

Lakeland Trails 2016 10KM Spring Series Results : Men

Name	Category	Club	Cartmel	Hawkshead	Staveley	10k Mini	Total
Mark Elsdon		U/A Hawick,	994	995	994	999	3982
Murray Murray		Barrow stiders	997	993	992	998	3980
Craig Marsh		Keswick AC	989	988	991	997	3965
Robbie Robson		South Axholme Academy	977	996	993	995	3961
Martin Elsdon	Veteran 60	U/A Hawick, No preference	979	979	985	996	3939
David Mossop	Veteran 40	Banned out the multi.	956	969	968	993	3886
Michael Watson	Veteran 40	Banned out the multi	936	936	955	992	3819
Steve Boston	Veteran 40	U/A Manchester,	854	931	947	971	3703
Liam Aplin	Veteran 40	U/A Cockermouth, Cumbria	838	938	933	980	3689
Lee Johnston	Veteran 40	U/A SOUTHPORT,	879	905	902	942	3628
David Cassels	Veteran 50	Rockart Runners	817	858	847	941	3463
John Widdrington		U/A Newcastle upon Tyne,	993	998	996		2987
Thomas Deakin		U/A Stockport, Cheshire	986	982	990		2958
Ian Gibson	Veteran 40	U/A Ulverston, Cumbria	983	980	984		2947
andrew pye	Veteran 40	U/A skelsmergh,	972	978	971		2921
Lawrence Mannion	Veteran 50	U/A Kendal,	953	981	986		2920
Richard Whall		U/A Kirkham, Lancashire	960	972	980		2912
Andy Bennett		U/A Morecambe, Lancashire	963	971	974		2908
Ryan Mewis		U/A Preston, Lancashire	958	975	972		2905
Bob Wells	Veteran 60	Bedford Harriers	954	976	970		2900
Graham Jordan		U/A OLDHAM,	946	974	975		2895
David Huddleston		U/A Askam in Furness, Cumbria (coun	944	964		986	2894
Lance Saxby	Veteran 40	U/A Harrogate, North Yorkshire	940	965	956		2861
Michael Fordyce	Veteran 50	U/A Carlisle, Cumbria	931	945		985	2861
Nick Sharp	Veteran 40	U/A Wakefield, West Yorkshire	988	987	884		2859
Michael Letheren			947		937	968	2852
andrew foster	Veteran 40	U/A southport,	945	952	953		2850
Ian Waddingham		Red Rose Road Runners	917	946	950		2813
David Ashworth	Veteran 60	U/A Bolton, Lancs	929	944	938		2811
Gerard Hurst	Veteran 60	U/A Wigan,	932	947	932		2811
Andrew Hemsley	Veteran 50	U/A Penrith, Cumbria	916	943	949		2808
Andy Hale	Veteran 40	U/A Preston,	882		923	977	2782
Toby Gregory		U/A Preston, Lancashire	900	939	936		2775
Darren Entwistle	Veteran 40	Fylde Coast Runners	910	917	927		2754
Jonty Tarbuck	Veteran 40	U/A Newcastle upon Tyne,	892	920	925		2737
Paul Shawcross	Veteran 40	Banned out the multi	930	878	926		2734
Slavomir Petrik		U/A Hitchin, Hertfordshire	858		898	965	2721
john edge	Veteran 60	none	872	923	905		2700
Gerry Burns	Veteran 50	U/A Kendal,	881	897	896		2674
Laurence Wilkinson		N/A	866	896	907		2669
ian mitchell	Veteran 50	helm hill runners	853	866	918		2637
Andrew Whitehead	Veteran 40	U/A Carnforth, Lancashire	844	888	890		2622
Simon Osmond	Veteran 40	U/A Carnforth, Lancashire	887	814	916		2617
Chris Robson	Veteran 70	U/A St Bees, Cumbria		809	825	931	2565
Dave Newton		None	825	837	856		2518
Gary Goodall		U/A Morecambe, lancs	795	854	866		2515
Peter Phillips	Veteran 60	Loftus and Whitby AC	809	834	844		2487
BARRY GREEN	Veteran 60	NONE	818	828	840		2486
Gareth Phillips	Veteran 40	Gateshead harriers	808	835	843		2486
Jack Waite	Veteran 50	U/A Milnthorpe, Cumbria	791	817	836		2444
J Howard	Veteran 60	U/A Ashton under Lyne, Lancs	782	808	828		2418
Chris Pearson	Veteran 50	U/A Grange Over Sands, Cumbria	779	806	824		2409
Paul Graham		Derwent AC		1000	999		1999
Christopher Lewarne		U/A Blackburn, Lancashire	987	989			1976
Wayne Laird		Border Warrior	990	986			1976
Simon Maughan	Veteran 40	U/A Blackburn, Lancashire	980		981		1961
Jonathan Maxfield		Rotherham Harriers	974		963		1937
jon shard	Veteran 40	U/A manchester, lancashire		966	959		1925
John Burthem	Veteran 50	U/A Bolton, Lancs	934		951		1885

Bart Decadt	Veteran 50	U/A Bolton,	903		978	1881
pete coe	Veteran 60	U/A Kendal,	935	939		1874
Chris Taylor	Veteran 40	U/A Bolton, Lancs	913	942		1855
Martin Dodd	Veteran 40	U/A Carlisle, Cumbria	876		972	1848
Ryan Deakin		U/A Haxby, North Yorkshire		878	960	1838
Will Smith		U/A Lancaster,	907	931		1838
Chris Furphy	Veteran 50	Stockton Striders	867		963	1830
Paul Donnelly	Veteran 40	Unattached		869	959	1828
Glenn Morris	Veteran 40	U/A Lancaster, Lancs		874	952	1826
gavin fisk	Veteran 40	U/A manchester,		859	964	1823
James Aiston		U/A Carlisle, Cumbria	883	922		1805
Hunter Lyden		U/A Manchester,	893	909		1802
David Pugsley	Veteran 50	U/A Lytham,	889	911		1800
Adam Clarke		U/A Derby,		855	944	1799
Andrew Reid		U/A Merseyside,	937	860		1797
Andrew Goodson	Veteran 50	U/A Bowness on Windermere, Cumbria		899	894	1793
Allan Nicholson	Veteran 50	U/A Broughton-in-Furness, none	884	902		1786
Daniel Hotchkiss	Veteran 40	N/A	875	910		1785
Mark Lovering	Veteran 40	U/A Chorley, Lancashire		875	901	1776
Haris Kaloudis		U/A Lancaster,		867	908	1775
James Clark		U/A York,	971	804		1775
Philip Harland	Veteran 50	U/A Warrington, Cheshire	874	900		1774
Jordi Ballester	Veteran 50	U/A Worsley, Manchester	826		943	1769
Nick Postill		U/A Ormskirk,	864	903		1767
Thomas Pearson		U/A Grange Over Sands, Cumbria		876	889	1765
Tom Lawson	Veteran 40	U/A Maryport, Cumbria	824		940	1764
Ian Paterson		U/A Bootle, Merseyside	869	891		1760
David Jones	Veteran 50	U/A Spital, cheshire	849	906		1755
paul norman	Veteran 40	U/A warrington, cheshire	856	899		1755
Michael Collins	Veteran 40	U/A Liverpool,	860	883		1743
Ste Davison	Veteran 40	U/A Manchester,	805	933		1738
Adam Townsend		U/A Radstock,	847	881		1728
John Slater	Veteran 50	U/A Carnforth, Lancs	857	861		1718
Ray Bessant	Veteran 50			856	861	1717
Kevin Bloor	Veteran 40	U/A Rothwell,		851	858	1709
andy hayes	Veteran 50	U/A wigton, England	859	840		1699
Paul McConville	Veteran 50	U/A Chorley, Lancashire	865	830		1695
Alec Cottrill	Veteran 50	Burnden Road Runners	814	857		1671
Anthony McCully	Veteran 50	none	820	849		1669
Simon Berrill		U/A Preston, Lancashire	811	849		1660
neil stirling	Veteran 70	U/A cartmel, cumbria	813	846		1659
Jim Dean	Veteran 70	U/A Kendal, Cumbria	807	842		1649
Martin Parsons	Veteran 60	U/A Sedbergh, Cumbria	803	827		1630
neil wearden	Veteran 40	U/A preston,	799	816		1615
Gary Bailey		Pudsey Pacers		1000		1000
Joe Hartley		Kent AC			1000	1000
Kieran Hodgson	Veteran 40	Helm Hill Runners	1000			1000
Alistair Fisher		Manchester Tri Club		999		999
David Hodkin		U/A Leeds , West Yorkshire	999			999
James Gray			998			998
Stu Windsor	Veteran 40	DH Runners		998		998
Aravind Ramesh		U/A Newcastle upon Tyne,		997		997
Paul Metham		U/A Altrincham,		997		997
Chris Essex-Crosby		Horwich RMI Harriers	996			996
Abel Ashby		trafford AC	995			995
Paul Macfarlane		Helmhill / Batala		995		995
Adrian Booth	Vet 40	U/A Leigh, Lancs			994	994
Chris Pell		Cambridge and Coleridge AC		994		994
Andrew Grimshaw		U/A Leyland, Lancashire	992			992
Gareth Treharne	Veteran 40	U/A Glasgow,		992		992
Christopher Nattress		U/A Ripon, North Yorkshire		991		991

Michael Norris	Vet 40	U/A Wigan, Lancs				991	991
Ryan Woods		U/A london, london	991				991
David Antill		Tyne Bridge Harriers		990			990
David Harrison		U/A Hebden Bridge, West Yorkshire				990	990
Christopher Durkin		None			989		989
Simon Tushingham		U/A Cheadle ,				989	989
pez holda	Vet 40	U/A Thurgoland ,				988	988
Thomas Young		U/A Gateshead, Tyne and wear			988		988
Craig Dorrall		U/A Dalgety Bay,				987	987
Paul Kelsall	Veteran 40	U/A New Mills ,				987	987
Laurens Daminga		U/A Carlisle, Cumbria		985			985
Tim Dixon		Kirkstall Harriers	985				985
Ian Jones		U/A Mere brow, Lancashire				984	984
Mark Rutter		U/A South Shields ,	984				984
Stephen McFarlane	Veteran 40	Meltham AC			984		984
Dan Collins		U/A salford,			983		983
Matt Barter		U/A Newcastle, Tyne and Wear				983	983
Robert Booth		N/A				983	983
joshua Blacker		independent	982				982
Richard Todd	Veteran 40	Wigton road runners				982	982
Simon Withey		U/A Shipley, West Yorkshire				982	982
Mike Bowman	Vet 60	U/A Ripon, North Yorkshire				981	981
William Powis		U/A Whitley Bay, Tyne and Wear	981				981
Alex Downie	Vet 60	Cambridge and Coleridge ac				979	979
Matt Smith		U/A Sunderland,				979	979
Adrian Stephenson	Veteran 50	U/A Preston, Lancashire				978	978
John Douglas	Veteran 40	Allithwaite Running Club	978				978
Christian Hosker		Otley ac				977	977
Stuart Taylor	Veteran 40	U/A Preston, Lancashire				977	977
Gareth Pashley		Asics				976	976
Matt Lancaster		Ulverston Wolves	976				976
Nick Kay		U/A Lancaster, Lancashire				976	976
Brian Morrison	Vet 40	U/A Stirling,				975	975
Jon Hopwood	Veteran 50	U/A Manchester, Lancashire	975				975
John Fletcher		U/A Lymm, Cheshire				974	974
Corey Ogden		Bury College				973	973
Jonathan Knowles	Veteran 40	U/A Leigh,	973				973
Max Limpkin	Vet 50	U/A Sheffield, South Yorkshire				973	973
Philip Luscombe		U/A Newcastle,				973	973
Nathan Bressington		U/A Birmingham,				970	970
Rob Powell	Veteran 40	Scarborough Athletic Club	970				970
sean barry	Veteran 40	U/A huddersfield,			970		970
David Ridley	Vet 50	Swindon shinsplints				969	969
phil herd		Beeston AC				969	969
Richard Fisher		U/A London,	969				969
aaron dodd	Veteran 40	U/A whitley bay, tyne and wear			968		968
Simon Hooton	Veteran 40	U/A Manchester,	968				968
Andrew Appleton	Vet 40	U/A Lowton, Lancs				967	967
Dan Wright		U/A Macclesfield , Cheshire			967		967
Jamie Bottomley		U/A Manchester,	967				967
Neil Baxter	Veteran 40	U/A Rhoose, Vale of Glamorgan				967	967
mike Bannister	Veteran 40	U/A Barrow-in-Furness, England	966				966
Stuart Morrison		U/A Stirling ,				966	966
Wayne Barber	Veteran 40	U/A Kendal, Cumbria				966	966
James Isherwood	Veteran 40	Beeston AC	965				965
Jon Tose	Veteran 40	U/A Manchester,				965	965
Name Witheld	Veteran 50	MDOC	964				964
Peter Jobes		U/A Gateshead,				964	964
Robert Jordan		U/A Glossop , Derbyshire				963	963
Bob Wellings	Veteran 40	U/A Stockport, Cheshire	962				962
Jonathan Antill		U/A Oxford,				962	962

Lee Lawrenson		U/A Preston, Lancs			962		962
Peter Bennett	Vet 40	St Helens Striders				962	962
George Barnes		York acorn running club		961			961
Mark Heaney	Vet 50	U/A Rochdale, Lancashire				961	961
Phil Blaylock	Veteran 40	St Bees Triers	961				961
Stephen Beard		U/A Thirnton, Lancashire			961		961
James Robinson		U/A Chorlton-Cum-Hardy, Manchester		960			960
Jonathan Fairhurst		U/A Wigan, Lancashire			960		960
Andrew Gilmour		U/A GLASGOW,	959				959
Mike Scott	Veteran 40	U/A Guiseley, West Yorkshire		959			959
Jason Blagden	Veteran 40	Wesham Road Runners			958		958
Lee Lawrenson		U/A Preston, Lancs		958			958
Paul Haydon	Vet 50	F.R.A.				958	958
Andy Powell		U/A Barnsley, South Yorkshire		957			957
Daniel Kanaris		U/A Portishead, North Somerset				957	957
Graham Jackson		Allithwaite Running Club	957				957
Paul Mounsey	Veteran 60	Na			957		957
Calam Linger		Asics				956	956
Kris Dale		U/A Wakefield,		956			956
Andy Walch		U/A Barnsley, South Yorkshire		955			955
Eduard Sanchez-Roig		U/A Manchester,	955				955
Jamie Homer		Asics				955	955
Harvey Woods	Veteran 40	U/A Wilmslow,			954		954
Matt Enescott		Asics				954	954
Stephen Robertson	Veteran 50	red rose road runners		954			954
David Watson	Vet 40	Red rose road runners				953	953
Neil Truan	Veteran 40	U/A Northampton,		953			953
Jon Coote		U/A Appley bridge,				952	952
Peter Roberts	Veteran 40	Bramhall Runners	952				952
Adam Clammer	Veteran 40			951			951
Antony Weedall	Veteran 50	n/a	951				951
Jo Still	Vet 40	U/A Kendal, Cumbria				951	951
John Doyle	Vet 50	U/A Swindon, Wiltshire				950	950
Matthew Hillen		U/A Newcastle-Upon-Tyne,		950			950
Paul Stirrup	Veteran 50	Bowland Bimblers	950				950
Andrew Ritchie		U/A Wigan,		949			949
David Brooks	Veteran 50	Bowland Bimblers	949				949
Martin Dalton	Vet 40	U/A Market Harborough,				949	949
Andrew Metcalfe	Veteran 40	Penistone Footpath Runners			948		948
Bruce Helme		U/A Preston, Lancashire		948			948
Rob Hardwick	Veteran 40	Pennylane Striders	948				948
Tom McGuffie		U/A London,				948	948
Colin Ladd	Vet 60	U/A Moffat, Dumfries and Galloway				947	947
Andrew Marshall		U/A Washington, Tyne and Wear				946	946
Jonny Grisedale	Veteran 40	n/a			946		946
Mark Dewell	Veteran 40	U/A Wilmslow,			945		945
Simon Robson		U/A York, North Yorkshire				945	945
Michael Bolton		U/A Preston,			944		944
Nick Carruthers		U/A Ulverston,	943				943
Richard Manley		U/A Wirral, Merseyside			943		943
Dean Graham		Hardly AC		942			942
Max Booth	Veteran 40	U/A Woodbridge, Suffolk	942				942
Adam Birch		U/A Kendal, Cumbria			941		941
Jerry Barnes	Veteran 50	York Acorn Running Club		941			941
Steve Beard		U/A Poulton le Fylde,	941				941
Matt Knagg		Ulverston Tri Club			940		940
Steve Crame	Veteran 50	U/A Kendal, Cumbria		940			940

Craig Gregson		Lancashire Fire & Rescue Service	939				939
Michael Thompson		U/A Cheadle Hulme, Cheshire				939	939
Christian Oxley	Vet 40	Superfan				938	938
Steve Foreman	Veteran 40	Sedgefield Harriers	938				938
Ian Whalley		U/A Huddersfield, West Yorkshire		937			937
James Stephen		U/A Ormskirk, Lancashire				937	937
John Brady	Vet 50	Foxton Centre				936	936
Chris Morris		U/A Warrington,				935	935
Justin Parr	Veteran 40	U/A Knutsford, Cheshire		935			935
Robin Lees	Veteran 60	U/A Ambleside, Cumbria			935		935
DENNIS FENNA	Vet 50	U/A ORMSKIRK, LANCASHIRE				934	934
Ruud Palmer		Chorlton Runners		934			934
William Belcher	Veteran 50	U/A West Yorks			934		934
Patrick Corrigan	Veteran 60	Totley ac	933				933
Stephen MCCORMACK	Vet 50	U/A LIVERPOOL, MERSEYSIDE				933	933
Barry Hawthorne		U/A Castleford, West Yorkshire				932	932
martyn davidson	Veteran 60	U/A weybridge, surrey		932			932
Gary Stirzaker	Vet 50	U/A Leyland, Lancashire				930	930
Keith Jackson-Horner	Veteran 60	Milltown Milers		930			930
Tod Christopher	Veteran 40	U/A Leeds, West Yorkshire			930		930
Alastair Bryans		U/A Liverpool,				929	929
Andrew Taylor	Veteran 50	Clayton Le Moors Harriers			929		929
Matthew McColl		U/A Preston, Lancashire		929			929
Chris Harrop	Veteran 40	U/A Warrington, Cheshire			928		928
Grant Bezuidenhout		U/A South Shields,		928			928
Micky Sanders	Vet 50	Micky				928	928
Tom McWilliams		U/A Didsbury, Manchester	928				928
Daniel Heppell		U/A HALTWHISTLE, Select a county	927				927
Michael Jones	Veteran 60	Altrincham AC		927			927
Andrew Partington	Veteran 50	U/A Lancaster, Lancashire	926				926
David Halliwell	Veteran 40	U/A Ambleside, Cumbria		926			926
Andrew Ward		U/A CARNFORTH,		925			925
Andrew Whitton	Veteran 50	Lancaster & Morecambe	925				925
Harry Matthews	Veteran 50	elswick harriers		924			924
Matthew Elliott		U/A Manchester,	924				924
Thomas Ward		U/A Lancaster, Lancashire			924		924
Simon Nicholson		U/A Galgate, Lancaster,	923				923
Gavin Rowlands		U/A Salford ,	922				922
glenn bailey		none		922			922
Andrew Freemantle		U/A Gateshead,	921				921
Daniel Arrastraria Orti				921			921
Silas Heys		U/A Wigan, Lancashire			921		921
Julian Coulthard	Veteran 50	Border Harriers			920		920
Steve Parker	Veteran 50	U/A Chester, Cheshire	920				920
Danny Cawdron	Veteran 50	U/A Stoke-on-Trent, Staffs	919				919
Grant Folley		U/A Newcastle,			919		919
Josh Hindmoor		U/A Wetheral,		919			919
John Eldred	Veteran 50	U/A Cockermouth, Cumbria	918				918
Robin Weston	Veteran 40	U/A Preston, Lancashire		918			918
James Alderson		U/A Thornton Cleveleys , Lancashire			917		917
Tony Swann	Veteran 50	AlbaRosaCC		916			916
KRISTIAN ROBINSON	Veteran 40	Rochdale Harriers		915			915
Michael Mitchell		U/A ULVERSTON, Cumbria	915				915
Tim Lynch		U/A Altrincham,			915		915
Gavin Batty		U/A Clapham, London	914				914
Mark Beswick	Veteran 40	U/A Bingley, West Yorkshire		914			914

Przemyslaw Dziewiatkov		U/A Kendal,			914		914
Jonny Eldridge		U/A Caernarfon, Gwynedd		913			913
Matthew Ward	Veteran 40	U/A Stockport, Cheshire			913		913
Derek Woolley	Veteran 60	U/A Heysham, Lancashire			912		912
Guillaume Slee		U/A Timperley, Cheshire	912				912
Keith Tolley	Veteran 50	U/A Buxton,		912			912
Simon Cocker	Veteran 50	U/A Grantham, lincolnshire		911			911
Stephen Clarke	Veteran 50	U/A Kelsall, Cheshire	911				911
luke kenealy		U/A lowton, cheshire		910			910
Craig Smith		U/A Bowness on windermere, Cumbri	909				909
Roland Jones	Veteran 50	None			909		909
Ben Kirkman		U/A Manchester,	908				908
David Round	Veteran 50	Sedgefield Harriers		908			908
Paul Thompson	Veteran 50	Hornsea Harriers		907			907
Andrew Woodruff		U/A Chorley, Lancashire	906				906
Graham Collins	Veteran 60	Milltown Milers		906			906
Adam Stafford		U/A Edinburgh,	905				905
G Browne		U/A Lytham St Annes,	904				904
Ian Hartwell		U/A Manchester,			904		904
John Croxford	Veteran 50	U/A Coniston, Cumbria		904			904
Jonathan Power	Veteran 40			903			903
Steven Davies		U/A Durham,	902				902
Bruce Carlisle	Veteran 40	U/A Whitley Bay,	901				901
Stephen Donne		U/A Skipton, North Yorkshire		901			901
Ben Metcalf	Veteran 40	U/A Preston, Lancashire		900			900
Nick Brown	Veteran 50	U/A Dalton in Furness ,	899				899
Richard Tickner	Veteran 50	U/A Kendal, Cumbria		898			898
Simon Holbrook	Veteran 40	U/A Harrogate,	898				898
Andrew Peagram		Harrogate Harriers	897				897
Sam Cherrington		U/A Ashton-in-Makerfield, Greater Manchester		897			897
Mick Green	Veteran 50	U/A Chorley, Lancashire	896				896
Graham Metcalfe		U/A Oxenholme, Cumbria	895				895
Phil Collinson		Asics			895		895
Scott Amos	Veteran 40	U/A Hawick,		895			895
James Alderson		U/A Poulton le Fylde ,	894				894
nick bell	Veteran 50	unattached		894			894
Bob Garland	Veteran 40	U/A Manchester, Greater Manchester			893		893
Fergus Morris		U/A Warrington, Cheshire		893			893
David Johnson		Asics			892		892
Steven Campbell		U/A Dalbeattie,		892			892
Jackie Ellis		U/A Llanymynech,			891		891
mark wardley	Veteran 40	U/A preston, lancs	891				891
Damian Duffy		U/A Manchester,		890			890
Stephen Quick		U/A Lancaster,	890				890
Tim Massey	Veteran 50	U/A Stoke-on-Trent, Staffordshire		889			889
Billy Scott		U/A South Shields, Tyne and Wear	888				888
nick cook	Veteran 40	U/A carnforth, lancs			888		888
Mathew Fairhurst		U/A Wigan, Lancashire			887		887
Stuart Rome		U/A Carlisle, Cumbria		887			887
Ken Graywahl	Veteran 60	U/A Sheffield,			886		886
Kevin Hancock	Veteran 40	U/A ashbourne, derbyshire		886			886
neil browning	Veteran 40	Monton Dads	886				886
andrew marrison	Veteran 40	U/A kendal, Cumbria			885		885
John Hodson	Veteran 40	U/A Durham, Durham		885			885
Mark Doyle	Veteran 50	U/A Clacton-on-Sea, Essex	885				885
Dominic Coleman		U/A Manchester,			884		884

gary clay	Veteran 50	U/A huddersfield, west yorkshire			883		883
paul glover		U/A scunthorpe ,			882		882
Timon Robson	Veteran 40	U/A St Bees, Cumbria		882			882
Christopher Snell		U/A Kendal, Cumbria		881			881
Asif Zaman	Veteran 40	U/A Stockport,	880				880
Lee Hardwick	Veteran 40	Team Rocket slippers			880		880
Steve Starkie		U/A Whitehaven,		880			880
Ioan Waight		U/A Ambleside,		879			879
Peter Lane		U/A Newark, Nottinghamshire			879		879
Jim Mclean	Veteran 60	Red Rose Road Runners	878				878
Andrew Jones		U/A Prescott, Merseyside			877		877
David Stacey		U/A Chorley, Lancashire		877			877
Stephen Edwards	Veteran 40	Sweatshop Running Community	877				877
Michael Crozier	Veteran 50	U/A Colne,			876		876
James Leach-Holt		The Brick Homeless Project			875		875
Alex Zglobis		U/A Ambleside, Cumbria			874		874
David Stephenson		U/A Ottringham,			873		873
Michael Holmes	Veteran 40	DH Runners	873				873
Pete Holding	Veteran 50	U/A Kendal, Cumbria		873			873
Daniel Laing		U/A YORK, North Yorkshire			872		872
Tony Rankin	Veteran 40			872			872
Anthony Vincent	Veteran 50	Parbold Pink Panthers		871			871
Kevin Gelder	Veteran 50	U/A Cleckheaton, West Yorkshire			871		871
Stephen James		Fylde Coast Runners	871				871
Anthony Stacey	Veteran 60	U/A Burnley, Lancashire			870		870
Antony Woodcock	Veteran 40	U/A Leigh,	870				870
Jon Gilson	Veteran 40	U/A Leek,			870		870
John Howells		U/A Anslow,		869			869
Ian Wilson	Veteran 50	U/A Haltwhistle,			868		868
Richard Wilde		U/A CHADDERTON ,	868				868
Ross Crombie	Veteran 50	U/A West Bridgford,		868			868
Mark Drummond	Veteran 40	DH Runners			867		867
Ian Harvey	Veteran 50	Wigton Road Runners			865		865
Mark Eldridge	Veteran 50	U/A Caernarfon, Gwynedd		865			865
Oliver Collins		U/A Bolton, Lancashire		864			864
Tony Orr	Veteran 50	U/A burton in kendal, cumbria			864		864
Chris Yates	Veteran 60	Silverdale			863		863
Jonathan Downs		U/A Preston,		863			863
sam burthem		U/A bolton, greater manchester	863				863
David Western	Veteran 50	U/A Sutton, Surrey		862			862
Mark Sampson		U/A St Bees, Cumbria	862				862
Simon Nicholson		U/A Galgate, Lancaster,			862		862
David Watson	Veteran 40	Rock up and do it	861				861
Ben Paglia		U/A Aughton, Lancashire		860			860
Brad Lorson		Silverdale			859		859
Dave Hall	Veteran 50	Honister 92		857			857
Peter Jameson	Veteran 60	Arragon Triathlon Club		855			855
Steven Hadwin		U/A London,	855				855
Andy Scorer	Veteran 40	U/A Durham,			854		854
Chris Bolton	Veteran 50	Asics			853		853
Peter Spencer	Veteran 60	Milltown Milers		853			853
Hans Ebben	Veteran 50	U/A Hedel,			852		852
James Stanford	Veteran 50	U/A Wigan, Lancashire	852				852
Mark Wilson	Veteran 40	U/A Skipton, North Yorkshire		852			852
David Phillips	Veteran 40	U/A Carlisle, Cumbria	851				851
Simon Baxendale	Veteran 50	Baxi			851		851

Malcolm Alderton	Veteran 60	Fylde Coast Runners	850			850
Nicholas green		U/A penrith, cumbria			850	850
Robin Stebbings	Veteran 60	Unattached		850		850
Simon Grayston		U/A Preston, Lancs		848		848
Sohel Islam	Veteran 40	U/A Clitheroe, Lancashire			848	848
Stephen Alecock	Veteran 50	U/A Carlisle, Cumbria	848			848
brian richardson	Veteran 50	blackhill bounders		847		847
Dave Hall	Veteran 50	Honister 92	846			846
Philip Loftus	Veteran 50	U/A Bolton, Lancashire		846		846
Gary Hollis	Veteran 50	U/A Kendal, Cumbria	845			845
Paul Hancock	Veteran 40	U/A golborne,			845	845
Simon Cowling	Veteran 40	U/A Formby,		845		845
Dan Babic	Veteran 50	Independent		844		844
Mark Barlow	Veteran 40	U/A Leigh,	843			843
ray furness	Veteran 50	U/A burton upon trent, staffordshire		843		843
Patrick Stanley	Veteran 40	Victoria Park Running Club			842	842
Stephen Johnson		U/A Harrogate, North Yorkshire	842			842
Nick Marr	Veteran 50	U/A Reading, Berkshire		841		841
Paul Crawford	Veteran 50	U/A Altrincham, Cheshire			841	841
Phil Noble	Veteran 50	U/A Southport, Merseyside	841			841
David Davis		U/A york, North Yorkshire	840			840
Danny Smith	Veteran 50	Roundhay Runners			839	839
Martin O'Neill	Veteran 40	U/A Liverpool, Merseyside	839			839
Steve Senior		U/A Horsforth,		839		839
joe dobbs	Veteran 70	independent			838	838
Tom French		U/A Skipton, North Yorkshire		838		838
Colin Dunn	Veteran 40	U/A St.Helens, Merseyside	837			837
Graham Greenwood	Veteran 50	Probody Fitness			837	837
JOEL CULLEN		U/A HORNCHURCH, ESSEX	836			836
martin barrett	Veteran 40	U/A stockton-on-tees,		836		836
Alan Townsend	Veteran 60	U/A Radstock,			835	835
Ryan Crellin		Cumberland Fell Runners	835			835
john wiseman	Veteran 50	U/A poynton, cheshire	834			834
Robert Hudson	Veteran 40	BATS MNCC Runners			834	834
Ian Beadle	Veteran 40	U/A durham, durham		833		833
Jeff Ellams	Veteran 40	U/A Hebden Bridge, West Yorkshire	833			833
Sean Smith	Veteran 40	None			833	833
Anthony Blackwell	Veteran 50	U/A Liverpool, Merseyside	832			832
Lee Smith	Veteran 40	U/A Wigan, Lancs			832	832
Nick Archer	Veteran 40	U/A Manchester,		832		832
Chris Ennis	Veteran 40	U/A York,		831		831
Mark Wallwork	Veteran 40	U/A Southport, Merseyside	831			831
Peter Swift	Veteran 50	U/A wigan,			831	831
Graham Darby	Veteran 40	Sledge field Harriers		830		830
PAUL TICKNER	Veteran 60	U/A Cocker mouth, Cumbria	830			830
Darren Cross		U/A Andover, Hampshire		829		829
Matthew Zandstra	Veteran 40	U/A Liverpool, Merseyside	829			829
Niki Roberts		Asics			829	829
Michael Waring		U/A Liverpool,	828			828
Andrew O'Boyle	Veteran 50	U/A Warrington, Cheshire			827	827
mark shaw	Veteran 50	U/A Audenshaw, MANCHESTER	827			827
Jonathan Perry	Veteran 40	North Wales Road Runners Club		826		826
Mick Findlay	Veteran 60	U/A Haltwhistle,			826	826
Tom Johnson		U/A Ottringham, East Yorkshire		825		825
dyfed evans	Veteran 40	U/A york,		824		824
Dan Culshaw		U/A Carnforth,	823			823

