

2019 Northern XC Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:38:05	374	Emile Cairss	Leeds City Athletic Club	101	0:42:56	310	Lee Dover	Houghton Harriers & AC
2	0:38:14	495	Carl Avery	Morpeth Harriers & Ac	102	0:42:57	356	Mark Lamb	Keswick AC
3	0:38:25	438	Dejene Gezimu	Liverpool Harriers & Ac	103	0:42:58	638	William Collumb	Rothwell Harriers & AC
4	0:38:49	829	Jack Martin	Stockport Harriers & Ac	104	0:43:00	358	Calum Tinnion	Keswick AC
5	0:38:56	666	Nigel Martin	Sale Harriers Manchester	105	0:43:01	231	James Cripwell	Gateshead Harriers & Ac
6	0:39:01	429	Joe Wilkinson	Lincoln Wellington Athletic Cl	106	0:43:05	229	Ross Christie	Gateshead Harriers & Ac
7	0:39:17	577	Daniel Bebbington	Preston Harriers	107	0:43:07	185	Alexander Cook	Durham City Harriers & Ac
8	0:39:24	96	James Douglas	Border Harriers & Ac	108	0:43:12	656	Sam Aspinwall	Sale Harriers Manchester
9	0:39:28	944	Robert Danson	Wesham Road Runners & Ac	109	0:43:15	64	Christopher Davies	Blackburn Harriers & Ac
10	0:39:31	435	Daniel Cliffe	Liverpool Harriers & Ac	110	0:43:16	598	Nick Gaskell	Ribble Valley Harriers
11	0:39:32	596	Michael Cayton	Ribble Valley Harriers	111	0:43:20	386	Mick Hill	Leeds City Athletic Club
12	0:39:39	659	Luke Betts	Sale Harriers Manchester	112	0:43:25	355	Steve Hebblethwaite	Keswick AC
13	0:39:42	399	Linton Taylor	Leeds City Athletic Club	113	0:43:31	824	Phil Skelton	Steel City Striders Rc
14	0:39:47	323	Jack Wood	Ilkley Harriers Ac	114	0:43:34	904	Nathan Williams	Vale Royal Ac
15	0:39:55	663	Euan Gilchrist	Sale Harriers Manchester	115	0:43:36	832	Andrew Nixon	Stockport Harriers & Ac
16	0:39:58	76	Tim Raynes	Blackburn Harriers & Ac	116	0:43:44	324	Jonny Evans	Jarrow & Hebburn Ac
17	0:40:02	178	Joseph Kilgour	Derby Athletic Club	117	0:43:46	868	Benjamin Griffiths	Totley Ac
18	0:40:02	440	Matthew Jackson	Liverpool Harriers & Ac	118	0:43:48	398	Chris Smith	Leeds City Athletic Club
19	0:40:05	1010	Nick Martin	Cleethorpes And District AC	119	0:43:50	252	Nicholas Barber	Hallamshire Harriers Sheffield
20	0:40:05	600	C Holdsworth	Ribble Valley Harriers	120	0:43:52	62	Thomas Blaney	Blackburn Harriers & Ac
21	0:40:09	670	Phillip Robertson	Sale Harriers Manchester	121	0:43:52	126	Ben Hobson	Chorlton Runners
22	0:40:10	671	Callum Rowlinson	Sale Harriers Manchester	122	0:43:53	295	Gareth Booth	Horwich R M I Harriers
23	0:40:12	491	Greg Jayasuriya	Middlesbrough & Cleveland H	123	0:43:55	785	David Wilson	St Helens Striders
24	0:40:16	833	Jack Nixon	Stockport Harriers & Ac	124	0:43:57	496	Alistair Douglass	Morpeth Harriers & Ac
25	0:40:17	354	Daniel Haworth	Keswick AC	125	0:43:57	542	William Robson	North Shields Polytechnic Clu
26	0:40:19	372	Gordon Benson	Leeds City Athletic Club	126	0:43:58	594	Chris Williams	Queensbury Running Club
27	0:40:21	893	Carl Smith	Tyne Bridge Harriers	127	0:43:58	1001	Chris Roberts	York Knavesmire Harriers
28	0:40:25	898	Jacob Brown	Vale Royal Ac	128	0:43:58	367	Chris Pownell	Knowsley Harriers
29	0:40:29	283	Mark Buckingham	Holmfirth Harriers Ac	129	0:43:59	394	Adam Osborne	Leeds City Athletic Club
30	0:40:32	483	Alan Corlett	Manx Harriers	130	0:44:02	292	Kai Sunman	Holmfirth Harriers Ac
31	0:40:33	347	Jonathan Dry	Kendal Amateur Athletic Clut	131	0:44:04	525	Martin Dawson	North Derbyshire Rc
32	0:40:35	877	Jay Ferns	Trafford Athletic Club	132	0:44:04	87	George Rudman	Blaydon Harriers & Ac
33	0:40:37	179	Alex Pilcher	Derby Athletic Club	133	0:44:07	5	Adam Gooch	Altrincham & District Athletic
34	0:40:42	352	John Battrick	Keswick AC	134	0:44:07	360	Gregan Clarkson	Kingston Upon Hull AC
35	0:40:43	54	Adrian Bailes	Birtley Ac	135	0:44:08	864	Sam Allin	Totley Ac
36	0:40:45	422	Shane Robinson	Lincoln Wellington Athletic Cl	136	0:44:12	235	Matthew Linsley	Gateshead Harriers & Ac
37	0:40:49	494	Kieren Walker	Middlesbrough Athletic Club	137	0:44:13	739	J Sweetnam-Powell	Sheffield RC
38	0:40:49	631	Lee Milburn	Rotherham Harriers And AC	138	0:44:13	227	Daniel Alexander	Gateshead Harriers & Ac
39	0:40:50	831	Jack Morris	Stockport Harriers & Ac	139	0:44:14	45	Tim Midgley	Bingley Harriers & Ac
40	0:40:58	385	Matt Grieve	Leeds City Athletic Club	140	0:44:16	706	Tony Taylor	Salford Harriers & AC
41	0:41:00	300	James Kevan	Horwich R M I Harriers	141	0:44:17	94	Joseph Woods	Blyth Running Club
42	0:41:01	232	Conrad Franks	Gateshead Harriers & Ac	142	0:44:19	626	Philip Hoole	Rotherham Harriers And AC
43	0:41:05	353	Carl Bell	Keswick AC	143	0:44:22	847	Mark Anderson	Sunderland Strollers
44	0:41:06	665	Daniel Kashi	Sale Harriers Manchester	144	0:44:22	83	Gary Wallace	Blackhill Bounders
45	0:41:09	668	Gareth Raven	Sale Harriers Manchester	145	0:44:23	444	Andy Salmon	Liverpool Harriers & Ac
46	0:41:11	260	James McCrae	Hallamshire Harriers Sheffield	146	0:44:25	7	Kris Matuszczak	Altrincham & District Athletic
47	0:41:16	782	Joe Sagar	Spenborough & Dist AC	147	0:44:28	545	Michael Mannings	Oldham & Royton H & Ac
48	0:41:17	885	Finn Brodie	Tyne Bridge Harriers	148	0:44:36	145	George Phillips	City Of York Ac
49	0:41:19	680	Thomas Cornthwaite	Salford Harriers & AC	149	0:44:36	689	Philip Leybourne	Salford Harriers & AC
50	0:41:21	403	Joshua Woodcock-Shaw	Leeds City Athletic Club	150	0:44:39	928	Simon Midwood	Wakefield District H & Ac
51	0:41:25	605	Rob Scott	Richmond & Zetland Harriers	151	0:44:41	841	Steve Rankin	Sunderland Harriers & Ac
52	0:41:26	499	Andrew Lawrence	Morpeth Harriers & Ac	152	0:44:42	319	Steven Gott	Ilkley Harriers Ac
53	0:41:26	700	David Rigby	Salford Harriers & AC	153	0:44:42	244	Al Johnson	Gosforth Harriers & Ac
54	0:41:27	486	Stephen Garrett	Manx Harriers	154	0:44:43	601	Shaun Livesey	Ribble Valley Harriers
55	0:41:28	122	Peter Bray	Chorlton Runners	155	0:44:45	927	Benjamin Khan	Wakefield District H & Ac
56	0:41:29	628	Jonathan Johnson	Rotherham Harriers And AC	156	0:44:48	349	Tom Hartley	Kendal Amateur Athletic Clut
57	0:41:35	657	Matthew Barnes	Sale Harriers Manchester	157	0:44:50	375	Jason Cherriman	Leeds City Athletic Club
58	0:41:36	501	Jordan Scott	Morpeth Harriers & Ac	158	0:44:54	972	David Brockway	Wirral Ac
59	0:41:38	254	John Birch	Hallamshire Harriers Sheffield	159	0:44:54	291	Tim Street	Holmfirth Harriers Ac
60	0:41:42	507	Dean Newton	New Marske Harriers Club	160	0:44:56	242	Andrew Heppell	Gosforth Harriers & Ac
61	0:41:46	288	Christopher Law	Holmfirth Harriers Ac	161	0:44:57	704	John Seed	Salford Harriers & AC
62	0:41:49	984	Kim Critchley	York Knavesmire Harriers	162	0:44:58	502	Mark Snowball	Morpeth Harriers & Ac
63	0:41:50	617	Joseph Johnston	Rosendale Harriers & Ac	163	0:45:00	382	Leon Foster	Leeds City Athletic Club
64	0:41:51	78	Jordan Bell	Blackhill Bounders	164	0:45:07	364	Stephen Campbell	Knowsley Harriers
65	0:41:52	373	Michael Burrett	Leeds City Athletic Club	165	0:45:09	872	David Millns	Totley Ac
66	0:41:54	433	Richard Burney	Liverpool Harriers & Ac	166	0:45:09	276	Ian Robinson	Heaton Harriers & Ac
67	0:41:55	441	Aaron Jarvis	Liverpool Harriers & Ac	167	0:45:10	1009	Bradley Clough	North Shields Polytechnic Clu
68	0:41:57	350	Alasdair Russell	Kendal Amateur Athletic Clut	168	0:45:11	63	Paul Bradshaw	Blackburn Harriers & Ac
69	0:42:02	630	Arron Larkin	Rotherham Harriers And AC	169	0:45:12	297	Alex Fowler	Horwich R M I Harriers
70	0:42:03	396	Joshua Rowe	Leeds City Athletic Club	170	0:45:13	134	Michael Taylor	Chorlton Runners
71	0:42:03	447	Chris Maher	Liverpool Pembroke & Sefton	171	0:45:15	883	Matthew Sutton	Trafford Athletic Club
72	0:42:04	675	James Wignall	Sale Harriers Manchester	172	0:45:16	899	Mark Crabtree	Vale Royal Ac
73	0:42:05	888	Marc Fenwick	Tyne Bridge Harriers	173	0:45:16	378	Thomas Edwards	Leeds City Athletic Club
74	0:42:06	503	Thomas Straughan	Morpeth Harriers & Ac	174	0:45:18	73	Joseph Howe	Blackburn Harriers & Ac
75	0:42:11	357	Sam Stead	Keswick AC	175	0:45:18	593	Tom Collinge	Queensbury Running Club
76	0:42:13	115	Ben Coop	Bury Athletic Club	176	0:45:19	236	Steven Medd	Gateshead Harriers & Ac
77	0:42:13	284	Lewis Byram	Holmfirth Harriers Ac	177	0:45:19	978	Stephen Spence	Wirral Ac
78	0:42:14	867	Steve Franklin	Totley Ac	178	0:45:20	132	Gary Scott	Chorlton Runners
79	0:42:16	410	William Rawson	Leigh Harriers & Ac	179	0:45:20	162	Paul Allan	Darlington H & Ac
80	0:42:18	578	Andy Benson	Preston Harriers	180	0:45:20	218	Graeme Watt	Elvet Striders
81	0:42:18	708	Josh Tighe	Salford Harriers & AC	181	0:45:21	424	Sam Shuttleworth	Lincoln Wellington Athletic Cl
82	0:42:18	702	Stuart Robinson	Salford Harriers & AC	182	0:45:21	290	Shea Samuel	Holmfirth Harriers Ac
83	0:42:19	938	Jordan Middlemist	Wallsend Harriers & Ac	183	0:45:22	585	Richard Smith	Preston Harriers
84	0:42:21	445	Lee Siemaszko	Liverpool Harriers & Ac	184	0:45:24	703	Mark Russell	Salford Harriers & AC
85	0:42:23	8	David Norman	Altrincham & District Athletic	185	0:45:26	783	Kane Green	St Helens Striders
86	0:42:26	633	Gareth Sampson	Rotherham Harriers And AC	186	0:45:31	25	Richard Spooner	Barnsley Harriers
87	0:42:30	900	Stuart Doyle	Vale Royal Ac	187	0:45:33	591	John Navis	Pudsey & Bramley Ac
88	0:42:32	696	Gary Priestley	Salford Harriers & AC	188	0:45:34	80	Steven Bowyer	Blackhill Bounders
89	0:42:33	257	Matthew Craig	Hallamshire Harriers Sheffield	189	0:45:36	918	Jon Pownall	Valley Striders AC
90	0:42:35	68	Marc Hartley	Blackburn Harriers & Ac	190	0:45:38	808	Benjamin Jones	Steel City Striders Rc
91	0:42:35	880	Simon O'Meara	Trafford Athletic Club	191	0:45:38	443	Adrian Roach	Liverpool Harriers & Ac
92	0:42:37	627	Aidan Johnson	Rotherham Harriers And AC	192	0:45:39	896	Ben Heathcote	Tynedale Harriers & Ac
93	0:42:42	368	David Brown	Lancaster & Morecambe Ac	193	0:45:40	687	David Hudson	Salford Harriers & AC
94	0:42:44	189	Matthew Hornsby	Durham City Harriers & Ac	194	0:45:41	259	Peter Hodges	Hallamshire Harriers Sheffield
95	0:42:48	70	Joshua Holgate	Blackburn Harriers & Ac	195	0:45:46	599	Stephen Hall	Ribble Valley Harriers
96	0:42:49	274	James McKenzie	Heaton Harriers & Ac	196	0:45:46	228	Steven Asquith	Gateshead Harriers & Ac
97	0:42:50	4	Akkeal Chambers	Altrincham & District Athletic	197	0:45:47	482	Jamie Beaman	Manx Harriers
98	0:42:53	690	Bruno Lima	Salford Harriers & AC	198	0:45:48	588	Wesley Wilkinson	Preston Harriers
99	0:42:54	505	Phillip Winkler	Morpeth Harriers & Ac	199	0:45:50	238	Chris Webb	Glossopdale Harriers
100	0:42:55	261	Connor Milnes	Hallamshire Harriers Sheffield	200	0:45:50	114	Patrick Babb	Bury Athletic Club

2019 Northern XC Senior Men

Pos	Time	No	Name	Club
601	0:58:23	344	Paul Wilson	Keighley & Craven Ac
602	0:58:24	576	Matt Worsman	Pontefract Ac
603	0:58:27	611	Nick Walsh	Rochdale Harriers & Ac
604	0:58:28	912	Alan Hutchinson	Valley Striders AC
605	0:58:29	11	David Pearce	Askern & District RC
606	0:58:31	715	Matthew Hill	Salford Metropolitan Ac
607	0:58:32	854	Steven Finnie	Sunderland Strollers
608	0:58:34	991	Andrew Johnson	York Knavesmire Harriers
609	0:58:44	716	David Hughes	Salford Metropolitan Ac
610	0:58:44	157	Nick Budd	Congleton Harriers
611	0:58:45	907	Sam Davison	Valley Striders AC
612	0:58:46	476	David Dyer	Manchester Harriers & Ac
613	0:58:48	568	Anthony Bowyer	Pontefract Ac
614	0:58:52	557	Dan Bruffell	Pensby Runners
615	0:59:07	571	Carl Farrow	Pontefract Ac
616	0:59:09	509	James Cook	Nidd Valley Road Runners
617	0:59:14	82	James Newton	Blackhill Bounders
618	0:59:19	36	William Belcher	Bingley Harriers & Ac
619	0:59:32	108	Christophe Menand	Burnden Road Runners
620	0:59:51	762	Peter Walker	South Shields Harriers & Ac
621	0:59:52	152	Craig Eccles	Clayton-Le-Moors Harriers
622	0:59:55	299	Tony Hesketh	Horwich R M I Harriers
623	1:00:01	407	Andrew Howarth	Leigh Harriers & Ac
624	1:00:08	960	Kevin Edwards	Wigan & District H & Ac
625	1:00:14	738	Peter Robertshaw	Sheffield RC
626	1:00:15	718	Girish Patel	Salford Metropolitan Ac
627	1:00:21	428	Francis Ward	Lincoln Wellington Athletic Cl
628	1:00:28	508	Christopher Beattie	Nidd Valley Road Runners
629	1:00:34	148	Martin Brady	Clayton-Le-Moors Harriers
630	1:00:52	816	Richard Pegg	Steel City Striders Rc
631	1:00:53	24	Jason Shepherd	Barnsley Harriers
632	1:01:03	222	Alex Eaton	Fitmums And Friends
633	1:01:08	949	Ben Wrigley	Wesham Road Runners & Ac
634	1:01:12	789	Andrew O'Connor	St Helens Sutton Ac
635	1:01:14	206	David Jardin	Elswick Harriers
636	1:01:15	117	Neil Jenkins	Chester Triathlon Club
637	1:01:17	717	Stuart Mairs	Salford Metropolitan Ac
638	1:01:19	49	Paul Spencer	Bingley Harriers & Ac
639	1:01:24	941	Martin Bates	Wesham Road Runners & Ac
640	1:01:28	752	George Henderson	South Shields Harriers & Ac
641	1:01:41	460	John Stephens	Low Fell Rc
642	1:01:49	544	Alan Turner	North Shields Polytechnic Clu
643	1:01:53	513	Philip Robinson	Nidd Valley Road Runners
644	1:01:55	467	Tim Marsh	Macclesfield Harriers & Ac
645	1:02:00	221	Andy Coy	Fitmums And Friends
646	1:02:02	88	Michael Ashby	Blyth Running Club
647	1:02:11	639	Steve Firth	Rothwell Harriers & AC
648	1:02:12	81	Aidan Hughes	Blackhill Bounders
649	1:02:17	654	Mark Twitcheat	Roundhay Runners
650	1:02:25	205	Thomas Hanson	Elswick Harriers
651	1:02:34	780	Lee Dolman	Spensborough & Dist Ac
652	1:02:37	107	Chris Greenall	Burnden Road Runners
653	1:02:49	923	Paul White	Valley Striders AC
654	1:02:50	561	Gary Johnstone	Pensby Runners
655	1:02:52	209	Robert Wilson	Elswick Harriers
656	1:02:53	520	Steve Beddoe	North Derbyshire Rc
657	1:02:54	67	Allan Hartley	Blackburn Harriers & Ac
658	1:02:55	543	Mark Shorting	North Shields Polytechnic Clu
659	1:02:57	53	Paul Agnew	Birtley Ac
660	1:03:08	427	Mark Turner	Lincoln Wellington Athletic Cl
661	1:03:15	240	Steven Bond	Gosforth Harriers & Ac
662	1:03:19	112	Ged Turner	Burnden Road Runners
663	1:03:38	799	Phil Dooley	Steel City Striders Rc
664	1:03:46	712	Ray Devine	Salford Metropolitan Ac
665	1:03:57	26	Martin Swift	Barnsley Harriers
666	1:04:02	153	James Hickie	Clayton-Le-Moors Harriers
667	1:04:04	994	Alistair McQueen	York Knavesmire Harriers
668	1:04:06	607	Ray Dalby	Rochdale Harriers & Ac
669	1:04:17	519	Gary Bates	North Derbyshire Rc
670	1:04:24	726	Ian Spencer	Sedgefield Harriers
671	1:04:31	366	Robert Owens	Knowsley Harriers
672	1:04:36	47	Emyr Rees	Bingley Harriers & Ac
673	1:04:40	277	Danny Routledge	Heaton Harriers & Ac
674	1:04:46	858	Shaun McFarlane	Sunderland Strollers
675	1:04:52	753	Brian Hepplewhite	South Shields Harriers & Ac
676	1:05:17	935	Derek McArdle	Wallasey Athletic Club
677	1:05:20	1008	Stephen Symons	Quays RC
678	1:05:25	902	Colin Rathbone	Vale Royal Ac
679	1:05:30	606	Matthew Cox	Rochdale Harriers & Ac
680	1:06:13	618	Kevin McGilvray	Rossendale Harriers & Ac
681	1:06:18	92	David McGarry	Blyth Running Club
682	1:06:23	677	Roland Bowness	Salford Harriers & Ac
683	1:06:40	645	Brian Shaw	Rothwell Harriers & AC
684	1:06:42	423	George Shuttleworth	Lincoln Wellington Athletic Cl
685	1:07:03	420	Martin Morley	Lincoln Wellington Athletic Cl
686	1:07:38	859	Richard Schorah	Sunderland Strollers
687	1:07:54	528	Paul Kerry	North Derbyshire Rc
688	1:07:57	15	Raymond Archer	Barnsley Athletic Club
689	1:08:44	149	Peter Browning	Clayton-Le-Moors Harriers
690	1:09:04	159	Robert Parkin	Congleton Harriers
691	1:09:20	304	Peter Ramsdale	Horwich R M I Harriers
692	1:10:13	737	Neal Matthews	Sheffield RC
693	1:10:41	93	David Stamp	Blyth Running Club
694	1:10:47	164	Michael Dolan	Darlington H & Ac
695	1:11:37	223	Martin Moore	Fitmums And Friends
696	1:11:41	136	Stephen Hall	City Of Hull Ac
697	1:13:02	770	Ian Pike	Southport Waterloo Ac
698	1:13:25	767	Billy Hargreaves	Southport Waterloo Ac
699	1:15:19	940	Peter Bartlett	Wesham Road Runners & Ac
700	1:17:22	967	Franco Spinella	Wigan & District H & Ac

Pos	Time	No	Name	Club
701	1:18:14	202	David Salmon	East Cheshire Harriers & Tam
702	1:21:39	776	Kenny Black	Spectrum Striders
703	1:31:08	548	Antonio Cardinale	Otley Ac
704	1:46:18	278	George Routledge	Heaton Harriers & Ac

Team Results:

Pos	Points	Team / Club	Placings
1	119	Sale Harriers Manchester	(5 12 15 21 22 44)
2	195	Leeds City Athletic Club	(1 13 26 40 50 65)
3	248	Liverpool Harriers & Ac	(3 10 18 66 67 84)
4	383	Keswick AC	(25 34 43 75 102 104)
5	409	Morpeth Harriers & Ac	(2 52 58 74 99 124)
6	451	Salford Harriers & AC	(49 53 81 82 88 98)
7	483	Rotherham Harriers And AC	(38 56 69 86 92 142)
8	598	Blackburn Harriers & Ac	(16 90 95 109 120 168)
9	607	Hallamshire Harriers Sheffield	(46 59 89 100 119 194)
10	638	Holmfirth Harriers Ac	(29 61 77 130 159 182)
11	703	Gateshead Harriers & Ac	(42 105 106 136 138 176)
12	919	Tyne Bridge Harriers	(27 48 73 222 247 302)
13	986	Totley Ac	(78 117 135 165 239 252)
14	1094	Preston Harriers	(7 80 183 198 290 336)
15	1224	York Knavesmire Harriers	(62 127 245 260 263 267)
16	1231	Trafford Athletic Club	(32 91 171 221 291 425)
17	1250	Horwich R M I Harriers	(41 122 169 217 328 373)
18	1280	Chorlton Runners	(55 121 170 178 353 403)
19	1305	Ilkley Harriers Ac	(14 152 202 249 281 407)
20	1325	Vale Royal Ac	(28 87 114 172 246 678)
21	1443	Steel City Striders Rc	(113 190 271 272 285 312)
22	1588	Bingley Harriers & Ac	(139 210 211 299 362 367)
23	1633	Valley Striders Ac	(189 219 269 292 326 338)
24	1643	Sunderland Strollers	(143 227 295 304 324 350)
25	1697	Lincoln Wellington Athletic Cl	(6 36 181 327 571 576)
26	1710	Wakefield District H & Ac	(150 155 242 254 366 543)
27	1716	Gosforth Harriers & Ac	(153 160 208 215 459 521)
28	1850	Roundhay Runners	(224 251 258 296 363 458)
29	1902	Leigh Harriers & Ac	(79 206 323 354 424 516)
30	2022	Rothwell Harriers & AC	(103 319 352 359 412 477)
31	2079	Denby Dale Athletics Club	(283 287 342 365 384 418)
32	2106	Houghton Harriers & AC	(101 266 379 444 450 466)
33	2117	North Derbyshire Rc	(131 278 417 419 429 443)
34	2117	Sheffield RC	(137 317 360 398 434 471)
35	2171	Blackhill Bounders	(64 144 188 510 617 648)
36	2201	Sunderland Harriers & Ac	(151 276 343 404 464 563)
37	2300	Wesham Road Runners & Ac	(9 237 334 498 589 633)
38	2304	Wigan & District H & Ac	(273 376 393 409 423 430)
39	2438	Heaton Harriers & Ac	(96 166 467 483 553 673)
40	2482	Barnsley Harriers	(186 231 297 472 631 665)
41	2531	Salford Metropolitan Ac	(277 341 422 469 489 533)
42	2555	South Shields Harriers & Ac	(257 388 408 448 505 549)
43	2571	Pontefract Ac	(250 301 399 500 519 602)
44	2658	Low Fell Rc	(220 331 435 490 541 641)
45	2676	Macclesfield Harriers & Ac	(279 318 381 460 594 644)
46	2811	Burnden Road Runners	(320 325 457 497 593 619)
47	2837	Nidd Valley Road Runners	(282 375 484 526 554 616)
48	2868	Pensby Runners	(380 391 410 514 582 591)
49	2902	East Cheshire Harriers & Tames	(256 309 512 540 584 701)
50	2971	Blyth Running Club	(141 462 502 539 646 681)
51	3005	Southport Waterloo Ac	(226 396 493 495 697 698)
52	3036	Clayton-Le-Moors Harriers	(280 316 524 621 629 666)
53	3374	Fitmums And Friends	(223 579 600 632 645 695)