

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



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1	Karl Dickenson	m		Lonely Goat Rc	996	1000	995	999	997	997	998	997	2997
2	Stephen Walker	m	MV 40	Tadcaster Harriers	0	0	0	0	998	0	999	998	2995
3	Macaulay Bond	m			997	998	996	0	994	0	996	995	2991
4	Chris Gray	m	MV 40	Tri Lakeland	998	0	0	0	0	995	997	0	2990
5	Ronnie Haddow	m	MV 50	Furness Fell Runners	987	994	993	997	995	992	991	993	2986
6	Gary O'Neill	m	MV 40	Furness Fell Runners	990	990	992	996	993	990	992	992	2981
7	Michel Carrillo	m	U25		978	986	991	0	0	0	0	0	2955
8	Gary Moran	m			979	989	987	0	0	0	0	0	2955
9	Rachel Crow	f		BFR	985	0	0	0	987	981	969	0	2953
10	Sophie Hunt	f			0	988	980	0	0	0	982	0	2950
11	Jack Ball	m	U25	Settle Harriers	981	976	0	0	0	980	0	0	2937
12	Tom Halliwell	m		Nob End Run club	0	0	956	0	967	0	0	985	2908
13	Mark Wilson	m	MV 50	No Drama Llamas Running	965	967	965	0	936	966	947	973	2906
14	Tanya Blake Miller	f	FV 40		989	0	0	0	934	0	981	0	2904
15	Jennifer Casson	f	FV 40		953	968	0	0	0	976	0	0	2897
16	Martyn Anderton	m		Nob end running club	935	0	0	0	962	0	0	981	2878
17	Ralph Liddell	m	MV 70	Eden Runners	957	0	0	0	955	0	953	965	2877
18	Jennifer Coakley	f			0	0	940	0	0	0	961	975	2876
19	Mark Wilding	m	MV 50		0	953	0	0	0	959	958	0	2870
20	Colin Howard	m	MV 60	Furness Fell Runners	955	0	0	0	948	963	0	0	2866
21	Ray Padgett	m	MV 70		951	955	948	0	956	948	0	0	2862
22	David Macgillivray	m	MV 60	Dh Runners	947	950	0	0	0	0	0	963	2860
23	Alan Wilson	m	MV 50	Glaxo Hoad Hill Harriers	0	918	908	0	965	968	0	0	2851
24	David Bayliss	m	MV 40	Red Rose Road Runners	922	946	949	0	940	0	0	0	2835
25	David Chow	m	MV 50	Eden runners	925	0	945	0	922	951	934	933	2830
26	Jacqui Foster	f	FV 50	Ilkley Harriers	0	939	0	987	0	899	0	0	2825
27	Peter EVANS	m	MV 50	Kings heath rc	903	0	0	0	0	0	946	959	2808
28	Lucy Zaboklicka	f	FV 40	Furness Fell Runners	932	940	919	0	0	933	0	0	2805
29	Sally Barton	f	FV 60	Glaxo Hoad Hill Harriers	869	885	942	0	920	941	0	0	2803
30	Mart Kissick	m	MV 40		800	829	869	971	851	905	890	907	2783
31	Sally Caton	f	FV 40	Stainland Lions Running Club	919	0	0	0	933	0	931	0	2783
32	Graeme Atkinson	m	MV 50		863	850	885	973	801	904	901	0	2778
33	Nick Lewer	m	MV 70		0	896	907	0	0	928	0	938	2773

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
34	david CARTER	m	MV 50		873	0	911	0	911	0	915	944	2770
35	Claudia Pagoulatou	f	FV 50	Pensby Runners	907	933	0	0	0	923	0	0	2763
36	Tracy Pinder	f	FV 40		918	911	923	0	898	0	0	0	2752
37	Carl Wild	m	MV 40		852	893	884	0	970	0	0	0	2747
38	Claire Smith	f	FV 40	North Shields Poly	808	837	802	958	834	868	871	913	2742
39	Shirley Spratt	f	FV 60		892	892	821	0	862	914	905	912	2731
40	Michelle McCarthy	f			0	913	898	0	0	0	896	0	2707
41	Richard Clements	m	MV 50	Hip Replacement Runners	843	890	927	0	871	888	0	0	2705
42	Mandy Bond	f	FV 50		0	0	0	0	860	918	0	925	2703
43	Katie Welch	f	FV 50		739	795	834	957	751	0	840	904	2701
44	Richard Campbell	m	MV 40		825	870	860	968	793	857	861	0	2699
45	Jennifer Smith	f			906	0	894	0	895	0	0	0	2695
46	Joseph Ritson	m	MV 60	Derwent Ac Cockermouth	806	789	846	970	873	0	0	0	2689
47	Sarah Adams	f	FV 40		874	898	0	0	0	0	916	0	2688
48	Deborah Thorneycroft	f	FV 50		858	897	873	0	879	896	795	0	2672
49	Belinda Schofield	f	FV 50		837	877	882	0	875	909	0	0	2668
50	Andrew Eaton	m	MV 40		0	0	879	0	0	890	893	0	2662
51	Paul Abrams	m	MV 40		875	889	893	0	0	0	0	0	2657
52	Howard Rand	m	MV 50		786	925	943	0	0	0	0	0	2654
53	Matthew Almond	m	MV 40		0	802	775	0	819	879	884	888	2651
54	Andrea Lancaster	f	FV 40		0	0	817	0	854	0	888	905	2647
55	Lee Johnston	m	MV 50		0	0	872	0	865	865	857	895	2632
56	Danny Thompson	m	MV 60		740	796	812	949	741	0	786	867	2628
57	Chloe Almond	f		Lancaster Runners	0	805	793	0	820	880	859	889	2628
58	Stuart Edwards	m	MV 60	Lonely Goat	0	873	865	0	889	0	0	0	2627
59	Simon Forshaw	m	MV 50		853	876	0	0	0	0	897	0	2626
60	Nicola Stanley	f	FV 50		0	0	842	0	802	840	887	896	2625
61	David Hurst	m	MV 50		857	0	0	0	827	0	0	940	2624
62	Tina Gee	f	FV 60		777	0	0	948	745	0	811	865	2624
63	Brian Winder	m	MV 70	Darwen Running Group	721	744	736	934	716	816	809	870	2620
64	Julie EVANS	f	FV 50	Kings heath rc	795	0	0	0	0	0	895	919	2609
65	Mark Shaw	m	MV 50		785	865	823	0	813	852	856	885	2606
66	Ben Higginson	m	MV 60	Preston Harriers	811	875	868	0	850	861	0	0	2604
67	Jean Turner	f	FV 60	Telford Harriers	792	864	799	938	796	0	0	0	2601
68	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	834	0	844	0	0	864	892	0	2600
69	Robert Myatt	m	MV 50		823	854	840	0	823	897	0	0	2591
70	Rebecca Modeley	f			817	853	847	0	0	838	787	886	2586
71	Helen Craven	f	FV 50		731	714	779	944	708	796	767	842	2582
72	Helen Jones	f	FV 40		0	0	0	0	0	872	889	820	2581
73	Ellie Dwan	f	U25		846	858	875	0	0	0	0	0	2579
74	Amy Fern	f			787	810	805	962	0	0	0	0	2577

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
75	Dawn Saxby	f	FV 50	DCH Run Club	733	0	810	935	748	800	788	831	2576
76	Pete Holding	m	MV 60		821	860	838	0	876	0	0	0	2574
77	Martin Bates	m	MV 60	Wesham Road Runners	822	0	0	0	0	0	864	878	2564
78	Anna Howard	f		Tadcaster Harriers	0	0	0	0	844	0	824	887	2555
79	Karen Harper	f	FV 50	Sytal Running Club	815	862	835	0	843	0	834	0	2540
80	Jayne Batt	f	FV 60		0	832	0	0	833	867	0	0	2532
81	Rachel Summers	f	FV 50		0	822	833	0	0	839	854	0	2526
82	Peter Burlingham	m	MV 40		824	803	0	0	0	0	804	897	2525
83	Susanne Parry	f	FV 50		839	0	0	0	811	0	873	0	2523
84	Collette Eames	f	FV 60	JogOnTheTYne	0	849	878	0	0	0	0	791	2518
85	Jayne Dore	f	FV 50		0	0	0	0	758	863	891	0	2512
86	Sue France	f	FV 50		0	775	0	942	0	795	0	0	2512
87	Gillian Felton	f	FV 50		0	0	0	0	797	0	815	890	2502
88	Tony Orr	m	MV 60		0	828	830	0	0	0	842	0	2500
89	Tony Priest	m	MV 50		854	843	801	0	0	0	0	0	2498
90	Caron Parkes	f	FV 50		0	747	0	953	0	791	0	0	2491
91	Hazel Ward	f	FV 60	Jog On The Tyne	0	793	0	0	0	0	848	839	2480
92	Jackie Frank	f	FV 40		757	771	0	936	722	0	770	0	2477
93	Liza Tattersall	f	FV 50		0	755	816	0	0	901	0	0	2472
94	Andrew Gudgeon	m	MV 50		0	756	794	0	0	902	0	0	2452
95	Sharon-lee Lukas	f	FV 50		803	852	791	0	0	0	0	0	2446
96	Andrew Wilkinson	m	MV 50		793	820	807	0	0	0	0	0	2420
97	Sian Saxby	f	U21	DCH Run Club	0	0	0	0	749	799	789	832	2420
98	Natasha Cruickshank	f	FV 40		773	708	796	0	0	828	792	0	2416
99	Anna Holmes-Rand	f	U21		788	807	814	0	0	0	0	0	2409
100	Carol Cox	f	FV 50		742	791	0	0	786	0	832	0	2409
101	Nic Holmes	f	FV 50		789	806	813	0	0	0	0	0	2408
102	Paul Thornton	m	MV 50		0	0	765	0	739	785	784	818	2387
103	Kathryn Atkinson	f	FV 40	Pendle Triathlon Club	0	785	0	0	0	807	783	0	2375
104	Rosalie Liddell	f	FV 60	Eden Runners	765	0	0	0	782	0	813	0	2360
105	Anna Richings	f	FV 50	Lancaster and Morecambe ac	0	766	786	0	726	0	798	0	2350
106	Cheryl Chaffe	f	FV 50		656	0	0	914	0	0	779	0	2349
107	David Battersby	m	MV 50		0	748	0	0	720	0	0	876	2344
108	mark taylor	m	MV 60	denshaw asthmatics running socie	713	715	755	0	704	762	741	823	2340
109	Dawn Fahy	f	FV 60		683	0	0	0	0	0	791	858	2332
110	Alison Rayner	f	FV 50		749	0	774	0	0	802	0	0	2325
111	Helen Bowerman	f	FV 50		735	761	0	0	718	824	0	0	2320
112	Faith Firkins	f	FV 50	Lancaster & Morecambe AC	0	741	0	0	781	0	797	0	2319
113	Catherine Betley	f	FV 40	N/a	0	0	0	0	762	759	790	0	2311
114	Caitlin Stokes	f	U25		717	0	0	0	0	754	0	822	2293
115	Pat Wyke	f	FV 60	Run in Wirral	655	0	0	915	0	0	723	0	2293

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116	Charlotte Bennett	f	U25		692	0	0	0	0	737	731	821	2289
117	Ann Myatt	f	FV 60	Cheadle	674	0	721	0	0	834	729	0	2284
118	Miriam Rosen	f	FV 70	Lancaster & Morecambe AC	746	753	0	0	730	784	0	0	2283
119	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	0	0	0	0	746	769	765	0	2280
120	Stephen Perry	m	MV 60	Lancaster and Morecambe ac	0	739	0	0	727	0	799	0	2265
121	Melanie Burton	f	FV 40		703	0	785	0	0	776	0	0	2264
122	Jules Telford	f	FV 60		725	0	0	0	706	0	0	833	2264
123	John Melling	m	MV 60		677	0	741	0	669	0	0	830	2248
124	Helen Helme	f	FV 40		0	742	0	0	747	0	757	0	2246
125	John Wiseman	m	MV 50	Red Rose Road Runners	0	706	742	0	0	0	0	795	2243
126	Edward Melling	m	MV 60		680	0	743	0	684	0	0	813	2240
127	Vicky Evans	f	FV 50		710	686	757	0	0	744	736	0	2237
128	Edwina Rickards Collinson	f	FV 60	Crocwalkers	0	683	0	0	678	716	717	799	2232
129	Joanne Lewis	f	FV 50		708	0	747	0	721	0	760	0	2228
130	Jaclyn Gray	f	FV 40		650	654	720	0	667	712	714	788	2222
131	Julie Kelly	f	FV 60	St Bees Triers	726	712	0	0	729	758	0	0	2213
132	Jacqueline Shore	f	FV 60		720	721	735	0	685	755	0	0	2211
133	Davina Bowling	f	FV 70	Redrose Road Runners	0	0	0	0	0	705	710	796	2211
134	Joanna Amos	f	FV 50		730	732	745	0	0	0	0	0	2207
135	Ruth Shooter	f	FV 40	Ruth's Runners	712	734	753	0	683	0	0	0	2199
136	Christine Richards	f	FV 50		670	0	0	0	666	0	715	802	2187
137	Helen Patten	f	FV 50	Red Rose Runners	700	0	761	0	700	0	0	0	2161
138	Yvonne O'malley	f	FV 40	Jogscotland Penicuik	658	0	0	0	0	0	713	787	2158
139	Georgina Briffett	f	FV 40	Dallam Running Club	0	713	0	0	692	0	752	0	2157
140	Jane Malcolm	f	FV 50	Jogscotland	657	0	0	0	0	0	712	786	2155
141	Vicki Buss	f	FV 50		0	702	762	0	688	0	0	0	2152
142	Nicola Machin	f	FV 50		684	0	760	0	699	0	0	0	2143
143	David Rosen	m	MV 60	Lancaster & Morecambe AC	702	698	0	0	0	714	0	0	2114
144	Tony Seddon	m	MV 50		695	0	0	0	689	730	0	0	2114
145	Greg Murphy	m	MV 50		711	717	0	0	680	0	0	0	2108
146	Linda Farquhar	f	FV 70	St Bees Triers	697	674	0	0	682	721	0	0	2100
147	Helen Hetherington	f	FV 70		704	693	0	0	698	0	0	0	2095
148	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	715	659	0	0	662	709	0	0	2086
149	Louise Hill	f	FV 40	Astley & Tyldesley Road Runners	649	663	724	0	0	0	0	0	2036
150	Alison Spencer	f			653	655	725	0	0	0	0	0	2033
151	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	0	658	0	0	661	710	0	0	2029
152	Yvonne Leech	f	FV 60	St. Bees Triers	645	0	0	0	674	706	0	0	2025
153	Jackie Routledge	f	FV 60	Thornton Cleveleys	646	660	0	0	0	711	0	0	2017
154	David Hatch	m			0	0	0	0	0	0	1000	999	1999
155	Bethan Lowe	f	U25		0	999	0	0	0	993	0	0	1992
156	Andrew Carr	m		Westerlands CCC	0	0	0	0	0	996	0	994	1990

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157	Adrian Filipek	m			0	0	994	0	985	0	0	0	1979
158	Daniel McDonagh	m			0	992	0	0	0	986	0	0	1978
159	Stuart Parry	m	MV 50	Northern Fells Running Club	988	0	0	0	0	0	988	0	1976
160	Alex Parry	m	U21		983	0	0	0	992	0	0	0	1975
161	Paul Lewis	m	MV 50		0	0	990	0	984	0	0	0	1974
162	Steve Jones	m	MV 40		0	0	0	0	981	0	990	0	1971
163	Jamie Quan-soon	m	MV 40		0	981	0	0	0	987	0	0	1968
164	Mike Mckee	m	MV 40		0	0	0	0	0	984	983	0	1967
165	Stephen Entwistle	m	MV 60	Wirral Vikings TRC	0	0	0	0	0	0	979	988	1967
166	Neil Mistry	m			975	0	0	0	990	0	0	0	1965
167	Alan Huggon	m	MV 50	Border Reiver Runners	982	0	0	0	0	0	980	0	1962
168	Paul Myers	m	MV 50		0	983	0	0	0	0	975	0	1958
169	William Trewby	m			984	0	973	0	0	0	0	0	1957
170	Helen Johnson	f	FV 50	Wirral Vikings	0	0	0	0	0	0	967	986	1953
171	Andrew Mackenzie	m	MV 50		0	0	0	0	0	0	971	979	1950
172	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	972	971	0	0	0	0	0	0	1943
173	Jon Meeten	m	MV 50		0	963	974	0	0	0	0	0	1937
174	Tania Huddleston	f			962	974	0	0	0	0	0	0	1936
175	Phil Anderson	m	MV 40		0	966	970	0	0	0	0	0	1936
176	Stephen Jolly	m	MV 60	Allithwaite Running Club	964	0	0	0	0	972	0	0	1936
177	Kevin McLelland	m	MV 40		0	0	0	0	0	0	956	980	1936
178	Tom Gathercole	m			966	0	968	0	0	0	0	0	1934
179	Luisa Blake	f	U21		967	0	966	0	0	0	0	0	1933
180	Pete Davison	m	MV 50	Glaxo Hoad Hill Harriers	0	0	959	0	968	0	0	0	1927
181	Peter Gibb	m	MV 40		0	0	0	0	0	0	952	972	1924
182	Kevin Eland	m			963	960	0	0	0	0	0	0	1923
183	Anton Moss	m			0	0	0	0	0	957	0	962	1919
184	Simon Byrne	m	MV 40	St Bees Trier	0	0	0	0	966	0	951	0	1917
185	Spencer Reynolds	m	MV 40	Wirral Viking's	0	0	0	0	0	0	943	969	1912
186	Adrian Blake	m	MV 40		958	0	946	0	0	0	0	0	1904
187	Melissa Gorst	f			0	0	0	0	0	0	925	976	1901
188	Pamela Booth	f	FV 40	Wirral Vikings TRC	0	0	0	0	0	0	940	961	1901
189	David Hull	m	MV 60		0	0	953	0	941	0	0	0	1894
190	Mark Cowan	m	MV 40	Wirral Vikings Trc	0	0	0	0	0	0	938	953	1891
191	David Taylor	m	MV 60	Cheshire Hash House Harriers	0	0	0	0	0	0	933	956	1889
192	Thomas Pearson	m			0	956	0	0	932	0	0	0	1888
193	Brenda Rutter	f	FV 50		0	942	0	0	0	944	0	0	1886
194	Phil Temple	m	MV 40		0	0	0	0	928	952	0	0	1880
195	Nicola Hughes	f			0	0	0	0	918	960	0	0	1878
196	Richard Newbert	m	MV 40		961	0	0	916	0	0	0	0	1877
197	Joanne Preston	f	FV 50	Wirral Vikings TRC	0	0	0	0	0	0	921	954	1875

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198	David Ward	m	MV 40		937	937	0	0	0	0	0	0	1874
199	Sandra Myers	f	FV 50		0	938	0	0	0	0	936	0	1874
200	Stephen Biscomb	m	MV 60	Clayton-le-moors	0	923	0	0	951	0	0	0	1874
201	Caroline D'Arcy	f	FV 50		0	0	0	0	926	947	0	0	1873
202	Dickie Felton	m	MV 40		927	0	0	0	937	0	0	0	1864
203	Simon Cowling	m	MV 40		0	0	0	0	0	935	929	0	1864
204	John Birkett	m	MV 60		910	952	0	0	0	0	0	0	1862
205	Martha Anderson-Taylor	f			0	921	938	0	0	0	0	0	1859
206	Charlene Smith	f			0	0	904	0	0	953	0	0	1857
207	Sarah Ward	f		Abbey Runners	0	0	0	0	0	938	918	0	1856
208	Dawn Chilton	f	FV 50		0	0	0	0	0	0	917	939	1856
209	Dave Raynor	m	MV 60	Red Rose Road Runners	0	930	0	0	0	922	0	0	1852
210	Thomas Gorst	m			928	0	922	0	0	0	0	0	1850
211	John Heap	m	MV 40		0	900	0	0	0	0	949	0	1849
212	Tammy Connor	f	FV 40		0	0	944	0	904	0	0	0	1848
213	Christine Frank	f	FV 50		0	919	0	0	925	0	0	0	1844
214	Victoria Eze	f	FV 60	Hampstead Heath Park Run	0	0	0	0	0	0	914	928	1842
215	Frans Strydom	m	MV 40	Furness Fell Runners	891	0	950	0	0	0	0	0	1841
216	Alison Gill	f	FV 50		0	0	933	0	907	0	0	0	1840
217	Sally McFarlane	f	FV 40	None	900	0	936	0	0	0	0	0	1836
218	TREVESSA NEWTON	f	FV 50		0	0	900	0	931	0	0	0	1831
219	Martin Slater	m	MV 40		0	902	928	0	0	0	0	0	1830
220	Imre Varga	m	MV 50		0	0	861	967	0	0	0	0	1828
221	Mark Austin	m	MV 40		0	886	0	0	0	942	0	0	1828
222	Kirsten Abbott	f	U25		924	0	902	0	0	0	0	0	1826
223	Matthew MADDOCK	m	MV 40		0	932	0	0	0	893	0	0	1825
224	Martin Fu	m			0	0	0	0	893	0	932	0	1825
225	Harry Vaneris	m	MV 40		0	0	0	0	977	847	0	0	1824
226	Laura Avey	f			905	0	0	0	916	0	0	0	1821
227	Jimmy Hark	m			862	0	0	0	0	0	0	957	1819
228	Andrew Walmsley	m	MV 50		0	0	0	0	0	911	904	0	1815
229	Wendy Birkett	f	FV 60	Ambleside Athletic Club	899	912	0	0	0	0	0	0	1811
230	Lynne Carruthers	f	FV 60	Dch	878	0	0	0	0	0	927	0	1805
231	Richard Walker	m	MV 40		908	895	0	0	0	0	0	0	1803
232	Lizzie Simmons	f	FV 40		909	894	0	0	0	0	0	0	1803
233	Sarah McGrath	f	FV 40	Ramsbottom Running Club	895	0	0	0	0	907	0	0	1802
234	Phil Chew	m	MV 60		828	0	0	972	0	0	0	0	1800
235	Jen Royle	f	FV 50	Running4CF	0	0	0	945	0	0	0	848	1793
236	Carolyn Barker	f	FV 50	Burnden Roadrunners	0	0	890	0	0	900	0	0	1790
237	Jo Storey	f	FV 40	Jogonthetyne	0	0	0	0	0	0	911	879	1790
238	Christopher Cox	m	MV 60		0	878	0	0	0	903	0	0	1781

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
239	Jacq Charles	f	FV 40	Wirral Vikings Trc	0	0	0	0	0	0	867	914	1781
240	Robbie Shuttleworth	f		Nob End Run Club	0	0	0	0	828	0	0	943	1771
241	Nathan Greenwood	m			888	882	0	0	0	0	0	0	1770
242	Susan Bibby	f	FV 40		865	905	0	0	0	0	0	0	1770
243	Dave Hill	m	MV 50		0	883	0	0	0	0	886	0	1769
244	Mark Gean-Hughes	m	MV 50		0	0	0	0	0	0	849	918	1767
245	Miriam Abbas	f			0	0	851	0	0	0	913	0	1764
246	Matthew Affolter	m	MV 50		883	879	0	0	0	0	0	0	1762
247	Iain Peacock	m	MV 40		0	0	850	0	0	0	912	0	1762
248	Will Douthwaite	m			872	887	0	0	0	0	0	0	1759
249	Ellie Murray	f	U25		0	0	0	0	881	878	0	0	1759
250	Nick Helliwell	m	MV 50		842	0	916	0	0	0	0	0	1758
251	Jackie Watts	f	FV 40		864	0	891	0	0	0	0	0	1755
252	David Moran	m			0	884	866	0	0	0	0	0	1750
253	Gill Hindle	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	910	840	1750
254	Richard Porter	m			0	833	0	0	0	912	0	0	1745
255	Toby Brothers	f	FV 50	Hampstead Heath Park Run	0	0	0	0	0	0	845	883	1728
256	Stephen Hanson	m	MV 40		0	0	881	0	845	0	0	0	1726
257	Katie Hanson	f		Selby striders	0	0	880	0	846	0	0	0	1726
258	Emma Frost	f			0	0	859	0	867	0	0	0	1726
259	Ruth Chadwick	f	FV 40		851	0	0	0	0	873	0	0	1724
260	Victoria Hatton	f	FV 50		0	0	874	0	0	848	0	0	1722
261	Dave Thompson	m	MV 60		0	0	864	0	856	0	0	0	1720
262	Julie Thomas	f	FV 50	Hampstead Health Park Run	0	0	0	0	0	0	836	884	1720
263	Lisa Cox	f	FV 40		0	776	0	943	0	0	0	0	1719
264	Andrew Firkins	m	MV 50	Lancaster & Morecambe AC	0	737	0	0	978	0	0	0	1715
265	Yolande Clarke	f	FV 50	St Bees Triers	0	0	0	0	838	877	0	0	1715
266	Stephen Cruickshank	m	MV 50		0	856	0	0	855	0	0	0	1711
267	Rob Clayton	m	MV 40	ncaster and Morecambe athletic cl	0	738	0	0	972	0	0	0	1710
268	Isobel Williamson	f	FV 70		818	0	0	0	0	891	0	0	1709
269	Helen Lester	f	FV 50	Wirral Vikings	0	0	0	0	0	0	822	881	1703
270	Emily Astley	f	FV 40	Wirral Vikings	0	0	0	0	0	0	821	882	1703
271	Robert Shanahan	m	MV 50	Wirral Viking	0	0	0	0	0	0	820	880	1700
272	Philip Loftus	m	MV 60		826	872	0	0	0	0	0	0	1698
273	Jonathan Fletcher	m	MV 50	Ripon Runner	0	0	748	0	950	0	0	0	1698
274	Sam Nicholson	f	FV 50	Border Reiver Runners	810	0	0	0	0	0	885	0	1695
275	Dale Harrison	m			747	947	0	0	0	0	0	0	1694
276	Mike Parker	m	MV 40		866	0	827	0	0	0	0	0	1693
277	Alan Davidson	m	MV 70		0	814	0	0	0	0	875	0	1689
278	John Gore	m	MV 40	Rochdale Tri Club	0	0	0	0	0	0	776	910	1686
279	Helen Jack	f	FV 50		796	0	0	0	0	887	0	0	1683

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
280	Kerry Howard	f	FV 40		728	0	0	951	0	0	0	0	1679
281	Louisa Graham	f	FV 40		0	0	0	0	800	0	878	0	1678
282	Nicole Spibey	f	FV 40		0	0	0	0	0	822	0	854	1676
283	Mark Aldam	m	MV 60		0	824	0	0	0	851	0	0	1675
284	Clare Moody	f	FV 50	Smiley Paces	802	0	0	0	0	0	0	873	1675
285	Tom Omalley	m			0	0	0	930	0	745	0	0	1675
286	Basia Nowak	f	FV 40		0	0	0	0	0	820	0	855	1675
287	Jane Marshall	f	FV 50	York Acorn Running Club	0	0	0	928	0	743	0	0	1671
288	Mary Clifford	f	FV 40		807	0	863	0	0	0	0	0	1670
289	Helen Newman	f	FV 50		0	0	0	0	0	0	812	856	1668
290	Nizam Ismail	m			0	834	829	0	0	0	0	0	1663
291	Simon Robson	m	MV 40		877	0	782	0	0	0	0	0	1659
292	Patricia Hynes	f	FV 60		0	0	0	0	0	0	802	857	1659
293	Shelley Regan	f	FV 40		0	790	0	0	0	0	0	868	1658
294	Judith Stockton	f	FV 40		718	0	0	940	0	0	0	0	1658
295	Sharon Donald	f	FV 40	DCH Run Club	0	0	849	0	808	0	0	0	1657
296	Ruth Lilliott	f	FV 60		0	0	822	0	0	0	835	0	1657
297	Anita Hall	f	FV 50	St Helens Striders	0	851	0	0	805	0	0	0	1656
298	Claire Willis	f	FV 40		0	838	809	0	0	0	0	0	1647
299	Yvette Mccracken	f	FV 50	Smiley Paces	0	0	0	0	0	0	785	861	1646
300	Georgia May	f			767	0	876	0	0	0	0	0	1643
301	Ann-marie Johnstone	f	FV 40		709	0	0	932	0	0	0	0	1641
302	Ben Brock	m	U25		0	0	0	0	806	835	0	0	1641
303	Katherine-Lee Lukas	f	U21		0	859	773	0	0	0	0	0	1632
304	Emma Teggart	f	FV 40	Lonely goat	724	0	0	0	0	0	908	0	1632
305	Alison Hodges	f	FV 50	Blackhill Bounders	760	0	0	0	0	0	0	872	1632
306	Brian Richardson	m	MV 60	Blackhill Bounders	759	0	0	0	0	0	0	871	1630
307	Rachel Bellwood	f			0	799	0	0	830	0	0	0	1629
308	Chris Cuinu	m	MV 50		0	0	0	0	783	0	0	846	1629
309	Lada Cuinu	f	FV 50		0	0	0	0	784	0	0	845	1629
310	Peter Reed	m	MV 70	Northumberland Fell Runners	0	0	0	0	0	856	771	0	1627
311	Louise Roberts	f	FV 50	Border Reavers	0	0	0	0	759	0	0	866	1625
312	Lesley Nixon	f	FV 50	Red Rose Road Runners	0	797	825	0	0	0	0	0	1622
313	Elaine Coupland	f	FV 60	Jog On The Tyne	0	0	0	0	0	0	782	838	1620
314	Zara Gall	f	FV 40	Didsbury Ladies	797	0	819	0	0	0	0	0	1616
315	Simon Turgoose	m	MV 50	Oldham & Royton Harriers AC	0	0	0	0	0	0	777	835	1612
316	Victoria Wilding	f	FV 50		0	0	0	0	0	806	805	0	1611
317	Jennie Daniels	f	FV 50		0	682	0	929	0	0	0	0	1611
318	Tracy Slater	f	FV 40		0	801	808	0	0	0	0	0	1609
319	Alison Pye	f	FV 40		0	0	0	0	754	0	851	0	1605
320	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	0	786	0	0	0	818	0	0	1604



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
321	Gerry Garvey	m	MV 50	Muddy Boots Nursery	0	0	0	0	757	0	0	844	1601
322	Shelly Allen	f	FV 50		0	792	806	0	0	0	0	0	1598
323	Rachael Price	f	FV 40		794	0	0	0	0	0	803	0	1597
324	Leanne Topcuoglu	f	FV 40	ACF Standish	804	0	792	0	0	0	0	0	1596
325	emma Brierley	f	FV 50		0	817	778	0	0	0	0	0	1595
326	Nicky Grace	f	FV 40		781	0	0	0	0	0	810	0	1591
327	Kirstie Miller	f	FV 50	Jog on the Tyne	0	0	0	0	0	0	749	841	1590
328	Keith Burlison	m	MV 50		0	794	0	0	795	0	0	0	1589
329	Claire Rawlinson	f			766	821	0	0	0	0	0	0	1587
330	Laura Leitch	f			0	0	0	0	753	833	0	0	1586
331	Julie Luckman	f	FV 50	Oldham and Royton Harriers	0	0	0	0	0	0	747	836	1583
332	Natalie Lewis	f	FV 40	Fellside Ladies	661	0	0	913	0	0	0	0	1574
333	Jane Hill	f	FV 50		0	765	0	0	0	0	806	0	1571
334	Tony Fahy	m	MV 70		0	0	0	0	0	0	761	809	1570
335	Sally Wilkinson	f	FV 50	Get Over Yourself	0	808	754	0	0	0	0	0	1562
336	Deborah Mackay	f	FV 50	Wirral Viking TRC	0	0	0	0	0	0	743	817	1560
337	Niki Roberts	f	FV 40		0	827	0	0	731	0	0	0	1558
338	Kathryn Abbott	f	FV 50	Red Rose Road Runners	805	0	751	0	0	0	0	0	1556
339	Catherine Ball	f	FV 50	Wirral Viking Trc	0	0	0	0	0	0	751	801	1552
340	Lizzie Coleshill	f	FV 60		0	0	0	0	0	0	735	816	1551
341	Andrea Counce	f	FV 40		743	0	0	0	807	0	0	0	1550
342	Colin Burnett	m	MV 60		0	0	0	0	0	0	750	800	1550
343	mark lee	m	MV 50		764	0	0	0	0	782	0	0	1546
344	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	0	0	0	0	766	0	778	0	1544
345	Yasmin Porter-bee	f			0	730	0	0	0	811	0	0	1541
346	Amanda Anderson	f	FV 50		0	0	749	0	791	0	0	0	1540
347	Julie Murrell	f	FV 50		0	0	0	0	0	0	748	792	1540
348	Lisa Whiteley	f			0	749	790	0	0	0	0	0	1539
349	Charlotte Twigger	f	FV 40		763	0	0	0	0	775	0	0	1538
350	Melissa Grocock	f	FV 40		758	778	0	0	0	0	0	0	1536
351	James Laking	m			0	0	795	0	740	0	0	0	1535
352	Rebecca Meeten	f	FV 50		0	745	788	0	0	0	0	0	1533
353	Catherine Aitken	f	FV 60		0	777	0	0	755	0	0	0	1532
354	Sara Summers	f	FV 50		0	0	766	0	0	0	763	0	1529
355	Ruth Hunneysett	f	FV 40	Jog on the Tyne	0	0	0	0	0	0	738	790	1528
356	Ashley Smith	m	MV 50		0	0	0	0	660	0	0	864	1524
357	Sarah Parker	f	FV 40	Jog on The Tyne	0	0	0	0	0	0	734	789	1523
358	Jennie Smith	f	FV 50		0	0	0	0	659	0	0	863	1522
359	Richard Newman	m	MV 50		0	0	0	0	0	0	716	803	1519
360	Mark Tomlinson	m	MV 60	12	0	0	0	0	719	798	0	0	1517
361	Jane Dring-Morris	f	FV 50	Leicestershire Orienteering Club	0	752	764	0	0	0	0	0	1516

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
362	Neil Bower	m	MV 50		0	0	0	0	723	790	0	0	1513
363	Jo Lally	f	FV 50	Jog on The Tyne	0	0	0	0	717	789	0	0	1506
364	Gillian O'boyle	f	FV 50		0	724	0	0	0	0	781	0	1505
365	Hannah Hobson	f			738	0	0	0	765	0	0	0	1503
366	Nadine Scaife	f	FV 50		0	759	740	0	0	0	0	0	1499
367	Jo Perry	f	FV 40		0	0	0	0	725	0	758	0	1483
368	LOUISE WAINWRIGHT	f	FV 50	Thornton CLEVELEYS RUNNING CLUB	0	0	759	0	0	723	0	0	1482
369	Lynn Shaw	f	FV 50	Thornton Cleveleys Running Club	0	0	758	0	0	722	0	0	1480
370	Karen Quan-soon	f	FV 60		0	705	0	0	0	773	0	0	1478
371	Katie Wishart	f	FV 50		0	0	0	0	0	741	733	0	1474
372	Lesley McGrail	f	FV 40	St Helens Striders	706	0	0	0	767	0	0	0	1473
373	Jane Hunter	f	FV 60		723	735	0	0	0	0	0	0	1458
374	Jan Molyneux	m	MV 50		716	0	0	0	0	0	740	0	1456
375	Rebecca Davies	f			0	0	0	0	0	729	724	0	1453
376	jeanette grimes	f	FV 60		0	0	746	0	701	0	0	0	1447
377	Elaine Baker	f	FV 50	St Helens Striders	701	0	744	0	0	0	0	0	1445
378	Despina Smith	f	FV 40	Didsbury Mums on the Run	694	0	0	0	0	747	0	0	1441
379	Christine Sutherland	f	FV 60		0	729	0	0	703	0	0	0	1432
380	Mark Sullivan	m	MV 60		0	0	719	0	0	0	709	0	1428
381	Hilary Beach	f	FV 50		686	0	0	0	0	732	0	0	1418
382	Ursula Collie	f	FV 60		681	0	0	0	0	726	0	0	1407
383	Chris Pearson	m	MV 60		0	709	0	0	691	0	0	0	1400
384	Laura Sweeting	f			0	670	0	0	0	718	0	0	1388
385	Edgar Buhl	m	MV 40		0	671	0	0	0	717	0	0	1388
386	Andrea Jones	f	FV 50		0	673	0	0	0	713	0	0	1386
387	Christina Davies	f	FV 40		691	694	0	0	0	0	0	0	1385
388	Julie Dugdale	f	FV 50		667	703	0	0	0	0	0	0	1370
389	Holly Unsworth	f			647	0	0	0	0	707	0	0	1354
390	Karen Braddon	f	FV 70	Crocwalkers	0	650	0	0	0	704	0	0	1354
391	Julie Loftus	f	FV 50		660	675	0	0	0	0	0	0	1335
392	Sarah Boyle	f	FV 50		668	653	0	0	0	0	0	0	1321
393	Chris Holdsworth	m		Team inov-8	1000	0	0	0	0	0	0	0	1000
394	Billy Cartwright	m		Team Inov-8	0	0	1000	0	0	0	0	0	1000
395	Matt Newell	m			0	0	0	0	0	0	0	1000	1000
396	Russell Maddams	m	MV 50	Keswick Ac	0	0	0	0	1000	0	0	0	1000
397	Laurence Hill	m			0	0	0	0	0	1000	0	0	1000
398	Moritz van Driel	m			0	0	0	1000	0	0	0	0	1000
399	Tom Levi	m		Thirsk & Sowerby Harriers	999	0	0	0	0	0	0	0	999
400	Nicola Jackson	f		Team Inov-8	0	0	999	0	0	0	0	0	999
401	Lee Procter	m	MV 40	Team inov-8	0	0	0	0	999	0	0	0	999
402	Darren Coward	m		Glaxo Hoad Hill Harriers	0	0	0	0	0	999	0	0	999

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
403	James Barsby	m			0	0	998	0	0	0	0	0	998
404	Richard Thomas Jackson-Taylor	m			0	0	0	0	0	998	0	0	998
405	Markus Forsch	m	MV 50		0	0	0	998	0	0	0	0	998
406	Alex Heffron	m			0	997	0	0	0	0	0	0	997
407	Adam Elkin	m	MV 40	Lancaster & Morecambe AC	0	0	997	0	0	0	0	0	997
408	Matthew Halsall	m		Southport Waterloo	0	0	0	0	0	0	0	996	996
409	Steven Worsley	m	MV 60	Lancaster and morecambe ac	0	0	0	0	996	0	0	0	996
410	Adam Firth	m	MV 40		0	995	0	0	0	0	0	0	995
411	Adrian Favill	m		cunthorpe and District Running Clu	995	0	0	0	0	0	0	0	995
412	William Loewenhardt	m			0	0	0	0	0	0	995	0	995
413	John Walmsley	m			0	0	0	995	0	0	0	0	995
414	Craig Miller	m	MV 50		994	0	0	0	0	0	0	0	994
415	Fergal Duffy	m	MV 50		0	0	0	0	0	0	994	0	994
416	William Houghton	m		Tyne Bridge Harriers	0	0	0	0	0	994	0	0	994
417	Nicola Unsworth	f	FV 50		0	0	0	994	0	0	0	0	994
418	Ben Harrison	m	MV 40		0	993	0	0	0	0	0	0	993
419	Marcus Carter-Strutt	m	U25		993	0	0	0	0	0	0	0	993
420	Adam Fox	m	MV 40		0	0	0	0	0	0	993	0	993
421	Annabel Faith	f	FV 40		0	0	0	993	0	0	0	0	993
422	Anna Hoogkamer	f			992	0	0	0	0	0	0	0	992
423	Neil Moffat	m	MV 60	Dumfries Running Club	0	0	0	992	0	0	0	0	992
424	Amy Pickworth	f	FV 40	Darlington harriers	0	991	0	0	0	0	0	0	991
425	Joe Brown	m			991	0	0	0	0	0	0	0	991
426	Joe Shingleton	m			0	0	0	0	0	0	0	991	991
427	Tom Willox	m		Helm Hill Runners	0	0	0	0	991	0	0	0	991
428	Robert Inman	m	MV 40		0	0	0	0	0	991	0	0	991
429	Adam Birch	m			0	0	0	991	0	0	0	0	991
430	Stephen Newell	m	MV 50	Ilkley Harriers	0	0	0	0	0	0	0	990	990
431	John Pollard	m	MV 60	Glossopdale Harriers	0	0	0	990	0	0	0	0	990
432	James Gaffney	m		-	0	0	989	0	0	0	0	0	989
433	Ian Davidson	m	MV 50		0	0	0	0	989	0	0	0	989
434	Michael Williams	m			0	0	0	0	0	0	989	0	989
435	Andrew Baguley	m	MV 40	Chorlton Runners	0	0	0	0	0	0	0	989	989
436	Scott Keenan	m	MV 50		0	0	0	989	0	0	0	0	989
437	Jack Brookes	m	U21	Tarleton Academy	0	0	0	0	0	989	0	0	989
438	Josh Glennon	m			0	0	988	0	0	0	0	0	988
439	Anthony Irving	m	MV 40		0	0	0	0	988	0	0	0	988
440	Sarah power	f			0	0	0	988	0	0	0	0	988
441	Neil Warren	m			0	0	0	0	0	988	0	0	988
442	Ewen Turner	m			0	987	0	0	0	0	0	0	987
443	Lindsay Bingaman	f			0	0	0	0	0	0	987	0	987

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
444	greg simpson	m	MV 40		0	0	0	0	0	0	0	987	987
445	Samuel Stretch	m			0	0	986	0	0	0	0	0	986
446	Matthew Ashton	m	MV 40	Bad Boy Running Club	986	0	0	0	0	0	0	0	986
447	Robbie Jones	m	MV 50		0	0	0	0	0	0	986	0	986
448	Terry Moss	m	MV 50		0	0	0	986	0	0	0	0	986
449	Owen Ford	m	U21		0	0	0	0	986	0	0	0	986
450	Philip Mallaband	m	MV 40	Vegan Runners	0	985	0	0	0	0	0	0	985
451	Paul Macfarlane	m	MV 40	Helm Hill Runners	0	0	985	0	0	0	0	0	985
452	Ben Taylor	m	U21		0	0	0	0	0	985	0	0	985
453	Chris Percival	m	MV 50		0	0	0	0	0	0	985	0	985
454	Nick Cox	m	MV 50		0	0	0	985	0	0	0	0	985
455	Jorden Partington	m	MV 40		0	984	0	0	0	0	0	0	984
456	Michael Cole	m	U21		0	0	984	0	0	0	0	0	984
457	Jonathan Woodhead	m		Allithwaite Running Club	0	0	0	0	0	0	0	984	984
458	Alex Brown	m			0	0	0	0	0	0	984	0	984
459	Amy Salt	f		Belper Harriers	0	0	0	984	0	0	0	0	984
460	Matt Marshall	m	MV 40		0	0	983	0	0	0	0	0	983
461	Stephen Hackley	m	MV 40		0	0	0	0	983	0	0	0	983
462	Lauren Booth	f		Hoad Hill Harriers	0	0	0	0	0	983	0	0	983
463	Olivia Wiggans	f		Red Rose Road Runners	0	0	0	0	0	0	0	983	983
464	Darren Wilson	m	MV 50		0	0	0	983	0	0	0	0	983
465	Joseph D'Arcy	m	U21	Kirkbie Kendal	0	982	0	0	0	0	0	0	982
466	Thomas Bateson	m		LBC Tractors	0	0	982	0	0	0	0	0	982
467	Stephen Pope	m			0	0	0	0	982	0	0	0	982
468	Charlotte Seward	f		Border Harriers	0	0	0	0	0	982	0	0	982
469	Anna Hawthorne	f			0	0	0	0	0	0	0	982	982
470	Alice Sharples	f			0	0	0	982	0	0	0	0	982
471	Paul Jeffrey-Read	m	MV 50		0	0	981	0	0	0	0	0	981
472	Jordan Chew	m			0	0	0	981	0	0	0	0	981
473	Michael Garside	m	MV 40		0	980	0	0	0	0	0	0	980
474	Cameron Littler	m			980	0	0	0	0	0	0	0	980
475	Jimmy Hark	m	MV 40	Nob end run club	0	0	0	0	980	0	0	0	980
476	Tom Collins	m			0	0	0	980	0	0	0	0	980
477	David Dalziel	m			0	979	0	0	0	0	0	0	979
478	Mikey Hanna	m		LBC Tractors	0	0	979	0	0	0	0	0	979
479	Danny Hirst	m	MV 40	Andems Runners	0	0	0	0	979	0	0	0	979
480	Aude Peltier	f	FV 40		0	0	0	979	0	0	0	0	979
481	Sam Leeming	m			0	0	0	0	0	979	0	0	979
482	Chloe Frankish	f	FV 40		0	978	0	0	0	0	0	0	978
483	Peter Llewellyn	m	MV 50	Mearley Runners	0	0	978	0	0	0	0	0	978
484	Charlotte Jones	f			0	0	0	0	0	978	0	0	978





Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
567	Philip GLENNON	m	MV 60	Ambleside AC	0	0	960	0	0	0	0	0	960
568	Sophie Lawton	f	U25		0	0	0	0	960	0	0	0	960
569	Katie Oxley	f			0	0	0	0	0	0	960	0	960
570	Alison McGourty	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	960	960
571	Martina Forsch	f	FV 50		0	0	0	960	0	0	0	0	960
572	Gemma Alderson	f	FV 40		0	959	0	0	0	0	0	0	959
573	Daniel Tierney	m			959	0	0	0	0	0	0	0	959
574	Emma Lawton	f	U25		0	0	0	0	959	0	0	0	959
575	Matthew Shepherd	m			0	0	0	0	0	0	959	0	959
576	Ellie Krukowski	f	FV 40	St Bees Triers	0	0	0	959	0	0	0	0	959
577	Simon Nield	m			0	958	0	0	0	0	0	0	958
578	Joe Horrocks-Taylor	m			0	0	958	0	0	0	0	0	958
579	John Turner	m	MV 40	Lonely Goat RC	0	0	0	0	958	0	0	0	958
580	David Parfitt	m			0	0	0	0	0	958	0	0	958
581	Izzy Turner	f			0	0	0	0	0	0	0	958	958
582	JON SHARD	m	MV 50		0	957	0	0	0	0	0	0	957
583	Daniel Tierney	m			0	0	957	0	0	0	0	0	957
584	Olivia Burke	f		Nob End	0	0	0	0	957	0	0	0	957
585	Jose Gonzalez	m			0	0	0	0	0	0	957	0	957
586	Jeff Conabere	m	MV 50		956	0	0	0	0	0	0	0	956
587	Davinia Jackson	f	FV 40	Thornton Cleveleys Running Club	0	0	0	0	0	956	0	0	956
588	Sarah Denman	f	FV 40	St Theresa's AC	0	0	0	956	0	0	0	0	956
589	Richard Lambert	m	MV 50	Eden Runners	0	0	955	0	0	0	0	0	955
590	Clare Edgar	f	FV 40	Lancaster Runners	0	0	0	0	0	955	0	0	955
591	John Halliday	m			0	0	0	0	0	0	955	0	955
592	Joanne Boreham	f	FV 50	4 Amigos	0	0	0	0	0	0	0	955	955
593	Sophia Hodge	f		East Grinstead runners	0	0	0	955	0	0	0	0	955
594	Adrian Byrne	m			0	954	0	0	0	0	0	0	954
595	Helen Hart	f			0	0	954	0	0	0	0	0	954
596	Brian McGinn	m	MV 40		954	0	0	0	0	0	0	0	954
597	Joanne Unsworth	f			0	0	0	0	0	954	0	0	954
598	Nicholas Bee	m			0	0	0	0	0	0	954	0	954
599	Susanne PETERS	f	FV 50	Cadencetri	0	0	0	954	0	0	0	0	954
600	Lauren Ford	f	U21	Washlands Women Runners	0	0	0	0	954	0	0	0	954
601	Stephen Parker	m	MV 60		0	0	0	0	953	0	0	0	953
602	Richard Brown	m	MV 40	Belper Harriers	952	0	0	0	0	0	0	0	952
603	Kristopher Rath	m			0	0	952	0	0	0	0	0	952
604	Sam Davis	m			0	0	0	0	0	0	0	952	952
605	Stacy Dale	f	FV 40		0	0	0	952	0	0	0	0	952
606	Daniel Ford	m	MV 40	Bunfit	0	0	0	0	952	0	0	0	952
607	Jonathan Frankish	m	MV 40		0	951	0	0	0	0	0	0	951

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
608	David Stephens	m	MV 60		0	0	951	0	0	0	0	0	951
609	Dave Welch	m	MV 60		0	0	0	0	0	0	0	951	951
610	Scott Houston	m			950	0	0	0	0	0	0	0	950
611	Sally Healy	f			0	0	0	0	0	950	0	0	950
612	Ben Howes	m			0	0	0	0	0	0	950	0	950
613	Graham Livesey	m	MV 40		0	0	0	0	0	0	0	950	950
614	Alex Milner	f	FV 40		0	0	0	950	0	0	0	0	950
615	Jack Doran	m			0	949	0	0	0	0	0	0	949
616	Nick Brookes	m	MV 50		949	0	0	0	0	0	0	0	949
617	Thomas Dudley	m			0	0	0	0	949	0	0	0	949
618	Steven Robinson	m	MV 60	Thornton Cleveleys Running Club	0	0	0	0	0	949	0	0	949
619	Jeremy Harris	m			0	0	0	0	0	0	0	949	949
620	Adam Smith	m			0	948	0	0	0	0	0	0	948
621	Emily-Kate Turner	f			948	0	0	0	0	0	0	0	948
622	Dan Marechal	m			0	0	0	0	0	0	948	0	948
623	Jenny Milburn	f	FV 40		0	0	0	0	0	0	0	948	948
624	robert coakley	m			0	0	947	0	0	0	0	0	947
625	Peter Jones	m	MV 50		0	0	0	0	947	0	0	0	947
626	Gill Pomfret	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	947	947
627	Loes van Driel	f			0	0	0	947	0	0	0	0	947
628	Carwyn Greaves	m			946	0	0	0	0	0	0	0	946
629	Raymond Riley	m	MV 40		0	0	0	0	946	0	0	0	946
630	Tom Garrod	m	MV 50		0	0	0	0	0	946	0	0	946
631	Kerry Trimble	f		Durham Fell Runners	0	0	0	0	0	0	0	946	946
632	Franco Spoto	m	MV 40		0	0	0	946	0	0	0	0	946
633	Tony Rutter	m	MV 60	SROC	0	945	0	0	0	0	0	0	945
634	Kelly Cassidy	f			945	0	0	0	0	0	0	0	945
635	Jason Gane	m	MV 40		0	0	0	0	945	0	0	0	945
636	Julie Wisely	f	FV 50		0	0	0	0	0	945	0	0	945
637	Hannah Ives	f			0	0	0	0	0	0	945	0	945
638	Stephanie Buckton	f			0	0	0	0	0	0	0	945	945
639	Rebecca Clarke	f	FV 40		0	944	0	0	0	0	0	0	944
640	Steve Wilkinson	m	MV 40		944	0	0	0	0	0	0	0	944
641	Judith Wall	f	FV 50	Manchester Triathlon Club	0	0	0	0	944	0	0	0	944
642	Matt Brash	m			0	0	0	0	0	0	944	0	944
643	Jonty Tarbuck	m	MV 50		0	943	0	0	0	0	0	0	943
644	Barry Rayson	m			943	0	0	0	0	0	0	0	943
645	Rachel Khaw	f			0	0	0	0	0	943	0	0	943
646	Ruth Ford	f	FV 40	Washlands Women Runners	0	0	0	0	943	0	0	0	943
647	Rebecca Humphreys	f			942	0	0	0	0	0	0	0	942
648	Andrew Baker	m			0	0	0	0	942	0	0	0	942



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
649	Eric Roe	m	U25		0	0	0	0	0	0	942	0	942
650	Kate White	f	FV 50	Ashbourne Running Club	0	0	0	0	0	0	0	942	942
651	John-Robert Welsh	m			941	0	0	0	0	0	0	0	941
652	Karen Lloyd	f	FV 40		0	0	941	0	0	0	0	0	941
653	Steve Roe	m	MV 50		0	0	0	0	0	0	941	0	941
654	Richard Coley	m	MV 50		0	0	0	0	0	0	0	941	941
655	Elliot Chew	m			0	0	0	941	0	0	0	0	941
656	Daniel Shard	m	MV 40		940	0	0	0	0	0	0	0	940
657	Bruce Austin	m	U21		0	0	0	0	0	940	0	0	940
658	Dawn harrison	f	FV 50	loftus & whitby AC	939	0	0	0	0	0	0	0	939
659	Luke Wookey	m	MV 40		0	0	939	0	0	0	0	0	939
660	Jessica Booth	f			0	0	0	0	939	0	0	0	939
661	James Lilliott	m			0	0	0	0	0	0	939	0	939
662	Liam Woffindin	m			0	0	0	939	0	0	0	0	939
663	Eric Austin	m	U21		0	0	0	0	0	939	0	0	939
664	Stuart Holding	m	MV 40	Wigan & District Harriers Ac	938	0	0	0	0	0	0	0	938
665	Siobhan Riley	f	FV 50		0	0	0	0	938	0	0	0	938
666	Carol Hatch	f	FV 60		0	0	937	0	0	0	0	0	937
667	Matthew Eastwood	m			0	0	0	0	0	0	937	0	937
668	Sarah Lee	f	FV 40	Smiley paces	0	0	0	0	0	0	0	937	937
669	Melanie Hunter-Steele	f	FV 40	St Theresa's	0	0	0	937	0	0	0	0	937
670	Michelle Thompson	f	FV 50		0	0	0	0	0	937	0	0	937
671	Andy Froud	m	MV 50		0	936	0	0	0	0	0	0	936
672	Shaun Favill	m	MV 60	LINCSQUAD	936	0	0	0	0	0	0	0	936
673	Joseph Prudhoe	m	MV 40	N/A	0	0	0	0	0	936	0	0	936
674	Katy Parker	f	FV 60	Cheshire Hash House Harriers	0	0	0	0	0	0	0	936	936
675	Sarah Airey	f	FV 40		0	935	0	0	0	0	0	0	935
676	Paul Wilson	m			0	0	935	0	0	0	0	0	935
677	Michael Lawton	m	MV 50		0	0	0	0	935	0	0	0	935
678	Tom Clapham	m			0	0	0	0	0	0	935	0	935
679	Clare McCluskey	f			0	0	0	0	0	0	0	935	935
680	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	0	0	934	0	0	0	0	0	934
681	Andrea Donaldson	f			934	0	0	0	0	0	0	0	934
682	Dave Greene	m	MV 50	Thornton Cleveleys	0	0	0	0	0	934	0	0	934
683	Kerry Gray	f	FV 40		0	0	0	0	0	0	0	934	934
684	Nick Henry	m	MV 40		933	0	0	0	0	0	0	0	933
685	Stuart McClelland	m	MV 40		0	0	0	933	0	0	0	0	933
686	Grant Griffiths	m	MV 60		0	0	932	0	0	0	0	0	932
687	Catherine Wignall	f	FV 40		0	0	0	0	0	932	0	0	932
688	Helen Macleod	f	FV 40	Eden Runners	0	0	0	0	0	0	0	932	932
689	Michael Bellwood	m			0	931	0	0	0	0	0	0	931

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
690	Kate Platt	f	FV 40	Hay Hotfooters	931	0	0	0	0	0	0	0	931
691	Samantha Catarelli	f		Styal Rc	0	0	931	0	0	0	0	0	931
692	beckie joyce	f	FV 50		0	0	0	0	0	931	0	0	931
693	Oliver Sloper	m			0	0	0	0	0	0	0	931	931
694	Chris Fenwick	m			0	0	0	931	0	0	0	0	931
695	Hannah Heron	f	FV 40	Didsbury runners	930	0	0	0	0	0	0	0	930
696	Glenn Morris	m	MV 50	Running Bear	0	0	930	0	0	0	0	0	930
697	Julian Burgess	m	MV 40		0	0	0	0	0	930	0	0	930
698	Rob Chaffe	m	MV 50		0	0	0	0	0	0	930	0	930
699	Natasha Bleese	f		Nob end run club	0	0	0	0	0	0	0	930	930
700	Karen Smith	f	FV 50	Ashington Hirst Running Club	0	0	0	0	930	0	0	0	930
701	Gerard Rooney	m	MV 60	Dalston Caldew Runners	0	929	0	0	0	0	0	0	929
702	Tom Wild	m			929	0	0	0	0	0	0	0	929
703	Louise Jeffrey-read	f	FV 40		0	0	929	0	0	0	0	0	929
704	Jason Doggett	m			0	0	0	0	929	0	0	0	929
705	James Snutch	m	MV 40		0	0	0	0	0	929	0	0	929
706	Katie Pollitt	f			0	0	0	0	0	0	0	929	929
707	Mirjam Kallis	f		Team inov-8	0	928	0	0	0	0	0	0	928
708	David Hill	m			0	0	0	0	0	0	928	0	928
709	Mark Ogilvie	m	MV 50		0	0	0	0	927	0	0	0	927
710	Alex Hay	m	MV 50		0	0	0	0	0	927	0	0	927
711	Amy Rickerby	f	U25		0	0	0	0	0	0	0	927	927
712	Andy Murray	m	MV 60		0	0	0	927	0	0	0	0	927
713	Simon Burgess	m			926	0	0	0	0	0	0	0	926
714	Alex Sharman	m			0	0	926	0	0	0	0	0	926
715	Steve Mason	m	MV 50		0	0	0	0	0	0	926	0	926
716	Morven Lowe	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	926	926
717	MICHELLE MURRAY	f	FV 50		0	0	0	926	0	0	0	0	926
718	Lucy Clarkson	f			0	0	0	0	0	926	0	0	926
719	William Thomson	m	U25		0	0	925	0	0	0	0	0	925
720	Callum Grogan	m			0	0	0	0	0	925	0	0	925
721	Ferg Ryan	m	MV 40	Sw Running Crew	0	0	0	925	0	0	0	0	925
722	Michael Ball	m	MV 50		0	924	0	0	0	0	0	0	924
723	Bradley Foster	m			0	0	924	0	0	0	0	0	924
724	Seonaid Hume	f			0	0	0	0	924	0	0	0	924
725	Alanna Buckle	f		Allithwaite Running Club	0	0	0	0	0	924	0	0	924
726	Ben Melia	m			0	0	0	0	0	0	924	0	924
727	Hannah Miller	f			0	0	0	0	0	0	0	924	924
728	Lynne Ellison	f	FV 40		0	0	0	924	0	0	0	0	924
729	Andrew Johnson	m	MV 40		923	0	0	0	0	0	0	0	923
730	Christine Woods	f	FV 60	Durham City Harriers	0	0	0	0	0	0	923	0	923

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
731	Sean Fletcher	m			0	0	0	0	0	0	0	923	923
732	Phil Foley	m	MV 40		0	0	0	923	0	0	0	0	923
733	David Sumner	m	MV 60		0	0	0	0	923	0	0	0	923
734	Stacey Hardy	f			0	0	0	0	0	0	922	0	922
735	Sarah Sigsworth	f			0	0	0	0	0	0	0	922	922
736	Baz Saunders	m	MV 50		0	0	0	922	0	0	0	0	922
737	Ian Stainthorpe	m	MV 60		921	0	0	0	0	0	0	0	921
738	Emily Valentine	f	U25	Wigan Harriers	0	0	921	0	0	0	0	0	921
739	Will Charles	m	MV 40		0	0	0	0	921	0	0	0	921
740	Christopher Bligh	m	MV 50	Thornton Cleveleys running club	0	0	0	0	0	921	0	0	921
741	Natasha Mladek	f			0	0	0	0	0	0	0	921	921
742	Sophie Cavill	f	FV 40	East Grinstead Runners	0	0	0	921	0	0	0	0	921
743	Michael Johnson	m	MV 60		0	920	0	0	0	0	0	0	920
744	Oliver Chanarin	m	MV 50		920	0	0	0	0	0	0	0	920
745	Mat Harrop	m	MV 40		0	0	920	0	0	0	0	0	920
746	Gavin Prudhoe	m			0	0	0	0	0	920	0	0	920
747	Sarah Fairbairn	f	FV 40	Durham city harriers	0	0	0	0	0	0	920	0	920
748	Phil Holden	m	MV 60		0	0	0	0	0	0	0	920	920
749	Ruth Robson	f			0	0	0	920	0	0	0	0	920
750	Dave Tonge	m	MV 60		0	0	0	0	919	0	0	0	919
751	Sarah Yeates	f			0	0	0	0	0	919	0	0	919
752	Michael Lemmy	m	MV 50		0	0	0	0	0	0	919	0	919
753	Sue Elliott	f	FV 60	East Grinstead Runners	0	0	0	919	0	0	0	0	919
754	Dale Gerrard	m			0	0	918	0	0	0	0	0	918
755	Bronwen Currie	f	FV 70		0	0	0	918	0	0	0	0	918
756	Rebecca Fish	f			0	917	0	0	0	0	0	0	917
757	Guy Platt	m	MV 40		917	0	0	0	0	0	0	0	917
758	Gillian Holland-Jones	f	FV 60	Styal Running Club	0	0	917	0	0	0	0	0	917
759	Andrew Gray	m			0	0	0	0	917	0	0	0	917
760	Naomi Morrison	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	917	917
761	Elle Leadbitter	f	U25		0	0	0	917	0	0	0	0	917
762	Paul Scally	m	MV 50	Llangollen running club	0	0	0	0	0	917	0	0	917
763	Pete Lashley	m	MV 50		0	916	0	0	0	0	0	0	916
764	Laura Fildes	f			916	0	0	0	0	0	0	0	916
765	Gary Gregson	m	MV 40	Nob Enders	0	0	0	0	0	0	0	916	916
766	Ashleigh Stott	f			0	0	0	0	0	916	0	0	916
767	Andrew Pilkington	m			0	915	0	0	0	0	0	0	915
768	Kathryn Holmes	f	FV 40		0	0	915	0	0	0	0	0	915
769	Jayne Taylor	f			915	0	0	0	0	0	0	0	915
770	Gillian Woon	f	FV 40	Vegan Runners UK	0	0	0	0	0	915	0	0	915
771	Rebecca Byrne	f		St Bees Trier	0	0	0	0	915	0	0	0	915

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
772	Roger and De Nobrega	m	MV 40		0	0	0	0	0	0	0	915	915
773	Gareth Matthews	m			0	914	0	0	0	0	0	0	914
774	Laura Ashton	f	FV 40	Bad Boy Running Club	914	0	0	0	0	0	0	0	914
775	Susan Fletcher	f	FV 40	Astley & Tyldesley Road Runners	0	0	914	0	0	0	0	0	914
776	Esther Rollinson	f			0	0	0	0	914	0	0	0	914
777	Rachel Dobson	f			913	0	0	0	0	0	0	0	913
778	Stuart Cairns	m	MV 40		0	0	913	0	0	0	0	0	913
779	Christine Johnson	f	FV 60		0	0	0	0	0	913	0	0	913
780	Sam Atkinson	m			0	0	0	0	913	0	0	0	913
781	Tim Cullimore	m	MV 40		0	0	912	0	0	0	0	0	912
782	Paul Wood	m	MV 60	Lonely Goat RC	912	0	0	0	0	0	0	0	912
783	SHONAGH MCEWEN	f			0	0	0	0	912	0	0	0	912
784	Scott Currie	m	MV 70		0	0	0	912	0	0	0	0	912
785	Ben Poole	m			911	0	0	0	0	0	0	0	911
786	David Williams	m	MV 50	Ambleside Ac	0	0	0	0	0	0	0	911	911
787	Deborah Reekie	f	FV 40		0	0	0	911	0	0	0	0	911
788	Lorna Davies	f	FV 50	Knowle And Dorridge	0	910	0	0	0	0	0	0	910
789	Sophia Padt	f			0	0	910	0	0	0	0	0	910
790	David Snutch	m	MV 60	Birstall	0	0	0	0	0	910	0	0	910
791	Jack Brain	m			0	0	0	0	910	0	0	0	910
792	Iain Riley	m			0	909	0	0	0	0	0	0	909
793	Alicson Daniela Fernandes Urb	f			0	0	909	0	0	0	0	0	909
794	Laura Burton	f	FV 40		0	0	0	0	0	0	0	909	909
795	Lucy Owens	f	FV 40	Stockton Striders	0	0	0	0	0	0	909	0	909
796	Lauren Docksey	f		Washlands Women Runners	0	0	0	0	909	0	0	0	909
797	Stinky Pete	m			0	908	0	0	0	0	0	0	908
798	John Hocking	m	MV 40		0	0	0	0	0	908	0	0	908
799	George Eaton	m	U25		0	0	0	0	908	0	0	0	908
800	Mark Twitchett	m	MV 50	Roundhay Runners	0	0	0	0	0	0	0	908	908
801	Suzanne Mercer	f	FV 50	Borders Triathletes	0	0	0	0	0	0	907	0	907
802	Nigel Forster	m	MV 50		0	906	0	0	0	0	0	0	906
803	Sally Ledger	f			0	0	906	0	0	0	0	0	906
804	Amanda Deane	f		Furness Fell Runners	0	0	0	0	0	906	0	0	906
805	Elizabeth De Nobrega	f	FV 40		0	0	0	0	0	0	0	906	906
806	Chris Alder	m	MV 40		0	0	0	0	0	0	906	0	906
807	Justin Gill	m	MV 50	Clayton-le-Moors Harriers	0	0	0	0	906	0	0	0	906
808	Sam Humphreys	m			0	0	905	0	0	0	0	0	905
809	vicky hart	f	FV 40	Dumfries Running Club	0	0	0	0	905	0	0	0	905
810	Isobel Taylor	f			0	904	0	0	0	0	0	0	904
811	Paul Blake	m	MV 60	Lonely Goat	904	0	0	0	0	0	0	0	904
812	Ellie Taylor	f			0	903	0	0	0	0	0	0	903

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
813	Claire Hall	f	FV 40	Na	0	0	903	0	0	0	0	0	903
814	Karen King	f	FV 50		0	0	0	0	903	0	0	0	903
815	Andrew Creighton	m	MV 50		0	0	0	0	0	0	903	0	903
816	Caroline Maxted	f	FV 40		0	0	0	0	0	0	0	903	903
817	Iain Mclean	m	MV 50	Muthaduckas	902	0	0	0	0	0	0	0	902
818	Diane Hopper	f	FV 40		0	0	0	0	902	0	0	0	902
819	Annie Willetts	f	FV 50		0	0	0	0	0	0	902	0	902
820	Samuel Watts	m			0	0	0	0	0	0	0	902	902
821	Timon Robson	m	MV 50		0	901	0	0	0	0	0	0	901
822	David Harrow	m	MV 40		901	0	0	0	0	0	0	0	901
823	Paul Wilson	m	MV 60	Eden Runners	0	0	901	0	0	0	0	0	901
824	Callum Puttock	m			0	0	0	0	901	0	0	0	901
825	Chris Dunn	m	MV 40	Nob End running club	0	0	0	0	0	0	0	901	901
826	Suzanne Hughes-Rudd	f	FV 40		0	0	0	0	900	0	0	0	900
827	Christina Marechal	f			0	0	0	0	0	0	900	0	900
828	Alyson Rayner	f	FV 40		0	0	0	0	0	0	0	900	900
829	Mark Barwell	m	MV 40		0	899	0	0	0	0	0	0	899
830	Kevan Wylie	m	MV 60		0	0	899	0	0	0	0	0	899
831	Tabby Merrilees	f	FV 50		0	0	0	0	899	0	0	0	899
832	Gary Cash	m	MV 70	Wirral Vikings TRC	0	0	0	0	0	0	899	0	899
833	Paul Shepherd	m	MV 50	City of Hull AC	0	0	0	0	0	0	0	899	899
834	Alex Moran	m	MV 40	None	898	0	0	0	0	0	0	0	898
835	Leanne Batty	f	FV 40	Thornton-Cleveleys running club	0	0	0	0	0	898	0	0	898
836	Dawn Jones	f	FV 50		0	0	0	0	0	0	898	0	898
837	Nicola Whitfield	f			0	0	0	0	0	0	0	898	898
838	Fiona Jane Burgess	f			897	0	0	0	0	0	0	0	897
839	Joanne Devitt	f	FV 50	Knowle & Dorrige Running Club	0	0	897	0	0	0	0	0	897
840	Gemma Aden	f	FV 40	St Helens Striders	0	0	0	0	897	0	0	0	897
841	Katie Wilkinson	f	FV 40		896	0	0	0	0	0	0	0	896
842	Andrew Devitt	m	MV 50	Knowle & Dorrige Running Club	0	0	896	0	0	0	0	0	896
843	Elizabeth Templeton	f	U25		0	0	0	0	896	0	0	0	896
844	Joel Stanier	m		Red Rose Road Runners	0	0	895	0	0	0	0	0	895
845	Rebecca Maddock	f	FV 40		0	0	0	0	0	895	0	0	895
846	Tim Smith	m	MV 50		894	0	0	0	0	0	0	0	894
847	Paul Irving	m			0	0	0	0	894	0	0	0	894
848	Ginny Newman	f	FV 60		0	0	0	0	0	894	0	0	894
849	Ian Massey	m	MV 40		0	0	0	0	0	0	894	0	894
850	Fiona Hulley	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	894	894
851	Holly Maxwell	f			893	0	0	0	0	0	0	0	893
852	LAURA ATKINSON	f	FV 40		0	0	0	0	0	0	0	893	893
853	Alex OBrien	m			0	0	892	0	0	0	0	0	892

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
854	Mary Dawson	f	FV 40		0	0	0	0	892	0	0	0	892
855	Angela Dallinger	f	FV 40	Red Rose	0	0	0	0	0	892	0	0	892
856	Helen Tope	f			0	0	0	0	0	0	0	892	892
857	Louise Johnson	f	FV 40	Hardley Runners	0	891	0	0	0	0	0	0	891
858	Gillian Doolan	f	FV 50		0	0	0	0	891	0	0	0	891
859	John Beer	m	MV 70	The Stragglers	0	0	0	0	0	0	0	891	891
860	Charles Richardson	m			890	0	0	0	0	0	0	0	890
861	Joanna Duncan	f	FV 40		0	0	0	0	890	0	0	0	890
862	Leigh Curran	m			889	0	0	0	0	0	0	0	889
863	Jenny Clark	f	FV 40	Blackpool Wyre & Fylde AC	0	0	889	0	0	0	0	0	889
864	Diana Taylor	f	FV 40		0	0	0	0	0	889	0	0	889
865	Sam Birchall	m			0	0	888	0	0	0	0	0	888
866	Marie Walker	f	FV 50	Sedgefield Harriers	0	0	0	0	888	0	0	0	888
867	Hanna Burgess	f			887	0	0	0	0	0	0	0	887
868	Garry Spivey	m	MV 70	Unattached	0	0	887	0	0	0	0	0	887
869	Lesley Chapman	f	FV 60		0	0	0	0	887	0	0	0	887
870	Gemma Favill	f		LINCSQUAD	886	0	0	0	0	0	0	0	886
871	David Dodgson	m	MV 50		0	0	886	0	0	0	0	0	886
872	Richard Tickner	m	MV 60		0	0	0	0	886	0	0	0	886
873	David Whiteley	m	MV 60		0	0	0	0	0	886	0	0	886
874	Kristy Wonders	f	FV 40	North Shields Poly	885	0	0	0	0	0	0	0	885
875	Nicola Berry	f			0	0	0	0	885	0	0	0	885
876	Stephen Potter	m	MV 50		0	0	0	0	0	885	0	0	885
877	Justin Wetters	m	MV 50	Goodgym Race Team	884	0	0	0	0	0	0	0	884
878	Michael Tucker	m	MV 40		0	0	0	0	884	0	0	0	884
879	Charlotte Liley	f	FV 50		0	0	0	0	0	884	0	0	884
880	Emma Harnett	f	FV 40		0	0	883	0	0	0	0	0	883
881	Holly Mackenzie	f	FV 40		0	0	0	0	883	0	0	0	883
882	Vicky Ward	f	FV 50		0	0	0	0	0	883	0	0	883
883	Lauren Jones	f			0	0	0	0	0	0	883	0	883
884	Andy Hickson	m	MV 60	Mornington Chasers	882	0	0	0	0	0	0	0	882
885	Robin Henderson	m			0	0	0	0	882	0	0	0	882
886	Andrew Whitehead	m	MV 50		0	0	0	0	0	882	0	0	882
887	Niamh Cuffe	f			0	0	0	0	0	0	882	0	882
888	David Western	m	MV 60		0	881	0	0	0	0	0	0	881
889	Tom Saxby	m	U25		881	0	0	0	0	0	0	0	881
890	Rachel Whitehead	f			0	0	0	0	0	881	0	0	881
891	Melanie Jerram	f	FV 50		0	0	0	0	0	0	881	0	881
892	Ann Cleave	f	FV 60	Red Rose Road Runners	0	880	0	0	0	0	0	0	880
893	Mike Harvey	m	MV 40		880	0	0	0	0	0	0	0	880
894	Dawn Milburn	f			0	0	0	0	880	0	0	0	880

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
895	Nigel Eddy	m	MV 60	Quakers running club	0	0	0	0	0	0	880	0	880
896	Delia Watts	f	FV 50	Smiley Paces	879	0	0	0	0	0	0	0	879
897	Jonathan Reeves	m	MV 50		0	0	0	0	0	0	879	0	879
898	Ben Ross	m			0	0	0	0	878	0	0	0	878
899	Ellie Mackay	f	FV 40		0	0	877	0	0	0	0	0	877
900	Neil King	m	MV 60		0	0	0	0	877	0	0	0	877
901	Debbie Bullough	f	FV 50		0	0	0	0	0	0	877	0	877
902	Lisa Nichols	f	FV 50		0	0	0	0	0	0	0	877	877
903	Suzanne Green	f	FV 50	Red Rose Runners	876	0	0	0	0	0	0	0	876
904	Gary Tate	m	MV 40	Thornton cleveleys running club	0	0	0	0	0	876	0	0	876
905	Anthony Marechal	m	MV 60		0	0	0	0	0	0	876	0	876
906	Michael Carey	m		Thornton Cleveleys Running Club	0	0	0	0	0	875	0	0	875
907	Caitlin Fawkes	f	U25		0	0	0	0	0	0	0	875	875
908	Ben Metcalfe	m	U21		0	0	0	0	874	0	0	0	874
909	Jean WILKINSON	f	FV 50		0	0	0	0	0	874	0	0	874
910	Margaret Dixon	f	FV 50		0	0	0	0	0	0	874	0	874
911	Samantha Sunderland	f	FV 50		0	0	0	0	0	0	0	874	874
912	Emma Hastings	f		JAG Outdoors	0	0	0	0	872	0	0	0	872
913	Joe Barnes-Babic	m	U21		0	0	0	0	0	0	872	0	872
914	Holly Harrow	f	FV 40		871	0	0	0	0	0	0	0	871
915	Christopher D'Arcy	m	MV 50		0	0	871	0	0	0	0	0	871
916	Esther Stanier	f		Red Rose Road Runners	0	0	0	0	0	871	0	0	871
917	Ian Johnson	m	MV 50	Stainland Lions Running Club	870	0	0	0	0	0	0	0	870
918	Jessica Trewby	f			0	0	870	0	0	0	0	0	870
919	Patricia White	f	FV 60	Women on the Run	0	0	0	0	870	0	0	0	870
920	Kate Peers	f	FV 40		0	0	0	0	0	870	0	0	870
921	Charlotte Smallwood	f	FV 40		0	0	0	0	0	0	870	0	870
922	Clive Elliott	m	MV 50		0	869	0	0	0	0	0	0	869
923	Andy Glen	m	MV 40		0	0	0	0	869	0	0	0	869
924	Michelle Rushby	f	FV 50	Stainland Lions Running Club	0	0	0	0	0	869	0	0	869
925	Karen Lee	f	FV 50		0	0	0	0	0	0	869	0	869
926	Kate Turnbull	f	FV 40		0	0	0	0	0	0	0	869	869
927	Emma Green	f			0	868	0	0	0	0	0	0	868
928	Justin Hill	m	MV 40		868	0	0	0	0	0	0	0	868
929	Geraldine O'Kane	f		Chorlton Runners	0	0	0	0	868	0	0	0	868
930	Nicole Nagle	f	U25		0	0	0	0	0	0	868	0	868
931	Daniel Hind	m			0	867	0	0	0	0	0	0	867
932	Adam Pattinson	m	MV 40	Eden Runners	867	0	0	0	0	0	0	0	867
933	John Macholc	m	MV 60	Accrington Road Runner	0	0	867	0	0	0	0	0	867
934	Garry Smith	m	MV 70	Milltown Milers	0	866	0	0	0	0	0	0	866
935	Jenny Howorth	f	U25		0	0	0	0	866	0	0	0	866

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
936	Angela Wallace	f	FV 50	Adwick Tri	0	0	0	0	0	866	0	0	866
937	Jayne Gissing	f	FV 40		0	0	0	0	0	0	866	0	866
938	John Harris	m	MV 40		0	0	0	0	0	0	865	0	865
939	David Britzman	m			0	0	0	0	864	0	0	0	864
940	Glyn MCGovern	m	MV 60		0	863	0	0	0	0	0	0	863
941	Robin Howson	m			0	0	0	0	863	0	0	0	863
942	Andrew Henworth	m	MV 50		0	0	0	0	0	0	863	0	863
943	Jonathan Frith	m	MV 40		0	0	862	0	0	0	0	0	862
944	Stewart Pyrah	m	MV 60		0	0	0	0	0	862	0	0	862
945	Betty O'boyle	f	U21	St Gregory's Catholic High School	0	0	0	0	0	0	862	0	862
946	Martha Henocq	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	862	862
947	Sue Woods	f	FV 50		0	861	0	0	0	0	0	0	861
948	Eleanor Ward	f			861	0	0	0	0	0	0	0	861
949	Eleanor Forshaw	f	U25		0	0	0	0	861	0	0	0	861
950	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	860	0	0	0	0	0	0	0	860
951	Sandra Hutchinson	f	FV 50		0	0	0	0	0	0	860	0	860
952	Rachel Savage	f	FV 40	Smiley Paces	0	0	0	0	0	0	0	860	860
953	Gail Rason	f	FV 50		0	0	0	0	0	860	0	0	860
954	James Featherstone	m	MV 60		859	0	0	0	0	0	0	0	859
955	Katy Hulme	f			0	0	0	0	0	859	0	0	859
956	Jon Munday	m			0	0	0	0	859	0	0	0	859
957	Angie Wright	f	FV 50	Smiley Paces	0	0	0	0	0	0	0	859	859
958	Harriet Barton	f			0	0	858	0	0	0	0	0	858
959	Jeff Tosh	m	MV 40		0	0	0	0	858	0	0	0	858
960	Derek Delaney	m	MV 60		0	0	0	0	0	858	0	0	858
961	Brad Treloar	m			0	0	0	0	0	0	858	0	858
962	Hannah Leatherbarrow	f			0	857	0	0	0	0	0	0	857
963	Wendy Johnson	f	FV 50	Eden Runners	0	0	857	0	0	0	0	0	857
964	Helen Tucker	f	FV 40		0	0	0	0	857	0	0	0	857
965	Viki Sutton	f	FV 60		856	0	0	0	0	0	0	0	856
966	Iain Wilson	m			0	0	856	0	0	0	0	0	856
967	Claire Schofield	f	FV 40		0	855	0	0	0	0	0	0	855
968	Guy Bebbington	m	MV 40		855	0	0	0	0	0	0	0	855
969	Cathy Monaghan	f			0	0	855	0	0	0	0	0	855
970	Julia Cunliffe	f	FV 70	WOTR Kendal	0	0	0	0	0	855	0	0	855
971	John Walter	m	MV 70		0	0	0	0	0	0	855	0	855
972	Katherine France	f	FV 40		0	0	854	0	0	0	0	0	854
973	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	0	0	0	0	0	854	0	0	854
974	Rebecca Hodgson	f	FV 40		0	0	853	0	0	0	0	0	853
975	Tom Hipwell	m			0	0	0	0	853	0	0	0	853
976	Bob Preston	m	MV 50		0	0	0	0	0	0	853	0	853



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
977	Penny Carroll	f	FV 60		0	0	0	0	0	0	0	853	853
978	Steve Longney	m	MV 50	Yorkshire Wolds Runners	0	0	0	0	0	853	0	0	853
979	Paul Hutcheon	m	MV 50		0	0	852	0	0	0	0	0	852
980	Jessica Beattie	f	FV 40		0	0	0	0	0	0	852	0	852
981	Lily Graham	f	U21		0	0	0	0	0	0	0	852	852
982	Rhona Malcolm	f			0	0	0	0	852	0	0	0	852
983	Elinor Doherty	f	FV 40	New Mills Jolly Joggers	0	0	0	0	0	0	0	851	851
984	Ritchie Head	m	MV 50		850	0	0	0	0	0	0	0	850
985	Isabelle Harrison	f	U25		0	0	0	0	0	850	0	0	850
986	Michele Philp	f	FV 40		0	0	0	0	0	0	850	0	850
987	Suesanne Samara	f			0	0	0	0	0	0	0	850	850
988	James Skivington	m			849	0	0	0	0	0	0	0	849
989	Clare Laybourn	f	FV 50		0	0	0	0	0	849	0	0	849
990	Greg Jones	m	MV 40		0	0	0	0	849	0	0	0	849
991	Sophie Belghazi	f			0	0	0	0	0	0	0	849	849
992	David Holliday	m	MV 50	DCH Run Club	0	0	848	0	0	0	0	0	848
993	Beth Abbott	f			848	0	0	0	0	0	0	0	848
994	Harry Bower	m	MV 50		0	0	0	0	848	0	0	0	848
995	Jenny Nuttall	f	FV 40		0	847	0	0	0	0	0	0	847
996	Nicola Brown	f	FV 40		847	0	0	0	0	0	0	0	847
997	Simon Nicholson	m		Nob End RC	0	0	0	0	847	0	0	0	847
998	Fran Mckee	f			0	0	0	0	0	0	847	0	847
999	Hayley Cook	f			0	0	0	0	0	0	0	847	847
1000	Stephen Buston	m	MV 50	Thornton Cleveleys Running Club	0	0	0	0	0	846	0	0	846
1001	Chris McKee	m			0	0	0	0	0	0	846	0	846
1002	Teresa Douglas	f	FV 60	Eden Runners	0	845	0	0	0	0	0	0	845
1003	Cath Brownsell	f	FV 50		845	0	0	0	0	0	0	0	845
1004	Taylor Coppell	f			0	0	845	0	0	0	0	0	845
1005	Phil Hayes	m	MV 50	TCRC	0	0	0	0	0	845	0	0	845
1006	Ciara Heaton	f			0	844	0	0	0	0	0	0	844
1007	Graham Todd	m	MV 50		844	0	0	0	0	0	0	0	844
1008	Clare Cooper	f	FV 50	Belper Harriers	0	0	0	0	0	844	0	0	844
1009	Morven Walker	f			0	0	0	0	0	0	844	0	844
1010	Nicola Joyce	f	FV 50		0	0	843	0	0	0	0	0	843
1011	Steve Burgess	m	MV 60	Thornton Cleveleys	0	0	0	0	0	843	0	0	843
1012	Andrea Graham	f	FV 50		0	0	0	0	0	0	0	843	843
1013	Kirstin Walker	f			0	0	0	0	0	0	843	0	843
1014	Rachel Ambler-Sergeant	f	FV 40		0	842	0	0	0	0	0	0	842
1015	Joanna Taylor	f			0	0	0	0	0	842	0	0	842
1016	Zoe Bridges	f	FV 50	Trail Running Association	0	0	0	0	842	0	0	0	842
1017	Sandy McBride	f	FV 50		0	841	0	0	0	0	0	0	841

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1018	Andrew Storm	m	MV 40		841	0	0	0	0	0	0	0	841
1019	Sarah Robinson	f	FV 50		0	0	841	0	0	0	0	0	841
1020	Mary Entwistle	f	FV 50		0	0	0	0	0	841	0	0	841
1021	Jo Fee	f	FV 50	CFR	0	0	0	0	841	0	0	0	841
1022	Sarah Hall	f	FV 40	Roundhay Runners	0	0	0	0	0	0	841	0	841
1023	Hilary Johnson	f	FV 60		0	840	0	0	0	0	0	0	840
1024	Kevin Greenwood	m	MV 60		840	0	0	0	0	0	0	0	840
1025	Simon Forshaw	f	FV 50		0	0	0	0	840	0	0	0	840
1026	Joanna Whittington	f	FV 50		0	839	0	0	0	0	0	0	839
1027	Stuart Tattersall	m	MV 50		0	0	839	0	0	0	0	0	839
1028	Rowan Smith	m			0	0	0	0	839	0	0	0	839
1029	Julie Jerram	f	FV 50		0	0	0	0	0	0	839	0	839
1030	Ian Woodgate	m	MV 50	Middleton Harriers	838	0	0	0	0	0	0	0	838
1031	Hannah March	f			0	0	0	0	0	0	838	0	838
1032	Gill Nevin	f	FV 50	Rimrose Runners	0	0	837	0	0	0	0	0	837
1033	John Gatt	m	MV 40		0	0	0	0	837	0	0	0	837
1034	Andy Johnson	m			0	0	0	0	0	0	837	0	837
1035	Fiona O'brien	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	0	837	837
1036	Neil Brannelly	m	MV 50		0	0	0	0	0	837	0	0	837
1037	Imogen Jones	f	U21		0	0	836	0	0	0	0	0	836
1038	Callum Clarke	m		Lone Ranger	836	0	0	0	0	0	0	0	836
1039	Amanda Cirelli	f	FV 50		0	0	0	0	0	836	0	0	836
1040	Laurence Allan	m			0	0	0	0	836	0	0	0	836
1041	Louise Higham	f	FV 50		0	835	0	0	0	0	0	0	835
1042	Kyle Young	m		Lone Ranger #2	835	0	0	0	0	0	0	0	835
1043	Tiff Mccullough	f			0	0	0	0	835	0	0	0	835
1044	Lisa Leigh	f	FV 40		0	0	0	0	0	0	0	834	834
1045	Ellena Farrow	f			833	0	0	0	0	0	0	0	833
1046	Jasmin Howard	f		Furness Fell Runners	0	0	0	0	0	0	833	0	833
1047	Stuart Brown	m	MV 50		832	0	0	0	0	0	0	0	832
1048	Aidan Jones	m	U25		0	0	832	0	0	0	0	0	832
1049	Austin Trelfa	m	MV 60	Red Rose Road Runners	0	0	0	0	832	0	0	0	832
1050	Fiona Wilson	f	FV 50		0	0	0	0	0	832	0	0	832
1051	Nigel Ezard	m	MV 50		831	0	0	0	0	0	0	0	831
1052	Fiona Jones	f	FV 50		0	0	831	0	0	0	0	0	831
1053	Steve Parkes	m	MV 60		0	0	0	0	831	0	0	0	831
1054	Jessica Jackson	f		Ambleside	0	0	0	0	0	831	0	0	831
1055	Sean Barton	m	MV 50		0	0	0	0	0	0	831	0	831
1056	Mark Bottomley	m	MV 50	Idle Ac	830	0	0	0	0	0	0	0	830
1057	Emily Topping	f			0	0	0	0	0	830	0	0	830
1058	Irene Williams	f	FV 50		0	0	0	0	0	0	830	0	830

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1059	Jake Kitching	m		N/a	829	0	0	0	0	0	0	0	829
1060	Matt Barker	m	MV 50	Tri-Rivington	0	0	0	0	0	829	0	0	829
1061	Tracey Shaw	f	FV 40		0	0	0	0	829	0	0	0	829
1062	Sarah Calvert Calvert	f			0	0	0	0	0	0	829	0	829
1063	Sarah Ibbotson	f	FV 40		0	0	0	0	0	0	0	829	829
1064	Jamie McCreath	m	MV 40		0	0	828	0	0	0	0	0	828
1065	Beth Sunderland	f	U25		0	0	0	0	0	0	0	828	828
1066	Bertie Wooster	m	MV 40		0	0	0	0	0	0	828	0	828
1067	Mark Allitt	m	MV 60	Snaith & Cowick Running Club	827	0	0	0	0	0	0	0	827
1068	Ella Sunderland	f	U21		0	0	0	0	0	0	0	827	827
1069	Lisa Kirkwood	f			0	0	0	0	0	827	0	0	827
1070	ALEXA WILCOCK	f	FV 40		0	0	0	0	0	0	827	0	827
1071	Laura Stanley	f			0	0	826	0	0	0	0	0	826
1072	Chris Armitage	m			0	0	0	0	826	0	0	0	826
1073	Isabel Gaytan	f			0	0	0	0	0	0	826	0	826
1074	Claire Howarth	f	FV 40	Chorlton Runners	0	0	0	0	0	0	0	826	826
1075	Emma Kirkwood	f			0	0	0	0	0	826	0	0	826
1076	Stuart Arnold	m	MV 60		0	825	0	0	0	0	0	0	825
1077	Amy Smithson	f			0	0	0	0	0	825	0	0	825
1078	Jamie Armitage	f			0	0	0	0	825	0	0	0	825
1079	Sharron Swales	f	FV 40		0	0	0	0	0	0	0	825	825
1080	Laura Wilcock	f			0	0	0	0	0	0	825	0	825
1081	Josephine Murray	f	FV 60		0	0	824	0	0	0	0	0	824
1082	Richard Sabey	m	MV 50		0	0	0	0	824	0	0	0	824
1083	Bruce Goodwin	m	MV 60		0	0	0	0	0	0	0	824	824
1084	Danielle McEwan	f			0	823	0	0	0	0	0	0	823
1085	Andrew Marshall	m	MV 40		0	0	0	0	0	823	0	0	823
1086	Rachel Service	f			0	0	0	0	0	0	823	0	823
1087	Lucy Bowman	f	U21		0	0	0	0	822	0	0	0	822
1088	Rach Stavert	f	FV 50		0	0	0	0	0	821	0	0	821
1089	Catherine Bowman	f	FV 40	Smiley Paces	0	0	0	0	821	0	0	0	821
1090	Mark Wardley	m	MV 50	Red rose	820	0	0	0	0	0	0	0	820
1091	Mandy Borthwick	f	FV 40	Billinge Running Club	0	0	820	0	0	0	0	0	820
1092	Richard Quine	m	MV 50		819	0	0	0	0	0	0	0	819
1093	Susan McGhee	f	FV 50		0	0	0	0	0	0	819	0	819
1094	Carolyn Wright	f	FV 40		0	0	0	0	0	0	0	819	819
1095	Katya Pell	f			0	0	0	0	0	819	0	0	819
1096	Sally Gardner	f	FV 50		0	818	0	0	0	0	0	0	818
1097	Rachel Seymour Mead	f	FV 40		0	0	818	0	0	0	0	0	818
1098	Judith Barker	f	FV 50		0	0	0	0	818	0	0	0	818
1099	Diane Wood	f	FV 50	Durham City Harriers	0	0	0	0	0	0	818	0	818

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1100	Nicky Ball	f	FV 50		0	0	0	0	0	817	0	0	817
1101	Dionne Hamil	f	FV 40	Durham City Harriers	0	0	0	0	0	0	817	0	817
1102	Christine Robinson	f	FV 60		0	0	0	0	817	0	0	0	817
1103	Glyn Arthur	m			816	0	0	0	0	0	0	0	816
1104	catherine jarvis	f	FV 40	Durham city harriers	0	0	0	0	0	0	816	0	816
1105	Luke Hough	m			0	0	0	0	816	0	0	0	816
1106	Jonathan Shaw	m	MV 60		0	815	0	0	0	0	0	0	815
1107	Charlotte Jones	f			0	0	815	0	0	0	0	0	815
1108	Emily James	f	FV 40		0	0	0	0	0	815	0	0	815
1109	Karen Hopper	f	FV 40		0	0	0	0	815	0	0	0	815
1110	Nick Kaufmann	m	MV 60		0	0	0	0	0	0	0	815	815
1111	Stephen Shore	m			814	0	0	0	0	0	0	0	814
1112	Vikki Wrigley	f	FV 40	Thornton Cleveleys running club	0	0	0	0	0	814	0	0	814
1113	Jennifer Yin	f			0	0	0	0	814	0	0	0	814
1114	suzanne Corlett	f	FV 50		0	0	0	0	0	0	814	0	814
1115	Matt West	m	MV 50		0	0	0	0	0	0	0	814	814
1116	Natalie Wood	f			0	813	0	0	0	0	0	0	813
1117	Matthew Shore	m			813	0	0	0	0	0	0	0	813
1118	Audrey Gresty	f	FV 60	Thornton Cleveleys Running Club	0	0	0	0	0	813	0	0	813
1119	Rachael Holloway	f			0	812	0	0	0	0	0	0	812
1120	Emily Ward	f	FV 40		812	0	0	0	0	0	0	0	812
1121	Catherine Maclachlan	f	FV 50	Lytham St Anne's Road Runners	0	0	0	0	0	812	0	0	812
1122	Matthew Mchugh	m			0	0	0	0	812	0	0	0	812
1123	Clare Clarke	f	FV 50	Evenwood Road Runners	0	0	0	0	0	0	0	812	812
1124	Anthony Harvey	m			0	811	0	0	0	0	0	0	811
1125	Alana Tinsley	f			0	0	811	0	0	0	0	0	811
1126	Michelle Wallace	f	FV 40		0	0	0	0	0	0	0	811	811
1127	Fiona Jackson	f	FV 40		0	0	0	0	0	810	0	0	810
1128	Jennifer Pugh	f	FV 40		0	0	0	0	810	0	0	0	810
1129	Gail Richards	f	FV 40	Evenwood Road Runners	0	0	0	0	0	0	0	810	810
1130	Jim Lucas	m	MV 40		809	0	0	0	0	0	0	0	809
1131	Lucy Johnson	f	FV 40		0	0	0	0	0	809	0	0	809
1132	Jayne Parker-Weir	f	FV 50	DCH RunClub	0	0	0	0	809	0	0	0	809
1133	matt Stapley	m			0	0	0	0	0	0	808	0	808
1134	Tony France	m	MV 60		0	0	0	0	0	0	0	808	808
1135	Helen Field	f	FV 40	Women on the run	0	0	0	0	0	808	0	0	808
1136	Laura Stapley	f			0	0	0	0	0	0	807	0	807
1137	Anita France	f	FV 50	Parbold Pink Panthers	0	0	0	0	0	0	0	807	807
1138	Luke Davis	m			0	0	0	0	0	0	0	806	806
1139	Jenny Clare	f	FV 60		0	0	0	0	0	805	0	0	805
1140	Samuel Robinson	m	U25		0	0	0	0	0	0	0	805	805

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1141	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS	0	804	0	0	0	0	0	0	804
1142	Alison Carroll	f	FV 40		0	0	804	0	0	0	0	0	804
1143	Andy Goodson	m	MV 60		0	0	0	0	0	804	0	0	804
1144	Hannah Ashford	f	FV 40		0	0	0	0	804	0	0	0	804
1145	Emma Bell	f			0	0	0	0	0	0	0	804	804
1146	Peter Wallwork	m	MV 40		0	0	803	0	0	0	0	0	803
1147	Cat Altounyan	f			0	0	0	0	0	803	0	0	803
1148	darren ashford	m	MV 40		0	0	0	0	803	0	0	0	803
1149	Nicola Sewell	f	FV 50	Smiley Paces	801	0	0	0	0	0	0	0	801
1150	Anita Kirkman	f	FV 50		0	0	0	0	0	801	0	0	801
1151	Alexis Garland	f	FV 40		0	0	0	0	0	0	801	0	801
1152	Catherine Morton	f			0	800	0	0	0	0	0	0	800
1153	Jane O'Brien	f	FV 50		0	0	800	0	0	0	0	0	800
1154	Dan Babic	m	MV 60		0	0	0	0	0	0	800	0	800
1155	Jordan Nicholson	m			799	0	0	0	0	0	0	0	799
1156	Sally Nuttall	f			0	0	0	0	799	0	0	0	799
1157	Louisa Dever	f	FV 50		798	0	0	0	0	0	0	0	798
1158	Matthew Barker	m	MV 50		0	0	798	0	0	0	0	0	798
1159	Ruth Wood	f			0	0	0	0	0	0	0	798	798
1160	Kim Winstanley	f			0	0	0	0	798	0	0	0	798
1161	Charlotte Cole	f	U21		0	0	797	0	0	0	0	0	797
1162	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	0	0	0	0	0	797	797
1163	Fiona Dridge	f	FV 40		0	0	0	0	0	797	0	0	797
1164	Martin Buttkeireit	m	MV 40		0	0	0	0	0	0	796	0	796
1165	Sara Williamson	f	FV 50	Chorlton Runners	0	0	0	0	794	0	0	0	794
1166	Zoe Clarke	f	FV 60		0	0	0	0	0	0	794	0	794
1167	Claire Knowles	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	0	794	794
1168	Anne Hurcombe	f	FV 50	Wigan Harriers	0	0	0	0	0	794	0	0	794
1169	Dawn Kaveney	f	FV 40		0	0	0	0	0	0	793	0	793
1170	Deborah Williams	f	FV 50	Jog On The Tyne	0	0	0	0	0	0	0	793	793
1171	Fiona Headley	f	FV 50		0	0	0	0	0	793	0	0	793
1172	John Swarbrick	m			0	0	0	0	0	792	0	0	792
1173	Caroline Mack	f	FV 50		0	0	0	0	792	0	0	0	792
1174	Claire Bartlett	f	FV 40		791	0	0	0	0	0	0	0	791
1175	Sharron Lewis	f	FV 50		790	0	0	0	0	0	0	0	790
1176	Tracey Long	f	FV 50		0	0	0	0	790	0	0	0	790
1177	Jamie Edgar	m			0	0	789	0	0	0	0	0	789
1178	Charles Satterly	m	MV 50	Lancaster & Morecambe A/c	0	0	0	0	789	0	0	0	789
1179	Diane Burgess	f	FV 50	Styal	0	788	0	0	0	0	0	0	788
1180	Jindalae Armitage	f			0	0	0	0	788	0	0	0	788
1181	Peter Haynes	m	MV 50		0	0	0	0	0	788	0	0	788

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1182	Jonathan Clarke	m	MV 50	Styal running club	0	787	0	0	0	0	0	0	787
1183	Paul Stubbins	m	MV 50		0	0	787	0	0	0	0	0	787
1184	Robyn Lomas	f			0	0	0	0	0	787	0	0	787
1185	Sophie Williams	f			0	0	0	0	787	0	0	0	787
1186	James Formstone	m	MV 40		0	0	0	0	0	786	0	0	786
1187	Jennifer Reeve	f	FV 40		0	0	0	0	785	0	0	0	785
1188	Kathryn Stott	f			0	784	0	0	0	0	0	0	784
1189	Joanne Roberts	f	FV 40	Smiley Paces	784	0	0	0	0	0	0	0	784
1190	Sally Gardner	f	FV 50		0	0	784	0	0	0	0	0	784
1191	Lisa Whetter	f	FV 40		0	783	0	0	0	0	0	0	783
1192	Rebecca Barnshaw	f	FV 40		783	0	0	0	0	0	0	0	783
1193	Aleksandra Lupa	f			0	0	783	0	0	0	0	0	783
1194	Claire Athis	f	FV 50		0	0	0	0	0	783	0	0	783
1195	Anne Lewis	f	FV 70	Selby Swans tri club	0	782	0	0	0	0	0	0	782
1196	Andrew Spink	m	MV 50		782	0	0	0	0	0	0	0	782
1197	Kirstie Whyatt	f	FV 40		0	0	781	0	0	0	0	0	781
1198	John Tierney	m	MV 50		0	0	0	0	0	781	0	0	781
1199	Charlotte Richardson	f			780	0	0	0	0	0	0	0	780
1200	Julie Walton	f	FV 60	Notts Women Runners	0	0	780	0	0	0	0	0	780
1201	Phil Ross	m	MV 60		0	0	0	0	780	0	0	0	780
1202	Stacey Williams	f	FV 40		0	0	0	0	0	0	780	0	780
1203	Kate Hore	f	FV 50		0	0	0	0	0	780	0	0	780
1204	Andrew Godfrey	m	MV 50	Milltown Milers	0	779	0	0	0	0	0	0	779
1205	Edith Mcdowall	f	FV 50		779	0	0	0	0	0	0	0	779
1206	Clare Egan	f			0	0	0	0	0	779	0	0	779
1207	Gavin Spickett	m	MV 60	Tynedale Harriers	0	0	0	0	779	0	0	0	779
1208	Ruth Hutchison	f			778	0	0	0	0	0	0	0	778
1209	Grace Constance-main	f			0	0	0	0	0	778	0	0	778
1210	stuart taylor	m	MV 40		0	0	0	0	778	0	0	0	778
1211	Sarah Walker	f	FV 40		0	0	777	0	0	0	0	0	777
1212	Benjamin Howell	m			0	0	0	0	0	777	0	0	777
1213	Catherine Cooper	f	FV 50	Lyme Runners	0	0	0	0	777	0	0	0	777
1214	Catherine Doyle	f	FV 50		776	0	0	0	0	0	0	0	776
1215	Amanda Blessington	f	FV 50		0	0	776	0	0	0	0	0	776
1216	Shaun Mccullough	m	MV 50		0	0	0	0	776	0	0	0	776
1217	Anna Christina Denby	f	FV 40		775	0	0	0	0	0	0	0	775
1218	Sally Parker-Kidd	f	FV 40		0	0	0	0	0	0	775	0	775
1219	Heidi Atkins	f	FV 50	Tri Preston	0	0	0	0	775	0	0	0	775
1220	Adrian Dunbar	m	MV 60	Craven Energy	774	0	0	0	0	0	0	0	774
1221	Danielle Walters	f			0	0	0	0	0	774	0	0	774
1222	Laura Pentland	f	FV 40		0	0	0	0	0	0	774	0	774

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1223	Joanna Whitear	f			0	0	0	0	774	0	0	0	774
1224	Natalie Hughes	f	FV 40		0	773	0	0	0	0	0	0	773
1225	Keith Tolley	m	MV 60	High Peak AC	0	0	0	0	0	0	773	0	773
1226	ROLAND Whitear	m			0	0	0	0	773	0	0	0	773
1227	Annabel Howell	f			772	0	0	0	0	0	0	0	772
1228	Laura Astles	f			0	0	772	0	0	0	0	0	772
1229	Carol Graham	f	FV 50		0	0	0	0	772	0	0	0	772
1230	Phil Dixon	m	MV 50		0	0	0	0	0	0	772	0	772
1231	Debbie Scott	f	FV 60		0	0	0	0	0	772	0	0	772
1232	Allan Nicholson	m	MV 60		771	0	0	0	0	0	0	0	771
1233	Emma Harvey-Robinson	f			0	0	771	0	0	0	0	0	771
1234	Dean Sagers	m	MV 40		0	0	0	0	771	0	0	0	771
1235	Debi Lee	f	FV 50		0	0	0	0	0	771	0	0	771
1236	Hollie Fountain	f			0	770	0	0	0	0	0	0	770
1237	Lisa Hext	f	FV 50		770	0	0	0	0	0	0	0	770
1238	Francesca Kelly	f			0	0	770	0	0	0	0	0	770
1239	Sarah McIntosh	f	FV 40		0	0	0	0	770	0	0	0	770
1240	Chris Lee	m	MV 50		0	0	0	0	0	770	0	0	770
1241	Angela Jones	f	FV 50	St Helens Striders	0	769	0	0	0	0	0	0	769
1242	Keith Hext	m	MV 50		769	0	0	0	0	0	0	0	769
1243	Stephanie Kelly	f			0	0	769	0	0	0	0	0	769
1244	Gavin Miskelly	m	MV 50	Arunners	0	0	0	0	769	0	0	0	769
1245	Carmel Woods	f	FV 60		0	0	0	0	0	0	769	0	769
1246	Sally Anderson	f	FV 50	Knowle And Dorridge Running Club	0	768	0	0	0	0	0	0	768
1247	Petrina Cassell	f	FV 60	Eden Runners	0	0	768	0	0	0	0	0	768
1248	Darren Fretwell	m	MV 40		768	0	0	0	0	0	0	0	768
1249	Lynn Boylin	f	FV 60	Astley & Tyldesley	0	0	0	0	0	768	0	0	768
1250	Lorna Schmidt	f	FV 50	Arunners	0	0	0	0	768	0	0	0	768
1251	Paul Woods	m	MV 60		0	0	0	0	0	0	768	0	768
1252	Tracy Davies	f	FV 50	Knowle & Dorridge Running Club	0	767	0	0	0	0	0	0	767
1253	Emma Bowden	f	FV 40		0	0	767	0	0	0	0	0	767
1254	Tracy Loughrey	f	FV 50	Astley&tyldesley Road Runners	0	0	0	0	0	767	0	0	767
1255	Kit Erlebach	m	MV 50	Durham City Harriers	0	0	0	0	0	766	0	0	766
1256	Linda Coffey	f	FV 70	Darwen Dashers	0	0	0	0	0	0	766	0	766
1257	Sarah Erlebach	f	FV 50	Mums on the Run	0	0	0	0	0	765	0	0	765
1258	Deborah Logue	f	FV 40		0	764	0	0	0	0	0	0	764
1259	Jennie Davies	f	FV 70	Women On The Run	0	0	0	0	0	764	0	0	764
1260	Peter Stockdale	m	MV 40	Carlisle Tri	0	0	0	0	764	0	0	0	764
1261	Sophie Pryke	f			0	0	0	0	0	0	764	0	764
1262	Charlotte Smedley	f			0	763	0	0	0	0	0	0	763
1263	Allan Johnson	m	MV 70	Lakeside Lincoln	0	0	763	0	0	0	0	0	763





Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1305	Deb Spendlove	f	FV 50		0	0	0	0	0	748	0	0	748
1306	Jo Moss	f	FV 40		0	746	0	0	0	0	0	0	746
1307	Carrie Courtney	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	746	0	0	746
1308	Stuart Milne	m			0	0	0	0	0	0	746	0	746
1309	Nicki Hewson	f	FV 40		745	0	0	0	0	0	0	0	745
1310	Holly Seeger	f			0	0	0	0	0	0	745	0	745
1311	Laura Beggs	f			744	0	0	0	0	0	0	0	744
1312	Vikki Maltman	f	FV 40		0	0	0	0	744	0	0	0	744
1313	Brenda Lowry	f	FV 50		0	0	0	0	0	0	744	0	744
1314	Margaret Kaye	f	FV 60		0	743	0	0	0	0	0	0	743
1315	Charlotte Twedde	f	FV 50	Eden Runners	0	0	0	0	743	0	0	0	743
1316	Carole Whiteley	f	FV 60	Women On The Run Kendal	0	0	0	0	0	742	0	0	742
1317	Jess Wilson	f			0	0	0	0	742	0	0	0	742
1318	Gillian Graves	f	FV 60		0	0	0	0	0	0	742	0	742
1319	Katie Jones	f	FV 40		741	0	0	0	0	0	0	0	741
1320	Peter Belford	m	MV 60		0	740	0	0	0	0	0	0	740
1321	Mike Simons	m	MV 50		0	0	0	0	0	740	0	0	740
1322	Linda Hutcheon	f	FV 50		0	0	739	0	0	0	0	0	739
1323	Jane Wheeler	f	FV 50		0	0	0	0	0	0	739	0	739
1324	Cirian-marie Beddoes	f	FV 40		0	0	0	0	0	739	0	0	739
1325	Angela Martland	f	FV 50		0	0	738	0	0	0	0	0	738
1326	Lisa Benbow	f	FV 40		0	0	0	0	0	738	0	0	738
1327	Jennie Eklund	f			0	0	0	0	738	0	0	0	738
1328	Caroline Peet	f	FV 60		737	0	0	0	0	0	0	0	737
1329	Gabby Thorpe	f	FV 40		0	0	737	0	0	0	0	0	737
1330	Bev Ensor	f	FV 40	Smiley Paces	0	0	0	0	0	0	737	0	737
1331	Ellie Bailey	f			0	0	0	0	737	0	0	0	737
1332	Nicola Browne	f	FV 40		736	0	0	0	0	0	0	0	736
1333	Christina Howarth	f			0	0	0	0	0	736	0	0	736
1334	Amy Derbyshire	f			0	0	0	0	736	0	0	0	736
1335	Emily Howarth	f			0	0	0	0	0	735	0	0	735
1336	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	0	0	0	0	735	0	0	0	735
1337	Steve Twomlow	m	MV 40		734	0	0	0	0	0	0	0	734
1338	Alice Bartle	f			0	0	734	0	0	0	0	0	734
1339	Bjorgvin Vigfusson	m			0	0	0	0	0	734	0	0	734
1340	Lorraine Hawkins	f	FV 50		0	0	0	0	734	0	0	0	734
1341	Katie Sharp	f	FV 40		0	733	0	0	0	0	0	0	733
1342	Megan Ablett	f	FV 50	Finedon Gladstone Running Club	0	0	733	0	0	0	0	0	733
1343	Leo Pyrah	m			0	0	0	0	0	733	0	0	733
1344	Jim Hawkins	m	MV 50		0	0	0	0	733	0	0	0	733
1345	Stephen Ablett	m	MV 50	Finedon Gladstone Running Club	0	0	732	0	0	0	0	0	732

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1346	Paul Coldham	m	MV 60	DCH Run Club	732	0	0	0	0	0	0	0	732
1347	Alexia Taylor	f	FV 40		0	0	0	0	732	0	0	0	732
1348	Chris Hutchinson	m	MV 60		0	0	0	0	0	0	732	0	732
1349	Emma Hadley	f	FV 40		0	731	0	0	0	0	0	0	731
1350	Trevor Wright	m	MV 60	Finedon Gladstones	0	0	731	0	0	0	0	0	731
1351	Angela McGough	f	FV 40		0	0	0	0	0	731	0	0	731
1352	Steve Parry	m	MV 60		0	0	730	0	0	0	0	0	730
1353	Susan Mutch	f	FV 60		0	0	0	0	0	0	730	0	730
1354	Paula Byrne	f	FV 60		729	0	0	0	0	0	0	0	729
1355	Catherine Lowry	f		Finedon Gladstones	0	0	729	0	0	0	0	0	729
1356	Tracey Brocklehurst	f	FV 50		0	728	0	0	0	0	0	0	728
1357	Laura Aldridge	f	FV 40	Finedon Gladstone's	0	0	728	0	0	0	0	0	728
1358	Marie O'Brien	f	FV 50	Birstall Running Club	0	0	0	0	0	728	0	0	728
1359	Sam Robson	f	FV 60	N/a	0	0	0	0	728	0	0	0	728
1360	Joyce Hamilton	f	FV 50	Dumfries Running Club	0	0	0	0	0	0	728	0	728
1361	Helen Moriarty	f	FV 40		0	727	0	0	0	0	0	0	727
1362	Rachel Taylor	f			727	0	0	0	0	0	0	0	727
1363	Dawn Anderson	f	FV 50		0	0	727	0	0	0	0	0	727
1364	John Bibby	m	MV 40		0	0	0	0	0	0	727	0	727
1365	Iain Wood	m	MV 50		0	0	0	0	0	727	0	0	727
1366	Tonia Thompson	f	FV 50	Jott	0	726	0	0	0	0	0	0	726
1367	Sara Geary	f	FV 60	Lyme Runners	0	0	726	0	0	0	0	0	726
1368	Michelle Green	f	FV 40		0	0	0	0	0	0	726	0	726
1369	Andrew O'boyle	m	MV 50		0	725	0	0	0	0	0	0	725
1370	Lauren Swarbrick	f	FV 40		0	0	0	0	0	0	725	0	725
1371	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	0	0	0	0	725	0	0	725
1372	Julie Tate	f	FV 60	Thornton Cleveleys running club	0	0	0	0	0	724	0	0	724
1373	Shannon Perry	f	U25		0	0	0	0	724	0	0	0	724
1374	Sarah Ball	f	FV 40		0	723	0	0	0	0	0	0	723
1375	Lynne Evans	f	FV 50		0	0	723	0	0	0	0	0	723
1376	Jade Shorrock	f			0	0	722	0	0	0	0	0	722
1377	Suzanne Crozier	f	FV 60	Monkey Runners	722	0	0	0	0	0	0	0	722
1378	Tracey Preston	f	FV 50		0	0	0	0	0	0	722	0	722
1379	Karen Wilkinson	f	FV 50		0	0	0	0	0	0	721	0	721
1380	Anna Hatch	f	FV 60		0	0	0	0	0	0	720	0	720
1381	Gill Morgan	f	FV 50	A&T running club	0	0	0	0	0	720	0	0	720
1382	Jane Harris	f	FV 60		0	719	0	0	0	0	0	0	719
1383	Tricia Wilson	f	FV 50	Pendle Parkrun	719	0	0	0	0	0	0	0	719
1384	Tim Hatch	m	MV 60		0	0	0	0	0	0	719	0	719
1385	Kathryn Pearson	f	FV 50	Astley & Tyldesley Road Runners	0	0	0	0	0	719	0	0	719
1386	Alison Belford	f	FV 60	Formby	0	718	0	0	0	0	0	0	718

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Mini	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1387	Kim Griffiths	f	FV 60	Run in Wirral	0	0	718	0	0	0	0	0	718
1388	Kate Wilkinson	f	FV 60	Jog on tyne	0	0	0	0	0	0	718	0	718
1389	Gaynor Reid	f	FV 60		0	0	717	0	0	0	0	0	717
1390	Kelly Gibson	f		Darlington Tri	0	716	0	0	0	0	0	0	716
1391	Elizabeth Barrett	f	FV 50		0	0	0	0	0	715	0	0	715
1392	Barney Smith	m	MV 50		0	0	0	0	715	0	0	0	715
1393	Claire Logan	f	FV 40		714	0	0	0	0	0	0	0	714
1394	Ian Staerck	m	MV 40		0	0	0	0	714	0	0	0	714
1395	Alex Leek	m	MV 50		0	0	0	0	713	0	0	0	713
1396	James Conyers	m	MV 50		0	0	0	0	712	0	0	0	712
1397	Amanda Cutler	f	FV 50	Red Rose Road Runners	0	0	0	0	0	0	711	0	711
1398	Isobel Conyers	f	U21		0	0	0	0	711	0	0	0	711
1399	Amy Britton	f			0	0	0	0	710	0	0	0	710
1400	Peter Jones	m	MV 60	Marsh Lane Harriers	0	0	0	0	709	0	0	0	709
1401	Christine Burgess	f	FV 60	Thornton Cleveleys Running Club	0	0	0	0	0	708	0	0	708
1402	Katy Dowdall	f			0	707	0	0	0	0	0	0	707
1403	Jessica Allason	f	FV 40		707	0	0	0	0	0	0	0	707
1404	Fiona Tidbury	f	FV 60	Eden Runners	0	0	0	0	707	0	0	0	707
1405	Jenny Appleton	f	FV 40	St Helens Striders	705	0	0	0	0	0	0	0	705
1406	Claire Leighton	f	FV 40	Ashington Hirst Running Club	0	0	0	0	705	0	0	0	705
1407	Sally Hislop	f	FV 50		0	704	0	0	0	0	0	0	704
1408	Jon Hurst	m	MV 50		0	0	0	0	0	703	0	0	703
1409	annie hurst	f	FV 50		0	0	0	0	0	702	0	0	702
1410	garry grimes	m	MV 50		0	0	0	0	702	0	0	0	702
1411	Val Braybrooks	f	FV 60	Halmer Harriers	0	701	0	0	0	0	0	0	701
1412	Ben Mitchell	m	MV 40		0	0	0	0	0	701	0	0	701
1413	Graham Collins	m	MV 60	Milltown Milers	0	700	0	0	0	0	0	0	700
1414	Joshua Reed	m			699	0	0	0	0	0	0	0	699
1415	Samantha Mitchell	f			698	0	0	0	0	0	0	0	698
1416	Dave Cope	m	MV 70		0	0	0	0	697	0	0	0	697
1417	Jocelyn Coppard	f	FV 50		696	0	0	0	0	0	0	0	696
1418	Sue Johnson	f	FV 60	Stafford Harriers	0	0	0	0	696	0	0	0	696
1419	Sarah Greaves	f	FV 40		0	0	0	0	695	0	0	0	695
1420	Karen Chandisingh	f	FV 50		0	0	0	0	694	0	0	0	694
1421	Nigel Corbett	m	MV 50		693	0	0	0	0	0	0	0	693
1422	Helen Jones	f	FV 40		0	0	0	0	693	0	0	0	693
1423	Ruth Patten	f			0	692	0	0	0	0	0	0	692
1424	Lenka Ward	f	FV 40	Susie Anton Ladies On The Run	0	691	0	0	0	0	0	0	691
1425	Gwen Woznikowska	f	FV 40	Susie Anton Pt Ladies On The Run	0	690	0	0	0	0	0	0	690
1426	Tom Reid	m	MV 40		690	0	0	0	0	0	0	0	690
1427	Richard Macfarlane	m	MV 40		0	0	0	0	690	0	0	0	690



