

### PUMA Lakeland Trails 2010 Series Results : Men

Name	Club	Category	Hawkshead	Kentmere	Derwent	Coniston	Total
MCGRATH, John	Worthing Striders	Vet 40 Men	490	491	487	498	<b>1966</b>
SEAL, Howard	Derwent AC		484	492	485	495	<b>1956</b>
BROWN, Doug	Dumfries Running Club	Vet 50 Men	486	493	476	489	<b>1944</b>
MORRAN, Stephen	Northern Vets AC	Vet 50 Men	482	490	477	487	<b>1936</b>
BARK, Stephen	Unattached - Horncastle		473	482	467	477	<b>1899</b>
ALLISON, Mike	Unattached - Penrith	Vet 50 Men	464	476	472	473	<b>1885</b>
CAMPION, Adam	Keswick AC		471	472	465	465	<b>1873</b>
COOPER, Nicholas	Shelton Striders	Vet 50 Men	474	477	461	460	<b>1872</b>
THOMAS, Dan	Unattached - Tregaron		447	475	474	476	<b>1872</b>
STURGESS, Ian	Wymondham AC, Norwich	Vet 50 Men	438	473	459	470	<b>1840</b>
SANDERSON, Chris	Nothumberland Fell Runners		470	461	441	463	<b>1835</b>
CONROY, Phil	Unattached - Derby		455	452	450	469	<b>1826</b>
HUGHES, Martin	Chorley Harriers	Vet 40 Men	381	467	451	462	<b>1761</b>
MILLER, Brian	Harrogate Harriers	Vet 50 Men	442	460	418	441	<b>1761</b>
BROWN, Steve	Unattached - Windermere	Vet 40 Men	426	429	448	442	<b>1745</b>
PINDER, Graham	Glaxo Hoad Hill Harriers	Vet 50 Men	435	445	413	435	<b>1728</b>
NOLAN, Damian	Mossley Hill Athletics Club		456	410	404	413	<b>1683</b>
STEFFEN, Clive	Unattached - West Haddon	Vet 50 Men	378	456	422	393	<b>1649</b>
TABERNER, John	Unattached - St Annes	Vet 40 Men	405	379	423	433	<b>1640</b>
SHILLITOE, Francis	Unattached - Hexham		374	414	414	427	<b>1629</b>
RANKIN, Iain	Unattached - Macclesfield		390	449	375	398	<b>1612</b>
BURNS, Graeme	Unattached - Congleton	Vet 40 Men	386	433	395	388	<b>1602</b>
LEATHEREN, Andy	Unattached - Kendal	Vet 40 Men	408	383	374	411	<b>1576</b>
JAMES, David	Unattached, Kendal	Vet 40 Men	379	425	391	379	<b>1574</b>
MILLER, Chris	Harrogate Harriers		496		493	499	<b>1488</b>
CORDEN, James	Stockport Harriers			497	489	497	<b>1483</b>
BREWSTER, Roger	Clayton-le-Moors Harriers	Vet 50 Men	489		484	490	<b>1463</b>
MACDONALD, David	Unattached - Southport	Vet 40 Men	420	409	354	276	<b>1459</b>
MACKENZIE, Colin	Unattached - Wolverhampton	Vet 50 Men	286	417	383	357	<b>1443</b>
METCALF, Alan	Preston Harriers	Vet 40 Men	480	471	478		<b>1429</b>
CAMPOS, Paulo	Unattached - Leigh, Lancashire			466	473	456	<b>1395</b>
ROBERTSHAW, Tom	Lancaster and Morecambe AC	Vet 60 Men		479	454	453	<b>1386</b>
MCDONNELL, Dave	Unattached - Southport	Vet 40 Men	348	401	340	293	<b>1382</b>
NOBLE, Phil	Unattached - Southport	Vet 50 Men	327	385	350	312	<b>1374</b>
RANK, Nicholas	Lincoln Wellington Athletic Club	Vet 50 Men	323	392	321	329	<b>1365</b>
SOUTHWARD, Tom	Glaxo Hoad Hill Harriers		282	356	346	363	<b>1347</b>
TOWNLEY, Matthew	Stockport Harriers			399	468	480	<b>1347</b>
BURROWES, Stephen	Kendal Amateur Athletic Club	Vet 40 Men	322	310	379	330	<b>1341</b>
CATHERALL, Mark	Rochdale Harriers	Vet 50 Men	440	453	444		<b>1337</b>
SYMONS, Stephen	Manchester YMCA	Vet 40 Men	368	334	324	310	<b>1336</b>
EARLE, Mark	Unattached - Knutsford	Vet 50 Men	285	357	337	355	<b>1334</b>
MOBBERLEY, Peter	Unattached - Monkseaton	Vet 40 Men	298	367	344	324	<b>1333</b>
FIDDLER, Paul	Unattached - Warrington		328	375	295	317	<b>1315</b>
HIGHAM, Nick	Unattached - Lancaster	Vet 40 Men	460		397	458	<b>1315</b>
JONES, Mike	Unattached - Barrow		377	412	246	279	<b>1314</b>
ROACH, Steve	Unattached - Warrington	Vet 40 Men	397	438	93	378	<b>1306</b>
LEWIS, Jason	Unattached - Bolton		493	495	311		<b>1299</b>
ELSENDER, Neil	Keswick AC	Vet 40 Men	409		438	444	<b>1291</b>
CARPENTER, Peter	Unattached - Ellesmere Port	Vet 40 Men	366	358	232	332	<b>1288</b>
SKYNER, Ian	Roby Runners	Vet 40 Men	414		419	454	<b>1287</b>
HUMPHRIES, Simon	Unattached - Wigton	Vet 40 Men	306	339	293	345	<b>1283</b>
GOULDING, Ian	Holmfirth Harriers	Vet 40 Men	416	432		434	<b>1282</b>
EDMONDSON, John	Newton Aycliffe AC	Vet 60 Men	326	294	323	334	<b>1277</b>
COX, Nick	Unattached - Ambleside	Vet 40 Men	275	338	307	337	<b>1257</b>
SEAR, John	Unattached - Lancaster		421		401	421	<b>1243</b>
BREWSTER, Keith	Valley Striders, Leeds	Vet 50 Men	404	430	407		<b>1241</b>
FLYNN, Graham	Roby Runners	Vet 40 Men	245	335	331	322	<b>1233</b>

WATSON, Gerry	Wymondham Athletic Club	Vet 50 Men	391		410	417	1218
BEAUMONT, John	Unattached - Windermere		344	378	116	359	1197
ALMOND, David	Dewsbury Roadrunners, W Yorks		233	474		486	1193
DURRANT, Andrew	South Cheshire Harriers		406	419	367		1192
MADGE, Charles	Unattached - Middle Claydon			406	394	391	1191
ROCHE, Paul	Merseyside Police	Vet 50 Men	226	368	300	281	1175
BARRETT, Martin	Unattached - Stockton on Tees	Vet 40 Men	369		411	394	1174
HUNTER, Neil	Unattached - Leigh, Lancashire	Vet 40 Men	289	365	266	245	1165
TURNER, Ged	Edgworth AC	Vet 50 Men	313	328	233	290	1164
LUND, Jamie	Unattached - Kendal		413	380	369		1162
PATON, David	Unattached - Keswick	Vet 40 Men	308	333	215	274	1130
SMITH, Jerry	Sale Harriers	Vet 50 Men		423	359	347	1129
STURGESS, Phil	Trail Running Association	Vet 40 Men	219	316	313	268	1116
QUAYLE, Roger	Barrow and Furness Striders	Vet 50 Men	376		357	377	1110
LAKER, Stephen	Unattached - Preston	Vet 40 Men	359		385	358	1102
CARTER, Simon	Unattached - Austwick	Vet 40 Men		377	390	325	1092
BEAUMONT, Joe	Unattached - Windermere		345	376		364	1085
CRITCHLEY, George	Radcliffe AC	Vet 50 Men	225	292	285	282	1084
POOLE, Robert	Unattached - Windermere	Vet 60 Men	338	388	349		1075
ROBERTS, Paul	Unattached - Saltburn	Vet 40 Men	371	297		385	1053
MERCER, John	Unattached - Wigan	Vet 40 Men	365		322	356	1043
MASSEY, Jonathan	Unattached - Manchester	Vet 40 Men	224	238	261	309	1032
ASHWORTH, David	Lostock AC	Vet 50 Men		389	325	311	1025
RUSBRIDGE, Gerry	Eden Runners	Vet 40 Men	204	304	237	272	1017
NEWBY, Colin	Unattached - Newcastle	Vet 40 Men	267	285	242	215	1009
ATKINSON, Steve	Unattached - Stockport	Vet 50 Men	310	373		323	1006
DAVIDSON, Alan	Unattached - Witney	Vet 50 Men	200	293	288	219	1000
CHATTERTON, Gavin	Leeds City AC				497	500	997
MCEVOY, Michael	Unattached - Lancaster		197	411	389		997
BEYGA, Anthony	Unattached - Liverpool	Vet 50 Men	321		360	313	994
GILLMAN, Darren	Spa Striders, Warwick	Vet 40 Men	254	353	216	150	973
BARNES, Chris	Accrington Road Runners				475	491	966
PEACOCK, Paul	Unattached - Redcar	Vet 40 Men			480	484	964
WHELAN, Jim	Unattached - Witney	Vet 50 Men	287	250	306	115	958
MCGARRY, Raymond	Unattached - Stockport	Vet 40 Men		381	328	240	949
FLETCHER, Gordon	Fell Runners Association	Vet 60 Men		364	265	319	948
GRACE, Ian	Chorley Harriers	Vet 50 Men	301	345		298	944
WATTE, Josh	Carlisle Triathlon Club		472			471	943
RENDER, Paul	Harrogate Harriers & Athletic Club	Vet 50 Men	465			475	940
HESKETH, Anthony	Horwich RMI Harriers	Vet 60 Men	466	470			936
LLOYD, Andrew	Unattached - Ormskirk		467		469		936
SHAKESPEARE, Mick	Harrogate Harriers	Vet 40 Men			463	472	935
LIVINGSTONE, David	Altrincham & District AC		491		443		934
FRASER, Graham	Allen Valley Striders	Vet 60 Men		290	333	307	930
CLAYTON, Peter	Vale Royal Athletics, Cheshire	Vet 40 Men			466	461	927
MCDUGALL, Andrew	Rochdale Harriers		462	465			927
CLARKE, Neil	Unattached - Manchester	Vet 40 Men			460	466	926
LAW, Michael	Unattached - Ayrshire	Vet 60 Men		369	303	243	915
BAI, Jerome	Unattached - Liverpool			459		451	910
HARDING, Chris		Vet 50 Men	461			449	910
HUGHES, Ian	Dragons Running Club, Sale		337	343		226	906
LASHLEY, Pete	Unattached - Milnthorpe	Vet 40 Men	198	347	329	28	902
COATES, John	Unattached - Skipton	Vet 40 Men	272	374		255	901
CASSON, Will	Glossopdale Harriers				439	452	891
CUMMINS, David	Unattached - Chorley	Vet 40 Men	192	252	269	175	888
ASKEW, David	Harrogate Harriers	Vet 40 Men	454			430	884
LOCKE, Colin	Unattached - Mistley	Vet 50 Men	292	336		254	882
VAUGHAN, David	Unattached - Ormskirk		434	444			878
FORTUN, Phil	Stone MM		449	426			875

ASHBY, Quen	Unattached - Manchester	Vet 40 Men			442	428	<b>870</b>
ALMOND, Steve	Unattached - Barton	Vet 40 Men	427		440		<b>867</b>
DONLON, Anthony	Unattached - Blackburn	Vet 40 Men		464		401	<b>865</b>
SMITH, Allen	Unattached - Flintshire	Vet 50 Men		223	338	295	<b>856</b>
BAKER, Simon	Harrogate Harriers			431		422	<b>853</b>
BROCK, Andy	Burgess Hill Runners	Vet 50 Men	53	342	85	373	<b>853</b>
FRY, Stephen	Unattached - Harrogate, N Yorks	Vet 40 Men		413		438	<b>851</b>
BRETT, Tim	Sale Harriers	Vet 40 Men			424	418	<b>842</b>
HARRIS, Mike	Baxi		411		420		<b>831</b>
ROSE, Paul	Wolverhampton & Bilston AC		243		272	315	<b>830</b>
STEPHENSON, Les	Kendal AC	Vet 60 Men	398	420			<b>818</b>
CROMPTON, Sam	Unattached, Kendal			441	372		<b>813</b>
SCHOFIELD, Graham	Chorley Harriers	Vet 50 Men		427		384	<b>811</b>
THOMPSON, Brian	Unattached - Kettering, Surrey	Vet 50 Men		371	437		<b>808</b>
BROCKIE, Damien	Unattached - West Yorkshire			458		344	<b>802</b>
WOODWARD, Rob	Unattached - Kendal		375			415	<b>790</b>
OWEN, Stephen	Unattached - Cheshire		392			396	<b>788</b>
MCCABE, Dave	Unattached - Warrington		105	270	214	195	<b>784</b>
MATTHEWS, Stuart	North Shields Polytechnic AC	Vet 40 Men	274		234	275	<b>783</b>
BROADLEY, Ralph	Scarborough AC	Vet 60 Men			399	380	<b>779</b>
MCCARTHY, Jeff	Unattached - Rochdale	Vet 40 Men	142	232	225	178	<b>777</b>
ANDREW, Paul	City of Hull AC		350	424			<b>774</b>
SIMPSON, Keith	Wallasey Athletic Club	Vet 40 Men		422	351		<b>773</b>
DAWSON, Glenn	Unattached - Rotherham		156	248	220	141	<b>765</b>
LEONARD, Peter	Unattached - Bedale	Vet 40 Men	124	233	205	198	<b>760</b>
WEBB, Stephen	Warrington Road Runners	Vet 50 Men		390	364		<b>754</b>
BEECROFT, Phil	Unattached - Kendal		380	362			<b>742</b>
BELL, Stuart	Kendal Amateur Athletic Club	Vet 50 Men	248	291	203		<b>742</b>
MODEN, Liam	Unattached - Haslingden	Vet 40 Men	252	196	126	168	<b>742</b>
STARK, Jim	Gala Harriers	Vet 50 Men	370			372	<b>742</b>
HARRISON, David	Unattached - Sunderland				365	371	<b>736</b>
CALVERLEY, Paul	Accrington Road Runners	Vet 40 Men			343	389	<b>732</b>
ROBINSON, Neil	Cancer Care		354		376		<b>730</b>
BROWNE, Peter	Unattached - Surrey	Vet 50 Men		366	358		<b>724</b>
ECCLESTON, Philip	Unattached - Bolton		351	370			<b>721</b>
WALTON, Paul	Unattached - Doncaster	Vet 50 Men	210	299		209	<b>718</b>
HUCKERBY, Nick	Unattached - Dumfermline		393	321			<b>714</b>
NISBET, Dougie	Elvet Striders	Vet 40 Men	240	253	137	82	<b>712</b>
HARTHAN, Stephen	Mossley Hill AC, Liverpool				341	368	<b>709</b>
STANGROOM, Craig	Unattached - Kirkby In Furness	Vet 40 Men	309	400			<b>709</b>
PARKER, Graham	Unattached, Kendal	Vet 40 Men		230	271	207	<b>708</b>
BAMFORTH, John	Unattached - Seascale, Cumbria	Vet 40 Men			352	352	<b>704</b>
PETTIT, Andy	Unattached - Steeton	Vet 40 Men	329			375	<b>704</b>
WARREN, Chris	Lancaster & Morecambe AC	Vet 50 Men		451	241		<b>692</b>
SORRIGAN, David	Unattached - Wigan		339	351			<b>690</b>
HOWARD, Scott	Unattached - Hartlepool			322		367	<b>689</b>
PICK, Thomas	Unattached - Cheltenham		157	225	165	139	<b>686</b>
HIGGINBOTTOM, Paul	Unattached - Manchester		340	344			<b>684</b>
SPRIGGS, Gary	Unattached - St Helens	Vet 40 Men		274	148	259	<b>681</b>
LEWIN, Michael	Unattached - Stockport	Vet 40 Men	284	396			<b>680</b>
BREWSTER, Trevor	Valley Striders, Leeds				312	366	<b>678</b>
JONES, Chris	Unattached - Keighley	Vet 40 Men	299			376	<b>675</b>
GUEST, Jonathan	Unattached - Manchester		123	193	195	162	<b>673</b>
PRICE, Martyn	Harrogate Harriers	Vet 40 Men			356	316	<b>672</b>
HULL, Darran	Springfield Striders, Essex			355	316		<b>671</b>
MCEWEN, Nigel	Unattached - Milnthorpe	Vet 60 Men	80	227	167	194	<b>668</b>
ADAMSON, George	North Shields Polytechnic AC	Vet 50 Men	125	166	187	181	<b>659</b>

TAYLOR, Nigel	Unattached - Preston		50	239	370		659
CHRISTIAN, Paul	Cancer Care	Vet 40 Men		229	236	193	658
GIBSON, Andy	Unattached - York		352		305		657
WEBSTER, Stephen	Unattached - Holmfirth	Vet 40 Men	171	278		206	655
STOUT, John	Unattached - Aughton	Vet 50 Men	152	222	169	109	652
SMITH, Glyn	Cambridge & Coleridge AC	Vet 60 Men			347	301	648
MADDEN, Paul	Unattached - Bromsgrove	Vet 40 Men	325		315		640
MCCARTHY, John	Unattached - Warrington	Vet 40 Men	139	214	143	143	639
JOYCE, Carl	Unattached - Wirral	Vet 40 Men	283	352			635
MATHER, Lee	Unattached, Kendal			463	171		634
CUMMINGS, Richard	Unattached - Cockermouth	Vet 50 Men	87	204	200	142	633
LEWIS, Owen	Unattached		150		482		632
HANLON, Bob	Unattached - Windermere	Vet 50 Men		337		294	631
BRIGHT, David	Unattached - Chester le Street	Vet 40 Men	102	277	251		630
LEWIS, John	Unattached - Brampton	Vet 40 Men	320			305	625
WALKER, Dave	Elvet Striders	Vet 40 Men	121	242	147	112	622
GIBSON, Ian	Tynedale Harriers	Vet 50 Men	78	164	180	188	610
AUSTIN, Matt	Lothian Running Club		296	309			605
ALFORD, Stephen	Wooler Running Club		241		362		603
COOPER, Geoff	Southport Strollers	Vet 60 Men	1	348	254		603
MANNERS, Ian	Manchester YMCA	Vet 40 Men	128	163	164	146	601
LEWIS, Nic	Unattached - Macclesfield	Vet 40 Men		295		302	597
SPENCER, Jeff	Unattached - Ormskirk	Vet 40 Men	166	261		167	594
STEAD, Kevin	Unattached, Kendal		276		318		594
SALE, Andrew	Liverpool Harriers	Vet 40 Men		315	275		590
MUMFORD, Bill	Unattached : Barford St Michael	Vet 50 Men		340		247	587
WAUDE, Ian	ADAC	Vet 50 Men	316	271			587
WRIGHT, Jeremy	Unattached - Keighley, W Yorks	Vet 40 Men		324	259		583
COPE, Dave	Unattached, Kendal	Vet 50 Men		329		253	582
TAYLOR, Richard	Unattached - Middle Claydon			332		249	581
HIGGINS, Philip	Unattached - Windermere	Vet 40 Men	265	313			578
GRAHAM, Peter	TRI Lakeland	Vet 40 Men			290	287	577
FENWICK, Michael	Swaledale Road Runners		246	327			573
PACKMAN, Chris	Unattached - Carnforth	Vet 40 Men			283	286	569
WHITEHEAD, Brian	Unattached - Bury	Vet 40 Men	11	197	153	208	569
LITTLE, Chris	Unattached - Carlisle		42	192	159	174	567
CUMMINS, Michael	Cancer Care	Vet 40 Men	213	350			563
CRAME, Steve	Unattached - Kendal	Vet 40 Men	249	307			556
LING, Peter	Unattached	Vet 40 Men	110	198	134	110	552
SERVICE, Douglas	Unattached - Burnley	Vet 40 Men	158		190	204	552
BEDDARD, Richard	Unattached - Cambridge	Vet 40 Men	59	203	193	94	549
COULTHARD, Julian	Border Harriers	Vet 50 Men	256	287			543
GODDARD, Debra	Elvet Striders, Durham			314	227		541
KNIGHT, Ian	Unattached - Lancashire			296		241	537
EDWARDS, Michael	Unattached - Liverpool	Vet 50 Men	133	199	201		533
HARMAN, Alan	Thirsk and Sowerby	Vet 50 Men	302		231		533
SIMON, Matthew	Unattached - Stockport	Vet 50 Men		260	273		533
SLACK, James	Unattached		211			321	532
GRAHAM, Stephen	Unattached - Wigton	Vet 40 Men	67	200	155	108	530
COLLIER, Rod	Unattached - York				302	227	529
STEVENSON, Paul	Unattached - Selby		239	289			528
COPP, Jason	Unattached, Birmingham	Vet 40 Men		305		221	526
HOPPER, Nigel	Biddulph Running Club	Vet 40 Men	229			297	526
BARRY, Michael	Stockport Harriers			243	281		524
BATES, Damian	Unattached - Oldham		51	177	138	158	524
SHOREMAN, Andrew	Unattached - Whitehaven	Vet 40 Men			262	261	523

THOMAS, Douglas	Unattached	Vet 60 Men			249	273	522
WARREN, Michael	Teesdale AC	Vet 40 Men		276	244		520
BROWNE, Mike	Unattached - Warrington	Vet 50 Men		208	310		518
RAYNER, Ian	Unattached - Leeds	Vet 40 Men		180	186	148	514
BODDY, Mike	Unattached - York	Vet 40 Men	412			96	508
CROXFORD, John	Unattached - Coniston	Vet 50 Men			250	257	507
HAYNES, Adam	Unattached - Preston		9	206	213	76	504
TICKNER, Paul	WCOC	Vet 50 Men	109	216	179		504
SAMUELSON, Peter	Spectrum Striders	Vet 60 Men		246	168	88	502
DEEGAN, Jon	Ambleside AC	Vet 40 Men		500			500
MCGLYNN, Stuart	RAF	Vet 40 Men	279		221		500
SWINBURN, Nick	Northumbria Fell Runners				500		500
WALSH, James	Leeds City AC		500				500
JOHNSTON, Mark	Bellahouston Road Runners			499			499
LITTLE, Robert	Dark Peak Fell Runners		499				499
WHITFIELD, Matt	Bingley Harriers				499		499
BRENNAN, Steven	Glaxo Hoad Hill Harriers	Vet 40 Men		498			498
HILTON, Martin	Leeds City AC		498				498
MADDAMS, Russell	Horwich RMI Harriers				498		498
CHADFIELD, Andy	Billingham Marsh House Harriers		497				497
LLOYD, Adam	Unattached - Bromsgrove, W Midlands			496			496
LLOYD, Adam	Unattached - Bromsgrove, W Midlands					496	496
NIXON, Andy	Hilly, Ron Hill & Bridgedale				496		496
BOOTH, Gareth	Horwich RMI Harriers		495				495
BURTON, Russell	Unattached - Boosbeck		253			242	495
OPENSHAW, Michael	Unattached : Chester le Street				495		495
PAYNE, Tony	Chorlton Runners	Vet 50 Men		284	211		495
ANDREW, Martin	Unattached - Ambleside	Vet 40 Men	494				494
MCCUIRE, David	Hyde Park Harriers Leeds	Vet 40 Men		494			494
MITCHELL, Scott	West 4 Harriers				494		494
TEASEY, Marc	Bingley Harriers	Vet 40 Men				494	494
MORRIS, Graham	Accrington Road Runners	Vet 40 Men				493	493
ARMSTRONG, Steven	Unattached : Chester le Street				492		492
SPRINGER, Marcellus	Horsforth Harriers	Vet 50 Men				492	492
THOMAS, Adi			492				492
SHEARN, Nick	TeamBath AC				491		491
BERRY, Rich	West 4 Harriers				490		490
ROBERTSON, Paul	Unattached - Brampton	Vet 40 Men		489			489
JONES, Michael	South Shield Harriers	Vet 40 Men	488				488
MASON, Paul	Unattached - Milnthorpe			488			488
MCCORMACK, Ben	Unattached - Manchester				488		488
SHUTTLEWORTH, Colin	Clayton Le Moors Harriers	Vet 50 Men				488	488
ALTY, Alan	Chorley Harriers	Vet 50 Men	487				487
OAKES, Tim	Unattached	Vet 40 Men		487			487
CROWTHER, Ed	Vale Royal AC				486		486
MASON, John	Unattached, Kendal			486			486
BERRY, Mike	Bournville Harriers			485			485
CRAKER, Phill	Ambleside AC					485	485
MARTIN, Colin	Spectrum Striders	Vet 50 Men	485				485
TICKNER, Richard	Unattached, Kendal	Vet 50 Men		259	226		485
HAWKSWELL, Steven	Unattached - Portsmouth	Vet 40 Men		484			484
GRANGER, Simon	Arragons Cumbrian Tri Club				278	205	483
GRAY, Daniel	Unattached - Surrey			483			483
HOBBINS, Tom	Stafford Harriers		483				483
RAPONI, Peter	Unattached - Merseyside		217	266			483

ROGERS, Mark	Wigan Phoenix	Vet 40 Men			483		<b>483</b>
TRUDGEON, Steve	Harrogate Harriers	Vet 40 Men				483	<b>483</b>
SPILLER, Adam	Alnwick Harriers					482	<b>482</b>
BAGNALL, Chris	Unattached - Swindon, Wiltshire					481	<b>481</b>
HOLDSWORTH, Bretton	Unattached		481				<b>481</b>
HORAN, Mick	Holcombe Harriers			481			<b>481</b>
KIDMAN, Phil	Unattached - Cheshire	Vet 50 Men		275	206		<b>481</b>
MACDONALD, Alistair	Unattached - Morpeth	Vet 40 Men			481		<b>481</b>
WALSH, Phil	Preston Harriers	Vet 50 Men		480			<b>480</b>
EVANS, Barrie	Elvet Striders, Durham	Vet 60 Men			243	236	<b>479</b>
HESKETH, Kevin	Preston Harriers	Vet 50 Men			479		<b>479</b>
TOWERS, Gavin	Unattached - Malvern					479	<b>479</b>
WILLIAMS, Donna	Unattached - Euxton	Vet 40 Men	479				<b>479</b>
EVANS, David	Unattached - Ormskirk		62		289	127	<b>478</b>
MARSHALL, Alan	Eden Runners	Vet 50 Men		478			<b>478</b>
MOSS, Chris	Congleton Harriers	Vet 40 Men	478				<b>478</b>
SHEAD, Mark	Shenley Striders					478	<b>478</b>
TYRER, Chris	Unattached	Vet 40 Men	477				<b>477</b>
BROCK, Tim	Unattached, Kendal	Vet 40 Men		257	219		<b>476</b>
HUGHES, Derek	East Cheshire Harriers	Vet 50 Men	476				<b>476</b>
MASSAM, Stephen	Preston Harriers	Vet 40 Men	74	201	133	67	<b>475</b>
VERITY, Jack	St Bede's AC	Vet 50 Men	475				<b>475</b>
JACKSON, Brendan	Allen Valley Striders	Vet 40 Men				474	<b>474</b>
INGHAM, Peter	Aire Valley Runners	Vet 50 Men	207	265			<b>472</b>
BARWICK, Paul	Unattached - Accrington, Lancs				471		<b>471</b>
DOWELL, Mark	Leeds Bradford Tri Club	Vet 40 Men			470		<b>470</b>
PRESTON, Andrew	Wymondham Athletic Club	Vet 40 Men	469				<b>469</b>
RAINFORD, Richard	Unattached - Liverpool			469			<b>469</b>
HILL, Mick	Tipton Harriers		468				<b>468</b>
STEAD, Rusell	Pudsey Pacers, Leeds	Vet 40 Men		468			<b>468</b>
STEVENS, Matthew	Unattached - Clitheroe					468	<b>468</b>
BLYTH, Barry	Macclesfield Harriers	Vet 60 Men				467	<b>467</b>
CLARKSON, Darren	Billingham Marsh House Harriers					464	<b>464</b>
EDGE, Michael	Wesham Road Runners	Vet 50 Men			464		<b>464</b>
CRUTCHLEY, Ian	Whymondham AC	Vet 40 Men	60			403	<b>463</b>
WOOD, Kevin	Unattached - Chester	Vet 50 Men	463				<b>463</b>
GILFOYLE, David	Unattached - Grange over Sands	Vet 40 Men			462		<b>462</b>
RYAN, Christopher	Unattached - Liverpool			462			<b>462</b>
HENEZHAN, Peter	Horwich RMI Harriers	Vet 60 Men	208			252	<b>460</b>
OUTTERSIDE, James	Unattached : Cheadle			282	178		<b>460</b>
ANDREWS, Jim	Fell Runners Association	Vet 40 Men		384	75		<b>459</b>
JONES, Nigel	Biddulph Running Club	Vet 40 Men	178	281			<b>459</b>
KENNEDY, Adrian	Unattached - Bradford, W Yorks		459				<b>459</b>
WEAVER, Philip	Unattached - Stonehouse					459	<b>459</b>
CONWAY, Stuart	Keighley and Craven AC		458				<b>458</b>
COSTIN, Glenn	East Cheshire Harriers	Vet 40 Men			458		<b>458</b>
KITCHIN, Martin	Unattached - Bolton		457				<b>457</b>
MILLER, Graeme	Sunderland Strollers					457	<b>457</b>
THOMPSON, Carl	Unattached			457			<b>457</b>
WYATT, Cliff	Cheshire Hash House Harriers	Vet 40 Men			457		<b>457</b>
WEST, Simon	Unattached - Cleator Moor				456		<b>456</b>
BALL, Aden	Askem District					455	<b>455</b>
MILLS, David	Unattached - Kendal			455			<b>455</b>
YOUSUF, Ali	West 4 Harriers				455		<b>455</b>

BOND, Ian	Unattached - Preston, Lancashire	Vet 40 Men		454			454
NORBURY, Michael	Unattached - Huddersfield				453		453
WOODHEAD, Andrew	Unattached - Ambleside		453				453
CASTLETON, John	Unattached - Kings Lynn	Vet 40 Men			452		452
RICHARDSON, Ed	Dark Peak		452				452
TYSOME, Stephen	Trail Running Association	Vet 40 Men	168	283			451
WOOD, Simon	Unattached - Bolton		451				451
BARRON, Keith	Unattached - Cleveland	Vet 40 Men				450	450
NEWTON, Simon	Unattached - Macclesfield		450				450
PEACH, James	Unattached			450			450
MCFARLANE, Ronnie	Unattached - Chorley, Lancs				449		449
BEVAN, David	Saddleworth Running Club	Vet 40 Men	448				448
MCCARTHY, Michael	London Irish AC	Vet 40 Men		448			448
STOREY, Nigel	Glaxo Hoad Hill Harriers	Vet 40 Men				448	448
SMITHEMAN, Alan	Unattached - Skelton			447			447
TOBIN, Simon	Southport & Waterloo H	Vet 40 Men				447	447
WISHART, Nick	Unattached - Northwich	Vet 40 Men			447		447
DYE, Mark	Unattached - York	Vet 40 Men		446			446
GARNETT, Andy	Spectrum Striders	Vet 50 Men	446				446
MATTHEWS, Harry	Elswick Harriers	Vet 60 Men			446		446
MCNERNEY, John	Harrogate Harriers					446	446
HARRISON, Matt	Pudsey Pacers		445				445
JONES, Thomas	Redcar Running Club				445		445
STOCKWELL, Dean	Unattached - Guisborough					445	445
TAYLOR, Richard	Keighley and Craven AC	Vet 40 Men	444				444
HEWITSON, Andrew	Unattached - Lancaster	Vet 40 Men	132	311			443
MCCORMICK, Alex	Congleton Harriers	Vet 40 Men	443				443
QUINN, Martin	Chorley Harriers			443			443
WOODBIDGE, Peter	GMP					443	443
TROUP, Mike	Ambleside AC	Vet 50 Men		442			442
POIRRETTE, Jonathan	Unattached - Windermere	Vet 40 Men	441				441
GOUDGE, Julian	Unattached - Belmont					440	440
HETHERINGTON, Paul	Unattached - Penrith, Cumbria			440			440
FARRINGTON, Paul	Unattached - Ambleside	Vet 40 Men	439				439
MORAN, Alex	Unattached - Stockport					439	439
ROOKS, Adrian	Unattached - Hull, E Yorkshire	Vet 40 Men		439			439
ARMSTRONG, Damian	Unattached - Merseyside	Vet 40 Men		437			437
MCMILLAN, Ian	Unattached - Penrith, Cumbria	Vet 40 Men				437	437
TYSON, Jim	Unattached - Ambleside		437				437
BIRCHENOUGH, John	Rosendale	Vet 50 Men	436				436
COOPER, Dominic	Mossley Hill AC, Liverpool				436		436
SIMPSON, Mark	Unattached - Warrington			436			436
WHITEHEAD, Paul	Blackpool Wyre and Fylde AC	Vet 40 Men	187	249			436
WOODBIDGE, David	Unattached, Birmingham	Vet 40 Men				436	436
RANKIN, Richard	Low Fell RC, North East				435		435
THORNE, Philip	Unattached - Glasgow	Vet 50 Men		435			435
HARDINGHAM, Andrew	Unattached - Bolton		140		294		434
HIGGINS, Dennis	Milltown Milers	Vet 50 Men		434			434
WELSH, Peter	Unattached - York	Vet 50 Men			434		434
HOUGHTON, Mike	Spectrum Striders	Vet 40 Men	433				433
PASSEY, Nick	Unattached - Alderley Edge	Vet 40 Men			433		433
EHLEN, Brad	Spectrum Striders		432				432
NIXON, Peter	Stockport Harriers	Vet 50 Men			432		432
SAGE, Jonathan	Unattached - Hull, E Yorkshire	Vet 40 Men				432	432
DURSTON, Michael	Unattached - Saltburn	Vet 60 Men	209			222	431

ORTON, Paul	Unattached - Coniston	Vet 40 Men				431	431
WIGGINS, Simon	Felixstowe Road Runners, Suffolk		431				431
WOODROW, Simon	Unattached - Penrith, Cumbria	Vet 50 Men			431		431
GRAHAM, David	Unattached - Carlisle	Vet 40 Men			430		430
WATERWORTH, Simon	Unattached - Ambleside		430				430
PARKER, Michael	Unattached - Tyne & Wear	Vet 50 Men			429		429
PHILLIPS, Adrian	Unattached - West Yorkshire					429	429
WARD, Scott	Unattached - Bolton	Vet 40 Men	429				429
ALLINSON, Robert	Redcar Running Club				428		428
BURNS, Oli	Unattached - Bristol		428				428
MILLS, Alex	Unattached - Lancashire				428		428
MCGOWAN, Danny	Unattached - Nottingham				427		427
METCALFE, Anthony	Mossley Hill AC, Liverpool	Vet 50 Men			426		426
STEPTO, Paul	Stockport Harriers	Vet 40 Men				426	426
COPPLESTONE, Paul	Greater Manchester Police		214			211	425
COX, Simon	Unattached - Edinburgh					425	425
FISHWICK, Darren	Unattached - Chorley, Lancs	Vet 40 Men			425		425
HIGGINS, David	Unattached - Leigh, Lancashire		425				425
BUTLER, Michael	Unattached - Glossop	Vet 40 Men	424				424
SMITH, Jon	Unattached - Leeds					424	424
BOOTH, Paul	Unattached : Cheadle					423	423
CHILDS, Ian	Unattached - Kendal	Vet 40 Men	423				423
SAAVEDRA, Joseph	Preston Harriers		422				422
RODGER, Andy	Derwent AC	Vet 40 Men			421		421
STUART, Stephen	Unattached - Oxfordshire	Vet 40 Men			421		421
SUMSION, Chris	Unattached - Newcastle	Vet 40 Men				420	420
HANOVER, Dave	Unattached - Perth		419				419
LOMAX, James	Unattached - Warrington					419	419
EYRE, Richard	Unattached - Stockport		418				418
FLEMING, Ian	Unattached - Ormskirk				418		418
DAVIES, Simon	Unattached - Appleby				417		417
MCHUGH, John	Unattached - Wigan	Vet 50 Men	417				417
CARR, Martin		Vet 40 Men				416	416
MILLS, Brandon	Unattached - Rochdale	Vet 40 Men			416		416
PURCELL, Tom	Unattached - London				416		416
ALEXANDER, John	Unattached - Kendal		415				415
WILLINK, Patrick	Helm Hill Runners	Vet 40 Men			415		415
WIRTZFELD, Peter	Worthing Striders	Vet 50 Men			415		415
DEEMING, Gary	Unattached	Vet 50 Men				414	414
WILSON, Dale	Unattached - Leeds		146	267			413
GRIBBLE, Martin	Unattached - West Midlands	Vet 50 Men			412		412
SINGLETON, John	Unattached - Malvern					412	412
JONES, Steve	Biddulph Running Club	Vet 40 Men	410				410
ZINZAN, Nick	Unattached - London					410	410
FURPHY, Chris	Unattached - North East	Vet 40 Men	41	176	81	111	409
HUNT, Tim	Unattached - Tyne & Wear	Vet 40 Men			409		409
RICHARDS, Lee	Unattached - Howden		170		239		409
SYMONS, Mike	Manchester YMCA	Vet 40 Men				409	409
AINSWORTH, James	Unattached - Blackburn					408	408
BURTHEM, John	Unattached - Bolton	Vet 40 Men			408		408
HANSEN, Allen	Ripon Runners	Vet 40 Men			408		408
HOOD, Tony	Unattached - Chorley, Lancs		163	245			408
ASHTON, Charles	Unattached - Leeds		407				407
BECKETT, John	Liverpool Harriers	Vet 40 Men			407		407
YATES, Andy	Unattached - Conwy	Vet 40 Men				407	407



DEWHURST, Robert	Baxi	Vet 40 Men	1	405			<b>406</b>
HOLDSWORTH, Andrew		Vet 40 Men				406	<b>406</b>
JACKSON, Paul	Cheshire Hash House Harriers	Vet 50 Men			406		<b>406</b>
OSBORNE, Mark	Unattached - Leeds	Vet 40 Men		217	189		<b>406</b>
FROST, Keith	Unattached - Newcastle	Vet 50 Men			405		<b>405</b>
GREENWOOD, Jon	Pudsey Pacers, Leeds					405	<b>405</b>
AKRIGG, Stan	Unattached - Staveley	Vet 50 Men		404			<b>404</b>
TOLLITT, John	Unattached - Newcastle	Vet 40 Men				404	<b>404</b>
BELSHAW, Matthew	Unattached, Kendal			403			<b>403</b>
DIXON, Gary	Sedgefield Harriers	Vet 40 Men			403		<b>403</b>
USHER, Chris	Unattached - Ormskirk		403				<b>403</b>
AUDSLEY, Anthony	Unattached - Ossett	Vet 50 Men	402				<b>402</b>
EDWARDS, Neil	Dudley Kingwinford RC				402		<b>402</b>
GROCUTT, John	Hallamshire Harriers	Vet 50 Men				402	<b>402</b>
TOMLINSON, Kevin	Milltown Milers	Vet 50 Men		402			<b>402</b>
GARNETT, Nigel	Kendal AC	Vet 50 Men	401				<b>401</b>
HEAD, Graham	Unattached - Newton	Vet 40 Men			218	183	<b>401</b>
MCDONALD, Colin	Spectrum Striders		244			157	<b>401</b>
GORMAN, Andrew	Horwich RMI Harriers	Vet 40 Men	400				<b>400</b>
KNOTT, Stuart	Unattached - Rochdale				400		<b>400</b>
PENHALE, Bruce	Unattached - Manchester	Vet 40 Men				400	<b>400</b>
EDGAR, Simon	Unattached - Leeds					399	<b>399</b>
SHELDON, Rob	Unattached - Macclesfield		399				<b>399</b>
HUNT, Steven	Unattached - Tyne & Wear				398		<b>398</b>
SHAW, Chris	Boca Juniors			398			<b>398</b>
HOPWOOD, Jon	Unattached - Manchester	Vet 40 Men				397	<b>397</b>
REED, Jerry	Unattached - Cambridge	Vet 40 Men	130		267		<b>397</b>
RICHARDSON, William	Unattached - Wigan			397			<b>397</b>
GUILFOYLE, Tim	Unattached - Nuneaton	Vet 40 Men			396		<b>396</b>
POTTER, Marc	Riversway Road Runners		396				<b>396</b>
HUNTER, Jamie	Unattached - Leigh		395				<b>395</b>
JONES, Graham	Valley Striders, Leeds	Vet 40 Men				395	<b>395</b>
MELLOR, Steve	Unattached - Derbyshire	Vet 40 Men		395			<b>395</b>
EYRE, John	Unattached - Stockport		394				<b>394</b>
KENNARD, Robert	Dudley Kingwinford RC	Vet 40 Men		394			<b>394</b>
LOCKE, Andy	Catterick Garrison				393		<b>393</b>
SHUTTLEWORTH, Mark	Lostock AC	Vet 40 Men		393			<b>393</b>
DICKSON, Kevin	Warrington Road Runners	Vet 40 Men		298	94		<b>392</b>
GRIFFITHS, John	Preston Harriers	Vet 40 Men			392		<b>392</b>
MACDONALD, Alasdair		Vet 40 Men				392	<b>392</b>
SINGLETON, Wayne	Unattached - Barrow in Furness			151	127	114	<b>392</b>
MALE, Les	Unattached - Loughborough	Vet 40 Men	183		208		<b>391</b>
OSBOURN, David	Unattached - Ambleside		118	273			<b>391</b>
STEPHENSON, Jamie	Unattached - Salford			391			<b>391</b>
CACKETT, Andrew	Swamp Donkeys					390	<b>390</b>
GREENOUGH, Craig	Blackburn Harriers AC	Vet 40 Men	389				<b>389</b>
KENNY, Steven	RCS Roller Shutters	Vet 40 Men	388				<b>388</b>
SHELLEY, Peter	Unattached - Ilkley, W Yorkshire	Vet 40 Men			388		<b>388</b>
COOMBS, Andy	Leeds and Bradford Tri Club	Vet 40 Men	387				<b>387</b>
HOOTON, Simon	Unattached - Chorlton	Vet 40 Men			387		<b>387</b>
LANE, Alex	St Albans Striders			387			<b>387</b>
SPURLING, Tom	Unattached - Sacriston					387	<b>387</b>
BARON, David	Unattached - Blackpool	Vet 40 Men				386	<b>386</b>
CONSTANTINE, Nick	Team Soloman	Vet 40 Men			204	182	<b>386</b>
NIGHTINGALE, Phil	TRA - Peterborough			386			<b>386</b>

SMITH, Paul	Unattached - Leeds				386		<b>386</b>
SADLER, Steve	Unattached - Hertford	Vet 40 Men	385				<b>385</b>
WILLIAMS, Peter	Kendal AC	Vet 60 Men	17	168	132	68	<b>385</b>
DERBYSHIRE, Tim	Unattached - Glossop		384				<b>384</b>
STURGEON, Daniel	York Knavesmire Harriers				384		<b>384</b>
ELLIS, Ian	Unattached - Ellon	Vet 40 Men	383				<b>383</b>
HOUGH, Jonny	Unattached - London					383	<b>383</b>
BANCROFT, Ian	Unattached - Warrington		28	175	110	69	<b>382</b>
HOPE, Clive	Unattached - Hyde	Vet 50 Men		382			<b>382</b>
RAYMOND, Jon	St Bees Tri					382	<b>382</b>
WALKER, Dave	Blackburn Road Runners	Vet 40 Men	382				<b>382</b>
WHITE, Alan	Unattached - Tyne & Wear	Vet 40 Men			382		<b>382</b>
BATE, Richard	Dudley Kingwinford RC				381		<b>381</b>
SHORT, Tony	Unattached - Manchester					381	<b>381</b>
BROWN, Matthew	Vale Royal Athletics, Cheshire	Vet 40 Men			380		<b>380</b>
GIBSON, Dan	Unattached - Manchester		195	185			<b>380</b>
HEATH, Janson	Unattached - Newcastle under Lyme		147			231	<b>378</b>
ROYSTON-BISHOP, George	Unattached - St Bees				378		<b>378</b>
DOWSON, Simon	Unattached - Skipton, N Yorks				377		<b>377</b>
HOUGHTON, Simon	Unattached - Manchester	Vet 40 Men				374	<b>374</b>
SMALLWOOD, Dave	Mossley Hill Athletics Club	Vet 50 Men	373				<b>373</b>
SMITH, David	Unattached - Carlisle	Vet 40 Men			373		<b>373</b>
FREEMAN, Paul	Unattached - Whitley Bay	Vet 50 Men	151	221			<b>372</b>
HILL, Peter	Unattached - Bolton	Vet 40 Men	372				<b>372</b>
HOPPER, Jon	Unattached - Manchester				372		<b>372</b>
CLEMENT, Allen	Unattached - Brampton	Vet 40 Men			371		<b>371</b>
FLATLEY, Mark	Unattached - Warrington	Vet 40 Men	129	241			<b>370</b>
HARDING, Luke	Sun City tri					370	<b>370</b>
DAVEY, Martin	Amphill & Flitwick Flyers	Vet 50 Men				369	<b>369</b>
BUSHELL, Anthony	Lancashire Constabulary Atheltics	Vet 40 Men		247		121	<b>368</b>
KENNEDY, Ian	Unattached - Cheshire	Vet 40 Men			368		<b>368</b>
LINETON, Alexander	Unattached - Newton Aycliffe		367				<b>367</b>
CASSIMANIO, Paul	Unattached - Carnforth	Vet 40 Men			366		<b>366</b>
SMITH, Owen	Unattached - London					365	<b>365</b>
JONES, Matthew	Sedgefield Harriers		364				<b>364</b>
WEAR, Mark	Unattached - Frizington	Vet 40 Men		127	100	137	<b>364</b>
HAYES, Neil	Unattached - Liverpool				363		<b>363</b>
OVERY, Kenneth	Unattached - Great Yarmouth	Vet 60 Men		363			<b>363</b>
WARD, Thomas	Unattached - Lancaster		363				<b>363</b>
COLLINS, Richard	Tri Team Wigan		362				<b>362</b>
WHEELER, Paul	Ashford Athletic, Kent	Vet 50 Men				362	<b>362</b>
DAVEY, Richard	Unattached - Whitehaven					361	<b>361</b>
GORMAN, David	Skipton AC	Vet 40 Men	361				<b>361</b>
SWIRE, Christopher	Unattached - Manchester	Vet 40 Men		361			<b>361</b>
WHETTLOCK, Philip	Halifax Harriers	Vet 40 Men			361		<b>361</b>
BARNES, Philip	Macclesfield Harriers	Vet 50 Men				360	<b>360</b>
CROWLEY, Martin	Unattached - Whiston			360			<b>360</b>
SHUFFLEBOTTOM, Kevin	Biddulph Running Club	Vet 40 Men	360				<b>360</b>
TOCK, Chris	Unattached - Chester		32			328	<b>360</b>
HUGHES, Paul	Newcastle University Athletics			359			<b>359</b>
MEYRICK, Daniel	Unattached - West Molesey		358				<b>358</b>
FOSTER, Gerard	Unattached - Newcastle upon Tyne	Vet 40 Men	357				<b>357</b>
TUFFIN, Rob	Unattached		356				<b>356</b>

HOLLINGHAM, Dave	Unattached, Kendal	Vet 40 Men			355		<b>355</b>
MCCAUGHEY, Timothy	Pudsey Pacers		355				<b>355</b>
GREGORY, Ben	Stockport Harriers	Vet 50 Men				354	<b>354</b>
MCKRELL, Michael	Unattached - Manchester	Vet 40 Men		354			<b>354</b>
BARRY, Dan	Unattached - Penrith	Vet 40 Men	199		154		<b>353</b>
DONE, Tim	Keighley & Craven AC	Vet 40 Men				353	<b>353</b>
HARRISON, Sam	Preston Harriers		353				<b>353</b>
HARRISON, Stephen	Unattached - Upper Batley	Vet 50 Men			353		<b>353</b>
ROTHERHAM, Neil	Unattached - Windermere	Vet 40 Men				351	<b>351</b>
STRACHAN, Rob	Cherwell Runners & Joggers	Vet 50 Men				350	<b>350</b>
BERRY, John	Unattached - Durham					349	<b>349</b>
DASEY, Andrew	Newcastle AC, Staffordshire			349			<b>349</b>
ROBERTS, Richard	Clara Vale	Vet 40 Men	349				<b>349</b>
BENTLEY, James	Edgworth Cricket Running Club	Vet 50 Men			348		<b>348</b>
WRIGHT, Andrew	Unattached - Manchester					348	<b>348</b>
LOWDEN, Marc	Unattached - Manchester		347				<b>347</b>
AHERN, Peter	Unattached		346				<b>346</b>
HARDING, Oliver	Unattached - Coniston					346	<b>346</b>
HOWES, Alistair	Unattached - Durham	Vet 40 Men	15	154	103	74	<b>346</b>
POWELL, David	Unattached - Liverpool			346			<b>346</b>
ORRELL, John	Blackburn Harriers AC	Vet 40 Men			345		<b>345</b>
WILSON, Chris	Hardley Runners, Hants	Vet 40 Men			279	65	<b>344</b>
BOND, Mark	Unattached - Ormskirk	Vet 40 Men	343				<b>343</b>
GROOMBRIDGE, Dave	Unattached - Preston, Lancashire	Vet 40 Men				343	<b>343</b>
HAMILTON, Derek	Rosendale Harriers	Vet 40 Men				342	<b>342</b>
HOPKINSON, Giles	Unattached - Woodford Bridge	Vet 40 Men	342				<b>342</b>
TITLEY, Paul	Keswick AC	Vet 50 Men			342		<b>342</b>
FEAKES, David	Helsby AC	Vet 40 Men		341			<b>341</b>
HEDLEY, Paul	Unattached - Leeds					341	<b>341</b>
NEWSTEAD, Peter	Unattached		341				<b>341</b>
CLARKSON, Matthew	Billingham Marsh House Harriers					340	<b>340</b>
BARFOOT, Stu	Unattached - Peterborough					339	<b>339</b>
BOWEN, Andy	West 4 Harriers	Vet 40 Men			339		<b>339</b>
ANDREW, Paul	Unattached - Brough					338	<b>338</b>
COATSWORTH, Alan	Unattached - Macclesfield	Vet 50 Men				336	<b>336</b>
COLQUHOUN, Neil	Unattached - Tywyn, Wales		336				<b>336</b>
REYNOLDS, Gerard	Unattached - Dukinfield	Vet 40 Men			336		<b>336</b>
CORNS, Chris	Unattached - Manchester					335	<b>335</b>
ELDRIDGE, Stephen	Unattached - Burnley	Vet 40 Men	335				<b>335</b>
ENTWISTLE, Lewis	Chorlton Runners	Vet 40 Men			335		<b>335</b>
ROBSON, Dave	Elvet Striders	Vet 50 Men	104	231			<b>335</b>
FAIRFULL, Jamie	Tiptree Road Runners		334				<b>334</b>
MEEHAN, Anthony	Unattached - Walsall				334		<b>334</b>
PRICE, Robert	Unattached - Leeds		23	160	91	60	<b>334</b>
CLARKSON, Rob	Unattached - Leeds					333	<b>333</b>
GRASSBY, Gareth	Unattached - Alderley Edge		333				<b>333</b>
BURRUS, Nick	Keswick AC				332		<b>332</b>
ENGLAND, Richard	Unattached		332				<b>332</b>
DIXON, Kevin	Warrington Road Runners	Vet 40 Men	331				<b>331</b>
LAXTON-KANE, Chris	Milltown Milers			331			<b>331</b>
MERCER, Trevor	Unattached - Darwen, Lancashire	Vet 60 Men				331	<b>331</b>
COUPE, William	Unattached - Kendal	Vet 40 Men	149		181		<b>330</b>
DYER, Ste	Unattached - St Helens			330			<b>330</b>
GILLAND, Rob	Unattached - Liverpool	Vet 40 Men	330				<b>330</b>
TACK, Ben					330		<b>330</b>

RAWLINSON, Paul	Unattached - Grange over Sands					327	<b>327</b>
ROGERS, Nick	Unattached, Kendal				327		<b>327</b>
SIMPSON, Ian	Unattached - Merseyside	Vet 40 Men		228	99		<b>327</b>
MISSIONS, William	Eye Runners, Peterborough					326	<b>326</b>
SAMUEL, Andre	ADI			326			<b>326</b>
SCOREBY, Dave	York Knavesmire Harriers	Vet 40 Men			326		<b>326</b>
CARRICK, Graham	Unattached - Ulverston			325			<b>325</b>
LOWIS, Ian	Carlisle Triathlon Club	Vet 50 Men	70		135	120	<b>325</b>
HODKINSON, Graham	Unattached - Caldbeck, Cumbria	Vet 40 Men	324				<b>324</b>
JARVIS, Richard	Dallam Running Club	Vet 40 Men		323			<b>323</b>
DUNN, Mike	Headington Roadrunners	Vet 60 Men			170	152	<b>322</b>
FARNDON, Colin	Unattached - Penrith, Cumbria	Vet 40 Men	84	236			<b>320</b>
HARVEY, Roy	Wymondham Running Club, Norfolk	Vet 40 Men			320		<b>320</b>
MCCARROLL, Andrew	Unattached - Chesterfield			320			<b>320</b>
WILLIAMS, Simon	Unattached - Derbyshire					320	<b>320</b>
CAPALDI, Anthony	Unattached - Brixham	Vet 50 Men			319		<b>319</b>
KIRK, Chris	NACIOM	Vet 40 Men	319				<b>319</b>
MOHAMMED, Shahid	Unattached - Ilford			319			<b>319</b>
COLEMAN, Edmund	Unattached - Glasgow			318			<b>318</b>
DUNCAN, Steve	Unattached - Lancashire					318	<b>318</b>
KILPATRICK, David	Macclesfield Harriers	Vet 40 Men	318				<b>318</b>
MCCLUSKEY, David	Unattached - Warrington		317				<b>317</b>
SIMS, Andrew	Unattached - Carlisle				317		<b>317</b>
SMALLWOOD, Simon	Keighley & Craven AC	Vet 40 Men		317			<b>317</b>
CULL, Dave	Unattached - Bromsgrove		184			132	<b>316</b>
COWIN, Mark	Unattached - Bolton	Vet 40 Men	315				<b>315</b>
BARBER, Justin	Unattached - Blackburn				176	138	<b>314</b>
CLYNE, Paul	Unattached - Chorley	Vet 40 Men	314				<b>314</b>
COOPER, Darren	Unattached - Chorley, Lancs				314		<b>314</b>
FAULL, Nicholas	Unattached - London					314	<b>314</b>
TUFTS, Mark	Wymondham Running Club, Norfolk	Vet 40 Men	113			201	<b>314</b>
CHORLTON, Paul	Unattached - Stalybridge		71	141	63	38	<b>313</b>
LUNT, Eric	Unattached - Manchester		185		128		<b>313</b>
DALTON, Stephen	Unattached - Manchester	Vet 40 Men			152	160	<b>312</b>
KNIGHT, John	Unattached - Ramsey	Vet 40 Men	312				<b>312</b>
STEWART, Andrew	Unattached - Cambridge			312			<b>312</b>
GRAHAM, Darrell	Unattached - Warrington		311				<b>311</b>
CONLAN, Chris	Unattached - Manchester		1	159	69	80	<b>309</b>
CROMPTON, Carl	Unattached - London				309		<b>309</b>
BLINKHORN, Allan	Horwich RMI Harriers	Vet 60 Men	103	205			<b>308</b>
SHARD, Jon	Unattached - Manchester					308	<b>308</b>
TOMKINSON, Andrew	Rochdale Harriers			308			<b>308</b>
TURNER, Shaun	Wesham Road Runners	Vet 40 Men			308		<b>308</b>
EATON, Alex	City of Hull AC		307				<b>307</b>
MARSHALL, Jon	Unattached - Warrington			306			<b>306</b>
METCALFE, Peter	Unattached - Ulverston					306	<b>306</b>
HOLLIGAN, Will	Allithwaite and District RC	Vet 50 Men	305				<b>305</b>
BYRNE, Simon	St Bees Tri				304		<b>304</b>
JACKSON, Martin	Unattached - Darlington					304	<b>304</b>
SZEHIDEWICZ, Alex	Unattached - Stockport		304				<b>304</b>
HOLLAND, Paul	Unattached - Ratby	Vet 40 Men		303			<b>303</b>
PROCTOR, Chris	Lifecycles		303				<b>303</b>
RICHARDSON, Brian	Unattached - Darlington	Vet 40 Men				303	<b>303</b>

FERN, Scott	Unattached - Ash Vale			302			302
WHITEHOUSE, Martin	Unattached - Milnthorpe	Vet 50 Men	1		157	144	302
CHAPMAN, Dave	Unattached - Ulverston			301			301
METCALFE, Neil	Unattached - Carlisle				301		301
CAMPBELL, Gervasse	Unattached - London					300	300
COLYER, Loz	Unattached - Burton in Kendal			300			300
ECCLESTON, Mark	Unattached - Cannock	Vet 40 Men	300				300
BOWDEN, Warren	Chorlton Runners	Vet 40 Men			299		299
WARD, Simon	Unattached - Wirral	Vet 40 Men				299	299
DRYDEN, Mary	Unattached - Middlesborough				298		298
FORKIN, Harold	Scarborough AC	Vet 60 Men			174	124	298
HUNT, Peter	Southwell Running Club	Vet 50 Men			297		297
TYSON, Sam	Unattached, Kendal		297				297
BIRKS, David	Unattached - Seascale, Cumbria					296	296
FULLENBAUM, Eric	Unattached - London			171	125		296
RUCK, Giles	Unattached - Edinburgh	Vet 40 Men			296		296
ROBINSON, Matthew	Unattached - Liverpool		295				295
HEATON, Alan	Bowland Fell Runners	Vet 50 Men	294				294
MCCOY, Stephen	Unattached	Vet 40 Men	293				293
BULAITIS, Pete	Orion Harriers, Essex	Vet 50 Men			292		292
CONWAY, Hubie	Unattached - York					292	292
GRIFFITH, Simon	Unattached - Solihull, W Midlands					291	291
NORTHOVER, Craig	Liverpool Harriers	Vet 40 Men			291		291
O'BRIEN, Martin	Stainland Lions	Vet 50 Men	291				291
BAIRD, Adam	Unattached		290				290
CURTIS, Nathan	Unattached - Southampton					289	289
BROCKIE, Alistair	Unattached - Edinburgh			288			288
CAMPBELL, Clarke	BARF	Vet 40 Men	288				288
PURDY, Simon	Unattached - Penrith, Cumbria	Vet 40 Men				288	288
STUTTARD, Edward	Unattached - Carnforth		148		140		288
SHERIDAN, Derek	Unattached - Widnes	Vet 40 Men			287		287
SPOONER, Steve	Unattached - Bollington	Vet 40 Men	111			176	287
GILBERT, David	Unattached - Liverpool	Vet 40 Men		286			286
SLATTER, Graham	Unattached - Northwich	Vet 40 Men			286		286
STEVENSON, David	Unattached - Cheshire	Vet 40 Men				285	285
GREGORY, Ian	Unattached - Lancaster	Vet 40 Men				284	284
JOHNSON, Martin	Unattached - Whitehaven				284		284
DEAN, Nigel	Unattached - Sale					283	283
SMITH, Tony	Unattached - Cheshire	Vet 50 Men			282		282
BERRILL, Phil	Unattached - Preston		19	167	95		281
BROWNBILL, Steve	Unattached - Wirral	Vet 40 Men	90	191			281
JACKSON, Dean	Unattached - Leeds		281				281
BRADLEY, David	Unattached - Bury	Vet 40 Men	280				280
HARWOOD, Steve	Keswick AC	Vet 60 Men			280		280
JACKSON, Tim	Unattached - Carnforth	Vet 40 Men				280	280
JOHNSTON, Justin	Unattached - Cockermouth			280			280
MARSLAND, Philip	Unattached - Leeds	Vet 50 Men		279			279
BIRKETT, John	Unattached, Kendal	Vet 50 Men				278	278
MCCABE, Gordon	Unattached	Vet 40 Men	278				278
AIRD, Dan	Unattached - East Molesey				277		277
MCALLISTER, Les	Cumberland AC		277				277
RUTHERFORD, Graeme	Unattached - London					277	277
WILLIAMS, Carl	Unattached - Cheadle		98	179			277
SCOTT-FRANCIS, Jon	West 4 Harriers	Vet 50 Men			276		276
GRADWELL, Phil	Unattached - Culcheth				156	118	274

PHILLIPS, Jonathan	Unattached - Manchester				274		274
JOHNSON, Rob	Unattached		273				273
SHEPHERD, Steve	Unattached - West Yorkshire	Vet 50 Men	1	157	67	48	273
TICKNER, Douglas	West Cumberland Orienteers			272			272
BERRY, Steve	Unattached - Marple Bridge	Vet 40 Men				271	271
ELDER, Kenneth	Unattached - Nottingham		271				271
KEELEY, Nick	Unattached - North Shields	Vet 50 Men	88	183			271
ANDERSON, Scott	Unattached, Birmingham			172		98	270
HARRISON, Nigel	Unattached - Carlisle	Vet 40 Men			270		270
SMITH, Brian	Unattached - Newcastle	Vet 50 Men				270	270
WILLIAMS, Thomas	Manx Fell Runners		270				270
CUNLIFFE, Chris	Unattached - Bolton		269				269
JONES, Andrew	Unattached - Prescott			269			269
UNWIN, David	Unattached - Southport	Vet 50 Men				269	269
HESLOP, Ben	Thomlinson Junior School				268		268
LLOYD, Jim	Unattached - Hexham	Vet 50 Men		268			268
MCCONVILLE, Mark	Unattached - Burnley				145	123	268
PORTER, Jason	Unattached - Preston		268				268
BARLOW, Bohuslav	Todmorden Harriers	Vet 60 Men				267	267
ANGELO, Ago	Unattached - Leigh, Lancashire	Vet 40 Men				266	266
SAVILL, Gary	Airedale Dodgers	Vet 40 Men	266				266
BARTON, Simon	Unattached - Liverpool					265	265
CAIRNS, Stuart	Unattached - Manchester	Vet 40 Men	81		184		265
RICHMOND, Gary	Canterbury Harriers	Vet 40 Men		152	113		265
BELL, Alan	Unattached - Gateshead	Vet 40 Men			264		264
DEVENISH, Michael	Unattached - Staffordshire			264			264
MACINTOSH, Robin	Unattached - Monmouthshire	Vet 40 Men				264	264
MEYRICK, Ian	Unattached - Kendal		264				264
FOWKES, Laurence	Worcester AC	Vet 40 Men		263			263
HAILS, Steve	Unattached - Newcastle	Vet 40 Men				263	263
MOSS, Jeremy	Unattached - Preston		263				263
THOMPSON, Simon	Unattached - Liverpool	Vet 40 Men			263		263
FLATLEY, Mike	Unattached - West Yorkshire	Vet 50 Men	36	226			262
MIDGLEY, Richard	Unattached - Staffordshire			262			262
MILLER, David	Unattached	Vet 50 Men				262	262
SPENCE, Ian	Unattached - Edinburgh	Vet 40 Men	262				262
POLLOCK, Philip	Unattached - Manchester		261				261
DYSART, Dave	Wymondham Running Club, Norfolk	Vet 40 Men				260	260
POSTLETHWAITE, Scott	Unattached - Kendal	Vet 40 Men	260				260
STOWELL, Adrian	Unattached, Birmingham	Vet 40 Men			260		260
FROGATT, Richard	Dudley Kingswinford	Vet 40 Men	259				259
BURNS, Gary	Unattached - Jarrow				258		258
CRUICKSHANK, Stephen	Formby Runners, Merseyside	Vet 40 Men		258			258
DEARDEN, Robin	Unattached - Leeds			174	84		258
O'LEARY, Simon	Unattached - Preston		258				258
THOMPSON, Dominic	Unattached - Hebburn	Vet 40 Men				258	258
BETTS, John	Chichester Runners & AC	Vet 60 Men	257				257
BONE, James	Unattached - Kendal		1	155	68	33	257
HUNTER, Jonathan	Unattached - Wetherby				257		257
JUDGE, Peter	Unattached - Marton	Vet 40 Men				256	256
SMITH, Ian	Harmeny AC	Vet 40 Men		256			256
SYKES, Rob	Hilly, Ron Hill & Bridgedale				256		256
BIRD, Oliver	Unattached - Wallasey			255			255
HUMPHREYS, Paul	Unattached - Prudhoe				255		255
WISE, Gary	SFB	Vet 40 Men	255				255

WOODLEY, Lawrie	Tattenhall Runners, Cheshire	Vet 70 Men			162	93	<b>255</b>
MORLAND, Robert	Unattached - Workington	Vet 40 Men		254			<b>254</b>
FROY, Allan	Unattached - Cheltenham		1	136	64	52	<b>253</b>
MARTIN, Karl	Stainland Lions, Halifax	Vet 40 Men			253		<b>253</b>
CROFT, Callum	Unattached - Manchester				252		<b>252</b>
ALDERSON, Nick	Unattached - Gateshead			251			<b>251</b>
CLARKE, Matt	Unattached - London		251				<b>251</b>
MERCER, Neil	Unattached - Thirsk, N Yorks					251	<b>251</b>
APPLETON, Richard	Quadgate					250	<b>250</b>
GROSSET, Neil	Unattached - Keswick		250				<b>250</b>
ACKROYD, Jacob	Unattached - Leeds					248	<b>248</b>
HENDERSON, Colin	Helm Hill Runners	Vet 40 Men			248		<b>248</b>
PALMER, David	Love	Vet 40 Men	247				<b>247</b>
PIERCE, Barry	Unattached - Widnes	Vet 60 Men	65	182			<b>247</b>
STRINGER, John	Unattached - Manchester	Vet 40 Men			247		<b>247</b>
LEE, Richard	Unattached - Holmfirth	Vet 40 Men				246	<b>246</b>
BAILEY, Steven	Go Team Go				245		<b>245</b>
COLLINS, Graham	Milltown Milers	Vet 50		244			<b>244</b>
ROBERTS, Paul	Unattached - Saltburn By The Sea	Vet 40 Men				244	<b>244</b>
MERONE, Paul	Caldbeck Flyers	Vet 40 Men	242				<b>242</b>
MURRAY, Sam	Unattached - Beckermeth		69	173			<b>242</b>
DUFFIELD, Michael	Unattached - Ilkley, W Yorkshire	Vet 40 Men			240		<b>240</b>
HANLEY, Matthew	Unattached - Bradford, W Yorks			240			<b>240</b>
DOWNING, Oliver	Bingley Harriers	Vet 60 Men				239	<b>239</b>
COOKSON, Stephen	Unattached - Preston, Lancashire	Vet 40 Men			238		<b>238</b>
DODD, Michael	Unattached - Darlington	Vet 50 Men			131	107	<b>238</b>
JAMIESON, Christopher	Esk Valley Fell Club	Vet 50 Men				238	<b>238</b>
KENDAL, Kev	Fetcheveryone		116		122		<b>238</b>
LEE, Greg	Wigan Phoenix	Vet 50 Men	238				<b>238</b>
LOUGHRAN, Joe	Unattached - Stoke-on-Trent	Vet 50 Men	1	120	88	29	<b>238</b>
SMITH, Tim	Dallam Running Club	Vet 50 Men	1			237	<b>238</b>
ANTONIAZZI, Primo	Unattached - Reigate, Surrey	Vet 40 Men	237				<b>237</b>
MARTIN, Chris	Rhyader AC, Powys, Wales	Vet 50		237			<b>237</b>
BURGESS, Lee	Unattached - Chorley	Vet 40 Men	236				<b>236</b>
BARKER, Adrian	Unattached - Hyde				235		<b>235</b>
FEAKES, Lesley	Helsby AC	Vet 40		235			<b>235</b>
GRIMES, David	Unattached - Moreton	Vet 60 Men	26	209			<b>235</b>
MACINTOSH, Michael	Unattached - Sheffield	Vet 50 Men				235	<b>235</b>
MCGARY, Ray	Unattached - Kendal	Vet 40 Men	235				<b>235</b>
DENTON, Mark	Unattached - Sheffield	Vet 40		234			<b>234</b>
RATCLIFFE, David	Helm Hill Runners	Vet 60 Men				234	<b>234</b>
RUTH, Sean	Unattached - Reigate, Surrey	Vet 40 Men	234				<b>234</b>
TURNBULL, Stephen	Unattached - Hexham	Vet 40 Men	35		160	39	<b>234</b>
DAVIES, Mark	Unattached - Shrewsbury		85		87	61	<b>233</b>
RAVEN, Mark	Unattached - Wetherby	Vet 50	44	189			<b>233</b>
TURNER, Thomas	Unattached - Preston, Lancashire					233	<b>233</b>
CARTWRIGHT, David	LDWA	Vet 70 Men	1	178		53	<b>232</b>
MARSH, Adrian	Unattached - Sale					232	<b>232</b>
SHIRLAW, Darren	Unattached - East Twickenham	Vet 40 Men	232				<b>232</b>
HALLAM, Steve	Stainland Lions	Vet 50 Men	231				<b>231</b>
BEVAN, Keith	Unattached - Berkhamsted	Vet 40		148	82		<b>230</b>
DELVARD, Jason	Stockport Harriers				230		<b>230</b>
HOUGH, Richard	Unattached - Edinburgh					230	<b>230</b>

WILLOUGHBY, Saul	Unattached - Beckermet	Vet 40 Men	230				<b>230</b>
KING, Gerard	Unattached - Liverpool	Vet 40 Men				229	<b>229</b>
ROUND, Paul	Bournville Harriers				229		<b>229</b>
BAKER, Ian	Unattached - Stockport	Vet 50 Men	228				<b>228</b>
CHILDERHOUSE, Steve	Wymondham Running Club, Norfolk					228	<b>228</b>
FLETCHER, Shaun	Barton Athletic Club	Vet 40 Men			228		<b>228</b>
WALLACE, David	Hartlepool Burn Road Runners	Vet 50 Men	93			135	<b>228</b>
HUNT, Paul	Unattached - Buckley		227				<b>227</b>
HERBERT, Terry	North East Vets AC	Vet 50 Men				225	<b>225</b>
ANDREW, John	Unattached - Bury, Lancashire					224	<b>224</b>
CAPLIN, Tony	Unattached - Powys, Wales	Vet 60		224			<b>224</b>
REINKING, Maarten	NETHERLANDS - Haarlem	Vet 40 Men			224		<b>224</b>
HARRIS, Tim	Unattached, Dewsbury W Yorks	Vet 50 Men	223				<b>223</b>
KING, Timothy	Unattached - West Drayton					223	<b>223</b>
SCARRATT, Matthew	Unattached - Staffordshire				223		<b>223</b>
MITCHINSON, Peter	Unattached	Vet 50 Men	222				<b>222</b>
TILLER, Richard	Ipswich Triathlon Club	Vet 40 Men			222		<b>222</b>
SLATER, Darren	Tri Preston	Vet 40 Men	221				<b>221</b>
BLACK, Gordon	Unattached - Urmston	Vet 40		220			<b>220</b>
PRESTON, Adrian	Wymondham Athletic Club	Vet 40 Men	220				<b>220</b>
STRAKER, Jeremy	Unattached - Preston, Lancashire					220	<b>220</b>
DALEY, Andrew	Unattached - Keighley, W Yorks	Vet 40		219			<b>219</b>
BINKS, David	Allithwaite RC	Vet 60 Men			121	97	<b>218</b>
NAYLOR, Robert	Unattached - Hebden Bridge					218	<b>218</b>
SWAILES, Edward	Unattached - West Kirby	Vet 50 Men	218				<b>218</b>
WOOD, Chris	Unattached - Chorley, Lancs	Vet 40		218			<b>218</b>
DILLEY, Matthew	Unattached - Sheffield					217	<b>217</b>
HEYES, Mike	Hilly, Ron Hill & Bridgedale	Vet 50 Men			217		<b>217</b>
LEES, Robin	Unattached - Ambleside	Vet 50 Men	216				<b>216</b>
O'LEARY, Allan	Mossley Hill AC, Liverpool	Vet 50 Men	1	125	56	34	<b>216</b>
QUIRKE, Saul	Unattached - Manchester	Vet 40 Men				216	<b>216</b>
KITCHIN, Graham	Trade Team			215			<b>215</b>
WARDLE, Stuart	Unattached - Wigan	Vet 40 Men	215				<b>215</b>
HOUGH, Chris	Unattached - London					214	<b>214</b>
SMITH, Ira	Great Yarmouth Road Runners	Vet 60		213			<b>213</b>
WING, Patrick	Unattached - Solihull, W Midlands	Vet 50 Men				213	<b>213</b>
ALSERDA, Douwe	NETHERLANDS - Haarlem	Vet 40 Men			212		<b>212</b>
CHEETHAM, Stephen	Unattached - Rochdale	Vet 40		212			<b>212</b>
COOPER, Gary	Unattached - Liverpool		212				<b>212</b>
HIRST, Andy	Unattached - Dearham		1	158	53		<b>212</b>
WILSON, Lawrence	Unattached - Bristol	Vet 40 Men				212	<b>212</b>
SIMPSON, Neil	Unattached - Warrington			211			<b>211</b>
ANDERSON, Erik	Unattached, Birmingham			210			<b>210</b>
COOPER, Mark	Unattached - Chorley, Lancs	Vet 40 Men			210		<b>210</b>
MULDOON, Russell	Unattached - Manchester					210	<b>210</b>
TOMLINSON, Chris	Unattached - Barnsley				111	99	<b>210</b>
HAYNES, Anthony	Unattached - Preston	Vet 50 Men	1	126	60	22	<b>209</b>
THOMPSON, Michael	Unattached - Preston, Lancashire				209		<b>209</b>
BLACK, Leonie	Helm Hill			207			<b>207</b>
CONNOR, David	Unattached - Bardon Mill	Vet 40 Men			207		<b>207</b>
PARKES, Graham	Baxi Group	Vet 40 Men	206				<b>206</b>
BENNETT, Martin	Merseyside Police	Vet 40 Men	56			149	<b>205</b>
DAVIES, Richard	Unattached	Vet 40 Men	205				<b>205</b>
BRADSHAW, Darren	Lancaster and Morecambe AC	Vet 40 Men	22	147	34		<b>203</b>



BUCK, Bob	Unattached - Liverpool	Vet 40 Men				203	<b>203</b>
ROBINSON, Miguel	Unattached - Belfast	Vet 40 Men	203				<b>203</b>
DAVIDSON, Geoff	Unattached - Keswick	Vet 60 Men	202				<b>202</b>
HAYES, John	Stockport Harriers				202		<b>202</b>
RIMMER, Neil	Unattached - St Helens	Vet 40		202			<b>202</b>
WILSON, Brian	Unattached - Liverpool	Vet 40 Men				202	<b>202</b>
BRANNAN, Terry	Wymondham Athletic Club	Vet 60 Men	201				<b>201</b>
HOWARD, John	Unattached - Ashton under Lyne	Vet 60	1	133	50	16	<b>200</b>
JOUGHIN, Shaun	Unattached - Guisborough		72			128	<b>200</b>
YOUNG, Anthony	Unattached - Bold Heath					200	<b>200</b>
BARSTOW, John	Unattached - Ulverston	Vet 50 Men				199	<b>199</b>
PEACOCK, Roland	Unattached - Gateshead	Vet 60 Men				199	<b>199</b>
WILKINSON, Ian	Unattached - Manchester					198	<b>198</b>
BEEDLES, John	Unattached - Altrincham					197	<b>197</b>
HEWETT, Stephen	Unattached - Holmes Chapel	Vet 50 Men				197	<b>197</b>
BETTS, Gary	Wymondham Athletic Club		196				<b>196</b>
BRAY, Jon	Unattached - Manchester					196	<b>196</b>
QUINN, Michael	Dixonians					196	<b>196</b>
WOOD, Arthur	Pudsey Pacers, Leeds	Vet 60			195		<b>195</b>
CARTER, Rob	Unattached - Rugeley	Vet 50			194		<b>194</b>
HEATON, Michael	Unattached - Keighley, W Yorks	Vet 50 Men				194	<b>194</b>
JOHNSON, Stephen	Unattached - Preston, Lancashire	Vet 40 Men	194				<b>194</b>
KIDD, Calum	Biddulph Running Club		193				<b>193</b>
GELDART, Stephen	Unattached - Wimbledon		1	128	48	15	<b>192</b>
HAKES, Chris	Keighley & Craven AC					192	<b>192</b>
PEART, David	Unattached - Washington	Vet 40 Men				192	<b>192</b>
JEFFERSON, Stephen	Unattached - Maidstone	Vet 40 Men	191				<b>191</b>
SPENCE, Steve	Scarborough AC	Vet 40 Men				191	<b>191</b>
TAYLOR, Anthony	Unattached - Sale					191	<b>191</b>
BROWN, James	Unattached - Carlisle		190				<b>190</b>
HEARSON, Christopher	York Knavesmire Harriers	Vet 40			190		<b>190</b>
MCKNAMARA, David	Unattached - Wakefield					190	<b>190</b>
BAKER, Ian	Unattached - Kirkby Stephen	Vet 50 Men	189				<b>189</b>
SINGLETON, Ross	Unattached - Bristol	Vet 40 Men				189	<b>189</b>
SKILLING, Chris	Unattached - Warrington				132	57	<b>189</b>
CASEY, Michael	Unattached - Blackburn	Vet 40 Men	188				<b>188</b>
HUNT, Christopher	Unattached - Tyne & Wear					188	<b>188</b>
RICHARDSON, Steve	Unattached - Stockport	Vet 40			188		<b>188</b>
DEY, Steve	Unattached - Purley					187	<b>187</b>
GELDER, Kevin	Unattached - Cleckheaton, W Yorks	Vet 40			187		<b>187</b>
SWEETING, Robert	Nidd Valley Road Runners	Vet 60 Men	1	121	40	25	<b>187</b>
MYERS, Matthew	Unattached - Bingley				186		<b>186</b>
NOBLE, Colin	Unattached - Bridgnorth					186	<b>186</b>
TRAINOR, John	Baxi		186				<b>186</b>
SWEETMAN, Paul	Unattached - Neston					185	<b>185</b>
TELFORD, Stuart	Unattached - Leeds	Vet 40 Men				185	<b>185</b>
FITCH, Mark	Unattached - Purley					184	<b>184</b>
GIBSON, Adrian	Unattached - Windermere	Vet 40			144	40	<b>184</b>
THORNE, Ian	Unattached - Halesowen	Vet 40			184		<b>184</b>
COOP, Paul	Unattached - Staffordshire					183	<b>183</b>
HIENKENS, Hans	NETHERLANDS - Haarlem	Vet 40 Men				182	<b>182</b>
MAKINSON, Mike	Unattached - Huddersfield	Vet 40 Men	182				<b>182</b>
BELL, Thomas	Unattached - Wilmslow		181				<b>181</b>
HALL, John	Bolton United Harriers	Vet 50			181		<b>181</b>

MCINTOSH, Andrew	North Shields Polytechnic AC	Vet 40 Men	180				180
THOMAS, Steve	Unattached - Wirral					180	180
THOMPSON, Russell	Unattached - Barrow in Furness	Vet 40 Men				179	179
WEBB, Sam	Unattached - Surbiton		179				179
CHAMBERLAIN, Paul	Unattached - Berkhamsted		177				177
HODGSON, Dave	Unattached - Sedgfield				177		177
PEATE, Joseph	Unattached - Keighley, W Yorks					177	177
LOCKWOOD, David	Unattached - Barnsley		176				176
JENKINS, Chadlea	Bedford Harriers		175				175
TOLLEY, Keith	Unattached - Buxton, Derbyshire	Vet 40 Men			175		175
ISHERWOOD, David	Unattached - Isle of Man	Vet 40 Men	174				174
BOYLAND, Ian	Unattached - Yeovil, Somerset					173	173
DENNETT, Pete	Baxi	Vet 40 Men	173				173
WHITTLE, Stephen	Chorlton Runners	Vet 50 Men			173		173
DAY, Elliot	Unattached - Huddersfield					172	172
ILLINGWORTH, Patrick	Unattached - Settle, N Yorks	Vet 40 Men			172		172
SMITH, Tim	Unattached - Wilmslow	Vet 40 Men	172				172
GRUTER, Jan	Baron Running School					171	171
BROWN, Rowan	Unattached - Leigh On Sea					170	170
TRAVIS, Andrew	Unattached - Lancaster	Vet 40 Men			98	72	170
WATSON, Matt	Unattached - Lancaster	Vet 40		170			170
BARR, Anthony	Unattached - Prescot			169			169
SWINDLEHURST, John	Unattached - Douglas	Vet 40 Men	169				169
WINTER, Martin	Unattached - Solihull, W Midlands					169	169
STOKER, Chris	USA		167				167
KIRBY, Darren	Unattached - Hebburn					166	166
WADE, Michael	Salford Metropolitans				166		166
ALLISTER, Dan	Unattached			165			165
COLQUHOUN, Ian	Unattached - Ashington	Vet 50 Men	165				165
MCCARGOW, Rob	Unattached - Twickenham					165	165
WALDRAM, Paul	Unattached - Bolton					164	164
WATTS, Mark	Unattached	Vet 40 Men	164				164
SMITH, Mike	Unattached - Olney	Vet 50 Men			163		163
SWIFT, Paul	Unattached - Wigton, Cumbria					163	163
MITCHELL, Trevor	Unattached - Brighouse	Vet 50		162			162
OGSTON, John	Unattached - Manchester		162				162
BALL, Malcolm	North Norfolk Beach Runners	Vet 70 Men			161		161
MALLABER, Richard	Unattached - London					161	161
OXLEY, Steven	Unattached - Brighouse	Vet 50		161			161
WATKINSON, Billy	Unattached - Runcorn		161				161
HODGSON, David	Unattached - Durham		160				160
MORLEY, Chris	Unattached - Wigan					159	159
PICKLES, Nigel	Baxi		159				159
COX, Peter	Unattached - Tonbridge				158		158
TWEDDLE, Andrew	Unattached - Newcastle upon Tyne		55			102	157
JONES, Graham	Unattached, Kendal	Vet 50 Men				156	156
WOOLDRIDGE, Jeffrey	Unattached - Chelmsford	Vet 40		156			156
ARMSTRONG, Robert	Unattached - Peterborough	Vet 40 Men	155				155
ROBINSON, Peter	Unattached - Newcastle upon Tyne		54			101	155
WILLIAMS, Chris	Unattached - Langley Mill	Vet 40 Men				155	155
HOLLOWAY, Ian	Unattached - North East	Vet 60 Men	1	113	32	8	154
KELSO, Martin	Unattached - Peebles, Scotland	Vet 50 Men	154				154
WATERS, Andrew	Unattached - London					154	154

DAVIES, Rob	Unattached - Glossop	Vet 40 Men	153				153
NISBET, Andrew	Unattached - Manchester	Vet 40 Men				153	153
KEELING, Richard	Vale Royal Athletics, Cheshire	Vet 40 Men			151		151
LERENDU, Andy		Vet 40 Men				151	151
LEIVERS, Dominic	Unattached - London			150			150
WESTWOOD, Lindsay	Unattached - Stanley				150		150
GODDARD, Andrew	Unattached - Bury, Lancashire	Vet 40 Men			149		149
SMITHEMAN, Tony	Unattached - Saltburn By The Sea	Vet 60		149			149
QUIN, Bob	Dumfries Running Club					147	147
CHEW, Chris	Unattached, Kendal	Vet 40		146			146
WILKINSON, Peter	Saltwell Harriers	Vet 50 Men			146		146
CATTERALL, Paul	Unattached - Wigton, Cumbria					145	145
PORTER, Barry	Unattached - Preston	Vet 40 Men	145				145
SHIELDS, Dan	Unattached, Kendal	Vet 40			145		145
HEUSY, Lucien	NETHERLANDS - Haarlem	Vet 40 Men			144		144
SHEPHERD, Adam	Unattached - Southampton		144				144
MCSTRAVICK, Conor	Unattached - Limavady	Vet 40 Men	143				143
PYPER, Stuart	Keswick AC	Vet 40			143		143
LEAHY, Michael	Unattached - Grange over Sands	Vet 50			142		142
MURBY, Simon		Vet 40 Men			142		142
COATES, James	Unattached - Gateshead				141		141
LUCAS, Ian	Unattached - Witham	Vet 50 Men	141				141
GRAVES, Brian	Marshall Milton Keynes AC	Vet 70			140		140
WELLS, Jamie	Unattached - Walsall					140	140
COOKSON, Paul	Run Fat Boy Run, Ambleside	Vet 40			139		139
RICHARDS, G	Wirral AC	Vet 50 Men				139	139
COLLINS, Simon	Unattached - Cambridge		138				138
REYNERO, Giuliano	Unattached, Kendal	Vet 50			138		138
MCCLUSKIE, Paul	Unattached - Liverpool				137		137
ROSTRON, John	Unattached - Preston		137				137
BAINES, Stewart	Unattached - London		136				136
PUTTICK, Tim	Unattached - Yarm	Vet 40 Men			136		136
SIMMONS, Steve	Unattached - Durham	Vet 50 Men				136	136
SUTCLIFFE, Neil	Blackburn Road Runners	Vet 50 Men	1		135		136
EDWARDS, David	Unattached - Yarm		135				135
BADCOCK, Daniel	Unattached - Leamington Spa				134		134
ISAACS, Marc	Unattached - Manchester		134				134
WILSON, Paul	Unattached - Drifffield, W Yorks	Vet 40 Men				134	134
WRIGHT, Mike	Eye Runners, Peterborough	Vet 40 Men				133	133
GERRARD, Mark	Unattached - Chorley		131				131
LEARY, Ron	Unattached - Hull	Vet 40 Men	73			58	131
ROBSON, Chris	St Bees Tri	Vet 70 Men	1		119	11	131
TURNER, Howard	Unattached - Grange over Sands	Vet 50			131		131
TYSON, Barry	Horwich RMI Harriers	Vet 60 Men				131	131
CARRAGHER, Stephen	Unattached - Formby	Vet 40 Men			130		130
WESTGATE, Peter	Unattached - Gorleston	Vet 60			130		130
WILSON, Graeme	Unattached - Edinburgh	Vet 40 Men				130	130
BEAUMONT, Sam	Unattached - Lytham St Annes				129		129
WATSON, Chris	Unattached - Keighley, W Yorks	Vet 40 Men				129	129
WOOD, Thomas	School Of Hard Knocks					129	129
BETTS, Antony	Unattached - Ilkley	Vet 40 Men	127				127
MYCOCK, Jeremy	Unattached - Sale	Vet 40 Men				126	126
WARDALE, Kevin	Ilkley Harriers	Vet 40 Men	126				126
BARROW, Mark	Unattached - Bolton					125	125

BAILLIE-SMITH, Iain	Unattached - Penrith, Cumbria				124		<b>124</b>
DAVIES, Miles	Run Fat Boy Run, Ambleside	Vet 40			124		<b>124</b>
DICKEL, Howard	Unattached - Hebden Bridge	Vet 40 Men	1		123		<b>124</b>
BENN, Phil	Unattached - Manchester				123		<b>123</b>
ANDERSON, David	Unattached - Ulverston	Vet 50			122		<b>122</b>
REID, Alistair	Unattached - Cheshire	Vet 40 Men				122	<b>122</b>
SMITH, Matt	Unattached - Waterloo		122				<b>122</b>
RILEY, Andrew	Unattached - St Bees	Vet 40 Men	1		120		<b>121</b>
CARTER, John	Unattached - Stanley		120				<b>120</b>
CROFTS, Adam	Unattached - Manchester		119				<b>119</b>
MAUN, Adam		Vet 40 Men			119		<b>119</b>
WHITEHALL, Simon	Unattached - Hexham	Vet 40 Men				119	<b>119</b>
BERRILL, Simon	Unattached - Preston		1		117		<b>118</b>
BOUND, John	Unattached - Gorleston	Vet 60			118		<b>118</b>
PORTER, Robert	Unattached - Liverpool				118		<b>118</b>
CANN, Stuart	Deepdale Dashers	Vet 40 Men	117				<b>117</b>
CORRY, Matt	Unattached - Summertown				117		<b>117</b>
ROBERTS, Chris	Unattached : Chester le Street					117	<b>117</b>
ALLEN, Howard	Unattached - Ilkley, W Yorkshire	Vet 50			116		<b>116</b>
MILLER, Alexander		Vet 60 Men				116	<b>116</b>
MCMASTER, James	Unattached - Gateshead	Vet 50			115		<b>115</b>
MEEHAN, Richard	Unattached - Walsall	Vet 50 Men			115		<b>115</b>
WALTON, Colin	Unattached - Stockport	Vet 40 Men	115				<b>115</b>
HAYES, Darren	Unattached - Stockport				114		<b>114</b>
MCMASTER, David	Unattached - Gateshead				114		<b>114</b>
RUTLEDGE, Peter	Unattached - Manchester		114				<b>114</b>
RUDDOCK, Ian	Mossley Hill AC, Liverpool	Vet 40 Men				113	<b>113</b>
CUMMINS, Martin	Unattached - Thirsk, N Yorks	Vet 50			112		<b>112</b>
GORNALL, Ian	Unattached - Warrington	Vet 40 Men				112	<b>112</b>
WRIGLEY, Peter	Unattached - Harrogate		112				<b>112</b>
BYRON, Stephen	Unattached - Merseyside	Vet 40			111		<b>111</b>
WILSON, Sarah	Unattached					109	<b>109</b>
CLARK, Richard	Unattached - Staines	Vet 40 Men	108				<b>108</b>
SMITH, Stuart	Unattached - Barton On Humber	Vet 60 Men			108		<b>108</b>
MILES, Richard	Unattached - Warwickshire	Vet 40 Men			107		<b>107</b>
TAYLOR, Jason	Unattached - Beamish		107				<b>107</b>
HEESOM, Scott	Unattached - Warrington		106				<b>106</b>
PRATT, Michael	Unattached - London					106	<b>106</b>
TOWNSEND, Alan	Unattached - Radstock	Vet 60 Men			106		<b>106</b>
GEARY, James	Unattached - Lancaster					105	<b>105</b>
LYSONS, Michael	Unattached - Merseyside				105		<b>105</b>
RUMID, David	Unattached - Tyne & Wear	Vet 40 Men			104		<b>104</b>
WICKS, Andy	Unattached - Bardsea	Vet 40 Men				104	<b>104</b>
FRASER, James	Unattached - Ilkley, W Yorkshire					103	<b>103</b>
OXLEY, David	unattached - Horncastle	Vet 40 Men			102		<b>102</b>
ANDREWS, Mark	Unattached - Altrincham	Vet 40 Men			101		<b>101</b>
WOOD, Simon	Unattached - Manchester	Vet 40 Men	101				<b>101</b>
BEESON, Nigel	Lancaster & Morecambe AC	Vet 50 Men				100	<b>100</b>
HILL, Jason	Unattached - Crewe		100				<b>100</b>
GRIFFITHS, Andrew	Unattached - Leeds		99				<b>99</b>
WHISTON, Philip	Unattached - Sandbach		1		66	31	<b>98</b>
ECCLESTONE, Neil	Unattached - Huntingdon	Vet 40 Men	97				<b>97</b>
ORRITT, David	Unattached - Chorley, Lancs				97		<b>97</b>
OLIVER, Tim	Unattached - Penrith	Vet 40 Men	96				<b>96</b>

WEBLEY, Alistair	Unattached - Cheltenham, Glos				96		<b>96</b>
WHISTON, Rob	Unattached - Crewe	Vet 50 Men	1		65	30	<b>96</b>
CHAPPELL, James	Unattached - Cottingham					95	<b>95</b>
DAVID, Owen	Unattached - Cockermouth		95				<b>95</b>
ALLDRED, Karl	Unattached - Warrington		94				<b>94</b>
ABBOTT, John	Unattached - Bristol	Vet 40 Men				92	<b>92</b>
KEMBLE, Gareth	Unattached - Keswick	Vet 40 Men			92		<b>92</b>
MOLLOY, Colin	Biddulph Running Club	Vet 60 Men	92				<b>92</b>
ROBSON, Nigel	Unattached - Hexham	Vet 40 Men	91				<b>91</b>
SATTERLY, Charles	Lancaster & Morecambe AC	Vet 40 Men				91	<b>91</b>
BARRETT, John	Unattached - Tyne & Wear	Vet 40 Men			90		<b>90</b>
MARSH, Eric	Unattached - Warrington	Vet 50 Men				90	<b>90</b>
CLARKE, Gerard	Unattached - Manchester		89				<b>89</b>
ROACH, Peter	Unattached - Bebington	Vet 50 Men				89	<b>89</b>
SHILLAW, Chris	Unattached - Tyne & Wear	Vet 50 Men			89		<b>89</b>
FRASER, Ian	Unattached - Ilkley, W Yorkshire	Vet 50 Men				87	<b>87</b>
CORLETT, Stephen (Man Utd)	Manchester United Salford		86				<b>86</b>
MAYSON, Anthony	Lancaster & Morecambe AC				86		<b>86</b>
TAYLOR, Chris	Unattached, Kendal	Vet 60 Men				86	<b>86</b>
TILSON, Neil	Unattached - Hebburn					85	<b>85</b>
BLUNDELL, Ian	Unattached - Preston, Lancashire	Vet 40 Men				84	<b>84</b>
BLADES, Gary	Unattached - Quorn	Vet 40 Men			83		<b>83</b>
CODDINGTON, Simon	Unattached - Stockport					83	<b>83</b>
FREEMAN, Tim	Unattached - Chester	Vet 40 Men	83				<b>83</b>
MEDLEY, Nick	Unattached - Keighley		82				<b>82</b>
MILLS, Luke	Unattached - Bridgnorth					81	<b>81</b>
HUGHES, Mark	Unattached - Southport	Vet 40 Men			80		<b>80</b>
MOUNTAIN, Tony	Unattached - South Shields	Vet 40 Men			79		<b>79</b>
SEYMOUR, Mike	Unattached - Basingstoke					79	<b>79</b>
WHETTER, Lisa	Unattached - Levens		79				<b>79</b>
MCSTEEN, Andrew	Swamp Donkeys					78	<b>78</b>
UPTON, Nicholas	Go Team Go				78		<b>78</b>
GREEN, Bernie	Unattached - Wigton, Cumbria	Vet 50 Men			77		<b>77</b>
MURPHY, William	Ford Halewood AC	Vet 70 Men	77				<b>77</b>
PERRETT, Trevor	Swamp Donkeys					77	<b>77</b>
HUMBLE, Garry	Unattached		76				<b>76</b>
PHILLIPS, Steven	Chorlton Runners	Vet 50 Men			76		<b>76</b>
HADFIELD, Tom	Unattached - Stockport					75	<b>75</b>
HALL, Anthony	Unattached	Vet 40 Men	75				<b>75</b>
MILES, Alan	Bushfield Joggers, Peterborough	Vet 50 Men			74		<b>74</b>
ANSON, Jay	Unattached - Silloth, Cumbria	Vet 40 Men			73		<b>73</b>
CARTER, Matt	Unattached - Berkhamsted					73	<b>73</b>
DOBSON, Brian	Pocklington Runners	Vet 50 Men			72		<b>72</b>
MARTIN, Simon	Unattached - Wetherby	Vet 40 Men	14		58		<b>72</b>
MURRAY, Kevin	Unattached - Barrow in Furness					71	<b>71</b>
TERRY, Christopher	Unattached - Wakefield	Vet 60 Men			71		<b>71</b>
COUPE, Stan	Unattached - Preston, Lancashire	Vet 40 Men				70	<b>70</b>
TURNER, Nicholas	Unattached, Kendal				70		<b>70</b>
MACLAINE, Julian	Unattached - Cheshire	Vet 40 Men			52	17	<b>69</b>
BRIGHT, John	Unattached - Darlington	Vet 50 Men	68				<b>68</b>
GREY, Paul	Unattached - Stanley		66				<b>66</b>
HOUGH, Mike	Unattached - Glasgow	Vet 60 Men				66	<b>66</b>
CHRISTIE, Andrew	Baxi	Vet 40 Men	64				<b>64</b>

TAYLOR, Jason	Derwentside AC				64	<b>64</b>
ATKINSON, Peter	Unattached - Swinton		63			<b>63</b>
CRAPPER, Richard	Unattached - Coniston				63	<b>63</b>
KENNERLEY, Michael	Unattached - Leeds	Vet 40 Men			62	<b>62</b>
PEARSON, Gordon	Eye Runners, Peterborough				62	<b>62</b>
HARRINGTON, Martin	Chorley Harriers	Vet 50 Men	61			<b>61</b>
HOWARD, Simon	Rock Tarts - Shropshire	Vet 40 Men			61	<b>61</b>
HUTTON, Philip	Unattached, Kendal	Vet 50 Men			59	<b>59</b>
PHILLIPS, S		Vet 50 Men			59	<b>59</b>
SHAW, Clive	Unattached - Liverpool	Vet 50 Men	58			<b>58</b>
CORNTHWAITE, Toby	Unattached - Chorley, Lancs				57	<b>57</b>
LADOCHA, Mark	Unattached - Huddersfield		57			<b>57</b>
BIRCH, Daniel	Unattached - Lincoln				56	<b>56</b>
HARKER, Leighton	Unattached - Waterloooville	Vet 40 Men			55	<b>55</b>
MICELI, Martin	Unattached - Northwich				55	<b>55</b>
MITCHELL, Nigel	Unattached, Kendal	Vet 50 Men			54	<b>54</b>
WALKER, Chris	Unattached - Oxfordshire				54	<b>54</b>
LADOCHA, Dave	Stainland Lions, Halifax	Vet 50 Men	52			<b>52</b>
DAVIDSON, Jackie	Unattached - Southport	Vet 40 Men			51	<b>51</b>
HILTON, Tom	Unattached	Vet 60 Men	1		50	<b>51</b>
LEECH, Simeon	Unattached - Ulverston	Vet 40 Men			51	<b>51</b>
HORNE, Bernard	Unattached - Burnley	Vet 40 Men	49			<b>49</b>
TODMAN, Andrew	Unattached - Carlisle	Vet 40 Men			49	<b>49</b>
WRIGHT, Philip	Unattached - Teddington	Vet 50 Men			49	<b>49</b>
KUECHEL, James	Unattached - Cockermouth		48			<b>48</b>
BANKS, Ross	Unattached - Stoke-on-Trent	Vet 40 Men	47			<b>47</b>
SOUTHALL, Garfield	Unattached - Cheshire	Vet 60 Men			47	<b>47</b>
TAYLOR, David	Unattached - Sale				47	<b>47</b>
CRAFT, James	Unattached - Seaham				46	<b>46</b>
MOSS, Paul	Baxi	Vet 50 Men	46			<b>46</b>
WHITE, Matthew	Unattached - Somerset	Vet 50 Men			46	<b>46</b>
KITE, Jonathan	Pudsey Pacers, Leeds				45	<b>45</b>
WATERWORTH, Andrew	Unattached - Newcastle	Vet 50 Men			45	<b>45</b>
WOLSTENHOLME, Andy	Unattached - Congleton	Vet 40 Men	45			<b>45</b>
MURPHY, Sean	Unattached - Hoylake	Vet 40 Men			44	<b>44</b>
SHIPLEY, David	Road Runners Club	Vet 60 Men			44	<b>44</b>
PEARCE, Jonathan	Unattached - Wroughton	Vet 40 Men			43	<b>43</b>
SIANI, Gino	Unattached, Birmingham	Vet 40 Men			43	<b>43</b>
WISEMAN, John	Unattached	Vet 40 Men	43			<b>43</b>
COOKE, Peter	Unattached, Birmingham				42	<b>42</b>
HORNER, Michael	Unattached - Durham				42	<b>42</b>
COLEMAN, Craig	Unattached - Halesowen				41	<b>41</b>
TAYLOR, Robert	Unattached : Chester le Street				41	<b>41</b>
SMALL, Sandy	Unattached - Glasgow	Vet 60 Men	40			<b>40</b>
BENSON, Richard	Unattached - Northwich	Vet 40 Men	39			<b>39</b>
LANE, Chris	Unattached - Bewdley	Vet 40 Men			39	<b>39</b>
GIRVIN, Maurice	Unattached - Belfast	Vet 40 Men	38			<b>38</b>
MORRIS, Stephen	Unattached - Knaresborough	Vet 50 Men			38	<b>38</b>
WILD, John	Unattached - Preston	Vet 50 Men	1		37	<b>38</b>
BHIRTH, Gurvinder	Unattached, Birmingham				37	<b>37</b>
SIMS, Daniel	Unattached - Manchester		37			<b>37</b>
ENGLAND, Darren	Unattached - Staffordshire	Vet 40 Men			36	<b>36</b>
PEARCE, Andy	Unattached - Edinburgh	Vet 40 Men			36	<b>36</b>
FRADSHAM, Luke					35	<b>35</b>
MURBY, David		Vet 40 Men			35	<b>35</b>

MITCHELL, Mark	Unattached - Kendal		34				<b>34</b>
ADAMS, Dave	Cumberland Fell Runners	Vet 40 Men			33		<b>33</b>
MITCHELL, Steven	Unattached - Kendal		33				<b>33</b>
CRANE, Daniel	Quakers Running Club, Cleveland					32	<b>32</b>
CROWTHER, Paul	Unattached - Knutsford	Vet 50 Men			31		<b>31</b>
EDWARDS, John	Unattached - Yarm	Vet 60 Men	31				<b>31</b>
FELGATE, Paul	Unattached - Leeds	Vet 50 Men	30				<b>30</b>
POYNTON, Richard	Unattached - Lowestoft				30		<b>30</b>
JEFFREYS, Robert	Unattached, Kendal				29		<b>29</b>
LIGHTFOOT, Steve	Unattached - Oldham		29				<b>29</b>
SCOTT, Julian	Unattached - Collingham	Vet 50 Men	27				<b>27</b>
TAYLOR, George	Team Coco					27	<b>27</b>
BLACKER, John	Harrogate Harriers	Vet 40 Men				26	<b>26</b>
SAGE, Michael	Unattached - Reydon, Southwold	Vet 60 Men	25				<b>25</b>
JAMESON, Scott	Unattached - Washington		24				<b>24</b>
LOWRY, Jeremy	Unattached - Surrey	Vet 50 Men				24	<b>24</b>
SCHLINKERT, Robin	Unattached - London					23	<b>23</b>
COOPER, Louis	Wymondham Athletic Club	Vet 60 Men	1			21	<b>22</b>
CORNWELL, Kevin	Unattached - Prescot		21				<b>21</b>
FISHER, Iain	Windmilers	Vet 40 Men				20	<b>20</b>
HOWARD, Thomas	Unattached - Rossendale		20				<b>20</b>
MURPHY, Sean	Unattached - Hoylake	Vet 40 Men				19	<b>19</b>
CLARKE, Dave	Unattached - Northwich	Vet 50 Men	18				<b>18</b>
MURPHY, Dermot	Unattached - Hoylake	Vet 40 Men				18	<b>18</b>
BURKE, Adam	Unattached - Newcastle upon Tyne		16				<b>16</b>
TOMPKINS, Martin	Unattached - Heald Green					14	<b>14</b>
PARKER, Guy	Unattached - Penrith, Cumbria	Vet 40 Men				13	<b>13</b>
TAKASHINA, Kei	Unattached - Reading		13				<b>13</b>
WOOD, Iain	Unattached - Ormskirk		1			12	<b>13</b>
HARRISON, Don	Derby MC	Vet 50 Men	12				<b>12</b>
BIRKETT, Richard	Unattached - York	Vet 40 Men	10				<b>10</b>
DUDLEY, Peter	Unattached - Preston, Lancashire	Vet 40 Men				10	<b>10</b>
CLARK, Jim	Unattached - Hertfordshire					9	<b>9</b>
PITTMAN, Keith	Unattached - Kendal	Vet 50 Men	8				<b>8</b>
HENRY, Matthew	Unattached - Buxton		7				<b>7</b>
BUSHELL, Tony	Unattached - Chorley	Vet 40 Men	6				<b>6</b>
GRUMMETT, Steve	Unattached - Leeds		5				<b>5</b>
HARDACRE, Steve	Unattached - Preston	Vet 50 Men	4				<b>4</b>
CLARK, Neil	Unattached - Larbert	Vet 40 Men	3				<b>3</b>
BAKER, Neil	Unattached - Sawtry	Vet 40 Men	2				<b>2</b>
ALLEN, Chris	Unattached - Kirkby In Furness	Vet 40 Men	1				<b>1</b>
ANTHONY, Christopher	Unattached - Malton		1				<b>1</b>
ARTHUR, Nick	North Yorks Police	Vet 40 Men	1				<b>1</b>
ASAI, Taizo	Unattached - Workington		1				<b>1</b>
BARTON, David	Ford Halewood AC, Cheshire	Vet 60 Men	1				<b>1</b>
BIBBY, Nigel	Unattached - Lytham	Vet 40 Men	1				<b>1</b>
BLYTH, Neil	The Detectives		1				<b>1</b>
BREAR, Richard	Stainland Lions	Vet 40 Men	1				<b>1</b>
CADDICK, Chris	Unattached - Warrington	Vet 40 Men	1				<b>1</b>
CHESTERMAN, Steve	Unattached - Hope Valley	Vet 50 Men	1				<b>1</b>
CLARE, Alex	Unattached - Liverpool		1				<b>1</b>
COLLISTER, Bill	Unattached - Douglas	Vet 50 Men	1				<b>1</b>
FAIRFULL, Jeffrey	Unattached - Billericay	Vet 60 Men	1				<b>1</b>

