

Lakeland Trails 2012 Autumn Series Results : Men

Name	Club	Category	Keswick	Coniston	Helvellyn	Total
FRENCH, John	Eden Runners		996	998	997	2991
SOUTHWELL, Gary	Unattached : Garstang	Vet40	983	983	986	2952
METCALF, Alan	Preston Harriers	Vet50	982	982	984	2948
IMPEY, Stephen	Unattached - Penrith		966	975	981	2922
HOWARD, Darren	Unattached - Liverpool		971	971	968	2910
CHAMBERS, Rob	Unattached - Skipton	Vet40	960	972	963	2895
PRICE, Andrew	Unattached : North Allerton		934	959	985	2878
HIGHAM, Nick	Lancaster & Morecambe AC	Vet40	958	957	951	2866
SPOONER, John	Lancaster & Morcambe AC	Vet40	940	940	953	2833
CROMPTON, Carl	Unattached - Kendal		932	943	949	2824
BARRY, Sean	Unattached : Huddersfield	Vet40	935	934	945	2814
ARMSTRONG, Michael	Sunderland Strollers	Vet50	943	932	929	2804
BRISTOW, Andy	Unattached - Southport		919	928	954	2801
CAMPION, Adam	Keswick Athletics Club	Vet40	969	962	846	2777
SMITH, Paul	Unattached - Leeds	Vet40	910	929	925	2764
WEST, Simon	Unattached : Cleator Moor		950	877	934	2761
BROWN, Steve	Unattached - Windermere	Vet40	924	901	921	2746
HAWKER, Jon	Ellesmere Port RC	Vet40	896	919	923	2738
HOWARD, Scott	Unattached : Hartlepool	Vet40	898	899	936	2733
BROWNSMITH, Graham	Unattached - Lancaster		890	889	926	2705
LAMMAS, Craig	Unattached - Manchester		867	881	942	2690
POTTS, Duncan	Unattached : Widnes		882	886	920	2688
PERREN, Steve	Meltham AC	Vet40	854	912	911	2677
JARDIN, David	Elswick Harriers	Vet40	894	917	860	2671
CHARLES, Terry	Wirral Warrior	Vet50	889	875	906	2670
JACKSON, Simon	Unattached - Keswick		920	867	869	2656
WATSON, Gerry	Wymondham AC	Vet50	857	884	896	2637
CARPENTER, Peter	Unattached : Ellesmere Port	Vet50	858	860	901	2619
BRIERLEY, Ian	Unattached - Rossendale	Vet40	892	896	790	2578
WOOF, Brian	Unattached - Kendal	Vet40	847	855	872	2574
GILLIGAN, Kevin	Unattached - Southport	Vet40	877	835	857	2569
LASHLEY, Pete	Unattached : Milnthorpe	Vet40	785	871	880	2536
SPRIGGS, Gary	Unattached : St Helens	Vet40	824	848	861	2533
OSBORNE, Mark	Unattached - Leeds	Vet50	834	845	849	2528
CROSSEY, Liam	Unattached - Manchester		884	786	847	2517
LEATHERAN, Andy	Unattached - Kendal	Vet40	870	846	789	2505
PROCTOR, Phillip	Unattached : Ellesmere Port	Vet40	825	858	822	2505
SMITH, Richard	Ackworth Road Runners	Vet50	829	777	878	2484
STACY, Martin	Vegan Runners Uk	Vet40	826	827	829	2482
DOUGHTY, David	Unattached - Southport	Vet40	823	819	823	2465
HUDD, Phil	Unattached	Vet40	828	770	838	2436
ALLEN, Charles	Burnham Joggers	Vet50	815	809	800	2424
ANDREWS, Ian	Unattached		602	918	894	2414
WILLIAMS, Leon	Unattached - Brighouse	Vet40	779	799	820	2398
MIDDLEMISS, Martin	Unattached : Carlisle	Vet40	804	745	848	2397
MCGINN, Brian	Unattached - Middlesborough		806	755	831	2392
FIDLER, Mark	Ellesmere Port Running Club	Vet40	800	776	806	2382
FIDDLER, Paul	Unattached - Warrington		818	806	749	2373
BLACKMORE, Jonathan	Unattached : Chesterfield	Vet40	799	746	811	2356
DAVIDSON, Alan	Unattached : Witney	Vet60	784	743	801	2328
RANK, Nicholas	Lincoln Wellington AC	Vet60	787	736	798	2321
LANG, Andrew	Meltham AC	Vet40	763	762	795	2320
GILLMAN, Darren	Spa Striders	Vet40	767	751	797	2315
LAWTON, Graham	Unattached - Lancaster		771	748	791	2310
PARKER, Alan	Unattached : Stoke On Trent	Vet40	694	801	803	2298
GREGSON, Craig	LancashireFire&Rescue Service		781	774	740	2295
WILLIAMS, Ken	Unattached - Carnforth	Vet50	738	741	775	2254
GINDER- POULSON, Robert	Unattached - Cheadle	Vet40	754	719	779	2252
WADESON, Andrew	Unattached - Lancaster		724	742	764	2230

SMITH, Michael	Olney Runners	Vet50	745	707	716	2168
PLEASANCE, Robert	Unattached - Manchester	Vet40	716	700	717	2133
MYATT, Robert	Unattached	Vet40	687	720	707	2114
KNOX, John	Unattached - Preston	Vet50	688	697	725	2110
KNIGHTON, Simon	Unattached : Aldbourne	Vet60	681	718	697	2096
SALLIE, Damien	Center Parcs		637	750	708	2095
MCCANN, John	Kendal Athletic Club	Vet60	689	651	748	2088
DIXON, Chris	Unattached : Carlisle		697	685	703	2085
MAYSON, Richard	Unattached - Lancaster	Vet50	701	673	704	2078
TURNER, Joshua	Valley Hill Runners		678	696	699	2073
NAGAR, Igal	Unattached : Sutton Coldfield	Vet50	659	674	720	2053
STRATTON, Tom	Unattached - Manchester		668	670	700	2038
STOUT, John	Unattached		693	628	692	2013
THOMPSON, Nick	Meltham AC	Vet50	661	658	688	2007
GRIFFITHS, Dewi	Cardiff AAC	NDB	1000		1000	2000
OXLEY, David	Unattached - Horncastle	Vet40	672	650	677	1999
BELL, Carl	Howgill Harriers		998		999	1997
MADDAMS, Russell	Keswick AC		997		998	1995
GREGORY , Stewart	Holme Pierrepont RC	Vet40		999	992	1991
PEATE, Joseph	Unattached - Keighley	Vet40		997	993	1990
BRENNAN, Steven	Glaxo Hoad Hill Harriers	Vet40	994	993		1987
LAKER, Ste	Unattached - Preston		615	630	719	1964
WHITE, Seamus	Staffordshire Moorlands		979		982	1961
LOUGHRAN, Joe	Unattached - Stoke-on-Trent	Vet60	619	637	701	1957
SHIMMIN, Saul	Unattached - Bolton		961	996		1957
MORLEY, Andy	Unattached		981		972	1953
JONES, Thomas	Sale Harriers			986	958	1944
HOLLOWBREAD, Andrew	Unattached - Durham	Vet40	593	625	718	1936
BARTRAM, Tom	Unattached			964	970	1934
BAINES, Nick	Unattached - Carnforth	Vet40	633	607	691	1931
GREGORY, Paul	Unattached		975	954		1929
FURPHY, Chris	Unattached : Guisborough	Vet40	647	606	673	1926
HOPPER, Jon	Unattached : Didsbury			969	955	1924
WHITEHOUSE, Martin	Unattached : Milnthorpe	Vet50	640	620	663	1923
CROMPTON, Sam	Unattached - Kendal			944	977	1921
NOBLE, Colin	Bridnorth Running Club		945	973		1918
ALLISON, Mike	Unattached - Penrith	Vet50	964		950	1914
GREENWOOD, John	Unattached - Keighley			946	961	1907
WILLIAMS, Michael	Unattached : Chester		953	953		1906
BALL, Malcolm	North Norfolk Beach Runners	Vet70	650	612	637	1899
BLOY, Kevin	Ayr Seaforth	Vet40	949	926		1875
WALKER, Mark	Rochdale Harriers		937	936		1873
ROBINSON, Raymond	Rifle Regiment		928	941		1869
CHRISP, Paul	Delamere Spartans	Vet50	914		940	1854
GRAY, John	Meltham AC	Vet40	620	590	642	1852
GOLDBERG, Frederick	Unattached - Manchester		931	913		1844
LOGAN, Johnny	Unattached : Duns	Vet40	895		938	1833
NORTON, Brian	Unattached : Blackburn	Vet40	601	591	636	1828
SHEPHERD, Steven	unattached - Sowerby Bridge	Vet60	606	594	626	1826
WHISTON, Rob	Unattached - Crewe	Vet60	617	586	622	1825
SNEDDON, Andrew	Lytham St Annes RRC	Vet40	605	585	632	1822
TOTH, Michael	carlisle Triathlon	Vet50	912	907		1819
SADLER, Jonathan	Unattached - Manchester		944	874		1818
NOLAN, David	Alnwick Harriers			892	914	1806
TACK, Christopher	Unattached : North Shields		916	887		1803
WILLIS, Greg	Unattached - Birmingham		906		895	1801
CONNER, Darren	Unattached - Whitehaven	Vet40	595	574	625	1794
KNOWLES, Matt	Unattached - Gateshead		933		858	1791
THOMPSON, Russell	Unattached : Barrow in Furness	Vet40		883	907	1790
FARMER, Mark	Unattached : Linclon	Vet40	589	577	618	1784
MASON, Paul	Endurancestaore	Vet40	900	882		1782

HASLAM, Nick	Unattached - Kendal	Vet40	586	567	610	1763
IBBOTSON, Ian	Unattached : Windermere	Vet50	585	568	609	1762
TULLY, Christopher	Unattached : Waterloo			853	905	1758
THORPE, Mark	Unattached - Preston	Vet40	897	859		1756
ROBERTS, Mike	Unattached Durham		841		913	1754
HOLLOWAY, Ian	Unattached : Whitley Bay	Vet60	584	563	605	1752
MILLINGTON, Graham	Wigan Harriers AC	Vet40	873	879		1752
MCGONAGLE, Gareth	Chorley Harriers			844	904	1748
QUAYLE, Roger	Barrow Striders	Vet50	876	868		1744
EVANS, John	Unattached : Brampton	Vet40	846		897	1743
TYLER, Neil	Unattached : Wethersfield	Vet40	856		884	1740
BREWSTER, Keith	Valley Striders, Leeds	Vet50	861	872		1733
HEATH, Janson	Rockart Runners	Vet40		850	882	1732
REES, Andy	Unattached Durham		791	924		1715
SMITH, Will	Unattached - Lancaster		836		877	1713
RANKIN, Iain	Unattached - Macclesfield	Vet40	805		900	1705
KEAR, Paul	Unattached - Kendal	Vet40		815	864	1679
COTTERILL, Roger	Unattached : Stafford	Vet40		821	852	1673
COULSTON, Alan	Unattached - Ulverston		788	878		1666
STEELE, John	Unattached - Wigton	Vet50		814	850	1664
HALL, Jonnie	Unattached : Haddington	Vet40		800	859	1659
IVEY, Stephen	Unattached - Manchester	Vet40	777		881	1658
PETTY, Chris	Unattached : Northampton			790	862	1652
ADAMS, Alastair	Unattached : Hook Norton	Vet40		829	821	1650
MERCER, John	Unattached - Wigan	Vet40	822	828		1650
GAGON, Steven	Unattached - Manchester	Vet40	827	820		1647
COSGROVE, Bryan	Unattached - Manchester		809	833		1642
OLIVER, Richard	New Marske Harriers	Vet60	816	825		1641
TURNER, Andrew	Scarab Tri	Vet40	850	791		1641
WATT, Jonathan	Unattached - Altrincham	Vet50		795	843	1638
COLBY, Charles	Wesham Road Runners	Vet40	853	783		1636
MUDD, Andrew	Prestwich AC	Vet50	811	822		1633
CARRUTH, Bob	Unattached : Bridge of Weir	Vet40		784	841	1625
BURKE, Howard	Unattached : Gawsworth			767	853	1620
MACKENZIE , Colin	Unattached - Wolverhampton	Vet50	817	797		1614
BATTLE, Richard	Unattached - London			826	783	1609
SCHOFIELD, Graham	Chorley Harriers	Vet50	775	824		1599
SMITH, Graham	Unattached - Halifax	Vet50	778	802		1580
CHEW, Phil	Unattached : Whittle-le-Woods	Vet50	794		780	1574
BIBBY, Justin	Unattached - Cokermouth	Vet40	783	781		1564
HINSON, Mike	Unattached - Sedburgh	Vet40	793		759	1552
MO, Jimmy	Unattached - Manchester	Vet40		769	782	1551
CORBETT, Anthony	Quakers Running Club	Vet40	768		776	1544
ROCHE, Paul	Merseyside Police	Vet50	780	764		1544
KIRKMAN, Ben	Unattached - Manchester		774	765		1539
MYERS, Stephen	Prestwich AC	Vet40	749	780		1529
GIBSON, Ian	Unattached : Hexham	Vet50		753	755	1508
COATES, David	Alnwick Harriers			744	752	1496
BELL, Stuart	Kendal Athletic Club	Vet50	751	738		1489
LEWIS, Andy	Unattached - Lancaster	Vet40	717		768	1485
COM, John	Unattached - Macclesfield	Vet40	747	737		1484
PAPE, Nick	Unattached : Longeaton	Vet40		717	763	1480
GRACE , Ian	Chorley Harriers	Vet50	753	722		1475
MACNAMEE, Ian	Unattached : Breaston	Vet40		732	742	1474
POSTILL, Nick	Unattached - Lancaster		685		781	1466
BLAKE, Kevin	Unattached : Hull	Vet50	736	726		1462
RIGG, Nigel	Halifax Harriers	Vet50	765	691		1456
PARKER, Graham	Unattached - Kendal	Vet40	729		726	1455
TURNBULL, Stephen	Unattached - Hexham	Vet40	703		750	1453
WEBSTER, Stephen	Unattached : Huddersfield	Vet50		713	734	1447
PARKINSON, Eden	Lancaster & Morcambe AC	Vet40	690	749		1439

BLADES, Gary	Unattached : Quorn	Vet40	727	709		1436
PARKINS, Joe	Unattached - Kendal	Vet40	764	666		1430
KENDAL, Kev	Howgill Harriers	Vet40		698	731	1429
BARTLETT, Robin	Lancaster & Morcambe AC	Vet50		667	760	1427
SIMS, Andrew	Unattached - Carlisle		700	727		1427
SPOONER, Steve	Unattached : Bollington	Vet40		688	735	1423
WALKER-BAKER, Lee	Unattached : Chester	Vet40	720	699		1419
COPP, Jason	Unattached - Birmingham	Vet40	711	706		1417
HEATHCOTE, John	Unattached : Oldham	Vet50	698	714		1412
MCGLEENAN, Sean	Unattached - Dumfries	Vet50	696	715		1411
BAILEY, Richard	Unattached : Bolton	Vet40	718		682	1400
DUNCAN, Kevin	Unattached - Lancaster		704		687	1391
SOUTHWELL, Jayne	Unattached : Garstang	Vet40		676	702	1378
JOUGHIN, Shaun	Unattached : Guisborough			614	762	1376
KEMP, Mark	Unattached - Sheffield		679	695		1374
EVENS, David	Unattached - Ormskirk		656		713	1369
MILLS, Luke	Bridgnorth RC		706	662		1368
CAMPBELL, Colin	Unattached : Askan-in-Furness	Vet40	653	703		1356
PETFORD, Andrew	Unattached : Redcar	Vet40	707	648		1355
BILLINGTON, Steven	Unattached - Sutton Coalfield		665		679	1344
ROBSON, Dave	Elvet Striders- Durham	Vet60	682		653	1335
GUEST, Jonathan	Unattached - Manchester		677	653		1330
ROUND, Paul	Unattached : Birmingham	Vet40	692	638		1330
STACEY, James	Warwick Wasps		664		666	1330
SAMUELSON, Peter	Spectrum Striders	Vet60	683	636		1319
BUTTERWORTH, Simon	Unattached - Hawkshead	Vet50	657		658	1315
TYSOME, Stephen	Trail Running Association	Vet40	623	677		1300
JONES, Melvyn	Swinton Running Club	Vet50	630		667	1297
GARLIDGE, Stuart	Unattached - Sunderland	Vet40	662		621	1283
SUMMERS, Phil	Swinton Running Club		644	634		1278
POOLE, Simon	Unattached : St Helens	Vet40	663	611		1274
HOWARD, Simon	Rockarts- Nuneaton	Vet40	638		633	1271
GLOSSOP, Christopher	Unattached : Chesterfield	Vet40	631		630	1261
SPICKETT, Gavin	Tynedale Harriers	Vet50	626	633		1259
MCCALMONT, Brian	Unattached : Strathaven	Vet60	642	609		1251
MAYSON, Anthony	Lancaster & Morcambe AC			608	641	1249
BROHAN, Stephen	Unattached - Worcester	Vet40	621	627		1248
BROWN, Stephen	Unattached Darlington	Vet40	613		631	1244
HARRISON, John	Unattached - Carlisle	Vet60	627	613		1240
PHILLIPS, Steven	Chorlton Runners	Vet50	607		627	1234
BACKHOUSE, Sean	Unattached : Selby	Vet40	616	610		1226
MURPHY, William	Ford Halewood AC	Vet70	612	596		1208
SWINBOURNE, Greg	Hartlepool Burn Road Harriers	Vet40	624	583		1207
BRADLEY, Gerald	Unattached : West Cornforth	Vet40		576	620	1196
LLOYD, Jon	Unattached : Grange Over Sands	Vet40	609	587		1196
ROBSON, Chris	St Bees Triers	Vet70		571	608	1179
JONES, Owain	Unattached : Holywell		591	579		1170
SYKES, Alan	Unattached - Stockport	Vet60	590	570		1160
HOWARD, J	Unattached : Ashton under Lyne	Vet60	587	569		1156
IIDA, Yujiro	JAPAN			1000		1000
EDWARDS, Orlando	Shaftesbury Barnet Harriers		999			999
SMITH, James	Leeds City				996	996
CHATTERTON, Gavin	Leeds City				995	995
SPRAGUE, Andrew	Dudley Kingswinford Running Club	Vet40		995		995
WILKINSON, Shaun	Keighley & Craven AC	Vet40	995			995

COX, Martin	Bristol & West AC	Vet40			994	994
SEAL, Howard	Derwent AC	Vet40			994	994
EDWARDS, Richard	Sale Harriers		993			993
AUSTIN, Tim	Pudsley & Bramley AC, Leeds			992		992
DAVIES, Elton	Sale Harriers		992			992
BRODICK, Matthew	Unattached - Middlesborough				991	991
HEMSLEY, Philip	Alnwick Harriers	Vet40	991			991
PARKINSON, Damien	Unattached - Liverpool			991		991
KYFFIN, John	St Bees Triers				990	990
LUND, David	Unattached		990			990
THACKWRAY, Matthew	Harrogate Harriers			990		990
DOWELL, Mark	Leeds & Bradford Tri Club	Vet40			989	989
DUCKWORTH, Kevin	Dudley Kingswinford	Vet40			989	989
MAKIN, Stephen	Wigan Phoenix		989			989
ALMOND, Dave	Unattached - Dewsbury				988	988
CROSSLEY, Nathan	Horsforth Harriers	Vet40			988	988
SMITH, Nigel	Burnham Joggers		988			988
HAWORTH, Jim	Unattached : Castle Douglas, IOM		987			987
MOUNCEY, Andy	Settle Harriers Montane	Vet40			987	987
TAYLOR, Roger	Unattached : Erding	Vet40			987	987
NEWTON, Lee	Keswick AC		986			986
ANGLESEA, Matthew	Unattached - Gateshead		985			985
SMITH , Jon	Unattached				985	985
ARMSTRONG, John	Mornington Chasers		984			984
MELIA, Jonathan	Unattached : Rawtenstall	Vet40			984	984
COWLING, Tom	Durham University				983	983
REEH, Jonathan	Unattached - Cheadle				981	981
MORAN, Ed	Unattached - Bristol				980	980
SENIOR, Paul	Horsforth Harriers				980	980
WILSON, Matt	Kendal AC		980			980
HORAN, Mick	Holcombe Harriers				979	979
REED, Matthew	Unattached - Sheffield				979	979
BELLEW, Nick	Evenwood Road Runners		978			978
PEACH, James	Unattached : Mapperley Village				978	978
REILLY, Paul	Coniston Fell Running Club				978	978
FROST, Paul	Unattached - Newcastle		977			977
MAYOCK, John	Barnsley AC	Vet40			977	977
HENSON, Jason	Unattached	Vet40			976	976
RUSSELL, Darren	Unattached - Manchester				976	976
TEECE, Philip	Billingham Marsh House Harriers	Vet50	976			976
TILLET, Jo	Unattached - Warrington				975	975
BUTLER, Ben	Unattached - Wakefield				974	974
CARTER, Steve		Vet40	974			974
IRVING, Michael	Unattached - Carlisle				974	974
BEANLAND, Nick	Unattached				973	973
HUGHES, Paul	Billingham Marsh House Harriers	Vet40	973			973
CURRAN, John	Keswick AC	Vet40	972			972
BARTLETT, Edwards	Unattached : Sale				971	971
BOWMAN, William	Sunderland Strollers	Vet40	970			970
NORMAN, David	Dudley Kingswinford Running Club	Vet40			970	970
TREBLE, Chris	Dulwich Runners				969	969
ALPORT, Jon	Unattached - London		968			968
HARDAKER, Andrew	Keighley & Craven AC				968	968
CASSON, Will	Unattached : Alderley Edge				967	967
DUNN, Mike	Unattached - Warrington		967			967

FERREIRA, Marc	Unattached : Burscough			967		967
BARRETT, Paul	Sale Harriers				966	966
KENNARD, Robert	Dudley Kingswinford Running Club	Vet40		966		966
HARRIS, Mike	Baxi Group Preston	Vet40	965			965
JOYNSON, Ben	Ikley Harriers			965		965
WILKINSON, Mathew	Unattached : Lytham St Annes				965	965
MURPHY, Damian	Wooten Road Runners	Vet50			964	964
BLAKENEY, Paul	Sheffield Running Club	Vet50	963			963
PENHALE, Bruce	Unattached - Manchester	Vet50		963		963
BINNER, Ben	Wetherby Runners	Vet40			962	962
MCGLYNN, Paul	Rochdale Harriers		962			962
BARDEN, Owen	Mersey Tri			961		961
ANGLESEA, Matthew	Unattached - Gateshead				960	960
GALLIMORE, Mark	Dudley Kingswinford Running Club	Vet40		960		960
CLAYTON, Mike	Unattached - Liverpool				959	959
RAWLINSON, Paul	Unattached : Grange Over Sands		959			959
CHILDERHOUSE, Steve	Wymondham AC	Vet40		958		958
GRAHAM, David	Unattached	Vet50	957			957
POIRRETTE, Jonathan	Unattached - Windermere	Vet50			957	957
MARTIN, James	Unattached : Bury			956		956
ROBERTS, Mike	Hardley Runners	Vet40			956	956
SPURLING, Tom	Unattached		956			956
BRAY, Kevin	Morpeth Harriers	Vet50	955			955
MORRISON, Ryan	Unattached : Chester			955		955
DOUGLAS, John	Allithwaite and District	Vet40	954			954
CUTHBERT, Philip	Unattached - Wallasey			952		952
LANGTON, Rob	The Always Merk		952			952
OSBOURNE, John	Settle Harriers	Vet40			952	952
MARTIN, Tony	Fife AC	Vet60		951		951
MCGOWAN, Glen	Unattached : Lutterworth	Vet50	951			951
LOWNDES, Richard	Stafford Tri Club	Vet40		950		950
HUXFORD, Matt	Unattached			949		949
ALLINSON, Robert	Redcar Running Club				948	948
KYLE, Andrew	Unattached : Spennymoor		948			948
OWEN, Thomas	Kendal Tri Club	Vet40		948		948
DYE, Mark	Unattached : York	Vet40		947		947
MADDISON, Graeme	Unattached - Liverpool				947	947
WASSELL, Lewis	Reaper Gym, Shropshire		947			947
HELM, Ian	Unattached	Vet40	946			946
MCCONNELL, Stewart	Durham Tri				946	946
HOOD, Peter	Dudley Kingswinford Running Club	Vet50		945		945
CHAPMAN, David	Unattached : York				944	944
HOLLAND, Tony	Blyth RC				943	943
DAVENPORT, Matthew				942		942
WARREN, Ian	Unattached : Chester		942			942
DUDDY, Barry	Ayr Seaforth	Vet40	941			941
URQUHART, Christopher	Durham University				941	941
BATE, Richard	Dudley Kingswinford Running Club			939		939
ROYSTON-BISHOP, George	Unattached - St Bees		939			939
SHORT, Clive	Unattached : Hexham	Vet50			939	939
HIBBERT, Martin	Unattached : Billington	Vet40	938			938
QUECCHIA, Mario	Hastings Road Runners	Vet40		938		938

COTTLE, Daniel	Unattached - Manchester			937		937
GAINES, Jo	Durham University				937	937
BUTLER, Joe	Unattached - York		936			936
MORGAN, Christopher	Noodlemantra			935		935
YATES, Andy	Unattached : Colwyn Bay	Vet40			935	935
EYKE, Nick	Oswestry Olympics	Vet50			933	933
SMITH, Phil	Dudley Kingswinford Running Club	Vet40		933		933
GOTHAM, Steve	Unattached : Guilford	Vet50			932	932
CARSON, Aodhan	Unattached : Lytham St Annes				931	931
ROBINSON, Neil	Unattached : Widnes			931		931
BLUNDELL, Paul	Hardley Runners	Vet40			930	930
BYRON, Marcus	Tynedale Harriers	Vet40	930			930
PARKER, Stephen	Unattached - Tarporley	Vet50		930		930
CSIZMADIA, Thomas	Wrexham AC		929			929
JONES, Steven	North York Moors AC	Vet40			928	928
CHUNG, Kawai	Mornington Chasers		927			927
OSMAN, Tim	Unattached : Swinton	Vet40			927	927
WHITFIELD, David	Unattached - Skipton	Vet40		927		927
HARTHAN, Stephen	Mossley Hill AC		926			926
CHOLMONDELEY, Neil	Unattached			925		925
SMITH, James	Unattached - Keighley		925			925
CLEGHORN, Carl	Sale Harriers				924	924
LOUGHRAN, Jeremy	Unattached : Stoke On Trent	Vet40		923		923
STOREY, Nigel	GSK Hoad Hill Harriers	Vet40	923			923
COWLES, Martin	Unattached - Bradford				922	922
MILLS, David				922		922
SHAW, Simon	Unattached : Bures		922			922
HUNT, Stephen	Unattached - Jarrow		921			921
MOORE, John	Unattached - Lancaster			921		921
WRIGHT, Paul	Unattached	Vet50		920		920
MOORHOUSE, Russell	Unattached				919	919
FORTUN , Phil	Stone MM				918	918
SHAKESPEARE, Peter	Unattached : Birmingham	Vet40	918			918
FISHPOOL, Peter	Unattached - Driffield	Vet40			917	917
SOUTHWARD, Tom	Herne Hill Harriers		917			917
RICHARDSON, Neil	Unattached : Lockerbie				916	916
SEWART, Chris	Manchester Harriers			916		916
BODDY, Mike	Unattached - York	Vet40			915	915
DUKE, Paul	Unattached - Bolton		915			915
PRITCHARD, Gareth	Unattached - Stockport			915		915
SWINDELLS, Matthew	Unattached : Salford			914		914
SEDDON, Mark	Horwich RMI Harriers	Vet50	913			913
RACE, Ian	Unattached - Southport	Vet50			912	912
MACINNES, Alan	Unattached - Glasgow	Vet40		911		911
POULTON, Tom	Unattached - Newcastle		911			911
BLADES, Andrew	Unattached - York	Vet40			910	910
SHERBORNE, Phil	Kaz Wild Swimming Team			910		910
JOHNSTON, Lee	Helm Hill Runners	Vet40		909		909
LANE, Martin	Unattached - Liverpool		909			909
LOCK, Ian	Unattached : Telford				909	909
BAILEY, Andy	Unattached : Maryport		908			908
HAWKER, Ian	Hardley Runners	Vet50			908	908
LOWE, Robert	Lancaster AC			908		908
BAILEY, Martin	Newcastle AC - Staffs		907			907
WILSON, Richard	Unattached : Carlisle	Vet40		906		906

HOMER, Mark	Dudley Kingswinford Running Club	Vet50		905		905
NOLAN, Damian	Mossley Hill AC	Vet40	905			905
GRAHAM, Peter	Unattached : Stoke On Trent		904			904
WOOD, Stephen	Dudley Kingswinford	Vet40		904		904
DOBSON, Paul	Keswick AC	Vet40			903	903
FLYNN, Alexander	Unattached : Ellesmere Port		903			903
WORRALL, Mike	Unattached : Barrow in Furness			903		903
HINDMARCH, Matthew	Unattached : York				902	902
LIDDELL, James	Spectrum Striders	Vet50	902			902
RICE, David	Keswick AC			902		902
COLSON, Clive	Delamere Spartans	Vet40	901			901
EDWARDS, Tim	Unattached : Stoke On Trent	Vet40		900		900
PLANT, Nicholas	Unattached - York				899	899
WALLING, Craig	Unattached - Edinburgh		899			899
BONE, John	Unattached : Ulverston			898		898
HEPPER, John-william	Durham University				898	898
EVISON, Matthew	Unattached - Manchester			897		897
RACE, Christopher	Stafford Harriers	Vet40		895		895
HART, Julian	Cobra RC	Vet40		894		894
CLARK, Jeff	Barnsley Harriers	Vet40			893	893
PULHAM, Andrew	Unattached - Newcastle	Vet40	893			893
ROBERTSON, Iain	Pitreavie AAC	Vet40		893		893
BRISCOE, Antony	Unattached - Workington				892	892
KIRKPATRICK, Duncan	Unattached : Leeds				891	891
PRICHARD, Stephen	Unattached : Mold			891		891
STURGESS, Ian	Wyndham AC	Vet50	891			891
PARKER, Edward	Unattached - Bradford				890	890
SUTHERLAND, Andrew	Unattached : Brentwood	Vet40		890		890
MASON, Paul	Wigan Phoenix	Vet40			889	889
RHODES, Col	Unattached	Vet40		888		888
SPENCE, Ross	Unattached - Edinburgh				888	888
STONES, Philip	Blengdale Runners	Vet50	888			888
LINDOP, Alasdair	Unattached - Lancaster		887			887
TAYLOR, Richard	Unattached - Keighley	Vet40			887	887
BUCKLEY, Daniel	Saddleworth Fell Runners		886			886
STONES, Philip	Unattached : Cleator Moor	Vet50			886	886
DAWSON, Glenn	Unattached : Rotherham	Vet40	885			885
JENNINGS, Paul	Unattached	Vet40		885		885
WARRY, Nick	Unattached : Ventnor	Vet40			885	885
DICKINSON, Steve	Penistone	Vet40			883	883
WHARTON, Michael	Sale Harriers		883			883
HINES, Tim	Unattached : Sale		881			881
CROSS, Carl	Unattached - Lancashire			880		880
ELSENDER, Neil	Unattached	Vet40	880			880
GRIFFIN, Nick	York Knavesmire Harriers	Vet40			879	879
LONSDALE, Philip	Unattached Durham	Vet40	879			879
ATKINSON, Peter	Unattached : York	Vet50	878			878
INGRAM, Richard	Magnificent 7			876		876
THOMPSON, Ben	Unattached - Cokermonth				876	876
BEAUVIS, Clive	Keswick AC	Vet60	875			875
SHIRLEY, James	Gumpster Harriers				875	875
BLACKBURN, Ian	Unattached - Newcastle				874	874
BLACOW, Peter	Unattached - Edinburgh		874			874
BOWLER, Neil	Team Jenics	Vet40		873		873
TROLLOPE, Alex	Durham University				873	873

JONES, Steve	Biddulph Running Club	Vet40	872			872
BYRNES, Gerard	Harrogate Harriers	Vet50			871	871
HUMPHRIES, Simon	Unattached - Wigton	Vet40	871			871
COLLINS, John	Unattached - Stockport			870		870
WALLACE, Iain	Ripon Runners	Vet50			870	870
ALLEN, Peter	Burnham Joggers		869			869
BROADFOOT, Steve	Unattached - Liverpool	Vet50		869		869
LOWE, John	Unattached : Spennymoor		868			868
MCKELLOR, Stewart	Unattached : Clackmannan				868	868
LODGE, Jonny	Unattached : Normanton				867	867
BAVERSTOCK, Simon	Reaper Gym, Shropshire	Vet40	866			866
O'CONNOR, Mark	Unattached - Hebden Bridge			866		866
SLOTWINSKI, Alex	Durham University				866	866
GILLAND, Robert	Unattached	Vet40			865	865
PULHAM, Harry	Unattached - Newcastle		865			865
STEVENSON, David		Vet40		865		865
JOHNSON, Rob	Unattached - Stockport	Vet40		864		864
SMITHURST, Martin	Unattached : Doncaster	Vet40	864			864
LECK, Michael	Lancaster & Morcambe AC	Vet60		863		863
LITTLE, Mike	Unattached : Peebles	Vet40	863			863
RENSHAW, Stephen	Wetherby Runners				863	863
CLARKE, Stephen	Unattached : Tarporley	Vet50		862		862
GRAHAM, Michael	Unattached : Carlisle		862			862
HARDING, Sam	Unattached : Salford			861		861
HUGHES, Ian	Guinea Pig Racing Club		860			860
BOOTH, Austin	Unattached : Mansfield		859			859
SMITH, Ian	Bolton Harriers	Vet60		857		857
COLEBOURNE, James	Unattached : Backbarrow			856		856
KIRBY, Anthony Joseph	Unattached				856	856
BAYER, Sam	Unattached - Manchester		855			855
WEBB, Darren	Unattached - Sheffield	Vet40			855	855
JACKSON, Andrew	Unattached - Knutsford	Vet40		854		854
JERMIN, Stephen	Unattached : Salford				854	854
HENDERSON, Ross	Unattached - Glasgow		852			852
POTTER, Richard	Unattached : Seaton			852		852
NOLTE, Wes	Unattached - London		851			851
STEVENS, David	Gumpster Harriers	Vet50			851	851
TACK, Ben	NETHERLANDS	Vet50		851		851
DART, Rob	Unattached : Bury		849			849
KNOWLES, Barry	Unattached - Bristol	Vet40		849		849
HUNT, Tim	Unattached - Jarrow	Vet50	848			848
JAMES, David	Unattached - Kendal	Vet40		847		847
GILES, Marc	Unattached - Edinburgh	Vet40	845			845
ORDISH, Ian	Hardley Runners	Vet50			845	845
GEARY, Paul	Nidd Valley Road Runners				844	844
TURNER, Daniel	Reaper Gym, Shropshire		844			844
CARELESS, Stephen	Unattached - Carnforth	Vet40		843		843
TERRY, Callum	Unattached Durham		843			843
BAMFORTH, John	Unattached : Seascale	Vet40	842			842
GEHRE, Alexander	Unattached - Newcastle				842	842
SAYLE, Arran	Unattached : Nelson			842		842
COLLINS, Jeremy	Team Jenics	Vet40		841		841
KELLY, Alan	Unattached - Edinburgh	Vet40		840		840
STEELE, Clive	Unattached : Carlisle	Vet40	840			840
WEBB, John	Wooten Road Runners	Vet40			840	840
DEEMING, Gary	Unattached	Vet50		839		839

FORSHAW, John	Unattached	Vet50			839	839
WHITTEMORE, Paul	Unattached - Manchester		839			839
MATHER, Tom	Adventure Training		838			838
RUSSELL, Tom	Boalloy RC	Vet40		838		838
DAVEY, Martin	Amphill & Flitwick Flyers	Vet50			837	837
LOWRY, Dean	Reaper Gym, Shropshire		837			837
MACINNES, Thomas	Unattached : Whitehaven			837		837
ACKROYD , Jacob	Unattached - Leeds			836		836
IMANARI, Tsuyoshi	Unattached - London	Vet40			836	836
BRENNAN, Adam	Unattached : Market Drayton	Vet40			835	835
GIBBONS, Chris	Skipton AC	Vet40	835			835
GORDON, Karl	Unattached Darlington				834	834
WILLIAMS, Glyn	Salford Harriers	Vet40		834		834
LLOYD, Jim	Unattached	Vet50			833	833
SHUFFLEBOTTOM, Kevin	Biddulph Running Club	Vet40	833			833
MOSS, Robert	Unattached - Manchester		832			832
UNDERWOOD, Rich	Salens Lot			832		832
WARDLE, David	Unattached : Atherton	Vet40			832	832
DUFFY, Michael	Unattached : Windermere		831			831
MILLER, David	Unattached	Vet50		831		831
BACON, Alan	Gumpster Harriers				830	830
MILLINGTON, Steve	Unattached : Harpenden	Vet50		830		830
ROBERTS, Christopher	Unattached		830			830
WOOD, Simon	Unattached : Guilford				828	828
RICHARDS, Lee	Unattached : Howden				827	827
MCCARTHY, Jeff	Unattached - Rochdale	Vet40			826	826
MORRIS, Keith	Unattached : Prudhoe				825	825
CLARKE, Gary	Rocktart Runners				824	824
CORFE, Bernard	Unattached - Stockport	Vet40		823		823
HETHERINGTON, Michael	Unattached - Gateshead	Vet40	821			821
ROBERTSON, Scott	Unattached : Houghton le Spring		820			820
LUFF, Vaughan	Unattached - London	Vet40			819	819
ROBERTS, Rich	Unattached	Vet40	819			819
GRIFFITHS, Nicholas	Unattached - Stockport	Vet40			818	818
WALKER, David	Macclesfield Harriers	Vet50		818		818
BOWEN, Andy	West 4 Harriers	Vet40			817	817
PATRICK, Aiden	Unattached : Colerne			817		817
BARNARD, Mark	Unattached : Henley in Arden	Vet50			816	816
BIRKETT, Ian	Unattached : Northwich	Vet40		816		816
STUBBS, Mike	Unattached - Carlisle				815	815
WATSON, Richard	Unattached : Doncaster	Vet40	814			814
YATE, Adrian	Unattached	Vet40			814	814
KIRKBRIDE, Peter	Unattached - Penrith	Vet60		813		813
MCLEAN, Stuart	Gumpster Harriers				813	813
WOOD, Fred	Sunderland Strollers	Vet50	813			813
BELL, Alistair	Unattached : Carlisle				812	812
BROGAN, Jason	Unattached - Manchester	Vet40		812		812
GREEN, Jon	Unattached : Blackpool	Vet40	812			812
THOMPSON, Pete	Unattached - London			811		811
HART, Stephen	Unattached - Manchester			810		810
IVAN, Muckle			810			810
O'SULLIVAN, Jim	Unattached - London	Vet40			810	810
CLEARY, Paul	Unattached - Alsager	Vet40			809	809
ATKINSON, Neil	Unattached - Warrington			808		808
BLACKBURN, Sam	Unattached : Altrincham		808			808

JENKINS, David	Unattached - Stockport				808	808
BEAK, Robbie	Unattached : Telford				807	807
COUPE, Robert	Unattached : Barrow in Furness			807		807
TARGET, Stephen	The Gay Gliders		807			807
BURNS, Laurence	Unattached : Stoke On Trent			805		805
SPENCE, Ian	Valley Striders, Leeds	Vet40			805	805
METCALFE, Peter	Unattached - Kendal	Vet40		804		804
WARNER, Tim	Garstang Running club	Vet50			804	804
BACON, Tim	Unattached - Milton Keynes	Vet40	803			803
JOHNSON, Philip	Dudley Kingswinford	Vet50		803		803
HARRISON, Nigel	Unattached : Carlisle	Vet40			802	802
ROUTLEDGE, Matt	Unattached : Oxton	Vet40	802			802
COLLINS, Mike	Unattached : Whitley Bay	Vet40	801			801
ARCHMAN, Phil	Unattached : Yarm	Vet50			799	799
HOLT, Andrew				798		798
KROUPA, Jan	Unattached - Edinburgh		798			798
ZIFCAK, Stefan			797			797
ASHCROFT, Damian	Unattached : Hempnall	Vet40			796	796
FROST, Jason	Unattached : Heathfield		796			796
O SULLIVAN, Jim	Unattached - London	Vet40		796		796
ASHWORTH, David	Unattached - Bolton	Vet50	795			795
DAVIES, David	Unattached : Dalton			794		794
WOODROW, Simon		Vet50			794	794
FROGGATT, Richard	Dudley Kingswinford	Vet40		793		793
RUMERY, Brian	Eastleigh RC	Vet50			793	793
BRISCO, Gregg	Unattached : Newport		792			792
HILTON, Darren	Unattached : Shrewsbury	Vet40		792		792
SAVAGE, Alan	Unattached : Cramlington	Vet50			792	792
HOLT, Andy	Unattached - Lancaster		790			790
ATKINSON, Steve	Unattached - Stockport	Vet50		789		789
GRAY, Colin	Unattached		789			789
MCGEE, Richard	Unattached : Stratford-upon-Avon	Vet40			788	788
ROELANTS, Reinier	Unattached : Henley-On-Thames	Vet40		788		788
JERMIN, Paul	Unattached - Liverpool				787	787
POSTLETHWAITE, Luke	Unattached - Ulverston			787		787
HALL, Robin	Unattached : Lasswade	Vet40	786			786
MCMILLAN, Stuart	Unattached - Edinburgh				786	786
BROWN, Matthew	Vale Royal AC	Vet40			785	785
TOMLINSON, Michael	Unattached - Bradford	Vet40		785		785
BRIGGS, Martin	Unattached : Garforth				784	784
HARRIS, Tim	Unattached - Dewsbury	Vet50		782		782
LITTLE, Chris	Unattached : Carlisle		782			782
SHARP, Jonathan	Unattached : Mossley			779		779
PICKLES, Andrew	Unattached - Wigan	Vet40		778		778
REGAN, Paul	Lancashire Police	Vet40			778	778
LANGTON, Damien	Unattached - Manchester				777	777
KISZOW, Stephen	Sunderland Strollers		776			776
GREGSON, Wayne	Tri Preston			775		775
TRACEY, Mark	Gumpster Harriers				774	774
BROOKS, Graham	Unattached : North Shields	Vet40			773	773
HOLDEN, Andrew	Unattached - Manchester	Vet40	773			773
THOMAS, Gareth	Unattached : Askan-in-Furness	Vet40		773		773
LEWIS, Nic	Unattached : Macclesfield	Vet40		772		772
SUMNER, Simon	Unattached		772			772
WRIGHT, Seth	Unattached : Atherton				772	772

COWLING, Graeme	Unattached - Halifax				771	771
DOWNING, Oliver	Bingley Harriers	Vet60		771		771
GROOM, Stephen	Unattached : East Horsley	Vet40			770	770
WOOD, Michael	Unattached : Ryton	Vet40	770			770
BRYANT, Martyn	Unattached : Windsor				769	769
PEACOCK, Donald	Unattached Durham	Vet50	769			769
LARSSON, Charles	Newcastle Staffs	Vet40		768		768
YOXON, Chris	Unattached : Hook Norton	Vet50			767	767
BRANKIN, Michael	Unattached - Blackburn	Vet40		766		766
POOLE, Robert	Unattached - Windermere	Vet60			766	766
THACKER, Gary	Unattached : Market Harborough	Vet50	766			766
STUART , Andrew	Unattached - Lancaster	Vet40			765	765
KENNAUGH, Nathan	Unattached : Luddenden Foot			763		763
CURRY, Stephen	Elswick Harriers	Vet50	762			762
HATTON, Julian	Unattached - Darlington	Vet40		761		761
NUTTALL, Joe	Unattached : Faversham				761	761
NUTTALL, Wesley	Unattached - Preston		761			761
IRLAM, Nick	Unattached - Manchester	Vet40		760		760
TANFIELD, Danny	Unattached - Kendal		760			760
CLEMENTS, Mark	Unattached - Manchester			759		759
PLIZGA, Krzysztof			759			759
KIMBER, Damien	Unattached - Birmingham				758	758
RICHARDSON, Brian	Unattached Darlington	Vet40		758		758
TULL, Steven	Unattached - London		758			758
BERRY, Chris	Unattached : Northampton				757	757
MUMFORD, Bill	Unattached : Barford St Michael	Vet50		757		757
SWEENEY, Derek	Unattached : Windermere	Vet50	757			757
BUCK, Chris	Nidd Valley Road Runners				756	756
HIENKENS, Hans	HOLLAND	Vet40		756		756
RATCLIFFE, Tim	Ilkley Harriers	Vet60	756			756
BURKITT, Nigel	Cleethorpes AC	Vet50	755			755
VINCENT, Chris	Unattached - Ormskirk	Vet40		754		754
WHITLEY, Michael	Grassbanks				754	754
SIMPSON, Lee	Unattached - South Shields				753	753
FOY, Peter	Unattached : Bolton		752			752
REINKING, Maarten	NETHERLANDS	Vet40		752		752
DAVIES, Mark	Rockart Runners	Vet40			751	751
HORTON, Michael	NSRRA	Vet60	750			750
HERRINGTON, Stuart	Ilkley Harriers	Vet40	748			748
MARSDEN, Joanne	Tynedale Harriers	Vet40		747		747
SLATTERY, Charlie	Unattached				747	747
BEAR, Running	Saddleworth Fell Runners		746			746
ROACH, Pete	Unattached : Bebington	Vet50			746	746
SCOTT, Jason	Unattached	Vet40			745	745
HARMAN, Alan	Thirsk and Sowerby	Vet50	744			744
SIMM, Andrew	Unattached : Carlisle				744	744
LONG, Andrew	Unattached - Middlesborough				743	743
SCHUTTE, Dan	Reaper Gym, Shropshire		743			743
HAILS, Tony	Unattached - Preston	Vet50	742			742
BEVAN, Keith	Serpentine Running Club	Vet40	741			741
LESLIE, Richard	Unattached : Frodsham	Vet40			741	741
MERCER, Trevor	Unattached : Darwen	Vet60		740		740
TIPPEY, Paul	Unattached - Ilkley	Vet50	740			740
HADNUTT, Tony	Unattached : Bishop's Stortford	Vet40			739	739
MALE, Les	Unattached - Loughborough	Vet40		739		739

MIDGLEY, John	Unattached : Lockerbie	Vet50	739			739
WARDROPE, Christopher	Unattahced : Broxbun				738	738
BERRY, Phil	Baildon Runners	Vet40			737	737
BOOTH, Andrew	Unattached : Appleby		737			737
WILKINSON, David	Unattached : Bolton				736	736
ELLIOT, Carl	Unattached - Wakefield			735		735
MERCER, John	Unattached : St Albans	Vet50	735			735
CLARKE, Mike	ARMY	Vet50		734		734
SHUTTLEWORTH, Ian	St Bees Triers	Vet40	734			734
ALSERDA, Douwe	NETHERLANDS	Vet40		733		733
JAMIESON, Christopher	Esk Valley Fell Club	Vet50			733	733
LUNN, Simon	Sleaford Town Runners	Vet40	733			733
CLAYTON, Martin	Delamere Spartans	Vet40	732			732
WILSON, Chris	Hardley Runners	Vet50			732	732
NOLAN, Alex	Unattached - Liverpool		731			731
THOMPSON, Paul	Hornsea Harriers	Vet50		731		731
DALTON, Mike	Unattached - Bristol	Vet40		730		730
EDWARDS, Tony	Unattached : Conwy		730			730
LAMBERT, Gregory	Unattached - Carnforth	Vet60			730	730
SLATCHER, Neil	Unattached - Lancaster				729	729
WHITEHURST, Phil	Lakeland Terriers	Vet50		729		729
MOORE, Richard	Wooten Road Runners	Vet50			728	728
MORRIS, Chris	Reaper Gym, Shropshire		728			728
NEATE, John	Unattached			728		728
FRASER, Graham	Allen Valley Striders	Vet60			727	727
CULLEN, Steven	Unattached : Monton		726			726
CROSSLEY, Richard	Unattached : Stafford	Vet40		725		725
HENDERSON, Ian	The Always Merk		725			725
BEND, Matthew	Unattached			724		724
WEREY, Philippe	Southville Running Club	Vet40			724	724
BROOK, Tim	Unattached - Wigan	Vet40		723		723
GREASLEY, Stephen	Unattached : Flint Mountain		723			723
HARBER, Kevin	Unattached : St Albans				723	723
CROXFORD, John	Unattached - Coniston	Vet50	722			722
FRANCIS, Chris	Tynedale Harriers	Vet50			722	722
BROADBENT, Kurt	Unattached - Blackpool		721			721
OWEN, Phil	Fetcheveryone	Vet40			721	721
WILLIAMS, Graham	Stafford Harriers	Vet60		721		721
HUNT, Chris	Unattached - Jarrow		719			719
HINES, Peter	Unattached - London			716		716
CASELS, David	Unattached : Aye	Vet50	715			715
LING, Peter	Unattached	Vet40			715	715
BURNS, Graeme	Unattached - Congleton	Vet40			714	714
SHAWLEY, Paul	Unattached - Sheffield		714			714
WALTON, Paul	Unattached - York	Vet50	713			713
CHARLES, Duncan	Unattached - Shifnal	Vet50			712	712
PATON, David	Unattached	Vet50	712			712
RENDER, Norman	Unattached : Northwich	Vet40		712		712
HALLS, Matthew	Pennine			711		711
TURNER, Wayne	Unattached : Bletchley				711	711
DOBBS, Peter	Unattached : Milton Keynes		710			710
HARRIS, John	Bridnorth Running Club	Vet50		710		710
HORTON, Steve	Unattached : Bedfordshire				710	710
CANTWELL, Andy	Penny Lane Striders		709			709
GUERRERO, Ricardo	Unattached : Battersea				709	709
CORTEN, Alex	Reaper Gym, Shropshire		708			708

PHILPOTT, David	Unattached - Knutsford	Vet40		708		708
HARRIS, Robert	Unattached Durham				706	706
CASELS, John	Unattached : Dumbarton				705	705
PARKER, Guy	Unattached - Penrith	Vet50	705			705
ROWLEY, Peter	Quakers Running Club	Vet50		705		705
CALAMANAN, Michael	Unattached - Macclesfield	Vet40		704		704
BELL, Alan	Unattached - Gateshead	Vet40	702			702
STRACHAN, John	Ayr Seaforth			702		702
HARRIS, Craig	Bridnorth Running Club			701		701
NOBLE, Phil	Unattached - Southport	Vet50	699			699
ROME, Stuart	Unattached - Carlisle				698	698
CHARLES, Sam	Unattached - Manchester				696	696
CLARKE, Gavin	Unattached - Manchester		695			695
JONES, Simon	Unattached : Sawbridgeworth	Vet40			695	695
SAFRANAUSKAS, Rudy	Unattached : Shipley	Vet50		694		694
HUNT, Ian	Unattached : Washington				694	694
MAXWELL, Ed	Unattached : Didsbury	Vet40		693		693
SMITH, Bryan	Unattached : Cramlington	Vet40			693	693
MANISTA, Frank	Unattached : Stockton	Vet40		692		692
HARWOOD, Steve	Keswick AC	Vet60	691			691
MASTALERZ, Pawel	Unattached : Windermere			690		690
MICHAELIS, Charlie	Unattached : Stratford-upon-Avon	Vet50			690	690
JACKSON, Martin	Unattached Darlington			689		689
WATKINS, Kevin	Unattached - Lancaster				689	689
SMITH, Mark	Unattached : Shrewsbury	Vet50		687		687
PUTTICK, Tim	Unattached - Yarm	Vet50	686			686
SPEED, Simon	Unattached - Leeds	Vet40		686		686
MCDONALD, Paddy	Haddington & E Lothian Pacemakers	Vet60			686	686
WHITE, Martin	Unattached - Carlisle	Vet50			685	685
WALDRAM, Paul	Unattached - Bolton			684		684
WALKER, Rob	Unattached - Bacup	Vet40	684			684
REID, Alistair	Unattached : Chester	Vet50			684	684
BARROW, Mark	Unattached - Bolton			683		683
DARWIN, Alan	Hyde Park Harriers	Vet40			683	683
BLUNDELL, Ian	Unattached - Preston	Vet40		682		682
DOHERTY, Seamus	Unattached : Leeds	Vet50		681		681
HOOPER, Gary	Unattached : Shrewsbury				681	681
HEUSY, Lucien	NETHERLANDS	Vet40		680		680
ROSE, Glyn	Unattached - Kendal	Vet40	680			680
WILKINSON, Neil	Unattached : Bolton	Vet40			680	680
RILEY, George	Unattached : Nelson	Vet60		679		679
MORGAN, Graham	Mercia			678		678
ELLIOT, James	Unattached - Keswick	Vet40			678	678
HUGHES, Mark	Unattached - Southport	Vet40	676			676
HART, Gareth	Unattached				676	676
KENNEDY, Ross	Bramhall Runners			675		675
SINGLETON, Wayne	Unattached - Barrow in Furness		675			675
HART, Graham	Shepshed RC	Vet50			675	675
HOLOHAN, Andy	Unattached - Harrogate		674			674
JONES, Mike	Unattached : Barry	Vet40			674	674
FLYNN, Brian	Unattached - Manchester		673			673
MURFITT, Adam	Unattached - Lancaster	Vet40		672		672
FOSTER, Stephen	Unattached	Vet40			672	672
BARNES, Tony	Unattached - Hebden Bridge	Vet50	671			671
LINDORES, Mike	Unattached : Harpenden	Vet50		671		671

JONES, Ian	Unattached : Blandford Forum	Vet40			671	671
EDWARDS, Michael	Unattached - Liverpool	Vet50	670			670
RICHARDS, Peter	Unattached	Vet40			670	670
BARRON, Paul	Unattached - Bolton	Vet40	669			669
DAVIES, Guy	HRG			669		669
DEARDEN, Robin	Unattached : Leeds				669	669
SLATER, John	Unattached - Carnforth	Vet40		668		668
HARMEN, Mathew	Unattached : Northampton				668	668
BEAUMONT, Paul	Unattached : Burscough		667			667
BARFORD, Bob		Vet40	666			666
LUNT, Eric	Unattached - Manchester			665		665
FLECKNOE, Paul	Wooten Road Runners				665	665
HUXFORD, James	Unattached			664		664
RUVALCABA, Engelberto	Unattached - London				664	664
PYRAH, Leo	Unattached - Manchester			663		663
OLDFIELD, Roux	Unattached : Northampton	Vet40			662	662
SINGLETON, Ross	Unattached - Bristol	Vet50		661		661
MCEWAN, Dave	Unattached - Southport	Vet40			661	661
MULHOLLAND, Daniel	Unattached : Luddenden Foot			660		660
SHAW, Jon	Macclesfield Harriers	Vet50	660			660
WHEATLEY, Richard	Redhill Road Runners	Vet40			660	660
TINSON, Sam	Unattached : Warminster			659		659
ROLLASTON, S	Unattached - Stockport	Vet40			659	659
LONG, John	East Hull Harriers	Vet50	658			658
GINGER, Dave	Unattached : Ainsdale	Vet40		657		657
ROBB, Christopher	Unattached - Glasgow	Vet40			657	657
BEAUMONT, Guy	Unattached	Vet40		656		656
BATES, Damian	Unattached : Oldham	Vet40			656	656
EDGAR, Andy	Unattached - Kendal	Vet40		655		655
WILLIAMSON, David	Swinton Running Club	Vet40	655			655
GREEN, Simon	Unattached : Poulton Le Fylde				655	655
CANNON, Des	Kendal Tri Club	Vet50		654		654
HIGHAM, Russell	Unattached : Doncaster	Vet40	654			654
SCOTT, Mike	Team Grassbanks	Vet50			654	654
HALL, John	Bolton Harriers	Vet50	652			652
PYRAH, Stewart	Unattached - Manchester	Vet50		652		652
HAYLER, Mark	Lancaster & Morcambe AC	Vet60			652	652
MILES, Richard	Unattached : Warwick		651			651
CLEGG, Chris	Unattached : Wilberfoss	Vet40			651	651
HUNT, Andy	Unattached : Raunds	Vet40			650	650
COLLINS, Michael	Unattached - Ross-on-Wye	Vet40	649			649
HENRY, Nick	Unattached			649		649
LONG, Roger	Westbury Harriers	Vet60			649	649
TICKNER, Paul	West Cumberland Orienteering Club	Vet50	648			648
SITHAMPARANATHAN, Niven	Unattached : Dunstable				648	648
WEEKES, Emma	Unattached : Saffron Walden	Vet40		647		647
KEELING, Richard	Vale Royal AC	Vet50			647	647
CHALMERS, David	Unattached : Symington	Vet60		646		646
DEWEY, Mark	Unattached : Great Bowden		646			646
RAVEN, Mark	Unattached : Wetherby	Vet50			646	646
CHAPMAN, Glenn	Unattached : Barrow in Furness			645		645
SUTTON-RILEY, Jaqui	Unattached - Ulverston	Vet40	645			645
HILDRED, Jeremy	Unattached : Matlock	Vet40			645	645
PEARSON, Frank	Unattached - Liverpool	Vet40		644		644
WILD, John	Unattached : Prestwich	Vet50			644	644

BAINES, Peter	Lune Valley Hash House Harriers			643		643
BRUCE, Euan	Unattached : Silsden		643			643
STOCK, Jon	Unattached : Penarth	Vet40			643	643
MACEACHERN, Alex	Halifax Trail Running Cl;ub	Vet60		642		642
BOWMAN, Neil	Unattached : Oldham	Vet40		641		641
GRAHAM, Richard	Unattached : Carlisle	Vet40	641			641
PICKERING, Tim	Unattached - London			640		640
VAUGHAN, Ross	Unattached : Loggerheads	Vet50			640	640
MORSMAN, Patrick	Unattached : Radstock	Vet40	639			639
TAN, Andrew	Unattached - Cheadle			639		639
TIDMARSH, Neil	Unattached : Northampton				639	639
CARLISLE, Gary	Nuneaton Harriers	Vet40			638	638
FITZGERALD, Asa			635			635
NEWTON, Michael	Unattached - Ormskirk			635		635
JOHNSON, Paul	Unattached - Newcastle				635	635
VERBER, Ian	Unattached : Broughton in Furness	Vet60	634			634
LE-FAYE, Nicholas	Unattached : Woking	Vet40			634	634
BLAKEMORE, Rich	Unattached - Keswick	Vet40	632			632
HARDING, Jack	Unattached - Manchester	Vet60		632		632
SMITH, Richard	Unattached - Keighley	Vet40		631		631
SMALL, Sandy	Unattached - Glasgow	Vet60	629			629
WEAR, Mark	Unattached : Frizington	Vet40		629		629
CHAUDHRI, Fayyaz	Cumberland AC	Vet50			629	629
CASH, Chris	Darwen Dashers	Vet50	628			628
WOOD, Iain	Unattached - Ormskirk				628	628
ARMSTRONG, Wayne	Unattached : Northwich	Vet40		626		626
DODS, Jack	Unattached : Worsley		625			625
BERRY, Dale	Unattached : Nelson			624		624
HETTLE, Jon	Unattached : Stourbridge	Vet50			624	624
LADOCHA, Mark	Unattached - Huddersfield			623		623
WHISTON, Philip	Unattached - Sandbach				623	623
HIRST, Andy	Unattached : Dearham	Vet40	622			622
LADOCHA, David	Unattached - Huddersfield	Vet60		622		622
SMITH, Arthur	Dudley Kingswinford Running Club	Vet60		621		621
BARTLETT, Richard	Unattached : N Ferriby	Vet50		619		619
KIRBY, David	Unattached : Brampton				619	619
HOWARTH, Christopher	Unattached : Atherton		618			618
ALLEN, Terence	Royal Navy Tri				617	617
CLARK, Jim	Unattached : Hertford	Vet40			616	616
LANE, Chris	Unattached : Bewdley	Vet40			615	615
ROGERS, Dave	Unattached		614			614
TOMBS, Lance	Unattached : Hinckley	Vet50			614	614
GILES, Thomas	Trail Running Association	Vet40			613	613
FEATHERSTONE, Daniel	Unattached : Beverley				612	612
ALCOCK, Ben	Unattached - Newcastle		611			611
GRIMSHAW, Maxine	Unattached : Darwen	Vet50			611	611
MOTT, Andy	Unattached : Northwich	Vet40	610			610
HUME, Mark	Alnwick Harriers	Vet60	608			608
PORTEOUS, Colin	Unattached : Barnsley	Vet50			607	607
FAWCETT, John Simon	Unattached : Morpeth	Vet50			606	606
CHEW, Chris	Unattached - Kendal	Vet40		605		605
BROOME, Steven	Reaper Gym, Shropshire		604			604
WOODLEY, Laurie	Tattenshall Runner	Vet70		604		604
LOCKWOOD, Carl	Unattached : Leeds	Vet50			604	604

