

Lakeland Trails 2012 Spring Series Results : Men

Name	Club	Category	Cartmel	Hawkshead	Kentmere	Total
GREGORY, Stewart	Holme Pierrepont RC	Vet40	999	997	996	2992
LLOYD, Adam	Bromsgrove & Redditch AC		997	996	995	2988
HOLDSWORTH, Breton	Clayton-le-Moors Harriers		995	992	993	2980
BRENNAN, Steven	Glaxo Hoad Hill Harriers	Vet40	987	995	994	2976
DUNN, Mike	Unattached - Warrington		990	988	986	2964
EASTON, Chris	Chapel Allerton Runners		992	990	982	2964
GREGSON, Wayne	Tri Preston		991	981	992	2964
DOWELL, Mark	Leeds & Bradford Tri Club	Vet40	974	985	983	2942
METCALF, Alan	Preston Harriers	Vet50	986	978	976	2940
CHAMBERS, Rob	Unattached - Skipton	Vet40	983	967	971	2921
NEWBURN, Scott	Newing Lodge		978	989	946	2913
BARK, Stephen	Unattached : Horncastle	Vet40	970	970	968	2908
CAMPION, Adam	Keswick Athletics Club	Vet40	961	961	973	2895
WEARDEN, Neil	Unattached - Preston		953	965	966	2884
ALLISON, Mike	Unattached - Penrith	Vet50	934	972	964	2870
MICALOON, Robert	Evenwood Road Runners	Vet50	977	927	955	2859
HIGHAM, Nick	Lancaster & Morecambe AC	Vet40	943	957	954	2854
HOWARD, Scott	Unattached : Hartlepool	Vet40	941	949	963	2853
LOWE, Robert	Lancaster AC		964	962	899	2825
BARRY, Sean	Unattached : Huddersfield		947	954	921	2822
NOBLE, Colin	Bridgnorth RC		958	923	940	2821
CROMPTON, Carl	Unattached : Staveley		933	938	942	2813
JARDIN, David	Elswick Harriers	Vet40	960	939	898	2797
TERRY, Jon	Unattached - Sale	Vet40	936	904	949	2789
SPOONER, John	Lancaster and Morecambe	Vet40	925	926	934	2785
PRESTON, Tony	Rosendale Harriers	Vet40	906	928	936	2770
ALEXANDER, James	unattached - Tyne and Wear		920	934	912	2766
WEST, Simon	Unattached : Cleator		854	950	951	2755
BROWN, Steve	Unattached - Windermere	Vet40	900	912	941	2753
HESKETH, Tony	Horwich RMI AC	Vet60	905	913	935	2753
SMITHEMAN, Alan	Loftus & Whitby AC		935	899	914	2748
BURNS, Graeme	Unattached : Congleton	Vet40	898	920	923	2741
STONES, Philip	Blengdale Runners	Vet50	918	905	904	2727
JACKSON, Simon	Unattached - Keswick		915	898	908	2721
SADLER, Jonathan	Unattached - Manchester		907	883	924	2714
MEALEY, Liam	Kirkstall Harriers		912	915	875	2702
WHEELER, Barry	Red Rose RC		922	895	885	2702
CUTLER, Peitr	Wesham Road Runners		886	881	927	2694
GILLIGAN, Kevin	Unattached - Southport	Vet40	887	889	891	2667
LECK, Michael	Lancaster and Morecambe	Vet60	877	868	919	2664
STACY, Martin	Vegan Runners Uk	Vet40	908	862	887	2657
CHARLES, Terry	Wirral Warrior	Vet50	916	863	864	2643
LEATHERAN, Andy	Unattached - Kendal	Vet40	867	875	890	2632
HINSON, Mike	Unattached - Sedburgh	Vet40	888	907	835	2630
VAUGHAN, David	Unattached - Ormskirk		855	856	916	2627
HAWKER, Jon	Ellesmere Port RC	Vet40	862	902	856	2620
JONES, Steve	Unattached : Bangor		796	866	933	2595
PEACOCK, Robert	Blaydon Harriers		848	878	869	2595
SMITH, Paul	Unattached - Leeds	Vet40	824	850	906	2580
WOODWARD, Rob	Unattached - Kendal		869	845	850	2564
COLEBOURN, James	Unattached : Backbarrow		850	858	842	2550
KEAR, Paul	Unattached - Kendal	Vet40	846	837	830	2513
QUAYLE, Roger	Barrow Striders	Vet50	901	841	753	2495
SPRIGGS, Gary	Unattached : St Helens	Vet40	795	823	877	2495
HAYES, John	Stockport Harriers		843	778	871	2492
LASHLEY, Pete	Unattached : Milnthorpe	Vet40	863	840	788	2491
FIDDLER, Paul	Unattached - Warrington		835	820	831	2486
WOOF, Brian	Unattached - Kendal	Vet40	812	821	853	2486
RANK, Nicholas	Lincoln Wellington AC	Vet60	817	803	854	2474

EARLE, Mark	Unattached - Knutsford	Vet60	833	833	781	2447
ASHWORTH, David	Unattached : Bolton	Vet50	834	781	829	2444
MERCER, John	Unattached - Wigan	Vet40	904	909	626	2439
ALLEN, Charles	Burnham Joggers	Vet50	837	764	837	2438
POOLE, Robert	Unattached - Windermere	Vet60	828	783	825	2436
WATT, Jonathan	Unattached - Altrincham	Vet40	759	824	848	2431
SMITH, Richard	Ackworth Road Runners	Vet50	778	775	785	2338
MCCANN, John	Kendal Athletic Club	Vet60	783	752	796	2331
HATTON, Julian	Unattached - Darlington	Vet40	793	725	806	2324
LANG, Andrew	Meltham AC	Vet40	803	774	744	2321
TANFIELD, Danny	Unattached - Kendal		763	772	771	2306
PARKINS, Joe	Unattached - Kendal	Vet40	761	759	778	2298
HUCKERBY, Nick	Unattached : Dunfermline		772	755	769	2296
GREGSON, Craig	Unattached : Leyland		733	715	840	2288
HUNT, Peter	Southwell Running Club	Vet50	767	730	787	2284
OFFER, Matt	Unattached - Gateshead		666	779	792	2237
CROSSLEY, Richard	Unattached : Stafford	Vet40	739	734	763	2236
HEATHCOTE, John	Unattached - Oldham	Vet50	735	708	776	2219
MCKINNEY, Charles	Unattached - Leeds		787	773	631	2191
STRATTON, Tom	Unattached - Manchester		726	696	765	2187
BELL, Stuart	Kendal Athletic Club	Vet50	741	729	713	2183
GEORGE, Jerry	Unattached : Warrington		747	664	762	2173
PARKER, Alan	Unattached - Stoke	Vet40	717	665	791	2173
DUNCAN, Kevin	Unattached - Lancaster		732	678	751	2161
KNIGHTON, Simon	Unattached : Aldbourne	Vet60	727	697	737	2161
GUEST, Jonathan	Unattached - Manchester		714	679	766	2159
MYATT, Robert	Unattached	Vet40	716	661	767	2144
STOUT, John	Unattached : Aughton	Vet50	692	704	740	2136
GILLMAN, Darren	Spa Striders	Vet40	788	583	747	2118
JONES, Alan	Unattached - Wilmslow	Vet50	700	662	752	2114
SMITH, Michael	Olney Runners	Vet50	724	663	726	2113
LLOYD, Jim	Unattached - Hexham	Vet50	662	714	734	2110
LUNT, Eric	Unattached - Manchester		680	676	743	2099
SAMUELSON, Peter	Spectrum Striders	Vet60	712	651	724	2087
THOMPSON, Nick	Meltham AC	Vet50	703	659	718	2080
SUMMERS, Phil	Swinton Running Club	Vet50	722	625	715	2062
EVENS, David	Unattached - Ormskirk		706	636	707	2049
BATES, Damian	Unattached - Oldham	Vet40	685	666	682	2033
ROBSON, Dave	Elvet Striders	Vet60	689	645	688	2022
LAKER, Ste	Unattached - Preston		679	618	723	2020
SHAWLEY, Paul	Unattached - Sheffield		660	637	710	2007
JONES, Melvyn	Swinton Running Club	Vet50	687	614	696	1997
MILLS, Luke	Bridgnorth RC		682	607	698	1987
COLLINS, Russell	Teesdale AC	Vet40	989	979		1968
STUART , Andrew	Unattached - Lancaster	Vet40		982	984	1966
SWINBOURNE, Greg	Unattached : Hartlepool	Vet40	672	588	699	1959
CASSELS, David	Unattached : Aye	Vet50	723	568	667	1958
THOMPSON, Stephen	Vale Royal Athletics Club	Vet40	976		981	1957
FLATMAN, Graeme	Darlington Tri Club	Vet50		973	970	1943
BEANLAND, Nick	Unattached		968	974		1942
SOUTHWELL, Gary	Fenton Fitness	Vet40	959	977		1936
FICKS, Arne	Unattached - Newcastle			953	980	1933
GARDINER, Jonathan	Unattached : Poulton Le Fylde		973		959	1932
CRAWFORD, Rob	Helm Hill Runners		956	969		1925
BUTTERWORTH, Simon	Unattached - Hawkshead	Vet50	647	619	654	1920
HARRIS, Nigel	Unattached : Stafford	Vet40	655	611	653	1919
WILKINSON, Matt	Unattached : Lytham		962	952		1914
GAMBERINI, Lorna	Unattached - Cockermouth	Vet40	668	567	672	1907
MURPHY, William	Ford Halewood AC	Vet70	669	577	659	1905
MITCHELL, Neil	London Heathside	Vet50		933	956	1889
DEAN, Jim	Unattached - Kendal	Vet70	632	574	664	1870

CROMPTON, Sam	Unattached - Kendal			937	932	1869
BLOY, Kevin	Ayr Seaforth	Vet40	949		910	1859
BREGA, Josh	Unattached : Bury St Edmonds			911	947	1858
STOREY, Nigel	GSK Hoad Hill Harriers	Vet40	930		926	1856
DRING, Craig	Keswick AC	Vet40	917		938	1855
HUGHES, Martin	Chorley Harriers	Vet40	909	943		1852
PHILLIPS, Steven	Chorlton Runners	Vet50	642	566	644	1852
RANKIN, Iain	Unattached - Macclesfield	Vet40		931	920	1851
CONNOR, Darren	Unattached : Whitehaven	Vet40	634	558	652	1844
GOODWIN, Edward	Unattached : Cannock			903	939	1842
MODEN, Liam	Unattached : Haslingden	Vet40	640	557	643	1840
MITCHELL, Nigel	Unattached - Kendal	Vet50	667	544	628	1839
CLARKE, Martin	Unattached : Cottenham			893	944	1837
SHEPHERD, Steve	Stainland Lions	Vet50	630	556	647	1833
ADAMSON, Stuart	Unattached - Bradford	Vet50	638	552	641	1831
FARMER, Mark	Unattached : Linclon	Vet40	633	560	635	1828
JORDAN, Mark	Harrogate Harriers	Vet50		908	917	1825
DOYLE, Kieran	Unattached : Heysham			936	884	1820
DALE, Matt	Unattached - York			947	872	1819
BRADLEY, Gerald	Unattached West Cornforth	Vet40	627	547	642	1816
RAWLINSON, Paul	Unattached - Grange Over Sands		913		901	1814
ROBSON, Chris	St Bees Triers	Vet70	622	553	637	1812
WILLIAMS, Michael	Unattached - Chester		893		915	1808
HASLAM, Nick	Unattached - Kendal	Vet40	619	549	633	1801
THORPE, Mark	Unattached - Preston	Vet40	911		888	1799
IBBOTSON, Ian	Unattached - Windermere	Vet40	618	548	632	1798
CASSIDY, Robert	Triclan		885	896		1781
PEART, Marc	Unattached : Austwick, N Yorks		891	887		1778
DAVIES, Andrew T	Telford Harriers	Vet60		901	873	1774
CLARK, Andrew	Unattached : Bury	Vet50	611	537	624	1772
BLACOW, Steven	Unattached - Kendal		883		880	1763
BRISTOW, Andy	Unattached - Southport		899		857	1756
BOOTH, Austin	Unattached : Mansfield		841	914		1755
CARSON, Aodhan	Unattached : Lytham		864	882		1746
HORNE, Larry	Unattached - Penrith	Vet40		851	893	1744
HUGHES , Ian	Guinea Pig Racing Club			861	883	1744
MILLINGTON, Graham	Wigan Harriers AC	Vet40	868		876	1744
KENNEDY, Paul	Unattached - Kendal	Vet40	858	880		1738
JENNINGS, Paul	Unattached	Vet40	870		866	1736
HUMPHRIES, Simon	Unattached - Wigton	Vet40		874	849	1723
ANDREWS, Ian	Unattached : Cornwall		829		892	1721
DUFFIELD, Michael	Ilkley Harriers	Vet40		847	874	1721
MACINNES, Thomas	Unattached : Whitehaven		882		834	1716
WARREN, Mike	Durham City Harriers	Vet50		843	863	1706
MCSHANE, Ryan	Unattached : Great Eccleston		851	852		1703
WARREN, Chris	Lancaster and Morecambe	Vet50		849	844	1693
BREWSTER, Keith	Valley Striders, Leeds	Vet50		859	832	1691
MCCARTHY, Jeff	Unattached - Rochdale	Vet40		844	838	1682
KNOWLES, Barry	Unattached - Bristol	Vet40	810		865	1675
BROWN, Mathew	Vale Royal AC	Vet40	849	813		1662
GIBSON, Andy	Unattached - York			872	789	1661
SIMS, Andrew	Unattached - Carlisle		825		836	1661
ROGERSON, Peter	Unattached : Lochmaben	Vet50		800	858	1658
PROCTOR, Phillip	Unattached : Ellesmere Port	Vet40		812	845	1657
GREEN, Jon	Unattached : Blackpool	Vet40	842		813	1655
FIDLER, Mark	Ellesmere Port Running Club	Vet40		819	833	1652
SERVICE, Douglas	Unattached : Burnley	Vet40	852		800	1652
TOMLINSON, Michael	Unattached - Bradford	Vet40	822	827		1649
MATHER, Tom	Adventure Training		818	826		1644
MACKENZIE , Colin	Unattached - Wolverhampton	Vet50		805	828	1633
HOWE, Nick	Unattached - Liverpool			806	821	1627

ROSEBURY, Julian	Unattached : Alderley Edge	Vet40	809	817		1626
MOORHOUSE, Russell	Unattached - Preston		814		811	1625
WEBB, Stephen	Warrington Road Runners	Vet50	819	802		1621
SPEED, Simon	Unattached - Leeds	Vet40	821	792		1613
PURDY, Simon	Unattached - Penrith	Vet40	845		760	1605
CHRISTIAN, Paul	Unattached - Gateshead	Vet40		797	805	1602
HIGGINS, Philip	Unattached - Windermere	Vet40	802		797	1599
GREEN , John	Unattached : Lowton	Vet40		776	817	1593
MCCMAHON, Terry	Unattached - Kendal	Vet40	791	801		1592
EARDLEY, Richard	Unattached - Kendal			763	822	1585
COSGROVE, Bryan	Unattached - Manchester		769	810		1579
ATHERTON, Frank	Lancaster and Morecambe	Vet50	839	739		1578
BRIFFA, Andrew	Unattached - Wigan			894	681	1575
POTTER, Steven	Unattached : Oxford	Vet40	832		742	1574
TABERN, Ian	Section 5	Vet40	794	769		1563
COM, John	Unattached - Macclesfield	Vet40		784	777	1561
HANLON, Bob	Unattached : Windermere	Vet50		766	793	1559
FOY, Peter	Unattached : Bolton		785	770		1555
WRIGHT, Andrew	Unattached - Manchester			741	812	1553
LAW , Micheal	Unattached	Vet60		732	818	1550
SATTERLY, Charles	Lancaster & Morcambe AC	Vet40		743	790	1533
GIBSON, Ian	Unattached - Hexham	Vet50	806		720	1526
CROMPTON, Simon	Unattached - Chorley	Vet50	784	737		1521
SPOONER, Steve	Unattached : Bollington	Vet40		728	786	1514
TURNER, Ged	Edgworth Cricket & Recreation Club	Vet50	798		709	1507
OUTTERSIDE, James	Unattached - Cheadle			721	780	1501
KEENAGHAN, Martin	Unattached : St Helens		702	785		1487
HENDERSON, Darren	Unattached - Barrow in Furness		738	742		1480
BARSTOW, John	Unattached : Ulverston	Vet50		632	846	1478
MALE, Les	Unattached - Loughborough	Vet40		727	746	1473
PARKINSON, Eden	Lancaster & Morcambe AC	Vet40		718	749	1467
PATON, David	Unattached	Vet40		733	731	1464
BURKE, Howard	Unattached : Gawsworth		749	709		1458
KNOX, John	Unattached - Preston	Vet50	740	707		1447
GELDER, Kevin	Unattached : Cleckheaton	Vet40	744		695	1439
SMITH, David	Unattached - Manchester	Vet50	701		729	1430
HALL, Sam	Unattached - Kendal			703	725	1428
SMITH, Tim	Dallam Running Club	Vet50	704	713		1417
GINDER- POULSON, Robert	Unattached - Cheadle	Vet40	730	680		1410
DONACHIE, Michael	Unattached - Whitley Bay	Vet40	681		727	1408
WEARING, Alasdair	Unattached	Vet40		684	719	1403
LAYCOCK, Richard	LSH	Vet40	713		683	1396
COPP, Jason	Unattached - Birmingham	Vet40		673	721	1394
LAWTON, Graham	Unattached - Lancaster			681	701	1382
HOLDEN, Andrew	Unattached - Manchester	Vet40	690	690		1380
BARTLETT, Robin	Lancaster & Morecambe AC	Vet50	721	655		1376
BRIGHT, Barry	Penny Lane Striders	Vet50	709	654		1363
BALL, Malcolm	North Norfolk Beach Runners	Vet70	671		685	1356
PLESTED, Paul	Ellesmere Port Running Club	Vet50		668	680	1348
TRAVIS, Andrew	Unattached - Lancaster	Vet40	673		675	1348
BLADES, Gary	Unattached : Quorn	Vet40		670	668	1338
SHAW, Jon	Macclesfield Harriers	Vet50		630	708	1338
SPICKETT, Gavin	Tynedale Harriers	Vet50		644	693	1337
KENDAL, Kev	Howgill Harriers		675		656	1331
KEENAGHAN, Shaun	Unattached : St Helens	Vet40	677	646		1323

TICKNER, Paul	West Cumberland Orienteering Club	Vet50		633	689	1322
BUTLER, Dave	Unattached - Penrith		661		651	1312
HIGGINSON, Ben	Preston Harriers	Vet50		638	674	1312
MILLER, Craig	Keswick Athletics Club			641	671	1312
SALT, John	Unattached : Adlington		639		670	1309
FURPHY, Chris	Unattached : Guisborough	Vet40		640	666	1306
RAVEN, Mark	Unattached : Wetherby	Vet50	674	631		1305
BIRT, Robert	Unattached - South Shields	Vet40		600	703	1303
GARLINGE, Stuart	Unattached : Sunderland	Vet40		599	704	1303
CHEW, Chris	Unattached - Kendal	Vet40		623	676	1299
BARKER, Clive	Unattached - Chorley	Vet50		612	686	1298
GIBBS, Mark	Unattached : Stanley		665	622		1287
GRAHAM, Ron	Unattached - Keswick	Vet60		593	694	1287
HARDMAN, Paul	Preston Harriers			569	714	1283
ROGERS, David	Unattached - Wrexham	Vet40	658	617		1275
MASSAM, Stephen	Preston Harriers	Vet40		579	684	1263
KELLY, Bill	Burnden Road Runners	Vet60		582	678	1260
WRIGHT, Damon	Allogenes			598	660	1258
WHITEHEAD, Paul	Blackpool, Wyre & Fylde AC	Vet40	651	602		1253
WHISTON, Rob	Unattached - Crewe	Vet50	637	571		1208
COLLINS, John	Unattached : Dalton in Furness	Vet40		564	640	1204
GILES, Thomas	Trail Running Association	Vet40	631	572		1203
LOUGHRAN, Joe	Unattached - Stoke-on-Trent	Vet60		565	636	1201
SUTCLIFFE, Neil	Blackburn Road Runners	Vet50		540	630	1170
HOLLOWAY, Ian	Unattached - Whitley Bay	Vet60		536	627	1163
HOWARD, J	Unattached : Ashton under Lyne	Vet60	617	539		1156
EDWARDS, Orlando	Shaftesbury Barnet Harriers		1000			1000
PRIESTLEY, Gary	Horwich RMI AC			1000		1000
STEELE, Chris	Borrowdale Fell Runners				1000	1000
ABDELNOOR, Ben	Ambleside AC				999	999
QUINN, Iain	Barrow & Furness Striders			999		999
BOOTH, Gareth	Horwich RMI Harriers	Vet40	998			998
MADDOMS, Russell	Keswick AC			998		998
SMITH, James	Leeds City				998	998
SCOTNEY, Marcus	Unattached - Dumfries				997	997
AUSTIN, Tim	Pudsey & Bramley AC		996			996
BRADLEY, Scott	Carnegie Harriers		994			994
JACKSON, Gareth	Rosendale Harriers			994		994
CHRITCHLOW, Philip	Beaumont RC	Vet40	993			993
WILKINS, Rodger	RacePace			993		993
WATSON, Richard	Black Combe Runners			991		991
WOODS, Ian	Coniston Fell Running Club	Vet40			991	991
MITCHELL, Scott	West 4 Harriers				990	990
MCCARRON, Andrew	Unattached - London				989	989
ATKINSON, Barry	York Knavesmire Harriers	Vet50			988	988
TRUDGEON, Steve	Harrogate Harriers	Vet50	988			988
MCCARRON, Steve	Sale Harriers				987	987
PEATE, Joseph	Unattached - Keighley	Vet40		986		986
BERRY, Richard	West 4 Harriers				985	985
KELLY, Neil	Penny Lane Striders		985			985
CULLAGH, Bernard	IRELAND - Omagh Triathlon Club			984		984
MCGRATH, Euan	Stubbington Green Runners	Vet40	984			984
HULL, Daniel	Unattached : Godalming			983		983

SCRIMSHAW, David	Unattached - Grange Over Sands		982			982
OGDEN, Nick	Keswick AC	Vet40	981			981
EDWARDS, Stephen	Unattached - Sale			980		980
HALL, David	North Shields Polytechnic	Vet50	980			980
CREWE, John	Stamford Tri Club	Vet40			979	979
DIGGLES, Bob	Unattached : Southsea		979			979
LAMBLEY, Charles	Unattached - Leeds				978	978
KENYON, Jonathan	Ancholme Valley				977	977
NICHOL, Adam	St Bees Triers			976		976
HORAN, Mick	Holcombe Harriers				975	975
MORRISON, Ryan	Unattached : Chester			975		975
VERITY, Jack	St Bede's AC	Vet50	975			975
MAKIN, Stephen	Wigan Phoenix				974	974
BURNS, Daniel	Unattached		972			972
FISH, Edward	QES Kirkby Lonsdale				972	972
ROONEY , Graham	Unattached - Liverpool			971		971
TOLLITT, John	Northumberland Fell Runners		971			971
SIMPSON, Keith	Wallasey AC	Vet40			969	969
WELLS, Richard	Allithwaite & District Running Club	Vet40	969			969
ROWLANDS , Sam	Unattached : Altrincham			968		968
LEADBETTER, Adam	Unattached - Warrington		967			967
MORLEY, Andy	Unattached				967	967
MORRAN, Stephen	Northern Vets AC	Vet50	966			966
RYAN , Christopher	Unattached - Liverpool			966		966
KYFFIN, John	St Bees Triers				965	965
NICHOLSON, Tom	Lancaster University Running Club		965			965
DODD, Mike	Unattached : Chester			964		964
ALLAN, Stuart	Allithwaite	Vet40	963			963
O'DONNELL, Brian	Bellahouston Road Runners, Glasgow			963		963
FISH, Jonathan	Lancaster & Morcambe AC	Vet40			962	962
BELCHER, Peter	Liverpool Harriers				961	961
NELSON, John	Alchester, Oxfordshire	Vet50		960		960
WEATHERILL, Daniel	Unattached : Whitley Bay				960	960
DAY , Andrew	Unattached : Northwich			959		959
GRAHAM, Peter	Unattached : Stoke On Trent				958	958
KOCK, Beaudry	Unattached : Oxford			958		958
WISE, Dave	TrekandRun	Vet40			957	957
WISHART, Nick	Delamere Spartans	Vet40	957			957
MACEWAN, John	Ochil Hillrunners	Vet40		956		956
COOPER, Nicholas	Shelton Striders	Vet50	955			955
VINCENT, David	Unattached : Hemel Hempstead			955		955
SEAR, Jon	Lancaster and Morecambe		954			954
COOPER, Rob	Unattached : Dartford				953	953
MCGOWAN, Glen	Unattached : Lutterworth	Vet50	952			952
YATES, Andy	Unattached : Colwyn Bay	Vet40			952	952
CHADUC, Xavier	wharfedale harriers	Vet40		951		951
KEMP, Mark	Unattached - Crewe		951			951
HENDLEY, Darren	York Knavesmire Harriers				950	950
SIMPSON, Martin	Unattached		950			950
JONES, Thomas	Redcar Running Club		948			948
MORAN, Ed	Unattached - Bristol				948	948
TESTER, Nicholas	Unattached - London			948		948
COOPER, Gary	Unattached			946		946

SANDERSON, Chris	Unattached : Burnopfield	Vet40	946			946
BLACKWELL, Julian	Wellingborough & District AC	Vet40	945			945
LITHERLAND, Gary	Unattached - Newcastle	Vet40			945	945
LITHGOW, David	Unattached - Newcastle			945		945
GRAHAM, David	Unattached	Vet40	944			944
WINSKILL, Phil	Altrincham & District AC			944		944
STEPHENSON, Andy	Saltwell ODFC Harriers				943	943
HARRISON, Paul	Unattached - Manchester	Vet50	942			942
MURRAY, Peter	Unattached - Wigan	Vet40		942		942
RHODES , Glenn	Unattached	Vet40		941		941
HARRIS, Giles	Unattached : Howden	Vet40	940			940
JONES, Tim	Unattached - Halifax			940		940
WOOD, Kevin	Unattached - Chester	Vet50	939			939
GILFOYLE, David	Allithwaite & District Running Club	Vet40	938			938
ARBURY, William	Epsom & Ewell Harriers	Vet40	937			937
BUCK, Steven	Unattached : Radcliffe	Vet40			937	937
KYLE, Andrew	Unattached : Spennymoor			935		935
KING , Timothy	Unattached : West Drayton			932		932
PHILLIPS, Jonathon	Unattached		932			932
BURTON, David	Keswick Athletics Club	Vet50			931	931
LAMB, Tom	Unattached : Kelfield		931			931
BURNE, David	Unattached : Watford			930		930
PEAT, Marc	Unattached				930	930
BYRNE, Carmen	Stockport Harriers				929	929
HIBBERT, Martin	Unattached : Billington	Vet40		929		929
JOHNSON, Huw	Lancaster and Morecambe	Vet40	929			929
BALMER, Mal	Penny Lane Striders	Vet40	928			928
DAVIDSON, Gareth	Unattached - Southport				928	928
COX, Andrew	Unattached - Kendal	Vet40	927			927
TOWERS, Gavin	Unattached : Haverigg		926			926
CLAYTON, Mike	Unattached - Liverpool			925		925
LIDDELL, James	Spectrum Striders	Vet50			925	925
ELKINGTON, Tim	Unattached : Derbyshire	Vet40	924			924
MCMILLAN, Ian	Unattached	Vet50		924		924
PORTER, Simon	Unattached : Bedford	Vet40	923			923
DIXON, Stephen	Unattached - Whitley Bay			922		922
WELSH, Ewan	Ilkley Harriers	Vet40			922	922
MAUDSLEY, Eric	Unattached - Liverpool	Vet40	921			921
WARD, Nicholas	Unattached - Newcastle			921		921
BRAY, Kevin	Morpeth Harriers	Vet50	919			919
FORTUN , Phil	Stone MM			919		919
ROBERTSON, Iain	Pitreavie AAC	Vet40		918		918
SIMPSON, Keith	West 4 Harriers	Vet40			918	918
BROADFOOT, Steve	Unattached - Liverpool	Vet50		917		917
MALLAGH, Andrew	Delamere Spartans	Vet40		916		916
COULSTON, Alan	Unattached - Ulverston		914			914
FISH, William	Unattached - Leeds				913	913
MACINNES, Alan	Unattached - Glasgow	Vet40			911	911
BAIRD, Peter	AUSTRALIA	Vet40		910		910
DUNN, James	Unattached : Plymouth		910			910
JEREMIC, George	HOLLAND	Vet50			909	909
ROBINSON, Gary	West 4 Harriers				907	907
STUART, Stephen	Unattached : Banbury	Vet40		906		906
COLBY, Charles	Wesham Road Runners	Vet40			905	905
AKRIGG, Stan	Unattached - Kendal	Vet50			903	903

UPTON, James	Unattached - Crewe		903			903
COLLINS, Jim	Unattached - Kendal	Vet40	902			902
TURNER, Ged	Edgworth Running Club	Vet50			902	902
JOHNSTON, Mark	TriTalk			900		900
RURLANDER, Danny	Unattached - Lancaster				900	900
LUCAS, Andy	Unattached : Stafford	Vet40			897	897
MCNICHOLAS, Stephen	Penny Lane Striders	Vet40	897			897
ROOKS, Adrian	Unattached : Hull	Vet50		897		897
ALLEN, Joshua	Unattached - Penrith		896			896
DENNISTON, Alastair	Unattached : Birmingham				896	896
ANTILL, David	Tyne Bridge Harriers				895	895
SARIWEE, Peter	COLT's	Vet40	895			895
JAMES, David	Unattached - Kendal	Vet40			894	894
MITCHELL, Ian	Helm Hill Runners	Vet50	894			894
JONES, Gary	Unattached	Vet50	892			892
WHITTINGTON, Tom	Unattached - Cheshire			892		892
THOMPSON , Russell	Unattached : Barrow in Furness	Vet40		891		891
DOWNES, Rob	Unattached : Bury			890		890
JONES, Chris	Unattached - Keighley	Vet40	890			890
SALE, Andrew	Liverpool Harriers	Vet40			889	889
TAYLOR, Marc	Unattached - Southport		889			889
PRITCHARD, Stephen	Unattached : Mold			888		888
VAN WICHEN, Mike	HOLLAND	Vet40			886	886
YOUNG , Mark	Wetherby Runners	Vet40		886		886
CORLETT , Adam	Unattached - Liverpool			885		885
BENNETT, Simon	Unattached : Clitheroe	Vet50	884			884
SMITH, James	Unattached - Keighley			884		884
SLY, Simon	Unattached - London				882	882
BARTHOLOMEW, James	Unattached - Wigan	Vet40	881			881
FAWDINGTON, Rob	Unattached - York				881	881
BRENNAN, Renell	Glaxo Hoad Hill Harriers	Vet40	880			880
BOWEN, Andy	West 4 Harriers	Vet40			879	879
GREGORY, Ben	Stockport Harriers	Vet50	879			879
MITCHELL , Neil	Unattached : Alford			879		879
CURRY, Simon	Wooler Running Club		878			878
NASH, Andrew	Unattached : Aylesbury				878	878
ELDER, Kenneth	Unattached - Nottingham			877		877
COLSON, Clive	Delamere Spartans	Vet40		876		876
LANGFIELD, David	Unattached - Carlisle		876			876
EVANS, John	Unattached - Brampton	Vet40	875			875
MERCER, Neil	Unattached - Thirsk	Vet40	874			874
HARDWICK, Rob	Penny Lane Striders	Vet40		873		873
HIRRELL, Martin	Penny Lane Striders	Vet40	873			873
MERCER, Trevor	Unattached : Darwen	Vet60	872			872
RHODES , Col	Unattached	Vet40		871		871
SNAITH, Alex	Unattached - Manchester	Vet50	871			871
BAXTER, Chris	Unattached : Marple	Vet40			870	870
PORTER, Jonathan	Unattached : Woodbury	Vet40		870		870
REES, Andy	Unattached : Durham			869		869
MACMAHON, Terry	Unattached	Vet40			868	868
BOWYER, Paul	Unattached - Liverpool	Vet40			867	867
PARKIN, Ben	Unattached - Huddersfield			867		867
GOULD, Mark	Unattached - Chester		866			866
DUNCAN, Steve	Unattached : Darwen		865			865
EATON , Alex	City of Hull AC	Vet40		865		865
DAWSON, Ben	Unattached - Stockport			864		864

MACDONALD, David	Unattached	Vet40			862	862
CORM, John	Unattached - Macclesfield	Vet40	861			861
HANSEN, Allan	Ripon Runners	Vet50			861	861
HALL, Jonnie	Unattached : Haddington	Vet40			860	860
STEPHENSON, Les	Kendal AC	Vet60		860		860
TERRY, Jeremy	Unattached - Skipton		860			860
CARPENTER, Peter	Unattached : Ellesmere Port	Vet50			859	859
RILEY, Stu	Tri Preston		859			859
BARKER, David	Unattached - St Bees			857		857
ELDRED, Steffan	Unattached : Bury		857			857
MORTON, Phill	Unattached : Wallsend		856			856
MCCARTHY, Michael	London Irish	Vet40		855		855
SANDHAM, Stephen	Stragglers	Vet60			855	855
BROTHERSTON, Gavin	Unattached : Stretford			854		854
MACVAUGH, Jason	Unattached : Leyland			853		853
WILLIAMS, Glyn	Salford Harriers	Vet40	853			853
CARELESS, Stephen	Unattached - Carnforth	Vet40			852	852
KERFOOT, Mark	Lostock AC	Vet40			851	851
LOOKER, Ian	Unattached	Vet40		848		848
COLLIER, Rod	Unattached - York	Vet40	847			847
USHER, Chris	Unattached - Ormskirk				847	847
BIRD, Oliver	Unattached : Wirral			846		846
CROSSEY, Liam	Grasmere Muscle Team		844			844
LAND, Andy	Swinton Running Club	Vet40			843	843
MOONEY, Kevan	Unattached - Liverpool	Vet40		842		842
MICHAEL, Doug	Heaton Harriers	Vet50			841	841
ROSS, Stephen	Unattached - Carnforth	Vet50	840			840
CROMPTON, Matt	Unattached - Glossop				839	839
HARRIS, Mike	Baxi Group Preston	Vet40		839		839
HEATH, Janson	Rockart Runners	Vet40	838			838
WHEELER, Paul	Unattached - Ashford	Vet50		838		838
CLAYTON , Gary	Unattached : Cheshunt	Vet40		836		836
TOMKINSON, Andrew	Rochdale Harriers	Vet40	836			836
BROWN, Anthony	Tynedale Harriers	Vet40		835		835
HALL, John	Unattached - Kendal	Vet50		834		834
HESKETH, Steve	Unattached : Grantham	Vet40		832		832
BONE, John	Unattached : Ulverston		831			831
SMITH , Chris	Pudsey Pacers	Vet40		831		831
CROSBIE, Christopher	Unattached - Liverpool			830		830
JENKINSON, Paul	Unattached - Skelmersdale	Vet40	830			830
MILLER , David	Unattached	Vet50		829		829
OLIVER, Richard	New Marske Harriers	Vet60		828		828
HURST, Mike	Unattached - Wigan	Vet40	827			827
RUSSELL, Andrew	Helm Hill	Vet40			827	827
GERRARD, Mark	Unattached - Chorley		826			826
MCGIVERN, Andy	Unattached : Wirral				826	826
BLACKBURN, Ian	Unattached - Newcastle			825		825
SKELLY, Martin	Unattached - Liverpool				824	824
BROSTER, Richard	Unattached - Sale		823			823
JAMIESON, Christopher	Esk Valley Fell Club	Vet50			823	823
HOLLAND, Stewart	Unattached - Manchester			822		822
MUMFORD, Bill	Unattached : Barford St Michael	Vet50			820	820
SCHOFIELD, Graham	Chorley Harriers	Vet50	820			820
GAGAN, Steven	Unattached - Manchester	Vet40			819	819
COLDCLOUGH, Richard	Unattached - Liverpool	Vet40		818		818
HEIGHWAY, Stuart	Heaton Moor			816		816

MICHAELIS, Charlie	Unattached : Stratford-upon-Avon		816			816
SMITH, James	Unattached - Keighley				816	816
CANN, Stuart	Red Rose Road Runners	Vet40		815		815
IVEY, Stephen	Unattached - Manchester	Vet40			815	815
MCGRATH, Jim	Unattached : Clitheroe	Vet40	815			815
ATHERTON, Joseph	Unattached : Stafford	Vet50		814		814
WOODLAND, Alistair	Unattached - London	Vet40			814	814
MOORHOUSE, Andrew	Unattached : Denby Dale		813			813
CLAPPISON, Dan	Unattached - Newcastle		811			811
DOCTOR, Mark	Alnwick Harriers			811		811
ANTILL, Jonathan	Unattached : Oxford				810	810
LONG, John	East Hull Harriers	Vet50		809		809
MCDONNELL, Paul	Unattached - Coventry	Vet40			809	809
ANDREW, John	Unattached : Bury		808			808
ATHERTON, Paul	Delamere Spartans			808		808
BORINI, Peter	Unattached : Blyth				808	808
HARRISON, Nick	Unattached : Burnley				807	807
RICHARDSON, Brian	Blackhill bounders	Vet40		807		807
WILDE, Mark	Unattached - Wirral	Vet40	807			807
SPOOR, Lee	Unattached - Preston		805			805
DODDS, David	Saltwell ODFC Harriers	Vet40			804	804
MCGLYNN, Stuart	Royal Air Force	Vet40	804			804
TAYLOR , Craig	Unattached - Nottingham	Vet40		804		804
ATKINSON, Jonathan	Unattached - Ambleside	Vet40			803	803
STAMPER, Steve	Unattached - Carlisle				802	802
ATKINSON, Paul	Stockport Harriers		801			801
DRAPER, Andrew	Unattached - Blackpool				801	801
TIPPEY, Nick	Harvel Hash House Harriers	Vet40	800			800
CATER, Richard	Unattached - Kendal	Vet40	799			799
HUMPHRIES, Simon	Unattached - Wigton	Vet40			799	799
NEWBY, Colin	Unattached - Newcastle	Vet40		799		799
FLYNN, Graham	Roby Runners	Vet40			798	798
MAXWELL, Ed	Unattached : Didsbury	Vet40		798		798
JOHNSTON, Justin	Unattached - Cockermouth		797			797
ACKROYD , Jacob	Unattached - Leeds			796		796
GRIFFITHS , Andy	Unattached - Leeds			795		795
SUTHERLAND, Andrew	Unattached : Brentwood	Vet40			795	795
STAMPER, Andrew	Unattached - Carlisle				794	794
SWAILES, Edward	Unattached : West Kirby	Vet60		794		794
MORRIS, Tom	Unattached - Carnforth			793		793
ROBERTS, Mike	Unattached : Chilton		792			792
FERREIRA, Marc	Unattached : Burscough			791		791
JUBB, Michael	Unattached - Ulverston		790			790
UNDERWOOD, Rich	Salens Lot			790		790
CHAMPION, Adrian	Unattached : Milton Keynes	Vet40	789			789
TURCAN, Rob	Unattached - Harrogate	Vet50		789		789
CLARK, Richard	Tarporley Primary			788		788
JOHNSTON, Mark	Spectrum Striders			787		787
MAYALL, Jon	Rosendale Harriers		786			786
WOODHEAD, Toby	Unattached - Leeds			786		786
CORBETT, Anthony	Quakers Running Club	Vet40			784	784
MATTHEWS, Ben	Unattached - London	Vet40			783	783
BAKER, Steven	Unattached - Wigan			782		782
CARRUTH, Bob	Unattached : Bridge of Weir	Vet40			782	782
ROBERTS, Richard	Wooler Running Club	Vet40	782			782

b	Horwich Harriers	Vet60	781			781
HOPES, Ben	Unattached - Blackpool			780		780
WALKER, Thomas	Team Sixteen		780			780
O'GRADY, Mark	Unattached : Hove	Vet40			779	779
PARKER, Graham	Unattached - Kendal	Vet40	779			779
ECCLES, Mark	Unattached : Warton	Vet40		777		777
HANLON, ROBERT		Vet50	777			777
SLATCHER, Neil	Unattached - Lancaster		776			776
ELLIOTT, Kev	Lostock AC		775			775
SINNOTT, Mike	Unattached - Warrington				775	775
KAIN, Paul	Unattached	Vet40			774	774
SCHOFIELD, Peter	Unattached - York	Vet60	774			774
BAINES, Martin	Mossley Pikers	Vet40			773	773
PLUMMER, Andrew	Harvel Hash House Harriers		773			773
DUTTON, Nicholas	Unattached - Hebden Bridge				772	772
COOLING, Mark	Unattached - Lancaster		771			771
PALMER, Gary	Unattached : Stapleford	Vet40		771		771
HOBBS, Paul	Todmorden Harriers				770	770
WHITTEM, Robert	Unattached - Rochdale		770			770
HOLLIFIELD, Dale	Unattached : Billingham	Vet40		768		768
MARSDEN, Joanne	Tynedale Harriers	Vet40			768	768
MCCLURG, Brenden	Unattached : Milton Keynes	Vet50	768			768
BRENNON, Marc	Unattached - Warrington			767		767
SAVIDGE, Matt	Newbiggin Harriers	Vet40	766			766
RIGG, Nigel	Unattached : Grange Over Sands	Vet50		765		765
SPENCER, Jeff	Unattached - Ormskirk	Vet40	765			765
ALDERSON, Nick	Unattached - Gateshead				764	764
RATHBONE, Michael	Unattached : Alnwick	Vet40	764			764
CLAYTON, Colin	Unattached - Huddersfield	Vet40		762		762
THWAITES, Dan	Unattached - Penrith		762			762
GRACE , Ian	Chorley Harriers	Vet50		761		761
REGAN, Paul	Lancashire Police	Vet40			761	761
LING, Peter	Unattached	Vet40	760			760
OSBORNE, Mark	Unattached - Leeds	Vet50		760		760
CUNNINGHAM, Tom	Unattached - Manchester				759	759
DOUGLAS, Chris	Unattached : Delph	Vet50		758		758
FORSTER, Andy	Unattached : Stradbroke, Eye	Vet40	758			758
PINCHES, Richards	Unattached - Blackpool	Vet40			758	758
DAVIDSON, Alan	Unattached : Witney	Vet50		757		757
GOUGH, Andy	Unattached Ansdell	Vet40			757	757
PEARSONS, Donald	Wooler Running Club	Vet50	757			757
GRAHAM, Polly	Unattached - Chester		756			756
LEWIS, Keith	Iceland Foods Running Club			756		756
MCHUGH, James					756	756
CAMPBELL, Colin	Unattached - Askam-in-Furness	Vet40	755			755
STAMPER, William		Vet40			755	755
PYRAH, Stewart	Unattached - Manchester	Vet50	754			754
ROTHWELL, Alex	Bedford Harriers	Vet50			754	754
SWEENEY, Derek	Unattached : Windermere	Vet50		754		754
PAULUS, Stephane	Unattached - Liverpool	Vet40		753		753
PYRAH, Leo	Unattached - Manchester		753			753
COULTHARD, Julian	Border Harriers	Vet50	752			752
JACKSON, Me	Unattached - Middlesborough			751		751
JOHNSON, Johnathan	Unattached : Buckingham	Vet40	751			751
BROOK, Tim	Unattached - Wigan	Vet40	750			750

HERRINGTON, Stuart	Ilkley Harriers	Vet40			750	750
HULL, Russell	Unattached - Preston			750		750
ALMOND, Dave	Unattached - Ambleside	Vet50		749		749
JONES, Brian	Unattached - London	Vet40		748		748
ROBINSON, Thomas	Unattached Darlington	Vet40			748	748
SWAIN, Andrew	Warrington Road Runners		748			748
CHEW, Phil	Unattached : Whittle Le Woods	Vet50		747		747
CLARKE, Gary	Rocktart Runners			746		746
HART, Graham	Unattached : Leicestershire	Vet50	746			746
AUSTIN, Matt	Lothian Running Club		745			745
JONES, Dylan	Unattached - Liverpool	Vet40		745		745
WILKINSON, Simon	Unattached - Carnforth	Vet40			745	745
WEBSTER, Stephen	Unattached : Huddersfield	Vet50		744		744
BENNION, Rob	Unattached - Preston	Vet40	743			743
HART, Gareth	Unattached : Linclon		742			742
BROWN, Bernard	Unattached - St Helens	Vet40			741	741
DAVIES , Mark	Rocktarts Nuneaton			740		740
JOHNSON, Ian	Unattached - Warrington	Vet40			739	739
BRIGGS, Martin	Unattached : Garforth				738	738
GARDNER, Jim	Unattached - Carnforth	Vet40		738		738
SADLER, Jon	Unattached	Vet40	737			737
BLAKE, Kevin	Unattached - Hull	Vet40		736		736
RAYNER, Ian	Unattached - Leeds	Vet50	736			736
WALTON, Colin	Unattached : Heald Green	Vet40			736	736
EDWARDS, David	Unattached - Yarm				735	735
ROCHE, Paul	Merseyside Police	Vet50		735		735
FRASER, Ian	Unattached - Ilkley	Vet50	734			734
KEDIAN, Robert	Manchester YMCA				733	733
HEATON, Michael	Unattached - Keighley	Vet50			732	732
JOHNSON, Mike	Harvel Hash House Harriers	Vet50	731			731
PALMER, Micheal	East Cornwall Harriers	Vet60		731		731
FARRELLY, Fin	Unattached - Richmond				730	730
NAYLOR, Michael	Unattached : Cleveleys	Vet40	729			729
MURPHY, Joanne	Tynedale Harriers	Vet40	728			728
PARSONS, John	Unattached - Kendal	Vet60			728	728
CONNOR, David	Unattached - Bardon Mill	Vet40		726		726
WALDRAM, Paul	Unattached : Bolton		725			725
WILSON, Chris	Hardley Runners	Vet50		724		724
PARKES, Graham	Baxi Group, Preston	Vet40		723		723
BELL, Alan	Unattached - Gateshead				722	722
HENDRICKSE, Jan	Unattached : Lincoln	Vet40		722		722
ARMSTRONG, Neil	Unattached - Leeds			720		720
LEE, Colin	Wooler Running Club	Vet50	720			720
COUPLAND, Alex	Unattached : Birmingham		719			719
SCULLY, Jonathan	Unattached : Grantham			719		719
DODGSON, Ben	Unattached - Kendal		718			718
JACKSON, Nigel	Bracknell Forest Runners	Vet40		717		717
PLEASANCE, Robert	Unattached - Manchester	Vet40			717	717
HAMSWORTH, Terry	Bracknell Forest Runners	Vet40		716		716
HOLLOWBREAD, Andrew	Unattached - Durham	Vet40			716	716
SPEEDING, Mark	Unattached - Barrow in Furness		715			715
JONES, Andrew	Unattached : Prescot				712	712
SWIFT, Mike	Unattached - Manchester	Vet50		712		712
FELLBAUM, Stephen	Unattached - Macclesfield	Vet50	711			711
GILBERT, David	Unattached - Liverpool	Vet40			711	711
MEADOWCROFT, Andrew	Unattached - Macclesfield	Vet40		711		711

COATES, Craig	Unattached : Stretford		710		710
CONDON, Peter	Unattached - Warrington	Vet50		710	710
WARREN, Richard	Unattached - Chester		708		708
MURFIT, Adam	Unattached - Lancaster	Vet40	707		707
ROSHER, Michael	Unattached : Richmond	Vet40		706	706
VERBER, Ian	Unattached : Broughton in Furness	Vet60		706	706
BAINES, Nick	Unattached - Carnforth	Vet40		705	705
ROUND, Paul	Bournville Harriers	Vet40		705	705
WALKER, Geoff	Unattached : St Bees	Vet50	705		705
SUTTON-RILEY, Jaqui	Unattached - Ulverston	Vet40		702	702
FORD , Joylon	Unattached : Oxford			701	701
BROHAN, Stephen	Unattached - Worcester	Vet40		700	700
LOCKHART, Derek	Unattached - Edinburgh			700	700
ALDRED, Karl	Unattached - Manchester			699	699
BONE, James	Unattached - Kendal		699		699
BRAY, Jon	Unattached - Manchester			698	698
WILLIAMSON, David	Swinton Running Club	Vet40	698		698
CRAWFORD, Paul	Unattached : Altrincham	Vet50		697	697
WILKINSON, Steve	Unattached : Wallsend		697		697
RILEY, Mark	Unattached : Birmingham		696		696
BROADBENT, Kurt	Unattached : Blackpool		695		695
DENTON, Mark	Unattached - Sheffield	Vet40		695	695
MCCAIRN, Matt	Unattached - St Helens			694	694
WALMSLEY, Stephen	Unattached - Preston		694		694
JACOB, Alastair	Unattached - London	Vet40		693	693
JEPSON, Ivan	Unattached - Hexham	Vet40	693		693
DOOAY, Paul	Unattached - Kendal	Vet60		692	692
MOFFETT, John	Unattached : Houghton le Spring			692	692
BEEDLES, John	Unattached : Altrincham			691	691
FINN, Martin	Unattached : Ashton on Ribble		691		691
GRANT, Simon	Unattached - Kendal			691	691
DRAPER, Stephen	Unattached : Chorley			690	690
MARSHALL , William	Unattached - Ambleside	Vet50		689	689
ROUTLEDGE, Matt	Unattached : Oxton			688	688
SMITH, Stuart	Unattached : Lincolnshire	Vet60	688		688
MCKEEVER, Rob	Black Combe Runners	Vet60		687	687
THOMPSON, Pete	Unattached - London			687	687
GRAHAM, Emmett	Unattached : Warrington	Vet50	686		686
HARMAN, Alan	Thirsk & Sowerby	Vet50		686	686
JONES, Chris	Iceland Foods Running Club	Vet40		685	685
CANNELL, Mark	Unattached - Wigan		684		684
PRICE, Andrew	Unattached : Quorn	Vet40	683		683
WISEMAN, John	Red Rose Road Runners	Vet40		683	683
BURNSNALL, Jon	Unattached - Cokermouth			682	682
ROLLASTON, S	Unattached - Stockport	Vet40		679	679
YEATES, Ian	Unattached - Carlisle	Vet60	678		678
MALLON, Paul	Unattached - Liverpool	Vet40		677	677
PARKER, Guy	Unattached - Penrith	Vet50		677	677
FRASER, Graham	Allen Valley Striders	Vet60	676		676
LONERGAN, Stephen	Wootton Road Runners	Vet40		675	675
MOSS, Paul	Baxi Group, Preston	Vet50		674	674
REILLY, Colin	Unattached : Castle Douglas	Vet40		673	673
ATHERTON , Robert	Unattached : Tranent	Vet60		672	672
SHELTON, Andy	Skegness Coasters	Vet40		671	671
WILD, John	Unattached - Preston	Vet50	670		670

EDWARDS, John	Unattached - Yarm	Vet60			669	669
HAWORTH, Adam	Unattached : Bury			669		669
CROSBIE, Paul	Unattached - Liverpool	Vet40		667		667
CAIRNS, Stuart	Unattached - Manchester	Vet40			665	665
HOWARD, Simon	Rocktart Runners	Vet40	664			664
ARTACHO, Robin	Cairngorm Runners	Vet40			663	663
TURNBULL, Stephen	Unattached - Hexham	Vet40	663			663
SWIFT, Peter	Unattached - Manchester				662	662
PARSHALL, Jon	USA	Vet50			661	661
POOLE, Simon	Unattached : St Helens	Vet40		660		660
GRAY, John	Meltham AC	Vet40	659			659
DERKS, Patrick	Unattached : Drachten	Vet40			658	658
SHERRIFF SHORT, Murray	Unattached : Troon			658		658
GRAHAM, Richard	Unattached : Carlisle	Vet40			657	657
JONES , Howard	Unattached : Ulverston	Vet50		657		657
SOUTHALL, Garfield	Unattached - Chester	Vet60	657			657
JORDAN, Graham	Unattached : Stockton On Tees	Vet50	656			656
MCAUGHTRIE, David	Unattached - York			656		656
KROUSE, Sarah	Unattached - London				655	655
GREEN , Bernard	Unattached - Wigton	Vet50	654			654
HARBACH, Stephen	Carlisle Tri Club	Vet50	653			653
WILSON , Dale	Unattached - Leeds			653		653
MCDUGAL, George	Unattached : Morpeth	Vet50	652			652
WILLIAMS, Leon	Unattached : Brighouse	Vet40		652		652
BRAME, Sascha	Billingham Marsh House Harriers	Vet40			650	650
GELDART, Stephen	Unattached - London		650			650
WEEKES, Emma	Unattached - London	Vet40		650		650
BARKER, Neil	Unattached : Shaw	Vet40	649			649
FISHER, Nathan	Skegness Coasters	Vet40		649		649
LANE, Pater	Unattached : Bury St Edmonds				649	649
BILLINGTON, Steven	Unattached - Sutton Coalfield			648		648
MIDDLEBOROUGH, David	Unattached	Vet40	648			648
RAYNARD, Peter	Unattached : St Albans	Vet50			648	648
PUTTICK, Tim	unattached - yarm	Vet40		647		647
COOKSON, Paul	Run Fat Boy Run	Vet40			646	646
LOUGHRAN, Joe	Unattached : Stafford	Vet50	646			646
KENNEDY, Eamon	Wellingborough & District AC	Vet40	645			645
KENNEDY, Stephen	Unattached - London	Vet40			645	645
VLIES, Ben	Unattached - Liverpool		644			644
PRICE, Simon	Unattached : Sandbach			643		643
WALKER, Tom	Unattached - Goole		643			643
TAIT, Frank	Unattached - Peebles	Vet50		642		642
METCALFE, Dave	Unattached : Thornton Cleveleys	Vet50	641			641
CARLIE, Gary	Nuneaton Harriers	Vet40			639	639
MARSDEN, Ashley	Unattached : Poole			639		639
COLLINS, Simon	Unattached - Cambridge				638	638
THOMPSON, Dave	Unattached - Stoke	Vet50	636			636
CORLETT, Steve	Unattached : Lickfold	Vet50		635		635
HART, Daniel	Unattached : Loughborough		635			635
HARKER, Leighton	Unattached : Waterlooville	Vet40			634	634
STUTTARD, Edward	Unattached - Carnforth			634		634
MACKENZIE, Gordon	Unattached - Preston	Vet40	629			629
MCDONALD, Kenny	Unattached - Bolton	Vet40		629		629
STANFIELD, Dave	Yeovil Town RRC	Vet40			629	629
KEETING, Richard	Vale Royal AC	Vet40		628		628

KEMP, Rob	Unattached - Preston	Vet50	628			628
HEWITT, Stephen	Unattached - Warrington			627		627
MACLAINE, Julian	Unattached	Vet40	626			626
WILKINSON, Ian	Unattached - Manchester			626		626
MCCAFFERTY, Damien	Unattached - Oldham		625			625
SIM, John	Unattached - Newcastle	Vet50			625	625
BARTLES-SMITH, David	Unattached Durham	Vet50		624		624
BARTON, David	Ford Halewood AC	Vet60	624			624
PEATFIELD, John	Unattached : Bowston	Vet60	623			623
MCEWEN, Nigel	Unattached	Vet60		621		621
DARE, Andrew	Unattached - Halifax	Vet40	620			620
RYVES, Richard	Unattached - Warrington			620		620
MCCALLUM, Mac	Unattached - Newcastle	Vet40	616			616
POTTS, Nicholas	Unattached : Wallingford	Vet40		616		616
MARTIN-BATES, Charlie	Unattached : Reading	Vet60		615		615
SUTCLIFFE, Neil	Unattached		615			615
WARBURTON, Tyler	Unattached - Stockport		614			614
BARTLETT, Richard	Unattached : N Ferriby	Vet50		613		613
WOOD, Iain	Unattached - Ormskirk		613			613
MANNING, Andy	Wellingborough & District AC	Vet40	612			612
HOULDEN, Philip	Wolds Vets Running Club	Vet50	611			611
EVANS, Mark	Unattached - Warrington			610		610
HOULDEN, Chris	Wolds Vets Running Club	Vet50	610			610
LAMONT, Andy	Unattached : Urmston	Vet40		609		609
NOLAN, Alex	Unattached - Liverpool			608		608
SHOUBRIDGE, Stephen	Redstone	Vet50		606		606
MURRAY, Jason	Unattached - Stockport			605		605
MEDICOTT, Peter	Warrington Road Runners			604		604
RICHARDS, Robin	Allenburys	Vet40		603		603
MCLAUGHLIN, Patrick	Unattached : Sunderland			601		601
JENKS, Jon	Unattached - Stockport			597		597
ROSEN, David	Lancaster and Morecambe	Vet50		596		596
CRELLIN, John	Unattached - Preston			595		595
THORNS, Ben	Unattached : Whitehaven			594		594
REARDON, Mark	Unattached - Hebden Bridge			587		587
HICKLING, John	Unattached : Ashbourne			586		586
REED, Andy	Unattached : Northwich			585		585
GREENWOOD, Mick	Accrington Road Runners			584		584
CANNON, Faye	Unattached - Kendal			581		581
LEIGH, Nick	Unattached - Kendal			580		580
BANCROFT, Ian	Unattached - Warrington	Vet40		578		578
FELGATE, Paul	Unattached - Leeds	Vet50		576		576
LEAHY, Micheal	Unattached : Grange Over Sands	Vet60		575		575
CURWEN, Philip	Unattached - Preston	Vet60		573		573
WHISTON, Philip	Unattached - Sandbach			570		570
VOGEL, David	Unattached - Halifax	Vet40		563		563
DUNN, Mike	Headington Road Runners	Vet60		562		562
MACFARLANE, Kerry	Unattached - Liverpool	Vet60		561		561
MARTIN, Simon	Unattached : Wetherby	Vet40		559		559
HASSOBA, Adam	Unattached - Liverpool			555		555
DABLE, Jeremy		Vet50		554		554
RAYMOND, Jon	St Bees Tri	Vet40		551		551
GRUMMETT, Steve	Unattached - Leeds			550		550
HUGHES, Malcolm	Unattached : Irlam			546		546
EVANS, Nigel	Unattached : Gloucester	Vet60		545		545

PETERS, Stephen	Unattached - Wallasey	Vet50		543		543
DAILEY, Steven	Unattached - Newcastle	Vet40		542		542
RAMSHAW, Christopher	Unattached - Newcastle	Vet40		541		541
CURTIS, Malcolm	Unattached Durham	Vet50		538		538