

Lakeland Trails 2013 Autumn Series Results : Men

Name	Club	Category	Keswick	Coniston	Helvellyn	Total
FRENCH, John	Eden Runners		999	998	1000	2997
TRUDGEON, Steve	Harrogate Harriers	Vet50	992	989	990	2971
DEBENHAM, Ian	Unattached - Newcastle		978	991	991	2960
GREGORY, Paul	Wesham Road Runners		981	981	987	2949
WHITTINGTON, Tom	Macclesfield Harriers		973	984	977	2934
SWINDLES, Paul	Unattached - Manchester		965	978	982	2925
ELLITHORN, Mark	Chorley Athletic and Tri Club	Vet 40	961	976	986	2923
BEANLAND, Nick	Unattached		975	970	975	2920
CRADDOCK, James	ua Boroughbridge		956	974	969	2899
KNOWLES, Matt	Unattached - Gateshead		984	948	967	2899
WEST, Simon	Unattached : Cleator Moor		963	966	965	2894
NOLAN, David	Lowfell Running Club		955	973	963	2891
DOUGLAS, John	Allithwaite and District	Vet 40	958	969	949	2876
PERREN, Steve	Meltham AC	Vet 40	932	958	962	2852
RICHARDSON, Neil	Unattached : Lockerbie		925	963	964	2852
HAUGHTON, Richard	Wesham Road Runners		942	953	947	2842
HINE, Neil	Unattached - Kendal		944	952	946	2842
KNOWLES, John	Unattached : Oxford	Vet 60	933	956	919	2808
COTTERILL, Roger	Unattached - Alsager	Vet 50	924	945	931	2800
WILSON, Richard	Unattached : Carlisle	Vet40	941	927	926	2794
HIGHAM, Nick	Lancaster & Morcambe AC	Vet 40	953	962	878	2793
LOUGHRAN, Jeremy	Unattached : Stoke On Trent	Vet 50	905	937	913	2755
TACK, Christopher	North Shields Polly		903	908	934	2745
OSBORNE, Mark	Unattached - Leeds	Vet 50	893	905	893	2691
SPENCE, Ross	Unattached - Edinburgh		940	951	794	2685
MERCER, John	Unattached - Wigan	Vet 50	876	885	922	2683
SAYLE, Arran	Unattached : Nelson		910	868	904	2682
HAWKER, Jon	Delamere Spartans	Vet 50	866	918	890	2674
RANKIN, Iain	Unattached : Macclesfield	Vet 40	885	910	868	2663
STEEL, Brian	Unattached - Newcastle	Vet 40	871	913	872	2656
LEATHERAN, Andy	Unattached - Kendal	Vet 40	891	914	850	2655
MIDDLEMISS, Martin	Mutzig Tri	Vet 40	861	893	901	2655
COLBY, Charles	Wesham Road Runners	Vet 40	887	922	843	2652
PHILLIPS, Andy	Unattached : Chorlton		875	886	885	2646
WADESON, Andrew	Unattached - Lancaster	Vet 40	841	887	880	2608
HORNE, Larry	Unattached - Penrith	Vet 50	852	901	854	2607
METCALF, Alan	Preston Harriers	Vet50	976	671	952	2599
CARPENTER, Peter	Ellesmere Port Running Club	Vet 50	843	895	846	2584
ROBERTS, William	Unattached - Warrington		803	898	860	2561
SPRIGGS, Gary	Unattached : St Helens	Vet 40	814	930	787	2531
DUGGAN, Steve	Totley AC	Vet 40	822	864	834	2520
PIERCE, Jonathan	ua Wheaton Aston	Vet 40	818	849	836	2503
GILLMAN, Darren	Spa Striders	Vet40	881	857	756	2494
LOGAN, Johnny	Unattached : Duns	Vet50	844	828	800	2472
WATT, Jonathan	Unattached : Altrincham	Vet 50	809	831	829	2469
WILLIAMS, Ben	Staffordshire Moorlands		775	855	824	2454
LANG, Andrew	Meltham AC	Vet40	821	796	813	2430
PAPE, Nick	Unattached : Longeaton	Vet 40	781	844	795	2420
MILLS, Mark	South Cheshire Harriers	Vet40	837	820	761	2418
HUYTON, Stephen	Unattached - Ormskirk		812	807	791	2410
BARKER, Tom	Unattached : Chorley		779	803	826	2408
DUNCAN, Alastair	Unattached - Preston		782	775	827	2384
PARKER, Alan	Unattached : Stoke On Trent	Vet 40	789	845	746	2380
POOLE, Simon	Unattached : St Helens	Vet40	813	795	767	2375
BARKER, Adam	Unattached : Chorley		840	890	644	2374
WIGGLESWORTH, Martyn	Unattached - Richmond	Vet 40	733	806	811	2350
KENDAL, Kev	Howgill Harriers	Vet 40	750	818	779	2347
EVANS, David	Unattached - Ormskirk	Vet 40	731	809	805	2345
HILL, Simon	ua Northallerton	Vet 40	620	836	866	2322

COATES, David	Alnwick Harriers	Vet 50	718	784	781	2283
PARKINS, Joe	Unattached - Kendal	Vet40	724	722	774	2220
KNIGHTON, Simon	Unattached : Aldbourne	Vet 60	716	738	736	2190
RAYNER, Ian	Unattached - Leeds	Vet 50	727	748	707	2182
LEWIS, Peter	Unattached - Southport	Vet 40	675	819	684	2178
WHITELEY, Gary	Unattached - Manchester	Vet 40	696	744	733	2173
BAILEY, Richard	Unattached : Bolton	Vet40	729	741	702	2172
PANTON, Owen	Unattached : Widnes		719	702	740	2161
WEBSTER, Stephen	Unattached - Huddersfield	Vet 50	726	737	691	2154
GRAHAM, Richard	Unattached : Brampton	Vet 50	688	700	730	2118
MYATT, Robert	Unattached - Stoke-on-Trent	Vet 40	654	719	743	2116
NAGAR, Igal	Unattached : Sutton Coldfield	Vet 50	668	728	711	2107
THOMPSON, Nick	Meltham AC	Vet50	717	716	671	2104
MCGLEENAN, Sean	Unattached - Dumfries	Vet 50	685	717	697	2099
TILL, Stuart	ua Caton	Vet 40	656	704	694	2054
CAWTHORN, Nick	Unattached : Cockermouth	Vet 40	671	709	665	2045
SPICKETT, Gavin	Tynedale Harriers	Vet 50	661	712	661	2034
SEAL, Howard	Derwent AC	Vet40	997	997		1994
ILLINGWORTH, Patrick	ua Giggleswick	Vet 40	646	673	673	1992
TAYLOR, Martin	Brabond	Vet 40	643	683	663	1989
WHEATLEY, Richard	Redhill Road Runners	Vet 40	638	679	670	1987
REILLY, Paul	Coniston Fell Running Club			990	995	1985
COX, Jonathan	Eden Runners			987	997	1984
WILLIAMS, Geraint	Unattached : Macclesfield		982		981	1963
MASON, Paul	Wigan Phoenix	Vet 50	977	985		1962
COMLEY, Josh	Unattached - London		969		985	1954
PEACOCK, Paul	Unattached : Redcar	Vet40	966		988	1954
HUXFORD, Matt	Unattached		987		966	1953
MOSER, Alan	Unattached : Knutsford	Vet40	962		989	1951
ALLISON, Mike	Unattached - Penrith	Vet 50		972	973	1945
THOMPSON, Simon	Allithwaite and District	Vet 40		971	961	1932
OLIVER, Adam	Unattached : Stourbridge		952		970	1922
ROYSTON-BISHOP, George	Derwent AC		946	961		1907
GRAY, John	Meltham AC	Vet40	959	946		1905
BLAKENEY, Paul	Sheffield Running Club	Vet 60	947	950		1897
FISHPOOL, Peter	Unattached - Driffield	Vet40	950		940	1890
SMITH, Sean	Sweatshop Running Community	Vet 40		967	921	1888
BURNE, David	Unattached : Watford		929		958	1887
ROBERTS, Mike	ua chilton		927	947		1874
CROMPTON, Sam	Unattached - Kendal		904	960		1864
GEHRE, Alexander	Unattached - Newcastle			921	937	1858
WARDLE, Doug	Unattached - Clithroe	Vet 50	917	935		1852
BROWN, Steve	Unattached : Windermere	Vet 40	911	924		1835
IVEY, Stephen	Unattached - Manchester	Vet 40	896	931		1827
O'NEILL, Shane	ua Edgware		928		899	1827
BLACOW, STEVE	Unattached - Kendal		894	932		1826
LEWIS, Tyron	Unattached : Morecambe	Vet 40	892	934		1826
CHRISP, Paul	Delamere Spartans	Vet 50		917	908	1825
WALLBANK, Jon	C.O.L.T	Vet 40	898	925		1823
ACKROYD, Andrew	Harrogate Harriers	Vet50	835	986		1821
HENNIN, James	Unattached - Newcastle			916	895	1811
GAGAN, Steven	Unattached - Manchester	Vet 40	870	902		1772
THOMPSON, Russell	Unattached : Barrow in Furness	Vet 50		858	910	1768
YATES, Andy	Unattached	Vet 50	825	943		1768
RADCLIFFE, Mark	Unattached	Vet 40		863	902	1765
INNERDALE, Mike	Unattached : Appleby	Vet 40	864	894		1758
SMITH, Richard	Ackworth Road Runners	Vet50	889	867		1756
ATKINSON, Neil	Unattached - Warrington		900		845	1745
PADLEY, Ian	Unattached - Carnforth	Vet50	836		907	1743
DULLAGHAN , Jamie	Royal Engineers		832	909		1741
DAVIES, Andrew T	Telford Harriers	Vet 60		904	835	1739

BIBBY, Justin	Unattached - Cokermonth	Vet 40		882	855	1737
JARDIN, David	Elswick Harriers	Vet40	908		828	1736
SUMNER, Allan	Unattached : Poulton Le Fylde	Vet 40		847	886	1733
CLARKE, Gary	Rocktart Runners		883		839	1722
HINZE, Al	Unattached : Wrexham	Vet 40		848	863	1711
BEND, Matthew	Unattached	Vet 40	847	859		1706
MACDONALD, Alasdair		Vet40	886		814	1700
FORSTER, Dave	Border City Wheelers	Vet 50	834	865		1699
COPP, Jason	Unattached - Birmingham	Vet40	849	835		1684
ACKROYD, Andrew	Harrogate Harriers	Vet 50		862	821	1683
PROCTOR, Phillip	Unattached : Ellesmere Port	Vet 40	804	856		1660
HAWLEY, Craig	Penny Lane Striders	Vet 50		879	776	1655
HORSELL, Peter	ua Newton Stewart	Vet60	856		785	1641
BROOK, Tim	Unattached - Wigan	Vet 40	797	837		1634
SPENCER, Steven	Unattached : Leeds	Vet40	817		808	1625
ASHCROFT, David	Unattached - Warrington	Vet 50		841	783	1624
HARRISON, Roger	Cheshire Hash	Vet 50	794	823		1617
PICKARD, Michael	Unattached : Leeds	Vet50	810		807	1617
HUXFORD, James	Unattached		787		820	1607
PATERSON, Neil	Unattached : Hexham	Vet 40		846	753	1599
MAYSON, Richard	Unattached	Vet 50	767	821		1588
MURPHY, John	St Helen's Striders	Vet 50	760	812		1572
JOUGHIN, Shaun	Unattached - Guisborough			753	801	1554
WOLSTENHOLME, Nigel	Unattached - Manchester		747	798		1545
LUNAN, David	Unattached - Leyland	Vet 60	753	790		1543
HOWARD, Simon	Rocktart Runners	Vet40	735		796	1531
BLADES, Gary	UA Quorn	Vet40	771	756		1527
BURKE, Howard	Unattached	Vet 40	737	767		1504
WOOD, Andrew	Unattached : Leighton Buzzard	Vet 40		749	751	1500
JONES, Alan	Unattached : Wilmslow	Vet 50	730	755		1485
FURPHY, Chris	Unattached - Guisborough	Vet 40		751	725	1476
CASSELS, David	Unattached : Ayr	Vet 50	732	740		1472
THOMAS , Paul	Witney Road Runners	Vet 60	723	743		1466
KIRKMAN, Ben	Unattached - Manchester		755	706		1461
CORBETT, Anthony	Quakers Running Club	Vet40	801		656	1457
SALMON, Mark	Unattached		702	750		1452
MCGURN, John	Unattached : Paisley	Vet40	728		720	1448
PARKER, Graham	Unattached - Kendal	Vet50	734		712	1446
WOOFF, Francis	Unattached - Manchester	Vet 50		759	686	1445
PLEASANCE, Robert	Unattached - Manchester	Vet 50	711	730		1441
WILSON, Robert	Redway Runners	Vet 50	690	747		1437
ERNST, Darren	Unattached : Carlisle		704		732	1436
SALLIE, Damien	Center Parcs		712		715	1427
CLIFFORD-HIRST, Christopher	Unattached - Kendal		679		744	1423
WALKER, Rob	Unattached - Bacup	Vet 40	698	723		1421
SATTERLY, Charles	Lancaster & Morcambe AC	Vet40	691		723	1414
VERBER, Ian	Unattached : Broughton in Furness	Vet 60	687	727		1414
TOWERS, Steve	Unattached - Carnforth	Vet 50		739	655	1394
PETFORD, Andrew	Unattached : Redcar	Vet40	700	693		1393
WARD, Matthew	Unattached - Stockport			692	695	1387
RILEY, George Philip	ua Barrowford	Vet60	681		705	1386
HUGHES, Mark	Unattached - Southport	Vet 50	674	707		1381
PLATTS, Alan	Unattached - Kendal	Vet50	665		716	1381
SPOONER, Steve	Unattached : Bollington	Vet40	686		693	1379
OXLEY, David	Unattached - Horncastle	Vet50	692		685	1377
CHALMERS, David	Unattached : Symington	Vet 60	678	697		1375
ALLEN, Terence	Royal Navy Tri			695	678	1373
JONES, Melvyn	Swinton Running Club	Vet 60	680	687		1367
AINSWORTH, Tony	Unattached - Kendal	Vet40	670		688	1358
THORNE, Jonathan	Unattached - Kendal	Vet 40	664	691		1355
HOLLOWBREAD, Andrew	Unattached Durham	Vet 40	673	677		1350

MCGONNELL, Paul	Kirkintilloch Olympians	Vet 40	644	689		1333
BALL, Malcolm	North Norfolk Beach Runners	Vet 70	649	680		1329
PEARSON, Adam	Unattached - Manchester		651	675		1326
MAYSON, Anthony	Lancaster & Morcambe AC			668	641	1309
SAMUELSON, Peter	Spectrum Striders	Vet 60	642	667		1309
WHISTON, Philip	Unattached - Sandbach		639	663		1302
WHISTON, Rob	Unattached - Crewe	Vet 60		664	636	1300
BARKER, Clive	Unattached - Chorley	Vet50	634	665		1299
LOUGHRAN, Joe	Unattached - Stoke-on-Trent	Vet60	637		645	1282
SEDGWICK, Paul	Burnden Road Runners	Vet 60	628	653		1281
BRADLEY, Gerald	Unattached : West Cornforth	Vet 40		652	624	1276
HASLAM, Nick	Unattached - Kendal	Vet 40	618	655		1273
IBBOTSON, Ian	Unattached : Windermere	Vet 50	617	654		1271
HOWARD, J	ua Ashton under Lyne	Vet 60	614	650		1264
HOLLOWAY, Ian	Unattached : Whitley Bay	Vet 60	610	648		1258
HARLING, Joe	Vegan Runners	Vet50	619		637	1256
JENNER, Anthony	Unattached - Sunderland	Vet40	624		631	1255
PATEL, Dinesh	Unattached - Preston	Vet50	623		625	1248
DEAKIN, Simon	Leeds City			1000		1000
MADDAMS, Russell	Keswick AC	Vet40	1000			1000
ELLIS, Scott	North Shields Polly				999	999
KRAFT, James	Scarborough AC			999		999
HAYES, Danny	Team Hayes				998	998
MCCARRON, Steve	Sale Harriers		998			998
LESLIE, Alec	Swinton Running Club			996		996
MCCARRON, Andrew	Unattached - London		996			996
VAN DER LAND, Cees	Lekker Bezig				996	996
KNOWLES, John	Burnden Road Runners	Vet40	995			995
PAYNE, Lucas	Barlick Fell Runners	Vet 40		995		995
DIVER, Michael	Clydesdale Harriers	Vet 40		994		994
GOWLAND, Elliot	Coalfields RT	Vet 40			994	994
NOLAN, Steve	Burnden Road Runners	Vet50	994			994
DIGGLES, Bob	Unattached : Southsea				993	993
SMITH, Jon	Unattached			993		993
STAVELEY, Andy	Burnden Road Runners	Vet50	993			993
PRICE, Martin	ua Clapham				992	992
STUART , Andrew	Unattached - Lancaster	Vet 40		992		992
ACAMER, Carlos	CA la Vall de Segó		991			991
MEREDITH, Robert	Dudley Kingswinford		990			990
ATKINSON, Barry	York Knavesmire Harriers	Vet50	989			989
ESSEX-CROSBY, Chris	Blackpool, Wyre & Fylde AC			988		988
MORLEY, Andy	Unattached		988			988
COOK, Tim	Unattached - Cokermonth		986			986
HARRIS, Mike	Wigan Harriers AC	Vet40	985			985
COY, Tom	ua Bathgate				984	984
FOSTER, Ben	Dudley Kingswinford		983			983
HEATH, Janson	Rocktart Runners	Vet 40			983	983
KELLY, Neil	Penny Lane Striders	Vet 40		983		983
COPE, Ben	Serpentine Running Club			982		982
DODDS, Allan	Roundhay Runners				980	980
HUSSON, Sylvain	Unattached - Liverpool			980		980
POLLITT, Martyn	Burnden Road Runners	Vet50	980			980
DAWSON, Ian	Team Machines			979		979
DAWSON, Ian	Unattached - Blackpool				979	979
THOMAS, Keith	Burnden Road Runners	Vet50	979			979
CRAWFORD, Robert	Helm Hill				978	978
THOMPSON, Ben	Keswick AC			977		977

LUCENA, Francesc	Unattached - Liverpool				976	976
HOLGATE, Mark	Unattached : Heysham	Vet 40		975		975
BARRETT, Tim	Creation PT		974			974
TILLET, Jo	Unattached - Warrington				974	974
CAKETT, Andrew	Unattached - Basingstoke		972			972
FLETCHER, Ben	Delamere Spartans				972	972
BELT, Jeff	NYMAC	Vet 40			971	971
ECCLESTON, Phil	Burnden Road Runners		971			971
FEE, Ricky	Ellenborough AC		970			970
BARK, Stephen	Skegness Coasters	Vet40	968			968
EDWARDS, Stephen	Unattached : Sale	Vet 40			968	968
PENHALE, Bruce	Unattached - Manchester	Vet 50		968		968
WRIGHT, Chris	Unattached : Wirral	Vet50	967			967
HARRINGTON, Ian	Unattached - Kendal				965	965
BATE, Richard	Dudley Kingswinford Running Club		964			964
BURTON, David	Keswick AC	Vet 50			964	964
MADDISON, Graeme	Unattached - Liverpool				960	960
NORMAN, David	Dudley Kingswinford Running Club	Vet40	960			960
EYKE, Nick	Oswestry Olympics	Vet 50			959	959
GRANGE, Huw	Unattached : Oxford				959	959
HENDERSON, Steven	Unattached - Manchester				957	957
MARSHALL, Peter	Unattached - Bristol	Vet 40			957	957
SMITH, Phil	Dudley Kingswinford Running Club	Vet40	957			957
JACKSON, Anthony	ua Charlton				956	956
HERBERT, Liam	Fairlands Valley Spartans				955	955
LEE, Graeme	Meltham AC	Vet 40			955	955
MCPARTLAND, Frank	Haddington & E Lothian Pacemakers	Vet 50			954	954
SUTHERLAND, Andrew	Unattached : Brentwood	Vet 40			954	954
WADE, Chris	North Norfolk Beach Runners		954			954
FLESHER, Leon	Thornton Cleveleys	Vet 40			953	953
HOPPER, Jon	Unattached : Didsbury				951	951
SPURLING, Tom	Elvet Striders- Durham		951			951
BELL, Andrew	Unattached : Leeds				950	950
BLACKBURN, Carl	Unattached : Carlisle		949			949
EYNON, Heath	Unattached : Accrington	Vet 40			949	949
EATON, Simon	Wesham Road Runners	Vet40	948			948
GRAY, Kevin	FRANCE	Vet 40			948	948
HENDERSON, Sean	Unattached : Edinburgh				945	945
ROE, Tim	Horwich RMI Harriers		945			945
RILEY, Tim	Unattached - Ambleside				944	944
WARD, Mark	Unattached : Welwyn Garden City	Vet 40			944	944
VINCENT, David	Unattached : Hemel Hempstead				943	943
WHITE, Lee	Burnden Road Runners	Vet40	943			943
BEEK, Joe	ua east Dereham				942	942
BIRKETT, John	Unattached	Vet 50			942	942
RATCIFFE, Tim	Unattached - Kendal				941	941
WHEELER, Matthew	Unattached : Leicester	Vet 40			941	941
BOWLEY, Richard	Unattached : Doncaster	Vet 40			940	940
BROWN, Jamie	Unattached : Dunfermline				939	939
HORNSEY, Michael	Scunthorpe & District AC		939			939
MALLINSON, Ryan	Unattached : Leeds				939	939
ENGLISH, Gary	Liverpool Running Club	Vet 50			938	938
HOOD, Peter	Dudley Kingswinford Running Club	Vet50	938			938

OGILVIE, Mark	ua Largs	Vet 40		938		938
RIDDLE, Stephen	Burnden Road Runners	Vet40	937			937
LIMBERT, Karl	ua Maidstone				936	936
MOORE, Darren	Ambleside AC	Vet40	936			936
NANA, Mesbah	Unattached - Stockport	Vet 40		936		936
EDMONDSON, Ewan	Macclesfield Harriers		935			935
MURPHY, Frank	Trentham Running Club				935	935
HENDLEY, Darren	York Knavesmire Harriers	Vet40	934			934
ADAMS, Andrew	Unattached	Vet 40		933		933
CONLEY, Iain	Unattached - Hebden Bridge	Vet 40			933	933
PHILLIPS, John-Gareth	Unattached - Liverpool				932	932
CONNOR, Steve	Unattached : Carlisle		931			931
ALLEN, Mick	Unattached - Cokermouth				930	930
NEWSON, Adam	Unattached - Keswick		930			930
JONES, Thomas	Redcar Running Club				929	929
PEARSON, Sam	Unattached - Cheshire			929		929
CORNS, Chris	Unattached - Manchester			928		928
WADDOUP, Markus	ua Eaglescliffe				928	928
MORRISON, Sean	ua Drymen	Vet 40			927	927
DAVIES, Tom	Unattached : Birmingham			926		926
ELLIOTT, Paul	Melthan AC	Vet40	926			926
BRADY, Stephen	ua Hawick	Vet 40			925	925
ROOK, Darren	Border Harriers	Vet 40			924	924
MORGAN, Christopher	Noodlemantra			923		923
OWEN, Tim	Bridgend	Vet 50			923	923
TAYLOR, Marcus	Burnden Road Runners	Vet40	923			923
SHELTON, Andy	Skegness Coasters	Vet40	922			922
BROWN, Richard	ua Rochdale		921			921
DERMOTT, Paul	Unattached - Wigan				920	920
PEARSON, Christopher	ua Swadlincote		920			920
VINER, Jeremy	Unattached - Edinburgh			920		920
LITTLE, Mike	Unattached : Peebles	Vet 50		919		919
WALKER, Peter	Derwent AC	Vet40	919			919
CHAMBERS, Rob	Unattached - Skipton	Vet40	918			918
SAN MARTIN, Sebastian	Unattached : Knutsford				918	918
ARMSTRONG, John	Unattached : Whitley Bay				917	917
ASH, Peter	Unattached : Langholm	Vet40	916			916
HESLOP, Jamie	Unattached - Carlisle	Vet 40			916	916
ELLIS, Dave	Cybi Striders		915			915
FORTUN , Phil	Stone MM				915	915
WILMORE, Michael	SROC	Vet 60		915		915
FAIRWEATHER, Andrew	Unattached - Preston		914			914
SNELL, Christopher	Unattached - Kendal				914	914
COLLINS, Joe	Unattached - Wallsend		913			913
DAVIES, David	Unattached : Dalton			912		912
DUKE, Paul	Unattached - Bolton		912			912
SKINNER, Richard	Unattached - London				912	912
CROOK, Ian	Unattached	Vet 40		911		911
WALKER, Graham	Unattached : Doncaster	Vet 40			911	911
SMITH, Paul	Unattached : St Helens				909	909
SPOONER, John	Lancaster & Morcambe AC	Vet40	909			909
LECK, Michael	Lancaster & Morcambe AC	Vet 60		907		907
MULVEY, Kev	DH Runners		907			907
HOURIGAN, Myles	Unattached			906		906
MURRAY, David	Unattached : Tiverton	Vet 40			906	906
RHODES , Col	Unattached	Vet40	906			906

WILSON, Paul	Unattached Durham	Vet 40			905	905
ALEXANDER, John	Unattached - Kendal	Vet 40			903	903
SCHOFIELD, Graham	Chorley Harriers	Vet 60		903		903
BLAYLOCK, Phil	St Bees Triers		902			902
LLOYD, Christian	Melthan AC	Vet40	901			901
CONNER, Steve	Unattached - Carlisle				900	900
FISHER, Jason	Unattached : Warwick	Vet 40		900		900
COLLINS, James	ua Cottingham		899			899
JONES, Dave	Unattached	Vet 60		899		899
WOODWARD, Rob	Unattached - Kendal	Vet 40			898	898
BODDY, Mike	Unattached - York	Vet 40			897	897
NASH, Andrew	Unattached : Aylesbury		897			897
WILCOCK, John	Unattached : Ulverston	Vet 40		897		897
STANLEY, Perry	Unattached	Vet 50			896	896
WEBB, Geoff	Unattached - London			896		896
MANLEY, Richard	Unattached : Wirral		895			895
WITHERUP, Andrew	Unattached - Southport				894	894
KING , Timothy	Unattached : West Drayton				892	892
TULLY, Gary	Unattached : Sutton Coldfield			892		892
BARTLETT, Mike	unattached : Houton Regis	Vet 40		891		891
BELL, Alistair	Unattached : Carlisle				891	891
BURAKOWSKI, Damian	Edinburgh Running Network		890			890
BARRY, Sean	Unattached - Huddersfield	Vet 40			889	889
BROWN, Steve	Unattached : Dunfermline	Vet 40		889		889
CARELESS, Stephen	Unattached - Carnforth	Vet 40		888		888
HAWSON, Dale	Unattached - Sheffield				888	888
HINES, Tim	Unattached : Sale		888			888
CLARK, Jeff	Barnsley Harriers	Vet 40			887	887
NICHOL, Donald	Burden Road Runners	Vet50	884			884
RICE, David	Keswick AC				884	884
ROBERTS, Glynn	team Roberts			884		884
BLACK, Alex	Unattached - Kendal	Vet 40			883	883
ROBERTS, Steve	team Roberts			883		883
LEONARD, Andrew	Unattached - Otley		882			882
TAYLOR, Richard	Unattached - Keighley	Vet 40			882	882
DAVISON, Pete	Glaxo Hoad Hill Harriers	Vet 40		881		881
WHITNEY, Ian	Marske harriers	Vet 40			881	881
HERBERT, Paul	Unattached : Sevenoaks			880		880
WRIGHT, Simon	Bingley Harriers	Vet40	880			880
BLADES, Andrew	Unattached : York	Vet 40			879	879
GOSLAND, Andy	Isle of Man Tri Club	Vet40	879			879
ATKINSON, Paul	Stockport Harriers			878		878
STEELE, Clive	Unattached : Carlisle	Vet40	878			878
DEEMING, Gary	Unattached	Vet 50		877		877
PORTER, Keith	West Yorkshire Police	Vet 40			877	877
ROBERTS, Christopher	Unattached		877			877
DOWSON, Simon	Unattached - Skipton	Vet 40			876	876
STARK, Jim	Unattached : Melrose	Vet 50		876		876
DUFFY, Shaun	Serpentine Running Club	Vet 40			875	875
FAIRCLOUGH, Steve	Bramhall Runners	Vet 40		875		875
BREWSTER, Keith	Valley Striders, Leeds	Vet 50			874	874
DAVIES, Tim	Unattached - Keswick		874			874
LAITHWAITE, Mark	Unattached - Manchester	Vet 40		874		874
AGEROS, Benjamin	Horsham Joggers			873		873
BLACKBURN, Ian	Unattached - Newcastle				873	873
SWIFT, Dave	Burden Road Runners		873			873

ADAMS, Alastair	Unattached : Hook Norton	Vet50	872			872
WRIGHT, Nick	Unattached - Manchester	Vet 40		872		872
BLUNDEN, Simon	Unattached - Kendal				871	871
OXTOBY, David	Unattached : pavenham	Vet 40		871		871
BEAHAN, Steven	Unattached - Sheffield	Vet 40			870	870
HEAP, John	Unattached : Chester			870		870
EVANS, Gary	Unattached : Chorlton	Vet50	869			869
LEE, Patrick	St Helen's Striders	Vet 40		869		869
PARRY, Stephen	Unattached : Deeside				869	869
HINES, Kevin	ua Saltash	Vet50	868			868
KAVANAGH, Anthony	Arragon's Cumbrian Tri Club		867			867
POLLOCK, Jason	Unattached - Carlisle	Vet 40			867	867
QUANTZ, Darryl	Unattached : Holme	Vet 40		866		866
HINDLE, Neil	Fell Running Association	Vet50	865			865
MCFARLAND, John	Delamere Spartans	Vet 40			865	865
MURRIN, James	Unattached				864	864
BROWN, David	Elvet Striders- Durham		863			863
PARKER, Simon	Cheshire Hash House Harriers	Vet 50			862	862
SOUSA, Demis	Unattached - London	Vet40	862			862
LOOKER, Ian	Unattached	Vet 40		861		861
TAYLOR, Jason	ua Beamish	Vet 40			861	861
EVERETT, Iain	Unattached : York		860			860
TUNNICLIFFE, Andy	Unattached - Kendal			860		860
MILLER, Jeff	Melthan AC	Vet40	859			859
OSTELL, James	Gateshead Harriers				859	859
PHILPOTT, Robin	Unattached - London	Vet 40			858	858
SHERBORNE, Phil	Kaz Wild Swimming Team	Vet40	858			858
GRAHAM, Andrew	DH Runners		857			857
SMITH, William	St Albans Striders	Vet 50			857	857
WATSON, David	Unattached - Harrogate	Vet 40			856	856
JAGAN, Chris	Unattached - Warrington	Vet60	855			855
ATKINSON, Matt	Unattached - Kendal			854		854
WALKER, David	Unattached - London		854			854
HART, Stephen	Unattached - Manchester				853	853
SMITH, Gary	Unattached - Warrington			853		853
WOOD, Benjamin	Unattached : Grimsby		853			853
HARRISON, Peter	Unattached - Kendal			852		852
WOODROW, Simon	Unattached - Penrith	Vet 50			852	852
POWERS, Matt	Delamere Spartans	Vet 40			851	851
THOMAS, Paul	Unattached - Kendal	NDB		851		851
THORNE, Philip	Unattached - Glasgow	Vet50	851			851
KIMBER, Damien	Unattached - Birmingham			850		850
PERRETT, Trevor	Swamp Donkeys		850			850
APPLEYARD, Peter	Unattached - Middlesborough	Vet 40			849	849
CHARLES, Terry	Delamere Spartans	Vet 50			848	848
TAYLOR, Tim	Burnden Road Runners	Vet50	848			848
LLOYD, Jim	Unattached : Hexham	Vet 50			847	847
PIKE, Christopher	Blackheath and Bromley Harriers	Vet60	846			846
CARTER, Chris	Creation PT		845			845
COLLINS, Paul	Collingwood				844	844
JESSON, Mark	Pendle Forest Orienteers	Vet 40		843		843
ANDERTON, Nick	Unattached - London			842		842
COCKRAM, Paul	ua Cleethorpes		842			842
SHIRLEY, James	Unattached - Liverpool				842	842
HUNTER, Neil	Unattached : Leighton Buzzard	Vet 40			841	841

BACON, Alan	Unattached - Liverpool				840	840
NOLAN, Dan	Manchester Tri Club	Vet 40			840	840
MCGEE, Richard	Unattached : Stratford-upon-Avon	Vet 40			839	839
RICHARDSON, Dale	Unattached			839		839
HOLDEN, Andrew	Unattached - Manchester	Vet40		838		838
RICHARDS, Lee	Unattached : Howden				838	838
WRIGHT, Tom	Unattached : St Annes			838		838
ROSE, Philip	Unattached - Liverpool				837	837
LOWTHER, Simon	Unattached - Carnforth			834		834
HOLDEN, Christopher	Unattached - Preston				833	833
MOORE, John	Unattached - Newcastle			833		833
POPE, Dominic	Unattached : Ulverston	Vet 40		833		833
MAKIN, Jez	Durham FR	Vet 50		832		832
REDPATH, Duncan	Unattached - Sunderland	Vet 40			832	832
SMALLWOOD, Ed	Unattached:Woodford Green				831	831
THOMAS, Richard	Kirkstall Harriers	Vet50		831		831
METCALF, Neil	Unattached - Carlisle				830	830
MYERS, Stephen	Prestwich AC	Vet40		830		830
WATT, David	Notfast	Vet 50			830	830
FAIRBURN, Ben	Unattached : Hull				829	829
ROSS, Andy	Unattached - Wigton	Vet40		829		829
TRICKEY, David	Unattached - Cambridge	Vet40		828		828
DUNN, Stephen	Unattached : Chester	Vet40		827		827
JONES, Tom	Unattached : Eccles				827	827
DAVIDS, Frederick	Unattached - Manchester	Vet40		826		826
FERNES, Sam	Unattached : Salford				826	826
ALLTREE, Dale	Unattached : Haltwhistle				825	825
CHATTERS, John	Unattached - Stockport	Vet 40			825	825
SELVES, Tim	Unattached : York	Vet40		824		824
SMITH, Allen	Unattached : Chester	Vet 50			824	824
FLYDE, Richard	Unattached - Bradford				823	823
SHUM, Dominic	Unattached			823		823
CROXFORD, John	Unattached - Coniston	Vet 50			822	822
KENWORTHY, Danny	Unattached				822	822
LUNAN, Michael	Unattached - Leyland			820		820
HAIGH, Neil	Unattached			819		819
MCCAIG, Alistair	Unattached - Penrith				819	819
JOSLIN, Jonathan	CAP Cougars				818	818
CURTIS, Nathan	Unattached : Winchester				817	817
RICHARDS, Garry	Unattached - Wakefield	Vet 50			817	817
CHAPMAN, Craig	Unattached : Leeds				816	816
HOULKER, Jack	Unattached : Darwen				816	816
PARSONS, Keith	Unattached - Edinburgh	Vet40		816		816
CHRISTIE, Paul	Burnden Road Runners	Vet50		815		815
FLETCHER, Gordon	Batala Mountain Runners	Vet 60			815	815
KYLE, Andrew	Unattached : Spennymoor				815	815
BARNES, Anthony	Unattached - London				814	814
HOULKER, Alan	Unattached : Darwen	Vet 50			813	813
HETHERINGTON, Craig	Stirling Tri Club				812	812
DOAGA, Alex	Unattached - Leamington Spa	Vet 40			811	811
LAWTON, Graham	Unattached - Lancaster			811		811
COTTERELL, Martin	Unattached - Penrith	Vet 40			810	810
THOMPSON, David	Unattached : Gosforth	Vet 50			810	810
O'DWYER, Martin	Unattached : St Helens				809	809
CARRUTH, Bob	Unattached : Bridge of Weir	Vet40		808		808

LONG, John	East Hull Harriers	Vet 50		808		808
HALL, Jonnie	Unattached : Haddington	Vet40	807			807
MCGOUGAN, Craig	ua Oban		806			806
WALKER, Chris	Unattached - Bristol	Vet 40			806	806
BARKER, Matthew	Burnden Road Runners	Vet40	805			805
COLLINS, Mike	Unattached : Whitley Bay	Vet 40		805		805
ATKINSON, Steve	Unattached - Stockport	Vet 50		804		804
FERGUSON, Allan	Motherwell AC	Vet 40			804	804
DICKSON, Kenny	Unattached - Glasgow	Vet 40			803	803
BROOM, Giles	FRANCE				802	802
HUNTER, Graham	ua Wolviston		802			802
PADGETT, Ray	Unattached : Grange-Over-Sands	Vet 60		802		802
BLACKMORE, Jonathan	Unattached : Chesterfield	Vet 40		801		801
DICKENS, Andrew	Unattached - London		800			800
GREENWOOD, Kevin	ua Nacton	Vet 50		800		800
FARRIMOND, Chris	Unattached - Wigan				799	799
RAYNER, James	Unattached : Chorley			799		799
SMITH, Chris	Toonie Express	Vet40	799			799
CHRISTIAN, Paul	Unattached - Gateshead	Vet40	798			798
GOLDBERG, Frederick	Unattached - Manchester				798	798
BROWN, Rowan	Unattached : Leigh-on-Sea				797	797
TAPPENDEN, Michael	Unattached: Seathwaite			797		797
HARWOOD, Steve	Keswick AC	Vet60	796			796
CHAMPION, Adrian	Unattached : Milton Keynes	Vet40	795			795
ROCHE, Paul	Merseyside Police	Vet 50		794		794
DOWNING, Oliver	Bingley Harriers	Vet 60		793		793
FISHWICK, Paul	Unattached : Swinton	Vet40	793			793
SMALL, Matt	Unattached - Bradford				793	793
COTTESS, Martyn	ua Newbiggin-by-the-sea	Vet 40			792	792
KNOWLES, Barry	Unattached - Bristol	Vet40	792			792
LARSSON, Charles	Newcastle Staffs	Vet 40		792		792
CALVERT, Simon	Unattached - Lancaster	Vet 40		791		791
TIERO, Damiano	Unattached - Glasgow		791			791
BELL, Alan	Unattached - Gateshead	Vet40	790			790
SMITHURST, Martin	Unattached : Doncaster	Vet 40			790	790
HALLS, Matthew	Pennine			789		789
WINNETT, Andy	Unattached : Milton Keynes	Vet 50			789	789
CAMPBELL, Paul	Unattached - Sunderland	Vet 50			788	788
HORNSEY, Paul	Unattaced - Saltburn		788			788
HUGHES, Elliot	ua Cardiff			788		788
TYSSOMME, Stephen	Trail Running Association	Vet 40		787		787
ADAMS, Tom	Unattached - Newcastle		786			786
CHAPMAN, Dave	Unattached : Ulverston			786		786
PRESTON, Daniel	ua Selby				786	786
COLYER, Loz	Unattached : Burton in Kendal			785		785
EDGE, Michael	Wesham Road Runners	Vet50	785			785
FIDLER, Mark	Delamere Spartans	Vet40	784			784
KEIGHTLEY, Joe	Unattached : Leeds				784	784
BEAUVAIS, Clive	Keswick AC	Vet60	783			783
HARRISON, Nigel	Unattached : Carlisle	Vet 40		783		783
LESLIE, Richard	Unattached : Frodsham	Vet 40			782	782
SWIFT, Mike	Unattached - Manchester	Vet 50		782		782
MARSHALL , William	Unattached - Ambleside	Vet 50		781		781
BUTCHER, Richard	Denmark	Vet40	780			780
MCGUIRE, Vinn	Unattached : Morecambe	Vet 50		780		780

PENNOCK, Richard	Unattached	Vet 40			780	780
PACEY, Nigel	ua Biggar	Vet 50		779		779
HARRINGTON, Philip	Unattached - Kendal	Vet 40		778		778
HARRISON, Mike	Meltham AC	Vet50	778			778
ROBISON, Walter	Unattached - Edinburgh				778	778
BINDLESS, Richard	Unattached : Grange Over Sands	Vet 60			777	777
SLEE, Guillaume	Unattached :Timperley		777			777
TAN, Andrew	Unattached - Cheadle			777		777
ROOME, Anthony	Unattached : West Kirby		776			776
TICKNER, Richard	Unattached - Kendal	Vet 50		776		776
MALE, Les	Unattached - Cambridge	Vet 40			775	775
ELLIS, Sian	Cybi Striders		774			774
MASSEY, Jonathan	Unattached - Manchester	Vet 40		774		774
JEFFREY, Paul	Unattached : Scunthorpe				773	773
JONES, Andrew	Unattached : Prescot			773		773
PATON, David	Unattached	Vet50	773			773
LARDNER, Matthew	Unattached : Lytham St Annes			772		772
PARK, Chris	Unattached Durham		772			772
SAVAGE, Jonny	Unattached - Manchester	Vet 40			772	772
EVANS, Gareth	Unattached - Skipton	Vet 50		771		771
HILL, Stuart	Unattached				771	771
COUPER, Brian	Linlithgow AC		770			770
GANNON, Mike	Unattached : Hull			770		770
TUSHINGHAM, Simon	Unattached - Cheadle				770	770
BURNS, Laurence	Unattached : Stoke On Trent				769	769
PECK, Lee	Unattached : Holmrock	Vet40	769			769
WILSON, Ian	Unattached - London			769		769
MITCHEL, Liam	ua Feltwell		768			768
RADEMAN, Conrad	Unattached - London			768		768
WATSON, Richard	Unattached : Doncaster	Vet 40			768	768
HOCKEN, Benjamin	Unattached : King Norton	Vet 40			766	766
LEWIS, Nic	Unattached : Macclesfield	Vet 40		766		766
LYONS, Gavin	Unattached - Manchester		766			766
FISHER, Nathan	Skegness Coasters	Vet40	765			765
FOGG, Ian	Unattached : Bury	Vet 50		765		765
WESTWOOD, Paul	Tone Zone	Vet 60			765	765
BRANNELLY, Neil	Unattached - Prescot	Vet 40		764		764
GUNN, Peter	Unattached : Redcar		764			764
MARLEY PATERSON, Fiona	Elswick Harriers				764	764
GEORGIU, George	Loughton AC	Vet 50		763		763
LOUGHNEY, Dan	Unattached : Leeds		763			763
WARNER, Tim	Garstang Running club	Vet 50			763	763
CONNELL, Phil	Unattached : Leeds	Vet40	762			762
MAXWELL, Ed	Unattached : Didsbury	Vet 40		762		762
WEREY, Philippe	Southville Running Club	Vet 40			762	762
BLACK, Paul	Unattached : Dunfermline	Vet40	761			761
NELSON, Finlay	Unattached : Stamford	Vet 50		761		761
BEAUMONT, Guy	Unattached	Vet 40		760		760
JAMIESON, Christopher	Esk Valley Fell Club	Vet 50			760	760
MIDDLEBROOK, James	ua Selby	Vet 40			759	759
THORNE, Ian	Unattached : Halesowen	Vet50	759			759
FIRBY, Rob	Unattached - Cokermouth	Vet 40		758		758
FROGGATT, Richard	Dudley Kingswinford	Vet40	758			758
NICHOLLS, Mike	Newbury Runners				758	758
DAVIES, Guy	HRG			757		757

FOSTER, Mike	ua Wigan				757	757
MITCHELL, Joseph	Unattached : Scunthorpe		757			757
FISHWICK, Trevor	Horwich RMI Harriers	Vet40	756			756
TIPPIN, Frank	Unattached - Southport	Vet 50			755	755
CROPPER, Alistair	Unattached : Scunthorpe	Vet 50		754		754
GRIFFIN, David	Unattached : York				754	754
WILKINSON, Daniel	Melthan AC		754			754
BARFORD, Bob	ua Laceby	Vet40	752			752
BOON, John	Unattached - Kendal			752		752
WILSON, Graeme	Unattached - Edinburgh	Vet 50			752	752
WILLIAMS, Chris	ua Hawarden	Vet40	751			751
JOHNSON, Jonathan	Unattached : Buckingham	Vet 40			750	750
MCLEAN, Stuart	Gumpster Harriers				749	749
RICHARDS, Mike	ua Bailrigg	Vet40	749			749
BAXTER, David	St Helen's Striders	Vet40	748			748
MILES, Christopher	Unattached - London				748	748
BARDON, Peter	Unattached : Washington	Vet 40			747	747
DOUGLAS, Chris	Unattached : Delph	Vet 50		746		746
HOOK, Christian	Unattached : Sale		746			746
BELLINGHAM, Mathew	Unattached - Windermere			745		745
ELDRED, Steffan	Unattached : Bury				745	745
VINCENT, Chris	Unattached - Ormskirk	Vet40	745			745
OKELY, Howard	Harmeny AC	Vet60	744			744
SMITH, Michael	Olney Runners	Vet50	743			743
DOUGLAS, Simon	Unattached - London	Vet 40		742		742
RYVES, Richard	Unattached - Warrington		742			742
WELLOCK, Richard	Unattached	Vet 50			742	742
PLUCK, Kevin	Unattached : Altrincham		741			741
ROSS, Ben	ua st Asaph				741	741
MILLS, Luke	Bridgnorth Running club		740			740
LASHLEY, Pete	Unattached : Milnthorpe	Vet 40			739	739
WAKEHAM, Stuart	Unattached - Wigan		739			739
AULTON, David	Burnden Road Runners	Vet50	738			738
STRICKLAND, Mark	ua Axton	Vet 50			738	738
MULLINDER, Daniel	Unattached : Carlisle	Vet 40			737	737
ARMSTRONG, Iain	Unattached : Carlisle		736			736
PATEL, Kash	Unattached : Yarm	Vet 50		736		736
ALEXANDER, James	Unattached : Tyne and Wear			735		735
SCAIFE, Wesley	North East Ambulance HART				735	735
ALLEN, Charles	Burnham Joggers	Vet 50			734	734
HELM, Alan	Unattached - Cokermouth	Vet 40		734		734
SLANEY, Steven	Fylde Tri Club	Vet 40		733		733
DIXON, Jason	Unattached - Kendal	Vet 40		732		732
BROOKS, Graham	Unattached : North Shields	Vet 40			731	731
TRACY, Joseph	Unattached - Glasgow	Vet 40		731		731
BLAKE, Kevin	Unattached : Hull	Vet 50		729		729
TIPPEY, Paul	Unattached - Ilkley	Vet 50			729	729
MCDONAGH, Dennis	Unattached - London				728	728
OWEN, Phil	Fetcheveryone	Vet 40			727	727
TRUSWELL, Andy	ua Rochdale	Vet 40		726		726
WILLETT, Paul	Unattached	Vet 40			726	726
NOBLE, Phil	Unattached - Southport	Vet50	725			725
SMITH, Richard	Unattached - Keighley	Vet 40		725		725
EARL, Craig	Unattached : Stockton				724	724
WALTON, Colin	Unattached : Heald Green	Vet 50		724		724
BAZELEY-SMITH, Andrew	ua Hunstanton	Vet 40			722	722

LAMBERT, Gregory	Unattached - Carnforth	Vet60	722			722
ELLIOT, James	Unattached - Keswick	Vet 40			721	721
HARDCASTLE, Stuart	Swaledale Roadrunners	Vet 50		721		721
STOUT, John	Unattached	Vet50	721			721
GALLAGHER, Tom	Unattached - Cokermouth		720			720
YOUNG, Richard	ua Malmesbury	Vet 40		720		720
PELLEW, Jack	Newcastle Hash House Harriers				719	719
MCMASTER, John	Unattached - Warrington	Vet 50		718		718
WARD, Tim	Eden Runners	Vet 50			718	718
PEACOCK, Robert	Blaydon Harriers				717	717
GRAHAM, Stuart	ua Basingstoke		715			715
PEACOCK, Owen	Unattached : Shipton	Vet 40		715		715
DEWEY, Mark	Unattached : Market Harborough		714			714
SINGLETON, Ros	Unattached - Bristol	Vet 50		714		714
TRACEY, Mark	Unattached - Liverpool				714	714
CHAPMAN, Adam	Unattached :Timperley				713	713
JONES, Gari	Burnden Road Runners	Vet40	713			713
SURRIDGE, Jason	unattached : Colwyn Bay	Vet 40		713		713
SPEEDING, Mark	Unattached : Barrow in Furness			711		711
ACKROYD, Philip	Unattached : Hertford			710		710
COX, Peter	ua Tonbridge				710	710
SAUNDERS, Bryn	Unattached - Reading	Vet40	710			710
BLAKEBROUGH, Ian	Cheshire Hash	Vet 60			709	709
YOUNG, Nick	Unattached : Tynemouth	Vet40	709			709
GALLOWAY, Paul	Chorlton Runners		708			708
SUTTON, Peter	Pure AV	Vet 40		708		708
WYNN, Gareth	Unattached : Stocktonheath				708	708
HUGHES, Richard	Unattached : Bebington		707			707
FITZGERALD, Zac	Unattached - Manchester	Vet40	706			706
TOWNSEND, David	Unattached : brackley	Vet 40			706	706
CHAPPELL, Ian	Unattached : Carlisle	Vet40	705			705
HENRY, Rob	Unattached : Halberton			705		705
MATTHEWS, Tim	Abbey Combat Crew	Vet 50			704	704
HOULKER, Sam	Unattached : Darwen			703		703
PEEL, Ben	Skegness Coasters	Vet40	703			703
WHITE, Martin	Unattached - Carlisle	Vet 50			703	703
ATKINSON, Becca	Unattached - Kendal			701		701
KAIN, Paul	Unattached	Vet40	701			701
TAYLOR, Paul	ua Hassocks	Vet 40			701	701
CAMPBELL, Colin	Unattached : Askan-in-Furness	Vet 40			700	700
HARBACH, Stephen	carlisle Triathlon	Vet 50			699	699
HORNBY, William	Unattached : Cleator Moor	Vet50	699			699
PEARSON, Frank	Unattached - Liverpool	Vet 40		699		699
HIGHAM, Christian	Unattached - London				698	698
RILEY, George	Unattached : Nelson	Vet 60		698		698
MCDUGAL, Craig	Unattached : Carlisle	Vet40	697			697
MORRIS, Will	Unattached : Llangollen	Vet 50			696	696
ROUGH, Bryan	ua havant	Vet 50		696		696
HURLE, Richard Sion	Unattached : Telford	Vet40	695			695
ROUND, Paul	Unattached : Birmingham	Vet40	694			694
WHITEHEAD, Andrew	Unattached - Carnforth	Vet 40		694		694
FOSTER, Anthony	Burnden Road Runners	Vet60	693			693
BEECH, Robert	UK Net Runner				692	692
JONES, Simon	Unattached : Sawbridgeworth	Vet 40			690	690
WARDALE, Kevin	Ilkley Harriers	Vet 50		690		690

JOHNSON, Paul	Burnden Road Runners	Vet40	689			689
COLLINS, Michael	Unattached - Ross-on-Wye	Vet 40		688		688
BECKETT, Alun	Unattached : Thatcham				687	687
WILD, Johnny	Lytham St Annes RRC	Vet 50		686		686
SYMMS, Nigel	Newcastle AC - Staffs	Vet 40		685		685
CHAFFE, Rob	Unattached - Lancashire	Vet40	684			684
LOWE, Michael	Unattached - Skipton			684		684
CLARKE, John	Triathlon Inverness	Vet 50			683	683
PARKE, Steve	Unattached Darlington	Vet50	683			683
MOSES, Brian	Unattached : Wirral	Vet 40		682		682
PARKE, Michael	Unattached Darlington	Vet40	682			682
REID, Alistair	Unattached : Chester	Vet 50			682	682
CHEW, Chris	Unattached - Kendal	Vet 40		681		681
THURGOOD, Steven	Unattached : Hemel Hempstead				681	681
MATTHEWS, Jason	Bridgnorth Running Club				680	680
HILDRED, Jeremy	Unattached : Matlock	Vet 40			679	679
WILLOWS, Jonathan	ua Fishlake	Vet 40		678		678
DAVIES, Robert	ua st Asaph				677	677
MCCARTHY, John	Unattached - Warrington	Vet40	677			677
DODS, Jack	Unattached : Worsley		676			676
GRANT, Tim	ua Caversham	Vet 40		676		676
HOWES, Stephen	Unattached : grassington	Vet 40			676	676
LUNT, Eric	Unattached - Manchester				675	675
BACKHOUSE, Sean	Unattached : Selby	Vet 40			674	674
CARTER, M	Unattached : Berkhamsted	Vet 40		674		674
JACKSON, Peter	Unattached : Millom	Vet 60		672		672
TICKNER, Paul	West Cumberland Orienteering Club	Vet50	672			672
WILSON, Stephen	Unattached : Grange-Over-Sands	Vet 40			672	672
DALGAMO, Mark	Unattached - Newcastle	Vet 40		670		670
ALLIN, Steven	Unattached : Chorley	Vet 40		669		669
COLEMAN, Edmund	Unattached - Glasgow		669			669
NEWMAN, Stuart	Unattached : Felsted	Vet 40			669	669
COOPER, Ian	Unattached Whitley bay	Vet 40			668	668
GATHERER, David	Unattached - Sunderland	Vet 60			667	667
HOLMES, Neville	Unattached : Millom	Vet40	667			667
GREEN, Joshua	Unattached - London				666	666
JARVIS, Paul	Unattached : Accrington			666		666
ROWLANDS, Dominic	ua Eaglescliffe	Vet40	666			666
LLOYD-HAYDOCK, Allan	Unattached : Appleby	Vet 40			664	664
WHITESIDE, Peter	Burnden Road Runners	Vet60	663			663
FELTON, Paul	Unattached : Leeds	Vet 40			662	662
LANE, Peter	Unattached : Bury St Edmonds			662		662
RAWLES, Simon	Unattached - London	Vet40	662			662
DUNN, Mike	Headington Roadrunners	Vet 60		661		661
BURTON, Philip	Unattached - Windermere	Vet 50			660	660
GREENALL, Chris	Burnden Road Runners	Vet40	660			660
MURPHY, William	Ford Halewood AC	Vet 70		660		660
KRAFT, Ted	Scarborough AC	Vet 60		659		659
MANGAN, Dave	Penny Lane Striders	Vet 50			659	659
SPURLING, Peter	Unattached : Chester	Vet50	659			659
BATEY, Alan	Unattached : Haltwhistle	Vet40	658			658
CLARK, Robert	AUSTRALIA- Turrumurra	Vet 50			658	658
CROPPER, Nick	Unattached : Billingshurst	Vet 50		658		658
HALL, John	Burnden Road Runners	Vet50	657			657
HUTTON, Phil	Unattached	Vet 60		657		657

MUSTOE, Matt	Unattached				657	657
WOOD, Iain	Unattached - Ormskirk	Vet 40		656		656
WILSON, Kim	Unattached - Newcastle		655			655
OSWALD, John	Heaton Harriers	Vet 60			654	654
HARGROVE, Stuart	ua Gainford	Vet40	653			653
HUXFORD, Peter	Unattached : York	Vet 60			653	653
JONES, Ian	Unattached : Blandford Forum	Vet 40			652	652
JORDAN, Graham	Unattached - Stockton-on-Tees	Vet50	652			652
ADAMSON, Stuart	Unattached - Bradford	Vet 50		651		651
GRAHAM, David	Carlisle Triathlon				651	651
HOLDEN, Phil	Burnden Road Runners	Vet40	650			650
PHILLIPS, Steven	Chorlton Runners	Vet 50			650	650
JACKSON, Jon	Unattached	Vet 40			649	649
ROBSON, Chris	St Bees Triers	Vet 70		649		649
PETERSON, David	Unattached	Vet50	648			648
WOLD, Neil	Unattached : Ashington				648	648
DAVIES, Alan	North Wales Road Runners Club	Vet50	647			647
LONG, Roger	Westbury Harriers	Vet 70			647	647
SHEARD, Jake	Unattached - Carlisle			647		647
SCOTT, Mike	Team Grassbanks	Vet 50			646	646
WARNER-JONES, Stephen	Unattached : Chorley		645			645
RICHARDSON, Clive	ua Eastbourne	Vet 70			643	643
BELFORD, Alison	Formby Stormers	Vet 50			642	642
SWEEPING, Robert	Nidd Valley Road Runners	Vet60	641			641
COMAISH, John	isle of man	Vet60	640			640
STEVENS, David	Unattached - Liverpool	Vet 50			640	640
PEARCE, Jonathan	Unattached : Wroughton	Vet 40			639	639
BARNES, Darren	Unattached : Saffron Walden				638	638
ELSENDER, Neil	Unattached	Vet40	636			636
BLAKESTONE, Mike	Unattached - Sheffield	Vet 50			635	635
CROWDER, Ben	Unattached : Burnopfield		635			635
EVANS, Nigel	Unattached : Gloucester	Vet 60			634	634
MCCLEMENT, Duncan	Unattached - Glasgow		633			633
SMITH, Ian	Harmeny AC	Vet 50			633	633
GOLD, Adam	Trull Troggers		632			632
SMITH, Jools	Unattached : Hitchin				632	632
WINCH, Jonathan	Unattached - Newcastle	Vet40	631			631
JONES, Christopher	Unattached - Sale				630	630
MODEN, Liam	Unattached - Haslingden	Vet40	630			630
HARTWELL, Ian	Unattached - Manchester		629			629
LEO, Phil	Unattached - Manchester				629	629
HAMBLETT, Steven	Unattached - Warrington	Vet 40			628	628
ESSELMONT, Don	ua Fetcham	Vet 50			627	627
HARGREAVES, William	Unattached : Bolton	Vet50	627			627
FORD, Lee	Unattached : Stakeford				626	626
WOODCOCK, Andrew	ua Bakewell	Vet40	626			626
O'NEILL, Connall	Unattached		625			625
GILES, Thomas	Trail Running Association	Vet 40			623	623
LOCKWOOD, Carl	Unattached : Leeds	Vet 50			622	622
STOREY, Mel	Unattached : Culcheth	Vet50	622			622
BILLINGTON, Christopher	Unattached - Southport		621			621
WALKE, Robert	Unattached : Hexham	Vet60	616			616
BUTTERWORTH, Darren	Unattached - Bolton		615			615
WHATCOTT, Craig	Unattached - Preston		613			613
CURTIS, Malcolm	Unattached Durham	Vet50	612			612

