



Lakeland Trails 2022 Autumn Series Championships - 14-18k Trail Run



Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1	Steve Paterson	m	MV 50		989	991	988	996	3964
2	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	972	977	969	973	3891
3	James Grinbergs	m	MV 40	Eden Runners	907	982	962	980	3831
4	Chris Davies	m	MV 40	Team inov-8	942	936	800	904	3582
5	Joanna Fitch	f			840	899	783	903	3425
6	Sandra Connell	f	FV 60		857	904	789	862	3412
7	Ian Davenport	m	MV 50		834	870	785	891	3380
8	Kev Kendal	m	MV 50	Howgill Harriers	774	836	781	875	3266
9	Neil Brooks	m	MV 50		793	864	742	830	3229
10	Darren Gillman	m	MV 50	Todmorden Harriers	847	907	826	642	3222
11	Andrew Hollowbread	m	MV 50		760	838	741	782	3121
12	Ross Kirby	m	MV 40		736	783	721	856	3096
13	Katy Lewis	f	FV 50		856	759	625	760	3000
14	Jonathan Cox	m		Eden Runners	1000	0	1000	1000	3000
15	Katie Samuelson	f	FV 40	Todmorden Harriers	799	863	685	640	2987
16	David Ellicott	m	MV 40	Askern District RC	784	803	580	752	2919
17	Ryan Parry	m	MV 40		667	736	671	815	2889
18	Neil Ainsworth	m	MV 50		930	945	0	984	2859
19	Andrew Stuart	m	MV 50		946	969	935	0	2850
20	Paul Morris	m	MV 60	Keswick AC	0	960	924	947	2831
21	Jane Marshall	f	FV 50	York Acorn Running Club	749	709	597	719	2774
22	David Sargent	m			924	0	890	940	2754
23	David Tittensor	m	MV 50	Wigan harriers a/c	933	927	884	0	2744
24	Ian Croft	m	MV 50	Red Rose Road Runners	0	950	900	835	2685
25	Debbie Hallsworth	f		Derwent Ac	589	734	585	750	2658
26	Karen Thistlethwaite	f		Lonely Goat RC	581	748	582	745	2656
27	Gary Smith	m	MV 40		878	916	860	0	2654
28	Simon Lobas	m	MV 40		894	824	880	0	2598
29	Terry Moss	m	MV 50		864	0	849	884	2597
30	Owen Lewis	m	MV 40	Independent	0	888	787	848	2523
31	James Morris	m	MV 40		0	825	805	885	2515
32	Jen Moss	f		HI Runners	0	917	725	867	2509
33	Alison Nordon	f	FV 50		572	682	500	689	2443
34	Matt Herd	m	MV 40		707	779	0	883	2369
35	Paul Haydon	m	MV 50	F.r.a.	0	843	711	811	2365
36	Owen Davies	m	MV 70		0	823	699	828	2350
37	Sarah Nutt	f	FV 40		789	0	751	773	2313
38	Alicia Croft	f	FV 50	Red Rose Road Runners	0	809	630	834	2273
39	John Stout	m	MV 60		744	0	642	781	2167
40	Jill Reed	f	FV 50		698	804	636	0	2138
41	Anthony Barnes	m	MV 40		741	0	627	765	2133
42	Sheila Williamson	f	FV 50		0	729	566	761	2056
43	Guy Simpson	m	MV 40	Eden Runners	648	0	620	757	2025
44	Martin Klavon	m			996	997	0	0	1993
45	Stephen Pearce	m	MV 40	Eden Runners	994	0	0	995	1989
46	andrew wallace	m	MV 40		992	0	995	0	1987
47	Joe Dorgham	m			0	0	982	998	1980
48	Jim Andrews	m	MV 50	Helm Hill Runners	0	987	0	993	1980
49	Mohammed Jabbar	m		Transition	0	0	984	994	1978
50	Mathew Carver	m			0	0	980	989	1969
51	Tom Shaw	m		North Endurance	986	0	977	0	1963
52	Mike Allison	m	MV 60	Eden Runners	0	989	0	972	1961
53	Liam Graham	m			980	980	0	0	1960
54	Ben Ashton	m	MV 40	DOrunning	0	0	979	979	1958
55	Graham Coupe	m	MV 50	Wirral Vikings Trc	0	0	966	976	1942
56	Karen Robertson	f	FV 50	Northumberland Fell Runners	0	0	967	974	1941
57	Kathryn Greenlees	f	FV 40		643	0	554	740	1937
58	Gail Farr	f	FV 50	west hull ladies	675	0	556	701	1932
59	Christopher Bridge	m			0	0	949	983	1932

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
60	Neil Stephenson	m			0	964	961	0	1925
61	Philip Foscoe	m			0	953	0	967	1920
62	Josh Comley	m	MV 40		964	951	0	0	1915
63	Jade Gilchrist	f			939	972	0	0	1911
64	Janet Finn	f	FV 50		631	721	550	0	1902
65	Matthew Croughan	m	MV 40	Meltham AC	0	0	930	968	1898
66	Scott Macdonald	m			0	958	940	0	1898
67	James Crossan	m			0	961	925	0	1886
68	Daniel McGrath	m	MV 40		926	952	0	0	1878
69	Karen Lillie	f	FV 50	Lonely goat	641	0	512	722	1875
70	Sara Lewis	f		Meltham Ac	0	0	928	941	1869
71	Mark Finn	m	MV 50		632	722	515	0	1869
72	Ali Cooper	f	FV 60		618	733	516	0	1867
73	Mark Blundell	m	MV 60	Edge Pistols	919	942	0	0	1861
74	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	551	655	0	652	1858
75	Stuart Taylor	m	MV 50		928	0	929	0	1857
76	Amy Lowe	f		Washlands Women Runners	0	0	932	922	1854
77	Matthew Wernham	m	MV 60	Farnham Runners	0	0	913	939	1852
78	Chris Brearton	m	MV 40	Wirral Vikings	0	0	895	944	1839
79	John Gray	m	MV 50	Meltham Ac	0	0	889	937	1826
80	LIAM MCDONNELL	m	MV 40	SOUTHPORT	896	0	0	929	1825
81	Serena Miles	f	FV 50	Olney Runners	0	0	894	930	1824
82	George Clayton	m	MV 50	Brighton And Hove Athletics	0	0	904	915	1819
83	Lee Marks	m	MV 40	Salford met ac	0	937	881	0	1818
84	Jo Andrews	f	FV 50		0	886	0	928	1814
85	Harry Lewis	m			0	0	919	895	1814
86	Courtney Benson	f			0	894	0	919	1813
87	Richard Hermitage	m	MV 60		0	0	875	927	1802
88	Graham Kenealy	m	MV 60	Ambleside AC	0	883	0	916	1799
89	Catherine Mitchell	f	FV 40		889	906	0	0	1795
90	Nichola Cooke	f	FV 40	Prestwich Ac	603	0	498	691	1792
91	Eleanor Houghton	f			0	0	870	921	1791
92	Tim Lavin	m			923	0	866	0	1789
93	Alan Parker	m	MV 50		858	922	0	0	1780
94	Laurie Diaz-steptoe	m			887	0	892	0	1779
95	Joseph Matthews	m			859	0	0	917	1776
96	Laura Owen	f		Warrington Running Club	0	0	846	924	1770
97	William Fitch	m			0	853	0	912	1765
98	Anthony Blight	m	MV 50	Blackpool wyre and fylde	895	0	868	0	1763
99	Paul Spriggs	m	MV 50	Wrekin Road Runners	905	0	0	851	1756
100	Chris Barnes	m	MV 50	Olney Runners AC	0	0	840	914	1754
101	Phil Horner	m	MV 40	Garstang RC	0	905	847	0	1752
102	Jon Meeten	m	MV 50		838	0	0	910	1748
103	Maureen Laney	f	FV 60	Unattached	885	0	862	0	1747
104	Katie Storey	f		Liverpool Running Bugs	574	0	501	669	1744
105	John Green	m	MV 50		824	0	0	911	1735
106	David Pattison	m	MV 50		778	0	0	952	1730
107	Elaine Fisher	f	FV 50	Ambleside AC	0	839	0	886	1725
108	Colin Gilchrist	m	MV 40	Fleetwood tri club	0	0	823	901	1724
109	Darren Horobin	m	MV 40		848	0	871	0	1719
110	Anthony Connolly	m	MV 40		862	0	855	0	1717
111	Tim Farron	m	MV 50	Dallam Runners	0	858	0	849	1707
112	Find Jorgensen	m	MV 60		0	0	812	894	1706
113	Howard Rand	m	MV 40		0	0	807	898	1705
114	Melanie Williamson	f	FV 40	Chorlton Runners	870	0	832	0	1702
115	Paul Mackey	m	MV 40	Manchester Muckers RC	0	878	822	0	1700
116	Sally Wade	f	FV 60	Run York Plus	815	882	0	0	1697
117	Pete Lashley	m	MV 50		828	867	0	0	1695
118	Jayne Ashe	f			0	0	786	897	1683
119	Sally Anderson	f		Saddleworth runners	0	0	790	889	1679
120	Mike Swift	m	MV 60		874	0	0	801	1675
121	Julie Cook	f	FV 50	Tynedale Harriers	0	0	804	870	1674
122	Nicholas Schaffer	m	MV 60	Millom Striders	0	0	813	860	1673
123	Tim Castelyn	m	MV 40		0	819	0	850	1669
124	Alan Jones	m	MV 60	Garstang Running Club	805	862	0	0	1667
125	Jessica Hall	f			0	0	770	896	1666

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126	Stephen Cruickshank	m	MV 50		833	827	0	0	1660
127	Gary Wintersgill	m	MV 50		802	0	0	854	1656
128	Michael Welsh	m	MV 50		0	789	0	863	1652
129	Allen Smith	m	MV 60	Buckley RR	819	0	819	0	1638
130	Sarah Darley	f	FV 40	Vegan Runners UK	0	0	762	876	1638
131	Ceri Nicholas	f	FV 50	Buckley RR	821	0	816	0	1637
132	Paul Roche	m	MV 60		796	837	0	0	1633
133	Lauren Webster	f			0	0	755	872	1627
134	Kerry Wilson	f			832	0	795	0	1627
135	Kenny Goodliffe	m	MV 40		0	0	766	861	1627
136	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	835	0	792	0	1627
137	John Wiggans	m	MV 50	Red Rose Road Runners	0	849	777	0	1626
138	Lauren Docksey	f			0	0	794	829	1623
139	Robert Hardy	m	MV 40		0	0	753	869	1622
140	Mary Jones	f	FV 40	Olney Runners	0	0	821	800	1621
141	Sarah McAuliffe	f		Olney Runners	0	0	820	799	1619
142	Lauren Dean-Ashton	f	FV 40		526	0	449	639	1614
143	Peter Mylett	m	MV 40	Wirral Vikings Trc	0	0	735	878	1613
144	Andrew Hemsley	m	MV 50	Walney Wind Cheetahs	773	840	0	0	1613
145	David Miller	m	MV 60	Chorley A. & T.	0	852	748	0	1600
146	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	0	0	760	823	1583
147	Philip Loftus	m	MV 60		728	0	0	855	1583
148	Gail Bristo	f	FV 50	Red Rose Road Runners	751	826	0	0	1577
149	Glyn Jones	m	MV 50		814	0	757	0	1571
150	Fran Connolly	f	FV 40	Blackpool Wyre & Fylde AC	826	0	744	0	1570
151	Elaine Shepherd	f	FV 50		756	811	0	0	1567
152	Neil Venables	m	MV 60		0	0	740	827	1567
153	Wendy Birkett	f	FV 60		845	0	722	0	1567
154	Roger Grimble	m			0	0	610	955	1565
155	Luke Watkins	m			0	755	0	807	1562
156	Andrew Wright	m	MV 40		0	0	716	845	1561
157	Nigel Dean	m	MV 50		0	0	715	844	1559
158	Glyn Williams	m	MV 50	Prestwich AC	806	0	752	0	1558
159	Katharine Greenwood	f	FV 50		0	0	720	833	1553
160	Taylor Carver	f			0	0	677	874	1551
161	Adrian Kamis	m	MV 50	East Hull Harriers	0	0	578	965	1543
162	Leigh Jenkins	f		Chester Triathlon Club	0	0	724	817	1541
163	Laura Ashford	f		Chester Tri Club	0	0	718	816	1534
164	Keith Whitehead	m	MV 60	Knowle & Dorrige Running Club	0	0	687	846	1533
165	Sarah Lord	f	FV 50	DH Runners	851	0	676	0	1527
166	Lesley Allison	f	FV 60	Eden Runners	0	758	0	768	1526
167	Terry Charles	m	MV 60	Wirral Vikings Trc	0	0	603	923	1526
168	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	718	807	0	0	1525
169	Ginny Newman	f	FV 60		692	833	0	0	1525
170	Bernice Blundell	f	FV 50	Edge Pistols	704	820	0	0	1524
171	Dawn Wicks	f	FV 50		717	806	0	0	1523
172	Thomas Harkin	m	MV 40	Manchester Muckers RC	0	802	714	0	1516
173	Russell Pilling	m	MV 60		0	0	688	825	1513
174	Ben Cheetham	m			0	0	689	824	1513
175	Amy Butler	f	FV 40	Olney Runners	0	715	0	798	1513
176	Gillian Rowland	f	FV 60		765	0	739	0	1504
177	Ruth Ford	f	FV 40	Washlands Women Runners	0	0	717	786	1503
178	Emma Cousins	f			0	0	658	818	1476
179	Jen Powley	f	FV 40		759	0	708	0	1467
180	Heather Brown	f	FV 40	Stocksfield Striders	0	714	0	746	1460
181	Kate Peers	f	FV 40		659	0	0	797	1456
182	Ann-Marie Tulloch	f	FV 40		755	0	700	0	1455
183	Richard Walker	m	MV 40		0	984	470	0	1454
184	J Graham Smith	m	MV 50		0	756	0	696	1452
185	Stuart Waring	m	MV 40		677	775	0	0	1452
186	Alan Davidson	m	MV 70		740	0	706	0	1446
187	Jenny Dilworth	f	FV 50		0	0	660	785	1445
188	Alex Abbott	f	FV 40		0	0	640	805	1445
189	Hannah O'connor	f			0	0	647	796	1443
190	Sue Woods	f	FV 50		0	0	649	793	1442
191	Stuart O'connor	m	MV 50		0	0	646	795	1441

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
192	Catherine Bowman	f	FV 40	Smiley Paces	0	0	669	764	1433
193	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	0	683	0	749	1432
194	Nathalie Robinson	f	FV 40	Roefield Run Club	0	0	650	774	1424
195	Carol Spoor	f	FV 40	Tri Preston	655	764	0	0	1419
196	Hilary Dickinson	f	FV 60	Tynedale Harriers & A C	719	0	698	0	1417
197	Anna Holmes-Rand	f			0	0	637	777	1414
198	Peter Burlingham	m	MV 40	Lonely Goat RC	691	720	0	0	1411
199	Tracey J Burlinson Campbell	f	FV 50	Lonely Goat Running Club	0	693	0	711	1404
200	Steven Ohara	m	MV 40		0	0	614	789	1403
201	Nicky Jones	f	FV 50		644	751	0	0	1395
202	Andrew Wilkinson	m	MV 50	Wesham road runners	0	0	750	644	1394
203	David Aust	m	MV 50	Stamford Striders	0	0	635	758	1393
204	Clare Laybourn	f	FV 50		642	742	0	0	1384
205	Jill Robertson	f	FV 50		638	0	0	735	1373
206	Nicholas Whitehead	m	MV 50		0	0	604	767	1371
207	Janet Kay	f	FV 50	East hull harriers	0	0	579	780	1359
208	Hannah Swift	f			0	0	609	748	1357
209	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	673	0	682	0	1355
210	Lorna Aust	f	FV 50	Stamford Striders	0	0	596	759	1355
211	Sarah Collins	f		Lonely Goat RC	0	0	595	756	1351
212	Andrew Connor	m	MV 50		680	667	0	0	1347
213	Claire Horner	f	FV 40	Garstang RC	0	754	589	0	1343
214	Jayne Elliott	f	FV 50		636	705	0	0	1341
215	Scott Burrow	m	MV 50		0	716	615	0	1331
216	Rachel Blakeley	f	FV 40		0	0	565	762	1327
217	Hannah Stirling	f			0	0	598	721	1319
218	Vicki Brown	f	FV 50		702	0	617	0	1319
219	Ken Brown	m	MV 60		701	0	618	0	1319
220	Louise Roberts	f	FV 50		672	0	645	0	1317
221	Em Yolland	f			0	666	0	650	1316
222	Lizzie Simmons	f	FV 40		0	847	469	0	1316
223	Anne Stockley	f	FV 40	Keswick AC	0	0	583	730	1313
224	Lee Latham	m	MV 40	Victoria Park Running Club	0	0	569	743	1312
225	Mike Ferneyhough	m	MV 50		0	0	573	738	1311
226	Alison Ferneyhough	f	FV 50		0	0	574	737	1311
227	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	0	0	568	742	1310
228	Jennifer Hale	f		Witherslack Warriors	0	656	0	654	1310
229	Nic Holmes	f	FV 40		0	0	527	776	1303
230	Rachel Finn	f	FV 50		0	0	551	747	1298
231	Kirsten Johnson	f	FV 40	Red Kite Runners	0	651	0	647	1298
232	Sandra Gilchrist	f	FV 40	Fleetwood tri club	0	0	564	724	1288
233	Della Lansley	f	FV 50		0	0	599	687	1286
234	Rebecca Meeten	f	FV 50		573	0	0	709	1282
235	Yvonne Bland	f	FV 50		0	0	563	714	1277
236	Rachel Ashton	f	FV 40		0	0	544	725	1269
237	Linda Gant	f	FV 60		593	665	0	0	1258
238	Barbara Mead-Mason	f	FV 50	Blackpool Freedom Runners	562	0	0	688	1250
239	Debbie Whitehead	f	FV 50	Farnham Runners	0	0	545	704	1249
240	Tony Seddon	m	MV 50		566	681	0	0	1247
241	Linda Whitehead	f	FV 60	Knowle & Dorridge Running Club	0	0	521	723	1244
242	Shiran Cleminson	f	FV 50	Boldmere bullets	570	672	0	0	1242
243	Sandi Carman	f	FV 50	Smiley Paces	0	0	561	681	1242
244	James Murrin	m	MV 40		0	0	528	710	1238
245	Lisa Kallal	f	FV 50		0	0	529	708	1237
246	Wayne Lee Farr	m	MV 50	N/a	0	0	533	697	1230
247	Lorna Mundy	f	FV 40		0	0	524	705	1229
248	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	546	658	0	0	1204
249	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	545	657	0	0	1202
250	Menna Goodwin	f	FV 50	Warrington	0	0	508	676	1184
251	Jackie Moxon	f	FV 60		0	692	490	0	1182
252	Rachel Cartwright	f	FV 40	Warrington Running Club	0	0	509	672	1181
253	Judith Barker	f	FV 50		619	0	555	0	1174
254	Jacqueline Shore	f	FV 60		525	0	0	643	1168
255	Thomas Murrin	m	MV 40		0	0	489	675	1164
256	John Hetherington	m	MV 60	Bodyfit Cumbria	613	0	549	0	1162
257	GARY MOXON	m	MV 60		0	676	484	0	1160

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258	Paul Cameron	m	MV 40		0	0	476	670	1146
259	Phil Owen	m	MV 50	Fetcheveryone	0	0	477	660	1137
260	Deborah Easton	f	FV 40		600	0	537	0	1137
261	Dawn Anderson	f	FV 50		0	675	458	0	1133
262	Catherine Wernham	f	FV 60	Farnham Runners	0	0	454	679	1133
263	Wendy Fraser	f	FV 60		0	0	468	664	1132
264	Catherine Jones	f	FV 60		0	0	473	657	1130
265	Elizabeth Gartshore	f	FV 60	Pensby Runners	649	0	478	0	1127
266	Ronni Kirkham	f	FV 50	Esk valley	598	0	519	0	1117
267	Clare Agar	f	FV 40	Redcar Running Club	599	0	518	0	1117
268	Maria Sowerby	f	FV 60	Stamford Striders	0	0	447	656	1103
269	Jo Houghton	f	FV 50	Prestwich AC	604	0	497	0	1101
270	Carrie Bostock	f	FV 40	10CaKers	568	0	525	0	1093
271	James Bostock	m	MV 40		567	0	526	0	1093
272	Alex Whittem	m	MV 40	Calder Valley Fell Runners	0	1000	0	0	1000
273	Lewis Bowness	f			999	0	0	0	999
274	Mark Walker	m	MV 40	Macclesfield Harriers & Ac	0	999	0	0	999
275	Dan Bell	m			0	0	0	999	999
276	Alasdair Russell	m		Kendal AC	0	0	999	0	999
277	Tom Nicholson	m		Border Reivers Runners	0	998	0	0	998
278	Keith Wigley	m		Swaledale Runners	0	0	998	0	998
279	Daniel Thacker	m			998	0	0	0	998
280	Richard Wilson	m	MV 40	Kendal AC	0	0	997	0	997
281	Simon Lanckham	m		Mercia Fell Runners	997	0	0	0	997
282	Dominic Holloway	m			0	0	0	997	997
283	Ted Leahy	m	MV 40	Ripon Runners	0	0	996	0	996
284	Adam Taylor	m		Kendal AAC	0	996	0	0	996
285	Joseph Hartley	m		None	0	995	0	0	995
286	Daniel Balmer	m			995	0	0	0	995
287	William Fish	m		Dallam Running Club	0	994	0	0	994
288	Matthew Moran	m			0	0	994	0	994
289	Matthew Turnbull	m	MV 40	Ponteland Runners	0	0	993	0	993
290	Matthew Duckworth	m		Clayton-le-moors Harriers	993	0	0	0	993
291	John Armstrong	m	MV 40		0	993	0	0	993
292	Paul Macfarlane	m	MV 40	Helm Hill Runners	0	0	0	992	992
293	Ben Swarbrick	m			0	0	992	0	992
294	Andy Lord	m			0	992	0	0	992
295	Matt Wilson	m	MV 40	Kendal AC	0	0	991	0	991
296	Martin McGill	m	MV 40	Gosforth Harriers	0	0	0	991	991
297	Chris Gray	m	MV 40	Tri Lakeland	991	0	0	0	991
298	Matthew Bond	m			0	990	0	0	990
299	Gary Young	m	MV 40	Ramsbottom Running Club	990	0	0	0	990
300	Ewan Ling	m		Congleton Harriers	0	0	0	990	990
301	Daniel Brookfield	m			0	0	990	0	990
302	Stephen Leahy	m			0	0	989	0	989
303	William Dickson	m	MV 60		988	0	0	0	988
304	Steve Lomas	m	MV 50	Macclesfield Harriers & AC	0	988	0	0	988
305	Robert Simpson	m			0	0	0	988	988
306	Thomas Mountain	m			0	0	0	987	987
307	Steve Everett	m	MV 60	Durham City Harriers	987	0	0	0	987
308	Anthony Staffieri	m			0	0	987	0	987
309	Stuart Wilson	m			0	0	986	0	986
310	Ross Hemmings	m	MV 40		0	0	0	986	986
311	Faye Sharpley	f		Macclesfield Harriers	0	986	0	0	986
312	Tom Broadbent	m	MV 40		0	0	0	985	985
313	Peter German	m	MV 40		0	0	985	0	985
314	Mark Sandford	m	MV 40		985	0	0	0	985
315	Andrew Pipes	m		Derwent AC	0	985	0	0	985
316	Wayne Laird	m	MV 40	GoActiv	984	0	0	0	984
317	Lucy Rawlinson	f		Leigh Harriers	0	983	0	0	983
318	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	983	0	0	0	983
319	Andrew Johnson	m			0	0	983	0	983
320	Lorenzo Brunero	m			982	0	0	0	982
321	Alistair Holl	m	MV 40		0	0	0	982	982
322	Russell Cairns	m	MV 50	Macclesfield Harriers	0	981	0	0	981
323	Rob Mills	m		Ponteland Runners	0	0	981	0	981

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
324	Ian Hodgson	m	MV 50		0	0	0	981	981
325	Eloise Lee	f		Mercia Fell Runners	981	0	0	0	981
326	Craig Downs	m	MV 50	GATESHEAD	979	0	0	0	979
327	Robert Campbell	m	MV 50	Helm Hill Runners	0	979	0	0	979
328	John Douglas	m	MV 50	Allithwaite Running Club	978	0	0	0	978
329	Joe Burns	m			0	978	0	0	978
330	Jack Harrison	m			0	0	978	0	978
331	Damien Brook	m			0	0	0	978	978
332	ben walker	m			977	0	0	0	977
333	Mike Nolan	m	MV 50		0	0	0	977	977
334	Stephanie Fauset	f	FV 40	Smiley Paces	0	0	976	0	976
335	Patrick Munro	m	MV 40	Shelton Striders	0	976	0	0	976
336	James Donnelly	m	MV 40		976	0	0	0	976
337	David Walker	m	MV 50	Sedgefield Harriers	0	0	975	0	975
338	Lee Rudd	m	MV 50	Wrekin Road Runners	0	0	0	975	975
339	Kevin Metcalfe	m	MV 40		975	0	0	0	975
340	Ian Roche	m	MV 50	Mersey Tri	0	975	0	0	975
341	Steve Abbott	m	MV 40	Wesham Road Runners	0	0	974	0	974
342	Simon Daniels	m	MV 50	Gosforth Harriers & Ac	974	0	0	0	974
343	Graeme Eddie	m	MV 40	Macclesfield Harrier & AC	0	974	0	0	974
344	Michael Smith	m	MV 40		0	973	0	0	973
345	Tim Goldfarb	m			0	0	973	0	973
346	Philip Dixon	m	MV 50	Eden Runners	973	0	0	0	973
347	Lee Gilbertson	m	MV 40		0	0	972	0	972
348	Jason Denton	m	MV 50	Leigh Harriers	0	971	0	0	971
349	Andrew Carmichael	m	MV 40		971	0	0	0	971
350	Sam Holloway	m		Viceroy's Triathlon Club	0	0	0	971	971
351	Andy Johnson	m			0	0	971	0	971
352	Lewis Thomas	m	MV 50		0	0	0	970	970
353	Peter Cushion	m	MV 40	Wirral Vikings Trc	0	0	970	0	970
354	Stephen Hackley	m	MV 40		0	970	0	0	970
355	Anthony Irving	m	MV 40		970	0	0	0	970
356	Keith Alger	m			969	0	0	0	969
357	Katrina Hamilton	f		Wigan Harriers AC	0	0	0	969	969
358	Tom Silver	m		Chorlton Runners	0	968	0	0	968
359	Billy Stephens	m			0	0	968	0	968
360	Adam Champion	m	MV 50		968	0	0	0	968
361	sarah Hackett	f	FV 50	Richmond and Zetland	0	967	0	0	967
362	Richard Thatcher	m		Ramsbottom Running Club	967	0	0	0	967
363	Philip Woodley	m		West Cheshire Athletics Club	0	0	0	966	966
364	Mark Griffiths	m	MV 40	Manchester Ymca Harriers	0	966	0	0	966
365	John Skelton	m	MV 40		966	0	0	0	966
366	Rob Brander	m			0	965	0	0	965
367	James Davey	m			965	0	0	0	965
368	Ciaron Roddy	m		Red Rose Runners	0	0	965	0	965
369	David James Upcott	m			0	0	964	0	964
370	Billy Harkness	m	MV 40		0	0	0	964	964
371	Vicky Penn	f	FV 40	Smiley Paces	0	0	963	0	963
372	Neil Gunn	m	MV 60	Macclesfield Harriers	0	963	0	0	963
373	Jonathan Hale	m	MV 50	Vale Striders	963	0	0	0	963
374	Chris Ryan	m	MV 40	Sw Running Crew	0	0	0	963	963
375	Simon Winster	m		Red Rose Road Runners	962	0	0	0	962
376	Sally Buckworth	f	FV 50		0	0	0	962	962
377	Graeme Burns	m	MV 50		0	962	0	0	962
378	Gary Southwell	m	MV 50		961	0	0	0	961
379	Isobel Robinson	f			0	0	0	961	961
380	Louise Little	f			0	0	0	960	960
381	Jon Tose	m	MV 50		960	0	0	0	960
382	Joel Pilkington	m			0	0	960	0	960
383	Paul Stuart	m	MV 50		0	959	0	0	959
384	Paul Jones	m	MV 50	Shropshire Shufflers	959	0	0	0	959
385	Joe Allaby	m		Poynton Runners	0	0	959	0	959
386	Baz Green	m	MV 40	Cookham Running Club	0	0	0	959	959
387	Colin Bretherton	m	MV 40		958	0	0	0	958
388	Melanie Funnell	f	FV 40	Shropshire Shufflers	0	0	958	0	958
389	Giles Ruck	m	MV 50		0	0	0	958	958

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
390	Matt Routledge	m	MV 50	UTS	0	0	957	0	957
391	Mathew Clarkson	m	MV 40		957	0	0	0	957
392	James Alexander	m	MV 40		0	0	0	957	957
393	Gary Smith	m	MV 50	Colt	0	957	0	0	957
394	Peter Hood	m	MV 60	Wolverhampton and Bilston	0	0	956	0	956
395	Stephen Davenport	m	MV 40		0	0	0	956	956
396	Paddy Gorrill	m	MV 40		0	956	0	0	956
397	Ben Wood	m	MV 40		956	0	0	0	956
398	Will Parry	m	MV 50	London Frontrunners	955	0	0	0	955
399	Paul Roberts	m	MV 40		0	955	0	0	955
400	Christopher Wild	m			0	0	955	0	955
401	Tomasz Pelowski	m			0	0	954	0	954
402	Scott Gregory	m	MV 50	Mow Cop Runners	0	954	0	0	954
403	Ross Scrimgeour	m		BMF Glasgow	954	0	0	0	954
404	Matthew Cox	m			0	0	0	954	954
405	Mark Bades	m	MV 50		0	0	0	953	953
406	James Stewart Rideout	m	MV 60	Bolton United Harriers	953	0	0	0	953
407	Ally Robson	m	MV 40	Ponteland	0	0	953	0	953
408	Laura Andrew	f	FV 40		952	0	0	0	952
409	Gina Howorth	f	FV 40		0	0	952	0	952
410	Glenn Boulter	m	MV 40	Glaxo Hoad Hill Harriers	951	0	0	0	951
411	Stephen Robson	m	MV 40	York Knivesmire Harriers	0	0	951	0	951
412	Craig Shakespeare	m	MV 40	SWRC	0	0	0	951	951
413	Helen Thompson	f		Poynton Runners	0	0	950	0	950
414	Mark Saunders	m	MV 50	Tri-Anglia	950	0	0	0	950
415	David Broadbent	m	MV 40		0	0	0	950	950
416	Thomas Jones	m			0	949	0	0	949
417	Matt Washburn	m	MV 40		0	0	0	949	949
418	Jim Andrew	m	MV 40		949	0	0	0	949
419	Debbie Clark	f		Spey Runners	0	0	0	948	948
420	Harry Vaneris	m	MV 40		948	0	0	0	948
421	Sophie Pilkington	f		Red Rose Road Runners	0	0	948	0	948
422	Robert Clement	m			0	948	0	0	948
423	Bruce Penhale	m	MV 60		947	0	0	0	947
424	Jonathan Pyke	m	MV 40		0	947	0	0	947
425	James Doddrell	m			0	0	947	0	947
426	Rachel Ross Russell	f	FV 50	Rzh	0	0	946	0	946
427	Leona Beaumont	f		Chorlton Runners	0	946	0	0	946
428	Andrew Duggan	m	MV 50	Wrekin Road Runners	0	0	0	946	946
429	David Pollitt	m	MV 50	Leigh Harriers	0	0	945	0	945
430	Steven Marsh	m	MV 60		0	0	0	945	945
431	Mark Dye	m	MV 50		945	0	0	0	945
432	John Dickinson	m	MV 50	Liverpool Pembroke Sefton	944	0	0	0	944
433	Paula Fenteman	f	FV 40	Selby Striders	0	944	0	0	944
434	Michael Robinson	m		Ackworth road runners	0	0	944	0	944
435	Emma Giles	f	FV 40	Selby Striders	0	943	0	0	943
436	Sarah Johnson	f		North Shields Poly	943	0	0	0	943
437	Chris Bishop	m			0	0	0	943	943
438	Aaron Rickard	m			0	0	943	0	943
439	Sheridan Stride	f	FV 40		0	0	0	942	942
440	Richard Bowes	m	MV 40	The Stragglers	0	0	942	0	942
441	Lesley Fisher	f	FV 60	Burden Road Runners	941	0	0	0	941
442	Thomas Procter	m		Sleaford Striders	0	941	0	0	941
443	Gavin Birkett	m	MV 40		0	0	941	0	941
444	Michael McKean	m		Dumfries Running Club	940	0	0	0	940
445	Graeme Lee	m	MV 50	Meltham Ac	0	940	0	0	940
446	Richie Coss	m	MV 40		0	0	939	0	939
447	David Clement	m			0	939	0	0	939
448	Roy Young	m	MV 40	North Shields Poly	938	0	0	0	938
449	Jules Coleman	m	MV 50	Lonsdale Fell Runners	0	938	0	0	938
450	Danny Garrod	m			0	0	0	938	938
451	Andrew Watson	m			0	0	938	0	938
452	Jon Hardcastle	m	MV 40		937	0	0	0	937
453	Andrew Mainwaring	m	MV 40		0	0	937	0	937
454	Simon Thomas	m	MV 40		936	0	0	0	936
455	andrew lewis	m			0	0	0	936	936

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
456	Jamie O'Callaghan	m			0	0	936	0	936
457	Nick Martland	m	MV 50		0	0	0	935	935
458	Will Leonard	m			935	0	0	0	935
459	Paul Bateman	m	MV 40		0	935	0	0	935
460	Jon Green	m	MV 50		934	0	0	0	934
461	Sally Gilliver	f	FV 60	Wilmslow Running Club	0	0	0	934	934
462	Joel Tomkins	m			0	934	0	0	934
463	Antony Beynon	m	MV 40		0	0	934	0	934
464	Paul Lewis	m	MV 50		0	0	933	0	933
465	Pascale Holden	f	FV 50	Shelton Striders	0	933	0	0	933
466	Chris Hall	m	MV 40		0	0	0	933	933
467	David Connolly	m	MV 40		932	0	0	0	932
468	Simon Fogerty	m	MV 40		0	932	0	0	932
469	Nick Jones	m	MV 40		0	0	0	932	932
470	Lee Williams	m	MV 40		0	931	0	0	931
471	Cristiano Vizzotto	m			0	0	0	931	931
472	Ciaran O'Neill	m			0	0	931	0	931
473	Chris Wynne	m	MV 60		931	0	0	0	931
474	Liam Tillett	m			0	930	0	0	930
475	Colin Sam Walton	m	MV 50	Wilmslow Running Club	0	929	0	0	929
476	Lee Troughton	m	MV 50		929	0	0	0	929
477	Jock Taylor	m	MV 60		0	928	0	0	928
478	Tim Selves	m	MV 50		927	0	0	0	927
479	Kyle Balnave	m	MV 40		0	0	927	0	927
480	Paul White	m			0	0	0	926	926
481	David Bull	m	MV 40		0	0	926	0	926
482	Andrew McCluskey	m	MV 50		0	926	0	0	926
483	John Wilson	m	MV 40		925	0	0	0	925
484	Michael Duffield	m	MV 50	Ilkley Harriers	0	0	0	925	925
485	Laura Telford	f	FV 40	Macclesfield Harriers AC	0	925	0	0	925
486	Chris Bone	m	MV 40	St Bees Triers	0	924	0	0	924
487	Carole Waddell	f	FV 40		0	923	0	0	923
488	Chris Shearlock	m	MV 40		0	0	923	0	923
489	Tomo Armstead	m			0	0	922	0	922
490	Kate Moore	f			922	0	0	0	922
491	Phil Harold	m	MV 50	Poynton Runners	0	0	921	0	921
492	Sharon Hudson	f	FV 50	KCAC	0	921	0	0	921
493	Andrew Norman	m	MV 40	Ramsbottom Running Club	921	0	0	0	921
494	Will Cooper	m	MV 40		0	920	0	0	920
495	Simon Downs	m	MV 50		920	0	0	0	920
496	Phil Nixon	m	MV 40		0	0	0	920	920
497	Matt Garnett	m		Goodgym Race Team	0	0	920	0	920
498	Geoff Dale	m	MV 40		0	919	0	0	919
499	Jonathan Goldsworthy	m	MV 40		0	0	918	0	918
500	Tom Moss	m		HI Runners	0	918	0	0	918
501	Bruce Helme	m	MV 40		0	0	0	918	918
502	Ben Slaven	m	MV 40		918	0	0	0	918
503	John Birkett	m	MV 60	N/a	917	0	0	0	917
504	James Brown	m		SISU RUN	0	0	917	0	917
505	Katie Trace	f	FV 40	Biddulph Running Club	916	0	0	0	916
506	Jack Whitworth	m		LBC Tractors	0	0	916	0	916
507	Abby Huxtable	f		Pocklington Runners	0	915	0	0	915
508	Mark Berry	m	MV 50		915	0	0	0	915
509	Ben Read	m			0	0	915	0	915
510	Steven Price	m			0	0	914	0	914
511	Stephen Jolly	m	MV 60	Allithwaite Running Club	914	0	0	0	914
512	Ian Jones	m	MV 50		0	914	0	0	914
513	Philip Palmer	m	MV 40		913	0	0	0	913
514	Ferg Ryan	m	MV 40	Sw Running Crew	0	0	0	913	913
515	Denis Cleary	m	MV 40	None	0	913	0	0	913
516	Felicity Doe	f			0	912	0	0	912
517	tony gill	m	MV 50		0	0	912	0	912
518	Michael Clemmetsen	m	MV 50		912	0	0	0	912
519	Sam Goodall	m	MV 40		0	0	911	0	911
520	Scott Cattaneo	m	MV 40		0	911	0	0	911
521	Lewis Pearson	m			911	0	0	0	911

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
522	Paul Waldram	m	MV 40		910	0	0	0	910
523	Michael Worthington	m	MV 50		0	0	910	0	910
524	Gabby Le Geyt	f		Macclesfield Harriers	0	910	0	0	910
525	Fay Waldram	f	FV 40		909	0	0	0	909
526	Richard Slack	m	MV 50	Claremont Road Runners	0	909	0	0	909
527	Ben Houseman	m	MV 40		0	0	0	909	909
528	Austin Jarrett	m	MV 50	Dawn Jarrett	0	0	909	0	909
529	Tom Wright	m	MV 40		0	0	0	908	908
530	Ken Rayner	m	MV 50	Craven Energy	0	908	0	0	908
531	Ian Harrison	m	MV 40	Mikkler Running Club Liverpool	908	0	0	0	908
532	Dominique Boyle	f		Shaw Hill Runners	0	0	908	0	908
533	Raymond Riley	m	MV 40		0	0	0	907	907
534	Katherine Lafferty	f			0	0	907	0	907
535	Richard Kenyon	m	MV 40		0	0	906	0	906
536	Jo Dixon	f	FV 40		0	0	0	906	906
537	Catherine Jones	f	FV 60	Bolton Utd Harriers	906	0	0	0	906
538	Michelle Price	f			0	0	905	0	905
539	Chris March	m			0	0	0	905	905
540	Philip Woolgar	m	MV 50	Metres To Miles	904	0	0	0	904
541	James Chambers	m	MV 40	York Knavesmire Harriers	903	0	0	0	903
542	LUKE MCGOWAN	m			0	0	903	0	903
543	Carys McKenzie	f			0	903	0	0	903
544	Ryan Martindale	m			0	0	902	0	902
545	Michael Edge	m	MV 60	Wesham	902	0	0	0	902
546	Katrina Seymour	f	FV 40	SWRC	0	0	0	902	902
547	Gill Petrucci	f	FV 50		0	902	0	0	902
548	Neil Ward	m	MV 50	Ponteland Runners	901	0	0	0	901
549	Jenny Durkin	f			0	901	0	0	901
550	Chris Turner	m	MV 60	NYP Tri	0	0	901	0	901
551	Rachel May	f			900	0	0	0	900
552	Lauren Anderson	f	FV 40		0	900	0	0	900
553	Carly Harding	f	FV 40		0	0	0	900	900
554	Gareth Harding	m	MV 40		0	0	0	899	899
555	EDWARD FORSTER	m	MV 40		0	0	899	0	899
556	Anna McDonald	f			899	0	0	0	899
557	Mark Walker	m	MV 50	Rochdale Harriers and AC	898	0	0	0	898
558	Janette Rayton	f	FV 40	Red Rose Road Runners	0	898	0	0	898
559	Al Neal	m	MV 40		0	0	898	0	898
560	Michael Devlin	m	MV 40		0	897	0	0	897
561	Krista Voorham	f	FV 50		897	0	0	0	897
562	Hilary Neal	f	FV 40		0	0	897	0	897
563	Mark Cunliffe	m			0	896	0	0	896
564	Julian Clarke	m	MV 50		0	0	896	0	896
565	Jo Lewis	f	FV 50	Keighley And Craven Athlectics Clu	0	895	0	0	895
566	Sarah Morris	f	FV 50		0	0	893	0	893
567	Simon Taylor	m	MV 40		0	0	0	893	893
568	William Burkitt	m			893	0	0	0	893
569	Jonathan Clement	m			0	893	0	0	893
570	Robert Harper	m	MV 50	Yorkshire Wolds Runners	0	892	0	0	892
571	Vicky Russell	f	FV 50		0	0	0	892	892
572	Ryan Walker	m		Ramsbottom Running Club	892	0	0	0	892
573	Rob Copley	m			0	0	891	0	891
574	Jamie Lawson	m			891	0	0	0	891
575	Clair Priestley	f	FV 40		0	891	0	0	891
576	Laura Mingins	f			0	0	0	890	890
577	Greg Wells	m	MV 40		0	890	0	0	890
578	Daniel Hughes	m			890	0	0	0	890
579	Laura Tattersall	f	FV 40		0	889	0	0	889
580	Simon Robb	m			0	0	888	0	888
581	Emma Lynch	f			0	0	0	888	888
582	Ellie Simmonds	f		Hoad Hill Harriers	888	0	0	0	888
583	Andrew Tabern	m	MV 40		0	887	0	0	887
584	Nicola Waterworth	f	FV 40	Macclesfield Harriers	0	0	0	887	887
585	Andy Mellor	m	MV 40		0	0	887	0	887
586	Mikey Goodman	m			0	0	886	0	886
587	David Holliday	m	MV 50	DCH Run Club	886	0	0	0	886

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
588	Stephen Stuart	m	MV 50		0	0	885	0	885
589	Charlene Smith	f			0	885	0	0	885
590	Matthew McVey	m			884	0	0	0	884
591	Emma Graham	f	FV 40	St Bees Triers	0	884	0	0	884
592	Mike Collins	m	MV 50		883	0	0	0	883
593	Joe Sheils	m			0	0	883	0	883
594	Adam Smith	m			0	0	882	0	882
595	Richard Campbell	m	MV 40		0	0	0	882	882
596	Sam Akerstrom	m		Ramsbottom Running Club	882	0	0	0	882
597	Roxanna Abhari	f			0	0	0	881	881
598	John Greenall	m			881	0	0	0	881
599	Diane Carson	f	FV 60	Park View 4U Run Group	0	881	0	0	881
600	Tom Webster	m			0	880	0	0	880
601	Luca Bertinotto	m			0	0	0	880	880
602	Angela Ashcroft	f	FV 40		880	0	0	0	880
603	Andy Buckroyd	m	MV 50	Macclesfield Harriers	0	879	0	0	879
604	Hannah Caulfield	f	FV 40		0	0	0	879	879
605	Tom Willox	m		Helm Hill Runners	0	0	879	0	879
606	Kieran Kieran Myles	m	MV 40	Ramsbottom Running Club	879	0	0	0	879
607	Lyndon Levett	m	MV 50		0	0	878	0	878
608	Simon Mackenzie	m	MV 60		877	0	0	0	877
609	Niamh Richmond	f			0	0	0	877	877
610	Mikey Hanna	m		LBC Tractors	0	0	877	0	877
611	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	877	0	0	877
612	Laura Molyneux	f	FV 40		0	0	876	0	876
613	Simon Hawkyard	m	MV 60		876	0	0	0	876
614	Gary Cattermole	m	MV 50		0	876	0	0	876
615	Daniel Maltman	m	MV 40		0	875	0	0	875
616	Leeann Barber	f	FV 40	Keswick AC	875	0	0	0	875
617	Katie Stephens	f	FV 50		0	874	0	0	874
618	Decland Mernagh	m		LBC Tractors	0	0	874	0	874
619	Simon Brady	m	MV 40		0	0	873	0	873
620	Dorothy Pelly	f	FV 60	Ambleside Ac	0	873	0	0	873
621	Keith Ainslie	m	MV 50	Dumfries Harriers	873	0	0	0	873
622	Gordon Davies	m	MV 50	Vegan Runners	0	0	0	873	873
623	Natalie Ormerod	f	FV 40	Ramsbottom Running Club	872	0	0	0	872
624	Leticia Orford	f	FV 40	Warrington Running Club	0	872	0	0	872
625	Jonny Hughes	m			0	0	872	0	872
626	Richard Pennock	m	MV 50		0	0	0	871	871
627	Ewan Taylor	m		Victoria Park Running Club, Warringt	871	0	0	0	871
628	Tom Thomson	m	MV 40	Warrington Running Club	0	871	0	0	871
629	Rachael Shaw	f			0	0	869	0	869
630	Neil Moffat	m	MV 60	Dumfries Running Club	869	0	0	0	869
631	Clarice Gill	f			0	869	0	0	869
632	Siobhan Riley	f	FV 50		0	0	0	868	868
633	Rio Gill	f			0	868	0	0	868
634	Mel Steer	f	FV 50	Alnwick Harriers	868	0	0	0	868
635	Sam McGrath	m			867	0	0	0	867
636	Lucy Allaby	f			0	0	867	0	867
637	Owen David	m			0	866	0	0	866
638	Daniel Vaughan	m			866	0	0	0	866
639	Alex Green	m			0	0	0	866	866
640	Helen Palmer	f	FV 40		865	0	0	0	865
641	Kevin Webster	m			0	0	865	0	865
642	Rosie Walker	f			0	0	0	865	865
643	Andrew Fletcher	m	MV 60	North Bolton Runners	0	865	0	0	865
644	Chris Carruthers	m			0	0	864	0	864
645	Aude Peltier	f	FV 40		0	0	0	864	864
646	Ed Potter	m			863	0	0	0	863
647	Duncan Ross Russell	m	MV 50		0	0	863	0	863
648	Vic Wilson	f			861	0	0	0	861
649	Tim Kings	m	MV 50		0	0	861	0	861
650	Peter Ling	m	MV 50	-	0	861	0	0	861
651	David Bone	m	MV 60	Ealing Eagles Running Club	0	860	0	0	860
652	Catherine Speakman	f	FV 40	Settle Harriers	860	0	0	0	860
653	Callum Alderton	f			0	859	0	0	859

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
654	Jenny Ruscoe	f	FV 40		0	0	0	859	859
655	Darren Atkinson	m			0	0	859	0	859
656	Lloyd Allen	m	MV 50	Kirkstall Harriers	0	0	858	0	858
657	Chris Cox	m	MV 60		0	0	0	858	858
658	Michael Jordan	m			0	0	857	0	857
659	Lily Abel	f			0	857	0	0	857
660	Claire Purcell	f	FV 50	Red Kite Runners	0	0	0	857	857
661	Gail Hill	f	FV 50	Macclesfield Harrier & AC	0	856	0	0	856
662	Andy Carpenter	m	MV 50		0	0	856	0	856
663	Paul Dye	m	MV 50	St Bees Triers	0	855	0	0	855
664	Andrew Edwards	m	MV 40	East Fife Triathlon Club	855	0	0	0	855
665	Harry Hodgson	m			0	0	854	0	854
666	Stuart MCGURK	m	MV 60	Kendal	854	0	0	0	854
667	Andrea Wright	f	FV 50		0	854	0	0	854
668	Matt Brookes	m	MV 40	Ripon Runners	0	0	853	0	853
669	Michael Touhey	m	MV 40		853	0	0	0	853
670	Adam Hiles	m			0	0	0	853	853
671	Graeme Atkinson	m	MV 50		0	0	0	852	852
672	Michael Curry	m	MV 40		852	0	0	0	852
673	Jane Langham	f	FV 50	Smiley Paces	0	0	852	0	852
674	Mark Procter	m	MV 50	Sleaford striders	0	851	0	0	851
675	Carol Reid	f	FV 40	Valley Striders	0	0	851	0	851
676	Peter Tasker	m	MV 40	Prestwich Ac	0	850	0	0	850
677	Ruth Denham-Brown	f			850	0	0	0	850
678	Alex Kelly	m			0	0	850	0	850
679	Nigel Meier	m	MV 50	N/a	849	0	0	0	849
680	Michael Gregson	m	MV 60	Tri Preston	0	0	848	0	848
681	Mark Godden	m	MV 60	Macclesfield Harriers	0	848	0	0	848
682	Alexandra Mounsey	f		caster And Morecambe Athletics C	0	0	0	847	847
683	Michael Bowden	m	MV 40		846	0	0	0	846
684	Andrew Harrison	m	MV 50		0	846	0	0	846
685	Steven Reynolds	m	MV 40		0	845	0	0	845
686	kate Prior	f		Ilkley Harriers	0	0	845	0	845
687	Kate Corby	f	FV 40		0	844	0	0	844
688	Kay McGreevy	f	FV 50	BMF Glasgow	844	0	0	0	844
689	John McConnell	m	MV 50		0	0	844	0	844
690	Paul Dalby	m	MV 40		843	0	0	0	843
691	Nicola Hughes	f			0	0	843	0	843
692	Claire Kerridge	f			0	0	0	843	843
693	Susan Fletcher	f	FV 40	Astley & Tyldesley Road Runners	842	0	0	0	842
694	Lisa Funge	f	FV 40	Silverdale RC	0	842	0	0	842
695	Edward Cross	m	MV 40		0	0	842	0	842
696	Christopher Oakey	m	MV 40		0	0	0	842	842
697	Callum Clarke	m		Lone Ranger	841	0	0	0	841
698	Sarah Cassie	f	FV 40	Macclesfield Harriers	0	841	0	0	841
699	Kevin Brooks	m	MV 40	Black Combe Runners	0	0	841	0	841
700	James Pack	m			0	0	0	841	841
701	Richard Pack	m	MV 40		0	0	0	840	840
702	Rob England	m			839	0	0	0	839
703	Eleanor Gallon	f	FV 40	Kirkstall Harriers	0	0	839	0	839
704	Clare Thomas	f	FV 40		0	0	0	839	839
705	Steven Beahan	m	MV 50		0	0	838	0	838
706	Andrew Stevenson	m	MV 40		0	0	0	838	838
707	Grace Frost	f			0	0	0	837	837
708	Ben Mitchell	m	MV 40		837	0	0	0	837
709	Fiona Panes	f	FV 50		0	0	837	0	837
710	Sam Peet	m		St Bees Triers	0	0	0	836	836
711	Rebecca Shaw	f		Ilkley harriers	0	0	836	0	836
712	Pete Down	m	MV 50		836	0	0	0	836
713	Therese Sheehan	f		Kirkstall Harriers	0	0	835	0	835
714	Bryony Boutell	f		Garstang Running Club	0	835	0	0	835
715	Michael Harte	m	MV 50	Poynton Runners	0	0	834	0	834
716	Matthew Lewis	m	MV 40		0	834	0	0	834
717	Andi Herrick	f	FV 50	Smiley Paces	0	0	833	0	833
718	Gareth Hughes	m	MV 40		0	0	0	832	832
719	Dean Pallister	m	MV 50	Allithwaite Running Club	0	832	0	0	832

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
720	Angela Thompson	f	FV 50	Victoria Park Running Club	831	0	0	0	831
721	Hannah Hughes	f	FV 40		0	0	0	831	831
722	Emily Hart	f			0	0	831	0	831
723	Anna Fishpool	f	FV 50	Blackpool Freedom Runners	0	831	0	0	831
724	Ian Stainthorpe	m	MV 60	Rochdale Harriers	0	830	0	0	830
725	Matt Felton	m		Ramsbottom Running Club	830	0	0	0	830
726	Karen Stevens	f	FV 40	Smiley Paces	0	0	830	0	830
727	Gerard Rooney	m	MV 60		829	0	0	0	829
728	Rachel Blake	f	FV 40		0	829	0	0	829
729	Jonathan Davis	m	MV 40		0	0	829	0	829
730	Paul Bretherton	m	MV 50		0	0	828	0	828
731	Kerry Hallsworth	f	FV 40		0	828	0	0	828
732	Adrian Dixon	m	MV 50		827	0	0	0	827
733	Gillian Glynn	f	FV 50		0	0	827	0	827
734	Mikesh Udani	m			0	0	0	826	826
735	Debbie Torr	f	FV 40		0	0	825	0	825
736	Andy Davey	m	MV 50	Fitmums and Friends	825	0	0	0	825
737	Marek Majtyka	m	MV 40		0	0	824	0	824
738	Kristy Wonders	f	FV 40	North Shields Poly	823	0	0	0	823
739	Justin Gill	m	MV 50	Clayton-le-Moors Harriers	822	0	0	0	822
740	Louise Lowe	f		Craven Energy	0	0	0	822	822
741	Dan Bromley	m	MV 40		0	822	0	0	822
742	Helen Gomm	f	FV 40		0	0	0	821	821
743	Dean MCCLUSKEY	m			0	821	0	0	821
744	Chris Palfrey	m	MV 60		820	0	0	0	820
745	Catherine Charlton	f	FV 40		0	0	0	820	820
746	Michael Cummins	m	MV 50		0	0	0	819	819
747	Julie Graham	f	FV 60	Garstang	0	818	0	0	818
748	Steven Potter	m	MV 50		818	0	0	0	818
749	Matt Wright	m			0	0	818	0	818
750	Louise Chicken	f	FV 50	Tynedale Harriers	0	0	817	0	817
751	Donald Nichol	m	MV 60	ramsbottom running club	817	0	0	0	817
752	Alfie Greaves	m			0	817	0	0	817
753	Felicia Singleton	f	FV 50		816	0	0	0	816
754	Reuben Monaghan	m			0	816	0	0	816
755	Thomas Bateson	m		LBC Tractors	0	0	815	0	815
756	Linus Monaghan	m			0	815	0	0	815
757	Nicola Latimer	f	FV 50	Wigton Road Runners	0	814	0	0	814
758	Michelle Foulerton	f	FV 40		0	0	0	814	814
759	Laura Spencer	f	FV 40	Goodgym	0	0	814	0	814
760	Sam Hall	m			0	813	0	0	813
761	Stephen Lester	m	MV 60	Cumberland Fell Runners	813	0	0	0	813
762	Kate Lund	f	FV 40		0	0	0	813	813
763	Margaret Lupton	f	FV 50	Red Rose Road Runners	0	0	0	812	812
764	Jess MacDonald	f		Poynton Runners	0	812	0	0	812
765	Helen Thackray	f		Ramsbottom Running Club	812	0	0	0	812
766	Simon Eggleston	m	MV 50	South Shields Harrers	0	0	811	0	811
767	Hilary Royston-bishop	f		Derwent Athletic Club	811	0	0	0	811
768	Hannah Fletcher	f			0	0	0	810	810
769	Claire Allan	f		Dalston Caldew Runners	0	0	810	0	810
770	Anneke Crosby	f	FV 50	Red Rose Road Runners	0	810	0	0	810
771	Anne Macfarlane	f	FV 50	Dumfries Running Club	810	0	0	0	810
772	Peter Cross	m			0	0	0	809	809
773	Paul Kingan	m	MV 50		809	0	0	0	809
774	Ian Mckay	m	MV 50		0	0	809	0	809
775	Tim Jefferson	m	MV 60	Wigan Harriers	808	0	0	0	808
776	Nick Allan	m		Dalston Caldew Runners	0	0	808	0	808
777	Margaret Worbey	f	FV 40	Red Rose Runners	0	808	0	0	808
778	Emma Brown	f	FV 40		0	0	0	808	808
779	Nigel Burkitt	m	MV 60	Caistor Athletic club	807	0	0	0	807
780	Anne Cox	f	FV 50		0	0	0	806	806
781	Alison McGourty	f	FV 40	Smiley Paces	0	0	806	0	806
782	Gillian Nesbitt	f	FV 40	Abbey Runners	0	805	0	0	805
783	Rachel Parker	f	FV 40		804	0	0	0	804
784	Jenny Wroe	f	FV 40		0	0	0	804	804
785	Steve Rolls	m	MV 50		0	0	0	803	803

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
786	Dawn Chilton	f	FV 50		803	0	0	0	803
787	Holly Gilbertson	f			0	0	803	0	803
788	Mark Shorting	m	MV 40	North Shields Polytechnic AC	0	0	802	0	802
789	su hall	f	FV 40		0	0	0	802	802
790	Paul Hodgkin	m	MV 40		0	0	801	0	801
791	Laura Buchan	f	FV 40		801	0	0	0	801
792	Dominic Gilmour	m			0	801	0	0	801
793	Rosemary Giles	f			0	800	0	0	800
794	Chris Longhorn	m	MV 40	Team Longhorn	800	0	0	0	800
795	Victoria Pearman	f		Allithwaite Running Club	0	799	0	0	799
796	Jenny Jakeman	f		Team Inov-8	0	0	799	0	799
797	Michael Rogers	m	MV 40	None	0	0	798	0	798
798	Sally Conyers	f			798	0	0	0	798
799	Lana Roy	f	FV 40		0	798	0	0	798
800	Mike Payne	m	MV 50		0	797	0	0	797
801	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	0	0	797	0	797
802	John Brear	m	MV 50	Lymm Runners	797	0	0	0	797
803	Jennifer Lapping	f	FV 40	Jog On The Tyne	0	0	796	0	796
804	Tammy Skelton	f	FV 40		0	796	0	0	796
805	Rochelle Byron -keeler	f	FV 40		0	795	0	0	795
806	Michael Conway	m	MV 40		795	0	0	0	795
807	Claire Gilchrist	f			0	794	0	0	794
808	Kevin Hodgson	m	MV 50		0	0	0	794	794
809	Karl Lewis	m	MV 50	Tipton Harriers	794	0	0	0	794
810	Ben Melrose	m			0	793	0	0	793
811	Ian Lockhart	m	MV 40		0	0	793	0	793
812	Kathryn Holmes	f	FV 40	Bingley Harriers	0	792	0	0	792
813	Simon Cowling	m	MV 40		0	0	0	792	792
814	Rosie Peel	f			792	0	0	0	792
815	Stephanie Kay	f			0	791	0	0	791
816	Louise Liddle	f		Derwent Valley Runners	0	0	0	791	791
817	Julie Moore	f	FV 60	Wigan Harriers	791	0	0	0	791
818	Callum Hodgson	m			0	0	791	0	791
819	sharon martin	f	FV 40	St Helens striders	790	0	0	0	790
820	Nick Patterson	m			0	790	0	0	790
821	Catherine Doyle	f	FV 50		0	0	0	790	790
822	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers	788	0	0	0	788
823	Joanne Marsden	f	FV 50		0	0	788	0	788
824	Paul Abrams	m	MV 40		0	788	0	0	788
825	Amanda Fuller	f	FV 40	Blackpool Wyre & Fylde Ac	0	0	0	788	788
826	Simon Scarr	m	MV 50	BW&FAC	0	0	0	787	787
827	Ian Oakey	m	MV 50	Settle Harriers	0	787	0	0	787
828	Kate McCabe	f	FV 50		787	0	0	0	787
829	Rachel Gray	f			786	0	0	0	786
830	Philip Sturgess	m	MV 50		0	786	0	0	786
831	Sarah Temple	f	FV 40		785	0	0	0	785
832	Jerry Smith	m	MV 60	Chorlton Runners	0	785	0	0	785
833	martin walsh	m	MV 70	Bowland fell runners	0	784	0	0	784
834	Michael Bellwood	m			0	0	784	0	784
835	Beth Abbott	f			0	0	0	784	784
836	Phil Jones	m	MV 40		0	0	0	783	783
837	Michael Fetherstone	m	MV 60		783	0	0	0	783
838	Mike Lowes	m	MV 50	Saltwell Harriers	0	0	782	0	782
839	Jade Jackson	f	FV 40		782	0	0	0	782
840	Baljit Dhanda	m	MV 50	Ealing Eagles	0	782	0	0	782
841	Ruth Davey	f			781	0	0	0	781
842	Mary Hewitt	f	FV 60	Garstang RC	0	781	0	0	781
843	Peter Wallwork	m	MV 40		0	780	0	0	780
844	Dan Lewis	m	MV 40		0	0	780	0	780
845	Emma Clarke	f	FV 50		780	0	0	0	780
846	Sam Lewis	m			0	0	779	0	779
847	Jon Broome	m	MV 50	Achille Ratti	779	0	0	0	779
848	Hilary Coates	f	FV 40		0	0	0	779	779
849	John Heathcote	m	MV 60		0	778	0	0	778
850	Larrissa Penny	f			0	0	778	0	778
851	John Deakin	m	MV 40		0	0	0	778	778

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
852	Stuart Nicol	m	MV 40	Red Rose Road Runners	0	777	0	0	777
853	Harriet Burkitt	f			777	0	0	0	777
854	Garance Fourie	f			776	0	0	0	776
855	Simon Worbey	m	MV 40	Red Rose Road Runners	0	776	0	0	776
856	Matthew Hodson	m			0	0	776	0	776
857	Julian Egan	m	MV 50		775	0	0	0	775
858	Paul Coates	m	MV 50		0	0	0	775	775
859	Joe Gregson	m			0	0	775	0	775
860	Rebecca Byrne	f		St Bees Trier	0	0	774	0	774
861	Michael Nelson	m	MV 50	Razzer's	0	774	0	0	774
862	thomas brocklebank	m	MV 50		0	773	0	0	773
863	Louise Anderson	f	FV 50		0	0	773	0	773
864	Helen Jones	f			772	0	0	0	772
865	Fleur Roberts	f	FV 40	Smiley Paces	0	0	772	0	772
866	Emma Lomas	f			0	0	0	772	772
867	Craig Dudley	m	MV 50	N/a	0	772	0	0	772
868	Helen Young	f	FV 40	York Knavesmire Harriers	771	0	0	0	771
869	Sharon Barry	f	FV 50	Tri-lakeland	0	0	771	0	771
870	Robert Sheridan	m	MV 50		0	771	0	0	771
871	Gary Lomas	m	MV 50		0	0	0	771	771
872	Jo Dixon	f	FV 50	Blackpool Freedom Runners	0	0	0	770	770
873	Susan Taylor	f	FV 50		770	0	0	0	770
874	Sara Mcknight	f	FV 40	Saltwell Harriers	0	770	0	0	770
875	ALEXA WILCOCK	f			0	769	0	0	769
876	Alison Ormerod	f	FV 40		0	0	0	769	769
877	Christine Dewsbury	f	FV 40	Stockport Tri club	0	0	769	0	769
878	Alex Corby	f			769	0	0	0	769
879	Geb Hewlett	m	MV 40		0	768	0	0	768
880	Isabel Akerstrom	f		Ramsbottom Running Club	768	0	0	0	768
881	Charlotte Black	f	FV 40	Stockport Tri Club	0	0	768	0	768
882	Lynda Davenport	f	FV 40		0	767	0	0	767
883	Janet Grint	f	FV 40	Stockport tri	0	0	767	0	767
884	Hilary Burkitt	f	FV 60	Caistor AC	767	0	0	0	767
885	Elizabeth Thornton	f			0	766	0	0	766
886	Graham Schofield	m	MV 60	Chorley Harriers	766	0	0	0	766
887	Paula Lawson	f	FV 40		0	0	0	766	766
888	Emma Harris	f	FV 40		0	765	0	0	765
889	Georgina Gavins	f			0	0	765	0	765
890	Katarzyna Babinska	f			764	0	0	0	764
891	amy kirk	f			0	0	764	0	764
892	Pete Wareham	m	MV 50		0	763	0	0	763
893	Gogs Davies	m	MV 50	Vegan Runners UK	0	0	763	0	763
894	Elle Jervis-Xenou	f		DCH Run Club	763	0	0	0	763
895	David Cummins	m	MV 50		0	0	0	763	763
896	Jenn Mcdonough	f		Red Rose Road Runners	0	762	0	0	762
897	George Coldham	m		DCH Run Club	762	0	0	0	762
898	Nick Porter	m	MV 60		761	0	0	0	761
899	Judi Ingham	f	FV 50	Red rose road runners	0	761	0	0	761
900	Andrew Slatter	m			0	0	761	0	761
901	Jill Leader	f	FV 60		0	760	0	0	760
902	Leonie Hayler	f	FV 50	Tynedale Harriers	0	0	759	0	759
903	Rebecca Leahy	f		Women on the Run (Kendal)	0	0	758	0	758
904	David Palmer	m	MV 50		758	0	0	0	758
905	Sandra Cheveaux	f	FV 50		0	757	0	0	757
906	Phil Hockley	m		Prudhoe Plodder	757	0	0	0	757
907	Joanne Beahan	f	FV 50		0	0	756	0	756
908	Nadine Scaife	f	FV 50		0	0	0	755	755
909	Sam Dixon	f	FV 50		0	0	0	754	754
910	Richard Hanson	m	MV 50	Ramsbottom Running Club	754	0	0	0	754
911	Gill Pomfret	f	FV 50	Smiley Paces	0	0	754	0	754
912	Liz Bailey	f	FV 40	Garstang	0	753	0	0	753
913	Karen Wilson	f	FV 40		753	0	0	0	753
914	Elizabeth Watson	f	FV 50		0	0	0	753	753
915	Patrick Mclean	m	MV 40		752	0	0	0	752
916	Paul Thompson	m	MV 60	Hornsea Harriers	0	752	0	0	752
917	Tim Bray	m	MV 40		0	0	0	751	751

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
918	Michaela Rayner	f	FV 50	Craven Energy	0	750	0	0	750
919	Norma Forrester	f	FV 50	Knowsley Harrier	750	0	0	0	750
920	Michelle Davies	f	FV 40		0	749	0	0	749
921	Kate Morley	f			0	0	749	0	749
922	Nick Dollings	m	MV 40		748	0	0	0	748
923	Richard Caver	m	MV 70	Team	747	0	0	0	747
924	Clare Clarke	f	FV 50	10 caKers	0	0	747	0	747
925	Cath Livingstone	f	FV 50	Perth RR	0	747	0	0	747
926	Shirley Faichen	f	FV 60		746	0	0	0	746
927	Robin Livingstone	m	MV 60	Perth RR	0	746	0	0	746
928	Ray Foulkes	m	MV 50	Redcar Running Club	0	0	746	0	746
929	Martin Tilbury	m	MV 50		0	0	745	0	745
930	Sarah Clarke	f	FV 40	Ramsbottom Running Club	745	0	0	0	745
931	Frank Miller	m	MV 70	Garstang Rc	0	745	0	0	745
932	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	0	744	0	0	744
933	Emma Young	f			0	0	0	744	744
934	Susan Smerdon	f	FV 40	Widnes running club	0	743	0	0	743
935	Nadia Mckane	f			0	0	743	0	743
936	SIMON Hackett	m	MV 60	Lymm Runners	743	0	0	0	743
937	Matt Carter	m	MV 50		742	0	0	0	742
938	Janice Chruscht	f	FV 40	Airecentre Pacers	0	741	0	0	741
939	Becky Morris	f			0	0	0	741	741
940	Sarah Lund	f	FV 40		0	740	0	0	740
941	Jacqui Foster	f	FV 50	Craven Energy	739	0	0	0	739
942	Skye Sarahs	f		Dumfries Running Club	0	739	0	0	739
943	Jackie Frank	f	FV 40		0	0	0	739	739
944	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	738	0	0	0	738
945	Nicola Swann	f	FV 40	Otley A.C	0	738	0	0	738
946	Daisy Munn	f			0	0	738	0	738
947	Hannah Lupton	f	FV 40	Otley AC	0	737	0	0	737
948	Carmel Sullivan	f	FV 50	Wesham Road runners	737	0	0	0	737
949	Anton Mirafsari	m		Gateshead Harriers	0	0	737	0	737
950	James Watts	m			0	0	736	0	736
951	Amy Frost	f			0	0	0	736	736
952	Sally Lucas	f	FV 40		0	735	0	0	735
953	James Hetherington	m			735	0	0	0	735
954	Fiona Haigh	f	FV 50	Team Fi & B	0	0	734	0	734
955	Sophie Burlison	f			0	0	0	734	734
956	Philippa Tooms	f	FV 40		734	0	0	0	734
957	Leonie Bell	f	FV 40		0	0	733	0	733
958	Stuart Matthews	m	MV 50	FRA	733	0	0	0	733
959	Keith Burlison	m	MV 50		0	0	0	733	733
960	Neil Hawkes	m	MV 50		0	0	732	0	732
961	Sue Mackie	f	FV 50		0	0	0	732	732
962	Paul Zergi	m	MV 50	Barton & District Ac	732	0	0	0	732
963	Bex Carr	f	FV 40	N/a	0	732	0	0	732
964	Michael Harrison	m	MV 40		0	0	731	0	731
965	Karen Pope	f	FV 40		0	0	0	731	731
966	Emma Palmer	f	FV 50	Ramsbottom Runngng Club	731	0	0	0	731
967	Darran Carr	m	MV 40		0	731	0	0	731
968	Tumkeen Badulla	f			0	730	0	0	730
969	Steve Watson	m	MV 50		0	0	730	0	730
970	John Mercer	m	MV 60	Dunstable road runners	730	0	0	0	730
971	Judith Benson	f	FV 40		0	0	0	729	729
972	Gary Bigland	m	MV 40		0	0	729	0	729
973	Cat Mchugh	f	FV 40		729	0	0	0	729
974	Cathleen Casterton	f			0	0	728	0	728
975	Laura Anderson	f			0	0	0	728	728
976	Elise Norbury	f	FV 40		0	728	0	0	728
977	Lou Bland	f	FV 50		727	0	0	0	727
978	Rachel Blakely	f	FV 40		0	727	0	0	727
979	John Wilks	m	MV 50	Tri Lakeland	0	0	727	0	727
980	Amy Butler	f			0	0	0	727	727
981	Katie O'sullivan	f	FV 40		726	0	0	0	726
982	Rachel Bailey	f			0	0	726	0	726
983	Megan Butler	f			0	0	0	726	726

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
984	Alexander Sugden	m			0	726	0	0	726
985	Andrew Marsh	m		Leeds	0	725	0	0	725
986	Rebecca Ash	f	FV 40		725	0	0	0	725
987	Nicola Connal	f			724	0	0	0	724
988	Jackie Carruthers	f	FV 60		0	724	0	0	724
989	Peter Reed	m	MV 70	Northumberland Fell Runners	723	0	0	0	723
990	Rebecca White	f	FV 40	Ilkley Harriers	0	0	723	0	723
991	Leigh Warburton	f	FV 50		0	723	0	0	723
992	Martha Anderson-Taylor	f			722	0	0	0	722
993	Isabelle Read	f			721	0	0	0	721
994	James Bickerstaffe	m	MV 50	Lions Running Community	0	0	0	720	720
995	Ian Woodgate	m	MV 50	Manchester Tri Club	720	0	0	0	720
996	Graeme Tilbury	m	MV 40		0	719	0	0	719
997	Holly Arnold	f		Fellside Ladies	0	0	719	0	719
998	Casey Rust	f	FV 40		0	718	0	0	718
999	Anthony Boyle	m	MV 40		0	0	0	718	718
1000	Chris Ledson	f	FV 50		0	0	0	717	717
1001	Austin Heath	m	MV 50	N/A	0	717	0	0	717
1002	Tracy Rees-clarke	f	FV 50	Blackwater Valley Runners	0	0	0	716	716
1003	Deborah Lyons-gravett	f	FV 50		716	0	0	0	716
1004	Judith OKELY	f			0	0	0	715	715
1005	David Evans	m	MV 40		715	0	0	0	715
1006	Chris Yianni	m	MV 50		714	0	0	0	714
1007	Viv Sherry	f			0	713	0	0	713
1008	Howard Okely	m	MV 70		0	0	0	713	713
1009	Christopher D'Arcy	m	MV 50		0	0	713	0	713
1010	Catherine Ramsay	f	FV 40		713	0	0	0	713
1011	Frank Tippin	m	MV 60		712	0	0	0	712
1012	John Newton	m	MV 50		0	0	712	0	712
1013	Jo Rouse	f			0	712	0	0	712
1014	Jane Searle	f	FV 50		0	0	0	712	712
1015	Scot Riggans	m	MV 40		711	0	0	0	711
1016	Joanne Hawden	f	FV 50	Rothwell&district Harriers	0	711	0	0	711
1017	Richard Hollingworth	m	MV 40		710	0	0	0	710
1018	Lynne Metcalfe	f	FV 50	Oakwell RunFit	0	710	0	0	710
1019	Chris Green	m	MV 50		0	0	710	0	710
1020	Lee Clark	m	MV 40	Team Acf	0	0	709	0	709
1021	Ashley Loader	m			709	0	0	0	709
1022	Ross Singleton	m	MV 60		708	0	0	0	708
1023	Lucy Owens	f	FV 40	Stockton Striders	0	708	0	0	708
1024	Steve Douglas	m	MV 60		0	0	0	707	707
1025	Sophie Owens	f	FV 40	Stockton Striders	0	707	0	0	707
1026	Nicky Steels	f	FV 40	Keswick AC	0	0	707	0	707
1027	Stacy Dale	f	FV 40		0	706	0	0	706
1028	Karen Eckworth	f	FV 60	Alton Runners	0	0	0	706	706
1029	Malc Shipton	m	MV 70	Flying monk triathlon club	706	0	0	0	706
1030	Bridget Broadhurst	f	FV 60	Tynedale Harriers	705	0	0	0	705
1031	Adam Ralph	m			0	0	705	0	705
1032	Sarah Edwards	f	FV 40		0	704	0	0	704
1033	Fiona Little	f	FV 40		0	0	704	0	704
1034	Anthony Maxwell	m	MV 60	Lostock AC	0	0	703	0	703
1035	Rachel Summers	f	FV 50		0	0	0	703	703
1036	Cecilia Marsh	f	FV 40		703	0	0	0	703
1037	Mandy Burton	f	FV 50	Loftus & Whitby	0	703	0	0	703
1038	Stuart Arnold	m	MV 50		0	702	0	0	702
1039	Emma Thacker	f	FV 40		0	0	702	0	702
1040	Emma Brierley	f	FV 40		0	0	0	702	702
1041	Thomas Pick	m			0	701	0	0	701
1042	Dan Stolworthy	m			0	0	701	0	701
1043	Lisa Whetter	f	FV 40		0	700	0	0	700
1044	Sara Summers	f	FV 50		0	0	0	700	700
1045	Laura Disley	f	FV 40		700	0	0	0	700
1046	Hilary Graham	f	FV 60	Tynedale Harriers	699	0	0	0	699
1047	Mark Gill	m	MV 40		0	699	0	0	699
1048	Katie Cross	f	FV 40		0	0	0	699	699
1049	Aleksandra Atman	f	FV 40		0	698	0	0	698

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1050	Emma Seery	f	FV 40		0	0	0	698	698
1051	Susan Lowes	f	FV 50	Saltwell Harriers	0	0	697	0	697
1052	Emma Hadley	f	FV 40		0	697	0	0	697
1053	Jo Wilson	f	FV 40		697	0	0	0	697
1054	Fiona Pibworth	f			0	696	0	0	696
1055	Dawn Jarrett	f	FV 50		0	0	696	0	696
1056	Caroline Wither	f			696	0	0	0	696
1057	Mark Shaw	m	MV 50		0	0	0	695	695
1058	Andy Sheridan	m	MV 40		0	0	695	0	695
1059	Mary Ellen Entwistle	f	FV 50		695	0	0	0	695
1060	Roisin Lester	f	FV 40		0	695	0	0	695
1061	Chris Land	m	MV 50	Quakers	0	0	0	694	694
1062	Judith Dugdale	f	FV 40		694	0	0	0	694
1063	Helena Johnson	f			0	694	0	0	694
1064	Diane Wright	f	FV 50	Calder Valley Fell Runners	0	0	694	0	694
1065	Rebecca Hardacre	f			0	0	693	0	693
1066	Natasha Fell	f			693	0	0	0	693
1067	Jayne Dore	f	FV 50		0	0	0	693	693
1068	Helen Foster	f	FV 40		0	0	692	0	692
1069	Emily Dore	f			0	0	0	692	692
1070	Sharon Stones	f	FV 60		0	0	691	0	691
1071	Sarah Jackson	f	FV 40	Kendal AAC	0	691	0	0	691
1072	Emily Hudson	f	FV 40		0	0	690	0	690
1073	James Trace	m	MV 40	Biddulph Running Club	690	0	0	0	690
1074	Louise Stevens	f	FV 50		0	0	0	690	690
1075	Chris Price	m	MV 50	Kendal AAC	0	690	0	0	690
1076	Simon Jones	m	MV 50	Adderbury Running Club	0	689	0	0	689
1077	Ellie Krukowski	f	FV 40	St Bees Triers	689	0	0	0	689
1078	Caroline Morris-jones	f	FV 50	Adderbury Runners	0	688	0	0	688
1079	Philip Jones	m	MV 60		688	0	0	0	688
1080	John Irvine	m	MV 40		0	687	0	0	687
1081	Jack Youngs	m	MV 50		687	0	0	0	687
1082	Susan Hedley	f	FV 40		686	0	0	0	686
1083	Sam Hunt	f	FV 40		0	686	0	0	686
1084	Lotty Bradford	f	FV 40	Keswick AC	0	0	686	0	686
1085	Lesley Ross	f	FV 60		0	0	0	686	686
1086	Tony Priest	m	MV 50		685	0	0	0	685
1087	Claire Harvey	f	FV 50		0	685	0	0	685
1088	Chris Redfern	m	MV 50	Saltwell Harriers	0	0	0	685	685
1089	Gerry Garvey	m	MV 50	Muddy Boots Nursery	684	0	0	0	684
1090	Helen Mathews	f	FV 40		0	684	0	0	684
1091	Naomi Le Voi	f		Jag outdoors	0	0	684	0	684
1092	Melanie Haughan	f	FV 50	Suncity tri	0	0	0	684	684
1093	lisa MacDonald	f	FV 40		0	0	0	683	683
1094	Jodie Berry	f		RunTheWorldMcr	0	0	683	0	683
1095	Jennifer Deakin	f			683	0	0	0	683
1096	Anthony Marechal	m	MV 60		682	0	0	0	682
1097	Ken Haughan	m	MV 40	Suncity tri	0	0	0	682	682
1098	Lee Gothard	m	MV 40		681	0	0	0	681
1099	Fiona Lobban	f	FV 50		0	0	681	0	681
1100	Tamara Satchell	f			0	680	0	0	680
1101	darren hill	m			0	0	680	0	680
1102	Andrew Higgins	m	MV 50	Bollington Harriers	0	0	0	680	680
1103	Phillip Satchell	m	MV 60		0	679	0	0	679
1104	Jack Forshaw	m		TTC	0	0	679	0	679
1105	Becky Albrow	f			679	0	0	0	679
1106	Mark Taylor	m	MV 60		0	0	0	678	678
1107	Neil Sutcliffe	m	MV 60		0	678	0	0	678
1108	Rebecca Gregson	f		Tri Preston	0	0	678	0	678
1109	Helen Field	f	FV 40	Women on the run	678	0	0	0	678
1110	Marie Fallon	f	FV 60	Lonely Goat Running	0	677	0	0	677
1111	Jane Oakey	f			0	0	0	677	677
1112	Laura Wilson-bell	f			676	0	0	0	676
1113	Simon Forshaw	f	FV 50		0	0	675	0	675
1114	Richard Jones	m	MV 40	Ramsbottom Running Club	674	0	0	0	674
1115	Lyn Williamson	f	FV 50	Edinburgh Running Network	0	0	0	674	674

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1116	Kate Potter	f	FV 40		0	674	0	0	674
1117	Julia Guste	f			0	0	674	0	674
1118	Tamsin Greaves	f	FV 50		0	673	0	0	673
1119	Meg Daintith	f	FV 50	Warrington Runing Club	0	0	673	0	673
1120	Laura Tracey	f			0	0	0	673	673
1121	Rachel Clark	f	FV 50	Belper Harriers	0	0	672	0	672
1122	Liz Ryan	f	FV 50		671	0	0	0	671
1123	Jane Grantham	f	FV 40		0	0	0	671	671
1124	Hilary Cunningham	f			0	671	0	0	671
1125	Marjolein Smith	f	FV 40	No Drama Llamas Strava Club	0	670	0	0	670
1126	Angie Wright	f	FV 50	Smiley Paces	0	0	670	0	670
1127	Alex Neilson	m			670	0	0	0	670
1128	Lee Ford	m	MV 40	Ramsbottom Running Club	669	0	0	0	669
1129	Laura Miller	f	FV 40		0	669	0	0	669
1130	Asia Connor	f			0	668	0	0	668
1131	Fiona Hulley	f	FV 50	Smiley Paces	0	0	668	0	668
1132	Cheryl Chaffe	f	FV 50		0	0	0	668	668
1133	Anthony Cape	m	MV 40		668	0	0	0	668
1134	Rob Chaffe	m	MV 50		0	0	0	667	667
1135	Rachel Savage	f	FV 40		0	0	667	0	667
1136	Petra Palmer	f			666	0	0	0	666
1137	Lisa Riley	f	FV 40		0	0	0	666	666
1138	Kit Erlebach	m	MV 50	Durham City Harriers	0	0	666	0	666
1139	Mandy DYE	f	FV 50		0	0	665	0	665
1140	Julia Thornley	f	FV 50		0	0	0	665	665
1141	Jon Gilson	m	MV 50		665	0	0	0	665
1142	Vicky Johnston	f	FV 50	St Bees Triers	0	664	0	0	664
1143	Gerard Aston	m			664	0	0	0	664
1144	Elizabeth Gribbin	f			0	0	664	0	664
1145	Zoe Bridges	f	FV 50	Trail Running Association	663	0	0	0	663
1146	Alison Unsworth	f	FV 50		0	0	663	0	663
1147	Penny Green	f	FV 40		0	0	0	663	663
1148	Kirsty Pettit	f	FV 50	Keighley And Craven	0	663	0	0	663
1149	Mike Brock	m	MV 40		662	0	0	0	662
1150	Vicky Willett	f	FV 40	Sbc Plodders	0	662	0	0	662
1151	Jude Beckett	f	FV 40		0	0	0	662	662
1152	Charles Larsson	m	MV 50	Silverdale Tv	0	0	662	0	662
1153	Ian Glendenning	f	FV 50		0	0	661	0	661
1154	Carole Frost	f	FV 60	Orchard Eagles Running Club	661	0	0	0	661
1155	Sharon Jackson	f	FV 50		0	0	0	661	661
1156	Graham Hawden	m	MV 60	Rothwell & District Harriers	0	661	0	0	661
1157	Rosie Gard-Storry	f			660	0	0	0	660
1158	Lisa Ofarrell	f	FV 50		0	660	0	0	660
1159	Craig Booth	m	MV 50		0	0	659	0	659
1160	Ann-marie Fairclough	f	FV 50	Marple Runners	0	659	0	0	659
1161	Angela Nicholson	f	FV 50		0	0	0	659	659
1162	Robert Myatt	m	MV 50		658	0	0	0	658
1163	Marie Breeze	f	FV 40		0	0	0	658	658
1164	Sharon Langton	f	FV 60		657	0	0	0	657
1165	Robert Terry	m	MV 50	Belper Harriers	0	0	657	0	657
1166	Catherine Sunderland-Hughes	f	FV 50		0	0	656	0	656
1167	Jayne Southwell	f	FV 50		656	0	0	0	656
1168	Louise Street	f	FV 40		0	0	0	655	655
1169	Emily Morrow	f			0	0	655	0	655
1170	Peter Taylor	m	MV 40	Ramsbottom running club	654	0	0	0	654
1171	Jessica Wood	f			0	0	654	0	654
1172	Gayle Brandwood	f	FV 40	Fylde Coast Runners	0	654	0	0	654
1173	Stephen Penney	m	MV 50		0	0	0	653	653
1174	Karen Ashcroft	f	FV 40		0	0	653	0	653
1175	Dawn Baron	f	FV 50	Blackpool Freedom Runners	0	653	0	0	653
1176	Chris Byrne	m	MV 50		653	0	0	0	653
1177	Rebecca Dean	f	FV 40	Victoria Park Running Club	652	0	0	0	652
1178	NIKKI CRYER	f			0	0	652	0	652
1179	Caroline Rush	f	FV 50	Ealing Eagles Running Club	0	652	0	0	652
1180	Martyn Wigglesworth	m	MV 40		651	0	0	0	651
1181	Katie Battersby	f		Smiley Paces	0	0	651	0	651

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1182	Emma Penney	f	FV 50	This Mum Runs	0	0	0	651	651
1183	Sarah Dhanda	f	FV 50	Ealing Eagles	0	650	0	0	650
1184	Mark Hughes	m	MV 50		650	0	0	0	650
1185	Steve Webster	m	MV 60		0	649	0	0	649
1186	Debora Edwards	f	FV 50		0	0	0	649	649
1187	Natasha Sudds	f		Olney Running Club	0	648	0	0	648
1188	Lucy Price	f	FV 40		0	0	0	648	648
1189	Helyn McConnell	f	FV 50	SE Fitness	0	0	648	0	648
1190	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	647	0	0	647
1191	Phil Berry	m	MV 40	Skelmersdale Boundary Harriers	647	0	0	0	647
1192	Wayne Lee Farr	m	MV 50		646	0	0	0	646
1193	Chris Lane	m	MV 50		0	0	0	646	646
1194	Colin Copland	m	MV 60		645	0	0	0	645
1195	Karen Wilkinson	f	FV 50		0	0	0	645	645
1196	Carol Robinson	f	FV 40		0	0	644	0	644
1197	Jill Gregg	f	FV 40	Parbold Pink Panthers	0	0	643	0	643
1198	Viv Samuelson	f	FV 40		0	0	0	641	641
1199	Joanne Battersby	f	FV 50	Steel City Striders	0	0	641	0	641
1200	Jacinta Kirwan	f	FV 50		640	0	0	0	640
1201	Heather Taylor	f	FV 40	Wearside Triathlon	0	0	639	0	639
1202	Christina Walker	f	FV 40		639	0	0	0	639
1203	Pat Wyke	f	FV 60	Run in Wirral	0	0	0	638	638
1204	Bob Preston	m	MV 50		0	0	638	0	638
1205	Claire Palmer	f	FV 60		637	0	0	0	637
1206	Helen Little	f	FV 40	U/a High Harrington, Cumbria	635	0	0	0	635
1207	Sean MCGleenan	m	MV 60	Dumfries Running Club	634	0	0	0	634
1208	Nick Pape	m	MV 50	Hermitage Harriers	0	0	634	0	634
1209	Darren Eccles	m	MV 40		0	0	633	0	633
1210	Mark Grimes	m	MV 50	Victoria Park Running Club	633	0	0	0	633
1211	Parish Minton	f		10cakers	0	0	632	0	632
1212	Linda Field	f	FV 50		0	0	631	0	631
1213	Rachel Davey	f		Pudsey Runners	630	0	0	0	630
1214	Val Houghton	f	FV 50		0	0	629	0	629
1215	Kate Davey	f	FV 50	Fitmums and Friends	629	0	0	0	629
1216	Mel Simmonds	f	FV 40	Hoad Hill Harriers	628	0	0	0	628
1217	Jane Davies	f	FV 50		0	0	628	0	628
1218	Dorothy Stirling	f	FV 50	Hoad Hill Harriers	627	0	0	0	627
1219	Stuart Bond	m			0	0	626	0	626
1220	Steve Parkes	m	MV 60		626	0	0	0	626
1221	Susanne PETERS	f	FV 50	Cadencetri	625	0	0	0	625
1222	Andrew Turnbull	m	MV 40	St Bees Triers	0	0	624	0	624
1223	Liz Handford	f	FV 50		624	0	0	0	624
1224	Jo Ormerod	f	FV 40		623	0	0	0	623
1225	Dan May	m			0	0	623	0	623
1226	Sandra Hutchinson	f	FV 50		622	0	0	0	622
1227	Kirstie May	f			0	0	622	0	622
1228	Sandy Petrie	m	MV 70		0	0	621	0	621
1229	Penny Palfrey	f	FV 60		621	0	0	0	621
1230	Jenni Lynn	f		Bodyfit Running Club	620	0	0	0	620
1231	Kathryn Green	f	FV 50		0	0	619	0	619
1232	Tom Large	m	MV 40		617	0	0	0	617
1233	Kate Stolworthy	f			0	0	616	0	616
1234	Sarah Wrightson	f	FV 40		616	0	0	0	616
1235	Penny Pullinger	f	FV 60	Harleston Running Club	615	0	0	0	615
1236	Gareth Preece	m	MV 40		614	0	0	0	614
1237	Kirsty Martindale	f	FV 50	Women On The Run	0	0	613	0	613
1238	Rachel Chester	f	FV 50	Wymondham Athletic Club	612	0	0	0	612
1239	Michael Matthews	m			0	0	612	0	612
1240	Tracy Berry	f	FV 40		611	0	0	0	611
1241	Clare Moody	f	FV 40	Smiley Paces	0	0	611	0	611
1242	Frazer Ramsay	m	MV 40		610	0	0	0	610
1243	Al Large	f	FV 40		609	0	0	0	609
1244	Catherine Vaneris	f	FV 40		608	0	0	0	608
1245	Jennifer Pugh	f	FV 40		0	0	608	0	608
1246	Sarah Chalmers	f	FV 50		607	0	0	0	607
1247	Colin Hill	m			0	0	607	0	607

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1248	Lesley Jones	f	FV 60		606	0	0	0	606
1249	Sharon Duthie	f	FV 50		0	0	606	0	606
1250	Lynne Terry	f	FV 50		0	0	605	0	605
1251	Kelly Savage	f	FV 40	Prestwich Athletics Club	605	0	0	0	605
1252	Tricia Griffiths	f	FV 60		0	0	602	0	602
1253	Eveline Larisch	f	FV 40	n Erdinger Alkoholfrei Lg Oerlingha	602	0	0	0	602
1254	Tassilo Pech-larisch	m	MV 50	Turbine Tönsberg	601	0	0	0	601
1255	Russ Kelly	m	MV 50	Redcar Running Club	0	0	601	0	601
1256	Sarah Wilding	f	FV 40		0	0	600	0	600
1257	Jeannie Wilde	f	FV 50	Redcar Running Club	597	0	0	0	597
1258	Helen Honeyman	f	FV 60		596	0	0	0	596
1259	Sheila Tose	f	FV 50		595	0	0	0	595
1260	Jane Nicholson	f	FV 60		594	0	0	0	594
1261	Chris Probert	m	MV 60	Penny Lane Striders	0	0	594	0	594
1262	Richard Quine	m	MV 50		0	0	593	0	593
1263	Kathryn Abbott	f	FV 50	Red Rose Road Runners	0	0	592	0	592
1264	Karen Blackley	f	FV 50		592	0	0	0	592
1265	Sam Davis	m			0	0	591	0	591
1266	Kinga Fekete	f	FV 40		591	0	0	0	591
1267	Sam Askey	f	FV 40		590	0	0	0	590
1268	Elizabeth Bailey	f	FV 40	Garstang Running Club	0	0	590	0	590
1269	Julie Spencer	f	FV 50		588	0	0	0	588
1270	Amanda Walsh	f	FV 50		0	0	588	0	588
1271	Alexandra Miron	f			587	0	0	0	587
1272	Joanne Heron	f	FV 50		0	0	587	0	587
1273	Shevonne McLarnon	f	FV 40	Kirkstall Harriers	0	0	586	0	586
1274	Rachel Norman	f	FV 40		586	0	0	0	586
1275	Beverley Walker	f	FV 40	Ramsbottom Running Club	585	0	0	0	585
1276	Laura Leitch	f			0	0	584	0	584
1277	Greg Boyle	m	MV 50		584	0	0	0	584
1278	Charles Ellis	m			583	0	0	0	583
1279	Andrew Gibson	m	MV 50		582	0	0	0	582
1280	Marie Walker	f	FV 50	Sedgefield Harriers	0	0	581	0	581
1281	Lynne Midgley-ward	f	FV 50	Ponteland Runners	580	0	0	0	580
1282	Laura Brear	f	FV 50	Lymm Runners	579	0	0	0	579
1283	Jules Telford	f	FV 60		578	0	0	0	578
1284	Hannah Coupe	f	FV 40		0	0	577	0	577
1285	Clair Bonner	f	FV 50		577	0	0	0	577
1286	Caitlin Johnston	f		Hoad Hill Harriers	576	0	0	0	576
1287	Charlotte Casson	f			0	0	576	0	576
1288	Robin Johnston	m			575	0	0	0	575
1289	Jennifer Burtonwood	f	FV 50	ckpool Wyre And Fylde Athletics C	0	0	575	0	575
1290	Daniel Small	m			0	0	572	0	572
1291	Nicola Whitfield	f			0	0	571	0	571
1292	Branwell Spencer	m	MV 50		571	0	0	0	571
1293	Malcolm Adams	m	MV 70	Poynton Runners	0	0	570	0	570
1294	Helen Craven	f	FV 50		569	0	0	0	569
1295	Zena Cassels	f	FV 40	Women on the run	0	0	567	0	567
1296	Elizabeth Mitchell	f	FV 50		565	0	0	0	565
1297	Stuart Adamson	m	MV 60		564	0	0	0	564
1298	Carol Forster	f	FV 50		563	0	0	0	563
1299	Gary Anderson	m	MV 50		0	0	562	0	562
1300	Susie Ward	f	FV 50		561	0	0	0	561
1301	Tiffany Mccullough	f			0	0	560	0	560
1302	Caroline Ellis	f	FV 50		560	0	0	0	560
1303	Suzannah Dykes	f	FV 50	Formby Stormers	559	0	0	0	559
1304	David Munday	m	MV 50		0	0	559	0	559
1305	Alison Webster	f	FV 50		558	0	0	0	558
1306	Alison Ford	f	FV 50	SE Fitness	0	0	558	0	558
1307	Katie Learman	f	FV 50		0	0	557	0	557
1308	Emma Weisblatt	f	FV 50		557	0	0	0	557
1309	Deborah Lowther	f	FV 60		556	0	0	0	556
1310	Anna Russell	f	FV 40		555	0	0	0	555
1311	Elizabeth Ross	f	FV 40		554	0	0	0	554
1312	Mandy Beard	f	FV 50	Invictus Triathlon Club	553	0	0	0	553
1313	David Eatough	m	MV 50		0	0	553	0	553

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1314	Dave Cope	m	MV 70		552	0	0	0	552
1315	John Cunningham	m	MV 50	Davenport Runners	0	0	552	0	552
1316	Karen Cherry	f	FV 50	Middleton Harriers	550	0	0	0	550
1317	Carole Wood	f	FV 60		549	0	0	0	549
1318	Wyn Clayton	f	FV 70	Women On The Run	548	0	0	0	548
1319	Rachel Bellwood	f		N/A	0	0	548	0	548
1320	Roberta Whyte	f	FV 60	Linlithgow Athletic Club	547	0	0	0	547
1321	Kati Wood	f		Lancaster Runners	0	0	547	0	547
1322	Diane Cawley	f	FV 40		0	0	546	0	546
1323	John Hall	m	MV 60	Ramsbottom running club	544	0	0	0	544
1324	Joanne Slinger	f	FV 40		0	0	543	0	543
1325	Kate Broome	f	FV 50	Achille Ratti	543	0	0	0	543
1326	Kirstie Whyatt	f	FV 40		0	0	542	0	542
1327	Sally Mountford	f			542	0	0	0	542
1328	Sarah Berry	f	FV 40	Blackhill Bounders	541	0	0	0	541
1329	Andrea Howarth	f			0	0	541	0	541
1330	Vish Parekh	m	MV 40		0	0	540	0	540
1331	Tricia Collins	f	FV 70		540	0	0	0	540
1332	Stephen Byrne	m	MV 60		539	0	0	0	539
1333	Chris Lee	m			0	0	539	0	539
1334	Lisa Dainty	f	FV 50		538	0	0	0	538
1335	Abigail Jardine	f	FV 40	Eden Runners	0	0	538	0	538
1336	Richard Dunn	m	MV 40		537	0	0	0	537
1337	Helen Lyon	f			0	0	536	0	536
1338	Diane Ford	f	FV 40	Ramsbottom Running Club	536	0	0	0	536
1339	Gabrielle Wenham	f		Parbold Pink Panthers	0	0	535	0	535
1340	Andrea Sidebottom	f	FV 60	Ramsbottom Running Club	535	0	0	0	535
1341	Sandra Powers	f	FV 60	Ramsbottom Running Club	534	0	0	0	534
1342	Fiona Petrie	f	FV 60		0	0	534	0	534
1343	Gillian Owen	f	FV 60		533	0	0	0	533
1344	Jen Dale	f			532	0	0	0	532
1345	Rhian Broomhead	f	FV 40		0	0	532	0	532
1346	Tim Ford	m	MV 50		0	0	531	0	531
1347	Jane Malcolm	f	FV 50	Jogscotland	531	0	0	0	531
1348	Hazel Russell	f	FV 50	Ripon Runners	530	0	0	0	530
1349	Genna Robb	f			0	0	530	0	530
1350	Yvonne O'malley	f	FV 40	Jogscotland Penicuik	529	0	0	0	529
1351	Eric Smart	m	MV 60	North East Vets	528	0	0	0	528
1352	Annie Rawlinson	f	FV 50		527	0	0	0	527
1353	Beth Casserley	f			524	0	0	0	524
1354	Wayne Fox	m		St. Bees Triers	523	0	0	0	523
1355	Luke Bell	m			0	0	523	0	523
1356	Nicola Fox	f		St. Bees Triers	522	0	0	0	522
1357	Faye Cox	f			0	0	522	0	522
1358	Michael Leahy	m	MV 70		0	0	520	0	520
1359	Jean Ann Wilde	f	FV 50		0	0	517	0	517
1360	Anthony Brewis	m	MV 40		0	0	514	0	514
1361	Sheila Maxwell	f	FV 60	Lostock AC	0	0	513	0	513
1362	Maxine Grimshaw	f	FV 60	RED Community	0	0	511	0	511
1363	Martin Duffy	m	MV 40		0	0	510	0	510
1364	Tabitha Stanmore	f			0	0	507	0	507
1365	Suze Rickard	f			0	0	506	0	506
1366	Sorcha Hodgson	f			0	0	505	0	505
1367	Paula Byrne	f	FV 60		0	0	504	0	504
1368	Tony Pilkington	m	MV 60	MV65	0	0	503	0	503
1369	Laura Pilkington	f			0	0	502	0	502
1370	Sarah Erlebach	f	FV 50	Mums on the Run	0	0	499	0	499
1371	Richard Payne	m	MV 60	Quakers Running Club	0	0	496	0	496
1372	Claire St John	f	FV 40	KPOOL WYRE & FYLDE ATHLETICS	0	0	495	0	495
1373	Jez Makin	m	MV 50	Darlington Harriers & AC	0	0	494	0	494
1374	Lynne Hardwick	f	FV 40		0	0	493	0	493
1375	Jonathan Clubb	m	MV 40		0	0	492	0	492
1376	Chloe Slee	f		Goodgym Race Team	0	0	491	0	491
1377	Sarah Bowden	f	FV 40		0	0	488	0	488
1378	Marie Clay	f	FV 40	N/a	0	0	487	0	487
1379	Deborah Williams	f	FV 40	Jog On The Tyne	0	0	486	0	486

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1380	Claire Knowles	f	FV 40	Jog On The Tyne	0	0	485	0	485
1381	Marie Guttridge	f	FV 40		0	0	483	0	483
1382	John Harrington	m			0	0	482	0	482
1383	Michael Kirkham	m	MV 50	Tri Rivington	0	0	481	0	481
1384	Eleanor Forshaw	f			0	0	480	0	480
1385	Wendy Hope	f	FV 40	Blackpool Fylde & Wyre AC	0	0	479	0	479
1386	Rowan Luck	f	FV 40	Woodthorpe Huffers & Puffers	0	0	475	0	475
1387	Debbie Crouch	f	FV 50	Woodthorpe Huffers & Puffers	0	0	474	0	474
1388	Lucy Glendenning	f	FV 50		0	0	472	0	472
1389	Kiera Glendenning	f			0	0	471	0	471
1390	Amanda Forbes	f	FV 60		0	0	467	0	467
1391	Donna Thorpe	f	FV 40		0	0	466	0	466
1392	Al Marron	f	FV 40		0	0	465	0	465
1393	Maree Barugh	f	FV 40		0	0	464	0	464
1394	Sarah Baird	f			0	0	463	0	463
1395	Elaine Hudson	f	FV 40		0	0	462	0	462
1396	Beverley Miller	f	FV 60	Hyde Park harriers	0	0	461	0	461
1397	Helen Dutton	f			0	0	460	0	460
1398	Helen Greenhalgh	f	FV 40	Wesham Road Runners	0	0	459	0	459
1399	Samantha Tinsdale	f	FV 40		0	0	457	0	457
1400	Anne Gash	f	FV 50		0	0	456	0	456
1401	Charntel Clark	f			0	0	455	0	455
1402	Megan Skelhorn	f			0	0	453	0	453
1403	Andy Skelhorn	m	MV 60		0	0	452	0	452
1404	Gillian Kelly	f	FV 40	St. Helens Sutton	0	0	451	0	451
1405	Paul Kelly	m	MV 40		0	0	450	0	450
1406	Katie Lee	f			0	0	448	0	448
1407	Caroline Rixon	f	FV 60		0	0	446	0	446
1408	Jeanette McCormack	f	FV 60		0	0	445	0	445
1409	Marie Caveen	f	FV 70		0	0	444	0	444