

rank	name	club	category	Long		Super Long				TOTAL POINTS
				Three Shires	Langdale	Duddon	Ennerdale	Buttermere	Wasdale	
1	Finlay Wild	Lochaber Athletic Club	M		100		100	100		300
2	Tom Simpson	Ambleside AC	M	90.4	84.8	91.8		78.3	93.4	275.7
3	Ben Abdelnoor	Ambleside AC	M	97.3		85		79.7	91	273.4
4	Rob Jebb	Helm Hill Runners	M40		87.8	79.5		81.6	100	269.4
5	Andy Laycock	Clayton Le Moors Harriers	M	90.1	78.7	91.5		74.3	84.8	266.4
6	Peter Davies	Dark Peak Fell Runners	M		79		95.2	87.3		261.4
7	Jack Wright	Ambleside AC	M	98.2		84			75.4	257.7
8	Andrew Schofield	Borrowdale Fell Runners	M50			87	87.1	79.8	81.9	256.1
9	Kenny Richmond	Shettleston Harriers	M40		82.7	83.4			85.7	251.9
10	Lova Chechik	Dark Peak Fell Runners	M		82.1	83.9	84.9	74.9		250.9
11	Richard McGrath	Ellenborough AC	M40		82.1		87.8		80.6	250.5
12	James Harris	Ambleside AC	M	90.7	80.3			70.1	89.1	249.8
13	Huw Davies	Mercia Fell Runners	M		83.8		89.8		70.8	244.5
14	Scott Morley	Eden Runners	M	78	65.5		74.2		81.7	233.9
15	Barry Wilkinson	Borrowdale Fell Runners	M50	70.9	40.3	58	77.5	74.7	75.7	227.9
16	Chris Webb	Glossopdale Harriers	M		73.4			74	79.6	227
17	Dave Ward	Pennine Fell Runners	M40	82.8	67.3			72.5	71.3	226.6
18	Philip Pearson	Northern Fells RC	M50	73.5	59	58.5		71.8	80.2	225.5
19	Ian Symington		M	82.3	70		76		67.2	225.5
20	Ross Litherland	Pennine Fell Runners	M40			73.7		70.6	81	225.3
21	Jack Redvers-Harris	Pennine Fell Runners	M			74		72.3	78.1	224.4
22	Steve Jacques		M40	88.4	71.5	68.2			64.1	220.6
23	Sharon Taylor	Helm Hill Runners	F		62.2	57.7		76.9	80.4	219.5
24	Peter Watson	Matlock AC	M	79	67.7	65.3	74.3	59.2	65.3	218.6
25	Anna Lupton	Black Combe Runners	F40	73.8	57.5		71.1	61		205.9
26	David Williams	Workington	M	75.3	55.4		73.4	54.9		203.6
27	Matthew Richardson	Saltaire Striders	M			52.3	75.5	71.4		199.2
28	Andrew Holmes	Pennine Fell Runners	M40	80.3				54.2	62.8	197.3
29	Mark Burley	Macclesfield Harriers & AC	M	68.6	50.9	62.7	61.2	61.1	65.2	196.5
30	Dave Sykes	Dark Peak Fell Runners	M40		56.1	65.9	67.7	56.2	62.9	196.5
31	Bryony Halcrow	Harrogate Harriers AC	F	63.1	48.9	68.3		37.6	64.3	195.7
32	Andrew Slattery	Keswick AC	M50	66.6		57.2	67.6	51.1	55.9	191.4
33	Jamie Lawler	Keswick AC	M40		67.2			54.8	69.1	191.2
34	Wayne Collins	Fell Runners Association	M40	61.8	46.8	63.1	65.5	22.4	56.9	190.4
35	Leigh Warburton	Bowland Fell Runners	M60	68.2	54.6	60.8	61.4	35.5	46.4	190.4
36	Nicky Spinks	Dark Peak Fell Runners	F50	61.1		31.5	69.5	55.8		186.4
37	Al Smithson	Mersey Tri	M		54.1	61.8			69.4	185.3
38	Sue Richmond	Pennine Fell Runners	F40	63	44.4			56.4	60.6	180
39	Mike Harrison	Cumberland Fell Runners	M40			61.7		52.9	64.8	179.4
40	Ed Richardson	Dark Peak Fell Runners	M40		52.3		65.9		55.4	173.6
41	Jim Masters	Cumberland Fell Runners	M40		50			52.9	68.2	171.1
42	Tim Grimwood	Swaledale Road Runners	M	83.5	69.8	32.5		54.2		170.1
43	Carlos Bedson	Cheshire Hill Racers	M50	44.5	29.9	61.6			59.1	165.2
44	John Gill	Dallam Running Club	M	57.9			52.6		54.5	164.9
45	Gary Bradley	Barlick Fell Runners	M50	55.9		50.1	52.2	33.4	52.2	160.3
46	James Roddis		M40	58.6	36.5	42			52.6	153.2
47	Roy Gibson	Kendal Amateur Athletic Club	M50	62.8	43.3			39.2	50.2	152.3
48	Rose Singleton	Northern Fells Running Club	F	57.8			48.3		44.6	150.7
49	Hinda Hardaker	Keighley & Craven AC	F40		41			43.2	59.2	143.3
50	Charlie Bradshaw	Keswick AC	F	48.3	21.5	38.6	33.2	26.8	53.3	140.2
51	Steven O'keeffe	Northern Fells RC	M40			33.3	48	30.3	57.9	139.2
52	Chris Curtis	Northern Fells RC	M50	56.1	28.1	33.2	48.5	33.5		138
53	Pete Lloyd	Keighley & Craven AC	M		34			40.4	56.4	130.8
54	James Morrison	Tiverton Harriers	M40		39.6		52.4		37.3	129.2
55	Bill Beckett	Chorley Athletic & Triathlon Club	M50	49.7	30.5	32.5		30.2	44.3	126.4
56	Richard Smith		M	51.3	26	33.6			40.2	125.2

57	Michael Proctor	Clayton Le Moors Harriers	M50		46	32.3			46.1	124.4
58	Paul Simpson	Ambleside AC	M50	43.6	31.4	38.4			41.4	123.3
59	James Paxman	Dark Peak Fell Runners	M60	36	21.7	36.4	45.1			117.5
60	Jo Simpson	Ambleside AC	FU23			38		37.6	40.9	116.5
61	Rachel Slattery	Helm Hill Runners	F50	33.1	17.9	28.9	34.8	26	37.7	105.6
62	Alison Wainwright	Dark Peak Fell Runners	F50		26.8		25.6		43.4	95.8
63	Daryl Tacon	Cumberland Fell Runners	M40		22.7	28.9			35.8	87.4
64	Lesley Malarkey	Keswick AC	F70	25.7	5.2	28.9		20.3	28.8	83.3
65	Jean Powell	Wharfedale Harriers	F50			1		20.3	24.4	45.8