

First Name	Surname	Club	Tebay	Cautley	Sedbergh Sports	Sedbergh Hills	Total
Adam	Perry	Helm Hill	12	0	25	0	37
Darren	Kay	Calder Valley Fell Runners	18	18	0	0	36
Mark	McGoldrick	Wharfedale Harriers	16	0	0	18	34
Tim	Cowin	Helm Hill	0	0	19	12	31
James	Harris	Ambleside AC	3	0	0	25	28
Phil	Mather	Lonsdale Fell Runners	0	14	0	13	27
Jack	Eyres	Eden Runners	9	17	0	0	26
Charlie	Lowther	Eden Runners	15	10	0	0	25
Josh	Jardine	Helm Hill	0	25	0	0	25
Carl	Bell	Keswick AC	25	0	0	0	25
Doug	Love	Bowland Fell Runners	5	0	0	17	22
Paul	Reilly	Helm Hill	0	3	18	0	21
Max	Wainwright	Dark Peak Fell Runners	20	0	0	0	20
Simon	Netherway	Keswick AC	0	0	20	0	20
Karl	Gray	Calder Valley Fell Runners	0	0	0	20	20
Paul	Aitken	Helm Hill	0	20	0	0	20
Kieran	Hodgson	Helm Hill	6	13	0	0	19
Nathan	Edmondson	Ilkley Harriers	0	0	0	19	19
Ellmenreich	Baptiste	Keswick AC	19	0	0	0	19
Mark	Addison	Helm Hill	0	19	0	0	19
Garry	Greenhow	Ambleside AC	17	0	0	0	17
Rupert	Allison	Dark Peak Fell Runners	0	0	17	0	17
Steve	Halsall	Keswick	0	16	0	0	16
Francis	Blunt	None	0	0	0	16	16
Will	Acland	Helm Hill	0	0	16	0	16
Matthew	Richardson	Saltaire Striders	0	0	0	15	15
Brian	Pennington	Howgill Harriers	0	0	15	0	15
Ben	Jackson	Eden Runners	0	15	0	0	15
Paul	Neild	Bowland Fell Runners	0	0	0	14	14
Martin	Kastad	Mjosdalen IL	0	0	14	0	14
Daniel	Jones	Eden Runners	7	7	0	0	14
Rob	Fielding	Sedbergh School	14	0	0	0	14
Simon	Mounsey	Howgill Harriers	0	0	13	0	13
Richard	Anderson	UA	13	0	0	0	13
David	Middlemas	Valley Striders AC	0	0	12	0	12
Derek	Hurton	Eden Runners	0	12	0	0	12
Lee	Siemaszko	Liverpool Harriers AC	0	0	0	11	11
Andy	Thompson	Helm Hill	0	0	10	0	10
John	Hunt	Dark Peak Fell Runners	0	0	0	10	10
Harry	Bolton	Keswick AC	10	0	0	0	10
Rick	Stuart	Helm Hill	0	0	9	0	9
Rod	Scott	Helm Hill	0	1	8	0	9
Andrew	Livingstone	Annan & District AC	0	9	0	0	9
Matt	Brindle	Helm Hill	0	0	0	9	9
Philip	Pearson	Northern Fells RC	0	0	0	8	8
Sandy	Lockett	Bowland Fell Runners	8	0	0	0	8

Jacob	Aubrey	Helm Hill	0	8	0	0	8
Henry	Hunter	Helm Hill	0	0	7	0	7
Martin	Holroyd	Settle Harriers	0	0	0	7	7
Charlie	McIntosh	Pudsey & Bramley AC	0	0	0	6	6
Jonny	Kent	Eden Runners	0	6	0	0	6
Peter	German	Helm Hill	0	0	6	0	6
Adam	Scott	Helm Hill	0	0	5	0	5
Scott	Morley	Eden Runners	0	5	0	0	5
Ross	Bibby	Valley Striders AC	0	0	0	5	5
Philip	Withnall	Lonsdale Fell Runners	4	0	0	0	4
Roger	Sillito	Nfr	0	0	0	4	4
Steven	Middleton	Howgill Harriers	0	0	4	0	4
Tom	Hare	Settle Harriers	0	4	0	0	4
Mark	Ganly	UA	0	0	0	3	3
Mark	Cropper	Helm Hill	0	0	3	0	3
Phil	Winskill	Keswick AC	2	0	0	0	2
Joe	Parsons	UA	0	2	0	0	2
Keith	Macintosh	Wimbledon Windmilers	0	0	0	2	2
Eddie	Close	Howgill Harriers	0	0	2	0	2
Ollie	Roberts	Howgill Harriers	0	0	1	0	1
Adam	Jackson	Northern Fells RC	1	0	0	0	1
James	Baron	Helm Hill	0	0	0	1	1