

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|---|-------------------|---------------------------------|-----|-----|-----|-----|-------|
| Lakeland Trails 2019 14-18K Series Results : Men | | | | | | | |
| 1. | French, John | Eden Runners | 999 | 999 | 999 | 999 | 3996 |
| 2. | Birket, Matthew | Manchester Road Runners | 964 | 993 | 993 | 992 | 3942 |
| 3. | Allison, Mike | Eden Runners | 970 | 981 | 957 | 977 | 3885 |
| 4. | Sammut, John | U/A Newcastle-under-Lyme, | 944 | 970 | 945 | 970 | 3829 |
| 5. | Pye, Andrew | U/A Kendal, Cumbria | 938 | 959 | 874 | 918 | 3689 |
| 6. | cushion, peter | wirral vikings trc | 871 | 903 | 944 | 968 | 3686 |
| 7. | Brophy, Dominic | U/A kirkham, Lancashire | 915 | 925 | 868 | 919 | 3627 |
| 8. | Lobas, Simon | Swinton | 906 | 911 | 866 | 938 | 3621 |
| 9. | Dodd, Simon | U/A Brampton, Cumbria | 873 | 921 | 858 | 933 | 3585 |
| 10. | coupe, graham | Wirral Vikings TRC | 870 | 912 | 855 | 917 | 3554 |
| 11. | rowlandson, dean | U/A grange over sands, cumbria | 849 | 899 | 810 | 892 | 3450 |
| 12. | Davies, Chris | U/A Witton le wrar, Durham | 837 | 882 | 824 | 902 | 3445 |
| 13. | Holmes, Mike | U/A Skipton, | 854 | 877 | 811 | 886 | 3428 |
| 14. | Wimpenny, David | U/A St. Helens , | 796 | 802 | 729 | 840 | 3167 |
| 15. | Byrne, Simon | St Bees Trier | 785 | 725 | 768 | 841 | 3119 |
| 16. | Robertson, Iain | U/A Corbridge, Northumberland | 784 | 764 | 750 | 800 | 3098 |
| 17. | Smitham, Paul | Chorlton Runners | 706 | 779 | 701 | 813 | 2999 |
| 18. | Smith, Chris | Keswick AC | | 987 | 986 | 991 | 2964 |
| 19. | Walker, Stephen | Beverley AC | 990 | | 988 | 981 | 2959 |
| 20. | fishpool, peter | U/A driffield, east yorks | 966 | 966 | | 975 | 2907 |
| 21. | Hemmings, Ross | U/A Goostrey , | 963 | 979 | 961 | | 2903 |
| 22. | Pearson, Thomas | U/A Grange Over Sands, Cumbria | 949 | 937 | 996 | | 2882 |
| 23. | Rooney, Gerry | U/A Carlisle, | 743 | 770 | 615 | 734 | 2862 |
| 24. | Airey, Stuart | Eden runners | 920 | 964 | | 939 | 2823 |
| 25. | Mason, John | U/A Kendal, Cumbria | 974 | | 792 | 964 | 2730 |
| 26. | Pearson, Chris | U/A Grange Over Sands, Cumbria | 875 | 866 | 979 | | 2720 |
| 27. | White, Scott | Cambridge & Coleridge | 883 | 924 | | 907 | 2714 |
| 28. | Penhale, Bruce | Trafford AC | 894 | 932 | 872 | | 2698 |
| 29. | Crate, Jeremy | U/A Bedlington , Northumberland | 857 | 910 | | 898 | 2665 |
| 30. | Gooding, Adrian | Quakers | 843 | 901 | | 884 | 2628 |
| 31. | parker, alan | U/A stoke on trent, | 840 | 879 | | 865 | 2584 |
| 32. | Clitheroe, Andrew | U/A Carlisle, | 817 | 849 | | 874 | 2540 |

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Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-----|--------------------|-------------------------------------|------|------|-----|-----|-------|
| 33. | Hemsley, Andrew | Walney Wind Cheetahs | 826 | 822 | | 882 | 2530 |
| 34. | Charles, Terence | Wirral Vikings TRC. | | 814 | 782 | 890 | 2486 |
| 35. | Ryan, Ferg | SW Running Crew | 787 | 808 | | 885 | 2480 |
| 36. | Bateman, Tim | U/A Preston , Lancashire | 824 | 854 | | 783 | 2461 |
| 37. | Nagar, Igal | U/A Sutton Coldfield, West Midlands | 823 | 793 | | 833 | 2449 |
| 38. | Horne, Jonathan | Biddulph Running Club | 834 | | 757 | 848 | 2439 |
| 39. | Tippin, Frank | U/A | 779 | 838 | | 810 | 2427 |
| 40. | Davies, Owen | U/A | 739 | 784 | | 814 | 2337 |
| 41. | Paterson, Neil | U/A Hexham, Northumberland | 766 | | 689 | 859 | 2314 |
| 42. | Barrett, Neil | U/A Preston, Lancashire | 741 | 763 | | 804 | 2308 |
| 43. | Rose, Mark | U/A Fleetwood , Lancashire | 724 | 737 | | 801 | 2262 |
| 44. | Stolworthy, Dan | U/A Huddersfield, West Yorkshire | 726 | 706 | | 807 | 2239 |
| 45. | wardley, mark | U/A preston, lancs | 710 | 733 | | 728 | 2171 |
| 46. | little, jim | U/A cheshire, | 764 | 712 | | 680 | 2156 |
| 47. | Wiseman, John | Red Rose Road Runners | 701 | 771 | | 668 | 2140 |
| 48. | Stout, John | U/A Leigh, Greater Manchester | 694 | 686 | | 749 | 2129 |
| 49. | Nelson, Michael | U/A Barrow in Furness, Cumbria | 698 | 652 | | 761 | 2111 |
| 50. | Schaffer, Nicholas | Millom Striders | 671 | 676 | | 746 | 2093 |
| 51. | Booth, Craig | U/A Kendal, Cumbria | 688 | 667 | | 735 | 2090 |
| 52. | Gillman, Darren | Trail Running Association | 809 | 449 | | 777 | 2035 |
| 53. | Morton, Gary | U/A Brighouse, West Yorkshire | 719 | 633 | | 651 | 2003 |
| 54. | Holdsworth, Chris | Team inov-8 | 1000 | 1000 | | | 2000 |
| 55. | Houghton, Steven | U/A Beetham , Cumbria | 673 | 635 | | 691 | 1999 |
| 56. | Arkle, Jamie | Esk Valley Fell Club | | 996 | 998 | | 1994 |
| 57. | warburton, james | U/A knaresborough, north yorkshire | | | 995 | 998 | 1993 |
| 58. | Henderson, Steven | Sale Harriers Manchester | | | 994 | 997 | 1991 |
| 59. | Tait, Christopher | Eton Manor AC | | | 990 | 996 | 1986 |
| 60. | corless, Chris | Lancaster and morcambe AC | 992 | | | 993 | 1985 |
| 61. | crawley, ryan | U/A Carlisle, Cumbria | | | 987 | 995 | 1982 |
| 62. | Blackwell, Mark | WestCumbriaTri | | | 985 | 988 | 1973 |
| 63. | Blakeley, Matthew | Roundhay Runners | 979 | 989 | | | 1968 |
| 64. | Cossu, Stefano | Warrington RC | 980 | 986 | | | 1966 |
| 65. | Blake, David | U/A Birmingham, | | | 976 | 982 | 1958 |

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Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-----|-------------------------|-----------------------------------|-----|-----|-----|-----|-------|
| 66. | Downs, Craig | U/A ROWLANDS GILL, | 972 | 984 | | | 1956 |
| 67. | Ball, Nathan | Manchester Tri | | | 978 | 978 | 1956 |
| 68. | Rose-Coulthard, Richard | Brooks RunHappy Team | | | 979 | 976 | 1955 |
| 69. | Small, Derek | U/A Edinburgh , | | | 963 | 979 | 1942 |
| 70. | Walker, David | Sedgfield Harriers | 968 | | | 971 | 1939 |
| 71. | Myatt, Robert | U/A Stoke on trent, Staffordshire | 661 | 609 | | 663 | 1933 |
| 72. | Gray, Jonathan | Richmond & Zetland harriers | | | 959 | 973 | 1932 |
| 73. | Mcnicoll, Stewart | U/A Morpeth , Northumberland | 656 | 578 | | 682 | 1916 |
| 74. | Spowart, Richard George | U/A Spennymoor, Durham | 948 | 960 | | | 1908 |
| 75. | lonsdale, philip | U/A durham, | 941 | 963 | | | 1904 |
| 76. | Vaneris, Harry | U/A Manchester, | 933 | 965 | | | 1898 |
| 77. | Tadeusiak, Andrzej | U/A LANCASTER, Lancashire | 956 | 930 | | | 1886 |
| 78. | Drummond, Lee | Birtley ac | | | 922 | 960 | 1882 |
| 79. | Bread, Paul | U/A Cambridge, | 937 | 940 | | | 1877 |
| 80. | McNally, Warren | None | | | 909 | 963 | 1872 |
| 81. | Miles, Andrew | U/A Barrow-in-furness, Cumbria | 923 | 948 | | | 1871 |
| 82. | Kimmins, Damian | Na | 916 | 952 | | | 1868 |
| 83. | spowart, john | U/A Spennymoor, Durham | 924 | 943 | | | 1867 |
| 84. | Fearnhead, Ben | U/A Windsor, BERKSHIRE | | | 920 | 947 | 1867 |
| 85. | Brear, Paul | U/A Cambridge, | | | 897 | 966 | 1863 |
| 86. | Smith, Gary | COLT | | 913 | | 943 | 1856 |
| 87. | Mcevoy, Colin | Wigan & District H & AC | | | 933 | 922 | 1855 |
| 88. | Ashton, Ben | U/A Nottingham, NOTTINGHAMSHIRE | | | 905 | 944 | 1849 |
| 89. | OHara, Steven | U/A Sunderland, Tyne & Wear | 630 | 562 | | 656 | 1848 |
| 90. | Rawlinson, Paul | U/A Carlisle, Cumbria | 909 | 933 | | | 1842 |
| 91. | Stuart, Andrew | U/A Lancaster, Lancashire | | 926 | 903 | | 1829 |
| 92. | Platten, Steve | City of Hull AC | 898 | | | 927 | 1825 |
| 93. | schofield, john | U/A Nottingham, | | | 877 | 948 | 1825 |
| 94. | Hind, Andrew | Northwich Running Club | | | 879 | 940 | 1819 |
| 95. | Minns, Gary | U/A Bishop Auckland, | 901 | 914 | | | 1815 |
| 96. | Howe, Nick | U/A Liverpool, | | 893 | | 913 | 1806 |
| 97. | Webster, Gary | Knaresborough Striders | | | 882 | 924 | 1806 |
| 98. | Lingard, Gary | U/A Ulverston, | 853 | 949 | | | 1802 |

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Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|--|-----|-----|-----|-----|-------|
| 99. | Abbott, Dave | U/A PRESTON, | 841 | | | 961 | 1802 |
| 100. | Davenport, Stephen | U/A Warrington, | 860 | | | 934 | 1794 |
| 101. | Chambers, James | York Knavesmire Harriers | | | 869 | 915 | 1784 |
| 102. | Downs, Simon | U/A Gateshead, Tyne and Wear | 864 | 916 | | | 1780 |
| 103. | Garner, Mark | Radcliffe AC | 955 | | 820 | | 1775 |
| 104. | TRELFA, AUSTIN | Red Rose Road Runners | 631 | 502 | | 639 | 1772 |
| 105. | Hillas, Stephen | Saltaire Striders | 877 | | 891 | | 1768 |
| 106. | Wood, Kelvin | Tamar trotters | | | 940 | 824 | 1764 |
| 107. | Harper, Robert | Yorkshire Wolds Runners | 878 | 874 | | | 1752 |
| 108. | Morris, Glenn | U/A Lancaster, Lancs | 845 | 894 | | | 1739 |
| 109. | Ions, Justin | U/A Ilkley, | | | 814 | 914 | 1728 |
| 110. | Murtagh, Wayne | City of Hull AC | 868 | | 859 | | 1727 |
| 111. | Green, Chris | U/A Matlock, Derbyshire | | | 827 | 897 | 1724 |
| 112. | Yates, Andy | U/A Colwyn Bay, Conwy | 835 | 878 | | | 1713 |
| 113. | Beardmore, Paul | Na | | 880 | 833 | | 1713 |
| 114. | Sharman, Alexander | U/A Banbury, Oxfordshire | | | 789 | 923 | 1712 |
| 115. | moss, terry | U/A preston, lancashire | | 851 | | 842 | 1693 |
| 116. | Baker, Simon | U/A Newcastle upon Tyne , | | | 797 | 896 | 1693 |
| 117. | Joshi, Mihir | U/A Glasgow, | | | 818 | 875 | 1693 |
| 118. | Thompson, Russell | U/A Barrow-in-Furness, | | | 800 | 880 | 1680 |
| 119. | Harrison, John | U/A North Shields, Tyne and Wear | 816 | | | 856 | 1672 |
| 120. | Harrison, Richard | Ambleside AC | | | 776 | 893 | 1669 |
| 121. | Aiken, David | Quakers Running Club | 902 | | | 756 | 1658 |
| 122. | Ryan, Chris | SW Running Crew | 788 | 862 | | | 1650 |
| 123. | Whalley, Ian | U/A Huddersfield, West Yorkshire | | | 784 | 864 | 1648 |
| 124. | Flatres, Neil | U/A Wakefield, West Yorkshire | | | 765 | 869 | 1634 |
| 125. | Bayliss, David | Red Rose Road Runners | 807 | 826 | | | 1633 |
| 126. | Clemens, Jonathan | Knutsford Tri Club | | | 778 | 846 | 1624 |
| 127. | Brooks, Neil | U/A Preston , Lancashire | 801 | 810 | | | 1611 |
| 128. | Hawkins, Richard | York Postal Harriers | | | 777 | 832 | 1609 |
| 129. | Lazenby, Charles | U/A Kingston-Apon-Hull, East Yorkshire | 763 | | | 845 | 1608 |
| 130. | Whettlock, Phillip | Queensbury RC | | | 770 | 836 | 1606 |
| 131. | Thomas, Peter | N/A | 775 | | | 828 | 1603 |

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Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|-------------------|----------------------------------|-----|-----|-----|-----|-------|
| 132. | Simpson, MARTIN | Red Rose Road Runners | 643 | 431 | | 526 | 1600 |
| 133. | Furness, Paul | City of Hull AC | 758 | | | 838 | 1596 |
| 134. | Bamforth, John | U/A Wigton, Cumbria | 761 | 823 | | | 1584 |
| 135. | kings, tim | U/A KENDAL, | 711 | | | 855 | 1566 |
| 136. | Harper, Joe | Yorkshire Wolds Runners | 800 | 765 | | | 1565 |
| 137. | Raynor, Dave | Red Rose Road Runners | 712 | | | 831 | 1543 |
| 138. | Buckroyd, Andy | Macclesfield Harriers | 732 | 775 | | | 1507 |
| 139. | Corbett, Stuart | U/A Preston, Lancashire | 748 | 754 | | | 1502 |
| 140. | Langrish, David | Sunderland Strollers | | | 668 | 821 | 1489 |
| 141. | Green, Steve | U/A Cockermouth, Cumbria | 760 | 727 | | | 1487 |
| 142. | Trubshaw, Jon | U/A Ormskirk, Lancashire | 728 | 748 | | | 1476 |
| 143. | Meeten, Jon | U/A Manchester, | 687 | | | 787 | 1474 |
| 144. | Stevens, Joe | U/A Ormskirk, Lancashire | 727 | 747 | | | 1474 |
| 145. | Bond, Stuart | U/A Preston, Lancashire | 714 | | | 752 | 1466 |
| 146. | Davies, Sam | U/A Stockport, | | 760 | 702 | | 1462 |
| 147. | Wilcock, Daniel | U/A Stockport, | | 741 | 694 | | 1435 |
| 148. | Chappell, James | U/A Cottingham, | | 857 | | 553 | 1410 |
| 149. | leary, ron | U/A hull, | | 854 | | 552 | 1406 |
| 150. | Watt, David | U/A Gelston, Lincolnshire | | | 641 | 762 | 1403 |
| 151. | Bidwell, Clement | U/A Salford, | | 648 | | 753 | 1401 |
| 152. | Navesey, Steve | U/A South Chailey, | | 688 | | 702 | 1390 |
| 153. | Schofield, Graham | Chorley Harriers | 676 | 710 | | | 1386 |
| 154. | Oakey, Ian | Settle Harriers | 691 | 691 | | | 1382 |
| 155. | Tysome, Stephen | Trail Running Association | 686 | 683 | | | 1369 |
| 156. | Price, Michael | Team inov-8 | | 717 | | 652 | 1369 |
| 157. | Ryder, Edward | None | | 632 | | 732 | 1364 |
| 158. | Taylor, Alan | U/A Rochdale, Greater Manchester | | 690 | | 665 | 1355 |
| 159. | Glass, James | U/A Lancaster, Lancs | 693 | 649 | | | 1342 |
| 160. | Dunne, Raphael | U/A Irby, Merseyside | | 614 | | 724 | 1338 |
| 161. | Kinner, Phil | U/A Ashby De La Zouch, | 646 | | | 685 | 1331 |
| 162. | Harper, Tim | U/A Nottingham, Nottinghamshire | 677 | 623 | | | 1300 |
| 163. | Longney, Steve | Yorkshire Wolds Runners | 663 | 613 | | | 1276 |
| 164. | Griffiths, Geoff | Fuelled By Fun | 636 | 619 | | | 1255 |

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Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|------------------------------------|-----|-----|------|------|-------|
| 165. | Langhorne, John | U/A Kendal , Cumbria | 632 | | | 617 | 1249 |
| 166. | Bowen, Stuart | Orchard Eagles Running Club | | | 533 | 713 | 1246 |
| 167. | Chew, Chris | U/A | 639 | 558 | | | 1197 |
| 168. | Gibson, Andrew | U/A Cockermouth, Cumbria | 649 | 542 | | | 1191 |
| 169. | Trencher, Ian | U/A Wigan, Lancashire | 644 | 530 | | | 1174 |
| 170. | Deane, Matt | U/A Preston , Lancashire | 633 | 521 | | | 1154 |
| 171. | Devine, David | U/A Glasgow, Scotland | | | 479 | 674 | 1153 |
| 172. | Ford, Matt | U/A Ulverston, Cumbria | 628 | 513 | | | 1141 |
| 173. | Henderson, Ian | U/A Northallerton , | | | 435 | 661 | 1096 |
| 174. | Webster, Nicholas | U/A Northallerton , | | | 439 | 655 | 1094 |
| 175. | SWIRE, JAMES | U/A Southport, Merseyside | 605 | 424 | | | 1029 |
| 176. | Pigford, Thomas | Houghton Harriers | | | 1001 | | 1001 |
| 177. | Cox, Jonathan | Eden Runners | | | 1000 | | 1000 |
| 178. | Hopkinson, Greg | Team Inov-8/Trail Running Magazine | | | | 1000 | 1000 |
| 179. | Clark, Owain | Levens Valley AC | | | 1000 | | 1000 |
| 180. | Willoughby, Oliver | Helm Hill Runners | | | 999 | | 999 |
| 181. | Foster, Fletcher | Liverpool Pembroke | | | 998 | | 998 |
| 182. | Johnston, Connor | Victoria Park Harriers | 998 | | | | 998 |
| 183. | Egleston, James | U/A Edgmond, | | 998 | | | 998 |
| 184. | Drummond, Matthew | Birtley ac | | | 998 | | 998 |
| 185. | Walker, Adam | U/A Halifax, West Yorkshire | 997 | | | | 997 |
| 186. | McCarron, Andrew | Queens Park Harriers | | 997 | | | 997 |
| 187. | Ronaldson, Cameron | U/A Manchester , Lancashire | | | 997 | | 997 |
| 188. | Parry, Alex | U/A Carlisle, Cumbria | | | 997 | | 997 |
| 189. | Midwood, Simon | Valley Striders | 996 | | | | 996 |
| 190. | Chapman, James | Northern Fells Running Club | | | 996 | | 996 |
| 191. | George, Luke | U/A Redcar, | | | 995 | | 995 |
| 192. | Rankin, Steve | Sunderland Harriers | 995 | | | | 995 |
| 193. | McCarron, Stephen | Team Inov-8 | | 995 | | | 995 |
| 194. | Oxtoby, Jacob | Kenilworth Runners | | | 994 | | 994 |
| 195. | Jones, Craig | YMCA Manchester Harriers | 994 | | | | 994 |
| 196. | Fairclough, Peter | St Helens Striders | | 994 | | | 994 |
| 197. | Harratt, Matt | U/A Oldham, | | | | 994 | 994 |

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Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|----------------------|-----------------------------------|-----|-----|-----|-----|-------|
| 198. | Higgins, Sam | U/A Wigan, Lancashire | | | 993 | | 993 |
| 199. | Thornton-Smith, Mark | U/A Edinburgh | 993 | | | | 993 |
| 200. | Grisedale, Finley | Team inov-8 | | | 992 | | 992 |
| 201. | Stevens, Matthew | U/A Clitheroe, | | 992 | | | 992 |
| 202. | Cooper, Jack | Trafford AC | | | 992 | | 992 |
| 203. | Brown, Alexander | U/A Stoke-On-Trent, | | | 991 | | 991 |
| 204. | Cloaky, Andrew | Team endure | 991 | | | | 991 |
| 205. | Hart, Mark | Lonely Goat RC | | 991 | | | 991 |
| 206. | Santo, Matt | U/A Durham, Durham | | | 991 | | 991 |
| 207. | Pickett, Ian | Tyne Bridge Harriers | | | | 990 | 990 |
| 208. | Rothera, Brian | Oswestry Olympians | | 990 | | | 990 |
| 209. | Allanson, Joe | U/A Darwen , Lancs | | | 990 | | 990 |
| 210. | jones, phil | U/A whitworth, lancashire | | | 989 | | 989 |
| 211. | Marsh, Craig | Keswick AC | 989 | | | | 989 |
| 212. | Staniforth, Alex | Helm Hill Runners | | | 989 | | 989 |
| 213. | Lloyd, Peter | U/A Stoke on trent, Staffordshire | | | | 989 | 989 |
| 214. | Cameron, Harry | U/A Newark , Nottinghamshire | | | 988 | | 988 |
| 215. | Osborn, Luke | York Knavesmire Harriers | 988 | | | | 988 |
| 216. | Wackett, Matthew | Knutsford Tri Club | | 988 | | | 988 |
| 217. | Lake, Alexander | Clapham Chasers | 987 | | | | 987 |
| 218. | Thompson, Ben | U/A Middleton Greater Manchester | | | | 987 | 987 |
| 219. | Allanson, Davey | U/A Darwen, | | | 987 | | 987 |
| 220. | Harlock, Jim | City of Hull AC | 986 | | | | 986 |
| 221. | Holland, Tommy | U/A Edgworth, | | | | 986 | 986 |
| 222. | Archibald, Steve | Dundee road runner | | | 986 | | 986 |
| 223. | Oxtoby, Lewis | Kenilworth Runners | | | 985 | | 985 |
| 224. | Collins, Tom | U/A Chatham, Kent | 985 | | | | 985 |
| 225. | White, William | MDC | | 985 | | | 985 |
| 226. | Watson, Nick | U/A Darlington, | | | | 985 | 985 |
| 227. | Rogers, Jim | City of Hull A.C. | 984 | | | | 984 |
| 228. | Everett, Steve | Durham city harriers | | | 984 | | 984 |
| 229. | Fletcher, Adam | U/A | | | | 984 | 984 |
| 230. | Ashton, Sam | U/A Nottingham, Nottinghamshire | | | 984 | | 984 |

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| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|-------------------|------------------------------------|-----|-----|-----|-----|-------|
| 231. | Klavon, Martin | Fylde Coast Runners | 983 | | | | 983 |
| 232. | Hopper, Jon | U/A Manchester, Greater Manchester | | 983 | | | 983 |
| 233. | Ryder, Robert | U/A Altrincham , | | | 983 | | 983 |
| 234. | York, Alex | U/A Manchester, | | | 983 | | 983 |
| 235. | Leonard, Fergal | U/A MANCHESTER, LANCASHIRE | 982 | | | | 982 |
| 236. | Anderson, David | Shildon Running and Athletic Club | | | 982 | | 982 |
| 237. | Gray, Joe | U/A Leeds, Select | | | 982 | | 982 |
| 238. | Parslow, Freddie | U/A Kendal, | | | 981 | | 981 |
| 239. | Kowalski, Maciej | U/A Blackpool, | 981 | | | | 981 |
| 240. | Hanson, Stuart | U/A Lincoln, Lincolnshire | | 980 | | | 980 |
| 241. | Gray, Chris | Tri Lakeland | | | 980 | | 980 |
| 242. | Hannah, John | Lancaster and morecambe athletics | | | | 980 | 980 |
| 243. | Hockenhull, Jude | Radcliffe AC | | | 980 | | 980 |
| 244. | Jenkinson, Daniel | U/A Lancaster, | | 978 | | | 978 |
| 245. | Griffiths, Mark | Manchester YMCA Harriers | 978 | | | | 978 |
| 246. | Beaton, Jim | Parkside Panthers | | | 978 | | 978 |
| 247. | Ovans, Paul | U/A Torrisholme Lancs | | | 977 | | 977 |
| 248. | Randle, David | Team Randle | 977 | | | | 977 |
| 249. | Duff, Raymond | U/A Dumfries, | | 977 | | | 977 |
| 250. | Garlick, Kevin | Bingley | | | 977 | | 977 |
| 251. | Lloyd, Huw | U/A Richmond, North Yorkshire | | 976 | | | 976 |
| 252. | Oldfield, Martin | Darwen Dashers | 976 | | | | 976 |
| 253. | Sanders, Michael | U/A Glossop , Derbyshire | | | 976 | | 976 |
| 254. | Manir-Jolley, Mo | Wigan Phoenix | 975 | | | | 975 |
| 255. | Sly, Simon | U/A Hatch End, Middlesex | | 975 | | | 975 |
| 256. | Fawcett, Simon | U/A Stoke on trent, Staffordshire | | | 975 | | 975 |
| 257. | Hale, Adrian | U/A Ulverston, Cumbria | | | 975 | | 975 |
| 258. | Steele, Joe | Roundhay Runners | | 974 | | | 974 |
| 259. | Gora, Simon | Garstang RC | | | | 974 | 974 |
| 260. | Sandford, Mark | Lonely goat running club | 973 | | | | 973 |
| 261. | Plant, Nicholas | U/A York, | | 972 | | | 972 |
| 262. | Edwards, Dave | N/A | | | 972 | | 972 |
| 263. | Pilkington, Joel | U/A Accrington, Lancashire | | | | 972 | 972 |

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Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|---------------------|------------------------------------|-----|-----|-----|-----|-------|
| 264. | Jones, Richard | City of Norwich AC | 971 | | | | 971 |
| 265. | Simpson, Gateth | U/A Southport, Merseyside | 969 | | | | 969 |
| 266. | Lawson, Thomas | U/A Cardiff , | | 969 | | | 969 |
| 267. | Irving, Anthony | U/A Carlisle, | | 968 | | | 968 |
| 268. | peacock, paul | U/A redcar, cleveland | 967 | | | | 967 |
| 269. | Heardman, Martin | GRC | | | 967 | | 967 |
| 270. | Bettinson, Guy | St Bees Triers | | | 966 | | 966 |
| 271. | Cobb, Chris | Roudhay Runners | 965 | | | | 965 |
| 272. | Hilton, Christopher | U/A Leeds, West Yorkshire | | | 965 | | 965 |
| 273. | Nuttall, Greg | U/A Bolton , Lancashire | | | | 965 | 965 |
| 274. | Anderson, Ian | Knavesmire Harriers | 962 | | | | 962 |
| 275. | Maw, Simon | U/A Durham, | | 962 | | | 962 |
| 276. | Morgan-Hillam, Mark | Wigan Harriers | | | 962 | | 962 |
| 277. | Smith, Louis | U/A Bolton, | | | | 962 | 962 |
| 278. | Cartwright, Paul | City of Hull AC | 961 | | | | 961 |
| 279. | Moss, Richard | U/A Windermere, | | 961 | | | 961 |
| 280. | Waterhouse, Jack | U/A Carlisle, Cumbria | 960 | | | | 960 |
| 281. | Vale, Alastair | U/A Knutsford, Cheshire | 959 | | | | 959 |
| 282. | robinson, george | blackpool | | | | 959 | 959 |
| 283. | Adamczyk, Tomasz | U/A BLACKPOOL, | 958 | | | | 958 |
| 284. | Tomlinson, Matty | Houghton harriers | | | 958 | | 958 |
| 285. | Stevenson, Andrew | U/A Carlisle , Cumbria | 957 | | | | 957 |
| 286. | PIGUELLER, Emmanuel | ORANO DS | | 957 | | | 957 |
| 287. | Jabbar, Mohammed | U/A Southport, Merseyside | | | | 957 | 957 |
| 288. | MCMANUS, GAVIN | U/A Wilmslow, | | 956 | | | 956 |
| 289. | Skelton, Alastair | U/A Glasgow, | | | 956 | | 956 |
| 290. | Lamb, Mark | Mornington Chasers | 955 | | | | 955 |
| 291. | Smith, Chris | Wreccsam Tri | | 955 | | | 955 |
| 292. | Baglee, David | Eden Runners | | | | 955 | 955 |
| 293. | McAlroy, Michael | U/A Manchester, Greater Manchester | 954 | | | | 954 |
| 294. | Newby, Colin | U/A Kirkby-in-Furness, Cumbria | | 954 | | | 954 |
| 295. | Wakeman, Karl | COLT Tri Club | | | 954 | | 954 |
| 296. | Robinson, Martyn | BATS | | | | 954 | 954 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------------|------------------------------------|-----|-----|-----|-----|-------|
| 297. | Pagett, Tom | York Tri Club | 953 | | | | 953 |
| 298. | Weaver, Lewis | U/A London, London | | | 953 | | 953 |
| 299. | Bassindale, Richard | U/A Otley, West Yorkshire | 952 | | | | 952 |
| 300. | Entwistle, Stephen | Wirral Vikings TRC | | | | 952 | 952 |
| 301. | Stainthorpe, Ian | Rochdale Harriers | 951 | | | | 951 |
| 302. | Cuthbert, philip | wallasey ac | | 951 | | | 951 |
| 303. | Moulding, Jon | Dark Peak Fell Runners | 950 | | | | 950 |
| 304. | Cash, Dan | U/A Bristol, Avon | | | 950 | | 950 |
| 305. | Aked, Richard | U/A London, | 949 | | | | 949 |
| 306. | Waddingham, Peter | U/A London, | | | 949 | | 949 |
| 307. | Abbott, Steve | Wesham Road Runners | | | | 949 | 949 |
| 308. | Poirrette, Jonathan | U/A Windermere, Cumbria | | | 948 | | 948 |
| 309. | Owens, Gary | NFR | 947 | | | | 947 |
| 310. | Phillips, Andy | U/A Manchester, Greater Manchester | | 947 | | | 947 |
| 311. | simpson, jonny | U/A hornsea, east yorkshire | | | 947 | | 947 |
| 312. | Sutherland, Andrew | U/A Milnthorpe, Cumbria | 946 | | | | 946 |
| 313. | Hallsworth, Phillip | U/A Carnforth, | | 946 | | | 946 |
| 314. | Birkett, Gareth | Team Cherwell | | | 946 | | 946 |
| 315. | Hayes, Richard | West Cheshire AC | 945 | | | | 945 |
| 316. | Lewis, Rodney | U/A Brixton, London | | 945 | | | 945 |
| 317. | Wilkinson, Ali | Team inov-8 | | | | 945 | 945 |
| 318. | Roberts, William Malcolm | St Austell Running Club | | 944 | | | 944 |
| 319. | Head, Sam | U/A Edinburgh, | 943 | | | | 943 |
| 320. | Towns, Stuart | Wigan Harriers | 942 | | | | 942 |
| 321. | Tillott, Nigel | Tewkesbury AC | | 942 | | | 942 |
| 322. | Foster, Andy | U/A Leeds, Yorkshire | | | | 942 | 942 |
| 323. | Eustace, Matthew | U/A Ilkley, | | 941 | | | 941 |
| 324. | Howarth, Hadrian | U/A Rickmansworth, | | | | 941 | 941 |
| 325. | Coupe, Tom | U/A Liverpool, | | | 941 | | 941 |
| 326. | Sharrock, Mark | Staffordshire moorlands a c | 940 | | | | 940 |
| 327. | MacFarlane, Paul | Helm Hill/Batala | 939 | | | | 939 |
| 328. | Leahy, Stephen | U/A Kendal, Cumbria | | 938 | | | 938 |
| 329. | Black, Reece | Wearside Tri | | | 938 | | 938 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|------------------------------------|-----|-----|-----|-----|-------|
| 330. | Clokey, Andrew | Lancaster and morcambe AC | | | | 937 | 937 |
| 331. | Flew, Peter | Manchester YMCA Harriers | 936 | | | | 936 |
| 332. | Snaith, Alex | U/A MANCHESTER, GREATER MANCHESTER | | 936 | | | 936 |
| 333. | Johnson, Mark | Sweatshop Running Community | | | | 936 | 936 |
| 334. | Jackson, Andy | The Fell Devils | | | 936 | | 936 |
| 335. | Barnes, George | York acorn r c | 935 | | | | 935 |
| 336. | Bryant, James | Kenilworth Wheelers CC | | | | 935 | 935 |
| 337. | Cooper, Martin | North Derbyshire AC | 934 | | | | 934 |
| 338. | Cassie, Gus | Bambino Athletico | | | 934 | | 934 |
| 339. | Atkinson, James | U/A BURNLEY, Lancashire | 932 | | | | 932 |
| 340. | skelton, john | brickers | | | 932 | | 932 |
| 341. | Newland, Ian | U/A Chelmsford , Essex | | | | 932 | 932 |
| 342. | Baguley, Andy | Chorlton Runners | 931 | | | | 931 |
| 343. | Salt, Neil | U/A Malpas , Cheshire | | 931 | | | 931 |
| 344. | Corinaldi, Rob | Vale Royal | | | | 931 | 931 |
| 345. | Norman, David | Dudley Kingswinford | | | 931 | | 931 |
| 346. | Raynes, Michael | City of York AC | 930 | | | | 930 |
| 347. | Fuller, Jack | U/A London, Lambeth | | | 930 | | 930 |
| 348. | Spriggs, Paul | Wrekin Road Runners | 929 | | | | 929 |
| 349. | Cleaver, David | U/A Sheffield, South Yorkshire | | 929 | | | 929 |
| 350. | Voase, Stephen | City of Hull | 928 | | | | 928 |
| 351. | Ferguson, Callum | U/A By Wishaw, | | 928 | | | 928 |
| 352. | Bond, Robert | Staffordshire Moorlands AC | 927 | | | | 927 |
| 353. | Simpson, Andrew | U/A Bishop Auckland, Co. Durham | | 927 | | | 927 |
| 354. | Wilks, Rupert | City of Hull AC | 926 | | | | 926 |
| 355. | Fletcher, Jonathan | Ripon Runner | | | | 926 | 926 |
| 356. | Taylor, Richard | GMFRS Mountain Running Section | | | 926 | | 926 |
| 357. | Curtis, Thomas | U/A Newport , Pembrokeshire | 925 | | | | 925 |
| 358. | Holland, Iain | U/A Edgworth, | | | | 925 | 925 |
| 359. | Stockton, Daniel | The Fell Devils | | | 925 | | 925 |
| 360. | Lazenby, Stuart | U/A Hull, East Yorkshire | | | 924 | | 924 |
| 361. | Bracken, John | U/A Brixon, | | 923 | | | 923 |
| 362. | Smith, John | City of Hull AC | 922 | | | | 922 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|---------------------|-------------------------------------|-----|-----|-----|-----|-------|
| 363. | Stainthorpe, David | Selby Striders | 921 | | | | 921 |
| 364. | Burke, Michael | Swinton running club | | | | 921 | 921 |
| 365. | Casstles, Toby | U/A Rainford, Merseyside | | | | 920 | 920 |
| 366. | Clarke, Michael | U/A Newcastle Upon tyne, | 919 | | | | 919 |
| 367. | Davidson, Iain | U/A Crewe, Cheshire | 919 | | | | 919 |
| 368. | Chisholm, Alasdair | Dundee Road Runners | | 919 | | | 919 |
| 369. | Nettleton, Phil | U/A Portinscale , Cumbria | 918 | | | | 918 |
| 370. | Rodriguez, Pedro | U/A Liverpool, | 917 | | | | 917 |
| 371. | Hatton, Richard | U/A Mr ulverston, Cumbria | | 917 | | | 917 |
| 372. | Clarke, Ben | Team Nidderdale | | | 917 | | 917 |
| 373. | Pollitt, David | Leigh Harriers | | 915 | | | 915 |
| 374. | Horobin, Darren | U/A Hemsworth, | 914 | | | | 914 |
| 375. | Hadley, Adrian | Cumberland AC | 913 | | | | 913 |
| 376. | Barker-Field, Lee | U/A Leeds, West Yorkshire | | | 913 | | 913 |
| 377. | Millward, Elliott | U/A Helensburgh, Argyll and Bute | 912 | | | | 912 |
| 378. | Rowley, Dave | U/A Bolton , England | | | 912 | | 912 |
| 379. | Carter, Geoffrey | U/A Cockermouth | | | | 912 | 912 |
| 380. | Lewis, Karl | Tipton Harriers | 911 | | | | 911 |
| 381. | Milner, Paul | U/A Malvern Worcs | 910 | | | | 910 |
| 382. | Gane, Jason | U/A Stocksfield , Northumberland | | | | 910 | 910 |
| 383. | Clarke, stuart | U/A MILTON KEYNES, Northamptonshire | | | | 909 | 909 |
| 384. | Baker, David | U/A Widnes, Cheshire | 908 | | | | 908 |
| 385. | Pansegrouw, Etienne | U/A Southport , | | 908 | | | 908 |
| 386. | Brown, Derek | city of Hull AC | | | 908 | | 908 |
| 387. | Morris, Christopher | Team Windmill | 907 | | | | 907 |
| 388. | Williams, Phil | U/A Kendal , Cumbria | | 907 | | | 907 |
| 389. | Elderkin, Steve | U/A Challock, Kent | | | 907 | | 907 |
| 390. | Cunningham, Tom | U/A Todmordon , West Yorkshire | | 906 | | | 906 |
| 391. | Pattinson, Robert | Motherwell Ac | | | | 906 | 906 |
| 392. | Wood, Ben | U/A Wilmslow, | | | 906 | | 906 |
| 393. | Larkam, James | U/A Spennymoor, Co, Durham | 905 | | | | 905 |
| 394. | Davies, Chris | Pensby Runners | | 905 | | | 905 |
| 395. | ward, carl | U/A driffield, east yorkshire | | | | 905 | 905 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|---------------------------------------|-----|-----|-----|-----|-------|
| 396. | Kenning, Robert | Northern Fells Running Club | 904 | | | | 904 |
| 397. | Caubet-Goma, Angel | U/A LONDON, London | | 904 | | | 904 |
| 398. | Webb, Gareth | Sale Harriers Manchester | 903 | | | | 903 |
| 399. | Cornwell, Paul | Biddulph Running Club | | | | 903 | 903 |
| 400. | Crook, Stephen | U/A Wilmslow, | 900 | | | | 900 |
| 401. | Low, Aaron | U/A CUMBRIA, CUMBRIA | | | 900 | | 900 |
| 402. | Thacker, Dan | | | | | 900 | 900 |
| 403. | Anstey, Des | Biff Club | 899 | | | | 899 |
| 404. | Speake, Ian | U/A milton keynes, Northamptonshire | | | | 899 | 899 |
| 405. | Neal, Alastair | U/A Billericay, | | 898 | | | 898 |
| 406. | Walker, Thomas | U/A Rothbury , Northumberland | | | 898 | | 898 |
| 407. | Edwards, David | U/A scunthorpe, | 897 | | | | 897 |
| 408. | Tate, Nic | Selby Striders | 896 | | | | 896 |
| 409. | Low, Ryan | U/A Manchester, Greater Manchester | | | 896 | | 896 |
| 410. | Atkins, Greg | U/A London, | 895 | | | | 895 |
| 411. | Quayle, Roger | U/A Dalton in Furness, Cumbria | | 895 | | | 895 |
| 412. | Walkden, Michael | U/A Bolton | | | | 895 | 895 |
| 413. | Osmond, Andrew | U/A Preston, Lancashire | 894 | | | | 894 |
| 414. | Koehorst, Piet | U/A Ormskirk, | 893 | | | | 893 |
| 415. | Lashley, Pete | Unattached | | 892 | | | 892 |
| 416. | Brown, Tom | Vegan Runners | 892 | | | | 892 |
| 417. | cleary, denis | none | 891 | | | | 891 |
| 418. | Chamraz, Stefan | Slovakia | | | | 891 | 891 |
| 419. | Craven, Adrian | Selby Striders | 890 | | | | 890 |
| 420. | Ashton, Carl | U/A WARRINGTON, | 889 | | | | 889 |
| 421. | Fitch, Adrian | U/A St Helens, Merseyside | 888 | | | | 888 |
| 422. | Walker, Will | Ackworth Road Runners | | 888 | | | 888 |
| 423. | Taylor, Stuart | U/A Preston, Lancashire | 887 | | | | 887 |
| 424. | Hood, Peter | Dudley Kingswinford (DK) Running Club | | | 887 | | 887 |
| 425. | Jobbins, Andrew | U/A London, | 886 | | | | 886 |
| 426. | Norman, David | U/A Carlisle, Cumbria | 885 | | | | 885 |
| 427. | Marks, Steven | U/A Whitley Bay, Tyne & Wear | 884 | | | | 884 |
| 428. | brewster, keith | U/A leeds, | | 884 | | | 884 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|---------------------|----------------------------------|-----|-----|-----|-----|-------|
| 429. | Taylor, Andrew | U/A Manchester, Lancashire | | 883 | | | 883 |
| 430. | Davis, John | Eden Runners | | | | 883 | 883 |
| 431. | Blight, Anthony | U/A Blackpool, | 882 | | | | 882 |
| 432. | Spowart, David | U/A Spennymoor, Durham | | | | 881 | 881 |
| 433. | Lloyd, Peter | Lancaster Runners | 881 | | | | 881 |
| 434. | Collins, Mike | U/A Whitley Bay, Tyne and Wear | | 881 | | | 881 |
| 435. | Towler, George | U/A Northwich, | 880 | | | | 880 |
| 436. | Raso, Roberto | Manchester Fronrunners | | | 880 | | 880 |
| 437. | Bowman, Paul | City of Hull AC | 879 | | | | 879 |
| 438. | Bailey, David | BRC | | | | 879 | 879 |
| 439. | Thomson, Mike | Lower Hardhorn AC | | | | 878 | 878 |
| 440. | Marshall, Gregg | U/A Morecambe, Lancs | 876 | | | | 876 |
| 441. | Johnson, Neil | U/A Manchester, | | 876 | | | 876 |
| 442. | Wilson, Matthew | U/A Workington, Cumbria | 875 | | | | 875 |
| 443. | Stuart, Stephen | U/A Banbury, Oxfordshire | | 875 | | | 875 |
| 444. | Logan, David | U/A Brighouse, | 874 | | | | 874 |
| 445. | Jenkins, Ed | U/A London, Waltham Forest | | 873 | | | 873 |
| 446. | colman, sam | U/A otley, yorkshire | | | | 873 | 873 |
| 447. | Genovese, Salvatore | U/A Garstang, Lancashire | 872 | | | | 872 |
| 448. | Tomkins, Anthony | U/A Abergavenny (Y Fenni), Gwent | | | | 872 | 872 |
| 449. | Church, Kevin | Marshall Milton Keynes AC | | 871 | | | 871 |
| 450. | Penman, David | Valley Striders | 869 | | | | 869 |
| 451. | Selves, Tim | U/A York, North Yorkshire | | 869 | | | 869 |
| 452. | Fisher, Jonathan | U/A Nottingham, Nottinghamshire | | 868 | | | 868 |
| 453. | Fearnside, Edward | U/A Thirsk, | | | | 868 | 868 |
| 454. | Womack, Mike | Lymm Runners | 867 | | | | 867 |
| 455. | Bagshaw, Andrew | Bramhall Runners | | | | 867 | 867 |
| 456. | Horne, Larry | Eden runners | 866 | | | | 866 |
| 457. | Ball, Michael | U/A Swindon, Wiltshire | | 866 | | | 866 |
| 458. | Eggleston, Simon | U/A Sunderland, Tyne & Wear | | | | 866 | 866 |
| 459. | Smith, Jerry | Chorlton Runners | 865 | | | | 865 |
| 460. | Rishton, Graham | U/A Manchester, | | 865 | | | 865 |
| 461. | Darcy, Ben | U/A Newcastle , | | | 864 | | 864 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|--------------------------------------|-----|-----|-----|-----|-------|
| 462. | Mulgrave, Stevie | U/A London, | 863 | | | | 863 |
| 463. | Birkett, John | n/a | | 863 | | | 863 |
| 464. | Strutt, Harry | U/A Wakefield, | 862 | | | | 862 |
| 465. | walker, mark | rochdale harriers and ac | 861 | | | | 861 |
| 466. | Whyte, Adam John | U/A troon, | | 860 | | | 860 |
| 467. | McNeill, Gregory | U/A Durham, Durham | 859 | | | | 859 |
| 468. | Rogers, Michael | None | | 859 | | | 859 |
| 469. | Pollock, Jason | Border Reiver Runners | 858 | | | | 858 |
| 470. | Dyson, Kerry | U/A Oswestry , | | 858 | | | 858 |
| 471. | Beake, Merlin | U/A London, | | | | 858 | 858 |
| 472. | Hamilton, Mark | St Helens Striders | | 857 | | | 857 |
| 473. | douglas, andrew | U/A kendal, cumbria | | | 857 | | 857 |
| 474. | Burkitt, Gregory | U/A Preston, Lancashire | | | | 857 | 857 |
| 475. | Hargreaves, Aaron | U/A Huddersfield, West Yorkshire | 856 | | | | 856 |
| 476. | Toller, Richard | Dundee Road Runners | 855 | | | | 855 |
| 477. | Hill, Edward | Wakefield Triathlon Club | | 855 | | | 855 |
| 478. | Berry, Mark | U/A Consett, Durham | | | 854 | | 854 |
| 479. | Wilcock, Adam | U/A Old Langho, Lancashire | | | | 853 | 853 |
| 480. | Dodds, Richard | U/A Newcastle upon Tyne, | | 853 | | | 853 |
| 481. | Smith, Mark | U/A Northampton | | | 853 | | 853 |
| 482. | Alam, Az | U/A Wilmslow, | 852 | | | | 852 |
| 483. | Smith-Duque, Chris | U/A Newcastle upon Tyne, | | 852 | | | 852 |
| 484. | Crooks, Steve | U/A Hartlepool , | 851 | | | | 851 |
| 485. | Greatorex, Guy | U/A STOCKPORT, Cheshire | | | | 851 | 851 |
| 486. | Jones, Rob | U/A Penrith , Cumbria | 850 | | | | 850 |
| 487. | Cooper, John | Millom Striders | 848 | | | | 848 |
| 488. | Howe, Gary | U/A Manchester, Lancashire | | 848 | | | 848 |
| 489. | Kalis, Erwin | Lancaster & Morecambe Athletics Club | 847 | | | | 847 |
| 490. | GRANT, Steve | U/A Altrincham, Cheshire | | 847 | | | 847 |
| 491. | Waterhouse, James | U/A Harrogate, N.Yorks | | | 847 | | 847 |
| 492. | Gilbert, David | U/A Liverpool, Merseyside | | | | 847 | 847 |
| 493. | Cattermole, Robin | City of Hull Athletics | 846 | | | | 846 |
| 494. | Kitchin, Steven | U/A Lancaster, Select One | | 845 | | | 845 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|-------------------|--|-----|-----|-----|-----|-------|
| 495. | Gawler, Harry | U/A manchester, | 844 | | | | 844 |
| 496. | Haynes, Mick | U/A Burton on Trent , | | 844 | | | 844 |
| 497. | Capsey, Ben | Salford Mets | | | 844 | | 844 |
| 498. | Heaton, Thomas | U/A Whitley Bay, Tyne and wear | | 843 | | | 843 |
| 499. | May, Adam | U/A Leeds , | | | 843 | | 843 |
| 500. | Fletcher, Lee | City Of Hull | 842 | | | | 842 |
| 501. | Wilson, Paul | Yorkshire Wolds Runners | | 842 | | | 842 |
| 502. | Metcalfe, Gary | U/A Kendal, Cumbria | | 841 | | | 841 |
| 503. | Croft, Ian | Red rose road runners | | | 841 | | 841 |
| 504. | Neville, Andy | U/A Wesham, Lancs | | 840 | | | 840 |
| 505. | smith, gary | Warrington Road Runners | 839 | | | | 839 |
| 506. | Murray, Ian | U/A London, | | 839 | | | 839 |
| 507. | McQuade, Richard | Gosforth Harriers | | | 839 | | 839 |
| 508. | White, Paul | U/A Durham, County Durham | 838 | | | | 838 |
| 509. | Fairbairn, Steven | U/A Durham, County Durham | | | 838 | | 838 |
| 510. | Abbott, Ian | U/A Nottingham, | | | | 837 | 837 |
| 511. | McCabe, Jonathan | U/A wilmslow, | 836 | | | | 836 |
| 512. | Kettle, Anthony | U/A Manchester, Lancashire | | 836 | | | 836 |
| 513. | Miller, David | Chorley | | 834 | | | 834 |
| 514. | Burkitt, Michael | U/A Lancaster, Lancashire | | | | 834 | 834 |
| 515. | Gregory, Scott | Mow Cop Runners | 833 | | | | 833 |
| 516. | Pym, David | Leighton Fun Runners | 832 | | | | 832 |
| 517. | Scott, Matthew | U/A Newcastle upon Tyne , Northumberland | | 832 | | | 832 |
| 518. | green, jon | U/A blackpool, lancs | 831 | | | | 831 |
| 519. | McCarron, Bernard | Macclesfield Harriers | | 831 | | | 831 |
| 520. | Broadbent, Tom | U/A Elgin, Scotland | | | 831 | | 831 |
| 521. | barnes, jerry | york acorn running club | 830 | | | | 830 |
| 522. | Neve, Kevin | U/A Blackpool , Lancs | | 830 | | | 830 |
| 523. | Jarrett, Austin | Dawn Jarrett | | | 830 | | 830 |
| 524. | Forster, Nigel | U/A Whitehaven, Cumbria | 829 | | | | 829 |
| 525. | Logie, Scott | South Cheshire Harriers | | 829 | | | 829 |
| 526. | Hunt, Tom | U/A Barrow-in-furness, Cumbria | 828 | | | | 828 |
| 527. | Bibb, Richard | Shepshed | 827 | | | | 827 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|---------------------|---|-----|-----|-----|-----|-------|
| 528. | beahan, steven | U/A sheffield, south yorkshire | | 827 | | | 827 |
| 529. | Lehninger, Alex | U/A Keswick, Cumbria | | | | 826 | 826 |
| 530. | Ginty, Andy | Lostock AC | 825 | | | | 825 |
| 531. | Higgs, David | Walton AC | | | | 825 | 825 |
| 532. | Lloyd, Jim | Unattached | 822 | | | | 822 |
| 533. | Susnik, Daniel | N/A | | 821 | | | 821 |
| 534. | Summerton, Nicholas | Selby Striders | 821 | | | | 821 |
| 535. | Harding, Mark | U/A Long Newton, Stockton on Tees | 820 | | | | 820 |
| 536. | Ling, Ewan | U/A Congleton, Cheshire | 819 | | | | 819 |
| 537. | braithwaite, nigel | U/A penrith, cumbria | 818 | | | | 818 |
| 538. | Hawkes, Neil | U/A Sutton Coldfield , West midlands | | 817 | | | 817 |
| 539. | Love, Philip | U/A Leeds, West Yorkshire | | | | 816 | 816 |
| 540. | Dobbin, Mark | U/A Whitley Bay, Tyne and Wear | 815 | | | | 815 |
| 541. | Atkinson, Darren | U/A Pontefract, | 814 | | | | 814 |
| 542. | Birchall, Gavin | U/A Preston, | 813 | | | | 813 |
| 543. | Hook, Christian | U/A Sale, | | 813 | | | 813 |
| 544. | Allen, Charles | Datchet Dashers | 812 | | | | 812 |
| 545. | Davies, Nathan | U/A Kendal, Cumbria | | | 812 | | 812 |
| 546. | Browne, Patrick | Baltic Run Club | 811 | | | | 811 |
| 547. | Ratcliffe, Tom | U/A Baildon, | | 811 | | | 811 |
| 548. | Mclaughlan, Anthony | U/A Altrincham, | 810 | | | | 810 |
| 549. | Fitzgerlad, Michael | U/A Cokermouth, Cumbria | | 809 | | | 809 |
| 550. | Horth, Carl | City of Hull AC | 808 | | | | 808 |
| 551. | Jennings, Phil | City of Hull AC | | | | 808 | 808 |
| 552. | Hockley, Phil | Running Ninja | 805 | | | | 805 |
| 553. | Jackson, Paul | Sunderland strollers | | 805 | | | 805 |
| 554. | Sharp, Gordon | U/A Poynton, Cheshire | | | 805 | | 805 |
| 555. | Watts, Bill | Riversway Road Runners | | | | 805 | 805 |
| 556. | Roome, Anthony | U/A West Kirkby, Merseyside | 804 | | | | 804 |
| 557. | Davidson, Richard | U/A Newcastle upon Tyne , Tyne and wear | | | 804 | | 804 |
| 558. | Bell, Stuart | Kendal AC | 803 | | | | 803 |
| 559. | McCarron, Danny | Chorlton Runners. | | 803 | | | 803 |
| 560. | Maxwell, Anthony | Lostock AC | 802 | | | | 802 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|---------------------|-----------------------------------|-----|-----|-----|-----|-------|
| 561. | Lowe, Paul | Newcastle staffs ac | | | | 802 | 802 |
| 562. | Harrison, Haydn | U/A Leeds, West Yorkshire | 799 | | | | 799 |
| 563. | Cattermole, Gary | U/A Kendal, cumbria | | 799 | | | 799 |
| 564. | Hadley, Paul | Stornoway AC | | | | 799 | 799 |
| 565. | Travis, Jordan | U/A Lancaster, Lancashire | 798 | | | | 798 |
| 566. | Jorgensen, Find | U/A Bjornemyr, Akershus | | | | 798 | 798 |
| 567. | Barr, Mark | U/A West Thirston, Northumberland | 797 | | | | 797 |
| 568. | harrison, roger | cheshire hash house harriers | | 797 | | | 797 |
| 569. | Lester, Stephen | Cumberland Fell Runners | | 796 | | | 796 |
| 570. | Copp, Jason | U/A Birmingham, West Midlands | 795 | | | | 795 |
| 571. | BODDY, MIKE | U/A YORK, NORTH YORKSHIRE | | 795 | | | 795 |
| 572. | Cattaneo, Scott | East Dunford Griffins ASC | | | | 795 | 795 |
| 573. | Hardcastle, Stuart | Quakers Running Club | 794 | | | | 794 |
| 574. | Tuddenham, Jason | U/A Hexham, | 793 | | | | 793 |
| 575. | Porter, Nick | Biggleswade AC | 792 | | | | 792 |
| 576. | Vizzotto, Cristiano | U/A Durham, | 791 | | | | 791 |
| 577. | Brown, Marc | U/A Carlisle , Cumbria | | | 791 | | 791 |
| 578. | Meier, Nigel | n/a | 790 | | | | 790 |
| 579. | Medhurst, Alex | U/A London, Lambeth | | | 790 | | 790 |
| 580. | Owen, Steven | U/A Runcorn , Cheshire | | | | 790 | 790 |
| 581. | Hodgson, Darren | U/A Altrincham, Cheshire | 789 | | | | 789 |
| 582. | Spink, Michael | U/A Baildon, W. Yorks | | 789 | | | 789 |
| 583. | Young, Richard | U/A Malmesbury, Wiltshire | | 788 | | | 788 |
| 584. | larsson, charles | newcastle staffs | | | | 788 | 788 |
| 585. | Young, Duncan | Manchester Road Runners | | | 788 | | 788 |
| 586. | Stokes, Mike | U/A Ormskirk, Lancashire | 786 | | | | 786 |
| 587. | Hindle, Neil | U/A Sale, Cheshire | | 786 | | | 786 |
| 588. | French, Rob | U/A Liverpool, Merseyside | | | 785 | | 785 |
| 589. | Jeffrey, Alex | U/A Lightcliffe, | | | | 784 | 784 |
| 590. | Bromley, Gareth | U/A Preston, Lancashire | 783 | | | | 783 |
| 591. | Broome, Jon | Achille Ratti | | 783 | | | 783 |
| 592. | Deakin, Dan | U/A Colwyn Bay, Conwy | 782 | | | | 782 |
| 593. | Waring, John | U/A Warrington, Cheshire | | | | 782 | 782 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|---------------------|--------------------------------|-----|-----|-----|-----|-------|
| 594. | Hannon, Conor | U/A Manchester, LANCASHIRE | 781 | | | | 781 |
| 595. | Bryden, Doug | Red Rose Road Runners | | 781 | | | 781 |
| 596. | Wilson, Rob | U/A North Shields, Tyne & Wear | 780 | | | | 780 |
| 597. | Pryce, Alan | U/A Alton, Hampshire | | | | 780 | 780 |
| 598. | Scholfield, William | None | 778 | | | | 778 |
| 599. | Atkinson, Matt | U/A Kendal, Cumbria | | | | 778 | 778 |
| 600. | Murphy, George | City of Hull AC | 777 | | | | 777 |
| 601. | Free, Martin | Lonely Goat RC | | 777 | | | 777 |
| 602. | Zobkiw, Jacob | City of Hull AC | 776 | | | | 776 |
| 603. | Hayes, Nicholas | U/A Liverpool, Merseyside | | 776 | | | 776 |
| 604. | Sheridan, Robert | U/A Gateshead, Tyne and Wear | | | | 776 | 776 |
| 605. | Hickson, Andy | U/A LONDON, | 774 | | | | 774 |
| 606. | Pennock, Richard | U/A Bridgend, | | | | 774 | 774 |
| 607. | Clemmens, Paul | Rotherham Harriers | 773 | | | | 773 |
| 608. | Fox, Wayne | St. Bees Triers | | | 773 | | 773 |
| 609. | Bilkey, David | U/A St Austell , Cornwall | 772 | | | | 772 |
| 610. | Kidd, Paul | U/A Derby, Derbyshire | 771 | | | | 771 |
| 611. | Pape, Nick | Hermitage harriers | | | 771 | | 771 |
| 612. | Hall, Michael | U/A Kinross, | | | | 771 | 771 |
| 613. | Roberts, Glynn | U/A Chorley, Lancashire | 770 | | | | 770 |
| 614. | Hammond, Paul | Stubbington Green Runners | | | | 770 | 770 |
| 615. | Slater, Michael | U/A CHORLEY, Lancs | 769 | | | | 769 |
| 616. | Empsall, Joe | U/A Harrogate, North Yorkshire | 768 | | | | 768 |
| 617. | Newby, Colin | U/A Newcastle Upon Tyne, | | 768 | | | 768 |
| 618. | McCoy, Michael | U/A Dursley, Gloucestershire | | | | 768 | 768 |
| 619. | Butterworth, Danny | U/A Barnoldswick, | 767 | | | | 767 |
| 620. | Hopkinson, Andrew | U/A Bolton, Lancashire | | 767 | | | 767 |
| 621. | Millican, Jon | U/A Durham, | 765 | | | | 765 |
| 622. | Walls, Danny | Scarborough ac | | | | 765 | 765 |
| 623. | Toole, Daniel | Methley Striders | | | | 764 | 764 |
| 624. | Collins, Paul | Garscube Harriers | | | | 763 | 763 |
| 625. | Senior, David | Team Waden-Schaden | 762 | | | | 762 |
| 626. | King, Stewart | U/A Chorley, Lancs | | | | 760 | 760 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|----------------------|-------------------------------------|-----|-----|-----|-----|-------|
| 627. | Riggans, Scot | U/A Nottingham, Nottinghamshire | 759 | | | | 759 |
| 628. | cheung, simon | U/A moreton, wirral | | 759 | | | 759 |
| 629. | Clayson, George | Brighton and Hove Athletics | | | 759 | | 759 |
| 630. | wood, Paul | U/A worsley, | 757 | | | | 757 |
| 631. | Downes, Jack | U/A Merseyside, Merseyside | | 757 | | | 757 |
| 632. | Lafferty, John | U/A Glasgow, | 756 | | | | 756 |
| 633. | Rimmer, Craig | U/A Warrington, | | 756 | | | 756 |
| 634. | Woods, Kevin | U/A Preston , Lancashire | 755 | | | | 755 |
| 635. | Meyfroidt, Steve | U/A Penrith, Cumbria | 754 | | | | 754 |
| 636. | Bowker, Ian | U/A Marple, Stockport | | | 754 | | 754 |
| 637. | Millar, David | U/A Preston, Lancashire | 753 | | | | 753 |
| 638. | Paul, Jonathan | U/A Wolverhampton, 18 St Johns Road | | 753 | | | 753 |
| 639. | McMullen, Shaun | U/A Kendal, | 752 | | | | 752 |
| 640. | Peacock, Donald | U/A Durham, Durham | 751 | | | | 751 |
| 641. | Hunt, Mark | U/A Solihull, West Midlands | 750 | | | | 750 |
| 642. | McGartland, John | U/A Lancaster, | | 750 | | | 750 |
| 643. | Inman, Dominic | U/A Newcastle upon tyne, | 749 | | | | 749 |
| 644. | Holden, Phil | U/A Bolton, Lancashire | 747 | | | | 747 |
| 645. | Gard, Jefferson | Penny lane striders | | | | 747 | 747 |
| 646. | Lewis, Owen | U/A Sheffield , South Yorks | 746 | | | | 746 |
| 647. | Robinson, Steven | Thornton Cleveleys Running Club | | 746 | | | 746 |
| 648. | McCall, Gregg | U/A Burntwood, | | 745 | | | 745 |
| 649. | Richardson, Jonathan | York Postal Harriers | | | | 745 | 745 |
| 650. | Feavers, Jason | U/A York, North Yorkshire | 744 | | | | 744 |
| 651. | Moss, Paul | Garstang Running Club | | 744 | | | 744 |
| 652. | Wilson, Chris | U/A New Milton, Hants | | 743 | | | 743 |
| 653. | Walsh, James | Kirkby Stephen Grammar School | 742 | | | | 742 |
| 654. | Ling, Peter | - | 740 | | | | 740 |
| 655. | Kelly, Andrew | U/A Workington, Cumbria | | 739 | | | 739 |
| 656. | Ezard, Nigel | U/A Ilkley, | 738 | | | | 738 |
| 657. | Crombie, Ross | U/A West Bridgford, | | | | 738 | 738 |
| 658. | Williams, Glyn | Salford Harriers | | | 738 | | 738 |
| 659. | Stanley, Jason | U/A HaLe, Cheshire | 737 | | | | 737 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|-------------------|-------------------------------|-----|-----|-----|-----|-------|
| 660. | Lewis, Dan | Keswick AC | 736 | | | | 736 |
| 661. | Hayes, Phil | Thornton Cleveleys | | 736 | | | 736 |
| 662. | atkinson, paul | U/A Ulverston, | 735 | | | | 735 |
| 663. | Farron, Tim | Dallam Runners | | 735 | | | 735 |
| 664. | ryder, john | U/A boston spa, yorkshire | 734 | | | | 734 |
| 665. | Fairless, Matthew | Todmorden Harriers | | 734 | | | 734 |
| 666. | Fisher, Martyn | Almost Athletes | 733 | | | | 733 |
| 667. | Marshall, Alan | Selby Striders | 731 | | | | 731 |
| 668. | Wright, Thomas | U/A Ormskirk, Lancashire | | 731 | | | 731 |
| 669. | Hall, Michael | U/A Seaham, Co Durham | | | | 731 | 731 |
| 670. | Chadwick, Michael | U/A Widnes, Cheshire | 730 | | | | 730 |
| 671. | Avison, Paul | Wirral Vikings | 729 | | | | 729 |
| 672. | Procter, Mark | U/A Cranwell, Lincolnshire | | | 728 | | 728 |
| 673. | Slater, Shaun | Heaton Harriers | | | | 727 | 727 |
| 674. | Clarke, Simon | U/A Maryport, Cumbria | | 726 | | | 726 |
| 675. | Shevelan, John | Black Coombe Runners | | | 726 | | 726 |
| 676. | McCann, Joel | U/A Lancaster, ----- | | | | 726 | 726 |
| 677. | Roche, Duncan | | 725 | | | | 725 |
| 678. | JONES, ALAN | GARSTANG RUNNING CLUB | | 724 | | | 724 |
| 679. | Glass, John | U/A Lancaster, Lancs | 723 | | | | 723 |
| 680. | Kirton, Paul | U/A Ulverston, Cumbria | | 723 | | | 723 |
| 681. | Swift, Mike | U/A Manchester | 722 | | | | 722 |
| 682. | Bellwood, Michael | N/A | 721 | | | | 721 |
| 683. | Wilkinson, Donald | Southport and Waterloo | | 721 | | | 721 |
| 684. | Cummins, David | U/A Preston, Lancashire | | | | 721 | 721 |
| 685. | reed, peter | Northumberland Fell Runners | 720 | | | | 720 |
| 686. | johnson, leslie | Northwich Running Club | | 720 | | | 720 |
| 687. | Cummins, Michael | U/A Lancashire, | | | | 720 | 720 |
| 688. | Keen, Mark | City of Hull Athletics Club | 718 | | | | 718 |
| 689. | Rogers, James | inov-8 | 717 | | | | 717 |
| 690. | Jones, Richard | Blackwater Valley Runners | | | | 717 | 717 |
| 691. | fitton, colin | U/A Wrenthorpe, Please Select | 716 | | | | 716 |
| 692. | Machin, William | U/A Bolton | | | | 716 | 716 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|------------------------------------|-----|-----|-----|-----|-------|
| 693. | Newsome, Richard | U/A Keighley, West Yorkshire | 713 | | | | 713 |
| 694. | Allen, David | Delamere Spartans | | 713 | | | 713 |
| 695. | Welsh, Michael | U/A Northallerton, North Yorkshire | | | | 712 | 712 |
| 696. | Smith, Ian | Bolton United Harriers | | | 711 | | 711 |
| 697. | Wallwork, Peter | U/A Wilmslow, Cheshire | 709 | | | | 709 |
| 698. | Podbury, Duncan | U/A Gateshead, | | | 709 | | 709 |
| 699. | Percival, Darren | Lonely Goat Running Club | | | | 709 | 709 |
| 700. | Church, Ivan | U/A Didcot, | 708 | | | | 708 |
| 701. | McFaul, Shaun | U/A Preston, | 707 | | | | 707 |
| 702. | Singleton, Ross | U/A Bristol, | 705 | | | | 705 |
| 703. | Harkin, Thomas | Oisins Gaa | | | | 705 | 705 |
| 704. | Hen, Tim | U/A Brough, East Yorkshire | 704 | | | | 704 |
| 705. | Poole, Ricky | U/A Cwmbran, Gwent | | 704 | | | 704 |
| 706. | Murphy, Steve | Red Rose Road Runners | | | | 703 | 703 |
| 707. | Brocklehurst, Mark | U/A Wigan, Lancashire | 702 | | | | 702 |
| 708. | Mulgrave, Mark | U/A Manchester, | 700 | | | | 700 |
| 709. | O'Connor, Stuart | U/A Morecambe , | | | | 700 | 700 |
| 710. | Hierons, Nigel | Eden Runners | 699 | | | | 699 |
| 711. | Cavner, Richard | N F R | 697 | | | | 697 |
| 712. | Price, Simon | U/A Sandbach, Cheshire | 696 | | | | 696 |
| 713. | Lowrey, Ray | U/A Bebington, Wirral | | | 696 | | 696 |
| 714. | Gravett, John | U/A Keswick, Cumbria | 695 | | | | 695 |
| 715. | Rose, Brian | Billingham Marsh House Harriers | | | | 693 | 693 |
| 716. | Carter, Matt | U/A Berkhamsted, | 692 | | | | 692 |
| 717. | Fletcher, Gordon | Batala Runners | 690 | | | | 690 |
| 718. | Price, Andrew | Team inov-8 | | | | 690 | 690 |
| 719. | Burthem, Sam | U/A Bolton, Greater Manchester | | | 690 | | 690 |
| 720. | Taylor, Neil | U/A Preston, | 689 | | | | 689 |
| 721. | Brown, Malcolm | Hook Norton Harriers | | | | 689 | 689 |
| 722. | Tilbury, Martin | U/A Sale, Cheshire | | 685 | | | 685 |
| 723. | Taylor, Nigel | Selby Stiders | 685 | | | | 685 |
| 724. | Cockroft, Tim | U/A London, | 684 | | | | 684 |
| 725. | GOODYEAR, DAVID | ECCLESHILL ROAD RUNNERS | 683 | | | | 683 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|-----------------------|------------------------------------|-----|-----|-----|-----|-------|
| 726. | King, Alan | U/A Carnwath, | | | | 683 | 683 |
| 727. | Gibson, Ian | Tynedale Harriers | 682 | | | | 682 |
| 728. | Woodfield, Peter | U/A Newton Stewart , | | 682 | | | 682 |
| 729. | Jewell, Tony | Cumberland fell runners | 681 | | | | 681 |
| 730. | Walter, John | U/A Penrith, Cumbria | | 681 | | | 681 |
| 731. | Twitchett, Mark | U/A Leeds, | 680 | | | | 680 |
| 732. | Berry, Stuart | U/A Windermere, Cumbria | 679 | | | | 679 |
| 733. | Kellett, David | Selby Striders | 678 | | | | 678 |
| 734. | Maltman, Dan | U/A Durham, Durham | | 678 | | | 678 |
| 735. | Wallwork, Pete | U/A Wilmslow, Cheshire | | 677 | | | 677 |
| 736. | Gray, Michael | Thornton and cleveleys RC | | | | 677 | 677 |
| 737. | cass, dylan | mersey tri | | | | 676 | 676 |
| 738. | parkes, steve | U/A darlington, durham | 675 | | | | 675 |
| 739. | Noble, Andy | U/A Andover, Hampshire | | | 675 | | 675 |
| 740. | Mann, Cliff | U/A Falkirk, | 674 | | | | 674 |
| 741. | Love, Jimmy | U/A Lancaster, Lancashire | | 673 | | | 673 |
| 742. | Ash, Nigel | U/A Coventry, | | | | 673 | 673 |
| 743. | Haxon, John | U/A Cramlington, | 672 | | | | 672 |
| 744. | Cheung, Peter | U/A Ambleside, Cumbria | 670 | | | | 670 |
| 745. | Williams, Martin | Stockport Harriers | | | | 670 | 670 |
| 746. | Whitaker, Matt | U/A Welton, England | 669 | | | | 669 |
| 747. | Harrison, Don | U/A Leeds, West Yorkshire | 668 | | | | 668 |
| 748. | Pleasance, Robert | U/A Manchester, Greater Manchester | 667 | | | | 667 |
| 749. | Safranauskas, Rudy | U/A Shipley, West Yorkshire | 666 | | | | 666 |
| 750. | Snelling, Christopher | U/A Orpington, Kent | | 666 | | | 666 |
| 751. | Carter, Darren | Warrington Running Club | 665 | | | | 665 |
| 752. | Matthews, Michael | U/A Preston , Lancashire | | 665 | | | 665 |
| 753. | Conroy, James | U/A Leeds, West Yorkshire | | | 665 | | 665 |
| 754. | gibson, walter | U/A Tarporley, Cheshire | 664 | | | | 664 |
| 755. | Hirst, Christopher | U/A Sjöbo, | | | 663 | | 663 |
| 756. | Barker, Clive | U/A Chorley, Lancs | 662 | | | | 662 |
| 757. | Hume, Sam | U/A Runcorn, Cheshire | | | | 662 | 662 |
| 758. | Lee, Robin | U/A NORTH SHIELDS, Tyne & Wear | | 661 | | | 661 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|--------------------------------------|-----|-----|-----|-----|-------|
| 759. | Paul, Dalby | U/A Middlesbrough, | 660 | | | | 660 |
| 760. | Meir, Alex | U/A Walton-on-Thames, | | 660 | | | 660 |
| 761. | Precious, Martyn | Unattached | 659 | | | | 659 |
| 762. | Gilson, Jon | U/A Leek, | 658 | | | | 658 |
| 763. | Twiselton, Ian | U/A Sheffield, | 657 | | | | 657 |
| 764. | burgess, steven | thornton cleveleys running club | | 657 | | | 657 |
| 765. | McCarthy, Louis | Rochdale Harriers | | | 656 | | 656 |
| 766. | Dale, Stephen | Beverley AC | 655 | | | | 655 |
| 767. | McCarthy, Jeff | Rochdale Harriers | | | 655 | | 655 |
| 768. | Sims, Robert | | 654 | | | | 654 |
| 769. | Smith, Andy | U/A Burton Latimer , Northants | 653 | | | | 653 |
| 770. | Aust, David | Stamford striders | | | | 653 | 653 |
| 771. | Parry, Steve | Redwell Runners | 652 | | | | 652 |
| 772. | Spivey, Garry | Meltham A.C. | 651 | | | | 651 |
| 773. | Maddrell, Ian | Atherton Running Club | 650 | | | | 650 |
| 774. | Galbraith, David | U/A Cockermouth, Cumbria | 648 | | | | 648 |
| 775. | Cassels, David | | | | | 648 | 648 |
| 776. | Brown, Paul | U/A Lancaster, Lancashire | 647 | | | | 647 |
| 777. | Robinson, Alan | CMF | | 647 | | | 647 |
| 778. | Albreiki, Mohamed | U/A Abu Dhabi , United Arab Emirates | 645 | | | | 645 |
| 779. | Large, Tom | U/A Nottingham , | 642 | | | | 642 |
| 780. | Hadlington, Daniel | U/A Sunderland, Tyne and Wear | | | 642 | | 642 |
| 781. | McGleenan, Sean | Dumfries Running Club | 641 | | | | 641 |
| 782. | Tinniswood, Steve | U/A PRESTON, | | 641 | | | 641 |
| 783. | Grant, Peter | U/A Leyland, Lancashire | 640 | | | | 640 |
| 784. | Gotham, Jake | U/A Carmarthen, | | 639 | | | 639 |
| 785. | johnstone, stewart | Warrington running club | 638 | | | | 638 |
| 786. | Hardcastle, Keith | U/A YORK, | | | | 638 | 638 |
| 787. | Lancaster, Craig | Red rose road runners | 637 | | | | 637 |
| 788. | Fenwick, Iain | Tri Northumberland Triathlon Club | | | 637 | | 637 |
| 789. | Vickerstaff, Ian | U/A Edinburgh, | | | | 637 | 637 |
| 790. | Limbach, Nathan | U/A Stockport, | 635 | | | | 635 |
| 791. | Furgusson, Carl | U/A Eastleigh , Hampshire | | | | 635 | 635 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|----------------------|--------------------------------------|-----|-----|-----|-----|-------|
| 792. | Spickett, Gavin | Tynedale Harriers | 634 | | | | 634 |
| 793. | Parsons, Steve | U/A Hungerford , Berkshire | | | 633 | | 633 |
| 794. | Dunne, Darren | U/A Chester-le-Street,, Durham | | | | 631 | 631 |
| 795. | Mayson, Anthony | Lancaster & Morecambe Athletics Club | 629 | | | | 629 |
| 796. | Cleary, Michael | U/A Accrington , | 627 | | | | 627 |
| 797. | Greenwood, Kevin | U/A NACTON, Suffolk | | 627 | | | 627 |
| 798. | Shippen, Ken | U/A Boroughbridge, York | 626 | | | | 626 |
| 799. | Stolberg, Jeremy | U/A Cheshire, UNITED KINGDOM | | 626 | | | 626 |
| 800. | Harrison, Richard | Didsbury Runners | | | | 626 | 626 |
| 801. | Clifton, Andrew | None | 625 | | | | 625 |
| 802. | Tollitt, Matthew | Penny Lane Striders | | 625 | | | 625 |
| 803. | Collins, Dale | Giselle Collins | 624 | | | | 624 |
| 804. | Jones, Simon | Adderbury Running Club | 623 | | | | 623 |
| 805. | Fielding, George | Swinton Running Club | 622 | | | | 622 |
| 806. | Moss, Jonathan | U/A Scunthorpe, | | 622 | | | 622 |
| 807. | Donkersley, Philip | U/A Lancaster, Lancashire | | | | 622 | 622 |
| 808. | Corbett, Nigel | U/A Salford, | 621 | | | | 621 |
| 809. | fisher, Alex | U/A Fleet, | | 621 | | | 621 |
| 810. | Farr, wayne | U/A HULL, East Yorkshire | | | | 621 | 621 |
| 811. | Lomas, Harry | U/A Bolton , | 620 | | | | 620 |
| 812. | shaw, mark | U/A Audenshaw, MANCHESTER | | 620 | | | 620 |
| 813. | Mundy, Robert | Ripon Runners | | | | 620 | 620 |
| 814. | Arrowsmith, Jonathan | U/A Wythenshawe, Greater Manchester | 619 | | | | 619 |
| 815. | Connor, Kirk | U/A Dalbeattie , | 618 | | | | 618 |
| 816. | White, Fiachra | U/A Kendal, | | | | 618 | 618 |
| 817. | ADAMSON, STUART | U/A BRADFORD, WEST YORKSHIRE | 617 | | | | 617 |
| 818. | Khot, Abdul | U/A Walsall | 616 | | | | 616 |
| 819. | Matthews, Peter | U/A Selby, N Yorks | 615 | | | | 615 |
| 820. | Medlar, Martin | York Knavesmire Harriers | 614 | | | | 614 |
| 821. | McKnight, Simon | U/A Preston, | 613 | | | | 613 |
| 822. | Iqbal, Pervez | U/A Birmingham, | 612 | | | | 612 |
| 823. | Waring, Mel | U/A St. Helens, Merseyside | | | | 612 | 612 |
| 824. | Barnes, Anthony | U/A London, | | 611 | | | 611 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|-----------------------|----------------------------------|-----|-----|-----|-----|-------|
| 825. | Holmes, Steven | City of Hull ac | 610 | | | | 610 |
| 826. | Parvaz, Tahir | Run Birmingham | 609 | | | | 609 |
| 827. | Jeewa, Sulaman | U/A Walsall, West Midlands | 608 | | | | 608 |
| 828. | Roberts, Ivor | Beverley AC | 607 | | | | 607 |
| 829. | Farmer, Clive | Redway Runners | | | | 607 | 607 |
| 830. | Watson, Adam | Zero to Heroes | 606 | | | | 606 |
| 831. | Griffiths, Matthew | St Bees Triers | | | 600 | | 600 |
| 832. | Fitzpatrick, Finbarre | U/A Halifax, | | | | 600 | 600 |
| 833. | Piper, Chris | U/A Wigan, Lancashire | | 592 | | | 592 |
| 834. | Speed, Reuben | U/A heighington, durham | | | | 592 | 592 |
| 835. | Grainger, Scott | U/A Yarm , | | | | 589 | 589 |
| 836. | Scott, John | U/A Haltwhistle , Northumberland | | | | 585 | 585 |
| 837. | Probert, Chris | Penny Lane Striders | | 583 | | | 583 |
| 838. | Culley, Oliver | U/A London, | | 581 | | | 581 |
| 839. | Farmer, Mark | U/A Lincoln, Lincolnshire | | | | 581 | 581 |
| 840. | Allen, Christopher | U/A Shrewsbury , Shropshire | | | | 580 | 580 |
| 841. | Bartlett, Guy | U/A Alderley Edge, Cheshire | | 574 | | | 574 |
| 842. | Hughed, Gareth | U/A Stockport, | | | 573 | | 573 |
| 843. | fisk, gavin | U/A manchester, | | 571 | | | 571 |
| 844. | WOODS, ANDREW | MILLOM STRIDERS | | 570 | | | 570 |
| 845. | Walker, Geoff | U/A Carnforth, Cumbria | | 568 | | | 568 |
| 846. | Egleston, Aidan | U/A Edgmond, | | 567 | | | 567 |
| 847. | Parker, Phil | U/A Winsford | | 566 | | | 566 |
| 848. | Bellamy, Steve | U/A Preston, Lancashire | | 564 | | | 564 |
| 849. | Gilbert, Ian | U/A Ipswich, Suffolk | | 563 | | | 563 |
| 850. | Batley, Mark | U/A York, | | | | 562 | 562 |
| 851. | Youngs, Jack | U/A Barnsley , South Yorkshire | | 561 | | | 561 |
| 852. | G, Mark | U/A Stanstead Abbots, | | | | 559 | 559 |
| 853. | McDowall, Ian | U/A Linlithgow, | | 557 | | | 557 |
| 854. | Rendall, Brendan | U/A Salford , | | 553 | | | 553 |
| 855. | Stewart, Sally | U/A Glasgow, | | | | 547 | 547 |
| 856. | Higson, Dave | U/A kendal, cumbria | | 546 | | | 546 |
| 857. | Wilcockson, Paul | U/A Bolton, | | | 541 | | 541 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|----------------------|---|-----|-----|-----|-----|-------|
| 858. | Whyte, Jack | U/A London, | | | | 539 | 539 |
| 859. | Byrne, Mr Chris | Newlyweds | | | | 537 | 537 |
| 860. | Airey, James | U/A Kendal, | | 536 | | | 536 |
| 861. | Wynne, Matt | U/A Cairndow, Argyll & Bute | | | 528 | | 528 |
| 862. | Jessop, Alex | U/A Manchester, | | | | 525 | 525 |
| 863. | Madge, Luke | Derek Zoolander school for kids that can't run good | | 524 | | | 524 |
| 864. | Hulley, Rory | U/A Welham Green, Herts | | | | 523 | 523 |
| 865. | Hulley, Jake | U/A Welham Green, Herts | | | | 521 | 521 |
| 866. | taylor, mark | U/A manchester, lancashire | | 517 | | | 517 |
| 867. | Dimuantes, Tony | None | | 514 | | | 514 |
| 868. | Ingram, Christopher | U/A WIGTON, Cumbria | | | 513 | | 513 |
| 869. | Duffy, Martin | U/A Swinton, | | 512 | | | 512 |
| 870. | wilde, andrew | U/A mission, CA/BC_CA | | 511 | | | 511 |
| 871. | Savery, Richard | U/A Hope Valley, | | | 511 | | 511 |
| 872. | Williams, Graham | Jog Stewarton | | | | 510 | 510 |
| 873. | Williams, Dan | U/A Baldock, Hertfordshire | | 509 | | | 509 |
| 874. | Iddon, Kevin | U/A Pteston, Lancashire | | 495 | | | 495 |
| 875. | Leahy, Michael | U/A Grange-Over-Sands, Cumbria | | 491 | | | 491 |
| 876. | Tunney, Phillip | U/A Manchester, | | 486 | | | 486 |
| 877. | Heap, Paul | Blackpool Freedom Runners | | 481 | | | 481 |
| 878. | Chippendale, Richard | Red Rose Road Runners | | | 473 | | 473 |
| 879. | Kidby, Malcolm | Marshall Milton Keynes AC | | 457 | | | 457 |
| 880. | ARMSTRONG, MICHAEL | sunderland strollers | | | 452 | | 452 |
| 881. | MOORE, STEVEN | NORDIC WALKING UK | | 445 | | | 445 |
| 882. | Gormley, Terry | U/A Doncaster, South Yorkshire | | 436 | | | 436 |
| 883. | Fisk, Jonathan | U/A York, | | 435 | | | 435 |
| 884. | Dimuantes, Simon | None | | 425 | | | 425 |
| 885. | Harbord, Chris | Great Yarmouthh Road Runners | | 423 | | | 423 |
| 886. | macfarlane, john | U/A loweswater, cumbria | | | | | 0 |
| 887. | Marron, Jacob | U/A Lancaster , Lancashire | | | | | 0 |
| 888. | Cole, Simon | U/A Ansdel, Lancs | | | | | 0 |
| 889. | Patten, Graham | Team Lakeland Trails | | | | | 0 |
| 890. | Carradus, ryan | U/A Kendal, Cumbria | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|------------------------|----------------------------------|-----|-----|-----|-----|-------|
| 891. | Carrick, Neil | West Cumbria Tri | | | | | 0 |
| 892. | Clarke, Andrew | Running Rebels | | | | | 0 |
| 893. | Cowell, Damian | Warrington Running Club | | | | | 0 |
| 894. | Featherstone, John | | | | | | 0 |
| 895. | Fee, Ricky | Tri Lakeland | | | | | 0 |
| 896. | Gardner, Warren | U/A Darwen, Lancs | | | | | 0 |
| 897. | Gardner, Jim | | | | | | 0 |
| 898. | Garratt, Nigel | | | | | | 0 |
| 899. | Grace, Jim | U/A Cranage, Cheshire | | | | | 0 |
| 900. | Green, Duncan | CrossFit Trafford | | | | | 0 |
| 901. | Hill, Ben | U/A Manchester , | | | | | 0 |
| 902. | Johnson, Liam | Lonely Goat | | | | | 0 |
| 903. | Jones, Dave | U/A Windermere, Cumbria | | | | | 0 |
| 904. | Jones, Jack | U/A Walsall, West Midlands | | | | | 0 |
| 905. | Shoja, Kiel | | | | | | 0 |
| 906. | LADD, IAN | U/A Glasgow , | | | | | 0 |
| 907. | Law, Paul | U/A Kendal, Cumbria | | | | | 0 |
| 908. | Little, Mike | Cani-sport Edinburgh | | | | | 0 |
| 909. | Longworth, Stephen | U/A Sheffield, South Yorkshire | | | | | 0 |
| 910. | Mclaughlin, Martin | U/A Kendal , Cumbria | | | | | 0 |
| 911. | Newsham, Craig | U/A Preston, | | | | | 0 |
| 912. | Rankine, Andy | U/A Chorley, Lancashire | | | | | 0 |
| 913. | Seavill, Miles | U/A Leamington Spa, Warwickshire | | | | | 0 |
| 914. | Shaw, Clive | U/A Liverpool, | | | | | 0 |
| 915. | Smith, Michael | Olney Runners | | | | | 0 |
| 916. | Walker, Stewart | U/A Egremont, CUMBRIA | | | | | 0 |
| 917. | Ginder-Poulson, Robert | U/A Cheadle Cheshire | | | | | 0 |
| 918. | Lyons, Steve | U/A Harrogate | | | | | 0 |
| 919. | McCabe, Chris | U/A | | | | | 0 |
| 920. | McCabe, Steve | U/A Croydon | | | | | 0 |
| 921. | McCabe, Tony | Griffin Grinders | | | | | 0 |
| 922. | Jackson, David | Horwich RMI AC | | | | | 0 |
| 923. | Massey, Robert | BW & FAC | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|-------------------------|--------------------------------------|-----|-----|-----|-----|-------|
| 924. | Bell, Alan | Hartlepool Burn Road Harriers | | | | | 0 |
| 925. | Crossley, Richard | U/A Stafford, Staffs | | | | | 0 |
| 926. | HALLY, RICHARD | Red Rose Runners | | | | | 0 |
| 927. | Adams, John | U/A Edinburgh, U8 | | | | | 0 |
| 928. | Barden, Ben | U/A North Lancing, West Sussex | | | | | 0 |
| 929. | Bee, Nicholas | U/A Rochdale, Lancashire | | | | | 0 |
| 930. | Bevan, Keith | U/A Ambleside, | | | | | 0 |
| 931. | Aplin, Liam | Team 40+ | | | | | 0 |
| 932. | Totty, Oliver | U/A Lytham St.Annes, | | | | | 0 |
| 933. | Upton, Sam | Witney Road Runners | | | | | 0 |
| 934. | Ally, Leigh | Aldridge RC | | | | | 0 |
| 935. | McDonald, Chris | U/A Carlisle | | | | | 0 |
| 936. | Allen, Mick | Cumberland Fell Runners | | | | | 0 |
| 937. | Appleby, Mike | U/A Altincham, Cheshire | | | | | 0 |
| 938. | Bhangal, Ravind | U/A Huddersfield, West Yorkshire | | | | | 0 |
| 939. | Brownhill, David Graham | U/A Manchester , Lancashire | | | | | 0 |
| 940. | Burkitt, Nigel | Cleethorpes ac | | | | | 0 |
| 941. | Caherty, Donall | U/A Manchester, | | | | | 0 |
| 942. | cornish, nathan | U/A Staveley, | | | | | 0 |
| 943. | Derbyshire, James | U/A CHESTER, Cheshire | | | | | 0 |
| 944. | Dunn, Matt | Kendal AAC | | | | | 0 |
| 945. | Fielding, Mark | Testudinidae singapura | | | | | 0 |
| 946. | Fishwick, Paul | U/A Royal Wootton Bassett, Wiltshire | | | | | 0 |
| 947. | Graham, Andrew | DH Runners | | | | | 0 |
| 948. | Hall, Stephen | City of Hull AC | | | | | 0 |
| 949. | Lloyd, Will | Tynedale Harriers & AC | | | | | 0 |
| 950. | maitland-knibb, stuart | U/A Grafton Underwood , | | | | | 0 |
| 951. | McIntyre, Lewis | U/A AYR, South Ayrshire | | | | | 0 |
| 952. | Myers, Alan | U/A Newcastle, | | | | | 0 |
| 953. | Pipes, Andrew | Derwent AC | | | | | 0 |
| 954. | rex, eddie | city of hull | | | | | 0 |
| 955. | Rudd, Lee | Wrekin road runners | | | | | 0 |
| 956. | Sloss, John | U/A Kendal, Cumbria | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|------|--------------------|---------------------------------|-----|-----|-----|-----|-------|
| 957. | Smalley, Craig | City of Hull | | | | | 0 |
| 958. | Spurgeon, James | City of Hull AC | | | | | 0 |
| 959. | Tayloe, Simon | U/A Manchester, | | | | | 0 |
| 960. | Woolgar, Philip | U/A Epworth, North Lincolnshire | | | | | 0 |
| 961. | Baldwin, Chris | U/A Liverpool, | | | | | 0 |
| 962. | Brunger, Paul | Derwent Valley RC | | | | | 0 |
| 963. | Gibson, Mark | U/A Whitehaven, Cumbria | | | | | 0 |
| 964. | Morris, Drew | U/A Liverpool, | | | | | 0 |
| 965. | Rayner, Ian | Roundhay Runners | | | | | 0 |
| 966. | Buckett, Joel | U/A Crawley W Sussex | | | | | 0 |
| 967. | Davies, Owen | N/A | | | | | 0 |
| 968. | Maughan, Martyn | Teesdale Triathlon | | | | | 0 |
| 969. | Robertson, Ian | Selby Striders | | | | | 0 |
| 970. | Wood, Adam | Vegan Runners UK | | | | | 0 |
| 971. | Berney, Liam | U/A Keswick, Cumbria | | | | | 0 |
| 972. | Kenny, Joe | U/A Ambleside | | | | | 0 |
| 973. | Abbas, Daniel | U/A Manchester | | | | | 0 |
| 974. | Jordan, David | U/A Kendal, Cumbria | | | | | 0 |
| 975. | Bell, Alan | Hartlepool Burn Road Harriers | | | | | 0 |
| 976. | McStravick, Brian | U/A York, | | | | | 0 |
| 977. | Hardcastle, Gareth | U/A Oswestry , | | | | | 0 |
| 978. | Kain, Paul | N/A | | | | | 0 |
| 979. | Bell, Michael | U/A penrith, | | | | | 0 |
| 980. | Rayner, Ian | Roundhay Runners | | | | | 0 |
| 981. | Aylett, Gary | U/A Bolton, | | | | | 0 |
| 982. | Clarke, Allan | U/A Wigan, Lancs | | | | | 0 |
| 983. | Hamnett, Carl | U/A Wythenshawe, | | | | | 0 |
| 984. | Brier, Andrew | U/A halifax, west yorkshire | | | | | 0 |
| 985. | Roberts, Steve | U/A Hassocks, | | | | | 0 |
| 986. | yates, jonathan | U/A Garstang, LANCASHIRE | | | | | 0 |
| 987. | Cooper, Stephen | The Always Merk | | | | | 0 |
| 988. | Vincent, Andrew | U/A Macclesfield, Cheshire | | | | | 0 |
| 989. | Brodrick, Matthew | U/A Middlesbrough, | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-------|---------------------|--------------------------------|-----|-----|-----|-----|-------|
| 990. | Nelson, John | Alchester RC | | | | | 0 |
| 991. | Ramsay, Dave | | | | | | 0 |
| 992. | Leeson, Nigel | Macclesfield Canoe Club | | | | | 0 |
| 993. | Langton, Rob | U/A Birmingham | | | | | 0 |
| 994. | Bradley, Chris | U/A PRESTON, Lancashire | | | | | 0 |
| 995. | Smith, Richard | U/A Ackworth, West Yorkshire | | | | | 0 |
| 996. | Mather, Kevin | U/A Warrington, | | | | | 0 |
| 997. | Martland, Nick | U/A York, | | | | | 0 |
| 998. | Howard, James | U/A Manchester, | | | | | 0 |
| 999. | Heap, John | U/A Chester, Cheshire | | | | | 0 |
| 1000. | Tracy, Joe | U/A Glasgow, Lanarkshire | | | | | 0 |
| 1001. | Ogilvie, Mark | U/A Largs, | | | | | 0 |
| 1002. | Ahmed, Zane | U/A Leeds, | | | | | 0 |
| 1003. | Stott, Ian | U/A Ilkley, West Yorkshire | | | | | 0 |
| 1004. | Morse, Robert | U/A Ilkley, West Yorkshire | | | | | 0 |
| 1005. | Kerr, James | U/A Skipton, North Yorkshire | | | | | 0 |
| 1006. | Hollowbread, Andrew | U/A DURHAM, Co Durham | | | | | 0 |
| 1007. | Davidson, Alan | U/A Witney, | | | | | 0 |
| 1008. | Osmond, Simon | U/A Carnforth, Lancashire | | | | | 0 |
| 1009. | Pyrah, John | U/A London, | | | | | 0 |
| 1010. | Higginson, Andrew | U/A Blackburn, Lancashire | | | | | 0 |
| 1011. | Tosh, Jeff | U/A Lancaster , | | | | | 0 |
| 1012. | Chapman, Tim | TT Racers | | | | | 0 |
| 1013. | Cotterill, Roger | U/A Alsager, Stoke-on-Trent | | | | | 0 |
| 1014. | Bellis-Jones, Paul | U/A Barrow In Furness, Cumbria | | | | | 0 |
| 1015. | Warren, Richard | U/A Hathern, Leicestershire | | | | | 0 |
| 1016. | Mitchell, Michael | U/A Ulverston | | | | | 0 |
| 1017. | Costello, Anthony | Team Deane | | | | | 0 |
| 1018. | Harvey, Ian | Wigton Road Runners | | | | | 0 |
| 1019. | Thomas, Lee | U/A Middlesbrough | | | | | 0 |
| 1020. | Borrill, Jason | U/A Littleborough, Lancashire | | | | | 0 |
| 1021. | Neill, Paul | Warrington Running Club | | | | | 0 |
| 1022. | Craig, Stevie | U/A Nutfield, | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-------|-----------------------|------------------------------------|-----|-----|-----|-----|-------|
| 1023. | Johnson, Stu | Tynedale Rfc | | | | | 0 |
| 1024. | Hargreaves, Michael | U/A Ulverston, Cumbria | | | | | 0 |
| 1025. | Jolley, Paul | U/A Hinckley, Leicestershire | | | | | 0 |
| 1026. | Harrison, Andrew | U/A Sheffield, | | | | | 0 |
| 1027. | Cairns, Stuart | U/A Whitley Bay, Tyne and Wear | | | | | 0 |
| 1028. | Nuttall, Tim | U/A Bolton, Greater Manchester | | | | | 0 |
| 1029. | Brinn, Gareth | U/A Leamington Spa, | | | | | 0 |
| 1030. | Kellegher, Stephen | U/A Liverpool , | | | | | 0 |
| 1031. | Shard, Matthew | U/A Bristol, North Somerset | | | | | 0 |
| 1032. | Brook, Tim | U/A Leyland, | | | | | 0 |
| 1033. | Bend, Mat | U/A Leyland, Lancas | | | | | 0 |
| 1034. | Harrington, John | U/A Sheffield , | | | | | 0 |
| 1035. | Oliver, Tom | U/A Birmingham, | | | | | 0 |
| 1036. | INGRAM, JOHN | U/A OLNEY, BUCKS | | | | | 0 |
| 1037. | Jaime, Sean | U/A Saint Helens, default | | | | | 0 |
| 1038. | Gratrix, Ian | U/A Greasby, Wirral | | | | | 0 |
| 1039. | Humphreys, James | U/A Bury, | | | | | 0 |
| 1040. | TOSH, GARETH | U/A Halifax, | | | | | 0 |
| 1041. | Mcglashan, Andrew | Derwent valley trail runners | | | | | 0 |
| 1042. | ryder, jack | U/A liverpool, merseyside | | | | | 0 |
| 1043. | mayson, richard | unattached | | | | | 0 |
| 1044. | O'Boyle, Andrew | U/A Warrington, Cheshire | | | | | 0 |
| 1045. | Bailey, Chris | U/A Marple Bridge, | | | | | 0 |
| 1046. | McWilliams, Timothy | U/A Wakefield , W Yorks | | | | | 0 |
| 1047. | Donohue, Daniel | U/A Morecambe, Lancashire | | | | | 0 |
| 1048. | Ruane-Durkin, Mike | U/A Chorlton-cum-Hardy, Manchester | | | | | 0 |
| 1049. | Wilkie Coker, Francis | U/A Manchester, Lancashire | | | | | 0 |
| 1050. | Baxandall, Paul | U/A MANCHESTER, UK | | | | | 0 |
| 1051. | Alston, Andrew | Idle AC | | | | | 0 |
| 1052. | ROBERTS, CHRISTOPHER | Unattached | | | | | 0 |
| 1053. | Mansfield, Philip | U/A Manchester, | | | | | 0 |
| 1054. | McKechnie, Stuart | U/A Witney, | | | | | 0 |
| 1055. | Wood, Dominic | U/A Salford, Lancashire | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-------|--------------------|-----------------------------------|-----|-----|-----|-----|-------|
| 1056. | Wild, Michael | U/A Oldham, Lancashire | | | | | 0 |
| 1057. | Mairs, Richard | U/A West Auckland, Durham | | | | | 0 |
| 1058. | Wood, Alan | Lonely Goat RC | | | | | 0 |
| 1059. | Madden, Michael | U/A Altrincham , Cheshire | | | | | 0 |
| 1060. | jones, simon | U/A Bishops Stortford, herts | | | | | 0 |
| 1061. | Dessent, Chris | U/A Hebden Bridge, West Yorkshire | | | | | 0 |
| 1062. | Preston, Robert | U/A Lancaster, Lancashire | | | | | 0 |
| 1063. | Groom, Jason | U/A NOTTINGHAM, | | | | | 0 |
| 1064. | Wort, Callum | U/A St Albans, | | | | | 0 |
| 1065. | Sugden, Alexander | U/A Halifax, West Yorkshire | | | | | 0 |
| 1066. | Jones, Thomas | U/A Manchester, | | | | | 0 |
| 1067. | Sloan, Andrew | U/A Halifax, | | | | | 0 |
| 1068. | Sidery, Howard | Lions Running Community | | | | | 0 |
| 1069. | Cooper, Nicholas | Shelton Striders | | | | | 0 |
| 1070. | Donohue, Martin | U/A Wigan , Lancs | | | | | 0 |
| 1071. | Banks, Tom | U/A North Shields, Tyne and Wear | | | | | 0 |
| 1072. | Johnson, Johnny | U/A Guisborough, | | | | | 0 |
| 1073. | Sears, Steve | U/A Brighouse, West Yorkshire | | | | | 0 |
| 1074. | Shirley, James | U/A Liverpool, Merseyside | | | | | 0 |
| 1075. | Cliffe, Tim | U/A Alsager , Cheshire | | | | | 0 |
| 1076. | Asher, Kevin | U/A London , | | | | | 0 |
| 1077. | Kelly, Russ | Redcar Running club | | | | | 0 |
| 1078. | Whiles, Andrew | Redcar Running Club | | | | | 0 |
| 1079. | Dove, Richard | U/A Leeds, Yorkshire | | | | | 0 |
| 1080. | McAleese, Jonathan | U/A Keighley, West Yorkshire | | | | | 0 |
| 1081. | Brown, James | SISU RUN | | | | | 0 |
| 1082. | Burlingham, Peter | Lonely Goat RC | | | | | 0 |
| 1083. | Bartlett, Richard | U/A ulverston, cumbria | | | | | 0 |
| 1084. | Barton, Sam | U/A Bowness, Cumbria | | | | | 0 |
| 1085. | Hollyoak, Arran | U/A Ilkley, West Yorkshire | | | | | 0 |
| 1086. | Dean, Artem | U/A Ilkley, West Yorkshire | | | | | 0 |
| 1087. | Jaques, Ric | U/A Brampton, | | | | | 0 |
| 1088. | Comley, Josh | U/A London, London | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-------|----------------------|-----------------------------------|-----|-----|-----|-----|-------|
| 1089. | Meade, Richard | U/A Stockport, Greater Manchester | | | | | 0 |
| 1090. | Foulkes, RAY | Redcar running club | | | | | 0 |
| 1091. | Davenhall, Sam | U/A Preston, Lancashire | | | | | 0 |
| 1092. | Postlethwaite, David | U/A Leyland, Lancashire | | | | | 0 |
| 1093. | Livermore, Geoff | U/A Bingley, West Yorkshire | | | | | 0 |
| 1094. | Macfarlane, Robert | U/A Cambridge, | | | | | 0 |
| 1095. | lissimore, tom | U/A London, England | | | | | 0 |
| 1096. | Richardson, Clive | U/A Eastbourne, East Sussex | | | | | 0 |
| 1097. | Rolfe, Oliver | U/A Marlow, | | | | | 0 |
| 1098. | Wynne, Chris | U/A Ormskirk, | | | | | 0 |
| 1099. | Wood, Simon | U/A Lytham, | | | | | 0 |
| 1100. | Thomas, Barry | Vicar's Cross Vet | | | | | 0 |
| 1101. | Thomas, Luke | Vibes | | | | | 0 |
| 1102. | Baggaley, Richard | U/A Hamstreet, Ket | | | | | 0 |
| 1103. | Wood, James | U/A Preston, | | | | | 0 |
| 1104. | Pearson, Josh | U/A Preston, | | | | | 0 |
| 1105. | Frodsham, Jonny | U/A Glossop, Derbyshire | | | | | 0 |
| 1106. | Merritt, Jon | U/A Keswick, Cumbria | | | | | 0 |
| 1107. | Bhavsar, Vishal | U/A London, | | | | | 0 |
| 1108. | Liptrott, Mark | U/A Ormskirk, Lancashire | | | | | 0 |
| 1109. | Leslie, Tom | U/A Morpeth, Northumberland | | | | | 0 |
| 1110. | Cross, Peter | U/A Durham, | | | | | 0 |
| 1111. | Hubbold, Tim | U/A Barrow in Furness, | | | | | 0 |
| 1112. | Shaw, Tom | U/A Barrow in Furness, | | | | | 0 |
| 1113. | Barclay, Nicholas | U/A Dunmow, Essex | | | | | 0 |
| 1114. | McCairn, Matt | U/A St Helens, Merseyside | | | | | 0 |
| 1115. | Oxtoby, David | Kenilworth Runners | | | | | 0 |
| 1116. | Maxwell, Michael | St bees triers | | | | | 0 |
| 1117. | Barford, Bob | U/A Laceby, Lincolnshire | | | | | 0 |
| 1118. | Wallbank, David | Team windmill | | | | | 0 |
| 1119. | Derrick, Matthew | U/A Cottingham | | | | | 0 |
| 1120. | Potts, Mike | U/A Stockport | | | | | 0 |
| 1121. | Cannell, Mark | U/A Wigan | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-------|--------------------|---------------------------------|-----|-----|-----|-----|-------|
| 1122. | Carter, Paul | Wigan Harriers | | | | | 0 |
| 1123. | Anderson, Warren | U/A Newcastle upon Tyne, | | | | | 0 |
| 1124. | Allinson, Robert | U/A Redcar | | | | | 0 |
| 1125. | Crouch, Grant | U/A Dalston, | | | | | 0 |
| 1126. | Halstead, David | U/A Lytham St.Annes, Lancashire | | | | | 0 |
| 1127. | Denston, Pete | Border Reiver Runners | | | | | 0 |
| 1128. | Haddow, Patrick | U/A Fleetwood, | | | | | 0 |
| 1129. | Mcguinness, Ben | U/A Notts, | | | | | 0 |
| 1130. | Marshall, Neil | U/A Chester, Cheshire | | | | | 0 |
| 1131. | Macfarlane, Jim | U/A Newcastle upon Tyne, | | | | | 0 |
| 1132. | langton, damien | U/A manchester, | | | | | 0 |
| 1133. | Tipping, James | U/A Wilmslow, | | | | | 0 |
| 1134. | Gilmour, Jack | Wimbledon Windmilers | | | | | 0 |
| 1135. | Jack, Richard | U/A Cockermouth, Cumbria | | | | | 0 |
| 1136. | Huins, Charlie | U/A London, | | | | | 0 |
| 1137. | Harland, Philip | U/A Warrington, Cheshire | | | | | 0 |
| 1138. | Barker, Tex | VPRC | | | | | 0 |
| 1139. | Trottet, Joe | U/A Glasgow, | | | | | 0 |
| 1140. | Craig, George | U/A Tynemouth, Tyne and Wear | | | | | 0 |
| 1141. | Trainor, Daniel | U/A St Helens, Merseyside | | | | | 0 |
| 1142. | Neil-Boss, Michael | Lonely Goat Running Club | | | | | 0 |
| 1143. | Brown, Ken | Blackhill Bounders | | | | | 0 |
| 1144. | Stockman, Simon | Warrington Road Runners | | | | | 0 |
| 1145. | Howard, Andrew | U/A Northwich, Cheshire | | | | | 0 |
| 1146. | Walsh, John | Daves stag | | | | | 0 |
| 1147. | Mcgee, Billy | U/A Lancaster , Lancashire | | | | | 0 |
| 1148. | Mcgee, Eugene | U/A Ulverston, Cumbria | | | | | 0 |
| 1149. | Ashcroft, Adam | U/A Warrington , | | | | | 0 |
| 1150. | chorley, Alan | U/A warrington, Cheshire | | | | | 0 |
| 1151. | Ashcroft, David | U/A Warrington, | | | | | 0 |
| 1152. | Moonan, Paul | Liverpool | | | | | 0 |
| 1153. | Connolly, David | U/A Burscough, Lancs | | | | | 0 |
| 1154. | Maggs, Darren | U/A Solihull , | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-------|---------------------|--|-----|-----|-----|-----|-------|
| 1155. | O'Toole, Liam | U/A Sheffield, | | | | | 0 |
| 1156. | Burt, Gary | U/A Blackburn, Lancashire | | | | | 0 |
| 1157. | Wennington, Rob | U/A | | | | | 0 |
| 1158. | Stephenson, Jonny | Gosforth Harriers | | | | | 0 |
| 1159. | Stoodley, Terry | Team inov-8 | | | | | 0 |
| 1160. | macdonald, alastair | Hoad Hill Harriers | | | | | 0 |
| 1161. | Pryor, David | U/A warrington, | | | | | 0 |
| 1162. | Brisco, Dave | St. Helens Striders | | | | | 0 |
| 1163. | Gowrie, Matthew | U/A Timperley, Altrincham | | | | | 0 |
| 1164. | Mock, Jonathan | Tynedale rfc | | | | | 0 |
| 1165. | Belcher, Lloyd | U/A Coventry, | | | | | 0 |
| 1166. | Tweddle, Rob | Tri-Lakeland | | | | | 0 |
| 1167. | Smith, Phil | Dudley Kingswinford Running Club | | | | | 0 |
| 1168. | Scott, Tom | U/A Manchester, Lancashire | | | | | 0 |
| 1169. | Denman, Graeme | N/A | | | | | 0 |
| 1170. | Pippard, Ben | U/A Newcastle upon Tyne, Tyne and Wear | | | | | 0 |
| 1171. | Bailey, Mark | Glaxo Hoad Hill Harriers | | | | | 0 |
| 1172. | McGonagle, Colin | Carlisle Tri Club | | | | | 0 |
| 1173. | Grierson, Carl | U/A Carlisle , Cumbria | | | | | 0 |
| 1174. | Culleton, John | U/A Chester Le Street, Co. Durham | | | | | 0 |
| 1175. | Rainey, Michael | U/A New Mills, | | | | | 0 |
| 1176. | Patterson, Glenn | Carlisle Tri Club | | | | | 0 |
| 1177. | Hadlington, Adrian | U/A Sunderland , Durham | | | | | 0 |
| 1178. | Smith, Michael | U/A St Helens, Merseyside | | | | | 0 |
| 1179. | Pettit, Andy | U/A Steeton, West Yorkshire | | | | | 0 |
| 1180. | Marshall, Adam | COLT | | | | | 0 |
| 1181. | Duckworth, Kevin | Dudley Kingswinford | | | | | 0 |
| 1182. | McCartan, Niall | St Peters GAA | | | | | 0 |
| 1183. | Daly, Niall | U/A Liverpool, | | | | | 0 |
| 1184. | Robinson, Tom | U/A Penrith , | | | | | 0 |
| 1185. | Glendenning, Ian | U/A Doncaster , | | | | | 0 |
| 1186. | Toller, Richard | Dundee Road Runners | | | | | 0 |
| 1187. | Asquith, Richard | U/A Leeds | | | | | 0 |

2019 Autumn Series

Lakeland Trails 2019 14-18K Series Results : Men

| Pos | Name | Club | KES | CON | HEL | ULL | Total |
|-------|---------------------|------------------------------------|-----|-----|-----|-----|-------|
| 1188. | Sewell, Ewan | U/A York | | | | | 0 |
| 1189. | Roger, Harrison | Cheshire Hash House Harriers | | | | | 0 |
| 1190. | Murphy, Joe | U/A Aston Clinton, Bucks | | | | | 0 |
| 1191. | Eaton, Simon | Ambleside A C | | | | | 0 |
| 1192. | Smith, Michael | Lymm Runners | | | | | 0 |
| 1193. | Seddon, Steve | U/A Wigan, Lancs | | | | | 0 |
| 1194. | Cooling, Mark | U/A Bristol | | | | | 0 |
| 1195. | Barnes, Joseph | U/A London | | | | | 0 |
| 1196. | Wadson, Craig | U/A Hook, | | | | | 0 |
| 1197. | Elliott, Clive | U/A Wellington, | | | | | 0 |
| 1198. | Kass, Richard | U/A Edinburgh, | | | | | 0 |
| 1199. | Evans, Matthew | U/A Grange-over-Sands, Cumbria | | | | | 0 |
| 1200. | Gardener, James | U/A Repton, Derbyshire | | | | | 0 |
| 1201. | Philipson, George | U/A Tadcaster | | | | | 0 |
| 1202. | Twaddle, Iain | U/A Durham | | | | | 0 |
| 1203. | Walker, Peter | U/A York | | | | | 0 |
| 1204. | Doherty, Joe | U/A Carlisle, Cumbria | | | | | 0 |
| 1205. | Booth, Gareth | Horwich RMI | | | | | 0 |
| 1206. | Booth, John | Wakefield triathlon club | | | | | 0 |
| 1207. | Appleby, Mark | U/A Wallsend , Tyne and Wear | | | | | 0 |
| 1208. | Hopkinson, Lewis | Newark Striders | | | | | 0 |
| 1209. | Hepple, David | U/A Stockton on Tees , | | | | | 0 |
| 1210. | Brock, Andy | St Bees Triers | | | | | 0 |
| 1211. | Millichamp, Michael | U/A Manchester, | | | | | 0 |
| 1212. | Flanagan, Edward | U/A Manchester, Greater Manchester | | | | | 0 |
| 1213. | Woodcock, Danny | Blackburn Harriers | | | | | 0 |
| 1214. | Smithers, Ben | Red Rose Road Runners | | | | | 0 |
| 1215. | BRENTNALL, MICHAEL | U/A Cambridge, Cambs | | | | | 0 |

Number of records: 1215