

Rank	Name	Club	Category	Super Long				Long		TOTAL POINTS
				Duddon	Ennerdale	Buttermere	Wasdale	3Shires	Langdale	
1	Finlay Wild	Lochaber Athletic Club	M40	100.00	100.00	100.00	-	-	100.00	300.00
2	Tom Simpson	Ambleside AC	MSEN	96.30	-	90.63	-	100.00	95.35	286.93
3	Calum Tinnion	Keswick AC	MSEN	91.89	89.10	-	100.00	-	87.92	280.99
4	Harry Cooling	Howgill Harriers	MSEN	94.29	-	70.95	-	98.51	64.45	263.75
5	Matthew Atkinson	Keswick AC	MSEN	-	88.27	84.05	-	91.24	76.03	263.56
6	Sam Dixon	Helm Hill Runners	MSEN	-	87.11	82.55	-	89.58	-	259.24
7	Matt Brindle	Ambleside AC	M40	79.96	74.12	-	84.36	69.86	64.45	238.44
8	Chris Webb	Glossopdale Harriers	M40	79.91	-	67.32	81.81	-	74.45	236.17
9	Andy Laycock	Clayton-le-Moors Harriers	MSEN	-	75.77	71.11	83.63	-	-	230.51
10	Will Howard	Bowland Fell Runners	MSEN	73.88	74.94	71.38	-	-	-	220.20
11	John Hunt	Dark Peak Fell Runners	M50	60.86	-	54.36	81.32	72.21	-	214.39
12	Mark Irving	Ellenborough AC	M40	68.57	-	-	75.72	62.64	-	206.93
13	Matthew Spoor	Dark Peak Fell Runners	MSEN	-	52.23	63.35	-	78.34	-	193.92
14	James Stuart	Mercia Fell Runners	M50	62.16	-	58.37	-	72.55	-	193.08
15	Thomas Priestley	Ambleside AC	MSEN	-	61.07	51.13	-	74.75	71.31	186.95
16	Katie Mckay	Ambleside AC	WSEN	-	54.26	-	72.41	52.30	-	178.97
17	Maxwell Cole	Rosendale Harriers & AC	M50	-	-	40.35	64.60	72.41	-	177.36
18	Alex Clarkson	Kent AC	MSEN	61.01	-	49.29	-	-	67.04	177.34
19	Tom Lynch	Ambleside AC	M40	60.14	-	51.60	-	64.26	-	176.00
20	Neil McKenzie	Ambleside AC	M50	61.04	56.12	-	-	-	56.60	173.76
21	Colin Doig	Hunters Bog Trotters	M40	58.02	59.93	-	-	-	54.18	172.13
22	Philip Pearson	Northern Fells Running Club	M60	49.36	51.72	-	-	58.21	-	159.29
23	Richard Tunnicliffe	Pennine Fell Runners	M40	50.93	51.54	41.22	54.50	44.95	-	156.97
24	Matthew Jones	Keswick AC	M40	60.59	-	39.50	-	-	55.47	155.56
25	Mike Tyrie	Eden Runners	M50	51.66	-	-	53.28	-	42.97	147.91
26	Sue Richmond	Pennine Fell Runners	W40	-	-	44.44	55.18	41.95	-	141.57
27	Carol Morgan	Ambleside AC	W50	-	40.86	-	62.49	-	29.84	133.19
28	Paul Coope	Bowland Fell Runners	M60	40.88	35.09	34.02	48.86	38.56	24.65	128.30
29	Bianca Dyer	Helm Hill Runners	W50	48.33	-	21.28	-	54.09	40.58	123.70
30	Ruth Graham	Cumberland Fell Runners	WSEN	49.17	-	-	45.69	24.79	-	119.65
31	David White	Kilmarnock Harrier & Athletic Club	M50	39.98	41.66	33.03	-	-	-	114.67
32	Greg Munsch	Helm Hill Runners	MSEN	47.16	33.52	-	-	-	33.24	113.92
33	Adam Malloy	Northumberland Fell Runners	M40	-	32.72	43.20	-	-	33.40	109.32
34	John Skelton	Cumberland Fell Runners	M50	-	50.15	4.08	-	-	46.44	100.67
35	John Nicoll	Borrowdale Fell Runners	M50	23.08	24.54	-	-	-	46.25	93.87
36	Iain Smith	Dark Peak Fell Runners	M50	-	22.73	1.88	-	55.92	42.04	80.52
37	Darren Parker	Cumberland Fell Runners	M50	28.88	20.37	-	-	24.35	7.56	73.60
38	Amy Duck	(no club)	W40	10.08	22.83	-	-	-	14.54	47.45
39	Gillian Atkinson	Keswick AC	W60	-	9.30	8.83	-	19.17	3.66	37.30
40	Lynne Hume	Keswick AC	W40	-	8.94	8.85	-	18.41	0.00	36.20
41	Andrew Lee	Rosendale Harriers & AC	M50	2.47	19.86	-	-	-	3.50	25.83
42	Lucy Spain	Helm Hill Runners	WSEN	6.40	-	0.00	-	18.33	-	24.73
43	Carrie Gibson	Helm Hill Runners	W50	-	23.09	0.00	-	-	0.00	23.09

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				Duddon	Ennerdale	Buttermere	Wasdale	3Shires	Langdale	
1	Katie Mckay	Ambleside AC	WSEN	-	100.00	-	100.00	92.64	-	292.64
2	Sue Richmond	Pennine Fell Runners	W40	-	-	100.00	86.50	85.12	-	271.62
3	Bianca Dyer	Helm Hill Runners	W50	84.87	-	85.11	-	93.95	78.62	263.93
4	Carol Morgan	Ambleside AC	W50	-	90.80	-	92.23	-	70.44	253.47
5	Ruth Graham	Cumberland Fell Runners	WSEN	85.51	-	-	79.06	72.65	-	237.22
6	Gillian Atkinson	Keswick AC	W60	-	69.15	77.11	-	68.57	50.52	214.83
7	Lynne Hume	Keswick AC	W40	-	68.90	77.12	-	68.02	46.25	214.04
8	Amy Duck	(no club)	W40	55.83	78.43	-	-	-	58.80	193.06
9	Lucy Spain	Helm Hill Runners	WSEN	53.04	-	68.98	-	67.96	-	189.98
10	Carrie Gibson	Helm Hill Runners	W50	-	78.61	57.23	-	-	45.31	181.15