

2014 NACCC Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:41:16	Daniel Garbutt	DURHAM CITY HARRIERS & AC	102	0:48:26	Peter Branney	LEEDS CITY ATHLETIC CLUB	203	0:51:58	Paul Hancock	CITY OF CHESTER TRIATHLON CLUB
2	0:41:25	Andrew Jones	STOCKPORT HARRIERS & AC	103	0:48:28	Andrew Fleet	BLACKBURN HARRIERS & AC	204	0:52:00	Ian Palin	LIVERPOOL RUNNING CLUB
3	0:41:34	Jack Martin	STOCKPORT HARRIERS & AC	104	0:48:30	John Lloyd	SALFORD HARRIERS	205	0:52:01	Daniel Ansell	TRAFFORD ATHLETIC CLUB
4	0:41:40	Nicholas Swinburn	MORPETH HARRIERS & AC	105	0:48:33	Leon Foster	LEEDS CITY ATHLETIC CLUB	206	0:52:02	Greg Jones	WALLASEY ATHLETIC CLUB
5	0:41:58	Matthew Bowser	LINCOLN WELLINGTON AC	106	0:48:36	David Wakefield	SOUTH SHIELDS HARRIERS & AC	207	0:52:03	Gary Matthews	E CHESHIRE H & TAMESIDE AC
6	0:42:03	Matthew Nicholson	MORPETH HARRIERS & AC	107	0:48:37	Philip Robertson	WIRRAL AC	208	0:52:03	David Garner	MANCHESTER YMCA HARRIERS
7	0:42:06	Peter Newton	MORPETH HARRIERS & AC	108	0:48:38	Philip Cooper	HALLAMSHIRE HARRIERS SHEFFIELD	209	0:52:04	Ian Davies	KESWICK AAC
8	0:42:11	James Wilkinson	LEEDS CITY ATHLETIC CLUB	109	0:48:39	Samuel Clegg	ROTHERHAM HARRIERS & AC	210	0:52:05	Christopher Graham	TYNE BRIDGE HARRIERS
9	0:42:18	Carl Smith	LEEDS CITY ATHLETIC CLUB	110	0:48:40	Andrew Nixon	STOCKPORT HARRIERS & AC	211	0:52:06	Jim Thompson	SALTWELL HARRIERS
10	0:42:26	Gary Priestley	SALFORD HARRIERS	111	0:48:44	Darryl Davison	TYNE BRIDGE HARRIERS	212	0:52:10	James Moles	MANCHESTER FRONT RUNNERS
11	0:42:31	Carl Hardman	SALFORD HARRIERS	112	0:48:45	Jonny Bradshaw	WHARFEDALE HARRIERS	213	0:52:13	Christopher Smullen	WIGAN & DISTRICT H & AC
12	0:42:33	Toby Loveridge	LIVERPOOL PEMBROKE & SEFTON H	113	0:48:47	Alastair Murray	HORWICH R M I HARRIERS	214	0:52:17	Billy McCartney	SALFORD HARRIERS
13	0:42:39	James Douglas	BORDER HARRIERS & AC	114	0:48:48	Andrew Fleming	SCARBOROUGH ATHLETIC CLUB	215	0:52:21	Stephen Bailey	BINGLEY HARRIERS & AC
14	0:42:41	Jack Morris	STOCKPORT HARRIERS & AC	115	0:48:51	Jamie Barbour	HEATON HARRIERS & AC	216	0:52:22	Craig Fishwick	HALLAMSHIRE HARRIERS SHEFFIELD
15	0:42:47	David Norman	ALTRINCHAM & DISTRICT AC	116	0:48:55	Matthew Hallam	KIPPAX & DIST HARRIERS	217	0:52:23	John Greenall	ST HELENS SUTTON AC
16	0:42:51	Joseph Bailey	SALFORD HARRIERS	117	0:49:00	Marius Klein	DURHAM CITY HARRIERS & AC	218	0:52:24	Paul Waterston	MORPETH HARRIERS & AC
17	0:42:55	Alan Buckley	LEEDS CITY ATHLETIC CLUB	118	0:49:01	Paul Tiffany	BINGLEY HARRIERS & AC	219	0:52:25	Jomah Kekula	TYNE BRIDGE HARRIERS
18	0:42:59	Dominic Easter	LEEDS CITY ATHLETIC CLUB	119	0:49:04	Scott Ellis	NORTH SHIELDS POLY CLUB	220	0:52:26	Giles Hawking	YORK KNAVESMIRE HARRIERS
19	0:43:05	Richard Burney	LIVERPOOL HARRIERS & AC	120	0:49:05	David Thompson	BARNESLEY ATHLETIC CLUB	221	0:52:27	Paul Crabtree	WHARFEDALE HARRIERS
20	0:43:06	Shane Robinson	LINCOLN WELLINGTON AC	121	0:49:07	Dave Moir	TYNE BRIDGE HARRIERS	222	0:52:28	Gareth Howell	LIVERPOOL HARRIERS & AC
21	0:43:08	Jonathan Brownlee	BINGLEY HARRIERS & AC	122	0:49:13	Douglas Tickner	TYNE BRIDGE HARRIERS	223	0:52:31	Adrian Roach	LIVERPOOL HARRIERS & AC
22	0:43:25	Thomas Cornthwaite	SALFORD HARRIERS	123	0:49:14	Andrew Lewis	SOUTH CHESHIRE HARRIERS	224	0:52:32	Justin Cox	SEDGEFIELD HARRIERS
23	0:43:29	Lewis Timmins	MORPETH HARRIERS & AC	124	0:49:14	Pumlani Bangani	SALFORD HARRIERS	225	0:52:34	Stuart Hodgkinson	BURY ATHLETIC CLUB
24	0:43:31	Steve Lisgo	LEEDS CITY ATHLETIC CLUB	125	0:49:15	Joe Fowler	SHEFFIELD RUNNING CLUB	226	0:52:34	Andy Smythe	TYNE BRIDGE HARRIERS
25	0:43:36	Matthew Barnes	ALTRINCHAM & DISTRICT AC	126	0:49:16	Lee Midghall	LIVERPOOL HARRIERS & AC	227	0:52:36	Jonathan Sykes	HOLMFIRTH HARRIERS AC
26	0:43:42	Simon Deakin	LEEDS CITY ATHLETIC CLUB	127	0:49:17	David Brown	LANCASTER & MORECAMBE AC	228	0:52:37	Paul Birkett	SALFORD HARRIERS
27	0:43:42	Ian Fisher	OTLEY AC	128	0:49:18	William Nicholson	RIPER HARRIERS & AC	229	0:52:38	Joe Greenwood	LYTHAM ST ANNES RR CLUB
28	0:43:42	Chris Livesey	PRESTON HARRIERS & AC	129	0:49:21	Finn Brodie	GOSFORTH HARRIERS & AC	230	0:52:49	Luke Beresford	RIPLEY RUNNING CLUB
29	0:44:09	Luke Cragg	LEEDS CITY ATHLETIC CLUB	130	0:49:24	David Jackson	HORWICH R M I HARRIERS	231	0:52:50	John Comrie	ROTHERHAM HARRIERS & AC
30	0:44:12	Richard Brown	LINCOLN WELLINGTON AC	131	0:49:27	Chris Roberts	YORK KNAVESMIRE HARRIERS	232	0:52:51	Michael Mawby	GLOSSOPDALE HARRIERS
31	0:44:18	James Riley	LIVERPOOL HARRIERS & AC	132	0:49:28	Tim Clayton	NORTH DERBYSHIRE RC	233	0:52:52	Bryan Carr	CONGLETON H & AC
32	0:44:21	Alex Lawton	MANCHESTER TRIATHLON CLUB	133	0:49:30	James Titmuss	PUDSEY & BRAMLEY AC	234	0:52:54	Andrew Mooney	SALE HARRIERS MANCHESTER
33	0:44:22	Ross Floyd	MORPETH HARRIERS & AC	134	0:49:32	Andrew Whittingha	ALTRINCHAM & DISTRICT AC	235	0:52:54	Jaysson Sawyer	CITY OF HULL AC
34	0:44:24	Christopher Farrell	HORWICH R M I HARRIERS	135	0:49:32	John Young	HARROGATE HARRIERS & ATHLETIC	236	0:52:55	Mark Griffiths	MANCHESTER YMCA HARRIERS
35	0:44:25	Mike Burrett	LEEDS CITY ATHLETIC CLUB	136	0:49:32	Thomas Mckee	CITY OF HULL AC	237	0:52:56	Steve Nolan	BURDEN ROAD RUNNERS
36	0:44:43	Ricky Challinor	LIVERPOOL HARRIERS & AC	137	0:49:33	Stephen Broadbent	BINGLEY HARRIERS & AC	238	0:52:58	Jonathon Greenwell	OTLEY AC
37	0:44:48	Gareth Raven	SALE HARRIERS MANCHESTER	138	0:49:35	Nick Barber	TODMORDEN HARRIERS & AC	239	0:53:01	Michael Green	WALLASEY ATHLETIC CLUB
38	0:44:51	Nick Hooker	LEEDS CITY ATHLETIC CLUB	139	0:49:36	David Marsh	SALE HARRIERS MANCHESTER	240	0:53:02	Alex Waddelove	SOUTHPORT WATERLOO AC
39	0:44:51	Benjamin Douglas	DURHAM CITY HARRIERS & AC	140	0:49:38	Nick Joyce	SOUTH SHIELDS HARRIERS & AC	241	0:53:03	Bryan Lomas	CONGLETON H & AC
40	0:44:53	Matt Lockyer	PUDSEY & BRAMLEY AC	141	0:49:39	Jonathan Bruton	HORWICH R M I HARRIERS	242	0:53:05	Kevin Buxton	WIRRAL AC
41	0:44:56	Stuart Doyle	VALE ROYAL AC	142	0:49:40	Daniel Grant	LEEDS CITY ATHLETIC CLUB	243	0:53:06	Chris Patterson	SOUTH CHESHIRE HARRIERS
42	0:45:00	Josh Tighe	SALFORD HARRIERS	143	0:49:43	David Milliken	HORWICH R M I HARRIERS	244	0:53:08	Steven Caldwell	VALE ROYAL AC
43	0:45:01	Greg Jayasuriya	MIDDLESBROUGH & CLEVELAND H	144	0:49:47	David Alexander	WEST CHESHIRE ATHLETIC CLUB	245	0:53:10	Tim Davies	NEWCASTLE UNIVERSITY AC
44	0:45:07	John Mccole	LIVERPOOL HARRIERS & AC	145	0:49:47	Phillip Williams	ROCHDALE HARRIERS & AC	246	0:53:14	Martin Farran	LEEDS CITY ATHLETIC CLUB
45	0:45:08	Gavin Hill	SALE HARRIERS MANCHESTER	146	0:49:49	Timothy Greenald	E CHESHIRE H & TAMESIDE AC	247	0:53:14	J Sweetnampowell	SHEFFIELD RUNNING CLUB
46	0:45:11	Steven Hebblethwait	KESWICK AAC	147	0:50:03	Dave Wilby	ILKLEY HARRIERS AC	248	0:53:15	Christopher Meek	TYNE BRIDGE HARRIERS
47	0:45:14	James Wignall	SALE HARRIERS MANCHESTER	148	0:50:07	Philip Hewitt	HOLMFIRTH HARRIERS AC	249	0:53:16	Steven Medd	GATESHEAD HARRIERS & AC
48	0:45:25	Alex Pilcher	DERBY ATHLETIC CLUB	149	0:50:10	Sam Brand	GATESHEAD HARRIERS & AC	250	0:53:18	Mathew Hughes	LIVERPOOL HARRIERS & AC
49	0:45:28	David Mcnammee	SKYRAC ATHLETIC CLUB	150	0:50:11	Alan Ashton	LIVERPOOL HARRIERS & AC	251	0:53:20	Alan Hodgson	TYNE BRIDGE HARRIERS
50	0:45:35	Matt Hobbs	HALLAMSHIRE HARRIERS SHEFFIELD	151	0:50:18	Alistair Rees	HOLMFIRTH HARRIERS AC	252	0:53:21	Paul Weir	SEDGEFIELD HARRIERS
51	0:45:36	John Heneghan	PUDSEY & BRAMLEY AC	152	0:50:20	Chris Donnelly	SALE HARRIERS MANCHESTER	253	0:53:23	Andrew Wilson	ST HELENS SUTTON AC
52	0:45:49	Joseph Vis	SOUTHPORT WATERLOO AC	153	0:50:21	Robert Brooks	SALTWELL HARRIERS	254	0:53:25	Paul Redman	SUNDERLAND HARRIERS & AC
53	0:45:53	Richard Anderson	HOLMFIRTH HARRIERS AC	154	0:50:22	Ken Harker	RICHMOND & ZETLAND HARRIERS	255	0:53:25	Benjamin Mahoney	SHEFFIELD RUNNING CLUB
54	0:45:54	Adam Peers	LIVERPOOL HARRIERS & AC	155	0:50:25	Gareth Sampson	ROTHERHAM HARRIERS & AC	256	0:53:28	Garreth Humphries	HOLMFIRTH HARRIERS AC
55	0:45:55	Andrew Lawrence	MORPETH HARRIERS & AC	156	0:50:26	Gary Fitzpatrick	WIGAN & DISTRICT H & AC	257	0:53:30	Matthew Knowles	SALTWELL HARRIERS
56	0:45:57	Adam Osborne	LEEDS CITY ATHLETIC CLUB	157	0:50:27	Allister Goulding	LEIGH HARRIERS & AC	258	0:53:31	Karl Pickstock	WALLASEY ATHLETIC CLUB
57	0:46:03	Nick Leigh	ALTRINCHAM & DISTRICT AC	158	0:50:27	Steven Penney	NORTH DERBYSHIRE RC	259	0:53:32	Graham Ratcliffe	WIRRAL AC
58	0:46:04	Thomas Edwards	LEEDS CITY ATHLETIC CLUB	159	0:50:28	David Kirkham	WHARFEDALE HARRIERS	260	0:53:35	Paul Mcknespiey	CARLISLE ASPATRIA AC
59	0:46:06	Patrick Vis	SOUTHPORT WATERLOO AC	160	0:50:28	Mark Ryan	BORDER HARRIERS & AC	261	0:53:37	John Sturman	WALLSEND HARRIERS & AC
60	0:46:14	Philip Hoole	ROTHERHAM HARRIERS & AC	161	0:50:33	Simon Collins	YORK KNAVESMIRE HARRIERS	262	0:53:37	Andy Staveley	BURDEN ROAD RUNNERS
61	0:46:14	David Watson	HOLMFIRTH HARRIERS AC	162	0:50:35	Gareth Burrell	HALIFAX HARRIERS & AC	263	0:53:40	Jason Hemsley	WHARFEDALE HARRIERS
62	0:46:15	James Kevan	HORWICH R M I HARRIERS	163	0:50:35	Steve Angus	BORDER HARRIERS & AC	264	0:53:40	Colin Potts	LIVERPOOL HARRIERS & AC
63	0:46:15	Matthew Shaw	SALFORD HARRIERS	164	0:50:37	Ryan Butler	LEIGH HARRIERS & AC	265	0:53:41	Ben Dyson	LEEDS CITY ATHLETIC CLUB
64	0:46:19	Mark Keeley	LIVERPOOL HARRIERS & AC	165	0:50:38	Frazer Jardine	BLACKPOOL WYRE & FYLDE AC	266	0:53:42	Christopher Bentley	MACCLESFIELD HARRIERS & AC
65	0:46:19	Robert Webb	ROSSENDALE HARRIERS & AC	166	0:50:38	Mark Rogers	WIGAN & DISTRICT H & AC	267	0:53:47	Sammy Rashid	LIVERPOOL PEMBROKE & SEFTON H
66	0:46:21	Benjamin Riddell	SALFORD HARRIERS	167	0:50:39	Steven Greenwood	JARROW & HEBBURN AC	268	0:53:49	Neil Stabbs	YORK KNAVESMIRE HARRIERS
67	0:46:22	Dara Chesser*	GATESHEAD HARRIERS & AC	168	0:50:42	Ian Fisher	ALTRINCHAM & DISTRICT AC	269	0:53:51	Tom Armstrong	VALE ROYAL AC
68	0:46:23	Matthew Thompson	SOUTHPORT WATERLOO AC	169	0:50:43	Jonathan Hobbs	LINCOLN & DISTRICT RUNNERS	270	0:53:52	Chris Burgess	WIGAN & DISTRICT H & AC
69	0:46:26	Richard Harris	ROTHERHAM HARRIERS & AC	170	0:50:43	Richard Clancy	TRAFFORD ATHLETIC CLUB	271	0:53:54	Geoff Whitman	MORPETH HARRIERS & AC
70	0:46:28	Phil Winskill	KESWICK AAC	171	0:50:44	Robert Oliver	VALE ROYAL AC	272	0:53:56	Michael Moore	NORTH SHIELDS POLY CLUB
71	0:46:32	Martin Roscoe	LEEDS CITY ATHLETIC CLUB	172	0:50:48	James Souter	BORDER HARRIERS & AC	273	0:53:58	Blake Ellis	TRAFFORD ATHLETIC CLUB
72	0:46:43	Spencer Riley	CLAYTON LE MOORS HARRIERS	173	0:50:48	Ian Robinson	HEATON HARRIERS & AC	274	0:53:58	Thomas Powell	TRAFFORD ATHLETIC CLUB
73	0:46:45	Ben Costello	LIVERPOOL PEMBROKE & SEFTON H	174	0:50:48	Scott Wilson	MACCLESFIELD HARRIERS & AC	275	0:53:58	Paul Barrett	SALE HARRIERS MANCHESTER
74	0:46:47	Ross Landon	BORDER HARRIERS & AC	175	0:50:49	Alistair Mcnay	TATTENHALL RUNNERS	276	0:53:59	Simon Rogers	PENSBY RUNNERS
75	0:46:50	Martin Swensson	PENNY LANE STRIDERS	176	0:50:51	Nicky Munro	SEDGEFIELD HARRIERS	277	0:54:01	Robin Tuddenham	TODMORDEN HARRIERS & AC
76	0:46:52	Martin Hilton	LEEDS CITY ATHLETIC CLUB	177	0:50:56	Laurence Eccles	PENNY LANE STRIDERS	278	0:54:01	Rob Williams	KNOWSLEY HARRIERS
77	0:46:56	Chris Miller	HARROGATE HARRIERS & ATHLETIC	178	0:51:00	Paul Fotherby	VALLEY STRIDERS	279	0:54:02	John Thelwell	WALLASEY ATHLETIC CLUB
78	0:47:04	Kevin Bell	BORDER HARRIERS & AC	179	0:51:03	Dave McGuire	WHARFEDALE HARRIERS	280	0:54:03	Ben Jones	BURY ATHLETIC CLUB
79	0:47:05	Dan Hogg	LINCOLN WELLINGTON AC	180	0:51:06	James Dunce	TYNE BRIDGE HARRIERS	281	0:54:03	Brian Martin	QUAKERS RUNNING CLUB
80	0:47:20	Ben Russell	LIVERPOOL HARRIERS & AC	181	0:51:09	Mike Ashby	SALE HARRIERS MANCHESTER	282	0:54:03	Graham Cairns	LIVERPOOL PEMBROKE & SEFTON H
81	0:47:27	Aidan Johnson	ROTHERHAM HARRIERS & AC	182	0:51:09	David Thomas	CLETHORPES & DISTRICT AC	283	0:54:04	Toby Cushion	KESWICK AAC
82	0:47:29	Thomas Straughan	MORPETH HARRIERS & AC	183	0:51:10	Robert Kelly	KNOWSLEY HARRIERS	284	0:54:06	Andrew Clague	WEST CHESHIRE ATHLETIC CLUB
83	0:47:30	Bob Hodgson	BORDER HARRIERS & AC	184	0:51:18	James Pearson	CITY OF HULL AC	285	0:54:08	Matthew Goddard	SOUTHPORT WATERLOO AC
84	0:47:33	Mat Nuttall	BLACKBURN HARRIERS & AC	185	0:51:20	Rob Salter	HEATON HARRIERS & AC	286	0:54:11	Daniel Samuels	WALLSEND HARRIERS & AC
85	0:47:38	Sam Watson	WHARFEDALE HARRIERS	186	0:51:22	Daniel Shaw	HOLMFIRTH HARRIERS AC	287	0:54:13	Mark Crawford	RICHMOND & ZETLAND HARRIERS
86	0:47:40	James Scottbuccleuc	STOCKPORT HARRIERS & AC	187	0:51:22	John Robson	ST THERESA'S AC	288	0:54:14	William Buckton	ILKLEY HARRIERS AC
87	0:47:49	N Charlesworth	WHARFEDALE HARRIERS	188	0:51:24	Karl Steinegger	SPECTRUM STRIDERS	289	0:54:15	Jake Healy	ST HELENS SUTTON AC
88	0:47:52	Thomas Blaney	BLACKBURN HARRIERS & AC	189	0:51:30	Jonathon Stephens	LOW FELL RC	290	0:54:15	Ian Jones	SALE HARRIERS MANCHESTER
89	0:47:59	Brendan Mcmillan	JARROW & HEBBURN AC	190	0:51:36	Jeff Prest	TRAFFORD ATHLETIC CLUB	291	0:54:16	Chris March	MANCHESTER YMCA HARRIERS
90	0:48:00	Matthew Clark	SWINTON RUNNING CLUB	191	0:51:36	Mark Hulmston	WIRRAL AC	292	0:54:17	Wayne Fuller	HEATON HARRIERS & AC
91	0:48:01	Robert Bridges	MANCHESTER TRIATHLON CLUB	192	0:51:39	David Maher	TRAFFORD ATHLETIC CLUB	293	0:54:19	C Essexcrossby	BLACKPOOL WYRE & FYLDE AC
92	0:48:06	David Hamilton	SOUTHPORT WATERLOO AC	193	0:51:40	Andrew Robertshaw	OTLEY AC	294	0:54:19	Sean Rouse	CITY OF HULL AC
93	0:48:07	Derek Simpson	ROCHDALE HARRIERS & AC	194	0:51:41	Gareth Maguire	DURHAM CITY HARRIERS & AC	295	0:54:22	Niall Bourke	PUDSEY & BRAMLEY AC
94	0:48:08	Robert Hughes	SALFORD HARRIERS	195	0:51:44	Paul Sorrell	NORTH DERBYSHIRE RC	296	0:54:26	Kevin Foster	SALE HARRIERS MANCHESTER
95	0:48:11	Christian Holmes	WHARFEDALE HARRIERS	196	0:51:45	Graham Millican	BORDER HARRIERS & AC	297	0:54:27	Andy Townsend	HORWICH R M I HARRIERS
96	0:48:12	Nicholas Baker	NORTH DERBYSHIRE RC	197	0:51:47	Lucas Longman	HEATON HARRIERS & AC	298	0:54:29	Stuart Barnard	PENSBY RUNNERS
97	0:48:1										

2014 NACCC Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
304	0:54:42	Richard Sunley	HORSFORTH HARRIERS	405	0:59:17	Brian Miller	HARROGATE HARRIERS & ATHLETIC	506	1:05:22	Tommy Rutherford	PENSBY RUNNERS
305	0:54:50	Tod Stewart	SKYRAC ATHLETIC CLUB	406	0:59:17	Graham Webster	LYTHAM ST ANNES RR CLUB	507	1:05:27	Graham Park	QUAKERS RUNNING CLUB
306	0:54:56	Chris Waite	NORTH SHIELDS POLY CLUB	407	0:59:19	Ben Hartley	HYDE PARK HARRIERS	508	1:05:28	Dave Mcalister	WALLASEY ATHLETIC CLUB
307	0:55:00	Tom Nicholson	BORDER HARRIERS & AC	408	0:59:22	Karl Bryers	WIRRAL AC	509	1:05:37	Lloyd Barlow	MANCHESTER HARRIERS & AC
308	0:55:05	Charles Foster	SALFORD HARRIERS	409	0:59:29	Barry Abram	WIGAN & DISTRICT H & AC	510	1:05:44	Derek Mcardle	WALLASEY ATHLETIC CLUB
309	0:55:07	Mark Irving	BLACKBURN HARRIERS & AC	410	0:59:31	Tom Albone	SHEFFIELD RUNNING CLUB	511	1:05:46	Mark Hurrell	BARNSELY ATHLETIC CLUB
310	0:55:08	Chris Balderson	BLACKBURN HARRIERS & AC	411	0:59:35	Kevin Edwards	WIGAN & DISTRICT H & AC	512	1:05:54	Chris Greenall	BURNDEN ROAD RUNNERS
311	0:55:09	Robert Goulsbra	STOCKPORT HARRIERS & AC	412	0:59:49	Dave Connor	KNOWSLEY HARRIERS	513	1:05:57	Raymond Vose	ST HELENS SUTTON AC
312	0:55:10	Robin Linten	DURHAM CITY HARRIERS & AC	413	0:59:52	Rob Jones	SHEFFIELD RUNNING CLUB	514	1:06:09	Jason Buckley	KIRKSTALL HARRIERS
313	0:55:14	Terry Roberts	WIRRAL AC	414	0:59:56	Derek Hughes	E CHESHIRE H & TAMESIDE AC	515	1:06:15	Peter Mills	WIGAN & DISTRICT H & AC
314	0:55:16	Ian Alexanderbarnes	SHEFFIELD RUNNING CLUB	415	0:59:59	Kevin Walker	SKELMERSDALE BOUNDARY HARRIERS	516	1:06:17	Karl Tietz	RIPLY RUNNING CLUB
315	0:55:17	Andrew Brookes	MANCHESTER FRONT RUNNERS	416	1:00:03	Chris Sewart	MANCHESTER HARRIERS & AC	517	1:06:34	Neil Silcock	SOUTHPORT WATERLOO AC
316	0:55:21	Chris Dove	SKYRAC ATHLETIC CLUB	417	1:00:03	Mitchell Hawkins	PENNY LANE STRIDERS	518	1:06:36	John Bertenshaw	WESHAM ROAD RUNNERS & AC
317	0:55:22	Mike Harris	WIGAN & DISTRICT H & AC	418	1:00:05	Ian Stainthorpe	ROCHDALE HARRIERS & AC	519	1:06:39	Michael Baker	TYNE BRIDGE HARRIERS
318	0:55:23	Paul Attley	GATESHEAD HARRIERS & AC	419	1:00:07	Robert Givnan	LIVERPOOL RUNNING CLUB	520	1:06:46	Raj Madhas	WHARFEDALE HARRIERS
319	0:55:24	Steven Doxey	SWINTON RUNNING CLUB	420	1:00:08	Peter Walker	SOUTH SHIELDS HARRIERS & AC	521	1:06:48	Jason Newell	HYDE PARK HARRIERS
320	0:55:34	Ryan Barker	HALIFAX HARRIERS & AC	421	1:00:11	Colin Robson	SOUTH SHIELDS HARRIERS & AC	522	1:06:48	William Ward	WOLDS VETERAN RUNNERS CLUB
321	0:55:37	Jono Guildford	MANCHESTER FRONT RUNNERS	422	1:00:17	Steve Gordon	PENSBY RUNNERS	523	1:06:50	Andrew Smith	HELSEBY (BICC) RUNNING CLUB
322	0:55:38	Stephen Coy	ILKLEY HARRIERS AC	423	1:00:19	Ronan Kearney	WIRRAL AC	524	1:06:57	Philip Halse	LOW FELL RC
323	0:55:39	Stephen Mclean	SOUTHPORT WATERLOO AC	424	1:00:20	David Savage	SUNDERLAND HARRIERS & AC	525	1:06:58	Steve Shotton	TYNE BRIDGE HARRIERS
324	0:55:43	Paul Bainbridge	SOUTH SHIELDS HARRIERS & AC	425	1:00:23	Chris Kennedy	SALTWELL HARRIERS	526	1:07:00	John Mcnamara	LIVERPOOL RUNNING CLUB
325	0:55:43	Rory Henderson	YORK KNAVESMIRE HARRIERS	426	1:00:26	Ian Page	ROLLS ROYCE HARRIERS	527	1:07:00	John Clarke	VALE ROYAL AC
326	0:55:45	William Thomas	BURNDEN ROAD RUNNERS	427	1:00:26	Barry Atkinson	YORK KNAVESMIRE HARRIERS	528	1:07:03	Dean Phillips	SUNDERLAND HARRIERS & AC
327	0:55:45	Carl Barber	SALE HARRIERS MANCHESTER	428	1:00:40	Mark Hughes	WIRRAL AC	529	1:07:06	Alastair Singleton	PENSBY RUNNERS
328	0:55:46	Geoff Rudd	LIVERPOOL RUNNING CLUB	429	1:00:52	Scott Garrett	SALTWELL HARRIERS	530	1:07:07	Andrew Hudson	JARROW & HEBBURN AC
329	0:55:47	John Sprackland	SOUTHPORT WATERLOO AC	430	1:00:55	David Chambers	MANCHESTER FRONT RUNNERS	531	1:07:13	Graham Harrison	SALTWELL HARRIERS
330	0:55:48	Gary Thorntonnallen	PENSBY RUNNERS	431	1:00:59	Thomas Madden	LIVERPOOL RUNNING CLUB	532	1:07:18	Martin O'Reilly	ROCHDALE HARRIERS & AC
331	0:55:50	Jonathan Fairhurst	PENSBY RUNNERS	432	1:01:02	Gordon Baird	MIDDLESBROUGH & CLEVELAND H	533	1:07:20	Richard Saunders	WALLASEY ATHLETIC CLUB
332	0:55:50	Mark Salmon	LOW FELL RC	433	1:01:07	Robbie Wood	LIVERPOOL PEMBROKE & SEFTON H	534	1:07:25	David Candlish	SALTWELL HARRIERS
333	0:55:53	Frederick Smith	SALTWELL HARRIERS	434	1:01:07	Tony Dickinson	KNOWSLEY HARRIERS	535	1:07:32	Steve Monaghan	NORTH DERBYSHIRE RC
334	0:55:56	Pete Downes	YORK KNAVESMIRE HARRIERS	435	1:01:10	Michael Wakefield	SALFORD HARRIERS	536	1:07:35	Peter Ramsdale	HORWICH R M I HARRIERS
335	0:55:59	Paul Hilton	TYNE BRIDGE HARRIERS	436	1:01:13	Geoffery Robinson	JARROW & HEBBURN AC	537	1:07:38	Mark Catherall	ROCHDALE HARRIERS & AC
336	0:56:00	Nick Wilson	WIRRAL AC	437	1:01:18	Steve Lewis	SOUTHPORT WATERLOO AC	538	1:07:41	Gordon Scholefield	PENSBY RUNNERS
337	0:56:05	Philip Green	HEATON HARRIERS & AC	438	1:01:20	Simone Capponi	PENNY LANE STRIDERS	539	1:07:42	James Gu	MANCHESTER YMCA HARRIERS
338	0:56:15	Richard Briscoe	CLAYTON LE MOORS HARRIERS	439	1:01:25	Brian Schofield	OLDHAM & ROYTON H & AC	540	1:07:49	Paul Cresswell	SKELMERSDALE BOUNDARY HARRIERS
339	0:56:18	Les Cavanagh	LOW FELL RC	440	1:01:27	Graham Cushion	LIVERPOOL RUNNING CLUB	541	1:07:51	Kevin Mcgilvray	ROCHDALE HARRIERS & AC
340	0:56:18	Michael Thompson	TEESDALE AC	441	1:01:29	David Kirk	LIVERPOOL RUNNING CLUB	542	1:07:57	Ben Gregory	SOUTH CHESHIRE HARRIERS
341	0:56:20	Dean Taylor	RIPLY RUNNING CLUB	442	1:01:36	Jamie Ferguson	SALTWELL HARRIERS	543	1:08:05	Robert Mcsherry	QUAKERS RUNNING CLUB
342	0:56:24	Robert Hancox	MORPETH HARRIERS & AC	443	1:01:40	Michael Connor	KNOWSLEY HARRIERS	544	1:08:07	David Hough	WEST CHESHIRE ATHLETIC CLUB
343	0:56:30	Steve Shaughnessy	STOCKPORT HARRIERS & AC	444	1:01:48	Darren Jackson	WIGAN & DISTRICT H & AC	545	1:08:17	Nigel Brady	BURY ATHLETIC CLUB
344	0:56:34	John Broom	BARNSELY ATHLETIC CLUB	445	1:01:51	Gareth Boyd	HELSEBY (BICC) RUNNING CLUB	546	1:08:26	Nigel Crompton	PENSBY RUNNERS
345	0:56:42	Martin Stork	TODMORDEN HARRIERS & AC	446	1:01:52	Robert Kedian	MANCHESTER YMCA HARRIERS	547	1:08:31	William Bittlestone	SUNDERLAND HARRIERS & AC
346	0:56:45	Stephen Taylor	HEATON HARRIERS & AC	447	1:01:52	Allan Hartley	BLACKBURN HARRIERS & AC	548	1:08:36	Barry Chester	CHORLEY ATHLETIC AND TRIATHLON
347	0:56:46	David Collins	WIGAN & DISTRICT H & AC	448	1:02:03	Roberto Raso	MANCHESTER FRONT RUNNERS	549	1:08:47	Roy Fisher	PENSBY RUNNERS
348	0:56:48	Tim Fletcher	SHEFFIELD RUNNING CLUB	449	1:02:06	Stephen Riley	HELSEBY (BICC) RUNNING CLUB	550	1:08:48	Darren Smiley	SALTWELL HARRIERS
349	0:56:48	Tony Archer	VALE ROYAL AC	450	1:02:09	Brian Bailes	BIRTLEY AC	551	1:08:52	Robert Wilson	ELSWICK HARRIERS
350	0:56:49	John Hurse	TYNE BRIDGE HARRIERS	451	1:02:11	Tim Pilkington	WIGAN & DISTRICT H & AC	552	1:08:55	William Raine	AURORA HARRIERS
351	0:56:53	Simon Fox	WIRRAL AC	452	1:02:14	Giles Bennett	BURY ATHLETIC CLUB	553	1:08:56	John Dobie	LIVERPOOL PEMBROKE & SEFTON H
352	0:56:55	John Connolly	PENNY LANE STRIDERS	453	1:02:19	Andy Eccles	WIGAN & DISTRICT H & AC	554	1:09:01	Jerry Bateman	RIPLY RUNNING CLUB
353	0:56:56	Thomas Howarth	LYTHAM ST ANNES RR CLUB	454	1:02:24	Jason Brogan	MANCHESTER HARRIERS & AC	555	1:09:02	Steve Girling	PENSBY RUNNERS
354	0:56:58	Gavin Browne	E CHESHIRE H & TAMESIDE AC	455	1:02:27	Thomas Hanson	ELSWICK HARRIERS	556	1:09:08	Jonathan Green	WALLASEY ATHLETIC CLUB
355	0:57:05	Neil Toner	WIRRAL AC	456	1:02:30	Chris Hewitson	CONGLETON H & AC	557	1:09:17	Andrew Webster	KNOWSLEY HARRIERS
356	0:57:07	Steve Myerscough	WESHAM ROAD RUNNERS & AC	457	1:02:31	David Bond	LOW FELL RC	558	1:09:25	Kieran O'Brien	KIRKSTALL HARRIERS
357	0:57:11	Kevin Ayre	SOUTH SHIELDS HARRIERS & AC	458	1:02:31	Peter Richardson	SUNDERLAND HARRIERS & AC	559	1:09:27	Michael Quinn	AURORA HARRIERS
358	0:57:11	Pete Newham	CONGLETON H & AC	459	1:02:32	Shaun Connelly	ELSWICK HARRIERS	560	1:09:34	Paul Glaister	SEDFIELD HARRIERS
359	0:57:16	Tony Allinson	SUNDERLAND HARRIERS & AC	460	1:02:40	Kevin Ashworth	LYTHAM ST ANNES RR CLUB	561	1:09:39	Fred Gibbs	BINGLEY HARRIERS & AC
360	0:57:19	Thomas Bell	HEATON HARRIERS & AC	461	1:02:45	Matthew Nelson	SOUTHPORT WATERLOO AC	562	1:09:55	Mark Wheelton	MACCLESFIELD HARRIERS & AC
361	0:57:23	Keith Rooney	TYNE BRIDGE HARRIERS	462	1:02:48	Liam Fletcher	RICHMOND & ZETLAND HARRIERS	563	1:09:58	Peter Johnson	ST HELENS SUTTON AC
362	0:57:25	Daniel Timperley	OLDHAM & ROYTON H & AC	463	1:02:51	Ken Fox	HYDE PARK HARRIERS	564	1:10:07	Kevin Loftus	NORTH DERBYSHIRE RC
363	0:57:26	Andrew Huxley	SKELMERSDALE BOUNDARY HARRIERS	464	1:02:52	Kevin Carroll	LIVERPOOL PEMBROKE & SEFTON H	565	1:10:09	Dave Waywell	WESHAM ROAD RUNNERS & AC
364	0:57:26	David Thompson	ELSWICK HARRIERS	465	1:03:01	Dennis Holmes	RIPLY RUNNING CLUB	566	1:10:17	Kenny Worrall	LIVERPOOL RUNNING CLUB
365	0:57:29	Gary Weedall	VALE ROYAL AC	466	1:03:02	David Cutts	SOUTHPORT WATERLOO AC	567	1:10:25	Ian Clarkson	BLACKBURN HARRIERS & AC
366	0:57:33	Bernie Murphy	LIVERPOOL PEMBROKE & SEFTON H	467	1:03:04	Phil James	SALTWELL HARRIERS	568	1:10:27	Steven Armstrong	WALLASEY ATHLETIC CLUB
367	0:57:39	Peter Gill	BIRTLEY AC	468	1:03:06	Andrew Gaskell	SPECTRUM STRIDERS	569	1:10:33	Steve Scott	MANCHESTER FRONT RUNNERS
368	0:57:42	Stephen Nicholls	WIGAN & DISTRICT H & AC	469	1:03:11	Mark Tallon	QUAKERS RUNNING CLUB	570	1:10:47	Geoff Watson	DURHAM CITY HARRIERS & AC
369	0:57:44	Geoff Hill	SEDFIELD HARRIERS	470	1:03:19	Colin Mcevoy	WIGAN & DISTRICT H & AC	571	1:10:59	Colin Rathbone	VALE ROYAL AC
370	0:57:44	Warburton James	KNOWSLEY HARRIERS	471	1:03:22	Trevor Baker	MIDDLESBROUGH & CLEVELAND H	572	1:11:01	Mike Griffiths	WALLASEY ATHLETIC CLUB
371	0:57:52	Phil Cuthbert	WALLASEY ATHLETIC CLUB	472	1:03:28	John Cookson	BLACKBURN HARRIERS & AC	573	1:11:11	Michael Charman	SPECTRUM STRIDERS
372	0:58:00	Derek Morris	HELSEBY (BICC) RUNNING CLUB	473	1:03:34	John Bowker	E CHESHIRE H & TAMESIDE AC	574	1:11:12	Neil Goulding	SKELMERSDALE BOUNDARY HARRIERS
373	0:58:02	Steve Marshall	DURHAM CITY HARRIERS & AC	474	1:03:36	David Turnbull	AURORA HARRIERS	575	1:11:20	Denis Kelly	MANCHESTER HARRIERS & AC
374	0:58:06	George Pierce	LIVERPOOL RUNNING CLUB	475	1:03:40	David Horsfall	SALTWELL HARRIERS	576	1:11:29	Christopher Moss	WESHAM ROAD RUNNERS & AC
375	0:58:07	Chris Pedder	LIVERPOOL PEMBROKE & SEFTON H	476	1:03:48	Gary Wane	WIGAN & DISTRICT H & AC	577	1:11:44	Jon Paramor	MANCHESTER YMCA HARRIERS
376	0:58:15	Jason Chow	SHEFFIELD RUNNING CLUB	477	1:03:50	Bob Corinaldi	VALE ROYAL AC	578	1:11:51	Steve Pullen	CONGLETON H & AC
377	0:58:24	Gary English	LIVERPOOL RUNNING CLUB	478	1:03:53	Billy Merritt	KNOWSLEY HARRIERS	579	1:11:55	David Flood	BURY ATHLETIC CLUB
378	0:58:27	Danny Gilbody	LIVERPOOL PEMBROKE & SEFTON H	479	1:03:55	Keith Simpson	WALLASEY ATHLETIC CLUB	580	1:12:28	Philip Maccullagh	CHORLEY ATHLETIC AND TRIATHLON
379	0:58:27	Ryan Wilkinson	CLAYTON LE MOORS HARRIERS	480	1:03:58	Stephen Weigh	MANCHESTER FRONT RUNNERS	581	1:12:37	Eric Gibson	PENSBY RUNNERS
380	0:58:28	Mark Wightman	CLAYTON LE MOORS HARRIERS	481	1:04:03	Ian Roberts	ST HELENS SUTTON AC	582	1:12:41	David Shoesmith	MACCLESFIELD HARRIERS & AC
381	0:58:37	Richard Phillis	RIPLY RUNNING CLUB	482	1:04:08	Daniel Birch	YORK KNAVESMIRE HARRIERS	583	1:12:54	David Playforth	EAST HULL HARRIERS
382	0:58:40	Maurice Collins	ST HELENS SUTTON AC	483	1:04:12	Jonathan Fisher	LIVERPOOL RUNNING CLUB	584	1:13:07	Geoff Cotterill	MANCHESTER YMCA HARRIERS
383	0:58:42	James Hinde	MANCHESTER HARRIERS & AC	484	1:04:13	Jamie Crooks	KIRKSTALL HARRIERS	585	1:13:08	Jeff Wright	BLACKPOOL WYRE & FYLDE AC
384	0:58:47	Sean Cordell	SALFORD HARRIERS	485	1:04:15	John Mooney	MACCLESFIELD HARRIERS & AC	586	1:13:15	Charles Satterly	LANCASTER & MORECAMBE AC
385	0:58:50	Mark Bell	BIRTLEY AC	486	1:04:18	Mark Glynn	WIGAN & DISTRICT H & AC	587	1:13:16	Richard Townsend	SALTWELL HARRIERS
386	0:58:52	Adair Broughton	HELSEBY (BICC) RUNNING CLUB	487	1:04:19	John McNerney	HARROGATE HARRIERS & ATHLETIC	588	1:13:17	Ian Manners	MANCHESTER YMCA HARRIERS
387	0:58:52	David Jardin	ELSWICK HARRIERS	488	1:04:24	Martyn Bell	HORWICH R M I HARRIERS	589	1:13:19	Robert Parkin	CONGLETON H & AC
388	0:58:55	Michael Gall	KNOWSLEY HARRIERS	489	1:04:25	Mark Scott	LIVERPOOL RUNNING CLUB	590	1:14:25	Matthew Grieve	BORDER HARRIERS & AC
389	0:58:57	Shaun Purkissmcend	RICHMOND & ZETLAND HARRIERS	490	1:04:30	Dominic Roberts	PENSBY RUNNERS	591	1:14:44	Stephen Symons	MANCHESTER YMCA HARRIERS
390	0:58:59	Scott Bairstow	KEIGHLEY & CRAVEN AC	491	1:04:33	David Swift	BURNDEN ROAD RUNNERS	592	1:15:18	Ray Dalby	ROCHDALE HARRIERS & AC
391	0:59:00	Pete Hopley	BURNDEN ROAD RUNNERS	492	1:04:36	Joseph Grundy	KNOWSLEY HARRIERS	593	1:15:40	Nigel Howard	PENSBY RUNNERS
392	0:59:01	Robert Burke	LIVERPOOL RUNNING CLUB	493	1:04:39	Paul Richardson	SALTWELL HARRIERS	594	1:15:44	Andrew Field	BORDER HARRIERS & AC
393	0:59:01	Nicholas Pearson	TYNE BRIDGE HARRIERS	494	1:04:40	Mark Small	NORTH SHIELDS POLY CLUB	595	1:16:11	Greg Oulton	LYTHAM ST ANNES RR CLUB
394	0:59:02	Paul Gray	LIVERPOOL HARRIERS & AC	495	1:04:53	J Ramosgallego*	MANCHESTER FRONT RUNNERS	596	1:16:16	Graham Vickers	WESHAM ROAD RUNNERS & AC
395	0:59:03	John Collier	WESHAM ROAD RUNNERS & AC	496	1:05:00	Chris Redfern	SALTWELL HARRIERS	597	1:16:28	Brian Brown	DURHAM CITY HARRIERS & AC
396	0:59:04	Kevin Hull	BORDER HARRIERS & AC	497	1:05:01	Dean Smith	ROLLS ROYCE HARRIERS	598	1:17:00	Reb Tevye	BURNDEN ROAD RUNNERS
397	0:59:05	Jason Catterall	SEDFIELD HARRIERS	498	1:05:03	Richard Sayers	HYDE PARK HARRIERS	599	1:17:30	Nigel Simpkin	LYTHAM ST ANNES RR CLUB
398	0:59:06	Adam Moger	KIRKSTALL HARRIERS	499	1:05:03	Gerard Victory*	MANCHESTER FRONT RUNNERS	600	1:18:02	George Parrington	LANCASTER & MORECAMBE AC
399	0:59:06	David Owens	LIVERPOOL RUNNING CLUB	500	1:05:05	Peter Browning	CLAYTON LE MOORS HARRIERS	601	1:18:19	Anthony Doyle	ST HELENS SUTTON AC
400	0:59:10	David Cleugh									

2014 NACCC Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
607	1:21:45	Burjor Langdana	KIRKSTALL HARRIERS								
608	1:21:54	John Keyworth	PENSBY RUNNERS								
609	1:25:05	Richard Pettitt	VALE ROYAL AC								
610	1:28:15	John Winters	BLACKPOOL WYRE & FYLDE AC								
611	1:31:04	Alan Peers	SPECTRUM STRIDERS								
612	1:34:27	David Wright	LOW FELL RC								
613	1:35:34	Anthony Riley	LIVERPOOL RUNNING CLUB								
614	1:37:43	George Routledge	HEATON HARRIERS & AC								

Team Results:

Pos	Points	Team / Club	Placings
1	102	LEEDS CITY ATHLETIC CLUB	(8 9 17 18 24 26)
2	128	MORPETH HARRIERS & AC	(4 6 7 23 33 55)
3	164	SALFORD HARRIERS	(10 11 16 22 42 63)
4	248	LIVERPOOL HARRIERS & AC	(19 31 36 44 54 64)
5	474	BORDER HARRIERS & AC	(13 74 78 83 98 128)
6	526	STOCKPORT HARRIERS & AC	(2 3 14 86 110 311)
7	601	SALE HARRIERS MANCHESTER	(37 45 47 139 152 181)
8	623	HORWICH R M I HARRIERS	(34 62 113 130 141 143)
9	705	ROTHERHAM HARRIERS & AC	(60 69 81 109 155 231)
10	717	WHARFEDALE HARRIERS	(85 87 95 112 159 179)
11	796	SOUTHPORT WATERLOO AC	(52 59 68 92 240 285)
12	826	HOLMFIRTH HARRIERS AC	(53 61 148 151 186 227)
13	963	TYNE BRIDGE HARRIERS	(111 121 122 180 210 219)
14	1036	DURHAM CITY HARRIERS & AC	(1 39 117 194 312 373)
15	1209	WIRRAL AC	(97 107 191 242 259 313)
16	1299	HEATON HARRIERS & AC	(115 173 185 197 292 337)
17	1304	TRAFFORD ATHLETIC CLUB	(170 190 192 205 273 274)
18	1341	BLACKBURN HARRIERS & AC	(84 88 103 309 310 447)
19	1375	LIVERPOOL PEMBROKE & SEFTO	(12 73 267 282 366 375)
20	1439	YORK KNAVESMIRE HARRIERS	(131 161 220 268 325 334)
21	1439	VALE ROYAL AC	(41 171 244 269 349 365)
22	1469	WIGAN & DISTRICT H & AC	(156 166 213 270 317 347)
23	1627	PENNY LANE STRIDERS	(75 177 202 352 404 417)
24	1644	ST HELENS SUTTON AC	(201 217 253 289 302 382)
25	1652	WALLASEY ATHLETIC CLUB	(206 239 258 279 299 371)
26	1665	SHEFFIELD RUNNING CLUB	(125 247 255 314 348 376)
27	1680	NORTH DERBYSHIRE RC	(96 132 158 195 535 564)
28	1768	SOUTH SHIELDS HARRIERS & AC	(106 140 324 357 420 421)
29	1808	SALTWELL HARRIERS	(153 211 257 333 425 429)
30	1978	SEDGEFIELD HARRIERS	(176 224 252 369 397 560)
31	2020	MANCHESTER YMCA HARRIERS	(208 236 291 300 446 539)
32	2027	MACCLESFIELD HARRIERS & AC	(174 199 266 401 485 502)
33	2065	KNOWSLEY HARRIERS	(183 278 370 388 412 434)
34	2074	LIVERPOOL RUNNING CLUB	(204 328 374 377 392 399)
35	2124	SUNDERLAND HARRIERS & AC	(101 254 359 424 458 528)
36	2147	PENSBY RUNNERS	(276 298 330 331 422 490)
37	2206	MANCHESTER FRONT RUNNERS	(212 315 321 430 448 480)
38	2219	BURNDEN ROAD RUNNERS	(237 262 326 391 491 512)
39	2266	ROCHDALE HARRIERS & AC	(93 145 418 532 537 541)
40	2453	LOW FELL RC	(189 332 339 457 524 612)
41	2454	HELSBY (BICC) RUNNING CLUB	(301 372 386 445 449 501)
42	2455	CONGLETON H & AC	(233 241 358 456 578 589)
43	2487	RIPLEY RUNNING CLUB	(230 341 381 465 516 554)
44	2519	ELSWICK HARRIERS	(303 364 387 455 459 551)
45	2642	LYTHAM ST ANNES RR CLUB	(229 353 406 460 595 599)
46	3006	WESHAM ROAD RUNNERS & AC	(356 395 518 565 576 596)