

Name	Club	Category	Cartmel	Hawkshead	Kentmere	Total
LLOYD, Adam	Bromsgrove & Redditch AC		989	999	994	2982
HOLDSWORTH, Breton	Clayton le Moors Harriers		984	994	995	2973
BRENNAN, Steven	Glaxo Hoad Hill Harriers	Vet40	983	993	993	2969
GREGORY, Paul	Wesham Road Runners		977	985	986	2948
TRUDGEON, Steve	Harrogate Harriers	Vet50	976	965	989	2930
WILKINSON, Mathew	Unattached : Lytham St Annes		963	983	979	2925
METCALF, Alan	Preston Harriers	Vet50	966	978	978	2922
COOPER, Stephen	Unattached : Ealing		962	979	980	2921
ELLITHORN, Mark	Chorley Athletic and Tri Club	Vet40	978	981	962	2921
HOPPER, Jon	Unattached : Didsbury		969	974	971	2914
BARK, Stephen	Skegness Coasters	Vet40	961	971	981	2913
WILLIAMS, Michael	Unattached : Chester		968	960	972	2900
FISHPOOL, Peter	Unattached - Drifffield	Vet40	960	967	951	2878
CROMPTON, Carl	ua Staveley		949	966	961	2876
WEST, Simon	Unattached : Cleator Moor		927	972	969	2868
ROBERTS, Mike	Durham Tri		940	963	958	2861
CROMPTON, Sam	Unattached - Kendal		878	976	968	2822
KNOWLES, John	Unattached : Oxford	Vet60	923	950	949	2822
MORGAN-HILLAM, Mark	Unattached - Wigan	Vet40	915	957	925	2797
KNOWLES, Matt	Unattached - Gateshead		830	975	990	2795
BROWN, Steve	Unattached : Windermere	Vet40	898	952	933	2783
SPOONER, John	Lancaster & Morcambe AC	Vet40	908	941	934	2783
HAUGHTON, Richard	Wesham Road Runners		939	961	879	2779
MACDONALD, Alasdair	ua	Vet 40	918	905	946	2769
RICHARDSON, Neil	Unattached : Lockerbie		905	912	936	2753
WILSON, Richard	Unattached : Carlisle	Vet40	914	878	950	2742
PERREN, Steve	Meltham AC	Vet40	906	929	899	2734
CUTLER, Peitr	Unattached : Chorley		901	910	903	2714
LANGTON, Rob	The Always Merk		893	872	945	2710
HAWKER, Jon	Delamere Spartans	Vet50	907	895	907	2709
LEATHERAN, Andy	Unattached - Kendal	Vet40	875	915	919	2709
IVEY, Stephen	Unattached - Manchester	Vet40	895	913	895	2703
CHARLES, Terry	Delamere Spartans	Vet50	899	901	898	2698
GREGSON, Craig	LancashireFire&Rescue Service		891	871	922	2684
VAUGHAN, David	Unattached - Ormskirk		865	906	909	2680
BELL, Alistair	Unattached : Carlisle		847	893	920	2660
LECK, Michael	Lancaster & Morcambe AC	Vet60	867	885	908	2660
ROBBINS, Keith	Unattached : Tarporley	Vet40	860	879	921	2660
TACK, Christopher	North Shields Polly		870	916	869	2655
SMITH, Richard	Ackworth Road Runners	Vet50	881	859	891	2631
SPRIGGS, Gary	Unattached : St Helens	Vet40	880	866	870	2616
MURRAY, Angus	Unattached - Kendal	Vet40	842	857	897	2596
WALKER, David	Unattached - London		772	907	905	2584
MALTBY, Tomas	Unattached - Manchester		816	874	892	2582
PARKER, Alan	Unattached : Stoke On Trent	Vet40	841	853	868	2562
MIDDLEMISS, Martin	Mutzig Tri	Vet40	840	846	852	2538
HART, Stephen	Unattached - Manchester		837	868	825	2530
WOODWARD, Rob	Unattached - Kendal		884	831	815	2530
DUGGAN, Steve	Totley AC	Vet40	813	825	886	2524
FORSYTH, John	Unattached	Vet50	817	848	844	2509
MERCER, Trevor	Unattached : Darwen	Vet60	815	836	853	2504
MACINNIS, Thomas	Unattached : Whitehaven		802	819	877	2498
ASHWORTH, David	Unattached - Bolton	Vet50	792	844	836	2472
BURNS, Laurence	Unattached : Stoke On Trent		793	840	833	2466
KENDAL, Kev	Howgill Harriers	Vet40	820	822	823	2465
KEENAGHAN, Martin	Unattached : St Helens		734	862	857	2453
PAPE, Nick	Unattached : Long Eaton	Vet40	791	820	832	2443
LOGAN, Johnny	Unattached : Duns	Vet40	651	890	884	2425
FIDLER, Mark	Ellesmere Port Running Club	Vet40	812	785	826	2423
ROCHE, Paul	Merseyside Police	Vet50	826	741	841	2408
LANG, Andrew	Meltham AC	Vet40	775	800	804	2379
GINDER-POULSEN, Robert	Unattached - Cheadle	Vet40	800	783	787	2370
LAWTON, Graham	Unattached - Lancaster		828	786	754	2368
JONES, Alan	Unattached : Wilmslow	Vet50	798	784	784	2366
VINCENT, Chris	Unattached - Ormskirk	Vet40	755	765	802	2322
HILL, Simon	ua Northallerton		777	749	788	2314
WALDRAM, Paul	Unattached - Bolton		795	718	793	2306
PARKINS, Joe	Unattached - Kendal	Vet40	810	729	763	2302
KIRKMAN, Ben	Unattached - Manchester		761	763	746	2270

EVANS, David	Unattached - Ormskirk		742	721	771	2234
HOWARD, Scott	Unattached : Hartlepool	Vet40	856	571	792	2219
TAN, Andrew	Unattached - Cheadle		705	726	767	2198
OLIVER, Tim	Unattached - Penrith	Vet40	716	709	765	2190
MYATT, Robert	Unattached - Stoke-on-Trent	Vet40	732	705	740	2177
RAYNER, Ian	Unattached - Leeds	Vet50	704	727	745	2176
WALKER, Rob	Unattached - Bacup	Vet40	706	697	770	2173
MAYSON, Anthony	Lancaster & Morcambe AC		709	692	739	2140
MCGLEENAN, Sean	Unattached - Dumfries	Vet50	707	646	785	2138
TSVERIK, George	Headington Roadrunners	Vet40	699	715	707	2121
DARWIN, Alan	Hyde Park Harriers	Vet40	689	690	731	2110
CASELS, David	Unattached : Ayr	Vet50	687	653	766	2106
PLEASANCE, Robert	Unattached - Manchester	Vet40	701	652	743	2096
MOTT, Andy	Unattached : Northwich	Vet40	768	628	687	2083
NAGAR, Igal	Unattached : Sutton Coldfield	Vet50	688	630	742	2060
ROBB, Nick	Tynedale Harriers	Vet50	681	639	732	2052
WHEATLEY, Richard	Redhill Road Runners	Vet40	679	648	720	2047
SPICKETT, Gavin	Tynedale Harriers	Vet50	680	634	730	2044
WHITELEY, Gary	Unattached - Manchester	Vet40	695	608	728	2031
PEERS, Adam	ua Asics			1000	1000	2000
FRENCH, John	Eden Runners			998	998	1996
HOLLOWBREAD, Andrew	Unattached Durham	Vet40	667	625	703	1995
LOUGHRAN, Joe	Unattached - Stoke-on-Trent	Vet60	658	615	719	1992
GREGORY , Stewart	Holme Pierrepont RC	Vet40	987	997		1984
PRICE, Martin	ua Clapham		981		992	1973
GREGSON, Wayne	Tri Preston			984	987	1971
BALL, Malcolm	North Norfolk Beach Runners	Vet70	670	596	704	1970
REILLY, Paul	Coniston Fell Running Club		982		983	1965
WALKER, Thomas	Team Sixteen		653	597	696	1946
BELFORD, Alison	Formby Stormers	Vet50	654	598	693	1945
ELWELL, Jonathan	Tri Preston			982	956	1938
MURPHY, William	Ford Halewood AC	Vet70	659	584	690	1933
BUTLER, Dave	Unattached - Penrith	Vet40	644	585	700	1929
JENNER, Anthony	Unattached - Sunderland	Vet40	656	583	688	1927
LLOYD, Jon	Unattached : Grange Over Sands	Vet40	655	581	691	1927
CHAMBERS, Rob	Unattached - Skipton	Vet40	957	968		1925
NOBLE, Colin	Bridnorth Running Club			959	960	1919
ALLISON, Mike	Unattached - Penrith	Vet50	953	964		1917
BLAKENEY, Paul	Sheffield Running Club	Vet60		956	957	1913
MODEN, Liam	Unattached - Haslingden	Vet40	646	578	686	1910
PAYNE, Jonathan	Unattached - London			940	964	1904
SAMUELSON, Peter	Spectrum Striders	Vet60	638	577	689	1904
BRADLEY, Gerald	Unattached : West Cornforth	Vet40	642	575	683	1900
PRIVETT, Andy	Unattached - Leyland		930	970		1900
WARD, Jerry	Unattached : Market Harborough	Vet40	948	946		1894
MYERS, Christian	Unattached - Hebden Bridge			937	947	1884
NOLAN, David	Lowfell Running Club			934	948	1882
HEATH, Janson	Rocktart Runners	Vet40	947		931	1878
MILLINGTON, Graham	Wigan Harriers AC	Vet40	932	935		1867
LOUGHRAN, Jeremy	Unattached : Stoke On Trent	Vet50	919	936		1855
MANSFIELD, Wayne	Unattached : Wilmslow	Vet40		914	940	1854
SUTHERLAND, Andrew	Unattached : Brentwood	Vet40		927	917	1844
MCINTOSH, Alastair	Unattached - Warrington			911	932	1843
FORTUN , Phil	Coniston Fell Running Club			926	914	1840
BARTRAM, Tom	Unattached			897	941	1838
STEELE, Clive	Unattached : Carlisle	Vet40	916	922		1838
TULLY, Christopher	Unattached : Waterloo			909	924	1833
HOWARD, Darren	Unattached - Liverpool			908	913	1821
LOGAN, David	Unattached - Brighouse			951	867	1818
UNDERHILL, Kevan	Cheshire Hash	Vet50		903	912	1815
GILLMAN, Darren	Spa Striders	Vet40	894	892		1786
COLBY, Charles	Wesham Road Runners	Vet40	876		875	1751
GEHRE, Alexander	Unattached - Newcastle		854	896		1750
HUYTON, Stephen	Unattached - Ormskirk		887	856		1743
WILLIS, Greg	Unattached - Birmingham		849		888	1737
MCCARTHY, Jeff	Rochdale Harriers	Vet40	850	884		1734
SUMNER, Allan	Unattached : Poulton Le Fylde	Vet40	859	875		1734
WARDLE, Doug	Unattached - Clithroe	Vet50		835	896	1731
STRANG, Neil	Unattached			880	850	1730
HUGHES , Ian	Guinea Pig Racing Club		845	882		1727

GREEN, Jon	Unattached - Blackpool	Vet40		845	881	1726
WILDE, Mark	Unattached : Wirral	Vet40		796	916	1712
PADGETT, Ray	Unattached : Grange-Over-Sands	Vet60		818	893	1711
CLARKE, Gary	Rocktart Runners		861	847		1708
COSGROVE, Bryan	Unattached - Manchester			869	834	1703
THORPE, Mark	Unattached - Preston	Vet40	872		824	1696
RICHARDS, Garry	Unattached - Wakefield	Vet50		837	858	1695
HANRAHAN, Neil	Unattached : Widnes		843		851	1694
LUNAN, Michael	Unattached - Leyland		836	858		1694
COPP, Jason	Unattached - Birmingham	Vet40		795	880	1675
SMALLBONE, Kieran	Unattached - Manchester		832		842	1674
BEND, Matthew	Unattached		819		848	1667
BIBBY, Justin	Unattached - Cokermouth	Vet40	857		807	1664
LOOKER, Ian	Unattached	Vet40		817	827	1644
SWEENEY, Derek	Unattached : Windermere	Vet50		791	840	1631
GREEN, Duncan	Unattached : Marple		825	788		1613
KELLY, Graham	Unattached - Liverpool	Vet50		780	830	1610
TUSHINGHAM, Simon	Unattached - Cheadle		779	826		1605
OATES, Andrew	Blackburn Road Runners	Vet40	797		794	1591
GAGON, Steven	Unattached - Manchester	Vet40	818	771		1589
DUNCAN, Alastair	Unattached - Preston		764	823		1587
MALE, Les	Unattached - Cambridge	Vet40		768	809	1577
POOLE, Simon	Unattached : St Helens	Vet40		803	773	1576
HATTON, Julian	Unattached Darlington	Vet40	776		799	1575
QUINNELL, Pete	ua Nantwich			751	811	1562
SATTERLY, Charles	Lancaster & Morcambe AC	Vet40	785	770		1555
BASHAM, Lawrence	Ilkley Harriers	Vet40	929	617		1546
HARRISON, Roger	Cheshire Hash	Vet50		743	797	1540
WATSON, Richard	Unattached : Allithwaite			734	798	1532
CULLEN, Steven	Unattached : Monton		735		795	1530
HARPER, Peter	ua Selby	Vet50	782	747		1529
WEBSTER, Stephen	Unattached - Huddersfield	Vet50	736	792		1528
BAILEY, Mark	ua Slough	Vet40	727	789		1516
COATES, David	Alnwick Harriers	Vet50		759	757	1516
KNIGHTON, Simon	Unattached : Aldbourne	Vet60	762	753		1515
LUNAN, David	Unattached - Leyland	Vet60	773	739		1512
ALLONBY, Vince	Unattached : Ulverston	Vet40	749		762	1511
DOUGLAS, Chris	Unattached : Delph	Vet50	737	769		1506
SMITH, Michael	Olney Runners	Vet50	751	750		1501
MAYSON, Richard	Unattached	Vet50	723	772		1495
BARNISH, Peter	Unattached : Wilmslow	Vet50	745	745		1490
BLACKMORE, Jonathan	Unattached : Chesterfield	Vet40	747	736		1483
MACNAMEE, Ian	Unattached : Breaston	Vet40	786	695		1481
GALLAGHER, Tom	Unattached - Cokermouth		731	748		1479
JONES, Andrew	Unattached : Prescot			710	769	1479
LUNT, Eric	Unattached - Manchester			733	736	1469
THOMPSON, Nick	Meltham AC	Vet50	722		747	1469
PANTON, Owen	Unattached : Widnes		714		752	1466
WILLIAMSON, David	Swinton Running Club	Vet40	739		721	1460
BLADES, Gary	UA Quorn	Vet40		704	755	1459
BELL, Stuart	Kendal AC	Vet50	677		774	1451
CRAGGS, Paul	Unattached - Ilkley		750	694		1444
WOLSTENHOLME, Nigel	Unattached - Manchester			640	803	1443
OUTTERSIDE, James	Unattached - Cheadle		692		750	1442
BRIGHT, David	Unattached : Chester-Le-Street	Vet40		651	790	1441
SPOONER, Steve	Unattached : Bollington	Vet40		654	779	1433
CAMPBELL, Colin	Unattached : Askan-in-Furness	Vet40		645	782	1427
STACEY, James	Warwick Wasps		728	699		1427
MARSH, Kenny	Unattached : St Helens	Vet50	686	738		1424
BROHAN, Stephen	Unattached - Worcester	Vet40	710		712	1422
MILLS, Mark	South Cheshire Harriers	Vet40		638	772	1410
SALLIE, Damien	Center Parcs			650	753	1403
HIGGINSON, Ben	Preston Harriers	Vet50		643	744	1387
HOWARD, Simon	Rocktart Runners	Vet40	678		709	1387
BURKE, Howard	Unattached	Vet40		649	735	1384
TAYLOR, Nick	Unattached : Cartmel	Vet40	664		718	1382
WOOD, Andrew	Unattached : Leighton Buzzard	Vet40		636	734	1370
HASLAM, Nick	Unattached - Kendal	Vet40	648		715	1363
THOMAS, Paul	Unattached - Witney	Vet60		632	724	1356
MUTHALALY, Saju	Unattached - Kendal		665		681	1346

HUGHES, Mark	Unattached - Southport	Vet40		637	708	1345
TAYLOR, Martin	Brabond	Vet40		621	716	1337
CHEW, Chris	Unattached - Kendal	Vet40	650		685	1335
IBBOTSON, Ian	Unattached : Windermere	Vet50	649		684	1333
JONES, Melvyn	Swinton Running Club	Vet50		612	714	1326
ROLLASTON, S	Unattached - Stockport	Vet40	708	595		1303
SWEETING, Robert	Nidd Valley Road Runners	Vet60		604	694	1298
LANE, Peter	Unattached : Bury St Edmonds			592	692	1284
GALLAGHER, Chris	Unattached - Preston		676	607		1283
HOLLOWAY, Ian	Unattached : Whitley Bay	Vet60		569	675	1244
JONES, Owain	Unattached : Holywell		640	576		1216
ROBSON, Chris	St Bees Triers	Vet70	636	572		1208
BELL, Carl	Keswick AC		1000			1000
BROWN, John	Ambleside AC	Vet40	999			999
SCOTNEY, Marcus	Howgill Harriers				999	999
LEWIS, Matthew	Unattached - London				997	997
CROMBIE, Alexander	Alnwick Harriers	Vet40		996		996
MCGRATH, John	Ambleside AC	Vet 40			996	996
DEEGAN, Jon	Ambleside AC	Vet40		995		995
BLYTHE, Adam	Unattached - London			992		992
ESSEX-CROSBY, Chris	Blackpool, Wyre & Fylde AC			991		991
PENN, Marc	St Bees Triers				991	991
SHINOHARA, Satoshi	ua Tokyo	Vet40		990		990
VAN DER LAND, Cees	Lekker Bezig			989		989
AUSTIN, Tim	Pudsley & Bramley AC, Leeds				988	988
NELSON, John	Alchester	Vet50		988		988
SISSON, William	Unattached : Grange-Over-Sands			987		987
HALL, David	North Herts Road Runners			986		986
WHITTEM, Alex	Calder Valley Fell Runners		986			986
DONNELLY, Chris	Unattached : Sale		985			985
MORLEY, Andy	Unattached				985	985
BARRETT, Tim	Creation PT				984	984
MCFIE, Andy	Todmorden Harriers	Vet 40			982	982
DAVIES, Mark	North Wales Road Runners Club		980			980
LOWE, David	Alnwick Harriers	Vet40		980		980
HAMILTON, Walter	Unattached - Edinburgh		979			979
ALISON, Mike	Unattached - Penrith	Vet 50			977	977
WILLIAMS, Stephen	ua Doune	Vet40		977		977
DARLINGTON, Simon	Unattached - Manchester	Vet 40			976	976
NICHOLLS, Scott	Unattached - Leamington Spa				975	975
THOMPSON, Matthew	Manchester Tri Club		975			975
BRODRICK, Matthew	Unattached - Middlesborough				974	974
LEADBETTER, Adam	Spectrum Striders		974			974
DOUGLAS, John	Allithwaite and District	Vet40		973		973
NANCOLAS, Alexander	Valley Striders, Leeds		973			973
WRIGHT, Chris	Unattached : Wirral	Vet 50			973	973
MELIA, Jonathan	Unattached : Rawtenstall	Vet40	972			972
SOMERVILLE, Simon	Staffordshire Moorlands	Vet40	971			971
HOLGATE, Mark	Unattached : Heysham	Vet40	970			970
KENNEDY, Michael	UA Meols	Vet 40			970	970
HARRIS, Mike	Wigan Harriers AC	Vet40		969		969
JARDIN, David	Elswick Harriers	Vet 40			967	967
LEMAITRE, Gregoire	Unattached - London		967			967
WOODRUFFE, Stephen	Tunbridge wells Harriers	Vet 50			966	966
CAMPION, Adam	Keswick AC	Vet 40			965	965
LEE, Benjamin	Unattached - Edinburgh		965			965
DENNISTON, Alastair	Unattached : Birmingham		964			964
NEEN, Phil	Unattached	Vet 40			963	963
CROOK, Mark	Cambridge H			962		962
MCGOWAN, Glen	Unattached : Lutterworth	Vet50	959			959
STUART, Stephen	Unattached : Banbury	Vet 40			959	959
BODDY, Mike	Unattached - York	Vet40		958		958
MASSEY, Peter	Unattached - Newcastle	Vet40	958			958
NEVIN, Mark	Manchester Tri Club	Vet40	956			956
COY, Tom	ua Bathgate		955			955
LOWSON, Jim	Unattached - Stirling	Vet50		955		955
SHELTON, Andy	Skegness Coasters	Vet 40			955	955
HUGHES, Paul	Claremont Road Runners		954			954
MONKS, John	Unattached - Bolton	Vet60		954		954
RACE, Ian	Unattached - Southport	Vet 50			954	954

TEDCASTLE, Martin	Unattached : Grange-Over-Sands	Vet 40			953	953
WADE, Chris	North Norfolk Beach Runners			953		953
SEAR, Jon	Lancaster & Morcambe AC		952			952
TREHARNE, Gareth	Unattached - Glasgow	Vet 40			952	952
OLIVER, Adam	Unattached : Stourbridge		951			951
TERRY, Jon	Unattached : Sale	Vet40	950			950
HEINEMANN, Niklas	Unattached - Newcastle			949		949
BOOTH, William	Unattached : Dunblane	Vet50		948		948
BENNETT, Tim	Unattached - Carnforth	Vet40		947		947
REES, Andy	Unattached Durham		946			946
HALL, David	North Shields Polytechnic AC	Vet50	945			945
HESKETH, Tony	Horwich RMI Harriers	Vet60		945		945
AVELLANA, David	Unattached - Newcastle	Vet40		944		944
FRANCIS, Trevor	Mac1 Fitness		944			944
ANTILL, David	Tyne Bridge Harriers				943	943
FLETCHER, Ben	Unattached : Frodsham		943			943
SPILLER, Adam	Alnwick Harriers	Vet40		943		943
CHRISP, Paul	Delamere Spartans	Vet 50			942	942
EVISON, Matthew	Unattached - Manchester		942			942
KYLE, Andrew	Unattached : Spennymoor			942		942
SWINDLES, Paul	Unattached - Manchester		941			941
PROUT, David	Unattached - Preston			939		939
SIMISTER, Mathew	Unattached : Northwich	Vet 40			939	939
BROWN, Jamie	Unattached : Dunfermline				938	938
DRING, Craig	Keswick AC	Vet40		938		938
FAULDS, Colin	Unattached : Bolton		938			938
DEXTER, Chris	Unattached : Ulverston		937			937
WILLIAMS, Michael	Unattached : Northampton	Vet 60			937	937
GAVIN, Sean	North Wales Road Runners Club		936			936
CAMPBELL, Tim	Unattached - Warrington				935	935
MAUDSLEY, Eric	Unattached - Liverpool	Vet40	935			935
PATTEN, Graham	Lakeland Trails Race Director	Vet50	934			934
DEEMING, Gary	Unattached	Vet50		933		933
WALKER, Graham	Unattached : Doncaster		933			933
MCMILLAN, Ian	Unattached	Vet50		932		932
THOMAS, JP	Guinea Pig Racing Club		931			931
WALSH, Niall	Unattached : Lincoln			931		931
COTTERILL, Roger	Unattached - Alsager	Vet50		930		930
HUGHES, Martin	Chorley Harriers	Vet 40			930	930
JACKSON, Simon	Unattached - Keswick				929	929
DOBNEY, Marc	Unattached : Nelson	Vet40	928			928
GRANGE, Hew	Unattached : Oxford				928	928
JORDAN, Stephen	Unattached : Buckingham	Vet50		928		928
ALEXANDER, John	Unattached - Kendal	Vet 40			927	927
HENDLEY, Darren	York Knavesmire Harriers	Vet40	926			926
MARSHALL, Alan	Eden Runners	Vet 50			926	926
RILEY, Stu	Tri Preston			925		925
TUNNICLIFFE, Andy	Unattached - Kendal		925			925
JOHNSTON, Mark	TriTalk		924			924
SHAW, Graham	Bolton Harriers	Vet50		924		924
PONCIA, Nick	ua Paddock			923		923
SWINDLES, Paul	Unattached - Manchester				923	923
FLITTNER, James	Australia		922			922
GARDINER, Jonathan	Unattached : Poulton Le Fylde		921			921
ROSSITER, Matthew	ua Stockton on Tees			921		921
COLLINS, Paul	Wirral AC	Vet40	920			920
JONES, Gary	Bolton Harriers	Vet50		920		920
HIBBERT, Martin	Unattached : Billington	Vet40		919		919
BRISCOE, Antony	Unattached - Workington	Vet50		918		918
ELLIS, David	Weaverham Shadows				918	918
GREEN, Ben	GCF			917		917
LAUCHT, Richard	Unattached - Edinburgh		917			917
CARPENTER, Peter	Ellesmere Port Running Club	Vet 50			915	915
COLLINS, Jim	Unattached - Kendal	Vet40	913			913
COOPER, Nicholas	Shelton Striders	Vet50	912			912
LANE, Gary	Coniston Fell Running Club	Vet 40			911	911
PROCTER, Jonathan	Comic Relief		911			911
COTTERILL, Roger	Unattached - Stoke-on-Trent	Vet40	910			910
ELEY, Duncan	Unattached : Ulverston				910	910
MORAN, Edward	Unattached : Birmingham	Vet40	909			909

SMITH, Sean	Sweatshop Running Community	Vet 40			906	906
BURNS, Graeme	Unattached - Congleton	Vet40	904			904
COOMBES, Greg	Unattached - Crewe			904		904
ELLMAN, Jeremy	Claremont Road Runners	Vet 50			904	904
JACKSON, Andrew	Unattached - Knutsford	Vet40	903			903
BLACKBURN, Carl	Unattached : Carlisle			902		902
MILLS, Michael	Unattached : Barnsley	Vet 40			902	902
VAN PRAAGH, Russell	Unattached - London		902			902
ARCHMAN, Phil	Unattached : Yarm	Vet 50			901	901
BLACKBURN, Ben	Unattached - Preston		900			900
KIRKBY, Andrew	St Bees Triers			900		900
METHAM, Paul	Ua Altrincham				900	900
BREWSTER, Keith	Valley Striders, Leeds	Vet50		899		899
HUNTER, Craig	Unattached : York			898		898
WILMORE, Mike	Unattached	Vet60	897			897
BARNARD, Mark	Unattached : Henley in Arden	Vet50	896			896
LOWE, Geoff	Charlbury Cricket Club	Vet 50			894	894
RANKIN, Iain	Unattached : Macclesfield	Vet40		894		894
HAYTON, Adam	Unattached : Beverley	Vet40	892			892
MATTHEWS, Harry	Elswick Harriers	Vet60		891		891
PHILLIPS, Andrew	Unattached - Manchester				890	890
STANBRIDGE, Micah	Unattached - Edinburgh		890			890
GARNER, William	Unattached - Blackburn	Vet40		889		889
JAMES, Andrew	Carnegie Harriers	Vet40	889			889
MCGIVERN, Andy	Unattached : Wirral				889	889
DOCTOR, Mark	Alnwick Harriers			888		888
RAWLINSOON, P	Unattached : Grange-Over-Sands		888			888
BRAY, Jon	Unattached - Manchester			887		887
HORNE, Larry	Unattached - Penrith	Vet 50			887	887
CONLEY, Iain	Unattached - Hebden Bridge	Vet40		886		886
MORRISON, Sean	ua Drymen		886			886
MCGRATH, Jim	Unattached - Clithroe	Vet40	885			885
SMITH, Craig	Unattached	Vet 50			885	885
HARDINGHAM, Andrew	Unattached : Bolton		883			883
SAYLE, Arran	Unattached : Nelson			883		883
SIMPSON, Sydney	Unattached - Halifax	Vet 50			883	883
PIPE, Robert	Unattached : Thornton Cleveleys		882			882
RADCLIFFE, Mark	Unattached	Vet 40			882	882
PARKER, Stephen	Unattached : Chester	Vet50		881		881
BURDON, Andrew	Mac1 Fitness		879			879
ANDREWS, Ian	Unattached				878	878
JUBB, Michael	Unattached : Ulverston		877			877
EVERETT, Iain	Unattached : York			876		876
HARDWICK, Rob	Penny Lane Striders	Vet 40			876	876
MCCLUSKEY, David	Unattached - Warrington		874			874
VAN ALDERWEGEN, Damian	Sale Harriers	Vet 40			874	874
ELLIOTT, Michael	ua Tebay		873			873
GUY, Tom	Unattached - Harrogate			873		873
WILLIAMS, Red	Unattached : Market Harborough	Vet 50			873	873
CRAME, Steve	Unattached - Kendal	Vet 50			872	872
BROWN, Steve	Unattached : Dunfermline	Vet 40			871	871
LUFF, Vaughan	Unattached - London	Vet40	871			871
MACFARLANE, Paul	Batala Mountain Runners			870		870
ROBINSON, Paul	Elswick Harriers		869			869
GRISHIN, Ilya	Lancaster University Running		868			868
MUDD, Andrew	Prestwich AC	Vet50		867		867
HUNTER, Neil	Unattached : Leighton Buzzard	Vet 40			866	866
LIMBERT, Karl	ua Maidstone		866			866
HEATHCOTE, Ben	Unattached : Hexham			865		865
PIERCE, Simon	Unattached : Leeds	Vet 40			865	865
HOLDEN, Andrew	Unattached - Manchester	Vet 40			864	864
SCHOFIELD, Graham	Chorley Harriers	Vet50	864			864
SMITH, William	St Albans Striders	Vet50		864		864
ALLTREE, Dale	Unattached : Haltwhistle		863			863
NAYLOR, Martin	Unattached : Leeds			863		863
SOUSA, Demis	Unattached - London	Vet 40			863	863
KLINGER, Joel	Unattached - Sheffield				862	862
STEELE, John	Unattached - Wigton	Vet50	862			862
CARTER, Chris	Creation PT				861	861
TUFFIN, Rob	Unattached			861		861

HETHERINGTON, Craig	Stirling Tri Club			860		860
REVILL, Jon	Unattached				860	860
DAVIES, David	Unattached : Dalton				859	859
MCKELLOR, Stewart	Unattached : Clackmannan		858			858
ROBERTS, William	Unattached				856	856
ANSTEY, Rich	Unattached - London			855		855
PEARCE, Martyn	Unattached Menston	Vet 40			855	855
SMITH, Will	Unattached - Lancaster		855			855
FRASER, Andrew	Unattached - Edinburgh	Vet40		854		854
HILTON, Darren	Unattached : Shrewsbury	Vet 40			854	854
ASHCROFT, David	Unattached - Warrington	Vet50	853			853
MARSDEN, Joanne	Tynedale Harriers	Vet40	852			852
SPENCER, Steven	Unattached : Leeds	Vet40		852		852
OLDFIELD, Steven	Unattached		851			851
WILKINSON, Craig	Blackburn Road Runners	Vet40		851		851
FLETCHER, Gordon	Batala Mountain Runners	Vet60		850		850
SPENCER, Richard	Unattached - Nottingham	Vet 40			849	849
WADE, Jamie	North Norfolk Beach Runners			849		849
LAMBERT, Luke	ua Fulham		848			848
WHALL, Gordon	Unattached - Edinburgh				847	847
BURGESS, Miles	Unattached : Wilmslow		846			846
ROGERSON, Peter	Unattached : Lochmaben	Vet 50			846	846
WOODLAND, Alistair	Unattached - London	Vet 40			845	845
WHITTEM, Robert	Unattached - Rochdale		844			844
ALLCOCK, Peter	Unattached - Liverpool			843		843
BARTLETT, Robin	Dallam RC	Vet 50			843	843
DAVIES, Andrew T	Telford Harriers	Vet60		842		842
GLYNN, Tony	Bramhall Runners	Vet40		841		841
BANFIELD, Noel	Unattached : Leeds	Vet40	839			839
BROWN, Ian	Tynedale Harriers	Vet50		839		839
GILMAN, Darren	Fetcheveryone	Vet 40			839	839
EWEN, Thomas	ua Stocksfield			838		838
HURST, Mike	Unattached	Vet40	838			838
LITTLE, Mike	Unattached : Peebles	Vet 50			838	838
RAYBOULD, Ben	Bradford				837	837
BEECROFT, Phillip	Dulwich Runners		835			835
SADLER, Jonathan	Unattached - Manchester				835	835
BOOT, Matt	Delamere Spartans			834		834
PALENICEK, Jakub	Unattached		834			834
HAZELTINE, Tim	ua belton	Vet40	833			833
TRUAN, Neil	Unattached : Northampton	Vet40		833		833
JACKSON , Dean	Unattached - Leeds			832		832
AUCE, Pauls	Unattached - Liverpool		831			831
LEE, Patrick	St Helen's Striders	Vet 40			831	831
YOUNG, Wesley	ua Rochdale			830		830
OLIVER, Richard	New Marske Harriers	Vet60		829		829
RODWAY, Fraser	Unattached - Stockport	Vet 40			829	829
SMITH, Glyn	Cambridge University	Vet60	829			829
BAKER, John	Unattached : Yarm	Vet40		828		828
WATKINS, Kevin	Unattached - Lancaster				828	828
ROSS, Paul	Mac1 Fitness		827			827
WHITE, Kris	Unattached : Cramlington			827		827
DAVIES, Matthew	Unattached - Edinburgh		824			824
PIKE, Christopher	Blackheath and Bromley Harriers	Vet60		824		824
EARLE, Mark	Unattached - Knutsford	Vet60	823			823
ADAMS, Michael	Unattached : melton Mowbury	Vet 50			822	822
TATE, Colin	Mac1 Fitness		822			822
HUDSON, Ben	Unattached : Todmorden			821		821
LISTER, Karl	Seaton Delaval				821	821
OSTEL, James	Mac1 Fitness		821			821
WATSON, Richard	Unattached : Doncaster	Vet 40			820	820
ELLIOT, James	Unattached - Keswick	Vet 40			819	819
SERVICE, Douglas	Unattached : Burnley	Vet 40			818	818
PARKINSON, Eden	Lancaster & Morcambe AC	Vet 40			817	817
BELL, Christopher	Unattached : Leeds			816		816
WATT, Jonathan	Unattached : Altrincham	Vet 50			816	816
POSSAMAI, Angelo	Unattached - Preston			815		815
MCGEE, Richard	Unattached : Warwick	Vet40	814			814
NEWBY, Colin	Unattached - Newcastle	Vet40		814		814
SMITHURST, Martin	Unattached : Doncaster	Vet 40			814	814

EATON , Alex	City of Hull AC	Vet40		813		813
LAMBERT, Gregory	Unattached - Carnforth	Vet 60			813	813
KIRKBRIDE, Peter	Unattached - Penrith	Vet60		812		812
THORNTON, Shaun	Unattached : Barnard Castle	Vet 40			812	812
GILLAND, Robert	Unattached	Vet40		811		811
GROVES, Matt	Furness		811			811
PRESCOTT, Steven	Unattached : Hove	Vet40		810		810
WADESON, Andrew	Unattached - Lancaster	Vet 40			810	810
RATHBONE, Michael	ua Alnwick	Vet40	809			809
TAYLOR, Tim	Burnden Road Runners	Vet50		809		809
DAVEY, Martin	Amphill & Flitwick Flyers	Vet50		808		808
FOX, Lyndon	Unattached Willenhall				808	808
LEIL, Daniel	Unattached : Lytham St Annes		808			808
EVANS, Mark	Unattached : Chorley		807			807
MCGUIRE, Vinn	Unattached : Morecambe	Vet50		807		807
HALL, Sam	Unattached - Kendal		806			806
SHARP, Jonathan	Unattached : Mossley			806		806
MAY, Lee	Bustinskin tri club				806	806
EARDLEY, Richard	Unattached - Kendal		805			805
LEWIS, Dan	Unattached : Brampton				805	805
WIGGLESWORTH, Martyn	Unattached - Richmond	Vet40		805		805
FOGGIN, Richard	Oswestry Olympics	Vet40	804			804
JACKSON, Paul	Cheshire Hash	Vet50		804		804
ENGLAND, Simon	ua Whalley		803			803
MCDONNELL, Matthew	Unattached - London			802		802
BEELES, John	Unattached : Altrincham			801		801
CHRISTIAN, Paul	Unattached - Gateshead	Vet 40			801	801
NEWELL, Jason	Hyde Park Harriers	Vet40	801			801
JONES, Dan	Unattached : Todmorden		799			799
TOWNSEND, Ted	Marlborough Running Club	Vet60		799		799
CROXFORD, John	Unattached - Coniston	Vet50		798		798
DAVIES, Matt	Unattached - Penrith	Vet40		797		797
BLACKBURN, Sam	Unattached : Altrincham		796			796
WILKINSON, Simon	Unattached - Carnforth	Vet 40			796	796
ARMSTRONG, John	Rochdale Harriers	Vet60		794		794
BRIERLEY, Ian	Unattached - Rossendale		794			794
GARLINGE, Stuart	Unattached - Sunderland	Vet40		793		793
GILBERT, David	Unattached - Liverpool	Vet 40			791	791
JORDAN, Paul	Carlisle Sheep Mount Runners		790			790
RENTON, Allan	ua Heckmondwike	Vet50		790		790
BROOK, Tim	Unattached - Wigan	Vet40	789			789
NEWINGTON, David	Australia				789	789
HODGKINSON, Robert	Unattached - Manchester		788			788
HART, Gareth	Unattached		787			787
WAYMAN, Matthew	Unattached - Sheffield			787		787
COUPER, Brian	Linlithgow AC				786	786
GIBSON, Ian	Unattached : Hexham	Vet50	784			784
BROOKES, Oliver	Unattached : Nottingham		783			783
PEACOCK, Donald	Unattached Durham	Vet 50			783	783
BRONZE, Kim	Alnwick Harriers	Vet50		782		782
JONES, Robert	Unattached - Southport	Vet40		781		781
KEENAGHAN, Shaun	Unattached : St Helens	Vet40	781			781
NOBLE, Phil	Unattached - Southport	Vet 50			781	781
BARRON, Paul	Unattached - Bolton	Vet 40			780	780
SMITH, Will	Unattached : Pontefract		780			780
BEAUVAIS, Clive	Keswick AC	Vet60		779		779
KIRKBY, Matt	Bridnorth Running Club	Vet 40			778	778
ROBERTSON, Iain	One Life Racing	Vet40	778			778
TIPPIN, Frank	Unattached - Southport	Vet50		778		778
COUGHLAN, Kevin	Unattached : Sale			777		777
REDPATH, Duncan	Unattached - Sunderland	Vet 40			777	777
KAVANAGH, Ross	Unattached	Vet60		776		776
RISLEY, James	Unattached : Nottingham				776	776
GREEN, Stephen	Liverpool Running Club			775		775
MILLS, Luke	Bridgnorth Running club				775	775
BELL, Alan	Unattached - Gateshead	Vet40	774			774
MURGATROYD, William	Unattached - Huddersfield	Vet60		774		774
KENWORTHY, Danny	Unattached			773		773
POOLE, Robert	Unattached - Windermere	Vet60	771			771
EVANS, Jon	North Wales Road Runners Club	Vet40	770			770

CARTER, Geoffrey	Unattached - Cokermouth	Vet40	769			769
CLEAVER, Craig	South Cheshire Harriers	Vet 40			768	768
ARMSTRONG, Iain	Unattached : Carlisle			767		767
LEIL, Ben	Unattached : Lytham St Annes	Vet40	767			767
ELLIOTT, James	Unattached - Keswick	Vet40		766		766
GLOVER, Chris	Unattached : Lytham St Annes	Vet40	766			766
DEWEY, Mark	Unattached : Market Harborough		765			765
HINZE, Al	Unattached : Wrexham	Vet40		764		764
RAVENHILL, Simon	Unattached	Vet 50			764	764
SIMS, Andrew	Unattached - Carlisle		763			763
ALLDRED, Karl	Spectrum Striders	Vet40		762		762
CROSSLEY, Richard	Unattached : Stafford	Vet40		761		761
PARKER, Guy	Unattached - Penrith	Vet 50			761	761
BODDY, Alan	ua Blaydon	Vet50		760		760
SINCLAIR, Colin	Unattached - Ormskirk	Vet50	760			760
VLIES, Ben	Unattached - Liverpool				760	760
WILSON, Chris	Hardley Runners	Vet 50			759	759
WRIGHT, Damon	Unattached : Allogenes		759			759
DAVIDS, Fred	ua Flixton	Vet40	758			758
REGAN, Paul	Lancashire Police	Vet40		758		758
WILLETT, Simon	Unattached - Skipton				758	758
PROCTOR, Phillip	Unattached : Ellesmere Port	Vet40		757		757
MCGURN, John	Unattached : Paisley	Vet 40			756	756
MORGAN, Ben	ua Hale		756			756
WILKINSON, David	Unattached : Bolton			756		756
PAULUS, Stephane	Unattached - Liverpool	Vet40		755		755
BLAKE, Kevin	Unattached : Hull	Vet50	754			754
CLEARY, Paul	Unattached - Alsager	Vet40		754		754
VOSE, Jonathan	Unattached		753			753
GRAYSON, William	Unattached - Manchester	Vet40	752			752
SAXBY, Lance	Unattached - Harrogate	Vet40		752		752
MACLEAN, Alastair	Unattached Oswestry	Vet 40			751	751
ROOME, Anthony	Unattached : West Kirby				749	749
HART, Graham	Shepshed RC	Vet50	748			748
STENTON, Mark	Unattached - Haslingden	Vet 40			748	748
HILL, Richard	Unattached : Carlisle	Vet40		746		746
VASSILJEV, Artjom	Unattached		746			746
FURNESS, Daniel	Unattached - Derby			744		744
WATERFIELD, Mark	Unattached : Accrington		744			744
SUTHERLAND, Jamie	Unattached : Barrow in Furness		743			743
WADE, Ian	North Norfolk Beach Runners	Vet50		742		742
MICHAELIS, Charlie	Unattached :	Vet50	741			741
PALLISTER, Dean	Allithwaite and District	Vet 40			741	741
DRURY, Tom	Unattached : Knutsford	Vet50		740		740
HOLOHAN, Andy	Unattached - Harrogate		740			740
LEWIS, Owen	Unattached				738	738
LLOYD, Jim	Unattached : Hexham, Jim	Vet50	738			738
BEVAN, Keith	Serpentine Running Club	Vet40		737		737
JONES, Simon	Unattached : Sawbridgeworth	Vet 40			737	737
HEVER, Christopher	Maryhill Harriers	Vet50		735		735
GRANT, Jamie	Unattached : South Shields		733			733
WHITEHOUSE, Robert	Unattached - Edinburgh	Vet 40			733	733
TAYLOR, David	Conleton Harriers	Vet60		732		732
PONCIA, Anthony	Kettering Town Harriers			731		731
MARSHALL, Mark	Unattached : Buxton			730		730
PETFORD, Andrew	Unattached : Redcar	Vet40	730			730
COOPER, Ian	Unattached Whitley bay	Vet 40			729	729
PALENICEK, Thomas	Unattached	Vet60	729			729
MCCANN, William	Unattached - London			728		728
GIBBONS, Michael	Bramhall Runners	Vet 50			727	727
ANDERTON, Mike	Unattached : St Helens	Vet 40			726	726
NAISBITT, Michael	Savannah		726			726
DHANDA, Baljit	Ealing Eagles	Vet40	725			725
MENZIES, Ewen	Unattached : Dartmouth				725	725
WILSON, Adam	Unattached : Cramlington			725		725
DOUGHTY, Michael	Mac1 Fitness	Vet40	724			724
THACKER, Gary	Unattached : Market Harborough	Vet50		724		724
BAXTER, David	St Helen's Striders	Vet 40			723	723
MACNEILL, Neil	Unattached - Edinburgh	Vet40		723		723
BETTS , Antony	Unattached - Ilkley	Vet40		722		722

LAURIE, Thomas	Unattached : Widnes		721			721
FOREMAN, Anthony	Unattached - Manchester	Vet40		720		720
POSTILL, Nick	Unattached - Lancaster		720			720
JOHNSON, Geoffrey	Unattached - Manchester			719		719
STOUT, John	Unattached - Aughton	Vet50	719			719
TELFORD, Stuart	Vet40		718			718
GEE, Helen	ua Lindal	Vet 40			717	717
MYERS, Andrew	Mac1 Fitness		717			717
TICKNER, Paul	West Cumberland Orienteering	Vet50		717		717
TOLLEY, Keith	Unattached : Buxton	Vet50		716		716
ROBSON, David	Mac1 Fitness		715			715
PYRAH, Stewart	Unattached - Manchester	Vet50		714		714
BINKS, Dave	Vet 60				713	713
PARSONS, John	Unattached - Kendal	Vet60	713			713
PYRAH, Leo	Unattached - Manchester			713		713
LADOCHA, David	Unattached - Huddersfield	Vet60		712		712
SUMMERS, Phil	Swinton Running Club	Vet50	712			712
TILL, Stuart	Unattached - Lancaster	Vet 40			711	711
WORSWICK, Steve	Unattached - Preston	Vet40	711			711
BUNYAN, Nick	Vet 50				710	710
PLUCK, Kevin	Unattached : Altrincham			708		708
SWINDBOURNE, Greg	Unattached : Hartlepool	Vet40		707		707
NELSON, Finlay	Unattached : Stamford	Vet50		706		706
STEPHENSON, Mark	ua Wendover				706	706
HIGHAM, Russell	Unattached	Vet 40			705	705
GRAHAM, David	Unattached - Carlisle		703			703
MCCONNELL, Colin	NYMAC	Vet50		703		703
BARFORD, Bob	ua Laceyby	Vet40	702			702
FRANCIS, James	Unattached - Stretford			702		702
PEARSON, Adam	Unattached - Manchester				702	702
SPENCE, Ian	Unattached - Wigan	Vet 60			701	701
WHITE, Philip	Unattached : Leeds			701		701
WILSON, Jason	Unattached - Preston			700		700
SHAW, Jon	Macclesfield Harriers	Vet 50			699	699
DUNCAN, Kevin	Unattached - Lancaster		698			698
LADOCHA, Mark	Unattached - Huddersfield			698		698
SMITH, Richard	Unattached - Keighley	Vet 40			698	698
BARKER, Clive	Unattached - Chorley	Vet 50			697	697
CANNELL, Mark	Unattached - Wigan		697			697
CRAVEN, Martin	Unattached - Blackpool	Vet50		696		696
JONES, Ian	Unattached : Blandford Forum	Vet 40			695	695
BARTLETT, Richard	Unattached : N Ferriby	Vet50	694			694
CHAPPELL, Ian	Unattached : Carlisle	Vet40	693			693
RODE, Doug	Unattached : Bramhall			693		693
BROOME, Richard	Unattached	Vet40		691		691
LONG, John	East Hull Harriers	Vet50	691			691
O'BRIEN, Mark	Unattached - Wigan	Vet50	690			690
LEE, Colin	Wooler Running Club	Vet50	685			685
BAINES, Nick	Unattached - Carnforth	Vet40	684			684
WILLIAMS, John	Unattached : Barrow in Furness	Vet60	683			683
JACKSON, Tim	Unattached : Sowerby	Vet 50			682	682
WILSON, Stephen	Unattached : Grange-Over-Sands	Vet40	682			682
WILSON, Bryn	Unattached - Preston				680	680
CARTWRIGHT, David	LDWA	Vet 70			679	679
PEATFIELD, John	Unattached - Bowston	Vet 60			678	678
PERKINS, Christopher	Unattached - Coventry	Vet 40			677	677
ALDAM, Mark	Unattached - Kendal	Vet 50			676	676
FLETCHER, Eddie	Unattached : Carlisle		675			675
YEATES, Ian	Unattached : Carlisle	Vet60	674			674
SHIER, Paul	Swinton Running Club		673			673
ELLIOTT, Kev	Lostock AC		672			672
GRIMES, David	ua moreton	Vet60	671			671
JOHNSON, Jonathan	Unattached : Buckingham	Vet40	669			669
FOSTER, John	Mac1 Fitness	Vet50	668			668
WHISTON, Rob	Unattached - Crewe	Vet60	666			666
JORDAN, Graham	Unattached - Stockton-on-Tees	Vet50	663			663
BROWNBILL, Steve	Unattached : Wirral	Vet40	662			662
PHILLIPS, Steven	Chorlton Runners	Vet50	661			661
JOYCE, Carl	Unattached : Wirral	Vet40	660			660
LAWRIE, Billy	St Bees Triers	Vet40		659		659

WARDALE, Kevin	Ilkley Harriers	Vet50		658		658
BORLASE, Kevin	Unattached : Carlisle	Vet50		657		657
GRAY, John	Meltham AC	Vet40	657			657
FURPHY, Chris	Unattached - Guisborough	Vet40		656		656
MAYSON, Howard	Breckenbridge	Vet60		655		655
BRENNAN, James	Mac1 Fitness		652			652
CLARKE, Stephen	Unattached : Chester	Vet50		647		647
NODEN, Paul	RunFit24	Vet40	647			647
POWELL, Louis	Unattached : Ulverston	Vet60	645			645
SLANEY, Steven	Fylde Tri Club	Vet40		644		644
STIRLING, Neil	Unattached : Cartmel	Vet70	643			643
TRUSWELL, Andy	ua Rochdale	Vet40		642		642
FARMER, Mark	Unattached : Lincoln	Vet40	641			641
LEARY, Ron	Unattached : Hull	Vet40		641		641
NORDON, Robert	Unattached - Wigton		639			639
BROOKS, Nathan	Mac1 Fitness		637			637
ELLIOTT, Declan	Mac1 Fitness		635			635
RAVEN, Mark	Unattached : Wetherby	Vet50		635		635
HARBORD, Chris	Great Yarmouthh Road Runners	Vet60	634			634
ELLIOTT, Derek	Mac1 Fitness	Vet40	633			633
WOODCOCK, Andrew	ua Bakewell	Vet40		633		633
MCCALLUM, James Mac	Mac1 Fitness	Vet40	632			632
SILK, Grant	Conleton Harriers	Vet60		631		631
BANCROFT, Paul	Unattached - Preston	Vet50		629		629
GRUNDY, Darren	Unattached - Blackpool			627		627
CARTWRIGHT, Simon	Unattached : Warwick	Vet40		626		626
CRADDOCK, Paul	Trafford AC	Vet40		624		624
CLAYTON, Jon	Unattached	Vet40		623		623
ZANDSTRA, Matthew	Unattached : Crosby	Vet40		622		622
WOOD, Matthew	Unattached - Stockport			620		620
HARPER, Andrew	Unattached : Catterick Garrison			619		619
RILEY, George	Unattached : Nelson	Vet60		618		618
STARIN BASI, Chand	Unattached - London			616		616
WELCH, Brett	Unattached : Linlithgow			614		614
HARRIS, Nigel	Unattached : Stafford	Vet40		613		613
PARSONAGE, Graham	Unattached - Preston	Vet40		611		611
ROSS, John	Alnwick Harriers	Vet50		610		610
JONES, Philip	Fell Ponies	Vet50		609		609
SNARR, Matthew	Unattached			606		606
WRIGHT, Tim	Unattached : Wirral	Vet40		605		605
SHERRIFF SHORT, Murray	Unattached : Troon			603		603
WARD, Matthew	Unattached - Stockport			602		602
DOUGLASS, Tony	Unattached - Newcastle			601		601
DOWNING, Peter	Unattached	Vet50		600		600
JONES, Daniel	Unattached : Worsley			599		599
MACFARLANE, Kerry	Unattached - Liverpool	Vet60		594		594
DANIELS, Sean	Unattached : St Helens	Vet40		593		593
SPEED, Paul	Unattached - Stockport	Vet40		591		591
BINNS, David	Unattached : Billingham	Vet40		590		590
HEYS, Steve	Unattached : Barowford	Vet50		589		589
NOLAN, Alex	Unattached - Liverpool			588		588
BONE, James	Unattached - Kendal			587		587
WHISTON, Philip	Unattached - Sandbach			586		586
FURNESS, Ray	ua Burton upon Trent	Vet50		582		582
CASSIMALLY, Hakim	Good Gym Liverpool			580		580
NORTON, Brian	Unattached : Hartlepool	Vet40		579		579
RAMSHAW, Christopher	Unattached - Newcastle	Vet40		574		574
BURGAN, Simon	chichester runners	Vet40		573		573
HENDERSON, Andrew	Unattached : Hartlepool	Vet40		570		570