

rank	name	club	category	Long		Super Long				TOTAL POINTS
				Borrowdale	Langdale	Duddon	Ennerdale	Buttermere	Wasdale	
1	Carl Bell	Keswick AC	M	100	100			100	100	300
2	Ben Abdelnoor	Ambleside AC	M	86	93.2	96.9	100	89.4	86.5	290.1
3	Rob Jebb	Bingley Harriers	MV40	92.7		100		93.9	94.6	288.5
4	John Helme	Ambleside AC	M	85.4	88.8	97.9		90.2	74.6	276.9
5	Andrew Schofield	Borrowdale FR	MV40			89.2	88.3	86.8	83.3	264.3
6	Jack Wood	Ilkley Harriers	M		92.8			81.6	88.8	263.2
7	Matt Reedy	Ambleside AC	MV40		89.3	89.4	82.8			261.4
8	Harvey Lord	Black Combe Runners	M	72		86	88.5	80.9	74.5	255.4
9	Peter Davies	Dark Peak FR	M	81.2	86.9		77.5		80.9	245.2
10	Nic Barber	Pennine FR	M	82.2				78.9	83.5	244.5
11	Richard Mellon	Bowland FR	MV40		81.2	89.8			72.9	244
12	Stephen Pyke	Dark Peak FR	MV50			89.6		78.8	72.8	241.2
13	John Hunt	Dark Peak FR	MV50		73.8	84.3		78.7	75.5	238.5
14	Dave Lund	Dark Peak FR	M	71.1	83.4	80.1	70.2	71.4	56.3	234.9
15	Chris Webb	Glossopdale Harriers	M		74.1	84.2		75		233.3
16	Andrew Jebb	Bingley Harriers	MV40	80	79.6	82.8			69.1	231.9
17	Mike Robinson	Dark Peak FR	MV40	71.1	77.1	77.1	72.6	76.5	61.2	230.7
18	Barry Wilkinson	Borrowdale FR	MV50	68.6	74	81.5	71	75.2	74	230.7
19	Doug Love	Bowland FR	M	72.1		81.7		73.2		226.9
20	Dave Ward	Pennine FR	MV40	71.5	72.3			78.2	70.9	221.3
21	Philip Pearson	Northumberland FR	MV50	68.2		78.6			69.1	215.9
22	Leigh Warburton	Bowland FR	MV50	56.9	73.9	72	66.8	62.3	57.1	212.7
23	Adam Jackson	Northern Fells	MV40		77.1		62.1	73.3		212.5
24	Dave Sykes	Dark Peak FR	MV40	60.9	71.5	70.5	66.3	64.6	63.4	208.4
25	Matthew Hulley	Pennine FR	MV40	66	73.3		69.4	64		206.7
26	Judith Jepson	Dark Peak FR	FV50			70.1		70.5	65.4	206
27	Martin Perry	Esk Valley Fell Club	M				70.2	68.2	64.9	203.4
28	Kelli Roberts	Ambleside AC	F		76.8		55.3		70	202.1
29	Craig Smith	Keswick AC	MV50	66.1			71.5		55.9	193.6
30	Nicky Spinks	Dark Peak FR	FV50	60	60.5		66.1	60.7	63.9	190.7
31	Ian Ferguson	Bingley Harriers	MV50	64.4			67.3		55.3	187.1
32	Peter Watson	Erewash Valley	M		72	58.8			53.7	184.5
33	Peter Rigby	Unattached	M		67.6		55.3		59.8	182.7
34	Jonathan Melia	Rosendale Harriers	MV40	53.7				70.5	55.7	179.8
35	Jamie Lawler	Unattached	MV40	50.6		69.3			54	173.9
36	David Gregory	Unattached	MV40	47.3		66.4			54.4	168.2
37	Ashley Kay	Dark Peak FR	MV50	51.4	57.5	61.9	47.3			166.6
38	Carl Bedson	Cheshire Hill Racers	MV40		45.2	61.6	51.2		40.4	158
39	Neil Lowry	Unattached	MV40		70.6			41.9	42.7	155.3
40	Jenny Caddick	Dark Peak FR	FV40	49.5	43	59.5			45.5	154.5
41	Lucy Spain	Helm Hill Runners	F	42.7			53.1	58.2		154
42	Andrew Bradley	Cumberland FR	MV50			59.1	54.5		35.6	149.1
43	Paul Coope	Bowland FR	MV50	35.7		53.3	53.4	40.6		147.4
44	Leigh Hinchliffe	Pudsey Pacers	MV40	47.4		54		45.4	41.3	146.9
45	Jack Foxall	Dark Peak FR	M	43.6	58.2		26.5	44.1	42.5	144.9
46	Keith Holmes	Dark Peak FR	MV60	25.8		52.5	26.5	47.3	39	138.8
47	Jason Craven	Rosendale Harriers	M	32.1	38.2	49.9	36.1			124.3
48	Paul Simpson	Kendal Triathlon Club	MV50	38.1	48.9	31.3			35	115.2
49	Toby Woodhead	Unattached	MV40	24.8				41.9	36.4	103.2
50	Mike Hitchmough	Newburgh Nomads	MV50		33.9		37.6		29	100.5
51	Lesley Malarkey	Keswick AC	FV60	21	27.9	30.3	17.1	28.9	24.2	87.1
52	Rick Ansell	Tring RC	MV50				23.7	27.3	27.8	78.8
53	Wendy Dodds	Clayton le Moors Harriers	FV60		20.6			22.3	27.5	70.3
54	Les Barker	Cumberland FR	MV40	13.6		31.9	24.6			70.1
55	Kasia Osipowicz	Glossopdale Harriers	F	26.8			15.7	24.5		67
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1	Ambleside AC		92	95.9	79.4		82.1	269.9		
2	Helm Hill Runners		90.7	89			81.7	261.4		
3	Dark Peak FR		88	84.7	73.4	78	78.1	250.7		
4	Borrowdale FR		78	77.4		79.7	80.8	249.9		
5	Keswick AC		86.4		44.9	57.9	88.9	233.2		

6	Bowland FR	68.7	78.4	81.2		68	60.5	227.5		
7	Pennine FR	73.2	79.4			73.7	74.2	227.3		
8	Cumberland FR	52.3	52.8	69.3	37.7		50.3	172.4		