

Ladies Fell

Name	Cat'y	Two Riggs	Carrock Fell	Fairfield Horseshoe	Dudon Valley	Skiddaw	Three Shires	Dale Head - Borrowdale Shepherds Meet	Races Run	Best 4 From 7
		9k	9k	9m	29k	15.4km/9.6m	12.4m			
		18-Feb	12-Mar	13-May	03-Jun	02-Jul	16-Sep	22-Oct		
Zoe Hebblethwaite	SEN	81	75	74	73				4	303
Nichola Jackson	SEN		100	100	100				3	300
Jodie Gray	SEN		82			100	100		3	282
Shirley Murray	SEN	95	89	88					3	272
Holly Wootten	SEN	100	92						2	192
Helen Sharman	SEN			72		89			2	160
Katherine Downie	SEN	85		73					2	158
Catherine Spurden	SEN		80	74					2	154
Flora Ballester	SEN	65		57					2	122
Kate Marriott	SEN					98			1	98
Melanie Mustafa	SEN					88			1	88
Stefanie Ervine	SEN	85							1	85
Philippa Wakefield	L40			82	80		96		3	258
Debbie Charlton	L40	65				74		88	3	227
Lynne Hume	L40	73	70						2	143
Catherine Evans	L40			80					1	80
Leeann Barber	L40	65							1	65
Celia Dring	L40		64						1	64
Lindsay Walker	L40			60					1	60
Gillian Atkinson	L50		74	71	69		80	100	5	326
Sara Hodgson	L50	85		76	82				3	244
Kerry Cornforth	L50		69	70	69				3	207
Stephanie Illingworth	L50	75		68					2	143
Louise Brown	L50		61	53					2	114
Nicky BUTLER	L60	65	62	60		71			4	258
Lyn THOMPSON	L60	78	71						2	149
Lesley MALARKEY	L70	59	56	57		64	71	88	6	282

Men's Road

Name	Cat'y	Netherhall 10	Coniston 14	Penrith Park Run	Workington Festival of Running	Keswick Half Marathon	Ravenstonedale 10k	Langdale 10k	Races Run	Best 4 From 7
		10m	14m	5k	10k	13.1m	10k			
		26-Feb	25-Mar	17-Jun	06-Aug	24-Sep	November TBC	09-Dec		
Tristan WINDLEY	SEN	100							1	100
Phil RICHARDSON	SEN					100			1	100
Jacob TONKIN	SEN	87							1	87
James MORRIS	M40	63			92	70			3	225
Graham AIREY	M40		100	100					2	200
Simon WEST	M40					87			1	87
Owen MILLS	M50	66	71	80	96				4	313
Graeme SIBSON	M50			97		93			2	190
Mike BEECHEY	M50			78		71			2	149
Mike JAMES	M50					94			1	94
Andy MURPHIE	M50					72			1	72
Mike HEY	M60					64			1	64
Paul MORRIS	M60	74			100	86			3	260

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		10m	14m	5k	10k	13.1m	10k	10k		
		26-Feb	25-Mar	17-Jun	06-Aug	24-Sep	25-Nov	09-Dec		
Holly WOOTEN	SEN	100							1	100
Mel MUSTAFA	SEN					100			1	100
Isabelle READ	SEN					88			1	88
Jenni CUNLIFFE	SEN		83						1	83
Claire WARNER	SEN	71							1	71
Lindsay WALKER	L40		85	97	98				3	280
Leeann BARBER	L40	79	94		94				3	267
Joanna ROLLS	L40		85	89	89				3	263
Hannah COLE	L40			100	100				2	200
Celia DRING	L40					89			1	89
Hazel DAVIES	L50	83	100						2	183
Kathleen PROCTOR	L60	60	78	84	77	76			5	315
Nicky BUTLER	L60			84	84				2	168

