

# Senior Men

| Pos | Time    | No  | Name                 | Club                           | Pos | Time    | No  | Name              | Club                           |
|-----|---------|-----|----------------------|--------------------------------|-----|---------|-----|-------------------|--------------------------------|
| 1   | 0:41:41 | 203 | Calum Johnson        | Gateshead Harriers & AC        | 101 | 0:48:12 | 228 | Wyatt Hill        | Hallamshire Harriers Sheffield |
| 2   | 0:41:57 | 159 | Joe Steward          | East Cheshire Harriers & Tam   | 102 | 0:48:13 | 625 | Stuart Robinson   | Salford Harriers & AC          |
| 3   | 0:41:58 | 373 | Linton Taylor        | Leeds City Athletic Club       | 103 | 0:48:19 | 415 | James Wootton     | Liverpool Harriers & AC        |
| 4   | 0:42:15 | 458 | Carl Avery           | Morpeth Harriers & AC          | 104 | 0:48:24 | 573 | Sam Aspinwall     | Sale Harriers Manchester       |
| 5   | 0:42:49 | 368 | Graham Rush          | Leeds City Athletic Club       | 105 | 0:48:24 | 265 | Joe Law           | Holmfirth Harriers AC          |
| 6   | 0:42:56 | 227 | Andrew Heyes         | Hallamshire Harriers Sheffield | 106 | 0:48:28 | 524 | Shaun Livesey     | Ribble Valley Harriers         |
| 7   | 0:42:58 | 85  | James Douglas        | Border Harriers & AC           | 107 | 0:48:29 | 104 | Ben Hobson        | Chorlton Runners               |
| 8   | 0:42:58 | 589 | Nigel Martin         | Sale Harriers Manchester       | 108 | 0:48:30 | 411 | Andy Salmon       | Liverpool Harriers & AC        |
| 9   | 0:43:01 | 288 | Thomas Adams         | Ilkley Harriers AC             | 109 | 0:48:33 | 253 | James McKenzie    | Heaton Harriers & AC           |
| 10  | 0:43:22 | 397 | Joe Wilkinson        | Lincoln Wellington Athletic Cl | 110 | 0:48:34 | 59  | Thomas Marchant   | Blackburn Harriers & AC        |
| 11  | 0:43:28 | 444 | Daniel Haworth       | Matlock Athletic Club          | 111 | 0:48:39 | 506 | Simon Collins     | Preston Harriers               |
| 12  | 0:43:45 | 585 | Gavin Hill           | Sale Harriers Manchester       | 112 | 0:48:46 | 195 | Daniel Alexander  | Gateshead Harriers & AC        |
| 13  | 0:43:50 | 264 | Christopher Law      | Holmfirth Harriers AC          | 113 | 0:48:47 | 737 | Tom Charlton      | Tyne Bridge Harriers           |
| 14  | 0:43:55 | 63  | Tim Raynes           | Blackburn Harriers & AC        | 114 | 0:48:49 | 225 | Matthew Craig     | Hallamshire Harriers Sheffield |
| 15  | 0:43:58 | 457 | Jack Willis          | Middlesbrough & Cleveland H    | 115 | 0:48:54 | 529 | Carl Jones        | Richmond & Zetland Harriers    |
| 16  | 0:43:59 | 64  | Robert Warner        | Blackburn Harriers & AC        | 116 | 0:48:56 | 353 | Sean Flanagan     | Leeds City Athletic Club       |
| 17  | 0:44:02 | 554 | Lee Milburn          | Rotherham Harriers And AC      | 117 | 0:48:56 | 360 | Tyler Hutchinson  | Leeds City Athletic Club       |
| 18  | 0:44:04 | 841 | Greg Jayasurya       | Middlesbrough & Cleveland H    | 118 | 0:49:10 | 272 | Ian Conroy        | Horwich R M I Harriers         |
| 19  | 0:44:10 | 50  | Ben Fish             | Blackburn Harriers & AC        | 119 | 0:49:16 | 180 | Georgie Hebdon    | Elvet Striders                 |
| 20  | 0:44:10 | 393 | Jake Richardson      | Lincoln Wellington Athletic Cl | 120 | 0:49:19 | 751 | Mark Crabtree     | Vale Royal AC                  |
| 21  | 0:44:21 | 223 | Cameron Bell         | Hallamshire Harriers Sheffield | 121 | 0:49:23 | 769 | Simon Midwood     | Wakefield District H & AC      |
| 22  | 0:44:21 | 591 | William Onek         | Sale Harriers Manchester       | 122 | 0:49:25 | 513 | Colin Walker      | Pudsey & Bramley AC            |
| 23  | 0:44:25 | 623 | Christopher Richards | Salford Harriers & AC          | 123 | 0:49:26 | 430 | Billy Hicks       | Macclesfield Harriers & AC     |
| 24  | 0:44:28 | 626 | Callum Rowlinson     | Salford Harriers & AC          | 124 | 0:49:28 | 523 | Stephen Hall      | Ribble Valley Harriers         |
| 25  | 0:44:36 | 298 | Jack Wood            | Ilkley Harriers AC             | 125 | 0:49:30 | 67  | Jordan Bell       | Blackhill Bounders             |
| 26  | 0:44:38 | 511 | Joe Baxter           | Pudsey & Bramley AC            | 126 | 0:49:33 | 70  | Steven Bowyer     | Blackhill Bounders             |
| 27  | 0:44:40 | 619 | Elliot Palmer        | Salford Harriers & AC          | 127 | 0:49:35 | 792 | Paul Millgate     | Wetherby Runners AC            |
| 28  | 0:44:47 | 399 | Richard Burney       | Liverpool Harriers & AC        | 128 | 0:49:38 | 3   | Dave Richardson   | Alnwick Harriers               |
| 29  | 0:44:47 | 600 | James Wignall        | Sale Harriers Manchester       | 129 | 0:49:42 | 556 | Steven Sims       | Rotherham Harriers And AC      |
| 30  | 0:44:47 | 230 | James McCrae         | Hallamshire Harriers Sheffield | 130 | 0:49:45 | 555 | Gareth Sampson    | Rotherham Harriers And AC      |
| 31  | 0:44:49 | 616 | Chris Livesey        | Salford Harriers & AC          | 131 | 0:49:50 | 422 | Stephen Magrath   | Low Fell Rc                    |
| 32  | 0:44:53 | 608 | Karl Darcy           | Salford Harriers & AC          | 132 | 0:49:53 | 708 | Craig Gunn        | Sunderland Harriers & AC       |
| 33  | 0:44:55 | 746 | Carl Smith           | Tyne Bridge Harriers           | 133 | 0:49:55 | 640 | James Oldfield    | Sedgefield Harriers            |
| 34  | 0:44:56 | 579 | Chris Donnelly       | Sale Harriers Manchester       | 134 | 0:49:58 | 460 | Alistair Douglass | Morpeth Harriers & AC          |
| 35  | 0:44:57 | 440 | Alan Corlett         | Manx Harriers                  | 135 | 0:49:59 | 105 | O Macdonald       | Chorlton Runners               |
| 36  | 0:44:57 | 356 | Matthew Grieve       | Leeds City Athletic Club       | 136 | 0:50:01 | 26  | Andy Brown        | Bingley Harriers & AC          |
| 37  | 0:45:02 | 557 | Elliott Smales       | Rotherham Harriers And AC      | 137 | 0:50:01 | 204 | Steven Medd       | Gateshead Harriers & AC        |
| 38  | 0:45:05 | 306 | Alasdair Russell     | Kendal Amateur Athletic Clut   | 138 | 0:50:03 | 296 | Daniel McKeown    | Ilkley Harriers AC             |
| 39  | 0:45:17 | 611 | Carl Hardman         | Salford Harriers & AC          | 139 | 0:50:03 | 229 | Pete Hodges       | Hallamshire Harriers Sheffield |
| 40  | 0:45:20 | 395 | Thomas Trimble       | Lincoln Wellington Athletic Cl | 140 | 0:50:05 | 613 | David Hudson      | Salford Harriers & AC          |
| 41  | 0:45:25 | 313 | Mark Lamb            | Keswick AC                     | 141 | 0:50:06 | 354 | Leon Foster       | Leeds City Athletic Club       |
| 42  | 0:45:27 | 442 | Billy Cartwright     | Matlock Athletic Club          | 142 | 0:50:08 | 177 | Chris Callan      | Elvet Striders                 |
| 43  | 0:45:28 | 574 | Matthew Barnes       | Sale Harriers Manchester       | 143 | 0:50:08 | 435 | Andrew Hartley    | Manchester Harriers & AC       |
| 44  | 0:45:29 | 491 | David Green          | North Shields Polytechnic Clu  | 144 | 0:50:10 | 325 | Tom Marper        | Kirkby Milers AC               |
| 45  | 0:45:31 | 839 | Keiran Walker        | Middlesbrough AC (Mandale)     | 145 | 0:50:10 | 822 | Simon Fricke      | York Knavesmire Harriers       |
| 46  | 0:45:48 | 260 | Lewis Byram          | Holmfirth Harriers AC          | 146 | 0:50:12 | 281 | Lee Dover         | Houghton Harriers & AC         |
| 47  | 0:45:56 | 231 | Connor Milnes        | Hallamshire Harriers Sheffield | 147 | 0:50:14 | 100 | Liam Braby        | Chorlton Runners               |
| 48  | 0:46:02 | 729 | Simon O'Meara        | Trafford Athletic Club         | 148 | 0:50:20 | 768 | Benjamin Khan     | Wakefield District H & AC      |
| 49  | 0:46:05 | 690 | Akkeal Chambers      | Stockport Harriers & AC        | 149 | 0:50:22 | 83  | Robert Morris     | Blyth Running Club             |
| 50  | 0:46:09 | 741 | Michael Hedley       | Tyne Bridge Harriers           | 150 | 0:50:22 | 842 | Paul Brown        | New Marske Harriers Club       |
| 51  | 0:46:19 | 715 | Andrew Powell        | Sunderland Harriers & AC       | 151 | 0:50:25 | 731 | Darren Russell    | Trafford Athletic Club         |
| 52  | 0:46:20 | 314 | Sam Stead            | Keswick AC                     | 152 | 0:50:27 | 372 | Jonathan Stewart  | Leeds City Athletic Club       |
| 53  | 0:46:22 | 671 | Jon-Jo Doherty       | St Helens Sutton AC            | 153 | 0:50:28 | 375 | Patrick Vis       | Leeds City Athletic Club       |
| 54  | 0:46:23 | 599 | Joseph Vis           | Sale Harriers Manchester       | 154 | 0:50:31 | 627 | Mark Russell      | Salford Harriers & AC          |
| 55  | 0:46:25 | 47  | Ben Costello         | Blackburn Harriers & AC        | 155 | 0:50:38 | 341 | Jack Allison      | Leeds City Athletic Club       |
| 56  | 0:46:26 | 745 | Terry Scott          | Tyne Bridge Harriers           | 156 | 0:50:46 | 730 | Jeff Prest        | Trafford Athletic Club         |
| 57  | 0:46:29 | 362 | Matt Lockyer         | Leeds City Athletic Club       | 157 | 0:50:47 | 818 | Joseph Booth      | York Knavesmire Harriers       |
| 58  | 0:46:32 | 315 | Calum Tinnion        | Keswick AC                     | 158 | 0:50:51 | 222 | Nicholas Barber   | Hallamshire Harriers Sheffield |
| 59  | 0:46:34 | 340 | Mohamed Abshir       | Leeds City Athletic Club       | 159 | 0:50:51 | 294 | Steven Gott       | Ilkley Harriers AC             |
| 60  | 0:46:35 | 463 | Adam Pratt           | Morpeth Harriers & AC          | 160 | 0:50:52 | 276 | Alastair Murray   | Horwich R M I Harriers         |
| 61  | 0:46:37 | 224 | John Birch           | Hallamshire Harriers Sheffield | 161 | 0:50:57 | 193 | Stuart Spencer    | Fitmums And Friends            |
| 62  | 0:46:47 | 18  | Ross Campbell        | Barrow & Furness Striders AC   | 162 | 0:50:59 | 762 | Jonathan Pownall  | Valley Striders AC             |
| 63  | 0:46:48 | 594 | Phillip Robertson    | Sale Harriers Manchester       | 163 | 0:51:02 | 149 | Daniel Jenkin     | Durham City Harriers & AC      |
| 64  | 0:46:49 | 469 | Phillip Winkler      | Morpeth Harriers & AC          | 164 | 0:51:02 | 96  | Andrew Mellor     | Bury Athletic Club             |
| 65  | 0:46:50 | 42  | Karl Billington      | Blackburn Harriers & AC        | 165 | 0:51:04 | 94  | Jon Evans         | Bury Athletic Club             |
| 66  | 0:46:50 | 101 | Peter Bray           | Chorlton Runners               | 166 | 0:51:05 | 812 | John Heap         | Wirral AC                      |
| 67  | 0:46:51 | 181 | Stephen Jackson      | Elvet Striders                 | 167 | 0:51:07 | 505 | Ben Taylor        | Pensby Runners                 |
| 68  | 0:46:56 | 592 | Gareth Raven         | Sale Harriers Manchester       | 168 | 0:51:10 | 447 | Patrick Wright    | Matlock Athletic Club          |
| 69  | 0:47:04 | 268 | Kai Sunman           | Holmfirth Harriers AC          | 169 | 0:51:11 | 350 | Thomas Edwards    | Leeds City Athletic Club       |
| 70  | 0:47:10 | 348 | Simon Deakin         | Leeds City Athletic Club       | 170 | 0:51:12 | 601 | Paul Bannister    | Salford Harriers & AC          |
| 71  | 0:47:12 | 171 | Steve Rankin         | Sunderland Harriers & AC       | 171 | 0:51:14 | 106 | Ben McCormack     | Chorlton Runners               |
| 72  | 0:47:13 | 93  | Benjamin Coop        | Bury Athletic Club             | 172 | 0:51:15 | 606 | Mark Collier      | Salford Harriers & AC          |
| 73  | 0:47:13 | 310 | John Battrick        | Keswick AC                     | 173 | 0:51:17 | 89  | Blain Rooney      | Border Harriers & AC           |
| 74  | 0:47:14 | 185 | Alex Mirley          | Elvet Striders                 | 174 | 0:51:20 | 461 | Thomas Innes      | Morpeth Harriers & AC          |
| 75  | 0:47:17 | 532 | Rob Scott            | Richmond & Zetland Harriers    | 175 | 0:51:26 | 389 | Matthew Wall      | Leven Valley AC                |
| 76  | 0:47:19 | 92  | Joshua Birmingham    | Bury Athletic Club             | 176 | 0:51:26 | 699 | Raymond Christie  | Sunderland Strollers           |
| 77  | 0:47:23 | 55  | Joshua Holgate       | Blackburn Harriers & AC        | 177 | 0:51:26 | 1   | Steven Carragher  | Alnwick Harriers               |
| 78  | 0:47:23 | 343 | Mike Burrett         | Leeds City Athletic Club       | 178 | 0:51:29 | 682 | Ben Jones         | Steel City Striders Rc         |
| 79  | 0:47:26 | 406 | Chris Maher          | Liverpool Harriers & AC        | 179 | 0:51:30 | 402 | Ethan Dunn        | Liverpool Harriers & AC        |
| 80  | 0:47:27 | 239 | Chris Miller         | Harrogate Harriers & AC        | 180 | 0:51:34 | 46  | Mark Chippendale  | Blackburn Harriers & AC        |
| 81  | 0:47:27 | 577 | Alex Bradford        | Sale Harriers Manchester       | 181 | 0:51:36 | 139 | John Donnelly     | Derwentside AC                 |
| 82  | 0:47:27 | 752 | Stuart Doyle         | Vale Royal AC                  | 182 | 0:51:37 | 359 | Greg Hull         | Leeds City Athletic Club       |
| 83  | 0:47:30 | 201 | Conrad Franks        | Gateshead Harriers & AC        | 183 | 0:51:37 | 748 | Paul Turnbull     | Tyne Bridge Harriers           |
| 84  | 0:47:35 | 148 | Matthew Hornsby      | Durham City Harriers & AC      | 184 | 0:51:40 | 371 | Chris Smith       | Leeds City Athletic Club       |
| 85  | 0:47:39 | 663 | Andrew Kershaw       | Southport Waterloo AC          | 185 | 0:51:41 | 153 | Timothy Greenald  | East Cheshire Harriers & Tam   |
| 86  | 0:47:42 | 767 | Ben Butler           | Wakefield District H & AC      | 186 | 0:51:43 | 755 | Matt Chadwick     | Valley Striders AC             |
| 87  | 0:47:42 | 794 | Lee Athersmith       | Wharfedale Harriers            | 187 | 0:51:48 | 545 | Ben Burton        | Rotherham Harriers And AC      |
| 88  | 0:47:43 | 318 | Tristan Windley      | Keswick AC                     | 188 | 0:51:48 | 800 | Sam Green         | Wharfedale Harriers            |
| 89  | 0:47:45 | 312 | Rob Brown            | Keswick AC                     | 189 | 0:51:50 | 445 | John Thorpe       | Matlock Athletic Club          |
| 90  | 0:47:46 | 49  | Christopher Davies   | Blackburn Harriers & AC        | 190 | 0:51:51 | 267 | Sam O'Shea        | Holmfirth Harriers AC          |
| 91  | 0:47:46 | 151 | Gavin Browne         | East Cheshire Harriers & Tam   | 191 | 0:51:52 | 628 | John Seed         | Salford Harriers & AC          |
| 92  | 0:47:49 | 655 | Joe Woodley          | Skyrac Athletic Club           | 192 | 0:51:54 | 749 | Andy Green        | Tynedale Harriers & AC         |
| 93  | 0:47:50 | 696 | Mark Anderson        | Sunderland Strollers           | 193 | 0:51:56 | 837 | Nick Zissler      | York Knavesmire Harriers       |
| 94  | 0:47:53 | 483 | Martin Dawson        | North Derbyshire Rc            | 194 | 0:51:59 | 612 | Michael Heaney    | Salford Harriers & AC          |
| 95  | 0:47:53 | 544 | Robert Webb          | Rossendale Harriers & AC       | 195 | 0:52:05 | 641 | David Addenbrooke | Sheffield Rc                   |
| 96  | 0:47:55 | 282 | Jonny Evans          | Houghton Harriers & AC         | 196 | 0:52:05 | 109 | Gary Scott        | Chorlton Runners               |
| 97  | 0:47:59 | 410 | Thomas Rogerson      | Liverpool Harriers & AC        | 197 | 0:52:09 | 510 | Wesley Wilkinson  | Preston Harriers               |
| 98  | 0:48:02 | 552 | Jonathan Johnson     | Rotherham Harriers And AC      | 198 | 0:52:12 | 784 | David Taylor      | Wesham Road Runners & AC       |
| 99  | 0:48:09 | 39  | Darren Purvis        | Birtley AC                     | 199 | 0:52:19 | 810 | Robert Deller     | Wirral AC                      |
| 100 | 0:48:10 | 464 | Liam Roarty          | Morpeth Harriers & AC          | 200 | 0:52:21 | 429 | Robert Hasler     | Macclesfield Harriers & AC     |

# Senior Men

| Pos | Time    | No  | Name                | Club                             | Pos | Time    | No  | Name                | Club                               |
|-----|---------|-----|---------------------|----------------------------------|-----|---------|-----|---------------------|------------------------------------|
| 201 | 0:52:23 | 40  | Nigel Simpson       | Birtley AC                       | 301 | 0:55:56 | 645 | Chris Moss          | Sheffield Rc                       |
| 202 | 0:52:24 | 56  | Calum Holmes        | Blackburn Harriers & AC          | 302 | 0:55:56 | 530 | Tony Lambert        | Richmond & Zetland Harriers        |
| 203 | 0:52:26 | 295 | Istvan Jacso        | Ilkley Harriers AC               | 303 | 0:55:57 | 538 | Daniel Bennett      | Rochdale Harriers & AC             |
| 204 | 0:52:27 | 744 | David Moir          | Tyne Bridge Harriers             | 304 | 0:55:58 | 789 | Mark Holt           | Wetherby Runners AC                |
| 205 | 0:52:29 | 786 | Dave Alexander      | West Cheshire Athletic Club      | 305 | 0:55:59 | 302 | Ian Salkeld         | Jarrow & Hebburn AC                |
| 206 | 0:52:30 | 51  | Paul Guinan         | Blackburn Harriers & AC          | 306 | 0:56:02 | 407 | Lee Midghall        | Liverpool Harriers & AC            |
| 207 | 0:52:32 | 838 | Rory Graham         | Houghton Harriers & AC           | 307 | 0:56:03 | 2   | Alexander Crombie   | Alnwick Harriers                   |
| 208 | 0:52:34 | 274 | Daniel Gilbert      | Horwich R M I Harriers           | 308 | 0:56:04 | 301 | Jonathan Gilroy     | Jarrow & Hebburn AC                |
| 209 | 0:52:37 | 241 | Timothy Richardson  | Harrogate Harriers & AC          | 309 | 0:56:05 | 788 | Andrew Clague       | West Cheshire Athletic Club        |
| 210 | 0:52:39 | 801 | David Kirkham       | Wharfedale Harriers              | 310 | 0:56:06 | 364 | Simon Newton        | Leeds City Athletic Club           |
| 211 | 0:52:41 | 732 | Matthew Sutton      | Trafford Athletic Club           | 311 | 0:56:08 | 441 | Andrew Falconer     | Manx Harriers                      |
| 212 | 0:52:45 | 704 | Michael Edwards     | Sunderland Harriers & AC         | 312 | 0:56:11 | 565 | James Carvello      | Roundhay Runners                   |
| 213 | 0:52:50 | 550 | Philip Hoole        | Rotherham Harriers And AC        | 313 | 0:56:11 | 168 | Scott Morley        | Eden Runners                       |
| 214 | 0:52:53 | 609 | Matt Dickinson      | Salford Harriers & AC            | 314 | 0:56:13 | 692 | Nathan Mayoh        | Stockport Harriers & AC            |
| 215 | 0:52:54 | 307 | Will Sisson         | Kendal Amateur Athletic Club     | 315 | 0:56:14 | 617 | David Milliken      | Salford Harriers & AC              |
| 216 | 0:52:56 | 459 | Lee Bennett         | Morpeth Harriers & AC            | 316 | 0:56:16 | 637 | Gary Crompton       | Scunthorpe & District AC           |
| 217 | 0:52:59 | 387 | David McNally       | Leven Valley AC                  | 317 | 0:56:17 | 175 | Ewan Barlow         | Elvet Striders                     |
| 218 | 0:52:59 | 728 | Greg Kelly          | Trafford Athletic Club           | 318 | 0:56:21 | 453 | Mark Jackson        | Middlesbrough & Cleveland Harriers |
| 219 | 0:53:04 | 688 | James Rose          | Steel City Striders Rc           | 319 | 0:56:23 | 351 | Simon Ellis         | Leeds City Athletic Club           |
| 220 | 0:53:06 | 571 | Andrew Scott        | Roundhay Runners                 | 320 | 0:56:23 | 308 | Joe Todd            | Kendal Amateur Athletic Club       |
| 221 | 0:53:07 | 146 | Stephen Everett     | Durham City Harriers & AC        | 321 | 0:56:25 | 128 | Thomas Walker       | Congleton Harriers                 |
| 222 | 0:53:08 | 211 | Jonny Stephenson    | Gosforth Harriers & AC           | 322 | 0:56:25 | 12  | Duncan Marlow       | Askern & District Rc               |
| 223 | 0:53:10 | 758 | Daryl Hibberd       | Valley Striders AC               | 323 | 0:56:28 | 285 | Steven Johnson      | Houghton Harriers & AC             |
| 224 | 0:53:10 | 24  | Stephen Walker      | Beverley Athletic Club           | 324 | 0:56:29 | 703 | Christopher Dwyer   | Sunderland Strollers               |
| 225 | 0:53:11 | 739 | Tom Elmer           | Tyne Bridge Harriers             | 325 | 0:56:29 | 82  | Henry Madden        | Blyth Running Club                 |
| 226 | 0:53:14 | 392 | Nicholas Marsh      | Lincoln Wellington Athletic Club | 326 | 0:56:31 | 598 | Chris Tait          | Sale Harriers Manchester           |
| 227 | 0:53:18 | 603 | Daniel Brocklehurst | Salford Harriers & AC            | 327 | 0:56:32 | 718 | Paul Redman         | Sunderland Harriers & AC           |
| 228 | 0:53:21 | 197 | Ali Bailey          | Gateshead Harriers & AC          | 328 | 0:56:35 | 495 | Daniel Timperley    | Oldham & Royton H & AC             |
| 229 | 0:53:27 | 485 | Ian Monaghan        | North Derbyshire Rc              | 329 | 0:56:35 | 836 | Gordon Walmsley     | York Knavesmire Harriers           |
| 230 | 0:53:28 | 559 | Ross Blackburn      | Rothwell Harriers & AC           | 330 | 0:56:39 | 596 | Matthew Spragg      | Sale Harriers Manchester           |
| 231 | 0:53:31 | 61  | Jonny Murphy        | Blackburn Harriers & AC          | 331 | 0:56:44 | 642 | Chris Ireland       | Sheffield Rc                       |
| 232 | 0:53:38 | 150 | Christopher Walker  | Durham City Harriers & AC        | 332 | 0:56:46 | 257 | Christopher Beadle  | Holmfirth Harriers AC              |
| 233 | 0:53:39 | 108 | Christopher Rayner  | Chorlton Runners                 | 333 | 0:56:55 | 670 | Chris Birkett       | St Helens Sutton AC                |
| 234 | 0:53:40 | 303 | Scott Bairstow      | Keighley & Craven AC             | 334 | 0:56:57 | 726 | Colin Lynch         | Totley AC                          |
| 235 | 0:53:41 | 646 | Jack Nuttgens       | Sheffield Rc                     | 335 | 0:56:58 | 710 | Jordan Latimer      | Sunderland Harriers & AC           |
| 236 | 0:53:43 | 509 | Andy Whaley         | Preston Harriers                 | 336 | 0:57:02 | 88  | Kevin Hull          | Border Harriers & AC               |
| 237 | 0:53:45 | 831 | Luke Osborn         | York Knavesmire Harriers         | 337 | 0:57:05 | 490 | Paul Davies         | North Shields Polytechnic Club     |
| 238 | 0:53:47 | 112 | Giles Chalk         | City Of York AC                  | 338 | 0:57:06 | 835 | Richard Tarrega     | York Knavesmire Harriers           |
| 239 | 0:53:50 | 581 | Tom Fordyce         | Sale Harriers Manchester         | 339 | 0:57:07 | 352 | Martin Farran       | Leeds City Athletic Club           |
| 240 | 0:53:51 | 722 | Sam Thurlbeck       | Sunderland Harriers & AC         | 340 | 0:57:09 | 382 | James Bailey        | Leven Valley AC                    |
| 241 | 0:53:54 | 674 | David Twigg         | St Helens Sutton AC              | 341 | 0:57:10 | 232 | Robert Wapshott     | Hallamshire Harriers Sheffield     |
| 242 | 0:53:55 | 91  | Patrick Babb        | Bury Athletic Club               | 342 | 0:57:11 | 665 | John Sprackland     | Southport Waterloo AC              |
| 243 | 0:53:56 | 62  | Mat Nuttall         | Blackburn Harriers & AC          | 343 | 0:57:15 | 376 | Daniel Whittle      | Leeds City Athletic Club           |
| 244 | 0:53:59 | 186 | Stuart Ord          | Elvet Striders                   | 344 | 0:57:16 | 323 | Kevin Harrison      | Kirkby Milers AC                   |
| 245 | 0:54:12 | 158 | Darren Smith        | East Cheshire Harriers & Tam     | 345 | 0:57:18 | 724 | David Wilkinson     | Sunderland Harriers & AC           |
| 246 | 0:54:17 | 320 | Gregan Clarkson     | Kingston Upon Hull AC            | 346 | 0:57:27 | 480 | Luke Wakelin        | Nidd Valley Road Runners           |
| 247 | 0:54:19 | 126 | Bryan Lomas         | Congleton Harriers               | 347 | 0:57:33 | 716 | Graeme Pullan       | Sunderland Harriers & AC           |
| 248 | 0:54:20 | 823 | Gareth Green        | York Knavesmire Harriers         | 348 | 0:57:37 | 213 | Kyle Treherne       | Gosforth Harriers & AC             |
| 249 | 0:54:21 | 183 | Michael Littlewood  | Elvet Striders                   | 349 | 0:57:44 | 99  | Michael O'Donnell   | Chorley Athletic And Triathlon     |
| 250 | 0:54:21 | 21  | Lewis Holloway      | Beverley Athletic Club           | 350 | 0:57:46 | 805 | Mike Harris         | Wigan & District H & AC            |
| 251 | 0:54:22 | 761 | Gary Mann           | Valley Striders AC               | 351 | 0:57:47 | 651 | Mark Beaumont       | Skyrac Athletic Club               |
| 252 | 0:54:23 | 570 | Matt Newell         | Roundhay Runners                 | 352 | 0:57:54 | 735 | Alasdair Blain      | Tyne Bridge Harriers               |
| 253 | 0:54:25 | 512 | Niall Bourke        | Pudsey & Bramley AC              | 353 | 0:57:55 | 419 | David France        | Low Fell Rc                        |
| 254 | 0:54:29 | 289 | Tim Ashelford       | Ilkley Harriers AC               | 354 | 0:57:56 | 681 | Chris Guy           | Steel City Striders Rc             |
| 255 | 0:54:36 | 782 | Andrew Harling      | Wesham Road Runners & AC         | 355 | 0:57:57 | 827 | Darren Hendley      | York Knavesmire Harriers           |
| 256 | 0:54:37 | 806 | John Heyes          | Wigan & District H & AC          | 356 | 0:58:01 | 41  | Balderson           | Blackburn Harriers & AC            |
| 257 | 0:54:39 | 828 | Toby Hone           | York Knavesmire Harriers         | 357 | 0:58:04 | 650 | Pete Osborne        | Sheffield Triathlon Club           |
| 258 | 0:54:41 | 568 | Richard Gibbs       | Roundhay Runners                 | 358 | 0:58:10 | 97  | Benjamin Thompson   | Bury Athletic Club                 |
| 259 | 0:54:41 | 381 | Phillip Williams    | Leigh Harriers & AC              | 359 | 0:58:15 | 209 | Neil Ramsay         | Gosforth Harriers & AC             |
| 260 | 0:54:43 | 548 | Chris Griffiths     | Rotherham Harriers And AC        | 360 | 0:58:18 | 709 | David Lash          | Sunderland Harriers & AC           |
| 261 | 0:54:47 | 519 | Alistair Galt       | Queensbury Running Club          | 361 | 0:58:21 | 669 | Ian Wilson          | Spennborough & Dist AC             |
| 262 | 0:54:50 | 660 | Paul Owen           | South Shields Harriers & AC      | 362 | 0:58:21 | 610 | Grant Gunn-Anderson | Salford Harriers & AC              |
| 263 | 0:54:53 | 235 | Josh Fuller         | Harrogate Harriers & AC          | 363 | 0:58:23 | 155 | Barry Hirst         | East Cheshire Harriers & Tam       |
| 264 | 0:54:53 | 202 | Peter Grimoldby     | Gateshead Harriers & AC          | 364 | 0:58:25 | 266 | Damian McQueen      | Holmfirth Harriers AC              |
| 265 | 0:54:55 | 567 | Richard Drake       | Roundhay Runners                 | 365 | 0:58:29 | 791 | Alex Matthewson     | Wetherby Runners AC                |
| 266 | 0:54:57 | 543 | Alan Lundberg-Bury  | Rosendale Harriers & AC          | 366 | 0:58:32 | 450 | Keith Bindoff       | Middlesbrough & Cleveland Harriers |
| 267 | 0:54:58 | 750 | Will Lloyd          | Tynedale Harriers & AC           | 367 | 0:58:34 | 693 | Steve Shaughnessy   | Stockport Harriers & AC            |
| 268 | 0:54:59 | 691 | David Maher         | Stockport Harriers & AC          | 368 | 0:58:36 | 695 | Daniel Anderson     | Sunderland Strollers               |
| 269 | 0:55:05 | 436 | Alex Masidlover     | Manchester Harriers & AC         | 369 | 0:58:36 | 803 | Adam Stirr          | Wharfedale Harriers                |
| 270 | 0:55:09 | 238 | Drew Lefkoff        | Harrogate Harriers & AC          | 370 | 0:58:38 | 462 | David Nicholson     | Morpeth Harriers & AC              |
| 271 | 0:55:10 | 687 | Hal Roberts         | Steel City Striders Rc           | 371 | 0:58:41 | 493 | Vaughan Hemy        | North Shields Polytechnic Club     |
| 272 | 0:55:14 | 388 | Josh Murphy         | Leven Valley AC                  | 372 | 0:58:42 | 383 | Danny Bouffler      | Leven Valley AC                    |
| 273 | 0:55:15 | 137 | Mark Davinson       | Derwentside AC                   | 373 | 0:58:44 | 719 | Paul Reineck        | Sunderland Harriers & AC           |
| 274 | 0:55:21 | 649 | Ben Wilkinson       | Sheffield Rc                     | 374 | 0:58:45 | 705 | Darren Fletcher     | Sunderland Harriers & AC           |
| 275 | 0:55:23 | 757 | Daniel Fisher       | Valley Striders AC               | 375 | 0:58:51 | 135 | Mark Charlton       | Derwentside AC                     |
| 276 | 0:55:24 | 648 | James Thompson      | Sheffield Rc                     | 376 | 0:58:54 | 30  | David Potter        | Bingley Harriers & AC              |
| 277 | 0:55:26 | 218 | Michael Gaughan     | Halifax Harriers & AC            | 377 | 0:58:59 | 74  | Jaycee Shotton      | Blaydon Harriers & AC              |
| 278 | 0:55:27 | 179 | James Garland       | Elvet Striders                   | 378 | 0:59:02 | 133 | Chris Jordan        | Derby Athletic Club                |
| 279 | 0:55:27 | 316 | Jacob Tonkin        | Keswick AC                       | 379 | 0:59:04 | 184 | Lindsay McEwan      | Elvet Striders                     |
| 280 | 0:55:27 | 605 | Shaun Chambers      | Salford Harriers & AC            | 380 | 0:59:08 | 672 | Jake Healy          | St Helens Sutton AC                |
| 281 | 0:55:28 | 57  | Joseph Howe         | Blackburn Harriers & AC          | 381 | 0:59:18 | 535 | John Hughes         | Roberttown Road Runners            |
| 282 | 0:55:30 | 582 | Olivier Gaillemin   | Sale Harriers Manchester         | 382 | 0:59:28 | 515 | Philip Pennill      | Quays Running Club                 |
| 283 | 0:55:31 | 813 | Mark Hulmston       | Wirral AC                        | 383 | 0:59:35 | 707 | Ritchie Gerry       | Sunderland Strollers               |
| 284 | 0:55:37 | 706 | Andrew Forbes       | Sunderland Strollers             | 384 | 0:59:36 | 764 | James Tarran        | Valley Striders AC                 |
| 285 | 0:55:38 | 331 | Gary Wilton         | Kirkby Milers AC                 | 385 | 0:59:37 | 727 | Jacob Fletcher      | Trafford Athletic Club             |
| 286 | 0:55:40 | 408 | Kyle Nicholls       | Liverpool Harriers & AC          | 386 | 0:59:42 | 770 | Mark Mills          | Wakefield District H & AC          |
| 287 | 0:55:40 | 115 | Ben Francis         | City Of York AC                  | 387 | 0:59:45 | 166 | Jonathan Hemingway  | Eden Runners                       |
| 288 | 0:55:43 | 580 | Rob Fairbanks       | Sale Harriers Manchester         | 388 | 0:59:46 | 326 | Andrew McGlone      | Kirkby Milers AC                   |
| 289 | 0:55:43 | 675 | Andrew Wilson       | St Helens Sutton AC              | 389 | 0:59:49 | 677 | Malcolm Baggaley    | Steel City Striders Rc             |
| 290 | 0:55:44 | 575 | Paul Barrett        | Sale Harriers Manchester         | 390 | 0:59:52 | 534 | Jonathan Boote      | Roberttown Road Runners            |
| 291 | 0:55:44 | 171 | Richard Houghton    | Elswick Harriers                 | 391 | 0:59:53 | 662 | Miles Weston        | South Shields Harriers & AC        |
| 292 | 0:55:45 | 182 | James Lee           | Elvet Striders                   | 392 | 1:00:02 | 200 | David Dawson        | Gateshead Harriers & AC            |
| 293 | 0:55:45 | 659 | Simon May           | South Shields Harriers & AC      | 393 | 1:00:06 | 245 | James Strutt        | Harrogate Harriers & AC            |
| 294 | 0:55:48 | 110 | Daniel Vasey        | Chorlton Runners                 | 394 | 1:00:08 | 244 | Paul Stockburn      | Harrogate Harriers & AC            |
| 295 | 0:55:48 | 653 | Todd Stewart        | Skyrac Athletic Club             | 395 | 1:00:09 | 815 | V Salazar           | Wirral AC                          |
| 296 | 0:55:49 | 385 | Ryan Everett        | Leven Valley AC                  | 396 | 1:00:12 | 29  | Paul Lemmon         | Bingley Harriers & AC              |
| 297 | 0:55:50 | 824 | Giles Hawking       | York Knavesmire Harriers         | 397 | 1:00:14 | 733 | James Osborne       | Trawden Athletic Club              |
| 298 | 0:55:51 | 258 | Steve Berridge      | Holmfirth Harriers AC            | 398 | 1:00:17 | 136 | Alan Cook           | Derwentside AC                     |
| 299 | 0:55:52 | 833 | Tom Ratcliffe       | York Knavesmire Harriers         | 399 | 1:00:17 | 425 | Danny Wade          | Low Fell Rc                        |
| 300 | 0:55:53 | 754 | Gareth Williams     | Vale Royal AC                    | 400 | 1:00:20 | 747 | John Tollitt        | Tyne Bridge Harriers               |

## Senior Men

| Pos | Time    | No  | Name              | Club                          | Pos | Time    | No  | Name                | Club                           |
|-----|---------|-----|-------------------|-------------------------------|-----|---------|-----|---------------------|--------------------------------|
| 401 | 1:00:22 | 673 | Ian Roberts       | St Helens Sutton AC           | 501 | 1:06:01 | 793 | Sean Wright         | Wetherby Runners AC            |
| 402 | 1:00:24 | 169 | Simon Allen       | Elswick Harriers              | 502 | 1:06:06 | 434 | Glen Gandy          | Manchester Harriers & AC       |
| 403 | 1:00:26 | 188 | Allan Renwick     | Elvet Striders                | 503 | 1:06:09 | 494 | Barry Young         | North Shields Polytechnic Clu  |
| 404 | 1:00:28 | 508 | Benjamin Read     | Preston Harriers              | 504 | 1:06:10 | 781 | John Collier        | Wesham Road Runners & AC       |
| 405 | 1:00:29 | 284 | David Gribben     | Houghton Harriers & AC        | 505 | 1:06:25 | 247 | Keith Galbraith     | Hartlepool Burn Road Harrier   |
| 406 | 1:00:31 | 173 | Peter Sloan       | Elswick Harriers              | 506 | 1:06:35 | 15  | Michael Pearce      | Askern & District Rc           |
| 407 | 1:00:32 | 808 | Stuart Towns      | Wigan & District H & AC       | 507 | 1:06:36 | 194 | Neil Thompson       | Fitmums And Friends            |
| 408 | 1:00:35 | 563 | John McCarthy     | Rothwell Harriers & AC        | 508 | 1:06:39 | 652 | Steven Porteous     | Skyrac Athletic Club           |
| 409 | 1:00:35 | 176 | Michael Barlow    | Elvet Striders                | 509 | 1:06:39 | 734 | Jon Bateman         | Tyne Bridge Harriers           |
| 410 | 1:00:37 | 300 | Peter Dodd        | Jarrow & Hebburn AC           | 510 | 1:06:40 | 79  | Shaun Dodd          | Blyth Running Club             |
| 411 | 1:00:39 | 595 | Glenn Savage      | Sale Harriers Manchester      | 511 | 1:06:43 | 25  | Bill Belcher        | Bingley Harriers & AC          |
| 412 | 1:00:40 | 132 | Kevin Wilson      | Darlington H & AC             | 512 | 1:06:45 | 401 | Andrew Conway       | Liverpool Harriers & AC        |
| 413 | 1:00:40 | 771 | Liam O'Flaherty   | Wakefield District H & AC     | 513 | 1:06:59 | 140 | Simon Clark         | Doncaster Athletic Club        |
| 414 | 1:00:40 | 484 | Garry Elkington   | North Derbyshire Rc           | 514 | 1:07:07 | 90  | Richard Anderson    | Bury Athletic Club             |
| 415 | 1:00:41 | 164 | Robert Daley      | Eden Runners                  | 515 | 1:07:17 | 172 | Robert Lambert      | Elswick Harriers               |
| 416 | 1:00:47 | 643 | Gareth Irvine     | Sheffield Rc                  | 516 | 1:07:24 | 23  | D Van               | Beverley Athletic Club         |
| 417 | 1:00:48 | 117 | Ed Mezzetti       | City Of York AC               | 517 | 1:07:26 | 697 | Shaun Bagley        | Sunderland Harriers & AC       |
| 418 | 1:00:55 | 95  | Anthony Hallahan  | Bury Athletic Club            | 518 | 1:07:26 | 759 | Alan Hutchinson     | Valley Striders AC             |
| 419 | 1:01:02 | 118 | Michael Raynes    | City Of York AC               | 519 | 1:07:28 | 251 | David Gilmore       | Heaton Harriers & AC           |
| 420 | 1:01:08 | 446 | Peter Wilmot      | Matlock Athletic Club         | 520 | 1:07:32 | 37  | David Francis       | Birtley AC                     |
| 421 | 1:01:10 | 507 | Kevin Hesketh     | Preston Harriers              | 521 | 1:07:42 | 714 | Dean Phillips       | Sunderland Harriers & AC       |
| 422 | 1:01:13 | 526 | Liam Fletcher     | Richmond & Zetland Harriers   | 522 | 1:07:46 | 420 | Colin Hodgson       | Low Fell Rc                    |
| 423 | 1:01:14 | 633 | Richard Knight    | Salford Metropolitan AC       | 523 | 1:07:50 | 216 | Stephen Fitz-Costa  | Halifax Harriers & AC          |
| 424 | 1:01:14 | 482 | Wayne Church      | North Derbyshire Rc           | 524 | 1:08:04 | 501 | Robert Chalmers     | Pensby Runners                 |
| 425 | 1:01:23 | 78  | Steve Dobby       | Blyth Running Club            | 525 | 1:08:06 | 327 | Michael McIntyre    | Kirkby Milers AC               |
| 426 | 1:01:38 | 321 | Gary Fisher       | Kirkby Milers AC              | 526 | 1:08:14 | 17  | Anthony Bissell     | Barnsley Harriers              |
| 427 | 1:01:40 | 437 | Neil Ryan         | Manchester Harriers & AC      | 527 | 1:08:18 | 76  | Richard Bickerton   | Blyth Running Club             |
| 428 | 1:01:42 | 787 | Andrew Carter     | West Cheshire Athletic Club   | 528 | 1:08:23 | 391 | Simon Machin        | Lincoln Wellington Athletic Cl |
| 429 | 1:01:42 | 790 | Nils Linstrum     | Wetherby Runners AC           | 529 | 1:08:40 | 830 | Chris Murphy        | York Knavesmire Harriers       |
| 430 | 1:01:46 | 165 | David Dicks       | Eden Runners                  | 530 | 1:08:43 | 514 | Dunn Lee            | Quays Running Club             |
| 431 | 1:01:48 | 720 | Peter Sissons     | Sunderland Strollers          | 531 | 1:09:08 | 481 | Steve Bennett       | North Derbyshire Rc            |
| 432 | 1:01:48 | 479 | Nigel Scafe       | Nidd Valley Road Runners      | 532 | 1:09:20 | 760 | Dinesh Kaulgud      | Valley Striders AC             |
| 433 | 1:01:48 | 638 | Christopher Payne | Scunthorpe & District AC      | 533 | 1:09:20 | 427 | Daniel Gill         | Macclesfield Harriers & AC     |
| 434 | 1:01:51 | 290 | Robert Budding    | Ilkley Harriers AC            | 534 | 1:09:26 | 217 | Mark Gaughan        | Halifax Harriers & AC          |
| 435 | 1:01:56 | 569 | Marcus Moss       | Roundhay Runners              | 535 | 1:09:29 | 780 | Martin Bates        | Wesham Road Runners & AC       |
| 436 | 1:01:58 | 249 | Alexander Cook    | Heaton Harriers & AC          | 536 | 1:09:34 | 396 | Francis Ward        | Lincoln Wellington Athletic Cl |
| 437 | 1:01:59 | 636 | Daniel Sate       | Salford Metropolitan AC       | 537 | 1:09:50 | 572 | Stu Sklinar         | Roundhay Runners               |
| 438 | 1:02:00 | 240 | Adam Prentis      | Harrogate Harriers & AC       | 538 | 1:09:52 | 13  | Neville Marshall    | Askern & District Rc           |
| 439 | 1:02:01 | 632 | David Hughes      | Salford Metropolitan AC       | 539 | 1:09:52 | 701 | Simon Cyhanko       | Sunderland Strollers           |
| 440 | 1:02:03 | 246 | Richard Willis    | Harrogate Harriers & AC       | 540 | 1:10:04 | 379 | Andrew Howarth      | Leigh Harriers & AC            |
| 441 | 1:02:04 | 207 | Stephen Boddy     | Gosforth Harriers & AC        | 541 | 1:10:09 | 629 | Peter Brown         | Salford Metropolitan AC        |
| 442 | 1:02:05 | 683 | Stuart Jones      | Steel City Striders Rc        | 542 | 1:10:35 | 324 | Gary Jones          | Kirkby Milers AC               |
| 443 | 1:02:06 | 237 | Geoff King        | Harrogate Harriers & AC       | 543 | 1:10:42 | 120 | Martin Brady        | Clayton-le-moors Harriers      |
| 444 | 1:02:12 | 451 | Lewis Bourner     | Middlesbrough & Cleveland F   | 544 | 1:10:48 | 75  | Michael Ashby       | Blyth Running Club             |
| 445 | 1:02:13 | 252 | Philip Green      | Heaton Harriers & AC          | 545 | 1:11:03 | 34  | Paul Agnew          | Birtley AC                     |
| 446 | 1:02:16 | 678 | Andy Buck         | Steel City Striders Rc        | 546 | 1:11:27 | 333 | Chris Wills         | Knowsley Harriers              |
| 447 | 1:02:18 | 562 | Hadrian Knight    | Rothwell Harriers & AC        | 547 | 1:11:46 | 702 | Kris Dawson         | Sunderland Strollers           |
| 448 | 1:02:20 | 621 | Phillip Quibell   | Salford Harriers & AC         | 548 | 1:11:51 | 536 | Daniel Mortimer     | Roberttown Road Runners        |
| 449 | 1:02:27 | 820 | Pete Downes       | York Knavesmire Harriers      | 549 | 1:12:06 | 189 | Alex Abel           | Fitmums And Friends            |
| 450 | 1:02:31 | 560 | Stephen Firth     | Rothwell Harriers & AC        | 550 | 1:12:21 | 517 | Stephen Symons      | Quays Running Club             |
| 451 | 1:02:32 | 178 | Geoff Davis       | Elvet Striders                | 551 | 1:12:35 | 738 | Paul Colver         | Tyne Bridge Harriers           |
| 452 | 1:02:36 | 328 | Daniel McKeivitt  | Kirkby Milers AC              | 552 | 1:12:55 | 756 | Steve Dixon         | Valley Striders AC             |
| 453 | 1:02:43 | 187 | Robin Parsons     | Elvet Striders                | 553 | 1:13:00 | 122 | Craig Eccles        | Clayton-le-moors Harriers      |
| 454 | 1:02:45 | 36  | Lee Drummond      | Birtley AC                    | 554 | 1:13:25 | 170 | Thomas Hanson       | Elswick Harriers               |
| 455 | 1:02:49 | 338 | Allan Sumner      | Lancaster & Morecambe AC      | 555 | 1:13:41 | 121 | Peter Browning      | Clayton-le-moors Harriers      |
| 456 | 1:02:49 | 492 | Graham Hall       | North Shields Polytechnic Clu | 556 | 1:14:16 | 130 | Michael Dolan       | Darlington H & AC              |
| 457 | 1:02:50 | 817 | David Lancaster   | York ACorn Running Club       | 557 | 1:14:21 | 141 | Michael Fells       | Doncaster Athletic Club        |
| 458 | 1:02:56 | 81  | Craig Harmon      | Blyth Running Club            | 558 | 1:14:41 | 129 | Graham Bell         | Darlington H & AC              |
| 459 | 1:02:56 | 723 | Dale Wilkinson    | Sunderland Harriers & AC      | 559 | 1:14:44 | 421 | Steve Irish         | Low Fell Rc                    |
| 460 | 1:03:01 | 111 | Alex Boynton      | City Of York AC               | 560 | 1:15:17 | 819 | Calum Cogan         | York Knavesmire Harriers       |
| 461 | 1:03:10 | 533 | Paul Simpson      | Richmond & Zetland Harriers   | 561 | 1:15:25 | 190 | Bob Collard         | Fitmums And Friends            |
| 462 | 1:03:12 | 292 | Stephen Coy       | Ilkley Harriers AC            | 562 | 1:15:30 | 478 | Phillip Robinson    | Nidd Valley Road Runners       |
| 463 | 1:03:12 | 829 | Brian McStravick  | York Knavesmire Harriers      | 563 | 1:15:42 | 234 | Steven Clegg        | Harrogate Harriers & AC        |
| 464 | 1:03:12 | 380 | David Pollitt     | Leigh Harriers & AC           | 564 | 1:15:51 | 309 | Mark Walker         | Kendal Amateur Athletic Clut   |
| 465 | 1:03:16 | 448 | Gordon Baird      | Middlesbrough & Cleveland F   | 565 | 1:15:58 | 809 | Mike Vose           | Wigan & District H & AC        |
| 466 | 1:03:20 | 116 | Peter Hanson      | City Of York AC               | 566 | 1:16:01 | 537 | Gary Talbot         | Roberttown Road Runners        |
| 467 | 1:03:24 | 77  | Nic Crofts        | Blyth Running Club            | 567 | 1:16:04 | 52  | Allan Hartley       | Blackburn Harriers & AC        |
| 468 | 1:03:25 | 679 | Nick Burns        | Steel City Striders Rc        | 568 | 1:16:15 | 191 | Andy Coy            | Fitmums And Friends            |
| 469 | 1:03:32 | 736 | Graeme Carr       | Tyne Bridge Harriers          | 569 | 1:16:45 | 423 | Scott McWilliams    | Low Fell Rc                    |
| 470 | 1:03:33 | 156 | Derek Hughes      | East Cheshire Harriers & Tam  | 570 | 1:17:19 | 647 | Stephen Tanner      | Sheffield Rc                   |
| 471 | 1:03:34 | 286 | Shaun McGrath     | Houghton Harriers & AC        | 571 | 1:17:32 | 639 | Andrew Featherstone | Sedgefield Harriers            |
| 472 | 1:03:41 | 280 | Alex Docherty     | Houghton Harriers & AC        | 572 | 1:18:27 | 357 | Myles Holdsworth    | Leeds City Athletic Club       |
| 473 | 1:03:46 | 826 | Rory Henderson    | York Knavesmire Harriers      | 573 | 1:18:40 | 561 | Keith Hale          | Rothwell Harriers & AC         |
| 474 | 1:03:53 | 520 | Karl Holmes       | Queensbury Running Club       | 574 | 1:19:11 | 804 | Jeff Darbyshire     | Wigan & District H & AC        |
| 475 | 1:03:54 | 143 | Adam Thompson     | Doncaster Athletic Club       | 575 | 1:19:31 | 174 | Robert Wilson       | Elswick Harriers               |
| 476 | 1:03:55 | 319 | Lee Weatherall    | Kimberworth Striders          | 576 | 1:19:41 | 644 | Neal Matthews       | Sheffield Rc                   |
| 477 | 1:04:12 | 416 | Simon Crook       | Longwood Harriers AC          | 577 | 1:20:14 | 16  | Raymond Archer      | Barnsley Athletic Club         |
| 478 | 1:04:14 | 438 | Chris Stewart     | Manchester Harriers & AC      | 578 | 1:20:36 | 785 | Ben Wrigley         | Wesham Road Runners & AC       |
| 479 | 1:04:17 | 694 | Tony Allinson     | Sunderland Harriers & AC      | 579 | 1:20:52 | 449 | Trevor Baker        | Middlesbrough & Cleveland F    |
| 480 | 1:04:21 | 277 | Richard O'Reilly  | Horwich R M I Harriers        | 580 | 1:21:14 | 700 | Lee Colman          | Sunderland Harriers & AC       |
| 481 | 1:04:21 | 689 | Ian Stinson       | Steel City Striders Rc        | 581 | 1:22:08 | 504 | Nigel Pratten       | Pensby Runners                 |
| 482 | 1:04:22 | 772 | Ian Shipley       | Wakefield District H & AC     | 582 | 1:23:29 | 753 | Colin Rathbone      | Vale Royal AC                  |
| 483 | 1:04:28 | 330 | Nick Morton       | Kirkby Milers AC              | 583 | 1:23:46 | 160 | Richard Falkingham  | East Hull Harriers & AC        |
| 484 | 1:04:29 | 279 | Mark Seddon       | Horwich R M I Harriers        | 584 | 1:44:57 | 496 | Antonio Cardinale   | Otley AC                       |
| 485 | 1:04:36 | 66  | Brian Anderson    | Blackhill Bounders            |     |         |     |                     |                                |
| 486 | 1:04:36 | 322 | Adam Fitzsimmons  | Kirkby Milers AC              |     |         |     |                     |                                |
| 487 | 1:04:37 | 452 | Michael Good      | Middlesbrough & Cleveland F   |     |         |     |                     |                                |
| 488 | 1:04:38 | 248 | Thomas Bell       | Heaton Harriers & AC          |     |         |     |                     |                                |
| 489 | 1:04:41 | 657 | Lee Hetherington  | South Shields Harriers & AC   |     |         |     |                     |                                |
| 490 | 1:04:48 | 336 | Graham Hodgson    | Lancaster & Morecambe AC      |     |         |     |                     |                                |
| 491 | 1:04:49 | 431 | Neil Pettie       | Macclesfield Harriers & AC    |     |         |     |                     |                                |
| 492 | 1:04:50 | 634 | Girish Patel      | Salford Metropolitan AC       |     |         |     |                     |                                |
| 493 | 1:04:51 | 192 | Edward Husband    | Fitmums And Friends           |     |         |     |                     |                                |
| 494 | 1:05:10 | 698 | Richard Barker    | Sunderland Strollers          |     |         |     |                     |                                |
| 495 | 1:05:17 | 432 | Oscar Trevena     | Macclesfield Harriers & AC    |     |         |     |                     |                                |
| 496 | 1:05:33 | 725 | Mark Buskwood     | Totley AC                     |     |         |     |                     |                                |
| 497 | 1:05:35 | 242 | Nathan Smith      | Harrogate Harriers & AC       |     |         |     |                     |                                |
| 498 | 1:05:45 | 470 | David Aspin       | New Marske Harriers Club      |     |         |     |                     |                                |
| 499 | 1:05:51 | 631 | Paul Gee          | Salford Metropolitan AC       |     |         |     |                     |                                |
| 500 | 1:05:56 | 334 | John McCaffrey    | Knowsley Harriers             |     |         |     |                     |                                |

# Senior Men

| Pos                  | Time   | No                               | Name | Club                        | Pos | Time | No | Name | Club |
|----------------------|--------|----------------------------------|------|-----------------------------|-----|------|----|------|------|
| <b>Team Results:</b> |        |                                  |      |                             |     |      |    |      |      |
| Pos                  | Points | Team / Club                      |      | Placings                    |     |      |    |      |      |
| 1                    | 148    | Sale Harriers Manchester         |      | ( 8 12 22 29 34 43 )        |     |      |    |      |      |
| 2                    | 176    | Salford Harriers & AC            |      | ( 23 24 27 31 32 39 )       |     |      |    |      |      |
| 3                    | 230    | Leeds City Athletic Club         |      | ( 3 5 36 57 59 70 )         |     |      |    |      |      |
| 4                    | 246    | Blackburn Harriers & AC          |      | ( 14 16 19 55 65 77 )       |     |      |    |      |      |
| 5                    | 266    | Hallamshire Harriers Sheffield   |      | ( 6 21 30 47 61 101 )       |     |      |    |      |      |
| 6                    | 401    | Keswick AC                       |      | ( 41 52 58 73 88 89 )       |     |      |    |      |      |
| 7                    | 536    | Morpeth Harriers & AC            |      | ( 4 60 64 100 134 174 )     |     |      |    |      |      |
| 8                    | 594    | Liverpool Harriers & AC          |      | ( 28 79 97 103 108 179 )    |     |      |    |      |      |
| 9                    | 598    | Rotherham Harriers And AC        |      | ( 17 37 98 129 130 187 )    |     |      |    |      |      |
| 10                   | 639    | Tyne Bridge Harriers             |      | ( 33 50 56 113 183 204 )    |     |      |    |      |      |
| 11                   | 721    | Holmfirth Harriers AC            |      | ( 13 46 69 105 190 298 )    |     |      |    |      |      |
| 12                   | 788    | Ilkley Harriers AC               |      | ( 9 25 138 159 203 254 )    |     |      |    |      |      |
| 13                   | 822    | Chorlton Runners                 |      | ( 66 107 135 147 171 196 )  |     |      |    |      |      |
| 14                   | 825    | Gateshead Harriers & AC          |      | ( 1 83 112 137 228 264 )    |     |      |    |      |      |
| 15                   | 895    | Elvet Striders                   |      | ( 67 74 119 142 244 249 )   |     |      |    |      |      |
| 16                   | 1033   | Sunderland Harriers & AC         |      | ( 51 71 132 212 240 327 )   |     |      |    |      |      |
| 17                   | 1077   | Bury Athletic Club               |      | ( 72 76 164 165 242 358 )   |     |      |    |      |      |
| 18                   | 1169   | Trafford Athletic Club           |      | ( 48 151 156 211 218 385 )  |     |      |    |      |      |
| 19                   | 1237   | York Knavesmire Harriers         |      | ( 145 157 193 237 248 257 ) |     |      |    |      |      |
| 20                   | 1356   | East Cheshire Harriers & Tamesid |      | ( 2 91 185 245 363 470 )    |     |      |    |      |      |
| 21                   | 1360   | Lincoln Wellington Athletic Club |      | ( 10 20 40 226 528 536 )    |     |      |    |      |      |
| 22                   | 1481   | Valley Striders AC               |      | ( 162 186 223 251 275 384 ) |     |      |    |      |      |
| 23                   | 1609   | Harrogate Harriers & AC          |      | ( 80 209 263 270 393 394 )  |     |      |    |      |      |
| 24                   | 1612   | Sheffield Rc                     |      | ( 195 235 274 276 301 331 ) |     |      |    |      |      |
| 25                   | 1626   | Middlesbrough & Cleveland Harri  |      | ( 15 18 318 366 444 465 )   |     |      |    |      |      |
| 26                   | 1628   | Sunderland Strollers             |      | ( 93 176 284 324 368 383 )  |     |      |    |      |      |
| 27                   | 1636   | Wakefield District H & AC        |      | ( 86 121 148 386 413 482 )  |     |      |    |      |      |
| 28                   | 1648   | Houghton Harriers & AC           |      | ( 96 146 207 323 405 471 )  |     |      |    |      |      |
| 29                   | 1672   | Leven Valley AC                  |      | ( 175 217 272 296 340 372 ) |     |      |    |      |      |
| 30                   | 1697   | St Helens Sutton AC              |      | ( 53 241 289 333 380 401 )  |     |      |    |      |      |
| 31                   | 1742   | Roundhay Runners                 |      | ( 220 252 258 265 312 435 ) |     |      |    |      |      |
| 32                   | 1853   | Steel City Striders Rc           |      | ( 178 219 271 354 389 442 ) |     |      |    |      |      |
| 33                   | 2039   | Kirkby Milers AC                 |      | ( 144 285 344 388 426 452 ) |     |      |    |      |      |
| 34                   | 2287   | City Of York AC                  |      | ( 238 287 417 419 460 466 ) |     |      |    |      |      |
| 35                   | 2334   | Blyth Running Club               |      | ( 149 325 425 458 467 510 ) |     |      |    |      |      |
| 36                   | 2533   | Low Fell Rc                      |      | ( 131 353 399 522 559 569 ) |     |      |    |      |      |
| 37                   | 2743   | Elswick Harriers                 |      | ( 291 402 406 515 554 575 ) |     |      |    |      |      |
| 38                   | 2831   | Salford Metropolitan AC          |      | ( 423 437 439 492 499 541 ) |     |      |    |      |      |
| 39                   | 2839   | Fittmums And Friends             |      | ( 161 493 507 549 561 568 ) |     |      |    |      |      |