

rank	name	club	category	Super Long				Long		TOTAL POINTS
				Duddon	Ennerdale	Buttermere	Wasdale	Borrowdale	Three Shires	
1	Harry Bolton	Keswick AC	MU23	100.0	-		96.8		99.0	295.8
2	Philip Rutter	Helm Hill Runners	MSEN		-	100.0	100.0	94.7		294.7
3	Tom Simpson	Ambleside AC	MSEN	95.9	-	93.4		91.2	96.7	286.0
4	James Harris	Ambleside AC	MSEN	89.8	-	96.2	96.5	91.5		284.1
5	Sam Dixon	Helm Hill Runners	MSEN	90.0	-	92.2		92.0	95.9	278.1
6	Ben Abdelnoor	Ambleside AC	M40	90.3	-	89.0	88.3		96.1	275.4
7	Harry Stainton	Black Combe Runners	MSEN	91.9	-		85.8		93.8	271.5
8	Chris Webb	Glossopdale Harriers	M40	88.3	-		80.6		85.8	254.7
9	Sean Leckey	Ambleside AC	MSEN	77.8	-	78.7		81.7	84.9	241.4
10	Allen Bunyan	Macclesfield Harriers & AC	MSEN		-	80.3	79.0		81.7	241.1
11	Lawrence Eccles	Penny Lane Striders	MSEN	79.0	-		79.0	82.6		240.6
12	Mark Burley	Macclesfield Harriers & AC	MSEN	79.5	-	73.4		81.0	87.0	239.9
13	David Lund	Ambleside AC	M40	81.0	-	80.5	75.3	77.1	77.3	238.8
14	Sam Wainwright	Ochil Hill Runners	MSEN		-	77.2	78.7	82.0	82.1	237.9
15	Ross Litherland		M40	79.2	-	76.2		65.8	78.1	233.6
16	John Hunt	Dark Peak Fell Runners	M50	78.4	-	76.0	75.6	71.5	75.6	230.0
17	Paul Cornforth	Ambleside AC	M50	79.3	-		74.2	75.2		228.7
18	David Williams	Ellenborough	M40	76.2	-	77.2		73.9		227.3
19	Ethan Furness	Black Combe Runners	MSEN	78.1	-	67.3	67.7	72.1		218.0
20	Majka Kunicka	Dark Peak Fell Runners	W40	71.5	-	63.8		61.9	74.2	209.4
21	Kelli Roberts	Helm Hill Runners	WSEN	75.2	-	70.3		62.9	63.5	209.0
22	Philip Pearson	Northern Fells Running Club	M60	73.5	-	68.0		66.4		207.9
23	Chris Roberts	Ambleside AC	M40	74.2	-		64.0	52.9	67.6	205.9
24	Victoria Thompson	Helm Hill Runners	WSEN		-	68.7	74.2	62.6		205.6
25	Dan Gilbert	Horwich R M I Harriers	M40	59.8	-		67.9	71.6		199.3
26	Craig Jeffery		M40	71.6	-		54.9	56.6	71.2	197.7
27	Matthew Lynas	Macclesfield Harriers & AC	M50	64.8	-	62.9	64.1			191.7
28	Tim Campbell	Astley & Tyldesley Road Runner	M40	76.1	-		57.6		53.7	187.4
29	Richard Tunnicliffe		M40	59.0	-	63.0	52.9	57.8		179.9
30	Daniel Barton	Keswick AC	M40	74.2	-		53.7	51.9		179.8
31	Littledave Cumins	Mow Cop Runners	M50		-	59.2	54.0	55.0	66.4	179.7
32	Andrew Holmes	Pennine Fell Runners	M40		-	63.9	52.0	62.3		178.1
33	Mike Hitchmough	Newburgh Nomads RC	M50		-	49.9	62.0	59.6	65.1	177.0
34	David James		M50	63.0	-		54.7	50.1	56.5	174.2
35	Sue Richmond	Pennine Fell Runners	W40		-	57.0	56.5		60.5	173.9
36	Leigh Warburton	Bowland Fell Runners	M60	52.9	-		48.1	48.2	63.9	164.9
37	Lauren Munro-Bennett	Ambleside AC	WSEN	57.3	-	55.5			47.7	160.5
38	Mick Procter	Clayton-le-Moors Harriers	M50	50.3	-		44.5	29.6	55.8	150.6
39	Paul Jackson	Dark Peak Fell Runners	M40		-	49.9	46.9	51.8		148.6
40	John Singh	Saltaire Striders	MSEN		-	36.7	47.0	28.7	50.6	134.4
41	Joanne Worboys-Hodgson		W50	45.1	-	35.9	41.1		41.4	127.6
42	Stephen Coope	Bowland Fell Runners	M50	41.7	-	42.2	38.4	26.8	37.5	122.3
43	David Crout	Keswick AC	M50	42.3	-	39.8	30.6	20.8	39.8	122.0
44	Daniel Clayton		M40		-	38.5	37.2		41.2	116.9
45	Dave Parker	St Theresa's AC	M50		-	33.6	41.5	33.7		108.7
46	Paul Simpson	Ambleside AC	M50	33.2	-	28.2		29.0	40.1	101.5
47	Alison Wainwright	Dark Peak Fell Runners	W50	39.0	-	32.2	29.1	28.5	30.2	101.3
48	Steven O'Keeffe	Northern Fells Running Club	M50		-	38.5	22.5		36.3	97.3
49	Tania Wilson	Buxton AC	W50	32.7	-	29.4			34.8	97.0
50	Steve Wathall	Black Combe Runners	M60	37.9	-	33.4	22.3	19.1	21.7	93.7
51	Julie Carter	Keswick AC	W50	26.9	-	31.2	34.6	16.1		92.8
52	Tanya Shepherd	Horsforth Fellandale Club	WSEN		-	8.1	42.2		39.2	89.5
53	Jo Simpson	Ambleside AC	WSEN	33.2	-	28.2		19.6		81.0