

Forename	Surname	Club	Cautley	Tebay	Sedbergh Sports	Sedbergh Hills	Weasdale	Tot
Nina	Walkingshaw	Howgill Harriers	25	20	0	0	0	45
Brenwen	Jenkinson	Eryri Harriers	0	25	17	0	0	42
Wendy	Dodds	Clayton-le-Moors Harriers	17	15	0	0	0	32
Victoria	Wilkinson	Bingley Harriers & AC	0	0	25	0	0	25
Denise	Tunstall	Durham Fell Runners	11	12	0	0	0	23
Hannah	Horsburgh	Keswick AC	0	0	20	0	0	20
Lucy	Spain	Helm Hill	20	0	0	0	0	20
Heidi	Dent	Howgill Harriers	0	0	19	0	0	19
Jo	Gillyon	Keswick AC	19	0	0	0	0	19
Steph	Jones	Ambleside AC	0	19	0	0	0	19
Nichola	Jackson	Preston Harriers & AC	0	0	18	0	0	18
Rachel	Mellor	Keswick AC	0	18	0	0	0	18
Catherine	Niblock	Helm Hill	18	0	0	0	0	18
Rachel	Findlay-Robinson	Keswick AC	0	17	0	0	0	17
Kathleen	Aubrey	Helm Hill	16	0	0	0	0	16
Samantha	Ayers	Keswick AC	0	16	0	0	0	16
Sharon	Taylor	Helm Hill	0	0	16	0	0	16
Emma	Gould	Mercia Fell Runners	0	0	15	0	0	15
Rachel	Poynter	Eden Runners	15	0	0	0	0	15
Mel	Price	Mercia Fell Runners	0	0	14	0	0	14
Marie	Robson	Helm Hill	14	0	0	0	0	14
Linsay	Walker	Keswick AC	0	14	0	0	0	14
Anita	Barton	CFR	0	13	0	0	0	13
Helen	Berry	Holmfirth Harriers	0	0	13	0	0	13
Mo	Kelly	Howgill Harriers	13	0	0	0	0	13
Claire	Farrington	UA	12	0	0	0	0	12
Catherine	Spurden	Keswick AC	0	0	12	0	0	12
Bethany	Alice Dutson	Helm Hill	0	11	0	0	0	11
Gayle	Sugden	Calder Valley FR	0	0	11	0	0	11
Vicky	Atkinson	Helm Hill	10	0	0	0	0	10
Debbie	Charlton	Keswick AC	0	10	0	0	0	10
Lou	Roberts	Ambleside AC	0	0	10	0	0	10
Nicky	Butler	Keswick AC	0	9	0	0	0	9
Claire	Green	Pudsey & Bramley AC	0	0	9	0	0	9
Kim	Clark	Keswick AC	0	8	0	0	0	8
Kirsty	Hall	Wharfedale Harriers	0	0	8	0	0	8
Sophie	Horrocks	Rosendale Harriers	0	0	7	0	0	7
Alice	Forster	Manx Fell Runners	0	0	6	0	0	6
Lucy	Collins	Calder Valley FR	0	0	5	0	0	5
Anna	Bartlett	Mercia Fell Runners	0	0	4	0	0	4
Rachel	Hill	Settle Harriers	0	0	3	0	0	3
Hannah	Russell	Helm Hill	0	0	2	0	0	2
Judith	Jepson	Dark Peak Fell Runners	0	0	1	0	0	1

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Carl	Bell	Keswick AC	25	25	7	0	0	57
Mark	Addison	Helm Hill	0	19	15	0	0	34
Tim	Cowin	Helm Hill	18	14	0	0	0	32
Rob	Jebb	Bingley Harriers & AC	0	20	11	0	0	31
Kieran	Hodgson	Helm Hill	15	11	0	0	0	26
Simon	Bailey	Mercia Fell Runners	0	0	25	0	0	25
Michael	Greaves	Helm Hill	16	6	0	0	0	22
Ben	Bardsley	Borrowdale Fell Runners	20	0	0	0	0	20
Derek	Hurton	Eden Runners	12	8	0	0	0	20
Sam	Tosh	Rosendale Harriers	0	0	20	0	0	20
Chris	Edis	Keswick AC	19	0	0	0	0	19
James	Gray	Bowland Fell Runners	14	5	0	0	0	19
Garry	Greenhow	Ambleside AC	0	17	2	0	0	19
Jamie	Parkinson	Pudsey & Bramley AC	0	0	19	0	0	19
Chris	Arthur	Bowland Fell Runners	0	18	0	0	0	18
Rob	Hope	Pudsey & Bramley AC	0	0	18	0	0	18
Oscar	Meaivwell	Borrowdale Fell Runners	17	0	0	0	0	17
Ben	Mounsey	Calder Valley FR	0	0	17	0	0	17
Mark	McGoldrick	Wharfedale Harriers	0	16	0	0	0	16
Joe	Symonds	Shettleston Harriers	0	0	16	0	0	16
Jim	Davies	Borrowdale Fell Runners	0	15	0	0	0	15
Morgan	Donnelly	Borrowdale Fell Runners	0	0	14	0	0	14
Charlie	Lowther	Eden Runners	13	1	0	0	0	14
Steven	Hebblethwaite	Keswick AC	0	0	13	0	0	13
Joshua	Jardine	UA	0	13	0	0	0	13
Rhys	Findlay-Robinson	Dark Peak Fell Runners	0	0	12	0	0	12
Phil	Winskill	Keswick AC	0	12	0	0	0	12
Muir	Morton	Penine Fell Runners	11	0	0	0	0	11
Paul	Aitken	Helm Hill	0	10	0	0	0	10
Mark	Lamb	Keswick AC	0	0	10	0	0	10
Andrew	Livingstone	UA	10	0	0	0	0	10
Jack	Eyre	Eden Runners	9	0	0	0	0	9
James	Hall	Wharfedale Harriers	0	0	9	0	0	9
Antony	Meanwell	Borrowdale Fell Runners	0	9	0	0	0	9
Martin	Mikkelsen-Barron	Borrowdale Fell Runners	0	0	8	0	0	8
Martin	Spooner	Howgill Harriers	8	0	0	0	0	8
David	Cope	Howgill Harriers	0	7	0	0	0	7
Jonny	Marchant	Helm Hill	7	0	0	0	0	7
Jonathan	Kent	Eden Runners	6	0	0	0	0	6
Tom	McGuinness	East Cheshire Harriers	0	0	6	0	0	6
Pat	Hanna	Howgill Harriers	5	0	0	0	0	5
Robert	Little	Dark Peak Fell Runners	0	0	5	0	0	5
Matthew	Elkington	Dark Peak Fell Runners	0	0	4	0	0	4
Graham	Lund	Bowland Fell Runners	4	0	0	0	0	4
Simon	Mounsey	Howgill Harriers	0	4	0	0	0	4
Noah	Hurton	Eden Runners	3	0	0	0	0	3

Jethro	Lennox	Shettleston Harriers	0	0	3	0	0	3
Rob	Stein	CFR	0	3	0	0	0	3
Mark	Irving	Bowland Fell Runners	0	2	0	0	0	2
Tom	Simpson	UA	2	0	0	0	0	2
Jack	Simpson	UA	1	0	0	0	0	1
Jack	Wright	Ambleside AC	0	0	1	0	0	1



