

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|--|---------------------|---|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| Lakeland Trails 2019 10K Series Results : Men | | | | | | | | | | | |
| 1. | Sharp, Nick | U/A Wakefield | 991 | 982 | 995 | 997 | 994 | 994 | 989 | 997 | 7939 |
| 2. | Saxby, Lance | U/A London, | 981 | 988 | 991 | 988 | 975 | 981 | 987 | 994 | 7885 |
| 3. | Ingham, Graham | U/A Kirkham, | 960 | 971 | 959 | 989 | 966 | 974 | 971 | 992 | 7782 |
| 4. | Grisedale, Jonny | Team Inov-8 | 974 | 974 | 981 | 994 | 967 | 972 | 932 | 958 | 7752 |
| 5. | Brookfield, Daniel | U/A ORMSKIRK, Lancashire | 841 | 926 | 920 | | 961 | 963 | 979 | 989 | 6579 |
| 6. | Morris, James | U/A Preston, | 904 | 910 | 873 | 961 | 922 | | 945 | 970 | 6485 |
| 7. | Garvey, Gerry | Muddy Boots Nursery | 832 | 872 | 853 | | 889 | 900 | 897 | 927 | 6170 |
| 8. | Blakeley, Philip | U/A Aughton, Lancs | 805 | 868 | 848 | | 895 | 911 | 909 | 919 | 6155 |
| 9. | Coldham, Paul | U/A Keswick, Cumbria | 778 | | 797 | 948 | 968 | 863 | 878 | 916 | 6148 |
| 10. | Haddow, Ronnie | Furness Fell Runners | | 977 | 990 | | 996 | 995 | 992 | 999 | 5949 |
| 11. | Watson, David | Red rose road runners | 780 | 827 | 801 | | 870 | 862 | 875 | 918 | 5933 |
| 12. | Lewthwaite, Nick | U/A Windermere, Cumbria | 982 | 989 | 988 | | 977 | 975 | 974 | | 5885 |
| 13. | Edwards, Andrew | U/A Cupar, Fife | | 934 | 939 | | 940 | 945 | 953 | 972 | 5683 |
| 14. | fishpool, Luke | U/A driffield, East Riding of Yorkshire | 917 | 930 | 928 | | 934 | 949 | | 964 | 5622 |
| 15. | Ellicott, David | Keswick AC | | 865 | 897 | | 886 | 881 | 893 | 932 | 5354 |
| 16. | Winder, Brian | Darwen Running Group | 810 | 864 | 844 | | 877 | 889 | | 926 | 5210 |
| 17. | Mannion, Lawrence | U/A Kendal, | 980 | 983 | | | | 984 | 986 | 990 | 4923 |
| 18. | Mayor, Rhys | U/A Liverpool, | 885 | 941 | 973 | | | | 969 | 982 | 4750 |
| 19. | Hurst, Gerard | U/A Wigan, | 934 | 906 | 947 | | | | 962 | 977 | 4726 |
| 20. | Watson, Steve | U/A Gleaston, Ulverston | 927 | 935 | | | 932 | 936 | 949 | | 4679 |
| 21. | Holmes, Michael | U/A Carlisle, Cumbria | | | 862 | 969 | 896 | | 930 | 933 | 4590 |
| 22. | Pearson, Thomas | U/A Grange Over Sands, Cumbria | 872 | 925 | 894 | | 949 | 937 | | | 4577 |
| 23. | Dobson, Adrian | Team Dobson | | 862 | 827 | | 888 | 882 | | 934 | 4393 |
| 24. | Slater, John | U/A Carnforth, Lancs | 823 | 881 | 867 | | 882 | 874 | | | 4327 |
| 25. | Dean, Jim | U/A Kendal, Cumbria | 783 | 819 | | | | 860 | 874 | 915 | 4251 |
| 26. | Islam, Mahfuzul | U/A Sabden, | 786 | | 795 | | 885 | 883 | 885 | | 4234 |
| 27. | Pearson, Chris | U/A Grange Over Sands, Cumbria | 796 | 842 | 814 | | 875 | 866 | | | 4193 |
| 28. | Robinson, Michael | U/A Cockermouth , Cumbria | | | | | 962 | 973 | 982 | 995 | 3912 |
| 29. | MacGillivray, David | DH Runners | | 973 | 979 | | | | 973 | 984 | 3909 |
| 30. | Duffy, Fergal | U/A Enniskillen, Co. Fermanagh | 993 | 995 | | | | 914 | 991 | | 3893 |
| 31. | Tinkler, Andrew | U/A Lancaster | 888 | 963 | 968 | | | | 988 | | 3807 |
| 32. | Stones, Phil | U/A Cleator Moor, Cumbria | 925 | 942 | | 983 | 947 | | | | 3797 |

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|-----|--------------------|-----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 33. | Phillips, Gareth | Gateshead harriers | | | 893 | | | 934 | 947 | 973 | 3747 |
| 34. | Savage, Phillip | None | | | | | 938 | 927 | 911 | 969 | 3745 |
| 35. | Pattison, David | U/A Chester, Cheshire | 935 | | 945 | | | 950 | 895 | | 3725 |
| 36. | Mather, Tony | U/A Stockport, Cheshire | 905 | | | | 921 | | 936 | 957 | 3719 |
| 37. | Tomlinson, John | U/A Bolton, | 893 | 901 | | | | 933 | 939 | | 3666 |
| 38. | Satterly, Charles | Lancaster & Morecambe A/C | 884 | 913 | | | | | 907 | 952 | 3656 |
| 39. | Otway, Paul | U/A Natland, Cumbria | 913 | 907 | 903 | | | 924 | | | 3647 |
| 40. | Reid, Andrew | U/A Merseyside, | | 882 | 916 | | 924 | 920 | | | 3642 |
| 41. | Gudgeon, Michael | U/A Settle, North Yorkshire | 859 | 917 | 904 | | 911 | | | | 3591 |
| 42. | Phillips, Peter | Loftus and Whitby AC | | | 820 | | | 876 | 886 | 931 | 3513 |
| 43. | Jones, Andrew | U/A Prescot, Merseyside | 842 | 894 | 885 | | | 872 | | | 3493 |
| 44. | Laird, Wayne | | | | | | 998 | 997 | 997 | | 2992 |
| 45. | Parry, Stuart | U/A Carlisle, | | | 996 | | | | 995 | 998 | 2989 |
| 46. | Thomlinson, Martin | Muckle Toon Sloggers | 994 | 996 | 997 | | | | | | 2987 |
| 47. | Holmes, Richard | U/A Lytham, | 985 | 991 | 987 | | | | | | 2963 |
| 48. | Shaw, Andy | St Helens Striders | 968 | 970 | 976 | | | | | | 2914 |
| 49. | Morris, Paul | U/A Hockley, Essex | | | 956 | | | | 972 | 985 | 2913 |
| 50. | Edwards, Robbie | Southport running cluc | 978 | 969 | 964 | | | | | | 2911 |
| 51. | Higgins, Philip | Kendal Tri Club | 964 | 967 | | | 972 | | | | 2903 |
| 52. | Llewellyn, Peter | Bowland Fell Runners | | 957 | 951 | | | 964 | | | 2872 |
| 53. | Richardson, Simon | U/A Seascale , | 944 | | 952 | 974 | | | | | 2870 |
| 54. | shard, jon | U/A manchester, lancashire | | 949 | 942 | | | 958 | | | 2849 |
| 55. | Harrison, Richard | None | 943 | 946 | 940 | | | | | | 2829 |
| 56. | Hemsley, Andrew | U/A Penrith, Cumbria | 932 | 944 | 944 | | | | | | 2820 |
| 57. | Rooney, Dave | U/A Southport, Merseyside | 909 | 943 | 962 | | | | | | 2814 |
| 58. | Robson, Simon | U/A York, North Yorkshire | | 918 | | | 945 | 946 | | | 2809 |
| 59. | Johnson, Michael | U/A London, | | | 888 | | | | 938 | 968 | 2794 |
| 60. | Tilbury, Martin | U/A Sale, Cheshire | | 908 | | 973 | 912 | | | | 2793 |
| 61. | Trace, James | U/A Congleton, Cheshire | | | | 949 | | | 881 | 928 | 2758 |
| 62. | Kitching, Jake | n/a | 877 | 978 | 895 | | | | | | 2750 |
| 63. | Lane, Peter | U/A Newark, Nottinghamshire | 921 | | 918 | | | 908 | | | 2747 |
| 64. | Wilson, Michael | Chorley Athletic & Triathlon Club | | 915 | 910 | | | 922 | | | 2747 |
| 65. | Edwards, Stuart | U/A North Shields, Tyne and Wear | | 899 | 907 | | 936 | | | | 2742 |

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|-----|--------------------|----------------------------------|-----|-----|-----|---------|-----|-----|-----|------|-------|
| 66. | Schaffer, Nicholas | Millom Striders | 908 | 892 | 911 | | | | | | 2711 |
| 67. | Gill, Justin | U/A Padiham, | | 869 | 868 | 962 | | | | | 2699 |
| 68. | McIntyre, Nigel | U/A Longton, Lancashire | 860 | 887 | | | | | | 947 | 2694 |
| 69. | Robinson, Peter | U/A Leeds, Yorkshire | 875 | 922 | 896 | | | | | | 2693 |
| 70. | Jardine, James | U/A Penrith, Cumbria | | | | | | 859 | 871 | 959 | 2689 |
| 71. | Shaw, Michael | U/A CARLISLE, Cumbria | 897 | 893 | 890 | | | | | | 2680 |
| 72. | Kaufmann, Nick | U/A Edgware, Middx | | | 851 | | | | 904 | 924 | 2679 |
| 73. | Sims, Stuart | U/A Kirkby Lonsdale, | 861 | 912 | 898 | | | | | | 2671 |
| 74. | wild, carl | U/A bowness, cumbria | | | 854 | | 905 | 907 | | | 2666 |
| 75. | Fiddler, Paul | U/A Warrington, Cheshire | | 852 | 845 | 955 | | | | | 2652 |
| 76. | Holland, Chris | U/A Edgworth, | | | 810 | | | | 877 | 922 | 2609 |
| 77. | Butlin, Louie | U/A Heysham, | 808 | 888 | 891 | | | | | | 2587 |
| 78. | Higginson, Ben | Preston Harriers | 848 | 879 | 860 | | | | | | 2587 |
| 79. | Cole, Simon | U/A Ansdel, Lancs | 833 | | 825 | | 907 | | | | 2565 |
| 80. | Walker, Ian | Glaxo Hoad Hill Harriers | 802 | 863 | | | | | 889 | | 2554 |
| 81. | Griffiths, Geoff | Fuelled By Fun | 809 | 876 | 869 | | | | | | 2554 |
| 82. | Pilkington, Tony | U/A Preston, Lancashire | | 837 | 821 | | | 893 | | | 2551 |
| 83. | TICKNER, PAUL | U/A Cockermouth, Cumbria | 801 | | 828 | | 897 | | | | 2526 |
| 84. | Cummings, Mark | U/A St. Helens, Merseyside | | 826 | 805 | | 887 | | | | 2518 |
| 85. | Thompson, Michael | U/A Cheadle Hulme, Cheshire | | 822 | 804 | | 880 | | | | 2506 |
| 86. | Wilkinson, David | U/A Southport , Merseyside | 812 | 859 | 833 | | | | | | 2504 |
| 87. | Brook, Graham | Wesham Road Runners | 785 | 831 | 856 | | | | | | 2472 |
| 88. | Thornber, Mark | U/A Arnside, Cumbria | 798 | 853 | 806 | | | | | | 2457 |
| 89. | Harrison, John | U/A Carlisle, Cumbria | 776 | | 796 | | | | 873 | | 2445 |
| 90. | Dean, Allan | U/A OAKHAM, Rutland | 787 | 820 | 803 | | | | | | 2410 |
| 91. | Bailey, Gary | Pudsey & Bramley | | | | | | | 998 | 1000 | 1998 |
| 92. | Procter, Lee | inov-8 | | 998 | | | 999 | | | | 1997 |
| 93. | Fenwick, Richard | U/A Whitley Bay, Tyne and Wear | | | | | | | 990 | 996 | 1986 |
| 94. | Barsby, James | U/A clitheroe, Lancashire | 989 | | | | | 996 | | | 1985 |
| 95. | Clarkson, Michael | U/A Ashbourne, Staffordshire | | 992 | | | | 993 | | | 1985 |
| 96. | Robinson, Ian | SCC | 990 | | 994 | | | | | | 1984 |
| 97. | Jones, Steve | U/A Cramlington , Northumberland | | 987 | | | | | 994 | | 1981 |
| 98. | Friend, Scott | Darwen Cricket Club | 988 | | | | | 989 | | | 1977 |

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|------|-------------------------|----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 99. | Spratt, Michael | U/A Congleton , | | | | | 976 | 991 | | | 1967 |
| 100. | Parker, Steve | U/A Chester, Cheshire | | | | | | | 980 | 987 | 1967 |
| 101. | Bond, Ian | U/A Preston, Lancashire | | | | | 984 | 982 | | | 1966 |
| 102. | Irving, Anthony | U/A | 969 | | | | 989 | | | | 1958 |
| 103. | Ashton, Matthew | U/A Telford, Shropshire | | 981 | | | | | | 976 | 1957 |
| 104. | Gorman, John | U/A Preston , Lancashire | | | 983 | | 974 | | | | 1957 |
| 105. | Telford, Scott | U/A Carlisle , | | | | | 973 | | 984 | | 1957 |
| 106. | Buckle, David | U/A Grange-over-Sands, Cumbria | 977 | 976 | | | | | | | 1953 |
| 107. | Clapham, Chester | U/A London, | | | | | | | 965 | 988 | 1953 |
| 108. | Lees, Oliver | U/A Leeds, West Yorkshire | | | 974 | | | | 978 | | 1952 |
| 109. | Aspinall, Phil | U/A Darwen, Lancashire | 970 | | | | | 979 | | | 1949 |
| 110. | Storey, Mark | U/A Newcastle, Tyne & Wear | 962 | | 986 | | | | | | 1948 |
| 111. | Gaffney, James | - | 967 | | 977 | | | | | | 1944 |
| 112. | Haile, James | U/A Carlisle , Cumbria | | | | | 978 | 966 | | | 1944 |
| 113. | Lloyd, Jacob | U/A Peterborough, | | | | | | | 964 | 979 | 1943 |
| 114. | Spencer, Garth | Ribble Valley Triathlon Club | 955 | 986 | | | | | | | 1941 |
| 115. | Lloyd, Huw | U/A Richmond, North Yorkshire | 963 | | | | | 976 | | | 1939 |
| 116. | Barton, Simon | Hoad Hill Harriers | 940 | | | 990 | | | | | 1930 |
| 117. | Friend, Mark | Darwen Cricket Club | 952 | | | | | 978 | | | 1930 |
| 118. | Foreman, Peter | Heaton Harriers | | | | | | | 954 | 975 | 1929 |
| 119. | Fletcher, Jonathan | Ripon Runner | 956 | 972 | | | | | | | 1928 |
| 120. | Biscomb, Stephen | Clayton le moors | | | 957 | | 963 | | | | 1920 |
| 121. | Moston, David | Wirral Vikings | | | | | | | 948 | 971 | 1919 |
| 122. | Wright, Daniel | U/A Carnforth, Lancashire | | | | | | 954 | 958 | | 1912 |
| 123. | Hatch, Steve | U/A Stockport, Cheshire | | | | | | | 946 | 963 | 1909 |
| 124. | Carr, Jonathan | U/A Newcastle, | | 956 | | | 951 | | | | 1907 |
| 125. | Gallop, Callum | U/A Kendal, Cumbria | 957 | | 943 | | | | | | 1900 |
| 126. | Suwanwattanakul, Vanatt | U/A Kendal, | | | | | 944 | | 955 | | 1899 |
| 127. | Godson, Harry | Bentham Beagles | | 952 | 946 | | | | | | 1898 |
| 128. | Wynne, Chris | U/A Ormskirk, | 938 | 960 | | | | | | | 1898 |
| 129. | Prout, David | U/A Preston, Lancashire | 945 | | | | | 952 | | | 1897 |
| 130. | cheetham, ben | U/A North Shields, tyne and wear | | | | | | | 930 | 967 | 1897 |
| 131. | Gaston, Phillip | U/A milnthorpe, cumbria | 942 | 950 | | | | | | | 1892 |

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|------|-----------------------|---------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 132. | Williams, Alex | U/A Hale, Cheshire | | | | | | | 931 | 961 | 1892 |
| 133. | Hall, James | U/A Hartlepool, Teesside | | 938 | | | | | 951 | | 1889 |
| 134. | Clarke, Stephen | U/A Chester, Cheshire | | | | | | | 927 | 954 | 1881 |
| 135. | Gothard, Lee | U/A Preston, | | 937 | | | 943 | | | | 1880 |
| 136. | Blundell, Mark | U/A Ormskirk , Lancashire | | 928 | 948 | | | | | | 1876 |
| 137. | Sumner, David | | | | | | 941 | 935 | | | 1876 |
| 138. | Higham, Jim | U/A Woking, Surrey | | | | | | | 926 | 948 | 1874 |
| 139. | Caspi, Alon | Mornington Chasers | | | | | | | 923 | 946 | 1869 |
| 140. | Wiseman, John | Red Rose Road Runners | 910 | | | 958 | | | | | 1868 |
| 141. | Barton, Roy | U/A Leeds, | | | | | | | 922 | 943 | 1865 |
| 142. | Maly, Grant | U/A Thrapston, Northamptonshire | | | | | | | 920 | 942 | 1862 |
| 143. | Quan-Soon, Jordan | U/A Preston , Lancashire | | | | | 939 | | 921 | | 1860 |
| 144. | Turner, Rob | U/A Blackburn , | 928 | 931 | | | | | | | 1859 |
| 145. | Smith, Alan | U/A Eaglesham, | | | | | | | 918 | 940 | 1858 |
| 146. | Fairclough, Paul | Red rose runner | | 929 | | | | | 925 | | 1854 |
| 147. | Graham, Jeff | U/A Wotton under Edge, | | | 883 | 968 | | | | | 1851 |
| 148. | Grant-Cawdell, Callum | U/A London, Outside U.S./Canada | | | | | | | 902 | 944 | 1846 |
| 149. | Murrison, John | Non | | | | | 917 | 928 | | | 1845 |
| 150. | Walton, Matthew | U/A Carlisle , Cumbria | | 911 | 933 | | | | | | 1844 |
| 151. | Stirling, David | U/A Lancaster, Lancashire | | 880 | | 963 | | | | | 1843 |
| 152. | Willink, Patrick | Helm Hill | 926 | 916 | | | | | | | 1842 |
| 153. | McCalman, Finlay | Wesham Road Runners | | | | | | | 899 | 941 | 1840 |
| 154. | Tarback, Jonty | U/A Newcastle upon Tyne, | | | 902 | | 933 | | | | 1835 |
| 155. | Liddington, David | U/A Workington , Cumbria | | | | | | 917 | 917 | | 1834 |
| 156. | Wright, David | U/A Carnforth, | | | 900 | | 931 | | | | 1831 |
| 157. | Wilson, Alan | Glaxo Hoad Hill Harriers | 883 | 947 | | | | | | | 1830 |
| 158. | Hunter, David | U/A London, | | | | | 913 | 909 | | | 1822 |
| 159. | Wrennall, Jason | U/A Ormskirk, Lancashire | | | | | 900 | 921 | | | 1821 |
| 160. | Francom, Steven | U/A Timperley, | | | | | | 898 | 919 | | 1817 |
| 161. | Paterson, Ian | U/A Maghull, Merseyside | | 891 | | | | 915 | | | 1806 |
| 162. | Large, Paul | U/A Shepshed, Leicestershire | | | | | | 903 | 903 | | 1806 |
| 163. | Bond, Tony | U/A Preston, | | | | | 904 | 901 | | | 1805 |
| 164. | Stephens, David | Clwydian Range Runners | | 932 | | | 872 | | | | 1804 |

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|------|-------------------|------------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 165. | Coulthard, Julian | Border Harriers | | 851 | | 953 | | | | | 1804 |
| 166. | Smedley, Ted | U/A Prescot, Merseyside | | 898 | 905 | | | | | | 1803 |
| 167. | Knott, Shane | Penny Lane Striders | | 829 | | | | 971 | | | 1800 |
| 168. | Parker, Henry | U/A Leeds, West Yorkshire | 876 | 921 | | | | | | | 1797 |
| 169. | Davies, Reece | U/A Darwen, Lancashire | 871 | | | | | 925 | | | 1796 |
| 170. | Cawdell, Richard | U/A London, | | | | | | | 879 | 917 | 1796 |
| 171. | Jubb, Michael | U/A Ulverston, Cumbria | | 844 | | | 950 | | | | 1794 |
| 172. | Roche, Duncan | U/A Millom, Cumbria | | 877 | 914 | | | | | | 1791 |
| 173. | Dixon, Phil | U/A Redcar, | | | | | 868 | | | 920 | 1788 |
| 174. | Adams, Stephen | U/A READING, Berkshire | 881 | 903 | | | | | | | 1784 |
| 175. | Hawthorne, Barry | U/A Castleford, West Yorkshire | | | | | | | 870 | 914 | 1784 |
| 176. | richardson, brian | blackhill bounders | | 832 | | 950 | | | | | 1782 |
| 177. | Newton, Dave | None | | | | | | 894 | 882 | | 1776 |
| 178. | McGovern, Glyn | U/A Altrincham, | | 904 | 870 | | | | | | 1774 |
| 179. | Fox, David | U/A Altrincham, Cheshire | | 885 | 889 | | | | | | 1774 |
| 180. | Thompson, Dave | U/A Stoke on Trent, Staffordshire | | | 850 | | 920 | | | | 1770 |
| 181. | McMahon, Terry | U/A kendal, cumbria | 867 | 897 | | | | | | | 1764 |
| 182. | Swainston, Ray | U/A Bishop Auckland Durham | 898 | | 866 | | | | | | 1764 |
| 183. | Brannelly, Neil | U/A Prescot, Merseyside | | 871 | | | | 891 | | | 1762 |
| 184. | Abrams, Paul | U/A St Helens, Lancs | | | 852 | | | 905 | | | 1757 |
| 185. | Marechal, Anthony | U/A STROUD, Glos | 858 | 889 | | | | | | | 1747 |
| 186. | Wild, Johnny | Lytham St Anne's road runners | | 856 | | | | 888 | | | 1744 |
| 187. | West, Toby | Lonely Goat RC | 855 | | 886 | | | | | | 1741 |
| 188. | FENNA, DENNIS | Southport & Waterloo AC | | | | | | 873 | 868 | | 1741 |
| 189. | Hartwell, Ian | U/A Manchester, | | 890 | 842 | | | | | | 1732 |
| 190. | stephenson, Craig | U/A leeds, | 847 | | | | | | 884 | | 1731 |
| 191. | Oram, Stuart | U/A Manchester, Greater manchester | 779 | | | 946 | | | | | 1725 |
| 192. | Robson, Chris | St Bees Triers | | | | | | 851 | 867 | | 1718 |
| 193. | Liptrott, Mark | U/A Ormskirk, Lancashire | 838 | 873 | | | | | | | 1711 |
| 194. | Jones, Michael | U/A Stockport, Cheshire | | | 843 | | | 864 | | | 1707 |
| 195. | Hutchinson, Chris | U/A Nr Hull, East Yorkshire | | | 813 | | | | 892 | | 1705 |
| 196. | Newsham, Chris | U/A Winsford , | | | 824 | | 876 | | | | 1700 |
| 197. | Ethell, Paul | U/A Preston, Lancashire | 869 | | 829 | | | | | | 1698 |

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|------|--------------------|--|------|------|------|---------|------|------|------|-----|-------|
| 198. | Wood, Iain | U/A Ormskirk, Lancashire | | 815 | | | | 861 | | | 1676 |
| 199. | Garden, David | U/A Blackpool, Lancs | 817 | 855 | | | | | | | 1672 |
| 200. | Henshaw, Paul | U/A Altrincham , | 814 | 857 | | | | | | | 1671 |
| 201. | McDowall, Ian | U/A Linlithgow, | 818 | | 847 | | | | | | 1665 |
| 202. | Griffiths, Grant | U/A Lancaster, | 829 | 833 | | | | | | | 1662 |
| 203. | Melling, Andrew | U/A Leyland, | | 854 | 808 | | | | | | 1662 |
| 204. | Thompson, Steve | U/A Barrow in Furness, Cumbria | 794 | 867 | | | | | | | 1661 |
| 205. | Mault, Leslie | U/A Preston, Lancashire | 781 | | | | | | 872 | | 1653 |
| 206. | Wordsworth, Graeme | North Shields Poly | | 843 | 809 | | | | | | 1652 |
| 207. | knowles, Timothy | none | 795 | 835 | | | | | | | 1630 |
| 208. | Dore, Samuel | U/A Liverpool, | 793 | 825 | | | | | | | 1618 |
| 209. | Cole, David | U/A Penrith, Cumbria | 792 | | 811 | | | | | | 1603 |
| 210. | Pryor, Mark | Thornton Cleveleys Running Club | | 808 | 792 | | | | | | 1600 |
| 211. | Shanahan, Robert | Wirral Vikings | 790 | | 800 | | | | | | 1590 |
| 212. | Rigby, Ian | U/A Widnes, Cheshire | 775 | 813 | | | | | | | 1588 |
| 213. | McMonagle, Paul | U/A Ormskirk, Lancashire | 770 | 810 | | | | | | | 1580 |
| 214. | Swift, Peter | U/A Wigan, Lancashire | 772 | | 794 | | | | | | 1566 |
| 215. | Williams, Joshua | U/A Glossop, Derbyshire | | | | | | | 1001 | | 1001 |
| 216. | Huggett, Chris | U/A Cartmel, | 1000 | | | | | | | | 1000 |
| 217. | Duncan, Bruce | Team inov-8 | | 1000 | | | | | | | 1000 |
| 218. | Gunn, Craig | U/A Sunderland | | | 1000 | | | | | | 1000 |
| 219. | Cox, Jonathan | Eden Runners | | | | 1000 | | | | | 1000 |
| 220. | Richardson, Billy | Irvine Running Club | | | | | 1000 | | | | 1000 |
| 221. | Wilson, Richard | Kendal AC | | | | | | 1000 | | | 1000 |
| 222. | Collins, Adam | U/A Leeds | | | | | | | 1000 | | 1000 |
| 223. | Smith, James | Barrow Runners | 999 | | | | | | | | 999 |
| 224. | Coulthard, James | Border Harriers | | 999 | | | | | | | 999 |
| 225. | Roddy, Ciaran | Red Rose Runners | | | 999 | | | | | | 999 |
| 226. | Wilson, Matt | Kendal AC | | | | | | 999 | | | 999 |
| 227. | Green, Sam | inov-8/Wharfedale | | | | 999 | | | | | 999 |
| 228. | foster, fletcher | liverpool pembroke | | | | | | | 999 | | 999 |
| 229. | Jackson, David | Horwich RMI Harriers | 998 | | | | | | | | 998 |
| 230. | Pippard, Ben | U/A Newcastle upon Tyne, Tyne and Wear | | | 998 | | | | | | 998 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|------------------------|--|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 231. | Parker, David | Leven Valley AC | | | | 998 | | | | | 998 |
| 232. | Winter, Lee | Hoad Hill Harriers | | | | | | 998 | | | 998 |
| 233. | Sewell, Ewan | U/A York | 997 | | | | | | | | 997 |
| 234. | Pinon Shaw, Jose | Ribble Valley Crossroads Care Cycling Team | | 997 | | | | | | | 997 |
| 235. | Bramham, Adrian | U/A Preston, Lancashire | | | | | 997 | | | | 997 |
| 236. | Neil, Chris | Barrow Runners | 996 | | | | | | | | 996 |
| 237. | Gregory, Liam | U/A Salford, | | | | 996 | | | | | 996 |
| 238. | Stewart, Nicholas | Buckingham & Stowe Running Club | | | | | | | 996 | | 996 |
| 239. | Male, Jonathon | Barrow Runners | 995 | | | | | | | | 995 |
| 240. | McNally, David | Leven Valley AC | | | | 995 | | | | | 995 |
| 241. | Barnes, Nigel | Steel City Striders | | | | | 995 | | | | 995 |
| 242. | Parker, Andrew | U/A Lancaster, Lancs | | 994 | | | | | | | 994 |
| 243. | Rolls, Peter | U/A Keighley, West Yorkshire | | 993 | | | | | | | 993 |
| 244. | Barker, John | Red Rose Runners | | | 993 | | | | | | 993 |
| 245. | Boulger, Andy | Team inov-8.com | | | | 993 | | | | | 993 |
| 246. | foster, andrew | liverpool pembroke & sefton | | | | | 993 | | | | 993 |
| 247. | Flesher, Leon | Thornton cleveleys running club | | | | | | | 993 | | 993 |
| 248. | Wedgwood, Adam | U/A Cockermouth, | | | | | | | | 993 | 993 |
| 249. | Holland, James | U/A Stockport, Cheshire | 992 | | | | | | | | 992 |
| 250. | Chivers, Tom | U/A Kendal, | | | 992 | | | | | | 992 |
| 251. | Brooks, George | U/A Tarporley, Cheshire | | | | 992 | | | | | 992 |
| 252. | Riveros Rojas, Alberto | Kirkstall Harriers | | | | | 992 | | | | 992 |
| 253. | Corden, Tom | U/A Nottingham, | | | | | | 992 | | | 992 |
| 254. | Doherty, Daniel | U/A Manchester, | | | | 991 | | | | | 991 |
| 255. | Shaw, John | U/A Ilkley, | | | | | 991 | | | | 991 |
| 256. | Neal, Philip | U/A Darlington, Durham | | | | | | | | 991 | 991 |
| 257. | Weston, Hugh | U/A Wolverly, | | 990 | | | | | | | 990 |
| 258. | Greeson, Paul | Cumberland AC | | | | | 990 | | | | 990 |
| 259. | Biles, Jake | U/A Coniston, Cumbria | | | | | | 990 | | | 990 |
| 260. | Lamb, Mark | Mornington Chasers | | | 989 | | | | | | 989 |
| 261. | Lewarne, Chris | U/A Blackburn , Lancashire | | | | | 988 | | | | 988 |
| 262. | Filipek, Adrian | U/A | | | | | | 988 | | | 988 |
| 263. | Sadler, Jonathan | U/A Manchester | 987 | | | | | | | | 987 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------|--------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 264. | Wiseman, Scott | U/A Bolton, Lancashire | | | | 987 | | | | | 987 |
| 265. | Cameron, John | U/A Bristol, Avon | | | | | 987 | | | | 987 |
| 266. | Storey, Mark | U/A Whitley Bay, Tyne And Wear | | | | | | 987 | | | 987 |
| 267. | Macfarlane, Paul | Helmhill / Batala | 986 | | | | | | | | 986 |
| 268. | Boulger, Jamie | Team inov-8.com | | | | 986 | | | | | 986 |
| 269. | wright, joff | droitwich ac | | | | | 986 | | | | 986 |
| 270. | Higgins, Luke | U/A Manchester, | | | | | | 986 | | | 986 |
| 271. | Marsh, Steven | U/A Penrith, Cumbria | | | | | | | | 986 | 986 |
| 272. | Little, Aiden | Sedbergh School | | 985 | | | | | | | 985 |
| 273. | Spencer, Aaron | St Bees Triers | | | 985 | | | | | | 985 |
| 274. | Millar, Alan | U/A Richmond, North Yorkshire | | | | 985 | | | | | 985 |
| 275. | Wood, Albert | U/A Newport Pagnell, Bucks | | | | | 985 | | | | 985 |
| 276. | Hirst, Danny | Andems Runners | | | | | | 985 | | | 985 |
| 277. | Foster, James | U/A Lincoln, | | | | | | | 985 | | 985 |
| 278. | Campbell, Andrew | U/A Cheadle Hulme, | 984 | | | | | | | | 984 |
| 279. | Grice, Anthony | U/A Manchester, | | 984 | | | | | | | 984 |
| 280. | Stephenson, Ashley | U/A Bury, | | | 984 | | | | | | 984 |
| 281. | Browne, G | U/A Lytham St Annes, | | | | 984 | | | | | 984 |
| 282. | Ward, Rick | Triathlon Coaching UK | 983 | | | | | | | | 983 |
| 283. | Haigh, Stuart | North Shields Polytechnic | | | | | 983 | | | | 983 |
| 284. | Paybody, James | U/A Crosby, | | | | | | 983 | | | 983 |
| 285. | Fox, Simon | U/A Lancashire, | | | | | | | 983 | | 983 |
| 286. | Lowe, Geoff | The Herdy Maaa-shal | | | | | | | | 983 | 983 |
| 287. | Jay, Dave | Lonely Goat RC | | | 982 | | | | | | 982 |
| 288. | Stalker, Sam | U/A Ulverston | | | | 982 | | | | | 982 |
| 289. | Quan-Soon, Jamie | U/A Preston, | | | | | 982 | | | | 982 |
| 290. | de Haset, Andrew | U/A Durham, | | | | 981 | | | | | 981 |
| 291. | Wilson, Kevin | Darlington Harriers AC | | | | | 981 | | | | 981 |
| 292. | STOBART, Billy | Cumberland ac | | | | | | | 981 | | 981 |
| 293. | Laidlow, Andrew | U/A Wigton, Cumbria | | | | | | | | 981 | 981 |
| 294. | Meister, Hoss | U/A Allendale, Northumberland | | 980 | | | | | | | 980 |
| 295. | Boddy, Steve | Gosforth Harriers | | | 980 | | | | | | 980 |
| 296. | atkinson, david | blengdale runners | | | | | 980 | | | | 980 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|---------------------|--|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 297. | Conabere, Jeff | Team Trident | | | | | | | | 980 | 980 |
| 298. | Dunn, Adam | U/A Durham, | | | | 980 | | | | | 980 |
| 299. | Wignall, Oliver | U/A Grange over sands , Cumbria | | | | | | 980 | | | 980 |
| 300. | Durr, Liam | U/A Manchester, | 979 | | | | | | | | 979 |
| 301. | Stainthorpe, Ian | Rochdale Harriers | | 979 | | | | | | | 979 |
| 302. | Cottrez, Christophe | Les pues la pisse | | | | 979 | | | | | 979 |
| 303. | Williams, Richard | U/A Houghton-le-Spring , Tyne and Wear | | | | | 979 | | | | 979 |
| 304. | Shaw, Stephen | U/A Standish, Wigan, Gtr Manchester | | | 978 | | | | | | 978 |
| 305. | Zaied, Imen | les pues la pisse | | | | 978 | | | | | 978 |
| 306. | MacMahon, Rob | U/A Warwick , Warwickshire | | | | | | | | 978 | 978 |
| 307. | Hark, Jimmy | U/A Bolton, Greater Manchester | | | | 977 | | | | | 977 |
| 308. | Taylor, Joe | U/A Horsley, | | | | | | 977 | | | 977 |
| 309. | Procter, Thomas | Sleaford Striders | | | | | | | 977 | | 977 |
| 310. | Gribbin, Laurie | Millom striders | 976 | | | | | | | | 976 |
| 311. | Ferguson, Kevan | U/A Castle Douglas, Kirkcudbrightshire | | | | 976 | | | | | 976 |
| 312. | Wojtaszczyk, Marcin | U/A Chorley, | | | | | | | 976 | | 976 |
| 313. | Rogers, Simon | Kilbarchan AAC | 975 | | | | | | | | 975 |
| 314. | Huggon, Alan | Border Reiver Runners | | 975 | | | | | | | 975 |
| 315. | Fisher, Julian | BunFit Running Club | | | 975 | | | | | | 975 |
| 316. | Critchley, Kevin | U/A Skipton, North Yorkshire | | | | 975 | | | | | 975 |
| 317. | Shepherd, Nick | U/A Chorley, Lancashire | | | | | | | 975 | | 975 |
| 318. | Mason, Richard | U/A CAMBRIDGE, England | | | | | | | | 974 | 974 |
| 319. | Averill, Steven | U/A Nottingham | 973 | | | | | | | | 973 |
| 320. | Taylor, Mark | U/A Essendine , Rutland | 972 | | | | | | | | 972 |
| 321. | Roddy, Sean | U/A Preston , Lancs | | | 972 | | | | | | 972 |
| 322. | Chu, Heydon Wai Hei | U/A Bolton, Lancashire | | | | 972 | | | | | 972 |
| 323. | Bittner, Jiri | U/A Sedbergh , Cumbria | 971 | | | | | | | | 971 |
| 324. | Richardson, Daniel | U/A Darlington, | | | 971 | | | | | | 971 |
| 325. | Lamont, Kevin | U/A Perth, | | | | 971 | | | | | 971 |
| 326. | Lewis, Andy | Shrewsbury AC | | | | | 971 | | | | 971 |
| 327. | Barden, Louis | U/A Kendal, Cumbria | | | 970 | | | | | | 970 |
| 328. | Wilson, Ross | U/A WIDNES, Cheshire | | | | 970 | | | | | 970 |
| 329. | Randle, David | Team Randle | | | | | 970 | | | | 970 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------------|----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 330. | Shanahan, Fergus | U/A Hook, Hampshire | | | | | | 970 | | | 970 |
| 331. | Blake, Simon | U/A Bingley , West Yorkshire | | | | | | | 970 | | 970 |
| 332. | Cave, Andrew | U/A Southport, Merseyside | | | 969 | | | | | | 969 |
| 333. | Shotton, Mark | U/A South Shields, Tyne and Wear | | | | | 969 | | | | 969 |
| 334. | Houldsworth, Max | U/A Darwen, Lancashire | | | | | | 969 | | | 969 |
| 335. | kenealy, luke | U/A lowton, cheshire | | 968 | | | | | | | 968 |
| 336. | Gilks, Stephen | U/A Shipley, | | | | | | 968 | | | 968 |
| 337. | Prosperini, Paul | U/A Wallsend , North Tyneside | | | | | | | 968 | | 968 |
| 338. | Mitchell, Sean | Barnet & District AC | | | 967 | | | | | | 967 |
| 339. | Porter, Daniel | U/A London, | | | | 967 | | | | | 967 |
| 340. | Shaw, Charles | U/A Kendal, Cumbria | | | | | | 967 | | | 967 |
| 341. | Poudevigne-Durance, Paul | U/A London, | | | | | | | 967 | | 967 |
| 342. | Bailey, Daniel | U/A Darlington, | 966 | | | | | | | | 966 |
| 343. | Spillman, Matthew | Tri-Anglia | | 966 | | | | | | | 966 |
| 344. | Buckingham, Howard | Stocksfield Striders | | | 966 | | | | | | 966 |
| 345. | Green, Steve | U/A Cockermouth, Cumbria | | | | 966 | | | | | 966 |
| 346. | Beard, Ian | U/A Gloucester, Gloucestershire | | | | | | | 966 | | 966 |
| 347. | Ollier, Alex | U/A London, | | | | | | | | 966 | 966 |
| 348. | Davenport, Joe | U/A Preston, Lancashire | 965 | | | | | | | | 965 |
| 349. | Waterhouse, James | U/A Harrogate, N.Yorks | | 965 | | | | | | | 965 |
| 350. | Buckingham, Ted | U/A Prudhoe, Northumberland | | | 965 | | | | | | 965 |
| 351. | Dodgson, David | U/A Formby , West Lancashire | | | | 965 | | | | | 965 |
| 352. | Wright, Phil | U/A Sandbach, Cheshire | | | | | 965 | | | | 965 |
| 353. | Dubale, Adam | U/A MANCHESTER, LANCASHIRE | | | | | | 965 | | | 965 |
| 354. | Correia, Carlos | U/A North Tyneside, | | | | | | | | 965 | 965 |
| 355. | Palmer, Tim | U/A London, London | | 964 | | | | | | | 964 |
| 356. | Spaulding, Matt | U/A Preston, United Kingdom | | | | 964 | | | | | 964 |
| 357. | Bateman, Chris | U/A Halifax, | | | | | 964 | | | | 964 |
| 358. | Chick, William | U/A Grantham, lincs | | | 963 | | | | | | 963 |
| 359. | Fletcher, Brett | COLT | | | | | | | 963 | | 963 |
| 360. | Waterhouse, Jack | U/A Carlisle, Cumbria | | 962 | | | | | | | 962 |
| 361. | Korolyov, Kirill | U/A London, | | | | | | 962 | | | 962 |
| 362. | Allan, Mark | U/A Huddersfield, West Yorkshire | | | | | | | | 962 | 962 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------|-----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 363. | Moore, Sam | Millom Striders RC | 961 | | | | | | | | 961 |
| 364. | Smith, Tom | U/A Wakefield, West Yorkshire | | 961 | | | | | | | 961 |
| 365. | Ferm, Jake | U/A London , | | | 961 | | | | | | 961 |
| 366. | Heywood, George | U/A Chester, | | | | | | 961 | | | 961 |
| 367. | Brooks, Martin | U/A Blackburn , Lancashire | | | | | | | 961 | | 961 |
| 368. | Bread, Paul | U/A Cambridge, | | | 960 | | | | | | 960 |
| 369. | Hull, David | U/A Nr Chorley, Lancashire | | | | | 960 | | | | 960 |
| 370. | Armstrong, Andrew | U/A Stockport , Cheshire | | | | 960 | | | | | 960 |
| 371. | Wrigley, Matthew | U/A Chester, | | | | | | 960 | | | 960 |
| 372. | Watson, Luke | Chorlton Runners | | | | | | | 960 | | 960 |
| 373. | Aitken, Andrew | Peebles Triathlon Club | | | | | | | | 960 | 960 |
| 374. | Libert, Sebastien | U/A london, | 959 | | | | | | | | 959 |
| 375. | Johnson, Brett | U/A St. Helens, Merseyside | | 959 | | | | | | | 959 |
| 376. | Huebner, Arne | U/A Frankfurt, Hessen | | | | 959 | | | | | 959 |
| 377. | Durward, James | U/A Newcastle upon Tyne, | | | | | 959 | | | | 959 |
| 378. | Morgan, Ian | U/A Kirkby Lonsdale, Cumbria | | | | | | 959 | | | 959 |
| 379. | Allan, Stuart | U/A Kilmacolm, | | | | | | | 959 | | 959 |
| 380. | Atkins, Tim | U/A Stretford, Greater Manchester | 958 | | | | | | | | 958 |
| 381. | Parish, Geoff | U/A | | 958 | | | | | | | 958 |
| 382. | Stockdale, Gareth | U/A Stockport, | | | 958 | | | | | | 958 |
| 383. | Buswell, Andrew | U/A Santo Stefano Ticino, MI | | | | | 958 | | | | 958 |
| 384. | Ferguson, Robin | U/A Alston, Cumbria | | | | 957 | | | | | 957 |
| 385. | Riggans, Lenny | Carlton Le Willows | | | | | 957 | | | | 957 |
| 386. | Lawson, Nigel | U/A Bolton, Lancs | | | | | | 957 | | | 957 |
| 387. | Eccles, Chris | U/A Lincoln, | | | | | | | 957 | | 957 |
| 388. | Hennessey, Eamonn | U/A Kendal, Cumbria | | | | 956 | | | | | 956 |
| 389. | Boyle, Stewart | U/A Wetherby, West Yorkshire | | | | | 956 | | | | 956 |
| 390. | Ward, Thomas | U/A Lancaster, | | | | | | 956 | | | 956 |
| 391. | O'Hare, Charlie | Walney Wind Cheetahs | | | | | | | 956 | | 956 |
| 392. | Fisher, Graham | Biddulph Running Club | | | | | | | | 956 | 956 |
| 393. | Wooldridge, Harvey | U/A Bewdley, | | 955 | | | | | | | 955 |
| 394. | Bateman, Mark | U/A Windermere | | | 955 | | | | | | 955 |
| 395. | Garner, Mark | Radcliffe AC | | | | | 955 | | | | 955 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|----------------------|-----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 396. | Macdonald, Scott | U/A Stockport, Greater Manchester | | | | | | 955 | | | 955 |
| 397. | Mayoh, Martin | Washington Running Club | | | | | | | | 955 | 955 |
| 398. | Brayshaw, Andy | Helm Hill | 954 | | | | | | | | 954 |
| 399. | Caisley, Colin | U/A Wilmslow Cheshire | | 954 | | | | | | | 954 |
| 400. | Ellmers, Simon | U/A Crawley, West sussex | | | 954 | | | | | | 954 |
| 401. | Ayan, Hasan | U/A Bolton, Lancashire | | | | 954 | | | | | 954 |
| 402. | Ashton, David | U/A Durham , Durham | | | | | 954 | | | | 954 |
| 403. | Ashcroft, Dave | U/A St Helens, Merseyside | 953 | | | | | | | | 953 |
| 404. | Hartley, Adam | U/A Leeds, West Yorkshire | | 953 | | | | | | | 953 |
| 405. | D'souza, Mark | U/A Salford, Lancs | | | 953 | | | | | | 953 |
| 406. | Highley, Sam | U/A Kendal, | | | | | 953 | | | | 953 |
| 407. | Broadley, Jonathan | U/A Newport Pagnell, Bucks | | | | | | 953 | | | 953 |
| 408. | Haydon, Paul | U/A Great Ayton, North Yorksire | | | | | | | | 953 | 953 |
| 409. | Courtney, Simon | U/A Littlehampton, West Sussex | | | | 952 | | | | | 952 |
| 410. | Norton, David | U/A Wigan, Lancashire | | | | | 952 | | | | 952 |
| 411. | Holmes, Richard | U/A Bingley, | | | | | | | 952 | | 952 |
| 412. | Bryant, James | Kenilworth Wheelers CC | 951 | | | | | | | | 951 |
| 413. | Jobbins, Andrew | U/A London, | | 951 | | | | | | | 951 |
| 414. | Busin, Olivier | U/A London, London | | | | 951 | | | | | 951 |
| 415. | Brownson, Gareth | U/A Barrow in Furness, Cumbria | | | | | | 951 | | | 951 |
| 416. | Tomlinson, Dyllon | U/A Penrith, Cumbria | | | | | | | | 951 | 951 |
| 417. | Moran, Mark | Swinton | 950 | | | | | | | | 950 |
| 418. | Stones, Gary | Lymington Athletics | | | 950 | | | | | | 950 |
| 419. | Bayliss, David | Red Rose Road Runners | | | | | | | 950 | | 950 |
| 420. | King, Niall | U/A Chester, | | | | | | | | 950 | 950 |
| 421. | EDMONDSON, JOHN PAUL | U/A BURNESIDE, CUMBRIA | 949 | | | | | | | | 949 |
| 422. | Green, Joel | U/A Southport, Merseyside | | | 949 | | | | | | 949 |
| 423. | Birrell, Lee | U/A Bourne end, Bucks | | | | | | | | 949 | 949 |
| 424. | Addy, Richard | U/A Southampton, Hampshire | 948 | | | | | | | | 948 |
| 425. | Atkinson, Jonathan | U/A Ambleside, | | 948 | | | | | | | 948 |
| 426. | Lynn, David | U/A North Shields, Tyne and wear | | | | | 948 | | | | 948 |
| 427. | Syratt, Mark | St Helens Tri | | | | | | 948 | | | 948 |
| 428. | Laing, Richard | U/A Altrincham, Cheshire | 947 | | | | | | | | 947 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|----------------------|---------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 429. | de Paeztron, David | U/A London, England | | | | 947 | | | | | 947 |
| 430. | Froud, A | U/A Clitheroe, Lancs | | | | | | 947 | | | 947 |
| 431. | Blakemore, Paul | U/A Wigan , | 946 | | | | | | | | 946 |
| 432. | Pepper, Stephen | U/A Ardrossan, North ayshire | | | | | 946 | | | | 946 |
| 433. | bell, luke | U/A castleford, west yorkshire | | 945 | | | | | | | 945 |
| 434. | Vahedi, Amin | U/A Loughborough, | | | | 945 | | | | | 945 |
| 435. | Uttenthal, Ben | U/A Cambridge , | | | | | | | | 945 | 945 |
| 436. | Stone, Christopher | Hart Road Runners | | | | 944 | | | | | 944 |
| 437. | cullen, steven | U/A monton, greater manchestet | | | | | | 944 | | | 944 |
| 438. | Skelton, Richard | None of the above | | | | | | | 944 | | 944 |
| 439. | colvin, simon | U/A Bolton , Lancs | | | | | | 943 | | | 943 |
| 440. | Robinson, Robert | U/A Huddersfield , | | | | | | | 943 | | 943 |
| 441. | Tucker, Mick | U/A Manchester, | | | | | 942 | | | | 942 |
| 442. | Keighley, Tom | U/A Darwen, Lancashire | | | | | | 942 | | | 942 |
| 443. | Thompson, James | U/A Holmfirth, | | | | | | | 942 | | 942 |
| 444. | Crossley, Jonathan | U/A Rhuddlan, Denbighshire | 941 | | | | | | | | 941 |
| 445. | Featherstone, Karl | U/A Salford, Lancs | | | 941 | | | | | | 941 |
| 446. | wood, Paul | U/A worsley, | | | | | | 941 | | | 941 |
| 447. | sloman, felix | U/A stonely, CAMBS | | | | | | | 941 | | 941 |
| 448. | Shankland, David | U/A Carnforth, Cumbria | | 940 | | | | | | | 940 |
| 449. | Tordoff, Arron | U/A York, North Yorkshire | | | | | | 940 | | | 940 |
| 450. | Pettersen, Erik | U/A REDCAR, Cleveland | | | | | | | 940 | | 940 |
| 451. | Towler, George | U/A Northwich, | 939 | | | | | | | | 939 |
| 452. | Cruttenden, James | U/A Bradford On Avon, Wiltshire | | 939 | | | | | | | 939 |
| 453. | Thompson, William | U/A Barrow-in-Furness, Cumbria | | | | | | 939 | | | 939 |
| 454. | frost, Paul | Hyde Village Striders | | | 938 | | | | | | 938 |
| 455. | Halls, Neil | Saffron Striders | | | | | | 938 | | | 938 |
| 456. | Sadler, Mark | U/A Malton , | | | | | | | | 938 | 938 |
| 457. | Armstrong, Ian | Millom striders | 937 | | | | | | | | 937 |
| 458. | Lees, Robin | U/A Ambleside, Cumbria | | | | | 937 | | | | 937 |
| 459. | Walch, Andy | U/A Barnsley, South yorkshire | | | 937 | | | | | | 937 |
| 460. | Brookes, Christopher | U/A Preston , Lancashire | | | | | | | 937 | | 937 |
| 461. | Armitage, Jon | U/A Sheffield, South Yorks | | | | | | | | 937 | 937 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------|----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 462. | Smithurst, Martin | None | 936 | | | | | | | | 936 |
| 463. | King, Orry | U/A Prescot, Merseyside | | 936 | | | | | | | 936 |
| 464. | Horner, Phil | Garstang RC | | | 936 | | | | | | 936 |
| 465. | kirtlan, scott | gateshead athletics | | | | | | | | 936 | 936 |
| 466. | Gourlay, Ross | Roundhay Runners | | | | | 935 | | | | 935 |
| 467. | Schofield, Andy | U/A Rawtenstall , Lancashire | | | 935 | | | | | | 935 |
| 468. | Bowden, Michael | Bolton tri club | | | | | | | 935 | | 935 |
| 469. | acott, mark | U/A Solihull, W Midlands | | | | | | | | 935 | 935 |
| 470. | Evans, Jonathan | Red Rose | | | 934 | | | | | | 934 |
| 471. | Pollard, John | Glossopdale Harriers | | | | | | | 934 | | 934 |
| 472. | Decadt, Bart | U/A Bolton, | 933 | | | | | | | | 933 |
| 473. | Tidbury, Wade | Eden Runners | | 933 | | | | | | | 933 |
| 474. | Macham, Graham | U/A Chorley , Lancashire | | | | | | | 933 | | 933 |
| 475. | Anderson, Phil | U/A Preston, Lancs | | | 932 | | | | | | 932 |
| 476. | Blackshaw, Jon | U/A Manchester, | | | | | | 932 | | | 932 |
| 477. | Leahy, Stephen | U/A Kendal, Cumbria | 931 | | | | | | | | 931 |
| 478. | Watts, David | U/A Carnforth, Lancashire | | | 931 | | | | | | 931 |
| 479. | Adams, Russell | U/A Kendal, Cumbria | | | | | | 931 | | | 931 |
| 480. | Whalley, Ian | U/A Huddersfield, West Yorkshire | 930 | | | | | | | | 930 |
| 481. | Mather, Tom | U/A Macclesfield, | | | 930 | | | | | | 930 |
| 482. | Lavric, Peter | U/A Cleethorpes , | | | | | 930 | | | | 930 |
| 483. | Ascroft, Philip | U/A Preston, Lancs | | | | | | 930 | | | 930 |
| 484. | Cheek, Jonathan | Hannah the Runner | | | | | | | | 930 | 930 |
| 485. | Hodson, Barrie | U/A Leyland, | 929 | | | | | | | | 929 |
| 486. | McCabe, Jonathan | U/A wilmslow, | | | 929 | | | | | | 929 |
| 487. | Masson, Steven | U/A Newcastle, | | | | | 929 | | | | 929 |
| 488. | Wilson, Jordan | U/A ULVERSTON, | | | | | | 929 | | | 929 |
| 489. | Solo, Ives | BBR | | | | | | | 929 | | 929 |
| 490. | Cooling, Mark | U/A Bristol | | | | | | | | 929 | 929 |
| 491. | Hartley, Bob | Steel City Striders | | | | | 928 | | | | 928 |
| 492. | Parry, Mark | U/A Swinton, Manchester | | | | | | | 928 | | 928 |
| 493. | ROBINSON, KRISTIAN | Rochdale Harriers | | 927 | | | | | | | 927 |
| 494. | Ashworth, David | U/A Bolton, Lancs | | | 927 | | | | | | 927 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|-------------------------|----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 495. | Davies, Sam | U/A Stockport, | | | | | 927 | | | | 927 |
| 496. | Woods, Ross | U/A Kendal, Cumbria | | | 926 | | | | | | 926 |
| 497. | Wilcock, Daniel | U/A Stockport, | | | | | 926 | | | | 926 |
| 498. | Livermore, Laurence | U/A Basildon, Essex | | | | | | 926 | | | 926 |
| 499. | Harris, Rhodri | U/A Manchester, Lancashire | | | 925 | | | | | | 925 |
| 500. | Cunliffe, Mark | Ribby Hall Tri Club | | | | | 925 | | | | 925 |
| 501. | Allan, Amanda | U/A Huddersfield, West Yorkshire | | | | | | | | 925 | 925 |
| 502. | Tate, Matt | Lonely Goat Running Club | 924 | | | | | | | | 924 |
| 503. | Rogers, James | inov-8 | | 924 | | | | | | | 924 |
| 504. | Smallwood, Ewan | U/A CHORLEY, Lancashire | | | 924 | | | | | | 924 |
| 505. | Arumainathan, Arvind | U/A Liverpool, | | | | | | | 924 | | 924 |
| 506. | Brass, Jacob | U/A Ambleside, Cumbria | 923 | | | | | | | | 923 |
| 507. | Lewis, Rodney | U/A Brixton, London | | 923 | | | | | | | 923 |
| 508. | Smith, Paul | No club | | | 923 | | | | | | 923 |
| 509. | Chelvaratnam, Uthayanan | U/A Bristol, | | | | | 923 | | | | 923 |
| 510. | Taylor, Mark | U/A Preston, Lancashire | | | | | | 923 | | | 923 |
| 511. | Hewson, Matthew | U/A Holystone, North Tyneside | | | | | | | | 923 | 923 |
| 512. | Webster, James | N/A | 922 | | | | | | | | 922 |
| 513. | Marriner, Luke | U/A Darwen, Lancashire | | | 922 | | | | | | 922 |
| 514. | Davies, Andrew | U/A Wolverhampton, West Midlands | | | 921 | | | | | | 921 |
| 515. | curry, alan | U/A newcastle upon tyne, durham | | | | | | | | 921 | 921 |
| 516. | Dods, Jack | U/A Cheadle, Greater Manchester | 920 | | | | | | | | 920 |
| 517. | Ronson, Sam | U/A Dalton in furness, Cumbria | | 920 | | | | | | | 920 |
| 518. | collins, shane | red rose road runners | 919 | | | | | | | | 919 |
| 519. | Thorogood, Robert | U/A Wadhurst, East Sussex | | 919 | | | | | | | 919 |
| 520. | Scarr, Simon | BW&FAC | | | 919 | | | | | | 919 |
| 521. | Clarke, Michael | U/A Newcastle Upon tyne, | | | | | 919 | | | | 919 |
| 522. | Spivey, Garry | Meltham A.C. | | | | | | 919 | | | 919 |
| 523. | Harrison-Wright, Willem | U/A Harrogate, | 918 | | | | | | | | 918 |
| 524. | Rowbottom, Jason | Lymm Runners | | | | | 918 | | | | 918 |
| 525. | Bowden, David | Darwen Cricket Club | | | | | | 918 | | | 918 |
| 526. | Miles, Tim | Millom Striders | | | 917 | | | | | | 917 |
| 527. | Webster, John | N/A | 916 | | | | | | | | 916 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|------------------------|------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 528. | barker, neil | U/A kirkbride, | | | | | 916 | | | | 916 |
| 529. | Finn, Paul | U/A High Peak, Derbyshire | | | | | | 916 | | | 916 |
| 530. | Wild, Peter | U/A Lancaster, | | | | | | | 916 | | 916 |
| 531. | Dunn, James | U/A Kenley, Surrey | 915 | | | | | | | | 915 |
| 532. | Mitchell, Daniel | Elvet Striders | | | 915 | | | | | | 915 |
| 533. | Clarke, Simon | Tri Lakeland | | | | | 915 | | | | 915 |
| 534. | Saxton, Eliot | N/a | | | | | | | 915 | | 915 |
| 535. | wardley, mark | U/A preston, lancs | 914 | | | | | | | | 914 |
| 536. | Moxon, Jack | U/A Keighley, West Yorkshire | | 914 | | | | | | | 914 |
| 537. | Jones, Chris | U/A Manchester, Manchester | | | | | 914 | | | | 914 |
| 538. | Pritchard, John | U/A St Albans, | | | | | | | 914 | | 914 |
| 539. | Hicks, Tom | U/A Newcastle upon Tyne , | | | 913 | | | | | | 913 |
| 540. | Pyrah, Leo | U/A Altrincham, | | | | | | 913 | | | 913 |
| 541. | craig, stevie | U/A nutfield, | | | | | | | 913 | | 913 |
| 542. | Cooke, David | AquaDesign | | | | | | | | 913 | 913 |
| 543. | Benn, Colin | Millom Striders | 912 | | | | | | | | 912 |
| 544. | Whyham, Russell | U/A Blackpool, | | | 912 | | | | | | 912 |
| 545. | Cole, Robin | U/A Chester , | | | | | | 912 | | | 912 |
| 546. | Maxwell, Paul | U/A Stockport, Cheshire | | | | | | | 912 | | 912 |
| 547. | Jackson, Thomas | U/A Stalmine, Lancashire | 911 | | | | | | | | 911 |
| 548. | Valliani, Talal | U/A Bristol, Bristol | | | | | 910 | | | | 910 |
| 549. | Threlfall, Dave | Sheffield City Striders | | | | | | 910 | | | 910 |
| 550. | Lowe, Paul | Newcastle staffs ac | | | | | | | 910 | | 910 |
| 551. | Crozier, Michael | U/A Colne, | | 909 | | | | | | | 909 |
| 552. | Murray, Matthew | U/A Newcastle upon Tyne, | | | 909 | | | | | | 909 |
| 553. | Riddick, Allan | U/A Carlisle, | | | | | 909 | | | | 909 |
| 554. | Talboys-Cotton, Justin | U/A Eccleshall, England | | | 908 | | | | | | 908 |
| 555. | de Gea Rico, Aitor | U/A Manchester, | | | | | 908 | | | | 908 |
| 556. | Stothard, Nick | U/A Solihull, West Mids | | | | | | | 908 | | 908 |
| 557. | Kitchin, Steven | U/A Lancaster, Select One | 907 | | | | | | | | 907 |
| 558. | Miller, Chris | U/A Altrincham, MANCHESTER | 906 | | | | | | | | 906 |
| 559. | Sutton, Tim | U/A SOUTHSEA, Hampshire | | | 906 | | | | | | 906 |
| 560. | Brookes, Martin | None | | | | | 906 | | | | 906 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------|----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 561. | Huntley, Arran | U/A Bolton, Lancashire | | | | | | 906 | | | 906 |
| 562. | Ciesla, Przemyslaw | U/A Sosnowiec, | | | | | | | 906 | | 906 |
| 563. | Hayes, Philip | TCRC | | 905 | | | | | | | 905 |
| 564. | Slater, Ronnie | U/A Southport, Merseyside | | | | | | | 905 | | 905 |
| 565. | Beuzeval, David | U/A Minlthorpe, | | | | | | 904 | | | 904 |
| 566. | Humphrey, Edward | U/A London, | 903 | | | | | | | | 903 |
| 567. | Gordon, Ruben | U/A Windermere, Cumbria | | | | | 903 | | | | 903 |
| 568. | Cleworth, John | U/A Timperley, Cheshire | 902 | | | | | | | | 902 |
| 569. | burgess, steven | thornton cleveleys running club | | 902 | | | | | | | 902 |
| 570. | Hill, Steve | U/A Wigton, Cumbria | | | | | 902 | | | | 902 |
| 571. | Johnson, phillip | U/A manchester, | | | | | | 902 | | | 902 |
| 572. | MacDonald, Neil | Millom Striders | 901 | | | | | | | | 901 |
| 573. | Durkin, Joel | U/A Wigan, | | | 901 | | | | | | 901 |
| 574. | Hill, Matthew | LSARRC | | | | | 901 | | | | 901 |
| 575. | Cassells, David | U/A | | | | | | | 901 | | 901 |
| 576. | Parka, Michal | U/A Ulverston, Cumbria | 900 | | | | | | | | 900 |
| 577. | stanley, kenneth | northern masters | | 900 | | | | | | | 900 |
| 578. | Bardon, Peter | U/A Washington, Tyne and Wear | | | | | | | 900 | | 900 |
| 579. | Owen, Stephen | Victoria Park Running Club | 899 | | | | | | | | 899 |
| 580. | braithwaite, nigel | U/A penrith, cumbria | | | 899 | | | | | | 899 |
| 581. | Jones, James | U/A Grays, Essex | | | | | 899 | | | | 899 |
| 582. | Buday, Ian | U/A Huddersfield, West Yorkshire | | | | | | 899 | | | 899 |
| 583. | Dunn, Steve | U/A Tyne and Wear, whitley bay | | | | | 898 | | | | 898 |
| 584. | Woodhead, Matt | U/A Notts, NG5 8QG | | | | | | | 898 | | 898 |
| 585. | Lyon, David | U/A Wigan, Lancs | | | | | | 897 | | | 897 |
| 586. | Phillips, Rob | U/A Heversham, | 896 | | | | | | | | 896 |
| 587. | Lewer, Nick | U/A Skipton, | | 896 | | | | | | | 896 |
| 588. | Joynt, Chris | Wigan | | | | | | 896 | | | 896 |
| 589. | Gribbin, Allan | Cumberland AC | | | | | | | 896 | | 896 |
| 590. | Hamilton, Fraser | U/A Northwich, Cheshire | 895 | | | | | | | | 895 |
| 591. | Brown, Paul | U/A Lancaster, Lancashire | | 895 | | | | | | | 895 |
| 592. | Sears, Justin | U/A Bolton, Bolton | | | | | | 895 | | | 895 |
| 593. | Waterhouse, Steve | U/A Blackpool , | 894 | | | | | | | | 894 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------|--------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 594. | Osmond, Andrew | U/A Preston, Lancashire | | | | | 894 | | | | 894 |
| 595. | Ribchester, Andrew | Coniston Mountain Rescue Team | | | | | | | 894 | | 894 |
| 596. | Horsey, Mark | U/A Leeds, | | | | | 893 | | | | 893 |
| 597. | Holland, Michael | U/A Stockport, | 892 | | | | | | | | 892 |
| 598. | Robins, Ben | U/A Welwyn Garden City, Herts | | | 892 | | | | | | 892 |
| 599. | Wood, Andy | U/A Sutton Coldfield, | | | | | 892 | | | | 892 |
| 600. | Kinner, Phil | U/A Ashby De La Zouch, | | | | | | 892 | | | 892 |
| 601. | Woods, Harvey | U/A Wilmslow, | 891 | | | | | | | | 891 |
| 602. | Lowde, Chris | U/A Blackburn, Lancs | | | | | 891 | | | | 891 |
| 603. | Potter, Jonathan | U/A Leicester, | | | | | | | 891 | | 891 |
| 604. | Dewell, Mark | U/A Wilmslow, | 890 | | | | | | | | 890 |
| 605. | Bellamy, Steve | U/A Preston, Lancashire | | | | | 890 | | | | 890 |
| 606. | Hamer, Adam | U/A Worsthorpe, Lancashire | | | | | | 890 | | | 890 |
| 607. | Vernon, Thomas | U/A LONDON, | | | | | | | 890 | | 890 |
| 608. | Ross, Ben | U/A St Asaph, | 889 | | | | | | | | 889 |
| 609. | WHEATLEY, DAMON | U/A DERBY, | | | | | | | 888 | | 888 |
| 610. | polley, caleb | U/A Stockport, | 887 | | | | | | | | 887 |
| 611. | Appleton, Andrew | U/A Warrington, Cheshire | | | 887 | | | | | | 887 |
| 612. | Wilkinson, Mick | U/A York, North Yorkshire | | | | | | 887 | | | 887 |
| 613. | Thompson, James | U/A Turton, | | | | | | | 887 | | 887 |
| 614. | popple, richard | U/A Sheffield, South Yorkshire | 886 | | | | | | | | 886 |
| 615. | bell, nick | unattached | | 886 | | | | | | | 886 |
| 616. | Partridge, Richard | U/A Warrington, | | | | | | 886 | | | 886 |
| 617. | Bell, Ian | U/A Bolton, Lancashire | | | | | | 885 | | | 885 |
| 618. | Walter, John | U/A Penrith, Cumbria | | 884 | | | | | | | 884 |
| 619. | Bell, Michael | U/A penrith, | | | 884 | | | | | | 884 |
| 620. | Gibbs, Bob | Poor Father's Beer Fund | | | | | 884 | | | | 884 |
| 621. | Cowen, John | Derwentside AC | | | | | | 884 | | | 884 |
| 622. | Whiteley, David | U/A Kendal, Cumbria | | | | | 883 | | | | 883 |
| 623. | Rigg, Andrew | Millom Striders RC | | 883 | | | | | | | 883 |
| 624. | Orr, Tony | U/A burton in kendal, cumbria | | | | | | | 883 | | 883 |
| 625. | Miles, Tim | Millom Striders | 882 | | | | | | | | 882 |
| 626. | Zergi, Paul | U/A Scunthorpe, | | | 882 | | | | | | 882 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------|----------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 627. | Carefoot, Edward | U/A Kendal, Cumbria | | | 881 | | | | | | 881 |
| 628. | Higson, Dave | U/A kendal, cumbria | | | | | 881 | | | | 881 |
| 629. | Head, Ritchie | U/A Wallasey, | 880 | | | | | | | | 880 |
| 630. | Jesson, Mark | Pendle Forest Orienteers | | | 880 | | | | | | 880 |
| 631. | Pickering, Timothy | Vegan Runners | | | | | | 880 | | | 880 |
| 632. | Robinson, Richard | U/A Eaglescliffe, | | | | | | | 880 | | 880 |
| 633. | Cookson, Paul | U/A Altrincham, Cheshire | 879 | | | | | | | | 879 |
| 634. | Artemis, Andrew | U/A Ruislip, | | | 879 | | | | | | 879 |
| 635. | Mckenna, Kerry | U/A Ulverston, Cumbria | | | | | | 879 | | | 879 |
| 636. | Palmer, Tim | None | 878 | | | | | | | | 878 |
| 637. | Wilcock, Adam | U/A Old Langho, Lancashire | | 878 | | | | | | | 878 |
| 638. | McGee, Shaun | Sale Harriers | | | 878 | | | | | | 878 |
| 639. | Campbell, Richard | U/A Manchester, | | | | | 878 | | | | 878 |
| 640. | Allerston, Jack | U/A Liverpool, | | | | | | 878 | | | 878 |
| 641. | James, Stephen | Lancaster Runners | | | 877 | | | | | | 877 |
| 642. | Cowling, Phil | U/A Leeds, West Yorkshire | | | | | | 877 | | | 877 |
| 643. | Ellis, Ian | U/A Beverley, East Yorkshire | | | 876 | | | | | | 876 |
| 644. | Brown, Richard | U/A Rugby, Warwickshire | | | | | | | 876 | | 876 |
| 645. | Taylor, Alan | U/A Rochdale, Greater Manchester | | 875 | | | | | | | 875 |
| 646. | Blend, Matt | Helm Hill | | | 875 | | | | | | 875 |
| 647. | Sharkey, Mike | Wigan | | | | | | 875 | | | 875 |
| 648. | Neill, Paul | Warrington Running Club | 874 | | | | | | | | 874 |
| 649. | Moors, Chris | U/A Gateshead, | | 874 | | | | | | | 874 |
| 650. | Woolley, Derek | U/A Heysham, Lancashire | | | 874 | | | | | | 874 |
| 651. | Evans, Philip | U/A Bracknell, Berkshire | | | | | 874 | | | | 874 |
| 652. | Byron, Andrew | U/A London, | 873 | | | | | | | | 873 |
| 653. | Hetherington, John | Bodyfit Cumbria | | | | | 873 | | | | 873 |
| 654. | Culshaw, Mark | U/A Leyland, Lancashire | | | 872 | | | | | | 872 |
| 655. | Jeffries, Glen | U/A Plymouth, | | | 871 | | | | | | 871 |
| 656. | Pridmore, Steve | U/A West Bromwich , Birmingham | | | | | 871 | | | | 871 |
| 657. | Bannister, Stephen | U/A barrow in furness, cumbria | | | | | | 871 | | | 871 |
| 658. | Vick, Tony | Ponteland Runners | 870 | | | | | | | | 870 |
| 659. | Donkersley, Philip | U/A Lancaster, Lancashire | | 870 | | | | | | | 870 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|----------------------|--|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 660. | clamp, garry | U/A barrow in furness, cumbria | | | | | | 870 | | | 870 |
| 661. | Suddrick, Andy | U/A Sheffield, South Yorkshire | | | | | 869 | | | | 869 |
| 662. | Simson, Richard | U/A Durham , | | | | | | 869 | | | 869 |
| 663. | Williams, Graham | Jog Stewarton | | | | | | | 869 | | 869 |
| 664. | Mitchell, Richard | U/A Kirkham, Lancashire | 868 | | | | | | | | 868 |
| 665. | Winterbottom, Ian | Wigan | | | | | | 868 | | | 868 |
| 666. | MOORE, STEVEN | NORDIC WALKING UK | | | | | 867 | | | | 867 |
| 667. | Sears, Aidan | U/A Child Okeford , Dorset | | | | | | 867 | | | 867 |
| 668. | Wan, Oliver | U/A Lytham St. ANNES, Lancashire | 866 | | | | | | | | 866 |
| 669. | Chaplin-Brice, James | U/A Keswick, | | 866 | | | | | | | 866 |
| 670. | Carson, Kris | U/A Egremont, Cumbria | | | | | 866 | | | | 866 |
| 671. | Floyd, Andrew | U/A Poynton, Cheshire | 865 | | | | | | | | 865 |
| 672. | Jackson, Nick | U/A Manchester, Lancashire | | | 865 | | | | | | 865 |
| 673. | Slocombe, Stephen | U/A West Bromwich , Birmingham | | | | | 865 | | | | 865 |
| 674. | Wellings, Dean | Scunthorpe and district athletics club | | | | | | 865 | | | 865 |
| 675. | henworth, andy | U/A lancaster, lancashire | 864 | | | | | | | | 864 |
| 676. | Barlow, Oliver | U/A Godalming, Surrey | | | 864 | | | | | | 864 |
| 677. | Bullows, Steve | Red Rose Road Runners | | | | | 864 | | | | 864 |
| 678. | Grace, Jim | U/A Cranage, Cheshire | 863 | | | | | | | | 863 |
| 679. | Vaneris, Harry | U/A London, | | | 863 | | | | | | 863 |
| 680. | Barford, Bob | U/A Laceby, Lincolnshire | 862 | | | | | | | | 862 |
| 681. | Vincent, Daniel | Advent Running | | 861 | | | | | | | 861 |
| 682. | Rigg, Ben | Wrea Green, Lancashire | | | 861 | | | | | | 861 |
| 683. | Bagshaw, Chris | U/A Penrith, | | 860 | | | | | | | 860 |
| 684. | Strivens, Jon | U/A Leyland, | | | 859 | | | | | | 859 |
| 685. | Reynolds, Gary | U/A Preston , Lancashire | | 858 | | | | | | | 858 |
| 686. | Holding, Pete | U/A Kendal, Cumbria | | | 858 | | | | | | 858 |
| 687. | Pritchett, Neil | U/A Liverpool, Sefton | | | | | | 858 | | | 858 |
| 688. | Cross, Matt | U/A Wolverhampton, | 857 | | | | | | | | 857 |
| 689. | McKenna, Nick | U/A Manchester, | | | 857 | | | | | | 857 |
| 690. | Chappell, James | U/A Cottingham, | | | | | | 857 | | | 857 |
| 691. | Robertson, Iain | Stop the Wee Grumpy | 856 | | | | | | | | 856 |
| 692. | Paul, McMonagle | U/A Ormskirk | | | | | | 856 | | | 856 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|---------------------|--------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 693. | Western, David | U/A Sutton, Surrey | | | 855 | | | | | | 855 |
| 694. | leary, alex | U/A hull, | | | | | | 855 | | | 855 |
| 695. | Bailey, David | U/A Burnley , Lancashire | 854 | | | | | | | | 854 |
| 696. | leary, ron | U/A hull, | | | | | | 854 | | | 854 |
| 697. | Walker, Mark | U/A Grange-Over-Sands, Cumbria | 853 | | | | | | | | 853 |
| 698. | Daniels, Sean | U/A St Helens, Merseyside | | | | | | 853 | | | 853 |
| 699. | Hanley, Brian | Red Rose Road Runners | 852 | | | | | | | | 852 |
| 700. | Howard, J | U/A Ashton under Lyne, Lancs | | | | | | 852 | | | 852 |
| 701. | Bates, Paul | Mossley AFC Running Club | 851 | | | | | | | | 851 |
| 702. | Bates, Steve | Mossley AFC Running Club | 850 | | | | | | | | 850 |
| 703. | Harrison, Anthony | U/A Norley, | | 850 | | | | | | | 850 |
| 704. | Wilson, Martin | U/A Warton, | 849 | | | | | | | | 849 |
| 705. | Pollard, Chris | U/A Manchester, | | 849 | | | | | | | 849 |
| 706. | Shaw, Alex | U/A Macclesfield, Cheshire | | | 849 | | | | | | 849 |
| 707. | Howard, James | U/A Manchester, | | 848 | | | | | | | 848 |
| 708. | Cleary, Michael | U/A Blackpool, | | 847 | | | | | | | 847 |
| 709. | Humphreys, James | U/A Bury, | 846 | | | | | | | | 846 |
| 710. | McWilliams, Timothy | U/A Wakefield , W Yorks | | 846 | | | | | | | 846 |
| 711. | Rooney, Gerry | U/A Carlisle, | | | 846 | | | | | | 846 |
| 712. | Mcpartlin, Andrew | U/A Manchester, | 845 | | | | | | | | 845 |
| 713. | dodd, aaron | U/A whitley bay, tyne and wear | | 845 | | | | | | | 845 |
| 714. | Strickland, Mark | U/A Holywell, Flintshire | 844 | | | | | | | | 844 |
| 715. | Carr, Matthew | U/A Normanton, West Yorkshire | 843 | | | | | | | | 843 |
| 716. | Stokes, Simon | U/A Wellingborough, | | 841 | | | | | | | 841 |
| 717. | Lane, Gary | Howgill Harriers | | | 841 | | | | | | 841 |
| 718. | Cassidy, Ian | U/A Wigan, Lancashire | 840 | | | | | | | | 840 |
| 719. | King, Shaun | Vegan runners | | 840 | | | | | | | 840 |
| 720. | Price, William | Team Inov 8 | | | 840 | | | | | | 840 |
| 721. | Teasdale, Shaun | U/A Durham, Durham | 839 | | | | | | | | 839 |
| 722. | Dawson, Kelvin | U/A Isle of Man | | 839 | | | | | | | 839 |
| 723. | Price, Edward | Team Inov 8 | | | 839 | | | | | | 839 |
| 724. | Vickerstaff, Ian | U/A Edinburgh, | | 838 | | | | | | | 838 |
| 725. | Etherington, Mark | U/A Preston, Lancs | | | 838 | | | | | | 838 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|-------------------|------------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 726. | Owen, William | U/A Leyland , | 837 | | | | | | | | 837 |
| 727. | Dalton, Dan | U/A Gomersal, | | | 837 | | | | | | 837 |
| 728. | Owen, Jamie | U/A leyland, | 836 | | | | | | | | 836 |
| 729. | Green, Nicholas | U/A Penrith , Cumbria | | 836 | | | | | | | 836 |
| 730. | downes, tom | U/A frome, | | | 836 | | | | | | 836 |
| 731. | Lord, Robert W | U/A Chorlton, Manchester | 835 | | | | | | | | 835 |
| 732. | Riley, Josh | U/A Wigan, | | | 835 | | | | | | 835 |
| 733. | Waring, Jon | U/A Bolton , | 834 | | | | | | | | 834 |
| 734. | Dunn, Richard | U/A Hexham, | | 834 | | | | | | | 834 |
| 735. | Jones, Morgan | U/A Stockton heath, | | | 834 | | | | | | 834 |
| 736. | Blackburn, Sam | Mornington Chasers | | | 832 | | | | | | 832 |
| 737. | Davies, Robert | U/A St Asaph, | 831 | | | | | | | | 831 |
| 738. | Wilkie, Gus | U/A Witney , | | | 831 | | | | | | 831 |
| 739. | Alldred, Karl | U/A Warrington, Cheshire | 830 | | | | | | | | 830 |
| 740. | Fowler, Gavin | U/A Middlesbrough, | | 830 | | | | | | | 830 |
| 741. | moss, damian | U/A Preston, lincs | | | 830 | | | | | | 830 |
| 742. | jackson, malcolm | U/A congleton, cheshire | 828 | | | | | | | | 828 |
| 743. | Bingham, Tony | U/A Cumbria, | | 828 | | | | | | | 828 |
| 744. | Littlefield, Paul | U/A Bolton, | 827 | | | | | | | | 827 |
| 745. | Brooks, Neil | U/A Preston , Lancashire | 826 | | | | | | | | 826 |
| 746. | Belford, Peter | U/A Liverpool, Merseyside | | | 826 | | | | | | 826 |
| 747. | Boot, Matt | U/A NORTHWICH, Cheshire | 825 | | | | | | | | 825 |
| 748. | Manderson, Ian | Jogging pals | 824 | | | | | | | | 824 |
| 749. | Pollock, Andrew | Denby Dale Athletic Club | | 824 | | | | | | | 824 |
| 750. | Hill, Phil | Roundhay Runners | | 823 | | | | | | | 823 |
| 751. | Blewitt, Robert | U/A Manchester, | | | 823 | | | | | | 823 |
| 752. | Silva, ben | carleton house | | | 822 | | | | | | 822 |
| 753. | Haddow, Patrick | U/A Fleetwood, Lancashire | 822 | | | | | | | | 822 |
| 754. | Johnson, Stephen | Millom Striders | 821 | | | | | | | | 821 |
| 755. | Collett, Ian | None | | 821 | | | | | | | 821 |
| 756. | Pleasance, Robert | U/A Manchester, Greater Manchester | 820 | | | | | | | | 820 |
| 757. | Craig, Andy | U/A Blackpool, | 819 | | | | | | | | 819 |
| 758. | Kendall, Kevin | | | | 819 | | | | | | 819 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|-----------------------|--------------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 759. | Wingate, Harry | Kirkby Milers AC | | 818 | | | | | | | 818 |
| 760. | Beech, Malcolm | Blackpool Wyre & Fylde Athletic Club | | | 818 | | | | | | 818 |
| 761. | Cass, Dylan | Mersey Tri | | 817 | | | | | | | 817 |
| 762. | Grainger, Scott | U/A Yarm , | | | 817 | | | | | | 817 |
| 763. | Arnold, Graham | - | 816 | | | | | | | | 816 |
| 764. | Fitzpatrick, Finbarre | U/A Halifax, | | 816 | | | | | | | 816 |
| 765. | Martin, Darren | U/A Gainford, Durham | | | 816 | | | | | | 816 |
| 766. | Barnes, David | Red Rose | 815 | | | | | | | | 815 |
| 767. | Dudley, Phil | U/A Kendal, Cumbria | | | 815 | | | | | | 815 |
| 768. | websdale, bryan | ilkley harriers | | 814 | | | | | | | 814 |
| 769. | Halstead, David | U/A Lytham St.Annes, Lancashire | 813 | | | | | | | | 813 |
| 770. | Hall, Mark | U/A Gateshead , | | 812 | | | | | | | 812 |
| 771. | Taggart, Simon | Galloway harriers | | | 812 | | | | | | 812 |
| 772. | Carter, Paul | U/A Millom, Cumbria | 811 | | | | | | | | 811 |
| 773. | Wirkus, Jan | U/A Accrington, Lancs | | 811 | | | | | | | 811 |
| 774. | Collier, Stuart | U/A Manchester , Lancashire | | 809 | | | | | | | 809 |
| 775. | Lamb, Darren | U/A Preston, Lancashire | 807 | | | | | | | | 807 |
| 776. | Melling, Tom | U/A Preston, Lancashire | | | 807 | | | | | | 807 |
| 777. | Mayer, Peter | U/A Rossendale , Lancs | 806 | | | | | | | | 806 |
| 778. | Orlans, Michael | U/A Greater London, -- | 804 | | | | | | | | 804 |
| 779. | wookey, luke | U/A Manchester, | 803 | | | | | | | | 803 |
| 780. | Evans, Martin | U/A Isle of Man, | | | 802 | | | | | | 802 |
| 781. | Richardson, Gary | U/A Kendal , Cumbria | 800 | | | | | | | | 800 |
| 782. | Hodgson, Callum | U/A London, | 799 | | | | | | | | 799 |
| 783. | Ford, David | U/A Bristol, | | | 799 | | | | | | 799 |
| 784. | LASH, DAVID | U/A SEAHAM, CO. DURHAM | | | 798 | | | | | | 798 |
| 785. | Safrany, Ben | U/A Worskop, Notta | 797 | | | | | | | | 797 |
| 786. | Harris, Nigel | U/A Stafford, | | | 793 | | | | | | 793 |
| 787. | Davies, Ken | U/A Richmond, North Yorkshire | 791 | | | | | | | | 791 |
| 788. | Harland, Richard | U/A Warrington, | 789 | | | | | | | | 789 |
| 789. | ovans, simpson | U/A malvern, | 788 | | | | | | | | 788 |
| 790. | Marks, Darren | U/A Oswestry, | 784 | | | | | | | | 784 |
| 791. | Smith, Domenyk | U/A Kirkham, Lancashire | 782 | | | | | | | | 782 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|------------------|-------------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 792. | Lane, Steven | None | 777 | | | | | | | | 777 |
| 793. | Cartwright, Matt | U/A Preston, Lancashire | 774 | | | | | | | | 774 |
| 794. | Munro, Iain | U/A Preston, Lancashire | 773 | | | | | | | | 773 |
| 795. | Towers, Paul | U/A Morecambe, | 771 | | | | | | | | 771 |
| 796. | Bhavsar, Vishal | U/A London, | 769 | | | | | | | | 769 |
| 797. | Rudge, Malcolm | U/A Kendal | | | | | | | | | 0 |
| 798. | Nixon, Alex | U/A Preston Lincs | | | | | | | | | 0 |
| 799. | Barker, Ben | U/A Warrington, Cheshire | | | | | | | | | 0 |
| 800. | Bates, Adam | U/A Oxford, | | | | | | | | | 0 |
| 801. | Boyle, Tony | U/A Liverpool, | | | | | | | | | 0 |
| 802. | Bruce, Tracey | U/A Lancaster, Lancashire | | | | | | | | | 0 |
| 803. | Candlish, Dave | Saltwell Harriers | | | | | | | | | 0 |
| 804. | clay, gary | U/A huddersfield, west yorkshire | | | | | | | | | 0 |
| 805. | Cumber, Geoff | U/A Sowerby Bridge, | | | | | | | | | 0 |
| 806. | Earnshaw, Chris | U/A Kendal, Cumbria | | | | | | | | | 0 |
| 807. | Ellams, Jeff | Helsby | | | | | | | | | 0 |
| 808. | Fordham, Andrew | U/A Preston, Lancashire | | | | | | | | | 0 |
| 809. | Free, Martin | U/A Huddersfield, | | | | | | | | | 0 |
| 810. | Gore, David | U/A Wigan, Lancs | | | | | | | | | 0 |
| 811. | Haley, John | Unattached | | | | | | | | | 0 |
| 812. | Hopper, Jon | U/A Manchester, Greater Manchester | | | | | | | | | 0 |
| 813. | Hughes, Dan | U/A Burnley, Lancashire | | | | | | | | | 0 |
| 814. | Jensen, Peter | U/A Thornton Cleveleys , Lancashire | | | | | | | | | 0 |
| 815. | Jubb, Peter | U/A Nottingham, Nottinghamshire | | | | | | | | | 0 |
| 816. | Leahy, Michael | U/A Grange-Over-Sands, Cumbria | | | | | | | | | 0 |
| 817. | Logan, Andrew | U/A Warrington, | | | | | | | | | 0 |
| 818. | Maguire, Carl | U/A Barrow in furness, Cumbria | | | | | | | | | 0 |
| 819. | Mathews, Tim | U/A Port Sunlight, Wirral | | | | | | | | | 0 |
| 820. | McDermott, James | U/A Worsley, Manchester | | | | | | | | | 0 |
| 821. | McManus, Daniel | Salford Harriers | | | | | | | | | 0 |
| 822. | McMurtha, Damien | Millom stridders | | | | | | | | | 0 |
| 823. | Moore, Andy | U/A Cockermouth, Cumbria | | | | | | | | | 0 |
| 824. | Morrisroe, Keith | Liverpool | | | | | | | | | 0 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------------|------------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 825. | Hill, Ben | U/A Manchester | | | | | | | | | 0 |
| 826. | Myerscough, Richard | U/A Reading , Berkshire | | | | | | | | | 0 |
| 827. | Parker, Mike | Elvet Striders | | | | | | | | | 0 |
| 828. | Patten, Graham | Lakeland Trails | | | | | | | | | 0 |
| 829. | Porter, Jonathan | U/A Grange over sands , Cumbria | | | | | | | | | 0 |
| 830. | Pyke, Christopher | U/A Manchester, | | | | | | | | | 0 |
| 831. | Roberts, Shaun | Tyne Bridge Harriers | | | | | | | | | 0 |
| 832. | Blackledge, Peter Edward | U/A Congleton, | | | | | | | | | 0 |
| 833. | Rooks, Adrian | U/A Hull, East yorkshire | | | | | | | | | 0 |
| 834. | Smith, Richard | Thame Runners | | | | | | | | | 0 |
| 835. | Statham, Andrew | U/A Manchester, Greater Manchester | | | | | | | | | 0 |
| 836. | Tucker, James | U/A Kendal, | | | | | | | | | 0 |
| 837. | Turner, John | Lancaster Runners | | | | | | | | | 0 |
| 838. | Webster, Robert | U/A Formby, Lancashire | | | | | | | | | 0 |
| 839. | Westaway, Jonathan | U/A Lancaster, | | | | | | | | | 0 |
| 840. | Whitehead, Andrew | U/A Carnforth, Lancashire | | | | | | | | | 0 |
| 841. | Wightman, Colin | U/A Formby, | | | | | | | | | 0 |
| 842. | Yardley, Edward | U/A York, North Yorkshire | | | | | | | | | 0 |
| 843. | Decadt, Louis | Barcelona | | | | | | | | | 0 |
| 844. | Horne, Fran | U/A Grange Over Sands, Cumbria | | | | | | | | | 0 |
| 845. | Holden, Andrew | U/A Lancashire, | | | | | | | | | 0 |
| 846. | Payne, Andrew | Ribble Valley Harriers | | | | | | | | | 0 |
| 847. | Pell, Christopher | Cambridge and Coleridge AC | | | | | | | | | 0 |
| 848. | johnstone, stewart | Warrington running club | | | | | | | | | 0 |
| 849. | Campbell, Neil | U/A Liverpool , | | | | | | | | | 0 |
| 850. | Smith, Daniel | GoodGym | | | | | | | | | 0 |
| 851. | Offord, David | U/A Folkestone, Kent | | | | | | | | | 0 |
| 852. | Parry, Kim | Outward Bound | | | | | | | | | 0 |
| 853. | Paul, Dalby | U/A Middlesbrough, | | | | | | | | | 0 |
| 854. | Chambers, Robert | Tattenhall Runners | | | | | | | | | 0 |
| 855. | Smallpeice, Michael | U/A Sheffield, | | | | | | | | | 0 |
| 856. | Lee, Terry | U/A Stanhope, County Durham | | | | | | | | | 0 |
| 857. | parkes, steve | U/A darlington, durham | | | | | | | | | 0 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|-------------------|-------------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 858. | Nuttall, Mike | U/A Manchester, Lancashire | | | | | | | | | 0 |
| 859. | Maltby, David | U/A Edinburgh, | | | | | | | | | 0 |
| 860. | Statter, Martin | Team Graphskill | | | | | | | | | 0 |
| 861. | Lancaster, Andrew | U/A Wakefield, West Yorkshire | | | | | | | | | 0 |
| 862. | Finch, Darren | U/A Belton, North Lincs | | | | | | | | | 0 |
| 863. | Bowsher, Alex | U/A Bristol, | | | | | | | | | 0 |
| 864. | Tickner, Richard | U/A Kendal, | | | | | | | | | 0 |
| 865. | Travis, Sam | U/A Stockport, | | | | | | | | | 0 |
| 866. | McGough, Mike | U/A Darlington, County Durham | | | | | | | | | 0 |
| 867. | McKie, Alasdair | U/A Chorley, Lancashire | | | | | | | | | 0 |
| 868. | Sutcliffe, Samuel | U/A Woodhall Spa, | | | | | | | | | 0 |
| 869. | Ford, Peter | Knutsford Tri Club | | | | | | | | | 0 |
| 870. | Maher, Stephen | Maher | | | | | | | | | 0 |
| 871. | Bowhill, Richard | U/A London, | | | | | | | | | 0 |
| 872. | coe, pete | U/A Kendal, | | | | | | | | | 0 |
| 873. | Lovett, John | U/A Preston, Lancs | | | | | | | | | 0 |
| 874. | Blatchford, Tony | Non attached | | | | | | | | | 0 |
| 875. | Cottrill, Alec | Burnden Road Runners | | | | | | | | | 0 |
| 876. | Macpherson, Keith | U/A London, Surrey | | | | | | | | | 0 |
| 877. | Gill, Chris | U/A York | | | | | | | | | 0 |
| 878. | Kenny, Joe | U/A Manchester | | | | | | | | | 0 |
| 879. | Haley, Andrew | U/A Morecambe, Lancs | | | | | | | | | 0 |
| 880. | Jackson, Karl | U/A Altrincham, Cheshire | | | | | | | | | 0 |
| 881. | newland, steven | U/A Tring, Hertfordshire | | | | | | | | | 0 |
| 882. | Hurst, Dana | U/A Appleby-in-Westmorland, Cumbria | | | | | | | | | 0 |
| 883. | King, Oliver | U/A Bolton, Lancs | | | | | | | | | 0 |
| 884. | De La Salle, Tim | U/A York, Yorkshire | | | | | | | | | 0 |
| 885. | Cowan, Mark | Wirral Vikings TRC | | | | | | | | | 0 |
| 886. | Johnston, David | U/A Seascale , Cumbria | | | | | | | | | 0 |
| 887. | Darling, Andrew | U/A Darlington , | | | | | | | | | 0 |
| 888. | Binks, Chris | U/A Penny bridge, | | | | | | | | | 0 |
| 889. | Norman, Tim | Cheshire Tally Ho | | | | | | | | | 0 |
| 890. | LADD, IAN | U/A Glasgow , | | | | | | | | | 0 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|-------------------------|--|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 891. | Taylor, Gareth | U/A Manchester, | | | | | | | | | 0 |
| 892. | Atkinson, John | U/A manchester, | | | | | | | | | 0 |
| 893. | Bateman, Darren | U/A Horsham | | | | | | | | | 0 |
| 894. | Jones, John | Kendal Amateur AC | | | | | | | | | 0 |
| 895. | Taverner, James | GoodGym | | | | | | | | | 0 |
| 896. | Barlow, Phil | U/A Sheffield, South Yorkshire | | | | | | | | | 0 |
| 897. | Bird, Paul | U/A Wotton under Edge, Gloucestershire | | | | | | | | | 0 |
| 898. | Bone, Wesley | U/A Washington , | | | | | | | | | 0 |
| 899. | Bone, Kris | U/A Cheshire , | | | | | | | | | 0 |
| 900. | Cosh, Alan | Square and Compass Trail Runners | | | | | | | | | 0 |
| 901. | cranham, matthew | skelmersdale boudary harriers | | | | | | | | | 0 |
| 902. | Deeming, Gary | U/A DURHAM, | | | | | | | | | 0 |
| 903. | Fetherstone, Michael | U/A Preston, Lancashire | | | | | | | | | 0 |
| 904. | Greener, Paul | U/A Lanchester Durham | | | | | | | | | 0 |
| 905. | McKenna, Grant | Hamilton Harriers | | | | | | | | | 0 |
| 906. | Pearson, Jamse | U/A Weybridge, | | | | | | | | | 0 |
| 907. | Chamberlain, Paul | U/A Wiggington Herts | | | | | | | | | 0 |
| 908. | Stainer, Simon | Ambleside AC | | | | | | | | | 0 |
| 909. | Worsley, Steven | Inverness Harriers | | | | | | | | | 0 |
| 910. | Davis, Lydia | Newquay Roadrunners | | | | | | | | | 0 |
| 911. | Brown, Simon | Lonely Goat RC | | | | | | | | | 0 |
| 912. | Hargreaves, Christopher | Red rose runners | | | | | | | | | 0 |
| 913. | Neath, Dave | Wolverhampton & Bilston Running Club | | | | | | | | | 0 |
| 914. | Murphy, Rex | U/A Bolton, | | | | | | | | | 0 |
| 915. | Maloney, John | U/A Ribchester , | | | | | | | | | 0 |
| 916. | Lang, Dan | U/A Chorley, Lancashire | | | | | | | | | 0 |
| 917. | Rotherham, Alan | Ballygalget Athletics Club | | | | | | | | | 0 |
| 918. | Puttock, Cliff | U/A Warrington , Cheshire | | | | | | | | | 0 |
| 919. | Walker, Chris | U/A Nantwich, Cheshire | | | | | | | | | 0 |
| 920. | Walker, Gary | U/A Nantwich, Cheshire | | | | | | | | | 0 |
| 921. | Reaney, Dan | U/A Darwen, Lancashire | | | | | | | | | 0 |
| 922. | Thompson, Russell | U/A Barrow-in-Furness, | | | | | | | | | 0 |
| 923. | eaton, andrew | Tyne Bridge Harriers | | | | | | | | | 0 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------|--------------------|--------------------------------------|-----|-----|-----|---------|-----|-----|-----|-----|-------|
| 924. | Cooper, Colin | U/A Manchester, N/A | | | | | | | | | 0 |
| 925. | Robinson, Mark | U/A Hesketh Bank , | | | | | | | | | 0 |
| 926. | Foley, Phil | U/A Liverpool, MERSEYSIDE | | | | | | | | | 0 |
| 927. | Jenkins, Tim | U/A Wallasey, Merseyside | | | | | | | | | 0 |
| 928. | Woodruff, Charlie | U/A Blackburn , Lancashire | | | | | | | | | 0 |
| 929. | Young, John | Ilkley Harriers | | | | | | | | | 0 |
| 930. | Patten, Graham | Lakeland Trails | | | | | | | | | 0 |
| 931. | Harding, Mark | U/A Long Newton, Stockton on Tees | | | | | | | | | 0 |
| 932. | mayo, john | U/A wigan, lincs | | | | | | | | | 0 |
| 933. | Ward, Neil | Ponteland Runners | | | | | | | | | 0 |
| 934. | Oldcorn, Don | U/A Wantage, Oxon | | | | | | | | | 0 |
| 935. | Wood, Paul | U/A Manchester, | | | | | | | | | 0 |
| 936. | Johnson, Phil | Tewkesbury Tri | | | | | | | | | 0 |
| 937. | pilling, russell | U/A North Shields, tyne and wear | | | | | | | | | 0 |
| 938. | Duff, Ewan | U/A Stocksfield, Northumberland | | | | | | | | | 0 |
| 939. | Yates, Andrew | U/A Ambleside, | | | | | | | | | 0 |
| 940. | McClintock, Callum | U/A Carlisle, Cumbria | | | | | | | | | 0 |
| 941. | Burthem, John | U/A Bolton, Lancashire | | | | | | | | | 0 |
| 942. | Robinson, Alex | Holmfirth Harriers | | | | | | | | | 0 |
| 943. | Wilson, Mark | Skipton AC | | | | | | | | | 0 |
| 944. | Simpson, Andrew | U/A Moor Row, | | | | | | | | | 0 |
| 945. | Cunliffe, Callum | U/A Workington, Cumbria | | | | | | | | | 0 |
| 946. | White, Michael | U/A Davenport, Stockport | | | | | | | | | 0 |
| 947. | Bell, Dan | U/A Crook Nr Kendal, Cumbria | | | | | | | | | 0 |
| 948. | Bridgewater, James | U/A Liverpool , | | | | | | | | | 0 |
| 949. | Entwistle, Darren | U/A Bury , Lancashire | | | | | | | | | 0 |
| 950. | Wilson, Paul | Eden Runners | | | | | | | | | 0 |
| 951. | Marks, Peter | Chorlton Runners | | | | | | | | | 0 |
| 952. | Webb, Nick | U/A Lockerbie, Dumfries and Galloway | | | | | | | | | 0 |
| 953. | Stirling, Ivor | U/A Lancaster, | | | | | | | | | 0 |
| 954. | Hinley, Tim | U/A Ingleton, | | | | | | | | | 0 |
| 955. | Miller, Mark | U/A Danbury, ESSEX | | | | | | | | | 0 |
| 956. | Lumsden, Tom | U/A Preston, Lancashire | | | | | | | | | 0 |

2019 Full Series 10K

Lakeland Trails 2019 10K Series Results : Men

| Pos | Name | Club | CAR | HAW | STA | MAR 10K | KES | CON | HEL | ULL | Total |
|------------|----------------|----------------|------------|------------|------------|----------------|------------|------------|------------|------------|--------------|
| 957. | Phillips, Andy | U/A Manchester | | | | | | | | | 0 |
| 958. | Wire, Richard | U/A Earlsfield | | | | | | | | | 0 |

Number of records: 958