



Lakeland Trails 2023 'Best of 3' Series Championships - 14-18k Trail Run



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1	Jonathan Cox	m		Eden Runners	1000	0	0	0	1000	0	1000	1000	3000
2	Phil Waite	m			995	0	997	0	0	999	0	0	2991
3	David Howarth	m	MV 40		979	993	0	999	0	991	994	0	2986
4	Jon Gardiner	m	MV 40		990	994	0	0	0	994	997	0	2985
5	William Dickson	m	MV 60		987	992	991	0	0	0	0	0	2970
6	James Grinbergs	m	MV 40	Eden Runners	968	972	989	993	980	980	965	977	2962
7	David Walker	m	MV 50	Sedgefield Harriers	985	0	0	0	989	983	0	0	2957
8	Mike Allison	m	MV 60	Eden Runners	977	981	0	0	0	0	0	989	2947
9	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	973	0	0	0	984	0	983	0	2940
10	Ted Leahy	m	MV 40	Ripon Runners	991	0	0	0	0	0	998	943	2932
11	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	974	0	976	0	969	974	953	0	2924
12	John Bohan	m	MV 40		954	968	986	0	0	0	0	0	2908
13	Lucy wasinski	f	FV 40	Glossopdale Harriers	0	961	0	0	0	0	961	985	2907
14	Michael Smith	m	MV 40		0	0	941	0	0	978	974	0	2893
15	Kevin Scott	m	MV 50	Eden runners	0	0	0	0	975	0	951	963	2889
16	Mark Griffiths	m	MV 40	Manchester Ymca Harriers	952	0	0	0	0	0	959	976	2887
17	John Wilson	m	MV 50	Massey Ferguson Running Club	944	0	901	0	0	963	931	962	2869
18	Mark Ashburn	m			948	950	0	0	0	966	0	0	2864
19	Matthew Smith	m	MV 40		0	0	0	0	935	947	935	972	2854
20	Kerry Grinbergs	f	FV 40	Eden runners	846	0	954	972	918	922	850	926	2852
21	Andrew Pye	m	MV 40		926	936	0	0	920	941	916	974	2851
22	Ian Johnson	m	MV 50		0	935	972	0	0	0	939	0	2846
23	Jonathan Dearlove	m			0	926	920	0	939	972	0	0	2837
24	James Chambers	m	MV 40	York Knavesmire Harriers	0	0	944	0	936	956	0	0	2836
25	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	900	0	985	946	0	872	0	2831
26	Steve Platten	m	MV 40	City of Hull AC	0	0	0	981	0	0	897	952	2830
27	Lewis Mcintyre	m	MV 60		902	892	948	979	0	0	0	0	2829
28	Simon Robb	m			0	0	951	0	942	0	936	0	2829
29	Chris Foden	m	MV 50		0	0	0	0	938	968	923	0	2829
30	Andrew Stuart	m	MV 50		872	914	959	0	952	0	838	0	2825
31	Stuart Clayton	m	MV 50		0	929	0	0	0	952	934	0	2815
32	Robert Faulkner	m			922	0	950	0	941	0	0	0	2813
33	Terry Moss	m	MV 50		877	891	886	970	876	898	842	930	2798

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
34	Paul Morris	m	MV 60	Keswick AC	927	915	0	0	0	0	0	953	2795
35	Mark Blundell	m	MV 60	Edge Pistols	911	921	942	0	0	0	0	0	2774
36	John Ryder	m	MV 50	Tadcaster harriers	903	0	0	0	929	936	882	0	2768
37	Sam Goodall	m	MV 40	Nidderdale Fell and Trail	0	938	0	0	916	0	854	913	2767
38	Debbie Howard	f	FV 50	Furness Fell Runners	0	0	0	0	923	0	876	940	2739
39	Adam Smith	m			0	0	907	0	906	0	920	0	2733
40	Christopher Rowland	m	MV 40		0	0	905	0	902	924	820	0	2731
41	Dominic Brophy	m	MV 50	Unattached	901	911	917	0	0	0	0	0	2729
42	Gillian Rowland	f	FV 60		690	796	877	930	836	877	827	912	2719
43	Stephen Stuart	m	MV 50		834	0	947	0	915	0	856	0	2718
44	Alan Parker	m	MV 50		883	907	0	0	896	908	836	0	2711
45	Jonathan Broome	m	MV 50	Achille Ratti	890	833	958	0	0	0	860	0	2708
46	Ewan Taylor	m		ctoria Park Running Club, Warrington	0	831	841	0	909	909	823	885	2703
47	Gary Smith	m	MV 40		0	847	0	0	911	925	867	0	2703
48	Michael Devlin	m	MV 40		0	0	0	0	883	869	865	947	2699
49	Erwin Kalis	m	MV 40	ncaster & Morecambe Athletics Club	899	870	924	0	0	0	0	0	2693
50	Dorothy Pelly	f	FV 60	Ambleside Ac	775	0	885	934	0	0	0	874	2693
51	Simon Lobas	m	MV 40		0	886	0	0	908	0	884	0	2678
52	John Wiggans	m	MV 50	Red Rose Road Runners	0	0	0	0	910	911	855	0	2676
53	Sandra Connell	f	FV 60		0	0	919	0	874	882	792	862	2675
54	Kay McGreevy	f	FV 60		810	818	0	0	891	866	815	916	2673
55	Simon Williams	m	MV 50		0	873	844	944	0	0	0	0	2661
56	Helen Tyson	f	FV 40	Eden Runners	837	0	861	946	854	0	758	0	2661
57	Catherine Mitchell	f	FV 40		811	0	0	0	864	905	886	0	2655
58	Chris Wales	m	MV 50	Preston Harriers	891	854	898	0	0	0	0	0	2643
59	Jonathan Watt	m	MV 60		769	815	0	0	0	886	824	933	2643
60	Joanna Fitch	f			0	0	914	0	0	0	807	919	2640
61	Katarzyna Babinska	f			0	0	858	927	0	0	724	839	2624
62	Lee Latham	m	MV 40	Victoria Park Running Club	0	0	0	948	817	859	0	0	2624
63	Davide Cuoghi	m			825	0	0	0	900	890	0	0	2615
64	Pete Lashley	m	MV 50		732	0	0	933	830	843	791	0	2606
65	Matt Brookes	m	MV 40	Ripon Runners	882	0	0	0	0	0	818	905	2605
66	Nigel Meier	m	MV 50	N/a	839	0	900	0	860	0	0	0	2599
67	Carl Wild	m	MV 40		0	0	0	941	0	799	0	857	2597
68	Marisa Wray	f	FV 50		0	786	0	947	0	861	0	0	2594
69	John Bamforth	m	MV 50		848	826	910	0	748	823	0	0	2584
70	Martin Slater	m	MV 40		788	0	0	0	825	867	771	892	2584
71	Hannah Ives	f			803	0	0	0	857	0	0	920	2580
72	Chris Turner	m	MV 60	Nidderdale Fell and Trail	847	840	0	0	0	0	810	891	2578
73	Russ Valentine	m	MV 60	Falkland Trail Runners	571	651	850	929	798	0	719	653	2577
74	Laura Whittaker	f	FV 40		712	763	832	907	766	810	698	821	2560

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Amleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
75	Chris Davies	m	MV 40	Team inov-8	833	866	0	0	0	0	857	0	2556
76	Rosie Warnett	f	FV 40	Sedgefield Harriers	871	0	0	0	0	0	777	907	2555
77	Andy Buckroyd	m	MV 60	Macclesfield Harriers	0	0	859	0	834	0	757	856	2549
78	Andrew Hemsley	m	MV 50	Walney Wind Cheetahs	673	722	818	0	810	846	732	877	2541
79	Mark Austin	m	MV 40		0	0	0	917	805	0	633	813	2535
80	Scott Keenan	m	MV 50		864	827	0	0	0	840	0	0	2531
81	Darren Gillman	m	MV 50	Todmorden Harriers	772	883	789	0	753	796	774	845	2524
82	Jill Reed	f	FV 50		662	768	0	922	780	814	680	780	2516
83	Cherry Collison	f	FV 50	Bolton utd harriers	696	728	845	937	0	0	0	0	2510
84	Andrew Hollowbread	m	MV 50		705	714	847	0	808	852	717	0	2507
85	Louise Anderson	f	FV 50		785	0	891	0	0	0	714	827	2503
86	Steven Ohara	m	MV 40		740	0	0	0	0	0	825	932	2497
87	Harry Hardcastle	m	U21		0	0	0	0	844	0	759	893	2496
88	William Fitch	m			0	0	822	0	0	0	767	902	2491
89	Glyn Williams	m	MV 50	Prestwich AC	0	810	0	0	0	894	785	0	2489
90	Glyn Kilsby	m	MV 60	Dubai Creek Striders	0	0	851	877	688	753	0	0	2481
91	Laura Peacock	f	FV 40	Derwent Valley Running Club	0	778	835	0	0	0	0	867	2480
92	Katie Samuelson	f	FV 40	Todmorden Harriers	669	800	788	0	848	827	466	599	2475
93	Hannah O'connor	f			0	0	0	0	0	857	754	859	2470
94	Hannah Stirling	f			644	808	0	0	835	826	0	0	2469
95	Eleanor Shotton	f	FV 40	Derwent Valley Running Club	0	777	836	0	0	0	0	855	2468
96	Stuart O'connor	m	MV 50		0	0	0	0	0	856	753	858	2467
97	Ben Mitchell	m	MV 40		797	0	0	0	865	0	797	0	2459
98	Tim Farron	m	MV 50	Dallam Runners	779	811	860	0	0	0	0	0	2450
99	Anne Macfarlane	f	FV 60	Dumfries Running Club	0	0	0	0	831	0	729	889	2449
100	Melissa Gorst	f			800	809	0	0	838	0	0	0	2447
101	Sarah Lord	f	FV 50	DH Runners	812	0	0	0	837	0	728	781	2430
102	Louise Lashley	f	FV 50		680	0	0	931	0	819	0	0	2430
103	Felicia Singleton	f	FV 50	Victoria Park Running Club, Warrington	0	767	809	0	796	812	638	776	2417
104	John Glass	m	U25		0	0	0	0	795	802	663	816	2413
105	Martin Tilbury	m	MV 50		707	0	866	0	0	838	0	0	2411
106	Alan Jones	m	MV 60	Garstang Running Club	750	775	0	0	800	824	0	0	2399
107	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	759	0	0	0	0	0	763	872	2394
108	Owen Davies	m	MV 70		0	0	0	0	770	800	688	824	2394
109	Jodie Berry	f		RunTheWorldMcr	0	0	0	0	811	855	727	0	2393
110	Dawn Wicks	f	FV 50		726	750	840	0	0	795	0	0	2385
111	Scott Burrow	m	MV 50		0	648	0	885	717	783	0	0	2385
112	Andrew Connor	m	MV 60	Amleside	0	805	0	0	783	794	681	0	2382
113	Matt Goffatt	m			728	924	0	0	726	0	0	0	2378
114	Dawn Chilton	f	FV 50		767	787	0	0	823	0	0	0	2377
115	Dave Robinson	m	MV 40		714	0	0	0	849	0	814	0	2377

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116	Timothy Knowles	m	MV 50	None	682	769	0	918	0	0	0	0	2369
117	Catherine Doyle	f	FV 50		0	0	0	873	699	750	591	735	2358
118	Thomas Walker	m		Team Sixteen	0	0	0	830	755	764	0	0	2349
119	Helen Foster	f	FV 50		0	755	0	0	785	804	0	0	2344
120	Gary Wintersgill	m	MV 50		684	0	0	0	792	0	0	866	2342
121	Mary Entwistle	f	FV 50		0	662	791	827	698	0	648	722	2340
122	Sharon Oconnell	f	FV 50	St. Helens Striders	0	0	793	0	729	817	0	0	2339
123	Katy Lewis	f	FV 60		0	0	805	0	737	777	598	750	2332
124	Gail Bristo	f	FV 50	Red Rose Road Runners	681	758	811	0	761	0	0	0	2330
125	Andrew Hamman	m	MV 40		666	0	863	0	794	0	0	0	2323
126	Michael Albert	m	MV 50	Wearside Triathlon	0	0	0	0	758	0	709	852	2319
127	Amanda Cirelli	f	FV 50		583	653	760	826	667	0	639	721	2307
128	Sarah Temple	f	FV 40		0	0	0	0	803	849	654	0	2306
129	Rosie Egan	f	FV 50	Cheshire Hash House Harriers	0	0	0	863	0	0	659	770	2292
130	Caroline Robinson	f	FV 40		700	0	0	0	826	0	761	0	2287
131	Julian Egan	m	MV 50		0	715	0	0	0	851	720	0	2286
132	Peter Reed	m	MV 70	Northumberland Fell Runners	602	687	795	0	781	0	0	687	2263
133	Esther Stanier	f		Red Rose Road Runners	619	733	0	0	719	0	0	805	2257
134	Laura Pilkington	f			0	0	770	814	664	0	536	0	2248
135	Karen Campbell	f	FV 60	Falkland Trail Runners	570	637	735	798	657	711	512	652	2244
136	John Heathcote	m	MV 60		0	704	796	0	740	0	0	0	2240
137	Julie Graham	f	FV 60	Garstang	685	801	0	0	747	0	0	0	2233
138	Graham Schofield	m	MV 70	Chorley Harriers	678	710	837	0	0	0	0	0	2225
139	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club	567	0	0	0	0	766	657	801	2224
140	Ryan Parry	m	MV 40		646	679	0	0	679	749	624	794	2222
141	Fiona Haigh	f	FV 50	Team Fi & B	589	824	0	0	0	0	801	0	2214
142	Helen Hollingworth	f			0	0	0	812	0	0	620	777	2209
143	Tracy Slater	f	FV 40		585	0	0	0	709	774	605	720	2203
144	Rosemary WEBSTER	f	FV 50	head torches	0	663	0	845	0	691	0	0	2199
145	Jill Leader	f	FV 60		0	0	0	0	722	748	0	728	2198
146	Carole Frost	f	FV 60	Orchard Eagles Running Club	565	671	0	0	757	765	0	0	2193
147	Kev Kendal	m	MV 50	Howgill Harriers	0	646	0	0	690	776	557	725	2191
148	Paul Lyndon-Hogg	m	MV 50		608	0	0	0	0	0	723	854	2185
149	Aidan Egleston	m	MV 50	Telford Harriers	607	0	0	0	0	0	722	853	2182
150	Chris Probert	m	MV 60	Penny Lane Striders	0	0	781	0	0	0	666	733	2180
151	Russell Pilling	m	MV 60	North Shields Poly	648	0	768	0	0	0	632	763	2179
152	Trevor Billington	m			0	636	800	0	0	740	597	0	2176
153	Jennifer Webster	f	FV 40	Epot	620	743	803	0	0	0	0	0	2166
154	thomas brocklebank	m	MV 50	Millom striders	0	673	0	0	701	791	619	0	2165
155	James Glass	m	MV 50		0	0	0	0	715	752	548	697	2164
156	Serkan Yaman	m	MV 50		0	650	737	0	0	769	0	0	2156

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157	Ali Cooper	f	FV 60	Kendal Tri Club	553	667	0	0	703	761	586	0	2131
158	Ginny Newman	f	FV 60		671	0	808	0	0	0	644	0	2123
159	Bernice Blundell	f	FV 60	Edge Pistols	621	700	790	0	0	0	0	0	2111
160	Judith Barker	f	FV 50		531	635	0	0	0	746	556	710	2091
161	Alison Nordon	f	FV 50		498	608	734	0	636	703	506	648	2085
162	Clare Laybourn	f	FV 50		0	664	724	0	694	0	0	0	2082
163	Andrew Woodhead	m	MV 40		652	638	782	0	0	0	0	0	2072
164	John Edwards	m	MV 70		0	681	0	0	0	792	594	0	2067
165	Mark Farmer	m	MV 50		497	603	714	0	626	699	497	647	2060
166	David Battersby	m	MV 50		487	0	0	797	0	734	527	0	2058
167	Colette Clarkson	f	FV 50		545	0	779	0	0	725	0	0	2049
168	Kate Peers	f	FV 40		611	0	814	0	0	0	604	0	2029
169	Gerry Richards	f	FV 50		581	0	726	0	0	721	531	0	2028
170	Kevin Clarkson	m	MV 50		544	0	778	0	0	704	0	0	2026
171	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS	0	0	773	0	685	0	565	0	2023
172	Gail Farr	f	FV 50	west hull ladies	0	0	0	0	687	0	606	729	2022
173	Paul Haydon	m	MV 50	F.r.a.	0	0	0	0	731	0	689	594	2014
174	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers	645	649	711	0	0	0	0	0	2005
175	Ewan Sewell	m			0	0	0	0	0	0	999	998	1997
176	Scout Adkin	f		Ambleside AC	996	0	0	0	0	1000	0	0	1996
177	Louise Roberts	f	FV 50	Border Reiver Runners	629	0	0	834	0	0	532	0	1995
178	Martin Klavon	m		Northowram Pumas	0	0	0	0	997	998	0	0	1995
179	Grant Ormerod	m	MV 40		992	1000	0	0	0	0	0	0	1992
180	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	0	995	0	0	996	1991
181	Liam Widdrington	m		Hoad Hill Harriers	993	997	0	0	0	0	0	0	1990
182	Stuart Wilson	m			0	998	0	0	992	0	0	0	1990
183	Victoria Sewell	f		Knavesmire Harriers	0	0	0	0	0	0	995	993	1988
184	Jamie Arkle	m		Mercia Fell	0	0	0	0	0	0	993	994	1987
185	Michael Haynes	m			0	0	0	994	988	0	0	0	1982
186	Peter Banks	m	MV 60	Blackburn Harriers & AC	0	0	0	0	0	990	990	0	1980
187	Amy Kelland	f		Eden Runners	0	0	0	0	0	988	991	0	1979
188	Shaun Jones	m	MV 40		986	0	0	0	0	992	0	0	1978
189	David Ellicott	m	MV 40	Askern District RC	561	0	0	0	670	747	513	0	1978
190	Adam Elkin	m	MV 40	Lancaster & Morecambe AC	0	0	0	0	0	986	992	0	1978
191	Chris Gray	m	MV 40	Tri Lakeland	0	978	994	0	0	0	0	0	1972
192	Sarah Cullen	f	FV 40		0	0	725	0	0	723	521	0	1969
193	Michael Welsh	m	MV 50		659	654	0	0	0	0	0	651	1964
194	Philip Foscoe	m			0	0	0	0	0	0	973	991	1964
195	Tim Coid	m	MV 40	Washington Running Club	543	644	775	0	0	0	0	0	1962
196	Jim Andrew	m	MV 40		0	0	0	996	0	0	964	0	1960
197	Graham Spence	m			0	0	979	0	0	0	978	0	1957

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198	Evvie Feingold	f	FV 50	Prestwich AC	0	588	0	0	643	695	472	618	1956
199	Nichola Cooke	f	FV 40	Prestwich Ac	0	587	0	0	641	693	474	617	1951
200	Will Spalton	m			0	0	0	0	962	0	986	0	1948
201	Chris Corless	m	MV 40		0	0	0	990	0	0	956	0	1946
202	Timothy Forber	m		ncaster & Morecambe Athletics Clu	0	0	0	0	958	0	987	0	1945
203	Peter Cushion	m	MV 50	Wirral Vikings Trc	0	0	0	0	0	0	962	983	1945
204	Mark Young	m	MV 50		969	974	0	0	0	0	0	0	1943
205	Samuel Gilmore	m			0	966	0	0	0	976	0	0	1942
206	Wayne Lee Farr	m	MV 50	N/a	0	0	0	0	691	0	564	686	1941
207	Matthew Cox	m			970	969	0	0	0	0	0	0	1939
208	Robert Lowe	m	MV 40		0	0	0	0	965	0	972	0	1937
209	David Calder	m	MV 60	Westerlands Cross Country Club	962	0	963	0	0	0	0	0	1925
210	Rach Garner	f	FV 50	Prestwich AC	0	589	0	0	642	694	475	0	1925
211	Kevin Scott	m	MV 50		949	970	0	0	0	0	0	0	1919
212	Jim Andrews	m	MV 50	Helm Hill Runners	942	0	975	0	0	0	0	0	1917
213	Daniel Gilbody	m		WeStryv Coaching & Fitness	956	0	961	0	0	0	0	0	1917
214	Joshua Elliott	m	U25	Meltham ac	0	0	0	965	0	951	0	0	1916
215	Chris Bone	m	MV 40	St Bees Triers	0	0	0	0	949	967	0	0	1916
216	Emily Hart	f			0	953	0	0	961	0	0	0	1914
217	Adrian Harvey	m	MV 40	Unattached	0	0	0	0	963	950	0	0	1913
218	Lesley Allison	f	FV 60	Eden Runners	563	660	0	0	0	0	0	688	1911
219	Paul Lewis	m	MV 50		943	0	0	0	0	0	968	0	1911
220	Pedro Rodriguez	m			0	941	0	0	0	970	0	0	1911
221	Steven Marsh	m	MV 60		925	0	0	986	0	0	0	0	1911
222	Abbie Walker	f	U21	Sedgefield Harriers	955	0	0	0	953	0	0	0	1908
223	Joe Horsley	m	MV 40		945	960	0	0	0	0	0	0	1905
224	Clive Colson	m	MV 50		0	934	0	0	0	969	0	0	1903
225	Ian Crook	m	MV 50	Barrow Striders	0	927	970	0	0	0	0	0	1897
226	Jonathan Goldsworthy	m	MV 40		932	958	0	0	0	0	0	0	1890
227	Julian Clarke	m	MV 50		939	0	0	0	950	0	0	0	1889
228	Richard Hawkins	m	MV 40	York Postal Harriers	0	0	0	0	933	955	0	0	1888
229	Jack Wilson	m			0	0	918	969	0	0	0	0	1887
230	Sean Mcgleenan	m	MV 60	Dumfries Running Club	0	0	0	0	705	0	524	655	1884
231	Bree Sutcliffe	f	FV 40	Wirral AC	0	0	0	0	954	930	0	0	1884
232	Ryan Thorburn	m			0	0	0	0	0	918	0	965	1883
233	Pierce Hamer	m	U25		0	0	0	0	0	919	0	964	1883
234	Bruce Penhale	m	MV 60		0	0	968	0	0	0	913	0	1881
235	Al Neal	m	MV 40		940	0	0	0	940	0	0	0	1880
236	Neil Sutcliffe	m	MV 60		527	623	729	0	0	0	525	0	1879
237	Ken Brown	m	MV 60		626	576	0	0	673	0	0	0	1875
238	Neil Ward	m	MV 50	Ponteland Runners	913	0	0	0	957	0	0	0	1870

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
239	Jane Thomas	f		Sale Harriers	937	931	0	0	0	0	0	0	1868
240	Christoph Hachmann	m			938	930	0	0	0	0	0	0	1868
241	Charlie O'hare	m	U25	Walney Wind Cheetahs	0	0	0	0	921	940	0	0	1861
242	Thomas Jones	m			916	0	0	0	943	0	0	0	1859
243	Matthew Wernham	m	MV 60	Farnham Runners	0	0	0	0	0	0	919	938	1857
244	Jane Harris	f	FV 40	Tewkesbury running club	0	0	0	0	0	0	918	937	1855
245	Tom Willox	m		Helm Hill Runners	909	0	0	0	0	945	0	0	1854
246	Geoff Dale	m	MV 40		888	0	0	964	0	0	0	0	1852
247	Judith Weston	f	FV 50	Marsh House Harriers	516	642	0	0	658	0	549	0	1849
248	Jordan Hammond	m			0	0	969	0	0	0	880	0	1849
249	Clare Page	f	FV 40	Lonewolf	930	918	0	0	0	0	0	0	1848
250	Kevin Webster	m			0	901	0	0	0	0	941	0	1842
251	Dave Muckle	m	MV 50	The Blue Notes	0	904	936	0	0	0	0	0	1840
252	Richard Brown	m	MV 40	Belper Harriers	0	0	0	0	0	0	892	948	1840
253	Charlie Horncastle	m	U25		0	0	0	963	0	875	0	0	1838
254	Chris Brearton	m	MV 40	Wirral Vikings TRC	0	0	0	0	0	0	879	955	1834
255	Michael Harding	m			0	0	930	0	0	899	0	0	1829
256	Mark Salmon	m		N/a	0	0	916	0	0	913	0	0	1829
257	Hilary Neal	f	FV 40		915	0	0	0	914	0	0	0	1829
258	Phill Rae	m	MV 50		0	0	928	0	898	0	0	0	1826
259	sonja Griffiths	f	FV 50	Gog Triathlon Club	492	0	0	0	629	0	0	702	1823
260	Tom Beer	m	U25		0	908	0	0	0	0	912	0	1820
261	Michael Rogers	m	MV 40	None	878	0	0	0	0	935	0	0	1813
262	Robert Lilliott	m			0	0	912	0	0	0	900	0	1812
263	Ellen Messingham	f	FV 40	City of Hull AC	0	0	0	955	855	0	0	0	1810
264	Graham Coupe	m	MV 50	Wirral Vikings Trc	0	0	0	0	0	0	908	898	1806
265	Lee Marks	m	MV 40	Salford Metropolitan AC	0	922	0	0	0	0	883	0	1805
266	Mark Walker	m	MV 50	Rochdale Harriers and AC	886	0	0	0	917	0	0	0	1803
267	Caroline Duncan	f	FV 40		0	0	0	0	0	0	853	950	1803
268	Gail Bone	f	FV 40	St Bees Triers	0	0	0	0	880	921	0	0	1801
269	Jennifer Ireland	f	FV 50		478	579	741	0	0	0	0	0	1798
270	Martin Miceli	m	MV 40		844	0	0	0	0	0	0	949	1793
271	Lynne Carruthers	f	FV 60	Dch	0	0	867	924	0	0	0	0	1791
272	Phil Adam	m	MV 40		0	867	0	0	0	923	0	0	1790
273	Daniel McGrath	m	MV 40		829	0	960	0	0	0	0	0	1789
274	David Miller	m	MV 60	Chorley A. & T.	0	0	923	0	0	865	0	0	1788
275	Gillian Glynn	f	FV 50		876	0	0	0	912	0	0	0	1788
276	Alan Heap	m	MV 50	Penwortham Panthers	0	0	884	0	903	0	0	0	1787
277	James Magog	m	MV 40	Sunderland Strollers	881	905	0	0	0	0	0	0	1786
278	Mark Wilkie	m	MV 40		0	853	0	0	0	0	0	929	1782
279	LIAM MCDONNELL	m	MV 40	SOUTHPORT	0	0	0	0	0	0	858	923	1781

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
280	Paul Bretherton	m	MV 50		918	861	0	0	0	0	0	0	1779
281	Paul Holmes	m	MV 40		857	0	0	0	0	0	0	922	1779
282	Steven Rutter	m			912	863	0	0	0	0	0	0	1775
283	Chris Ridgers	m			866	903	0	0	0	0	0	0	1769
284	Andrew Carmichael	m	MV 40		0	852	913	0	0	0	0	0	1765
285	Simon Brady	m	MV 40		838	925	0	0	0	0	0	0	1763
286	Caroline Smith	f	FV 40		0	0	0	0	901	0	861	0	1762
287	Jason Linnane	m	MV 40	Billinge Running Club	0	0	824	0	0	934	0	0	1758
288	Craig Armitage	m		Not affiliated	879	876	0	0	0	0	0	0	1755
289	Callum Hodgson	m			896	858	0	0	0	0	0	0	1754
290	JONATHAN LILLIOTT	m	MV 60		0	0	902	0	0	0	851	0	1753
291	Jo Houghton	f	FV 50	Prestwich AC	0	586	0	0	0	692	473	0	1751
292	Owen Lewis	m	MV 40		0	850	0	0	0	896	0	0	1746
293	Adrian Cross	m	MV 40		0	842	0	0	0	0	0	901	1743
294	Paul Phillips	m	MV 50		0	0	0	0	0	0	802	941	1743
295	Salvatore Genovese	m	MV 50		880	0	0	0	859	0	0	0	1739
296	Joanne Andrews	f	FV 50		0	836	895	0	0	0	0	0	1731
297	David Taylor	m	MV 60	Cheshire Hash House Harriers	776	0	0	951	0	0	0	0	1727
298	Gillian Bell	f	FV 40	Tynedale Harriers	0	0	0	0	0	0	821	904	1725
299	Philip Clayton	m	MV 60		0	0	0	898	0	0	0	825	1723
300	Graeme Atkinson	m	MV 50		0	0	0	900	0	0	0	820	1720
301	Lucy Allaby	f			0	856	0	0	861	0	0	0	1717
302	Rachel Dimelow	f			0	874	0	0	0	841	0	0	1715
303	Richard Pennock	m	MV 50		0	0	0	0	877	0	835	0	1712
304	Sarah Baird	f			494	578	0	0	0	0	0	630	1702
305	Charlie TOSE	m	U25		860	839	0	0	0	0	0	0	1699
306	Kelvin Dickinson	m	MV 50	Wirral AC	0	0	0	0	0	0	799	900	1699
307	Caroline Hall	f	FV 50	Wirral AC	0	0	0	0	0	0	800	899	1699
308	Paul Dye	m	MV 50	St Bees Triers	832	0	0	0	866	0	0	0	1698
309	Steve Tinniswood	m	MV 50		802	0	0	0	0	895	0	0	1697
310	Simon Cowling	m	MV 40		0	794	0	0	0	0	0	903	1697
311	Jonathan Tose	m	MV 50		859	834	0	0	0	0	0	0	1693
312	Joanne Clarke	f	FV 50	Warrington Running Club	504	0	0	0	0	0	523	666	1693
313	Matt Herd	m	MV 40	Lone Wolf	0	781	0	0	0	0	0	910	1691
314	Mark Gould	m	MV 40		0	0	0	0	0	0	702	988	1690
315	David Connolly	m	MV 50		818	0	0	0	0	0	871	0	1689
316	David Morrell	m			0	0	0	0	0	0	778	911	1689
317	Kelly Temple	f	FV 40	York Knavesmire Harriers	0	0	0	0	809	878	0	0	1687
318	Russell Openshaw	m	MV 40		0	0	897	0	0	0	788	0	1685
319	John Waring	m			0	0	0	0	0	0	795	890	1685
320	Tom Wright	m	MV 40		835	849	0	0	0	0	0	0	1684

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
321	Louise Chicken	f	FV 50	Tynedale Harriers	0	819	0	0	0	0	0	860	1679
322	Ian Thompson	m	MV 50		0	816	0	0	0	863	0	0	1679
323	Andrew Mcgregor	m	MV 40		0	0	0	0	0	0	782	894	1676
324	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	875	0	0	0	793	0	0	1668
325	rikki hammond	f	FV 50	Stainland Lions	0	0	0	0	0	847	819	0	1666
326	Tim Ellams	m	MV 40		827	838	0	0	0	0	0	0	1665
327	Allison Mcintyre	f	FV 50		731	0	0	932	0	0	0	0	1663
328	Katie Todd	f			0	0	0	892	0	768	0	0	1660
329	Anthony Blight	m	MV 50	Blackpool wyre and fylde	816	0	0	0	0	0	0	842	1658
330	Ian Croft	m	MV 50	Red Rose Road Runners	0	0	0	0	0	0	870	788	1658
331	Andrea Howarth	f		Penwortham Panthers	0	0	853	0	804	0	0	0	1657
332	Rosie Clegg	f	FV 40	Smiley Paces	804	0	0	0	853	0	0	0	1657
333	Sarah Adams	f	FV 40		0	0	0	0	0	821	0	836	1657
334	Cathleen Casterton	f			0	766	0	0	890	0	0	0	1656
335	Samantha Catarelli	f			0	830	0	0	824	0	0	0	1654
336	Liz Thompson	f	FV 50		0	785	0	0	0	864	0	0	1649
337	Ceri Nicholas	f	FV 50	Buckley RR	748	0	0	0	0	901	0	0	1649
338	Allen Smith	m	MV 60	Buckley RR	747	0	0	0	0	902	0	0	1649
339	Daniel Martino	m	MV 40		0	0	0	861	788	0	0	0	1649
340	Maureen Laney	f	FV 60	Unattached	850	0	0	0	0	0	798	0	1648
341	Arron Cook	m			826	0	0	0	0	0	822	0	1648
342	David Wimpenny	m			822	825	0	0	0	0	0	0	1647
343	Don Oldcorn	m	MV 50		0	0	0	0	0	0	768	879	1647
344	Tony Davies	m	MV 50	Eryri Harriers	708	0	937	0	0	0	0	0	1645
345	Liz Handford	f	FV 50		0	0	882	0	0	0	762	0	1644
346	Bronwen Ray	f	FV 50	Smiley Paces	792	0	0	0	852	0	0	0	1644
347	Dave Brisco	m	MV 50	St. Helens Striders	0	0	794	0	0	848	0	0	1642
348	Andrea Abbas	f	FV 50		0	0	862	0	0	0	766	0	1628
349	Simon Eggleston	m	MV 50	South Shields Harrers	808	0	0	819	0	0	0	0	1627
350	Ully Kritzler	m	MV 50	acaster and Morecambe Athletics C	0	0	0	0	0	0	756	871	1627
351	Nicholas Schaffer	m	MV 60	Millom Striders	796	0	830	0	0	0	0	0	1626
352	Theo Schenk	m			0	727	0	0	0	0	895	0	1622
353	Jo Rolls	f	FV 40	Keswick AC	0	0	0	0	0	0	737	883	1620
354	Bernadett Szili	f			0	742	0	875	0	0	0	0	1617
355	Debbie Torr	f	FV 40		0	792	0	0	0	822	0	0	1614
356	Harry Borman	m			752	859	0	0	0	0	0	0	1611
357	Leonie Bell	f	FV 40		0	746	0	0	0	0	0	865	1611
358	Bryn Wilson	m			0	0	0	0	0	0	875	736	1611
359	Ian Henry	m			793	0	0	0	0	0	816	0	1609
360	Rob Bennion	m	MV 50		770	0	0	0	839	0	0	0	1609
361	Andrea Donaldson	f	FV 40	St Bees Triers	746	0	0	0	863	0	0	0	1609

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
362	Neil Hawkes	m	MV 50		0	745	0	0	0	0	0	864	1609
363	Julie Cook	f	FV 50	Tynedale Harriers	0	0	0	0	0	0	726	882	1608
364	Michael Curry	m	MV 40		713	0	0	0	892	0	0	0	1605
365	Rebecca Byrne	f		St Bees Trier	806	0	0	0	0	0	794	0	1600
366	Dougie Burke	m	U25		0	0	0	0	0	845	755	0	1600
367	Laura Kirkham	f	FV 40	Riversway Road Runners	820	779	0	0	0	0	0	0	1599
368	Ann-Marie Tulloch	f	FV 40		861	738	0	0	0	0	0	0	1599
369	Neil Venables	m	MV 60		778	0	0	0	0	818	0	0	1596
370	Viv Sherry	f			0	0	823	0	0	771	0	0	1594
371	Peter Mylett	m	MV 40	Wirral Vikings Trc	0	0	0	0	0	0	747	844	1591
372	Jo Colvin	f	FV 40		794	0	0	0	0	789	0	0	1583
373	Nicola Connal	f			749	0	0	0	0	834	0	0	1583
374	Nikki Kitts	f		Kirkby Milers AC	0	734	848	0	0	0	0	0	1582
375	Antony Crabbe	m	MV 50	None	0	0	0	0	0	784	0	798	1582
376	Andrew Devitt	m	MV 50	Knowle & Dorridge Running Club	716	865	0	0	0	0	0	0	1581
377	Shaneen Platten	f	FV 40	City of Hull AC	0	0	0	0	0	0	748	830	1578
378	Ian Wilson	m	MV 50	Helm Hill	765	804	0	0	0	0	0	0	1569
379	James Morris	m	MV 40	Keswick AC	615	0	0	0	0	0	0	954	1569
380	Michelle Farnhill	f			0	0	0	0	0	0	731	837	1568
381	John Deakin	m	MV 40		0	716	0	0	0	0	0	850	1566
382	Louisa Porter	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	757	0	807	1564
383	Mike Swift	m	MV 60		0	0	0	0	754	0	0	806	1560
384	Paul Hodgkin	m	MV 40		768	0	0	0	791	0	0	0	1559
385	RACHAEL LATHAM	f	FV 40	VICTORIA PARK RUNNING CLUB	0	0	0	839	0	719	0	0	1558
386	Helen Milner	f	FV 50	Tewkesbury Tri Club	0	0	0	0	0	0	710	841	1551
387	Anthony Finn	m	MV 60		0	0	0	0	0	0	716	835	1551
388	Elizabete Carmo-silva	f	FV 40		704	0	0	0	846	0	0	0	1550
389	Adrian Kamis	m	MV 60	East Hull Harriers	0	0	0	0	0	0	579	970	1549
390	Lesley Goodson	f	FV 50	North Wales Road Runners Club	709	0	839	0	0	0	0	0	1548
391	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	712	0	0	0	836	0	0	1548
392	Doug Orr	m			703	0	0	0	845	0	0	0	1548
393	Joanna Ledson	f			0	829	0	0	0	0	718	0	1547
394	Andy Hayes	m	MV 50		0	0	815	0	0	729	0	0	1544
395	Anthony Wilkinson	m	MV 60		724	0	0	0	0	820	0	0	1544
396	Kevin Gibbons	m	MV 60		672	0	870	0	0	0	0	0	1542
397	Wolfgang Altenau	m	MV 70		0	0	0	0	765	775	0	0	1540
398	Gillian Holland-Jones	f	FV 60	Styal Running Club	0	798	0	0	0	0	739	0	1537
399	Nick Helliwell	m	MV 50		0	756	0	0	779	0	0	0	1535
400	Sam Davis	m			701	0	0	0	833	0	0	0	1534
401	Jade Murray	f		Na	0	0	0	818	0	715	0	0	1533
402	Angela Thompson	f	FV 50	Victoria Park Running Club	751	0	0	0	0	0	0	773	1524

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
403	Colin Copland	m	MV 60		612	0	0	912	0	0	0	0	1524
404	Polly Gould	f			0	0	0	0	0	0	701	823	1524
405	Amy Derbyshire	f			0	0	0	0	0	738	0	783	1521
406	Kate Morley	f			766	752	0	0	0	0	0	0	1518
407	Daniel Maltman	m	MV 40		653	0	857	0	0	0	0	0	1510
408	Nick Pape	m	MV 50	Hermitage Harriers	0	0	0	0	0	0	691	818	1509
409	Matt Carter	m	MV 50		0	0	0	0	0	0	707	802	1509
410	Chris Green	m	MV 50		0	0	0	0	0	0	692	817	1509
411	Andrew Wright	m	MV 40		0	0	0	0	0	0	697	812	1509
412	Vish Parekh	m	MV 40		0	0	772	0	736	0	0	0	1508
413	Nigel Dean	m	MV 50		0	0	0	0	0	0	696	811	1507
414	Charlotte Pennock	f		ARC	0	0	743	0	0	762	0	0	1505
415	Emma Teggart	f	FV 40	Lonely goat	0	0	742	0	0	763	0	0	1505
416	Linda Gant	f	FV 60		0	0	785	0	0	717	0	0	1502
417	Charlie Shaw	f	U25		0	0	0	0	0	0	662	833	1495
418	Andrew Sherif	m	MV 40		0	0	0	0	0	0	661	834	1495
419	Natasha Cruickshank	f	FV 40		0	0	0	829	655	0	0	0	1484
420	Richard Purdy	m	MV 40		0	0	827	0	654	0	0	0	1481
421	Stacy Dale	f	FV 40		656	0	0	825	0	0	0	0	1481
422	Heather Woods	f		Keswick AC	0	0	0	849	0	0	631	0	1480
423	Tom Lawson	m	MV 40	Netherhall AC	0	0	0	0	762	0	713	0	1475
424	Christina Loveridge	f	FV 40	Bbrc	0	0	0	0	0	0	679	792	1471
425	Val Houghton	f	FV 60		0	678	0	0	0	790	0	0	1468
426	Myfanwy Taylor	f	FV 60	In2Wild	0	677	0	0	0	788	0	0	1465
427	Rich Roberts	m	MV 50	N/a	743	721	0	0	0	0	0	0	1464
428	Melissa Grocock	f	FV 40		0	0	0	799	659	0	0	0	1458
429	Rachel Gray	f			0	0	0	0	802	0	655	0	1457
430	Ben Cheetham	m			0	0	0	0	0	0	674	778	1452
431	David Coates	m	MV 60	Alnwick Harriers	0	0	706	0	744	0	0	0	1450
432	Alicia Croft	f	FV 50	Red Rose Road Runners	0	0	0	0	0	0	647	789	1436
433	Lisa Harrop	f	FV 50		0	0	0	0	0	0	603	832	1435
434	Helen Lapping	f	FV 50	261 Fearless Lune Valley	0	0	700	0	0	0	0	734	1434
435	Austin Heath	m	MV 50	N/A	0	0	806	0	0	0	627	0	1433
436	Stephanie Phillips	f		Parbold Pink Panthers	0	0	0	0	0	772	658	0	1430
437	Robert Terry	m	MV 50	Belper Harriers	0	0	0	0	0	0	656	771	1427
438	David Smith	m	MV 60		0	685	0	0	0	741	0	0	1426
439	David Pattison	m	MV 50		534	0	0	0	886	0	0	0	1420
440	su hall	f	FV 40		668	747	0	0	0	0	0	0	1415
441	Jonathan Ford	m	MV 40	Penwortham Panthers	0	0	759	0	656	0	0	0	1415
442	David Rand	m	MV 40	Penny Lane Striders	0	683	0	0	0	732	0	0	1415
443	Jeremy Stolberg	m	MV 60		0	629	0	0	0	786	0	0	1415

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
485	Elizabeth Braithwaite	f	FV 50	Warrington Running Club	0	0	703	0	0	0	0	611	1314
486	Jane Hunter	f	FV 60		0	0	0	0	646	0	0	665	1311
487	Jeremy Dyer	m	MV 60		0	593	0	0	716	0	0	0	1309
488	Karen Lillie	f	FV 50	Lonely goat	0	0	0	0	0	0	576	732	1308
489	Gary Anderson	m	MV 50		0	0	787	0	0	0	518	0	1305
490	Paul Harrison	m	MV 50		0	0	0	0	0	0	611	693	1304
491	Jake Harrison	m	U25		0	0	0	0	0	0	610	694	1304
492	Anna Noelle ORMROD	f	FV 50	261 LUNE VALLEY RUNNING CLUB	0	0	699	0	0	0	0	604	1303
493	Jane Ferris	f	FV 50		0	0	0	0	0	0	551	752	1303
494	Susanna Sewell	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	552	747	1299
495	Jay Golding	m	MV 40		532	0	764	0	0	0	0	0	1296
496	Emily Alston	f	FV 40	Hook Norton Harriers	0	0	0	0	0	0	599	696	1295
497	Nicola Aindow	f	FV 40		0	626	0	0	666	0	0	0	1292
498	Jack Gilmour	m		Wimbledon Windmilers	0	0	0	0	0	0	613	674	1287
499	Angela Nicholson	f	FV 50		0	0	0	786	0	0	500	0	1286
500	Laura Cullum	f			0	0	0	0	0	0	612	673	1285
501	STEPHANIE HOPE	f	FV 40	Burnden Road Runners	601	680	0	0	0	0	0	0	1281
502	Richard Rayner	m	MV 50		0	609	0	0	0	0	668	0	1277
503	Mark Hughes	m	MV 50		0	693	0	0	0	0	582	0	1275
504	Helen Little	f	FV 40	U/a High Harrington, Cumbria	610	658	0	0	0	0	0	0	1268
505	Cat Mchugh	f	FV 40		609	659	0	0	0	0	0	0	1268
506	Amy Page	f	FV 40		0	0	0	0	0	0	561	705	1266
507	Sue Cullum	f	FV 60		0	0	0	0	0	0	590	672	1262
508	Michael Moss	m	MV 50		0	0	0	0	0	0	543	718	1261
509	Ros Southwood	f	FV 40		0	0	0	0	0	0	559	701	1260
510	Hannah White	f			0	0	0	0	0	0	558	700	1258
511	Yvonne Bland	f	FV 60		0	0	0	0	0	0	546	709	1255
512	Heather Whalley	f			474	0	0	780	0	0	0	0	1254
513	Stephanie Bairet	f	FV 40		0	0	0	0	692	0	554	0	1246
514	Clare Riley	f	FV 50	Sunnywood Ladies on tour	0	0	0	0	0	0	520	723	1243
515	Roberta Whyte	f	FV 60	Linlithgow Athletic Club	464	0	0	778	0	0	0	0	1242
516	David Goodyear	m	MV 50	Eccleshill Road Runners	0	0	0	0	711	0	530	0	1241
517	Lisa Whetter	f	FV 40		0	0	0	0	693	0	545	0	1238
518	Shaun Mccullough	m	MV 50		526	0	0	0	0	0	0	699	1225
519	Heidi Atkins	f	FV 50	Tri Preston	525	0	0	0	0	0	0	698	1223
520	Heather Brown	f	FV 40		582	627	0	0	0	0	0	0	1209
521	Nick Whitehead	m	MV 60	Alton Runners	0	0	0	0	0	0	533	675	1208
522	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	585	0	0	0	0	0	619	1204
523	Libby Ralph	f	FV 60		0	0	0	0	0	0	537	661	1198
524	Julie Brega	f	FV 60		549	647	0	0	0	0	0	0	1196
525	Tony Seddon	m	MV 50		0	0	710	0	0	0	486	0	1196

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
526	Ian Maddrell	m	MV 40	Atherton Running Club	528	0	0	0	663	0	0	0	1191
527	Jane Marshall	f	FV 50	York Acorn Running Club	482	0	708	0	0	0	0	0	1190
528	Andrew Clarke	m	MV 50	Warrington Running Club	0	0	0	0	0	0	522	667	1189
529	Ursula Collie	f	FV 60		0	0	701	0	0	0	478	0	1179
530	Jo Oliver	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	544	634	1178
531	Jennie Davies	f	FV 70	Women On The Run	0	0	0	0	651	0	526	0	1177
532	Andy Ralph	m	MV 60		0	0	0	0	0	0	515	660	1175
533	Jo Critchley	f	FV 50	Sunnywood ladies on tour	0	0	0	0	0	0	539	635	1174
534	Jane Grantham	f	FV 40	Sunnywood on Tour	0	0	0	0	0	0	502	668	1170
535	John Wilks	m	MV 50	Tri Lakeland	554	615	0	0	0	0	0	0	1169
536	Emma Atherton	f	FV 40		555	614	0	0	0	0	0	0	1169
537	Catherine Wernham	f	FV 60	Farnham Runners	0	0	0	0	0	0	510	642	1152
538	Jane Ambler	f			491	0	0	0	0	0	0	659	1150
539	Shirley Perrett	f	FV 60	Farnham runners	0	0	0	0	0	0	508	641	1149
540	Debbie Whitehead	f	FV 60	Alton Runners	0	0	0	0	0	0	509	640	1149
541	Viridiana Sica	f	FV 50		490	0	0	0	0	0	0	658	1148
542	Stephanie Egleston	f	FV 60	Telford A/C	0	0	0	0	0	0	517	628	1145
543	Josephine LOUISE Walsh	f	FV 50	Red Rose Road Runners	473	0	0	0	0	0	0	671	1144
544	Cath Dyson	f	FV 40	West Hull Ladies	0	0	0	0	0	0	507	637	1144
545	Chris Harbord	m	MV 70	eat Yarmouth RR & Bungay Black D	457	0	0	0	0	686	0	0	1143
546	Caitlin Stokes	f	U25		0	0	0	0	639	0	504	0	1143
547	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	577	0	0	0	0	0	563	0	1140
548	Paul Wilson	m	MV 50	Yorkshire wolds runners	576	0	0	0	0	0	562	0	1138
549	Amy Butler	f			518	619	0	0	0	0	0	0	1137
550	Julia Thornley	f	FV 50		0	0	0	0	0	0	503	633	1136
551	Phil Owen	m	MV 50	Fetcheveryone	0	0	0	0	0	0	484	649	1133
552	Laura Aiken	f		Sunnywood girls on tour	0	0	0	0	0	0	501	631	1132
553	Anneke Hackenbroich	f	FV 40		493	634	0	0	0	0	0	0	1127
554	Catherine Broome	f	FV 60	Achille Ratti	562	0	0	0	0	0	550	0	1112
555	Dave Cope	m	MV 70		496	607	0	0	0	0	0	0	1103
556	Tony Boyle	m	MV 40		0	601	0	0	0	0	495	0	1096
557	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	479	615	1094
558	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	0	480	614	1094
559	Elizabeth Gartshore	f	FV 60	Pensby Runners	0	0	0	0	625	0	465	0	1090
560	Austin Trelfa	m	MV 60	Red Rose Road Runners	479	0	0	0	0	0	593	0	1072
561	Lisa Riley	f	FV 40	Sunnywood Ladies	0	0	0	0	0	0	470	601	1071
562	Lucy Peart	f	FV 50		489	577	0	0	0	0	0	0	1066
563	Viv Samuelson	f	FV 40		0	0	0	0	0	0	467	598	1065
564	Gillian Kelly	f	FV 40		463	580	0	0	0	0	0	0	1043
565	James Largey	m		North East Project	0	0	1000	0	0	0	0	0	1000
566	Bobby Jones	m			0	0	0	1000	0	0	0	0	1000

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
567	Spencer Shaw	m	U25		999	0	0	0	0	0	0	0	999
568	Russell Maddams	m	MV 40	Keswick Ac	0	999	0	0	0	0	0	0	999
569	Felix Barker	m		Ambleside AC	0	0	999	0	0	0	0	0	999
570	Laurence Hill	m			0	0	0	0	0	0	0	999	999
571	Daniel Thacker	m			0	0	0	0	999	0	0	0	999
572	Mariusz Miśkiewicz	m	MV 40	STAŃCZAK TEAM	0	0	998	0	0	0	0	0	998
573	James Egleston	m		inov-8	998	0	0	0	0	0	0	0	998
574	Will Barton	m			0	0	0	0	998	0	0	0	998
575	Amy Hammersley	f	U25	City of Hull AC	0	0	0	998	0	0	0	0	998
576	Jordan Scott	m		Morpeth Harriers	997	0	0	0	0	0	0	0	997
577	Garth Spencer	m		Ribble Valley Runners	0	0	0	997	0	0	0	0	997
578	Damian Hall	m	MV 40	Team inov-8	0	0	0	0	0	0	0	997	997
579	Alex Whitem	m	MV 40	Calder Valley Fell Runners	0	0	0	0	0	997	0	0	997
580	Joe Moore	m		Bowland Fell Runners	0	996	0	0	0	0	0	0	996
581	Jacob Allen	m			0	0	996	0	0	0	0	0	996
582	John Shanks	m		Valley Striders	0	0	0	0	996	0	0	0	996
583	Craig Marchington	m		Macclesfield Harriers	0	0	0	0	0	996	0	0	996
584	Chris Upson	m	MV 60	Cambuslang Harriers	0	0	0	0	0	0	996	0	996
585	Jack Coy	m			0	995	0	0	0	0	0	0	995
586	Andrew Hickman	m	MV 40		0	0	995	0	0	0	0	0	995
587	Tom Nicholson	m		Border Reivers Runners	0	0	0	0	0	995	0	0	995
588	Niki Whitaker	f	FV 40	City Of Hull AC	0	0	0	995	0	0	0	0	995
589	Dan Bell	m			0	0	0	0	0	0	0	995	995
590	Ben Swarbrick	m			994	0	0	0	0	0	0	0	994
591	Karl Hodgson	m		Red Rose Road Runners	0	0	0	0	994	0	0	0	994
592	Lindsey Brindle	f	FV 40	Team Inov-8	0	0	993	0	0	0	0	0	993
593	Gavin McCluskie	m		Clyde Mountaineering Club	0	0	0	0	993	0	0	0	993
594	Alistair Shuttleworth	m	MV 50		0	0	0	0	0	993	0	0	993
595	Nick Hayes	m	MV 40		0	0	992	0	0	0	0	0	992
596	Rachel Crow	f		BFR	0	0	0	992	0	0	0	0	992
597	Chris Bennett	m	U25		0	0	0	0	0	0	0	992	992
598	Katie Rowland	f		Kent Ac	0	991	0	0	0	0	0	0	991
599	Sam Carr	m	U25	Billinge Running Club	0	0	0	0	991	0	0	0	991
600	Jj Walmsley	m			0	0	0	991	0	0	0	0	991
601	Tom Kay	m		Saltaire Striders	0	0	990	0	0	0	0	0	990
602	Eugene Grant	m	MV 50		0	990	0	0	0	0	0	0	990
603	Tom Broadbent	m	MV 40		0	0	0	0	0	0	0	990	990
604	Alex Staniforth	m			0	0	0	0	990	0	0	0	990
605	darren bell	m	MV 50	loftus & whitby A/C	989	0	0	0	0	0	0	0	989
606	Chris Neil	m	MV 40		0	989	0	0	0	0	0	0	989
607	Jon Staffieri	m	MV 40		0	0	0	0	0	989	0	0	989

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
649	Will Smith	m	MV 40	Halifax Harriers	981	0	0	0	0	0	0	0	981
650	Lucy Rawlinson	f		Leigh Harriers	0	0	981	0	0	0	0	0	981
651	Richard Stirzaker	m		Rochdale Harriers & Ac	0	0	0	0	981	0	0	0	981
652	Philip Cornforth	m	MV 50	Knaresborough Striders	0	0	0	0	0	0	0	981	981
653	Chris Mann	m			0	0	0	0	0	981	0	0	981
654	Adam Gibson	m			0	0	0	0	0	0	981	0	981
655	Philip Mallaband	m	MV 40	Vegan Runners	0	0	980	0	0	0	0	0	980
656	Nigel Hartley	m	MV 50	Ramsbottom Running Club	0	980	0	0	0	0	0	0	980
657	Chris Miles	m		Sale Harriers	980	0	0	0	0	0	0	0	980
658	Rachel Love	f	FV 50	City of Hull AC	0	0	0	980	0	0	0	0	980
659	John Kirby	m		Derwent Vally Running Club	0	0	0	0	0	0	0	980	980
660	Alec Graham	m			0	0	0	0	0	0	980	0	980
661	Daniel Bailey	m		Manchester YMCA Harriers	0	979	0	0	0	0	0	0	979
662	Michael McKean	m		Dumfries Running Club	0	0	0	0	979	0	0	0	979
663	Matthew Smith	m			0	0	0	0	0	0	0	979	979
664	Kevin Metcalfe	m	MV 40		0	0	0	0	0	979	0	0	979
665	David Cleaver	m			0	0	0	0	0	0	979	0	979
666	Tom Booth	m		Dynafit	978	0	0	0	0	0	0	0	978
667	Paul Edwards	m		Lostock AC	0	0	978	0	0	0	0	0	978
668	Simon Daniels	m	MV 50	Gosforth Harriers & Ac	0	0	0	0	978	0	0	0	978
669	Harry Vaneris	m	MV 40		0	0	0	0	0	0	0	978	978
670	Andy Firkin	m	MV 50	Lancaster and Morecambe ac	0	0	0	978	0	0	0	0	978
671	Joseph Hayes	m		Manchester YMCA Harriers	0	977	0	0	0	0	0	0	977
672	Dan Saunders	m	MV 40	Team Otter	0	0	977	0	0	0	0	0	977
673	Sarah Shanks	f	FV 40	Valley Striders	0	0	0	0	977	0	0	0	977
674	Philip Sellar	m		Mornington Chasers	0	0	0	0	0	0	977	0	977
675	Neil Stephenson	m	MV 40		0	0	0	0	0	977	0	0	977
676	Harrison Nicolson	m			0	0	0	977	0	0	0	0	977
677	Emma Neil	f			0	976	0	0	0	0	0	0	976
678	Benjamin Pippard	m			976	0	0	0	0	0	0	0	976
679	Nathan French	m		Cheshire Hash House Harriers	0	0	0	0	0	0	976	0	976
680	Grant Marcus	m	MV 40		0	0	0	0	976	0	0	0	976
681	Dave Dale	m	MV 50	Heaton Harriers	0	0	0	976	0	0	0	0	976
682	Tom Sutton	m	MV 40		0	975	0	0	0	0	0	0	975
683	Millie Hindle	f	U25		975	0	0	0	0	0	0	0	975
684	Simon Thomas	m	MV 40		0	0	0	975	0	0	0	0	975
685	Sean Rickard	m		Allithwaite Running Club	0	0	0	0	0	975	0	0	975
686	Maciej Kowalski	m	MV 40		0	0	0	0	0	0	975	0	975
687	Charlotte Jones	f			0	0	0	0	0	0	0	975	975
688	Martyn Robinson	m	MV 50	Bats	0	0	974	0	0	0	0	0	974
689	Peter Fairclough	m		Rainford RRAMS	0	0	0	0	974	0	0	0	974

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
690	Jack Ball	m	U25	Settle Harriers	0	0	0	974	0	0	0	0	974
691	Robert bradshaw	m			0	973	0	0	0	0	0	0	973
692	Jack Hinton	m			0	0	973	0	0	0	0	0	973
693	Stan Marsland	m	MV 60		0	0	0	973	0	0	0	0	973
694	Rachael Fairclough	f		St Helens Striders	0	0	0	0	973	0	0	0	973
695	John Lafferty	m			0	0	0	0	0	0	0	973	973
696	David Barras	m			0	0	0	0	0	973	0	0	973
697	Peter Fletcher	m	MV 40	Sale Harriers	972	0	0	0	0	0	0	0	972
698	Mike Bloor	m	MV 40		0	0	0	0	972	0	0	0	972
699	Jonathan Sangster	m		Burnden Road Runners	0	0	971	0	0	0	0	0	971
700	David Bartlett	m			971	0	0	0	0	0	0	0	971
701	Ben Hall	m	MV 40	Elswick Harriers	0	971	0	0	0	0	0	0	971
702	Tom Mattack	m		Liverpool Pembroke Sefton Harriers A	0	0	0	0	0	0	971	0	971
703	Pam Edgar	f	FV 50	City of Hull	0	0	0	971	0	0	0	0	971
704	Martin Pennock	m	MV 40	ARC	0	0	0	0	0	971	0	0	971
705	Joshua ROBSON	m	U25	Derwent Valley Running Club	0	0	0	0	0	0	0	971	971
706	Graham Morris	m	MV 50	Accrington Road Runners	0	0	0	0	971	0	0	0	971
707	Stephanie Fauset	f	FV 40	Smiley Paces	0	0	0	0	0	0	970	0	970
708	Adrian Messingham	m	MV 50	Beverley AC	0	0	0	0	970	0	0	0	970
709	James Forrest	m	MV 40		0	0	0	0	0	0	969	0	969
710	Antonia Skelton	f			0	0	0	0	0	0	0	969	969
711	Scott Macdonald	m			0	0	0	0	968	0	0	0	968
712	Glen Cooper	m	MV 40	Derwent Valley Running Club	0	0	0	0	0	0	0	968	968
713	Gemma Martin	f	FV 40		0	0	0	968	0	0	0	0	968
714	Ryan Martindale	m			967	0	0	0	0	0	0	0	967
715	Harry Fry	m			0	967	0	0	0	0	0	0	967
716	Chris Macmillan	m		Derwent AC	0	0	967	0	0	0	0	0	967
717	William Roberts	m			0	0	0	967	0	0	0	0	967
718	Joseph Matthews	m	U25		0	0	0	0	0	0	0	967	967
719	Caio de Graaf	m	MV 50	Bosbokken trailrunners	0	0	0	0	967	0	0	0	967
720	Ben Pryke	m			0	0	0	0	0	0	967	0	967
721	Liam Hopkins	m			966	0	0	0	0	0	0	0	966
722	Kelly Staunton	f			0	0	966	0	0	0	0	0	966
723	Marc Smith	m			0	0	0	0	0	0	966	0	966
724	Katie Blackett	f			0	0	0	966	0	0	0	0	966
725	John Shaw	m	MV 50		0	0	0	0	966	0	0	0	966
726	Adam Meginley	m	MV 40	Dh Runners	0	0	0	0	0	0	0	966	966
727	Mick Clifford	m			965	0	0	0	0	0	0	0	965
728	Helen Sharman	f			0	0	965	0	0	0	0	0	965
729	Ada Klappholz Miśkiewicz	f	FV 50		0	965	0	0	0	0	0	0	965
730	Thomas Harkin	m	MV 40	Manchester Muckers RC	0	0	0	0	0	965	0	0	965

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
731	Ken Montgomery	m	MV 40	Halifax Harrier	0	964	0	0	0	0	0	0	964
732	Edward Parker	m			964	0	0	0	0	0	0	0	964
733	Alasdair Pinder	m			0	0	964	0	0	0	0	0	964
734	Nicola Foster	f			0	0	0	0	964	0	0	0	964
735	Mick Conmey	m			0	0	0	0	0	964	0	0	964
736	Paul Managh	m	MV 40	Walney Wind Cheetahs	963	0	0	0	0	0	0	0	963
737	Andrew Dawson	m	MV 40		0	963	0	0	0	0	0	0	963
738	Vicky Penn	f	FV 40	Smiley Paces	0	0	0	0	0	0	963	0	963
739	Nicholas Plant	m	MV 40		0	962	0	0	0	0	0	0	962
740	Andrew Christie	m			0	0	962	0	0	0	0	0	962
741	Robert Overton	m	MV 40	Lindley Running Club	0	0	0	0	0	962	0	0	962
742	Hannah Pritchard	f			0	0	0	962	0	0	0	0	962
743	Anne-Marie Hindle	f	FV 50		961	0	0	0	0	0	0	0	961
744	Lily Hardman	f			0	0	0	0	0	961	0	0	961
745	Bryan Drew	m	MV 50	York Knavesmire Harriers	0	0	0	0	0	0	0	961	961
746	Barry Lyonette	m	MV 70	Pensby Runners	0	0	0	961	0	0	0	0	961
747	Aaron Thomas	m			960	0	0	0	0	0	0	0	960
748	Stephen Leahy	m	MV 40		0	0	0	0	0	0	960	0	960
749	Sonia Connor	f	U25		0	0	0	960	0	0	0	0	960
750	Ross Garwood	m			0	0	0	0	960	0	0	0	960
751	Nuala McDonough	f			0	0	0	0	0	960	0	0	960
752	Bex Hewitson	f		Derwent Valley Running Club	0	0	0	0	0	0	0	960	960
753	Philip Tomkinson	m		Manchester YMCA Harriers	0	959	0	0	0	0	0	0	959
754	Chris Mcdonald	m	MV 60		959	0	0	0	0	0	0	0	959
755	Ralph Liddell	m	MV 70	Eden Runners	0	0	0	959	0	0	0	0	959
756	matthew brimm	m	MV 40	Crook AC	0	0	0	0	959	0	0	0	959
757	Graham Jenkins	m	MV 50	Ribble Valley Runners	0	0	0	0	0	0	0	959	959
758	Aliki Traianou	f			0	0	0	0	0	959	0	0	959
759	Sally Braithwaite	f	U25	Eden runners	958	0	0	0	0	0	0	0	958
760	Michael Pearce	m			0	0	0	0	0	0	0	958	958
761	Graeme Eddie	m	MV 40	Macclesfield Harrier & AC	0	0	0	0	0	958	0	0	958
762	Barbara Ford	f	FV 40		0	0	0	958	0	0	0	0	958
763	Aaron Spencer	m		St Bees Triers	0	0	0	0	0	0	958	0	958
764	Marcus Carter-Strutt	m	U25		0	957	0	0	0	0	0	0	957
765	Fergal Leonard	m	MV 40		957	0	0	0	0	0	0	0	957
766	Calum Campbell	m	MV 50	Eden Runners	0	0	957	0	0	0	0	0	957
767	Michael Hardman	m			0	0	0	0	0	957	0	0	957
768	Jordan Sladden	m			0	0	0	0	0	0	0	957	957
769	Jack Field	m			0	0	0	0	0	0	957	0	957
770	Ian Kilshaw	m	MV 60		0	0	0	957	0	0	0	0	957
771	Matt Harris	m	MV 40		0	0	956	0	0	0	0	0	956

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
772	Graeme Dick	m	MV 40		0	956	0	0	0	0	0	0	956
773	Ian Williamson	m	MV 50	Chorlton Runners	0	0	0	0	0	0	0	956	956
774	Harvey Wooldridge	m	MV 60		0	0	0	956	0	0	0	0	956
775	Adam Kramer	m	MV 40		0	0	0	0	956	0	0	0	956
776	Sam Harding	m			0	955	0	0	0	0	0	0	955
777	Laura Vaillant	f			0	0	955	0	0	0	0	0	955
778	Michael Bean	m			0	0	0	0	955	0	0	0	955
779	Katy Ward	f	FV 40		0	0	0	0	0	0	955	0	955
780	Anton Barrow	m			0	954	0	0	0	0	0	0	954
781	Miriam Johansen	f	FV 50	Durham Mums on the Run	0	0	0	954	0	0	0	0	954
782	Luke Hough	m			0	0	0	0	0	0	954	0	954
783	David Pollitt	m	MV 50	Leigh Harriers	0	0	0	0	0	954	0	0	954
784	greg yates	m	MV 40		953	0	0	0	0	0	0	0	953
785	Andrew Mitchinson	m	MV 40	The Otters	0	0	953	0	0	0	0	0	953
786	Trevor Smith	m	MV 50		0	0	0	0	0	953	0	0	953
787	Lee Entwistle	m	MV 40	Ramsbottom Running Club	0	0	0	953	0	0	0	0	953
788	Linda Rix	f	FV 50	Manchester Fronrunners	0	0	952	0	0	0	0	0	952
789	Gordon Blunt	m	MV 40	Kendal Hockey Club	0	952	0	0	0	0	0	0	952
790	Jacob Mennell	m			0	0	0	0	0	0	952	0	952
791	Andrew Sweetman	m	MV 40		0	0	0	952	0	0	0	0	952
792	Sam Cooper	m			951	0	0	0	0	0	0	0	951
793	Nicky Sutton	f	FV 40		0	951	0	0	0	0	0	0	951
794	Rebecca Wren	f		DH Runners	0	0	0	0	0	0	0	951	951
795	Kate Moore	f			0	0	0	0	951	0	0	0	951
796	Chris Willocks	m			950	0	0	0	0	0	0	0	950
797	Renate van Oosten	f			0	0	0	950	0	0	0	0	950
798	Peter Hood	m	MV 60	udley Kingswinford (dk) Running Clu	0	0	0	0	0	0	950	0	950
799	Stephanie Dobbing	f		Durham Fell Runners	0	949	0	0	0	0	0	0	949
800	Roberto Raso	m	MV 50	Manchester Fronrunners	0	0	949	0	0	0	0	0	949
801	Sean O'Keeffe	m			0	0	0	0	0	0	949	0	949
802	Rebecca Fish	f			0	0	0	949	0	0	0	0	949
803	Niklas Lindskog	m	MV 50	Bromma Simsällskap	0	0	0	0	0	949	0	0	949
804	Hannah Hoggren-Johnson	f	FV 40	Sheffield Triathlon Club	0	948	0	0	0	0	0	0	948
805	Tim Gmerek	m	MV 40		0	0	0	0	0	0	948	0	948
806	Max Robertson	m		Wigton Road Runers	0	0	0	0	948	0	0	0	948
807	Jonathan Lindley	m			0	0	0	0	0	948	0	0	948
808	Steven Fairbairn	m	MV 40		947	0	0	0	0	0	0	0	947
809	Finn Donovan	m			0	947	0	0	0	0	0	0	947
810	Daniel Harris	m			0	0	0	0	0	0	947	0	947
811	Chris McKee	m			0	0	0	0	947	0	0	0	947
812	Robbie Zhao	m			0	0	946	0	0	0	0	0	946

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
813	Andrew Bowler	m		Manchester YMCA Harriers	0	946	0	0	0	0	0	0	946
814	Amy Pickworth	f	FV 40	Darlington harriers	946	0	0	0	0	0	0	0	946
815	Jenn Grey	f	FV 40		0	0	0	0	0	0	946	0	946
816	Darren Atkinson	m			0	0	0	0	0	0	0	946	946
817	Christopher Crosbie	m			0	0	0	0	0	946	0	0	946
818	Chris Lawrence	f	FV 50		0	945	0	0	0	0	0	0	945
819	Beth Barker	f			0	0	945	0	0	0	0	0	945
820	Matty Phillips	m	U25		0	0	0	945	0	0	0	0	945
821	Debbie Clark	f		Spey Runners	0	0	0	0	0	0	0	945	945
822	Charlotte Seward	f		Border Harriers	0	0	0	0	0	0	945	0	945
823	Adrian Hadley	m	MV 40		0	0	0	0	945	0	0	0	945
824	William Trewby	m			0	944	0	0	0	0	0	0	944
825	Ross DICKINSON	m	MV 40	Caat	0	0	0	0	0	0	944	0	944
826	Rob Fox	m			0	0	0	0	0	944	0	0	944
827	Paul Hart	m	MV 50	Dumfries Running Club	0	0	0	0	944	0	0	0	944
828	Antony Lee	m	MV 50		0	0	0	0	0	0	0	944	944
829	Tim Bonham	m			0	943	0	0	0	0	0	0	943
830	Matthew Fielding	m			0	0	943	0	0	0	0	0	943
831	Tania Foad	f	FV 40	Bracknell Road Runners	0	0	0	943	0	0	0	0	943
832	Ross Hold	m			0	0	0	0	0	0	943	0	943
833	Paul Marshall	m		East London Runners	0	0	0	0	0	943	0	0	943
834	Alan King	m	MV 60	Stockton Striders	0	942	0	0	0	0	0	0	942
835	Robert Peacock	m	MV 40	Derwent Valley RC	0	0	0	0	0	0	0	942	942
836	Madeleine Lomas	f	FV 60	Charnwood AC	0	0	0	942	0	0	0	0	942
837	Keith Wigley	m		Swaledale Runners	0	0	0	0	0	0	942	0	942
838	Huw Johnson	m	MV 50		0	0	0	0	0	942	0	0	942
839	Simon Winster	m		Red Rose Road Runners	941	0	0	0	0	0	0	0	941
840	Sonny Gartside	m			0	0	940	0	0	0	0	0	940
841	Adam Whittaker	m			0	940	0	0	0	0	0	0	940
842	Mark Bades	m	MV 50	Lonely Goat RC	0	0	0	940	0	0	0	0	940
843	dean white	m	MV 40		0	0	0	0	0	0	940	0	940
844	Matt Leydon	m	MV 40	Spa Striders	0	0	939	0	0	0	0	0	939
845	Jamie Cryer	m			0	939	0	0	0	0	0	0	939
846	Louise Bunyan	f		Whitby Running Club	0	0	0	939	0	0	0	0	939
847	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0	0	0	0	0	939	939
848	Brendan Ashton	m	MV 50		0	0	0	0	0	939	0	0	939
849	Ben Barnard	m	MV 40		0	0	938	0	0	0	0	0	938
850	Stephen Wilson	m	MV 50		0	0	0	938	0	0	0	0	938
851	Hugo Satchell	m	U21		0	0	0	0	0	938	0	0	938
852	Dino Vernazza	m			0	0	0	0	0	0	938	0	938
853	Thomas Nagel	m			0	937	0	0	0	0	0	0	937

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
854	Jack Gordon	m			0	0	0	0	0	937	0	0	937
855	graham Tebbutt	m	MV 40	Low Fell running club	0	0	0	0	0	0	937	0	937
856	Ellie Simmonds	f	U21	Hoad Hill Harriers	0	0	0	0	937	0	0	0	937
857	Tyus Sargeant	m	U25		936	0	0	0	0	0	0	0	936
858	Bridget Adams	f			0	0	0	936	0	0	0	0	936
859	Amy Whitehead	f			0	0	0	0	0	0	0	936	936
860	Matt Higgins	m			935	0	0	0	0	0	0	0	935
861	Lee Drummond	m	MV 50	Birtley Ac	0	0	935	0	0	0	0	0	935
862	Tori Sprung	f		Run Club	0	0	0	0	0	0	0	935	935
863	Laurence Allan	m			0	0	0	935	0	0	0	0	935
864	Philip Arrowsmith	m	MV 40		0	0	934	0	0	0	0	0	934
865	Paul Stuart	m	MV 50		934	0	0	0	0	0	0	0	934
866	James Brown	m	U25	SISU RUN	0	0	0	0	0	0	0	934	934
867	Antony Briscoe	m	MV 60	Cumberland AC	0	0	0	0	934	0	0	0	934
868	Melanie Rotherham	f	FV 50	Ambleside AC	0	933	0	0	0	0	0	0	933
869	Ben Gent	m	MV 50		0	0	933	0	0	0	0	0	933
870	Alex Wyatt	m			933	0	0	0	0	0	0	0	933
871	Mark Nicholson	m			0	0	0	0	0	933	0	0	933
872	Katrina Hamilton	f		Wigan Harriers AC	0	0	0	0	0	0	933	0	933
873	Jose Gonzalez	m			0	0	932	0	0	0	0	0	932
874	David Blackshaw	m	MV 40		0	932	0	0	0	0	0	0	932
875	Paul Alexander	m	MV 60		0	0	0	0	0	0	932	0	932
876	Joanne Scott	f	FV 50	Hartlepool Burn Road Harriers	0	0	0	0	0	932	0	0	932
877	Alastair Moir	m			0	0	0	0	932	0	0	0	932
878	Laurence Burns	m	MV 40		0	0	931	0	0	0	0	0	931
879	Laura Andrew	f	FV 40		931	0	0	0	0	0	0	0	931
880	Stephen Kynaston	m			0	0	0	0	0	0	0	931	931
881	Mike Skinner	m			0	0	0	0	931	0	0	0	931
882	Faye Sharpley	f		Macclesfield Harriers	0	0	0	0	0	931	0	0	931
883	Rob Jones	m	MV 40		0	0	0	0	930	0	0	0	930
884	Libbi McGibbon	f			0	0	0	0	0	0	930	0	930
885	Shaun McDermott	m		Border Reiver Runners	929	0	0	0	0	0	0	0	929
886	Harriet Galpin	f			0	0	929	0	0	0	0	0	929
887	Tammy Lee	f	FV 40		0	0	0	0	0	929	0	0	929
888	Louis Jarrett	m			0	0	0	0	0	0	929	0	929
889	Rowena Leary	f			0	928	0	0	0	0	0	0	928
890	David Baglee	m	MV 60	Eden Runners	928	0	0	0	0	0	0	0	928
891	Sam Royle	m			0	0	0	0	0	0	928	0	928
892	Philip Bond	m	MV 50	Riverside Runners	0	0	0	0	0	928	0	0	928
893	Magdalena Wisniewska	f			0	0	0	928	0	0	0	0	928
894	Louise Little	f	FV 40		0	0	0	0	0	0	0	928	928

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
895	John Wilson	m	MV 40		0	0	0	0	928	0	0	0	928
896	Donna Cartwright	f	FV 40	Radcliffe Ac	0	0	927	0	0	0	0	0	927
897	Simone Baddeley	f	FV 40	Inov8	0	0	0	0	927	0	0	0	927
898	Scott McCaskie	m	MV 40		0	0	0	0	0	0	927	0	927
899	Robert Munro	m			0	0	0	0	0	0	0	927	927
900	Hayley Bond	f	FV 50	Riverside Runners	0	0	0	0	0	927	0	0	927
901	Steven Kjar	m	MV 40	Benfleet	0	0	926	0	0	0	0	0	926
902	Mike Butler	m			0	0	0	0	0	0	926	0	926
903	Mark Pickerill	m	MV 60	Eden Runners	0	0	0	0	926	0	0	0	926
904	Lee Fletcher	m	MV 40	City Of Hull	0	0	0	926	0	0	0	0	926
905	Jess Kordecki	f			0	0	0	0	0	926	0	0	926
906	John Marlen-Summers	m	MV 40		0	0	925	0	0	0	0	0	925
907	Sally McGreevy	f	FV 50		0	0	0	925	0	0	0	0	925
908	Matthew Allen	m	MV 40	Valley Striders	0	0	0	0	0	0	0	925	925
909	LEE MCDONOUGH	m	MV 40		0	0	0	0	925	0	0	0	925
910	Joe Clouston	m			0	0	0	0	0	0	925	0	925
911	Sebastien Carter	m			924	0	0	0	0	0	0	0	924
912	Michael Smith	m			0	0	0	0	924	0	0	0	924
913	Caroline D'arcy	f	FV 50		0	0	0	0	0	0	0	924	924
914	Adam Dodsworth	m			0	0	0	0	0	0	924	0	924
915	Steven Leith	m			0	923	0	0	0	0	0	0	923
916	Mike Hopkins	m	MV 60		923	0	0	0	0	0	0	0	923
917	Anna Koziol	f			0	0	0	923	0	0	0	0	923
918	Michael Gibbons	m			0	0	922	0	0	0	0	0	922
919	Kevin Duncan	m	MV 40		0	0	0	0	922	0	0	0	922
920	Ben Taylor	m	U21		0	0	0	0	0	0	922	0	922
921	Ruth Denham-Brown	f			921	0	0	0	0	0	0	0	921
922	Pieter Drijfhout	m	U25		0	0	921	0	0	0	0	0	921
923	Jamie Gilson	m			0	0	0	0	0	0	0	921	921
924	James Clayton	m			0	0	0	921	0	0	0	0	921
925	George Wrona	m			0	0	0	0	0	0	921	0	921
926	Zachary Hopkins	m			920	0	0	0	0	0	0	0	920
927	Edward Scott	m			0	920	0	0	0	0	0	0	920
928	Michael Treece-birch	m	MV 40		0	0	0	0	0	920	0	0	920
929	Claire Towner	f	FV 50		0	0	0	920	0	0	0	0	920
930	Christopher Wild	m			919	0	0	0	0	0	0	0	919
931	Amanda Bradbury	f	FV 40	Wilmslow Running Club	0	919	0	0	0	0	0	0	919
932	Sophie Leadbetter	f			0	0	0	0	919	0	0	0	919
933	Katie Copeland	f	FV 40		0	0	0	919	0	0	0	0	919
934	Brenda Rutter	f	FV 60		0	0	0	0	0	0	0	918	918
935	Jon Green	m	MV 50		0	917	0	0	0	0	0	0	917

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
936	James Harrison	m			917	0	0	0	0	0	0	0	917
937	Melanie Phair	f			0	0	0	0	0	0	917	0	917
938	Fay Tuffen	f	FV 50		0	0	0	0	0	0	0	917	917
939	Caitlin Burke	f		Hyde Park Harriers	0	0	0	0	0	917	0	0	917
940	Mark Baker	m	MV 50	None	0	916	0	0	0	0	0	0	916
941	Kirsty Watson	f			0	0	0	916	0	0	0	0	916
942	John Paul Smith	m	MV 60		0	0	0	0	0	916	0	0	916
943	Billy Boland	m			0	0	915	0	0	0	0	0	915
944	Mike Hitchen	m	MV 50		0	0	0	0	0	915	0	0	915
945	Jon Leigh	m	MV 60	Stubbington Green Runners	0	0	0	915	0	0	0	0	915
946	Jeffrey Counce	m	MV 40		0	0	0	0	0	0	915	0	915
947	Emily Rowe	f	FV 40		0	0	0	0	0	0	0	915	915
948	Marjoiljn Spoorenberg	f			914	0	0	0	0	0	0	0	914
949	Phil Hamilton	m	MV 50	Wigan Harriers	0	0	0	0	0	0	914	0	914
950	Jonathan Prager	m	MV 50		0	0	0	0	0	0	0	914	914
951	Jeff Tosh	m	MV 40		0	0	0	914	0	0	0	0	914
952	Ian Jones	m	MV 50		0	0	0	0	0	914	0	0	914
953	Alex Thompson	m			0	913	0	0	0	0	0	0	913
954	Joel Stanier	m		Red Rose Road Runners	0	0	0	913	0	0	0	0	913
955	David Holliday	m	MV 50	DCH Run Club	0	0	0	0	913	0	0	0	913
956	Daniel Towers	m	MV 40		0	912	0	0	0	0	0	0	912
957	Mark Sarjant	m	MV 50	Ambleside AC	0	0	0	0	0	912	0	0	912
958	Clara Shepherd	f			0	0	911	0	0	0	0	0	911
959	Martin Armstrong	m			0	0	0	0	0	0	911	0	911
960	Marie Mcdonald	f	FV 40	Stubbington Green Runners	0	0	0	911	0	0	0	0	911
961	Rebecca Rose	f	FV 40		910	0	0	0	0	0	0	0	910
962	Jessica Gulland	f			0	910	0	0	0	0	0	0	910
963	Michael Smith	m	MV 50	Lymm Runners	0	0	0	0	0	910	0	0	910
964	Bruce Austin	m	U21		0	0	0	910	0	0	0	0	910
965	Antony Beynon	m	MV 40		0	0	0	0	0	0	910	0	910
966	Nick De Jesus	m	MV 40		0	909	0	0	0	0	0	0	909
967	Laura Davies	f			0	0	909	0	0	0	0	0	909
968	Stephen Pope	m			0	0	0	0	0	0	909	0	909
969	Peter Lane	m	MV 40	Notfast Rc	0	0	0	909	0	0	0	0	909
970	Adam Hiles	m			0	0	0	0	0	0	0	909	909
971	Paul Brugier-Foster	m	MV 50		0	0	908	0	0	0	0	0	908
972	Ivor Stirling	m	U25		908	0	0	0	0	0	0	0	908
973	fiona mashiter	f	FV 50	Ulverston Tri Club	0	0	0	0	0	0	0	908	908
974	Aude Peltier	f	FV 40		0	0	0	908	0	0	0	0	908
975	Andrew Nuttall	m			907	0	0	0	0	0	0	0	907
976	Suzu Overton	f	FV 40	Lindley Running Club	0	0	0	0	0	907	0	0	907

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
977	Patrick Mennell	m	U25		0	0	0	0	0	0	907	0	907
978	Louise Roberts	f	FV 40		0	0	0	0	907	0	0	0	907
979	Michael Szczygiel	m	MV 40		0	906	0	0	0	0	0	0	906
980	Karl Bescoby	m	MV 50	Chorlton Runners	906	0	0	0	0	0	0	0	906
981	Chris Pilkington	m		BookofPilx	0	0	906	0	0	0	0	0	906
982	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	0	0	0	906	0	0	0	0	906
983	Harry Lomas	m	U25		0	0	0	0	0	906	0	0	906
984	Christiana Dowds	f			0	0	0	0	0	0	0	906	906
985	Chris Armitage	m			0	0	0	0	0	0	906	0	906
986	Benjamin Wright	m	MV 40		905	0	0	0	0	0	0	0	905
987	Trudy Coyle	f	FV 50		0	0	0	0	905	0	0	0	905
988	Gina Howorth	f	FV 40		0	0	0	0	0	0	905	0	905
989	Andy White	m	MV 50	Stubbington Green Runners	0	0	0	905	0	0	0	0	905
990	Rob Dartnell	m	MV 50	Dorking and Mole Valley AC	904	0	0	0	0	0	0	0	904
991	Amy Brookes	f			0	0	904	0	0	0	0	0	904
992	Tim Ward	m	MV 50		0	0	0	904	0	0	0	0	904
993	Matthew Shepherd	m			0	0	0	0	0	904	0	0	904
994	Helen Spalton	f			0	0	0	0	904	0	0	0	904
995	David Temple	m			0	0	0	0	0	0	904	0	904
996	Ruth Delahunty	f			0	0	903	0	0	0	0	0	903
997	Philippa Gibbons	f	U25		0	0	0	0	0	0	903	0	903
998	Katie Oxley	f			0	0	0	0	0	903	0	0	903
999	Emma Green	f			0	0	0	903	0	0	0	0	903
1000	Chris Blackburn	m	MV 40		0	902	0	0	0	0	0	0	902
1001	Stuart Taylor	m	MV 50		0	0	0	0	0	0	902	0	902
1002	Bob Green	m	MV 60		0	0	0	902	0	0	0	0	902
1003	John Warin	m	MV 60		0	0	0	901	0	0	0	0	901
1004	Chris Birkett	m	MV 40		0	0	0	0	0	0	901	0	901
1005	Christopher Prickett	m			900	0	0	0	0	0	0	0	900
1006	Andy Carpenter	m	MV 60		0	0	0	0	0	900	0	0	900
1007	Kevin Tomlinson	m	MV 60	Milltown Milers	0	899	0	0	0	0	0	0	899
1008	John Belfrage	m	MV 40		0	0	899	0	0	0	0	0	899
1009	Susanne Enhard	f	FV 50		0	0	0	0	899	0	0	0	899
1010	Rachel Hollins	f	FV 40	Chester Tri Club	0	0	0	0	0	0	899	0	899
1011	Lindi Day	f	FV 40	City of Hull AC	0	0	0	899	0	0	0	0	899
1012	Scott Liddell	m	MV 60		0	898	0	0	0	0	0	0	898
1013	Joe Duncalf	m			898	0	0	0	0	0	0	0	898
1014	George Atherton	m			0	0	0	0	0	0	898	0	898
1015	Melanie Williamson	f	FV 40	Chorlton Runners	897	0	0	0	0	0	0	0	897
1016	Adrian Spencer	m	MV 50	Barrow Runners	0	897	0	0	0	0	0	0	897
1017	Riad Arfin	m			0	0	0	0	0	897	0	0	897

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1018	Olga Starikovskaya	f			0	0	0	897	0	0	0	0	897
1019	Laura Parkin	f	FV 40	Didsbury Runners	0	0	0	0	0	0	0	897	897
1020	Barry O'brien	m	MV 50		0	0	0	0	897	0	0	0	897
1021	Owen Jones	m	MV 40	The Otters	0	0	896	0	0	0	0	0	896
1022	Louise Male	f	FV 40	Barrow Runners	0	896	0	0	0	0	0	0	896
1023	Kieran Ridley	m			0	0	0	0	0	0	0	896	896
1024	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	0	0	0	0	896	0	896
1025	Artiom Ptashnik	m			0	0	0	896	0	0	0	0	896
1026	Tim Selves	m	MV 50		895	0	0	0	0	0	0	0	895
1027	Michael Flintoff	m	U25		0	895	0	0	0	0	0	0	895
1028	Natasha Powell	f		Derwent valley running club	0	0	0	0	0	0	0	895	895
1029	Kay Shaw	f	FV 50		0	0	0	895	0	0	0	0	895
1030	Chris Shotton	m	MV 60		0	0	0	0	895	0	0	0	895
1031	Sam Jones	f	FV 40	Penwortham Panthers	0	0	894	0	0	0	0	0	894
1032	Liam WARD	m			0	894	0	0	0	0	0	0	894
1033	Aileen Gibson	f	FV 40		894	0	0	0	0	0	0	0	894
1034	Patricia White	f	FV 60	Women on the Run	0	0	0	894	0	0	0	0	894
1035	Jack Mckenzie	m	U21		0	0	0	0	894	0	0	0	894
1036	Eleanor Jane Palmer	f			0	0	0	0	0	0	894	0	894
1037	Thomas Smith	m			0	893	0	0	0	0	0	0	893
1038	Helen Young	f	FV 40	York Knavesmire Harriers	0	0	893	0	0	0	0	0	893
1039	David Oxtoby	m	MV 50	Kenilworth Runners	893	0	0	0	0	0	0	0	893
1040	Stephen Houghton	m	MV 50	Trail & Ale	0	0	0	0	893	0	0	0	893
1041	Stephen Dyson	m			0	0	0	0	0	0	893	0	893
1042	Liam Healy	m			0	0	0	0	0	893	0	0	893
1043	Cheryl Stanley	f	FV 40		0	0	0	893	0	0	0	0	893
1044	Philip Pasco	m			892	0	0	0	0	0	0	0	892
1045	Kieran Smallbone	m	MV 40	Goyt Valley Striders	0	0	892	0	0	0	0	0	892
1046	Kevin Fox	m	MV 50		0	0	0	0	0	892	0	0	892
1047	Phil Horner	m	MV 50	Garstang RC	0	0	0	0	0	891	0	0	891
1048	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne	0	0	0	0	0	0	891	0	891
1049	David Chow	m	MV 50	Eden runners	0	0	0	891	0	0	0	0	891
1050	Tessa Young	f			0	890	0	0	0	0	0	0	890
1051	Si Stevenson	m	MV 40		0	0	890	0	0	0	0	0	890
1052	Simeon Griggs	m			0	0	0	0	0	0	890	0	890
1053	Shelly Fennell	f	FV 60		0	0	0	890	0	0	0	0	890
1054	Matt Brash	m			889	0	0	0	0	0	0	0	889
1055	David Nolan	m		Low Fell Running Club	0	0	889	0	0	0	0	0	889
1056	Daniel Vaughan	m			0	889	0	0	0	0	0	0	889
1057	Niki Roberts	f	FV 40		0	0	0	889	0	0	0	0	889
1058	Nigel Wolstenholme	m	MV 40		0	0	0	0	889	0	0	0	889

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1059	Jonathan Vose	m	MV 40		0	0	0	0	0	889	0	0	889
1060	John Findlay	m	MV 50		0	0	0	0	0	0	889	0	889
1061	Sarah Watton	f		Burnden Road Runners	0	0	888	0	0	0	0	0	888
1062	Joanne Grant	f	FV 50	Milltown Milers	0	888	0	0	0	0	0	0	888
1063	Wade Tidbury	m	MV 60	Eden Runners	0	0	0	0	888	0	0	0	888
1064	Russell Mead	m	MV 50	Stubbington Green Runners	0	0	0	888	0	0	0	0	888
1065	Craig Mcguire	m			0	0	0	0	0	888	0	0	888
1066	Caroline White	f		Helm Hill Runners	0	0	0	0	0	0	0	888	888
1067	Billy Harley	m			0	0	0	0	0	0	888	0	888
1068	Peter Collinson	m	MV 50		887	0	0	0	0	0	0	0	887
1069	Fiona Ferguson	f		Spa Striders	0	0	887	0	0	0	0	0	887
1070	Abigail Hathway	f	FV 40	Smiley Paces	0	887	0	0	0	0	0	0	887
1071	Steven Reynolds	m	MV 40		0	0	0	0	0	887	0	0	887
1072	Nigel Witcher	m	MV 50	Stubbington Green Runners	0	0	0	887	0	0	0	0	887
1073	Joanna Bathgate	f			0	0	0	0	887	0	0	0	887
1074	Jayne Charnock	f		Parbold Pink Panthers	0	0	0	0	0	0	0	887	887
1075	Dominic Selly	m			0	0	0	0	0	0	887	0	887
1076	Kirsty Rowell	f		Eden Runners	0	0	0	886	0	0	0	0	886
1077	CLIFF ETHERDEN	m	MV 70		0	0	0	0	0	0	0	886	886
1078	Colin Smith	m	MV 60	Bury Athletic Club	0	885	0	0	0	0	0	0	885
1079	Chris Ryan	m	MV 40	Sw Running Crew	885	0	0	0	0	0	0	0	885
1080	Helen Richardson	f	FV 50		0	0	0	0	885	0	0	0	885
1081	Chris Bathgate	m	MV 40		0	0	0	0	0	0	885	0	885
1082	Amelia Websdale	f	U25	University of Manchester	0	0	0	0	0	885	0	0	885
1083	Stephen Woodruffe	m	MV 60	Red Rose Road Runners	0	884	0	0	0	0	0	0	884
1084	Luke Bell	m			884	0	0	0	0	0	0	0	884
1085	Michelle Turner	f	FV 40		0	0	0	0	0	884	0	0	884
1086	Gerry Rooney	m	MV 60		0	0	0	0	0	0	0	884	884
1087	Eric Austin	m	U21		0	0	0	884	0	0	0	0	884
1088	Daryn Allinson	f			0	0	0	0	884	0	0	0	884
1089	James Foster	m	U25		0	0	883	0	0	0	0	0	883
1090	Denise Dibben	f	FV 60		0	0	0	883	0	0	0	0	883
1091	Andrew Webster	m	MV 50	Otley Athletic Club	0	0	0	0	0	883	0	0	883
1092	Rachel Innis	f			0	882	0	0	0	0	0	0	882
1093	Jonathan McVey	m			0	0	0	0	882	0	0	0	882
1094	Claire Smith	f	FV 40	North Shields Poly Ac	0	0	0	882	0	0	0	0	882
1095	Thomas Bradshaw	m	U25		0	881	0	0	0	0	0	0	881
1096	Chris Jackson	m	MV 50		0	0	881	0	0	0	0	0	881
1097	stuart fogarty	m	MV 50	Tring Running Club	0	0	0	881	0	0	0	0	881
1098	Matthew McVey	m		Lancaster and Morecambe AC	0	0	0	0	881	0	0	0	881
1099	George Smith	m	U21		0	0	0	0	0	0	0	881	881

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1100	Dan Bromley	m	MV 40		0	0	0	0	0	881	0	0	881
1101	Austin Jarrett	m	MV 50		0	0	0	0	0	0	881	0	881
1102	Karen Mather	f	FV 60		0	880	0	0	0	0	0	0	880
1103	Hannah Hickman	f	FV 40		0	0	880	0	0	0	0	0	880
1104	Scott Houston	m			0	0	0	0	0	880	0	0	880
1105	Gareth Matthews	m			0	0	0	0	0	0	0	880	880
1106	Carol Downing	f	FV 60	Howgill Harriers	0	0	0	880	0	0	0	0	880
1107	Sophie Christie	f			0	0	879	0	0	0	0	0	879
1108	Emma Stephenson	f	FV 50		0	879	0	0	0	0	0	0	879
1109	Rebecca Meadows	f			0	0	0	879	0	0	0	0	879
1110	Ian Robinson	m	MV 50	St Bees Triers / LT Crew	0	0	0	0	879	0	0	0	879
1111	Andrew Harrison	m	MV 50		0	0	0	0	0	879	0	0	879
1112	Jamie Johnston	m	MV 40		0	878	0	0	0	0	0	0	878
1113	Anthony Connolly	m	MV 40		0	0	878	0	0	0	0	0	878
1114	Nadia Soliman	f			0	0	0	878	0	0	0	0	878
1115	Laura Lee	f	FV 40		0	0	0	0	0	0	0	878	878
1116	Carole Waddell	f	FV 40		0	0	0	0	878	0	0	0	878
1117	Ben Ward	m	MV 40		0	0	0	0	0	0	878	0	878
1118	David Gilbert	m	MV 50		0	877	0	0	0	0	0	0	877
1119	Catherine Eaton	f	FV 40		0	0	0	0	0	0	877	0	877
1120	John Green	m	MV 50		0	0	876	0	0	0	0	0	876
1121	Phil Chew	m	MV 60		0	0	0	876	0	0	0	0	876
1122	Paul Hawgood	m	MV 50		0	0	0	0	0	0	0	876	876
1123	Gary Cattermole	m	MV 50		0	0	0	0	0	876	0	0	876
1124	Paul Ellis	m	MV 40	TEAM OTTER	0	0	875	0	0	0	0	0	875
1125	Andy Howlett	m	MV 50		875	0	0	0	0	0	0	0	875
1126	Michael Harte	m	MV 50	Poynton Runners	0	0	0	0	875	0	0	0	875
1127	Beth Abbott	f			0	0	0	0	0	0	0	875	875
1128	Shaun Holland	m			0	0	874	0	0	0	0	0	874
1129	Gavin Rowlands	m			874	0	0	0	0	0	0	0	874
1130	Steffan Eldred	m	MV 40		0	0	0	0	0	874	0	0	874
1131	Richard Kenyon	m	MV 40		0	0	0	0	0	0	874	0	874
1132	Rachel Flentje	f	FV 40		0	0	0	874	0	0	0	0	874
1133	Paul Perkins	m	MV 40		0	0	873	0	0	0	0	0	873
1134	Neil Owens	m	MV 40		873	0	0	0	0	0	0	0	873
1135	Samuel Watts	m			0	0	0	0	873	0	0	0	873
1136	Paul Weal	m	MV 40		0	0	0	0	0	873	0	0	873
1137	Michael Dixon	m			0	0	0	0	0	0	873	0	873
1138	Grace Frost	f			0	0	0	0	0	0	0	873	873
1139	Louise Robbins	f	FV 40		0	872	0	0	0	0	0	0	872
1140	Chris Fletcher	m	MV 40		0	0	872	0	0	0	0	0	872

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1182	Neil Ainsworth	m	MV 50		0	0	0	0	0	0	863	0	863
1183	Kirsty Robson	f	FV 50	Derwent Valley Running Club	0	0	0	0	0	0	0	863	863
1184	Joe Gregson	m			862	0	0	0	0	0	0	0	862
1185	Jason Copp	m	MV 50		0	862	0	0	0	0	0	0	862
1186	Thomas Callaghan	m	MV 50	Marple Runners	0	0	0	0	862	0	0	0	862
1187	Rebecca Gasche	f			0	0	0	0	0	0	862	0	862
1188	Nicky Owen	f	FV 50	Belper Harriers	0	0	0	0	0	862	0	0	862
1189	Lyn Williamson	f	FV 50	Edinburgh Running Network	0	0	0	862	0	0	0	0	862
1190	Christopher Cox	m	MV 60		0	0	0	0	0	0	0	861	861
1191	Matthew Park	m			0	860	0	0	0	0	0	0	860
1192	Francesco Martino	m	MV 70		0	0	0	860	0	0	0	0	860
1193	Andy Williamson	m	MV 60	Tri Preston	0	0	0	0	0	860	0	0	860
1194	Victoria Cruise	f			0	0	0	859	0	0	0	0	859
1195	David Porter	m			0	0	0	0	0	0	859	0	859
1196	Simon Collins	m	MV 40		858	0	0	0	0	0	0	0	858
1197	Sally Barnes	f		Prestwich athletics club	0	0	0	0	0	858	0	0	858
1198	Lianne McTavish	f	FV 40		0	0	0	858	0	0	0	0	858
1199	Joe Allaby	m		Poynton Runners	0	0	0	0	858	0	0	0	858
1200	Jenny Carlsson	f			0	857	0	0	0	0	0	0	857
1201	Mike Davidson	m	MV 40		0	0	0	857	0	0	0	0	857
1202	Sandra Hutchinson	f	FV 50		0	0	856	0	0	0	0	0	856
1203	Leigh Henry	f	FV 40		856	0	0	0	0	0	0	0	856
1204	Mary Plumley	f	FV 50	Alnwick Harriers	0	0	0	856	0	0	0	0	856
1205	Chris Galley	m			0	0	0	0	856	0	0	0	856
1206	Tim Kings	m	MV 50		0	0	855	0	0	0	0	0	855
1207	Matthew Almond	m	MV 60		0	855	0	0	0	0	0	0	855
1208	Ben Ransome	m	MV 50	LMAC	855	0	0	0	0	0	0	0	855
1209	Mark Rowlson	m	MV 50	Beeston Ac	0	0	0	855	0	0	0	0	855
1210	Suzanne Valentine	f	FV 40		0	0	854	0	0	0	0	0	854
1211	Russell Wareing	m	MV 50	Lancaster And Morecambe Ac	854	0	0	0	0	0	0	0	854
1212	Stephen Jackson	m	MV 60	Cumberland ac	0	0	0	854	0	0	0	0	854
1213	Alex Williams	m	MV 40		0	0	0	0	0	854	0	0	854
1214	Mary Donohue	f	FV 40		853	0	0	0	0	0	0	0	853
1215	Jack Richards	m			0	0	0	0	0	853	0	0	853
1216	Amy Irvine	f			0	0	0	853	0	0	0	0	853
1217	Carly Clayden	f			0	0	852	0	0	0	0	0	852
1218	Anna McDonald	f	U25		852	0	0	0	0	0	0	0	852
1219	William Freeman	f			0	0	0	0	0	0	852	0	852
1220	Clare irvine	f	FV 50		0	0	0	852	0	0	0	0	852
1221	Joanna Heaton	f		Roundhay Runners	851	0	0	0	0	0	0	0	851
1222	James Jardine	m	MV 40	Eden Runners	0	851	0	0	0	0	0	0	851

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1223	Jennifer Christie	f			0	0	0	851	0	0	0	0	851
1224	Chris Longhorn	m	MV 40	Team Longhorn	0	0	0	0	851	0	0	0	851
1225	Aaron Kinder	m		Victoria Park running club	0	0	0	0	0	0	0	851	851
1226	Ömer Bacakoglu	m	MV 40		0	0	0	0	850	0	0	0	850
1227	Emily Heys	f	FV 40		0	0	0	0	0	850	0	0	850
1228	Ciaron Roddy	m			849	0	0	0	0	0	0	0	849
1229	Charlotte Everard	f		Spa Striders	0	0	849	0	0	0	0	0	849
1230	Emily Hudson	f	FV 40		0	0	0	0	0	0	0	849	849
1231	Dean Minchella	m	U25		0	0	0	0	0	0	849	0	849
1232	Leanne Nield	f			0	848	0	0	0	0	0	0	848
1233	Viki Sutton	f	FV 60		0	0	0	0	0	0	0	848	848
1234	Stephanie Kay	f			0	0	0	848	0	0	0	0	848
1235	Chris Binks	m			0	0	0	0	0	0	848	0	848
1236	Wendy Lynch	f	FV 50	Low Fell Running Club	0	0	0	847	0	0	0	0	847
1237	Olivia Wiggans	f		Red Rose Road Runners	0	0	0	0	847	0	0	0	847
1238	Liam Giles	m			0	0	0	0	0	0	847	0	847
1239	Kirstin Prager	f	FV 50		0	0	0	0	0	0	0	847	847
1240	matthew baker	m	MV 40		0	846	0	0	0	0	0	0	846
1241	Clement Bidwell	m			0	0	846	0	0	0	0	0	846
1242	Rowan Power	m			0	0	0	0	0	0	0	846	846
1243	Rosa Mckie	f			0	0	0	0	0	0	846	0	846
1244	Keith Burlison	m	MV 50		0	0	0	846	0	0	0	0	846
1245	Stuart Holding	m	MV 40	Wigan & District Harriers Ac	0	845	0	0	0	0	0	0	845
1246	Matthew Soanes	m			845	0	0	0	0	0	0	0	845
1247	Alex Kelly	m			0	0	0	0	0	0	845	0	845
1248	Nick Jones	m	MV 40		0	844	0	0	0	0	0	0	844
1249	Lorna Aust	f	FV 50	Stamford Striders	0	0	0	844	0	0	0	0	844
1250	Jack Forshaw	m	U25	TTC	0	0	0	0	0	0	844	0	844
1251	Daisy Munn	f			0	0	0	0	0	844	0	0	844
1252	Steven Robinson	m	MV 60	Thornton Cleveleys Running Club	0	0	843	0	0	0	0	0	843
1253	Christopher Hall	m	MV 40		0	843	0	0	0	0	0	0	843
1254	Christina Mcguire	f	FV 60	Lancaster & Morecambe	843	0	0	0	0	0	0	0	843
1255	Will Cooper	m	MV 40		0	0	0	0	0	0	843	0	843
1256	Nick Horn	m	MV 40	Team Zoot	0	0	0	0	843	0	0	0	843
1257	David Aust	m	MV 50	Stamford Striders	0	0	0	843	0	0	0	0	843
1258	Alisha Power	f			0	0	0	0	0	0	0	843	843
1259	Walt Cartwright	m	MV 50		0	0	842	0	0	0	0	0	842
1260	Rory Tighe	m			842	0	0	0	0	0	0	0	842
1261	Vic Wilson	f	FV 40	Cumberland Fell Runners	0	0	0	0	0	842	0	0	842
1262	Polly Martin	f			0	0	0	842	0	0	0	0	842
1263	James Astbury	m			0	0	0	0	842	0	0	0	842

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1305	Nick Thornton	m	MV 50	Marsden Racers	0	0	0	0	0	0	830	0	830
1306	Greg Kilshaw	m	MV 40	Lostock AC	0	0	0	0	0	830	0	0	830
1307	Sonja Heppke	f	FV 40	Austria	0	0	829	0	0	0	0	0	829
1308	Stuart Atkinson	m	MV 40		0	0	0	0	0	0	0	829	829
1309	Sally McCoy	f	FV 50	Lostock AC	0	0	0	0	0	829	0	0	829
1310	Rebecca E Thornton	f	U25	Marsden Racers	0	0	0	0	0	0	829	0	829
1311	Claire Bloor	f	FV 40		0	0	0	0	829	0	0	0	829
1312	Peter Bardon	m	MV 50		0	0	828	0	0	0	0	0	828
1313	Jenna Butler	f	FV 40		828	0	0	0	0	0	0	0	828
1314	Ben Houseman	m	MV 40		0	828	0	0	0	0	0	0	828
1315	Sandra Devlin	f	FV 40		0	0	0	828	0	0	0	0	828
1316	Ryan Holt	m			0	0	0	0	0	0	0	828	828
1317	Neil Macneill	m	MV 50	The Clans running club	0	0	0	0	828	0	0	0	828
1318	Michael Beech	m	MV 60	RRRC	0	0	0	0	0	828	0	0	828
1319	Georgina Davis	f			0	0	0	0	0	0	828	0	828
1320	Michelle Tones	f	FV 50	Keswick AC	0	0	0	0	827	0	0	0	827
1321	Sarah McGrath	f	FV 40	Ramsbottom Running Club	0	0	826	0	0	0	0	0	826
1322	Michael Harrison	m	MV 40		0	0	0	0	0	0	0	826	826
1323	Claire Pawson	f	FV 50	Kidderminster & Stourport AC	0	0	0	0	0	0	826	0	826
1324	Christina Marechal	f			0	0	825	0	0	0	0	0	825
1325	Anthony Campbell	m			0	0	0	0	0	825	0	0	825
1326	Jo Andrews	f	FV 50	Ambleside	824	0	0	0	0	0	0	0	824
1327	Rebecca Charlton	f	FV 40		0	0	0	824	0	0	0	0	824
1328	Steve Boothroyd	m	MV 40		823	0	0	0	0	0	0	0	823
1329	Peter McGivern	m	MV 40		0	823	0	0	0	0	0	0	823
1330	Bev Navesey	f	FV 60		0	0	0	823	0	0	0	0	823
1331	Hannah O'Connor	f			0	822	0	0	0	0	0	0	822
1332	Hollie McClean	f			0	0	0	0	0	0	0	822	822
1333	Dan Maltman	m	MV 40		0	0	0	0	822	0	0	0	822
1334	Claire Procter	f	FV 40	Stubbington Green Runners	0	0	0	822	0	0	0	0	822
1335	Stuart O'connor	m	MV 50		0	821	0	0	0	0	0	0	821
1336	Lawrence Robinson Heath	m	U21		0	0	821	0	0	0	0	0	821
1337	Jo Sampson	f		Bramhall Runners	821	0	0	0	0	0	0	0	821
1338	Sue Robinson	f	FV 60	Stubbington Green Runners	0	0	0	821	0	0	0	0	821
1339	Nick Dollings	m	MV 40		0	0	0	0	821	0	0	0	821
1340	Sally Wood	f			0	820	0	0	0	0	0	0	820
1341	Daniel Shercliff	m	MV 40		0	0	820	0	0	0	0	0	820
1342	Rick Madden	m	MV 40		0	0	0	820	0	0	0	0	820
1343	Joseph Tracy	m	MV 50		0	0	0	0	820	0	0	0	820
1344	Tom Connolly	m	U25		819	0	0	0	0	0	0	0	819
1345	Sinead Cairns	f			0	0	819	0	0	0	0	0	819

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1346	Kathryn Fairhurst Jones	f	FV 40		0	0	0	0	0	0	0	819	819
1347	Bryan Semple	m	MV 50	Holmes Chapel Velo	0	0	0	0	819	0	0	0	819
1348	Stuart Berry	m	MV 60		0	0	0	0	818	0	0	0	818
1349	Simon Roberts	m	MV 50		0	0	817	0	0	0	0	0	817
1350	Joanne Marsden	f	FV 50		0	817	0	0	0	0	0	0	817
1351	Emily Fitzherbert	f	FV 40	Helm Hill	817	0	0	0	0	0	0	0	817
1352	Emily Cable	f			0	0	0	817	0	0	0	0	817
1353	Beck Dunn	m			0	0	0	0	0	0	817	0	817
1354	Sue Brookes	f	FV 40		0	0	816	0	0	0	0	0	816
1355	Steve Parsons	m	MV 50	St Bees Triers	0	0	0	0	816	0	0	0	816
1356	Kate McCabe	f	FV 50		0	0	0	0	0	816	0	0	816
1357	Jules Dinwoodie	f	FV 60	Stubbington Green Runners	0	0	0	816	0	0	0	0	816
1358	Simon Byrne	m		St Bees Trier	815	0	0	0	0	0	0	0	815
1359	Sue Procter	f	FV 40		0	0	0	0	815	0	0	0	815
1360	Marilyn Hurrell	f	FV 40		0	0	0	815	0	0	0	0	815
1361	Lizzie Simmons	f	FV 40	Furness Fell Runners	0	0	0	0	0	815	0	0	815
1362	Hilary Royston-bishop	f		Derwent Athletic Club	0	0	0	0	0	0	0	815	815
1363	Iorna Belford	f			0	814	0	0	0	0	0	0	814
1364	Graham Kenealy	m	MV 60		814	0	0	0	0	0	0	0	814
1365	Jenny Jacques	f		St Bees Triers	0	0	0	0	814	0	0	0	814
1366	Diana Griffiths	f		St Bees Triers	0	0	0	0	0	0	0	814	814
1367	Rhona Anderson	f	FV 50	Dunbar Running Club	813	0	0	0	0	0	0	0	813
1368	Kathryn Eccles	f			0	0	813	0	0	0	0	0	813
1369	Godfrey Nyamugunduru	m			0	813	0	0	0	0	0	0	813
1370	Scott Dixon	m			0	0	0	0	0	0	813	0	813
1371	Leigh Curran	m			0	0	0	0	813	0	0	0	813
1372	Hayley Telfer-Heelbeck	f			0	0	0	813	0	0	0	0	813
1373	Ben Castell	m	MV 50		0	0	0	0	0	813	0	0	813
1374	Stephanie Goodchild	f	FV 50	Manchester Ymca Harriers	0	812	0	0	0	0	0	0	812
1375	Phillipa Haworth	f		Keswick AC	0	0	812	0	0	0	0	0	812
1376	Thomas Alton	m			0	0	0	0	0	0	812	0	812
1377	Ellen Stephenson	f	FV 40	Swinton Runners	0	0	0	0	812	0	0	0	812
1378	Louise Ireland	f	FV 40	Sellars Elite Coaching/Tri Lakeland	0	0	0	0	0	0	811	0	811
1379	Helen Stephenson	f	FV 40		0	0	0	811	0	0	0	0	811
1380	Elizabeth Smith	f	FV 50		0	0	0	0	0	811	0	0	811
1381	Anthony Marechal	m	MV 60		0	0	810	0	0	0	0	0	810
1382	Eleanore Gay	f	FV 40		0	0	0	810	0	0	0	0	810
1383	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	809	0	0	0	0	0	0	0	809
1384	Michael Nelson	m	MV 50	Razzer's Runners	0	0	0	0	0	809	0	0	809
1385	Jude Beckett	f	FV 40		0	0	0	0	0	0	0	809	809
1386	John Birkett	m	MV 60		0	0	0	0	0	0	809	0	809

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1387	Amy Fletcher	f	FV 40		0	0	0	809	0	0	0	0	809
1388	Peter Livesey	m			0	0	0	0	0	0	0	808	808
1389	Kelsey Miller	f			0	0	0	808	0	0	0	0	808
1390	Gill Nevin	f	FV 50	Rimrose Runners	0	0	0	0	0	808	0	0	808
1391	Andrew Wilkinson	m	MV 50	Wesham road runners	0	0	0	0	0	0	808	0	808
1392	Sarah Fairbairn	f	FV 40	Durham City Harriers	807	0	0	0	0	0	0	0	807
1393	Richard Morris	m	MV 50		0	0	807	0	0	0	0	0	807
1394	Paul Gray	m	MV 50	North East Marathon Club	0	807	0	0	0	0	0	0	807
1395	Philip Sturgess	m	MV 50		0	0	0	0	0	807	0	0	807
1396	Neil Hindle	m	MV 60		0	0	0	0	807	0	0	0	807
1397	Lindsay Pratt	f	FV 50		0	0	0	807	0	0	0	0	807
1398	Tim LITTLECHILD	m	MV 40		0	806	0	0	0	0	0	0	806
1399	Linda Edmondson	f	FV 60		0	0	0	0	806	0	0	0	806
1400	Faith Firkins	f	FV 50	Lancaster and Morecambe AC	0	0	0	806	0	0	0	0	806
1401	David ROBINSON	m	MV 50		0	0	0	0	0	806	0	0	806
1402	Alison McGourty	f	FV 40	Smiley Paces	0	0	0	0	0	0	806	0	806
1403	Simon Williams	m	MV 50		805	0	0	0	0	0	0	0	805
1404	Phil Smith	m	MV 50		0	0	0	0	0	0	805	0	805
1405	Jo Moss	f	FV 40		0	0	0	805	0	0	0	0	805
1406	Daniella Aspin	f	FV 40		0	0	0	0	0	805	0	0	805
1407	Joanne Pye	f	FV 50		0	0	804	0	0	0	0	0	804
1408	neil frediani	m	MV 60	derwent valley running club	0	0	0	0	0	0	0	804	804
1409	Helen Helme	f	FV 40		0	0	0	804	0	0	0	0	804
1410	Ben Hales	m			0	0	0	0	0	0	804	0	804
1411	Matthew Hodson	m			0	803	0	0	0	0	0	0	803
1412	Stephen Perry	m	MV 60	Lancaster and Morecambe ac	0	0	0	803	0	0	0	0	803
1413	Karen Ashcroft	f	FV 40		0	0	0	0	0	803	0	0	803
1414	Jessica Mather	f			0	0	0	0	0	0	803	0	803
1415	Amanda Deane	f		Furness Fell Runners	0	0	0	0	0	0	0	803	803
1416	Mr Lowes	m	MV 40	Elswick Harriers	0	802	0	0	0	0	0	0	802
1417	Elise Norbury	f	FV 40		0	0	802	0	0	0	0	0	802
1418	Rob Clayton	m	MV 40	ncaster and Morecambe athletic cl	0	0	0	802	0	0	0	0	802
1419	Jo Brooks	f	FV 50		801	0	0	0	0	0	0	0	801
1420	Annmarie Taylor	f	FV 40		0	0	801	0	0	0	0	0	801
1421	Roderick Smith	m	MV 60		0	0	0	0	0	801	0	0	801
1422	Christopher D'Arcy	m	MV 50		0	0	0	0	801	0	0	0	801
1423	Anna Richings	f	FV 50	Lancaster and Morecambe ac	0	0	0	801	0	0	0	0	801
1424	Gareth Kerr	m	MV 40		0	0	0	0	0	0	0	800	800
1425	Daniel Elliott	m			0	0	0	800	0	0	0	0	800
1426	Kristie Parker	f	FV 40	Hook runners	799	0	0	0	0	0	0	0	799
1427	Edward Swinden	m	MV 50	Chorlton Runners	0	0	799	0	0	0	0	0	799

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1428	Anthony Mclaughlan	m	MV 50	Altrincham Old Fellers	0	799	0	0	0	0	0	0	799
1429	Stephen Robson	m	MV 40	York Knavesmire Harriers	0	0	0	0	0	0	0	799	799
1430	Louise Cowan	f			0	0	0	0	799	0	0	0	799
1431	Jana Mirkovic	f			798	0	0	0	0	0	0	0	798
1432	Gina Bardon	f	FV 40		0	0	798	0	0	0	0	0	798
1433	Claire Horner	f	FV 40	Garstang RC	0	0	0	0	0	798	0	0	798
1434	Ronan Connolly	m	U25		0	0	797	0	0	0	0	0	797
1435	Brian Burgess	m	MV 50	Styal	0	797	0	0	0	0	0	0	797
1436	Wendy Whitehead	f	FV 40		0	0	0	0	0	0	0	797	797
1437	Nancy Rowe	f			0	0	0	0	797	0	0	0	797
1438	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	0	0	0	0	0	797	0	0	797
1439	Lotti Gecaite Collier	f	FV 40	Elvet Striders	0	0	0	0	0	0	0	796	796
1440	Kyla Bennett	f	FV 40		0	0	0	0	0	0	796	0	796
1441	Cathryn Rostron	f	FV 40		0	0	0	796	0	0	0	0	796
1442	Tim Cullimore	m	MV 40		795	0	0	0	0	0	0	0	795
1443	Igal Nagar	m	MV 60		0	795	0	0	0	0	0	0	795
1444	Diane Ward	f	FV 40		0	0	0	795	0	0	0	0	795
1445	Danielle Harper-Brady	f		Elvet striders	0	0	0	0	0	0	0	795	795
1446	Joey Gardner	m	MV 70		0	0	0	794	0	0	0	0	794
1447	James Hetherington	m			0	793	0	0	0	0	0	0	793
1448	Sara Taylor	f	FV 40		0	0	0	0	0	0	0	793	793
1449	Marc Dickinson	m	MV 40		0	0	0	0	0	0	793	0	793
1450	Les Schmid	m	MV 70		0	0	0	0	793	0	0	0	793
1451	Dominic Gallagher	m	MV 50		0	0	0	793	0	0	0	0	793
1452	John Alan Harrison	m	MV 60		0	0	792	0	0	0	0	0	792
1453	steven costigan	m	MV 40		0	0	0	792	0	0	0	0	792
1454	Dave Raynor	m	MV 60	Red Rose Road Runners	791	0	0	0	0	0	0	0	791
1455	Christian Weltzien	m	MV 50		0	791	0	0	0	0	0	0	791
1456	Nicola Brown	f	FV 40		0	0	0	0	0	0	0	791	791
1457	Julia Webb	f	FV 60	Stubbington Green Runners	0	0	0	791	0	0	0	0	791
1458	Ian Hamilton	m	MV 60		0	790	0	0	0	0	0	0	790
1459	gemma cox	f			790	0	0	0	0	0	0	0	790
1460	Stephanie Barlow	f	FV 50	Elvet striders	0	0	0	0	0	0	0	790	790
1461	Philip Grace	m	MV 50	Lonely Goat Rc	0	0	0	0	0	0	790	0	790
1462	Gary Pratt	m	MV 60		0	0	0	790	0	0	0	0	790
1463	Chris Whawell	m	MV 40	Pontefract AC	0	0	0	0	790	0	0	0	790
1464	Matthew Herd	m	MV 40	Triclan	789	0	0	0	0	0	0	0	789
1465	Liz Weltzien	f	FV 50		0	789	0	0	0	0	0	0	789
1466	Paula Marshall	f	FV 50	Bollington Harriers	0	0	0	789	0	0	0	0	789
1467	Gill Pomfret	f	FV 50	Smiley Paces	0	0	0	0	0	0	789	0	789
1468	David Parfitt	m			0	0	0	0	789	0	0	0	789

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1469	Catharine Verity	f			0	788	0	0	0	0	0	0	788
1470	Barry Pringle	m	MV 60		0	0	0	788	0	0	0	0	788
1471	Thomas Salvini	m	MV 40		787	0	0	0	0	0	0	0	787
1472	Sarah Lee	f	FV 40	Smiley paces	0	0	0	0	0	0	787	0	787
1473	Rachel Summers	f	FV 50		0	0	0	0	0	0	0	787	787
1474	clare sales	f			0	0	0	0	787	0	0	0	787
1475	Andrew Higgins	m	MV 50	Bollington Harriers	0	0	0	787	0	0	0	0	787
1476	Mark Procter	m	MV 50	Sleaford striders	0	0	786	0	0	0	0	0	786
1477	Kirsty Barker	f	FV 50	Keswick AC	786	0	0	0	0	0	0	0	786
1478	Stuart Nobbs	m	MV 40		0	0	0	0	0	0	786	0	786
1479	Laura Berry	f			0	0	0	0	786	0	0	0	786
1480	Josie Mitchell	f			0	0	0	785	0	0	0	0	785
1481	Dan Stolworthy	m	MV 40		0	0	0	0	0	785	0	0	785
1482	Rebekah Jones	f	FV 50		0	0	784	0	0	0	0	0	784
1483	Ian Jones	m			784	0	0	0	0	0	0	0	784
1484	Ellen Mclachlan	f			0	784	0	0	0	0	0	0	784
1485	Sara Williamson	f	FV 50	Chorlton Runners	0	0	0	0	0	0	0	784	784
1486	Katie Price	f	FV 40	Knowle and Dorridge RC	0	0	0	784	0	0	0	0	784
1487	Esther Rollinson	f			0	0	0	0	0	0	784	0	784
1488	Catherine Ramsay	f	FV 40		0	0	0	0	784	0	0	0	784
1489	Katie Baker	f		Manchester YMCA Harriers	0	783	0	0	0	0	0	0	783
1490	Gregor Cumming	m	MV 50		783	0	0	0	0	0	0	0	783
1491	Dipesh Patel	m			0	0	783	0	0	0	0	0	783
1492	Fraser Cavill	m			0	0	0	0	0	0	783	0	783
1493	Donna McKie	f	FV 50		0	0	0	783	0	0	0	0	783
1494	Stephen Morison	m	MV 50		0	782	0	0	0	0	0	0	782
1495	Lukas Andreasen	m	U21		782	0	0	0	0	0	0	0	782
1496	Phil Harold	m	MV 50	Poynton Runners	0	0	0	0	782	0	0	0	782
1497	Michael Shaw	m	MV 40		0	0	0	0	0	0	0	782	782
1498	Jenny Owen-Jones	f	FV 40		0	0	0	0	0	782	0	0	782
1499	Claire Sutcliffe	f	FV 50		0	0	0	782	0	0	0	0	782
1500	Graham Macham	m	MV 40		781	0	0	0	0	0	0	0	781
1501	Helen Bainbridge	f	FV 40		0	0	0	781	0	0	0	0	781
1502	Bethan Naylor	f		Keswick AC	0	0	0	0	0	0	781	0	781
1503	Sarah Meyers	f	FV 40	Penny Lane Striders	0	0	780	0	0	0	0	0	780
1504	Emma Gleghorn	f	FV 40		780	0	0	0	0	0	0	0	780
1505	Anna Wade	f		Riversway Roadrunners	0	780	0	0	0	0	0	0	780
1506	Steven Joyce	m	MV 50		0	0	0	0	0	0	780	0	780
1507	martin walsh	m	MV 70	Bowland fell runners	0	0	0	0	0	780	0	0	780
1508	SUZI RICHMOND	f	FV 40		0	0	0	0	0	779	0	0	779
1509	Jo Hunter	m			0	0	0	0	0	0	779	0	779

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1510	Ed Hoffman	m	MV 60		0	0	0	0	0	0	0	779	779
1511	Dianne Sandford	f	FV 50	Ahrc	0	0	0	779	0	0	0	0	779
1512	Kathy Bloomfield	f	FV 40		0	0	0	0	0	778	0	0	778
1513	Avril Riddell	f	FV 60	Serpentine running club	0	0	0	0	778	0	0	0	778
1514	Katy Ryan	f	FV 50	Wee County Harriers	0	0	777	0	0	0	0	0	777
1515	Katharine Bibby	f	FV 40		777	0	0	0	0	0	0	0	777
1516	Emily Riddell	f			0	0	0	0	777	0	0	0	777
1517	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	0	777	0	0	0	0	777
1518	Willie Scott	m	MV 50	Lumbernauld Amateur Athletics Clu	0	0	776	0	0	0	0	0	776
1519	Monique Raaijmakers	f	FV 50	Barrow Runners	0	776	0	0	0	0	0	0	776
1520	Stuart Donohoe	m	MV 40	Didsbury Runners	0	0	0	0	0	0	776	0	776
1521	Nicola Latimer	f	FV 50	Wigton Road Runners	0	0	0	0	776	0	0	0	776
1522	John Wiseman	m	MV 50	Red Rose Road Runners	0	0	0	776	0	0	0	0	776
1523	Joe Moss	m	U25		0	0	0	0	0	0	775	0	775
1524	Jase Stephens	m			0	0	0	775	0	0	0	0	775
1525	Elspeith Peddie	f	FV 50		0	0	0	0	775	0	0	0	775
1526	Andy Hirst	m	MV 50		0	0	0	0	0	0	0	775	775
1527	Nigel Harrison	m	MV 50	Stockport Harriers	0	0	774	0	0	0	0	0	774
1528	Mandy Livingstone	f	FV 50		774	0	0	0	0	0	0	0	774
1529	Emily Carlsson	f			0	774	0	0	0	0	0	0	774
1530	Laura Astall	f			0	0	0	0	0	0	0	774	774
1531	Jonathan Coote	m			0	0	0	774	0	0	0	0	774
1532	John Smith	m	MV 50		0	0	0	0	774	0	0	0	774
1533	Leigh Roberts	f		Ramsbottom Running Club	773	0	0	0	0	0	0	0	773
1534	Dave Stott	m	MV 50		0	773	0	0	0	0	0	0	773
1535	Ruth Brunskill	f			0	0	0	773	0	0	0	0	773
1536	Patrick Ward	m	MV 40	Complete not competitive	0	0	0	0	773	0	0	0	773
1537	Mark Smith	m	MV 60		0	0	0	0	0	773	0	0	773
1538	Anton Moss	m			0	0	0	0	0	0	773	0	773
1539	Toby Carlsson	m	MV 50		0	772	0	0	0	0	0	0	772
1540	ROBERT THOMSON	m	MV 40	Live Full Die Empty Factory Team	0	0	0	0	772	0	0	0	772
1541	Nicola Hardy	f			0	0	0	0	0	0	772	0	772
1542	Lizzie Burke	f			0	0	0	0	0	0	0	772	772
1543	Gillian Hutton	f	FV 40		0	0	0	772	0	0	0	0	772
1544	Jill Robertson	f	FV 50		0	0	771	0	0	0	0	0	771
1545	Darren Conway	m	MV 50		0	771	0	0	0	0	0	0	771
1546	anna kirk	f			771	0	0	0	0	0	0	0	771
1547	Lee Richards	m	MV 50		0	0	0	0	771	0	0	0	771
1548	Colin Robinson	m	MV 40		0	0	0	771	0	0	0	0	771
1549	Darren Hodgson	m	MV 40		0	770	0	0	0	0	0	0	770
1550	Paul Shepherd	m	MV 50	City of Hull AC	0	0	0	0	0	0	770	0	770

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1592	Paul Kim	m			0	760	0	0	0	0	0	0	760
1593	Lisa Hext	f	FV 50		0	0	0	0	760	0	0	0	760
1594	Lindsey Dover	f	FV 40	Derwent Valley Running Club	0	0	0	0	0	0	0	760	760
1595	Kate Stolworthy	f			0	0	0	0	0	760	0	0	760
1596	Ed Brown	m			0	0	0	0	0	0	760	0	760
1597	Christine Richards	f	FV 50		0	0	0	760	0	0	0	0	760
1598	Bruce Helme	m	MV 40		0	759	0	0	0	0	0	0	759
1599	Richard Hooper	m	MV 50		0	0	0	759	0	0	0	0	759
1600	Debbie Rowley	f			0	0	0	0	0	0	0	759	759
1601	David Brisco	m	MV 50		0	0	0	0	759	0	0	0	759
1602	Abi Lewis	f	FV 40		0	0	0	0	0	759	0	0	759
1603	Oli Tomlinson	f	FV 50		0	0	758	0	0	0	0	0	758
1604	Isabelle Read	f	U25		758	0	0	0	0	0	0	0	758
1605	Michael Reed	m	MV 50		0	0	0	0	0	0	0	758	758
1606	Debbie Hooper	f	FV 50		0	0	0	758	0	0	0	0	758
1607	Anna Christina Denby	f	FV 40		0	0	0	0	0	758	0	0	758
1608	Neil Clark	m	MV 50		0	757	0	0	0	0	0	0	757
1609	Martha Anderson-Taylor	f			757	0	0	0	0	0	0	0	757
1610	Chloe Nelson	f	U25		0	0	757	0	0	0	0	0	757
1611	Rowan Knight	f			0	0	0	757	0	0	0	0	757
1612	Nigel Ash	m	MV 50	Trail Running Assoc	0	0	0	0	0	0	0	757	757
1613	Abigail Chard	f	FV 50		756	0	0	0	0	0	0	0	756
1614	Tamara Satchell	f			0	0	0	0	0	756	0	0	756
1615	Emma Gardner	f			0	0	0	0	0	0	0	756	756
1616	Caitlin Hordon	f			0	0	0	756	0	0	0	0	756
1617	Rachel Heathcote	f	FV 40	Hunters Bog Trotters	755	0	0	0	0	0	0	0	755
1618	David Waksman	m	MV 60		0	0	755	0	0	0	0	0	755
1619	Karen Bingham	f	FV 50		0	0	0	755	0	0	0	0	755
1620	James Bland	m			0	0	0	0	0	0	0	755	755
1621	Dan Mullarkey	m		Swinton Running Club	0	0	0	0	0	755	0	0	755
1622	Liz Boon	f	FV 50	Lytham Road Runners	0	0	754	0	0	0	0	0	754
1623	Laura Kenny	f	FV 40		0	754	0	0	0	0	0	0	754
1624	Adam Stafford	m	MV 40		754	0	0	0	0	0	0	0	754
1625	Linus Monaghan	m	U21		0	0	0	0	0	754	0	0	754
1626	John Bingham	m	MV 50		0	0	0	754	0	0	0	0	754
1627	Rob Wilson	m	MV 50		0	0	753	0	0	0	0	0	753
1628	Paul McClorry	m	MV 40		753	0	0	0	0	0	0	0	753
1629	Emma Reynolds	f		Riversway Roadrunners	0	753	0	0	0	0	0	0	753
1630	Matt Deane	m	MV 40		0	0	0	753	0	0	0	0	753
1631	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	0	0	752	0	0	0	0	0	752
1632	Jamie Howard	m	MV 40		0	0	0	0	0	0	752	0	752

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1633	Ceri Meredith	f	FV 60		0	0	0	0	752	0	0	0	752
1634	Brenda Strathdee	f	FV 40		0	0	0	752	0	0	0	0	752
1635	Lucy Swinden	f			0	0	751	0	0	0	0	0	751
1636	Andy Sheridan	m	MV 40		0	751	0	0	0	0	0	0	751
1637	Tom Jenkinson	m			0	0	0	0	0	0	0	751	751
1638	Suzanne Mitchell	f	FV 60		0	0	0	0	751	0	0	0	751
1639	Frauke Lunan	f	FV 60		0	0	0	751	0	0	0	0	751
1640	David Burrows	m			0	0	0	0	0	0	751	0	751
1641	Carolyn Smith	f	FV 50	Lymm Runners	0	0	0	0	0	751	0	0	751
1642	John Langhorne	m	MV 40		0	0	750	0	0	0	0	0	750
1643	Victoria Graham	f			0	0	0	0	750	0	0	0	750
1644	Maria Sowerby	f	FV 60	Stamford Striders	0	0	0	750	0	0	0	0	750
1645	Alex Froggatt	m			0	0	0	0	0	0	750	0	750
1646	Elizabeth Ribchester	f	FV 40		0	0	749	0	0	0	0	0	749
1647	Donna Wood	f	FV 40	Milltown Milers	0	749	0	0	0	0	0	0	749
1648	Stuart Graham	m	MV 50		0	0	0	0	749	0	0	0	749
1649	Richard Sabey	m	MV 50		0	0	0	0	0	0	0	749	749
1650	Philip Haddock	m	MV 40	N/A	0	0	0	0	0	0	749	0	749
1651	Christopher langdale	m	MV 60		0	0	0	749	0	0	0	0	749
1652	Grace Holloway-Neville	f			0	748	0	0	0	0	0	0	748
1653	Eoin Matthews	m			0	0	748	0	0	0	0	0	748
1654	Jennifer Pugh	f	FV 40		0	0	0	0	0	0	0	748	748
1655	Brian Winder	m	MV 70	Darwen Running Group	0	0	0	748	0	0	0	0	748
1656	Olivia Gill	f	FV 40	N/a	0	0	747	0	0	0	0	0	747
1657	Margaret Barker	f	FV 70		0	0	0	747	0	0	0	0	747
1658	Terence Hatcher	m	MV 40		0	0	746	0	0	0	0	0	746
1659	Richard Cavner	m	MV 70	Northumberland fell Runner	0	0	0	0	746	0	0	0	746
1660	Nathan Maude	m			0	0	0	746	0	0	0	0	746
1661	Mike Kaye	m	MV 50		0	0	0	0	0	0	746	0	746
1662	Christine Wright	f	FV 40		0	0	0	0	0	0	0	746	746
1663	Simon Willett	m	MV 40		745	0	0	0	0	0	0	0	745
1664	Clare Pain	f	FV 40		0	0	745	0	0	0	0	0	745
1665	Laura Tattersall	f	FV 40		0	0	0	0	0	0	745	0	745
1666	Jenny Hughes	f			0	0	0	745	0	0	0	0	745
1667	Deborah Hill	f	FV 40		0	0	0	0	0	745	0	0	745
1668	Craig Richardson	m	MV 50		0	0	0	0	745	0	0	0	745
1669	Paul Hadley	m	MV 50		0	744	0	0	0	0	0	0	744
1670	Graeme White	m	MV 50		744	0	0	0	0	0	0	0	744
1671	Damian Moss	m	MV 50		0	0	744	0	0	0	0	0	744
1672	Tracy Pinder	f	FV 40	Black Trail Runners	0	0	0	0	0	0	744	0	744
1673	Rodger Barker	m	MV 70		0	0	0	744	0	0	0	0	744

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1674	Jill Clowes	f	FV 40	Thornton Cleveleys Running Club	0	0	0	0	0	0	0	744	744
1675	Diane Tonge	f	FV 50	Helsby	0	0	0	0	0	744	0	0	744
1676	Shareen Denman	f			0	0	0	0	0	0	0	743	743
1677	Rita Leigh	f	FV 50		0	0	0	743	0	0	0	0	743
1678	Nesta Hawker	f	FV 50	Helsby Running Club	0	0	0	0	0	743	0	0	743
1679	Curtis Wright	m			0	0	0	0	0	0	743	0	743
1680	Harry Gawler	m			742	0	0	0	0	0	0	0	742
1681	Sian Hurst	f	FV 50	Stubbington Green Runners	0	0	0	742	0	0	0	0	742
1682	isabel whybrow huppatz	f			0	0	0	0	0	0	742	0	742
1683	david martin	m	MV 50		0	0	0	0	0	742	0	0	742
1684	Andrew Jefferson	m	MV 50		0	0	0	0	742	0	0	0	742
1685	Dan Lewis	m	MV 40		741	0	0	0	0	0	0	0	741
1686	Stuart Bond	m			0	0	0	0	741	0	0	0	741
1687	Jessie Davidson	f			0	0	0	0	0	0	0	741	741
1688	Bridget Houlton	f	FV 40		0	0	0	741	0	0	0	0	741
1689	Ben sandiford	m			0	0	0	0	0	0	741	0	741
1690	Jill Horsburgh	f	FV 60	Linlithgow Athletics Club	0	740	0	0	0	0	0	0	740
1691	Frances Shoesmith	f	FV 50		0	0	740	0	0	0	0	0	740
1692	Sarah Munnings	f	FV 60		0	0	0	740	0	0	0	0	740
1693	Paul Bates	m	MV 40	Freedom Runners	0	0	0	0	0	0	0	740	740
1694	Dawn Jarrett	f	FV 50		0	0	0	0	0	0	740	0	740
1695	Stevie Mulgrave	m	MV 40		739	0	0	0	0	0	0	0	739
1696	Jennifer Hill	f	FV 40		0	0	739	0	0	0	0	0	739
1697	Steven Farrell	m	MV 60	Freerunners	0	0	0	0	739	0	0	0	739
1698	Steve Bates	m	MV 60	Freedom Runners	0	0	0	0	0	0	0	739	739
1699	Ellie Bailey	f			0	0	0	0	0	739	0	0	739
1700	Niki Ray	f	FV 40		0	0	738	0	0	0	0	0	738
1701	Mark Twitchett	m	MV 50	Roundhay Runners	738	0	0	0	0	0	0	0	738
1702	Sharon Cooper	f	FV 50	Wesham Road Runners	0	0	0	0	0	0	0	738	738
1703	Helen Rigby	f	FV 50		0	0	0	0	738	0	0	0	738
1704	Catherine Brydon	f	FV 40		0	0	0	0	0	0	738	0	738
1705	Louise Bland	f	FV 50		0	737	0	0	0	0	0	0	737
1706	Joanne Hawden	f	FV 50	Rothwell Harriers	0	0	0	0	0	737	0	0	737
1707	Jenny Salt	f	FV 40	Wesham Road Runners	0	0	0	0	0	0	0	737	737
1708	Richard Smale	m			0	0	736	0	0	0	0	0	736
1709	John Foote	m	MV 40		736	0	0	0	0	0	0	0	736
1710	Ben Mitchell	m			0	736	0	0	0	0	0	0	736
1711	Lynne Metcalfe	f	FV 50	Oakwell RunFit	0	0	0	0	0	736	0	0	736
1712	Alissa Joy	f	U25		0	0	0	0	0	0	736	0	736
1713	Ruth Davey	f			735	0	0	0	0	0	0	0	735
1714	Andrew Kitts	m	MV 40	Kirkby Milers AC	0	735	0	0	0	0	0	0	735

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1756	Sandra Allan	f	FV 60		0	0	723	0	0	0	0	0	723
1757	Emma Benson	f	FV 40		0	723	0	0	0	0	0	0	723
1758	Alastair Durno	m	MV 60		0	0	0	0	723	0	0	0	723
1759	Richard Cumpstone	m	MV 50		722	0	0	0	0	0	0	0	722
1760	Blake Byron	m			0	0	722	0	0	0	0	0	722
1761	Alison Mayor	f	FV 40		0	0	0	0	0	722	0	0	722
1762	Vidur Paliwal	m			721	0	0	0	0	0	0	0	721
1763	David Tarpey	m			0	0	721	0	0	0	0	0	721
1764	Mohamed Osman	m			0	0	0	0	0	0	721	0	721
1765	John Dunbavin	m	MV 50		0	0	0	0	721	0	0	0	721
1766	Ivan Church	m			720	0	0	0	0	0	0	0	720
1767	Casey Rust	f	FV 40		0	0	720	0	0	0	0	0	720
1768	Carol O'hare	f	FV 60	Manchester YMCA Harriers	0	720	0	0	0	0	0	0	720
1769	Jo Spragg	f	FV 40		0	0	0	0	0	720	0	0	720
1770	Tom England	m			719	0	0	0	0	0	0	0	719
1771	Graeme Tilbury	m	MV 40		0	0	719	0	0	0	0	0	719
1772	Sue Urwin	f	FV 60	Derwent Valley Running Club	0	0	0	0	0	0	0	719	719
1773	Luke Harris	m			718	0	0	0	0	0	0	0	718
1774	Andrew Hopkinson	m	MV 50		0	718	0	0	0	0	0	0	718
1775	Ali Haley	f	FV 40		0	0	718	0	0	0	0	0	718
1776	Vikki O'brien	f	FV 50		0	0	0	0	718	0	0	0	718
1777	Karen Blackley	f	FV 50		0	0	0	0	0	718	0	0	718
1778	Rachael Dewhurst	f	FV 40		0	0	717	0	0	0	0	0	717
1779	Ben Melrose	m			717	0	0	0	0	0	0	0	717
1780	Clare Smith	f	FV 50		0	0	0	0	0	0	0	717	717
1781	Faith Yianni	f			0	0	716	0	0	0	0	0	716
1782	Rachael Smith	f		Derwent Valley Running Club	0	0	0	0	0	0	0	716	716
1783	Joanne Price	f			0	0	0	0	0	716	0	0	716
1784	Joanne Devitt	f	FV 50	Knowle & Dorrige Running Club	715	0	0	0	0	0	0	0	715
1785	Jane Yianni	f	FV 50		0	0	715	0	0	0	0	0	715
1786	Philippa Tooms	f	FV 40		0	0	0	0	0	0	715	0	715
1787	Bernard Doheny	m	MV 50		0	0	0	0	0	0	0	715	715
1788	Tracy Rees-clark	f	FV 50	Blackwater Valley Runners	0	0	0	0	0	0	0	714	714
1789	Lindsay Halliwell	f	FV 50		0	0	0	0	714	0	0	0	714
1790	Hannah wilson	f	FV 40	nersdale Boundry, Harriers, running	0	0	0	0	0	714	0	0	714
1791	Helen Jeffrey	f	FV 40		0	0	713	0	0	0	0	0	713
1792	Claire Welburn	f	FV 40		0	713	0	0	0	0	0	0	713
1793	Kirstie Whyatt	f	FV 40		0	0	0	0	0	0	0	713	713
1794	Eddie Sikora	m	MV 50		0	0	0	0	0	713	0	0	713
1795	Ben Crofts	m	U25		0	0	0	0	713	0	0	0	713
1796	Greg Boyle	m	MV 50		0	0	712	0	0	0	0	0	712

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1797	Michelle Mccrory	f	FV 40		0	0	0	0	712	0	0	0	712
1798	John Irvine	m	MV 40		0	0	0	0	0	712	0	0	712
1799	Daniel Tinnion	m			0	0	0	0	0	0	712	0	712
1800	Mark Rigby	m	MV 50	Slaithwaite striders	711	0	0	0	0	0	0	0	711
1801	Jonathan Tucker	m	MV 60	St Helen's Striders	0	711	0	0	0	0	0	0	711
1802	Sheila Maxwell	f	FV 60	Lostock AC	0	0	0	0	0	0	0	711	711
1803	Rachel Wilcock	f		St Helens Striders	0	0	0	0	0	0	711	0	711
1804	iain Watson	m	MV 40	Red Rose Runners	710	0	0	0	0	0	0	0	710
1805	Ryan Lynch	m			0	0	0	0	0	710	0	0	710
1806	Alison Macdonald	f	FV 60	The Clans running club	0	0	0	0	710	0	0	0	710
1807	Laura Clegg	f	FV 40	Newburn running club	0	0	709	0	0	0	0	0	709
1808	Kate Lenton	f	FV 40	Dallam Running Club	0	0	0	0	0	709	0	0	709
1809	Angela Carter	f			0	708	0	0	0	0	0	0	708
1810	Sarah Reay	f	FV 50	Derwent Valley Running Club	0	0	0	0	0	0	0	708	708
1811	Melissa Pyle	f	FV 40		0	0	0	0	0	0	708	0	708
1812	Claire Ripley	f	FV 40		0	0	0	0	708	0	0	0	708
1813	Anne Mcquitty	f	FV 60		0	0	0	0	0	708	0	0	708
1814	Suzanne Hughes-Rudd	f	FV 40		0	707	0	0	0	0	0	0	707
1815	Helen Boyer	f	FV 50	Red rose road runners	0	0	707	0	0	0	0	0	707
1816	Richard Campbell	m	MV 40		0	0	0	0	0	0	0	707	707
1817	Michael Wood	m	MV 70	Sedgefield Harriers	0	0	0	0	707	0	0	0	707
1818	declan sheridan	m	MV 50	blackpool freedom runners	0	0	0	0	0	707	0	0	707
1819	Matt Gordon	m			706	0	0	0	0	0	0	0	706
1820	James Clark	m			0	706	0	0	0	0	0	0	706
1821	Jackie Frank	f	FV 40		0	0	0	0	0	0	0	706	706
1822	Edward Ryder	m	MV 50	Otley AC	0	0	0	0	706	0	0	0	706
1823	Alice Wright	f			0	0	0	0	0	706	0	0	706
1824	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	0	0	0	0	0	706	0	706
1825	Ramona Mulligan	f	FV 50	Red Rose Road Runners	0	0	705	0	0	0	0	0	705
1826	Sue Woods	f	FV 50		0	0	0	0	0	0	705	0	705
1827	Sarah Wright	f	FV 50		0	0	0	0	0	705	0	0	705
1828	Corinne Vaughan	f			0	0	704	0	0	0	0	0	704
1829	Pamela McCullagh	f	FV 40	Accrington Road Runners	0	0	0	0	704	0	0	0	704
1830	Nick Armstrong	m	MV 40		0	0	0	0	0	0	0	704	704
1831	Dawn Cranston	f	FV 40		0	0	0	0	0	0	704	0	704
1832	Melanie Armstrong	f	FV 40		0	0	0	0	0	0	0	703	703
1833	Di Blackshaw	f	FV 40		0	0	0	0	0	0	703	0	703
1834	Nick Bell	m	MV 60	Savvy Park Runrz	702	0	0	0	0	0	0	0	702
1835	Jo Fee	f	FV 50	CFR	0	702	0	0	0	0	0	0	702
1836	Amanda Forbes	f	FV 60		0	0	702	0	0	0	0	0	702
1837	Emily Atkinson	f		West Hull Ladies	0	0	0	0	0	702	0	0	702

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1879	Chris Price	m	MV 50	Kendal AAC	0	0	0	0	0	0	687	0	687
1880	Cheryl Honeybourne	f	FV 40	Swinton Running Club	0	0	0	0	0	687	0	0	687
1881	Faye Levi	f			686	0	0	0	0	0	0	0	686
1882	Deborah Lyons-gravett	f	FV 50		0	686	0	0	0	0	0	0	686
1883	John Hetherington	m	MV 60	Bodyfit Cumbria	0	0	0	0	686	0	0	0	686
1884	Ellie Parker	f	FV 40	Settle Harriers	0	0	0	0	0	0	686	0	686
1885	Wendy Birkett	f	FV 60	Ambleside Athletic Club	0	0	0	0	0	0	685	0	685
1886	Sarah Norman	f	FV 60	Penistone Footpath Runners	0	0	0	0	0	0	0	685	685
1887	Amanda Bowen	f	FV 50	Blackpool Freedom Runners	0	0	0	0	0	685	0	0	685
1888	Matt Jarvis	m	MV 40		0	684	0	0	0	0	0	0	684
1889	Rebecca Barnshaw	f	FV 40		0	0	0	0	684	0	0	0	684
1890	Megan Dixon	f			0	0	0	0	0	0	0	684	684
1891	Joanne Beahan	f	FV 50		0	0	0	0	0	0	684	0	684
1892	Gayle Brandwood	f	FV 40	Blackpool Freedom Runners	0	0	0	0	0	684	0	0	684
1893	John Fowles	m			683	0	0	0	0	0	0	0	683
1894	Johanna Latty	f	FV 40	Settle Harriers	0	0	0	0	0	0	683	0	683
1895	Emma Read	f	FV 40		0	0	0	0	0	683	0	0	683
1896	Charis Dixon	f	U25		0	0	0	0	0	0	0	683	683
1897	Andrew Spink	m	MV 50		0	0	0	0	683	0	0	0	683
1898	Luke Walsh	m			0	682	0	0	0	0	0	0	682
1899	Ross Singleton	m	MV 60		0	0	0	0	0	0	0	682	682
1900	Rosemary Lehan	f	FV 60		0	0	0	0	682	0	0	0	682
1901	Lee Hughes	m			0	0	0	0	0	0	682	0	682
1902	Kate Potter	f	FV 40		0	0	0	0	0	682	0	0	682
1903	Rachel Parker	f	FV 40		0	0	0	0	0	0	0	681	681
1904	David Lehan	m	MV 60		0	0	0	0	681	0	0	0	681
1905	Dave Prescott	m	MV 50	Bridgnorth Running Club	0	0	0	0	680	0	0	0	680
1906	Chris Byrne	m	MV 50		0	0	0	0	0	0	0	680	680
1907	Liam Dobson	m			0	0	0	0	0	0	0	679	679
1908	Perrine Lasserre	f			0	0	0	0	0	0	678	0	678
1909	Jade Screen	f			0	0	0	0	0	0	0	678	678
1910	Helen Thackray	f		Ramsbottom Running Club	677	0	0	0	0	0	0	0	677
1911	Stacey Gilman	f	FV 50	Roberttown Road Runners	0	0	0	0	0	0	677	0	677
1912	Paul Rowe	m	MV 50	Blackhill Bounders	0	0	0	0	677	0	0	0	677
1913	craig farmer	m			0	0	0	0	0	0	0	677	677
1914	Sandy Petrie	m	MV 70		0	676	0	0	0	0	0	0	676
1915	Christopher Taylor	m			676	0	0	0	0	0	0	0	676
1916	Sally Anne Speight	f	FV 50	Roberttown Road Runners	0	0	0	0	0	0	676	0	676
1917	Ellie Farmer	f			0	0	0	0	0	0	0	676	676
1918	Bill Watts	m	MV 50	Riversway Road Runners	675	0	0	0	0	0	0	0	675
1919	Adam Ralph	m	MV 40		0	675	0	0	0	0	0	0	675

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
1961	Michelle Oxtoby	f	FV 40		654	0	0	0	0	0	0	0	654
1962	Jan Hawgood	f	FV 50		0	0	0	0	0	0	0	654	654
1963	Patrycja Jaszek	f	FV 40	Kippax harriers	0	0	0	0	653	0	0	0	653
1964	Lewis Stokes	m	MV 40		0	0	0	0	0	0	653	0	653
1965	Sally Nuttall	f			0	0	0	0	0	0	652	0	652
1966	Paul Spink	m	MV 40		0	0	0	0	652	0	0	0	652
1967	Emily Aldridge	f		Raymond's Runner Ducks	651	0	0	0	0	0	0	0	651
1968	Kim Winstanley	f			0	0	0	0	0	0	651	0	651
1969	Celia Hindley	f			650	0	0	0	0	0	0	0	650
1970	Simon Jones	m	MV 50		0	0	0	0	0	0	650	0	650
1971	John Pepper	m	MV 50		0	0	0	0	0	0	0	650	650
1972	Andrew Green	m	MV 40	York Acorn	0	0	0	0	650	0	0	0	650
1973	Rebecca Ash	f	FV 40		649	0	0	0	0	0	0	0	649
1974	Stephen Potter	m	MV 50		0	0	0	0	0	0	649	0	649
1975	Claire Green	f	FV 40		0	0	0	0	649	0	0	0	649
1976	Barbara Murphy	f	FV 60	Eden runners	0	0	0	0	648	0	0	0	648
1977	Carole Vannucci	f	FV 40	Smiley Paces	647	0	0	0	0	0	0	0	647
1978	Magda Witkowska	f	FV 40		0	0	0	0	647	0	0	0	647
1979	Rebecca Clark	f		Bollington Harriers	0	0	0	0	0	0	0	646	646
1980	Rachel Savage	f	FV 40	Smiley Paces	0	0	0	0	0	0	646	0	646
1981	Fiona Petrie	f	FV 60		0	645	0	0	0	0	0	0	645
1982	Sarah Draper	f	FV 40	Eden Runners	0	0	0	0	645	0	0	0	645
1983	Helen Clark	f	FV 50	Bollington Harriers	0	0	0	0	0	0	0	645	645
1984	David Bishop	m	MV 60		0	0	0	0	0	0	645	0	645
1985	Andrea Richardson	f	FV 50		0	0	0	0	0	0	0	644	644
1986	Mark Mulgrave	m	MV 40		643	0	0	0	0	0	0	0	643
1987	Giancarlo Rizzi	m	MV 50		0	643	0	0	0	0	0	0	643
1988	sue white	f	FV 40		0	0	0	0	0	0	643	0	643
1989	Fiona Long	f	FV 50		0	0	0	0	0	0	0	643	643
1990	Ross Kirby	m	MV 50		0	0	0	0	0	0	642	0	642
1991	Emma Thacker	f	FV 40		641	0	0	0	0	0	0	0	641
1992	Bernard Brown	m	MV 50		0	641	0	0	0	0	0	0	641
1993	Duncan Hartley	m	MV 40		0	0	0	0	0	0	641	0	641
1994	Donna Griffiths	f	FV 50	Maldwyn Harriers	0	640	0	0	0	0	0	0	640
1995	Lynne Terry	f	FV 50		0	0	0	0	0	0	640	0	640
1996	Gareth Pennell	m	MV 60		0	639	0	0	0	0	0	0	639
1997	Debbie Huston	f	FV 50	Warrington Running Club	639	0	0	0	0	0	0	0	639
1998	Roche Duncan	m	MV 60		0	0	0	0	0	0	0	639	639
1999	Nicola Dowd	f	FV 40		638	0	0	0	0	0	0	0	638
2000	Steve Bellamy	m	MV 40	Red Rose Road Runners	0	0	0	0	638	0	0	0	638
2001	Anna Dove	f	FV 40		0	0	0	0	0	0	0	638	638

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2084	Karen Oldcorn	f	FV 50		0	0	0	0	0	0	0	603	603
2085	Laura Sims	f	FV 40		0	602	0	0	0	0	0	0	602
2086	Stephen Byrne	m	MV 60		0	0	0	0	0	0	0	602	602
2087	Gary Morton	m			0	0	0	0	0	0	602	0	602
2088	Fiona Dridge	f	FV 40	Thornton Cleveleys Running Club	0	0	0	0	0	0	601	0	601
2089	Jan Scotchford	f	FV 50		600	0	0	0	0	0	0	0	600
2090	Lisa Dainty	f	FV 50		0	0	0	0	0	0	0	600	600
2091	Peter Wallwork	m	MV 40		599	0	0	0	0	0	0	0	599
2092	Alison Webster	f	FV 50		0	599	0	0	0	0	0	0	599
2093	Suzannah Dykes	f	FV 50		0	598	0	0	0	0	0	0	598
2094	Jill Croskell	f	FV 60		598	0	0	0	0	0	0	0	598
2095	Sarah Ashcroft	f	FV 40	LYTHAM	597	0	0	0	0	0	0	0	597
2096	Ian Betley	m	MV 50		0	0	0	0	0	0	0	597	597
2097	Simone Connor	f	FV 50		0	596	0	0	0	0	0	0	596
2098	Claire Gall	f	FV 40		596	0	0	0	0	0	0	0	596
2099	Katie Learman	f	FV 50		0	0	0	0	0	0	596	0	596
2100	Karen Wheatley	f	FV 40		0	0	0	0	0	0	0	596	596
2101	Simon Wright	m	MV 50		595	0	0	0	0	0	0	0	595
2102	Kirk Connor	m	MV 50		0	595	0	0	0	0	0	0	595
2103	Angela Wood	f	FV 50	F.r.a.	0	0	0	0	0	0	0	595	595
2104	Phil Berry	m	MV 40	Skelmersdale Boundary Harriers	594	0	0	0	0	0	0	0	594
2105	Bev Misik	f	FV 50	HI Runners	0	594	0	0	0	0	0	0	594
2106	Rob Heminsley	m	MV 50		593	0	0	0	0	0	0	0	593
2107	Claire Turner	f	FV 40		0	0	0	0	0	0	0	593	593
2108	Wendy Robson	f	FV 50		592	0	0	0	0	0	0	0	592
2109	Marie Fallon	f	FV 60	Lonely Goat Running	0	592	0	0	0	0	0	0	592
2110	Vik Barnes	f	FV 50		0	0	0	0	0	0	0	592	592
2111	Sian Fairhurst	f			0	0	0	0	0	0	592	0	592
2112	Linda Whitehead	f	FV 60		591	0	0	0	0	0	0	0	591
2113	Julie Luckman	f	FV 50		0	591	0	0	0	0	0	0	591
2114	Helen Graham	f	FV 40		0	0	0	0	0	0	0	591	591
2115	Simon Turgoose	m	MV 50		0	590	0	0	0	0	0	0	590
2116	Andrew Pringle	m	MV 60		590	0	0	0	0	0	0	0	590
2117	Jane Birchall	f	FV 60		0	0	0	0	0	0	0	590	590
2118	Sue Smart	f	FV 50	Warrington Running Club	0	0	0	0	0	0	0	589	589
2119	Ella Worthington	f	FV 50		0	0	0	0	0	0	589	0	589
2120	Karen Bethell	f	FV 40		588	0	0	0	0	0	0	0	588
2121	Helen Leather	f	FV 50	Warrington running club	0	0	0	0	0	0	0	588	588
2122	Carolyn Shelley	f	FV 40		0	0	0	0	0	0	588	0	588
2123	Stuart Arnold	m	MV 60		587	0	0	0	0	0	0	0	587
2124	Kate Turnbull	f	FV 40		0	0	0	0	0	0	587	0	587

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2248	Anita Rogers	f	FV 50		0	0	0	0	0	0	471	0	471
2249	Eleanor Duffin	f	FV 50		470	0	0	0	0	0	0	0	470
2250	Wyn Clayton	f	FV 70	Women On The Run	469	0	0	0	0	0	0	0	469
2251	Kees Stavenuiter	m	MV 50		0	0	0	0	0	0	469	0	469
2252	Jonathan Richardson	m	MV 40	York Postal Harriers	468	0	0	0	0	0	0	0	468
2253	Geoffrey Smith	m	MV 50		0	0	0	0	0	0	468	0	468
2254	Giselle Dudley	f	FV 60		467	0	0	0	0	0	0	0	467
2255	katie winter	f	FV 50		466	0	0	0	0	0	0	0	466
2256	Margaret Thompson	f	FV 70	Elvet Striders	465	0	0	0	0	0	0	0	465
2257	Lynn Wilson	f	FV 50		462	0	0	0	0	0	0	0	462
2258	Kathryn Ward	f	FV 50		461	0	0	0	0	0	0	0	461
2259	Alison Mckenzie	f	FV 50		460	0	0	0	0	0	0	0	460
2260	Jessica Billingham	f		Shiplaw Cottage	459	0	0	0	0	0	0	0	459
2261	Kathryn Wesley	f	FV 60		458	0	0	0	0	0	0	0	458
2262	Stephen Dobbs	m	MV 60	UK Net Runners	571	0	0	0	0	0	0	0	571
2263	Nicola Whitfield	f			0	0	0	0	0	0	571	0	571
2264	Branwell Spencer	m	MV 50		0	0	0	0	571	0	0	0	571
2265	Malcolm Adams	m	MV 70	Poynton Runners	0	0	0	0	0	0	570	0	570
2266	Ian Twiselton	m	MV 60		570	0	0	0	0	0	0	0	570
2267	Peter Cheung	m	MV 60		569	0	0	0	0	0	0	0	569
2268	Helen Craven	f	FV 50		0	0	0	0	569	0	0	0	569
2269	Zena Cassels	f	FV 40	Women on the run	0	0	0	0	0	0	567	0	567
2270	David Faulkner	m	MV 60	Lymm Runners	567	0	0	0	0	0	0	0	567
2271	Elizabeth Mitchell	f	FV 50		0	0	0	0	565	0	0	0	565
2272	Stuart Adamson	m	MV 60		0	0	0	0	564	0	0	0	564
2273	Joe Stevens	m	MV 60		0	563	0	0	0	0	0	0	563
2274	Eileen Lymburn	f	FV 70	Jog On The Tyne	563	0	0	0	0	0	0	0	563
2275	Carol Forster	f	FV 50		0	0	0	0	563	0	0	0	563
2276	Nicola Watt	f	FV 50		562	0	0	0	0	0	0	0	562
2277	Jane Stevens	f	FV 50		0	562	0	0	0	0	0	0	562
2278	Gary Anderson	m	MV 50		0	0	0	0	0	0	562	0	562
2279	Susie Ward	f	FV 50		0	0	0	0	561	0	0	0	561
2280	Mark Avison	m	MV 60	Border Reiver Runners	561	0	0	0	0	0	0	0	561
2281	Tiffany Mccullough	f			0	0	0	0	0	0	560	0	560
2282	Richard Bartlett	m	MV 60		0	560	0	0	0	0	0	0	560
2283	Caroline Ellis	f	FV 50		0	0	0	0	560	0	0	0	560
2284	Suzannah Dykes	f	FV 50	Formby Stormers	0	0	0	0	559	0	0	0	559
2285	Rebecca Mckenna	f	FV 40	St Helens Striders	559	0	0	0	0	0	0	0	559
2286	Rachel Kipling	f	FV 40		0	559	0	0	0	0	0	0	559
2287	David Munday	m	MV 50		0	0	0	0	0	0	559	0	559
2288	Mark Austin	m	MV 40		0	558	0	0	0	0	0	0	558

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2289	Chrissie Lawson	f			558	0	0	0	0	0	0	0	558
2290	Alison Webster	f	FV 50		0	0	0	0	558	0	0	0	558
2291	Alison Ford	f	FV 50	SE Fitness	0	0	0	0	0	0	558	0	558
2292	Katie Learman	f	FV 50		0	0	0	0	0	0	557	0	557
2293	Emma Weisblatt	f	FV 50		0	0	0	0	557	0	0	0	557
2294	Deborah Lowther	f	FV 60		0	0	0	0	556	0	0	0	556
2295	Rebecca Simms	f	FV 50	Darwen Dashers	0	555	0	0	0	0	0	0	555
2296	Claire Shingler	f	FV 40		555	0	0	0	0	0	0	0	555
2297	Anna Russell	f	FV 40		0	0	0	0	555	0	0	0	555
2298	William Shingler	m	MV 40		554	0	0	0	0	0	0	0	554
2299	Tony Woodcock	m	MV 40	Lonely goat running club	0	554	0	0	0	0	0	0	554
2300	Elizabeth Ross	f	FV 40		0	0	0	0	554	0	0	0	554
2301	paula brown	f	FV 40	Sunderland Harriers	553	0	0	0	0	0	0	0	553
2302	Mandy Beard	f	FV 50	Invictus Triathlon Club	0	0	0	0	553	0	0	0	553
2303	Emma Holland	f			0	553	0	0	0	0	0	0	553
2304	David Eatough	m	MV 50		0	0	0	0	0	0	553	0	553
2305	John Cunningham	m	MV 50	Davenport Runners	0	0	0	0	0	0	552	0	552
2306	Shaun Mcfaul	m	MV 50		0	550	0	0	0	0	0	0	550
2307	Karen Cherry	f	FV 50	Middleton Harriers	0	0	0	0	550	0	0	0	550
2308	Rachel Bellwood	f		N/A	0	0	0	0	0	0	548	0	548
2309	Myfanwy Taylor	f	FV 60	Bmf	548	0	0	0	0	0	0	0	548
2310	Colin Campbell	m	MV 50	Barrow and Furness Striders	0	548	0	0	0	0	0	0	548
2311	Shelley Franklin-King	f			0	547	0	0	0	0	0	0	547
2312	Kati Wood	f		Lancaster Runners	0	0	0	0	0	0	547	0	547
2313	Jane Maloney	f	FV 60	Easingwold Running Club	547	0	0	0	0	0	0	0	547
2314	Nina Carter-Brown	f			0	546	0	0	0	0	0	0	546
2315	Richard Cheeseman	m	MV 60		545	0	0	0	0	0	0	0	545
2316	John Hall	m	MV 60	Ramsbottom running club	0	0	0	0	544	0	0	0	544
2317	Christy Evans	f	FV 50		544	0	0	0	0	0	0	0	544
2318	Kate Broome	f	FV 50	Achille Ratti	0	0	0	0	543	0	0	0	543
2319	Anita Hall	f	FV 50	St Helens Striders	543	0	0	0	0	0	0	0	543
2320	Sally Mountford	f			0	0	0	0	542	0	0	0	542
2321	Julie Wareing	f	FV 50		542	0	0	0	0	0	0	0	542
2322	Jackie Greenwood	f	FV 60		0	542	0	0	0	0	0	0	542
2323	Sarah Berry	f	FV 40	Blackhill Bounders	0	0	0	0	541	0	0	0	541
2324	Jennifer Gilbert	f	FV 40	Perth Road Runners	0	541	0	0	0	0	0	0	541
2325	Andrea Howarth	f			0	0	0	0	0	0	541	0	541
2326	Vish Parekh	m	MV 40		0	0	0	0	0	0	540	0	540
2327	Tricia Collins	f	FV 70		0	0	0	0	540	0	0	0	540
2328	Guy Stephens	m	MV 50		0	540	0	0	0	0	0	0	540
2329	Stephen Byrne	m	MV 60		0	0	0	0	539	0	0	0	539

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2330	Elisabeth Smart	f	FV 60		0	539	0	0	0	0	0	0	539
2331	Chris Lee	m			0	0	0	0	0	0	539	0	539
2332	Lisa Dainty	f	FV 50		0	0	0	0	538	0	0	0	538
2333	Abigail Jardine	f	FV 40	Eden Runners	0	0	0	0	0	0	538	0	538
2334	Richard Dunn	m	MV 40		0	0	0	0	537	0	0	0	537
2335	Helen Lyon	f			0	0	0	0	0	0	536	0	536
2336	Diane Ford	f	FV 40	Ramsbottom Running Club	0	0	0	0	536	0	0	0	536
2337	Gabrielle Wenham	f		Parbold Pink Panthers	0	0	0	0	0	0	535	0	535
2338	Christina Bischoff	f	FV 40		0	535	0	0	0	0	0	0	535
2339	Andrea Sidebottom	f	FV 60	Ramsbottom Running Club	0	0	0	0	535	0	0	0	535
2340	Sandra Powers	f	FV 60	Ramsbottom Running Club	0	0	0	0	534	0	0	0	534
2341	Fiona Petrie	f	FV 60		0	0	0	0	0	0	534	0	534
2342	Anneke Hackenbroich	f			0	534	0	0	0	0	0	0	534
2343	Tara Rutherford	f	FV 40	Sunderland Strollers	0	533	0	0	0	0	0	0	533
2344	Gillian Owen	f	FV 60		0	0	0	0	533	0	0	0	533
2345	Cressida Graves	f	FV 50		533	0	0	0	0	0	0	0	533
2346	Susan Averill	f	FV 50		0	532	0	0	0	0	0	0	532
2347	Tim Ford	m	MV 50		0	0	0	0	0	0	531	0	531
2348	Stuart Cowie	m	MV 50		531	0	0	0	0	0	0	0	531
2349	Jane Malcolm	f	FV 50	Jogscotland	0	0	0	0	531	0	0	0	531
2350	Hazel Russell	f	FV 50	Ripon Runners	0	0	0	0	530	0	0	0	530
2351	Genna Robb	f			0	0	0	0	0	0	530	0	530
2352	Yvonne O'malley	f	FV 40	Jogscotland Penicuik	0	0	0	0	529	0	0	0	529
2353	Lisa Bennett	f		SouthowRAM Runners	0	529	0	0	0	0	0	0	529
2354	Claire Robinson	f	FV 40	North East Marathon Club	529	0	0	0	0	0	0	0	529
2355	Kevin Greenwood	m	MV 60		0	528	0	0	0	0	0	0	528
2356	Eric Smart	m	MV 60	North East Vets	0	0	0	0	528	0	0	0	528
2357	Debbie Millington	f	FV 40	Lonely Goat Running Club	528	0	0	0	0	0	0	0	528
2358	Annie Rawlinson	f	FV 50		0	0	0	0	527	0	0	0	527
2359	Anna King	f	FV 40		527	0	0	0	0	0	0	0	527
2360	Chris Cash	m	MV 60	Darwen Dashers	526	0	0	0	0	0	0	0	526
2361	Tom Harrington	m	MV 40		524	0	0	0	0	0	0	0	524
2362	Jon Press	m	MV 40		0	524	0	0	0	0	0	0	524
2363	Wayne Fox	m		St. Bees Triers	0	0	0	0	523	0	0	0	523
2364	Marcela Reyes Otaiza	f	FV 40		0	523	0	0	0	0	0	0	523
2365	Luke Bell	m			0	0	0	0	0	0	523	0	523
2366	Kate Harrington	f	FV 40		523	0	0	0	0	0	0	0	523
2367	Nicola Fox	f		St. Bees Triers	0	0	0	0	522	0	0	0	522
2368	Faye Cox	f			0	0	0	0	0	0	522	0	522
2369	Kelly Clark	f	FV 40		521	0	0	0	0	0	0	0	521
2370	Michael Leahy	m	MV 70		0	0	0	0	0	0	520	0	520

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Ambleside	Keswick	Cartmel	Helvellyn	Ullswater	Best 3
2412	Chloe Slee	f		Goodgym Race Team	0	0	0	0	0	0	491	0	491
2413	Jonathan Clarke	m	MV 50	Styal running club	490	0	0	0	0	0	0	0	490
2414	Lynda Bennett	f			489	0	0	0	0	0	0	0	489
2415	Artem Dean	m			0	489	0	0	0	0	0	0	489
2416	Wendy Jones	f	FV 50		488	0	0	0	0	0	0	0	488
2417	Steve Pridmore	m	MV 50		0	488	0	0	0	0	0	0	488
2418	Sarah Bowden	f	FV 40		0	0	0	0	0	0	488	0	488
2419	Marie Clay	f	FV 40	N/a	0	0	0	0	0	0	487	0	487
2420	Deborah Williams	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	486	0	486
2421	STEPHEN MCCOY	m	MV 50		485	0	0	0	0	0	0	0	485
2422	Claire Knowles	f	FV 40	Jog On The Tyne	0	0	0	0	0	0	485	0	485
2423	Louise Walsh	f	FV 50		0	484	0	0	0	0	0	0	484
2424	Marie Guttridge	f	FV 40		0	0	0	0	0	0	483	0	483
2425	Annette Wilson	f	FV 50		483	0	0	0	0	0	0	0	483
2426	John Harrington	m			0	0	0	0	0	0	482	0	482
2427	Michael Kirkham	m	MV 50	Tri Rivington	0	0	0	0	0	0	481	0	481
2428	Laura Mann	f			481	0	0	0	0	0	0	0	481
2429	Joanne Tasker	f	FV 40	Prestwich AC	0	481	0	0	0	0	0	0	481
2430	Ian Feingold	m	MV 50		0	480	0	0	0	0	0	0	480
2431	Eleanor Forshaw	f			0	0	0	0	0	0	480	0	480
2432	Wendy Hope	f	FV 40	Blackpool Fylde & Wyre AC	0	0	0	0	0	0	479	0	479
2433	Colette Watling	f	FV 50	Didsbury Runners	0	479	0	0	0	0	0	0	479
2434	Ty Turley	m	MV 40		0	478	0	0	0	0	0	0	478
2435	LOUISE WAINWRIGHT	f	FV 50	Thornton CLEVELEYS RUNNING CLUB	0	477	0	0	0	0	0	0	477
2436	Lynn Shaw	f	FV 50	Thornton Cleveleys Running Club	0	476	0	0	0	0	0	0	476
2437	Anne Avison	f	FV 60		476	0	0	0	0	0	0	0	476
2438	Rowan Luck	f	FV 40	Woodthorpe Huffers & Puffers	0	0	0	0	0	0	475	0	475
2439	Martin Wedgwood	m	MV 50		475	0	0	0	0	0	0	0	475
2440	Jennifer Smith	f			0	475	0	0	0	0	0	0	475
2441	Sue Parker	f	FV 40		0	474	0	0	0	0	0	0	474
2442	Debbie Crouch	f	FV 50	Woodthorpe Huffers & Puffers	0	0	0	0	0	0	474	0	474
2443	Anne Claypole	f	FV 40		0	473	0	0	0	0	0	0	473
2444	Phil Jones	m	MV 60		472	0	0	0	0	0	0	0	472
2445	Lucy Glendenning	f	FV 50		0	0	0	0	0	0	472	0	472
2446	Kiera Glendenning	f			0	0	0	0	0	0	471	0	471
2447	Gary Burt	m	MV 50		471	0	0	0	0	0	0	0	471
2448	Stephen Slocombe	m	MV 50		0	470	0	0	0	0	0	0	470
2449	Tracy Davies	f	FV 50	Knowle & Dorridge Running Club	469	0	0	0	0	0	0	0	469
2450	Carolyn Dawe	f		Manchester	0	469	0	0	0	0	0	0	469
2451	Sue Wassell	f	FV 70	Knowle & Dorridge Running Club	468	0	0	0	0	0	0	0	468
2452	Scott Jameson	m	MV 50		0	467	0	0	0	0	0	0	467

