



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



Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1	James Grinbergs	m	MV 40	Eden Runners	980	980	965	977	3902
2	Matthew Smith	m	MV 40		935	947	935	972	3789
3	Andrew Pye	m	MV 40		920	941	916	974	3751
4	Kerry Grinbergs	f	FV 40	Eden runners	918	922	850	926	3616
5	Michael Devlin	m	MV 40		883	869	865	947	3564
6	Terry Moss	m	MV 50		876	898	842	930	3546
7	Ewan Taylor	m		ctoria Park Running Club, Warrington	909	909	823	885	3526
8	Kay Mcgreevy	f	FV 60		891	866	815	916	3488
9	Gillian Rowland	f	FV 60		836	877	827	912	3452
10	Sandra Connell	f	FV 60		874	882	792	862	3410
11	Martin Slater	m	MV 40		825	867	771	892	3355
12	Andrew Hemsley	m	MV 50	Walney Wind Cheetahs	810	846	732	877	3265
13	Darren Gillman	m	MV 50	Todmorden Harriers	753	796	774	845	3168
14	Laura Whittaker	f	FV 40		766	810	698	821	3095
15	Owen Davies	m	MV 70		770	800	688	824	3082
16	John Glass	m	U25		795	802	663	816	3076
17	Jill Reed	f	FV 50		780	814	680	780	3054
18	Felicia Singleton	f	FV 50	ctoria Park Running Club, Warrington	796	812	638	776	3022
19	Jonathan Cox	m		Eden Runners	1000	0	1000	1000	3000
20	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	969	974	953	0	2896
21	Kevin Scott	m	MV 50	Eden runners	975	0	951	963	2889
22	Katy Lewis	f	FV 60		737	777	598	750	2862
23	John Wilson	m	MV 50	Massey Ferguson Running Club	0	963	931	962	2856
24	Ryan Parry	m	MV 40		679	749	624	794	2846
25	Chris Foden	m	MV 50		938	968	923	0	2829
26	Tracy Slater	f	FV 40		709	774	605	720	2808
27	Catherine Doyle	f	FV 50		699	750	591	735	2775
28	Kev Kendal	m	MV 50	Howgill Harriers	690	776	557	725	2748
29	John Ryder	m	MV 50	Tadcaster harriers	929	936	882	0	2747
30	Katie Samuelson	f	FV 40	Todmorden Harriers	848	827	466	599	2740
31	Debbie Howard	f	FV 50	Furness Fell Runners	923	0	876	940	2739
32	James Glass	m	MV 50		715	752	548	697	2712
33	Gary Smith	m	MV 40		911	925	867	0	2703
34	Sam Goodall	m	MV 40	Nidderdale Fell and Trail	916	0	854	913	2683
35	John Wiggans	m	MV 50	Red Rose Road Runners	910	911	855	0	2676
36	Catherine Mitchell	f	FV 40		864	905	886	0	2655
37	Christopher Rowland	m	MV 40		902	924	820	0	2646
38	Jonathan Watt	m	MV 60		0	886	824	933	2643
39	Alan Parker	m	MV 50		896	908	836	0	2640
40	Karen Campbell	f	FV 60	Falkland Trail Runners	657	711	512	652	2532
41	Harry Hardcastle	m	U21		844	0	759	893	2496
42	Alison Nordon	f	FV 50		636	703	506	648	2493
43	Hannah O'connor	f			0	857	754	859	2470
44	Mark Farmer	m	MV 50		626	699	497	647	2469
45	Stuart O'connor	m	MV 50		0	856	753	858	2467
46	Pete Lashley	m	MV 50		830	843	791	0	2464
47	Anne Macfarlane	f	FV 60	Dumfries Running Club	831	0	729	889	2449
48	Andy Buckroyd	m	MV 60	Macclesfield Harriers	834	0	757	856	2447
49	Evvie Feingold	f	FV 50	Prestwich AC	643	695	472	618	2428
50	Nichola Cooke	f	FV 40	Prestwich Ac	641	693	474	617	2425
51	Jodie Berry	f		RunTheWorldMcr	811	855	727	0	2393
52	Andrew Hollowbread	m	MV 50		808	852	717	0	2377
53	Sarah Lord	f	FV 50	DH Runners	837	0	728	781	2346
54	Michael Albert	m	MV 50	Wearside Triathlon	758	0	709	852	2319
55	Sarah Temple	f	FV 40		803	849	654	0	2306
56	Andrew Connor	m	MV 60	Ambleside	783	794	681	0	2258
57	Mark Austin	m	MV 40		805	0	633	813	2251
58	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	0	766	657	801	2224
59	Jill Leader	f	FV 60		722	748	0	728	2198
60	Russ Valentine	m	MV 60	Falkland Trail Runners	798	0	719	653	2170
61	thomas brocklebank	m	MV 50	Millom striders	701	791	619	0	2111

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
62	Mary Entwistle	f	FV 50		698	0	648	722	2068
63	Ali Cooper	f	FV 60	Kendal Tri Club	703	761	586	0	2050
64	Amanda Cirelli	f	FV 50		667	0	639	721	2027
65	Gail Farr	f	FV 50	west hull ladies	687	0	606	729	2022
66	Paul Haydon	m	MV 50	F.r.a.	731	0	689	594	2014
67	Judith Barker	f	FV 50		0	746	556	710	2012
68	Ewan Sewell	m			0	0	999	998	1997
69	Martin Klavon	m		Northowram Pumas	997	998	0	0	1995
70	Jon Gardiner	m	MV 40		0	994	997	0	1991
71	Stephen Pearce	m	MV 40	Eden Runners	995	0	0	996	1991
72	Victoria Sewell	f		Knavesmire Harriers	0	0	995	993	1988
73	Jamie Arkle	m		Mercia Fell	0	0	993	994	1987
74	David Howarth	m	MV 40		0	991	994	0	1985
75	Peter Banks	m	MV 60	Blackburn Harriers & AC	0	990	990	0	1980
76	Amy Kelland	f		Eden Runners	0	988	991	0	1979
77	Adam Elkin	m	MV 40	Lancaster & Morecambe AC	0	986	992	0	1978
78	David Walker	m	MV 50	Sedgefield Harriers	989	983	0	0	1972
79	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	984	0	983	0	1967
80	Philip Foscoe	m			0	0	973	991	1964
81	Michael Smith	m	MV 40		0	978	974	0	1952
82	Will Spalton	m			962	0	986	0	1948
83	Lucy wasinski	f	FV 40	Glossopdale Harriers	0	0	961	985	1946
84	Timothy Forber	m		Lancaster & Morecambe Athletics Club	958	0	987	0	1945
85	Peter Cushion	m	MV 50	Wirral Vikings Trc	0	0	962	983	1945
86	Ted Leahy	m	MV 40	Ripon Runners	0	0	998	943	1941
87	Wayne Lee Farr	m	MV 50	N/a	691	0	564	686	1941
88	Robert Lowe	m	MV 40		965	0	972	0	1937
89	Mark Griffiths	m	MV 40	Manchester Ymca Harriers	0	0	959	976	1935
90	David Ellicott	m	MV 40	Askern District RC	670	747	513	0	1930
91	Chris Bone	m	MV 40	St Bees Triers	949	967	0	0	1916
92	Adrian Harvey	m	MV 40	Unattached	963	950	0	0	1913
93	Jonathan Dearlove	m			939	972	0	0	1911
94	James Chambers	m	MV 40	York Knavesmire Harriers	936	956	0	0	1892
95	Richard Hawkins	m	MV 40	York Postal Harriers	933	955	0	0	1888
96	Stuart Clayton	m	MV 50		0	952	934	0	1886
97	Sean Mcgleenan	m	MV 60	Dumfries Running Club	705	0	524	655	1884
98	Bree Sutcliffe	f	FV 40	Wirral AC	954	930	0	0	1884
99	Ryan Thorburn	m			0	918	0	965	1883
100	Pierce Hamer	m	U25		0	919	0	964	1883
101	Simon Robb	m			942	0	936	0	1878
102	Charlie O'hare	m	U25	Walney Wind Cheetahs	921	940	0	0	1861
103	Matthew Wernham	m	MV 60	Farnham Runners	0	0	919	938	1857
104	Jane Harris	f	FV 40	Tewkesbury running club	0	0	918	937	1855
105	Steve Platten	m	MV 40	City of Hull AC	0	0	897	952	1849
106	Richard Brown	m	MV 40	Belper Harriers	0	0	892	948	1840
107	Chris Brearton	m	MV 40	Wirral Vikings TRC	0	0	879	955	1834
108	Adam Smith	m			906	0	920	0	1826
109	Stephen Jolly	m	MV 60	Allithwaite Running Club	946	0	872	0	1818
110	Rach Garner	f	FV 50	Prestwich AC	642	694	475	0	1811
111	Graham Coupe	m	MV 50	Wirral Vikings Trc	0	0	908	898	1806
112	Caroline Duncan	f	FV 40		0	0	853	950	1803
113	Gail Bone	f	FV 40	St Bees Triers	880	921	0	0	1801
114	Simon Lobas	m	MV 40		908	0	884	0	1792
115	Andrew Stuart	m	MV 50		952	0	838	0	1790
116	Davide Cuoghi	m			900	890	0	0	1790
117	LIAM MCDONNELL	m	MV 40	SOUTHPORT	0	0	858	923	1781
118	Hannah Ives	f			857	0	0	920	1777
119	Stephen Stuart	m	MV 50		915	0	856	0	1771
120	Caroline Smith	f	FV 40		901	0	861	0	1762
121	Steven Ohara	m	MV 40		0	0	825	932	1757
122	Paul Phillips	m	MV 50		0	0	802	941	1743
123	Joanna Fitch	f			0	0	807	919	1726
124	Gillian Bell	f	FV 40	Tynedale Harriers	0	0	821	904	1725
125	Matt Brookes	m	MV 40	Ripon Runners	0	0	818	905	1723
126	Richard Pennock	m	MV 50		877	0	835	0	1712
127	Chris Turner	m	MV 60	Nidderdale Fell and Trail	0	0	810	891	1701
128	Kelvin Dickinson	m	MV 50	Wirral AC	0	0	799	900	1699
129	Caroline Hall	f	FV 50	Wirral AC	0	0	800	899	1699

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130	Mark Gould	m	MV 40		0	0	702	988	1690
131	David Morrell	m			0	0	778	911	1689
132	Kelly Temple	f	FV 40	York Knavesmire Harriers	809	878	0	0	1687
133	John Waring	m			0	0	795	890	1685
134	Rosie Warnett	f	FV 40	Sedgefield Harriers	0	0	777	907	1684
135	Glyn Williams	m	MV 50	Prestwich AC	0	894	785	0	1679
136	Lee Latham	m	MV 40	Victoria Park Running Club	817	859	0	0	1676
137	Andrew Mcgregor	m	MV 40		0	0	782	894	1676
138	William Fitch	m			0	0	767	902	1669
139	rikki hammond	f	FV 50	Stainland Lions	0	847	819	0	1666
140	Dave Robinson	m	MV 40		849	0	814	0	1663
141	Ben Mitchell	m	MV 40		865	0	797	0	1662
142	Hannah Stirling	f			835	826	0	0	1661
143	Gary Wintersgill	m	MV 50		792	0	0	866	1658
144	Ian Croft	m	MV 50	Red Rose Road Runners	0	0	870	788	1658
145	Sarah Adams	f	FV 40		0	821	0	836	1657
146	Carl Wild	m	MV 40		0	799	0	857	1656
147	Don Oldcorn	m	MV 50		0	0	768	879	1647
148	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	0	0	763	872	1635
149	Ully Kritzler	m	MV 50	caster and Morecambe Athletics C	0	0	756	871	1627
150	Alan Jones	m	MV 60	Garstang Running Club	800	824	0	0	1624
151	Jo Rolls	f	FV 40	Keswick AC	0	0	737	883	1620
152	Helen Tyson	f	FV 40	Eden Runners	854	0	758	0	1612
153	Bryn Wilson	m			0	0	875	736	1611
154	Julie Cook	f	FV 50	Tynedale Harriers	0	0	726	882	1608
155	Dougie Burke	m	U25		0	845	755	0	1600
156	Peter Mylett	m	MV 40	Wirral Vikings Trc	0	0	747	844	1591
157	Helen Foster	f	FV 50		785	804	0	0	1589
158	Caroline Robinson	f	FV 40		826	0	761	0	1587
159	Antony Crabbe	m	MV 50	None	0	784	0	798	1582
160	Shaneen Platten	f	FV 40	City of Hull AC	0	0	748	830	1578
161	Paul Lyndon-Hogg	m	MV 50		0	0	723	854	1577
162	Aidan Egleston	m	MV 50	Telford Harriers	0	0	722	853	1575
163	John Bamforth	m	MV 50		748	823	0	0	1571
164	Julian Egan	m	MV 50		0	851	720	0	1571
165	Michelle Farnhill	f			0	0	731	837	1568
166	Louisa Porter	f	FV 50	Blackpool Freedom Runners	0	757	0	807	1564
167	Katarzyna Babinska	f			0	0	724	839	1563
168	Mike Swift	m	MV 60		754	0	0	806	1560
169	Helen Milner	f	FV 50	Tewkesbury Tri Club	0	0	710	841	1551
170	Anthony Finn	m	MV 60		0	0	716	835	1551
171	Adrian Kamis	m	MV 60	East Hull Harriers	0	0	579	970	1549
172	Sharon Oconnell	f	FV 50	St. Helens Striders	729	817	0	0	1546
173	Louise Anderson	f	FV 50		0	0	714	827	1541
174	Wolfgang Altenau	m	MV 70		765	775	0	0	1540
175	Esther Stanier	f		Red Rose Road Runners	719	0	0	805	1524
176	Polly Gould	f			0	0	701	823	1524
177	Carole Frost	f	FV 60	Orchard Eagles Running Club	757	765	0	0	1522
178	Amy Derbyshire	f			0	738	0	783	1521
179	Thomas Walker	m		Team Sixteen	755	764	0	0	1519
180	Nick Pape	m	MV 50	Hermitage Harriers	0	0	691	818	1509
181	Matt Carter	m	MV 50		0	0	707	802	1509
182	Chris Green	m	MV 50		0	0	692	817	1509
183	Andrew Wright	m	MV 40		0	0	697	812	1509
184	Nigel Dean	m	MV 50		0	0	696	811	1507
185	Scott Burrow	m	MV 50		717	783	0	0	1500
186	Charlie Shaw	f	U25		0	0	662	833	1495
187	Andrew Sherif	m	MV 40		0	0	661	834	1495
188	Tom Lawson	m	MV 40	Netherhall AC	762	0	713	0	1475
189	Christina Loveridge	f	FV 40	Bbrc	0	0	679	792	1471
190	Peter Reed	m	MV 70	Northumberland Fell Runners	781	0	0	687	1468
191	Rachel Gray	f			802	0	655	0	1457
192	Ben Cheetham	m			0	0	674	778	1452
193	Glyn Kilsby	m	MV 60	Dubai Creek Striders	688	753	0	0	1441
194	Alicia Croft	f	FV 50	Red Rose Road Runners	0	0	647	789	1436
195	Lisa Harrop	f	FV 50		0	0	603	832	1435
196	Stephanie Phillips	f		Parbold Pink Panthers	0	772	658	0	1430
197	Rosie Egan	f	FV 50	Cheshire Hash House Harriers	0	0	659	770	1429

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198	Robert Terry	m	MV 50	Belper Harriers	0	0	656	771	1427
199	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	743	0	671	0	1414
200	Emma Bartlett	f	FV 40		0	0	628	785	1413
201	Victoria Pearman	f		Allithwaite Running Club	0	0	595	810	1405
202	Laura Tracey	f			0	0	572	831	1403
203	Chris Probert	m	MV 60	Penny Lane Striders	0	0	666	733	1399
204	Helen Hollingworth	f			0	0	620	777	1397
205	Russell Pilling	m	MV 60	North Shields Poly	0	0	632	763	1395
206	John Edwards	m	MV 70		0	792	594	0	1386
207	Robert Mundy	m	MV 70		674	0	0	712	1386
208	Paul Lee	m	MV 50	Relentless OCR	0	0	634	745	1379
209	Rachel Finn	f	FV 50		0	0	600	764	1364
210	Janet Kay	f	FV 60	East hull harriers	0	0	580	768	1348
211	Paul Roche	m	MV 60		662	681	0	0	1343
212	Melanie Jones	f	FV 50	Prestwich athletics club	644	697	0	0	1341
213	Trevor Billington	m			0	740	597	0	1337
214	Catherine Vaneris	f	FV 40		640	696	0	0	1336
215	sonja Griffiths	f	FV 50	Gog Triathlon Club	629	0	0	702	1331
216	Lynn Swift	f		Sunnywood ladies on tour	0	0	571	753	1324
217	Lindsay Turner	f	FV 40	Ramsbottom Running Club	0	0	569	754	1323
218	Suzanne Fennell	f	FV 50	Dewsbury Road Runners	630	690	0	0	1320
219	Jane Hunter	f	FV 60		646	0	0	665	1311
220	Karen Lillie	f	FV 50	Lonely goat	0	0	576	732	1308
221	Paul Harrison	m	MV 50		0	0	611	693	1304
222	Jake Harrison	m	U25		0	0	610	694	1304
223	Jane Ferris	f	FV 50		0	0	551	752	1303
224	Susanna Sewell	f	FV 50	Sunnywood Ladies on Tour	0	0	552	747	1299
225	Emily Alston	f	FV 40	Hook Norton Harriers	0	0	599	696	1295
226	Jack Gilmour	m		Wimbledon Windmilers	0	0	613	674	1287
227	Laura Cullum	f			0	0	612	673	1285
228	Amy Page	f	FV 40		0	0	561	705	1266
229	Sue Cullum	f	FV 60		0	0	590	672	1262
230	David Battersby	m	MV 50		0	734	527	0	1261
231	Michael Moss	m	MV 50		0	0	543	718	1261
232	Ros Southwood	f	FV 40		0	0	559	701	1260
233	Hannah White	f			0	0	558	700	1258
234	Yvonne Bland	f	FV 60		0	0	546	709	1255
235	Gerry Richards	f	FV 50		0	721	531	0	1252
236	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS	685	0	565	0	1250
237	Stephanie Bairet	f	FV 40		692	0	554	0	1246
238	Sarah Cullen	f	FV 40		0	723	521	0	1244
239	Clare Riley	f	FV 50	Sunnywood Ladies on tour	0	0	520	723	1243
240	David Goodyear	m	MV 50	Eccleshill Road Runners	711	0	530	0	1241
241	Lisa Whetter	f	FV 40		693	0	545	0	1238
242	Nick Whitehead	m	MV 60	Alton Runners	0	0	533	675	1208
243	Judith Weston	f	FV 50	Marsh House Harriers	658	0	549	0	1207
244	Laura Pilkington	f			664	0	536	0	1200
245	Libby Ralph	f	FV 60		0	0	537	661	1198
246	Joanne Clarke	f	FV 50	Warrington Running Club	0	0	523	666	1189
247	Andrew Clarke	m	MV 50	Warrington Running Club	0	0	522	667	1189
248	Jo Oliver	f	FV 50	Sunnywood Ladies on Tour	0	0	544	634	1178
249	Jennie Davies	f	FV 70	Women On The Run	651	0	526	0	1177
250	Andy Ralph	m	MV 60		0	0	515	660	1175
251	Jo Critchley	f	FV 50	Sunnywood ladies on tour	0	0	539	635	1174
252	Jane Grantham	f	FV 40	Sunnywood on Tour	0	0	502	668	1170
253	Jo Houghton	f	FV 50	Prestwich AC	0	692	473	0	1165
254	Catherine Wernham	f	FV 60	Farnham Runners	0	0	510	642	1152
255	Shirley Perrett	f	FV 60	Farnham runners	0	0	508	641	1149
256	Debbie Whitehead	f	FV 60	Alton Runners	0	0	509	640	1149
257	Stephanie Egleston	f	FV 60	Telford A/C	0	0	517	628	1145
258	Cath Dyson	f	FV 40	West Hull Ladies	0	0	507	637	1144
259	Caitlin Stokes	f	U25		639	0	504	0	1143
260	Julia Thornley	f	FV 50		0	0	503	633	1136
261	Phil Owen	m	MV 50	Fetcheveryone	0	0	484	649	1133
262	Laura Aiken	f		Sunnywood girls on tour	0	0	501	631	1132
263	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour	0	0	479	615	1094
264	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	480	614	1094
265	Elizabeth Gartshore	f	FV 60	Pensby Runners	625	0	465	0	1090

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266	Lisa Riley	f	FV 40	Sunnywood Ladies	0	0	470	601	1071
267	Viv Samuelson	f	FV 40		0	0	467	598	1065
268	Scout Adkin	f		Ambleside AC	0	1000	0	0	1000
269	Phil Waite	m			0	999	0	0	999
270	Laurence Hill	m			0	0	0	999	999
271	Daniel Thacker	m			999	0	0	0	999
272	Will Barton	m			998	0	0	0	998
273	Damian Hall	m	MV 40	Team inov-8	0	0	0	997	997
274	Alex Whittem	m	MV 40	Calder Valley Fell Runners	0	997	0	0	997
275	John Shanks	m		Valley Striders	996	0	0	0	996
276	Craig Marchington	m		Macclesfield Harriers	0	996	0	0	996
277	Chris Upson	m	MV 60	Cambuslang Harriers	0	0	996	0	996
278	Tom Nicholson	m		Border Reivers Runners	0	995	0	0	995
279	Dan Bell	m			0	0	0	995	995
280	Karl Hodgson	m		Red Rose Road Runners	994	0	0	0	994
281	Gavin McCluskie	m		Clyde Mountaineering Club	993	0	0	0	993
282	Alistair Shuttleworth	m	MV 50		0	993	0	0	993
283	Stuart Wilson	m			992	0	0	0	992
284	Shaun Jones	m	MV 40		0	992	0	0	992
285	Chris Bennett	m	U25		0	0	0	992	992
286	Sam Carr	m	U25	Billinge Running Club	991	0	0	0	991
287	Tom Broadbent	m	MV 40		0	0	0	990	990
288	Alex Staniforth	m			990	0	0	0	990
289	Mike Allison	m	MV 60	Eden Runners	0	0	0	989	989
290	Jon Staffieri	m	MV 40		0	989	0	0	989
291	Jason Redman	m			0	0	989	0	989
292	Michael Haynes	m			988	0	0	0	988
293	Andy Pawson	m			0	0	988	0	988
294	Mark Baddeley	m	MV 40	Inov8	987	0	0	0	987
295	John Greenwood	m	MV 40	RRRC	0	987	0	0	987
296	Dennis Jackson	m		Ambleside A.C.	0	0	0	987	987
297	Elaine Omand	f			986	0	0	0	986
298	Dave Park	m			0	0	0	986	986
299	Helen Thompson	f		Poynton Runners	985	0	0	0	985
300	Dave Edwards	m	MV 50	N/a	0	0	985	0	985
301	Christian O'Brien	m	MV 50	Birstall Running Club	0	985	0	0	985
302	Tomasz Adamczyk	m	MV 40		0	0	984	0	984
303	Macauley Bond	m			0	984	0	0	984
304	Chris Hewitson	m		Derwent Valley Running Club	0	0	0	984	984
305	Andy Johnson	m			983	0	0	0	983
306	Thomas Norfolk	m	U21		0	0	982	0	982
307	Robert Turner	m	MV 40		0	982	0	0	982
308	Jonathan Francis	m			982	0	0	0	982
309	Alasdair Dougan	m			0	0	0	982	982
310	Richard Stirzaker	m		Rochdale Harriers & Ac	981	0	0	0	981
311	Philip Cornforth	m	MV 50	Knaresborough Striders	0	0	0	981	981
312	Chris Mann	m			0	981	0	0	981
313	Adam Gibson	m			0	0	981	0	981
314	John Kirby	m		Derwent Vally Running Club	0	0	0	980	980
315	Alec Graham	m			0	0	980	0	980
316	Michael McKean	m		Dumfries Running Club	979	0	0	0	979
317	Matthew Smith	m			0	0	0	979	979
318	Kevin Metcalfe	m	MV 40		0	979	0	0	979
319	David Cleaver	m			0	0	979	0	979
320	Graham Spence	m			0	0	978	0	978
321	Simon Daniels	m	MV 50	Gosforth Harriers & Ac	978	0	0	0	978
322	Harry Vaneris	m	MV 40		0	0	0	978	978
323	Sarah Shanks	f	FV 40	Valley Striders	977	0	0	0	977
324	Philip Sellar	m		Mornington Chasers	0	0	977	0	977
325	Neil Stephenson	m	MV 40		0	977	0	0	977
326	Samuel Gilmore	m			0	976	0	0	976
327	Nathan French	m		Cheshire Hash House Harriers	0	0	976	0	976
328	Grant Marcus	m	MV 40		976	0	0	0	976
329	Sean Rickard	m		Allithwaite Running Club	0	975	0	0	975
330	Maciej Kowalski	m	MV 40		0	0	975	0	975
331	Charlotte Jones	f			0	0	0	975	975
332	Peter Fairclough	m		Rainford RRAMS	974	0	0	0	974
333	Rachael Fairclough	f		St Helens Striders	973	0	0	0	973

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
334	John Lafferty	m			0	0	0	973	973
335	David Barras	m			0	973	0	0	973
336	Mike Bloor	m	MV 40		972	0	0	0	972
337	Tom Mattack	m		Derpool Pembroke Sefton Harriers	0	0	971	0	971
338	Martin Pennock	m	MV 40	ARC	0	971	0	0	971
339	Joshua ROBSON	m	U25	Derwent Valley Running Club	0	0	0	971	971
340	Graham Morris	m	MV 50	Accrington Road Runners	971	0	0	0	971
341	Pedro Rodriguez	m			0	970	0	0	970
342	Stephanie Fauset	f	FV 40	Smiley Paces	0	0	970	0	970
343	Adrian Messingham	m	MV 50	Beverley AC	970	0	0	0	970
344	Clive Colson	m	MV 50		0	969	0	0	969
345	James Forrest	m	MV 40		0	0	969	0	969
346	Antonia Skelton	f			0	0	0	969	969
347	Paul Lewis	m	MV 50		0	0	968	0	968
348	Scott Macdonald	m			968	0	0	0	968
349	Glen Cooper	m	MV 40	Derwent Valley Running Club	0	0	0	968	968
350	Joseph Matthews	m	U25		0	0	0	967	967
351	Caio de Graaf	m	MV 50	Bosbokken trailrunners	967	0	0	0	967
352	Ben Pryke	m			0	0	967	0	967
353	Mark Ashburn	m			0	966	0	0	966
354	Marc Smith	m			0	0	966	0	966
355	John Shaw	m	MV 50		966	0	0	0	966
356	Adam Mcginley	m	MV 40	Dh Runners	0	0	0	966	966
357	Thomas Harkin	m	MV 40	Manchester Muckers RC	0	965	0	0	965
358	Jim Andrew	m	MV 40		0	0	964	0	964
359	Nicola Foster	f			964	0	0	0	964
360	Mick Conmey	m			0	964	0	0	964
361	Vicky Penn	f	FV 40	Smiley Paces	0	0	963	0	963
362	Robert Overton	m	MV 40	Lindley Running Club	0	962	0	0	962
363	Emily Hart	f			961	0	0	0	961
364	Lily Hardman	f			0	961	0	0	961
365	Bryan Drew	m	MV 50	York Knavesmire Harriers	0	0	0	961	961
366	Stephen Leahy	m	MV 40		0	0	960	0	960
367	Ross Garwood	m			960	0	0	0	960
368	Nuala McDonough	f			0	960	0	0	960
369	Bex Hewitson	f		Derwent Valley Running Club	0	0	0	960	960
370	matthew brimm	m	MV 40	Crook AC	959	0	0	0	959
371	Graham Jenkins	m	MV 50	Ribble Valley Runners	0	0	0	959	959
372	Aliki Traianou	f			0	959	0	0	959
373	Michael Pearce	m			0	0	0	958	958
374	Graeme Eddie	m	MV 40	Macclesfield Harrier & AC	0	958	0	0	958
375	Aaron Spencer	m		St Bees Triers	0	0	958	0	958
376	Neil Ward	m	MV 50	Ponteland Runners	957	0	0	0	957
377	Michael Hardman	m			0	957	0	0	957
378	Jordan Sladden	m			0	0	0	957	957
379	Jack Field	m			0	0	957	0	957
380	Chris Corless	m	MV 40		0	0	956	0	956
381	Ian Williamson	m	MV 50	Chorlton Runners	0	0	0	956	956
382	Adam Kramer	m	MV 40		956	0	0	0	956
383	Michael Bean	m			955	0	0	0	955
384	Katy Ward	f	FV 40		0	0	955	0	955
385	James Morris	m	MV 40	Keswick AC	0	0	0	954	954
386	Luke Hough	m			0	0	954	0	954
387	David Pollitt	m	MV 50	Leigh Harriers	0	954	0	0	954
388	Paul Morris	m	MV 60	Keswick AC	0	0	0	953	953
389	Abbie Walker	f	U21	Sedgefield Harriers	953	0	0	0	953
390	Trevor Smith	m	MV 50		0	953	0	0	953
391	Jacob Mennell	m			0	0	952	0	952
392	Joshua Elliott	m	U25	Meltham ac	0	951	0	0	951
393	Rebecca Wren	f		DH Runners	0	0	0	951	951
394	Kate Moore	f			951	0	0	0	951
395	Julian Clarke	m	MV 50		950	0	0	0	950
396	Peter Hood	m	MV 60	adley Kingswinford (dk) Running Cl	0	0	950	0	950
397	Martin Miceli	m	MV 40		0	0	0	949	949
398	Sean Okeeffe	m			0	0	949	0	949
399	Niklas Lindskog	m	MV 50	Bromma Simsällskap	0	949	0	0	949
400	Tim Gmerek	m	MV 40		0	0	948	0	948
401	Max Robertson	m		Wigton Road Runers	948	0	0	0	948

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
402	Jonathan Lindley	m			0	948	0	0	948
403	Daniel Harris	m			0	0	947	0	947
404	Chris McKee	m			947	0	0	0	947
405	Jenn Grey	f	FV 40		0	0	946	0	946
406	Darren Atkinson	m			0	0	0	946	946
407	Christopher Crosbie	m			0	946	0	0	946
408	Tom Willox	m		Helm Hill Runners	0	945	0	0	945
409	Debbie Clark	f		Spey Runners	0	0	0	945	945
410	Charlotte Seward	f		Border Harriers	0	0	945	0	945
411	Adrian Hadley	m	MV 40		945	0	0	0	945
412	Ross DICKINSON	m	MV 40	Caat	0	0	944	0	944
413	Rob Fox	m			0	944	0	0	944
414	Paul Hart	m	MV 50	Dumfries Running Club	944	0	0	0	944
415	Antony Lee	m	MV 50		0	0	0	944	944
416	Thomas Jones	m			943	0	0	0	943
417	Ross Hold	m			0	0	943	0	943
418	Paul Marshall	m		East London Runners	0	943	0	0	943
419	Robert Peacock	m	MV 40	Derwent Valley RC	0	0	0	942	942
420	Keith Wigley	m		Swaledale Runners	0	0	942	0	942
421	Huw Johnson	m	MV 50		0	942	0	0	942
422	Robert Faulkner	m			941	0	0	0	941
423	Kevin Webster	m			0	0	941	0	941
424	Al Neal	m	MV 40		940	0	0	0	940
425	dean white	m	MV 40		0	0	940	0	940
426	Ian Johnson	m	MV 50		0	0	939	0	939
427	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0	939	939
428	Brendan Ashton	m	MV 50		0	939	0	0	939
429	Hugo Satchell	m	U21		0	938	0	0	938
430	Dino Vernazza	m			0	0	938	0	938
431	Jack Gordon	m			0	937	0	0	937
432	graham Tebbutt	m	MV 40	Low Fell running club	0	0	937	0	937
433	Ellie Simmonds	f	U21	Hoad Hill Harriers	937	0	0	0	937
434	Amy Whitehead	f			0	0	0	936	936
435	Michael Rogers	m	MV 40	None	0	935	0	0	935
436	Tori Sprung	f		Run Club	0	0	0	935	935
437	Jason Linnane	m	MV 40	Billinge Running Club	0	934	0	0	934
438	James Brown	m	U25	SISU RUN	0	0	0	934	934
439	Antony Briscoe	m	MV 60	Cumberland AC	934	0	0	0	934
440	Mark Nicholson	m			0	933	0	0	933
441	Katrina Hamilton	f		Wigan Harriers AC	0	0	933	0	933
442	Paul Alexander	m	MV 60		0	0	932	0	932
443	Joanne Scott	f	FV 50	Hartlepool Burn Road Harriers	0	932	0	0	932
444	Alastair Moir	m			932	0	0	0	932
445	Stephen Kynaston	m			0	0	0	931	931
446	Mike Skinner	m			931	0	0	0	931
447	Faye Sharpley	f		Macclesfield Harriers	0	931	0	0	931
448	Rob Jones	m	MV 40		930	0	0	0	930
449	Libbi McGibbon	f			0	0	930	0	930
450	Mark Wilkie	m	MV 40		0	0	0	929	929
451	Tammy Lee	f	FV 40		0	929	0	0	929
452	Louis Jarrett	m			0	0	929	0	929
453	Sam Royle	m			0	0	928	0	928
454	Philip Bond	m	MV 50	Riverside Runners	0	928	0	0	928
455	Louise Little	f	FV 40		0	0	0	928	928
456	John Wilson	m	MV 40		928	0	0	0	928
457	Simone Baddeley	f	FV 40	Inov8	927	0	0	0	927
458	Scott McCaskie	m	MV 40		0	0	927	0	927
459	Robert Munro	m			0	0	0	927	927
460	Hayley Bond	f	FV 50	Riverside Runners	0	927	0	0	927
461	Mike Butler	m			0	0	926	0	926
462	Mark Pickerill	m	MV 60	Eden Runners	926	0	0	0	926
463	Jess Kordecki	f			0	926	0	0	926
464	Matthew Allen	m	MV 40	Valley Striders	0	0	0	925	925
465	LEE MCDONOUGH	m	MV 40		925	0	0	0	925
466	Joe Clouston	m			0	0	925	0	925
467	Michael Smith	m			924	0	0	0	924
468	Caroline D'arcy	f	FV 50		0	0	0	924	924
469	Adam Dodsworth	m			0	0	924	0	924

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
470	Phil Adam	m	MV 40		0	923	0	0	923
471	Paul Holmes	m	MV 40		0	0	0	922	922
472	Kevin Duncan	m	MV 40		922	0	0	0	922
473	Ben Taylor	m	U21		0	0	922	0	922
474	Jamie Gilson	m			0	0	0	921	921
475	George Wrona	m			0	0	921	0	921
476	Michael Treece-birch	m	MV 40		0	920	0	0	920
477	Sophie Leadbetter	f			919	0	0	0	919
478	Brenda Rutter	f	FV 60		0	0	0	918	918
479	Mark Walker	m	MV 50	Rochdale Harriers and AC	917	0	0	0	917
480	Melanie Phair	f			0	0	917	0	917
481	Fay Tuffen	f	FV 50		0	0	0	917	917
482	Caitlin Burke	f		Hyde Park Harriers	0	917	0	0	917
483	John Paul Smith	m	MV 60		0	916	0	0	916
484	Mike Hitchen	m	MV 50		0	915	0	0	915
485	Jeffrey Counce	m	MV 40		0	0	915	0	915
486	Emily Rowe	f	FV 40		0	0	0	915	915
487	Hilary Neal	f	FV 40		914	0	0	0	914
488	Phil Hamilton	m	MV 50	Wigan Harriers	0	0	914	0	914
489	Jonathan Prager	m	MV 50		0	0	0	914	914
490	Ian Jones	m	MV 50		0	914	0	0	914
491	Bruce Penhale	m	MV 60		0	0	913	0	913
492	Mark Salmon	m		N/a	0	913	0	0	913
493	David Holliday	m	MV 50	DCH Run Club	913	0	0	0	913
494	Tom Beer	m	U25		0	0	912	0	912
495	Gillian Glynn	f	FV 50		912	0	0	0	912
496	Mark Sarjant	m	MV 50	Ambleside AC	0	912	0	0	912
497	Martin Armstrong	m			0	0	911	0	911
498	Matt Herd	m	MV 40	Lone Wolf	0	0	0	910	910
499	Michael Smith	m	MV 50	Lymm Runners	0	910	0	0	910
500	Antony Beynon	m	MV 40		0	0	910	0	910
501	Stephen Pope	m			0	0	909	0	909
502	Adam Hiles	m			0	0	0	909	909
503	fiona mashiter	f	FV 50	Ulverston Tri Club	0	0	0	908	908
504	Suzy Overton	f	FV 40	Lindley Running Club	0	907	0	0	907
505	Patrick Mennell	m	U25		0	0	907	0	907
506	Louise Roberts	f	FV 40		907	0	0	0	907
507	Harry Lomas	m	U25		0	906	0	0	906
508	Christiana Dowds	f			0	0	0	906	906
509	Chris Armitage	m			0	0	906	0	906
510	Trudy Coyle	f	FV 50		905	0	0	0	905
511	Gina Howorth	f	FV 40		0	0	905	0	905
512	Matthew Shepherd	m			0	904	0	0	904
513	Helen Spalton	f			904	0	0	0	904
514	David Temple	m			0	0	904	0	904
515	Alan Heap	m	MV 50	Penwortham Panthers	903	0	0	0	903
516	Simon Cowling	m	MV 40		0	0	0	903	903
517	Philippa Gibbons	f	U25		0	0	903	0	903
518	Katie Oxley	f			0	903	0	0	903
519	Allen Smith	m	MV 60	Buckley RR	0	902	0	0	902
520	Stuart Taylor	m	MV 50		0	0	902	0	902
521	Adrian Cross	m	MV 40		0	0	0	901	901
522	Ceri Nicholas	f	FV 50	Buckley RR	0	901	0	0	901
523	Chris Birkett	m	MV 40		0	0	901	0	901
524	Robert Lilliott	m			0	0	900	0	900
525	Andy Carpenter	m	MV 60		0	900	0	0	900
526	Michael Harding	m			0	899	0	0	899
527	Susanne Enhard	f	FV 50		899	0	0	0	899
528	Rachel Hollins	f	FV 40	Chester Tri Club	0	0	899	0	899
529	Phill Rae	m	MV 50		898	0	0	0	898
530	George Atherton	m			0	0	898	0	898
531	Riad Arfin	m			0	897	0	0	897
532	Laura Parkin	f	FV 40	Didsbury Runners	0	0	0	897	897
533	Barry O'brien	m	MV 50		897	0	0	0	897
534	Owen Lewis	m	MV 40		0	896	0	0	896
535	Kieran Ridley	m			0	0	0	896	896
536	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	896	0	896
537	Steve Tinniswood	m	MV 50		0	895	0	0	895

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
538	Theo Schenk	m			0	0	895	0	895
539	Natasha Powell	f		Derwent valley running club	0	0	0	895	895
540	Chris Shotton	m	MV 60		895	0	0	0	895
541	Jack Mckenzie	m	U21		894	0	0	0	894
542	Eleanor Jane Palmer	f			0	0	894	0	894
543	Stephen Houghton	m	MV 50	Trail & Ale	893	0	0	0	893
544	Stephen Dyson	m			0	0	893	0	893
545	Liam Healy	m			0	893	0	0	893
546	Michael Curry	m	MV 40		892	0	0	0	892
547	Kevin Fox	m	MV 50		0	892	0	0	892
548	Phil Horner	m	MV 50	Garstang RC	0	891	0	0	891
549	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	0	0	891	0	891
550	Cathleen Casterton	f			890	0	0	0	890
551	Simeon Griggs	m			0	0	890	0	890
552	Nigel Wolstenholme	m	MV 40		889	0	0	0	889
553	Jonathan Vose	m	MV 40		0	889	0	0	889
554	John Findlay	m	MV 50		0	0	889	0	889
555	Wade Tidbury	m	MV 60	Eden Runners	888	0	0	0	888
556	Craig Mcguire	m			0	888	0	0	888
557	Caroline White	f		Helm Hill Runners	0	0	0	888	888
558	Billy Harley	m			0	0	888	0	888
559	Steven Reynolds	m	MV 40		0	887	0	0	887
560	Joanna Bathgate	f			887	0	0	0	887
561	Jayne Charnock	f		Parbold Pink Panthers	0	0	0	887	887
562	Dominic Selly	m			0	0	887	0	887
563	David Pattison	m	MV 50		886	0	0	0	886
564	CLIFF ETHERDEN	m	MV 70		0	0	0	886	886
565	Helen Richardson	f	FV 50		885	0	0	0	885
566	Chris Bathgate	m	MV 40		0	0	885	0	885
567	Amelia Websdale	f	U25	University of Manchester	0	885	0	0	885
568	Michelle Turner	f	FV 40		0	884	0	0	884
569	Gerry Rooney	m	MV 60		0	0	0	884	884
570	Daryn Allinson	f			884	0	0	0	884
571	Lee Marks	m	MV 40	Salford Metropolitan AC	0	0	883	0	883
572	Andrew Webster	m	MV 50	Otley Athletic Club	0	883	0	0	883
573	Jonathan McVey	m			882	0	0	0	882
574	Matthew McVey	m		Lancaster and Morecambe AC	881	0	0	0	881
575	George Smith	m	U21		0	0	0	881	881
576	Dan Bromley	m	MV 40		0	881	0	0	881
577	Austin Jarrett	m	MV 50		0	0	881	0	881
578	Jordan Hammond	m			0	0	880	0	880
579	Scott Houston	m			0	880	0	0	880
580	Gareth Matthews	m			0	0	0	880	880
581	Ian Robinson	m	MV 50	St Bees Triers / LT Crew	879	0	0	0	879
582	Andrew Harrison	m	MV 50		0	879	0	0	879
583	Laura Lee	f	FV 40		0	0	0	878	878
584	Carole Waddell	f	FV 40		878	0	0	0	878
585	Ben Ward	m	MV 40		0	0	878	0	878
586	Catherine Eaton	f	FV 40		0	0	877	0	877
587	Paul Hawgood	m	MV 50		0	0	0	876	876
588	Gary Cattermole	m	MV 50		0	876	0	0	876
589	Charlie Horncastle	m	U25		0	875	0	0	875
590	Michael Harte	m	MV 50	Poynton Runners	875	0	0	0	875
591	Beth Abbott	f			0	0	0	875	875
592	Dorothy Pelly	f	FV 60	Ambleside Ac	0	0	0	874	874
593	Steffan Eldred	m	MV 40		0	874	0	0	874
594	Richard Kenyon	m	MV 40		0	0	874	0	874
595	Samuel Watts	m			873	0	0	0	873
596	Paul Weal	m	MV 40		0	873	0	0	873
597	Michael Dixon	m			0	0	873	0	873
598	Grace Frost	f			0	0	0	873	873
599	Rachel Streets	f			0	872	0	0	872
600	Jessica Wood	f			872	0	0	0	872
601	David Connolly	m	MV 50		0	0	871	0	871
602	Carole Morris	f	FV 50	Accrington Road Runners	871	0	0	0	871
603	Brenda Peake	f	FV 50	Airecenter Pacers	0	871	0	0	871
604	Michael Royden	m	MV 50	Dundee Roadrunners	870	0	0	0	870
605	Marc Graham	m	MV 50		0	0	0	870	870

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
606	Diane Streets	f	FV 60		0	870	0	0	870
607	Shannon Horrocks	f			0	0	0	869	869
608	Rebecca Semple	f			869	0	0	0	869
609	Chloe Frankish	f	FV 40		0	0	869	0	869
610	Laura Hewitson	f		St Bees Triers	868	0	0	0	868
611	Jonathan Frankish	m	MV 40		0	0	868	0	868
612	Jenny Ruscoe	f	FV 40		0	0	0	868	868
613	Alison Weal	f	FV 40		0	868	0	0	868
614	Laura Peacock	f	FV 40	Derwent Valley Running Club	0	0	0	867	867
615	Oscar Wiblishauser	m	U21		867	0	0	0	867
616	Paul Dye	m	MV 50	St Bees Triers	866	0	0	0	866
617	Jonathan Pennells	m		Crossgates Harriers	0	0	866	0	866
618	David Miller	m	MV 60	Chorley A. & T.	0	865	0	0	865
619	Leonie Bell	f	FV 40		0	0	0	865	865
620	Liz Thompson	f	FV 50		0	864	0	0	864
621	Neil Hawkes	m	MV 50		0	0	0	864	864
622	Aoife Moss	f			0	0	864	0	864
623	Ian Thompson	m	MV 50		0	863	0	0	863
624	Andrea Donaldson	f	FV 40	St Bees Triers	863	0	0	0	863
625	Neil Ainsworth	m	MV 50		0	0	863	0	863
626	Kirsty Robson	f	FV 50	Derwent Valley Running Club	0	0	0	863	863
627	Thomas Callaghan	m	MV 50	Marple Runners	862	0	0	0	862
628	Rebecca Gasche	f			0	0	862	0	862
629	Nicky Owen	f	FV 50	Belper Harriers	0	862	0	0	862
630	Marisa Wray	f	FV 50		0	861	0	0	861
631	Lucy Allaby	f			861	0	0	0	861
632	Christopher Cox	m	MV 60		0	0	0	861	861
633	Jonathan Broome	m	MV 50	Achille Ratti	0	0	860	0	860
634	Nigel Meier	m	MV 50	N/a	860	0	0	0	860
635	Louise Chicken	f	FV 50	Tynedale Harriers	0	0	0	860	860
636	Andy Williamson	m	MV 60	Tri Preston	0	860	0	0	860
637	Salvatore Genovese	m	MV 50		859	0	0	0	859
638	David Porter	m			0	0	859	0	859
639	Sally Barnes	f		Prestwich athletics club	0	858	0	0	858
640	Joe Allaby	m		Poynton Runners	858	0	0	0	858
641	Chris Davies	m	MV 40	Team inov-8	0	0	857	0	857
642	Chris Galley	m			856	0	0	0	856
643	Eleanor Shotton	f	FV 40	Derwent Valley Running Club	0	0	0	855	855
644	Ellen Messingham	f	FV 40	City of Hull AC	855	0	0	0	855
645	Alex Williams	m	MV 40		0	854	0	0	854
646	Rosie Clegg	f	FV 40	Smiley Paces	853	0	0	0	853
647	Jack Richards	m			0	853	0	0	853
648	Bronwen Ray	f	FV 50	Smiley Paces	852	0	0	0	852
649	William Freeman	f			0	0	852	0	852
650	JONATHAN LILLIOTT	m	MV 60		0	0	851	0	851
651	Chris Longhorn	m	MV 40	Team Longhorn	851	0	0	0	851
652	Aaron Kinder	m		Victoria Park running club	0	0	0	851	851
653	John Deakin	m	MV 40		0	0	0	850	850
654	Ömer Bacakoglu	m	MV 40		850	0	0	0	850
655	Emily Heys	f	FV 40		0	850	0	0	850
656	Emily Hudson	f	FV 40		0	0	0	849	849
657	Dean Minchella	m	U25		0	0	849	0	849
658	Dave Brisco	m	MV 50	St. Helens Striders	0	848	0	0	848
659	Viki Sutton	f	FV 60		0	0	0	848	848
660	Chris Binks	m			0	0	848	0	848
661	Olivia Wiggans	f		Red Rose Road Runners	847	0	0	0	847
662	Liam Giles	m			0	0	847	0	847
663	Kirstin Prager	f	FV 50		0	0	0	847	847
664	Elizabete Carmo-silva	f	FV 40		846	0	0	0	846
665	Rowan Power	m			0	0	0	846	846
666	Rosa Mckie	f			0	0	846	0	846
667	Doug Orr	m			845	0	0	0	845
668	Alex Kelly	m			0	0	845	0	845
669	Jack Forshaw	m	U25	TTC	0	0	844	0	844
670	Daisy Munn	f			0	844	0	0	844
671	Will Cooper	m	MV 40		0	0	843	0	843
672	Nick Horn	m	MV 40	Team Zoot	843	0	0	0	843
673	Alisha Power	f			0	0	0	843	843

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
674	Anthony Blight	m	MV 50	Blackpool wyre and fylde	0	0	0	842	842
675	Vic Wilson	f	FV 40	Cumberland Fell Runners	0	842	0	0	842
676	James Astbury	m			842	0	0	0	842
677	Rachel Dimelow	f			0	841	0	0	841
678	Matthew McEwan	m			0	0	841	0	841
679	Hazel Russell	f	FV 50	Ripon Runners	841	0	0	0	841
680	Scott Keenan	m	MV 50		0	840	0	0	840
681	Rebecca Humphreys	f		Smiley Paces	0	0	840	0	840
682	Michael Bellwood	m			840	0	0	0	840
683	Matt Gillard	m	MV 40		0	0	0	840	840
684	Rob Bennion	m	MV 50		839	0	0	0	839
685	Reuben Monaghan	m			0	839	0	0	839
686	Pete Palmer	m	MV 50		0	0	839	0	839
687	Melissa Gorst	f			838	0	0	0	838
688	Martin Tilbury	m	MV 50		0	838	0	0	838
689	Anthony Maxwell	m	MV 60	Lostock AC	0	0	0	838	838
690	Leanne Elwood	f	FV 40	Smiley paces	0	0	837	0	837
691	Abi Duckworth	f			0	837	0	0	837
692	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	836	0	0	836
693	Paul Crosbie	m	MV 50		0	835	0	0	835
694	Nicola Connal	f			0	834	0	0	834
695	Terence Charles	m	MV 60	Wirral Vikings Trc.	0	0	834	0	834
696	Sam Davis	m			833	0	0	0	833
697	Steven Fairhurst Jones	m	MV 50		0	0	833	0	833
698	Janet Rhodes	f	FV 50	Lostock ac	0	833	0	0	833
699	Keith Hext	m	MV 50		832	0	0	0	832
700	Jessica Slater	f		Revolution Runners	0	0	832	0	832
701	Beverley Atherton-mckenna	f	FV 50	Lostock AC	0	832	0	0	832
702	Heather Soden	f	FV 50	Lostock AC	0	831	0	0	831
703	Dean McCluskey	m			0	0	831	0	831
704	Nick Thornton	m	MV 50	Marsden Racers	0	0	830	0	830
705	Greg Kilshaw	m	MV 40	Lostock AC	0	830	0	0	830
706	Stuart Atkinson	m	MV 40		0	0	0	829	829
707	Sally McCoy	f	FV 50	Lostock AC	0	829	0	0	829
708	Rebecca E Thornton	f	U25	Marsden Racers	0	0	829	0	829
709	Claire Bloor	f	FV 40		829	0	0	0	829
710	Ryan Holt	m			0	0	0	828	828
711	Neil Macneill	m	MV 50	The Clans running club	828	0	0	0	828
712	Michael Beech	m	MV 60	RRRC	0	828	0	0	828
713	Georgina Davis	f			0	0	828	0	828
714	Michelle Tones	f	FV 50	Keswick AC	827	0	0	0	827
715	Michael Harrison	m	MV 40		0	0	0	826	826
716	Claire Pawson	f	FV 50	Kidderminster & Stourport AC	0	0	826	0	826
717	Philip Clayton	m	MV 60		0	0	0	825	825
718	Anthony Campbell	m			0	825	0	0	825
719	Samantha Catarelli	f			824	0	0	0	824
720	Dawn Chilton	f	FV 50		823	0	0	0	823
721	Arron Cook	m			0	0	822	0	822
722	Debbie Torr	f	FV 40		0	822	0	0	822
723	Hollie McClean	f			0	0	0	822	822
724	Dan Maltman	m	MV 40		822	0	0	0	822
725	Nick Dollings	m	MV 40		821	0	0	0	821
726	Graeme Atkinson	m	MV 50		0	0	0	820	820
727	Anthony Wilkinson	m	MV 60		0	820	0	0	820
728	Joseph Tracy	m	MV 50		820	0	0	0	820
729	Louise Lashley	f	FV 50		0	819	0	0	819
730	Kathryn Fairhurst Jones	f	FV 40		0	0	0	819	819
731	Bryan Semple	m	MV 50	Holmes Chapel Velo	819	0	0	0	819
732	Neil Venables	m	MV 60		0	818	0	0	818
733	Stuart Berry	m	MV 60		818	0	0	0	818
734	Beck Dunn	m			0	0	817	0	817
735	Ian Henry	m			0	0	816	0	816
736	Steve Parsons	m	MV 50	St Bees Triers	816	0	0	0	816
737	Kate McCabe	f	FV 50		0	816	0	0	816
738	Sue Procter	f	FV 40		815	0	0	0	815
739	Lizzie Simmons	f	FV 40	Furness Fell Runners	0	815	0	0	815
740	Hilary Royston-bishop	f		Derwent Athletic Club	0	0	0	815	815
741	Jenny Jacques	f		St Bees Triers	814	0	0	0	814

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
742	Diana Griffiths	f		St Bees Triers	0	0	0	814	814
743	Scott Dixon	m			0	0	813	0	813
744	Leigh Curran	m			813	0	0	0	813
745	Ben Castell	m	MV 50		0	813	0	0	813
746	Thomas Alton	m			0	0	812	0	812
747	Ellen Stephenson	f	FV 40	Swinton Runners	812	0	0	0	812
748	Louise Ireland	f	FV 40	Sellars Elite Coaching/Tri Lakeland	0	0	811	0	811
749	Elizabeth Smith	f	FV 50		0	811	0	0	811
750	Michael Nelson	m	MV 50	Razzer's Runners	0	809	0	0	809
751	Jude Beckett	f	FV 40		0	0	0	809	809
752	John Birkett	m	MV 60		0	0	809	0	809
753	Peter Livesey	m			0	0	0	808	808
754	Gill Nevin	f	FV 50	Rimrose Runners	0	808	0	0	808
755	Andrew Wilkinson	m	MV 50	Wesham road runners	0	0	808	0	808
756	Philip Sturgess	m	MV 50		0	807	0	0	807
757	Neil Hindle	m	MV 60		807	0	0	0	807
758	Linda Edmondson	f	FV 60		806	0	0	0	806
759	David ROBINSON	m	MV 50		0	806	0	0	806
760	Alison McGourty	f	FV 40	Smiley Paces	0	0	806	0	806
761	Phil Smith	m	MV 50		0	0	805	0	805
762	Daniella Aspin	f	FV 40		0	805	0	0	805
763	Andrea Howarth	f		Penwortham Panthers	804	0	0	0	804
764	neil frediani	m	MV 60	derwent valley running club	0	0	0	804	804
765	Ben Hales	m			0	0	804	0	804
766	Karen Ashcroft	f	FV 40		0	803	0	0	803
767	Jessica Mather	f			0	0	803	0	803
768	Amanda Deane	f		Furness Fell Runners	0	0	0	803	803
769	Fiona Haigh	f	FV 50	Team Fi & B	0	0	801	0	801
770	Roderick Smith	m	MV 60		0	801	0	0	801
771	Christopher D'Arcy	m	MV 50		801	0	0	0	801
772	Gareth Kerr	m	MV 40		0	0	0	800	800
773	Stephen Robson	m	MV 40	York Knavesmire Harriers	0	0	0	799	799
774	Louise Cowan	f			799	0	0	0	799
775	Maureen Laney	f	FV 60	Unattached	0	0	798	0	798
776	Claire Horner	f	FV 40	Garstang RC	0	798	0	0	798
777	Wendy Whitehead	f	FV 40		0	0	0	797	797
778	Nancy Rowe	f			797	0	0	0	797
779	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	0	797	0	0	797
780	Lotti Gecaite Collier	f	FV 40	Elvet Striders	0	0	0	796	796
781	Kyla Bennett	f	FV 40		0	0	796	0	796
782	Dawn Wicks	f	FV 50		0	795	0	0	795
783	Danielle Harper-Brady	f		Elvet striders	0	0	0	795	795
784	Andrew Hamman	m	MV 40		794	0	0	0	794
785	Rebecca Byrne	f		St Bees Trier	0	0	794	0	794
786	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	793	0	0	793
787	Sara Taylor	f	FV 40		0	0	0	793	793
788	Marc Dickinson	m	MV 40		0	0	793	0	793
789	Les Schmid	m	MV 70		793	0	0	0	793
790	Paul Hodgkin	m	MV 40		791	0	0	0	791
791	Nicola Brown	f	FV 40		0	0	0	791	791
792	Val Houghton	f	FV 60		0	790	0	0	790
793	Stephanie Barlow	f	FV 50	Elvet striders	0	0	0	790	790
794	Philip Grace	m	MV 50	Lonely Goat Rc	0	0	790	0	790
795	Chris Whawell	m	MV 40	Pontefract AC	790	0	0	0	790
796	Jo Colvin	f	FV 40		0	789	0	0	789
797	Gill Pomfret	f	FV 50	Smiley Paces	0	0	789	0	789
798	David Parfitt	m			789	0	0	0	789
799	Russell Openshaw	m	MV 40		0	0	788	0	788
800	Daniel Martino	m	MV 40		788	0	0	0	788
801	Myfanwy Taylor	f	FV 60	In2Wild	0	788	0	0	788
802	Alan Robinson	m	MV 60	Cmf	0	787	0	0	787
803	Sarah Lee	f	FV 40	Smiley paces	0	0	787	0	787
804	Rachel Summers	f	FV 50		0	0	0	787	787
805	clare sales	f			787	0	0	0	787
806	Jeremy Stolberg	m	MV 60		0	786	0	0	786
807	Jayne Dore	f	FV 50		0	0	0	786	786
808	Stuart Nobbs	m	MV 40		0	0	786	0	786
809	Laura Berry	f			786	0	0	0	786

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
810	Dan Stolworthy	m	MV 40		0	785	0	0	785
811	Sara Williamson	f	FV 50	Chorlton Runners	0	0	0	784	784
812	Esther Rollinson	f			0	0	784	0	784
813	Catherine Ramsay	f	FV 40		784	0	0	0	784
814	Fraser Cavill	m			0	0	783	0	783
815	Phil Harold	m	MV 50	Poynton Runners	782	0	0	0	782
816	Michael Shaw	m	MV 40		0	0	0	782	782
817	Jenny Owen-Jones	f	FV 40		0	782	0	0	782
818	Bethan Naylor	f		Keswick AC	0	0	781	0	781
819	Steven Joyce	m	MV 50		0	0	780	0	780
820	martin walsh	m	MV 70	Bowland fell runners	0	780	0	0	780
821	Nick Helliwell	m	MV 50		779	0	0	0	779
822	SUZI RICHMOND	f	FV 40		0	779	0	0	779
823	Jo Hunter	m			0	0	779	0	779
824	Ed Hoffman	m	MV 60		0	0	0	779	779
825	Kathy Bloomfield	f	FV 40		0	778	0	0	778
826	Avril Riddell	f	FV 60	Serpentine running club	778	0	0	0	778
827	Emily Riddell	f			777	0	0	0	777
828	Stuart Donohoe	m	MV 40	Didsbury Runners	0	0	776	0	776
829	Nicola Latimer	f	FV 50	Wigton Road Runners	776	0	0	0	776
830	Joe Moss	m	U25		0	0	775	0	775
831	Elspeth Peddie	f	FV 50		775	0	0	0	775
832	Andy Hirst	m	MV 50		0	0	0	775	775
833	Laura Astall	f			0	0	0	774	774
834	John Smith	m	MV 50		774	0	0	0	774
835	Angela Thompson	f	FV 50	Victoria Park Running Club	0	0	0	773	773
836	Patrick Ward	m	MV 40	Complete not competitive	773	0	0	0	773
837	Mark Smith	m	MV 60		0	773	0	0	773
838	Anton Moss	m			0	0	773	0	773
839	ROBERT THOMSON	m	MV 40	Live Full Die Empty Factory Team	772	0	0	0	772
840	Nicola Hardy	f			0	0	772	0	772
841	Lizzie Burke	f			0	0	0	772	772
842	Viv Sherry	f			0	771	0	0	771
843	Lee Richards	m	MV 50		771	0	0	0	771
844	Paul Shepherd	m	MV 50	City of Hull AC	0	0	770	0	770
845	Cecilia Kohlmyr	f			0	770	0	0	770
846	Serkan Yaman	m	MV 50		0	769	0	0	769
847	Sean Alty	m			0	0	0	769	769
848	Fran Mckee	f			769	0	0	0	769
849	Callum Merrick	m			0	0	769	0	769
850	Katie Todd	f			0	768	0	0	768
851	Yvonne Grunder	f	FV 40		768	0	0	0	768
852	Sally Beech	f	FV 60	Rrrc	0	767	0	0	767
853	Helen Lodge	f	FV 50	Southport Waterloo AC	767	0	0	0	767
854	Gary Cash	m	MV 70	Wirral Vikings TRC	0	0	0	767	767
855	Andrea Abbas	f	FV 50		0	0	766	0	766
856	James Murphy	m			0	0	0	766	766
857	Steven Beahan	m	MV 50		0	0	765	0	765
858	Jennie Eklund	f			0	0	0	765	765
859	Paul Watson	m	MV 50	Black trail runners	764	0	0	0	764
860	Julia Rushton	f	FV 50	Clayton le Moors Harriers	0	0	764	0	764
861	Emma Teggart	f	FV 40	Lonely goat	0	763	0	0	763
862	Martin Wiblishauser	m	MV 50		763	0	0	0	763
863	Liz Handford	f	FV 50		0	0	762	0	762
864	Charlotte Pennock	f		ARC	0	762	0	0	762
865	James Wallace	m	MV 40		0	0	0	762	762
866	Gail Bristo	f	FV 50	Red Rose Road Runners	761	0	0	0	761
867	Claire Critchley	f			0	0	0	761	761
868	Lisa Hext	f	FV 50		760	0	0	0	760
869	Lindsey Dover	f	FV 40	Derwent Valley Running Club	0	0	0	760	760
870	Kate Stolworthy	f			0	760	0	0	760
871	Ed Brown	m			0	0	760	0	760
872	Debbie Rowley	f			0	0	0	759	759
873	David Brisco	m	MV 50		759	0	0	0	759
874	Abi Lewis	f	FV 40		0	759	0	0	759
875	Michael Reed	m	MV 50		0	0	0	758	758
876	Anna Christina Denby	f	FV 40		0	758	0	0	758
877	Nigel Ash	m	MV 50	Trail Running Assoc	0	0	0	757	757

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
878	Laura Wilson-bell	f			756	0	0	0	756
879	Tamara Satchell	f			0	756	0	0	756
880	Emma Gardner	f			0	0	0	756	756
881	James Bland	m			0	0	0	755	755
882	Dan Mullarkey	m		Swinton Running Club	0	755	0	0	755
883	Linus Monaghan	m	U21		0	754	0	0	754
884	Jamie Howard	m	MV 40		0	0	752	0	752
885	Ceri Meredith	f	FV 60		752	0	0	0	752
886	Tom Jenkinson	m			0	0	0	751	751
887	Suzanne Mitchell	f	FV 60		751	0	0	0	751
888	David Burrows	m			0	0	751	0	751
889	Carolyn Smith	f	FV 50	Lymm Runners	0	751	0	0	751
890	Victoria Graham	f			750	0	0	0	750
891	Alex Froggatt	m			0	0	750	0	750
892	Stuart Graham	m	MV 50		749	0	0	0	749
893	Richard Sabey	m	MV 50		0	0	0	749	749
894	Philip Haddock	m	MV 40	N/A	0	0	749	0	749
895	Jennifer Pugh	f	FV 40		0	0	0	748	748
896	Julie Graham	f	FV 60	Garstang	747	0	0	0	747
897	Richard Caverner	m	MV 70	Northumberland fell Runner	746	0	0	0	746
898	Mike Kaye	m	MV 50		0	0	746	0	746
899	Christine Wright	f	FV 40		0	0	0	746	746
900	Laura Tattersall	f	FV 40		0	0	745	0	745
901	Deborah Hill	f	FV 40		0	745	0	0	745
902	Craig Richardson	m	MV 50		745	0	0	0	745
903	David Coates	m	MV 60	Alnwick Harriers	744	0	0	0	744
904	Tracy Pinder	f	FV 40	Black Trail Runners	0	0	744	0	744
905	Jill Clowes	f	FV 40	Thornton Cleveleys Running Club	0	0	0	744	744
906	Diane Tonge	f	FV 50	Helsby	0	744	0	0	744
907	Shareen Denman	f			0	0	0	743	743
908	Nesta Hawker	f	FV 50	Helsby Running Club	0	743	0	0	743
909	Curtis Wright	m			0	0	743	0	743
910	Louise Lowe	f		Craven Energy	0	0	0	742	742
911	isabel whybrow huppatz	f			0	0	742	0	742
912	david martin	m	MV 50		0	742	0	0	742
913	Andrew Jefferson	m	MV 50		742	0	0	0	742
914	David Smith	m	MV 60		0	741	0	0	741
915	Stuart Bond	m			741	0	0	0	741
916	Jessie Davidson	f			0	0	0	741	741
917	Ben sandiford	m			0	0	741	0	741
918	John Heathcote	m	MV 60		740	0	0	0	740
919	Paul Bates	m	MV 40	Freedom Runners	0	0	0	740	740
920	Dawn Jarrett	f	FV 50		0	0	740	0	740
921	Gillian Holland-Jones	f	FV 60	Styal Running Club	0	0	739	0	739
922	Steven Farrell	m	MV 60	Freerunners	739	0	0	0	739
923	Steve Bates	m	MV 60	Freedom Runners	0	0	0	739	739
924	Ellie Bailey	f			0	739	0	0	739
925	Sharon Cooper	f	FV 50	Wesham Road Runners	0	0	0	738	738
926	Helen Rigby	f	FV 50		738	0	0	0	738
927	Catherine Brydon	f	FV 40		0	0	738	0	738
928	Joanne Hawden	f	FV 50	Rothwell Harriers	0	737	0	0	737
929	Jenny Salt	f	FV 40	Wesham Road Runners	0	0	0	737	737
930	Vish Parekh	m	MV 40		736	0	0	0	736
931	Lynne Metcalfe	f	FV 50	Oakwell RunFit	0	736	0	0	736
932	Alissa Joy	f	U25		0	0	736	0	736
933	Eleanor Akers	f			735	0	0	0	735
934	Morven Lowe	f	FV 40	Smiley Paces	0	0	735	0	735
935	Andrea Wright	f	FV 50		0	735	0	0	735
936	Helen Lapping	f	FV 50	261 Fearless Lune Valley	0	0	0	734	734
937	Helen Jones	f	FV 40		734	0	0	0	734
938	Peter Stokes	m			0	0	734	0	734
939	Natalie Halstead	f			733	0	0	0	733
940	Ben Whitaker	m	MV 40		0	0	733	0	733
941	Anne Lewis	f	FV 70	Selby Swans tri club	0	733	0	0	733
942	David Rand	m	MV 40	Penny Lane Striders	0	732	0	0	732
943	Ewan Taws	m	U25		732	0	0	0	732
944	Gail Sikora	m	MV 50	Penny Lane striders	0	731	0	0	731
945	Claire Gillham	f	FV 70	Garstang RC	0	0	0	731	731

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ulswater	Autumn
946	Michael Gray	m	MV 50		0	730	0	0	730
947	Jack Youngs	m	MV 50		730	0	0	0	730
948	Angela Cruse	f	FV 40		0	0	0	730	730
949	amy kirk	f			0	0	730	0	730
950	Andy Hayes	m	MV 50		0	729	0	0	729
951	Mark Gean-Hughes	m	MV 50		728	0	0	0	728
952	Mandy Burton	f	FV 60	Loftus & Whitby	0	728	0	0	728
953	Isobel Hall	f	FV 50	Jogging Pals	0	0	0	727	727
954	Tom Goffatt	m			727	0	0	0	727
955	Lisa Whiteley	f			0	727	0	0	727
956	Matt Goffatt	m			726	0	0	0	726
957	Sophia Christie	f	FV 50		0	0	0	726	726
958	Daniel Miller	m			0	726	0	0	726
959	Colette Clarkson	f	FV 50		0	725	0	0	725
960	Grace Wakeman	f	U25	Lancaster and Morecambe AC	725	0	0	0	725
961	Andrew O'boyle	m	MV 50		0	0	725	0	725
962	Sophie Durno	f			724	0	0	0	724
963	Sandra Gilchrist	f	FV 40	Cbfitness	0	0	0	724	724
964	Barbara Mead-Mason	f	FV 50	Blackpool Freedom Runners	0	724	0	0	724
965	Alastair Durno	m	MV 60		723	0	0	0	723
966	Alison Mayor	f	FV 40		0	722	0	0	722
967	Mohamed Osman	m			0	0	721	0	721
968	John Dunbavin	m	MV 50		721	0	0	0	721
969	Julie Farron	f	FV 50	Atherton Running Club	720	0	0	0	720
970	Jo Spragg	f	FV 40		0	720	0	0	720
971	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	0	719	0	0	719
972	Sue Urwin	f	FV 60	Derwent Valley Running Club	0	0	0	719	719
973	Joanna Ledson	f			0	0	718	0	718
974	Vikki O'brien	f	FV 50		718	0	0	0	718
975	Karen Blackley	f	FV 50		0	718	0	0	718
976	Linda Gant	f	FV 60		0	717	0	0	717
977	Clare Smith	f	FV 50		0	0	0	717	717
978	Jeremy Dyer	m	MV 60		716	0	0	0	716
979	Rachael Smith	f		Derwent Valley Running Club	0	0	0	716	716
980	Joanne Price	f			0	716	0	0	716
981	Jade Murray	f		Na	0	715	0	0	715
982	Philippa Tooms	f	FV 40		0	0	715	0	715
983	Bernard Doheny	m	MV 50		0	0	0	715	715
984	Tracy Rees-clark	f	FV 50	Blackwater Valley Runners	0	0	0	714	714
985	Lindsay Halliwell	f	FV 50		714	0	0	0	714
986	Hannah wilson	f	FV 40	hersdale Boundry, Harriers, running	0	714	0	0	714
987	Kirstie Whyatt	f	FV 40		0	0	0	713	713
988	Eddie Sikora	m	MV 50		0	713	0	0	713
989	Ben Crofts	m	U25		713	0	0	0	713
990	Michelle Mccrory	f	FV 40		712	0	0	0	712
991	John Irvine	m	MV 40		0	712	0	0	712
992	Daniel Tinnion	m			0	0	712	0	712
993	Sheila Maxwell	f	FV 60	Lostock AC	0	0	0	711	711
994	Rachel Wilcock	f		St Helens Striders	0	0	711	0	711
995	Ryan Lynch	m			0	710	0	0	710
996	Alison Macdonald	f	FV 60	The Clans running club	710	0	0	0	710
997	Kate Lenton	f	FV 40	Dallam Running Club	0	709	0	0	709
998	Sarah Reay	f	FV 50	Derwent Valley Running Club	0	0	0	708	708
999	Melissa Pyle	f	FV 40		0	0	708	0	708
1000	Claire Ripley	f	FV 40		708	0	0	0	708
1001	Anne Mcquitty	f	FV 60		0	708	0	0	708
1002	Richard Campbell	m	MV 40		0	0	0	707	707
1003	Michael Wood	m	MV 70	Sedgefield Harriers	707	0	0	0	707
1004	declan sheridan	m	MV 50	blackpool freedom runners	0	707	0	0	707
1005	Jackie Frank	f	FV 40		0	0	0	706	706
1006	Edward Ryder	m	MV 50	Otley AC	706	0	0	0	706
1007	Alice Wright	f			0	706	0	0	706
1008	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	0	706	0	706
1009	Sue Woods	f	FV 50		0	0	705	0	705
1010	Sarah Wright	f	FV 50		0	705	0	0	705
1011	Kevin Clarkson	m	MV 50		0	704	0	0	704
1012	Pamela McCullagh	f	FV 40	Accrington Road Runners	704	0	0	0	704
1013	Nick Armstrong	m	MV 40		0	0	0	704	704

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1014	Dawn Cranston	f	FV 40		0	0	704	0	704
1015	Melanie Armstrong	f	FV 40		0	0	0	703	703
1016	Di Blackshaw	f	FV 40		0	0	703	0	703
1017	Emily Atkinson	f		West Hull Ladies	0	702	0	0	702
1018	Caroline Johnson	f	FV 50		702	0	0	0	702
1019	Rebecca Dean	f	FV 50	Victoria Park Running Club	0	701	0	0	701
1020	Tamsin Greaves	f	FV 50		0	700	0	0	700
1021	Lucy Derby	f	FV 50	Moss Park Strollers	700	0	0	0	700
1022	Gillian Lopez	f	FV 50	Kinross Roadrunners	0	0	700	0	700
1023	Shaun Mccullough	m	MV 50		0	0	0	699	699
1024	Alyson Rayner	f	FV 40		0	0	699	0	699
1025	Heidi Atkins	f	FV 50	Tri Preston	0	0	0	698	698
1026	Kay Standing	f	FV 60	Run in Wirral	0	698	0	0	698
1027	Jane Farrell	f	FV 60	Freerunners	697	0	0	0	697
1028	Helen Channell	f	FV 50		696	0	0	0	696
1029	Richard Carr	m	MV 50		695	0	0	0	695
1030	Jordina Farrus Gubern	f	FV 40		0	0	695	0	695
1031	Jeannine Curtis	f	FV 40		0	0	0	695	695
1032	Clare Laybourn	f	FV 50		694	0	0	0	694
1033	Collette Eames	f	FV 60	JogOnTheTYne	0	0	694	0	694
1034	Sinead Cannon	f	FV 50	Kendal Tri Club	0	0	693	0	693
1035	Sara Summers	f	FV 50		0	0	0	692	692
1036	Rosemary WEBSTER	f	FV 50	head torches	0	691	0	0	691
1037	Sarah Donaldson	f			0	0	0	691	691
1038	Rebecca Mcwilliam	f			0	0	690	0	690
1039	Katie Fairweather	f			0	0	0	690	690
1040	Helen Field	f	FV 40	Women on the run	0	0	0	689	689
1041	Emma Gardner	f			689	0	0	0	689
1042	Chris Watts	m	MV 40		0	689	0	0	689
1043	Lesley Allison	f	FV 60	Eden Runners	0	0	0	688	688
1044	Anthony Metcalf	m	MV 40	Ramsbottom Running Club	0	688	0	0	688
1045	Chris Price	m	MV 50	Kendal AAC	0	0	687	0	687
1046	Cheryl Honeybourne	f	FV 40	Swinton Running Club	0	687	0	0	687
1047	Chris Harbord	m	MV 70	eat Yarmouth RR & Bungay Black D	0	686	0	0	686
1048	John Hetherington	m	MV 60	Bodyfit Cumbria	686	0	0	0	686
1049	Ellie Parker	f	FV 40	Settle Harriers	0	0	686	0	686
1050	Wendy Birkett	f	FV 60	Ambleside Athletic Club	0	0	685	0	685
1051	Sarah Norman	f	FV 60	Penistone Footpath Runners	0	0	0	685	685
1052	Amanda Bowen	f	FV 50	Blackpool Freedom Runners	0	685	0	0	685
1053	Rebecca Barnshaw	f	FV 40		684	0	0	0	684
1054	Megan Dixon	f			0	0	0	684	684
1055	Joanne Beahan	f	FV 50		0	0	684	0	684
1056	Gayle Brandwood	f	FV 40	Blackpool Freedom Runners	0	684	0	0	684
1057	Johanna Latty	f	FV 40	Settle Harriers	0	0	683	0	683
1058	Emma Read	f	FV 40		0	683	0	0	683
1059	Charis Dixon	f	U25		0	0	0	683	683
1060	Andrew Spink	m	MV 50		683	0	0	0	683
1061	Ross Singleton	m	MV 60		0	0	0	682	682
1062	Rosemary Lehan	f	FV 60		682	0	0	0	682
1063	Lee Hughes	m			0	0	682	0	682
1064	Kate Potter	f	FV 40		0	682	0	0	682
1065	Rachel Parker	f	FV 40		0	0	0	681	681
1066	David Lehan	m	MV 60		681	0	0	0	681
1067	Dave Prescott	m	MV 50	Bridgnorth Running Club	680	0	0	0	680
1068	Chris Byrne	m	MV 50		0	0	0	680	680
1069	Liam Dobson	m			0	0	0	679	679
1070	Hilary Dickinson	f	FV 70	Tynedale Harriers & A C	678	0	0	0	678
1071	Perrine Lasserre	f			0	0	678	0	678
1072	Jade Screen	f			0	0	0	678	678
1073	Stacey Gilman	f	FV 50	Roberttown Road Runners	0	0	677	0	677
1074	Paul Rowe	m	MV 50	Blackhill Bounders	677	0	0	0	677
1075	craig farmer	m			0	0	0	677	677
1076	Vicki Brown	f	FV 50		676	0	0	0	676
1077	Sally Anne Speight	f	FV 50	Roberttown Road Runners	0	0	676	0	676
1078	Ellie Farmer	f			0	0	0	676	676
1079	Sarah Chaudhri	f	FV 60	Cumberland AC	0	0	675	0	675
1080	Caroline Burdon	f	FV 50		675	0	0	0	675
1081	Ken Brown	m	MV 60		673	0	0	0	673

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1082	Naomi Morrison	f	FV 50	Smiley Paces	0	0	673	0	673
1083	Sam Askey	f	FV 40		672	0	0	0	672
1084	Cindy Froggatt	f	FV 50		0	0	672	0	672
1085	Peter Burlingham	m	MV 40		671	0	0	0	671
1086	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	0	0	0	671	671
1087	Nadine Scaife	f	FV 50		0	0	0	670	670
1088	Becky Johnson	f			0	0	670	0	670
1089	Rebecca Bean	f			669	0	0	0	669
1090	Kate Collier	f			0	0	669	0	669
1091	Jill Beadle	f	FV 40		0	0	0	669	669
1092	Richard Rayner	m	MV 50		0	0	668	0	668
1093	James Heslop	m		Stockton Striders Ac	668	0	0	0	668
1094	Jamie Doyle	m			0	0	667	0	667
1095	Nicola Aindow	f	FV 40		666	0	0	0	666
1096	Helen Halsall	f	FV 50		0	0	665	0	665
1097	Celia Wiblishauser	f	FV 40		665	0	0	0	665
1098	Donald Nichol	m	MV 60	ramsbottom running club	0	0	664	0	664
1099	David Drillingcourt	m	MV 50		0	0	0	664	664
1100	Ian Maddrell	m	MV 40	Atherton Running Club	663	0	0	0	663
1101	Deborah Drillingcourt	f	FV 50	Widnes Wasps	0	0	0	663	663
1102	Catherine Betley	f	FV 40	N/a	0	0	0	662	662
1103	Michael Burdon	m	MV 50		661	0	0	0	661
1104	Kate James	f	FV 50		660	0	0	0	660
1105	Alison Unsworth	f	FV 50		0	0	660	0	660
1106	Melissa Grocock	f	FV 40		659	0	0	0	659
1107	Jane Ambler	f			0	0	0	659	659
1108	Viridiana Sica	f	FV 50		0	0	0	658	658
1109	Karen Eckworth	f	FV 60	Alton Runners	0	0	0	657	657
1110	Jonathan Ford	m	MV 40	Penwortham Panthers	656	0	0	0	656
1111	Lizzie Cooke	f	FV 60		0	0	0	656	656
1112	Natasha Cruickshank	f	FV 40		655	0	0	0	655
1113	Richard Purdy	m	MV 40		654	0	0	0	654
1114	Jan Hawgood	f	FV 50		0	0	0	654	654
1115	Patrycja Jaszek	f	FV 40	Kippax harriers	653	0	0	0	653
1116	Lewis Stokes	m	MV 40		0	0	653	0	653
1117	Sally Nuttall	f			0	0	652	0	652
1118	Paul Spink	m	MV 40		652	0	0	0	652
1119	Michael Welsh	m	MV 50		0	0	0	651	651
1120	Kim Winstanley	f			0	0	651	0	651
1121	Simon Jones	m	MV 50		0	0	650	0	650
1122	John Pepper	m	MV 50		0	0	0	650	650
1123	Andrew Green	m	MV 40	York Acorn	650	0	0	0	650
1124	Stephen Potter	m	MV 50		0	0	649	0	649
1125	Claire Green	f	FV 40		649	0	0	0	649
1126	Barbara Murphy	f	FV 60	Eden runners	648	0	0	0	648
1127	Magda Witkowska	f	FV 40		647	0	0	0	647
1128	Rebecca Clark	f		Bollington Harriers	0	0	0	646	646
1129	Rachel Savage	f	FV 40	Smiley Paces	0	0	646	0	646
1130	Sarah Draper	f	FV 40	Eden Runners	645	0	0	0	645
1131	Helen Clark	f	FV 50	Bollington Harriers	0	0	0	645	645
1132	David Bishop	m	MV 60		0	0	645	0	645
1133	Ginny Newman	f	FV 60		0	0	644	0	644
1134	Andrea Richardson	f	FV 50		0	0	0	644	644
1135	sue white	f	FV 40		0	0	643	0	643
1136	Fiona Long	f	FV 50		0	0	0	643	643
1137	Ross Kirby	m	MV 50		0	0	642	0	642
1138	Duncan Hartley	m	MV 40		0	0	641	0	641
1139	Lynne Terry	f	FV 50		0	0	640	0	640
1140	Roche Duncan	m	MV 60		0	0	0	639	639
1141	Steve Bellamy	m	MV 40	Red Rose Road Runners	638	0	0	0	638
1142	Anna Dove	f	FV 40		0	0	0	638	638
1143	Clare Moody	f	FV 50	Smiley Paces	0	0	637	0	637
1144	Angela Dallinger	f	FV 40	RED ROSE	637	0	0	0	637
1145	Sarah Bettinson	f	FV 40		0	0	0	636	636
1146	Karen Jagan	f	FV 40		0	0	636	0	636
1147	gary mann	m	MV 40		0	0	635	0	635
1148	Deborah Lowther	f	FV 60		635	0	0	0	635
1149	Emma Weisblatt	f	FV 50		634	0	0	0	634

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1150	Philip Sergeant	m	MV 60		633	0	0	0	633
1151	Raymond Dang	m	MV 60	Eaglescliffe Running Group	632	0	0	0	632
1152	Jenny Woodhams	f	FV 40		0	0	0	632	632
1153	Heather Woods	f		Keswick AC	0	0	631	0	631
1154	Chris Dixon	m	MV 40		631	0	0	0	631
1155	Sarah Baird	f			0	0	0	630	630
1156	Collette Beeson	f	FV 50		0	0	630	0	630
1157	Lucy Owens	f	FV 40	Stockton Striders	0	0	0	629	629
1158	Heather Sutton	f			0	0	629	0	629
1159	Vicky Willett	f	FV 40	Sbc Plodders	628	0	0	0	628
1160	Austin Heath	m	MV 50	N/A	0	0	627	0	627
1161	Kirsty Pettit	f	FV 50	Keighley And Craven	627	0	0	0	627
1162	Andrea Lyndon-Hogg	f	FV 50		0	0	0	627	627
1163	Chris Ledson	f	FV 50		0	0	626	0	626
1164	Gill Lyon	f	FV 60		0	0	0	626	626
1165	Matthew Gribbin	m	MV 50		0	0	625	0	625
1166	Keith Walters	m	MV 40		0	0	0	625	625
1167	Georgina Parkinson	f	FV 40	See York Run York Community	624	0	0	0	624
1168	Caroline Case	f			0	0	0	624	624
1169	Vicky Evans	f	FV 50		623	0	0	0	623
1170	Sophie Owens	f	FV 40	Stockton Striders	0	0	0	623	623
1171	Jen Husdan	f	FV 40		0	0	623	0	623
1172	John Harris	m	MV 40		0	0	0	622	622
1173	Jane Malcolm	f	FV 50	Jogscotland	622	0	0	0	622
1174	Casper Smits	m	MV 50		0	0	622	0	622
1175	Yvonne O'malley	f	FV 40	Jogscotland Penicuik	621	0	0	0	621
1176	Liz Dixon	f	FV 50		0	0	0	621	621
1177	Angelique Beckers	f	FV 50		0	0	621	0	621
1178	Ruth Robson	f	FV 40	York Knavesmire Harriers	0	0	0	620	620
1179	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	0	0	619	619
1180	Robert Gould	m	MV 80		0	0	618	0	618
1181	Paul Heaton	m	MV 60		0	0	617	0	617
1182	Lesley Perkins	f	FV 50		0	0	0	616	616
1183	Anna Forber	f			0	0	616	0	616
1184	SIMON Hackett	m	MV 60	Lymm Runners	0	0	615	0	615
1185	Ian Sampford	m	MV 40		0	0	614	0	614
1186	Denise Martin	f	FV 50	Warrington Running Club	0	0	0	613	613
1187	Catherine Carr	f	FV 40	Warrington Running Club	0	0	0	612	612
1188	Elizabeth Braithwaite	f	FV 50	Warrington Running Club	0	0	0	611	611
1189	Rach Heelam	f	FV 40	Warrington Running Club	0	0	0	610	610
1190	Jacqueline Thomason	f	FV 50	Warrington Running Club	0	0	0	609	609
1191	Alex Morrison	m	MV 40		0	0	609	0	609
1192	Sally Snowden	f	FV 40		0	0	0	608	608
1193	Adam Metcalfe	m			0	0	608	0	608
1194	Deborah Rowlinson	f	FV 50		0	0	0	607	607
1195	Abbey Wilson	f		Yorkshire Wolds Runners	0	0	607	0	607
1196	Sharon Marriott	f	FV 50		0	0	0	606	606
1197	Mel Hall	f	FV 40	Manvers	0	0	0	605	605
1198	Kate Peers	f	FV 40		0	0	604	0	604
1199	Anna Noelle ORMROD	f	FV 50	261 LUNE VALLEY RUNNING CLUB	0	0	0	604	604
1200	Karen Oldcorn	f	FV 50		0	0	0	603	603
1201	Stephen Byrne	m	MV 60		0	0	0	602	602
1202	Gary Morton	m			0	0	602	0	602
1203	Fiona Dridge	f	FV 40	Thornton Cleveleys Running Club	0	0	601	0	601
1204	Lisa Dainty	f	FV 50		0	0	0	600	600
1205	Ian Betley	m	MV 50		0	0	0	597	597
1206	Katie Learman	f	FV 50		0	0	596	0	596
1207	Karen Wheatley	f	FV 40		0	0	0	596	596
1208	Angela Wood	f	FV 50	F.r.a.	0	0	0	595	595
1209	Austin Trelfa	m	MV 60	Red Rose Road Runners	0	0	593	0	593
1210	Claire Turner	f	FV 40		0	0	0	593	593
1211	Vik Barnes	f	FV 50		0	0	0	592	592
1212	Sian Fairhurst	f			0	0	592	0	592
1213	Helen Graham	f	FV 40		0	0	0	591	591
1214	Jane Birchall	f	FV 60		0	0	0	590	590
1215	Sue Smart	f	FV 50	Warrington Running Club	0	0	0	589	589
1216	Ella Worthington	f	FV 50		0	0	589	0	589
1217	Helen Leather	f	FV 50	Warrington running club	0	0	0	588	588

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1218	Carolyn Shelley	f	FV 40		0	0	588	0	588
1219	Kate Turnbull	f	FV 40		0	0	587	0	587
1220	Helen Shaw	f	FV 50	Warrington Running Club	0	0	0	587	587
1221	Samantha Kitchen	f			0	0	585	0	585
1222	Janet Gibson	f	FV 60		0	0	584	0	584
1223	Della Lansley	f	FV 50	Bellahouston Road Runners	0	0	583	0	583
1224	Mark Hughes	m	MV 50		0	0	582	0	582
1225	Gabriella Corbridge	f	U25		0	0	581	0	581
1226	caroline alderson	f	FV 40		0	0	578	0	578
1227	Graham alderson	m	MV 40		0	0	577	0	577
1228	Pete Wareham	m	MV 60		0	0	575	0	575
1229	Alison Atherton	f	FV 50		0	0	574	0	574
1230	Adam Morton	m	MV 50		0	0	573	0	573
1231	Joanne Roberts	f	FV 40	Smiley Paces	0	0	570	0	570
1232	Yuki Ueki	f	FV 70		0	0	568	0	568
1233	Karen Thistlethwaite	f	FV 40	Lonely Goat RC	0	0	567	0	567
1234	Caron Cour	f	FV 50	Acre Street Runners	0	0	566	0	566
1235	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	0	0	563	0	563
1236	Paul Wilson	m	MV 50	Yorkshire wolds runners	0	0	562	0	562
1237	Colin Smith	m	MV 50		0	0	560	0	560
1238	Danilo Trozzi	m	MV 50		0	0	555	0	555
1239	Nicola Brown	f	FV 40		0	0	553	0	553
1240	Catherine Broome	f	FV 60	Achille Ratti	0	0	550	0	550
1241	Steve Longney	m	MV 50	Yorkshire Wolds Runners	0	0	547	0	547
1242	Sarah Edwards	f	FV 40		0	0	542	0	542
1243	Maria MAJOR	f	FV 40		0	0	541	0	541
1244	Andy Craig	m	MV 40		0	0	540	0	540
1245	Jennifer Craig	f			0	0	538	0	538
1246	Heather Stephenson	f	FV 50		0	0	535	0	535
1247	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	0	0	534	0	534
1248	Louise Roberts	f	FV 50	Border Reiver Runners	0	0	532	0	532
1249	Claire Knowles	f	FV 40	Jog On The Tyne	0	0	529	0	529
1250	Deborah Williams	f	FV 50	Jog On The Tyne	0	0	528	0	528
1251	Neil Sutcliffe	m	MV 60		0	0	525	0	525
1252	louise cairns	f	FV 40		0	0	519	0	519
1253	Gary Anderson	m	MV 50		0	0	518	0	518
1254	Richard Bartlett	m	MV 70		0	0	516	0	516
1255	Martha Henocq	f	FV 40	Smiley Paces	0	0	514	0	514
1256	Paul Cameron	m	MV 40	Phoenix Flyers	0	0	511	0	511
1257	Andrew Kirk	m	MV 60		0	0	505	0	505
1258	Angela Nicholson	f	FV 50		0	0	500	0	500
1259	John Harrington	m			0	0	499	0	499
1260	Marie Guttridge	f	FV 40		0	0	498	0	498
1261	Pauline Carrera-Silva	f	FV 50		0	0	496	0	496
1262	Tony Boyle	m	MV 40		0	0	495	0	495
1263	Philip Jones	m	MV 60		0	0	494	0	494
1264	Lesley Jones	f	FV 60		0	0	493	0	493
1265	Stuart Adamson	m	MV 60		0	0	492	0	492
1266	Adam McWilliams	m			0	0	491	0	491
1267	Timothy McWilliams	m	MV 50		0	0	490	0	490
1268	Alex Jones	m			0	0	489	0	489
1269	Victoria Mclver	f			0	0	488	0	488
1270	Jonathan Evans	m	MV 50	Wesham	0	0	487	0	487
1271	Tony Seddon	m	MV 50		0	0	486	0	486
1272	Deborah Redmond	f	FV 60		0	0	485	0	485
1273	Gabby Thorpe	f	FV 40		0	0	483	0	483
1274	Jane Boden	f	FV 40	Smiley Paces	0	0	482	0	482
1275	Maxine Grimshaw	f	FV 60	Ramsbottom Running Club	0	0	481	0	481
1276	Ursula Collie	f	FV 60		0	0	478	0	478
1277	Sarah Jackson	f	FV 50	Kendal AAC	0	0	477	0	477
1278	Laura Chiswell	f	FV 40		0	0	476	0	476
1279	Anita Rogers	f	FV 50		0	0	471	0	471
1280	Kees Stavenuiter	m	MV 50		0	0	469	0	469
1281	Geoffrey Smith	m	MV 50		0	0	468	0	468