Men's Road 2020:

Posn	Name	Cat'y	North Lakes Half marathon	3 Village	Round the Houses	Workington Park Run	Ulverston 10k	Carlisle 5k	Ravenstonedale 10k	Races Run	Best 4 From 7
			05-Jan	05-Apr	22-Apr	06-Jun	22-Aug	09-Sep	28-Nov		
1	Rob Brown	M	100							1	100
2	Ivan Holroyd	M40	86							1	86
3	Jacob Daniel Tonkin	M	85							1	85
4	Mike Beechey	M50	74							1	74
5	Matt Mellor	M40	71							1	71
6	Adrian Holme	M50	62							1	62
7	Martin Medforth	M60	54							1	54

Women's Road 2020:

Posn	Name	Cat'y	North Lakes Half marathon	3 Villages	Round the Houses	Workington Park Run	Ulverston 10k	Carlisle 5k	Ravenstonedale 10k	Races Run	Best 4 From 7
			05-Jan	05-Apr	22-Apr	06-Jun	22-Aug	09-Sep	28-Nov		
1	Rachel Mellor	L40	100							1	100
2	Lynne Hume	L40	93							1	93
3	Claire Williams	L40	90							1	90
4	Kathleen Proctor	L60	87							1	87
5	Claire Warner	L	86							1	86
6	Emily Christmas	L	83							1	83
7	Emma Cooper	L	82							1	82
8	Sally Nutter	L40	81							1	81
9	Helen Rennie	L40	79							1	79
10	Linda Jubb	L40	78							1	78
11	Ella Scott	L50	78							1	78
12	Suzanne Gilmore	L40	74							1	74

Men's Fell 2020:

Posn	Name	Cat'y	Stybarrow Dodd	Newlands Memorial Race	Lower Borrowdale	Ennerdale	Blisco Dash	Lake District Mountain Trial	Two Riggs	Races Run	Best 4 From 7
			01-Feb	18-Apr	11-May	13-Jun	17-Jul	13-Sep	14-Nov		
1	Mark Lamb	M	100							1	100
2	Matthew Atkinson	M	94							1	94
3	Rob Brown	M	93							1	93
4	Steve Angus	M50	83							1	83
5	Jacob Tonkin	M	81							1	81
6	Jim Haworth	M40	79							1	79
7	Dave Prosser	M50	76							1	76
8	Ross Butler	M40	76							1	76
9	Craig Smith	M50	75							1	75
10	Jeff Henderson	M40	74							1	74
11	Mike Mallen	M60	69							1	69
12	Colin Valentine	M50	65							1	65
13	Simon Veitch	M50	64							1	64
14	James Downie	M70	64							1	64
15	Gary Mason	M50	60							1	60

Women's Fell:

Posn	Name	Cat'y	Stybarrow Dodd	Newlands Memorial Race	Lower Borrowdale	Ennerdale	Blisco Dash	Lake District Mountain Trial	Two Riggs	Races Run	Best 4 From 7
			01-Feb	18-Apr	11-May	13-Jun	17-Jul	13-Sep	14-Nov		
1	Catherine Spurden	L	100							1	100
2	Rachel Mellor	L40	84							1	84
3	Sara Hodgson	L50	81							1	81
4	Rachel Findlay-Robinson	L	79							1	79
5	Debbie Charlton	L40	72							1	72
6	Kerry Cornforth	L40	71							1	71
7	Nicky Butler	L50	70							1	70
8	Lesley Malarkey	L70	68							1	68
9	Louise Brown	L50	68							1	68

Men's Trail:

Posn	Name	Class	Keswick AC Whinlatter	Buttermere trail race	Lords Seat	Hay O'Trail	Watchtree	Borrowdale trail	Crab Fair Fell race	Races Run	Best 4 From 7
			23-Feb	29-Mar	29-Apr	19-May	27-Jun	04-Jul	23-Sep		
1	Carl Bell	M	100							1	100
2	Rob Brown	M	92							1	92
3	Matt Atkinson	M	92							1	92
4	Russell Maddams	M40	89							1	89
5	James Haworth	M40	82							1	82
6	Phil Winskill	M40	81							1	81
7	Pez Bullen	M50	78							1	78
8	Steve Hebblethwaite	M	73							1	73
9	Sam Stead	M	73							1	73
10	Steve Carter	M50	70							1	70
11	Dave Burton	M60	69							1	69
12	Tom Partington	M	67							1	67
13	Peter Toes	M50	66							1	66
14	Mike Beechey	M50	66							1	66
15	Stuart Backhouse	M50	64							1	64

Women's Trail:

Posn	Name	Class	Keswick AC Whinlatter	Buttermere trail race	Lords Seat	Hay O'Trail	Watchtree	Borrowdale trail	Crab Fair Fell race	Races Run	Best 4 From 7
			23-Feb	29-Mar	29-Apr	19-May	27-Jun	04-Jul	23-Sep		
1	Katy Kaars	L	100							1	100
2	Rachel Mellor	L40	89							1	89
3	Sara Hodgson	L50	89							1	89
4	Trudy Beetham	L40	88							1	88
5	Jo Gillyon	L40	87							1	87
6	Jenn Bell	L	85							1	85
7	Annabel Holmes	L50	85							1	85
8	Lyn Thompson	L60	83							1	83
9	Louise Brown	L50	80							1	80
10	Lindsay Walker	L40	79							1	79
11	Debbie Charlton	L40	79							1	79
12	Kathleen Procter	L60	73							1	73
13	Jane Elliott	L50	73							1	73
14	Charlie Bradshaw	L	70							1	70
15	Zoe Webber	L	70							1	70
16	Benita Lapthorne	L50	70							1	70