

Lakeland Trails 2015 15KM Autumn Series Results : Men							
Name	Category	Club	Keswick	Coniston	Helvellyn	Ullswater	Total
Stephen Cooper		U/A Ealing, London	991	987	984	993	3955
James Ireland		U/A Knaresborough, North Yorkshire	975	970	967	980	3892
Paul Cresswell	Veteran 40	Skelmersdale boundary harriers	983	979	941	969	3872
Simon West		U/A Irby, Merseyside	968	952	970	982	3872
Joe Robinson		The Always Merk	961	943	969	981	3854
Jonny Lambert		Oswestry Olympians	965	946	961	973	3845
Dan Foley		U/A Harrogate, N.Yorks	954	956	947	960	3817
Richard Smith	Veteran 50	U/A Potefract, West Yorkshire	932	906	926	921	3685
Paul Lindley		U/A Liverpool, Merseyside	893	882	932	949	3656
Andy Yates	Veteran 50	N/A	926	899	893	931	3649
Richard Toller	Veteran 60	Dundee Road Runners AC	920	881	899	920	3620
darren ernst		U/A Carlisle, Cumbria	917	904	890	876	3587
Chris Pilkington		U/A Preston, Lancashire	923	888	861	904	3576
alan parker	Veteran 50	U/A Stoke on Trent,	880	883	884	903	3550
Guy Lewcock		U/A Whitley Bay, Tyne and Wear	895	876	832	864	3467
greg swinbourne	Veteran 40	Hartlepool Burn Road Harriers	864	874	854	867	3459
Mike Collins	Veteran 40	U/A Whitley Bay, Tyne and Wear	882	818	833	899	3432
Peter Little	Veteran 40	U/A High Harrington, Cumbria	839	855	810	906	3410
Phil Stones	Veteran 50	U/A Cleator Moor, Cumbria	808	869	827	862	3366
Dave Bartrum	Veteran 40	Alnwick Harriers	837	830	798	880	3345
Ben Whitham		U/A Clitheroe, Lancashire	832	805	809	885	3331
Robert Bentley		U/A Manchester,	872	780	740	886	3278
Robert Fry	Veteran 50	U/A Wigan,	825	788	778	869	3260
roger harrison	Veteran 60	Cheshire Hash House Harriers	807	791	786	871	3255
peter reed	Veteran 60	Northumberland Fell Runners	814	800	769	858	3241
Terry Wilkinson	Veteran 40	U/A Durham,	764	822	774	877	3237
Mark Jesson	Veteran 40	Pendle Forest Orienteers	829	782	730	863	3204
Dan Poltawski		U/A Lancaster,	768	708	749	847	3072
Rob Walker	Veteran 50	U/A Bacup, Lancashire	774	743	680	832	3029
Neil MacNeill	Veteran 40	U/A Edinburgh, Midlothian	737	714	708	820	2979
Paul Macfarlane		Batala Mountain Runners	986	988	987		2961
Mark Blackwell	Veteran 40	WestCumbriaTri		971	982	987	2940
steve brown	Veteran 50	U/A Windermere, Cumbria	967	965	965		2897
Shaun McGlynn		U/A Sunderland, Wearside	976		948	972	2896
nick higham	Veteran 40	Lancaster and Morecambe Running Club	927	957	953		2837
Damian Kimmins	Veteran 40	Keswick AC	963	918	931		2812
Jonathan Fletcher	Veteran 50	Bedale and Aiskew		919	934	946	2799
Steven Gore		Wesham Road Runners	934	914	945		2793
Neil Hine		U/A Kendal, Cumbria	951	894	919		2764
Andy Letheren	Veteran 50	U/A Kendal, Cumbria	924	922	917		2763
Mike Pigram	Veteran 40	U/A Manchester,		901	908	950	2759
Owen Panton		U/A Manchester, Lancashire	877	924		947	2748
William Powis		U/A Whitley Bay, Tyne and Wear		875	903	952	2730
Anthony Jenner	Veteran 50	U/A Sunderland, Tyne and Wear	657	660	610	798	2725
Andy Ross	Veteran 40	U/A Wigton, Cumbria	890	877		948	2715
Peter Samuelson	Veteran 70	Spectrum Striders	653	655	606	786	2700
terry moss	Veteran 40	U/A Preston, Lancashire	940	900	835		2675
Nick Howe		U/A Liverpool,	899	868	867		2634
Rob Marshall	Veteran 40	Scunthorpe and District AC		895	845	887	2627
Paul Ross		U/A Rowlands Gill, Tyne and Wear	908	836	851		2595
Edward Swinden	Veteran 40	U/A Manchester,		863	824	891	2578
Mark Aldred		U/A Durham,	869	825		882	2576
Andrew Hallam	Veteran 40	U/A Chorley, Lancs		867	808	900	2575
Matthew Elliott		U/A Manchester,		792	836	916	2544
Philip Higgins	Veteran 40	Kendal Tri Club	863	847	828		2538
Stuart Bell	Veteran 50	Kendal AC	862	846	829		2537
Frank Tippin	Veteran 50	U/A Southport,	870	849	813		2532
Neil Paterson	Veteran 50	U/A Hexham, Northumberland		826	811	888	2525
David Campbell		U/A Widnes, Cheshire		829	792	901	2522

Iain Rankin	Veteran 40	U/A Macclesfield, Cheshire	858	885	772		2515
Darren Gillman	Veteran 40	Cambridge & Coleridge	823	841	838		2502
Dominic Pope	Veteran 40	U/A Ulverston, Cumbria		799	789	883	2471
David Cummins	Veteran 40	U/A Preston, Lancashire	868	803	793		2464
Daniel Bolton		Pennington Flashers		735	806	918	2459
Michael Cummins	Veteran 40	U/A Lancashire,		820	760	865	2445
Richard Manley		U/A Wirral, Merseyside	815	824	776		2415
Matthew Tyrer		U/A Heath charnock, Lancashire	888	718	733		2339
Carl Fisher		U/A Leyland, Lancashire	772	794	752		2318
Malcolm Marshall	Veteran 50	Scunthorpe & District AC		744	742	827	2313
michael pickard	Veteran 50	U/A Leeds,	791	774	741		2306
Richard Caver	Veteran 60	Fell runners Association	771		716	816	2303
Stuart Whittaker	Veteran 50	Hartlepool burn road harriers	761		718	812	2291
Owen Davies	Veteran 60	U/A Sedbergh,	765	762	728		2255
Stephen Race	Veteran 40	U/A Grimsby,	738	739	770		2247
Robert Myatt	Veteran 50	U/A Stoke on trent, Staffordshire	716		683	825	2224
Steve Spooner	Veteran 40	U/A Bollington, Cheshire	753	747	715		2215
Mark Finn	Veteran 40	U/A BOLTON, LANCASHIRE	706	681		811	2198
Colin Sam Walton	Veteran 50	U/A Stockport, Cheshire	784	729	684		2197
Igal Nagar	Veteran 50	U/A Sutton Coldfield, West Midlands	792	706	695		2193
IAN COOPER	Veteran 40	U/A WHITLEY BAY, TYNE AND WEAR	739	737	693		2169
Alasdair Start		U/A Leyland,		691	662	808	2161
Jon Tibke	Veteran 50	Lancaster And Morecambe A C		695	621	834	2150
stuart rome		U/A Carlisle, Cumbria	698	712	672		2082
John Stout	Veteran 60	U/A Aughton, Lancashire	708	717	644		2069
Kevin Burse	Veteran 40	U/A Staines, Middlesex	691	693	641		2025
Jonathan Cox		Eden Runners			1000	1000	2000
Mark Griffiths		Manchester YMCA Harriers	995	995			1990
Paul Riley		Coniston Fell Runners		993	995		1988
Daniel Pratt		U/A Ilkley, West Yorkshire	988			996	1984
Matthew Anglesea		U/A Gateshead,	987			990	1977
Craig Jones		Manchester YMCA Harriers	977	996			1973
Gregory du Tertre		U/A Selby,			974	997	1971
Peter Walker		U/A York,			979	991	1970
Stephen Hall		U/A North Shields, Tyne & Wear			980	989	1969
Tim Johnstone	Veteran 40	U/A Chorley, Lancashire			975	992	1967
Mike Allison	Veteran 50	U/A Penrith, Cumbria	978	984			1962
James Warburton		U/A Knaresborough, North Yorkshire	960			999	1959
Thomas Pomfrett		Otley AC			972	977	1949
Doug Stewart		U/A Solihull,			962	985	1947
Josh Comley		U/A London, London	979	967			1946
Phill Beard	Veteran 40	N/a	981	962			1943
Peter Fishpool	Veteran 40	U/A Driffield, East Yorks		972	968		1940
David Lash	Veteran 40	U/A Seaham,			963	976	1939
Leon Flesher	Veteran 40	Thornton Cleveleys			959	978	1937
Ben Wilson		U/A Sale,			957	979	1936
Ron McCormack	Veteran 60	Alnwick Harriers	667	658	609		1934
Michael Kowal	Veteran 50	WAMC	971	961			1932
Andrew Adams	Veteran 50	None			966	962	1928
Philip Pointon	Veteran 40	U/A Todmorden, Lancs			964	964	1928
Garry Owens	Veteran 50	NFR			960	967	1927
Gerald Bradley	Veteran 40	U/A Newton Aycliffe, Durham	661	657	608		1926
Jim Tyson	Veteran 40	U/A Ambleside, Cumbria			954	970	1924
David Murray	Veteran 50	U/A Tiverton,			949	971	1920
Peter Fairclough		St Helens Striders		941		975	1916
Andy Staveley	Veteran 50	Burnden Roadrunners			955	956	1911
Chris Lewarne		U/A Blackburn, Lancashire		966	944		1910
Peter Marshall	Veteran 40	U/A Bristol, Somerset			942	968	1910
Scott Ross	Veteran 40	U/A Fleetwood, Lancashire	970	939			1909
Mark Farmer	Veteran 50	U/A Lincoln, Lincolnshire	656	649	602		1907
Mr Lowes		Elswick Harriers			940	965	1905

Darren Graham	Veteran 40	Todmorden Harriers			950	951	1901
Julian Hughes	Veteran 40	U/A Whitley Bay,			929	966	1895
nick sebley	Veteran 50	black combe runners	935			958	1893
Bruce Penhale	Veteran 50	U/A Manchester, Greater Manchester	956	936			1892
Chris Heap		U/A Salford,	930	960			1890
John Spooner	Veteran 40	Lancaster&morecambeA/C	949	938			1887
John Douglas	Veteran 40	Allithwaite Running Club		977			1883
Edward Pugh		School if Science	955		923		1878
James Kellock	Veteran 50	U/A Dumfries,	939		939		1878
Richard fawkes		U/A derby, derbyshire			916	954	1870
Mark Billington	Veteran 50	Red Rose Road Runners	933	935			1868
Sean Barry	Veteran 40	U/A huddersfield,			920	941	1861
Ben Hall		Elswick			912	945	1857
Allan Sumner	Veteran 40	Preston Harriers		931	925		1856
Mark Donohue		U/A Leeds, West Yorkshire	921		924		1845
Richard Hill	Veteran 50	Delamere Spartans			914	924	1838
Graeme Lawson	Veteran 50	U/A Newcastle,	911	925			1836
Nicholas Cooper	Veteran 50	Shelton Striders			913	923	1836
Gary Clarke		Oswestry Olympians		878		957	1835
Nath Drinkall		Me			880	955	1835
Guy Whitmore	Veteran 40	Todmorden Harriers			905	922	1827
Nevil Oldfield	Veteran 40	U/A Consett, Co Durham	914	912			1826
Bjorn Abraham		U/A Ambleside, Cumbria	912	913			1825
Martin Middlemiss	Veteran 40	Carlisle	907	908			1815
Chris Chalmers		U/A London,			874	938	1812
Scott Nelson		U/A London,			870	942	1812
Lee Head	Veteran 40	U/A North Shields, Tyne and Wear			872	939	1811
Richard Folley		U/A London,			875	936	1811
Chris Eggar	Veteran 40	Cambridge triathlon club			878	928	1806
David Craggs	Veteran 40	Tailenders			871	933	1804
Karl Lewis	Veteran 50	Tipton Harriers	875		928		1803
Nathan Danby		U/A Halifax, West Yorkshire			815	988	1803
Andy Mingay		Eden Runners	913		886		1799
paul slone	Veteran 40	U/A great harwood, lancs	916		882		1798
Stephen Huyton		Newburgh Nomads		905	891		1796
Jeff Clark	Veteran 50	Barnsley Harriers			881	913	1794
barry wake	Veteran 40	Wellingborough & District Athletic Club			911	881	1792
Stuart Maynes		U/A Dudley, West Midlands			876	911	1787
Giles Carre		U/A Bath, Somerset			855	930	1785
Ste Davison	Veteran 40	U/A Manchester,		968		805	1773
Charles Colby	Veteran 40	Bowland Fell Runners	909		857		1766
Darren Armstrong	Veteran 40	North Norfolk Beach Runners			869	897	1766
James Elvin		U/A Altrincham, Cheshire	902	864			1766
William McAllister		Parkside Panthers		866	895		1761
Richard Westgate	Veteran 60	U/A Taunton, Somerset			831	929	1760
Ben Holmes		Todmorden Harriers	838	921			1759
Robert Foster	Veteran 40	North Shields Poly AC	883	871			1754
simon wright	Veteran 50	U/A lytham st. annes, lancashire		923	830		1753
William Roberts		U/A Warrington, Cheshire	889		863		1752
Chris Brown		Red Rose Road Runners	887		862		1749
Jonathan Bryant		U/A Birmingham,			844	905	1749
Tom Wright	Veteran 40	U/A Lytham St.Annes, Lancashire			842	907	1749
David Sykes	Veteran 40	U/A Huddersfield, Yorkshire			823	925	1748
Paul Rawlinson		DH Runners	852		889		1741
Find Jorgensen	Veteran 40				807	927	1734
Glyn Smith	Veteran 60	Cambridge and Coleridge AC	873	856			1729
Michael Breakspeare	Veteran 40	U/A Leeds, West Yorkshire		850	877		1727
Ian Davies		U/A Edinburgh,			814	910	1724
Ray Padgett	Veteran 60	U/A Grange over Sands, Cumbria	859	865			1724
Marcus Hawthorn	Veteran 50	U/A Darlington, Co Durham	900	823			1723
Paddy Watson		U/A Edinburgh,			839	884	1723

Edward Hill	Veteran 40	U/A Huddersfield ,			821	896	1717
Iain Carrick	Veteran 60	Haddington & East Lothian Pacemakers			930	782	1712
Alan Metcalf	Veteran 50	Preston Harriers	952		757		1709
James Walsh		Kirkby Stephen Grammar School	854		852		1706
Oliver Jones		U/A Bedford, Bedfordshire			896	806	1702
Howard Plaut	Veteran 50	U/A Crook, County Durham			804	894	1698
Matthew Smith	Veteran 40	U/A Lancaster, Lancs	855	843			1698
Dave Prescott	Veteran 40	Bridgnorth Running Club	827			870	1697
Craig Hetherington		Stirling Triathlon Club			780	915	1695
Richard Gordon	Veteran 40	U/A Penrith , Cumbria		804		889	1693
andrew davies	Veteran 60	bridgnorth running club			825	866	1691
Richard Ward	Veteran 40	Red rose road runners			788	890	1678
Chris Wright		U/A Helmshore, Lancashire			840	836	1676
Paul Jenkins	Veteran 40	U/A Wigan, Lancs		819		852	1671
Adam Barker	Veteran 40	U/A Altrincham, Cheshire			768	898	1666
Jason Brant		U/A Normanton,			785	878	1663
Fraser Dales	Veteran 40	U/A Grimsby, N E Lincs			763	893	1656
paul roche	Veteran 50	merseyside police	834	815			1649
Philip Love	Veteran 40	U/A Leeds, West Yorkshire		828	819		1647
Chris Taylor		U/A Cramlington, Northumberland	770			873	1643
PHILIP DAVIDSON	Veteran 50	RED ROSE ROAD RUNNERS		859	783		1642
michael edge	Veteran 50	wesham road runners	822	817			1639
Glen Carden	Veteran 40	U/A Liverpool, Merseyside		821	817		1638
Mark Robinson	Veteran 40	Parkside Panthers	856	779			1635
Phillip Beecroft		CVFR		801	834		1635
Andrew Hemsley	Veteran 50	U/A Penrith, Cumbria	826	807			1633
Mark Osborne	Veteran 50	Wakefield Triathlon club			848	781	1629
Simon Andreassen	Veteran 40	Allendale valley striders	835		791		1626
Chris Aulton	Veteran 40	Balanced Performance			759	855	1614
Iain Jenkins	Veteran 50	U/A Harrogate, North Yorkshire	821	789			1610
Ian Gibson	Veteran 50	Tynedale Harriers			732	874	1606
Ben Williams		U/A London,		777	826		1603
Mark Thorpe	Veteran 40	U/A Preston, Lancashire	790		812		1602
KEITH PAUL	Veteran 50	TAUNTON AC			615	984	1599
Christopher Edwards		U/A Manchester,		827	766		1593
Damian Cowell	Veteran 40	Warrington Running Club	871		722		1593
John Wilcock	Veteran 40	n/a		798	790		1588
Anthony Atkinson	Veteran 40	Knutsford Tri Club	743		843		1586
Peter Medicott	Veteran 40	Warrington Road Runners			731	854	1585
Scott Logie	Veteran 40	U/A Nantwich, Cheshire			729	851	1580
Chris Green	Veteran 40	U/A Derby, Derbyshire			727	844	1571
John David Peatfield	Veteran 60	U/A Bowston, Cumbria	654			917	1571
Jonathan Newbegin	Veteran 50	U/A Leeds, West Yorks	750			821	1571
Stuart Oram		U/A Manchester, Greater manchester	786	781			1567
Peter Houghton		U/A Chorley, Lancashire		802	764		1566
Garry Hobson	Veteran 50	Scunthorpe and District	782		773		1555
Craig Coates		U/A stretford ,	840		712		1552
Stuart Waring	Veteran 40	U/A Blackburn, Lancashire	779	772			1551
Andy Holohan	Veteran 40	Harrogate Harriers AC			758	791	1549
Paddy Mcdonald	Veteran 60	Haddington RC			745	799	1544
Christopher Clarke		U/A Rhyl, Clwyd			751	792	1543
Colin Goulder		U/A Lymm, Cheshire			710	829	1539
Kenneth Wheeler	Veteran 50	Concordia Runners And Peddlers			696	840	1536
Jonathan Watt	Veteran 50	U/A Altrincham, Cheshire		778	756		1534
Iain Ferguson		U/A Wirral,			679	853	1532
Steven Ruddock		Cheshire Tally Ho			702	830	1532
Jimmy Mo	Veteran 50	U/A Manchester,	733	797			1530

BARRY GREEN	Veteran 60	NONE		667	860		1527
Andy Buckroyd	Veteran 50	U/A Bollington, Cheshire	756	770			1526
Garry Richards	Veteran 50	U/A Wakefield ,	777	748			1525
Peter BADKIN	Veteran 50	Abbey Runners			698	818	1516
Jason Dixon	Veteran 40	U/A Kendal, Cumbria	785	727			1512
Ross Singleton	Veteran 50	U/A Bristol,			697	813	1510
Sam Charles		U/A Manchester,		764	743		1507
Stephen Harding	Veteran 40	Jog Scotland	724	776			1500
Sam Blackburn		U/A Manchester,			650	848	1498
jim little	Veteran 40	Warrington RC			674	823	1497
Dean Newman	Veteran 40	Bedford Harriers			623	872	1495
Martyn Wigglesworth	Veteran 40	U/A Richmond,	749	746			1495
Matt Carter	Veteran 40	U/A Berkhamsted,			685	809	1494
Graham Crombie		U/A Edinburgh,			658	831	1489
howard burke	Veteran 50	Unattached		738	750		1488
Lee Hetherington	Veteran 40	Sanddogs South Shields			687	797	1484
John Fail	Veteran 40	U/A South Shields,			686	793	1479
paul thompson	Veteran 40	U/A ashington, northumberland	751		725		1476
Andrew Goodson	Veteran 50	U/A Bowness on Windermere, Cumb	762		711		1473
Graham Parker	Veteran 50	U/A Kendal, Cumbria	760	709			1469
John Parry		U/A Grange-over-Sands, Cumbria	754	715			1469
Tom Gallagher		Derwent AC		765	704		1469
Dermot Ferguson	Veteran 50	U/A Wallasey, Merseyside			638	826	1464
Liam Moden	Veteran 40	U/A Haslingden, Lancashire		773	688		1461
Karl Allerton	Veteran 40	Lichfield Running Club	725	733			1458
steve parkes	Veteran 50	U/A darlington, durham	747		706		1453
Ian Verber	Veteran 60	Black Combe Runners	726	720			1446
Steve atkinson	Veteran 50	U/A Stockport, cheshire		761	681		1442
Jonny Boyes	Veteran 40	U/A golborne, cheshire			633	804	1437
John Crombie	Veteran 50	U/A Killmarnock,			630	800	1430
Stephen Brohan	Veteran 40	U/A Worcester,			640	787	1427
John Edwards	Veteran 60	U/A Yarm, Cleveland	714	711			1425
steven gannon	Veteran 50	U/A stockport , cheshire		731	694		1425
Martin Kirkman	Veteran 50	U/A Near Malpas, Cheshire			626	794	1420
John Bide	Veteran 50	U/A Wainfleet All Saints, Lincolnshire			628	788	1416
Neal Jones		U/A Widnes, Cheshire			613	790	1403
mark cuerden	Veteran 50	U/A preston, lancs		689	709		1398
Peter Jackson	Veteran 60	U/A Millom, Cumbria	702	688			1390
Jason Wadey	Veteran 40	Burgess Hill Runners			600	785	1385
Richard Crossley	Veteran 40	U/A Stafford, Staffs	692	687			1379
Jon Davidson	Veteran 50	U/A Warrington,		701	664		1365
ROB WHISTON	Veteran 60	U/A CREWE, CHESHIRE	687	675			1362
Gavin Spickett	Veteran 50	Tynedale Harriers	707		647		1354
Martin Henderson	Veteran 40	U/A Preston, Lancashire	670	668			1338
Paul Moss	Veteran 50	Baxi	696		642		1338
AUSTIN TRELFA	Veteran 60	U/A LEYLAND, LANCASHIRE		685	652		1337
Mark Brennan	Veteran 50	U/A Stockport, Cheshire		659	678		1337
Chris Carter		Creation pt		690	645		1335
robert sweeting	Veteran 60	U/A harrogate, n.yorks.	672	662			1334
John Slater	Veteran 50	U/A Carnforth, Lancs		683	646		1329
Tony Boyle		U/A Liverpool,	659	666			1325
Phil Hill	Veteran 50	Roundhay Runners	689		632		1321
Oliver Smethhurst	Veteran 40	ASICS	666		622		1288
David Chalmers	Veteran 60	U/A Symington, Lanarkshire	679		605		1284
Dean Richards	Veteran 40	Bridgnorth Running Club	662		599		1261
Dave Dave Cope	Veteran 60	U/A Kendal,	655		604		1259

Daniel Laing		U/A YORK, North Yorkshire	658		595		1253
James Scott-Buccleuch		Stockport Harriers	1000				1000
Joe Kenny		U/A Ambleside,		1000			1000
brian fogarty		U/A blackburn,			999		999
Jon Deegan	Veteran 40	Ambleside Athletics Club	999				999
Sam Gibbs		U/A Settle, North Yorkshire		999			999
Adam Fletcher	Veteran 50	U/A xx,				998	998
Gavin McDermott	Veteran 40	Hermitage Harriers			998		998
Graham Bungay	Veteran 50	Winchester & District Athletics Club		998			998
Steven Brennan	Veteran 50	U/A Ulverston, Cumbria	998				998
Howard Seal	Veteran 40	Derwent AC Cocker mouth	997				997
Michael Metcalfe		Warrington RC			997		997
Roman Casuso		U/A Coniston, Spain		997			997
Adam Walker		U/A Halifax, West Yorkshire			996		996
Russell Cottam	Veteran 50	Lincoln District Runners	996				996
matt huxford		NA				995	995
Bobak Walker		Roundhay Runners		994			994
Mark Baddeley	Veteran 40	Lincoln / Wellington				994	994
Mark Thornton-Smith		U/A Edinburgh,			994		994
Tim Gears		Owesky Olympians	994				994
Adam Lockton		Charnwood AC			993		993
Alastair Macleod		U/A York, North Yorkshire	993				993
Paul Chamberlain	Veteran 40	U/A Wigginton, Hertfordshire		992			992
Rory Macleod		U/A York,	992				992
Tom Nicholson		Lancaster University Running Club			992		992
Frazer Durriss		Trawden AC			991		991
THOMAS CSIZMADIA		Wrexham AC		991			991
Andy Thompson		Helm Hill			990		990
Ian Dawson		Blackpool Wyne and Fylde	990				990
Joshua Williams		U/A Glossop, Derbyshire		990			990
Christopher Swire	Veteran 40	East Cheshire Harriers		989			989
Martin Hewell		U/A Chorley, Lancashire			989		989
paul peacock	Veteran 50	U/A redcar, cleveland	989				989
Mark Morgan-Hillam	Veteran 40	U/A Wigan, Lancashire			988		988
Andrew Stuart	Veteran 40	U/A		986			986
Nick Wright	Veteran 40	Fernwood Running Club			986		986
Robert Johnson		U/A Manchester, Lancashire				986	986
Jonathon Bolton	Veteran 40	Elswick Harriers			985		985
matt davenport		U/A bolton, lincs		985			985
Robert Wadsworth		Dragons Running Club (Sale)	985				985
Darren Townend	Veteran 40	U/A Harrogate ,	984				984
Daniel Richardson		Ns Poly			983		983
Martin Haworth		U/A Blackburn, Lancashire				983	983
Paul Davey		U/A Lancaster, PA - Pennsylvania		983			983
Craig Miller	Veteran 40	U/A Huddersfield,		982			982
Robert Kaul	Veteran 40	U/A Ashbourne, Derbyshire	982				982
Alan Jolly	Veteran 50	Red Rose Road Runners		981			981
Russell Cottam	Veteran 50	Lincoln District Runners			981		981
Andrew Christie		Red Rose Road Runners	980				980
Phil Thompson	Veteran 40	Ryston Runners		980			980
Daniel Stephen		Fernwood running club			978		978
Jon Hopper		U/A Manchester, Greater Manchester		978			978
Gordon Forrest	Veteran 40	Medway Tri			977		977
Matthew Grimsahw		U/A Leeds, North Yorkshire		976			976
Mike Bradfield	Veteran 40	U/A NEWBURY, Berkshire			976		976
martin gilpin	Veteran 50	U/A leeds, west yorkshire		975			975

Adrian Filipek		U/A Coniston, Cumbria		974			974
Rob Langton		U/A LONDON, LONDON	974				974
Stuart Lewis	Veteran 40	U/A Rossendale, Lancashire				974	974
David Penman		Valley Striders			973		973
Lewis Morley		Birchfield Harriers		973			973
Steven Carter	Veteran 40	U/A Crook, Co. Durham	973				973
Stuart Towns	Veteran 40	U/A Warrington, Cheshire	972				972
Gope Walker	Veteran 40	Berkshire Tri Squad			971		971
Nigel Tillott	Veteran 50	Tewkesbury AC	969				969
William James		U/A Leeds,		969			969
Martin Penrice	Veteran 50	U/A Workington, Cumbria	966				966
Robert Myatt		U/A Liverpool,	964				964
Sam Burt		U/A Newcastle, Tyne & Wear		964			964
steven macuras	Veteran 40	preston harriers				963	963
Tom Vernon		U/A Warrington, Cheshire		963			963
Roger Cotterill	Veteran 50	U/A Alsager, Stoke-on-Trent	962				962
Matthew Curran		Roundhay Runners				961	961
Anthony Studholme	Veteran 40	U/A Dalston, Cumbria	959				959
Lee Harris	Veteran 40	Birchfield Harriers		959			959
Paul Turner	Veteran 40	Helm Hill				959	959
Ian McLoughlin		U/A Liverpool,	958				958
Martin Ive	Veteran 40	Ryston Runners AC		958			958
Michael Hall	Veteran 40	Red Rose road runners			958		958
Sean Greeves	Veteran 40	Biddulph Running Club	957				957
James Hennin		North Shields Poly			956		956
Stewart Russell	Veteran 40	Birchfield Harriers		955			955
Tom Inman		U/A Bristol, Avon		954			954
john goldsworthy	Veteran 60	hardrock hoodlums				953	953
Kieran Ireland		Glaxo Hoad Hill Harriers		953			953
Stephen Crook	Veteran 40	U/A Wilmslow,	953				953
Jeff Belt	Veteran 40	North York Moors AC			952		952
John Deasey	Veteran 50	Rochdale Harriers & AC		951			951
Michael Jubb		U/A Ulverston, Cumbria			951		951
Allan Sumner	Veteran 40	Preston Harriers	950				950
David Norman	Veteran 40	Dudley Kingswinford		950			950
Paul Mason	Veteran 50	Wigan Phoenix		949			949
Michael Good	Veteran 50	middlesbrough & Cleveland harriers	948				948
Phil Conroy		U/A Derby,		948			948
Mark Rutter		U/A South Shields ,		947			947
Mike Innerdale	Veteran 40	U/A Appleby,	947				947
Phil Fortun	Veteran 40	Stone MM	946				946
Richard Bowley	Veteran 40	U/A Doncaster, S Yorks			946		946
David Bond		Low Fell	945				945
Mariusz Kovacs		Polomuhely Hungary		945			945
Benjamin Ageros	Veteran 40	Horsham Joggers				944	944
Peter Hood	Veteran 50	Dudley Kingswinford (DK) Running Club		944			944
Steve Jones	Veteran 40	Biddulph Running Club	944				944
Alan Smitheman	Veteran 40	Loftus & Whitby ac			943		943
Jonathan Fletcher	Veteran 50	Bedale and Aiskew	943				943
patrick gordon	Veteran 50	Elswick				943	943
Alistair Gardner		Rugby Northampton AC		942			942
Sam Crompton		U/A Kendal, Cumbria	942				942
Liam Herbert		Fairlands Valley Spartans	941				941
Kevin Stead	Veteran 40	U/A Kendal,				940	940
Simon Sumner		n/a		940			940
David Maydew	Veteran 50	U/A biddulph, Staffordshire	938				938

Mike Hopkins	Veteran 50	U/A liverpool,			938		938
David Pickering		U/A Blackburn, Lancashire				937	937
Jason Pollock	Veteran 40	U/A Carlisle , Cumbria			937		937
Malcolm Busfield	Veteran 40	Ashbourne Running Club	937				937
Phil Anderson		U/A Preston, Lancs			937		937
Jason Brown	Veteran 40					936	936
Tyldon Pyrah		U/A Morecambe, Lancs	936				936
Justin Barritt		U/A Manchester, Greater Manchester				935	935
Mark Franey	Veteran 40	U/A Prenton,				935	935
Dayle Armstrong		U/A CARLISLE, Cumbria			934		934
Steven Averill	Veteran 50	U/A Nottingham ,				934	934
David Pryor		U/A Warrington, Cheshire				933	933
Ian Crook	Veteran 40	Barrow Striders			933		933
David Prout		U/A Preston, Lancashire				932	932
David Stevenson	Veteran 40	U/A Wilmslow, Cheshire			932		932
David Mewse	Veteran 60	U/A Bridge of Weir, Renfrewshire	931				931
Thomas Jones		Sale Harriers			930		930
Nick Eyke	Veteran 50	Oswestry Olympians			929		929
Stephen Leahy		U/A Kendal, Cumbria	929				929
CHRISTOPHER ROBERT	Veteran 40	Unattached	928				928
Robert Wallace	Veteran 40	U/A South Queensferry, Edinburgh			928		928
Jon Hawker	Veteran 50	Delamere Spartans				927	927
Paul Chrisp	Veteran 50	Delamere Spartans			927		927
Alex Snaith		U/A Manchester,			926		926
Bill Sharp	Veteran 60	NFR				926	926
kevin brown	Veteran 50	U/A sunderland, tyne&wear	925				925
Andy Phillips						922	922
Steven Campbell	Veteran 40	U/A Keswick, Cumbria	922				922
Nick Crowther	Veteran 50	U/A Manchester,				921	921
Paudie Connolly		U/A Ormskirk, Lancashire			920		920
dale richardson		Rothwell Harriers	919				919
Matthew Barker	Veteran 40	Burnden Road Runners				919	919
Ian Hughes	Veteran 40	Dragons Running Club - Sale				918	918
matthijs metselaar		U/A Bridge of Allan,	918				918
Nick Cox	Veteran 40	U/A Ambleside,			917		917
Ross Duncan		U/A Newcastle upon Tyne, Tyne and Wear			916		916
Alan Bentley	Veteran 40	U/A Sherburn in Elmet, North Yorks	915				915
Dominic Baxter		U/A London,				915	915
Simon Maughan	Veteran 40	U/A Blackburn, Lancashire			915		915
Andrew Metcalfe		U/A Creigiau, Cardiff				914	914
Rob Powell	Veteran 40	Scarborough Athletic Club				912	912
Ed Hillman		KGV College			911		911
ashley lindsey	Veteran 40	U/A sale, cheshire			910		910
Benjamin Brindley		Tideswell Running Club				910	910
Stephen Davenport	Veteran 40	U/A Warrington, Cheshire	910				910
mark earle	Veteran 60	U/A knutsford, cheshire				909	909
Steven Gore		Red Rose Road Runners				909	909
stuart tromans	Veteran 40	U/A kingswinford, west midlands			909		909
Tony Glynn	Veteran 50	Bramhall Runners				908	908
Daniel Stinton		U/A Manchester,				907	907
john birkett	Veteran 50	U/A kendal, cumbrai			907		907
Thomas Miller		U/A Liverpool,	906				906
Ben Rispin		U/A Woolton,	905				905
Graham Johnson	Veteran 50	U/A Leeds,	904				904
Scott Simpson		U/A Brampton,				904	904
Christian Merriman		U/A Leeds,			903		903

Steven Gagon	Veteran 40	U/A Manchester,	903			903
David Liley		U/A Carnforth, Lancashire		902		902
John Wiggans	Veteran 40	U/A Preston,			902	902
Mark Ayre	Veteran 40	Roundhay Runners		902		902
Alistair Bell		U/A Carlisle,	901			901
Amit Sharma		U/A Skelmersdale, Lancashire		901		901
Andrew Cooknell		Kenilworth Runners		900		900
Larry Horne	Veteran 50	Eden runners	898			898
Leigh Walton	Veteran 40	U/A Aycliffe village, Durham		898		898
Sean Mitchell	Veteran 40	Barnet & District AC		898		898
Jeremy Loughran	Veteran 50	U/A Stoke on Trent, Staffordshire	897			897
Ray Nuttall	Veteran 50	Lostock AC		897		897
Tom Corden	Veteran 40	U/A Nottingham,		897		897
ian lock	Veteran 40	U/A telford, shropshire		896		896
Jim Dickson	Veteran 40	U/A Bolton ,	896			896
nigel atkinson	Veteran 50	With Ale Team			895	895
Alastair Macdonald		gb bootcamps	894			894
Paul Shaw	Veteran 40	U/A Wigan, Lancashire		894		894
Mark Gallimore	Veteran 50	Dudley Kingswinford		893		893
Chris Rodger	Veteran 40	U/A Edinburgh, Midlothian			892	892
David Black	Veteran 40	Clayton Le Moors Harriers		892		892
John Field		U/A Skipton, North Yorkshire	892			892
Stephen Green		Liverpool Running Club		892		892
Adam Dunn		U/A Newcastle upon Tyne, --	891			891
Harry Vaneris		U/A London,		891		891
Gary Bonner	Veteran 50	Dudley Kingswinford Running Club		890		890
jon shard	Veteran 40	U/A manchester, lancashire		889		889
John Oakey	Veteran 40	Eden Runners			888	888
Apollo Rai		U/A Leicester, Leicestershire		887		887
Frank Mcpartland	Veteran 50	Haddington RC			887	887
Kev Illingworth		Lancs Constabulary		886		886
steven cullen	Veteran 40	U/A monton, greater manchestet	886			886
Robert Minton		Biddulph running club	885			885
Steve Cullen	Veteran 50	U/A Ellesmere Port,			885	885
John Bamforth	Veteran 50	U/A Seascale,	884			884
Justin Thornberry		All the gear no idea		884		884
Paul Dunne		U/A Kings's Lynn, Norfolk			883	883
Stuart Haigh		U/A Newcastle upon Tyne, Tyne & W	881			881
Matthew Simpson		Yorkshire Wolds Runners		880		880
Danny Smith	Veteran 50	Roundhay Runners	879			879
James Barry		U/A High Wycombe, Buckinghamshire			879	879
Mark Homer	Veteran 50	Dudley Kingswinford		879		879
Paul Robinson	Veteran 50	U/A Leeds,			879	879
Paul Carr		Biddulph running club	878			878
Gary Clarke		Oswestry Olympians	876			876
bryan Hopwood	Veteran 50	Manchester Triathlon Club			875	875
Matt Begg		DH Runners	874			874
Daniel Dunbabin		U/A Warrington, Cheshire			873	873
Jeffrey Counce		U/A Southport, Merseyside		873		873
Simon Bolton	Veteran 50	Wilmslow Running Club		872		872
Phil Dale		U/A Barrow-in-Furness, Cumbria		870		870
Andy Walch		U/A Barnsley, South yorkshire			868	868
Tom Holman		U/A Grange-over-Sands, Cumbria			868	868
Malcolm Sygrove	Veteran 40	Elvet Striders	867			867
Craig Rimmer		U/A Warrington,			866	866
Graham Schofield	Veteran 60	Chorley Harriers	866			866

Edward Gilbertson		U/A Chorley, Lancashire	865			865
Mark Swindell	Veteran 40	Horwich RMI Harriers			865	865
Merlin Duff		U/A Worcester,			864	864
Andrew Scopes		U/A Leeds,		862		862
Dev Devadason		U/A Altrincham,	861			861
Jose Bennet	Veteran 50	Jog on the tyne				861
Phil Goadby		U/A Ulverston, Cumbria		861		861
andrew fairweather		U/A preston,		860		860
Nick Winterbottom	Veteran 40	U/A Ilkley,				860
Nigel Wolstenholme		U/A Manchester,	860			860
Alexander Kington		U/A Sutton, Surrey				859
John Knowles	Veteran 60	U/A Oxford,			859	859
Alex Small		BRAT			858	858
Bastien Peyronnel		U/A Manchester,		858		858
Aaron Milojevic		Chorlton Runners	857			857
John Ward	Veteran 40	Sweat shop Running Club Castleford				857
Matthew Brown	Veteran 40	U/A Witney, Oxfordshire		857		857
Mark Twitchett	Veteran 40	U/A Leeds,				856
Richard White		U/A Knaresborough, North Yorkshire			856	856
Chris Hull		U/A Settle, North Yorkshire		854		854
arthur brenton		U/A northampton,			853	853
Pete Lashley	Veteran 40			853		853
Tom Peacock		U/A Watford, Hertfordshire	853			853
Peter Sanders		U/A Manchester,		852		852
kevin booth	Veteran 40	KTC		851		851
Mike Little	Veteran 50	Cani-sport Edinburgh	851			851
Kevin Shufflebottom	Veteran 50	Biddulph Running Club	850			850
STEVE LAYZELL	Veteran 60	U/A MILLOM,				850
Steven Craig	Veteran 40	U/A Edinburgh, Lothian			850	850
Carl Peacock	Veteran 40	n/a	849			849
Philip Evans		Balanced Performance				849
Tim Waldron		U/A Liverpool, Merseyside			849	849
Russell Lloyd		U/A Barnsley,	848			848
tom Bartram		n/a		848		848
Christopher Billington	Veteran 40	U/A Southport,	847			847
Kevin Stead	Veteran 40	U/A Kendal,			847	847
David Wright		U/A Dronfield,				846
Mark Franey	Veteran 40	U/A Prenton,			846	846
Phillip Armistead		GB bootcamp	846			846
Dave MacMillan		U/A LIVERPOOL, Merseyside	845			845
Stephen Careless	Veteran 40	U/A Carnforth, Lancashire		845		845
Steven Jackson	Veteran 40	U/A Sheffield,				845
Andre Van		U/A Edinburgh,	844			844
Craig Pemberton	Veteran 40	U/A Southport,		844		844
Dennis Cartwright		100 Marathon Club				843
Paul Weaving	Veteran 50	Cumberland Fell Runners	843			843
Alex Bennett		U/A Irlam, Lancs		842		842
ANDREW WOODS	Veteran 60	Fell Striders				842
George Paspaspyridis	Veteran 40	BMF Liverpool	842			842
Barry Lahive	Veteran 50	Proflex	841			841
Carles Martinez		U/A Leeds,				841
Lee Brogan		Milltown Rats			841	841
Mark Essery	Veteran 40	U/A Chorley,		840		840
Christopher Collis	Veteran 40	Birchfield Harriers		839		839
Peter Vince	Veteran 40	Macclesfield Harriers			839	839
Andrew Wilkinson	Veteran 50	U/A Stanley, Co Durham		838		838

Ric Jaques	Veteran 40	U/A Brampton,				838	838
Adam Bird		Bramhall Runners		837			837
Mike Boyd	Veteran 50	U/A Oldham, Lancs				837	837
Pete Lashley	Veteran 40	U/A Milnthorpe, Cumbria			837		837
Martyn Wilding	Veteran 40	U/A CHORLEY, Lancashire	836				836
David Davine	Veteran 50	U/A Glasgow,				835	835
Ty pearson	Veteran 40	U/A Clitheroe, Lancs		835			835
Andrew Mainwaring	Veteran 40	Stockport harriers		834			834
David Gilbert	Veteran 40	U/A Liverpool, Merseyside				833	833
Richard Pinches	Veteran 40	U/A Blackpool, Lancashire	833				833
steve fairclough	Veteran 50	Bramhall Runners		833			833
David Bateson	Veteran 40	U/A Chorley, Lancashire		832			832
Dave Delaney	Veteran 40	U/A Bradford, West Yorkshire		831			831
Jeremy Crate	Veteran 40	U/A Bedlington ,	831				831
Steve Lyons	Veteran 40	U/A Harrogate,	830				830
Paul Hancock	Veteran 40	U/A golborne,				828	828
Peter Lashley	Veteran 40		828				828
Alan Platts	Veteran 50	U/A Kendal, Cumbria				824	824
Ian Woods	Veteran 40	U/A Liverpool , Merseyside	824				824
Ryan Deakin		U/A York,				822	822
Stephane CATHERINE		U/A WHITLEY BAY,			822		822
Alan Pritchard	Veteran 50	Lichfield Running Club			820		820
Stuart Hardcastle	Veteran 50	Quakers R.C.	820				820
Francis Wooff	Veteran 50	Chorlton Runners	819				819
Jonathan Wood	Veteran 40	U/A Bridgnorth, Shropshire				819	819
David Wright	Veteran 50	Kendal AAC	818				818
Kevin Sutherland	Veteran 40	U/A Liverpool,			818		818
Ian Lindner		U/A Cockermouth,				817	817
Mark Rittenberg		BMF	817				817
David Frain		U/A Sheffield,		816			816
Jack Ingham		Barlick Fell Runners	816				816
Stphen Beard		U/A Thirnton, Lancashire			816		816
Michael Hogarth	Veteran 50	Unattached				815	815
Chris Corns				814			814
Raymond McNulty	Veteran 40	U/A Nocturum, Wirral				814	814
Andrew McTernan	Veteran 40	U/A Waterfoot, Lancashire	813				813
MARK BARNARD	Veteran 60	U/A HENLEY IN ARDEN, WARWICKSHIRE		813			813
Dave Roberts	Veteran 50	U/A Swanley, Kent		812			812
Stephen Davies		U/A Durham, Durham	812				812
Chris Farrimond		U/A Wigan, Greater Manchester		811			811
Stephen Robertson	Veteran 50	red rose road runners	811				811
Duncan Cowper		U/A London,				810	810
Paul Rutter		Quay City Runners	810				810
Steven Hartle		Parkside Panthers		810			810
Ian Young		Bramhall Runners		809			809
stephen heaton	Veteran 40	tri team wigan	809				809
Jamie Frankland		U/A Preston, Lancashire		808			808
Dan Holyoak		U/A Houghton Le Spring, Tyne and Wear				807	807
Bryan Waters	Veteran 40	U/A Pontypool, Torfaen	806				806
Richard Clements	Veteran 40	U/A Manchester,		806			806
Alan Davidson	Veteran 60	U/A Witney,	805				805
John Bury		U/A Colne, lancs			805		805
jeff wilson	Veteran 40	bwfac	804				804
Andy Zwolinski	Veteran 40	n/a	803				803
Christopher Gibson		Shildon Athletic				803	803
David Johnson	Veteran 50	North Shields Polytechnic Athletic Club			803		803

James Cook		Willow Foundation			802		802
Lutz Hostert	Veteran 40	U/A Leeds, West Yorkshire	802				802
Matthew Zandstra	Veteran 40	U/A Crosby, Merseyside				802	802
Adam Jeffers		U/A Wilmslow,				801	801
David Scorer		U/A North Shields, Tyne and Wear			801		801
Richard Clements	Veteran 40	U/A Manchester,	801				801
Luis Molero		U/A St boswells, Scottish borders			800		800
Peter Lewis	Veteran 40	U/A SOUTHPORT, MERSEYSIDE	800				800
Craig Norman		U/A Halifax, West yorkshire	799				799
Jonathan Moss	Veteran 40	U/A Scunthorpe,			799		799
andrew turner	Veteran 50	U/A whipsnade,	798				798
Ash Barnes		Milltown Rats			797		797
Colin Galloway	Veteran 40	U/A Hexham, Northumberland	797				797
andrew riley		U/A nelson, lancs			796		796
Mark Drummond	Veteran 40	DH Runners				796	796
stephen cheetham	Veteran 40	U/A rochdale, lancs	796				796
Trevor Ablett	Veteran 50	Low Fell		796			796
Doug Kington		U/A Merstham, Surrey				795	795
Matt McCairn		U/A St Helens, Merseyside			795		795
Michael Williams	Veteran 40	Dundee Road Runners AC		795			795
Colin Oxley	Veteran 60	Liverpool Running Club			794		794
Sean Lynn	Veteran 50	U/A Newcastle upon tyne, Tyne and	794				794
Andrew Fullard		U/A Barrow-in-Furness , Cumbria	793				793
chris grogan	Veteran 40	U/A southport, merseyside		793			793
Stephen Cruickshank	Veteran 40	U/A Formby,		790			790
derek sweeney	Veteran 50	U/A windermere, cumbria	789				789
Peter Huxford	Veteran 60	U/A York, North Yorkshire				789	789
David Horton	Veteran 50	U/A Stokesley,	788				788
Dave Candlish	Veteran 40	Saltwell Harriers	787				787
Iain Calleja		U/A Islington, London			787		787
Matt Davenport	Veteran 40	U/A Keighley,		787			787
Mark Viner	Veteran 40	Viner		786			786
Phil Smith	Veteran 40	Dudley Kingswinford Running Club		785			785
Gary Stirzaker	Veteran 50	U/A Leyland, Lancashire				784	784
Gavin Wiedman	Veteran 40	U/A Ingleby barwick,			784		784
Vinnie Allonby	Veteran 40	Black Combe		784			784
Jonathan Green	Veteran 40	U/A Bromborough, Merseyside	783				783
Michael Holmes	Veteran 40	DH Runners				783	783
Thomas Robinson		U/A Poulton le Fylde, Lancashire		783			783
Gordon Fletcher	Veteran 60	Batala Mountain Runners			782		782
Alex Cole		U/A Crowborough, East Sussex			781		781
Graham Carson	Veteran 60	U/A London,	781				781
Jefferson Gard	Veteran 40	U/A Liverpool, Merseyside	780				780
David Watt	Veteran 50	U/A Gelston, Lincolnshire			779		779
Billy Elliott	Veteran 40	U/A North Berwick,	778				778
Nicholas Peterkin	Veteran 40	U/A Manchester,			777		777
Stuart McMillan	Veteran 40	U/A Edinburgh,	776				776
Andrew Kyle		U/A Spennymoor, Durham			775		775
Sam Hall		U/A Kendal, Cumbria	775				775
steven milsom		U/A preston, lancashire		775			775
Gary Cullen	Veteran 40	U/A Manchester,	773				773
Andrew Brown	Veteran 40	Fylde Coast Runing		771			771
Brendan O'Neill	Veteran 50	U/A smethwick,			771		771
Colin Newby	Veteran 50	U/A Newcastle Upon Tyne, Tyne and	769				769
Peter Hodgson	Veteran 40	U/A Bury,		769			769
Mark Yates	Veteran 40	Beaver Lodge		768			768

ALAN JONES	Veteran 60	GARSTANG RUNNING CLUB		767		767
Dale Alltree	Veteran 40	U/A Haltwhistle,			767	767
Shaun Rowley	Veteran 40	U/A Peterlee, Durham	767			767
danny allwood		U/A accrington,		766		766
Derek Dwyer	Veteran 50	U/A Burton upon Trent, Staffordshire	766			766
David Hanson	Veteran 40	U/A Colne, Lancashire			765	765
allan renton	Veteran 50	U/A heckmondwike, west yorkshire	763			763
Oliver Brough	Veteran 40	U/A DAVENTRY, Northamptonshire		763		763
Ruairi Edwards		U/A Lichfield,			762	762
Ed Moran	Veteran 40	U/A Bristol,			761	761
Ben Brennan	Veteran 40	U/A poulton-le-fylde, Lancashire		760		760
Matthew Swann		St Helens Striders		759		759
Stephen Webster	Veteran 50	U/A Huddersfield, West Yorkshire	759			759
Peter O'Grady	Veteran 50	Red Rose Road Runners	758			758
Robert Bowen		U/A Dudley, West Midlands		758		758
Malcolm Jackson	Veteran 50	U/A Congleton, Cheshire		757		757
Michael Rafferty	Veteran 40	N/A	757			757
andrew ward		U/A carnforth,		756		756
David Lyons	Veteran 50	U/A Morecambe, Lancashire		755		755
Mark Hill		Chester Triathlon Club			755	755
oliver mathai	Veteran 60	U/A london,	755			755
Charlie Michaelis	Veteran 50	U/A Stratford-upon-Avon, Warwicks		754		754
Michael Lunan	Veteran 40	U/A Leyland, Lancashire			754	754
Glen Cropper		Tideswell Running Club			753	753
Matt Lessimore	Veteran 40	U/A Worcester, Worcestershire		753		753
Craig Allen		U/A Bolton, Lancashire		752		752
Dalby Paul		U/A Middlesbrough,	752			752
John Croxford	Veteran 50	U/A Coniston, Cumbria		751		751
Peter Hatch	Veteran 50	U/A Billingham,		750		750
Michael Graham		U/A Upton, Merseyside		749		749
matt lusardi	Veteran 40	none			748	748
Mike Swift	Veteran 50	U/A Manchester, Manchester	748			748
Craig Barrett	Veteran 50	Halifax Harriers			747	747
daron windle	Veteran 50	telford harriers	746			746
robert uttley	Veteran 40	U/A bolton, lancashire			746	746
Ian Grace	Veteran 50	Chorley Harriers		745		745
Joshua Vincent		U/A Wigan, Lancs	745			745
Neil Brannelly	Veteran 40	U/A Prescott, Merseyside			744	744
Paul Ellin	Veteran 40	U/A Stockport, Cheshire	744			744
george georgiou	Veteran 60	loughton athletic club	742			742
Stewart Pyrah	Veteran 60	U/A Manchester,		742		742
keith haywood	Veteran 60	U/A near thwing, east yorkshire	741			741
Leo Pyrah		U/A Altrincham,		741		741
Duncan Milne		U/A Peterborough,	740			740
Nigel Garratt	Veteran 40	U/A Colne, Lancashire		740		740
Neil Critchlow		U/A Stockport, Greater Manchester			739	739
Paul Fernandez	Veteran 50	U/A Manchester, Greater Manchester			738	738
Michael Davies	Veteran 40	U/A Chester, Flintshire			737	737
Alistair cropper	Veteran 50	U/A scunthorpe,	736			736
James Alderson		U/A Thornton Cleveleys , Lancashire			736	736
Ryan Gumley		U/A Poulton-le-Fylde, Lancashire		736		736
Daniel Sullivan		U/A Brampton, Cumbria			735	735
David Edwards		U/A scunthorpe,	735			735
Marcus Howell	Veteran 40	U/A Chorley, Lancashire			734	734
paul youngman	Veteran 40	Tri-Anglia		734		734
Richard Pennock	Veteran 40	U/A Bridgend,	734			734

Dilip Patel	Veteran 40	Birchfield Harriers		732			732
Nigel Pacey	Veteran 50	U/A Biggar, South Lanarkshire	732				732
Michael Letheren	Veteran 40	Fetch everyone	731				731
david oxley	Veteran 50	U/A horncastle, lincolnshire	730				730
Marc Taylor		U/A Castleford, W Yorkshire		730			730
Shawn Gibson		U/A Kendal,	729				729
Ian Stephenson	Veteran 50	U/A Swarland, Northumberland		728			728
Jim Young	Veteran 40	U/A Rochdale, Lancashire	728				728
Dave Ayre		Team Stupidity	727				727
Richard Jackson	Veteran 50	U/A Cracoe, North Yorkshire			726		726
Robbie Beak	Veteran 40	U/A Telford, Shropshire		726			726
steve jobson	Veteran 40	yoga-spirit international		725			725
Iain Robertson	Veteran 50	Pitreavie AAC			724		724
Marc Gordien		U/A Manchester,		724			724
Damian Worsley	Veteran 50	U/A Southport, Merseyside	723				723
Matthew Derrick		U/A Cottingham,			723		723
Richard Marsh	Veteran 40	U/A Wrexham,		723			723
Andrew Smith	Veteran 40	Ryston runners		722			722
phillip brierley	Veteran 40	U/A Blackpool, Lancashire	722				722
Chris Wilson	Veteran 50	Hardley		721			721
Clive Briscoe	Veteran 50	U/A Altrincham, Cheshire			721		721
Sean Mcgleenan	Veteran 50	Dumfries running club	721				721
GARETH TOSH	Veteran 50	U/A Halifax,	720				720
John Grey	Veteran 40	U/A Whitley Bay, Tyne and Wear			720		720
Danny Tarbuck		U/A Standish, lancashire		719			719
Ian Grey	Veteran 40	U/A Whitley Bay, Tyne and Wear			719		719
Karl Alldred	Veteran 40	Spectrum Striders RC	719				719
John Heap		U/A Chester, Cheshire	718				718
Glyn Hodgson		U/A Lancaster ,			717		717
Steve Slater	Veteran 40	U/A Liverpool, Merseyside	717				717
Asa Fitzgerald		U/A south shields,		716			716
alastair Clay		U/A Staveley,	715				715
nigel mabbs		U/A woodlesford,			714		714
David Chalmers	Veteran 60	U/A Symington, Lanarkshire	713				713
Jonathan Manners		U/A Crowborough , East sussex			713		713
Warren Hartley	Veteran 40	U/A Blackpool, Lancashire		713			713
Alex Newton		U/A Newcastle Upon Tyne, Tyne and	712				712
Ian Cunningham	Veteran 50	Sphinx AC	711				711
Edwin Arthur	Veteran 50	U/A High Wycombe, Buckinghamshir	710				710
gary deeming	Veteran 50	unattached		710			710
joe docherty	Veteran 40	U/A denton, manchester	709				709
Chris Smart		U/A Halifax,			707		707
Michael Jeffryes	Veteran 40	Red Rose Runners		707			707
John ellis	Veteran 40	U/A Durham,	705				705
Richard Watson	Veteran 40	U/A Allithwaite, Cumbria		705			705
Stephen Cummins	Veteran 50	U/A Bolton,			705		705
Michael Harrison		U/A Southport,		704			704
stefan wood		U/A York,	704				704
Dario Mezzullo		Border Reivers			703		703
David Bright	Veteran 50	U/A Chester- le- Street., Co. Durham	703				703
Steven Robinson	Veteran 60	U/A Poulton le Fylde, Lancashire		703			703
Richard Young	Veteran 40	U/A Malmesbury, Wiltshire		702			702
David Marshall	Veteran 50	Team Stupidity	701				701
Mark Price	Veteran 40	U/A Leeds, West Yorkshire			701		701
Martin White	Veteran 50	U/A Carlisle, Cumbria	700				700
Mike Potts	Veteran 40	U/A Stockport, Cheshire			700		700

william hargreaves	Veteran 50	U/A bolton,		700		700
Dave Eatough	Veteran 40	U/A Stockport, Cheshire			699	699
James Andrews	Veteran 40	U/A Skipton, North Yorkshire	699			699
Kevin Mather	Veteran 50	Lymm runners	697			697
Thomas Salvini		U/A Warrington,	695			695
Nirav Prajapati		U/A London,	694			694
Tom Mellor		U/A Huddersfield,		694		694
Laurence Hodiernne		U/A Nottingham, Nottinghamshire	693			693
Christopher Glossop	Veteran 40	U/A Chesterfield, Derbyshire			692	692
Dan Cowell		U/A Balmain, New South Wales		692		692
Ben Keegan		U/A Sale,			691	691
Kenny Mcdonald	Veteran 40	U/A Bolton,	690			690
Simon Alexander		U/A manchester, -----			690	690
Jeff McCarthy	Veteran 40	Rochdale Harriers			689	689
Andrew Wood	Veteran 40	U/A Leigh, Lancashire	688			688
Gary Carlile	Veteran 40	Nuneaton Harriers		686		686
steve arnold	Veteran 50	U/A lichfield, staffs	686			686
Richard Hall		U/A Belmont,	685			685
john long	Veteran 50	east hull harriers		684		684
PAUL DENYER	Veteran 40	St Bees Triers	684			684
Gary Spriggs	Veteran 40	U/A St.Helens, Merseyside	683			683
Chris Chew	Veteran 40			682		682
Paul Carr	Veteran 60	st helens striders	682			682
Shaun Joughin	Veteran 40	U/A Guisborough, Redcar and Cleveland			682	682
Matt Dunn		Orchard Eagles	681			681
Jeremy Davis		U/A Leeds,	680			680
Jonathan Downs		U/A Preston,		680		680
Dominic Coleman		U/A Manchester,		679		679
Matthew Smith-Lilley		U/A Leicester, Leicestershire		678		678
Michael Parkes	Veteran 50	U/A Darlington , County Durham	678			678
ian grimshaw	Veteran 50	U/A ingleton, lancs			677	677
Paul Keegan	Veteran 40	U/A Liverpool,		677		677
Philip Britton	Veteran 50	U/A High Wycombe, Buckinghamshir	677			677
Andy Whittam	Veteran 50	Quaker running club	676			676
Charles Satterly	Veteran 40	Lancaster & Morecambe A/C			676	676
philip wright	Veteran 50	U/A Teddington, Middx		676		676
Chris Duggan		U/A Northallerton, North Yorkshire	675			675
Martin Moore	Veteran 50	Stafford Harriers			675	675
Clive Shaw	Veteran 50	U/A Liverpool,		674		674
David Cassels	Veteran 50	Rocktart Runners	674			674
Kev Kendal	Veteran 40	Howgill Harriers	673			673
Mark Buckingham		U/A Barrow in Furness, Cumbria		673		673
Steven Slaney	Veteran 40	Fylde Tri Club			673	673
Lee Mathison		U/A Preston, Lancashire		672		672
Andy Fisher	Veteran 40	St Helens Striders			671	671
John Bide	Veteran 50	UKnetrunner	671			671
Mark Curran Jnr	Veteran 40	U/A Liverpool,		671		671
Lee Hughes		U/A Lancaster ,			670	670
Michael Murray	Veteran 40	U/A hartlepool, cleveland		670		670
Jim Elrick	Veteran 50	U/A Glasgow,	669			669
simon jones	Veteran 40	U/A sawbridgeworth, herts			669	669
Steve Green		U/A Cockermouth , Cumbria		669		669
Matt Ward	Veteran 40	U/A Manchester, Manchester	668			668
Tom Wilson		U/A York,			668	668
Tristan Reid	Veteran 40	Carlisle Tri Club			667	667
jim johnson	Veteran 40	U/A sheffield, south yorkshire			666	666

Alec Cottrill	Veteran 50	Burnden Road Runners			665		665
Ian Rowlands		U/A Burntwood, Stafs			665		665
Sam Thornburn		U/A Wigton, Cumbria	665				665
Andy Johnson	Veteran 50	U/A Wigton, Cumbria	664				664
Paul Wilson	Veteran 40	U/A Driffield, East Yorkshire			664		664
Glen Wiedman		U/A Carlisle,			663		663
Thomas Walker		Team Sixteen			663		663
William Forsyth	Veteran 40	U/A Dalbeattie, Dumfries and Galloway	663				663
Andrew Woodhead		U/A Preston, Lancashire			661		661
ian mclean		U/A newton-le-willows, Merseyside			661		661
Lee Hardwick	Veteran 40	U/A Workington, England	660				660
Richard Mackey		U/A Ingleby barwick,			660		660
Mike Churchyard	Veteran 40	Heathfield Road Runners			659		659
john wiseman	Veteran 50	U/A poynton, cheshire			657		657
michael straker	Veteran 50	U/A newcastle upon tyne, tyne and wear			656		656
vincent holme	Veteran 40	Batala Drummers			656		656
Paul Shier		Swinton Running Club			655		655
ian jones	Veteran 40	U/A blandford forum, dorset			654		654
Stephen Fahy		U/A London,			654		654
James Robinson		U/A Chorlton-Cum-Hardy, Manchester			653		653
johnny wild	Veteran 50	lytham st annes RRC			653		653
Anthony Fahy		U/A Earlsfield, London			652		652
steve beckett		U/A oswestry,	652				652
Mike Scott	Veteran 50	U/A Stockton on Tees,			651		651
Paul Eggleston	Veteran 50	U/A Harrow,	651				651
Sean Backhouse	Veteran 40	U/A Selby, North Yorkshire			651		651
Dale Berry		U/A Nelson, Lancashire			650		650
mark everington	Veteran 60	U/A hebden bridge, yorks			649		649
Paul Haydon	Veteran 50	F.R.A.			648		648
Phil Benn	Veteran 40	U/A Manchester, Lancashire			648		648
Emmett Graham	Veteran 50	U/A Warrington, cheshire			647		647
Nick Haslam	Veteran 40				646		646
Russell Powell	Veteran 40	U/A Tadley, Hants			645		645
Andrew Hunt	Veteran 40	U/A Bury,			644		644
Gerard Conway	Veteran 50	U/A Blackburn,			643		643
Michael Abram		Milltown Rats			639		639
Neil Wold		U/A Ashington, Northumberland			637		637
Alex Boakes	Veteran 40	U/A Hengoed, Caerphilly			636		636
Iain Wood	Veteran 40	U/A Ormskirk, Lancashire			635		635
Paul Hodgson		Monkey Runner			634		634
Ben Coniglio		Milltown Rats			631		631
Paul Griffin		U/A Cambridge, Cambridgeshire			629		629
David Stretton		U/A Carlisle ,			627		627
David Williamson	Veteran 40	Swinton RC			625		625
Lee Ford		U/A Stakeford, NORTHUMBERLAND			624		624
STUART ADAMSON	Veteran 60	U/A BRADFORD, WEST YORKSHIRE			620		620
Paul Coldham	Veteran 50	U/A Keswick, Cumbria			619		619
Ron Leary	Veteran 40	U/A Hull,			618		618
James Chappell	Veteran 40	U/A Cottingham,			617		617
Peter Whiteside	Veteran 60	U/A Bolton,			616		616
Dirk Etgeton	Veteran 40	U/A Rommerskirchen, Germany			614		614
Mark Kurton		U/A Highnam, Gloucestershire			612		612
Michael Statham	Veteran 70	U/A Biddulph, Staffordshire			611		611
dinesh patel	Veteran 50	U/A preston, lancashire			607		607
neil fellows	Veteran 40	gainsborough and morton striders			603		603
Anthony Barnes		U/A London,			601		601

