

rank	name	club	category	Long		Super Long				TOTAL
				Three Shires	Langdale	Ennerdale	Duddon	Wasdale	Borrowdale	
1	Rhys Findlay-Robinson	Dark Peak	M	100		100			91.8	291.8
2	Carl Bell	Howgill Harriers	M				100	94.2	96.6	290.8
3	Oli Johnson	Dark Peak	M			99.2	97.9		93.4	290.5
4	Kim Collison	Eden Runners	M		93.6		99.9	91.4	87	284.8
5	Darren Holloway	Pennine	MV40	95.6		96.1	90.7			282.4
6	Tom Brunt	Holmfirth	M	97	96.1		99.5		85.7	282.2
7	John Hunt	Dark Peak	MV40	92.1		93.6		86.6	81.2	272.3
8	Gary Thorpe	Ambleside	MV40	90.6	86.8	88.2	91.3	83.6	80.8	270.1
9	Mike Johnson	Bowland	MV50		95.2		90.8	83.1	69.2	269.1
10	Simon Harding	Macclesfield Harriers	M			96.6		88.5	82.5	267.7
11	Richard Mellon	Bowland	MV40	90.1		85.3	88.5			263.9
12	Steve Birkinshaw	Borrowdale FR	MV40		91.5			87.6	82.1	261.3
13	Jon Deegan	Ambleside	MV40	90.9		89.2			80.3	260.4
14	Andrew Schofield	Borrowdale	MV40			89	93.2		77.8	259.9
15	Ian Symington	Calder Valley	M			89.7	85.7	77		252.5
16	Richard McGrath	Ellenborough	M		90.6	85.8			75.6	251.9
17	Jasmin Paris	Carnethy	L	86.1		85.2		79.5	74.8	250.7
18	Michael Cunningham	Borrowdale	M	87.4		86.5			73.8	247.7
19	Matthew Hulley	Dark Peak	M	84.8	83.9	80.1		77.2		242.1
20	Ross Litherland	Saddleworth	M	87.3	83.8		78.2	76.1	68.7	241.5
21	Nicholas Barber	Pennine FR	M	89.2				77.5	72.2	238.9
22	Gavin Bland	Borrowdale	MV40			72.9	93.6		71.4	237.9
23	Chris Reade	Bowland	MV40	89	87.8		70.3	74.3	67.3	233.6
24	Sam Ware	Eden Runners	M				72.6	84.4	76.1	233.2
25	Mike Robinson	Dark Peak	MV40	92.2			69.1		71.5	232.8
26	Adrian Davis	Carnethy	MV50	85.6			69.4	76.9		231.9
27	Michael Green	Horwich RMI	MV40	82.4				72.6	73.9	228.9
28	Roger Laycock	Settle Harriers	MV50	82		75.3		69.6		227
29	Dave Ward	Pennine	M		78.9		72.9	74.2		225.9
30	Dave Prosser	Keswick	MV40	84		74.6			67.1	225.7
31	Oliver Blomfield	Eden Runners	MV40		76.8	79.9	62	66.4		223.1
32	Hazel Robinson	Ambleside	L	77.8		73.9	69.1		59.1	220.8
33	Nick Ray	Ellenborough	M	81.9	82		60.7	72.9	64.3	219.2
34	Dave Sykes	Dark Peak	M		82.5	65.3	60.8	67.2	60.3	214.9
35	Nigel Wood	Coniston FR	M	85.9	84			67	61.9	214.9
36	Paul Barnes	Borrowdale	MV40			75.2	72	66.8	60	214.1
37	Huw Price	Bowland	MV50	76.6	76.8	74.2		62	46.7	213
38	Jackie Winn	Ellenborough	MV60	80.4		72.6			57.3	210.3
39	Mark Ruscoe	Horwich RMI	M	82.9	82.4			64.2	62.5	209.6
40	David Ralphs	Newburgh Nomads	MV50	70.8	65	73.8	53.1	63.9		208.5
41	Pete Booth	Clayton le Moors	MV60	75.4	64.7	69.1	62.1	54.2	51.5	206.6
42	Josh Hubbard	Leicester Fell Foxes	M	84.4	86.5	74.6		45.2		206.2
43	Darren Fishwick	Chorley	MV40		76.5	66.3		53	53.8	196.6
44	Jean Brown	Clayton le Moors	LV40	67.6		67.2		61.4		196.2
45	Stefan Phillips	Macclesfield Harriers	M			73.3		58.9	64	196.2
46	David White	Kilmarnock Harriers	MV40	81				64.7	49.5	195.3
47	David Scott	Ochil Hill	MV50		76.6		65		52.8	194.3
48	Colin Jennings	Garstang	MV40		71.8		62		59.9	193.8
49	Leigh Warburton	Bowland	MV50	80.2	79.6	59.1		54.2	53.4	193.6
50	Nicky Spinks	Dark Peak	LV40			71.5		68.1	50.9	190.5
51	Mary Gillie	Clwydian Range Runners	L	73	60.1			63.1	53.5	189.6
52	Rachel Hill	Wharfedale	LV40	70.1	64.2	67.2	38.1	50.9		188.1

53	Allan Miller	Kendal	MV50	77.6	74.4	68.7	38.9			185.2
54	Michael Quinn	Esk Valley	M	63.5	69.6	42.9	60.3	53.2		183
55	Glen Borrell	Dark Peak	M	64.6		55.9		53.1	60.6	181.1
56	Adam Holloway	FRA	MV40		66.4	54.6	58.3		45.7	179.3
57	Paul Johnson	Keswick	M	69.3	61.2	61.3	44.6			175.2
58	Paul Simpson	Kendal	MV40	62.3	56	57.8	55		43.7	175.1
59	John Brownell	Dark Peak	MV40	65.1	49.5	56.2		52.8	37.8	174
60	Jack Simpson	UA	M			44	66.7	58.1		168.8
61	Andrew Hirst	U/A	MV50		59.8	61		47		167.8
62	Wendy Dodds	Clayton le Moors	LV60		49.7	58.5		58.9	42.7	167
63	Peter Kemp	Ellenborough	M		69.4		37.9	50.9	46.2	166.5
64	Duncan Cooper	Ilkley Harriers	MV40	68.8			38.4	52.2		159.4
65	Tim Rippon	Totley AC	MV40		65.1	53.8			36.4	155.4
66	Chris Hare	Chapel Allerton	MV50		64.2		38.1	50.9		153.1
67	Alison Weston	Ilkley Harriers	LV40	63.9			38.4	44		146.3
68	Hanno Torn	Pennine	MV40	56.3	47.2	42.3		47	34.3	145.6
69	Keith Holmes	Dark Peak	MV50			73.4	24.1		46.9	144.4
70	Richard Clark	Esk Valley	MV40			48.5		48	45	141.5
71	Wally Coppelov	Newburgh Nomads	MV50	56.8		43.4		37.6		137.7
72	Neil Smith	Ilkley Harriers	MV40	54.7		42.4	38.3			135.4
73	Brian Melia	Ilkley Harriers	MV40			50.5		40.2	43.9	134.7
74	Steven O'Keeffe	CFR	MV40	46.2				51.2	35.8	133.2
75	Catherine Litherland	Saddleworth	L	51.9	51.7		33.9	46.9	27.4	132.7
76	John Taylor	Bowland	MV60	45.3	41.4		53.1	26.3	34.2	132.5
77	Paul Jackson (Horwich)	Horwich RMI	MV40	57.8	58.8			39.1	30.9	128.8
78	Jamie Rennie	West End Leicester	MV40		42	56.8			29.6	128.3
79	Yiannis Tridimas	Bowland	MV60		45.7	49.5			32	127.2
80	Kate Simpson	UA	L	56.7		30.7		37.6		125
81	Peter Buchanan	Ochil Hill	MV50		50.3		54.9		17.4	122.7
82	Alan Brentnall	Pennine	MV60		47.2	46.2			28.8	122.2
83	Fred Duenbier	Newburgh Nomads	MV50		41.1	43.4		37.5		122.1
84	Will Buckton	Ilkley Harriers	M		48.8	31.6		30.3		110.7
85	John Hazell	UA	MV50	49.8		30.8			25.3	106
86	David Gibson	Esk Valley	M		48.1			34.2	23.3	105.6
87	Ian Charters	Bowland FR	MV50	38.9	43.7			39	21.1	103.7
88	Mark Smith	Tatten Hall	M			30.2		35	37.3	102.5
89	Lindsay Harrod	Helm Hill	LV40	33.4			23.1	36.7	12.4	93.2
90	Ian Shuttleworth	Holmfirth	MV40	43.6			16.4		16.7	76.7
91	Paul Jackson (Chorley)	Chorley Harriers	MV40		39.2			27.3	2.3	68.7