

rank	name	club	category	Long		Super Long			
				Three Shires	Langdale	Duddon	Ennerdale	Wasdale	Borrowdale
1	Ricky Lightfoot	Ellenborough	M	100				100	100
2	Ben Abdelnoor	Ambleside AC	M	96.4	99.8	90.7	96.5	99.8	88.9
3	Kieran Hodgson	Helm Hill	MV40	94.2	98.1	91.6	100		88.3
4	Simon Harding	Macclesfield	M				98	93.1	92.2
5	Sam Watson	Wharfedale Harriers	M		77.2	91.5		95.7	95
6	Tom Brunt	Dark Peak FR	MV40	96.6	99.7	92.4			87.8
7	Jasmin Paris	Carnethy	F		88.9			92.6	87.8
8	Andrew Jebb	Bingley Harriers	M		96			82.9	87.9
9	John Hunt	Dark Peak FR	MV40			83.9	94.2	87.2	
10	Nigel Wood	Helm Hill	MV40	88.7	92.6	89.1			83.6
11	Richard McGrath	Ellenborough AC	M		94.6	81.2		84.6	81.4
12	Ross Litherland	Pennine FR	M	85.9	90.5			87.9	82.2
13	David Lund	Dark Peak FR	M	81.9	89.3	78.5	91.4		73.6
14	Dave Ward	Pennine FR	MV40	83.1	88.6	77.6	87	82.4	75.4
15	Spencer Riley	Wharfedale Harriers	MV40	62.4		84.1		82.9	87
16	Andrew Jackson	Unattached	MV40	53.7	85	69	86.2	69.9	69.7
17	Digby Harris	Pennine FR	MV40	64.6		76.8	85.5	77.6	76
18	Steve Angus	Keswick	MV40	79.6	80	81.6			77.8
19	Mark Irving	Bowland FR	M	83.5	85.1	72.4		69.3	75.1
20	Judith Jepson	Dark Peak FR	FV40	76.9	74.2	74.5	80.4		71.8
21	Dave Sykes	Dark Peak FR	MV40		80.2	64.1	78.1		
22	Nicky Spinks	Dark Peak FR	FV40	63.7	71.6	67.6	73.5	77.1	66.1
23	Mark Wildsmith	Settle Harriers	MV40	74.4	66.1	60.8	79.1	67.5	60.2
24	David Haygarth	Wharfedale Harriers	MV40		83.1	73.1			63
25	Tim Ripper	Black Combe Runners	M	80.8		69.7			66.3
26	Chris Webb	Saddleworth	M	74	77.8			69.8	68.5
27	Leigh Warburton	Bowland FR	MV50		77.7	47	64.8	66.6	61.6
28	Hugh O'Donnell	Eryri Harriers	M	77.6		64.1			67.1
29	Rachel Hill	Settle Harriers	FV40	71.5	75.7	69.3		62	
30	Kirsty Hewitson	Macclesfield Harriers	FV40		68.1	65.1	73.5		
31	David Soles	Pennine FR	MV50		77.5	66.2			62.8
32	Andrew Stuart	Beeston AC	M		85			46.4	70.1
33	Kieran Davies	Erewash Valley RC	M	53.4	68.1	53.7	77.3	43.1	53.1
34	Ashley Kay	Dark Peak	MV50	67	65.3		70.6	61.1	60.1
35	Peter Carvell	Congleton Harriers	MV40	53.8	55.6	52.3	78		34.4
36	Matthew Farrer	FRA	M		63.9			64	57.3
37	Chris Roberts	York Knavesmire Harriers	M		68.5	61.9			54
38	Keith Holmes	Dark Peak FR	MV60	61.7	59.9	55.2	66.5		42.9
39	Craig Smith	Keswick	MV40	65.8		59.9			56.5
40	Huw Price	Bowland FR	MV50		71.6	50.6		50.1	59.3
41	Bruce Owen	Pennine FR	MV50		65.8	59.1			55.2
42	Anwen Darlington	York Knavesmire Harriers	F			57.9		63.3	53.6
43	Steven O'Keefe	Cumberland FR	MV40		65.2	56.1			52.1
44	Catherine Litherland	Pennine FR	F	55.9	55.3	50.4		66.9	
45	Rachel Findlay-Robinson	Keswick	F	54		40.2	62.7	53.3	46.6
46	Phil Clayton	Black Combe Runners	MV40		54.7	56.4		57	
47	Neil Weightman	Erewash Valley RC	MV50	46.4		45.8	68.5		40
48	Roy Gibson	Kendal AAC	MV50		48.4	57.8			49.3
49	Nick Kelly	Horwich RMI	MV40	54.6		46.7		52.7	
50	Paul Simpson	Kendal AAC	MV50	55.4	55.3	46.1			46.8
51	Andrew McFarlane	Clayton Le Moors	MV40			46		46.1	54.1

52	Clare Oliffe	Dark Peak FR	F		50	46.4			49.8
53	Wendy Dodds	Clayton Le Moors	FV60		49.7	36.5	55.1		39.3
54	David Gibson	Esk Valley Fell Club	M		46.2	30.4	64.4		
55	Rigby Jerram	Kendal AAC	MV50	53.2	56.6	49.5			34.3
56	Paul Swindles		M		61.8			41.5	29.4
57	Paul Coope	Bowland FR	MV50		38.9			52.2	39.6
58	Paul Jackson	Helm Hill	MV40		54.7	37.8			38.2
59	Charlotte Milligan	Helm Hill	F	39.8		54.7		33.8	
60	Ian Shuttleworth	Coniston FR	MV50			33.2	60.2	33.4	
61	John Taylor	Bowland FR	MV60	33.8		29.8		52	
62	Robert Webb	Lonsdale Fell Runners	M	56.6		45.4			13.4
63	Tim Brooks	CVFR	MV40		52.9	24.8		36.7	
64	Edwin Sherstone	Southport Waterloo AC	MV40		37.7	36.9		39.5	28.6
65	Ian Sutcliffe	Stadium Runners	MV40			46.5		34	32.7
66	Marie Robson	Helm Hill	FV40	45.9		32.3			30.1
67	Jim Paxman	Dark Peak	MV50	21.4	39.5		47.6	20.6	11.8
68	Lesley Malarkey	Keswick	FV60	33.6	39.9	24.9	23.6	36.4	27.6
69	Ian Grimshaw	Derwent AC	MV50	40.3	40.9	3.9			43.2
70	Jane Leonard	Todmorden Harriers	FV50		23.2	35.2			12.4
71	Denise Tunstall	Durham FR	FV50	33.4	33.8	3.6			0.7