

Puma Lakeland Trails Series 2009 Results - Men

Surname	name	Club	Category	Hawkshead	Garburn	Derwent	Coniston	Total
MCGRATH	John	Worthing Striders	Vet 40 Men	488	595	491	492	2066
WALSH	Richard	Worcester Athletics Club		487	591	488	490	2056
WATHAN	Paul	ERYRI		482	596	492	481	2051
BREWSTER	Roger	Clayton le Moors Harriers	Vet 50 Men	485	589	485	483	2042
METCALF	Alan	Preston Harriers	Vet 40 Men	475	590	480	486	2031
O'DONNELL	Brian	Bellahouston Road Runners		478	588	476	488	2030
MCALOON	Robert	Evenwood Road Runners	Vet 50 Men	480	578	471	468	1997
LEARY	Paul	Rochdale Harriers	Vet 40 Men	470	581	472	473	1996
HOLDSWORTH	Breton	Unattached - Burnley		468	582	475	467	1992
WILLIAMS	Andy	Blackpool Wyre and Fylde	Vet 40 Men	479	573	468	464	1984
BARK	Stephen	Unattached - Horncastle		467	547	464	458	1936
HIBBERT	Martin	Unattached - Billington	Vet 40 Men	436	558	473	440	1907
TREITL	Nick	Unattached - Barnoldswick		461	549	444	452	1906
ABBOTT	Phil	Long Eaton Running Club		454	557	443	442	1896
PINDER	Graham	Glaxo Hoad Hill Harriers	Vet 50 Men	445	560	446	444	1895
EDWARDS	Tim	Stockport Harriers	Vet 40 Men	452	551	428	446	1877
BARRETT	Martin	Unattached - Stockton-on-Tees		409	513	451	459	1832
COOPER	Nicholas	Shelton Striders	Vet 50 Men	446	532	425	423	1826
SEAR	Jon	Lancaster and Morecombe AC		429	555	424	410	1818
ROBERTS	Guy	Mossley Hill Athletics Club		291	567	482	475	1815
CONROY	Phil	Unattached - Derby		386	511	438	451	1786
POIRRETTE	Jonathan	Unattached - Windermere	Vet 40 Men	415	541	426	402	1784
EVERARD	Gordon	Lancaster and Morecombe AC	Vet 50 Men	440	540	402	378	1760
GIBSON	Mark	Unattached - Whitehaven		418	505	411	426	1760
LUND	Jamie	Unattached - Kendal		400	488	422	432	1742
BRADLEY	Gary	Unattached - Barnoldswick	Vet 40 Men	439	454	416	430	1739
HOPE	Clive	Unattached - Hyde	Vet 50 Men	399	518	413	397	1727
JOHNSON	Huw	Lancaster and Morecombe AC		396	470	420	409	1695
STEFFEN	Clive	Unattached - West Hadden	Vet 40 Men	382	523	397	370	1672
BROWN	Steve	Unattached - Windermere	Vet 40 Men	359	514	379	400	1652
GOULDING	Ian	Unattached	Vet 40 Men	319	502	399	405	1625
SCHOFIELD	Graham	Chorley Harriers	Vet 50 Men	374	507	391	349	1621
BREWSTER	Trevor	Unattached - Leeds	Vet 50 Men	364	476	394	373	1607
QUAYLE	Roger	Barrow and Furness Striders	Vet 50 Men	361	496	367	369	1593
BURROWES	Stephen	Kendal Amateur Athletic Club	Vet 40 Men	349	484	383	366	1582
CARPENTER	Peter	Unattached - Ellsmere Port	Vet 40 Men	348	480	401	337	1566
ROYSTON-BISHOP	George	Unattached - St Bees		345	458	368	385	1556
BURNS	Graeme	Unattached - Congleton	Vet 40 Men	339	475	358	359	1531
STEPHENSON	Les	Kendal Amateur Athletic Club	Vet 60 Men	376	473	365	298	1512
HANSON	Philip	Unattached - Leyland		293	474	377	362	1506
WOODWARD	Rob	Unattached - Kendal		322	485	349	345	1501
HOLLIGAN	Will	Allithwaite and District RC	Vet 40 Men	330	457	370	338	1495
BREWSTER	Keith	Unattached - Leeds	Vet 50 Men	326	466	372	329	1493
CHATTERTON	Gavin	Leeds City		495		493	497	1485
AITKEN	Terry	Ambleside Athletics Club	Vet 40 Men		571	450	453	1474
STEAD	Paul	Northbrook Athletics Club		447	576	449		1472
LEATHERAN	Andy	Unattached - Kendal	Vet 40 Men	300	465	345	348	1458
JAMES	David	Unattached - Kendal	Vet 40 Men	308	426	375	346	1455
CHRISP	Paul	Unattached - Tarpoley	Vet 40 Men	380	479	287	287	1433
BURTON	David	Keswick Athletics Club	Vet 40 Men	434	543	429		1406
EDGE	Michael	Wesham Road Runners	Vet 40 Men		554	432	413	1399
BOND	Leon	Unattached - Birmingham	Vet 40 Men	284	395	234	480	1393
NEWSTEAD	Peter	Unattached - Warrington		321	441	330	284	1376
HARDING	Chris	Bridgedale	Vet 50 Men	423	533		419	1375
ELSENDER	Neil	Unattached	Vet 40 Men	225	377	386	380	1368
JONES	Mike	Unattached - Barrow-in-Furness		313	432	343	260	1348
HESKETH	Anthony	Horwich RMI Harriers	Vet 60 Men	456		448	439	1343
GREY	Roger	Cumberland Fell Runners	Vet 50 Men	389	524	419		1332

FORSTER	Timothy	Saltwell Harriers	Vet 50 Men	411	521		371	1303
FLYNN	Graham	Roby Runners	Vet 40 Men	332	448	274	248	1302
SHUTTLEWORTH	Mark	Lostock Athletics Club	Vet 40 Men	256	446	302	272	1276
BINGHAM	Graham	Northumberland Fell Runners	Vet 40 Men		489	378	396	1263
QUINN	Martin	Chorley Harriers		412		445	404	1261
NEATE	David	Unattached	Vet 40 Men	267	417	303	273	1260
LAKER	Stephen	Unattached - Preston	Vet 40 Men	323	451	184	285	1243
HANLON	Robert	Unattached - Windermere	Vet 50 Men	248	430	286	250	1214
HORNE	Ian	Eden Runners	Vet 40 Men	355	463	395		1213
SUTTON	Andrew	Unattached - Whitehaven		340	418	142	292	1192
BAKER	Ian	Unattached - Stockport	Vet 50 Men	213	410	305	222	1150
SUMSION	Chris	Unattached - Newcastle	Vet 40 Men	393		390	354	1137
DICKSON	Kevin	Warrington Road Runners			401	373	342	1116
LAW	Michael	Unattached	Vet 60 Men	271	371	260	213	1115
COATES	John	Unattached - Skipton	Vet 40 Men		459	335	295	1089
MORRAN	Stephen	Northern Vets	Vet 50 Men	483	593			1076
FLETCHER	Gordon	Fell Runners Association	Vet 60 Men		449	324	294	1067
HUGHES	Ian	Unattached - Manchester		341		382	333	1056
MACKENZIE	Colin	Unattached - Wolverhampton	Vet 50 Men	294	442		317	1053
CLARKSON	Mark	Unattached		472	580			1052
DAVIDSON	Philip	Preston Harriers	Vet 40 Men	352	378	316		1046
POLITO	Giles	Bridgedale		473	568			1041
IRELAND	Stephen	Unattached		458	577			1035
BAMBER	Ian	Spectrum Striders	Vet 40 Men	459	562			1021
HARTHAN	Stephen	Mossley Hill Athletics Club		438		158	406	1002
Walsh	James	Leeds City AC				500	500	1000
MERCER	John	Unattached - Wigan	Vet 40 Men	252		369	377	998
CRUICKSHANK	Stephen	Formby Runners	Vet 40 Men	220	344	238	195	997
ROCHE	Paul	Merseyside Police	Vet 40 Men	262	415	271	49	997
MADDAMS	Russell	Horwich RMI Harriers		497		497		994
LEAFE	Richard	LDNPA		242	402	346		990
PYPER	Stuart	Unattached - Wigton	Vet 40 Men	457	394		125	976
PARRY	David	Unattached - Altrincham		425	550			975
WOOD	Kevin	Unattached - Chester	Vet 50 Men	444	531			975
CARVER	Gordon	Newton Aycliffe Athletic Club	Vet 40 Men	292		362	318	972
CRAGGS	Tom	Mornington Chasers		493		479		972
KIRBY	Rich	Unattached - Morporth		428	544			972
Kendall	Graham	Serpentine AC				481	489	970
FRY	Stephen	Bingley Harriers	Vet 40 Men	491		478		969
Garner	Kevan	Stockport Harriers	Vet 40 Men			484	485	969
SERVICE	Douglas	Unattached - Burnley	Vet 40 Men	171	366	236	196	969
HIGGINS	David	Unattached - Leigh			534	431		965
HUNTER	Ian	Kimberley and District Striders			556	403		959
ROBERTS	Adrian	Lostock Athletics Club	Vet 40 Men	257	429	273		959
SANDERSON	Chris	Unattached - Burnopfield				483	474	957
Evans	Andrew	Settle Harriers	Vet 50 Men			477	476	953
ROBINSON	Dave	Unattached - Kendal		219	440	291		950
DAVIES	Alun	Unattached - Leeds	Vet 40 Men	96	352	254	242	944
O GRADY	Neal	Mornington Chasers		455		489		944
JENKINS	Chadlea	Unattached - Bedford		83	348	269	243	943
GRAHAM	Peter	Unattached - Aspatria		119	354	255	214	942
HUCKERBY	Nick	Unattached - Dunfermline		222		376	341	939
Dowty	John	South London Orienteers	Vet 50 Men		527	409		936
BOWEN	Ryan	Unattached- Burscough		426	509			935
KENNY	Triss	Skipton AC	Vet 40 Men		494		438	932
CLANCY	Simon	Unattached - Worcester		176	337	250	161	924
HATTON	Chris	Unattached - Chorley		466		455		921
LAYBOURNE	Rob	Unattached - Chester- le-Street		277		323	320	920
MILBURN	Peter	Durham Fell Runners	Vet 40 Men			458	461	919
WARD	Jolly	Bridgedale		398	508			906

GILLMAN	Darren	Spa Striders		133	359	270	143	905
WOODRUFF	Stephen	Tunbridge Wells Harriers	Vet 40 Men		504		398	902
COOPER	Geoff	Unattached - Formby	Vet 60 Men		382	299	220	901
HARDCASTLE	Stuart	Quakers Running Club	Vet 50 Men	268		322	311	901
BRAITHWAITE	Mark	Unattached - London		430	466			896
COSTIN	Glenn	East Cheshire Harriers		432		462		894
TROUP	Mike	Ambleside Athletics Club	Vet 50 Men	3	503		388	894
RENDER	Paul	Harrogate Harriers	Vet 50 Men	427			460	887
CHAPMAN	John	Howgill Harriers	Vet 50 Men	255		341	286	882
Hindle	Trevor	MDOC	Vet 40 Men			441	441	882
LONERGAN	Steve	Wooten Road Runners	Vet 40 Men	274		350	255	879
COLE-JONES	Dylan	Skelmersdale Boundary Harriers		351	526			877
CLARK	Neil	Unattached - Manchester	Vet 40 Men			433	443	876
LYMER	Peter	Droitwich Athletics Club	Vet 50 Men	231	331	201	112	875
ALMOND	Dave	Unattached - Dewsbury		413		461		874
Crickett	Paul	Cumberland Fell Runners	Vet 40 Men			442	431	873
GARDNER	Tony	Unattached - Pontefract	Vet 40 Men		510		361	871
DURSTON	Michael	Unattached - Saltburn	Vet 60 Men	76	356	225	211	868
PATON	David	Unattached	Vet 40 Men	86	373	199	203	861
KENDAL	Kev	Trail Runners Association		149	336	188	186	859
Smith	Jerry	Sale Harriers Manchester	Vet 50 Men			440	417	857
HOOTON	Simon	Unattached	Vet 40 Men		467	388		855
FORTUN	Phil	Unattached - Barlaston		371	482			853
VAN ALDERWEGAN	Damian	Sale Harriers		408	444			852
STURGESS	Philip	Trail Runners Association	Vet 40 Men	226	406		219	851
ELLIS	Ron	Unattached - Ellon	Vet 40 Men		500		350	850
CRAWFORD	Rod	Lockers Pacemaker	Vet 40 Men	103	350	245	149	847
HORAN	Mick	Holcombe Harriers		410			433	843
WAINWRIGHT	Simon	Unattached - Nottingham				407	425	832
HUNTER	Jamie	Unattached - Leigh		419		410		829
LAWRENCE	Andy	Unattached - keighley	Vet 40 Men	169	345	310		824
LOCKWOOD	David	Unattached - Barnsley		104	343	231	146	824
SIZE	Lee	Unattached - Liverpool			464	360		824
METCALFE	Anthony	Mossley Hill Athletics Club	Vet 50 Men	417		405		822
CANNING	Chris	Unattached - Aberystwyth		367	452			819
CLARKE	Gavin	Unattached - Manchester		97	333	240	147	817
MCDONALD	Paddy	Haddington Pacemakers	Vet 50 Men	335	471			806
HUMPHRIES	Simon	Unattached - Wigton	Vet 40 Men	194		301	310	805
BELL	Stuart	Kendal Running Club	Vet 50 Men	173	375	252		800
LEE	Christopher	Unattached - Prescott		310	490			800
GRACE	Ian	Chorley Harriers	Vet 50 Men	288		272	237	797
BUTHCER	Richard	Unattached - York	Vet 40 Men	385	405			790
RANK	Nicholas	Lincoln Wellington AC	Vet 50 Men		477		308	785
SIMPSON	Mark	Unattached - Warrington		392			393	785
HIGHAM	Nick	Unattached - Lancaster	Vet 40 Men	391		393		784
MALE	Les	Unattached - Loughborough	Vet 40 Men	93	328	208	154	783
ASHWORTH	David	Lostock AC	Vet 50 Men		455		325	780
DEVITT	Stephen	Billingham Marsh House Harriers	Vet 50 Men	162	416	202		780
PAULUS	Stephane	Unattached - Liverpool			450		326	776
STICKLEY	Simon	Unattached - Preston, Lancashire		357		417		774
KOLEBUK	David	Unattached - Langley Mill	Vet 40 Men		493	279		772
ADAMSON	George	North Shields Polytechnic AC	Vet 50 Men	187	362	220		769
AKRIGG	Stan	Unattached - Kendal	Vet 50 Men	312	456			768
MATTHEWS	Stuart	North Shield Polytechnic AC	Vet 40 Men	241		295	226	762
PRESTRIDGE	Jeff	Serpentine Running Club	Vet 50 Men		425	332		757

SMITH	Christopher	Sleaford Town Runners	Vet 40 Men		486		271	757
MODEN	Liam	Unattached - Hasslingden	Vet 40 Men	46	342	169	199	756
HUNTER	Neil	Unattached - Leigh	Vet 40 Men	280		241	234	755
WRIGHT	Alex	Unattached - Kettering, Surrey	Vet 40 Men		535		216	751
STAINES	Keith	Unattached - South Shields	Vet 40 Men	356			391	747
THOMPSON	Carl	Unattached - Salford		327		418		745
MEES	Steve	Unattached - Kendal	Vet 50 Men	138	349	257		744
ROTHERHAM	Neil	Unattached - Windermere	Vet 40 Men	421			323	744
SKYER	Ian	Roby Runners	Vet 40 Men		462		280	742
WALKER	Mark	Rochdale Harriers	Vet 40 Men	388		353		741
ROONEY	Graham	Unattached - Liverpool		336			403	739
WEAVING	Paul	Cumberland Fell Runners	Vet 40 Men	309		430		739
SAMUELSON	Peter	Spectrum Striders	Vet 60 Men	70	311	198	158	737
ANCKETILL	Jeremy	Unattached - Brampton	Vet 50 Men		427		305	732
HUGGONSON	Steve	Unattached - Kendal		334	397			731
TOMKINSON	Andrew	Rochdale			398	328		726
PEARSON	David	Unattached - Cockermouth	Vet 40 Men			380	344	724
BOOTH	Paul	Unattached - Cheadale				406	316	722
STEELE	Trevor	Unattached - Lancaster		287	434			721
LARSSON	Charles	Unattached - Ashley	Vet 40 Men	298	421			719
ROBSON	Dave	Elvet Striders	Vet 50 Men	147	285	150	133	715
FIDDLER	Paul	Unattached - Warrington		166		280	261	707
SINNOTT	David	Saddleworth Runners Club	Vet 60 Men	113	326	168	99	706
MCGILL	Craig	Unattached - Windermere		344		361		705
RENTON	Chris	Lauder Limpers	Vet 40 Men	295	407			702
CUMMINGS	Richard	Unattached - Cockermouth	Vet 50 Men	45	292	205	156	698
Fenton	Terry	Great Western Runners	Vet 50 Men		383	312		695
LEWIS	John	Cumberland Athletics Club	Vet 50 Men	164	347		175	686
WILKINS	Roger	Unattached - Kendal	Vet 60 Men	286	396			682
RICHARDS	Mark	Unattached - Bromborough	Vet 40 Men			329	351	680
TUFFIN	Rob	Unattached - leeds		331		344		675
ROSEN	David	Lancaster and Morecombe AC	Vet 50 Men	154	314	206		674
LEONARD	Peter	Unattached - Bedale	Vet 40 Men	1	278	218	169	666
OWEN	Phil	Fetcheveryone	Vet 40 Men		321	338		659
GIBSON	Dan	Unattached - Manchester		260		219	178	657
PARKER	Graham	Unattached - Kendal	Vet 40 Men		399	249		648
SMITH	Tim	Dallam Running Club	Vet 40 Men	253		290	104	647
BAMFORTH	John	Unattached - Seascales	Vet 40 Men			337	309	646
LEE	Greg	Wigan Pheonix	Vet 50 Men		386		258	644
JOHNSON	Graham	Unattached - Leeds	Vet 50 Men	333			306	639
BODDY	Mike	Unattached - York		273			365	638
HENDERSON	Colin	Helm Hill Running Club	Vet 40 Men	232	404			636
PITTS	Andy	Unattached - Manchester	Vet 40 Men		358		277	635
GRAHAM	Stephen	Unattached - Wigton	Vet 40 Men		307	194	127	628
SORRIGAN	David	Unattached		259	357			616
FABIAN	Iain	Unattached - Liverpool	Vet 40 Men		360	251		611
MANNION	Lawrence	Unattached, Kendal	Vet 40 Men			152	455	607
HIGGINS	Philip	Unattached - Windermere	Vet 40 Men	212	391			603
SLATER	Daz	Unattached - Windermere				427	174	601
DEEGAN	Jon	Ambleside Athletics Club	Vet 40 Men		600			600
Tasker	Lee	Chester				288	312	600
WEBB	Stephen	Warrington Road Runners	Vet 50 Men	275		325		600
CHIPPENDALE	Mark	Bowland Rell Runners	Vet 40 Men		599			599
SANGER	Phil	Epsom & Ewell Harriers			598			598
CHESTER	Neil	Loftus and Whitby AC			597			597

SMITH	Thomas	Killmarsh Kestrels			594			594
MURRAY	Will	Durham University	Under 21 Men		592			592
HUSSON	Sylvain	Stainland Lions Running Club			587			587
HORSEMAN	David	Unattached - Lancaster		153		248	185	586
MCKENNA	Michael	Dallam Running Club	Vet 50 Men		586			586
BOWNESS	Anthony	Unattached - Staveley			585			585
HODGKINSON	Steven	Unattached - Milton Keynes			584			584
HARDY	Stephen	Loftus and Whitby AC			583			583
SMEETON	Nick	Unattached - London			579			579
DOUGLAS	Dave	Unattached - Frodsham	Vet 40 Men		575			575
STANWAY	Simon	Barrow and Furness Striders	Vet 40 Men		574			574
METCALFE	Neil	Unattached - Carlisle				259	314	573
WILLIAMSON	Robert	Loftus and Whitby AC	Vet 40 Men		572			572
MASSAM	Stephen	Preston Harriers	Vet 40 Men	19	296	156	100	571
POPE	Tom	Unattached - Clitheroe			570			570
STUART	Andrew	Dark peak Fell Runners			569			569
BERRY	Alan	Unattached - St Helens	Vet 40 Men	203	365			568
CLAYTON	Peter	Vale Royal Athletic	Vet 40 Men		566			566
COLLIGAN	Neil	Unattached			565			565
MILNES	David	Bogotters	Vet 40 Men		564			564
PARKIN	David	5 Regt RA Wksp			563			563
SMITH	Allen	Unattached - Chester	Vet 50 Men	251		311		562
CLEARY	Paul	Unattached - Alsager, Cheshire	Vet 40 Men		368		193	561
HERBERT	Thomas	Loftus and Whitby AC			561			561
FURPHY	Chris	Unattached - guisborough	Vet 40 Men	18	283	197	62	560
MARSHALL	Alan	Eden Runners	Vet 50 Men		559			559
Tiller	Richard	Halstead Road Runners				283	276	559
SIMPSON	Neil	Unattached - Warrington		243		313		556
WALKER	Dave	Unattached - High Pitington	Vet 40 Men	317			238	555
KING	Steve	Unattached - Hereford			553			553
COOPER	Frank	Hereford & Worcester Fire Service			552			552
ROSE	Glyn	Unattached - Kendal	Vet 40 Men		392	160		552
BEDDARD	Richard	Unattached - Cambridge	Vet 40 Men	4	286	166	92	548
LEES	Robin	Unattached - Ambleside	Vet 50 Men	264		284		548
SEWARD	Christopher	Unattached - Carlisle			548			548
LAUD	Pete	Trail Runners Association			546			546
NORGATE	K	Wye Valley Runners	Vet 40 Men		545			545
HITCHIN	Andy	Unattached - Warrington	Vet 40 Men	9	288	167	79	543
MUIR	Alasdair	Unattached			542			542
DENTON	Mark	Unattached - Sheffield	Vet 40 Men	157	384			541
SWEENEY	Derek	Low Wood	Vet 50 Men		539			539
DARWELL	Mike	Unattached - Carnforth			538			538
WOOLLEN	Rob	Rob Woollen Personal Training			537			537
HADDINGTON	Jason	Dallam Running Club		183	353			536
SMYTH	Colin	Unattached - Ormskirk			536			536
TYSOMME	Stephen	Trail Runners Association	Vet 40 Men	234		298		532
WILSON	Chris	Hardley Runners	Vet 40 Men		254	276		530
YOUNG	Mark	Wetherby Runners	Vet 40 Men		530			530
DUFFIELD	Neil	Loftus and Whitby AC	Vet 40 Men		529			529
BENNETT	Richard	Unattached - Felixstowe	Vet 50 Men		528			528
MASSEY	Jonathan	Unattached - Manchester	Vet 40 Men	265			262	527
CLIVES	Peter	Unattached - Kendal	Vet 40 Men		525			525
SMITHURST	Wayne	Ripley Running Club			522			522
STANHOPE	Paul	Unattached - Bradford	Vet 40 Men		520			520

TARVIT	Ian	Vale of Aylesbury	Vet 60 Men	238		282		520
CLIFFORD	Henry	Unattached - Keswick			519			519
MCMILLAN	Ian	Unattached	Vet 40 Men		517			517
CARTER	Peter	NOC	Vet 50 Men	117		216	183	516
JONES	James	Unattached - London			516			516
SHEPHERD	Stephen	Sowerby Bridge	Vet 50 Men	17	271	132	96	516
TEARE	John	Unattached - London			515			515
MCLACHLAN	Duncan	Unattached - Birmingham		158	355			513
DOUGLAS	Andrew	Unattached - Kendal			512			512
MASON	Mike	Unattached - Barrow in Furness	Vet 40 Men	218			289	507
COWARD	Paul	Allithwaite and District RC	Vet 50 Men	155	351			506
Pitman	Gradley	Ribble Runners				228	278	506
THORP	William	Unattached - London			506			506
CUMMINS	David	Unattached - Chorley, Lancs	Vet 40 Men			265	240	505
Cummins	Michael	chorley	Vet 40 Men			264	241	505
LOUGHRAN	Joe	Unattached - Stoke on Trent	Vet 50 Men		275	146	82	503
SUMNER	Paul	Unattached - Bolton	Vet 40 Men	136	367			503
ARMSTRONG	Damian	Unattached	Vet 40 Men		501			501
HENECHAN	John	Pudsey & Bramley AC, Leeds		500				500
BROWN	John	Salford Harriers		499				499
DEAKIN	Simon	Leeds City					499	499
MCCARTHY	Peter	Wirksworth Running Club	Vet 40 Men		499			499
Whitfield	Matt	Bingley Harriers				499		499
Addison	Tom	Helm Hill Runners				498		498
BURNETT	Mike	Leeds City					498	498
HAILS	Steve	Unattached - Newcastle	Vet 40 Men			263	235	498
PORTER	Tim	Unattached - London			498			498
ROSCOE	Martin	Leeds City	Vet 40 Men	498				498
SALTHOUSE	Daniel	Unattached - Sheffield			497			497
BELL	Stewy	Chester Le Street AC	Vet 40 Men	496				496
SMITH	James	Leeds City					496	496
Winskill	Phil	Keswick AC				496		496
MALE	Roy	Unattached - Solihul	Vet 60 Men	1	280	141	73	495
Russell	Mark	Bolton Triathlon Club				495		495
SWAINE	Peter	Charnwood AC, Leicestershire					495	495
VAUGHAN	Frank	Meirionnydd Running Club	Vet 50 Men		495			495
BUSH	Tom						494	494
KRAFT	James	Scarborough Athletics Club	Under 21 Men	494				494
Quinn	Andrew	Lancaster				494		494
JONES	Graham	Unattached - Leeds	Vet 40 Men	151		342		493
QUINN	Iain	Cumberland AC					493	493
SHUTTLEWORTH	Stuart	Ambleside Athletics Club	Vet 40 Men	492				492
WOOD	Dan	Unattached - Gloucestershire			492			492
METHLEY	Roy	Unattached - Cardiff			491			491
POLLITT	Martin	Burnden Road Runners	Vet 40 Men				491	491
STEIXNER	Philipp	Stadium Runners		490				490
Walker	David	Clayton le moors Harriers				490		490
HARRISON	Peter	Unattached - Carlisle	Under 21 Men	489				489
Bell	Richard	Northwich	Vet 40 Men			487		487
PUDSEY	Simon	Unattached - Askam-in-Furness	Vet 40 Men		487			487
ROOKE	Mathew	Hoad Hill Harriers					487	487
DAVIES	Alex	Unattached - Penrith		486				486
Pavlik	Nathan	Reigate Priory AC				486		486
GOULD	Richard	Alchester Running Club					484	484

SUTOR	Ken	Cheshire Hash House Harriers		484				484
FLATLEY	Mark	Unattached - Warrington	Vet 40 Men		330		153	483
PRICE	Martin	Unattached - Derby			483			483
STANDISH	Chris	Calder Valley Fell Runners					482	482
MOONEY	John	Macclesfield Harriers	Vet 40 Men	481				481
STANTON	Andy	Unattached - London	Vet 40 Men		481			481
GARNER	Steven	TRI Lakeland					479	479
ESSEX-CROSBY	Chris	Blackpool Wyre and Fylde					478	478
FLATLEY	Mike	Unattached - Warrington	Vet 50 Men		320		157	477
HOBBINS	Tom	Stafford Harriers					477	477
ROSS	Jeffrey	Northumberland Fell Runners	Vet 40 Men	476				476
Hindle	Nick	Penrith					474	474
STILL	Ben	Unattached - Ilkley		474				474
HOLMES	Jason	Unattached - Carlisle					472	472
JONES	Gary	Bolton United Harriers	Vet 40 Men		472			472
BLACK	David	Clayton le Moors Harriers	Vet 40 Men				471	471
WHEELER	James	Unattached - Alderley Edge		471				471
COLLINS	John	Unattached - Dalton	Vet 40 Men	1	272	140	57	470
DOHERTY	Terry	Bournville Harriers	Vet 50 Men	240			230	470
Fairclough	Steve	Stockport Harriers	Vet 40 Men			242	228	470
Hesketh	Kevin	Preston Harriers	Vet 50 Men			470		470
RYAN	Mark	Carlisle Triathlon Club					470	470
Barry	David	Worthing Striders	Vet 60 Men				469	469
KRAFT	Ted	Scarborough Athletics Club	Vet 50 Men	469				469
SHAW	Graham	Bolton United Harriers	Vet 50 Men		469			469
WAITE	Josh	Carlisle Triathlon Club					469	469
MCPARTLAND	Frank	Haddington Pacemakers	Vet 50 Men		468			468
Johnson	Gary	Penrith					467	467
GARBUTT	Kevin	Halifax Harriers	Vet 40 Men				466	466
Hiles	Tom	Wrexham					466	466
BARTON	Daniel	Unattached - Keswick		465				465
BROOK	Ashley	Harrogate Harriers	Vet 50 Men				465	465
Carter	Mrs	Crook	Vet 40 Men				465	465
LYGATE	David	Unattached - Manchester		464				464
Cassidy	Neil	Tynedale Harriers	Vet 50 Men				463	463
EDWARDS	Stephen	Unattached - Sale					463	463
HELLEWELL	Jez	Ilkley Harriers		463				463
NELSON	John	Alchester Running Club	Vet 50 Men				462	462
ORR	Robin	Unattached - Cockermonth		462				462
BOWEN	Andy	West 4 Harriers	Vet 40 Men		460			460
LANE	Jon	Unattached - Oldham		460				460
Mckenna	Chris	Preston					460	460
Middleton	Daniel	Norwich					459	459
Houghton	Andrew	Bury St Edmunds	Vet 50 Men				457	457
SHAKESPEARE	Mick	Harrogate Harriers	Vet 40 Men				457	457
SHAW	Clive	Unattached - Liverpool	Vet 50 Men	128	329			457
BARTRAM	Tom	Unattached					456	456
LING	Peter	Unattached- Congleton	Vet 40 Men	35		230	191	456
West	Simon	Edinburgh				456		456
PICK	Thomas	Unattached - Cheltenham		67		233	155	455
BURGESS	Jon	Alchester Running Club	Vet 50 Men				454	454
Stepo	Paul	Stockport Harriers	Vet 40 Men				454	454
Burrow	Craig	Helm Hill Runners					453	453
GREENOUGH	Craig	Blackburn Harriers		453				453
HENDERSON	Jon	Stubbington Green AC			453			453
Henderson	Allan	Shropshire					452	452

JORDAN	Graham	Unattached - Stockton-on-Tees	Vet 50 Men	7	291	153		451
SHARPLES	Ian	Wesham Road Runners	Vet 40 Men	451				451
Singleton	Wayne	Barrow-in-Furness			290	161		451
DOBSON	Rob	Calder Valley Fell Runners					450	450
GRIFFITHS	David	Unattached - Harrogate	Vet 50 Men	450				450
ALMOND	Steve	Unattached - Barton	Vet 40 Men				449	449
THOMPSON	Peter	Clayton Le Moors Harriers	Vet 40 Men	449				449
BUSH	Howard	Tamworth AC					448	448
STEWART	David	Crawley		448				448
INMAN	Tom	Unattached - Bristol					447	447
Mcdougall	Ian	Cumberland AC	Vet 40 Men			447		447
THOMPSON	Jeremy	Unattached - London			447			447
PLATTS	Sam	Unattached - Cropston			445			445
SALT	Rob	Charmwood AC	Vet 40 Men				445	445
Whitehead	Cameron	Bridgedale				277	167	444
CUMINS	David	BMF Brighton		443				443
WOOD	Philip	Unattached - Dewsbury			443			443
HUGHES	Derek	East Cheshire Harriers	Vet 40 Men	442				442
WHISTON	Rob	Unattached - Crew	Vet 50 Men	1	265	121	55	442
HUNTER	Ian	Unattached - Nottingham		441				441
TURNER	Christian	Unattached - Heywood		107	334			441
DEWAR	Stewart	Wye Valley Runners			439			439
Greenwood	John	Keighley				439		439
TUCKER	Nolan	Unattached - Yorkshire			438			438
FOLLET	Richard	Unattached - Ryton		437				437
Matthews	Harry	Elswick harriers	Vet 60 Men			437		437
RAGGETT	Ben	Unattached : Fleet					437	437
SHERMAN	Kevin	Unattached - London			437			437
HUCKER	Andy	Alchester Running Club	Vet 40 Men				436	436
SHEA	Phil	Unattached, Kendal	Vet 50 Men		436			436
Young	Phil	Edinburgh	Vet 40 Men			436		436
BENNETT	Russell	Unattached - Wilmslow			435			435
CHARLESWORTH	Ian	Penistone Footpath Runners & AC	Vet 40 Men	435				435
KYNASTON	Matt	Unattached					435	435
Townley	Matthew	Romiley Runners				435		435
Ashby	Quentin	Manchester	Vet 40 Men			434		434
WOOD	John	Leeds City					434	434
JARDINE	Howard	Unattached - Felsted	Vet 50 Men	433				433
WIELAND	David	Unattached - Cambridge			433			433
MCMILLAN	Angus	Unattached - Whitehaven	Vet 40 Men	431				431
ROBINSON	Graham	Unattached - Sutton Coldfield	Vet 40 Men		431			431
SWEETMAN	Paul	Unattached - Parkgate		156			274	430
JONES	Vaughan	Unattached - Newcastle					429	429
ROTHERA	Anthony	Unattached - Windermere	Vet 40 Men	91	338			429
BAKER	Simon	Harrogate Harriers					428	428
BERTENSHAW	John	Wesham Road Runners	Vet 50 Men		428			428
PEZET	Mike	Unattached, Kendal	Vet 40 Men			221	207	428
PLANT	David	Unattached - Poulton-le-Flyde	Vet 40 Men	159	269			428
WOODHEAD	Mark	Unattached	Vet 40 Men				427	427
BROOKE	Phil	The 3 Mustgetbeers					424	424
FLEETWOOD	Paul	Unattached - Manchester		424				424
MOORHOUSE	John	Unattached - Lymm	Vet 50 Men		424			424
LAMPLOUGH	George	Staffordshire Moorlands	Vet 40 Men		423			423
Terry	Jon	Sale				423		423
Wilkinson	Peter	saltwell harriers	Vet 50 Men			229	194	423

CLARKE	Peter	Bingley Harriers	Vet 50 Men				422	422
SMITH	Ian	Harmeny Athletics Club	Vet 40 Men		422			422
Close	Eddie	Howgill Harriers				421		421
MILLER	Brian	Harrogate Harriers	Vet 50 Men				421	421
BEVAN	David	Saddleworth Runners Club	Vet 40 Men				420	420
CARRICK	Ian	Unattached - Penrith, Cumbria		420				420
INGHAM	Peter	Aire Valley Runners	Vet 50 Men	59		211	150	420
KIRKBRIDE	Greg	Unattached - Whitley Bay	Vet 40 Men			214	206	420
WRIGHT	Paul	Unattached	Vet 40 Men		420			420
GUEST	Jonathan	Unattached - Manchester		175			244	419
SPRAWSON	Mark	Bournville Harriers			419			419
GARDNER	Andrew	Jim's Stag Do					418	418
FOSTER	Richard	Abbey Runners		416				416
GOODING	Roger	Springfield Striders					416	416
MACLAINE	Julian	Unattached	Vet 40 Men	1	255	114	45	415
SLATER	Darren	Tri Preston	Vet 40 Men				415	415
Thompson	Keith	Derwent AC	Vet 50 Men			415		415
HORNBY	Colin	Unattached - Liverpool	Vet 40 Men		414			414
Hughes	Nick	Keswick				414		414
LEE	Laurie	Alchester Running Club	Vet 50 Men				414	414
VARLEY	Martin	Southport and Waterloo AC	Vet 40 Men	1	260	109	44	414
WILCOX	Paul	Stonehurst Premier		414				414
HODGSON	Kevin	Unattached - Holmrock			413			413
Hill	Duncan	Manchester				412		412
MAKIN	Stephen	Jim's Stag Do					412	412
MCLEOD	Tim	Unattached - London			412			412
SWEETING	Robert	Nidd Valley Road Runners	Vet 60 Men	1	259	110	42	412
GARDINER	Blair	Prestatyn			411			411
LAVENDER	Ian	Unattached - Moray	Vet 40 Men				411	411
MILLER	Alastair	Unattached - Liverpool	Vet 50 Men	114	297			411
WARD	Stephen	Unattached - Liverpool			409			409
Patchett	Gareth	Spennborough & District AC	Vet 40 Men			408		408
ROWLEY	Ronan	Unattached - London					408	408
WILLIAMS	Dave	NYPAA	Vet 40 Men		408			408
FARRINGTON	Paul	Unattached - Ambleside	Vet 40 Men	407				407
RICHARDS	Jack	Glaxo Hoad Hill Harriers	Under 21 Men				407	407
PURSER	Nick	Unattached - London		406				406
TOLLITT	John	Unattached - Newcastle	Vet 40 Men	405				405
Hurst	Stuart	Dallam Running Club				404		404
SIMISTER	Mathew	Unattached - Northwich		404				404
BOLD	Peter	Unattached - Rotherham	Vet 40 Men		403			403
HOCKING	Zack	Unattached - Altrincham		403				403
CARDEN	Richard	Unattached - Cockermouth	Under 21 Men	402				402
ATKINSON	Paul	Stockport Harriers					401	401
GREY	Russell	Unattached - Higher Bebington		401				401
BASTOW-COULTISS	James	Unattached - Brampton			400			400
Lavender	Ian	Moray				400		400
DAVIES	Richard	Unattached	Vet 40 Men	172		227		399
HOLLOWAY	Ian	Unattached - Tyne and Wear	Vet 60 Men	1	253	107	38	399
MILLS	David	Unattached, Kendal					399	399
WARD	Simon	Unattached - Wirral		163			236	399
Ryan	Christopher	Liverpool				398		398
SIMON	Mathew	Unattached - Stockport	Vet 50 Men	189			209	398
GIDDINGS	Joel	Valley Striders		397				397

Collier	Nick	DPFR	Vet 40 Men			396		396
WELSH	Ewan	Ilkley Harriers	Vet 40 Men	395				395
BURGON	Peter	Lincoln District Runners	Vet 40 Men				394	394
GREGORY	Paul	Unattached - Todmorden		20	266		108	394
MCGRATH	Euan	Stubbington Green AC	Vet 40 Men	394				394
LIPINSKI	Kai	Newcastle Staffs AC	Vet 40 Men		393			393
MARSH	Neil	Unattached					392	392
Parker	Michael	Tyne and Wyre	Vet 50 Men				392	392
VINCENT	Dean	Unattached - Broughton in Furness	Vet 40 Men	224			168	392
DAVIES	Rob	Unattached - Glossop		390				390
REILLY	Paul						390	390
TURPIN	Simon	Unattached - Stockport			390			390
CONNOLLY	Pete	Unattached - Chester	Vet 40 Men		389			389
Earle	Mark	Lymm	Vet 50 Men			389		389
HINDLE	Neil	Fell Runners Association	Vet 40 Men				389	389
O'BRIEN	Mark	Unattached - Manchester			388			388
HARRISON	Richard	Marshall Milton Keynes AC	Vet 50 Men				387	387
THURLBECK	Jeff	Unattached	Vet 40 Men	387				387
TOWERS	Stuart	Unattached - Winchester			387			387
Whitfield	David	Skipton					387	387
TAYLOR	Nicholas	Unattached - Bolton	Under 21 Men				386	386
WALLACE	Iain	Unattached - Sunderland		221			165	386
Davies	Matthew	Mossley Hill AC				385		385
GERRARD	Stephen	York Postal Harriers	Vet 50 Men	69	316			385
SMITH	David	Unattached - Manchester	Vet 40 Men		385			385
BURTHEM	John	Unattached - Bolton	Vet 40 Men	384				384
Cox	Simon	Edinburgh				384		384
WALKER	Phil	TRI Lakeland					384	384
MATHER	Lee	Unattached - Kendal					383	383
SMITH	Glyn	Cambridge & Coleridge AC	Vet 60 Men	383				383
EVANS	David	Unattached - Liverpool	Vet 40 Men	266		116		382
KING DAVIES	Elliot	Unattached - Leeds	Under 21 Men				382	382
INNES	Bob	Penistone Footpath Runners & AC	Vet 50 Men	381				381
Sparrow	Paul	Blackpool	Vet 40 Men			381		381
TRINDER	Nigel	Alchester Running Club	Vet 40 Men				381	381
HOGAN	Mick	Eccles Hill Road Runners	Vet 40 Men		380			380
BRETT	Tim	Sale Harriers	Vet 40 Men				379	379
MISSIONS	William	Eye Community Runners		379				379
SUTTON	Robert	Unattached - Bradford	Vet 40 Men		379			379
CARVER	James	Aycliffe AC		378				378
PEATFIELD	John	Unattached - Bowston	Vet 50 Men	1	262	115		378
GARNETT	Nigel	Kendal Running Club	Vet 50 Men	377				377
MCCARTHY	Mike	Unattached - Ipswich	Vet 40 Men				376	376
STOKES	Simon	Unattached - Bristol	Vet 40 Men		376			376
BAMBER	Daniel	East Cheshire Harriers		375				375
DYE	Mark	Unattached - York	Vet 40 Men				375	375
BURNS	Owen	Mossley Hill Athletics Club					374	374
Hunt	Tim	Jarrow	Vet 40 Men			374		374
WRIGHT	Jeremy	Unattached - keighley	Vet 40 Men		374			374
ALLAN	Stuart	Dallam Running Club	Vet 40 Men	373				373
CHILDS	Iain	Unattached - Kendal	Vet 40 Men	372				372
LUND	Chris	FRANCE - Paris			372			372

RAYNES	Tim	Darwen Dashers	Under 21 Men				372	372
Frost	Keith	Newcastle Upon Tyne	Vet 40 Men			371		371
HALLWORTH	Martin	Unattached - Warrington	Vet 50 Men		370			370
SISSON	William	Unattached - Grange-Over-Sands		370				370
BEECROFT	Phil	Unattached - Kendal		369				369
COCKBURN	James	Unattached - Putney	Vet 40 Men		369			369
BROADLEY	Peter	Unattached		368				368
STOREY	Nigel	Hoad Hill Harriers	Vet 40 Men				368	368
RICHARDS	Mark	Glaxo Hoad Hill Harriers	Vet 40 Men				367	367
LINDLEY	Tom	Unattached - Huddersfield		366				366
Sharp	Tom	Keswick				366		366
CULLEN	Brian	Unattached - Harrogate		365				365
GOMEZ MORENO	Juan Manuel	Unattached - London			364			364
Groombridge	Dave	Preston	Vet 40 Men			364		364
JEFFERY	Anthony	Lancaster and Morecombe AC	Vet 40 Men				364	364
Blakeley	Frank	widnes					363	363
CATHERALL	Mark	Rochdale Harriers	Vet 50 Men				363	363
GRESHAM	Kit	Unattached - Harrogate		363				363
BROCK	Andy	Burgess Hill Runners	Vet 50 Men		306		56	362
ELLIS	Ian	Unattached - Ellon	Vet 40 Men	362				362
SCOTT	Tony	Clayton le Moors Harriers	Vet 50 Men		361			361
HOPPER	Jon	Unattached - Manchester					360	360
STEELE	David	Unattached - Ormskirk		360				360
Harwood	Steve	Keswick AC	Vet 60 Men				359	359
LADOCHA	David	Unattached - Huddersfield	Vet 50 Men	358				358
SHAW	Jayson	Unattached - Galashiels	Vet 40 Men				358	358
BYRNE	Mick	Unattached - Stoke on Trent					357	357
Hannah	Errick	Cumberland Athletic Club	Vet 50 Men				357	357
Hunsley	Daniel	altrincham					356	356
SLATER	Michael	Stockport Harriers	Vet 40 Men				356	356
LEE	Chris	Unattached - Haslemere					355	355
Strachan	Stephen	Keswick AC	Vet 40 Men				355	355
Ainsworth	John	Wirral	Vet 40 Men				354	354
WOODHEAD	Stuart	Penistone Footpath Runners & AC	Vet 50 Men	354				354
DONE	Tim	Keithley and Craven AC	Vet 40 Men				353	353
RANKIN	Richard	Low Fell Running Club		353				353
GERRARD	Mark	Unattached - Chorley		216			136	352
Treadwell	Mark	WEST SUSSEX	Vet 40 Men				352	352
WATSON-HALL	Roger	New Forest Runners	Vet 50 Men				352	352
Dowson	Simon	Skipton					351	351
SPENCER	Jeff	Unattached - Lancashire	Vet 40 Men				179	350
WATSON	Chris	Unattached - Mockerkin		350				350
RUDDOCK	Ian	Mossley Hill Athletics Club	Vet 40 Men	167			182	349
Gibson	Ian	Tynedale Harriers	Vet 50 Men				189	348
Pettit	Andy	Steeon	Vet 40 Men				348	348
CLEMENT	Allen	Unattached - Brampton	Vet 40 Men				347	347
Miller-Crook	Jonathan	Preston	Vet 40 Men				347	347
WALLACE	Daniel	Unattached - Nottingham		347				347
KNOWLES	John	Unattached - Oxford	Vet 50 Men	346				346
SIMPSON	Keith	West 4 Harriers	Vet 40 Men		346			346
WILLIAMS	Peter	Kendal Amateur Athletic Club	Vet 60 Men	44	300			344
HANLEY	David	Unattached - Edingburgh	Vet 40 Men	28	315			343
LAVERACK	Oliver	Unattached - Peterborough		343				343

TICKNER	Douglas	WCOC	Men				343	343
ARMSTRONG	Robert	Unattached - Peterborough	Vet 40 Men	342				342
JONES	Andrew	Unattached - Prescott			341			341
ARMSTRONG	Derek	Cumbria Chamber of Commerce	Vet 50 Men		340			340
BYRNE	Tim	Unattached - Bramhall	Vet 40 Men				340	340
Ellis	Stephen	Neston	Vet 40 Men				340	340
ASHTON	James	Unattached - Winston	Vet 40 Men		339			339
POW	David	Unattached - Cocker mouth	Vet 50 Men				339	339
Wilson	David	stoke-on-trent	Vet 50 Men				339	339
SPENCE	Ian	Unattached - Edingburgh		338				338
CLARKE	Ellis	Unattached - Manchester		337				337
BRIDGES	Ian	Unattached - Kinross	Vet 40 Men				336	336
Hankin	Robert	Keswick AC					336	336
MURPHY	Ken	Lonsdale Fell Runners	Vet 40 Men				335	335
YOUNG	Darren	Unattached - St Helens	Vet 40 Men		335			335
Douglas	Albert	Penrith	Vet 50 Men				334	334
NOLAN	Damian	Mossley Hill AC, Liverpool					334	334
Glover	Christopher	Kirkstall Harriers	Vet 40 Men				333	333
GRAVES	Howard	Unattached - Ulverston	Vet 60 Men	160			173	333
ANDREWS	Jim	Fell Runners Association	Vet 40 Men				332	332
BEBBINGTON	John	Liverpool Pembrook Sefton	Vet 60 Men		332			332
HETHERINGTON	Paul	Unattached - Penrith					331	331
NEALE	David	Unattached - Kendal	Vet 40 Men	134			197	331
Warboys	Matthew	stockport					331	331
SYMONS	Stephen	Manchester YMCA	Vet 40 Men				330	330
OUTTERSIDE	James	Unattached - Cheadale		145			184	329
WOODWARD	John	Ilkley Harriers	Vet 40 Men	329				329
CAVE	Adrian	Desford Striders					328	328
FOOTE	Darren	Black Combe Runners		328				328
BURGER	Andre	Unattached - Exeter			327			327
CRISTINACCE	David	Unattached - Manchester					327	327
Johnston	Justin	cocker mouth					327	327
Cope	Dave	Kendal	Vet 50 Men				326	326
KAY	Geoffrey	Baildon Runners	Vet 60 Men		325			325
POTTER	Steven	Unattached - Oxford	Vet 40 Men	325				325
RANKIN	Iain	Unattached - Macclesfield					324	324
SLATER	David	Unattached - York	Vet 40 Men	324				324
STANDLEY	Geoffrey	Unattached - Cleethorpes			324			324
JONES	Thomas	Unattached			323			323
HESKETH	Mark	Harrogate Harriers	Vet 40 Men				322	322
HULLY	Peter	Unattached	Vet 40 Men		322			322
GROCUTT	John	Hallamshire Harriers AC	Vet 50 Men				321	321
Marsh	Jol	stockport					321	321
GODBER	Duncan	Eye Community Runners		320				320
Walker	Dave	Durham	Vet 40 Men				320	320
Birch	Trevor	Darwen	Vet 50 Men				319	319
BUTLER	Dave	Pudsey Pacers	Vet 40 Men				319	319
STOTT	James	Allthegear.net			319			319
DUNCAN	Steve	Unattached - Darwen		217			101	318
GIBBISON	Neil	Black Combe Runners	Vet 50 Men	318				318
Hirst	Matthew	Preston					318	318
TOWN	Craig	Lune Valley Hash House Harriers	Vet 50 Men		318			318
KERFOOT	Mark	Lostock Athletics Club			317			317
King Davies	Elliot	Leeds					317	317
JONES	John	Unattached - Newton Le Willows	Vet 50 Men	316				316
Jarvis	Richard	Dallam Running Club	Vet 40 Men				315	315

SZEHIDEWICZ	Alex	Unattached - Stockport					315	315
WOOLDRIDGE	Richard	Lune Valley Hash House harriers		315				315
CLARKE	Jonathan	Glossopdale Harriers	Vet 40 Men	314				314
GUARASCI	Franco	Unattached - Leeds				191	123	314
Titley	Paul	Keswick AC	Vet 50 Men			314		314
BRIGHT	David	Unattached - Chester- le-Street	Vet 40 Men	1		182	130	313
MILLS	Alex	Unattached : Littleborough					313	313
PORTER	Nicholas	Trail Runners Association			313			313
DYKES	Edward	Unattached - London			312			312
SMITH	Mark	Bridgedale	Vet 40 Men	311				311
CHATBURN	Colin	Unattached - Preston			310			310
BAKER	Ian	Howgill Harriers	Vet 50 Men		309			309
Brown	Graham	Batley				309		309
Watters	Jason	dalton-in-furness				177	132	309
BATES	Damian	Unattached - Saddleworth		16		186	106	308
SUTCLIFFE	Neil	Blackburn Road Runners	Vet 50 Men	14	294			308
TYRRELL	Dave	Unattached - Leicester			308			308
Williams	Alan	Oldham				308		308
BARTOS	David	Unattached - Edingburgh	Vet 40 Men				307	307
Evans	Bill	Gloucestershire Mountaineering	Vet 50 Men			307		307
HUDSON	Andrew	Unattached		307				307
Clutterbuck	Paul	Vale Royal Athletics Club	Vet 40 Men			306		306
SMITH	Simon	Unattached		1	305			306
WILSON	Nick	Unattached - Bedlington		306				306
PRICE	Martyn	Harrogate Harriers	Vet 40 Men	305				305
TAYLOR	Jason	Unattached : Beamish				164	141	305
BENSON	Lee	Unattached - Hasslingden	Vet 40 Men	304				304
BUSHELL	John	Unattached, Kendal			304			304
ELDRED	Steffan	Unattached - Bury					304	304
HILL	Ron	Clayton Le Moors Harriers	Vet 60 Men	94		210		304
Nicholson	Angus	Whitby				304		304
FERGUSON	Paul	Unattached - Sandycroft	Vet 40 Men		303			303
HOWARTH	David	Unattached - Southport	Vet 50 Men	303				303
JACKSON	Malcolm	Unattached - Congleton	Vet 40 Men				303	303
HETHERINGTON	Andrew	Unattached - Penrith					302	302
KINCART	Mike	Unattached - Kendal	Vet 40 Men		302			302
LAURIE	Graham	Wootton Road Runners	Vet 50 Men	302				302
GELDARD	David	Unattached	Vet 40 Men				301	301
SWIRE	Christopher	Unattached - Manchester	Vet 40 Men	301				301
WILSDON	Steven	Unattached - London			301			301
Christmas	James	St. Ives				300		300
HOOD	Tony	Unattached - Chorley, Lancs					300	300
FLYNN	Alby	Roby Runners	Vet 60 Men		299			299
HUCKER	Peter	Unattached - Clackmannan		299				299
RIDEHALGH	Anthony	Accrington Road Runners					299	299
GILBERT	David	Unattached - Liverpool	Vet 40 Men		298			298
GVERO	Marko	Keithley and Craven AC	Vet 40 Men	297				297
Hill	Colin	Sale	Vet 40 Men			297		297
WARNER	Tim	Garstang Running Club	Vet 50 Men				297	297
BARRETT	Craig	Halifax Harriers	Vet 40 Men				296	296
HODKINSON	Graham	Unattached - Wigton	Vet 40 Men	296				296
Mumford	Bill	Barford St Michael	Vet 50 Men			296		296
CONSTANTINE	Nick	Soloman	Vet 40 Men		295			295
Allington	Gary	West Yorkshire	Vet 40 Men			294		294
COUPE	William	Unattached - Kendal	Vet 40 Men	79		215		294

GARRETT	R	Unattached - Windermere			293			293
MADGE	Charles	Unattached - Middle Claydon					293	293
O'Brien	Neil	Manchester Tri				293		293
White	Alan	Hebburn	Vet 40 Men			292		292
BEYGA	Anthony	Unattached - Liverpool	Vet 50 Men				291	291
FOSTER	Dave	Penistone Footpath Runners & AC	Vet 50 Men	290				290
GARSIDE	Ciaran	Sale Harriers					290	290
BAMBER	Howard	East Cheshire Harriers	Vet 50 Men	289				289
OSBORNE	Paul	Unattached - Norwich			289			289
Wood	Chris	chorley	Vet 40 Men			289		289
CRITCHLEY	George	Radcliffe Athletics Club	Vet 50 Men				288	288
BALI	Utsav	Unattached - Oxford			287			287
Davidson	Alan	Witney	Vet 50 Men				285	285
GIBSON	Lee	Unattached - Long Credon		285				285
CARTWRIGHT	David	Long Distance Walkers Association	Vet 60 Men		284			284
JAMES	Steve	Unattached - Kidderminster	Vet 40 Men				283	283
MORANT	Philip	Unattached - Falkirk	Vet 40 Men	283				283
BARTLETT	Tony	Unattached - Chester	Vet 40 Men		282			282
FATKIN	David	Lancaster and Morecombe AC	Vet 50 Men	282				282
LLOYD	Jim	Unattached - Hexham	Vet 40 Men				282	282
EDWARDS	Richard	Unattached - Huddersfield		281				281
Shimmin	Andrew	Belfast Running Club	Vet 40 Men			281		281
WILLIAMS	Ken	Unattached - Southport	Vet 50 Men		281			281
WORFOLK	Simon	Alcester Running Club					281	281
TICKNER	Paul	WCOC	Vet 50 Men	80			200	280
GILLAND	Rob	Unattached - Liverpool	Vet 40 Men	279				279
HOWARD	J	Unattached - Ashton under Lyne	Vet 50 Men		279			279
ROBERTS	Richard	Unattached - Gateshead	Vet 40 Men				279	279
HANNETT	Mark	Rodillidn Runners	Vet 50 Men	1	277			278
Herbert	Terry	North East Veterans A C	Vet 50 Men				278	278
VAZ	Dan	Unattached - Bristol		278				278
BYRON	Stephen	Unattached - Prescot	Vet 40 Men		276			276
COLDWELL	Jim	Unattached - Richmond		276				276
Watson	Stephen	Cumberland AC	Vet 60 Men			181	95	276
BUNKER	Chris	Carlisle Triathlon Club					275	275
Tromans	David	York	Vet 40 Men				275	275
BENNETT	Martin	Merseyside Police	Vet 40 Men	146			128	274
MCCURRIE	Mark	Unattached - Kendal			274			274
BROWN	Andrew	Unattached - Reading			273			273
CUNLIFFE	Chris	Unattached - Bolton		272				272
OWEN	David	Unattached - Southport	Vet 60 Men		270			270
RAYNES	Andrew	Darwen Dashers	Vet 40 Men				270	270
WHELAN	Paul	Bingley Harriers	Vet 40 Men	270				270
GILES	Thomas	Trail Runners Association	Vet 40 Men	50		135	84	269
MARSHALL	Andrew	Unattached - Settle	Vet 40 Men	269				269
PURDY	Simon	Unattached - Penrith, Cumbria	NDB				269	269
BASS	Christopher	Fetcheveryone	Vet 40 Men		268			268
Burkitt	Nigel	Cleethorpes AC	Vet 50 Men			268		268
MARSH	Jol	Unattached					268	268
CHAUDHRI	Fayyaz	Cumberland AC	Vet 40 Men		267			267
Head	Ritchie	Wallasey	Vet 40 Men			267		267
SOUTHWARD	Tom	Glaxo Hoad Hill Harriers					267	267
Brown	Antony	Batley				266		266
WOOTTON	Chris	Skelmersdale Boundary Harriers	Vet 40 Men				266	266

ASHTON	Carl	Unattached - Warrington					265	265
COOK	Graeme	Unattached - Morecambe	Vet 40 Men		264			264
COOTE	Steve	Unattached - Manchester	Vet 50 Men				264	264
COPP	Jason	Unattached, Birmingham	Vet 40 Men				263	263
GAVIN	Christopher	Unattached - Wigan			263			263
HIGGINS	Chris	Buckley Runners	Vet 50 Men	263				263
BROWN	James	Unattached - Carlisle		110			152	262
Brown	Kevin	maghull					262	262
Downing	Oliver	Bingley Harriers & AC	Vet 60 Men				261	261
LAKELAND	Phil	Preston Harriers	Vet 50 Men	261				261
LANE	Peter	Unattached - Bury St Edmunds			261			261
CHAPMAN	Glenn	Unattached - Barrow-in-Furness					259	259
SMALLWOOD	Dave	Mossley Hill Athletics Club	Vet 50 Men	78			181	259
Dawson	Glenn	Rotherham					258	258
EDGE	John	Unattached - Newcastle	Vet 40 Men		258			258
SMITH	Paul	Unattached - Lancaster		258				258
ATKINSON	Steve	Unattached - Stockport	Vet 50 Men				257	257
ARTACHO	Morgane	Unattached - Glasgow					256	256
BURROWS	Andrew	Unattached - Stafford	Vet 40 Men		256			256
Murphy	David	Ellesmere Port					256	256
JUDGE	Malcolm	Unattached - Penrith		254				254
LASHLEY	Pete	Unattached - Milnthorpe					254	254
HOLLAND	Paul	Unattached - Ratby	Vet 40 Men				253	253
Shamim	Salman	Realbuzz					253	253
ETHELL	Matthew	Unattached - Stockport					252	252
HADLEY	Tony	Unattached - Liverpool	Vet 60 Men		252			252
BAKER	Roy	Unattached					251	251
BUSHELL	Gary	Unattached - Windermere	Vet 50 Men		251			251
JONES	Alan	Unattached - Lymm	Vet 50 Men	1	250			251
HAWLEY	Michael	Unattached - Egremont	Vet 50 Men	250				250
HILL	Stephen	Unattached - Wigan		249				249
TALBOT	Maurice	Unattached - Burntwood	Vet 50 Men				249	249
Allitt	Mark	Selby Striders	Vet 40 Men				247	247
STEPHENS	Tom	Unattached - Sherburn	Vet 40 Men				247	247
Garratty	Peter	Hyndburn AC	Vet 40 Men				246	246
WALSH	Danny	Lincoln Wellington AC	Vet 50 Men				246	246
AULUCK	Nicholas	Unattached					245	245
Crawford-Smith	George	Bridgedale	Vet 60 Men				155	89
Francis	Chris	Tynedale Harriers	Vet 50 Men				244	244
Shuttleworth	Ian	st bees triers					239	239
SPRECKLEY	Kris	Unattached : Cheadle					239	239
WOODROW	Simon	Unattached - Penrith	Vet 50 Men	239				239
Mcluskey	David	Warrington					237	237
EMMS	Luke	Unattached - Kendal		236				236
HANOVER	David	Unattached - St Albans		235				235
Hattee	Dominic	Essex					235	235
BAKER	Neil	Unattached - Sawtry	Vet 40 Men	68			165	233
GREGORY	Nathan	Old Cryptians	Vet 40 Men				233	233
SMITH	Robert	Unattached - Bolton		233				233
Collier	Rod	York					232	232
RUSBRIDGE	Gerry	Eden Runners	Vet 40 Men				232	232
TURNER	Ged	Edgeworth Cricket Running Club	Vet 40 Men				231	231
MAYBURY	Paul	Unattached - Sale	Vet 40 Men	230				230
ELDRIDGE	Stephen	Unattached - Burnley	Vet 40 Men	229				229
IRVING	Chris	Unattached - Brampton	Vet 40 Men	52			177	229

TAYLOR	Simon	Unattached - Redditch					229	229
HUNT	Paul	Unattached - Buckley		228				228
DUNN	Mike	Headington Road Runners	Vet 60 Men	112			115	227
GLASPER	Pete	Unattached - Kendal	Vet 40 Men	227				227
TAYLOR	Tim	Unattached	Vet 40 Men				227	227
Garratty	Jonathan	Hyndburn AC				226		226
WALSH	Niall	Unattached - Lincoln					225	225
Boyer	Steve	Stainland Lions	Vet 40 Men			224		224
O'BRIEN	Martin	Stainland Lions Running Club	Vet 40 Men				224	224
GREENAWAY	Thomas	Unattached - Towcaster					223	223
Robinson	Kristian	Rochdale Harriers	Vet 40 Men			223		223
STAPLEY	Ed	Unattached - Thame		223				223
MCCARTHY	Jeff	Unattached - Rochdale	Vet 40 Men	32		190		222
Nightingale	Phil	Peterborough				222		222
COLCLOUGH	Christopher	Alcester Running Club					221	221
BANKS	Mick	Calder Valley Fell Runners	Vet 50 Men				218	218
Bell	Jimmy	Newcastle upon Tyne	Vet 60 Men			217		217
TAYLOR	Chris	Ackworth RR	Vet 50 Men				217	217
PATRICK	Aiden	Unattached - Colene		215				215
WILLS	Adrian	Unattached - Kidderminster	Vet 40 Men				215	215
KENNY	Steve	Unattached - Ulverston		214				214
Miles	Toby	Barrow Runners				213		213
CROWTHER	Martin	Unattached - Canterbury	Vet 40 Men				212	212
Parr	Kenneth	Wigan	Vet 40 Men			212		212
VIALS	Graham	Unattached - Newcastle		211				211
THOMAS	Paul	Unattached - Witney	Vet 50 Men				210	210
WILLIAMS	Andy	Unattached - Warwick		210				210
Harris	Steve	Lingfield Surrey	Vet 60 Men			209		209
WARDLE	Stuart	Unattached - Wigan		209				209
HOWARD	John	Trail Runners Association	Vet 50 Men	6		144	58	208
MCCABE	David	Unattached - Warrington		208				208
TELFORD	Howard	Unattached - Harrow	Vet 60 Men				208	208
Bird	Oliver	Wallasey				207		207
WARD	Andrew	Unattached - Carnforth		207				207
FROY	Allan	Unattached - Cheltenham		1		129	76	206
MARTIN	Karl	Stainland Lions Running Club		206				206
MAKINSON	Mike	Unattached - Huddersfield					205	205
MILLER	Adrian	Unattached - Kirkby-in-Furness		205				205
ALFORD	Stephen	Wooler Running Club					204	204
EARL	Martin	Unattached - Southport		204				204
Surgener	Robert	Penrith	Vet 40 Men			204		204
Taylor	Neil	Preston				203		203
HENEGHAN	Peter	Horwich RMI Harriers	Vet 60 Men				202	202
TASKER	Michael	York Acorn Running Club	Vet 60 Men	202				202
EVANS	Julian	Unattached - Liverpool	Vet 50 Men	201				201
LEAROYD	Paul	Unattached - Stockport					201	201
Miles	Alan	Bushfield Joggers	Vet 50 Men			200		200
WALKER	Lee	Mossley Hill Athletics Club	Vet 40 Men	200				200
MUIRHEAD	John	Unattached - Ilkley	Vet 40 Men	199				199
THOMAS	Steve	Unattached - Wirral					198	198
WHITEHOUSE	John	Unattached - Darlington		198				198
GRABEK	Steven	Unattached - Kendal		197				197
Lambert	Ben	Essex				196		196
WOOD	Micheal	Unattached - Ryton	Vet 40 Men	196				196
Dobson	Brian	Pocklington Runners	Vet 50 Men			195		195

QUINE	John	Unattached - Kendal	Vet 50 Men	195				195
CLEARY	Richard	Unattached - Leeds		193				193
Puttick	Tim	yarm	Vet 40 Men			193		193
BROWN	Craig	Unattached - Newcastle		192				192
Cox	Peter	Tonbridge				192		192
FARRINGTON	Ian	Unattached - Newcastle-Under-Lyme					192	192
BROWN	Paul	Unattached - Newcastle	Vet 40 Men	191				191
CHEW	Chris	Unattached, Kendal				126	65	191
DALGARNO	Mark	Unattached - Newcastle	Vet 40 Men	190				190
RAPONI	Peter	Unattached - Chorley, Lancs					190	190
Bradshaw	Darren	Lancaster and Morecambe Athlet	Vet 40 Men			112	77	189
GREEN	Robert	Headington Road Runners	Vet 50 Men				189	189
STEVENSON	Paul	Unattached - Selby		41			148	189
LOWE	Colum	Unattached - London	Vet 40 Men				188	188
MOBBERLEY	Peter	Unattached - Tyne and Wear	Vet 40 Men				187	187
Seaman	David	Essex				187		187
MERONE	Paul	Unattached - Wigton	Vet 40 Men	186				186
RATH	Nigel	Allithwaite RC	Vet 40 Men	185				185
Singleton	Ross	Bristol	Vet 40 Men				185	185
CULLEN	Steven	Unattached - Manchester		184				184
TALLENTIRE	Stephen	Unattached - Durham	Vet 50 Men	11		173		184
Shillaw	Chris	Hebburn	Vet 50 Men			183		183
CRAME	Steve	Unattached - Kendal	Vet 40 Men	182				182
JONES	David	Unattached - Holyhead	Vet 40 Men	181				181
BINKS	David	Allithwaite RC	Vet 60 Men	40			140	180
BREWSTER	Mark	Unattached - London					180	180
GAIR	Carl	Unattached - Bedlington		180				180
Gibbs	Matthew	Preston				180		180
ROBINSON	Peter	Unattached - Newcastle		179				179
WADE	Matt	YMCA Harrier					179	179
Day	Lawrence	Macclesfield Harriers				178		178
TWEDDLE	Andrew	Unattached - Newcastle		178				178
DEWICK	Stephen	Stilton striders, Leics	Vet 40 Men	177				177
HAYNES	Tony	Unattached - Preston, Lancashire	Vet 50 Men			113	64	177
HALL	John	Edgeworth Cricket Running Club	Vet 50 Men	54			122	176
HUNT	Andy	Unattached - Sheffield	Vet 40 Men				176	176
Woodley	Lawrence	Tattenhall Runners	Vet 60 Men			176		176
Duffy	Stephen		Vet 40 Men			175		175
Brown	Malcolm	Hadfield	Vet 40 Men			174		174
FLETCHER	Shaun	Barton and District AC	Vet 40 Men	174				174
Haynes	Adam	Preston				172		172
ROBERTS	Glyn	Unattached - York	Vet 60 Men			124	48	172
WHITTAKER	Eric	Blackhill Bounders	Vet 60 Men				172	172
Barrett	John	Hebburn	Vet 40 Men			171		171
Carter	Matt	Berkhamsted				170		170
LEECH	Simeon	Unattached - Ulverston	Vet 40 Men				170	170
VO	Andrew	Unattached - Manchester		170				170
WHITEHOUSE	Martin	Unattached - Milnthorpe	Vet 50 Men	10		159		169
STEWART	Edmund	Preston Harriers	Vet 60 Men	168				168
BROWN	Graham	Unattached - Bacup	Vet 50 Men				166	166
KENNEDY	Jonathan	Unattached - Wigton	Vet 40 Men	165				165
HIGGINS	Daniel	Unattached - Stourbridge					164	164
GARBUTT	Michael	Unattached - Lancaster					163	163
Larkin	Scott	Glossop				163		163
Shrimpton	Mark	Tamworth				162		162

WATSON	Andrew	Unattached - Preston, Lancashire	Vet 40 Men				162	162
JARVIS	Paul	Unattached - Bacup	Vet 50 Men	161				161
BELFIELD	Andy	Derby MC	Vet 50 Men				160	160
RILEY	Andrew	Unattached - St Bees	Vet 40 Men	22		137		159
Green	Bernie	Wigton	Vet 50 Men			157		157
Dooleys	Matt	Bridgedale				154		154
WRAGG	Ian	Penistone Footpath Runners & AC	Vet 40 Men	152				152
FREEMAN	Paul	Unattached - Whitley Bay	Vet 50 Men				151	151
Martin	Simon	Linton	Vet 40 Men			151		151
CLEGG	Paul	St Helens Striders		150				150
Robson	Ian	York	Vet 50 Men			149		149
CARPENTER	Jonathan	Unattached - Leeds		148				148
Heap	Paul	Blackpool	Vet 50 Men			148		148
Feeney	Kevin	Hamsters	Vet 50 Men			147		147
HAIGH	Stewart	Ackworth RR	Vet 60 Men				145	145
Spencer	Ian	leigh	Vet 60 Men			145		145
HALEWOOD	Paul	Unattached - Liverpool		144				144
SKILLING	Chris	Unattached - Warrington					144	144
Guenther	Rene	Wigan				143		143
HARBORD	Chris	Great Yarmouth Road Runners	Vet 60 Men	1		106	36	143
HARRISON	Nigel	Unattached - Carlisle	Vet 40 Men	143				143
PATEL	Firoz	Unattached - Lancaster					142	142
WISE	Gary	SFB	Vet 40 Men	142				142
TURNER	Neil	Unattached - Chester	Vet 40 Men	141				141
HIGGINBOTTOM	Paul	Unattached		140				140
BURNS	Darren	Fell Ponies	Vet 40 Men	139				139
England	Darron	Lichfield	Vet 40 Men			139		139
NEILD	Dave		Vet 60 Men				139	139
JAMIESON	Chris	Fell Ponies	Vet 50 Men				138	138
Booker	Malcolm	Stockport Harriers and Athleti	Vet 60 Men			138		138
FARNDON	Colin	Unattached - Penrith	Vet 40 Men				137	137
WHARTON	Steven	Unattached - Carlisle	Vet 50 Men	137				137
Cannon	Andrew	Keswick	Vet 40 Men			136		136
MALLON	Paul	Unattached - Liverpool	Vet 40 Men	1			135	136
BINCOE	Robert	Unattached - Wolverhampton	Vet 40 Men	135				135
CORLETT	Steve	Unattached - Liverpool	Vet 50 Men	1			134	135
O'Brien	Vincent	Levens	Vet 50 Men			134		134
Lockett	William	Blythe Bridge RC	Vet 60 Men			133		133
CHESTERMAN	Steve	Unattached - Derbyshire	Vet 50 Men	1		131		132
MARSHAL	James	Unattached - Sunderland		132				132
BAKER	Richard	Amazing Feet AC	Vet 50 Men				131	131
HUMPHREYS	Rod	Unattached - Ashton under Lyne	Vet 50 Men	131				131
HOUGHTON	T	Unattached - St Helens	Vet 50 Men	130				130
Jones	Chris	Liverpool	Vet 50 Men			130		130
MACDOUGALL	Howard	Penistone Footpath Runners & AC		129				129
MCGOVERN	Bryan	3 Mustgetbeers					129	129
Whelan	Jim	Witney	Vet 50 Men			128		128
Creek	Richard	Omaha	Vet 50 Men			127		127
FELLOWES	Benjamin	B&D Tri		127				127
SPOONER	Steve	Unattached - Bollington	Vet 40 Men				126	126
WALLACE	David	Hartlepool Burn Road Harriers	Vet 50 Men	126				126
ALLUN	Iain	Unattached - Cockermouth		125				125
Menzies	Ewen	Budleigh Salterton				125		125
COWAN	Jonathan	Greater Sport		124				124

STEPHEN	Devitt		NDB				124	124
JOHNSON	Rob	Unattached		123				123
Walker	Chris	Oxford				123		123
Corry	Matt	Summertown				122		122
KINGSTON	John	Unattached - Newton Stewart		122				122
TALLENTIRE	Stephen	Unattached - Durham	Vet 50 Men				121	121
THOMAS	Michael	Unattached - Carnforth		121				121
DOBSON	Graham	Unattached - Ulverston	Vet 50 Men				120	120
Jordan	Martin	Make Us Smile Keswick	Vet 70 Men				120	120
WILSON	Claire	Unattached - Kendal		120				120
Dyer	Peter	Carnforth	Vet 50 Men				119	119
SHOUBRIDGE	Stephen	Redstone	Vet 40 Men				119	119
SILK	Grant	Congleton Harriers	Vet 50 Men	118				118
Waterworth	Andrew	Newcastle-Upon-Tyne	Vet 50 Men				118	118
WOODLEY	Lawrie	Tattenhall Runners, Cheshire	Vet 60 Men				118	118
CRAGGS	Paul	Unattached - Ilkley		1			116	117
GILKES	Matt	Unattached - Rugby					117	117
Spencer	Ryan	Watford					117	117
QURTERMAINE	Simon	Unattached - London		116				116
WAUGH	Christopher	Unattached - Southport	Under 21 Men	115				115
THOMSON	Grant	Unattached - Lymm	Vet 40 Men				114	114
CODDINGTON	Simon	Unattached - Stockport					113	113
HOUGHTON	Neil	Unattached - St Helens		111				111
HUGHES	Darren	Unattached - Manchester					111	111
Merifield	Stephen	North Allerton	Vet 40 Men				111	111
STURGEON	Phil	Unattached - Nottingham	Vet 40 Men				110	110
HARRISON	Don	Derby MC	Vet 50 Men				109	109
NEWBY	Colin	Unattached - Newcastle	Vet 40 Men	109				109
GRUNDY	Mark	Unattached - Bolton		108				108
Tomkinson	David	Rochdale Harriers	Vet 60 Men				108	108
TYSON	Barry	Horwich RMI Harriers	Vet 60 Men				107	107
ROUND	Paul	Unattached - Birmingham		106				106
CARTER	Matt	Unattached - Northwich	Vet 40 Men	105				105
Irwin	John	St Helens	Vet 60 Men				105	105
LUNT	Eric	Unattached - Manchester					105	105
Howe	Mike	Make Us Smile Keswick	Vet 60 Men				104	104
EDGAR	Andy	Unattached, Kendal	Vet 40 Men				103	103
Hall	Ian	Make Us Smile Keswick	Vet 60 Men				103	103
BUNN	Andrew	Kudu Bikes Tri Club	Vet 40 Men				102	102
Greenwood	Mike	Nidd Valley Road runners	Vet 50 Men				102	102
HOLGATE	Sean	Unattached - Leeds	Vet 40 Men	102				102
LAMBERT	Chris	Unattached - Carnforth		101				101
COATES	James	Unattached - Gateshead		100				100
REGAN	Paul	Unattached - Lancaster		99				99
PEPPER	Graham	Unattached - Scarborough		98				98
SALE	Andrew	Roby Runners	Vet 40 Men				98	98
LARCOMBE	Piers	Unattached - Wimbledon					97	97
EDWARDS	Michael	Unattached - Liverpool	Vet 50 Men	95				95
WEBSTER	Stephen	Unattached - Holmfirth	Vet 40 Men				94	94
LEWIS	Keran	Unattached - Southport	Vet 50 Men				93	93
DUFFY	Peter	Unattached	Vet 40 Men	1			91	92
SANDERSON	Gary	Unattached - St Helens	Vet 40 Men	92				92
SHIPLEY	David	Road Runners Club	Vet 50 Men				90	90
WORTHINGTON	Brian	Birchfield Harriers	Vet 50 Men	90				90
ELDER	Kenneth	Unattached - Nottingham		89				89

CONLON	Chris	Unattached - Manchester					88	88
WESTCOMBE	Mark	Unattached - Lancaster		88				88
WARBOYS	Matthew	Unattached					87	87
WHITE	Alastair	Unattached - Consett	Vet 40 Men	87				87
CARROL	Lee	Unattached - Crosby					86	86
HIGLEY	Steven	Unattached - Sandy		85				85
LATALA	Timothy	Unattached - Stoke on Trent					85	85
SEVERN	Peter	Unattached - Newark	Vet 40 Men	84				84
POYSER	Alasdair	Unattached - Stockport					83	83
FRASER	Derek	SWAC	Vet 40 Men	82				82
BLACKER	John	Harrogate Harriers	Vet 40 Men				81	81
MORANT	William	Bedford Harriers	Vet 60 Men	81				81
HADFIELD	Tom	Unattached - Stockport					80	80
DYCHE	Christopher	Unattached - Wirral					78	78
BALL	Phil	Unattached - Southport	Vet 40 Men	77				77
HUDSON	Mick	Stourport & Kidderminster RC	Vet 50 Men				75	75
YATES	Richard	Unattached - Chester		75				75
CLARKE	Matt	Unattached - London		74				74
TATTERSALL	Alan	Ackworth RR	Vet 50 Men				74	74
HALL	Simon	Unattached - Bolton	Vet 40 Men	73				73
JOHNSON	Michael	Unattached - Bristol					72	72
KITE	Jonathan	Pudsey Pacers		72				72
CLARK	Roger	Unattached - Neston					71	71
COLLIER	Roger	Unattached - Salisbury	Vet 40 Men	5			66	71
ECCLESTONE	Neil	Unattached - Huntingdon	Vet 40 Men	71				71
BARROW	Peter	Unattached - Little Neston					70	70
GRAVES	Brian	Marshall Milton Keynes AC	Vet 60 Men	1			69	70
RHODES	Alex	Unattached - Bolton	Under 21 Men				68	68
WEAVER	Darryl	Unattached - Gloucester	Vet 40 Men				67	67
CULL	Dave	Unattached - Bromsgrove		66				66
MADDEN	Paul	Unattached - Bromsgrove		65				65
STAINTHORPE	Ian	Rochdale Harriers	Vet 40 Men	64				64
BROWN	Antony	Unattached - West Yorkshire		63				63
LITT	Steven	Unattached - Silloth, Cumbria					63	63
LEWIS	David	Unattached	Vet 40 Men	62				62
HELME	Gerry	Unattached - Liverpool	Vet 50 Men	61				61
SCHOLEY	Alan	Unattached - Yorkshire	Vet 50 Men				61	61
FARMER	Robert	Unattached - Sheffield		60				60
MCCOMB	Oliver	Unattached - London					60	60
ECCLESTON	Mark	Unattached - Cannock					59	59
MAWDSLEY	John	Unattached - Liverpool		58				58
SOUTHERN	Peter	Unattached - Bolton	Vet 40 Men	57				57
WHITEHEAD	Brian	Unattached - Bury	Vet 40 Men	56				56
WATSON	Mark	Unattached - Blackpool	Vet 40 Men	55				55
BINGLEY	Kenneth	Ackworth RR	Vet 60 Men				54	54
BARFOOT	Marc	Eastleigh Running Club					53	53
HOLLOWBREAD	Andrew	Unattached - North East	Vet 40 Men	53				53
SHEPPARD	Keith	Unattached - Croydon	Vet 50 Men				52	52
CRAPPER	David	Unattached - Yorkshire	Vet 60 Men				51	51
WINTER	Adam	Unattached - Trafford		51				51
DODD	Brian	Ackworth RR	Vet 50 Men				50	50
FELGATE	Paul	Unattached - Leeds	Vet 50 Men	49				49
LADOCHA	Mark	Unattached		48				48
PRICE	Robert	Unattached - Leeds		1			47	48
BARKER	Stuart	Driffield Striders	Vet 40 Men	47				47

O'LEARY	Allan	Unattached - Liverpool	Vet 50 Men				46	46
ROBSON	Chris	Unattached - St Bees	Vet 60 Men	1			43	44
ANDREWS	James	Unattached - Skipton	Vet 40 Men	43				43
BURKE	Dave	Unattached - Sunderland	Vet 50 Men	42				42
DYSON	Ron	Ackworth RR	Vet 50 Men				41	41
BONSAN	Ross	Unattached - Buckinghamshire					40	40
MARRIOTT	Rob	Dallam Running Club	Vet 40 Men	39				39
PIPER	Rob	Unattached - Ormskirk	Vet 40 Men				39	39
KEEGAN	Nigel	Unattached - London		38				38
CLARK	Jackson	Unattached - London					37	37
PATRICK	Rob	Unattached - London		37				37
METCALFE	Dan	Sun Inn Hawkshead	Vet 40 Men	36				36
LOWRY	Jeremy	Unattached - Guildford	Vet 50 Men	34				34
VARLEY	Martin	Unattached - Kendal	Vet 40 Men	33				33
DAY	Mark	Unattached - Southport		30				30
ALLDRED	Karl	Unattached - Warrington		29				29
BANCROFT	Ian	Unattached - Warrington		27				27
HOLLAND	Stewart	Unattached - Warrington		26				26
WAUGH	Robert	Ormskirk Grammer	Under 21 Men	25				25
ATKINSON	Peter	Unattached	Vet 40 Men	24				24
CLARKE	David	Unattached - Northwich	Vet 50 Men	23				23
MILMAN	Dan	Unattached - Bolton		21				21
WILSON	Ian	Unattached - Carlisle	Vet 50 Men	15				15
ROSS	Ian	Unattached - Cambridge	Vet 40 Men	13				13
CHAN	Shawn	Unattached - Huddersfield		12				12
WEBSTER	Frank	Road Runners Club	Vet 50 Men	8				8
CAMERON	Stew	Bridgedale		2				2
BENNETT	David	Unattached - Aughton	Vet 50 Men	1				1
BLAND	Eddie	Ambleside Athletics Club	Vet 50 Men	1				1
BLEIKER	Phil	Unattached - Ivybridge	Vet 50 Men	1				1
BURNS	Oli	Unattached - Bristol		1				1
CONNOLLY	Patrick	Unattached		1				1
CROSBIE	Paul	Unattached - Liverpool	Vet 40 Men	1				1
DUNCAN	Phillip	Unattached - Lancaster		1				1
FIELDING	Philip	PACTRAC		1				1
GRETTON	James	Unattached - Hartlepool		1				1
HANSON	Craig	Team Runnerbean	Vet 40 Men	1				1
HARVEY	Ian	Wigton Road Runners	Vet 40 Men	1				1
HIRST	Justin	Unattached - Hyde		1				1
HUSSAIN	Bashir	Stockport Harriers	Vet 40 Men	1				1
KANE	Chris	Unattached - Rochdale	Vet 40 Men	1				1
KENNEDY	Robert	Unattached - keighley		1				1
MCEWAN	Gregor	Unattached - Wirral		1				1
MCMASTER	David	Unattached - Gateshead		1				1
MCMASTER	Jim	Unattached - Gateshead	Vet 50 Men	1				1
NODEN	Shane	Unattached - St Helens		1				1
OGDEN	Lee	Tri Preston		1				1
ORME	Marcus	Bridgedale		1				1
POOLER	Anthony	Achille Ratti		1				1
PORTEOUS	Colin	Unattached - Barnsley	Vet 40 Men	1				1
SHUTTLECOCK	Steve	Unattached - Liverpool	Vet 40 Men	1				1
SWALWELL	Dave	Unattached - Nottingham	Vet 40 Men	1				1
TAYLOR	Robert	Unattached - Chester- le-Street		1				1
WHISTON	Philip	Unattached - Sandbach		1				1
WYATT	Philip	Allithwaite and District RC	Vet 50 Men	1				1