

PUMA Lakeland Trails Series Results Men 2010

Name	Club	Category	Hawkshead	Kentmere	Derwent	Coniston	Total
LEWIS, Jason	Unattached - Bolton		493	495			988
MCGRATH, John	Worthing Striders	Vet 40 Men	490	491			981
BROWN, Doug	Dumfries Running Club	Vet 50 Men	486	493			979
SEAL, Howard	Derwent AC		484	492			976
MORRAN, Stephen	Northern Vets AC	Vet 50	482	490			972
BARK, Stephen	Unattached - Horncastle		473	482			955
COOPER, Nicholas	Shelton Striders	Vet 50 Men	474	477			951
METCALF, Alan	Preston Harriers	Vet 40	480	471			951
CAMPION, Adam	Keswick AC		471	472			943
ALLISON, Mike	Unattached - Penrith	Vet 50 Men	464	476			940
HESKETH, Anthony	Horwich RMI Harriers	Vet 60 Men	466	470			936
SANDERSON, Chris	Nothumberland Fell Runners		470	461			931
MCDUGALL, Andrew	Rochdale Harriers		462	465			927
THOMAS, Dan	Unattached - Tregaron		447	475			922
STURGESS, Ian	Wymondham AC, Norwich	Vet 50	438	473			911
CONROY, Phil	Unattached - Derby		455	452			907
MILLER, Brian	Harrogate Harriers	Vet 50	442	460			902
CATHERALL, Mark	Rochdale Harriers	Vet 50	440	453			893
PINDER, Graham	Glaxo Hoad Hill Harriers	Vet 50 Men	435	445			880
VAUGHAN, David	Unattached - Ormskirk		434	444			878
FORTUN, Phil	Stone MM		449	426			875
NOLAN, Damian	Mossley Hill Athletics Club		456	410			866
BROWN, Steve	Unattached - Windermere	Vet 40 Men	426	429			855
GOULDING, Ian	Holmfirth Harriers	Vet 40 Men	416	432			848
HUGHES, Martin	Chorley Harriers	Vet 40 Men	381	467			848
RANKIN, Iain	Unattached - Macclesfield		390	449			839
ROACH, Steve	Unattached - Warrington	Vet 40 Men	397	438			835
BREWSTER, Keith	Valley Striders, Leeds	Vet 50 Men	404	430			834
STEFFEN, Clive	Unattached - West Haddon	Vet 50 Men	378	456			834
MACDONALD, David	Unattached - Southport	Vet 40	420	409			829
DURRANT, Andrew	South Cheshire Harriers		406	419			825
BURNS, Graeme	Unattached - Congleton	Vet 40 Men	386	433			819
STEPHENSON, Les	Kendal AC	Vet 60 Men	398	420			818
JAMES, David	Unattached, Kendal	Vet 40	379	425			804
LUND, Jamie	Unattached - Kendal		413	380			793
LEATHEREN, Andy	Unattached - Kendal	Vet 40 Men	408	383			791
JONES, Mike	Unattached - Barrow		377	412			789
SHILLITOE, Francis	Unattached - Hexham		374	414			788
TABERNER, John	Unattached - St Annes	Vet 40 Men	405	379			784
ANDREW, Paul	City of Hull AC		350	424			774
MCDONNELL, Dave	Unattached - Southport	Vet 40 Men	348	401			749
BEECROFT, Phil	Unattached - Kendal		380	362			742
POOLE, Robert	Unattached - Windermere	Vet 60 Men	338	388			726
CARPENTER, Peter	Unattached - Ellesmere Port	Vet 40 Men	366	358			724
BEAUMONT, John	Unattached - Windermere		344	378			722
BEAUMONT, Joe	Unattached - Windermere		345	376			721
ECCLESTON, Philip	Unattached - Bolton		351	370			721
RANK, Nicholas	Lincoln Wellington Athletic Club	Vet 50 Men	323	392			715
NOBLE, Phil	Unattached - Southport	Vet 50 Men	327	385			712
STANGROOM, Craig	Unattached - Kirkby In Furness	Vet 40 Men	309	400			709
ALMOND, David	Dewsbury Roadrunners, W Yorks		233	474			707
FIDDLER, Paul	Unattached - Warrington		328	375			703
MACKENZIE, Colin	Unattached - Wolverhampton	Vet 50 Men	286	417			703
SYMONS, Stephen	Manchester YMCA	Vet 40 Men	368	334			702
SORRIGAN, David	Unattached - Wigan		339	351			690
HIGGINBOTTOM, Paul	Unattached - Manchester		340	344			684
ATKINSON, Steve	Unattached - Stockport	Vet 50 Men	310	373			683

HUGHES, Ian	Dragons Running Club, Sale		337	343		680
LEWIN, Michael	Unattached - Stockport	Vet 40 Men	284	396		680
ROBERTS, Paul	Unattached - Saltburn	Vet 40 Men	371	297		668
MOBBERLEY, Peter	Unattached - Monkseaton	Vet 40 Men	298	367		665
HUNTER, Neil	Unattached - Leigh, Lancashire	Vet 40	289	365		654
COATES, John	Unattached - Skipton	Vet 40 Men	272	374		646
GRACE, Ian	Chorley Harriers	Vet 50 Men	301	345		646
HUMPHRIES, Simon	Unattached - Wigton	Vet 40 Men	306	339		645
EARLE, Mark	Unattached - Knutsford	Vet 50 Men	285	357		642
PATON, David	Unattached - Keswick	Vet 40	308	333		641
TURNER, Ged	Edgworth AC	Vet 50 Men	313	328		641
SOUTHWARD, Tom	Glaxo Hoad Hill Harriers		282	356		638
JOYCE, Carl	Unattached - Wirral	Vet 40 Men	283	352		635
BURROWES, Stephen	Kendal Amateur Athletic Club	Vet 40 Men	322	310		632
LOCKE, Colin	Unattached - Mistley	Vet 50 Men	292	336		628
EDMONDSON, John	Newton Aycliffe AC	Vet 60	326	294		620
COX, Nick	Unattached - Ambleside	Vet 40 Men	275	338		613
MCEVOY, Michael	Unattached - Lancaster		197	411		608
GILLMAN, Darren	Spa Striders, Warwick	Vet 40	254	353		607
AUSTIN, Matt	Lothian Running Club		296	309		605
ROCHE, Paul	Merseyside Police	Vet 50 Men	226	368		594
WAUDE, Ian	ADAC	Vet 50 Men	316	271		587
FLYNN, Graham	Roby Runners	Vet 40 Men	245	335		580
HIGGINS, Philip	Unattached - Windermere	Vet 40 Men	265	313		578
FENWICK, Michael	Swaledale Road Runners		246	327		573
CUMMINS, Michael	Cancer Care	Vet 40 Men	213	350		563
CRAME, Steve	Unattached - Kendal	Vet 40 Men	249	307		556
NEWBY, Colin	Unattached - Newcastle	Vet 40	267	285		552
LASHLEY, Pete	Unattached - Milnthorpe	Vet 40	198	347		545
COULTHARD, Julian	Border Harriers	Vet 50 Men	256	287		543
BELL, Stuart	Kendal Amateur Athletic Club	Vet 50 Men	248	291		539
WHELAN, Jim	Unattached - Witney	Vet 50 Men	287	250		537
STURGESS, Phil	Trail Running Association	Vet 40	219	316		535
STEVENSON, Paul	Unattached - Selby		239	289		528
CRITCHLEY, George	Radcliffe AC	Vet 50 Men	225	292		517
WALTON, Paul	Unattached - Doncaster	Vet 50	210	299		509
RUSBRIDGE, Gerry	Eden Runners	Vet 40 Men	204	304		508
DEEGAN, Jon	Ambleside AC	Vet 40		500		500
WALSH, James	Leeds City AC		500			500
JOHNSTON, Mark	Bellahouston Road Runners			499		499
LITTLE, Robert	Dark Peak Fell Runners		499			499
BRENNAN, Steven	Glaxo Hoad Hill Harriers	Vet 40		498		498
HILTON, Martin	Leeds City AC		498			498
CHADFIELD, Andy	Billingham Marsh House Harriers		497			497
CORDEN, James	Stockport Harriers			497		497
LLOYD, Adam	Midlands			496		496
MILLER, Chris	Harrogate Harriers		496			496
BOOTH, Gareth	Horwich RMI Harriers		495			495
ANDREW, Martin	Unattached - Ambleside	Vet 40 Men	494			494
MCGUIRE, David	Hyde Park Harriers Leeds	Vet 40		494		494
DAVIDSON, Alan	Unattached - Witney	Vet 50 Men	200	293		493
NISBET, Dougie	Elvet Striders	Vet 40 Men	240	253		493
THOMAS, Adi			492			492
LIVINGSTONE, David	Altrincham & District AC		491			491
BREWSTER, Roger	Clayton-le-Moors Harriers	Vet 50 Men	489			489
ROBERTSON, Paul	Unattached - Brampton	Vet 40		489		489
JONES, Michael	South Shield Harriers	Vet 40 Men	488			488
MASON, Paul	Unattached - Milnthorpe			488		488
ALTY, Alan	Chorley Harriers	Vet 50 Men	487			487

OAKES, Tim	Unattached	Vet 40		487		487
MASON, John	Unattached, Kendal			486		486
BERRY, Mike	Bournville Harriers			485		485
MARTIN, Colin	Spectrum Striders	Vet 50 Men	485			485
HAWKSWELL, Steven	Unattached - Portsmouth	Vet 40		484		484
GRAY, Daniel	Unattached - Surrey			483		483
HOBBS, Tom	Stafford Harriers		483			483
RAPONI, Peter	Unattached - Merseyside		217	266		483
HOLDSWORTH, Bretton	Unattached		481			481
HORAN, Mick	Holcombe Harriers			481		481
WALSH, Phil	Preston Harriers	Vet 50		480		480
ROBERTSHAW, Tom	Lancaster and Morecambe AC	Vet 60		479		479
WILLIAMS, Donna	Unattached - Euxton	Vet 40 Men	479			479
MARSHALL, Alan	Eden Runners	Vet 50		478		478
MOSS, Chris	Congleton Harriers	Vet 40 Men	478			478
TYRER, Chris	Unattached	Vet 40 Men	477			477
HUGHES, Derek	East Cheshire Harriers	Vet 50 Men	476			476
VERITY, Jack	St Bede's AC	Vet 50 Men	475			475
INGHAM, Peter	Aire Valley Runners	Vet 50 Men	207	265		472
WAITE, Josh	Carlisle Triathlon Club		472			472
PRESTON, Andrew	Wymondham Athletic Club	Vet 40 Men	469			469
RAINFORD, Richard	Unattached - Liverpool			469		469
HILL, Mick	Tipton Harriers		468			468
STEAD, Russell	Pudsey Pacers, Leeds	Vet 40		468		468
LLOYD, Andrew	Unattached - Ormskirk		467			467
CAMPOS, Paulo	Unattached - Leigh, Lancashire			466		466
RENDER, Paul	Harrogate Harriers & Athletic Club	Vet 50 Men	465			465
DONLON, Anthony	Unattached - Blackburn	Vet 40		464		464
MATHER, Lee	Unattached, Kendal			463		463
WOOD, Kevin	Unattached - Chester	Vet 50 Men	463			463
MASSEY, Jonathan	Unattached - Manchester	Vet 40 Men	224	238		462
RYAN, Christopher	Unattached - Liverpool			462		462
HARDING, Chris		Vet 50 Men	461			461
HIGHAM, Nick	Unattached - Lancaster	Vet 40 Men	460			460
BAI, Jerome	Unattached - Liverpool			459		459
JONES, Nigel	Biddulph Running Club	Vet 40 Men	178	281		459
KENNEDY, Adrian	Unattached - Bradford, W Yorks		459			459
BROCKIE, Damien	Unattached - West Yorkshire			458		458
CONWAY, Stuart	Keighley and Craven AC		458			458
KITCHIN, Martin	Unattached - Bolton		457			457
THOMPSON, Carl	Unattached			457		457
MILLS, David	Unattached - Kendal			455		455
ASKEW, David	Harrogate Harriers & Athletic Club	Vet 40 Men	454			454
BOND, Ian	Unattached - Preston, Lancashire	Vet 40		454		454
WOODHEAD, Andrew	Unattached - Ambleside		453			453
RICHARDSON, Ed	Dark Peak		452			452
TYSOME, Stephen	Trail Running Association	Vet 40 Men	168	283		451
WARREN, Chris	Lancaster & Morecambe AC	Vet 50		451		451
WOOD, Simon	Unattached - Bolton		451			451
NEWTON, Simon	Unattached - Macclesfield		450			450
PEACH, James	Unattached			450		450
WEBSTER, Stephen	Unattached - Holmfirth	Vet 40 Men	171	278		449
BEVAN, David	Saddleworth Running Club	Vet 40 Men	448			448
MCCARTHY, Michael	London Irish AC	Vet 40		448		448
MODEN, Liam	Unattached - Haslingden	Vet 40 Men	252	196		448

SMITHEMAN, Alan	Unattached - Skelton			447			447
DYE, Mark	Unattached - York	Vet 40		446			446
GARNETT, Andy	Spectrum Striders	Vet 50 Men	446				446
HARRISON, Matt	Pudsey Pacers		445				445
CUMMINS, David	Unattached - Chorley	Vet 40 Men	192	252			444
TAYLOR, Richard	Keighley and Craven AC	Vet 40 Men	444				444
HEWITSON, Andrew	Unattached - Lancaster	Vet 40 Men	132	311			443
MCCORMICK, Alex	Congleton Harriers	Vet 40 Men	443				443
QUINN, Martin	Chorley Harriers			443			443
TROUP, Mike	Ambleside AC	Vet 50		442			442
CROMPTON, Sam	Unattached, Kendal			441			441
POIRRETTE, Jonathan	Unattached - Windermere	Vet 40 Men	441				441
CATHERALL, Mark	Rochdale Harriers	Vet 50 Men	440				440
HETHERINGTON, Paul	Unattached - Penrith, Cumbria			440			440
FARRINGTON, Paul	Unattached - Ambleside	Vet 40 Men	439				439
ROOKS, Adrian	Unattached - Hull, E Yorkshire	Vet 40		439			439
ARMSTRONG, Damian	Unattached - Merseyside	Vet 40		437			437
TYSON, Jim	Unattached - Ambleside		437				437
BIRCHENOUGH, John	Rosendale	Vet 50 Men	436				436
SIMPSON, Mark	Unattached - Warrington			436			436
WHITEHEAD, Paul	Blackpool Wyre and Fylde AC	Vet 40 Men	187	249			436
THORNE, Philip	Unattached - Glasgow	Vet 50		435			435
HIGGINS, Dennis	Milltown Milers	Vet 50		434			434
HOUGHTON, Mike	Spectrum Striders	Vet 40 Men	433				433
EHLEN, Brad	Spectrum Striders		432				432
BAKER, Simon	Harrogate Harriers			431			431
WIGGINS, Simon	Felixstowe Road Runners, Suffolk		431				431
WATERWORTH, Simon	Unattached - Ambleside		430				430
WARD, Scott	Unattached - Bolton	Vet 40 Men	429				429
BURNS, Oli	Unattached - Bristol		428				428
MILLS, Alex	Unattached - Lancashire			428			428
ALMOND, Steve	Unattached - Barton	Vet 40 Men	427				427
SCHOFIELD, Graham	Chorley Harriers	Vet 50		427			427
SPENCER, Jeff	Unattached - Ormskirk	Vet 40 Men	166	261			427
HIGGINS, David	Unattached - Leigh, Lancashire		425				425
BUTLER, Michael	Unattached - Glossop	Vet 40 Men	424				424
CHILDS, Ian	Unattached - Kendal	Vet 40 Men	423				423
SMITH, Jerry	Sale Harriers	Vet 50		423			423
SAAVEDRA, Joseph	Preston Harriers		422				422
SIMPSON, Keith	Wallasey Athletic Club	Vet 40		422			422
SEAR, John	Unattached - Lancaster		421				421
STUART, Stephen	Unattached - Oxfordshire	Vet 40		421			421
HANOVER, Dave	Unattached - Perth		419				419
EYRE, Richard	Unattached - Stockport		418				418
FLEMING, Ian	Unattached - Ormskirk			418			418
MCHUGH, John	Unattached - Wigan	Vet 50 Men	417				417
PURCELL, Tom	Unattached - London			416			416
ALEXANDER, John	Unattached - Kendal		415				415
WILLINK, Patrick	Helm Hill Runners	Vet 40		415			415
SKYNER, Ian	Roby Runners	Vet 40 Men	414				414
FRY, Stephen	Unattached - Harrogate, N Yorks	Vet 40		413			413
WILSON, Dale	Unattached - Leeds		146	267			413
BODDY, Mike	Unattached - York	Vet 40 Men	412				412
HARRIS, Mike	Baxi		411				411
JONES, Steve	Biddulph Running Club	Vet 40 Men	410				410

ELSENDER, Neil	Keswick AC	Vet 40 Men	409				409
HANSEN, Allen	Ripon Runners	Vet 40		408			408
HOOD, Tony	Unattached - Chorley, Lancs		163	245			408
ASHTON, Charles	Unattached - Leeds		407				407
BECKETT, John	Liverpool Harriers	Vet 40		407			407
DEWHURST, Robert	Baxi	Vet 40 Men	1	405			406
MADGE, Charles	Unattached - Middle Claydon			406			406
AKRIGG, Stan	Unattached - Staveley	Vet 50		404			404
DAWSON, Glenn	Unattached - Rotherham		156	248			404
BELSHAW, Matthew	Unattached, Kendal			403			403
USHER, Chris	Unattached - Ormskirk		403				403
AUDSLEY, Anthony	Unattached - Ossett	Vet 50 Men	402				402
TOMLINSON, Kevin	Milltown Milers	Vet 50		402			402
GARNETT, Nigel	Kendal AC	Vet 50 Men	401				401
GORMAN, Andrew	Horwich RMI Harriers	Vet 40 Men	400				400
SHELDON, Rob	Unattached - Macclesfield		399				399
TOWNLEY, Matthew	Stockport Harriers			399			399
SHAW, Chris	Boca Juniors			398			398
RICHARDSON, William	Unattached - Wigan			397			397
POTTER, Marc	Riversway Road Runners		396				396
BROCK, Andy	Burgess Hill Runners	Vet 50 Men	53	342			395
HUNTER, Jamie	Unattached - Leigh		395				395
MELLOR, Steve	Unattached - Derbyshire	Vet 40		395			395
EYRE, John	Unattached - Stockport		394				394
KENNARD, Robert	Dudley Kingwinford RC	Vet 40		394			394
HUCKERBY, Nick	Unattached - Dumfermline		393				393
SHUTTLEWORTH, Mark	Lostock AC	Vet 40		393			393
OWEN, Stephen	Unattached - Cheshire		392				392
OSBOURN, David	Unattached - Ambleside		118	273			391
STEPHENSON, Jamie	Unattached - Salford			391			391
WATSON, Gerry	Wymondham Athletic Club	Vet 50 Men	391				391
WEBB, Stephen	Warrington Road Runners	Vet 50		390			390
ASHWORTH, David	Lostock AC	Vet 50		389			389
GREENOUGH, Craig	Blackburn Harriers AC	Vet 40 Men	389				389
KENNY, Steven	RCS Roller Shutters	Vet 40 Men	388				388
COOMBS, Andy	Leeds and Bradford Tri Club	Vet 40 Men	387				387
LANE, Alex	St Albans Striders			387			387
NIGHTINGALE, Phil	TRA - Peterborough			386			386
SADLER, Steve	Unattached - Hertford	Vet 40 Men	385				385
ANDREWS, Jim	Fell Runners Association	Vet 40		384			384
DERBYSHIRE, Tim	Unattached - Glossop		384				384
ELLIS, Ian	Unattached - Eilon	Vet 40 Men	383				383
HOPE, Clive	Unattached - Hyde	Vet 50		382			382
PICK, Thomas	Unattached - Cheltenham		157	225			382
WALKER, Dave	Blackburn Road Runners	Vet 40 Men	382				382
MCGARRY, Raymond	Unattached - Stockport	Vet 40		381			381
GIBSON, Dan	Unattached - Manchester		195	185			380
BRIGHT, David	Unattached - Chester le Street	Vet 40 Men	102	277			379
CARTER, Simon	Unattached - Austwick	Vet 40		377			377
QUAYLE, Roger	Barrow and Furness Striders	Vet 50 Men	376				376
MCCABE, Dave	Unattached - Warrington		105	270			375
WOODWARD, Rob	Unattached - Kendal		375				375
MCCARTHY, Jeff	Unattached - Rochdale	Vet 40 Men	142	232			374
STOUT, John	Unattached - Aughton	Vet 50 Men	152	222			374
SMALLWOOD, Dave	Mossley Hill Athletics Club	Vet 50 Men	373				373
FREEMAN, Paul	Unattached - Whitley Bay	Vet 50 Men	151	221			372

HILL, Peter	Unattached - Bolton	Vet 40 Men	372			372
HOPPER, Jon	Unattached - Manchester			372		372
THOMPSON, Brian	Unattached - Kettering, Surrey	Vet 50		371		371
FLATLEY, Mark	Unattached - Warrington	Vet 40 Men	129	241		370
STARK, Jim	Gala Harriers	Vet 50 Men	370			370
BARRETT, Martin	Unattached - Stockton on Tees	Vet 40 Men	369			369
LAW, Michael	Unattached - Ayrshire	Vet 60		369		369
LINETON, Alexander	Unattached - Newton Aycliffe		367			367
BROWNE, Peter	Unattached - Surrey	Vet 50		366		366
MERCER, John	Unattached - Wigan	Vet 40 Men	365			365
FLETCHER, Gordon	Fell Runners Association	Vet 60		364		364
JONES, Matthew	Sedgefield Harriers		364			364
OVERY, Kenneth	Unattached - Great Yarmouth	Vet 70		363		363
WALKER, Dave	Unattached - Durham	Vet 40	121	242		363
WARD, Thomas	Unattached - Lancaster		363			363
COLLINS, Richard	Tri Team Wigan		362			362
GORMAN, David	Skipton AC	Vet 40 Men	361			361
SWIRE, Christopher	Unattached - Manchester	Vet 40		361		361
CROWLEY, Martin	Unattached - Whiston			360		360
SHUFFLEBOTTOM, Kevin	Biddulph Running Club	Vet 40 Men	360			360
HUGHES, Paul	Newcastle University Athletics			359		359
LAKER, Stephen	Unattached - Preston	Vet 40 Men	359			359
MEYRICK, Daniel	Unattached - West Molesey		358			358
FOSTER, Gerard	Unattached - Newcastle upon Tyne	Vet 40 Men	357			357
LEONARD, Peter	Unattached - Bedale	Vet 40 Men	124	233		357
TUFFIN, Rob	Unattached		356			356
HULL, Darran	Springfield Striders, Essex			355		355
MCCAUGHEY, Timothy	Pudsey Pacers		355			355
MCKRELL, Michael	Unattached - Manchester	Vet 40		354		354
ROBINSON, Neil	Cancer Care		354			354
HARRISON, Sam	Preston Harriers		353			353
MCCARTHY, John	Unattached - Warrington	Vet 40 Men	139	214		353
GIBSON, Andy	Unattached - York		352			352
COOPER, Geoff	Southport Strollers	Vet 60	1	348		349
DASEY, Andrew	Newcastle AC, Staffordshire			349		349
ROBERTS, Richard	Clara Vale	Vet 40 Men	349			349
LOWDEN, Marc	Unattached - Manchester		347			347
AHERN, Peter	Unattached		346			346
POWELL, David	Unattached - Liverpool			346		346
BOND, Mark	Unattached - Ormskirk	Vet 40 Men	343			343
HOPKINSON, Giles	Unattached - Woodford Bridge	Vet 40 Men	342			342
FEAKES, David	Helsby AC	Vet 40		341		341
NEWSTEAD, Peter	Unattached		341			341
MUMFORD, Bill	Unattached : Barford St Michael	Vet 50		340		340
HANLON, Bob	Unattached - Windermere	Vet 50		337		337
COLQUHOUN, Neil	Unattached - Tywyn, Wales		336			336
ELDRIDGE, Stephen	Unattached - Burnley	Vet 40 Men	335			335
ROBSON, Dave	Elvet Striders	Vet 50 Men	104	231		335
FAIRFULL, Jamie	Tiptree Road Runners		334			334
GRASSBY, Gareth	Unattached - Alderley Edge		333			333
EDWARDS, Michael	Unattached - Liverpool	Vet 50 Men	133	199		332
ENGLAND, Richard	Unattached		332			332
TAYLOR, Richard	Unattached - Middle Claydon			332		332
DIXON, Kevin	Warrington Road Runners	Vet 40 Men	331			331
LAXTON-KANE, Chris	Milltown Milers			331		331

DYER, Ste	Unattached - St Helens			330			330
GILLAND, Rob	Unattached - Liverpool	Vet 40 Men	330				330
COPE, Dave	Unattached, Kendal	Vet 50		329			329
PETTIT, Andy	Unattached - Steeton	Vet 40 Men	329				329
SAMUEL, Andre	ADI			326			326
CARRICK, Graham	Unattached - Ulverston			325			325
MADDEN, Paul	Unattached - Bromsgrove	Vet 40 Men	325				325
TICKNER, Paul	WCOC	Vet 50 Men	109	216			325
HODKINSON, Graham	Unattached - Caldbeck, Cumbria	Vet 40 Men	324				324
WRIGHT, Jeremy	Unattached - Keighley, W Yorks	Vet 40		324			324
JARVIS, Richard	Dallam Running Club	Vet 40		323			323
HOWARD, Scott	Unattached - Hartlepool			322			322
BEYGA, Anthony	Unattached - Liverpool	Vet 50 Men	321				321
HUCKERBY, Nick	Unattached - Dunfermline			321			321
FARNDON, Colin	Unattached - Penrith, Cumbria	Vet 40 Men	84	236			320
LEWIS, John	Unattached - Brampton	Vet 40 Men	320				320
MCCARROLL, Andrew	Unattached - Chesterfield			320			320
KIRK, Chris	NACIOM	Vet 40 Men	319				319
MOHAMMED, Shahid	Unattached - Ilford			319			319
COLEMAN, Edmund	Unattached - Glasgow			318			318
KILPATRICK, David	Macclesfield Harriers	Vet 40 Men	318				318
MCCLUSKEY, David	Unattached - Warrington		317				317
SMALLWOOD, Simon	Keighley & Craven AC	Vet 40		317			317
GUEST, Jonathan	Unattached - Manchester		123	193			316
COWIN, Mark	Unattached - Bolton	Vet 40 Men	315				315
SALE, Andrew	Liverpool Harriers	Vet 40		315			315
CLYNE, Paul	Unattached - Chorley	Vet 40 Men	314				314
GODDARD, Debra	Elvet Striders, Durham			314			314
KNIGHT, John	Unattached - Ramsey	Vet 40 Men	312				312
STEWART, Andrew	Unattached - Cambridge			312			312
GRAHAM, Darrell	Unattached - Warrington		311				311
BLINKHORN, Allan	Horwich RMI Harriers	Vet 60 Men	103	205			308
LING, Peter	Unattached	Vet 40 Men	110	198			308
TOMKINSON, Andrew	Rochdale Harriers			308			308
EATON, Alex	City of Hull AC		307				307
MCEWEN, Nigel	Unattached - Milnthorpe	Vet 60	80	227			307
MARSHALL, Jon	Unattached - Warrington			306			306
COPP, Jason	Unattached, Birmingham	Vet 40		305			305
HOLLIGAN, Will	Allithwaite and District RC	Vet 50 Men	305				305
SZEHIDEWICZ, Alex	Unattached - Stockport		304				304
HOLLAND, Paul	Unattached - Ratby	Vet 40		303			303
PROCTOR, Chris	Lifecycles		303				303
FERN, Scott	Unattached - Ash Vale			302			302
HARMAN, Alan	Thirsk and Sowerby	Vet 50 Men	302				302
CHAPMAN, Dave	Unattached - Ulverston			301			301
COLYER, Loz	Unattached - Burton in Kendal			300			300
ECCLESTON, Mark	Unattached - Cannock	Vet 40 Men	300				300
JONES, Chris	Unattached - Keighley	Vet 40 Men	299				299
DICKSON, Kevin	Warrington Road Runners	Vet 40		298			298
TYSON, Sam	Unattached, Kendal		297				297
KNIGHT, Ian	Unattached - Lancashire			296			296
LEWIS, Nic	Unattached - Macclesfield	Vet 40		295			295
ROBINSON, Matthew	Unattached - Liverpool		295				295
HEATON, Alan	Bowland Fell Runners	Vet 50 Men	294				294
MCCOY, Stephen	Unattached	Vet 40 Men	293				293

ADAMSON, George	North Shields Polytechnic AC	Vet 50 Men	125	166		291
CUMMINGS, Richard	Unattached - Cockermouth	Vet 50 Men	87	204		291
MANNERS, Ian	Manchester YMCA	Vet 40 Men	128	163		291
O'BRIEN, Martin	Stainland Lions	Vet 50 Men	291			291
BAIRD, Adam	Unattached		290			290
FRASER, Graham	Allen Valley Striders	Vet 60		290		290
TAYLOR, Nigel	Unattached - Preston		50	239		289
BROCKIE, Alistair	Unattached - Edinburgh			288		288
CAMPBELL, Clarke	BARF	Vet 40 Men	288			288
GILBERT, David	Unattached - Liverpool	Vet 40		286		286
PAYNE, Tony	Chorlton Runners	Vet 50		284		284
OUTTERSIDE, James	Unattached : Cheadle			282		282
BROWNBILL, Steve	Unattached - Wirral	Vet 40 Men	90	191		281
JACKSON, Dean	Unattached - Leeds		281			281
BRADLEY, David	Unattached - Bury	Vet 40 Men	280			280
JOHNSTON, Justin	Unattached - Cockermouth			280		280
MARSLAND, Philip	Unattached - Leeds	Vet 50		279		279
MCGLYNN, Stuart	RAF	Vet 40 Men	279			279
MCCABE, Gordon	Unattached	Vet 40 Men	278			278
MCALLISTER, Les	Cumberland AC		277			277
WILLIAMS, Carl	Unattached - Cheadle		98	179		277
STEAD, Kevin	Unattached, Kendal		276			276
WARREN, Michael	Teesdale AC	Vet 40		276		276
KIDMAN, Phil	Unattached - Cheshire	Vet 50		275		275
MASSAM, Stephen	Preston Harriers	Vet 40 Men	74	201		275
MATTHEWS, Stuart	North Shields Polytechnic AC	Vet 40 Men	274			274
SPRIGGS, Gary	Unattached - St Helens	Vet 40		274		274
JOHNSON, Rob	Unattached		273			273
TICKNER, Douglas	West Cumberland Orienteers			272		272
ELDER, Kenneth	Unattached - Nottingham		271			271
KEELEY, Nick	Unattached - North Shields	Vet 50 Men	88	183		271
WILLIAMS, Thomas	Manx Fell Runners		270			270
CUNLIFFE, Chris	Unattached - Bolton		269			269
JONES, Andrew	Unattached - Prescot			269		269
LLOYD, Jim	Unattached - Hexham	Vet 50		268		268
PORTER, Jason	Unattached - Preston		268			268
GRAHAM, Stephen	Unattached - Wigton	Vet 40 Men	67	200		267
SAVILL, Gary	Airedale Dodgers	Vet 40 Men	266			266
DEVENISH, Michael	Unattached - Staffordshire			264		264
MEYRICK, Ian	Unattached - Kendal		264			264
FOWKES, Laurence	Worcester AC	Vet 40		263		263
MOSS, Jeremy	Unattached - Preston		263			263
BEDDARD, Richard	Unattached - Cambridge	Vet 40 Men	59	203		262
FLATLEY, Mike	Unattached - West Yorkshire	Vet 50 Men	36	226		262
MIDGLEY, Richard	Unattached - Staffordshire			262		262
SPENCE, Ian	Unattached - Edinburgh	Vet 40 Men	262			262
POLLOCK, Philip	Unattached - Manchester		261			261
POSTLETHWAITE, Scott	Unattached - Kendal	Vet 40 Men	260			260
SIMON, Matthew	Unattached - Stockport	Vet 50		260		260
FROGATT, Richard	Dudley Kingswinford	Vet 40 Men	259			259
TICKNER, Richard	Unattached, Kendal	Vet 50		259		259
CRUICKSHANK, Stephen	Formby Runners, Merseyside	Vet 40		258		258
O'LEARY, Simon	Unattached - Preston		258			258
BETTS, John	Chichester Runners & AC	Vet 60 Men	257			257
BROCK, Tim	Unattached, Kendal	Vet 40		257		257

SMITH, Ian	Harmeny AC	Vet 40		256		256
BIRD, Oliver	Unattached - Wallasey			255		255
WISE, Gary	SFB	Vet 40 Men	255			255
MORLAND, Robert	Unattached - Workington	Vet 40		254		254
BURTON, Russell	Unattached - Boosbeck		253			253
ALDERSON, Nick	Unattached - Gateshead			251		251
CLARKE, Matt	Unattached - London		251			251
GROSSET, Neil	Unattached - Keswick		250			250
BUSHELL, Anthony	Lancashire Constabulary Athletics	Vet 40		247		247
PALMER, David	Love	Vet 40 Men	247			247
PIERCE, Barry	Unattached - Widnes	Vet 60 Men	65	182		247
SAMUELSON, Peter	Spectrum Striders	Vet 60		246		246
COLLINS, Graham	Milltown Milers	Vet 50		244		244
MCDONALD, Colin	Spectrum Striders		244			244
BARRY, Michael	Stockport Harriers			243		243
ROSE, Paul	Wolverhampton & Bilston AC		243			243
GIBSON, Ian	Tynedale Harriers	Vet 50 Men	78	164		242
MERONE, Paul	Caldbeck Flyers	Vet 40 Men	242			242
MURRAY, Sam	Unattached - Beckermert		69	173		242
ALFORD, Styephen	Wooler Running Club		241			241
HANLEY, Matthew	Unattached - Bradford, W Yorks			240		240
LEE, Greg	Wigan Phoenix	Vet 50 Men	238			238
ANTONIAZZI, Primo	Unattached - Reigate, Surrey	Vet 40 Men	237			237
MARTIN, Chris	Rhyader AC, Powys, Wales	Vet 50		237		237
BURGESS, Lee	Unattached - Chorley	Vet 40 Men	236			236
FEAKES, Lesley	Helsby AC	Vet 40		235		235
GRIMES, David	Unattached - Moreton	Vet 60 Men	26	209		235
MCGARY, Ray	Unattached - Kendal	Vet 40 Men	235			235
DENTON, Mark	Unattached - Sheffield	Vet 40		234		234
LITTLE, Chris	Unattached - Carlisle		42	192		234
RUTH, Sean	Unattached - Reigate, Surrey	Vet 40 Men	234			234
RAVEN, Mark	Unattached - Wetherby	Vet 50	44	189		233
SHIRLAW, Darren	Unattached - East Twickenham	Vet 40 Men	232			232
HALLAM, Steve	Stainland Lions	Vet 50 Men	231			231
PARKER, Graham	Unattached, Kendal	Vet 40		230		230
WILLOUGHBY, Saul	Unattached - Beckermert	Vet 40 Men	230			230
CHRISTIAN, Paul	Cancer Care	Vet 40		229		229
HOPPER, Nigel	Biddulph Running Club	Vet 40 Men	229			229
BAKER, Ian	Unattached - Stockport	Vet 50 Men	228			228
BATES, Damian	Unattached - Oldham		51	177		228
SIMPSON, Ian	Unattached - Merseyside	Vet 40		228		228
HUNT, Paul	Unattached - Buckley		227			227
CAPLIN, Tony	Unattached - Powys, Wales	Vet 60		224		224
HARRIS, Tim	Unattached, Dewsbury W Yorks	Vet 50 Men	223			223
SMITH, Allen	Unattached - Flintshire	Vet 50		223		223
MITCHINSON, Peter	Unattached	Vet 50 Men	222			222
SLATER, Darren	Tri Preston	Vet 40 Men	221			221
BLACK, Gordon	Unattached - Urmston	Vet 40		220		220
PRESTON, Adrian	Wymondham Athletic Club	Vet 40 Men	220			220
DALEY, Andrew	Unattached - Keighley, W Yorks	Vet 40		219		219
SWAILES, Edward	Unattached - West Kirby	Vet 50 Men	218			218
WOOD, Chris	Unattached - Chorley, Lancs	Vet 40		218		218
FURPHY, Chris	Unattached - North East	Vet 40	41	176		217
OSBORNE, Mark	Unattached - Leeds	Vet 40		217		217
LEES, Robin	Unattached - Ambleside	Vet 50 Men	216			216

HAYNES, Adam	Unattached - Preston		9	206		215
KITCHIN, Graham	Trade Team			215		215
WARDLE, Stuart	Unattached - Wigan	Vet 40 Men	215			215
COPPLESTONE, Paul	Greater Manchester Police		214			214
SMITH, Ira	Great Yarmouth Road Runners	Vet 60		213		213
CHEETHAM, Stephen	Unattached - Rochdale	Vet 40		212		212
CHORLTON, Paul	Unattached - Stalybridge		71	141		212
COOPER, Gary	Unattached - Liverpool		212			212
SIMPSON, Neil	Unattached - Warrington			211		211
SLACK, James	Unattached		211			211
ANDERSON, Erik	Unattached, Birmingham			210		210
DURSTON, Michael	Unattached - Saltburn	Vet 60 Men	209			209
BROWNE, Mike	Unattached - Warrington	Vet 50		208		208
HENEHGAN, Peter	Horwich RMI Harriers	Vet 60 Men	208			208
WHITEHEAD, Brian	Unattached - Bury	Vet 40 Men	11	197		208
BLACK, Leonie	Helm Hill			207		207
PARKES, Graham	Baxi Group	Vet 40 Men	206			206
DAVIES, Richard	Unattached	Vet 40 Men	205			205
BANCROFT, Ian	Unattached - Warrington		28	175		203
ROBINSON, Miguel	Unattached - Belfast	Vet 40 Men	203			203
DAVIDSON, Geoff	Unattached - Keswick	Vet 60 Men	202			202
RIMMER, Neil	Unattached - St Helens	Vet 40		202		202
BRANNAN, Terry	Wymondham Athletic Club	Vet 60 Men	201			201
BARRY, Dan	Unattached - Penrith	Vet 40 Men	199			199
BETTS, Gary	Wymondham Athletic Club		196			196
WOOD, Arthur	Pudsey Pacers, Leeds	Vet 60		195		195
CARTER, Rob	Unattached - Rugeley	Vet 50		194		194
JOHNSON, Stephen	Unattached - Preston, Lancashire	Vet 40 Men	194			194
KIDD, Calum	Biddulph Running Club		193			193
JEFFERSON, Stephen	Unattached - Maidstone	Vet 40 Men	191			191
BROWN, James	Unattached - Carlisle		190			190
HEARSON, Christopher	York Knavesmire Harriers	Vet 40		190		190
BAKER, Ian	Unattached - Kirkby Stephen	Vet 50 Men	189			189
CASEY, Michael	Unattached - Blackburn	Vet 40 Men	188			188
RICHARDSON, Steve	Unattached - Stockport	Vet 40		188		188
GELDER, Kevin	Unattached - Cleckheaton, W Yorks	Vet 40		187		187
BERRILL, Phil	Unattached - Preston		19	167		186
MYERS, Matthew	Unattached - Bingley			186		186
TRAINOR, John	Baxi		186			186
LUNT, Eric	Unattached - Manchester		185			185
WILLIAMS, Peter	Kendal AC	Vet 60 Men	17	168		185
CULL, Dave	Unattached - Bromsgrove		184			184
THORNE, Ian	Unattached - Halesowen	Vet 40		184		184
MALE, Les	Unattached - Loughborough	Vet 40 Men	183			183
PRICE, Robert	Unattached - Leeds		23	160		183
MAKINSON, Mike	Unattached - Huddersfield	Vet 40 Men	182			182
BELL, Thomas	Unattached - Wilmslow		181			181
HALL, John	Bolton United Harriers	Vet 50		181		181
MCINTOSH, Andrew	North Shields Polytechnic AC	Vet 40 Men	180			180
RAYNER, Ian	Unattached - Leeds	Vet 40		180		180
CARTWRIGHT, David	LDWA	Vet 70 Men	1	178		179
WEBB, Sam	Unattached - Surbiton		179			179
CHAMBERLAIN, Paul	Unattached - Berkhamsted		177			177
LOCKWOOD, David	Unattached - Barnsley		176			176
JENKINS, Chadlea	Bedford Harriers		175			175

DEARDEN, Robin	Unattached - Leeds			174		174
ISHERWOOD, David	Unattached - Isle of Man	Vet 40 Men	174			174
DENNETT, Pete	Baxi	Vet 40 Men	173			173
ANDERSON, Scott	Unattached, Birmingham			172		172
SMITH, Tim	Unattached - Wilmslow	Vet 40 Men	172			172
FULLENBAUM, Eric	Unattached - London			171		171
RICHARDS, Lee	Unattached - Howden		170			170
WATSON, Matt	Unattached - Lancaster	Vet 40		170		170
BARR, Anthony	Unattached - Prescott			169		169
BRADSHAW, Darren	Lancaster and Morecambe AC	Vet 40 Men	22	147		169
HOWES, Alistair	Unattached - Durham	Vet 40 Men	15	154		169
SWINDLEHURST, John	Unattached - Douglas	Vet 40 Men	169			169
STOKER, Chris	USA		167			167
ALLISTER, Dan	Unattached			165		165
COLQUHOUN, Ian	Unattached - Ashington	Vet 50 Men	165			165
WATTS, Mark	Unattached	Vet 40 Men	164			164
MITCHELL, Trevor	Unattached - Brighouse	Vet 50		162		162
OGSTON, John	Unattached - Manchester		162			162
OXLEY, Steven	Unattached - Brighouse	Vet 50		161		161
WATKINSON, Billy	Unattached - Runcorn		161			161
CONLAN, Chris	Unattached - Manchester		1	159		160
HODGSON, David	Unattached - Durham		160			160
HIRST, Andy	Unattached - Dearham		1	158		159
PICKLES, Nigel	Baxi		159			159
SERVICE, Douglas	Unattached - Burnley	Vet 40 Men	158			158
SHEPHERD, Steve	Unattached - West Yorkshire	Vet 50	1	157		158
BONE, James	Unattached - Kendal		1	155		156
WOOLDRIDGE, Jeffrey	Unattached - Chelmsford	Vet 40		156		156
ARMSTRONG, Robert	Unattached - Peterborough	Vet 40 Men	155			155
KELSO, Martin	Unattached - Peebles, Scotland	Vet 50 Men	154			154
CRITCHLEY, Carole	Unattached - Manchester	Vet 40		153		153
DAVIES, Rob	Unattached - Glossop	Vet 40 Men	153			153
RICHMOND, Gary	Canterbury Harriers	Vet 40		152		152
SINGLETON, Wayne	Unattached - Barrow in Furness			151		151
LEIVERS, Dominic	Unattached - London			150		150
LEWIS, Owen	Unattached		150			150
COUPE, William	Unattached - Kendal	Vet 40 Men	149			149
SMITHEMAN, Tony	Unattached - Saltburn By The Sea	Vet 60		149		149
BEVAN, Keith	Unattached - Berkhamsted	Vet 40		148		148
STUTTARD, Edward	Unattached - Carnforth		148			148
HEATH, Janson	Unattached - Newcastle under Lyme		147			147
CHEW, Chris	Unattached, Kendal	Vet 40		146		146
PORTER, Barry	Unattached - Preston	Vet 40 Men	145			145
SHIELDS, Dan	Unattached, Kendal	Vet 40		145		145
GIBSON, Adrian	Unattached - Windermere	Vet 40		144		144
SHEPHERD, Adam	Unattached - Southampton		144			144
MCSTRAVICK, Conor	Unattached - Limavady	Vet 40 Men	143			143
PYPER, Stuart	Keswick AC	Vet 40		143		143
LEAHY, Michael	Unattached - Grange over Sands	Vet 50		142		142
LUCAS, Ian	Unattached - Witham	Vet 50 Men	141			141
GRAVES, Brian	Marshall Milton Keynes AC	Vet 70		140		140
HARDINGHAM, Andrew	Unattached - Bolton		140			140
COOKSON, Paul	Run Fat Boy Run, Ambleside	Vet 40		139		139
COLLINS, Simon	Unattached - Cambridge		138			138

REYNERO, Giuliano	Unattached, Kendal	Vet 50		138		138
FROY, Allan	Unattached - Cheltenham		1	136		137
MCCLUSKIE, Paul	Unattached - Liverpool			137		137
ROSTRON, John	Unattached - Preston		137			137
BAINES, Stewart	Unattached - London		136			136
SUTCLIFFE, Neil	Blackburn Road Runners	Vet 50 Men	1	135		136
EDWARDS, David	Unattached - Yarm		135			135
BADCOCK, Daniel	Unattached - Leamington Spa			134		134
HOWARD, John	Unattached - Ashton under Lyne	Vet 60	1	133		134
ISAACS, Marc	Unattached - Manchester		134			134
SKILLING, Chris	Unattached - Warrington			132		132
GERRARD, Mark	Unattached - Chorley		131			131
TURNER, Howard	Unattached - Grange over Sands	Vet 50		131		131
REED, Jerry	Unattached - Cambridge	Vet 40 Men	130			130
WESTGATE, Peter	Unattached - Gorleston	Vet 60		130		130
BEAUMONT, Sam	Unattached - Lytham St Annes			129		129
GELDART, Stephen	Unattached - Wimbledon		1	128		129
BETTS, Antony	Unattached - Ilkley	Vet 40 Men	127			127
HAYNES, Anthony	Unattached - Preston	Vet 50 Men	1	126		127
WEAR, Mark	Unattached - Frizington	Vet 40		127		127
O'LEARY, Allan	Mossley Hill AC, Liverpool	Vet 50 Men	1	125		126
WARDALE, Kevin	Ilkley Harriers	Vet 40 Men	126			126
DAVIES, Miles	Run Fat Boy Run, Ambleside	Vet 40		124		124
DICKEL, Howard	Unattached - Hebden Bridge	Vet 40 Men	1	123		124
ANDERSON, David	Unattached - Ulverston	Vet 50		122		122
SMITH, Matt	Unattached - Waterloo		122			122
SWEETING, Robert	Nidd Valley Road Runners	Vet 60 Men	1	121		122
LOUGHRAN, Joe	Unattached - Stoke-on-Trent	Vet 50 Men	1	120		121
CARTER, John	Unattached - Stanley		120			120
ROBSON, Chris	St Bees Tri	Vet 70 Men	1	119		120
CROFTS, Adam	Unattached - Manchester		119			119
BERRILL, Simon	Unattached - Preston		1	117		118
BOUND, John	Unattached - Gorleston	Vet 60		118		118
CANN, Stuart	Deepdale Dashers	Vet 40 Men	117			117
ALLEN, Howard	Unattached - Ilkley, W Yorkshire	Vet 50		116		116
KENDAL, Kev	Fetcheveryone		116			116
MCMASTER, James	Unattached - Gateshead	Vet 50		115		115
WALTON, Colin	Unattached - Stockport	Vet 40 Men	115			115
HOLLOWAY, Ian	Unattached - North East	Vet 60 Men	1	113		114
MCMASTER, David	Unattached - Gateshead			114		114
RUTLEDGE, Peter	Unattached - Manchester		114			114
TUFTS, Mark	Wyndham Running Club, Norfolk	Vet 40 Men	113			113
CUMMINS, Martin	Unattached - Thirsk, N Yorks	Vet 50		112		112
WRIGLEY, Peter	Unattached - Harrogate		112			112
BYRON, Stephen	Unattached - Merseyside	Vet 40		111		111
SPOONER, Steve	Unattached - Bollington	Vet 40 Men	111			111
CLARK, Richard	Unattached - Staines	Vet 40 Men	108			108
TAYLOR, Jason	Unattached - Beamish		107			107
HEESOM, Scott	Unattached - Warrington		106			106
WOOD, Simon	Unattached - Manchester	Vet 40 Men	101			101
HILL, Jason	Unattached - Crewe		100			100
GRIFFITHS, Andrew	Unattached - Leeds		99			99
ECCLESTONE, Neil	Unattached - Huntingdon	Vet 40 Men	97			97

OLIVER, Tim	Unattached - Penrith	Vet 40 Men	96				96
DAVID, Owen	Unattached - Cockermouth		95				95
ALLDRED, Karl	Unattached - Warrington		94				94
WALLACE, David	Hartlepool Burn Road Runners	Vet 50 Men	93				93
MOLLOY, Colin	Biddulph Running Club	Vet 60 Men	92				92
ROBSON, Nigel	Unattached - Hexham	Vet 40 Men	91				91
CLARKE, Gerard	Unattached - Manchester		89				89
CORLETT, Stephen (Man Utd)	Manchester United Salford		86				86
DAVIES, Mark	Unattached - Shrewsbury		85				85
FREEMAN, Tim	Unattached - Chester	Vet 40 Men	83				83
MEDLEY, Nick	Unattached - Keighley		82				82
CAIRNS, Stuart	Unattached - Manchester	Vet 40 Men	81				81
WHETTER, Lisa	Unattached - Levens		79				79
MURPHY, William	Ford Halewood AC	Vet 70 Men	77				77
HUMBLE, Garry	Unattached		76				76
HALL, Anthony	Unattached	Vet 40 Men	75				75
LEARY, Ron	Unattached - Hull	Vet 40 Men	73				73
JOUGHIN, Shaun	Unattached - Guisborough		72				72
LOWIS, Ian	Carlisle Triathlon Club	Vet 50 Men	70				70
BRIGHT, John	Unattached - Darlington	Vet 50 Men	68				68
GREY, Paul	Unattached - Stanley		66				66
CHRISTIE, Andrew	Baxi	Vet 40 Men	64				64
ATKINSON, Peter	Unattached - Swinton		63				63
EVANS, David	Unattached - Ormskirk		62				62
HARRINGTON, Martin	Chorley Harriers	Vet 50 Men	61				61
CRUTCHLEY, Ian	Whymondham AC	Vet 40 Men	60				60
SHAW, Clive	Unattached - Liverpool	Vet 50 Men	58				58
LADOCHA, Mark	Unattached - Huddersfield		57				57
BENNETT, Martin	Merseyside Police	Vet 40 Men	56				56
TWEDDLE, Andrew	Unattached - Newcastle upon Tyne		55				55
ROBINSON, Peter	Unattached - Newcastle upon Tyne		54				54
LADOCHA, Dave	Stainland Lions, Halifax	Vet 50 Men	52				52
HORNE, Bernard	Unattached - Burnley	Vet 40 Men	49				49
KUECHEL, James	Unattached - Cockermouth		48				48
BANKS, Ross	Unattached - Stoke-on-Trent	Vet 40 Men	47				47
MOSS, Paul	Baxi	Vet 50 Men	46				46
WOLSTENHOLME, Andy	Unattached - Congleton	Vet 40 Men	45				45
WISEMAN, John	Unattached	Vet 40 Men	43				43
SMALL, Sandy	Unattached - Glasgow	Vet 60 Men	40				40
BENSON, Richard	Unattached - Northwich	Vet 40 Men	39				39
GIRVIN, Maurice	Unattached - Belfast	Vet 40 Men	38				38
SIMS, Daniel	Unattached - Manchester		37				37
TURNBULL, Stephen	Unattached - Hexham	Vet 40 Men	35				35
MITCHELL, Mark	Unattached - Kendal		34				34
MITCHELL, Steven	Unattached - Kendal		33				33
TOCK, Chris	Unattached - Chester		32				32
EDWARDS, John	Unattached - Yarm	Vet 60 Men	31				31
FELGATE, Paul	Unattached - Leeds	Vet 50 Men	30				30
LIGHTFOOT, Steve	Unattached - Oldham		29				29
SCOTT, Julian	Unattached - Collingham	Vet 50 Men	27				27
SAGE, Michael	Unattached - Reydon, Southwold	Vet 60 Men	25				25
JAMESON, Scott	Unattached - Washington		24				24
CORNWELL, Kevin	Unattached - Prescot		21				21

HOWARD, Thomas	Unattached - Rossendale		20				20
CLARKE, Dave	Unattached - Northwich	Vet 50 Men	18				18
BURKE, Adam	Unattached - Newcastle upon Tyne		16				16
MARTIN, Simon	Unattached - Wetherby	Vet 40 Men	14				14
TAKASHINA, Kei	Unattached - Reading		13				13
HARRISON, Don	Derby MC	Vet 50 Men	12				12
BIRKETT, Richard	Unattached - York	Vet 40 Men	10				10
PITTMAN, Keith	Unattached - Kendal	Vet 50 Men	8				8
HENRY, Matthew	Unattached - Buxton		7				7
BUSHELL, Tony	Unattached - Chorley	Vet 40 Men	6				6
GRUMMETT, Steve	Unattached - Leeds		5				5
HARDACRE, Steve	Unattached - Preston	Vet 50 Men	4				4
CLARK, Neil	Unattached - Larbert	Vet 40 Men	3				3
BAKER, Neil	Unattached - Sawtry	Vet 40 Men	2				2
WOOD, Iain	Unattached - Ormskirk		1				1
ALLEN, Chris	Unattached - Kirkby In Furness	Vet 40 Men	1				1
ANTHONY, Christopher	Unattached - Malton		1				1
ARTHUR, Nick	North Yorks Police	Vet 40 Men	1				1
ASAI, Taizo	Unattached - Workington		1				1
BARTON, David	Ford Halewood AC, Cheshire	Vet 60 Men	1				1
BIBBY, Nigel	Unattached - Lytham	Vet 40 Men	1				1
BLYTH, Neil	The Detectives		1				1
BREAR, Richard	Stainland Lions	Vet 40 Men	1				1
CADDICK, Chris	Unattached - Warrington	Vet 40 Men	1				1
CHESTERMAN, Steve	Unattached - Hope Valley	Vet 50 Men	1				1
CLARE, Alex	Unattached - Liverpool		1				1
COLLISTER, Bill	Unattached - Douglas	Vet 50 Men	1				1
COOPER, Louis	Wymondham Athletic Club	Vet 60 Men	1				1
FAIRFULL, Jeffrey	Unattached - Billericay	Vet 60 Men	1				1
FOLEY, Steven	Unattached - Blaydon	Vet 40 Men	1				1
FOWLER, Gavin	Unattached - Middlesborough		1				1
GINDER-POULSON, Robert	Unattached - Cheadle	Vet 40 Men	1				1
GRIFFITHS, Dominic	Greater Manchester Police CID		1				1
GRIMSHAW, Nick	Unattached - Wilmslow	Vet 40 Men	1				1
HAMPTON, Tom	Warrington Triathlon Club	Vet 50 Men	1				1
HEAP, Paul	Unattached - Blackpool	Vet 50 Men	1				1
HILTON, Tom	Unattached	Vet 60 Men	1				1
HOTCHKISS, Daniel	Unattached	Vet 40 Men	1				1
LARLIN, Paul	Unattached - Hawkshead	Vet 40 Men	1				1
LEWIS, Ian	Unattached	Vet 60 Men	1				1
MACCLAIN, Julian	Unattached	Vet 40 Men	1				1
MACFARLANE, Kerry	Unattached - Liverpool	Vet 60 Men	1				1
MALE, Roy	Unattached - Solihull	Vet 70 Men	1				1
MANNING, Nicholas	Unattached - Bolton		1				1
MCBURNEY, Andrew	Unattached - Wirral		1				1
MCGRAY, Jason	Unattached - Stocksfield		1				1
MODEN, Mary	Rossendale	Vet 40 Men	1				1
MOSS, Peter	Unattached - Preston	Vet 50 Men	1				1
MURPHY, Sean	The Murphia	Vet 40 Men	1				1
NORDON, Robert	Unattached - Wigton		1				1
PARFITT, Stephen	Baxi	Vet 40 Men	1				1
PEATFIELD, John	Unattached - Bowston	Vet 60 Men	1				1
PETERS, Stephen	Unattached - Wallasey	Vet 40 Men	1				1
PRIEBE, Laurie	Unattached - Penrith	Vet 60 Men	1				1

