

Position	#	Name	Club	Class	Barrow Park				Lakeside YMCA			Kendal Castle			GSK Sports Complex				Count	Total Points
					Time	Position	Points	Time	Position	Points	Time	Position	Points	Time	Position	Points				
1	23	Harry Scott	Open Winner	LOC	M18	00:25:42	4	197	00:38:02	1	200	00:26:51	1	200	00:33:49	2	199	4	599	
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	00:36:56	5	196	4	589	
4	30	Heather Heppenstall	W Open Winner	LOC	W35	00:28:29	8	193	00:39:03	3	198	00:34:20	11	190	-	-	-	3	581	
5	39	Mike Hooper		SO	M45	-	-	-	00:47:16	8	193	00:33:40	10	191	00:50:43	13	188	3	572	
6	21	Chris Roberts	Vet Winner	SROC	M60	00:32:33	17	184	01:03:20	13	188	00:40:32	22	179	00:47:17	11	190	4	562	
7	34	Matthew Haddow	Junior Winner	LOC	M16	00:43:53	32	169	00:55:17	11	190	00:44:42	25	176	00:47:15	10	191	4	557	
8	49	Charlotte Somers-Cocks	W Vet Winner	LOC	W55	00:33:44	20	181	-	-	-	00:39:53	21	180	00:49:25	12	189	3	550	
9	142	Janet Nash		LOC	W65	-	-	-	01:08:14	15	186	00:49:09	28	173	00:51:59	14	187	3	546	
10	121	Tom Barkas		LOC	M65	-	-	-	01:10:53	16	185	00:48:56	27	174	00:53:20	15	186	3	545	
11	38	Alison Hooper		SO	W40	00:42:31	30	171	01:12:14	18	183	01:00:14	32	169	00:55:20	16	185	4	539	
12	28	Alex Earley		LOC	W21	-	-	-	01:13:03	19	182	01:04:04	34	167	01:02:05	17	184	3	533	
13	31	Harriet Wood	W Junion Winner	LOC	W16	00:54:45	41	160	01:21:44	20	181	01:15:48	37	164	01:20:59	18	183	4	528	
14	153	Rebecca Rooke		SROC	W21	-	-	-	00:40:42	5	196	-	-	-	00:35:38	3	198	2	394	
15	43	Nick Howlett		LOC	M50	00:27:20	7	194	-	-	-	-	-	-	00:36:43	4	197	2	391	
16	54	Iain Smith-Ward		LOC	M45	00:27:18	6	195	-	-	-	00:33:08	7	194	-	-	-	2	389	
17	254	Ellie Simmonds		LOC	W14	-	-	-	-	-	-	00:37:11	17	184	00:44:25	8	193	2	377	
18	63	Harry O'Donovan		LOC	M16	00:31:05	11	190	-	-	-	00:37:25	19	182	-	-	-	2	372	
19	22	Connor O'Hara		LOC	M16	00:31:09	13	188	-	-	-	00:38:16	20	181	-	-	-	2	369	
20	46	Jo Cleary		LOC	W50	00:32:02	16	185	-	-	-	00:37:11	18	183	-	-	-	2	368	
21	188	Lucy Gibson		LOC	W14	-	-	-	-	-	-	00:54:34	31	170	00:46:27	9	192	2	362	
22	52	Judith Filmore		LOC	W55	00:52:36	39	162	01:22:08	21	180	-	-	-	-	-	-	2	342	
23	61	Cate Matthew		SROC	W12	-	-	-	-	29	172	01:23:13	38	163	-	-	-	2	335	
24	119	Matthew Elkington		OD	M21	00:21:38	1	200	-	-	-	-	-	-	-	-	-	1	200	
25	337	Joe Sunley		WCOC	M14	-	-	-	-	-	-	-	-	-	00:33:10	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		LOC	M21	-	-	-	-	-	-	00:28:36	3	198	-	-	-	1	198	
29	249	Chris Naylor		WCOC	M21	-	-	-	-	-	-	00:30:32	4	197	-	-	-	1	197	
30	247	Alan Hartley		BL	M40	-	-	-	-	-	-	00:32:22	6	195	-	-	-	1	195	
31	130	Dai Bedwell		DVO	M50	-	-	-	00:42:00	6	195	-	-	-	-	-	-	1	195	
32	317	Mark Simmonds		LOC	M50	-	-	-	-	-	-	-	-	-	00:39:23	6	195	1	195	
33	129	Lucie Todhunter		SROC	W35	-	-	-	00:46:34	7	194	-	-	-	-	-	-	1	194	
34	59	Derek Fryer		LOC	M60	-	-	-	-	-	-	-	-	-	00:40:10	7	194	1	194	
35	251	Lizzie Adams		LOC	W21	-	-	-	-	-	-	00:33:13	8	193	-	-	-	1	193	
36	51	Rebekah Beadle		LOC	W50	-	-	-	00:47:56	9	192	-	-	-	-	-	-	1	192	
37	12	Matthew Clarke		SUFFOC	M16	00:29:20	9	192	-	-	-	-	-	-	-	-	-	1	192	
38	231	Sarah Atkinson		LOC	W21	-	-	-	-	-	-	00:33:24	9	192	-	-	-	1	192	
39	120	Richard Towler		LOC	M65	-	-	-	00:52:12	10	191	-	-	-	-	-	-	1	191	
40	93	Judy Burge		LOC	W60	-	-	-	01:01:14	12	189	-	-	-	-	-	-	1	189	
41	45	Hannah Cleary-Hughes		LOC	W20	00:31:08	12	189	-	-	-	-	-	-	-	-	-	1	189	
42	143	Carol McNeill		LOC	W70	-	-	-	01:03:23	14	187	-	-	-	-	-	-	1	187	
43	64	Jess Ensoll		LOC	W16	00:31:26	14	187	-	-	-	-	-	-	-	-	-	1	187	
44	245	Robert Jones		WCOC	M21	-	-	-	-	-	-	00:36:10	14	187	-	-	-	1	187	