

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					
0066	Lola	Hodgson	u11G	Ambleside AC	1	1	1	0	1	1	1	1	1	1	1	1	100	100	100		100	100	100	100	100	100	100	100	100	500	9	1
0582	Romy	Barron	u11G	Ambleside	2	2	6	0	2	4	3	4	4	3		98	98	90		98	94	96	94	94	96				486	9	2	
0191	Isla	Dalton	u11G	Helm Hill	3	0	2	0	0	3	4	3	5	2		96		98			96	94	96	92	98				484	7	3	
0355	Teigan	Wilcock	u11G	Ambleside AC	4	6	4	4	3	2	2	9	3	6		94	90	94	94	96	98	98	87	96	90				482	10	4	
0194	Gabrielle	Murray	u11G	Leven Valley	0	0	3	3	0	5	6	0	7	0				96	96		92	90		89					463	5	5	
0565	Iris	Lodge	u11G	Settle Harriers	8	5	9	9	4	8	8	5	8	4		88	92	87	87	94	88	88	92	88	94				460	10	6	
0853	Izzy	Lambert	u11G	Settle Harriers	0	7	7	2	5	7	11	6	11	7			89	89	98	92	89	85	90	85	89				458	9	7	
0284	Sienna	ousfield-Evan	u11G	Settle Harriers	10	8	10	5	6	14	14	0	0	0		86	88	86	92	90	82	82							442	7	8	
0594	Harriet Lily	Coward	u11G	Ambleside AC	11	0	0	6	7	11	13	8	9	8		85			90	89	85	83	88	87	88				442	8	9	
0690	Amika Rose	Gregory	u11G	Helm Hill	15	0	16	0	14	10	9	10	10	5		81		80		82	86	87	86	86	92				437	8	10	
0213	Flo	Evans	u11G	Settle Harriers	14	11	15	7	9	20	15	12	13	0		82	85	81	89	87	76	81	84	83				428	9	11		
0536	Nieve	Stephenson	u11G	Ambleside AC	12	13	14	8	8	19	16	14	16	12		84	83	82	88	88	77	80	82	80	84				427	10	12	
0322	Beau	Smith	u11G	Ambleside AC	0	0	11	0	10	0	12	0	12	9				85		86		84		84	87				426	5	13	
0467	Maya	Zaboklicka	u11G	Furness Fell Runners	0	9	8	10	0	13	0	0	0	0			87	88	86		83								344	4	14	
0931	Mila	Lefton	u11G	Ambleside AC	0	0	12	0	11	0	0	11	0	10				84		85			85		86				340	4	15	
0436	Matilda	Upton	u11G		0	0	5	0	0	0	10	0	6	0			92				86		90					268	3	16		
1038	Ruby	Taylforth	u11G	Ambleside	0	0	0	0	0	0	0	13	15	11									83	81	85				249	3	17	
0382	Celeste	Whittington	u11G	Helme Hill	13	0	0	0	0	0	18	0	14	0		83						78		82				243	3	18		
1041	Elsie	Duffy	u11G	Rosendale Harriers	0	0	0	0	0	0	0	2	2	0									98	98				196	2	19		
0966	Hannah	Nicholls	u11G	Teigan and district harriers and a	0	0	0	1	0	0	5	0	0	0					100			92						192	2	20		
0143	Mila	Sillito	u11G	Helm Hill Runners	5	3	0	0	0	0	0	0	0	0		92	96											188	2	21		
0745	India	Leigh	u11G	Helm Hill	6	0	0	0	0	9	0	0	0	0		90					87							177	2	22		
0864	Isabella	Scanlon	u11G	Furness fell runners	0	10	13	0	0	0	0	0	0	0			86	83										169	2	23		
0210	Betty	Jacques	u11G	Unattached	9	0	0	0	0	15	0	0	0	0		87					81							168	2	24		
0778	Isla	Devlin	u11G		0	12	0	0	0	12	0	0	0	0			84				84							168	2	25		
0383	Jessie	Whittington	u11G	Helme Hill	16	0	0	0	0	0	19	0	0	0		80							77					157	2	26		

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	POSITION				
0474	Calum	McGoldrick	u11B	Settle Harriers	1	1	0	1	1	1	1	0	1	1	100	100	100	100	100	100	100	100	100	100	100	100	100	100	500	8	1
0458	Luca	Crawshaw	u11B	Bowland Fell Runners	2	4	1	7	2	2	2	0	3	6	98	94	100	89	98	98	98	98	96	90	96	90	492	9	2		
0096	Sean	Wild -Garcia	u11B	Kendal athletics club	3	2	2	3	6	3	3	1	4	5	96	98	98	96	90	96	96	100	94	92	488	10	3				
0299	Freddie	Fretwell	u11B	Settle Harriers	0	3	4	4	10	4	14	2	5	2		96	94	94	86	94	82	98	92	98	480	9	4				
0328	Bobby	France	u11B	Settle Harriers	4	6	5	2	7	5	9	3	8	3	94	90	92	98	89	92	87	96	88	96	476	10	5				
0333	Haris	Riaz	u11B	Sedbergh School	12	0	3	0	4	7	7	0	2	7	84		96		94	89	89		98	89	466	7	6				
0334	Freddie	Brown	u11B	Settle Harriers	7	7	7	8	12	0	15	4	12	0	89	89	89	88	84		81	94	84		449	8	7				
0281	Olly	Fox	u11B	Settle Harriers	9	0	6	5	9	9	10	0	6	0	87		90	92	87	87	86		90		446	7	8				
0539	Judah	Basham	u11B	Ambleside AC	0	0	10	11	3	0	11	5	0	0			86	85	96		85	92			444	5	9				
0052	Danny	Nunns	u11B	Helm Hill	6	9	11	9	13	10	6	7	10	10	90	87	85	87	83	86	90	89	86	86	443	10	10				
0475	Finlay	McGoldrick	u11B	Settle Harriers	8	10	0	6	8	8	8	0	13	0	88	86		90	88	88	88		83		442	7	11				
0171	Callum	Ainsworth	u11B	Helm Hill	10	5	9	0	11	12	12	0	7	9	86	92	87		85	84	84		89	87	441	8	12				
0329	Rowan	Griffiths	u11B	Furness Fell Runners	0	11	0	10	14	0	13	10	9	0		85		86	82		83	86	87		427	6	13				
0450	Fraser	Hall	u11B	Skyrack AC	11	0	0	13	15	16	0	9	0	0	85			83	81	80		87			416	5	14				
0032	Ted	McAleese	u11B	Ambleside AC	0	0	16	12	0	0	16	0	15	14			80	84		80		81	82		407	5	15				
0018	Andrew	Skeldon	u11B	Settle Harriers	16	0	21	0	18	20	20	0	16	0	80		75		78	76	76		80		390	6	16				
0236	Dougie	Giles	u11B	Settle Harriers	0	0	15	0	5	6	5	0	0	0			81		92	90	92				355	4	17				
0926	Harrison	Reid	u11B	N/a	0	0	12	0	19	0	4	0	0	11			84		77		94		85		340	4	18				
0282	Seth	Parker	u11B	Settle Harriers	15	0	0	0	0	21	21	0	0	15	81					75	75		81		312	4	19				
0136	Jasper	Rose	u11B	Helm Hill	13	0	0	0	0	0	19	0	14	0	83						77		82		242	3	20				
1009	Fabian	Bulprich	u11B	Ambleside	0	0	0	0	0	0	18	0	17	12							78		79	84	241	3	21				
0324	Oliver	Marshall	u11B	Ambleside AC	0	13	20	0	16	0	0	0	0	0		83	76		80						239	3	22				
1048	William	Bamforth	u11B	Ambleside AC	0	0	0	0	0	0	0	6	0	8								90		88	178	2	23				
1049	Sam	Bamforth	u11B	Ambleside AC	0	0	0	0	0	0	0	8	0	13								88		83	171	2	24				
0935	Flynn	Hampshaw	u11B	Ambleside AC	0	0	14	0	0	0	0	12	0	0			82					84			166	2	25				
0849	George	Lowde	u11B	Clayton Le Moors Harriers	0	0	0	0	0	0	17	0	11	0								79		85	164	2	26				

Race Number	Forename	Surname	u13G 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
0584	Mila	Barron	u13G	Ambleside	0	1	1	0	1	0	1	2	0	1		100	100		100	100	98		100	500	6	1	
0415	Iris	Thwaites	u13G	Ambleside AC	1	0	2	1	2	0	0	1	0	0	100		98	100	98			100			496	5	2
0016	Charlotte	Richardson	u13G	Helm Hill	2	2	4	2	3	3	2	3	1	2	98	98	94	98	96	96	98	96	100	98	492	10	3
0107	Imogen	Moore	u13G	Leven Valley	0	0	6	0	4	4	3	0	2	3			90		94	94	96		98	96	478	6	4
0665	Rona	Houston	u13G	Helm Hill	4	6	0	3	6	7	5	0	3	0	94	90		96	90	89	92		96		468	7	5
0615	Islay	Atkinson	u13G	None	3	10	8	0	0	8	15	10	4	6	96	86	88			88	81	86	94	90	456	8	6
0651	Freya	Hodgson-Jones	u13G	Ambleside AC	0	5	12	4	0	18	11	6	0	8		92	84	94		78	85	90		88	449	7	7
0277	Tess	Reedy	u13G	Ambleside AC	6	0	0	0	11	15	9	5	7	7	90				85	81	87	92	89	89	447	7	8
0087	Silvie	Parsons	u13G	Helm Hill	5	8	7	0	0	10	6	0	0	9	92	88	89			86	90			87	446	6	9
0406	Lucy	Ward	u13G	Settle Harriers	10	9	9	6	0	11	0	8	5	0	86	87	87	90		85		88	92		444	7	10
0094	Maia	Dacre	u13G	Helm Hill	8	13	13	0	7	12	8	0	6	0	88	83	83		89	84	88		90		439	7	11
0055	Elodie	Haslett	u13G	Helm Hill	9	12	10	0	0	0	7	0	0	5	87	84	86				89		92		438	5	12
0104	Lana	Fosker	u13G	Bowland Fell Runners	0	11	11	5	9	17	20	0	10	10		85	85	92	87	79	76		86	86	436	8	13
0172	Jessica	Ainsworth	u13G	Helm Hill	11	14	0	0	10	23	18	11	0	11	85	82			86	73	78	85		85	423	7	14
0447	Tabetha	Pell	u13G	Ambleside AC	12	0	0	0	12	24	17	0	8	0	84				84	72	79		88		407	5	15
0836	Lily	Neville	u13G	None	0	0	16	7	0	22	21	0	11	0			80	89		74	75		85		403	5	16
0268	Megan	Wright	u13G	Settle Harriers	0	0	15	0	8	14	12	0	0	0			81		88	82	84				335	4	17
0071	Bleu	Bailey	u13G	Staffordshire Moorlands AC	0	0	3	0	0	1	0	0	0	0			96			100					196	2	18
0323	Ivy	Marshall	u13G	Ambleside AC	0	0	5	0	0	0	0	4	0	0			92					94			186	2	19
1001	Ella	Cagatay	u13G	Helm Hill	0	0	0	0	0	0	4	9	0	0							94	87			181	2	20
0927	Sophie	Lawson	u13G	Ambleside AC	0	0	14	0	0	0	0	7	0	0			82					89			171	2	21
0140	Martha	Johnson	u13G	Helm Hill	0	0	0	0	0	9	13	0	0	0						87	83				170	2	22
0992	Poppy	Carlton	u13G		0	0	0	0	0	0	14	0	9	0							82	87			169	2	23
0746	Izzy	Leigh	u13G	Helm Hill	0	0	0	0	0	16	10	0	0	0						80	86				166	2	24
0857	Clara	Jones	u13G	Helm Hill	0	0	0	0	0	19	16	0	0	0						77	80				157	2	25
0780	Chloe	Devlin	u13G		0	15	0	0	0	25	0	0	0	0		81				71					152	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	
0095	Tom	Craker	u13B	Ambleside AC	0	0	2	1	1	0	1	1	1	1			98	100	100		100	100	100	100	100	500	7	1
0401	Jos	Jebb	u13B	Helm Hill Runners	1	0	4	4	0	5	2	2	3	2	100		94	94		92	98	98	96	98		490	8	2
0310	Harri	Tancrel	u13B	Helm Hill	5	2	3	3	2	4	3	0	2	0	92	98	96	96	98	94	96		98			486	8	3
0131	Charlie	Hodgson	u13B	Helm Hill	2	3	0	0	3	0	4	4	4	3	98	96			96		94	94	94	96	96	480	7	4
0393	Kit	Evans	u13B	Ambleside AC	3	4	6	6	4	0	5	3	5	4	96	94	90	90	94		92	96	92	94	94	474	9	5
0112	Lawrie	Belshaw	u13B	Ambleside	10	7	12	5	9	16	9	6	7	5	86	89	84	92	87	80	87	90	89	92	92	452	10	6
0005	Rhys	Price	u13B	Darlington Harriers	6	8	5	0	6	13	7	0	6	8	90	88	92		90	83	89		90	88	88	451	8	7
0183	Charlie	Potter	u13B	Helm Hill	8	0	8	0	8	15	6	5	0	6	88		88		88	81	90	92		90		448	7	8
0017	James	Skeldon	u13B	Settle Harriers	7	0	10	0	7	9	8	0	8	0	89		86		89	87	88		88			441	6	9
0346	Ben	Ryan	u13B	Helm Hill	0	0	7	11	0	8	10	0	0	7			89	85		88	86			89		437	5	10
0444	Jonty	Brodie	u13B	Helm Hill	11	9	0	7	13	21	13	8	9	12	85	87		89	83	75	83	88	87	84	84	436	9	11
0637	Peter	Butler	u13B	Ambleside AC	0	11	13	10	12	14	11	7	0	9		85	83	86	84	82	85	89		87		432	8	12
0839	George	Bromley	u13B	Settle Harriers	0	13	16	8	10	19	12	9	10	11		83	80	88	86	77	84	87	86	85	85	432	9	13
0031	James	McAleese	u13B	Ambleside AC	0	0	14	9	0	0	14	0	11	10			82	87			82		85	86	86	422	5	14
0212	Stanley	Evans	u13B	Settle Harriers	13	15	18	12	15	23	17	10	16	0	83	81	78	84	81	73	79	86	80			415	9	15
0670	Philip	Bolland	u13B	Helm Hill	12	12	15	0	0	22	15	0	13	13	84	84	81			74	81		83	83	83	415	7	16
0531	Stanley	Atkinson	u13B	Helm	0	14	0	14	16	24	19	0	14	14		82		82	80	72	77		82	82	408	7	17	
0385	Kit	Grandison	u13B	Helm Hill	0	0	0	13	14	0	21	0	18	15				83	82		75		78	81	399	5	18	
0466	Theo	Zaboklicki	u13B	Furness Fell Runners	0	1	1	2	0	1	0	0	0	0		100	100	98		100						398	4	19
0337	Murray	Page	u13B	Helm Hill	17	0	0	15	0	32	22	0	19	16	79			81		64	74		77	80	391	6	20	
0848	Harry	Lowde	u13B	Clayton Le Moors Harriers	0	6	0	0	0	10	16	0	12	0		90				86	80		84			340	4	21
0573	Harry	Hearn	u13B	Helm	14	0	0	0	0	25	18	0	17	0	82					71	78		79			310	4	22
0758	Kornel	Devlin	u13B		18	16	19	0	0	26	0	0	0	0	78	80	77			70						305	4	23
0187	Harry	Gould	u13B	Unattached	19	17	20	0	0	29	0	0	0	0	77	79	76			67						299	4	24
0235	Rhuari	Trott	u13B	Helm Hill	16	0	0	0	0	31	20	0	0	0	80					65	76					221	3	25

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		
0221	Joseph	Green	u15B	Ambleside AC	1	2	1	2	1	1	1	1	0	1	0	100	98	100	98	100	100	100	100	100	100	100	500	8	1
0092	Sam	Oldham	u15B	Leven Valley AC	0	1	3	1	6	0	0	1	3	0		100	96	100	90			100	96			492	6	2	
0232	Evan	Mulvany	u15B	Helm Hill Runners	2	3	0	0	2	2	2	2	2	1	98	96			98	98	98	98	98	100	492	8	3		
0420	Edward	Shawcross	u15B	Ambleside AC	3	4	2	3	3	3	3	3	0	3	96	94	98	96	96	96	96	96		96	482	9	4		
0251	Riley	Scott	u15B	Leven valley	0	6	4	0	4	4	4	4	4	2		90	94		94	94	94	94	94	98	474	8	5		
0250	Oliver	Scott	u15B	Leven valley	0	9	5	0	5	5	5	6	5	4		87	92		92	92	92	90	92	94	462	8	6		
0301	Thomas	Iveson	u15B	Ambleside AC	6	10	8	0	8	0	6	7	0	5	90	86	88		88		90	89		92	449	7	7		
0193	Henry	Murray	u15B	Leven Valley	0	8	12	5	7	6	7	0	0	0		88	84	92	89	90	89				448	6	8		
0127	Carl	Sanderson	u15B	Settle Harriers	8	11	0	8	9	8	10	5	6	0	88	85		88	87	88	86	92	90		446	8	9		
0437	Stan	Marston	u15B	Helm Hill	9	0	13	7	10	11	9	0	0	0	87		83	89	86	85	87				434	6	10		
0015	Aaron	Richardson	u15B	Helm Hill	7	12	0	9	12	12	11	0	8	0	89	84		87	84	84	85		88		433	7	11		
0451	Joss	Wood	u15B	Helm Hill Runners	0	0	0	0	11	0	12	0	7	6					85		84		89	90	348	4	12		
0465	Noah	Zaboklicki	u15B	Furness Fell Runners	0	0	10	4	0	7	0	0	0	0			86	94		89					269	3	13		
0790	Ryan	Birt Reed	u15B	Leven Valley	0	0	7	6	0	0	8	0	0	0			89	90			88				267	3	14		
0535	Dougal	Houston	u15B	Helm Hill	5	0	9	0	0	0	0	0	0	0	92		87								179	2	15		
0890	Oscar	Timbers	u15B	Keighley and Craven	0	7	6	0	0	0	0	0	0	0		89	90								179	2	16		
0135	Austin	Rose	u15B	Helm Hill	0	0	0	0	0	0	14	0	9	0							82		87		169	2	17		
0612	Rowan	Bradley	u15B	Ambleside	10	13	0	0	0	0	0	0	0	0	86	83									169	2	18		
0942	Ben	Rixom	u15B	Leven Valley	0	0	14	0	0	0	13	0	0	0			82				83				165	2	19		
0492	Thomas	Jebb	u15B	Bingley harriers	4	0	0	0	0	0	0	0	0	0	94										94	1	20		
0426	Cooper	Wadsworth	u15B	Helm Hill	0	5	0	0	0	0	0	0	0	0		92									92	1	21		
0737	Freddie	Crawford	u15B	Helm Hill Runners	0	0	0	0	0	0	0	0	0	7									89		89	1	22		
0805	Edward	Walker	u15B	Settle Harriers	0	0	0	0	0	9	0	0	0	0						87					87	1	23		
0804	Samuel	Lephard	u15B	Bingley Harriers	0	0	0	0	0	10	0	0	0	0						86					86	1	24		
0505	Wilf	Hudson	u15B	Chorley ATC	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				
			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
0315	Lizzy	Allison	FSEN	Settle Harriers	1	0	0	1	2	1	0	1	1	1	100				100	98	100	100	100	100	100	100	100	698	7	1
0155	Rosie	Parkinson	FSEN	Helm Hill Runners	4	0	2	5	4	2	2	2	0	5	94		98	92	94	94	98	98	98		92		672	8	2	
0364	Emma	Kearsey	FSEN	Helm Hill Runners	5	2	5	0	5	3	3	4	3	4	92	98	92		92	96	96	94	96	94	96	94	666	9	3	
0243	Bianca	Dyer	FV50	Helm Hill	7	3	11	4	0	0	4	0	4	3	89	96	85	94			94		94	96	96		648	7	4	
0275	Jane	Reedy	FV40	Ambleside AC	23	4	0	6	13	8	15	3	6	6	73	94		90	83	88	81	96	90	90			631	9	5	
0501	Charlotte	Seward	FSEN	Unaffiliated	0	7	0	11	6	4	8	0	5	9		89		85	90	94	88		92	87			625	7	6	
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	17	17	13	14	9	0	13	5	8	15	79	79	83	82	87		83	92	88	81			596	9	7	
0249	Leanne	Scott	FV40	Leven valley	0	9	19	0	10	5	16	0	9	10		87	77		86	92	80		87	86			595	7	8	
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0	6	7	0	14	10	22	0	7	12		90	89		82	86	74		89	84			594	7	9	
0025	Katie	Milburn	FV40	Eden Runners	0	0	23	13	11	21	0	10	10	19			73	83	85	75		86	86	77			565	7	10	
0010	Jo	Cater	FV50	Helm Hill	27	15	0	19	0	20	24	7	0	17	69	81		77		76	72	89		79			543	7	11	
0211	Beth	Evans	FSEN	Settle Harriers	33	0	31	16	18	23	25	6	14	0	63		65	80	78	73	71	90	82				539	8	12	
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	43	23	35	20	17	28	34	11	17	22	53	73	61	76	79	68	62	85	79	74			534	10	13	
0121	Vicky	Woof	FU21	Howgill Harriers	38	0	0	23	22	38	23	12	13	13	58			73	74	58	73	84	83	83			528	8	14	
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	28	22	27	21	19	19	29	0	16	21	68	74	69	75	77	77	67		80	75			527	9	15	
0363	Esther	Lambert	FSEN	Helm Hill	37	20	26	0	0	16	32	15	0	23	59	76	70			80	64	81		73			503	7	16	
0343	Claire	Kennedy	FSEN		13	11	17	12	0	0	0	0	11	11	83	85	79	84					85	85			501	6	17	
0657	Caroline	D'Arcy	FV50	Helm Hill	41	28	43	24	29	0	39	0	20	25	55	68	53	72	67		57		76	71			466	8	18	
0356	Rebecca	Atkinson	FV40	Howgill Harriers	52	39	45	0	23	0	33	17	19	31	44	57	51		73		63	79	77	65			465	8	19	
0365	Vicki	Sherrington	FV50	Helm Hill	45	31	50	0	27	42	0	20	24	28	51	65	46		69	54		76	72	68			455	8	20	
0199	Wendy	Dodds	FV70	Dallam Running Club	0	26	0	18	0	40	0	9	18	18		70		78		56		87	78	78			447	6	21	
0645	Ruth	Webster	FV50	Non	50	33	48	0	25	0	37	18	22	0	46	63	48		71		59	78	74				439	7	22	
0533	Debbie	Thompson	FV60	Eden runners	56	34	46	0	0	0	47	16	21	26	40	62	50				49	80	75	70			426	7	23	
0709	Zoe	Robinson	FV40	Howgill Harrier	46	30	47	0	28	0	41	0	23	32	50	66	49		68		55		73	64			425	7	24	
0679	Anna	Stevens	FV50	Helm Hill	70	35	57	33	32	47	50	24	28	0	26	61	39	63	64	49	46	72	68				423	9	25	
0497	Gemma	Lane	FSEN	Eden	26	0	16	8	0	6	7	0	0	0	70		80	88		90	89						417	5	26	
0293	Jill	Gates	FV60	Settle Harriers	0	42	0	30	41	55	53	21	32	39		54		66	55	41	43	75	64	57			414	8	27	

0656	Steph	Jones	FV40	Ambleside ac	18	8	0	10	0	13	17	0	0	0	78	88	86	83	79	414	5	28		
0456	Denise	Tunstall	FV50	Durham Fell Runners	55	32	49	25	31	0	43	0	0	27	41	64	47	71	65	53	69	410	7	29
0609	Dawn	Bradley	FV40		68	37	52	0	33	0	0	19	25	37	28	59	44	63	77	71	59	401	7	30
0714	Rhiannon	Douglas	FSEN	Border harriers	2	1	0	0	3	0	0	0	2	0	98	100	96	98			392	4	31	
0099	Debbie	Howard	FV50	Furness Fell Runners	0	0	30	22	15	0	0	13	0	20		66	74	81	83	76	380	5	32	
0075	Katharine	Shrine	FV40	Helm Hill	65	36	0	0	35	48	48	0	27	35	31	60	61	48	48	69	61	378	7	33
0715	Veronica	Waller	FV50	Dallam	72	38	55	0	0	46	46	23	30	0	24	58	41	50	50	73	66	362	7	34
0490	Rebecca	Hare	FSEN	Ambleside	15	0	8	2	0	0	5	0	0	0	81	88	98	92			359	4	35	
0432	Angela	Burley	FV60	Helm Hill	77	44	61	0	36	50	0	22	31	0	19	52	35	60	46	74	65	351	7	36
0023	Sonia	Woods	FV50	Bowland Fell Runners	78	0	59	32	34	54	44	0	26	0	18	37	64	62	42	52	70	345	7	37
0706	Sonja	Vietoris	FV60	Dallam Running Club	73	41	62	0	38	0	49	0	29	36	23	55	34	58	47	67	60	344	7	38
0156	Ruth	Bell	FSEN	Helm Hill	0	0	18	7	8	0	12	0	0	0		78	89	88	84		339	4	39	
0308	Alison	Tancrel	FV50	Helm Hill	74	40	0	0	40	52	54	0	34	42	22	56	56	44	42	62	54	336	7	40
0686	Jenny	Lyon	FV40	Dallam RC	14	12	15	0	7	0	0	0	0	0	82	84	81	89			336	4	41	
0704	Kate	Morley	FSEN		59	25	0	28	24	0	0	14	0	0	37	71	68	72	82		330	5	42	
0223	Jayne	Scott	FV50	Helm Hill	75	45	60	0	39	49	52	0	35	0	21	51	36	57	47	44	61	317	7	43
0511	Vicky	Kirkwood	FV50	Dallam	47	21	0	27	0	29	40	0	0	0	49	75	69	67	56		316	5	44	
0051	Corrin	Stock	FSEN	Helm Hill	0	16	21	0	0	12	21	0	0	0		80	75	84	75		314	4	45	
0468	Libby	Dixon	FV40	Ambleside AC	49	29	39	0	0	35	36	0	0	0	47	67	57	61	60		292	5	46	
0392	Lauren	Davies	FSEN	Helm hill	35	18	28	0	0	24	0	0	0	0	61	78	68	72			279	4	47	
0568	Lucie-Ellen	Todhunter	FV40	Helm Hill	9	5	0	0	0	0	11	0	0	0	87	92		85			264	3	48	
0335	Rhiannon	Page	FV40	Lonsdale Fell Runners	8	0	0	0	0	7	10	0	0	0	88			89	86		263	3	49	
0558	Andy	Connor	FV60	Ambleside AC	0	0	0	0	37	0	0	25	33	40			59	71	63	56	249	4	50	
0370	Jo	Taylor	FV60	Bowland FR	62	0	51	0	0	44	42	0	0	34	34	45	52	54	62		247	5	51	
0667	Catherine	Houston	FV40	Helm Hill	19	0	0	0	12	11	0	0	0	0	77		84	85			246	3	52	
0566	Charlotte	Williamson	FSEN	Helm Hill	11	0	0	0	0	0	18	0	0	14	85		78	82		82	245	3	53	
0443	Paula	Bowen	FV50	Ambleside AC	51	24	0	0	0	39	0	0	0	33	45	72	57	63		237	4	54		
0339	Megan	James	FSEN	Eden Runners	32	0	0	15	0	0	0	0	12	0	64		81	84		84	229	3	55	
0374	Jayne	Rigby	FV40	Helm hill	29	13	0	0	0	17	0	0	0	0	67	83	79			229	3	56		
0098	Liz	Whitfield	FV40	Helm Hill	80	0	32	0	20	27	0	0	0	0	16	64	76	69			225	4	57	
0616	Amy	Pearman	FV40	Helm Hill	24	0	25	0	0	14	0	0	0	0	72	71	82			225	3	58		
0386	Diane	Grandison	FV40	Helm Hill	0	0	0	26	16	0	30	0	0	0			70	80	66		216	3	59	
0139	Jane	Morgan	FV60	Helm Hill	53	27	53	0	0	0	38	0	0	0	43	69	43	58			213	4	60	
0435	Victoria	Upton	FV40	Helm Hill	0	0	36	0	0	0	31	0	15	0		60	65	81			206	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			
0065	Sam	Burnstone	MSEN	Helm Hill	2	3	1	0	0	1	0	1	3	2	98	96	100			100		100	96	98	688	7	1
0314	Rupert	Allison	MSEN	Dark Peak Fell Runners	3	4	0	6	1	0	2	7	1	1	96	94		90	100		98	89	100	100	678	8	2
0639	Phil	Mather	MV40	Lonsdale Fell Runners	15	7	7	9	4	9	6	6	5	5	81	89	89	87	94	87	90	90	92	92	636	10	3
0629	Gary	Gregory	MV40	Helm hill	18	0	10	0	2	10	7	17	2	10	78		86		98	86	89	79	98	86	622	8	4
0529	James	Byrne	MV40	Ambleside AC	26	17	11	11	7	19	8	10	6	8	70	79	85	85	89	77	88	86	90	88	611	10	5
0307	Justin	Tancred	MV40	Helm Hill	37	22	0	20	15	26	0	16	12	15	59	74		76	81	70		80	84	81	546	8	6
0548	Callum	Lambert	MSEN	Unattached	19	10	0	5	8	0	0	2	0	4	77	86		92	88			98		94	535	6	7
0734	James	Cater	MV50	Helm Hill	56	0	27	39	13	27	18	0	16	19	40		69	57	83	69	78		80	77	513	8	8
0630	Adam	Oliver	MV40	Helm Hill	52	0	32	0	28	32	25	19	14	16	44		64		68	64	71	77	82	80	506	8	9
0064	Matthew	Swallow	MSEN		64	28	29	25	21	30	0	24	19	22	32	68	67	71	75	66		72	77	74	504	9	10
0680	Martin	Barnes	MSEN	Helm hill	49	0	25	31	25	28	15	0	21	25	47		71	65	71	68	81		75	71	502	8	11
0777	Neil	Robinson	MV40	COLT	67	0	43	22	26	0	27	25	11	20	29		53	74	70		69	71	85	76	498	8	12
0091	Oliver	Oldham	MU21	Leven Valley AC	39	24	9	7	10	0	0	8	0	0	57	72	87	89	86			88			479	6	13
0161	Peter	German	MV40	Helm Hill	66	26	0	0	33	34	29	31	18	26	30	70			63	62	67	65	78	70	475	8	14
0348	Joe	Blackett	MV60	DarkPeakFellRunners	85	0	45	17	35	0	33	20	26	21	11		51	79	61		63	76	70	75	475	8	15
0298	Matthew	Fretwell	MSEN	Settle Harriers	0	0	6	2	0	7	0	3	4	0			90	98		89		96	94		467	5	16
0416	Tom	Ward	MSEN	Helm Hill	0	33	28	38	0	35	0	28	15	32		63	68	58		61		68	81	64	463	7	17
0747	Mike	Berners-Lee	MV50	Helm Hill	59	35	0	23	23	33	20	0	0	18	37	61		73	73	63	76			78	461	7	18
0206	Paul	Revell	MV60	FRA	73	43	0	26	31	48	39	23	23	31	23	53		70	65	48	57	73	73	65	456	9	19
0244	Jacob	Dyer	MV50	Helm Hill	35	15	22	18	0	0	14	0	0	17	61	81	74	78			82			79	455	6	20
0600	James	Edwards	MV40	Dallam	65	34	35	0	27	40	23	37	22	0	31	62	61		69	56	73	59	74		454	8	21
0614	Paul	Atkinson	MV40	None	76	32	38	0	0	49	32	39	20	29	20	64	58			47	64	57	76	67	433	8	22
0605	George	Campbell	MU21	Howgill Harrier	89	0	42	0	17	0	22	36	17	24	7		54		79		74	60	79	72	425	7	23
0663	Edward	Jermy	MU21	Howgill Harriers	86	0	0	28	30	0	34	21	25	28	10			68	66		62	75	71	68	420	7	24
0514	Peter	Lawson	MSEN	Howgill Harriers	81	36	44	36	0	44	31	34	0	35	15	60	52	60		52	65	62		61	412	8	25
0710	Sean	Robinson	MV40	Howgill Harriers	80	47	49	40	34	0	37	0	29	37	16	49	47	56	62		59		67	59	399	8	26
0421	Alistair	Shawcross	MV40	Dallam	70	37	41	0	0	38	26	29	0	34	26	59	55			58	70	67		62	397	7	27

0033	James	Baron	MV50	Helm Hill	0	0	26	16	0	0	17	14	0	14			70	80			79	82		82	393	5	28
0035	Peter	Stock	MSEN	Helm Hill	0	6	2	0	0	4	3	0	0	0		90	98			94	96			378	4	29	
0278	Andy	Fidrmuc	MSEN		16	9	5	0	0	11	0	0	0	0	80	87	92			85				344	4	30	
0054	Ray	Gill	MV60	Helm Hill	84	38	0	41	36	51	41	41	0	0	12	58		55	60	45	55	55		340	7	31	
0267	Sonny	Ashton fitch	MU21	settle harriers	13	0	0	15	5	13	0	0	0	0	83			81	92	83				339	4	32	
0579	Andy	Stokes	MV70	Dallam	109	51	58	54	44	0	53	0	31	46	1	45	38	42	52		43		65	50	335	8	33
0889	Matt	Fleming	MSEN	Kendal AAC	0	18	15	14	0	0	10	0	0	0		78	81	82			86			327	4	34	
0712	Isaac	Robinson	MU21	Howgill Harriers	97	0	52	45	42	0	49	0	30	36	1		44	51	54		47		66	60	323	7	35
0085	James	Parsons	MV40	Helm Hill	20	14	0	0	0	18	11	0	0	0	76	82				78	85			321	4	36	
0125	David	Griffin	MV60	Helm Hill Runners	47	25	34	0	0	0	0	26	0	27	49	71	62				70		69	321	5	37	
0522	Tom	Willox	MSEN	Helm Hill	92	49	50	34	0	57	43	0	0	30	4	47	46	62		39	53		66	317	7	38	
0342	Scott	Morley	MSEN	Eden Runners	36	0	0	12	0	0	0	9	0	13	60			84			87		83	314	4	39	
0045	Jack	Waterhouse	MSEN	Helm Hill	30	11	12	0	0	24	0	0	0	0	66	85	84			72				307	4	40	
0246	Ross	Butler	MV40	Keswick AC	31	0	17	0	0	21	0	0	10	0	65		79			75		86		305	4	41	
0543	Rob	Critchlow	MV40		61	29	33	29	24	0	0	0	0	0	35	67	63	67	72					304	5	42	
0208	Mark	Cottam	MSEN	None	140	55	70	57	0	77	70	40	35	42	1	41	26	39		19	26	56	61	54	303	9	43
0196	Stuart	Lockton	MV60	Helm Hill Runners	124	57	60	52	0	69	57	42	37	0	1	39	36	44		27	39	54	59		298	8	44
0082	Matt	Davis	MV40	Howgill Harriers	99	52	61	0	41	0	48	44	0	38	1	44	35		55		48	52		58	293	7	45
0532	Graham	Beaumont	MV60	Dallam	107	44	55	47	38	60	45	0	0	0	1	52	41	49	58	36	51			288	7	46	
0520	Jonathan	Tombs	MV50	Eden Runners	100	0	66	63	48	67	56	0	36	50	1		30	33	48	29	40		60	46	286	8	47
0658	Jack	Wilcock	MSEN	St Orth	44	19	13	0	0	23	0	0	0	0	52	77	83			73				285	4	48	
0725	Alistair	Hanna	MSEN	Howgill Harrier	41	16	0	24	0	20	0	0	0	0	55	80		72		76				283	4	49	
0446	James	Pell	MSEN	Helm Hill	40	0	0	0	19	25	19	0	0	0	56				77	71	77			281	4	50	
0038	Barney	Plummer	MSEN	Helm Hill	8	0	0	4	3	0	0	0	0	0	88			94	96					278	3	51	
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	127	69	75	64	54	80	66	49	41	52	1	27	21	32	42	16	30	47	55	44	277	10	52
0674	Nick	Kitching	MV50	None	102	0	0	68	50	0	60	45	32	45	1			28	46		36	51	64	51	277	7	53
0220	Chris	Green	MV40	Ambleside AC	108	0	63	42	45	65	55	0	33	0	1		33	54	51	31	41		63		274	7	54
0286	Chris	Moore	MV40	Leven Valley AC	123	0	0	56	46	73	54	0	38	39	1			40	50	23	42		58	57	271	7	55
0476	James	Bowen	MU21	Ambleside AC	7	5	0	0	0	6	0	0	0	0	89	92				90					271	3	56
0289	Pete	Marston	MV40	Helm Hill	0	0	48	37	32	53	46	0	0	0			48	59	64	43	50			264	5	57	
0552	Felix	Barker	MSEN	Ambleside AC	6	13	0	0	0	8	0	0	0	0	90	83				88					261	3	58
0759	Steve	Devlin	MV40	Swaledale runners	48	21	30	0	0	29	0	0	0	0	48	75	66			67				256	4	59	
0608	Stefan	Bradley	MV40		112	58	62	0	49	0	58	53	0	43	1	38	34		47		38	43	53	254	7	60	
0588	Michael	Barron	MSEN	Ambleside	12	8	0	0	0	15	0	0	0	0	84	88				81					253	3	61

0452	Nigel	Wood	MV40	Helm Hill Runners	0	0	0	0	12	0	16	0	0	12					84		80			84	248	3	62
0506	Jethro	Whitfield	MV40		21	12	0	0	0	16	0	0	0	0	75	84				80					239	3	63
0361	Benji	Grundy	MU21	Wharfedale Harriers	116	62	64	59	0	0	63	47	0	49	1	34	32	37			33	49		47	233	7	64
0128	Tim	Field	MV50	Helm Hill Runners	119	54	67	0	0	81	59	46	39	0	1	42	29			15	37	50	57		231	7	65
0185	Matthew	Lovesey	MV40	Helm Hill Runners	38	0	0	0	0	0	13	0	9	0	58					83		87			228	3	66
0414	John	Evason	MV40	Black Combe Runners	33	20	0	0	0	0	0	0	7	0	63	76							89		228	3	67
0445	Phil	Kirby	MV70	Coniston	149	72	84	74	57	0	79	55	46	61	1	24	12	22	39		17	41	50	35	228	9	68
0494	Andy	Ward	MV40	Settle Harriers	0	56	57	50	0	62	0	43	0	0		40	39	46		34		53			212	5	69
0050	Colin	Valentine	MV60	Keswick	135	0	82	51	0	82	77	0	34	44	1		14	45		14	19		62	52	207	7	70
0599	Paul	Trott	MV50	Helm Hill	87	45	0	0	39	58	50	0	0	0	9	51			57	38	46				201	5	71
0820	Tom	Batty	MSEN	N/A	0	0	0	0	29	36	0	0	0	23					67	60			73		200	3	72
0478	David	Yates	MV40		45	23	0	21	0	0	0	0	0	0	51	73		75							199	3	73
0067	Simon	Thomas	MV40	Eden Runners	113	66	0	72	0	70	71	0	43	59	1	30		24		26	25		53	37	196	7	74
0073	Simon	Bailey	MV40	Staffordshire Moorlands AC	0	0	3	0	0	2	0	0	0	0			96			98					194	2	75
0413	Mark	Charnley	MV50	Settle Harriers	129	0	71	69	0	78	65	50	0	53	1		25	27		18	31	46		43	191	7	76
0072	Oliver	Bailey	MU21	Staffordshire Moorlands AC	0	0	4	0	0	3	0	0	0	0			94			96					190	2	77
0157	Andrew	Douglas	MV40	Helm Hill	50	27	0	0	22	0	0	0	0	0	46	69			74						189	3	78
0303	Laurence	Hill	MSEN	Helm Hill Runners	5	0	0	0	0	0	5	0	0	0	92						92				184	2	79
0754	Steve	Wathall	MV60		0	63	68	49	51	0	68	0	0	0		33	28	47	45		28				181	5	80
0113	Jack	Eyre	MSEN	Eden Runners	0	0	0	8	0	0	0	5	0	0				88				92			180	2	81
0984	Adam	Perry	MSEN	Helm Hill	0	0	0	10	0	0	0	4	0	0				86				94			180	2	82
0360	Ben	Procter	MV40	Helm Hill Runners	0	0	0	0	6	0	0	0	0	7					90				89		179	2	83
0739	Allan	Miller	MV60	N/a	139	0	0	71	56	0	75	0	44	57	1			25	40		21		52	39	178	6	84
0234	Stuart	Bell	MV60	Kendal AAC	120	0	76	70	53	88	64	0	0	54	1		20	26	43	8	32			42	172	7	85
0633	Ross	Bibby	MV40	Helm Hill	9	0	0	0	0	12	0	0	0	0	87					84					171	2	86
0349	Luke	Appleyard	MV40	Wharfedale	54	0	0	33	0	31	0	0	0	0	42			63		65					170	3	87
0907	Russell	Cannon	MV60	Helm Hill Runners	0	0	73	55	0	0	0	0	40	47			23	41					56	49	169	4	88
0058	John	Millen	MV50	Helm Hill	0	0	16	0	9	0	0	0	0	0			80		87						167	2	89
0313	Simon	Thompson	MV40	Keswick AC	58	39	0	0	0	0	0	0	24	0	38	57							72		167	3	90
1042	ian	Duffy	MV40	Rosendale Harriers	0	0	0	0	0	0	0	12	13	0								84	83		167	2	91
0534	Jamie	Partridge	MSEN	Eden Runners	0	0	0	0	11	0	0	15	0	0				85				81			166	2	92
0053	Brian	Thompson	MV60	Helm Hill	91	46	47	0	0	0	36	0	0	0	5	50	49				60				164	4	93
0001	David	Appleyard	MV60	Helm Hill	132	0	72	61	0	79	61	0	0	51	1		24	35		17	35		45		157	6	94
0672	David	Goadby	MSEN	Helm Hill	27	0	0	0	0	0	0	0	8	0	69								88		157	2	95

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
0275	Jane	Reedy	FV40	Ambleside AC	7	1	0	1	6	3	5	1	1	1	89	100		100	90	96	92	100	100	100	688	9	1
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	4	9	3	4	2	0	3	2	3	4	94	87	96	94	98		96	98	96	94	672	9	2
0249	Leanne	Scott	FV40	Leven valley	0	5	5	0	3	1	6	0	4	2		92	92		96	100	90		94	98	662	7	3
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0	3	1	0	7	5	8	0	2	3		96	100		89	92	88		98	96	659	7	4
0025	Katie	Milburn	FV40	Eden Runners	0	0	6	3	4	10	0	4	5	5			90	96	94	86		94	92	92	644	7	5
0356	Rebecca	Atkinson	FV40	Howgill Harriers	18	15	15	0	11	0	11	5	7	7	78	81	81		85		85	92	89	89	602	8	6
0709	Zoe	Robinson	FV40	Howgill Harrier	16	12	16	0	13	0	13	0	8	8	80	84	80		83		83		88	88	586	7	7
0609	Dawn	Bradley	FV40		22	14	17	0	14	0	0	6	9	10	74	82	79		82			90	87	86	580	7	8
0075	Katharine	Shrine	FV40	Helm Hill	20	13	0	0	15	18	14	0	10	9	76	83			81	78	82		86	87	573	7	9
0656	Steph	Jones	FV40	Ambleside ac	5	4	0	2	0	7	7	0	0	0	92	94		98		89	89				462	5	10
0468	Libby	Dixon	FV40	Ambleside AC	17	11	13	0	0	16	12	0	0	0	79	85	83			80	84				411	5	11
0686	Jenny	Lyon	FV40	Dallam RC	3	7	4	0	1	0	0	0	0	0	96	89	94		100						379	4	12
0098	Liz	Whitfield	FV40	Helm Hill	24	0	9	0	9	13	0	0	0	0	72		87		87	83					329	4	13
0335	Rhiannon	Page	FV40	Lonsdale Fell Runners	1	0	0	0	0	2	1	0	0	0	100					98	100				298	3	14
0568	Lucie-Ellen	Todhunter	FV40	Helm Hill	2	2	0	0	0	0	2	0	0	0	98	98					98				294	3	15
0667	Catherine	Houston	FV40	Helm Hill	6	0	0	0	5	6	0	0	0	0	90				92	90					272	3	16
0386	Diane	Grandison	FV40	Helm Hill	0	0	0	5	8	0	9	0	0	0				92	88		87				267	3	17
0616	Amy	Pearman	FV40	Helm Hill	8	0	7	0	0	8	0	0	0	0	88		89			88					265	3	18
0374	Jayne	Rigby	FV40	Helm hill	9	8	0	0	0	9	0	0	0	0	87	88				87					262	3	19
0435	Victoria	Upton	FV40	Helm Hill	0	0	10	0	0	0	10	0	6	0			86				86	90			262	3	20
0019	Hilary	Coates	FV40	None	0	0	0	0	16	0	15	0	0	11					80		81		85		246	3	21
1020	Sam	Shaw	FV40	Helm Hill	0	0	0	0	0	0	4	3	0	0							94	96			190	2	22
0768	Sarah	Norman	FV40	N/a	0	6	2	0	0	0	0	0	0	0		90	98								188	2	23
0148	Hazel	Clark	FV40	Helm Hill	0	10	0	0	10	0	0	0	0	0		86			86						172	2	24
0572	Maria	Hearn	FV40	Helm	10	0	0	0	0	11	0	0	0	0	86					85					171	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
0639	Phil	Mather	MV40	Lonsdale Fell Runners	2	1	2	2	2	3	1	1	2	1	98	100	98	98	98	96	100	100	98	100	694	10	1
0629	Gary	Gregory	MV40	Helm hill	3	0	3	0	1	4	2	5	1	4	96		96		100	94	98	92	100	94	678	8	2
0529	James	Byrne	MV40	Ambleside AC	8	4	4	3	4	9	3	2	3	3	88	94	94	96	94	87	96	98	96	96	670	10	3
0307	Justin	Tancred	MV40	Helm Hill	13	7	0	4	6	12	0	4	8	6	83	89		94	90	84		94	88	90	629	8	4
0777	Neil	Robinson	MV40	COLT	29	0	16	6	10	0	11	9	7	8	67		80	90	86		85	87	89	88	605	8	5
0630	Adam	Oliver	MV40	Helm Hill	20	0	9	0	12	15	9	7	10	7	76		87		84	81	87	89	86	89	603	8	6
0161	Peter	German	MV40	Helm Hill	28	9	0	0	14	16	12	11	11	9	68	87			82	80	84	85	85	87	590	8	7
0600	James	Edwards	MV40	Dallam	27	14	11	0	11	19	8	12	13	0	69	82	85		85	77	88	84	83		584	8	8
0614	Paul	Atkinson	MV40	None	33	13	13	0	0	23	14	14	12	10	63	83	83			73	82	82	84	86	573	8	9
0710	Sean	Robinson	MV40	Howgill Harriers	34	18	18	10	15	0	15	0	15	13	62	78	78	86	81		81		81	83	568	8	10
0421	Alistair	Shawcross	MV40	Dallam	30	15	15	0	0	17	10	10	0	12	66	81	81			79	86	86		84	563	7	11
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	46	25	24	17	23	35	23	17	18	17	50	71	72	79	73	61	73	79	78	79	533	10	12
0082	Matt	Davis	MV40	Howgill Harriers	37	19	21	0	17	0	19	16	0	14	59	77	75		79		77	80		82	529	7	13
0220	Chris	Green	MV40	Ambleside AC	38	0	23	11	18	28	21	0	16	0	58		73	85	78	68	75		80		517	7	14
0608	Stefan	Bradley	MV40		40	21	22	0	21	0	22	18	0	16	56	75	74		75		74	78		80	512	7	15
0286	Chris	Moore	MV40	Leven Valley AC	45	0	0	15	19	32	20	0	17	15	51			81	77	64	76		79	81	509	7	16
0067	Simon	Thomas	MV40	Eden Runners	41	24	0	19	0	30	24	0	19	18	55	72		77		66	72		77	78	497	7	17
0543	Rob	Critchlow	MV40		25	11	10	7	9	0	0	0	0	0	71	85	86	89	87						418	5	18
0289	Pete	Marston	MV40	Helm Hill	0	0	17	9	13	25	18	0	0	0			79	87	83	71	78				398	5	19
0494	Andy	Ward	MV40	Settle Harriers	0	20	20	14	0	27	0	15	0	0		76	76	82		69		81			384	5	20
0085	James	Parsons	MV40	Helm Hill	4	3	0	0	0	8	5	0	0	0	94	96				88	92				370	4	21
0246	Ross	Butler	MV40	Keswick AC	10	0	5	0	0	10	0	0	6	0	86		92			86		90			354	4	22
0759	Steve	Devlin	MV40	Swaledale runners	17	6	8	0	0	13	0	0	0	0	79	90	88			83					340	4	23
0506	Jethro	Whitfield	MV40		5	2	0	0	0	6	0	0	0	0	92	98				90					280	3	24
0452	Nigel	Wood	MV40	Helm Hill Runners	0	0	0	0	5	0	7	0	0	5					92		89		92		273	3	25
0414	John	Evason	MV40	Black Combe Runners	12	5	0	0	0	0	0	0	4	0	84	92							94		270	3	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	ELTERWATER	BEST 7 TOTAL
0243	Bianca	Dyer	FV50	Helm Hill	1	1	1	1	0	0	1	0	1	1	100	100	100	100			100	100	100	100	700	7	1
0010	Jo	Cater	FV50	Helm Hill	4	3	0	2	0	2	5	1	0	2	94	96		98		98	92	100		98	676	7	2
0657	Caroline	D'Arcy	FV50	Helm Hill	6	6	5	4	4	0	7	0	2	4	90	90	92	94	94		89		98	94	652	8	3
0645	Ruth	Webster	FV50	Non	9	9	6	0	2	0	6	3	3	0	87	87	90		98		90	96	96		644	7	4
0365	Vicki	Sherrington	FV50	Helm Hill	7	7	8	0	3	8	0	4	4	6	89	89	88		96	88		94	94	90	640	8	5
0456	Denise	Tunstall	FV50	Durham Fell Runners	11	8	7	5	6	0	9	0	0	5	85	88	89	92	90		87			92	623	7	6
0679	Anna	Stevens	FV50	Helm Hill	15	10	10	9	7	11	13	6	6	0	81	86	86	87	89	85	83	90	90		613	9	7
0715	Veronica	Waller	FV50	Dallam	16	11	9	0	0	10	12	5	7	0	80	85	87			86	84	92	89		603	7	8
0023	Sonia	Woods	FV50	Bowland Fell Runners	19	0	11	8	8	14	10	0	5	0	77		85	88	88	82	86		92		598	7	9
0308	Alison	Tancrel	FV50	Helm Hill	17	12	0	0	10	13	15	0	8	9	79	84			86	83	81		88	87	588	7	10
0223	Jayne	Scott	FV50	Helm Hill	18	13	12	0	9	12	14	0	9	0	78	83	84		87	84	82		87		585	7	11
0099	Debbie	Howard	FV50	Furness Fell Runners	0	0	4	3	1	0	0	2	0	3			94	96	100			98		96	484	5	12
0511	Vicky	Kirkwood	FV50	Dallam	8	4	0	6	0	3	8	0	0	0	88	94		90		96	88				456	5	13
0443	Paula	Bowen	FV50	Ambleside AC	10	5	0	0	0	7	0	0	0	7	86	92				89			89	356	4	14	
0126	Victoria	McGarry	FV50	Helm Hill Runners	0	0	13	0	11	15	0	0	0	10			83		85	81			86		335	4	15
0772	Karen	Fyles	FV50	Howgill Harriers	13	0	0	7	5	0	0	0	0	0	83			89	92						264	3	16
0631	Liz	McNally	FV50	Leven Valley ac	0	0	2	0	0	0	2	0	0	0			98				98				196	2	17
0453	Debbie	Copley	FV50	Dallam Running Club	0	2	0	0	0	0	4	0	0	0		98					94				192	2	18
0489	Lucy	Varney	FV50	Unattached	3	0	0	0	0	0	3	0	0	0	96						96				192	2	19
0124	Lou	Bland	FV50	Helm Hill	14	0	0	0	0	0	0	0	0	8	82								88		170	2	20
0069	Natasha	Geere	FV50	Spensborough	0	0	0	0	0	1	0	0	0	0						100					100	1	21
0312	Karen	Bridge	FV50	Eden Runners	2	0	0	0	0	0	0	0	0	0	98										98	1	22
0074	Kirstin	Bailey	FV50	Staffordshire Moorlands AC	0	0	3	0	0	0	0	0	0	0			96								96	1	23
0297	Helen	Greenep	FV50	Settle Harriers	0	0	0	0	0	4	0	0	0	0						94					94	1	24
0292	Julia	Murfin	FV50	Settle Harriers	0	0	0	0	0	5	0	0	0	0						92					92	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
0734	James	Cater	MV50	Helm Hill	3	0	4	6	2	1	3	0	1	5	96	94	90	98	100	96		100	92	676	8	1	
0747	Mike	Berners-Lee	MV50	Helm Hill	5	3	0	3	5	2	4	0	0	4	92	96		96	92	98	94		94	662	7	2	
0674	Nick	Kitching	MV50	None	16	0	0	8	8	0	12	4	2	7	80			88	88		84	94	98	89	621	7	3
0520	Jonathan	Tombs	MV50	Eden Runners	14	0	8	7	7	12	10	0	3	8	82		88	89	89	84	86		96	88	620	8	4
0128	Tim	Field	MV50	Helm Hill Runners	18	7	9	0	0	15	11	5	4	0	78	89	87			81	85	92	94		606	7	5
0413	Mark	Charnley	MV50	Settle Harriers	19	0	10	9	0	14	13	6	0	9	77		86	87		82	83	90		87	592	7	6
0244	Jacob	Dyer	MV50	Helm Hill	2	1	2	2	0	0	1	0	0	3	98	100	98	98			100			96	590	6	7
0033	James	Baron	MV50	Helm Hill	0	0	3	1	0	0	2	1	0	2			96	100			98	100		98	492	5	8
0599	Paul	Trott	MV50	Helm Hill	11	4	0	0	6	10	8	0	0	0	85	94			90	86	88				443	5	9
0217	Tom	Matthew	MV50	Bowland	10	2	0	0	0	8	0	0	0	0	86	98				88					272	3	10
0762	Richard	Cater	MV50	Helm Hill	0	10	0	0	9	0	0	0	0	10		86			87				86		259	3	11
0649	daniel	rayson	MV50	none	22	0	11	0	0	0	15	0	0	0	74		85				81				240	3	12
0058	John	Millen	MV50	Helm Hill	0	0	1	0	1	0	0	0	0	0			100		100						200	2	13
0769	Phillip	Craker	MV50	Ambleside AC	0	0	5	0	3	0	0	0	0	0			92		96						188	2	14
0116	David	Wilson	MV50	Bowland Fell Runners	0	0	0	5	0	0	5	0	0	0				92			92				184	2	15
0575	Alistair	Hearn	MV50	Helm	8	0	0	0	0	3	0	0	0	0	88					96					184	2	16
0702	Timothy	Cowin	MV50	Helm hill	6	0	0	0	4	0	0	0	0	0	90				94						184	2	17
0664	Steve	Sanders	MV50	Penistone Footpath Runners	4	0	7	0	0	0	0	0	0	0	94		89								183	2	18
0011	James	Bellarby	MV50	Bowland Fell Runners	0	0	0	0	0	7	6	0	0	0						89	90				179	2	19
0677	Shaun	Jackson	MV50	Altrincham	12	6	0	0	0	0	0	0	0	0	84	90									174	2	20
0551	Jamie	Jephcott	MV50	Eden Runners	15	0	0	0	0	0	9	0	0	0	81						87				168	2	21
0676	Craig	Partridge	MV50	Altrincham	17	9	0	0	0	0	0	0	0	0	79	87									166	2	22
0417	Pete	Ellwood	MV50	Settle Harriers	21	8	0	0	0	0	0	0	0	0	75	88									163	2	23
0039	Alastair	Dunn	MV50	Helm Hill Runners	0	0	0	0	0	0	0	0	0	1									100		100	1	24
0530	Craig	Burrow	MV50	Helm Hill Runners	1	0	0	0	0	0	0	0	0	0	100										100	1	25
1037	Andy	Holden	MV50	Achille Ratti	0	0	0	0	0	0	0	2	0	0								98			98	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			BEST 7 TOTAL	
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	1	1	1	2	2	1	3	0	1	1	100	100	100	98	98	100	96		100	100	698	9	1	
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	3	2	3	1	1	3	4	1	2	2	96	98	96	100	100	96	94	100	98	98	690	10	2	
0533	Debbie	Thompson	FV60	Eden runners	5	4	4	0	0	0	7	2	3	3	92	94	94				89	98	96	96	659	7	3	
0293	Jill	Gates	FV60	Settle Harriers	0	6	0	4	6	7	9	3	6	7		90		94	90	89	87	96	90	89	638	8	4	
0432	Angela	Burley	FV60	Helm Hill	11	8	8	0	3	6	0	4	5	0	85	88	88		96	90		94	92		633	7	5	
0706	Sonja	Vietoris	FV60	Dallam Running Club	10	5	9	0	5	0	8	0	4	6	86	92	87		92		88		94	90	629	7	6	
0370	Jo	Taylor	FV60	Bowland FR	7	0	5	0	0	5	6	0	0	5	89		92			92	90		92		455	5	7	
0139	Jane	Morgan	FV60	Helm Hill	4	3	6	0	0	0	5	0	0	0	94	96	90				92				372	4	8	
0558	Andy	Connor	FV60	Ambleside AC	0	0	0	0	4	0	0	5	7	8					94			92	89	88	363	4	9	
0527	Jill	Libby	FV60	Eden Runners	8	0	0	3	0	0	0	0	0	4	88			96					94		278	3	10	
0812	Angela	Brand-Barker	FV60	Helm Hill	0	0	2	0	0	0	2	0	0	0			98			98					196	2	11	
0377	Fliss	Milner	FV60	Helm Hill	2	0	0	0	0	4	0	0	0	0	98					94					192	2	12	
0115	Louise	Dunn	FV60	Helm Hill	6	0	7	0	0	0	0	0	0	0	90		89								179	2	13	
0924	Carol	Evans	FV60	Settle Harriers	0	0	0	0	0	0	1	0	0	0							100				100	1	14	
0806	Alison	Eagle	FV60	Upper Wharfedale Runners	0	0	0	0	0	2	0	0	0	0						98					98	1	15	
0883	Felicity	Aries	FV60	Eryri Harriers	0	7	0	0	0	0	0	0	0	0		89										89	1	16
0228	Marian	de Silver	FV60	Dallam Running Club	9	0	0	0	0	0	0	0	0	0	87											87	1	17
1056	Teresa	Onions	FV60	None	0	0	0	0	0	0	0	0	0	9									87			87	1	18

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
0348	Joe	Blackett	MV60	DarkPeakFellRunners	6	0	2	1	2	0	1	1	2	1	90		98	100	98		100	100	98	100	694	8	1
0206	Paul	Revell	MV60	FRA	2	5	0	2	1	1	3	2	1	3	98	92		98	100	100	96	98	100	96	690	9	2
0054	Ray	Gill	MV60	Helm Hill	5	2	0	3	3	2	4	5	0	0	92	98		96	96	98	94	92			666	7	3
0532	Graham	Beaumont	MV60	Dallam	12	6	5	5	4	3	6	0	0	0	84	90	92	92	94	96	90				638	7	4
0196	Stuart	Lockton	MV60	Helm Hill Runners	17	8	6	8	0	6	8	6	5	0	79	88	90	88		90	88	90	92		626	8	5
0050	Colin	Valentine	MV60	Keswick	20	0	12	7	0	9	15	0	4	4	76		84	89		87	81		94	94	605	7	6
0234	Stuart	Bell	MV60	Kendal AAC	15	0	11	13	7	12	11	0	0	8	81		85	83	89	84	85			88	595	7	7
0001	David	Appleyard	MV60	Helm Hill	19	0	8	11	0	8	9	0	0	7	77		88	85		88	87			89	514	6	8
0739	Allan	Miller	MV60	N/a	21	0	0	14	8	0	14	0	8	9	75			82	88		82		88	87	502	6	9
0125	David	Griffin	MV60	Helm Hill Runners	1	1	1	0	0	0	0	3	0	2	100	100	100					96	98		494	5	10
0754	Steve	Wathall	MV60		0	9	7	6	6	0	12	0	0	0		87	89	90	90		84				440	5	11
0053	Brian	Thompson	MV60	Helm Hill	8	7	3	0	0	0	2	0	0	0	88	89	96				98				371	4	12
0311	Joe	Curran	MV60	Accrington Road Runners	9	0	0	4	5	5	0	0	0	0	87			94	92	92					365	4	13
0907	Russell	Cannon	MV60	Helm Hill Runners	0	0	9	10	0	0	0	0	6	5			87	86				90	92		355	4	14
0528	Andy	Evans	MV60	Settle Harriers	0	0	10	0	0	10	10	0	7	0			86			86	86		89		347	4	15
0340	John	Embrey	MV60	SROC	3	4	0	0	0	0	0	4	0	0	96	94						94			284	3	16
0881	David	Ashton	MV60	Todmorden Harriers	0	0	0	12	0	11	16	0	0	0				84		85	80				249	3	17
1003	John	Bagge	MV60	Helm Hill	0	0	0	0	0	0	5	0	3	0							92		96		188	2	18
0047	Chris	Speight	MV60	Helm Hill Runners	7	3	0	0	0	0	0	0	0	0	89	96									185	2	19
0201	Mike	Falgate	MV60	Helm Hill	11	0	0	0	0	0	7	0	0	0	85						89				174	2	20
0351	David	Downes	MV60	Wcoc	0	10	0	0	0	0	0	8	0	0		86						88			174	2	21
0885	Andy	Robinson	MV60	Thanes Hare & Hounds	0	12	0	0	0	0	0	0	0	10		84							86		170	2	22
0152	William	Coupe	MV60	Helm Hill	4	0	0	0	0	0	0	0	0	0	94										94	1	23
0550	Roger	Laycock	MV60	Settle Harriers	0	0	0	0	0	4	0	0	0	0						94					94	1	24
0941	Paul	Johnson	MV60	Bowland Fell Runners	0	0	4	0	0	0	0	0	0	0			94								94	1	25

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	BEST 7 TOTAL		
0579	Andy	Stokes	MV70	Dallam	1	1	1	1	1	0	1	0	1	1	100	100	100	100	100	100	100	100	100	100	100	100	700	8	1
0445	Phil	Kirby	MV70	Coniston	8	2	3	3	2	0	4	2	3	3	88	98	96	96	98	94	98	96	96	678	0	2			
0369	John	Taylor	MV70	Bowland FR	4	0	2	0	0	1	3	0	0	2	94	98				100	96			98	486	5	3		
0366	David	Rosen	MV70	Lancaster & Morecambe AC	9	0	0	0	0	3	0	1	2	0	87					96		100	98		381	4	4		
0265	Trevor	Metcalfe	MV70	Wharfedale Harriers	0	0	0	2	0	2	0	0	0	0				98	98						196	2	5		
0241	Rudolf	Maciejkowicz	MV70	Kendal AAC	2	0	0	0	0	0	0	0	0	0	98										98	1	6		
1004	Cliff	Etherden	MV70	Lakeland Orienteering Club	0	0	0	0	0	0	2	0	0	0						98					98	1	7		
0623	Armstrong	John	MV70	Ambleside	3	0	0	0	0	0	0	0	0	0	96										96	1	8		
0496	Graham	Schofield	MV70	Chorley Athletic and Tri Club	5	0	0	0	0	0	0	0	0	0	92										92	1	9		
0399	Andrew	Biddle	MV70	Wharfedale	6	0	0	0	0	0	0	0	0	0	90										90	1	10		
0080	Pete	Mcdermott	MV70	Preston Harriers	7	0	0	0	0	0	0	0	0	0	89										89	1	11		