

HELM HILL WINTER LEAGUE POINTS TABLE

2026



SUPPORTED BY

PETE BLAND SPORTS

DIFFERENT STROKES PAINTING AND DECORATING

RACES

SCOUT SCAR

GIGGLESWICK

WHITESTONES

BIRKRIGG

BARBONDALE

SEDBERGH

GIGGLESWICK

CUNSWICK SCAR

CAUTLEY

HELM HILL

ELTERWATER

ARANT HAW



DIFFERENT STROKES
PAINTING & DECORATING LTD

Race Number	Forename	Surname	u12G 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			
0073	Mila	Sillito	u12G	Helm Hill Runners	1	1	1	1	1	0	1	1	1	1	100	100	100	100	100	100	100	100	100	100	100	100	100	500	9	1
0301	Elena	Procter	u12G	Helm Hill Runners	3	2	3	2	3	0	2	2	3	0	96	98	96	98	96	98	98	96						488	8	2
0506	Lyra	Haslett	u12G	Helm Hill	2	0	2	0	2	0	5	0	5	2	98		98		98	92		92	98				484	6	3	
0494	Romy	Barron	u12G	Ambleside AC	0	0	5	3	0	0	3	0	2	3			92	96			96		98	96			478	5	4	
0792	Isla	Dalton	u12G	Helm Hill	0	3	6	5	0	0	6	3	4	4		96	90	92			90	96	94	94			472	7	5	
0040	Gabrielle	Murray	u12G	Furness Fell Runners	0	0	4	4	4	0	4	4	0	0			94	94	94		94	94					470	5	6	
0851	Jacy-kate	Jewitt	u12G	Furness Fell Runners	0	0	7	0	5	0	7	6	7	0			89		92		89	90	89				449	5	7	
0175	Iona	Duncan	u12G	Helm Hill	0	5	0	7	7	0	12	0	0	5		92		89	89		84			92			446	5	8	
0614	Nieve	Stephenson	u12G	Ambleside AC	11	6	13	9	0	0	14	8	8	7	85	90	83	87			82	88	88	89			442	8	9	
0706	Jessie	Whittington	u12G	Helm Hill	9	4	0	12	10	0	11	0	0	6	87	94		84	86		85			90			442	6	10	
0572	May	Birkett	u12G	Ambleside	10	7	14	8	11	0	10	5	0	0	86	89	82	88	85		86	92					441	7	11	
0154	Josie	Greenwood	u12G	Helm Hill	7	0	10	0	0	0	9	7	9	0	89		86				87	89	87				438	5	12	
0163	Mia	Kourkoulos	u12G	Settle Harriers	0	8	9	11	13	0	0	0	11	8		88	87	85	83				85	88			433	6	13	
0857	Sophia	Savage	u12G	Dallam Running Club	0	0	11	0	8	0	8	9	13	0			85		88		88	87	83				431	5	14	
0538	Anna	Giddings	u12G	Keswick AC	13	11	17	14	14	0	16	10	10	0	83	85	79	82	82		80	86	86				422	8	15	
0695	Olivia	Clarke	u12G	Helm hill	14	10	0	13	12	0	0	0	0	13	82	86		83	84					83			418	5	16	
0217	Emilia	Nunns	u12G	Helm Hill	15	9	0	0	0	0	13	0	14	12	81	87					83		82	84			417	5	17	
0828	Ruby	Richmond	u12G	Settle Harriers	0	0	16	10	0	0	0	0	0	10			80	86						86			252	3	18	
0053	Maya	Zaboklicka	u12G	Furness Fell Runners	5	0	8	0	0	0	0	0	0	0	92		88										180	2	19	
0673	Ava	Grandison	u12G	Helm Hill	12	0	0	0	9	0	0	0	0	0	84				87								171	2	20	
0648	Tilly	Owen-Jones	u12G	Helm Hill	0	0	15	0	0	0	0	0	11	0			81					85					166	2	21	
0731	Imogen	Darcy	u12G	Helm Hill	0	0	0	0	0	0	15	0	12	0							81		84				165	2	22	
0684	Arabella	Caswell	u12G	Helm Hill	0	0	18	0	0	0	0	0	0	11			78							85			163	2	23	
0367	Harriet	Rooke	u12G	Black Combe Runners	4	0	0	0	0	0	0	0	0	0	94												94	1	24	
0208	Teigan	Wilcock	u12G	Ambleside AC	0	0	0	0	0	0	0	0	6	0								90					90	1	25	
0616	Daisy	Boadle	u12G	Helm Hill	6	0	0	0	0	0	0	0	0	0	90												90	1	26	

Race Number	Forename	Surname	u12B 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		
0341	Judah	Basham	u12B	Ambleside AC	1	4	1	3	1	0	2	1	5	1	100	94	100	96	100	98	100	92	100	500	9	1
0771	Harrison	Reid	u12B	Kendal athletic club	0	1	3	6	4	0	1	3	1	0		100	96	90	94	100	96	100		492	7	2
0269	Bobby	France	u12B	Settle Harriers	3	0	2	1	2	0	3	0	4	2	96		98	100	98	96		94	98	490	7	3
0131	Freddie	Fretwell	u12B	Settle Harriers	2	3	0	2	6	0	4	2	2	4	98	96		98	90	94	98	98	94	488	8	4
0663	Jack	Taylor	u12B	Helm Hill	7	2	6	12	10	0	7	5	3	6	89	98	90	84	86	89	92	96	90	466	9	5
0161	Callum	Ainsworth	u12B	Helm Hill	4	0	0	5	5	0	6	4	0	5	94			92	92	90	94		92	464	6	6
0303	Nicolas	Martin	u12B	Helm Hill	5	0	0	7	3	0	5	0	6	0	92			89	96	92		90		459	5	7
0085	Finn	Rabone	u12B	Helm Hill	0	0	5	4	0	0	11	6	10	0			92	94		85	90	86		447	5	8
0280	Freddie	Brown	u12B	Settle Harriers	11	0	4	16	7	0	10	0	7	12	85		94	80	89	86		89	84	443	7	9
0074	Arlo	Sillito	u12B	Helm Hill Runners	10	8	15	11	8	0	13	7	11	8	86	88	81	85	88	83	89	85	88	439	9	10
0779	Harris	Hoyle	u12B	Helm Hill	0	5	0	0	0	0	12	11	9	7		92				84	85	87	89	437	5	11
0069	Lucas	Ridley	u12B	Helm	12	7	11	13	12	0	15	9	15	9	84	89	85	83	84	81	87	81	87	432	9	12
0592	Toby	Davies	u12B	Kendal Athletics Club	8	14	14	0	9	0	9	0	0	0	88	82	82		87	87				426	5	13
0144	Alfie	Torode-Cooke	u12B	Helm Hill	14	17	0	10	0	0	8	8	0	0	82	79		86		88	88			423	5	14
0511	Charlie	Blackburn	u12B	Helme Hill Runners	9	16	0	14	0	0	14	10	12	14	87	80		82		82	86	84	82	421	7	15
0275	Zach	Young	u12B	Helm hill	0	6	10	17	0	0	0	0	14	13		90	86	79				82	83	420	5	16
0807	Thomas	Blackburn	u12B	Helm hill	0	0	12	0	13	0	19	12	8	15			84		83	77	84	88	81	420	6	17
0083	Matt	Wild-Garcia	u12B	Ambleside AC	15	9	18	15	15	0	18	16	17	11	81	87	78	81	81	78	80	79	85	415	9	18
0664	Oliver	Taylor	u12B	Helm Hill	20	12	16	19	11	0	16	14	16	16	76	84	80	77	85	80	82	80	80	411	9	19
0453	Aidan	Lovett	u12B	Helm Hill	18	11	0	21	16	0	0	17	0	0	78	85		75	80		79			397	5	20
0149	Toby	Lawton	u12B	Helm Hill	21	13	0	0	17	0	21	0	21	18	75	83			79	75		75	78	390	6	21
0655	Harry	Lowther	u12B	Helm hill	17	0	17	18	0	0	0	13	0	0	79		79	78			83			319	4	22
0109	Ted	McAleese	u12B	Ambleside AC	0	0	7	9	0	0	0	0	0	10			89	87					86	262	3	23
0765	Harry	Smith	u12B	Halifax Harriers AC	0	0	0	22	0	0	0	0	0	3				74				96		170	2	24
0860	William	Robinson	u12B	Helm Hill	0	0	13	0	14	0	0	0	0	0			83		82					165	2	25
0260	Elliot	Lowrie	u12B	Helm Hill	19	10	0	0	0	0	0	0	0	0	77	86								163	2	26

Race Number	Forename	Surname	u14G 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
0197	Charlotte	Richardson	u14G	Helm Hill Runners	4	1	2	2	1	0	5	2	3	1	94	100	98	98	100		92	98	96	100	496	9	1
0095	Isla	MacKinnon	u14G	Helm Hill	3	2	5	1	0	0	2	1	2	0	96	98	92	100		98	100	98		494	7	2	
0137	Jocelyn	Hodgson	u14G	Settle Harriers	0	3	3	3	2	0	3	3	1	0		96	96	96	98		96	96	100		486	7	3
0300	Lola	Hodgson	u14G	Ambleside AC	0	4	0	5	3	0	4	4	4	2		94		92	96		94	94	94	98	476	7	4
0071	Rosa-Mae	Crompton	u14G	Ambleside AC	6	5	6	4	0	0	6	5	5	0	90	92	90	94		90	92	92		460	7	5	
0728	Cara	Colluney	u14G		0	6	13	10	5	0	14	10	8	3		90	83	86	92		82	86	88	96	452	8	6
0505	Elodie	Haslett	u14G	Helm Hill	11	0	0	0	4	0	7	0	10	4	85			94		89		86	94	448	5	7	
0392	Matilda	Upton	u14G	Helm Hill	13	7	8	9	6	0	8	6	9	7	83	89	88	87	90		88	90	87	89	446	9	8
0343	Iris	Lodge	u14G	Settle harriers	12	9	9	7	7	0	0	7	0	6	84	87	87	89	89		89		90		444	7	9
0404	Bessie	Lord	u14G		18	10	11	6	8	0	9	8	0	8	78	86	85	90	88		87	88		88	441	8	10
0362	Rowan	Fosker	u14G	Bowland Fell Runners	17	0	16	8	0	0	13	9	7	5	79		80	88		83	87	89	92	439	7	11	
0389	Michalina	Bojdol	u14G	Ambleside AC	14	8	14	0	0	0	11	11	16	10	82	88	82			85	85	80	86	426	7	12	
0729	Beatrice	Butlin-Garside	u14G	Ambleside AC	0	13	18	13	0	0	15	12	15	12		83	78	83		81	84	81	84	415	7	13	
0485	Ruby	Taylforth	u14G	Ambleside AC	0	12	17	12	10	0	16	0	17	0		84	79	84	86		80		79		413	6	14
0705	Celeste	Whittington	u14G	Helm Hill	20	11	0	0	9	0	17	0	0	15	76	85			87		79		81		408	5	15
0153	Evie	Greenwood	u14G	Helm Hill	19	0	12	0	0	0	10	0	13	0	77		84			86		83		330	4	16	
0047	Hattie	Blunt	u14G	Ambleside AC	8	0	10	0	0	0	0	0	12	0	88		86				84			258	3	17	
0829	Caitlin	Richmond	u14G	Settle Harriers	0	0	15	11	0	0	0	0	0	11			81	85				85		251	3	18	
0338	Martha	Hart	u14G	Settle Harriers	1	0	0	0	0	0	1	0	0	0	100					100				200	2	19	
0562	Maia	Dacre	u14G	Helm Hill	2	0	4	0	0	0	0	0	0	0	98		94							192	2	20	
0128	Sophie	Wright	u14G	Settle Harriers	7	0	0	0	0	0	0	0	6	0	89						90			179	2	21	
0544	Isla	Mason	u14G	Helm Hill	10	0	7	0	0	0	0	0	0	0	86		89							175	2	22	
0212	Betty	Jacques	u14G	Ambleside AC	0	0	0	0	0	0	0	0	11	9							85	87		172	2	23	
0423	Ella	Kay	u14G	Helm Hill Runners	0	0	0	0	0	0	12	0	0	14						84		82		166	2	24	
0058	Eleanor	Pinder	u14G	Ambleside	16	0	0	0	0	0	0	0	14	0	80						82			162	2	25	
0885	Kiriana	Lucas	u14G	Helm Hill	0	0	0	0	0	0	18	0	18	0						78		78		156	2	26	

Race Number	Forename	Surname	u14B 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
0111	Jos	Jebb	u14B	Helm Hill Runners	0	1	1	2	0	0	1	2	1	0		100	100	98			100	98	100		498	5	1
0299	Ben	Ryan	u14B	Helm Hill	1	0	2	1	0	0	2	1	2	1	100		98	100			98	100	98	100	498	7	2
0326	Charlie	Potter	u14B	Helm Hill	14	2	4	3	2	0	0	0	0	3	82	98	94	96	98					96	482	6	3
0417	Kit	Evans	u14B	Ambleside AC	3	0	3	0	0	0	3	0	3	2	96		96				96		96	98	482	5	4
0082	Sean	Wild-Garcia	u14B	Ambleside AC	4	3	0	4	3	0	5	3	5	4	94	96		94	96		92	96	92	94	476	8	5
0086	Peter	Butler	u14B	Ambleside AC	5	4	8	0	0	0	0	0	6	5	92	94	88					90	92		456	5	6
0278	Stanley	Evans	u14B	Settle Harriers	7	7	11	5	5	0	6	5	11	6	89	89	85	92	92		90	92	85	90	456	9	7
0108	James	McAleese	u14B	Ambleside AC	0	6	12	6	0	0	10	6	9	0		90	84	90			86	90	87		443	6	8
0010	Shane	Williamson	u14B	Helm hill	17	0	15	9	8	0	8	8	7	13	79		81	87	88		88	88	89	83	440	8	9
0778	Zach	Lucas	u14B	Helm Hill	0	11	17	7	6	0	7	10	14	11		85	79	89	90		89	86	82	85	439	8	10
0353	Stan	Rushton	u14B	Helm Hill	15	8	16	8	10	0	11	9	16	12	81	88	80	88	86		85	87	80	84	434	9	11
0216	Danny	Nunns	u14B	Helm Hill	13	9	0	0	0	0	9	0	12	10	83	87					87		84	86	427	5	12
0318	Fabian	Bulprich	u14B	Ambleside AC	18	12	20	10	0	0	14	11	19	15	78	84	76	86			82	85	77	81	418	8	13
0593	Ethan	Davies	u14B	Kendal Athletics Club	20	13	21	0	11	0	0	0	20	0	76	83	75		85				76		395	5	14
0027	Rhys	Price	u14B	Darlington Harriers	0	5	0	0	0	0	4	7	8	0		92					94	89	88		363	4	15
0327	Jonty	Brodie	u14B	Helm Hill	6	0	6	0	0	0	0	4	10	0	90		90					94	86		360	4	16
0455	Haris	Riaz	u14B	Ambleside AC	9	0	14	0	9	0	0	0	0	8	87		82		87				88		344	4	17
0187	Rhys	Moffat	u14B	Helm Hill	16	0	0	0	7	0	13	0	15	0	80				89		83		81		333	4	18
0726	Rhys	Crowther	u14B	Ambleside ac	21	10	0	0	0	0	0	0	13	14	75	86						83	82		326	4	19
0563	Alfred	Heath	u14B	Helm	12	0	18	0	0	0	12	0	18	0	84		78				84		78		324	4	20
0496	Ethan	Douthwaite	u14B	Helm Hill	0	0	7	0	4	0	0	0	0	7			89		94				89		272	3	21
0012	Seb	Smith	u14B	Settle Harriers	8	0	10	0	0	0	0	0	4	0	88		86					94			268	3	22
0821	Harry	Sharp	u14B	Ambleside	0	0	0	0	0	0	0	0	17	9								79	87		166	2	23
0512	Ted	Dewhurst	u14B	Preston Harriers	0	0	13	0	0	0	15	0	0	0			83				81				164	2	24
0231	Arthur	Grenfell	u14B	Settle Harriers	0	0	0	0	1	0	0	0	0	0					100						100	1	25

Race Number	Forename	Surname	u16G 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
0310	Silvia	Parsons	u16G	Helm Hill	11	2	2	1	2	0	2	1	1	1	85	98	98	100	98	98	100	100	100	498	9	1
0285	Elouise	Shepherd	u16G	Settle Harriers	1	1	3	3	0	0	0	2	0	0	100	100	96	96		98			490	5	2	
0273	Lily	Neville	u16G	None	5	0	4	2	3	0	3	0	3	2	92	94	98	96	96	96	98	98	484	7	3	
0046	Poppy	Bailey	u16G	Furness Fell Runners	8	3	6	0	4	0	4	0	0	3	88	96	90	94	94		96	470	6	4		
0254	Imogen	Moore	u16G	Leven Valley	0	0	1	0	1	0	0	0	0	0		100	100					200	2	5		
0493	Mila	Barron	u16G	Ambleside AC	0	0	0	0	0	0	1	0	0	0					100				100	1	6	
0331	Mia	McGoldrick	u16G	Settle Harriers	2	0	0	0	0	0	0	0	0	0	98								98	1	7	
0514	Freya	odgson-Jone	u16G	Ambleside AC	0	0	0	0	0	0	0	2	0	0						98			98	1	8	
0452	Beatrix	Soper	u16G	Sale Harriers	3	0	0	0	0	0	0	0	0	0	96								96	1	9	
0403	Tess	Reedy	u16G	Ambleside AC	0	0	0	0	0	0	0	4	0	0						94			94	1	10	
0647	Alice	Carr	u16G	Rosendale Harriers	4	0	0	0	0	0	0	0	0	0	94								94	1	11	
0872	Elsbeth	Martin	u16G	Furness Fell Runners	0	0	5	0	0	0	0	0	0	0		92							92	1	12	
0637	Maisie	Todhunter	u16G	Helm Hill	6	0	0	0	0	0	0	0	0	0	90								90	1	13	
0643	Sophie	Kitts	u16G	Furness fell runners	7	0	0	0	0	0	0	0	0	0	89								89	1	14	
0171	Violet	Benson	u16G	Helm hill	9	0	0	0	0	0	0	0	0	0	87								87	1	15	
0689	Lyla	Duffy	u16G	Rosendale Harriers	10	0	0	0	0	0	0	0	0	0	86								86	1	16	

Race Number	Forename	Surname	u18G 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
0784	Cara	Bradley	u18G	Ambleside	0	2	0	0	0	0	1	1	2	1	98						100	100	98	100	496	5	1
0554	Rosie	Scott	u18G	Ambleside and Leven Valley	0	0	0	0	0	0	2	0	3	2							98	96	98		292	3	2
0337	Camilla	Hart	u18G	Settle Harriers	1	1	0	0	0	0	0	0	0	0	100	100								200	2	3	
0904	Emmy	Ranner	u18G	Helm hill	0	0	0	0	0	0	0	0	1	0							100				100	1	4
0207	Roisin	Jordan	u18G	Oldham and Royton Harriers	2	0	0	0	0	0	0	0	0	0	98									98	1	5	

Race Number	Forename	Surname	WOMEN 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
0011	Helen	Smith	FV40	Wharfedale Harriers	1	0	1	0	0	0	1	1	1	1	100	100					100	100	100	100	600	6	1	
0015	Jennifer	Hayes	FU20	Settle Harriers	12	3	2	1	1	0	3	2	2	2	84	96	98	100	100			96	98	98	98	592	9	2
0190	Lisa	Parker	FV40	Rossendale Harriers	16	5	6	3	4	0	13	5	0	5	80	92	90	96	94			83	92		92	556	8	3
0665	Juliet	Sherrington	FSEN	Ambleside AC	17	6	4	0	0	0	2	0	4	7	79	90	94				98		94	89	544	6	4	
0486	Lucy	Bagot	FU20	Settle Harriers	0	9	9	6	5	0	14	12	0	8		87	87	90	92		82	84		88	528	7	5	
0277	Beth	Evans	FV40	Settle Harriers	27	11	13	5	6	0	12	6	11	12	69	85	83	92	90		84	90	85	84	526	9	6	
0317	Crina	Bulprich	FSEN	Ambleside AC	15	0	7	10	0	0	7	10	8	13	81		89	86			89	86	88	83	521	7	7	
0782	Angela	Tarlton	FV50	Bentham Beagles	0	15	0	11	3	0	9	14	9	21		81		85	96		87	82	87	75	518	7	8	
0381	Jo	Wilkinson	FV50	Helm Hill	21	14	8	12	0	0	6	13	10	16	75	82	88	84			90	83	86	80	513	8	9	
0783	Samantha	Taylor	FV50		0	16	0	9	8	0	16	9	12	0		80		87	88		80	87	84		506	6	10	
0226	Natasha	Geere	FV50	Spenborough	33	13	14	0	11	0	18	20	15	15	63	83	82		85		78	76	81	81	490	8	11	
0179	vicki	sherrington	FV50	Helm Hill	38	18	17	16	0	0	19	21	16	0	58	78	79	80			77	75	80		469	7	12	
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	50	22	18	22	13	0	21	16	18	28	46	74	78	74	83		75	80	78	68	468	9	13	
0784	Cara	Bradley	u18G	Ambleside	0	7	0	0	0	0	4	7	6	3		89					94	89	90	96	458	5	14	
0240	Angela	Brand-Barker	FV60	Helm Hill	36	12	21	0	12	0	0	19	0	19	60	84	75		84			77		77	457	6	15	
0565	Laura	Hastings	FSEN	Helm Hill Runners	51	23	19	0	14	0	23	22	20	27	45	73	77		82		73	74	76	69	455	8	16	
0420	Fiona	Morphet	FSEN	Helm Hill	11	0	5	0	2	0	0	0	5	14	85		92		98				92	82	449	5	17	
0145	Vicky	Atkinson	FV50	Helm Hill	61	26	25	20	15	0	0	0	17	26	35	70	71	76	81				79	70	447	7	18	
0573	Mary	Jenner	FV50		55	21	24	21	0	0	25	18	0	25	41	75	72	75			71	78		71	442	7	19	
0591	Denise	Tunstall	FV60	Durham Fell Runners	0	35	31	26	19	0	0	0	25	35		61	65	70	77				71	61	405	6	20	
0142	Jill	Gates	FV60	Settle Harriers	70	34	30	0	0	0	36	23	28	34	26	62	66				60	73	68	62	391	7	21	
0429	Jane	Rousseau	FV50	BCR	71	36	29	0	0	0	35	24	27	36	25	60	67				61	72	69	60	389	7	22	
0076	Sophie	Wallwin	FSEN	Helm Hill	22	0	0	0	0	0	11	0	14	11	74						85		82	85	326	4	23	
0507	Joanne	Haslett	FV40	Helm Hill	59	0	0	0	16	0	26	0	24	31	37				80		70		72	65	324	5	24	
0121	Katharine	Shrine	FV50	Helm Hill	57	0	0	25	0	0	30	0	22	29	39			71			66		74	67	317	5	25	
0205	Wendy	Dodds	FV70	Dallam Runner Club	72	29	0	18	0	0	31	17	0	0	24	67		78			65	79			313	5	26	
0393	Victoria	Upton	FV40	Helm Hill	41	0	15	0	10	0	17	0	0	0	55		81		86		79				301	4	27	

0582	Sonja	Vietoris	FV60	Dallam RC	74	0	28	27	0	0	33	0	26	0	22	68	69	63	70	292	5	28	
0666	Caroline	D'Arcy	FV50	Helm Hill	44	20	0	17	0	0	0	0	0	23	52	76	79		73	280	4	29	
0554	Rosie	Scott	u18G	Ambleside and Leven Valley	0	0	0	0	0	0	5	0	7	6				92	89	90	271	3	30
0549	Leanne	Scott	FV40	Leven valley	0	10	0	0	0	0	8	0	0	20		86		88	76	250	3	31	
0461	Carol	Evans	FV60	Settle Harriers	25	0	10	0	0	0	10	0	0	0	71	86		86		243	3	32	
0199	Lyn	Richardson	FV50	Helm Hill Runners	63	0	26	0	0	0	24	0	0	30	33	70		72	66	241	4	33	
0298	Liz	Whitfield	FV40	Helm Hill	24	0	11	0	0	0	0	0	13	0	72	85			83	240	3	34	
0134	Vicky	Kirkwood	FV50	Helm Hill Runners	35	0	0	15	0	0	0	0	0	24	61		81		72	214	3	35	
0371	Emily	Crossley	FSEN	Settle Harriers	0	27	0	0	0	0	28	0	21	0		69		68	75	212	3	36	
0531	Lucie	Kelly	FV40	Achilli Ratti	46	19	22	0	0	0	0	0	0	0	50	77	74			201	3	37	
0472	Kelli	Roberts	FSEN	Helm Hill	2	1	0	0	0	0	0	0	0	0	98	100				198	2	38	
0849	Rachel	Simpson	FSEN	Helm hill	0	0	0	2	0	0	0	4	0	0			98		94	192	2	39	
0337	Camilla	Hart	u18G	Settle Harriers	6	4	0	0	0	0	0	0	0	0	90	94				184	2	40	
0440	Deborah	Gowans	FV60	Todmorden Harriers	0	0	0	4	0	0	0	0	0	9			94		87	181	2	41	
0755	Catherine	Houston	FV40	Helm Hill	0	8	0	8	0	0	0	0	0	0		88	88			176	2	42	
0597	Ellie	Simmonds	FSEN	Helm Hill	0	0	0	7	0	0	0	0	0	10			89		86	175	2	43	
0168	Anna	Murray	FV60	Barnet and District	60	28	0	0	0	0	29	0	0	0	36	68		67		171	3	44	
0760	Chloe	Howell	FSEN	City of Lancaster Triathlom	0	17	0	0	9	0	0	0	0	0		79		87		166	2	45	
0224	Vicky	Woof	FU20	Furness Fell Runners	0	0	0	14	0	0	0	15	0	0			82		81	163	2	46	
0180	Lou	Bland	FV50	Helm Hill	69	31	0	0	0	0	32	0	0	0	27	65		64		156	3	47	
0515	Esther	Lambert	FSEN	Helm Hill	29	0	0	0	7	0	0	0	0	0	67		89			156	2	48	
0671	Patty	Davies	FV50	Black Combe Runners	73	33	27	0	0	0	0	0	0	0	23	63	69			155	3	49	
0613	Hazel	Clark	FV40	Helm Hill	0	0	20	0	0	0	0	0	19	0		76			77	153	2	50	
0270	Lisa	France	FSEN	Bentham Beagles Running Clu	28	0	0	0	0	0	15	0	0	0	68			81		149	2	51	
0138	Heather	Hodgson	FV50	Swaledale Runners	0	25	0	19	0	0	0	0	0	0		71	77			148	2	52	
0304	Maria	Hearn	FV40	Helm Hill	26	0	0	0	0	0	0	0	0	18	70				78	148	2	53	
0290	Hannah	Hammonds	FSEN		23	0	0	0	0	0	0	0	0	22	73				74	147	2	54	
0061	Caroline	White	FV40	Helm Hill	30	0	16	0	0	0	0	0	0	0	66	80				146	2	55	
0032	Jasmin	Howard	FSEN	Furness fell runners	0	0	0	0	18	0	0	0	0	32			78		64	142	2	56	
0150	Liz	Lawton	FV40	Helm hill	39	0	0	0	0	0	20	0	0	0	57			76		133	2	57	
0495	Eleanor	Knowles	FV50	Ambleside AC	40	0	23	0	0	0	0	0	0	0	56	73				129	2	58	
0471	Paula	Bowen	FV50	Ambleside AC	52	24	0	0	0	0	0	0	0	0	44	72				116	2	59	
0588	Zoe	Robinson	FV40	Howgill Harriers	56	0	0	0	0	0	27	0	0	0	40			69		109	2	60	
0080	Jo	Matthew	FV50	Bowland	67	0	0	24	0	0	0	0	0	0	29		72			101	2	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	
0746	Zeke	Sumner	u18B	Ambleside AC	0	2	4	3	5	0	1	2	0	1		98	94	96	92		100	98		100	586	7	1	
0302	Ben	Procter	MV40	Helm Hill Runners	11	6	5	5	6	0	0	4	0	5		85	90	92	92	90		94		92	550	7	2	
0762	Phil	Mather	MV40	Lonsdale Fell Runners	0	7	9	8	8	0	4	8	0	0		89	87	88	88		94	88			534	6	3	
0075	Seb	Sillito	MV40	Helm Hill Runners	22	8	13	12	15	0	9	0	6	8		74	88	83	84	81		87		90	88	520	6	4
0159	Michael	Ainsworth	MV40	Helm Hill	19	10	0	13	7	0	16	10	5	0		77	86		83	89		80	86	92		516	7	5
0555	Jonah	Hughes	u18B	Helm	30	0	0	9	0	0	11	6	8	10		66			87		85	90	88	86		502	6	6
0391	Paul	Upton	MV40	Helm Hill	21	9	10	14	12	0	0	13	0	0		75	87	86	82	84		83				497	6	7
0016	Graham	Hayes	MV40	Independent	31	12	20	0	17	0	12	16	16	18		65	84	76		79		84	80	80	78	485	8	8
0034	Harry	Tierney	MSEN	Furness Fell Runners	24	20	8	16	9	0	0	17	0	22		72	76	88	80	87		79		74		484	7	9
0359	David	Goadby	MV40	Helm Hill	28	18	12	0	0	0	6	0	10	32		68	78	84				90		86	64	470	6	10
0119	Robbie	Watmough	MU20	Settle harriers	9	0	0	0	3	0	2	12	4	0		87				96		98	84	94		459	5	11
0125	Edward	Shawcross	u18B	Ambleside	29	0	15	22	0	0	0	19	15	25		67		81	74			77	81	71		451	6	12
0039	Henry	Murray	u18B	Furness Fell Runners	0	0	26	23	22	0	28	18	17	0				70	73	74		68	78	79		442	6	13
0380	Jack	Waterhouse	MSEN	Helm Hill	51	14	18	15	18	0	0	0	0	19		45	82	78	81	78				77		441	6	14
0407	Justin	Tancred	MV50	Helm Hill	0	24	29	24	26	0	0	21	21	36			72	67	72	70		75	75	60		431	7	15
0518	Peter	Lawson	MV40	Howgill Harriers	49	26	0	25	21	0	22	24	0	31		47	70		71	75		74	72		65	427	7	16
0405	Harvey	Lord	MV40	Black combe	53	0	30	28	32	0	20	22	22	46		43		66	68	64		76	74	74	50	422	8	17
0550	Oliver	Scott	u18B	Leven Valley	0	0	11	0	11	0	8	0	14	23				85		85		88		82	73	413	5	18
0253	Michael	Kearney	MV40	Helm Hill	0	0	0	0	16	0	13	11	12	16						80		83	85	84	80	412	5	19
0437	Tom	Gibson	MSEN	Helm Hill	25	11	0	21	14	0	10	0	0	0		71	85		75	82		86				399	5	20
0320	Laurentiu	Bulprich	MSEN	Ambleside AC	0	13	0	20	0	0	18	20	23	0			83		76			78	76	73		386	5	21
0521	Evan	Mulvany	u18B	Helm Hill	7	3	0	0	4	0	0	0	0	3		89	96			94				96		375	4	22
0422	Richard	Kay	MV40	Helm Hill Runners	12	0	0	0	0	0	3	0	2	6		84						96		98	90	368	4	23
0233	Alex	Speight	MU20	Helm Hill	0	0	0	6	10	0	0	5	0	4					90	86		92		94		362	4	24
0787	Ben	Wilson	MSEN	Bowland	0	21	16	19	29	0	0	0	0	33			75	80	77	67				63		362	5	25
0148	David	Griffin	MV60	Helm Hill	0	0	37	45	33	0	29	40	31	0				59	51	63		67	56	65		361	6	26
0225	Jack	Wilcock	MV40	St Orth	32	16	24	0	24	0	0	0	0	24		64	80	72		72				72		360	5	27

0551	Riley	Scott	u18B	Leven valley	0	0	27	0	31	0	17	0	20	27			69	65	79	76	69	358	5	28			
0584	Joseph	Hawes	MV40	Ambleside AC	44	27	28	44	25	0	0	0	0	50	52	69	68	52	71		46	358	6	29			
0060	James	Cater	MV50	Helm Hill	72	39	39	47	36	0	30	54	30	60	24	57	57	49	60	66	42	66	36	355	9	30	
0791	Thomas	Marshall	MSEN	U/A	0	5	0	7	0	0	0	0	9	9		92		89				87	87	355	4	31	
0468	James	Jewell	u18B	Furness Fell Runners	45	0	23	0	23	0	15	0	26	0	51		73	73	81	70				348	5	32	
0769	Rob	McGurk	MSEN		0	44	44	35	41	0	39	35	35	55		52	52	61	55	57	61	61	41	347	8	33	
0232	Chris	Speight	MV60	Helm Hill	0	48	46	41	38	0	35	36	34	0		48	50	55	58	61	60	62		346	7	34	
0525	Simon	Denny	MSEN	Bentham Beagles Running C	48	0	0	0	28	0	33	49	28	45	48			68	63	47	68	51		345	6	35	
0174	Bruce	Duncan	MV40	Helm Hill	17	0	0	10	0	0	7	0	0	13	79		86		89			83		337	4	36	
0594	David	Wilson	MV60	Bowland Fell Runners	70	29	36	32	30	0	0	0	0	48	26	67	60	64	66				48	331	6	37	
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	75	42	47	42	40	0	42	37	0	59	21	54	49	54	56	54	59		37	326	8	38	
0124	Alistair	Shawcross	MV50	Lonsdale	61	0	38	37	0	0	0	34	32	61	35		58	59			62	64	35	313	6	39	
0412	Billy	Procter	MV60	Helm Hill	113	53	51	0	47	0	44	33	41	0	1	43	45		49	52	63	55		307	7	40	
0581	Tom	Batty	MSEN	Bentham beagles	0	0	0	0	35	0	32	27	29	52				61	64	69	67	44		305	5	41	
0587	Sean	Robinson	MV40	Howgill Harriers	96	50	0	46	0	0	38	44	37	63	1	46		50		58	52	59	33	298	7	42	
0546	Thomas	Findlay	MSEN	Helm Hill	0	51	52	49	43	0	41	45	0	0		45	44	47	53	55	51			295	6	43	
0699	Sam	Burnstone	MSEN	Helm Hill	5	0	0	1	1	0	0	0	0	0	92			100	100						292	3	44
0414	James	Findlay	MSEN		68	37	25	0	0	0	23	0	0	39	28	59	71		73			57		288	5	45	
0136	William	Laye	MSEN	Howgill Harriers	33	0	0	0	19	0	0	23	0	38	63			77		73		58		271	4	46	
0297	Ray	Gill	MV60	Helm Hill	95	78	59	53	48	0	54	48	44	0	1	18	37	43	48	42	48	52		270	6	47	
0510	Jacob	Dyer	MV50	Helm Hill Runners	0	0	0	0	20	0	26	26	0	42				76	70	70		54		270	4	48	
0499	Nick	Kitching	MV50	N/A	101	60	53	54	49	0	49	0	42	73	1	36	43	42	47	47		54	23	269	8	49	
0357	Toby	Acland	MU20	Helm Hill Runners	0	0	0	0	13	0	5	0	18	0				83	92		78			253	3	50	
0118	Paul	Revell	MV60	Howgill Harriers	85	43	0	0	45	0	43	46	0	62	11	53		51	53	50		34		252	6	51	
0578	Stan	Marston	u18B	Helm hill	0	33	0	29	0	0	0	30	0	41		63		67		66		55		251	4	52	
0800	Steven	Clarke	MV40		0	19	0	11	0	0	0	0	0	11		77		85				85		247	3	53	
0500	Ross	Butler	MV40	Keswick AC	46	25	0	0	0	0	0	0	24	44	50	71					72	52		245	4	54	
0513	Matt	Foot	MSEN	Helm Hill	78	65	0	0	37	0	37	0	39	75	18	31		59	59		57	21		245	6	55	
0832	Jack	Simpson	MV40	Ambleside	0	0	0	0	0	0	0	15	19	12						81	77	84		242	3	56	
0534	Graham	Beaumont	MV60	Dallam Running Club	110	62	50	50	51	0	0	47	0	79	1	34	46	46	45	49		17		237	7	57	
0375	Matthew	Balmer	MV40		128	70	64	58	54	0	0	52	46	0	1	26	32	38	42	44	50			232	7	58	
0096	Ewen	Mackinnon	MV40	Helm Hill	108	59	55	55	0	0	46	57	0	76	1	37	41	41		50	39		20	228	7	59	
0530	Nick	Hewitt	MV70	Bowland Fell Runners	91	0	58	48	44	0	0	43	0	65	5		38	48	52		53		31	227	6	60	
0556	Daniel	Hughes	MV50	Helm	73	0	0	30	0	0	0	31	25	0	23			66			65	71		225	4	61	

0243	James	Edwards	MV50	Dallam	50	0	0	36	0	0	25	0	0	54	46		60		71		42	219	4	62	
0295	Joe	Blackett	MV60	DarkPeakFellRunners	0	49	0	33	0	0	0	32	0	51		47	63		64		45	219	4	63	
0520	Rob	Bond	MSEN		0	22	0	18	0	0	0	0	0	29		74	78				67	219	3	64	
0013	Geoff	Watson	MV50	Durham City Harriers	0	73	66	60	53	0	48	58	0	0		23	30	36	43	48	38		218	6	65
0524	Niall	McDonald	MSEN	None	54	38	0	38	0	0	0	0	0	49	42	58	58				47	205	4	66	
0541	Mark	Cropper	MV50	Helm Hill	93	61	0	0	46	0	36	0	40	0	3	35		50	60	56		204	5	67	
0519	Jonathan	Tombs	MV50	Eden Runners	123	71	57	0	56	0	53	0	48	91	1	25	39	40	43	48	5	200	7	68	
0114	Rob	Jebb	MV50	Helm Hill Runners	0	0	0	2	0	0	0	1	0	0			98		100			198	2	69	
0122	Zach	Thomas	u18B	Helm Hill	100	0	0	40	0	0	47	0	43	57	1		56	49	53	39		198	5	70	
0715	Jack	Wright	MSEN	Ambleside AC	2	1	0	0	0	0	0	0	0	0	98	100						198	2	71	
0287	Harry	Cale	MSEN		34	0	0	27	0	0	0	0	0	30	62		69				66	197	3	72	
0198	Simon	Richardson	MV50	Helm Hill Runners	69	41	0	0	39	0	0	39	0	0	27	55		57		57		196	4	73	
0480	William	Weatherill	MSEN	Ambleside AC	3	0	0	0	0	0	0	0	1	0	96				100			196	2	74	
0182	Sam	Clough	MSEN	Helm Hill	42	0	0	0	27	0	0	0	0	26	54		69			70		193	3	75	
0483	Felix	Barker	MSEN	Ambleside AC	4	0	0	0	0	0	0	0	3	0	94					96		190	2	76	
0173	Mike	Falgate	MV60	Helm Hill	0	55	0	51	50	0	40	0	0	0		41	45	46	56			188	4	77	
0140	Andy	Monk	MV70	Howgill Harriers	134	74	0	57	58	0	58	59	0	83	1	22	39	38	38	37	13	187	7	78	
0801	Lindsay	McCrae	MSEN	u/a	0	32	0	31	0	0	0	0	0	40		64	65				56	185	3	79	
0132	Matthew	Fretwell	MSEN	Settle Harriers	10	0	0	0	0	0	0	0	0	2	86						98	184	2	80	
0029	Matt	Fleming	MSEN	Ambleside AC	0	0	6	0	0	0	0	9	0	0			90			87		177	2	81	
0475	Mike	Calvert	MV60	Howgill harriers	125	76	0	59	57	0	59	62	0	86	1	20	37	39	37	34	10	177	7	82	
0463	Peter	Jewell	MV50	Furness Fell Runners	115	0	60	0	52	0	56	0	45	0	1		36	44	40	51		172	5	83	
0877	Pete	Greenwood	MSEN	Helm Hill	0	0	49	0	0	0	34	0	36	0			47		62	60		169	3	84	
0899	Ross	Bibby	MV40	Hem Hill	0	0	0	0	0	0	14	0	13	0					82	83		165	2	85	
0834	George	Chinn	MSEN		0	0	0	0	0	0	21	0	0	7				75		89	164	2	86		
0004	Craig	Taylor	MSEN	Kendal AAC	16	0	0	0	0	0	0	0	0	15	80						81	161	2	87	
0656	Ian	Porter	MV50		55	30	0	0	0	0	0	0	0	43	41	66					53	160	3	88	
0649	Allan	Miller	MV60	U/a	135	79	69	63	62	0	0	0	52	0	1	17	27	33	34		44	156	6	89	
0325	Colin	Valentine	MV60	Keswick	136	0	0	56	61	0	0	63	50	0	1		40	35		33	46	155	5	90	
0542	Nick	Sebley	MV60	Black Combe Runners	98	54	0	0	0	0	55	50	0	71	1	42			41	46	25	155	5	91	
0081	Tom	Matthew	MV50	Bowland	67	34	0	34	0	0	0	0	0	0	29	62	62					153	3	92	
0094	Sam	Oldham	u18B	Leven Valley AC	0	0	31	0	0	0	0	0	11	0			65			85		150	2	93	
0308	James	Parsons	MV40	Helm Hill	23	0	0	0	0	0	0	0	0	20	73						76	149	2	94	
0430	Alfie	Thorpe	MSEN	BCR	26	0	0	0	0	0	0	0	0	21	70						75	145	2	95	

0227	Stephen	Hunt	MV60		129	69	0	0	0	0	64	64	51	89		1	27					32	32	45	7	144	6	96
0529	David	Murphy	MV50	Bentham Beagles	0	0	0	0	34	0	0	29	0	0					62			67				129	2	97
0441	Brian	Hickey	MSEN	Cheshire Hill Racers	0	0	0	52	0	0	0	41	0	67				44				55		29		128	3	98
0192	Glen	Goodwin	MV60	Accrington Road Runners	37	28	0	0	0	0	0	0	0	0	59	68										127	2	99
0141	Steve	King	MV50	Helm Hill Runners	111	57	0	0	55	0	51	0	0	0	1	39			41			45				126	4	100
0365	Matthew	Rooke	MSEN	Black Combe Runners	39	0	0	0	0	0	0	0	0	28	57										68	125	2	101
0477	Peter	German	MV40	Helm Hill	64	36	0	0	0	0	0	0	0	64	32	60									32	124	3	102
0635	Ben	Todhunter	MU20	Helm Hill	41	31	0	0	0	0	0	0	0	0	55	65										120	2	103
0651	Matthew	Swallow	MV40		47	0	0	0	0	0	27	0	0	0	49						69					118	2	104
0426	Richard	Greenfield	MV40	Black Combe Runners	40	0	35	0	0	0	0	0	0	0	56		61									117	2	105
0246	Gavin	Slack	MV40	NA	0	0	0	43	42	0	0	0	0	0					53	54						107	2	106
0700	Jim	Fisher	MV60	Howgill Harriers	133	0	0	62	59	0	63	0	0	0	1				34	37		33				105	4	107
0313	David	Rex	MSEN		108	52	61	0	0	0	0	0	0	72	1	44	35								24	104	4	108
0598	Christophe	Reade	MV60	Bowland Fell Runners	89	0	0	0	0	0	0	38	0	58	7							58			38	103	3	109
0504	Peter	Stock	MSEN	Helm Hill	0	0	1	0	0	0	0	0	0	0			100									100	1	110
0595	James	Bowen	MSEN	St Mary's university	1	0	0	0	0	0	0	0	0	0	100											100	1	111
0322	Bobby	Gard-Storry	MSEN	Ambleside	0	0	2	0	0	0	0	0	0	0			98									98	1	112
0667	Benji	Grundy	MSEN	Black Combe Runners	0	64	56	0	0	0	0	0	0	70		32	40								26	98	3	113
0855	Alasdair	Russell	MSEN	Kendal AC	0	0	0	0	2	0	0	0	0	0					98							98	1	114
0256	Chris	Moore	MV40	Leven Valley	0	0	43	0	0	0	0	0	0	53			53								43	96	2	115
0606	Alastair	Dunn	MV50	Helm Hill	0	0	0	0	0	0	0	3	0	0								96				96	1	116
0874	Xavi	Salcedo	MSEN		0	0	3	0	0	0	0	0	0	0			96									96	1	117
0319	Adam	Crowe	MSEN	Ambleside AC	0	4	0	0	0	0	0	0	0	0		94										94	1	118
0411	Callum	Lambert	MSEN	Settle Harriers	0	0	0	4	0	0	0	0	0	0				94								94	1	119
0627	James	Todhunter	MV40	Helm Hill	58	40	0	0	0	0	0	0	0	0	38	56										94	2	120
0720	Laurence	Hill	MSEN	Helm Hill	6	0	0	0	0	0	0	0	0	0	90											90	1	121
0481	Jonathan	Coney	MSEN	Helm Hill	0	0	0	0	0	0	0	0	7	0										89		89	1	122
0804	Matthew	Murgatroyd	MSEN	Ambleside	0	47	0	0	0	0	0	0	0	56		49								40		89	2	123
0873	Alfie	Addison	MU20	Kendal AAC	0	0	7	0	0	0	0	0	0	0			89									89	1	124
0892	ADAM	PERRY	MSEN	Helm Hill	0	0	0	0	0	0	0	7	0	0								89				89	1	125
0680	Mark	Addison	MSEN	U/A	8	0	0	0	0	0	0	0	0	0	88											88	1	126
0898	Clifford	Featherstone	MV70	Durham City Harriers	0	0	0	0	0	0	57	0	47	0								39		49		88	2	127
0374	Richard	Simpson	MV60	u/a	122	80	0	0	0	0	61	61	0	0	1	16						35	35			87	4	128
0356	Alistair	Hearn	MV50	Helm Hill Runners	59	0	0	0	0	0	0	0	0	47	37										49	86	2	129

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		
0011	Helen	Smith	FV40	Wharfedale Harriers	1	0	1	0	0	0	1	1	1	1	1	100	100					100	100	100	100	600	6	1	
0190	Lisa	Parker	FV40	Rosendale Harriers	3	1	2	1	1	0	4	2	0	2	2	96	100	98	100	100		94	98		98	594	8	2	
0277	Beth	Evans	FV40	Settle Harriers	7	4	5	2	2	0	3	3	2	3	3	89	94	92	98	98		96	96	98	96	582	9	3	
0507	Joanne	Haslett	FV40	Helm Hill	19	0	0	0	4	0	7	0	5	6	6	77				94		89		92	90	442	5	4	
0393	Victoria	Upton	FV40	Helm Hill	10	0	6	0	3	0	5	0	0	0	0	86		90		96		92				364	4	5	
0549	Leanne	Scott	FV40	Leven valley	0	3	0	0	0	0	2	0	0	5	5		96					98		92		286	3	6	
0298	Liz	Whitfield	FV40	Helm Hill	5	0	3	0	0	0	0	0	3	0	0	92		96					96			284	3	7	
0531	Lucie	Kelly	FV40	Achilli Ratti	14	5	9	0	0	0	0	0	0	0	0	82	92	87								261	3	8	
0755	Catherine	Houston	FV40	Helm Hill	0	2	0	3	0	0	0	0	0	0	0		98		96								194	2	9
0304	Maria	Hearn	FV40	Helm Hill	6	0	0	0	0	0	0	0	0	4	4	90							94			184	2	10	
0613	Hazel	Clark	FV40	Helm Hill	0	0	8	0	0	0	0	0	4	0	0			88					94			182	2	11	
0061	Caroline	White	FV40	Helm Hill	8	0	7	0	0	0	0	0	0	0	0	88		89								177	2	12	
0150	Liz	Lawton	FV40	Helm hill	9	0	0	0	0	0	6	0	0	0	0	87						90				177	2	13	
0588	Zoe	Robinson	FV40	Howgill Harriers	18	0	0	0	0	0	8	0	0	0	0	78						88				166	2	14	
0476	Amy	Pearman	FV40	Kendal AAC	2	0	0	0	0	0	0	0	0	0	0	98										98	1	15	
0023	Caroline	Gibbon	FV40	Furness Fell Runners	0	0	4	0	0	0	0	0	0	0	0			94								94	1	16	
0222	Jess	Bagnall	FV40	Settle Harriers	0	0	0	4	0	0	0	0	0	0	0				94								94	1	17
0401	Jane	Reedy	FV40	Ambleside AC	4	0	0	0	0	0	0	0	0	0	0	94										94	1	18	
0757	Jo	Rabone	FV40	Helm	0	0	0	0	0	0	0	4	0	0	0							94				94	1	19	
0048	Helen	Blunt	FV40	Kendal AAC	11	0	0	0	0	0	0	0	0	0	0	85										85	1	20	
0049	Lucy	Barrow	FV40	Furness Fell Runners	12	0	0	0	0	0	0	0	0	0	0	84										84	1	21	
0676	Jenna	Butler	FV40	Helm Hill	13	0	0	0	0	0	0	0	0	0	0	83										83	1	22	
0347	Rebecca	Atkinson	FV40	Helm Hill	15	0	0	0	0	0	0	0	0	0	0	81										81	1	23	
0462	Libby	Dixon	FV40	Ambleside AC	16	0	0	0	0	0	0	0	0	0	0	80										80	1	24	
0693	Tania	Milnes	FV40	Helm Hill	17	0	0	0	0	0	0	0	0	0	0	79										79	1	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	HELM HILL
0302	Ben	Procter	MV40	Helm Hill Runners	1	1	1	1	1	0	0	1	0	1	100	100	100	100	100					100		100	600	7	1
0762	Phil	Mather	MV40	Lonsdale Fell Runners	0	2	2	2	3	0	2	2	0	0		98	98	98	96				98	98			586	6	2
0159	Michael	Ainsworth	MV40	Helm Hill	6	5	0	6	2	0	9	3	2	0	90	92		90	98			87	96	98		564	7	3	
0075	Seb	Sillito	MV40	Helm Hill Runners	9	3	5	5	5	0	5	0	3	3	87	96	92	92	92			92		96	96		564	8	4
0391	Paul	Upton	MV40	Helm Hill	8	4	3	7	4	0	0	5	0	0	88	94	96	89	94				92				553	6	5
0359	David	Goadby	MV40	Helm Hill	12	8	4	0	0	0	3	0	4	12	84	88	94					96		94	84		540	6	6
0253	Michael	Kearney	MV40	Helm Hill	0	0	0	0	6	0	7	4	5	7					90			89	94	92	89	454	5	7	
0016	Graham	Hayes	MV40	Independent	13	6	6	0	7	0	6	8	7	8	83	90	90		89			90	88	89	88	536	8	8	
0225	Jack	Wilcock	MV40	St Orth	14	7	7	0	9	0	0	0	0	10	82	89	89		87						86		433	5	9
0405	Harvey	Lord	MV40	Black combe	21	0	9	10	11	0	11	9	9	15	75		87	86	85			85	87	87	81		517	8	10
0518	Peter	Lawson	MV40	Howgill Harriers	20	12	0	8	8	0	12	10	0	11	76	84		88	88			84	86		85		515	7	11
0584	Joseph	Hawes	MV40	Ambleside AC	17	13	8	13	10	0	0	0	0	16	79	83	88	83	86						80		499	6	12
0587	Sean	Robinson	MV40	Howgill Harriers	30	16	0	14	0	0	14	11	11	18	66	80		82				82	85	85	78		492	7	13
0375	Matthew	Balmer	MV40		33	20	17	16	13	0	0	12	13	0	63	76	79	80	83				84	83		485	7	14	
0096	Ewen	Mackinnon	MV40	Helm Hill	31	18	16	15	0	0	15	14	0	21	65	78	80	81				81	82		75		477	7	15
0422	Richard	Kay	MV40	Helm Hill Runners	2	0	0	0	0	0	1	0	1	2	98							100		100	98		396	4	16
0174	Bruce	Duncan	MV40	Helm Hill	5	0	0	3	0	0	4	0	0	6	92			96				94			90		372	4	17
0500	Ross	Butler	MV40	Keswick AC	18	11	0	0	0	0	0	0	10	14	78	85								86	82		331	4	18
0800	Steven	Clarke	MV40		0	9	0	4	0	0	0	0	0	4		87		94						94		275	3	19	
0832	Jack	Simpson	MV40	Ambleside	0	0	0	0	0	0	0	7	8	5									89	88	92		269	3	20
0477	Peter	German	MV40	Helm Hill	25	14	0	0	0	0	0	0	0	19	71	82									77		230	3	21
0296	Bertie	Goffe	MV40	Helm Hill	32	17	0	0	0	0	0	0	0	22	64	79									74		217	3	22
0899	Ross	Bibby	MV40	Helm Hill	0	0	0	0	0	0	8	0	6	0								88		90		178	2	23	
0308	James	Parsons	MV40	Helm Hill	10	0	0	0	0	0	0	0	0	9	86										87		173	2	24
0246	Gavin	Slack	MV40	NA	0	0	0	12	12	0	0	0	0	0				84	84							168	2	25	
0426	Richard	Greenfield	MV40	Black Combe Runners	16	0	12	0	0	0	0	0	0	0	80		84										164	2	26

Race Number	Forename	Surname	FV50 Category	Club	Category Race Positions													Category Points							RACES COMPLETE	POSITION	
					SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER	SCOUT SCAR	WHITESTONES	BIRKRIGG	BARBONDALE	SEDBERGH	GIGGLESWICK	CUNSWICK SCAR	CAUTLEY	HELM HILL	ELTERWATER			BEST 7 TOTAL
0381	Jo	Wilkinson	FV50	Helm Hill	1	2	1	3	0	0	1	2	2	2	100	98	100	96			100	98	98	98	594	8	1
0782	Angela	Tarlton	FV50	Bentham Beagles	0	3	0	2	1	0	2	3	1	3		96		98	100		98	96	100	96	588	7	2
0226	Natasha	Geere	FV50	Spenborough	2	1	2	0	3	0	4	5	4	1	98	100	98		96		94	92	94	100	586	8	3
0783	Samantha	Taylor	FV50		0	4	0	1	2	0	3	1	3	0		94		100	98		96	100	96		584	6	4
0179	vicki	sherrington	FV50	Helm Hill	5	5	3	5	0	0	5	6	5	0	92	92	96	92			92	90	92		556	7	5
0573	Mary	Jenner	FV50		9	7	5	9	0	0	7	4	0	6	87	89	92	87			89	94		90	541	7	6
0145	Vicky	Atkinson	FV50	Helm Hill	11	10	6	8	4	0	0	0	6	7	85	86	90	88	94				90	89	537	7	7
0429	Jane	Rousseau	FV50	BCR	17	14	9	0	0	0	10	7	8	11	79	82	87				86	89	88	85	517	7	8
0121	Katharine	Shrine	FV50	Helm Hill	10	0	0	12	0	0	8	0	7	8	86			84			88		89	88	435	5	9
0666	Caroline	D'Arcy	FV50	Helm Hill	7	6	0	6	0	0	0	0	0	4	89	90		90					94		363	4	10
0199	Lyn	Richardson	FV50	Helm Hill Runners	13	0	7	0	0	0	6	0	0	9	83		89				90		87		349	4	11
0134	Vicky	Kirkwood	FV50	Helm Hill Runners	3	0	0	4	0	0	0	0	0	5	96			94					92		282	3	12
0180	Lou	Bland	FV50	Helm Hill	16	12	0	0	0	0	9	0	0	0	80	84					87				251	3	13
0671	Patty	Davies	FV50	Black Combe Runners	18	13	8	0	0	0	0	0	0	0	78	83	88								249	3	14
0495	Eleanor	Knowles	FV50	Ambleside AC	6	0	4	0	0	0	0	0	0	0	90		94								184	2	15
0138	Heather	Hodgson	FV50	Swaledale Runners	0	9	0	7	0	0	0	0	0	0		87		89							176	2	16
0471	Paula	Bowen	FV50	Ambleside AC	8	8	0	0	0	0	0	0	0	0	88	88									176	2	17
0491	Jayne	Scott	FV50	Helm Hill	14	0	0	0	0	0	0	0	0	10	82								86		168	2	18
0080	Jo	Matthew	FV50	Bowland	15	0	0	11	0	0	0	0	0	0	81			85							166	2	19
0704	Jo	Wilcox	FV50	Helm hill	4	0	0	0	0	0	0	0	0	0	94										94	1	20
0078	Sarah	Jones-Morris	FV50	Helm Hill	0	0	0	10	0	0	0	0	0	0				86							86	1	21
0305	Rachel	Thomas	FV50	Helm Hill	0	11	0	0	0	0	0	0	0	0		85									85	1	22
0479	Sarah	Senior	FV50	Border Reiver Runners	12	0	0	0	0	0	0	0	0	0	84										84	1	23
0219	Victoria	McGarry	FV50	Helm Hill Runners	0	15	0	0	0	0	0	0	0	0		81									81	1	24

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
0407	Justin	Tancrel	MV50	Helm Hill	0	1	2	2	2	0	0	3	1	1		100	98	98	98			96	100	100	594	7	1
0060	James	Cater	MV50	Helm Hill	11	4	4	7	4	0	3	9	3	7	85	94	94	89	94		96	87	96	89	563	9	2
0124	Alistair	Shawcross	MV50	Lonsdale	6	0	3	6	0	0	0	7	4	8	90		96	90			89	94	88		547	6	3
0499	Nick	Kitching	MV50	N/A	20	8	5	8	7	0	6	0	6	10	76	88	92	88	89		90		90	86	537	8	4
0013	Geoff	Watson	MV50	Durham City Harriers	0	13	9	9	9	0	5	10	0	0		83	87	87	87		92	86			522	6	5
0519	Jonathan	Tombs	MV50	Eden Runners	25	12	7	0	11	0	8	0	8	15	71	84	89		85		88		88	81	515	7	6
0541	Mark	Cropper	MV50	Helm Hill	18	9	0	0	6	0	4	0	5	0	78	87			90		94		92		441	5	7
0463	Peter	Jewell	MV50	Furness Fell Runners	23	0	8	0	8	0	9	0	7	0	73		88		88		87		89		425	5	8
0510	Jacob	Dyer	MV50	Helm Hill Runners	0	0	0	0	1	0	2	4	0	3					100		98	94		96	388	4	9
0243	James	Edwards	MV50	Dallam	2	0	0	5	0	0	1	0	0	6	98			92			100		90		380	4	10
0556	Daniel	Hughes	MV50	Helm	12	0	0	3	0	0	0	6	2	0	84			96			90	98			368	4	11
0198	Simon	Richardson	MV50	Helm Hill Runners	10	5	0	0	5	0	0	8	0	0	86	92			92		88				358	4	12
0141	Steve	King	MV50	Helm Hill Runners	22	7	0	0	10	0	7	0	0	0	74	89			86		89				338	4	13
0656	Ian	Porter	MV50		4	2	0	0	0	0	0	0	0	4	94	98							94		286	3	14
0081	Tom	Matthew	MV50	Bowland	9	3	0	4	0	0	0	0	0	0	87	96		94							277	3	15
0622	Rob	Dutfield	MV50		21	10	0	0	0	0	0	0	0	12	75	86							84		245	3	16
0382	David	Wilkinson	MV50	Helm Hill	24	0	0	10	0	0	0	11	0	0	72			86			85				243	3	17
0114	Rob	Jebb	MV50	Helm Hill Runners	0	0	0	1	0	0	0	1	0	0				100			100				200	2	18
0529	David	Murphy	MV50	Bentham Beagles	0	0	0	0	3	0	0	5	0	0					96		92				188	2	19
0356	Alistair	Hearn	MV50	Helm Hill Runners	5	0	0	0	0	0	0	0	0	5	92								92		184	2	20
0815	Michael	Smith	MV50	Dallam RC	0	0	6	0	0	0	0	0	0	13			90						83		173	2	21
0795	Stefan	Bradley	MV50	Unattached	0	11	0	0	0	0	0	0	0	11		85							85		170	2	22
0181	Jim	Bishop	MV50	Lonely Goat	15	0	0	0	0	0	0	0	0	9	81								87		168	2	23
0200	Ranald	MacKay	MV50	Spectrum Striders	27	0	0	0	0	0	0	0	0	14	69								82		151	2	24
0425	Scott	Smith	MV50	Hoad Hill Harriers	0	0	1	0	0	0	0	0	0	0			100								100	1	25
0436	kieran	hodgson	MV50	Helm hill	1	0	0	0	0	0	0	0	0	0	100										100	1	26

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			
0594	David	Wilson	MV60	Bowland Fell Runners	2	2	1	1	1	0	0	0	0	1	98	98	100	100	100							100	596	6	1	
0148	David	Griffin	MV60	Helm Hill	0	0	2	5	2	0	1	6	1	0			98	92	98	100	90	100						578	6	2
0232	Chris	Speight	MV60	Helm Hill	0	5	3	3	3	0	2	3	3	0		92	96	96	96	98	96	96						578	7	3
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	4	3	4	4	4	0	4	4	0	4	94	96	94	94	94	94	94		94				566	8	4	
0412	Billy	Procter	MV60	Helm Hill	12	7	6	0	6	0	6	2	4	0	84	89	90		90	90	98	94						551	7	5
0118	Paul	Revell	MV60	Howgill Harriers	6	4	0	0	5	0	5	8	0	5	90	94			92	92	88		92				548	6	6	
0297	Ray	Gill	MV60	Helm Hill	8	15	7	8	7	0	8	10	5	0	88	81	89	88	89	88	86	92						534	8	7
0534	Graham	Beaumont	MV60	Dallam Running Club	11	10	5	6	9	0	0	9	0	8	85	86	92	90	87			87		88				530	7	8
0475	Mike	Calvert	MV60	Howgill harriers	17	14	0	10	10	0	10	16	0	10	79	82		86	86	86	80		86				506	7	9	
0227	Stephen	Hunt	MV60		19	11	0	0	0	0	13	18	7	11	77	85				83	78	89	85				497	6	10	
0649	Allan	Miller	MV60	U/a	21	16	13	12	13	0	0	0	8	0	75	80	83	84	83			88					493	6	11	
0542	Nick	Sebley	MV60	Black Combe Runners	9	8	0	0	0	0	9	11	0	6	87	88				87	85		90				437	5	12	
0325	Colin	Valentine	MV60	Keswick	22	0	0	9	12	0	0	17	6	0	74			87	84		79	90				414	5	13		
0295	Joe	Blackett	MV60	DarkPeakFellRunners	0	6	0	2	0	0	0	1	0	2		90		98		100	98					386	4	14		
0173	Mike	Falgate	MV60	Helm Hill	0	9	0	7	8	0	3	0	0	0		87		89	88	96							360	4	15	
0700	Jim	Fisher	MV60	Howgill Harriers	20	0	0	11	11	0	12	0	0	0	76			85	85	84							330	4	16	
0374	Richard	Simpson	MV60	u/a	16	17	0	0	0	0	11	15	0	0	80	79				85	81						325	4	17	
0598	Christopher	Reade	MV60	Bowland Fell Runners	7	0	0	0	0	0	0	5	0	3	89						92		96				277	3	18	
0072	Steve	Wathall	MV60	Ambleside AC	14	13	0	0	0	0	0	0	0	7	82	83						89					254	3	19	
0314	Tim	Field	MV60	Helm Hill Runners	15	12	0	0	0	0	0	0	0	9	81	84						87					252	3	20	
0192	Glen	Goodwin	MV60	Accrington Road Runners	1	1	0	0	0	0	0	0	0	0	100	100											200	2	21	
0618	John	Bagge	MV60	Helm Hill	5	0	0	0	0	0	0	0	2	0	92							98					190	2	22	
0869	Andrew	Evans	MV60	Settle Harriers	0	0	10	0	0	0	7	0	0	0			86			89							175	2	23	
0031	Colin	Howard	MV60	Furness fell runners	13	0	9	0	0	0	0	0	0	0	83		87										170	2	24	
0018	Andy	Holden	MV60	Achille Ratti CC	0	0	12	0	0	0	0	12	0	0			84					84					168	2	25	

