

### Lakeland Trails 2011 Spring Series Results : Men

Name	Club	Category	Cartmel	Hawkshead	Kentmere	Total
LLOYD, Adam	Unattached - Bromsgrove, W Midlands			996	998	<b>1994</b>
BRENNAN, Steven	Glaxo Hoad Hill Harriers	Vet40		995	999	<b>1994</b>
GIBBINS, Chris	Bingley Harriers	Vet40	995		997	<b>1992</b>
BARNES, Chris	Accrington Road Runners		997	991		<b>1988</b>
MORRAN, Stephen	Northern Vets AC	Vet50		986	991	<b>1977</b>
HOLDSWORTH, Breton	Unattached - Burnley		996	979		<b>1975</b>
METCALF, Alan	Preston Harriers	Vet50		987	983	<b>1970</b>
HOBBINS, Tom	Stafford Harriers			980	988	<b>1968</b>
BARK, Stephen	unattached - Horncastle		985		980	<b>1965</b>
ALLISON, Mike	Unattached - Penrith, Cumbria	Vet50		981	981	<b>1962</b>
TOWNLEY, Matthew	Romiley Runners		978	977		<b>1955</b>
STATON, Richard	Unattached - Grange over Sands	Vet40	976	975		<b>1951</b>
EASTON, Chris	Chapel Allerton Road Runners		970		979	<b>1949</b>
SANDERSON, Chris	Nothumberland Fell Runners	Vet40	981	966		<b>1947</b>
WEST, Simon	Unattached - Cleator Moor			961	985	<b>1946</b>
ALMOND, Steve	Unattached - Barton	Vet40	969		973	<b>1942</b>
HARRIS, Mike	Baxi Group, Preston	Vet40	966		975	<b>1941</b>
COLLIS, Andrew	Unattached - Wigan		961		977	<b>1938</b>
FRY, Stephen	Unattached - Harrogate, N Yorks	Vet40		962	967	<b>1929</b>
SMITH, Garrett	Unattached - London			982	947	<b>1929</b>
WOOD, Kevin	Unattached - Cheshire	Vet50	971		956	<b>1927</b>
WARREN, Andrew	Lancaster & Morecambe AC		993		932	<b>1925</b>
DUNN, Mike	Unattached - Warrington		954	969		<b>1923</b>
KYFFIN, John	St Bees Tri		929		994	<b>1923</b>
MURRAY, Peter	Unattached - Wigan	Vet40	962	960		<b>1922</b>
DOWELL, Mark	Leeds Bradford Tri Club	Vet40		945	976	<b>1921</b>
SAGE, Jonathan	Unattached - Hull, E Yorkshire	Vet50	959		957	<b>1916</b>
HIGHAM, Nick	Lancaster & Morecambe AC	Vet40	956		958	<b>1914</b>
DUFFY, Andrew	Unattached - Preston, Lancashire	Vet40	951		962	<b>1913</b>
MACDONALD, Alasdair	UK Netrunner	Vet40	941		965	<b>1906</b>
HESKETH, Tony	Horwich RMI Harriers	Vet60	955		948	<b>1903</b>
REILLY, Paul	Coniston Corporate Embroidery		949		952	<b>1901</b>
ILLINGWORTH, Guy	Unattached - Ormskirk	Vet40	943	948		<b>1891</b>
GRAHAM, Peter	Unattached - Stoke On Trent			936	953	<b>1889</b>
JACKSON, Graham	Allithwaite RC		942	937		<b>1879</b>
USHER, Chris	Unattached - Ormskirk			929	946	<b>1875</b>
HOWELL, Alistair	Unattached, Kendal			925	949	<b>1874</b>
MCALOON, Robert	Evenwood Road Runners	Vet50		903	969	<b>1872</b>
BROADFOOT, Steve	Northern Vets AC	Vet40	936		935	<b>1871</b>
YATES, Andy	Unattached - Conwy	Vet40	933		924	<b>1857</b>
MERCER, John	Unattached - Wigan	Vet40	927		929	<b>1856</b>
ECCLESTON, Philip	Unattached - Bolton			902	954	<b>1856</b>
FLEMING, Mark	Unattached - Workington	Vet40		935	920	<b>1855</b>
KYLE, Andrew	Unattached : Spennymoor		928	924		<b>1852</b>
QUAYLE, Roger	Barrow & Furness Striders AC	Vet50	938	914		<b>1852</b>
CROMPTON, Sam	Unattached, Kendal		903		941	<b>1844</b>
BODDY, Mike	Unattached - York	Vet40		907	937	<b>1844</b>
CROMPTON, Carl	Unattached - London		902		940	<b>1842</b>
BROWN, Steve	Unattached - Windermere	Vet40		913	922	<b>1835</b>
PINDER, Graham	Glaxo Hoad Hill Harriers	Vet50		899	936	<b>1835</b>
COLLEY, Peter	Unattached : Kirkby Thore			895	933	<b>1828</b>
HOWARD, Scott	Unattached - Hartlepool		900	921		<b>1821</b>
BENNETT, Simon	Unattached - Clitheroe	Vet50	907		912	<b>1819</b>
TY SOME, Stephen	Trail Running Association	Vet40		905	895	<b>1800</b>
COX, Nick	Unattached - Ambleside	Vet40		885	913	<b>1798</b>
MCKEOWN, Terry	Liverpool Running Club	Vet40	870	926		<b>1796</b>
MOBBERLEY, Peter	Unattached - Whitley Bay	Vet40	922	873		<b>1795</b>
FIDDLER, Paul	Unattached - Warrington		916		869	<b>1785</b>
JONES, Chris	Unattached - Keighley, W Yorks	Vet40	862	917		<b>1779</b>

SIMS, Andrew	Unattached - Carlisle			890	886	1776
WHITTINGTON, Tom	Unattached - Cheshire		899		877	1776
FIRTH, Dan	Unattached - Cheshire	Vet50	914		860	1774
RANK, Nicholas	Lincoln Wellington AC	Vet60	897		875	1772
WARREN, Michael	Teesdale AC	Vet50	879		892	1771
BREWSTER, Keith	Valley Striders, Leeds	Vet50	923	844		1767
BOWER, David	Aire Valley Runners	Vet40		847	918	1765
JAMES, David	Unattached, Kendal	Vet40		864	901	1765
LEATHEREN, Andy	Unattached, Kendal	Vet40	866	898		1764
EVANS, David	Unattached - Liverpool	Vet40	906		852	1758
VAN ALDERWEGEN, Damian	Sale Harriers		873	883		1756
BURNS, Carl	Unattached - Barrow in Furness		884		867	1751
NOBLE, Colin	Bridgnorth Running Club		839		910	1749
SALMON, Mark	Unattached - Tarporley	Vet40	911	838		1749
TUNNEY, Phillip	Unattached - Manchester	Vet40	854		893	1747
JAMIESON, Christopher	Esk Valley Fell Club	Vet50	891		856	1747
LEGGE, Rob	Unattached - Preston, Lancashire	Vet40		839	908	1747
RANKIN, Iain	Unattached - Macclesfield		894	852		1746
GREGORY, Ben	Stockport Harriers	Vet50	845		894	1739
GIBSON, Ian	Tynedale Harriers	Vet50	874		862	1736
HUGHES, Ian	Unattached - Manchester			856	878	1734
ROBERTSON, Stuart	Unattached - Manchester			849	884	1733
BROWN, Matthew	Vale Royal Athletics, Cheshire	Vet40	886	840		1726
WHINCUP, Stephen	South Cheshire Harriers	Vet50	834		891	1725
DICKINSON, Michael	Unattached - Ulverston		790	933		1723
FORTUN, Phil	Stone Masters Marathoners, Staffs		861	860		1721
WILKINS, Roger	Unattached, Kendal	Vet60	872		846	1718
ASHWORTH, David	Lostock AC	Vet50	846		871	1717
HARTLEY, Chris	Unattached - Manchester	Vet40	809	906		1715
TOMKINSON, Andrew	Rochdale Harriers	Vet40	847		865	1712
CROSSLEY, Jonathan	Unattached : Rhuddlan	Vet40	905		800	1705
SOUTHWARD, Tom	Glaxo Hoad Hill Harriers		824		880	1704
HIGGINS, Phil	Unattached - Windermere	Vet40	868		834	1702
EDMONDSON, John	Newton Aycliffe AC	Vet60	837		864	1701
GIBSON, Andy	Unattached - York		904	796		1700
LUND, Jamie	Unattached, Kendal		813		885	1698
MACKENZIE, Colin	Unattached - Wolverhampton	Vet50		821	876	1697
HUMPHRIES, Simon	Unattached - Wigton, Cumbria	Vet40		837	855	1692
WALKER, Geoff	Unattached - Cockermouth	Vet50	853		830	1683
GREEN, John	Dumfries Running Club	Vet40		832	851	1683
WATT, Jonathan	Unattached - Altrincham	Vet40	825		853	1678
ROSE, Paul	Wolverhampton & Bilston AC			810	858	1668
POOLE, Robert	Unattached - Windermere	Vet60		794	870	1664
MICHAEL, Doug	Heaton Harriers	Vet50	832		831	1663
HANLON, Bob	Unattached - Windermere	Vet50	831		829	1660
SERVICE, Douglas	Unattached - Lancashire	Vet40	843		810	1653
OUTTERSIDE, James	Unattached : Cheadle		818		832	1650
EARLE, Mark	Unattached - Cheshire	Vet50		813	835	1648
MARSH, Kenny	Unattached - St Helens	Vet40		819	825	1644
MAKIN, Jeremy	Durham Fell Runners	Vet40	855	785		1640
WEARDEN, Neil	Unattached - Preston, Lancashire			968	669	1637
BURNS, Graeme	Unattached - Congleton, Cheshire	Vet40	766	871		1637
PATON, David	Unattached - Keswick	Vet40	816		820	1636
MUMFORD, Bill	Unattached : Barford St Michael	Vet50	796		837	1633
WEBSTER, Stephen	Unattached - Holmfirth	Vet50	810		822	1632
SCHOFIELD, Graham	Chorley Harriers	Vet50	867	762		1629
LASHLEY, Pete	Unattached - Milnthorpe	Vet40	775		849	1624
MERCER, Trevor	Unattached - Darwen, Lancashire	Vet60	734		890	1624
MCCLUSKEY, David	Unattached - Warrington		778		844	1622
RAPONI, Peter	Unattached - Merseyside		901	719		1620
NOBLE, Phil	Unattached - Southport	Vet50		765	854	1619

HEATH, Janson	Rocktart Runners	Vet40	812	802		1614
BEYGA, Anthony	Unattached - Liverpool	Vet50	817	795		1612
DENTON, Mark	Unattached - Sheffield	Vet40		768	836	1604
TURNER, Ged	Edgworth AC	Vet50	811	793		1604
ROCHE, Paul	Merseyside Police	Vet50	785		818	1603
SHUTTLEWORTH, Stuart	Ambleside AC	Vet40	610	990		1600
RICHARDS, Lee	Unattached - Howden, E Yorks		828		762	1590
LOCKE, Colin	Unattached - Mistley	Vet50		780	806	1586
GILLMAN, Darren	Spa Striders, Warwick	Vet40	798	786		1584
WEAR, Mark	Unattached - Frizington	Vet40	791		793	1584
ATKINSON, Jonathan	Unattached - Ambleside		759	825		1584
STRICKLAND, Mark	Unattached - Holywell	Vet40	795		789	1584
GRACE, Ian	Chorley Harriers	Vet50	764	817		1581
HOLLIGAN, Will	Allithwaite RC	Vet50		752	824	1576
JOYCE, Carl	Unattached - Wirral	Vet40	821		746	1567
BRISCOE, Antony	Unattached - Workington	Vet40		766	801	1567
DALTON, Jon	Unattached - Ulverston		786	769		1555
THORPE, Mark	Unattached - Preston, Lancashire	Vet40		755	799	1554
THORPE, Martyn	Fell Runners Association	Vet40	770	784		1554
JONES, Dan	Unattached - Todmorden		765	788		1553
LUNT, Eric	Unattached - Manchester		757		795	1552
STANNING, David	Borrowdale Fell Runners	Vet40	763		787	1550
MALTBY, Tomas	Unattached - Manchester			721	823	1544
PRESTRIDGE, Jeff	Serpentine Running Club	Vet50		761	779	1540
COPP, Jason	Unattached, Birmingham	Vet40	750		782	1532
LAKER, Stephen	Unattached - Preston, Lancashire	Vet40		792	739	1531
PARKER, Graham	Unattached, Kendal	Vet40		714	815	1529
MASSEY, Jonathan	Unattached - Manchester	Vet40	783	743		1526
WILSON, Oliver	Unattached - Lockerbie		614		911	1525
MIDGLEY, John	Unattached - Lockerbie	Vet50	745		778	1523
WILSON, Dale	Unattached - Leeds		781	736		1517
KEAR, Paul	Unattached, Kendal	Vet40	614		902	1516
CARPENTER, Peter	Unattached - Ellesmere Port	Vet50	606		903	1509
WILSON, Chris	Ranelagh Harriers, Surrey		737		771	1508
GUEST, Jonathan	Unattached - Manchester		758		748	1506
BUSHELL, Anthony	Lancashire Constabulary Athletics	Vet40		718	784	1502
WALKER, Simon	South Cheshire Harriers	Vet40	744		756	1500
DAVIDSON, Alan	Unattached - Oxfordshire	Vet50		717	783	1500
ELDRED, Steffan	Unattached - Bury, Lancashire		804	696		1500
PARSONS, John	Unattached, Kendal	Vet50		733	764	1497
LYONS, David	Unattached - Morecambe	Vet40		729	767	1496
MCEWEN, Nigel	Unattached - Milnthorpe	Vet60		715	777	1492
SPOONER, Steve	Unattached - Bollington	Vet40	730		760	1490
MCCARTHY, Jeff	Unattached - Rochdale	Vet40		742	745	1487
REVELL, Ian	Unattached - Manchester		820		666	1486
TRAVIS, Andrew	Unattached - Lancaster	Vet40	724		758	1482
BARSTOW, John	Unattached - Ulverston	Vet50	725		754	1479
BLINKHORN, Allan	Horwich RMI Harriers	Vet60	713		765	1478
SAMUELSON, Peter	Spectrum Striders	Vet60	722		749	1471
GELDER, Kevin	Unattached - Cleckheaton, W Yorks	Vet40	751		720	1471
PICK, Thomas	Unattached - Cheltenham, Glos		718		744	1462
SALT, John	Unattached - Adlington			685	775	1460
MASSAM, Stephen	Preston Harriers	Vet40	711		729	1440
YEATES, Carl	Unattached - Wallasey	Vet40	726	712		1438
FURPHY, Chris	Unattached - Guisborough	Vet40	688		741	1429
EVANS, Barrie	Elvet Striders, Durham	Vet60	742	686		1428
GRIMES, David	Unattached - Wirral	Vet60	691		734	1425
WALKER, Thomas	Team Sixteen		689		735	1424
GRADWELL, Phil	Unattached - Culcheth			663	757	1420
FOSTER, Stephen	Unattached - Fife, Scotland	Vet40	717	702		1419
ANDERTON, Mike	Unattached - St Helens	Vet40		669	740	1409

MOSS, Paul	Baxi Group	Vet50		650	752	<b>1402</b>
THOMPSON, Nick	Unattached - Huddersfield	Vet50	695		706	<b>1401</b>
DICKSON, Kevin	Warrington Road Runners	Vet40		659	732	<b>1391</b>
LOWIS, Ian	Carlisle Triathlon	Vet50		631	759	<b>1390</b>
SMITH, Mike	Olney Runners	Vet50	665		723	<b>1388</b>
PHILLIPS, Steven	Chorlton Runners	Vet50	692		693	<b>1385</b>
HOWES, Alistair	Unattached - Durham	Vet40	678		705	<b>1383</b>
TURNBULL, Stephen	Unattached - Hexham	Vet40		649	730	<b>1379</b>
MAWSON, Steve	Unattached - Egremont, W Cumbria		674		700	<b>1374</b>
RABY, Lee	Unattached - Whitehaven		673		699	<b>1372</b>
KENDAL, Kev	Trail Running Association		702	670		<b>1372</b>
HOWARD, Simon	Rockart Runners	Vet40	662		707	<b>1369</b>
BROCK, Andy	Burgess Hill Runners	Vet50	671		694	<b>1365</b>
BROWNBILL, Steve	Unattached - Wirral	Vet40	676		688	<b>1364</b>
DAVIES, Mark	Rockart Runners		697	662		<b>1359</b>
BRIGHT, David	Unattached : Chester le Street	Vet40		628	728	<b>1356</b>
FITTON, Richard	Unattached - Glossop	Vet50	664		685	<b>1349</b>
RUSSELL-WHITE, Christopher	Unattached - Edinburgh	Vet50	636		712	<b>1348</b>
MITCHELL, Nigel	Unattached, Kendal	Vet50	666		675	<b>1341</b>
MAYSON, Anthony	Lancaster & Morecambe AC		651		690	<b>1341</b>
FROY, Allan	Unattached - Cheltenham, Glos		648		691	<b>1339</b>
BATES, Damian	Unattached - Saddleworth	Vet40		625	713	<b>1338</b>
DUNN, Mike	Headington Roadrunners	Vet60	698	640		<b>1338</b>
SHEPHERD, Steve	Unattached - West Yorkshire	Vet50	641		695	<b>1336</b>
LOUGHRAN, Joe	Unattached - Stoke On Trent	Vet60	650		684	<b>1334</b>
HENDERSON, Darren	Unattached - Barrow in Furness		572	760		<b>1332</b>
MILLS, Luke	Bridgnorth Running Club		619		708	<b>1327</b>
MCGONNELL, Mark	Unattached - North Lanarkshire	Vet40		602	717	<b>1319</b>
SKILLING, Chris	Unattached - Warrington		626		692	<b>1318</b>
SWEENEY, Derek	The Low Wood, Windermere	Vet50	593	725		<b>1318</b>
MODEN, Liam	Unattached - Lancashire	Vet40	632		682	<b>1314</b>
BANCROFT, Ian	Unattached - Warrington			611	697	<b>1308</b>
ROBSON, Chris	St Bees Tri	Vet70	625		680	<b>1305</b>
MCGONNELL, Paul	Unattached - Cumbernauld	Vet40		594	710	<b>1304</b>
PUTTICK, Tim	Unattached - Yarm	Vet40		648	651	<b>1299</b>
LEARY, Ron	Unattached - Hull, E Yorkshire	Vet40	564	735		<b>1299</b>
HORNBY, John	Unattached - Ulverston	Vet60	620		677	<b>1297</b>
OWEN, Phil	Fetcheveryone	Vet40	642	652		<b>1294</b>
CLARK, Andrew	Unattached - Bury, Lancashire	Vet50	616		674	<b>1290</b>
HORNE, Bernard	Unattached - Burnley	Vet40	629	661		<b>1290</b>
KEELING, Richard	Vale Royal Athletics, Cheshire	Vet40	667	617		<b>1284</b>
WILKINS, Rodger	TRI Clan		612		671	<b>1283</b>
CARTWRIGHT, David	Long Distance Walkers Association	Vet70		593	687	<b>1280</b>
ROBSON, Dave	Elvet Striders, Durham	Vet50	687	592		<b>1279</b>
KINCART, Mike	Unattached, Kendal	Vet40	635		634	<b>1269</b>
BALL, Malcolm	North Norfolk Beach Runners	Vet70	544		721	<b>1265</b>
JONES, Michael	Unattached - Carnforth	Vet40	592		662	<b>1254</b>
CARLYLE, Michael	Rockart Runners	Vet40	615	638		<b>1253</b>
LEATHEREN, Michael	Unattached, Kendal	U18	581		663	<b>1244</b>
CHAPPELL, James	Unattached - Cottingham		558	682		<b>1240</b>
PEATFIELD, John	Unattached, Kendal	Vet60	658	573		<b>1231</b>
TICKNER, Richard	Unattached, Kendal	Vet50	585		645	<b>1230</b>
CARTMELL, Tony	Unattached - Poulton le Fylde	Vet40	567		659	<b>1226</b>
WHISTON, Philip	Unattached - Cheshire		660	563		<b>1223</b>
DICKSON, Andy	Unattached - Windermere	Vet40	566		654	<b>1220</b>
WHISTON, Rob	Unattached - Cheshire	Vet50	659	558		<b>1217</b>
HOLLOWAY, Ian	Unattached - North East	Vet60		534	676	<b>1210</b>

MCDONALD, Kenny	Unattached - Bolton	Vet40	541		647	<b>1188</b>
GILES, Phil	Unattached - Nottingham		508		678	<b>1186</b>
MOULDING, Jon	Welwyn Garden City		535	651		<b>1186</b>
NORTON, Brian	Unattached - Blackburn	Vet40	631	550		<b>1181</b>
HOTCHKISS, Daniel	Unattached - Allithwaite, Cumbria	Vet40	531	647		<b>1178</b>
HERD, Matthew	TRI Clan		527		649	<b>1176</b>
HOWARD, John	Unattached - Ashton under Lyne	Vet60		547	628	<b>1175</b>
KITCHINGS, Paul	Wigan Tri Team		529		637	<b>1166</b>
DEAN, Jim	Unattached, Kendal	Vet70	525		640	<b>1165</b>
BEVAN, Keith	Unattached - Berkhamsted	Vet40	552	603		<b>1155</b>
WILDMAN, Geoff	Unattached - Leyland, Lancashire	Vet60	517		638	<b>1155</b>
BROOKES, Paul	Durham Triathlon Club	Vet40	515		636	<b>1151</b>
MACFIE, Jamie	Unattached		542	608		<b>1150</b>
O'DONOHUE, Paul	Unattached - Brampton	Vet40	509		630	<b>1139</b>
SATTERLY, Charles	Lancaster & Morecambe AC	Vet40	536	564		<b>1100</b>
DEAVILLE, David	Unattached - Chorley, Lancs	Vet70	506	566		<b>1072</b>
MADDAMS, Russell	Keswick AC				1000	<b>1000</b>
PRIESTLEY, Gary	Horwich RMI Harriers			1000		<b>1000</b>
RAVEN, Gareth	Sale Harriers		1000			<b>1000</b>
IIDA, Yujiro	JAPAN - Team Salomon			999		<b>999</b>
WHITTEM, Alex	Calder Valley Fell Runners		999			<b>999</b>
LEIGH, Nick	Altrincham & District AC		998			<b>998</b>
WINSKILL, Phil	Keswick AC			998		<b>998</b>
ROSCOE, Martin	leeds athletics club	Vet40		997		<b>997</b>
DONNELLY, Chris	Unattached - Sale				996	<b>996</b>
SEAL, Howard	Derwent AC				995	<b>995</b>
JACKSON, Paul	Unattached - Spilsby			994		<b>994</b>
PRESTON, Adam	Meirionnydd Running Club		994			<b>994</b>
CRAGGS, Tom	Mornington Chasers			993		<b>993</b>
EDWARDS, Stephen	Unattached - Sale				992	<b>992</b>
SPRINGER, Marcellus	Horsforth Harriers	Vet50	992			<b>992</b>
LEIGH, Matt	Unattached - Bolton		991			<b>991</b>
KEMP, Mark	Unattached : Crewe		990			<b>990</b>
PRICE, Martin	Unattached : Clapham, N Yorks				990	<b>990</b>
BREWSTER, Roger	Clayton Le Moors Harriers	Vet50	989			<b>989</b>
KEATS, John	AUSTRALIA : Warmambool AC	Vet40			989	<b>989</b>
MALLOCH, Ewen	TeamBath AC			989		<b>989</b>
GIBB, Adam	Unattached - Penrith, Cumbria	Vet40	988			<b>988</b>
SHEARN, Nick	TeamBath AC			988		<b>988</b>
BOON, James	Unattached, Kendal				987	<b>987</b>
ROONEY, Graham	Unattached - Liverpool		987			<b>987</b>
EVANS, Jamie	Meirionnydd Running Club	U18	986			<b>986</b>
PEACH, James	Unattached : Mapperley Village				986	<b>986</b>
HUMPHRIES, Tom	Gainsborough & Morton Striders	Vet40		985		<b>985</b>
CUTHBERT, James	TRI Clan		984			<b>984</b>
HAWKSWELL, Steven	Unattached - Portsmouth	Vet40			984	<b>984</b>
STEVENS, Matthew	Unattached - Clitheroe			984		<b>984</b>
COLLINS, Wayne	Unattached, Kendal		983			<b>983</b>
HOLTON, Peter	Army Athletics Association	Vet40		983		<b>983</b>
BOARDMAN, Paul	Horwich RMI Harriers	Vet40	982			<b>982</b>
STUART, Andrew	Unattached - Lancaster	Vet40			982	<b>982</b>
HALL, David	North Shields Polytechnic AC	Vet50	980			<b>980</b>
WAITE, Josh	Carlisle Triathlon Club		979			<b>979</b>
BAINES, Adam	TriClan				978	<b>978</b>
HUNTER, Ian	Kimberley & District Striders			978		<b>978</b>
DAVIS, Peter	Goyt Valley Striders	Vet40	977			<b>977</b>

ALLAN, Stuart	Allithwaite RC	Vet40	975			<b>975</b>
MURPHY, Joseph	Unattached - Buckinghamshire			974		<b>974</b>
NURSE, Dom	Abbey Runners, Leeds	Vet40	974			<b>974</b>
SPURLING, Tom	Unattached - Sacriston				974	<b>974</b>
EASON, Alastair	Unattached - London			973		<b>973</b>
ACLAND, George	NEW ZEALAND - Christchurch			972		<b>972</b>
DUNN, Mike	Unattached - Warrington				972	<b>972</b>
WELLS, Richard	Allithwaite RC	Vet40	972			<b>972</b>
MADDOX, Joseph	Unattached - Liverpool			971		<b>971</b>
MCNERNEY, John	Harrogate Harriers				971	<b>971</b>
LANE, Jon	Rochdale Harriers			970		<b>970</b>
SIMPSON, Keith	Wallasey Athletic Club	Vet40			970	<b>970</b>
ASHBY, Quen	Unattached - Manchester	Vet40	968			<b>968</b>
BELLEW, Nick	Evenwood Road Runners				968	<b>968</b>
BEECH, Tom	Unattached, Birmingham			967		<b>967</b>
SALT, Rob	Charnwood AC, Leicestershire	Vet40	967			<b>967</b>
SHAKESPEARE, Mick	Harrogate Harriers	Vet40			966	<b>966</b>
MCCOUBREY, Brian	Swinton Running Club			965		<b>965</b>
GIMENO FABRA, Miquel	University of Nottingham			964		<b>964</b>
HOPPER, Jon	Unattached - Manchester		964			<b>964</b>
LASHLEY, Stephen	Fell Running Association	Vet40			964	<b>964</b>
GREEN, Alex	Unattached - York			963		<b>963</b>
GREEN, Steven	Unattached - Manchester		963			<b>963</b>
LIDDELL, James	Spectrum Striders	Vet50			963	<b>963</b>
MILLER, Brian	Harrogate Harriers	Vet50			961	<b>961</b>
HUGHES, Martin	Chorley Harriers	Vet40	960			<b>960</b>
RABIE, Eamonn	Unattached - London				960	<b>960</b>
DICKSON, Simon	Unattached - Cumbria			959		<b>959</b>
TRAYNOR, Brian	Unattached - East Kilbride				959	<b>959</b>
DODD, Mike	Iceland Foods Running Club			958		<b>958</b>
MORRISON, Ryan	Unattached - Cheshire		958			<b>958</b>
COOPER, Gary	Shelton Striders	Vet50	957			<b>957</b>
STRICKLAND, William	Unattached - York				955	<b>955</b>
COOPER, Nicholas	Shelton Striders	Vet50		954		<b>954</b>
ELLIS, Paul	Unattached - Burnley	Vet40	953			<b>953</b>
FAULL, Nicholas	Unattached - London		952			<b>952</b>
WOODHEAD, Andrew	Unattached - Ambleside			952		<b>952</b>
WILMORE, Paul	Unattached - Preston, Lancashire			951		<b>951</b>
COWIN, Alex	Unattached - Liverpool		950			<b>950</b>
GOODWIN, John	Unattached - Thirsk, N Yorks	Vet40			950	<b>950</b>
LEWIS, James	Agecroft			950		<b>950</b>
RENSHAW, Craig	Unattached - London			949		<b>949</b>
TERRY, Jon	Unattached - Sale		948			<b>948</b>
HARRISON, Sam	Preston Harriers			947		<b>947</b>
ROGERS, Lee	Unattached - Rugeley	Vet40	947			<b>947</b>
ROCHE, Ian	Mersey Tri	Vet40	946			<b>946</b>
ASHTON, Alan	Springfield Striders, Essex				945	<b>945</b>
BRAY, Kevin	Morpeth Harriers	Vet50	945			<b>945</b>
HERBERT, Liam	Fairlands Valley Spartans				944	<b>944</b>
MAYE, Paul	Tri Team Wigan	Vet40	944			<b>944</b>
PHILLIPS, Jonathan	Unattached - Manchester			944		<b>944</b>
BREGA, Josh	Unattached - Bury St Edmunds	U18			943	<b>943</b>
WATERWORTH, Simon	Unattached - Ambleside			943		<b>943</b>
BAKER, Simon	Harrogate Harriers	Vet40			942	<b>942</b>
BURDON, Jon	Melthan AC			942		<b>942</b>
MCGILL, Craig	Unattached - Windermere	Vet40		940		<b>940</b>

SEAL, Howard	Derwent AC		940			<b>940</b>
FAWDINGTON, Rob	Unattached - York			939		<b>939</b>
TOLLITT, John	Unattached - Newcastle	Vet40			939	<b>939</b>
PENNOCK, Richard	Harrogate Harriers			938		<b>938</b>
SNAITH, Alex	Unattached - Manchester				938	<b>938</b>
HODGSON, Neil	Unattached - Lancaster		937			<b>937</b>
JEFF, Nigel	Rocktart Runners	Vet40	935			<b>935</b>
BARNES, David	Dallam Running Club	Vet40			934	<b>934</b>
HOOTON, Simon	Unattached - Chorlton	Vet40	934			<b>934</b>
THWAITE, James	Unattached - Harrogate, N Yorks			934		<b>934</b>
EDGE, Michael	Wesham Road Runners	Vet50	932			<b>932</b>
LAMB, Tom	Unattached - Kelfield			932		<b>932</b>
CROSSLEY, Daniel	Unattached - London				931	<b>931</b>
MCCULLAGH, Bernard	UCLAN			931		<b>931</b>
ROGERS, Mark	Wigan Phoenix	Vet40	931			<b>931</b>
BYRON, Marcus	Tynedale Harriers	Vet40			930	<b>930</b>
HUGHES, Graham	Unattached - Wirral		930			<b>930</b>
VENTER, Gerrit	Unattached - London			930		<b>930</b>
MCGLYNN, Paul	Rochdale Harriers			928		<b>928</b>
RABILLER, Mathieu	Unattached				928	<b>928</b>
JONES, Steve	Biddulph Running Club	Vet40			927	<b>927</b>
MAYALL, John	Rochdale Harriers	Vet40		927		<b>927</b>
BUCK, Bob	Unattached - Liverpool	Vet40			926	<b>926</b>
HENDLEY, Darren	York Knavesmire Harriers		926			<b>926</b>
BEANLAND, Nick	Unattached - North Yorkshire				925	<b>925</b>
SUMMERSCALES, Tom	Unattached - Stalybridge	Vet60	925			<b>925</b>
HALLAM, Paul	Unattached - Leeds			923		<b>923</b>
ROBBINS, Keith	Unattached - Tarporley	Vet40			923	<b>923</b>
GARTH, Robert	UCLAN			922		<b>922</b>
COLLINS, Jim	Unattached, Kendal	Vet40	921			<b>921</b>
WATSON, Chris	Unattached : Mockerkin				921	<b>921</b>
CARRAGHER, Stephen	Unattached - Formby	Vet40	920			<b>920</b>
COWLING, Simon	Unattached - London			920		<b>920</b>
BARFOOT, Stu	Unattached - Peterborough				919	<b>919</b>
CORLETT, Adam	Unattached - Liverpool		919			<b>919</b>
GINDER-POULSEN, Robert	Unattached : Cheadle	Vet40		919		<b>919</b>
ANTONIAZZI, Primo	Unattached - Reigate, Surrey	Vet40	918			<b>918</b>
SKYNER, Ian	Roby Runners	Vet40		918		<b>918</b>
LANGTON, Rob	Unattached - Manchester				917	<b>917</b>
CHRISP, Paul	Unattached - Tarporley	Vet40			916	<b>916</b>
DAVIES, Rob	Unattached - Glossop	Vet40		916		<b>916</b>
CHAMBERS, Simon	Unattached, Birmingham				915	<b>915</b>
SMITH, Fred	Ryton Tri Club, Tyne & Wear	Vet40	915			<b>915</b>
WALKER, Mark	Rochdale Harriers	Vet40		915		<b>915</b>
PARKINSON, John	Unattached - Worcester	Vet40			914	<b>914</b>
JACKSON, Paul	Unattached : Middlesborough		913			<b>913</b>
HILL, Colin	Unattached - Sale	Vet40	912			<b>912</b>
REDFEARN, Dean	Unattached - Manchester			912		<b>912</b>
THORNE, Philip	Unattached - Glasgow	Vet50		911		<b>911</b>
WILD, Colin	Quakers Running Club, Durham	Vet40		910		<b>910</b>
BROSTER, Richard	Unattached - Sale				909	<b>909</b>
RUTH, Sean	Unattached - Reigate, Surrey	Vet40	909			<b>909</b>
CHRISTMAS, James	Unattached - Ambleside			908		<b>908</b>
HOPWOOD, Jon	Unattached - Manchester	Vet40	908			<b>908</b>
CULLIMORE, Tim	Unattached - Cheltenham, Glos				907	<b>907</b>
COOMBE, Paul	Unattached - Bolton	Vet40			906	<b>906</b>

MITCHELL, Ian	Helm Hill Runners	Vet40			905	<b>905</b>
ALLAN, Geoff	Carnethy Edinburgh	Vet40			904	<b>904</b>
BROCKIE, Damien	Unattached - West Yorkshire			904		<b>904</b>
TUSON, Dan	Unattached - Ashford, Kent	Vet40		901		<b>901</b>
BRYDON, Alan	UCLAN			900		<b>900</b>
STUART, Stephen	Unattached - Oxfordshire	Vet40			900	<b>900</b>
MAUDSLEY, Ian	Unattached - Sale				899	<b>899</b>
DEVOY, Bryony	Devoy				898	<b>898</b>
MAINWARING, David	Unattached, Kendal	Vet40	898			<b>898</b>
TUSON, Mark	Unattached - Kent			897		<b>897</b>
WOODWARD, Rob	Unattached, Kendal				897	<b>897</b>
ADEY, Trevor	Unattached - Altrincham				896	<b>896</b>
HUNT, Stephen	Unattached - Jarrow			896		<b>896</b>
KENDALL, Gary	Springwell Running Club	Vet40	896			<b>896</b>
WILDE, Mark	Unattached - Wirral	Vet40	895			<b>895</b>
LANGFIELD, Alex	Unattached, Birmingham			894		<b>894</b>
COPPACK, Karl	Unattached - Manchester		893			<b>893</b>
GELDEARD, Ben	Unattached - Ilkley, W Yorkshire		892			<b>892</b>
HUNT, Tim	Unattached - Jarrow	Vet40		891		<b>891</b>
MORLEY, Chris	Unattached - Wigan		890			<b>890</b>
FARRINGTON, Paul	Unattached - Ambleside			889		<b>889</b>
MANN, Simon	Unattached - Leigh, Lancashire				889	<b>889</b>
SWIFT, Paul	Unattached - Wigan		889			<b>889</b>
CALVERLEY, Paul	Accrington Road Runners	Vet40		888		<b>888</b>
JONES, Nev	Unattached - Banbury, Oxfordshire		888			<b>888</b>
MISSIONS, William	Eye Runners, Peterborough				888	<b>888</b>
KENNEDY, Ian	Unattached - Cheshire	Vet40			887	<b>887</b>
LAMB, James	Unattached - Lancaster			887		<b>887</b>
UTTING, Cliff	Red Rose Road Runners	Vet50	887			<b>887</b>
CARDEN, Glen	Unattached - Liverpool			886		<b>886</b>
BRAITHWAITE, Stephen	Unattached, Kendal		885			<b>885</b>
ELLIS, Ian	Unattached - Eilon	Vet40		884		<b>884</b>
SWINDELL, Mark	Horwich RMI Harriers	Vet40	883			<b>883</b>
TAYLOR, Jason	Unattached : Newbiggin				883	<b>883</b>
ASKEW, David	Harrogate Harriers	Vet40			882	<b>882</b>
COLBY, Charles	Wesham Road Runners	Vet40		882		<b>882</b>
SMITH, John	Meirionnydd Running Club	Vet60	882			<b>882</b>
JONES, David	Unattached - Preston, Lancashire	Vet50	881			<b>881</b>
JONES, Howard	Unattached - Ulverston	Vet50		881		<b>881</b>
QUILLIAM, Rob	Unattached - Reigate, Surrey				881	<b>881</b>
LEWIS, Nic	Unattached - Macclesfield	Vet40	880			<b>880</b>
MORGAN, Alex	Unattached - Manchester			880		<b>880</b>
NEWSTEAD, Peter	Unattached - Cheshire	Vet40			879	<b>879</b>
ROBERTS, Martyn	Unattached - Glasgow			879		<b>879</b>
JACKSON, Simon	Unattached - Keswick			878		<b>878</b>
YOUNG, Antony	Unattached - Bold Heath		878			<b>878</b>
HARTLEY, James	Unattached - Manchester		877			<b>877</b>
SMITH, David	Carlisle Triathlon Club	Vet40		877		<b>877</b>
BAILEY, Neal	Mercia Fell Runners	Vet40	876			<b>876</b>
LECK, Michael	Lancaster & Morecambe AC	Vet60		876		<b>876</b>
BARNARD, Mark	Unattached : Henley	Vet50	875			<b>875</b>
WORTHINGTON, Nigel	Unattached : Crewe			875		<b>875</b>
FENWICK, Michael	Swaledale Road Runners, N Yorks			874		<b>874</b>
WAITE, John	Carlisle Triathlon Club				874	<b>874</b>
MCEWEN, Ben	Unattached - Milnthorpe				873	<b>873</b>
CLAPPISON, Dan	Unattached - Newcastle			872		<b>872</b>



FEAKES, David	Helsby AC	Vet40			872	<b>872</b>
WIGGINS, Simon	Felixstowe Road Runners, Suffolk		871			<b>871</b>
CULL, Mick	Glaxo Hoad Hill Harriers		869			<b>869</b>
WATT, Thomas	Unattached - London			869		<b>869</b>
AKRIGG, Stan	Kendal Mountain Rescue	Vet50			868	<b>868</b>
TROUP, Mike	Ambleside AC	Vet50		868		<b>868</b>
WILMORE, Michael	Pendle Forest Orienteers	Vet50		867		<b>867</b>
MADDEN, Paul	Unattached - West Midlands	Vet40		866		<b>866</b>
RICHARDSON, Brian	Unattached - Darlington	Vet40		865		<b>865</b>
CANN, Stuart	Red Rose Road Runners	Vet40	864			<b>864</b>
DUNCAN, Steve	Unattached - Lancashire			863		<b>863</b>
MERCER, Neil	Unattached - Thirsk, N Yorks		863			<b>863</b>
STAINES, Keith	Unattached - South Shields	Vet40		862		<b>862</b>
GOTT, Jamie	Unattached - Heckmondwike			861		<b>861</b>
MCGOLDRICK, Michael	St Helens Sutton AC	Vet50			861	<b>861</b>
WARNER, Tim	Garstang Running Club	Vet50	860			<b>860</b>
DUKE, Paul	Unattached - Bolton			859		<b>859</b>
JENKINSON, Thomas	SWEDEN - Bromma	Vet40			859	<b>859</b>
COOKSON, Mark	Unattached - Tarporley		858			<b>858</b>
DOUGLASS, Michael	Unattached - Warrington			858		<b>858</b>
CAPALDI, Robbie	Unattached - Milnthorpe				857	<b>857</b>
FARRON, Richard	Unattached - Chorley, Lancs	Vet40	857			<b>857</b>
GILLESPIE, Scott	Wolds Veterans AC, Lincolnshire	Vet40		857		<b>857</b>
BANFIELD, Noel	Unattached - Leeds		856			<b>856</b>
BREWSTER, Trevor	Valley Striders, Leeds			854		<b>854</b>
BOND, Jason	Unattached - London			853		<b>853</b>
DESPESEL, Nicolas	ENSCMu			851		<b>851</b>
PEATE, Joseph	Unattached - Keighley, W Yorks		851			<b>851</b>
KIRKBY, Martin	Unattached - Leyland, Lancashire			850		<b>850</b>
TAYLOR, Alasdair	Unattached - Lancaster	Vet50			850	<b>850</b>
THOMPSON, Russell	Unattached - Barrow in Furness	Vet40	850			<b>850</b>
MITCHELL, Mark	Unattached, Kendal		849			<b>849</b>
HILTON, Darren	Unattached - Shrewsbury	Vet40			848	<b>848</b>
MOLTON, Tim	Unattached - Merseyside	Vet40	848			<b>848</b>
WILLIAMS, Simon	Unattached - Derbyshire			848		<b>848</b>
HERN, Michael	Pudsey Pacers, Leeds				847	<b>847</b>
GARNETT, Nigel	Kendal AC	Vet50		846		<b>846</b>
GUNN, Neil	Macclesfield Harriers	Vet50		845		<b>845</b>
PEART, David	Unattached - Washington	Vet40			845	<b>845</b>
LEAFE, Richard	LDNPA		844			<b>844</b>
HALLAM, Derek	Unattached - Leeds	Vet50			843	<b>843</b>
HOUGH, Richard	Unattached - Edinburgh			843		<b>843</b>
JOHANSSON, Thomas	SWEDEN : Almby IK	Vet50			842	<b>842</b>
MELVIN, Patrick	Unattached - Ashton under Lyne	Vet40	842			<b>842</b>
WOODSTONE, Thomas	Unattached - Ulverston			842		<b>842</b>
LANGFIELD, David	Unattached - Carlisle			841		<b>841</b>
ROSS, Stephen	Unattached - Carnforth	Vet40	841			<b>841</b>
SMITH, Tony	Unattached - Cheshire	Vet50			841	<b>841</b>
GURNEY, John	Petts Wood Runners	Vet50			840	<b>840</b>
SWEETLOVE, Malcolm	Scarborough AC	Vet60	840			<b>840</b>
GILL, Johnny	Petts Wood Runners	Vet40			839	<b>839</b>
BUNTING, Henry	Unattached - Twickenham		838			<b>838</b>
MORLEY, Philip	Petts Wood Runners	Vet50			838	<b>838</b>
SADLER, Jonathan	Unattached - Manchester			836		<b>836</b>
HOGG, Dave	Unattached - Preston, Lancashire	Vet40		835		<b>835</b>
MICHAELIS, Charlie	Unattached : Stratford-upon-Avon	Vet50	835			<b>835</b>

COLYER, Timothy	Unattached - London		833			<b>833</b>
SMITH, Jonathan	Serpentine Running Club				833	<b>833</b>
COWIN, Alan	Unattached - Bolton	Vet40		830		<b>830</b>
ROGERS, Mark	The Porter Brook Trotters		830			<b>830</b>
BAILEY, John	Unattached - Liverpool	Vet40	829			<b>829</b>
JOHNSON, Rob	Unattached - Stockport			829		<b>829</b>
COWAN, Jonathan	GreaterSport			828		<b>828</b>
TROWELL, John	Stowmarket Striders	Vet40			828	<b>828</b>
BARNISH, Peter	Unattached - Cheshire	Vet40	827			<b>827</b>
LAW, Michael	Unattached - Ayrshire	Vet60			827	<b>827</b>
ARONOW, Matt	Finknottle Snortlers		826			<b>826</b>
GILLAND, Rob	Unattached - Liverpool	Vet40		826		<b>826</b>
MANLEY, James	Unattached : Gyffin				826	<b>826</b>
MCLENNAN, Shaun	unattached - Wimbledon			824		<b>824</b>
ARMSTRONG, Neil	Unattached - Leeds		823			<b>823</b>
YOUNG, Wesley	Rochdale Harriers			823		<b>823</b>
WADE, Chris	North Norfolk Beach Runners		822			<b>822</b>
ALDERSON, Nick	Unattached - Tyne & Wear				821	<b>821</b>
HENEGHAN, Peter	Horwich RMI Harriers	Vet60			819	<b>819</b>
VERNON, Garry	Fetcheveryone	Vet40	819			<b>819</b>
MAGUIRE, Terry	Unattached - Liverpool	Vet40		818		<b>818</b>
CHRISTIAN, Paul	Unattached - Gateshead	Vet40			817	<b>817</b>
COUPE, William	Unattached, Kendal	Vet40			816	<b>816</b>
HATTON, Julian	Unattached - Darlington	Vet40		815		<b>815</b>
MASON, Glen	Unattached	Vet40	815			<b>815</b>
PARKIN, Andrew	Unattached, Dewsbury W Yorks			814		<b>814</b>
SHERIDAN, Marcus	TRI Clan		814			<b>814</b>
TOCK, Chris	Unattached - Cheshire				814	<b>814</b>
MARTIN, Chris	Unattached - St Albans				813	<b>813</b>
PLAW, Adrian	Unattached : Sunbury On Thames				812	<b>812</b>
SHIELS, David	Unattached - Liverpool			812		<b>812</b>
BLACOW, Peter	Unattached - Edinburgh			811		<b>811</b>
HAYES, Andrew	Unattached - Manchester	Vet40			811	<b>811</b>
DUFFIELD, Michael	Unattached - Ilkley, W Yorkshire	Vet40		809		<b>809</b>
POCOCK, Christopher	Unattached - London				809	<b>809</b>
GREEN, Adrian	Unattached - Darlington	Vet40		808		<b>808</b>
PAULUS, Stephane	Unattached - Liverpool	Vet40	808			<b>808</b>
WATSON, David	Unattached - Lancaster				808	<b>808</b>
MIDDLETON, Lewis	Unattached - Manchester			807		<b>807</b>
ROGERSON, Michael	Unattached : Bangor, N Wales				807	<b>807</b>
WOOD, Steve	Horsforth Harriers	Vet50	807			<b>807</b>
WADSWORTH, Adam	Unattached - Halifax		806			<b>806</b>
HUNTER, Craig	Unattached - York				805	<b>805</b>
MCCOMBS, Francis	Unattached - Liverpool	Vet40	805			<b>805</b>
POSTLETHWAITE, David	St Bees Tri	Vet40		805		<b>805</b>
MILLINGTON, Graham	Wigan Phoenix	Vet40			804	<b>804</b>
HULLY, Peter	Unattached - Cheshire	Vet40	803			<b>803</b>
PEACOCK, Donald	Unattached - Durham	Vet50			803	<b>803</b>
POSTLETHWAITE, Scott	Unattached, Kendal	Vet40		803		<b>803</b>
JENKINSON, Alan	Styal Running Club	Vet60	802			<b>802</b>
STUTTARD, Edward	Unattached - Carnforth				802	<b>802</b>
GREGSON, Craig	Unattached - Leyland, Lancashire			801		<b>801</b>
STOKES, Tim	Unattached - Tarporley	Vet50	801			<b>801</b>
SCHOFIELD, Peter	Unattached - York	Vet60	800			<b>800</b>
TERRY, Callum	Unattached - Durham			800		<b>800</b>
HUGHES, Paul	Claremont Road Runners, N East		799			<b>799</b>

PRIESTLEY, Ian	Unattached - Leeds	Vet40			798	<b>798</b>
MILLER, David	Unattached - Chorley, Lancs	Vet50		797		<b>797</b>
SHOREMAN, Andrew	Unattached - Whitehaven	Vet40	797			<b>797</b>
WRIGHT, Jeremy	Unattached - Keighley, W Yorks	Vet40			797	<b>797</b>
WALKER, Ian	Unattached	Vet40			796	<b>796</b>
HIND, Jonathan	The Porter Brook Trotters		794			<b>794</b>
SHAW, Jon	Macclesfield Harriers	Vet50			794	<b>794</b>
HUMPHREY, Edward	Unattached - London		793			<b>793</b>
DIPROSE, Ben	Unattached, Kendal				792	<b>792</b>
ROBERTS, Paul	Unattached - Manchester		792			<b>792</b>
DIGGLE, Mark	Unattached - Liverpool	Vet40		791		<b>791</b>
MCCORKELL, Mike	Tattenhall Runners, Cheshire	Vet40			791	<b>791</b>
GILBERT, David	Unattached - Liverpool	Vet40			790	<b>790</b>
SMITHURST, Martin	Unattached - Doncaster	Vet40		790		<b>790</b>
GARDNER, Philip	Tortoises and the Hares	Vet40	789			<b>789</b>
LOWRY, Matthew	Unattached, Kendal				789	<b>789</b>
MCDONALD, Paddy	Haddington Pacemakers	Vet50	788			<b>788</b>
SMALLBONE, Kieran	Unattached - Manchester				788	<b>788</b>
BERRY, Steve	Unattached - Marple Bridge	Vet50	787			<b>787</b>
HAIGH, Stuart	Unattached - Newcastle			787		<b>787</b>
WRIGHT, Mike	Eye Runners, Peterborough	Vet40			786	<b>786</b>
SMITH, Glyn	Unattached - Ashford, Kent				785	<b>785</b>
ALLONBY, Vince	Unattached - Ulverston	Vet40	784			<b>784</b>
CARR, Neil	Unattached - Ireby, Cumbria	Vet40	782			<b>782</b>
HALL, John	Unattached, Kendal	Vet50			781	<b>781</b>
MATTHEWS, Stuart	North Shields Polytechnic AC	Vet40		781		<b>781</b>
BROWN, Graham	Unattached - Surrey				780	<b>780</b>
GOULDING, Thomas	Unattached - Leyland, Lancashire		779			<b>779</b>
BRENNON, Marc	Unattached - Warrington			778		<b>778</b>
KNIGHT, Ian	Unattached - Lancashire		777			<b>777</b>
PURDY, Simon	Unattached - Penrith, Cumbria	Vet40		777		<b>777</b>
FLATLEY, Mark	Unattached - Warrington	Vet40	776			<b>776</b>
STANIFORTH, Lee	Killamarsh Kestrels, Sheffield				776	<b>776</b>
GRIFFITHS, Andy	Unattached - Pudsey			775		<b>775</b>
DUNN, Adam	Unattached - Newcastle			774		<b>774</b>
HARRIS, Richard	Unattached : Blyth	Vet40	774			<b>774</b>
LEE, Richard	Unattached - Holmfirth	Vet40			774	<b>774</b>
HORNER, Chris	Garstang Running Club		773			<b>773</b>
MORRIS, Alistair	Wesham Road Runners	Vet50		773		<b>773</b>
WILSON, Brian	Unattached - Liverpool	Vet40			773	<b>773</b>
FEAKES, Lesley	Helsby AC	Vet40			772	<b>772</b>
JENKINSON, Paul	Unattached : Skelmersdale	Vet40	772			<b>772</b>
LEWIS, Keith	Iceland Foods Running Club			771		<b>771</b>
WALSH, Mark	Unattached - Northwich	Vet40	771			<b>771</b>
FEARNSIDE, Edward	Unattached - Thirsk, N Yorks	Vet40			770	<b>770</b>
HILL, Robert	Glasgow Running Network	Vet40			769	<b>769</b>
JONES, Trevor	Unattached - Southport	Vet40	769			<b>769</b>
LING, Peter	Unattached - Cheshire	Vet40	768			<b>768</b>
MCCOY, Stephen	Unattached - Tyne & Wear	Vet40		767		<b>767</b>
SHAW, Hamish	Wilmslow Running Club				766	<b>766</b>
CARRUTH, Bob	Unattached - Bridge Of Weir	Vet40		764		<b>764</b>
JONES, Andrew	Unattached - Prescot				763	<b>763</b>
WOOD, Fred	Sunderland Strollers	Vet50		763		<b>763</b>
DAVIDSON, Gareth	Unattached - Southport		762			<b>762</b>
BRADLEY, Michael	Spectrum Striders	Vet50			761	<b>761</b>
MALLON, Paul	Unattached - Liverpool	Vet40	761			<b>761</b>

MORRIS, Tom	Unattached - Carnforth		760			<b>760</b>
BEAHAN, Steven	Unattached - Sheffield			759		<b>759</b>
HUNTER, Jonathan	Unattached - Wetherby			758		<b>758</b>
SUTHERLAND, Kevin	Unattached - Liverpool			757		<b>757</b>
COLLIS, Rupert	Unattached : Aston By Budworth		756			<b>756</b>
MAYOT, Vincent	Unattached - London			756		<b>756</b>
SMITH, Jim	Wolverhampton & Bilston AC				755	<b>755</b>
LEES, Peter	Unattached - Ashton under Lyne	Vet40	754			<b>754</b>
NEWBY, Colin	Unattached - Newcastle	Vet40		754		<b>754</b>
CLARK, Steve	Unattached : Maidenhead	Vet40			753	<b>753</b>
HEWITT, Dave	Warrior Orienteering Club	Vet40	753			<b>753</b>
SMITH, Ian	Harmeny AC	Vet40		753		<b>753</b>
EVANS, Kevi	Meirionnydd Running Club	Vet40	752			<b>752</b>
BARR, Anthony	Unattached - Prescot				751	<b>751</b>
BARBER, Graham	Unattached - Leeds	Vet60		750		<b>750</b>
KENDALL, Kev	Trail Running Association				750	<b>750</b>
CULLEN, Steven	Unattached - Manchester			749		<b>749</b>
FRASER, James	Unattached - Ilkley, W Yorkshire		749			<b>749</b>
DAVIES, Andrew	Fit For Life			748		<b>748</b>
THACKER, Gary	Unattached : Market Harborough	Vet50	748			<b>748</b>
BARRITT, Chris	Petts Wood Runners	Vet40			747	<b>747</b>
HADFIELD, Tom	Unattached - Stockport		747			<b>747</b>
LADOCHA, Dave	Huddersfield Road Runners	Vet60		747		<b>747</b>
MCCALLUM, James	Mac1 Fitness	Vet40	746			<b>746</b>
SMITH, David	Unattached - Manchester	Vet40		746		<b>746</b>
HEYS, Simon	Stockport Harriers	Vet50		745		<b>745</b>
FARRELLY, Fin	Unattached - Shipley, W Yorkshire			744		<b>744</b>
KIRKHAM, Jonny	Unattached - Bedfordshire				743	<b>743</b>
RIDGWAY, Garnet	Mersey Tri		743			<b>743</b>
JONES, Graham	Unattached, Kendal	Vet50			742	<b>742</b>
DAGLISH, Graham	Elvet Striders, Durham	Vet50	741			<b>741</b>
GROSSET, Neil	Unattached - Keswick			741		<b>741</b>
ENTWISTLE, Lewis	Chorlton Runners	Vet40	740			<b>740</b>
BURDETT, Derek	Unattached - Buxton, Derbyshire			739		<b>739</b>
JUDGE, Malcolm	Unattached - Penrith, Cumbria	Vet40	739			<b>739</b>
FULLENBAUM, Eric	Unattached - London				738	<b>738</b>
MANGHAM, Garry	Unattached - Bingley	Vet40		738		<b>738</b>
RAWLINSON, Paul	Unattached - Grange over Sands		738			<b>738</b>
EARL, Martin	Unattached - Southport			737		<b>737</b>
OXLEY, Steven	Unattached - Brighouse	Vet50			737	<b>737</b>
COLLIER, Rod	Unattached - York		736			<b>736</b>
COLEMAN, Edmund	Unattached - Glasgow			734		<b>734</b>
CONSTANTINE, Nick	Team Soloman	Vet40	733			<b>733</b>
ROBB, Nick	Unattached - Hexham	Vet50			733	<b>733</b>
SMITH, Martin	Unattached : Bicester		732			<b>732</b>
THWAITES, Dan	Unattached - Penrith, Cumbria			732		<b>732</b>
BEEDHAM, Chris	Unattached - Stanley			731		<b>731</b>
EVANS, David	Unattached - Ormskirk				731	<b>731</b>
FERGUSON, Paul	Unattached : Sandycroft	Vet40	731			<b>731</b>
RAYNER, Ian	Unattached - Leeds	Vet40	729			<b>729</b>
MEEHAN, Anthony	Unattached - Walsall		728			<b>728</b>
TWISELTON, Ian	Unattached, Kendal	Vet50		728		<b>728</b>
PLINSTON, Chris	Unattached - Falkirk, Scotland		727			<b>727</b>
SCORDELLIS, Craig	Unattached - London				727	<b>727</b>
TAYLOR, Nigel	Unattached - Preston, Lancashire			727		<b>727</b>
LAMPLUGH, George	Staffordshire Moorlands	Vet40		726		<b>726</b>

SWIFT, Peter	Unattached - Manchester				726	<b>726</b>
MITCHELL, Trevor	Unattached - Brighouse	Vet50			725	<b>725</b>
BARKER, Clive	Unattached - Chorley, Lancs	Vet50			724	<b>724</b>
PHILLIPS, Robert	Costain				723	<b>723</b>
BELTON, Dave	Unattached - Nottingham	Vet50			722	<b>722</b>
LITTLE, Chris	Unattached - Carlisle				722	<b>722</b>
FRASER, Ian	Unattached - Ilkley, W Yorkshire	Vet50	720			<b>720</b>
MOUNSEY, Neil	Manchester Triathlon Club				720	<b>720</b>
MCDUGAL, George	Unattached - Morpeth	Vet50	719			<b>719</b>
MYERS, Matthew	Unattached - Bingley				719	<b>719</b>
STOUT, John	Unattached - Aughton	Vet50			718	<b>718</b>
CORLETT, Steve	Unattached - Liverpool	Vet50	716			<b>716</b>
DALBY, Ray	Rochdale Harriers	Vet50			716	<b>716</b>
DEVITT, Russell	Shaftesbury Barnet Harriers, Herts	Vet60			716	<b>716</b>
MURPHY, William	Ford Halewood AC, Cheshire	Vet70			715	<b>715</b>
TAYLOR, David	Unattached - Morpeth	Vet40	715			<b>715</b>
BAINES, Peter	Lune Valley Hash House Harriers				714	<b>714</b>
GRAHAM, Emmett	Unattached - Warrington	Vet50	714			<b>714</b>
MCKNIGHT, Pete	Unattached - Redditch, Surrey	Vet40			713	<b>713</b>
BARTRUM, Dave	Alnwick Harriers	Vet40	712			<b>712</b>
BATMAN, Gavin	Unattached - Manchester				711	<b>711</b>
TANFIELD, Danny	Unattached, Kendal				711	<b>711</b>
KENYON, John	Biggleswade AC				710	<b>710</b>
SINGLETON, Wayne	Unattached - Barrow in Furness		710			<b>710</b>
BICKERTON, Stephen	Unattached : hartlebury	Vet50	709			<b>709</b>
HARVIE, Rob	Unattached - Bingley				709	<b>709</b>
GODDARD, Andrew	Unattached - Bury, Lancashire	Vet40	708			<b>708</b>
STURGEON, Jonathan	Unattached - London		707			<b>707</b>
ROBINSON, Paul	Mac1 Fitness		706			<b>706</b>
THURBIN, Kris	Unattached - Cheshire		705			<b>705</b>
HEVER, Christopher	Maryhill Harriers	Vet40	704			<b>704</b>
PARKER, Guy	Unattached - Penrith, Cumbria	Vet40			704	<b>704</b>
BENN, Phil	Unattached - Manchester				703	<b>703</b>
BROADBENT, Kurt	Unattached - Blackpool		703			<b>703</b>
BROHAN, Stephen	Unattached - Worcester	Vet40			703	<b>703</b>
WILLIAMS, Ken	Unattached - Carnforth	Vet50			702	<b>702</b>
ANDREWS, Jim	Unattached - Skipton, N Yorks	Vet40			701	<b>701</b>
MAHON, Michael	North York Moors AC	Vet60			701	<b>701</b>
STOUT, John	Unattached - Aughton	Vet50	701			<b>701</b>
DEARDEN, Robin	Unattached - Leeds		700			<b>700</b>
MEADOWCROFT, Andrew	Unattached - Macclesfield	Vet40			700	<b>700</b>
KEMP, Ian	Unattached - Newcastle		699			<b>699</b>
ROSTRON, John	Unattached - Preston, Lancashire				699	<b>699</b>
ANTILL, Jonathan	Unattached - Oxfordshire				698	<b>698</b>
HARVEY, Alex	Unattached - Sheffield				697	<b>697</b>
LINES, Mike	Unattached - Bath				696	<b>696</b>
UPTON, Nick	Go Team Go		696			<b>696</b>
BELL, Alan	Unattached - Gateshead	Vet40			695	<b>695</b>
RICHARDSON, Steve	Unattached - Stockport	Vet40	694			<b>694</b>
WATT, Dan	Unattached - Manchester				694	<b>694</b>
HAYNES, Adam	Unattached - Preston, Lancashire		693			<b>693</b>
WELLS, Jamie	Unattached - Walsall				693	<b>693</b>
LOCKWOOD, David	Unattached - Barnsley				692	<b>692</b>
IGLESIAS, Jose	Unattached - Lancaster				691	<b>691</b>
LOVERA, Oscar	No Pain No Custard				690	<b>690</b>
MEDLICOTT, Peter	Warrington Road Runners		690			<b>690</b>

PATEL, Dinesh	Unattached - Preston, Lancashire	Vet50			689	<b>689</b>
THORNE, Ian	Unattached - Halesowen	Vet40		688		<b>688</b>
WALKER, Ian	Unattached	Vet40		687		<b>687</b>
FARMER, Mark	Unattached - Lincoln	Vet40			686	<b>686</b>
SOUTHALL, Garfield	Unattached - Cheshire	Vet60	686			<b>686</b>
COX, Paul	Unattached - Nottingham		685			<b>685</b>
HURST, Ged	FRANCE - BRUW	Vet50		684		<b>684</b>
LLOYD, Jonathan	Meirionnydd Running Club		684			<b>684</b>
BLANCHARD, Brin	Unattached - Seaham		683			<b>683</b>
BREAR, Richard	Unattached - Brighouse	Vet40			683	<b>683</b>
MARSHALL, William	Unattached - Ambleside	Vet50		683		<b>683</b>
TAYLOR, Robert	Unattached : Chester le Street		682			<b>682</b>
BRADSHAW, Steven	Unattached, Kendal		681			<b>681</b>
COOKSON, Paul	Run Fat Boy Run, Ambleside	Vet40			681	<b>681</b>
WATT, Will	Unattached - London			681		<b>681</b>
EDWARDS, John	Unattached - Yarm	Vet60	680			<b>680</b>
LANE, Peter	Unattached - Bury St Edmunds				679	<b>679</b>
PASSMORE, Tom	Unattached - Sheffield		679			<b>679</b>
ROBINSON, Kris	Rochdale Harriers	Vet40		679		<b>679</b>
HEESOM, Scott	Unattached - Warrington			677		<b>677</b>
JOUGHIN, Shaun	Unattached - Guisborough		677			<b>677</b>
MCCABE, David	Unattached - Warrington			676		<b>676</b>
CORBETT, Anthony	Quakers Running Club, Durham	Vet40	675			<b>675</b>
FELLBAUM, Stephen	Unattached - Macclesfield	Vet50		675		<b>675</b>
PLUCK, Kevin	Unattached - Kingston-Upon-Thames			674		<b>674</b>
PEARSON, Gordon	Eye Runners, Peterborough	Vet40			673	<b>673</b>
REGAN, Paul	Lancashire Police	Vet40		672		<b>672</b>
SUMNER, David	Petts Wood Runners	Vet60			672	<b>672</b>
WHINN, John	Quakers Running Club, Durham	Vet50	672			<b>672</b>
CRAVEN, Lewis	Iceland Foods Running Club				671	<b>671</b>
SMITH, William	Helm Hill Runners	U18			670	<b>670</b>
WRIGHT, Tim	Unattached - Wirral	Vet40	670			<b>670</b>
CHRISTOPHER, Michael	Unattached - Preston, Lancashire	Vet40	669			<b>669</b>
BINNS, David	Unattached - Billingham		668			<b>668</b>
HUSSAIN, Bashir	Stockport Harriers	Vet40			668	<b>668</b>
MALE, Les	Unattached - Loughborough	Vet40		668		<b>668</b>
CASSIDY, Robert	Unattached - Blackburn				667	<b>667</b>
WHITEHEAD, Brian	Unattached - Bury, Lancashire	Vet40		667		<b>667</b>
CLARKE, Gary	Rocktart Runners			666		<b>666</b>
BUHR, Anthony	Unattached - Edinburgh				665	<b>665</b>
SHELMERDINE, Chris	Unattached - St Helens			665		<b>665</b>
HAUGHEY, Joseph	Unattached - Glasgow				664	<b>664</b>
DALTON, Stephen	Unattached - Manchester	Vet40	663			<b>663</b>
BLOOR, Dave	Unattached - Washington	Vet40	661			<b>661</b>
BUCKLEY, Daniel	Unattached - Oldham				661	<b>661</b>
KIRTLEY, Paul	Unattached - Sunderland			660		<b>660</b>
MACHAM, Graham	Unattached - Chorley, Lancs				660	<b>660</b>
OWEN, Huw	Unattached - Tarporley				658	<b>658</b>
AUCHETTL, Peter	Warnambool	Vet50			657	<b>657</b>
LEE, Colin	Wooler Running Club	Vet50	657			<b>657</b>
FOY, Peter	Unattached - Bolton				656	<b>656</b>
FUNNELL, Simon	Unattached - Guildford			656		<b>656</b>
JONES, Alun	Meirionnydd Running Club	Vet40	656			<b>656</b>
BIRCH, Daniel	Unattached - Lincoln		655			<b>655</b>
NAISBITT, Michael	Savannah				655	<b>655</b>
BERRILL, Phil	Unattached - Preston, Lancashire		654			<b>654</b>

BOURNE, Colin	Michelin AC	Vet40	653			<b>653</b>
CRAME, Steve	Unattached, Kendal	Vet50			653	<b>653</b>
GARTLAND, Tony	Unattached - Warrington			653		<b>653</b>
BOLTON, Albert	Red Rose Road Runners	Vet60	652			<b>652</b>
MACNAMEE, Ian	Unattached : Breaston	Vet40			652	<b>652</b>
PERKINS, Craig	Unattached : Thame				650	<b>650</b>
TAYLOR, David	Unattached - Sale		649			<b>649</b>
STEELE, Jake	Unattached - Stockport				648	<b>648</b>
MARTIN, Simon	Unattached - Congleton, Cheshire		647			<b>647</b>
BAKER, Gary	Baldon Runners	Vet50	646			<b>646</b>
METCALFE, Adrian	Unattached - Preston, Lancashire	Vet60			646	<b>646</b>
SWIFT, Mike	Unattached - Manchester	Vet50		646		<b>646</b>
BOAKES, Alex	Unattached : Hengoed		645			<b>645</b>
HOWELL, Rhys	Unattached - Sheffield		644			<b>644</b>
SIMPSON, David	Petts Wood Runners	Vet60			644	<b>644</b>
ATKINSON, Matthew	Unattached : Rowlands Gill			643		<b>643</b>
HEATHCOTE, John	Unattached - Oldham	Vet50			643	<b>643</b>
WILKINSON, Ian	Unattached - Manchester		643			<b>643</b>
PEACOCK, Owen	Unattached : Shipton	Vet40			642	<b>642</b>
MACFARLANE, John	Unattached : Loweswater	Vet60			641	<b>641</b>
ROUND, Paul	Bournville Harriers			641		<b>641</b>
SCHLINKERT, Robin	Unattached - London		640			<b>640</b>
HOOD, Tony	Unattached - Chorley, Lancs			639		<b>639</b>
MCLOUGHLIN, Marc	TRI Clan				639	<b>639</b>
WISEMAN, John	Unattached - Preston, Lancashire	Vet40	638			<b>638</b>
MCGEEVER, Phil	Horsforth Harriers	Vet40	637			<b>637</b>
GREY, Paul	Unattached - Stanley			636		<b>636</b>
BLADES, Gary	Unattached - Quorn	Vet40		635		<b>635</b>
WILLIAMS, Chris	Unattached - Keighley, W Yorks	Vet40			635	<b>635</b>
COLLIER, Roger	Unattached - Salisbury, Wiltshire	Vet50		634		<b>634</b>
EDMONDS, John	Unattached - Leeds	Vet40	634			<b>634</b>
DAVIES, Robert	Unattached : St Asaph		633			<b>633</b>
TILBURY, Martin	Unattached - Liverpool			633		<b>633</b>
TURNER, Chris	Petts Wood Runners	Vet40			633	<b>633</b>
BALL, Jeff	Unattached - Morecambe	Vet40		632		<b>632</b>
POVEY, Tim	Reading Road Runners	Vet70			632	<b>632</b>
WILLIAMS, Richard	Unattached - Coventry	Vet40			631	<b>631</b>
BARTLETT, Richard	Unattached : North Ferriby	Vet50		630		<b>630</b>
ATKINSON, Andrew	Carlisle Triathlon Club	Vet50		629		<b>629</b>
LAWRIE, Ian	Unattached - Ayrshire	Vet40			629	<b>629</b>
HAYNES, Tony	Unattached - Preston, Lancashire	Vet50	628			<b>628</b>
CLARK, Jim	Unattached - Hertfordshire		627			<b>627</b>
GLACE, Matthew	Unattached - London				627	<b>627</b>
LYMER, Peter	Unattached - Droitwich Spa	Vet50		627		<b>627</b>
RICHARDSON, David	Unattached - Northwich			626		<b>626</b>
CONWAY, Giles	Unattached - Leamington Spa	Vet40	624			<b>624</b>
WESTWOOD, Lindsay	Unattached - Stanley			624		<b>624</b>
MELLON, Paul	Unattached - Liverpool	Vet40		623		<b>623</b>
SMITH, Tim	Dallam Running Club	Vet50	623			<b>623</b>
REED, Grant	Unattached	Vet50	622			<b>622</b>
THOMS, Ben	Unattached - Whitehaven			622		<b>622</b>
HARVEY, Paul	Unattached : Cramlington		621			<b>621</b>
LONGHURST, Steve	Unattached, Kendal	Vet50		621		<b>621</b>
BINKS, David	Allithwaite RC	Vet60		620		<b>620</b>
GARLINGE, Stuart	Unattached - Sunderland	Vet40		619		<b>619</b>
COLLIS, Patrick	Unattached - Bridgnorth		618			<b>618</b>

DENTON, Steve	Bridgnorth Running Club		617		617
GRUMMETT, Steve	Unattached - Leeds			615	615
JONES, Nev	Unattached - Banbury, Oxfordshire		614		614
SALE, Andrew	Liverpool Harriers	Vet40	614		614
WADE, Jamie	North Norfolk Beach Runners		614		614
WAITE, Gareth	Bedford Harriers		614		614
SPEIAGHT, Neil	Belgrave Harriers, Surrey		613		613
RIGBY, James	Unattached - Clitheroe		611		611
PAMMENTER, Tom	Unattached - Oxfordshire			610	610
SALT, Ben	Charnwood AC, Leicestershire	U18	609		609
SMITH, Stuart	Unattached - Lincolnshire	Vet60		609	609
CAMPION, Adam	Keswick AC		607		607
WOODLEY, Lawrie		Vet70		607	607
JONES, Chris	Iceland Foods Running Club	Vet40		606	606
CUMMING, Martin	Unattached : Denbigh	Vet40	605		605
EDWARDS, Michael	Unattached - Liverpool	Vet50		605	605
WRIGHT, Simon	Bingley Harriers	Vet40	604		604
SHARD, Jon	Unattached - Manchester		603		603
LEONARD, Ian	Unattached - Chorley, Lancs	Vet50	602		602
BATTY, Steven	Unattached - Barrow in Furness	Vet40	601		601
COUPE, Stan	Unattached - Preston, Lancashire	Vet40		601	601
DEAKIN, Thomas	Styal Running Club		600		600
COLLIER, Anthony	Styal Running Club	Vet50	599		599
ROSHER, Michael	Unattached - Richmond, N Yorks	Vet40		599	599
CUMMING, Christopher	Unattached : Denbigh		598		598
HUGHES, Mark	Unattached - Southport	Vet40		598	598
JOHNSON, David	Unattached - Ambleside	Vet40		597	597
MARSHALL, Paul	Unattached - Lancaster	Vet50	597		597
FOX, Duncan	Unattached - Windermere	Vet40	596		596
PATTERSON, Frank	Unattached : Witney	Vet40	595		595
KNOTT, Stuart	Unattached - Rochdale		591		591
JONES, Ian	Unattached - Cheshire		590		590
POPE, Dominic	Unattached - Ulverston	Vet40	589		589
DYKES, Andrew	Unattached - Liverpool	Vet40		588	588
NORMAN, Stephen	Unattached - Workington	Vet40	587		587
TURNER, Howard	Unattached - Grange over Sands	Vet50		587	587
BOOTH, Max	Unattached : Woodbridge	Vet40	586		586
MURRAY, Sam	Unattached - Beckermest			586	586
COULTHARD, Julian	Border Harriers	Vet50		584	584
GAJEWSKI, David	Unattached - Stockport		584		584
JOHNSTON, James	Unattached - Manchester		583		583
MARKS, Darren	Unattached - Oswestry			582	582
MATTHEWS, Brian	Unattached - Chorley, Lancs	Vet50	582		582
COLLINS, John	Unattached - Dalton in Furness	Vet40		580	580
SIMON, Matthew	Unattached - Stockport	Vet50	580		580
ASHTON, Carl	Unattached - Warrington		579		579
CHEW, Chris	Unattached, Kendal	Vet40		579	579
JOLLY, Aidan	Unattached - Merseyside	Vet40	578		578
SHIELDS, Dan	Unattached, Kendal	Vet40		578	578
CONDON, Peter	Unattached - Warrington	Vet40		577	577
COX, Daniel	Unattached : Offerton		577		577
LOWTHIAN, Charles	Styal Running Club	Vet50	576		576
MURRAY, Jason	Unattached - Stockport			576	576
PRICE, Chris	Unattached - Bolton		575		575
CLARKE, Jonathan	Styal Running Club	Vet40	574		574
HORNER, Michael	Unattached - Durham			574	574



COE, Peter	Unattached, Kendal	Vet50	573			<b>573</b>
MALE, Roy	Unattached - West Midlands	Vet70		572		<b>572</b>
MCGOWAN, Phil	Unattached - Keighley, W Yorks		571			<b>571</b>
KNOX, John	Unattached - Leyland, Lancashire	Vet40	570			<b>570</b>
CLAY, Gary	Unattached - Huddersfield	Vet50	569			<b>569</b>
NORRY, Martin	Unattached - Carrbrook			569		<b>569</b>
CHARTERIS, Hugo	Unattached - Newcastle	Vet40		568		<b>568</b>
HOLMES, Andrew	Unattached - Skipton, N Yorks		568			<b>568</b>
JONES, Paul	Unattached - Preston, Lancashire	Vet40		567		<b>567</b>
BARRY, Dan	Unattached - Penrith, Cumbria	Vet40	565			<b>565</b>
HIRST, Andy	Unattached - Dearham, Cumbria			565		<b>565</b>
CLIFFE, Guy	Unattached - Grange over Sands	Vet40	563			<b>563</b>
GOUGH, Andy	Unattached - Ansdell			562		<b>562</b>
SMITH, Jason	Unattached : Mossley		562			<b>562</b>
ENTWISTLE, Mark	Unattached - Preston, Lancashire		561			<b>561</b>
HIGGINSON, Ben	Preston Harriers	Vet50		560		<b>560</b>
WILKINSON, Keith	Unattached - Grange over Sands		560			<b>560</b>
HUDD, Phil	Unattached - Lancaster	Vet40	559			<b>559</b>
RAMSHAW, Christopher	Unattached - Newcastle	Vet40		559		<b>559</b>
PITTMAN, Keith	Unattached, Kendal	Vet50		557		<b>557</b>
SILSON, Shaun	Eden Runners	Vet50	557			<b>557</b>
WALSH, Andy	Unattached - Bolton		556			<b>556</b>
LISTON, Gerard	Unattached - Halifax	Vet40	555			<b>555</b>
VANDERZEE, Lolke	HOLLAND - AV Horror	Vet50		555		<b>555</b>
GUNSHON, Will	Unattached - Cheshire		554			<b>554</b>
PRITCHARD, Clinton	Unattached - Leeds			554		<b>554</b>
CRAFT, James	Unattached - Seaham			553		<b>553</b>
NAYLOR, Paul	Unattached - Penrith, Cumbria	Vet50	553			<b>553</b>
MORLAND, Nick	Unattached - Manchester			552		<b>552</b>
DUDLEY, Peter	Unattached - Preston, Lancashire	Vet50		551		<b>551</b>
LOVELL, Ben	Unattached - Carnforth	Vet40	551			<b>551</b>
ROBINSON, Hugh	Unattached - Barrow in Furness		550			<b>550</b>
HIGGINS, Brian	Styal Running Club	Vet50	549			<b>549</b>
PETERS, Stephen	Unattached - Wallasey	Vet50		549		<b>549</b>
STANFORD, James	Unattached - Wigan	Vet40	548			<b>548</b>
THOMSON, Craig	Unattached - Hexham	Vet40	547			<b>547</b>
MADDOCK, Brian	Unattached - Preston, Lancashire	Vet50	546			<b>546</b>
ROBERTS, Glyn	Unattached - York	Vet60		546		<b>546</b>
BARKER, David	Unattached - St Bees			545		<b>545</b>
TIDBURY, Wade	Unattached - Penrith, Cumbria	Vet50	543			<b>543</b>
TOMBS, Lance	Unattached - Hinckley	Vet50		543		<b>543</b>
REEVE, Mike	Unattached - Stockport	Vet50		541		<b>541</b>
LAWLER, Graham	East Cheshire Harriers	Vet60	540			<b>540</b>
RAYMOND, Jon	St Bees Tri			540		<b>540</b>
ROSEN, David	Lancaster & Morecambe AC	Vet50	539			<b>539</b>
GRIFFIN, Andy	Iceland Foods Running Club			538		<b>538</b>
WILLIAMS, Roger	Unattached - Manchester		538			<b>538</b>
BISIKER, Richard	Stafford Harriers	Vet40		537		<b>537</b>
ROBERSON, Adam	Unattached - London		537			<b>537</b>
HANNAH, Paul	Rossendale Harriers	Vet40		536		<b>536</b>
SOOPRAMANIEN, Didier	Unattached - Lancaster		534			<b>534</b>
SMITH, James	Todmorden Harriers	Vet70		533		<b>533</b>
TAYLOR, Nick	Unattached	Vet40	533			<b>533</b>
HOYLE, Warren	Red Rose Road Runners	Vet40	532			<b>532</b>
SHIELDS, Ged	Unattached - Barnsley	Vet50		532		<b>532</b>
KELSO, Martin	Unattached - Peebles, Scotland	Vet50		531		<b>531</b>

CROWTHER, Nick	Unattached - Cheshire	Vet50		530		<b>530</b>
THOMAS, Arron	Team Thomas		530			<b>530</b>
PRICE, Robert	Unattached - Leeds	Vet40	528			<b>528</b>
ROSSELLE, Thomas	Unattached - London		526			<b>526</b>
WADDINGTON, Andrew	Unattached - Burnley		524			<b>524</b>
HIBBERT, Ginny	Unattached - Manchester	Vet40	523			<b>523</b>
HARGREAVES, Gill	Unattached - Preston, Lancashire	Vet50	522			<b>522</b>
GRIGGS, Matt	Unattached - Norwich		521			<b>521</b>
COOPER, Steven	Unattached - London		520			<b>520</b>
COMPSTON, Tim	Unattached - Dunfermline	Vet40	519			<b>519</b>
LENDON-MONTROSE, Vaughan	Unattached - Kidderminster	Vet40	518			<b>518</b>
HUTTON, Philip	Unattached, Kendal	Vet50	516			<b>516</b>
DAILEY, Steven	Unattached - Newcastle		514			<b>514</b>
LYDEN, Hunter	Unattached - Manchester		512			<b>512</b>
PUGH, Rob	Unattached		511			<b>511</b>
BARKER, James	Unattached - Sheffield	U18	510			<b>510</b>
BLINSTON, David	Unattached - Cheshire		507			<b>507</b>
TICKNER, Paul	West Cumberland Orienteers	Vet50	505			<b>505</b>
RILEY, Peter	Unattached - Burnley	Vet60	504			<b>504</b>
LAVELLE, Ken	Unattached - Runcorn	Vet50	503			<b>503</b>
BOLLAND, Terry	Unattached - Formby	Vet70	502			<b>502</b>
TUNSTALL, Nic	Unattached - Amersham	Vet40	501			<b>501</b>
GALLEY, Hector	Unattached - Ashington	Vet50	500			<b>500</b>