



Lakeland Trails 2022 'Best of 3' Series Championships - 14-18k Trail Run



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1	Jonathan Cox	m		Eden Runners	0	1000	0	0	1000	0	1000	1000	3000
2	Lewis Bowness	m			0	998	996	0	999	0	0	0	2993
3	Ted Leahy	m	MV 40	Ripon Runners	995	994	0	0	0	0	996	0	2985
4	Steve Paterson	m	MV 50		0	983	989	997	989	991	988	996	2984
5	David Walker	m	MV 50	Sedgefield Harriers	988	0	0	996	0	0	975	0	2959
6	Tom Shaw	m		North Endurance	971	966	986	0	986	0	977	0	2949
7	Mike Allison	m	MV 60	Eden Runners	969	973	0	0	0	989	0	972	2934
8	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	959	965	977	0	972	977	969	973	2927
9	James Grinbergs	m	MV 40	Eden Runners	956	945	958	0	907	982	962	980	2924
10	Liam Graham	m			0	959	0	0	980	980	0	0	2919
11	Gary Southwell	m	MV 50		976	976	0	0	961	0	0	0	2913
12	Graham Coupe	m	MV 50	Wirral Vikings Trc	0	0	949	0	0	0	966	976	2891
13	John Bohan	m	MV 40		933	961	0	995	0	0	0	0	2889
14	Tom Silver	m		Chorlton Runners	960	947	0	0	0	968	0	0	2875
15	Josh Comley	m	MV 40		0	956	0	0	964	951	0	0	2871
16	Neil Ward	m	MV 50	Ponteland Runners	944	951	0	971	901	0	0	0	2866
17	Lewis Thomas	m	MV 50		0	911	0	979	0	0	0	970	2860
18	Neil Ainsworth	m	MV 50		859	877	0	0	930	945	0	984	2859
19	Andrew Stuart	m	MV 50		0	0	863	0	946	969	935	0	2850
20	Mark Blundell	m	MV 60	Edge Pistols	0	0	0	982	919	942	0	0	2843
21	Paul Morris	m	MV 60	Keswick AC	935	0	0	0	0	960	924	947	2842
22	Matthew Croughan	m	MV 40	Meltham AC	888	919	935	0	0	0	930	968	2833
23	Bruce Penhale	m	MV 60		913	0	948	0	947	0	0	0	2808
24	David Sargent	m			0	0	943	0	924	0	890	940	2807
25	Chris Davies	m	MV 40	Team inov-8	838	859	927	0	942	936	800	904	2805
26	Glenn Boulter	m	MV 40	Glaxo Hoad Hill Harriers	0	909	942	0	951	0	0	0	2802
27	Jonathan Goldsworthy	m	MV 40		919	957	0	0	0	0	918	0	2794
28	Sara Lewis	f		Meltham Ac	910	0	0	0	0	0	928	941	2779
29	David Connolly	m	MV 40		917	930	0	0	932	0	0	0	2779
30	Stuart Taylor	m	MV 50		0	918	0	0	928	0	929	0	2775

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
31	LIAM MCDONNELL	m	MV 40	SOUTHPORT	831	818	939	0	896	0	0	929	2764
32	Ian Croft	m	MV 50	Red Rose Road Runners	879	897	0	0	0	950	900	835	2747
33	Simon Brady	m	MV 40		946	926	0	0	0	0	873	0	2745
34	David Tittensor	m	MV 50	Wigan harriers a/c	0	0	0	0	933	927	884	0	2744
35	Jon Green	m	MV 50		903	893	0	0	934	0	0	0	2730
36	John Gray	m	MV 50	Meltham Ac	863	903	0	0	0	0	889	937	2729
37	Adam Smith	m			0	0	876	967	0	0	882	0	2725
38	Howard Rand	m	MV 40		782	0	887	939	0	0	807	898	2724
39	Lee Marks	m	MV 40	Salford met ac	0	898	0	0	0	937	881	0	2716
40	Ian Davenport	m	MV 50		774	815	853	947	834	870	785	891	2708
41	Alan Parker	m	MV 50		876	874	898	0	858	922	0	0	2696
42	Gary Smith	m	MV 40		0	890	0	0	878	916	860	0	2684
43	Simon Lobas	m	MV 40		0	907	0	0	894	824	880	0	2681
44	Joanna Fitch	f			0	0	879	0	840	899	783	903	2681
45	Jon Meeten	m	MV 50		667	620	0	925	838	0	0	910	2673
46	Darren Horobin	m	MV 40		0	943	0	0	848	0	871	0	2662
47	Mark Walker	m	MV 50	Rochdale Harriers and AC	894	869	0	0	898	0	0	0	2661
48	James Crossan	m			0	774	0	0	0	961	925	0	2660
49	Terry Moss	m	MV 50		897	482	0	0	864	0	849	884	2645
50	David Pattison	m	MV 50		0	0	909	0	778	0	0	952	2639
51	Sandra Connell	f	FV 60		795	825	867	0	857	904	789	862	2633
52	Darren Gillman	m	MV 50	Todmorden Harriers	847	0	642	0	847	907	826	642	2601
53	Matt Brookes	m	MV 40	Ripon Runners	860	876	0	0	0	0	853	0	2589
54	Phil Horner	m	MV 40	Garstang RC	806	828	0	0	0	905	847	0	2580
55	Joseph Matthews	m			804	0	0	0	859	0	0	917	2580
56	Roy Young	m	MV 40	North Shields Poly	674	0	0	964	938	0	0	0	2576
57	Owen Lewis	m	MV 40	Independent	759	835	0	0	0	888	787	848	2571
58	Neil Pomfret	m	MV 50	Ilkley Harriers	836	843	0	890	0	0	0	0	2569
59	Laura Owen	f		Warrington Running Club	790	0	0	0	0	0	846	924	2560
60	Tim Farron	m	MV 50	Dallam Runners	0	703	828	0	0	858	0	849	2535
61	Andy Buckroyd	m	MV 50	Macclesfield Harriers	0	799	857	0	0	879	0	0	2535
62	Jayne Ashe	f			850	0	0	0	0	0	786	897	2533
63	Catherine Mitchell	f	FV 40		737	0	0	0	889	906	0	0	2532
64	Pete Lashley	m	MV 50		798	836	0	0	828	867	0	0	2531
65	Callum Clarke	m		Lone Ranger	744	0	0	932	841	0	0	0	2517
66	James Morris	m	MV 40		785	0	0	0	0	825	805	885	2515
67	David Miller	m	MV 60	Chorley A. & T.	800	0	862	0	0	852	748	0	2514
68	Robert Harper	m	MV 50	Yorkshire Wolds Runners	0	783	836	0	0	892	0	0	2511

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
69	Julie Cook	f	FV 50	Tynedale Harriers	0	0	837	0	0	0	804	870	2511
70	Jen Moss	f		HI Runners	0	0	0	0	0	917	725	867	2509
71	Michael Welsh	m	MV 50		0	764	845	0	0	789	0	863	2497
72	Katie Samuelson	f	FV 40	Todmorden Harriers	753	810	820	0	799	863	685	640	2493
73	Kev Kendal	m	MV 50	Howgill Harriers	756	773	0	0	774	836	781	875	2492
74	Neil Brooks	m	MV 50		637	782	0	0	793	864	742	830	2487
75	Paul Mackey	m	MV 40	Manchester Muckers RC	0	767	0	0	0	878	822	0	2467
76	Tim Castelyn	m	MV 40		0	796	0	0	0	819	0	850	2465
77	Tony Priest	m	MV 50		772	761	0	924	685	0	0	0	2457
78	Helen Jones	f			852	832	0	0	772	0	0	0	2456
79	Cathleen Casterton	f			0	786	0	934	0	0	728	0	2448
80	Ross Kirby	m	MV 40		0	681	803	0	736	783	721	856	2442
81	Andrew Hollowbread	m	MV 50		724	772	822	0	760	838	741	782	2442
82	Jane Mellor	f	FV 40		698	0	826	917	0	0	0	0	2441
83	Glyn Williams	m	MV 50	Prestwich AC	830	802	0	0	806	0	752	0	2438
84	Jill Reed	f	FV 50		587	710	624	907	698	804	636	0	2421
85	Allen Smith	m	MV 60	Buckley RR	781	0	0	0	819	0	819	0	2419
86	Ceri Nicholas	f	FV 50	Buckley RR	780	0	0	0	821	0	816	0	2417
87	Mike Lowes	m	MV 50	Saltwell Harriers	812	812	0	0	0	0	782	0	2406
88	Anna Holmes-Rand	f			626	0	745	881	0	0	637	777	2403
89	Richard Pennock	m	MV 50		0	749	781	0	0	0	0	871	2401
90	John Wiggans	m	MV 50	Red Rose Road Runners	0	775	0	0	0	849	777	0	2401
91	Nic Holmes	f	FV 40		479	0	743	880	0	0	527	776	2399
92	Bernice Blundell	f	FV 50	Edge Pistols	0	0	0	874	704	820	0	0	2398
93	Paul Haydon	m	MV 50	F.r.a.	721	0	0	0	0	843	711	811	2375
94	Katy Lewis	f	FV 50		590	641	737	0	856	759	625	760	2375
95	Matt Herd	m	MV 40		0	0	0	0	707	779	0	883	2369
96	Lee Latham	m	MV 40	Victoria Park Running Club	769	853	0	0	0	0	569	743	2365
97	Elaine Shepherd	f	FV 50		0	0	790	0	756	811	0	0	2357
98	Sally Wade	f	FV 60	Run York Plus	658	0	0	0	815	882	0	0	2355
99	Owen Davies	m	MV 70		0	0	0	0	0	823	699	828	2350
100	Neil Venables	m	MV 60		0	777	0	0	0	0	740	827	2344
101	David Ellicott	m	MV 40	Askern District RC	632	0	0	0	784	803	580	752	2339
102	Peter Reed	m	MV 70	Northumberland Fell Runners	654	679	724	886	723	0	0	0	2333
103	Alan Jones	m	MV 60	Garstang Running Club	664	537	0	0	805	862	0	0	2331
104	Mark Shaw	m	MV 50		494	0	768	863	0	0	0	695	2326
105	Julian Egan	m	MV 50		695	753	791	0	775	0	0	0	2319
106	Garance Fourie	f			697	0	844	0	776	0	0	0	2317

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
107	Ben Melrose	m			623	0	0	898	0	793	0	0	2314
108	Sarah Nutt	f	FV 40		751	0	0	0	789	0	751	773	2313
109	Carl Wild	m	MV 40		621	0	779	911	0	0	0	0	2311
110	Wendy Birkett	f	FV 60		738	0	0	0	845	0	722	0	2305
111	Alicia Croft	f	FV 50	Red Rose Road Runners	541	655	0	0	0	809	630	834	2298
112	Luke Watkins	m			636	683	732	0	0	755	0	807	2294
113	J Graham Smith	m	MV 50		0	0	0	837	0	756	0	696	2289
114	Nigel Meier	m	MV 50	N/a	634	665	772	0	849	0	0	0	2286
115	Daniel Maltman	m	MV 40		0	611	800	0	0	875	0	0	2286
116	Mirjam Kallis	f		inov-8	736	702	847	0	0	0	0	0	2285
117	Martin Tilbury	m	MV 50		700	0	835	0	0	0	745	0	2280
118	Andrew Connor	m	MV 50		596	682	0	915	680	667	0	0	2277
119	Roger Grimble	m			0	0	708	0	0	0	610	955	2273
120	Paul Roche	m	MV 60		635	0	0	0	796	837	0	0	2268
121	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	0	671	0	0	0	0	760	823	2254
122	Anthony Maxwell	m	MV 60	Lostock AC	0	734	817	0	0	0	703	0	2254
123	Dawn Wicks	f	FV 50		0	727	0	0	717	806	0	0	2250
124	Andrew Wilkinson	m	MV 50	Wesham road runners	715	711	785	0	0	0	750	644	2250
125	Susan Lowes	f	FV 50	Saltwell Harriers	720	805	0	0	0	0	697	0	2222
126	Ryan Parry	m	MV 40		568	609	0	0	667	736	671	815	2222
127	Katie O'sullivan	f	FV 40		717	741	752	0	726	0	0	0	2219
128	Gillian Rowland	f	FV 60		0	696	0	0	765	0	739	0	2200
129	Russell Pilling	m	MV 60		0	686	0	0	0	0	688	825	2199
130	Karen Thistlethwaite	f		Lonely Goat RC	0	561	706	0	581	748	582	745	2199
131	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	631	669	0	0	718	807	0	0	2194
132	Ginny Newman	f	FV 60		661	0	0	0	692	833	0	0	2186
133	David Walsh	m	MV 60		673	707	806	0	0	0	0	0	2186
134	Scott Burrow	m	MV 50		0	0	0	854	0	716	615	0	2185
135	ALEXA WILCOCK	f			743	672	0	0	0	769	0	0	2184
136	Viv Sherry	f			0	522	669	801	0	713	0	0	2183
137	James Bickerstaff	m	MV 50	Lions	683	649	0	849	0	0	0	0	2181
138	Jane Marshall	f	FV 50	York Acorn Running Club	0	521	668	0	749	709	597	719	2177
139	Fiona Haigh	f	FV 50	Team Fi & B	710	728	0	0	0	0	734	0	2172
140	Peter Wallwork	m	MV 40		0	624	765	0	0	780	0	0	2169
141	John Stout	m	MV 60		556	0	0	0	744	0	642	781	2167
142	Mark Taylor	m	MV 60		0	0	673	800	0	0	0	678	2151
143	Anthony Barnes	m	MV 40		0	514	0	0	741	0	627	765	2133
144	Nicky Jones	f	FV 50		522	628	728	0	644	751	0	0	2123

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
145	Lesley Allison	f	FV 60	Eden Runners	504	585	0	0	0	758	0	768	2111
146	martin walsh	m	MV 70	Bowland fell runners	660	664	0	0	0	784	0	0	2108
147	Steven Ohara	m	MV 40		496	0	702	0	0	0	614	789	2105
148	Mike Smith	m	MV 60		609	721	764	0	0	0	0	0	2094
149	Carol Spoor	f	FV 40	Tri Preston	0	670	0	0	655	764	0	0	2089
150	Hannah O'connor	f			0	642	0	0	0	0	647	796	2085
151	Stuart O'connor	m	MV 50		0	643	0	0	0	0	646	795	2084
152	Rebecca Meeten	f	FV 50		455	580	0	784	573	0	0	709	2073
153	Debbie Hallsworth	f		Derwent Ac	0	515	0	0	589	734	585	750	2073
154	Robert Myatt	m	MV 50		574	660	748	0	658	0	0	0	2066
155	Hannah Swift	f			0	0	709	0	0	0	609	748	2066
156	Clare Laybourn	f	FV 50		511	596	682	0	642	742	0	0	2066
157	Marie Walker	f	FV 50	Sedgefield Harriers	649	0	0	835	0	0	581	0	2065
158	Sheila Williamson	f	FV 50		0	573	0	0	0	729	566	761	2063
159	Tony Pilkington	m	MV 60	MV65	0	0	696	844	0	0	503	0	2043
160	Jeremy Dyer	m	MV 60		645	640	0	757	0	0	0	0	2042
161	Laura Pilkington	f			0	0	688	843	0	0	502	0	2033
162	Hilary Dickinson	f	FV 60	Tynedale Harriers & A C	0	616	0	0	719	0	698	0	2033
163	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	0	594	689	0	0	744	0	0	2027
164	Guy Simpson	m	MV 40	Eden Runners	0	0	0	0	648	0	620	757	2025
165	Asia Connor	f			503	536	0	819	0	668	0	0	2023
166	Alison Nordon	f	FV 50		0	503	640	0	572	682	500	689	2011
167	Peter Burlingham	m	MV 40	Lonely Goat RC	593	593	0	0	691	720	0	0	2004
168	Em Yolland	f			0	531	685	0	0	666	0	650	2001
169	Richard Wilson	m	MV 40	Kendal AC	0	0	0	1000	0	0	997	0	1997
170	Martin Klavon	m			0	0	0	0	996	997	0	0	1993
171	Matt Wilson	m	MV 40	Kendal AC	0	0	0	999	0	0	991	0	1990
172	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	0	994	0	0	995	1989
173	Phil Jones	m	MV 40		638	568	0	0	0	0	0	783	1989
174	Darren Eccles	m	MV 40		605	0	751	0	0	0	633	0	1989
175	andrew wallace	m	MV 40		0	0	0	0	992	0	995	0	1987
176	Helen Smith	f		Wharfedale Harriers	990	0	995	0	0	0	0	0	1985
177	Adam Taylor	m		Kendal AAC	0	0	988	0	0	996	0	0	1984
178	Craig Blakey	m			992	989	0	0	0	0	0	0	1981
179	Joe Dorgham	m			0	0	0	0	0	0	982	998	1980
180	Jim Andrews	m	MV 50	Helm Hill Runners	0	0	0	0	0	987	0	993	1980
181	Jon Gardiner	m			0	987	992	0	0	0	0	0	1979
182	Mohammed Jabbar	m		Transition	0	0	0	0	0	0	984	994	1978

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
183	Jackie Moxon	f	FV 60		440	505	0	781	0	692	490	0	1978
184	Claire Horner	f	FV 40	Garstang RC	601	622	0	0	0	754	589	0	1977
185	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	0	0	0	769	546	658	0	0	1973
186	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	617	0	0	0	673	0	682	0	1972
187	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	0	0	0	770	545	657	0	0	1972
188	Mathew Carver	m			0	0	0	0	0	0	980	989	1969
189	Lucy Rawlinson	f		Leigh Harriers	0	0	984	0	0	983	0	0	1967
190	Paul Thornton	m	MV 50		477	0	692	797	0	0	0	0	1966
191	Ben Ashton	m	MV 40	DORunning	0	0	0	0	0	0	979	979	1958
192	Louise Roberts	f	FV 50		0	636	0	0	672	0	645	0	1953
193	Gareth Price	m	MV 40		974	979	0	0	0	0	0	0	1953
194	GARY MOXON	m	MV 60		435	495	0	773	0	676	484	0	1944
195	Karen Robertson	f	FV 50	Northumberland Fell Runners	0	0	0	0	0	0	967	974	1941
196	Peter Cushion	m	MV 40	Wirral Vikings Trc	0	0	969	0	0	0	970	0	1939
197	Michael Smith	m			0	960	0	978	0	0	0	0	1938
198	Kathryn Greenlees	f	FV 40		0	0	0	0	643	0	554	740	1937
199	Helen Thompson	f		Poynton Runners	985	0	0	0	0	0	950	0	1935
200	Gail Farr	f	FV 50	west hull ladies	0	0	0	0	675	0	556	701	1932
201	Christopher Bridge	m			0	0	0	0	0	0	949	983	1932
202	Michael Smith	m	MV 40		955	0	0	0	0	973	0	0	1928
203	Ed Galloway	m			0	953	974	0	0	0	0	0	1927
204	Neil Stephenson	m			0	0	0	0	0	964	961	0	1925
205	Peter Hood	m	MV 60	Wolverhampton and Bilston	0	0	965	0	0	0	956	0	1921
206	Philip Foscoe	m			0	0	0	0	0	953	0	967	1920
207	Craig Downs	m	MV 50	GATESHEAD	941	0	0	0	979	0	0	0	1920
208	Lisa Kallal	f	FV 50		0	0	681	0	0	0	529	708	1918
209	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	0	935	0	0	983	0	0	0	1918
210	Lauren Dean-Ashton	f	FV 40		0	0	0	749	526	0	449	639	1914
211	Jason Denton	m	MV 50	Leigh Harriers	0	942	0	0	0	971	0	0	1913
212	Becky Lloyd	f			0	952	961	0	0	0	0	0	1913
213	Lynda Davenport	f	FV 40		566	579	0	0	0	767	0	0	1912
214	Jade Gilchrist	f			0	0	0	0	939	972	0	0	1911
215	Emma Harris	f	FV 40		565	578	0	0	0	765	0	0	1908
216	Elizabeth Thornton	f			564	577	0	0	0	766	0	0	1907
217	Anna Blackwell	f	FV 40		952	955	0	0	0	0	0	0	1907
218	Jayne Elliott	f	FV 50		0	564	0	0	636	705	0	0	1905
219	ben walker	m			0	927	0	0	977	0	0	0	1904
220	Jill Robertson	f	FV 50		530	0	0	0	638	0	0	735	1903

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
221	Janet Finn	f	FV 50		0	0	0	0	631	721	550	0	1902
222	Rachel Blakeley	f	FV 40		0	574	0	0	0	0	565	762	1901
223	Dawn Anderson	f	FV 50		0	0	0	768	0	675	458	0	1901
224	Stephen Robson	m	MV 40	York Knavesmire Harriers	949	0	0	0	0	0	951	0	1900
225	Scott Macdonald	m			0	0	0	0	0	958	940	0	1898
226	Maria Armstrong	f	FV 40	Tynedale Harriers	905	0	0	991	0	0	0	0	1896
227	Andrew Dawson	m	MV 40		0	944	952	0	0	0	0	0	1896
228	Shiran Cleminson	f	FV 50	Boldmere bullets	434	512	653	0	570	672	0	0	1895
229	Anne Stockley	f	FV 40	Keswick AC	0	581	0	0	0	0	583	730	1894
230	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	551	582	0	0	0	0	568	742	1892
231	Nicholas Whitehead	m	MV 50		516	0	0	0	0	0	604	767	1887
232	Simon Winster	m		Red Rose Road Runners	923	0	0	0	962	0	0	0	1885
233	Andy Phillips	m	MV 40		931	954	0	0	0	0	0	0	1885
234	Tracey J Burlinson Campbell	f	FV 50	Lonely Goat Running Club	478	0	0	0	0	693	0	711	1882
235	Paul Gardner	m	MV 40		942	938	0	0	0	0	0	0	1880
236	Daniel McGrath	m	MV 40		0	0	0	0	926	952	0	0	1878
237	Karen Lillie	f	FV 50	Lonely goat	0	0	0	0	641	0	512	722	1875
238	David Pollitt	m	MV 50	Leigh Harriers	929	0	0	0	0	0	945	0	1874
239	Mark Finn	m	MV 50		0	0	0	0	632	722	515	0	1869
240	Colin Bretherton	m	MV 40		911	0	0	0	958	0	0	0	1869
241	Ali Cooper	f	FV 60		0	0	0	0	618	733	516	0	1867
242	Lesley Fisher	f	FV 60	Burnden Road Runners	0	0	922	0	941	0	0	0	1863
243	Isobel Robinson	f			902	0	0	0	0	0	0	961	1863
244	John Dickinson	m	MV 50	Liverpool Pembroke Sefton	0	917	0	0	944	0	0	0	1861
245	Andrew Carmichael	m	MV 40		0	0	890	0	971	0	0	0	1861
246	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	0	0	0	0	551	655	0	652	1858
247	Michal Parka	m		Glaxo Hoad Hill Harriers	0	0	883	974	0	0	0	0	1857
248	Paul Scully	m	MV 50	Warrington Running Club	953	901	0	0	0	0	0	0	1854
249	Amy Lowe	f		Washlands Women Runners	0	0	0	0	0	0	932	922	1854
250	Matthew Wernham	m	MV 60	Farnham Runners	0	0	0	0	0	0	913	939	1852
251	Sam Goodall	m	MV 40		940	0	0	0	0	0	911	0	1851
252	Louise Dermott	f	FV 50	OMG	907	939	0	0	0	0	0	0	1846
253	Abby Huxtable	f		Pocklington Runners	0	0	928	0	0	915	0	0	1843
254	Laura Molyneux	f	FV 40		0	0	0	966	0	0	876	0	1842
255	Sarah Morris	f	FV 50		0	0	946	0	0	0	893	0	1839
256	Chris Brearton	m	MV 40	Wirral Vikings	0	0	0	0	0	0	895	944	1839
257	Geoff Dale	m	MV 40		0	0	917	0	0	919	0	0	1836
258	Steven Marsh	m	MV 60		886	0	0	0	0	0	0	945	1831

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
259	Hannah Stirling	f			509	0	0	0	0	0	598	721	1828
260	Serena Miles	f	FV 50	Olney Runners	0	0	0	0	0	0	894	930	1824
261	Richard Campbell	m	MV 40		0	0	0	941	0	0	0	882	1823
262	Paul Waldram	m	MV 40		0	912	0	0	910	0	0	0	1822
263	George Clayson	m	MV 50	Brighton And Hove Athletics	0	0	0	0	0	0	904	915	1819
264	Phil Harold	m	MV 50	Poynton Runners	896	0	0	0	0	0	921	0	1817
265	Paula Fenteman	f	FV 40	Selby Striders	0	0	873	0	0	944	0	0	1817
266	John Wilson	m	MV 40		0	892	0	0	925	0	0	0	1817
267	Hayley Bond	f	FV 40	Riverside Runners	893	924	0	0	0	0	0	0	1817
268	Emma Giles	f	FV 40	Selby Striders	0	0	874	0	0	943	0	0	1817
269	Nick Cox	m	MV 50		901	915	0	0	0	0	0	0	1816
270	Philip Bond	m	MV 40	Riverside Runners	892	923	0	0	0	0	0	0	1815
271	Nick Martland	m	MV 50		0	880	0	0	0	0	0	935	1815
272	Jo Andrews	f	FV 50		0	0	0	0	0	886	0	928	1814
273	Harry Lewis	m			0	0	0	0	0	0	919	895	1814
274	Courtney Benson	f			0	0	0	0	0	894	0	919	1813
275	Stephen Stuart	m	MV 50		0	899	908	0	0	0	0	0	1807
276	John Birkett	m	MV 60	N/a	890	0	0	0	917	0	0	0	1807
277	Rachel Tomlinson	f	FV 40	Metham Ac	0	891	915	0	0	0	0	0	1806
278	Jacqueline Shore	f	FV 60		444	0	638	0	525	0	0	643	1806
279	Aileen Gibson	f	FV 40		904	0	902	0	0	0	0	0	1806
280	Catherine Vaneris	f	FV 40		0	490	707	0	608	0	0	0	1805
281	Richard Hermitage	m	MV 60		0	0	0	0	0	0	875	927	1802
282	Graham Kenealy	m	MV 60	Ambleside AC	0	0	0	0	0	883	0	916	1799
283	Colin Sam Walton	m	MV 50	Wilmslow Running Club	0	867	0	0	0	929	0	0	1796
284	Nichola Cooke	f	FV 40	Prestwich Ac	0	491	0	0	603	0	498	691	1792
285	Mike Collins	m	MV 50		909	0	0	0	883	0	0	0	1792
286	Simon Thomas	m	MV 40		855	0	0	0	936	0	0	0	1791
287	Eleanor Houghton	f			0	0	0	0	0	0	870	921	1791
288	Harry Hodgson	m			0	936	0	0	0	0	854	0	1790
289	Tim Lavin	m			0	0	0	0	923	0	866	0	1789
290	Ed Potter	m			0	0	925	0	863	0	0	0	1788
291	Carole Waddell	f	FV 40		0	865	0	0	0	923	0	0	1788
292	Sheila Maxwell	f	FV 60	Lostock AC	0	569	700	0	0	0	513	0	1782
293	Philip Woolgar	m	MV 50	Metres To Miles	0	878	0	0	904	0	0	0	1782
294	Chris Land	m	MV 50	Quakers	432	0	656	0	0	0	0	694	1782
295	Adrian Dixon	m	MV 50		0	0	0	954	827	0	0	0	1781
296	Louisa Phillips	f	FV 40		851	0	929	0	0	0	0	0	1780

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
297	Laurie Diaz-steptoe	m			0	0	0	0	887	0	892	0	1779
298	David Hawkins	m	MV 40		895	884	0	0	0	0	0	0	1779
299	andrew lewis	m			839	0	0	0	0	0	0	936	1775
300	Joe Wrigley	m		Black Combe Runners	918	855	0	0	0	0	0	0	1773
301	Simon Hawkyard	m	MV 60		0	0	896	0	876	0	0	0	1772
302	Salvatore Genovese	m	MV 50		0	864	906	0	0	0	0	0	1770
303	William Fitch	m			0	0	0	0	0	853	0	912	1765
304	Anthony Blight	m	MV 50	Blackpool wyre and fylde	0	0	0	0	895	0	868	0	1763
305	Debbie Clark	f		Spey Runners	0	814	0	0	0	0	0	948	1762
306	Katie Trace	f	FV 40	Biddulph Running Club	842	0	0	0	916	0	0	0	1758
307	Paul Spriggs	m	MV 50	Wrekin Road Runners	0	0	0	0	905	0	0	851	1756
308	Chris Barnes	m	MV 50	Olney Runners AC	0	0	0	0	0	0	840	914	1754
309	Michelle Price	f			0	848	0	0	0	0	905	0	1753
310	Tom Webster	m			0	0	871	0	0	880	0	0	1751
311	Harry Vaneris	m	MV 40		0	801	0	0	948	0	0	0	1749
312	Graeme Atkinson	m	MV 50		0	0	0	897	0	0	0	852	1749
313	Raymond Riley	m	MV 40		0	841	0	0	0	0	0	907	1748
314	Maureen Laney	f	FV 60	Unattached	0	0	0	0	885	0	862	0	1747
315	Andrew Robertson	m			845	0	900	0	0	0	0	0	1745
316	Linda Gant	f	FV 60		0	486	0	0	593	665	0	0	1744
317	Katie Storey	f		Liverpool Running Bugs	0	0	0	0	574	0	501	669	1744
318	Barbara Mead-Mason	f	FV 50	Blackpool Freedom Runners	493	0	0	0	562	0	0	688	1743
319	Matthew Soanes	m			0	852	888	0	0	0	0	0	1740
320	Grace Frost	f			0	0	0	900	0	0	0	837	1737
321	Debbie Whitehead	f	FV 50	Farnham Runners	487	0	0	0	0	0	545	704	1736
322	Paul Rawlinson	m	MV 40		862	873	0	0	0	0	0	0	1735
323	John Green	m	MV 50		0	0	0	0	824	0	0	911	1735
324	Ian Stainthorpe	m	MV 60	Rochdale Harriers	900	0	0	0	0	830	0	0	1730
325	Andrew Teague	m			0	817	912	0	0	0	0	0	1729
326	Matthew McVey	m			844	0	0	0	884	0	0	0	1728
327	Mark Shorting	m	MV 40	North Shields Polytechnic AC	0	0	0	926	0	0	802	0	1728
328	Helen Palmer	f	FV 40		0	862	0	0	865	0	0	0	1727
329	Elaine Fisher	f	FV 50	Ambleside AC	0	0	0	0	0	839	0	886	1725
330	Colin Gilchrist	m	MV 40	Fleetwood tri club	0	0	0	0	0	0	823	901	1724
331	Steve Webster	m	MV 60		433	0	639	0	0	649	0	0	1721
332	Sharon Langton	f	FV 60		515	549	0	0	657	0	0	0	1721
333	David Parkes	m	MV 50		797	0	920	0	0	0	0	0	1717
334	Anthony Connolly	m	MV 40		0	0	0	0	862	0	855	0	1717

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
335	Paul Dye	m	MV 50	St Bees Triers	0	0	860	0	0	855	0	0	1715
336	Liz Bailey	f	FV 40	Garstang	0	962	0	0	0	753	0	0	1715
337	Simon Scarr	m	MV 50	BW&FAC	0	0	0	927	0	0	0	787	1714
338	Ewan Taylor	m		Storia Park Running Club, Warringt	0	0	840	0	871	0	0	0	1711
339	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers	0	0	0	923	788	0	0	0	1711
340	Find Jorgensen	m	MV 60		0	0	0	0	0	0	812	894	1706
341	Melanie Williamson	f	FV 40	Chorlton Runners	0	0	0	0	870	0	832	0	1702
342	Fay Waldram	f	FV 40		0	791	0	0	909	0	0	0	1700
343	Mike Horsfield	m	MV 40		840	858	0	0	0	0	0	0	1698
344	Simon Taylor	m	MV 40		801	0	0	0	0	0	0	893	1694
345	Claire Gilchrist	f			0	0	0	899	0	794	0	0	1693
346	Siobhan Riley	f	FV 50		0	819	0	0	0	0	0	868	1687
347	Steven Glencross	m			832	854	0	0	0	0	0	0	1686
348	James Chambers	m	MV 40	York Knavesmire Harriers	783	0	0	0	903	0	0	0	1686
349	Louise Chicken	f	FV 50	Tynedale Harriers	0	0	866	0	0	0	817	0	1683
350	Kristy Wonders	f	FV 40	North Shields Poly	0	0	0	860	823	0	0	0	1683
351	Gerard Rooney	m	MV 60		0	0	851	0	829	0	0	0	1680
352	Sally Anderson	f		Saddleworth runners	0	0	0	0	0	0	790	889	1679
353	Michael Rogers	m	MV 40	None	0	881	0	0	0	0	798	0	1679
354	Dave Cope	m	MV 70		0	483	641	0	552	0	0	0	1676
355	Mike Swift	m	MV 60		0	0	0	0	874	0	0	801	1675
356	Nicholas Schaffer	m	MV 60	Millom Striders	0	0	0	0	0	0	813	860	1673
357	Jessica Hall	f			0	0	0	0	0	0	770	896	1666
358	Stephen Cruickshank	m	MV 50		0	0	0	0	833	827	0	0	1660
359	Laura Tattersall	f	FV 40		0	770	0	0	0	889	0	0	1659
360	Gary Wintersgill	m	MV 50		0	0	0	0	802	0	0	854	1656
361	Felicia Singleton	f	FV 50		0	0	839	0	816	0	0	0	1655
362	Andrew Edwards	m	MV 40	East Fife Triathlon Club	0	800	0	0	855	0	0	0	1655
363	Charlotte Dyer	f	FV 50	Keswick AC	427	471	0	756	0	0	0	0	1654
364	Peter Tasker	m	MV 40	Prestwich Ac	0	803	0	0	0	850	0	0	1653
365	Dorothy Pelly	f	FV 60	Ambleside Ac	777	0	0	0	0	873	0	0	1650
366	Donald Nichol	m	MV 60	ramsbottom running club	0	0	823	0	817	0	0	0	1640
367	Jo Houghton	f	FV 50	Prestwich AC	538	492	0	0	604	0	497	0	1639
368	Jennifer Lapping	f	FV 40	Jog On The Tyne	843	0	0	0	0	0	796	0	1639
369	Andrew Tabern	m	MV 40		752	0	0	0	0	887	0	0	1639
370	Sarah Darley	f	FV 40	Vegan Runners UK	0	0	0	0	0	0	762	876	1638
371	Paul Hodgkin	m	MV 40		0	0	834	0	0	0	801	0	1635
372	Stuart Berry	m	MV 60		703	0	0	930	0	0	0	0	1633

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
373	Steven Reynolds	m	MV 40		787	0	0	0	0	845	0	0	1632
374	Sonja Farish	f	FV 50	Parkside panthers	460	507	665	0	0	0	0	0	1632
375	Lynne Midgley-ward	f	FV 50	Ponteland Runners	486	566	0	0	580	0	0	0	1632
376	Joanne Marsden	f	FV 50		0	0	841	0	0	0	788	0	1629
377	Lauren Webster	f			0	0	0	0	0	0	755	872	1627
378	Kerry Wilson	f			0	0	0	0	832	0	795	0	1627
379	Kenny Goodliffe	m	MV 40		0	0	0	0	0	0	766	861	1627
380	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	0	0	0	0	835	0	792	0	1627
381	Gary Cattermole	m	MV 50		749	0	0	0	0	876	0	0	1625
382	Lauren Docksey	f			0	0	0	0	0	0	794	829	1623
383	Robert Hardy	m	MV 40		0	0	0	0	0	0	753	869	1622
384	Neil Sutcliffe	m	MV 60		442	501	0	0	0	678	0	0	1621
385	Mary Jones	f	FV 40	Olney Runners	0	0	0	0	0	0	821	800	1621
386	Sarah McAuliffe	f		Olney Runners	0	0	0	0	0	0	820	799	1619
387	Leonie Hayler	f	FV 50	Tynedale Harriers	0	0	859	0	0	0	759	0	1618
388	Richard Hawkins	m	MV 40	York Postal Harriers	731	0	882	0	0	0	0	0	1613
389	Peter Mylett	m	MV 40	Wirral Vikings Trc	0	0	0	0	0	0	735	878	1613
390	Andrew Hemsley	m	MV 50	Walney Wind Cheetahs	0	0	0	0	773	840	0	0	1613
391	Steve Rolls	m	MV 50		0	0	805	0	0	0	0	803	1608
392	John Walter	m	MV 70		0	695	0	910	0	0	0	0	1605
393	Kirstie Whyatt	f	FV 40		491	571	0	0	0	0	542	0	1604
394	Dan Lewis	m	MV 40		0	823	0	0	0	0	780	0	1603
395	Zoe Hooton	f		Lancaster & Morecambe Ac	0	0	804	796	0	0	0	0	1600
396	Mark Robinson	m	MV 50		0	744	854	0	0	0	0	0	1598
397	Stephen Perry	m	MV 60	Lancaster And Morecambe Ac	0	0	802	795	0	0	0	0	1597
398	Gary Morton	m			0	0	755	839	0	0	0	0	1594
399	Louisa Porter	f	FV 50	Blackpool Freedom Runners	763	0	825	0	0	0	0	0	1588
400	Steven Capner	m	MV 40		767	820	0	0	0	0	0	0	1587
401	Victoria Pearman	f		Allithwaite Running Club	0	0	786	0	0	799	0	0	1585
402	Paul Amit	m	MV 40		835	0	750	0	0	0	0	0	1585
403	Philip Loftus	m	MV 60		0	0	0	0	728	0	0	855	1583
404	Paul Abrams	m	MV 40		0	0	792	0	0	788	0	0	1580
405	Gail Bristo	f	FV 50	Red Rose Road Runners	0	0	0	0	751	826	0	0	1577
406	Carrie Bostock	f	FV 40	10CaKers	480	0	0	0	568	0	525	0	1573
407	Rachel Summers	f	FV 50		0	0	0	869	0	0	0	703	1572
408	Glyn Jones	m	MV 50		0	0	0	0	814	0	757	0	1571
409	Kate Corby	f	FV 40		726	0	0	0	0	844	0	0	1570
410	Fran Connolly	f	FV 40	Blackpool Wyre & Fylde AC	0	0	0	0	826	0	744	0	1570

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
411	Vicky Russell	f	FV 50		677	0	0	0	0	0	0	892	1569
412	Patrick Mclean	m	MV 40		0	0	816	0	752	0	0	0	1568
413	Ben Mitchell	m	MV 40		730	0	0	0	837	0	0	0	1567
414	Ian Glendenning	f	FV 50		0	0	0	902	0	0	661	0	1563
415	Sam Hall	m			748	0	0	0	0	813	0	0	1561
416	Hannah Caulfield	f	FV 40		682	0	0	0	0	0	0	879	1561
417	Andrew Wright	m	MV 40		0	0	0	0	0	0	716	845	1561
418	Nigel Dean	m	MV 50		0	0	0	0	0	0	715	844	1559
419	Justin Gill	m	MV 50	Clayton-le-Moors Harriers	0	736	0	0	822	0	0	0	1558
420	Rachel Blake	f	FV 40		728	0	0	0	0	829	0	0	1557
421	Peter McGivern	m	MV 40		0	768	788	0	0	0	0	0	1556
422	Katharine Greenwood	f	FV 50		0	0	0	0	0	0	720	833	1553
423	Taylor Carver	f			0	0	0	0	0	0	677	874	1551
424	Dawn Chilton	f	FV 50		0	748	0	0	803	0	0	0	1551
425	Angela Thompson	f	FV 50	Victoria Park Running Club	0	713	0	0	831	0	0	0	1544
426	Adrian Kamis	m	MV 50	East Hull Harriers	0	0	0	0	0	0	578	965	1543
427	Leigh Jenkins	f		Chester Triathlon Club	0	0	0	0	0	0	724	817	1541
428	Rebecca Byrne	f		St Bees Trier	0	765	0	0	0	0	774	0	1539
429	Graham Schofield	m	MV 60	Chorley Harriers	0	0	773	0	766	0	0	0	1539
430	Laura Ashford	f		Chester Tri Club	0	0	0	0	0	0	718	816	1534
431	Keith Whitehead	m	MV 60	Knowle & Dorrige Running Club	0	0	0	0	0	0	687	846	1533
432	Stacy Dale	f	FV 40		0	0	824	0	0	706	0	0	1530
433	Kate Stolworthy	f			0	0	0	912	0	0	616	0	1528
434	Sarah Lord	f	FV 50	DH Runners	0	0	0	0	851	0	676	0	1527
435	Catherine Sunderland-Hughes	f	FV 50		0	0	0	871	0	0	656	0	1527
436	Terry Charles	m	MV 60	Wirral Vikings Trc	0	0	0	0	0	0	603	923	1526
437	Jean Waddington	f	FV 40		742	784	0	0	0	0	0	0	1526
438	Felicity Doe	f			611	0	0	0	0	912	0	0	1523
439	Richard Hooper	m	MV 50		729	790	0	0	0	0	0	0	1519
440	Helen Young	f	FV 40	York Knavesmire Harriers	746	0	0	0	771	0	0	0	1517
441	Thomas Harkin	m	MV 40	Manchester Muckers RC	0	0	0	0	0	802	714	0	1516
442	Ben Cheetham	m			0	0	0	0	0	0	689	824	1513
443	Amy Butler	f	FV 40	Olney Runners	0	0	0	0	0	715	0	798	1513
444	Esther Stanier	f		Red Rose Road Runners	0	654	0	858	0	0	0	0	1512
445	Julie Graham	f	FV 60	Garstang	0	690	0	0	0	818	0	0	1508
446	Susan Smerdon	f	FV 40	Widnes running club	0	0	761	0	0	743	0	0	1504
447	Ruth Ford	f	FV 40	Washlands Women Runners	0	0	0	0	0	0	717	786	1503
448	Cecilia Marsh	f	FV 40		0	0	799	0	703	0	0	0	1502

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
449	Scot Riggans	m	MV 40		0	785	0	0	711	0	0	0	1496
450	Caroline Morris-jones	f	FV 50	Adderbury Runners	0	0	0	808	0	688	0	0	1496
451	Leonie Bell	f	FV 40		762	0	0	0	0	0	733	0	1495
452	Neil Hawkes	m	MV 50		761	0	0	0	0	0	732	0	1493
453	Stuart Matthews	m	MV 50	FRA	750	0	0	0	733	0	0	0	1483
454	Jo Moss	f	FV 40		0	0	676	807	0	0	0	0	1483
455	Andy Sheridan	m	MV 40		0	788	0	0	0	0	695	0	1483
456	Stephen Lester	m	MV 60	Cumberland Fell Runners	665	0	0	0	813	0	0	0	1478
457	Kirsten Rhodes	f		N/A	696	0	782	0	0	0	0	0	1478
458	David Proctor	m	MV 40		0	646	832	0	0	0	0	0	1478
459	Emma Cousins	f			0	0	0	0	0	0	658	818	1476
460	Trevor Billington	m			685	0	789	0	0	0	0	0	1474
461	Thomas Walker	m		Team Sixteen	0	687	787	0	0	0	0	0	1474
462	Lee Clark	m	MV 40	Team Acf	0	0	762	0	0	0	709	0	1471
463	Jen Powley	f	FV 40		0	0	0	0	759	0	708	0	1467
464	Tom Lawson	m	MV 40	Netherhall AC	754	708	0	0	0	0	0	0	1462
465	Anna Richings	f	FV 50	Lancaster and Morecambe ac	0	0	674	788	0	0	0	0	1462
466	Nadia Mckane	f			0	717	0	0	0	0	743	0	1460
467	Heather Brown	f	FV 40	Stocksfield Striders	0	0	0	0	0	714	0	746	1460
468	Kate Peers	f	FV 40		0	0	0	0	659	0	0	797	1456
469	Ann-Marie Tulloch	f	FV 40		0	0	0	0	755	0	700	0	1455
470	Richard Walker	m	MV 40		0	0	0	0	0	984	470	0	1454
471	Stuart Waring	m	MV 40		0	0	0	0	677	775	0	0	1452
472	Kate Lund	f	FV 40		0	638	0	0	0	0	0	813	1451
473	Callum Alderton	f			591	0	0	0	0	859	0	0	1450
474	Martyn Wigglesworth	m	MV 40		796	0	0	0	651	0	0	0	1447
475	Alan Davidson	m	MV 70		0	0	0	0	740	0	706	0	1446
476	Jenny Dilworth	f	FV 50		0	0	0	0	0	0	660	785	1445
477	Alex Abbott	f	FV 40		0	0	0	0	0	0	640	805	1445
478	Sue Woods	f	FV 50		0	0	0	0	0	0	649	793	1442
479	Kathryn Holmes	f	FV 40	Bingley Harriers	648	0	0	0	0	792	0	0	1440
480	Jude Blackmore	f	FV 50		0	607	0	829	0	0	0	0	1436
481	Catherine Bowman	f	FV 40	Smiley Paces	0	0	0	0	0	0	669	764	1433
482	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	0	0	0	0	0	683	0	749	1432
483	Polly Gould	f			676	0	756	0	0	0	0	0	1432
484	Karyn Harper	f	FV 50	Yorkshire Wolds Runners	0	666	766	0	0	0	0	0	1432
485	Paul Wilson	m	MV 50		0	648	783	0	0	0	0	0	1431
486	Jacqui Foster	f	FV 50	Craven Energy	0	691	0	0	739	0	0	0	1430

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
487	Nathalie Robinson	f	FV 40	Roefield Run Club	0	0	0	0	0	0	650	774	1424
488	Carole Heaton	f	FV 50	Lions Running Community	0	0	643	778	0	0	0	0	1421
489	Jason Robinson	m	MV 40		0	626	780	0	0	0	0	0	1406
490	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	663	0	0	0	738	0	0	0	1401
491	Caitlin Johnston	f		Hoad Hill Harriers	0	0	0	824	576	0	0	0	1400
492	Michael Harrison	m	MV 40		662	0	0	0	0	0	731	0	1393
493	David Aust	m	MV 50	Stamford Striders	0	0	0	0	0	0	635	758	1393
494	Laura Leitch	f			0	0	0	802	0	0	584	0	1386
495	Lou Bland	f	FV 50		0	658	0	0	727	0	0	0	1385
496	Jade Jackson	f	FV 40		0	602	0	0	782	0	0	0	1384
497	Zoe Bridges	f	FV 50	Trail Running Association	0	716	0	0	663	0	0	0	1379
498	Suzanne Hughes-Rudd	f	FV 40	Bodyfit Cumbria Running Club	653	724	0	0	0	0	0	0	1377
499	Mike Brock	m	MV 40		0	715	0	0	662	0	0	0	1377
500	Colin Copland	m	MV 60		0	0	730	0	645	0	0	0	1375
501	Skye Sarahs	f		Dumfries Running Club	0	627	0	0	0	739	0	0	1366
502	John Heathcote	m	MV 60		583	0	0	0	0	778	0	0	1361
503	Joanne Beck	f	FV 50		702	659	0	0	0	0	0	0	1361
504	Stephen Dale	m	MV 60	Yorkshire wolds runners	0	617	742	0	0	0	0	0	1359
505	Janet Kay	f	FV 50	East hull harriers	0	0	0	0	0	0	579	780	1359
506	Ian Oakey	m	MV 50	Settle Harriers	0	570	0	0	0	787	0	0	1357
507	SIMON Hackett	m	MV 60	Lymm Runners	0	613	0	0	743	0	0	0	1356
508	Sandra Cheveaux	f	FV 50		598	0	0	0	0	757	0	0	1355
509	Lorna Aust	f	FV 50	Stamford Striders	0	0	0	0	0	0	596	759	1355
510	Martina Trapani	f			0	625	727	0	0	0	0	0	1352
511	Sarah Collins	f		Lonely Goat RC	0	0	0	0	0	0	595	756	1351
512	Liam Aplin	m	MV 40		646	701	0	0	0	0	0	0	1347
513	Zoe Dale	f	FV 50	Yorkshire Wolds runners	0	526	818	0	0	0	0	0	1344
514	Anne-marie Woodcock	f	FV 50	Lions Running Community	684	652	0	0	0	0	0	0	1336
515	Janice Chruscht	f	FV 40	Airecentre Pacers	0	592	0	0	0	741	0	0	1333
516	Frank Tippin	m	MV 60		608	0	0	0	712	0	0	0	1320
517	Vicki Brown	f	FV 50		0	0	0	0	702	0	617	0	1319
518	Ken Brown	m	MV 60		0	0	0	0	701	0	618	0	1319
519	Emily Hudson	f	FV 40		627	0	0	0	0	0	690	0	1317
520	Lizzie Simmons	f	FV 40		0	0	0	0	0	847	469	0	1316
521	Diane Cawley	f	FV 40		0	0	767	0	0	0	546	0	1313
522	Mike Ferneyhough	m	MV 50		0	0	0	0	0	0	573	738	1311
523	Alison Ferneyhough	f	FV 50		0	0	0	0	0	0	574	737	1311
524	Jennifer Hale	f		Witherslack Warriors	0	0	0	0	0	656	0	654	1310

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
525	Kevin Webster	m			438	0	0	0	0	0	865	0	1303
526	Tumkeen Badulla	f			0	572	0	0	0	730	0	0	1302
527	Michaela Rayner	f	FV 50	Craven Energy	552	0	0	0	0	750	0	0	1302
528	Gerry Garvey	m	MV 50	Muddy Boots Nursery	616	0	0	0	684	0	0	0	1300
529	Rachel Finn	f	FV 50		0	0	0	0	0	0	551	747	1298
530	Kirsten Johnson	f	FV 40	Red Kite Runners	0	0	0	0	0	651	0	647	1298
531	Jo Colvin	f	FV 40		535	0	763	0	0	0	0	0	1298
532	Alexandra Miron	f			0	0	711	0	587	0	0	0	1298
533	Mary Ellen Entwistle	f	FV 50		600	0	0	0	695	0	0	0	1295
534	Jen Dale	f			0	0	0	758	532	0	0	0	1290
535	Steve Longney	m	MV 50	Yorkshire Wolds Runners	0	545	744	0	0	0	0	0	1289
536	Sandra Gilchrist	f	FV 40	Fleetwood tri club	0	0	0	0	0	0	564	724	1288
537	Jo Dixon	f	FV 50	Blackpool Freedom Runners	517	0	0	0	0	0	0	770	1287
538	Alison Ormerod	f	FV 40		518	0	0	0	0	0	0	769	1287
539	Della Lansley	f	FV 50		0	0	0	0	0	0	599	687	1286
540	Nadine Scaife	f	FV 50		525	0	0	0	0	0	0	755	1280
541	Yvonne Bland	f	FV 50		0	0	0	0	0	0	563	714	1277
542	Beth Casserley	f			0	0	0	747	524	0	0	0	1271
543	Rachel Ashton	f	FV 40		0	0	0	0	0	0	544	725	1269
544	Keith Burlison	m	MV 50		536	0	0	0	0	0	0	733	1269
545	Kathryn Abbott	f	FV 50	Red Rose Road Runners	0	677	0	0	0	0	592	0	1269
546	Pete Wareham	m	MV 50		502	0	0	0	0	763	0	0	1265
547	Anthony Marechal	m	MV 60		0	583	0	0	682	0	0	0	1265
548	Graeme Tilbury	m	MV 40		0	544	0	0	0	719	0	0	1263
549	Emma Hadley	f	FV 40		0	565	0	0	0	697	0	0	1262
550	Casey Rust	f	FV 40		0	543	0	0	0	718	0	0	1261
551	Andrew Marsh	m		Leeds	532	0	0	0	0	725	0	0	1257
552	Hilary Graham	f	FV 60	Tynedale Harriers	557	0	0	0	699	0	0	0	1256
553	Jayne Southwell	f	FV 50		599	0	0	0	656	0	0	0	1255
554	Alison Unsworth	f	FV 50		0	591	0	0	0	0	663	0	1254
555	Karen Blackley	f	FV 50		0	0	660	0	592	0	0	0	1252
556	Amanda Forbes	f	FV 60		0	0	0	783	0	0	467	0	1250
557	Tony Seddon	m	MV 50		0	0	0	0	566	681	0	0	1247
558	Linda Whitehead	f	FV 60	Knowle & Dorrige Running Club	0	0	0	0	0	0	521	723	1244
559	Sandi Carman	f	FV 50	Smiley Paces	0	0	0	0	0	0	561	681	1242
560	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	0	525	716	0	0	0	0	0	1241
561	James Murrin	m	MV 40		0	0	0	0	0	0	528	710	1238
562	Carole Frost	f	FV 60	Orchard Eagles Running Club	575	0	0	0	661	0	0	0	1236

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
563	Wayne Lee Farr	m	MV 50	N/a	0	0	0	0	0	0	533	697	1230
564	Joanne Slinger	f	FV 40		0	0	687	0	0	0	543	0	1230
565	Lorna Mundy	f	FV 40		0	0	0	0	0	0	524	705	1229
566	Jennifer Pugh	f	FV 40		614	0	0	0	0	0	608	0	1222
567	Rhian Broomhead	f	FV 40		0	0	686	0	0	0	532	0	1218
568	Karen Eckworth	f	FV 60	Alton Runners	0	506	0	0	0	0	0	706	1212
569	Lisa Whetter	f	FV 40		0	511	0	0	0	700	0	0	1211
570	Geb Hewlett	m	MV 40		439	0	0	0	0	768	0	0	1207
571	Mark Gill	m	MV 40		507	0	0	0	0	699	0	0	1206
572	Aleksandra Atman	f	FV 40		508	0	0	0	0	698	0	0	1206
573	Craig Booth	m	MV 50		546	0	0	0	0	0	659	0	1205
574	Matt Jarvis	m	MV 40		594	610	0	0	0	0	0	0	1204
575	Thomas Pick	m			495	0	0	0	0	701	0	0	1196
576	Susan Chilton	f	FV 50	Lune Valley Hash House Harriers	560	635	0	0	0	0	0	0	1195
577	Tom Large	m	MV 40		0	567	0	0	617	0	0	0	1184
578	Menna Goodwin	f	FV 50	Warrington	0	0	0	0	0	0	508	676	1184
579	Rachel Cartwright	f	FV 40	Warrington Running Club	0	0	0	0	0	0	509	672	1181
580	Judith Barker	f	FV 50		0	0	0	0	619	0	555	0	1174
581	Roberta Whyte	f	FV 60	Linlithgow Athletic Club	0	0	623	0	547	0	0	0	1170
582	Claire St John	f	FV 40	KPOOL WYRE & FYLDE ATHLETICS	0	0	671	0	0	0	495	0	1166
583	Thomas Murrin	m	MV 40		0	0	0	0	0	0	489	675	1164
584	James Trace	m	MV 40	Biddulph Running Club	474	0	0	0	690	0	0	0	1164
585	John Hetherington	m	MV 60	Bodyfit Cumbria	0	0	0	0	613	0	549	0	1162
586	Andrew Turnbull	m	MV 40	St Bees Triers	537	0	0	0	0	0	624	0	1161
587	Sarah Chalmers	f	FV 50		0	551	0	0	607	0	0	0	1158
588	Helen Mathews	f	FV 40		470	0	0	0	0	684	0	0	1154
589	Carol Brough	f			577	576	0	0	0	0	0	0	1153
590	Vicky Johnston	f	FV 50	St Bees Triers	0	485	0	0	0	664	0	0	1149
591	Al Large	f	FV 40		0	538	0	0	609	0	0	0	1147
592	Paul Cameron	m	MV 40		0	0	0	0	0	0	476	670	1146
593	Hayley Todd	f			540	601	0	0	0	0	0	0	1141
594	Phil Owen	m	MV 50	Fetcheveryone	0	0	0	0	0	0	477	660	1137
595	Deborah Easton	f	FV 40		0	0	0	0	600	0	537	0	1137
596	Catherine Wernham	f	FV 60	Farnham Runners	0	0	0	0	0	0	454	679	1133
597	Wendy Fraser	f	FV 60		0	0	0	0	0	0	468	664	1132
598	Catherine Jones	f	FV 60		0	0	0	0	0	0	473	657	1130
599	Elizabeth Gartshore	f	FV 60	Pensby Runners	0	0	0	0	649	0	478	0	1127
600	Marie Fallon	f	FV 60	Lonely Goat Running	441	0	0	0	0	677	0	0	1118

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
639	Dominic Wynn	m			0	996	0	0	0	0	0	0	996
640	Joseph Hartley	m		None	0	0	0	0	0	995	0	0	995
641	Ian Thompson	m			0	995	0	0	0	0	0	0	995
642	Daniel Balmer	m			0	0	0	0	995	0	0	0	995
643	William Fish	m		Dallam Running Club	0	0	0	0	0	994	0	0	994
644	Matthew Moran	m			0	0	0	0	0	0	994	0	994
645	Jack Gribbin	m		Ilkley Harriers	0	0	994	0	0	0	0	0	994
646	Gavin Chatterton	m	MV 40	Leeds City AC	994	0	0	0	0	0	0	0	994
647	Craig McKnight	m	MV 40		0	0	0	994	0	0	0	0	994
648	Tim Chadwick	m		Skipton ac	993	0	0	0	0	0	0	0	993
649	Rob Massey	m		Bollington Harriers	0	993	0	0	0	0	0	0	993
650	Matthew Turnbull	m	MV 40	Ponteland Runners	0	0	0	0	0	0	993	0	993
651	Matthew Duckworth	m		Clayton-le-moors Harriers	0	0	0	0	993	0	0	0	993
652	Mark Mcdonald	m	MV 50	Stubbington Green Runners	0	0	0	993	0	0	0	0	993
653	John Armstrong	m	MV 40		0	0	0	0	0	993	0	0	993
654	Bobby Jones	m			0	0	993	0	0	0	0	0	993
655	Paul Macfarlane	m	MV 40	Helm Hill Runners	0	0	0	0	0	0	0	992	992
656	Graham Britton	m	MV 60		0	0	0	992	0	0	0	0	992
657	Ben Swarbrick	m			0	0	0	0	0	0	992	0	992
658	Andy Lord	m			0	0	0	0	0	992	0	0	992
659	Adam Firth	m	MV 40		0	992	0	0	0	0	0	0	992
660	Thomas Smith	m			0	991	0	0	0	0	0	0	991
661	Martin Mcgill	m	MV 40	Gosforth Harriers	0	0	0	0	0	0	0	991	991
662	Jacob Tonkin	m		Keswick AC	0	0	991	0	0	0	0	0	991
663	J Gardiner	m			991	0	0	0	0	0	0	0	991
664	Chris Gray	m	MV 40	Tri Lakeland	0	0	0	0	991	0	0	0	991
665	Peter Grigoleit	m	MV 50	Tadley Runners	0	0	0	990	0	0	0	0	990
666	Matthew Bond	m			0	0	0	0	0	990	0	0	990
667	Jordan Scott	m		Morpeth Harriers	0	990	0	0	0	0	0	0	990
668	Jim Harlock	m	MV 50	City Of Hull Ac	0	0	990	0	0	0	0	0	990
669	Gary Young	m	MV 40	Ramsbottom Running Club	0	0	0	0	990	0	0	0	990
670	Ewan Ling	m		Congleton Harriers	0	0	0	0	0	0	0	990	990
671	Daniel Brookfield	m			0	0	0	0	0	0	990	0	990
672	Tom Brown	m			0	0	0	989	0	0	0	0	989
673	Stephen Leahy	m			0	0	0	0	0	0	989	0	989
674	Sam Carr	m		Liverpool Pembroke & Sefton	989	0	0	0	0	0	0	0	989
675	William Dickson	m	MV 60		0	0	0	0	988	0	0	0	988
676	Steve Lomas	m	MV 50	Macclesfield Harriers & AC	0	0	0	0	0	988	0	0	988

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
677	Roy Woodland	m	MV 60		0	0	0	988	0	0	0	0	988
678	Robert Simpson	m			0	0	0	0	0	0	0	988	988
679	John Sammut	m	MV 40		0	988	0	0	0	0	0	0	988
680	Thomas Mountain	m			0	0	0	0	0	0	0	987	987
681	Steve Everett	m	MV 60	Durham City Harriers	0	0	0	0	987	0	0	0	987
682	Rachael Robinson	f	FV 50		0	0	0	987	0	0	0	0	987
683	Nick Hayes	m	MV 40		987	0	0	0	0	0	0	0	987
684	Anthony Staffieri	m			0	0	0	0	0	0	987	0	987
685	Stuart Wilson	m			0	0	0	0	0	0	986	0	986
686	Ross Hemmings	m	MV 40		0	0	0	0	0	0	0	986	986
687	Koray Bacakoglu	m			0	0	0	986	0	0	0	0	986
688	Katie Rowland	f		Kent Ac	0	986	0	0	0	0	0	0	986
689	Jonathan Leith	m	MV 40		986	0	0	0	0	0	0	0	986
690	Faye Sharpley	f		Macclesfield Harriers	0	0	0	0	0	986	0	0	986
691	Tom Broadbent	m	MV 40		0	0	0	0	0	0	0	985	985
692	Peter German	m	MV 40		0	0	0	0	0	0	985	0	985
693	Mark Sandford	m	MV 40		0	0	0	0	985	0	0	0	985
694	Josh Ellis	m			0	985	0	0	0	0	0	0	985
695	Daniel Scott	m			0	0	985	0	0	0	0	0	985
696	Beth Cordukes	f			0	0	0	985	0	0	0	0	985
697	Andrew Pipes	m		Derwent AC	0	0	0	0	0	985	0	0	985
698	Wayne Laird	m	MV 40	GoActiv	0	0	0	0	984	0	0	0	984
699	Tom Hubbard	m			984	0	0	0	0	0	0	0	984
700	Rober Ryder	m	MV 40		0	984	0	0	0	0	0	0	984
701	Neil Ibbotson	m	MV 50	Methley Striders	0	0	0	984	0	0	0	0	984
702	Richard Bate	m		Mercia Fell Runners	0	0	983	0	0	0	0	0	983
703	Katrina Mccaughan	f	FV 40		0	0	0	983	0	0	0	0	983
704	Andrew Mallagh	m	MV 50	Delamere Spartans	983	0	0	0	0	0	0	0	983
705	Andrew Johnson	m			0	0	0	0	0	0	983	0	983
706	Peter Mason	m	MV 40	City of Hull AC	0	0	982	0	0	0	0	0	982
707	Ollie Barker	m		Helm Hill	0	982	0	0	0	0	0	0	982
708	Lorenzo Brunero	m			0	0	0	0	982	0	0	0	982
709	Jason Millward	m	MV 40	Team inov-8	982	0	0	0	0	0	0	0	982
710	Alistair Holl	m	MV 40		0	0	0	0	0	0	0	982	982
711	Russell Cairns	m	MV 50	Macclesfield Harriers	0	0	0	0	0	981	0	0	981
712	Rob Mills	m		Ponteland Runners	0	0	0	0	0	0	981	0	981
713	Philip Cuthbert	m	MV 40	Wallasey AC	0	0	981	0	0	0	0	0	981
714	Matt Smith	m	MV 40		0	0	0	981	0	0	0	0	981

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
715	Matt Reed	m	MV 40	Sheffield Triathlon Club	0	981	0	0	0	0	0	0	981
716	Martin Hibbert	m	MV 50		981	0	0	0	0	0	0	0	981
717	Ian Hodgson	m	MV 50		0	0	0	0	0	0	0	981	981
718	Eloise Lee	f		Mercia Fell Runners	0	0	0	0	981	0	0	0	981
719	Scott Cunliffe	m	MV 40	Clayton-le-moors Harriers	980	0	0	0	0	0	0	0	980
720	Lizzie Nairn	f		Selby Striders	0	980	0	0	0	0	0	0	980
721	Karen Smith	f		St Bees Triers	0	0	980	0	0	0	0	0	980
722	Donna Cartwright	f	FV 40	Radcliffe Ac	0	0	0	980	0	0	0	0	980
723	Stephen Walker	m	MV 40	Beverley Ac	0	0	979	0	0	0	0	0	979
724	Robert Campbell	m	MV 50	Helm Hill Runners	0	0	0	0	0	979	0	0	979
725	Helen Thurston	f	FV 40	Ilkley Harriers	979	0	0	0	0	0	0	0	979
726	Tim Savage	m	MV 50	City of Hull AC	0	0	978	0	0	0	0	0	978
727	Mark Dowell	m	MV 50		0	978	0	0	0	0	0	0	978
728	Lauren Graham	f			978	0	0	0	0	0	0	0	978
729	John Douglas	m	MV 50	Allithwaite Running Club	0	0	0	0	978	0	0	0	978
730	Joe Burns	m			0	0	0	0	0	978	0	0	978
731	Jack Harrison	m			0	0	0	0	0	0	978	0	978
732	Damien Brook	m			0	0	0	0	0	0	0	978	978
733	Oliver Jackson	m			977	0	0	0	0	0	0	0	977
734	Mike Nolan	m	MV 50		0	0	0	0	0	0	0	977	977
735	Andrew Sweetman	m	MV 40		0	0	0	977	0	0	0	0	977
736	Aashish Lamichhane	m			0	977	0	0	0	0	0	0	977
737	Tim Pattle	m	MV 40		0	0	976	0	0	0	0	0	976
738	Stephanie Fauset	f	FV 40	Smiley Paces	0	0	0	0	0	0	976	0	976
739	Patrick Munro	m	MV 40	Shelton Striders	0	0	0	0	0	976	0	0	976
740	James Donnelly	m	MV 40		0	0	0	0	976	0	0	0	976
741	Ekaterina Townshend	f			0	0	0	976	0	0	0	0	976
742	Ross Whitaker	m			975	0	0	0	0	0	0	0	975
743	Lee Rudd	m	MV 50	Wrekin Road Runners	0	0	0	0	0	0	0	975	975
744	Kevin Metcalfe	m	MV 40		0	0	0	0	975	0	0	0	975
745	Ian Roche	m	MV 50	Mersey Tri	0	0	0	0	0	975	0	0	975
746	Daniel Hunter	m			0	975	0	0	0	0	0	0	975
747	Chris Palmer	m	MV 40		0	0	0	975	0	0	0	0	975
748	Bethan Lowe	f			0	0	975	0	0	0	0	0	975
749	Steve Abbott	m	MV 40	Wesham Road Runners	0	0	0	0	0	0	974	0	974
750	Simon Daniels	m	MV 50	Gosforth Harriers & Ac	0	0	0	0	974	0	0	0	974
751	Robert Sharkey	m	MV 40	Lostock Ac	0	974	0	0	0	0	0	0	974
752	Graeme Eddie	m	MV 40	Macclesfield Harrier & AC	0	0	0	0	0	974	0	0	974

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
753	Tim Goldfarb	m			0	0	0	0	0	0	973	0	973
754	Sam Bayer	m			0	0	973	0	0	0	0	0	973
755	Philip Dixon	m	MV 50	Eden Runners	0	0	0	0	973	0	0	0	973
756	Phil Thompson	m	MV 40		973	0	0	0	0	0	0	0	973
757	mike tod	m	MV 50	LWAC	0	0	0	973	0	0	0	0	973
758	Luke Snell	m			0	0	0	972	0	0	0	0	972
759	Lee Gilbertson	m	MV 40		0	0	0	0	0	0	972	0	972
760	Jenny Gillies	f	FV 40		972	0	0	0	0	0	0	0	972
761	Billy Williams	m			0	972	0	0	0	0	0	0	972
762	Ben Birtles	m	MV 40	City of Hull	0	0	972	0	0	0	0	0	972
763	Sam Holloway	m		Viceroy's Triathlon Club	0	0	0	0	0	0	0	971	971
764	Philip Lonsdale	m	MV 50		0	0	971	0	0	0	0	0	971
765	Jon French	m	MV 40		0	971	0	0	0	0	0	0	971
766	Andy Johnson	m			0	0	0	0	0	0	971	0	971
767	Stephen Hackley	m	MV 40		0	0	0	0	0	970	0	0	970
768	Paul Whittemore	m			0	0	970	0	0	0	0	0	970
769	Paul Lancashire	m	MV 40	Wesham Road Runners	0	970	0	0	0	0	0	0	970
770	Mary Mccutcheon	f	FV 50	Giffnock North Aac	970	0	0	0	0	0	0	0	970
771	Jack Wilcock	m			0	0	0	970	0	0	0	0	970
772	Anthony Irving	m	MV 40		0	0	0	0	970	0	0	0	970
773	Toby Hall	m			0	969	0	0	0	0	0	0	969
774	Keith Alger	m			0	0	0	0	969	0	0	0	969
775	Katrina Hamilton	f		Wigan Harriers AC	0	0	0	0	0	0	0	969	969
776	Abbie Wilcock	f		Dallam Running Club	0	0	0	969	0	0	0	0	969
777	Sam Harding	m			0	968	0	0	0	0	0	0	968
778	Nigel Barnes	m	MV 40		0	0	968	0	0	0	0	0	968
779	Graham Strickland	m	MV 40		968	0	0	0	0	0	0	0	968
780	Billy Stephens	m			0	0	0	0	0	0	968	0	968
781	Alistair Clay	m	MV 40		0	0	0	968	0	0	0	0	968
782	Adam Champion	m	MV 50		0	0	0	0	968	0	0	0	968
783	sarah Hackett	f	FV 50	Richmond and Zetland	0	0	0	0	0	967	0	0	967
784	Richard Thatcher	m		Ramsbottom Running Club	0	0	0	0	967	0	0	0	967
785	Kate Gibson	f			0	0	967	0	0	0	0	0	967
786	Ellen Mclachlan	f			0	967	0	0	0	0	0	0	967
787	Benji Byrne	m	MV 40		967	0	0	0	0	0	0	0	967
788	Philip Woodley	m		West Cheshire Athletics Club	0	0	0	0	0	0	0	966	966
789	Paul Cartwright	m	MV 60	City Of Hull Ac	0	0	966	0	0	0	0	0	966
790	Mark Griffiths	m	MV 40	Manchester Ymca Harriers	0	0	0	0	0	966	0	0	966

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
791	John Skelton	m	MV 40		0	0	0	0	966	0	0	0	966
792	Jo Sutton	f			966	0	0	0	0	0	0	0	966
793	Rob Brander	m			0	0	0	0	0	965	0	0	965
794	Kevin Eland	m			0	0	0	965	0	0	0	0	965
795	Jo Buckley	f	FV 40	Bingley Harriers	965	0	0	0	0	0	0	0	965
796	James Davey	m			0	0	0	0	965	0	0	0	965
797	Ciaron Roddy	m		Red Rose Runners	0	0	0	0	0	0	965	0	965
798	Samuel Ashton	m		Burnden Road Runners	964	0	0	0	0	0	0	0	964
799	Philip Jarvis	m	MV 40		0	964	0	0	0	0	0	0	964
800	Eleanor Fowler	f	FV 40	Badgers	0	0	964	0	0	0	0	0	964
801	David James Upcott	m			0	0	0	0	0	0	964	0	964
802	Billy Harkness	m	MV 40		0	0	0	0	0	0	0	964	964
803	Vicky Penn	f	FV 40	Smiley Paces	0	0	0	0	0	0	963	0	963
804	Rob ALEXANDER	m	MV 40	City Of Hull Ac	0	0	963	0	0	0	0	0	963
805	Neil Gunn	m	MV 60	Macclesfield Harriers	0	0	0	0	0	963	0	0	963
806	Jonathan Hale	m	MV 50	Vale Striders	0	0	0	0	963	0	0	0	963
807	Gordon Blunt	m	MV 40	Kendal Hockey Club	0	963	0	0	0	0	0	0	963
808	Craig Rimmer	m			0	0	0	963	0	0	0	0	963
809	Chris Ryan	m	MV 40	Sw Running Crew	0	0	0	0	0	0	0	963	963
810	Andy Baguley	m	MV 40	Chorlton Runners	963	0	0	0	0	0	0	0	963
811	Sarah Baird	f			0	499	0	0	0	0	463	0	962
812	Sally Buckworth	f	FV 50		0	0	0	0	0	0	0	962	962
813	Owen Panton	m			962	0	0	0	0	0	0	0	962
814	Nikita Chevkinov	m			0	0	0	962	0	0	0	0	962
815	Graeme Burns	m	MV 50		0	0	0	0	0	962	0	0	962
816	Christian Harrison	m			0	0	962	0	0	0	0	0	962
817	Paul Wareing	m	MV 50	Chorley Athletic & Try	961	0	0	0	0	0	0	0	961
818	Alex Macdowall	m			0	0	0	961	0	0	0	0	961
819	Rob Moss	m			0	0	960	0	0	0	0	0	960
820	Louise Little	f			0	0	0	0	0	0	0	960	960
821	Jon Tose	m	MV 50		0	0	0	0	960	0	0	0	960
822	Joel Pilkington	m			0	0	0	0	0	0	960	0	960
823	Emma Kicks	f	FV 40	Nidd Valley Road Runners	0	0	0	960	0	0	0	0	960
824	Paul Stuart	m	MV 50		0	0	0	0	0	959	0	0	959
825	Paul Jones	m	MV 50	Shropshire Shufflers	0	0	0	0	959	0	0	0	959
826	Mike Holmes	m	MV 40		0	0	0	959	0	0	0	0	959
827	Joe Allaby	m		Poynton Runners	0	0	0	0	0	0	959	0	959
828	Gary Bonner	m	MV 50	Sedgley Striders	0	0	959	0	0	0	0	0	959

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
867	John Smith	m	MV 60	City Of Hull Ac	0	0	951	0	0	0	0	0	951
868	Fred Wolstenholme	m			0	0	0	951	0	0	0	0	951
869	Craig Shakespeare	m	MV 40	SWRC	0	0	0	0	0	0	0	951	951
870	Mark Saunders	m	MV 50	Tri-Anglia	0	0	0	0	950	0	0	0	950
871	Mark Hudson	m	MV 60	Liverpool Pembroke Sefton	950	0	0	0	0	0	0	0	950
872	John Reynolds	m	MV 60	Cumberland Fell Runners	0	0	0	950	0	0	0	0	950
873	Hannah Hoggren-Johnson	f	FV 40	Sheffield Triathlon Club	0	950	0	0	0	0	0	0	950
874	Freddie Jewell	m			0	0	950	0	0	0	0	0	950
875	David Broadbent	m	MV 40		0	0	0	0	0	0	0	950	950
876	Thomas Jones	m			0	0	0	0	0	949	0	0	949
877	molly tawney	f			0	0	0	949	0	0	0	0	949
878	Matt Washburn	m	MV 40		0	0	0	0	0	0	0	949	949
879	Jim Andrew	m	MV 40		0	0	0	0	949	0	0	0	949
880	Andrew Booth	m	MV 40	Run Knutsford	0	949	0	0	0	0	0	0	949
881	Sophie Pilkington	f		Red Rose Road Runners	0	0	0	0	0	0	948	0	948
882	Robert Clement	m			0	0	0	0	0	948	0	0	948
883	Francis Maynard	m			0	0	0	948	0	0	0	0	948
884	Christian Rengers	m			0	948	0	0	0	0	0	0	948
885	Benjamin Johnson	m			948	0	0	0	0	0	0	0	948
886	William Mcallister	m		Parkside Panthers	947	0	0	0	0	0	0	0	947
887	Pedro Riera	m			0	0	947	0	0	0	0	0	947
888	Jonathan Pyke	m	MV 40		0	0	0	0	0	947	0	0	947
889	James Doddrell	m			0	0	0	0	0	0	947	0	947
890	Rachel Ross Russell	f	FV 50	Rzh	0	0	0	0	0	0	946	0	946
891	Matthew MADDOCK	m	MV 40		0	0	0	946	0	0	0	0	946
892	Leona Beaumont	f		Chorlton Runners	0	0	0	0	0	946	0	0	946
893	Chris Eggett	m	MV 50	Northumberland Fell Runners	0	946	0	0	0	0	0	0	946
894	Andrew Duggan	m	MV 50	Wrekin Road Runners	0	0	0	0	0	0	0	946	946
895	Rachel Poynter	f		Eden Runners	0	0	0	945	0	0	0	0	945
896	Mark Dye	m	MV 50		0	0	0	0	945	0	0	0	945
897	Brian Ghatan	m	MV 40		945	0	0	0	0	0	0	0	945
898	Ben Hall	m	MV 40	Elswick Harriers	0	0	945	0	0	0	0	0	945
899	Michael Robinson	m		Ackworth road runners	0	0	0	0	0	0	944	0	944
900	James Kirkpatrick	m			0	0	0	944	0	0	0	0	944
901	Daniel McDonagh	m			0	0	944	0	0	0	0	0	944
902	Sarah Johnson	f		North Shields Poly	0	0	0	0	943	0	0	0	943
903	Sam Harding	m			943	0	0	0	0	0	0	0	943
904	Paul Sale	m	MV 40		0	0	0	943	0	0	0	0	943

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
905	Chris Bishop	m			0	0	0	0	0	0	0	943	943
906	Aaron Rickard	m			0	0	0	0	0	0	943	0	943
907	Sheridan Stride	f	FV 40		0	0	0	0	0	0	0	942	942
908	Richard Bowes	m	MV 40	The Stragglers	0	0	0	0	0	0	942	0	942
909	Helen Richardson	f	FV 50		0	0	0	942	0	0	0	0	942
910	Thomas Procter	m		Sleaford Striders	0	0	0	0	0	941	0	0	941
911	Laura Bartlett	f			0	941	0	0	0	0	0	0	941
912	Gavin Birkett	m	MV 40		0	0	0	0	0	0	941	0	941
913	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	941	0	0	0	0	0	941
914	Ryan Dempster	m			0	940	0	0	0	0	0	0	940
915	Rupert Wilks	m	MV 50	City Of Hull Ac	0	0	940	0	0	0	0	0	940
916	Michael McKean	m		Dumfries Running Club	0	0	0	0	940	0	0	0	940
917	Joseph Ritson	m	MV 60	Derwent Ac Cockermouth	0	0	0	940	0	0	0	0	940
918	Graeme Lee	m	MV 50	Meltham Ac	0	0	0	0	0	940	0	0	940
919	Richie Coss	m	MV 40		0	0	0	0	0	0	939	0	939
920	John Schofield	m			939	0	0	0	0	0	0	0	939
921	David Clement	m			0	0	0	0	0	939	0	0	939
922	Ruth Mackenzie	f			0	0	938	0	0	0	0	0	938
923	Jules Coleman	m	MV 50	Lonsdale Fell Runners	0	0	0	0	0	938	0	0	938
924	Duncan Dickie	m	MV 50		0	0	0	938	0	0	0	0	938
925	Danny Garrod	m			0	0	0	0	0	0	0	938	938
926	Andrew Watson	m			0	0	0	0	0	0	938	0	938
927	Andrew Pye	m	MV 40		938	0	0	0	0	0	0	0	938
928	Will Hastings	m			0	0	937	0	0	0	0	0	937
929	Liam Crossey	m	MV 40		0	937	0	0	0	0	0	0	937
930	Jon Hardcastle	m	MV 40		0	0	0	0	937	0	0	0	937
931	Ian Bowker	m	MV 50	Marple Runners	937	0	0	0	0	0	0	0	937
932	Daniel Harratt	m			0	0	0	937	0	0	0	0	937
933	Andrew Mainwaring	m	MV 40		0	0	0	0	0	0	937	0	937
934	Jessica Wimple	f			0	0	0	936	0	0	0	0	936
935	Jamie O'Callaghan	m			0	0	0	0	0	0	936	0	936
936	Ed Ashton	m	MV 50	Burnden Road Runners	936	0	0	0	0	0	0	0	936
937	Andy Firkin	m	MV 50	Lancaster and Morecambe ac	0	0	936	0	0	0	0	0	936
938	Will Leonard	m			0	0	0	0	935	0	0	0	935
939	Paul Bryan	m	MV 40		0	0	0	935	0	0	0	0	935
940	Paul Bateman	m	MV 40		0	0	0	0	0	935	0	0	935
941	Sally Gilliver	f	FV 60	Wilmslow Running Club	0	0	0	0	0	0	0	934	934
942	Melanie Rotherham	f	FV 50		0	934	0	0	0	0	0	0	934

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
943	Joy Livermore	f	FV 40	The Bield, Valley Road	0	0	934	0	0	0	0	0	934
944	Joel Tomkins	m			0	0	0	0	0	934	0	0	934
945	Colin Rigby	m	MV 50	Horwich RMI	934	0	0	0	0	0	0	0	934
946	Antony Beynon	m	MV 40		0	0	0	0	0	0	934	0	934
947	Steve Worthington	m			0	0	933	0	0	0	0	0	933
948	Paul Lewis	m	MV 50		0	0	0	0	0	0	933	0	933
949	Pascale Holden	f	FV 50	Shelton Striders	0	0	0	0	0	933	0	0	933
950	Martin Davis	m	MV 60	Newquay Road Runners	0	933	0	0	0	0	0	0	933
951	Chris Hall	m	MV 40		0	0	0	0	0	0	0	933	933
952	Adam Birch	m			0	0	0	933	0	0	0	0	933
953	Simon Fogerty	m	MV 40		0	0	0	0	0	932	0	0	932
954	Peter Burke	m			932	0	0	0	0	0	0	0	932
955	Nick Jones	m	MV 40		0	0	0	0	0	0	0	932	932
956	Julian Waldron	m	MV 50		0	932	0	0	0	0	0	0	932
957	Adam Barker	m	MV 50		0	0	932	0	0	0	0	0	932
958	Nigel Ezard	m	MV 50		0	0	0	931	0	0	0	0	931
959	Lynne Callaghan	f	FV 40	Trentham RC	0	0	931	0	0	0	0	0	931
960	Lee Williams	m	MV 40		0	0	0	0	0	931	0	0	931
961	Cristiano Vizzotto	m			0	0	0	0	0	0	0	931	931
962	Ciaran O'Neill	m			0	0	0	0	0	0	931	0	931
963	Chris Wynne	m	MV 60		0	0	0	0	931	0	0	0	931
964	Alan Barr	m	MV 50	Howgill Harriers	0	931	0	0	0	0	0	0	931
965	Liam Tillett	m			0	0	0	0	0	930	0	0	930
966	Eugene Grant	m	MV 50		0	0	930	0	0	0	0	0	930
967	Andrew Dobinson	m	MV 50	Sunderland strollers	930	0	0	0	0	0	0	0	930
968	Victoria Marshall	f	FV 40		0	0	0	929	0	0	0	0	929
969	Tom Mattack	m		pool Pembroke and Sefton Harrie	0	929	0	0	0	0	0	0	929
970	Lee Troughton	m	MV 50		0	0	0	0	929	0	0	0	929
971	Tim Marshall	m	MV 50		0	0	0	928	0	0	0	0	928
972	Neil Piggot	m	MV 40		928	0	0	0	0	0	0	0	928
973	Martin Skinner	m	MV 50	N/a	0	928	0	0	0	0	0	0	928
974	Jock Taylor	m	MV 60		0	0	0	0	0	928	0	0	928
975	Tim Selves	m	MV 50		0	0	0	0	927	0	0	0	927
976	Kyle Balnave	m	MV 40		0	0	0	0	0	0	927	0	927
977	Andrew Rutter	m			927	0	0	0	0	0	0	0	927
978	Tom Coupe	m			926	0	0	0	0	0	0	0	926
979	Paul White	m			0	0	0	0	0	0	0	926	926
980	David Bull	m	MV 40		0	0	0	0	0	0	926	0	926

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
981	Chris Birkett	m	MV 40		0	0	926	0	0	0	0	0	926
982	Andrew McCluskey	m	MV 50		0	0	0	0	0	926	0	0	926
983	Patrick Stapleton	m			925	0	0	0	0	0	0	0	925
984	Michael Duffield	m	MV 50	Ilkley Harriers	0	0	0	0	0	0	0	925	925
985	Laura Telford	f	FV 40	Macclesfield Harriers AC	0	0	0	0	0	925	0	0	925
986	Ian Crook	m	MV 50	Barrow Striders	0	925	0	0	0	0	0	0	925
987	Chris Bone	m	MV 40	St Bees Triers	0	0	0	0	0	924	0	0	924
988	Alice Bernstein	f			924	0	0	0	0	0	0	0	924
989	Chris Shearlock	m	MV 40		0	0	0	0	0	0	923	0	923
990	Andrew Tomlinson	m	MV 40		0	0	923	0	0	0	0	0	923
991	Tomo Armstead	m			0	0	0	0	0	0	922	0	922
992	Philip Evans	m		4Life Triathlon	0	0	0	922	0	0	0	0	922
993	Kate Moore	f			0	0	0	0	922	0	0	0	922
994	Jonathan Lupton	m	MV 40		922	0	0	0	0	0	0	0	922
995	Anna Woolgar	f	FV 40	Chester Triathlon Club	0	922	0	0	0	0	0	0	922
996	Sharon Hudson	f	FV 50	KCAC	0	0	0	0	0	921	0	0	921
997	Richard buckham	m	MV 60		0	0	0	921	0	0	0	0	921
998	Michael Treece-birch	m	MV 40		921	0	0	0	0	0	0	0	921
999	Joanne Grant	f	FV 50	Milltown Milers	0	0	921	0	0	0	0	0	921
1000	Craig Butterworth	m	MV 40	Hyde Village Striders	0	921	0	0	0	0	0	0	921
1001	Andrew Norman	m	MV 40	Ramsbottom Running Club	0	0	0	0	921	0	0	0	921
1002	Will Cooper	m	MV 40		0	0	0	0	0	920	0	0	920
1003	Simon Downs	m	MV 50		0	0	0	0	920	0	0	0	920
1004	Phil Nixon	m	MV 40		0	0	0	0	0	0	0	920	920
1005	Matt Garnett	m		Goodgym Race Team	0	0	0	0	0	0	920	0	920
1006	Jennifer Evans	f		4life Triathlon Club	0	0	0	920	0	0	0	0	920
1007	Glyn Smith	m			0	920	0	0	0	0	0	0	920
1008	David Bartlett	m			920	0	0	0	0	0	0	0	920
1009	Sarah Lewis-Briggs	f	FV 60	3 Torches Around The Tarn - Bram	0	0	0	919	0	0	0	0	919
1010	Sam Coward	m			0	0	919	0	0	0	0	0	919
1011	Tom Moss	m		HI Runners	0	0	0	0	0	918	0	0	918
1012	Peter Lane	m	MV 40	Notfast Rc	0	0	0	918	0	0	0	0	918
1013	Nicola Hughes	f			0	0	918	0	0	0	0	0	918
1014	Bruce Helme	m	MV 40		0	0	0	0	0	0	0	918	918
1015	Ben Slaven	m	MV 40		0	0	0	0	918	0	0	0	918
1016	James Brown	m		SISU RUN	0	0	0	0	0	0	917	0	917
1017	Sophie Lee	f		City of Hull AC	0	0	916	0	0	0	0	0	916
1018	Mark Beck	m	MV 40		0	0	0	916	0	0	0	0	916

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1019	Jack Whitworth	m		LBC Tractors	0	0	0	0	0	0	916	0	916
1020	David Wimpenny	m			0	916	0	0	0	0	0	0	916
1021	Colin Mcevoy	m	MV 40	Trentham Rc	916	0	0	0	0	0	0	0	916
1022	Mark Berry	m	MV 50		0	0	0	0	915	0	0	0	915
1023	Fred Frost	m			915	0	0	0	0	0	0	0	915
1024	Ben Read	m			0	0	0	0	0	0	915	0	915
1025	Steven Price	m			0	0	0	0	0	0	914	0	914
1026	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	0	0	0	914	0	0	0	914
1027	Merlin Duff	m			0	0	914	0	0	0	0	0	914
1028	Jennifer Webster	f	FV 40	Epot	0	0	0	914	0	0	0	0	914
1029	Ian Whalley	m			0	914	0	0	0	0	0	0	914
1030	Ian Jones	m	MV 50		0	0	0	0	0	914	0	0	914
1031	Chris Willocks	m			914	0	0	0	0	0	0	0	914
1032	Philip Palmer	m	MV 40		0	0	0	0	913	0	0	0	913
1033	Lily McElveen	f			0	913	0	0	0	0	0	0	913
1034	Ferg Ryan	m	MV 40	Sw Running Crew	0	0	0	0	0	0	0	913	913
1035	Denis Cleary	m	MV 40	None	0	0	0	0	0	913	0	0	913
1036	Bruce Sawyer	m	MV 40		0	0	913	0	0	0	0	0	913
1037	Amanda Peffer	f	FV 40	Na	0	0	0	913	0	0	0	0	913
1038	tony gill	m	MV 50		0	0	0	0	0	0	912	0	912
1039	Michael Clemmetsen	m	MV 50		0	0	0	0	912	0	0	0	912
1040	Julie Robertson	f	FV 50	Radcliffe AC	912	0	0	0	0	0	0	0	912
1041	Stevie Mulgrave	m			0	0	911	0	0	0	0	0	911
1042	Scott Cattaneo	m	MV 40		0	0	0	0	0	911	0	0	911
1043	Lewis Pearson	m			0	0	0	0	911	0	0	0	911
1044	Thom Isom	m			0	910	0	0	0	0	0	0	910
1045	Michael Worthington	m	MV 50		0	0	0	0	0	0	910	0	910
1046	Harry Gawler	m			0	0	910	0	0	0	0	0	910
1047	Gabby Le Geyt	f		Macclesfield Harriers	0	0	0	0	0	910	0	0	910
1048	Richard Slack	m	MV 50	Claremont Road Runners	0	0	0	0	0	909	0	0	909
1049	Rebecca Jones	f	FV 40		0	0	0	909	0	0	0	0	909
1050	Ben Houseman	m	MV 40		0	0	0	0	0	0	0	909	909
1051	Austin Jarrett	m	MV 50	Dawn Jarrett	0	0	0	0	0	0	909	0	909
1052	Tom Wright	m	MV 40		0	0	0	0	0	0	0	908	908
1053	Sara Wolstenholme	f	FV 50		0	0	0	908	0	0	0	0	908
1054	Ken Rayner	m	MV 50	Craven Energy	0	0	0	0	0	908	0	0	908
1055	Ian Harrison	m	MV 40	Mikkler Running Club Liverpool	0	0	0	0	908	0	0	0	908
1056	Dominique Boyle	f		Shaw Hill Runners	0	0	0	0	0	0	908	0	908

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1057	Chris McKee	m			0	908	0	0	0	0	0	0	908
1058	Cecilia Fellows	f	FV 40		908	0	0	0	0	0	0	0	908
1059	Michelle Thompson	f	FV 40	Morpeth Harriers AC	0	0	907	0	0	0	0	0	907
1060	Katherine Lafferty	f			0	0	0	0	0	0	907	0	907
1061	Zoe Buckham	f			0	0	0	906	0	0	0	0	906
1062	Richard Kenyon	m	MV 40		0	0	0	0	0	0	906	0	906
1063	Liz Whitfield	f	FV 40	Helm Hill Runners	0	906	0	0	0	0	0	0	906
1064	Jo Dixon	f	FV 40		0	0	0	0	0	0	0	906	906
1065	Catherine Jones	f	FV 60	Bolton Utd Harriers	0	0	0	0	906	0	0	0	906
1066	Andrew Vincent	m	MV 50	Bollington Harriers	906	0	0	0	0	0	0	0	906
1067	Victoria Cruise	f			0	0	0	905	0	0	0	0	905
1068	John Pollard	m	MV 60	Glossopdale Harriers	0	0	905	0	0	0	0	0	905
1069	Dale Norman	m	MV 40		0	905	0	0	0	0	0	0	905
1070	Chris March	m			0	0	0	0	0	0	0	905	905
1071	Steven Cullen	m	MV 40		0	0	904	0	0	0	0	0	904
1072	James Futers	m		Wolfpack Running Club	0	904	0	0	0	0	0	0	904
1073	Gillian Woon	f	FV 40	Vegan Runners UK	0	0	0	904	0	0	0	0	904
1074	Richard Hankins	m	MV 50	Helsby Running Club	0	0	903	0	0	0	0	0	903
1075	LUKE MCGOWAN	m			0	0	0	0	0	0	903	0	903
1076	Carys McKenzie	f			0	0	0	0	0	903	0	0	903
1077	Ryan Martindale	m			0	0	0	0	0	0	902	0	902
1078	Michael Edge	m	MV 60	Wesham	0	0	0	0	902	0	0	0	902
1079	Katrina Seymour	f	FV 40	SWRC	0	0	0	0	0	0	0	902	902
1080	Gill Petrucci	f	FV 50		0	0	0	0	0	902	0	0	902
1081	Duncan Trenholm	m			0	902	0	0	0	0	0	0	902
1082	Jenny Durkin	f			0	0	0	0	0	901	0	0	901
1083	Hazel McWilliams	f	FV 50		0	0	901	0	0	0	0	0	901
1084	Chris Turner	m	MV 60	NYP Tri	0	0	0	0	0	0	901	0	901
1085	Beth Jenks	f			0	0	0	901	0	0	0	0	901
1086	Rachel May	f			0	0	0	0	900	0	0	0	900
1087	Lauren Anderson	f	FV 40		0	0	0	0	0	900	0	0	900
1088	Joseph Bolger	m			0	900	0	0	0	0	0	0	900
1089	Carly Harding	f	FV 40		0	0	0	0	0	0	0	900	900
1090	Rebecca Devereux	f	FV 40		899	0	0	0	0	0	0	0	899
1091	Nicholas Barr	m	MV 60	Forres Harriers	0	0	899	0	0	0	0	0	899
1092	Gareth Harding	m	MV 40		0	0	0	0	0	0	0	899	899
1093	EDWARD FORSTER	m	MV 40		0	0	0	0	0	0	899	0	899
1094	Anna McDonald	f			0	0	0	0	899	0	0	0	899

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1095	Janette Rayton	f	FV 40	Red Rose Road Runners	0	0	0	0	0	898	0	0	898
1096	Christopher Bennett	m	MV 50	Gog Triathlon Club	898	0	0	0	0	0	0	0	898
1097	Al Neal	m	MV 40		0	0	0	0	0	0	898	0	898
1098	Michael Devlin	m	MV 40		0	0	0	0	0	897	0	0	897
1099	Krista Voorham	f	FV 50		0	0	0	0	897	0	0	0	897
1100	Hilary Neal	f	FV 40		0	0	0	0	0	0	897	0	897
1101	Boris Psodorov	m		Keswick AC	0	0	897	0	0	0	0	0	897
1102	Tracie Jarvis	f	FV 50	Stubbington	0	0	0	896	0	0	0	0	896
1103	Stephen Jack	m			0	896	0	0	0	0	0	0	896
1104	Mark Cunliffe	m			0	0	0	0	0	896	0	0	896
1105	Julian Clarke	m	MV 50		0	0	0	0	0	0	896	0	896
1106	Penny Oliver	f	FV 50		0	0	0	895	0	0	0	0	895
1107	Marjoiljn Spoorenberg	f			0	0	895	0	0	0	0	0	895
1108	Jo Lewis	f	FV 50	leighley And Craven Athlectics Clu	0	0	0	0	0	895	0	0	895
1109	David Mortemore	m	MV 40		0	895	0	0	0	0	0	0	895
1110	Rick Madden	m	MV 40	Ramsbottom Running Club	0	894	0	0	0	0	0	0	894
1111	Richard Harding	m	MV 40		0	0	0	894	0	0	0	0	894
1112	Nick Howe	m	MV 40		0	0	894	0	0	0	0	0	894
1113	William Burkitt	m			0	0	0	0	893	0	0	0	893
1114	Laura Berry	f			0	0	0	893	0	0	0	0	893
1115	Jonathan Clement	m			0	0	0	0	0	893	0	0	893
1116	John Lafferty	m			0	0	893	0	0	0	0	0	893
1117	Ryan Walker	m		Ramsbottom Running Club	0	0	0	0	892	0	0	0	892
1118	Katherine Rooney	f			0	0	892	0	0	0	0	0	892
1119	Carl Southam	m			0	0	0	892	0	0	0	0	892
1120	Rob Copley	m			0	0	0	0	0	0	891	0	891
1121	Paul Jackson	m	MV 60	Sunderland Strollers	0	0	0	891	0	0	0	0	891
1122	Jamie Lawson	m			0	0	0	0	891	0	0	0	891
1123	James Waterhouse	m	MV 40		891	0	0	0	0	0	0	0	891
1124	Clair Priestley	f	FV 40		0	0	0	0	0	891	0	0	891
1125	Bob Hartley	m	MV 50		0	0	891	0	0	0	0	0	891
1126	Sonia Jameson	f	FV 40		422	468	0	0	0	0	0	0	890
1127	Laura Mingins	f			0	0	0	0	0	0	0	890	890
1128	Greg Wells	m	MV 40		0	0	0	0	0	890	0	0	890
1129	Daniel Hughes	m			0	0	0	0	890	0	0	0	890
1130	Rosie Halsall	f			889	0	0	0	0	0	0	0	889
1131	Robin Cattermole	m	MV 50		0	0	889	0	0	0	0	0	889
1132	Nicola Heaton	f	FV 40		0	0	0	889	0	0	0	0	889

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1133	Arran Hollyoak	m			0	889	0	0	0	0	0	0	889
1134	Simon Robb	m			0	0	0	0	0	0	888	0	888
1135	Mandy Atkins	f	FV 50		0	0	0	888	0	0	0	0	888
1136	Ian Hewitt	m	MV 40	Eden Runners	0	888	0	0	0	0	0	0	888
1137	Emma Lynch	f			0	0	0	0	0	0	0	888	888
1138	Ellie Simmonds	f		Hoad Hill Harriers	0	0	0	0	888	0	0	0	888
1139	Russell Mead	m	MV 50	Stubbington Green Runners	0	0	0	887	0	0	0	0	887
1140	Nicola Waterworth	f	FV 40	Macclesfield Harriers	0	0	0	0	0	0	0	887	887
1141	Michael Hardman	m			0	887	0	0	0	0	0	0	887
1142	Gregory Atkins	m			887	0	0	0	0	0	0	0	887
1143	Andy Mellor	m	MV 40		0	0	0	0	0	0	887	0	887
1144	Mikey Goodman	m			0	0	0	0	0	0	886	0	886
1145	Lindsay Smith	f		Derwent Valley Running Club	0	0	886	0	0	0	0	0	886
1146	Johnny Phillips	m			0	886	0	0	0	0	0	0	886
1147	David Holliday	m	MV 50	DCH Run Club	0	0	0	0	886	0	0	0	886
1148	Stephen Stuart	m	MV 50		0	0	0	0	0	0	885	0	885
1149	Mary Hall	f	FV 40	Elswick Harriers	0	0	885	0	0	0	0	0	885
1150	Marie McDonald	f	FV 50	Stubbington Green Runners	0	0	0	885	0	0	0	0	885
1151	Jordan Blackmon	m			0	885	0	0	0	0	0	0	885
1152	Charlene Smith	f			0	0	0	0	0	885	0	0	885
1153	Becky Taylor	f	FV 40	Vegan Runners	885	0	0	0	0	0	0	0	885
1154	Wayne Murtagh	m	MV 40	City of Hull ac	0	0	884	0	0	0	0	0	884
1155	Jon Leigh	m	MV 60	Stubbington Green Runners	0	0	0	884	0	0	0	0	884
1156	Emma Graham	f	FV 40	St Bees Triers	0	0	0	0	0	884	0	0	884
1157	Adam Green	m			884	0	0	0	0	0	0	0	884
1158	Ryan McCarthy	m			0	0	0	883	0	0	0	0	883
1159	Lewis Mcintyre	m	MV 60		883	0	0	0	0	0	0	0	883
1160	Jonathan Mock	m			0	883	0	0	0	0	0	0	883
1161	Joe Sheils	m			0	0	0	0	0	0	883	0	883
1162	Stephen Orife	m			0	882	0	0	0	0	0	0	882
1163	Shaun McDermott	m			882	0	0	0	0	0	0	0	882
1164	Sam Akerstrom	m		Ramsbottom Running Club	0	0	0	0	882	0	0	0	882
1165	Katie Copeland	f	FV 40		0	0	0	882	0	0	0	0	882
1166	Roxanna Abhari	f			0	0	0	0	0	0	0	881	881
1167	Rosie Taylor	f			0	0	881	0	0	0	0	0	881
1168	Michael Brinkhuijsen	m	MV 40		881	0	0	0	0	0	0	0	881
1169	John Greenall	m			0	0	0	0	881	0	0	0	881
1170	Diane Carson	f	FV 60	Park View 4U Run Group	0	0	0	0	0	881	0	0	881

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1209	Adrian Craven	m	MV 50	Selby Striders	0	0	872	0	0	0	0	0	872
1210	Tom Thomson	m	MV 40	Warrington Running Club	0	0	0	0	0	871	0	0	871
1211	Steve Tinniswood	m	MV 50		0	871	0	0	0	0	0	0	871
1212	Andrew Phillips	m			871	0	0	0	0	0	0	0	871
1213	Philippa Leach	f	FV 60		0	0	870	0	0	0	0	0	870
1214	Mark Rutherford	m	MV 40		0	870	0	0	0	0	0	0	870
1215	James Johnston	m			870	0	0	0	0	0	0	0	870
1216	James Bagshaw	m			0	0	0	870	0	0	0	0	870
1217	Rachael Shaw	f			0	0	0	0	0	0	869	0	869
1218	Neil Moffat	m	MV 60	Dumfries Running Club	0	0	0	0	869	0	0	0	869
1219	Clarice Gill	f			0	0	0	0	0	869	0	0	869
1220	Bridget Houlston	f	FV 40		869	0	0	0	0	0	0	0	869
1221	Anthony Mclaughlan	m	MV 50	Highfield Old Fellers	0	0	869	0	0	0	0	0	869
1222	Rio Gill	f			0	0	0	0	0	868	0	0	868
1223	Natalie Southam	f			0	0	0	868	0	0	0	0	868
1224	Mel Steer	f	FV 50	Alnwick Harriers	0	0	0	0	868	0	0	0	868
1225	Jenny Unsworth	f			868	0	0	0	0	0	0	0	868
1226	Ian Dewar	m	MV 40		0	0	868	0	0	0	0	0	868
1227	Andrew Kitts	m		Kirkby Milers AC	0	868	0	0	0	0	0	0	868
1228	Stephen Hancock	m	MV 50	Lostock AC	0	0	0	867	0	0	0	0	867
1229	Sam McGrath	m			0	0	0	0	867	0	0	0	867
1230	Mathew Yates	m			867	0	0	0	0	0	0	0	867
1231	Lucy Allaby	f			0	0	0	0	0	0	867	0	867
1232	Rachel Hancock	f	FV 40	Lostock AC	0	0	0	866	0	0	0	0	866
1233	Owen David	m			0	0	0	0	0	866	0	0	866
1234	James Rogers	m			0	866	0	0	0	0	0	0	866
1235	Daniel Vaughan	m			0	0	0	0	866	0	0	0	866
1236	Az Alam	m	MV 40		866	0	0	0	0	0	0	0	866
1237	Alex Green	m			0	0	0	0	0	0	0	866	866
1238	Vidur Paliwal	m			865	0	0	0	0	0	0	0	865
1239	Rosie Walker	f			0	0	0	0	0	0	0	865	865
1240	Julia Dickie	f	FV 50		0	0	0	865	0	0	0	0	865
1241	James Bartholomew	m	MV 50		0	0	865	0	0	0	0	0	865
1242	Andrew Fletcher	m	MV 60	North Bolton Runners	0	0	0	0	0	865	0	0	865
1243	Ed Chipperfield	m	MV 40		864	0	0	0	0	0	0	0	864
1244	Dean Cruden	m			0	0	0	864	0	0	0	0	864
1245	David Macdonald	m	MV 50		0	0	864	0	0	0	0	0	864
1246	Chris Carruthers	m			0	0	0	0	0	0	864	0	864

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1247	Aude Peltier	f	FV 40		0	0	0	0	0	0	0	864	864
1248	Julie Smith	f	FV 50	The Fell Devils	0	863	0	0	0	0	0	0	863
1249	Duncan Ross Russell	m	MV 50		0	0	0	0	0	0	863	0	863
1250	Ryan Worsley	m			0	0	0	862	0	0	0	0	862
1251	Vic Wilson	f			0	0	0	0	861	0	0	0	861
1252	Tim Kings	m	MV 50		0	0	0	0	0	0	861	0	861
1253	Rachel Hancock	f	FV 40		0	0	0	861	0	0	0	0	861
1254	Peter Ling	m	MV 50	-	0	0	0	0	0	861	0	0	861
1255	Nick Cook	m	MV 40		861	0	0	0	0	0	0	0	861
1256	Karen Jones	f	FV 40		0	0	861	0	0	0	0	0	861
1257	Grace Balmforth	f			0	861	0	0	0	0	0	0	861
1258	Olivia Wiggins	f			0	860	0	0	0	0	0	0	860
1259	David Bone	m	MV 60	Ealing Eagles Running Club	0	0	0	0	0	860	0	0	860
1260	Catherine Speakman	f	FV 40	Settle Harriers	0	0	0	0	860	0	0	0	860
1261	Joel Stanier	m		Red Rose Road Runners	0	0	0	859	0	0	0	0	859
1262	Jenny Ruscoe	f	FV 40		0	0	0	0	0	0	0	859	859
1263	Darren Atkinson	m			0	0	0	0	0	0	859	0	859
1264	Sharon Pendleton	f		Dockside Runners	0	0	858	0	0	0	0	0	858
1265	Lloyd Allen	m	MV 50	Kirkstall Harriers	0	0	0	0	0	0	858	0	858
1266	David Macgillivray	m	MV 60	Dh Runners	858	0	0	0	0	0	0	0	858
1267	Chris Cox	m	MV 60		0	0	0	0	0	0	0	858	858
1268	Tracey Grigoleit	f	FV 60	Tadley Runners	0	0	0	857	0	0	0	0	857
1269	Nick Rome	m	MV 50		857	0	0	0	0	0	0	0	857
1270	Michael Jordan	m			0	0	0	0	0	0	857	0	857
1271	Lily Abel	f			0	0	0	0	0	857	0	0	857
1272	Claire Purcell	f	FV 50	Red Kite Runners	0	0	0	0	0	0	0	857	857
1273	Andy Williamson	m	MV 60	Tri Preston	0	857	0	0	0	0	0	0	857
1274	Peter Senior	m	MV 40	Running Bear	0	856	0	0	0	0	0	0	856
1275	John Rudd	m	MV 50	Dundee Road Runners	856	0	0	0	0	0	0	0	856
1276	Gail Hill	f	FV 50	Macclesfield Harrier & AC	0	0	0	0	0	856	0	0	856
1277	Catherine Higginson	f	FV 40		0	0	0	856	0	0	0	0	856
1278	Andy Carpenter	m	MV 50		0	0	0	0	0	0	856	0	856
1279	Al Topping	m			0	0	856	0	0	0	0	0	856
1280	Sharon-lee Lukas	f	FV 50		0	0	0	855	0	0	0	0	855
1281	Emily Topping	f	FV 40		0	0	855	0	0	0	0	0	855
1282	Stuart Mcgurk	m	MV 60	Kendal	0	0	0	0	854	0	0	0	854
1283	Mark Smith	m	MV 50		854	0	0	0	0	0	0	0	854
1284	Andrea Wright	f	FV 50		0	0	0	0	0	854	0	0	854

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1285	Michael Touhey	m	MV 40		0	0	0	0	853	0	0	0	853
1286	Mark Geldart	m	MV 40		853	0	0	0	0	0	0	0	853
1287	Emily Cable	f			0	0	0	853	0	0	0	0	853
1288	Adam Hiles	m			0	0	0	0	0	0	0	853	853
1289	Reece Jones	m			0	0	0	852	0	0	0	0	852
1290	Michael Curry	m	MV 40		0	0	0	0	852	0	0	0	852
1291	Lucy Khan	f	FV 50	City Of Hull Ac	0	0	852	0	0	0	0	0	852
1292	Jane Langham	f	FV 50	Smiley Paces	0	0	0	0	0	0	852	0	852
1293	Mark Procter	m	MV 50	Sleaford striders	0	0	0	0	0	851	0	0	851
1294	Katie Price	f	FV 40	Knowle and Dorridge RC	0	0	0	851	0	0	0	0	851
1295	Carol Reid	f	FV 40	Valley Striders	0	0	0	0	0	0	851	0	851
1296	Alison Piron	f	FV 40		0	851	0	0	0	0	0	0	851
1297	Ruth Denham-Brown	f			0	0	0	0	850	0	0	0	850
1298	Neil Crossman	m	MV 40		0	0	850	0	0	0	0	0	850
1299	Kate Middlebrook	f			0	0	0	850	0	0	0	0	850
1300	Jane Greening	f	FV 40	Stocksfield Striders	0	850	0	0	0	0	0	0	850
1301	Alex Kelly	m			0	0	0	0	0	0	850	0	850
1302	Philip Wright	m		Gruppetto RC	0	849	0	0	0	0	0	0	849
1303	Neil Coulson	m	MV 40		0	0	849	0	0	0	0	0	849
1304	Daniel Scott	m	MV 40		849	0	0	0	0	0	0	0	849
1305	Rob Tuffin	m	MV 40		848	0	0	0	0	0	0	0	848
1306	Michael Gregson	m	MV 60	Tri Preston	0	0	0	0	0	0	848	0	848
1307	Mark Godden	m	MV 60	Macclesfield Harriers	0	0	0	0	0	848	0	0	848
1308	Mandy Clarke	f	FV 50	Bingley Harriers	0	0	848	0	0	0	0	0	848
1309	Christine Bexton	f	FV 60	Beeston Ac	0	0	0	848	0	0	0	0	848
1310	Rachel King	f	FV 40		0	0	0	847	0	0	0	0	847
1311	Alexandra Mounsey	f		caster And Morecambe Athletics C	0	0	0	0	0	0	0	847	847
1312	Alexander Wrigley	m			0	847	0	0	0	0	0	0	847
1313	Vilislava Ivanova	f			0	0	0	846	0	0	0	0	846
1314	Michael Bowden	m	MV 40		0	0	0	0	846	0	0	0	846
1315	Lee Craven	m	MV 50		0	0	846	0	0	0	0	0	846
1316	Brian Smith	m	MV 50	North East Veterans	0	846	0	0	0	0	0	0	846
1317	Anthony Rutter	m	MV 60		846	0	0	0	0	0	0	0	846
1318	Andrew Harrison	m	MV 50		0	0	0	0	0	846	0	0	846
1319	kate Prior	f		Ilkley Harriers	0	0	0	0	0	0	845	0	845
1320	John Crombie	m	MV 60		0	0	0	845	0	0	0	0	845
1321	Harriet Furness	f			0	845	0	0	0	0	0	0	845
1322	Kay Mcgreevy	f	FV 50	BMF Glasgow	0	0	0	0	844	0	0	0	844

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1323	John McConnell	m	MV 50		0	0	0	0	0	0	844	0	844
1324	Islay Horton	f	FV 40	South Cheshire Harriers	0	844	0	0	0	0	0	0	844
1325	Stuart Brighthouse	m	MV 50		0	0	843	0	0	0	0	0	843
1326	Paul Dalby	m	MV 40		0	0	0	0	843	0	0	0	843
1327	Nicola Hughes	f			0	0	0	0	0	0	843	0	843
1328	Claire Kerridge	f			0	0	0	0	0	0	0	843	843
1329	Susan Fletcher	f	FV 40	Astley & Tyldesley Road Runners	0	0	0	0	842	0	0	0	842
1330	Susan Black	f	FV 50	Tynedale Harriers	0	0	842	0	0	0	0	0	842
1331	Matty Smith	m			0	842	0	0	0	0	0	0	842
1332	Lisa Funge	f	FV 40	Silverdale RC	0	0	0	0	0	842	0	0	842
1333	Leeona Kirkland	f	FV 40		0	0	0	842	0	0	0	0	842
1334	Edward Cross	m	MV 40		0	0	0	0	0	0	842	0	842
1335	Christopher Oakey	m	MV 40		0	0	0	0	0	0	0	842	842
1336	Sarah Cassie	f	FV 40	Macclesfield Harriers	0	0	0	0	0	841	0	0	841
1337	Lewis Quinn	m			841	0	0	0	0	0	0	0	841
1338	Kevin Brooks	m	MV 40	Black Combe Runners	0	0	0	0	0	0	841	0	841
1339	James Pack	m			0	0	0	0	0	0	0	841	841
1340	Craig Richardson	m	MV 50		0	0	0	841	0	0	0	0	841
1341	Richard Pack	m	MV 40		0	0	0	0	0	0	0	840	840
1342	Rachael Perowne	f	FV 40	Tyne Bridge Harriers	0	840	0	0	0	0	0	0	840
1343	Nicola Brown	f	FV 40		0	0	0	840	0	0	0	0	840
1344	Rob England	m			0	0	0	0	839	0	0	0	839
1345	Eleanor Gallon	f	FV 40	Kirkstall Harriers	0	0	0	0	0	0	839	0	839
1346	Clare Thomas	f	FV 40		0	0	0	0	0	0	0	839	839
1347	Claire Norman	f		Tyne Bridge Harriers	0	839	0	0	0	0	0	0	839
1348	Steven Beahan	m	MV 50		0	0	0	0	0	0	838	0	838
1349	Grant Jones	m			0	0	0	838	0	0	0	0	838
1350	Garry Smith	m	MV 70	Milltown Milers	0	0	838	0	0	0	0	0	838
1351	David Foster	m		Vegan Runners	0	838	0	0	0	0	0	0	838
1352	Andrew Stevenson	m	MV 40		0	0	0	0	0	0	0	838	838
1353	Phil Hughes	m	MV 60		0	837	0	0	0	0	0	0	837
1354	Fiona Panes	f	FV 50		0	0	0	0	0	0	837	0	837
1355	Corinne Cummings	f	FV 50		837	0	0	0	0	0	0	0	837
1356	Sam Peet	m		St Bees Triers	0	0	0	0	0	0	0	836	836
1357	Rebecca Shaw	f		Ilkley harriers	0	0	0	0	0	0	836	0	836
1358	Pete Down	m	MV 50		0	0	0	0	836	0	0	0	836
1359	Claire Smith	f	FV 40	North Shields Poly Ac	0	0	0	836	0	0	0	0	836
1360	Therese Sheehan	f		Kirkstall Harriers	0	0	0	0	0	0	835	0	835

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1361	Bryony Boutell	f		Garstang Running Club	0	0	0	0	0	835	0	0	835
1362	Olivia Hamer	f			0	0	0	834	0	0	0	0	834
1363	Michael Harte	m	MV 50	Poynton Runners	0	0	0	0	0	0	834	0	834
1364	Matthew Lewis	m	MV 40		0	0	0	0	0	834	0	0	834
1365	Gordon Nicoll	m	MV 60	rincham and district athletic club	834	0	0	0	0	0	0	0	834
1366	Gina King	f		Stockton Striders	0	834	0	0	0	0	0	0	834
1367	Suzy Overton	f	FV 40		833	0	0	0	0	0	0	0	833
1368	Sally Precious	f	FV 50	City Of Hull	0	0	833	0	0	0	0	0	833
1369	Richard Pinches	m	MV 50	Blackpool Wyre And Fylde Ac	0	0	0	833	0	0	0	0	833
1370	Andi Herrick	f	FV 50	Smiley Paces	0	0	0	0	0	0	833	0	833
1371	Alan King	m	MV 60	Stockton Striders	0	833	0	0	0	0	0	0	833
1372	Yasmin Porter-bee	f			0	0	0	832	0	0	0	0	832
1373	Gareth Hughes	m	MV 40		0	0	0	0	0	0	0	832	832
1374	Dean Pallister	m	MV 50	Allithwaite Running Club	0	0	0	0	0	832	0	0	832
1375	Richard Toller	m	MV 60	Dundee Road Runners Ac	0	0	831	0	0	0	0	0	831
1376	Hannah Hughes	f	FV 40		0	0	0	0	0	0	0	831	831
1377	Emily Hart	f			0	0	0	0	0	0	831	0	831
1378	Caroline Sidery	f	FV 60	Lions Running Community	0	0	0	831	0	0	0	0	831
1379	Anna Fishpool	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	831	0	0	831
1380	Andy Jackson	m	MV 50	The Fell Devils	0	831	0	0	0	0	0	0	831
1381	Matt Felton	m		Ramsbottom Running Club	0	0	0	0	830	0	0	0	830
1382	Laura Kenny	f	FV 40		0	0	830	0	0	0	0	0	830
1383	Kevin White	m	MV 50		0	0	0	830	0	0	0	0	830
1384	Karen Stevens	f	FV 40	Smiley Paces	0	0	0	0	0	0	830	0	830
1385	Josh Willis	m			0	830	0	0	0	0	0	0	830
1386	Lee Fletcher	m	MV 40	City of Hull Athletic Club	0	0	829	0	0	0	0	0	829
1387	Josh Hadden	m			0	829	0	0	0	0	0	0	829
1388	Jonathan Davis	m	MV 40		0	0	0	0	0	0	829	0	829
1389	James Haythornthwaite	m			829	0	0	0	0	0	0	0	829
1390	Rachael Cornwell	f	FV 40		0	0	0	828	0	0	0	0	828
1391	Paul Bretherton	m	MV 50		0	0	0	0	0	0	828	0	828
1392	Matt Hanley	m	MV 40	COLT	828	0	0	0	0	0	0	0	828
1393	Kerry Hallsworth	f	FV 40		0	0	0	0	0	828	0	0	828
1394	Vicki Jones	f	FV 40		0	0	0	827	0	0	0	0	827
1395	Gillian Glynn	f	FV 50		0	0	0	0	0	0	827	0	827
1396	Craig McCulloch	m			0	827	0	0	0	0	0	0	827
1397	Craig MacWilliam	m	MV 50	Lenzie Velo	827	0	0	0	0	0	0	0	827
1398	Claire Peek	f			0	0	827	0	0	0	0	0	827

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1399	Mikesh Udani	m			0	0	0	0	0	0	0	826	826
1400	Michael Flintoff	m			0	826	0	0	0	0	0	0	826
1401	Marissa Holcroft	f			0	0	0	826	0	0	0	0	826
1402	Chris Craven	m			826	0	0	0	0	0	0	0	826
1403	Rachel Ibbett	f	FV 40		0	0	0	825	0	0	0	0	825
1404	Debbie Torr	f	FV 40		0	0	0	0	0	0	825	0	825
1405	Craig Cooper	m			825	0	0	0	0	0	0	0	825
1406	Andy Davey	m	MV 50	Fitmums and Friends	0	0	0	0	825	0	0	0	825
1407	Marek Majtyka	m	MV 40		0	0	0	0	0	0	824	0	824
1408	David Bailey	m	MV 50	Biddulph Running Club	0	824	0	0	0	0	0	0	824
1409	Ashley Kaye	m			824	0	0	0	0	0	0	0	824
1410	Jonathan Clemens	m	MV 50		823	0	0	0	0	0	0	0	823
1411	Caron Parkes	f	FV 50		0	0	0	823	0	0	0	0	823
1412	Louise Lowe	f		Craven Energy	0	0	0	0	0	0	0	822	822
1413	Graham Read	m	MV 50		0	822	0	0	0	0	0	0	822
1414	Dawn Saxby	f	FV 50	DCH Run Club	0	0	0	822	0	0	0	0	822
1415	Dan Bromley	m	MV 40		0	0	0	0	0	822	0	0	822
1416	Callum Mcculloch	m	MV 50		822	0	0	0	0	0	0	0	822
1417	Sophie Sinclair	f			821	0	0	0	0	0	0	0	821
1418	Phil Smith	m	MV 50		0	0	821	0	0	0	0	0	821
1419	Paul Coldham	m	MV 50	DCH Run Club	0	0	0	821	0	0	0	0	821
1420	Kevin Wilson	m	MV 50	Racing Team Dawson	0	821	0	0	0	0	0	0	821
1421	Helen Gomm	f	FV 40		0	0	0	0	0	0	0	821	821
1422	Dean MCCLUSKEY	m			0	0	0	0	0	821	0	0	821
1423	Steven Rutter	m			820	0	0	0	0	0	0	0	820
1424	Maxine Burton	f			0	0	0	820	0	0	0	0	820
1425	Chris Palfrey	m	MV 60		0	0	0	0	820	0	0	0	820
1426	Catherine Charlton	f	FV 40		0	0	0	0	0	0	0	820	820
1427	Victoria Brooker	f		Ambleside AC	0	0	819	0	0	0	0	0	819
1428	Peter Collinson	m	MV 50		819	0	0	0	0	0	0	0	819
1429	Michael Cummins	m	MV 50		0	0	0	0	0	0	0	819	819
1430	Steven Potter	m	MV 50		0	0	0	0	818	0	0	0	818
1431	Megan Mcphee	f			0	0	0	818	0	0	0	0	818
1432	Matt Wright	m			0	0	0	0	0	0	818	0	818
1433	Andy Howlett	m	MV 50		818	0	0	0	0	0	0	0	818
1434	Hayley Hodgson	f	FV 50	Unattached	817	0	0	0	0	0	0	0	817
1435	David Kellett	m	MV 60	Selby Striders	0	0	0	817	0	0	0	0	817
1436	Alfie Greaves	m			0	0	0	0	0	817	0	0	817

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1437	Reuben Monaghan	m			0	0	0	0	0	816	0	0	816
1438	Phil Coulthard	m			0	816	0	0	0	0	0	0	816
1439	David Green	m	MV 50		816	0	0	0	0	0	0	0	816
1440	Anna Hindmarch	f	FV 50		0	0	0	816	0	0	0	0	816
1441	Thomas Bateson	m		LBC Tractors	0	0	0	0	0	0	815	0	815
1442	Linus Monaghan	m			0	0	0	0	0	815	0	0	815
1443	Gareth Amos	m	MV 40	Davenport Runners	0	0	815	0	0	0	0	0	815
1444	Daniel Pressler	m	MV 40		0	0	0	815	0	0	0	0	815
1445	Alex Birch	m			815	0	0	0	0	0	0	0	815
1446	Rachel Calow	f			814	0	0	0	0	0	0	0	814
1447	Nicola Latimer	f	FV 50	Wigton Road Runners	0	0	0	0	0	814	0	0	814
1448	Michelle Foulerton	f	FV 40		0	0	0	0	0	0	0	814	814
1449	Lindsay Pratt	f	FV 50	Stubbington Green Runners	0	0	0	814	0	0	0	0	814
1450	Laura Spencer	f	FV 40	Goodgym	0	0	0	0	0	0	814	0	814
1451	Kath Sibley	f	FV 40		0	0	814	0	0	0	0	0	814
1452	Rachel Atherton	f	FV 40		0	0	813	0	0	0	0	0	813
1453	matthew hargreaves	m	MV 50	Cheshire Hash Harriers	0	813	0	0	0	0	0	0	813
1454	Jules Dinwoodie	f	FV 60	Stubbington Green Runners	0	0	0	813	0	0	0	0	813
1455	Jen Houlsworth	f			813	0	0	0	0	0	0	0	813
1456	Sue Moore	f	FV 60	Stubbington Green Runners	0	0	0	812	0	0	0	0	812
1457	Paul Furness	m	MV 50	Beverley AC	0	0	812	0	0	0	0	0	812
1458	Margaret Lupton	f	FV 50	Red Rose Road Runners	0	0	0	0	0	0	0	812	812
1459	Jess MacDonald	f		Poynton Runners	0	0	0	0	0	812	0	0	812
1460	Helen Thackray	f		Ramsbottom Running Club	0	0	0	0	812	0	0	0	812
1461	Simon Eggleston	m	MV 50	South Shields Harrers	0	0	0	0	0	0	811	0	811
1462	Raymond Dang	m	MV 50	Eaglescliffe Running Group	0	0	0	811	0	0	0	0	811
1463	Jeannine Ursell	f	FV 40		0	0	811	0	0	0	0	0	811
1464	Hilary Royston-bishop	f		Derwent Athletic Club	0	0	0	0	811	0	0	0	811
1465	Chee Lau	m	MV 40		0	811	0	0	0	0	0	0	811
1466	Ben Ogden	m		Didsbury Runners	811	0	0	0	0	0	0	0	811
1467	Sarah Hastings	f	FV 50		0	0	810	0	0	0	0	0	810
1468	Phill James	m	MV 50		810	0	0	0	0	0	0	0	810
1469	nathaniel hind	m			0	0	0	810	0	0	0	0	810
1470	Hannah Fletcher	f			0	0	0	0	0	0	0	810	810
1471	Claire Allan	f		Dalston Caldew Runners	0	0	0	0	0	0	810	0	810
1472	Anneke Crosby	f	FV 50	Red Rose Road Runners	0	0	0	0	0	810	0	0	810
1473	Anne Macfarlane	f	FV 50	Dumfries Running Club	0	0	0	0	810	0	0	0	810
1474	Sue Robinson	f	FV 60	Stubbington Green Runners	0	0	0	809	0	0	0	0	809

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1475	Peter Cross	m			0	0	0	0	0	0	0	809	809
1476	Paul Kingan	m	MV 50		0	0	0	0	809	0	0	0	809
1477	Laura Taylor	f			809	0	0	0	0	0	0	0	809
1478	Ian Mckay	m	MV 50		0	0	0	0	0	0	809	0	809
1479	Georgia Villalobos	f	FV 40	Prudhoe plodders	0	0	809	0	0	0	0	0	809
1480	George Lythgoe	m			0	809	0	0	0	0	0	0	809
1481	Tim Jefferson	m	MV 60	Wigan Harriers	0	0	0	0	808	0	0	0	808
1482	Nick Allan	m		Dalston Caldew Runners	0	0	0	0	0	0	808	0	808
1483	Margaret Worbey	f	FV 40	Red Rose Runners	0	0	0	0	0	808	0	0	808
1484	Lisa Pattinson	f	FV 40	N/A	0	808	0	0	0	0	0	0	808
1485	Emma Brown	f	FV 40		0	0	0	0	0	0	0	808	808
1486	Danielle Glover	f			0	0	808	0	0	0	0	0	808
1487	Ben Devereux	m	MV 40		808	0	0	0	0	0	0	0	808
1488	Nigel Burkitt	m	MV 60	Caistor Athletic club	0	0	0	0	807	0	0	0	807
1489	Neil Dunlop	m	MV 50		807	0	0	0	0	0	0	0	807
1490	Katharine Bibby	f	FV 40		0	807	0	0	0	0	0	0	807
1491	Christopher Wardrope	m	MV 40		0	0	807	0	0	0	0	0	807
1492	Liam Hall	m			0	806	0	0	0	0	0	0	806
1493	Julia Webb	f	FV 60	Stubbington Green Runners	0	0	0	806	0	0	0	0	806
1494	Anne Cox	f	FV 50		0	0	0	0	0	0	0	806	806
1495	Alison McGourty	f	FV 40	Smiley Paces	0	0	0	0	0	0	806	0	806
1496	Julie Ashman	f	FV 50	Stubbington Green	0	0	0	805	0	0	0	0	805
1497	Gillian Nesbitt	f	FV 40	Abbey Runners	0	0	0	0	0	805	0	0	805
1498	Andrew Haley	m	MV 50	Lonsdale Fell Runners	805	0	0	0	0	0	0	0	805
1499	Rachel Parker	f	FV 40		0	0	0	0	804	0	0	0	804
1500	John Kirkham	m	MV 70	Holcombe Harriers	0	0	0	804	0	0	0	0	804
1501	Jenny Wroe	f	FV 40		0	0	0	0	0	0	0	804	804
1502	Helen waite	f	FV 40	Airecentre pacers	0	804	0	0	0	0	0	0	804
1503	Scott Grainger	m	MV 50		0	0	0	803	0	0	0	0	803
1504	Kerry Law	f		Moorfoot Runners	803	0	0	0	0	0	0	0	803
1505	Holly Gilbertson	f			0	0	0	0	0	0	803	0	803
1506	su hall	f	FV 40		0	0	0	0	0	0	0	802	802
1507	Brenda Rutter	f	FV 50		802	0	0	0	0	0	0	0	802
1508	Laura Buchan	f	FV 40		0	0	0	0	801	0	0	0	801
1509	Dominic Gilmour	m			0	0	0	0	0	801	0	0	801
1510	Alison Jackson-Hedges	f	FV 40	Trentham Running Club	0	0	801	0	0	0	0	0	801
1511	Rosemary Giles	f			0	0	0	0	0	800	0	0	800
1512	Chris Longhorn	m	MV 40	Team Longhorn	0	0	0	0	800	0	0	0	800

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1513	Tracey Sharrock	f			0	0	0	799	0	0	0	0	799
1514	Jenny Jakeman	f		Team Inov-8	0	0	0	0	0	0	799	0	799
1515	Gemma Aden	f		St Helens Striders	799	0	0	0	0	0	0	0	799
1516	Thomas Jones	m			0	798	0	0	0	0	0	0	798
1517	Stephen Rooney	m	MV 60	Beeston Ac	0	0	0	798	0	0	0	0	798
1518	Sally Conyers	f			0	0	0	0	798	0	0	0	798
1519	Lana Roy	f	FV 40		0	0	0	0	0	798	0	0	798
1520	John Summers	m	MV 40		0	0	798	0	0	0	0	0	798
1521	Mike Payne	m	MV 50		0	0	0	0	0	797	0	0	797
1522	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	0	0	0	0	0	0	797	0	797
1523	John Brear	m	MV 50	Lymm Runners	0	0	0	0	797	0	0	0	797
1524	John Bamforth	m	MV 50		0	797	0	0	0	0	0	0	797
1525	Daniel Shercliff	m	MV 40		0	0	797	0	0	0	0	0	797
1526	Tammy Skelton	f	FV 40		0	0	0	0	0	796	0	0	796
1527	Sam Jones	f		Penwortham Panthers	0	0	796	0	0	0	0	0	796
1528	Rochelle Byron -keeler	f	FV 40		0	0	0	0	0	795	0	0	795
1529	Michael Conway	m	MV 40		0	0	0	0	795	0	0	0	795
1530	Curtis Radcliffe	m			0	795	0	0	0	0	0	0	795
1531	Chris Pilkington	m		BookofPilx	0	0	795	0	0	0	0	0	795
1532	Kevin Hodgson	m	MV 50		0	0	0	0	0	0	0	794	794
1533	Karl Lewis	m	MV 50	Tipton Harriers	0	0	0	0	794	0	0	0	794
1534	Helen Duncan	f		City Of Hull Ac	0	0	794	0	0	0	0	0	794
1535	Carly Nixon	f		Durham City Harriers	0	794	0	0	0	0	0	0	794
1536	Brian Winder	m	MV 70	Darwen Running Group	0	0	0	794	0	0	0	0	794
1537	Abbie Walker	f		Sedgefield Harriers	794	0	0	0	0	0	0	0	794
1538	Suzanne Crozier	f	FV 50	Monkey Runners	0	0	0	793	0	0	0	0	793
1539	Nathalie Connell	f			793	0	0	0	0	0	0	0	793
1540	Ian Lockhart	m	MV 40		0	0	0	0	0	0	793	0	793
1541	Daniel Martino	m	MV 40		0	0	793	0	0	0	0	0	793
1542	Angela Hall	f	FV 40		0	793	0	0	0	0	0	0	793
1543	Simon Cowling	m	MV 40		0	0	0	0	0	0	0	792	792
1544	Rosie Peel	f			0	0	0	0	792	0	0	0	792
1545	Lea Rutter	m	MV 50	toria Park Running Club, Warringt	792	0	0	0	0	0	0	0	792
1546	Kathryn Moore	f	FV 50	Bollington Harriers	0	0	0	792	0	0	0	0	792
1547	Andrew John Haley	m	MV 50	Lonsdale Fell Runners	0	792	0	0	0	0	0	0	792
1548	Stephanie Kay	f			0	0	0	0	0	791	0	0	791
1549	Louise Liddle	f		Derwent Valley Runners	0	0	0	0	0	0	0	791	791
1550	Julie Moore	f	FV 60	Wigan Harriers	0	0	0	0	791	0	0	0	791

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1551	Hilary Neale	f	FV 60	Bollington Harriers	0	0	0	791	0	0	0	0	791
1552	Helen Lawrenson	f	FV 50	Wesham Road Runners	791	0	0	0	0	0	0	0	791
1553	Callum Hodgson	m			0	0	0	0	0	0	791	0	791
1554	sharon martin	f	FV 40	St Helens striders	0	0	0	0	790	0	0	0	790
1555	Sarah Barron	f	FV 50	Stubbington Green Runners	0	0	0	790	0	0	0	0	790
1556	Nick Patterson	m			0	0	0	0	0	790	0	0	790
1557	Catherine Doyle	f	FV 50		0	0	0	0	0	0	0	790	790
1558	Rob Clayton	m		Lancaster & Morecambe AC	0	0	0	789	0	0	0	0	789
1559	Michael Batty	m			789	0	0	0	0	0	0	0	789
1560	Jason Swapp	m			0	789	0	0	0	0	0	0	789
1561	Becky Ingham	f			788	0	0	0	0	0	0	0	788
1562	Amanda Fuller	f	FV 40	Blackpool Wyre & Fylde Ac	0	0	0	0	0	0	0	788	788
1563	Kate McCabe	f	FV 50		0	0	0	0	787	0	0	0	787
1564	John Wiseman	m	MV 50	Red Rose Road Runners	0	0	0	787	0	0	0	0	787
1565	Isabelle Bond	f			0	787	0	0	0	0	0	0	787
1566	Rachel Gray	f			0	0	0	0	786	0	0	0	786
1567	Philip Sturgess	m	MV 50		0	0	0	0	0	786	0	0	786
1568	Malcolm Beech	m	MV 70	Blackpool Wyre & Fylde Athletic Club	0	0	0	786	0	0	0	0	786
1569	Jonathan Mccabe	m	MV 40		786	0	0	0	0	0	0	0	786
1570	Sarah Temple	f	FV 40		0	0	0	0	785	0	0	0	785
1571	Jerry Smith	m	MV 60	Chorlton Runners	0	0	0	0	0	785	0	0	785
1572	Gary Pratt	m	MV 60	Stubbington Green Runners	0	0	0	785	0	0	0	0	785
1573	Michael Bellwood	m			0	0	0	0	0	0	784	0	784
1574	Catriona Curtis	f	FV 40		784	0	0	0	0	0	0	0	784
1575	Beth Abbott	f			0	0	0	0	0	0	0	784	784
1576	Abbey Wilson	f		Yorkshire Wolds Runners	0	0	784	0	0	0	0	0	784
1577	Michael Fetherstone	m	MV 60		0	0	0	0	783	0	0	0	783
1578	Richard Macfarlane	m	MV 40		0	0	0	782	0	0	0	0	782
1579	Baljit Dhanda	m	MV 50	Ealing Eagles	0	0	0	0	0	782	0	0	782
1580	Tony Hesketh	m	MV 70	Horwich Rmi Harriers	0	781	0	0	0	0	0	0	781
1581	Ruth Davey	f			0	0	0	0	781	0	0	0	781
1582	Mary Hewitt	f	FV 60	Garstang RC	0	0	0	0	0	781	0	0	781
1583	Emma Clarke	f	FV 50		0	0	0	0	780	0	0	0	780
1584	Carla Rodgers	f			0	780	0	0	0	0	0	0	780
1585	Bonnie Aaron	f			0	0	0	780	0	0	0	0	780
1586	Sylvia Chudley	f	FV 60		0	0	0	779	0	0	0	0	779
1587	Sarah Fletcher	f	FV 40		0	779	0	0	0	0	0	0	779
1588	Sam Lewis	m			0	0	0	0	0	0	779	0	779

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1589	Nicholas Unsworth	m		Bowland Fell Runners	779	0	0	0	0	0	0	0	779
1590	Jon Broome	m	MV 50	Achille Ratti	0	0	0	0	779	0	0	0	779
1591	Hilary Coates	f	FV 40		0	0	0	0	0	0	0	779	779
1592	Laura Davies	f			778	0	0	0	0	0	0	0	778
1593	Larrissa Penny	f			0	0	0	0	0	0	778	0	778
1594	John Deakin	m	MV 40		0	0	0	0	0	0	0	778	778
1595	George Wilson	m	MV 60		0	778	0	0	0	0	0	0	778
1596	Caroline Ford	f	FV 40	Parbold Pink Panthers	0	0	778	0	0	0	0	0	778
1597	Stuart Nicol	m	MV 40	Red Rose Road Runners	0	0	0	0	0	777	0	0	777
1598	Ian Lucas	m	MV 60	Witham Running Club	0	0	777	0	0	0	0	0	777
1599	Harriet Burkitt	f			0	0	0	0	777	0	0	0	777
1600	Gillian Kellett	f	FV 60	Selby Striders	0	0	0	777	0	0	0	0	777
1601	Simon Worbey	m	MV 40	Red Rose Road Runners	0	0	0	0	0	776	0	0	776
1602	Matthew Hodson	m			0	0	0	0	0	0	776	0	776
1603	Kev Elliott	m	MV 40		776	0	0	0	0	0	0	0	776
1604	Greg Swinbourne	m	MV 50	Hartlepool burn road harriers	0	0	776	0	0	0	0	0	776
1605	Gary Craven	m	MV 40		0	776	0	0	0	0	0	0	776
1606	Caitlin Stokes	f			0	0	0	776	0	0	0	0	776
1607	Samantha Gothard	f	FV 40		0	0	0	775	0	0	0	0	775
1608	Paul Coates	m	MV 50		0	0	0	0	0	0	0	775	775
1609	Joe Gregson	m			0	0	0	0	0	0	775	0	775
1610	Hannah McClintick	f			0	0	775	0	0	0	0	0	775
1611	Andrew Hopkinson	m	MV 50		775	0	0	0	0	0	0	0	775
1612	Michael Nelson	m	MV 50	Razzer's	0	0	0	0	0	774	0	0	774
1613	Margaret Jones	f	FV 60		0	0	0	774	0	0	0	0	774
1614	Deborah Wallwork	f	FV 40		0	0	774	0	0	0	0	0	774
1615	thomas brocklebank	m	MV 50		0	0	0	0	0	773	0	0	773
1616	Marie Watson	f		Ilkley Harriers	773	0	0	0	0	0	0	0	773
1617	Louise Anderson	f	FV 50		0	0	0	0	0	0	773	0	773
1618	Gill Burns	f	FV 50		0	0	0	772	0	0	0	0	772
1619	Fleur Roberts	f	FV 40	Smiley Paces	0	0	0	0	0	0	772	0	772
1620	Emma Lomas	f			0	0	0	0	0	0	0	772	772
1621	Craig Dudley	m	MV 50	N/a	0	0	0	0	0	772	0	0	772
1622	Sharon Barry	f	FV 50	Tri-lakeland	0	0	0	0	0	0	771	0	771
1623	Robert Sheridan	m	MV 50		0	0	0	0	0	771	0	0	771
1624	Gary Lomas	m	MV 50		0	0	0	0	0	0	0	771	771
1625	Christopher Holland	m	MV 50	Edgworth MTB club	0	0	0	771	0	0	0	0	771
1626	Catherine Eaton	f	FV 40		0	771	0	0	0	0	0	0	771

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1627	Andrew Bagshaw	m	MV 50		771	0	0	0	0	0	0	0	771
1628	Susan Taylor	f	FV 50		0	0	0	0	770	0	0	0	770
1629	Sophie Owen	f			770	0	0	0	0	0	0	0	770
1630	Sara Mcknight	f	FV 40	Saltwell Harriers	0	0	0	0	0	770	0	0	770
1631	Dave Arnold	m	MV 40		0	0	770	0	0	0	0	0	770
1632	Philip Kitchen	m	MV 40		0	769	0	0	0	0	0	0	769
1633	Christine Dewsbury	f	FV 40	Stockport Tri club	0	0	0	0	0	0	769	0	769
1634	Anna Howard	f		Knaresborough striders	0	0	769	0	0	0	0	0	769
1635	Alex Corby	f			0	0	0	0	769	0	0	0	769
1636	Isabel Akerstrom	f		Ramsbottom Running Club	0	0	0	0	768	0	0	0	768
1637	Gillian Doolan	f	FV 50		768	0	0	0	0	0	0	0	768
1638	Charlotte Black	f	FV 40	Stockport Tri Club	0	0	0	0	0	0	768	0	768
1639	Janet Grint	f	FV 40	Stockport tri	0	0	0	0	0	0	767	0	767
1640	Hilary Burkitt	f	FV 60	Caistor AC	0	0	0	0	767	0	0	0	767
1641	Heidi Martin	f	FV 40	CFR	0	0	0	767	0	0	0	0	767
1642	Sandie Mcintosh	f	FV 60	Stubbington Green Runners	0	0	0	766	0	0	0	0	766
1643	Paula Lawson	f	FV 40		0	0	0	0	0	0	0	766	766
1644	David Taylor	m	MV 60	Cheshire Hash House Harriers	766	0	0	0	0	0	0	0	766
1645	Alyson Adams	f	FV 50	Bramhall Runners	0	766	0	0	0	0	0	0	766
1646	sarah martin	f	FV 50		0	0	0	765	0	0	0	0	765
1647	Megan Ryder	f			765	0	0	0	0	0	0	0	765
1648	Georgina Gavins	f			0	0	0	0	0	0	765	0	765
1649	Katarzyna Babinska	f			0	0	0	0	764	0	0	0	764
1650	John Ryder	m	MV 50	Tadcaster harriers	764	0	0	0	0	0	0	0	764
1651	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	0	0	0	764	0	0	0	0	764
1652	amy kirk	f			0	0	0	0	0	0	764	0	764
1653	Nicola Gibson	f			0	0	0	763	0	0	0	0	763
1654	Juliet Grieves	f	FV 50		0	763	0	0	0	0	0	0	763
1655	Gogs Davies	m	MV 50	Vegan Runners UK	0	0	0	0	0	0	763	0	763
1656	Elle Jervis-Xenou	f		DCH Run Club	0	0	0	0	763	0	0	0	763
1657	David Cummins	m	MV 50		0	0	0	0	0	0	0	763	763
1658	Mike Mills	m	MV 70	Totton R C	0	0	0	762	0	0	0	0	762
1659	Jenn Mcdonough	f		Red Rose Road Runners	0	0	0	0	0	762	0	0	762
1660	George Coldham	m		DCH Run Club	0	0	0	0	762	0	0	0	762
1661	Beth Kennedy	f			0	762	0	0	0	0	0	0	762
1662	Tina Mills	f	FV 60	Totton Rc	0	0	0	761	0	0	0	0	761
1663	Nick Porter	m	MV 60		0	0	0	0	761	0	0	0	761
1664	Judi Ingham	f	FV 50	Red rose road runners	0	0	0	0	0	761	0	0	761

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1665	Andrew Slatter	m			0	0	0	0	0	0	761	0	761
1666	Samantha Forrey	f			0	760	0	0	0	0	0	0	760
1667	Jill Leader	f	FV 60		0	0	0	0	0	760	0	0	760
1668	Jen Husdan	f			0	0	760	0	0	0	0	0	760
1669	Claire Blennerhassett	f	FV 40		760	0	0	0	0	0	0	0	760
1670	Alison Dick	f	FV 50	Red Rose Road Runners	0	0	0	760	0	0	0	0	760
1671	James Hilton	m		Danson Runners	0	759	0	0	0	0	0	0	759
1672	Brenda Kirkham	f	FV 70		0	0	0	759	0	0	0	0	759
1673	Amanda Cirelli	f	FV 50		0	0	759	0	0	0	0	0	759
1674	Rebecca Leahy	f		Women on the Run (Kendal)	0	0	0	0	0	0	758	0	758
1675	David Palmer	m	MV 50		0	0	0	0	758	0	0	0	758
1676	Conor Hull	m	MV 40		758	0	0	0	0	0	0	0	758
1677	Belinda Schofield	f	FV 50		0	0	758	0	0	0	0	0	758
1678	Beki Hanns	f		Danson Runners	0	758	0	0	0	0	0	0	758
1679	Richard Clements	m	MV 50	Hip Replacement Runners	0	0	757	0	0	0	0	0	757
1680	Phil Hockley	m		Prudhoe Plodder	0	0	0	0	757	0	0	0	757
1681	Joe Bamber	m			0	757	0	0	0	0	0	0	757
1682	Greg Willis	m	MV 40		757	0	0	0	0	0	0	0	757
1683	Louise Robbins	f	FV 40		0	756	0	0	0	0	0	0	756
1684	Joanne Beahan	f	FV 50		0	0	0	0	0	0	756	0	756
1685	Deborah Catlow	f	FV 50	Blackburn Road Runners	0	0	0	755	0	0	0	0	755
1686	Chris Lawrence	f	FV 50		0	755	0	0	0	0	0	0	755
1687	Alex Hymers	m			755	0	0	0	0	0	0	0	755
1688	Sue Hughes	f	FV 40	Widnes wasps ladies running club	0	754	0	0	0	0	0	0	754
1689	Sarah Maddison	f	FV 50	Rimrose runners	0	0	0	754	0	0	0	0	754
1690	Sam Dixon	f	FV 50		0	0	0	0	0	0	0	754	754
1691	Richard Hanson	m	MV 50	Ramsbottom Running Club	0	0	0	0	754	0	0	0	754
1692	Gill Pomfret	f	FV 50	Smiley Paces	0	0	0	0	0	0	754	0	754
1693	Andrea Keen	f	FV 40	City of Hull	0	0	754	0	0	0	0	0	754
1694	Matilda Pimlott	f			0	0	0	753	0	0	0	0	753
1695	Karen Wilson	f	FV 40		0	0	0	0	753	0	0	0	753
1696	Elizabeth Watson	f	FV 50		0	0	0	0	0	0	0	753	753
1697	Damian Moss	m	MV 50		0	0	753	0	0	0	0	0	753
1698	Rachel Verrall	f	FV 40		0	752	0	0	0	0	0	0	752
1699	Paul Thompson	m	MV 60	Hornsea Harriers	0	0	0	0	0	752	0	0	752
1700	Pallavi Ojha	f			0	0	0	752	0	0	0	0	752
1701	Tim Bray	m	MV 40		0	0	0	0	0	0	0	751	751
1702	Joanne King	f			0	751	0	0	0	0	0	0	751

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1703	Cassandra Vine	f			0	0	0	751	0	0	0	0	751
1704	Rachel Crow	f			0	0	0	750	0	0	0	0	750
1705	Norma Forrester	f	FV 50	Knowsley Harrier	0	0	0	0	750	0	0	0	750
1706	Laura Whittaker	f	FV 40		0	750	0	0	0	0	0	0	750
1707	Natalie Bell	f		City of Hull AC	0	0	749	0	0	0	0	0	749
1708	Michelle Davies	f	FV 40		0	0	0	0	0	749	0	0	749
1709	Kate Morley	f			0	0	0	0	0	0	749	0	749
1710	Nick Dollings	m	MV 40		0	0	0	0	748	0	0	0	748
1711	Angela Mcginnes	f	FV 40		0	0	0	748	0	0	0	0	748
1712	Richard Cavern	m	MV 70	Team	0	0	0	0	747	0	0	0	747
1713	Nicky Portergill	f	FV 50		0	747	0	0	0	0	0	0	747
1714	John Miller	m	MV 50		0	0	747	0	0	0	0	0	747
1715	Jeff Graham	m	MV 50		747	0	0	0	0	0	0	0	747
1716	Clare Clarke	f	FV 50	10 caKers	0	0	0	0	0	0	747	0	747
1717	Cath Livingstone	f	FV 50	Perth RR	0	0	0	0	0	747	0	0	747
1718	Shirley Faichen	f	FV 60		0	0	0	0	746	0	0	0	746
1719	Sheona Lawrence-Silver	f			0	746	0	0	0	0	0	0	746
1720	Robin Livingstone	m	MV 60	Perth RR	0	0	0	0	0	746	0	0	746
1721	Ray Foulkes	m	MV 50	Redcar Running Club	0	0	0	0	0	0	746	0	746
1722	Paul Robinson	m	MV 50		0	0	0	746	0	0	0	0	746
1723	Laura Porter	f	FV 40	Penny Lane Striders	0	0	746	0	0	0	0	0	746
1724	Sarah Clarke	f	FV 40	Ramsbottom Running Club	0	0	0	0	745	0	0	0	745
1725	Kevin Silver	m	MV 50		0	745	0	0	0	0	0	0	745
1726	Frank Miller	m	MV 70	Garstang Rc	0	0	0	0	0	745	0	0	745
1727	Daniel Walker	m	MV 40		745	0	0	0	0	0	0	0	745
1728	Emma Young	f			0	0	0	0	0	0	0	744	744
1729	James Clark	m			0	743	0	0	0	0	0	0	743
1730	Matt Carter	m	MV 50		0	0	0	0	742	0	0	0	742
1731	Hilary Page	f	FV 60		0	742	0	0	0	0	0	0	742
1732	Simon Yates	m	MV 50		0	0	741	0	0	0	0	0	741
1733	Scott Jowett	m	MV 50		741	0	0	0	0	0	0	0	741
1734	Becky Morris	f			0	0	0	0	0	0	0	741	741
1735	Susan Dowker-Thompson	f	FV 50	Black Combe Runners	740	0	0	0	0	0	0	0	740
1736	Sarah Lund	f	FV 40		0	0	0	0	0	740	0	0	740
1737	Jacinta Yates	f	FV 40		0	0	740	0	0	0	0	0	740
1738	dan williams	m			0	740	0	0	0	0	0	0	740
1739	Rupert Rhodes	m			739	0	0	0	0	0	0	0	739
1740	Lorena Booth	f			0	739	0	0	0	0	0	0	739

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1779	Judith Benson	f	FV 40		0	0	0	0	0	0	0	729	729
1780	Gary Bigland	m	MV 40		0	0	0	0	0	0	729	0	729
1781	David Horsfield	m	MV 50	The Fell Devils	0	729	0	0	0	0	0	0	729
1782	Cat Mchugh	f	FV 40		0	0	0	0	729	0	0	0	729
1783	Andrea Hobbs	f	FV 50	None	0	0	729	0	0	0	0	0	729
1784	Laura Anderson	f			0	0	0	0	0	0	0	728	728
1785	Elise Norbury	f	FV 40		0	0	0	0	0	728	0	0	728
1786	Rachel Blakely	f	FV 40		0	0	0	0	0	727	0	0	727
1787	John Wilks	m	MV 50	Tri Lakeland	0	0	0	0	0	0	727	0	727
1788	Colin Wilson	m	MV 50		727	0	0	0	0	0	0	0	727
1789	Amy Butler	f			0	0	0	0	0	0	0	727	727
1790	Samuel Steen	m			0	726	0	0	0	0	0	0	726
1791	Rachel Bailey	f			0	0	0	0	0	0	726	0	726
1792	Megan Butler	f			0	0	0	0	0	0	0	726	726
1793	Louise Steel	f	FV 40		0	0	726	0	0	0	0	0	726
1794	Alexander Sugden	m			0	0	0	0	0	726	0	0	726
1795	Rebecca Ash	f	FV 40		0	0	0	0	725	0	0	0	725
1796	Nick Johnson	m	MV 50		725	0	0	0	0	0	0	0	725
1797	Matthew Lambert	m	MV 40		0	725	0	0	0	0	0	0	725
1798	Gayle Clarke	f	FV 40	None	0	0	725	0	0	0	0	0	725
1799	Nicola Connal	f			0	0	0	0	724	0	0	0	724
1800	Jackie Carruthers	f	FV 60		0	0	0	0	0	724	0	0	724
1801	Zachary Hopkins	m			0	723	0	0	0	0	0	0	723
1802	Victoria Wehrmeyer	f	FV 40		0	0	723	0	0	0	0	0	723
1803	Rebecca White	f	FV 40	Ilkley Harriers	0	0	0	0	0	0	723	0	723
1804	Matilda Niedojadlo	f			723	0	0	0	0	0	0	0	723
1805	Leigh Warburton	f	FV 50		0	0	0	0	0	723	0	0	723
1806	Martha Anderson-Taylor	f			0	0	0	0	722	0	0	0	722
1807	John Maddy	m			0	722	0	0	0	0	0	0	722
1808	Dan Barnett	m	MV 40		0	0	722	0	0	0	0	0	722
1809	Bee Masters	f	FV 40	NA	722	0	0	0	0	0	0	0	722
1810	Isabelle Read	f			0	0	0	0	721	0	0	0	721
1811	Caroline Stephens	f			0	0	721	0	0	0	0	0	721
1812	Sara Steen	f			0	720	0	0	0	0	0	0	720
1813	James Bickerstaffe	m	MV 50	Lions Running Community	0	0	0	0	0	0	0	720	720
1814	Ian Woodgate	m	MV 50	Manchester Tri Club	0	0	0	0	720	0	0	0	720
1815	Clare Pain	f	FV 40		0	0	720	0	0	0	0	0	720
1816	Jennie Bateson	f	FV 40		0	0	719	0	0	0	0	0	719

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1817	Holly Arnold	f		Fellside Ladies	0	0	0	0	0	0	719	0	719
1818	Fran Mckee	f			0	719	0	0	0	0	0	0	719
1819	Ellen Stantschew	f	FV 40	Howgill Harriers	719	0	0	0	0	0	0	0	719
1820	Richard Cater	m	MV 50	Helm Hill	0	718	0	0	0	0	0	0	718
1821	Paul Cowell	m	MV 50	Bramhall Runners	718	0	0	0	0	0	0	0	718
1822	Jennifer Hill	f	FV 40		0	0	718	0	0	0	0	0	718
1823	Anthony Boyle	m	MV 40		0	0	0	0	0	0	0	718	718
1824	Ruth Beesley	f	FV 40		0	0	717	0	0	0	0	0	717
1825	Chris Ledson	f	FV 50		0	0	0	0	0	0	0	717	717
1826	Austin Heath	m	MV 50	N/A	0	0	0	0	0	717	0	0	717
1827	Tracy Rees-clarke	f	FV 50	Blackwater Valley Runners	0	0	0	0	0	0	0	716	716
1828	Rachel Thomas	f	FV 50		716	0	0	0	0	0	0	0	716
1829	Deborah Lyons-gravett	f	FV 50		0	0	0	0	716	0	0	0	716
1830	Judith OKELY	f			0	0	0	0	0	0	0	715	715
1831	David Evans	m	MV 40		0	0	0	0	715	0	0	0	715
1832	Caroline Mack	f	FV 50		0	0	715	0	0	0	0	0	715
1833	Nick Taylor	m	MV 50	Victoria Park Running Club Warringt	714	0	0	0	0	0	0	0	714
1834	LIZ THOMPSON	f	FV 40		0	714	0	0	0	0	0	0	714
1835	John Mack	m	MV 40		0	0	714	0	0	0	0	0	714
1836	Chris Yianni	m	MV 50		0	0	0	0	714	0	0	0	714
1837	Rebecca Hanson	f	FV 40		0	0	713	0	0	0	0	0	713
1838	howard Okely	m	MV 70		0	0	0	0	0	0	0	713	713
1839	Christopher D'Arcy	m	MV 50		0	0	0	0	0	0	713	0	713
1840	Charlie O'hare	m		Walney Wind Cheetahs	713	0	0	0	0	0	0	0	713
1841	Catherine Ramsay	f	FV 40		0	0	0	0	713	0	0	0	713
1842	Kirsty Barker	f	FV 50	Keswick AC	0	712	0	0	0	0	0	0	712
1843	John Newton	m	MV 50		0	0	0	0	0	0	712	0	712
1844	Jo Rouse	f			0	0	0	0	0	712	0	0	712
1845	Janice Metcalf	f	FV 50		712	0	0	0	0	0	0	0	712
1846	Jane Searle	f	FV 50		0	0	0	0	0	0	0	712	712
1847	Andrew Godfrey	m	MV 40	Milltown Milers	0	0	712	0	0	0	0	0	712
1848	Melissa Metcalf	f			711	0	0	0	0	0	0	0	711
1849	Joanne Hawden	f	FV 50	Rothwell&district Harriers	0	0	0	0	0	711	0	0	711
1850	Richard Hollingworth	m	MV 40		0	0	0	0	710	0	0	0	710
1851	Lynne Metcalfe	f	FV 50	Oakwell RunFit	0	0	0	0	0	710	0	0	710
1852	James Fialho	m			0	0	710	0	0	0	0	0	710
1853	Chris Green	m	MV 50		0	0	0	0	0	0	710	0	710
1854	Vanessa Kay	f	FV 50		0	709	0	0	0	0	0	0	709

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1855	Marianne Pourikkou-James	f			709	0	0	0	0	0	0	0	709
1856	Ashley Loader	m			0	0	0	0	709	0	0	0	709
1857	Sophie Newbould	f		Skipton Ac	708	0	0	0	0	0	0	0	708
1858	Ross Singleton	m	MV 60		0	0	0	0	708	0	0	0	708
1859	Lucy Owens	f	FV 40	Stockton Striders	0	0	0	0	0	708	0	0	708
1860	Steve Douglas	m	MV 60		0	0	0	0	0	0	0	707	707
1861	Sophie Owens	f	FV 40	Stockton Striders	0	0	0	0	0	707	0	0	707
1862	Nicky Steels	f	FV 40	Keswick AC	0	0	0	0	0	0	707	0	707
1863	Jodie Bolland	f		Skipton AC	707	0	0	0	0	0	0	0	707
1864	Mel Beamish	f			706	0	0	0	0	0	0	0	706
1865	Malc Shipton	m	MV 70	Flying monk triathlon club	0	0	0	0	706	0	0	0	706
1866	Joanne Fee	f	FV 50	Bodyfit Cumbria running club	0	706	0	0	0	0	0	0	706
1867	Roderick Smith	m	MV 60		0	705	0	0	0	0	0	0	705
1868	Paul Hatton	m	MV 60		0	0	705	0	0	0	0	0	705
1869	Bridget Broadhurst	f	FV 60	Tynedale Harriers	0	0	0	0	705	0	0	0	705
1870	Andrew Devitt	m	MV 50	Knowle & Dorrige Running Club	705	0	0	0	0	0	0	0	705
1871	Adam Ralph	m			0	0	0	0	0	0	705	0	705
1872	Sarah Edwards	f	FV 40		0	0	0	0	0	704	0	0	704
1873	Joanne Devitt	f	FV 50	Knowle & Dorrige Running Club	704	0	0	0	0	0	0	0	704
1874	Grace Hatton	f			0	0	704	0	0	0	0	0	704
1875	Fiona Little	f	FV 40		0	0	0	0	0	0	704	0	704
1876	Anthony Wilkinson	m	MV 60		0	704	0	0	0	0	0	0	704
1877	Paul Heaton	m	MV 60		0	0	703	0	0	0	0	0	703
1878	Mandy Burton	f	FV 50	Loftus & Whitby	0	0	0	0	0	703	0	0	703
1879	Stuart Arnold	m	MV 50		0	0	0	0	0	702	0	0	702
1880	Emma Thacker	f	FV 40		0	0	0	0	0	0	702	0	702
1881	Emma Brierley	f	FV 40		0	0	0	0	0	0	0	702	702
1882	Tamsin Gregory	f	FV 40		701	0	0	0	0	0	0	0	701
1883	Linda Clark	f	FV 60		0	0	701	0	0	0	0	0	701
1884	Dan Stolworthy	m			0	0	0	0	0	0	701	0	701
1885	Sara Summers	f	FV 50		0	0	0	0	0	0	0	700	700
1886	Lee Lawrenson	m	MV 40		0	700	0	0	0	0	0	0	700
1887	Laura Disley	f	FV 40		0	0	0	0	700	0	0	0	700
1888	Lindsay Bennison	f	FV 50	The Fell Devils	0	699	0	0	0	0	0	0	699
1889	Katie Cross	f	FV 40		0	0	0	0	0	0	0	699	699
1890	Karen Geldart	f	FV 50		699	0	0	0	0	0	0	0	699
1891	Colleen Thundercliffe	f	FV 50	City Of Hull Ac	0	0	699	0	0	0	0	0	699
1892	Suzie Hilton-bell	f	FV 40	City Of Hull	0	0	698	0	0	0	0	0	698

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1893	Emma Seery	f	FV 40		0	0	0	0	0	0	0	698	698
1894	alan chevin	m	MV 60	team anstey	0	698	0	0	0	0	0	0	698
1895	Paul Dyson	m	MV 40		0	697	0	0	0	0	0	0	697
1896	Jo Wilson	f	FV 40		0	0	0	0	697	0	0	0	697
1897	Jo Burgoyne	f	FV 50	City of Hull	0	0	697	0	0	0	0	0	697
1898	Fiona Pibworth	f			0	0	0	0	0	696	0	0	696
1899	Dawn Jarrett	f	FV 50		0	0	0	0	0	0	696	0	696
1900	Caroline Wither	f			0	0	0	0	696	0	0	0	696
1901	Roisin Lester	f	FV 40		0	0	0	0	0	695	0	0	695
1902	Robert Clay	m			694	0	0	0	0	0	0	0	694
1903	Paul Denyer	m	MV 50	St Bees Triers	0	0	694	0	0	0	0	0	694
1904	Neil Clark	m	MV 50		0	694	0	0	0	0	0	0	694
1905	Judith Dugdale	f	FV 40		0	0	0	0	694	0	0	0	694
1906	Helena Johnson	f			0	0	0	0	0	694	0	0	694
1907	Diane Wright	f	FV 50	Calder Valley Fell Runners	0	0	0	0	0	0	694	0	694
1908	Rebecca Hardacre	f			0	0	0	0	0	0	693	0	693
1909	Natasha Fell	f			0	0	0	0	693	0	0	0	693
1910	Julia Carefoot	f	FV 40		693	0	0	0	0	0	0	0	693
1911	Joanne Rogers	f	FV 50		0	693	0	0	0	0	0	0	693
1912	Jayne Dore	f	FV 50		0	0	0	0	0	0	0	693	693
1913	Amanda Denyer	f	FV 40		0	0	693	0	0	0	0	0	693
1914	Matt Rhodes	m	MV 40		0	692	0	0	0	0	0	0	692
1915	Lizzie Lupton	f		Durham City Harriers	692	0	0	0	0	0	0	0	692
1916	Helen Foster	f	FV 40		0	0	0	0	0	0	692	0	692
1917	Emily Dore	f			0	0	0	0	0	0	0	692	692
1918	Sharon Stones	f	FV 60		0	0	0	0	0	0	691	0	691
1919	Sarah Jackson	f	FV 40	Kendal AAC	0	0	0	0	0	691	0	0	691
1920	Niki Ray	f	FV 40		0	0	691	0	0	0	0	0	691
1921	Mark Williams	m	MV 40		691	0	0	0	0	0	0	0	691
1922	Louise Stevens	f	FV 50		0	0	0	0	0	0	0	690	690
1923	Emma Hastie	f	FV 40	Parbold Pink panthers	0	0	690	0	0	0	0	0	690
1924	Chris Price	m	MV 50	Kendal AAC	0	0	0	0	0	690	0	0	690
1925	Catherine Lee	f		Elswick Harriers	690	0	0	0	0	0	0	0	690
1926	Simon Jones	m	MV 50	Adderbury Running Club	0	0	0	0	0	689	0	0	689
1927	Mr Lowes	m	MV 40	Elswick Harreris	689	0	0	0	0	0	0	0	689
1928	Jon Day	m	MV 50		0	689	0	0	0	0	0	0	689
1929	Ellie Krukowski	f	FV 40	St Bees Triers	0	0	0	0	689	0	0	0	689
1930	Sue King	f	FV 50	Stockton Striders	0	688	0	0	0	0	0	0	688

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1931	Sarah Nalborczyk	f			688	0	0	0	0	0	0	0	688
1932	Philip Jones	m	MV 60		0	0	0	0	688	0	0	0	688
1933	shaun stanton	m	MV 50		687	0	0	0	0	0	0	0	687
1934	John Irvine	m	MV 40		0	0	0	0	0	687	0	0	687
1935	Jack Youngs	m	MV 50		0	0	0	0	687	0	0	0	687
1936	Susan Hedley	f	FV 40		0	0	0	0	686	0	0	0	686
1937	Sam Hunt	f	FV 40		0	0	0	0	0	686	0	0	686
1938	Lotty Bradford	f	FV 40	Keswick AC	0	0	0	0	0	0	686	0	686
1939	Lesley Ross	f	FV 60		0	0	0	0	0	0	0	686	686
1940	Alison Allen	f	FV 60	Datchet Dashers	686	0	0	0	0	0	0	0	686
1941	David Goodyear	m	MV 50	Ecclehill Road Runners	0	685	0	0	0	0	0	0	685
1942	Claire Harvey	f	FV 50		0	0	0	0	0	685	0	0	685
1943	Chris Redfern	m	MV 50	Saltwell Harriers	0	0	0	0	0	0	0	685	685
1944	Naomi Le Voi	f		Jag outdoors	0	0	0	0	0	0	684	0	684
1945	Melanie Haughan	f	FV 50	Suncity tri	0	0	0	0	0	0	0	684	684
1946	Cheryl Stanley	f	FV 40		0	0	684	0	0	0	0	0	684
1947	Alice Fantom	f			0	684	0	0	0	0	0	0	684
1948	lisa MacDonald	f	FV 40		0	0	0	0	0	0	0	683	683
1949	Jodie Berry	f		RunTheWorldMcr	0	0	0	0	0	0	683	0	683
1950	Jennifer Deakin	f			0	0	0	0	683	0	0	0	683
1951	Graham Collins	m	MV 60	Milltown Milers	0	0	683	0	0	0	0	0	683
1952	Ken Haughan	m	MV 40	Suncity tri	0	0	0	0	0	0	0	682	682
1953	Pat Richardson	f	FV 60		681	0	0	0	0	0	0	0	681
1954	Lee Gothard	m	MV 40		0	0	0	0	681	0	0	0	681
1955	Fiona Lobban	f	FV 50		0	0	0	0	0	0	681	0	681
1956	Tamara Satchell	f			0	0	0	0	0	680	0	0	680
1957	Karl Ormrod	m			680	0	0	0	0	0	0	0	680
1958	Gay Goodson	f	FV 40		0	0	680	0	0	0	0	0	680
1959	Dawn Jones	f	FV 50	Harlow Athletic Club	0	680	0	0	0	0	0	0	680
1960	darren hill	m			0	0	0	0	0	0	680	0	680
1961	Andrew Higgins	m	MV 50	Bollington Harriers	0	0	0	0	0	0	0	680	680
1962	Vic Atkinson	f	FV 50		0	0	679	0	0	0	0	0	679
1963	Phillip Satchell	m	MV 60		0	0	0	0	0	679	0	0	679
1964	Jack Forshaw	m		TTC	0	0	0	0	0	0	679	0	679
1965	Becky Albrow	f			0	0	0	0	679	0	0	0	679
1966	Amanda Gould-Sadler	f	FV 50		679	0	0	0	0	0	0	0	679
1967	Wendy Lynch	f	FV 50	Low Fell Running Club	0	0	678	0	0	0	0	0	678
1968	Rebecca Gregson	f		Tri Preston	0	0	0	0	0	0	678	0	678

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1969	Neil Taylor	m	MV 40		0	678	0	0	0	0	0	0	678
1970	Helen Field	f	FV 40	Women on the run	0	0	0	0	678	0	0	0	678
1971	Craig Soeters	m	MV 50	GRC	678	0	0	0	0	0	0	0	678
1972	Robert Clayton	m		Lancaster & Morecambe AC	0	0	677	0	0	0	0	0	677
1973	Jane Oakey	f			0	0	0	0	0	0	0	677	677
1974	Laura Wilson-bell	f			0	0	0	0	676	0	0	0	676
1975	James Windebank	m	MV 40		0	676	0	0	0	0	0	0	676
1976	Simon Forshaw	f	FV 50		0	0	0	0	0	0	675	0	675
1977	Luis Valenzuela	m	MV 40		0	675	0	0	0	0	0	0	675
1978	Gillian Campbell	f	FV 40	Chorlton Runners	675	0	0	0	0	0	0	0	675
1979	Faith Firkins	f	FV 50		0	0	675	0	0	0	0	0	675
1980	Simon Davis	m	MV 40		0	674	0	0	0	0	0	0	674
1981	Richard Jones	m	MV 40	Ramsbottom Running Club	0	0	0	0	674	0	0	0	674
1982	Lyn Williamson	f	FV 50	Edinburgh Running Network	0	0	0	0	0	0	0	674	674
1983	Kate Potter	f	FV 40		0	0	0	0	0	674	0	0	674
1984	Julia Guste	f			0	0	0	0	0	0	674	0	674
1985	Tamsin Greaves	f	FV 50		0	0	0	0	0	673	0	0	673
1986	Sarah Walker	f			0	673	0	0	0	0	0	0	673
1987	Meg Daintith	f	FV 50	Warrington Runing Club	0	0	0	0	0	0	673	0	673
1988	Laura Tracey	f			0	0	0	0	0	0	0	673	673
1989	Sarah Jackson-Hedges	f	FV 50	Trentham Running Club	0	0	672	0	0	0	0	0	672
1990	Rachel Clark	f	FV 50	Belper Harriers	0	0	0	0	0	0	672	0	672
1991	Emma Robinson	f			672	0	0	0	0	0	0	0	672
1992	Liz Ryan	f	FV 50		0	0	0	0	671	0	0	0	671
1993	Jane Grantham	f	FV 40		0	0	0	0	0	0	0	671	671
1994	Hilary Cunningham	f			0	0	0	0	0	671	0	0	671
1995	Cathy Monaghan	f			671	0	0	0	0	0	0	0	671
1996	Rebecca Hodgson	f	FV 40		670	0	0	0	0	0	0	0	670
1997	Marjolein Smith	f	FV 40	No Drama Llamas Strava Club	0	0	0	0	0	670	0	0	670
1998	Catherine Almond	f	FV 60		0	0	670	0	0	0	0	0	670
1999	Angie Wright	f	FV 50	Smiley Paces	0	0	0	0	0	0	670	0	670
2000	Alex Neilson	m			0	0	0	0	670	0	0	0	670
2001	Lee Ford	m	MV 40	Ramsbottom Running Club	0	0	0	0	669	0	0	0	669
2002	Laura Miller	f	FV 40		0	0	0	0	0	669	0	0	669
2003	Catherine Elliott	f	FV 50	Chorlton Runners	669	0	0	0	0	0	0	0	669
2004	Fiona Hulley	f	FV 50	Smiley Paces	0	0	0	0	0	0	668	0	668
2005	Cheryl Chaffe	f	FV 50		0	0	0	0	0	0	0	668	668
2006	Cath Wardell	f	FV 40		0	668	0	0	0	0	0	0	668

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2007	Ben Brennan	m	MV 50	Thornton Cleveleys Running Club	668	0	0	0	0	0	0	0	668
2008	Anthony Cape	m	MV 40		0	0	0	0	668	0	0	0	668
2009	Robert Mundy	m	MV 60		0	0	667	0	0	0	0	0	667
2010	Rob Chaffe	m	MV 50		0	0	0	0	0	0	0	667	667
2011	Rachel Savage	f	FV 40		0	0	0	0	0	0	667	0	667
2012	Gillian O'boyle	f	FV 50		0	667	0	0	0	0	0	0	667
2013	Petra Palmer	f			0	0	0	0	666	0	0	0	666
2014	Lisa Riley	f	FV 40		0	0	0	0	0	0	0	666	666
2015	Kit Erlebach	m	MV 50	Durham City Harriers	0	0	0	0	0	0	666	0	666
2016	Eoin Matthews	m			0	0	666	0	0	0	0	0	666
2017	Christina Loveridge	f	FV 40	Bbrc	666	0	0	0	0	0	0	0	666
2018	Mandy DYE	f	FV 50		0	0	0	0	0	0	665	0	665
2019	Julia Thornley	f	FV 50		0	0	0	0	0	0	0	665	665
2020	Jon Gilson	m	MV 50		0	0	0	0	665	0	0	0	665
2021	Teresa Shrestha	f	FV 50		0	0	664	0	0	0	0	0	664
2022	Gerard Aston	m			0	0	0	0	664	0	0	0	664
2023	Elizabeth Gribbin	f			0	0	0	0	0	0	664	0	664
2024	SUZI RICHMOND	f	FV 40		0	663	0	0	0	0	0	0	663
2025	Penny Green	f	FV 40		0	0	0	0	0	0	0	663	663
2026	Kirsty Pettit	f	FV 50	Keighley And Craven	0	0	0	0	0	663	0	0	663
2027	Fiona Knox	f	FV 50		0	0	663	0	0	0	0	0	663
2028	Vicky Willett	f	FV 40	Sbc Plodders	0	0	0	0	0	662	0	0	662
2029	Row Spencer	m	MV 70	Milltown Milers	0	0	662	0	0	0	0	0	662
2030	Kathy Bloomfield	f	FV 40		0	662	0	0	0	0	0	0	662
2031	Jude Beckett	f	FV 40		0	0	0	0	0	0	0	662	662
2032	Charles Larsson	m	MV 50	Silverdale Tv	0	0	0	0	0	0	662	0	662
2033	Sharon Jackson	f	FV 50		0	0	0	0	0	0	0	661	661
2034	Linda Gant	f	FV 60	N/a	0	0	661	0	0	0	0	0	661
2035	Graham Hawden	m	MV 60	Rothwell & District Harriers	0	0	0	0	0	661	0	0	661
2036	Alex Blades	m	MV 40		0	661	0	0	0	0	0	0	661
2037	Rosie Gard-Storry	f			0	0	0	0	660	0	0	0	660
2038	Lisa Ofarrell	f	FV 50		0	0	0	0	0	660	0	0	660
2039	Paul Wallis	m	MV 50		0	0	659	0	0	0	0	0	659
2040	Ann-marie Fairclough	f	FV 50	Marple Runners	0	0	0	0	0	659	0	0	659
2041	Angela Nicholson	f	FV 50		0	0	0	0	0	0	0	659	659
2042	Andy Forster	m	MV 50		659	0	0	0	0	0	0	0	659
2043	Marie Breeze	f	FV 40		0	0	0	0	0	0	0	658	658
2044	Jason Stanley	m	MV 40		0	0	658	0	0	0	0	0	658

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2045	Robert Terry	m	MV 50	Belper Harriers	0	0	0	0	0	0	657	0	657
2046	Matt Hones	m	MV 50		0	657	0	0	0	0	0	0	657
2047	John Kelsey	m	MV 50		0	0	657	0	0	0	0	0	657
2048	Duncan Green	m		Trafford Fit	657	0	0	0	0	0	0	0	657
2049	Jane Crawford	f	FV 40		0	656	0	0	0	0	0	0	656
2050	Gary Crosbie	m			656	0	0	0	0	0	0	0	656
2051	Louise Street	f	FV 40		0	0	0	0	0	0	0	655	655
2052	Kev Illingworth	m	MV 40		655	0	0	0	0	0	0	0	655
2053	Jessica Gould	f			0	0	655	0	0	0	0	0	655
2054	Emily Morrow	f			0	0	0	0	0	0	655	0	655
2055	Peter Taylor	m	MV 40	Ramsbottom running club	0	0	0	0	654	0	0	0	654
2056	Jessica Wood	f			0	0	0	0	0	0	654	0	654
2057	Gayle Brandwood	f	FV 40	Fylde Coast Runners	0	0	0	0	0	654	0	0	654
2058	Stephen Penney	m	MV 50		0	0	0	0	0	0	0	653	653
2059	Karen Ashcroft	f	FV 40		0	0	0	0	0	0	653	0	653
2060	Ian Evans	m		SouthowRAM Runners	0	653	0	0	0	0	0	0	653
2061	Dawn Baron	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	653	0	0	653
2062	Chris Byrne	m	MV 50		0	0	0	0	653	0	0	0	653
2063	Rebecca Dean	f	FV 40	Victoria Park Running Club	0	0	0	0	652	0	0	0	652
2064	NIKKI CRYER	f			0	0	0	0	0	0	652	0	652
2065	Jo Fee	f	FV 50	Bodyfit Cumbria running club	652	0	0	0	0	0	0	0	652
2066	Darren Maggs	m	MV 50		0	0	652	0	0	0	0	0	652
2067	Caroline Rush	f	FV 50	Ealing Eagles Running Club	0	0	0	0	0	652	0	0	652
2068	Katie Battersby	f		Smiley Paces	0	0	0	0	0	0	651	0	651
2069	Emma Penney	f	FV 50	This Mum Runs	0	0	0	0	0	0	0	651	651
2070	Claire Maggs	f	FV 50		0	0	651	0	0	0	0	0	651
2071	Bernard Brown	m	MV 50		0	651	0	0	0	0	0	0	651
2072	Allison McIntyre	f	FV 50		651	0	0	0	0	0	0	0	651
2073	Victoria Crowther-Walsh	f	FV 40	Widnes waps	0	650	0	0	0	0	0	0	650
2074	Susie Hanley	f	FV 40	Milltown Milers	0	0	650	0	0	0	0	0	650
2075	Sarah Dhanda	f	FV 50	Ealing Eagles	0	0	0	0	0	650	0	0	650
2076	Mark Hughes	m	MV 50		0	0	0	0	650	0	0	0	650
2077	Darren Bernstein	m	MV 40		650	0	0	0	0	0	0	0	650
2078	Debora Edwards	f	FV 50		0	0	0	0	0	0	0	649	649
2079	Claire Brierley	f	FV 50		0	0	649	0	0	0	0	0	649
2080	Natasha Sudds	f		Olney Running Club	0	0	0	0	0	648	0	0	648
2081	Lucy Price	f	FV 40		0	0	0	0	0	0	0	648	648
2082	Kay Campbell	f	FV 40	RI Hughes Primary School	0	0	648	0	0	0	0	0	648

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2083	Helyn McConnell	f	FV 50	SE Fitness	0	0	0	0	0	0	648	0	648
2084	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	0	0	0	0	647	0	0	647
2085	Phil Berry	m	MV 40	Skelmersdale Boundary Harriers	0	0	0	0	647	0	0	0	647
2086	Marianne Manson	f	FV 40	Dockside Runners	0	0	647	0	0	0	0	0	647
2087	Gillian Bell	f	FV 40	Tynedale Harriers	0	647	0	0	0	0	0	0	647
2088	Chris Taylor	m	MV 40		647	0	0	0	0	0	0	0	647
2089	Wayne Lee Farr	m	MV 50		0	0	0	0	646	0	0	0	646
2090	Susan Fletcher	f	FV 50	Fit Mums And Friends	0	0	646	0	0	0	0	0	646
2091	Chris Lane	m	MV 50		0	0	0	0	0	0	0	646	646
2092	Nick Gallavin	m	MV 40		0	645	0	0	0	0	0	0	645
2093	Karen Wilkinson	f	FV 50		0	0	0	0	0	0	0	645	645
2094	Karen Scott	f	FV 40	City of Hull AC	0	0	645	0	0	0	0	0	645
2095	Paul Amos	m	MV 50		0	0	644	0	0	0	0	0	644
2096	Karen Mackintosh	f	FV 60	Biddulph Running Club	0	644	0	0	0	0	0	0	644
2097	Gary Oakford	m	MV 50		644	0	0	0	0	0	0	0	644
2098	Carol Robinson	f	FV 40		0	0	0	0	0	0	644	0	644
2099	Leanne Gillespie	f	FV 40		643	0	0	0	0	0	0	0	643
2100	Jill Gregg	f	FV 40	Parbold Pink Panthers	0	0	0	0	0	0	643	0	643
2101	Mark Molloy	m	MV 50	Warrington Running Club	642	0	0	0	0	0	0	0	642
2102	Viv Samuelson	f	FV 40		0	0	0	0	0	0	0	641	641
2103	Phillip Morton	m	MV 40		641	0	0	0	0	0	0	0	641
2104	Joanne Battersby	f	FV 50	Steel City Striders	0	0	0	0	0	0	641	0	641
2105	Jacinta Kirwan	f	FV 50		0	0	0	0	640	0	0	0	640
2106	Erin Roxburgh	f			640	0	0	0	0	0	0	0	640
2107	Mark Laidlaw	m			639	0	0	0	0	0	0	0	639
2108	Leonie Black	f	FV 40	Helme Hill Runners	0	639	0	0	0	0	0	0	639
2109	Heather Taylor	f	FV 40	Wearside Triathlon	0	0	0	0	0	0	639	0	639
2110	Christina Walker	f	FV 40		0	0	0	0	639	0	0	0	639
2111	Pat Wyke	f	FV 60	Run in Wirral	0	0	0	0	0	0	0	638	638
2112	Bob Preston	m	MV 50		0	0	0	0	0	0	638	0	638
2113	Timothy Mcwilliams	m	MV 50		0	0	637	0	0	0	0	0	637
2114	Rosie Egan	f	FV 50	Cheshire Hash House Harriers	0	637	0	0	0	0	0	0	637
2115	Claire Palmer	f	FV 60		0	0	0	0	637	0	0	0	637
2116	Lenka Ward	f	FV 40	Susie Anton Ladies On The Run	0	0	636	0	0	0	0	0	636
2117	Helen Little	f	FV 40	U/a High Harrington, Cumbria	0	0	0	0	635	0	0	0	635
2118	Gwen Woznikowska	f		Susie Anton Pt Ladies On The Run	0	0	635	0	0	0	0	0	635
2119	Sean Mcgleenan	m	MV 60	Dumfries Running Club	0	0	0	0	634	0	0	0	634
2120	Nick Pape	m	MV 50	Hermitage Harriers	0	0	0	0	0	0	634	0	634

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2121	John Bibby	m	MV 40		0	0	634	0	0	0	0	0	634
2122	Christopher Colebourn	m	MV 50		0	634	0	0	0	0	0	0	634
2123	Mark Grimes	m	MV 50	Victoria Park Running Club	0	0	0	0	633	0	0	0	633
2124	Joy Stevens	f			0	633	0	0	0	0	0	0	633
2125	Jennifer Todd	f	FV 50	Lymm Runners	633	0	0	0	0	0	0	0	633
2126	Gillian MacDonald	f			0	0	633	0	0	0	0	0	633
2127	Parish Minton	f		10cakers	0	0	0	0	0	0	632	0	632
2128	Mark Gray	m	MV 50	Blackpool Freedom Runners	0	0	632	0	0	0	0	0	632
2129	Grace Crawford	f	FV 40	Knutsford triathlon club	0	632	0	0	0	0	0	0	632
2130	Simon Turner	m	MV 40		0	631	0	0	0	0	0	0	631
2131	Linda Field	f	FV 50		0	0	0	0	0	0	631	0	631
2132	Hayley Gray	f	FV 40		0	0	631	0	0	0	0	0	631
2133	Sarah Coates	f			630	0	0	0	0	0	0	0	630
2134	Rachel Davey	f		Pudsey Runners	0	0	0	0	630	0	0	0	630
2135	Julie Dugdale	f	FV 50		0	0	630	0	0	0	0	0	630
2136	Jo Blackwood	f			0	630	0	0	0	0	0	0	630
2137	Val Houghton	f	FV 50		0	0	0	0	0	0	629	0	629
2138	Sarah Boyle	f	FV 50		0	0	629	0	0	0	0	0	629
2139	Line Kjellerup	f	FV 40		0	629	0	0	0	0	0	0	629
2140	Kate Davey	f	FV 50	Fitmums and Friends	0	0	0	0	629	0	0	0	629
2141	James Coates	m	MV 40		629	0	0	0	0	0	0	0	629
2142	Mel Simmonds	f	FV 40	Hoad Hill Harriers	0	0	0	0	628	0	0	0	628
2143	Julie Bland	f	FV 50		0	0	628	0	0	0	0	0	628
2144	Jane Davies	f	FV 50		0	0	0	0	0	0	628	0	628
2145	Ian Anderson	m	MV 50		628	0	0	0	0	0	0	0	628
2146	Gabby Thorpe	f	FV 40		0	0	627	0	0	0	0	0	627
2147	Dorothy Stirling	f	FV 50	Hoad Hill Harriers	0	0	0	0	627	0	0	0	627
2148	Vivienne Watson	f	FV 50		0	0	626	0	0	0	0	0	626
2149	Stuart Bond	m			0	0	0	0	0	0	626	0	626
2150	Steve Parkes	m	MV 60		0	0	0	0	626	0	0	0	626
2151	Susanne PETERS	f	FV 50	Cadencetri	0	0	0	0	625	0	0	0	625
2152	Paul Dixon	m	MV 50		625	0	0	0	0	0	0	0	625
2153	Liz Handford	f	FV 50		0	0	0	0	624	0	0	0	624
2154	Jen Dixon	f	FV 50		624	0	0	0	0	0	0	0	624
2155	Jo Ormerod	f	FV 40		0	0	0	0	623	0	0	0	623
2156	Dan May	m			0	0	0	0	0	0	623	0	623
2157	Ben Higginson	m	MV 60	Preston Harriers	0	623	0	0	0	0	0	0	623
2158	Sandra Hutchinson	f	FV 50		0	0	0	0	622	0	0	0	622

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2159	Luke Harris	m			622	0	0	0	0	0	0	0	622
2160	Kirstie May	f			0	0	0	0	0	0	622	0	622
2161	Katy Hartley	f			0	0	622	0	0	0	0	0	622
2162	Simon Jones	m	MV 50		0	621	0	0	0	0	0	0	621
2163	Sandy Petrie	m	MV 70		0	0	0	0	0	0	621	0	621
2164	Penny Palfrey	f	FV 60		0	0	0	0	621	0	0	0	621
2165	Matthew Butler	m	MV 40		0	0	621	0	0	0	0	0	621
2166	Roza Housby	f			0	0	620	0	0	0	0	0	620
2167	Richard Sabey	m	MV 50		620	0	0	0	0	0	0	0	620
2168	Jenni Lynn	f		Bodyfit Running Club	0	0	0	0	620	0	0	0	620
2169	Kathryn Green	f	FV 50		0	0	0	0	0	0	619	0	619
2170	Karen Bennett	f	FV 50	Lymm Runners	619	0	0	0	0	0	0	0	619
2171	Alex Clark	f	FV 40	York Solemates	0	619	0	0	0	0	0	0	619
2172	Mark Allitt	m	MV 60	Selby Striders	0	618	0	0	0	0	0	0	618
2173	Mandy Williams	f	FV 40		618	0	0	0	0	0	0	0	618
2174	Sarah Wrightson	f	FV 40		0	0	0	0	616	0	0	0	616
2175	Penny Pullinger	f	FV 60	Harleston Running Club	0	0	0	0	615	0	0	0	615
2176	Kirsty Myers	f	FV 40		0	615	0	0	0	0	0	0	615
2177	Karen Sutherland	f	FV 50		615	0	0	0	0	0	0	0	615
2178	Michael Mason	m	MV 50		0	614	0	0	0	0	0	0	614
2179	Gareth Preece	m	MV 40		0	0	0	0	614	0	0	0	614
2180	Kirsty Martindale	f	FV 50	Women On The Run	0	0	0	0	0	0	613	0	613
2181	David Rand	m	MV 40	Penny Lane Striders	613	0	0	0	0	0	0	0	613
2182	Rachel Chester	f	FV 50	Wyndham Athletic Club	0	0	0	0	612	0	0	0	612
2183	Michael Matthews	m			0	0	0	0	0	0	612	0	612
2184	Elly Bate	f	FV 40		612	0	0	0	0	0	0	0	612
2185	Christine Ramsbottom	f	FV 60		0	612	0	0	0	0	0	0	612
2186	Tracy Berry	f	FV 40		0	0	0	0	611	0	0	0	611
2187	Clare Moody	f	FV 40	Smiley Paces	0	0	0	0	0	0	611	0	611
2188	Frazer Ramsay	m	MV 40		0	0	0	0	610	0	0	0	610
2189	Emma Shaw	f			610	0	0	0	0	0	0	0	610
2190	Jonathan Shaw	m	MV 60		0	608	0	0	0	0	0	0	608
2191	Fiona Eaton	f	FV 50	Lymm Runners	607	0	0	0	0	0	0	0	607
2192	Colin Hill	m			0	0	0	0	0	0	607	0	607
2193	Sharon Duthie	f	FV 50		0	0	0	0	0	0	606	0	606
2194	Daniel Clapham	m			606	0	0	0	0	0	0	0	606
2195	Clare Smith	f	FV 40		0	606	0	0	0	0	0	0	606
2196	Lynne Terry	f	FV 50		0	0	0	0	0	0	605	0	605

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2197	Kelly Savage	f	FV 40	Prestwich Athletics Club	0	0	0	0	605	0	0	0	605
2198	Claire Renshaw	f	FV 40	Tri-Rivington	0	605	0	0	0	0	0	0	605
2199	Gillian Ramsden	f	FV 50	Tri Rivington	0	604	0	0	0	0	0	0	604
2200	Ann Revell	f	FV 50	Sunderland Harriers	604	0	0	0	0	0	0	0	604
2201	Nicola Hadden	f	FV 40	Sunderland Harriers & AC	603	0	0	0	0	0	0	0	603
2202	Joanna Kinrade	f			0	603	0	0	0	0	0	0	603
2203	Tricia Griffiths	f	FV 60		0	0	0	0	0	0	602	0	602
2204	Sarah Beattie	f	FV 40	Bramhall Runners	602	0	0	0	0	0	0	0	602
2205	Eveline Larisch	f	FV 40	in Erdinger Alkoholfrei Lg Oerlingha	0	0	0	0	602	0	0	0	602
2206	Tassilo Pech-larisch	m	MV 50	Turbine Tönsberg	0	0	0	0	601	0	0	0	601
2207	Russ Kelly	m	MV 50	Redcar Running Club	0	0	0	0	0	0	601	0	601
2208	Sarah Wilding	f	FV 40		0	0	0	0	0	0	600	0	600
2209	Jodi Bowyer	f			0	599	0	0	0	0	0	0	599
2210	Joanne Bailey	f	FV 50	Biddulph Running Club	0	598	0	0	0	0	0	0	598
2211	Philip Harland	m	MV 60	Victoria Park Running Club	597	0	0	0	0	0	0	0	597
2212	Jeannie Wilde	f	FV 50	Redcar Running Club	0	0	0	0	597	0	0	0	597
2213	Jacob Manton	m			0	597	0	0	0	0	0	0	597
2214	Helen Honeyman	f	FV 60		0	0	0	0	596	0	0	0	596
2215	Stewart Mcnicholl	m	MV 40		0	595	0	0	0	0	0	0	595
2216	Sheila Tose	f	FV 50		0	0	0	0	595	0	0	0	595
2217	Gillian Holland-Jones	f	FV 60	Styal Running Club	595	0	0	0	0	0	0	0	595
2218	Jane Nicholson	f	FV 60		0	0	0	0	594	0	0	0	594
2219	Chris Probert	m	MV 60	Penny Lane Striders	0	0	0	0	0	0	594	0	594
2220	Richard Quine	m	MV 50		0	0	0	0	0	0	593	0	593
2221	Kay Shaw	f	FV 50		592	0	0	0	0	0	0	0	592
2222	Sam Davis	m			0	0	0	0	0	0	591	0	591
2223	Kinga Fekete	f	FV 40		0	0	0	0	591	0	0	0	591
2224	Sam Askey	f	FV 40		0	0	0	0	590	0	0	0	590
2225	Marina Quayle	f	FV 50		0	590	0	0	0	0	0	0	590
2226	Elizabeth Bailey	f	FV 40	Garstang Running Club	0	0	0	0	0	0	590	0	590
2227	Tania Wild	f	FV 40	Lymm Running Club	589	0	0	0	0	0	0	0	589
2228	Isobel Johnston	f	FV 40		0	589	0	0	0	0	0	0	589
2229	Julie Spencer	f	FV 50		0	0	0	0	588	0	0	0	588
2230	Christine Baker	f	FV 60		0	588	0	0	0	0	0	0	588
2231	Chris Miller	m			588	0	0	0	0	0	0	0	588
2232	Amanda Walsh	f	FV 50		0	0	0	0	0	0	588	0	588
2233	Joanne Heron	f	FV 50		0	0	0	0	0	0	587	0	587
2234	Anna Baker	f			0	587	0	0	0	0	0	0	587

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2235	Steven Milsom	m	MV 40		0	586	0	0	0	0	0	0	586
2236	Shevonne McLarnon	f	FV 40	Kirkstall Harriers	0	0	0	0	0	0	586	0	586
2237	Rachel Norman	f	FV 40		0	0	0	0	586	0	0	0	586
2238	Chris Gumbley	m	MV 60		586	0	0	0	0	0	0	0	586
2239	Jade Hall	f			585	0	0	0	0	0	0	0	585
2240	Beverley Walker	f	FV 40	Ramsbottom Running Club	0	0	0	0	585	0	0	0	585
2241	Janet Carling	f	FV 60	Nidd Valley	0	584	0	0	0	0	0	0	584
2242	Greg Boyle	m	MV 50		0	0	0	0	584	0	0	0	584
2243	Debbie Murray	f	FV 50	North Highland Harriers	584	0	0	0	0	0	0	0	584
2244	Charles Ellis	m			0	0	0	0	583	0	0	0	583
2245	Michelle Tolley	f	FV 40		582	0	0	0	0	0	0	0	582
2246	Andrew Gibson	m	MV 50		0	0	0	0	582	0	0	0	582
2247	Emily Winter	f			581	0	0	0	0	0	0	0	581
2248	Darryl Cribbens	m	MV 40		580	0	0	0	0	0	0	0	580
2249	Sophie Hodge	f			579	0	0	0	0	0	0	0	579
2250	Laura Brear	f	FV 50	Lymm Runners	0	0	0	0	579	0	0	0	579
2251	Jules Telford	f	FV 60		0	0	0	0	578	0	0	0	578
2252	Janet Carr	f	FV 40	Darwen Dashers	578	0	0	0	0	0	0	0	578
2253	Hannah Coupe	f	FV 40		0	0	0	0	0	0	577	0	577
2254	Clair Bonner	f	FV 50		0	0	0	0	577	0	0	0	577
2255	Charlotte Casson	f			0	0	0	0	0	0	576	0	576
2256	Robin Johnston	m			0	0	0	0	575	0	0	0	575
2257	Jennifer Burtonwood	f	FV 50	ckpool Wyre And Fylde Athletics C	0	0	0	0	0	0	575	0	575
2258	Blaine Patton	m	MV 40	Wolf Pack Running Club	0	575	0	0	0	0	0	0	575
2259	Jane Marshall	f	FV 40	St Helens	573	0	0	0	0	0	0	0	573
2260	Sally Lambert	f	FV 50	Wray Runners	572	0	0	0	0	0	0	0	572
2261	Daniel Small	m			0	0	0	0	0	0	572	0	572
2262	Stephen Dobbs	m	MV 60	UK Net Runners	571	0	0	0	0	0	0	0	571
2263	Nicola Whitfield	f			0	0	0	0	0	0	571	0	571
2264	Branwell Spencer	m	MV 50		0	0	0	0	571	0	0	0	571
2265	Malcolm Adams	m	MV 70	Poynton Runners	0	0	0	0	0	0	570	0	570
2266	Ian Twiselton	m	MV 60		570	0	0	0	0	0	0	0	570
2267	Peter Cheung	m	MV 60		569	0	0	0	0	0	0	0	569
2268	Helen Craven	f	FV 50		0	0	0	0	569	0	0	0	569
2269	Zena Cassels	f	FV 40	Women on the run	0	0	0	0	0	0	567	0	567
2270	David Faulkner	m	MV 60	Lymm Runners	567	0	0	0	0	0	0	0	567
2271	Elizabeth Mitchell	f	FV 50		0	0	0	0	565	0	0	0	565
2272	Stuart Adamson	m	MV 60		0	0	0	0	564	0	0	0	564

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2273	Joe Stevens	m	MV 60		0	563	0	0	0	0	0	0	563
2274	Eileen Lymburn	f	FV 70	Jog On The Tyne	563	0	0	0	0	0	0	0	563
2275	Carol Forster	f	FV 50		0	0	0	0	563	0	0	0	563
2276	Nicola Watt	f	FV 50		562	0	0	0	0	0	0	0	562
2277	Jane Stevens	f	FV 50		0	562	0	0	0	0	0	0	562
2278	Gary Anderson	m	MV 50		0	0	0	0	0	0	562	0	562
2279	Susie Ward	f	FV 50		0	0	0	0	561	0	0	0	561
2280	Mark Avison	m	MV 60	Border Reiver Runners	561	0	0	0	0	0	0	0	561
2281	Tiffany Mccullough	f			0	0	0	0	0	0	560	0	560
2282	Richard Bartlett	m	MV 60		0	560	0	0	0	0	0	0	560
2283	Caroline Ellis	f	FV 50		0	0	0	0	560	0	0	0	560
2284	Suzannah Dykes	f	FV 50	Formby Stormers	0	0	0	0	559	0	0	0	559
2285	Rebecca Mckenna	f	FV 40	St Helens Striders	559	0	0	0	0	0	0	0	559
2286	Rachel Kipling	f	FV 40		0	559	0	0	0	0	0	0	559
2287	David Munday	m	MV 50		0	0	0	0	0	0	559	0	559
2288	Mark Austin	m	MV 40		0	558	0	0	0	0	0	0	558
2289	Chrissie Lawson	f			558	0	0	0	0	0	0	0	558
2290	Alison Webster	f	FV 50		0	0	0	0	558	0	0	0	558
2291	Alison Ford	f	FV 50	SE Fitness	0	0	0	0	0	0	558	0	558
2292	Katie Learman	f	FV 50		0	0	0	0	0	0	557	0	557
2293	Emma Weisblatt	f	FV 50		0	0	0	0	557	0	0	0	557
2294	Deborah Lowther	f	FV 60		0	0	0	0	556	0	0	0	556
2295	Rebecca Simms	f	FV 50	Darwen Dashers	0	555	0	0	0	0	0	0	555
2296	Claire Shingler	f	FV 40		555	0	0	0	0	0	0	0	555
2297	Anna Russell	f	FV 40		0	0	0	0	555	0	0	0	555
2298	William Shingler	m	MV 40		554	0	0	0	0	0	0	0	554
2299	Tony Woodcock	m	MV 40	Lonely goat running club	0	554	0	0	0	0	0	0	554
2300	Elizabeth Ross	f	FV 40		0	0	0	0	554	0	0	0	554
2301	paula brown	f	FV 40	Sunderland Harriers	553	0	0	0	0	0	0	0	553
2302	Mandy Beard	f	FV 50	Invictus Triathlon Club	0	0	0	0	553	0	0	0	553
2303	Emma Holland	f			0	553	0	0	0	0	0	0	553
2304	David Eatough	m	MV 50		0	0	0	0	0	0	553	0	553
2305	John Cunningham	m	MV 50	Davenport Runners	0	0	0	0	0	0	552	0	552
2306	Shaun Mcfaul	m	MV 50		0	550	0	0	0	0	0	0	550
2307	Karen Cherry	f	FV 50	Middleton Harriers	0	0	0	0	550	0	0	0	550
2308	Rachel Bellwood	f		N/A	0	0	0	0	0	0	548	0	548
2309	Myfanwy Taylor	f	FV 60	Bmf	548	0	0	0	0	0	0	0	548
2310	Colin Campbell	m	MV 50	Barrow and Furness Striders	0	548	0	0	0	0	0	0	548

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2387	Anthony Metcalf	m	MV 40		0	510	0	0	0	0	0	0	510
2388	Charlotte Bennett	f			0	509	0	0	0	0	0	0	509
2389	Gill Horne	f	FV 60	Biddulph Running Club	0	508	0	0	0	0	0	0	508
2390	Tabitha Stanmore	f			0	0	0	0	0	0	507	0	507
2391	Suze Rickard	f			0	0	0	0	0	0	506	0	506
2392	Paul Hands	m	MV 50	Lions Running Community	506	0	0	0	0	0	0	0	506
2393	Sorcha Hodgson	f			0	0	0	0	0	0	505	0	505
2394	Nikki Bones	f	FV 40		505	0	0	0	0	0	0	0	505
2395	Paula Byrne	f	FV 60		0	0	0	0	0	0	504	0	504
2396	Sarah Allitt	f	FV 50	Selby Striders	0	502	0	0	0	0	0	0	502
2397	Sharon Hill	f	FV 50	Parkside Panthers	501	0	0	0	0	0	0	0	501
2398	Richard Stokes	m	MV 60	FRA	500	0	0	0	0	0	0	0	500
2399	Jane Brockless	f	FV 50		0	500	0	0	0	0	0	0	500
2400	Sarah Erlebach	f	FV 50	Mums on the Run	0	0	0	0	0	0	499	0	499
2401	Sandrine Hewitt	f	FV 40	Aycliffe Running Club	499	0	0	0	0	0	0	0	499
2402	Kerry Edwards	f	FV 50		498	0	0	0	0	0	0	0	498
2403	Anne Hurcombe	f	FV 40	Julie's Joggers	0	498	0	0	0	0	0	0	498
2404	Sue France	f	FV 50	Julie's Joggers	0	497	0	0	0	0	0	0	497
2405	Angela Bamford	f	FV 50		497	0	0	0	0	0	0	0	497
2406	Richard Payne	m	MV 60	Quakers Running Club	0	0	0	0	0	0	496	0	496
2407	Jez Makin	m	MV 50	Darlington Harriers & AC	0	0	0	0	0	0	494	0	494
2408	Lynne Hardwick	f	FV 40		0	0	0	0	0	0	493	0	493
2409	Linzi Lloyd-Henry	f	FV 50	Prestwich AC	0	493	0	0	0	0	0	0	493
2410	Jonathan Clubb	m	MV 40		0	0	0	0	0	0	492	0	492
2411	Andrea Chapman	f	FV 40		492	0	0	0	0	0	0	0	492
2412	Chloe Slee	f		Goodgym Race Team	0	0	0	0	0	0	491	0	491
2413	Jonathan Clarke	m	MV 50	Styal running club	490	0	0	0	0	0	0	0	490
2414	Lynda Bennett	f			489	0	0	0	0	0	0	0	489
2415	Artem Dean	m			0	489	0	0	0	0	0	0	489
2416	Wendy Jones	f	FV 50		488	0	0	0	0	0	0	0	488
2417	Steve Pridmore	m	MV 50		0	488	0	0	0	0	0	0	488
2418	Sarah Bowden	f	FV 40		0	0	0	0	0	0	488	0	488
2419	Marie Clay	f	FV 40	N/a	0	0	0	0	0	0	487	0	487
2420	Deborah Williams	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	486	0	486
2421	STEPHEN MCCOY	m	MV 50		485	0	0	0	0	0	0	0	485
2422	Claire Knowles	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	485	0	485
2423	Louise Walsh	f	FV 50		0	484	0	0	0	0	0	0	484
2424	Marie Guttridge	f	FV 40		0	0	0	0	0	0	483	0	483

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2425	Annette Wilson	f	FV 50		483	0	0	0	0	0	0	0	483
2426	John Harrington	m			0	0	0	0	0	0	482	0	482
2427	Michael Kirkham	m	MV 50	Tri Rivington	0	0	0	0	0	0	481	0	481
2428	Laura Mann	f			481	0	0	0	0	0	0	0	481
2429	Joanne Tasker	f	FV 40	Prestwich AC	0	481	0	0	0	0	0	0	481
2430	Ian Feingold	m	MV 50		0	480	0	0	0	0	0	0	480
2431	Eleanor Forshaw	f			0	0	0	0	0	0	480	0	480
2432	Wendy Hope	f	FV 40	Blackpool Fylde & Wyre AC	0	0	0	0	0	0	479	0	479
2433	Colette Watling	f	FV 50	Didsbury Runners	0	479	0	0	0	0	0	0	479
2434	Ty Turley	m	MV 40		0	478	0	0	0	0	0	0	478
2435	LOUISE WAINWRIGHT	f	FV 50	Thornton CLEVELEYS RUNNING CLUB	0	477	0	0	0	0	0	0	477
2436	Lynn Shaw	f	FV 50	Thornton Cleveleys Running Club	0	476	0	0	0	0	0	0	476
2437	Anne Avison	f	FV 60		476	0	0	0	0	0	0	0	476
2438	Rowan Luck	f	FV 40	Woodthorpe Huffers & Puffers	0	0	0	0	0	0	475	0	475
2439	Martin Wedgwood	m	MV 50		475	0	0	0	0	0	0	0	475
2440	Jennifer Smith	f			0	475	0	0	0	0	0	0	475
2441	Sue Parker	f	FV 40		0	474	0	0	0	0	0	0	474
2442	Debbie Crouch	f	FV 50	Woodthorpe Huffers & Puffers	0	0	0	0	0	0	474	0	474
2443	Anne Claypole	f	FV 40		0	473	0	0	0	0	0	0	473
2444	Phil Jones	m	MV 60		472	0	0	0	0	0	0	0	472
2445	Lucy Glendenning	f	FV 50		0	0	0	0	0	0	472	0	472
2446	Kiera Glendenning	f			0	0	0	0	0	0	471	0	471
2447	Gary Burt	m	MV 50		471	0	0	0	0	0	0	0	471
2448	Stephen Slocombe	m	MV 50		0	470	0	0	0	0	0	0	470
2449	Tracy Davies	f	FV 50	Knowle & Dorrige Running Club	469	0	0	0	0	0	0	0	469
2450	Carolyn Dawe	f		Manchester	0	469	0	0	0	0	0	0	469
2451	Sue Wassell	f	FV 70	Knowle & Dorrige Running Club	468	0	0	0	0	0	0	0	468
2452	Scott Jameson	m	MV 50		0	467	0	0	0	0	0	0	467
2453	Joanne Simpson	f	FV 40		467	0	0	0	0	0	0	0	467
2454	Donna Thorpe	f	FV 40		0	0	0	0	0	0	466	0	466
2455	Anna Morris	f	FV 40		466	0	0	0	0	0	0	0	466
2456	Joanne Chard	f	FV 40	Women On The Run	465	0	0	0	0	0	0	0	465
2457	Al Marron	f	FV 40		0	0	0	0	0	0	465	0	465
2458	Maree Barugh	f	FV 40		0	0	0	0	0	0	464	0	464
2459	Laura Chiswell	f	FV 40		464	0	0	0	0	0	0	0	464
2460	Diane Hamblett	f	FV 50		463	0	0	0	0	0	0	0	463
2461	Jennifer Chambers	f	FV 40	Tattenhall Runners	462	0	0	0	0	0	0	0	462
2462	Elaine Hudson	f	FV 40		0	0	0	0	0	0	462	0	462

