

	name	club	cat	Long		Super Long				TOTAL
				3 Shires	Langdale	Duddon	Ennerdale	Wasdale	Borrowdale	
1	Rhys Findlay-Robinson	Dark Peak FR	M		100			100	96	296
2	Peter Davies	Dark Peak FR	M	90.6	95.3	96.9	94.2	99.5	85.8	291.8
3	Ted Ferguson	Borrowdale FR	MU23	93.5	77.3	99.5			89.6	282.5
4	Sam Watson	Wharfedale	M	89.8				98.8	88.7	277.4
5	Andrew Schofield	Borrowdale FR	M50	86		93.2	96.6			275.8
6	James Harris	Black Combe Runners	M	83.3	91.5	76.3	86.6	97	81.6	275.1
7	Ben Abdelnoor	Ambleside AC	M	90.8				97.1	86.4	274.3
8	Tom Simpson	Ambleside AC	MU23	89.7	64.8	76.9		96.1	83.8	269.6
9	Nicholas Barber	Pennine FR	M		83	100			82.2	265.2
10	John Helme	Ambleside AC	M40	84.7	91.6			88.5	83	263.1
11	John Hunt	Dark Peak FR	M50		80.7	88.7		83.2		252.6
12	Dave Ward	Pennine FR	M40		84.3		87.1	81.1	77	252.6
13	Jasmin Paris	Carnethy	F		81.3			87.5	76.3	245.1
14	Dave Lund	Dark Peak FR	M	80.8	84.6	76.7	79.5	77.8		241.9
15	Ross Litherland	Pennine FR	M40		79.8	74.2	81.1	80.2	69.5	241.1
16	Jill Stephen	Hunters Bog Trotters	F		77.6		83.5	76.9		238
17	Sam Dixon		M	86.8			80		71.1	237.9
18	Leigh Warburton	Bowland FR	M60	72.8	78	80.7	76.5	68	59.8	235.2
19	Peter Mackie	Shettleston Harriers	M40				84.5	77.8	71.7	234.1
20	Scott Morley	Eden Runners	M	73.2	69.7		79.1	74.8	67.5	227.1
21	Dan Gilbert	Horwich RMI Harriers	M40	70.1	78.3	79	62.4	63.5	61.1	220.8
22	Ian Ferguson	Bingley	M50	66.6	76.2		72.5		65.2	213.9
23	David White	Kilmarnock Harriers & AC	M50	60		8.5	79.2	73.2	57.5	212.4
24	Dave Sykes	Dark Peak FR	M40	56.3	78.2		61.8	63.8		203.8
25	David Williams	Ellenborough AC	M	70				71	62.1	203.1
26	Nick Ray	Ellenborough AC	M40	66.8				71.6	62.5	200.9
27	Craig Freshwater	Hunters Bog Trotters	M		66.7		67.3	66.1		200.1
28	Hayley Evans	Buckley Runners	F	48.3	54		69	67.9	56.1	193.1
29	Nicky Spinks	Dark Peak FR	F50		65.7		75		51.2	191.8
30	Mark Chippendale	Bowland FR	M40	73			69.7		49.1	191.8
31	Andrew Britton	Wharfedale	M40		36.7		67.2	63.8	57.2	188.1
32	Ben Hoyle	Barlick FR	M	69.8				60.5	55.1	185.4
33	Robert Crawford	Howgill Harriers	M40		47		71.1	64.3		182.4
34	Carlos Bedson	Cheshire Hill Racers	M40		56	54.8	69.4			180.2
35	Tom Lynch	Otley AC	M			57		62.6	58	177.6
36	Roy Gardner	Saddleworth Runners	M50	56.8		64	55.6		40.8	176.3
37	Caleb Reid	Borrowdale FR	M40	68.8				64.2	41.8	174.9
38	Mike Hewitt		M		66.2		50.1	53.2		169.6
39	Aaron Walmsley	Bowland FR	M	52.8	66.2			58.6	40.8	165.6
40	Roy Ruddle	Ilkley Harriers AC	M50		57.5	53.1		54.5		165.1
41	Darren Parker	CFR	M50	56	63.1			60.7	34.7	158.5
42	Paul Jennings	Cumberland FR	M50				66.4	53.8	37.2	157.5
43	Andrew Bradley	Cumberland FR	M50			54.5	63.7		33.5	151.7
44	Stephen Lysaczenko		M50	40.3	39.1	5.5	53.1	49.8	37.7	143.2
45	Paul Mason	Cumberland FR	M60	46.2			55.5		40.8	142.5
46	Steven O'Keeffe	Northern Fells RC	M40		38.9		57.1	43.9		139.9
47	Catherine Litherland	Pennine FR	F40		47.5	41.1		50.4	30.8	139
48	Leigh Hinchliffe	Pudsey Pacers RC	M40	47.3			58		32.4	137.6
49	Mick Proctor	Clayton Le Moors	M50		53.3			50.3	33.9	137.5
50	John Gill	Dallam	M		36.4			56.8	39.6	132.8
51	Bill Beckett	Chorley Ath&Tri	M50	37.8	41.9		46.3	40.1		128.3
52	Ben Wolstenholme	Bramall	M		39.5			49.7	38	127.3
53	Brian Horn	Borrowdale FR	M60				44.4	47.3	33.9	125.6
54	James Morrison	Tiverton Harriers	M40		44.5			47.6	29.2	121.2
55	Zac Poulton	Northern Fells RC	M40			36.2	42.3	25.9		104.3
56	Jack Ingham	Barlick FR	M	31.4		15.6		45.9	5	92.9
57	Emma Watson	Wharfedale	F	31.6				38.8	22.1	92.5