

Lakeland Trails 2015 18KM Spring Series Results : Men

| Name | Category | Club | Cartmel | Hawkshead | Staveley | Total |
|------------------------|------------|--------------------------------------|---------|-----------|----------|-------------|
| Christopher Holdsworth | | Clayton-le-moors Harriers | 1000 | 999 | 1000 | 2999 |
| Jonathan Cox | | Eden Runners | 998 | 998 | 998 | 2994 |
| Breton Holdsworth | Veteran 40 | Clayton Le Moor Harriers | 997 | 997 | 997 | 2991 |
| Daniel Taylor | | U/A Liverpool , Merseyside | 994 | 993 | 995 | 2982 |
| David mccabe | Veteran 40 | trawden ac | 988 | 983 | 991 | 2962 |
| Peter Roome | Veteran 50 | Southport Waterloo AC | 981 | 989 | 990 | 2960 |
| Paul Macfarlane | | U/A Kendal, | 983 | 987 | 983 | 2953 |
| Stephen Cooper | | U/A Ealing, London | 982 | 976 | 979 | 2937 |
| Steve Trudgeon | Veteran 50 | Harrogate Harriers | 985 | 968 | 982 | 2935 |
| Daniel Pratt | | U/A Ilkley, West Yorkshire | 960 | 981 | 988 | 2929 |
| Tim Johnstone | Veteran 40 | U/A Chorley, Lancashire | 974 | 969 | 975 | 2918 |
| Garry Owens | Veteran 50 | NFR | 972 | 974 | 968 | 2914 |
| Rob Langton | | U/A LONDON, LONDON | 973 | 972 | 966 | 2911 |
| Paul Hart | Veteran 40 | Dumfries Running Club | 970 | 961 | 963 | 2894 |
| Richard Clark | | U/A Preston, Lancashire | 957 | 959 | 956 | 2872 |
| Phill Beard | Veteran 40 | N/a | 958 | 952 | 959 | 2869 |
| Joe Robinson | | The Always Merk | 964 | 950 | 952 | 2866 |
| Chris Tack | | N/A | 947 | 951 | 945 | 2843 |
| Simon West | | U/A Irby, Merseyside | 928 | 953 | 954 | 2835 |
| Neil Hine | | U/A Kendal, Cumbria | 939 | 948 | 944 | 2831 |
| steve brown | Veteran 50 | U/A windermere, cumbria | 929 | 935 | 950 | 2814 |
| Ben Holmes | | U/A Nottingham, | 954 | 946 | 912 | 2812 |
| nick higham | Veteran 40 | Lancaster and morecambe running club | 921 | 936 | 955 | 2812 |
| Roger Cotterill | Veteran 50 | U/A Alsager, Stoke-on-Trent | 935 | 923 | 947 | 2805 |
| David Dicks | Veteran 40 | U/A penrith, cumbria | 919 | 944 | 936 | 2799 |
| PHILIP DAVIDSON | Veteran 50 | RED ROSE ROAD RUNNERS | 941 | 922 | 935 | 2798 |
| Dave Vaughan | | U/A Ormskirk, | 930 | 924 | 929 | 2783 |
| Joshua Vincent | | U/A Wigan, Lancs | 938 | 913 | 932 | 2783 |
| James Hennin | | North Shields Poly | 946 | 905 | 930 | 2781 |
| Stephen Huyton | | U/A Ormskirk , Lancashire | 934 | 915 | 925 | 2774 |
| Adrian Filipek | | U/A Coniston, Cumbria | 898 | 934 | 940 | 2772 |
| Andy Yates | Veteran 50 | N/A | 909 | 907 | 937 | 2753 |
| Simon massey | Veteran 40 | Welly Bed Racers | 884 | 909 | 953 | 2746 |
| Andy Letheren | Veteran 50 | U/A Kendal | 925 | 908 | 910 | 2743 |
| Chris Pilkington | | U/A Preston, Lancashire | 893 | 902 | 941 | 2736 |
| Andy Mingay | | Eden Runners | 926 | 899 | 907 | 2732 |
| Mike Allison | Veteran 50 | U/A Penrith, Cumbria | 809 | 947 | 973 | 2729 |
| Phil Blaycock | | St Bees Triers | 912 | 877 | 933 | 2722 |
| Allan Sumner | Veteran 40 | Preston Harriers | 922 | 910 | 889 | 2721 |
| Clive Hope | Veteran 50 | U/A Hyde, Cheshire | 913 | 869 | 905 | 2687 |
| Kieran Ireland | | U/A Dalton-in-Furness, | 865 | 893 | 927 | 2685 |
| sean barry | Veteran 40 | U/A huddersfield, | 940 | 889 | 850 | 2679 |
| Jeremy Loughran | Veteran 50 | U/A Stoke on Trent, Staffordshire | 897 | 897 | 872 | 2666 |
| Mike Pigram | Veteran 40 | U/A Manchester, | 896 | 856 | 913 | 2665 |
| Geoffrey Carter | Veteran 40 | U/A Cockermouth, | 882 | 882 | 897 | 2661 |
| Sean Morrison | Veteran 40 | U/A Drymen, Stirlingshire | 895 | 873 | 893 | 2661 |
| Will Stover | | Fleetwood Tri Club | 782 | 982 | 896 | 2660 |
| Jonathan Moss | Veteran 40 | U/A Gainsborough, Lincolnshire | 875 | 876 | 891 | 2642 |
| Jon Broome | Veteran 40 | Achille Ratti | 874 | 849 | 908 | 2631 |
| Paul Ross | | U/A Rowlands Gill, Tyne and Wear | 866 | 855 | 879 | 2600 |
| Marcus Hawthorn | Veteran 50 | U/A Darlington, Co Durham | 868 | 861 | 868 | 2597 |
| Steven Gagon | Veteran 40 | U/A Manchester, | 870 | 866 | 859 | 2595 |
| Darren Gillman | Veteran 40 | Cambridge & Coleridge | 887 | 875 | 803 | 2565 |
| Gary Clarke | | Oswestry Olympians | 826 | 836 | 887 | 2549 |
| Frank Tippin | Veteran 50 | U/A Southport, | 850 | 817 | 875 | 2542 |
| Edward Swinden | Veteran 40 | U/A Manchester, | 848 | 872 | 819 | 2539 |
| Nick Howe | | U/A Liverpool, | 817 | 852 | 866 | 2535 |
| Oliver Haines | | Trawden AC | 842 | 833 | 854 | 2529 |
| Robert Foster | Veteran 40 | North Shields Poly AC | 841 | 828 | 846 | 2515 |

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|--------------------|------------|-------------------------------------|-----|-----|-----|-------------|
| alan parker | Veteran 50 | U/A stoke on trent, | 824 | 827 | 852 | 2503 |
| terry moss | Veteran 40 | U/A preston, lancashire | 679 | 896 | 904 | 2479 |
| Mark Bond | Veteran 50 | U/A Southport, Lancs | 858 | 820 | 798 | 2476 |
| paul roche | Veteran 50 | merseyside police | 831 | 809 | 836 | 2476 |
| David Doughty | Veteran 50 | U/A Southport, Merseyside | 813 | 845 | 816 | 2474 |
| Nigel Wolstenholme | | U/A Manchester, | 806 | 842 | 822 | 2470 |
| Mike Collins | Veteran 40 | U/A Whitley Bay, Tyne and Wear | 768 | 850 | 851 | 2469 |
| Paul Lindley | | U/A Liverpool, Merseyside | 820 | 786 | 862 | 2468 |
| Richard Smith | Veteran 50 | U/A Potefract, West Yorkshire | 852 | 732 | 883 | 2467 |
| Chris Vincent | Veteran 50 | U/A Ormskirk, Lancashire | 827 | 825 | 813 | 2465 |
| Glen Carden | Veteran 40 | U/A Liverpool, | 821 | 785 | 853 | 2459 |
| Ray Padgett | Veteran 60 | U/A Grange over Sands, Cumbria | 849 | 818 | 766 | 2433 |
| Neil Paterson | Veteran 50 | U/A Hexham, Northumberland | 773 | 819 | 831 | 2423 |
| William Powis | | U/A Newcastle upon Tyne, Tyne and V | 830 | 807 | 781 | 2418 |
| peter reed | Veteran 60 | Northumberland Fell Runners | 851 | 805 | 758 | 2414 |
| Jake Lane | | U/A Haydock, Merseyside | 810 | 763 | 837 | 2410 |
| Dave Bartrum | Veteran 40 | Alnwick Harriers | 808 | 796 | 792 | 2396 |
| Tony Hails | Veteran 50 | U/A Preston, Lancs | 822 | 789 | 768 | 2379 |
| Vinn McGuire | Veteran 50 | Lonsdale | 802 | 787 | 790 | 2379 |
| Robert Bentley | | U/A Manchester, | 853 | 730 | 789 | 2372 |
| Garry Richards | Veteran 50 | U/A Wakefield , | 800 | 783 | 771 | 2354 |
| Matthew Tyrer | | U/A Heath charnock, Lancashire | 781 | 790 | 783 | 2354 |
| Jason Dixon | Veteran 40 | U/A Kendal, Cumbria | 791 | 757 | 802 | 2350 |
| Robert Fry | Veteran 50 | U/A Wigan, | 774 | 812 | 760 | 2346 |
| Thomas Robinson | | U/A Poulton le Fylde, Lancashire | 761 | 784 | 799 | 2344 |
| ken Williams | Veteran 60 | U/A Carnforth, Lancashire | 801 | 792 | 739 | 2332 |
| Mark Robinson | Veteran 40 | Parkside Panthers | 763 | 780 | 788 | 2331 |
| Chris Carter | | | 829 | 868 | 618 | 2315 |
| Stuart Bell | Veteran 50 | Kendal AC | 751 | 801 | 757 | 2309 |
| Peter Houghton | | U/A Chorley, Lancashire | 775 | 770 | 761 | 2306 |
| Michael Letheran | | Fetch Everyone | 749 | 774 | 782 | 2305 |
| stuart rome | | U/A Carlisle, Cumbria | 760 | 750 | 780 | 2290 |
| Stuart Waring | Veteran 40 | U/A Blackburn, Lancashire | 765 | 738 | 776 | 2279 |
| ian rayner | Veteran 50 | Roundhay Runners | 786 | 749 | 733 | 2268 |
| Alan Metcalf | Veteran 50 | Preston Harriers | 916 | 643 | 689 | 2248 |
| Stephen Robertson | Veteran 50 | red rose road runners | 740 | 741 | 749 | 2230 |
| Anthony Vincent | Veteran 50 | U/A Wigan , Lancs | 741 | 751 | 726 | 2218 |
| Steve Spooner | Veteran 40 | U/A Bollington, Cheshire | 709 | 736 | 756 | 2201 |
| Francis Wooff | Veteran 50 | Chorlton Runners | 708 | 719 | 762 | 2189 |
| Mark Jesson | Veteran 40 | Pendle Forest Orienteers | 750 | 654 | 778 | 2182 |
| Andrew Goodson | Veteran 50 | U/A Bowness on Windermere, Cumbria | 726 | 734 | 703 | 2163 |
| John Thompson | Veteran 50 | Sweatshop Chorley | 728 | 726 | 704 | 2158 |
| Charles Satterly | Veteran 40 | Lancaster & Morecambe A/C | 731 | 712 | 700 | 2143 |
| Ben Higginson | Veteran 60 | Preston Harriers | 691 | 739 | 698 | 2128 |
| IAN COOPER | Veteran 40 | U/A WHITLEY BAY, TYNE AND WEAR | 710 | 725 | 693 | 2128 |
| Igal Nagar | Veteran 50 | U/A Sutton Coldfield, West Midlands | 723 | 714 | 687 | 2124 |
| mark cuerden | Veteran 50 | U/A preston, lancs | 698 | 695 | 729 | 2122 |
| greg swinbourne | Veteran 40 | Hartlepool burn road harriers | 673 | 683 | 741 | 2097 |
| Michael Welsh | Veteran 40 | U/A Northallerton, North Yorkshire | 718 | 700 | 668 | 2086 |
| Alistair MacKenzie | Veteran 50 | None | 668 | 693 | 706 | 2067 |
| Dean Pallister | Veteran 40 | U/A | 719 | 665 | 677 | 2061 |
| Liam Moden | Veteran 40 | U/A Haslingden, Lancashire | 697 | 651 | 675 | 2023 |
| Richard Bartlett | Veteran 60 | U/A ulverston, cumbria | 642 | 697 | 683 | 2022 |
| Gavin Spickett | Veteran 50 | Tynedale Harriers | 680 | 670 | 663 | 2013 |
| Martin Henderson | Veteran 40 | U/A Preston, Lancashire | 686 | 644 | 666 | 1996 |
| Paul Johnson | Veteran 40 | U/A Kendal, Cumbria | 693 | 647 | 654 | 1994 |
| Russell Cottam | Veteran 40 | Lincoln District Runners | 995 | 994 | | 1989 |
| Paul Reilly | | Coniston Fell Runners | | 991 | 993 | 1984 |
| paul senior | Veteran 40 | horsforth harriers | 992 | 992 | | 1984 |
| Wayne Gregson | | Tri Preston | 991 | 986 | | 1977 |
| Robert Wadsworth | | Dragons Running Club (Sale) | 984 | 985 | | 1969 |

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|----------------------|------------|------------------------------------|-----|-----|-----|-------------|
| Dave Mangan | Veteran 50 | Penny Lane Striders | 674 | 641 | 651 | 1966 |
| Michael Barron | | U/A Windermere, | 979 | 980 | | 1959 |
| ROB WHISTON | Veteran 60 | U/A CREWE, CHESHIRE | 676 | 627 | 655 | 1958 |
| matthew johnson | Veteran 40 | U/A wokingham, berkshire | 978 | | 965 | 1943 |
| neil wearden | Veteran 40 | U/A preston, | 967 | 975 | | 1942 |
| John Douglas | Veteran 40 | Allithwaite Running Club | | 965 | 976 | 1941 |
| Martin Tedcastle | Veteran 40 | U/A Grang-over-sands, Cumbria | 961 | 970 | | 1931 |
| peter fishpool | Veteran 40 | U/A driffield, east yorks | 971 | 960 | | 1931 |
| John Bide | Veteran 50 | UKnetrunner | 665 | 631 | 630 | 1926 |
| Gerald Bradley | Veteran 40 | U/A Newton Aycliffe, Durham | 658 | 638 | 625 | 1921 |
| Carl Peacock | | U/A Manchester, England | 955 | | 964 | 1919 |
| Stephen Morris | Veteran 50 | Knaresborough Striders | 651 | 621 | 642 | 1914 |
| STUART ADAMSON | Veteran 60 | U/A BRADFORD, WEST YORKSHIRE | 650 | 629 | 634 | 1913 |
| Andy Rees | Veteran 40 | U/A Durham, Durham | 950 | | 962 | 1912 |
| Peter Samuelson | Veteran 70 | Spectrum striders | 655 | 624 | 631 | 1910 |
| Mark Morgan-Hillam | Veteran 40 | U/A Wigan, Lancashire | 969 | 939 | | 1908 |
| Anthony Jenner | Veteran 50 | U/A Sunderland, Tyne and Wear | 649 | 625 | 629 | 1903 |
| Dean Richards | Veteran 40 | Bridgnorth Running Club | 647 | 623 | 622 | 1892 |
| John David Peatfield | Veteran 60 | U/A Bowston, Cumbria | 645 | 614 | 620 | 1879 |
| Mark Farmer | Veteran 50 | U/A Lincoln, Lincolnshire | 641 | 618 | 619 | 1878 |
| DAVID JARDIN | Veteran 40 | elswick harriers | | 932 | 942 | 1874 |
| Steven Gore | | Wesham Road Runners | 951 | | 916 | 1867 |
| Stuart Russell | Veteran 40 | West Lancs Tri Club | | 942 | 924 | 1866 |
| Sam Edwards | | U/A Lancaster, | | 911 | 948 | 1859 |
| Adam Champion | Veteran 40 | Keswick Athletic Club | | 984 | 870 | 1854 |
| Philip Pointon | Veteran 40 | U/A Todmorden, Lancs | 952 | | 900 | 1852 |
| Shaun McGlynn | | U/A Sunderland, Wearside | | 929 | 922 | 1851 |
| mark earle | Veteran 60 | U/A knutsford, cheshire | 918 | 930 | | 1848 |
| Gareth Nicholson | | U/A Windermere, | 924 | 921 | | 1845 |
| Charles Colby | Veteran 40 | Bowland Fell Runners | 915 | 926 | | 1841 |
| Nicholas Cooper | Veteran 50 | Shelton Striders | 917 | | 919 | 1836 |
| David Logan | | U/A Brighouse, | | 928 | 906 | 1834 |
| Jonny Lambert | | Oswestry Olympians | 905 | 919 | | 1824 |
| Andrew Crampton | Veteran 40 | U/A Todmorden, Lancashire | 911 | | 911 | 1822 |
| Carl Blackburn | | U/A Carlisle, Cumbria | 881 | 927 | | 1808 |
| Paul Wilson | Veteran 50 | U/A Durham, Durham | | 839 | 920 | 1759 |
| David Rice | Veteran 40 | Keswick AC | | 854 | 903 | 1757 |
| Stuart Haigh | | U/A Newcastle upon Tyne, Tyne & We | 890 | | 856 | 1746 |
| Mark Essery | Veteran 40 | U/A Chorley, | 889 | | 855 | 1744 |
| Owen Panton | | U/A Manchester, Lancashire | 847 | 895 | | 1742 |
| Rob Marshall | Veteran 40 | Scunthorpe and District AC | 838 | 887 | | 1725 |
| Richard Thompson | Veteran 40 | U/A London, | 855 | 864 | | 1719 |
| Alistair Bell | | U/A Carlisle, | | 870 | 848 | 1718 |
| Greg Cameron | Veteran 40 | U/A Brampton, Cumbria | 857 | 860 | | 1717 |
| Bjorn Abraham | | U/A Ambleside, Cumbria | 859 | | 857 | 1716 |
| Jeff McCarthy | Veteran 40 | Rochdale Harriers | | 867 | 849 | 1716 |
| Asa Fitzgerald | | U/A south shields, | 873 | 835 | | 1708 |
| darren ernst | | U/A Carlisle, cumbria | | 881 | 811 | 1692 |
| John Croxford | Veteran 50 | U/A Coniston, Cumbria | 720 | 971 | | 1691 |
| Tim Norman | Veteran 50 | Cheshire Tally Ho | | 821 | 858 | 1679 |
| Tom Wright | Veteran 40 | U/A Lytham St.Annes, Lancashire | 783 | | 895 | 1678 |
| Graeme Denman | | N/A | 867 | | 806 | 1673 |
| Pete Lashley | Veteran 40 | U/A Milnthorpe | 846 | | 826 | 1672 |
| Phil Stones | Veteran 50 | U/A Cleator Moor, Cumbria | | 834 | 830 | 1664 |
| simon wright | Veteran 50 | U/A lytham st. annes, lancashire | | 778 | 884 | 1662 |
| John Angus | Veteran 40 | U/A Darlington, | 856 | 804 | | 1660 |
| Malcolm Marshall | Veteran 50 | Scunthorpe and District AC | 839 | 814 | | 1653 |
| David Ashworth | Veteran 50 | U/A Bolton, Lancs | 837 | 813 | | 1650 |
| Ben Hudson | | U/A Todmorden, | | 837 | 791 | 1628 |
| John Mercer | Veteran 50 | U/A Wigan, Lancs | 863 | | 765 | 1628 |
| john wilson | | Fleetwood Tri | 738 | | 880 | 1618 |

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| Les Ward | Veteran 50 | U/A Ormskirk, | | 803 | 808 | 1611 |
| Damian Cowell | Veteran 40 | Warrington Running Club | | 765 | 841 | 1606 |
| Martyn Wigglesworth | Veteran 40 | U/A Richmond, North Yorkshire | 788 | 816 | | 1604 |
| roger harrison | Veteran 60 | cheshire hash house harriers | | 772 | 784 | 1556 |
| Daniel Waas | | Hyde Park Harriers | 752 | | 797 | 1549 |
| Graham Kelly | Veteran 50 | U/A Liverpool, Merseyside | 770 | 779 | | 1549 |
| Dev Devadason | | U/A Altrincham, | 759 | | 787 | 1546 |
| Richard Manley | | U/A Wirral, Merseyside | 787 | 758 | | 1545 |
| Arthur Adams | | U/A Kendal, Cumbria | 766 | | 770 | 1536 |
| Jonathan Watt | Veteran 50 | U/A Altrincham, Cheshire | | 756 | 772 | 1528 |
| Dave Prescott | Veteran 40 | Bridgnorth Running Club | | 762 | 764 | 1526 |
| steven gannon | Veteran 50 | U/A stockport , cheshire | 755 | 768 | | 1523 |
| Robert Myatt | Veteran 50 | U/A Stoke on trent, Staffordshire | 784 | 733 | | 1517 |
| Stuart Whittaker | Veteran 50 | Hartlepool burn road harriers | | 769 | 748 | 1517 |
| Andy Buckroyd | Veteran 50 | U/A Bollington, Cheshire | | 761 | 752 | 1513 |
| Stephen Harding | Veteran 40 | Jog Scotland | | 723 | 775 | 1498 |
| william grayson | Veteran 50 | U/A manchester, lancs | 785 | | 708 | 1493 |
| Richard Clements | Veteran 40 | U/A Manchester, | | 742 | 745 | 1487 |
| Steven Hartle | | Parkside Panthers | 823 | 664 | | 1487 |
| Colin Sam Walton | Veteran 50 | U/A Stockport, Cheshire | 747 | | 730 | 1477 |
| Sam Charles | | U/A Manchester, | 758 | 716 | | 1474 |
| Richard Caverner | Veteran 60 | Fell runners Association | 743 | 727 | | 1470 |
| Jonathon Hunt | Veteran 40 | Tri Preston | 748 | 717 | | 1465 |
| Dan Poltawski | | U/A Lancaster, | | 728 | 731 | 1459 |
| ashley kaye | | U/A garforth, | 764 | 692 | | 1456 |
| Ravind Bhargal | | U/A Huddersfield, West Yorkshire | 711 | 745 | | 1456 |
| Steffan Eldred | | U/A Bury, | 767 | 685 | | 1452 |
| andrew turner | Veteran 50 | U/A whipsnade, | 746 | 698 | | 1444 |
| Rob Walker | Veteran 50 | U/A Bacup, Lancashire | 753 | | 691 | 1444 |
| david kemble | Veteran 40 | U/A norley, cheshire | | 704 | 738 | 1442 |
| Paul Winn | Veteran 60 | Holmfirth harriers | 724 | | 717 | 1441 |
| Ian Stephenson | Veteran 50 | U/A Swarland, Northumberland | 713 | 724 | | 1437 |
| Phil Noble | Veteran 50 | U/A Southport, Merseyside | | 702 | 734 | 1436 |
| Karl Alldred | Veteran 40 | Spectrum Striders RC | | 722 | 713 | 1435 |
| Carl Fisher | | U/A Leyland, Lancashire | 757 | 676 | | 1433 |
| Richard Watson | Veteran 40 | U/A Allithwaite, Cumbria | 706 | | 711 | 1417 |
| Graham Schofield | Veteran 60 | Chorley Harriers | 732 | 679 | | 1411 |
| Alan Platts | Veteran 50 | U/A Kendal, Cumbria | | 701 | 699 | 1400 |
| David Bright | Veteran 50 | U/A Chester- le- Street., Co. Durham. | | 675 | 721 | 1396 |
| Dean Lindsey | Veteran 40 | U/A Clitheroe, Lancashire | 704 | | 688 | 1392 |
| Tom Devine | Veteran 40 | U/A Knaresborough, North Yorkshire | | 667 | 723 | 1390 |
| Jim Buchanan | Veteran 70 | Annan and District AC | | 694 | 692 | 1386 |
| Neil MacNeill | Veteran 40 | U/A Edinburgh, Midlothian | | 660 | 719 | 1379 |
| Karl Allerton | Veteran 40 | Lichfield Running Club | 727 | | 649 | 1376 |
| John Edwards | Veteran 60 | U/A Yarm, Cleveland | 689 | | 686 | 1375 |
| Kevin Mather | Veteran 50 | Lymm runners | 703 | 672 | | 1375 |
| Alasdair Start | | U/A Leyland, | | 687 | 674 | 1361 |
| Mark Lobb | | U/A Leeds, | 695 | 653 | | 1348 |
| john wiseman | Veteran 50 | U/A poynton, cheshire | | 680 | 664 | 1344 |
| Chris Chew | Veteran 40 | U/A Kendal, Cumbria | | 678 | 659 | 1337 |
| David Chalmers | Veteran 60 | U/A Symington, Lanarkshire | | 666 | 670 | 1336 |
| frank penders | Veteran 50 | U/A leeds, west yorkshire | 690 | 640 | | 1330 |
| Nigel Beeson | Veteran 50 | Lancaster & Morecambe AC | 685 | 645 | | 1330 |
| AUSTIN TRELFA | Veteran 50 | U/A LEYLAND, LANCASHIRE | 678 | 649 | | 1327 |
| Stephen Brohan | Veteran 40 | U/A Worcester, | | 661 | 658 | 1319 |
| steve richardson | Veteran 40 | U/A stockport, cheshire | 669 | 650 | | 1319 |
| Jon Tibke | Veteran 50 | Lancaster And Morecambe A C | 681 | | 637 | 1318 |

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| Michael Grant | Veteran 60 | HMCC | | 669 | 646 | 1315 |
| Dave Butler | Veteran 40 | U/A Penrith, Cumbria | 664 | | 640 | 1304 |
| Simon Berrill | | U/A Preston, Lancs | 670 | | 633 | 1303 |
| Tony Boyle | | U/A Liverpool, | 661 | | 636 | 1297 |
| Stephen Webster | Veteran 50 | U/A Huddersfield, West Yorkshire | | 658 | 638 | 1296 |
| Anthony Metcalf | | U/A Rossendale, | | 612 | 624 | 1236 |
| Dave Dave Cope | Veteran 60 | U/A Kendal, | | 615 | 621 | 1236 |
| Steven Hamblett | Veteran 40 | U/A Warrington, Cheshire | | 611 | 614 | 1225 |
| Martin Cox | Veteran 40 | Salford Harriers | | 1000 | | 1000 |
| Ben Abdelnoor | | Ambleside AC | 999 | | | 999 |
| Matthew Lewis | | U/A London, | | | 999 | 999 |
| dan golding | Veteran 40 | U/A coniston, | 996 | | | 996 |
| James Scott-Buccleuch | | Stockport Harriers | | | 996 | 996 |
| Phil Eccleston | | Burnden Road runners | | 996 | | 996 |
| Eugene Grant | Veteran 40 | Milltown Milers | | 995 | | 995 |
| Timothy Nicholson | | Wallsend Harriers | | | 994 | 994 |
| Anthony Aimon | | Hyde Park Harriers | 993 | | | 993 |
| Richard Smith | | Preston Harriers | | | 992 | 992 |
| Steve Nolan | Veteran 50 | Burnden Road Runners | | 990 | | 990 |
| Steven Brennan | Veteran 50 | U/A Ulverston, Cumbria | 990 | | | 990 |
| Tom Nicholson | | Lancaster University Running Club | | | 989 | 989 |
| William Sisson | | U/A Grange over sands, | 989 | | | 989 |
| keith thomas | Veteran 50 | burnden road runners | | 988 | | 988 |
| Luke Walsh | Veteran 40 | U/A Penrith, Cumbria | 987 | | | 987 |
| Roger Sillito | | Low Fell RC | | | 987 | 987 |
| Ian Greenwood | Veteran 50 | Clayton-le-moors Harriers | 986 | | | 986 |
| William Laye | | Bridgnorth Running Club | | | 986 | 986 |
| Ian Hammett | | Bedford Harriers AC | | | 985 | 985 |
| John Armstrong | Veteran 40 | Mornington Chasers | | | 984 | 984 |
| Kevin Brennan | Veteran 40 | St Helens Striders | | | 981 | 981 |
| Daniel Delina | | 1.Bezecky Jablunkov | 980 | | | 980 |
| Martin Haworth | | U/A Blackburn, Lancashire | | | 980 | 980 |
| Andrew Fielding | | Ellesmere Port Running Club | | 979 | | 979 |
| Mick Allen | | U/A Cockermonth, Cumbria | | | 978 | 978 |
| THOMAS CSIZMADIA | | Wrexham AC | | 978 | | 978 |
| Ian Stainthorpe | Veteran 50 | Rochdale Harriers | | 977 | | 977 |
| Scot Berry | | N/A | | | 977 | 977 |
| Tom Whittington | | Macclesfield Harriers | 977 | | | 977 |
| Richard Wells | Veteran 40 | Allithwaite | 976 | | | 976 |
| Peter Denness | | Ulverston Tri Club | 975 | | | 975 |
| David Lawson | | U/A South Queensferry , | | | 974 | 974 |
| Tom Coy | | U/A Bathgate, West Lothian | | 973 | | 973 |
| james warburton | | U/A knaresborough, north yorkshire | | | 972 | 972 |
| David Vincent | | U/A Hemel Hempstead, Hertfordshire | | | 971 | 971 |
| Daniel Weatherill | Veteran 40 | Wallsend Harriers | | | 970 | 970 |
| Gary Lane | Veteran 40 | U/A Bowness-On-Windermere, | | | 969 | 969 |
| Andrew Buchanan | Veteran 40 | U/A Airdrie, Lanarkshire | 968 | | | 968 |
| lee white | Veteran 40 | Burnden RR | | 967 | | 967 |
| Sumanth Nayak | | Claremont Road Runners | | | 967 | 967 |
| Dan Foley | | U/A Harrogate, N.Yorks | 966 | | | 966 |
| Robert Short | | Burnden Road Runners | | 966 | | 966 |
| David Hall | Veteran 50 | U/A Tyne and wEAR, | 965 | | | 965 |
| STEPHEN WILLIAMS | Veteran 40 | U/A DOUNE, PERTSHIRE | | 964 | | 964 |
| James Ireland | | U/A Knaresborough, North Yorkshire | 963 | | | 963 |
| Ryan McShane | | U/A Great Eccleston, Lancashire | | 963 | | 963 |
| john Turner | Veteran 50 | burnden road runners | | 962 | | 962 |

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|-----------------------|------------|------------------------------------|-----|-----|-----|
| Rob johnson | | honey badger gym | 962 | | 962 |
| David Burne | | U/A Watford, Herts | | 961 | 961 |
| Matt Elphick | Veteran 40 | U/A Bath, | | 960 | 960 |
| Derek Walkden | Veteran 40 | Barlick Fell Runners | 959 | | 959 |
| Marcus Taylor | Veteran 40 | Burnden Road Runners | | 958 | 958 |
| Paul Duke | | Burnden Roadrunners | | 958 | 958 |
| Sam Burt | | U/A Newcastle, Tyne & Wear | | 957 | 957 |
| Tim Ratcliffe | | FGH Security | | 957 | 957 |
| James Stewart Rideout | Veteran 50 | Bolton United Harriers | 956 | | 956 |
| Paul Hughes | | Claremont Road Runners | | 956 | 956 |
| Tom Lamb | | U/A Kelfield, York | | 955 | 955 |
| Darren Hendley | Veteran 40 | York Knavesmire Harriers | | 954 | 954 |
| stuart allan | Veteran 40 | Helm Hill Runners | 953 | | 953 |
| Graham Brownsmith | Veteran 40 | U/A Lancaster, Lancashire | | 951 | 951 |
| Paul Chrisp | Veteran 50 | Delamere Spartans | 949 | | 949 |
| Paul Cresswell | Veteran 40 | Skelmersdale boundary harriers | | 949 | 949 |
| Russell Brooks | Veteran 40 | Team Deane Tri | | 949 | 949 |
| Andre Van | | U/A Edinburgh, | 948 | | 948 |
| Josh Comley | | U/A London, | | 946 | 946 |
| Gareth Cosens | | Wigan Phoenix | | 945 | 945 |
| Mike Hopkins | Veteran 50 | U/A Liverpool, | 945 | | 945 |
| Kevin Bray | Veteran 50 | Morpeth Harriers | 944 | | 944 |
| Alex Snaith | | U/A Manchester, | | 943 | 943 |
| Mark Tuson | Veteran 40 | U/A Canterbury, | | 943 | 943 |
| Simon Winslow | Veteran 40 | Racing tnt | 943 | | 943 |
| Lee Coxan | | | 942 | | 942 |
| Simon Sumner | | n/a | | 941 | 941 |
| Phil Fortun | Veteran 40 | Stone MM | | 940 | 940 |
| Angus McKendrick | | U/A Kendal, Cumbria | | 939 | 939 |
| Stephen Crook | Veteran 40 | U/A Wilmslow, | | 938 | 938 |
| warren moorfield | Veteran 40 | Wigan Harriers | | 938 | 938 |
| Bruce Penhale | Veteran 50 | U/A Manchester, Greater Manchester | | 937 | 937 |
| Richard Harrison | Veteran 50 | Marshall Milton Keynes AC | 937 | | 937 |
| Terry Charles | Veteran 50 | Delamere Spartans | 936 | | 936 |
| Andrew Christie | | U/A Preston, | | 934 | 934 |
| Andrew Plumridge | | U/A Bingley, England | 933 | | 933 |
| John Birkett | Veteran 50 | n/a | | 933 | 933 |
| Dayle Armstrong | | U/A Carlisle, Cumbria | 932 | | 932 |
| Paul Kelsall | | U/A New Mills , | 931 | | 931 |
| Robert Reay | | U/A Ulverston, | | 931 | 931 |
| Sam Edmondson | Veteran 40 | U/A Lancaster, Lancashire | | 931 | 931 |
| Steven Kjar | Veteran 40 | Serpentine RC | | 928 | 928 |
| Barry Carson | Veteran 40 | U/A Inchinnan, | | 927 | 927 |
| Paul Atkinson | | U/A Kendal , | 927 | | 927 |
| Keiran Ireland | | U/A Dalton in Furness, Cumbria | | 926 | 926 |
| Ewan Sewell | | U/A York, North Yorkshire | | 925 | 925 |
| Gareth Mcgonagle | | U/A Chorley, Lancs | 923 | | 923 |
| Garrett McTernan | | U/A Bedford, bedfordshire | | 923 | 923 |
| Sam Crompton | | U/A Kendal, Cumbria | | 921 | 921 |
| Ian Pudge | Veteran 40 | Burnden Road Runners | | 920 | 920 |
| William garner | Veteran 40 | U/A Blackburn, | 920 | | 920 |
| Ian Bond | Veteran 50 | U/A Preston, Lancashire | | 918 | 918 |
| William Uttley | | U/A Southport, Merseyside | | 918 | 918 |
| Jamie Frankland | | U/A Preston, Lancashire | | 917 | 917 |
| Steve Perren | Veteran 40 | Meltham | | 917 | 917 |
| Phil Innis | | U/A Heighington , Durham | | 916 | 916 |

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| Matthew Anthony | | U/A Glusburn, West Yorks | | | 915 | 915 |
| Mark Aldred | | U/A Durham, | | | 914 | 914 |
| Stephen Green | | Liverpool Running Club | 914 | | | 914 |
| Thomas Yates | | Dallam | | 914 | | 914 |
| Alan Clement | Veteran 50 | Lancaster and Morecambe AC | | 912 | | 912 |
| Gavin Wayman | | U/A Sunderland, Tyne&wear | 910 | | | 910 |
| David Bartlett | | U/A Ulverston, Cumbria | | | 909 | 909 |
| tim hazeltine | Veteran 50 | U/A belton, north lincs | 908 | | | 908 |
| graham shaw | Veteran 50 | bolton harriers | 907 | | | 907 |
| Andrew Phillips | | U/A Manchester, | 906 | | | 906 |
| Tom Poulton | | U/A Newcastle Upon Tyne, | | 906 | | 906 |
| MARK BARNARD | Veteran 60 | U/A HENLEY IN ARDEN, WARWICKSHIR | 904 | | | 904 |
| William Booth | Veteran 50 | U/A Stirling, | | 904 | | 904 |
| Andrew Vaughton | Veteran 40 | U/A Chorley, | 903 | | | 903 |
| Ian Ellis | Veteran 50 | U/A Ellon, Aberdeenshire | | 903 | | 903 |
| Daniel Scott | Veteran 40 | U/A Greenfield, | 902 | | | 902 |
| Tyldon Pyrah | | U/A Morecambe, Lancs | | | 902 | 902 |
| Graham Johnson | Veteran 50 | U/A Leeds, | 901 | | | 901 |
| Neil Gunn | Veteran 50 | Macclesfield Harriers | | | 901 | 901 |
| Paul Managh | Veteran 40 | Ulverston Tri Club | | 901 | | 901 |
| Mark Johnston | | TriTalk | 900 | | | 900 |
| Phil Conroy | | U/A Derby, | | 900 | | 900 |
| Andy Dodd | Veteran 40 | Dow Schofield Watts Running Club | | | 899 | 899 |
| Richard Hill | Veteran 50 | Delamere Spartans | 899 | | | 899 |
| Adam Barker | | U/A Chorley, Lancs | | | 898 | 898 |
| ian hughes | Veteran 40 | Guinea Pig Racing Club | | 898 | | 898 |
| Amit Sharma | | U/A Skelmersdale, Lancashire | | | 894 | 894 |
| Ian MacNamee | Veteran 40 | U/A Breaston, Derby | 894 | | | 894 |
| Russell Thompson | Veteran 50 | U/A Barrow-in-Furness, | | 894 | | 894 |
| Heiko Litzke | Veteran 40 | U/A Grange over Sands, Cumbria | 892 | | | 892 |
| iain craig | Veteran 40 | U/A Newcastle upon tyne, tyne and wear | | | 892 | 892 |
| Paul Elliott | Veteran 40 | Meltham ac | | 892 | | 892 |
| Charlie Madge | | U/A Ambleside , Cumbria | | 891 | | 891 |
| Matt Page | | U/A Altrincham, Cheshire | 891 | | | 891 |
| Mark Newman | Veteran 40 | U/A Cambridge, | | 890 | | 890 |
| Richard Toller | Veteran 60 | Dundee Road Runners AC | | | 890 | 890 |
| Edward Horton | | U/A Salford, | 888 | | | 888 |
| Ian Palfrey | | U/A Clevelleys, | | 888 | | 888 |
| Stephen Ross | Veteran 50 | U/A Carnforth, Lancs | | | 888 | 888 |
| Graham Jones | Veteran 40 | Valley Striders | | 886 | | 886 |
| Jon Hawker | Veteran 50 | Delamere Spartans | 886 | | | 886 |
| Leo Blamire | | U/A Castle Douglas, | | | 886 | 886 |
| Alex Jefferson | | U/A Flitwick, Beds | 885 | | | 885 |
| Danny Roberts | | U/A Sale, Cheshire | | | 885 | 885 |
| Darren Rogers | Veteran 40 | Roundhay Runners | | 885 | | 885 |
| Mark Donohue | | U/A Leeds, West Yorkshire | | 884 | | 884 |
| James Roberts | | Asics | 883 | | | 883 |
| Mark Kelly | Veteran 40 | U/A Manchester, | | 883 | | 883 |
| Mark Rochester | | n/a | | | 882 | 882 |
| Richard Brazier | | U/A Bedford, bedfordshire | | | 881 | 881 |
| Darran Carr | | U/A Grange-over-Sands, | 880 | | | 880 |
| Tony Wall | Veteran 50 | Burnden Road Runners | | 880 | | 880 |
| Garry Baines | Veteran 50 | Leigh Harriers | | 879 | | 879 |
| Jamie Arkle | | Eden Runners | 879 | | | 879 |
| Des Johnson | Veteran 40 | Roundhay Runners | | 878 | | 878 |
| Matthijs Metselaar | | U/A Bridge of Allan, | 878 | | | 878 |

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|------------------------|------------|-----------------------------------|-----|-----|-----|------------|
| Stephen Davenport | Veteran 40 | U/A Warrington, Cheshire | | | 878 | 878 |
| DAVID BURTON | Veteran 50 | KESWICK | 877 | | | 877 |
| Paul McWhirter | Veteran 40 | U/A Warrington, Cheshire | | | 877 | 877 |
| kevin booth | Veteran 40 | KTC | 876 | | | 876 |
| Mick Monkman | Veteran 40 | U/A Sunderland, | | | 876 | 876 |
| Ben Keegan | | U/A Sale, | | 874 | | 874 |
| Graham Millington | Veteran 40 | Wigan Harriers | | | 874 | 874 |
| Joesph Henry | | U/A Glossop, Derbyshire | | | 873 | 873 |
| Paul Rawlinson | | DH Runners | 872 | | | 872 |
| Andrew Beswick | Veteran 40 | U/A Preston, | 871 | | | 871 |
| Ian Looker | Veteran 40 | n/a | | 871 | | 871 |
| Stewart Keating | Veteran 40 | Carron Valley Trail Runners | | | 871 | 871 |
| Simon Curry | Veteran 40 | Wooler Running Club | 869 | | | 869 |
| Stewart Hamilton-Arran | | U/A Stockport, Cheshire | | | 869 | 869 |
| Andrew Dawson | | Spectrum Striders | | | 867 | 867 |
| David Renton | Veteran 40 | Mornington Chasers | | | 865 | 865 |
| Stuart Gibson | Veteran 40 | U/A Canterbury, | | 865 | | 865 |
| Alastair McIntosh | | U/A Warrington, Cheshire | 864 | | | 864 |
| Scott Liddell | Veteran 60 | U/A Warrington, Cheshire | | | 864 | 864 |
| Andrew Fleming | | U/A Nottingham, | | | 863 | 863 |
| Ashley Loader | | Jarrow and Hebburn AC | | 863 | | 863 |
| anthony mcgee | Veteran 40 | U/A liverpool, | 862 | | | 862 |
| Ray Dean | | U/A Timperley, Altrincham | | 862 | | 862 |
| Nick Kay | | U/A Lancaster, Lancashire | 861 | | | 861 |
| Ray Webster | Veteran 50 | U/A Manchester, | | | 861 | 861 |
| Christopher Gainer | | U/A Liverpool, Merseyside | 860 | | | 860 |
| Graham Lawton | | U/A Lancaster, Lancs | | | 860 | 860 |
| Ian Oatridge | Veteran 40 | U/A Lancaster, | | 859 | | 859 |
| Keith Jackson-Horner | Veteran 50 | Milltown Milers | | 858 | | 858 |
| Matthew Barker | Veteran 40 | Burnden Road Runners | | 857 | | 857 |
| Graham Hughes | Veteran 40 | U/A Wirral, Merseyside | 854 | | | 854 |
| Christian Lloyd | Veteran 40 | Meltham AC | | 853 | | 853 |
| Adam Galloway | | U/A BOURNE, | | 851 | | 851 |
| Mark Worth | | U/A Sale, Cheshire | | 848 | | 848 |
| Danny Rurlander | Veteran 40 | U/A lancaster, | | | 847 | 847 |
| Tom Holman | | U/A Grange-over-Sands, Cumbria | | 847 | | 847 |
| Phil Anderson | | U/A Preston, Lancs | | 846 | | 846 |
| Dan Lewis | | U/A Kirkoswald, Cumbria | | | 845 | 845 |
| Tim Waldron | | U/A Liverpool, Merseyside | 845 | | | 845 |
| Richard Ward | Veteran 40 | Red rose road runners | | | 844 | 844 |
| Steve Gornall | Veteran 50 | U/A Fleetwood, Lancashire | 844 | | | 844 |
| steven beahan | Veteran 40 | U/A sheffield, south yorkshire | | 844 | | 844 |
| Craig Philpot | Veteran 40 | Burnden Road Runners | | 843 | | 843 |
| David McCluskey | | U/A Warrington, Cheshire | | | 843 | 843 |
| Michael Rathbone | Veteran 40 | U/A Alnwick, Northumberland | 843 | | | 843 |
| Luis Molero | | U/A St boswells, Scottish borders | | | 842 | 842 |
| Richard Whall | | U/A Kirkham, Lancashire | | 841 | | 841 |
| IAN HARRIS | Veteran 40 | WOLVERHAMPTON AND BILSTON AC | 840 | | | 840 |
| John Foulds | Veteran 50 | Astley and Tyldesley RC | | 840 | | 840 |
| Nigel Meier | Veteran 40 | n/a | | | 840 | 840 |
| Rob Maynard | Veteran 40 | | | | 839 | 839 |
| Nigel Pacey | Veteran 50 | U/A Biggar, South Lanarkshire | | 838 | | 838 |
| Stuart Holding | | Wigan & District Harriers AC | | | 838 | 838 |
| Philip Higgins | Veteran 40 | Kendal Tri Club | 836 | | | 836 |
| dave bateson | | U/A Hyde, Cheshire | | | 835 | 835 |
| Stephen Brooks | | N/A | 835 | | | 835 |

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| Michael Shelton | | Mornington Chasers | | | 834 | 834 |
| Stuart Beech | | U/A Fleetwood, | 834 | | | 834 |
| trevor mercer | Veteran 60 | U/A darwen, lancs | 833 | | | 833 |
| William Roberts | | | | | 833 | 833 |
| Lee Wightman | | U/A Blackpool, Lancashire | | | 832 | 832 |
| Nicholas Thorley | | U/A Manchester, | 832 | | | 832 |
| Paul Christie | Veteran 60 | Burnden Road Runners | | | 832 | 832 |
| Christian SERRE | Veteran 40 | TGD France | | | 831 | 831 |
| Chris Cunliffe | Veteran 40 | U/A Leeds, West Yorkshire | | | 830 | 830 |
| Adam Dunn | | U/A Newcastle upon Tyne, -- | | | 829 | 829 |
| Michael Mc.shane | Veteran 50 | U/A Poulton le fylde, Lancashire | | | 829 | 829 |
| Adam Barnes | | U/A Bolton, Greater Manchester | | | 828 | 828 |
| Andy Binstead | Veteran 40 | Red Rose Road Runners | 828 | | | 828 |
| Gary Spriggs | Veteran 40 | U/A St Helens, Lancashire | | | 827 | 827 |
| Andrew Leaver | Veteran 40 | U/A Manchester, | | | 826 | 826 |
| Clive Lamb | Veteran 50 | U/A Lichfield, Staffordshire | 825 | | | 825 |
| Matthew Smith | Veteran 40 | U/A Lancaster, Lancs | | | 825 | 825 |
| andrew davies | Veteran 60 | bridgnorth running club | | | 824 | 824 |
| Daniel Dunbabin | | U/A Warrington, Cheshire | | | 824 | 824 |
| Chris Edwards | | | | | 823 | 823 |
| Martin Moore | Veteran 50 | Stafford Harriers | | | 823 | 823 |
| Garry Smith | | Milltown Milers | | | 822 | 822 |
| Anton Mirafsari | | Gateshead Harriers | | | 821 | 821 |
| Jon Drea | | U/A Woburn Sands, Bucks | | | 820 | 820 |
| James Adamson | Veteran 40 | U/A Ossett, | 819 | | | 819 |
| Dylan Lawton | | N/A | | | 818 | 818 |
| Howard Plaut | Veteran 50 | U/A Crook, County Durham | 818 | | | 818 |
| Andy Ross | Veteran 40 | U/A Wigton, Cumbria | | | 817 | 817 |
| Stphen Beard | | U/A Thirnton, Lancashire | 816 | | | 816 |
| Bryan Cosgrove | | U/A Manchester, | 815 | | | 815 |
| Jamie Bowden | | U/A Downley, | | | 815 | 815 |
| Roderick Thomson | | U/A Wallasey, Wirral | | | 815 | 815 |
| Craig Hodgkiss | Veteran 40 | U/A Durham, Durham | | | 814 | 814 |
| Dave Candlish | Veteran 40 | Saltwell Harriers | 814 | | | 814 |
| David Cummins | Veteran 40 | U/A Preston, Lancashire | | | 812 | 812 |
| Paul Gardner | | U/A Liverpool, | 812 | | | 812 |
| Adrian Cross | Veteran 40 | U/A Arnside, Cumbria | 811 | | | 811 |
| Tim Taylor | Veteran 50 | Burnden Road Runners | | | 811 | 811 |
| David Alexander | Veteran 40 | Settle Harriers | | | 810 | 810 |
| David Newman | Veteran 50 | Burnden Road Runners | | | 810 | 810 |
| John Field | | U/A Skipton, North Yorkshire | | | 809 | 809 |
| David Devine | Veteran 50 | U/A Glasgow, Scotland | | | 808 | 808 |
| Dominic Pope | Veteran 40 | U/A Ulverston, Cumbria | 807 | | | 807 |
| Jon Warren | Veteran 40 | U/A Coventry, | | | 807 | 807 |
| Paul Stupples | Veteran 40 | St Helen TRi | | | 806 | 806 |
| Joe Parkins | Veteran 40 | U/A Kendal, | | | 805 | 805 |
| Paul Jenkins | Veteran 40 | U/A Wigan, Lancs | 805 | | | 805 |
| Chris Ridley | | | | | 804 | 804 |
| Matt McCairn | | U/A St Helens, Merseyside | 804 | | | 804 |
| Neil Simpson | | U/A Warrington, | 803 | | | 803 |
| Alastair Macdonald | | gb bootcamps | | | 802 | 802 |
| Martyn Wilding | Veteran 40 | U/A CHORLEY, Lancashire | | | 801 | 801 |
| Colin Thomson | Veteran 40 | U/A Birkenhead, Merseyside | | | 800 | 800 |
| Stephen Davies | | U/A Durham, Durham | | | 800 | 800 |
| Chris Moors | | U/A Newcastle upon Tyne, Tyne and Wear | | | 799 | 799 |
| g blackett | Veteran 50 | U/A derby, derbyshire | 799 | | | 799 |

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|------------------------|------------|------------------------------------|-----|-----|------------|
| David BUII | Veteran 40 | U/A Macmerry, East Lothian | 798 | | 798 |
| Ryan Mulholland | | U/A Gateshead, Tyne and Wear | | 798 | 798 |
| Andrew Myers | | U/A Newcastle upon Tyne, | | 797 | 797 |
| Stephen Wilson | Veteran 40 | U/A Grange-Over-Sands, Cumbria | 797 | | 797 |
| graeme flatman | Veteran 50 | Darlington tri club | | 796 | 796 |
| Richard McGee | Veteran 40 | U/A Stratford-upon-Avon, | 796 | | 796 |
| Bob Muirhead | | Team Penguin | | 795 | 795 |
| Ian Grey | | U/A Cramlington, Northumberland | 795 | | 795 |
| Shane Cliffe | Veteran 50 | Red Rose Road Runners | | 795 | 795 |
| Barry Knowles | Veteran 40 | U/A Bristol, | | 794 | 794 |
| Matthew Smith | Veteran 40 | U/A Lancaster, Lancs | | 794 | 794 |
| Russell Hull | | U/A Ulverston, Cumbria | 794 | | 794 |
| Andrew Stannard | | U/A Preston, Lancashire | | 793 | 793 |
| glenn bailey | | none | | 793 | 793 |
| Stuart McMillan | Veteran 40 | U/A Edinburgh, | 793 | | 793 |
| Andrew Hemsley | Veteran 50 | U/A Penrith, Cumbria | 792 | | 792 |
| kenny marsh | Veteran 50 | U/A St Helens, | | 791 | 791 |
| Charlie Michaelis | Veteran 50 | U/A Stratford-upon-Avon, Warwicks | 790 | | 790 |
| David Bray | | U/A London, | 789 | | 789 |
| Alex Mills | | 1RRF | | 788 | 788 |
| David Macdonald | | U/A Merseyside, | | 786 | 786 |
| James Walsh | | Kirkby Stephen Grammar School | | 785 | 785 |
| donald nichol | Veteran 50 | burnden road runners | | 782 | 782 |
| Patrick Mclaughlin | Veteran 40 | U/A Sunderland, | | 781 | 781 |
| Richard Cuthill | Veteran 40 | U/A Bridge of Allan, Stirlingshire | 780 | | 780 |
| Adam Murfitt | Veteran 40 | U/A Lancaster, Lancs | 779 | | 779 |
| Jim Kellow | | U/A Nottingham, Notts | | 779 | 779 |
| Dean Gorton | | ASICS | 778 | | 778 |
| James Hewitt | | U/A Liverpool, | | 777 | 777 |
| John Wilcock | Veteran 40 | n/a | 777 | | 777 |
| Phil Leo | | U/A manchester, | | 777 | 777 |
| Baljit Dhanda | Veteran 50 | Ealing Eagles | 776 | | 776 |
| Murray Sherriff Short | Veteran 40 | U/A TROON, Ayrshire | | 776 | 776 |
| Andy Winnett | Veteran 50 | U/A Milton Keynes, | | 775 | 775 |
| Jonathan Phillips | | U/A Manchester, | | 774 | 774 |
| Gareth Vaughan | | U/A Liverpool, | | 773 | 773 |
| Rick Hollingworth | | Eton Manor A.C | | 773 | 773 |
| Anthony Brockbank | Veteran 50 | U/A Morpeth, Northumberland | 772 | | 772 |
| bartosz ropelewski | | U/A Altrincham, | | 771 | 771 |
| Quentin Merritt | Veteran 50 | U/A Kendal, | 771 | | 771 |
| Mark Franey | Veteran 40 | U/A Prenton, | | 769 | 769 |
| Stuart Oram | | U/A Manchester, Greater manchester | 769 | | 769 |
| Christopher Billington | Veteran 40 | U/A Southport, | | 767 | 767 |
| Scott Heesom | Veteran 40 | U/A Warrington, Cheshire | | 767 | 767 |
| Stephen Cruickshank | Veteran 40 | U/A Formby, | | 766 | 766 |
| David Elsworthy | Veteran 40 | U/A Brough, E Yorkshire | | 764 | 764 |
| Stewart Lamb | | U/A Lancaster , Lancs | | 763 | 763 |
| Richard Pennock | Veteran 40 | U/A Bridgend, | 762 | | 762 |
| Tim Spencer | Veteran 40 | Warrington Running Club | | 760 | 760 |
| Richard Broster | Veteran 40 | U/A Sale, Cheshire | | 759 | 759 |
| Tim Jackson | Veteran 50 | U/A Carnforth, Lancs | | 759 | 759 |
| Keith Bevan | Veteran 40 | Serpentine | 756 | | 756 |
| George Craig | Veteran 40 | U/A Tynemouth, Tyne and Wear | | 755 | 755 |
| Pete Dobbs | | U/A Milton Keynes, Buckinghamshire | | 755 | 755 |
| Graham Carson | Veteran 60 | U/A London, | | 754 | 754 |
| Phil Smith | Veteran 40 | Bentham beagles | | 754 | 754 |

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| Sam Hall | | U/A Kendal, Cumbria | 754 | | 754 |
| Andrew Hall | | Red Rose Road Runners | | 753 | 753 |
| Carl Burns | | U/A Chertsey, Surrey | | 753 | 753 |
| Graham Collins | Veteran 60 | Milltown Milers | | 752 | 752 |
| Graeme Wilkinson | | U/A CONGLETION, Cheshire | | 751 | 751 |
| Jonathan Smith | Veteran 40 | Team Penguin | | 750 | 750 |
| Derek Dwyer | Veteran 50 | U/A Burton upon Trent, Staffordshire | | 748 | 748 |
| derek sweeney | Veteran 50 | U/A windermere, cumbria | | 747 | 747 |
| paul christian | Veteran 40 | U/A gateshead, tyne and wear | | 747 | 747 |
| Graham Oatridge | | None | | 746 | 746 |
| Richard Pinches | Veteran 40 | U/A Blackpool, Lancashire | | 746 | 746 |
| michael pickard | Veteran 50 | U/A Leeds, | 745 | | 745 |
| David Gilbert | Veteran 40 | U/A Liverpool, Merseyside | | 744 | 744 |
| Graham Parker | Veteran 50 | U/A Kendal, Cumbria | 744 | | 744 |
| Mike Swift | Veteran 50 | U/A Manchester, Manchester | | 744 | 744 |
| John Spindler | Veteran 50 | Chorlton runners | | 743 | 743 |
| Michael Holliman | Veteran 40 | U/A Hildenborough, Kent | | 743 | 743 |
| david macdonald | Veteran 40 | none | 742 | | 742 |
| Terry Wilkinson | Veteran 40 | U/A Durham, | | 742 | 742 |
| Andrew Tan | | U/A Cheadle Hulme, | | 740 | 740 |
| Simon Heys | Veteran 50 | Stockport Harriers | | 740 | 740 |
| Colin Campbell | Veteran 50 | U/A askam-in-furness, cumbria | 739 | | 739 |
| ALAN JONES | Veteran 50 | GARSTANG RUNNING CLUB | | 737 | 737 |
| Iain Jenkins | Veteran 50 | U/A Harrogate, North Yorkshire | | 737 | 737 |
| Richard Crossley | Veteran 40 | U/A Stafford, Staffs | 737 | | 737 |
| Andy Bentley | Veteran 40 | U/A Bingley, | 736 | | 736 |
| Oliver White | | U/A Lytham, Lancashire | | 736 | 736 |
| Paul Waldram | Veteran 40 | U/A Bolton, | 735 | | 735 |
| Ricky Sherriff-Short | | U/A TROON, Ayrshire | | 735 | 735 |
| Selby Marshall | | U/A Oxford, | | 735 | 735 |
| Keith Wise | Veteran 50 | U/A Dalry, North ayrshire | 734 | | 734 |
| Tim Higginbottom | Veteran 60 | Alleghenies Running Club | 733 | | 733 |
| Peter Lewis | Veteran 40 | U/A SOUTHPORT, MERSEYSIDE | | 732 | 732 |
| Peter Little | Veteran 40 | High Harrington | | 731 | 731 |
| Richard Eardley | | U/A Kendal, Cumbria | 730 | | 730 |
| David Langrish | Veteran 60 | SGRAC | | 729 | 729 |
| Garry Hobson | Veteran 50 | Scunthorpe and District | 729 | | 729 |
| Mike Reeve | Veteran 50 | U/A Stockport, Cheshire | | 728 | 728 |
| oliver mathai | Veteran 60 | U/A london, | | 727 | 727 |
| Andrew Speer | Veteran 50 | Red Rose Road Runners | | 725 | 725 |
| Marcus Chapman | Veteran 40 | U/A Grange-Over-Sands, Cumbria | 725 | | 725 |
| Andrew Jones | Veteran 50 | non-affiliated | | 724 | 724 |
| Jonathan Hunt | Veteran 40 | Tri Preston | | 722 | 722 |
| Mark Dewey | | U/A Great Bowden, Leicestershire | 722 | | 722 |
| Paul Shawley | | U/A Sheffield, | 721 | | 721 |
| Tony McNeill | Veteran 50 | Durham Harriers | | 721 | 721 |
| Alan Davidson | Veteran 60 | U/A Witney, | | 720 | 720 |
| Ben Williams | | U/A London, | | 720 | 720 |
| Jonny Frodsham | Veteran 40 | U/A Glossop, Derbyshire | | 718 | 718 |
| Phil Walton | Veteran 40 | Warrington Running Club | | 718 | 718 |
| Matthew Elliott | | U/A Manchester, | 717 | | 717 |
| Iain Armstrong | | U/A Carlise, Cumbria | 716 | | 716 |
| Tom Blasdale | Veteran 40 | U/A Aberdeen, | | 716 | 716 |
| dave mccabe | Veteran 40 | U/A warrington, cheshire | | 715 | 715 |
| Paul Jordan | Veteran 40 | Carlisle sheep mount runners | 715 | | 715 |
| Steve Towers | Veteran 50 | U/A carnforth, | | 715 | 715 |

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| chris douglas | Veteran 50 | U/A delph, | | | 714 | 714 |
| kevin Gelder | Veteran 50 | U/A Cleckheaton, West Yorkshire | 714 | | | 714 |
| Stephen Race | Veteran 40 | U/A Grimsby, | | 713 | | 713 |
| John Parry | | U/A Grange-over-Sands, Cumbria | 712 | | | 712 |
| Peter Hodgson | Veteran 40 | U/A Bury, | | | 712 | 712 |
| Alec Cottrill | Veteran 50 | Burnden Road Runners | | 711 | | 711 |
| Michael Naylor | Veteran 50 | U/A Cleveleys, Lancashire | | | 710 | 710 |
| Damian Worsley | Veteran 50 | U/A Southport, Merseyside | | | 709 | 709 |
| Ian Verber | Veteran 60 | Black Combe Runners | | | 707 | 707 |
| Michael Lynch | Veteran 60 | U/A Malton, N yorks | 707 | | | 707 |
| Chye Hing Siaw | | U/A Carlisle, Cumbria | | 706 | | 706 |
| Bob Barford | Veteran 50 | U/A Laceby, Lincolnshire | 705 | | | 705 |
| john hall | Veteran 50 | Burnden Road Runners | | 705 | | 705 |
| Ralph Lavery | | U/A Larne, | | | 705 | 705 |
| Owen Davies | Veteran 60 | | | 703 | | 703 |
| Michael Bradley | | Warrington Running Club | 702 | | | 702 |
| Nick Vickery | Veteran 50 | Rayleigh Road Runners | | | 702 | 702 |
| Andrew Collins | | U/A Warrington, Cheshire | | | 701 | 701 |
| George Lalande | Veteran 60 | malton pikies | 701 | | | 701 |
| Nick Taylor | Veteran 40 | Allithwaite Running Club | 700 | | | 700 |
| phillip brierley | | U/A Blackpool, Lancashire | 699 | | | 699 |
| Chris Furphy | Veteran 50 | U/A Guisborough, | | | 697 | 697 |
| Alex Hill | Veteran 40 | St Bees Triers | | 696 | | 696 |
| Donald Peacock | Veteran 50 | U/A Durham, Durham | | | 696 | 696 |
| Sam Butler | | Mr & Mrs butler | 696 | | | 696 |
| Colin Newby | Veteran 50 | U/A Newcastle Upon Tyne, Tyne and Wear | | | 695 | 695 |
| Ian Butcher | Veteran 40 | U/A Poulton-le-Fylde, Lancashire | | | 694 | 694 |
| Paul Moss | Veteran 50 | Baxi | 694 | | | 694 |
| Gary Jones | Veteran 50 | Bolton Harriers | 692 | | | 692 |
| Karl Russek | Veteran 40 | U/A POTTSTOWN, Pennsylvania | | 691 | | 691 |
| Alon Caspi | Veteran 50 | Mornington Chasers | | | 690 | 690 |
| David Green | | U/A Heddon on the wall, Northumberland | | 690 | | 690 |
| Neville Holmes | Veteran 40 | U/A Millom, Cumbria | | 689 | | 689 |
| John McCarthy | Veteran 40 | U/A Warrington, Cheshire | | 688 | | 688 |
| paul jackson | | U/A widnes, cheshire | 688 | | | 688 |
| Paul Maloney | | U/A Lower Whitley, Cheshire | 687 | | | 687 |
| Martyn Fisher | Veteran 50 | Almost Athletes | | 686 | | 686 |
| simon jones | Veteran 40 | U/A sawbridgeworth, herts | | | 685 | 685 |
| John Alexander | | U/A Kendal, Cumbria | 684 | | | 684 |
| Jonathon Barron | | U/A Lakeside, Ulverston, | | | 684 | 684 |
| Martin Smith | | U/A Bicester, Oxon | | 684 | | 684 |
| Paul Clarke | | U/A Ulverston, | 683 | | | 683 |
| Chris Lockley | Veteran 50 | Eden Runners | | 682 | | 682 |
| Ian Gibson | Veteran 50 | Tynedale Harriers | | | 682 | 682 |
| Michael Allcock | | U/A Liverpool, Merseyside | 682 | | | 682 |
| David Baxter | Veteran 40 | St Helen's Striders | | 681 | | 681 |
| tony Ainsworth | Veteran 40 | U/A Kendal, Cumbria | | | 681 | 681 |
| Roddy Watson | Veteran 50 | U/A Inchinnan, | | | 680 | 680 |
| Steve Boyer | Veteran 50 | Stainland Lions | | | 679 | 679 |
| Bernard Brown | Veteran 50 | U/A St Helens, Merseyside | | | 678 | 678 |
| Chris Caddick | Veteran 50 | U/A Warrington, Cheshire | | 677 | | 677 |
| Robin Stebbings | Veteran 50 | Unattached | 677 | | | 677 |
| Malcolm Nicholas | Veteran 60 | U/A Kendal, | | | 676 | 676 |
| Philip Donnison | Veteran 50 | U/A Kendal, | 675 | | | 675 |
| Paul Regan | Veteran 40 | Lancs Police | | 674 | | 674 |
| David Walker | Veteran 40 | U/A Paisley, | | | 673 | 673 |

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| nick bell | Veteran 50 | unattached | | 673 | | 673 |
| Chris Stone | Veteran 40 | U/A Warrington, Cheshire | | | 672 | 672 |
| Mart Finn | Veteran 40 | U/A Preston, Lancs | 672 | | | 672 |
| craig slater | Veteran 40 | U/A ulverston, cumbria | 671 | | | 671 |
| James Outterside | | U/A Cheadle, Cheshire | | | 671 | 671 |
| Kevin Pluck | Veteran 40 | U/A Altrincham, | | 671 | | 671 |
| James Stacey | | Warwick Wasps | | | 669 | 669 |
| Jayson Liggett | Veteran 40 | U/A Runcorn, Cheshire | | 668 | | 668 |
| Jan Rayner | Veteran 40 | Roundhay Runners | 667 | | | 667 |
| Steve Broadbent | Veteran 50 | Lancashire Constabulary AC | | | 667 | 667 |
| Oliver Jones | | U/A Bedford, Bedfordshire | 666 | | | 666 |
| Stephen Fellbaum | Veteran 50 | MDOC | | | 665 | 665 |
| David Sullivan | Veteran 50 | deeside runners | 663 | | | 663 |
| Phil Benn | Veteran 40 | U/A Manchester, Lancashire | | 663 | | 663 |
| Mike Scott | Veteran 50 | U/A Stockton on Tees, | 662 | | | 662 |
| Paul Round | Veteran 40 | U/A Clent, Worcestershire | | 662 | | 662 |
| Steve Crame | Veteran 50 | U/A Kendal, Cumbria | | | 662 | 662 |
| Sean Backhouse | Veteran 40 | U/A Selby, North Yorkshire | | | 661 | 661 |
| Ian Jones | Veteran 40 | U/A blandford forum, dorset | | | 660 | 660 |
| Jonathan Perry | Veteran 40 | U/A Abergele, Conwy | 660 | | | 660 |
| Colin Lee | Veteran 50 | Wooler Running Club | 659 | | | 659 |
| Richard McCabe | Veteran 40 | Chineham Park Running Club | | 659 | | 659 |
| Paul Bowes | | U/A Southam, Warwickshire | | | 657 | 657 |
| PAUL TICKNER | Veteran 60 | U/A Cockermouth, Cumbria | | 657 | | 657 |
| Jonny Haworth | | U/A London, | | 656 | | 656 |
| kevin burse | Veteran 40 | U/A staines, middlesex | | | 656 | 656 |
| Peter Medicott | Veteran 40 | Warrington Road Runners | | 655 | | 655 |
| Daniel Laing | | U/A YORK, North Yorkshire | 654 | | | 654 |
| Phil Carroll | | U/A Liverpool, Merseyside | 653 | | | 653 |
| Steven Tarling | | Chorlton | | | 653 | 653 |
| Ben Layzell | | U/A Clitheroe, | 652 | | | 652 |
| Jon Shaw | Veteran 50 | Macclesfield Harriers | | | 652 | 652 |
| Michael Rafferty | Veteran 40 | N/A | | 652 | | 652 |
| stefan wood | | U/A York, | | | 650 | 650 |
| Andrew Wood | Veteran 40 | U/A Leigh, Lancashire | | 648 | | 648 |
| Frank Tait | Veteran 50 | U/A Peebles, Peeblesshire | 648 | | | 648 |
| Owen Lewis | | Independent | | | 648 | 648 |
| Clive Barker | Veteran 50 | U/A Chorley, Lancs | | | 647 | 647 |
| Edwin Arthur | Veteran 50 | U/A High Wycombe, Buckinghamshire | | 646 | | 646 |
| MICK STATHAM | Veteran 70 | U/A STOKE ON TRENT, Staffordshire | 646 | | | 646 |
| David Chapman | | U/A Morecambe, | | | 645 | 645 |
| philip beaumont | Veteran 40 | no | | | 644 | 644 |
| stuart hurst | Veteran 40 | dallam | 644 | | | 644 |
| Jamie Caswell | Veteran 40 | U/A Paignton, Devon | 643 | | | 643 |
| Lewis Grant | | U/A Dumfries, | | | 643 | 643 |
| MICHAEL LEAHY | Veteran 60 | U/A GRANGE OVER SANDS, CUMBRIA | | 642 | | 642 |
| Kevin Borlase | Veteran 50 | U/A Carlisle, Cumbria | | | 641 | 641 |
| Mac McCormack | Veteran 40 | Red Rose Runners | 640 | | | 640 |
| Michael Church | | U/A Vigo Village, Kent | | 639 | | 639 |
| Phil Davies | Veteran 40 | Airedale Dodgers | | | 639 | 639 |
| Brian Norton | Veteran 40 | U/A blackburn, | | 637 | | 637 |
| jim elrick | Veteran 50 | U/A glasgow, west dunbartonshire | | 636 | | 636 |
| Dave Burke | Veteran 60 | U/A Sunderland, | | 635 | | 635 |
| Jonny Grisedale | Veteran 40 | n/a | | | 635 | 635 |
| Robert Heminsley | Veteran 40 | U/A Preston, lancs | | 634 | | 634 |
| william hargreaves | Veteran 50 | U/A bolton, | | 633 | | 633 |

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| dyfed evans | Veteran 40 | U/A york, | | 632 | | 632 |
| Haydn Esmond | Veteran 40 | U/A Preston, Lancashire | | | 632 | 632 |
| Mike Sinclair | Veteran 50 | U/A Warrington , Cheshire | | 630 | | 630 |
| Andy Barry | Veteran 40 | U/A Darwen, Lancs | | | 628 | 628 |
| Anthony Church | Veteran 50 | U/A Vigo Village, Kent | | 628 | | 628 |
| John O'Hara | Veteran 40 | U/A Wiswell, Lancashire | | | 627 | 627 |
| dinesh patel | Veteran 50 | U/A preston, lancashire | | | 626 | 626 |
| Kerry Macfarlane | Veteran 60 | U/A Liverpool, Merseyside | | 626 | | 626 |
| Mark Hills | Veteran 40 | U/A Kings hill, Kent | | | 623 | 623 |
| Daniel Kanaris | | U/A Portishead, North Somerset | | 622 | | 622 |
| ian bancroft | Veteran 40 | U/A warrington, cheshire | | 620 | | 620 |
| Tony Orr | Veteran 50 | U/A burton in kendal, cumbria | | 619 | | 619 |
| Dale Berry | | U/A Nelson, Lancashire | | | 617 | 617 |
| John Bromley | Veteran 50 | chART | | 617 | | 617 |
| Christopher Ramshaw | Veteran 50 | U/A Newcastle Upon Tyne, Tyne and Wear | | | 616 | 616 |
| David Townsend | Veteran 40 | U/A Brackley, Northants | | 616 | | 616 |
| Graham Fawcett | Veteran 50 | U/A Altrincham, Cheshire | | | 615 | 615 |
| Lee Hardwick | Veteran 40 | U/A Workington, Cumbria | | 613 | | 613 |
| Nick Haslam | Veteran 40 | U/A Kendal, Cumbria | | | 613 | 613 |
| Ian Ibbotsen | Veteran 50 | U/A Windermere | | | 612 | 612 |
| Vincent Kelly | Veteran 40 | Leverets | | 610 | | 610 |