

Position	#	Name	Club	Class	Barrow Park			Lakeside YMCA			Kendal Castle			Count	Total Points
					Time	Position	Points	Time	Position	Points	Time	Position	Points		
1	23	Harry Scott	LOC	M18	00:25:42	4	197	00:38:02	1	200	00:26:51	1	200	3	597
2	41	Matthew Rooke	LOC	M21	00:26:26	5	196	00:38:20	2	199	00:28:36	2	199	3	594
3	29	Chris Heppenstall	LOC	M35	00:30:00	10	191	00:39:04	4	197	00:32:00	5	196	3	584
4	30	Heather Heppenstall	LOC	W35	00:28:29	8	193	00:39:03	3	198	00:34:20	11	190	3	581
5	21	Chris Roberts	SROC	M60	00:32:33	17	184	01:03:20	13	188	00:40:32	22	179	3	551
6	34	Matthew Haddow	LOC	M16	00:43:53	32	169	00:55:17	11	190	00:44:42	25	176	3	535
8	38	Alison Hooper	SO	W40	00:42:31	30	171	01:12:14	18	183	01:00:14	32	169	3	523
9	31	Harriet Wood	LOC	W16	00:54:45	41	160	01:21:44	20	181	01:15:48	37	164	3	505
10	54	Iain Smith-Ward	LOC	M45	00:27:18	6	195	-	-	-	00:33:08	7	194	2	389
11	39	Mike Hooper	SO	M45	-	-	-	00:47:16	8	193	00:33:40	10	191	2	384
12	63	Harry O'Donovan	LOC	M16	00:31:05	11	190	-	-	-	00:37:25	19	182	2	372
14	22	Connor O'Hara	LOC	M16	00:31:09	13	188	-	-	-	00:38:16	20	181	2	369
15	46	Jo Cleary	LOC	W50	00:32:02	16	185	-	-	-	00:37:11	18	183	2	368
16	49	Charlotte Somers-Cocks	LOC	W55	00:33:44	20	181	-	-	-	00:39:53	21	180	2	361
17	142	Janet Nash	LOC	W65	-	-	-	01:08:14	15	186	00:49:09	28	173	2	359
18	121	Tom Barkas	LOC	M65	-	-	-	01:10:53	16	185	00:48:56	27	174	2	359
20	142	Janet Nash	W65	LOC	-	-	-	01:08:14	15	186	00:49:09	28	173	2	359
21	28	Alex Earley	LOC	W21	-	-	-	01:13:03	19	182	01:04:04	34	167	2	349
23	52	Judith Filmore	LOC	W55	00:52:36	39	162	01:22:08	21	180	-	-	-	2	342
24	61	Cate Matthew	SROC	W12	-	-	-	-	29	172	01:23:13	38	163	2	335
25	119	Matthew Elkington	OD	M21	00:21:38	1	200	-	-	-	-	-	-	1	200
26	72	Rowan Capper	LOC	M21	00:22:36	2	199	-	-	-	-	-	-	1	199
27	44	Noah Howlett	LOC	M20	00:23:12	3	198	-	-	-	-	-	-	1	198
28	253	Robert Browne	M21	LOC	-	-	-	-	-	-	00:28:36	3	198	1	198
29	249	Chris Naylor	M21	WCOC	-	-	-	-	-	-	00:30:32	4	197	1	197
30	153	Rebecca Rooke	SROC	W21	-	-	-	00:40:42	5	196	-	-	-	1	196
31	130	Dai Bedwell	DVO	M50	-	-	-	00:42:00	6	195	-	-	-	1	195
32	247	Alan Hartley	M40	BL	-	-	-	-	-	-	00:32:22	6	195	1	195
33	43	Nick Howlett	LOC	M50	00:27:20	7	194	-	-	-	-	-	-	1	194
34	129	Lucie Todhunter	SROC	W35	-	-	-	00:46:34	7	194	-	-	-	1	194
35	251	Lizzie Adams	W21	LOC	-	-	-	-	-	-	00:33:13	8	193	1	193
36	12	Matthew Clarke	SUFFOC	M16	00:29:20	9	192	-	-	-	-	-	-	1	192
37	51	Rebekah Beadle	LOC	W50	-	-	-	00:47:56	9	192	-	-	-	1	192
38	231	Sarah Atkinson	W21	LOC	-	-	-	-	-	-	00:33:24	9	192	1	192
39	120	Richard Towler	LOC	M65	-	-	-	00:52:12	10	191	-	-	-	1	191
40	45	Hannah Cleary-Hughes	LOC	W20	00:31:08	12	189	-	-	-	-	-	-	1	189
41	93	Judy Burge	LOC	W60	-	-	-	01:01:14	12	189	-	-	-	1	189
42	199	Karen Parker	W50	BL	-	-	-	-	-	-	00:35:07	12	189	1	189
43	200	Dan Parker	M55	BL	-	-	-	-	-	-	00:35:30	13	188	1	188

44	64	Jess Ensoll	LOC	W16	00:31:26	14	187	-	-	-	-	-	-	1	187
45	143	Carol McNeill	LOC	W70	-	-	-	01:03:23	14	187	-	-	-	1	187
46	245	Robert Jones	M30	WCOC	-	-	-	-	-	00:36:10	14	187	1	187	
47	71	Graham Capper	LOC	M55	00:31:28	15	186	-	-	-	-	-	1	186	
48	203	Simon Austin	M21	LOC	-	-	-	-	-	00:36:19	15	186	1	186	
49	202	Martyn Roome	M65	SROC	-	-	-	-	-	00:36:55	16	185	1	185	
50	137	Tom Matthew	SROC	M40	-	-	-	01:12:04	17	184	-	-	1	184	
51	254	Ellie Simmonds	W14	LOC	-	-	-	-	-	00:37:11	17	184	1	184	
52	19	Clive Wilkinson	SUFFOC	M55	00:32:59	18	183	-	-	-	-	-	1	183	
53	13	Barney Steventon-Barnes	SUFFOC	M14	00:33:44	19	182	-	-	-	-	-	1	182	
54	70	Louise Dunn	LOC	W55	00:34:17	21	180	-	-	-	-	-	1	180	
55	35	John Clarke	SUFFOC	M45	00:34:42	22	179	-	-	-	-	-	1	179	
56	154	Christine Artus	BKO	W60	-	-	-	01:28:35	22	179	-	-	1	179	
57	11	Daisy Partridge	SOS	W18	00:35:04	23	178	-	-	-	-	-	1	178	
58	146	Isobel Williamson	LOC	W65	-	-	-	01:37:36	23	178	-	-	1	178	
59	233	Fiona Newby	W18	LOC	-	-	-	-	-	00:42:34	23	178	1	178	
60	14	Daniel Hague	WAOC	M14	00:36:14	24	177	-	-	-	-	-	1	177	
61	123	Andrew Leedham	LOC	M50	-	-	-	01:38:04	24	177	-	-	1	177	