

HELM HILL WINTER LEAGUE POINTS TABLE

2025



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PETE BLAND SPORTS

DIFFERENT STROKES PAINTING AND DECORATING

RACES

SCOUT SCAR

GIGGLESWICK

WHITESTONES

BIRKRIGG

BARBONDALE

SEDBERGH

GIGGLESWICK

CUNSWICK SCAR

CAUTLEY

HELM HILL

ELTERWATER

ARANT HAW



DIFFERENT STROKES
PAINTING & DECORATING LTD

Race Number	Forename	Surname	u11G Category	Club	Category Race Positions												Category Points									
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE
0061	Mila	Sillito	u11G	Helm Hill Runners	0	2	4	1	3	0	1	1	2	1	98	94	100	96	100	100	98	100	498	8	1	
0205	Teigan	Wilcock	u11G	Ambleside	0	5	2	0	1	0	8	3	1	7	92	98		100	88	96	100	89	486	7	2	
0351	Isla	Dalton	u11G	Helm Hill	0	1	0	2	0	0	5	4	4	3	100		98		92	94	94	96	482	6	3	
0030	Elena	Procter	u11G	Leven Valley Ac	0	6	1	4	5	0	6	2	5	4	90	100	94	92	90	98	92	94	478	8	4	
0475	Lyra	Haslett	u11G	Helm Hill Runners	0	3	3	0	4	0	4	0	6	2	96	96		94	94		90	98	478	6	5	
0258	Romy	Barron	u11G	Ambleside AC	0	0	5	5	2	0	2	0	3	5			92	92	98		98	96	92	476	6	6
0013	Gabrielle	Murray	u11G	Leven Valley AC	0	4	0	3	0	0	3	0	7	6	94		96		96		89	90	465	5	7	
0088	Harriet	Edwards	u11G	Dallam	0	7	0	6	0	0	7	5	15	0	89		90		89	92	81		441	5	8	
0667	Jacy	Jewitt	u11G	Furness Fell Runners	0	8	8	7	9	0	9	8	8	8	88	88	89	87	87	88	88	88	441	8	9	
0377	Mia	Kourkoulos	u11G	Settle Harriers	0	12	9	8	10	0	11	7	13	10	84	87	88	86	85	89	83	86	436	8	10	
0771	Nieve	Stephenson	u11G	Ambleside	0	10	11	0	11	0	12	9	10	11	86	85		85	84	87	86	85	429	7	11	
0193	Emilia	Nunns	u11G	Helm Hill	0	11	10	0	0	0	13	10	18	12	85	86			83	86	78	84	424	6	12	
0883	Rosie	Briggs	u11G	Ambleside AC	0	0	0	0	12	0	0	6	17	9				84		90	79	87	340	4	13	
0104	Maya	Zaboklicka	u11G	Furness Fell Runners	0	9	7	0	7	0	0	0	0	0	87	89		89					265	3	14	
0680	Ava	Grandison	u11G	Helm hill	0	0	0	0	13	0	10	0	12	0				83	86		84		253	3	15	
0948	Grace	Eaton	u11G	Leven Valley AC	0	0	6	0	6	0	0	0	0	0			90	90					180	2	16	
0425	Pippa	Coke	u11G	Kendal	0	0	0	0	8	0	0	0	9	0				88			87		175	2	17	
1041	Jessie	Whittington	u11G	Helm Hill	0	0	0	0	0	0	0	0	11	0							85		85	1	18	
0850	Chloe	Mercier	u11G	Furness Fell Runners	0	13	0	0	0	0	0	0	0	0	83								83	1	19	
1048	Lana	Lefton	u11G	Ambleside	0	0	0	0	0	0	0	0	14	0							82		82	1	20	
0994	Imogen	Darcy	u11G	Helm Hill	0	0	0	0	0	0	0	0	16	0							80		80	1	21	

ts table

Race Number	Forename	Surname	u11B Category	Club	Category Race Positions											Category Points										
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE
0394	Bobby	France	u11B	Settle Harriers	0	1	1	2	3	0	3	1	1	1	100	100	98	96	96	100	100	100	500	8	1	
0541	Freddie	Fretwell	u11B	Settle Harriers	0	2	2	1	1	0	2	2	3	2	98	98	100	100	98	98	96	98	494	8	2	
0539	Judah	Basham	u11B	Ambleside	0	3	3	0	2	0	4	0	0	4	96	96		98	94		94	478	5	3		
0295	Callum	Ainsworth	u11B	Helm Hill	0	0	4	5	0	0	6	14	4	3		94	92		90	82	94	96	466	6	4	
0272	Freddie	Brown	u11B	Settle Harriers	0	4	5	7	8	0	7	3	5	6	94	92	89	88	89	96	92	90	464	8	5	
0493	Ted	McAleese	u11B	Ambleside AC	0	0	7	3	5	0	5	0	0	5		89	96	92	92		92	461	5	6		
0003	James	Dennis	u11B	Bingley Harriers	0	7	9	4	0	0	10	0	9	7	89	87	94		86		87	89	446	6	7	
0867	Stanley	Johnson	u11B	Helm Hill	0	0	8	11	14	0	9	4	18	9		88	85	82	87	94	78	87	441	7	8	
0062	Arlo	Sillito	u11B	Helm Hill Runners	0	11	10	9	12	0	12	6	13	8	85	86	87	84	84	90	83	88	436	8	9	
0089	Lewis	Edwards	u11B	Dallam	0	5	0	8	0	0	8	10	20	0	92		88		88	86	76	430	5	10		
0117	Matt	Wild-Garcia	u11B	Ambleside	0	9	12	10	16	0	13	12	12	11	87	84	86	80	83	84	84	85	426	8	11	
0285	Lewis	McKim	u11B	Ambleside AC	0	0	0	14	15	0	11	8	10	12				82	81	85	88	86	84	425	6	12
0756	Jack	Lawson	u11B	Ambleside Athletics Club	0	8	16	12	17	0	16	7	17	15	88	80	84	79	80	89	79	81	422	8	13	
0843	Toby	Davies	u11B		0	12	17	13	9	0	0	0	14	19	84	79	83	87			82	77	415	6	14	
0356	Elliot	Lowrie	u11B	Helm Hill	0	10	15	0	20	0	17	0	11	14	86	81		76	79		85	82	413	6	15	
0877	Harry	Briggs	u11B	Ambleside running club	0	0	0	0	19	0	15	5	15	16				77	81	92	81	80	411	5	16	
0818	Freddie	Woodburn	u11B	Helm Hill	0	6	6	6	4	0	0	0	0	0	90	90	90	94					364	4	17	
0386	Toby	Lawton	u11B	Helm Hill	0	0	14	0	0	0	14	13	21	0		82			82	83	75	322	4	18		
0955	Bruce	Meyfroidt	u11B	None	0	0	13	0	10	0	0	11	0	0		83	86		85			254	3	19		
0822	Harrison	Reid	u11B	Kendal amateur athletic club	0	0	0	0	0	0	1	0	2	0					100		98	198	2	20		
0838	Oliver	Marshall	u11B	Ambleside AC	0	0	0	0	11	0	0	0	16	0				85			80	165	2	21		
0947	Franco	Henson	u11B	Settle Harriers	0	0	0	0	18	0	0	9	0	0				78		87	165	2	22			
0984	Noah	Penney	u11B	AAC	0	0	0	0	0	0	0	0	19	13							77	83	160	2	23	
0998	Sam	Bamforth	u11B	Ambleside AC	0	0	0	0	0	0	0	0	23	10							73	86	159	2	24	
0987	George	Butler	u11B	Ambleside AC	0	0	0	0	0	0	0	0	22	18							74	78	152	2	25	
0899	Charlie	Middleton	u11B		0	0	0	0	6	0	0	0	0	0				90				90	1	26		

ts table

Race Number	Forename	Surname	u13G Category	Club	Category Race Positions										Category Points												
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE	POSITION
0002	Hannah	Dennis	u13G	Bingley Harriers	0	1	1	1	1	0	1	0	1	1	1	100	100	100	100	100	100	100	100	100	500	7	1
0033	Charlotte	Richardson	u13G	Helm Hill Runners	0	4	2	2	2	0	4	1	2	2	2	94	98	98	98	94	100	98	98	492	8	2	
0228	Lola	Hodgson	u13G	Ambleside AC	0	3	3	3	7	0	3	3	4	3	3	96	96	96	89	96	96	94	96	480	8	3	
0755	Sophie	Lawson	u13G	Ambleside Athletics Club	0	7	7	10	12	0	10	5	11	5	5	89	89	86	84	86	92	85	92	448	8	4	
0474	Elodie	Haslett	u13G	Helm Hill Runners	0	5	12	0	9	0	7	0	15	4	4	92	84		87	89		81	94	446	6	5	
0078	Iris	Lodge	u13G	Settle Harriers	0	9	11	6	11	0	0	4	8	0	0	87	85	90	85		94	88		444	6	6	
0148	Lucy	Ward	u13G	Settle Harriers	0	8	0	5	10	0	8	0	9	0	0	88		92	86	88		87		441	5	7	
0140	Lana	Fosker	u13G	Bowland Fell Runners	0	0	8	4	16	0	11	10	19	9	9		88	94	80	85	86	77	87	440	7	8	
0274	Sophie	Wright	u13G	Settle Harriers	0	13	6	13	0	0	5	6	17	0	0	83	90	83		92	90	79		438	6	9	
0698	Michalina	Bojdol	u13G	Ambleside AC juniors	0	14	14	8	17	0	0	7	13	6	6	82	82	88	79		89	83	90	432	7	10	
0223	Harriet	Coward	u13G	Ambleside AC	0	12	0	11	13	0	12	11	0	8	8	84		85	83	84	85		88	426	6	11	
0876	Rosa-Mae	Crompton	u13G	Ambleside	0	0	0	9	19	0	13	8	18	7	7			87	77	83	88	78	89	425	6	12	
0344	Izzy	Lambert	u13G	Settle Harriers	0	10	9	14	14	0	0	9	16	0	0	86	87	82	82		87	80		424	6	13	
0129	Flo	Evans	u13G	Settle Harriers	0	15	13	12	15	0	14	0	24	13	13	81	83	84	81	82		72	83	413	7	14	
0683	Ruby	Taylforth	u13G	Ambleside	0	20	17	16	21	0	15	14	31	14	14	76	79	80	75	81	82	65	82	404	8	15	
0823	Bessie	Lord	u13G		0	19	15	15	20	0	16	0	22	0	0	77	81	81	76	80		74		395	6	16	
0699	Mila	Lefton	u13G	Ambleside	0	17	16	0	0	0	17	13	28	0	0	79	80			79	83	68		389	5	17	
0678	Elsie	Duffy	u13G	Rosendale Harriers	0	2	0	0	6	0	2	2	0	0	0	98			90	98	98			384	4	18	
0187	Betty	Jacques	u13G	Unattached	0	18	0	0	18	0	0	0	21	11	11	78			78			75	85	316	4	19	
0437	Matilda	Upton	u13G	N/A	0	0	4	0	0	0	9	0	10	0	0		94			87		86		267	3	20	
0235	Hattie	Blunt	u13G	Ambleside	0	0	0	0	0	0	6	12	14	0	0					90	84	82		256	3	21	
0273	Megan	Wright	u13G	Settle Harriers	0	16	0	7	0	0	0	0	12	0	0	80		89				84		253	3	22	
0478	Evie	Dean	u13G	Helm Hill	0	21	0	0	0	0	18	0	29	0	0	75				78		67		220	3	23	
0191	Maia	Dacre	u13G	Helm Hill	0	0	0	0	3	0	0	0	3	0	0				96			96		192	2	24	
0837	Ivy	Marshall	u13G	Ambleside AC	0	0	0	0	4	0	0	0	6	0	0				94			90		184	2	25	
0174	Martha	Hart	u13G	Settle Harriers	0	6	0	0	5	0	0	0	0	0	0	90			92					182	2	26	

Race Number	Forename	Surname	u13B Category	Club	Category Race Positions										Category Points												
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE	POSITION
0442	Jos	Jebb	u13B	Helm Hill Runners	0	1	1	1	1	0	1	0	0	0	100	100	100	100	100	100					500	5	1
0341	Kit	Evans	u13B	Ambleside AC	0	2	2	0	3	0	3	1	1	1	98	98		96	96	100	100	100	496	7	2		
0116	Sean	Wild-Garcia	u13B	Ambleside	0	3	4	3	6	0	6	2	2	3	96	94	96	90	90	98	98	96	484	8	3		
0172	Ben	Ryan	u13B	Helm Hill	0	4	3	4	11	0	4	0	3	2	94	96	94	85	94		96	98	478	7	4		
0664	Charlie	Potter	u13B	Helm Hill Runners	0	5	0	2	7	0	5	4	0	4	92		98	89	92	94		94	470	6	5		
0436	Peter	Butler	u13B	Ambleside AC	0	6	6	0	10	0	10	7	5	9	90	90		86	86	89	92	87	448	7	6		
0359	Jonty	Brodie	u13B	Helm Hill	0	7	8	8	9	0	8	5	9	6	89	88	88	87	88	92	87	90	447	8	7		
0128	Stanley	Evans	u13B	Settle Harriers	0	10	9	7	15	0	12	11	11	12	86	87	89	81	84	85	85	84	432	8	8		
0845	Philip	Bolland	u13B	Helm Hill	0	8	0	0	0	0	11	8	12	10	88				85	88	84	86	431	5	9		
0929	Barnaby	Plant	u13B		0	0	11	0	13	0	0	6	20	7		85		83		90	76	89	423	5	10		
0241	Stan	Rushton	u13B	Helm Hill	0	0	15	9	17	0	21	10	13	17		81	87	79	75	86	83	79	416	7	11		
0190	Danny	Nunns	u13B	Helm Hill	0	11	12	0	21	0	16	12	17	14	85	84		75	80	84	79	82	415	7	12		
0479	Haris	Riaz	u13B	Ambleside AC	0	9	13	10	23	0	14	0	21	0	87	83	86	73	82		75		413	6	13		
0398	Stanley	Atkinson	u13B	Helm Hill	0	0	14	6	22	0	20	9	19	23		82	90	74	76	87	77	73	412	7	14		
0694	Rhys	Moffat	u13B	None	0	0	16	0	20	0	17	0	14	13		80		76	79		82	83	400	5	15		
0489	Fabian	Bulprich	u13B	Ambleside AC	0	14	0	12	27	0	23	14	24	22	82		84	69	73	82	72	74	395	7	16		
0944	ne Thomas Ja	Williamson	u13B	Helm hill	0	0	17	0	24	0	0	13	16	20		79		72		83	80	76	390	5	17		
0127	Hugo	Meyfroidt	u13B	Helm Hill	0	0	0	5	5	0	0	3	4	0			92	92		96	94		374	4	18		
0855	Ethan	Davies	u13B		0	18	21	15	28	0	0	0	31	27	78	75	81	68			65	69	371	6	19		
0331	Ethan	Douthwaite	u13B	Helm Hill	0	0	5	0	4	0	7	0	6	0		92		94	89	90			365	4	20		
0817	Alfred	Heath	u13B	Helm	0	0	0	0	16	0	15	0	7	8				80	81	89	88		338	4	21		
0898	Isaac	Hardy	u13B	HELM HILL	0	0	19	11	18	0	0	0	15	0		77	85	78		81			321	4	22		
0492	James	McAleese	u13B	Ambleside AC	0	0	7	0	12	0	9	0	0	0		89		84	87				260	3	23		
0329	Fraser	Hall	u13B	Pudsey and Bramley	0	0	10	0	0	0	13	0	10	0			86		83	86			255	3	24		
0497	Rhys	Crowther	u13B	Ambleside	0	13	0	0	0	0	18	0	0	16	83				78		80		241	3	25		

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0407	Seth	Parker	u13B	Settle Harriers	0	16	0	13	0	0	0	0	0	0	26		80	83					70	233	3	26	
0995	Ivan	Waight	u13B	Ambleside	0	0	0	0	0	0	0	0	8	11									88	85	173	2	27
0830	Nathan	Mercier	u13B	Furness Fell Runners	0	12	18	0	0	0	0	0	0	0		84	78								162	2	28
0277	John	Gates	u13B	Settle harriers	0	17	0	14	0	0	0	0	0	0		79	82								161	2	29
0097	Rowan	Griffiths	u13B	Furness Fell Runners	0	0	0	0	0	0	19	0	18	0					77			78			155	2	30
0990	Harry	Sharp	u13B	Ambleside AC Juniors	0	0	0	0	0	0	0	0	22	15								74	81	155	2	31	
0325	Jasper	Rose	u13B	Helm Hill Runners	0	15	0	0	0	0	0	0	27	0	81							69		150	2	32	
0991	Finlay	Luxmoore	u13B	Ambleside AC	0	0	0	0	0	0	0	0	25	18								71	78	149	2	33	
0946	Roman	Porter	u13B	Levens Valley	0	0	0	0	25	0	0	0	0	21				71						75	146	2	34
0887	Barney	Woodhouse	u13B		0	0	0	0	0	0	22	0	26	0					74			70		144	2	35	
0864	Addison	astwood-Tayl	u13B	Ambleside AC	0	0	0	0	0	0	0	0	28	25								68	71	139	2	36	
1000	Riley	Pickup	u13B	Ambleside	0	0	0	0	0	0	0	0	29	24								67	72	139	2	37	
0279	Rhys	Price	u13B	Darlington Harriers	0	0	0	0	0	0	2	0	0	0					98						98	1	
0532	Calum	McGoldrick	u13B	Settle Harriers	0	0	0	0	2	0	0	0	0	0				98							98	1	
0999	Thomas	Anderson	u13B	Ambleside AC	0	0	0	0	0	0	0	0	0	5									92	92	1		
0939	Oliver	Partington	u13B	Lancaster and Morecambe AC	0	0	0	0	8	0	0	0	0	0				88							88	1	
0137	Charlie	Peters	u13B	Settle Harriers	0	0	0	0	14	0	0	0	0	0				82							82	1	
0533	Finlay	McGoldrick	u13B	Settle Harriers	0	0	0	0	19	0	0	0	0	0				77							77	1	
0997	William	Bamforth	u13B	Ambleside AC	0	0	0	0	0	0	0	0	0	19									77	77	1		
0940	Jack	Hutchinson	u13B	Furness Fell Runners	0	0	20	0	0	0	0	0	0	0		76									76	1	
1017	Zach	Lucas	u13B		0	0	0	0	0	0	0	0	23	0								73			73	1	
0157	Jacob	Alexander	u13B	Helm hill	0	0	0	0	0	0	24	0	0	0					72						72	1	
0564	Kit	Grandison	u13B	Helm Hill	0	0	0	0	26	0	0	0	0	0			70								70	1	
0438	Oliver	Shannon	u13B	Helm Hill	0	0	0	0	0	0	0	0	30	0								66			66	1	

Race Number	Forename	Surname	u15G Category	Club	Category Race Positions											Category Points										
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE
0531	Mia	McGoldrick	u15G	Settle Harriers	0	2	0	0	1	0	0	2	1	1	98			100		98	100	100	496	5	1	
0132	Maisie	Oddy	u15G	Keighley and Craven	0	3	2	2	0	0	1	0	2	0	96	98	98			100	98		490	5	2	
0014	Imogen	Moore	u15G	Leven Valley AC	0	6	3	0	4	0	3	4	5	0	90	96		94		96	94	92	472	6	3	
0200	Silvia	Parsons	u15G	Helm Hill	0	9	4	4	9	0	4	5	7	3	87	94	94	87		94	92	89	96	470	6	4
0677	Lyla	Duffy	u15G	Rosendale Harriers	0	7	0	0	5	0	2	3	4	0	89			92		98	96	94	469	5	5	
0835	Freya	lodgson-Jone	u15G	Ambleside AC	0	8	0	3	0	0	5	6	8	5	88		96			92	90	88	92	458	6	6
0294	Jessica	Ainsworth	u15G	Helm Hill	0	10	5	5	10	0	8	9	13	8	86	92	92	86		88	87	83	88	447	8	7
0443	Isla	Jebb	u15G	Helm Hill Runners	0	1	0	1	0	0	0	1	0	2	100		100			100		98	398	4	8	
0553	Tess	Reedy	u15G	Ambleside AC	0	0	0	0	0	0	6	7	9	6						90	89	87	90	356	4	9
0556	Lily	Neville	u15G	None	0	0	0	0	6	0	0	8	10	7				90		88	86	89	353	4	10	
0259	Mila	Barron	u15G	Ambleside AC	0	0	1	0	2	0	0	0	3	0			100	98			96		294	3	11	
0086	Mary	Goodyear	u15G	Bingley Harriers	0	11	0	0	7	0	0	0	12	0	85			89			84		258	3	12	
0268	Fay	Thomas	u15G	Helm Hill	0	4	0	0	3	0	0	0	0	0	94			96					190	2	13	
0521	Maisie	Todhunter	u15G	Helm Hill	0	0	0	0	8	0	0	0	0	4				88			94		182	2	14	
0177	Alice	Carr	u15G	Rosendale Harriers	0	5	0	0	0	0	0	0	0	0	92								92	1	15	
0908	Thea	Newton	u15G	Rosendale Harriers	0	0	0	0	0	0	0	0	6	0							90		90	1	16	
0528	Bethany	Swarbrick	u15G	Furness Fell Runners	0	0	0	0	0	0	7	0	0	0						89			89	1	17	
0993	F	D	u15G	Helm Hill	0	0	0	0	0	0	0	0	11	0							85		85	1	18	

Race Number	Forename	Surname	u15B Category	Club	Category Race Positions											Category Points										
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE
0554	Joseph	Green	u15B	Ambleside AC	0	1	1	0	0	0	1	1	0	1	100	100				100	100		100	500	5	1
0075	Charlie	Dobson	u15B	Rosendale Harriers	0	1	0	1	0	0	2	2	1	0	100		100			98	98	100		496	5	2
0125	Lawrie	Belshaw	u15B	Ambleside AC	0	4	4	2	5	0	3	4	4	3	94	94	98	92		96	94	94	96	478	8	3
0783	Rowan	Bradley	u15B	Ambleside	0	0	6	5	0	0	5	7	5	4			90	92		92	89	92	94	460	6	4
0017	Ryan	Birt Reed	u15B	Leven Valley	0	6	0	4	6	0	6	5	0	7	90		94	90		90	92		89	456	6	5
0032	Aaron	Richardson	u15B	Helm Hill Runners	0	0	5	0	9	0	7	6	6	0			92		87	89	90	90		448	5	6
0291	George	Bromley	u15B	Settle Harriers	0	0	7	6	0	0	8	0	8	8			89	90		88		88	88	443	5	7
0704	Joseph	Giddings	u15B	Keswick AC	0	0	0	7	0	0	9	0	9	10				89		87		86	349	4	8	
0179	Ben	Brummitt	u15B	Settle Harriers	0	5	0	0	0	0	0	0	3	2	92						96	98		286	3	9
0301	Samuel	Evans	u15B	Settle Harriers	0	0	0	8	0	0	0	0	12	12				88			84	84		256	3	10
0103	Theo	Zaboklicki	u15B	Furness Fell Runners	0	1	0	0	1	0	0	0	0	0	100			100						200	2	11
0371	Milo	Williams	u15B	Helm Hill	0	0	2	0	3	0	0	0	0	0			98		96					194	2	12
0806	Archie	Cole	u15B	Settle Harriers	0	0	3	0	0	0	0	0	2	0			96				98			194	2	13
0270	Joss	Wood	u15B	Helm Hill Runners	0	0	0	3	0	0	0	0	0	5				96			92			188	2	14
0036	James	Skeldon	u15B	Settle Harriers	0	0	0	0	8	0	4	0	0	0					88	94				182	2	15
0727	Dougal	Houston	u15B	Helm Hill Runners	0	0	0	0	0	0	0	0	7	9							89	87		176	2	16
0424	Rhuari	Trott	u15B	Helm Hill	0	7	0	0	0	0	0	0	10	0	89						86			175	2	17
1004	Finn	Wilson	u15B	AAC	0	0	0	0	0	0	0	0	11	11							85	85		170	2	18
0957	Benedict	Raby	u15B	Cholrley athletic and Tri	0	0	0	0	2	0	0	0	0	0					98					98	1	19
0580	Tom	Craker	u15B	Ambleside AC	0	0	0	0	0	0	0	3	0	0							96			96	1	20
0219	Charlie	Hodgson	u15B	Ambleside AC	0	0	0	0	4	0	0	0	0	0					94					94	1	21
0119	Charlie	Butler	u15B	Keswick AC	0	0	0	0	0	0	0	0	0	6							90			90	1	22
0435	Ben	Mulvany	u15B	Helm Hill	0	0	0	0	7	0	0	0	0	0					89					89	1	23

Race Number	Forename	Surname	u17B Category	Club	Category Race Positions										Category Points											
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE
0233	Will	Brayshaw	u17B	Helm Hill	0	2	1	0	1	0	1	2	1	0	98	100		100		100	98	100		498	6	1
0596	Zeke	Sumner	u17B	Ambleside AC	0	1	2	1	3	0	3	1	2	1	100	98	100	96		96	100	98	100	498	8	2
0434	Evan	Mulvany	u17B	Helm Hill	0	3	3	0	2	0	2	3	3	0	96	96		98		98	96	96		484	6	3
0769	Jonah	Hughes	u17B	Helm	0	4	6	3	0	0	0	5	4	2	94	90	96			92	94	98		474	6	4
0149	Carl	Sanderson	u17B	Settle Harriers	0	10	4	0	8	0	4	6	5	3	86	94		88		94	90	92	96	466	7	5
0082	Sam	Oldham	u17B	Leven Valley AC	0	5	0	2	10	0	0	4	8	0	92		98	86		94	88			458	5	6
0167	Joseff	Tancrel	u17B	Helm Hill Runners	0	7	5	8	9	0	6	7	12	4	89	92	88	87		90	89	84	94	454	8	7
0084	Oliver	Scott	u17B	Leven valley	0	6	8	7	6	0	0	0	0	6	90	88	89	90				90		447	5	8
0085	Riley	Scott	u17B	Leven valley	0	9	7	6	7	0	0	0	9	8	87	89	90	89			87	88		443	6	9
0749	Stan	Marston	u17B	Helm Hill	0	0	9	4	12	0	8	9	10	0		87	94	84		88	87	86		442	6	10
0012	Henry	Murray	u17B	Leven Valley AC	0	8	10	0	11	0	7	8	11	7	88	86		85		89	88	85	89	440	7	11
0546	Edward	Shawcross	u17B	Ambleside	0	0	0	5	5	0	5	0	6	0			92	92		92		90		366	4	12
0269	Zach	Thomas	u17B	Helm Hill	0	11	0	0	13	0	9	0	0	10	85			83		87		86		341	4	13
0949	Theo	Robinson	u17B	ackburn Harriers & Athletic Clu	0	0	0	0	4	0	0	0	7	5				94			89	92		275	3	14
0739	Thomas	Iveson	u17B	Ambleside AC	0	0	0	0	0	0	0	0	0	9								87		87	1	15
0210	Freddie	Crawford	u17B	Helm Hill Runners	0	0	0	0	0	0	10	0	0	0						86				86	1	16
0105	Noah	Zaboklicki	u17B	Furness Fell Runners	0	0	11	0	0	0	0	0	0	0		85								85	1	17
0870	Daisy	Tomlinson	u17B	Furness fell runners	0	0	12	0	0	0	0	0	0	0		84								84	1	18

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Race Number	Forename	Surname	FU21 Category	Club	Category Race Positions										Category Points												
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE	POSITION
0676	Tilly	Duffy	FU21	Rosendale Harriers	0	1	0	0	1	0	1	1	1	1	0		100			100	100	100	100	100	500	5	1
0011	Emily	McPherson-Litt	FU21	Bowland Fell Runners	0	3	1	4	2	0	2	3	2	2		96	100	94	98		98	96	98	98	492	8	2
0380	Jennifer	Hayes	FU21	Settle Harriers	0	2	2	2	3	0	4	2	3	1		98	98	98	96		94	98	96	100	492	8	3
0224	Vicky	Woof	FU21	Furness Fell Runners	0	5	0	5	5	0	5	4	0	3		92		92	92		92	94		96	466	6	4
0315	Iona	Arrowdale-Smith	FU21	Leven Valley AC	0	4	3	0	4	0	0	0	0	0		94	96		94						284	3	5
0901	Charlotte	Rawstron	FU21	Skyrac AC	0	0	0	1	0	0	0	0	0	0				100							100	1	6
0826	Ania	Stobbart	FU21	Tynedale Harriers	0	0	0	3	0	0	0	0	0	0				96							96	1	7
0869	Sarah	Smith	FU21	Helm Hill	0	0	0	0	0	0	3	0	0	0						96					96	1	8
0422	Hannah	Dyer	FU21	Helm Hill Runners	0	0	0	0	0	0	0	0	4	0							94				94	1	9
0852	Xara	Lewis	FU21	Rosendale Harriers	0	6	0	0	0	0	0	0	0	0		90									90	1	10
0209	Alicia	Crawford	FU21	Helm Hill Runners	0	7	0	0	0	0	0	0	0	0		89									89	1	11

ts table

Race Number	Forename	Surname	MU21	Category Race Positions											Category Points												
			Category	Club	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	BEST 5 TOTAL	RACES COMPLETE	POSITION
0101	Alex	Speight	MU21	Helm Hill Runners	0	0	0	1	3	0	1	1	1	1				100	96		100	100	100	100	500	6	1
0081	Oliver	Oldham	MU21	Leven Valley AC	0	2	3	0	4	0	0	2	0	3	98	96		94		98		96	482	5	2		
0467	Edward	Jermy	MU21	Howgill Harriers	0	0	4	3	6	0	3	4	0	5		94	96	90		96	94		92	472	6	3	
0372	Toby	Acland	MU21	Helm Hill Runners	0	0	5	0	5	0	4	0	4	4		92		92		94		94	94	466	5	4	
0559	Isaac	Robinson	MU21	Howgill Harriers	0	0	6	4	7	0	0	6	5	0		90	94	89		90	92			455	5	5	
0178	Oliver	Brummitt	MU21	Settle Harriers	0	3	0	2	0	0	0	0	3	2	96		98				96	98		388	4	6	
0954	Robbie	Watmough	MU21	Settle Harriers	0	0	0	0	2	0	0	3	2	0				98		96	98			292	3	7	
0519	Ben	Todhunter	MU21	Helm Hill	0	4	0	0	0	0	2	0	0	7	94					98		89	281	3	8		
0616	George	Campbell	MU21	Howgill Harrier	0	0	0	0	0	0	5	7	0	6						92	89	90	271	3	9		
0058	Alfie	Addison	MU21	Kendal AAC	0	0	2	0	1	0	0	0	0	0		98		100						198	2	10	
0133	James	Bowen	MU21	St Mary's university	0	1	0	0	0	0	0	0	0	0	100									100	1	11	
0364	Sonny	Ashton fitch	MU21	Settle harriers	0	0	1	0	0	0	0	0	0	0		100								100	1	12	
0561	Theo	Robinson	MU21	Howgill Harriers	0	0	0	0	0	0	0	5	0	0						92				92	1	13	
0687	Benji	Grundy	MU21	Black Combe Runners	0	0	0	0	0	0	0	0	0	8								88		88	1	14	

ts table

Race Number	Forename	Surname	WOMEN		Category Race Positions										Category Points										RACES COMPLETE	POSITION
					SCOUT	SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK	SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT	SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK		
0462	Ellie	Mather	FSEN	Lonsdale Fell Runners	0	5	1	2	2	0	0	1	0	2	92	100	98	98			100	98	586	6	1	
0380	Jennifer	Hayes	FU21	Settle Harriers	0	6	3	4	7	0	8	3	3	3	90	96	94	89		88	96	96	96	568	8	2
0011	Emily	MacPherson-Little	FU21	Bowland Fell Runners	0	10	2	9	4	0	3	5	2	8	86	98	87	94		96	92	98	88	566	8	3
0420	Bianca	Dyer	FV50	Helm Hill Runners	0	3	6	3	11	0	4	0	0	5	96	90	96	85		94		92		553	6	4
0242	Steph	Jones	FV40	Ambleside ac	0	7	5	7	10	0	7	4	4	4	89	92	89	86		89	94	94	94	552	8	5
0524	Lisa	Parker	FV40	Rossendale Harriers	0	9	11	10	18	0	0	8	9	7	87	85	86	78			88	87	89	522	7	6
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0	0	0	12	17	0	9	11	7	9			84	79		87	85	89	87	511	6	7
0176	Katie	Milburn	FV40	Eden Runners	0	13	0	16	14	0	13	13	10	10	83		80	82		83	83	86	86	503	7	8
0083	Leanne	Scott	FV40	Leven valley	0	11	8	19	13	0	0	0	12	15	85	88	77	83			84	81	498	6	9	
0676	Tilly	Duffy	FU21	Rossendale Harriers	0	2	0	0	3	0	2	2	1	0	98			96		98	98	100		490	5	10
0597	Jane	Findlay	FSEN	Helm Hill	0	20	13	0	22	0	0	14	16	14	76	83		74			82	80	82	477	6	11
0406	Sarah	Batten	FV40	Helm Hill	0	21	15	23	19	0	26	0	17	18	75	81	73	77		70		79	78	463	7	12
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0	24	18	22	24	0	24	16	15	20	72	78	74	72		72	80	81	76	461	8	13
0224	Vicky	Woof	FU21	Furness Fell Runners	0	17	0	18	23	0	23	20	0	25	79		78	73		73	76		71	450	6	14
0417	Vicki	Sherrington	FV50	Helm Hill	0	26	27	0	29	0	28	22	23	22	70	69		67		68	74	73	74	428	7	15
0018	Jill	Libby	FV60	Eden Runners	0	27	0	28	32	0	0	19	25	23	69		68	64			77	71	73	422	6	16
0080	Colleen	Oldham	FV40	Leven Valley AC	0	32	20	0	30	0	32	23	26	28	64	76		66		64	73	70	68	417	7	17
0130	Beth	Evans	FSEN	Settle Harriers	0	0	16	14	0	0	0	12	13	11		80	82			84	83	85	414	5	18	
0669	Sonja	Vietoris	FV60	Dallam RC	0	0	29	29	36	0	39	24	30	29		67	67	60		57	72	66	67	399	7	19
0138	Jill	Gates	FV60	Settle Harriers	0	34	31	30	0	0	45	0	31	31	62	65	66			51		65	65	374	6	20
0166	Alison	Tancrel	FV50	Helm Hill Runners	0	35	30	31	37	0	43	0	0	33	61	66	65	59		53			63	367	6	21
0150	Claire	Kennedy	FSEN	Helm Hill Runners	0	4	0	0	6	0	5	10	0	0	94			90		92	86			362	4	22
0211	Amy	Boustead	FSEN	Helm	0	8	0	0	5	0	0	9	0	6	88			92			87		90	357	4	23
0706	Catherine	Houston	FV40	Helm Hill Runners	0	18	0	0	0	0	11	0	8	13	78					85		88	83	334	4	24
0267	Katie	Shrine	FV50	Helm Hill	0	33	0	0	35	0	0	0	28	30	63			61			68	66		258	4	25
0315	Iona	Barrowdale-Smith	FU21	Leven Valley AC	0	14	10	0	8	0	0	0	0	0	82	86		88						256	3	26
0595	Heather	Holden	FV40	N/A	0	30	28	0	34	0	41	0	0	0	66	68		62		55				251	4	27

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0288	Daisy	Hollister	FSEN	Helm Hill	0	12	0	13	0	0	14	0	0	0	84	83	82	249	3	28		
0287	Charlotte	Jones	FSEN	Helm Hill	0	15	0	0	0	0	10	0	0	16	81		86	80	247	3	29	
0282	Liz	Whitfield	FV40	Helm Hill	0	25	0	0	0	0	0	0	14	19	71			82	77	230	3	30
0981	Vicky	Atkinson	FV50	Helm	0	0	19	0	0	0	0	18	21	0		77		78	75	230	3	31
0121	Wendy	Dodds	FV70	Dallam Running Club	0	0	0	21	0	0	0	0	24	17		75		72	79	226	3	32
0615	Esther	Lambert	FSEN	Helm Hill	0	0	0	26	16	0	22	0	0	0		70	80	74		224	3	33
0638	kath	finn	FV60	Kendal Tri Club	0	23	22	0	0	0	0	21	0	0	73	74		75		222	3	34
0247	Abi	Catt	FSEN	Eden Runners	0	22	0	0	25	0	25	0	0	0	74		71	71		216	3	35
0860	Ishbel	Strathdee	FSEN	Team HUP	0	1	0	0	0	0	0	0	0	1	100				100	200	2	36
0494	Sarah	Douthwaite	FV40		0	0	26	0	31	0	34	0	0	0		70	65	62		197	3	37
0913	Tanya	Lambert	FV50	Eden Runners	0	0	0	11	15	0	0	0	0	0		85	81			166	2	38
0488	Crina	Bulprich	FSEN	Ambleside AC	0	0	0	0	0	0	15	0	0	12				81	84	165	2	39
0038	Debbie	Howard	FV50	Furness fell runners	0	0	12	0	0	0	19	0	0	0		84		77		161	2	40
0784	Emma	Burnstone	FSEN	Helm Hill	0	0	0	15	0	0	16	0	0	0			81	80		161	2	41
0090	Rachel	Thomas	FV50	Helm Hill	0	0	23	0	26	0	0	0	0	0		73	70			143	2	42
0943	Sarah	Senior	FV50	Helm Hill / Border Reivers	0	0	24	0	28	0	0	0	0	0		72	68			140	2	43
0730	Caroline	D'Arcy	FV50	Helm Hill	0	31	0	0	0	0	0	0	27	0	65				69	134	2	44
0429	Joanne	Taylor	FV60	Bowland	0	0	0	0	33	0	0	0	29	0			63		67	130	2	45
0264	Angela	Burley	FV60	Helm Hill	0	39	0	0	0	0	0	0	0	32	57				64	121	2	46
0292	Charlotte	Seward	FSEN	Helm Hill	0	0	0	0	0	0	1	0	0	0				100		100	1	47
0613	Emily	Strathdee	FSEN	Helm Hill	0	0	0	0	1	0	0	0	0	0			100			100	1	48
0901	Charlotte	Rawstron	FU21	Skyrac AC	0	0	0	1	0	0	0	0	0	0			100			100	1	49
0312	Holly	Gordon	FSEN	Ambleside AC	0	0	4	0	0	0	0	0	0	0		94				94	1	50
0232	Janie	Oates	FSEN	Helm Hill Runners	0	0	0	0	0	0	0	0	5	0					92	92	1	51
0924	Kare	Robertson	FV50	Northumberland fell runners	0	0	0	5	0	0	0	0	0	0			92			92	1	52
0551	Jane	Reedy	FV40	Ambleside AC	0	0	0	0	0	0	0	6	0	0				90		90	1	53
0839	Carrie	Gibson	FV50	Helm Hill	0	0	0	0	0	0	0	0	6	0					90	90	1	54
0869	Sarah	Smith	FU21	Helm Hill	0	0	0	0	0	0	6	0	0	0				90		90	1	55
0911	Rachel	Simpson	FSEN	Helm Hill	0	0	0	6	0	0	0	0	0	0			90			90	1	56
0313	Leanne	Priseman	FSEN	Helm Hill	0	0	7	0	0	0	0	0	0	0		89				89	1	57
0470	Rosie	Parkinson	FSEN	Helm Hill	0	0	0	0	0	0	0	7	0	0					89	89	1	58
0826	Ania	Stobbart	FU21	Tynedale Harriers	0	0	0	8	0	0	0	0	0	0			88			88	1	59
0213	Ellie	Simmonds	FSEN	Helm Hill	0	0	9	0	0	0	0	0	0	0		87				87	1	60
0361	Rachel	Brodie	FV40	Helm Hill	0	0	0	0	9	0	0	0	0	0			87			87	1	61

ts table

Race Number	Forename	Surname	MEN		Category Race Positions										Category Points										BEST 7 TOTAL	RACES COMPLETE	POSITION
			Category	Club	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER			
0186	Steve	Jacques	MV40	Ambleside AC	0	3	0	0	5	0	4	1	1	1	96				92		94	100	100	100	582	6	1
0540	Matthew	Fretwell	MSEN	Settle Harriers	0	6	2	2	6	0	7	0	5	3	90	98	98	90		89		92	96		564	7	2
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0	7	8	6	9	0	8	6	7	0	89	88	90	87		88	90	89			534	7	3
0101	Alex	Speight	MU21	Helm Hill Runners	0	0	0	10	13	0	14	3	11	7				86	83		82	96	85	89	521	6	4
0829	Sam	Harrison	MSEN	Bowland Fell Runners	0	11	5	0	8	0	9	11	15	0	85	92			88		87	85	81		518	6	5
0290	Javier	Simon	MV50	Helm Hill	0	13	9	0	0	0	11	13	9	10	83	87					85	83	87	86	511	6	6
0060	Seb	Sillito	MV40	Helm Hill Runners	0	16	11	14	12	0	0	9	18	13	80	85	82	84				87	78	83	501	7	7
0663	Richard	Talbot	MV40		0	18	16	19	0	0	24	10	19	14	78	80	77				72	86	77	82	480	7	8
0381	Graham	Hayes	MV40	Unattached	0	26	18	24	16	0	21	15	16	12	70	78	72	80			75	81	80	84	478	8	9
0165	Justin	Tancred	MV50	Helm Hill Runners	0	0	15	26	21	0	27	17	24	17			81	70	75		69	79	72	79	456	7	10
0714	Simon	Blunden	MV40	Helm Hill Runners	0	32	17	31	17	0	20	0	20	16	64	79	65	79			76		76	80	455	7	11
0467	Edward	Jermy	MU21	Howgill Harriers	0	0	22	20	27	0	48	19	0	28			74	76	69		48	77		68	412	6	12
0081	Oliver	Oldham	MU21	Leven Valley AC	0	19	13	0	15	0	0	7	0	21	77	83			81			89		75	405	5	13
0118	Ross	Butler	MV40	Keswick AC	0	35	0	38	0	0	28	24	30	22	61			58			68	72	66	74	399	6	14
0821	jack	waterhouse	MSEN	Helm Hill	0	21	14	16	23	0	0	8	0	0	75	82	80	73				88			398	5	15
0836	Christophe	Reade	MV60	Bowland Fellrunners	0	31	0	40	30	0	46	27	27	27	65			56	66		50	69	69	69	394	7	16
0334	Rupert	Allison	MSEN	Dark Peak Fell Runners	0	2	0	0	1	0	3	0	2	0	98				100		96		98		392	4	17
0261	Mike	Barron	MSEN	Ambleside AC	0	0	0	1	3	0	0	0	6	2				100	96				90	98	384	4	18
0419	Jacob	Dyer	MV50	Helm Hill Runners	0	25	19	0	19	0	22	0	0	20	71	77			77		74			76	375	5	19
0365	Matthew	Swallow	MSEN		0	33	37	50	25	0	29	0	29	0	63	59	46	71			67		67		373	6	20
0547	Al	Shawcross	MV50	Dallam	0	50	0	41	33	0	47	28	36	25	46			55	63		49	68	60	71	366	7	21
0734	Philip	Mallaband	MV50		0	0	25	46	0	0	38	41	35	29			71	50			58	55	61	67	362	6	22
0031	Ben	Procter	MV40	Helm hill runners	0	0	6	0	7	0	0	0	8	6			90		89				88	90	357	4	23
0679	Ian	Duffy	MV40	Rosendale Harriers	0	22	0	0	24	0	37	18	25	0	74				72		59	78	71		354	5	24
0758	Richard	Kay	MV40	Helm Hill	0	0	0	12	0	0	6	0	4	11				84			90		94	85	353	4	25
0151	joe	blackett	MV60	darkpeakfellrunners	0	57	0	36	0	0	54	21	43	23	39		60				42	75	53	73	342	6	26
0099	Chris	Speight	MV60	Helm Hill Runners	0	45	0	43	38	0	52	42	38	32	51		53	58			44	54	58	64	338	7	27

ts table

0324	Scott	Rose	MV40	Helm Hill Runners	0	9	0	13	0	0	12	0	13	0			87		83			84		83		337	4	28
0363	Jim	Cater	MV50	Helm Hill	0	51	40	0	32	0	45	0	41	35			45	56		64		51		55	61	332	6	29
0372	Toby	Acland	MU21	Helm Hill Runners	0	0	23	0	18	0	50	0	32	26				73		78		46		64	70	331	5	30
0859	Matt	Fleming	MSEN		0	15	12	0	0	0	16	0	0	15			81	84				80			81	326	4	31
0035	Simon	Richardson	MV50	Helm Hill Runners	0	56	26	0	42	0	49	39	39	0			40	70		54		47	57	57		325	6	32
0525	Michael	Toman	MV50	Rosendale Harriers	0	53	34	44	43	0	59	34	49	49			43	62	52	53		37	62	47	47	323	8	33
0015	Chris	Moore	MV40	Leven Valley AC	0	52	33	0	0	0	53	40	40	38			44	63				43	56	56	58	320	6	34
0041	Paul	Revell	MV60	Howgill Harriers	0	0	0	45	48	0	57	29	46	31					51	48		39	67	50	65	320	6	35
0178	Oliver	Brummitt	MU21	Settle Harriers	0	20	0	11	0	0	0	0	17	18			76		85					79	78	318	4	36
0389	Billy	Procter	MV60	Helm hill runners	0	46	0	25	35	0	0	20	48	0			50		71	61			76	48		306	5	37
0559	Isaac	Robinson	MU21	Howgill Harriers	0	0	28	35	41	0	0	33	44	0				68	61	55			63	52		299	5	38
0188	Alastair	Dunn	MV50	Helm Hill Runners	0	0	0	5	0	0	0	4	0	8					92				94		88	274	3	39
0610	Thomas	Findlay	MSEN	Helm Hill	0	58	35	0	47	0	0	32	0	34			38	61		49			64		62	274	5	40
0255	David	Griffin	MV60	Helm Hill Runners	0	30	24	0	0	0	33	0	0	24			66	72				63			72	273	4	41
0296	Ray	Gill	MV60	Helm Hill	0	59	41	57	59	0	0	44	0	44			37	55	39	37			52		52	272	6	42
0552	Matt	Reedy	MV40	Ambleside AC	0	0	0	0	0	0	0	5	10	5									92	86	92	270	3	43
0606	Jonathan	Tombs	MV50	Eden Runners	0	68	44	60	55	0	63	49	52	46			28	52	36	41		33	47	44	50	270	8	44
0454	Nick	Kitching	MV50	None	0	64	43	53	56	0	66	47	0	48			32	53	43	40		30	49		48	265	7	45
0625	Graham	Beaumont	MV60	Dallam	0	60	42	56	54	0	62	46	53	0			36	54	40	42		34	50	43		265	7	46
0557	Sean	Robinson	MV40	Howgill harriers	0	0	36	47	49	0	56	35	0	0				60	49	47		40	61			257	5	47
0053	David	Wilson	MV60	Bowland Fell Runners	0	0	30	29	0	0	41	0	28	0				66	67			55		68		256	4	48
0954	Robbie	Watmough	MU21	Settle Harriers	0	0	0	0	10	0	0	16	12	0						86			80	84		250	3	49
0276	Matthew	France	MSEN	None	0	0	47	61	58	0	73	54	55	53				49	35	38		23	42	41	43	248	7	50
0682	Geoff	Watson	MV40	Durham City Harriers	0	70	0	62	46	0	69	52	51	51			26		34	50		27	44	45	45	245	7	51
0281	Paul	Upton	MV40	Helm Hill	0	12	0	0	0	0	19	0	14	0			84					77		82		243	3	52
0517	James	Todhunter	MV40	Helm Hill	0	47	0	0	28	0	40	0	0	37			49			68		56			59	232	4	53
0289	Thomas	Brown	MV40	Settle Harriers	0	43	0	42	29	0	39	0	0	0			53		54	67		57				231	4	54
0453	Colin	Valentine	MV60	Keswick	0	67	50	58	0	0	79	0	54	45			29	46	38			17		42	51	223	6	55
0482	John	Bowman	MSEN		0	0	0	0	37	0	0	48	45	33						59			48	51	63	221	4	56
0476	David	Yates	MV40		0	0	0	0	20	0	30	22	0	0					76			66	74			216	3	57
0164	Matthew	Lovesey	MV40	N/A	0	27	0	0	0	0	26	0	21	0			69					70		75		214	3	58
0519	Ben	Todhunter	MU21	Helm Hill	0	24	0	0	0	0	15	0	0	41			72					81			55	208	3	59
0500	Martin	Dearden	MV50	Settle Harriers	0	0	21	30	0	0	31	0	0	0				75	66			65				206	3	60
0450	Rob	Critchlow	MV40		0	34	0	27	0	0	0	23	0	0			62		69				73			204	3	61

ts table

0542	Jose	Concha	MSEN	Croydon Harriers	0	4	0	0	0	0	1	0	0	0	94			100			194	2	62
0487	Laurentiu	Bulprich	MSEN	Ambleside AC	0	39	0	32	0	0	0	25	0	0	57	64		71			192	3	63
0594	Callum	Lambert	MSEN	Settle Harriers	0	0	0	0	0	0	0	2	0	4			98		94	192	2	64	
0047	Matt	Harris	MSEN	Helm Hill	0	37	0	34	26	0	0	0	0	0	59	62	70			191	3	65	
0262	Sam	Burnstone	MSEN	Helm Hill	0	5	0	3	0	0	0	0	0	0	92	96				188	2	66	
0087	James	Edwards	MV40	Dallam	0	36	0	0	0	0	36	0	31	0	60			60	65	185	3	67	
0286	Laurence	Hill	MSEN	Helm Hill Runners	0	10	0	0	0	0	2	0	0	0	86			98		184	2	68	
0485	Robbie	Driscoll	MSEN	Helm Hill Runners	0	8	3	0	0	0	0	0	0	0	88	96				184	2	69	
0058	Alfie	Addison	MU21	Kendal AAC	0	0	10	0	4	0	0	0	0	0		86	94			180	2	70	
0890	Xavi	Salcedo	MSEN	Wreake and soar valley	0	0	4	0	0	0	10	0	0	0		94		86		180	2	71	
0599	Peter	Lawson	MV40	Howgill Harriers	0	0	38	0	0	0	0	31	0	40		58		65	56	179	3	72	
0909	Jamie	Partridge	MSEN	Eden	0	0	0	7	0	0	0	0	0	9			89		87	176	2	73	
0555	Chris	Green	MV40	Ambleside AC	0	65	0	0	0	0	64	38	0	43	31			32	58	53	174	4	74
0214	Anthony	Emmet	MV40	Helm Hill Runners	0	40	0	0	39	0	0	36	0	0	56		57	60		173	3	75	
0079	Ben	Oldham	MV40	Ambleside	0	0	0	18	0	0	0	12	0	0			78	84		162	2	76	
0915	Mark	Irving	MV40	Ellenborough AC	0	0	0	17	0	0	0	14	0	0			79	82		161	2	77	
0616	George	Campbell	MU21	Howgill Harrier	0	0	0	0	0	0	55	37	0	39				41	59	57	157	3	78
0593	Tony	Murray	MV50	Leven Valley	0	0	39	0	53	0	0	0	0	42		57	43		54	154	3	79	
0800	Tim	Moss	MV40		0	17	0	22	0	0	0	0	0	0	79	74				153	2	80	
0640	David	Goadby	MSEN	Helm Hill	0	0	0	0	0	0	17	0	23	0				79	73	152	2	81	
0271	Nigel	Wood	MV50	Helm Hill Runners	0	0	0	23	0	0	0	0	0	19			73		77	150	2	82	
0059	James	Bellarby	MV50	Bowland Fell Runners	0	61	29	54	0	0	0	0	0	0	35	67	42			144	3	83	
0202	Nick	Hewitt	MV70	Bowland Fell Runners	0	0	0	48	0	0	60	0	0	36			48	36	60	144	3	84	
0942	James	Baron	MV50	Helm Hill	0	0	0	0	31	0	0	0	33	0			65		63	128	2	85	
0159	Richard	Timms	MV50	Settle Harriers	0	0	0	33	36	0	0	0	0	0			63	60		123	2	86	
0001	David	Appleyard	MV60	HelmHill	0	0	0	63	57	0	0	0	0	52			33	39	44	116	3	87	
0203	Chris	Hemsley	MSEN	Helm Hill	0	49	27	0	0	0	0	0	0	0	47	69				116	2	88	
0642	Stephen	Libby	MV60	Eden Runners	0	0	0	0	62	0	0	53	59	0			34		43	37	114	3	89
0695	Robert	Moffat	MSEN		0	0	0	0	0	0	44	0	34	0				52	62	114	2	90	
0549	Simon	Thompson	MV40	Keswick AC	0	48	0	0	0	0	35	0	0	0	48			61		109	2	91	
0428	John	Taylor	MV70	Bowland	0	0	0	0	64	0	0	0	60	56			32		36	40	108	3	92
0133	James	Bowen	MU21	St Mary's university	0	1	0	0	0	0	0	0	0	0	100					100	1	93	
0251	Bobby	Gard-Storry	MSEN	Ambleside AC	0	0	1	0	0	0	0	0	0	0		100				100	1	94	
0304	John	Jones	MV60	Helm Hill	0	0	0	0	0	0	0	45	47	0					51	49	100	2	95

ts table

0935	Michael	Smith	MV50	Dallam RC	0	0	0	0	50	0	0	43	0	0				46		53			99	2	96	
0950	Ben	Grayson	MSEN	Eden Runners	0	0	0	0	2	0	0	0	0	0				98					98	1	97	
0161	Phil	Davies	MV50	Preston Harriers	0	71	0	66	0	0	0	55	0	0		25		30		41			96	3	98	
1015	ANDREW	COLEY-MAUD	MV40	HELM HILL RUNNERS	0	0	0	0	0	0	0	0	3	0						96			96	1	99	
0918	Adam	Perry	MSEN	Helm Hill	0	0	0	4	0	0	0	0	0	0				94					94	1	100	
0113	Andy	Fidrmuc	MSEN		0	0	0	0	0	0	5	0	0	0					92				92	1	101	
0364	Sonny	Ashton fitch	MU21	Settle harriers	0	0	7	0	0	0	0	0	0	0			89						89	1	102	
0914	Richard	Lambert	MV50	Eden Runners	0	0	0	52	52	0	0	0	0	0				44	44				88	2	103	
0921	Rob	Powell	MV40	Bowland Fell Runners	0	0	0	8	0	0	0	0	0	0				88					88	1	104	
0208	Scott	Morley	MSEN	Eden Runners	0	0	0	9	0	0	0	0	0	0				87					87	1	105	
0234	Rhys	Findlay-Robinson	MSEN	Dark Peak	0	0	0	0	11	0	0	0	0	0					85				85	1	106	
0885	Charlie	Nicholls	MSEN		0	0	0	0	0	0	13	0	0	0						83			83	1	107	
0136	John	Peters	MV50	Settle Harriers	0	0	0	0	14	0	0	0	0	0					82				82	1	108	
0831	Dave	Parton	MSEN	Rochdale Harriers & AC	0	14	0	0	0	0	0	0	0	0		82							82	1	109	
0922	Joe	Cottam	MSEN	Bowland Fell Runner	0	0	0	15	0	0	0	0	0	0				81					81	1	110	
0314	Neil	Smith	MV50	Leven Valley AC	0	0	46	0	0	0	67	0	0	0			50			29			79	2	111	
0455	Colin	Howard	MV60	Furness Fell Runners	0	0	45	0	0	0	68	0	0	0			51			28			79	2	112	
0891	Matthew	Murgatroyd	MSEN	Ambleside	0	0	0	55	0	0	58	0	0	0				41		38			79	2	113	
0601	David	Langford	MSEN	Helm Hill	0	0	0	0	0	0	18	0	0	0						78			78	1	114	
0393	Alex	Heron	MV60	Eden Runners	0	0	0	51	0	0	65	0	0	0				45		31			76	2	115	
0824	Sam	Moore	MSEN	Millom	0	0	20	0	0	0	0	0	0	0			76						76	1	116	
0916	Jack	Simpson	MSEN		0	0	0	21	0	0	0	0	0	0				75					75	1	117	
0878	Jez	Lefton	MSEN	Ambleside	0	0	0	0	0	0	0	0	22	0							74			74	1	118
0956	Dominic	Raby	MV50	Chorley athletic and tri	0	0	0	0	22	0	0	0	0	0					74				74	1	119	
0853	Stuart	Lewis	MV40	Rossendale Harriers	0	23	0	0	0	0	0	0	0	0		73							73	1	120	
0881	Dom	Stanford	MSEN		0	0	0	0	0	0	23	0	0	0						73			73	1	121	
0355	Bryan	Lowrie	MV40	Helm Hill	0	0	0	0	0	0	25	0	0	0						71			71	1	122	
0961	Colin	Marshall	MV50	Howgill Harriers	0	0	0	0	0	0	0	26	0	0						70			70	1	123	
1021	Michael	Kearney	MSEN	Helm Hill	0	0	0	0	0	0	0	0	26	0							70			70	1	124
0403	David	Rosen	MV70	Lancaster & Morecambe AC	0	0	0	0	66	0	0	0	0	58				30			38		68	2	125	
0801	Tom	Moses	MSEN	Helm Hill	0	28	0	0	0	0	0	0	0	0		68							68	1	126	
0907	Robert	Pilling	MSEN	North Shields Poly	0	0	0	28	0	0	0	0	0	0				68					68	1	127	
0451	James	Pell	MSEN	Helm	0	29	0	0	0	0	0	0	0	0		67							67	1	128	
0561	Theo	Robinson	MU21	Howgill Harriers	0	0	0	0	0	0	0	30	0	0							66			66	1	129

ts table

Race Number	Forename	Surname	MV40 Category	Club	Category Race Positions											Category Points							RACES COMPLETE	POSITION					
					SCOUT	SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK	SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT	SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH			GIGGLESWICK	CUNSWICK	SCAR	CAUTLEY	HELM HILL
0186	Steve	Jacques	MV40	Ambleside AC	0	1	0	0	1	0	1	1	1	1	100			100	100	100	100	100	100	100	100	600	5	1	
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0	2	2	1	3	0	3	3	4	0	98	98	100	96		96	96	94				584	7	2	
0060	Seb	Sillito	MV40	Helm Hill Runners	0	5	3	5	4	0	0	4	10	6	92	96	92	94			94	86	90			558	7	3	
0663	Richard	Talbot	MV40		0	7	4	8	0	0	8	5	11	7	89	94	88			88	92	85	89			540	7	4	
0381	Graham	Hayes	MV40	Unattached	0	10	6	10	5	0	7	8	9	5	86	90	86	92		89	88	87	92			538	8	5	
0714	Simon	Blunden	MV40	Helm Hill Runners	0	12	5	12	6	0	6	0	12	8	84	92	84	90		90		84	88			528	7	6	
0118	Ross	Butler	MV40	Keswick AC	0	14	0	13	0	0	11	12	15	9	82		83			85	84	81	87			502	6	7	
0015	Chris	Moore	MV40	Leven Valley AC	0	22	7	0	0	0	18	17	18	12	74	89				78	79	78	84			482	6	8	
0682	Geoff	Watson	MV40	Durham City Harriers	0	27	0	17	14	0	21	18	19	15	69		79	82		75	78	77	81			472	7	9	
0679	Ian	Duffy	MV40	Rosendale Harriers	0	8	0	0	8	0	15	9	14	0	88			88		81	87	82				426	5	10	
0557	Sean	Robinson	MV40	Howgill harriers	0	0	8	15	15	0	19	14	0	0		88	81	81		77	82					409	5	11	
0031	Ben	Procter	MV40	Helm hill runners	0	0	1	0	2	0	0	0	5	3		100		98			92	96				386	4	12	
0758	Richard	Kay	MV40	Helm Hill	0	0	0	3	0	0	2	0	3	4			96			98	96	94				384	4	13	
0324	Scott	Rose	MV40	Helm Hill Runners	0	3	0	4	0	0	4	0	7	0	96		94			94		89				373	4	14	
0517	James	Todhunter	MV40	Helm Hill	0	20	0	0	9	0	17	0	0	11	76			87		79			85			327	4	15	
0289	Thomas	Brown	MV40	Settle Harriers	0	18	0	14	10	0	16	0	0	0	78		82	86		80						326	4	16	
0555	Chris	Green	MV40	Ambleside AC	0	26	0	0	0	0	20	16	0	14	70					76	80		82			308	4	17	
0552	Matt	Reedy	MV40	Ambleside AC	0	0	0	0	0	0	0	2	6	2							98	90	98			286	3	18	
0281	Paul	Upton	MV40	Helm Hill	0	4	0	0	0	0	5	0	8	0	94					92		88				274	3	19	
0476	David	Yates	MV40		0	0	0	0	7	0	12	10	0	0				89		84	86					259	3	20	
0164	Matthew	Lovesey	MV40	N/A	0	11	0	0	0	0	10	0	13	0	85					86		83				254	3	21	
0450	Rob	Critchlow	MV40		0	13	0	11	0	0	0	11	0	0	83		85				85						253	3	22
0599	Peter	Lawson	MV40	Howgill Harriers	0	0	9	0	0	0	0	13	0	13			87				83		83				253	3	23
0214	Anthony	Emmet	MV40	Helm Hill Runners	0	17	0	0	12	0	0	15	0	0	79			84			81						244	3	24
0087	James	Edwards	MV40	Dallam	0	15	0	0	0	0	14	0	16	0	81					82		80					243	3	25
0079	Ben	Oldham	MV40	Ambleside	0	0	0	7	0	0	0	6	0	0			89				90						179	2	26

Race Number	Forename	Surname	FV50 Category	Club	Category Race Positions											Category Points							RACES COMPLETE	POSITION	
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY			HELM HILL
0420	Bianca	Dyer	FV50	Helm Hill Runners	0	1	1	1	1	0	1	0	0	1	100	100	100	100	100			100	600	6	1
0417	Vicki	Sherrington	FV50	Helm Hill	0	2	7	0	5	0	4	3	4	2	98	89		92	94	96	94	98	572	7	2
0166	Alison	Tancrel	FV50	Helm Hill Runners	0	5	8	6	7	0	9	0	0	4	92	88	90	89	87		94	540	6	3	
0267	Katie	Shrine	FV50	Helm Hill	0	4	0	0	6	0	0	0	6	3	94			90		90	96	370	4	4	
0981	Vicky	Atkinson	FV50	Helm	0	0	3	0	0	0	0	2	3	0		96				98	96	290	3	5	
0038	Debbie	Howard	FV50	Furness fell runners	0	0	2	0	0	0	3	0	0	0		98			96			194	2	6	
0913	Tanya	Lambert	FV50	Eden Runners	0	0	0	3	2	0	0	0	0	0			96	98				194	2	7	
0090	Rachel	Thomas	FV50	Helm Hill	0	0	4	0	3	0	0	0	0	0		94		96				190	2	8	
0730	Caroline	D'Arcy	FV50	Helm Hill	0	3	0	0	0	0	0	0	5	0	96					92		188	2	9	
0943	Sarah	Senior	FV50	Helm Hill / Border Reivers	0	0	5	0	4	0	0	0	0	0		92		94				186	2	10	
0839	Carrie	Gibson	FV50	Helm Hill	0	0	0	0	0	0	0	0	1	0						100		100	1	11	
0982	Jane	Verity	FV50	Howgill harriers	0	0	0	0	0	0	0	1	0	0						100		100	1	12	
0634	Lucy	Varney	FV50	Kendal AC	0	0	0	0	0	0	2	0	0	0					98			98	1	13	
0655	Catherine	Cullinane	FV50	Helm Hill	0	0	0	0	0	0	0	0	2	0						98		98	1	14	
0924	Kare	Robertson	FV50	Northumberland fell runners	0	0	0	2	0	0	0	0	0	0			98					98	1	15	
0265	Vicky	Kirkwood	FV50	Dallam	0	0	0	4	0	0	0	0	0	0			94					94	1	16	
0468	Cal	Pannone	FV50	Eden Runners	0	0	0	5	0	0	0	0	0	0			92					92	1	17	
0731	Karen	Fyles	FV50	Howgill Harriers	0	0	0	0	0	0	5	0	0	0					92			92	1	18	
0231	Paula	Bowen	FV50	Ambleside AC	0	0	0	0	0	0	6	0	0	0					90			90	1	19	
0767	Patty	Davies	FV50	Black Combe	0	0	6	0	0	0	0	0	0	0		90						90	1	20	
0284	Victoria	McGarry	FV50	Helm Hill Runners	0	0	0	7	0	0	0	0	0	0			89					89	1	21	
0660	Veronica	Waller	FV50	Dallam	0	0	0	0	0	0	7	0	0	0					89			89	1	22	
0537	Jayne	Scott	FV50	Helm Hill	0	0	0	0	0	0	8	0	0	0					88			88	1	23	
0098	Emma	Griffiths	FV50	Furness Fell Runners	0	0	0	0	0	0	10	0	0	0					86			86	1	24	

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Race Number	Forename	Surname	MV50 Category	Club	Category Race Positions													Category Points							RACES COMPLETE	POSITION	
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER			BEST 7 TOTAL
0290	Javier	Simon	MV50	Helm Hill	0	1	1	0	0	0	1	2	1	2		100	100				100	98	100	98	596	6	1
0165	Justin	Tancred	MV50	Helm Hill Runners	0	0	2	3	3	0	3	3	2	3			98	96	96		96	96	98	96	580	7	2
0547	Al	Shawcross	MV50	Dallam	0	3	0	6	7	0	8	5	5	6		96		90	89		88	92	92	90	549	7	3
0734	Philip	Mallaband	MV50		0	0	5	8	0	0	5	8	4	7			92	88			92	88	94	89	543	6	4
0363	Jim	Cater	MV50	Helm Hill	0	4	11	0	6	0	7	0	7	8		94	85		90		89		89	88	535	6	5
0035	Simon	Richardson	MV50	Helm Hill Runners	0	6	6	0	9	0	9	7	6	0		90	90		87		87	89	90		533	6	6
0525	Michael	Toman	MV50	Rosendale Harriers	0	5	9	7	10	0	10	6	8	13		92	87	89	86		86	90	88	83	532	6	7
0606	Jonathan	Tombs	MV50	Eden Runners	0	9	13	12	15	0	11	11	9	10		87	83	84	81		85	85	87	86	514	6	8
0454	Nick	Kitching	MV50	None	0	8	12	10	16	0	12	10	0	12		88	84	86	80		84	86		84	512	7	9
0419	Jacob	Dyer	MV50	Helm Hill Runners	0	2	3	0	2	0	2	0	0	5		98	96		98		98			92	482	5	10
0188	Alastair	Dunn	MV50	Helm Hill Runners	0	0	0	1	0	0	0	1	0	1				100			100		100		300	3	11
0500	Martin	Dearden	MV50	Settle Harriers	0	0	4	4	0	0	4	0	0	0			94	94			94				282	3	12
0059	James	Bellarby	MV50	Bowland Fell Runners	0	7	7	11	0	0	0	0	0	0		89	89	85							263	3	13
0593	Tony	Murray	MV50	Leven Valley	0	0	10	0	14	0	0	0	0	9			86		82				87		255	3	14
0161	Phil	Davies	MV50	Preston Harriers	0	11	0	14	0	0	0	13	0	0		85		82			83				250	3	15
0271	Nigel	Wood	MV50	Helm Hill Runners	0	0	0	2	0	0	0	0	0	4				98					94		192	2	16
0942	James	Baron	MV50	Helm Hill	0	0	0	0	5	0	0	0	3	0					92			96			188	2	17
0159	Richard	Timms	MV50	Settle Harriers	0	0	0	5	8	0	0	0	0	0				92	88						180	2	18
0935	Michael	Smith	MV50	Dallam RC	0	0	0	0	11	0	0	9	0	0					85		87				172	2	19
0914	Richard	Lambert	MV50	Eden Runners	0	0	0	9	13	0	0	0	0	0				87	83						170	2	20
0314	Neil	Smith	MV50	Leven Valley AC	0	0	14	0	0	0	13	0	0	0			82				83				165	2	21
0293	Steve	King	MV50	Helm Hill Runners	0	0	0	0	0	0	16	0	0	15							80		81		161	2	22
0136	John	Peters	MV50	Settle Harriers	0	0	0	0	1	0	0	0	0	0					100						100	1	23
0956	Dominic	Raby	MV50	Chorley athletic and tri	0	0	0	0	4	0	0	0	0	0					94						94	1	24
0961	Colin	Marshall	MV50	Howgill Harriers	0	0	0	0	0	0	0	4	0	0							94				94	1	25
0383	Craig	Burrow	MV50	Helm Hill Runners	0	0	0	0	0	0	6	0	0	0							90				90	1	26

Race Number	Forename	Surname	FV60 Category	Club	Category Race Positions											Category Points							RACES COMPLETE	POSITION		
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY			HELM HILL	ELTERWATER
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0	2	1	1	2	0	1	1	1	1	98	100	100	98		100	100	100	100	600	8	1
0018	Jill	Libby	FV60	Eden Runners	0	3	0	2	4	0	0	2	4	2	96		98	94		98	94	98		578	6	2
0669	Sonja	Vietoris	FV60	Dallam RC	0	0	4	3	6	0	4	4	6	3			94	96	90	94	94	90	96	564	7	3
0138	Jill	Gates	FV60	Settle Harriers	0	4	5	4	0	0	5	0	7	4	94	92	94			92		89	94	555	6	4
0638	kath	finn	FV60	Kendal Tri Club	0	1	3	0	0	0	0	3	0	0	100	96				96				292	3	5
0429	Joanne	Taylor	FV60	Bowland	0	0	0	0	5	0	0	0	5	0				92			92			184	2	6
0264	Angela	Burley	FV60	Helm Hill	0	6	0	0	0	0	0	0	0	5	90							92		182	2	7
0399	Rachael	Mellor	FV60	Howgill Harriers	0	0	0	0	1	0	0	0	0	0				100						100	1	8
0300	Angela	Brand-Barker	FV60	FRA	0	0	0	0	0	0	0	0	2	0							98			98	1	9
0882	Debbie	Thompson	FV60	Eden Runners	0	0	0	0	0	0	2	0	0	0						98				98	1	10
0976	Pat	Peach	FV60	Unattached	0	0	2	0	0	0	0	0	0	0			98							98	1	11
0040	Suzanne	Budgett	FV60	Horwich RMI Harriers	0	0	0	0	0	0	0	0	3	0							96			96	1	12
0873	Teresa	Onions	FV60	None	0	0	0	0	0	0	3	0	0	0						96				96	1	13
0953	Karon	Forster	FV60	Rosendale Harriers	0	0	0	0	3	0	0	0	0	0				96						96	1	14
0856	Felicity	Aries	FV60	Eryri Harriers	0	5	0	0	0	0	0	0	0	0	92									92	1	15
0460	Jane	Hornsby	FV60	Bcr	0	0	0	0	0	0	6	0	0	0						90				90	1	16

Race Number	Forename	Surname	MV60 Category	Club	Category Race Positions													Category Points							RACES COMPLETE	POSITION
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER		
0836	Christopher	Reade	MV60	Bowland Fellrunners	0	2	0	4	1	0	3	3	1	3	98	94	100	96	96	100	96	586	7	1		
0151	joe	blackett	MV60	darkpeakfellrunners	0	6	0	3	0	0	6	2	4	1	90	96		90	98	94	100	568	6	2		
0099	Chris	Speight	MV60	Helm Hill Runners	0	4	0	5	3	0	5	5	3	5	94	92	96	92	92	96	92	562	7	3		
0041	Paul	Revell	MV60	Howgill Harriers	0	0	0	6	5	0	7	4	5	4		90	92	89	94	92	94	551	6	4		
0296	Ray	Gill	MV60	Helm Hill	0	7	4	9	8	0	0	6	0	6	89	94	87	88	90	90		538	6	5		
0625	Graham	Beaumont	MV60	Dallam	0	8	5	8	6	0	8	8	8	0	88	92	88	90	88	88	88	534	7	6		
0453	Colin	Valentine	MV60	Keswick	0	11	8	10	0	0	14	0	9	7	85	88	86	82	87	89	517	6	7			
0389	Billy	Procter	MV60	Helm hill runners	0	5	0	1	2	0	0	1	7	0	92	100	98	100	89		479	5	8			
0255	David	Griffin	MV60	Helm Hill Runners	0	1	1	0	0	0	1	0	0	2	100	100		100		98	398	4	9			
0053	David	Wilson	MV60	Bowland Fell Runners	0	0	2	2	0	0	2	0	2	0		98	98	98	98		392	4	10			
0001	David	Appleyard	MV60	HelmHill	0	0	0	11	7	0	0	0	0	8		85	89		88		262	3	11			
0642	Stephen	Libby	MV60	Eden Runners	0	0	0	0	10	0	0	9	11	0			86	87	85		258	3	12			
0304	John	Jones	MV60	Helm Hill	0	0	0	0	0	0	0	7	6	0				89	90		179	2	13			
0393	Alex	Heron	MV60	Eden Runners	0	0	0	7	0	0	9	0	0	0		89	87				176	2	14			
0455	Colin	Howard	MV60	Furness Fell Runners	0	0	6	0	0	0	10	0	0	0		90	86				176	2	15			
0074	Andy	Holden	MV60	Achille Ratti CC	0	9	0	0	0	0	12	0	0	0	87		84				171	2	16			
0222	Steve	Wathall	MV60	Ambleside AC	0	10	0	0	0	0	11	0	0	0	86		85				171	2	17			
0827	Mike	Berners-Lee	MV60	Helm Hill	0	3	0	0	0	0	0	0	0	0	96						96	1	18			
0952	Nick	Peach	MV60		0	0	3	0	0	0	0	0	0	0		96					96	1	19			
0605	John	Embrey	MV60	SROC	0	0	0	0	4	0	0	0	0	0			94				94	1	20			
0614	Ian	Horne	MV60	Eden Runners	0	0	0	0	0	0	4	0	0	0				94			94	1	21			
0974	Graham	Moffat	MV60	Howgill Harriers	0	0	7	0	0	0	0	0	0	0		89					89	1	22			
0550	Tim	Field	MV60	Helm Hill Runners	0	0	0	0	9	0	0	0	0	0			87				87	1	23			
0582	Russell	Cannon	MV60	Helm Hill Runners	0	0	0	0	0	0	0	0	0	9					87		87	1	24			
0077	Keith	Thomas	MV60	Burnden road runners	0	0	0	0	0	0	0	0	10	0					86		86	1	25			

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Race Number	Forename	Surname	MV70	Club	Category Race Positions									Category Points							RACES COMPLETE	POSITION			
			Category		SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK			CUNSWICK SCAR	CAUTLEY	HELM HILL
0202	Nick	Hewitt	MV70	Bowland Fell Runners	0	0	0	1	0	0	1	0	0	1				100		100		100	300	3	1
0428	John	Taylor	MV70	Bowland	0	0	0	0	1	0	0	0	1	2					100		100	98	298	3	2
0403	David	Rosen	MV70	Lancaster & Morecambe AC	0	0	0	0	3	0	0	0	0	3				96			96	192	2	3	
0050	Andy	Stokes	MV70	Dallam	0	0	0	0	0	0	2	0	0	0						98		98	98	1	4
0448	Andy	Robinson	MV70	Thames Hare & Hounds	0	0	0	0	2	0	0	0	0	0				98				98	98	1	5