

Lakeland Trails 2024 Series Championships - 14-18k Trail Run - Overall



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1	James Grinbergs	m	MV 40	Eden Runners	968	988	984	990	950	968	975	990	7813
2	Simon Dodd	m	MV 40		954	984	976	983	880	970	957	981	7685
3	Kerry Grinbergs	f	FV 40	Eden runners	841	930	929	960	915	929	869	912	7285
4	Terry Moss	m	MV 50		791	953	893	0	863	909	855	922	7172
5	Gillian Rowland	f	FV 60		772	927	921	966	862	892	892	928	7160
6	Ewan Taylor	m		Victoria Park Running Club, Warrington	854	969	947	0	917	946	929	970	6532
7	Andrew Hemsley	m	MV 60	Walney Wind Cheetahs	674	879	795	0	741	826	715	846	6452
8	Mary Entwistle	f	FV 50		624	846	741	866	717	776	706	856	6132
9	John Waring	m			788	891	868	0	800	854	868	931	6000
10	anton moss	m			798	867	820	0	825	862	858	918	5948
11	Felicia Singleton	f	FV 60	Victoria Park Running Club, Warrington	645	862	806	0	789	870	824	904	5700
12	Helen Tyson	f	FV 40	Eden Runners	764	918	886	933	0	0	819	910	5230
13	Mark Austin	m	MV 50		685	0	818	0	820	897	833	932	4985
14	Leanne Jackson	f	FV 40		734	0	870	0	732	861	827	886	4910
15	Stephen Sewell	m	MV 40		920	978	0	986	958	974	0	0	4816
16	Lindsay Turner	f	FV 40	Ramsbottom Running Club	548	786	692	0	617	730	572	809	4754
17	Katie Samuelson	f	FV 40	Todmorden Harriers	620	0	751	904	0	847	776	848	4746
18	Stuart Taylor	m	MV 50		891	974	961	0	928	958	0	0	4712
19	Stephen Race	m	MV 50		706	0	793	0	727	805	713	865	4609
20	Sandy Race	f	FV 40		705	0	792	0	726	806	712	866	4607
21	Ian Stainthorpe	m	MV 60	Rochdale Harriers	859	945	0	0	933	933	904	0	4574
22	Darren Gillman	m	MV 50	Todmorden Harriers	590	0	750	0	768	825	744	855	4532
23	Brett Johnson	m	MV 40		861	932	0	0	849	0	899	942	4483
24	Kay McGreevy	f	FV 60	In2 The Wild	824	0	0	0	869	920	893	946	4452
25	Nick Fletcher	m	MV 50		802	883	0	956	0	888	890	0	4419
26	Tom Smith	m			828	0	881	0	856	908	900	0	4373
27	Stephanie Bairet	f	FV 40		616	0	729	0	695	783	695	842	4360
28	Elizabete Carmo-silva	f	FV 40		0	861	811	902	0	845	812	0	4231
29	Doug Orr	m	MV 40		0	860	810	901	0	844	811	0	4226
30	Louise Anderson	f	FV 50		783	913	809	0	0	860	805	0	4170
31	Joe Stevens	m	MV 60		716	0	767	946	839	881	0	0	4149
32	Gemma Drew	f		Methley striders	766	882	782	898	675	0	0	0	4003
33	Sarah Temple	f	FV 40		656	0	790	0	774	835	0	862	3917
34	David Barras	m			963	0	975	991	0	984	0	0	3913
35	Ian Johnson	m	MV 50		972	0	0	0	977	981	977	0	3907
36	John Singleton-Hardy	m		Lancaster	0	0	0	981	0	976	979	948	3884
37	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	940	0	0	0	957	967	963	0	3827

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
38	Neil Ward	m	MV 50	Ponteland Runners	890	0	0	0	0	957	954	967	3768
39	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	619	840	763	0	0	0	693	839	3754
40	Andrew Stuart	m	MV 50		0	934	880	0	930	0	926	0	3670
41	Andrew Carmichael	m	MV 40		0	946	919	0	874	843	0	0	3582
42	owen panton	m			0	0	0	0	806	932	877	950	3565
43	James Lilliott	m			814	0	0	0	836	916	0	960	3526
44	Jonathan Watt	m	MV 60		793	0	905	0	888	913	0	0	3499
45	Chris Lever	m	MV 50		831	933	0	0	833	0	860	0	3457
46	John Wiggans	m	MV 50		819	0	0	0	846	887	895	0	3447
47	Gail Bone	f	FV 40	St Bees Triers	786	0	0	0	865	878	847	0	3376
48	Pete Lashley	m	MV 50		746	0	0	938	815	0	861	0	3360
49	Terri Moore	f			0	0	0	0	807	864	796	882	3349
50	Colette Clarkson	f	FV 50		516	756	0	730	0	708	588	0	3298
51	Kevin Clarkson	m	MV 50		515	757	0	729	0	707	576	0	3284
52	Margaret Mossman	f	FV 50	Eden Runners	0	0	816	895	0	817	723	0	3251
53	Joanne Lewis	f	FV 50		460	761	662	0	580	0	0	783	3246
54	Christine Ramsbottom	f	FV 60	lymm runners	0	843	745	893	0	758	0	0	3239
55	Scott Rosevere	m			0	0	779	0	763	856	829	0	3227
56	Alison Nordon	f	FV 50		500	0	695	0	657	746	613	0	3211
57	Neil Sutcliffe	m	MV 60		518	760	672	0	0	693	531	0	3174
58	Teresa Onions	f	FV 60		0	812	748	873	0	0	692	0	3125
59	Raymond Mooney	m	MV 60	Stainland Lions	697	0	0	0	582	0	865	898	3042
60	Helen Foster	f	FV 50		521	0	804	872	0	0	0	827	3024
61	Gail Bristo	f	FV 50	Red Rose Road Runners	679	0	817	0	691	818	0	0	3005
62	Jonathan Cox	m		Eden Runners	1000	0	0	0	999	0	0	1000	2999
63	Gary Anderson	m	MV 50		0	776	717	0	0	757	747	0	2997
64	James Forrest	m	MV 40		0	0	991	0	991	0	997	0	2979
65	Ryan Lynch	m			567	852	803	0	0	737	0	0	2959
66	Nicole Frisby	f		Springfield Striders	0	0	986	0	0	0	981	991	2958
67	Benjamin Sewell	m	U21		977	0	0	993	971	0	0	0	2941
68	Martin Ellison	m			0	0	0	0	940	982	987	0	2909
69	Kevin Scott	m	MV 60		0	979	973	0	945	0	0	0	2897
70	David Calder	m	MV 60	Westerlands Cross Country Club	955	983	0	0	0	0	956	0	2894
71	Michelle Crowley	f	FV 40	Ambleside AC	0	0	967	0	952	0	960	0	2879
72	Ewan Head	m	U21		0	0	0	0	0	938	959	971	2868
73	Richard Hatton	m	MV 40	N/a	0	943	0	968	0	952	0	0	2863
74	Bruce Penhale	m	MV 60		0	0	948	0	937	0	951	0	2836
75	Ian Crook	m	MV 50	Barrow Striders	906	971	0	0	0	955	0	0	2832
76	Mike Duff	m	MV 40	Ealing Eagles	0	0	0	0	901	0	915	953	2769
77	Chris Bone	m	MV 40	St Bees Triers	913	0	0	0	0	930	924	0	2767
78	Ryan Thorburn	m			847	965	938	0	0	0	0	0	2750
79	Graeme Atkinson	m	MV 50		0	0	0	863	0	0	0	906	2742
80	Thomas Rosser	m	MV 50		0	911	0	941	0	874	0	0	2726
81	John Ryder	m	MV 50	Eden runners	0	925	0	0	905	885	0	0	2715
82	Karl Bescoby	m	MV 50	Chorlton Runners	0	0	897	0	0	0	878	936	2711
83	Mart Kissick	m	MV 40		0	854	0	858	0	0	0	0	2683

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84	JONATHAN LILLIOTT	m	MV 60		0	0	0	0	829	904	0	945	2678
85	Stephen Stuart	m	MV 50		0	0	907	0	887	0	882	0	2676
86	Stephanie Bond	f			0	0	0	911	841	0	0	915	2667
87	Tim Harper	m			596	0	0	0	676	768	604	0	2644
88	Pauline Carrera-Silva	f	FV 50		511	0	671	668	0	0	0	786	2636
89	Simon Yates	m	MV 50		0	904	0	915	0	0	817	0	2636
90	Angela Duff	f	FV 40	Ealing Eagles	0	0	681	0	591	0	556	792	2620
91	Robert Harper	m	MV 50		813	0	0	0	0	911	889	0	2613
92	Richard Brown	m	MV 40		741	921	0	934	0	0	0	0	2596
93	Lynne Midgley-ward	f	FV 50	Ponteland Runners	502	0	0	0	0	732	573	785	2592
94	Jo Andrews	f	FV 50		0	0	830	0	0	0	839	911	2580
95	Michael Moss	m	MV 50	Total Transition Triathlon Club	495	0	659	0	0	0	614	810	2578
96	Scott Dixon	m			0	887	761	0	0	0	0	920	2568
97	Paul Lewis	m	MV 50		0	762	0	0	827	0	0	972	2561
98	Paul Wilson	m	MV 50	Yorkshire wolds runners	880	973	0	0	0	0	701	0	2554
99	David Taylor	m	MV 60	Cheshire Hash House Harriers	758	0	878	917	0	0	0	0	2553
100	Wendy Fraser	f	FV 60		0	0	657	0	588	0	518	774	2537
101	Lynne Carruthers	f	FV 60	Dch	0	896	840	0	791	0	0	0	2527
102	Gary Wintersgill	m	MV 50		796	0	0	0	799	0	0	916	2511
103	Michael Devlin	m	MV 40		833	0	0	0	794	0	883	0	2510
104	Alan Parker	m	MV 50		801	0	0	0	838	871	0	0	2510
105	Sara Lucas	f	FV 50		458	0	664	0	584	0	0	794	2500
106	Zoe winter	f	FV 40		812	0	888	0	788	0	0	0	2488
107	Louise Roberts	f	FV 50	Border Reiver Runners	517	789	0	0	610	0	562	0	2478
108	Jacqueline Shore	f	FV 60		479	752	654	0	0	0	530	0	2415
109	Dorothy Pelly	f	FV 60	Ambleside Ac	0	0	821	0	0	834	755	0	2410
110	James Campbell	m	MV 40		0	0	0	801	775	828	0	0	2404
111	Doris Trueman	f	FV 70		0	0	0	861	728	812	0	0	2401
112	Katie Welch	f	FV 60		0	755	0	682	0	0	0	0	2394
113	Aude Peltier	f	FV 40		628	0	756	0	0	0	0	0	2363
114	Susanne PETERS	f	FV 50		0	751	653	0	0	0	0	0	2358
115	Deborah Raisbeck	f	FV 50		637	837	0	875	0	0	0	0	2349
116	SIMON Hackett	m	MV 60	Lymm Runners	0	842	746	0	0	760	0	0	2348
117	Fiona Dridge	f	FV 50	Thornton Cleveleys Running Club	0	0	726	0	0	770	0	851	2347
118	Victoria Booth	f			659	851	796	0	0	0	0	0	2306
119	Jen Salt	f	FV 40	Wesham Road Runners	0	0	771	0	709	816	0	0	2296
120	Owen Davies	m	MV 70		0	0	0	0	721	804	748	0	2273
121	Anthony Blight	m	MV 50	Blackpool wyre and fylde	735	0	0	0	703	832	0	0	2270
122	rikki hammond	f	FV 50	Stainland Lions	0	0	0	0	581	0	809	876	2266
123	Thomas Walker	m	MV 40	Team Sixteen	0	791	716	0	0	741	0	0	2248
124	Michael Welsh	m	MV 50		0	0	0	0	688	796	743	0	2227
125	Jane Grantham	f	FV 40	Sunnywood on Tour	0	0	0	814	0	0	616	773	2203
126	Debbie Torr	f	FV 40		598	874	0	0	0	0	724	0	2196
127	Robert Terry	m	MV 50	Belper Harriers	660	834	0	0	0	0	683	0	2177
128	Matt Jarvis	m	MV 50		579	0	849	0	739	0	0	0	2167
129	David Goodyear	m	MV 50	Eccleshill Road Runners	503	795	0	806	0	0	0	0	2104

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130	Jenny Coupland	f	FV 40		0	0	0	764	622	716	0	0	2102
131	Jill Reed	f	FV 50		593	0	0	0	736	0	764	0	2093
132	Jacinta Yates	f	FV 50		0	790	0	760	0	0	534	0	2084
133	Emma Patterson	f	FV 40		0	783	683	0	606	0	0	0	2072
134	Kev Kendal	m	MV 50	Howgill Harriers	529	0	694	842	0	0	0	0	2065
135	Clare Laybourn	f	FV 50		575	0	0	0	643	0	0	840	2058
136	Ruth Lilliot	f	FV 60		549	0	0	0	650	0	0	816	2015
137	Gary Gregory	m	MV 40	Helm Hill Runners	0	0	0	999	997	0	0	0	1996
138	David Howarth	m	MV 40		995	998	0	0	0	0	0	0	1993
139	Rorie McIntosh	m	MV 40	Ask Valley Fell Club	0	0	0	0	993	996	0	0	1989
140	Merlin Duff	m			990	997	0	0	0	0	0	0	1987
141	Macauley Bond	m			0	0	0	0	0	995	992	0	1987
142	Jacob Mennell	m				0	0	0	0	0	989	997	1986
143	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	576	814	0	0	0	0	595	0	1985
144	Melanie Jones	f	FV 50	Prestwich athletics club	0	0	0	759	0	686	538	0	1983
145	Jill Leader	f	FV 60		0	0	0	0	645	745	591	0	1981
146	Jennifer Badger	f			0	985	0	0	0	992	0	0	1977
147	Chris Bowers	m	MV 40		979	0	0	994	0	0	0	0	1973
148	Lou Osborn	f	FV 50	Ambleside AC	983	0	989	0	0	0	0	0	1972
149	Eugene Grant	m	MV 50	Milltown Milers	982	0	0	0	990	0	0	0	1972
150	Joshua Elliott	m	U25	Meltham ac	976	0	0	995	0	0	0	0	1971
151	Mike Allison	m	MV 60	Eden Runners	0	986	0	0	0	0	0	985	1971
152	David Walker	m	MV 50	Sedgefield Harriers	987	0	0	0	980	0	0	0	1967
153	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	980	0	0	0	0	0	984	0	1964
154	Rach Garner	f	FV 50	Prestwich AC	528	0	693	0	738	0	0	0	1959
155	Ian Trencher	m	MV 40	Billinge Running Club	561	0	0	0	0	0	590	805	1956
156	Ben Ashton	m	MV 50	DORunning		0	0	0	0	0	969	987	1956
157	Scott Burns	m	U25		0	0	0	980	974	0	0	0	1954
158	Will Swan	m	U25		0	0	0	0	963	0	991	0	1954
159	Jim Andrews	m	MV 50	Ambleside		0	0	0	0	0	970	984	1954
160	Katie Georgeson	f	FV 40		0	0	0	0	0	977	966	0	1943
161	Daniel McGrath	m	MV 40		0	962	0	0	0	0	0	979	1941
162	Stuart Haigh	m	MV 40	North Shields Polytechnic		0	0	0	0	0	961	980	1941
163	Timothy Forber	m		Lancaster & Morecambe Athletics Club	969	0	0	0	0	969	0	0	1938
164	Robert Faulkner	m			973	0	0	0	0	963	0	0	1936
165	Helen Thompson	f	FV 40	Poynton Runners	961	0	0	0	975	0	0	0	1936
166	Abbie Walker	f	U21	Sedgefield Harriers	970	0	0	0	964	0	0	0	1934
167	Michael Ives	m				0	0	0	0	0	968	965	1933
168	Philip Cuthbert	m	MV 50	Wallasey Ac	951	980	0	0	0	0	0	0	1931
169	Matthew Almond	m	MV 40	Lancaster Runners	646	0	0	0	666	0	618	0	1930
170	Sean Roddy	m	MV 40		948	0	0	0	0	0	0	978	1926
171	Paul McGreevy	m	MV 50	In2 The Wild		0	0	0	0	0	949	975	1924
172	Joshua Wilson	m			0	0	0	0	0	948	974	0	1922
173	Michael Touhey	m	MV 40		0	963	0	0	0	0	0	954	1917
174	Joel Ingham	m			0	0	0	0	935	979	0	0	1914
175	Paul Morris	m	MV 70	Keswick AC		0	0	0	0	0	937	973	1910

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176	Scott Mason	m			933	0	0	0	0	0	976	0	1909
177	Garry Owens	m	MV 60	Nfr	931	976	0	0	0	0	0	0	1907
178	Roberto Raso	m	MV 60	Manchester Frontrunners	0	0	932	971	0	0	0	0	1903
179	Eric Austin	m	U21		0	0	0	951	0	950	0	0	1901
180	Andrew Fairweather	m	MV 40	Red rose road runner	0	0	0	957	0	941	0	0	1898
181	Dave Wainwright	m	MV 50	Caistor Running Club	926	0	970	0	0	0	0	0	1896
182	Ray Monk	m	MV 50			0	0	0	0	0	944	952	1896
183	Christoph Thomas	m			0	0	951	0	0	943	0	0	1894
184	Jamie Funnell	m			0	0	964	0	0	0	0	927	1891
185	Chris McKee	m			916	972	0	0	0	0	0	0	1888
186	Ant Naylor	m	MV 40		899	0	0	0	0	0	0	988	1887
187	Al Neal	m	MV 40		928	0	0	0	954	0	0	0	1882
188	Bruce Austin	m	U25		0	0	0	970	0	905	0	0	1875
189	Natalie Swarbrick	f	FV 40			0	0	0	0	0	912	959	1871
190	Al McKain	m			0	0	0	948	0	919	0	0	1867
191	Rachael Collins	f	FV 40		0	0	0	947	0	0	0	919	1866
192	John Orrell	m	MV 50	Hoghton Flyers		0	0	0	0	0	914	951	1865
193	Paul Blundell	m	MV 60	Hardley runners		0	0	0	0	0	916	947	1863
194	Jayne Collins	f	FV 60	Wigan Harriers	918	0	0	0	938	0	0	0	1856
195	Pedro Rodriguez	m			885	0	0	0	0	966	0	0	1851
196	Christian Oxley	m	MV 40		0	0	0	0	0	917	0	934	1851
197	Martin Loveless	m	MV 60	Hardley Runners		0	0	0	0	0	920	929	1849
198	Chloe Almond	f		Lancaster Runners	566	0	0	0	665	0	617	0	1848
199	William Whall	m	MV 50	North Norfolk Beach Runners		0	0	0	0	0	903	943	1846
200	George Scott	m			0	0	918	0	0	927	0	0	1845
201	Linda Rix	f	FV 60	Manchester Frontrunners	0	0	904	929	0	0	0	0	1833
202	Julian Clarke	m	MV 50		902	0	0	0	924	0	0	0	1826
203	Nick Bunney	m			0	0	0	0	0	890	931	0	1821
204	Martha Anderson-Taylor	f			0	877	0	943	0	0	0	0	1820
205	Michael Harding	m			0	0	926	0	893	0	0	0	1819
206	David Battersby	m	MV 50		522	0	0	0	0	715	579	0	1816
207	Joanne Grant	f	FV 50	Milltown Milers	900	0	0	0	912	0	0	0	1812
208	Debbie Howard	f	FV 50	Furness Fell Runners	882	0	0	0	0	928	0	0	1810
209	Russell Fox	m			0	878	0	931	0	0	0	0	1809
210	Mark Salmon	m		N/a	0	0	925	0	877	0	0	0	1802
211	Simon Winster	m		Red Rose Road Runners	874	0	0	0	0	926	0	0	1800
212	Laura Hewitson	f	FV 40	St Bees Triers	0	0	0	0	0	893	905	0	1798
213	Neil Venables	m	MV 60		0	0	899	0	895	0	0	0	1794
214	Brendan Ashton	m	MV 50		0	0	0	0	0	915	875	0	1790
215	Julie Gate	f	FV 50	Eden Runners	0	0	0	937	0	849	0	0	1786
216	Sam Benson	m			0	0	0	0	855	0	0	930	1785
217	Chris Ridgers	m			823	0	960	0	0	0	0	0	1783
218	Laura Disley	f	FV 40		0	0	0	905	0	0	0	873	1778
219	John Maddy	m	MV 40		853	0	922	0	0	0	0	0	1775
220	David Logan	m	MV 40		840	0	0	0	0	0	932	0	1772
221	Mark Walker	m	MV 50	Rochdale Harriers and AC	893	0	0	0	866	0	0	0	1759

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222	Olivia Wiggins	f		Chorley Athletic and Tri Club	0	0	0	0	847	912	0	0	1759
223	Danny Thompson	m	MV 60		0	0	0	807	0	0	0	0	1756
224	William Fitch	m			0	0	915	0	0	0	837	0	1752
225	Matt Whalley	m			810	0	0	939	0	0	0	0	1749
226	Richard Campbell	m	MV 40		0	0	0	780	0	0	0	0	1748
227	Callum Norris	m			0	0	0	0	842	0	906	0	1748
228	Lauren Dean-Ashton	f	FV 40		0	0	0	666	570	0	510	0	1746
229	Sam Davis	m			0	0	0	0	0	895	851	0	1746
230	Phillip Humphries	m			0	0	0	0	0	873	873	0	1746
231	Brad Foster	m			0	869	0	876	0	0	0	0	1745
232	Simon Lobas	m	MV 40		0	0	788	0	955	0	0	0	1743
233	Glen Norris	m			0	0	0	0	850	0	891	0	1741
234	Mia Hayes	f	U25		795	0	945	0	0	0	0	0	1740
235	Alice Burrill	f		Barlick Fell Runners	0	0	842	0	0	0	0	893	1735
236	Simon Williams	m	MV 50		0	902	832	0	0	0	0	0	1734
237	Matthew McEwan	m			869	0	0	0	864	0	0	0	1733
238	Stuart O'connor	m	MV 50			0	0	0	0	0	798	935	1733
239	Richard Pennock	m	MV 50		806	0	0	0	0	0	0	925	1731
240	Suzanne Hughes-Rudd	f	FV 40		0	856	0	0	0	0	0	874	1730
241	Paul Senior	m			0	0	0	906	822	0	0	0	1728
242	Jo Fee	f	FV 50	CFR	0	855	0	0	0	0	0	870	1725
243	Melanie Hayes	f	FV 50		794	0	930	0	0	0	0	0	1724
244	Caron Parkes	f	FV 50		0	770	0	0	0	0	0	0	1723
245	Vicky Evans	f	FV 50		465	0	0	0	574	681	0	0	1720
246	Heather Woods	f		Keswick AC	0	838	0	877	0	0	0	0	1715
247	Glyn Williams	m	MV 50	Prestwich AC	0	0	0	935	0	0	780	0	1715
248	Claire Appelquist	f	FV 50		0	0	0	0	0	749	0	0	1712
249	Ryan McDowell	m			805	0	898	0	0	0	0	0	1703
250	Matthew Duckett	m			0	0	0	922	779	0	0	0	1701
251	Chris Davies	m	MV 40	Team inov-8	740	960	0	0	0	0	0	0	1700
252	Arron Cook	m			829	0	0	0	870	0	0	0	1699
253	Steven Reynolds	m	MV 40		0	0	838	0	0	0	859	0	1697
254	Christina Loveridge	f	FV 40	Bbrc	0	848	0	0	0	0	0	847	1695
255	Rozanne Nolte	f			844	0	0	0	0	0	848	0	1692
256	John Halliday	m			836	0	0	0	0	0	856	0	1692
257	Andy Pettit	m	MV 50		0	0	813	0	876	0	0	0	1689
258	Kelly Barrett	f				0	0	0	0	0	797	892	1689
259	Alison Eagle	f	FV 60	Upper Wharfedale Runners	822	0	0	0	0	0	0	852	1674
260	Tom Langridge	m			787	0	0	0	886	0	0	0	1673
261	Bernice Blundell	f	FV 60	Skelmersdale Boundary Harriers		0	0	0	0	0	774	899	1673
262	John Edwards	m	MV 70		0	0	0	868	0	803	0	0	1671
263	Liz Handford	f	FV 50		800	0	0	0	0	868	0	0	1668
264	Dawn Saxby	f	FV 60	DCH Run Club	0	0	0	732	0	0	0	0	1667
265	Stuart Bond	m			0	0	0	0	762	0	0	903	1665
266	Richard Rayner	m	MV 50		0	0	0	859	0	0	802	0	1661
267	Julie Rogerson	f			0	0	0	0	0	791	0	864	1655

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
268	Rachel Gray	f			0	0	791	0	0	0	0	863	1654
269	Joe Richardson	m			0	0	0	0	808	0	846	0	1654
270	Paul Fenton	m			799	0	853	0	0	0	0	0	1652
271	Colin Copland	m	MV 60		0	866	0	0	0	785	0	0	1651
272	Brian Winder	m	MV 70	Trailblazers	0	0	0	716	0	0	0	0	1650
273	Graeme White	m	MV 50		827	0	0	0	0	821	0	0	1648
274	Anne Cox	f	FV 60		0	0	0	862	0	0	784	0	1646
275	Carol Edwards	f	FV 60		0	0	0	811	0	0	0	834	1645
276	Nick Pape	m	MV 50	Hermitage Harriers		0	0	0	0	0	768	877	1645
277	Mary Fox	f			0	835	0	809	0	0	0	0	1644
278	Esther Stanier	f	FV 40	Red Rose Road Runners	0	870	0	0	0	773	0	0	1643
279	Louise Jeffrey-read	f	FV 40	Lostock ac	0	0	0	0	803	839	0	0	1642
280	Chris Green	m	MV 50			0	0	0	0	0	767	875	1642
281	Peter Cushion	m	MV 50	Wirral Vikings Trc	0	0	851	0	0	0	789	0	1640
282	Philippe Wery	m	MV 50			0	0	0	0	0	808	830	1638
283	Eric Roe	m			770	0	865	0	0	0	0	0	1635
284	Steve Roe	m	MV 50		769	0	864	0	0	0	0	0	1633
285	Emma Reynolds	f	FV 40	Riversway Roadrunners	725	0	0	0	0	0	0	908	1633
286	Lee Ashcroft	m			0	0	850	0	782	0	0	0	1632
287	Karen Bennett	f	FV 50	Lymm Runners	0	841	0	0	0	790	0	0	1631
288	Dawn Chilton	f	FV 50		742	884	0	0	0	0	0	0	1626
289	Rachel Stevens	f	FV 40	Lostock AC	0	0	736	885	0	0	0	0	1621
290	Louise Lowe	f		Craven Energy		0	0	0	0	0	736	885	1621
291	Ben Cheetham	m				0	0	0	0	0	734	887	1621
292	Kate Collier	f			0	0	768	852	0	0	0	0	1620
293	Pat Wyke	f	FV 60	Run in Wirral	0	0	0	702	0	0	0	0	1617
294	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	0	0	777	0	0	0	838	0	1615
295	Cheryl Chaffe	f	FV 50		0	0	0	701	0	0	0	0	1615
296	Hannah Daghish	f			0	0	0	0	812	0	799	0	1611
297	Timothy Knowles	m	MV 60	None	0	0	0	0	0	811	800	0	1611
298	Kay Hebden	f	FV 50	Bollington Harriers	0	0	0	786	0	0	0	824	1610
299	Darrel White	m			0	0	0	0	733	877	0	0	1610
300	Diane Ward	f	FV 40		0	0	0	796	0	0	0	813	1609
301	Rebecca Hilton	f		St Bees Triers	0	0	772	833	0	0	0	0	1605
302	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers		0	0	0	0	0	711	894	1605
303	Cathryn Rostron	f	FV 50	Bollington Harriers	0	0	0	790	0	0	0	814	1604
304	Mark Holden	m	MV 40	Billinge Running Club	748	0	0	0	0	853	0	0	1601
305	Andrew Hamman	m	MV 40		737	864	0	0	0	0	0	0	1601
306	Darren Hodgson	m	MV 50		708	889	0	0	0	0	0	0	1597
307	Ruth Jack	f			0	0	867	0	729	0	0	0	1596
308	Kevin Silver	m	MV 60		0	807	786	0	0	0	0	0	1593
309	Mick Cook	m			733	0	858	0	0	0	0	0	1591
310	Ben Marshall	m			732	0	857	0	0	0	0	0	1589
311	Helen Hill	f	FV 40	Billingham Running Club	0	0	0	890	696	0	0	0	1586
312	Elaine Malyn	f	FV 50	Eden runners	0	0	0	0	0	815	771	0	1586
313	Tracey J Burlinson Campbell	f	FV 50	Lonely Goat Running Club	0	0	0	743	840	0	0	0	1583

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
314	Hannah Stirling	f			661	0	0	0	0	0	0	921	1582
315	Alex Milner	f	FV 40		0	0	0	0	627	0	0	0	1577
316	Martin Barrett	m	MV 50			0	0	0	0	0	703	871	1574
317	Claire Pepper	f			0	0	928	0	0	0	644	0	1572
318	Phil Blaylock	m	MV 40	Lakeland Trails	0	0	0	0	765	0	807	0	1572
319	Emily Knowles	f			717	0	852	0	0	0	0	0	1569
320	David Faulkner	m	MV 60	Lymm Runners	0	805	0	0	0	759	0	0	1564
321	Rebecca Noblett	f	FV 50		0	0	732	832	0	0	0	0	1564
322	Harry Hardcastle	m	U25		745	0	0	0	816	0	0	0	1561
323	Liz Molyneux	f	FV 40			0	0	0	0	729	0	832	1561
324	Eugenia Kervin	f	FV 50			0	0	0	0	728	0	833	1561
325	Zoe Dale	f	FV 50	Yorkshire Wolds runners	738	0	0	0	0	0	820	0	1558
326	Ben Patterson	m	MV 40		0	0	0	0	708	0	850	0	1558
327	Gary Lacey	m	MV 40		0	0	731	0	0	0	0	826	1557
328	Victoria Slinger	f	FV 40		0	0	730	0	0	0	0	825	1555
329	Russell Pilling	m	MV 60	North Shields Poly		0	0	0	0	0	694	858	1552
330	Paula Marshall	f	FV 50	Bollington Harriers	0	0	0	751	0	0	0	796	1547
331	simon else	m	MV 50		0	0	0	0	731	0	813	0	1544
332	Alan Jones	m	MV 60	Garstang Running Club	759	0	0	0	784	0	0	0	1543
333	John Heathcote	m	MV 60		0	820	722	0	0	0	0	0	1542
334	Jack Croskery	m	U21		0	0	0	0	743	0	795	0	1538
335	Laurel Sleet	f			730	0	0	0	0	0	806	0	1536
336	Andrew Devitt	m	MV 50	Knowle & Dorrige Running Club	639	897	0	0	0	0	0	0	1536
337	Joanne Devitt	f	FV 50	Knowle & Dorrige Running Club	638	898	0	0	0	0	0	0	1536
338	Andrew Hollowbread	m	MV 50		0	817	719	0	0	0	0	0	1536
339	Louisa Graham	f	FV 40		0	0	0	822	712	0	0	0	1534
340	Sarah Collis Kerr	f			651	876	0	0	0	0	0	0	1527
341	Katy Woodman	f	FV 40	Border Reiver Runners	0	766	0	761	0	0	0	0	1527
342	Emily Bird	f	FV 40	Roberttown Roadrunners	630	0	0	887	0	0	0	0	1517
343	Brian Weatherington	m	MV 40		0	0	0	0	760	0	757	0	1517
344	Lisa Whetter	f	FV 50		0	0	718	797	0	0	0	0	1515
345	Gemma Chaters	f			652	858	0	0	0	0	0	0	1510
346	Pete Rands	m	MV 50		715	0	794	0	0	0	0	0	1509
347	Leonie Bell	f	FV 40		0	0	0	0	0	782	722	0	1504
348	Neil Hawkes	m	MV 50		0	0	0	0	0	781	721	0	1502
349	Simon Jones	m	MV 50		0	844	0	0	0	0	657	0	1501
350	Issy Pettit	f	U25		0	0	812	0	0	0	689	0	1501
351	Sam Livesey	f	FV 40		0	0	0	775	0	725	0	0	1500
352	Matt Dunn	m	MV 40	100 Marathon Club	672	0	827	0	0	0	0	0	1499
353	Gary Bigland	m	MV 40		704	0	0	0	0	794	0	0	1498
354	Simon Byron-keeler	m	MV 50	Monumental Movers	670	0	826	0	0	0	0	0	1496
355	Peter Reed	m	MV 70	Northumberland Fell Runners	0	798	0	0	697	0	0	0	1495
356	Rochelle Willan	f		Red Rose Road Runners	0	0	0	880	614	0	0	0	1494
357	Sarah Nutt	f	FV 40		0	0	0	0	693	0	801	0	1494
358	Andrea McEwan	f	FV 50			0	0	0	0	0	670	820	1490
359	Sally Anne Speight	f	FV 50	Roberttown Road Runners	629	0	0	860	0	0	0	0	1489

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
360	Jolene Sherbrooke	f	FV 40		0	0	785	0	700	0	0	0	1485
361	Michael Sherbrooke	m	MV 40		0	0	784	0	699	0	0	0	1483
362	Margaret Lupton	f	FV 50	Red Rose Road Runners		0	0	0	0	0	642	841	1483
363	Chris Probert	m	MV 60	Penny Lane Striders	0	0	769	0	0	0	709	0	1478
364	Susanna Sewell	f	FV 50	Sunnywood Ladies on Tour	0	0	0	828	0	0	647	0	1475
365	Miriam Brion	f	FV 40		0	0	807	0	0	0	666	0	1473
366	Emily Wilson	f	FV 40		0	0	0	0	754	717	0	0	1471
367	Martin Tilbury	m	MV 50		689	0	0	0	0	0	773	0	1462
368	Alastair Durno	m	MV 60	Hoad Hill Harriers	617	0	0	0	0	0	0	845	1462
369	Jonathan Ford	m	MV 40	Penwortham Panthers	0	765	696	0	0	0	0	0	1461
370	Isabel Thomas	f			0	0	766	0	694	0	0	0	1460
371	Stephen Dale	m	MV 60	Yorkshire wolds runners	668	0	0	0	0	0	785	0	1453
372	Michelle Davies	f	FV 40		0	0	673	0	0	779	0	0	1452
373	Jen Hayton	f	FV 40		0	0	0	0	633	0	0	818	1451
374	Richard Sabey	m	MV 60			0	0	0	0	0	635	811	1446
375	Jennifer Pugh	f	FV 40			0	0	0	0	0	637	808	1445
376	Danielle Radley	f	FV 40		0	0	0	0	637	0	0	806	1443
377	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	0	745	0	694	0	0	1439
378	Nicola Aindow	f	FV 50		604	0	0	0	0	0	0	831	1435
379	Adam Morton	m	MV 50		0	0	753	0	0	0	682	0	1435
380	Steven Ohara	m	MV 40		0	0	0	0	719	0	716	0	1435
381	Austin Heath	m	MV 50	Slow A/F Run Club	607	0	0	827	0	0	0	0	1434
382	Rachel Hickman	f			0	0	0	818	612	0	0	0	1430
383	Elise Norbury	f	FV 40			0	0	0	0	0	626	803	1429
384	Tumkeen Badulla	f				0	0	0	0	0	625	802	1427
385	Will Lovett	m	MV 40		586	831	0	0	0	0	0	0	1417
386	Melissa Lovett	f	FV 40		585	832	0	0	0	0	0	0	1417
387	Catherine Vaneris	f	FV 40		0	0	727	0	0	688	0	0	1415
388	Sophie Puzey	f			752	0	0	0	0	0	662	0	1414
389	Amy Long	f	U25		0	0	0	793	619	0	0	0	1412
390	david martin	m	MV 60		0	782	0	0	0	0	629	0	1411
391	Tim Long	m	MV 50		0	0	0	792	618	0	0	0	1410
392	Kevin Gibbons	m	MV 60		588	818	0	0	0	0	0	0	1406
393	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	0	0	0	707	0	697	0	0	1404
394	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	0	0	0	658	0	745	0	1403
395	Nicola Brown	f	FV 40		0	0	0	783	0	0	619	0	1402
396	Peter Cheung	m	MV 60		664	0	0	0	730	0	0	0	1394
397	Chris Price	m	MV 60	Kendal AAC	731	0	0	0	0	0	659	0	1390
398	Daniel Miller	m			653	0	735	0	0	0	0	0	1388
399	Mandy Burton	f	FV 60	Loftus & Whitby	0	0	0	795	0	0	593	0	1388
400	Kirsty Turnbull	f	FV 40		0	0	0	0	586	0	0	799	1385
401	Chloe Dufton	f			559	0	0	0	0	0	0	823	1382
402	John Scott	m	MV 50		482	881	0	0	0	0	0	0	1363
403	Matthew Gribbin	m	MV 50		582	0	0	0	780	0	0	0	1362
404	Laura Tracey	f	FV 40	Sunnywood Ladies on Tour	0	0	0	815	0	0	547	0	1362
405	Alistair McAndrew	m	MV 50		0	0	738	0	621	0	0	0	1359

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
406	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	0	0	749	0	609	0	0	0	1358
407	Cat Gooch	f	FV 50	Ponteland Runners		0	0	0	0	0	574	784	1358
408	Becky Blackburn	f	FV 40		0	0	737	0	620	0	0	0	1357
409	Linda Gant	f	FV 60		583	773	0	0	0	0	0	0	1356
410	Marie Walker	f	FV 50	Sedgefield Harriers	647	0	0	0	704	0	0	0	1351
411	Kate Peers	f	FV 40		631	0	0	0	0	0	720	0	1351
412	Gail Farr	f	FV 50	west hull ladies		0	0	0	0	0	569	782	1351
413	Hannah Croskery	f			0	0	0	0	674	0	672	0	1346
414	Emma Cafferty	f	FV 50	Lancaster Runners	0	0	721	0	623	0	0	0	1344
415	Julie Graham	f	FV 60	Garstang	557	0	0	0	0	786	0	0	1343
416	Helen Marriner	f	FV 50		595	0	0	0	0	747	0	0	1342
417	Elizabeth King	f	FV 50	Manchester triathlon club	0	0	666	0	0	676	0	0	1342
418	Carla Ainscough	f	FV 40		650	0	0	0	0	691	0	0	1341
419	Daniel Maltman	m	MV 40		643	0	0	0	0	0	697	0	1340
420	Sandra Williams	f	FV 50		541	796	0	0	0	0	0	0	1337
421	Kirsty Hope	f			0	0	652	685	0	0	0	0	1337
422	Louise Clayton	f	FV 50		621	0	714	0	0	0	0	0	1335
423	Lisa Edwards	f	FV 40		554	0	0	779	0	0	0	0	1333
424	Richard Carr	m	MV 50		589	0	0	0	0	740	0	0	1329
425	Oli Tomlinson	f	FV 50		520	0	0	0	0	0	0	807	1327
426	Wayne Lee Farr	m	MV 50			0	0	0	0	0	545	775	1320
427	Mark Sherwood	m	MV 50			0	0	0	0	721	598	0	1319
428	Mark Lightfoot	m	MV 50			0	0	0	0	720	597	0	1317
429	Catherine Gosson-Low	f	FV 50		0	0	697	0	608	0	0	0	1305
430	Lisa Riley	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	0	533	770	1303
431	Amy Derbyshire	f			599	0	682	0	0	0	0	0	1281
432	Gillian Felton	f	FV 50		610	0	0	0	0	0	667	0	1277
433	Joan Bailey	f	FV 40		584	0	0	0	0	0	691	0	1275
434	Catherine Cuthbert	f	FV 50	Wallasey Ac	475	799	0	0	0	0	0	0	1274
435	Andrew Gibson	m	MV 50		0	0	0	698	573	0	0	0	1271
436	Annabelle Allen	f	FV 60	BodyFit Cumbria Running Club	496	774	0	0	0	0	0	0	1270
437	John Irvine	m	MV 40		0	0	686	0	0	0	581	0	1267
438	Carol Forster	f	FV 50		0	0	0	697	569	0	0	0	1266
439	Julie Farron	f	FV 50	Atherton Running Club	578	0	0	0	685	0	0	0	1263
440	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0	720	0	0	542	0	1262
441	Nigel Ash	m	MV 50	Trail Running Assoc	602	0	0	0	0	0	652	0	1254
442	Margaret Gwilliam	f	FV 40	Freck and Warton	0	0	0	683	567	0	0	0	1250
443	Anne-Marie Cutmore	f	FV 40		0	0	663	0	585	0	0	0	1248
444	Kirsty Pettit	f	FV 50		0	0	679	0	565	0	0	0	1244
445	Jo Houghton	f	FV 50	Prestwich AC		0	0	0	0	689	535	0	1224
446	Nichola Cooke	f	FV 40	Prestwich Ac		0	0	0	0	687	536	0	1223
447	Evvie Feingold	f	FV 50	Prestwich AC		0	0	0	0	685	537	0	1222
448	Gerry Richards	f	FV 50		565	0	0	0	655	0	0	0	1220
449	Sarah Cullen	f	FV 40		564	0	0	0	653	0	0	0	1217
450	Gillian Sharpe	f	FV 60			0	0	0	0	678	520	0	1198
451	Helen Knowles	f	FV 60	None		0	0	0	0	677	519	0	1196

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
452	Steve Webster	m	MV 60		486	0	0	690	0	0	0	0	1176
453	Helen Hetherington	f	FV 70		463	0	0	710	0	0	0	0	1173
454	Anthony Welham	m	MV 70		0	0	656	0	0	0	517	0	1173
455	Luke Watkins	m			533	0	0	0	0	0	615	0	1148
456	Becky Christmas	f	FV 50	Tri Harman	483	0	0	0	575	0	0	0	1058
457	Josephine LOUISE Walsh	f	FV 50		459	0	0	0	579	0	0	0	1038
458	Vit Knezinek	m		INOV8 Czechia	0	1000	0	0	0	0	0	0	1000
459	Scott Nutter	m	U25	Border Harriers	0	0	1000	0	0	0	0	0	1000
460	Jake Collier	m	U25	Brooks UK	0	0	0	1000	0	0	0	0	1000
461	Chris Holdsworth	m		INOV8	0	0	0	0	1000	0	0	0	1000
462	Scout Adkin	f		Ambleside AC	0	0	0	0	0	1000	0	0	1000
463	Brogan McCawley	m		Leeds City AC		0	0	0	0	0	1000	0	1000
464	Zhi Yan Yeo	m	U25	University of Warwick	999	0	0	0	0	0	0	0	999
465	Stuart Wilson	m			0	999	0	0	0	0	0	0	999
466	Felix Barker	m		Ambleside AC	0	0	999	0	0	0	0	0	999
467	Craig Blakey	m		Bowland Fell Runners	0	0	0	0	0	999	0	0	999
468	Joe Grisdale	m				0	0	0	0	0	999	0	999
469	Richard Wilson	m	MV 40	Kendal AC		0	0	0	0	0	0	999	999
470	John French	m	MV 40	Eden Runners	998	0	0	0	0	0	0	0	998
471	Jack Robinson	m		Ambleside AC	0	0	998	0	0	0	0	0	998
472	Grzegorz Niewiadomski	m		Lancaster Morecambe Athletic Club	0	0	0	998	0	0	0	0	998
473	Daniel Thacker	m			0	0	0	0	998	0	0	0	998
474	Daniel Cottle	m	MV 40	Prestwich AC	0	0	0	0	0	998	0	0	998
475	Paul Reilly	m	MV 40	Coniston Fell Runners		0	0	0	0	0	998	0	998
476	Conall Stobbs	m	U25	Cheviot Trail Runners		0	0	0	0	0	0	998	998
477	Ted Leahy	m	MV 40	Ripon Runners	997	0	0	0	0	0	0	0	997
478	Alex Haine	m			0	0	997	0	0	0	0	0	997
479	Andrew Maltman	m			0	0	0	997	0	0	0	0	997
480	Martin Klavon	m	MV 40	Northowram Pumas	0	0	0	0	0	997	0	0	997
481	John Gill	m	MV 40		996	0	0	0	0	0	0	0	996
482	Victoria A Duncan	f			0	996	0	0	0	0	0	0	996
483	Liam Wilson	m			0	0	996	0	0	0	0	0	996
484	Arne Schmitz	m	MV 40	SC Komet Steckenborn	0	0	0	996	0	0	0	0	996
485	Matt Clark	m			0	0	0	0	996	0	0	0	996
486	Chris Miles	m		Sale Harriers		0	0	0	0	0	996	0	996
487	Wayne Laird	m	MV 40	GoActiv		0	0	0	0	0	0	996	996
488	Liam Major	m			0	995	0	0	0	0	0	0	995
489	Martin Gough	m			0	0	995	0	0	0	0	0	995
490	Catriona MacDonald	f		Morpeth Harriers	0	0	0	0	995	0	0	0	995
491	Jacob Goodwin	m		Chapel Allerton Runners		0	0	0	0	0	995	0	995
492	Nick Watson	m	MV 50			0	0	0	0	0	0	995	995
493	Dan Toole	m			994	0	0	0	0	0	0	0	994
494	Jonathan Gilroy	m	MV 40	Jarrow and Hebburn Ac	0	994	0	0	0	0	0	0	994
495	Jim Harlock	m	MV 60	City Of Hull Ac	0	0	994	0	0	0	0	0	994
496	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	0	994	0	0	0	994
497	Michael Smith	m	MV 40		0	0	0	0	0	994	0	0	994

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
498	John Cull	m	U21			0	0	0	0	0	994	0	994
499	Amy Weyers	f		Chorlton Runners		0	0	0	0	0	0	994	994
500	Dom Brown	m	U25		993	0	0	0	0	0	0	0	993
501	Barbora Cichá	f		Inov8 CZ	0	993	0	0	0	0	0	0	993
502	Ben Wales	m	MV 40	City of Hull AC	0	0	993	0	0	0	0	0	993
503	Martin Oldfield	m	MV 50	Darwen Dashers	0	0	0	0	0	993	0	0	993
504	Matthew Whipple	m				0	0	0	0	0	993	0	993
505	Matt Wilson	m	MV 50	Kendal AC		0	0	0	0	0	0	993	993
506	John Butters	m	MV 40		992	0	0	0	0	0	0	0	992
507	Paul Duke	m	MV 40	Burnden Road Runners	0	992	0	0	0	0	0	0	992
508	Matthew Rooke	m		Black Combe Runners	0	0	992	0	0	0	0	0	992
509	Michael Haynes	m			0	0	0	992	0	0	0	0	992
510	Josh Evans	m		Bellahouston Road Runners	0	0	0	0	992	0	0	0	992
511	Robert Smith	m	MV 40	Cleethorpes AC		0	0	0	0	0	0	992	992
512	Andrew Miles	m			991	0	0	0	0	0	0	0	991
513	Emma Neil	f			0	991	0	0	0	0	0	0	991
514	David Hatch	m			0	0	0	0	0	991	0	0	991
515	Gareth Doherty	m	MV 40	Burnden Road Runners	0	990	0	0	0	0	0	0	990
516	Lawrence Basham	m	MV 50		0	0	990	0	0	0	0	0	990
517	Mark McAfee	m	MV 40		0	0	0	0	0	990	0	0	990
518	Paul Heron	m	MV 40			0	0	0	0	0	990	0	990
519	Aisling Wall	f		Horsforth Harriers	989	0	0	0	0	0	0	0	989
520	James Galloway-Booth	m	U21		0	989	0	0	0	0	0	0	989
521	Callum Mahoney	m			0	0	0	989	0	0	0	0	989
522	Jamie Arkle	m			0	0	0	0	989	0	0	0	989
523	Jason Redman	m		Sunderland Harriers	0	0	0	0	0	989	0	0	989
524	James Cornforth	m				0	0	0	0	0	0	989	989
525	Ian Hunter	m	MV 40	Beeston AC	988	0	0	0	0	0	0	0	988
526	Tim Savage	m	MV 50	City of Hull AC	0	0	988	0	0	0	0	0	988
527	Tom Brown	m		Preston Harriers	0	0	0	988	0	0	0	0	988
528	Tom Ward	m	U25	Ambleside AC	0	0	0	0	988	0	0	0	988
529	Grace Culling	f	U21	helm hill	0	0	0	0	0	988	0	0	988
530	Barrie Quigley	m				0	0	0	0	0	988	0	988
531	Kyle Biggs	m			0	987	0	0	0	0	0	0	987
532	Stephen Glenville	m	MV 40	City of Hull AC	0	0	987	0	0	0	0	0	987
533	Adam Champion	m	MV 50	Keswick Athletic Club	0	0	0	987	0	0	0	0	987
534	Oliver Lee	m		Sale Harriers Manchester	0	0	0	0	987	0	0	0	987
535	Alastair Vale	m	MV 40		0	0	0	0	0	987	0	0	987
536	Mark Sandamas	m	MV 50	Garlick Fell Runners	986	0	0	0	0	0	0	0	986
537	Jamie Marsland	m			0	0	0	0	986	0	0	0	986
538	Graham Padget	m	MV 40		0	0	0	0	0	986	0	0	986
539	Peter Dinsmore	m				0	0	0	0	0	986	0	986
540	Katy Ward	f	FV 40	Eden Runners		0	0	0	0	0	0	986	986
541	Michael Mason	m	MV 40	Ormskirk Mountain Goats	985	0	0	0	0	0	0	0	985
542	Rebecca Rooke	f		Glaxo Hoad Hill Harriers	0	0	985	0	0	0	0	0	985
543	Alfie Smith	m	U21		0	0	0	985	0	0	0	0	985

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
590	Andrew Page	m	MV 40	Vikings	0	0	974	0	0	0	0	0	974
591	Jim Watson	m	MV 50	Arena 80	0	0	0	974	0	0	0	0	974
592	Henry Pickup	m		Rochdale harriers		0	0	0	0	0	0	974	974
593	Kevin McLelland	m	MV 40		0	0	0	973	0	0	0	0	973
594	Richard Bate	m	MV 40	Mercia Fell Runners	0	0	0	0	973	0	0	0	973
595	Stuart Halsey	m	MV 60	South Derbyshire Road Runners	0	0	0	0	0	973	0	0	973
596	Martin Bewick	m	MV 40			0	0	0	0	0	973	0	973
597	Joe Elder	m		St Bees Triers	0	0	972	0	0	0	0	0	972
598	Emily Hart	f			0	0	0	972	0	0	0	0	972
599	Paul Sanderson	m	MV 50	Tri Preston	0	0	0	0	972	0	0	0	972
600	Joe Unsworth	m			0	0	0	0	0	972	0	0	972
601	David Bartlett	m				0	0	0	0	0	972	0	972
602	Benjamin Potter	m			971	0	0	0	0	0	0	0	971
603	Eddie Campbell	m		Didsbury Runners	0	0	971	0	0	0	0	0	971
604	Elliot Owens	m		Flookburgh Boxing gym	0	0	0	0	0	971	0	0	971
605	Nick Saxton	m				0	0	0	0	0	971	0	971
606	Kirsten Johnson	f	FV 40	Hash House Harriers	455	0	0	0	0	0	515	0	970
607	Joe Sweetman	m	U25		0	970	0	0	0	0	0	0	970
608	Peter Hood	m	MV 60	Wolverhampton and Bilston	0	0	0	0	970	0	0	0	970
609	Michael Graham	m	MV 40	Border Reiver runners	0	0	969	0	0	0	0	0	969
610	Rachel Bayley	f			0	0	0	969	0	0	0	0	969
611	Simon Daniels	m	MV 50	Gosforth Harriers & AC	0	0	0	0	969	0	0	0	969
612	Joe Worthington	m	MV 40	Ackworth Road Runners		0	0	0	0	0	0	969	969
613	Benjamin Fawcett	m			0	968	0	0	0	0	0	0	968
614	Ian Doughty	m			0	0	968	0	0	0	0	0	968
615	Koray Bacakoglu	m	U25		0	0	0	0	968	0	0	0	968
616	Chris Marshall	m				0	0	0	0	0	0	968	968
617	Simon Barnes	m		COLT	967	0	0	0	0	0	0	0	967
618	Arulkumaran Umapathy	m			0	967	0	0	0	0	0	0	967
619	Gemma Martin	f	FV 40		0	0	0	967	0	0	0	0	967
620	Sophie Pilkington	f			0	0	0	0	967	0	0	0	967
621	Laura Whitehouse	f				0	0	0	0	0	967	0	967
622	Rebecca Rooke	f		Glaxo Hoad Hill Harriers	966	0	0	0	0	0	0	0	966
623	Jeff Mccarthy	m	MV 50	Rochdale Harriers	0	966	0	0	0	0	0	0	966
624	Nick Clarke	m	MV 40	Walden Tri	0	0	966	0	0	0	0	0	966
625	Matthew Gregory	m			0	0	0	0	966	0	0	0	966
626	Robert Lilliott	m				0	0	0	0	0	0	966	966
627	Roger Grand	m	MV 50	Trentham running club	965	0	0	0	0	0	0	0	965
628	Stephen Webb	m	MV 50		0	0	965	0	0	0	0	0	965
629	Gareth Kerr	m	MV 40		0	0	0	965	0	0	0	0	965
630	Benjamin Logan	m			0	0	0	0	965	0	0	0	965
631	Paul Stuart	m	MV 50	East Kilbride Athletics Club	0	0	0	0	0	965	0	0	965
632	Sonny Playforth	m				0	0	0	0	0	965	0	965
633	Andrew Grimshaw	m	MV 40	Penny Lane Striders	964	0	0	0	0	0	0	0	964
634	Ben Clarke	m	MV 50	Team Nidderdale	0	964	0	0	0	0	0	0	964
635	Harry James	m	U25		0	0	0	964	0	0	0	0	964

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
636	Paul Gibson	m			0	0	0	0	0	964	0	0	964
637	Phil O'Sullivan	m				0	0	0	0	0	964	0	964
638	Liam Garnett	m				0	0	0	0	0	0	964	964
639	Jon Meeten	m	MV 50		0	0	963	0	0	0	0	0	963
640	Andrew Simpson	m	MV 40	Lonely Goat R C	0	0	0	963	0	0	0	0	963
641	Michael Rogers	m	MV 40	None		0	0	0	0	0	0	963	963
642	Royle Daniel	m			962	0	0	0	0	0	0	0	962
643	Paul Cartwright	m	MV 60	City Of Hull Ac	0	0	962	0	0	0	0	0	962
644	Charlie Horncastle	m	U25		0	0	0	962	0	0	0	0	962
645	David Gean	m	U21		0	0	0	0	962	0	0	0	962
646	Anthony Irving	m	MV 40		0	0	0	0	0	962	0	0	962
647	David Connolly	m	MV 50			0	0	0	0	0	962	0	962
648	Graham Jenkins	m	MV 50	Ribble Valley Runners		0	0	0	0	0	0	962	962
649	George McArthur	m			0	961	0	0	0	0	0	0	961
650	Gaz O'Leary	m	MV 40		0	0	0	961	0	0	0	0	961
651	Ed Higgs	m	U25		0	0	0	0	961	0	0	0	961
652	Amy Whelan	f		Glaxo Hoad Hill Harriers	0	0	0	0	0	961	0	0	961
653	Chris Ryan	m	MV 40	Sw Running Crew		0	0	0	0	0	0	961	961
654	David Brown	m	MV 40		960	0	0	0	0	0	0	0	960
655	Andy Baguley	m	MV 40	Chorlton Runners	0	0	0	0	960	0	0	0	960
656	Andrew Webster	m	MV 50	Otley AC	0	0	0	0	0	960	0	0	960
657	Luke Hough	m			959	0	0	0	0	0	0	0	959
658	Davide Cuoghi	m			0	959	0	0	0	0	0	0	959
659	Michael Norbury	m		Didsbury Runners	0	0	959	0	0	0	0	0	959
660	Ross Cowburn	m			0	0	0	959	0	0	0	0	959
661	Harry Vaneris	m	MV 40		0	0	0	0	959	0	0	0	959
662	Amelia Websdale	f	U25		0	0	0	0	0	959	0	0	959
663	Matthew Snarr	m	MV 40	N/a	958	0	0	0	0	0	0	0	958
664	Emily Thwaites	f	FV 40	Allithwaite Running Club	0	958	0	0	0	0	0	0	958
665	Jack Colling	m	U21		0	0	958	0	0	0	0	0	958
666	Jonny Borg	m			0	0	0	958	0	0	0	0	958
667	Mark Cameron	m	MV 50			0	0	0	0	0	958	0	958
668	Tim Emery	m				0	0	0	0	0	0	958	958
669	Kipp Jones	m			957	0	0	0	0	0	0	0	957
670	Raymond Quinn	m	MV 50		0	957	0	0	0	0	0	0	957
671	Alex Osborn	m		Embsay running club	0	0	957	0	0	0	0	0	957
672	Gemma Smith	f				0	0	0	0	0	0	957	957
673	Andy Johnson	m			956	0	0	0	0	0	0	0	956
674	Michael hutchyd8@hotmail.co	m		N/A	0	956	0	0	0	0	0	0	956
675	Ben Compton	m	U25	Chorlton Runners	0	0	956	0	0	0	0	0	956
676	Richard Gover	m	MV 40	York Acorn Running Club	0	0	0	0	956	0	0	0	956
677	Stuart Hall	m	MV 40	Blackpool, Wyre and Fylde Athletics Club	0	0	0	0	0	956	0	0	956
678	stephen ormson	m	MV 50	Tricentral		0	0	0	0	0	0	956	956
679	Neil Whitaker	m			0	955	0	0	0	0	0	0	955
680	Ben Taylor	m	U21		0	0	955	0	0	0	0	0	955
681	Steve Worthington	m			0	0	0	955	0	0	0	0	955

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
682	Eilidh Brown	f	U25			0	0	0	0	0	955	0	955
683	Derek Irwin	m	MV 60	AVOHK		0	0	0	0	0	0	955	955
684	John Dickinson	m	MV 50	Liverpool Pembroke Sefton	0	954	0	0	0	0	0	0	954
685	Stuart Parker	m			0	0	954	0	0	0	0	0	954
686	Peter Gibb	m	MV 40		0	0	0	954	0	0	0	0	954
687	Chris Thorpe	m	MV 50		0	0	0	0	0	954	0	0	954
688	Paul Moor	m			953	0	0	0	0	0	0	0	953
689	Alex Butcher	m			0	0	953	0	0	0	0	0	953
690	Phil Blakey	m	MV 60		0	0	0	953	0	0	0	0	953
691	James Carter	m	U25		0	0	0	0	953	0	0	0	953
692	Chris Derbyshire	m	MV 40	Thursday Cunt Club	0	0	0	0	0	953	0	0	953
693	Steven Rutter	m				0	0	0	0	0	953	0	953
694	Mark Ashburn	m			952	0	0	0	0	0	0	0	952
695	Hanif Meeran	m	MV 50		0	952	0	0	0	0	0	0	952
696	Rupert Wilks	m	MV 50	City Of Hull Ac	0	0	952	0	0	0	0	0	952
697	Steven Marsh	m	MV 60		0	0	0	952	0	0	0	0	952
698	Heidi Rogers	f				0	0	0	0	0	952	0	952
699	Frank Saunders	m	U21	Team Otter	0	951	0	0	0	0	0	0	951
700	Paul Jones	m	MV 60	Shropshire Shufflers	0	0	0	0	951	0	0	0	951
701	Gary Craven	m	MV 40	Manchester Muckers	0	0	0	0	0	951	0	0	951
702	Matt Baxter	m			950	0	0	0	0	0	0	0	950
703	Dan Saunders	m	MV 40	Team Otter	0	950	0	0	0	0	0	0	950
704	Sam Russell	m			0	0	950	0	0	0	0	0	950
705	Robert Harker	m			0	0	0	950	0	0	0	0	950
706	Aoife Moss	f				0	0	0	0	0	950	0	950
707	Josh Silver	m			949	0	0	0	0	0	0	0	949
708	Mason Wennington	m	U21		0	949	0	0	0	0	0	0	949
709	Jessica Slater	f		Revolution runners	0	0	949	0	0	0	0	0	949
710	Dominique Boyle	f			0	0	0	949	0	0	0	0	949
711	James Shields	m			0	0	0	0	949	0	0	0	949
712	Sam Mooney	m			0	0	0	0	0	949	0	0	949
713	Neil Roberts	m	MV 50	Liverpool Pembroke & Sefton H&AC		0	0	0	0	0	0	949	949
714	Harrison Dent	m			0	948	0	0	0	0	0	0	948
715	Mike Innerdale	m	MV 50	Eden Runners	0	0	0	0	948	0	0	0	948
716	Kash Singh	m				0	0	0	0	0	948	0	948
717	Rich Greenfield	m	MV 40	Hoad Hill Harriers	947	0	0	0	0	0	0	0	947
718	Nick Martland	m	MV 50		0	947	0	0	0	0	0	0	947
719	Ali Pennefather	f			0	0	0	0	947	0	0	0	947
720	Adam Seidel	m	U25		0	0	0	0	0	947	0	0	947
721	Peter Burke	m				0	0	0	0	0	947	0	947
722	Tom Roper	m		Hyde Park Harriers	946	0	0	0	0	0	0	0	946
723	Stuart Buchan	m	MV 60	City of Hull	0	0	946	0	0	0	0	0	946
724	Adrian Hadley	m	MV 40		0	0	0	0	946	0	0	0	946
725	Andy Cartridge	m				0	0	0	0	0	946	0	946
726	Stephen Dyson	m	MV 40		945	0	0	0	0	0	0	0	945
727	Liam Neill	m			0	0	0	945	0	0	0	0	945

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
728	Stuart Clayton	m	MV 50		0	0	0	0	0	945	0	0	945
729	Luke Wilson	m				0	0	0	0	0	945	0	945
730	Dominic Welsby	m			944	0	0	0	0	0	0	0	944
731	Lyndsay Darbyshire	f	FV 50	Burnden Road Runners	0	944	0	0	0	0	0	0	944
732	Becky Speres	f			0	0	944	0	0	0	0	0	944
733	Tom Halliwell	m	MV 40	Nob End Run club	0	0	0	944	0	0	0	0	944
734	Andrew Malcolm	m			0	0	0	0	944	0	0	0	944
735	James Barry	m			0	0	0	0	0	944	0	0	944
736	Steve Tinniswood	m	MV 50			0	0	0	0	0	0	944	944
737	Gordon Blunt	m	MV 40	Kendal Hockey Club	943	0	0	0	0	0	0	0	943
738	Cliff Veighey	m	MV 50		0	0	943	0	0	0	0	0	943
739	David Pollitt	m	MV 50	Leigh Harriers	0	0	0	0	943	0	0	0	943
740	Crawford Barber	m				0	0	0	0	0	943	0	943
741	Benjamin North	m			942	0	0	0	0	0	0	0	942
742	Owen Jones	m	MV 40	The Otters	0	942	0	0	0	0	0	0	942
743	Max Buswell	m	U25		0	0	942	0	0	0	0	0	942
744	Martin Poore	m	MV 50		0	0	0	942	0	0	0	0	942
745	Joe Brooke	m			0	0	0	0	942	0	0	0	942
746	Liam Tillet	m			0	0	0	0	0	942	0	0	942
747	Jack Lawton	m	U25			0	0	0	0	0	942	0	942
748	Matt Whitehead	m			941	0	0	0	0	0	0	0	941
749	Sarah Kerr	f	FV 40		0	941	0	0	0	0	0	0	941
750	Ryan Bradley	m			0	0	941	0	0	0	0	0	941
751	Aidan Poynter	m			0	0	0	0	941	0	0	0	941
752	Lee Barker-field	m	MV 50			0	0	0	0	0	941	0	941
753	Ian Mckay	m	MV 50			0	0	0	0	0	0	941	941
754	Louise Robbins	f	FV 50		0	940	0	0	0	0	0	0	940
755	Iain Bramble	m	MV 50		0	0	940	0	0	0	0	0	940
756	Benjamin Tixier	m			0	0	0	940	0	0	0	0	940
757	Chris Howarth	m	MV 40	LAS Old Boys Basel	0	0	0	0	0	940	0	0	940
758	Callum Meadows	m		40% run club		0	0	0	0	0	940	0	940
759	Mark Hudson	m	MV 60	Liverpool Pembroke Sefton		0	0	0	0	0	0	940	940
760	Mr Lowes	m	MV 40	Elswick Harriers	939	0	0	0	0	0	0	0	939
761	Chris Lawrence	f	FV 60		0	939	0	0	0	0	0	0	939
762	Jack Gordon	m			0	0	939	0	0	0	0	0	939
763	Claire Thornton	f	FV 40	Methley Striders	0	0	0	0	939	0	0	0	939
764	Thomas Smith	m			0	0	0	0	0	939	0	0	939
765	Jack Lee-Thompson	m				0	0	0	0	0	939	0	939
766	Liam Webster	m				0	0	0	0	0	0	939	939
767	John Williams	m	MV 40	Milltown Milers	938	0	0	0	0	0	0	0	938
768	Eleanor Bennewith	f			0	938	0	0	0	0	0	0	938
769	Carlos Botello	m				0	0	0	0	0	938	0	938
770	Caroline White	f	FV 40	Helm Hill Runners		0	0	0	0	0	0	938	938
771	Ryan Armstrong	m			937	0	0	0	0	0	0	0	937
772	Andrew Mitchinson	m	MV 40	Team Otter	0	937	0	0	0	0	0	0	937
773	Michael Bean	m	MV 50		0	0	937	0	0	0	0	0	937

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
774	Connor Dykes	m	U25		0	0	0	0	0	937	0	0	937
775	Katherine Clancy	f	FV 40	Liverpool Pembroke and Sefton AC		0	0	0	0	0	0	937	937
776	Will Parry	m	MV 50	London Frontrunners	936	0	0	0	0	0	0	0	936
777	Rebecca Mon-Williams	f	FV 50		0	936	0	0	0	0	0	0	936
778	Richard Hawkins	m	MV 40	York Postal Harriers	0	0	936	0	0	0	0	0	936
779	Barry Lyonette	m	MV 70	Pensby Runners	0	0	0	936	0	0	0	0	936
780	Peter Whaley	m	MV 40	St Bees Triers	0	0	0	0	936	0	0	0	936
781	Rachel Bailey	f	U25	Bolton United Harriers	0	0	0	0	0	936	0	0	936
782	Benn Stephenson	m	MV 40			0	0	0	0	0	936	0	936
783	Paul Collins	m			935	0	0	0	0	0	0	0	935
784	Harrison Clough	m	U25		0	935	0	0	0	0	0	0	935
785	Ian Goulding	m	MV 60	Holmfirth Harriers	0	0	935	0	0	0	0	0	935
786	Anthony Hayes	m	MV 40		0	0	0	0	0	935	0	0	935
787	Alan Barr	m	MV 50	Howgill Harriers		0	0	0	0	0	935	0	935
788	Chris Parry	m			934	0	0	0	0	0	0	0	934
789	Dougie Burke	m	U25		0	0	934	0	0	0	0	0	934
790	Connor McAleer	m			0	0	0	0	934	0	0	0	934
791	Katrina Hamilton	f		Wigan Harriers AC	0	0	0	0	0	934	0	0	934
792	Peter Roll	m	MV 50	Ilkley Harriers		0	0	0	0	0	934	0	934
793	Rachel Darling Love	f	FV 50	City of Hull AC	0	0	933	0	0	0	0	0	933
794	Neil Cholmondeley	m	MV 40	N/a		0	0	0	0	0	933	0	933
795	Josh Morris	m				0	0	0	0	0	0	933	933
796	Ben Brown	m			932	0	0	0	0	0	0	0	932
797	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	0	0	932	0	0	0	0	932
798	Ben Rowe	m	U25		0	0	0	0	932	0	0	0	932
799	Anton Mirafsari	m		Jarrow and Hebburn ac	0	931	0	0	0	0	0	0	931
800	Caitlin Burke	f		Hyde Park Harriers	0	0	931	0	0	0	0	0	931
801	Kasia Button	f			0	0	0	0	931	0	0	0	931
802	Chris Jones	m		Leven Valley AC	0	0	0	0	0	931	0	0	931
803	Ian Bowker	m	MV 50	Marple Runners	930	0	0	0	0	0	0	0	930
804	Robin Livingstone	m	MV 60	Perth RR	0	0	0	930	0	0	0	0	930
805	Dylan Lawton	m	MV 40	N/a		0	0	0	0	0	930	0	930
806	Tom Willox	m		Helm Hill Runners	929	0	0	0	0	0	0	0	929
807	martin Landivar	m	MV 40		0	929	0	0	0	0	0	0	929
808	Emma Spooner	f	FV 40		0	0	0	0	929	0	0	0	929
809	Tim Palfreman	m	MV 50	Harrogate Harriers	0	928	0	0	0	0	0	0	928
810	Martin Dick	m	MV 50		0	0	0	928	0	0	0	0	928
811	Nick Valentine	m				0	0	0	0	0	928	0	928
812	Martin Slovak	m	MV 40		927	0	0	0	0	0	0	0	927
813	Phill Rae	m	MV 50		0	0	927	0	0	0	0	0	927
814	Madeleine Lomas	f	FV 60	Charnwood AC	0	0	0	927	0	0	0	0	927
815	steven bamber	m	MV 60	Preston Harriers	0	0	0	0	927	0	0	0	927
816	Samuel Watts	m				0	0	0	0	0	927	0	927
817	Carl Hutchinson	m			0	926	0	0	0	0	0	0	926
818	Katie Copeland	f	FV 40		0	0	0	926	0	0	0	0	926
819	Adam Kramer	m	MV 40		0	0	0	0	926	0	0	0	926

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
820	Mark Eccleston	m	MV 40			0	0	0	0	0	0	926	926
821	Sarah Taylor	f		Beeston AC	925	0	0	0	0	0	0	0	925
822	Jackie Watts	f	FV 40		0	0	0	925	0	0	0	0	925
823	Matt Hobby	m	MV 40		0	0	0	0	925	0	0	0	925
824	Matthew Mckeague	m	MV 40		0	0	0	0	0	925	0	0	925
825	Jamie Harrison	m				0	0	0	0	0	925	0	925
826	sam McCormack	m			924	0	0	0	0	0	0	0	924
827	Olivia Stewart	f	U25		0	924	0	0	0	0	0	0	924
828	John Marlen-Summers	m	MV 40		0	0	924	0	0	0	0	0	924
829	Philippa Tooms	f	FV 40		0	0	0	924	0	0	0	0	924
830	Mark Ayrton	m	MV 50		0	0	0	0	0	924	0	0	924
831	Michael Roddy	m				0	0	0	0	0	0	924	924
832	Jack Jolley	m	U25		923	0	0	0	0	0	0	0	923
833	Matthew Park	m			0	923	0	0	0	0	0	0	923
834	Hollie Steed	f			0	0	923	0	0	0	0	0	923
835	Peter Jones	m	MV 50		0	0	0	923	0	0	0	0	923
836	Paul Hammond	m	MV 40		0	0	0	0	923	0	0	0	923
837	Jane Applegarth	f	FV 40		0	0	0	0	0	923	0	0	923
838	Andrew Fleming	m	MV 40			0	0	0	0	0	923	0	923
839	Patricio Fernandez Quintana	m	MV 40			0	0	0	0	0	0	923	923
840	Dominic Bevan	m		Bogdan Bombers	922	0	0	0	0	0	0	0	922
841	Chris Gee	m	MV 40	Rochdale Harriers	0	922	0	0	0	0	0	0	922
842	Martyn Hurst	m	MV 40	Lonely Goat	0	0	0	0	922	0	0	0	922
843	Neil Mullinger	m	MV 40		0	0	0	0	0	922	0	0	922
844	Joanna Fitch	f				0	0	0	0	0	922	0	922
845	Steven Ainsworth	m			921	0	0	0	0	0	0	0	921
846	Dale Gerrard	m			0	0	0	921	0	0	0	0	921
847	Rebecca Howard	f		Quakers	0	0	0	0	921	0	0	0	921
848	Thomas Webster	m			0	0	0	0	0	921	0	0	921
849	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne		0	0	0	0	0	921	0	921
850	Anne Ferguson	f	FV 60	Burnden	0	920	0	0	0	0	0	0	920
851	Tyler Carter	m	U25		0	0	920	0	0	0	0	0	920
852	Cpt. David Ormrod	m			0	0	0	920	0	0	0	0	920
853	Adrian Burgon-kisby	m			0	0	0	0	920	0	0	0	920
854	Jonathan Watson	m			919	0	0	0	0	0	0	0	919
855	Ashley Kaye	m			0	919	0	0	0	0	0	0	919
856	Georgina Walters	f			0	0	0	919	0	0	0	0	919
857	Steven Edwards	m			0	0	0	0	919	0	0	0	919
858	Adam Long	m		40% club		0	0	0	0	0	919	0	919
859	Neil Jarvis	m	MV 50	Stubbington Green Runners	0	0	0	918	0	0	0	0	918
860	Philip Pasco	m			0	0	0	0	918	0	0	0	918
861	John Paul Smith	m	MV 60		0	0	0	0	0	918	0	0	918
862	Jim Kellow	m	MV 40			0	0	0	0	0	918	0	918
863	David Edwards	m			917	0	0	0	0	0	0	0	917
864	Simon Eggleston	m	MV 50	South Shields Harrers	0	917	0	0	0	0	0	0	917
865	Anna McDonald	f	U25	Didsbury Runners	0	0	917	0	0	0	0	0	917

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
866	Michiel Kieft	m	MV 40			0	0	0	0	0	917	0	917
867	Paul Hebden	m	MV 50	Bollington Harriers		0	0	0	0	0	0	917	917
868	Callum John	m	U25		0	916	0	0	0	0	0	0	916
869	Mike Collins	m	MV 50		0	0	916	0	0	0	0	0	916
870	Harry Watkinson	m			0	0	0	916	0	0	0	0	916
871	Billy Duckworth	m			0	0	0	0	916	0	0	0	916
872	Luke Poppleton	m	U25		915	0	0	0	0	0	0	0	915
873	Megan Raybould	f			0	915	0	0	0	0	0	0	915
874	Keith Robinson	m	MV 40		914	0	0	0	0	0	0	0	914
875	Lara Sharp	f			0	914	0	0	0	0	0	0	914
876	Dan Bromley	m	MV 40		0	0	914	0	0	0	0	0	914
877	Jay Sutcliffe	m	MV 40		0	0	0	914	0	0	0	0	914
878	Mark Picksley	m	MV 60	Unattached	0	0	0	0	914	0	0	0	914
879	Fay Tuffen	f	FV 50		0	0	0	0	0	914	0	0	914
880	Peter Cox	m	MV 50			0	0	0	0	0	0	914	914
881	Jack Richards	m			0	0	913	0	0	0	0	0	913
882	David Southgate	m	MV 40		0	0	0	913	0	0	0	0	913
883	Katie Blackett	f		Bellahouston Road Runners	0	0	0	0	913	0	0	0	913
884	Ben Barnard	m	MV 40			0	0	0	0	0	913	0	913
885	Anne Macfarlane	f	FV 60	Dumfries Running Club		0	0	0	0	0	0	913	913
886	Kieron Jackson	m	MV 40		912	0	0	0	0	0	0	0	912
887	Mark Edsell	m	MV 50		0	912	0	0	0	0	0	0	912
888	Matthew Atkinson	m	MV 40		0	0	912	0	0	0	0	0	912
889	Chris Saunders	m	MV 40		0	0	0	912	0	0	0	0	912
890	Stuart Lamb	m			911	0	0	0	0	0	0	0	911
891	Sophie Lee	f		City of Hull AC	0	0	911	0	0	0	0	0	911
892	Josh Tipper	m			0	0	0	0	911	0	0	0	911
893	Victor Ward	m	MV 50	Wolds Vets athletic club		0	0	0	0	0	911	0	911
894	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	910	0	0	0	0	0	0	0	910
895	Sarah Brotherton	f			0	910	0	0	0	0	0	0	910
896	Sam Jones	m	MV 40		0	0	910	0	0	0	0	0	910
897	Ieuan Morgan	m			0	0	0	910	0	0	0	0	910
898	Martin Le Roux	m			0	0	0	0	910	0	0	0	910
899	Robin Dallas-Childs	m	MV 40		0	0	0	0	0	910	0	0	910
900	Simon Robb	m				0	0	0	0	0	910	0	910
901	Jonathan Goldsworthy	m	MV 40		909	0	0	0	0	0	0	0	909
902	Ian Cooper	m	MV 60		0	909	0	0	0	0	0	0	909
903	Denis Cleary	m	MV 50	None	0	0	909	0	0	0	0	0	909
904	Holly Wood	f	FV 40		0	0	0	909	0	0	0	0	909
905	Steve Tupholme	m	MV 50	Holme Pierrepont RC	0	0	0	0	909	0	0	0	909
906	Matthew Eustace	m	MV 40			0	0	0	0	0	909	0	909
907	Anna Newton-Clarke	f				0	0	0	0	0	0	909	909
908	John McGinley	m			908	0	0	0	0	0	0	0	908
909	Elly Ball	f			0	908	0	0	0	0	0	0	908
910	Mary Hall	f	FV 40	Elswick Harriers	0	0	908	0	0	0	0	0	908
911	Amy Sinnott	f			0	0	0	908	0	0	0	0	908

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
958	Gemma Cargin	f		Chorlton Runners	0	0	0	0	898	0	0	0	898
959	Kate Formstone	f	FV 40		0	0	0	0	0	898	0	0	898
960	Nicola Hughes	f				0	0	0	0	0	898	0	898
961	Kevan Garner	m	MV 50	Stockport harriers	897	0	0	0	0	0	0	0	897
962	Russell Mead	m	MV 60	Stubbington Green Runners	0	0	0	897	0	0	0	0	897
963	Alan Smitheman	m	MV 40	Loftus & Whitby Ac	0	0	0	0	897	0	0	0	897
964	Dave Tonge	m	MV 60			0	0	0	0	0	897	0	897
965	Peter EVANS	m	MV 50	Kings heath rc		0	0	0	0	0	0	897	897
966	andrew foulkes	m			896	0	0	0	0	0	0	0	896
967	Richard Kinrade	m			0	0	896	0	0	0	0	0	896
968	Anthony Frisby	m	MV 60	U/a	0	0	0	896	0	0	0	0	896
969	Charlie Murray	m			0	0	0	0	896	0	0	0	896
970	Anthony Thorley	m	MV 50	Red Rose Road Runners	0	0	0	0	0	896	0	0	896
971	Phil Kitchman	m	MV 50			0	0	0	0	0	896	0	896
972	Ferg Ryan	m	MV 40	Sw Running Crew		0	0	0	0	0	0	896	896
973	Lindsey Quinn	f			895	0	0	0	0	0	0	0	895
974	Mark Griffiths	m	MV 40		0	895	0	0	0	0	0	0	895
975	Chris Bristow	m	MV 40		0	0	895	0	0	0	0	0	895
976	Lotti Gecaite Collier	f	FV 40			0	0	0	0	0	0	895	895
977	David Simmons	m	MV 50	Prestwich AC	894	0	0	0	0	0	0	0	894
978	Joe Walker-Davies	m			0	894	0	0	0	0	0	0	894
979	Kelvin Palmer	m	MV 40		0	0	894	0	0	0	0	0	894
980	Emma Derby	f			0	0	0	894	0	0	0	0	894
981	John Wilson	m	MV 40		0	0	0	0	894	0	0	0	894
982	Colin Howard	m	MV 60	Furness Fell Runners	0	0	0	0	0	894	0	0	894
983	Peter Cantwell	m	MV 40			0	0	0	0	0	894	0	894
984	William Mulvaney	m			0	893	0	0	0	0	0	0	893
985	Christopher Hanson	m	MV 50		892	0	0	0	0	0	0	0	892
986	Adrian Dixon	m	MV 60		0	892	0	0	0	0	0	0	892
987	Andrew Moss	m			0	0	892	0	0	0	0	0	892
988	Claire Procter	f	FV 40	Stubbington Green Runners	0	0	0	892	0	0	0	0	892
989	David Holliday	m	MV 50	DCH Run Club	0	0	0	0	892	0	0	0	892
990	Matt Gillard	m	MV 40		0	0	891	0	0	0	0	0	891
991	Rebecca White	f	FV 50	Nidderdale Fell and Trail	0	0	0	891	0	0	0	0	891
992	Hugh Carter	m	U25		0	0	0	0	891	0	0	0	891
993	Craig Rimmer	m	MV 40		0	0	0	0	0	891	0	0	891
994	Helen Pinton	f	FV 40	#mrptrundamentalist		0	0	0	0	0	0	891	891
995	Jason Stanley	m	MV 40		0	890	0	0	0	0	0	0	890
996	Shannon Horrocks	f			0	0	890	0	0	0	0	0	890
997	Brian Clifford	m	MV 40		0	0	0	0	890	0	0	0	890
998	Rebecca Bazire	f				0	0	0	0	0	0	890	890
999	Kevin Mackay	m	MV 60		889	0	0	0	0	0	0	0	889
1000	Matthew Dack	m			0	0	889	0	0	0	0	0	889
1001	Malcolm Alderton	m	MV 60	Chorley Runners	0	0	0	889	0	0	0	0	889
1002	Rebecca Willmott	f		Vegan Runners	0	0	0	0	889	0	0	0	889
1003	Trudy Coyle	f	FV 50		0	0	0	0	0	889	0	0	889

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1004	Ian Goodall	m	MV 40			0	0	0	0	0	0	889	889
1005	Kevin Tomlinson	m	MV 60	Milltown Milers	888	0	0	0	0	0	0	0	888
1006	Melissa Gorst	f			0	888	0	0	0	0	0	0	888
1007	Holly Mackenzie	f	FV 40		0	0	0	888	0	0	0	0	888
1008	Nathan Lord	m				0	0	0	0	0	888	0	888
1009	Annie Consiglio	f				0	0	0	0	0	0	888	888
1010	Robert Melling	m			887	0	0	0	0	0	0	0	887
1011	Mark Nussey	m	MV 50	Thornton Cleveleys Running club	0	0	887	0	0	0	0	0	887
1012	Brenda Rutter	f	FV 60			0	0	0	0	0	887	0	887
1013	Marjoiljn Spoorenberg	f			886	0	0	0	0	0	0	0	886
1014	Philip Grace	m	MV 50	Lonely Goat Rc	0	886	0	0	0	0	0	0	886
1015	Anna Bulcock	f	U25		0	0	0	886	0	0	0	0	886
1016	Jack Ryder	m			0	0	0	0	0	886	0	0	886
1017	John McCoy	m				0	0	0	0	0	886	0	886
1018	Natalie Curtis	f	FV 50	Ilkley Harriers	0	885	0	0	0	0	0	0	885
1019	Steven Kitchin	m	MV 50		0	0	885	0	0	0	0	0	885
1020	Joshua ROBSON	m	U25	Derwent Valley Running Club	0	0	0	0	885	0	0	0	885
1021	Chris Mccoy	m		Mersey Tri		0	0	0	0	0	885	0	885
1022	Emma Barrington	f			884	0	0	0	0	0	0	0	884
1023	Charlie Tose	m	U25		0	0	884	0	0	0	0	0	884
1024	Alex Kay	f			0	0	0	884	0	0	0	0	884
1025	Megan Stake	f		Marsh Lane Harriers	0	0	0	0	884	0	0	0	884
1026	Chris Bluck	m	MV 40	Blackpool Wyre & Fylde AC	0	0	0	0	0	884	0	0	884
1027	Find Jorgensen	m	MV 60			0	0	0	0	0	884	0	884
1028	Danielle Harper-Brady	f		Elvet striders		0	0	0	0	0	0	884	884
1029	Stephen Field	m	MV 40		883	0	0	0	0	0	0	0	883
1030	Elliott Cruickshanks	m			0	0	883	0	0	0	0	0	883
1031	Lucy Cottee	f			0	0	0	883	0	0	0	0	883
1032	Sandy Currie	m			0	0	0	0	883	0	0	0	883
1033	John Bamforth	m	MV 50		0	0	0	0	0	883	0	0	883
1034	Lauren Strong	f				0	0	0	0	0	0	883	883
1035	Steven Kjar	m	MV 50	Benfleet	0	0	882	0	0	0	0	0	882
1036	Imogen Poore	f			0	0	0	882	0	0	0	0	882
1037	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	0	0	882	0	0	0	882
1038	Phil Nixon	m	MV 50		0	0	0	0	0	882	0	0	882
1039	Steve Coward	m	MV 50		881	0	0	0	0	0	0	0	881
1040	Louise Lashley	f	FV 50		0	0	0	881	0	0	0	0	881
1041	Andrew Hickson	m	MV 50	Cornwall AC	0	0	0	0	881	0	0	0	881
1042	Andrew Cunliffe	m	U25			0	0	0	0	0	881	0	881
1043	Neil Tattersall	m	MV 50			0	0	0	0	0	0	881	881
1044	Ben Gibson	m	U21		0	880	0	0	0	0	0	0	880
1045	Andrew Harrison	m	MV 50		0	0	0	0	0	880	0	0	880
1046	James Lynch	m				0	0	0	0	0	880	0	880
1047	Stephanie Barlow	f	FV 50	Elvet striders		0	0	0	0	0	0	880	880
1048	Pierce Hamer	m	U25		879	0	0	0	0	0	0	0	879
1049	Louis Bolton	m	U25		0	0	879	0	0	0	0	0	879

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1050	Jill Abel	f	FV 50		0	0	0	879	0	0	0	0	879
1051	John Findlay	m	MV 50		0	0	0	0	879	0	0	0	879
1052	Jim Harling	m	MV 40		0	0	0	0	0	879	0	0	879
1053	Albert Wood	m				0	0	0	0	0	879	0	879
1054	Jonathan Fletcher	m	MV 50	Ripon Runners		0	0	0	0	0	0	879	879
1055	Jordan Hammond	m		Furness Trailblazers	878	0	0	0	0	0	0	0	878
1056	sharon Britt	f	FV 50		0	0	0	878	0	0	0	0	878
1057	Ömer Bacakoglu	m	MV 50		0	0	0	0	878	0	0	0	878
1058	Libby Fletcher	f				0	0	0	0	0	0	878	878
1059	Colin Dobbs	m	MV 40	Penny Lane Striders	877	0	0	0	0	0	0	0	877
1060	Chris Blackburn	m	MV 40		0	0	877	0	0	0	0	0	877
1061	Tom Barker	m			876	0	0	0	0	0	0	0	876
1062	Ruth John	f			0	0	876	0	0	0	0	0	876
1063	Stuart Tattersall	m	MV 50		0	0	0	0	0	876	0	0	876
1064	Nick Postill	m				0	0	0	0	0	876	0	876
1065	Kathryn Hopley	f			875	0	0	0	0	0	0	0	875
1066	Gavin Torr	m	MV 50		0	875	0	0	0	0	0	0	875
1067	Lucy Khan	f	FV 50	City Of Hull Ac	0	0	875	0	0	0	0	0	875
1068	John Kelly	m	MV 50		0	0	0	0	875	0	0	0	875
1069	Jo Bonham	f	FV 50		0	0	0	0	0	875	0	0	875
1070	Sally McCoy	f	FV 50	Lostock AC	0	0	874	0	0	0	0	0	874
1071	Mabli Davies	f		Ancoats Run Club	0	0	0	874	0	0	0	0	874
1072	Jason Loveridge	m				0	0	0	0	0	874	0	874
1073	Chris Hearle	m			873	0	0	0	0	0	0	0	873
1074	Melissa Husbands	f	FV 50	Burnden Road Runners	0	873	0	0	0	0	0	0	873
1075	Cheryl Ashdown	f	FV 60	City of Hull	0	0	873	0	0	0	0	0	873
1076	Magda Trafas	f	FV 40	Summit Ultra	0	0	0	0	873	0	0	0	873
1077	Gillian Glynn	f	FV 50		872	0	0	0	0	0	0	0	872
1078	Daniel Merlo	m	MV 40	Rochdale Harriers & AC	0	872	0	0	0	0	0	0	872
1079	Matthew Almond	m	MV 60		0	0	872	0	0	0	0	0	872
1080	David Green	m	MV 60		0	0	0	0	872	0	0	0	872
1081	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	0	0	0	0	872	0	0	872
1082	Jennifer Thornton-Smith	f				0	0	0	0	0	872	0	872
1083	Hannah Spencer	f				0	0	0	0	0	0	872	872
1084	Hilary Neal	f	FV 40		871	0	0	0	0	0	0	0	871
1085	Mary Dawson	f	FV 40		0	871	0	0	0	0	0	0	871
1086	Susan Kerfoot	f	FV 40	St Helens Striders	0	0	871	0	0	0	0	0	871
1087	Simon Cowling	m	MV 40		0	0	0	871	0	0	0	0	871
1088	Stephen McGinn	m	MV 50		0	0	0	0	871	0	0	0	871
1089	Jimmy Mcquillan	m				0	0	0	0	0	871	0	871
1090	Jimmy Ryan	m	MV 50		870	0	0	0	0	0	0	0	870
1091	Jayne Dore	f	FV 50		0	0	0	870	0	0	0	0	870
1092	Dean McCluskey	m				0	0	0	0	0	870	0	870
1093	George Chrystal	m	U25		0	0	869	0	0	0	0	0	869
1094	Chloe Taylor	f			0	0	0	869	0	0	0	0	869
1095	Carl Robinson	m	MV 60	Red Rose	0	0	0	0	0	869	0	0	869

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1142	Kathy Bloomfield	f	FV 40		0	857	0	0	0	0	0	0	857
1143	Kate McCabe	f	FV 50		0	0	0	857	0	0	0	0	857
1144	Shaun Babar	m	MV 50		0	0	0	0	857	0	0	0	857
1145	Dean Latham	m			0	0	0	0	0	857	0	0	857
1146	Marieke Chalmers	f	FV 40			0	0	0	0	0	857	0	857
1147	Rachel Ainsworth	f	FV 40	Johnson's Triathlon Coaching		0	0	0	0	0	0	857	857
1148	Laura Davies	f			856	0	0	0	0	0	0	0	856
1149	Nicola Kitchin	f	FV 50		0	0	856	0	0	0	0	0	856
1150	Mary McCarthy-Keen	f	FV 40		0	0	0	856	0	0	0	0	856
1151	Paul Bennett	m	MV 40	Vale of York Athletic Community	855	0	0	0	0	0	0	0	855
1152	Jonathan Atkinson	m	MV 50	Didsbury Runners	0	0	855	0	0	0	0	0	855
1153	Kathy Bailey	f	FV 50	Knowle and Dorrige Running Club	0	0	0	855	0	0	0	0	855
1154	Paul Mccowen	m	MV 40		0	0	0	0	0	855	0	0	855
1155	Donna Blackburn	f	FV 40		0	0	854	0	0	0	0	0	854
1156	Ellie Brown	f			0	0	0	854	0	0	0	0	854
1157	Natasha Powell	f		Derwent valley running club	0	0	0	0	854	0	0	0	854
1158	Stuart Kane	m	MV 40	Lancashire Constabulary		0	0	0	0	0	854	0	854
1159	Lori Mcarthur	f	FV 40			0	0	0	0	0	0	854	854
1160	Josh Baldwin	m			0	853	0	0	0	0	0	0	853
1161	rebecca Byrne	f		St Bees Triers	0	0	0	853	0	0	0	0	853
1162	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0	0	853	0	0	0	853
1163	Neil Croskery	m	MV 50			0	0	0	0	0	853	0	853
1164	Charlotte Scott	f	FV 40	Upper Wharfedale Runners		0	0	0	0	0	0	853	853
1165	George Atherton	m			852	0	0	0	0	0	0	0	852
1166	Duncan Milne	m		GC-RBB	0	0	0	0	852	0	0	0	852
1167	Marianne McDermott	f			0	0	0	0	0	852	0	0	852
1168	amy kirk	f				0	0	0	0	0	852	0	852
1169	Thomas Alton	m			851	0	0	0	0	0	0	0	851
1170	Emma Thacker	f	FV 40		0	0	0	851	0	0	0	0	851
1171	Katie Murray	f			0	0	0	0	851	0	0	0	851
1172	Adam Myers	m			0	0	0	0	0	851	0	0	851
1173	Ollie Camburn	m	U25		850	0	0	0	0	0	0	0	850
1174	David Bailey	m	MV 50	Biddulph Running Club	0	850	0	0	0	0	0	0	850
1175	Kate Middlebrook	f			0	0	0	850	0	0	0	0	850
1176	Philip Whitfield	m	MV 50	Eden Runners	0	0	0	0	0	850	0	0	850
1177	Sharon Roberts	f	FV 50	Liverpool Pembroke & Sefton		0	0	0	0	0	0	850	850
1178	Tim Kings	m	MV 50		849	0	0	0	0	0	0	0	849
1179	Joanne Bailey	f	FV 50	Biddulph Running Club	0	849	0	0	0	0	0	0	849
1180	Reid Echols	m			0	0	0	849	0	0	0	0	849
1181	Callum Grant	m				0	0	0	0	0	849	0	849
1182	Victoria Hatton	f	FV 50			0	0	0	0	0	0	849	849
1183	Alastair Mcintosh	m	MV 40		848	0	0	0	0	0	0	0	848
1184	Gemma Kenny	f			0	0	848	0	0	0	0	0	848
1185	Jules McMahan	f	FV 40		0	0	0	848	0	0	0	0	848
1186	Jason Bowman	m	MV 50		0	0	0	0	848	0	0	0	848
1187	Simon James	m			0	0	0	0	0	848	0	0	848

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1188	Wayne Lawrenson	m	MV 40		0	847	0	0	0	0	0	0	847
1189	Laura Parkin	f	FV 40	Didsbury Runners	0	0	847	0	0	0	0	0	847
1190	Matt Moore	m	MV 50		0	0	0	847	0	0	0	0	847
1191	Helen Palmer	f	FV 40		846	0	0	0	0	0	0	0	846
1192	Mark Graham	m	MV 50	Wirral Vikings	0	0	846	0	0	0	0	0	846
1193	Amy Moore	f			0	0	0	846	0	0	0	0	846
1194	Deb Stanaway	f	FV 50	Tattenhall Runners	0	0	0	0	0	846	0	0	846
1195	Simon Brady	m	MV 40		845	0	0	0	0	0	0	0	845
1196	Justin Ions	m	MV 50		0	845	0	0	0	0	0	0	845
1197	Caroline D'Arcy	f	FV 50		0	0	845	0	0	0	0	0	845
1198	Bryan Waters	m	MV 50		0	0	0	845	0	0	0	0	845
1199	Andy Carpenter	m	MV 60		0	0	0	0	845	0	0	0	845
1200	Rachel Dimelow	f				0	0	0	0	0	845	0	845
1201	Greg Kilshaw	m	MV 40	Lostock AC	0	0	844	0	0	0	0	0	844
1202	Laura Prada	f			0	0	0	844	0	0	0	0	844
1203	Michael Ollier	m	MV 40	Vail Royal AC in Winsford	0	0	0	0	844	0	0	0	844
1204	Sam Coward	m				0	0	0	0	0	844	0	844
1205	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club		0	0	0	0	0	0	844	844
1206	Christopher Rowland	m	MV 40		843	0	0	0	0	0	0	0	843
1207	Alejandro McIntyre	m			0	0	843	0	0	0	0	0	843
1208	Michael Prada	m			0	0	0	843	0	0	0	0	843
1209	David Ormrod	m			0	0	0	0	843	0	0	0	843
1210	Jamie Birks	f				0	0	0	0	0	843	0	843
1211	Alec MacLean	m	MV 50	Beeston AC		0	0	0	0	0	0	843	843
1212	Laurence Betts	m	MV 40		842	0	0	0	0	0	0	0	842
1213	Jordan Hancock	m			0	0	0	0	0	842	0	0	842
1214	David Butler	m	MV 50	Blackpool Freedom Runners		0	0	0	0	0	842	0	842
1215	Davinia Jackson	f	FV 40		0	0	841	0	0	0	0	0	841
1216	Debbie Flesher	f	FV 50	Helm Hill	0	0	0	841	0	0	0	0	841
1217	Scott Damerum	m	MV 50		0	0	0	0	0	841	0	0	841
1218	Eva Harker	f	U21			0	0	0	0	0	841	0	841
1219	Melissa Brough	f			0	0	0	840	0	0	0	0	840
1220	Elaine Louise Parry	f	FV 40		0	0	0	0	0	840	0	0	840
1221	Richard Thomas	m				0	0	0	0	0	840	0	840
1222	Andrew Nuttall	m	MV 40		839	0	0	0	0	0	0	0	839
1223	Daniella Aspin	f	FV 40		0	839	0	0	0	0	0	0	839
1224	Dave Greene	m	MV 50	Thornton Cleaveys	0	0	839	0	0	0	0	0	839
1225	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	0	0	0	839	0	0	0	0	839
1226	Darren Conway	m	MV 50		838	0	0	0	0	0	0	0	838
1227	James Doyle	m			0	0	0	838	0	0	0	0	838
1228	Jack Roberts	m	U25		0	0	0	0	0	838	0	0	838
1229	James Parkinson	m				0	0	0	0	0	0	838	838
1230	Luke Wookey	m	MV 40		837	0	0	0	0	0	0	0	837
1231	Marianne Veighey	f	FV 50		0	0	837	0	0	0	0	0	837
1232	James Dearlove	m			0	0	0	837	0	0	0	0	837
1233	Andy Fisher	m	MV 40		0	0	0	0	837	0	0	0	837

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1280	Greg Jones	m	MV 40		0	827	0	0	0	0	0	0	827
1281	Caitlin Fawkes	f	U25	Glaxo Hoad Hill Harriers	0	0	0	0	0	827	0	0	827
1282	Paul Sale	m	MV 40		826	0	0	0	0	0	0	0	826
1283	Ellie McCarthy	f			0	826	0	0	0	0	0	0	826
1284	Mark Shaw	m	MV 50		0	0	0	826	0	0	0	0	826
1285	Sam Brown	m			0	0	0	0	826	0	0	0	826
1286	Nat Pawlowski	m	MV 50	Kendal Tri		0	0	0	0	0	826	0	826
1287	Jonathan Broome	m	MV 50	Achille Ratti	825	0	0	0	0	0	0	0	825
1288	Natalie Chan-Lam	f			0	825	0	0	0	0	0	0	825
1289	Heather Soden	f	FV 50	Lostock AC	0	0	825	0	0	0	0	0	825
1290	beckie joyce	f	FV 50		0	0	0	825	0	0	0	0	825
1291	Dawn Jones	f	FV 50	Harlow Athletic Club		0	0	0	0	0	825	0	825
1292	Kate Shaw	f	FV 40		0	824	0	0	0	0	0	0	824
1293	Janet Rhodes	f	FV 50	Lostock ac	0	0	824	0	0	0	0	0	824
1294	Sharon Oconnell	f	FV 50	St. Helens Striders	0	0	0	824	0	0	0	0	824
1295	Alex White	m			0	0	0	0	824	0	0	0	824
1296	Alexandra Smith	f			0	0	0	0	0	824	0	0	824
1297	Jo Colvin	f	FV 40		0	823	0	0	0	0	0	0	823
1298	Lindi Day	f	FV 50	City of Hull AC	0	0	823	0	0	0	0	0	823
1299	Dave Brisco	m	MV 50	St. Helens Striders	0	0	0	823	0	0	0	0	823
1300	Amanda Gray	f			0	0	0	0	823	0	0	0	823
1301	christina downham	f			0	0	0	0	0	823	0	0	823
1302	Stephen King	m	MV 60	Ilkley Harriers		0	0	0	0	0	823	0	823
1303	Rebecca Mulvaney	f			0	822	0	0	0	0	0	0	822
1304	Roxanne McAllister	f		Thornton-Cleveleys Running Club	0	0	822	0	0	0	0	0	822
1305	Darren Roberts	m	MV 50		0	0	0	0	0	822	0	0	822
1306	Mark Blundell	m	MV 60	Edge Pistols		0	0	0	0	0	822	0	822
1307	Wolfgang Altenau	m	MV 70			0	0	0	0	0	0	822	822
1308	Si Stevenson	m	MV 40		821	0	0	0	0	0	0	0	821
1309	simon Bennewith	m	MV 50		0	821	0	0	0	0	0	0	821
1310	John Simister	m	MV 60	Stubbington Green Runners	0	0	0	821	0	0	0	0	821
1311	Michael Bellwood	m			0	0	0	0	821	0	0	0	821
1312	Matthew Riley	m				0	0	0	0	0	821	0	821
1313	Marie Nunes	f				0	0	0	0	0	0	821	821
1314	Peter Hill	m	MV 40		820	0	0	0	0	0	0	0	820
1315	Justin Borlase	m	U25		0	0	0	820	0	0	0	0	820
1316	Michael Nelson	m	MV 50		0	0	0	0	0	820	0	0	820
1317	Katherine Holt	f		Manchester Triathlon Club	0	819	0	0	0	0	0	0	819
1318	Andrea Keen	f	FV 50	City of Hull	0	0	819	0	0	0	0	0	819
1319	Kevin Borlase	m	MV 60		0	0	0	819	0	0	0	0	819
1320	Charlotte Bennett	f			0	0	0	0	819	0	0	0	819
1321	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	0	0	0	0	819	0	0	819
1322	Carole Hopkinson	f	FV 60			0	0	0	0	0	0	819	819
1323	Neil Dunlop	m	MV 60		818	0	0	0	0	0	0	0	818
1324	Amy Danaher	f			0	0	0	0	818	0	0	0	818
1325	Martyn Earle	m	MV 40			0	0	0	0	0	818	0	818

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1326	William Burgess	m	MV 60	Cheshire Hash House Harriers	817	0	0	0	0	0	0	0	817
1327	Philip Donaldson	m	MV 40	None	0	0	0	817	0	0	0	0	817
1328	Eliot Manning	m	U25		0	0	0	0	817	0	0	0	817
1329	Niamh O'Malley	f				0	0	0	0	0	0	817	817
1330	Charlotte Short	f	U21		816	0	0	0	0	0	0	0	816
1331	Susan Smerdon	f	FV 40	Widnes running club	0	816	0	0	0	0	0	0	816
1332	Rebecca Hanratty	f			0	0	0	816	0	0	0	0	816
1333	Sally Williamson	f	FV 40			0	0	0	0	0	816	0	816
1334	Neal Pearsall	m	MV 40		815	0	0	0	0	0	0	0	815
1335	Emily Crowder	f			0	815	0	0	0	0	0	0	815
1336	Callum Palmer	m	U25		0	0	815	0	0	0	0	0	815
1337	Alex Bowling	m				0	0	0	0	0	815	0	815
1338	Elaine Farrer	f	FV 50			0	0	0	0	0	0	815	815
1339	Sinead Cannon	f	FV 50	Kendal Tri Club	0	0	814	0	0	0	0	0	814
1340	Danii Houghton	f			0	0	0	0	814	0	0	0	814
1341	Stephen Draper	m	MV 40		0	0	0	0	0	814	0	0	814
1342	Ben Clay	m		Slaitwhaite Striders		0	0	0	0	0	814	0	814
1343	Dan Mullarkey	m		Swinton Running Club	0	813	0	0	0	0	0	0	813
1344	Mark Rowison	m	MV 50	Beeston Ac	0	0	0	813	0	0	0	0	813
1345	Jonathan Davis	m	MV 40		0	0	0	0	813	0	0	0	813
1346	Ste Gregory	m	MV 40		0	0	0	0	0	813	0	0	813
1347	Kari Katharina Uglem	f	FV 50		0	0	0	812	0	0	0	0	812
1348	Andrew Turnbull	m	MV 40			0	0	0	0	0	0	812	812
1349	Virginia Short	f	FV 50		811	0	0	0	0	0	0	0	811
1350	Deborah Lyons-gravett	f	FV 50		0	811	0	0	0	0	0	0	811
1351	Pip Mclachlan	f	FV 40		0	0	0	0	811	0	0	0	811
1352	Jayson Liggett	m	MV 50		0	810	0	0	0	0	0	0	810
1353	Kate James	f	FV 50		0	0	0	810	0	0	0	0	810
1354	Steve Dodds	m	MV 50		0	0	0	0	810	0	0	0	810
1355	Emma Cook	f			0	0	0	0	0	810	0	0	810
1356	Catherine Harker	f	FV 40			0	0	0	0	0	810	0	810
1357	Peter Trencher	m	MV 40		809	0	0	0	0	0	0	0	809
1358	Carole Webster	f	FV 50		0	809	0	0	0	0	0	0	809
1359	Andy Hitchen	m	MV 60	Keswick A C	0	0	0	0	809	0	0	0	809
1360	Jane Damerum	f	FV 40	Dragons Running Club (Sale)	0	0	0	0	0	809	0	0	809
1361	Jonathan Fenwick	m			808	0	0	0	0	0	0	0	808
1362	Mary Umaphy	f			0	808	0	0	0	0	0	0	808
1363	Andrew Creighton	m	MV 50		0	0	808	0	0	0	0	0	808
1364	Robert Taylor	m	MV 60	Knowle and Dorridge RC	0	0	0	808	0	0	0	0	808
1365	John Macholc	m	MV 60	Accrington Road Runner	0	0	0	0	0	808	0	0	808
1366	Luciec Walker	f			807	0	0	0	0	0	0	0	807
1367	Shirley Swanson	f	FV 60	Steeple Chasers Running & Cycling Club	0	0	0	0	0	807	0	0	807
1368	Sharon Corbridge	f	FV 50		0	806	0	0	0	0	0	0	806
1369	Debbie Tyson	f	FV 40	Millom Striders	0	0	805	0	0	0	0	0	805
1370	Nicola Else	f	FV 40	Billinge Running Club	0	0	0	805	0	0	0	0	805
1371	Bill Hornby	m	MV 50	Hartlepool Burn Road Harriers	0	0	0	0	805	0	0	0	805

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1372	Debi Ives	f	FV 40		804	0	0	0	0	0	0	0	804
1373	Jenni Partington	f	FV 40	Burnden Road Runners	0	804	0	0	0	0	0	0	804
1374	Shaun McCullough	m	MV 50		0	0	0	804	0	0	0	0	804
1375	Kirsty Robson	f	FV 50	Derwent Valley Running Club	0	0	0	0	804	0	0	0	804
1376	Julie Cook	f	FV 50	Tynedale Harriers		0	0	0	0	0	804	0	804
1377	Louise Milburn	f	FV 50	Upper wharfedale runners		0	0	0	0	0	0	804	804
1378	Helen Hart	f	FV 40		803	0	0	0	0	0	0	0	803
1379	Rabab Gatnash	f			0	803	0	0	0	0	0	0	803
1380	Heidi Atkins	f	FV 50		0	0	0	803	0	0	0	0	803
1381	Hannah Newcomb	f	FV 40			0	0	0	0	0	803	0	803
1382	Sarah Spalding	f	FV 40		0	802	0	0	0	0	0	0	802
1383	Rebecca Modeley	f			0	0	802	0	0	0	0	0	802
1384	Faye Campbell	f	FV 50		0	0	0	802	0	0	0	0	802
1385	Catherine Brydon	f	FV 40		0	0	0	0	802	0	0	0	802
1386	Julie Thorley	f	FV 50	Red Rose Road Runners	0	0	0	0	0	802	0	0	802
1387	Wendy Lynch	f	FV 50	Low Fell Running Club	0	801	0	0	0	0	0	0	801
1388	Natalie Biggin	f			0	0	801	0	0	0	0	0	801
1389	Esther Neal	f			0	0	0	0	801	0	0	0	801
1390	Nanne Brattinga	m	MV 40		0	0	0	0	0	801	0	0	801
1391	Garry Corr	m	MV 50			0	0	0	0	0	0	801	801
1392	Eleanor McIntosh	f			0	800	0	0	0	0	0	0	800
1393	Beverley Atherton-mckenna	f	FV 50	Lostock AC	0	0	800	0	0	0	0	0	800
1394	Martin Bates	m	MV 60	Wesham Road Runners	0	0	0	800	0	0	0	0	800
1395	Peter van den Belt	m	MV 40		0	0	0	0	0	800	0	0	800
1396	Amie Naylor	f	FV 50			0	0	0	0	0	0	800	800
1397	Christopher D'Arcy	m	MV 50		0	0	799	0	0	0	0	0	799
1398	Blake Byron	m	MV 40		0	0	0	799	0	0	0	0	799
1399	Tracy Slater	f	FV 40		0	0	0	0	0	799	0	0	799
1400	Jenny Owen-Jones	f	FV 40		0	0	798	0	0	0	0	0	798
1401	Keith Burlison	m	MV 50		0	0	0	798	0	0	0	0	798
1402	Grace Richardson	f		Roundhay Runners	0	0	0	0	798	0	0	0	798
1403	Vicki Moretti	f	FV 40		0	0	0	0	0	798	0	0	798
1404	Karen Henthorn	f	FV 40			0	0	0	0	0	0	798	798
1405	Andy Precious	m	MV 40		797	0	0	0	0	0	0	0	797
1406	Catrina Mackenzie	f	FV 50		0	797	0	0	0	0	0	0	797
1407	Ian Henry	m			0	0	797	0	0	0	0	0	797
1408	Andy Buckroyd	m	MV 60	Macclesfield Harriers	0	0	0	0	797	0	0	0	797
1409	Simon Scarr	m	MV 60	Bw&fac	0	0	0	0	0	797	0	0	797
1410	Paul Henthorn	m	MV 50			0	0	0	0	0	0	797	797
1411	Lee Marks	m	MV 40	Salford Metropolitan AC	0	0	0	0	796	0	0	0	796
1412	Rachel Day	f			0	0	0	0	795	0	0	0	795
1413	Janette Canfield	f	FV 50		0	0	0	0	0	795	0	0	795
1414	Sarah King	f	FV 40			0	0	0	0	0	0	795	795
1415	Bernard Brown	m	MV 60		0	794	0	0	0	0	0	0	794
1416	Carol Robinson	f	FV 40		0	0	0	794	0	0	0	0	794
1417	Mark Pearson	m	MV 50			0	0	0	0	0	794	0	794

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1418	Marion Sharples	f			0	793	0	0	0	0	0	0	793
1419	John Green	m	MV 50		0	0	0	0	793	0	0	0	793
1420	James Kemp	m			0	0	0	0	0	793	0	0	793
1421	Kerry Barker	f	FV 40			0	0	0	0	0	793	0	793
1422	Karen Eckworth	f	FV 60	Alton Runners		0	0	0	0	0	0	793	793
1423	Gary Smith	m	MV 40		792	0	0	0	0	0	0	0	792
1424	Janet Finn	f	FV 50		0	792	0	0	0	0	0	0	792
1425	Emma Blundell	f		Lonsdale Fell Runners	0	0	0	0	792	0	0	0	792
1426	Dane Browne	m			0	0	0	0	0	792	0	0	792
1427	Louise Chicken	f	FV 50	Tynedale Harriers		0	0	0	0	0	792	0	792
1428	Narumon Chinson	f			0	0	0	791	0	0	0	0	791
1429	Gareth Robinson	m	MV 40			0	0	0	0	0	791	0	791
1430	Jane Marshall	f	FV 50	York Acorn Running Club		0	0	0	0	0	0	791	791
1431	Kevin Betts	m	MV 40	Skelmersdale Boundary Harriers	790	0	0	0	0	0	0	0	790
1432	Chris Taylor	m	MV 40	Elvet Striders	0	0	0	0	790	0	0	0	790
1433	Paul Gibbons	m	MV 60			0	0	0	0	0	790	0	790
1434	Naomi Clague	f				0	0	0	0	0	0	790	790
1435	Ruth Owen-hughes	f	FV 50		789	0	0	0	0	0	0	0	789
1436	Dean Sharples	m	MV 40		0	0	789	0	0	0	0	0	789
1437	Adrian stanton	m	MV 50	Bollington harriers	0	0	0	789	0	0	0	0	789
1438	Mark Ewing	m		Penny lane striders	0	0	0	0	0	789	0	0	789
1439	Heather Boden	f				0	0	0	0	0	0	789	789
1440	Kathryn Brinkley	f			0	788	0	0	0	0	0	0	788
1441	Rachel King	f	FV 40		0	0	0	788	0	0	0	0	788
1442	David Smith	m	MV 60		0	0	0	0	0	788	0	0	788
1443	Jan-Friedrich Wulf	m	MV 50	Settle Harriers		0	0	0	0	0	788	0	788
1444	Helen Mcintyre	f	FV 40			0	0	0	0	0	0	788	788
1445	Lesley Allison	f	FV 60	Eden Runners	0	787	0	0	0	0	0	0	787
1446	Sheona Lawrence	f			0	0	787	0	0	0	0	0	787
1447	Katie Metcalfe	f			0	0	0	787	0	0	0	0	787
1448	Anthony Wilkinson	m	MV 60		0	0	0	0	787	0	0	0	787
1449	Andi Edge	m	MV 50	Wyre Triathlon	0	0	0	0	0	787	0	0	787
1450	Jeremy Dyke	m	MV 50			0	0	0	0	0	787	0	787
1451	Ian Wood	m	MV 50	4Zero / Wildsoles		0	0	0	0	0	0	787	787
1452	jordan Rothery	m			0	0	0	0	786	0	0	0	786
1453	Rebecca Egerton	f				0	0	0	0	0	786	0	786
1454	Paul Shepherd	m	MV 50	City of Hull AC	785	0	0	0	0	0	0	0	785
1455	Elizabeth Bettley	f			0	785	0	0	0	0	0	0	785
1456	Dawn Anderson	f	FV 50	Middleton Harriers AC	0	0	0	785	0	0	0	0	785
1457	Alex Jirat	m			0	0	0	0	785	0	0	0	785
1458	Pete Palmer	m	MV 50		784	0	0	0	0	0	0	0	784
1459	Grace Burgess	f			0	784	0	0	0	0	0	0	784
1460	Robert Mundy	m	MV 70		0	0	0	784	0	0	0	0	784
1461	Glyn Kilsby	m	MV 60	Dubai Creek Striders	0	0	0	0	0	784	0	0	784
1462	Luke Partridge	m	U21		0	0	783	0	0	0	0	0	783
1463	Alan Vicarage	m	MV 60	Derwent valley running club	0	0	0	0	783	0	0	0	783

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Total
1464	Glyn Jones	m	MV 50			0	0	0	0	0	783	0	783
1465	Joe Gargett	m			782	0	0	0	0	0	0	0	782
1466	Sarah Wright	f	FV 40		0	0	0	782	0	0	0	0	782
1467	Liz Thompson	f	FV 50			0	0	0	0	0	782	0	782
1468	David Burrows	m			781	0	0	0	0	0	0	0	781
1469	Nicola Halsall	f	FV 40	Burnden Road Runners	0	781	0	0	0	0	0	0	781
1470	Robbie Taylor	m	U25		0	0	781	0	0	0	0	0	781
1471	Emma Luebke	f	FV 40		0	0	0	781	0	0	0	0	781
1472	Nicholas Cox	m			0	0	0	0	781	0	0	0	781
1473	Ian Thompson	m	MV 50			0	0	0	0	0	781	0	781
1474	Viv Samuelson	f	FV 40			0	0	0	0	0	0	781	781
1475	Peter Leach	m	MV 40		780	0	0	0	0	0	0	0	780
1476	Kathryn Baron	f	FV 50	Burnden Road Runners	0	780	0	0	0	0	0	0	780
1477	Shannan Craig	f		Border Reiver Runners	0	0	780	0	0	0	0	0	780
1478	Millie Trowsdale	f	U25		0	0	0	0	0	780	0	0	780