

Lakeland Trails Series Results Men 2008

Pos'n	Name	Club	Category	Hawkshead	Garburn	Coniston	Total
1	BREWSTER, Roger	Clayton Le Moors Harriers	Vet 50 Men	479	584	485	1548
2	ROBERTS, Guy	Mossley Hill AC, Liverpool		468	578	489	1535
3	MCGRATH, John	Worthing & District Harriers	Vet 40 Men	471	577	486	1534
4	PILKINGTON, Alex	Settle Harriers		483	571	480	1534
5	THOMPSON, John	Skelmersdale Boundary		467	566	478	1511
6	WILLIAMS, Andy	Blackpool, Wyre & Fylde	Vet 40 Men	454	576	470	1500
7	JACKSON, Shaun	Unattached - Manchester		436	543	466	1445
8	KELLY, Neil	Penny Lane Striders,		434	526	469	1429
9	WALSH, Phil	Preston Harriers	Vet 50 Men	469	469	471	1409
10	STANWAY, Simon	Barrow & Furness Striders		407	518	474	1399
11	GREY, Roger	Cumberland AC	Vet 50 Men	413	514	448	1375
12	BURROWES,	Kendal AC	Vet 40 Men	385	545	439	1369
13	HARRISON, Keith	Unattached - Carlisle	Vet 40 Men	405	482	476	1363
14	HOLLAND, Brian	Stockport Harriers	Vet 50 Men	409	488	460	1357
15	TROUP, Mike	St Edmond Pacers, Suffolk	Vet 50 Men	369	540	421	1330
16	ESSEX-CROSBY,	Blackpool, Wyre & Fylde		475	366	484	1325
17	BURROW, Craig	Unattached, Kendal		367	500	450	1317
18	GIBBISON, Neil	Black Combe Runners	Vet 50 Men	370	510	425	1305
19	KNOWLES, Martyn	Unattached - Preston,		366	484	435	1285
20	CLOSE, Eddie	Howgill Harriers		336	476	437	1249
21	RANK, Nicholas	Lincoln Wellington AC	Vet 50 Men	342	460	434	1236
22	ROACH, Steve	Unattached - Cheshire	Vet 40 Men	361	456	415	1232
23	BURNS, Owen	Mossley Hill AC, Liverpool		313	448	436	1197
24	SCHOFIELD,	Chorley Harriers	Vet 50 Men	315	462	416	1193
25	BROWN, Steve	Unattached - Windermere	Vet 40 Men	323	491	373	1187
26	SPARROW, Paul	Unattached - Blackpool	Vet 40 Men	292	443	428	1163
27	STURGESS, Phil	Trail Running Association	Vet 40 Men	331	444	369	1144
28	WILKINSON, Peter	Skelmersdale Boundary	Vet 40 Men	293	411	417	1121
29	NEWSTEAD, Peter	Unattached - Cheshire		317	402	392	1111
30	JONES, Andi	Salford Harriers		500	600		1100
31	WALSH, James	Leeds City		499	599		1098
32	HORNE, Ian	Eden Runners	Vet 40 Men	294	407	395	1096
33	LAKER, Stephen	Unattached - Preston,	Vet 40 Men	308	417	367	1092
34	HUSSAIN, Bashir	Stockport Harriers	Vet 40 Men		594	496	1090
35	CRITCHLEY, Neil	Burnden Road Runners	Vet 40 Men	260	401	423	1084
36	GREENWOOD, Ian	Clayton Le Moors Harriers	Vet 40 Men	486	590		1076
37	BELL, Richard	Unattached - Cheshire	Vet 40 Men	484	589		1073
38	WARD, Tony	Stockport Harriers	Vet 40 Men	296	370	405	1071
39	ALMOND, David	Dewsbury Roadrunners, W		485	581		1066
40	OSBORNE, Adam	Leeds City			598	463	1061
41	SHUTTLEWORTH,	Lostock AC	Vet 40 Men	326	327	404	1057
42	O'DONNELL,	Clayton Le Moors Harriers		470	583		1053
43	FLETCHER, Gordon	Fell Runners Association	Vet 60 Men	223	463	363	1049
44	ANDREW, Martin	Unattached - Ambleside	Vet 40 Men	458	576		1034
45	HARRISON, Ben	Unattached - Windermere		480	552		1032
46	ROYSTON-BISHOP, George	Unattached - St Bees		274	355	400	1029
47	MOORHOUSE, John	Unattached - Cheshire	Vet 50 Men	271	375	378	1024
48	QUAYLE, Roger	Barrow & Furness Striders	Vet 50 Men	465	555		1020
49	MOSS, Fleecy	St Bees Tri	Vet 40 Men	444	569		1013
50	MILBURN, Peter	Newton Aycliffe AC	Vet 40 Men	447	565		1012
51	LEARY, Paul	Rochdale Harriers	Vet 40 Men	450	554		1004
52	ROBERTSHAW,	Trail Running Association	Vet 50 Men	448	551		999
53	CRAN, Alex	Clayton Le Moors Harriers		427	570		997
54	HOPE, Rob	Pudsey & Bramley AC,		498		499	997
55	LEIGH, Nick	Altrincham & District AC		496		498	994
56	SMITH, Tim	Unattached - Cheshire	Vet 40 Men	300	318	376	994
57	CROMPTON,	Vale Royal Athletics,	Vet 40 Men	432	561		993

58	ROSCOE, Martin	Leeds City	Vet 40 Men	494		497	991
59	EATON, Simon	Wesham Road Runners			512	477	989
60	LAW, Michael	Unattached - Ayrshire		195	424	370	989
61	COATES, John	Ilkley Harriers	Vet 40 Men	275	357	355	987
62	IONS, Justin	Horsforth Harriers		414	568		982
63	NORTON, Clive	Kingfisher Tri Club		163	400	418	981
64	SUNLEY, Richard	Horsforth Harriers	Vet 40 Men	445	536		981
65	HIBBERT, Martin	Unattached - Billingham	Vet 40 Men	435	544		979
66	NORMAN, Dale	Unattached - Rossendale		430	548		978
67	PINDER, Graham	Glaxo Hoad Hill Harriers	Vet 50 Men	443	532		975
68	KILNER, Paul	Unattached - York	Vet 40 Men	211	374	381	966
69	SHARPLES, Ian	Wesham Road Runners	Vet 40 Men	440	520		960
70	WALKDEN, Peter	Ashford Athletic, Kent	Vet 50 Men	324	363	273	960
71	WILSON, Matt	Unattached - Windermere		421	539		960
72	DALTON, Andrew	Skelmersdale Boundary	Vet 40 Men	417	538		955
73	HOBBINS, Tom	Stafford Harriers		472		483	955
74	DARWELL, Mike	Unattached - Carnforth		424	528		952
75	TOMKINSON,	Rochdale Harriers		217	319	414	950
76	BELL, Stuart	Kendal AC	Vet 50 Men	178	376	394	948
77	METCALF, Alan	Preston Harriers	Vet 40 Men	473		475	948
78	RAGG, Stephen	Unattached - Durham	Vet 40 Men		541	406	947
79	SWIRE, Christopher	Unattached - Manchester	Vet 40 Men	239	348	356	943
80	TREWEEKE, Andy	Unattached - Liverpool	Vet 40 Men	410	533		943
81	DOUGLAS, Dave	Unattached - Merseyside		390	549		939
82	HOLDSWORTH,	Trail Running Association		433	504		937
83	JARVIS, Richard	Unattached - Lancaster	Vet 40 Men	222	340	375	937
84	BROWN, Matthew	Vale Royal Athletics,	Vet 40 Men	418	515		933
85	GALE, Philip	Fairlands Valley Spartans	Vet 40 Men	457	470		927
86	CROOKS, Andrew	Unattached - Dumfries		399	523		922
87	TYSOME, Stephen	Trail Running Association		214	293	413	920
88	DOWTY, John	South London Orienteers	Vet 40 Men	397	516		913
89	WILDING, Nick	Unattached - North East		393	519		912
90	MCKENDREY, Paul	Cumberland AC	Vet 40 Men	438		473	911
91	PARKER, Graham	Unattached, Kendal	Vet 40 Men	189	328	393	910
92	KOLEBUK, David	Unattached - Langley Mill	Vet 40 Men	402	502		904
93	WEBB, Robert	Unattached - Manchester	Under 21	400	495		895
94	PROTIC, Mark	Unattached - Prescott		170	335	389	894
95	WEBB, Stephen	Warrington Road Runners	Vet 50 Men	231	329	334	894
96	THOMAS, Ranjit	Unattached - Dumfries	Vet 40 Men	349	542		891
97	HIGGINS, Phil	Unattached - Windermere	Vet 40 Men	176	351	362	889
98	SEWELL, Robert	Morpeth Harriers	Vet 50 Men	396	493		889
99	POLITO, Giles	Bridgedale's		415		472	887
100	WILLINK, Patrick	Helm Hill Runners	Vet 40 Men		458	429	887
101	FORTUN, Philip	Stone Masters			461	424	885
102	BOND, Ian	Unattached - Preston,	Vet 40 Men		423	456	879
103	GILBERT, Dan	Unattached - Bolton		388	489		877
104	SMITH, Jerry	Chorlton Runners	Vet 50 Men	364	509		873
105	BAKER, Ian	Unattached - Stockport	Vet 50 Men	251	270	344	865
106	FOOTE, Darren	Black Combe Runners		209	353	302	864
107	BUTTERWORTH,	West Pennine Runners	Vet 50 Men	358	503		861
108	HINDLE, Trevor	Manchester & District	Vet 40 Men	391		465	856
109	BARRETT, Martin	Unattached - Stockton on		167	334	349	850
110	ELLMAN, Jeremy	Claremont Road Runners,	Vet 50 Men	348	501		849
111	CORLETT, Adam	Unattached - Liverpool		392		452	844
112	GARDNER, Tony	Unattached - West	Vet 40 Men		445	397	842
113	CHRISP, Paul	Unattached - Tarporley	Vet 40 Men	403		438	841
114	MCKEAG, Sean	Ripon Runners		383		458	841
115	HUNTER, Ian	Kimberley & District Striders		404	432		836
116	NEALE, David	Unattached, Kendal		196	300	340	836

117	CONNELL, James	Bower Running Club		363		467	830
118	COOPER, Geoff	Southport Strollers	Vet 50 Men	181	337	309	827
119	O'REILLY, Brian	Southport & Waterloo H	Vet 40 Men	379		442	821
120	COPP, Jason	Unattached, Birmingham	Vet 40 Men	148	286	386	820
121	POIRRETTE, Jonathan	Unattached - Windermere	Vet 40 Men	425	389		814
122	THURLBECK, Jeff	Unattached	Vet 40 Men	356		457	813
123	FITZPATRICK, John	Helm Hill Runners	Vet 40 Men	428	384		812
124	SHUTTLEWORTH, Robert	Unattached - Carnforth		303	506		809
125	WALKER, Dave	Unattached - Durham	Vet 40 Men	157	303	348	808
126	MALE, Les	Unattached - Leicestershire	Vet 40 Men	186	308	311	805
127	SMITH, Tim	Dallam Running Club	Vet 40 Men	21	403	376	800
128	ABBOTT, Phil	Long Eaton RC, Nottingham		353		443	796
129	SCHOFIELD, Chris	Helm Hill Runners	Vet 40 Men	362	433		795
130	O'DOWD, Robin	Unattached - Brampton	Vet 40 Men	228	305	261	794
131	ATKINSON, Peter	Unattached - York	Vet 40 Men	1	517	275	793
132	WHINCUP, Stephen	South Cheshire Harriers	Vet 40 Men	321	471		792
133	PAINTER, Andy	South Cheshire Harriers		344	436		780
134	CARTWRIGHT, Darren	Rothwell Harriers		330		446	776
135	WHEELER, Paul	Ashford Athletic, Kent	Vet 40 Men	103	310	360	773
136	HILL, Mick	Pudsey & Bramley AC, Leeds		341	430		771
137	WALKER, Mark	Rochdale Harriers	Vet 40 Men	411	360		771
138	HANSEN, Allen	Ripon Runners	Vet 40 Men	320	446		766
139	LUND, Jamie	Unattached, Kendal		288	468		756
140	TAYLOR, Craig	Unattached	Vet 40 Men	340	412		752
141	GARNETT, Nigel	Kendal AC	Vet 50 Men	325		426	751
142	BELL, Simon	Blackhill Bounders, Co Durham	Vet 40 Men		345	401	746
143	QUINN, Martin	Chorley Harriers		254	490		744
144	RAYNER, Julian	The Low Wood, Windermere	Vet 50 Men	276	467		743
145	STARKEY, Peter	Chorley Harriers	Vet 50 Men	346	387		733
146	DAVIES, Rob	Unattached - Glossop		281	442		723

147	ANDERSON, Mark	Lincolnshire & District Runners	Vet 40 Men	221	496		717
148	HOPE, Clive	Unattached - Hyde	Vet 50 Men	301	416		717
149	HILL, Simon	Unattached, Kendal		249	464		713
150	GILLMAN, Darren	Spa Striders, Warwick		62	324	321	707
151	PARTRIDGE, Craig	Unattached - Manchester		297	409		706
152	CLEARY, Richard	Unattached - Leeds		277	428		705
153	HANLON, Bob	Unattached - Windermere	Vet 50 Men	285	418		703
154	GREEN, Robert	Headington Roadrunners	Vet 50 Men	53	325	324	702
155	PLANT, David	Unattached - Poulton le Fylde	Vet 40 Men	127	266	306	699
156	WOODWARD, Rob	Unattached, Kendal		304	395		699
157	MASSEY, Bob	Blackpool, Wyre & Fylde AC	Vet 60 Men		344	353	697
158	TARVIT, Ian	Vale Of Aylesbury, Buckinghamshire	Vet 50 Men	252	441		693
159	CHATBURN, Colin	Unattached - Preston, Lancashire		102	259	327	688
160	LEATHEREN, Andy	Unattached, Kendal	Vet 40 Men		302	379	681
161	PATON, David	Unattached	Vet 40 Men	121	239	315	675
162	WOOLDRIDGE, Richard	Lune Valley Hash House Harriers		269	404		673
163	DURSTON, Michael	Unattached - Cleveland	Vet 50 Men	82	297	292	671
164	DICKSON, Kevin	Warrington Road Runners		295	365		660
165	COYNE, Jason	Trail Running Association		248		409	657
166	BLAND, Eddie	Ambleside AC	Vet 50 Men		282	361	643
167	BISH, David	Unattached - Manchester	Vet 40 Men	1	284	352	637
168	GRACE, Ian	Chorley Harriers	Vet 50 Men	286		351	637
169	MERCER, John	Unattached - Wigan	Vet 40 Men	218		419	637
170	HARDCASTLE, Stuart	Quakers Running Club, Cleveland	Vet 50 Men	236		399	635
171	HALL, Mark	Unattached - Newcastle	Vet 40 Men	187	447		634
172	MARSH, Jol	Unattached		250		384	634
173	HENDERSON, Colin	Helm Hill Runners	Vet 40 Men	220		408	628
174	FLETCHER, Stephe	Chorley AC	Vet 50 Men	334	292		626
175	DAVIDSON, Alan	Unattached - Oxfordshire	Vet 50 Men		273	347	620
176	MASSAM, Stephen	Preston Harriers	Vet 40 Men	101	229	290	620
177	ROBERTS, Ady	Lostock AC	Vet 40 Men	329	282		611
178	WILLIAMS, Sean	Unattached - Worcester		273		337	610

179	WARRINER, George	Mossley Hill AC, Liverpool	Vet 40 Men	242		364	606
180	BERTRAM, John	Lancaster & Morecambe AC		95	224	285	604
181	BREWSTER, Trevor	Unattached - Leeds		280		320	600
182	BIRCHALL, Chris	Leeds City			597		597
183	KAY, Darren	Horwich RMI Harriers			596		596
184	MARSH, Eric	Unattached - Warrington	Vet 40 Men	61	252	283	596
185	MODEN, Liam	Unattached - Lancashire	Vet 40 Men	48	250	298	596
186	BROOKES, Stevie	Bingley Harriers			595		595
187	SMITH, Anthony	Ambleside AC			593		593
188	BENNETT, Ben	Redhill Road Runners			592		592
189	HENDERSON, Craig	Redhill Road Runners			591		591
190	BROOKS, David	Blackpool, Wyre & Fylde AC		216	372		588
191	DELMER, Peter	Athenry AC, IRELAND	Vet 40 Men		588		588
192	PEACE, Martin	Bingley Harriers			587		587
193	ELLIS, Barry	Horsforth Harriers		204		382	586
194	SENIOR, James	Bingley Harriers			586		586
195	WOOD, Phillip	Unattached - West Yorkshire		156		430	586
196	ANNABLE, Tom	Vale Royal Athletics, Cheshire	Vet 40 Men		585		585
197	CASSON, Alistair	Unattached - Carnforth		208		374	582
198	WALSH, Richard	Worcester AC			582		582
199	GORST, Gordon	Unattached - Liverpool			267	313	580
200	HARDY, Stephen	Loftus & Whitby AC			580		580
201	GUISELEY, Andrew	Dewsbury Roadrunners, W Yorks			579		579
202	HARDING, Stephen	Jog Scotland		234	341		575
203	LOUDON, Jim	Unattached, Kendal	Vet 40 Men		575		575
204	VINCENT, Phil	Tynedale Harriers	Vet 40 Men		574		574
205	JACKSON, Paul	Chorley Harriers	Vet 40 Men		573		573
206	EMMS, Luke	Unattached, Kendal		310	262		572
207	FIDDLER, Paul	Unattached - Warrington		184		388	572
208	WILLIAMSON, Robert	Loftus & Whitby AC	Vet 40 Men		572		572
209	WHITEHOUSE, John	Unattached - Darlington		212		358	570
210	CROSSFIELD, Leon	Keswick AC	Vet 40 Men		262	307	569
211	VAN ALDERWEGEN, Damian	Unattached		264	304		568
212	HARPER, Rob	Unattached, Kendal			567		567
213	MIDDLEMASS, Dan	Loftus & Whitby AC			564		564

214	AUDENSHAW, Tony	Stockport Harriers	Vet 40 Men		563		563
215	KENDAL, Kev	Trail Running Association			265	297	562
216	PLUMP, Brent	Serpentine Running Club			562		562
217	BARK, Stephen	unattached - Horncastle			560		560
218	SMITH, Allen	Unattached - Flintshire	Vet 40 Men	180		380	560
219	LAIRD, Jamie	Unattached - Bovington			559		559
220	ANDERTON, James	Unattached - London			558		558
221	RICHARDS, Michael	Helm Hill Runners	Vet 50 Men	225	332		557
222	WHEWELL, Sean	Stockport Harriers	Vet 40 Men		556		556
223	LEWIS, Andrew	Shrewsbury AC	Vet 50 Men		553		553
224	LOCKHART, Derek	Unattached - Edinburgh		67	211	272	550
225	POLLARD, Stephen	Thames Hare & Hounds	Vet 40 Men		550		550
226	RAMAGE, Stuart	Unattached - Wylam	Vet 40 Men		255	293	548
227	O'CONNOR, John	Athenry AC, IRELAND			547		547
228	HUTCHINSON, Bernie	Kent AC	Vet 50 Men		546		546
229	RUDDOCK, Ian	Mossley Hill AC, Liverpool	Vet 40 Men	255	290		545
230	WOODS, Chris	Territorial Army	Vet 40 Men		253	289	542
231	MAKIN, Jeremy	Durham Fell Runners	Vet 40 Men	175		365	540
232	CHAPMAN, John	Howgill Harriers	Vet 40 Men	185	354		539
233	FENTON, Terry	Unattached - Bristol	Vet 40 Men	190	349		539
234	DUFFIELD, Neil	Loftus & Whitby AC	Vet 40 Men		537		537
235	ARMSTRONG, Damian	Unattached - Merseyside	Vet 40 Men		535		535
236	SUTCLIFFE, Tom	Unattached - Cheshire			534		534
237	DEVEREUX, Simon	Tri Preston	Vet 40 Men		531		531
238	CLAY, Nigel	Unattached - Aldershot			530		530
239	DOYLE, Ian	Skelmersdale Boundary Harriers			529		529
240	SMITH, Simon	Nidd Valley Road Runners		138	390		528
241	JONES, Mark	Stainland Lions, Halifax			527		527
242	BASSINDER, John	Stainland Lions, Halifax	Vet 50 Men		525		525
243	PLATT, Gary	Chorley Harriers	Vet 40 Men		524		524
244	LEWIS, John	Cumberland AC		193		330	523
245	BUTTERWORTH, Peter	Clayton Le Moors Harriers	Vet 50 Men		522		522
246	TURPIN, Simon	Unattached - Stockport		192	330		522
247	LONG, Gavin	Saffron Striders, Essex			521		521

248	HALL, John	Unattached, Kendal	Vet 50 Men	194	326		520
249	BAKER, Ian	Howgill Harriers	Vet 50 Men	233	283		516
250	SMITH, Christopher	Sleaford Town Runners			513		513
251	MILLER, Kevin	Unattached - Durham	Vet 40 Men		511		511
252	RAWLINSON, Paul	Stainland Lions, Halifax			508		508
253	DANAOS, Antony	Unattached - Cheshire			507		507
254	BARNES, Jerry	York Acorn	Vet 40 Men		505		505
255	BROWN, John	Salford Harriers				500	500
256	MCDONALD, Paddy	Haddington Pacemakers	Vet 50 Men		499		499
257	WOODHEAD, Peter	Unattached - Lancaster			498		498
258	CARTER, Andy	Unattached - Allithwaite, Cumbria	Vet 40 Men		497		497
259	WHITFIELD, Matt	Bingley Harriers		497			497
260	BUIS, James	Heaton Harriers				495	495
261	MADDAMS, Russell	Horwich RMI Harriers		495			495
262	BUSH, Tom	Altrincham & District AC				494	494
263	HOGAN, Simon	Unattached - Halifax			494		494
264	HILTON, Martin	Leeds City		493			493
265	MALLOCH, Ewen	Team Bath AC				493	493
266	MCCMAHON, Gary	Redhill Road Runners	Vet 50 Men		492		492
267	ROBINSON, Stuart	Arragons Cumbrian Tri Club	Vet 40 Men			492	492
268	STAINER, Simon	Ambleside AC		492			492
269	HOWIE, Christopher	Glaxo Hoad Hill Harriers	Vet 40 Men			491	491
270	LAMBERT, Tony	Swaledale Road Runners, N Yorks		491			491
271	KRAFT, James	Scarborough AC	Under 21 Men	490			490
272	SHEARN, Nick	Team Bath AC				490	490
273	ASPINALL, Mark	Clayton Le Moors Harriers	Vet 40 Men	489			489
274	CULLEN, Steven	Unattached - Manchester		151	338		489
275	CROSSLAND, Tim	Leeds City		488			488
276	KENDALL, Graham	Serpentine Running Club				488	488
277	ARMITAGE, Neil	Pudsey & Bramley AC, Leeds		487			487
278	HEAD, Ritchie	Unattached - Wallasey	Vet 40 Men			487	487
279	PROCTER, Russell	Siuth West Veterans	Vet 40 Men		487		487
280	STEAD, Paul	Northbrook AC, Coventry			486		486
281	WILLIAMS, Peter	Kendal AC	Vet 60 Men		485		485
282	KILSBY, James	Unattached - Cambridge	Vet 40 Men		483		483
283	BEALES, Duncan	Shrewsbury AC	Vet 40 Men	482			482

284	ROOME, Peter	Southport and Waterloo	Vet 40 Men			482	482
285	MAGUIRE, Denis	Unattached - Kendal	Vet 40 Men			481	481
286	NIGHTINGALE, Phil	TRA - Peterborough		165	316		481
287	SKAILES, Andrew	Scarborough AC		481			481
288	WYKE, Kevin	Unattached - Wigan	Vet 40 Men		481		481
289	BREAKS, Adam	Stainland Lions, Halifax			480		480
290	GARNER, Kevan	Stockport Harriers	Vet 40 Men			479	479
291	MORRIS, Stephen	Unattached - Knaresborough	Vet 50 Men	10	204	265	479
292	SEWARD, Christopher	Unattached - Carlisle			479		479
293	WALKER, Andrew	Eden Runners	Vet 40 Men	191	288		479
294	BURGON, Pete	Lincolnshire & District Runners	Vet 40 Men		478		478
295	CHRISTIE, David	Wigton Road Runners	Vet 40 Men	478			478
296	GILLIGAN, Andrew	Unattached - Cheshire		164	314		478
297	GILES, Thomas	Trail Running Association	Vet 40 Men	11	185	281	477
298	PRICE, Robert	Unattached - Leeds		2	206	269	477
299	STILL, Ben	Unattached - Ilkley, W Yorkshire		476			476
300	HERBERT, Tom	Loftus & Whitby AC			475		475
301	SPRECKLEY, Kris	Unattached		79		396	475
302	HORNESS, David	Loftus & Whitby AC	Vet 50 Men		474		474
303	LANG, Steve	Cheshire Hill Racers		474			474
304	LEECH, Simeon	Unattached - Ulverston			207	266	473
305	PYPER, Stuart	Unattached - Wigton, Cumbria			473		473
306	WALKER, Lee	Mossley Hill AC, Liverpool		172	301		473
307	SMYTH, Colin	Unattached - Ormskirk			472		472
308	CUTHBERT, Philip	Unattached - Wallasey				468	468
309	MITCHELL, Nigel	Unattached, Kendal	Vet 50 Men	7	198	263	468
310	MALE, Roy	Unattached - West Midlands	Vet 60 Men	3	200	264	467
311	BOWERBANK, Paul	Totley AC, Sheffield	Vet 50 Men		466		466
312	CUSHION, Toby	Pennine Running Club		466			466
313	SMITH, David	Unattached - Manchester	Vet 40 Men	140		325	465
314	WHITE, Steve	Saffron Striders, Essex	Vet 40 Men		465		465
315	PARKER, Dave	Barrow & Furness Striders AC	Vet 40 Men	464			464
316	CROOKE, John	Skelmersdale Boundary Harriers	Vet 40 Men	463			463

317	SIMON, Matthew	Unattached - Stockport	Vet 50 Men	125		338	463
318	RENDER, Paul	Harrogate Harriers	Vet 50 Men	462			462
319	RHODES, Glenn	Unattached - Ulverston				462	462
320	EVANS, Phil	Unattached - Macclesfield		461			461
321	MILLARD, Andy	Carnethy HR				461	461
322	PRICE, Martin	Spa Striders, Leamington		460			460
323	BOARDMAN, Paul	Horwich RMI Harriers	Vet 40 Men	459			459
324	PRIDGEON, Jon	Stainland Lions, Halifax			459		459
325	STEPTO, Paul	Stockport Harriers	Vet 40 Men			459	459
326	JOHNSON, Lawrence	Low Fell RC, North East	Vet 40 Men		457		457
327	KLOUZAL, Jan	Unattached - Whitehaven		456			456
328	REYNOLDS, John	Unattached - Cockermouth	Vet 40 Men	150	306		456
329	KRAFT, Ted	Scarborough AC	Vet 50 Men	455			455
330	MACKIE, Richard	Unattached - Sheffield			455		455
331	NEWTON, Simon	Unattached - Macclesfield			455		455
332	WELSH, Peter	Unattached - York	Vet 50 Men			455	455
333	MCDUGALL, Ian	Cumberland Athletics Club	Vet 40 Men			454	454
334	BALMER, Mal	Penny Lane Striders, Liverpool	Vet 40 Men	453			453
335	ROONEY, Graham	Unattached - Liverpool				453	453
336	ROWE, Kenny	Hallamshire Harriers	Vet 50 Men		453		453
337	GOULDING, Stephen	Pewsey Vale RC	Vet 40 Men	452			452
338	PORTER, Tim	Unattached - London			452		452
339	COOPER, David	Pudsey Pacers				451	451
340	PASS, Ian	St Helens Sutton AC		451			451
341	STANFIELD, Dave	Wells City Harriers	Vet 40 Men		451		451
342	FORSTER, Ged	unattached - Horncastle	Vet 40 Men		450		450
343	JONES, Norman	Keswick AC	Vet 50 Men	118		332	450
344	SHERWOOD, Malcolm	Blackpool, Wyre & Fylde AC	Vet 50 Men		171	279	450
345	HELME, Gerry	Unattached - Liverpool	Vet 50 Men			449	449
346	JORDAN, Graham	Unattached - Cleveland	Vet 50 Men		187	262	449
347	LLOYD, Adam	Unattached - Bromsgrove, W Midlands		449			449
348	TOMLINSON, Kevin	Milltown Milers	Vet 40 Men		449		449
349	BURTON, David	Keswick Athletics Club	Vet 40 Men			447	447

350	PFLANZ, Sebastian	Dumfries Running Club	Vet 40 Men	446			446
351	EDWARDS, Dan	Chorley Harriers				444	444
352	ROBSON, Dave	Elvet Striders, Durham	Vet 50 Men	76	367		443
353	GILMOUR, Colin	Unattached - Bury, Lancashire	Vet 40 Men	442			442
354	DONALDSON, Tony	Ilkeston Running Club	Vet 40 Men	441			441
355	OWEN, Phil	Fetcheveryone	Vet 40 Men	166	275		441
356	ROBERTS, Adrian	Lostock AC	Vet 40 Men			441	441
357	FLYNN, Graham	Roby Runners	Vet 40 Men		440		440
358	JOHNSON, Huw	Lancaster & Morecambe AC				440	440
359	HALL, David	North Shields Polytechnic AC	Vet 40 Men	439			439
360	ROBERTS, Shaun	Elvet Striders, Durham	Vet 50 Men		439		439
361	SMALLWOOD, Dave	Mossley Hill AC	Vet 40 Men	97		342	439
362	SMITH, Simon	Unattached		108	331		439
363	CONNOR, Karl	Unattached - West Kirby			438		438
364	MCCABE, David	Unattached - Warrington		134		303	437
365	PARTINGTON, Roy	Unattached - Beverley, N Yorks	Vet 40 Men	437			437
366	THORP, William	Unattached - London			437		437
367	HOWARD, John	Trail Running Association	Vet 50 Men	1	178	257	436
368	MUIR, Alasdair	Unattached - Staveley			435		435
369	BLACKBURN, Colin	Elvet Striders, Durham	Vet 40 Men		434		434
370	MACDONALD, David	Unattached				433	433
371	CONNELL, Anthony	Bower Running Club				432	432
372	BURGESS, Paul	Saffron Striders, Essex	Vet 40 Men		431		431
373	CRITCHLEY, Neil	Unattached - Cambridge		431			431
374	HUGGONSON, Steve	Unattached - Kendal				431	431
375	TOMKINSON, David	Rochdale Harriers	Vet 60 Men	1	174	256	431
376	VARLEY, Martin	Southport & Waterloo H	Vet 40 Men	1	175	255	431
377	BURKE, Dave	Unattached - Sunderland	Vet 50 Men	116	313		429
378	GAVIN, James	Unattached - Windermere		429			429
379	GODBER, Duncan	Eye Runners, Peterborough			429		429
380	ATKINSON, Paul	Stockport Harriers				427	427
381	JORDAN, Peter	Unattached - Whalley Range			427		427
382	BEATTIE, Stephen	Morpeth Harriers	Vet 40 Men	426			426

383	CARPENTER, Peter	Unattached - Ellesmere Port	Vet 40 Men		426		426
384	JACKSON, Tim	Lonsdale Fell Runners	Vet 40 Men		425		425
385	CRAGGS, Tom	Unattached - Hackney, London		423			423
386	COOPER, Alex	Unattached - Lancaster		174	248		422
387	MACKIE, Paul	Unattached				422	422
388	DYSON, Graham	Stainland Lions, Halifax	Vet 40 Men		421		421
389	CHURTON, Mark	Stone Master Marathoners				420	420
390	LLANA-FUNEZ, Sergio	Unattached - Liverpool			420		420
391	MCDUGALL, Andrew	Rochdale Harriers		420			420
392	ROBINSON, Kris	Rochdale Harriers			419		419
393	STAMP, Greg	Unattached - Mid Glamorgan, Wales	Vet 50 Men	419			419
394	MACLAINE, Julian	Unattached - Cheshire			166	252	418
395	MALCOLMSON, Craig	Dalbeattie AC, Scotland	Vet 40 Men	416			416
396	FISHER, Karl	Lancaster & Morecambe AC	Vet 40 Men		415		415
397	VELUPILLAI, Nava	Penny Lane Striders, Liverpool			413		413
398	CLEMENS, John	Stone Master Marathoners	Vet 60 Men			412	412
399	METCALFE, Anthony	Mossley Hill AC, Liverpool	Vet 50 Men	412			412
400	PUDSEY, Simon	Unattached - Askam-in-Furness	Vet 40 Men			411	411
401	BROCK, Andy	Burgess Hill Runners	Vet 40 Men	133	277		410
402	MCGRATH, Euan	Unattached - Southampton	Vet 40 Men			410	410
403	WOOD, Michael	Unattached - Ryton			410		410
404	MARTIN, Frank	Penny Lane Striders, Liverpool	Vet 40 Men	408			408
405	ROOKS, Adrian	Unattached - Hull, E Yorkshire	Vet 40 Men		408		408
406	GROVER, Jamie	Unattached - Runcorn				407	407
407	SPENCER, Peter	Milltown Milers	Vet 50 Men		406		406
408	WOOLLEN, Rob	Rob Woollen Personal Training		406			406
409	MCKRELL, Michael	Unattached - Manchester	Vet 40 Men		405		405
410	DUNGEY, Alan	Instinctive Sports	Vet 50 Men			403	403
411	DOYLE, Peter	Congleton Harriers	Vet 50 Men			402	402
412	DEACON, Mike	Nidd Valley Road Runners	Vet 40 Men	401			401
413	DAVIDSON, Philip	Tri Preston	Vet 40 Men		399		399

414	HALL, Steve	Horsforth Harriers	Vet 40 Men		398		398
415	LAWLOR, Anthony	Roby Runners	Vet 40 Men	398			398
416	PAULUS, Stephane	Unattached - Liverpool				398	398
417	SMITH, Jimmy	Stainland Lions, Halifax	Vet 50 Men		397		397
418	BURCHELL, Paul	Unattached - Nottingham	Vet 40 Men		396		396
419	MCGANN, James	Easingwold Running Club, York		395			395
420	HODGSON, Kevin	Unattached - Holmrook			394		394
421	INGHAM, Andrew	Orpington Road Runners		394			394
422	MACKIE, David	RNAC	Vet 40 Men		393		393
423	BERRY, Phil	Baildon Runners			392		392
424	HARRIS, Richard	Unattached - Parbold	Vet 40 Men			391	391
425	SMITH, Garry	Milltown Milers	Vet 60 Men		391		391
426	OVERTON, Scott	Unattached - Cheadle				390	390
427	LANCASTLE, Marcus	Lincolnshire & District Runners	Vet 40 Men	389			389
428	EVANS, Bill	Gloucestershire Mountaineering Club	Vet 50 Men		388		388
429	BURKE, David	Swinton Running Club	Vet 50 Men	387			387
430	ASHTON, James	Unattached - Cheshire		145	241		386
431	BARRY, Ellis	Horsforth Harriers			386		386
432	DONACHIE, Fergus	Unattached - Dumfries		386			386
433	PUTTICK, Tim	Unattached - Yarm	Vet 40 Men	91		295	386
434	AMET, Alexis	FRANCE - Soyouz Trail Team, Paris			385		385
435	GRAFTON, Rob	Unattached - Harrogate	Vet 40 Men			385	385
436	HOCKING, Zack	Unattached - Hale		384			384
437	CATHERALL, Mark	Rochdale Harriers	Vet 50 Men		383		383
438	JACKSON, Malcolm	Congleton Harriers	Vet 40 Men			383	383
439	ACKERLEY, John	Unattached - Cheshire			382		382
440	BLAKE, Paul	South West Road Runners		382			382
441	SWEENEY, Derek	The Low Wood, Windermere	Vet 50 Men		381		381
442	WARD, Jolly	Bridgedale's		381			381
443	CLARKE, Jonathan	Glossopdale Harriers	Vet 40 Men	380			380
444	WARNER, Tim	Garstang Running Club	Vet 50 Men		380		380
445	LEE, Christopher	Unattached - Prescot			379		379
446	HOUGH, Jonny	Unattached - London		378			378

447	MISSIONS, William	Eye Runners, Peterborough			378		378
448	BYRON, Marcus	Tynedale Harriers	Vet 40 Men	377			377
449	SUTTON, Andrew	Unattached - Whitehaven				377	377
450	TUCKER, Nolan	unattached - Mytholmroyd			377		377
451	TAYLOR, Andrew	Silson Joggers		376			376
452	HOWSE, Matthew	Unattached - Cheshire		375			375
453	HOUGH, Chris	Unattached - London		374			374
454	DAINTITH, Philip	Trail Running Association		373			373
455	PERRY, Mark	unattached - Markfield	Vet 40 Men		373		373
456	BOWMAN, Lee	Unattached - Liverpool				372	372
457	KIRBY, David	Bridgedale's		372			372
458	BAIN, Bill	Bowland Fell Runners	Vet 50 Men			371	371
459	CLARKE, Ellis	Unattached - Manchester		371			371
460	JONES, David	Unattached - Preston, Lancashire	Vet 40 Men		371		371
461	METHLEY, Roy	Unattached - Cardiff, S Wales			369		369
462	LENNON, Shaun	Idle AC, Bradford	Vet 40 Men	368			368
463	MULLETT, Andy	Unattached - Bath	Vet 50 Men			368	368
464	SCOWCROFT, Brian	The Low Wood, Windermere	Vet 50 Men		368		368
465	WILKINS, Roger	Unattached - Kendal	Vet 60 Men			366	366
466	WHITE, Anthony	Cheshire Hash House Harriers		365			365
467	MEES, Steve	Macclesfield Harriers	Vet 50 Men		364		364
468	GARDINER, Martin	Dallam Running Club			361		361
469	COUSSONS, Christopher	Swinton Running Club	Vet 50 Men	92		268	360
470	WAINWRIGHT, Simon	Unattached - Nottingham		360			360
471	DILLON, Tom	Unattached	Vet 40 Men			359	359
472	JACKSON-HORNER, Keith	Milltown Milers	Vet 50 Men		359		359
473	LLOYD, Jim	Unattached - Hexham	Vet 40 Men	359			359
474	SHELDON, Rob	Unattached - Macclesfield			358		358
475	BELL, Geoff	Scarborough AC	Vet 50 Men			357	357
476	STEPHENSON, Les	Fell Runners Association	Vet 50 Men	357			357
477	SPRAWSON, Mark	Bournville Harriers			356		356
478	CARTER, Matt	Unattached - Cheshire	Vet 40 Men	99	256		355
479	DISNEY, Richard	Reading AC	Vet 50 Men	355			355

480	LOCK, Ian	Unattached - Telford, W Midlands		354			354
481	TAYLOR, David	Congleton Harriers	Vet 50 Men			354	354
482	CLARKE, Robin	GERMANY - Verden Aller		352			352
483	SHORROCK, Lee	Unattached - Lancashire			352		352
484	BINKS, David	Allithwaite RC	Vet 60 Men	75	276		351
485	STAINES, Keith	Unattached - North East	Vet 40 Men	351			351
486	BEECROFT, Phil	Unattached, Kendal		350			350
487	BOYER, Steve	Stainland Lions, Halifax	Vet 40 Men		350		350
488	ROE, Chris	Unattached - Manchester		44		305	349
489	CROWNSHAW, Les	Killamarsh Kestrels, Sheffield	Vet 50 Men	347			347
490	WRATHALL, Tony	Unattached, Kendal	Vet 60 Men		347		347
491	ROBERTS, Richard	Unattached	Vet 40 Men		346		346
492	WALSH, Danny	Lincoln Wellington AC	Vet 50 Men			346	346
493	OLIVER, Simon	NDRR	Vet 40 Men	345			345
494	ROTHERHAM, Neil	Unattached - Nottingham	Vet 40 Men			345	345
495	BURTHEM, John	Unattached - Bolton	Vet 40 Men		343		343
496	THOMAS, Steve	Unattached - Wirral				343	343
497	TUSON, Mark	YHA Hawkshead		343			343
498	ENGLISH, David	Totley AC, Sheffield	Vet 40 Men		342		342
499	WARD, Andrew	Unattached - Carnforth				341	341
500	BOLD, Peter	Unattached - Rotherham	Vet 40 Men		339		339
501	FARRON, Tim	MP - Westmorland & Lonsdale				339	339
502	MOULDING, Jon	Welwyn Garden City		339			339
503	CHILDS, Iain	Unattached, Kendal	Vet 40 Men	338			338
504	SCOTT, Sam	St Helens Sutton AC		337			337
505	COLLINS, Graham	Milltown Milers	Vet 50 Men		336		336
506	FOSTERVOLD, Tom	Unattached - Coventry				336	336
507	WALLACE, David	Hartlepool Burn Road Harriers	Vet 50 Men	93	243		336
508	COLE, Richard	Unattached - Southampton		335			335
509	FLETCHER, George	Red Rose RC	Vet 60 Men			335	335
510	CONNOLLY, Pete	Unattached - Cheshire	Vet 50 Men		333		333
511	DAVIES, Alun	Unattached - Leeds	Vet 40 Men			333	333
512	HORAN, Mick	Holcombe Harriers		333			333

513	O'HANLON, Colin	Unattached - Manchester		123	210		333
514	BURNS, Graeme	Unattached - Congleton, Cheshire	Vet 40 Men	332			332
515	WHITEHEAD, Paul	Blackpool & Fylde AC	Vet 40 Men			331	331
516	HAYES, Malcolm	Unattached - Doncaster	Vet 40 Men	39	291		330
517	TALBOT, Maurice	Unattached - Burntwood	Vet 50 Men			329	329
518	JONES, Keith	Unattached - Wrexham	Vet 40 Men	328			328
519	WARD, Richard	Elmbridge				328	328
520	WELSH, Ewan	Ilkley Harriers	Vet 40 Men	327			327
521	FAIRCLOUGH, Steve	Stockport Harriers	Vet 40 Men			326	326
522	MALLON, Paul	Unattached - Liverpool		55		271	326
523	THOMPSON, Ian	Unattached - Cheshire	Vet 40 Men	90	236		326
524	ANDREWS, Mark	Unattached - Altrincham			323		323
525	FRANCIS, Chris	Unattached - Hexham	Vet 50 Men			323	323
526	GIBSON, Ian	Tynedale Harriers	Vet 40 Men			322	322
527	MARSHALL, Brent	Unattached - Bolton		322			322
528	MILLER-CROOK, Jonathan	Unattached - Preston, Lancashire			322		322
529	HOWLETT, Mark	unattached - Ely	Vet 40 Men		320		320
530	SWEETMAN, Paul	Unattached - Parkgate				319	319
531	TUSON, Dan	Unattached - Ashford, Kent		319			319
532	GIBSON, Adrian	Unattached - Windermere	Vet 40 Men	58	260		318
533	GRAVES, Howard	Unattached - Ulverston	Vet 60 Men			318	318
534	PEGG, Rodney	Baildon Runners	Vet 50 Men	318			318
535	LLOYD, Richie	Unattached - Liverpool				317	317
536	MATTHEWS, Geoff	Stainland Lions, Halifax	Vet 40 Men			317	317
537	HOBSON, Mike	Unattached - Ulverston	Vet 60 Men			316	316
538	WARBOYS, Matthew	Unattached		30		286	316
539	COOPE, Barry	Unattached - Manchester	Vet 40 Men		315		315
540	POWELL, David	Unattached - Liverpool		314			314
541	QUATERMAINE, Simon	Unattached - London				314	314
542	TWEDDLE, Andrew	Unattached - Newcastle		13		301	314
543	GARRATTY, Peter	Hyndburn AC	Vet 40 Men		312		312
544	HALL, Mike	Unattached - Ulverston	Vet 40 Men			312	312

545	LYONS, Nick	Lincolnshire & District Runners	Vet 50 Men	312			312
546	LYGATE, David	Unattached - Manchester		311			311
547	SINNOTT, David	Saddleworth Runners	Vet 50 Men		311		311
548	NEWMAN, Jamie	Unattached - Loughton	Vet 40 Men			310	310
549	CLAYTON, Andy	Unattached - Walthamstow		309			309
550	GILHAM, Richard	Unattached - Norwich	Vet 40 Men		309		309
551	PAYNE, Richard	Quakers Running Club	Vet 50 Men			308	308
552	BODDY, Mike	Unattached - York		307			307
553	SHAW, Stephen	Billingham Marsh House Harriers	Vet 40 Men		307		307
554	YATES, Julie		Vet 40 Men	306			306
555	HARDWICK, Rob	Penny Lane Striders, Liverpool		305			305
556	HITCHEN, Thomas	Unattached - Tyne & Wear				304	304
557	FINNIGAN, Tim	Unattached - Yarm	Vet 40 Men	302			302
558	CARTER, Robert	Unattached - Rugeley	Vet 40 Men			300	300
559	ABBOTT, Ken	Unattached, Kendal	Vet 40 Men		299		299
560	MCTERNAN, Andrew	Unattached - Waterfoot		299			299
561	NEWHOUSE, Lee	Unattached - Peterlee				299	299
562	GRAY, Phil	Unattached - Swanland	Vet 40 Men	298			298
563	MCLACHLAN, Duncan	Unattached, Birmingham			298		298
564	BLIGHT, Anthony	Blackpool, Wyre & Fylde AC			296		296
565	ROSEN, David	Lancaster and Morecambe	Vet 50 Men			296	296
566	LUND, Chris	FRANCE - Paris			295		295
567	CARMICHAEL, Christopher	Unattached - Llandridod Wells	Vet 40 Men		294		294
568	CORLETT, Steve	Unattached - Liverpool	Vet 50 Men			294	294
569	BANCROFT, Ian	Unattached - Warrington		16		276	292
570	NELSON, Julian	Unattached - Liverpool	Vet 40 Men	84	208		292
571	DODD, Michael	Unattached - Darlington	Vet 50 Men			291	291
572	MORANT, Philip	Unattached - Falkirk, Scotland		291			291
573	HAYES, Colin	Unattached - Lancashire	Vet 40 Men	64	226		290
574	HUGHES, Ian	Unattached - Manchester		290			290
575	CLAYTON, Nick	YHA Hawkshead		289			289
576	MARTIN, Karl	Stainland Lions, Halifax			289		289

577	FELGATE, Paul	Unattached - Leeds	Vet 50 Men	27	261		288
578	NEWMAN, Matt	Shaftesbury Shufflers	Vet 40 Men			288	288
579	HOBBINS, David	Black Combe Runners	Vet 60 Men			287	287
580	LAKELAND, Phil	Preston Harriers	Vet 50 Men	287			287
581	SPENCER, Jeff	Unattached - Lancashire	Vet 40 Men		287		287
582	GILLAND, Rob	Unattached - Liverpool	Vet 40 Men		285		285
583	ALLEN, Chris	Unattached - Kirkby in Furness	Vet 40 Men			284	284
584	MCINALLY, John	Unattached - Glasgow	Vet 40 Men	284			284
585	BARKER, Michael	Deloitte		283			283
586	CUMMINGS, Richard	Unattached - Cockermouth	Vet 40 Men	41	242		283
587	HOLMES, Karen	Unattached - Keswick				282	282
588	LANE, Jon	Unattached - Oldham		282			282
589	BUXTON, Alex	Unattached - Preston, Lancashire			281		281
590	HOGARTH, Michael	Unattached - Preston, Lancashire	Vet 40 Men			280	280
591	LAWSON, Euan	Unattached, Kendal			280		280
592	BARROW, Mark	Unattached - Bolton		57	222		279
593	COLE, Iain	Unattached, Kendal	Vet 40 Men	279			279
594	GIBSON, Alan	Stainland Lions, Halifax	Vet 40 Men		279		279
595	CARVILLE, James	Stainland Lions, Halifax			278		278
596	DOWNHAM, Jo	Unattached, Kendal	Vet 40 Men			278	278
597	PARSONS, Adrian	Unattached - Llandudno, Wales		278			278
598	ROBINSON, Gordon	Unattached - Windermere	Vet 40 Men			277	277
599	COLLINS, Simon	Unattached - Cambridge		1		274	275
600	PRESTON, Mark	Stainland Lions, Halifax	Vet 40 Men		274		274
601	BULLARD, Chris	Unattached	Vet 40 Men	272			272
602	DUNN, Mike	Headington Roadrunners	Vet 60 Men		272		272
603	GHERARDELLI, Claudia	ITALY - Spaldington Fellowship	Vet 40 Men		271		271
604	DYER, Michael	Unattached - Swindon, Wiltshire	Vet 40 Men	270			270
605	NEWBY, Cliff	Unattached - Barrow in Furness	Vet 50 Men			270	270
606	FIXTER, Adam	Unattached - Leicestershire	Vet 40 Men		269		269
607	MARRIOTT, Martin	Unattached, Kendal			268		268
608	MAYBURY, Paul	Unattached - Sale	Vet 40 Men	268			268

609	BURTON, Pete	Unattached - Askam-in-Furness	Vet 50 Men			267	267
610	FURPHY, Chris	Unattached - North East	Vet 40 Men	46	221		267
611	RIDOUT, Jim	Unattached - Penrith, Cumbria	Vet 60 Men	267			267
612	BUSS, Tim	Cannock & Stafford AC	Vet 50 Men	266			266
613	KENNY, Les	Unattached - Preston, Lancashire	Vet 40 Men	31	235		266
614	WARN, Tim	Penny Lane Striders, Liverpool	Vet 50 Men	265			265
615	MILLER, John	unattached - New Milton	Vet 40 Men		264		264
616	LADOCHA, Dave	Stainland Lions, Halifax	Vet 50 Men	263			263
617	MILLER, Alastair	Unattached - Liverpool	Vet 50 Men		263		263
618	HAWLEY, Mick	Unattached - Egremont, W Cumbria	Vet 50 Men	262			262
619	THOMPSON, Keith	Derwent AC	Vet 50 Men	261			261
620	WHISTON, Rob	Unattached - Cheshire	Vet 50 Men	1		259	260
621	WYATT, Philip	Unattached - Allithwaite	Vet 50 Men			260	260
622	HANNAH, Errick	Cumberland AC	Vet 50 Men	259			259
623	BRAY, Kevin	Morpeth Harriers	Vet 50 Men		258		258
624	HIRST, Justin	Unattached - Hyde				258	258
625	HOUGH, Richard	Unattached - Edinburgh		258			258
626	ALDERSON, Nick	Unattached - Gateshead			257		257
627	ASHTON, Charles	Unattached - Leeds		257			257
628	WILLIAMS, Dave	NYPAA	Vet 40 Men	256			256
629	PICKUP, Guy	Unattached - Coniston	Vet 40 Men	1		254	255
630	COSTELLO, Paul	Stainland Lions, Halifax	Vet 40 Men		254		254
631	CHOUHAN, Mandeep	Unattached - Coventry				253	253
632	TERRY, Callum	Unattached - Durham		253			253
633	GEDNEY, David	Unattached - Coventry	Vet 50 Men			251	251
634	SHAW, Clive	Unattached - Liverpool	Vet 50 Men		251		251
635	BOOTHMAN, Clive	Baildon Runners	Vet 60 Men	34	215		249
636	SINGLETON, Wayne	Unattached - Barrow in Furness			249		249
637	MURPHY, Steve	Unattached - Sydenham, Devon		243			243
638	SMITH, Adam	Unattached - Cramlington		241			241
639	FERGUSON, Stephen	unattached - Upper Basildon	Vet 40 Men		240		240

640	GRISEDAL, John	Unattached	Vet 50 Men	240			240
641	CLARK, Robert	AUSTRALIA	Vet 40 Men	1	238		239
642	EVERARD, Graeme	Unattached - York	Vet 40 Men	238			238
643	HANLEY, David	Unattached - Edinburgh	Vet 40 Men	4	232		236
644	HADDOW, Ronnie	Unattached - Ulverston		235			235
645	LAMACRAFT, Mervyn	Unattached - Felixstowe	Vet 60 Men		234		234
646	MCMANUS, Anthony	Stainland Lions, Halifax	Vet 40 Men		233		233
647	TICKNER, Richard	Cumberland Fell Runners	Vet 50 Men	232			232
648	TAYLOR, George	Team Coco			231		231
649	EDMONDSON, John	Newton Aycliffe AC	Vet 50 Men	230			230
650	HIGSON, Dave	Team Coco	Vet 40 Men		230		230
651	WEST, Martyn	Unattached - Redditch, Surrey		229			229
652	BAINES, Robert	Unattached, Kendal			228		228
653	CUTLER, Paul	Billingham Marsh House Harriers	Vet 40 Men		227		227
654	TAYLOR, Garry	Carnegie Harriers	Vet 40 Men	227			227
655	BOOKER, Malcolm	Stockport Harriers	Vet 60 Men	1	225		226
656	TONKINSON, Robert	Altrincham & District AC		226			226
657	SMITHSON, Toby	Serpentine Tri Club, London		224			224
658	SOCKETT, Dominic	Unattached - Keighley, W Yorks			223		223
659	RIMMER, Neil	Unattached - St Helens	Vet 40 Men		220		220
660	FLYNN, Albert	Roby Runners	Vet 60 Men		219		219
661	WISE, Gary	Unattached - Huntingdon	Vet 40 Men	219			219
662	RODEN-DAVIES, Martyn	Lincolnshire & District Runners	Vet 60 Men		218		218
663	JONES, Andrew	Unattached - Prescot			217		217
664	TAYLOR, Jonathan	Stainland Lions, Halifax			216		216
665	BANYARD-SMITH, Edward	Guildford & Goldaming AC, Surrey		215			215
666	THURSTON, Colin	unattached - Eccles	Vet 40 Men		214		214
667	GARRETT, Gregory	Unattached - Windermere			213		213
668	WILLIAMS, Andy	Unattached - Warwickshire		213			213
669	CLYDE, Wayne	Unattached - Dalton in Furness			212		212
670	ENGLAND, James	Unattached - London		210			210

671	ROGERS, Neil	Unattached - Middlesborough			209		209
672	MAGGIORI, Terence	Unattached - Dumfries		207			207
673	BENNETT, David	Unattached - Aughton	Vet 50 Men	1	205		206
674	GODDARD, Jim	Baildon Runners	Vet 40 Men		206		206
675	DENTON, Mark	Unattached - Sheffield			205		205
676	DORSETT, Gavin	Unattached - Hawkshead			203		203
677	DUXBURY, Stewart	Clayton Le Moors Harriers	Vet 50 Men		203		203
678	SUTTON, Andrew	Unattached - Cockermouth		1	202		203
679	COLE, David	Eden Runners	Vet 60 Men		202		202
680	SHEPHERD, Steve	Unattached - Rochdale	Vet 50 Men	1	201		202
681	CRUICKSHANK, Stephen	Formby Runners, Merseyside			201		201
682	HURFORD, Jonathan	Deloitte			200		200
683	SUTCLIFFE, Neil	Blackburn Road Runners	Vet 40 Men	1	199		200
684	WARD, Tim	Eden Runners	Vet 50 Men		199		199
685	EATON, Alex	City of Hull AC			198		198
686	CRAWFORD-SMITH, George	Bridgedale	Vet 40 Men	1	196		197
687	ELLIS, Chris	Loftus & Whitby AC	Vet 50 Men		197		197
688	STOKES, Greg	Unattached - Wakefield			197		197
689	BARTLETT, Tony	Unattached - Cheshire			195		195
690	CHEW, Chris	Unattached, Kendal		1	194		195
691	COOPER, Anthony	Rosendale Harriers		1	193		194
692	ARMITSTEAD, Gordon	Unattached - Wigan	Vet 50 Men		192		192
693	FORD, Matt	Unattached - Ulverston	Vet 40 Men		191		191
694	LAWN, Christopher	Wrightington Fitness Club	Vet 60 Men		190		190
695	WHEELER, John	Unattached - Wigan	Vet 60 Men		189		189
696	TELFORD, Les	Unattached, Kendal	Vet 50 Men	1	186		187
697	ATKINS, Les	Ilkley Harriers	Vet 50 Men		184		184
698	GILBERT, David	Unattached - Liverpool			183		183
699	WRIGHT, Jeremy	Unattached - Keighley, W Yorks	Vet 40 Men		183		183
700	FLOREY, Martin	St Bees Tri	Vet 40 Men		182		182
701	LOUGHRAN, Joe	Unattached - Stoke On Trent	Vet 50 Men	1	181		182
702	POVEY, Tim	Reading Road Runners	Vet 60 Men		182		182

703	SMITH, Michael	Lakeland X Country Ski Club		1	180		181
704	BYRON, Stephen	Unattached - Merseyside	Vet 40 Men		179		179
705	GARDINER, Blair	Unattached - Ruthin		179			179
706	BELFIELD, Andrew	Unattached		177			177
707	UNDERHILL, William	Unattached - Oxfordshire	Vet 50 Men		177		177
708	WRIGHT, David	Unattached - Nottingham	Vet 40 Men		176		176
709	GREEN, Andrew	Unattached - Merseyside		1	173		174
710	SMITH, Ian	Unattached - Edinburgh	Vet 40 Men	173			173
711	STUART, Keith	Trail Running Association		1	172		173
712	HEESOM, Scott	Unattached - Warrington		171			171
713	LANE, Peter	Unattached - Bury St Edmunds			170		170
714	POLLARD, Andy	Unattached - Leicestershire	Vet 40 Men	1	169		170
715	PITTENDREICH, Carl	Chorley Harriers	Vet 40 Men	169			169
716	NICHOLSON, Lyle	Unattached - Newcastle		168			168
717	PRIOR, Ian	Almost Athletes	Vet 50 Men		168		168
718	GEMMILL, Michael	unattached - chelmsford	Vet 50 Men		167		167
719	HOLLOWAY, Ian	Unattached - North East	Vet 60 Men	1	165		166
720	HURLBUT, Gareth	Unattached - Derbyshire			164		164
721	JONES, Alan	Unattached - Cheshire	Vet 50 Men		163		163
722	BARBER, Graham	Unattached - Leeds	Vet 50 Men	162			162
723	CALDERBANK, Anthony	Unattached - Liverpool	Vet 50 Men		162		162
724	TAYLOR, Tim	Unattached	Vet 40 Men	161			161
725	WOODS, Keith	Unattached - Lancaster	Vet 40 Men	160			160
726	SIJTSMAN, Leonie	Unattached - Nottingham		159			159
727	WHITE, Alastair	Unattached - Consett	Vet 40 Men	158			158
728	GIBSON, Seth	Unattached, Kendal		155			155
729	DAVIES, Richard	Unattached - Hebden Bridge	Vet 40 Men	154			154
730	CHEETHAM, Stephen	Unattached - Rochdale		152			152
731	ROBINSON, Pete	Unattached, Kendal	Vet 40 Men	149			149
732	HARDY, Derek	Unattached, Birmingham	Vet 40 Men	147			147
733	LAWSON, Ray	Unattached - Merseyside	Vet 50 Men	146			146
734	MCNICHOLAS, Neil	Unattached - Workington	Vet 40 Men	144			144
735	THOMAS, Michael	Unattached - Carnforth		143			143

736	INGHAM, Peter	Stainland Lions, Halifax	Vet 50 Men	142			142
737	COCKFIELD, Dane	Unattached - Manchester		141			141
738	BOLTON, Tony	Accrington Road Runners	Vet 60 Men	139			139
739	WOODLAND, Alistair	Unattached - London		137			137
740	BRAMWELL, Alastair	Unattached - Grange over Sands	Vet 40 Men	136			136
741	RUSBRIDGE, Gerry	Unattached - Penrith, Cumbria	Vet 40 Men	135			135
742	GREEN, Dave	Unattached - Wirral	Vet 40 Men	132			132
743	CLARK, Michael	Northampton Road Runners	Vet 60 Men	131			131
744	HARRISON, Stephen	Unattached - Upper Batley	Vet 50 Men	130			130
745	GIBSON, Dan	Unattached - Manchester		129			129
746	NAIMSKI, Michael	Unattached, Kendal	Vet 40 Men	128			128
747	CLARKE, Matt	Unattached - London		126			126
748	BEAHAN, Steven	Unattached		124			124
749	LAWRENCE, Andy	Unattached - Keighley, W Yorks	Vet 40 Men	122			122
750	ROUND, Paul	Unattached, Birmingham		120			120
751	BEAUMONT, Philip	Unattached - Lancashire	Vet 40 Men	119			119
752	RYAN, Sean	Unattached - Ilkley, W Yorkshire	Vet 40 Men	117			117
753	SILK, Grant	Congleton Harriers	Vet 50 Men	115			115
754	THEOBALD, Simon	Helm Hill Runners	Vet 40 Men	114			114
755	MATHER, Andy	Wigan Judo Club		113			113
756	BURNHAM, Russell	Penny Lane Striders, Liverpool		112			112
757	FORSTER, Andrew	Unattached - Brentwood, Essex	Vet 40 Men	111			111
758	MAPPLE, David	Unattached - Kirkby Lonsdale		110			110
759	MYDLOWSKI, Chris	Unattached - Manchester		109			109
760	WATSON, Richard	Unattached - Cockermouth		107			107
761	MCEVOY, Andrew	Fell Runners Association	Vet 40 Men	106			106
762	CLUCAS, Bill	Unattached - Leeds		105			105
763	CONWAY, Ian	Helm Hill Runners	Vet 50 Men	104			104
764	MORANT, Bill	Bedford Harriers	Vet 60 Men	100			100
765	GUEST, Jonathan	Unattached - Manchester		98			98
766	LAMBERT, Chris	Unattached - Carnforth		96			96
767	BLINCOE, Robert	Unattached - Wolverhampton	Vet 40 Men	94			94
768	JONES, Ian	Unattached - Cheshire		89			89
769	STAPLEY, Ed	Unattached - Oxfordshire		88			88

770	GELDER, Kevin	Unattached - Cleckheaton, W Yorks	Vet 40 Men	87			87
771	LING, Peter	Unattached	Vet 40 Men	86			86
772	CROSSAN, Paul	Fell Ponies	Vet 40 Men	85			85
773	SONGHURST, David	Felixstowe Road Runners, Suffolk	Vet 50 Men	83			83
774	DAVIES, Jon	Unattached - Warrington		81			81
775	BIRCH, Twiggy	Unattached - Barrow in Furness	Vet 40 Men	80			80
776	CAMPBELL, Graeme	Unattached - North Lanarkshire	Vet 40 Men	78			78
777	FLANAGAN, George	Wesham Road Runners	Vet 50 Men	77			77
778	TWISLETON, Ian	Unattached, Kendal	Vet 50 Men	74			74
779	MARRIOTT, Rob	Dallam Running Club	Vet 40 Men	73			73
780	DYBLE, Dean	Unattached - Harrogate, N Yorks		72			72
781	SAUNDERS, Sam	Unattached - Sheffield	Vet 50 Men	71			71
782	MCCURRIE, Jonh	Unattached - Hawkshead		70			70
783	CLARK, Colin	Unattached - Wirral	Vet 40 Men	69			69
784	TALLENTIRE, Stephen	Unattached - Durham	Vet 50 Men	68			68
785	EDWARDS, Michael	Unattached - Liverpool	Vet 40 Men	66			66
786	TAYLOR, Chris	Unattached, Kendal	Vet 60 Men	65			65
787	MCGOWAN, Paul	Jog Scotland	Vet 40 Men	63			63
788	BAKER, Gary	Baildon Runners	Vet 40 Men	60			60
789	SMITHSON, Steve	Lune Valley Hash House Harriers	Vet 40 Men	59			59
790	DAWES, Alan	Unattached - Mansfield	Vet 50 Men	56			56
791	ECCLESTONE, Neil	Unattached - Huntingdon	Vet 40 Men	54			54
792	WOODLEY, Lawrie	Tattenhall Runners, Cheshire	Vet 60 Men	51			51
793	MCKAY, Brian	Cleethorpes AC, Lincolnshire	Vet 50 Men	50			50
794	SIENKIEWICZ, Steve	Lune Valley Hash House Harriers	Vet 40 Men	49			49
795	WOOD, Stephen	Unattached - Bolton	Vet 40 Men	47			47
796	MASSEY, Dan	Unattached - Lancashire		45			45
797	GORNELL, Ian	Unattached - Southport	Vet 40 Men	43			43
798	MILMAN, Dan	Unattached - Bolton		42			42
799	REGAN, Paul	Unattached - Morecambe		40			40

800	ENGLAND, Richard	Unattached - London		38			38
801	DOWELL, Paul	Joggingpals, Kendal	Vet 40 Men	37			37
802	DOBSON, Graham	Unattached - Ulverston	Vet 50 Men	36			36
803	COLLIER, Rob	Unattached - Leeds		35			35
804	NETTLETON, John	Unattached	Vet 60 Men	33			33
805	COXON, Paul	Unattached - Lancashire	Vet 40 Men	32			32
806	SPEED, Paul	Unattached - Buxton, Derbyshire		29			29
807	SHUTT, Ian	Unattached - Leeds		26			26
808	TURNER, Christian	Unattached - Heywood		25			25
809	SERVICE, Douglas	Unattached - Lancashire	Vet 40 Men	24			24
810	MURPHY, Bill	Ford Halewood AC, Cheshire	Vet 60 Men	23			23
811	WATSON, Stephen	Cumberland AC	Vet 60 Men	22			22
812	WING, Patrick	Unattached - Solihull, W Midlands	Vet 50 Men	20			20
813	BAKER, Neil	Unattached - Huntingdon	Vet 40 Men	19			19
814	LONERGAN, Neil	Road Runners Club	Vet 60 Men	18			18
815	GUMLEY, Ryan	Unattached - Newcastle		17			17
816	CLARKE, Dave	Unattached - Cheshire	Vet 50 Men	15			15
817	ROBINSON, Peter	Unattached - Newcastle		14			14
818	SMALL, Sandy	Unattached - Glasgow	Vet 60 Men	12			12
819	ARNFIELD, Heath	Unattached - Blackburn	Vet 40 Men	9			9
820	SUNDERLAND, David	Unattached - Dalton in Furness	Vet 40 Men	8			8
821	COOKE, Trevor	Unattached - North East	Vet 40 Men	6			6
822	SEAL, Kevin	Unattached - Rossendale	Vet 40 Men	5			5
823	ALLEN, John	Unattached - Banbury, Oxfordshire		1			1
824	ARMITAGE, Mark	Unattached - Sheffield		1			1
825	ARMITAGE, Nick	Unattached - Sheffield		1			1
826	ASPINALL, Derek	Unattached - Lancaster	Vet 50 Men	1			1
827	BARTON, James	Unattached - Sheffield		1			1
828	BAWDEN, Mark	Unattached - Sheffield		1			1
829	BLEIKER, Phil	Unattached - Devon	Vet 50 Men	1			1
830	BROWN, Steve	Unattached - Bacup	Vet 40 Men	1			1
831	CHEUNG, Peter	Unattached - Ambleside	Vet 50 Men	1			1

832	CHRISTIE, Bruce	Wigton Road Runners	Vet 60 Men	1			1
833	CLEMINSON, Laura	Unattached - Lancaster		1			1
834	CLULOW, David	Unattached - Peterborough		1			1
835	COLLIER, Roger	Unattached - Salisbury, Wiltshire	Vet 40 Men	1			1
836	DENT, Jeremy	Unattached - Stockport	Vet 50 Men	1			1
837	EALES, Geoff	Unattached - Chipstead	Vet 50 Men	1			1
838	FITTON, Richard	Unattached - Glossop	Vet 50 Men	1			1
839	GIBSON, Walter	Unattached - Cheshire	Vet 50 Men	1			1
840	HASLINGDEN, Craig	Unattached - Sheffield		1			1
841	HEATON, Michael	Unattached - Wigan		1			1
842	HILL, Geoff	Unattached - Washington	Vet 50 Men	1			1
843	LAMBERT, Derek	Unattached - Lincoln	Vet 40 Men	1			1
844	LUNT, Eric	Unattached - Manchester		1			1
845	MARSHALL, Norman	Southport & Waterloo H	Vet 60 Men	1			1
846	MARTINDALE, John	Unattached - Sheffield		1			1
847	MATHER, Lee	Unattached, Kendal		1			1
848	MCDONALD, Peter	Unattached - Lancaster	Vet 50 Men	1			1
849	MURRAY, Jason	Unattached - Stockport		1			1
850	NIXON, Robin	Unattached - Sheffield		1			1
851	ORME, Jon	Unattached - Sheffield		1			1
852	SWALWELL, Dave	Unattached - Nottingham	Vet 40 Men	1			1
853	SWEETING, Robert	Nidd Valley Road Runners	Vet 50 Men	1			1
854	WADE, Martin	Unattached - Sheffield		1			1
855	WALTON, Graham	Unattached - Sheffield		1			1
856	WHITESIDE, Mike	Unattached - Sheffield		1			1
857	WILSON, Chris	Hardley Runners, Hants	Vet 40 Men	1			1
858	WOODS, Raymond	Unattached - Burgess Hill	Vet 40 Men	1			1
859	WORRALL, Stephen	Unattached - Droylsden	Vet 40 Men	1			1

YOUNG, Mark

Wetherby Runners

Vet 40 Men

316

321

637