

First Name	Surname	Club	Tebay	Cautley	Sedbergh Sports	Sedbergh Hills	Total
Bianca	Dyer	Helm Hill	25	20	0	0	45
Rowena	Browne	Bowland Fell Runners	16	14	0	12	42
Emma	Richardson	Rosendale Harriers AC	20	15	0	0	35
Denise	Tunstall	Durham Fell Runners	3	3	17	5	28
Catherine	Spurden	Keswick AC	0	0	25	0	25
Katie Kaars	Sijpesterjo	Keswick AC	0	0	0	25	25
Hannah	Russell	Helm Hill	0	25	0	0	25
Jane	Verity	Howgill Harriers	6	0	18	0	24
Lexi	Whitaker	Harrogate Harriers & AC	0	0	20	0	20
Jo	Buckley	Calder Valley FR	0	0	0	20	20
Nicky	Spinks	Dark Peak Fell Runners	0	0	0	19	19
Catherine	Slater	Helm Hill	0	19	0	0	19
Nickey	Russell	Bowland Fell Runners	19	0	0	0	19
Victoria Mjelde	Hanstveit	Mjosdalen IL	0	0	19	0	19
Janie	Oates	Helm Hill	0	18	0	0	18
Steph	Jones	Ambleside AC	0	0	0	18	18
Carol	Evans	Settle Harriers	18	0	0	0	18
Liz	Tapper	Helm Hill	17	0	0	0	17
Ellie	Mather	Lonsdale Fell Runners	0	17	0	0	17
Helen	Buchan	Calder Valley Fell Runners	0	0	0	17	17
Jenny	Rice	Helm Hill	0	16	0	0	16
Nicola	Parkin	Dark Peak Fell Runners	0	0	0	16	16
Nina	Walkingshaw	Howgill Harriers	15	0	0	0	15
Nina	Mason	Elvet Striders	0	0	0	15	15
Jane	Reedy	Ambleside AC	0	0	0	14	14
Katie	Milburn	Eden Runners	10	4	0	0	14
Chloe	Lumsdon	Helm Hill	14	0	0	0	14
Alison	Wainwright	Dark Peak Fell Runners	0	0	0	13	13
Carrie	Gibson	Helm Hill	0	13	0	0	13
Kirsten	Angus	Settle Harriers	13	0	0	0	13
Georgia	Stevens	Helm Hill	0	12	0	0	12
Sharon	McDonald	Settle Harriers	12	0	0	0	12
Maria	Murtagh	Easingwold RC	0	0	0	11	11
Helene	Whitaker	Harrogate Harriers & AC	0	0	0	10	10
Wendy	Dodds	Clayton-le-Moors Harriers	0	10	0	0	10
Deborah	Mahoney	Settle Harriers	0	9	0	0	9
Sally	Hempsell	Ambleside AC	0	0	0	9	9
Donna	Claridge	Dark Peak Fell Runners	9	0	0	0	9
Mel	Steventon	Eden Runners	0	8	0	0	8
Jenny	Lyon	Dallam RC	0	0	0	8	8
Naomi	Fisher	Bowland Fell Runners	8	0	0	0	8
Catherine	Holden	Calder Valley FR	0	0	0	7	7
Megan	Fitzpatrick	Helm Hill	7	0	0	0	7
Kathleen	Aubrey	Helm Hill	0	7	0	0	7
Emma	Watson	Wharfedale Harriers	0	0	0	6	6
Marie	Robson	Helm Hill	0	6	0	0	6

Jenny	Russell	Northern Fells RC	2	0	0	3	5
Dorothy	Pelly	Ambleside AC	5	0	0	0	5
Chloe	Brown	Howgill Harriers	0	5	0	0	5
Lesley Ruth	Malarkey	Keswick AC	0	0	0	4	4
Emily	Fitzherbert	Helm Hill	4	0	0	0	4
Lindsay	Harrod	Helm Hill	1	2	0	0	3
Alison	Bramall	Ambleside AC	0	0	0	2	2
Isobel	Webster	Kirkstall Harriers	0	0	0	1	1
Anne	Milner	Wharfedale Harriers	0	1	0	0	1