

Lakeland Trails 2024 Series Championships - 10k Trail Run Series - Autumn



Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
1	Karl Dickenson	m		Lonely Goat Rc	995	997	999	1000	3991
2	Peter Jones	m	MV 50		912	935	934	972	3753
3	Caroline D'Arcy	f	FV 50		928	910	919	968	3725
4	Rebecca Modeley	f			878	967	882	946	3673
5	Rebecca Hilton	f		St Bees Triers	879	863	870	943	3555
6	Tom Halliwell	m	MV 40	Nob End Run club	950	792	806	992	3540
7	Mark Shaw	m	MV 50		850	819	863	863	3395
8	Alexia Taylor	f	FV 40		797	725	813	881	3216
9	Martin Bates	m	MV 60	Wesham Road Runners	852	736	740	834	3162
10	Helen Jones	f	FV 40		767	695	774	855	3091
11	Mark Taylor	m	MV 60	Audenshaw Asthmatics	787	667	766	828	3048
12	Brian Winder	m	MV 70	Trailblazers	753	671	752	840	3016
13	Stephen Walker	m	MV 40	Tadcaster Harriers	997	0	998	998	2993
14	Helen Patten	f	FV 50	Red Rose Runners	766	669	707	805	2947
15	Mark Wilson	m	MV 50	No Drama Llamas Running	0	944	937	975	2856
16	Nicola Stanley	f	FV 50		953	946	942	0	2841
17	Andrew O'boyle	m	MV 50		911	952	957	0	2820
18	Rachel Crow	f			957	929	915	0	2801
19	Alan Boyd	m	MV 50		926	931	927	0	2784
20	Christopher D'Arcy	m	MV 50		889	902	0	945	2736
21	Graeme Atkinson	m	MV 50		892	907	914	0	2713
22	Shirley Spratt	f	FV 60		0	858	842	883	2583
23	Jayne Dore	f	FV 50		868	843	855	0	2566
24	Tony Priest	m	MV 50		886	798	875	0	2559
25	Alison Pye	f	FV 40		860	802	869	0	2531
26	Andrea Lancaster	f	FV 40		0	799	840	882	2521

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
27	Danny Thompson	m	MV 60		827	768	0	903	2498
28	Aneesa Quan-Soon	f	FV 40		708	884	860	0	2452
29	Jayne Batt	f	FV 60		853	765	801	0	2419
30	Samantha Sunderland	f	FV 50		824	753	804	0	2381
31	Gemma Clarke	f	FV 40		0	697	785	891	2373
32	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	808	717	799	0	2324
33	Josephine LOUISE Walsh	f	FV 50		0	703	755	831	2289
34	James Whiston	m	U21		760	696	824	0	2280
35	Ruth Wood	f	FV 40		734	0	719	809	2262
36	Helen Bowerman	f	FV 50		772	705	779	0	2256
37	Sian Saxby	f	U21	DCH Run Club	807	673	745	0	2225
38	Jane Malcolm	f	FV 50	Jogscotland	717	0	711	795	2223
39	Dawn Saxby	f	FV 50	DCH Run Club	806	672	744	0	2222
40	Philip Whiston	m	MV 40		732	634	732	0	2098
41	Macauley Bond	m			999	0	0	997	1996
42	Mathew Carver	m			0	0	994	993	1987
43	Ben Taylor	m	U21		991	992	0	0	1983
44	Jamie Quan-Soon	m	MV 40		984	994	0	0	1978
45	Stephen Entwistle	m	MV 60	Wirral Vikings TRC	0	0	982	994	1976
46	Stephen Langan	m	MV 50		0	981	0	990	1971
47	Soroush Pourhashemi	m	MV 40		0	0	977	991	1968
48	Charlie Barnes	m	U21		987	0	980	0	1967
49	Nicholas Bee	m			974	0	984	0	1958
50	Ummar-Ali Mal	m	U21	Oxford Univeristy	970	987	0	0	1957
51	Andrew Fairweather	m	MV 40	Red rose road runner	0	0	968	987	1955
52	Andy Mackenzie	m	MV 50		0	0	964	978	1942
53	Alfie Smith	m	U21		961	0	978	0	1939
54	Thomas Eccles	m			0	953	0	980	1933
55	Trevor Hindle	m	MV 60	Goyt Valley Striders	0	962	969	0	1931
56	Martin Dick	m	MV 50		0	0	951	974	1925
57	David Hull	m	MV 60		948	0	0	976	1924
58	Rayaan Mal	m	U21		956	966	0	0	1922
59	Ralph Liddell	m	MV 70	Eden Runners	0	0	943	973	1916
60	Katie Palmer	f	FV 40		949	0	941	0	1890

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
61	Louise Daniels	f	FV 40		0	0	918	966	1884
62	Simon Thorne	m	MV 60		0	0	899	959	1858
63	Calum Bickerton	m	U25	Backworth Cricket Club	0	926	931	0	1857
64	Alan Wilson	m	MV 60	Glaxo Hoad Hill Harriers	896	958	0	0	1854
65	Mandy Bond	f	FV 50		0	896	0	956	1852
66	Dawn Chilton	f	FV 50		0	0	903	947	1850
67	Laura Hindle	f		FVO	0	916	925	0	1841
68	Korinne Shaw	f			910	0	929	0	1839
69	Andrew Walmsley	m	MV 50		0	876	0	962	1838
70	Jim Higham	m	MV 50		0	0	895	942	1837
71	Sandra Connell	f	FV 60		934	0	901	0	1835
72	Victoria Eze	f	FV 60	Hampstead Heath Park Run	0	0	898	937	1835
73	Phil Temple	m	MV 40		931	901	0	0	1832
74	Karen Higham	f	FV 50		0	0	893	938	1831
75	Julie Cole	f	FV 50	Jog on the Tyne	0	0	890	941	1831
76	Julie Murrell	f	FV 50	Jog on the Tyne	0	0	889	940	1829
77	CLIFF ETHERDEN	m	MV 70		917	0	902	0	1819
78	David Williams	m	MV 50	Ambleside AC	895	0	0	920	1815
79	Debbie Torr	f	FV 40		0	869	0	939	1808
80	Sally Barton	f	FV 60	Glaxo Hoad Hill Harriers	925	872	0	0	1797
81	Lucie Hodgson	f			0	882	909	0	1791
82	Matthew Almond	m	MV 40	Lancaster Runners	0	889	0	873	1762
83	Janette Canfield	f	FV 50		881	0	876	0	1757
84	Simon Barton	m	MV 60	Glaxo Hoad Hill Harriers	893	852	0	0	1745
85	Phil Jones	m	MV 50		851	0	877	0	1728
86	Debbie Flesher	f	FV 50	Helm Hill	877	0	846	0	1723
87	Sarah Mackarel	f			873	0	0	848	1721
88	Mart Kissick	m	MV 40		866	0	853	0	1719
89	Mary Henderson	f	FV 60	JOTT	0	0	814	899	1713
90	Simon Cowling	m	MV 40		0	854	856	0	1710
91	Jo Storey	f	FV 50	Jogonthetyne	0	0	798	898	1696
92	Rachel Summers	f	FV 50		0	831	864	0	1695
93	Ian Walker	m	MV 60	Glaxo Hoad Hill Harriers	0	816	874	0	1690
94	Julie Thomas	f	FV 60		0	0	803	876	1679

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
95	Simon Whelan	m	MV 50		0	794	884	0	1678
96	Andy Hayes	m	MV 50		0	830	843	0	1673
97	Dawn Fahy	f	FV 60	Burgess Hill Runners	0	0	880	790	1670
98	Toby Brothers	f	FV 50	Hampstead Heath Park Run	0	0	795	875	1670
99	Anna Howard	f	FV 40	Tadcaster Harriers	838	0	826	0	1664
100	Keith Hardcastle	m	MV 60		837	0	825	0	1662
101	Lisa Leigh	f	FV 40		786	0	0	874	1660
102	Scott Goude-McCabe	m		ScottRunsTrails	0	821	834	0	1655
103	Beth Irving	f	FV 50		858	786	0	0	1644
104	Nick Kaufmann	m	MV 60	Hampstead Heath parkrun	0	0	743	901	1644
105	Ben Higginson	m	MV 60	Preston Harriers	848	795	0	0	1643
106	Jennie Thelen	f	FV 50		0	0	793	850	1643
107	Chloe Almond	f		Lancaster Runners	0	769	0	872	1641
108	Andrew Hollowbread	m	MV 50		0	832	809	0	1641
109	Lucy Thomas	f	FV 50	Hampstead heath parkrun	0	0	792	849	1641
110	David Battersby	m	MV 50		777	0	0	862	1639
111	Ros Barbour	f	FV 40	West hull ladies	0	0	764	871	1635
112	Kim Stockdale	f	FV 50		847	787	0	0	1634
113	Richard Turner	m	MV 70		789	0	0	844	1633
114	Robert Myatt	m	MV 60		826	804	0	0	1630
115	David Goodyear	m	MV 50	Eccleshill Road Runners	821	0	808	0	1629
116	Dale Collins	m	MV 50		784	0	838	0	1622
117	Irene Williams	f	FV 50		0	783	831	0	1614
118	Chris Cuinu	m	MV 50		755	0	0	852	1607
119	Lada Cuinu	f	FV 50		754	0	0	851	1605
120	Emma Kirkwood	f			0	782	823	0	1605
121	Tony Fahy	m	MV 70		0	0	811	794	1605
122	Jenny Mabbutt	f			761	0	0	837	1598
123	Ryan Armitage	m	MV 40	Nob End Run club	0	791	805	0	1596
124	Lisa Kirkwood	f			0	779	816	0	1595
125	Jez Makin	m	MV 60	Darlington Harriers & AC	814	773	0	0	1587
126	Peter Burlingham	m	MV 40		811	775	0	0	1586
127	Julie Luckman	f	FV 50	Oldham and Royton HAC	0	0	747	832	1579
128	Caroline Noon	f	FV 60		0	0	741	838	1579

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
129	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	0	0	748	829	1577
130	Gavin Spickett	m	MV 60	Tynedale Harriers	816	0	760	0	1576
131	Trish Hynes	f	FV 60		0	0	784	792	1576
132	joanna lorenz	f	FV 60	Hampstead Heath parkrun	0	0	737	833	1570
133	Sara Summers	f	FV 50		0	760	800	0	1560
134	Angela Coulter	f	FV 50	Madrunners	815	742	0	0	1557
135	Gillian O'boyle	f	FV 50		782	0	772	0	1554
136	David Wrathall	m	MV 60		0	744	807	0	1551
137	Gerry Garvey	m	MV 50	Muddy Boots Nursery	725	0	0	822	1547
138	Laura Stanton	f	FV 40		776	0	763	0	1539
139	Katie Wishart	f	FV 50	Jog on the Tyne	0	0	730	808	1538
140	Tracy Mault	f	FV 40		774	0	762	0	1536
141	Jocelyn Coppard	f	FV 60		0	0	742	793	1535
142	Richard Campbell	m	MV 40		0	716	815	0	1531
143	Melanie McNeil	f	FV 50		0	0	717	812	1529
144	Ali Hodgson	f	FV 50		817	709	0	0	1526
145	Jane Hunter	f	FV 60		0	728	797	0	1525
146	Kathryn Hatton	f	FV 40		0	0	715	810	1525
147	Rowan Luck	f	FV 50		0	0	714	807	1521
148	Debbie Crouch	f	FV 50	Holme Pierrepont running club	0	0	712	806	1518
149	Alison Dick	f	FV 50	Red Rose Road Runners	0	0	706	804	1510
150	Annabelle Allen	f	FV 60	BodyFit Cumbria Running Club	0	681	817	0	1498
151	Susan Travis	f	FV 60		785	711	0	0	1496
152	Lizzie Coleshill	f	FV 70		0	0	695	791	1486
153	Jackie Frank	f	FV 40		730	0	754	0	1484
154	Faye Campbell	f	FV 50		0	685	796	0	1481
155	Rachel Armer	f			773	707	0	0	1480
156	Christine Richards	f	FV 50	Border Reivers	0	0	688	789	1477
157	Emma Luebke	f	FV 40		0	686	791	0	1477
158	Andrew Woods	m	MV 60	Millom Striders	0	708	768	0	1476
159	Paul Coldham	m	MV 60	DCH Run Club	780	0	694	0	1474
160	Susie Quinn	f	FV 50	Lakeside Runners	738	0	724	0	1462
161	Betty Stephenson	f			0	635	0	824	1459
162	Ann Kisluk	f	FV 50	Eccleshill Road Runners	731	0	720	0	1451

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163	Beth Billington	f	FV 40		770	679	0	0	1449
164	Georgina Briffett	f	FV 50	Lancaster & Morecambe AC	0	670	761	0	1431
165	Kathryn Atkinson	f	FV 40	Trawden Athletic Club	0	674	738	0	1412
166	John Melling	m	MV 60		0	660	750	0	1410
167	Peter Jones	m	MV 60	Marsh Lane Harriers	751	658	0	0	1409
168	Sandra Allan	f	FV 60	Fellside Ladies	0	682	727	0	1409
169	Edward Melling	m	MV 60		0	655	749	0	1404
170	Sue Parker	f	FV 40		705	0	696	0	1401
171	David Rosen	m	MV 70	Lancaster & Morecambe AC	758	642	0	0	1400
172	Jenny White	f	FV 60	BodyFit Cumbria	729	648	0	0	1377
173	Gail Richards	f	FV 40	Evenwood Road Runners	0	650	722	0	1372
174	Clare Clarke	f	FV 50	Evenwood Road Runners	0	649	723	0	1372
175	Angela Dallinger	f	FV 40	RED ROSE	720	633	0	0	1353
176	Gill Morgan	f	FV 50	A&T running club	0	628	699	0	1327
177	Kathryn Pearson	f	FV 50		0	627	700	0	1327
178	Emilie Eccles	f			0	618	701	0	1319
179	Craig Marsh	m	MV 40	Keswick Ac	1000	0	0	0	1000
180	Laurence Hill	m			0	1000	0	0	1000
181	Alex Robinson	m			0	0	1000	0	1000
182	Noel Ford	m	U21	Warriors Pentathlon AC	0	999	0	0	999
183	Jacob Goodwin	m		Chapel Allerton Runners	0	0	0	999	999
184	Tom Kenny	m		N/a	998	0	0	0	998
185	Darren Coward	m		Glaxo Hoad Hill Harriers	0	998	0	0	998
186	Mr Simon Stainer	m	MV 50		0	0	997	0	997
187	Richard Benson	m			996	0	0	0	996
188	Jason Beare	m		Lancaster Runners	0	996	0	0	996
189	Stephen Leahy	m	MV 40		0	0	996	0	996
190	Eeen Turner	m	MV 40		0	0	0	996	996
191	David Brown	m	MV 40		0	995	0	0	995
192	Christopher Joyce	m	MV 40		0	0	995	0	995
193	William Laye	m			0	0	0	995	995
194	Henok Asmelash	m		Warley Woods Pacers	994	0	0	0	994
195	Max Clarke	m	U21	Cake District	993	0	0	0	993
196	Alfie Hall	m	U21	ckpool, Wyre and Fylde Athletics C	0	993	0	0	993

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197	Simon Holt	m	MV 50	Rotherham Harriers AC	0	0	993	0	993
198	Max Hughes	m	U21		992	0	0	0	992
199	Stephen Sewell	m	MV 40		0	0	992	0	992
200	John Kilner	m	MV 40		0	991	0	0	991
201	Reuben Lazenby-wood	m	U21		0	0	991	0	991
202	Chris Ingham	m	MV 40		990	0	0	0	990
203	Peter Dinsmore	m			0	990	0	0	990
204	Fergal Duffy	m	MV 50		0	0	990	0	990
205	Sophie Hunt	f			0	0	989	0	989
206	Harry J Vaneris	m	MV 40		0	989	0	0	989
207	stuart blissett	m	MV 40		989	0	0	0	989
208	Zac Vernon	m			0	0	0	989	989
209	Andrew carter	m	MV 40	lonely goat RC	988	0	0	0	988
210	Tom Willox	m		Helm Hill Runners	0	988	0	0	988
211	Alistair Holl	m	MV 50		0	0	988	0	988
212	Hannah Whitelam	f	FV 40		0	0	0	988	988
213	Frankie Guidi	m	U21		0	0	987	0	987
214	Steven Worsley	m	MV 60	Lancaster and morecambe ac	986	0	0	0	986
215	Martyn Robinson	m	MV 50	Bats	0	986	0	0	986
216	Jack Cuff	m	U25		0	0	986	0	986
217	Simon Northcott	m	MV 40	Scarborough and Nene Vally Athletic Club	0	0	0	986	986
218	Lee Barlow	m	MV 40		0	0	0	985	985
219	Matthew Gardner	m	U21	Trafford AC	985	0	0	0	985
220	Joshua Kent	m			0	985	0	0	985
221	Bethany Jellinek	f			0	0	985	0	985
222	Olivia Wiggans	f			0	0	0	984	984
223	David Calder	m	MV 60	Westerlands Cross Country Club	0	984	0	0	984
224	Thomas Bateson	m		LBC Tractors	983	0	0	0	983
225	KK Tangjaitrong	m	U21		0	983	0	0	983
226	Denis Brice	m			0	0	983	0	983
227	Chris Bone	m	MV 40	St Bees Triers	0	0	0	983	983
228	Anthony Irving	m	MV 40		982	0	0	0	982
229	Connor Harris	m			0	0	0	982	982
230	Rob Powell	m	MV 50	Scarborough Athletic Club	0	982	0	0	982

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231	Gary Wells	m	MV 60		981	0	0	0	981
232	Graham Jenkins	m	MV 50	Ribble Valley Runners	0	0	981	0	981
233	Isaac Heap	m	U21		0	0	0	981	981
234	Marcus Carter-Strutt	m			980	0	0	0	980
235	Kylie Barlow	f		St Helens Striders	0	980	0	0	980
236	Patrick Richardson	m			0	0	0	979	979
237	Mikey Hanna	m		LBC Tractors	979	0	0	0	979
238	Charlotte Jones	f			0	979	0	0	979
239	Alistair Jellinek	m			0	0	979	0	979
240	Corey Fynamore	m	U25	Runningwithreece	978	0	0	0	978
241	Oliver Wilson	m	U25		0	978	0	0	978
242	Shane Mcquillan	m			0	977	0	0	977
243	Shaunagh Durkin	f			977	0	0	0	977
244	Geoff Lowe	m	MV 60	The Herdy Maaa-shal	0	0	0	977	977
245	Jane Thomas	f		Sale Harriers	0	976	0	0	976
246	Chris McDonald	m	MV 50	Boulder Road Runners	976	0	0	0	976
247	Jonathan Male	m	MV 40		0	0	976	0	976
248	Jack Whitworth	m		LBC Tractors	975	0	0	0	975
249	Andrew Kayll	m			0	975	0	0	975
250	Lewis Corran	m			0	0	975	0	975
251	Anna Hoogkamer	f			0	0	974	0	974
252	Niall Steadman	m			0	974	0	0	974
253	Peter Browne	m	MV 60		973	0	0	0	973
254	Jake McGill	m			0	973	0	0	973
255	Louise Male	f	FV 40		0	0	973	0	973
256	Matt Roche	m			0	972	0	0	972
257	Andy Smith	m	MV 60		972	0	0	0	972
258	brendan wood	m	MV 40		0	0	972	0	972
259	Kev Smith	m	MV 50		971	0	0	0	971
260	Jonathan Belshaw	m	MV 40	ACF	0	971	0	0	971
261	Raymond Duff	m	MV 50		0	0	971	0	971
262	John Heap	m	MV 40		0	0	0	971	971
263	Richard Hunter	m			0	0	970	0	970
264	Kayleigh Webster	f			0	0	0	970	970



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265	Jennifer Casson	f	FV 40		0	970	0	0	970
266	Jonathan Blissett	m			969	0	0	0	969
267	Andrew Spence	m			0	969	0	0	969
268	Claire Faulkner	f			0	0	0	969	969
269	Stuart Chandler	m			968	0	0	0	968
270	Lauren Booth	f		Hoad Hill Harriers	0	968	0	0	968
271	Andrew Stewart	m	MV 50		967	0	0	0	967
272	Jason Smith	m		North Shields Poly	0	0	967	0	967
273	Lucy Courtney	f	FV 50	Jog on Tyne	0	0	0	967	967
274	Carl Joynson	m	MV 40		0	0	966	0	966
275	John Butters	m	MV 40	Morpeth harriers	966	0	0	0	966
276	Ian Williamson	m	MV 50	Chorlton Runners	0	0	965	0	965
277	Lindsey Quinn	f		Morpeth Harriers	965	0	0	0	965
278	Louis Kent	m	U21		0	965	0	0	965
279	Kevin Harber	m	MV 50		0	0	0	965	965
280	Dave Robinson	m	MV 40		964	0	0	0	964
281	Helen King	f	FV 50		0	964	0	0	964
282	Gavin Simpson	m	MV 50		0	0	0	964	964
283	Paul Myers	m	MV 50	Billinge running club	0	963	0	0	963
284	Decland Mernagh	m		LBC Tractors	963	0	0	0	963
285	Georgia Lines	f	U21		0	0	963	0	963
286	Robert Liang	m			0	0	0	963	963
287	Simon Clarke	m	MV 40		962	0	0	0	962
288	Mike Lines	m	MV 40		0	0	962	0	962
289	ADAM TASKER	m	MV 40		0	0	961	0	961
290	Gareth johnson	m	MV 40	Nob end run club	0	961	0	0	961
291	Gail Bone	f	FV 40	St Bees Triers	0	0	0	961	961
292	Chad Sinclair	m			960	0	0	0	960
293	Pete Davison	m	MV 50	Glaxo Hoad Hill Harriers	0	960	0	0	960
294	Stephen Gilks	m	MV 40		0	0	960	0	960
295	Alex Pottinger	m			0	0	0	960	960
296	Louise Roberts	f	FV 40		959	0	0	0	959
297	Robert Myatt	m	MV 40		0	959	0	0	959
298	Al McKain	m			0	0	959	0	959

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299	Jack Brain	m			958	0	0	0	958
300	Rupert Rowe	m			0	0	958	0	958
301	Mark Pearson	m	MV 50		0	0	0	958	958
302	Lucy Garrod	f	FV 50		0	957	0	0	957
303	Anna Geary	f	FV 40		0	0	0	957	957
304	Joanne Unsworth	f			0	956	0	0	956
305	Andrew Unitt	m	MV 60	Barrow Runners	0	0	956	0	956
306	Richard Hawkins	m	MV 40	York Postal Harriers	955	0	0	0	955
307	Michael Brinkhuijsen	m	MV 40		0	955	0	0	955
308	Jamie Thompson	m			0	0	955	0	955
309	Rob Bennion	m	MV 50		0	0	0	955	955
310	Ryan McDowell	m			954	0	0	0	954
311	sarah McVicar	f	FV 40		0	954	0	0	954
312	Ashley Benton	m			0	0	954	0	954
313	Ian Stainthorpe	m	MV 60	Rochdale Harriers	0	0	0	954	954
314	Vinny Hulton	m	MV 40	Nob End Running Club	0	0	0	953	953
315	Ben Hindley	m			0	0	953	0	953
316	Paul Jones	m			952	0	0	0	952
317	Stu Jolly	m	MV 40		0	0	952	0	952
318	Scott Rosevere	m		Radcliffe AC	0	0	0	952	952
319	John Turner	m	MV 40	Lonely Goat RC	951	0	0	0	951
320	Ian Jones	m	MV 50		0	951	0	0	951
321	Joanna Fitch	f			0	0	0	951	951
322	Thomas Pearson	m			0	950	0	0	950
323	Lewis Saunders	m			0	0	950	0	950
324	William Fitch	m			0	0	0	950	950
325	Justine Patton	f			0	949	0	0	949
326	Jack Whiting	m			0	0	949	0	949
327	Megan Proffitt	f	U25		0	0	0	949	949
328	Phil Blakey	m	MV 60		0	948	0	0	948
329	Chris Clark	m	MV 40		0	0	948	0	948
330	Maddie Gwillim	f	U25	Wallsend harriers	0	0	0	948	948
331	Fraser Tidman	m	MV 40		947	0	0	0	947
332	Sarah Ward	f		Abbey Runners	0	947	0	0	947

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
333	Adrian Spencer	m	MV 50	Barrow Runners	0	0	947	0	947
334	wayne cooper	m	MV 40		946	0	0	0	946
335	Luke Addison	m			0	0	946	0	946
336	Ann Birchall	f	FV 50	Ashington Hirst Running Club	945	0	0	0	945
337	Kev Wilson	m	MV 40		0	945	0	0	945
338	Finlay Nichols	m	U21		0	0	945	0	945
339	Christina Mcguire	f	FV 60	Lancaster & Morecambe	944	0	0	0	944
340	Elliot Shorrock	m	U21		0	0	944	0	944
341	David Macgillivray	m	MV 60	Dh Runners	0	0	0	944	944
342	Ayub Mal	m	MV 40		943	0	0	0	943
343	Melissa Gorst	f		Dallam	0	943	0	0	943
344	Barbara Ford	f	FV 40	Warriors PAC	0	942	0	0	942
345	Gareth Pratt	m	MV 50	Lostock AC	942	0	0	0	942
346	Richard Bibb	m	MV 50	Shepshed	941	0	0	0	941
347	David Taylor	m	MV 60	Cheshire Hash House Harriers	0	941	0	0	941
348	Anthony Holland	m			940	0	0	0	940
349	Barry Lyonette	m	MV 70	Pensby Runners	0	940	0	0	940
350	Peter EVANS	m	MV 50	Kings heath rc	0	0	940	0	940
351	Jessica Booth	f			939	0	0	0	939
352	Jake Byers	m			0	939	0	0	939
353	David Brooks	m	MV 60		0	0	939	0	939
354	Adrian Dixon	m	MV 60		938	0	0	0	938
355	Mark Ogilvie	m	MV 60		0	938	0	0	938
356	Alistair Hudson	m			0	0	938	0	938
357	Jessica Montgomery	f			937	0	0	0	937
358	Charlene Smith	f	FV 40		0	937	0	0	937
359	Lucy Zaboklicka	f	FV 40	Furness Fell Runners	0	936	0	0	936
360	Wayne Laird	m	MV 40		936	0	0	0	936
361	Matthew Harvey	m			0	0	936	0	936
362	Tara Langley	f	FV 40		0	0	0	936	936
363	Anthony Mclaughlan	m	MV 50	Altrincham Old Fellers	0	0	935	0	935
364	David Webster	m	MV 40		0	0	0	935	935
365	John Gummery	m	MV 60	Kendal Tri Club	935	0	0	0	935
366	Amelia Dore	f			0	934	0	0	934

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
367	Graham Livesey	m	MV 50		0	0	0	934	934
368	Sandra Myers	f	FV 50	Billinge running club	0	933	0	0	933
369	Mat Harrop	m	MV 50		933	0	0	0	933
370	Philip Vautier	m			0	0	933	0	933
371	Mike Rhodes	m			0	0	0	933	933
372	Esther Rollinson	f			932	0	0	0	932
373	Joe Strudwick	m			0	932	0	0	932
374	Matthew Flynn	m			0	0	932	0	932
375	Emma Miller	f			0	0	0	932	932
376	Kimberley Powles	f	FV 40	Wyndham Athletics Club	0	0	0	931	931
377	Pete Lashley	m	MV 50		0	930	0	0	930
378	Sarah McGrath	f	FV 40	Ramsbottom Running Club	0	0	0	930	930
379	Sam Jackson	m			930	0	0	0	930
380	Peter Stokes	m			0	0	930	0	930
381	Kirsten Macleman	f			929	0	0	0	929
382	Susan Black	f	FV 50	Tynedale Harriers	0	0	0	929	929
383	Paul Otway	m	MV 50		0	928	0	0	928
384	Caroline Clark	f	FV 40		0	0	928	0	928
385	Tom Mitchell	m	MV 60	Tricentral	0	0	0	928	928
386	Jackie Watts	f	FV 40		0	927	0	0	927
387	Lucy Mattinson	f			927	0	0	0	927
388	Nick Lewer	m	MV 70		0	0	0	927	927
389	David Robson	m	MV 50	Barrow Runners	0	0	926	0	926
390	James Snutch	m	MV 40	Birstall Running Club	0	0	0	926	926
391	Gillian Doolan	f	FV 50		0	925	0	0	925
392	William Rooke	m			0	0	0	925	925
393	Brenda Rutter	f	FV 60		0	924	0	0	924
394	Jonty Tarbuck	m	MV 50		924	0	0	0	924
395	Mike Whiteman	m	MV 50	None	0	0	924	0	924
396	Jamie Butler	m		Birstall Rc	0	0	0	924	924
397	Dan Ross	m	MV 50		923	0	0	0	923
398	Roger Harrison	m	MV 60		0	923	0	0	923
399	Darren Hodgson	m	MV 50	RHBoys	0	0	923	0	923
400	Robert Burgess	m	MV 50		0	0	0	923	923

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
401	Joris Volmer	m			922	0	0	0	922
402	Andy Johnson	m	MV 40		0	922	0	0	922
403	James Campbell	m	MV 40		0	0	922	0	922
404	Neil Park	m	MV 60		0	0	0	922	922
405	Joseph Grimble	m			921	0	0	0	921
406	James Saunders	m			0	921	0	0	921
407	Jason Stanley	m	MV 40		0	0	921	0	921
408	Jenni Wisher	f	FV 50		0	0	0	921	921
409	Helen Blunt	f	FV 40		0	920	0	0	920
410	David Spowart	m			920	0	0	0	920
411	John Green	m	MV 50		0	0	920	0	920
412	Marie Decadt	f			919	0	0	0	919
413	Steven Bellamy	m	MV 40	Red Rose Runners	0	919	0	0	919
414	Louise Anderson	f	FV 50		0	0	0	919	919
415	Ian Lockhart	m	MV 40		0	918	0	0	918
416	Miriam Maher	f	FV 50	hcaster and morecambe athletics c	918	0	0	0	918
417	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	0	0	918	918
418	Donna Crabtree	f	FV 50	Red Rose Road Runners	0	917	0	0	917
419	Lydia Jackson	f		My Fam	0	0	917	0	917
420	Amy Rickerby	f			0	0	0	917	917
421	Evan Carter	m	U21		916	0	0	0	916
422	Tim Byrne	m	MV 50	Bramhall Runners	0	0	916	0	916
423	Fran Mckee	f			0	0	0	916	916
424	Gary Cattermole	m	MV 60		915	0	0	0	915
425	TREVESSA NEWTON	f	FV 50		0	915	0	0	915
426	Chris McKee	m			0	0	0	915	915
427	Pete Coe	m	MV 70		914	0	0	0	914
428	Julian Burgess	m	MV 40		0	914	0	0	914
429	Kevin Brocklebank	m	MV 50		0	0	0	914	914
430	Michael Devlin	m	MV 40		0	913	0	0	913
431	Rob Legge	m	MV 50		913	0	0	0	913
432	Chris Morphet	m	MV 40	My Fam	0	0	913	0	913
433	Caroline Greenen	f	FV 50	Sunnywood Ladies on Tour	0	0	0	913	913
434	Emma Shaw	f			0	912	0	0	912

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
435	Rosie Sibley	f		Eton Manor	0	0	912	0	912
436	Lucy Moss	f			0	0	0	912	912
437	Lauren McGill	f			0	911	0	0	911
438	Tim Coles	m			0	0	911	0	911
439	Amanda Jane Prescott	f	FV 50	Bridgnorth Running Club	0	0	0	911	911
440	Hannah Heron	f	FV 40		0	0	910	0	910
441	Lucy Anstiss	f			0	0	0	910	910
442	Erica Carter	f	FV 50		909	0	0	0	909
443	Sally McFarlane	f	FV 50	None	0	909	0	0	909
444	Ali Rafferty	f			0	0	0	909	909
445	Ben Mitchell	m	MV 40		908	0	0	0	908
446	Phil Holden	m	MV 60		0	908	0	0	908
447	Alexander Wrigley	m		Black Combe Runners	0	0	908	0	908
448	Ceri Makin	f			0	0	0	908	908
449	Stuart Edwards	m	MV 60	Lonely Goat	907	0	0	0	907
450	Liam Nichol	m		Training for the trails	0	0	907	0	907
451	Kerrie Mott	f			0	0	0	907	907
452	Ellie Mackay	f	FV 40		0	0	0	906	906
453	Phillip Coulter	m	MV 50		906	0	0	0	906
454	Nigel Harrison	m	MV 60	Red Rose Road runners	0	906	0	0	906
455	James Woodford	m	MV 40		0	0	906	0	906
456	Rebecca Day	f	FV 40		0	0	0	905	905
457	Audrey Allas	f			905	0	0	0	905
458	Callum Grogan	m			0	905	0	0	905
459	Robert Fisher	m	MV 40		0	0	905	0	905
460	Arthur Littlewood	m			904	0	0	0	904
461	Chris Lawrence	f	FV 60		0	904	0	0	904
462	Christopher Barnes	m	MV 40		0	0	904	0	904
463	Bridget Broadhurst	f	FV 60	Tynedale Harriers	0	0	0	904	904
464	Karen Mcclay	f	FV 50	Cornwall ac	903	0	0	0	903
465	Tamsyn Duffy	f	FV 40		0	903	0	0	903
466	Jimmy Hark	m	MV 40	Nob end run club	0	0	0	902	902
467	Thanasis Lechouritis	m			902	0	0	0	902
468	Caroline Hollick	f	FV 40		901	0	0	0	901

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
469	Collette Eames	f	FV 60	JogOnTheTYne	0	0	0	900	900
470	Finn McCann	m			900	0	0	0	900
471	Lucy Grogan	f			0	900	0	0	900
472	Lynne Carruthers	f	FV 60	Dch	0	0	900	0	900
473	Lucy McCann	f			899	0	0	0	899
474	Rob PHILLISKIRK	m	MV 40	Marsh Lane Harriers	0	899	0	0	899
475	Belinda Schofield	f	FV 50		898	0	0	0	898
476	Peter Blackledge	m	MV 40		0	898	0	0	898
477	Cora Bryan	f			0	0	897	0	897
478	Karla Napoleon	f	FV 40		897	0	0	0	897
479	Mia O'Callaghan	f			0	897	0	0	897
480	Rae Morris	f	U25		0	0	0	897	897
481	Holly Mackenzie	f	FV 40		0	0	896	0	896
482	Leonie Hayler	f	FV 50	Tynedale Harriers	0	0	0	896	896
483	Joe Tracy	m	MV 50		0	895	0	0	895
484	Elizabeth Thornton	f			0	0	0	895	895
485	Paul Hewitt	m	MV 60		894	0	0	0	894
486	Lee Clark	m	MV 40	Team Acf	0	894	0	0	894
487	Lizzie Robinson	f			0	0	894	0	894
488	Emma Harris	f	FV 40		0	0	0	894	894
489	Stephen Leung	m	MV 50		0	893	0	0	893
490	Sian Hacker	f	FV 40		0	0	0	893	893
491	George Woodfield	m			0	892	0	0	892
492	Rebecca Leahy	f			0	0	892	0	892
493	Lynda Davenport	f	FV 40		0	0	0	892	892
494	Anthony Flynn	m	MV 40		891	0	0	0	891
495	Sian Walsh	f			0	891	0	0	891
496	Craig Stephenson	m	MV 40	SUMMIT ULVERSTON	0	0	891	0	891
497	Jackie Smith	f	FV 60		890	0	0	0	890
498	Sharon Scott	f	FV 50		0	890	0	0	890
499	Gary Anderson	m	MV 50		0	0	0	890	890
500	Michael Barwise	m			0	0	0	889	889
501	Jean WILKINSON	f	FV 50		888	0	0	0	888
502	Ian Glendenning	f	FV 50		0	888	0	0	888

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
503	Elin Brooks	f		North Shields Poly	0	0	888	0	888
504	Gillian Felton	f	FV 50		0	0	0	888	888
505	Wendy Birkett	f	FV 60	Ambleside Athletic Club	0	887	0	0	887
506	Rebecca Payne	f	FV 40		887	0	0	0	887
507	Claudia Pagoulatou	f	FV 50	Pensby Runners	0	0	887	0	887
508	Josh Collins	m			0	0	0	887	887
509	Christopher Cox	m	MV 60		0	886	0	0	886
510	Briony Cogan	f		SUMMIT ULVERSTON	0	0	886	0	886
511	Elise Lown	f	U25		0	0	0	886	886
512	Dan Horton	m			0	0	0	885	885
513	David Craig	m		Bellahouston Harriers	885	0	0	0	885
514	Michael Wilkinson	m			0	885	0	0	885
515	Alison Duggan	f	FV 40	Washlands Women	0	0	885	0	885
516	Chris Price	m	MV 60	Kendal AAC	0	0	0	884	884
517	Kerry Lawrence	f	FV 50		884	0	0	0	884
518	Jane Jackson	f	FV 60	Lonely Goat RC	883	0	0	0	883
519	Phil Blaylock	m	MV 40	Team Lakeland Trails	0	883	0	0	883
520	Frank McKeown	m	MV 50	Glaxo Hoad Hill Harriers	0	0	883	0	883
521	Rosie Spencer	f	U25		882	0	0	0	882
522	John Croxford	m	MV 60	N/A	0	881	0	0	881
523	Sam Perkins	f	FV 40		0	0	881	0	881
524	Stephanie Bond	f			0	880	0	0	880
525	Michael Quigley	m	MV 50	Ashington Hirst Running Club	880	0	0	0	880
526	Nancy Allen	f	FV 40		0	0	0	880	880
527	Ann Cleave	f	FV 60	Red Rose Road Runners	0	879	0	0	879
528	Hilary Stephenson	f	FV 40	Hoad Hill Harriers	0	0	879	0	879
529	Karmini McCann	f	FV 40		0	0	0	879	879
530	Alison Standeven	f	FV 40		0	878	0	0	878
531	Nicola Woods	f	FV 40		0	0	878	0	878
532	Lucy Graham	f	FV 40		0	0	0	878	878
533	Nicky Grace	f	FV 40		0	0	0	877	877
534	Stephen Hatch	m	MV 60		0	877	0	0	877
535	Robert Payne	m	MV 40		876	0	0	0	876
536	Sam Elliott	m			875	0	0	0	875



Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
537	Susan Heaps	f	FV 60	St Helens Striders	0	875	0	0	875
538	Paul Senior	m			0	874	0	0	874
539	Carolina Francener	f			874	0	0	0	874
540	Daniel Small	m			0	873	0	0	873
541	Charlie Garner	m	U25		0	0	873	0	873
542	Mark Gean Hughes	m	MV 50	Jog Scotland Stirling Striders	872	0	0	0	872
543	Julie EVANS	f	FV 50	Kings heath rc	0	0	872	0	872
544	Eva Wardlow	f	U25		871	0	0	0	871
545	Isabelle Harrison	f	U25		0	871	0	0	871
546	James Hall	m			0	0	871	0	871
547	Caitlin Fawkes	f	U25		870	0	0	0	870
548	Carol Hatch	f	FV 60		0	870	0	0	870
549	Anastasia Fleming	f			0	0	0	870	870
550	Andrea Counce	f	FV 50		869	0	0	0	869
551	Callum James Woodward	m			0	0	0	869	869
552	Jacq Charles	f	FV 40	Wirral Vikings Trc	0	0	868	0	868
553	Damien Hardy	m			0	868	0	0	868
554	Alannah Woodward	f			0	0	0	868	868
555	Andrew Reid	m	MV 40		867	0	0	0	867
556	Alison Hodges	f	FV 50	Blackhill Bounders	0	0	0	867	867
557	Iain Peacock	m	MV 40		0	0	867	0	867
558	Michael Charnock	m			0	867	0	0	867
559	Brian Richardson	m	MV 60	blackhill bounders	0	0	0	866	866
560	Hilary Charnock	f	FV 40		0	866	0	0	866
561	Zoe Bridges	f	FV 50	Trail Running Association	0	0	866	0	866
562	Katie Jackson	f			865	0	0	0	865
563	Adam Smith	m	MV 40		0	865	0	0	865
564	Dave Raynor	m	MV 60	Red Rose Road Runners	0	0	865	0	865
565	Dave Prescott	m	MV 50	Bridgnorth Running Club	0	0	0	865	865
566	Lesley Chapman	f	FV 60		864	0	0	0	864
567	Jonathan Butterworth	m	MV 40		0	864	0	0	864
568	Bryony Jarman-Pinto	f			0	0	0	864	864
569	Chris Furphy	m	MV 60		863	0	0	0	863
570	Mal Smith	m	MV 50	Ashington Hirst running club	862	0	0	0	862

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
571	Rach Garner	f	FV 50	Prestwich AC	0	862	0	0	862
572	Daniel Martino	m	MV 40		0	0	862	0	862
573	Cory Beaumont	m	U21	keele university	861	0	0	0	861
574	Jen Willitts	f	FV 40	Team ACF	0	861	0	0	861
575	Rebecca Noblett	f	FV 50		0	0	861	0	861
576	Hilary Graham	f	FV 60	Tynedale Harriers	0	0	0	861	861
577	Matthew MADDOCK	m	MV 40		0	860	0	0	860
578	Anna Morris	f	FV 40		0	0	0	860	860
579	Josie Fowler	f	FV 40		859	0	0	0	859
580	Rebecca Maddock	f	FV 40		0	859	0	0	859
581	Asma Hopkinson	f	FV 40		0	0	859	0	859
582	Jennifer Lewis	f	FV 40		0	0	0	859	859
583	Nigel Eddy	m	MV 60	Quakers running club	0	0	858	0	858
584	Leah Barber	f			0	0	0	858	858
585	Petrina Currie	f	FV 40		857	0	0	0	857
586	Jane Hogan	f	FV 60		0	857	0	0	857
587	Michelle McCarthy	f			0	0	857	0	857
588	Robert Houghton	m		Billinge Running Club	0	0	0	857	857
589	Gill Nevin	f	FV 50	Rimrose Runners	856	0	0	0	856
590	Tom Garrod	m	MV 50		0	856	0	0	856
591	Elspeth Peddie	f	FV 50		0	0	0	856	856
592	Pete Holding	m	MV 60		0	855	0	0	855
593	Jack Langton	m	U25	Keele University	855	0	0	0	855
594	Catherine Vaneris	f	FV 40		854	0	0	0	854
595	Simon Turgoose	m	MV 50		0	0	854	0	854
596	ALEXA WILCOCK	f	FV 40		0	0	0	854	854
597	Hannah Swift	f		N/a	0	0	0	853	853
598	Ieuan Jones	m	MV 50		0	853	0	0	853
599	Sarah Cholmondeley	f	FV 40		0	0	852	0	852
600	Vicky Ward	f	FV 50		0	851	0	0	851
601	Paul Haydon	m	MV 50	F.r.a.	0	0	851	0	851
602	Kate Peers	f	FV 40		0	850	0	0	850
603	Jan Jolly	f	FV 40		0	0	850	0	850
604	Amanda Deane	f		Furness Fell Runners	0	849	0	0	849

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
605	Corinna Williamson	f			849	0	0	0	849
606	Chris Rugg	m	MV 40		0	0	849	0	849
607	John Bee	m	MV 60		0	848	0	0	848
608	Lindsay Brown	f	FV 50	DH Runners	0	0	848	0	848
609	Keith Tolley	m	MV 60	High Peak AC	0	847	0	0	847
610	Karen Lee	f	FV 50	DH Runners	0	0	847	0	847
611	David Mackarel	m			0	0	0	847	847
612	Karyn Harper	f	FV 50		0	846	0	0	846
613	Matthew Swann	m			846	0	0	0	846
614	Dominic Banks	m			0	0	0	846	846
615	Stephen Jolly	m	MV 60	Allithwaite Running Club	0	845	0	0	845
616	David Lomas	m	MV 50	Littleborough Runners	845	0	0	0	845
617	Hannah Hayhurst	f			0	0	845	0	845
618	Katie Blackburn	f	FV 40		0	0	0	845	845
619	Rosie Egan	f	FV 60	Cheshire Hash House Harriers	0	844	0	0	844
620	Caitlin Walsh	f	U25		844	0	0	0	844
621	Jenny Smith	f			0	0	844	0	844
622	Rabab Gatnash	f			843	0	0	0	843
623	Ben Scott	m	MV 40		0	0	0	843	843
624	Ali Cooper	f	FV 60	Kendal Tri Club	842	0	0	0	842
625	Emma Montgomery	f	FV 50		0	842	0	0	842
626	Catherine Scott	f	FV 40		0	0	0	842	842
627	Giancarlo Rizzi	m	MV 60		0	0	841	0	841
628	Daniel Copp	m	U21		841	0	0	0	841
629	Emma Lawrence	f	FV 50		0	841	0	0	841
630	Maggie Grant	f	FV 70	Bodyfit Running Club	0	0	0	841	841
631	Keith Burlison	m	MV 50		840	0	0	0	840
632	Aude Peltier	f	FV 40		0	840	0	0	840
633	Sophie Ward	f			839	0	0	0	839
634	Nina McCann	f	FV 40		0	839	0	0	839
635	Alex Hunter	f			0	0	839	0	839
636	Elizabeth Clements	f	FV 40		0	0	0	839	839
637	Richard Tickner	m	MV 60		0	838	0	0	838
638	Nicholas Schaffer	m	MV 60	Millom Striders	0	837	0	0	837

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
639	miriam eaton	f	FV 60	Kirkby Milers AC	0	0	837	0	837
640	Nicki Sullivan	f	FV 50		836	0	0	0	836
641	Helen Jack	f	FV 50		0	836	0	0	836
642	Clare Guidi	f	FV 50	Parbold Pink Panthers	0	0	836	0	836
643	Rona Ricioppo	f	FV 60	Sunnywood Project	0	0	0	836	836
644	Lauren Marsden	f	FV 50	Swinton Running Club	835	0	0	0	835
645	Julie Wisely	f	FV 50		0	835	0	0	835
646	Paul Woods	m	MV 60		0	0	835	0	835
647	Louise Roberts	f	FV 50	Border Reavers	0	0	0	835	835
648	Ben Scott	m	U21	Keele University	834	0	0	0	834
649	Becca March	f	FV 40		0	834	0	0	834
650	Duncan Lawrence	m	MV 50		833	0	0	0	833
651	Carl Laing	m	MV 40		0	833	0	0	833
652	Sarah johnson	f	FV 50		0	0	833	0	833
653	Tracey Shaw	f	FV 40		832	0	0	0	832
654	Julie Farron	f	FV 50	Atherton Running Club	0	0	832	0	832
655	Phillip Morris	m	MV 40		831	0	0	0	831
656	Jane Mooney	f	FV 40		0	0	0	830	830
657	Victoria Sewell	f	FV 40		830	0	0	0	830
658	Paula Lawson	f	FV 50		0	0	830	0	830
659	Rachel Bellwood	f			829	0	0	0	829
660	Claire Willis	f	FV 40		0	829	0	0	829
661	Kathryn Green	f	FV 60		0	0	829	0	829
662	Louise Fuller	f	FV 50		828	0	0	0	828
663	Ahmed Abbas	m	MV 60		0	828	0	0	828
664	Niamh Luff	f	U21		0	0	828	0	828
665	John Wiseman	m	MV 50		0	0	0	827	827
666	Simon Forshaw	m	MV 50		0	827	0	0	827
667	William Ross	m			0	0	827	0	827
668	Anne Cox	f	FV 60		0	826	0	0	826
669	Shelley Regan	f	FV 40		0	0	0	826	826
670	Rachel Miller	f	FV 50		825	0	0	0	825
671	Sarah Robinson	f	FV 50		0	825	0	0	825
672	Andrew Regan	m	MV 40		0	0	0	825	825

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
673	Mark Wardley	m	MV 50	Red rose	0	824	0	0	824
674	Chloe Taylor	f			0	0	0	823	823
675	Charlotte Nixon	f			823	0	0	0	823
676	Sophie Rogers	f			0	823	0	0	823
677	Hazel Ward	f	FV 70	Jog On The Tyne	0	0	822	0	822
678	Deborah Hill	f	FV 40		822	0	0	0	822
679	Delyth Evans	f	FV 60		0	822	0	0	822
680	Jamie Hayton	m	MV 40		0	0	821	0	821
681	Laura Aiken	f		Radcliffe athletics club	0	0	0	821	821
682	Alan Davidson	m	MV 70		0	0	820	0	820
683	Kathryn Haworth	f	FV 40		820	0	0	0	820
684	Samantha Mitchell	f			0	820	0	0	820
685	Lynn Swift	f		Sunnywood ladies on tour	0	0	0	820	820
686	Rachel E Johnstone	f			819	0	0	0	819
687	Susan Miller	f	FV 50		0	0	819	0	819
688	sacha roy	f	FV 40	Sunnywood Ladies On Tour	0	0	0	819	819
689	Hannah Miller	f			818	0	0	0	818
690	Vanessa Thomson	f	FV 40		0	818	0	0	818
691	Claire Madden	f	FV 40	New Marske Harriers	0	0	818	0	818
692	Laura Tracey	f	FV 40	Sunnywood Ladies on Tour	0	0	0	818	818
693	Melanie Jerram	f	FV 50		0	817	0	0	817
694	Susanna Sewell	f	FV 50	Sunnywood Ladies on Tour	0	0	0	817	817
695	Clare Riley	f	FV 50	Sunnywood Ladies on tour	0	0	0	816	816
696	Bethane Huntley	f			0	815	0	0	815
697	Jo Critchley	f	FV 50	Sunnywood ladies on tour	0	0	0	815	815
698	Lynn-marie Anderton	f	FV 50		0	814	0	0	814
699	Louise Shield	f	FV 40	Sunnywood Ladies on Tour	0	0	0	814	814
700	Steve Parkes	m	MV 60		813	0	0	0	813
701	Katie Gaze	f	FV 40		0	813	0	0	813
702	Erin Fothergill	f			0	0	0	813	813
703	michael parkes	m	MV 50		812	0	0	0	812
704	Shelley Brinkhuijsen	f	FV 40		0	812	0	0	812
705	Andrew Speakman	m	MV 40		0	0	812	0	812
706	Charlotte Duff	f			0	811	0	0	811

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
707	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour	0	0	0	811	811
708	Sara Williamson	f	FV 50	Chorlton Runners	0	0	810	0	810
709	Simon Gainey	m	MV 40		810	0	0	0	810
710	Michael Swann	m	MV 40		0	810	0	0	810
711	John Hetherington	m	MV 60	Bodyfit Cumbria	809	0	0	0	809
712	Emma Caswell	f	FV 40		0	809	0	0	809
713	Dave Thompson	m	MV 60		0	808	0	0	808
714	David Proctor	m	MV 60		0	807	0	0	807
715	Jane Hornby	f	FV 40	Yorkshire Wolds Runners	0	806	0	0	806
716	Deborah Thorneycroft	f	FV 50		0	805	0	0	805
717	Alicia Carter	f	FV 50	Girls that Jeff	805	0	0	0	805
718	Lisa Buss	f		Eden Runners	804	0	0	0	804
719	Nicky Owen	f	FV 60	Cheshire Hash House Harriers	0	803	0	0	803
720	Caroline Bowsher	f	FV 60		0	0	0	803	803
721	Sarah Price	f			803	0	0	0	803
722	Sam Bagshaw	f	FV 50	Fellside Ladies	0	0	802	0	802
723	Caity Sinclair	f			802	0	0	0	802
724	Emma Taylor	f	FV 40	Sunnywood Ladies on Tour	0	0	0	802	802
725	Melanie Conaghan	f	FV 50		801	0	0	0	801
726	John Kent	m	MV 50		0	801	0	0	801
727	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0	801	801
728	Jade Lawson	f			0	800	0	0	800
729	Elizabeth O'Shea	f	FV 40	NA	800	0	0	0	800
730	Elizabeth Partington	f	FV 50	Sunnywood Ladies on Tour	0	0	0	800	800
731	Kathryn Nicholson	f	FV 40		799	0	0	0	799
732	Samantha Jackson	f	FV 50		0	0	0	799	799
733	Sarah Jackson	f	FV 50	Kendal AAC	0	0	0	798	798
734	Rosemary WEBSTER	f	FV 50	head torches	798	0	0	0	798
735	Joel Duff	m			0	797	0	0	797
736	Angela Wood	f	FV 50	F.r.a.	0	0	0	797	797
737	Carol Stevenson	f	FV 50		796	0	0	0	796
738	Joanna Dixon	f			0	796	0	0	796
739	Claire Turner	f	FV 40		0	0	0	796	796
740	Hannah Kelly	f	FV 40		795	0	0	0	795

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
741	Ruth Younger	f			794	0	0	0	794
742	Selena Tye	f	FV 50	Washlands Womens Running Club	0	0	794	0	794
743	Helen Blake	f	FV 40		793	0	0	0	793
744	Di Blackshaw	f	FV 40	Warrington Road Runners	0	793	0	0	793
745	Jay Hilton	f	FV 40		792	0	0	0	792
746	Brian Flynn	m	MV 40		791	0	0	0	791
747	Wolfgang Altenau	m	MV 70		0	790	0	0	790
748	Catherine Cooper	f	FV 60	Lyme Runners	790	0	0	0	790
749	Jill Robertson	f	FV 50		0	0	790	0	790
750	Fiona Jackson	f	FV 40		0	789	0	0	789
751	Catherine Aitken	f	FV 60		0	0	789	0	789
752	Lucy Johnson	f	FV 40		0	788	0	0	788
753	Rebekah Pyatt	f	FV 40		788	0	0	0	788
754	Melissa Grove	f			0	0	788	0	788
755	Aby Biles	f			0	0	787	0	787
756	Sue Rugg	f	FV 40		0	0	786	0	786
757	Philip Loftus	m	MV 60		0	785	0	0	785
758	David Whiteley	m	MV 60		0	784	0	0	784
759	Giselle Collins	f	FV 50		783	0	0	0	783
760	Clare Pain	f	FV 40		0	0	783	0	783
761	Jennifer Hill	f	FV 40		0	0	782	0	782
762	Deborah Ross	f	FV 50		781	0	0	0	781
763	Laura Henderson	f			0	781	0	0	781
764	Jennie Bateson	f	FV 40		0	0	781	0	781
765	Connor Kent	m			0	780	0	0	780
766	Niki Ray	f	FV 40		0	0	780	0	780
767	Tony Hughes	m	MV 70		779	0	0	0	779
768	Helen Tope	f			0	778	0	0	778
769	Hilary Shaw	f	FV 60		778	0	0	0	778
770	Alison Wingate	f	FV 50	Southport Strollers AC	0	0	778	0	778
771	Jane Cheetham	f	FV 50	Goostrey Striders	0	777	0	0	777
772	Shelly Allen	f	FV 50		0	0	777	0	777
773	Dave Hill	m	MV 50		0	776	0	0	776
774	David Littlefair	m	MV 50		0	0	776	0	776

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
775	Lesley Nixon	f	FV 50	Red Rose Road Runners	0	0	775	0	775
776	Katie Welch	f	FV 60		775	0	0	0	775
777	Carl Waite	m	MV 60		0	774	0	0	774
778	David Ash	m	MV 40		0	0	773	0	773
779	Zoe Gelderd	f			0	772	0	0	772
780	Alison Barnes	f	FV 50	Women on the Run - Kendal	771	0	0	0	771
781	David Gigli	m	MV 50		0	771	0	0	771
782	John Gore	m	MV 40	Rochdale Tri Club	0	0	771	0	771
783	John Hocking	m	MV 40		0	770	0	0	770
784	Chris Haselden	m	MV 50		0	0	770	0	770
785	Debi Lee	f	FV 50		769	0	0	0	769
786	Richard Cawdell	m	MV 60	Highgate Harriers	0	0	769	0	769
787	Chris Lee	m	MV 50		768	0	0	0	768
788	BEVERLEY GIGLI	f	FV 60	BWFAC	0	767	0	0	767
789	John Munro	m			0	0	767	0	767
790	Katy Dowdall	f			0	766	0	0	766
791	Sylvia Chudley	f	FV 60		765	0	0	0	765
792	Brenda Lowry	f	FV 50	Red Kites	0	0	765	0	765
793	Kevin Silver	m	MV 60		764	0	0	0	764
794	Rachel Dinsmore	f	U25		0	764	0	0	764
795	Sharon Corbridge	f	FV 50		763	0	0	0	763
796	Damian Barrous Dume	m			0	763	0	0	763
797	Helen Merrell	f	FV 50		762	0	0	0	762
798	Kate Stevenson	f			0	762	0	0	762
799	Janice Chruscht	f	FV 40	Airecentre Pacers	0	761	0	0	761
800	Judith Weston	f	FV 50	Billingham Running Club	759	0	0	0	759
801	Pete Boddy	m	MV 50		0	759	0	0	759
802	Sarah Walker	f	FV 40		0	0	759	0	759
803	Diane Boddy	f	FV 40		0	758	0	0	758
804	Amanda Blessington	f	FV 50		0	0	758	0	758
805	Melissa Grocock	f	FV 40		0	0	757	0	757
806	Vicki Buss	f	FV 50		757	0	0	0	757
807	Ruth Lilliot	f	FV 60		0	757	0	0	757
808	Carol Cox	f	FV 50		0	756	0	0	756



Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
809	Anne Statham	f	FV 50	None	756	0	0	0	756
810	Lola Jimenez	f	FV 40	Southport Strollers	0	0	756	0	756
811	Katie Egan	f			0	755	0	0	755
812	Neil Brannelly	m	MV 50		0	754	0	0	754
813	Margaret Woods	f	FV 70	Millom Striders	0	0	753	0	753
814	ali Roberts	f	FV 50		752	0	0	0	752
815	Sally Parkinson	f	FV 40		0	752	0	0	752
816	Albert Durance	m	U21		0	751	0	0	751
817	Christian Martin	m			0	0	751	0	751
818	Lesley Jones	f	FV 60		750	0	0	0	750
819	Leanne Topcuoglu	f	FV 40	ACF Standish	0	750	0	0	750
820	Philip Jones	m	MV 60		749	0	0	0	749
821	Allan Johnson	m	MV 70	Lakeside Lincoln	0	749	0	0	749
822	Bernice Edwards	f	FV 40		0	748	0	0	748
823	Janine Weatherington	f	FV 40		748	0	0	0	748
824	Vivienne Watson	f	FV 50		747	0	0	0	747
825	Karen Greene	f	FV 50		0	747	0	0	747
826	Chris Bagshaw	m	MV 50		0	0	746	0	746
827	Clair Crowther	f	FV 50		746	0	0	0	746
828	Mike Greene	m	MV 60		0	746	0	0	746
829	Steve Longney	m	MV 50	Yorkshire Wolds Runners	0	745	0	0	745
830	Linda Clark	f	FV 70		745	0	0	0	745
831	Ilyas Mal	m	MV 40		744	0	0	0	744
832	Iain Melville	m	MV 60		0	743	0	0	743
833	Matthew Potter	m	MV 40		743	0	0	0	743
834	Charlotte Alston	f	FV 40		742	0	0	0	742
835	Julie Spencer	f	FV 50		741	0	0	0	741
836	Bjorgvin Vigfusson	m			0	741	0	0	741
837	Claire Howarth	f	FV 40	Chorlton Runners	740	0	0	0	740
838	Stuart Tate	m	MV 40		0	740	0	0	740
839	Helen Larkin	f	FV 50	Chorlton Runners	739	0	0	0	739
840	Paul Tickner	m	MV 60		0	739	0	0	739
841	Judith Robson	f	FV 60		0	0	739	0	739
842	Susan Wood	f	FV 60		0	738	0	0	738

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
843	Andy Lynch	m	MV 60		737	0	0	0	737
844	Clare Egan	f			0	737	0	0	737
845	Izzy Mehta	f	U21	Keswick school	736	0	0	0	736
846	Carole Wood	f	FV 60		0	0	736	0	736
847	Callum Holt	m	U25		735	0	0	0	735
848	Steve Garland	m	MV 60		0	735	0	0	735
849	Tom Hailwood	m	MV 40		0	0	735	0	735
850	Cheryl Chaffe	f	FV 50		0	0	734	0	734
851	Mandy Rothwell	f	FV 50		0	734	0	0	734
852	Christine Sutherland	f	FV 60		733	0	0	0	733
853	Pat Wyke	f	FV 60	Run in Wirral	0	0	733	0	733
854	Cindy Quirk	f	FV 70		0	733	0	0	733
855	Shirley Faichen	f	FV 60	Gosport Road Runners	0	732	0	0	732
856	Rachel Hickman	f			0	731	0	0	731
857	Hannah Moorhouse	f	FV 50	Delamere Spartans	0	0	731	0	731
858	Karen Price	f	FV 60		0	730	0	0	730
859	Ruth Bartlett	f	FV 60		0	729	0	0	729
860	Emma Holt	f	FV 50		0	0	729	0	729
861	Christina Howarth	f			728	0	0	0	728
862	Tarrin Kennaway	f			0	0	728	0	728
863	Kate Wilson	f	FV 40		727	0	0	0	727
864	Sam Stephenson	m	MV 40		0	727	0	0	727
865	Jude Bennett	f	FV 50	Fellside Ladies	0	0	726	0	726
866	Kath Dyer	f	FV 50		726	0	0	0	726
867	Yasmin Porter-bee	f			0	726	0	0	726
868	Fiona Tidbury	f	FV 60	Eden Runners	0	0	725	0	725
869	Helen Keough	f	FV 40		724	0	0	0	724
870	Pamela Howard	f	FV 70		0	724	0	0	724
871	Ella Sunderland	f	U25		723	0	0	0	723
872	Kerry Messenger	f	FV 40		0	723	0	0	723
873	Beth Sunderland	f			722	0	0	0	722
874	Karen Chandisingh	f	FV 50		0	722	0	0	722
875	Mel Bloor-steen	f	FV 60		721	0	0	0	721
876	Sarah Greaves	f	FV 50		0	721	0	0	721

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
877	Vicky Evans	f	FV 50		0	0	721	0	721
878	Jennifer Kilner	f	FV 40		0	720	0	0	720
879	Joyce Hamilton	f	FV 50	Dumfries Running Club	719	0	0	0	719
880	Lesley Messenger-jones	f	FV 50		0	719	0	0	719
881	Jane Mcgreen	f	FV 70	N/a	718	0	0	0	718
882	Catherine Hunt	f	FV 40	Women On The Run	0	718	0	0	718
883	Wyn Clayton	f	FV 70	Women On The Run	0	0	718	0	718
884	Yvonne O'malley	f	FV 40	The Kilted Lassies	716	0	0	0	716
885	Mande Scott	f	FV 50	None	0	0	716	0	716
886	Hazel Russell	f	FV 50	Ripon Runners	715	0	0	0	715
887	Jayne Elliott	f	FV 50		0	715	0	0	715
888	Shelagh Davie	f	FV 50		714	0	0	0	714
889	Lynn Cook	f	FV 60	Millom Striders	0	714	0	0	714
890	Nicola Machin	f	FV 50		713	0	0	0	713
891	Kit Erlebach	m	MV 50	Durham City Harriers	0	713	0	0	713
892	Alana Fraser	f			0	0	713	0	713
893	Ian Reid	m	MV 40		712	0	0	0	712
894	Sarah Erlebach	f	FV 50	Mums on the Run	0	712	0	0	712
895	Jane Wood	f	FV 50		711	0	0	0	711
896	Tina Pye	f	FV 40		710	0	0	0	710
897	Abigail Edmondson	f	FV 40		0	710	0	0	710
898	Joanna Muzzell	f	FV 40		0	0	710	0	710
899	Sheema Mal	f	FV 40		709	0	0	0	709
900	Al Marron	f	FV 50		0	0	709	0	709
901	Donna Thorpe	f	FV 40		0	0	708	0	708
902	Lindsay Gerrand	f	FV 50		707	0	0	0	707
903	Emma Hopwood	f		Southport strollers	706	0	0	0	706
904	Helen Proctor	f	FV 50	Women on the Run Kendal	0	706	0	0	706
905	Paul Kelly	m	MV 50		0	0	705	0	705
906	Anne Claypole	f	FV 40		704	0	0	0	704
907	Vanessa Cadman	f	FV 40		0	704	0	0	704
908	Gillian Kelly	f	FV 50		0	0	704	0	704
909	Karen Culshaw	f	FV 40	Penny Lane Striders	703	0	0	0	703
910	Catherine Ball	f	FV 50	Wirral Viking Trc	0	0	703	0	703

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
911	Mo McGeorge	f	FV 50		702	0	0	0	702
912	Heather Keiller	f	FV 50		0	702	0	0	702
913	Kathryn Linker	f	FV 50		0	0	702	0	702
914	Eric Smart	m	MV 60	North East Vets	701	0	0	0	701
915	Basia Nowak	f	FV 40		0	701	0	0	701
916	Nicole Spibey	f	FV 40		0	700	0	0	700
917	Lisa Derr	f	FV 40		0	699	0	0	699
918	Gilly Waterman	f	FV 60		0	698	0	0	698
919	Helen Billingham	f	FV 60		0	0	698	0	698
920	Andrea Jones	f	FV 50		0	0	697	0	697
921	Shelley Hill	f	FV 40		0	694	0	0	694
922	Samantha Arden	f			0	693	0	0	693
923	Sarah Parker	f	FV 40	Jog on The Tyne	0	0	693	0	693
924	Peter Hill	m	MV 40		0	692	0	0	692
925	Karolina Faithfull	f	FV 40	Skelmersdale boundary harriers	0	0	692	0	692
926	Johnny Wild	m	MV 60	Lytham St Anne's Road Runners	0	691	0	0	691
927	Clare Gavan	f		Skelmersdale Boundary Harriers	0	0	691	0	691
928	Belinda Garland	f	FV 60		0	690	0	0	690
929	Jemma Taylor	f		Skelmersdale Boundary Harriers	0	0	690	0	690
930	Adelle Gardiner	f	FV 40		0	689	0	0	689
931	Amy Court	f		Skelmersdale Boundary Harriers	0	0	689	0	689
932	Sarah Tranter	f	FV 40		0	688	0	0	688
933	Chris Harbord	m	MV 70	eat Yarmouth RR & Bungay Black D	0	0	687	0	687
934	Georgie Robson	f			0	687	0	0	687
935	Jane Hill	f	FV 50		0	684	0	0	684
936	Helen Carlson	f	FV 40		0	683	0	0	683
937	Esmeri Spruce	f			0	680	0	0	680
938	Roberta Whyte	f	FV 60	Linlithgow Athletic Club	0	678	0	0	678
939	Lucy McLachlan	f			0	677	0	0	677
940	Pete Williams	m	MV 40		0	676	0	0	676
941	Alex Durance	m	MV 50		0	675	0	0	675
942	Sara Dobson	f	FV 50		0	668	0	0	668
943	Mandi Wilson	f			0	666	0	0	666
944	Fran Walker	f	FV 50		0	665	0	0	665

Position	Name	Gender	Age Cat	Club	Keswick	Cartmel	Helvellyn	Ullswater	Autumn
945	Lisa Paxton	f	FV 40		0	664	0	0	664
946	Helen Borking	f	FV 50		0	663	0	0	663
947	Alison Spiby	f	FV 50		0	662	0	0	662
948	Jade Pawson	f			0	661	0	0	661
949	Julia Park	f	FV 50	Me	0	659	0	0	659
950	Helen E Eddie	f	FV 40		0	657	0	0	657
951	Christine Marshall-Smart	f	FV 60		0	656	0	0	656
952	Jane Thwaites	f	FV 70		0	654	0	0	654
953	Frances Bennis	f	FV 40		0	653	0	0	653
954	Alice Wort	f	FV 40		0	652	0	0	652
955	Louise Prescott	f	FV 40		0	651	0	0	651
956	Helen Pagett	m	MV 40		0	647	0	0	647
957	Jonathon Colman	m			0	646	0	0	646
958	Beth Bradshaw	f			0	645	0	0	645
959	Alexandra Preugschat	f			0	644	0	0	644
960	Martin Pagett	m	MV 40		0	643	0	0	643
961	Moyna Milne	f	FV 50		0	641	0	0	641
962	Laurence Campbell	f	FV 50		0	640	0	0	640
963	Rachel Tickner	f	FV 70		0	639	0	0	639
964	Carole Whiteley	f	FV 60	Women On The Run Kendal	0	638	0	0	638
965	Iain Wood	m	MV 50		0	637	0	0	637
966	Despina Smith	f	FV 40	Didsbury Mums on the Run	0	636	0	0	636
967	Susan Heatley	f	FV 40	Red Rose Road Runners	0	632	0	0	632
968	Elizabeth Barrett	f	FV 50		0	631	0	0	631
969	Joanne Chard	f	FV 50	Women On The Run	0	630	0	0	630
970	Chris Hutchinson	m	MV 60		0	629	0	0	629
971	Julie Loftus	f	FV 50		0	626	0	0	626
972	Sandra Robinson	f	FV 40	Manchester Ymca Harriers	0	625	0	0	625
973	Melanie Foster	f	FV 50	Thornton-cleveleys Running Club	0	624	0	0	624
974	Bev Mason	f	FV 50	Thornton Cleveleys Running Club	0	623	0	0	623
975	Rebecca Rendle	f	FV 60	Women On The Run	0	622	0	0	622
976	Heather Freeman-Dawson	f	FV 40		0	621	0	0	621
977	Karen Jones	f	FV 40		0	620	0	0	620
978	Kerry Newton	f			0	619	0	0	619

<b>Position</b>	<b>Name</b>	<b>Gender</b>	<b>Age Cat</b>	<b>Club</b>	<b>Keswick</b>	<b>Cartmel</b>	<b>Helvellyn</b>	<b>Ullswater</b>	<b>Autumn</b>
979	Helen Mitchell	f	FV 50		0	617	0	0	617
980	Debbie Bell	f	FV 60		0	616	0	0	616
981	Mark Sullivan	m	MV 60		0	615	0	0	615
982	Joel Stanier	m		Red Rose Road Runners	0	614	0	0	614