



Lakeland Trails 2023 Spring Series Championships - 14-18k Trail Run



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
1	William Dickson	m	MV 60		987	992	991	2970
2	James Grinbergs	m	MV 40	Eden Runners	968	972	989	2929
3	John Bohan	m	MV 40		954	968	986	2908
4	Mark Blundell	m	MV 60	Edge Pistols	911	921	942	2774
5	Andrew Stuart	m	MV 50		872	914	959	2745
6	Lewis McIntyre	m	MV 60		902	892	948	2742
7	Dominic Brophy	m	MV 50	Unattached	901	911	917	2729
8	Erwin Kalis	m	MV 40	Lancaster & Morecambe Athletics Club	899	870	924	2693
9	Jonathan Broome	m	MV 50	Achille Ratti	890	833	958	2681
10	Terry Moss	m	MV 50		877	891	886	2654
11	Chris Wales	m	MV 50	Preston Harriers	891	854	898	2643
12	John Bamforth	m	MV 50		848	826	910	2584
13	Tim Farron	m	MV 50	Dallam Runners	779	811	860	2450
14	Darren Gillman	m	MV 50	Todmorden Harriers	772	883	789	2444
15	Gillian Rowland	f	FV 60		690	796	877	2363
16	Dawn Wicks	f	FV 50		726	750	840	2316
17	Laura Whittaker	f	FV 40		712	763	832	2307
18	Cherry Collison	f	FV 50	Bolton utd harriers	696	728	845	2269
19	Andrew Hollowbread	m	MV 50		705	714	847	2266
20	Katie Samuelson	f	FV 40	Todmorden Harriers	669	800	788	2257
21	Gail Bristo	f	FV 50	Red Rose Road Runners	681	758	811	2250
22	Graham Schofield	m	MV 70	Chorley Harriers	678	710	837	2225
23	Andrew Hemsley	m	MV 60	Walney Wind Cheetahs	673	722	818	2213
24	Jennifer Webster	f	FV 40	Epot	620	743	803	2166
25	Bernice Blundell	f	FV 60	Edge Pistols	621	700	790	2111
26	Peter Reed	m	MV 70	Northumberland Fell Runners	602	687	795	2084
27	Russ Valentine	m	MV 60	Falkland Trail Runners	571	651	850	2072
28	Andrew Woodhead	m	MV 40		652	638	782	2072
29	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers	645	649	711	2005
30	Amanda Cirelli	f	FV 50		583	653	760	1996
31	Phil Waite	m			995	0	997	1992
32	Grant Ormerod	m	MV 40		992	1000	0	1992
33	Liam Widdrington	m		Hoad Hill Harriers	993	997	0	1990
34	Jon Gardiner	m	MV 40		990	994	0	1984
35	David Howarth	m	MV 40		979	993	0	1972
36	Chris Gray	m	MV 40	Tri Lakeland	0	978	994	1972
37	Tim Coid	m	MV 40	Washington Running Club	543	644	775	1962
38	Mike Allison	m	MV 60	Eden Runners	977	981	0	1958
39	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	974	0	976	1950
40	Mark Young	m	MV 50		969	974	0	1943
41	Karen Campbell	f	FV 60	Falkland Trail Runners	570	637	735	1942
42	Matthew Cox	m			970	969	0	1939
43	David Calder	m	MV 60	Westerlands Cross Country Club	962	0	963	1925
44	Kevin Scott	m	MV 50		949	970	0	1919
45	Jim Andrews	m	MV 50	Helm Hill Runners	942	0	975	1917
46	Daniel Gilbody	m		WeStryv Coaching & Fitness	956	0	961	1917
47	Ian Johnson	m	MV 50		0	935	972	1907
48	Joe Horsley	m	MV 40		945	960	0	1905
49	Mark Ashburn	m			948	950	0	1898
50	Ian Crook	m	MV 50	Barrow Striders	0	927	970	1897
51	Jonathan Goldsworthy	m	MV 40		932	958	0	1890
52	Neil Sutcliffe	m	MV 60		527	623	729	1879
53	Robert Faulkner	m			922	0	950	1872
54	Jane Thomas	f		Sale Harriers	937	931	0	1868
55	Christoph Hachmann	m			938	930	0	1868
56	Andrew Pye	m	MV 40		926	936	0	1862
57	Clare Page	f	FV 40	Lonewolf	930	918	0	1848
58	Jonathan Dearlove	m			0	926	920	1846
59	John Wilson	m	MV 50	Massey Ferguson Running Club	944	0	901	1845
60	Paul Morris	m	MV 60	Keswick AC	927	915	0	1842
61	Dave Muckle	m	MV 50	The Blue Notes	0	904	936	1840

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
62	Alison Nordon	f	FV 50		498	608	734	1840
63	Mark Farmer	m	MV 50		497	603	714	1814
64	Kerry Grinbergs	f	FV 40	Eden runners	846	0	954	1800
65	Jennifer Ireland	f	FV 50		478	579	741	1798
66	Alan Parker	m	MV 50		883	907	0	1790
67	Daniel McGrath	m	MV 40		829	0	960	1789
68	James Magog	m	MV 40	Sunderland Strollers	881	905	0	1786
69	Stephen Stuart	m	MV 50		834	0	947	1781
70	Paul Bretherton	m	MV 50		918	861	0	1779
71	Steven Rutter	m			912	863	0	1775
72	Chris Ridgers	m			866	903	0	1769
73	Andrew Carmichael	m	MV 40		0	852	913	1765
74	Simon Brady	m	MV 40		838	925	0	1763
75	Craig Armitage	m		Not affiliated	879	876	0	1755
76	Callum Hodgson	m			896	858	0	1754
77	Nigel Meier	m	MV 50	N/a	839	0	900	1739
78	Joanne Andrews	f	FV 50		0	836	895	1731
79	Simon Williams	m	MV 50		0	873	844	1717
80	Chris Davies	m	MV 40	Team inov-8	833	866	0	1699
81	Charlie TOSE	m	U25		860	839	0	1699
82	Helen Tyson	f	FV 40	Eden Runners	837	0	861	1698
83	Jonathan Tose	m	MV 50		859	834	0	1693
84	Scott Keenan	m	MV 50		864	827	0	1691
85	Chris Turner	m	MV 60	Nidderdale Fell and Trail	847	840	0	1687
86	Tom Wright	m	MV 40		835	849	0	1684
87	Louise Anderson	f	FV 50		785	0	891	1676
88	Ewan Taylor	m		Victoria Park Running Club, Warrington	0	831	841	1672
89	Tim Ellams	m	MV 40		827	838	0	1665
90	Dorothy Pelly	f	FV 60	Ambleside Ac	775	0	885	1660
91	Matt Goffatt	m			728	924	0	1652
92	David Wimpenny	m			822	825	0	1647
93	Tony Davies	m	MV 50	Eryri Harriers	708	0	937	1645
94	Kay Mcgreevy	f	FV 60		810	818	0	1628
95	Nicholas Schaffer	m	MV 60	Millom Striders	796	0	830	1626
96	Laura Peacock	f	FV 40	Derwent Valley Running Club	0	778	835	1613
97	Eleanor Shotton	f	FV 40	Derwent Valley Running Club	0	777	836	1613
98	Harry Borman	m			752	859	0	1611
99	Melissa Gorst	f			800	809	0	1609
100	Laura Kirkham	f	FV 40	Riversway Road Runners	820	779	0	1599
101	Ann-Marie Tulloch	f	FV 40		861	738	0	1599
102	Jonathan Watt	m	MV 60		769	815	0	1584
103	Nikki Kitts	f		Kirkby Milers AC	0	734	848	1582
104	Andrew Devitt	m	MV 50	Knowle & Dorridge Running Club	716	865	0	1581
105	Felicia Singleton	f	FV 50	Victoria Park Running Club, Warrington	0	767	809	1576
106	Martin Tilbury	m	MV 50		707	0	866	1573
107	Ian Wilson	m	MV 50	Helm Hill	765	804	0	1569
108	Dawn Chilton	f	FV 50		767	787	0	1554
109	Lesley Goodson	f	FV 50	North Wales Road Runners Club	709	0	839	1548
110	Kevin Gibbons	m	MV 60		672	0	870	1542
111	Andrew Hamman	m	MV 40		666	0	863	1529
112	Alan Jones	m	MV 60	Garstang Running Club	750	775	0	1525
113	Kate Morley	f			766	752	0	1518
114	Daniel Maltman	m	MV 40		653	0	857	1510
115	John Heathcote	m	MV 60		0	704	796	1500
116	Julie Graham	f	FV 60	Garstang	685	801	0	1486
117	Ginny Newman	f	FV 60		671	0	808	1479
118	Rich Roberts	m	MV 50	N/a	743	721	0	1464
119	Mary Entwistle	f	FV 50		0	662	791	1453
120	Hannah Stirling	f			644	808	0	1452
121	Timothy Knowles	m	MV 50	None	682	769	0	1451
122	Trevor Billington	m			0	636	800	1436
123	Jill Reed	f	FV 50		662	768	0	1430
124	Kate Peers	f	FV 40		611	0	814	1425
125	Russell Pilling	m	MV 60	North Shields Poly	648	0	768	1416
126	su hall	f	FV 40		668	747	0	1415
127	Fiona Haigh	f	FV 50	Team Fi & B	589	824	0	1413
128	Jen Powley	f	FV 40		663	739	0	1402
129	Jane Mellor	f	FV 40		689	705	0	1394

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
130	Clare Laybourn	f	FV 50		0	664	724	1388
131	Serkan Yaman	m	MV 50		0	650	737	1387
132	Joanne Morris	f	FV 40		616	762	0	1378
133	Chris Whitby	m	MV 50	Cumberland Ac	636	741	0	1377
134	Kate Broome	f	FV 60	Achille Ratti	0	610	756	1366
135	Martin Free	m	MV 50	Lonely Goat Running Club	0	632	733	1365
136	Ric Jaques	m	MV 50		661	703	0	1364
137	Esther Stanier	f		Red Rose Road Runners	619	733	0	1352
138	Menna Goodwin	f	FV 50	Warrington	640	709	0	1349
139	Mike Wood	m	MV 50		618	717	0	1335
140	Christine Rostron	f	FV 60	Red Rose Road Runners	0	600	730	1330
141	Ryan Parry	m	MV 40		646	679	0	1325
142	Colette Clarkson	f	FV 50		545	0	779	1324
143	Kevin Clarkson	m	MV 50		544	0	778	1322
144	Wendy Pratt	f	FV 40		627	691	0	1318
145	Paul Kelly	m	MV 50		737	581	0	1318
146	Michael Welsh	m	MV 50		659	654	0	1313
147	Gerry Richards	f	FV 50		581	0	726	1307
148	Jay Golding	m	MV 40		532	0	764	1296
149	STEPHANIE HOPE	f	FV 40	Burnden Road Runners	601	680	0	1281
150	Helen Little	f	FV 40	U/a High Harrington, Cumbria	610	658	0	1268
151	Cat Mchugh	f	FV 40		609	659	0	1268
152	Carole Frost	f	FV 60	Orchard Eagles Running Club	565	671	0	1236
153	Lesley Allison	f	FV 60	Eden Runners	563	660	0	1223
154	Ali Cooper	f	FV 60	Kendal Tri Club	553	667	0	1220
155	Heather Brown	f	FV 40		582	627	0	1209
156	Ken Brown	m	MV 60		626	576	0	1202
157	Julie Brega	f	FV 60		549	647	0	1196
158	Jane Marshall	f	FV 50	York Acorn Running Club	482	0	708	1190
159	John Wilks	m	MV 50	Tri Lakeland	554	615	0	1169
160	Emma Atherton	f	FV 40		555	614	0	1169
161	Judith Barker	f	FV 50		531	635	0	1166
162	Judith Weston	f	FV 50	Marsh House Harriers	516	642	0	1158
163	Amy Butler	f			518	619	0	1137
164	Anneke Hackenbroich	f	FV 40		493	634	0	1127
165	Dave Cope	m	MV 70		496	607	0	1103
166	Sarah Baird	f			494	578	0	1072
167	Lucy Peart	f	FV 50		489	577	0	1066
168	Gillian Kelly	f	FV 40		463	580	0	1043
169	Jonathan Cox	m		Eden Runners	1000	0	0	1000
170	James Largey	m		North East Project	0	0	1000	1000
171	Spencer Shaw	m	U25		999	0	0	999
172	Russell Maddams	m	MV 40	Keswick Ac	0	999	0	999
173	Felix Barker	m		Ambleside AC	0	0	999	999
174	Stuart Wilson	m			0	998	0	998
175	Mariusz Miśkiewicz	m	MV 40	STAŃCZAK TEAM	0	0	998	998
176	James Egleston	m		inov-8	998	0	0	998
177	Jordan Scott	m		Morpeth Harriers	997	0	0	997
178	Scout Adkin	f		Ambleside AC	996	0	0	996
179	Joe Moore	m		Bowland Fell Runners	0	996	0	996
180	Jacob Allen	m			0	0	996	996
181	Jack Coy	m			0	995	0	995
182	Andrew Hickman	m	MV 40		0	0	995	995
183	Ben Swarbrick	m			994	0	0	994
184	Lindsey Brindle	f	FV 40	Team Inov-8	0	0	993	993
185	Nick Hayes	m	MV 40		0	0	992	992
186	Ted Leahy	m	MV 40	Ripon Runners	991	0	0	991
187	Katie Rowland	f		Kent Ac	0	991	0	991
188	Tom Kay	m		Saltaire Striders	0	0	990	990
189	Eugene Grant	m	MV 50		0	990	0	990
190	darren bell	m	MV 50	loftus & whitby A/C	989	0	0	989
191	Chris Neil	m	MV 40		0	989	0	989
192	Tim Brooker	m	MV 40	Ambleside AC	988	0	0	988
193	Jonny Hall	m		Clayton Harriers	0	0	988	988
194	Alex Sharpe	m			0	988	0	988
195	Steven Henderson	m		Sale Harriers Manchester	0	0	987	987
196	Nicholas Jackson	m			0	987	0	987
197	Shaun Jones	m	MV 40		986	0	0	986

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198	Phil Facey	m	MV 40		0	986	0	986
199	Mark Griffiths	m	MV 40		0	0	985	985
200	David Walker	m	MV 50	Sedgefield Harriers	985	0	0	985
201	David Lash	m	MV 40	Sunderland Harriers	0	985	0	985
202	Tim Chadwick	m			984	0	0	984
203	Jonathan Male	m	MV 40	Barrow Runners	0	984	0	984
204	Eleanor Fowler	f	FV 40	Badgers	0	0	984	984
205	Sam Williams	m			983	0	0	983
206	Mark Johnson	m		Sale Harriers Manchester	0	0	983	983
207	Lizzie Nairn	f		Selby Striders	0	983	0	983
208	Reece Fishwick	m			0	0	982	982
209	Owen Fletcher	m			0	982	0	982
210	Matthew Blakeley	m	MV 50	Roundhay Runners	982	0	0	982
211	Will Smith	m	MV 40	Halifax Harriers	981	0	0	981
212	Lucy Rawlinson	f		Leigh Harriers	0	0	981	981
213	Philip Mallaband	m	MV 40	Vegan Runners	0	0	980	980
214	Nigel Hartley	m	MV 50	Ramsbottom Running Club	0	980	0	980
215	Chris Miles	m		Sale Harriers	980	0	0	980
216	Graham Spence	m			0	0	979	979
217	Daniel Bailey	m		Manchester YMCA Harriers	0	979	0	979
218	Tom Booth	m		Dynafit	978	0	0	978
219	Paul Edwards	m		Lostock AC	0	0	978	978
220	Joseph Hayes	m		Manchester YMCA Harriers	0	977	0	977
221	Dan Saunders	m	MV 40	Team Otter	0	0	977	977
222	Emma Neil	f			0	976	0	976
223	Benjamin Pippard	m			976	0	0	976
224	Tom Sutton	m	MV 40		0	975	0	975
225	Millie Hindle	f	U25		975	0	0	975
226	Martyn Robinson	m	MV 50	Bats	0	0	974	974
227	Robert Bradshaw	m			0	973	0	973
228	Jack Hinton	m			0	0	973	973
229	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	973	0	0	973
230	Peter Fletcher	m	MV 40	Sale Harriers	972	0	0	972
231	Jonathan Sangster	m		Burnden Road Runners	0	0	971	971
232	David Bartlett	m			971	0	0	971
233	Ben Hall	m	MV 40	Elswick Harriers	0	971	0	971
234	Jordan Hammond	m			0	0	969	969
235	Bruce Penhale	m	MV 60		0	0	968	968
236	Ryan Martindale	m			967	0	0	967
237	Harry Fry	m			0	967	0	967
238	Chris Macmillan	m		Derwent AC	0	0	967	967
239	Samuel Gilmore	m			0	966	0	966
240	Liam Hopkins	m			966	0	0	966
241	Kelly Staunton	f			0	0	966	966
242	Mick Clifford	m			965	0	0	965
243	Helen Sharman	f			0	0	965	965
244	Ada Klappholz Miśkiewicz	f	FV 50		0	965	0	965
245	Ken Montgomery	m	MV 40	Halifax Harrier	0	964	0	964
246	Edward Parker	m			964	0	0	964
247	Alasdair Pinder	m			0	0	964	964
248	Paul Managh	m	MV 40	Walney Wind Cheetahs	963	0	0	963
249	Andrew Dawson	m	MV 40		0	963	0	963
250	Nicholas Plant	m	MV 40		0	962	0	962
251	Andrew Christie	m			0	0	962	962
252	Lucy Wasinski	f	FV 40	Glossopdale Harriers	0	961	0	961
253	Anne-Marie Hindle	f	FV 50		961	0	0	961
254	Aaron Thomas	m			960	0	0	960
255	Philip Tomkinson	m		Manchester YMCA Harriers	0	959	0	959
256	Chris McDonald	m	MV 60		959	0	0	959
257	Sally Braithwaite	f	U25	Eden runners	958	0	0	958
258	Marcus Carter-Strutt	m	U25		0	957	0	957
259	Fergal Leonard	m	MV 40		957	0	0	957
260	Calum Campbell	m	MV 50	Eden Runners	0	0	957	957
261	Matt Harris	m	MV 40		0	0	956	956
262	Graeme Dick	m	MV 40		0	956	0	956
263	Sam Harding	m			0	955	0	955
264	Laura Vaillant	f			0	0	955	955
265	Abbie Walker	f	U21	Sedgefield Harriers	955	0	0	955

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266	Anton Barrow	m			0	954	0	954
267	greg yates	m	MV 40		953	0	0	953
268	Emily Hart	f			0	953	0	953
269	Andrew Mitchinson	m	MV 40	The Otters	0	0	953	953
270	Mark Griffiths	m	MV 40	Manchester Ymca Harriers	952	0	0	952
271	Linda Rix	f	FV 50	Manchester Fronrunners	0	0	952	952
272	Gordon Blunt	m	MV 40	Kendal Hockey Club	0	952	0	952
273	Simon Robb	m			0	0	951	951
274	Sam Cooper	m			951	0	0	951
275	Nicky Sutton	f	FV 40		0	951	0	951
276	Chris Willocks	m			950	0	0	950
277	Stephanie Dobbing	f		Durham Fell Runners	0	949	0	949
278	Roberto Raso	m	MV 50	Manchester Fronrunners	0	0	949	949
279	Hannah Hoggren-Johnson	f	FV 40	Sheffield Triathlon Club	0	948	0	948
280	Steven Fairbairn	m	MV 40		947	0	0	947
281	Finn Donovan	m			0	947	0	947
282	Robbie Zhao	m			0	0	946	946
283	Andrew Bowler	m		Manchester YMCA Harriers	0	946	0	946
284	Amy Pickworth	f	FV 40	Darlington harriers	946	0	0	946
285	Chris Lawrence	f	FV 50		0	945	0	945
286	Beth Barker	f			0	0	945	945
287	William Trewby	m			0	944	0	944
288	James Chambers	m	MV 40	York Knavesmire Harriers	0	0	944	944
289	Tim Bonham	m			0	943	0	943
290	Paul Lewis	m	MV 50		943	0	0	943
291	Matthew Fielding	m			0	0	943	943
292	Alan King	m	MV 60	Stockton Striders	0	942	0	942
293	Simon Winster	m		Red Rose Road Runners	941	0	0	941
294	Pedro Rodriguez	m			0	941	0	941
295	Michael Smith	m	MV 40		0	0	941	941
296	Sonny Gartside	m			0	0	940	940
297	Al Neal	m	MV 40		940	0	0	940
298	Adam Whittaker	m			0	940	0	940
299	Matt Leydon	m	MV 40	Spa Striders	0	0	939	939
300	Julian Clarke	m	MV 50		939	0	0	939
301	Jamie Cryer	m			0	939	0	939
302	Sam Goodall	m	MV 40	Nidderdale Fell and Trail	0	938	0	938
303	Ben Barnard	m	MV 40		0	0	938	938
304	Thomas Nagel	m			0	937	0	937
305	Tyus Sargeant	m	U25		936	0	0	936
306	Matt Higgins	m			935	0	0	935
307	Lee Drummond	m	MV 50	Birtley Ac	0	0	935	935
308	Philip Arrowsmith	m	MV 40		0	0	934	934
309	Paul Stuart	m	MV 50		934	0	0	934
310	Clive Colson	m	MV 50		0	934	0	934
311	Melanie Rotherham	f	FV 50	Ambleside AC	0	933	0	933
312	Ben Gent	m	MV 50		0	0	933	933
313	Alex Wyatt	m			933	0	0	933
314	Jose Gonzalez	m			0	0	932	932
315	David Blackshaw	m	MV 40		0	932	0	932
316	Laurence Burns	m	MV 40		0	0	931	931
317	Laura Andrew	f	FV 40		931	0	0	931
318	Michael Harding	m			0	0	930	930
319	Stuart Clayton	m	MV 50		0	929	0	929
320	Shaun McDermott	m		Border Reiver Runners	929	0	0	929
321	Harriet Galpin	f			0	0	929	929
322	Rowena Leary	f			0	928	0	928
323	Phill Rae	m	MV 50		0	0	928	928
324	David Baglee	m	MV 60	Eden Runners	928	0	0	928
325	Donna Cartwright	f	FV 40	Radcliffe Ac	0	0	927	927
326	Steven Kjar	m	MV 40	Benfleet	0	0	926	926
327	Steven Marsh	m	MV 60		925	0	0	925
328	John Marlen-Summers	m	MV 40		0	0	925	925
329	Sebastien Carter	m			924	0	0	924
330	Steven Leith	m			0	923	0	923
331	Mike Hopkins	m	MV 60		923	0	0	923
332	David Miller	m	MV 60	Chorley A. & T.	0	0	923	923
333	Michael Gibbons	m			0	0	922	922

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334	Lee Marks	m	MV 40	Salford Metropolitan AC	0	922	0	922
335	Ruth Denham-Brown	f			921	0	0	921
336	Pieter Drijfhout	m	U25		0	0	921	921
337	Zachary Hopkins	m			920	0	0	920
338	Edward Scott	m			0	920	0	920
339	Sandra Connell	f	FV 60		0	0	919	919
340	Christopher Wild	m			919	0	0	919
341	Amanda Bradbury	f	FV 40	Wilmslow Running Club	0	919	0	919
342	Jack Wilson	m			0	0	918	918
343	Jon Green	m	MV 50		0	917	0	917
344	James Harrison	m			917	0	0	917
345	Thomas Jones	m			916	0	0	916
346	Mark Salmon	m		N/a	0	0	916	916
347	Mark Baker	m	MV 50	None	0	916	0	916
348	Hilary Neal	f	FV 40		915	0	0	915
349	Billy Boland	m			0	0	915	915
350	Marjoiljn Spoorenberg	f			914	0	0	914
351	Joanna Fitch	f			0	0	914	914
352	Neil Ward	m	MV 50	Ponteland Runners	913	0	0	913
353	Alex Thompson	m			0	913	0	913
354	Robert Lilliott	m			0	0	912	912
355	Daniel Towers	m	MV 40		0	912	0	912
356	Clara Shepherd	f			0	0	911	911
357	Rebecca Rose	f	FV 40		910	0	0	910
358	Jessica Gulland	f			0	910	0	910
359	Tom Willox	m		Helm Hill Runners	909	0	0	909
360	Nick De Jesus	m	MV 40		0	909	0	909
361	Laura Davies	f			0	0	909	909
362	Tom Beer	m	U25		0	908	0	908
363	Paul Brugier-Foster	m	MV 50		0	0	908	908
364	Ivor Stirling	m	U25		908	0	0	908
365	Andrew Nuttall	m			907	0	0	907
366	Adam Smith	m			0	0	907	907
367	Michael Szczygiel	m	MV 40		0	906	0	906
368	Karl Bescoby	m	MV 50	Chorlton Runners	906	0	0	906
369	Chris Pilkington	m		BookofPilx	0	0	906	906
370	Christopher Rowland	m	MV 40		0	0	905	905
371	Benjamin Wright	m	MV 40		905	0	0	905
372	Rob Dartnell	m	MV 50	Dorking and Mole Valley AC	904	0	0	904
373	Amy Brookes	f			0	0	904	904
374	Ruth Delahunty	f			0	0	903	903
375	John Ryder	m	MV 50	Tadcaster harriers	903	0	0	903
376	JONATHAN LILLIOTT	m	MV 60		0	0	902	902
377	Chris Blackburn	m	MV 40		0	902	0	902
378	Kevin Webster	m			0	901	0	901
379	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	900	0	900
380	Christopher Prickett	m			900	0	0	900
381	Kevin Tomlinson	m	MV 60	Milltown Milers	0	899	0	899
382	John Belfrage	m	MV 40		0	0	899	899
383	Scott Liddell	m	MV 60		0	898	0	898
384	Joe Duncalf	m			898	0	0	898
385	Russell Openshaw	m	MV 40		0	0	897	897
386	Melanie Williamson	f	FV 40	Chorlton Runners	897	0	0	897
387	Adrian Spencer	m	MV 50	Barrow Runners	0	897	0	897
388	Owen Jones	m	MV 40	The Otters	0	0	896	896
389	Louise Male	f	FV 40	Barrow Runners	0	896	0	896
390	Tim Selves	m	MV 50		895	0	0	895
391	Michael Flintoff	m	U25		0	895	0	895
392	Sam Jones	f	FV 40	Penwortham Panthers	0	0	894	894
393	Liam WARD	m			0	894	0	894
394	Aileen Gibson	f	FV 40		894	0	0	894
395	Thomas Smith	m			0	893	0	893
396	Helen Young	f	FV 40	York Knavesmire Harriers	0	0	893	893
397	David Oxtoby	m	MV 50	Kenilworth Runners	893	0	0	893
398	Philip Pasco	m			892	0	0	892
399	Kieran Smallbone	m	MV 40	Goyt Valley Striders	0	0	892	892
400	Tessa Young	f			0	890	0	890
401	Si Stevenson	m	MV 40		0	0	890	890

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
402	Matt Brash	m			889	0	0	889
403	David Nolan	m		Low Fell Running Club	0	0	889	889
404	Daniel Vaughan	m			0	889	0	889
405	Sarah Watton	f		Burnden Road Runners	0	0	888	888
406	Joanne Grant	f	FV 50	Milltown Milers	0	888	0	888
407	Geoff Dale	m	MV 40		888	0	0	888
408	Peter Collinson	m	MV 50		887	0	0	887
409	Fiona Ferguson	f		Spa Striders	0	0	887	887
410	Abigail Hathway	f	FV 40	Smiley Paces	0	887	0	887
411	Simon Lobas	m	MV 40		0	886	0	886
412	Mark Walker	m	MV 50	Rochdale Harriers and AC	886	0	0	886
413	Colin Smith	m	MV 60	Bury Athletic Club	0	885	0	885
414	Chris Ryan	m	MV 40	Sw Running Crew	885	0	0	885
415	Stephen Woodruffe	m	MV 60	Red Rose Road Runners	0	884	0	884
416	Luke Bell	m			884	0	0	884
417	Alan Heap	m	MV 50	Penwortham Panthers	0	0	884	884
418	James Foster	m	U25		0	0	883	883
419	Rachel Innis	f			0	882	0	882
420	Matt Brookes	m	MV 40	Ripon Runners	882	0	0	882
421	Liz Handford	f	FV 50		0	0	882	882
422	Thomas Bradshaw	m	U25		0	881	0	881
423	Chris Jackson	m	MV 50		0	0	881	881
424	Salvatore Genovese	m	MV 50		880	0	0	880
425	Karen Mather	f	FV 60		0	880	0	880
426	Hannah Hickman	f	FV 40		0	0	880	880
427	Sophie Christie	f			0	0	879	879
428	Emma Stephenson	f	FV 50		0	879	0	879
429	Michael Rogers	m	MV 40	None	878	0	0	878
430	Jamie Johnston	m	MV 40		0	878	0	878
431	Anthony Connolly	m	MV 40		0	0	878	878
432	David Gilbert	m	MV 50		0	877	0	877
433	John Green	m	MV 50		0	0	876	876
434	Gillian Glynn	f	FV 50		876	0	0	876
435	Paul Ellis	m	MV 40	TEAM OTTER	0	0	875	875
436	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	875	0	875
437	Andy Howlett	m	MV 50		875	0	0	875
438	Shaun Holland	m			0	0	874	874
439	Rachel Dimelow	f			0	874	0	874
440	Gavin Rowlands	m			874	0	0	874
441	Paul Perkins	m	MV 40		0	0	873	873
442	Neil Owens	m	MV 40		873	0	0	873
443	Louise Robbins	f	FV 40		0	872	0	872
444	Chris Fletcher	m	MV 40		0	0	872	872
445	Rosie Warnett	f	FV 40	Sedgefield Harriers	871	0	0	871
446	David Macgillivray	m	MV 60	Dh Runners	0	0	871	871
447	Andrew Unitt	m	MV 60	Barrow Runners	0	871	0	871
448	Vince Allonby	m	MV 50		870	0	0	870
449	Mark Fowell	m	MV 60	Small	0	0	869	869
450	John Pollard	m	MV 60	Glossopdale Harriers	869	0	0	869
451	Adam Corbridge	m			0	869	0	869
452	Toby Adair	m	MV 40		0	0	868	868
453	Peter Bold	m	MV 50	Milltown Milers	0	868	0	868
454	Gina Williams	f	FV 40	Airecentre pacers	868	0	0	868
455	Phil Adam	m	MV 40		0	867	0	867
456	Lynne Carruthers	f	FV 60	Dch	0	0	867	867
457	Francis Higgins	m	MV 40		867	0	0	867
458	Clare Edgar	f			0	0	865	865
459	Alyson blakeley	f	FV 40	Roundhay runners	865	0	0	865
460	Ruth John	f			0	864	0	864
461	Neil Swainston	m	MV 40	Chorlton Runners	0	0	864	864
462	Emma Topping	f		Macclesfield Harriers	863	0	0	863
463	Joe Gregson	m			862	0	0	862
464	Jason Copp	m	MV 50		0	862	0	862
465	Andrea Abbas	f	FV 50		0	0	862	862
466	Matthew Park	m			0	860	0	860
467	Andy Buckroyd	m	MV 60	Macclesfield Harriers	0	0	859	859
468	Simon Collins	m	MV 40		858	0	0	858
469	Katarzyna Babinska	f			0	0	858	858

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
470	Paul Holmes	m	MV 40		857	0	0	857
471	Jenny Carlsson	f			0	857	0	857
472	Sandra Hutchinson	f	FV 50		0	0	856	856
473	Lucy Allaby	f			0	856	0	856
474	Leigh Henry	f	FV 40		856	0	0	856
475	Tim Kings	m	MV 50		0	0	855	855
476	Matthew Almond	m	MV 60		0	855	0	855
477	Ben Ransome	m	MV 50	LMAC	855	0	0	855
478	Suzanne Valentine	f	FV 40		0	0	854	854
479	Russell Wareing	m	MV 50	Lancaster And Morecambe Ac	854	0	0	854
480	Mary Donohue	f	FV 40		853	0	0	853
481	Mark Wilkie	m	MV 40		0	853	0	853
482	Andrea Howarth	f		Penwortham Panthers	0	0	853	853
483	Carly Clayden	f			0	0	852	852
484	Anna McDonald	f	U25		852	0	0	852
485	Joanna Heaton	f		Roundhay Runners	851	0	0	851
486	James Jardine	m	MV 40	Eden Runners	0	851	0	851
487	Glyn Kilsby	m	MV 60	Dubai Creek Striders	0	0	851	851
488	Owen Lewis	m	MV 40		0	850	0	850
489	Maureen Laney	f	FV 60	Unattached	850	0	0	850
490	Ciaron Roddy	m			849	0	0	849
491	Charlotte Everard	f		Spa Striders	0	0	849	849
492	Leanne Nield	f			0	848	0	848
493	Gary Smith	m	MV 40		0	847	0	847
494	matthew baker	m	MV 40		0	846	0	846
495	Clement Bidwell	m			0	0	846	846
496	Stuart Holding	m	MV 40	Wigan & District Harriers Ac	0	845	0	845
497	Matthew Soanes	m			845	0	0	845
498	Nick Jones	m	MV 40		0	844	0	844
499	Martin Miceli	m	MV 40		844	0	0	844
500	Steven Robinson	m	MV 60	Thornton Cleveleys Running Club	0	0	843	843
501	Christopher Hall	m	MV 40		0	843	0	843
502	Christina Mcguire	f	FV 60	Lancaster & Morecambe	843	0	0	843
503	Walt Cartwright	m	MV 50		0	0	842	842
504	Rory Tighe	m			842	0	0	842
505	Adrian Cross	m	MV 40		0	842	0	842
506	John Rudd	m	MV 50	Dundee Road Runners	841	0	0	841
507	Gavin Heaton	m		Team me	0	841	0	841
508	Peter Wright	m	MV 40	Riversway Road Runners	840	0	0	840
509	Dan Wilcock	m			0	0	838	838
510	Sam Lewis	m			0	837	0	837
511	Larrissa Penny	f			836	0	0	836
512	James Pearson	m	MV 40		0	835	0	835
513	Jenny England	f	FV 40		0	0	834	834
514	Joanna Dixon	f			0	0	833	833
515	Paul Dye	m	MV 50	St Bees Triers	832	0	0	832
516	Jason Stanley	m	MV 40		0	832	0	832
517	Neal Pearsall	m	MV 40		831	0	0	831
518	Bethany Grant	f			0	0	831	831
519	Samantha Catarelli	f			0	830	0	830
520	Neil Dunlop	m	MV 60		830	0	0	830
521	Sonja Heppke	f	FV 40	Austria	0	0	829	829
522	Joanna Ledson	f			0	829	0	829
523	Peter Bardon	m	MV 50		0	0	828	828
524	Jenna Butler	f	FV 40		828	0	0	828
525	Ben Houseman	m	MV 40		0	828	0	828
526	Richard Purdy	m	MV 40		0	0	827	827
527	Sarah McGrath	f	FV 40	Ramsbottom Running Club	0	0	826	826
528	Arron Cook	m			826	0	0	826
529	Davide Cuoghi	m			825	0	0	825
530	Christina Marechal	f			0	0	825	825
531	Jo Andrews	f	FV 50	Ambleside	824	0	0	824
532	Jason Linnane	m	MV 40	Billinge Running Club	0	0	824	824
533	Viv Sherry	f			0	0	823	823
534	Steve Boothroyd	m	MV 40		823	0	0	823
535	Peter McGivern	m	MV 40		0	823	0	823
536	William Fitch	m			0	0	822	822
537	Hannah O'Connor	f			0	822	0	822

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
538	Stuart O'connor	m	MV 50		0	821	0	821
539	Lawrence Robinson Heath	m	U21		0	0	821	821
540	Jo Sampson	f		Bramhall Runners	821	0	0	821
541	Sally Wood	f			0	820	0	820
542	Daniel Shercliff	m	MV 40		0	0	820	820
543	Tom Connolly	m	U25		819	0	0	819
544	Sinead Cairns	f			0	0	819	819
545	Louise Chicken	f	FV 50	Tynedale Harriers	0	819	0	819
546	David Connolly	m	MV 50		818	0	0	818
547	Simon Roberts	m	MV 50		0	0	817	817
548	Joanne Marsden	f	FV 50		0	817	0	817
549	Emily Fitzherbert	f	FV 40	Helm Hill	817	0	0	817
550	Sue Brookes	f	FV 40		0	0	816	816
551	Ian Thompson	m	MV 50		0	816	0	816
552	Anthony Blight	m	MV 50	Blackpool wyre and fylde	816	0	0	816
553	Simon Byrne	m		St Bees Trier	815	0	0	815
554	Andy Hayes	m	MV 50		0	0	815	815
555	Iorna Belford	f			0	814	0	814
556	Graham Kenealy	m	MV 60		814	0	0	814
557	Rhona Anderson	f	FV 50	Dunbar Running Club	813	0	0	813
558	Kathryn Eccles	f			0	0	813	813
559	Godfrey Nyamugunduru	m			0	813	0	813
560	Stephanie Goodchild	f	FV 50	Manchester Ymca Harriers	0	812	0	812
561	Sarah Lord	f	FV 50	DH Runners	812	0	0	812
562	Phillipa Haworth	f		Keswick AC	0	0	812	812
563	Catherine Mitchell	f	FV 40		811	0	0	811
564	Glyn Williams	m	MV 50	Prestwich AC	0	810	0	810
565	Anthony Marechal	m	MV 60		0	0	810	810
566	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	809	0	0	809
567	Simon Eggleston	m	MV 50	South Shields Harrers	808	0	0	808
568	Sarah Fairbairn	f	FV 40	Durham City Harriers	807	0	0	807
569	Richard Morris	m	MV 50		0	0	807	807
570	Paul Gray	m	MV 50	North East Marathon Club	0	807	0	807
571	Tim LITTLECHILD	m	MV 40		0	806	0	806
572	Rebecca Byrne	f		St Bees Trier	806	0	0	806
573	Austin Heath	m	MV 50	N/A	0	0	806	806
574	Simon Williams	m	MV 50		805	0	0	805
575	Katy Lewis	f	FV 60		0	0	805	805
576	Andrew Connor	m	MV 60	Ambleside	0	805	0	805
577	Rosie Clegg	f	FV 40	Smiley Paces	804	0	0	804
578	Joanne Pye	f	FV 50		0	0	804	804
579	Matthew Hodson	m			0	803	0	803
580	Hannah Ives	f			803	0	0	803
581	Steve Tinniswood	m	MV 50		802	0	0	802
582	Mr Lowes	m	MV 40	Elswick Harriers	0	802	0	802
583	Elise Norbury	f	FV 40		0	0	802	802
584	Jo Brooks	f	FV 50		801	0	0	801
585	Annmarie Taylor	f	FV 40		0	0	801	801
586	Kristie Parker	f	FV 40	Hook runners	799	0	0	799
587	Edward Swinden	m	MV 50	Chorlton Runners	0	0	799	799
588	Anthony McLaughlan	m	MV 50	Altrincham Old Fellers	0	799	0	799
589	Jana Mirkovic	f			798	0	0	798
590	Gina Bardon	f	FV 40		0	0	798	798
591	Gillian Holland-Jones	f	FV 60	Styal Running Club	0	798	0	798
592	Ronan Connolly	m	U25		0	0	797	797
593	Brian Burgess	m	MV 50	Styal	0	797	0	797
594	Ben Mitchell	m	MV 40		797	0	0	797
595	Tim Cullimore	m	MV 40		795	0	0	795
596	Igal Nagar	m	MV 60		0	795	0	795
597	Simon Cowling	m	MV 40		0	794	0	794
598	Jo Colvin	f	FV 40		794	0	0	794
599	Dave Brisco	m	MV 50	St. Helens Striders	0	0	794	794
600	Sharon Oconnell	f	FV 50	St. Helens Striders	0	0	793	793
601	James Hetherington	m			0	793	0	793
602	Ian Henry	m			793	0	0	793
603	John Alan Harrison	m	MV 60		0	0	792	792
604	Debbie Torr	f	FV 40		0	792	0	792
605	Bronwen Ray	f	FV 50	Smiley Paces	792	0	0	792

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
606	Dave Raynor	m	MV 60	Red Rose Road Runners	791	0	0	791
607	Christian Weltzien	m	MV 50		0	791	0	791
608	Ian Hamilton	m	MV 60		0	790	0	790
609	gemma cox	f			790	0	0	790
610	Matthew Herd	m	MV 40	Triclan	789	0	0	789
611	Liz Weltzien	f	FV 50		0	789	0	789
612	Martin Slater	m	MV 40		788	0	0	788
613	Catharine Verity	f			0	788	0	788
614	Thomas Salvini	m	MV 40		787	0	0	787
615	Gary Anderson	m	MV 50		0	0	787	787
616	Mark Procter	m	MV 50	Sleaford striders	0	0	786	786
617	Marisa Wray	f	FV 50		0	786	0	786
618	Kirsty Barker	f	FV 50	Keswick AC	786	0	0	786
619	Liz Thompson	f	FV 50		0	785	0	785
620	Linda Gant	f	FV 60		0	0	785	785
621	Rebekah Jones	f	FV 50		0	0	784	784
622	Ian Jones	m			784	0	0	784
623	Ellen Mclachlan	f			0	784	0	784
624	Katie Baker	f		Manchester YMCA Harriers	0	783	0	783
625	Gregor Cumming	m	MV 50		783	0	0	783
626	Dipesh Patel	m			0	0	783	783
627	Stephen Morison	m	MV 50		0	782	0	782
628	Lukas Andreasen	m	U21		782	0	0	782
629	Matt Herd	m	MV 40	Lone Wolf	0	781	0	781
630	Graham Macham	m	MV 40		781	0	0	781
631	Chris Probert	m	MV 60	Penny Lane Striders	0	0	781	781
632	Sarah Meyers	f	FV 40	Penny Lane Striders	0	0	780	780
633	Emma Gleghorn	f	FV 40		780	0	0	780
634	Anna Wade	f		Riversway Roadrunners	0	780	0	780
635	Neil Venables	m	MV 60		778	0	0	778
636	Katy Ryan	f	FV 50	Wee County Harriers	0	0	777	777
637	Katharine Bibby	f	FV 40		777	0	0	777
638	Willie Scott	m	MV 50	Cumbernauld Amateur Athletics Club	0	0	776	776
639	Monique Raaijmakers	f	FV 50	Barrow Runners	0	776	0	776
640	David Taylor	m	MV 60	Cheshire Hash House Harriers	776	0	0	776
641	Nigel Harrison	m	MV 50	Stockport Harriers	0	0	774	774
642	Mandy Livingstone	f	FV 50		774	0	0	774
643	Emily Carlsson	f			0	774	0	774
644	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS	0	0	773	773
645	Leigh Roberts	f		Ramsbottom Running Club	773	0	0	773
646	Dave Stott	m	MV 50		0	773	0	773
647	Vish Parekh	m	MV 40		0	0	772	772
648	Toby Carlsson	m	MV 50		0	772	0	772
649	Jill Robertson	f	FV 50		0	0	771	771
650	Darren Conway	m	MV 50		0	771	0	771
651	anna kirk	f			771	0	0	771
652	Rob Bennion	m	MV 50		770	0	0	770
653	Laura Pilkington	f			0	0	770	770
654	Darren Hodgson	m	MV 40		0	770	0	770
655	Adam Vellins	m	MV 50		0	0	769	769
656	Paul Hodgkin	m	MV 40		768	0	0	768
657	Marc Lyons	m		Run Knutsford	0	0	767	767
658	Chris Pritchard	m	MV 40		0	0	766	766
659	Cathleen Casterton	f			0	766	0	766
660	Philip Donaldson	m		None	0	0	765	765
661	Jerry George	m	MV 50		0	765	0	765
662	Rosie Gard-Storry	f			0	764	0	764
663	Richard Harding	m	MV 40		764	0	0	764
664	Jemimah Morris	f	U25		0	0	763	763
665	Adam Hughes	m	MV 40		763	0	0	763
666	Laura Lawler	f	FV 50	BWFAC	762	0	0	762
667	Esther McGarva	f	U25		0	0	762	762
668	Nadia Mckane	f			0	761	0	761
669	Melanie Morris	f	FV 50		0	0	761	761
670	Afy Afrouz	f		Bramhall Runners	761	0	0	761
671	Rachel Lissauer	f	FV 40		760	0	0	760
672	Paul Kim	m			0	760	0	760
673	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	759	0	0	759

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
674	Jonathan Ford	m	MV 40	Penwortham Panthers	0	0	759	759
675	Bruce Helme	m	MV 40		0	759	0	759
676	Oli Tomlinson	f	FV 50		0	0	758	758
677	Isabelle Read	f	U25		758	0	0	758
678	Neil Clark	m	MV 50		0	757	0	757
679	Martha Anderson-Taylor	f			757	0	0	757
680	Chloe Nelson	f	U25		0	0	757	757
681	Nick Helliwell	m	MV 50		0	756	0	756
682	Abigail Chard	f	FV 50		756	0	0	756
683	Rachel Heathcote	f	FV 40	Hunters Bog Trotters	755	0	0	755
684	Helen Foster	f	FV 50		0	755	0	755
685	David Waksman	m	MV 60		0	0	755	755
686	Liz Boon	f	FV 50	Lytham Road Runners	0	0	754	754
687	Laura Kenny	f	FV 40		0	754	0	754
688	Adam Stafford	m	MV 40		754	0	0	754
689	Rob Wilson	m	MV 50		0	0	753	753
690	Paul McClorry	m	MV 40		753	0	0	753
691	Emma Reynolds	f		Riversway Roadrunners	0	753	0	753
692	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	0	0	752	752
693	Lucy Swinden	f			0	0	751	751
694	Angela Thompson	f	FV 50	Victoria Park Running Club	751	0	0	751
695	Andy Sheridan	m	MV 40		0	751	0	751
696	John Langhorne	m	MV 40		0	0	750	750
697	Nicola Connal	f			749	0	0	749
698	Elizabeth Ribchester	f	FV 40		0	0	749	749
699	Donna Wood	f	FV 40	Milltown Milers	0	749	0	749
700	Grace Holloway-Neville	f			0	748	0	748
701	Eoin Matthews	m			0	0	748	748
702	Ceri Nicholas	f	FV 50	Buckley RR	748	0	0	748
703	Olivia Gill	f	FV 40	N/a	0	0	747	747
704	Allen Smith	m	MV 60	Buckley RR	747	0	0	747
705	Terence Hatcher	m	MV 40		0	0	746	746
706	Leonie Bell	f	FV 40		0	746	0	746
707	Andrea Donaldson	f	FV 40	St Bees Triers	746	0	0	746
708	Simon Willett	m	MV 40		745	0	0	745
709	Neil Hawkes	m	MV 50		0	745	0	745
710	Clare Pain	f	FV 40		0	0	745	745
711	Paul Hadley	m	MV 50		0	744	0	744
712	Graeme White	m	MV 50		744	0	0	744
713	Damian Moss	m	MV 50		0	0	744	744
714	Charlotte Pennock	f		ARC	0	0	743	743
715	Harry Gawler	m			742	0	0	742
716	Emma Teggart	f	FV 40	Lonely goat	0	0	742	742
717	Bernadett Szili	f			0	742	0	742
718	Dan Lewis	m	MV 40		741	0	0	741
719	Steven Ohara	m	MV 40		740	0	0	740
720	Jill Horsburgh	f	FV 60	Linlithgow Athletics Club	0	740	0	740
721	Frances Shoesmith	f	FV 50		0	0	740	740
722	Stevie Mulgrave	m	MV 40		739	0	0	739
723	Jennifer Hill	f	FV 40		0	0	739	739
724	Niki Ray	f	FV 40		0	0	738	738
725	Mark Twitchett	m	MV 50	Roundhay Runners	738	0	0	738
726	Louise Bland	f	FV 50		0	737	0	737
727	Richard Smale	m			0	0	736	736
728	John Foote	m	MV 40		736	0	0	736
729	Ben Mitchell	m			0	736	0	736
730	Ruth Davey	f			735	0	0	735
731	Andrew Kitts	m	MV 40	Kirkby Milers AC	0	735	0	735
732	Robert Harper	m	MV 50		734	0	0	734
733	Elaine Fisher	f	FV 50		733	0	0	733
734	Sue King	f	FV 60	Stockton Striders	0	732	0	732
735	Peter Burlingham	m	MV 40		0	0	732	732
736	Pete Lashley	m	MV 50		732	0	0	732
737	David Whiteley	m	MV 60		0	0	731	731
738	Bob Preston	m	MV 50		0	731	0	731
739	Allison McIntyre	f	FV 50		731	0	0	731
740	Jaison Cresswell	m			730	0	0	730
741	Eileen Lymburn	f	FV 70	Jog On The Tyne	0	730	0	730

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
742	Nicola Watt	f	FV 50		0	729	0	729
743	Jonny Bates	m			729	0	0	729
744	Kate Foster	f			0	0	728	728
745	Theo Schenk	m			0	727	0	727
746	Carl Read	m	MV 40		727	0	0	727
747	Aoife O'Leary	f			0	0	727	727
748	Graeme Kehoe	m	MV 40		0	726	0	726
749	Sarah Cullen	f	FV 40		0	0	725	725
750	Mike Harvey	m	MV 40		0	725	0	725
751	Keith Whitehead	m	MV 60		725	0	0	725
752	Anthony Wilkinson	m	MV 60		724	0	0	724
753	Amy de Nobriga	f		Sowerby Bridge Snails	0	724	0	724
754	Victoria Brooker	f	FV 40	Ambleside AC	723	0	0	723
755	Sandra Allan	f	FV 60		0	0	723	723
756	Emma Benson	f	FV 40		0	723	0	723
757	Richard Cumpstone	m	MV 50		722	0	0	722
758	Blake Byron	m			0	0	722	722
759	Vidur Paliwal	m			721	0	0	721
760	David Tarpey	m			0	0	721	721
761	Ivan Church	m			720	0	0	720
762	Casey Rust	f	FV 40		0	0	720	720
763	Carol O'hare	f	FV 60	Manchester YMCA Harriers	0	720	0	720
764	Tom England	m			719	0	0	719
765	Graeme Tilbury	m	MV 40		0	0	719	719
766	Chris Ledson	f	FV 50		0	719	0	719
767	Luke Harris	m			718	0	0	718
768	Andrew Hopkinson	m	MV 50		0	718	0	718
769	Ali Haley	f	FV 40		0	0	718	718
770	Rachael Dewhurst	f	FV 40		0	0	717	717
771	Ben Melrose	m			717	0	0	717
772	John Deakin	m	MV 40		0	716	0	716
773	Faith Yianni	f			0	0	716	716
774	Julian Egan	m	MV 50		0	715	0	715
775	Joanne Devitt	f	FV 50	Knowle & Dorrige Running Club	715	0	0	715
776	Jane Yianni	f	FV 50		0	0	715	715
777	Dave Robinson	m	MV 40		714	0	0	714
778	Michael Curry	m	MV 40		713	0	0	713
779	Helen Jeffrey	f	FV 40		0	0	713	713
780	Claire Welburn	f	FV 40		0	713	0	713
781	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	712	0	712
782	Greg Boyle	m	MV 50		0	0	712	712
783	Mark Rigby	m	MV 50	Slaithwaite striders	711	0	0	711
784	Jonathan Tucker	m	MV 60	St Helen's Striders	0	711	0	711
785	Tony Seddon	m	MV 50		0	0	710	710
786	iain Watson	m	MV 40	Red Rose Runners	710	0	0	710
787	Laura Clegg	f	FV 40	Newburn running club	0	0	709	709
788	Angela Carter	f			0	708	0	708
789	Suzanne Hughes-Rudd	f	FV 40		0	707	0	707
790	Helen Boyer	f	FV 50	Red rose road runners	0	0	707	707
791	Matt Gordon	m			706	0	0	706
792	James Clark	m			0	706	0	706
793	David Coates	m	MV 60	Alnwick Harriers	0	0	706	706
794	Ramona Mulligan	f	FV 50	Red Rose Road Runners	0	0	705	705
795	Elizabete Carmo-silva	f	FV 40		704	0	0	704
796	Corinne Vaughan	f			0	0	704	704
797	Elizabeth Braithwaite	f	FV 50	Warrington Running Club	0	0	703	703
798	Doug Orr	m			703	0	0	703
799	Nick Bell	m	MV 60	Savvy Park Runrz	702	0	0	702
800	Jo Fee	f	FV 50	CFR	0	702	0	702
801	Amanda Forbes	f	FV 60		0	0	702	702
802	Ursula Collie	f	FV 60		0	0	701	701
803	Sam Davis	m			701	0	0	701
804	Juliet Grieves	f	FV 50	BodyFit Cumbria RC	0	701	0	701
805	Helen Lapping	f	FV 50	261 Fearless Lune Valley	0	0	700	700
806	Caroline Robinson	f	FV 40		700	0	0	700
807	Rebecca Graham	f	FV 40	Ripon Runners	0	699	0	699
808	Claerwen Snell	f	FV 40	Didsbury Runners	699	0	0	699
809	Anna Noelle ORMROD	f	FV 50	261 LUNE VALLEY RUNNING CLUB	0	0	699	699

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
810	Sam Burthem	m			0	698	0	698
811	Louise Liddle	f		Derwent Valley Runners	698	0	0	698
812	Carole Whiteley	f	FV 60	Women On The Run Kendal	0	0	698	698
813	Stuart Waring	m	MV 40		697	0	0	697
814	Karen Sharpe	f	FV 60	Eden Runners	0	697	0	697
815	Isabel Sharpe	f			0	696	0	696
816	Hannah Spencer	f			0	695	0	695
817	Andy Davey	m	MV 60	Fitmums and Friends	695	0	0	695
818	John Miles	m	MV 40		0	694	0	694
819	Danii Houghton	f			694	0	0	694
820	Mark Hughes	m	MV 50		0	693	0	693
821	James Mckie	m	MV 40		693	0	0	693
822	Katy Woodman	f	FV 40	Border Reiver Runners	0	692	0	692
823	Colin Newby	m	MV 50		692	0	0	692
824	Wendy Johnson	f	FV 50	Eden Runners	691	0	0	691
825	Helen Firth	f	FV 40		0	690	0	690
826	Sarah Jones	f	FV 50		0	689	0	689
827	Vicki Brown	f	FV 50		688	0	0	688
828	Elisabeth Smart	f	FV 60		0	688	0	688
829	Chris Wilson	m	MV 60		687	0	0	687
830	Faye Levi	f			686	0	0	686
831	Deborah Lyons-gravett	f	FV 50		0	686	0	686
832	David Smith	m	MV 60		0	685	0	685
833	Matt Jarvis	m	MV 40		0	684	0	684
834	Gary Wintersgill	m	MV 50		684	0	0	684
835	John Fowles	m			683	0	0	683
836	David Rand	m	MV 40	Penny Lane Striders	0	683	0	683
837	Luke Walsh	m			0	682	0	682
838	John Edwards	m	MV 70		0	681	0	681
839	Louise Lashley	f	FV 50		680	0	0	680
840	Eleanor Akers	f			679	0	0	679
841	Val Houghton	f	FV 60		0	678	0	678
842	Myfanwy Taylor	f	FV 60	In2Wild	0	677	0	677
843	Helen Thackray	f		Ramsbottom Running Club	677	0	0	677
844	Sandy Petrie	m	MV 70		0	676	0	676
845	Christopher Taylor	m			676	0	0	676
846	Bill Watts	m	MV 50	Riversway Road Runners	675	0	0	675
847	Adam Ralph	m	MV 40		0	675	0	675
848	Jane Davies	f	FV 50		0	674	0	674
849	Ferg Ryan	m	MV 40	Sw Running Crew	674	0	0	674
850	thomas brocklebank	m	MV 50	Millom striders	0	673	0	673
851	Guy Stephens	m	MV 50		0	672	0	672
852	Emma Yendell	f	FV 40		670	0	0	670
853	Doug Melia	m	MV 40		0	670	0	670
854	Lee Gillies	m	MV 40		0	669	0	669
855	Nathaniel Stanton	m			0	668	0	668
856	Sally Lambert	f	FV 50	Wray Runners	667	0	0	667
857	Pippa Martin	f	FV 40		0	666	0	666
858	Robert Davies	m	MV 40	Glaxo Hoad Hill Harriers	0	665	0	665
859	Colin Mackenzie	m	MV 60		665	0	0	665
860	Shane Cliffe	m	MV 50		664	0	0	664
861	Rosemary WEBSTER	f	FV 50	head torches	0	663	0	663
862	Rachel Wilson	f	FV 40		0	661	0	661
863	Vanessa Kay	f	FV 50		660	0	0	660
864	Kate Rankine	f			658	0	0	658
865	Jane Moncrieff	f	FV 50	Stirling Triathlon Club	0	657	0	657
866	Helen Jones	f	FV 40		657	0	0	657
867	Stacy Dale	f	FV 40		656	0	0	656
868	Saran Jones	f	FV 50	West Lothian Triathlon Club	0	656	0	656
869	Helen Channell	f	FV 50		0	655	0	655
870	Caroline Brindley	f	FV 40		655	0	0	655
871	Michelle Oxtoby	f	FV 40		654	0	0	654
872	Richard Carr	m	MV 50		0	652	0	652
873	Emily Aldridge	f		Raymond's Runner Ducks	651	0	0	651
874	Celia Hindley	f			650	0	0	650
875	Rebecca Ash	f	FV 40		649	0	0	649
876	Scott Burrow	m	MV 50		0	648	0	648
877	Carole Vannucci	f	FV 40	Smiley Paces	647	0	0	647

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
878	Kev Kendal	m	MV 50	Howgill Harriers	0	646	0	646
879	Fiona Petrie	f	FV 60		0	645	0	645
880	Mark Mulgrave	m	MV 40		643	0	0	643
881	Giancarlo Rizzi	m	MV 50		0	643	0	643
882	Hilary Dickinson	f	FV 70	Tynedale Harriers & A C	642	0	0	642
883	Emma Thacker	f	FV 40		641	0	0	641
884	Bernard Brown	m	MV 50		0	641	0	641
885	Donna Griffiths	f	FV 50	Maldwyn Harriers	0	640	0	640
886	Gareth Pennell	m	MV 60		0	639	0	639
887	Debbie Huston	f	FV 50	Warrington Running Club	639	0	0	639
888	Nicola Dowd	f	FV 40		638	0	0	638
889	Carol Robinson	f	FV 40		637	0	0	637
890	Andrew Warren	m	MV 50		635	0	0	635
891	Amanda Jane Prescott	f	FV 50	Bridgnorth Running Club	634	0	0	634
892	John Scott	m	MV 50		633	0	0	633
893	Hilary Coates	f	FV 40		0	633	0	633
894	Elizabeth Pleasant	f	FV 50		632	0	0	632
895	Laura Wilson-bell	f			631	0	0	631
896	Charles Allen	m	MV 50		0	631	0	631
897	Nicola Allen	f	FV 50		0	630	0	630
898	Luke Pearce	m			630	0	0	630
899	Louise Roberts	f	FV 50	Border Reiver Runners	629	0	0	629
900	Jeremy Stolberg	m	MV 60		0	629	0	629
901	Emma Wragg	f	FV 50		628	0	0	628
902	Alan Robinson	m	MV 60	Cmf	0	628	0	628
903	Nicola Aindow	f	FV 40		0	626	0	626
904	Eve Napier	f	FV 40		0	625	0	625
905	Chloe Almond	f			625	0	0	625
906	Isobel Hall	f	FV 50	Jogging Pals	0	624	0	624
907	Cat Moss	f			624	0	0	624
908	Elizabeth Fisher	f			623	0	0	623
909	Paula Byrne	f	FV 60		0	622	0	622
910	Nicola Whitfield	f			622	0	0	622
911	Katie Trace	f	FV 40	Biddulph Running Club	0	621	0	621
912	James Trace	m	MV 50	Biddulph Running Club	0	620	0	620
913	Dawn Anderson	f	FV 50		0	618	0	618
914	Tracey Preston	f	FV 50		0	617	0	617
915	Julie Farron	f	FV 50	Atherton Running Club	617	0	0	617
916	Steve Douglas	m	MV 60		0	616	0	616
917	James Morris	m	MV 40	Keswick AC	615	0	0	615
918	Neil Reddin	m	MV 40		614	0	0	614
919	Paul Coldham	m	MV 60	DCH Run Club	0	613	0	613
920	Matthew Almond	m	MV 40		613	0	0	613
921	Colin Copland	m	MV 60		612	0	0	612
922	Alice Melville	f	FV 50		0	612	0	612
923	Wendy Furgusson	f	FV 50		0	611	0	611
924	Richard Rayner	m	MV 50		0	609	0	609
925	Paul Lyndon-Hogg	m	MV 50		608	0	0	608
926	Aidan Egleston	m	MV 50	Telford Harriers	607	0	0	607
927	Sophie Farnell	f	FV 40		606	0	0	606
928	Ivan Finch	m	MV 40		0	606	0	606
929	Simon Weir	m	MV 50		0	605	0	605
930	Matthew Dack	m			605	0	0	605
931	Sarah Kinsella	f	FV 40		604	0	0	604
932	CARL FURGUSSON	m	MV 50		0	604	0	604
933	Emma Cafferty	f	FV 50	Lancaster Runners	603	0	0	603
934	Laura Sims	f	FV 40		0	602	0	602
935	Tony Boyle	m	MV 40		0	601	0	601
936	Jan Scotchford	f	FV 50		600	0	0	600
937	Peter Wallwork	m	MV 40		599	0	0	599
938	Alison Webster	f	FV 50		0	599	0	599
939	Suzannah Dykes	f	FV 50		0	598	0	598
940	Jill Croskell	f	FV 60		598	0	0	598
941	Sarah Ashcroft	f	FV 40	LYTHAM	597	0	0	597
942	Jayne Dore	f	FV 50		0	597	0	597
943	Simone Connor	f	FV 50		0	596	0	596
944	Claire Gall	f	FV 40		596	0	0	596
945	Simon Wright	m	MV 50		595	0	0	595

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Spring
946	Kirk Connor	m	MV 50		0	595	0	595
947	Phil Berry	m	MV 40	Skelmersdale Boundary Harriers	594	0	0	594
948	Bev Misik	f	FV 50	HI Runners	0	594	0	594
949	Rob Heminsley	m	MV 50		593	0	0	593
950	Jeremy Dyer	m	MV 60		0	593	0	593
951	Wendy Robson	f	FV 50		592	0	0	592
952	Marie Fallon	f	FV 60	Lonely Goat Running	0	592	0	592
953	Linda Whitehead	f	FV 60		591	0	0	591
954	Julie Luckman	f	FV 50		0	591	0	591
955	Simon Turgoose	m	MV 50		0	590	0	590
956	Andrew Pringle	m	MV 60		590	0	0	590
957	Rach Garner	f	FV 50	Prestwich AC	0	589	0	589
958	Karen Bethell	f	FV 40		588	0	0	588
959	Evvie Feingold	f	FV 50	Prestwich AC	0	588	0	588
960	Stuart Arnold	m	MV 60		587	0	0	587
961	Nichola Cooke	f	FV 40	Prestwich Ac	0	587	0	587
962	Louise Lowe	f		Craven Energy	586	0	0	586
963	Jo Houghton	f	FV 50	Prestwich AC	0	586	0	586
964	Tracy Slater	f	FV 40		585	0	0	585
965	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	585	0	585
966	Val Barella	f	FV 50		0	584	0	584
967	Steve Gray	m	MV 40		584	0	0	584
968	Tara Rutherford	f	FV 50	Sunderland Strollers	0	583	0	583
969	Kenny Rowe	m	MV 70	Penistone Footpath Runners AC	0	582	0	582
970	Richard Jackson	m	MV 50		580	0	0	580
971	Katie Roberts	f			579	0	0	579
972	Michelle Watt	f	FV 50		578	0	0	578
973	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	577	0	0	577
974	Paul Wilson	m	MV 50	Yorkshire wolds runners	576	0	0	576
975	Tracy Berry	f	FV 40	Liverpool Pembroke Sefton Athletics Club	575	0	0	575
976	Becky Christmas	f	FV 50	Tri Harman	0	575	0	575
977	Tara Guthrie	f	FV 50		0	574	0	574
978	Chris Gamble	m	MV 50		574	0	0	574
979	Joanna Mackenzie	f	FV 40		0	573	0	573
980	Alison Ward	f	FV 50		573	0	0	573
981	Zinet Hassan	f	FV 50		572	0	0	572
982	Roger Shearer	m	MV 60		569	0	0	569
983	Kate Davey	f	FV 50	Fitmums and Friends	568	0	0	568
984	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	567	0	0	567
985	Ian Stainthorpe	m	MV 60	Rochdale Harriers	566	0	0	566
986	Claire Willis	f	FV 40		564	0	0	564
987	Catherine Broome	f	FV 60	Achille Ratti	562	0	0	562
988	David Ellicott	m	MV 40	Askern District RC	561	0	0	561
989	Rachel Bodenham	f	FV 50		560	0	0	560
990	Andrew Bodenham	m	MV 50		559	0	0	559
991	Susanne PETERS	f	FV 50	Cadencetri	558	0	0	558
992	Luke Bell	m			557	0	0	557
993	Anne Stockley	f	FV 40	Keswick AC	556	0	0	556
994	Margaret Kaye	f	FV 60		552	0	0	552
995	Chris Chadwick	m			551	0	0	551
996	Sheila Tose	f	FV 50		550	0	0	550
997	Joanne Chard	f	FV 40	Women On The Run	548	0	0	548
998	Helen Greenhalgh	f	FV 40		547	0	0	547
999	Helen Dutton	f	FV 40	Wesham road runners	546	0	0	546
1000	Hannah Coupe	f	FV 40		542	0	0	542
1001	Andrew Tiernan	m	MV 50		541	0	0	541
1002	Trina Tiernan	f	FV 40		540	0	0	540
1003	Kati Wood	f			539	0	0	539
1004	Aleksandra Atman	f	FV 40		538	0	0	538
1005	Mark Gill	m	MV 40		537	0	0	537
1006	Tom Sanders	m			536	0	0	536
1007	Catherine Pattison	f	FV 40		535	0	0	535
1008	David Pattison	m	MV 50		534	0	0	534
1009	Martina Trapani	f			533	0	0	533
1010	Anthony Barnes	m	MV 40		530	0	0	530
1011	Elliot Chew	m			529	0	0	529
1012	Ian Maddrell	m	MV 40	Atherton Running Club	528	0	0	528
1013	Shaun Mccullough	m	MV 50		526	0	0	526

