

rank	name	club	category	Long		Super Long				TOTAL POINTS
				Three Shires	Langdale	Duddon	Ennerdale	Wasdale	Borrowdale	
1	Simon Harding	Macclesfield Harriers				100	96.3	100	96.4	296.4
2	Kieran Hodgson	Helm Hill Runners		90.2	94.8	99.9	94.2		58.7	288.9
3	Pete Vale	Mercia	V40				96.1	98.7	93.8	288.6
4	Sam Watson	Wharfedale Harriers		91.9			93		94.5	279.4
5	John Hunt	Dark Peak FR	V40			91.6	89.2	95		275.8
6	Tom Brunt	Dark Peak FR	V40			94.4	92.4		88.4	275.2
7	Joe Blackett	Dark Peak FR	V50	77.9	85.2	91.8	84.9	92.6	73.4	269.6
8	Andrew Jebb	Bingley Harriers			90.9		89.4		87.7	268
9	Jasmin Paris	Carnethy	F	84.7			79.6	98.6		262.9
10	Nigel Wood	Coniston			83.9	93	85.1			262
11	Spencer Riley	Clayton-le-Moors	V40	85.3	99.3		80	73.7	79.9	259.2
12	Stephen Pyke	Dark Peak FR	V40	85	87.2		86.7		83.7	257.6
13	Sam Ware	Eden Runners		78.5	86.7		78.1	90.1		254.9
14	Ross Litherland	Unattached		84.7	88.7	89.4			75.1	253.3
15	Dave Ward	Pennine FR		82.9	76.8		81.3	88.6	71.7	252.8
16	Richard Guillaume	Dark Peak FR		85.2			83		83.5	251.7
17	Richard McGrath	Ellenborough AC					82.9	85.6	80.5	249
18	Tom Bush	Altrincham AC			85.3		85.8		77.4	248.5
19	Lee Newton	Keswick AC			86.3		78.4	72.6	83.1	247.8
20	Adam Perry	Helm Hill Runners			91.4	77.7			75.9	245
21	Tim Ripper	Black Combe Runners		57.9	77.2	87.8		79.1		244.2
22	Steve Birkinshaw	Borrowdale FR	V40	81.8	82.7	88.8			68.8	240.3
23	Charlie McIntosh	Pudsey and Bramley AC	V40			84.9	73.9	79.5		238.3
24	Gary Parker	Unattached	V40		77.2	81		79.9	66	238
25	Dave Sykes	Dark Peak FR	V40	68.4	77.8	77.7	63.8	80.9	70.5	236.5
26	Nick Ray	Ellenborough AC	V40	77.4	86.2	68.7			80.7	235.6
27	Matthew Hulley	Dark Peak FR		65.4	81.5		72.4		79.7	233.7
28	Darren Fishwick	Chorley AC	V40	78.4	76.2	78	71.3	77.2	64.5	233.6
29	Andy Gibbons	Bingley Harriers			81.7		79.9		69	230.5
30	Philip Pearson	Saltwell Harriers	V50			79.3	68.7	81.4		229.4
31	Nicky Spinks	Dark Peak FR	FV40	59.4	76			80.5	70.5	227
32	Jules Coleman	Lonsdale	V40	69.7		79.9		77.3		227
33	Tony Heron	Knivesmire Harriers	V40		85.6		77.4		62.5	225.5
34	Andrew Slattery	Keswick AC	V40	72.7			76.6		74.4	223.7
35	Richard Hunt	Dark Peak FR	V40		76.7	75.7			71	223.4
36	Judith Jepson	Dark Peak FR	FV40	76.9	79.2		72.5		70.7	222.4
37	Chris Jackson	Glossopdale Harriers				78.8	73		70.2	222
38	David Lund	Dark Peak FR		78	85.8			65.9	66.6	218.2
39	Caitlin Rice	Glossopdale Harriers	F			81.5	72.3		62.6	216.4
40	Will Buckton	Ilkley Harriers		60.1	65.6	78.7	49.5	71.6		215.9
41	Huw Price	Bowland FR	V50	66.3	77.6	72.5		65.1	56.3	215.2
42	Paul Barnes	Borrowdale FR	V40		74.7			73.5	66.1	214.3
43	Patrick Brennan	Rosendale Harriers			78.7		70.4		65	214.1
44	Harvey Lord	Black Combe Runners		73.5		68.5	53.8	71.7		213.8
45	Donald Ferguson	Keswick AC	V40		68.4		66.4	74.1	65.3	208.8
46	Roy Gibson	Kendal	V50	68.3	72.9	66.8		66.3	51.5	206
47	Jackie Winn	Ellenborough AC	V60	74.1	72.8	73.8			56.3	204.3
48	Jim Turner	Bowland FR		68.4	71.4		64.6	67.9	55.3	203.9
49	Paul Johnson	Cumberland FR		63.5		70.5	64.3	66.3		201.1
50	Leigh Warburton	Bowland FR	V50	72.4	76.4			61.3	63.4	201
51	Dave Garner	Rochdale Harriers	V40		76.2		57.5	67.3		200.9
52	Tim Jackson	Settle Harriers	V40	56.2	68.9	67.7	52.8		63.3	199.9
53	Ashley Kay	Dark Peak FR	V50	70.8	75.2		61		61.9	198.1
54	Keith Holmes	Dark Peak FR	V60	69.9			55.9	70.6	56.5	197

55	Steven O'Keefe	Cumberland FR	V40	52.8	66.3	62.2	44.5		63	191.5
56	Neil Weightman	Erewash Valley RC	V40		58.2	68.3	64			190.6
57	Will Spain	Dark Peak FR			72.9	58.7			54.8	186.4
58	Paul Simpson	Kendal AC	V50	59.5	65.8	64.8	50	53.7	49.6	184.3
59	Ivan Whigham	Clayton-le-Moors	V50	59.4	65.5	60.6		57.8		183.9
60	Dan Taylor	Todmorden Harriers			70.8		54.5	57.5		182.8
61	Carl Bedson	Glossopdale Harriers	V40			64.5	59.7	58.2	55.2	182.5
62	Adam Clarke	Dark Peak FR				68.4		59.2	53.4	181
63	Mike Quinn	Esk Valley FR		50	55	59.6	40.4	42.6	64.3	178.9
64	Kenneth Murphy	Lonsdale	V40	63		62.7		49.7	44.3	175.5
65	Phil Mather	Lonsdale FR		63.9				54.7	55.6	174.1
66	John Minta	Calder Valley FR	V40		65.5		50		57.1	172.5
67	Garry Triviss	Calder Valley FR	V50	48.5			56.8		64.7	170
68	Brian Horn	Borrowdale FR	V50	46.5	54.4		62.5		52.3	169.2
69	Catherine Litherland	Unattached	F	54.4		59.9			53	167.4
70	Chris Hewitson	Congleton Harriers		58.8		57.4			48	164.1
71	Paul Mason	Cumberland FR	V50		59.3		49.9		53.4	162.5
72	Philip Devine	Kendal	V40		49.7	63.3			49.3	162.3
73	Gill Myers	Wharfedale Harriers	FV50	59.7	64.3		51		46.1	161.3
74	Wendy Dodds	Clayton-le-Moors	FV60	48.1	51.7		48.2	58.6	48.6	158.9
75	Josie Greenhalgh	Horwich RMI H	FV40	41.3	46.6			65	46.9	158.5
76	Paul Coope	Bowland FR	V50	49.4	58.6			50.1	45.3	154
77	Richard Campbell	Rosendale Harriers and AC	V40	54.7	63.4	41.6			47	152
78	Peter Carvell	Congleton Harriers		48.4		53.3			48.3	149.9
79	Simon Fox	Wirral	V40			67.1		42.6	39.6	149.3
80	John Rusius	Clayton-le-Moors	V50	29.7	43.3	49.6	40.7	55.3	30.1	148.3
81	Robert Webb	Lonsdale FR		50.5	63.1	36.4	15		48.4	147.9
82	Dan Gilbert	Unattached			54.8			46.4	43.5	144.7
83	Julie Gardner	Macclesfield Harriers	FV50		44.7	58.9	40.6			144.2
84	Ellie Maddocks	Lonsdale FR	F	46.3				54.7	42	143
85	Toby Woodhead	Unattached		43.4			48.3	48.9		140.6
86	Mike Wardle	Calder Valley FR	V50	47.4	53.9		33.7		49.4	137
87	Andrew Firth	Clayton-le-Moors	V50	43.2	51.8	38.2		43.5		133.5
88	Edwin Sherstone	Southport W	V40	36.9	30.9	44.6		44.8	38.6	127.9
89	Andrew Mochrie	Esk Valley FR			42.5	36.4	40.4	40.7	43.8	127
90	Lewis Ashton	Dark Peak FR	V40		47.4	38.7			34	120
91	Rod Sutcliffe	Calder Valley FR	V60		41		26.7		41.2	108.9
92	Helen Buchan	Calder Valley FR	F	33.1			41.6		33.6	108.3
93	Leslie Malarkey	Keswick AC	FV60		38.9		17.6		29.4	85.8
94	Fiona Fulwood	Dark Peak FR	F		33.6	7.4			8.1	49.1
95	Denise Tunstall	Durham FR	FV50		21.8		5.9		6.7	34.4