

Lakeland Trails 2023 Series Championships - 10k Trail Run Spring Series



| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|--------------------------|-----------|----------|----------|--------|
| 1 | Karl Dickenson | m | | Lonely Goat Rc | 996 | 1000 | 995 | 2991 |
| 2 | Macauley Bond | m | | | 997 | 998 | 996 | 2991 |
| 3 | Ronnie Haddow | m | MV 50 | Furness Fell Runners | 987 | 995 | 993 | 2975 |
| 4 | Gary O'Neill | m | MV 40 | Furness Fell Runners | 990 | 991 | 992 | 2973 |
| 5 | Michel Carrillo | m | U25 | | 978 | 987 | 991 | 2956 |
| 6 | Gary Moran | m | | | 979 | 990 | 987 | 2956 |
| 7 | Mark Wilson | m | MV 50 | No Drama Llamas Running | 965 | 968 | 965 | 2898 |
| 8 | Ray Padgett | m | MV 70 | | 951 | 958 | 948 | 2857 |
| 9 | Lucy Zaboklicka | f | FV 40 | Furness Fell Runners | 934 | 945 | 919 | 2798 |
| 10 | Tracy Pinder | f | FV 40 | | 921 | 925 | 923 | 2769 |
| 11 | Sally Barton | f | FV 60 | Glaxo Hoad Hill Harriers | 880 | 904 | 942 | 2726 |
| 12 | Richard Clements | m | MV 50 | Hip Replacement Runners | 858 | 907 | 927 | 2692 |
| 13 | Paul Abrams | m | MV 40 | | 885 | 906 | 893 | 2684 |
| 14 | Carl Wild | m | MV 40 | | 864 | 909 | 884 | 2657 |
| 15 | Deborah Thorneycroft | f | FV 50 | | 870 | 912 | 873 | 2655 |
| 16 | Belinda Schofield | f | FV 50 | | 853 | 896 | 882 | 2631 |
| 17 | Graeme Atkinson | m | MV 50 | | 874 | 871 | 885 | 2630 |
| 18 | Ellie Dwan | f | U25 | | 861 | 879 | 875 | 2615 |
| 19 | Richard Campbell | m | MV 40 | | 843 | 891 | 860 | 2594 |
| 20 | Ben Higginson | m | MV 60 | Preston Harriers | 830 | 894 | 868 | 2592 |
| 21 | Pete Holding | m | MV 60 | | 840 | 881 | 838 | 2559 |
| 22 | Robert Myatt | m | MV 50 | | 842 | 875 | 840 | 2557 |
| 23 | Rebecca Modeley | f | | | 836 | 874 | 847 | 2557 |
| 24 | Karen Harper | f | FV 50 | Sytal Running Club | 834 | 883 | 835 | 2552 |
| 25 | Mart Kissick | m | MV 40 | | 822 | 857 | 869 | 2548 |
| 26 | Tony Priest | m | MV 50 | | 866 | 866 | 801 | 2533 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|--------------------------------------|-----------|----------|----------|--------|
| 27 | Mark Shaw | m | MV 50 | | 808 | 886 | 823 | 2517 |
| 28 | Jean Turner | f | FV 60 | Telford Harriers | 814 | 885 | 799 | 2498 |
| 29 | Sharon-lee Lukas | f | FV 50 | | 825 | 873 | 791 | 2489 |
| 30 | Andrew Wilkinson | m | MV 50 | | 815 | 850 | 807 | 2472 |
| 31 | Amy Fern | f | | | 810 | 842 | 805 | 2457 |
| 32 | Katie Welch | f | FV 50 | | 771 | 831 | 834 | 2436 |
| 33 | Danny Thompson | m | MV 60 | | 772 | 832 | 812 | 2416 |
| 34 | Natasha Cruickshank | f | FV 40 | | 798 | 764 | 796 | 2358 |
| 35 | Helen Craven | f | FV 50 | | 766 | 767 | 779 | 2312 |
| 36 | Joanna Amos | f | FV 50 | | 765 | 781 | 745 | 2291 |
| 37 | Brian Winder | m | MV 70 | Darwen Running Group | 759 | 792 | 736 | 2287 |
| 38 | Ruth Shooter | f | FV 40 | Ruth's Runners | 751 | 783 | 753 | 2287 |
| 39 | mark taylor | m | MV 60 | audenshaw asthmatics running society | 752 | 768 | 755 | 2275 |
| 40 | Alison Spencer | f | | | 705 | 738 | 725 | 2168 |
| 41 | Louise Hill | f | FV 40 | Astley & Tyldesley Road Runners | 701 | 740 | 724 | 2165 |
| 42 | Jaclyn Gray | f | FV 40 | | 702 | 737 | 720 | 2159 |
| 43 | Sophie Hunt | f | | | 0 | 989 | 980 | 1969 |
| 44 | Jack Ball | m | U25 | Settle Harriers | 981 | 977 | 0 | 1958 |
| 45 | William Trewby | m | | | 984 | 0 | 973 | 1957 |
| 46 | Julia Gray Carnaffin | f | FV 60 | Jog On The Tyne | 972 | 972 | 0 | 1944 |
| 47 | Jon Meeten | m | MV 50 | | 0 | 965 | 974 | 1939 |
| 48 | Tania Huddleston | f | | | 962 | 975 | 0 | 1937 |
| 49 | Phil Anderson | m | MV 40 | | 0 | 967 | 970 | 1937 |
| 50 | Tom Gathercole | m | | | 966 | 0 | 968 | 1934 |
| 51 | Luisa Blake | f | U21 | | 967 | 0 | 966 | 1933 |
| 52 | Kevin Eland | m | | | 963 | 963 | 0 | 1926 |
| 53 | Jennifer Casson | f | FV 40 | | 953 | 969 | 0 | 1922 |
| 54 | Adrian Blake | m | MV 40 | | 958 | 0 | 946 | 1904 |
| 55 | David Macgillivray | m | MV 60 | Dh Runners | 947 | 953 | 0 | 1900 |
| 56 | David Ward | m | MV 40 | | 938 | 943 | 0 | 1881 |
| 57 | David Bayliss | m | MV 40 | Red Rose Road Runners | 925 | 0 | 949 | 1874 |
| 58 | David Chow | m | MV 50 | Eden runners | 927 | 0 | 945 | 1872 |
| 59 | John Birkett | m | MV 60 | | 915 | 955 | 0 | 1870 |
| 60 | Claudia Pagoulatou | f | FV 50 | Pensby Runners | 912 | 940 | 0 | 1852 |

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|----------|-------------------|--------|---------|--------------------------|-----------|----------|----------|--------|
| 61 | Thomas Gorst | m | | | 930 | 0 | 922 | 1852 |
| 62 | Frans Strydom | m | MV 40 | Furness Fell Runners | 900 | 0 | 950 | 1850 |
| 63 | Martin Slater | m | MV 40 | | 0 | 917 | 928 | 1845 |
| 64 | Sally McFarlane | f | FV 40 | None | 907 | 0 | 936 | 1843 |
| 65 | Alan Wilson | m | MV 50 | Glaxo Hoad Hill Harriers | 0 | 932 | 908 | 1840 |
| 66 | Wendy Birkett | f | FV 60 | Ambleside Athletic Club | 906 | 926 | 0 | 1832 |
| 67 | Michelle McCarthy | f | | | 0 | 927 | 898 | 1825 |
| 68 | Richard Walker | m | MV 40 | | 913 | 911 | 0 | 1824 |
| 69 | Lizzie Simmons | f | FV 40 | | 914 | 910 | 0 | 1824 |
| 70 | Jennifer Smith | f | | | 911 | 0 | 894 | 1805 |
| 71 | Nathan Greenwood | m | | | 897 | 901 | 0 | 1798 |
| 72 | Sarah Adams | f | FV 40 | | 884 | 913 | 0 | 1797 |
| 73 | Susan Bibby | f | FV 40 | | 876 | 920 | 0 | 1796 |
| 74 | Matthew Affolter | m | MV 50 | | 893 | 898 | 0 | 1791 |
| 75 | Will Douthwaite | m | | | 883 | 905 | 0 | 1788 |
| 76 | Nick Helliwell | m | MV 50 | | 857 | 0 | 916 | 1773 |
| 77 | David Moran | m | | | 0 | 903 | 866 | 1769 |
| 78 | Jackie Watts | f | FV 40 | | 875 | 0 | 891 | 1766 |
| 79 | Simon Forshaw | m | MV 50 | | 865 | 895 | 0 | 1760 |
| 80 | Stuart Edwards | m | MV 60 | Lonely Goat | 0 | 893 | 865 | 1758 |
| 81 | Howard Rand | m | MV 50 | | 809 | 0 | 943 | 1752 |
| 82 | Collette Eames | f | FV 60 | JogOnTheTYne | 0 | 870 | 878 | 1748 |
| 83 | Philip Loftus | m | MV 60 | | 844 | 892 | 0 | 1736 |
| 84 | Dale Harrison | m | | | 779 | 950 | 0 | 1729 |
| 85 | Mike Parker | m | MV 40 | | 877 | 0 | 827 | 1704 |
| 86 | Ian Walker | m | MV 60 | Glaxo Hoad Hill Harriers | 852 | 0 | 844 | 1696 |
| 87 | Mary Clifford | f | FV 40 | | 827 | 0 | 863 | 1690 |
| 88 | Nizam Ismail | m | | | 0 | 859 | 829 | 1688 |
| 89 | Tony Orr | m | MV 60 | | 0 | 856 | 830 | 1686 |
| 90 | Rachel Summers | f | FV 50 | | 0 | 852 | 833 | 1685 |
| 91 | Claire Willis | f | FV 40 | | 0 | 861 | 809 | 1670 |
| 92 | Simon Robson | m | MV 40 | | 887 | 0 | 782 | 1669 |
| 93 | Georgia May | f | | | 793 | 0 | 876 | 1669 |
| 94 | Lesley Nixon | f | FV 50 | Red Rose Road Runners | 0 | 833 | 825 | 1658 |

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|----------|---------------------|--------|---------|----------------------------|-----------|----------|----------|--------|
| 95 | Katherine-Lee Lukas | f | U21 | | 0 | 880 | 773 | 1653 |
| 96 | Tracy Slater | f | FV 40 | | 0 | 836 | 808 | 1644 |
| 97 | Claire Rawlinson | f | | | 792 | 851 | 0 | 1643 |
| 98 | Zara Gall | f | FV 40 | Didsbury Ladies | 819 | 0 | 819 | 1638 |
| 99 | Shelly Allen | f | FV 50 | | 0 | 828 | 806 | 1634 |
| 100 | Chloe Almond | f | | Lancaster Runners | 0 | 840 | 793 | 1633 |
| 101 | emma Brierley | f | FV 50 | | 0 | 848 | 778 | 1626 |
| 102 | Nic Holmes | f | FV 50 | | 812 | 0 | 813 | 1625 |
| 103 | Anna Holmes-Rand | f | U21 | | 811 | 0 | 814 | 1625 |
| 104 | Liza Tattersall | f | FV 50 | | 0 | 802 | 816 | 1618 |
| 105 | Leanne Topcuoglu | f | FV 40 | ACF Standish | 826 | 0 | 792 | 1618 |
| 106 | Matthew Almond | m | MV 40 | | 0 | 837 | 775 | 1612 |
| 107 | Melissa Grocock | f | FV 40 | | 789 | 818 | 0 | 1607 |
| 108 | Jackie Frank | f | FV 40 | | 788 | 815 | 0 | 1603 |
| 109 | Carol Cox | f | FV 50 | | 774 | 827 | 0 | 1601 |
| 110 | david CARTER | m | MV 50 | | 686 | 0 | 911 | 1597 |
| 111 | Andrew Gudgeon | m | MV 50 | | 0 | 803 | 794 | 1597 |
| 112 | Anna Richings | f | FV 50 | Lancaster and Morecambe ac | 0 | 810 | 786 | 1596 |
| 113 | Kirsten Abbott | f | U25 | | 694 | 0 | 902 | 1596 |
| 114 | Sally Wilkinson | f | FV 50 | Get Over Yourself | 0 | 841 | 754 | 1595 |
| 115 | Lisa Whiteley | f | | | 0 | 797 | 790 | 1587 |
| 116 | Rebecca Meeten | f | FV 50 | | 0 | 793 | 788 | 1581 |
| 117 | Miriam Rosen | f | FV 70 | Lancaster & Morecambe AC | 778 | 800 | 0 | 1578 |
| 118 | Alison Rayner | f | FV 50 | | 781 | 0 | 774 | 1555 |
| 119 | Jane Hunter | f | FV 60 | | 760 | 784 | 0 | 1544 |
| 120 | Melanie Burton | f | FV 40 | | 744 | 0 | 785 | 1529 |
| 121 | Joseph Ritson | m | MV 60 | Derwent Ac Cockermonth | 676 | 0 | 846 | 1522 |
| 122 | Vicki Buss | f | FV 50 | | 0 | 758 | 762 | 1520 |
| 123 | Greg Murphy | m | MV 50 | | 750 | 770 | 0 | 1520 |
| 124 | Peter Burlingham | m | MV 40 | | 678 | 838 | 0 | 1516 |
| 125 | Shirley Spratt | f | FV 60 | | 688 | 0 | 821 | 1509 |
| 126 | John Wiseman | m | MV 50 | Red Rose Road Runners | 0 | 762 | 742 | 1504 |
| 127 | Helen Patten | f | FV 50 | Red Rose Runners | 741 | 0 | 761 | 1502 |
| 128 | David Rosen | m | MV 60 | Lancaster & Morecambe AC | 743 | 755 | 0 | 1498 |

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|----------|----------------------|--------|---------|--------------------------------------|-----------|----------|----------|--------|
| 129 | Joanne Lewis | f | FV 50 | | 748 | 0 | 747 | 1495 |
| 130 | Jacqueline Shore | f | FV 60 | | 758 | 0 | 735 | 1493 |
| 131 | Nicola Machin | f | FV 50 | | 728 | 0 | 760 | 1488 |
| 132 | Elaine Baker | f | FV 50 | St Helens Striders | 742 | 0 | 744 | 1486 |
| 133 | Claire Smith | f | FV 40 | North Shields Poly | 677 | 0 | 802 | 1479 |
| 134 | Dawn Saxby | f | FV 50 | DCH Run Club | 663 | 0 | 810 | 1473 |
| 135 | Julie Dugdale | f | FV 50 | | 713 | 759 | 0 | 1472 |
| 136 | Edward Melling | m | MV 60 | | 725 | 0 | 743 | 1468 |
| 137 | John Melling | m | MV 60 | | 722 | 0 | 741 | 1463 |
| 138 | Julie Loftus | f | FV 50 | | 707 | 744 | 0 | 1451 |
| 139 | Sarah Boyle | f | FV 50 | | 714 | 736 | 0 | 1450 |
| 140 | Ann Myatt | f | FV 60 | Cheadle | 719 | 0 | 721 | 1440 |
| 141 | Kathryn Abbott | f | FV 50 | Red Rose Road Runners | 675 | 0 | 751 | 1426 |
| 142 | Vicky Evans | f | FV 50 | | 657 | 0 | 757 | 1414 |
| 143 | Chris Holdsworth | m | | Team inov-8 | 1000 | 0 | 0 | 1000 |
| 144 | Billy Cartwright | m | | Team Inov-8 | 0 | 0 | 1000 | 1000 |
| 145 | Bethan Lowe | f | U25 | | 0 | 999 | 0 | 999 |
| 146 | Tom Levi | m | | Thirsk & Sowerby Harriers | 999 | 0 | 0 | 999 |
| 147 | Nicola Jackson | f | | Team Inov-8 | 0 | 0 | 999 | 999 |
| 148 | Chris Gray | m | MV 40 | Tri Lakeland | 998 | 0 | 0 | 998 |
| 149 | James Barsby | m | | | 0 | 0 | 998 | 998 |
| 150 | Alex Heffron | m | | | 0 | 997 | 0 | 997 |
| 151 | Adam Elkin | m | MV 40 | Lancaster & Morecambe AC | 0 | 0 | 997 | 997 |
| 152 | Adam Firth | m | MV 40 | | 0 | 996 | 0 | 996 |
| 153 | Adrian Favill | m | | Scunthorpe and District Running Club | 995 | 0 | 0 | 995 |
| 154 | Adrian Filipek | m | | | 0 | 0 | 994 | 994 |
| 155 | Craig Miller | m | MV 50 | | 994 | 0 | 0 | 994 |
| 156 | Ben Harrison | m | MV 40 | | 0 | 994 | 0 | 994 |
| 157 | Daniel McDonagh | m | | | 0 | 993 | 0 | 993 |
| 158 | Marcus Carter-Strutt | m | U25 | | 993 | 0 | 0 | 993 |
| 159 | Anna Hoogkamer | f | | | 992 | 0 | 0 | 992 |
| 160 | Amy Pickworth | f | FV 40 | Darlington harriers | 0 | 992 | 0 | 992 |
| 161 | Joe Brown | m | | | 991 | 0 | 0 | 991 |
| 162 | Paul Lewis | m | MV 50 | | 0 | 0 | 990 | 990 |

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|----------|--------------------|--------|---------|-----------------------------|-----------|----------|----------|--------|
| 163 | Tanya Blake Miller | f | FV 40 | | 989 | 0 | 0 | 989 |
| 164 | James Gaffney | m | | - | 0 | 0 | 989 | 989 |
| 165 | Stuart Parry | m | MV 50 | Northern Fells Running Club | 988 | 0 | 0 | 988 |
| 166 | Josh Glennon | m | | | 0 | 0 | 988 | 988 |
| 167 | Ewen Turner | m | | | 0 | 988 | 0 | 988 |
| 168 | Samuel Stretch | m | | | 0 | 0 | 986 | 986 |
| 169 | Philip Mallaband | m | MV 40 | Vegan Runners | 0 | 986 | 0 | 986 |
| 170 | Matthew Ashton | m | MV 40 | Bad Boy Running Club | 986 | 0 | 0 | 986 |
| 171 | Rachel Crow | f | | BFR | 985 | 0 | 0 | 985 |
| 172 | Paul Macfarlane | m | MV 40 | Helm Hill Runners | 0 | 0 | 985 | 985 |
| 173 | Jorden Partington | m | MV 40 | | 0 | 985 | 0 | 985 |
| 174 | Paul Myers | m | MV 50 | | 0 | 984 | 0 | 984 |
| 175 | Michael Cole | m | U21 | | 0 | 0 | 984 | 984 |
| 176 | Alex Parry | m | U21 | | 983 | 0 | 0 | 983 |
| 177 | Matt Marshall | m | MV 40 | | 0 | 0 | 983 | 983 |
| 178 | Joseph D'Arcy | m | U21 | Kirkbie Kendal | 0 | 983 | 0 | 983 |
| 179 | Jamie Quan-soon | m | MV 40 | | 0 | 982 | 0 | 982 |
| 180 | Alan Huggon | m | MV 50 | Border Reiver Runners | 982 | 0 | 0 | 982 |
| 181 | Thomas Bateson | m | | LBC Tractors | 0 | 0 | 982 | 982 |
| 182 | Paul Jeffrey-Read | m | MV 50 | | 0 | 0 | 981 | 981 |
| 183 | Michael Garside | m | MV 40 | | 0 | 981 | 0 | 981 |
| 184 | David Dalziel | m | | | 0 | 980 | 0 | 980 |
| 185 | Cameron Littler | m | | | 980 | 0 | 0 | 980 |
| 186 | Mikey Hanna | m | | LBC Tractors | 0 | 0 | 979 | 979 |
| 187 | Chloe Frankish | f | FV 40 | | 0 | 979 | 0 | 979 |
| 188 | Ruth Denham-Brown | f | | | 0 | 978 | 0 | 978 |
| 189 | Peter Llewellyn | m | MV 50 | Mearley Runners | 0 | 0 | 978 | 978 |
| 190 | Simon Gora | m | MV 40 | Garstang RC | 0 | 0 | 977 | 977 |
| 191 | Paul Amiss | m | MV 40 | | 977 | 0 | 0 | 977 |
| 192 | Richard Bergin | m | | Nob End RC | 976 | 0 | 0 | 976 |
| 193 | Harrison Nicolson | m | | | 0 | 0 | 976 | 976 |
| 194 | Dan Ackroyd | m | MV 40 | | 0 | 976 | 0 | 976 |
| 195 | Neil Mistry | m | | | 975 | 0 | 0 | 975 |
| 196 | Decland Mernagh | m | | LBC Tractors | 0 | 0 | 975 | 975 |

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|----------|----------------------|--------|---------|--------------------------|-----------|----------|----------|--------|
| 197 | James Williams | m | MV 40 | | 0 | 974 | 0 | 974 |
| 198 | Bob O'Neil | m | MV 40 | Helm Hill | 974 | 0 | 0 | 974 |
| 199 | Samuel Gill | m | | | 0 | 973 | 0 | 973 |
| 200 | James Gray | m | | | 973 | 0 | 0 | 973 |
| 201 | Ben Goodwill | m | | | 0 | 0 | 972 | 972 |
| 202 | james Galloway-Booth | m | U21 | | 0 | 971 | 0 | 971 |
| 203 | Jack Whitworth | m | | LBC Tractors | 0 | 0 | 971 | 971 |
| 204 | Ellie price | f | | | 971 | 0 | 0 | 971 |
| 205 | David Atkinson | m | MV 50 | Blengdale Runners | 0 | 970 | 0 | 970 |
| 206 | Andrew Anderson | m | MV 50 | Dunbar Running Club | 970 | 0 | 0 | 970 |
| 207 | Tanya Lambert | f | FV 50 | Eden Runners | 0 | 0 | 969 | 969 |
| 208 | Georgia Marsh | f | | | 969 | 0 | 0 | 969 |
| 209 | Jack Wilson | m | | | 968 | 0 | 0 | 968 |
| 210 | Asa Carrington | m | | | 0 | 0 | 967 | 967 |
| 211 | Paul Hartley | m | MV 50 | | 0 | 966 | 0 | 966 |
| 212 | Stephen Jolly | m | MV 60 | Allithwaite Running Club | 964 | 0 | 0 | 964 |
| 213 | Gary Stones | m | | Hardley Runners | 0 | 964 | 0 | 964 |
| 214 | Alan Parker | m | MV 50 | | 0 | 0 | 964 | 964 |
| 215 | Joseph Tyldesley | m | | | 0 | 0 | 963 | 963 |
| 216 | Gemma Alderson | f | FV 40 | | 0 | 962 | 0 | 962 |
| 217 | Chris Shaw | m | MV 60 | Dark Peak Fell Runners | 0 | 0 | 962 | 962 |
| 218 | Richard Newbert | m | MV 40 | | 961 | 0 | 0 | 961 |
| 219 | Simon Nield | m | | | 0 | 961 | 0 | 961 |
| 220 | Matt Tinsley | m | | | 0 | 0 | 961 | 961 |
| 221 | Robert Storm | m | MV 50 | | 960 | 0 | 0 | 960 |
| 222 | Philip GLENNON | m | MV 60 | Ambleside AC | 0 | 0 | 960 | 960 |
| 223 | JON SHARD | m | MV 50 | | 0 | 960 | 0 | 960 |
| 224 | Pete Davison | m | MV 50 | Glaxo Hoad Hill Harriers | 0 | 0 | 959 | 959 |
| 225 | Thomas Pearson | m | | | 0 | 959 | 0 | 959 |
| 226 | Daniel Tierney | m | | | 959 | 0 | 0 | 959 |
| 227 | Joe Horrocks-Taylor | m | | | 0 | 0 | 958 | 958 |
| 228 | Ralph Liddell | m | MV 70 | Eden Runners | 957 | 0 | 0 | 957 |
| 229 | Daniel Tierney | m | | | 0 | 0 | 957 | 957 |
| 230 | Adrian Byrne | m | | | 0 | 957 | 0 | 957 |

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|----------|-------------------|--------|---------|----------------------|-----------|----------|----------|--------|
| 231 | Tom Halliwell | m | | Nob End Run club | 0 | 0 | 956 | 956 |
| 232 | Mark Wilding | m | MV 50 | | 0 | 956 | 0 | 956 |
| 233 | Jeff Conabere | m | MV 50 | | 956 | 0 | 0 | 956 |
| 234 | Colin Howard | m | MV 60 | Furness Fell Runners | 955 | 0 | 0 | 955 |
| 235 | Richard Lambert | m | MV 50 | Eden Runners | 0 | 0 | 955 | 955 |
| 236 | Jonathan Frankish | m | MV 40 | | 0 | 954 | 0 | 954 |
| 237 | Helen Hart | f | | | 0 | 0 | 954 | 954 |
| 238 | Brian McGinn | m | MV 40 | | 954 | 0 | 0 | 954 |
| 239 | David Hull | m | MV 60 | | 0 | 0 | 953 | 953 |
| 240 | Richard Brown | m | MV 40 | Belper Harriers | 952 | 0 | 0 | 952 |
| 241 | Kristopher Rath | m | | | 0 | 0 | 952 | 952 |
| 242 | Jack Doran | m | | | 0 | 952 | 0 | 952 |
| 243 | David Stephens | m | MV 60 | | 0 | 0 | 951 | 951 |
| 244 | Adam Smith | m | | | 0 | 951 | 0 | 951 |
| 245 | Scott Houston | m | | | 950 | 0 | 0 | 950 |
| 246 | Tony Rutter | m | MV 60 | SROC | 0 | 949 | 0 | 949 |
| 247 | Nick Brookes | m | MV 50 | | 949 | 0 | 0 | 949 |
| 248 | Rebecca Clarke | f | FV 40 | | 0 | 948 | 0 | 948 |
| 249 | Emily-Kate Turner | f | | | 948 | 0 | 0 | 948 |
| 250 | robert coakley | m | | | 0 | 0 | 947 | 947 |
| 251 | Jonty Tarbuck | m | MV 50 | | 0 | 947 | 0 | 947 |
| 252 | Brenda Rutter | f | FV 50 | | 0 | 946 | 0 | 946 |
| 253 | Carwyn Greaves | m | | | 946 | 0 | 0 | 946 |
| 254 | Kelly Cassidy | f | | | 945 | 0 | 0 | 945 |
| 255 | Sandra Myers | f | FV 50 | | 0 | 944 | 0 | 944 |
| 256 | Tammy Connor | f | FV 40 | | 0 | 0 | 944 | 944 |
| 257 | Steve Wilkinson | m | MV 40 | | 944 | 0 | 0 | 944 |
| 258 | Rebecca Humphreys | f | | | 943 | 0 | 0 | 943 |
| 259 | John-Robert Welsh | m | | | 942 | 0 | 0 | 942 |
| 260 | Andy Froud | m | MV 50 | | 0 | 942 | 0 | 942 |
| 261 | Sarah Airey | f | FV 40 | | 0 | 941 | 0 | 941 |
| 262 | Karen Lloyd | f | FV 40 | | 0 | 0 | 941 | 941 |
| 263 | Daniel Shard | m | MV 40 | | 941 | 0 | 0 | 941 |
| 264 | Jennifer Coakley | f | | | 0 | 0 | 940 | 940 |

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|----------|------------------------|--------|---------|------------------------------|-----------|----------|----------|--------|
| 265 | Dawn harrison | f | FV 50 | loftus & whitby AC | 940 | 0 | 0 | 940 |
| 266 | Matthew MADDOCK | m | MV 40 | | 0 | 939 | 0 | 939 |
| 267 | Stuart Holding | m | MV 40 | Wigan & District Harriers Ac | 939 | 0 | 0 | 939 |
| 268 | Luke Wookey | m | MV 40 | | 0 | 0 | 939 | 939 |
| 269 | Michael Bellwood | m | | | 0 | 938 | 0 | 938 |
| 270 | Martha Anderson-Taylor | f | | | 0 | 0 | 938 | 938 |
| 271 | Shaun Favill | m | MV 60 | LINCSQUAD | 937 | 0 | 0 | 937 |
| 272 | Gerard Rooney | m | MV 60 | Dalston Caldew Runners | 0 | 937 | 0 | 937 |
| 273 | Carol Hatch | f | FV 60 | | 0 | 0 | 937 | 937 |
| 274 | Martyn Anderton | m | | Nob end running club | 936 | 0 | 0 | 936 |
| 275 | Mirjam Kallis | f | | Team inov-8 | 0 | 936 | 0 | 936 |
| 276 | Paul Wilson | m | | | 0 | 0 | 935 | 935 |
| 277 | Nick Henry | m | MV 40 | | 935 | 0 | 0 | 935 |
| 278 | Michael Ball | m | MV 50 | | 0 | 935 | 0 | 935 |
| 279 | Stephen Biscomb | m | MV 60 | Clayton-le-moors | 0 | 934 | 0 | 934 |
| 280 | Basia Pawelczak | f | | Blackpool Wyre And Fylde Ac | 0 | 0 | 934 | 934 |
| 281 | Alison Gill | f | FV 50 | | 0 | 0 | 933 | 933 |
| 282 | Michael Johnson | m | MV 60 | | 0 | 933 | 0 | 933 |
| 283 | Kate Platt | f | FV 40 | Hay Hotfooters | 933 | 0 | 0 | 933 |
| 284 | Hannah Heron | f | FV 40 | Didsbury runners | 932 | 0 | 0 | 932 |
| 285 | Grant Griffiths | m | MV 60 | | 0 | 0 | 932 | 932 |
| 286 | Tom Wild | m | | | 931 | 0 | 0 | 931 |
| 287 | Samantha Catarelli | f | | Styal Rc | 0 | 0 | 931 | 931 |
| 288 | Rebecca Fish | f | | | 0 | 931 | 0 | 931 |
| 289 | Pete Lashley | m | MV 50 | | 0 | 930 | 0 | 930 |
| 290 | Glenn Morris | m | MV 50 | Running Bear | 0 | 0 | 930 | 930 |
| 291 | Dickie Felton | m | MV 40 | | 929 | 0 | 0 | 929 |
| 292 | Louise Jeffrey-read | f | FV 40 | | 0 | 0 | 929 | 929 |
| 293 | Andrew Pilkington | m | | | 0 | 929 | 0 | 929 |
| 294 | Simon Burgess | m | | | 928 | 0 | 0 | 928 |
| 295 | Gareth Matthews | m | | | 0 | 928 | 0 | 928 |
| 296 | Andrew Johnson | m | MV 40 | | 926 | 0 | 0 | 926 |
| 297 | Alex Sharman | m | | | 0 | 0 | 926 | 926 |
| 298 | William Thomson | m | U25 | | 0 | 0 | 925 | 925 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|-------------------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 299 | Lorna Davies | f | FV 50 | Knowle And Dorridge | 0 | 924 | 0 | 924 |
| 300 | Ian Stainthorpe | m | MV 60 | | 924 | 0 | 0 | 924 |
| 301 | Bradley Foster | m | | | 0 | 0 | 924 | 924 |
| 302 | Oliver Chanarin | m | MV 50 | | 923 | 0 | 0 | 923 |
| 303 | Iain Riley | m | | | 0 | 923 | 0 | 923 |
| 304 | Sally Caton | f | FV 40 | Stainland Lions Running Club | 922 | 0 | 0 | 922 |
| 305 | Stinky Pete | m | | | 0 | 922 | 0 | 922 |
| 306 | Nigel Forster | m | MV 50 | | 0 | 921 | 0 | 921 |
| 307 | Emily Valentine | f | U25 | Wigan Harriers | 0 | 0 | 921 | 921 |
| 308 | Mat Harrop | m | MV 40 | | 0 | 0 | 920 | 920 |
| 309 | Guy Platt | m | MV 40 | | 920 | 0 | 0 | 920 |
| 310 | Laura Fildes | f | | | 919 | 0 | 0 | 919 |
| 311 | Isobel Taylor | f | | | 0 | 919 | 0 | 919 |
| 312 | Laura Ashton | f | FV 40 | Bad Boy Running Club | 918 | 0 | 0 | 918 |
| 313 | Ellie Taylor | f | | | 0 | 918 | 0 | 918 |
| 314 | Dale Gerrard | m | | | 0 | 0 | 918 | 918 |
| 315 | Rachel Dobson | f | | | 917 | 0 | 0 | 917 |
| 316 | Gillian Holland-Jones | f | FV 60 | Styal Running Club | 0 | 0 | 917 | 917 |
| 317 | Timon Robson | m | MV 50 | | 0 | 916 | 0 | 916 |
| 318 | Ben Poole | m | | | 916 | 0 | 0 | 916 |
| 319 | John Heap | m | MV 40 | | 0 | 915 | 0 | 915 |
| 320 | Kathryn Holmes | f | FV 40 | | 0 | 0 | 915 | 915 |
| 321 | Susan Fletcher | f | FV 40 | Astley & Tyldesley Road Runners | 0 | 0 | 914 | 914 |
| 322 | Mark Barwell | m | MV 40 | | 0 | 914 | 0 | 914 |
| 323 | Stuart Cairns | m | MV 40 | | 0 | 0 | 913 | 913 |
| 324 | Tim Cullimore | m | MV 40 | | 0 | 0 | 912 | 912 |
| 325 | Laura Avey | f | | | 910 | 0 | 0 | 910 |
| 326 | Sophia Padt | f | | | 0 | 0 | 910 | 910 |
| 327 | Peter EVANS | m | MV 50 | Kings heath rc | 909 | 0 | 0 | 909 |
| 328 | Alicson Daniela Fernandes Urb | f | | | 0 | 0 | 909 | 909 |
| 329 | Louise Johnson | f | FV 40 | Hardley Runners | 0 | 908 | 0 | 908 |
| 330 | David Harrow | m | MV 40 | | 908 | 0 | 0 | 908 |
| 331 | Nick Lewer | m | MV 70 | | 0 | 0 | 907 | 907 |
| 332 | Sally Ledger | f | | | 0 | 0 | 906 | 906 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|--------------------|--------|---------|-------------------------------|-----------|----------|----------|--------|
| 333 | Sam Humphreys | m | | | 0 | 0 | 905 | 905 |
| 334 | Alex Moran | m | MV 40 | None | 905 | 0 | 0 | 905 |
| 335 | Charlene Smith | f | | | 0 | 0 | 904 | 904 |
| 336 | Fiona Jane Burgess | f | | | 904 | 0 | 0 | 904 |
| 337 | Katie Wilkinson | f | FV 40 | | 903 | 0 | 0 | 903 |
| 338 | Claire Hall | f | FV 40 | Na | 0 | 0 | 903 | 903 |
| 339 | Dave Hill | m | MV 50 | | 0 | 902 | 0 | 902 |
| 340 | Tim Smith | m | MV 50 | | 902 | 0 | 0 | 902 |
| 341 | Paul Wilson | m | MV 60 | Eden Runners | 0 | 0 | 901 | 901 |
| 342 | Holly Maxwell | f | | | 901 | 0 | 0 | 901 |
| 343 | TREVESSA NEWTON | f | FV 50 | | 0 | 0 | 900 | 900 |
| 344 | David Western | m | MV 60 | | 0 | 900 | 0 | 900 |
| 345 | Kevan Wylie | m | MV 60 | | 0 | 0 | 899 | 899 |
| 346 | Charles Richardson | m | | | 899 | 0 | 0 | 899 |
| 347 | Ann Cleave | f | FV 60 | Red Rose Road Runners | 0 | 899 | 0 | 899 |
| 348 | Leigh Curran | m | | | 898 | 0 | 0 | 898 |
| 349 | Christopher Cox | m | MV 60 | | 0 | 897 | 0 | 897 |
| 350 | Joanne Devitt | f | FV 50 | Knowle & Dorrige Running Club | 0 | 0 | 897 | 897 |
| 351 | Hanna Burgess | f | | | 896 | 0 | 0 | 896 |
| 352 | Andrew Devitt | m | MV 50 | Knowle & Dorrige Running Club | 0 | 0 | 896 | 896 |
| 353 | Joel Stanier | m | | Red Rose Road Runners | 0 | 0 | 895 | 895 |
| 354 | Gemma Favill | f | | LINCSQUAD | 895 | 0 | 0 | 895 |
| 355 | Justin Wetters | m | MV 50 | Goodgym Race Team | 894 | 0 | 0 | 894 |
| 356 | Andy Hickson | m | MV 60 | Mornington Chasers | 892 | 0 | 0 | 892 |
| 357 | Alex OBrien | m | | | 0 | 0 | 892 | 892 |
| 358 | Tom Saxby | m | U25 | | 891 | 0 | 0 | 891 |
| 359 | Carolyn Barker | f | FV 50 | Burnden Roadrunners | 0 | 0 | 890 | 890 |
| 360 | Mike Harvey | m | MV 40 | | 890 | 0 | 0 | 890 |
| 361 | Clive Elliott | m | MV 50 | | 0 | 890 | 0 | 890 |
| 362 | Jenny Clark | f | FV 40 | Blackpool Wyre & Fylde AC | 0 | 0 | 889 | 889 |
| 363 | Emma Green | f | | | 0 | 889 | 0 | 889 |
| 364 | Delia Watts | f | FV 50 | Smiley Paces | 889 | 0 | 0 | 889 |
| 365 | Lynne Carruthers | f | FV 60 | Dch | 888 | 0 | 0 | 888 |
| 366 | Sam Birchall | m | | | 0 | 0 | 888 | 888 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|------------------------------|-----------|----------|----------|--------|
| 367 | Daniel Hind | m | | | 0 | 888 | 0 | 888 |
| 368 | Garry Spivey | m | MV 70 | Unattached | 0 | 0 | 887 | 887 |
| 369 | Garry Smith | m | MV 70 | Milltown Milers | 0 | 887 | 0 | 887 |
| 370 | Suzanne Green | f | FV 50 | Red Rose Runners | 886 | 0 | 0 | 886 |
| 371 | David Dodgson | m | MV 50 | | 0 | 0 | 886 | 886 |
| 372 | Glyn MCGovern | m | MV 60 | | 0 | 884 | 0 | 884 |
| 373 | Emma Harnett | f | FV 40 | | 0 | 0 | 883 | 883 |
| 374 | Sue Woods | f | FV 50 | | 0 | 882 | 0 | 882 |
| 375 | Holly Harrow | f | FV 40 | | 882 | 0 | 0 | 882 |
| 376 | Stephen Hanson | m | MV 40 | | 0 | 0 | 881 | 881 |
| 377 | Ian Johnson | m | MV 50 | Stainland Lions Running Club | 881 | 0 | 0 | 881 |
| 378 | Katie Hanson | f | | Selby striders | 0 | 0 | 880 | 880 |
| 379 | Andrew Eaton | m | MV 40 | | 0 | 0 | 879 | 879 |
| 380 | Justin Hill | m | MV 40 | | 879 | 0 | 0 | 879 |
| 381 | Hannah Leatherbarrow | f | | | 0 | 878 | 0 | 878 |
| 382 | Adam Pattinson | m | MV 40 | Eden Runners | 878 | 0 | 0 | 878 |
| 383 | Stephen Cruickshank | m | MV 50 | | 0 | 877 | 0 | 877 |
| 384 | Ellie Mackay | f | FV 40 | | 0 | 0 | 877 | 877 |
| 385 | Claire Schofield | f | FV 40 | | 0 | 876 | 0 | 876 |
| 386 | Victoria Hatton | f | FV 50 | | 0 | 0 | 874 | 874 |
| 387 | Jimmy Hark | m | | | 873 | 0 | 0 | 873 |
| 388 | Lee Johnston | m | MV 50 | | 0 | 0 | 872 | 872 |
| 389 | Anita Hall | f | FV 50 | St Helens Striders | 0 | 872 | 0 | 872 |
| 390 | Eleanor Ward | f | | | 872 | 0 | 0 | 872 |
| 391 | Nicky Owen | f | FV 60 | Cheshire Hash House Harriers | 871 | 0 | 0 | 871 |
| 392 | Christopher D'Arcy | m | MV 50 | | 0 | 0 | 871 | 871 |
| 393 | Jessica Trewby | f | | | 0 | 0 | 870 | 870 |
| 394 | David Hurst | m | MV 50 | | 869 | 0 | 0 | 869 |
| 395 | Jenny Nuttall | f | FV 40 | | 0 | 869 | 0 | 869 |
| 396 | Viki Sutton | f | FV 60 | | 868 | 0 | 0 | 868 |
| 397 | Teresa Douglas | f | FV 60 | Eden Runners | 0 | 868 | 0 | 868 |
| 398 | John Macholc | m | MV 60 | Accrington Road Runner | 0 | 0 | 867 | 867 |
| 399 | Guy Bebbington | m | MV 40 | | 867 | 0 | 0 | 867 |
| 400 | Ciara Heaton | f | | | 0 | 867 | 0 | 867 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|------------------------|--------|---------|--------------|-----------|----------|----------|--------|
| 401 | Rachel Ambler-Sergeant | f | FV 40 | | 0 | 865 | 0 | 865 |
| 402 | Dave Thompson | m | MV 60 | | 0 | 0 | 864 | 864 |
| 403 | Sandy McBride | f | FV 50 | | 0 | 864 | 0 | 864 |
| 404 | Ritchie Head | m | MV 50 | | 863 | 0 | 0 | 863 |
| 405 | Hilary Johnson | f | FV 60 | | 0 | 863 | 0 | 863 |
| 406 | Jonathan Frith | m | MV 40 | | 0 | 0 | 862 | 862 |
| 407 | Joanna Whittington | f | FV 50 | | 0 | 862 | 0 | 862 |
| 408 | James Skivington | m | | | 862 | 0 | 0 | 862 |
| 409 | Imre Varga | m | MV 50 | | 0 | 0 | 861 | 861 |
| 410 | Louise Higham | f | FV 50 | | 0 | 860 | 0 | 860 |
| 411 | Cath Brownsell | f | FV 50 | | 860 | 0 | 0 | 860 |
| 412 | Emma Frost | f | | | 0 | 0 | 859 | 859 |
| 413 | Graham Todd | m | MV 50 | | 859 | 0 | 0 | 859 |
| 414 | Richard Porter | m | | | 0 | 858 | 0 | 858 |
| 415 | Harriet Barton | f | | | 0 | 0 | 858 | 858 |
| 416 | Wendy Johnson | f | FV 50 | Eden Runners | 0 | 0 | 857 | 857 |
| 417 | Iain Wilson | m | | | 0 | 0 | 856 | 856 |
| 418 | Andrew Storm | m | MV 40 | | 856 | 0 | 0 | 856 |
| 419 | Stuart Arnold | m | MV 60 | | 0 | 855 | 0 | 855 |
| 420 | Kevin Greenwood | m | MV 60 | | 855 | 0 | 0 | 855 |
| 421 | Cathy Monaghan | f | | | 0 | 0 | 855 | 855 |
| 422 | Susanne Parry | f | FV 50 | | 854 | 0 | 0 | 854 |
| 423 | Mark Aldam | m | MV 60 | | 0 | 854 | 0 | 854 |
| 424 | Katherine France | f | FV 40 | | 0 | 0 | 854 | 854 |
| 425 | Rebecca Hodgson | f | FV 40 | | 0 | 0 | 853 | 853 |
| 426 | Danielle McEwan | f | | | 0 | 853 | 0 | 853 |
| 427 | Paul Hutcheon | m | MV 50 | | 0 | 0 | 852 | 852 |
| 428 | Miriam Abbas | f | | | 0 | 0 | 851 | 851 |
| 429 | Ellena Farrow | f | | | 851 | 0 | 0 | 851 |
| 430 | Iain Peacock | m | MV 40 | | 0 | 0 | 850 | 850 |
| 431 | Stuart Brown | m | MV 50 | | 850 | 0 | 0 | 850 |
| 432 | Sharon Donald | f | FV 40 | DCH Run Club | 0 | 0 | 849 | 849 |
| 433 | Sally Gardner | f | FV 50 | | 0 | 849 | 0 | 849 |
| 434 | Nigel Ezard | m | MV 50 | | 849 | 0 | 0 | 849 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|-------------------|--------|---------|------------------------------|-----------|----------|----------|--------|
| 435 | Mark Bottomley | m | MV 50 | Idle Ac | 848 | 0 | 0 | 848 |
| 436 | David Holliday | m | MV 50 | DCH Run Club | 0 | 0 | 848 | 848 |
| 437 | Jonathan Shaw | m | MV 60 | | 0 | 847 | 0 | 847 |
| 438 | Jake Kitching | m | | N/a | 847 | 0 | 0 | 847 |
| 439 | Phil Chew | m | MV 60 | | 846 | 0 | 0 | 846 |
| 440 | Alan Davidson | m | MV 70 | | 0 | 846 | 0 | 846 |
| 441 | Taylor Coppell | f | | | 0 | 0 | 845 | 845 |
| 442 | Natalie Wood | f | | | 0 | 845 | 0 | 845 |
| 443 | Mark Allitt | m | MV 60 | Snaith & Cowick Running Club | 845 | 0 | 0 | 845 |
| 444 | Rachael Holloway | f | | | 0 | 844 | 0 | 844 |
| 445 | Nicola Joyce | f | FV 50 | | 0 | 0 | 843 | 843 |
| 446 | Anthony Harvey | m | | | 0 | 843 | 0 | 843 |
| 447 | Nicola Stanley | f | FV 50 | | 0 | 0 | 842 | 842 |
| 448 | Martin Bates | m | MV 60 | Wesham Road Runners | 841 | 0 | 0 | 841 |
| 449 | Sarah Robinson | f | FV 50 | | 0 | 0 | 841 | 841 |
| 450 | Tony Pilkington | m | MV 60 | PENWORTHAM PANTHERS | 0 | 839 | 0 | 839 |
| 451 | Stuart Tattersall | m | MV 50 | | 0 | 0 | 839 | 839 |
| 452 | Mark Wardley | m | MV 50 | Red rose | 839 | 0 | 0 | 839 |
| 453 | Richard Quine | m | MV 50 | | 838 | 0 | 0 | 838 |
| 454 | Isobel Williamson | f | FV 70 | | 837 | 0 | 0 | 837 |
| 455 | Gill Nevin | f | FV 50 | Rimrose Runners | 0 | 0 | 837 | 837 |
| 456 | Imogen Jones | f | U21 | | 0 | 0 | 836 | 836 |
| 457 | Glyn Arthur | m | | | 835 | 0 | 0 | 835 |
| 458 | Catherine Morton | f | | | 0 | 835 | 0 | 835 |
| 459 | Rachel Bellwood | f | | | 0 | 834 | 0 | 834 |
| 460 | Stephen Shore | m | | | 833 | 0 | 0 | 833 |
| 461 | Matthew Shore | m | | | 832 | 0 | 0 | 832 |
| 462 | Aidan Jones | m | U25 | | 0 | 0 | 832 | 832 |
| 463 | Fiona Jones | f | FV 50 | | 0 | 0 | 831 | 831 |
| 464 | Emily Ward | f | FV 40 | | 831 | 0 | 0 | 831 |
| 465 | Keith Burlison | m | MV 50 | | 0 | 830 | 0 | 830 |
| 466 | Hazel Ward | f | FV 60 | Jog On The Tyne | 0 | 829 | 0 | 829 |
| 467 | Sam Nicholson | f | FV 50 | Border Reiver Runners | 829 | 0 | 0 | 829 |
| 468 | Jim Lucas | m | MV 40 | | 828 | 0 | 0 | 828 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|---------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 469 | Jamie McCreath | m | MV 40 | | 0 | 0 | 828 | 828 |
| 470 | Shelley Regan | f | FV 40 | | 0 | 826 | 0 | 826 |
| 471 | Laura Stanley | f | | | 0 | 0 | 826 | 826 |
| 472 | Diane Burgess | f | FV 50 | Styal | 0 | 825 | 0 | 825 |
| 473 | Clare Moody | f | FV 50 | Smiley Paces | 824 | 0 | 0 | 824 |
| 474 | Josephine Murray | f | FV 60 | | 0 | 0 | 824 | 824 |
| 475 | Jonathan Clarke | m | MV 50 | Styal running club | 0 | 824 | 0 | 824 |
| 476 | Kathryn Atkinson | f | FV 40 | Pendle Triathlon Club | 0 | 823 | 0 | 823 |
| 477 | Nicola Sewell | f | FV 50 | Smiley Paces | 823 | 0 | 0 | 823 |
| 478 | Ruth Lilliott | f | FV 60 | | 0 | 0 | 822 | 822 |
| 479 | Kathryn Stott | f | | | 0 | 822 | 0 | 822 |
| 480 | Lisa Whetter | f | FV 40 | | 0 | 821 | 0 | 821 |
| 481 | Jordan Nicholson | m | | | 821 | 0 | 0 | 821 |
| 482 | Mandy Borthwick | f | FV 40 | Billinge Running Club | 0 | 0 | 820 | 820 |
| 483 | Louisa Dever | f | FV 50 | | 820 | 0 | 0 | 820 |
| 484 | Anne Lewis | f | FV 70 | Selby Swans tri club | 0 | 820 | 0 | 820 |
| 485 | Andrew Godfrey | m | MV 50 | Milltown Milers | 0 | 819 | 0 | 819 |
| 486 | Helen Jack | f | FV 50 | | 818 | 0 | 0 | 818 |
| 487 | Rachel Seymour Mead | f | FV 40 | | 0 | 0 | 818 | 818 |
| 488 | Julie EVANS | f | FV 50 | Kings heath rc | 817 | 0 | 0 | 817 |
| 489 | Andrea Lancaster | f | FV 40 | | 0 | 0 | 817 | 817 |
| 490 | Catherine Aitken | f | FV 60 | | 0 | 817 | 0 | 817 |
| 491 | Rachael Price | f | FV 40 | | 816 | 0 | 0 | 816 |
| 492 | Natalie Hughes | f | FV 40 | | 0 | 816 | 0 | 816 |
| 493 | Charlotte Jones | f | | | 0 | 0 | 815 | 815 |
| 494 | Hollie Fountain | f | | | 0 | 814 | 0 | 814 |
| 495 | Claire Bartlett | f | FV 40 | | 813 | 0 | 0 | 813 |
| 496 | Angela Jones | f | FV 50 | St Helens Striders | 0 | 813 | 0 | 813 |
| 497 | Sally Anderson | f | FV 50 | Knowle And Dorrige Running Club | 0 | 812 | 0 | 812 |
| 498 | Tracy Davies | f | FV 50 | Knowle & Dorrige Running Club | 0 | 811 | 0 | 811 |
| 499 | Alana Tinsley | f | | | 0 | 0 | 811 | 811 |
| 500 | Jane Hill | f | FV 50 | | 0 | 809 | 0 | 809 |
| 501 | Deborah Logue | f | FV 40 | | 0 | 808 | 0 | 808 |
| 502 | Joanne Roberts | f | FV 40 | Smiley Paces | 807 | 0 | 0 | 807 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|--------------------------|-----------|----------|----------|--------|
| 503 | Charlotte Smedley | f | | | 0 | 807 | 0 | 807 |
| 504 | Victoria Cronquist | f | FV 40 | | 0 | 806 | 0 | 806 |
| 505 | Rebecca Barnshaw | f | FV 40 | | 806 | 0 | 0 | 806 |
| 506 | Lauren Caldwell | f | | | 0 | 805 | 0 | 805 |
| 507 | Andrew Spink | m | MV 50 | | 805 | 0 | 0 | 805 |
| 508 | Nicky Grace | f | FV 40 | | 804 | 0 | 0 | 804 |
| 509 | Jennifer Sweeney | f | FV 40 | | 0 | 804 | 0 | 804 |
| 510 | Alison Carroll | f | FV 40 | | 0 | 0 | 804 | 804 |
| 511 | Peter Wallwork | m | MV 40 | | 0 | 0 | 803 | 803 |
| 512 | Charlotte Richardson | f | | | 803 | 0 | 0 | 803 |
| 513 | Ruth Hutchison | f | | | 802 | 0 | 0 | 802 |
| 514 | Tina Gee | f | FV 60 | | 801 | 0 | 0 | 801 |
| 515 | Laura Pilkington | f | | | 0 | 801 | 0 | 801 |
| 516 | Jane O'Brien | f | FV 50 | | 0 | 0 | 800 | 800 |
| 517 | Catherine Doyle | f | FV 50 | | 800 | 0 | 0 | 800 |
| 518 | Katri Kuusniemi | f | FV 40 | | 0 | 799 | 0 | 799 |
| 519 | Anna Christina Denby | f | FV 40 | | 799 | 0 | 0 | 799 |
| 520 | Richard Turner | m | MV 70 | | 0 | 798 | 0 | 798 |
| 521 | Matthew Barker | m | MV 50 | | 0 | 0 | 798 | 798 |
| 522 | Charlotte Cole | f | U21 | | 0 | 0 | 797 | 797 |
| 523 | Annabel Howell | f | | | 797 | 0 | 0 | 797 |
| 524 | David Battersby | m | MV 50 | | 0 | 796 | 0 | 796 |
| 525 | Allan Nicholson | m | MV 60 | | 796 | 0 | 0 | 796 |
| 526 | Caron Parkes | f | FV 50 | | 0 | 795 | 0 | 795 |
| 527 | James Laking | m | | | 0 | 0 | 795 | 795 |
| 528 | Lisa Hext | f | FV 50 | | 795 | 0 | 0 | 795 |
| 529 | Keith Hext | m | MV 50 | | 794 | 0 | 0 | 794 |
| 530 | Jo Moss | f | FV 40 | | 0 | 794 | 0 | 794 |
| 531 | Sean Garner | m | MV 50 | | 791 | 0 | 0 | 791 |
| 532 | Margaret Kaye | f | FV 60 | | 0 | 791 | 0 | 791 |
| 533 | Helen Helme | f | FV 40 | | 0 | 790 | 0 | 790 |
| 534 | Dave Prescott | m | MV 50 | Bridgnorth Running Club | 790 | 0 | 0 | 790 |
| 535 | Faith Firkins | f | FV 50 | Lancaster & Morecambe AC | 0 | 789 | 0 | 789 |
| 536 | Jamie Edgar | m | | | 0 | 0 | 789 | 789 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|----------------------|--------|---------|---------------------------------------|-----------|----------|----------|--------|
| 537 | Peter Belford | m | MV 60 | | 0 | 788 | 0 | 788 |
| 538 | Stephen Perry | m | MV 60 | Lancaster and Morecambe ac | 0 | 787 | 0 | 787 |
| 539 | Paul Stubbins | m | MV 50 | | 0 | 0 | 787 | 787 |
| 540 | Nicky Mohan | m | MV 50 | | 787 | 0 | 0 | 787 |
| 541 | Rob Clayton | m | MV 40 | Lancaster and Morecambe athletic club | 0 | 786 | 0 | 786 |
| 542 | Nicola Brown | f | FV 40 | | 786 | 0 | 0 | 786 |
| 543 | Andrew Firkins | m | MV 50 | Lancaster & Morecambe AC | 0 | 785 | 0 | 785 |
| 544 | Kate James | f | FV 50 | | 785 | 0 | 0 | 785 |
| 545 | Terry Peet | m | MV 60 | | 784 | 0 | 0 | 784 |
| 546 | Sally Gardner | f | FV 50 | | 0 | 0 | 784 | 784 |
| 547 | Louise Siddle | f | FV 50 | | 783 | 0 | 0 | 783 |
| 548 | Aleksandra Lupa | f | | | 0 | 0 | 783 | 783 |
| 549 | Katie Sharp | f | FV 40 | | 0 | 782 | 0 | 782 |
| 550 | Arwa Eskander | f | FV 40 | Colt | 782 | 0 | 0 | 782 |
| 551 | Kirstie Whyatt | f | FV 40 | | 0 | 0 | 781 | 781 |
| 552 | Rosie Sharp | f | | | 780 | 0 | 0 | 780 |
| 553 | Julie Walton | f | FV 60 | Notts Women Runners | 0 | 0 | 780 | 780 |
| 554 | Emma Hadley | f | FV 40 | | 0 | 780 | 0 | 780 |
| 555 | Yasmin Porter-bee | f | | | 0 | 779 | 0 | 779 |
| 556 | Tracey Brocklehurst | f | FV 50 | | 0 | 778 | 0 | 778 |
| 557 | Sarah Walker | f | FV 40 | | 0 | 0 | 777 | 777 |
| 558 | Nicki Hewson | f | FV 40 | | 777 | 0 | 0 | 777 |
| 559 | Helen Moriarty | f | FV 40 | | 0 | 777 | 0 | 777 |
| 560 | Tonia Thompson | f | FV 50 | Jott | 0 | 776 | 0 | 776 |
| 561 | Laura Beggs | f | | | 776 | 0 | 0 | 776 |
| 562 | Amanda Blessington | f | FV 50 | | 0 | 0 | 776 | 776 |
| 563 | Andrea Counce | f | FV 40 | | 775 | 0 | 0 | 775 |
| 564 | Andrew O'boyle | m | MV 50 | | 0 | 775 | 0 | 775 |
| 565 | Gillian O'boyle | f | FV 50 | | 0 | 774 | 0 | 774 |
| 566 | Sarah Ball | f | FV 40 | | 0 | 773 | 0 | 773 |
| 567 | Katie Jones | f | FV 40 | | 773 | 0 | 0 | 773 |
| 568 | Laura Astles | f | | | 0 | 0 | 772 | 772 |
| 569 | Jane Harris | f | FV 60 | | 0 | 772 | 0 | 772 |
| 570 | Emma Harvey-Robinson | f | | | 0 | 0 | 771 | 771 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|-------------------|--------|---------|----------------------------------|-----------|----------|----------|--------|
| 571 | Alison Belford | f | FV 60 | Formby | 0 | 771 | 0 | 771 |
| 572 | Hannah Hobson | f | | | 770 | 0 | 0 | 770 |
| 573 | Francesca Kelly | f | | | 0 | 0 | 770 | 770 |
| 574 | Stephanie Kelly | f | | | 0 | 0 | 769 | 769 |
| 575 | Kelly Gibson | f | | Darlington Tri | 0 | 769 | 0 | 769 |
| 576 | Caroline Peet | f | FV 60 | | 769 | 0 | 0 | 769 |
| 577 | Petrina Cassell | f | FV 60 | Eden Runners | 0 | 0 | 768 | 768 |
| 578 | Nicola Browne | f | FV 40 | | 768 | 0 | 0 | 768 |
| 579 | Steve Twomlow | m | MV 40 | | 767 | 0 | 0 | 767 |
| 580 | Emma Bowden | f | FV 40 | | 0 | 0 | 767 | 767 |
| 581 | Georgina Briffett | f | FV 40 | Dallam Running Club | 0 | 766 | 0 | 766 |
| 582 | Sara Summers | f | FV 50 | | 0 | 0 | 766 | 766 |
| 583 | Paul Thornton | m | MV 50 | | 0 | 0 | 765 | 765 |
| 584 | Chris Pearson | m | MV 60 | | 0 | 765 | 0 | 765 |
| 585 | Paula Byrne | f | FV 60 | | 764 | 0 | 0 | 764 |
| 586 | Jane Dring-Morris | f | FV 50 | Leicestershire Orienteering Club | 0 | 0 | 764 | 764 |
| 587 | Kerry Howard | f | FV 40 | | 763 | 0 | 0 | 763 |
| 588 | Katy Dowdall | f | | | 0 | 763 | 0 | 763 |
| 589 | Allan Johnson | m | MV 70 | Lakeside Lincoln | 0 | 0 | 763 | 763 |
| 590 | Rachel Taylor | f | | | 762 | 0 | 0 | 762 |
| 591 | Emma Teggart | f | FV 40 | Lonely goat | 761 | 0 | 0 | 761 |
| 592 | Karen Quan-soon | f | FV 60 | | 0 | 761 | 0 | 761 |
| 593 | Sally Hislop | f | FV 50 | | 0 | 760 | 0 | 760 |
| 594 | LOUISE WAINWRIGHT | f | FV 50 | Thornton CLEVELEYS RUNNING CLUB | 0 | 0 | 759 | 759 |
| 595 | Lynn Shaw | f | FV 50 | Thornton Cleveleys Running Club | 0 | 0 | 758 | 758 |
| 596 | Val Braybrooks | f | FV 60 | Halmer Harriers | 0 | 757 | 0 | 757 |
| 597 | Tricia Wilson | f | FV 50 | Pendle Parkrun | 757 | 0 | 0 | 757 |
| 598 | Judith Stockton | f | FV 40 | | 756 | 0 | 0 | 756 |
| 599 | Robert Mundy | m | MV 70 | | 0 | 0 | 756 | 756 |
| 600 | Graham Collins | m | MV 60 | Milltown Milers | 0 | 756 | 0 | 756 |
| 601 | Caitlin Stokes | f | U25 | | 755 | 0 | 0 | 755 |
| 602 | Melanie Foster | f | FV 50 | Thornton-cleveleys Running Club | 754 | 0 | 0 | 754 |
| 603 | Ruth Patten | f | | | 0 | 754 | 0 | 754 |
| 604 | Lenka Ward | f | FV 40 | Susie Anton Ladies On The Run | 0 | 753 | 0 | 753 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|-----------------------|--------|---------|----------------------------------|-----------|----------|----------|--------|
| 605 | Claire Logan | f | FV 40 | | 753 | 0 | 0 | 753 |
| 606 | Michael Taylor | m | MV 40 | | 0 | 0 | 752 | 752 |
| 607 | Gwen Woznikowska | f | FV 40 | Susie Anton Pt Ladies On The Run | 0 | 752 | 0 | 752 |
| 608 | Juliet Singer | f | FV 50 | | 0 | 751 | 0 | 751 |
| 609 | Susan Ridings | f | FV 60 | | 0 | 0 | 750 | 750 |
| 610 | Row Spencer | m | MV 70 | Milltown Milers | 0 | 750 | 0 | 750 |
| 611 | Ann-marie Johnstone | f | FV 40 | | 749 | 0 | 0 | 749 |
| 612 | Amanda Anderson | f | FV 50 | | 0 | 0 | 749 | 749 |
| 613 | Claire Maggs | f | FV 50 | | 0 | 749 | 0 | 749 |
| 614 | Jonathan Fletcher | m | MV 50 | Ripon Runner | 0 | 0 | 748 | 748 |
| 615 | Sue Wassell | f | FV 70 | Knowle & Dorrige Running Club | 0 | 748 | 0 | 748 |
| 616 | Jessica Allason | f | FV 40 | | 747 | 0 | 0 | 747 |
| 617 | Jackie Paterson | f | FV 50 | Knowle & dorrige Rc | 0 | 747 | 0 | 747 |
| 618 | Lesley McGrail | f | FV 40 | St Helens Striders | 746 | 0 | 0 | 746 |
| 619 | jeanette grimes | f | FV 60 | | 0 | 0 | 746 | 746 |
| 620 | Claire Deeley | f | FV 60 | Knowle And Dorrige Running Club | 0 | 746 | 0 | 746 |
| 621 | Wyn Clayton | f | FV 70 | Women On The Run | 0 | 745 | 0 | 745 |
| 622 | Jenny Appleton | f | FV 40 | St Helens Striders | 745 | 0 | 0 | 745 |
| 623 | Elizabeth Braithwaite | f | FV 50 | Warrington Running Club | 0 | 743 | 0 | 743 |
| 624 | Ruth Oatridge | f | FV 40 | | 0 | 742 | 0 | 742 |
| 625 | Zoe Ferguson | f | FV 60 | DH Runners | 0 | 741 | 0 | 741 |
| 626 | Nadine Scaife | f | FV 50 | | 0 | 0 | 740 | 740 |
| 627 | Joshua Reed | m | | | 740 | 0 | 0 | 740 |
| 628 | Samantha Mitchell | f | | | 739 | 0 | 0 | 739 |
| 629 | Linda Hutcheon | f | FV 50 | | 0 | 0 | 739 | 739 |
| 630 | Candice Heim-Sarac | f | | | 0 | 739 | 0 | 739 |
| 631 | Tony Seddon | m | MV 50 | | 738 | 0 | 0 | 738 |
| 632 | Angela Martland | f | FV 50 | | 0 | 0 | 738 | 738 |
| 633 | Despina Smith | f | FV 40 | Didsbury Mums on the Run | 737 | 0 | 0 | 737 |
| 634 | Gabby Thorpe | f | FV 40 | | 0 | 0 | 737 | 737 |
| 635 | Nigel Corbett | m | MV 50 | | 736 | 0 | 0 | 736 |
| 636 | Charlotte Bennett | f | U25 | | 735 | 0 | 0 | 735 |
| 637 | Joanne Chard | f | FV 40 | Women On The Run | 0 | 735 | 0 | 735 |
| 638 | Tom Reid | m | MV 40 | | 734 | 0 | 0 | 734 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|-------------------|--------|---------|--------------------------------|-----------|----------|----------|--------|
| 639 | Julie Bland | f | FV 50 | | 0 | 734 | 0 | 734 |
| 640 | Alice Bartle | f | | | 0 | 0 | 734 | 734 |
| 641 | Megan Ablett | f | FV 50 | Finedon Gladstone Running Club | 0 | 0 | 733 | 733 |
| 642 | James Clarke | m | | | 733 | 0 | 0 | 733 |
| 643 | Stephen Ablett | m | MV 50 | Finedon Gladstone Running Club | 0 | 0 | 732 | 732 |
| 644 | Bryony Littler | f | | | 732 | 0 | 0 | 732 |
| 645 | Trevor Wright | m | MV 60 | Finedon Gladstones | 0 | 0 | 731 | 731 |
| 646 | Clare Hiscock | f | FV 40 | | 731 | 0 | 0 | 731 |
| 647 | Hilary Beach | f | FV 50 | | 730 | 0 | 0 | 730 |
| 648 | Steve Parry | m | MV 60 | | 0 | 0 | 730 | 730 |
| 649 | Clare Love | f | FV 40 | | 729 | 0 | 0 | 729 |
| 650 | Catherine Lowry | f | | Finedon Gladstones | 0 | 0 | 729 | 729 |
| 651 | Laura Aldridge | f | FV 40 | Finedon Gladstone's | 0 | 0 | 728 | 728 |
| 652 | Sarah Allitt | f | FV 50 | Snaith & Cowick Running Club | 727 | 0 | 0 | 727 |
| 653 | Dawn Anderson | f | FV 50 | | 0 | 0 | 727 | 727 |
| 654 | Ursula Collie | f | FV 60 | | 726 | 0 | 0 | 726 |
| 655 | Sara Geary | f | FV 60 | Lyme Runners | 0 | 0 | 726 | 726 |
| 656 | Janet Holmes | f | FV 60 | St Helens Striders | 724 | 0 | 0 | 724 |
| 657 | Lynne Evans | f | FV 50 | | 0 | 0 | 723 | 723 |
| 658 | J Graham Smith | m | MV 50 | | 723 | 0 | 0 | 723 |
| 659 | Jade Shorrocks | f | | | 0 | 0 | 722 | 722 |
| 660 | Gareth McGuire | m | | | 721 | 0 | 0 | 721 |
| 661 | Katie McGuire | f | | | 720 | 0 | 0 | 720 |
| 662 | Mark Sullivan | m | MV 60 | | 0 | 0 | 719 | 719 |
| 663 | Kim Griffiths | f | FV 60 | Run in Wirral | 0 | 0 | 718 | 718 |
| 664 | Carole Wood | f | FV 60 | | 718 | 0 | 0 | 718 |
| 665 | Jo Moss | f | | | 717 | 0 | 0 | 717 |
| 666 | Gaynor Reid | f | FV 60 | | 0 | 0 | 717 | 717 |
| 667 | Gillian MacDonald | f | | | 716 | 0 | 0 | 716 |
| 668 | Isobel Jenkins | f | FV 40 | | 715 | 0 | 0 | 715 |
| 669 | Sharon Hill | f | FV 50 | Parkside Panthers | 712 | 0 | 0 | 712 |
| 670 | Vicky Willett | f | FV 40 | Sbc Plodders | 711 | 0 | 0 | 711 |
| 671 | Kirsty Pettit | f | FV 50 | Keighley And Craven | 710 | 0 | 0 | 710 |
| 672 | Rosie Egan | f | FV 50 | Cheshire Hash House Harriers | 709 | 0 | 0 | 709 |

| Position | Name | Gender | Age Cat | Club | Hawkshead | Staveley | Coniston | Spring |
|----------|---------------------|--------|---------|---------------------------------|-----------|----------|----------|--------|
| 673 | James Kirkpatrick | m | MV 40 | | 708 | 0 | 0 | 708 |
| 674 | Lauren Dean-Ashton | f | FV 40 | | 706 | 0 | 0 | 706 |
| 675 | Beverley Mulholland | f | | | 704 | 0 | 0 | 704 |
| 676 | Jo Shuttleworth | f | FV 40 | | 703 | 0 | 0 | 703 |
| 677 | Karen Livesey | f | FV 50 | Thornton Cleveleys Running Club | 700 | 0 | 0 | 700 |
| 678 | Holly Unsworth | f | | | 699 | 0 | 0 | 699 |
| 679 | Jackie Routledge | f | FV 60 | Thornton Cleveleys | 698 | 0 | 0 | 698 |
| 680 | Barry Rayson | m | | | 696 | 0 | 0 | 696 |
| 681 | Andrea Donaldson | f | | | 695 | 0 | 0 | 695 |
| 682 | Jayne Taylor | f | | | 693 | 0 | 0 | 693 |
| 683 | Paul Wood | m | MV 60 | Lonely Goat RC | 692 | 0 | 0 | 692 |
| 684 | Paul Blake | m | MV 60 | Lonely Goat | 691 | 0 | 0 | 691 |
| 685 | Iain Mclean | m | MV 50 | Muthaduckas | 690 | 0 | 0 | 690 |
| 686 | Sarah McGrath | f | FV 40 | Ramsbottom Running Club | 689 | 0 | 0 | 689 |
| 687 | Kristy Wonders | f | FV 40 | North Shields Poly | 687 | 0 | 0 | 687 |
| 688 | James Featherstone | m | MV 60 | | 685 | 0 | 0 | 685 |
| 689 | Ruth Chadwick | f | FV 40 | | 684 | 0 | 0 | 684 |
| 690 | Beth Abbott | f | | | 683 | 0 | 0 | 683 |
| 691 | Nicola Brown | f | FV 40 | | 682 | 0 | 0 | 682 |
| 692 | Ian Woodgate | m | MV 50 | Middleton Harriers | 681 | 0 | 0 | 681 |
| 693 | Callum Clarke | m | | Lone Ranger | 680 | 0 | 0 | 680 |
| 694 | Kyle Young | m | | Lone Ranger #2 | 679 | 0 | 0 | 679 |
| 695 | Sharron Lewis | f | FV 50 | | 674 | 0 | 0 | 674 |
| 696 | Edith Mcdowall | f | FV 50 | | 673 | 0 | 0 | 673 |
| 697 | Adrian Dunbar | m | MV 60 | Craven Energy | 672 | 0 | 0 | 672 |
| 698 | Darren Fretwell | m | MV 40 | | 671 | 0 | 0 | 671 |
| 699 | Rosalie Liddell | f | FV 60 | Eden Runners | 670 | 0 | 0 | 670 |
| 700 | mark lee | m | MV 50 | | 669 | 0 | 0 | 669 |
| 701 | Charlotte Twigger | f | FV 40 | | 668 | 0 | 0 | 668 |
| 702 | Alison Hodges | f | FV 50 | Blackhill Bounders | 667 | 0 | 0 | 667 |
| 703 | Brian Richardson | m | MV 60 | Blackhill Bounders | 666 | 0 | 0 | 666 |
| 704 | Sandra Allan | f | FV 60 | Fellside Ladies | 665 | 0 | 0 | 665 |
| 705 | Helen Bowerman | f | FV 50 | | 664 | 0 | 0 | 664 |
| 706 | Paul Coldham | m | MV 60 | DCH Run Club | 662 | 0 | 0 | 662 |

