

Lakeland Trails 2016 15KM Autumn Series Results : Men							
Name	Category	Club	Keswick	Coniston	Helvellyn	Ullswater	Total
Ben Livesey		U/A Lincoln,	1000	1000	1000	999	3999
Jonathan Cox		Eden Runners	999	999	999	998	3995
Daniel Pratt		U/A Shipley, West Yorkshire	994	994	987	993	3968
Duncan Hill	Veteran 40	Sale Manchester Harriers	986	989	989	994	3958
Ian Stainthorpe	Veteran 50	Rochdale Harriers	944	960	931	971	3806
Jamie Arkle		Eden Runners	905	947	966	986	3804
Richard Hawkins		York Postal Harriers	949	944	936	955	3784
Michael Storey		DH Runners	931	956	924	972	3783
Paul Lindley		U/A Liverpool, Merseyside	933	932	944	951	3760
Richard Smith	Veteran 50	U/A Potefract, West Yorkshire	929	945	899	947	3720
Jonathan Fletcher	Veteran 50	Bedale and Aiskew	921	915	914	928	3678
Nick Higham	Veteran 40	Lancaster and Morecambe AC	913	934	919	909	3675
Robert Harper	Veteran 40	Yorkshire Wolds Runners	894	922	891	952	3659
Ian Pass	Veteran 40	St Helens Sutton	903	908	867	937	3615
Tom Wright	Veteran 40	U/A Lytham St.Annes, Lancashire	878	907	879	949	3613
William McAllister		Parkside Panthers	807	916	940	941	3604
Peter Roome	Veteran 50	Southport Waterloo AC	981	983	636	983	3583
Jeremy Loughran	Veteran 50	U/A Stoke on Trent, Staffordshire	899	893	876	895	3563
alan parker	Veteran 50	U/A stoke on trent,	864	900	881	904	3549
Gary Cattermole	Veteran 50	U/A Kendal, cumbria	876	899	864	892	3531
Peter Little	Veteran 40	U/A High Harrington, Cumbria	877	888	852	913	3530
RICHARD HALLY	Veteran 40	U/A PRESTON, LANCASHIRE	789	856	829	931	3405
Dean Lindsey	Veteran 50	U/A Clitheroe, Lancashire	879	879	825	813	3396
Stuart Bell	Veteran 50	Kendal AC	845	866	767	874	3352
Larry Horne	Veteran 50	Eden runners	795	849	802	875	3321
Frank Tippin	Veteran 50	U/A Southport,	771	838	813	860	3282
Mark Jesson	Veteran 50	Pendle Forest Orienteers	722	835	796	907	3260
peter reed	Veteran 60	Northumberland Fell Runners	822	803	756	855	3236
Igal Nagar	Veteran 50	U/A Sutton Coldfield, West Midlands	767	784	788	884	3223
Damian Cowell	Veteran 40	Warrington Running Club	764	811	779	866	3220
David Bayliss		Red Rose Road Runners	786	800	755	877	3218
Alastair McIntosh		U/A Warrington, Cheshire	732	872	768	837	3209
Stephen Clements	Veteran 50	U/A Penrith, Cumbria	775	809	739	863	3186
Richard Clements	Veteran 40	U/A Manchester,	762	796	692	830	3080
David Devine	Veteran 50	U/A Glasgow, Scotland	765	787	674	851	3077
Liam Moden	Veteran 50	U/A Haslingden, Lancashire	744	778	691	854	3067
jim little	Veteran 40	Warrington RC	741	757	680	827	3005
Steve Platten	Veteran 40	U/A Hull, East Yorkshire	695	744	694	842	2975
leon flesher	Veteran 40	thornton cleveleys	988	984		984	2956
Chris Furphy	Veteran 50	Stockton Striders	717	758	662	796	2933
Bruce Penhale	Veteran 50	Trafford AC	975	974	974		2923
christopher hetherington	Veteran 40	sanddogs	704	750	676	782	2912
Mike Allison	Veteran 50	U/A Penrith, Cumbria	962	969		978	2909
denis cleary	Veteran 40	none	948	965	975		2888
Garry Owens	Veteran 50	NFR		961	955	969	2885
Lee Hetherington	Veteran 40	South Shields Sanddogs	694	749	649	784	2876
Michael Richardson	Veteran 40	n/a	951		953	965	2869
Anthony Irving	Veteran 40	U/A Carlisle,	952	962	950		2864
Andy Dickson	Veteran 50	Dumfries Running Club	701	700	651	807	2859
Mark Saunders	Veteran 40	U/A Wymondham, Norfolk	932		958	962	2852
Anthony Church	Veteran 50	Vigo village	716	685	625	795	2821
Paul Rawlinson		DH Runners		949	913	953	2815
Roger Taylor	Veteran 40	U/A Erding,		906	929	975	2810
Christopher Fleming-V	Veteran 40	U/A Cockermouth, Cumbria	934	926	925		2785
Mike Jones	Veteran 40	U/A Blackpool ,	640	773	592	779	2784
Kev Kendal	Veteran 40	Howgill Harriers	666	702	606	803	2777
William Sharp	Veteran 60	U/A Ashington,	901	911		946	2758
Andrew Woodhead		U/A Preston, Lancashire	660	668	616	802	2746
Jeffrey Counce	Veteran 40	U/A Southport, Merseyside		892	905	932	2729

terry moss	Veteran 40	U/A preston, lancashire	916	905	892		2713
Anthony Jenner	Veteran 50	U/A Sunderland, Tyne and Wear	635	666	589	815	2705
Alasdair Start		U/A Leyland,	636	674	605	789	2704
kevin burse	Veteran 50	U/A staines, middlesex	638	672	591	774	2675
Richard Toller	Veteran 60	Dundee Road Runners AC		902	851	920	2673
Nick Howe		U/A Liverpool,	871	923	877		2671
Scott Logie	Veteran 40	U/A Nantwich, Cheshire		863	895	911	2669
Gerald Bradley	Veteran 50	U/A West Cornforth, County Durhan	632	663	588	768	2651
Russell Thompson	Veteran 50	U/A Barrow-in-Furness,		854	872	923	2649
Andy Yates	Veteran 50	N/A	872		863	897	2632
Craig Hetherington		Stirling Tri Club	851		846	922	2619
Nathan Davies	Veteran 40	U/A Kendal, Cumbria	857	871	888		2616
Peter Samuelson	Veteran 70	Spectrum striders	619	659	575	762	2615
Robert Foster	Veteran 40	North Shields Poly AC		827	841	942	2610
Steven Averill	Veteran 50	U/A Nottingham ,		833	828	926	2587
Daniel Weston		U/A Manchester,		913	750	917	2580
Richard Gordon	Veteran 40	U/A Penrith, Cumbria		816	870	871	2557
william roberts		Asics	796	897	857		2550
John Waring		U/A Warrington,		814	797	890	2501
John Humphryes		U/A Chester, Cheshire	832		751	879	2462
Pete Lashley		U/A Milnthorpe	828	836	794		2458
Nigel Ezard	Veteran 40	U/A Ilkley,	819	790	816		2425
Martyn Wigglesworth	Veteran 40	U/A Richmond, North Yorkshire		771	775	872	2418
michael pickard	Veteran 50	U/A leeds,	802	824	785		2411
Chris Westwood	Veteran 40	Telford Harriers		808	759	833	2400
Neil MacNeill	Veteran 40	U/A Edinburgh, Midlothian		765	736	865	2366
Ric Jaques	Veteran 40	U/A Brampton,	818	802	727		2347
Iain Robertson	Veteran 40	U/A Corbridge, Northumberland	726	894	687		2307
Andy Buckroyd	Veteran 50	U/A Bollington, Cheshire	754	791	746		2291
Christian Oxley	Veteran 40	Superfan		756	719	812	2287
Stephen Harding	Veteran 40	Jog Scotland	755		663	801	2219
Darren Gillman	Veteran 40	Spa Striders		680	761	770	2211
steven burgess	Veteran 50	thornton cleveleys running club	723	743	689		2155
Steve Green		U/A Cockermouth, Cumbria		706	619	826	2151
Gareth Finlay		Warrington Running Club	641	679		763	2083
ANDREW WOODS	Veteran 60	Fell Striders	645		624	808	2077
Michael Smith	Veteran 50	Olney Runners	656		613	794	2063
Richard Wheatley	Veteran 50	Redhill Road Runners	655		608	786	2049
Gavin Spickett	Veteran 60	Tynedale Harriers	665		594	777	2036
John Stout	Veteran 60	U/A Aughton, Lancashire	673	718	630		2021
Rob Walker	Veteran 50	U/A Bacup, Lancashire	647	709	645		2001
Tim Campbell	Veteran 40	U/A Warrington, Cheshire			997	996	1993
Howard Seal	Veteran 40	Derwent AC Cockermouth	990		993		1983
Leo Stevenson	Veteran 50	Mossley Hill Ac	685	689	609		1983
Paul Reilly	Veteran 40	Helm Hill		988	992		1980
Lee Johnston	Veteran 40	U/A Southport,	651	710	615		1976
Daniele Trinca		U/A Leeds,			983	992	1975
Chris corless	Veteran 40	Team mountain fuel	989		985		1974
David Cassells			675	681	617		1973
AUSTIN TRELFA	Veteran 60	Red Rose Road Runners	690	677	604		1971
Merlin Duff		U/A Newcastle upon Tyne,			980	990	1970
Simon Berrill		U/A Preston, Lancs	622		579	766	1967
Mark Blackwell	Veteran 40	West Cumbria Tri			978	988	1966
Dale Grimshaw		Trawden AC	980	981			1961
Michael McLean	Veteran 40	U/A Catterick Garrison,			971	987	1958
Stuart Towns	Veteran 40	Wigan Harriers		980	973		1953
Ben Hall		Elswick			972	980	1952
Stephen Ray		Chorlton Runners		973	979		1952
Alan Ramsay	Veteran 40	U/A South Queensferry,			970	981	1951
Christopher Lewarne		U/A Blackburn, Lancashire	969	976			1945
David Blake		U/A Birmingham,			963	982	1945

Ben Heathcote		Northumberland Fell Runners			968	974	1942
John Evason		Ulverston Tri Club	960	977			1937
Mick Allen		Cumberland Fell Runners			960	977	1937
Chris Chalmers		U/A London,			956	973	1929
stephen higson	Veteran 60	U/A Keswick, Cumbria	657	676	584		1917
Dan Hartley	Veteran 40	Ulverston Tri Club		954	959		1913
peter fishpool	Veteran 40	U/A driffield, east yorks	961		952		1913
Matt Barton		U/A Dalton in furness, Cumbria	946		962		1908
Adam Armata		U/A Carlisle ,	957		948		1905
darren young	Veteran 40	U/A heckmondwike, west yorkshire			933	967	1900
Peter Clayton	Veteran 50	Unattached			934	963	1897
Stuart Davidson			943	952			1895
Jonny Winward		U/A Bamber Bridge, Lancashire	935	948			1883
Steven Gore		Wesham road Runners	922		957		1879
William Powis		North Shields Polytechnic Club			920	956	1876
Harry Vaneris		U/A London,			908	966	1874
Nick Cox	Veteran 40	U/A ambleside, cumbria	945		928		1873
Edward Lloyd		U/A sheffield, s. yorks			911	954	1865
Nathan Drinkall		U/A Scunthorpe , North Links			906	959	1865
Cadeyrn Thomas		U/A Bury, lancashire	923		941		1864
Chris Heap		U/A Salford,	936	928			1864
John Field		U/A Skipton, North Yorkshire			900	950	1850
Colin Newby	Veteran 40	U/A Kirkby-in-Furness, Cumbria	920	927			1847
Glenn Tait		U/A Edinburgh ,			910	927	1837
Chris Brown	Veteran 40	Red Rose Road Runners	914	921			1835
Ashley Loader		Jarrow and Hebburn AC			885	940	1825
Paul Dobson	Veteran 50	Keswick AC	908		915		1823
Russell Willett		Intense			884	939	1823
Andrew Sale	Veteran 40	Mersey Tri		917	894		1811
Nevil Oldfield	Veteran 40	Shotley bridge harrier	919	891			1810
Dave Raynor	Veteran 50	Red Rose Road Runners	900	904			1804
DAVID BURTON	Veteran 50	KESWICK			874	929	1803
Kevin Bloor	Veteran 40	U/A Rothwell,		886		914	1800
Richard Harrison	Veteran 50	Ambleside AC			862	933	1795
frank mcpartland	Veteran 50	haddington pacemakers			869	924	1793
Tony Glynn	Veteran 50	Bramhall Runners	852			934	1786
Alex Bennett		U/A Irlam, Lancs			845	930	1775
Stuart Haigh		U/A Newcastle upon Tyne, Tyne & Wear			817	944	1761
Andrew O'Neil		U/A Preston, Lancashire	906		850		1756
Andy Letheran	Veteran 50	U/A Kendal	865	878			1743
Graeme Lawson	Veteran 50	U/A Newcastle,	884	859			1743
James Alexander		U/A Ovington, Northumberland		860		880	1740
Glyn Smith	Veteran 70	Cambridge and Coleridge ac	895		844		1739
Psul Roche	Veteran 50	Unattached	869	870			1739
Paul Dunne		U/A Kings's Lynn, Norfolk			855	883	1738
David Cummins	Veteran 40	U/A Preston, Lancashire			854	864	1718
Rob Marshall	Veteran 50	Scunthorpe and District AC			847	870	1717
brian richardson	Veteran 50	blackhill bounders		817		899	1716
Ian Skyner	Veteran 40	U/A Liverpool,	843	873			1716
Jason Brant	Veteran 40	U/A Normanton,	855	858			1713
MICHAEL ARMSTRONG	Veteran 50	sunderland strollers	842		871		1713
simon wright	Veteran 50	U/A lytham st. annes, lancashire		939	774		1713
Wayne Rebanks	Veteran 40	U/A Penrith, Cumbria	862		848		1710
Craig Rimmer		U/A Warrington,			806	901	1707
Lee Darch	Veteran 50	U/A Ellesmere Port, Cheshire			820	887	1707
Chris Adams		I Wear Womens Knickers			798	898	1696
David Cavill		U/A Otley, LEEDS			803	888	1691
Graham Flynn	Veteran 40	U/A Liverpool,	820	868			1688
John Rudd	Veteran 50	Perth Road Runners			805	881	1686
Mark Twitchett	Veteran 40	U/A Leeds,			809	876	1685
Liam Crossey		Grasmere Muscle Team	841		840		1681

Darren Entwistle	Veteran 40	Fylde Coast Runners			800	873	1673
Ian Moir	Veteran 40	British Military Fitness			758	906	1664
Ian Gibson	Veteran 50	Tynedale Harriers	740			921	1661
Adam Barker	Veteran 40	U/A Altrincham, Cheshire			792	867	1659
roger harrison	Veteran 60	cheshire hash house harriers			780	878	1658
Guy Lewcock	Veteran 40	U/A Whitley Bay, Tyne and Wear		840	811		1651
Robert Fry	Veteran 60	U/A Wigan,			773	869	1642
Neil Pomfret	Veteran 40	Ilkley Harriers		818	823		1641
Jason Blagden	Veteran 40	Wesham Road Runners	849		786		1635
James Walsh		Kirkby Stephen Grammar School		807	827		1634
Michael Cummins	Veteran 50	U/A Lancashire,			770	856	1626
Steve Webster	Veteran 40	unaffiliated	801		815		1616
John Wilcock	Veteran 40	n/a		842	771		1613
Chris Green	Veteran 40	U/A Derby, Derbyshire			763	843	1606
Edward Hill	Veteran 40	U/A Huddersfield ,		839	765		1604
Chris Aulton	Veteran 50	Balanced Performance			754	849	1603
Carl Dunk	Veteran 40	U/A Shipley,	773	829			1602
Dave Ramsay	Veteran 50	Bentham beagles running club			698	900	1598
Find Jorgensen	Veteran 50	U/A			740	857	1597
Matthew Smith	Veteran 40	U/A Lancaster, Lancs	778	813			1591
Mike Graham		U/A Upton, Wirral		797	793		1590
Dominic Pope	Veteran 40	U/A Ulverston, Cumbria		815	772		1587
Chris Edwards		u/a			720	861	1581
Glen Carden	Veteran 40	U/A Liverpool, Merseyside	777		804		1581
Craig Brett	Veteran 40	Slinn Allstars			801	776	1577
Daniel Hunt		U/A Lytham st annes, Lancashire	782	792			1574
Thomas Davison		U/A Stockton on Tees, County Durha	753		812		1565
Peter Leach		Lymm Runners	811		747		1558
William Marshall	Veteran 50	U/A Ambleside, Cumbria		716		841	1557
Peter Hodgson	Veteran 40	U/A Bury,	766	788			1554
Paddy Mcdonald	Veteran 60	Haddington Pacemakers			710	839	1549
Joe Mellor	Veteran 50	U/A Leeds, ---Please Select---			703	844	1547
Jonathan Watt	Veteran 50	U/A Altrincham, Cheshire		805	741		1546
Nick Pape	Veteran 40	Hermitage harriers			722	823	1545
Robert Bentley		U/A Manchester,			690	852	1542
Ian Jones	Veteran 40	U/A blandford forum, dorset			643	886	1529
Damien Cullington		U/A Leeds, West Yorkshire			729	798	1527
John Hunter	Veteran 40	U/A Leyland, Lancs			707	820	1527
John Grey	Veteran 40	U/A Whitley Bay, Tyne and Wear	668			858	1526
Adam Fixter	Veteran 40	U/A Near Earl Shilton, Leicestershire	814	711			1525
Russell Blythe	Veteran 40	U/A York, North yorkshire		781	742		1523
Ric Turner	Veteran 40	U/A Leyland,			704	818	1522
MARTIN Simpson		Red Rose Road Runners			699	821	1520
Keith Wise	Veteran 60	U/A Dalry, North ayrshire			738	771	1509
Ian Raynor	Veteran 50		686			822	1508
Carl Fisher		U/A Leyland, Lancashire			684	819	1503
Sean Backhouse	Veteran 40	U/A Selby, North Yorkshire			696	806	1502
Ian Stephenson	Veteran 50	U/A Swarland, Northumberland			660	838	1498
Richard Pennock	Veteran 40	U/A Bridgend,			659	832	1491
jonathan yates	Veteran 40	U/A Garstang, LANCASHIRE		763	723		1486
Tom French		U/A Skipton, North Yorkshire		686		797	1483
Joe Stevens	Veteran 50	U/A Ormskirk, Lancashire	709	772			1481
Rob Whitham		U/A Leyland,			658	817	1475
Gary Hollis	Veteran 50	U/A Kendal, Cumbria	736	736			1472
Malcolm Marshall	Veteran 50	Scunthorpe & District AC			686	785	1471
GARETH TOSH	Veteran 50	U/A Halifax,	719		748		1467
Mike Sinclair	Veteran 50	Warrington Running Club	763	704			1467

Peter BADKIN	Veteran 50	Abbey Runners			667	799	1466
Martyn Fisher	Veteran 50	Almost Athletes			665	792	1457
Dirk Etgeton	Veteran 40	U/A Rommerskirchen, Germany			640	811	1451
David Ferrier	Veteran 50	Keswick AC	721		728		1449
Wayne Nickson	Veteran 40	Warrington Running Club		752	695		1447
Phil Walton	Veteran 40	Warrington Running Club	643			800	1443
Michael Rafferty	Veteran 40	U/A Cramlington, Northumberland			650	783	1433
stefan wood		U/A St Helens,	706	722			1428
Charles Satterly	Veteran 40	Lancaster & Morecambe A/C	707		712		1419
David Elseder	Veteran 70	Nordic Walker		657		760	1417
Graham Schofield	Veteran 60	Chorley Harriers		738	673		1411
Chris Councell	Veteran 50	U/A Hereford,			620	781	1401
Mark Scott	Veteran 40	U/A Haslemere, Surrey			603	790	1393
Robert Myatt	Veteran 50	U/A Stoke on trent, Staffordshire	678	713			1391
Lawrence Day	Veteran 40	Macclesfield Harriers	714		675		1389
Darren Dunne	Veteran 40	U/A Chester-le-Street,, Durham	669		714		1383
Andrew Wilkinson	Veteran 40	U/A Leeds, West Yorkshire	699		683		1382
john wiseman	Veteran 50	U/A poynton, cheshire	725		655		1380
Roger Beaconsfield	Veteran 70	Westbury harriers			598	775	1373
Mark Daniels	Veteran 40	Warrington Running Club			595	772	1367
Andy Fisher		U/A Ormskirk , Lancashire	711		653		1364
George Adamson	Veteran 60	North Shields Polytechnic AC	672	691			1363
Ken Brown	Veteran 50	Blackhill Bounders	715		642		1357
Mark Farmer	Veteran 50	U/A Lincoln, Lincolnshire			578	765	1343
David Toth	Veteran 40	U/A Durham, Durham			574	761	1335
Paul Dewey	Veteran 50	U/A Altrincham,	670		661		1331
Chis Chew	Veteran 40	U/A Kendal,		699	627		1326
Oliver Smethurst	Veteran 40	U/A Warrington, Cheshire	646	671			1317
Steve Webster	Veteran 50	U/A Huddersfield, West Yorkshire	659	656			1315
Michael Milburn	Veteran 50	U/A Milnthrope, Cumbria	692		621		1313
Michael Pettigrew	Veteran 60	U/A Blackburn, Lancashire		692	599		1291
mark taylor	Veteran 50	U/A manchester, lancashire	624	662			1286
Neil Stoker	Veteran 40	U/A Carnforth, Lancashire		675	607		1282
Tom Adams		Ilkely Harriers				1000	1000
Charlie Lowther		Eden	998				998
Joe Kenny		U/A Ambleside,		998			998
Tom Collins		Medway & Maidstone AC			998		998
Adam Walker		U/A Halifax, West Yorkshire		997			997
Alex Robinson		Holmfirth Harriers				997	997
Steve Cairns	Veteran 40	Tyne Bridge Harriers	997				997
Chris Neil		Barrow Runners	996				996
Philip Leybourne	Veteran 40	Salford harriers		996			996
Tom Smith	Veteran 40	Lochaber AC			996		996
Adam Fletcher	Veteran 50	U/A				995	995
Alex Allardyce	Veteran 40	Irvine Running Club		995			995
Matthew Duckworth		Clayton-le-moors harriers	995				995
Matthew Reedy	Veteran 40	Ambleside AC			995		995
Andrew Cumine		U/A London, City of London			994		994
Neil Reissland	Veteran 50	U/A Wallington,	993				993
Tom Kenny		N/A		993			993
Anthony Oliver	Veteran 40	HartlepoolBurn road harriers	992				992
Mark Thornton-Smith		U/A Edinburgh,		992			992
Daniel Delina		1.Bezecky Jablunkov		991			991
James Chapman		U/A Brampton, Cumbria	991				991
John Widdrington		U/A Newcastle upon Tyne,				991	991
Jonathan Smith		Lymm Runners			991		991

Chris Richardson		Metro Aberdeen RC			990		990
Niall McCartan		St Peters GAA			990		990
Will Sharp		u/a				989	989
Robert Jackson	Veteran 40	ProwBoBob				988	988
Craig Robson		U/A Newcastle Upon Tyne,	987				987
David Penman		Valley Striders			987		987
Chris Pell		Cambridge and Coleridge AC			986		986
Stephen Hall		U/A North Shields, Tyne & Wear				986	986
Craig Marsh		Keswick AC				985	985
David Taylor		U/A Preston, Lancashire	985				985
Paul Chamberlain	Veteran 40	U/A Wigginton, Hertfordshire			985		985
Jonathan Male		Barrow Runners	984				984
Matthew Rooke		Black Combe Runners				984	984
Richard Bate		Dudley Kingswinford Running Club	983				983
Daniel Wheat		Southwell Running Club	982				982
David Oldfield		Harrogate Harries & A.C.				982	982
Jack Perry		U/A Ulverston, Cumbria			982		982
darren allan	Veteran 40	U/A BARNARD CASTLE,				981	981
Lewis Morley		Birchfeild harriers			979		979
Matthew Brodrick		U/A Middlesbrough,	979				979
Robbie Robson		South Axholme Academy				979	979
David Norman	Veteran 40	Dudley Kingswinford	978				978
stephen parker	Veteran 40	U/A barrow-in-furness, cumbria			978		978
Gope Walker	Veteran 40	Berkshire Tri Squad				977	977
John Gorman		Sutton runners	977				977
Adrian Blackledge	Veteran 40	Trawden AC	976				976
Ian Hammett		Bedford Harriers AC				976	976
James Maxwell		Queen Elizabeth School				976	976
Will Allen		U/A Fareham,			975		975
Richard Wilson		Kendal AC	974				974
mark smith		U/A Northampton, Northamptonshi	973				973
Mark Rutter		U/A South Shields ,			972		972
Rhys Jones		Oesophagoose	972				972
Paul Mason	Veteran 50	Wigan Phoenix			971		971
Robert Kaul	Veteran 40	U/A Ashbourne, Derbyshire	971				971
James Duffy		Thornton cleveleys running club	970				970
Lance Saxby	Veteran 40	U/A Harrogate, North Yorkshire				970	970
Lee Harris	Veteran 40	Birchfield Harriers			970		970
Sam Bayer		U/A Streatham Hill, London				969	969
Kevin Brennan	Veteran 40	St Helens Striders	968				968
Peter Roberts	Veteran 40	Bramhall Runners				968	968
Stephen Walker		Beverley AC			968		968
Phill Beard	Veteran 40	N/a			967		967
Zoltan Monostori		U/A Kendal,	967				967
Adrian Filipek		U/A Coniston, Cumbria			966		966
Paul Macfarlane		Helmhill / Batala	966				966
Edward Pugh		School if Science	965				965
Dan Hutton		U/A Wirral,			964		964
Richard Folley		U/A London,				964	964
Steve Sadler	Veteran 50	Richmond & Zetland Harriers	964				964
Chris Murphy		U/A Altrincham,			963		963
richard hodgson		U/A brampton,	963				963
Andy Shannan	Veteran 40	DH RUNNERS				961	961
Luke Healy		U/A Wood Green,				961	961
andrew pye	Veteran 40	U/A skelsmergh,				960	960
John Haley		Unattached			959		959

Josh Comley		U/A London, London	959			959
Dave Almond		Northbrook Ac	958			958
Ian Crook	Veteran 40	Barrow Striders		958		958
leslie johnson	Veteran 40	Razzer's Runners			958	958
David Lash	Veteran 40	Sunderland Harriers			957	957
Tim Brereton		BCCCR&C		957		957
Chris Stanley	Veteran 40	Trawden AC	956			956
Leigh Ally		Aldridge running club		955		955
Roger Brewster	Veteran 60	clayton le moors harriers	955			955
John Douglas	Veteran 40	Allithwaite Running Club	954			954
Robert Moss		U/A			954	954
Alex Potter	Veteran 50	Mugdock Runner	953			953
Tim Ashby	Veteran 40	Ackworth Road Runners		953		953
Andy Williams	Veteran 50	U/A Northwich , Cheshire			951	951
Richard Hall	Veteran 40	Bramhall Runners		951		951
Ewan Kirk		York Knivesmire Harriers	950			950
Simon Bennett	Veteran 50	U/A Clitheroe,		950		950
gary bastow	Veteran 50	Ripon			949	949
Jason Brown	Veteran 40	U/A Carnforth, Lancs				948
David Wilkinson	Veteran 50	Borrowdale Fell Runners	947			947
Jonathan Poirrette	Veteran 50	U/A Windermere, Cumbria			947	947
Jeff Belt	Veteran 40	North York Moors AC			946	946
Michael Hall	Veteran 40	Red Rose road runners		946		946
sean barry	Veteran 40	U/A huddersfield,				945
Stephen Regan		U/A Wigan, Lancashire			945	945
Neil May	Veteran 50	City of Hull AC				943
Phil Anderson		U/A Preston, Lancs		943		943
Sean Mitchell	Veteran 40	Barnet & District AC			943	943
Iain Rankin	Veteran 40	U/A Macclesfield, Cheshire		942		942
Paul Hempstock		U/A Stockport, Cheshire			942	942
Roger Gooding	Veteran 40	Springfield Striders	942			942
Mark Homer	Veteran 50	Dudley Kingswinford	941			941
Stuart Taylor	Veteran 40	U/A Preston, Lancashire		941		941
kevin bloy	Veteran 40	ayr seaforth		940		940
Peter Hood	Veteran 50	Dudley Kingswinford (DK) Running C	940			940
Simon Ghey	Veteran 40	U/A Carlisle, Cumbria			939	939
Zygmunt Szelejewski		U/A London,	939			939
Ian Helm	Veteran 40	N/A	938			938
Kimon Doulis		London Heathside			938	938
Owen Panton		U/A Manchester,		938		938
Richard Whall		U/A Kirkham, Lancashire				938
Adam Bird		Bramhall Runners		937		937
mark walker	Veteran 40	rochdale harriers and ac	937			937
Martin Middlemiss	Veteran 40				937	937
Chris Ridley		Dallam				936
John Spooner	Veteran 40	Lancaster&morecambeA/C		936		936
Andy Roberts		U/A Cirencester, Glos		935		935
David Pryor		U/A Warrington, Cheshire			935	935
Peter Appleyard	Veteran 40	U/A Middlesbrough, North yorks				935
Jonathan Page		RES Trail Team		933		933
Byron Morgan	Veteran 40	U/A Cockerham, Lancashire			932	932
Alan Smitheman	Veteran 40	Loftus & Whitby ac		931		931
Adrian Spencer		Barrow Runners	930			930
Andrew Stuart	Veteran 40	None		930		930
Ian Hall	Veteran 40	N/a			930	930
Mike Innerdale	Veteran 40	U/A Appleby,		929		929

Andrew Price	Veteran 40	Barrow Runners	928				928
Bob Christie		U/A Chester, Cheshire	927				927
Richard Folley		U/A London,			927		927
Ian Silburn		U/A Edenhall, Cumbria	926				926
Paul Whittemore		U/A Manchester,			926		926
Daniel Dunbabin	Veteran 40	U/A Warrington, Cheshire			925		925
James Marsh		Lancaster				925	925
James Smith		U/A Keighley, West Yorkshire	925				925
Gary Corcoran	Veteran 40	Red rose runners	924				924
Matt Page	Veteran 40	U/A Altrincham, Cheshire			924		924
Mark Aldred		U/A Durham,			923		923
Simon Eaton	Veteran 40	Wesham Road Runners			922		922
Sam Barton		U/A Bowness, Cumbria			921		921
Damien Spratt	Veteran 40	Serpentine Running Club			920		920
Andrew McDonald	Veteran 40	U/A Dalton-in-Furness, Cumbria				919	919
David Liley		U/A Carnforth, Lancashire			919		919
Barry Green	Veteran 40	U/A Cookham, Berkshire				918	918
darren rushton	Veteran 40	clayton le moors			918		918
Malcolm Busfield	Veteran 40	Ashbourne Running Club	918				918
Mike Daniels		U/A Manchester,				918	918
CHRISTOPHER ROBERT	Veteran 40	Unattached	917				917
Simon Parker	Veteran 50	Cheshire Hash House Harriers			917		917
Andy Hale	Veteran 40	U/A Preston,				916	916
jonathan broome	Veteran 50	achille Ratti			916		916
Paul Hughes	Veteran 50	U/A				915	915
Steven Brown		U/A Dunfermline, Fife	915				915
Dave Garwood		U/A Liverpool, Merseyside			914		914
James Richardson		U/A Altrincham,			912		912
James Turner		Serpentine	912				912
PHIL RILEY	Veteran 40	Astley & Tyldesley Road Runners			912		912
Robin NAYLOR	Veteran 60	n/a				912	912
Kieran Lomas		Astley & Tyldesley Road Runners	911				911
Andrew Vincent	Veteran 50	U/A Macclesfield, Cheshire				910	910
David Cottingham		U/A Hemel Hempstead, Herts	910				910
Mark Sherwood	Veteran 40	U/A St Helens,			910		910
James Barry		U/A High Wycombe, Buckinghamshire				909	909
Robert Green		U/A Chesterfield, Derbyshire	909				909
Tony Priest	Veteran 40	U/A Bedlington , Northumberland			909		909
Joe Goldsmith		U/A Leeds, West Yorkshire				908	908
Andy Martin		Red Rose Road Runners			907		907
paul slone	Veteran 40	U/A great harwood, lincs	907				907
George Sugden		U/A Huddersfield, West Yorkshire				905	905
Daniel Bailey		U/A Darlington,	904				904
paul bryan	Veteran 40	U/A noryon, stockton on tees				904	904
adrian byrom	Veteran 50	ackworth rr			903		903
Anthony Hart	Veteran 40	Astley & Tyldesley Road Runners			903		903
Chris Price	Veteran 50	York Acorns				903	903
Alex Cotterill		U/A London,			902		902
Andy MacKenzie	Veteran 50	U/A London,				902	902
Paul Leary	Veteran 50	Rochdale Harriers	902				902
Anthony James		u/a				901	901
vincent mann	Veteran 40	U/A MANCHESTER, lancashire			901		901
Chris Pilkington		U/A Preston, Lancashire			898		898
David Culverwell	Veteran 40	U/A Corbridge, Northumberland	898				898
stephen harthan	Veteran 40	mossley hill A/C				898	898
Paul Shaw	Veteran 40	U/A Wigan, Lancashire				897	897

Rodney Lewis		U/A Brixton, London	897			897
Geoff Lowe	Veteran 50	Charlbury Cricket Club			896	896
Luis Molero		U/A St boswells, Scottish borders	896			896
Mark Jones	Veteran 40	U/A Cookham, Berkshire		896		896
Robin Hall	Veteran 40	U/A LASSWADE,	896			896
Jonathan Crossley	Veteran 40	U/A Rhuddlan, Denbighshire		895		895
Terje Sletnes	Veteran 40	U/A Lier,			894	894
Ben Hoyle		U/A Penrith, Cumbria		893		893
Simon Withey		U/A Shipley, West Yorkshire			893	893
Tom Stafford		U/A Sedbergh, Cumbria	893			893
Gary Bonner	Veteran 50	Dudley Kingswinford Running Club	892			892
Andrew Hemsley	Veteran 50	U/A Penrith, Cumbria			891	891
Brian Tibbs	Veteran 50	Mugdock Runners	891			891
Darren Leech		Calthwaite RC		890		890
Mike Collins	Veteran 40	U/A Whitley Bay, Tyne and Wear		890		890
Will Charles		U/A Runcorn, Cheshire	890			890
Christopher Snell		U/A Kendal, Cumbria		889		889
Craig Newsham		U/A Preston,			889	889
Iain Asher	Veteran 50	U/A Darwen, Lancashire			889	889
Terry Griffiths	Veteran 40	Redway Runners	889			889
Robert Woods		U/A Keswick, Cumbria	888			888
Andrew Kyle		U/A Spennymoor, Durham	887			887
Christopher Collis	Veteran 40	Birchfield Harriers		887		887
Steve Cullen	Veteran 50	U/A Ellesmere Port,			887	887
Craig Perkins	Veteran 40	U/A Ingleton, North Yorkshire	886			886
Steve Livesey	Veteran 50	Thornton Cleveleys Running club			886	886
Alistair Bell		U/A Carlisle,		885		885
Mike Little	Veteran 50	Cani-sport Edinburgh	885			885
Stuart Cowan	Veteran 40	U/A Castle Douglas, Kirkcudbrightshire			885	885
William Smith	Veteran 50	St Albans Striders		884		884
Harry Schofield		U/A Church Fenton, North Yorkshire		883		883
Malcolm Booth	Veteran 50	U/A Bearsden, east Dunbartonshire	883			883
richard johnson	Veteran 40	U/A hull, east yorkshire			883	883
Hunter Lyden		U/A Manchester,			882	882
jon green	Veteran 50	U/A blackpool, lancs		882		882
Rob Humphries		U/A Bristol, Avon			882	882
Scott Liddell	Veteran 60	U/A Warrington, Cheshire	882			882
Colin Christie	Veteran 60	Genial	881			881
keith brewster	Veteran 60	U/A leeds,		881		881
Andrew Cloaky		Team endure			880	880
Joy Livermore	Veteran 40	U/A Preston, Lancashire	880			880
Neil Hindle	Veteran 60	FRA		880		880
Phil Montgomery		Kendal AC			878	878
Andrew Mellor	Veteran 50	U/A Longsdon, Staffordshire		877		877
MARK BARNARD	Veteran 60	U/A HENLEY IN ARDEN, WARWICKSHIRE		876		876
Andrew Unitt	Veteran 50	Barrow Runners	875			875
Chris Brookes		U/A Preston, Lancs		875		875
Paul Hudson	Veteran 40	U/A Carlisle, Cumbria			875	875
David Geldard	Veteran 40	U/A Clitheroe, Lancs		874		874
Nathanial Marshall		U/A Leeds, West+Yorkshire	874			874
Anthony Bradshaw	Veteran 60	U/A Preston, Lancashire	873			873
Roberto Raso	Veteran 50	Manchester Fronrunners			873	873
john steele	Veteran 60	U/A wigton, cumbria	870			870
Clive McNab	Veteran 50	U/A Craven Arms, Shropshire		869		869
Dale Alltree	Veteran 40	U/A Haltwhistle,	868			868
Michael Smith		U/A St Helens, Merseyside			868	868

Tony Mather	Veteran 50	U/A Stockport, Cheshire				868	868
andrew shimmin	Veteran 40	Roby Runners		867			867
stuart tromans	Veteran 40	U/A kingswinford, west midlands	867				867
Mr Lowes		Elswick Harreris			866		866
Steven Lawes		U/A Cairneyhill, FIFE	866				866
Graeme Stewart		U/A Edinburgh,			865		865
Phil Dale		U/A Barrow-in-Furness, Cumbria		865			865
Harshad Patel		U/A WEST BROMWICH, West Midlands		864			864
Richard Mordain		U/A Tynemouth, Tyne and Wear	863				863
Matt Seddon	Veteran 40	U/A Moffat, Dumfriesshire				862	862
Matt Viner		U/A Askam-in-Furness,		862			862
Aidan Robson		U/A Helton,			861		861
Euan McKinnon	Veteran 40	Ulverston Tri Club		861			861
Gary Clarke	Veteran 40	Oswestry Olympians	861				861
Andy Christian	Veteran 50	Sneyd Striders	860				860
Peter Jobes		U/A Gateshead,			860		860
duncan scott	Veteran 50	U/A ulverston, cumbria			859		859
Paul Henshaw		U/A Seaham, Durham	859				859
Wayne Macintosh		Trawden AC				859	859
David Nichols		U/A Lancaster, Lancashire	858				858
steven beahan	Veteran 40	U/A sheffield, south yorkshire			858		858
Ben Wallace		U/A Lancaster, Lancs		857			857
Adam Champion	Veteran 40	Keswick Athletic Club	856				856
Carl Dobson		U/A Wigton, Cumbria			856		856
Luke MILLS		Bridgnorth Triathlon Club		855			855
Peter mills	Veteran 40	U/A greater manchester,	854				854
Andy Hickson	Veteran 50	U/A LONDON,				853	853
Jason Preston	Veteran 40	U/A Penrith, Cumbria			853		853
PHILIP DAVIDSON	Veteran 50	RED ROSE ROAD RUNNERS	853				853
Simon Cocker	Veteran 50	U/A Grantham,		853			853
Toby Gregory		U/A Preston, Lancashire		852			852
Steve Fairclough	Veteran 50	Bramhall Runners		851			851
Matt Groves		BCCCR&C		850			850
Robert Peacock	Veteran 40	Blaydon Harriers				850	850
Steve Howe		U/A Carlisle,	850				850
Andrew Fleming		U/A Nottingham,			849		849
Graham Metcalfe		U/A		848			848
Jason Spear	Veteran 40	U/A Chorley, Lancashire				848	848
Nick Latham	Veteran 40	U/A Durham,	848				848
David Oxtoby	Veteran 40	U/A Lancs,	847				847
JJ O'Sullivan	Veteran 50	U/A London,		847			847
Amit Sharma		U/A Skelmersdale, Lancashire	846				846
Philip Evans		Balanced Performance				846	846
Phillip Bampton	Veteran 40	Birchfield Harriers		846			846
Paul Donnelly	Veteran 40	U/A Southport, Merseyside				845	845
Simon Hiscock		U/A Preston , Lancs		845			845
Andrew Bagshaw	Veteran 40	Bramhall Runners		844			844
Andrew Hallam	Veteran 40	U/A Chorley, Lancs	844				844
Mark Osborne	Veteran 50	Wakefield Triathlon club			843		843
Phil Heaword		Bramhall Runners		843			843
Robert Minton		Biddulph running club			842		842
Ben Ridley		U/A Durham,		841			841
Dave Robson	Veteran 50	Barrow Runners	840				840
Mike Swift	Veteran 50	U/A Manchester, Manchester				840	840
James Cull		U/A Wallasey			839		839
Michael Bowden	Veteran 40	Holcombe Harriers	839				839

Dan Stolworthy		U/A Huddersfield, West Yorkshire	838			838
David Pickering		U/A Blackburn, Lancashire		838		838
David Stott	Veteran 50	Mugdock Runners	837			837
Geoffrey Carter	Veteran 40	U/A Cockermonth,		837		837
Peter Bonner	Veteran 40	U/A Grantham, Lincs		837		837
Michael Palin	Veteran 40	U/A Seaham, Durham	836			836
Oliver Oldfield		U/A Broxbourne, Herts			836	836
Paul Fisher		Wigan & district harriers		836		836
ian mitchell	Veteran 50	helm hill runners			835	835
Jonathan Buckley		U/A Frizington, Cumbria		835		835
Mark Green	Veteran 40	Warrington running club	835			835
Jonathan Fairhurst		U/A Wigan, lancashire	834			834
Mike Clements	Veteran 40	U/A Southport,		834		834
Phill James	Veteran 40	U/A Preston, Lancashire			834	834
Jonathan Gardiner		U/A Thornton-Cleveleys, Lancashire	833			833
Si Greenwood	Veteran 50	U/A Chester, Cheshire			833	833
Alex Jefferson		U/A Flitwick, Beds		832		832
Chris Taylor	Veteran 40	U/A Bolton, Lancs			832	832
Dylan Lawton		N/A			831	831
MARK TREADWELL	Veteran 50	U/A PULBOROUGH, WEST SUSSEX	831			831
Tony Ward	Veteran 50	U/A Dudley, West Midlands		831		831
Damien Handslip	Veteran 40	Nidd Valley Road Runners	830			830
Jens Meierhenrich	Veteran 40	U/A London,			830	830
Jonathan Chuter	Veteran 40	U/A Shrewsbury,		830		830
Alan Wardle	Veteran 50	U/A Stalybridge, Cheshire	829			829
Christopher Edwards		U/A Manchester,		828		828
Nigel Meier	Veteran 50	n/a	827			827
David Moran		U/A Ormskirk, West Lancashire	826			826
John Wiggans	Veteran 40	U/A Preston, Lancashire		826		826
Phil Elstob	Veteran 40	U/A Hexham,			826	826
Martin Moore	Veteran 50	Stafford Harriers	825			825
Paul Cleary	Veteran 40	U/A Alsager, Stoke-on-Trent		825		825
Chris Devlin		U/A Manchester, LANCS	824			824
Paul Johnson	Veteran 40	U/A MORECAMBE, Lancashire			824	824
Adam Dixon		U/A Whitley Bay, Tyne and Wear		823		823
Richard Ward	Veteran 40	Red Rose Road Runners	823			823
James Shirley		U/A Liverpool,			822	822
Nicholas Johnston		U/A Newcastle upon Tyne, Tyne & Wear		822		822
Gavin Weidman	Veteran 40	U/A Stockton, Cleveland			821	821
Mark Pemberton	Veteran 40	Trawden AC	821			821
Stuart Hardcastle	Veteran 60	Swaledale Runners		821		821
Will Walker		Ackworth Road Runners		820		820
Ian Young	Veteran 40	Bramhall Runners		819		819
Tom Finch		U/A Isle of Mull, Argyll			819	819
David Smallwood	Veteran 40	U/A west auckland, durham			818	818
Michael Fordyce	Veteran 50	U/A Carlisle, Cumbria	817			817
jeff wilson	Veteran 40	bwfac	816			816
Chris Heseltine	Veteran 50	U/A Sedbergh, Cumbria	815			815
Simon Thorn		U/A Wigan,			814	814
Nick Sutcliffe	Veteran 40	London City Athletics Club	813			813
Richard Manley		U/A Wirral, Merseyside	812			812
Simon Andreassen	Veteran 40	Allendale valley striders		812		812
Betham Lowe			810			810
Chris Dunn		U/A South Shields , Tyne and Wear		810		810
Samuel Neill		U/A Gateshead, Tyne and Wear			810	810
Peter Evans	Veteran 50	Kings Heath Running Club	809			809

Terry Wilkinson	Veteran 40	U/A Durham,			808		808
Tom Hunt		U/A Barrow in Furness, Cumbria	808				808
Paul Roche	Veteran 50	U/A Chester,			807		807
Billy Elliott	Veteran 50	Carnethy Hill Running Club	806				806
Graham Downs	Veteran 40	U/A Morecambe, Lancashire			806		806
Alistair cropper	Veteran 50	U/A scunthorpe,	805				805
Andy Zwolinski	Veteran 40	Ashbourne RC	804				804
Richard Mathias	Veteran 40	U/A Birkenhead, Merseyside			804		804
Simon Tushingham		U/A Cheadle ,	803				803
Ben Robinson		U/A Preston, Lancashire			801		801
Jonathan McCabe		U/A wilmslow,	800				800
greg swinbourne	Veteran 40	Hartlepool burn road harriers			799		799
John Kellett		U/A Liverpool, Merseyside	799				799
Ross Kennedy		U/A Stockport,			799		799
Ian Pickles	Veteran 40	U/A Altrincham, Cheshire	798				798
John Moran		Ackworth Road Runners			798		798
scott portman	Veteran 40	sandbach striders	797				797
Phillip Johnson		U/A Windermere,			795		795
simon froggatt	Veteran 40	U/A woburn sands, buckinghamshire			795		795
Graham Carson	Veteran 60	U/A London,	794				794
David Marr	Veteran 40	Barrow & Furness Striders			793		793
mike hall	Veteran 50	U/A Warrington, Cheshire	793				793
Gary Spriggs	Veteran 40	St Helens Striders	792				792
Peter Myerscough	Veteran 60	Asics			791		791
Steven Thornton	Veteran 40	U/A Newton Aycliffe, Co DUrham	791				791
Matthew Bailey		U/A Darlington,	790				790
Peter Cox	Veteran 40	U/A Tonbridge, Kent			790		790
Chris Farrimond		U/A Wigan, Greater Manchester			789		789
Colin Newby	Veteran 50	U/A Newcastle Upon Tyne, Tyne and Wear			789		789
luke richardson		U/A biddenham, beds	788				788
Ian Davenport	Veteran 50	U/A Harrogate, North yorkshire	787				787
Rob Beer		Warrington triathlon club			787		787
Ted Smedley	Veteran 40	U/A Prescot, Merseyside			786		786
Paul Smitham	Veteran 50	GMFRS Mountain Running Club			785		785
Phil Smith	Veteran 40	Dudley Kingswinford Running Club	785				785
Ben Hudson		U/A Todmorden,			784		784
Richard Froggatt	Veteran 40	U/A Brierley Hill, West Midlands	784				784
Andrew Edwards	Veteran 40	U/A Cupar, Fife			783		783
James Buckell	Veteran 40	U/A Woburn Sands, Bedfordshire			783		783
Shaun Dubiel		U/A Chorley, Lancashire	783				783
ALAN JONES	Veteran 60	GARSTANG RUNNING CLUB			782		782
Tim Apps		U/A Milton Keynes, Buckinghamshire			782		782
Adrian Cross	Veteran 40	U/A Arnside, Cumbria			781		781
Tod Christopher	Veteran 40	U/A Leeds, West Yorkshire	781				781
Andrew Nuut		Ackworth Road Runners			780		780
Peter O'Grady	Veteran 50	Red Rose Road Runners	780				780
Mark Askew	Veteran 40	Scunthorpe & District AC	779				779
Mark Procter	Veteran 40	City of Lancaster Triathlon			779		779
Andrew Stannard		U/A Preston, Lancashire			778		778
Stephen Cruickshank	Veteran 40	U/A Formby,			777		777
Tim Selves	Veteran 40	U/A York, North Yorkshire			777		777
Adrian Bellwood		U/A Chester,	776				776
Jonathan Broadley	Veteran 40	U/A Newport Pagnell, Bucks			776		776
Scott Baxter	Veteran 40	U/A Holmfirth, West Yorkshire			776		776
howard burke	Veteran 50	Unattached			775		775
Howard Plaut	Veteran 50	U/A Crook, County Durham	774				774

michael leck	Veteran 60	lancaster morecambe ath club		774		774
Peter Murray		U/A Davyhulme, MANCHESTER	772			772
Jacobus Du Plessis	Veteran 40	U/A Prescot, Merseyside		770		770
Steve Tilsley	Veteran 50	Ashbourne Running Club	770			770
Gareth Evans	Veteran 50	U/A Skipton, north Yorkshire			769	769
Jonathan Wilde	Veteran 40	Royston Runners	769			769
Paul Taylor	Veteran 40	Bramhall Runners		769		769
Douglas Foulds	Veteran 50	U/A Lancaster, Lancashire		768		768
Tom Robinson		U/A Poulton le Fylde, Lancs	768			768
Vinn McGuire	Veteran 50	U/A Morecambe, Lancashire		767		767
James Hollender		U/A Newcastle upon Tyne,			766	766
Ross Singleton	Veteran 50	U/A Bristol,		766		766
Adam Ferguson		U/A salford, manchester			764	764
Paul Thompson	Veteran 50	Hornsea Harriers		764		764
Kit Erlebach	Veteran 40	Durham city Harriers			762	762
Paul Zywicki	Veteran 50	Ackworth Road Runners		762		762
Kevin Greenwood	Veteran 50	U/A Nacton, Suffolk	761			761
William Staniard	Veteran 50	Stockport Tri Club		761		761
John Wiseman	Veteran 50	Red Rose Road Runners	760			760
Paul Corkill		U/A Barrow-in-furness,		760		760
Philip Weary	Veteran 50	Southwille RC			760	760
Laurence Burns		U/A Stoke on Trent, Staffordshire	759			759
Neil Burnett	Veteran 40	U/A		759		759
Paul Wheeler	Veteran 50	ashford athletic club	758			758
Matthew Skelton		U/A Leeds, West Yorkshire			757	757
Simon Scarr	Veteran 50	BW&FAC	757			757
Stuart Oram		U/A Manchester, Greater manchester	756			756
Peter McCowie	Veteran 50	U/A Newcastle Upon Tyne, Tyne and Wear		755		755
Barry Skelton	Veteran 40	U/A Darwen, Lancs		754		754
Jon Horne	Veteran 50	Biddulph Running Club			753	753
Mark Wilson	Veteran 40	U/A Skipton, North Yorkshire		753		753
Mark Davies	Veteran 40	Mercia Fell Runners	752			752
Stuart Whittaker	Veteran 50	Hartlepool burn road harriers			752	752
David Gilbert	Veteran 40	U/A Liverpool, Merseyside	751			751
David Mckenna	Veteran 40	Penny lane striders		751		751
Peter Lewis	Veteran 50	U/A Southport, --NA--	750			750
Les Male	Veteran 40	U/A Cambridge, Cambs			749	749
Mark Hunt	Veteran 50	U/A Solihull, West Midlands	749			749
Christopher Billington	Veteran 40	U/A Southport,	748			748
Paul Gibbins	Veteran 50	U/A Grimsby , North East Lincs		748		748
Graham Parker	Veteran 50	U/A Kendal, Cumbria	747			747
Stewart Haigh	Veteran 60	Ackworth Road runners & AC		747		747
Peter Lane		U/A Newark, Nottinghamshire		746		746
Richard Graham	Veteran 50	U/A Brampton, Cumbria	746			746
Ben Dainton		U/A Ulverston , Cumbria		745		745
Michael Law	Veteran 60	unattached	745			745
Richard Brown		Belper Ten Twenty			745	745
Andrew Halcro-Johnst		U/A York,			744	744
David Elsworthy	Veteran 40	U/A Elloughton, East Yorkshire			743	743
John Warin	Veteran 50	U/A Perth,	743			743
Richard Watson	Veteran 40	U/A Allithwaite, Cumbria		742		742
Tom Green		U/A Edinburgh,	742			742
Michael Ball	Veteran 40	U/A Swindon, Wiltshire		741		741
Nick Vickery	Veteran 50	Rayleigh Road Runners		740		740
Andrew Ward		U/A CARNFORTH,		739		739
michael edge	Veteran 50	wesham road runners	739			739

Stuart Rodger	Veteran 60	Mugdock runners	738				738
Alan Smith	Veteran 40	U/A Eaglesham,			737		737
Ian Verber	Veteran 60	Black Combe Runners		737			737
Simon Lunn	Veteran 40	Sleaford Town Runners	737				737
David Stephenson		U/A Ottringham,		735			735
neil crossman		U/A wirral, Merseyside	735				735
Sebastian Cloherty		U/A Liverpool,			735		735
David Cooper	Veteran 50	Ackworth Road Runners		734			734
John Culpin	Veteran 40	U/A Morpeth, Northumberland			734		734
Mike Lowes	Veteran 50	Saltwell Harriers	734				734
David Smith	Veteran 50	U/A Manchester,			733		733
Robert Mactier	Veteran 50	Mugdock runners	733				733
Alan Davidson	Veteran 60	U/A Witney,			732		732
Chris Davies		U/A Witton le wrar, Durham			731		731
STEVE LAYZELL	Veteran 60	U/A MILLOM,	731				731
James Lewis		U/A Bolton,	730				730
Richard Wall-Morris		U/A Lymm, Cheshire			730		730
Leo Pyrah		U/A Manchester,		729			729
Paul Wilson	Veteran 40	U/A Driffield, East Yorkshire	729				729
Martin Dodd	Veteran 40	U/A Carlisle, Cumbria	728				728
Michael Burkitt	Veteran 50	U/A Lancaster, Lancashire		728			728
MARK ROGERS	Veteran 60	Kidlington RAC		727			727
Simon Tulley	Veteran 40	U/A Kendal,	727				727
Neil Wallace	Veteran 50	U/A Carlisle, Cumbria		726			726
Shawn Gibson		U/A Kendal,			726		726
Mark Barrow		U/A Bolton, Lancs		725			725
Patrick Duce		U/A Stoke Newington,			725		725
Dave Evans	Veteran 50	U/A Liverpool, Mersyside	724				724
Matthew Derrick		U/A Cottingham,			724		724
michael straker	Veteran 50	U/A newcastle upon tyne, tyne and wear		724			724
David Western	Veteran 50	U/A Sutton, Surrey		723			723
Brian Ford	Veteran 40	Elvet Striders			721		721
Richard pagan	Veteran 40	Dumfries Running club		721			721
Matthew Ramsden		U/A Grange Moor,		720			720
Sean McMullan	Veteran 40	Red rose runners	720				720
Peter Roach	Veteran 50	U/A Bebington, Wirral		719			719
Mike Potts	Veteran 40	U/A Stockport, Cheshire			718		718
Steven Robinson	Veteran 60	Thornton Cleveleys Running Club	718				718
Michael Doherty		U/A London,			717		717
Nick Martin	Veteran 50	U/A West Kirby, Select county		717			717
Matthew James		U/A Annan, Dumfriesshire			716		716
David Eatough	Veteran 40	U/A Stockport, Cheshire			715		715
Glenn Potts	Veteran 40	U/A Manchester, Lancs		715			715
Barry Hamilton		U/A Coldstream, Betwickshire		714			714
Neil Peacock	Veteran 40	Warrington Running club	713				713
Stephen Kiszow	Veteran 40	Sunderland Strollers			713		713
roy simpson	Veteran 60	ackworth roadrunners		712			712
TIM LARTER	Veteran 60	MUGDOCKRUNNERS	712				712
Paul Haydon	Veteran 50	U/A Great Ayton, North Yorksire			711		711
Roy Kenyon	Veteran 40	U/A Ormskirk , Lancashire	710				710
Alexander Kington		U/A Sutton, Surrey			709		709
Darren Eccles	Veteran 40	U/A St. Helens ,		708			708
Dave Candlish	Veteran 40	Saltwell Harriers			708		708
James Leach-Holt		The Brick Homeless Project	708				708
Robert Bowen	Veteran 40	U/A Dudley, West Midlands		707			707
Michael Lillie		U/A York,			706		706

keith hornby	Veteran 50	U/A LIVERPOOL, Please select...	705			705
Richard Young	Veteran 40	U/A Malmesbury, Wiltshire		705		705
Ruud Palmer		Chorlton Runners			705	705
Matthew Swann		St Helens Striders	703			703
Tony Day		U/A Sheffield,		703		703
Chris Wilson	Veteran 50	Hardley	702			702
steven gannon	Veteran 50	U/A stockport , cheshire			702	702
Kevin Mather	Veteran 50	U/A Warrington,		701		701
Robert Heminsley	Veteran 50	U/A Preston, lancs			701	701
Michael Harrison		U/A Lytham St Annes, Lancashire	700			700
steve parkes	Veteran 50	U/A darlington, durham			700	700
Sam Cherrington		U/A Ashton-in-Makerfield, Greater N	698			698
Steve Archibald	Veteran 50	Dundee road runner		698		698
Christopher Taylor	Veteran 60	Ackworth Road Runners		697		697
John Slater	Veteran 50	U/A Carnforth, Lancs	697			697
Richard Mackey		U/A Stockton, Cleveland			697	697
Karl Allerton	Veteran 40	Lichfield Running Club	696			696
Ste Davison	Veteran 40	U/A Manchester,		696		696
Dann Sanders	Veteran 40	U/A Newcastle,		695		695
Dilip Patel	Veteran 40	Birchfield Harriers		694		694
Bryan Waters	Veteran 40	U/A Pontypool, Torfaen	693			693
JOHN INGRAM	Veteran 60	U/A OLNEY, BUCKS			693	693
Matt Carter	Veteran 40	U/A Berkhamsted,		693		693
Donald Peacock	Veteran 50	U/A Durham, Durham	691			691
Garry Spivey	Veteran 60	Meltham A.C.		690		690
Gabriel Uttley	Veteran 50	U/A York, North Yorkshire	689			689
Phil Hayes	Veteran 40				688	688
Sarmid Al-Kamil	Veteran 50	Bramhall Runners		688		688
Sean Mogleenan	Veteran 50	Dumfries running club	688			688
Andrew Jones		U/A Prescot, Merseyside		687		687
Mark Finn	Veteran 40	U/A BOLTON, LANCASHIRE	687			687
Gary Turner		Fylde Coast Running			685	685
Jon Shaw	Veteran 50	Macclesfield Harriers	684			684
Owen Jefferies		U/A Liverpool, Merseyside		684		684
Mathew Fairhurst		U/A Wigan,	683			683
Michael Smith	Veteran 50	Olney Runners		683		683
mark shaw	Veteran 50	U/A Audenshaw, MANCHESTER		682		682
Matthew Tollitt	Veteran 50	Penny Lane Striders	682			682
Richard Crossley	Veteran 40	U/A Stafford, Staffs			682	682
John Millington	Veteran 40	Warrington Running Club			681	681
Nick Ridge		U/A Birmingham,	681			681
Philip Ramsden	Veteran 50	Horsforth Harriers	680			680
Ian Gilbert	Veteran 60	U/A Ipswich, Suffolk	679			679
Ross Crombie	Veteran 50	U/A West Bridgford,			679	679
Mark Price	Veteran 40	U/A Leeds, West Yorkshire			678	678
Matthew Marriner-Ch	Veteran 40	U/A Wakefield, West Yorkshire		678		678
Frank Miller	Veteran 60	Garstang RC			677	677
gavin fisk	Veteran 40	U/A manchester,	677			677
Andrew Laycock	Veteran 40	U/A Skipton,	676			676
David halliday	Veteran 40	U/A manchester, lancshire	674			674
Christopher Hammond	Veteran 60	U/A Leek, Staffordshire		673		673
Nigel Peters	Veteran 50	U/A Holmfirth, West Yorkshire			672	672
Chris Haselden	Veteran 40	None			671	671
Simon Poole	Veteran 40	St Helens Striders	671			671
Graham Flynn	Veteran 40	Mersey Tri			670	670
Russell Brown	Veteran 50	U/A Nr Harrogate, North Yorkshire		670		670

Ian Graham	Veteran 50	Mersey Tri			669		669
Mark Whalley		U/A Manchester,			669		669
Glen Wiedman		U/A Carlisle,			668		668
David Williamson	Veteran 40	Swinton RC	667				667
Jason Vigrass	Veteran 40	Aldridge running club			667		667
Jamie Still		U/A Kendal,			666		666
Michael Thompson		U/A Cheadle Hulme, Cheshire			665		665
Andrew Dunnet	Veteran 60	Mugdock Runners	664				664
David Roberts	Veteran 50	Spectrum Striders			664		664
Richard Caverner	Veteran 60	NFR			664		664
Gary Morton		U/A Huddersfield, West Yorkshire	663				663
Oliver Finch		U/A London,	662				662
Craig Coates		Bridgnorth Running Club	661				661
David Stretton		U/A Carlisle ,			661		661
Nick Higham	Veteran 40	Lancaster and Morecambe AC			660		660
RAY BESSANT	Veteran 50	U/A WIDNES, CHESHIRE	658				658
Russell Powell	Veteran 40	U/A Tadley, Hants			658		658
Jamie Littlewood	Veteran 40	U/A Preston, Lancashire			657		657
Ian Goodall		U/A Salford,			656		656
Ben Rigg		N/A			654		654
Vincent Holme	Veteran 50	Batala Mountain Runners	654				654
Gerard Conway	Veteran 50	U/A Blackburn,	653				653
ian grimshaw	Veteran 50	U/A Ingleton, Lancs	652				652
Michael Crozier	Veteran 50	U/A Colne,			652		652
Richard Poynton	Veteran 40	U/A Lowestoft, Suffolk	650				650
Simon Taggart	Veteran 50	Galloway Harriers	649				649
Robert Mundy	Veteran 60	Ripon Runners	648				648
Wayne Singleton	Veteran 40	Ulverston Tri Club			648		648
Bruce Ruddick	Veteran 50	U/A Carlisle, Cumbria			647		647
simon jones	Veteran 40	U/A Sawbridgeworth, Herts			646		646
James Pass		U/A Keswick, Cumbria			644		644
Robert Massey	Veteran 60	U/A Blackpool, Lancashire	644				644
Paul Sheerin	Veteran 40	U/A Rochdale,	642				642
Patrick Stanley	Veteran 40	Victoria Park Running Club			641		641
Doug Kington		Reigate Priory AC			639		639
Owen Lewis	Veteran 40	Independent	639				639
Robert Terry	Veteran 40	Belper Harriers			638		638
John Hibbitts		Warrington Running Club	637				637
Mathew Jenkins		U/A Liverpool,			637		637
Patrick Haddow		U/A Fleetwood, Lancashire			635		635
Christian Ainsley		U/A Liverpool, Merseyside			634		634
Daniel Laing		U/A YORK, North Yorkshire	634				634
Matthew Jenkinson		U/A Manchester,			633		633
Stephen Williamson	Veteran 60	U/A Glasgow,	633				633
Matthew Atkinson		Leeds Bradford Tri			632		632
Mark Hammond		U/A Shipley,			631		631
Neal Jones		U/A Widnes, Cheshire	631				631
Paul Abrams	Veteran 40	U/A St Helens, Lancs	630				630
Guy Simpson		U/A Penrith, Cumbria			629		629
Neil Rimmer	Veteran 40	U/A St. Helens, Merseyside	629				629
Philip Harland	Veteran 50	U/A Warrington, Cheshire			628		628
Stephen Brohan	Veteran 40	U/A Worcester,	628				628
James Andrews	Veteran 50	U/A Skipton, N Yorks	627				627
Garry Turner		U/A Radcliffe, Lancashire	626				626
Tony Orr	Veteran 50	U/A Burton in Kendal, Cumbria			626		626
John Cowen	Veteran 40	Derwentside AC	625				625