

rank	name	club	category	Long		Super Long				TOTAL POINTS
				Three Shires	Langdale	Duddon	Ennerdale	Wasdale	Borrowdale	
1	Ben Abdelnoor	Ambleside	M	100	100	98.4	89.6	100		298.4
2	Tom Brunt	Dark Peak	MV40	97.9	91.9	99.6	90.3			287.8
3	Simon Booth	Borrowdale	MV40			100		97.6	87.4	285
4	Adam Perry	Pennine	M		95	94.2	91.7	88.5		280.9
5	John Hunt	Dark Peak	MV40			93.6	95.1	92		280.8
6	Steve Birkinshaw	Borrowdale	MV40	96.9	89.6	91.9	90.8	86.3		279.6
7	Tom Gibbs	Ambleside	MV40		94.6		89.2	91.8		275.6
8	Joe Blackett	Dark Peak	MV40			93.8	94.6	86.5	84.6	275
9	Simon Harding	Macclesfield Harriers	M				92.1	90.3	91.3	273.6
10	Richard Mellon	Bowland	MV40		89.9	97.8		85.2		272.9
11	Paul Cornforth	Borrowdale	MV50	96	87.9			87.5	86.8	270.2
12	Gary Thorpe	Ambleside	MV40	91.6	87.3	90.7	86.1	86.8	79.5	269.1
13	Peter Taylor	Tattenhall Runners	M	95.2	85.7	90.7	80.9		78.7	266.8
14	Konrad Rawlik	Carnethy	M	91.5	87.2	91.5	82.6	42.1		265.5
15	Matthew Reedy	Ambleside	M	90.9	88.6	89.3			81.4	261.5
16	Sam Ware	Eden Runners	M	91.4	89.3			78.4	82.5	252.2
17	Dave Ward	Pennine	M	91.8			80.6	79.6	76.8	252
18	Andrew Jebb	Bingley	M		92			74.5	85.1	251.6
19	Jasmin Paris	Carnethy	F		84.7	82.7	79.8	82.9		250.4
20	Nigel Wood	Coniston	M		87.5	82.5	72.4	61.8	76.2	246.1
21	Nick Ray	Ellenborough	MV40	90.9	84.8		72.1	70.8	79.1	242.1
22	Josh Hubbard	Leicester Fell Foxes	M	91.8	75.5		68.5	72		232.2
23	Robert Moffat	Howgill Harriers	M	85	77.8		68.3		73.8	227.2
24	Leigh Warburton	Bowland	MV50	79.7		76.7	70.3	39.7	60.9	226.8
25	Oliver Blomfield	Eden Runners	MV40			77.7	75.8	71.8		225.3
26	Mark Chippendale	Bowland	MV40	91			61.2		72.6	224.8
27	David Armstrong	Northumberland FR	MV50	80.6		77.6			63.5	221.8
28	Phil Clayton	Black Combe	MV40	79.5	74.1	72.9	63.4	68.6	64.9	221
29	Ged Callan	Bingley	M		68.6	82.6			69.4	220.6
30	Philip Pearson	Saltwell Harriers	MV50	80.9			63.7		75.6	220.2
31	Andy Dickenson	Dark Peak	MV40	77.1	73.5	74.9	52.7	63.8	66.9	218.9
32	Graham Lund	Bowland	M	76.1	74.5		68.6		73.9	218.6
33	Gary Parker	U/A	MV40		72.5	75.2	69.3	55.9	65.1	217
34	David Sykes (DPFR)	Dark Peak	MV40		69.3	75.3	69.1	33.7		213.7
35	Ashley Kay	Dark Peak	MV50	80.3	73.1		67.7	57.8	64.8	212.9
36	William Buckton	Ilkley	M	80.9	79.4	68.8	59.5	63	62.1	212.7
37	Dave Prosser	Keswick	MV50				71.8	70.7	69	211.5
38	Nicky Spinks	Dark Peak	FV40	75.2			71.8		63.9	210.8
39	Robert Crawford	Coniston	M		66.4	76.4	53.6	66.7	55.9	209.5
40	Steve Turland	Ilkley	MV40	63.4		75		69.5		207.9
41	Darren Fishwick	Chorley	MV40	76.3	71.7			59.4	68.9	204.6
42	Paul Johnson	CFR	M		69.7	66.2	68			203.9
43	Roy Gibson	Dark Peak	MV50		65.6	72.9		48.5	64.3	202.8
44	Jackie Winn	Ellenborough	MV60	74.2				58.9	68.9	202
45	Jean Brown	Clayton-Le-Moors	FV40	65.7	51.4		67.4	65.3		198.4
46	Peter Kemp	Ellenborough	M		73.3			56.4	68.2	197.9
47	James Archbold	Borrowdale	MV40	76.3			46.2		74.6	197.2
48	Richard Clark	Esk Valley	MV40		65.8	68.8		44.4	61	195.6
49	Keith Holmes	Dark Peak	MV50	76.5			59.2	58.8	59.4	195.2
50	Huw Price	Bowland	MV50	67.1	65.9	63.1	56.6	50.5	64.2	194.4
51	Michael Jones	Black Combe	M	57.3	43.5			64.4	72.7	194.3

52	Brian Horn	Borrowdale	MV50	70.9	68.1			60.3	62.2	193.4
53	David Lund	Dark Peak	M		68.6		53.7	39.2	67	189.3
54	Rachel Hill	Wharfedale	FV40		61.9		61.7	64.8		188.4
55	Andrew Nicoll	Bingley	MV40		85.8		42.4		59.7	187.9
56	David Banks	Kendal AC	MV40			73.3		60.3	49.7	183.3
57	Greg Rimmer	Dark Peak	MV50	71.7	69.1		66.6	44.3		182.6
58	Tim Rippon	Black Combe	M	64	63.7	62.3			53.4	179.7
59	David Malia	Mercia	MV40	59.6	46.6	62.7	49.3	44.4	51.4	173.7
60	Paul Simpson	Kendal AC	MV50	66	57.6	59.6			47.1	172.6
61	Tim Jackson	Settle	MV40		59.6	54.2	48.1	52.2	58.8	172.6
62	Jenny Caddick	Dark Peak	FV40		53	61.9	52	48.6		166.9
63	Rick Cooper	Keswick	MV40		59.5		47.2		57.8	164.5
64	Richard Bellaries	Clayton-Le-Moors	MV50	49.2	57.9	62		41.4	39.8	161.3
65	Catherine Spurden	Keswick	F		57.7		51.1	50.9	51.7	160.6
66	Julie Carter	Keswick	FV40		54.7	54.4		49.3		158.3
67	Neil Smith	Ilkley	MV40	26	45.9	61.8	48.5	43.9		156.2
68	John Fletcher	CFR	MV40			62.6	46.2	40.7	39.9	149.5
69	John Thompson	Newburgh Nomads	MV40	61	50.2		36		51.4	148.4
70	Albert Sunter	Horwich RMI	MV50	43.7	49.7		50.5		46	146.2
71	Jane Leonard	Todmorden	FV50	56.3				40	47.5	143.9
72	Ben Robson	Dark Peak	MV40	48.9	46.4	52		40.9		141.8
73	Sally Ward	U/A	FV50	48.9	48.8	51.9		40.9		141.8
74	Victoria Haworth	Keswick	F	59.3	48.7	34.6	42.9		30.6	136.8
75	Stephen Watson	Pickering	MV40		60.1	25.6			46.8	132.6
76	Nina Walkinshaw	CFR	F		39.7	47.4			41.5	128.6
77	Rigby Jerram	Kendal AC	MV50	58.5	47.5	46.9			21.1	126.4
78	Laurence Ormerod	Settle	MV50	46.9	40.6	44.9	34.1	29.4	25	125.8
79	Jamie Rennie	FRA	MV40			53.2		31.5	33.9	118.6
80	James Pierce	Penistone FPR	M				43	41.8	33.4	118.2
81	David Gibson	Esk Valley	M		48.9		31.4		37	117.3
82	Lesley Malarkey	Keswick	FV60	45.6	36.7	37.7	31.6	31.1	27.9	114.9
83	Wendy Dodds	Clayton-le-Moors	FV60	41.3	42.8			29.6	35.1	107.5
84	Angela Wakefield	Keswick	F		37.6			32.1	27.4	97.1
85	Edwin Sherstone	Southport Waterloo	MV40	37.2	38.2		29.3	22	29.2	96.7
86	Chris Green	FRA	MV40			39.1	17		38.1	94.3
87	Ian Charters	Bowland	MV50		39.4		24.4		18.7	82.5
88	Clare Smith	Ilkley	FV40		20.6	27.4	16.8	24.1		72.1
89	Gary Platt	Chorley Athletic & Tri	MV50				33.9	2.2	30.4	66.5