

Lakeland Trails 2023 Series Championships - 10k Trail Run Series - Best of 3



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1	Karl Dickenson	m		Lonely Goat Rc	996	1000	995	999	997	997	998	997	2997
2	Stephen Walker	m	MV 40	Tadcaster Harriers	0	0	0	0	998	0	999	998	2995
3	Macauley Bond	m			997	998	996	0	994	0	996	995	2991
4	Chris Gray	m	MV 40	Tri Lakeland	998	0	0	0	0	995	997	0	2990
5	Ronnie Haddow	m	MV 50	Furness Fell Runners	987	995	993	997	995	992	991	993	2987
6	Gary O'Neill	m	MV 40	Furness Fell Runners	990	991	992	996	993	990	992	992	2981
7	Rachel Crow	f		BFR	985	0	0	0	988	983	971	0	2956
8	Michel Carrillo	m	U25		978	987	991	0	0	0	0	0	2956
9	Gary Moran	m			979	990	987	0	0	0	0	0	2956
10	Sophie Hunt	f			0	989	980	0	0	0	982	0	2951
11	Jack Ball	m	U25	Settle Harriers	981	977	0	0	0	982	0	0	2940
12	Tom Halliwell	m		Nob End Run club	0	0	956	0	971	0	0	985	2912
13	Tanya Blake Miller	f	FV 40		989	0	0	0	942	0	981	0	2912
14	Mark Wilson	m	MV 50	No Drama Llamas Running	965	968	965	0	944	969	950	973	2910
15	Jennifer Casson	f	FV 40		953	969	0	0	0	979	0	0	2901
16	Martyn Anderton	m		Nob end running club	936	0	0	0	966	0	0	981	2883
17	Ralph Liddell	m	MV 70	Eden Runners	957	0	0	0	959	0	956	965	2881
18	Mark Wilding	m	MV 50		0	956	0	0	0	963	961	0	2880
19	Jennifer Coakley	f			0	0	940	0	0	0	964	975	2879
20	Colin Howard	m	MV 60	Furness Fell Runners	955	0	0	0	954	966	0	0	2875
21	Alan Wilson	m	MV 50	Glaxo Hoad Hill Harriers	0	932	908	0	969	971	0	0	2872
22	Ray Padgett	m	MV 70		951	958	948	0	960	953	0	0	2871
23	David Macgillivray	m	MV 60	Dh Runners	947	953	0	0	0	0	0	963	2863
24	David Chow	m	MV 50	Eden runners	927	0	945	0	935	956	940	933	2841
25	Sally Barton	f	FV 60	Glaxo Hoad Hill Harriers	880	904	942	0	933	946	0	0	2821
26	Lucy Zaboklicka	f	FV 40	Furness Fell Runners	934	945	919	0	0	941	0	0	2820
27	Graeme Atkinson	m	MV 50		874	871	885	973	834	920	913	0	2806
28	Sally Caton	f	FV 40	Stainland Lions Running Club	922	0	0	0	941	0	937	0	2800
29	Mart Kissick	m	MV 40		822	857	869	971	876	921	903	907	2799
30	Claudia Pagoulatou	f	FV 50	Pensby Runners	912	940	0	0	0	933	0	0	2785
31	Tracy Pinder	f	FV 40		921	925	923	0	916	0	0	0	2769
32	Carl Wild	m	MV 40		864	909	884	0	974	0	0	0	2767
33	Richard Campbell	m	MV 40		843	891	860	968	828	882	881	0	2741

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
34	Richard Clements	m	MV 50	Hip Replacement Runners	858	907	927	0	892	906	0	0	2740
35	Michelle McCarthy	f			0	927	898	0	0	0	908	0	2733
36	Deborah Thorneycroft	f	FV 50		870	912	873	0	899	914	827	0	2725
37	Katie Welch	f	FV 50		771	831	834	957	796	0	863	904	2724
38	Sarah Adams	f	FV 40		884	913	0	0	0	0	922	0	2719
39	Jennifer Smith	f		911	0	894	0	913	0	0	0	2718	
40	Belinda Schofield	f	FV 50	853	896	882	0	895	924	0	0	2715	
41	Andrew Eaton	m	MV 40	0	0	879	0	0	908	906	0	2693	
42	Matthew Almond	m	MV 40	0	837	775	0	850	898	899	888	2685	
43	Paul Abrams	m	MV 40	885	906	893	0	0	0	0	0	2684	
44	Claire Smith	f	FV 40	North Shields Poly	677	0	802	958	712	760	744	913	2673
45	Lee Johnston	m	MV 50		0	0	872	0	886	888	878	895	2669
46	Simon Forshaw	m	MV 50		865	895	0	0	0	0	909	0	2669
47	Chloe Almond	f		Lancaster Runners	0	840	793	0	851	899	879	889	2667
48	Nicola Stanley	f	FV 50		0	0	842	0	835	868	902	896	2666
49	David Hurst	m	MV 50	869	0	0	0	856	0	0	940	2665	
50	Brian Winder	m	MV 70	Darwen Running Group	759	792	736	934	770	852	840	870	2656
51	Tina Gee	f	FV 60		801	0	0	948	792	0	842	865	2655
52	Jean Turner	f	FV 60	Telford Harriers	814	885	799	938	831	0	0	0	2654
53	Ben Higginson	m	MV 60	Preston Harriers	830	894	868	0	875	884	0	0	2653
54	Mark Shaw	m	MV 50	808	886	823	0	846	879	877	885	2650	
55	Danny Thompson	m	MV 60	772	832	812	949	789	0	820	867	2648	
56	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	852	0	844	0	0	887	905	0	2644
57	Robert Myatt	m	MV 50		842	875	840	0	852	915	0	0	2642
58	Peter EVANS	m	MV 50	Kings heath rc	909	0	0	0	0	0	758	959	2626
59	Rebecca Modeley	f			836	874	847	0	0	866	821	886	2626
60	Helen Craven	f	FV 50		766	767	779	944	763	836	804	842	2622
61	Nick Lewer	m	MV 70	0	0	907	0	0	772	0	938	2617	
62	Pete Holding	m	MV 60	840	881	838	0	896	0	0	0	2617	
63	Ellie Dwan	f	U25	861	879	875	0	0	0	0	0	2615	
64	Amy Fern	f		810	842	805	962	0	0	0	0	2614	
65	david CARTER	m	MV 50	686	0	911	0	725	0	755	944	2610	
66	Anna Howard	f		Tadcaster Harriers	0	0	0	0	869	0	853	887	2609
67	Karen Harper	f	FV 50	Sytal Running Club	834	883	835	0	868	0	858	0	2609
68	David Bayliss	m	MV 40	Red Rose Road Runners	925	0	949	0	731	0	0	0	2605
69	Martin Bates	m	MV 60	Wesham Road Runners	841	0	0	0	0	0	884	878	2603
70	Rachel Summers	f	FV 50	0	852	833	0	0	867	875	0	2594	
71	Jayne Dore	f	FV 50	0	0	0	0	801	886	904	0	2591	
72	Susanne Parry	f	FV 50	854	0	0	0	844	0	890	0	2588	
73	Mandy Bond	f	FV 50	0	0	0	0	883	769	0	925	2577	
74	Dawn Saxby	f	FV 50	DCH Run Club	663	0	810	935	692	743	728	831	2576

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
75	Peter Burlingham	m	MV 40		678	838	0	0	0	0	835	897	2570
76	Gillian Felton	f	FV 50		0	0	0	0	832	0	844	890	2566
77	Jackie Frank	f	FV 40		788	815	0	936	775	0	807	0	2558
78	Tony Orr	m	MV 60		0	856	830	0	0	0	865	0	2551
79	Collette Eames	f	FV 60	JogOnTheTYne	0	870	878	0	0	0	0	791	2539
80	Hazel Ward	f	FV 60	Jog On The Tyne	0	829	0	0	0	0	869	839	2537
81	Joseph Ritson	m	MV 60	Derwent Ac Cockermouth	676	0	846	970	718	0	0	0	2534
82	Tony Priest	m	MV 50		866	866	801	0	0	0	0	0	2533
83	Carol Cox	f	FV 50		774	827	0	0	821	0	856	0	2504
84	Shirley Spratt	f	FV 60		688	0	821	0	716	766	750	912	2499
85	Sharon-lee Lukas	f	FV 50		825	873	791	0	0	0	0	0	2489
86	Julie EVANS	f	FV 50	Kings heath rc	817	0	0	0	0	0	749	919	2485
87	Caron Parkes	f	FV 50		0	795	0	953	0	737	0	0	2485
88	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	0	823	0	0	0	844	817	0	2484
89	Natasha Cruickshank	f	FV 40		798	764	796	0	0	859	824	0	2481
90	Stuart Edwards	m	MV 60	Lonely Goat	0	893	865	0	720	0	0	0	2478
91	Andrew Wilkinson	m	MV 50		815	850	807	0	0	0	0	0	2472
92	Andrea Lancaster	f	FV 40		0	0	817	0	715	0	747	905	2469
93	Paul Thornton	m	MV 50		0	0	765	0	787	830	818	818	2466
94	David Battersby	m	MV 50		0	796	0	0	773	0	0	876	2445
95	Catherine Betley	f	FV 40	N/a	0	0	0	0	804	812	822	0	2438
96	Faith Firkins	f	FV 50	Lancaster & Morecambe AC	0	789	0	0	819	0	829	0	2437
97	Anna Richings	f	FV 50	Lancaster and Morecambe ac	0	810	786	0	779	0	830	0	2426
98	mark taylor	m	MV 60	idenshaw asthmatics running socie	752	768	755	0	761	815	780	823	2418
99	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	0	0	0	0	793	822	802	0	2417
100	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	778	800	0	0	782	829	0	0	2411
101	Stephen Perry	m	MV 60	Lancaster and Morecambe ac	0	787	0	0	780	0	831	0	2398
102	Charlotte Bennett	f	U25		735	0	0	0	0	800	773	821	2394
103	Alison Rayner	f	FV 50		781	0	774	0	0	839	0	0	2394
104	Caitlin Stokes	f	U25		755	0	0	0	0	809	0	822	2386
105	Liza Tattersall	f	FV 50		0	802	816	0	0	763	0	0	2381
106	Helen Helme	f	FV 40		0	790	0	0	794	0	794	0	2378
107	Cheryl Chaffe	f	FV 50		646	0	0	914	0	0	813	0	2373
108	Andrew Gudgeon	m	MV 50		0	803	794	0	0	764	0	0	2361
109	Ann Myatt	f	FV 60	Cheadle	719	0	721	0	0	863	772	0	2356
110	Melanie Burton	f	FV 40		744	0	785	0	0	824	0	0	2353
111	Davina Bowling	f	FV 70	Redrose Road Runners	0	0	0	0	0	783	764	796	2343
112	Dawn Fahy	f	FV 60		652	0	0	0	0	0	823	858	2333
113	Helen Jones	f	FV 40		0	0	0	0	0	761	748	820	2329
114	Joanne Lewis	f	FV 50		748	0	747	0	774	0	797	0	2319
115	John Melling	m	MV 60		722	0	741	0	742	0	0	830	2313

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116	Edward Melling	m	MV 60		725	0	743	0	751	0	0	813	2307
117	Sian Saxby	f	U21	DCH Run Club	0	0	0	0	693	742	729	832	2303
118	John Wiseman	m	MV 50	Red Rose Road Runners	0	762	742	0	0	0	0	795	2299
119	Joanna Amos	f	FV 50		765	781	745	0	0	0	0	0	2291
120	Ruth Shooter	f	FV 40	Ruth's Runners	751	783	753	0	750	0	0	0	2287
121	Tony Seddon	m	MV 50		738	0	0	0	755	793	0	0	2286
122	David Rosen	m	MV 60	Lancaster & Morecambe AC	743	755	0	0	0	784	0	0	2282
123	Pat Wyke	f	FV 60	Run in Wirral	645	0	0	915	0	0	716	0	2276
124	Vicki Buss	f	FV 50		0	758	762	0	754	0	0	0	2274
125	Greg Murphy	m	MV 50		750	770	0	0	749	0	0	0	2269
126	Helen Patten	f	FV 50	Red Rose Runners	741	0	761	0	760	0	0	0	2262
127	Jules Telford	f	FV 60		660	0	0	0	762	0	0	833	2255
128	Nicola Machin	f	FV 50		728	0	760	0	759	0	0	0	2247
129	Jaclyn Gray	f	FV 40		702	737	720	0	664	709	710	788	2245
130	Georgina Briffett	f	FV 40	Dallam Running Club	0	766	0	0	674	0	790	0	2230
131	Edwina Rickards Collinson	f	FV 60	Crocwalkers	0	0	0	0	669	711	713	799	2223
132	Jacqueline Shore	f	FV 60		758	0	735	0	672	726	0	0	2219
133	Vicky Evans	f	FV 50		657	0	757	0	0	721	721	0	2199
134	Christine Richards	f	FV 50		651	0	0	0	663	0	711	802	2176
135	Alison Spencer	f			705	738	725	0	0	0	0	0	2168
136	Louise Hill	f	FV 40	Astley & Tyldesley Road Runners	701	740	724	0	0	0	0	0	2165
137	Yvonne O'malley	f	FV 40	Jogscotland Penicuik	648	0	0	0	0	0	709	787	2144
138	Jane Malcolm	f	FV 50	Jogscotland	647	0	0	0	0	0	708	786	2141
139	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	754	0	0	0	659	706	0	0	2119
140	Rosalie Liddell	f	FV 60	Eden Runners	670	0	0	0	701	0	732	0	2103
141	Helen Bowerman	f	FV 50		664	0	0	0	685	747	0	0	2096
142	Yvonne Leech	f	FV 60	St.Bees Triers	644	0	0	0	746	703	0	0	2093
143	Julie Kelly	f	FV 60	St Bees Triers	661	0	0	0	686	727	0	0	2074
144	Linda Farquhar	f	FV 70	St Bees Triers	655	0	0	0	671	714	0	0	2040
145	David Hatch	m			0	0	0	0	0	0	1000	999	1999
146	Bethan Lowe	f	U25		0	999	0	0	0	993	0	0	1992
147	Andrew Carr	m		Westerlands CCC	0	0	0	0	0	996	0	994	1990
148	Daniel McDonagh	m			0	993	0	0	0	988	0	0	1981
149	Adrian Filipek	m			0	0	994	0	987	0	0	0	1981
150	Stuart Parry	m	MV 50	Northern Fells Running Club	988	0	0	0	0	0	988	0	1976
151	Paul Lewis	m	MV 50		0	0	990	0	986	0	0	0	1976
152	Alex Parry	m	U21		983	0	0	0	992	0	0	0	1975
153	Steve Jones	m	MV 40		0	0	0	0	983	0	990	0	1973
154	Jamie Quan-soon	m	MV 40		0	982	0	0	0	989	0	0	1971
155	Mike Mckee	m	MV 40		0	0	0	0	0	986	983	0	1969
156	Stephen Entwistle	m	MV 60	Wirral Vikings TRC	0	0	0	0	0	0	979	988	1967

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157	Alan Huggon	m	MV 50	Border Reiver Runners	982	0	0	0	0	0	980	0	1962
158	Paul Myers	m	MV 50		0	984	0	0	0	0	975	0	1959
159	William Trewby	m			984	0	973	0	0	0	0	0	1957
160	Helen Johnson	f	FV 50	Wirral Vikings	0	0	0	0	0	0	969	986	1955
161	Andrew Mackenzie	m	MV 50		0	0	0	0	0	0	973	979	1952
162	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	972	972	0	0	0	0	0	0	1944
163	Kevin McLelland	m	MV 40		0	0	0	0	0	0	959	980	1939
164	Stephen Jolly	m	MV 60	Allithwaite Running Club	964	0	0	0	0	975	0	0	1939
165	Jon Meeten	m	MV 50		0	965	974	0	0	0	0	0	1939
166	Tania Huddleston	f			962	975	0	0	0	0	0	0	1937
167	Phil Anderson	m	MV 40		0	967	970	0	0	0	0	0	1937
168	Tom Gathercole	m			966	0	968	0	0	0	0	0	1934
169	Luisa Blake	f	U21		967	0	966	0	0	0	0	0	1933
170	Pete Davison	m	MV 50	Glaxo Hoad Hill Harriers	0	0	959	0	972	0	0	0	1931
171	Peter Gibb	m	MV 40		0	0	0	0	0	0	955	972	1927
172	Kevin Eland	m			963	963	0	0	0	0	0	0	1926
173	Simon Byrne	m	MV 40	St Bees Trier	0	0	0	0	970	0	954	0	1924
174	Spencer Reynolds	m	MV 40	Wirral Viking's	0	0	0	0	0	0	948	969	1917
175	Melissa Gorst	f			0	0	0	0	0	0	931	976	1907
176	Pamela Booth	f	FV 40	Wirral Vikings TRC	0	0	0	0	0	0	945	961	1906
177	Jacqui Foster	f	FV 50	Ilkley Harriers	0	0	0	987	0	917	0	0	1904
178	Adrian Blake	m	MV 40		958	0	946	0	0	0	0	0	1904
179	David Hull	m	MV 60		0	0	953	0	948	0	0	0	1901
180	Thomas Pearson	m			0	959	0	0	940	0	0	0	1899
181	David Taylor	m	MV 60	Cheshire Hash House Harriers	0	0	0	0	0	0	939	956	1895
182	Nicola Hughes	f			0	0	0	0	931	964	0	0	1895
183	Brenda Rutter	f	FV 50		0	946	0	0	0	949	0	0	1895
184	Stephen Biscomb	m	MV 60	Clayton-le-moors	0	934	0	0	957	0	0	0	1891
185	Caroline D'Arcy	f	FV 50		0	0	0	0	937	952	0	0	1889
186	Sandra Myers	f	FV 50		0	944	0	0	0	0	942	0	1886
187	Joanne Preston	f	FV 50	Wirral Vikings TRC	0	0	0	0	0	0	927	954	1881
188	David Ward	m	MV 40		938	943	0	0	0	0	0	0	1881
189	Simon Cowling	m	MV 40		0	0	0	0	0	943	935	0	1878
190	Richard Newbert	m	MV 40		961	0	0	916	0	0	0	0	1877
191	Dickie Felton	m	MV 40		929	0	0	0	945	0	0	0	1874
192	John Birkett	m	MV 60		915	955	0	0	0	0	0	0	1870
193	Sarah Ward	f		Abbey Runners	0	0	0	0	0	945	924	0	1869
194	John Heap	m	MV 40		0	915	0	0	0	0	952	0	1867
195	Tammy Connor	f	FV 40		0	0	944	0	922	0	0	0	1866
196	Dawn Chilton	f	FV 50		0	0	0	0	0	0	923	939	1862
197	Charlene Smith	f			0	0	904	0	0	958	0	0	1862

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198	Thomas Gorst	m			930	0	922	0	0	0	0	0	1852
199	Matthew MADDOCK	m	MV 40		0	939	0	0	0	911	0	0	1850
200	Frans Strydom	m	MV 40	Furness Fell Runners	900	0	950	0	0	0	0	0	1850
201	Victoria Eze	f	FV 60	Hampstead Heath Park Run	0	0	0	0	0	0	921	928	1849
202	Martin Fu	m			0	0	0	0	911	0	938	0	1849
203	Martin Slater	m	MV 40		0	917	928	0	0	0	0	0	1845
204	Sally McFarlane	f	FV 40	None	907	0	936	0	0	0	0	0	1843
205	Andrew Walmsley	m	MV 50		0	0	0	0	0	926	916	0	1842
206	Laura Avey	f			910	0	0	0	929	0	0	0	1839
207	Wendy Birkett	f	FV 60	Ambleside Athletic Club	906	926	0	0	0	0	0	0	1832
208	Jimmy Hark	m			873	0	0	0	0	0	0	957	1830
209	Imre Varga	m	MV 50		0	0	861	967	0	0	0	0	1828
210	Richard Walker	m	MV 40		913	911	0	0	0	0	0	0	1824
211	Lizzie Simmons	f	FV 40		914	910	0	0	0	0	0	0	1824
212	Lynne Carruthers	f	FV 60	Dch	888	0	0	0	0	0	933	0	1821
213	Phil Chew	m	MV 60		846	0	0	972	0	0	0	0	1818
214	Christopher Cox	m	MV 60		0	897	0	0	0	919	0	0	1816
215	Carolyn Barker	f	FV 50	Burnden Roadrunners	0	0	890	0	0	918	0	0	1808
216	Dave Hill	m	MV 50		0	902	0	0	0	0	901	0	1803
217	Robbie Shuttleworth	f		Nob End Run Club	0	0	0	0	857	0	0	943	1800
218	Ellie Murray	f	U25		0	0	0	0	901	897	0	0	1798
219	Nathan Greenwood	m			897	901	0	0	0	0	0	0	1798
220	Susan Bibby	f	FV 40		876	920	0	0	0	0	0	0	1796
221	Jen Royle	f	FV 50	Running4CF	0	0	0	945	0	0	0	848	1793
222	Matthew Affolter	m	MV 50		893	898	0	0	0	0	0	0	1791
223	Mark Gean-Hughes	m	MV 50		0	0	0	0	0	0	870	918	1788
224	Will Douthwaite	m			883	905	0	0	0	0	0	0	1788
225	Richard Porter	m			0	858	0	0	0	927	0	0	1785
226	Nick Helliwell	m	MV 50		857	0	916	0	0	0	0	0	1773
227	Miriam Abbas	f			0	0	851	0	0	0	920	0	1771
228	Iain Peacock	m	MV 40		0	0	850	0	0	0	919	0	1769
229	David Moran	m			0	903	866	0	0	0	0	0	1769
230	Jackie Watts	f	FV 40		875	0	891	0	0	0	0	0	1766
231	Andrew Firkins	m	MV 50	Lancaster & Morecambe AC	0	785	0	0	980	0	0	0	1765
232	Rob Clayton	m	MV 40	Lancaster and Morecambe athletic club	0	786	0	0	976	0	0	0	1762
233	Yolande Clarke	f	FV 50	St Bees Triers	0	0	0	0	864	896	0	0	1760
234	Stephen Cruickshank	m	MV 50		0	877	0	0	878	0	0	0	1755
235	Howard Rand	m	MV 50		809	0	943	0	0	0	0	0	1752
236	Katie Hanson	f		Selby striders	0	0	880	0	871	0	0	0	1751
237	Stephen Hanson	m	MV 40		0	0	881	0	870	0	0	0	1751
238	Toby Brothers	f	FV 50	Hampstead Heath Park Run	0	0	0	0	0	0	866	883	1749

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
239	Victoria Hatton	f	FV 50		0	0	874	0	0	875	0	0	1749
240	Emma Frost	f			0	0	859	0	888	0	0	0	1747
241	Isobel Williamson	f	FV 70		837	0	0	0	0	909	0	0	1746
242	Julie Thomas	f	FV 50	Hampstead Health Park Run	0	0	0	0	0	0	860	884	1744
243	Dave Thompson	m	MV 60		0	0	864	0	879	0	0	0	1743
244	Anton Moss	m			0	0	0	0	0	776	0	962	1738
245	Alan Davidson	m	MV 70		0	846	0	0	0	0	892	0	1738
246	Philip Loftus	m	MV 60		844	892	0	0	0	0	0	0	1736
247	Tom Omalley	m			0	0	0	930	0	804	0	0	1734
248	Helen Lester	f	FV 50	Wirral Vikings	0	0	0	0	0	0	851	881	1732
249	Emily Astley	f	FV 40	Wirral Vikings	0	0	0	0	0	0	850	882	1732
250	Mark Aldam	m	MV 60		0	854	0	0	0	878	0	0	1732
251	Jane Marshall	f	FV 50	York Acorn Running Club	0	0	0	928	0	803	0	0	1731
252	Robert Shanahan	m	MV 50	Wirral Viking	0	0	0	0	0	0	849	880	1729
253	Sam Nicholson	f	FV 50	Border Reiver Runners	829	0	0	0	0	0	900	0	1729
254	Dale Harrison	m			779	950	0	0	0	0	0	0	1729
255	Louisa Graham	f	FV 40		0	0	0	0	833	0	895	0	1728
256	Helen Jack	f	FV 50		818	0	0	0	0	905	0	0	1723
257	John Gore	m	MV 40	Rochdale Tri Club	0	0	0	0	0	0	810	910	1720
258	Kerry Howard	f	FV 40		763	0	0	951	0	0	0	0	1714
259	Neil Mistry	m			975	0	0	0	738	0	0	0	1713
260	Nicole Spibey	f	FV 40		0	0	0	0	0	856	0	854	1710
261	Anita Hall	f	FV 50	St Helens Striders	0	872	0	0	838	0	0	0	1710
262	Mark Cowan	m	MV 40	Wirral Vikings Trc	0	0	0	0	0	0	756	953	1709
263	Basia Nowak	f	FV 40		0	0	0	0	0	854	0	855	1709
264	Jonathan Fletcher	m	MV 50	Ripon Runner	0	0	748	0	956	0	0	0	1704
265	Mike Parker	m	MV 40		877	0	827	0	0	0	0	0	1704
266	Ben Brock	m	U25		0	0	0	0	839	864	0	0	1703
267	Clare Moody	f	FV 50	Smiley Paces	824	0	0	0	0	0	0	873	1697
268	Judith Stockton	f	FV 40		756	0	0	940	0	0	0	0	1696
269	Shelley Regan	f	FV 40		0	826	0	0	0	0	0	868	1694
270	Patricia Hynes	f	FV 60		0	0	0	0	0	0	833	857	1690
271	Sharon Donald	f	FV 40	DCH Run Club	0	0	849	0	841	0	0	0	1690
272	Mary Clifford	f	FV 40		827	0	863	0	0	0	0	0	1690
273	Peter Reed	m	MV 70	Northumberland Fell Runners	0	0	0	0	0	881	808	0	1689
274	Nizam Ismail	m			0	859	829	0	0	0	0	0	1688
275	Phil Temple	m	MV 40		0	0	0	0	728	957	0	0	1685
276	Sue France	f	FV 50		0	0	0	942	0	740	0	0	1682
277	Ruth Lilliott	f	FV 60		0	0	822	0	0	0	859	0	1681
278	Ann-marie Johnstone	f	FV 40		749	0	0	932	0	0	0	0	1681
279	Yvette Mccracken	f	FV 50	Smiley Paces	0	0	0	0	0	0	819	861	1680

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
280	Emma Teggart	f	FV 40	Lonely goat	761	0	0	0	0	0	918	0	1679
281	Victoria Wilding	f	FV 50		0	0	0	0	0	843	836	0	1679
282	Alison Pye	f	FV 40		0	0	0	0	799	0	872	0	1671
283	Claire Willis	f	FV 40		0	861	809	0	0	0	0	0	1670
284	Simon Robson	m	MV 40		887	0	782	0	0	0	0	0	1669
285	Georgia May	f			793	0	876	0	0	0	0	0	1669
286	Louise Roberts	f	FV 50	Border Reavers	0	0	0	0	802	0	0	866	1668
287	Laura Leitch	f			0	0	0	0	798	862	0	0	1660
288	Keith Burlison	m	MV 50		0	830	0	0	830	0	0	0	1660
289	Lesley Nixon	f	FV 50	Red Rose Road Runners	0	833	825	0	0	0	0	0	1658
290	Jacq Charles	f	FV 40	Wirral Vikings Trc	0	0	0	0	0	0	743	914	1657
291	Alison Gill	f	FV 50		0	0	933	0	723	0	0	0	1656
292	Elaine Coupland	f	FV 60	Jog On The Tyne	0	0	0	0	0	0	816	838	1654
293	Katherine-Lee Lukas	f	U21		0	880	773	0	0	0	0	0	1653
294	Rachael Price	f	FV 40		816	0	0	0	0	0	834	0	1650
295	Simon Turgoose	m	MV 50	Oldham & Royton Harriers AC	0	0	0	0	0	0	811	835	1646
296	Jane Hill	f	FV 50		0	809	0	0	0	0	837	0	1646
297	Nicky Grace	f	FV 40		804	0	0	0	0	0	841	0	1645
298	Gerry Garvey	m	MV 50	Muddy Boots Nursery	0	0	0	0	800	0	0	844	1644
299	Tracy Slater	f	FV 40		0	836	808	0	0	0	0	0	1644
300	Claire Rawlinson	f			792	851	0	0	0	0	0	0	1643
301	Zara Gall	f	FV 40	Didsbury Ladies	819	0	819	0	0	0	0	0	1638
302	Shelly Allen	f	FV 50		0	828	806	0	0	0	0	0	1634
303	Jo Storey	f	FV 40	Jogonthetyne	0	0	0	0	0	0	754	879	1633
304	TREVESSA NEWTON	f	FV 50		0	0	900	0	730	0	0	0	1630
305	Kirstie Miller	f	FV 50	Jog on the Tyne	0	0	0	0	0	0	787	841	1628
306	Yasmin Porter-bee	f			0	779	0	0	0	847	0	0	1626
307	emma Brierley	f	FV 50		0	848	778	0	0	0	0	0	1626
308	Nic Holmes	f	FV 50		812	0	813	0	0	0	0	0	1625
309	Anna Holmes-Rand	f	U21		811	0	814	0	0	0	0	0	1625
310	Julie Luckman	f	FV 50	Oldham and Royton Harriers	0	0	0	0	0	0	785	836	1621
311	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	0	0	0	0	808	0	812	0	1620
312	Leanne Topcuoglu	f	FV 40	ACF Standish	826	0	792	0	0	0	0	0	1618
313	Andrea Counce	f	FV 40		775	0	0	0	840	0	0	0	1615
314	Neil Bower	m	MV 50		0	0	0	0	776	834	0	0	1610
315	Mark Tomlinson	m	MV 60	12	0	0	0	0	772	837	0	0	1609
316	Tony Fahy	m	MV 70		0	0	0	0	0	0	798	809	1607
317	Melissa Grocock	f	FV 40		789	818	0	0	0	0	0	0	1607
318	Ashley Smith	m	MV 50		0	0	0	0	741	0	0	864	1605
319	Jo Lally	f	FV 50	Jog on The Tyne	0	0	0	0	771	833	0	0	1604
320	Jennie Smith	f	FV 50		0	0	0	0	740	0	0	863	1603

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
321	Deborah Mackay	f	FV 50	Wirral Viking TRC	0	0	0	0	0	0	781	817	1598
322	Kirsten Abbott	f	U25		694	0	902	0	0	0	0	0	1596
323	Sally Wilkinson	f	FV 50	Get Over Yourself	0	841	754	0	0	0	0	0	1595
324	Gill Hindle	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	753	840	1593
325	Catherine Ball	f	FV 50	Wirral Viking Trc	0	0	0	0	0	0	789	801	1590
326	Gillian O'boyle	f	FV 50		0	774	0	0	0	0	815	0	1589
327	Colin Burnett	m	MV 60		0	0	0	0	0	0	788	800	1588
328	Helen Newman	f	FV 50		0	0	0	0	0	0	731	856	1587
329	Lisa Whiteley	f			0	797	790	0	0	0	0	0	1587
330	Karen Quan-soon	f	FV 60		0	761	0	0	0	823	0	0	1584
331	James Laking	m			0	0	795	0	788	0	0	0	1583
332	Rebecca Meeten	f	FV 50		0	793	788	0	0	0	0	0	1581
333	Julie Murrell	f	FV 50		0	0	0	0	0	0	786	792	1578
334	Hannah Hobson	f			770	0	0	0	807	0	0	0	1577
335	Katie Wishart	f	FV 50		0	0	0	0	0	801	775	0	1576
336	Ruth Chadwick	f	FV 40		684	0	0	0	0	892	0	0	1576
337	Amanda Anderson	f	FV 50		0	0	749	0	826	0	0	0	1575
338	Jo Perry	f	FV 40		0	0	0	0	778	0	795	0	1573
339	Ruth Hunneysett	f	FV 40	Jog on the Tyne	0	0	0	0	0	0	778	790	1568
340	Sara Summers	f	FV 50		0	0	766	0	0	0	800	0	1566
341	Sarah Parker	f	FV 40	Jog on The Tyne	0	0	0	0	0	0	776	789	1565
342	Natalie Lewis	f	FV 40	Fellside Ladies	650	0	0	913	0	0	0	0	1563
343	Lesley McGrail	f	FV 40	St Helens Striders	746	0	0	0	809	0	0	0	1555
344	Chris Cuinu	m	MV 50		0	0	0	0	702	0	0	846	1548
345	Lada Cuinu	f	FV 50		0	0	0	0	703	0	0	845	1548
346	LOUISE WAINWRIGHT	f	FV 50	Thornton CLEVELEYS RUNNING CLUB	0	0	759	0	0	789	0	0	1548
347	Lynn Shaw	f	FV 50	Thornton Cleveleys Running Club	0	0	758	0	0	788	0	0	1546
348	Rachel Bellwood	f			0	834	0	0	710	0	0	0	1544
349	Jane Hunter	f	FV 60		760	784	0	0	0	0	0	0	1544
350	Despina Smith	f	FV 40	Didsbury Mums on the Run	737	0	0	0	0	806	0	0	1543
351	Alison Hodges	f	FV 50	Blackhill Bounders	667	0	0	0	0	0	0	872	1539
352	Brian Richardson	m	MV 60	Blackhill Bounders	666	0	0	0	0	0	0	871	1537
353	Lizzie Coleshill	f	FV 60		0	0	0	0	0	0	720	816	1536
354	Hilary Beach	f	FV 50		730	0	0	0	0	795	0	0	1525
355	Chris Pearson	m	MV 60		0	765	0	0	756	0	0	0	1521
356	Ursula Collie	f	FV 60		726	0	0	0	0	791	0	0	1517
357	Richard Newman	m	MV 50		0	0	0	0	0	0	712	803	1515
358	Catherine Aitken	f	FV 60		0	817	0	0	694	0	0	0	1511
359	Harry Vaneris	m	MV 40		0	0	0	0	736	753	0	0	1489
360	Elaine Baker	f	FV 50	St Helens Striders	742	0	744	0	0	0	0	0	1486
361	Mark Sullivan	m	MV 60		0	0	719	0	0	0	763	0	1482

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
362	Julie Dugdale	f	FV 50		713	759	0	0	0	0	0	0	1472
363	Jayne Batt	f	FV 60		0	0	0	0	711	759	0	0	1470
364	Sarah McGrath	f	FV 40	Ramsbottom Running Club	689	0	0	0	0	765	0	0	1454
365	Julie Loftus	f	FV 50		707	744	0	0	0	0	0	0	1451
366	Sarah Boyle	f	FV 50		714	736	0	0	0	0	0	0	1450
367	Jan Molyneux	m	MV 50		658	0	0	0	0	0	779	0	1437
368	Rebecca Davies	f			0	0	0	0	0	717	717	0	1434
369	Kathryn Abbott	f	FV 50	Red Rose Road Runners	675	0	751	0	0	0	0	0	1426
370	jeanette grimes	f	FV 60		0	0	746	0	679	0	0	0	1425
371	Helen Hetherington	f	FV 70		656	0	0	0	758	0	0	0	1414
372	Jackie Routledge	f	FV 60	Thornton Cleveleys	698	0	0	0	0	708	0	0	1406
373	mark lee	m	MV 50		669	0	0	0	0	735	0	0	1404
374	Holly Unsworth	f			699	0	0	0	0	704	0	0	1403
375	Charlotte Twigger	f	FV 40		668	0	0	0	0	732	0	0	1400
376	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	0	0	0	0	658	707	0	0	1365
377	Matt Newell	m			0	0	0	0	0	0	0	1000	1000
378	Russell Maddams	m	MV 50	Keswick Ac	0	0	0	0	1000	0	0	0	1000
379	Laurence Hill	m			0	0	0	0	0	1000	0	0	1000
380	Chris Holdsworth	m		Team inov-8	1000	0	0	0	0	0	0	0	1000
381	Billy Cartwright	m		Team Inov-8	0	0	1000	0	0	0	0	0	1000
382	Moritz van Driel	m			0	0	0	1000	0	0	0	0	1000
383	Lee Procter	m	MV 40	Team inov-8	0	0	0	0	999	0	0	0	999
384	Darren Coward	m		Glaxo Hoad Hill Harriers	0	0	0	0	0	999	0	0	999
385	Tom Levi	m		Thirsk & Sowerby Harriers	999	0	0	0	0	0	0	0	999
386	Nicola Jackson	f		Team Inov-8	0	0	999	0	0	0	0	0	999
387	Richard Thomas Jackson-Taylor	m			0	0	0	0	0	998	0	0	998
388	James Barsby	m			0	0	998	0	0	0	0	0	998
389	Markus Forsch	m	MV 50		0	0	0	998	0	0	0	0	998
390	Alex Heffron	m			0	997	0	0	0	0	0	0	997
391	Adam Elkin	m	MV 40	Lancaster & Morecambe AC	0	0	997	0	0	0	0	0	997
392	Matthew Halsall	m		Southport Waterloo	0	0	0	0	0	0	0	996	996
393	Steven Worsley	m	MV 60	Lancaster and morecambe ac	0	0	0	0	996	0	0	0	996
394	Adam Firth	m	MV 40		0	996	0	0	0	0	0	0	996
395	William Loewenhardt	m			0	0	0	0	0	0	995	0	995
396	Adrian Favill	m		cunthorpe and District Running Clu	995	0	0	0	0	0	0	0	995
397	John Walmsley	m			0	0	0	995	0	0	0	0	995
398	Fergal Duffy	m	MV 50		0	0	0	0	0	0	994	0	994
399	William Houghton	m		Tyne Bridge Harriers	0	0	0	0	0	994	0	0	994
400	Craig Miller	m	MV 50		994	0	0	0	0	0	0	0	994
401	Ben Harrison	m	MV 40		0	994	0	0	0	0	0	0	994
402	Nicola Unsworth	f	FV 50		0	0	0	994	0	0	0	0	994

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
403	Adam Fox	m	MV 40		0	0	0	0	0	0	993	0	993
404	Marcus Carter-Strutt	m	U25		993	0	0	0	0	0	0	0	993
405	Annabel Faith	f	FV 40		0	0	0	993	0	0	0	0	993
406	Anna Hoogkamer	f			992	0	0	0	0	0	0	0	992
407	Amy Pickworth	f	FV 40	Darlington harriers	0	992	0	0	0	0	0	0	992
408	Neil Moffat	m	MV 60	Dumfries Running Club	0	0	0	992	0	0	0	0	992
409	Joe Shingleton	m			0	0	0	0	0	0	0	991	991
410	Tom Willox	m		Helm Hill Runners	0	0	0	0	991	0	0	0	991
411	Robert Inman	m	MV 40		0	0	0	0	0	991	0	0	991
412	Joe Brown	m			991	0	0	0	0	0	0	0	991
413	Adam Birch	m			0	0	0	991	0	0	0	0	991
414	Stephen Newell	m	MV 50	Ilkley Harriers	0	0	0	0	0	0	0	990	990
415	Ian Davidson	m	MV 50		0	0	0	0	990	0	0	0	990
416	John Pollard	m	MV 60	Glossopdale Harriers	0	0	0	990	0	0	0	0	990
417	Michael Williams	m			0	0	0	0	0	0	989	0	989
418	Andrew Baguley	m	MV 40	Chorlton Runners	0	0	0	0	0	0	0	989	989
419	Anthony Irving	m	MV 40		0	0	0	0	989	0	0	0	989
420	James Gaffney	m		-	0	0	989	0	0	0	0	0	989
421	Scott Keenan	m	MV 50		0	0	0	989	0	0	0	0	989
422	Josh Glennon	m			0	0	988	0	0	0	0	0	988
423	Ewen Turner	m			0	988	0	0	0	0	0	0	988
424	Sarah power	f			0	0	0	988	0	0	0	0	988
425	Lindsay Bingaman	f			0	0	0	0	0	0	987	0	987
426	greg simpson	m	MV 40		0	0	0	0	0	0	0	987	987
427	Ben Taylor	m	U21		0	0	0	0	0	987	0	0	987
428	Robbie Jones	m	MV 50		0	0	0	0	0	0	986	0	986
429	Samuel Stretch	m			0	0	986	0	0	0	0	0	986
430	Philip Mallaband	m	MV 40	Vegan Runners	0	986	0	0	0	0	0	0	986
431	Matthew Ashton	m	MV 40	Bad Boy Running Club	986	0	0	0	0	0	0	0	986
432	Terry Moss	m	MV 50		0	0	0	986	0	0	0	0	986
433	Chris Percival	m	MV 50		0	0	0	0	0	0	985	0	985
434	Stephen Hackley	m	MV 40		0	0	0	0	985	0	0	0	985
435	Lauren Booth	f		Hoad Hill Harriers	0	0	0	0	0	985	0	0	985
436	Paul Macfarlane	m	MV 40	Helm Hill Runners	0	0	985	0	0	0	0	0	985
437	Jorden Partington	m	MV 40		0	985	0	0	0	0	0	0	985
438	Nick Cox	m	MV 50		0	0	0	985	0	0	0	0	985
439	Jonathan Woodhead	m		Allithwaite Running Club	0	0	0	0	0	0	0	984	984
440	Alex Brown	m			0	0	0	0	0	0	984	0	984
441	Stephen Pope	m			0	0	0	0	984	0	0	0	984
442	Charlotte Seward	f		Border Harriers	0	0	0	0	0	984	0	0	984
443	Michael Cole	m	U21		0	0	984	0	0	0	0	0	984

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
444	Amy Salt	f		Belper Harriers	0	0	0	984	0	0	0	0	984
445	Olivia Wiggans	f		Red Rose Road Runners	0	0	0	0	0	0	0	983	983
446	Matt Marshall	m	MV 40		0	0	983	0	0	0	0	0	983
447	Joseph D'Arcy	m	U21	Kirkbie Kendal	0	983	0	0	0	0	0	0	983
448	Darren Wilson	m	MV 50		0	0	0	983	0	0	0	0	983
449	Anna Hawthorne	f			0	0	0	0	0	0	0	982	982
450	Jimmy Hark	m	MV 40	Nob end run club	0	0	0	0	982	0	0	0	982
451	Thomas Bateson	m		LBC Tractors	0	0	982	0	0	0	0	0	982
452	Alice Sharples	f			0	0	0	982	0	0	0	0	982
453	Danny Hirst	m	MV 40	Andems Runners	0	0	0	0	981	0	0	0	981
454	Charlotte Jones	f			0	0	0	0	0	981	0	0	981
455	Paul Jeffrey-Read	m	MV 50		0	0	981	0	0	0	0	0	981
456	Michael Garside	m	MV 40		0	981	0	0	0	0	0	0	981
457	Jordan Chew	m			0	0	0	981	0	0	0	0	981
458	Donna Cartwright	f	FV 40	Radcliffe Ac	0	0	0	0	0	980	0	0	980
459	David Dalziel	m			0	980	0	0	0	0	0	0	980
460	Cameron Littler	m			980	0	0	0	0	0	0	0	980
461	Tom Collins	m			0	0	0	980	0	0	0	0	980
462	James Spearing	m			0	0	0	0	979	0	0	0	979
463	Mikey Hanna	m		LBC Tractors	0	0	979	0	0	0	0	0	979
464	Chloe Frankish	f	FV 40		0	979	0	0	0	0	0	0	979
465	Aude Peltier	f	FV 40		0	0	0	979	0	0	0	0	979
466	Geoff Lowe	m	MV 60	The Herdy Maaa-shal	0	0	0	0	0	0	0	978	978
467	Cheryl Dean	f	FV 40		0	0	0	0	0	0	978	0	978
468	Robert Davies	m	MV 40		0	0	0	0	978	0	0	0	978
469	Justine Patton	f			0	0	0	0	0	978	0	0	978
470	Ruth Denham-Brown	f			0	978	0	0	0	0	0	0	978
471	Peter Llewellyn	m	MV 50	Mearley Runners	0	0	978	0	0	0	0	0	978
472	Cora Bryan	f			0	0	0	978	0	0	0	0	978
473	Paul Jones	m			0	0	0	0	0	0	0	977	977
474	Matthew Holland	m			0	0	0	0	0	0	977	0	977
475	John Pyrah	m			0	0	0	0	0	977	0	0	977
476	Graham Laybourn	m	MV 50		0	0	0	0	977	0	0	0	977
477	Simon Gora	m	MV 40	Garstang RC	0	0	977	0	0	0	0	0	977
478	Paul Amiss	m	MV 40		977	0	0	0	0	0	0	0	977
479	Kathryn Tracey	f	FV 40	Riverside Runners	0	0	0	977	0	0	0	0	977
480	Paul Ross	m			0	0	0	0	0	0	976	0	976
481	Imogen Poore	f	U25		0	0	0	0	0	976	0	0	976
482	Richard Bergin	m		Nob End RC	976	0	0	0	0	0	0	0	976
483	Harrison Nicolson	m			0	0	976	0	0	0	0	0	976
484	Dan Ackroyd	m	MV 40		0	976	0	0	0	0	0	0	976

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
485	Andrew Hemsley	m	MV 50	Walney Wind Cheetahs	0	0	0	976	0	0	0	0	976
486	David Kenwright	m	MV 40		0	0	0	0	975	0	0	0	975
487	Decland Mernagh	m		LBC Tractors	0	0	975	0	0	0	0	0	975
488	Laura Whittaker	f	FV 40		0	0	0	975	0	0	0	0	975
489	Shaun Martin	m			0	0	0	0	0	0	974	0	974
490	Sean Roddy	m	MV 40		0	0	0	0	0	0	0	974	974
491	Mark Hughes	m	MV 40	Lytham St Annes Road Runners	0	0	0	0	0	974	0	0	974
492	James Williams	m	MV 40		0	974	0	0	0	0	0	0	974
493	Bob O'Neil	m	MV 40	Helm Hill	974	0	0	0	0	0	0	0	974
494	Ellen Lovatt	f	FV 40	Belper Harriers	0	0	0	974	0	0	0	0	974
495	Stuart Taylor	m	MV 50		0	0	0	0	0	973	0	0	973
496	Simon Phillips	m	MV 60		0	0	0	0	973	0	0	0	973
497	Samuel Gill	m			0	973	0	0	0	0	0	0	973
498	James Gray	m			973	0	0	0	0	0	0	0	973
499	Karen Johnson	f	FV 40		0	0	0	0	0	0	972	0	972
500	Alex Barnes	m			0	0	0	0	0	972	0	0	972
501	Ben Goodwill	m			0	0	972	0	0	0	0	0	972
502	Adam Rawlings	m			0	0	0	0	0	0	0	971	971
503	James Galloway-Booth	m	U21		0	971	0	0	0	0	0	0	971
504	Jack Whitworth	m		LBC Tractors	0	0	971	0	0	0	0	0	971
505	Ellie price	f			971	0	0	0	0	0	0	0	971
506	Michael Allcock	m			0	0	0	0	0	0	970	0	970
507	Kevin Harber	m	MV 50		0	0	0	0	0	0	0	970	970
508	Martin Poore	m	MV 50		0	0	0	0	0	970	0	0	970
509	David Atkinson	m	MV 50	Blengdale Runners	0	970	0	0	0	0	0	0	970
510	Andrew Anderson	m	MV 50	Dunbar Running Club	970	0	0	0	0	0	0	0	970
511	Tanya Lambert	f	FV 50	Eden Runners	0	0	969	0	0	0	0	0	969
512	Georgia Marsh	f			969	0	0	0	0	0	0	0	969
513	Wolfgang Altenau	m	MV 70		0	0	0	969	0	0	0	0	969
514	Simon Parker	m	MV 60	Cheshire Hash House Harriers	0	0	0	0	0	0	0	968	968
515	Louis Rainford	m			0	0	0	0	0	0	968	0	968
516	Lucy Garrod	f	FV 50		0	0	0	0	0	968	0	0	968
517	Ian Williamson	m	MV 50	Chorlton Runners	0	0	0	0	968	0	0	0	968
518	Jack Wilson	m			968	0	0	0	0	0	0	0	968
519	Mark Smyth	m	MV 40		0	0	0	0	0	0	967	0	967
520	Anna McGill	f	FV 40		0	0	0	0	0	0	0	967	967
521	Jodi Marcus	f	FV 40		0	0	0	0	967	0	0	0	967
522	Helen Lawrenson	f	FV 50	Blackpool Wyre & fylde AC	0	0	0	0	0	967	0	0	967
523	Asa Carrington	m			0	0	967	0	0	0	0	0	967
524	Stephen Gilks	m	MV 40		0	0	0	0	0	0	966	0	966
525	Mark Broxton	m	MV 50		0	0	0	0	0	0	0	966	966

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
526	Paul Hartley	m	MV 50		0	966	0	0	0	0	0	0	966
527	Elainea Aitken	f	FV 40		0	0	0	966	0	0	0	0	966
528	Ben Jessop	m	MV 40		0	0	0	0	0	0	965	0	965
529	Peter Harbach	m	MV 50	Carlisle	0	0	0	0	965	0	0	0	965
530	Matt Roche	m			0	0	0	0	0	965	0	0	965
531	Alice Marsden	f			0	0	0	965	0	0	0	0	965
532	Leanne Elwood	f	FV 40	Smiley paces	0	0	0	0	0	0	0	964	964
533	Sophie Lawton	f	U25		0	0	0	0	964	0	0	0	964
534	Gary Stones	m		Hardley Runners	0	964	0	0	0	0	0	0	964
535	Alan Parker	m	MV 50		0	0	964	0	0	0	0	0	964
536	Rebecca Swindells	f	FV 40		0	0	0	964	0	0	0	0	964
537	Katie Oxley	f			0	0	0	0	0	0	963	0	963
538	Emma Lawton	f	U25		0	0	0	0	963	0	0	0	963
539	Joseph Tyldesley	m			0	0	963	0	0	0	0	0	963
540	Claire Appelquist	f	FV 50		0	0	0	963	0	0	0	0	963
541	Matthew Shepherd	m			0	0	0	0	0	0	962	0	962
542	John Turner	m	MV 40	Lonely Goat RC	0	0	0	0	962	0	0	0	962
543	David Parfitt	m			0	0	0	0	0	962	0	0	962
544	Gemma Alderson	f	FV 40		0	962	0	0	0	0	0	0	962
545	Chris Shaw	m	MV 60	Dark Peak Fell Runners	0	0	962	0	0	0	0	0	962
546	Olivia Burke	f		Nob End	0	0	0	0	961	0	0	0	961
547	Davinia Jackson	f	FV 40	Thornton Cleveleys Running Club	0	0	0	0	0	961	0	0	961
548	Simon Nield	m			0	961	0	0	0	0	0	0	961
549	Matt Tinsley	m			0	0	961	0	0	0	0	0	961
550	Daniel Andrews	m			0	0	0	961	0	0	0	0	961
551	Jose Gonzalez	m			0	0	0	0	0	0	960	0	960
552	Alison McGourty	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	960	960
553	Clare Edgar	f	FV 40	Lancaster Runners	0	0	0	0	0	960	0	0	960
554	Robert Storm	m	MV 50		960	0	0	0	0	0	0	0	960
555	Philip GLENNON	m	MV 60	Ambleside AC	0	0	960	0	0	0	0	0	960
556	JON SHARD	m	MV 50		0	960	0	0	0	0	0	0	960
557	Martina Forsch	f	FV 50		0	0	0	960	0	0	0	0	960
558	Joanne Unsworth	f			0	0	0	0	0	959	0	0	959
559	Daniel Tierney	m			959	0	0	0	0	0	0	0	959
560	Ellie Krukowski	f	FV 40	St Bees Triers	0	0	0	959	0	0	0	0	959
561	John Halliday	m			0	0	0	0	0	0	958	0	958
562	Izzy Turner	f			0	0	0	0	0	0	0	958	958
563	Stephen Parker	m	MV 60		0	0	0	0	958	0	0	0	958
564	Joe Horrocks-Taylor	m			0	0	958	0	0	0	0	0	958
565	Nicholas Bee	m			0	0	0	0	0	0	957	0	957
566	Daniel Tierney	m			0	0	957	0	0	0	0	0	957

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
608	Gill Pomfret	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	947	947
609	Eric Roe	m	U25		0	0	0	0	0	0	947	0	947
610	Mark Austin	m	MV 40		0	0	0	0	0	947	0	0	947
611	Jessica Booth	f			0	0	0	0	947	0	0	0	947
612	robert coakley	m			0	0	947	0	0	0	0	0	947
613	Jonty Tarbuck	m	MV 50		0	947	0	0	0	0	0	0	947
614	Loes van Driel	f			0	0	0	947	0	0	0	0	947
615	Steve Roe	m	MV 50		0	0	0	0	0	0	946	0	946
616	Kerry Trimble	f		Durham Fell Runners	0	0	0	0	0	0	0	946	946
617	Siobhan Riley	f	FV 50		0	0	0	0	946	0	0	0	946
618	Carwyn Greaves	m			946	0	0	0	0	0	0	0	946
619	Franco Spoto	m	MV 40		0	0	0	946	0	0	0	0	946
620	Stephanie Buckton	f			0	0	0	0	0	0	0	945	945
621	Kelly Cassidy	f			945	0	0	0	0	0	0	0	945
622	James Lilliot	m			0	0	0	0	0	0	944	0	944
623	Joseph Prudhoe	m	MV 40	N/A	0	0	0	0	0	944	0	0	944
624	Steve Wilkinson	m	MV 40		944	0	0	0	0	0	0	0	944
625	Matthew Eastwood	m			0	0	0	0	0	0	943	0	943
626	Michael Lawton	m	MV 50		0	0	0	0	943	0	0	0	943
627	Rebecca Humphreys	f			943	0	0	0	0	0	0	0	943
628	Lisa Cox	f	FV 40		0	0	0	943	0	0	0	0	943
629	Kate White	f	FV 50	Ashbourne Running Club	0	0	0	0	0	0	0	942	942
630	Dave Greene	m	MV 50	Thornton Cleveleys	0	0	0	0	0	942	0	0	942
631	John-Robert Welsh	m			942	0	0	0	0	0	0	0	942
632	Andy Froud	m	MV 50		0	942	0	0	0	0	0	0	942
633	Tom Clapham	m			0	0	0	0	0	0	941	0	941
634	Richard Coley	m	MV 50		0	0	0	0	0	0	0	941	941
635	Sarah Airey	f	FV 40		0	941	0	0	0	0	0	0	941
636	Karen Lloyd	f	FV 40		0	0	941	0	0	0	0	0	941
637	Daniel Shard	m	MV 40		941	0	0	0	0	0	0	0	941
638	Elliot Chew	m			0	0	0	941	0	0	0	0	941
639	Catherine Wignall	f	FV 40		0	0	0	0	0	940	0	0	940
640	Dawn harrison	f	FV 50	loftus & whitby AC	940	0	0	0	0	0	0	0	940
641	Jason Doggett	m			0	0	0	0	939	0	0	0	939
642	beckie joyce	f	FV 50		0	0	0	0	0	939	0	0	939
643	Stuart Holding	m	MV 40	Wigan & District Harriers Ac	939	0	0	0	0	0	0	0	939
644	Luke Wookey	m	MV 40		0	0	939	0	0	0	0	0	939
645	Liam Woffindin	m			0	0	0	939	0	0	0	0	939
646	Mark Ogilvie	m	MV 50		0	0	0	0	938	0	0	0	938
647	Julian Burgess	m	MV 40		0	0	0	0	0	938	0	0	938
648	Michael Bellwood	m			0	938	0	0	0	0	0	0	938

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
649	Martha Anderson-Taylor	f			0	0	938	0	0	0	0	0	938
650	Sarah Lee	f	FV 40	Smiley paces	0	0	0	0	0	0	0	937	937
651	James Snutch	m	MV 40		0	0	0	0	0	937	0	0	937
652	Shaun Favill	m	MV 60	LINCSQUAD	937	0	0	0	0	0	0	0	937
653	Gerard Rooney	m	MV 60	Dalston Caldew Runners	0	937	0	0	0	0	0	0	937
654	Carol Hatch	f	FV 60		0	0	937	0	0	0	0	0	937
655	Melanie Hunter-Steele	f	FV 40	St Theresa's	0	0	0	937	0	0	0	0	937
656	Rob Chaffe	m	MV 50		0	0	0	0	0	0	936	0	936
657	Katy Parker	f	FV 60	Cheshire Hash House Harriers	0	0	0	0	0	0	0	936	936
658	Seonaid Hume	f			0	0	0	0	936	0	0	0	936
659	Alex Hay	m	MV 50		0	0	0	0	0	936	0	0	936
660	Mirjam Kallis	f		Team inov-8	0	936	0	0	0	0	0	0	936
661	Clare McCluskey	f			0	0	0	0	0	0	0	935	935
662	Callum Grogan	m			0	0	0	0	0	935	0	0	935
663	Paul Wilson	m			0	0	935	0	0	0	0	0	935
664	Nick Henry	m	MV 40		935	0	0	0	0	0	0	0	935
665	Michael Ball	m	MV 50		0	935	0	0	0	0	0	0	935
666	Kerry Gray	f	FV 40		0	0	0	0	0	0	0	934	934
667	David Hill	m			0	0	0	0	0	0	934	0	934
668	Will Charles	m	MV 40		0	0	0	0	934	0	0	0	934
669	Alanna Buckle	f		Allithwaite Running Club	0	0	0	0	0	934	0	0	934
670	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	0	0	934	0	0	0	0	0	934
671	Michael Johnson	m	MV 60		0	933	0	0	0	0	0	0	933
672	Kate Platt	f	FV 40	Hay Hotfooters	933	0	0	0	0	0	0	0	933
673	Stuart McClelland	m	MV 40		0	0	0	933	0	0	0	0	933
674	Steve Mason	m	MV 50		0	0	0	0	0	0	932	0	932
675	Helen Macleod	f	FV 40	Eden Runners	0	0	0	0	0	0	0	932	932
676	Dave Tonge	m	MV 60		0	0	0	0	932	0	0	0	932
677	Christopher Bligh	m	MV 50	Thornton Cleveleys running club	0	0	0	0	0	932	0	0	932
678	Hannah Heron	f	FV 40	Didsbury runners	932	0	0	0	0	0	0	0	932
679	Grant Griffiths	m	MV 60		0	0	932	0	0	0	0	0	932
680	Oliver Sloper	m			0	0	0	0	0	0	0	931	931
681	Gavin Prudhoe	m			0	0	0	0	0	931	0	0	931
682	Tom Wild	m			931	0	0	0	0	0	0	0	931
683	Samantha Catarelli	f		Styal Rc	0	0	931	0	0	0	0	0	931
684	Rebecca Fish	f			0	931	0	0	0	0	0	0	931
685	Chris Fenwick	m			0	0	0	931	0	0	0	0	931
686	Natasha Bleese	f		Nob end run club	0	0	0	0	0	0	0	930	930
687	Ben Melia	m			0	0	0	0	0	0	930	0	930
688	Sarah Yeates	f			0	0	0	0	0	930	0	0	930
689	Andrew Gray	m			0	0	0	0	930	0	0	0	930

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
690	Pete Lashley	m	MV 50		0	930	0	0	0	0	0	0	930
691	Glenn Morris	m	MV 50	Running Bear	0	0	930	0	0	0	0	0	930
692	Katie Pollitt	f			0	0	0	0	0	0	0	929	929
693	Christine Woods	f	FV 60	Durham City Harriers	0	0	0	0	0	0	929	0	929
694	Gillian Woon	f	FV 40	Vegan Runners UK	0	0	0	0	0	929	0	0	929
695	Louise Jeffrey-read	f	FV 40		0	0	929	0	0	0	0	0	929
696	Andrew Pilkington	m			0	929	0	0	0	0	0	0	929
697	Jennie Daniels	f	FV 50		0	0	0	929	0	0	0	0	929
698	Stacey Hardy	f			0	0	0	0	0	0	928	0	928
699	Rebecca Byrne	f		St Bees Trier	0	0	0	0	928	0	0	0	928
700	Christine Johnson	f	FV 60		0	0	0	0	0	928	0	0	928
701	Simon Burgess	m			928	0	0	0	0	0	0	0	928
702	Gareth Matthews	m			0	928	0	0	0	0	0	0	928
703	Amy Rickerby	f	U25		0	0	0	0	0	0	0	927	927
704	Esther Rollinson	f			0	0	0	0	927	0	0	0	927
705	Andy Murray	m	MV 60		0	0	0	927	0	0	0	0	927
706	Sarah Fairbairn	f	FV 40	Durham city harriers	0	0	0	0	0	0	926	0	926
707	Morven Lowe	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	926	926
708	Sam Atkinson	m			0	0	0	0	926	0	0	0	926
709	Andrew Johnson	m	MV 40		926	0	0	0	0	0	0	0	926
710	Alex Sharman	m			0	0	926	0	0	0	0	0	926
711	MICHELLE MURRAY	f	FV 50		0	0	0	926	0	0	0	0	926
712	Michael Lemmy	m	MV 50		0	0	0	0	0	0	925	0	925
713	SHONAGH MCEWEN	f			0	0	0	0	925	0	0	0	925
714	David Snutch	m	MV 60	Birstall	0	0	0	0	0	925	0	0	925
715	William Thomson	m	U25		0	0	925	0	0	0	0	0	925
716	Ferg Ryan	m	MV 40	Sw Running Crew	0	0	0	925	0	0	0	0	925
717	Hannah Miller	f			0	0	0	0	0	0	0	924	924
718	Jack Brain	m			0	0	0	0	924	0	0	0	924
719	Lorna Davies	f	FV 50	Knowle And Dorridge	0	924	0	0	0	0	0	0	924
720	Ian Stainthorpe	m	MV 60		924	0	0	0	0	0	0	0	924
721	Bradley Foster	m			0	0	924	0	0	0	0	0	924
722	Lynne Ellison	f	FV 40		0	0	0	924	0	0	0	0	924
723	Sean Fletcher	m			0	0	0	0	0	0	0	923	923
724	John Hocking	m	MV 40		0	0	0	0	0	923	0	0	923
725	George Eaton	m	U25		0	0	0	0	923	0	0	0	923
726	Oliver Chanarin	m	MV 50		923	0	0	0	0	0	0	0	923
727	Iain Riley	m			0	923	0	0	0	0	0	0	923
728	Phil Foley	m	MV 40		0	0	0	923	0	0	0	0	923
729	Sarah Sigsworth	f			0	0	0	0	0	0	0	922	922
730	Amanda Deane	f		Furness Fell Runners	0	0	0	0	0	922	0	0	922

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
731	Stinky Pete	m			0	922	0	0	0	0	0	0	922
732	Baz Saunders	m	MV 50		0	0	0	922	0	0	0	0	922
733	Natasha Mladek	f			0	0	0	0	0	0	0	921	921
734	Karen King	f	FV 50		0	0	0	0	921	0	0	0	921
735	Nigel Forster	m	MV 50		0	921	0	0	0	0	0	0	921
736	Emily Valentine	f	U25	Wigan Harriers	0	0	921	0	0	0	0	0	921
737	Sophie Cavill	f	FV 40	East Grinstead Runners	0	0	0	921	0	0	0	0	921
738	Phil Holden	m	MV 60		0	0	0	0	0	0	0	920	920
739	Diane Hopper	f	FV 40		0	0	0	0	920	0	0	0	920
740	Mat Harrop	m	MV 40		0	0	920	0	0	0	0	0	920
741	Guy Platt	m	MV 40		920	0	0	0	0	0	0	0	920
742	Ruth Robson	f			0	0	0	920	0	0	0	0	920
743	Callum Puttock	m			0	0	0	0	919	0	0	0	919
744	Laura Fildes	f			919	0	0	0	0	0	0	0	919
745	Isobel Taylor	f			0	919	0	0	0	0	0	0	919
746	Sue Elliott	f	FV 60	East Grinstead Runners	0	0	0	919	0	0	0	0	919
747	Suzanne Hughes-Rudd	f	FV 40		0	0	0	0	918	0	0	0	918
748	Laura Ashton	f	FV 40	Bad Boy Running Club	918	0	0	0	0	0	0	0	918
749	Ellie Taylor	f			0	918	0	0	0	0	0	0	918
750	Dale Gerrard	m			0	0	918	0	0	0	0	0	918
751	Bronwen Currie	f	FV 70		0	0	0	918	0	0	0	0	918
752	Suzanne Mercer	f	FV 50	Borders Triathletes	0	0	0	0	0	0	917	0	917
753	Naomi Morrison	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	917	917
754	Tabby Merrilees	f	FV 50		0	0	0	0	917	0	0	0	917
755	Rachel Dobson	f			917	0	0	0	0	0	0	0	917
756	Gillian Holland-Jones	f	FV 60	Styal Running Club	0	0	917	0	0	0	0	0	917
757	Elle Leadbitter	f	U25		0	0	0	917	0	0	0	0	917
758	Gary Gregson	m	MV 40	Nob Enders	0	0	0	0	0	0	0	916	916
759	Leanne Batty	f	FV 40	Thornton-Cleveleys running club	0	0	0	0	0	916	0	0	916
760	Timon Robson	m	MV 50		0	916	0	0	0	0	0	0	916
761	Ben Poole	m			916	0	0	0	0	0	0	0	916
762	Roger and De Nobrega	m	MV 40		0	0	0	0	0	0	0	915	915
763	Andrew Creighton	m	MV 50		0	0	0	0	0	0	915	0	915
764	Gemma Aden	f	FV 40	St Helens Striders	0	0	0	0	915	0	0	0	915
765	Kathryn Holmes	f	FV 40		0	0	915	0	0	0	0	0	915
766	Annie Willetts	f	FV 50		0	0	0	0	0	0	914	0	914
767	Elizabeth Templeton	f	U25		0	0	0	0	914	0	0	0	914
768	Susan Fletcher	f	FV 40	Astley & Tyldesley Road Runners	0	0	914	0	0	0	0	0	914
769	Mark Barwell	m	MV 40		0	914	0	0	0	0	0	0	914
770	Rebecca Maddock	f	FV 40		0	0	0	0	0	913	0	0	913
771	Stuart Cairns	m	MV 40		0	0	913	0	0	0	0	0	913

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
895	Tom Hipwell	m			0	0	0	0	877	0	0	0	877
896	Isabelle Harrison	f	U25		0	0	0	0	0	877	0	0	877
897	Ellie Mackay	f	FV 40		0	0	877	0	0	0	0	0	877
898	John Walter	m	MV 70		0	0	0	0	0	0	876	0	876
899	Clare Laybourn	f	FV 50		0	0	0	0	0	876	0	0	876
900	Claire Schofield	f	FV 40		0	876	0	0	0	0	0	0	876
901	Caitlin Fawkes	f	U25		0	0	0	0	0	0	0	875	875
902	Samantha Sunderland	f	FV 50		0	0	0	0	0	0	0	874	874
903	Bob Preston	m	MV 50		0	0	0	0	0	0	874	0	874
904	Stephen Buston	m	MV 50	Thornton Cleveleys Running Club	0	0	0	0	0	874	0	0	874
905	Greg Jones	m	MV 40		0	0	0	0	874	0	0	0	874
906	Jessica Beattie	f	FV 40		0	0	0	0	0	0	873	0	873
907	Phil Hayes	m	MV 50	TCRC	0	0	0	0	0	873	0	0	873
908	Harry Bower	m	MV 50		0	0	0	0	873	0	0	0	873
909	Simon Nicholson	m		Nob End RC	0	0	0	0	872	0	0	0	872
910	Clare Cooper	f	FV 50	Belper Harriers	0	0	0	0	0	872	0	0	872
911	Eleanor Ward	f			872	0	0	0	0	0	0	0	872
912	Michele Philp	f	FV 40		0	0	0	0	0	0	871	0	871
913	Steve Burgess	m	MV 60	Thornton Cleveleys	0	0	0	0	0	871	0	0	871
914	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	871	0	0	0	0	0	0	0	871
915	Christopher D'Arcy	m	MV 50		0	0	871	0	0	0	0	0	871
916	Joanna Taylor	f			0	0	0	0	0	870	0	0	870
917	Jessica Trewby	f			0	0	870	0	0	0	0	0	870
918	Kate Turnbull	f	FV 40		0	0	0	0	0	0	0	869	869
919	Mary Entwistle	f	FV 50		0	0	0	0	0	869	0	0	869
920	Jenny Nuttall	f	FV 40		0	869	0	0	0	0	0	0	869
921	Fran Mckee	f			0	0	0	0	0	0	868	0	868
922	Viki Sutton	f	FV 60		868	0	0	0	0	0	0	0	868
923	Teresa Douglas	f	FV 60	Eden Runners	0	868	0	0	0	0	0	0	868
924	Chris McKee	m			0	0	0	0	0	0	867	0	867
925	Jo Fee	f	FV 50	CFR	0	0	0	0	867	0	0	0	867
926	John Macholc	m	MV 60	Accrington Road Runner	0	0	867	0	0	0	0	0	867
927	Guy Bebbington	m	MV 40		867	0	0	0	0	0	0	0	867
928	Ciara Heaton	f			0	867	0	0	0	0	0	0	867
929	Simon Forshaw	f	FV 50		0	0	0	0	866	0	0	0	866
930	Rowan Smith	m			0	0	0	0	865	0	0	0	865
931	Amanda Cirelli	f	FV 50		0	0	0	0	0	865	0	0	865
932	Rachel Ambler-Sergeant	f	FV 40		0	865	0	0	0	0	0	0	865
933	Sarah Hall	f	FV 40	Roundhay Runners	0	0	0	0	0	0	864	0	864
934	Sandy McBride	f	FV 50		0	864	0	0	0	0	0	0	864
935	John Gatt	m	MV 40		0	0	0	0	863	0	0	0	863

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
936	Ritchie Head	m	MV 50		863	0	0	0	0	0	0	0	863
937	Hilary Johnson	f	FV 60		0	863	0	0	0	0	0	0	863
938	Martha Henocq	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	862	862
939	Hannah March	f			0	0	0	0	0	0	862	0	862
940	Laurence Allan	m			0	0	0	0	862	0	0	0	862
941	Jonathan Frith	m	MV 40		0	0	862	0	0	0	0	0	862
942	Joanna Whittington	f	FV 50		0	862	0	0	0	0	0	0	862
943	James Skivington	m			862	0	0	0	0	0	0	0	862
944	Andy Johnson	m			0	0	0	0	0	0	861	0	861
945	Tiff Mccullough	f			0	0	0	0	861	0	0	0	861
946	Emily Topping	f			0	0	0	0	0	861	0	0	861
947	Rachel Savage	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	860	860
948	Matt Barker	m	MV 50	Tri-Rivington	0	0	0	0	0	860	0	0	860
949	Austin Trelfa	m	MV 60	Red Rose Road Runners	0	0	0	0	860	0	0	0	860
950	Louise Higham	f	FV 50		0	860	0	0	0	0	0	0	860
951	Cath Brownsell	f	FV 50		860	0	0	0	0	0	0	0	860
952	Angie Wright	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	859	859
953	Steve Parkes	m	MV 60		0	0	0	0	859	0	0	0	859
954	Graham Todd	m	MV 50		859	0	0	0	0	0	0	0	859
955	Tracey Shaw	f	FV 40		0	0	0	0	858	0	0	0	858
956	Amy Smithson	f			0	0	0	0	0	858	0	0	858
957	Harriet Barton	f			0	0	858	0	0	0	0	0	858
958	Jasmin Howard	f		Furness Fell Runners	0	0	0	0	0	0	857	0	857
959	Andrew Marshall	m	MV 40		0	0	0	0	0	857	0	0	857
960	Wendy Johnson	f	FV 50	Eden Runners	0	0	857	0	0	0	0	0	857
961	Iain Wilson	m			0	0	856	0	0	0	0	0	856
962	Andrew Storm	m	MV 40		856	0	0	0	0	0	0	0	856
963	Sarah Calvert Calvert	f			0	0	0	0	0	0	855	0	855
964	Rach Stavert	f	FV 50		0	0	0	0	0	855	0	0	855
965	Chris Armitage	m			0	0	0	0	855	0	0	0	855
966	Stuart Arnold	m	MV 60		0	855	0	0	0	0	0	0	855
967	Kevin Greenwood	m	MV 60		855	0	0	0	0	0	0	0	855
968	Cathy Monaghan	f			0	0	855	0	0	0	0	0	855
969	Isabel Gaytan	f			0	0	0	0	0	0	854	0	854
970	Jamie Armitage	f			0	0	0	0	854	0	0	0	854
971	Katherine France	f	FV 40		0	0	854	0	0	0	0	0	854
972	Penny Carroll	f	FV 60		0	0	0	0	0	0	0	853	853
973	Richard Sabey	m	MV 50		0	0	0	0	853	0	0	0	853
974	Nicky Ball	f	FV 50		0	0	0	0	0	853	0	0	853
975	Rebecca Hodgson	f	FV 40		0	0	853	0	0	0	0	0	853
976	Danielle McEwan	f			0	853	0	0	0	0	0	0	853

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
977	Rachel Service	f			0	0	0	0	0	0	852	0	852
978	Lily Graham	f	U21		0	0	0	0	0	0	0	852	852
979	Paul Hutcheon	m	MV 50		0	0	852	0	0	0	0	0	852
980	Elinor Doherty	f	FV 40	New Mills Jolly Joggers	0	0	0	0	0	0	0	851	851
981	Emily James	f	FV 40		0	0	0	0	0	851	0	0	851
982	Ellena Farrow	f			851	0	0	0	0	0	0	0	851
983	Suesanne Samara	f			0	0	0	0	0	0	0	850	850
984	Vikki Wrigley	f	FV 40	Thornton Cleveleys running club	0	0	0	0	0	850	0	0	850
985	Stuart Brown	m	MV 50		850	0	0	0	0	0	0	0	850
986	Sophie Belghazi	f			0	0	0	0	0	0	0	849	849
987	Judith Barker	f	FV 50		0	0	0	0	849	0	0	0	849
988	Audrey Gresty	f	FV 60	Thornton Cleveleys Running Club	0	0	0	0	0	849	0	0	849
989	Sally Gardner	f	FV 50		0	849	0	0	0	0	0	0	849
990	Nigel Ezard	m	MV 50		849	0	0	0	0	0	0	0	849
991	Susan McGhee	f	FV 50		0	0	0	0	0	0	848	0	848
992	Karen Hopper	f	FV 40		0	0	0	0	848	0	0	0	848
993	Catherine Maclachlan	f	FV 50	Lytham St Anne's Road Runners	0	0	0	0	0	848	0	0	848
994	Mark Bottomley	m	MV 50	Idle Ac	848	0	0	0	0	0	0	0	848
995	David Holliday	m	MV 50	DCH Run Club	0	0	848	0	0	0	0	0	848
996	Hayley Cook	f			0	0	0	0	0	0	0	847	847
997	Diane Wood	f	FV 50	Durham City Harriers	0	0	0	0	0	0	847	0	847
998	Jennifer Yin	f			0	0	0	0	847	0	0	0	847
999	Jonathan Shaw	m	MV 60		0	847	0	0	0	0	0	0	847
1000	Jake Kitching	m		N/a	847	0	0	0	0	0	0	0	847
1001	Dionne Hamil	f	FV 40	Durham City Harriers	0	0	0	0	0	0	846	0	846
1002	Fiona Jackson	f	FV 40		0	0	0	0	0	846	0	0	846
1003	catherine jarvis	f	FV 40	Durham city harriers	0	0	0	0	0	0	845	0	845
1004	Matthew Mchugh	m			0	0	0	0	845	0	0	0	845
1005	Lucy Johnson	f	FV 40		0	0	0	0	0	845	0	0	845
1006	Taylor Coppell	f			0	0	845	0	0	0	0	0	845
1007	Natalie Wood	f			0	845	0	0	0	0	0	0	845
1008	Mark Allitt	m	MV 60	Snaith & Cowick Running Club	845	0	0	0	0	0	0	0	845
1009	Rachael Holloway	f			0	844	0	0	0	0	0	0	844
1010	suzanne Corlett	f	FV 50		0	0	0	0	0	0	843	0	843
1011	Andrea Graham	f	FV 50		0	0	0	0	0	0	0	843	843
1012	Jennifer Pugh	f	FV 40		0	0	0	0	843	0	0	0	843
1013	Nicola Joyce	f	FV 50		0	0	843	0	0	0	0	0	843
1014	Anthony Harvey	m			0	843	0	0	0	0	0	0	843
1015	Jenny Clare	f	FV 60		0	0	0	0	0	842	0	0	842
1016	Jayne Parker-Weir	f	FV 50	DCH RunClub	0	0	0	0	842	0	0	0	842
1017	Andy Goodson	m	MV 60		0	0	0	0	0	841	0	0	841

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1018	Sarah Robinson	f	FV 50		0	0	841	0	0	0	0	0	841
1019	Cat Altounyan	f			0	0	0	0	0	840	0	0	840
1020	matt Stapley	m			0	0	0	0	0	0	839	0	839
1021	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS	0	839	0	0	0	0	0	0	839
1022	Stuart Tattersall	m	MV 50		0	0	839	0	0	0	0	0	839
1023	Mark Wardley	m	MV 50	Red rose	839	0	0	0	0	0	0	0	839
1024	Laura Stapley	f			0	0	0	0	0	0	838	0	838
1025	Anita Kirkman	f	FV 50		0	0	0	0	0	838	0	0	838
1026	Richard Quine	m	MV 50		838	0	0	0	0	0	0	0	838
1027	Fiona O'brien	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	0	837	837
1028	Hannah Ashford	f	FV 40		0	0	0	0	837	0	0	0	837
1029	Gill Nevin	f	FV 50	Rimrose Runners	0	0	837	0	0	0	0	0	837
1030	darren ashford	m	MV 40		0	0	0	0	836	0	0	0	836
1031	Imogen Jones	f	U21		0	0	836	0	0	0	0	0	836
1032	John Swarbrick	m			0	0	0	0	0	835	0	0	835
1033	Glyn Arthur	m			835	0	0	0	0	0	0	0	835
1034	Catherine Morton	f			0	835	0	0	0	0	0	0	835
1035	Lisa Leigh	f	FV 40		0	0	0	0	0	0	0	834	834
1036	Stephen Shore	m			833	0	0	0	0	0	0	0	833
1037	Dan Babic	m	MV 60		0	0	0	0	0	0	832	0	832
1038	Robyn Lomas	f			0	0	0	0	0	832	0	0	832
1039	Matthew Shore	m			832	0	0	0	0	0	0	0	832
1040	Aidan Jones	m	U25		0	0	832	0	0	0	0	0	832
1041	James Formstone	m	MV 40		0	0	0	0	0	831	0	0	831
1042	Fiona Jones	f	FV 50		0	0	831	0	0	0	0	0	831
1043	Emily Ward	f	FV 40		831	0	0	0	0	0	0	0	831
1044	Sarah Ibbotson	f	FV 40		0	0	0	0	0	0	0	829	829
1045	Sara Williamson	f	FV 50	Chorlton Runners	0	0	0	0	829	0	0	0	829
1046	Martin Buttkerreit	m	MV 40		0	0	0	0	0	0	828	0	828
1047	Beth Sunderland	f	U25		0	0	0	0	0	0	0	828	828
1048	Claire Athis	f	FV 50		0	0	0	0	0	828	0	0	828
1049	Jim Lucas	m	MV 40		828	0	0	0	0	0	0	0	828
1050	Jamie McCreath	m	MV 40		0	0	828	0	0	0	0	0	828
1051	Ella Sunderland	f	U21		0	0	0	0	0	0	0	827	827
1052	Clare Egan	f			0	0	0	0	0	827	0	0	827
1053	Caroline Mack	f	FV 50		0	0	0	0	827	0	0	0	827
1054	Zoe Clarke	f	FV 60		0	0	0	0	0	0	826	0	826
1055	Claire Howarth	f	FV 40	Chorlton Runners	0	0	0	0	0	0	0	826	826
1056	Grace Constance-main	f			0	0	0	0	0	826	0	0	826
1057	Laura Stanley	f			0	0	826	0	0	0	0	0	826
1058	Sharron Swales	f	FV 40		0	0	0	0	0	0	0	825	825

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1059	Dawn Kaveney	f	FV 40		0	0	0	0	0	0	825	0	825
1060	Tracey Long	f	FV 50		0	0	0	0	825	0	0	0	825
1061	Benjamin Howell	m			0	0	0	0	0	825	0	0	825
1062	Diane Burgess	f	FV 50	Styal	0	825	0	0	0	0	0	0	825
1063	Bruce Goodwin	m	MV 60		0	0	0	0	0	0	0	824	824
1064	Charles Satterly	m	MV 50	Lancaster & Morecambe A/c	0	0	0	0	824	0	0	0	824
1065	Josephine Murray	f	FV 60		0	0	824	0	0	0	0	0	824
1066	Jonathan Clarke	m	MV 50	Styal running club	0	824	0	0	0	0	0	0	824
1067	Jindalae Armitage	f			0	0	0	0	823	0	0	0	823
1068	Nicola Sewell	f	FV 50	Smiley Paces	823	0	0	0	0	0	0	0	823
1069	Sophie Williams	f			0	0	0	0	822	0	0	0	822
1070	Kathryn Stott	f			0	822	0	0	0	0	0	0	822
1071	Lynn Boylin	f	FV 60	Astley & Tyldesley	0	0	0	0	0	821	0	0	821
1072	Lisa Whetter	f	FV 40		0	821	0	0	0	0	0	0	821
1073	Jordan Nicholson	m			821	0	0	0	0	0	0	0	821
1074	Tracy Loughrey	f	FV 50	Astley&tyldesley Road Runners	0	0	0	0	0	820	0	0	820
1075	Jennifer Reeve	f	FV 40		0	0	0	0	820	0	0	0	820
1076	Mandy Borthwick	f	FV 40	Billinge Running Club	0	0	820	0	0	0	0	0	820
1077	Louisa Dever	f	FV 50		820	0	0	0	0	0	0	0	820
1078	Anne Lewis	f	FV 70	Selby Swans tri club	0	820	0	0	0	0	0	0	820
1079	Carolyn Wright	f	FV 40		0	0	0	0	0	0	0	819	819
1080	Kit Erlebach	m	MV 50	Durham City Harriers	0	0	0	0	0	819	0	0	819
1081	Andrew Godfrey	m	MV 50	Milltown Milers	0	819	0	0	0	0	0	0	819
1082	Sarah Erlebach	f	FV 50	Mums on the Run	0	0	0	0	0	818	0	0	818
1083	Phil Ross	m	MV 60		0	0	0	0	818	0	0	0	818
1084	Rachel Seymour Mead	f	FV 40		0	0	818	0	0	0	0	0	818
1085	Jennie Davies	f	FV 70	Women On The Run	0	0	0	0	0	817	0	0	817
1086	Gavin Spickett	m	MV 60	Tynedale Harriers	0	0	0	0	817	0	0	0	817
1087	stuart taylor	m	MV 40		0	0	0	0	816	0	0	0	816
1088	Helen Moulton	f	FV 50		0	0	0	0	0	816	0	0	816
1089	Natalie Hughes	f	FV 40		0	816	0	0	0	0	0	0	816
1090	Nick Kaufmann	m	MV 60		0	0	0	0	0	0	0	815	815
1091	Catherine Cooper	f	FV 50	Lyme Runners	0	0	0	0	815	0	0	0	815
1092	Charlotte Jones	f			0	0	815	0	0	0	0	0	815
1093	Stacey Williams	f	FV 40		0	0	0	0	0	0	814	0	814
1094	Matt West	m	MV 50		0	0	0	0	0	0	0	814	814
1095	Isobel Moore	f	U25		0	0	0	0	0	814	0	0	814
1096	Carol Graham	f	FV 50		0	0	0	0	814	0	0	0	814
1097	Hollie Fountain	f			0	814	0	0	0	0	0	0	814
1098	Rosalyn Turner	f	FV 60	WOTR	0	0	0	0	0	813	0	0	813
1099	Dean Saggars	m	MV 40		0	0	0	0	813	0	0	0	813

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1141	Sophie Pryke	f			0	0	0	0	0	0	801	0	801
1142	Laura Pilkington	f			0	801	0	0	0	0	0	0	801
1143	Jane O'Brien	f	FV 50		0	0	800	0	0	0	0	0	800
1144	Catherine Doyle	f	FV 50		800	0	0	0	0	0	0	0	800
1145	Judith Cansfield	f	FV 50		0	0	0	0	0	0	799	0	799
1146	Christina Howarth	f			0	0	0	0	0	799	0	0	799
1147	Katri Kuusniemi	f	FV 40		0	799	0	0	0	0	0	0	799
1148	Anna Christina Denby	f	FV 40		799	0	0	0	0	0	0	0	799
1149	Ruth Wood	f			0	0	0	0	0	0	0	798	798
1150	Emily Howarth	f			0	0	0	0	0	798	0	0	798
1151	Richard Turner	m	MV 70		0	798	0	0	0	0	0	0	798
1152	Matthew Barker	m	MV 50		0	0	798	0	0	0	0	0	798
1153	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	0	0	0	0	0	797	797
1154	Caroline Bones	f	FV 40		0	0	0	0	797	0	0	0	797
1155	Bjorgvin Vigfusson	m			0	0	0	0	0	797	0	0	797
1156	Charlotte Cole	f	U21		0	0	797	0	0	0	0	0	797
1157	Annabel Howell	f			797	0	0	0	0	0	0	0	797
1158	Rosemary WEBSTER	f	FV 50	head torches	0	0	0	0	0	0	796	0	796
1159	Leo Pyrah	m			0	0	0	0	0	796	0	0	796
1160	Allan Nicholson	m	MV 60		796	0	0	0	0	0	0	0	796
1161	Karen Culshaw	f	FV 40	Penny Lane Striders	0	0	0	0	795	0	0	0	795
1162	Lisa Hext	f	FV 50		795	0	0	0	0	0	0	0	795
1163	Claire Knowles	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	0	794	794
1164	Angela McGough	f	FV 40		0	0	0	0	0	794	0	0	794
1165	Keith Hext	m	MV 50		794	0	0	0	0	0	0	0	794
1166	Jo Moss	f	FV 40		0	794	0	0	0	0	0	0	794
1167	Joyce Hill	f	FV 60		0	0	0	0	0	0	793	0	793
1168	Deborah Williams	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	0	793	793
1169	Alison Leach	f	FV 70		0	0	0	0	0	0	792	0	792
1170	Marie O'Brien	f	FV 50	Birstall Running Club	0	0	0	0	0	792	0	0	792
1171	SUE CASH	f	FV 70	Wirral Vikings TRC	0	0	0	0	0	0	791	0	791
1172	Vikki Maltman	f	FV 40		0	0	0	0	791	0	0	0	791
1173	Sean Garner	m	MV 50		791	0	0	0	0	0	0	0	791
1174	Margaret Kaye	f	FV 60		0	791	0	0	0	0	0	0	791
1175	Julie Tate	f	FV 60	Thornton Cleveleys running club	0	0	0	0	0	790	0	0	790
1176	Jess Wilson	f			0	0	0	0	790	0	0	0	790
1177	Dave Prescott	m	MV 50	Bridgnorth Running Club	790	0	0	0	0	0	0	0	790
1178	Jamie Edgar	m			0	0	789	0	0	0	0	0	789
1179	Peter Belford	m	MV 60		0	788	0	0	0	0	0	0	788
1180	Laura Sweeting	f			0	0	0	0	0	787	0	0	787
1181	Paul Stubbins	m	MV 50		0	0	787	0	0	0	0	0	787

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1182	Nicky Mohan	m	MV 50		787	0	0	0	0	0	0	0	787
1183	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	0	0	0	0	786	0	0	0	786
1184	Edgar Buhl	m	MV 40		0	0	0	0	0	786	0	0	786
1185	Nicola Brown	f	FV 40		786	0	0	0	0	0	0	0	786
1186	Lorraine Hawkins	f	FV 50		0	0	0	0	785	0	0	0	785
1187	Elizabeth Barrett	f	FV 50		0	0	0	0	0	785	0	0	785
1188	Kate James	f	FV 50		785	0	0	0	0	0	0	0	785
1189	Stuart Milne	m			0	0	0	0	0	0	784	0	784
1190	Jim Hawkins	m	MV 50		0	0	0	0	784	0	0	0	784
1191	Terry Peet	m	MV 60		784	0	0	0	0	0	0	0	784
1192	Sally Gardner	f	FV 50		0	0	784	0	0	0	0	0	784
1193	Holly Seeger	f			0	0	0	0	0	0	783	0	783
1194	Alexia Taylor	f	FV 40		0	0	0	0	783	0	0	0	783
1195	Louise Siddle	f	FV 50		783	0	0	0	0	0	0	0	783
1196	Aleksandra Lupa	f			0	0	783	0	0	0	0	0	783
1197	Brenda Lowry	f	FV 50		0	0	0	0	0	0	782	0	782
1198	Ben Mitchell	m	MV 40		0	0	0	0	0	782	0	0	782
1199	Katie Sharp	f	FV 40		0	782	0	0	0	0	0	0	782
1200	Arwa Eskander	f	FV 40	Colt	782	0	0	0	0	0	0	0	782
1201	Sam Robson	f	FV 60	N/a	0	0	0	0	781	0	0	0	781
1202	Kirstie Whyatt	f	FV 40		0	0	781	0	0	0	0	0	781
1203	Jack Brookes	m	U21	Tarleton Academy	0	0	0	0	0	780	0	0	780
1204	Rosie Sharp	f			780	0	0	0	0	0	0	0	780
1205	Julie Walton	f	FV 60	Notts Women Runners	0	0	780	0	0	0	0	0	780
1206	Emma Hadley	f	FV 40		0	780	0	0	0	0	0	0	780
1207	Neil Warren	m			0	0	0	0	0	779	0	0	779
1208	Sam Leeming	m			0	0	0	0	0	778	0	0	778
1209	Tracey Brocklehurst	f	FV 50		0	778	0	0	0	0	0	0	778
1210	Bev Ensor	f	FV 40	Smiley Paces	0	0	0	0	0	0	777	0	777
1211	Shannon Perry	f	U25		0	0	0	0	777	0	0	0	777
1212	Christopher Brookes	m	MV 40		0	0	0	0	0	777	0	0	777
1213	Sarah Walker	f	FV 40		0	0	777	0	0	0	0	0	777
1214	Nicki Hewson	f	FV 40		777	0	0	0	0	0	0	0	777
1215	Helen Moriarty	f	FV 40		0	777	0	0	0	0	0	0	777
1216	Tonia Thompson	f	FV 50	Jott	0	776	0	0	0	0	0	0	776
1217	Laura Beggs	f			776	0	0	0	0	0	0	0	776
1218	Amanda Blessington	f	FV 50		0	0	776	0	0	0	0	0	776
1219	Bruce Austin	m	U21		0	0	0	0	0	775	0	0	775
1220	Andrew O'boyle	m	MV 50		0	775	0	0	0	0	0	0	775
1221	Chris Hutchinson	m	MV 60		0	0	0	0	0	0	774	0	774
1222	Eric Austin	m	U21		0	0	0	0	0	774	0	0	774

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1223	Michelle Thompson	f	FV 50		0	0	0	0	0	773	0	0	773
1224	Sarah Ball	f	FV 40		0	773	0	0	0	0	0	0	773
1225	Katie Jones	f	FV 40		773	0	0	0	0	0	0	0	773
1226	Laura Astles	f			0	0	772	0	0	0	0	0	772
1227	Jane Harris	f	FV 60		0	772	0	0	0	0	0	0	772
1228	John Bibby	m	MV 40		0	0	0	0	0	0	771	0	771
1229	Lucy Clarkson	f			0	0	0	0	0	771	0	0	771
1230	Emma Harvey-Robinson	f			0	0	771	0	0	0	0	0	771
1231	Alison Belford	f	FV 60	Formby	0	771	0	0	0	0	0	0	771
1232	Michelle Green	f	FV 40		0	0	0	0	0	0	770	0	770
1233	Dave Raynor	m	MV 60	Red Rose Road Runners	0	0	0	0	0	770	0	0	770
1234	Francesca Kelly	f			0	0	770	0	0	0	0	0	770
1235	Lauren Swarbrick	f	FV 40		0	0	0	0	0	0	769	0	769
1236	Barney Smith	m	MV 50		0	0	0	0	769	0	0	0	769
1237	Stephanie Kelly	f			0	0	769	0	0	0	0	0	769
1238	Kelly Gibson	f		Darlington Tri	0	769	0	0	0	0	0	0	769
1239	Caroline Peet	f	FV 60		769	0	0	0	0	0	0	0	769
1240	Karen Wilkinson	f	FV 50		0	0	0	0	0	0	768	0	768
1241	Paul Scally	m	MV 50	Llangollen running club	0	0	0	0	0	768	0	0	768
1242	Ian Staerck	m	MV 40		0	0	0	0	768	0	0	0	768
1243	Petrina Cassell	f	FV 60	Eden Runners	0	0	768	0	0	0	0	0	768
1244	Nicola Browne	f	FV 40		768	0	0	0	0	0	0	0	768
1245	Anna Hatch	f	FV 60		0	0	0	0	0	0	767	0	767
1246	Ashleigh Stott	f			0	0	0	0	0	767	0	0	767
1247	Alex Leek	m	MV 50		0	0	0	0	767	0	0	0	767
1248	Steve Twomlow	m	MV 40		767	0	0	0	0	0	0	0	767
1249	Emma Bowden	f	FV 40		0	0	767	0	0	0	0	0	767
1250	Tim Hatch	m	MV 60		0	0	0	0	0	0	766	0	766
1251	James Conyers	m	MV 50		0	0	0	0	766	0	0	0	766
1252	Amanda Cutler	f	FV 50	Red Rose Road Runners	0	0	0	0	0	0	765	0	765
1253	Isobel Conyers	f	U21		0	0	0	0	765	0	0	0	765
1254	Peter Jones	m	MV 60	Marsh Lane Harriers	0	0	0	0	764	0	0	0	764
1255	Paula Byrne	f	FV 60		764	0	0	0	0	0	0	0	764
1256	Jane Dring-Morris	f	FV 50	Leicestershire Orienteering Club	0	0	764	0	0	0	0	0	764
1257	Katy Dowdall	f			0	763	0	0	0	0	0	0	763
1258	Allan Johnson	m	MV 70	Lakeside Lincoln	0	0	763	0	0	0	0	0	763
1259	Charlotte Liley	f	FV 50		0	0	0	0	0	762	0	0	762
1260	Rachel Taylor	f			762	0	0	0	0	0	0	0	762
1261	Neil Gordon	m			0	0	0	0	0	0	761	0	761
1262	Lewis Sherlock	m			0	0	0	0	0	0	760	0	760
1263	Sally Hislop	f	FV 50		0	760	0	0	0	0	0	0	760

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1264	Liam Neill	m			0	0	0	0	0	0	759	0	759
1265	Angela Wallace	f	FV 50	Adwick Tri	0	0	0	0	0	758	0	0	758
1266	Matt Brash	m			0	0	0	0	0	0	757	0	757
1267	Gail Rason	f	FV 50		0	0	0	0	0	757	0	0	757
1268	Dave Cope	m	MV 70		0	0	0	0	757	0	0	0	757
1269	Val Braybrooks	f	FV 60	Halmer Harriers	0	757	0	0	0	0	0	0	757
1270	Tricia Wilson	f	FV 50	Pendle Parkrun	757	0	0	0	0	0	0	0	757
1271	Derek Delaney	m	MV 60		0	0	0	0	0	756	0	0	756
1272	Robert Mundy	m	MV 70		0	0	756	0	0	0	0	0	756
1273	Graham Collins	m	MV 60	Milltown Milers	0	756	0	0	0	0	0	0	756
1274	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	0	0	0	0	0	755	0	0	755
1275	Steve Longney	m	MV 50	Yorkshire Wolds Runners	0	0	0	0	0	754	0	0	754
1276	Ruth Patten	f			0	754	0	0	0	0	0	0	754
1277	Emma Sanderson	f	FV 40		0	0	0	0	753	0	0	0	753
1278	Lenka Ward	f	FV 40	Susie Anton Ladies On The Run	0	753	0	0	0	0	0	0	753
1279	Claire Logan	f	FV 40		753	0	0	0	0	0	0	0	753
1280	Lucy Owens	f	FV 40	Stockton Striders	0	0	0	0	0	0	752	0	752
1281	Neil Brannelly	m	MV 50		0	0	0	0	0	752	0	0	752
1282	Chelsey Lightbown	f			0	0	0	0	752	0	0	0	752
1283	Michael Taylor	m	MV 40		0	0	752	0	0	0	0	0	752
1284	Gwen Woznikowska	f	FV 40	Susie Anton Pt Ladies On The Run	0	752	0	0	0	0	0	0	752
1285	Chris Alder	m	MV 40		0	0	0	0	0	0	751	0	751
1286	Fiona Wilson	f	FV 50		0	0	0	0	0	751	0	0	751
1287	Juliet Singer	f	FV 50		0	751	0	0	0	0	0	0	751
1288	Jessica Jackson	f		Ambleside	0	0	0	0	0	750	0	0	750
1289	Susan Ridings	f	FV 60		0	0	750	0	0	0	0	0	750
1290	Row Spencer	m	MV 70	Milltown Milers	0	750	0	0	0	0	0	0	750
1291	Lisa Kirkwood	f			0	0	0	0	0	749	0	0	749
1292	Claire Maggs	f	FV 50		0	749	0	0	0	0	0	0	749
1293	Julie Tweedy	f	FV 50	Billingham Running Club	0	0	0	0	748	0	0	0	748
1294	Emma Kirkwood	f			0	0	0	0	0	748	0	0	748
1295	Sue Wassell	f	FV 70	Knowle & Dorrige Running Club	0	748	0	0	0	0	0	0	748
1296	David Watson	m	MV 50	Red Rose Road Runners	0	0	0	0	747	0	0	0	747
1297	Jessica Allason	f	FV 40		747	0	0	0	0	0	0	0	747
1298	Jackie Paterson	f	FV 50	Knowle & dorrige Rc	0	747	0	0	0	0	0	0	747
1299	Melanie Jerram	f	FV 50		0	0	0	0	0	0	746	0	746
1300	Katya Pell	f			0	0	0	0	0	746	0	0	746
1301	Claire Deeley	f	FV 60	Knowle And Dorrige Running Club	0	746	0	0	0	0	0	0	746
1302	Jonathan Reeves	m	MV 50		0	0	0	0	0	0	745	0	745
1303	Lucy Brock	f	U25		0	0	0	0	745	0	0	0	745
1304	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	0	0	0	0	0	745	0	0	745

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1305	Wyn Clayton	f	FV 70	Women On The Run	0	745	0	0	0	0	0	0	745
1306	Jenny Appleton	f	FV 40	St Helens Striders	745	0	0	0	0	0	0	0	745
1307	Helen Field	f	FV 40	Women on the run	0	0	0	0	0	744	0	0	744
1308	Andy Brock	m	MV 60	St Bees Triers	0	0	0	0	744	0	0	0	744
1309	Jill Hudson	f	FV 60		0	0	0	0	743	0	0	0	743
1310	Elizabeth Braithwaite	f	FV 50	Warrington Running Club	0	743	0	0	0	0	0	0	743
1311	Jayne Gissing	f	FV 40		0	0	0	0	0	0	742	0	742
1312	Ruth Oatridge	f	FV 40		0	742	0	0	0	0	0	0	742
1313	Brad Treloar	m			0	0	0	0	0	0	741	0	741
1314	Fiona Dridge	f	FV 40		0	0	0	0	0	741	0	0	741
1315	Zoe Ferguson	f	FV 60	DH Runners	0	741	0	0	0	0	0	0	741
1316	Morven Walker	f			0	0	0	0	0	0	740	0	740
1317	Nadine Scaife	f	FV 50		0	0	740	0	0	0	0	0	740
1318	Joshua Reed	m			740	0	0	0	0	0	0	0	740
1319	Kirstin Walker	f			0	0	0	0	0	0	739	0	739
1320	Anne Hurcombe	f	FV 50	Wigan Harriers	0	0	0	0	0	739	0	0	739
1321	Samantha Mitchell	f			739	0	0	0	0	0	0	0	739
1322	Linda Hutcheon	f	FV 50		0	0	739	0	0	0	0	0	739
1323	Candice Heim-Sarac	f			0	739	0	0	0	0	0	0	739
1324	Julie Jerram	f	FV 50		0	0	0	0	0	0	738	0	738
1325	Fiona Headley	f	FV 50		0	0	0	0	0	738	0	0	738
1326	Angela Martland	f	FV 50		0	0	738	0	0	0	0	0	738
1327	Sean Barton	m	MV 50		0	0	0	0	0	0	737	0	737
1328	Owen Ford	m	U21		0	0	0	0	737	0	0	0	737
1329	Gabby Thorpe	f	FV 40		0	0	737	0	0	0	0	0	737
1330	Irene Williams	f	FV 50		0	0	0	0	0	0	736	0	736
1331	Peter Haynes	m	MV 50		0	0	0	0	0	736	0	0	736
1332	Nigel Corbett	m	MV 50		736	0	0	0	0	0	0	0	736
1333	Bertie Wooster	m	MV 40		0	0	0	0	0	0	735	0	735
1334	Martyn Cottiss	m	MV 50		0	0	0	0	735	0	0	0	735
1335	Joanne Chard	f	FV 40	Women On The Run	0	735	0	0	0	0	0	0	735
1336	ALEXA WILCOCK	f	FV 40		0	0	0	0	0	0	734	0	734
1337	Lauren Ford	f	U21	Washlands Women Runners	0	0	0	0	734	0	0	0	734
1338	John Tierney	m	MV 50		0	0	0	0	0	734	0	0	734
1339	Tom Reid	m	MV 40		734	0	0	0	0	0	0	0	734
1340	Julie Bland	f	FV 50		0	734	0	0	0	0	0	0	734
1341	Alice Bartle	f			0	0	734	0	0	0	0	0	734
1342	Laura Wilcock	f			0	0	0	0	0	0	733	0	733
1343	Kate Hore	f	FV 50		0	0	0	0	0	733	0	0	733
1344	Daniel Ford	m	MV 40	Bunfit	0	0	0	0	733	0	0	0	733
1345	Megan Ablett	f	FV 50	Finedon Gladstone Running Club	0	0	733	0	0	0	0	0	733

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1428	Heidi Atkins	f	FV 50	Tri Preston	0	0	0	0	699	0	0	0	699
1429	Joanna Whitear	f			0	0	0	0	698	0	0	0	698
1430	ROLAND Whitear	m			0	0	0	0	697	0	0	0	697
1431	Mark Nicholls	m			0	0	0	0	696	0	0	0	696
1432	Barry Rayson	m			696	0	0	0	0	0	0	0	696
1433	Kalpani Vitharana	f			0	0	0	0	695	0	0	0	695
1434	Andrea Donaldson	f			695	0	0	0	0	0	0	0	695
1435	Jayne Taylor	f			693	0	0	0	0	0	0	0	693
1436	Paul Wood	m	MV 60	Lonely Goat RC	692	0	0	0	0	0	0	0	692
1437	Charlotte Tweddle	f	FV 50	Eden Runners	0	0	0	0	691	0	0	0	691
1438	Paul Blake	m	MV 60	Lonely Goat	691	0	0	0	0	0	0	0	691
1439	Jennie Eklund	f			0	0	0	0	690	0	0	0	690
1440	Iain Mclean	m	MV 50	Muthaduckas	690	0	0	0	0	0	0	0	690
1441	Ellie Bailey	f			0	0	0	0	689	0	0	0	689
1442	Amy Derbyshire	f			0	0	0	0	688	0	0	0	688
1443	Niki Roberts	f	FV 40		0	0	0	0	687	0	0	0	687
1444	Kristy Wonders	f	FV 40	North Shields Poly	687	0	0	0	0	0	0	0	687
1445	James Featherstone	m	MV 60		685	0	0	0	0	0	0	0	685
1446	Amy Britton	f			0	0	0	0	684	0	0	0	684
1447	Fiona Tidbury	f	FV 60	Eden Runners	0	0	0	0	683	0	0	0	683
1448	Beth Abbott	f			683	0	0	0	0	0	0	0	683
1449	Claire Leighton	f	FV 40	Ashington Hirst Running Club	0	0	0	0	682	0	0	0	682
1450	Nicola Brown	f	FV 40		682	0	0	0	0	0	0	0	682
1451	Christine Sutherland	f	FV 60		0	0	0	0	681	0	0	0	681
1452	Ian Woodgate	m	MV 50	Middleton Harriers	681	0	0	0	0	0	0	0	681
1453	garry grimes	m	MV 50		0	0	0	0	680	0	0	0	680
1454	Callum Clarke	m		Lone Ranger	680	0	0	0	0	0	0	0	680
1455	Kyle Young	m		Lone Ranger #2	679	0	0	0	0	0	0	0	679
1456	Sue Johnson	f	FV 60	Stafford Harriers	0	0	0	0	678	0	0	0	678
1457	Sarah Greaves	f	FV 40		0	0	0	0	677	0	0	0	677
1458	Karen Chandisingh	f	FV 50		0	0	0	0	676	0	0	0	676
1459	Helen Jones	f	FV 40		0	0	0	0	675	0	0	0	675
1460	Sharron Lewis	f	FV 50		674	0	0	0	0	0	0	0	674
1461	Richard Macfarlane	m	MV 40		0	0	0	0	673	0	0	0	673
1462	Edith Mcdowall	f	FV 50		673	0	0	0	0	0	0	0	673
1463	Adrian Dunbar	m	MV 60	Craven Energy	672	0	0	0	0	0	0	0	672
1464	Darren Fretwell	m	MV 40		671	0	0	0	0	0	0	0	671
1465	Rosa Elliott	f	FV 60	Girls That Jeff	0	0	0	0	670	0	0	0	670
1466	Kathryn Lees	f	FV 40		0	0	0	0	668	0	0	0	668
1467	Lorna Vickery	f	FV 50		0	0	0	0	667	0	0	0	667
1468	Sue Parker	f	FV 40		0	0	0	0	666	0	0	0	666

