

Lakeland Trails 2023 Series Championships - 14-18k Trail Run - excluding Ambleside



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1	James Grinbergs	m	MV 40	Eden Runners	968	972	989	993	980	980	965	977	6831
2	Terry Moss	m	MV 50		877	891	886	970	876	898	842	930	6200
3	Gillian Rowland	f	FV 60		690	796	877	930	836	877	827	912	5815
4	Andrew Pye	m	MV 40		926	936	0	0	920	941	916	974	5613
5	Darren Gillman	m	MV 50	Todmorden Harriers	772	883	789	0	753	796	774	845	5612
6	Andrew Hemsley	m	MV 60	Walney Wind Cheetahs	673	722	818	0	810	846	732	877	5478
7	Kerry Grinbergs	f	FV 40	Eden runners	846	0	954	972	918	922	850	926	5416
8	Laura Whittaker	f	FV 40		712	763	832	907	766	810	698	821	5402
9	Ewan Taylor	m		Victoria Park Running Club, Warrington	0	831	841	0	909	909	823	885	5198
10	Kay Mcgreevy	f	FV 60		810	818	0	0	891	866	815	916	5116
11	Katie Samuelson	f	FV 40	Todmorden Harriers	669	800	788	0	848	827	466	599	4997
12	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	974	0	976	0	969	974	953	0	4846
13	John Wilson	m	MV 50	Massey Ferguson Running Club	944	0	901	0	0	963	931	962	4701
14	Andrew Hollowbread	m	MV 50		705	714	847	0	808	852	717	0	4643
15	Felicia Singleton	f	FV 50	Victoria Park Running Club, Warrington	0	767	809	0	796	812	638	776	4598
16	Andrew Stuart	m	MV 50		872	914	959	0	952	0	838	0	4535
17	Jill Reed	f	FV 50		662	768	0	922	780	814	680	780	4484
18	Karen Campbell	f	FV 60	Falkland Trail Runners	570	637	735	798	657	711	512	652	4474
19	Alan Parker	m	MV 50		883	907	0	0	896	908	836	0	4430
20	Alison Nordon	f	FV 50		498	608	734	0	636	703	506	648	4333
21	Sandra Connell	f	FV 60		0	0	919	0	874	882	792	862	4329
22	Mark Farmer	m	MV 50		497	603	714	0	626	699	497	647	4283
23	Russ Valentine	m	MV 60	Falkland Trail Runners	571	651	850	929	798	0	719	653	4242
24	Jonathan Watt	m	MV 60		769	815	0	0	0	886	824	933	4227
25	Ryan Parry	m	MV 40		646	679	0	0	679	749	624	794	4171
26	John Bamforth	m	MV 50		848	826	910	0	748	823	0	0	4155
27	Martin Slater	m	MV 40		788	0	0	0	825	867	771	892	4143
28	Amanda Cirelli	f	FV 50		583	653	760	826	667	0	639	721	4023
29	Jonathan Cox	m		Eden Runners	1000	0	0	0	1000	0	1000	1000	4000
30	Jon Gardiner	m	MV 40		990	994	0	0	0	994	997	0	3975
31	David Howarth	m	MV 40		979	993	0	999	0	991	994	0	3957
32	Matthew Smith	m	MV 40		0	0	0	0	935	947	935	972	3789
33	Jonathan Dearlove	m			0	926	920	0	939	972	0	0	3757
34	Katy Lewis	f	FV 60		0	0	805	0	737	777	598	750	3667
35	John Ryder	m	MV 50	Tadcaster harriers	903	0	0	0	929	936	882	0	3650
36	Sam Goodall	m	MV 40	Nidderdale Fell and Trail	0	938	0	0	916	0	854	913	3621

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
37	Michael Devlin	m	MV 40		0	0	0	0	883	869	865	947	3564
38	Stephen Stuart	m	MV 50		834	0	947	0	915	0	856	0	3552
39	Peter Reed	m	MV 70	Northumberland Fell Runners	602	687	795	0	781	0	0	687	3552
40	Christopher Rowland	m	MV 40		0	0	905	0	902	924	820	0	3551
41	Gary Smith	m	MV 40		0	847	0	0	911	925	867	0	3550
42	Jonathan Broome	m	MV 50	Achille Ratti	890	833	958	0	0	0	860	0	3541
43	Mary Entwistle	f	FV 50		0	662	791	827	698	0	648	722	3521
44	Catherine Mitchell	f	FV 40		811	0	0	0	864	905	886	0	3466
45	Kev Kendal	m	MV 50	Howgill Harriers	0	646	0	0	690	776	557	725	3394
46	Tracy Slater	f	FV 40		585	0	0	0	709	774	605	720	3393
47	Chris Turner	m	MV 60	Nidderdale Fell and Trail	847	840	0	0	0	0	810	891	3388
48	Helen Tyson	f	FV 40	Eden Runners	837	0	861	946	854	0	758	0	3310
49	Andy Buckroyd	m	MV 60	Macclesfield Harriers	0	0	859	0	834	0	757	856	3306
50	Ali Cooper	f	FV 60	Kendal Tri Club	553	667	0	0	703	761	586	0	3270
51	Louise Anderson	f	FV 50		785	0	891	0	0	0	714	827	3217
52	Pete Lashley	m	MV 50		732	0	0	933	830	843	791	0	3196
53	Judith Barker	f	FV 50		531	635	0	0	0	746	556	710	3178
54	Sarah Lord	f	FV 50	DH Runners	812	0	0	0	837	0	728	781	3158
55	Alan Jones	m	MV 60	Garstang Running Club	750	775	0	0	800	824	0	0	3149
56	Hannah Stirling	f			644	808	0	0	835	826	0	0	3113
57	Dawn Wicks	f	FV 50		726	750	840	0	0	795	0	0	3111
58	Owen Davies	m	MV 70		0	0	0	0	770	800	688	824	3082
59	John Glass	m	U25		0	0	0	0	795	802	663	816	3076
60	Andrew Connor	m	MV 60	Ambleside	0	805	0	0	783	794	681	0	3063
61	Evvie Feingold	f	FV 50	Prestwich AC	0	588	0	0	643	695	472	618	3016
62	Nichola Cooke	f	FV 40	Prestwich Ac	0	587	0	0	641	693	474	617	3012
63	Gail Bristo	f	FV 50	Red Rose Road Runners	681	758	811	0	761	0	0	0	3011
64	Phil Waite	m			995	0	997	0	0	999	0	0	2991
65	William Dickson	m	MV 60		987	992	991	0	0	0	0	0	2970
66	David Walker	m	MV 50	Sedgefield Harriers	985	0	0	0	989	983	0	0	2957
67	Mike Allison	m	MV 60	Eden Runners	977	981	0	0	0	0	0	989	2947
68	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	973	0	0	0	984	0	983	0	2940
69	Ted Leahy	m	MV 40	Ripon Runners	991	0	0	0	0	0	998	943	2932
70	John Bohan	m	MV 40		954	968	986	0	0	0	0	0	2908
71	Lucy wasinski	f	FV 40	Glossopdale Harriers	0	961	0	0	0	0	961	985	2907
72	Michael Smith	m	MV 40		0	0	941	0	0	978	974	0	2893
73	Kevin Scott	m	MV 50	Eden runners	0	0	0	0	975	0	951	963	2889
74	Mark Griffiths	m	MV 40	Manchester Ymca Harriers	952	0	0	0	0	0	959	976	2887
75	Esther Stanier	f		Red Rose Road Runners	619	733	0	0	719	0	0	805	2876
76	Mark Ashburn	m			948	950	0	0	0	966	0	0	2864
77	Ian Johnson	m	MV 50		0	935	972	0	0	0	939	0	2846
78	James Chambers	m	MV 40	York Knavesmire Harriers	0	0	944	0	936	956	0	0	2836
79	Simon Robb	m			0	0	951	0	942	0	936	0	2829
80	Chris Foden	m	MV 50		0	0	0	0	938	968	923	0	2829

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81	Stuart Clayton	m	MV 50		0	929	0	0	0	952	934	0	2815
82	Robert Faulkner	m			922	0	950	0	941	0	0	0	2813
83	Russell Pilling	m	MV 60	North Shields Poly	648	0	768	0	0	0	632	763	2811
84	Paul Morris	m	MV 60	Keswick AC	927	915	0	0	0	0	0	953	2795
85	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	567	0	0	0	0	766	657	801	2791
86	thomas brocklebank	m	MV 50	Millom striders	0	673	0	0	701	791	619	0	2784
87	Catherine Doyle	f	FV 50		0	0	0	873	699	750	591	735	2775
88	Mark Blundell	m	MV 60	Edge Pistols	911	921	942	0	0	0	0	0	2774
89	Trevor Billington	m			0	636	800	0	0	740	597	0	2773
90	Carole Frost	f	FV 60	Orchard Eagles Running Club	565	671	0	0	757	765	0	0	2758
91	Lewis McIntyre	m	MV 60		902	892	948	979	0	0	0	0	2742
92	Debbie Howard	f	FV 50	Furness Fell Runners	0	0	0	0	923	0	876	940	2739
93	Adam Smith	m			0	0	907	0	906	0	920	0	2733
94	Dominic Brophy	m	MV 50	Unattached	901	911	917	0	0	0	0	0	2729
95	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	900	0	985	946	0	872	0	2718
96	James Glass	m	MV 50		0	0	0	0	715	752	548	697	2712
97	Erwin Kalis	m	MV 40	Lancaster & Morecambe Athletics Club	899	870	924	0	0	0	0	0	2693
98	Simon Lobas	m	MV 40		0	886	0	0	908	0	884	0	2678
99	John Wiggans	m	MV 50	Red Rose Road Runners	0	0	0	0	910	911	855	0	2676
100	Chris Wales	m	MV 50	Preston Harriers	891	854	898	0	0	0	0	0	2643
101	Joanna Fitch	f			0	0	914	0	0	0	807	919	2640
102	Davide Cuoghi	m			825	0	0	0	900	890	0	0	2615
103	Matt Brookes	m	MV 40	Ripon Runners	882	0	0	0	0	0	818	905	2605
104	Nigel Meier	m	MV 50	N/a	839	0	900	0	860	0	0	0	2599
105	Hannah Ives	f			803	0	0	0	857	0	0	920	2580
106	Gerry Richards	f	FV 50		581	0	726	0	0	721	531	0	2559
107	Chris Davies	m	MV 40	Team inov-8	833	866	0	0	0	0	857	0	2556
108	Rosie Warnett	f	FV 40	Sedgefield Harriers	871	0	0	0	0	0	777	907	2555
109	Dorothy Pelly	f	FV 60	Ambleside Ac	775	0	885	934	0	0	0	874	2534
110	Scott Keenan	m	MV 50		864	827	0	0	0	840	0	0	2531
111	Steven Ohara	m	MV 40		740	0	0	0	0	0	825	932	2497
112	Harry Hardcastle	m	U21		0	0	0	0	844	0	759	893	2496
113	William Fitch	m			0	0	822	0	0	0	767	902	2491
114	David Ellicott	m	MV 40	Askern District RC	561	0	0	0	670	747	513	0	2491
115	Glyn Williams	m	MV 50	Prestwich AC	0	810	0	0	0	894	785	0	2489
116	Laura Peacock	f	FV 40	Derwent Valley Running Club	0	778	835	0	0	0	0	867	2480
117	Hannah O'connor	f			0	0	0	0	0	857	754	859	2470
118	Eleanor Shotton	f	FV 40	Derwent Valley Running Club	0	777	836	0	0	0	0	855	2468
119	Stuart O'connor	m	MV 50		0	0	0	0	0	856	753	858	2467
120	Ben Mitchell	m	MV 40		797	0	0	0	865	0	797	0	2459
121	Tim Farron	m	MV 50	Dallam Runners	779	811	860	0	0	0	0	0	2450
122	Anne Macfarlane	f	FV 60	Dumfries Running Club	0	0	0	0	831	0	729	889	2449
123	Melissa Gorst	f			800	809	0	0	838	0	0	0	2447
124	Katarzyna Babinska	f			0	0	858	927	0	0	724	839	2421

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125	Martin Tilbury	m	MV 50		707	0	866	0	0	838	0	0	2411
126	Neil Sutcliffe	m	MV 60		527	623	729	0	0	0	525	0	2404
127	Rach Garner	f	FV 50	Prestwich AC	0	589	0	0	642	694	475	0	2400
128	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	759	0	0	0	0	0	763	872	2394
129	Jodie Berry	f		RunTheWorldMcr	0	0	0	0	811	855	727	0	2393
130	Matt Goffatt	m			728	924	0	0	726	0	0	0	2378
131	Dave Robinson	m	MV 40		714	0	0	0	849	0	814	0	2377
132	Dawn Chilton	f	FV 50		767	787	0	0	823	0	0	0	2377
133	Judith Weston	f	FV 50	Marsh House Harriers	516	642	0	0	658	0	549	0	2365
134	Helen Foster	f	FV 50		0	755	0	0	785	804	0	0	2344
135	Gary Wintersgill	m	MV 50		684	0	0	0	792	0	0	866	2342
136	Sharon Oconnell	f	FV 50	St. Helens Striders	0	0	793	0	729	817	0	0	2339
137	Andrew Hamman	m	MV 40		666	0	863	0	794	0	0	0	2323
138	Michael Albert	m	MV 50	Wearside Triathlon	0	0	0	0	758	0	709	852	2319
139	Sarah Temple	f	FV 40		0	0	0	0	803	849	654	0	2306
140	Glyn Kilsby	m	MV 60	Dubai Creek Striders	0	0	851	877	688	753	0	0	2292
141	Caroline Robinson	f	FV 40		700	0	0	0	826	0	761	0	2287
142	Julian Egan	m	MV 50		0	715	0	0	0	851	720	0	2286
143	Cherry Collison	f	FV 50	Bolton utd harriers	696	728	845	937	0	0	0	0	2269
144	Mark Austin	m	MV 40		0	0	0	917	805	0	633	813	2251
145	John Heathcote	m	MV 60		0	704	796	0	740	0	0	0	2240
146	Julie Graham	f	FV 60	Garstang	685	801	0	0	747	0	0	0	2233
147	Graham Schofield	m	MV 70	Chorley Harriers	678	710	837	0	0	0	0	0	2225
148	Fiona Haigh	f	FV 50	Team Fi & B	589	824	0	0	0	0	801	0	2214
149	Jill Leader	f	FV 60		0	0	0	0	722	748	0	728	2198
150	Paul Lyndon-Hogg	m	MV 50		608	0	0	0	0	0	723	854	2185
151	Aidan Egleston	m	MV 50	Telford Harriers	607	0	0	0	0	0	722	853	2182
152	Chris Probert	m	MV 60	Penny Lane Striders	0	0	781	0	0	0	666	733	2180
153	Jennifer Webster	f	FV 40	Epot	620	743	803	0	0	0	0	0	2166
154	Serkan Yaman	m	MV 50		0	650	737	0	0	769	0	0	2156
155	Scott Burrow	m	MV 50		0	648	0	885	717	783	0	0	2148
156	Ginny Newman	f	FV 60		671	0	808	0	0	0	644	0	2123
157	Bernice Blundell	f	FV 60	Edge Pistols	621	700	790	0	0	0	0	0	2111
158	Clare Laybourn	f	FV 50		0	664	724	0	694	0	0	0	2082
159	Andrew Woodhead	m	MV 40		652	638	782	0	0	0	0	0	2072
160	John Edwards	m	MV 70		0	681	0	0	0	792	594	0	2067
161	Colette Clarkson	f	FV 50		545	0	779	0	0	725	0	0	2049
162	Kate Peers	f	FV 40		611	0	814	0	0	0	604	0	2029
163	Kevin Clarkson	m	MV 50		544	0	778	0	0	704	0	0	2026
164	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS	0	0	773	0	685	0	565	0	2023
165	Gail Farr	f	FV 50	west hull ladies	0	0	0	0	687	0	606	729	2022
166	Paul Haydon	m	MV 50	F.r.a.	0	0	0	0	731	0	689	594	2014
167	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers	645	649	711	0	0	0	0	0	2005
168	Ewan Sewell	m			0	0	0	0	0	0	999	998	1997

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169	Scout Adkin	f		Ambleside AC	996	0	0	0	0	1000	0	0	1996
170	Martin Klavon	m		Northowram Pumas	0	0	0	0	997	998	0	0	1995
171	Grant Ormerod	m	MV 40		992	1000	0	0	0	0	0	0	1992
172	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	0	995	0	0	996	1991
173	Stuart Wilson	m			0	998	0	0	992	0	0	0	1990
174	Liam Widdrington	m		Hoad Hill Harriers	993	997	0	0	0	0	0	0	1990
175	Victoria Sewell	f		Knivesmire Harriers	0	0	0	0	0	0	995	993	1988
176	Jamie Arkle	m		Mercia Fell	0	0	0	0	0	0	993	994	1987
177	Peter Banks	m	MV 60	Blackburn Harriers & AC	0	0	0	0	0	990	990	0	1980
178	Amy Kelland	f		Eden Runners	0	0	0	0	0	988	991	0	1979
179	Adam Elkin	m	MV 40	Lancaster & Morecambe AC	0	0	0	0	0	986	992	0	1978
180	Shaun Jones	m	MV 40		986	0	0	0	0	992	0	0	1978
181	Chris Gray	m	MV 40	Tri Lakeland	0	978	994	0	0	0	0	0	1972
182	Laura Pilkington	f			0	0	770	814	664	0	536	0	1970
183	Sarah Cullen	f	FV 40		0	0	725	0	0	723	521	0	1969
184	Philip Foscoe	m			0	0	0	0	0	0	973	991	1964
185	Michael Welsh	m	MV 50		659	654	0	0	0	0	0	651	1964
186	Tim Coid	m	MV 40	Washington Running Club	543	644	775	0	0	0	0	0	1962
187	Graham Spence	m			0	0	979	0	0	0	978	0	1957
188	Will Spalton	m			0	0	0	0	962	0	986	0	1948
189	Peter Cushion	m	MV 50	Wirral Vikings Trc	0	0	0	0	0	0	962	983	1945
190	Timothy Forber	m		Lancaster & Morecambe Athletics Club	0	0	0	0	958	0	987	0	1945
191	Mark Young	m	MV 50		969	974	0	0	0	0	0	0	1943
192	Samuel Gilmore	m			0	966	0	0	0	976	0	0	1942
193	Wayne Lee Farr	m	MV 50	N/a	0	0	0	0	691	0	564	686	1941
194	Matthew Cox	m			970	969	0	0	0	0	0	0	1939
195	Robert Lowe	m	MV 40		0	0	0	0	965	0	972	0	1937
196	David Calder	m	MV 60	Westerlands Cross Country Club	962	0	963	0	0	0	0	0	1925
197	Kevin Scott	m	MV 50		949	970	0	0	0	0	0	0	1919
198	Jim Andrews	m	MV 50	Helm Hill Runners	942	0	975	0	0	0	0	0	1917
199	Daniel Gilbody	m		WeStryv Coaching & Fitness	956	0	961	0	0	0	0	0	1917
200	Chris Bone	m	MV 40	St Bees Triers	0	0	0	0	949	967	0	0	1916
201	Emily Hart	f			0	953	0	0	961	0	0	0	1914
202	Adrian Harvey	m	MV 40	Unattached	0	0	0	0	963	950	0	0	1913
203	Paul Lewis	m	MV 50		943	0	0	0	0	0	968	0	1911
204	Lesley Allison	f	FV 60	Eden Runners	563	660	0	0	0	0	0	688	1911
205	Pedro Rodriguez	m			0	941	0	0	0	970	0	0	1911
206	Abbie Walker	f	U21	Sedgefield Harriers	955	0	0	0	953	0	0	0	1908
207	Joe Horsley	m	MV 40		945	960	0	0	0	0	0	0	1905
208	Clive Colson	m	MV 50		0	934	0	0	0	969	0	0	1903
209	Ian Crook	m	MV 50	Barrow Striders	0	927	970	0	0	0	0	0	1897
210	Jonathan Goldsworthy	m	MV 40		932	958	0	0	0	0	0	0	1890
211	Julian Clarke	m	MV 50		939	0	0	0	950	0	0	0	1889
212	Richard Hawkins	m	MV 40	York Postal Harriers	0	0	0	0	933	955	0	0	1888

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213	Sean Mcgleenan	m	MV 60	Dumfries Running Club	0	0	0	0	705	0	524	655	1884
214	Bree Sutcliffe	f	FV 40	Wirral AC	0	0	0	0	954	930	0	0	1884
215	Ryan Thorburn	m			0	0	0	0	0	918	0	965	1883
216	Pierce Hamer	m	U25		0	0	0	0	0	919	0	964	1883
217	Bruce Penhale	m	MV 60		0	0	968	0	0	0	913	0	1881
218	Al Neal	m	MV 40		940	0	0	0	940	0	0	0	1880
219	Ken Brown	m	MV 60		626	576	0	0	673	0	0	0	1875
220	Neil Ward	m	MV 50	Ponteland Runners	913	0	0	0	957	0	0	0	1870
221	Jane Thomas	f		Sale Harriers	937	931	0	0	0	0	0	0	1868
222	Christoph Hachmann	m			938	930	0	0	0	0	0	0	1868
223	Charlie O'hare	m	U25	Walney Wind Cheetahs	0	0	0	0	921	940	0	0	1861
224	Thomas Jones	m			916	0	0	0	943	0	0	0	1859
225	Matthew Wernham	m	MV 60	Farnham Runners	0	0	0	0	0	0	919	938	1857
226	Jane Harris	f	FV 40	Tewkesbury running club	0	0	0	0	0	0	918	937	1855
227	Tom Willox	m		Helm Hill Runners	909	0	0	0	0	945	0	0	1854
228	Steve Platten	m	MV 40	City of Hull AC	0	0	0	981	0	0	897	952	1849
229	Jordan Hammond	m			0	0	969	0	0	0	880	0	1849
230	Clare Page	f	FV 40	Lonewolf	930	918	0	0	0	0	0	0	1848
231	Kevin Webster	m			0	901	0	0	0	0	941	0	1842
232	Richard Brown	m	MV 40	Belper Harriers	0	0	0	0	0	0	892	948	1840
233	Dave Muckle	m	MV 50	The Blue Notes	0	904	936	0	0	0	0	0	1840
234	Chris Brearton	m	MV 40	Wirral Vikings TRC	0	0	0	0	0	0	879	955	1834
235	Hilary Neal	f	FV 40		915	0	0	0	914	0	0	0	1829
236	Mark Salmon	m		N/a	0	0	916	0	0	913	0	0	1829
237	Michael Harding	m			0	0	930	0	0	899	0	0	1829
238	Phill Rae	m	MV 50		0	0	928	0	898	0	0	0	1826
239	sonja Griffiths	f	FV 50	Gog Triathlon Club	492	0	0	0	629	0	0	702	1823
240	Tom Beer	m	U25		0	908	0	0	0	0	912	0	1820
241	Michael Rogers	m	MV 40	None	878	0	0	0	0	935	0	0	1813
242	Robert Lilliott	m			0	0	912	0	0	0	900	0	1812
243	Graham Coupe	m	MV 50	Wirral Vikings Trc	0	0	0	0	0	0	908	898	1806
244	Lee Marks	m	MV 40	Salford Metropolitan AC	0	922	0	0	0	0	883	0	1805
245	Caroline Duncan	f	FV 40		0	0	0	0	0	0	853	950	1803
246	Mark Walker	m	MV 50	Rochdale Harriers and AC	886	0	0	0	917	0	0	0	1803
247	Gail Bone	f	FV 40	St Bees Triers	0	0	0	0	880	921	0	0	1801
248	Jennifer Ireland	f	FV 50		478	579	741	0	0	0	0	0	1798
249	Martin Miceli	m	MV 40		844	0	0	0	0	0	0	949	1793
250	Phil Adam	m	MV 40		0	867	0	0	0	923	0	0	1790
251	Daniel McGrath	m	MV 40		829	0	960	0	0	0	0	0	1789
252	Gillian Glynn	f	FV 50		876	0	0	0	912	0	0	0	1788
253	David Miller	m	MV 60	Chorley A. & T.	0	0	923	0	0	865	0	0	1788
254	Alan Heap	m	MV 50	Penwortham Panthers	0	0	884	0	903	0	0	0	1787
255	James Magog	m	MV 40	Sunderland Strollers	881	905	0	0	0	0	0	0	1786
256	Mark Wilkie	m	MV 40		0	853	0	0	0	0	0	929	1782

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
257	LIAM MCDONNELL	m	MV 40	SOUTHPORT	0	0	0	0	0	0	858	923	1781
258	Paul Holmes	m	MV 40		857	0	0	0	0	0	0	922	1779
259	Paul Bretherton	m	MV 50		918	861	0	0	0	0	0	0	1779
260	Steven Rutter	m			912	863	0	0	0	0	0	0	1775
261	Chris Ridgers	m			866	903	0	0	0	0	0	0	1769
262	Andrew Carmichael	m	MV 40		0	852	913	0	0	0	0	0	1765
263	Simon Brady	m	MV 40		838	925	0	0	0	0	0	0	1763
264	Caroline Smith	f	FV 40		0	0	0	0	901	0	861	0	1762
265	Jason Linnane	m	MV 40	Billinge Running Club	0	0	824	0	0	934	0	0	1758
266	Craig Armitage	m		Not affiliated	879	876	0	0	0	0	0	0	1755
267	Callum Hodgson	m			896	858	0	0	0	0	0	0	1754
268	JONATHAN LILLIOTT	m	MV 60		0	0	902	0	0	0	851	0	1753
269	Jo Houghton	f	FV 50	Prestwich AC	0	586	0	0	0	692	473	0	1751
270	David Battersby	m	MV 50		487	0	0	797	0	734	527	0	1748
271	Owen Lewis	m	MV 40		0	850	0	0	0	896	0	0	1746
272	Paul Phillips	m	MV 50		0	0	0	0	0	0	802	941	1743
273	Adrian Cross	m	MV 40		0	842	0	0	0	0	0	901	1743
274	Salvatore Genovese	m	MV 50		880	0	0	0	859	0	0	0	1739
275	Joanne Andrews	f	FV 50		0	836	895	0	0	0	0	0	1731
276	Gillian Bell	f	FV 40	Tynedale Harriers	0	0	0	0	0	0	821	904	1725
277	Lucy Allaby	f			0	856	0	0	861	0	0	0	1717
278	Simon Williams	m	MV 50		0	873	844	944	0	0	0	0	1717
279	Rachel Dimelow	f			0	874	0	0	0	841	0	0	1715
280	Richard Pennock	m	MV 50		0	0	0	0	877	0	835	0	1712
281	Sarah Baird	f			494	578	0	0	0	0	0	630	1702
282	Kelvin Dickinson	m	MV 50	Wirral AC	0	0	0	0	0	0	799	900	1699
283	Caroline Hall	f	FV 50	Wirral AC	0	0	0	0	0	0	800	899	1699
284	Charlie TOSE	m	U25		860	839	0	0	0	0	0	0	1699
285	Paul Dye	m	MV 50	St Bees Triers	832	0	0	0	866	0	0	0	1698
286	Simon Cowling	m	MV 40		0	794	0	0	0	0	0	903	1697
287	Steve Tinniswood	m	MV 50		802	0	0	0	0	895	0	0	1697
288	Joanne Clarke	f	FV 50	Warrington Running Club	504	0	0	0	0	0	523	666	1693
289	Jonathan Tose	m	MV 50		859	834	0	0	0	0	0	0	1693
290	Matt Herd	m	MV 40	Lone Wolf	0	781	0	0	0	0	0	910	1691
291	Mark Gould	m	MV 40		0	0	0	0	0	0	702	988	1690
292	David Morrell	m			0	0	0	0	0	0	778	911	1689
293	David Connolly	m	MV 50		818	0	0	0	0	0	871	0	1689
294	Kelly Temple	f	FV 40	York Knivesmire Harriers	0	0	0	0	809	878	0	0	1687
295	John Waring	m			0	0	0	0	0	0	795	890	1685
296	Russell Openshaw	m	MV 40		0	0	897	0	0	0	788	0	1685
297	Tom Wright	m	MV 40		835	849	0	0	0	0	0	0	1684
298	Louise Chicken	f	FV 50	Tynedale Harriers	0	819	0	0	0	0	0	860	1679
299	Ian Thompson	m	MV 50		0	816	0	0	0	863	0	0	1679
300	Andrew Mcgregor	m	MV 40		0	0	0	0	0	0	782	894	1676

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
301	Lee Latham	m	MV 40	Victoria Park Running Club	0	0	0	948	817	859	0	0	1676
302	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	875	0	0	0	793	0	0	1668
303	rikki hammond	f	FV 50	Stainland Lions	0	0	0	0	0	847	819	0	1666
304	Tim Ellams	m	MV 40		827	838	0	0	0	0	0	0	1665
305	Ian Croft	m	MV 50	Red Rose Road Runners	0	0	0	0	0	0	870	788	1658
306	Anthony Blight	m	MV 50	Blackpool wyre and fylde	816	0	0	0	0	0	0	842	1658
307	Sarah Adams	f	FV 40		0	0	0	0	0	821	0	836	1657
308	Rosie Clegg	f	FV 40	Smiley Paces	804	0	0	0	853	0	0	0	1657
309	Andrea Howarth	f		Penwortham Panthers	0	0	853	0	804	0	0	0	1657
310	Carl Wild	m	MV 40		0	0	0	941	0	799	0	857	1656
311	Cathleen Casterton	f			0	766	0	0	890	0	0	0	1656
312	Samantha Catarelli	f			0	830	0	0	824	0	0	0	1654
313	Allen Smith	m	MV 60	Buckley RR	747	0	0	0	0	902	0	0	1649
314	Ceri Nicholas	f	FV 50	Buckley RR	748	0	0	0	0	901	0	0	1649
315	Liz Thompson	f	FV 50		0	785	0	0	0	864	0	0	1649
316	Arron Cook	m			826	0	0	0	0	0	822	0	1648
317	Maureen Laney	f	FV 60	Unattached	850	0	0	0	0	0	798	0	1648
318	Don Oldcorn	m	MV 50		0	0	0	0	0	0	768	879	1647
319	Marisa Wray	f	FV 50		0	786	0	947	0	861	0	0	1647
320	David Wimpenny	m			822	825	0	0	0	0	0	0	1647
321	Tony Davies	m	MV 50	Eryri Harriers	708	0	937	0	0	0	0	0	1645
322	Liz Handford	f	FV 50		0	0	882	0	0	0	762	0	1644
323	Bronwen Ray	f	FV 50	Smiley Paces	792	0	0	0	852	0	0	0	1644
324	Dave Brisco	m	MV 50	St. Helens Striders	0	0	794	0	0	848	0	0	1642
325	Andrea Abbas	f	FV 50		0	0	862	0	0	0	766	0	1628
326	Ully Kritzler	m	MV 50	Lancaster and Morecambe Athletics Club	0	0	0	0	0	0	756	871	1627
327	Nicholas Schaffer	m	MV 60	Millom Striders	796	0	830	0	0	0	0	0	1626
328	Theo Schenk	m			0	727	0	0	0	0	895	0	1622
329	Jo Rolls	f	FV 40	Keswick AC	0	0	0	0	0	0	737	883	1620
330	Debbie Torr	f	FV 40		0	792	0	0	0	822	0	0	1614
331	Bryn Wilson	m			0	0	0	0	0	0	875	736	1611
332	Leonie Bell	f	FV 40		0	746	0	0	0	0	0	865	1611
333	Harry Borman	m			752	859	0	0	0	0	0	0	1611
334	Neil Hawkes	m	MV 50		0	745	0	0	0	0	0	864	1609
335	Ian Henry	m			793	0	0	0	0	0	816	0	1609
336	Andrea Donaldson	f	FV 40	St Bees Triers	746	0	0	0	863	0	0	0	1609
337	Rob Bennion	m	MV 50		770	0	0	0	839	0	0	0	1609
338	Julie Cook	f	FV 50	Tynedale Harriers	0	0	0	0	0	0	726	882	1608
339	Michael Curry	m	MV 40		713	0	0	0	892	0	0	0	1605
340	Rebecca Byrne	f		St Bees Trier	806	0	0	0	0	0	794	0	1600
341	Dougie Burke	m	U25		0	0	0	0	0	845	755	0	1600
342	Laura Kirkham	f	FV 40	Riversway Road Runners	820	779	0	0	0	0	0	0	1599
343	Ann-Marie Tulloch	f	FV 40		861	738	0	0	0	0	0	0	1599
344	Neil Venables	m	MV 60		778	0	0	0	0	818	0	0	1596

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
345	Viv Sherry	f			0	0	823	0	0	771	0	0	1594
346	Peter Mylett	m	MV 40	Wirral Vikings Trc	0	0	0	0	0	0	747	844	1591
347	Nicola Connal	f			749	0	0	0	0	834	0	0	1583
348	Jo Colvin	f	FV 40		794	0	0	0	0	789	0	0	1583
349	Antony Crabbe	m	MV 50	None	0	0	0	0	0	784	0	798	1582
350	Nikki Kitts	f		Kirkby Milers AC	0	734	848	0	0	0	0	0	1582
351	Andrew Devitt	m	MV 50	Knowle & Dorrridge Running Club	716	865	0	0	0	0	0	0	1581
352	Shaneen Platten	f	FV 40	City of Hull AC	0	0	0	0	0	0	748	830	1578
353	James Morris	m	MV 40	Keswick AC	615	0	0	0	0	0	0	954	1569
354	Ian Wilson	m	MV 50	Helm Hill	765	804	0	0	0	0	0	0	1569
355	Michelle Farnhill	f			0	0	0	0	0	0	731	837	1568
356	John Deakin	m	MV 40		0	716	0	0	0	0	0	850	1566
357	Louisa Porter	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	757	0	807	1564
358	Mike Swift	m	MV 60		0	0	0	0	754	0	0	806	1560
359	Paul Hodgkin	m	MV 40		768	0	0	0	791	0	0	0	1559
360	Helen Milner	f	FV 50	Tewkesbury Tri Club	0	0	0	0	0	0	710	841	1551
361	Anthony Finn	m	MV 60		0	0	0	0	0	0	716	835	1551
362	Elizabete Carmo-silva	f	FV 40		704	0	0	0	846	0	0	0	1550
363	Adrian Kamis	m	MV 60	East Hull Harriers	0	0	0	0	0	0	579	970	1549
364	Doug Orr	m			703	0	0	0	845	0	0	0	1548
365	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	712	0	0	0	836	0	0	1548
366	Lesley Goodson	f	FV 50	North Wales Road Runners Club	709	0	839	0	0	0	0	0	1548
367	Joanna Ledson	f			0	829	0	0	0	0	718	0	1547
368	Anthony Wilkinson	m	MV 60		724	0	0	0	0	820	0	0	1544
369	Andy Hayes	m	MV 50		0	0	815	0	0	729	0	0	1544
370	Kevin Gibbons	m	MV 60		672	0	870	0	0	0	0	0	1542
371	Wolfgang Altenau	m	MV 70		0	0	0	0	765	775	0	0	1540
372	Gillian Holland-Jones	f	FV 60	Styal Running Club	0	798	0	0	0	0	739	0	1537
373	Nick Helliwell	m	MV 50		0	756	0	0	779	0	0	0	1535
374	Sam Davis	m			701	0	0	0	833	0	0	0	1534
375	Polly Gould	f			0	0	0	0	0	0	701	823	1524
376	Angela Thompson	f	FV 50	Victoria Park Running Club	751	0	0	0	0	0	0	773	1524
377	Amy Derbyshire	f			0	0	0	0	0	738	0	783	1521
378	Thomas Walker	m		Team Sixteen	0	0	0	830	755	764	0	0	1519
379	Kate Morley	f			766	752	0	0	0	0	0	0	1518
380	Daniel Maltman	m	MV 40		653	0	857	0	0	0	0	0	1510
381	Nick Pape	m	MV 50	Hermitage Harriers	0	0	0	0	0	0	691	818	1509
382	Matt Carter	m	MV 50		0	0	0	0	0	0	707	802	1509
383	Chris Green	m	MV 50		0	0	0	0	0	0	692	817	1509
384	Andrew Wright	m	MV 40		0	0	0	0	0	0	697	812	1509
385	Vish Parekh	m	MV 40		0	0	772	0	736	0	0	0	1508
386	Nigel Dean	m	MV 50		0	0	0	0	0	0	696	811	1507
387	Emma Teggart	f	FV 40	Lonely goat	0	0	742	0	0	763	0	0	1505
388	Charlotte Pennock	f		ARC	0	0	743	0	0	762	0	0	1505

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
389	Linda Gant	f	FV 60		0	0	785	0	0	717	0	0	1502
390	Louise Lashley	f	FV 50		680	0	0	931	0	819	0	0	1499
391	Charlie Shaw	f	U25		0	0	0	0	0	0	662	833	1495
392	Andrew Sherif	m	MV 40		0	0	0	0	0	0	661	834	1495
393	Richard Purdy	m	MV 40		0	0	827	0	654	0	0	0	1481
394	Tom Lawson	m	MV 40	Netherhall AC	0	0	0	0	762	0	713	0	1475
395	Christina Loveridge	f	FV 40	Bbrc	0	0	0	0	0	0	679	792	1471
396	Val Houghton	f	FV 60		0	678	0	0	0	790	0	0	1468
397	Myfanwy Taylor	f	FV 60	In2Wild	0	677	0	0	0	788	0	0	1465
398	Rich Roberts	m	MV 50	N/a	743	721	0	0	0	0	0	0	1464
399	Rachel Gray	f			0	0	0	0	802	0	655	0	1457
400	Ben Cheetham	m			0	0	0	0	0	0	674	778	1452
401	Timothy Knowles	m	MV 50	None	682	769	0	918	0	0	0	0	1451
402	David Coates	m	MV 60	Alnwick Harriers	0	0	706	0	744	0	0	0	1450
403	Alicia Croft	f	FV 50	Red Rose Road Runners	0	0	0	0	0	0	647	789	1436
404	Lisa Harrop	f	FV 50		0	0	0	0	0	0	603	832	1435
405	Helen Lapping	f	FV 50	261 Fearless Lune Valley	0	0	700	0	0	0	0	734	1434
406	Austin Heath	m	MV 50	N/A	0	0	806	0	0	0	627	0	1433
407	Stephanie Phillips	f		Parbold Pink Panthers	0	0	0	0	0	772	658	0	1430
408	Rosie Egan	f	FV 50	Cheshire Hash House Harriers	0	0	0	863	0	0	659	770	1429
409	Robert Terry	m	MV 50	Belper Harriers	0	0	0	0	0	0	656	771	1427
410	David Smith	m	MV 60		0	685	0	0	0	741	0	0	1426
411	David Pattison	m	MV 50		534	0	0	0	886	0	0	0	1420
412	Alan Robinson	m	MV 60	Cmf	0	628	0	0	0	787	0	0	1415
413	Jeremy Stolberg	m	MV 60		0	629	0	0	0	786	0	0	1415
414	David Rand	m	MV 40	Penny Lane Striders	0	683	0	0	0	732	0	0	1415
415	Jonathan Ford	m	MV 40	Penwortham Panthers	0	0	759	0	656	0	0	0	1415
416	su hall	f	FV 40		668	747	0	0	0	0	0	0	1415
417	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	0	0	0	0	743	0	671	0	1414
418	Eleanor Akers	f			679	0	0	0	735	0	0	0	1414
419	Emma Bartlett	f	FV 40		0	0	0	0	0	0	628	785	1413
420	Victoria Pearman	f		Allithwaite Running Club	0	0	0	0	0	0	595	810	1405
421	Laura Tracey	f			0	0	0	0	0	0	572	831	1403
422	Peter Burlingham	m	MV 40		0	0	732	0	671	0	0	0	1403
423	Jen Powley	f	FV 40		663	739	0	0	0	0	0	0	1402
424	Helen Hollingworth	f			0	0	0	812	0	0	620	777	1397
425	Jane Mellor	f	FV 40		689	705	0	0	0	0	0	0	1394
426	Helen Jones	f	FV 40		657	0	0	0	734	0	0	0	1391
427	Laura Wilson-bell	f			631	0	0	0	756	0	0	0	1387
428	Robert Mundy	m	MV 70		0	0	0	0	674	0	0	712	1386
429	Jayne Dore	f	FV 50		0	597	0	0	0	0	0	786	1383
430	Paul Lee	m	MV 50	Relentless OCR	0	0	0	0	0	0	634	745	1379
431	Joanne Morris	f	FV 40		616	762	0	0	0	0	0	0	1378
432	Chris Whitby	m	MV 50	Cumberland Ac	636	741	0	0	0	0	0	0	1377

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
477	Cat Mchugh	f	FV 40		609	659	0	0	0	0	0	0	1268
478	Amy Page	f	FV 40		0	0	0	0	0	0	561	705	1266
479	Sue Cullum	f	FV 60		0	0	0	0	0	0	590	672	1262
480	Michael Moss	m	MV 50		0	0	0	0	0	0	543	718	1261
481	Ros Southwood	f	FV 40		0	0	0	0	0	0	559	701	1260
482	Hannah White	f			0	0	0	0	0	0	558	700	1258
483	Yvonne Bland	f	FV 60		0	0	0	0	0	0	546	709	1255
484	Stephanie Bairet	f	FV 40		0	0	0	0	692	0	554	0	1246
485	Clare Riley	f	FV 50	Sunnywood Ladies on tour	0	0	0	0	0	0	520	723	1243
486	David Goodyear	m	MV 50	Eccleshill Road Runners	0	0	0	0	711	0	530	0	1241
487	Lisa Whetter	f	FV 40		0	0	0	0	693	0	545	0	1238
488	Shaun Mccullough	m	MV 50		526	0	0	0	0	0	0	699	1225
489	Heidi Atkins	f	FV 50	Tri Preston	525	0	0	0	0	0	0	698	1223
490	Heather Brown	f	FV 40		582	627	0	0	0	0	0	0	1209
491	Nick Whitehead	m	MV 60	Alton Runners	0	0	0	0	0	0	533	675	1208
492	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	585	0	0	0	0	0	619	1204
493	Libby Ralph	f	FV 60		0	0	0	0	0	0	537	661	1198
494	Tony Seddon	m	MV 50		0	0	710	0	0	0	486	0	1196
495	Julie Brega	f	FV 60		549	647	0	0	0	0	0	0	1196
496	Ian Maddrell	m	MV 40	Atherton Running Club	528	0	0	0	663	0	0	0	1191
497	Jane Marshall	f	FV 50	York Acorn Running Club	482	0	708	0	0	0	0	0	1190
498	Andrew Clarke	m	MV 50	Warrington Running Club	0	0	0	0	0	0	522	667	1189
499	Ursula Collie	f	FV 60		0	0	701	0	0	0	478	0	1179
500	Jo Oliver	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	544	634	1178
501	Jennie Davies	f	FV 70	Women On The Run	0	0	0	0	651	0	526	0	1177
502	Andy Ralph	m	MV 60		0	0	0	0	0	0	515	660	1175
503	Jo Critchley	f	FV 50	Sunnywood ladies on tour	0	0	0	0	0	0	539	635	1174
504	Jane Grantham	f	FV 40	Sunnywood on Tour	0	0	0	0	0	0	502	668	1170
505	John Wilks	m	MV 50	Tri Lakeland	554	615	0	0	0	0	0	0	1169
506	Emma Atherton	f	FV 40		555	614	0	0	0	0	0	0	1169
507	Louise Roberts	f	FV 50	Border Reiver Runners	629	0	0	834	0	0	532	0	1161
508	Catherine Wernham	f	FV 60	Farnham Runners	0	0	0	0	0	0	510	642	1152
509	Jane Ambler	f			491	0	0	0	0	0	0	659	1150
510	Shirley Perrett	f	FV 60	Farnham runners	0	0	0	0	0	0	508	641	1149
511	Debbie Whitehead	f	FV 60	Alton Runners	0	0	0	0	0	0	509	640	1149
512	Viridiana Sica	f	FV 50		490	0	0	0	0	0	0	658	1148
513	Stephanie Egleston	f	FV 60	Telford A/C	0	0	0	0	0	0	517	628	1145
514	Cath Dyson	f	FV 40	West Hull Ladies	0	0	0	0	0	0	507	637	1144
515	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	473	0	0	0	0	0	0	671	1144
516	Caitlin Stokes	f	U25		0	0	0	0	639	0	504	0	1143
517	Chris Harbord	m	MV 70	Great Yarmouth RR & Bungay Black Dog	457	0	0	0	0	686	0	0	1143
518	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	577	0	0	0	0	0	563	0	1140
519	Paul Wilson	m	MV 50	Yorkshire wolds runners	576	0	0	0	0	0	562	0	1138
520	Amy Butler	f			518	619	0	0	0	0	0	0	1137

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
521	Julia Thornley	f	FV 50		0	0	0	0	0	0	503	633	1136
522	Phil Owen	m	MV 50	Fetcheveryone	0	0	0	0	0	0	484	649	1133
523	Laura Aiken	f		Sunnywood girls on tour	0	0	0	0	0	0	501	631	1132
524	Anneke Hackenbroich	f	FV 40		493	634	0	0	0	0	0	0	1127
525	Catherine Broome	f	FV 60	Achille Ratti	562	0	0	0	0	0	550	0	1112
526	Dave Cope	m	MV 70		496	607	0	0	0	0	0	0	1103
527	Tony Boyle	m	MV 40		0	601	0	0	0	0	495	0	1096
528	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	479	615	1094
529	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	480	614	1094
530	Elizabeth Gartshore	f	FV 60	Pensby Runners	0	0	0	0	625	0	465	0	1090
531	Austin Trelfa	m	MV 60	Red Rose Road Runners	479	0	0	0	0	0	593	0	1072
532	Lisa Riley	f	FV 40	Sunnywood Ladies	0	0	0	0	0	0	470	601	1071
533	Lucy Peart	f	FV 50		489	577	0	0	0	0	0	0	1066
534	Viv Samuelson	f	FV 40		0	0	0	0	0	0	467	598	1065
535	Gillian Kelly	f	FV 40		463	580	0	0	0	0	0	0	1043
536	James Largey	m		North East Project	0	0	1000	0	0	0	0	0	1000
537	Laurence Hill	m			0	0	0	0	0	0	0	999	999
538	Daniel Thacker	m			0	0	0	0	999	0	0	0	999
539	Spencer Shaw	m	U25		999	0	0	0	0	0	0	0	999
540	Russell Maddams	m	MV 40	Keswick Ac	0	999	0	0	0	0	0	0	999
541	Felix Barker	m		Ambleside AC	0	0	999	0	0	0	0	0	999
542	Will Barton	m			0	0	0	0	998	0	0	0	998
543	Mariusz Miśkiewicz	m	MV 40	STAŃCZAK TEAM	0	0	998	0	0	0	0	0	998
544	James Egleston	m		inov-8	998	0	0	0	0	0	0	0	998
545	Damian Hall	m	MV 40	Team inov-8	0	0	0	0	0	0	0	997	997
546	Alex Whittem	m	MV 40	Calder Valley Fell Runners	0	0	0	0	0	997	0	0	997
547	Jordan Scott	m		Morpeth Harriers	997	0	0	0	0	0	0	0	997
548	Chris Upson	m	MV 60	Cambuslang Harriers	0	0	0	0	0	0	996	0	996
549	John Shanks	m		Valley Striders	0	0	0	0	996	0	0	0	996
550	Craig Marchington	m		Macclesfield Harriers	0	0	0	0	0	996	0	0	996
551	Joe Moore	m		Bowland Fell Runners	0	996	0	0	0	0	0	0	996
552	Jacob Allen	m			0	0	996	0	0	0	0	0	996
553	Dan Bell	m			0	0	0	0	0	0	0	995	995
554	Tom Nicholson	m		Border Reivers Runners	0	0	0	0	0	995	0	0	995
555	Jack Coy	m			0	995	0	0	0	0	0	0	995
556	Andrew Hickman	m	MV 40		0	0	995	0	0	0	0	0	995
557	Karl Hodgson	m		Red Rose Road Runners	0	0	0	0	994	0	0	0	994
558	Ben Swarbrick	m			994	0	0	0	0	0	0	0	994
559	Gavin McCluskie	m		Clyde Mountaineering Club	0	0	0	0	993	0	0	0	993
560	Alistair Shuttleworth	m	MV 50		0	0	0	0	0	993	0	0	993
561	Lindsey Brindle	f	FV 40	Team Inov-8	0	0	993	0	0	0	0	0	993
562	Chris Bennett	m	U25		0	0	0	0	0	0	0	992	992
563	Nick Hayes	m	MV 40		0	0	992	0	0	0	0	0	992
564	Sam Carr	m	U25	Billinge Running Club	0	0	0	0	991	0	0	0	991

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
609	Philip Cornforth	m	MV 50	Knarborough Striders	0	0	0	0	0	0	0	981	981
610	Adam Gibson	m			0	0	0	0	0	0	981	0	981
611	Richard Stirzaker	m		Rochdale Harriers & Ac	0	0	0	0	981	0	0	0	981
612	Chris Mann	m			0	0	0	0	0	981	0	0	981
613	Will Smith	m	MV 40	Halifax Harriers	981	0	0	0	0	0	0	0	981
614	Lucy Rawlinson	f		Leigh Harriers	0	0	981	0	0	0	0	0	981
615	John Kirby	m		Derwent Vally Running Club	0	0	0	0	0	0	0	980	980
616	Alec Graham	m			0	0	0	0	0	0	980	0	980
617	Philip Mallaband	m	MV 40	Vegan Runners	0	0	980	0	0	0	0	0	980
618	Nigel Hartley	m	MV 50	Ramsbottom Running Club	0	980	0	0	0	0	0	0	980
619	Chris Miles	m		Sale Harriers	980	0	0	0	0	0	0	0	980
620	Matthew Smith	m			0	0	0	0	0	0	0	979	979
621	David Cleaver	m			0	0	0	0	0	0	979	0	979
622	Michael McKean	m		Dumfries Running Club	0	0	0	0	979	0	0	0	979
623	Kevin Metcalfe	m	MV 40		0	0	0	0	0	979	0	0	979
624	Daniel Bailey	m		Manchester YMCA Harriers	0	979	0	0	0	0	0	0	979
625	Harry Vaneris	m	MV 40		0	0	0	0	0	0	0	978	978
626	Simon Daniels	m	MV 50	Gosforth Harriers & Ac	0	0	0	0	978	0	0	0	978
627	Tom Booth	m		Dynafit	978	0	0	0	0	0	0	0	978
628	Paul Edwards	m		Lostock AC	0	0	978	0	0	0	0	0	978
629	Philip Sellar	m		Mornington Chasers	0	0	0	0	0	0	977	0	977
630	Sarah Shanks	f	FV 40	Valley Striders	0	0	0	0	977	0	0	0	977
631	Neil Stephenson	m	MV 40		0	0	0	0	0	977	0	0	977
632	Joseph Hayes	m		Manchester YMCA Harriers	0	977	0	0	0	0	0	0	977
633	Dan Saunders	m	MV 40	Team Otter	0	0	977	0	0	0	0	0	977
634	Nathan French	m		Cheshire Hash House Harriers	0	0	0	0	0	0	976	0	976
635	Grant Marcus	m	MV 40		0	0	0	0	976	0	0	0	976
636	Emma Neil	f			0	976	0	0	0	0	0	0	976
637	Benjamin Pippard	m			976	0	0	0	0	0	0	0	976
638	Maciej Kowalski	m	MV 40		0	0	0	0	0	0	975	0	975
639	Charlotte Jones	f			0	0	0	0	0	0	0	975	975
640	Sean Rickard	m		Allithwaite Running Club	0	0	0	0	0	975	0	0	975
641	Tom Sutton	m	MV 40		0	975	0	0	0	0	0	0	975
642	Millie Hindle	f	U25		975	0	0	0	0	0	0	0	975
643	Peter Fairclough	m		Rainford RRAMS	0	0	0	0	974	0	0	0	974
644	Martyn Robinson	m	MV 50	Bats	0	0	974	0	0	0	0	0	974
645	John Lafferty	m			0	0	0	0	0	0	0	973	973
646	Rachael Fairclough	f		St Helens Striders	0	0	0	0	973	0	0	0	973
647	David Barras	m			0	0	0	0	0	973	0	0	973
648	Robert bradshaw	m			0	973	0	0	0	0	0	0	973
649	Jack Hinton	m			0	0	973	0	0	0	0	0	973
650	Mike Bloor	m	MV 40		0	0	0	0	972	0	0	0	972
651	Peter Fletcher	m	MV 40	Sale Harriers	972	0	0	0	0	0	0	0	972
652	Tom Mattack	m		Liverpool Pembroke Sefton Harriers AC	0	0	0	0	0	0	971	0	971

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
697	Ross Garwood	m			0	0	0	0	960	0	0	0	960
698	Nuala McDonough	f			0	0	0	0	0	960	0	0	960
699	Aaron Thomas	m			960	0	0	0	0	0	0	0	960
700	Graham Jenkins	m	MV 50	Ribble Valley Runners	0	0	0	0	0	0	0	959	959
701	matthew brimm	m	MV 40	Crook AC	0	0	0	0	959	0	0	0	959
702	Aliki Traianou	f			0	0	0	0	0	959	0	0	959
703	Philip Tomkinson	m		Manchester YMCA Harriers	0	959	0	0	0	0	0	0	959
704	Chris Mcdonald	m	MV 60		959	0	0	0	0	0	0	0	959
705	Michael Pearce	m			0	0	0	0	0	0	0	958	958
706	Aaron Spencer	m		St Bees Triers	0	0	0	0	0	0	958	0	958
707	Graeme Eddie	m	MV 40	Macclesfield Harrier & AC	0	0	0	0	0	958	0	0	958
708	Sally Braithwaite	f	U25	Eden runners	958	0	0	0	0	0	0	0	958
709	Jordan Sladden	m			0	0	0	0	0	0	0	957	957
710	Jack Field	m			0	0	0	0	0	0	957	0	957
711	Michael Hardman	m			0	0	0	0	0	957	0	0	957
712	Marcus Carter-Strutt	m	U25		0	957	0	0	0	0	0	0	957
713	Fergal Leonard	m	MV 40		957	0	0	0	0	0	0	0	957
714	Calum Campbell	m	MV 50	Eden Runners	0	0	957	0	0	0	0	0	957
715	Chris Corless	m	MV 40		0	0	0	990	0	0	956	0	956
716	Ian Williamson	m	MV 50	Chorlton Runners	0	0	0	0	0	0	0	956	956
717	Adam Kramer	m	MV 40		0	0	0	0	956	0	0	0	956
718	Matt Harris	m	MV 40		0	0	956	0	0	0	0	0	956
719	Graeme Dick	m	MV 40		0	956	0	0	0	0	0	0	956
720	Katy Ward	f	FV 40		0	0	0	0	0	0	955	0	955
721	Michael Bean	m			0	0	0	0	955	0	0	0	955
722	Sam Harding	m			0	955	0	0	0	0	0	0	955
723	Laura Vaillant	f			0	0	955	0	0	0	0	0	955
724	Luke Hough	m			0	0	0	0	0	0	954	0	954
725	David Pollitt	m	MV 50	Leigh Harriers	0	0	0	0	0	954	0	0	954
726	Anton Barrow	m			0	954	0	0	0	0	0	0	954
727	Trevor Smith	m	MV 50		0	0	0	0	0	953	0	0	953
728	greg yates	m	MV 40		953	0	0	0	0	0	0	0	953
729	Andrew Mitchinson	m	MV 40	The Otters	0	0	953	0	0	0	0	0	953
730	Jacob Mennell	m			0	0	0	0	0	0	952	0	952
731	Linda Rix	f	FV 50	Manchester Frontrunners	0	0	952	0	0	0	0	0	952
732	Gordon Blunt	m	MV 40	Kendal Hockey Club	0	952	0	0	0	0	0	0	952
733	Rebecca Wren	f		DH Runners	0	0	0	0	0	0	0	951	951
734	Joshua Elliott	m	U25	Meltham ac	0	0	0	965	0	951	0	0	951
735	Kate Moore	f			0	0	0	0	951	0	0	0	951
736	Sam Cooper	m			951	0	0	0	0	0	0	0	951
737	Nicky Sutton	f	FV 40		0	951	0	0	0	0	0	0	951
738	Peter Hood	m	MV 60	Dudley Kingswinford (dk) Running Club	0	0	0	0	0	0	950	0	950
739	Chris Willocks	m			950	0	0	0	0	0	0	0	950
740	Sean OKeefe	m			0	0	0	0	0	0	949	0	949

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
741	Niklas Lindskog	m	MV 50	Bromma Simsällskap	0	0	0	0	0	949	0	0	949
742	Stephanie Dobbing	f		Durham Fell Runners	0	949	0	0	0	0	0	0	949
743	Roberto Raso	m	MV 50	Manchester Frontrunners	0	0	949	0	0	0	0	0	949
744	Tim Gmerek	m	MV 40		0	0	0	0	0	0	948	0	948
745	Max Robertson	m		Wigton Road Runers	0	0	0	0	948	0	0	0	948
746	Jonathan Lindley	m			0	0	0	0	0	948	0	0	948
747	Hannah Hoggren-Johnson	f	FV 40	Sheffield Triathlon Club	0	948	0	0	0	0	0	0	948
748	Daniel Harris	m			0	0	0	0	0	0	947	0	947
749	Chris McKee	m			0	0	0	0	947	0	0	0	947
750	Steven Fairbairn	m	MV 40		947	0	0	0	0	0	0	0	947
751	Finn Donovan	m			0	947	0	0	0	0	0	0	947
752	Jenn Grey	f	FV 40		0	0	0	0	0	0	946	0	946
753	Darren Atkinson	m			0	0	0	0	0	0	0	946	946
754	Christopher Crosbie	m			0	0	0	0	0	946	0	0	946
755	Robbie Zhao	m			0	0	946	0	0	0	0	0	946
756	Andrew Bowler	m		Manchester YMCA Harriers	0	946	0	0	0	0	0	0	946
757	Amy Pickworth	f	FV 40	Darlington harriers	946	0	0	0	0	0	0	0	946
758	Debbie Clark	f		Spey Runners	0	0	0	0	0	0	0	945	945
759	Charlotte Seward	f		Border Harriers	0	0	0	0	0	0	945	0	945
760	Adrian Hadley	m	MV 40		0	0	0	0	945	0	0	0	945
761	Chris Lawrence	f	FV 50		0	945	0	0	0	0	0	0	945
762	Beth Barker	f			0	0	945	0	0	0	0	0	945
763	Ross DICKINSON	m	MV 40	Caat	0	0	0	0	0	0	944	0	944
764	Antony Lee	m	MV 50		0	0	0	0	0	0	0	944	944
765	Rob Fox	m			0	0	0	0	0	944	0	0	944
766	Paul Hart	m	MV 50	Dumfries Running Club	0	0	0	0	944	0	0	0	944
767	William Trewby	m			0	944	0	0	0	0	0	0	944
768	Ross Hold	m			0	0	0	0	0	0	943	0	943
769	Paul Marshall	m		East London Runners	0	0	0	0	0	943	0	0	943
770	Tim Bonham	m			0	943	0	0	0	0	0	0	943
771	Matthew Fielding	m			0	0	943	0	0	0	0	0	943
772	Robert Peacock	m	MV 40	Derwent Valley RC	0	0	0	0	0	0	0	942	942
773	Keith Wigley	m		Swaledale Runners	0	0	0	0	0	0	942	0	942
774	Huw Johnson	m	MV 50		0	0	0	0	0	942	0	0	942
775	Alan King	m	MV 60	Stockton Striders	0	942	0	0	0	0	0	0	942
776	Simon Winster	m		Red Rose Road Runners	941	0	0	0	0	0	0	0	941
777	dean white	m	MV 40		0	0	0	0	0	0	940	0	940
778	Sonny Gartside	m			0	0	940	0	0	0	0	0	940
779	Adam Whittaker	m			0	940	0	0	0	0	0	0	940
780	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0	0	0	0	0	939	939
781	Brendan Ashton	m	MV 50		0	0	0	0	0	939	0	0	939
782	Matt Leydon	m	MV 40	Spa Striders	0	0	939	0	0	0	0	0	939
783	Jamie Cryer	m			0	939	0	0	0	0	0	0	939
784	Dino Vernazza	m			0	0	0	0	0	0	938	0	938

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
829	Simone Baddeley	f	FV 40	Inov8	0	0	0	0	927	0	0	0	927
830	Hayley Bond	f	FV 50	Riverside Runners	0	0	0	0	0	927	0	0	927
831	Donna Cartwright	f	FV 40	Radcliffe Ac	0	0	927	0	0	0	0	0	927
832	Mike Butler	m			0	0	0	0	0	0	926	0	926
833	Mark Pickerill	m	MV 60	Eden Runners	0	0	0	0	926	0	0	0	926
834	Jess Kordecki	f			0	0	0	0	0	926	0	0	926
835	Steven Kjar	m	MV 40	Benfleet	0	0	926	0	0	0	0	0	926
836	Matthew Allen	m	MV 40	Valley Striders	0	0	0	0	0	0	0	925	925
837	Joe Clouston	m			0	0	0	0	0	0	925	0	925
838	LEE MCDONOUGH	m	MV 40		0	0	0	0	925	0	0	0	925
839	Steven Marsh	m	MV 60		925	0	0	986	0	0	0	0	925
840	John Marlen-Summers	m	MV 40		0	0	925	0	0	0	0	0	925
841	Caroline D'arcy	f	FV 50		0	0	0	0	0	0	0	924	924
842	Adam Dodsworth	m			0	0	0	0	0	0	924	0	924
843	Michael Smith	m			0	0	0	0	924	0	0	0	924
844	Sebastien Carter	m			924	0	0	0	0	0	0	0	924
845	Steven Leith	m			0	923	0	0	0	0	0	0	923
846	Mike Hopkins	m	MV 60		923	0	0	0	0	0	0	0	923
847	Ben Taylor	m	U21		0	0	0	0	0	0	922	0	922
848	Kevin Duncan	m	MV 40		0	0	0	0	922	0	0	0	922
849	Michael Gibbons	m			0	0	922	0	0	0	0	0	922
850	Jamie Gilson	m			0	0	0	0	0	0	0	921	921
851	George Wrona	m			0	0	0	0	0	0	921	0	921
852	Ruth Denham-Brown	f			921	0	0	0	0	0	0	0	921
853	Pieter Drijfhout	m	U25		0	0	921	0	0	0	0	0	921
854	Michael Treece-birch	m	MV 40		0	0	0	0	0	920	0	0	920
855	Zachary Hopkins	m			920	0	0	0	0	0	0	0	920
856	Edward Scott	m			0	920	0	0	0	0	0	0	920
857	Sophie Leadbetter	f			0	0	0	0	919	0	0	0	919
858	Christopher Wild	m			919	0	0	0	0	0	0	0	919
859	Amanda Bradbury	f	FV 40	Wilmslow Running Club	0	919	0	0	0	0	0	0	919
860	Brenda Rutter	f	FV 60		0	0	0	0	0	0	0	918	918
861	Jack Wilson	m			0	0	918	969	0	0	0	0	918
862	Melanie Phair	f			0	0	0	0	0	0	917	0	917
863	Fay Tuffen	f	FV 50		0	0	0	0	0	0	0	917	917
864	Caitlin Burke	f		Hyde Park Harriers	0	0	0	0	0	917	0	0	917
865	Jon Green	m	MV 50		0	917	0	0	0	0	0	0	917
866	James Harrison	m			917	0	0	0	0	0	0	0	917
867	John Paul Smith	m	MV 60		0	0	0	0	0	916	0	0	916
868	Mark Baker	m	MV 50	None	0	916	0	0	0	0	0	0	916
869	Jeffrey Counce	m	MV 40		0	0	0	0	0	0	915	0	915
870	Emily Rowe	f	FV 40		0	0	0	0	0	0	0	915	915
871	Mike Hitchen	m	MV 50		0	0	0	0	0	915	0	0	915
872	Billy Boland	m			0	0	915	0	0	0	0	0	915

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
873	Phil Hamilton	m	MV 50	Wigan Harriers	0	0	0	0	0	0	914	0	914
874	Jonathan Prager	m	MV 50		0	0	0	0	0	0	0	914	914
875	Ian Jones	m	MV 50		0	0	0	0	0	914	0	0	914
876	Marjoiljn Spoorenberg	f			914	0	0	0	0	0	0	0	914
877	David Holliday	m	MV 50	DCH Run Club	0	0	0	0	913	0	0	0	913
878	Alex Thompson	m			0	913	0	0	0	0	0	0	913
879	Mark Sarjant	m	MV 50	Ambleside AC	0	0	0	0	0	912	0	0	912
880	Daniel Towers	m	MV 40		0	912	0	0	0	0	0	0	912
881	Martin Armstrong	m			0	0	0	0	0	0	911	0	911
882	Clara Shepherd	f			0	0	911	0	0	0	0	0	911
883	Antony Beynon	m	MV 40		0	0	0	0	0	0	910	0	910
884	Michael Smith	m	MV 50	Lymm Runners	0	0	0	0	0	910	0	0	910
885	Rebecca Rose	f	FV 40		910	0	0	0	0	0	0	0	910
886	Jessica Gulland	f			0	910	0	0	0	0	0	0	910
887	Stephen Pope	m			0	0	0	0	0	0	909	0	909
888	Adam Hiles	m			0	0	0	0	0	0	0	909	909
889	Nick De Jesus	m	MV 40		0	909	0	0	0	0	0	0	909
890	Laura Davies	f			0	0	909	0	0	0	0	0	909
891	fiona mashiter	f	FV 50	Ulverston Tri Club	0	0	0	0	0	0	0	908	908
892	Paul Brugier-Foster	m	MV 50		0	0	908	0	0	0	0	0	908
893	Ivor Stirling	m	U25		908	0	0	0	0	0	0	0	908
894	Patrick Mennell	m	U25		0	0	0	0	0	0	907	0	907
895	Suzy Overton	f	FV 40	Lindley Running Club	0	0	0	0	0	907	0	0	907
896	Louise Roberts	f	FV 40		0	0	0	0	907	0	0	0	907
897	Andrew Nuttall	m			907	0	0	0	0	0	0	0	907
898	Christiana Dowds	f			0	0	0	0	0	0	0	906	906
899	Chris Armitage	m			0	0	0	0	0	0	906	0	906
900	Harry Lomas	m	U25		0	0	0	0	0	906	0	0	906
901	Michael Szczygiel	m	MV 40		0	906	0	0	0	0	0	0	906
902	Karl Bescoby	m	MV 50	Chorlton Runners	906	0	0	0	0	0	0	0	906
903	Chris Pilkington	m		BookofPilx	0	0	906	0	0	0	0	0	906
904	Gina Howorth	f	FV 40		0	0	0	0	0	0	905	0	905
905	Trudy Coyle	f	FV 50		0	0	0	0	905	0	0	0	905
906	Benjamin Wright	m	MV 40		905	0	0	0	0	0	0	0	905
907	David Temple	m			0	0	0	0	0	0	904	0	904
908	Matthew Shepherd	m			0	0	0	0	0	904	0	0	904
909	Helen Spalton	f			0	0	0	0	904	0	0	0	904
910	Rob Dartnell	m	MV 50	Dorking and Mole Valley AC	904	0	0	0	0	0	0	0	904
911	Amy Brookes	f			0	0	904	0	0	0	0	0	904
912	Philippa Gibbons	f	U25		0	0	0	0	0	0	903	0	903
913	Katie Oxley	f			0	0	0	0	0	903	0	0	903
914	Ruth Delahunty	f			0	0	903	0	0	0	0	0	903
915	Stuart Taylor	m	MV 50		0	0	0	0	0	0	902	0	902
916	Chris Blackburn	m	MV 40		0	902	0	0	0	0	0	0	902

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
917	Chris Birkett	m	MV 40		0	0	0	0	0	0	901	0	901
918	Andy Carpenter	m	MV 60		0	0	0	0	0	900	0	0	900
919	Christopher Prickett	m			900	0	0	0	0	0	0	0	900
920	Rachel Hollins	f	FV 40	Chester Tri Club	0	0	0	0	0	0	899	0	899
921	Susanne Enhard	f	FV 50		0	0	0	0	899	0	0	0	899
922	Kevin Tomlinson	m	MV 60	Milltown Milers	0	899	0	0	0	0	0	0	899
923	John Belfrage	m	MV 40		0	0	899	0	0	0	0	0	899
924	George Atherton	m			0	0	0	0	0	0	898	0	898
925	Scott Liddell	m	MV 60		0	898	0	0	0	0	0	0	898
926	Joe Duncalf	m			898	0	0	0	0	0	0	0	898
927	Laura Parkin	f	FV 40	Didsbury Runners	0	0	0	0	0	0	0	897	897
928	Riad Arfin	m			0	0	0	0	0	897	0	0	897
929	Barry O'brien	m	MV 50		0	0	0	0	897	0	0	0	897
930	Melanie Williamson	f	FV 40	Chorlton Runners	897	0	0	0	0	0	0	0	897
931	Adrian Spencer	m	MV 50	Barrow Runners	0	897	0	0	0	0	0	0	897
932	Kieran Ridley	m			0	0	0	0	0	0	0	896	896
933	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	0	0	0	0	896	0	896
934	Owen Jones	m	MV 40	The Otters	0	0	896	0	0	0	0	0	896
935	Louise Male	f	FV 40	Barrow Runners	0	896	0	0	0	0	0	0	896
936	Natasha Powell	f		Derwent valley running club	0	0	0	0	0	0	0	895	895
937	Chris Shotton	m	MV 60		0	0	0	0	895	0	0	0	895
938	Tim Selves	m	MV 50		895	0	0	0	0	0	0	0	895
939	Michael Flintoff	m	U25		0	895	0	0	0	0	0	0	895
940	Eleanor Jane Palmer	f			0	0	0	0	0	0	894	0	894
941	Jack Mckenzie	m	U21		0	0	0	0	894	0	0	0	894
942	Sam Jones	f	FV 40	Penwortham Panthers	0	0	894	0	0	0	0	0	894
943	Liam WARD	m			0	894	0	0	0	0	0	0	894
944	Aileen Gibson	f	FV 40		894	0	0	0	0	0	0	0	894
945	Stephen Dyson	m			0	0	0	0	0	0	893	0	893
946	Stephen Houghton	m	MV 50	Trail & Ale	0	0	0	0	893	0	0	0	893
947	Liam Healy	m			0	0	0	0	0	893	0	0	893
948	Thomas Smith	m			0	893	0	0	0	0	0	0	893
949	Helen Young	f	FV 40	York Knavesmire Harriers	0	0	893	0	0	0	0	0	893
950	David Oxtoby	m	MV 50	Kenilworth Runners	893	0	0	0	0	0	0	0	893
951	Kevin Fox	m	MV 50		0	0	0	0	0	892	0	0	892
952	Philip Pasco	m			892	0	0	0	0	0	0	0	892
953	Kieran Smallbone	m	MV 40	Goyt Valley Striders	0	0	892	0	0	0	0	0	892
954	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	0	0	0	0	0	0	891	0	891
955	Phil Horner	m	MV 50	Garstang RC	0	0	0	0	0	891	0	0	891
956	Simeon Griggs	m			0	0	0	0	0	0	890	0	890
957	Tessa Young	f			0	890	0	0	0	0	0	0	890
958	Si Stevenson	m	MV 40		0	0	890	0	0	0	0	0	890
959	John Findlay	m	MV 50		0	0	0	0	0	0	889	0	889
960	Nigel Wolstenholme	m	MV 40		0	0	0	0	889	0	0	0	889

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
961	Jonathan Vose	m	MV 40		0	0	0	0	0	889	0	0	889
962	Matt Brash	m			889	0	0	0	0	0	0	0	889
963	David Nolan	m		Low Fell Running Club	0	0	889	0	0	0	0	0	889
964	Daniel Vaughan	m			0	889	0	0	0	0	0	0	889
965	Caroline White	f		Helm Hill Runners	0	0	0	0	0	0	0	888	888
966	Billy Harley	m			0	0	0	0	0	0	888	0	888
967	Wade Tidbury	m	MV 60	Eden Runners	0	0	0	0	888	0	0	0	888
968	Craig Mcguire	m			0	0	0	0	0	888	0	0	888
969	Geoff Dale	m	MV 40		888	0	0	964	0	0	0	0	888
970	Sarah Watton	f		Burnden Road Runners	0	0	888	0	0	0	0	0	888
971	Joanne Grant	f	FV 50	Milltown Milers	0	888	0	0	0	0	0	0	888
972	Jayne Charnock	f		Parbold Pink Panthers	0	0	0	0	0	0	0	887	887
973	Dominic Selly	m			0	0	0	0	0	0	887	0	887
974	Steven Reynolds	m	MV 40		0	0	0	0	0	887	0	0	887
975	Joanna Bathgate	f			0	0	0	0	887	0	0	0	887
976	Peter Collinson	m	MV 50		887	0	0	0	0	0	0	0	887
977	Fiona Ferguson	f		Spa Striders	0	0	887	0	0	0	0	0	887
978	Abigail Hathway	f	FV 40	Smiley Paces	0	887	0	0	0	0	0	0	887
979	CLIFF ETHERDEN	m	MV 70		0	0	0	0	0	0	0	886	886
980	Chris Bathgate	m	MV 40		0	0	0	0	0	0	885	0	885
981	Helen Richardson	f	FV 50		0	0	0	0	885	0	0	0	885
982	Amelia Websdale	f	U25	University of Manchester	0	0	0	0	0	885	0	0	885
983	Colin Smith	m	MV 60	Bury Athletic Club	0	885	0	0	0	0	0	0	885
984	Chris Ryan	m	MV 40	Sw Running Crew	885	0	0	0	0	0	0	0	885
985	Gerry Rooney	m	MV 60		0	0	0	0	0	0	0	884	884
986	Michelle Turner	f	FV 40		0	0	0	0	0	884	0	0	884
987	Daryn Allinson	f			0	0	0	0	884	0	0	0	884
988	Stephen Woodruffe	m	MV 60	Red Rose Road Runners	0	884	0	0	0	0	0	0	884
989	Luke Bell	m			884	0	0	0	0	0	0	0	884
990	Andrew Webster	m	MV 50	Otley Athletic Club	0	0	0	0	0	883	0	0	883
991	James Foster	m	U25		0	0	883	0	0	0	0	0	883
992	Jonathan McVey	m			0	0	0	0	882	0	0	0	882
993	Rachel Innis	f			0	882	0	0	0	0	0	0	882
994	George Smith	m	U21		0	0	0	0	0	0	0	881	881
995	Austin Jarrett	m	MV 50		0	0	0	0	0	0	881	0	881
996	Matthew McVey	m		Lancaster and Morecambe AC	0	0	0	0	881	0	0	0	881
997	Dan Bromley	m	MV 40		0	0	0	0	0	881	0	0	881
998	Thomas Bradshaw	m	U25		0	881	0	0	0	0	0	0	881
999	Chris Jackson	m	MV 50		0	0	881	0	0	0	0	0	881
1000	Gareth Matthews	m			0	0	0	0	0	0	0	880	880
1001	Scott Houston	m			0	0	0	0	0	880	0	0	880
1002	Karen Mather	f	FV 60		0	880	0	0	0	0	0	0	880
1003	Hannah Hickman	f	FV 40		0	0	880	0	0	0	0	0	880
1004	Ian Robinson	m	MV 50	St Bees Triers / LT Crew	0	0	0	0	879	0	0	0	879

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1005	Andrew Harrison	m	MV 50		0	0	0	0	0	879	0	0	879
1006	Sophie Christie	f			0	0	879	0	0	0	0	0	879
1007	Emma Stephenson	f	FV 50		0	879	0	0	0	0	0	0	879
1008	Laura Lee	f	FV 40		0	0	0	0	0	0	0	878	878
1009	Ben Ward	m	MV 40		0	0	0	0	0	0	878	0	878
1010	Carole Waddell	f	FV 40		0	0	0	0	878	0	0	0	878
1011	Jamie Johnston	m	MV 40		0	878	0	0	0	0	0	0	878
1012	Anthony Connolly	m	MV 40		0	0	878	0	0	0	0	0	878
1013	Catherine Eaton	f	FV 40		0	0	0	0	0	0	877	0	877
1014	David Gilbert	m	MV 50		0	877	0	0	0	0	0	0	877
1015	Paul Hawgood	m	MV 50		0	0	0	0	0	0	0	876	876
1016	Gary Cattermole	m	MV 50		0	0	0	0	0	876	0	0	876
1017	John Green	m	MV 50		0	0	876	0	0	0	0	0	876
1018	Beth Abbott	f			0	0	0	0	0	0	0	875	875
1019	Charlie Horncastle	m	U25		0	0	0	963	0	875	0	0	875
1020	Michael Harte	m	MV 50	Poynton Runners	0	0	0	0	875	0	0	0	875
1021	Paul Ellis	m	MV 40	TEAM OTTER	0	0	875	0	0	0	0	0	875
1022	Andy Howlett	m	MV 50		875	0	0	0	0	0	0	0	875
1023	Richard Kenyon	m	MV 40		0	0	0	0	0	0	874	0	874
1024	Steffan Eldred	m	MV 40		0	0	0	0	0	874	0	0	874
1025	Shaun Holland	m			0	0	874	0	0	0	0	0	874
1026	Gavin Rowlands	m			874	0	0	0	0	0	0	0	874
1027	Michael Dixon	m			0	0	0	0	0	0	873	0	873
1028	Grace Frost	f			0	0	0	0	0	0	0	873	873
1029	Samuel Watts	m			0	0	0	0	873	0	0	0	873
1030	Paul Weal	m	MV 40		0	0	0	0	0	873	0	0	873
1031	Paul Perkins	m	MV 40		0	0	873	0	0	0	0	0	873
1032	Neil Owens	m	MV 40		873	0	0	0	0	0	0	0	873
1033	Rachel Streets	f			0	0	0	0	0	872	0	0	872
1034	Jessica Wood	f			0	0	0	0	872	0	0	0	872
1035	Louise Robbins	f	FV 40		0	872	0	0	0	0	0	0	872
1036	Chris Fletcher	m	MV 40		0	0	872	0	0	0	0	0	872
1037	Carole Morris	f	FV 50	Accrington Road Runners	0	0	0	0	871	0	0	0	871
1038	Brenda Peake	f	FV 50	Airecenter Pacers	0	0	0	0	0	871	0	0	871
1039	David Macgillivray	m	MV 60	Dh Runners	0	0	871	0	0	0	0	0	871
1040	Andrew Unitt	m	MV 60	Barrow Runners	0	871	0	0	0	0	0	0	871
1041	Marc Graham	m	MV 50		0	0	0	0	0	0	0	870	870
1042	Michael Royden	m	MV 50	Dundee Roadrunners	0	0	0	0	870	0	0	0	870
1043	Diane Streets	f	FV 60		0	0	0	0	0	870	0	0	870
1044	Vince Allonby	m	MV 50		870	0	0	0	0	0	0	0	870
1045	Shannon Horrocks	f			0	0	0	0	0	0	0	869	869
1046	Chloe Frankish	f	FV 40		0	0	0	0	0	0	869	0	869
1047	Rebecca Semple	f			0	0	0	0	869	0	0	0	869
1048	Mark Fowell	m	MV 60	Small	0	0	869	0	0	0	0	0	869

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1137	Gavin Heaton	m		Team me	0	841	0	0	0	0	0	0	841
1138	Rebecca Humphreys	f		Smiley Paces	0	0	0	0	0	0	840	0	840
1139	Matt Gillard	m	MV 40		0	0	0	0	0	0	0	840	840
1140	Michael Bellwood	m			0	0	0	0	840	0	0	0	840
1141	Peter Wright	m	MV 40	Riversway Road Runners	840	0	0	0	0	0	0	0	840
1142	Pete Palmer	m	MV 50		0	0	0	0	0	0	839	0	839
1143	Reuben Monaghan	m			0	0	0	0	0	839	0	0	839
1144	Anthony Maxwell	m	MV 60	Lostock AC	0	0	0	0	0	0	0	838	838
1145	Dan Wilcock	m			0	0	838	0	0	0	0	0	838
1146	Leanne Elwood	f	FV 40	Smiley paces	0	0	0	0	0	0	837	0	837
1147	Abi Duckworth	f			0	0	0	0	0	837	0	0	837
1148	Sam Lewis	m			0	837	0	0	0	0	0	0	837
1149	Larrissa Penny	f			836	0	0	0	0	0	0	0	836
1150	Paul Crosbie	m	MV 50		0	0	0	0	0	835	0	0	835
1151	James Pearson	m	MV 40		0	835	0	0	0	0	0	0	835
1152	Terence Charles	m	MV 60	Wirral Vikings Trc.	0	0	0	0	0	0	834	0	834
1153	Jenny England	f	FV 40		0	0	834	0	0	0	0	0	834
1154	Steven Fairhurst Jones	m	MV 50		0	0	0	0	0	0	833	0	833
1155	Janet Rhodes	f	FV 50	Lostock ac	0	0	0	0	0	833	0	0	833
1156	Joanna Dixon	f			0	0	833	0	0	0	0	0	833
1157	Jessica Slater	f		Revolution Runners	0	0	0	0	0	0	832	0	832
1158	Keith Hext	m	MV 50		0	0	0	0	832	0	0	0	832
1159	Beverley Atherton-mckenna	f	FV 50	Lostock AC	0	0	0	0	0	832	0	0	832
1160	Jason Stanley	m	MV 40		0	832	0	0	0	0	0	0	832
1161	Dean McCluskey	m			0	0	0	0	0	0	831	0	831
1162	Heather Soden	f	FV 50	Lostock AC	0	0	0	0	0	831	0	0	831
1163	Neal Pearsall	m	MV 40		831	0	0	0	0	0	0	0	831
1164	Bethany Grant	f			0	0	831	0	0	0	0	0	831
1165	Nick Thornton	m	MV 50	Marsden Racers	0	0	0	0	0	0	830	0	830
1166	Greg Kilshaw	m	MV 40	Lostock AC	0	0	0	0	0	830	0	0	830
1167	Neil Dunlop	m	MV 60		830	0	0	0	0	0	0	0	830
1168	Stuart Atkinson	m	MV 40		0	0	0	0	0	0	0	829	829
1169	Rebecca E Thornton	f	U25	Marsden Racers	0	0	0	0	0	0	829	0	829
1170	Sally McCoy	f	FV 50	Lostock AC	0	0	0	0	0	829	0	0	829
1171	Claire Bloor	f	FV 40		0	0	0	0	829	0	0	0	829
1172	Sonja Heppke	f	FV 40	Austria	0	0	829	0	0	0	0	0	829
1173	Ryan Holt	m			0	0	0	0	0	0	0	828	828
1174	Georgina Davis	f			0	0	0	0	0	0	828	0	828
1175	Neil Macneill	m	MV 50	The Clans running club	0	0	0	0	828	0	0	0	828
1176	Michael Beech	m	MV 60	RRRC	0	0	0	0	0	828	0	0	828
1177	Peter Bardon	m	MV 50		0	0	828	0	0	0	0	0	828
1178	Jenna Butler	f	FV 40		828	0	0	0	0	0	0	0	828
1179	Ben Houseman	m	MV 40		0	828	0	0	0	0	0	0	828
1180	Michelle Tones	f	FV 50	Keswick AC	0	0	0	0	827	0	0	0	827

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1313	Dan Stolworthy	m	MV 40		0	0	0	0	0	785	0	0	785
1314	Sara Williamson	f	FV 50	Chorlton Runners	0	0	0	0	0	0	0	784	784
1315	Esther Rollinson	f			0	0	0	0	0	0	784	0	784
1316	Catherine Ramsay	f	FV 40		0	0	0	0	784	0	0	0	784
1317	Rebekah Jones	f	FV 50		0	0	784	0	0	0	0	0	784
1318	Ian Jones	m			784	0	0	0	0	0	0	0	784
1319	Ellen Mclachlan	f			0	784	0	0	0	0	0	0	784
1320	Fraser Cavill	m			0	0	0	0	0	0	783	0	783
1321	Katie Baker	f		Manchester YMCA Harriers	0	783	0	0	0	0	0	0	783
1322	Gregor Cumming	m	MV 50		783	0	0	0	0	0	0	0	783
1323	Dipesh Patel	m			0	0	783	0	0	0	0	0	783
1324	Michael Shaw	m	MV 40		0	0	0	0	0	0	0	782	782
1325	Phil Harold	m	MV 50	Poynton Runners	0	0	0	0	782	0	0	0	782
1326	Jenny Owen-Jones	f	FV 40		0	0	0	0	0	782	0	0	782
1327	Stephen Morison	m	MV 50		0	782	0	0	0	0	0	0	782
1328	Lukas Andreasen	m	U21		782	0	0	0	0	0	0	0	782
1329	Bethan Naylor	f		Keswick AC	0	0	0	0	0	0	781	0	781
1330	Graham Macham	m	MV 40		781	0	0	0	0	0	0	0	781
1331	Steven Joyce	m	MV 50		0	0	0	0	0	0	780	0	780
1332	martin walsh	m	MV 70	Bowland fell runners	0	0	0	0	0	780	0	0	780
1333	Sarah Meyers	f	FV 40	Penny Lane Striders	0	0	780	0	0	0	0	0	780
1334	Emma Gleghorn	f	FV 40		780	0	0	0	0	0	0	0	780
1335	Anna Wade	f		Riversway Roadrunners	0	780	0	0	0	0	0	0	780
1336	Jo Hunter	m			0	0	0	0	0	0	779	0	779
1337	Ed Hoffman	m	MV 60		0	0	0	0	0	0	0	779	779
1338	SUZI RICHMOND	f	FV 40		0	0	0	0	0	779	0	0	779
1339	Kathy Bloomfield	f	FV 40		0	0	0	0	0	778	0	0	778
1340	Avril Riddell	f	FV 60	Serpentine running club	0	0	0	0	778	0	0	0	778
1341	Emily Riddell	f			0	0	0	0	777	0	0	0	777
1342	Katy Ryan	f	FV 50	Wee County Harriers	0	0	777	0	0	0	0	0	777
1343	Katharine Bibby	f	FV 40		777	0	0	0	0	0	0	0	777
1344	Stuart Donohoe	m	MV 40	Didsbury Runners	0	0	0	0	0	0	776	0	776
1345	Nicola Latimer	f	FV 50	Wigton Road Runners	0	0	0	0	776	0	0	0	776
1346	David Taylor	m	MV 60	Cheshire Hash House Harriers	776	0	0	951	0	0	0	0	776
1347	Willie Scott	m	MV 50	Cumbernauld Amateur Athletics Club	0	0	776	0	0	0	0	0	776
1348	Monique Raaijmakers	f	FV 50	Barrow Runners	0	776	0	0	0	0	0	0	776
1349	Joe Moss	m	U25		0	0	0	0	0	0	775	0	775
1350	Andy Hirst	m	MV 50		0	0	0	0	0	0	0	775	775
1351	Elspeth Peddie	f	FV 50		0	0	0	0	775	0	0	0	775
1352	Laura Astall	f			0	0	0	0	0	0	0	774	774
1353	John Smith	m	MV 50		0	0	0	0	774	0	0	0	774
1354	Nigel Harrison	m	MV 50	Stockport Harriers	0	0	774	0	0	0	0	0	774
1355	Mandy Livingstone	f	FV 50		774	0	0	0	0	0	0	0	774
1356	Emily Carlsson	f			0	774	0	0	0	0	0	0	774

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1357	Anton Moss	m			0	0	0	0	0	0	773	0	773
1358	Patrick Ward	m	MV 40	Complete not competitive	0	0	0	0	773	0	0	0	773
1359	Mark Smith	m	MV 60		0	0	0	0	0	773	0	0	773
1360	Leigh Roberts	f		Ramsbottom Running Club	773	0	0	0	0	0	0	0	773
1361	Dave Stott	m	MV 50		0	773	0	0	0	0	0	0	773
1362	Nicola Hardy	f			0	0	0	0	0	0	772	0	772
1363	Lizzie Burke	f			0	0	0	0	0	0	0	772	772
1364	ROBERT THOMSON	m	MV 40	Live Full Die Empty Factory Team	0	0	0	0	772	0	0	0	772
1365	Toby Carlsson	m	MV 50		0	772	0	0	0	0	0	0	772
1366	Lee Richards	m	MV 50		0	0	0	0	771	0	0	0	771
1367	Jill Robertson	f	FV 50		0	0	771	0	0	0	0	0	771
1368	Darren Conway	m	MV 50		0	771	0	0	0	0	0	0	771
1369	anna kirk	f			771	0	0	0	0	0	0	0	771
1370	Paul Shepherd	m	MV 50	City of Hull AC	0	0	0	0	0	0	770	0	770
1371	Cecilia Kohlmyr	f			0	0	0	0	0	770	0	0	770
1372	Darren Hodgson	m	MV 40		0	770	0	0	0	0	0	0	770
1373	Sean Alty	m			0	0	0	0	0	0	0	769	769
1374	Callum Merrick	m			0	0	0	0	0	0	769	0	769
1375	Fran Mckee	f			0	0	0	0	769	0	0	0	769
1376	Adam Vellins	m	MV 50		0	0	769	0	0	0	0	0	769
1377	Katie Todd	f			0	0	0	892	0	768	0	0	768
1378	Yvonne Grunder	f	FV 40		0	0	0	0	768	0	0	0	768
1379	Gary Cash	m	MV 70	Wirral Vikings TRC	0	0	0	0	0	0	0	767	767
1380	Sally Beech	f	FV 60	Rrrc	0	0	0	0	0	767	0	0	767
1381	Helen Lodge	f	FV 50	Southport Waterloo AC	0	0	0	0	767	0	0	0	767
1382	Marc Lyons	m		Run Knutsford	0	0	767	0	0	0	0	0	767
1383	James Murphy	m			0	0	0	0	0	0	0	766	766
1384	Chris Pritchard	m	MV 40		0	0	766	0	0	0	0	0	766
1385	Steven Beahan	m	MV 50		0	0	0	0	0	0	765	0	765
1386	Jennie Eklund	f			0	0	0	0	0	0	0	765	765
1387	Philip Donaldson	m		None	0	0	765	0	0	0	0	0	765
1388	Jerry George	m	MV 50		0	765	0	0	0	0	0	0	765
1389	Julia Rushton	f	FV 50	Clayton le Moors Harriers	0	0	0	0	0	0	764	0	764
1390	Paul Watson	m	MV 50	Black trail runners	0	0	0	0	764	0	0	0	764
1391	Rosie Gard-Storry	f			0	764	0	0	0	0	0	0	764
1392	Richard Harding	m	MV 40		764	0	0	0	0	0	0	0	764
1393	Martin Wiblshauser	m	MV 50		0	0	0	0	763	0	0	0	763
1394	Jemimah Morris	f	U25		0	0	763	0	0	0	0	0	763
1395	Adam Hughes	m	MV 40		763	0	0	0	0	0	0	0	763
1396	James Wallace	m	MV 40		0	0	0	0	0	0	0	762	762
1397	Laura Lawler	f	FV 50	BWFAC	762	0	0	0	0	0	0	0	762
1398	Esther McGarva	f	U25		0	0	762	0	0	0	0	0	762
1399	Claire Critchley	f			0	0	0	0	0	0	0	761	761
1400	Nadia Mckane	f			0	761	0	0	0	0	0	0	761

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1401	Melanie Morris	f	FV 50		0	0	761	0	0	0	0	0	761
1402	Afy Afrouz	f		Bramhall Runners	761	0	0	0	0	0	0	0	761
1403	Lindsey Dover	f	FV 40	Derwent Valley Running Club	0	0	0	0	0	0	0	760	760
1404	Ed Brown	m			0	0	0	0	0	0	760	0	760
1405	Lisa Hext	f	FV 50		0	0	0	0	760	0	0	0	760
1406	Kate Stolworthy	f			0	0	0	0	0	760	0	0	760
1407	Rachel Lissauer	f	FV 40		760	0	0	0	0	0	0	0	760
1408	Paul Kim	m			0	760	0	0	0	0	0	0	760
1409	Debbie Rowley	f			0	0	0	0	0	0	0	759	759
1410	David Brisco	m	MV 50		0	0	0	0	759	0	0	0	759
1411	Abi Lewis	f	FV 40		0	0	0	0	0	759	0	0	759
1412	Bruce Helme	m	MV 40		0	759	0	0	0	0	0	0	759
1413	Michael Reed	m	MV 50		0	0	0	0	0	0	0	758	758
1414	Anna Christina Denby	f	FV 40		0	0	0	0	0	758	0	0	758
1415	Oli Tomlinson	f	FV 50		0	0	758	0	0	0	0	0	758
1416	Isabelle Read	f	U25		758	0	0	0	0	0	0	0	758
1417	Nigel Ash	m	MV 50	Trail Running Assoc	0	0	0	0	0	0	0	757	757
1418	Neil Clark	m	MV 50		0	757	0	0	0	0	0	0	757
1419	Martha Anderson-Taylor	f			757	0	0	0	0	0	0	0	757
1420	Chloe Nelson	f	U25		0	0	757	0	0	0	0	0	757
1421	Emma Gardner	f			0	0	0	0	0	0	0	756	756
1422	Tamara Satchell	f			0	0	0	0	0	756	0	0	756
1423	Abigail Chard	f	FV 50		756	0	0	0	0	0	0	0	756
1424	James Bland	m			0	0	0	0	0	0	0	755	755
1425	Dan Mullarkey	m		Swinton Running Club	0	0	0	0	0	755	0	0	755
1426	Rachel Heathcote	f	FV 40	Hunters Bog Trotters	755	0	0	0	0	0	0	0	755
1427	David Waksman	m	MV 60		0	0	755	0	0	0	0	0	755
1428	Linus Monaghan	m	U21		0	0	0	0	0	754	0	0	754
1429	Liz Boon	f	FV 50	Lytham Road Runners	0	0	754	0	0	0	0	0	754
1430	Laura Kenny	f	FV 40		0	754	0	0	0	0	0	0	754
1431	Adam Stafford	m	MV 40		754	0	0	0	0	0	0	0	754
1432	Rob Wilson	m	MV 50		0	0	753	0	0	0	0	0	753
1433	Paul McClorry	m	MV 40		753	0	0	0	0	0	0	0	753
1434	Emma Reynolds	f		Riversway Roadrunners	0	753	0	0	0	0	0	0	753
1435	Jamie Howard	m	MV 40		0	0	0	0	0	0	752	0	752
1436	Ceri Meredith	f	FV 60		0	0	0	0	752	0	0	0	752
1437	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	0	0	752	0	0	0	0	0	752
1438	Tom Jenkinson	m			0	0	0	0	0	0	0	751	751
1439	David Burrows	m			0	0	0	0	0	0	751	0	751
1440	Suzanne Mitchell	f	FV 60		0	0	0	0	751	0	0	0	751
1441	Carolyn Smith	f	FV 50	Lymm Runners	0	0	0	0	0	751	0	0	751
1442	Lucy Swinden	f			0	0	751	0	0	0	0	0	751
1443	Andy Sheridan	m	MV 40		0	751	0	0	0	0	0	0	751
1444	Alex Froggatt	m			0	0	0	0	0	0	750	0	750

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1445	Victoria Graham	f			0	0	0	0	750	0	0	0	750
1446	John Langhorne	m	MV 40		0	0	750	0	0	0	0	0	750
1447	Richard Sabey	m	MV 50		0	0	0	0	0	0	0	749	749
1448	Philip Haddock	m	MV 40	N/A	0	0	0	0	0	0	749	0	749
1449	Stuart Graham	m	MV 50		0	0	0	0	749	0	0	0	749
1450	Elizabeth Ribchester	f	FV 40		0	0	749	0	0	0	0	0	749
1451	Donna Wood	f	FV 40	Milltown Milers	0	749	0	0	0	0	0	0	749
1452	Jennifer Pugh	f	FV 40		0	0	0	0	0	0	0	748	748
1453	Grace Holloway-Neville	f			0	748	0	0	0	0	0	0	748
1454	Eoin Matthews	m			0	0	748	0	0	0	0	0	748
1455	Olivia Gill	f	FV 40	N/a	0	0	747	0	0	0	0	0	747
1456	Mike Kaye	m	MV 50		0	0	0	0	0	0	746	0	746
1457	Christine Wright	f	FV 40		0	0	0	0	0	0	0	746	746
1458	Richard Caver	m	MV 70	Northumberland fell Runner	0	0	0	0	746	0	0	0	746
1459	Terence Hatcher	m	MV 40		0	0	746	0	0	0	0	0	746
1460	Laura Tattersall	f	FV 40		0	0	0	0	0	0	745	0	745
1461	Deborah Hill	f	FV 40		0	0	0	0	0	745	0	0	745
1462	Craig Richardson	m	MV 50		0	0	0	0	745	0	0	0	745
1463	Simon Willett	m	MV 40		745	0	0	0	0	0	0	0	745
1464	Clare Pain	f	FV 40		0	0	745	0	0	0	0	0	745
1465	Tracy Pinder	f	FV 40	Black Trail Runners	0	0	0	0	0	0	744	0	744
1466	Jill Clowes	f	FV 40	Thornton Cleveleys Running Club	0	0	0	0	0	0	0	744	744
1467	Diane Tonge	f	FV 50	Helsby	0	0	0	0	0	744	0	0	744
1468	Paul Hadley	m	MV 50		0	744	0	0	0	0	0	0	744
1469	Graeme White	m	MV 50		744	0	0	0	0	0	0	0	744
1470	Damian Moss	m	MV 50		0	0	744	0	0	0	0	0	744
1471	Shareen Denman	f			0	0	0	0	0	0	0	743	743
1472	Curtis Wright	m			0	0	0	0	0	0	743	0	743
1473	Nesta Hawker	f	FV 50	Helsby Running Club	0	0	0	0	0	743	0	0	743
1474	isabel whybrow huppatz	f			0	0	0	0	0	0	742	0	742
1475	david martin	m	MV 50		0	0	0	0	0	742	0	0	742
1476	Andrew Jefferson	m	MV 50		0	0	0	0	742	0	0	0	742
1477	Bernadett Szili	f			0	742	0	875	0	0	0	0	742
1478	Harry Gawler	m			742	0	0	0	0	0	0	0	742
1479	Jessie Davidson	f			0	0	0	0	0	0	0	741	741
1480	Ben sandiford	m			0	0	0	0	0	0	741	0	741
1481	Stuart Bond	m			0	0	0	0	741	0	0	0	741
1482	Dan Lewis	m	MV 40		741	0	0	0	0	0	0	0	741
1483	Paul Bates	m	MV 40	Freedom Runners	0	0	0	0	0	0	0	740	740
1484	Dawn Jarrett	f	FV 50		0	0	0	0	0	0	740	0	740
1485	Jill Horsburgh	f	FV 60	Linlithgow Athletics Club	0	740	0	0	0	0	0	0	740
1486	Frances Shoesmith	f	FV 50		0	0	740	0	0	0	0	0	740
1487	Steve Bates	m	MV 60	Freedom Runners	0	0	0	0	0	0	0	739	739
1488	Steven Farrell	m	MV 60	Freerunners	0	0	0	0	739	0	0	0	739

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1489	Ellie Bailey	f			0	0	0	0	0	739	0	0	739
1490	Stevie Mulgrave	m	MV 40		739	0	0	0	0	0	0	0	739
1491	Jennifer Hill	f	FV 40		0	0	739	0	0	0	0	0	739
1492	Sharon Cooper	f	FV 50	Wesham Road Runners	0	0	0	0	0	0	0	738	738
1493	Catherine Brydon	f	FV 40		0	0	0	0	0	0	738	0	738
1494	Helen Rigby	f	FV 50		0	0	0	0	738	0	0	0	738
1495	Niki Ray	f	FV 40		0	0	738	0	0	0	0	0	738
1496	Mark Twitchett	m	MV 50	Roundhay Runners	738	0	0	0	0	0	0	0	738
1497	Jenny Salt	f	FV 40	Wesham Road Runners	0	0	0	0	0	0	0	737	737
1498	Joanne Hawden	f	FV 50	Rothwell Harriers	0	0	0	0	0	737	0	0	737
1499	Louise Bland	f	FV 50		0	737	0	0	0	0	0	0	737
1500	Alissa Joy	f	U25		0	0	0	0	0	0	736	0	736
1501	Lynne Metcalfe	f	FV 50	Oakwell RunFit	0	0	0	0	0	736	0	0	736
1502	Richard Smale	m			0	0	736	0	0	0	0	0	736
1503	John Foote	m	MV 40		736	0	0	0	0	0	0	0	736
1504	Ben Mitchell	m			0	736	0	0	0	0	0	0	736
1505	Morven Lowe	f	FV 40	Smiley Paces	0	0	0	0	0	0	735	0	735
1506	Andrea Wright	f	FV 50		0	0	0	0	0	735	0	0	735
1507	Ruth Davey	f			735	0	0	0	0	0	0	0	735
1508	Andrew Kitts	m	MV 40	Kirkby Milers AC	0	735	0	0	0	0	0	0	735
1509	Peter Stokes	m			0	0	0	0	0	0	734	0	734
1510	Robert Harper	m	MV 50		734	0	0	0	0	0	0	0	734
1511	Ben Whitaker	m	MV 40		0	0	0	0	0	0	733	0	733
1512	Natalie Halstead	f			0	0	0	0	733	0	0	0	733
1513	Anne Lewis	f	FV 70	Selby Swans tri club	0	0	0	0	0	733	0	0	733
1514	Elaine Fisher	f	FV 50		733	0	0	0	0	0	0	0	733
1515	Ewan Taws	m	U25		0	0	0	0	732	0	0	0	732
1516	Sue King	f	FV 60	Stockton Striders	0	732	0	0	0	0	0	0	732
1517	Claire Gillham	f	FV 70	Garstang RC	0	0	0	0	0	0	0	731	731
1518	Gail Sikora	m	MV 50	Penny Lane striders	0	0	0	0	0	731	0	0	731
1519	Allison Mcintyre	f	FV 50		731	0	0	932	0	0	0	0	731
1520	David Whiteley	m	MV 60		0	0	731	0	0	0	0	0	731
1521	Bob Preston	m	MV 50		0	731	0	0	0	0	0	0	731
1522	Angela Cruse	f	FV 40		0	0	0	0	0	0	0	730	730
1523	amy kirk	f			0	0	0	0	0	0	730	0	730
1524	Michael Gray	m	MV 50		0	0	0	0	0	730	0	0	730
1525	Jack Youngs	m	MV 50		0	0	0	0	730	0	0	0	730
1526	jaison Cresswell	m			730	0	0	0	0	0	0	0	730
1527	Eileen Lymburn	f	FV 70	Jog On The Tyne	0	730	0	0	0	0	0	0	730
1528	Nicola Watt	f	FV 50		0	729	0	0	0	0	0	0	729
1529	Jonny Bates	m			729	0	0	0	0	0	0	0	729
1530	Mark Gean-Hughes	m	MV 50		0	0	0	0	728	0	0	0	728
1531	Mandy Burton	f	FV 60	Loftus & Whitby	0	0	0	0	0	728	0	0	728
1532	Kate Foster	f			0	0	728	0	0	0	0	0	728

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1533	Tom Goffatt	m			0	0	0	0	727	0	0	0	727
1534	Lisa Whiteley	f			0	0	0	0	0	727	0	0	727
1535	Carl Read	m	MV 40		727	0	0	0	0	0	0	0	727
1536	Aoife O'Leary	f			0	0	727	0	0	0	0	0	727
1537	Sophia Christie	f	FV 50		0	0	0	0	0	0	0	726	726
1538	Daniel Miller	m			0	0	0	0	0	726	0	0	726
1539	Graeme Kehoe	m	MV 40		0	726	0	0	0	0	0	0	726
1540	Andrew O'boyle	m	MV 50		0	0	0	0	0	0	725	0	725
1541	Grace Wakeman	f	U25	Lancaster and Morecambe AC	0	0	0	0	725	0	0	0	725
1542	Mike Harvey	m	MV 40		0	725	0	0	0	0	0	0	725
1543	Keith Whitehead	m	MV 60		725	0	0	0	0	0	0	0	725
1544	Sandra Gilchrist	f	FV 40	Cbfitness	0	0	0	0	0	0	0	724	724
1545	Sophie Durno	f			0	0	0	0	724	0	0	0	724
1546	Barbara Mead-Mason	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	724	0	0	724
1547	Amy de Nobriga	f		Sowerby Bridge Snails	0	724	0	0	0	0	0	0	724
1548	Alastair Durno	m	MV 60		0	0	0	0	723	0	0	0	723
1549	Victoria Brooker	f	FV 40	Ambleside AC	723	0	0	0	0	0	0	0	723
1550	Sandra Allan	f	FV 60		0	0	723	0	0	0	0	0	723
1551	Emma Benson	f	FV 40		0	723	0	0	0	0	0	0	723
1552	Alison Mayor	f	FV 40		0	0	0	0	0	722	0	0	722
1553	Richard Cumpstone	m	MV 50		722	0	0	0	0	0	0	0	722
1554	Blake Byron	m			0	0	722	0	0	0	0	0	722
1555	Mohamed Osman	m			0	0	0	0	0	0	721	0	721
1556	John Dunbavin	m	MV 50		0	0	0	0	721	0	0	0	721
1557	Vidur Paliwal	m			721	0	0	0	0	0	0	0	721
1558	David Tarpey	m			0	0	721	0	0	0	0	0	721
1559	Jo Spragg	f	FV 40		0	0	0	0	0	720	0	0	720
1560	Ivan Church	m			720	0	0	0	0	0	0	0	720
1561	Casey Rust	f	FV 40		0	0	720	0	0	0	0	0	720
1562	Carol O'hare	f	FV 60	Manchester YMCA Harriers	0	720	0	0	0	0	0	0	720
1563	Sue Urwin	f	FV 60	Derwent Valley Running Club	0	0	0	0	0	0	0	719	719
1564	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	0	0	0	839	0	719	0	0	719
1565	Tom England	m			719	0	0	0	0	0	0	0	719
1566	Graeme Tilbury	m	MV 40		0	0	719	0	0	0	0	0	719
1567	Vikki O'brien	f	FV 50		0	0	0	0	718	0	0	0	718
1568	Karen Blackley	f	FV 50		0	0	0	0	0	718	0	0	718
1569	Luke Harris	m			718	0	0	0	0	0	0	0	718
1570	Andrew Hopkinson	m	MV 50		0	718	0	0	0	0	0	0	718
1571	Ali Haley	f	FV 40		0	0	718	0	0	0	0	0	718
1572	Clare Smith	f	FV 50		0	0	0	0	0	0	0	717	717
1573	Rachael Dewhurst	f	FV 40		0	0	717	0	0	0	0	0	717
1574	Ben Melrose	m			717	0	0	0	0	0	0	0	717
1575	Rachael Smith	f		Derwent Valley Running Club	0	0	0	0	0	0	0	716	716
1576	Joanne Price	f			0	0	0	0	0	716	0	0	716

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1577	Faith Yianni	f			0	0	716	0	0	0	0	0	716
1578	Philippa Tooms	f	FV 40		0	0	0	0	0	0	715	0	715
1579	Bernard Doheny	m	MV 50		0	0	0	0	0	0	0	715	715
1580	Jade Murray	f		Na	0	0	0	818	0	715	0	0	715
1581	Joanne Devitt	f	FV 50	Knowle & Dorridge Running Club	715	0	0	0	0	0	0	0	715
1582	Jane Yianni	f	FV 50		0	0	715	0	0	0	0	0	715
1583	Tracy Rees-clark	f	FV 50	Blackwater Valley Runners	0	0	0	0	0	0	0	714	714
1584	Lindsay Halliwell	f	FV 50		0	0	0	0	714	0	0	0	714
1585	Hannah wilson	f	FV 40	Skelmersdale Boundry, Harriers, running club	0	0	0	0	0	714	0	0	714
1586	Kirstie Whyatt	f	FV 40		0	0	0	0	0	0	0	713	713
1587	Eddie Sikora	m	MV 50		0	0	0	0	0	713	0	0	713
1588	Ben Crofts	m	U25		0	0	0	0	713	0	0	0	713
1589	Helen Jeffrey	f	FV 40		0	0	713	0	0	0	0	0	713
1590	Claire Welburn	f	FV 40		0	713	0	0	0	0	0	0	713
1591	Daniel Tinnion	m			0	0	0	0	0	0	712	0	712
1592	Michelle Mccrory	f	FV 40		0	0	0	0	712	0	0	0	712
1593	John Irvine	m	MV 40		0	0	0	0	0	712	0	0	712
1594	Greg Boyle	m	MV 50		0	0	712	0	0	0	0	0	712
1595	Sheila Maxwell	f	FV 60	Lostock AC	0	0	0	0	0	0	0	711	711
1596	Rachel Wilcock	f		St Helens Striders	0	0	0	0	0	0	711	0	711
1597	Mark Rigby	m	MV 50	Slaithwaite striders	711	0	0	0	0	0	0	0	711
1598	Jonathan Tucker	m	MV 60	St Helen's Striders	0	711	0	0	0	0	0	0	711
1599	Ryan Lynch	m			0	0	0	0	0	710	0	0	710
1600	Alison Macdonald	f	FV 60	The Clans running club	0	0	0	0	710	0	0	0	710
1601	iain Watson	m	MV 40	Red Rose Runners	710	0	0	0	0	0	0	0	710
1602	Kate Lenton	f	FV 40	Dallam Running Club	0	0	0	0	0	709	0	0	709
1603	Laura Clegg	f	FV 40	Newburn running club	0	0	709	0	0	0	0	0	709
1604	Sarah Reay	f	FV 50	Derwent Valley Running Club	0	0	0	0	0	0	0	708	708
1605	Melissa Pyle	f	FV 40		0	0	0	0	0	0	708	0	708
1606	Claire Ripley	f	FV 40		0	0	0	0	708	0	0	0	708
1607	Anne Mcquitty	f	FV 60		0	0	0	0	0	708	0	0	708
1608	Angela Carter	f			0	708	0	0	0	0	0	0	708
1609	Richard Campbell	m	MV 40		0	0	0	0	0	0	0	707	707
1610	Michael Wood	m	MV 70	Sedgefield Harriers	0	0	0	0	707	0	0	0	707
1611	declan sheridan	m	MV 50	blackpool freedom runners	0	0	0	0	0	707	0	0	707
1612	Suzanne Hughes-Rudd	f	FV 40		0	707	0	0	0	0	0	0	707
1613	Helen Boyer	f	FV 50	Red rose road runners	0	0	707	0	0	0	0	0	707
1614	Jackie Frank	f	FV 40		0	0	0	0	0	0	0	706	706
1615	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	0	0	0	0	0	706	0	706
1616	Edward Ryder	m	MV 50	Otley AC	0	0	0	0	706	0	0	0	706
1617	Alice Wright	f			0	0	0	0	0	706	0	0	706
1618	Matt Gordon	m			706	0	0	0	0	0	0	0	706
1619	James Clark	m			0	706	0	0	0	0	0	0	706
1620	Sue Woods	f	FV 50		0	0	0	0	0	0	705	0	705

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1621	Sarah Wright	f	FV 50		0	0	0	0	0	705	0	0	705
1622	Ramona Mulligan	f	FV 50	Red Rose Road Runners	0	0	705	0	0	0	0	0	705
1623	Nick Armstrong	m	MV 40		0	0	0	0	0	0	0	704	704
1624	Dawn Cranston	f	FV 40		0	0	0	0	0	0	704	0	704
1625	Pamela McCullagh	f	FV 40	Accrington Road Runners	0	0	0	0	704	0	0	0	704
1626	Corinne Vaughan	f			0	0	704	0	0	0	0	0	704
1627	Melanie Armstrong	f	FV 40		0	0	0	0	0	0	0	703	703
1628	Di Blackshaw	f	FV 40		0	0	0	0	0	0	703	0	703
1629	Emily Atkinson	f		West Hull Ladies	0	0	0	0	0	702	0	0	702
1630	Caroline Johnson	f	FV 50		0	0	0	0	702	0	0	0	702
1631	Nick Bell	m	MV 60	Savvy Park Runrz	702	0	0	0	0	0	0	0	702
1632	Jo Fee	f	FV 50	CFR	0	702	0	0	0	0	0	0	702
1633	Amanda Forbes	f	FV 60		0	0	702	0	0	0	0	0	702
1634	Rebecca Dean	f	FV 50	Victoria Park Running Club	0	0	0	0	0	701	0	0	701
1635	Juliet Grieves	f	FV 50	BodyFit Cumbria RC	0	701	0	0	0	0	0	0	701
1636	Gillian Lopez	f	FV 50	Kinross Roadrunners	0	0	0	0	0	0	700	0	700
1637	Tamsin Greaves	f	FV 50		0	0	0	0	0	700	0	0	700
1638	Lucy Derby	f	FV 50	Moss Park Strollers	0	0	0	0	700	0	0	0	700
1639	Alyson Rayner	f	FV 40		0	0	0	0	0	0	699	0	699
1640	Rebecca Graham	f	FV 40	Ripon Runners	0	699	0	0	0	0	0	0	699
1641	Claerwen Snell	f	FV 40	Didsbury Runners	699	0	0	0	0	0	0	0	699
1642	Kay Standing	f	FV 60	Run in Wirral	0	0	0	0	0	698	0	0	698
1643	Sam Burthem	m			0	698	0	0	0	0	0	0	698
1644	Louise Liddle	f		Derwent Valley Runners	698	0	0	0	0	0	0	0	698
1645	Carole Whiteley	f	FV 60	Women On The Run Kendal	0	0	698	0	0	0	0	0	698
1646	Jane Farrell	f	FV 60	Freerunners	0	0	0	0	697	0	0	0	697
1647	Stuart Waring	m	MV 40		697	0	0	0	0	0	0	0	697
1648	Karen Sharpe	f	FV 60	Eden Runners	0	697	0	0	0	0	0	0	697
1649	Isabel Sharpe	f			0	696	0	0	0	0	0	0	696
1650	Jordina Farrus Gubern	f	FV 40		0	0	0	0	0	0	695	0	695
1651	Jeannine Curtis	f	FV 40		0	0	0	0	0	0	0	695	695
1652	Hannah Spencer	f			0	695	0	0	0	0	0	0	695
1653	Andy Davey	m	MV 60	Fitmums and Friends	695	0	0	0	0	0	0	0	695
1654	Collette Eames	f	FV 60	JogOnTheTYne	0	0	0	0	0	0	694	0	694
1655	John Miles	m	MV 40		0	694	0	0	0	0	0	0	694
1656	Danii Houghton	f			694	0	0	0	0	0	0	0	694
1657	Sinead Cannon	f	FV 50	Kendal Tri Club	0	0	0	0	0	0	693	0	693
1658	James Mckie	m	MV 40		693	0	0	0	0	0	0	0	693
1659	Sara Summers	f	FV 50		0	0	0	0	0	0	0	692	692
1660	Katy Woodman	f	FV 40	Border Reiver Runners	0	692	0	0	0	0	0	0	692
1661	Colin Newby	m	MV 50		692	0	0	0	0	0	0	0	692
1662	Sarah Donaldson	f			0	0	0	0	0	0	0	691	691
1663	Wendy Johnson	f	FV 50	Eden Runners	691	0	0	0	0	0	0	0	691
1664	Rebecca Mcwilliam	f			0	0	0	0	0	0	690	0	690

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1709	Sally Anne Speight	f	FV 50	Roberttown Road Runners	0	0	0	0	0	0	676	0	676
1710	Ellie Farmer	f			0	0	0	0	0	0	0	676	676
1711	Sandy Petrie	m	MV 70		0	676	0	0	0	0	0	0	676
1712	Christopher Taylor	m			676	0	0	0	0	0	0	0	676
1713	Sarah Chaudhri	f	FV 60	Cumberland AC	0	0	0	0	0	0	675	0	675
1714	Caroline Burdon	f	FV 50		0	0	0	0	675	0	0	0	675
1715	Bill Watts	m	MV 50	Riversway Road Runners	675	0	0	0	0	0	0	0	675
1716	Adam Ralph	m	MV 40		0	675	0	0	0	0	0	0	675
1717	Jane Davies	f	FV 50		0	674	0	0	0	0	0	0	674
1718	Ferg Ryan	m	MV 40	Sw Running Crew	674	0	0	0	0	0	0	0	674
1719	Naomi Morrison	f	FV 50	Smiley Paces	0	0	0	0	0	0	673	0	673
1720	Cindy Froggatt	f	FV 50		0	0	0	0	0	0	672	0	672
1721	Sam Askey	f	FV 40		0	0	0	0	672	0	0	0	672
1722	Guy Stephens	m	MV 50		0	672	0	0	0	0	0	0	672
1723	Nadine Scaife	f	FV 50		0	0	0	0	0	0	0	670	670
1724	Becky Johnson	f			0	0	0	0	0	0	670	0	670
1725	Emma Yendell	f	FV 40		670	0	0	0	0	0	0	0	670
1726	Doug Melia	m	MV 40		0	670	0	0	0	0	0	0	670
1727	Kate Collier	f			0	0	0	0	0	0	669	0	669
1728	Jill Beadle	f	FV 40		0	0	0	0	0	0	0	669	669
1729	Rebecca Bean	f			0	0	0	0	669	0	0	0	669
1730	Lee Gillies	m	MV 40		0	669	0	0	0	0	0	0	669
1731	James Heslop	m		Stockton Striders Ac	0	0	0	0	668	0	0	0	668
1732	Nathaniel Stanton	m			0	668	0	0	0	0	0	0	668
1733	Jamie Doyle	m			0	0	0	0	0	0	667	0	667
1734	Sally Lambert	f	FV 50	Wray Runners	667	0	0	0	0	0	0	0	667
1735	Pippa Martin	f	FV 40		0	666	0	0	0	0	0	0	666
1736	Helen Halsall	f	FV 50		0	0	0	0	0	0	665	0	665
1737	Celia Wiblishauser	f	FV 40		0	0	0	0	665	0	0	0	665
1738	Robert Davies	m	MV 40	Glaxo Hoad Hill Harriers	0	665	0	0	0	0	0	0	665
1739	Colin Mackenzie	m	MV 60		665	0	0	0	0	0	0	0	665
1740	Donald Nichol	m	MV 60	ramsbottom running club	0	0	0	0	0	0	664	0	664
1741	David Drillingcourt	m	MV 50		0	0	0	0	0	0	0	664	664
1742	Shane Cliffe	m	MV 50		664	0	0	0	0	0	0	0	664
1743	Deborah Drillingcourt	f	FV 50	Widnes Wasps	0	0	0	0	0	0	0	663	663
1744	Catherine Betley	f	FV 40	N/a	0	0	0	0	0	0	0	662	662
1745	Michael Burdon	m	MV 50		0	0	0	0	661	0	0	0	661
1746	Rachel Wilson	f	FV 40		0	661	0	0	0	0	0	0	661
1747	Alison Unsworth	f	FV 50		0	0	0	0	0	0	660	0	660
1748	Kate James	f	FV 50		0	0	0	0	660	0	0	0	660
1749	Vanessa Kay	f	FV 50		660	0	0	0	0	0	0	0	660
1750	Melissa Grocock	f	FV 40		0	0	0	799	659	0	0	0	659
1751	Kate Rankine	f			658	0	0	0	0	0	0	0	658
1752	Karen Eckworth	f	FV 60	Alton Runners	0	0	0	0	0	0	0	657	657

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1797	Anna Dove	f	FV 40		0	0	0	0	0	0	0	638	638
1798	Steve Bellamy	m	MV 40	Red Rose Road Runners	0	0	0	0	638	0	0	0	638
1799	Nicola Dowd	f	FV 40		638	0	0	0	0	0	0	0	638
1800	Clare Moody	f	FV 50	Smiley Paces	0	0	0	0	0	0	637	0	637
1801	Angela Dallinger	f	FV 40	RED ROSE	0	0	0	0	637	0	0	0	637
1802	Carol Robinson	f	FV 40		637	0	0	0	0	0	0	0	637
1803	Sarah Bettinson	f	FV 40		0	0	0	0	0	0	0	636	636
1804	Karen Jagan	f	FV 40		0	0	0	0	0	0	636	0	636
1805	gary mann	m	MV 40		0	0	0	0	0	0	635	0	635
1806	Deborah Lowther	f	FV 60		0	0	0	0	635	0	0	0	635
1807	Andrew Warren	m	MV 50		635	0	0	0	0	0	0	0	635
1808	Emma Weisblatt	f	FV 50		0	0	0	0	634	0	0	0	634
1809	Amanda Jane Prescott	f	FV 50	Bridgnorth Running Club	634	0	0	0	0	0	0	0	634
1810	Philip Sergeant	m	MV 60		0	0	0	0	633	0	0	0	633
1811	John Scott	m	MV 50		633	0	0	0	0	0	0	0	633
1812	Hilary Coates	f	FV 40		0	633	0	0	0	0	0	0	633
1813	Jenny Woodhams	f	FV 40		0	0	0	0	0	0	0	632	632
1814	Raymond Dang	m	MV 60	Eaglescliffe Running Group	0	0	0	0	632	0	0	0	632
1815	Elizabeth Pleasant	f	FV 50		632	0	0	0	0	0	0	0	632
1816	Heather Woods	f		Keswick AC	0	0	0	849	0	0	631	0	631
1817	Chris Dixon	m	MV 40		0	0	0	0	631	0	0	0	631
1818	Charles Allen	m	MV 50		0	631	0	0	0	0	0	0	631
1819	Collette Beeson	f	FV 50		0	0	0	0	0	0	630	0	630
1820	Nicola Allen	f	FV 50		0	630	0	0	0	0	0	0	630
1821	Luke Pearce	m			630	0	0	0	0	0	0	0	630
1822	Lucy Owens	f	FV 40	Stockton Striders	0	0	0	0	0	0	0	629	629
1823	Heather Sutton	f			0	0	0	0	0	0	629	0	629
1824	Vicky Willett	f	FV 40	Sbc Plodders	0	0	0	0	628	0	0	0	628
1825	Emma Wragg	f	FV 50		628	0	0	0	0	0	0	0	628
1826	Andrea Lyndon-Hogg	f	FV 50		0	0	0	0	0	0	0	627	627
1827	Kirsty Pettit	f	FV 50	Keighley And Craven	0	0	0	0	627	0	0	0	627
1828	Gill Lyon	f	FV 60		0	0	0	0	0	0	0	626	626
1829	Matthew Gribbin	m	MV 50		0	0	0	0	0	0	625	0	625
1830	Keith Walters	m	MV 40		0	0	0	0	0	0	0	625	625
1831	Eve Napier	f	FV 40		0	625	0	0	0	0	0	0	625
1832	Chloe Almond	f			625	0	0	0	0	0	0	0	625
1833	Caroline Case	f			0	0	0	0	0	0	0	624	624
1834	Georgina Parkinson	f	FV 40	See York Run York Community	0	0	0	0	624	0	0	0	624
1835	Cat Moss	f			624	0	0	0	0	0	0	0	624
1836	Sophie Owens	f	FV 40	Stockton Striders	0	0	0	0	0	0	0	623	623
1837	Jen Husdan	f	FV 40		0	0	0	0	0	0	623	0	623
1838	Vicky Evans	f	FV 50		0	0	0	0	623	0	0	0	623
1839	Elizabeth Fisher	f			623	0	0	0	0	0	0	0	623
1840	John Harris	m	MV 40		0	0	0	0	0	0	0	622	622

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1885	Stephen Byrne	m	MV 60		0	0	0	0	0	0	0	602	602
1886	Gary Morton	m			0	0	0	0	0	0	602	0	602
1887	Laura Sims	f	FV 40		0	602	0	0	0	0	0	0	602
1888	Fiona Dridge	f	FV 40	Thornton Cleveleys Running Club	0	0	0	0	0	0	601	0	601
1889	Lisa Dainty	f	FV 50		0	0	0	0	0	0	0	600	600
1890	Jan Scotchford	f	FV 50		600	0	0	0	0	0	0	0	600
1891	Peter Wallwork	m	MV 40		599	0	0	0	0	0	0	0	599
1892	Alison Webster	f	FV 50		0	599	0	0	0	0	0	0	599
1893	Suzannah Dykes	f	FV 50		0	598	0	0	0	0	0	0	598
1894	Jill Croskell	f	FV 60		598	0	0	0	0	0	0	0	598
1895	Ian Betley	m	MV 50		0	0	0	0	0	0	0	597	597
1896	Sarah Ashcroft	f	FV 40	LYTHAM	597	0	0	0	0	0	0	0	597
1897	Katie Learman	f	FV 50		0	0	0	0	0	0	596	0	596
1898	Karen Wheatley	f	FV 40		0	0	0	0	0	0	0	596	596
1899	Simone Connor	f	FV 50		0	596	0	0	0	0	0	0	596
1900	Claire Gall	f	FV 40		596	0	0	0	0	0	0	0	596
1901	Angela Wood	f	FV 50	F.r.a.	0	0	0	0	0	0	0	595	595
1902	Simon Wright	m	MV 50		595	0	0	0	0	0	0	0	595
1903	Kirk Connor	m	MV 50		0	595	0	0	0	0	0	0	595
1904	Phil Berry	m	MV 40	Skelmersdale Boundary Harriers	594	0	0	0	0	0	0	0	594
1905	Bev Misik	f	FV 50	HI Runners	0	594	0	0	0	0	0	0	594
1906	Claire Turner	f	FV 40		0	0	0	0	0	0	0	593	593
1907	Rob Heminsley	m	MV 50		593	0	0	0	0	0	0	0	593
1908	Vik Barnes	f	FV 50		0	0	0	0	0	0	0	592	592
1909	Sian Fairhurst	f			0	0	0	0	0	0	592	0	592
1910	Wendy Robson	f	FV 50		592	0	0	0	0	0	0	0	592
1911	Marie Fallon	f	FV 60	Lonely Goat Running	0	592	0	0	0	0	0	0	592
1912	Helen Graham	f	FV 40		0	0	0	0	0	0	0	591	591
1913	Linda Whitehead	f	FV 60		591	0	0	0	0	0	0	0	591
1914	Julie Luckman	f	FV 50		0	591	0	0	0	0	0	0	591
1915	Jane Birchall	f	FV 60		0	0	0	0	0	0	0	590	590
1916	Simon Turgoose	m	MV 50		0	590	0	0	0	0	0	0	590
1917	Andrew Pringle	m	MV 60		590	0	0	0	0	0	0	0	590
1918	Sue Smart	f	FV 50	Warrington Running Club	0	0	0	0	0	0	0	589	589
1919	Ella Worthington	f	FV 50		0	0	0	0	0	0	589	0	589
1920	Helen Leather	f	FV 50	Warrington running club	0	0	0	0	0	0	0	588	588
1921	Carolyn Shelley	f	FV 40		0	0	0	0	0	0	588	0	588
1922	Karen Bethell	f	FV 40		588	0	0	0	0	0	0	0	588
1923	Kate Turnbull	f	FV 40		0	0	0	0	0	0	587	0	587
1924	Helen Shaw	f	FV 50	Warrington Running Club	0	0	0	0	0	0	0	587	587
1925	Stuart Arnold	m	MV 60		587	0	0	0	0	0	0	0	587
1926	Samantha Kitchen	f			0	0	0	0	0	0	585	0	585
1927	Janet Gibson	f	FV 60		0	0	0	0	0	0	584	0	584
1928	Val Barella	f	FV 50		0	584	0	0	0	0	0	0	584

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
1929	Steve Gray	m	MV 40		584	0	0	0	0	0	0	0	584
1930	Della Lansley	f	FV 50	Bellahouston Road Runners	0	0	0	0	0	0	583	0	583
1931	Tara Rutherford	f	FV 50	Sunderland Strollers	0	583	0	0	0	0	0	0	583
1932	Kenny Rowe	m	MV 70	Penistone Footpath Runners AC	0	582	0	0	0	0	0	0	582
1933	Gabriella Corbridge	f	U25		0	0	0	0	0	0	581	0	581
1934	Richard Jackson	m	MV 50		580	0	0	0	0	0	0	0	580
1935	Katie Roberts	f			579	0	0	0	0	0	0	0	579
1936	caroline alderson	f	FV 40		0	0	0	0	0	0	578	0	578
1937	Michelle Watt	f	FV 50		578	0	0	0	0	0	0	0	578
1938	Graham alderson	m	MV 40		0	0	0	0	0	0	577	0	577
1939	Pete Wareham	m	MV 60		0	0	0	0	0	0	575	0	575
1940	Tracy Berry	f	FV 40	Liverpool Pembroke Sefton Athletics Club	575	0	0	0	0	0	0	0	575
1941	Becky Christmas	f	FV 50	Tri Harman	0	575	0	0	0	0	0	0	575
1942	Alison Atherton	f	FV 50		0	0	0	0	0	0	574	0	574
1943	Tara Guthrie	f	FV 50		0	574	0	0	0	0	0	0	574
1944	Chris Gamble	m	MV 50		574	0	0	0	0	0	0	0	574
1945	Adam Morton	m	MV 50		0	0	0	0	0	0	573	0	573
1946	Joanna Mackenzie	f	FV 40		0	573	0	0	0	0	0	0	573
1947	Alison Ward	f	FV 50		573	0	0	0	0	0	0	0	573
1948	Zinet Hassan	f	FV 50		572	0	0	0	0	0	0	0	572
1949	Joanne Roberts	f	FV 40	Smiley Paces	0	0	0	0	0	0	570	0	570
1950	Roger Shearer	m	MV 60		569	0	0	0	0	0	0	0	569
1951	Yuki Ueki	f	FV 70		0	0	0	0	0	0	568	0	568
1952	Kate Davey	f	FV 50	Fitmums and Friends	568	0	0	0	0	0	0	0	568
1953	Karen Thistlethwaite	f	FV 40	Lonely Goat RC	0	0	0	0	0	0	567	0	567
1954	Caron Cour	f	FV 50	Acre Street Runners	0	0	0	0	0	0	566	0	566
1955	Ian Stainthorpe	m	MV 60	Rochdale Harriers	566	0	0	0	0	0	0	0	566
1956	Claire Willis	f	FV 40		564	0	0	0	0	0	0	0	564
1957	Colin Smith	m	MV 50		0	0	0	0	0	0	560	0	560
1958	Rachel Bodenham	f	FV 50		560	0	0	0	0	0	0	0	560
1959	Andrew Bodenham	m	MV 50		559	0	0	0	0	0	0	0	559
1960	Susanne PETERS	f	FV 50	Cadencetri	558	0	0	0	0	0	0	0	558
1961	Luke Bell	m			557	0	0	0	0	0	0	0	557
1962	Anne Stockley	f	FV 40	Keswick AC	556	0	0	0	0	0	0	0	556
1963	Danilo Trozzi	m	MV 50		0	0	0	0	0	0	555	0	555
1964	Nicola Brown	f	FV 40		0	0	0	850	0	0	553	0	553
1965	Margaret Kaye	f	FV 60		552	0	0	0	0	0	0	0	552
1966	Chris Chadwick	m			551	0	0	0	0	0	0	0	551
1967	Sheila Tose	f	FV 50		550	0	0	0	0	0	0	0	550
1968	Joanne Chard	f	FV 40	Women On The Run	548	0	0	0	0	0	0	0	548
1969	Steve Longney	m	MV 50	Yorkshire Wolds Runners	0	0	0	0	0	0	547	0	547
1970	Helen Greenhalgh	f	FV 40		547	0	0	0	0	0	0	0	547
1971	Helen Dutton	f	FV 40	Wesham road runners	546	0	0	0	0	0	0	0	546
1972	Sarah Edwards	f	FV 40		0	0	0	0	0	0	542	0	542

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Series - No Amb
2017	Angela Nicholson	f	FV 50		0	0	0	786	0	0	500	0	500
2018	Meg Daintith	f	FV 50	Warrington Runing Club	500	0	0	0	0	0	0	0	500
2019	John Harrington	m			0	0	0	0	0	0	499	0	499
2020	Rose Roberts	f	FV 60	261 Fearless/City of Lancaster Triathlon	499	0	0	0	0	0	0	0	499
2021	Marie Guttridge	f	FV 40		0	0	0	0	0	0	498	0	498
2022	Pauline Carrera-Silva	f	FV 50		0	0	0	0	0	0	496	0	496
2023	Rob Stopforth	m			495	0	0	0	0	0	0	0	495
2024	Philip Jones	m	MV 60		0	0	0	0	0	0	494	0	494
2025	Lesley Jones	f	FV 60		0	0	0	0	0	0	493	0	493
2026	Stuart Adamson	m	MV 60		0	0	0	0	0	0	492	0	492
2027	Adam McWilliams	m			0	0	0	0	0	0	491	0	491
2028	Timothy Mcwilliams	m	MV 50		0	0	0	0	0	0	490	0	490
2029	Alex Jones	m			0	0	0	0	0	0	489	0	489
2030	Victoria McIver	f			0	0	0	0	0	0	488	0	488
2031	Colette Watling	f	FV 60	Didsbury Runners	488	0	0	0	0	0	0	0	488
2032	Jonathan Evans	m	MV 50	Wesham	0	0	0	0	0	0	487	0	487
2033	Kirsten Johnson	f	FV 40	Hash House Harriers	486	0	0	0	0	0	0	0	486
2034	Deborah Redmond	f	FV 60		0	0	0	0	0	0	485	0	485
2035	Tom Spencer	m		N/a	485	0	0	0	0	0	0	0	485
2036	Dominique Bicker	f			484	0	0	0	0	0	0	0	484
2037	Gabby Thorpe	f	FV 40		0	0	0	0	0	0	483	0	483
2038	Angelo Brioussel	m			483	0	0	0	0	0	0	0	483
2039	Jane Boden	f	FV 40	Smiley Paces	0	0	0	0	0	0	482	0	482
2040	Maxine Grimshaw	f	FV 60	Ramsbottom Running Club	0	0	0	0	0	0	481	0	481
2041	Cat Gooch	f	FV 40	Ponteland Runners	481	0	0	0	0	0	0	0	481
2042	Lynne Midgley-ward	f	FV 50	Ponteland Runners	480	0	0	0	0	0	0	0	480
2043	Sarah Jackson	f	FV 50	Kendal AAC	0	0	0	0	0	0	477	0	477
2044	Chris Barker	m	MV 60		477	0	0	0	0	0	0	0	477
2045	Laura Chiswell	f	FV 40		0	0	0	0	0	0	476	0	476
2046	Giselle Collins	f	FV 50		476	0	0	0	0	0	0	0	476
2047	Dale Collins	m	MV 50	Giselle Collins	475	0	0	0	0	0	0	0	475
2048	Heather Whalley	f			474	0	0	780	0	0	0	0	474
2049	Edwina Rickards Collinson	f	FV 60	Crocwalkers	472	0	0	0	0	0	0	0	472
2050	Anita Rogers	f	FV 50		0	0	0	0	0	0	471	0	471
2051	Anna Blakeley	f	FV 40		471	0	0	0	0	0	0	0	471
2052	Eleanor Duffin	f	FV 50		470	0	0	0	0	0	0	0	470
2053	Kees Stavenuiter	m	MV 50		0	0	0	0	0	0	469	0	469
2054	Wyn Clayton	f	FV 70	Women On The Run	469	0	0	0	0	0	0	0	469
2055	Geoffrey Smith	m	MV 50		0	0	0	0	0	0	468	0	468
2056	Jonathan Richardson	m	MV 40	York Postal Harriers	468	0	0	0	0	0	0	0	468
2057	Giselle Dudley	f	FV 60		467	0	0	0	0	0	0	0	467
2058	katie winter	f	FV 50		466	0	0	0	0	0	0	0	466
2059	Margaret Thompson	f	FV 70	Elvet Striders	465	0	0	0	0	0	0	0	465
2060	Roberta Whyte	f	FV 60	Linlithgow Athletic Club	464	0	0	778	0	0	0	0	464

