	0	1743
217	Gary Cash	m	MV 70	Wirral Vikings TRC	0	0	0	0	0	0	852	887	1739
218	Antonina Lach	f			0	0	901	0	0	835	0	0	1736
219	Gill Hindle	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	823	913	1736
220	Korinne Shaw	f			789	0	947	0	0	0	0	0	1736

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259	Joanne Mather	f	FV 40		791	858	0	0	0	0	0	0	1649
260	Claire Bradley	f	FV 60		0	0	0	0	782	0	0	866	1648
261	Diana Griffiths	f		St Bees Triers	0	806	0	0	0	840	0	0	1646
262	Julie Murrell	f	FV 50		0	0	0	0	0	0	788	858	1646
263	Katie Welch	f	FV 50		0	0	0	0	799	0	846	0	1645
264	Martha Henocq	f	FV 40	Smiley Paces	0	0	0	0	0	0	763	881	1644
265	Leanne Jones	f			0	0	860	0	783	0	0	0	1643
266	Di Blackshaw	f	FV 40		831	0	0	0	809	0	0	0	1640
267	Rebecca Modeley	f			814	0	0	0	0	0	825	0	1639
268	Carrie Bostock	f	FV 40	10CaKers	0	0	0	0	0	764	0	870	1634
269	Samantha Gothard	f	FV 40		0	0	0	0	0	762	0	872	1634
270	Joanna Dent	f	FV 50		0	0	0	0	0	831	802	0	1633
271	Rach Stavert	f	FV 50		0	0	0	0	0	799	832	0	1631
272	Helen Newman	f	FV 50		0	0	0	0	0	0	784	846	1630
273	Sally Gardner	f	FV 50		0	812	0	0	0	811	0	0	1623
274	Sue France	f	FV 50	Julie's Joggers	0	0	0	0	793	825	0	0	1618
275	Hannah Hobson	f			0	748	0	0	0	0	868	0	1616
276	Sue Kearney	f	FV 50		744	0	871	0	0	0	0	0	1615
277	Cheryl Chaffe	f	FV 50		0	658	0	951	0	0	0	0	1609
278	Rachel Suddrick	f	FV 50	Smiley Paces	0	0	0	0	0	0	764	844	1608
279	Jane Naylor	f		Smiley Paces	0	0	0	0	0	0	765	842	1607
280	Rose Ward	f	FV 40	Smiley Paces	0	0	0	0	0	0	762	845	1607
281	Helen Craven	f	FV 50		0	0	837	0	0	0	759	0	1596
282	Kate Peers	f	FV 40		792	804	0	0	0	0	0	0	1596
283	Deborah Lund	f	FV 40		0	0	0	0	0	0	746	849	1595
284	Catherine Vaneris	f	FV 40		684	0	0	0	0	908	0	0	1592
285	Lewis Sherratt	m			0	725	0	0	0	0	0	865	1590
286	Claire Gillham	f	FV 60	Garstang RC	735	0	854	0	0	0	0	0	1589
287	Lenka Ward	f	FV 40	Susie Anton Ladies On The Run	0	733	0	0	0	0	856	0	1589
288	Georgina Briffett	f	FV 40	Dallam Running Club	0	0	834	0	0	754	0	0	1588
289	Helen Patten	f	FV 50	Red Rose Runners	803	785	0	0	0	0	0	0	1588
290	Claire Logan	f	FV 40		0	0	845	0	0	741	0	0	1586
291	Deborah Hill	f	FV 40		733	0	0	0	0	852	0	0	1585
292	Rachel Bodenham	f	FV 50		0	766	0	0	0	0	818	0	1584
293	Julie Luckman	f	FV 50		0	0	0	0	0	0	727	854	1581
294	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	745	0	0	0	0	0	835	0	1580
295	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	755	0	0	0	0	824	0	0	1579
296	Simon Turgoose	m	MV 50		0	0	0	0	0	0	726	853	1579

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
297	John Greenwood	m	MV 60	Walney Wind Cheetahs	644	0	0	933	0	0	0	0	1577
298	Deb Bloom	f	FV 60		730	0	846	0	0	0	0	0	1576
299	Clare Greenwood	f	FV 60	Walney Wind Cheetahs	643	0	0	932	0	0	0	0	1575
300	Angela Jones	f	FV 50	St Helens Striders	720	0	853	0	0	0	0	0	1573
301	Jenny Mabbutt	f			747	0	826	0	0	0	0	0	1573
302	John Gore	m	MV 40	Rochdale Tri Club	0	0	0	0	0	0	725	848	1573
303	Claire Heggie	f	FV 40	Border Reiver Runners	0	0	0	0	795	0	776	0	1571
304	Joanne Gore	f	FV 40		0	0	0	0	0	0	724	847	1571
305	Catherine Ball	f	FV 50	Wirral TRC	0	0	0	0	0	0	735	829	1564
306	Elizabeth Mounsey	f	FV 60		0	0	821	0	743	0	0	0	1564
307	Tracy Norman	f	FV 50	Wirral Vikings Trc	0	0	0	0	0	0	734	830	1564
308	Iain Melville	m	MV 60		0	774	0	0	786	0	0	0	1560
309	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	833	0	0	0	722	0	1555
310	Ann Myatt	f	FV 60	Cheadle	0	0	831	0	0	721	0	0	1552
311	Dawn Saxby	f	FV 50	DCH Run Club	711	0	0	0	0	0	0	836	1547
312	Rosalie Liddell	f	FV 60	Eden Runners	716	0	0	0	0	0	831	0	1547
313	Lizzie Coleshill	f	FV 60		0	0	0	0	0	0	723	822	1545
314	adele Cihlar	f	FV 50		765	778	0	0	0	0	0	0	1543
315	Sadie Dyson	f	FV 40		762	777	0	0	0	0	0	0	1539
316	Karen Braddon	f	FV 60	Crocwalkers	0	0	809	0	729	0	0	0	1538
317	Sally Anderson	f	FV 40	Knowle And Dorrige Running Club	673	0	865	0	0	0	0	0	1538
318	Claire Turner	f	FV 40		0	0	0	0	0	709	0	825	1534
319	Natasha Cruickshank	f	FV 40		736	0	0	0	0	0	792	0	1528
320	Sara Geary	f	FV 60	Lyme Runners	670	0	0	0	0	0	0	855	1525
321	Kerry Edwards	f	FV 50		0	722	0	0	801	0	0	0	1523
322	Despina Smith	f	FV 40	Didsbury Mums on the Run	0	0	0	0	749	769	0	0	1518
323	Penny Swann	f	FV 50		671	0	839	0	0	0	0	0	1510
324	J Graham Smith	m	MV 50		708	789	0	0	0	0	0	0	1497
325	Mandy Haworth	f	FV 60	Dch run club	712	0	0	0	0	779	0	0	1491
326	Richard Macfarlane	m	MV 40		719	0	0	0	761	0	0	0	1480
327	Sarah Erlebach	f	FV 50	Mums on the Run	686	0	0	0	0	794	0	0	1480
328	Sally Wilkinson	f	FV 50	Get Over Yourself	748	0	0	0	0	0	728	0	1476
329	Laura Stanton	f	FV 40		0	712	0	0	0	760	0	0	1472
330	Tracy Mault	f	FV 40		0	711	0	0	0	761	0	0	1472
331	Helen Proctor	f	FV 50	Women on the Run Kendal	0	710	0	0	0	0	760	0	1470
332	Janet Holmes	f	FV 60	St Helens Striders	645	0	0	0	0	0	0	824	1469
333	Gwen Woznikowska	f	FV 40	Susie Anton Pt Ladies On The Run	0	734	0	0	0	0	733	0	1467
334	Karen Quan-soon	f	FV 60		0	691	0	0	0	774	0	0	1465

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
335	Jane Cummins	f	FV 60		0	0	0	0	730	0	730	0	1460
336	Dot Carr	f	FV 70		638	0	810	0	0	0	0	0	1448
337	Martin Duffy	m	MV 40		0	675	0	0	760	0	0	0	1435
338	David Battersby	m	MV 50		0	674	0	0	752	0	0	0	1426
339	Jenny Appleton	f	FV 40	St Helens Striders	668	0	0	0	0	756	0	0	1424
340	Jo Moss	f			667	0	0	0	0	755	0	0	1422
341	David Rosen	m	MV 60	Lancaster & Morecambe AC	692	0	0	0	0	719	0	0	1411
342	Adrian Dunbar	m	MV 60	Craven Energy	698	704	0	0	0	0	0	0	1402
343	Iain Wood	m	MV 40		626	0	0	0	0	0	771	0	1397
344	Nicola Machin	f	FV 40		691	693	0	0	0	0	0	0	1384
345	Rosalyn Turner	f	FV 60	WOTR	0	641	0	0	0	0	743	0	1384
346	Rose Thompson	f	FV 60	Women on the Run	0	642	0	0	0	0	742	0	1384
347	Laura Sweeting	f			693	684	0	0	0	0	0	0	1377
348	Chrissie Jackson	f	FV 40	Wotr	0	643	0	0	0	0	731	0	1374
349	Tony Seddon	m	MV 50		658	682	0	0	0	0	0	0	1340
350	Audrey Oldham	f	FV 60	Fylde Coast Runners	614	0	0	0	0	704	0	0	1318
351	Dawn Anderson	f	FV 50		654	664	0	0	0	0	0	0	1318
352	Nin Fletcher	f	FV 40	A Team Runners	613	0	0	0	0	703	0	0	1316
353	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	640	669	0	0	0	0	0	0	1309
354	Kirsty Waywell	f	FV 40	Thornton Cleveleys Running Club	641	668	0	0	0	0	0	0	1309
355	Debbie Hindley	f	FV 40	Thornton-cleveleys Running Club	639	646	0	0	0	0	0	0	1285
356	Dawn Saunders	f	FV 50	TCRC	637	647	0	0	0	0	0	0	1284
357	Julie Loftus	f	FV 50		624	645	0	0	0	0	0	0	1269
358	Philip Loftus	m	MV 60		623	644	0	0	0	0	0	0	1267
359	Andrew Bell	m			0	0	0	0	0	1000	0	0	1000
360	Nick Taylor	m	MV 40	Didsbury Runners	1000	0	0	0	0	0	0	0	1000
361	Richard Walker	m	MV 40		0	1000	0	0	0	0	0	0	1000
362	Richard Wilson	m	MV 40	Kendal AC	0	0	1000	0	0	0	0	0	1000
363	Russell Maddams	m	MV 40	Keswick Ac	0	0	0	0	1000	0	0	0	1000
364	James Gray	m			999	0	0	0	0	0	0	0	999
365	Ewan Maynard	m	MV 40		0	0	0	0	0	0	998	0	998
366	James Barsby	m			0	0	998	0	0	0	0	0	998
367	Josh Bruney	m			998	0	0	0	0	0	0	0	998
368	Robert Inman	m	MV 40		0	0	0	0	0	998	0	0	998
369	Steve Young	m		MPT Fitness	0	0	0	0	998	0	0	0	998
370	Craig Marsh	m	MV 40	Keswick Ac	0	0	0	0	997	0	0	0	997
371	Mark Havenhand	m	MV 50	Sheffield Triathlon Club	0	997	0	0	0	0	0	0	997
372	Nigel Smith	m	MV 40		0	0	0	997	0	0	0	0	997

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
373	Owain Clark	m		Leven Valley AC	997	0	0	0	0	0	0	0	997
374	Harry Ewbank	m		Eden Runners	0	0	0	0	996	0	0	0	996
375	holly wootten	f		Keswick AC	996	0	0	0	0	0	0	0	996
376	Jamie Marsland	m			0	0	996	0	0	0	0	0	996
377	Jay Fleming	m			0	0	0	0	0	996	0	0	996
378	Joe Upton	m	MV 40		0	0	0	996	0	0	0	0	996
379	Josh Kent	m			0	0	0	0	0	0	0	996	996
380	Bethan Lowe	f			0	0	0	0	0	995	0	0	995
381	Fergal Duffy	m	MV 50		0	0	0	0	0	0	995	0	995
382	James Paybody	m	MV 40		995	0	0	0	0	0	0	0	995
383	Liam Gregory	m			0	0	995	0	0	0	0	0	995
384	Paul Oldham	m	MV 40	None	0	0	0	995	0	0	0	0	995
385	Chris Ingham	m	MV 40		0	0	0	0	0	0	994	0	994
386	Chris Kennedy	m	MV 40	ne and Wear fire and rescue servi	0	0	994	0	0	0	0	0	994
387	Joe Davenport	m			0	0	0	0	993	0	0	0	993
388	Lee Rudd	m	MV 50	Wrekin Road Runners	0	0	0	0	0	0	993	0	993
389	Phil Burns	m	MV 40	Stockport Harriers	993	0	0	0	0	0	0	0	993
390	Sarah Harrison	f	FV 40	Sheffield Triathlon Club	0	993	0	0	0	0	0	0	993
391	Stephen Hackley	m	MV 40		0	992	0	0	0	0	0	0	992
392	Dan Lowthorpe	m	MV 40		0	991	0	0	0	0	0	0	991
393	Laura Bartlett	f			0	0	0	0	0	0	991	0	991
394	Tom Hackett	m			0	0	0	991	0	0	0	0	991
395	Ben sandiford	m			0	0	0	990	0	0	0	0	990
396	Daniel Brookfield	m			990	0	0	0	0	0	0	0	990
397	Daniel McDonagh	m			0	0	0	0	0	990	0	0	990
398	Diogo Martins	m			0	0	0	0	990	0	0	0	990
399	Kevin Scott	m	MV 50		0	0	0	0	0	0	990	0	990
400	Rob Kendrick	m		Mansfield Harriers	0	990	0	0	0	0	0	0	990
401	Ben Taylor	m			0	989	0	0	0	0	0	0	989
402	James Rendell	m			0	0	0	0	0	989	0	0	989
403	John Cameron	m			0	0	0	0	989	0	0	0	989
404	Kevin Harber	m	MV 40		0	0	0	0	0	0	0	989	989
405	Adrian Filipek	m			0	0	988	0	0	0	0	0	988
406	Darren Wilson	m	MV 40		0	0	0	988	0	0	0	0	988
407	Geoff Lowe	m	MV 60	The Herdy Maaa-shal	0	0	0	0	0	0	0	988	988
408	Jacob Ross	m			0	988	0	0	0	0	0	0	988
409	Anna McGill	f	FV 40		0	0	0	0	0	0	0	987	987
410	David Hackett	m	MV 50		0	0	0	987	0	0	0	0	987

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
411	Karen Johnson	f	FV 40		0	0	0	0	0	0	987	0	987
412	Kate Morris	f	FV 50	Sheffield Triathlon Club	0	987	0	0	0	0	0	0	987
413	Tom Chesher	m	MV 40		0	0	0	0	987	0	0	0	987
414	Warren Cadman	m	MV 40		0	0	0	0	0	987	0	0	987
415	Adrian Favill	m			986	0	0	0	0	0	0	0	986
416	Joel Tyler	m			0	0	986	0	0	0	0	0	986
417	Justin Gill	m	MV 50	Clayton-le-Moors Harriers	0	0	0	0	0	0	0	986	986
418	Paul Gillon	m	MV 50	ncaster and Morecambe athletic cl	0	0	0	0	986	0	0	0	986
419	Anthony Irving	m	MV 40		0	985	0	0	0	0	0	0	985
420	Charlotte Law	f			0	0	0	0	0	985	0	0	985
421	Helen Lawrenson	f	FV 50	Wesham Road Runners	0	0	0	985	0	0	0	0	985
422	Simon Blake	m	MV 40		985	0	0	0	0	0	0	0	985
423	Thomas Mountain	m			0	0	0	0	985	0	0	0	985
424	Daniel Hunter	m			0	0	0	0	0	0	0	984	984
425	Charlie Mackenzie	m			983	0	0	0	0	0	0	0	983
426	Claire McWilliam	f		N/A	0	0	0	0	0	0	0	983	983
427	Fiona Jeffries	f	FV 50	Smiley Paces	0	983	0	0	0	0	0	0	983
428	Hannah Whitelam	f			0	0	983	0	0	0	0	0	983
429	Kelly Burdett	f			0	0	0	983	0	0	0	0	983
430	Chris Shaw	m	MV 60	Dark Peak Fell Runners	0	0	982	0	0	0	0	0	982
431	Jorden Partington	m	MV 40		0	982	0	0	0	0	0	0	982
432	Nm Skeffington	f	FV 40		0	0	0	982	0	0	0	0	982
433	Andy Johnson	m			981	0	0	0	0	0	0	0	981
434	David Brooks	m	MV 50	Bowland Bimblers	0	0	981	0	0	0	0	0	981
435	Harry Beaumont	m			0	981	0	0	0	0	0	0	981
436	Mark Broxton	m	MV 50		0	0	0	0	0	0	0	981	981
437	Andrew Gilmour	m	MV 40		980	0	0	0	0	0	0	0	980
438	louise little	f			0	0	0	0	0	980	0	0	980
439	Matt Fidler	m	MV 40		0	0	0	980	0	0	0	0	980
440	Paula Pilling	f	FV 40	Ramsbottom Running Club	0	980	0	0	0	0	0	0	980
441	Philip Hitchmough	m	MV 50		0	0	980	0	0	0	0	0	980
442	Gareth Stansfield	m			0	0	979	0	0	0	0	0	979
443	James Stubbs	m			0	0	0	0	0	0	979	0	979
444	Karen Stevens	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	979	979
445	Paul Watson	m	MV 40		0	0	0	0	979	0	0	0	979
446	Sarah Ward	f		Abbey Runners	0	0	0	0	0	979	0	0	979
447	Lynsay Adair	f		Widnes Wasps	0	0	978	0	0	0	0	0	978
448	Marcus Carter-Strutt	m			0	0	0	0	0	0	978	0	978

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
525	Tim Stevens	m	MV 40		0	0	0	961	0	0	0	0	961
526	Dave Turley	m	MV 50	Shelton Striders	0	0	0	0	0	960	0	0	960
527	Gareth Davies	m	MV 40	St Helens Striders	960	0	0	0	0	0	0	0	960
528	Jonathan Fletcher	m	MV 50	Ripon Runners	0	0	0	0	0	0	960	0	960
529	Laura Ruxton	f	FV 40		0	0	0	0	0	0	0	960	960
530	Richard Davison	m			0	0	960	0	0	0	0	0	960
531	Tessa David	f			0	0	0	0	960	0	0	0	960
532	Andy Scott	m			0	0	0	0	959	0	0	0	959
533	David Ormrod	m			0	0	0	0	0	0	959	0	959
534	Paul Collins	m	MV 50	Wirral A.C.	0	0	0	0	0	959	0	0	959
535	Andy Brayshaw	m	MV 40		0	0	958	0	0	0	0	0	958
536	MATTHEW DUNBAR	m	MV 50	SHEFFIELD TRI CLUB	0	958	0	0	0	0	0	0	958
537	Paul Amiss	m	MV 40		958	0	0	0	0	0	0	0	958
538	Siân Austin	f			0	0	0	0	0	958	0	0	958
539	Grant Rooke	m			0	0	0	0	957	0	0	0	957
540	Sarah Ridehalgh	f	FV 40	Accrington Road Runners	957	0	0	0	0	0	0	0	957
541	Helen Palmer	f	FV 40		0	0	0	0	0	956	0	0	956
542	Jude Chadwick	f	FV 40	Trail Tuesday	0	0	0	0	0	0	0	956	956
543	Kieran Davies	m			0	0	0	0	956	0	0	0	956
544	Lynsey Fielden	f	FV 40		0	0	0	956	0	0	0	0	956
545	William Uttley	m	MV 40	Lancashire constabulary AC	0	956	0	0	0	0	0	0	956
546	Claire Crewe	f		Eden Runners	0	0	0	0	0	0	0	955	955
547	Naomi Erlebach	f		Durham City Harriers	955	0	0	0	0	0	0	0	955
548	Raymond Riley	m	MV 40		0	0	0	0	0	0	955	0	955
549	Shaun Holland	m			0	955	0	0	0	0	0	0	955
550	Kerry Messenger	f	FV 40		0	0	0	954	0	0	0	0	954
551	Mark Bades	m	MV 50		0	954	0	0	0	0	0	0	954
552	Olivia Gill	f	FV 40		0	0	0	0	0	0	0	954	954
553	Elizabeth Gibson	f			0	0	0	0	0	953	0	0	953
554	Liam Conway	m		Wigan Harriers	953	0	0	0	0	0	0	0	953
555	Louisa Phillips	f	FV 40		0	953	0	0	0	0	0	0	953
556	Michael Hitchmough	m	MV 40		0	0	953	0	0	0	0	0	953
557	Rachel Harrison	f			0	0	0	953	0	0	0	0	953
558	Stewart Boyle	m	MV 40		0	0	0	0	953	0	0	0	953
559	Dave Garwood	m			952	0	0	0	0	0	0	0	952
560	Jack Colling	m			0	952	0	0	0	0	0	0	952
561	Stéphanie Bairet	f	FV 40		0	0	0	952	0	0	0	0	952
562	Stephanie Gillies	f	FV 50	Glaxo Hoad Hill Harriers	0	0	952	0	0	0	0	0	952

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
563	Charlie Bradshaw	f			0	0	0	0	0	0	0	951	951
564	Matthew Dack	m			0	0	0	0	0	0	951	0	951
565	Matthew Hick	m			0	0	0	0	951	0	0	0	951
566	Richard Young	m	MV 50		0	0	951	0	0	0	0	0	951
567	Sarah Smallwood	f	FV 50		0	0	0	0	0	951	0	0	951
568	Harvey Wooldridge	m	MV 50		0	0	0	0	0	0	950	0	950
569	Nick Howe	m	MV 40		950	0	0	0	0	0	0	0	950
570	Oscar Wiblishauser	m		SurvivalRunning Augsburg	0	0	950	0	0	0	0	0	950
571	Samuel Gilmore	m			0	950	0	0	0	0	0	0	950
572	Stacey Gilman	f	FV 50	Roberttown Road Runners	0	0	0	0	0	950	0	0	950
573	Craig Armitage	m			0	0	0	0	0	949	0	0	949
574	Holly Arnold	f		Fellside Ladies	0	0	0	0	0	0	0	949	949
575	Richard Dodds	m	MV 40		0	949	0	0	0	0	0	0	949
576	Scott Houston	m			0	0	0	0	0	0	949	0	949
577	Andrew Blackwell	m	MV 40		0	948	0	0	0	0	0	0	948
578	Andy Williamson	m	MV 50	Tri Preston	948	0	0	0	0	0	0	0	948
579	Daniel Martino	m	MV 40		0	0	0	0	0	0	0	948	948
580	Debbie Howard	f	FV 50	Furness Fell Runners	0	0	0	0	948	0	0	0	948
581	Jake Eddleston	m			0	0	948	0	0	0	0	0	948
582	Addam Darnell	m		Sheffield Triathlon Club	0	947	0	0	0	0	0	0	947
583	Graham Forsyth	m			0	0	0	0	0	0	947	0	947
584	Harvinder Gill	f	FV 40		0	0	0	947	0	0	0	0	947
585	Jon Meeten	m	MV 50		0	0	0	0	0	947	0	0	947
586	Paul Hartley	m	MV 50		947	0	0	0	0	0	0	0	947
587	Caroline Mack	f	FV 50		0	0	0	0	0	946	0	0	946
588	Emma Lomas	f			0	0	0	946	0	0	0	0	946
589	Hannah Peel	f	FV 40	Sheffield Triathlon Club	0	946	0	0	0	0	0	0	946
590	Paul Brugier-Foster	m	MV 50		0	0	0	0	946	0	0	0	946
591	Stuart Heatley	m			946	0	0	0	0	0	0	0	946
592	Andrew Hardman	m	MV 60		0	0	0	0	0	945	0	0	945
593	Chris Smith-duque	m	MV 40		0	945	0	0	0	0	0	0	945
594	Francesco Martino	m	MV 70		0	0	0	0	0	0	0	945	945
595	James Haythornthwaite	m			0	0	0	0	945	0	0	0	945
596	Laura Mingins	f			0	0	0	0	0	0	945	0	945
597	Louise Bosson	f	FV 40		0	0	0	945	0	0	0	0	945
598	Neil Jarvis	m	MV 50		0	0	945	0	0	0	0	0	945
599	Steve Wilkinson	m	MV 40		945	0	0	0	0	0	0	0	945
600	Bella Cuthbert	f			0	0	944	0	0	0	0	0	944

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
601	Celia Maria Baena Castro	f			0	0	0	0	0	0	0	944	944
602	Christina Mcguire	f	FV 60	Lancaster & Morecambe	0	0	0	0	944	0	0	0	944
603	Gillian Atkinson	f	FV 50	Keswick AC	944	0	0	0	0	0	0	0	944
604	William Edwards	m			0	0	0	0	0	0	944	0	944
605	Andrew Laidlow	m	MV 50		943	0	0	0	0	0	0	0	943
606	Anthony Carroll	m			0	0	0	0	943	0	0	0	943
607	Eilidh Mann	f			0	0	0	0	0	0	943	0	943
608	Ian Taylor	m	MV 70	Stockport Tri Club	0	0	0	0	0	0	0	943	943
609	Jelte Posthumus	m	MV 40		0	0	0	0	0	943	0	0	943
610	Katherine France	f	FV 40		0	0	943	0	0	0	0	0	943
611	Charlene Smith	f			0	0	0	0	942	0	0	0	942
612	Joel Stanier	m		Red Rose Road Runners	0	0	0	0	0	942	0	0	942
613	Kim Crossfield	f			0	0	0	0	0	0	0	942	942
614	Natasha Lomas	f			0	0	0	942	0	0	0	0	942
615	Riad Arfin	m			0	942	0	0	0	0	0	0	942
616	Richard Holmes	m	MV 40		942	0	0	0	0	0	0	0	942
617	Stacey Clark	f		Widnes Wasps Ladies Running Club	0	0	942	0	0	0	0	0	942
618	Ekaterina Townshend	f			0	0	0	0	941	0	0	0	941
619	Ewan Smallwood	m			0	0	0	0	0	941	0	0	941
620	Nicky Race	f			0	0	941	0	0	0	0	0	941
621	Robert Meadows	m	MV 50		0	0	0	0	0	0	941	0	941
622	Timothy Hatch	m	MV 50		0	941	0	0	0	0	0	0	941
623	Amy Butler	f			0	0	0	940	0	0	0	0	940
624	Ashley Barrett	f			0	0	940	0	0	0	0	0	940
625	David Macgillivray	m	MV 60	Dh Runners	0	940	0	0	0	0	0	0	940
626	Miles Witham	m	MV 50	N/a	940	0	0	0	0	0	0	0	940
627	Rebecca Fish	f			0	0	0	0	0	940	0	0	940
628	Andrew Cave	m	MV 50		0	939	0	0	0	0	0	0	939
629	Andrew Connor	m	MV 50		0	0	0	0	0	0	939	0	939
630	Andrew Mckendrick	m	MV 60		0	0	0	939	0	0	0	0	939
631	Debbie Torr	f	FV 40		0	0	0	0	0	939	0	0	939
632	Gemma Ditchburn	f	FV 40		0	0	0	0	0	0	0	939	939
633	Timon Robson	m	MV 50		0	0	0	0	939	0	0	0	939
634	Andy Kent	m	MV 50		0	0	0	0	0	0	0	938	938
635	Colin Briffett	m	MV 50	Lonsdale Fell Runners	0	938	0	0	0	0	0	0	938
636	Helen Davies	f			0	0	938	0	0	0	0	0	938
637	James Bartholomew	m	MV 50		938	0	0	0	0	0	0	0	938
638	Michael Tucker	m	MV 40		0	0	0	0	938	0	0	0	938

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
639	Siobhan Riley	f	FV 50		0	0	0	0	0	0	938	0	938
640	Amber Wilson	f			0	0	0	0	0	937	0	0	937
641	Angela Grace	f	FV 50		937	0	0	0	0	0	0	0	937
642	Connie Higgins	f			0	0	937	0	0	0	0	0	937
643	Dorothy Kesterton	f	FV 70	Steel City Striders	0	937	0	0	0	0	0	0	937
644	Rosemary Norman	f	FV 40	Belper Harriers	0	0	0	937	0	0	0	0	937
645	Vicky Bloor	f	FV 40	Furness Fell Runners	0	0	0	0	0	0	937	0	937
646	Dawn Jones	f	FV 50		0	0	0	0	0	0	936	0	936
647	Emily Wellings	f			0	0	0	0	936	0	0	0	936
648	Graham Jackson	m		Allithwaite Running Club	0	0	0	0	0	936	0	0	936
649	Hannah Woodhead	f		Allithwaite Running Club	0	0	0	0	0	0	0	936	936
650	Lola Jimenez	f			0	0	0	936	0	0	0	0	936
651	Rosie Warnett	f	FV 40	Sedgefield Harriers	936	0	0	0	0	0	0	0	936
652	Aliki Traianou	f		Glasgow Triathlon Club	0	935	0	0	0	0	0	0	935
653	Ian Wilding	m	MV 60	he Phil Collins Appreciation Societ	0	0	0	0	0	0	0	935	935
654	Jack Mcgarrity	m		NYMAC	0	0	0	0	0	935	0	0	935
655	Jimmy Hark	m			0	0	0	0	0	0	935	0	935
656	Liam Hall	m			935	0	0	0	0	0	0	0	935
657	Zoe Hackett	f			0	0	0	935	0	0	0	0	935
658	David Sumner	m	MV 60		0	0	0	0	934	0	0	0	934
659	James Bellarby	m	MV 40		0	934	0	0	0	0	0	0	934
660	Martin James	m	MV 40		0	0	0	0	0	934	0	0	934
661	Sarah Rocca	f			0	0	0	0	0	0	0	934	934
662	Andrew Morgan	m	MV 50		0	0	0	0	933	0	0	0	933
663	Peter Evans	m	MV 50	Kings Heath Running Club	933	0	0	0	0	0	0	0	933
664	Richard Catterall	m	MV 40		0	0	0	0	0	0	933	0	933
665	Sam Birchall	m			0	0	933	0	0	0	0	0	933
666	Toby Hay	m			0	0	0	0	0	0	0	933	933
667	Caroline D'Arcy	f	FV 50		0	0	0	0	0	932	0	0	932
668	Dale Gerrard	m			0	0	932	0	0	0	0	0	932
669	Jennifer Smith	f			0	0	0	0	0	0	932	0	932
670	Rhys Martin	m		Border Reivers	0	0	0	0	932	0	0	0	932
671	Yvonne Hung	f	FV 40		932	0	0	0	0	0	0	0	932
672	Martin Wiblishauser	m	MV 50	SurvivalRunning Augsburg	0	0	931	0	0	0	0	0	931
673	Patricia Quinn	f	FV 50		0	0	0	931	0	0	0	0	931
674	Sarah England	f	FV 40		0	0	0	0	0	931	0	0	931
675	Edward Scott	m			0	930	0	0	0	0	0	0	930
676	Emily Swift	f		Chorlton Runners	0	0	0	0	930	0	0	0	930

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
677	Hannah Jackson	f			930	0	0	0	0	0	0	0	930
678	Hannah Smith	f			0	0	0	930	0	0	0	0	930
679	Jane Hallows	f	FV 50	Penny Lane Striders	0	0	0	0	0	930	0	0	930
680	Terence Hatcher	m	MV 40		0	0	0	0	0	0	0	930	930
681	Kate Stewart	f			0	0	0	0	929	0	0	0	929
682	Katie Battersby	f		Smiley Paces	0	0	0	0	0	0	0	929	929
683	Mark Avison	m	MV 60	Border Reiver Runners	0	0	0	929	0	0	0	0	929
684	Nick Lewer	m	MV 70		0	0	929	0	0	0	0	0	929
685	Paul Jackson	m	MV 50	Cap	929	0	0	0	0	0	0	0	929
686	Rob Hardwick	m	MV 50	Penny Lane Striders	0	0	0	0	0	929	0	0	929
687	Pamela Laidlaw-Jones	f	FV 40		0	0	0	928	0	0	0	0	928
688	Roy Barton	m	MV 50		0	0	928	0	0	0	0	0	928
689	Gerard Hurst	m	MV 60		0	0	0	0	927	0	0	0	927
690	Kath Hoyer	f	FV 60	Wesham Road Runners	927	0	0	0	0	0	0	0	927
691	Laura McDowall	f	FV 40		0	0	0	0	0	0	0	927	927
692	Lindsay Sutcliffe	f	FV 40	Knaresborough Striders	0	0	927	0	0	0	0	0	927
693	Lisa Jackson	f		Derwent AC Cockermouth	0	927	0	0	0	0	0	0	927
694	Melissa Gorst	f			0	0	0	0	0	927	0	0	927
695	Scott Currie	m	MV 70		0	0	0	927	0	0	0	0	927
696	Hannah Caulfield	f	FV 40		0	0	0	0	926	0	0	0	926
697	Margaret Duncan	f	FV 50	Sheffield Triathlon Club	0	926	0	0	0	0	0	0	926
698	Roman Minett	m			926	0	0	0	0	0	0	0	926
699	Stuart Collier	m	MV 50		0	0	0	926	0	0	0	0	926
700	Trevor Hancock	m			0	0	0	0	0	926	0	0	926
701	Damien Cheema	m	MV 40		0	0	0	0	0	0	925	0	925
702	David Taylor	m	MV 60	Cheshire Hash House Harriers	0	925	0	0	0	0	0	0	925
703	Dean Sharples	m			0	0	0	0	925	0	0	0	925
704	Ellie Lane	f	FV 50		0	0	0	925	0	0	0	0	925
705	Iain Thacker	m	MV 50		925	0	0	0	0	0	0	0	925
706	Jane Boden	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	925	925
707	Angie Wright	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	924	924
708	James Dunn	m			0	0	0	0	924	0	0	0	924
709	Julie Sparrow	f	FV 60	New Marske Harriers	924	0	0	0	0	0	0	0	924
710	Nasreen Alexandra Knight	f	FV 40		0	0	924	0	0	0	0	0	924
711	Chris Devlin	m	MV 40		923	0	0	0	0	0	0	0	923
712	Fiona Hulley	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	923	923
713	Lewis Stokes	m	MV 40		0	0	0	0	0	0	923	0	923
714	Mark Austin	m	MV 40		0	0	0	0	0	923	0	0	923

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
715	Nick Inns	m	MV 50		0	0	0	0	923	0	0	0	923
716	Niki Stockton	f	FV 50		0	923	0	0	0	0	0	0	923
717	Beth Wyld	f			0	0	0	0	0	0	922	0	922
718	Dawn Cole	f	FV 50		0	0	0	0	0	0	0	922	922
719	Felicity Cross	f	FV 60	Preston Harriers	0	922	0	0	0	0	0	0	922
720	Lucy McKenna	f		Wigan Harriers	0	0	922	0	0	0	0	0	922
721	Thomas Gorst	m			0	0	0	0	922	0	0	0	922
722	Christine Johnson	f	FV 60	Dallam Running Club	0	0	0	0	0	921	0	0	921
723	Gemma Favill	f			921	0	0	0	0	0	0	0	921
724	Tom Gathercole	m			0	0	0	0	921	0	0	0	921
725	Juliet Rayment	f	FV 40		0	0	0	0	0	0	920	0	920
726	Lisa Hext	f	FV 50		0	0	0	0	0	0	0	920	920
727	Nicola Daley	f	FV 50	Widnes Wasps	0	0	920	0	0	0	0	0	920
728	Paul Blake	m	MV 60	Lonely Goat	0	0	0	0	920	0	0	0	920
729	Caitlin Baty	f			0	0	0	0	0	0	919	0	919
730	Keith Hext	m	MV 50		0	0	0	0	0	0	0	919	919
731	Paul Beaumont	m	MV 40		0	919	0	0	0	0	0	0	919
732	Phil Temple	m	MV 40		0	0	0	0	919	0	0	0	919
733	Steven Teggart	m	MV 40		0	0	0	0	0	919	0	0	919
734	Daniella Zimmerman	f			918	0	0	0	0	0	0	0	918
735	Jason Smith	m			0	0	918	0	0	0	0	0	918
736	Jess Ormerod	f			0	0	0	0	0	0	918	0	918
737	Gary Callaghan	m			0	0	0	0	0	917	0	0	917
738	Jonty Tarbuck	m	MV 50		917	0	0	0	0	0	0	0	917
739	Matt Goffatt	m			0	0	0	0	0	0	917	0	917
740	andy walton	m		alston FC	0	0	916	0	0	0	0	0	916
741	James Slater	m			916	0	0	0	0	0	0	0	916
742	Sally Anne Speight	f	FV 50	Roberttown Road Runners	0	0	0	0	0	916	0	0	916
743	Sarah Burnett	f	FV 50		0	0	0	0	0	0	916	0	916
744	Andrew Johnson	m	MV 40		0	0	0	0	915	0	0	0	915
745	Lindsay Walker	f	FV 40	Keswick Ac	915	0	0	0	0	0	0	0	915
746	Mark Bramall	m	MV 50	Sheffield triathlon club	0	915	0	0	0	0	0	0	915
747	Bethea Billington	f			0	0	0	0	914	0	0	0	914
748	Christine Frank	f	FV 50		0	914	0	0	0	0	0	0	914
749	Emma Peel	f			0	0	0	0	0	914	0	0	914
750	Olga Solovyeva	f			914	0	0	0	0	0	0	0	914
751	Rachel Savage	f	FV 40		0	0	0	0	0	0	0	914	914
752	Ashley King	m			0	913	0	0	0	0	0	0	913

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
753	Elle Jones	f			0	0	0	0	0	913	0	0	913
754	Sophie Bell	f			913	0	0	0	0	0	0	0	913
755	andrew mckenna	m	MV 40		0	912	0	0	0	0	0	0	912
756	Jane O'Brien	f	FV 50		0	0	912	0	0	0	0	0	912
757	Jo Rolls	f	FV 40	Keswick AC	912	0	0	0	0	0	0	0	912
758	Celia Wiblishauser	f	FV 40	Survival Running Augsburg	0	0	911	0	0	0	0	0	911
759	Christopher D'Arcy	m	MV 50		0	0	0	0	0	911	0	0	911
760	David Stephens	m	MV 60		911	0	0	0	0	0	0	0	911
761	Jennifer Lapping	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	0	911	911
762	Katie Learman	f	FV 50		0	0	0	0	0	0	0	910	910
763	Rebecca Hocking	f		St Bees Triers	0	0	0	0	910	0	0	0	910
764	Vicky Barker	f	FV 50	Dragons Running Club	0	0	910	0	0	0	0	0	910
765	Alison Gill	f	FV 40		0	0	0	0	909	0	0	0	909
766	Liesl Allcock	f	FV 50		0	0	909	0	0	0	0	0	909
767	Matthew Almond	m	MV 40		0	0	0	0	0	0	909	0	909
768	Jessica Mitchell	f			0	0	0	0	908	0	0	0	908
769	Laura Ashton	f	FV 40		908	0	0	0	0	0	0	0	908
770	Louisa Graham	f	FV 40		0	0	908	0	0	0	0	0	908
771	Anthony Marechal	m	MV 60		0	0	0	0	0	0	907	0	907
772	Beth Jenks	f			907	0	0	0	0	0	0	0	907
773	Martin Allison	m		Wesham Road Runners	0	0	907	0	0	0	0	0	907
774	Zoe Fetherstone	f	FV 50		0	0	0	0	0	907	0	0	907
775	Alex OBrien	m			0	0	906	0	0	0	0	0	906
776	Dave Brisco	m	MV 50	St. Helens Striders	0	906	0	0	0	0	0	0	906
777	Karyn Harper	f	FV 50	Yorkshire Wolds Runners	0	0	0	0	0	906	0	0	906
778	Lynne Carruthers	f	FV 60	Dch	906	0	0	0	0	0	0	0	906
779	Oliver Lees	m			0	0	0	0	906	0	0	0	906
780	Chris Miller	m			0	0	0	0	0	0	0	905	905
781	Gerard Rooney	m	MV 60		0	905	0	0	0	0	0	0	905
782	Jo Mccaffery	f	FV 40	Wesham Road Runners	0	0	905	0	0	0	0	0	905
783	Kelly Barrett	f			0	0	0	0	905	0	0	0	905
784	Simon Funnell	m	MV 40		0	0	0	0	0	0	905	0	905
785	Magdalena Wisniewska	f			0	0	0	0	0	904	0	0	904
786	Michael Bellwood	m		N/a	0	904	0	0	0	0	0	0	904
787	Nuria Polo	f			0	0	0	0	0	0	0	904	904
788	Sally McFarlane	f	FV 40	None	0	0	0	0	0	0	904	0	904
789	Adam Ralph	m			0	0	0	0	0	903	0	0	903
790	Iain Andreasen	m	MV 50		0	0	0	0	903	0	0	0	903

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
791	Shirley Buckley	f	FV 60	The Stragglers	0	903	0	0	0	0	0	0	903
792	Eve Taylor	f	FV 60	Stockport Tri Club	0	0	0	0	0	0	0	902	902
793	Nicola Brown	f			0	0	0	0	0	902	0	0	902
794	Sophie Roberts	f			0	0	902	0	0	0	0	0	902
795	Tom Blackman	m			0	0	0	0	0	0	902	0	902
796	Greg Zimmerman	m			901	0	0	0	0	0	0	0	901
797	Helen Jones	f			0	0	0	0	0	901	0	0	901
798	Jane Mellor	f	FV 40		0	0	0	0	0	0	901	0	901
799	Natalie Havard	f	FV 40		0	0	0	0	0	0	0	901	901
800	Ryan Case	m			0	0	0	0	901	0	0	0	901
801	Claire Gall	f	FV 40		0	0	0	0	0	0	900	0	900
802	Elin Brooks	f			0	0	900	0	0	0	0	0	900
803	Jo Pickavance	f	FV 40		0	0	0	0	0	0	0	900	900
804	Lee Craven	m	MV 50		900	0	0	0	0	0	0	0	900
805	Claerwen Snell	f	FV 40	Didsbury Runners	0	0	0	0	0	899	0	0	899
806	David Mccluskey	m	MV 40		899	0	0	0	0	0	0	0	899
807	Gemma Davies	f	FV 40		0	0	0	0	0	0	0	899	899
808	Ellena Farrow	f		Red Rose Road Runners	0	898	0	0	0	0	0	0	898
809	Graham Macham	m	MV 40		898	0	0	0	0	0	0	0	898
810	Lesley Chapman	f	FV 60		0	0	0	0	898	0	0	0	898
811	Paul Cobham	m			0	0	898	0	0	0	0	0	898
812	Andrew Wigmore	m	MV 40		0	0	0	0	897	0	0	0	897
813	Emma Gleghorn	f			897	0	0	0	0	0	0	0	897
814	Kirsten Rhodes	f		N/A	0	897	0	0	0	0	0	0	897
815	John Heap	m	MV 40		0	0	0	0	896	0	0	0	896
816	Liz Lloyd	f	FV 40	Calder Valley Fell Runners	0	0	0	0	0	0	896	0	896
817	Neil Patrick	m			896	0	0	0	0	0	0	0	896
818	Colin Wilson	m	MV 50		0	895	0	0	0	0	0	0	895
819	Felicia Singleton	f	FV 50	toria Park Running Club, Warringt	0	0	0	0	0	895	0	0	895
820	Frances Mayson	f			0	0	0	0	0	0	895	0	895
821	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	0	0	0	0	0	0	0	895	895
822	Tim Forster	m	MV 60	Saltwell Harriers	895	0	0	0	0	0	0	0	895
823	Adam Dickinson	m			0	0	894	0	0	0	0	0	894
824	Brian Weatherington	m	MV 40		0	0	0	0	894	0	0	0	894
825	David Brisco	m	MV 50		894	0	0	0	0	0	0	0	894
826	Louise Sargeant	f			0	0	0	0	0	0	894	0	894
827	Steve Longney	m	MV 50	Yorkshire Wolds Runners	0	0	0	0	0	894	0	0	894
828	Christine Findlay	f			0	0	0	0	0	0	893	0	893

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
829	Neil Park	m	MV 60		0	0	0	0	893	0	0	0	893
830	Nicola Phillips	f	FV 50		0	0	0	0	0	893	0	0	893
831	John Howarth	m	MV 50		0	892	0	0	0	0	0	0	892
832	Paul Fisher	m	MV 50	caster and Morecambe Athletics C	0	0	0	0	0	0	0	892	892
833	Shaun Favill	m	MV 60		892	0	0	0	0	0	0	0	892
834	Emma Inns	f	FV 40		0	0	0	0	891	0	0	0	891
835	Hannah Gill	f			891	0	0	0	0	0	0	0	891
836	Jenny Ruscoe	f	FV 40		0	0	0	0	0	891	0	0	891
837	Karen Higham	f	FV 50		0	0	0	0	0	0	891	0	891
838	Kay Schiller	m	MV 50	LMAC	0	0	0	0	0	0	0	891	891
839	Alexander Murray	m			0	0	0	0	0	890	0	0	890
840	Claire Alger	f			0	0	0	0	890	0	0	0	890
841	Jennie Rostron	f	FV 40		0	0	0	0	0	0	0	890	890
842	Joanna Priestley	f		Riversway Roadrunners	0	890	0	0	0	0	0	0	890
843	Mark Davison	m	MV 50		890	0	0	0	0	0	0	0	890
844	Sarah Ashcroft	f	FV 40	LYTHAM	0	0	0	0	0	0	890	0	890
845	Cecilia Marsh	f	FV 40		0	889	0	0	0	0	0	0	889
846	Mandy Borthwick	f	FV 40		0	0	889	0	0	0	0	0	889
847	Mark Hall	m	MV 40		0	0	0	0	889	0	0	0	889
848	Sherry-lee Hancock	f			0	0	0	0	0	889	0	0	889
849	Alison Unsworth	f	FV 50		0	0	0	0	888	0	0	0	888
850	Hilary Royston-bishop	f		Derwent Athletic Club	0	888	0	0	0	0	0	0	888
851	John Croxford	m	MV 60	N/A	888	0	0	0	0	0	0	0	888
852	Lynn Dobinson	f	FV 40		0	0	0	0	0	0	0	888	888
853	Ami Fিন্নamore	f			0	0	0	0	0	0	887	0	887
854	David Ashworth	m	MV 60		0	887	0	0	0	0	0	0	887
855	Linda Moore	f	FV 60	Widnes Wasps LRC	0	0	887	0	0	0	0	0	887
856	Lotta Hobson	f	FV 50		0	0	0	0	0	887	0	0	887
857	Robert Gardner	m			887	0	0	0	0	0	0	0	887
858	Charles Larsson	m	MV 50	Silverdale Tv	0	0	0	0	886	0	0	0	886
859	Alison Bentley Higgins	f	FV 50	Frome Running Club	0	0	885	0	0	0	0	0	885
860	Clare Moody	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	885	885
861	Hazel Sankey	f	FV 50		0	0	0	0	0	885	0	0	885
862	Nigel Eddy	m	MV 60	Quakers running club	0	0	0	0	0	0	885	0	885
863	Alan Mccgarrity	m	MV 60	NYMAC	0	0	0	0	0	884	0	0	884
864	Matthew Mccormack	m			0	0	0	0	0	0	884	0	884
865	Mike Roe	m	MV 60		0	0	0	0	884	0	0	0	884
866	Christian Thompson	m	MV 50	Headless Cross Running Club	0	0	0	0	0	883	0	0	883

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
867	Kay Brown	f	FV 40		0	0	0	0	0	0	0	883	883
868	Leigh Curran	m			0	0	0	0	0	0	883	0	883
869	Tessa Dodds	f	FV 40		0	0	0	0	883	0	0	0	883
870	Annabel Rigby	f		Tri Preston	0	0	882	0	0	0	0	0	882
871	Dave Brown	m	MV 50		0	0	0	0	0	0	0	882	882
872	Claire Appelquist	f	FV 50		0	0	0	0	0	0	881	0	881
873	Craig Stephenson	m	MV 40		0	0	0	0	0	881	0	0	881
874	Ben Atkinson	m			880	0	0	0	0	0	0	0	880
875	Hilary Stephenson	f	FV 40		0	0	0	0	0	880	0	0	880
876	Kathryn Tracey	f	FV 40	Riverside Runners	0	0	0	0	0	0	880	0	880
877	Lynda Carter	f	FV 40		0	880	0	0	0	0	0	0	880
878	Zoe Hooton	f		Lancaster & Morecambe Ac	0	0	0	0	880	0	0	0	880
879	Adam Pooley	f	FV 40		0	0	879	0	0	0	0	0	879
880	Andy Hayes	m	MV 50		0	0	0	0	879	0	0	0	879
881	David Hurst	m	MV 50		0	0	0	0	0	0	879	0	879
882	Katie Wilkinson	f	FV 40		879	0	0	0	0	0	0	0	879
883	Dee Hughes	f	FV 60		0	0	878	0	0	0	0	0	878
884	Dennis Nelson	m	MV 50	ncashire Constabulary Athletic Clu	0	0	0	0	878	0	0	0	878
885	Jennifer Forsyth	f	FV 50		878	0	0	0	0	0	0	0	878
886	Sarah Hampson	f			0	0	0	0	0	0	0	878	878
887	Sonia Harris	f	FV 50	Manchester Triathlon Club	0	0	0	0	0	878	0	0	878
888	Deborah Williams	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	0	877	877
889	Karen Waite	f	FV 50		877	0	0	0	0	0	0	0	877
890	Rebecca Day	f			0	0	877	0	0	0	0	0	877
891	Stuart Sims	m	MV 40		0	0	0	0	0	877	0	0	877
892	Greg Stannard	m	MV 40		876	0	0	0	0	0	0	0	876
893	Jack Taylor	m			0	876	0	0	0	0	0	0	876
894	julie taylor	f	FV 50		0	0	0	0	876	0	0	0	876
895	Rachel Antill	f	FV 40		0	0	876	0	0	0	0	0	876
896	Chris Waite	m	MV 50		875	0	0	0	0	0	0	0	875
897	Jean WILKINSON	f	FV 50		0	0	0	0	0	0	875	0	875
898	John Walter	m	MV 70		0	0	0	0	875	0	0	0	875
899	Simon Cowling	m	MV 40		0	0	0	0	0	875	0	0	875
900	Andy Howlett	m	MV 50		0	0	0	0	874	0	0	0	874
901	Catherine Aitken	f	FV 60		0	0	0	0	0	0	0	874	874
902	Ian Staerck	m	MV 40		0	0	874	0	0	0	0	0	874
903	Joelle Gmerek	f	FV 40		0	0	0	0	0	874	0	0	874
904	Yvonne Grunder	f	FV 40		0	874	0	0	0	0	0	0	874

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
905	Barney Smith	m	MV 40		0	0	873	0	0	0	0	0	873
906	Glen Jeffries	m			0	873	0	0	0	0	0	0	873
907	John Cain	m	MV 60		0	0	0	0	0	873	0	0	873
908	Mark Bottomley	m	MV 50	Idle Ac	873	0	0	0	0	0	0	0	873
909	Samantha Johnson	f	FV 50		0	0	0	0	873	0	0	0	873
910	Claire Shewbridge	f	FV 40		0	0	0	0	0	872	0	0	872
911	Douglas Davies	m	MV 40		0	0	0	0	872	0	0	0	872
912	Sarah Hall	f	FV 40	Roundhay Runners	872	0	0	0	0	0	0	0	872
913	Alison Westworth	f			871	0	0	0	0	0	0	0	871
914	Emma Robinson	f			0	871	0	0	0	0	0	0	871
915	Laura Smith	f			0	0	0	0	871	0	0	0	871
916	Rachael Chapples	f			0	0	0	0	0	871	0	0	871
917	Vicki Buss	f	FV 50		0	0	0	0	0	0	0	871	871
918	Catherine Cuthbert	f	FV 40	Wallasey Ac	0	0	870	0	0	0	0	0	870
919	Mark Allitt	m	MV 60	Snaith & Cowick Running Club	0	0	0	0	870	0	0	0	870
920	Phillipa Haworth	f		Keswick AC	870	0	0	0	0	0	0	0	870
921	Anna Jaques	f	FV 40	Selby Striders	0	869	0	0	0	0	0	0	869
922	Derek Ricketts	m	MV 60	City of Hull AC	0	0	869	0	0	0	0	0	869
923	James Bostock	m	MV 40		0	0	0	0	0	0	0	869	869
924	Kirsty Barker	f	FV 50	Keswick AC	869	0	0	0	0	0	0	0	869
925	Vicky Ward	f	FV 50		0	0	0	0	0	869	0	0	869
926	David Prout	m			0	0	0	0	868	0	0	0	868
927	Laura Cain	f			0	0	0	0	0	868	0	0	868
928	Lee Gillies	m	MV 40		0	868	0	0	0	0	0	0	868
929	Patricia Lewis	f			868	0	0	0	0	0	0	0	868
930	Alex Gardner	m			867	0	0	0	0	0	0	0	867
931	David Holliday	m	MV 50	DCH Run Club	0	0	867	0	0	0	0	0	867
932	Fiona Bond	f			0	0	0	0	0	0	867	0	867
933	John Barr	m	MV 70	St. Helens Striders	0	867	0	0	0	0	0	0	867
934	Hannah Hardill-jones	f			0	0	0	0	866	0	0	0	866
935	Marjolein Thickett	f			0	0	0	0	0	0	866	0	866
936	Sharon Swift	f	FV 50	St Helen's Striders	0	866	0	0	0	0	0	0	866
937	Catherine Barton	f	FV 40		0	0	0	0	0	865	0	0	865
938	Claire Piela	f	FV 40		0	865	0	0	0	0	0	0	865
939	Ross Crombie	m	MV 60		0	0	0	0	865	0	0	0	865
940	Anita Seabrook	f			0	0	0	0	0	0	0	864	864
941	Jo Clayton	f	FV 50		0	0	0	0	0	0	864	0	864
942	Paul Unsworth	m	MV 50		0	0	864	0	0	0	0	0	864

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
981	Robert Myatt	m	MV 50		0	0	0	0	0	851	0	0	851
982	Julie Jerram	f	FV 50		0	0	850	0	0	0	0	0	850
983	Lucy Barker	f			0	0	0	0	0	0	0	850	850
984	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	850	0	0	0	0	0	0	0	850
985	Sue Bennett	f	FV 50		0	0	0	0	0	850	0	0	850
986	Anne Lee	f	FV 50	Giffnock North Aac	849	0	0	0	0	0	0	0	849
987	Claire Willis	f	FV 40		0	0	0	0	0	849	0	0	849
988	Naomi Le Voi	f		Jag outdoors	0	0	0	0	849	0	0	0	849
989	Amy Robson	f			0	848	0	0	0	0	0	0	848
990	Hilary Millar	f	FV 50		848	0	0	0	0	0	0	0	848
991	Jane Davies	f	FV 50		0	0	0	0	0	848	0	0	848
992	Katie Hanson	m		Selby Striders	0	0	0	0	848	0	0	0	848
993	Sally Bowden	f	FV 40		0	0	848	0	0	0	0	0	848
994	Dave Thompson	m	MV 60		0	0	0	0	0	847	0	0	847
995	Emma Bowden	f	FV 40		0	0	847	0	0	0	0	0	847
996	Kathryn Tidswell	f			847	0	0	0	0	0	0	0	847
997	Steve Hanson	m	MV 40		0	0	0	0	847	0	0	0	847
998	Claudia Hammond-Price	f	FV 40	Stockport Harriers	846	0	0	0	0	0	0	0	846
999	Mark Aldam	m	MV 50		0	846	0	0	0	0	0	0	846
1000	Russell Davies	m	MV 50	Knowle And Dorridge Rc	0	0	0	0	846	0	0	0	846
1001	Christopher D'Arcy	m	MV 50		0	845	0	0	0	0	0	0	845
1002	Claire Gilchrist	f			845	0	0	0	0	0	0	0	845
1003	Mark Wilding	m	MV 50		0	0	0	0	0	845	0	0	845
1004	Sarah Castro	f			0	0	0	0	0	0	845	0	845
1005	Tracy Davies	f	FV 50	Knowle & Dorridge Running Club	0	0	0	0	845	0	0	0	845
1006	GEORGINA MOFFATT	f			0	0	0	0	844	0	0	0	844
1007	Karen Mackintosh	f	FV 60	Biddulph Running Club	844	0	0	0	0	0	0	0	844
1008	Emma Mccolm	f	FV 40	Dallam	0	0	0	0	0	843	0	0	843
1009	Vicky Johnston	f	FV 50	St Bees Triers	0	0	843	0	0	0	0	0	843
1010	Michael Harden	m			0	842	0	0	0	0	0	0	842
1011	Regan Crompton	f			0	0	842	0	0	0	0	0	842
1012	Suzanne Mitchell	f	FV 60		0	0	0	0	0	842	0	0	842
1013	Amanda Denyer	f	FV 40		0	0	0	0	0	841	0	0	841
1014	Christina Marechal	f			0	0	0	0	0	0	841	0	841
1015	Hazel Hall	f	FV 50		841	0	0	0	0	0	0	0	841
1016	Margaret Dixon	f	FV 50		0	0	0	0	841	0	0	0	841
1017	Sian Hamilton	f	FV 50	Washlands Women Runners	0	0	0	0	0	0	0	841	841
1018	Susan Campbell	f	FV 60	Widnes Wasps LRC	0	0	841	0	0	0	0	0	841

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1057	Helen Lawrie	f	FV 40		0	0	830	0	0	0	0	0	830
1058	Michelle Turner	f	FV 40		0	0	0	0	0	830	0	0	830
1059	Neil Brannelly	m	MV 40		0	0	0	0	0	0	830	0	830
1060	Paul Bowden	m	MV 50		0	0	0	0	830	0	0	0	830
1061	Jessica Wimble	f			0	0	0	0	0	829	0	0	829
1062	Kate Brown	f	FV 50		0	0	829	0	0	0	0	0	829
1063	Stephen Brand	m	MV 40		0	0	0	0	829	0	0	0	829
1064	Fiona Leslie	f	FV 50	Chorlton Runners	0	0	0	0	828	0	0	0	828
1065	Rebecca Howe	f			0	828	0	0	0	0	0	0	828
1066	Tony Greenhalgh	m	MV 60		0	0	828	0	0	0	0	0	828
1067	Vicky Veevers	f			828	0	0	0	0	0	0	0	828
1068	Victoria Wilding	f	FV 40		0	0	0	0	0	828	0	0	828
1069	Harry Lomas	m			0	0	0	0	0	827	0	0	827
1070	Jane Grimshaw	f	FV 50		0	0	0	0	827	0	0	0	827
1071	Katie McGuire	f			0	0	827	0	0	0	0	0	827
1072	Suzanne Green	f	FV 50	Red Rose Runners	827	0	0	0	0	0	0	0	827
1073	Emily Topping	f			0	0	0	0	0	826	0	0	826
1074	Emma Shaw	f			0	826	0	0	0	0	0	0	826
1075	Leanne Topcuoglu	f	FV 40	ACF Standish	0	0	0	0	0	0	826	0	826
1076	pat mahoney	m	MV 50		0	0	0	0	826	0	0	0	826
1077	Camila Varo	f			0	825	0	0	0	0	0	0	825
1078	Karen Hopper	f	FV 40		0	0	0	0	825	0	0	0	825
1079	Karen Culshaw	f	FV 40	Penny Lane Striders	0	0	0	0	824	0	0	0	824
1080	Lucy Hartley	f			824	0	0	0	0	0	0	0	824
1081	Jane Burke	f	FV 60	Lymm Runners	823	0	0	0	0	0	0	0	823
1082	Jane Marshall	f	FV 40	St Helens	0	823	0	0	0	0	0	0	823
1083	Ruth Wood	f			0	0	0	0	0	0	0	823	823
1084	Stephen James	m	MV 40	Lancaster Runners	0	0	0	0	823	0	0	0	823
1085	Barbara Mead-Mason	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	822	0	0	822
1086	Carole Miller	f	FV 50	Border Reivers	0	0	0	0	822	0	0	0	822
1087	Hazel Ward	f	FV 60	Jog On The Tyne	0	0	0	0	0	0	822	0	822
1088	Julie Smyth	f	FV 50	Lymm Runners	822	0	0	0	0	0	0	0	822
1089	Andy Froud	m	MV 50		821	0	0	0	0	0	0	0	821
1090	Kirsty Martindale	f	FV 50	Women On The Run	0	0	0	0	821	0	0	0	821
1091	Agata Rutkowska	f	FV 40		0	0	820	0	0	0	0	0	820
1092	Clare Egan	f			0	0	0	0	0	820	0	0	820
1093	Zena Cassels	f	FV 40	Women on the run	0	0	0	0	820	0	0	0	820
1094	Joanne Mcgillicuddy	f	FV 50	Widnes Wasps Ladies Rc	0	0	819	0	0	0	0	0	819

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1095	Josh Riley	m			0	819	0	0	0	0	0	0	819
1096	Lesley Nixon	f	FV 50	Red Rose Road Runners	0	0	0	0	0	819	0	0	819
1097	Mark Sullivan	m	MV 60		0	0	0	0	0	0	0	819	819
1098	Natasha Addison	f		Manchester YMCA Harriers	0	0	0	0	819	0	0	0	819
1099	Sophie Bodenham	f			0	0	0	0	0	0	819	0	819
1100	Kenneth Stanley	m	MV 60	Northern Masters	818	0	0	0	0	0	0	0	818
1101	Maria Kearns	f	FV 50	Widnes Wasps Ladies R C	0	0	818	0	0	0	0	0	818
1102	Frankie Horsfield	f			0	0	0	0	0	817	0	0	817
1103	Rachael Lagocka	f			0	817	0	0	0	0	0	0	817
1104	Alison Leach	f	FV 70		0	0	0	0	0	816	0	0	816
1105	Geoffrey Gill	m	MV 40		816	0	0	0	0	0	0	0	816
1106	Joanna Fox	f			0	816	0	0	0	0	0	0	816
1107	LAURA ATKINSON	f	FV 40		0	0	0	0	0	0	816	0	816
1108	Amanda Wellings	f	FV 40		0	0	0	0	815	0	0	0	815
1109	Julie Evans	f	FV 50	Kings Heath Running Club	815	0	0	0	0	0	0	0	815
1110	Robyn Lomas	f			0	0	0	0	0	815	0	0	815
1111	Suzanne Collett	f	FV 40	Women On The Run	0	0	0	0	0	0	815	0	815
1112	Tracy Loughrey	f	FV 50	Astley&tyldesley Road Runners	0	0	815	0	0	0	0	0	815
1113	Emily Aldridge	f			0	814	0	0	0	0	0	0	814
1114	Jonathan Arrowsmith	m			0	0	0	0	0	814	0	0	814
1115	Keith Burlison	m	MV 50		0	0	0	0	814	0	0	0	814
1116	Marie Dawson	f	FV 50		0	0	0	0	0	0	814	0	814
1117	Anita Kirkman	f	FV 50		0	0	0	0	0	813	0	0	813
1118	Tom Pearson	m			0	0	813	0	0	0	0	0	813
1119	Binuka Gurung	f			0	0	812	0	0	0	0	0	812
1120	Kathryn Lamey	f			812	0	0	0	0	0	0	0	812
1121	Stephanie Bairet	f	FV 40		0	0	0	0	0	812	0	0	812
1122	Jayne Parker-Weir	f	FV 40		0	0	0	0	811	0	0	0	811
1123	Julie Melotte	f	FV 60	Stragglers	0	811	0	0	0	0	0	0	811
1124	Deb Roberts	f	FV 50	Rimrose Runners	810	0	0	0	0	0	0	0	810
1125	Gillian O'boyle	f	FV 50		0	0	0	0	0	0	810	0	810
1126	david martin	m	MV 50		809	0	0	0	0	0	0	0	809
1127	Hannah Swift	f		N/a	0	809	0	0	0	0	0	0	809
1128	Amanda Blessington	f	FV 40		0	0	0	0	0	808	0	0	808
1129	Anne Cox	f	FV 50		808	0	0	0	0	0	0	0	808
1130	Maf Servante Hadow	f	FV 50	Furness Fell Runners	0	0	808	0	0	0	0	0	808
1131	Peter Swift	m	MV 60	N/a	0	808	0	0	0	0	0	0	808
1132	Susan Taylor	f	FV 40		0	0	0	0	808	0	0	0	808

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1133	Greg Murphy	m	MV 50		0	0	0	0	0	0	807	0	807
1134	Paul Thornton	m	MV 50		0	807	0	0	0	0	0	0	807
1135	Catherine Roche	f			0	0	0	0	0	0	806	0	806
1136	Laura Scott-burns	f	FV 50		0	0	0	0	0	806	0	0	806
1137	Simon Collins	m	MV 40		0	0	0	0	806	0	0	0	806
1138	Alison Swift	f	FV 40		0	805	0	0	0	0	0	0	805
1139	Kati Wood	f		Lancaster Runners	0	0	0	0	0	805	0	0	805
1140	Patricia Collins	f	FV 50		0	0	0	0	805	0	0	0	805
1141	Lucie Wood	f			0	0	0	0	0	804	0	0	804
1142	Phil Dixon	m	MV 50		0	0	0	0	804	0	0	0	804
1143	Isobel Williamson	f	FV 70		0	803	0	0	0	0	0	0	803
1144	Rachael Dinsdale	f	FV 50		0	0	0	0	0	0	803	0	803
1145	Fiona Jones	f	FV 50		802	0	0	0	0	0	0	0	802
1146	Helen Firth	f	FV 40		0	802	0	0	0	0	0	0	802
1147	Aidan Jones	m			801	0	0	0	0	0	0	0	801
1148	Thomas Baxendale	m			0	801	0	0	0	0	0	0	801
1149	Anna Christina Denby	f	FV 40		0	0	0	0	0	800	0	0	800
1150	Gail Richards	f	FV 40	Evenwood Road Runners	0	0	0	0	800	0	0	0	800
1151	Kathryn Furness	f	FV 60		0	800	0	0	0	0	0	0	800
1152	Catherine Hollyoak	f			0	799	0	0	0	0	0	0	799
1153	Sarah Marfell Cadman	f	FV 40		799	0	0	0	0	0	0	0	799
1154	Catherine McElhinney	f	FV 50	Southport Waterloo Athletics Club	0	798	0	0	0	0	0	0	798
1155	Justin Wilkinson	m	MV 50	Nicky Nook Fell Noncers	0	0	0	0	0	0	798	0	798
1156	Katie Winder	f	FV 40		798	0	0	0	0	0	0	0	798
1157	Nicole Spibey	f	FV 40		0	0	0	0	0	798	0	0	798
1158	Basia Nowak	f	FV 40		0	0	0	0	0	797	0	0	797
1159	Graham Brooks-Dale	m	MV 40		0	797	0	0	0	0	0	0	797
1160	James Fowler	m	MV 50	Nicky Nook Nackermen	0	0	0	0	0	0	797	0	797
1161	David Proctor	m	MV 50		0	0	0	0	0	796	0	0	796
1162	Joel Wilkinson	m	MV 50	Nicky Nook Nackermen	0	0	0	0	0	0	796	0	796
1163	Karen Harper	f	FV 50	Sytal Running Club	796	0	0	0	0	0	0	0	796
1164	Katie Todd	f			0	796	0	0	0	0	0	0	796
1165	Laura Gill	f	FV 50		0	0	0	0	796	0	0	0	796
1166	Brenda Lowry	f	FV 50		0	0	0	0	0	0	795	0	795
1167	James Humphreys	m	MV 40		0	0	0	0	0	795	0	0	795
1168	Katie Fyall	f			0	795	0	0	0	0	0	0	795
1169	Gill Nevin	f	FV 50	Rimrose Runners	0	794	0	0	0	0	0	0	794
1170	Michelle Sanday	f	FV 40		0	0	0	0	794	0	0	0	794

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1171	Jim Lucas	m	MV 40		793	0	0	0	0	0	0	0	793
1172	Joan Carlsson	f	FV 60		0	0	0	0	0	793	0	0	793
1173	Kate Thompson	f	FV 40		0	793	0	0	0	0	0	0	793
1174	Susan Winn	f	FV 50		0	0	0	0	0	0	793	0	793
1175	Jane Giddins	f	FV 50		0	0	0	0	792	0	0	0	792
1176	Rebekah Cooke	f	FV 50		0	792	0	0	0	0	0	0	792
1177	Andy Gornall	m	MV 50	Cumberland AC/Tri Lakeland	0	0	0	0	0	0	791	0	791
1178	Erica Bell	f	FV 40	Wakefield Triathlon Club	0	0	0	0	0	791	0	0	791
1179	Alison Rayner	f	FV 50		0	0	0	0	0	790	0	0	790
1180	Andrew Reid	m	MV 40		0	0	0	0	790	0	0	0	790
1181	James Clarke	m			790	0	0	0	0	0	0	0	790
1182	Rachel Bellwood	f			0	790	0	0	0	0	0	0	790
1183	Vanessa Thomson	f	FV 40		0	0	0	0	0	0	790	0	790
1184	Jennifer Yin	f			0	0	0	0	789	0	0	0	789
1185	Melanie Burton	f	FV 40		0	0	0	0	0	789	0	0	789
1186	Sharon White	f	FV 50	Mossley afc running club	0	0	0	0	0	0	789	0	789
1187	Grace Constance-main	f			0	788	0	0	0	0	0	0	788
1188	Lauren Burch	f			788	0	0	0	0	0	0	0	788
1189	Nicki Sullivan	f	FV 40	Swinton Running Club	0	0	0	0	0	788	0	0	788
1190	Yolande Squire	f			0	0	0	0	788	0	0	0	788
1191	Lauren Marsden	f	FV 50	Swinton Running Club	0	0	0	0	0	787	0	0	787
1192	Macarena Vergara	f	FV 50		0	0	0	0	0	0	787	0	787
1193	Carol Greenhalgh	f	FV 50		0	0	0	0	0	0	786	0	786
1194	David Whiteley	m	MV 60		0	786	0	0	0	0	0	0	786
1195	Niels Hebels	m	MV 40		0	0	0	0	0	786	0	0	786
1196	SIMON GILBERT	m	MV 40	Honiton Running Club	0	0	0	0	785	0	0	0	785
1197	Tanya Bushell	f	FV 40	Women On Run	0	0	0	0	0	0	785	0	785
1198	Isabel Serey	f			784	0	0	0	0	0	0	0	784
1199	Paul Jones	m	MV 50		0	0	0	0	784	0	0	0	784
1200	Caitlin Johnston	f		Hoad Hill Harriers	0	783	0	0	0	0	0	0	783
1201	Elizabeth Gaston	f			783	0	0	0	0	0	0	0	783
1202	Julie Gott	f	FV 40		0	0	0	0	0	783	0	0	783
1203	Christine Rostron	f	FV 50	Red Rose Road Runners	0	0	0	0	0	782	0	0	782
1204	Jenny Stinton	f	FV 40		0	782	0	0	0	0	0	0	782
1205	Julia Evans	f	FV 50	Prestatyn Running Club	782	0	0	0	0	0	0	0	782
1206	Natalie Swift	f	FV 40		0	0	0	0	0	0	782	0	782
1207	Carol Cox	f	FV 50		0	0	0	0	0	781	0	0	781
1208	Ian Swift	m	MV 40		0	0	0	0	0	0	781	0	781

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1247	Deborah Birch	f	FV 40		0	0	0	0	0	768	0	0	768
1248	Grace Frost	f			768	0	0	0	0	0	0	0	768
1249	Louise Stevens	f	FV 50		0	768	0	0	0	0	0	0	768
1250	Eve Frost	f			767	0	0	0	0	0	0	0	767
1251	Parish Minton	f		10cakers	0	0	0	0	0	767	0	0	767
1252	Samantha Bentall	f	FV 50	Penny Lane Striders	0	0	0	0	767	0	0	0	767
1253	Sue Burns	f	FV 50		0	0	0	0	0	0	767	0	767
1254	Tony Orr	m	MV 60		0	767	0	0	0	0	0	0	767
1255	Charlotte Fleming	f			766	0	0	0	0	0	0	0	766
1256	Linda Coffey	f	FV 60	Darwen Dashers	0	0	0	0	0	766	0	0	766
1257	Richard Bentall	m	MV 60	Penny Lane Striders	0	0	0	0	766	0	0	0	766
1258	Allan Johnson	m	MV 70	Lakeside Lincoln	0	765	0	0	0	0	0	0	765
1259	Emma Bzik	f	FV 40		0	0	0	0	765	0	0	0	765
1260	Brian Stephens	m	MV 70	Sun City Tri Club	0	0	0	0	764	0	0	0	764
1261	Malcolm Alderton	m	MV 60	Lions Running Community	0	764	0	0	0	0	0	0	764
1262	Pete Doran	m	MV 40		764	0	0	0	0	0	0	0	764
1263	Carl Barber	m	MV 50		763	0	0	0	0	0	0	0	763
1264	Fiona Alderton	f	FV 60	Lions Running Community	0	763	0	0	0	0	0	0	763
1265	Frank Beaver	m	MV 40		0	0	0	0	0	763	0	0	763
1266	Karen Harrison	f	FV 50	St Helen's Striders	0	0	0	0	763	0	0	0	763
1267	Jodie Reynolds	f	FV 40		761	0	0	0	0	0	0	0	761
1268	Melanie Fraser	f	FV 40		0	0	0	0	0	0	761	0	761
1269	Frances Shoesmith	f	FV 50		0	760	0	0	0	0	0	0	760
1270	Rebecca Bedford	f	FV 40		0	0	0	0	0	759	0	0	759
1271	Steve Duffy	m	MV 40	N/a	0	0	0	0	759	0	0	0	759
1272	Hayley Fleming	f		Women on the run kendal	0	0	0	0	0	0	758	0	758
1273	Ian Rayner	m	MV 60	Roundhay Runners	0	0	0	0	0	758	0	0	758
1274	Louise Millo	f	FV 50		0	758	0	0	0	0	0	0	758
1275	Matt West	m	MV 40		0	0	0	0	758	0	0	0	758
1276	Trevor Watts	m	MV 50		758	0	0	0	0	0	0	0	758
1277	Amanda Watts	f	FV 50		757	0	0	0	0	0	0	0	757
1278	Rachel Grayson	f	FV 40	Quakers	0	757	0	0	0	0	0	0	757
1279	Sarah Cowdell	f	FV 50	AcreStreetRunners	0	0	0	0	0	757	0	0	757
1280	garry grimes	m	MV 50		0	0	0	0	756	0	0	0	756
1281	Laura Goldsworthy	f			0	756	0	0	0	0	0	0	756
1282	Tony Fahy	m	MV 70		0	0	0	0	0	0	756	0	756
1283	Jennifer Hale	f		Witherslack Warriors	0	0	0	0	0	0	755	0	755
1284	Dianne Sandford	f	FV 50	Ahrc	0	0	0	0	754	0	0	0	754

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1285	Helen Honeyman	f	FV 60		754	0	0	0	0	0	0	0	754
1286	Lucy Price	f	FV 40		0	0	0	0	0	0	754	0	754
1287	Angela Martland	f	FV 40		0	753	0	0	0	0	0	0	753
1288	Jane Nicholson	f	FV 60		753	0	0	0	0	0	0	0	753
1289	Julie Tweedy	f	FV 50	Lonely Goat RC	0	0	0	0	753	0	0	0	753
1290	Kathryn Abbott	f	FV 50	Red Rose Road Runners	0	0	0	0	0	753	0	0	753
1291	Geoff Walker	f	FV 60		752	0	0	0	0	0	0	0	752
1292	Gerry Berry	m			751	0	0	0	0	0	0	0	751
1293	Joe Dobbs	m	MV 80	Independent	0	0	0	0	751	0	0	0	751
1294	Kate Broome	f	FV 50	Achille Ratti	0	0	0	0	0	751	0	0	751
1295	Miras Eskander	m	MV 40	Chorlton Runners	0	751	0	0	0	0	0	0	751
1296	Alison Hardiker	f	FV 40		0	0	0	0	0	0	750	0	750
1297	Joanne ward	f	FV 50		0	0	0	0	750	0	0	0	750
1298	Sandra Rolston	f	FV 60	Red Rose Road Runners	0	0	0	0	0	750	0	0	750
1299	Daryl Marshall	m			0	0	0	0	0	0	748	0	748
1300	Richard Outhwaite	m	MV 60		0	0	0	0	748	0	0	0	748
1301	Tracey Fleming	f	FV 50		0	0	0	0	0	748	0	0	748
1302	Caroline Morris-jones	f	FV 50	Adderbury Runners	0	0	0	0	0	0	747	0	747
1303	Ian Gilbert	m	MV 60		0	747	0	0	0	0	0	0	747
1304	Susan Higgins	f	FV 50	Windermere Ladies On The Run	0	0	0	0	747	0	0	0	747
1305	Bjorgvin Vigfusson	m			0	0	0	0	0	746	0	0	746
1306	janet galloway	f	FV 50	janet galloway	0	0	0	0	746	0	0	0	746
1307	Louise Clayton	f	FV 50		746	0	0	0	0	0	0	0	746
1308	Scott Grainger	m	MV 50		0	746	0	0	0	0	0	0	746
1309	Anne Molloy	f	FV 60		0	0	0	0	0	745	0	0	745
1310	Kassie Smith	f	FV 50		0	0	0	0	745	0	0	0	745
1311	Laura Leitch	f			0	745	0	0	0	0	0	0	745
1312	Alison Scally	f	FV 50		0	744	0	0	0	0	0	0	744
1313	Jonathan Corkill	m	MV 40		0	0	0	0	0	744	0	0	744
1314	Gill Horne	f	FV 60	Biddulph Running Club	743	0	0	0	0	0	0	0	743
1315	Laura Corkill	f			0	0	0	0	0	743	0	0	743
1316	Ali Budd	f	FV 50		742	0	0	0	0	0	0	0	742
1317	Zoe Clarke	f	FV 50		0	742	0	0	0	0	0	0	742
1318	Alison Hodges	f	FV 50	Blackball Bounders	0	741	0	0	0	0	0	0	741
1319	Sam Wilkinson	f			741	0	0	0	0	0	0	0	741
1320	Alison Wingate	f	FV 50	Kirkby Milers Athletics Club	740	0	0	0	0	0	0	0	740
1321	David Carver	m	MV 50		0	740	0	0	0	0	0	0	740
1322	Joanne Kinnaird	f	FV 50		0	0	0	0	0	740	0	0	740

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1323	Victoria Taylor	f			0	0	0	0	740	0	0	0	740
1324	Abigail Jardine	f	FV 40	Eden Runners	0	0	0	0	739	0	0	0	739
1325	Emily Dore	f			0	0	0	0	0	739	0	0	739
1326	Kate Wilkinson	f	FV 60	Jog on tyne	0	0	0	0	0	0	738	0	738
1327	Lorraine Grayston	f	FV 50		0	738	0	0	0	0	0	0	738
1328	Natalie Gray	f	FV 40		0	0	0	0	738	0	0	0	738
1329	Sam Robson	f	FV 50	N/a	738	0	0	0	0	0	0	0	738
1330	Sarah Thorn	f	FV 50		0	0	0	0	0	738	0	0	738
1331	Jane Thwaites	f	FV 70		0	0	0	0	0	737	0	0	737
1332	Mandy Rothwell	f	FV 50		0	737	0	0	0	0	0	0	737
1333	Susan Ridings	f	FV 60		737	0	0	0	0	0	0	0	737
1334	Brian Richardson	m	MV 50	Blackhill Bounders	0	736	0	0	0	0	0	0	736
1335	Lynn Shaw	f	FV 50	Thornton Cleveleys Running Club	0	0	0	0	0	736	0	0	736
1336	LOUISE WAINWRIGHT	f	FV 50	hornton CLEVELEYS RUNNING CLU	0	0	0	0	0	735	0	0	735
1337	Rebecca Crellin	f		Cumberland Fell Runners	0	735	0	0	0	0	0	0	735
1338	Lynne Callaghan	f	FV 40	Trentham RC	734	0	0	0	0	0	0	0	734
1339	Anna Dove	f	FV 40		0	0	0	0	0	733	0	0	733
1340	Jane Dring-Morris	f	FV 50	Leicestershire Orienteering Club	732	0	0	0	0	0	0	0	732
1341	Kristen Hopkins	f	FV 40		0	0	0	0	0	0	732	0	732
1342	Ruth Craxford	f			0	732	0	0	0	0	0	0	732
1343	Sarah Bettinson	f	FV 40		0	0	0	0	0	732	0	0	732
1344	Andrew Whitehead	m	MV 50		0	0	0	0	0	731	0	0	731
1345	Deborah Ross	f	FV 40		0	731	0	0	0	0	0	0	731
1346	Hazel Davison	f	FV 50		731	0	0	0	0	0	0	0	731
1347	Jaclyn Gray	f	FV 40		0	0	0	0	731	0	0	0	731
1348	Chris Land	m	MV 50	Quakers	0	730	0	0	0	0	0	0	730
1349	Rachel Whitehead	f			0	0	0	0	0	730	0	0	730
1350	Amy Wilkinson	f			0	0	0	0	0	729	0	0	729
1351	Jack Walker	m	MV 60		0	728	0	0	0	0	0	0	728
1352	Jackie Rothwell	f	FV 50		0	0	0	0	0	728	0	0	728
1353	Laura Owen	f			728	0	0	0	0	0	0	0	728
1354	Alice Walker	f			0	727	0	0	0	0	0	0	727
1355	Hannah March	f			727	0	0	0	0	0	0	0	727
1356	Julie Bland	f	FV 50		0	0	0	0	0	727	0	0	727
1357	N.N. 666				0	0	0	0	727	0	0	0	727
1358	Hannah Gomes	f			0	0	0	0	726	0	0	0	726
1359	Hannah Stirling	f			0	726	0	0	0	0	0	0	726
1360	Sarah Johnson	f			0	0	0	0	0	726	0	0	726

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1361	Ritchie Budd	m			725	0	0	0	0	0	0	0	725
1362	Cate Barnes	f			0	724	0	0	0	0	0	0	724
1363	Sally Rustige	f	FV 50		723	0	0	0	0	0	0	0	723
1364	Suzanne Bremner	f		These Girls Can Run	722	0	0	0	0	0	0	0	722
1365	Ailsa Taggart	f	FV 60	Galloway Harriers	721	0	0	0	0	0	0	0	721
1366	Christian Martin	m			0	720	0	0	0	0	0	0	720
1367	Fiona O'brien	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	720	0	720
1368	Suzanne Fairless-aitken	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	719	0	719
1369	Tyler Howarth	f			0	719	0	0	0	0	0	0	719
1370	Ellen Barkworth	f	FV 60	Blackburn Road Runners	0	0	0	0	0	718	0	0	718
1371	Marie Clay	f	FV 40	N/a	718	0	0	0	0	0	0	0	718
1372	Alexandra Martin	f			0	717	0	0	0	0	0	0	717
1373	Denise Gregory	f	FV 50	Bramhall runners	717	0	0	0	0	0	0	0	717
1374	Ellen Pope	f	FV 60	Blackburn Road Runners	0	0	0	0	0	717	0	0	717
1375	Sandra Devlin	f	FV 40		0	716	0	0	0	0	0	0	716
1376	Siobhan Grimshaw	f	FV 50	Blackburn Road Runners	0	0	0	0	0	716	0	0	716
1377	Laura O'Donnell	f	FV 40		0	715	0	0	0	0	0	0	715
1378	Lynn Nelson	f	FV 50		0	0	0	0	0	715	0	0	715
1379	Michael Thompson	m	MV 40		715	0	0	0	0	0	0	0	715
1380	Adam Young	m			714	0	0	0	0	0	0	0	714
1381	Julie Dugdale	f	FV 50		0	0	0	0	0	714	0	0	714
1382	Nicholas Riley	m	MV 50		0	714	0	0	0	0	0	0	714
1383	Helen Borking	f	FV 50	Women On The Run	0	0	0	0	0	713	0	0	713
1384	Ruth Jacques	f			713	0	0	0	0	0	0	0	713
1385	Lisa Paxton	f	FV 40		0	0	0	0	0	712	0	0	712
1386	Jacqueline Shore	f	FV 60		0	0	0	0	0	711	0	0	711
1387	Fran McNeela	f			710	0	0	0	0	0	0	0	710
1388	Simon Dent	m	MV 50		0	0	0	0	0	710	0	0	710
1389	Charlotte Hinsley	f			709	0	0	0	0	0	0	0	709
1390	Deborah Catlow	f	FV 50	Blackburn Road Runners	0	709	0	0	0	0	0	0	709
1391	Amanda Mortlock	f	FV 50		707	0	0	0	0	0	0	0	707
1392	Guy Gibson	m	MV 50	East Hull Harriers	0	0	0	0	0	707	0	0	707
1393	Lucy Peart	f	FV 50		706	0	0	0	0	0	0	0	706
1394	N.N. 886				0	0	0	0	0	706	0	0	706
1395	Karen Whitton	f			0	0	0	0	0	705	0	0	705
1396	Sally Hislop	f	FV 50		0	705	0	0	0	0	0	0	705
1397	Katy Dowdall	f			703	0	0	0	0	0	0	0	703
1398	Victoria Rankin	f			0	703	0	0	0	0	0	0	703

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1399	Wayne Qualter	m	MV 50		0	702	0	0	0	0	0	0	702
1400	Holly Seeger	f			701	0	0	0	0	0	0	0	701
1401	Lorraine Rossall	f	FV 60		0	701	0	0	0	0	0	0	701
1402	Sarah Harrison	f			700	0	0	0	0	0	0	0	700
1403	Anne Lewis	f	FV 70	Selby Swans tri club	699	0	0	0	0	0	0	0	699
1404	Sandra Heighton	f	FV 50	Women On The Run	0	699	0	0	0	0	0	0	699
1405	Catherine Callaghan	f	FV 60	Wotr	0	698	0	0	0	0	0	0	698
1406	Alison Medicott	f	FV 50	Warrington Running Club	697	0	0	0	0	0	0	0	697
1407	Ana Gonzalez	f	FV 50		696	0	0	0	0	0	0	0	696
1408	Raymond Dang	m	MV 50	Eaglescliffe Running Group	0	696	0	0	0	0	0	0	696
1409	Donna Thorpe	f	FV 40		0	695	0	0	0	0	0	0	695
1410	Al Marron	f	FV 40		0	694	0	0	0	0	0	0	694
1411	Suzanne Crozier	f	FV 50	Monkey Runners	694	0	0	0	0	0	0	0	694
1412	Jon Parshall	m	MV 60		0	692	0	0	0	0	0	0	692
1413	Maria Dvorkin	f			690	0	0	0	0	0	0	0	690
1414	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	0	690	0	0	0	0	0	0	690
1415	Derek Delaney	m	MV 60		689	0	0	0	0	0	0	0	689
1416	Robert Crosland	m	MV 60		0	689	0	0	0	0	0	0	689
1417	Karen M Fay	m	MV 50		0	688	0	0	0	0	0	0	688
1418	Sarah Baird	f			688	0	0	0	0	0	0	0	688
1419	Debz Bunting	f	FV 60	Lancaster Runners	0	687	0	0	0	0	0	0	687
1420	Jason Deacon	m	MV 50		0	685	0	0	0	0	0	0	685
1421	Andrea Counce	f	FV 40	Preston Tri	683	0	0	0	0	0	0	0	683
1422	Rachel Willis	f	FV 40		682	0	0	0	0	0	0	0	682
1423	Lucia Hull	f	FV 40		681	0	0	0	0	0	0	0	681
1424	Ruth Holden	f	FV 50		0	681	0	0	0	0	0	0	681
1425	Sarah Uttley	f	FV 40		0	680	0	0	0	0	0	0	680
1426	Rebecca Rendle	f	FV 60	Women on the Run	678	0	0	0	0	0	0	0	678
1427	Susan Heatley	f	FV 40	Red Rose Road Runners	0	678	0	0	0	0	0	0	678
1428	Lucy Roberts	f			677	0	0	0	0	0	0	0	677
1429	Samantha Howes	f			676	0	0	0	0	0	0	0	676
1430	Joanna Mackenzie	f	FV 40		0	673	0	0	0	0	0	0	673
1431	Jackie Paterson	f	FV 50	Knowle & dorridge Rc	672	0	0	0	0	0	0	0	672
1432	Michael D'Arcy	m	MV 50		0	672	0	0	0	0	0	0	672
1433	Paul Mcmonagle	m	MV 40		0	670	0	0	0	0	0	0	670
1434	Lesley McGrail	f	FV 40	St Helens Striders	669	0	0	0	0	0	0	0	669
1435	Rosa Elliott	f	FV 60	Milesyclub	0	667	0	0	0	0	0	0	667
1436	Anna Hatch	f	FV 50		0	666	0	0	0	0	0	0	666

