

HELM HILL WINTER LEAGUE 2023 POINTS TABLE



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PETE BLAND SPORTS

DIFFERENT STROKES PAINTING AND DECORATING

RACES

SCOUT SCAR

WHITESTONES

BIRKRIGG

BARBONDALE

SEDBERGH

GIGGLESWICK

CUNSWICK SCAR

CAUTLEY

HELM HILL

ELTERWATER

ARANTHAW (NOT POINTS)



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	POSITION	
0611	Bleu	Bailey	u11G	Staffordshire Moorlands AC	1	0	1	1	1	1	0	0	0	0	100	100	100	100	100							500	5	1
0268	Iris	Thwaites	u11G	Ambleside A	2	1	2	0	3	0	2	1	0	1	98	100	98		96		98	100		100		496	7	2
0167	Lucy	Ward	u11G	Settle Harriers	4	2	5	3	4	4	5	0	1	0	94	98	92	96	94	94	92		100		482	8	3	
0864	Lola	Hodgson	u11G	Ambleside	0	0	0	4	0	0	6	2	3	3				94			90	98	96	96	474	5	4	
0219	Sophie	Wright	u11G	Settle Harriers	9	4	4	7	6	5	0	4	6	0	87	94	94	89	90	92		94	90		464	8	5	
0200	Silvia	Parsons	u11G	Helm Hill	7	0	0	5	0	9	8	3	4	0	89			92		87	88	96	94		459	6	6	
0250	Lana	Fosker	u11G	Bowland Fell Runners	8	0	7	6	10	0	9	5	10	2	88		89	90	86		87	92	86	98	457	8	7	
0218	Megan	Wright	u11G	Settle Harriers	6	5	9	8	7	8	0	0	7	0	90	92	87	88	89	88			89		448	7	8	
0815	Maia	Dacre	u11G	Helm Hill	15	6	10	12	13	7	10	7	11	7	81	90	86	84	83	89	86	89	85	89	443	10	9	
0049	Elodie	Haslett	u11G	Helm Hill	13	7	0	9	0	0	12	0	8	6	83	89		87			84		88	90	438	6	10	
0309	Tabetha	Pell	u11G	Ambleside AC	16	8	0	0	0	13	13	0	12	5	80	88				83	83		84	92	430	6	11	
0956	Harriet	Coward	u11G	Ambleside		10	11	11	14	12	11	0	13	0		86	85	85	82	84	85		83		425	7	12	
0280	Flo	Evans	u11G	Settle Harriers	14	11	0	10	16	14	14	8	15	0	82	85		86	80	82	82	88	81		423	8	13	
0837	Rona	Houston	u11G	Helm Hill	5	0	6	0	0	0	4	0	2	0	92		90				94		98		374	4	14	
0149	Martha	Johnson	u11G	Helm Hill	3	3	8	0	0	0	7	0	0	0	96	96	88				89				369	4	15	
0305	Martha	Hart	u11G	Settle Harriers	0	0	0	0	2	2	1	0	0	0					98	98	100				296	3	16	
0545	Ivy	Marshall	u11G	Ambleside AC	10	0	0	0	0	0	0	0	5	4	86								92	94	272	3	17	
0514	Maya	Zaboklicka	u11G	Furness Fell Runners	0	0	12	0	11	0	0	6	0	0			84		85			90			259	3	18	
0157	Amelie	Angus	u11G	Settle Harriers	12	0	0	0	12	10	0	0	0	0	84				84	86					254	3	19	
0004	Celeste	Whittington	u11G	Helm Hill	18	9	0	0	0	0	0	0	9	0	78	87							87		252	3	20	
0062	Emily	Lawton	u11G	Helm Hill	17	0	13	0	15	0	0	0	0	0	79		83		81						243	3	21	
0152	Izzy	Leigh	u11G	Helm Hill	0	0	3	0	0	0	3	0	0	0			96				96				192	2	22	
1011	Betsy	Fairhurst	u11G	Settle Harriers				0	0	5	3	0	0	0					92	96					188	2	23	
0110	Jesse	Pease	u11G	Howgill Harriers	0	0	0	2	8	0	0	0	0	0				98	88						186	2	24	
0185	Edie	Alexander	u11G	Settle Harriers	11	0	0	0	0	11	0	0	0	0	85					85					170	2	25	
0945	Emma	Stonier	u11G	Settle Harriers		12	14	0	0	0	0	0	0	0		84	82								166	2	26	

Race Number	Forename	Surname	u11B 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 5 TOTAL
0323	Jos	Jebb	u11B	Helm Hill Runners	1	1	1	1	0	1	1	1	1	0	100	100	100	100		100	100	100	100	500	8	1	
0267	Dallas	Machell	u11B	Ambleside	2	2	0	4	1	2	0	2	0	0	98	98		94	100	98		98		492	6	2	
0639	Calum	McGoldrick	u11B	Settle Harriers	0	6	2	2	2	3	2	0	2	1		90	98	98	98	96	98		98	100	492	8	3
0449	Kit	Evans	u11B	Ambleside AC	4	3	3	0	3	5	3	3	3	3	94	96	96		96	92	96	96	96	96	480	9	4
0530	Rhys	Price	u11B	Darlington Harriers	3	5	0	6	0	4	0	0	4	2	96	92		90		94		94	98	474	6	5	
0369	Peter	Butler	u11B	Ambleside AC	10	11	4	9	6	9	4	4	5	4	86	85	94	87	90	87	94	94	92	94	468	10	6
0229	Olly	Fox	u11B	Settle Harriers	0	10	8	0	4	8	5	0	0	5		86	88		94	88	92		92	454	6	7	
0771	Charlie	Potter	u11B	Helm Hill Runners	11	7	7	5	0	0	0	5	8	7	85	89	89	92				92	88	89	451	7	8
0269	James	McAleese	u11B	Ambleside AC	0	0	5	7	0	10	11	0	7	6			92	89		86	85		89	90	446	6	9
0233	Dougie	Giles	u11B	Settle Harriers	0	16	9	0	7	7	7	0	9	10		80	87		89	89	89		87	86	441	7	10
0641	Finlay	McGoldrick	u11B	Settle Harriers	0	9	11	12	8	11	6	0	10	8		87	85	84	88	85	90		86	88	439	8	11
0869	Haris	Riaz	u11B	Sedbergh School	7	0	0	14	9	13	9	0	13	0	89			82	87	83	87		83		429	6	12
0279	Stanley	Evans	u11B	Settle Harriers	9	13	0	8	11	15	14	0	12	0	87	83		88	85	81	82		84		427	7	13
0919	Lewis	Bell	u11B		0	20	14	18	0	14	0	6	11	9		76	82	78		82		90	85	87	426	7	14
0974	Philip	Bolland	u11B	Helm Hill		12	0	11	10	0	10	0	16	0		84		85	86		86		80		421	5	15
0068	Danny	Nunns	u11B	Helm Hill	16	18	15	15	13	22	13	7	18	12	80	78	81	81	83	74	83	89	78	84	420	10	16
0519	William	Evans	u11B	Settle Harriers	15	17	10	0	14	16	0	0	14	13	81	79	86		82	80			82	83	414	7	17
0813	ROWAN	Griffiths	u11B	Furness Fell Runners	18	0	16	17	12	18	15	8	19	0	78		80	79	84	78	81	88	77		412	8	18
0600	Stanley	Atkinson	u11B	Helm Hil	14	15	0	13	0	0	0	0	17	11	82	81		83					79	85	410	5	19
0958	Kornel	Devlin	u11B			19	12	16	0	19	12	0	15	0		77	84	80		77	84		81		406	6	20
0231	Layton	Ashton	u11B	Settle Harriers	20	22	17	0	0	24	0	0	22	0	76	74	79			72			74		375	5	21
0498	Jonty	Brodie	u11B	Helm Hill	6	4	0	3	0	0	0	0	6	0	90	94		96					90		370	4	22
0065	Andrew	Skeldon	u11B	Settle Harriers	13	0	0	0	17	23	17	0	0	0	83				79	73	79				314	4	23
0893	Jasper	Rose	u11B		0	0	0	19	0	21	0	0	20	16				77		75			76	80	308	4	24
0803	Arthur	Smith	u11B	Ambleside	5	0	6	0	0	6	0	0	0	0	92		90			90					272	3	25
0964	Zach	Harris	u11B	Howgill Harriers		0	0	10	5	0	8	0	0	0				86	92		88				266	3	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	Joseph	Green	u13B	Ambleside AC	1	2	1	1	1	1	1	1	0	0	0	100	98	100	100	100	100	100	100											500	7	1
0668	HARRI	TANCREL	u13B	Helm Hill	2	1	0	3	3	2	10	2	3	2	98	100		96	96	98	86	98	96	98	492	9	2									
0875	Ben	Brummitt	u13B	Settle Harriers	12	0	0	0	0	6	2	1	2	1	84					90	98	100	98	100	486	6	3									
0840	Dougal	Houston	u13B	Helm Hill	3	3	3	2	5	5	3	4	4	0	96	96	96	98	92	92	96	94	94		482	9	4									
0142	Ghyll	Baker	u13B	Helm Hill Runners	6	6	5	4	0	11	8	5	7	4	90	90	92	94		85	88	92	89	94	462	9	5									
0246	Herbie	Marston	u13B	Helm Hill	4	4	4	7	7	8	0	0	6	0	94	94	94	89	89	88		90			461	7	6									
0742	Rowan	Bradley	u13B	Ambleside	7	0	7	5	0	12	6	6	9	3	89		89	92		84	90	90	87	96	457	8	7									
0609	Charlie	Hodgson	u13B	Helm hill	8	5	6	0	8	9	5	0	0	0	88	92	90		88	87	92				450	6	8									
0207	Joss	Wood	u13B	Helm hill	9	7	9	9	12	13	11	0	0	6	87	89	87	87	84	83	85		90		440	8	9									
0041	Lewis	Dalton	u13B	Helm Hill	10	0	10	6	0	0	9	7	0	0	86		86	90			87	89			438	5	10									
0270	F	D	u13B	Ambleside AC	0	0	0	8	14	14	12	8	10	5				88	82	82	84	88	86	92	438	7	11									
0658	Gus	Campbell	u13B	Howgill Harrier	0	9	11	0	13	0	0	0	13	7		87	85		83				83	89	427	5	12									
0723	Rhuari	Trott	u13B	unattached	14	10	0	10	0	16	14	9	0	0	82	86		86		80	82	87			423	6	13									
0064	James	Skeldon	u13B	Settle Harriers	5	0	0	0	10	7	7	0	0	0	92				86	89	89				356	4	14									
0238	Harry	Hearn	u13B	Helm Hill	11	8	0	0	0	0	13	0	11	0	85	88					83		85		341	4	15									
0464	Theo	Zaboklicki	u13B	Furness Fell Runners	0	0	2	0	2	0	0	3	0	0			98		98			96			292	3	16									
1019	Archie	Cole	u13B	Settle Harriers			0	0	6	4	0	0	1	0					90	94		100			284	3	17									
0377	Ben	Mulvany	u13B	Helm Hill	0	0	0	0	9	10	0	0	8	0					87	86		88			261	3	18									
0892	Austin	Rose	u13B		15	0	0	0	0	15	0	0	12	0	81					81		84			246	3	19									
0950	Magnus	Foxwell	u13B	Ambleside AC		0	0	0	4	3	0	0	0	0					94	96					190	2	20									
1057	Harry	Mason	u13B				0	0	0	0	4	0	5	0							94	92			186	2	21									
0901	Aart	Whiteley	u13B	Helm Hill	16	0	0	0	0	0	0	0	14	0	80							82			162	2	22									
0478	Albert	Little	u13B	Bowland	0	0	8	0	0	0	0	0	0	0			88								88	1	23									
0995	Alexander	Bolland	u13B	Helm Hill			0	0	11	0	0	0	0	0					85						85	1	24									
0899	Euan	Goodall	u13B	Dallam	13	0	0	0	0	0	0	0	0	0	83										83	1	25									

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	POSITION						
0321	Millie	Jebb	u15G	Helm Hill Runners	2	1	2	1	0	2	2	1	0	0	98	100	98	100	98	98	100										496	7	1
0126	Isla	Pearman	u15G	Helm Hill	4	2	3	3	0	10	3	2	1	1	94	98	96	96		86	96	98	100	100	492	9	2						
0384	Holly	Fitch	u15G	Wharfedale Harriers	7	3	4	7	2	3	5	5	2	3	89	96	94	89	98	96	92	92	98	96	484	10	3						
0606	Cara	Bradley	u15G	Ambleside AC	5	0	0	2	0	7	4	3	3	2	92			98		89	94	96	96	98	482	7	4						
0507	Lily	Slater	u15G	Ambleside	10	6	8	4	4	14	9	6	4	4	86	90	88	94	94	82	87	90	94	94	466	10	5						
0682	Rosie	Scott	u15G	Ambleside	6	4	7	6	5	13	6	4	5	5	90	94	89	90	92	83	90	94	92	92	464	10	6						
0495	Bridget	Atkinson	u15G	Howgill Harrier	11	8	9	0	7	9	7	8	6	0	85	88	87		89	87	89	88	90	444	8	7							
0192	Katelyn	Douglas	u15G	Leven valley ac	0	0	11	0	6	0	11	0	7	6			85		90		89	90	439	5	8								
0291	Lydia	Benson	u15G	Settle Harriers	12	10	0	8	9	8	0	0	8	8	84	86		88	87	88		88	88	439	7	9							
0378	Isabel	Sanderson	u15G	Helm hill runners	9	7	0	0	0	12	8	7	0	0	87	89				84	88	89				437	5	10					
0484	Francesca	Bagot	u15G	Settle	0	9	10	0	8	0	13	9	0	7		87	86		88		83	87		89	437	6	11						
0343	Eleanor	King	u15G	Helm Hill	0	0	0	0	11	15	15	11	10	0						85	81	81	85	86	418	5	12						
0509	Isabelle	Jebb	u15G	Bingley	3	0	5	5	0	4	0	0	0	0	96		92	92		94					374	4	13						
0740	Ellie	Todhunter	u15G	Helm Hill	8	5	6	0	0	0	10	0	0	0	88	92	90				86				356	4	14						
0390	Penelope	Boyle	u15G	Leven Valley	1	0	1	0	0	0	1	0	0	0	100		100				100				300	3	15						
1053	Tamzin	Osborne	u15G	Blackburn harriers				0	0	0	12	10	9	0							84	86	87	257	3	16							
0304	Camilla	Hart	u15G	Settle Harriers	0	0	0	0	3	5	0	0	0	0						96	92				188	2	17						
1026	Mabel	Whitaker	u15G	Settle Harriers				0	0	10	0	14	0	0						86		82				168	2	18					
0588	Izzy	Wright	u15G	Keighley and Craven AC	0	0	0	0	0	1	0	0	0	0							100				100	1	19						
0983	Lucy	Bell	u15G	Leven Valley				0	0	1	0	0	0	0						100					100	1	20						
0396	Annie	Chambers	u15G	KCAC	0	0	0	0	0	6	0	0	0	0							90				90	1	21						
0688	Ava	Brierley	u15G	Ambleside Athletics Juniors	0	0	0	0	0	0	0	0	0	9									87	87	1	22							
0367	Lilly	Bowness	u15G	Settle Harriers	0	0	0	0	0	11	0	0	0	0							85				85	1	23						

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	POSITION
0300	Will	Pease	u15B	Barlick Fell Runners	3	0	3	0	2	1	1	0	1	2	96	96		98	100	100	100	98	98	496	7	1	
0667	JOSEFF	TANCREL	u15B	Helm Hill	2	2	1	3	0	2	2	1	2	3	98	98	100	96		98	98	100	98	96	494	9	2
0538	Zeke	Sumner	u15B	Ambleside AC	0	3	4	1	3	3	3	0	3	1		96	94	100	96	96	96		96	100	488	8	3
0345	Oscar	Timbers	u15B	Keighley and Craven	4	5	0	6	5	5	5	2	4	0	94	92		90	92	92	92	98	94		470	8	4
0376	Evan	Mulvany	u15B	Helm Hill	5	0	0	5	4	4	4	0	5	0	92			92	94	94	94		92		466	6	5
0044	Fraser	Dunn	u15B	Helm Hill Runners	8	7	0	4	0	0	7	3	6	4	88	89		94			89	96	90	94	463	7	6
0078	Sam	Oldham	u15B	Leven Valley AC	7	6	5	2	0	11	11	0	7	0	89	90	92	98		85	85		89		458	7	7
0286	Riley	Scott	u15B	Leven valley	0	0	6	0	8	9	8	7	8	6			90		88	87	88	89	88	90	445	7	8
0285	Oliver	Scott	u15B	Leven valley	10	0	7	0	6	10	13	5	10	9	86		89		90	86	83	92	86	87	444	8	9
0026	Edward	Shawcross	u15B	Ambleside	14	0	10	9	11	7	6	0	9	7	82		86	87	85	89	90		87	89	442	8	10
0468	Thomas	Iveson	u15B	Ambleside	15	0	9	7	9	6	9	0	13	8	81		87	89	87	90	87		83	88	441	8	11
0292	Carl	Sanderson	u15B	Settle Harriers	9	16	11	10	12	8	10	6	12	10	87	80	85	86	84	88	86	90	84	86	437	10	12
0247	Stan	Marston	u15B	Helm Hill	13	11	12	12	13	12	0	0	14	0	83	85	84	84	83	84			82		420	7	13
0380	Henry	Murray	u15B	Levens Valley	20	15	14	13	14	14	14	8	15	12	76	81	82	83	82	82	82	88	81	84	419	10	14
0225	Zach	Thomas	u15B	Helm Hill	18	14	0	11	15	13	15	0	0	0	78	82		85	81	83	81				412	6	15
0034	Freddie	Crawford	u15B	Helm Hill Runners	19	0	15	0	0	15	16	9	16	0	77		81			81	80	87	80		409	6	16
0608	Demitri	Kyriacou	u15B	Leven valley	0	10	8	0	7	0	12	0	0	0		86	88		89		84				347	4	17
0115	Will	Brayshaw	u15B	Helm Hill	1	4	2	0	0	0	0	0	0	0	100	94	98								292	3	18
0932	Tom	Ashworth	u15B	Ambleside AC	0	1	0	8	0	0	0	0	0	5		100		88					92		280	3	19
0463	Noah	Zaboklicki	u15B	Furness Fell Runners	0	0	13	0	10	0	0	4	0	0			83		86			94			263	3	20
0070	Oscar	Clayton	u15B	Wharfedale Harriers	16	12	0	0	0	0	0	0	0	11	80	84							85		249	3	21
0413	Cooper	Wadsworth	u15B	Helm Hill	6	8	0	0	0	0	0	0	0	0	90	88									178	2	22
0244	Mack	Bagnall	u15B	Settle Harriers	12	9	0	0	0	0	0	0	0	0	84	87									171	2	23
1022	Ben	Brassington	u15B	Lancaster & Morecambe AC			0	0	1	0	0	0	0	0					100						100	1	24
0159	Ewan	Angus	u15B	Settle Harriers	11	0	0	0	0	0	0	0	0	0	85										85	1	25

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			SCAR
0103	Bianca	Dyer	FV40	Helm Hill Runners	3	1	5	2	0	5	3	4	2	0	96	100	92	98		92	96	94	98		674	8	1
0480	Ellie	Mather	FSEN	Lonsdale Fell Runners	0	5	4	0	3	2	2	5	4	1		92	94		96	98	98	92	94	100	672	8	2
0147	Alice	Rea	FSEN	Helm Hill	9	2	0	3	2	3	0	6	3	0	87	98		96	98	96		90	96		661	7	3
0375	Emma	Kearsey	FSEN	Helm Hill Runners	7	6	6	6	6	4	4	0	5	3	89	90	90	90	90	94	94		92	96	646	9	4
0456	Lisa	Parker	FV40	Rossendale Harriers	10	7	10	4	8	7	7	7	6	2	86	89	86	94	88	89	89	89	90	98	638	10	5
0148	Deborah	Gowans	FV50	Todmorden Harriers	12	9	0	9	7	8	6	9	7	0	84	87		87	89	88	90	87	89		617	8	6
0474	Lorna	Askew	FV50	Helm Hill	15	10	0	7	11	9	8	11	0	4	81	86		89	85	87	88	85		94	614	8	7
0076	Leanne	Scott	FV40	Leven valley	0	0	13	0	13	10	12	12	11	8			83		83	86	84	84	85	88	593	7	8
0055	Vicky	Woof	FU21	Howgill Harriers	22	14	16	11	0	13	17	20	14	0	74	82	80	85		83	79	76	82		567	8	9
0156	Kirsten	Angus	FV40	Settle Harriers	24	0	0	16	18	11	13	14	12	0	72			80	78	85	83	82	84		564	7	10
0721	Rachael	Mellor	FV50	Howgill Harriers	37	0	21	15	21	14	0	15	17	11	59		75	81	75	82		81	79	85	558	8	11
0781	Sarah	Batten	FSEN	Helm Hill	29	26	0	23	16	0	19	22	15	12	67	70		73	80		77	74	81	84	539	8	12
0400	Esther	Lambert	FSEN	Helm Hill	32	0	18	17	15	0	0	21	21	13	64		78	79	81			75	75	83	535	7	13
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	27	28	25	0	0	17	21	23	20	19	69	68	71			79	75	73	76	77	520	8	14
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	44	0	27	22	41	18	23	19	29	20	52		69	74	55	78	73	77	67	76	514	9	15
0334	Eleanor	Knowles	FV50	Ambleside AC	45	25	24	0	19	0	18	0	16	14	51	71	72		77		78		80	82	511	7	16
0187	Liz	Whitfield	FV40	Helm Hill	33	37	26	0	20	15	22	0	19	0	63	59	70		76	81	74		77		500	7	17
0281	Beth	Evans	FSEN	Settle Harriers	0	40	0	19	32	19	25	18	23	0		56		77	64	77	71	78	73		496	7	18
0844	Caroline	D'Arcy	FV50	Helm Hill	78	53	37	26	40	28	33	26	27	15	18	43	59	70	56	68	63	70	69	81	480	10	19
0030	Wendy	Dodds	FV70	Dallam Running Club	60	34	0	14	0	0	32	13	25	16	36	62		82			64	83	71	80	478	7	20
0490	Connie	Hurton	FSEN	Eden Runners	4	4	0	1	5	0	0	3	0	0	94	94		100	92			96			476	5	21
0088	Colleen	Oldham	FV40	Leven Valley AC	56	62	32	29	31	24	28	28	33	27	40	34	64	67	65	72	68	68	63	69	473	10	22
0047	Charlotte	Seward	FSEN		48	17	0	13	0	0	9	0	10	7	48	79		83			87		86	89	472	6	23
0626	Ruth	Webster	FV50	non	69	50	40	30	34	26	31	30	39	23	27	46	56	66	62	70	65	66	57	73	459	10	24
0525	Libby	DIXON	FV40	Ambleside AC	52	36	30	0	0	22	27	0	31	18	44	60	66			74	69		65	78	456	7	25
0467	Ruth	Bell	FSEN	Helm Hill	0	8	12	5	0	6	5	0	0	0		88	84	92		90	92				446	5	26
0486	Paula	Bowen	FV50	Ambleside	53	35	31	0	0	27	29	0	32	21	43	61	65			69	67		64	75	444	7	27

0092	Denise	Tunstall	FV50	Durham Fell Runners	0	55	38	0	33	29	38	24	26	0		41	58		63	67	58	72	70		429	7	28		
0339	vicki	sherrington	FV50	Helm Hill	66	47	33	0	0	23	36	0	37	28	30	49	63			73	60		59	68		402	7	29	
0492	Rebecca	Atkinson	FV40		0	57	36	0	38	30	40	33	41	0		39	60		58	66	56	63	55		397	7	30		
0679	Judith	Marshall	FV40	Settle harriers	0	41	34	24	30	0	0	25	30	0		55	62	72	66			71	66		392	6	31		
0016	Jill	Gates	FV60	Settle Harriers	90	61	49	32	50	43	53	31	49	33	6	35	47	64	46	53	43	65	47	63		385	10	32	
0895	Andrena	Ball	FSEN		63	46	35	21	39	0	43	0	40	0	33	50	61	75	57		53		56		385	7	33		
0121	Alison	Eagle	FV60	Wharfedale Harriers	36	21	19	10	17	0	0	0	0	0	60	75	77	86	79						377	5	34		
0528	Sonja	Vietoris	FV60	Dallam Running	88	64	51	37	51	0	49	36	47	31	8	32	45	59	45		47	60	49	65		370	9	35	
0810	Emma	Griffiths	FV40	Furness Fell Runners	80	0	45	28	43	37	42	27	0	0	16		51	68	53	59	54	69			370	7	36		
0141	Anna	Baker	FV40	Helm Hill Runners	87	63	47	38	45	40	51	0	48	35	9	33	49	58	51	56	45		48	61		368	9	37	
0224	Katharine	Shrine	FV40	Helm Hill	83	58	41	35	44	38	47	0	45	0	13	38	55	61	52	58	49		51		364	8	38		
0199	Elena	Parsons	FSEN	Helm Hill	77	0	0	36	0	39	48	35	44	30	19			60		57	48	61	52	66		363	7	39	
0687	Veronica	Waller	FV50	Dallam	70	56	42	33	0	0	44	32	0	32	26	40	54	63			52	64		64		363	7	40	
0665	ALISON	TANCREL	FV50	Helm Hill	89	0	50	0	48	41	52	34	50	36	7		46		48	55	44	62	46	60		361	8	41	
0763	Marian	de Silver	FV60	Dallam	84	54	43	34	42	36	45	0	0	0	12	42	53	62	54	60	51				334	7	42		
0249	Sophie	Fosker	FV40	Bowland Fell Runers	0	0	17	0	0	0	14	0	13	9			79				82		83	87		331	4	43	
0800	Karen	Bridge	FV50	Eden Runners	23	0	0	0	12	0	15	0	0	6	73				84		81			90		328	4	44	
0177	Sonia	Woods	FV50	Bowland Fell Runners	85	49	0	31	0	31	0	0	34	29	11	47		65		65			62	67		317	6	45	
0847	Jayne	Scott	FV50		0	0	48	0	46	42	50	0	46	34			48		50	54	46		50	62		310	6	46	
0663	Victoria	Wilkinson	FV40	Bingley Harriers	0	0	0	0	0	1	0	1	1	0						100		100	100			300	3	47	
0237	Maria	Hearn	FV40	Helm Hill	30	24	0	0	0	0	0	16	22	0	66	72						80	74			292	4	48	
0242	Tessa	Higgs	FSEN		35	29	22	0	26	0	0	0	0	0	61	67	74		70							272	4	49	
0482	Pam	Bagot	FV40	Settle	0	0	0	0	36	0	39	29	0	22					60		57	67		74		258	4	50	
0556	Rhiannon	Page	FSEN	Lonsdale Fell Runners	16	11	0	0	0	0	0	0	0	5	80	85								92		257	3	51	
0613	Kirstin	Bailey	FV50	Staffordshire Moorlands AC	0	0	14	8	10	0	0	0	0	0			82	88	86							256	3	52	
0503	Katie	Milburn	FSEN	Eden Runners	0	19	0	0	9	0	0	0	0	10		77			87				86			250	3	53	
0855	Liz	McNally	FSEN	Leven Valley AC	20	16	11	0	0	0	0	0	0	0	76	80	85										241	3	54
0744	Eve	Howard	FV40		0	51	0	0	37	32	0	0	0	25		45			59	64			71			239	4	55	
0102	Rebecca	Howard	FSEN	AAC	0	18	15	0	0	0	20	0	0	0		78	81				76					235	3	56	
0101	Hannah	Waterhouse	FSEN		0	0	0	20	0	0	16	0	18	0				76			80		78			234	3	57	
0243	Jess	Bagnall	FV40	Settle Harriers	41	20	0	12	0	0	0	0	0	0	55	76		84								215	3	58	
0622	Emma	Blundell	FSEN	Lonsdale Fell Runners	75	43	0	0	28	0	26	0	0	0	21	53			68		70					212	4	59	
0440	Zoe	Robinson	FV40	Howgill Harriers	61	45	0	0	35	0	0	0	38	0	35	51			61				58			205	4	60	
0144	Jenna	Butler	FV40	Helm Hill	34	31	20	0	0	0	0	0	0	0	62	65	76										203	3	61

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
0196	Peter	Stock	MSEN	Helm Hill	1	2	2	0	2	0	1	0	1	1	100	98	98		98	100		100	100	694	7	1	
0264	Lewis	Bowness	MSEN	Helm Hill	2	1	0	4	5	2	2	0	3	2	98	100		94	92	98	98		96	98	682	8	2
0098	Sam	Burnstone	MSEN	Helm Hill	5	5	4	3	4	0	3	2	2	0	92	92	94	96	94		96	98	98		668	8	3
0643	Mark	McGoldrick	MV40	Settle Harriers	0	6	0	0	6	3	5	4	4	19		90			90	96	92	94	94	77	633	7	4
0042	Alastair	Dunn	MV50	Helm Hill Runners	0	9	0	5	14	4	13	5	9	4		87		92	82	94	83	92	87	94	629	8	5
0009	Andy	F	MSEN	Unaffiliated	6	8	5	11	8	0	6	12	6	12	90	88	92	85	88		90	84	90	84	623	9	6
0209	Jos	Addison	MSEN	Helm Hill	13	0	13	9	15	0	10	8	17	14	83		83	87	81		86	88	79	82	590	8	7
0038	Javier	Simon	MV40	Helm hill	12	13	0	13	16	9	0	10	14	0	84	83		83	80	87		86	82		585	7	8
0165	Padraig	Spillane	MSEN	Helm Hill	30	12	0	7	17	10	17	0	0	11	66	84		89	79	86	79		85		568	7	9
0275	derek	hurton	MV50	Eden Runners	15	23	0	14	18	12	16	9	0	0	81	73		82	78	84	80	87			565	7	10
0338	Ben	Timbers	MV40	Keighley and Craven	16	21	0	12	20	11	15	0	15	0	80	75		84	76	85	81		81		562	7	11
0039	Rory	Addison	MSEN	Helm Hill	9	0	12	24	19	0	12	0	16	20	87		84	72	77		84	80	76		560	7	12
0308	James	Pell	MSEN	Helm Hill	21	14	16	17	0	14	19	0	18	15	75	82	80	79		82	77		78	81	559	8	13
0374	James	Bowen	MU21	Ambleside	7	4	0	0	0	6	7	0	7	6	89	94				90	89		89	90	541	6	14
0211	Nigel	Wood	MV40	Helmhill	0	30	20	21	0	16	26	0	21	24		66	76	75		80	70		75	72	514	7	15
0178	David	Wilson	MV50	Bowland	58	29	27	27	31	25	0	17	24	28	38	67	69	69	65	71		79	72	68	495	9	16
0457	Michael	Toman	MV50	Rosendale Harriers	45	40	35	31	42	26	29	20	25	30	51	56	61	65	54	70	67	76	71	66	476	10	17
0040	David	Griffin	MV60	Helm Hill Runners	55	33	32	35	34	24	31	25	22	0	41	63	64	61	62	72	65	71	74		471	9	18
0856	Henry	James	MSEN	Helm Hill	79	36	28	40	29	21	30	26	0	0	17	60	68	56	67	75	66	70			462	8	19
0025	Alistair	Shawcross	MV40	Dallam	60	38	33	34	37	28	32	21	28	0	36	58	63	62	59	68	64	75	68		459	9	20
0073	Joe	Hobbs	MSEN	Lonsdale Fell Runners	65	39	0	0	28	22	23	0	23	32	31	57			68	74	73		73	64	440	7	21
0336	Harry	Bowen	MU21	Kendal AC	8	0	6	0	0	0	14	0	10	9	88		90				82		86	87	433	5	22
0521	Peter	Lawson	MSEN	Howgill Harriers	0	52	36	37	35	0	33	19	0	31		44	60	59	61		63	77		65	429	7	23
0638	Sam	Harrison	MSEN	Bowland Fell Runners	0	0	7	20	9	0	8	11	0	0			89	76	87		88	85			425	5	24
0891	Scott	Rose	MV40		11	0	0	15	0	8	0	0	13	13	85			81		88			83	83	420	5	25
0045	Steve	King	MV50	Helm Hill	67	48	31	0	39	31	35	32	0	38	29	48	65		57	65	61	64		58	418	8	26
0906	colin	houston	MV40	helm hill	54	27	23	0	24	13	18	0	0	0	42	69	73		72	83	78				417	6	27

0018	Paul	Revell	MV60		64	54	40	41	45	34	39	23	0	40	32	42	56	55	51	62	57	73		56	410	9	28	
0612	Simon	Bailey	MV40	Staffordshire Moorlands AC	0	0	3	1	1	1	0	0	0	0			96	100	100	100					396	4	29	
0094	Ray	Gill	MV60	Helm Hill	0	0	59	50	46	35	42	30	38	37			37	46	50	61	54	66	58	59	394	8	30	
0150	Brian	Hickey	MV60	Cheshire Hill Racers	75	53	0	47	47	37	41	22	31	0	21	43		49	49	59	55	74	65		394	8	31	
0437	Sean	Robinson	MV40	Howgill Harriers	66	43	0	38	38	0	38	27	34	0	30	53		58	58		58	69	62		388	7	32	
0777	Matthew	Swallow	MSEN		72	51	29	43	40	0	27	0	30	0	24	45	67	53	56		69		66		380	7	33	
0089	Ben	Oldham	MV40	Leven Valley AC	31	0	22	18	0	18	0	0	0	22	65		74	78		78			74		369	5	34	
0104	Jacob	Dyer	MV50	Helm Hill Runners	29	24	0	22	0	19	21	0	0	0	67	72		74		77	75				365	5	35	
0188	Alistair	Welsh	MV60	Bowland Fell Runners	113	71	46	55	53	49	0	38	46	49	1	25	50	41	43	47		58	50	47	336	9	36	
0773	Seren	Darrell	MSEN	Helm Hill	0	55	39	36	0	29	36	0	45	0		41	57	60		67	60		51		336	6	37	
0240	Andy	Ward	MV40	Settle Harriers	109	68	48	53	51	43	47	0	43	58	1	28	48	43	45	53	49		53	38	329	9	38	
0460	John	Horrocks	MSEN	Blackburn Harriers	10	18	10	0	0	0	0	0	0	18	86	78	86							78		328	4	39
0975	Anthony	Bowness	MV50	Kendal AC		41	0	0	0	27	24	0	29	35		55				69	72		67	61	324	5	40	
0091	John	Jones	MV60	Helm Hill	82	62	43	0	0	0	51	34	39	44	14	34	53				45	62	57	52	317	7	41	
0326	Jonathan	Tombs	MV50	Eden Runners	103	64	0	57	48	0	48	43	50	46	1	32		39	48		48	53	46	50	316	8	42	
0584	Colin	Valentine	MV60	Keswick	138	78	62	54	67	59	60	33	48	48	1	18	34	42	29	37	36	63	48	48	308	10	43	
0617	ANDY	HOLDEN	MV50	Achille Ratti CC	83	0	52	39	0	0	0	28	35	34	13		44	57				68	61	62	305	6	44	
0116	Stuart	Lockton	MV50	Helm Hill	96	0	51	51	0	50	52	36	41	0	1		45	45		46	44	60	55		296	7	45	
0368	Peter	Ellwood	MV50	Settle Harriers	118	72	60	62	0	0	58	37	52	41	1	24	36	34			38	59	44	55	290	8	46	
0957	Steven	Devlun	MV40			28	19	29	0	0	22	0	0	0		68	77	67			74				286	4	47	
0387	Chris	Evans	MV50	Ambleside AC	104	61	47	56	0	44	49	0	36	0	1	35	49	40		52	47		60		284	7	48	
0124	Matthew	Pearman	MV40	Helm Hill	77	46	0	30	0	0	0	18	0	29	19	50		66			78		67		280	5	49	
0311	Andrew	Russell	MV50	Helm Hill	102	67	45	52	52	0	46	35	0	0	1	29	51	44	44		50	61			280	7	50	
0607	David	Kyriacou	MSEN	Leven valley	0	31	25	0	30	20	0	0	0	0		65	71		66	76					278	4	51	
0301	David	Pease	MV40	Barlick Fell Runners	35	0	21	0	27	0	25	0	0	0	61		75		69		71				276	4	52	
0747	Stefan	Bradley	MV40	Unattached	119	0	50	58	0	51	50	0	49	43	1		46	38		45	46		47	53	276	7	53	
0767	Billy	Stephens	MSEN	Helm Hill	42	44	0	42	36	40	0	0	0	0	54	52		54	60	56					276	5	54	
0450	Jose	Concha	MSEN	Helm Hill Runners	0	0	0	0	0	0	4	0	5	7							94		92	89	275	3	55	
0061	Jack	Eyre	MSEN	Eden Runners	0	0	0	6	0	0	0	3	0	10				90				96		86	272	3	56	
0043	Keith	Masser	MV60	Helm Hill Runners	127	0	71	0	66	62	59	41	57	54	1		25		30	34	37	55	39	42	262	8	57	
0236	Alistair	Hearn	MV50	Helm Hill	46	0	0	28	0	0	28	0	27	0	50			68			68		69		255	4	58	
0112	Jack	Waterhouse	MSEN	Helm Hill	14	11	0	10	0	0	0	0	0	0	82	85		86							253	3	59	
0166	Graham	Schofield	MV60	Horwich RMI Harriers	69	58	0	33	0	32	43	0	0	0	27	38		63		64	53				245	5	60	
0217	James	Wright	MV40	Settle Harriers	0	17	9	0	21	0	0	0	0	0		79	87		75						241	3	61	

0735	James	Todhunter	MV40	Helm Hill	50	0	30	0	0	0	34	31	0	0	46		66			62	65			239	4	62	
0937	Jack	Taylor	MSEN		0	66	44	49	0	0	45	0	40	0		30	52	47		51		56		236	5	63	
0033	James	Baron	MV50	Helm Hill	0	0	0	0	0	0	20	13	20	0						76	83	76		235	3	64	
0245	Peter	Marston	MV40	Helm Hill	0	0	38	46	0	38	0	0	33	0			58	50		58		63		229	4	65	
0230	Billy	Procter	MV60	Helm Hill	0	0	0	25	0	0	0	15	0	25				71			81		71	223	3	66	
0190	Ben	Wilson	MSEN	Bowland	0	26	0	23	0	0	0	0	0	21		70		73					75	218	3	67	
0050	Benji	Grundy	MU21	Wharfedale Harriers	117	82	0	63	58	58	0	0	55	52	1	14		33	38	38		41	44	209	7	68	
0438	Isaac	Robinson	MU21	Howgill Harriers	81	56	0	44	0	0	53	0	37	0	15	40		52			43		59	209	5	69	
0481	Phil	Mather	MSEN	Lonsdale Fell Runners	0	0	64	0	0	0	0	7	8	0			32				89	88		209	3	70	
0256	Andy	Connor	MV50	Ambleside	129	90	74	69	71	63	68	0	61	60	1	6	22	27	25	33	28		35	36	206	9	71
0661	Richard	Campbell	MV40	Howgill Harrier	128	86	65	0	64	0	0	45	59	53	1	10	31		32			51	37	43	205	7	72
0363	John	Taylor	MV70	Bowland FR	0	80	69	64	69	0	0	44	0	57		16	27	32	27			52		39	193	6	73
0793	Andy	Evans	MV60	Settle Harriers	0	0	57	0	61	60	56	0	53	0			39		35	36	40		43		193	5	74
1065	Adam	Perry	MSEN	Helm Hill			0	0	0	0	0	6	0	3							90		96	186	2	75	
0531	Daz	Slater	MV40	Ambleside AC	0	45	34	0	33	0	0	0	0	0		51	62		63					176	3	76	
0182	Mark	Cropper	MV40	Helm Hill	0	0	0	48	0	0	40	29	0	0				48			56	67		171	3	77	
0493	Matt	Atkinson	MV40		0	85	67	0	68	65	61	0	60	0		11	29		28	31	35		36	170	6	78	
0907	Benjamin	Mossman	MSEN	No Club	28	75	56	0	0	55	0	0	0	0	68	21	40			41				170	4	79	
0579	Joe	Todd	MV40	Kendal Ac	0	0	11	0	12	0	0	0	0	0			85		84					169	2	80	
0903	Rob	Crawford	MV40	Howgil	93	57	0	0	0	41	0	24	0	0	3	39				55		72		169	4	81	
0656	George	Campbell	MU21	Howgill Harrier	106	0	41	0	50	0	0	0	32	0	1		55		46			64		166	4	82	
0446	Matt	Reedy	MV40	Ambleside AC	0	0	18	0	0	0	0	0	11	0			78					85		163	2	83	
0955	Dave	Thorp	MSEN	Ambleside AC		16	14	0	0	0	0	0	0	0		80	82							162	2	84	
0393	Mark	Charnley	MV50	Settle Harriers	0	0	0	0	0	61	57	0	54	51						35	39		42	45	161	4	85
0086	Harry	Ewbank	MU21	Eden Runners	0	0	0	19	0	0	0	14	0	0				77				82		159	2	86	
0195	Craig	Burrow	MV40	Helm hill runners	26	0	0	0	0	0	0	16	0	0	70							80		150	2	87	
0273	Simon	Mounsey	MV50	Howgill Harriers	27	15	0	0	0	0	0	0	0	0	69	81								150	2	88	
0132	Phil	Davies	MV50	Preston Harriers	124	84	72	68	0	0	62	46	0	0	1	12	24	28			34	50		149	6	89	
0342	Chris	Speight	MV60	Kendal AAC	0	0	0	0	0	0	54	0	47	39						42		49	57	148	3	90	
0582	John	Millen	MV40	Helm Hill	0	22	0	0	0	0	0	0	0	23		74							73	147	2	91	
0502	Rob	Bond	MSEN		32	19	0	0	0	0	0	0	0	0	64	77								141	2	92	
0356	James	Bailey	MV50	Leven Valley AC	0	25	0	0	0	0	0	0	0	27		71							69	140	2	93	
0560	Graham	Capper	MV60	Helm Hill	0	0	0	0	0	64	67	0	58	55						32	29		38	41	140	4	94
1029	Steven	Baker	MV40	Independent			0	0	32	23	0	0	0	0					64	73				137	2	95	

0980	Jamie	Luxmoore	MV40	Ambleside AC			26	0	0	0	0	0	0	0	0	0	0	70												70	1	164
1018	Mark	Irving	MSEN	Ellenborough			0	0	26	0	0	0	0	0	0	0	0			70										70	1	165
0002	Rich	Cater	MV50	Helm Hill	0	0	0	0	0	0	54	70	0	0	0	0	0					42	26							68	2	166
0491	Benedict	Jones	MSEN	Settle Harriers	28	0	0	0	0	0	0	0	0	0	0	0	0	68												68	1	167
1052	James	Gaffney	MSEN	Mearley Runners			0	0	0	30	0	0	0	0	0	0	0					66								66	1	168
0700	David	Mainwaring	MV60		115	0	0	0	65	0	64	0	0	0	0	0	1				31		32						64	3	169	
0716	david	downes	MV60	WCOC	135	88	0	67	70	0	0	0	0	0	0	0	1	8			29	26							64	4	170	
0172	Craig	Blakey	MSEN	Bowland Fell runners	33	0	0	0	0	0	0	0	0	0	0	0	63													63	1	171
0845	Alex	Holme	MU21	Helm Hill	34	0	0	0	0	0	0	0	0	0	0	0	62													62	1	172
0118	Andrew	Stokes	MV60	Dallam	88	0	0	0	0	0	44	0	0	0	0	0	8						52							60	2	173
0529	Jim	Andrews	MV50	Helm Hill Runners	0	37	0	0	0	0	0	0	0	0	0	0			59											59	1	174
0689	Rob	Harper	MV50	Ambleside AC	37	0	0	0	0	0	0	0	0	0	0	0	59													59	1	175
0882	Matt	Davis	MV40	Howgill Harriers	0	79	54	0	0	0	0	0	0	0	0	0			17	42										59	2	176
0890	Dylan	Kenny	MU21		0	0	37	0	0	0	0	0	0	0	0	0					59									59	1	177
0962	Ian	Wilson	MV50	Helm Hill		0	68	65	0	0	0	0	0	0	0	0					28	31								59	2	178
0904	Richard	Wilson	MSEN	Helm hill	38	0	0	0	0	0	0	0	0	0	0	0	58													58	1	179
0175	Chris	Lowe	MV40	Helm hill	39	0	0	0	0	0	0	0	0	0	0	0	57													57	1	180
0939	John	Osborne	MV50	Settle Harriers	0	0	0	0	0	39	0	0	0	0	0	0							57							57	1	181
0082	Jamie	Jephcott	MV50	Eden runners	87	0	0	0	49	0	0	0	0	0	0	0	9					47								56	2	182
0099	Patrick	Burns	MV40	Helm Hill	99	0	0	0	41	0	0	0	0	0	0	0	1					55								56	2	183
0266	Harrison	Munsch	MSEN		40	0	0	0	0	0	0	0	0	0	0	0	56													56	1	184
0504	Nathan	Collins	MSEN	None	41	0	0	0	0	0	0	0	0	0	0	0	55													55	1	185
0013	Michael	McLoughlin	MV70	Preston Harriers	0	0	0	0	0	0	0	42	0	0	0	0							54							54	1	186
0315	David	Rosen	MV60	Lancaster & Morecambe AC	140	92	0	0	0	0	0	47	0	0	0	1	4						49							54	3	187
0409	Phil	Riley	MV40	Helm Hill	0	42	0	0	0	0	0	0	0	0	0	0			54											54	1	188
1006	Edmund	Taylor	MV40				0	0	0	0	0	42	0											54						54	1	189
1032	Ian	Hewitt	MV40	Eden Runners			0	0	0	0	0	0	0	42																54	1	190
1038	Michael	Atkins	MU21				0	0	0	42	0	0	0	0	0							54								54	1	191
0908	Oliver	Potts	MU21		73	0	66	0	0	0	0	0	0	0	0	23			30											53	2	192
0222	Gavin	Pattison	MV50	UNATTACHED	44	0	0	0	0	0	0	0	0	0	0	0	52													52	1	193
0550	John	Orrell	MV50	Hoghton Flyers	0	0	0	0	0	0	0	0	0	45													51			51	1	194
1005	Tom	Hynes	MSEN				0	45	0	0	0	0	0	0	0					51										51	1	195
1051	Peter	Llewellyn	MV50	Mereley Runners			0	0	0	45	0	0	0	0	0							51								51	1	196
0594	Dan	Mead	MSEN	Bowland Fell Runners	47	0	0	0	0	0	0	0	0	0	0	49														49	1	197

Race Number	Forename	Surname	FV40 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		
0103	Bianca	Dyer	FV40	Helm Hill Runners	1	1	1	1	0	2	1	2	2	0	100	100	100	100		98	100	98	98		696	8	1
0456	Lisa	Parker	FV40	Rosendale Harriers	3	2	3	2	1	3	2	3	3	1	96	98	96	98	100	96	98	96	96	100	686	10	2
0076	Leanne	Scott	FV40	Leven valley	0	0	4	0	2	4	3	5	4	2			94		98	94	96	92	94	98	666	7	3
0156	Kirsten	Angus	FV40	Settle Harriers	7	0	0	4	3	5	4	6	5	0	89			94	96	92	94	90	92		647	7	4
0187	Liz	Whitfield	FV40	Helm Hill	9	10	8	0	4	6	6	0	7	0	87	86	88		94	90	90		89		624	7	5
0088	Colleen	Oldham	FV40	Leven Valley AC	19	20	11	9	10	9	9	10	11	7	77	76	85	87	86	87	87	86	85	89	607	10	6
0525	Libby	DIXON	FV40	Ambleside AC	18	9	10	0	0	8	8	0	10	4	78	87	86			88	88		86	94	607	7	7
0492	Rebecca	Atkinson	FV40		0	18	13	0	14	11	11	12	13	0		78	83		82	85	85	84	83		580	7	8
0810	Emma	Griffiths	FV40	Furness Fell Runners	25	0	16	8	15	15	13	9	0	0	71		80	88	81	81	83	87			571	7	9
0141	Anna	Baker	FV40	Helm Hill Runners	29	21	18	11	17	17	15	0	16	8	67	75	78	85	79	79	81		80	88	570	9	10
0224	Katharine	Shrine	FV40	Helm Hill	27	19	15	10	16	16	14	0	15	0	69	77	81	86	80	80	82		81		567	8	11
0679	Judith	Marshall	FV40	Settle harriers	0	12	12	5	9	0	0	8	9	0		84	84	92	87			88	87		522	6	12
0249	Sophie	Fosker	FV40	Bowland Fell Runers	0	0	5	0	0	0	5	0	6	3			92				92		90	96	370	4	13
0237	Maria	Hearn	FV40	Helm Hill	8	6	0	0	0	0	0	7	8	0	88	90						89	88		355	4	14
0482	Pam	Bagot	FV40	Settle	0	0	0	0	12	0	10	11	0	5					84		86	85		92	347	4	15
0744	Eve	Howard	FV40		0	16	0	0	13	12	0	0	0	6		80			83	84			90	337	4	16	
0440	Zoe	Robinson	FV40	Howgill Harriers	21	15	0	0	11	0	0	0	12	0	75	81			85				84		325	4	17
0663	Victoria	Wilkinson	FV40	Bingley Harriers	0	0	0	0	0	1	0	1	1	0						100		100	100		300	3	18
0243	Jess	Bagnall	FV40	Settle Harriers	12	5	0	3	0	0	0	0	0	0	84	92		96							272	3	19
0144	Jenna	Butler	FV40	Helm Hill	10	8	6	0	0	0	0	0	0	0	86	88	90								264	3	20
0048	Joanne	Haslett	FV40	Helm Hill	0	14	0	7	0	0	7	0	0	0		82		89			89				260	3	21
0761	Maggie	Wild	FV40	COLT	15	13	0	0	6	0	0	0	0	0	81	83			90						254	3	22
0750	Dawn	Bradley	FV40	None	0	0	0	0	0	14	12	0	14	0						82	84		82		248	3	23
0736	Lucie-Ellen	Todhunter	FV40	Helm Hill	4	0	2	0	0	0	0	0	0	0	94		98								192	2	24
0123	Amy	Pearman	FV40	Helm Hill	5	4	0	0	0	0	0	0	0	0	92	94									186	2	25

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
0643	Mark	McGoldrick	MV40	Settle Harriers	0	1	0	0	2	2	1	1	1	5		100			98	98	100	100	100	92	688	7	1	
0038	Javier	Simon	MV40	Helm hill	3	2	0	4	6	5	0	2	5	0	96	98		94	90	92		98	92		660	7	2	
0338	Ben	Timbers	MV40	Keighley and Craven	4	5	0	3	7	6	3	0	6	0	94	92		96	89	90	96		90		647	7	3	
0211	Nigel	Wood	MV40	Helmhill	0	9	7	7	0	8	7	0	7	8		87	89	89		88	89		89	88		619	7	4
0025	Alistair	Shawcross	MV40	Dallam	18	11	13	11	13	11	8	5	9	0	78	85	83	85	83	85	88	92	87		605	9	5	
0437	Sean	Robinson	MV40	Howgill Harriers	20	13	0	12	14	0	10	7	11	0	76	83		84	82		86	89	85		585	7	6	
0240	Andy	Ward	MV40	Settle Harriers	31	19	16	15	17	15	12	0	13	14	65	77	80	81	79	81	84		83	82	570	9	7	
0747	Stefan	Bradley	MV40	Unattached	33	0	18	16	0	16	13	0	14	11	63		78	80		80	83		82	85	551	7	8	
0661	Richard	Campbell	MV40	Howgill Harrier	35	23	20	0	18	0	0	10	15	12	61	73	76		78			86	81	84	539	7	9	
0906	colin	houston	MV40	helm hill	16	7	10	0	9	7	4	0	0	0	80	89	86		87	89	94				525	6	10	
0891	Scott	Rose	MV40		2	0	0	5	0	4	0	0	4	2	98			92		94			94	98	476	5	11	
0493	Matt	Atkinson	MV40		0	22	21	0	19	17	14	0	16	0		74	75		77	79	82		80		467	6	12	
0089	Ben	Oldham	MV40	Leven Valley AC	9	0	9	6	0	9	0	0	0	6	87		87	90		87				90	441	5	13	
0124	Matthew	Pearman	MV40	Helm Hill	22	15	0	9	0	0	0	4	0	9	74	81		87				94		87	423	5	14	
0612	Simon	Bailey	MV40	Staffordshire Moorlands AC	0	0	1	1	1	1	0	0	0	0			100	100	100	100					400	4	15	
0957	Steven	Devlun	MV40			8	6	8	0	0	5	0	0	0		88	90	88			92				358	4	16	
0301	David	Pease	MV40	Barlick Fell Runners	10	0	8	0	10	0	6	0	0	0	86		88		86		90				350	4	17	
0735	James	Todhunter	MV40	Helm Hill	14	0	12	0	0	0	9	9	0	0	82		84				87	87			340	4	18	
0245	Peter	Marston	MV40	Helm Hill	0	0	15	13	0	13	0	0	10	0			81	83		83			86		333	4	19	
0903	Rob	Crawford	MV40	Howgil	25	16	0	0	0	14	0	6	0	0	71	80				82		90			323	4	20	
0217	James	Wright	MV40	Settle Harriers	0	3	2	0	8	0	0	0	0	0		96	98		88						282	3	21	
0182	Mark	Cropper	MV40	Helm Hill	0	0	0	14	0	0	11	8	0	0				82			85	88			255	3	22	
0531	Daz	Slater	MV40	Ambleside AC	0	14	14	0	12	0	0	0	0	0		82	82		84						248	3	23	
0179	James	Bellarby	MV40	Bowland Fell Runners	23	18	0	0	0	12	0	0	0	0	73	78				84					235	3	24	
0446	Matt	Reedy	MV40	Ambleside AC	0	0	5	0	0	0	0	0	2	0			92						98		190	2	25	
0579	Joe	Todd	MV40	Kendal Ac	0	0	3	0	5	0	0	0	0	0			96		92						188	2	26	

0195	Craig	Burrow	MV40	Helm hill runners	8	0	0	0	0	0	0	3	0	0	88						96			184	2	27
0582	John	Millen	MV40	Helm Hill	0	6	0	0	0	0	0	0	0	7	90								89	179	2	28
0666	JUSTIN	TANCREL	MV40	Helm Hill	11	4	0	0	0	0	0	0	0	0	85	94								179	2	29
0993	Stephen	Potter	MV40	Unaffiliated			0	10	0	0	0	0	8	0				86				88	174	2	30	
1029	Steven	Baker	MV40	Independent			0	0	11	10	0	0	0	0					85	86			171	2	31	
0035	Anthony	Emmet	MV40	Helm Hill	19	10	0	0	0	0	0	0	0	0	77	86							163	2	32	
0655	Jonathan	Boadle	MV40	None	21	0	0	0	16	0	0	0	0	0	75					80			155	2	33	
0882	Matt	Davis	MV40	Howgill Harriers	0	21	19	0	0	0	0	0	0	0	75	77							152	2	34	
0099	Patrick	Burns	MV40	Helm Hill	27	0	0	0	15	0	0	0	0	0	69					81			150	2	35	
0804	Simon	Thomas	MV40	Eden Runners	29	0	0	0	0	0	0	0	0	13	67								83	150	2	36
0628	Rod	Scott	MV40	Helm Hill	26	17	0	0	0	0	0	0	0	0	70	79							149	2	37	
0779	Nathan	Davies	MV40	None	32	20	0	0	0	0	0	0	0	0	64	76							140	2	38	
0204	Joel	Jameson	MV40	Helm	1	0	0	0	0	0	0	0	0	0	100								100	1	39	
1078	Ben	Jackson	MV40	Eden Runners			0	0	0	0	0	0	0	1									100	100	1	40
0259	Steve	Jacques	MV40	Ambleside	0	0	0	2	0	0	0	0	0	0						98			98	1	41	
0578	Jethro	Whitfield	MV40	Wharfedale	0	0	0	0	0	0	2	0	0	0							98		98	1	42	
0673	Will	Acland	MV40	Helm hill runners	0	0	0	0	0	0	0	0	0	3									96	96	1	43
1017	Charlie	Lowther	MV40	Eden Runners			0	0	3	0	0	0	0	0							96		96	1	44	
1044	Neal	Crampton	MV40	Pudsey and bramley ac			0	0	0	3	0	0	0	0							96		96	1	45	
1074	Shane	Ohly	MV40	Helm Hill			0	0	0	0	0	3	0										96	96	1	46
0223	kieran	hodgson	MV40	Helm	0	0	4	0	0	0	0	0	0	0							94		94	1	47	
0469	Brian	Pennington	MV40	Howgill Harriers	0	0	0	0	4	0	0	0	0	0							94		94	1	48	
0564	Stephen	Pearce	MV40	Eden Runners	0	0	0	0	0	0	0	0	0	4									94	94	1	49
0176	Andrew	Wallace	MV40	Kendal AAC	5	0	0	0	0	0	0	0	0	0	92								92	1	50	
0517	Ben	Fletcher	MV40	Bowland Fell Runners	6	0	0	0	0	0	0	0	0	0	90								90	1	51	
0698	MARK	BRIGHTWELL	MV40	Helm	7	0	0	0	0	0	0	0	0	0	89								89	1	52	
1032	Ian	Hewitt	MV40	Eden Runners			0	0	0	0	0	0	0	10									86	86	1	53
0980	Jamie	Luxmoore	MV40	Ambleside AC			11	0	0	0	0	0	0	0							85		85	1	54	
0175	Chris	Lowe	MV40	Helm hill	12	0	0	0	0	0	0	0	0	0	84								84	1	55	
0409	Phil	Riley	MV40	Helm Hill	0	12	0	0	0	0	0	0	0	0							84		84	1	56	
1006	Edmund	Taylor	MV40				0	0	0	0	0	12	0										84	84	1	57
0113	Andrew	Douglas	MV40	Helm Hill	13	0	0	0	0	0	0	0	0	0	83								83	1	58	
0816	James	Grinbergs	MV40	Eden Runners	15	0	0	0	0	0	0	0	0	0	81								81	1	59	

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			ELTERWATER	BEST 7 TOTAL		
0148	Deborah	Gowans	FV50	Todmorden Harriers	1	1	0	3	1	1	1	1	1	1	0	100	100		96	100	100	100	100	100	100	100	700	8	1
0474	Lorna	Askew	FV50	Helm Hill	2	2	0	1	3	2	2	3	0	1	98	98		100	96	98	98	96		100	688	8	2		
0721	Rachael	Mellor	FV50	Howgill Harriers	4	0	2	4	6	3	0	4	3	3	94		98	94	90	96		94	96	96	668	8	3		
0334	Eleanor	Knowles	FV50	Ambleside AC	7	4	3	0	5	0	6	0	2	4	89	94	96		92		90		98	94	653	7	4		
0844	Caroline	D'Arcy	FV50	Helm Hill	19	11	6	5	9	8	9	6	6	5	77	85	90	92	87	88	87	90	90	92	629	10	5		
0486	Paula	Bowen	FV50	Ambleside	8	7	4	0	0	7	7	0	7	7	88	89	94			89	89		89	89	627	7	6		
0626	Ruth	Webster	FV50	non	13	10	8	6	8	6	8	7	11	8	83	86	88	90	88	90	88	89	85	88	621	10	7		
0092	Denise	Tunstall	FV50	Durham Fell Runners	0	12	7	0	7	9	12	5	5	0		84	89		89	87	84	92	92		617	7	8		
0339	vicki	sherrington	FV50	Helm Hill	12	8	5	0	0	5	11	0	10	10	84	88	92			92	85		86	86	613	7	9		
0687	Veronica	Waller	FV50	Dallam	14	13	9	8	0	0	13	8	0	12	82	83	87	88			83	88		84	595	7	10		
0665	ALISON	TANCREL	FV50	Helm Hill	22	0	12	0	12	12	16	9	14	14	74		84		84	84	80	87	82	82	583	8	11		
0177	Sonia	Woods	FV50	Bowland Fell Runners	21	9	0	7	0	10	0	0	8	11	75	87		89		86			88	85	510	6	12		
0847	Jayne	Scott	FV50		0	0	11	0	10	13	15	0	13	13			85		86	83	81		83	83	501	6	13		
0800	Karen	Bridge	FV50	Eden Runners	3	0	0	0	4	0	5	0	0	2	96				94		92			98	380	4	14		
0613	Kirstin	Bailey	FV50	Staffordshire Moorlands AC	0	0	1	2	2	0	0	0	0	0			100	98	98						296	3	15		
0114	Fliss	Milner	FV50	Helm Hill	10	0	0	0	0	0	0	0	9	9	86								87	87	260	3	16		
0153	Julia	Murfin	FV50	Settle Harriers	20	0	0	0	0	11	10	0	0	0	76					85	86				247	3	17		
0066	Lou	Bland	FV50	Helm Hill	17	14	0	0	0	0	0	0	12	0	79	82							84		245	3	18		
0379	Catherine	Cullinane	FV50	Helm hill	0	0	0	0	0	0	3	2	0	0							96	98			194	2	19		
0879	Tessa	Hagendoorn	FV50	None	5	6	0	0	0	0	0	0	0	0	92	90									182	2	20		
0120	Anna	Stevens	FV50	Helm Hill	15	0	0	0	0	0	14	0	0	0	81						82				163	2	21		
0003	Jo	Cater	FV50	Helm Hill	0	3	0	0	0	0	0	0	0	0		96									96	1	22		
0140	Caroline	Holden	FV50	Helm Hill	0	0	0	0	0	0	4	0	0	0							94				94	1	23		
1028	Dan	Cook	FV50				0	0	0	4	0	0	0	0						94				94	1	24			
1072	Anne	Mynott	FV50	Colwyn Bay AC			0	0	0	0	0	0	4	0									94		94	1	25		

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					
0042	Alastair	Dunn	MV50	Helm Hill Runners	0	1	0	1	1	1	1	1	1	1	1	1	1	100	100	100	100	100	100	100	100	100	100	100	100	700	8	1
0275	derek	hurton	MV50	Eden Runners	1	3	0	2	2	2	2	2	2	0	0		100	96		98	98	98	98	98	98					686	7	2
0178	David	Wilson	MV50	Bowland	12	6	2	5	3	5	0	4	3	3		84	90	98	92	96	92		94	96	96				664	9	3	
0457	Michael	Toman	MV50	Rosendale Harriers	7	8	4	7	5	6	7	5	4	4		89	88	94	89	92	90	89	92	94	94				645	10	4	
0045	Steve	King	MV50	Helm Hill	15	11	3	0	4	8	8	7	0	7		81	85	96		94	88	88	89		89			629	8	5		
0326	Jonathan	Tombs	MV50	Eden Runners	23	14	0	12	7	0	11	12	11	10		73	82		84	89		85	84	85	86				595	8	6	
0311	Andrew	Russell	MV50	Helm Hill	22	15	5	10	9	0	10	8	0	0		74	81	92	86	87		86	88						594	7	7	
0116	Stuart	Lockton	MV50	Helm Hill	20	0	7	9	0	13	13	9	9	0		76		89	87		83	83	87	87					592	7	8	
0387	Chris	Evans	MV50	Ambleside AC	24	13	6	11	0	10	12	0	8	0		72	83	90	85		86	84		88					588	7	9	
0368	Peter	Ellwood	MV50	Settle Harriers	29	17	11	15	0	0	15	10	13	8		67	79	85	81			81	86	83	88				583	8	10	
0256	Andy	Connor	MV50	Ambleside	31	21	15	19	13	19	18	0	15	14		65	75	81	77	83	77	78		81	82				559	9	11	
0617	ANDY	HOLDEN	MV50	Achille Ratti CC	18	0	8	8	0	0	0	6	7	5		78		88	88				90	89	92				525	6	12	
0104	Jacob	Dyer	MV50	Helm Hill Runners	3	4	0	3	0	4	4	0	0	0		96	94		96		94	94							474	5	13	
0132	Phil	Davies	MV50	Preston Harriers	30	20	14	18	0	0	16	13	0	0		66	76	82	78			80	83						465	6	14	
0975	Anthony	Bowness	MV50	Kendal AC			9	0	0	0	7	5	0	6	6			87			89	92		90	90				448	5	15	
0236	Alistair	Hearn	MV50	Helm Hill	8	0	0	6	0	0	6	0	5	0		88			90			90	92						360	4	16	
0393	Mark	Charnley	MV50	Settle Harriers	0	0	0	0	0	18	14	0	14	13							78	82		82	83				325	4	17	
0523	daniel	Rayson	MV50		0	19	12	0	12	0	17	0	0	0				77	84		84		79						324	4	18	
0331	Jeremy	Wilkinson	MV50	Keighley & Craven	27	18	9	0	0	0	0	0	10	0		69	78	87					86						320	4	19	
0033	James	Baron	MV50	Helm Hill	0	0	0	0	0	0	3	3	2	0								96	96	98					290	3	20	
0306	Andrew	Cox	MV50	Helm Hill	16	10	0	0	0	0	9	0	0	0		80	86					87							253	3	21	
1010	Toby	Campbell	MV50	Unattached				0	17	11	16	0	0	0						79	85	80							244	3	22	
0273	Simon	Mounsey	MV50	Howgill Harriers	2	2	0	0	0	0	0	0	0	0		98	98												196	2	23	
0684	Paul	Dugdale	MV50	Helm Hill Runners	5	0	1	0	0	0	0	0	0	0		92		100											192	2	24	
0356	James	Bailey	MV50	Leven Valley AC	0	5	0	0	0	0	0	0	0	2				92						98				190	2	25		
0961	Jeffrey	Chadwick	MV50	Glaxo Hoad Hill Harriers			12	0	0	6	0	0	0	0				84			90								174	2	26	

Race Number	Forename	Surname	FV60	Category Race Positions											Category Points								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	BEST 7 TOTAL	
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	1	3	2	0	0	1	1	2	1	1	100	96	98				100	100	98	100	100	696	8	1
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	4	0	3	2	2	2	2	1	2	2	94		96	98	98	98	98	100	98	98		688	9	2
0016	Jill	Gates	FV60	Settle Harriers	8	8	6	3	4	4	6	3	5	5	88	88	90	96	94	94	90	96	92	92		654	10	3
0763	Marian	de Silver	FV60	Dallam	6	6	5	4	3	3	4	0	0	0	90	90	92	94	96	96	94					652	7	4
0528	Sonja	Vietoris	FV60	Dallam Running	7	9	7	5	5	0	5	4	4	4	89	87	89	92	92		92	94	94	94		647	9	5
0121	Alison	Eagle	FV60	Wharfedale Harriers	2	1	1	1	1	0	0	0	0	0	98	100	100	100	100							498	5	6
0565	Mary	Ockenden	FV60	Bowland Fell Runners	3	4	4	0	0	0	0	0	0	0	96	94	94									284	3	7
0561	Louise	Dunn	FV60		0	0	0	0	0	0	3	0	3	0							96		96		192	2	8	
0952	Sue	Cordingley	FV60	Bingley		2	0	0	0	0	0	0	0	0		98										98	1	9
0093	Jill	Libby	FV60	Eden Runners	0	0	0	0	0	0	0	0	0	3									96			96	1	10
0508	Angela	Brand-Barker	FV60	Helm Hill	5	0	0	0	0	0	0	0	0	0	92											92	1	11
0969	Linda	Edmondson	FV60	WFRA		5	0	0	0	0	0	0	0	0		92										92	1	12
0960	Judy	Sharples	FV60	Clayton le Moors Harriers		7	0	0	0	0	0	0	0	0		89										89	1	13
0506	Kathryn	Hopkirk	FV60		9	0	0	0	0	0	0	0	0	0	87											87	1	14

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	BEST 7 TOTAL
0040	David	Griffin	MV60	Helm Hill Runners	1	1	1	3	1	1	1	4	1	0	100	100	100	96	100	100	100	94	100	700	9	1	
0018	Paul	Revell	MV60		2	3	2	4	2	3	2	3	0	4	98	96	98	94	98	96	98	96	94	680	9	2	
0150	Brian	Hickey	MV60	Cheshire Hill Racers	4	2	0	5	4	5	3	2	2	0	94	98		92	94	92	96	98	98	670	8	3	
0094	Ray	Gill	MV60	Helm Hill	0	0	8	6	3	4	4	5	3	2			88	90	96	94	94	92	96	98	660	8	4
0091	John	Jones	MV60	Helm Hill	6	6	4	0	0	0	7	7	4	5	90	90	94				89	89	94	92	638	7	5
0188	Alistair	Welsh	MV60	Bowland Fell Runners	11	8	5	8	5	7	0	8	5	7	85	88	92	88	92	89		88	92	89	630	9	6
0584	Colin	Valentine	MV60	Keswick	23	11	10	7	12	9	12	6	7	6	73	85	86	89	84	87	84	90	89	90	616	10	7
0043	Keith	Masser	MV60	Helm Hill Runners	17	0	12	0	11	11	11	10	10	8	79		84		85	85	85	86	86	88	599	8	8
0166	Graham	Schofield	MV60	Horwich RMI Harriers	3	4	0	2	0	2	5	0	0	0	96	94		98		98	92			478	5	9	
0793	Andy	Evans	MV60	Settle Harriers	0	0	7	0	9	10	10	0	8	0			89		87	86	86		88	436	5	10	
0720	David	Roper	MV60	Howgill Harriers	14	0	6	0	6	6	0	0	0	0	82		90		90	90				352	4	11	
0069	Steve	Wathall	MV60		0	9	11	0	7	8	0	0	0	0		87	85		89	88				349	4	12	
0560	Graham	Capper	MV60	Helm Hill	0	0	0	0	0	12	14	0	11	9						84	82		85	87	338	4	13
0716	david	downes	MV60	WCOC	21	14	0	10	13	0	0	0	0	0	75	82		86	83					326	4	14	
0230	Billy	Procter	MV60	Helm Hill	0	0	0	1	0	0	0	1	0	1				100				100	100	300	3	15	
0675	Paul	Johnson	MV60	Bowland Fell Runners	7	5	3	0	0	0	0	0	0	0	89	92	96							277	3	16	
0342	Chris	Speight	MV60	Kendal AAC	0	0	0	0	0	0	8	0	6	3							88		90	96	274	3	17
0659	Allan	Miller	MV60		0	10	9	9	0	0	0	0	0	0		86	87	87						260	3	18	
0700	David	Mainwaring	MV60		12	0	0	0	10	0	13	0	0	0	84				86		83			253	3	19	
0315	David	Rosen	MV60	Lancaster & Morecambe AC	24	15	0	0	0	0	0	11	0	0	72	81						85		238	3	20	
0118	Andrew	Stokes	MV60	Dallam	8	0	0	0	0	0	6	0	0	0	88						90			178	2	21	
0262	Mike	Falgate	MV60	Helm Hill	0	0	0	0	8	0	0	0	9	0					88			87		175	2	22	
0381	Russell	Cannon	MV60	Helm Hill Runners	0	0	0	0	0	0	9	9	0	0							87	87		174	2	23	
0618	Tim	Murray	MV60	Helm Hill	9	12	0	0	0	0	0	0	0	0	87	84								171	2	24	
0127	Jim	Fisher	MV60	Howgill Harriers	13	0	0	0	0	0	15	0	0	0	83						81			164	2	25	

Race Number	Forename	Surname	FV70 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
0030	Wendy	Dodds	FV70	Dallam Running Club	1	1	0	1	0	0	1	1	1	1	100	100		100			100	100	100	100	700	7	1
0316	Miriam	Rosen	FV70	Lancaster & Morecambe AC	2	2	0	0	0	0	0	0	0	0	98	98									196	2	2

Race Number	Forename	Surname	MV70 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
0363	John	Taylor	MV70	Bowland FR	0	1	1	1	1	0	0	2	0	1	100	100	100	100		98		100	598	6	1	
0714	Rudolf	Maciejkowicz	MV70		1	2	0	0	0	0	1	0	0	0	100	98				100			298	3	2	
0183	Trevor	Metcalfe	MV70	Wharfedale Harriers	0	0	4	0	0	1	2	0	0	0			94		100	98			292	3	3	
0257	Mike	Walsh	MV70	Kendal	2	0	3	0	0	0	0	0	0	0	98		96						194	2	4	
0013	Michael	McLoughlin	MV70	Preston Harriers	0	0	0	0	0	0	0	1	0	0						100			100	1	5	
0822	Ralph	Liddell	MV70	Eden Runners	0	0	2	0	0	0	0	0	0	0			98						98	1	6	