

### Puma Lakeland Trails Series 2009 Results Men

Name	Club	Category	Hawkshead	Garburn	Derwent	Coniston	Total
MCGRATH, John	Worthing Striders	Vet 40 Men	488	595			1083
WALSH, Richard	Worcester Athletics Club		487	591			1078
WATHAN, Paul	Unattached - Liverpool	Under 21 Men	482	596			1078
MORRAN, Stephen	Northern Vets	Vet 50 Men	483	593			1076
BREWSTER, Roger	Clayton le Moors Harriers	Vet 50 Men	485	589			1074
O'DONNELL, Brian	Bellahouston Road Runners		478	588			1066
METCALF, Alan	Preston Harriers	Vet 40 Men	475	590			1065
MCALOON, Robert	Evenwood Road Runners	Vet 50 Men	480	578			1058
WILLIAMS, Andy	Blackpool Wyre and Fylde	Vet 40 Men	479	573			1052
LEARY, Paul	Rochdale Harriers	Vet 40 Men	470	581			1051
HOLDSWORTH, Breton	Unattached		468	582			1050
POLITO, Giles	Bridgedale		473	568			1041
IRELAND, Stephen	Unattached		458	577			1035
STEAD, Paul	Northbrook Athletics Club		447	576			1023
BAMBER, Ian	Spectrum Striders	Vet 40 Men	459	562			1021
BARK, Stephen	Unattached - Horncastle		467	547			1014
ABBOTT, Phil	Long Eaton Running Club		454	557			1011
TREITL, Nick	Unattached - Barnoldswick		461	549			1010
PINDER, Graham	Glaxo Hoad Hill Harriers	Vet 50 Men	445	560			1005
EDWARDS, Tim	Stockport Harriers	Vet 40 Men	452	551			1003
HIBBERT, Martin	Unattached - Billington	Vet 40 Men	436	558			994
SEAR, John	Unattached - Lancaster		429	555			984
EVERARD, Gordon	Lancaster and Morecombe AC	Vet 50 Men	440	540			980
COOPER, Nicholas	Shelton Striders	Vet 50 Men	446	532			978
BURTON, David	Keswick Athletics Club	Vet 40 Men	434	543			977
PARRY, David	Unattached - Altrincham		425	550			975
WOOD, Kevin	Unattached - Chester	Vet 50 Men	444	531			975
HARDING, Chris	Bridgedale	Vet 50 Men	423	533			956
POIRRETTE, Jonathan	Unattached - Windermere	Vet 40 Men	415	541			956
BOWEN, Ryan	Unattached- Burscough		426	509			935
FORSTER, Timothy	Saltwell Harriers	Vet 50 Men	411	521			932
GIBSON, Mark	Unattached - Whitehaven		418	505			923
BARRETT, Martin	Unattached - Stockton-on-Tees		409	513			922
HOPE, Clive	Unattached - Hyde	Vet 50 Men	399	518			917
GREY, Roger	Cumberland Fell Runners	Vet 50 Men	389	524			913
WARD, Jolly	Bridgedale		398	508			906
STEFFEN, Clive	Unattached - West Hadden	Vet 40 Men	382	523			905
CONROY, Phil	Unattached - Derby		386	511			897
BRAITHWAITE, Mark	Unattached - London		430	466			896
BRADLEY, Gary	Unattached - Barnoldswick	Vet 40 Men	439	454			893
LUND, Jamie	Unattached - Kendal		400	488			888
SCHOFIELD, Graham	Chorley Harriers	Vet 50 Men	374	507			881
COLE-JONES, Dylan	Skelmersdale Boundary Harriers		351	526			877
BROWN, Steve	Unattached - Windermere	Vet 40 Men	359	514			873
CHRISP, Paul	Unattached - Tarporley	Vet 40 Men	380	479			859
ROBERTS, Guy	Mossley Hill Athletics Club		291	567			858
QUAYLE, Roger	Barrow and Furness Striders	Vet 50 Men	361	496			857
FORTUN, Phil	Unattached - Barlaston		371	482			853
Damian	Sale Harriers		408	444			852
PYPER, Stuart	Unattached - Wigton	Vet 40 Men	457	394			851
STEPHENSON, Les	Kendal Amateur Athletic Club	Vet 60 Men	376	473			849
BREWSTER, Trevor	Unattached - Leeds	Vet 50 Men	364	476			840
BURROWES, Stephen	Kendal Amateur Athletic Club	Vet 40 Men	349	484			833
CARPENTER, Peter	Unattached - Ellsmere Port	Vet 40 Men	348	480			828
GOULDING, Ian	Unattached	Vet 40 Men	319	502			821
CANNING, Chris	Unattached - Aberystwyth		367	452			819
HORNE, Ian	Eden Runners	Vet 40 Men	355	463			818

BURNS, Graeme	Unattached - Congleton	Vet 40 Men	339	475		814
WOODWARD, Rob	Unattached - Kendal		322	485		807
MCDONALD, Paddy	Haddington Pacemakers	Vet 50 Men	335	471		806
George	Unattached - St Bees		345	458		803
LEE, Christopher	Unattached - Prescot		310	490		800
BUTHCER, Richard	Unattached - York	Vet 40 Men	385	405		790
HOLLIGAN, Will	Allithwaite and District RC	Vet 40 Men	330	457		787
FLYNN, Graham	Roby Runners	Vet 40 Men	332	448		780
LAKER, Stephen	Unattached - Preston	Vet 40 Men	323	451		774
AKRIGG, Stan	Unattached - Kendal	Vet 50 Men	312	456		768
HANSON, Philip	Unattached - Leyland		293	474		767
LEATHERAN, Andy	Unattached - Kendal	Vet 40 Men	300	465		765
NEWSTEAD, Peter	Unattached		321	441		762
SUTTON, Andrew	Unattached - Whitehaven		340	418		758
JONES, Mike	Unattached - Barrow-in-Furness		313	432		745
MACKENZIE, Colin	Unattached - Wolverhampton	Vet 50 Men	294	442		736
JAMES, David	Unattached - Kendal	Vet 40 Men	308	426		734
HUGGONSON, Steve	Unattached - Kendal		334	397		731
DAVIDSON, Philip	Preston Harriers	Vet 40 Men	352	378		730
STEELE, Trevor	Unattached - Lancaster		287	434		721
LARSSON, Charles	Unattached - Ashley	Vet 40 Men	298	421		719
RENTON, Chris	Lauder Limpers	Vet 40 Men	295	407		702
SHUTTLEWORTH, Mark	Lostock Athletics Club	Vet 40 Men	256	446		702
ROBERTS, Adrian	Lostock Athletics Club	Vet 40 Men	257	429		686
NEATE, David	Unattached	Vet 40 Men	267	417		684
WILKINS, Roger	Unattached - Kendal	Vet 60 Men	286	396		682
BOND, Leon	Unattached - Birmingham	Vet 40 Men	284	395		679
HANLON, Robert	Unattached - Windermere	Vet 50 Men	248	430		678
ROCHE, Paul	Merseyside Police	Vet 40 Men	262	415		677
ROBINSON, Dave	Unattached - Kendal		219	440		659
LEAFE, Richard	LDNPA		242	402		644
LAW, Michael	Unattached	Vet 60 Men	271	371		642
HENDERSON, Colin	Helm Hill Running Club	Vet 40 Men	232	404		636
STURGESS, Philip	Trail Runners Association	Vet 40 Men	226	406		632
BAKER, Ian	Unattached - Stockport	Vet 50 Men	213	410		623
SORRIGAN, David	Unattached		259	357		616
HIGGINS, Philip	Unattached - Windermere	Vet 40 Men	212	391		603
ELSENDER, Neil	Unattached	Vet 40 Men	225	377		602
DEEGAN, Jon	Ambleside Athletics Club	Vet 40 Men		600		600
CHIPPENDALE, Mark	Bowland Rell Runners	Vet 40 Men		599		599
SANGER, Phil	Epsom & Ewell Harriers			598		598
CHESTER, Neil	Loftus and Whitby AC			597		597
SMITH, Thomas	Killmarsh Kestrels			594		594
MURRAY, Will	Durham University	Under 21 Men		592		592
HUSSON, Sylvain	Stainland Lions Running Club			587		587
MCKENNA, Michael	Dallam Running Club	Vet 50 Men		586		586
BOWNESS, Anthony	Unattached - Staveley			585		585
HODGKINSON, Steven	Unattached - Milton Keynes			584		584
HARDY, Stephen	Loftus and Whitby AC			583		583
CLARKSON, Mark	Unattached			580		580
SMEETON, Nick	Unattached - London			579		579
DEVITT, Stephen	Billingham Marsh House Harriers	Vet 50 Men	162	416		578
DOUGLAS, Dave	Unattached - Frodsham	Vet 40 Men		575		575
STANWAY, Simon	Barrow and Furness Striders	Vet 40 Men		574		574
WILLIAMSON, Robert	Loftus and Whitby AC	Vet 40 Men		572		572
AITKEN, Terry	Ambleside Athletics Club	Vet 40 Men		571		571
POPE, Tom	Unattached - Clitheroe			570		570
STUART, Andrew	Dark peak Fell Runners			569		569
BERRY, Alan	Unattached - St Helens	Vet 40 Men	203	365		568

CLAYTON, Peter	Vale Royal Athletic	Vet 40 Men		566		566
COLLIGAN, Neil	Unattached			565		565
CRUICKSHANK, Stephen	Formby Runners	Vet 40 Men	220	344		564
MILNES, David	Bogotters	Vet 40 Men		564		564
PARKIN, David	5 Regt RA Wksp			563		563
LYMER, Peter	Droitwich Athletics Club	Vet 50 Men	231	331		562
HERBERT, Thomas	Loftus and Whitby AC			561		561
MARSHALL, Alan	Eden Runners	Vet 50 Men		559		559
HUNTER, Ian	Kimberley and District Striders			556		556
EDGE, Michael	Wesham Road Runners	Vet 40 Men		554		554
KING, Steve	Unattached - Hereford			553		553
COOPER, Frank	Hereford & Worcester Fire Service			552		552
ADAMSON, George	North Shields Polytechnic AC	Vet 50 Men	187	362		549
BELL, Stuart	Kendal Running Club	Vet 50 Men	173	375		548
SEWARD, Christopher	Unattached - Carlisle			548		548
LAUD, Pete	Trail Runners Association			546		546
NORGATE, K	Wye Valley Runners	Vet 40 Men		545		545
KIRBY, Rich	Unattached - Morporth			544		544
MUIR, Alasdair	Unattached			542		542
DENTON, Mark	Unattached - Sheffield	Vet 40 Men	157	384		541
SWEENEY, Derek	Low Wood	Vet 50 Men		539		539
DARWELL, Mike	Unattached - Carnforth			538		538
SERVICE, Douglas	Unattached - Burnley	Vet 40 Men	171	366		537
WOOLLEN, Rob	Rob Woollen Personal Training			537		537
HADDINGTON, Jason	Dallam Running Club		183	353		536
SMYTH, Colin	Unattached - Ormskirk			536		536
WRIGHT, Alex	Unattached - Kettering, Surrey	Vet 40 Men		535		535
HIGGINS, David	Unattached - Leigh			534		534
YOUNG, Mark	Wetherby Runners	Vet 40 Men		530		530
DUFFIELD, Neil	Loftus and Whitby AC	Vet 40 Men		529		529
BENNETT, Richard	Unattached - Felixstowe	Vet 50 Men		528		528
DOWTY, John	SLOW	Vet 50 Men		527		527
CLIVES, Peter	Unattached - Kendal	Vet 40 Men		525		525
SMITHHURST, Wayne	Ripley Running Club			522		522
STANHOPE, Paul	Unattached - Bradford	Vet 40 Men		520		520
CLIFFORD, Henry	Unattached - Keswick			519		519
MCMILLAN, Ian	Unattached	Vet 40 Men		517		517
JONES, James	Unattached - London			516		516
TEARE, John	Unattached - London			515		515
LAWRENCE, Andy	Unattached - keighley	Vet 40 Men	169	345		514
CLANCY, Simon	Unattached - Worcester		176	337		513
MCLACHLAN, Duncan	Unattached - Birmingham		158	355		513
DOUGLAS, Andrew	Unattached - Kendal			512		512
LEWIS, John	Cumberland Athletics Club	Vet 50 Men	164	347		511
GARDNER, Tony	Unattached - Pontefract	Vet 40 Men		510		510
COWARD, Paul	Allithwaite and District RC	Vet 50 Men	155	351		506
THORP, William	Unattached - London			506		506
TROUP, Mike	St Edmunds Pacers	Vet 50 Men	3	503		506
WOODRUFF, Stephen	Tunbridge Wells Harriers	Vet 40 Men		504		504
SUMNER, Paul	Unattached - Bolton	Vet 40 Men	136	367		503
ARMSTRONG, Damian	Unattached	Vet 40 Men		501		501
ELLIS, Ron	Unattached - Ellon	Vet 40 Men		500		500
HENEZHAN, John	Pudsey & Bramley AC, Leeds		500			500
BROWN, John	Salford Harriers		499			499
MCCARTHY, Peter	Wirksworth Running Club	Vet 40 Men		499		499
PORTER, Tim	Unattached - London			498		498
ROSCOE, Martin	Leeds City	Vet 40 Men	498			498

MADDAMS, Russell	Horwich RMI Harriers		497			497
SALTHOUSE, Daniel	Unattached - Sheffield			497		497
BELL, Stewy	Chester Le Street AC	Vet 40 Men	496			496
CHATTERTON, Gavin	Leeds City		495			495
VAUGHAN, Frank	Meirionnydd Running Club	Vet 50 Men		495		495
KENNY, Triss	Skipton AC	Vet 40 Men		494		494
KRAFT, James	Scarborough Athletics Club	Under 21 Men	494			494
CRAGGS, Tom	Mornington Chasers		493			493
KOLEBUK, David	Unattached - Langley Mill	Vet 40 Men		493		493
GILLMAN, Darren	Spa Striders		133	359		492
SHUTTLEWORTH, Stuart	Ambleside Athletics Club	Vet 40 Men	492			492
WOOD, Dan	Unattached - Gloucestershire			492		492
FRY, Stephen	Bingley Harriers	Vet 40 Men	491			491
METHLEY, Roy	Unattached - Cardiff			491		491
STEIXNER, Philipp	Stadium Runners		490			490
BINGHAM, Graham	Northumberland Fell Runners	Vet 40 Men		489		489
HARRISON, Peter	Unattached - Carlisle	Under 21 Men	489			489
MEES, Steve	Unattached - Kendal	Vet 50 Men	138	349		487
PUDSEY, Simon	Unattached - Askam-in-Furness	Vet 40 Men		487		487
DAVIES, Alex	Unattached - Penrith		486			486
SMITH, Christopher	Sleaford Town Runners	Vet 40 Men		486		486
KENDAL, Kev	Trail Runners Association		149	336		485
SUTOR, Ken	Cheshire Hash House Harriers		484			484
PRICE, Martin	Unattached - Derby			483		483
MOONEY, John	Macclesfield Harriers	Vet 40 Men	481			481
STANTON, Andy	Unattached - London	Vet 40 Men		481		481
RANK, Nicholas	Lincoln Wellington AC	Vet 50 Men		477		477
ROSS, Jeffrey	Northumberland Fell Runners	Vet 40 Men	476			476
STILL, Ben	Unattached - Ilkley		474			474
GRAHAM, Peter	Unattached - Aspatria		119	354		473
CLARKSON, Mark	Unattached		472			472
JONES, Gary	Bolton United Harriers	Vet 40 Men		472		472
WHEELER, James	Unattached - Alderley Edge		471			471
JOHNSON, Huw	Lancaster and Morecombe AC			470		470
KRAFT, Ted	Scarborough Athletics Club	Vet 50 Men	469			469
SHAW, Graham	Bolton United Harriers	Vet 50 Men		469		469
MCPARTLAND, Frank	Haddington Pacemakers	Vet 50 Men		468		468
ROSEN, David	Lancaster and Morecombe AC	Vet 50 Men	154	314		468
HOOTON, Simon	Unattached	Vet 40 Men		467		467
HATTON, Chris	Unattached		466			466
BARTON, Daniel	Unattached - Keswick		465			465
LYGATE, David	Unattached - Manchester		464			464
SIZE, Lee	Unattached - Liverpool			464		464
HELLEWELL, Jez	Ilkley Harriers		463			463
ORR, Robin	Unattached - Cockermouth		462			462
SKYER, Ian	Roby Runners	Vet 40 Men		462		462
BOWEN, Andy	West 4 Harriers	Vet 40 Men		460		460
LANE, Jon	Unattached - Oldham		460			460
COATES, John	Unattached - Skipton	Vet 40 Men		459		459
PATON, David	Unattached	Vet 40 Men	86	373		459
SHAW, Clive	Unattached - Liverpool	Vet 50 Men	128	329		457
HESKETH, Anthony	Horwich RMI Harriers	Vet 60 Men	456			456
ASHWORTH, David	Lostock AC	Vet 50 Men		455		455
O GRADY, Neal	Mornington Chasers		455			455

CRAWFORD, Rod	Lockers Pacemaker	Vet 40 Men	103	350		453
GREENOUGH, Craig	Blackburn Harriers		453			453
HENDERSON, Jon	Stubbington Green AC			453		453
SHARPLES, Ian	Wesham Road Runners	Vet 40 Men	451			451
GRIFFITHS, David	Unattached - Harrogate	Vet 50 Men	450			450
PAULUS, Stephane	Unattached - Liverpool			450		450
FLETCHER, Gordon	Fell Runners Association	Vet 60 Men		449		449
THOMPSON, Peter	Clayton Le Moors Harriers	Vet 40 Men	449			449
DAVIES, Alun	Unattached - Leeds	Vet 40 Men	96	352		448
STEWART, David	Crawley		448			448
LOCKWOOD, David	Unattached - Barnsley		104	343		447
THOMPSON, Jeremy	Unattached - London			447		447
PLATTS, Sam	Unattached - Cropston			445		445
CUMINS, David	BMF Brighton		443			443
WOOD, Philip	Unattached - Dewsbury			443		443
HUGHES, Derek	East Cheshire Harriers	Vet 40 Men	442			442
HUNTER, Ian	Unattached - Nottingham		441			441
TURNER, Christian	Unattached - Heywood		107	334		441
DEWAR, Stewart	Wye Valley Runners			439		439
SINNOTT, David	Saddleworth Runners Club	Vet 60 Men	113	326		439
HARTHAN, Stephen	Mossley Hill Athletics Club		438			438
TUCKER, Nolan	Unattached - Yorkshire			438		438
FOLLET, Richard	Unattached - Ryton		437			437
SHERMAN, Kevin	Unattached - London			437		437
SHEA, Phil	Unattached, Kendal	Vet 50 Men		436		436
BENNETT, Russell	Unattached - Wilmslow			435		435
CHARLESWORTH, Ian	Penistone Footpath Runners & AC	Vet 40 Men	435			435
JARDINE, Howard	Unattached - Felsted	Vet 50 Men	433			433
WIELAND, David	Unattached - Cambridge			433		433
COSTIN, Glenn	East Cheshire Harriers		432			432
DURSTON, Michael	Unattached - Saltburn	Vet 60 Men	76	356		432
ROBSON, Dave	Elvet Striders	Vet 50 Men	147	285		432
JENKINS, Chadlea	Unattached - Bedford		83	348		431
MCMILLAN, Angus	Unattached - Whitehaven	Vet 40 Men	431			431
ROBINSON, Graham	Unattached - Sutton Coldfield	Vet 40 Men		431		431
CLARKE, Gavin	Unattached - Manchester		97	333		430
ROTHERA, Anthony	Unattached - Windermere	Vet 40 Men	91	338		429
BERTENSHAW, John	Wesham Road Runners	Vet 50 Men		428		428
KIRBY, Rich	Unattached - Morporth		428			428
PLANT, David	Unattached - Poulton-le-Flyde	Vet 40 Men	159	269		428
ANCKETILL, Jeremy	Unattached - Brampton	Vet 50 Men		427		427
RENDER, Paul	Harrogate Harriers	Vet 50 Men	427			427
PRESTRIDGE, Jeff	Serpentine Running Club	Vet 50 Men		425		425
FLEETWOOD, Paul	Unattached - Manchester		424			424
MOORHOUSE, John	Unattached - Lymm	Vet 50 Men		424		424
LAMPLOUGH, George	Staffordshire Moorlands	Vet 40 Men		423		423
SMITH, Ian	Harmeny Athletics Club	Vet 40 Men		422		422
MALE, Les	Unattached - Loughborough	Vet 40 Men	93	328		421
ROTHERHAM, Neil	Unattached - Nottingham	Vet 40 Men	421			421
CARRICK, Ian	Unattached - Penrith, Cumbria		420			420
WRIGHT, Paul	Unattached	Vet 40 Men		420		420
HUNTER, Jamie	Unattached - Leigh		419			419
SPRAWSON, Mark	Bournville Harriers			419		419
METCALFE, Anthony	Mossley Hill Athletics Club	Vet 50 Men	417			417
FOSTER, Richard	Abbey Runners		416			416

HORNBY, Colin	Unattached - Liverpool	Vet 40 Men		414		414
WILCOX, Paul	Stonehurst Premier		414			414
ALMOND, Dave	Unattached - Dewsbury		413			413
HODGSON, Kevin	Unattached - Holmrock			413		413
MCLEOD, Tim	Unattached - London			412		412
QUINN, Martin	Chorley Harriers		412			412
GARDINER, Blair	Prestatyn			411		411
MILLER, Alastair	Unattached - Liverpool	Vet 50 Men	114	297		411
HORAN, Mick	Holcombe Harriers		410			410
WARD, Stephen	Unattached - Liverpool			409		409
WILLIAMS, Dave	NYCAA	Vet 40 Men		408		408
FARRINGTON, Paul	Unattached - Ambleside	Vet 40 Men	407			407
PURSER, Nick	Unattached - London		406			406
TOLLITT, John	Unattached - Newcastle	Vet 40 Men	405			405
SIMISTER, Mathew	Unattached - Northwich		404			404
BOLD, Peter	Unattached - Rotherham	Vet 40 Men		403		403
HOCKING, Zack	Unattached - Altrincham		403			403
CARDEN, Richard	Unattached - Cockermouth	Under 21 Men	402			402
DICKSON, Kevin	Warrington Road Runners			401		401
GREY, Russell	Unattached - Higher Bebington		401			401
BASTOW-COULTISS, James	Unattached - Brampton			400		400
PARKER, Graham	Unattached - Kendal	Vet 40 Men		399		399
TOMKINSON, Andrew	Rochdale			398		398
GIDDINGS, Joel	Valley Striders		397			397
JOHNSON, Huw	Lancaster and Morecombe AC		396			396
WELSH, Ewan	Ilkley Harriers	Vet 40 Men	395			395
MCGRATH, Euan	Stubbington Green AC	Vet 40 Men	394			394
LIPINSKI, Kai	Newcastle Staffs AC	Vet 40 Men		393		393
SUMSION, Chris	Unattached - Newcastle	Vet 40 Men	393			393
ROSE, Glyn	Unattached - Kendal	Vet 40 Men		392		392
SIMPSON, Mark	Unattached - Warrington		392			392
HIGHAM, Nick	Unattached - Lancaster	Vet 40 Men	391			391
DAVIES, Rob	Unattached - Glossop		390			390
TURPIN, Simon	Unattached - Stockport			390		390
CONNOLLY, Pete	Unattached - Chester	Vet 40 Men		389		389
MODEN, Liam	Unattached - Hasslingden	Vet 40 Men	46	342		388
O'BRIEN, Mark	Unattached - Manchester			388		388
WALKER, Mark	Rochdale Harriers	Vet 40 Men	388			388
THURLBECK, Jeff	Unattached	Vet 40 Men	387			387
TOWERS, Stuart	Unattached - Winchester			387		387
LEE, Greg	Wigan Pheonix	Vet 50 Men		386		386
GERRARD, Stephen	York Postal Harriers	Vet 50 Men	69	316		385
SMITH, David	Unattached - Manchester	Vet 40 Men		385		385
BURTHEM, John	Unattached - Bolton	Vet 40 Men	384			384
FENTON, Terry	Great Western Runners	Vet 40 Men		383		383
SMITH, Glyn	Cambridge & Coleridge AC	Vet 60 Men	383			383
COOPER, Geoff	Unattached - Formby	Vet 60 Men		382		382
INNES, Bob	Penistone Footpath Runners & AC	Vet 50 Men	381			381
SAMUELSON, Peter	Spectrum Striders	Vet 60 Men	70	311		381
HOGAN, Mick	Eccles Hill Road Runners	Vet 40 Men		380		380
MISSIONS, William	Eye Community Runners		379			379
SUTTON, Robert	Unattached - Bradford	Vet 40 Men		379		379
CARVER, James	Aycliffe AC		378			378
GARNETT, Nigel	Kendal Running Club	Vet 50 Men	377			377

STOKES, Simon	Unattached - Bristol	Vet 40 Men		376		376
BAMBER, Daniel	East Cheshire Harriers		375			375
WRIGHT, Jeremy	Unattached - keighley	Vet 40 Men		374		374
ALLAN, Stuart	Dallam Running Club	Vet 40 Men	373			373
CHILDS, Iain	Unattached - Kendal	Vet 40 Men	372			372
LUND, Chris	FRANCE - Paris			372		372
HALLWORTH, Martin	Unattached - Warrington	Vet 50 Men		370		370
SISSON, William	Unattached - Grange-Over-Sands		370			370
BEECROFT, Phil	Unattached - Kendal		369			369
COCKBURN, James	Unattached - Putney	Vet 40 Men		369		369
BROADLEY, Peter	Unattached		368			368
CLEARY, Paul	Unattached - Alsager, Cheshire	Vet 40 Men		368		368
LINDLEY, Tom	Unattached - Huddersfield		366			366
CULLEN, Brian	Unattached - Harrogate		365			365
GOMEZ MORENO, Juan Manuel	Unattached - London			364		364
GRESHAM, Kit	Unattached - Harrogate		363			363
HORNBY, Colin	Unattached - Liverpool	Vet 40 Men		363		363
ELLIS, Ian	Unattached - Eilon	Vet 40 Men	362			362
SCOTT, Tony	Clayton le Moors Harriers	Vet 50 Men		361		361
FABIAN, Iain	Unattached - Liverpool	Vet 40 Men		360		360
STEELE, David	Unattached - Ormskirk		360			360
LADOCHA, David	Unattached - Huddersfield	Vet 50 Men	358			358
PITTS, Andy	Unattached - Manchester	Vet 40 Men		358		358
STICKLEY, Simon	Unattached - Preston, Lancashire		357			357
STAINES, Keith	Unattached - South Shields	Vet 40 Men	356			356
WOODHEAD, Stuart	Penistone Footpath Runners & AC	Vet 50 Men	354			354
RANKIN, Richard	Low Fell Running Club		353			353
WATSON, Chris	Unattached - Mockerkin		350			350
WALLACE, Daniel	Unattached - Nottingham		347			347
KNOWLES, John	Unattached - Oxford	Vet 50 Men	346			346
SIMPSON, Keith	West 4 Harriers	Vet 40 Men		346		346
MCGILL, Craig	Unattached - Windermere		344			344
WILLIAMS, Peter	Kendal Amateur Athletic Club	Vet 60 Men	44	300		344
HANLEY, David	Unattached - Edinburgh	Vet 40 Men	28	315		343
LAVERACK, Oliver	Unattached - Peterborough		343			343
ARMSTRONG, Robert	Unattached - Peterborough	Vet 40 Men	342			342
HUGHES, Ian	Unattached - Manchester		341			341
JONES, Andrew	Unattached - Prescot			341		341
ARMSTRONG, Derek	Cumbria Chamber of Commerce	Vet 50 Men		340		340
ASHTON, James	Unattached - Winston	Vet 40 Men		339		339
SPENCE, Ian	Unattached - Edinburgh		338			338
CLARKE, Ellis	Unattached - Manchester		337			337
CUMMINGS, Richard	Unattached - Cockermouth	Vet 50 Men	45	292		337
ROONDOG, Graham	Unattached - Liverpool		336			336
YOUNG, Darren	Unattached - St Helens	Vet 40 Men		335		335
JOHNSON, Graham	Unattached - Leeds	Vet 50 Men	333			333
BEBBINGTON, John	Liverpool Pembroke Sefton	Vet 60 Men		332		332
TUFFIN, Rob	Unattached		331			331
FLATLEY, Mark	Unattached	Vet 40 Men		330		330
WOODWARD, John	Ilkley Harriers	Vet 40 Men	329			329
FOOTE, Darren	Black Combe Runners		328			328
BURGER, Andre	Unattached - Exeter			327		327
THOMPSON, Carl	Unattached - Salford		327			327

BREWSTER, Keith	Unattached - Leeds	Vet 50 Men	326				326
KAY, Geoffrey	Baildon Runners	Vet 60 Men		325			325
POTTER, Steven	Unattached - Oxford	Vet 40 Men	325				325
SLATER, David	Unattached - York	Vet 40 Men	324				324
STANDLEY, Geoffrey	Unattached - Cleethorpes			324			324
JONES, Thomas	Unattached			323			323
HULLY, Peter	Unattached	Vet 40 Men		322			322
OWEN, Phil	Fetcheveryone	Vet 40 Men		321			321
FLATLEY, Mike	Unattached - West Yorkshire	Vet 50 Men		320			320
GODBER, Duncan	Eye Community Runners		320				320
STOTT, James	Allthegear.net			319			319
GIBBISON, Neil	Black Combe Runners	Vet 50 Men	318				318
TOWN, Craig	Lune Valley Hash House Harriers	Vet 50 Men		318			318
KERFOOT, Mark	Lostock Athletics Club			317			317
WALKER, Dave	Unattached - High Pittington	Vet 40 Men	317				317
JONES, John	Unattached - Newton Le Willows	Vet 50 Men	316				316
MASSAM, Stephen	Preston Harriers	Vet 40 Men	19	296			315
WOOLDRIDGE, Richard	Lune Valley Hash House harriers		315				315
CLARKE, Jonathan	Glossopdale Harriers	Vet 40 Men	314				314
PORTER, Nicholas	Trail Runners Association			313			313
DYKES, Edward	Unattached - London			312			312
SMITH, Mark	Bridgedale	Vet 40 Men	311				311
CHATBURN, Colin	Unattached - Preston			310			310
BAKER, Ian	Howgill Harriers	Vet 50 Men		309			309
WEAVING, Paul	Cumberland Fell Runners	Vet 40 Men	309				309
SUTCLIFFE, Neil	Blackburn Road Runners	Vet 50 Men	14	294			308
TYRRELL, Dave	Unattached - Leicester			308			308
GRAHAM, Stephen	Unattached - Wigton	Vet 40 Men		307			307
HUDSON, Andrew	Unattached		307				307
BROCK, Andy	Burgess Hill Runners	Vet 50 Men		306			306
SMITH, Simon	Unattached		1	305			306
WILSON, Nick	Unattached - Bedlington		306				306
PRICE, Martyn	Harrogate Harriers	Vet 40 Men	305				305
BENSON, Lee	Unattached - Hasslingden	Vet 40 Men	304				304
BUSHELL, John	Unattached, Kendal			304			304
FERGUSON, Paul	Unattached - Sandycroft	Vet 40 Men		303			303
HOWARTH, David	Unattached - Southport	Vet 50 Men	303				303
KINCART, Mike	Unattached - Kendal	Vet 40 Men		302			302
LAURIE, Graham	Wootton Road Runners	Vet 50 Men	302				302
FURPHY, Chris	Unattached - guisborough	Vet 40 Men	18	283			301
SWIRE, Christopher	Unattached - Manchester	Vet 40 Men	301				301
WILSDON, Steven	Unattached - London			301			301
FLYNN, Alby	Roby Runners	Vet 60 Men		299			299
HUCKER, Peter	Unattached - Clackmannan		299				299
GILBERT, David	Unattached - Liverpool	Vet 40 Men		298			298
JORDAN, Graham	Unattached - Stockton-on-Tees	Vet 50 Men	7	291			298
GVERO, Marko	Keithley and Craven AC	Vet 40 Men	297				297
HITCHIN, Andy	Unattached - Warrington	Vet 40 Men	9	288			297
HODKINSON, Graham	Unattached - Wigton	Vet 40 Men	296				296
CONSTANTINE, Nick	Soloman	Vet 40 Men		295			295
GARRETT, R	Unattached - Windermere			293			293
CARVER, Gordon	Newton Aycliffe Athletic Club	Vet 40 Men	292				292
BEDDARD, Richard	Unattached - Cambridge	Vet 40 Men	4	286			290

FOSTER, Dave	Penistone Footpath Runners & AC	Vet 50 Men	290				290
SINGLETON, Wayne				290			290
BAMBER, Howard	East Cheshire Harriers	Vet 50 Men	289				289
OSBORNE, Paul	Unattached - Norwich			289			289
GRACE, Ian	Chorley Harriers	Vet 50 Men	288				288
SHEPHERD, Stephen		Vet 50 Men	17	271			288
BALI, Utsav	Unattached - Oxford			287			287
GREGORY, Paul	Unattached - Todmorden		20	266			286
GIBSON, Lee	Unattached - Long Credon		285				285
CARTWRIGHT, David	Long Distance Walkers Association	Vet 60 Men		284			284
MORANT, Philip	Unattached - Falkirk	Vet 40 Men	283				283
BARTLETT, Tony	Unattached - Chester	Vet 40 Men		282			282
FATKIN, David	Lancaster and Morecombe AC	Vet 50 Men	282				282
EDWARDS, Richard	Unattached - Huddersfield		281				281
MALE, Roy	Unattached - Solihul	Vet 60 Men	1	280			281
WILLIAMS, Ken	Unattached - Southport	Vet 50 Men		281			281
HUNTER, Neil	Unattached - Leigh	Vet 40 Men	280				280
GILLAND, Rob	Unattached - Liverpool	Vet 40 Men	279				279
HOWARD, J	Unattached - Ashton under Lyne	Vet 50 Men		279			279
LEONARD, Peter	Unattached - Bedale	Vet 40 Men	1	278			279
HANNETT, Mark	Rodillidn Runners	Vet 50 Men	1	277			278
VAZ, Dan	Unattached - Bristol		278				278
LAYBOURNE, Rob	Unattached - Chester- le-Street		277				277
BYRON, Stephen	Unattached - Prescot	Vet 40 Men		276			276
COLDWELL, Jim	Unattached - Richmond		276				276
LOUGHRAN, Joe	Unattached - Stoke on Trent	Vet 50 Men		275			275
WEBB, Stephen	Warrington Road Runners	Vet 50 Men	275				275
LONERGAN, Steve	Wooten Road Runners	Vet 40 Men	274				274
MCCURRIE, Mark	Unattached - Kendal			274			274
BODDY, Mike	Unattached - York		273				273
BROWN, Andrew	Unattached - Reading			273			273
COLLINS, John	Unattached - Dalton	Vet 40 Men	1	272			273
CUNLIFFE, Chris	Unattached - Bolton		272				272
OWEN, David	Unattached - Southport	Vet 60 Men		270			270
WHELAN, Paul	Bingley Harriers	Vet 40 Men	270				270
MARSHALL, Andrew	Unattached - Settle	Vet 40 Men	269				269
BASS, Christopher	Fetcheveryone	Vet 40 Men		268			268
HARDCASTLE, Stuart	Quakers Running Club	Vet 50 Men	268				268
CHAUDHRI, Fayyaz	Cumberland AC	Vet 40 Men		267			267
EVANS, David	Unattached - Liverpool	Vet 40 Men	266				266
WHISTON, Rob	Unattached - Crew	Vet 50 Men	1	265			266
MASSEY, Jonathan	Unattached - Manchester	Vet 40 Men	265				265
COOK, Graeme	Unattached - Morecambe	Vet 40 Men		264			264
LEES, Robin	Unattached - Ambleside	Vet 50 Men	264				264
GAVIN, Christopher	Unattached - Wigan			263			263
HIGGINS, Chris	Buckley Runners	Vet 50 Men	263				263
PEATFIELD, John	Unattached - Bowston	Vet 50 Men	1	262			263
LAKELAND, Phil	Preston Harriers	Vet 50 Men	261				261
LANE, Peter	Unattached - Bury St Edmunds			261			261
VARLEY, Martin	Southport and Waterloo AC	Vet 40 Men	1	260			261
GIBSON, Dan	Unattached - Manchester		260				260
SWEETING, Robert	Nidd Valley Road Runners	Vet 60 Men	1	259			260
EDGE, John	Unattached - Newcastle	Vet 40 Men		258			258
SMITH, Paul	Unattached - Lancaster		258				258

BURROWS, Andrew	Unattached - Stafford	Vet 40 Men		256		256
MACLAINE, Julian	Unattached	Vet 40 Men	1	255		256
CHAPMAN, John	Howgill Harriers	Vet 50 Men	255			255
HOLLOWAY, Ian	Unattached - Tyne and Wear	Vet 60 Men	1	253		254
JUDGE, Malcolm	Unattached - Penrith		254			254
WILSON, Chris	Hardley Runners	Vet 40 Men		254		254
SMITH, Tim	Dallam Running Club	Vet 40 Men	253			253
HADLEY, Tony	Unattached - Liverpool	Vet 60 Men		252		252
MERCER, John	Unattached - Wigan	Vet 40 Men	252			252
BUSHELL, Gary	Unattached - Windermere	Vet 50 Men		251		251
JONES, Alan	Unattached - Lymm	Vet 50 Men	1	250		251
SMITH, Allen	Unattached - Chester	Vet 50 Men	251			251
HAWLEY, Michael	Unattached - Egremont	Vet 50 Men	250			250
HILL, Stephen	Unattached - Wigan		249			249
SIMPSON, Neil	Unattached - Warrington		243			243
MATTHEWS, Stuart	North Shield Polytechnic AC	Vet 40 Men	241			241
DOHERTY, Terry	Bournville Harriers	Vet 50 Men	240			240
WOODROW, Simon	Unattached - Penrith	Vet 50 Men	239			239
TARVIT, Ian	Vale of Aylesbury	Vet 60 Men	238			238
EMMS, Luke	Unattached - Kendal		236			236
HANOVER, David	Unattached - St Albans		235			235
TYSOMME, Stephen	Trail Runners Association	Vet 40 Men	234			234
SMITH, Robert	Unattached - Bolton		233			233
MAYBURY, Paul	Unattached - Sale	Vet 40 Men	230			230
ELDRIDGE, Stephen	Unattached - Burnley	Vet 40 Men	229			229
HUNT, Paul	Unattached - Buckley		228			228
GLASPER, Pete	Unattached - Kendal	Vet 40 Men	227			227
VINCENT, Dean	Unattached - Broughton in Furness	Vet 40 Men	224			224
STAPLEY, Ed	Unattached - Thame		223			223
HUCKERBY, Nick	Unattached - Dunfermline		222			222
WALLACE, Iain	Unattached - Sunderland		221			221
MASON, Mike	Unattached - Barrow in Furness	Vet 40 Men	218			218
DUNCAN, Steve	Unattached - Darwen		217			217
GERRARD, Mark	Unattached - Chorley		216			216
PATRICK, Aiden	Unattached - Colene		215			215
KENNY, Steve	Unattached - Ulverston		214			214
VIALS, Graham	Unattached - Newcastle		211			211
WILLIAMS, Andy	Unattached - Warwick		210			210
WARDLE, Stuart	Unattached - Wigan		209			209
MCCABE, David	Unattached - Warrington		208			208
WARD, Andrew	Unattached - Carnforth		207			207
MARTIN, Karl	Stainland Lions Running Club		206			206
MILLER, Adrian	Unattached - Kirkby-in-Furness		205			205
EARL, Martin	Unattached - Southport		204			204
TASKER, Michael	York Acorn Running Club	Vet 60 Men	202			202
EVANS, Julian	Unattached - Liverpool	Vet 50 Men	201			201
WALKER, Lee	Mossley Hill Athletics Club	Vet 40 Men	200			200
MUIRHEAD, John	Unattached - Ilkley	Vet 40 Men	199			199
WHITEHOUSE, John	Unattached - Darlington		198			198
GRABEK, Steven	Unattached - Kendal		197			197
WOOD, Micheal	Unattached - Ryton	Vet 40 Men	196			196
QUINE, John	Unattached - Kendal	Vet 50 Men	195			195
HUMPHRIES, Simon	Unattached - Wigton	Vet 40 Men	194			194
CLEARY, Richard	Unattached - Leeds		193			193
BROWN, Craig	Unattached - Newcastle		192			192

BROWN, Paul	Unattached - Newcastle	Vet 40 Men	191				<b>191</b>
DALGARNO, Mark	Unattached - Newcastle	Vet 40 Men	190				<b>190</b>
SIMON, Mathew	Unattached - Stockport	Vet 50 Men	189				<b>189</b>
MERONE, Paul	Unattached - Wigton	Vet 40 Men	186				<b>186</b>
RATH, Nigel	Allithwaite RC	Vet 40 Men	185				<b>185</b>
CULLEN, Steven	Unattached - Manchester		184				<b>184</b>
CRAME, Steve	Unattached - Kendal	Vet 40 Men	182				<b>182</b>
JONES, David	Unattached - Holyhead	Vet 40 Men	181				<b>181</b>
GAIR, Carl	Unattached - Bedlington		180				<b>180</b>
ROBINSON, Peter	Unattached - Newcastle		179				<b>179</b>
TWEDDLE, Andrew	Unattached - Newcastle		178				<b>178</b>
DEWICK, Stephen	Stilton striders, Leics	Vet 40 Men	177				<b>177</b>
GUEST, Jonathan	Unattached - Manchester		175				<b>175</b>
FLETCHER, Shaun	Barton and District AC	Vet 40 Men	174				<b>174</b>
DAVIES, Richard	Unattached	Vet 40 Men	172				<b>172</b>
VO, Andrew	Unattached - Manchester		170				<b>170</b>
STEWART, Edmund	Preston Harriers	Vet 60 Men	168				<b>168</b>
RUDDOCK, Ian	Mossley Hill Athletics Club	Vet 40 Men	167				<b>167</b>
FIDDLER, Paul	Unattached - Warrington		166				<b>166</b>
KENNEDY, Jonathan	Unattached - Wigton	Vet 40 Men	165				<b>165</b>
WARD, Simon	Unattached - Wirral		163				<b>163</b>
JARVIS, Paul	Unattached - Bacup	Vet 50 Men	161				<b>161</b>
GRAVES, Howard	Unattached - Ulverston	Vet 60 Men	160				<b>160</b>
SWEETMAN, Paul	Unattached - Parkgate		156				<b>156</b>
HORSEMAN, David	Unattached - Lancaster		153				<b>153</b>
WRAGG, Ian	Penistone Footpath Runners & AC	Vet 40 Men	152				<b>152</b>
JONES, Graham	Unattached - Leeds	Vet 40 Men	151				<b>151</b>
CLEGG, Paul	St Helens Striders		150				<b>150</b>
CARPENTER, Jonathan	Unattached - Leeds		148				<b>148</b>
BENNETT, Martin	Merseyside Police	Vet 40 Men	146				<b>146</b>
OUTTERSIDE, James	Unattached - Cheadale		145				<b>145</b>
HALEWOOD, Paul	Unattached - Liverpool		144				<b>144</b>
HARRISON, Nigel	Unattached - Carlisle	Vet 40 Men	143				<b>143</b>
WISE, Gary	SFB	Vet 40 Men	142				<b>142</b>
TURNER, Neil	Unattached - Chester	Vet 40 Men	141				<b>141</b>
HIGGINBOTTOM, Paul	Unattached		140				<b>140</b>
BURNS, Darren	Fell Ponies	Vet 40 Men	139				<b>139</b>
WHARTON, Steven	Unattached - Carlisle	Vet 50 Men	137				<b>137</b>
BINCOE, Robert	Unattached - Wolverhampton	Vet 40 Men	135				<b>135</b>
NEALE, David	Unattached - Kendal	Vet 40 Men	134				<b>134</b>
MARSHAL, James	Unattached - Sunderland		132				<b>132</b>
HUMPHREYS, Rod	Unattached - Ashton under Lyne	Vet 50 Men	131				<b>131</b>
HOUGHTON, T	Unattached - St Helens	Vet 50 Men	130				<b>130</b>
MACDOUGALL, Howard	Penistone Footpath Runners & AC		129				<b>129</b>
FELLOWES, Benjamin	B&D Tri		127				<b>127</b>
WALLACE, David	Hartlepool Burn Road Harriers	Vet 50 Men	126				<b>126</b>
ALLUN, Iain	Unattached - Cockermouth		125				<b>125</b>
COWAN, Jonathan	Greater Sport		124				<b>124</b>
JOHNSON, Rob	Unattached		123				<b>123</b>
KINGSTON, John	Unattached - Newton Stewart		122				<b>122</b>
THOMAS, Michael	Unattached - Carnforth		121				<b>121</b>
WILSON, Claire	Unattached - Kendal		120				<b>120</b>
SILK, Grant	Congleton Harriers	Vet 50 Men	118				<b>118</b>
CARTER, Peter	NOC	Vet 50 Men	117				<b>117</b>

QUINTERMAINE, Simon	Unattached - London		116				116
WAUGH, Christopher	Unattached - Southport	Under 21 Men	115				115
DUNN, Mike	Headington Road Runners	Vet 60 Men	112				112
HOUGHTON, Neil	Unattached - St Helens		111				111
BROWN, James	Unattached - Carlisle		110				110
NEWBY, Colin	Unattached - Newcastle	Vet 40 Men	109				109
GRUNDY, Mark	Unattached - Bolton		108				108
ROUND, Paul	Unattached - Birmingham		106				106
CARTER, Matt	Unattached - Northwich	Vet 40 Men	105				105
HOLGATE, Sean	Unattached - Leeds	Vet 40 Men	102				102
LAMBERT, Chris	Unattached - Carnforth		101				101
COATES, James	Unattached - Gateshead		100				100
REGAN, Paul	Unattached - Lancaster		99				99
PEPPER, Graham	Unattached - Scarborough		98				98
EDWARDS, Michael	Unattached - Liverpool	Vet 50 Men	95				95
HILL, Ron	Clayton Le Moors Harriers	Vet 60 Men	94				94
SANDERSON, Gary	Unattached - St Helens	Vet 40 Men	92				92
WORTHINGTON, Brian	Birchfield Harriers	Vet 50 Men	90				90
ELDER, Kenneth	Unattached - Nottingham		89				89
WESTCOMBE, Mark	Unattached - Lancaster		88				88
WHITE, Alastair	Unattached - Consett	Vet 40 Men	87				87
HIGLEY, Steven	Unattached - Sandy		85				85
SEVERN, Peter	Unattached - Newark	Vet 40 Men	84				84
FRASER, Derek	SWAC	Vet 40 Men	82				82
MORANT, William	Bedford Harriers	Vet 60 Men	81				81
TICKNER, Paul	WCOG	Vet 50 Men	80				80
COUPE, William	Unattached - Kendal	Vet 40 Men	79				79
SMALLWOOD, Dave	Mossley Hill Athletics Club	Vet 50 Men	78				78
BALL, Phil	Unattached - Southport	Vet 40 Men	77				77
YATES, Richard	Unattached - Chester		75				75
CLARKE, Matt	Unattached - London		74				74
HALL, Simon	Unattached - Bolton	Vet 40 Men	73				73
KITE, Jonathan	Pudsey Pacers		72				72
ECCLESTONE, Neil	Unattached - Huntingdon	Vet 40 Men	71				71
BAKER, Neil	Unattached - Sawtry	Vet 40 Men	68				68
PICK, Thomas	Unattached - Cheltenham		67				67
CULL, Dave	Unattached - Bromsgrove		66				66
MADDEN, Paul	Unattached - Bromsgrove		65				65
STAINTHORPE, Ian	Rochdale Harriers	Vet 40 Men	64				64
BROWN, Antony	Unattached - West Yorkshire		63				63
LEWIS, David	Unattached	Vet 40 Men	62				62
HELME, Gerry	Unattached - Liverpool	Vet 50 Men	61				61
FARMER, Robert	Unattached - Sheffield		60				60
INGHAM, Peter	Aire Valley Runners	Vet 50 Men	59				59
MAWDSLEY, John	Unattached - Liverpool		58				58
SOUTHERN, Peter	Unattached - Bolton	Vet 40 Men	57				57
WHITEHEAD, Brian	Unattached - Bury	Vet 40 Men	56				56
WATSON, Mark	Unattached - Blackpool	Vet 40 Men	55				55
HALL, John	Edgeworth Cricket Running Club	Vet 50 Men	54				54
HOLLOWBREAD, Andrew	Unattached - North East	Vet 40 Men	53				53
IRVING, Chris	Unattached - Brampton	Vet 40 Men	52				52
WINTER, Adam	Unattached - Trafford		51				51
GILES, Thomas	Trail Runners Association	Vet 40 Men	50				50
FELGATE, Paul	Unattached - Leeds	Vet 50 Men	49				49

LADOCHA, Mark	Unattached		48			48
BARKER, Stuart	Driffeld Striders	Vet 40 Men	47			47
ANDREWS, James	Unattached - Skipton	Vet 40 Men	43			43
BURKE, Dave	Unattached - Sunderland	Vet 50 Men	42			42
STEVENSON, Paul	Unattached - Selby		41			41
BINKS, David	Allithwaite RC	Vet 60 Men	40			40
MARRIOTT, Rob	Dallam Running Club	Vet 40 Men	39			39
KEEGAN, Nigel	Unattached - London		38			38
PATRICK, Rob	Unattached - London		37			37
METCALFE, Dan	Sun Inn Hawkshead	Vet 40 Men	36			36
LING, Peter	Unattached	Vet 40 Men	35			35
LOWRY, Jeremy	Unattached - Guildford	Vet 50 Men	34			34
VARLEY, Martin	Unattached - Kendal	Vet 40 Men	33			33
MCCARTHY, Jeff	Unattached - Rochdale	Vet 40 Men	32			32
ROBSON, Jo-Anna	Unattached - Shifnal		31			31
DAY, Mark	Unattached - Southport		30			30
ALLDRED, Karl	Unattached - Warrington		29			29
BANCROFT, Ian	Unattached - Warrington		27			27
HOLLAND, Stewart	Unattached - Warrington		26			26
WAUGH, Robert	Ormskirk Grammer	Under 21 Men	25			25
ATKINSON, Peter	Unattached	Vet 40 Men	24			24
CLARKE, David	Unattached - Northwich	Vet 50 Men	23			23
RILEY, Andrew	Unattached - St Bees	Vet 40 Men	22			22
MILMAN, Dan	Unattached - Bolton		21			21
BATES, Damian	Unattached - Saddleworth		16			16
WILSON, Ian	Unattached - Carlisle	Vet 50 Men	15			15
ROSS, Ian	Unattached - Cambridge	Vet 40 Men	13			13
CHAN, Shawn	Unattached - Huddersfield		12			12
TALLENTIRE, Stephen	Unattached - Durham	Vet 50 Men	11			11
WHITEHOUSE, Martin	Unattached - Milnthorpe	Vet 50 Men	10			10
WEBSTER, Frank	Road Runners Club	Vet 50 Men	8			8
HOWARD, John	Trail Runners Association	Vet 50 Men	6			6
COLLIER, Roger	Unattached - Salisbury	Vet 40 Men	5			5
CAMERON, Stew	Bridgedale		2			2
BENNETT, David	Unattached - Aughton	Vet 50 Men	1			1
BLAND, Eddie	Ambleside Athletics Club	Vet 50 Men	1			1
BLEIKER, Phil	Unattached - Ivybridge	Vet 50 Men	1			1
BRIGHT, David	Unattached - Chester- le-Street	Vet 40 Men	1			1
BURNS, Oli	Unattached - Bristol		1			1
CHESTERMAN, Steve	Unattached - Derbyshire	Vet 50 Men	1			1
CONNOLLY, Patrick	Unattached		1			1
CORLETT, Steve	Unattached - Liverpool	Vet 50 Men	1			1
CRAGGS, Paul	Unattached - Ilkley		1			1
CROSBIE, Paul	Unattached - Liverpool	Vet 40 Men	1			1
DUFFY, Peter	Unattached	Vet 40 Men	1			1
DUNCAN, Phillip	Unattached - Lancaster		1			1
FIELDING, Phillip	PACTRAC		1			1
FROY, Allan	Unattached - Cheltenham		1			1
GRAVES, Brian	Marshall Milton Keynes AC	Vet 60 Men	1			1
GRETTON, James	Unattached - Hartlepool		1			1
HANSON, Craig	Team Runnerbean	Vet 40 Men	1			1
HARBORD, Chris	Great Yarmouth Road Runners	Vet 60 Men	1			1
HARVEY, Ian	Wigton Road Runners	Vet 40 Men	1			1
HIRST, Justin	Unattached - Hyde		1			1
HUSSAIN, Bashir	Stockport Harriers	Vet 40 Men	1			1

