

# Senior Men

25 January 2020

| Pos | Time    | No  | Name                 | M/F | Cat | Club                                 |
|-----|---------|-----|----------------------|-----|-----|--------------------------------------|
| 1   | 0:41:41 | 203 | Calum Johnson        | M   |     | Gateshead Harriers & AC              |
| 2   | 0:41:57 | 159 | Joe Steward          | M   |     | East Cheshire Harriers & Tameside AC |
| 3   | 0:41:58 | 373 | Linton Taylor        | M   |     | Leeds City Athletic Club             |
| 4   | 0:42:15 | 458 | Carl Avery           | M   |     | Morpeth Harriers & AC                |
| 5   | 0:42:49 | 368 | Graham Rush          | M   |     | Leeds City Athletic Club             |
| 6   | 0:42:56 | 227 | Andrew Heyes         | M   |     | Hallamshire Harriers Sheffield       |
| 7   | 0:42:58 | 85  | James Douglas        | M   |     | Border Harriers & AC                 |
| 8   | 0:42:58 | 589 | Nigel Martin         | M   |     | Sale Harriers Manchester             |
| 9   | 0:43:01 | 288 | Thomas Adams         | M   |     | Ilkley Harriers AC                   |
| 10  | 0:43:22 | 397 | Joe Wilkinson        | M   |     | Lincoln Wellington Athletic Club     |
| 11  | 0:43:28 | 444 | Daniel Haworth       | M   |     | Matlock Athletic Club                |
| 12  | 0:43:45 | 585 | Gavin Hill           | M   |     | Sale Harriers Manchester             |
| 13  | 0:43:50 | 264 | Christopher Law      | M   |     | Holmfirth Harriers AC                |
| 14  | 0:43:55 | 63  | Tim Raynes           | M   |     | Blackburn Harriers & AC              |
| 15  | 0:43:58 | 457 | Jack Willis          | M   |     | Middlesbrough & Cleveland Harriers   |
| 16  | 0:43:59 | 64  | Robert Warner        | M   |     | Blackburn Harriers & AC              |
| 17  | 0:44:02 | 554 | Lee Milburn          | M   |     | Rotherham Harriers And AC            |
| 18  | 0:44:04 | 841 | Greg Jayasurya       | M   |     | Middlesbrough & Cleveland Harriers   |
| 19  | 0:44:10 | 50  | Ben Fish             | M   |     | Blackburn Harriers & AC              |
| 20  | 0:44:10 | 393 | Jake Richardson      | M   |     | Lincoln Wellington Athletic Club     |
| 21  | 0:44:21 | 223 | Cameron Bell         | M   |     | Hallamshire Harriers Sheffield       |
| 22  | 0:44:21 | 591 | William Onek         | M   |     | Sale Harriers Manchester             |
| 23  | 0:44:25 | 623 | Christopher Richards | M   |     | Salford Harriers & AC                |
| 24  | 0:44:28 | 626 | Callum Rowlinson     | M   |     | Salford Harriers & AC                |
| 25  | 0:44:36 | 298 | Jack Wood            | M   |     | Ilkley Harriers AC                   |
| 26  | 0:44:38 | 511 | Joe Baxter           | M   |     | Pudsey & Bramley AC                  |
| 27  | 0:44:40 | 619 | Elliot Palmer        | M   |     | Salford Harriers & AC                |
| 28  | 0:44:47 | 399 | Richard Burney       | M   |     | Liverpool Harriers & AC              |
| 29  | 0:44:47 | 600 | James Wignall        | M   |     | Sale Harriers Manchester             |
| 30  | 0:44:47 | 230 | James McCrae         | M   |     | Hallamshire Harriers Sheffield       |
| 31  | 0:44:49 | 616 | Chris Livesey        | M   |     | Salford Harriers & AC                |
| 32  | 0:44:53 | 608 | Karl Darcy           | M   |     | Salford Harriers & AC                |
| 33  | 0:44:55 | 746 | Carl Smith           | M   |     | Tyne Bridge Harriers                 |
| 34  | 0:44:56 | 579 | Chris Donnelly       | M   |     | Sale Harriers Manchester             |
| 35  | 0:44:57 | 440 | Alan Corlett         | M   |     | Manx Harriers                        |
| 36  | 0:44:57 | 356 | Matthew Grieve       | M   |     | Leeds City Athletic Club             |
| 37  | 0:45:02 | 557 | Elliott Smales       | M   |     | Rotherham Harriers And AC            |
| 38  | 0:45:05 | 306 | Alasdair Russell     | M   |     | Kendal Amateur Athletic Club         |
| 39  | 0:45:17 | 611 | Carl Hardman         | M   |     | Salford Harriers & AC                |
| 40  | 0:45:20 | 395 | Thomas Trimble       | M   |     | Lincoln Wellington Athletic Club     |
| 41  | 0:45:25 | 313 | Mark Lamb            | M   |     | Keswick AC                           |
| 42  | 0:45:27 | 442 | Billy Cartwright     | M   |     | Matlock Athletic Club                |
| 43  | 0:45:28 | 574 | Matthew Barnes       | M   |     | Sale Harriers Manchester             |
| 44  | 0:45:29 | 491 | David Green          | M   |     | North Shields Polytechnic Club       |
| 45  | 0:45:31 | 839 | Keiran Walker        | M   |     | Middlesbrough AC (Mandale)           |
| 46  | 0:45:48 | 260 | Lewis Byram          | M   |     | Holmfirth Harriers AC                |
| 47  | 0:45:56 | 231 | Connor Milnes        | M   |     | Hallamshire Harriers Sheffield       |
| 48  | 0:46:02 | 729 | Simon O'Meara        | M   |     | Trafford Athletic Club               |
| 49  | 0:46:05 | 690 | Akkeal Chambers      | M   |     | Stockport Harriers & AC              |
| 50  | 0:46:09 | 741 | Michael Hedley       | M   |     | Tyne Bridge Harriers                 |
| 51  | 0:46:19 | 715 | Andrew Powell        | M   |     | Sunderland Harriers & AC             |
| 52  | 0:46:20 | 314 | Sam Stead            | M   |     | Keswick AC                           |
| 53  | 0:46:22 | 671 | Jon-Jo Doherty       | M   |     | St Helens Sutton AC                  |
| 54  | 0:46:23 | 599 | Joseph Vis           | M   |     | Sale Harriers Manchester             |
| 55  | 0:46:25 | 47  | Ben Costello         | M   |     | Blackburn Harriers & AC              |
| 56  | 0:46:26 | 745 | Terry Scott          | M   |     | Tyne Bridge Harriers                 |
| 57  | 0:46:29 | 362 | Matt Lockyer         | M   |     | Leeds City Athletic Club             |
| 58  | 0:46:32 | 315 | Calum Tinnion        | M   |     | Keswick AC                           |
| 59  | 0:46:34 | 340 | Mohamed Abshir       | M   |     | Leeds City Athletic Club             |
| 60  | 0:46:35 | 463 | Adam Pratt           | M   |     | Morpeth Harriers & AC                |
| 61  | 0:46:37 | 224 | John Birch           | M   |     | Hallamshire Harriers Sheffield       |
| 62  | 0:46:47 | 18  | Ross Campbell        | M   |     | Barrow & Furness Striders AC         |
| 63  | 0:46:48 | 594 | Philip Robertson     | M   |     | Sale Harriers Manchester             |
| 64  | 0:46:49 | 469 | Phillip Winkler      | M   |     | Morpeth Harriers & AC                |
| 65  | 0:46:50 | 42  | Karl Billington      | M   |     | Blackburn Harriers & AC              |
| 66  | 0:46:50 | 101 | Peter Bray           | M   |     | Chorlton Runners                     |
| 67  | 0:46:51 | 181 | Stephen Jackson      | M   |     | Elvet Striders                       |
| 68  | 0:46:56 | 592 | Gareth Raven         | M   |     | Sale Harriers Manchester             |
| 69  | 0:47:04 | 268 | Kai Sunman           | M   |     | Holmfirth Harriers AC                |
| 70  | 0:47:10 | 348 | Simon Deakin         | M   |     | Leeds City Athletic Club             |

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| Pos | Time    | No  | Name               | M/F | Cat | Club                                 |
|-----|---------|-----|--------------------|-----|-----|--------------------------------------|
| 71  | 0:47:12 | 717 | Steve Rankin       | M   |     | Sunderland Harriers & AC             |
| 72  | 0:47:13 | 93  | Benjamin Coop      | M   |     | Bury Athletic Club                   |
| 73  | 0:47:13 | 310 | John Battrick      | M   |     | Keswick AC                           |
| 74  | 0:47:14 | 185 | Alex Mirley        | M   |     | Elvet Striders                       |
| 75  | 0:47:17 | 532 | Rob Scott          | M   |     | Richmond & Zetland Harriers          |
| 76  | 0:47:19 | 92  | Joshua Birmingham  | M   |     | Bury Athletic Club                   |
| 77  | 0:47:23 | 55  | Joshua Holgate     | M   |     | Blackburn Harriers & AC              |
| 78  | 0:47:23 | 343 | Mike Burrett       | M   |     | Leeds City Athletic Club             |
| 79  | 0:47:26 | 406 | Chris Maher        | M   |     | Liverpool Harriers & AC              |
| 80  | 0:47:27 | 239 | Chris Miller       | M   |     | Harrogate Harriers & AC              |
| 81  | 0:47:27 | 577 | Alex Bradford      | M   |     | Sale Harriers Manchester             |
| 82  | 0:47:27 | 752 | Stuart Doyle       | M   |     | Vale Royal AC                        |
| 83  | 0:47:30 | 201 | Conrad Franks      | M   |     | Gateshead Harriers & AC              |
| 84  | 0:47:35 | 148 | Matthew Hornsby    | M   |     | Durham City Harriers & AC            |
| 85  | 0:47:39 | 663 | Andrew Kershaw     | M   |     | Southport Waterloo AC                |
| 86  | 0:47:42 | 767 | Ben Butler         | M   |     | Wakefield District H & AC            |
| 87  | 0:47:42 | 794 | Lee Athersmith     | M   |     | Wharfedale Harriers                  |
| 88  | 0:47:43 | 318 | Tristan Windley    | M   |     | Keswick AC                           |
| 89  | 0:47:45 | 312 | Rob Brown          | M   |     | Keswick AC                           |
| 90  | 0:47:46 | 151 | Gavin Browne       | M   |     | East Cheshire Harriers & Tameside AC |
| 91  | 0:47:46 | 49  | Christopher Davies | M   |     | Blackburn Harriers & AC              |
| 92  | 0:47:49 | 655 | Joe Woodley        | M   |     | Skyrac Athletic Club                 |
| 93  | 0:47:50 | 696 | Mark Anderson      | M   |     | Sunderland Strollers                 |
| 94  | 0:47:53 | 483 | Martin Dawson      | M   |     | North Derbyshire Rc                  |
| 95  | 0:47:53 | 544 | Robert Webb        | M   |     | Rossendale Harriers & AC             |
| 96  | 0:47:55 | 282 | Jonny Evans        | M   |     | Houghton Harriers & AC               |
| 97  | 0:47:59 | 410 | Thomas Rogerson    | M   |     | Liverpool Harriers & AC              |
| 98  | 0:48:02 | 552 | Jonathan Johnson   | M   |     | Rotherham Harriers And AC            |
| 99  | 0:48:09 | 39  | Darren Purvis      | M   |     | Birtley AC                           |
| 100 | 0:48:10 | 464 | Liam Roarty        | M   |     | Morpeth Harriers & AC                |
| 101 | 0:48:12 | 228 | Wyatt Hill         | M   |     | Hallamshire Harriers Sheffield       |
| 102 | 0:48:13 | 625 | Stuart Robinson    | M   |     | Salford Harriers & AC                |
| 103 | 0:48:19 | 415 | James Wootton      | M   |     | Liverpool Harriers & AC              |
| 104 | 0:48:24 | 573 | Sam Aspinwall      | M   |     | Sale Harriers Manchester             |
| 105 | 0:48:24 | 265 | Joe Law            | M   |     | Holmfirth Harriers AC                |
| 106 | 0:48:28 | 524 | Shaun Livesey      | M   |     | Ribble Valley Harriers               |
| 107 | 0:48:29 | 104 | Ben Hobson         | M   |     | Chorlton Runners                     |
| 108 | 0:48:30 | 411 | Andy Salmon        | M   |     | Liverpool Harriers & AC              |
| 109 | 0:48:33 | 253 | James McKenzie     | M   |     | Heaton Harriers & AC                 |
| 110 | 0:48:34 | 59  | Thomas Marchant    | M   |     | Blackburn Harriers & AC              |
| 111 | 0:48:39 | 506 | Simon Collins      | M   |     | Preston Harriers                     |
| 112 | 0:48:46 | 195 | Daniel Alexander   | M   |     | Gateshead Harriers & AC              |
| 113 | 0:48:47 | 737 | Tom Charlton       | M   |     | Tyne Bridge Harriers                 |
| 114 | 0:48:49 | 225 | Matthew Craig      | M   |     | Hallamshire Harriers Sheffield       |
| 115 | 0:48:54 | 529 | Carl Jones         | M   |     | Richmond & Zetland Harriers          |
| 116 | 0:48:56 | 353 | Sean Flanagan      | M   |     | Leeds City Athletic Club             |
| 117 | 0:48:56 | 360 | Tyler Hutchinson   | M   |     | Leeds City Athletic Club             |
| 118 | 0:49:10 | 272 | Ian Conroy         | M   |     | Horwich R M I Harriers               |
| 119 | 0:49:16 | 180 | Georgie Hebdon     | M   |     | Elvet Striders                       |
| 120 | 0:49:19 | 751 | Mark Crabtree      | M   |     | Vale Royal AC                        |
| 121 | 0:49:23 | 769 | Simon Midwood      | M   |     | Wakefield District H & AC            |
| 122 | 0:49:25 | 513 | Colin Walker       | M   |     | Pudsey & Bramley AC                  |
| 123 | 0:49:26 | 430 | Billy Hicks        | M   |     | Macclesfield Harriers & AC           |
| 124 | 0:49:28 | 523 | Stephen Hall       | M   |     | Ribble Valley Harriers               |
| 125 | 0:49:30 | 67  | Jordan Bell        | M   |     | Blackhill Bounders                   |
| 126 | 0:49:33 | 70  | Steven Bowyer      | M   |     | Blackhill Bounders                   |
| 127 | 0:49:35 | 792 | Paul Millgate      | M   |     | Wetherby Runners AC                  |
| 128 | 0:49:38 | 3   | Dave Richardson    | M   |     | Alnwick Harriers                     |
| 129 | 0:49:42 | 556 | Steven Sims        | M   |     | Rotherham Harriers And AC            |
| 130 | 0:49:45 | 555 | Gareth Sampson     | M   |     | Rotherham Harriers And AC            |
| 131 | 0:49:50 | 422 | Stephen Magrath    | M   |     | Low Fell Rc                          |
| 132 | 0:49:53 | 708 | Craig Gunn         | M   |     | Sunderland Harriers & AC             |
| 133 | 0:49:55 | 640 | James Oldfield     | M   |     | Sedgefield Harriers                  |
| 134 | 0:49:58 | 460 | Alistair Douglass  | M   |     | Morpeth Harriers & AC                |
| 135 | 0:49:59 | 105 | O Macdonald        | M   |     | Chorlton Runners                     |
| 136 | 0:50:01 | 26  | Andy Brown         | M   |     | Bingley Harriers & AC                |
| 137 | 0:50:01 | 204 | Steven Medd        | M   |     | Gateshead Harriers & AC              |
| 138 | 0:50:03 | 296 | Daniel McKeown     | M   |     | Ilkley Harriers AC                   |
| 139 | 0:50:03 | 229 | Pete Hodges        | M   |     | Hallamshire Harriers Sheffield       |
| 140 | 0:50:05 | 613 | David Hudson       | M   |     | Salford Harriers & AC                |

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| Pos | Time    | No  | Name               | M/F | Cat | Club                                 |
|-----|---------|-----|--------------------|-----|-----|--------------------------------------|
| 141 | 0:50:06 | 354 | Leon Foster        | M   |     | Leeds City Athletic Club             |
| 142 | 0:50:08 | 177 | Chris Callan       | M   |     | Elvet Striders                       |
| 143 | 0:50:08 | 435 | Andrew Hartley     | M   |     | Manchester Harriers & AC             |
| 144 | 0:50:10 | 325 | Tom Marper         | M   |     | Kirkby Milers AC                     |
| 145 | 0:50:10 | 822 | Simon Fricke       | M   |     | York Knavesmire Harriers             |
| 146 | 0:50:12 | 281 | Lee Dover          | M   |     | Houghton Harriers & AC               |
| 147 | 0:50:14 | 100 | Liam Braby         | M   |     | Chorlton Runners                     |
| 148 | 0:50:20 | 768 | Benjamin Khan      | M   |     | Wakefield District H & AC            |
| 149 | 0:50:22 | 83  | Robert Morris      | M   |     | Blyth Running Club                   |
| 150 | 0:50:22 | 842 | Paul Brown         | M   |     | New Marske Harriers Club             |
| 151 | 0:50:25 | 731 | Darren Russell     | M   |     | Trafford Athletic Club               |
| 152 | 0:50:27 | 372 | Jonathan Stewart   | M   |     | Leeds City Athletic Club             |
| 153 | 0:50:28 | 375 | Patrick Vis        | M   |     | Leeds City Athletic Club             |
| 154 | 0:50:31 | 627 | Mark Russell       | M   |     | Salford Harriers & AC                |
| 155 | 0:50:38 | 341 | Jack Allison       | M   |     | Leeds City Athletic Club             |
| 156 | 0:50:46 | 730 | Jeff Prest         | M   |     | Trafford Athletic Club               |
| 157 | 0:50:47 | 818 | Joseph Booth       | M   |     | York Knavesmire Harriers             |
| 158 | 0:50:51 | 222 | Nicholas Barber    | M   |     | Hallamshire Harriers Sheffield       |
| 159 | 0:50:51 | 294 | Steven Gott        | M   |     | Ilkley Harriers AC                   |
| 160 | 0:50:52 | 276 | Alastair Murray    | M   |     | Horwich R M I Harriers               |
| 161 | 0:50:57 | 193 | Stuart Spencer     | M   |     | Fitnums And Friends                  |
| 162 | 0:50:59 | 762 | Jonathan Pownall   | M   |     | Valley Striders AC                   |
| 163 | 0:51:02 | 149 | Daniel Jenkin      | M   |     | Durham City Harriers & AC            |
| 164 | 0:51:02 | 96  | Andrew Mellor      | M   |     | Bury Athletic Club                   |
| 165 | 0:51:04 | 94  | Jon Evans          | M   |     | Bury Athletic Club                   |
| 166 | 0:51:05 | 812 | John Heap          | M   |     | Wirral AC                            |
| 167 | 0:51:07 | 505 | Ben Taylor         | M   |     | Pensby Runners                       |
| 168 | 0:51:10 | 447 | Patrick Wright     | M   |     | Matlock Athletic Club                |
| 169 | 0:51:11 | 350 | Thomas Edwards     | M   |     | Leeds City Athletic Club             |
| 170 | 0:51:12 | 601 | Paul Bannister     | M   |     | Salford Harriers & AC                |
| 171 | 0:51:14 | 106 | Ben McCormack      | M   |     | Chorlton Runners                     |
| 172 | 0:51:15 | 606 | Mark Collier       | M   |     | Salford Harriers & AC                |
| 173 | 0:51:17 | 89  | Blain Rooney       | M   |     | Border Harriers & AC                 |
| 174 | 0:51:20 | 461 | Thomas Innes       | M   |     | Morpeth Harriers & AC                |
| 175 | 0:51:26 | 389 | Matthew Wall       | M   |     | Leven Valley AC                      |
| 176 | 0:51:26 | 699 | Raymond Christie   | M   |     | Sunderland Strollers                 |
| 177 | 0:51:26 | 1   | Steven Carragher   | M   |     | Alnwick Harriers                     |
| 178 | 0:51:29 | 682 | Ben Jones          | M   |     | Steel City Striders Rc               |
| 179 | 0:51:30 | 402 | Ethan Dunn         | M   |     | Liverpool Harriers & AC              |
| 180 | 0:51:34 | 46  | Mark Chippendale   | M   |     | Blackburn Harriers & AC              |
| 181 | 0:51:36 | 139 | John Donnelly      | M   |     | Derwentside AC                       |
| 182 | 0:51:37 | 359 | Greg Hull          | M   |     | Leeds City Athletic Club             |
| 183 | 0:51:37 | 748 | Paul Turnbull      | M   |     | Tyne Bridge Harriers                 |
| 184 | 0:51:40 | 371 | Chris Smith        | M   |     | Leeds City Athletic Club             |
| 185 | 0:51:41 | 153 | Timothy Greenald   | M   |     | East Cheshire Harriers & Tameside AC |
| 186 | 0:51:43 | 755 | Matt Chadwick      | M   |     | Valley Striders AC                   |
| 187 | 0:51:48 | 545 | Ben Burton         | M   |     | Rotherham Harriers And AC            |
| 188 | 0:51:48 | 800 | Sam Green          | M   |     | Wharfedale Harriers                  |
| 189 | 0:51:50 | 445 | John Thorpe        | M   |     | Matlock Athletic Club                |
| 190 | 0:51:51 | 267 | Sam O'Shea         | M   |     | Holmfirth Harriers AC                |
| 191 | 0:51:52 | 628 | John Seed          | M   |     | Salford Harriers & AC                |
| 192 | 0:51:54 | 749 | Andy Green         | M   |     | Tynedale Harriers & AC               |
| 193 | 0:51:56 | 837 | Nick Zissler       | M   |     | York Knavesmire Harriers             |
| 194 | 0:51:59 | 612 | Michael Heaney     | M   |     | Salford Harriers & AC                |
| 195 | 0:52:05 | 641 | David Addenbrooke  | M   |     | Sheffield Rc                         |
| 196 | 0:52:05 | 109 | Gary Scott         | M   |     | Chorlton Runners                     |
| 197 | 0:52:09 | 510 | Wesley Wilkinson   | M   |     | Preston Harriers                     |
| 198 | 0:52:12 | 784 | David Taylor       | M   |     | Wesham Road Runners & AC             |
| 199 | 0:52:19 | 810 | Robert Deller      | M   |     | Wirral AC                            |
| 200 | 0:52:21 | 429 | Robert Hasler      | M   |     | Macclesfield Harriers & AC           |
| 201 | 0:52:23 | 40  | Nigel Simpson      | M   |     | Birtley AC                           |
| 202 | 0:52:24 | 56  | Calum Holmes       | M   |     | Blackburn Harriers & AC              |
| 203 | 0:52:26 | 295 | Istvan Jacso       | M   |     | Ilkley Harriers AC                   |
| 204 | 0:52:27 | 744 | David Moir         | M   |     | Tyne Bridge Harriers                 |
| 205 | 0:52:29 | 786 | Dave Alexander     | M   |     | West Cheshire Athletic Club          |
| 206 | 0:52:30 | 51  | Paul Guinan        | M   |     | Blackburn Harriers & AC              |
| 207 | 0:52:32 | 838 | Rory Graham        | M   |     | Houghton Harriers & AC               |
| 208 | 0:52:34 | 274 | Daniel Gilbert     | M   |     | Horwich R M I Harriers               |
| 209 | 0:52:37 | 241 | Timothy Richardson | M   |     | Harrogate Harriers & AC              |
| 210 | 0:52:39 | 801 | David Kirkham      | M   |     | Wharfedale Harriers                  |

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|-----|---------|-----|---------------------|-----|-----|--------------------------------------|
| 211 | 0:52:41 | 732 | Matthew Sutton      | M   |     | Trafford Athletic Club               |
| 212 | 0:52:45 | 704 | Michael Edwards     | M   |     | Sunderland Harriers & AC             |
| 213 | 0:52:50 | 550 | Philip Hoole        | M   |     | Rotherham Harriers And AC            |
| 214 | 0:52:53 | 609 | Matt Dickinson      | M   |     | Salford Harriers & AC                |
| 215 | 0:52:54 | 307 | Will Sisson         | M   |     | Kendal Amateur Athletic Club         |
| 216 | 0:52:56 | 459 | Lee Bennett         | M   |     | Morpeth Harriers & AC                |
| 217 | 0:52:59 | 728 | Greg Kelly          | M   |     | Trafford Athletic Club               |
| 218 | 0:52:59 | 387 | David McNally       | M   |     | Leven Valley AC                      |
| 219 | 0:53:04 | 688 | James Rose          | M   |     | Steel City Striders Rc               |
| 220 | 0:53:06 | 571 | Andrew Scott        | M   |     | Roundhay Runners                     |
| 221 | 0:53:07 | 146 | Stephen Everett     | M   |     | Durham City Harriers & AC            |
| 222 | 0:53:08 | 211 | Jonny Stephenson    | M   |     | Gosforth Harriers & AC               |
| 223 | 0:53:10 | 758 | Daryl Hibberd       | M   |     | Valley Striders AC                   |
| 224 | 0:53:10 | 24  | Stephen Walker      | M   |     | Beverley Athletic Club               |
| 225 | 0:53:11 | 739 | Tom Elmer           | M   |     | Tyne Bridge Harriers                 |
| 226 | 0:53:14 | 392 | Nicholas Marsh      | M   |     | Lincoln Wellington Athletic Club     |
| 227 | 0:53:18 | 603 | Daniel Brocklehurst | M   |     | Salford Harriers & AC                |
| 228 | 0:53:21 | 197 | Ali Bailey          | M   |     | Gateshead Harriers & AC              |
| 229 | 0:53:27 | 485 | Ian Monaghan        | M   |     | North Derbyshire Rc                  |
| 230 | 0:53:28 | 559 | Ross Blackburn      | M   |     | Rothwell Harriers & AC               |
| 231 | 0:53:31 | 61  | Jonny Murphy        | M   |     | Blackburn Harriers & AC              |
| 232 | 0:53:38 | 150 | Christopher Walker  | M   |     | Durham City Harriers & AC            |
| 233 | 0:53:39 | 108 | Christopher Rayner  | M   |     | Chorlton Runners                     |
| 234 | 0:53:40 | 303 | Scott Bairstow      | M   |     | Keighley & Craven AC                 |
| 235 | 0:53:41 | 646 | Jack Nuttgens       | M   |     | Sheffield Rc                         |
| 236 | 0:53:43 | 509 | Andy Whaley         | M   |     | Preston Harriers                     |
| 237 | 0:53:45 | 831 | Luke Osborn         | M   |     | York Knavesmire Harriers             |
| 238 | 0:53:47 | 112 | Giles Chalk         | M   |     | City Of York AC                      |
| 239 | 0:53:50 | 581 | Tom Fordyce         | M   |     | Sale Harriers Manchester             |
| 240 | 0:53:51 | 722 | Sam Thurlbeck       | M   |     | Sunderland Harriers & AC             |
| 241 | 0:53:54 | 674 | David Twigg         | M   |     | St Helens Sutton AC                  |
| 242 | 0:53:55 | 91  | Patrick Babb        | M   |     | Bury Athletic Club                   |
| 243 | 0:53:56 | 62  | Mat Nuttall         | M   |     | Blackburn Harriers & AC              |
| 244 | 0:53:59 | 186 | Stuart Ord          | M   |     | Elvet Striders                       |
| 245 | 0:54:12 | 158 | Darren Smith        | M   |     | East Cheshire Harriers & Tameside AC |
| 246 | 0:54:17 | 320 | Gregan Clarkson     | M   |     | Kingston Upon Hull AC                |
| 247 | 0:54:19 | 126 | Bryan Lomas         | M   |     | Congleton Harriers                   |
| 248 | 0:54:20 | 823 | Gareth Green        | M   |     | York Knavesmire Harriers             |
| 249 | 0:54:21 | 183 | Michael Littlewood  | M   |     | Elvet Striders                       |
| 250 | 0:54:21 | 21  | Lewis Holloway      | M   |     | Beverley Athletic Club               |
| 251 | 0:54:22 | 761 | Gary Mann           | M   |     | Valley Striders AC                   |
| 252 | 0:54:23 | 570 | Matt Newell         | M   |     | Roundhay Runners                     |
| 253 | 0:54:25 | 512 | Niall Bourke        | M   |     | Pudsey & Bramley AC                  |
| 254 | 0:54:29 | 289 | Tim Ashelford       | M   |     | Ilkley Harriers AC                   |
| 255 | 0:54:36 | 782 | Andrew Harling      | M   |     | Wesham Road Runners & AC             |
| 256 | 0:54:37 | 806 | John Heyes          | M   |     | Wigan & District H & AC              |
| 257 | 0:54:39 | 828 | Toby Hone           | M   |     | York Knavesmire Harriers             |
| 258 | 0:54:41 | 568 | Richard Gibbs       | M   |     | Roundhay Runners                     |
| 259 | 0:54:41 | 381 | Phillip Williams    | M   |     | Leigh Harriers & AC                  |
| 260 | 0:54:43 | 548 | Chris Griffiths     | M   |     | Rotherham Harriers And AC            |
| 261 | 0:54:47 | 519 | Alistair Galt       | M   |     | Queensbury Running Club              |
| 262 | 0:54:50 | 660 | Paul Owen           | M   |     | South Shields Harriers & AC          |
| 263 | 0:54:53 | 235 | Josh Fuller         | M   |     | Harrogate Harriers & AC              |
| 264 | 0:54:53 | 202 | Peter Grimoldby     | M   |     | Gateshead Harriers & AC              |
| 265 | 0:54:55 | 567 | Richard Drake       | M   |     | Roundhay Runners                     |
| 266 | 0:54:57 | 543 | Alan Lundberg-Bury  | M   |     | Rossendale Harriers & AC             |
| 267 | 0:54:58 | 750 | Will Lloyd          | M   |     | Tynedale Harriers & AC               |
| 268 | 0:54:59 | 691 | David Maher         | M   |     | Stockport Harriers & AC              |
| 269 | 0:55:05 | 436 | Alex Masidlover     | M   |     | Manchester Harriers & AC             |
| 270 | 0:55:09 | 238 | Drew Lefkof         | M   |     | Harrogate Harriers & AC              |
| 271 | 0:55:10 | 687 | Hal Roberts         | M   |     | Steel City Striders Rc               |
| 272 | 0:55:14 | 388 | Josh Murphy         | M   |     | Leven Valley AC                      |
| 273 | 0:55:15 | 137 | Mark Davinson       | M   |     | Derwentside AC                       |
| 274 | 0:55:21 | 649 | Ben Wilkinson       | M   |     | Sheffield Rc                         |
| 275 | 0:55:23 | 757 | Daniel Fisher       | M   |     | Valley Striders AC                   |
| 276 | 0:55:24 | 648 | James Thompson      | M   |     | Sheffield Rc                         |
| 277 | 0:55:26 | 218 | Michael Gaughan     | M   |     | Halifax Harriers & AC                |
| 278 | 0:55:27 | 179 | James Garland       | M   |     | Elvet Striders                       |
| 279 | 0:55:27 | 316 | Jacob Tonkin        | M   |     | Keswick AC                           |
| 280 | 0:55:27 | 605 | Shaun Chambers      | M   |     | Salford Harriers & AC                |

# Senior Men

25 January 2020

| Pos | Time    | No  | Name               | M/F | Cat | Club                                |
|-----|---------|-----|--------------------|-----|-----|-------------------------------------|
| 281 | 0:55:28 | 57  | Joseph Howe        | M   |     | Blackburn Harriers & AC             |
| 282 | 0:55:30 | 582 | Olivier Gaillemain | M   |     | Sale Harriers Manchester            |
| 283 | 0:55:31 | 813 | Mark Hulmston      | M   |     | Wirral AC                           |
| 284 | 0:55:37 | 706 | Andrew Forbes      | M   |     | Sunderland Strollers                |
| 285 | 0:55:38 | 331 | Gary Wilton        | M   |     | Kirkby Milers AC                    |
| 286 | 0:55:40 | 408 | Kyle Nicholls      | M   |     | Liverpool Harriers & AC             |
| 287 | 0:55:40 | 115 | Ben Francis        | M   |     | City Of York AC                     |
| 288 | 0:55:43 | 580 | Rob Fairbanks      | M   |     | Sale Harriers Manchester            |
| 289 | 0:55:43 | 675 | Andrew Wilson      | M   |     | St Helens Sutton AC                 |
| 290 | 0:55:44 | 575 | Paul Barrett       | M   |     | Sale Harriers Manchester            |
| 291 | 0:55:44 | 171 | Richard Houghton   | M   |     | Elswick Harriers                    |
| 292 | 0:55:45 | 182 | James Lee          | M   |     | Elvet Striders                      |
| 293 | 0:55:45 | 659 | Simon May          | M   |     | South Shields Harriers & AC         |
| 294 | 0:55:48 | 110 | Daniel Vasey       | M   |     | Chorlton Runners                    |
| 295 | 0:55:48 | 653 | Todd Stewart       | M   |     | Skyrac Athletic Club                |
| 296 | 0:55:49 | 385 | Ryan Everett       | M   |     | Leven Valley AC                     |
| 297 | 0:55:50 | 824 | Giles Hawking      | M   |     | York Knavesmire Harriers            |
| 298 | 0:55:51 | 258 | Steve Berridge     | M   |     | Holmfirth Harriers AC               |
| 299 | 0:55:52 | 833 | Tom Ratcliffe      | M   |     | York Knavesmire Harriers            |
| 300 | 0:55:53 | 754 | Gareth Williams    | M   |     | Vale Royal AC                       |
| 301 | 0:55:56 | 645 | Chris Moss         | M   |     | Sheffield Rc                        |
| 302 | 0:55:56 | 530 | Tony Lambert       | M   |     | Richmond & Zetland Harriers         |
| 303 | 0:55:57 | 538 | Daniel Bennett     | M   |     | Rochdale Harriers & AC              |
| 304 | 0:55:58 | 789 | Mark Holt          | M   |     | Wetherby Runners AC                 |
| 305 | 0:55:59 | 302 | Ian Salkeld        | M   |     | Jarrow & Hebburn AC                 |
| 306 | 0:56:02 | 407 | Lee Midghall       | M   |     | Liverpool Harriers & AC             |
| 307 | 0:56:03 | 2   | Alexander Crombie  | M   |     | Alnwick Harriers                    |
| 308 | 0:56:04 | 301 | Jonathan Gilroy    | M   |     | Jarrow & Hebburn AC                 |
| 309 | 0:56:05 | 788 | Andrew Clague      | M   |     | West Cheshire Athletic Club         |
| 310 | 0:56:06 | 364 | Simon Newton       | M   |     | Leeds City Athletic Club            |
| 311 | 0:56:08 | 441 | Andrew Falconer    | M   |     | Manx Harriers                       |
| 312 | 0:56:11 | 565 | James Carvello     | M   |     | Roundhay Runners                    |
| 313 | 0:56:11 | 168 | Scott Morley       | M   |     | Eden Runners                        |
| 314 | 0:56:13 | 692 | Nathan Mayoh       | M   |     | Stockport Harriers & AC             |
| 315 | 0:56:14 | 617 | David Milliken     | M   |     | Salford Harriers & AC               |
| 316 | 0:56:16 | 637 | Gary Crompton      | M   |     | Scunthorpe & District AC            |
| 317 | 0:56:17 | 175 | Ewan Barlow        | M   |     | Elvet Striders                      |
| 318 | 0:56:21 | 453 | Mark Jackson       | M   |     | Middlesbrough & Cleveland Harriers  |
| 319 | 0:56:23 | 351 | Simon Ellis        | M   |     | Leeds City Athletic Club            |
| 320 | 0:56:23 | 308 | Joe Todd           | M   |     | Kendal Amateur Athletic Club        |
| 321 | 0:56:25 | 128 | Thomas Walker      | M   |     | Congleton Harriers                  |
| 322 | 0:56:25 | 12  | Duncan Marlow      | M   |     | Askern & District Rc                |
| 323 | 0:56:28 | 285 | Steven Johnson     | M   |     | Houghton Harriers & AC              |
| 324 | 0:56:29 | 703 | Christopher Dwyer  | M   |     | Sunderland Strollers                |
| 325 | 0:56:29 | 82  | Henry Madden       | M   |     | Blyth Running Club                  |
| 326 | 0:56:31 | 598 | Chris Tait         | M   |     | Sale Harriers Manchester            |
| 327 | 0:56:32 | 718 | Paul Redman        | M   |     | Sunderland Harriers & AC            |
| 328 | 0:56:35 | 495 | Daniel Timperley   | M   |     | Oldham & Royton H & AC              |
| 329 | 0:56:35 | 836 | Gordon Walmsley    | M   |     | York Knavesmire Harriers            |
| 330 | 0:56:39 | 596 | Matthew Spragg     | M   |     | Sale Harriers Manchester            |
| 331 | 0:56:44 | 642 | Chris Ireland      | M   |     | Sheffield Rc                        |
| 332 | 0:56:46 | 257 | Christopher Beadle | M   |     | Holmfirth Harriers AC               |
| 333 | 0:56:55 | 670 | Chris Birkett      | M   |     | St Helens Sutton AC                 |
| 334 | 0:56:57 | 726 | Colin Lynch        | M   |     | Totley AC                           |
| 335 | 0:56:58 | 710 | Jordan Latimer     | M   |     | Sunderland Harriers & AC            |
| 336 | 0:57:02 | 88  | Kevin Hull         | M   |     | Border Harriers & AC                |
| 337 | 0:57:05 | 490 | Paul Davies        | M   |     | North Shields Polytechnic Club      |
| 338 | 0:57:06 | 835 | Richard Tarrega    | M   |     | York Knavesmire Harriers            |
| 339 | 0:57:07 | 352 | Martin Farran      | M   |     | Leeds City Athletic Club            |
| 340 | 0:57:09 | 382 | James Bailey       | M   |     | Leven Valley AC                     |
| 341 | 0:57:10 | 232 | Robert Wapshott    | M   |     | Hallamshire Harriers Sheffield      |
| 342 | 0:57:11 | 665 | John Sprackland    | M   |     | Southport Waterloo AC               |
| 343 | 0:57:15 | 376 | Daniel Whittle     | M   |     | Leeds City Athletic Club            |
| 344 | 0:57:16 | 323 | Kevin Harrison     | M   |     | Kirkby Milers AC                    |
| 345 | 0:57:18 | 724 | David Wilkinson    | M   |     | Sunderland Harriers & AC            |
| 346 | 0:57:27 | 480 | Luke Wakelin       | M   |     | Nidd Valley Road Runners            |
| 347 | 0:57:33 | 716 | Graeme Pullan      | M   |     | Sunderland Harriers & AC            |
| 348 | 0:57:37 | 213 | Kyle Treherne      | M   |     | Gosforth Harriers & AC              |
| 349 | 0:57:44 | 99  | Michael O'Donnell  | M   |     | Chorley Athletic And Triathlon Club |
| 350 | 0:57:46 | 805 | Mike Harris        | M   |     | Wigan & District H & AC             |

## Senior Men

25 January 2020

| Pos | Time    | No  | Name                | M/F | Cat | Club                                 |
|-----|---------|-----|---------------------|-----|-----|--------------------------------------|
| 351 | 0:57:47 | 651 | Mark Beaumont       | M   |     | Skyrac Athletic Club                 |
| 352 | 0:57:54 | 735 | Alasdair Blain      | M   |     | Tyne Bridge Harriers                 |
| 353 | 0:57:55 | 419 | David France        | M   |     | Low Fell Rc                          |
| 354 | 0:57:56 | 681 | Chris Guy           | M   |     | Steel City Striders Rc               |
| 355 | 0:57:57 | 827 | Darren Hendley      | M   |     | York Knivesmire Harriers             |
| 356 | 0:58:01 | 41  | Balderson           | M   |     | Blackburn Harriers & AC              |
| 357 | 0:58:04 | 650 | Pete Osborne        | M   |     | Sheffield Triathlon Club             |
| 358 | 0:58:10 | 97  | Benjamin Thompson   | M   |     | Bury Athletic Club                   |
| 359 | 0:58:15 | 209 | Neil Ramsay         | M   |     | Gosforth Harriers & AC               |
| 360 | 0:58:18 | 709 | David Lash          | M   |     | Sunderland Harriers & AC             |
| 361 | 0:58:21 | 669 | Ian Wilson          | M   |     | Spennorth & Dist AC                  |
| 362 | 0:58:21 | 610 | Grant Gunn-Anderson | M   |     | Salford Harriers & AC                |
| 363 | 0:58:23 | 155 | Barry Hirst         | M   |     | East Cheshire Harriers & Tameside AC |
| 364 | 0:58:25 | 266 | Damian McQueen      | M   |     | Holmfirth Harriers AC                |
| 365 | 0:58:29 | 791 | Alex Matthewson     | M   |     | Wetherby Runners AC                  |
| 366 | 0:58:32 | 450 | Keith Bindoff       | M   |     | Middlesbrough & Cleveland Harriers   |
| 367 | 0:58:34 | 693 | Steve Shaughnessy   | M   |     | Stockport Harriers & AC              |
| 368 | 0:58:36 | 695 | Daniel Anderson     | M   |     | Sunderland Strollers                 |
| 369 | 0:58:36 | 803 | Adam Stirk          | M   |     | Wharfedale Harriers                  |
| 370 | 0:58:38 | 462 | David Nicholson     | M   |     | Morpeth Harriers & AC                |
| 371 | 0:58:41 | 493 | Vaughan Hemy        | M   |     | North Shields Polytechnic Club       |
| 372 | 0:58:42 | 383 | Danny Bouffler      | M   |     | Leven Valley AC                      |
| 373 | 0:58:44 | 719 | Paul Reineck        | M   |     | Sunderland Harriers & AC             |
| 374 | 0:58:45 | 705 | Darren Fletcher     | M   |     | Sunderland Harriers & AC             |
| 375 | 0:58:51 | 135 | Mark Charlton       | M   |     | Derwentside AC                       |
| 376 | 0:58:54 | 30  | David Potter        | M   |     | Bingley Harriers & AC                |
| 377 | 0:58:59 | 74  | Jaycee Shotton      | M   |     | Blaydon Harriers & AC                |
| 378 | 0:59:02 | 133 | Chris Jordan        | M   |     | Derby Athletic Club                  |
| 379 | 0:59:04 | 184 | Lindsay McEwan      | M   |     | Elvet Striders                       |
| 380 | 0:59:08 | 672 | Jake Healy          | M   |     | St Helens Sutton AC                  |
| 381 | 0:59:18 | 535 | John Hughes         | M   |     | Roberttown Road Runners              |
| 382 | 0:59:28 | 515 | Philip Pennill      | M   |     | Quays Running Club                   |
| 383 | 0:59:35 | 707 | Ritchie Gerry       | M   |     | Sunderland Strollers                 |
| 384 | 0:59:36 | 764 | James Tarran        | M   |     | Valley Striders AC                   |
| 385 | 0:59:37 | 727 | Jacob Fletcher      | M   |     | Trafford Athletic Club               |
| 386 | 0:59:42 | 770 | Mark Mills          | M   |     | Wakefield District H & AC            |
| 387 | 0:59:45 | 166 | Jonathan Hemingway  | M   |     | Eden Runners                         |
| 388 | 0:59:46 | 326 | Andrew McGlone      | M   |     | Kirkby Milers AC                     |
| 389 | 0:59:49 | 677 | Malcolm Baggaley    | M   |     | Steel City Striders Rc               |
| 390 | 0:59:52 | 534 | Jonathan Boote      | M   |     | Roberttown Road Runners              |
| 391 | 0:59:53 | 662 | Miles Weston        | M   |     | South Shields Harriers & AC          |
| 392 | 1:00:02 | 200 | David Dawson        | M   |     | Gateshead Harriers & AC              |
| 393 | 1:00:06 | 245 | James Strutt        | M   |     | Harrogate Harriers & AC              |
| 394 | 1:00:08 | 244 | Paul Stockburn      | M   |     | Harrogate Harriers & AC              |
| 395 | 1:00:09 | 815 | V Salazar           | M   |     | Wirral AC                            |
| 396 | 1:00:12 | 29  | Paul Lemmon         | M   |     | Bingley Harriers & AC                |
| 397 | 1:00:14 | 733 | James Osborne       | M   |     | Trawden Athletic Club                |
| 398 | 1:00:17 | 136 | Alan Cook           | M   |     | Derwentside AC                       |
| 399 | 1:00:17 | 425 | Danny Wade          | M   |     | Low Fell Rc                          |
| 400 | 1:00:20 | 747 | John Tollitt        | M   |     | Tyne Bridge Harriers                 |
| 401 | 1:00:22 | 673 | Ian Roberts         | M   |     | St Helens Sutton AC                  |
| 402 | 1:00:24 | 169 | Simon Allen         | M   |     | Elswick Harriers                     |
| 403 | 1:00:26 | 188 | Allan Renwick       | M   |     | Elvet Striders                       |
| 404 | 1:00:28 | 508 | Benjamin Read       | M   |     | Preston Harriers                     |
| 405 | 1:00:29 | 284 | David Gribben       | M   |     | Houghton Harriers & AC               |
| 406 | 1:00:31 | 173 | Peter Sloan         | M   |     | Elswick Harriers                     |
| 407 | 1:00:32 | 808 | Stuart Towns        | M   |     | Wigan & District H & AC              |
| 408 | 1:00:35 | 563 | John McCarthy       | M   |     | Rothwell Harriers & AC               |
| 409 | 1:00:35 | 176 | Michael Barlow      | M   |     | Elvet Striders                       |
| 410 | 1:00:37 | 300 | Peter Dodd          | M   |     | Jarrow & Hebburn AC                  |
| 411 | 1:00:39 | 595 | Glenn Savage        | M   |     | Sale Harriers Manchester             |
| 412 | 1:00:40 | 132 | Kevin Wilson        | M   |     | Darlington H & AC                    |
| 413 | 1:00:40 | 771 | Liam O'Flaherty     | M   |     | Wakefield District H & AC            |
| 414 | 1:00:40 | 484 | Garry Elkington     | M   |     | North Derbyshire Rc                  |
| 415 | 1:00:41 | 164 | Robert Daley        | M   |     | Eden Runners                         |
| 416 | 1:00:47 | 643 | Gareth Irvine       | M   |     | Sheffield Rc                         |
| 417 | 1:00:48 | 117 | Ed Mezzetti         | M   |     | City Of York AC                      |
| 418 | 1:00:55 | 95  | Anthony Hallahan    | M   |     | Bury Athletic Club                   |
| 419 | 1:01:02 | 118 | Michael Raynes      | M   |     | City Of York AC                      |
| 420 | 1:01:08 | 446 | Peter Wilmot        | M   |     | Matlock Athletic Club                |

# Senior Men

25 January 2020

| Pos | Time    | No  | Name              | M/F | Cat | Club                                 |
|-----|---------|-----|-------------------|-----|-----|--------------------------------------|
| 421 | 1:01:10 | 507 | Kevin Hesketh     | M   |     | Preston Harriers                     |
| 422 | 1:01:13 | 526 | Liam Fletcher     | M   |     | Richmond & Zetland Harriers          |
| 423 | 1:01:14 | 633 | Richard Knight    | M   |     | Salford Metropolitan AC              |
| 424 | 1:01:14 | 482 | Wayne Church      | M   |     | North Derbyshire Rc                  |
| 425 | 1:01:23 | 78  | Steve Dobby       | M   |     | Blyth Running Club                   |
| 426 | 1:01:38 | 321 | Gary Fisher       | M   |     | Kirkby Milers AC                     |
| 427 | 1:01:40 | 437 | Neil Ryan         | M   |     | Manchester Harriers & AC             |
| 428 | 1:01:42 | 787 | Andrew Carter     | M   |     | West Cheshire Athletic Club          |
| 429 | 1:01:42 | 790 | Nils Linstrum     | M   |     | Wetherby Runners AC                  |
| 430 | 1:01:46 | 165 | David Dicks       | M   |     | Eden Runners                         |
| 431 | 1:01:48 | 720 | Peter Sissons     | M   |     | Sunderland Strollers                 |
| 432 | 1:01:48 | 479 | Nigel Scaife      | M   |     | Nidd Valley Road Runners             |
| 433 | 1:01:48 | 638 | Christopher Payne | M   |     | Scunthorpe & District AC             |
| 434 | 1:01:51 | 290 | Robert Budding    | M   |     | Ilkley Harriers AC                   |
| 435 | 1:01:56 | 569 | Marcus Moss       | M   |     | Roundhay Runners                     |
| 436 | 1:01:58 | 249 | Alexander Cook    | M   |     | Heaton Harriers & AC                 |
| 437 | 1:01:59 | 636 | Daniel Sate       | M   |     | Salford Metropolitan AC              |
| 438 | 1:02:00 | 240 | Adam Prentis      | M   |     | Harrogate Harriers & AC              |
| 439 | 1:02:01 | 632 | David Hughes      | M   |     | Salford Metropolitan AC              |
| 440 | 1:02:03 | 246 | Richard Willis    | M   |     | Harrogate Harriers & AC              |
| 441 | 1:02:04 | 207 | Stephen Boddy     | M   |     | Gosforth Harriers & AC               |
| 442 | 1:02:05 | 683 | Stuart Jones      | M   |     | Steel City Striders Rc               |
| 443 | 1:02:06 | 237 | Geoff King        | M   |     | Harrogate Harriers & AC              |
| 444 | 1:02:12 | 451 | Lewis Bournier    | M   |     | Middlesbrough & Cleveland Harriers   |
| 445 | 1:02:13 | 252 | Philip Green      | M   |     | Heaton Harriers & AC                 |
| 446 | 1:02:16 | 678 | Andy Buck         | M   |     | Steel City Striders Rc               |
| 447 | 1:02:18 | 562 | Hadrian Knight    | M   |     | Rothwell Harriers & AC               |
| 448 | 1:02:20 | 621 | Phillip Quibell   | M   |     | Salford Harriers & AC                |
| 449 | 1:02:27 | 820 | Pete Downes       | M   |     | York Knavesmire Harriers             |
| 450 | 1:02:31 | 560 | Stephen Firth     | M   |     | Rothwell Harriers & AC               |
| 451 | 1:02:32 | 178 | Geoff Davis       | M   |     | Elvet Striders                       |
| 452 | 1:02:36 | 328 | Daniel McKeivitt  | M   |     | Kirkby Milers AC                     |
| 453 | 1:02:43 | 187 | Robin Parsons     | M   |     | Elvet Striders                       |
| 454 | 1:02:45 | 36  | Lee Drummond      | M   |     | Birtley AC                           |
| 455 | 1:02:49 | 338 | Allan Sumner      | M   |     | Lancaster & Morecambe AC             |
| 456 | 1:02:49 | 492 | Graham Hall       | M   |     | North Shields Polytechnic Club       |
| 457 | 1:02:50 | 817 | David Lancaster   | M   |     | York ACorn Running Club              |
| 458 | 1:02:56 | 81  | Craig Harmon      | M   |     | Blyth Running Club                   |
| 459 | 1:02:56 | 723 | Dale Wilkinson    | M   |     | Sunderland Harriers & AC             |
| 460 | 1:03:01 | 111 | Alex Boynton      | M   |     | City Of York AC                      |
| 461 | 1:03:10 | 533 | Paul Simpson      | M   |     | Richmond & Zetland Harriers          |
| 462 | 1:03:12 | 292 | Stephen Coy       | M   |     | Ilkley Harriers AC                   |
| 463 | 1:03:12 | 829 | Brian McStravick  | M   |     | York Knavesmire Harriers             |
| 464 | 1:03:12 | 380 | David Pollitt     | M   |     | Leigh Harriers & AC                  |
| 465 | 1:03:16 | 448 | Gordon Baird      | M   |     | Middlesbrough & Cleveland Harriers   |
| 466 | 1:03:20 | 116 | Peter Hanson      | M   |     | City Of York AC                      |
| 467 | 1:03:24 | 77  | Nic Crofts        | M   |     | Blyth Running Club                   |
| 468 | 1:03:25 | 679 | Nick Burns        | M   |     | Steel City Striders Rc               |
| 469 | 1:03:32 | 736 | Graeme Carr       | M   |     | Tyne Bridge Harriers                 |
| 470 | 1:03:33 | 156 | Derek Hughes      | M   |     | East Cheshire Harriers & Tameside AC |
| 471 | 1:03:34 | 286 | Shaun McGrath     | M   |     | Houghton Harriers & AC               |
| 472 | 1:03:41 | 280 | Alex Docherty     | M   |     | Houghton Harriers & AC               |
| 473 | 1:03:46 | 826 | Rory Henderson    | M   |     | York Knavesmire Harriers             |
| 474 | 1:03:53 | 520 | Karl Holmes       | M   |     | Queensbury Running Club              |
| 475 | 1:03:54 | 143 | Adam Thompson     | M   |     | Doncaster Athletic Club              |
| 476 | 1:03:55 | 319 | Lee Weatherall    | M   |     | Kimberworth Striders                 |
| 477 | 1:04:12 | 416 | Simon Crook       | M   |     | Longwood Harriers AC                 |
| 478 | 1:04:14 | 438 | Chris Sewart      | M   |     | Manchester Harriers & AC             |
| 479 | 1:04:17 | 694 | Tony Allinson     | M   |     | Sunderland Harriers & AC             |
| 480 | 1:04:21 | 277 | Richard O'Reilly  | M   |     | Horwich R M I Harriers               |
| 481 | 1:04:21 | 689 | Ian Stinson       | M   |     | Steel City Striders Rc               |
| 482 | 1:04:22 | 772 | Ian Shipley       | M   |     | Wakefield District H & AC            |
| 483 | 1:04:28 | 330 | Nick Morton       | M   |     | Kirkby Milers AC                     |
| 484 | 1:04:29 | 279 | Mark Seddon       | M   |     | Horwich R M I Harriers               |
| 485 | 1:04:36 | 66  | Brian Anderson    | M   |     | Blackhill Bounders                   |
| 486 | 1:04:36 | 322 | Adam Fitzsimmons  | M   |     | Kirkby Milers AC                     |
| 487 | 1:04:37 | 452 | Michael Good      | M   |     | Middlesbrough & Cleveland Harriers   |
| 488 | 1:04:38 | 248 | Thomas Bell       | M   |     | Heaton Harriers & AC                 |
| 489 | 1:04:41 | 657 | Lee Hetherington  | M   |     | South Shields Harriers & AC          |
| 490 | 1:04:48 | 336 | Graham Hodgson    | M   |     | Lancaster & Morecambe AC             |

# Senior Men

25 January 2020

| Pos | Time    | No  | Name               | M/F | Cat | Club                             |
|-----|---------|-----|--------------------|-----|-----|----------------------------------|
| 491 | 1:04:49 | 431 | Neil Pettie        | M   |     | Macclesfield Harriers & AC       |
| 492 | 1:04:50 | 634 | Girish Patel       | M   |     | Salford Metropolitan AC          |
| 493 | 1:04:51 | 192 | Edward Husband     | M   |     | Fitmums And Friends              |
| 494 | 1:05:10 | 698 | Richard Barker     | M   |     | Sunderland Strollers             |
| 495 | 1:05:17 | 432 | Oscar Trevena      | M   |     | Macclesfield Harriers & AC       |
| 496 | 1:05:33 | 725 | Mark Buskwood      | M   |     | Totley AC                        |
| 497 | 1:05:35 | 242 | Nathan Smith       | M   |     | Harrogate Harriers & AC          |
| 498 | 1:05:45 | 470 | David Aspin        | M   |     | New Marske Harriers Club         |
| 499 | 1:05:51 | 631 | Paul Gee           | M   |     | Salford Metropolitan AC          |
| 500 | 1:05:56 | 334 | John McCaffrey     | M   |     | Knowsley Harriers                |
| 501 | 1:06:01 | 793 | Sean Wright        | M   |     | Wetherby Runners AC              |
| 502 | 1:06:06 | 434 | Glen Gandy         | M   |     | Manchester Harriers & AC         |
| 503 | 1:06:09 | 494 | Barry Young        | M   |     | North Shields Polytechnic Club   |
| 504 | 1:06:10 | 781 | John Collier       | M   |     | Wesham Road Runners & AC         |
| 505 | 1:06:25 | 247 | Keith Galbraith    | M   |     | Hartlepool Burn Road Harriers    |
| 506 | 1:06:35 | 15  | Michael Pearce     | M   |     | Askern & District Rc             |
| 507 | 1:06:36 | 194 | Neil Thompson      | M   |     | Fitmums And Friends              |
| 508 | 1:06:39 | 652 | Steven Porteous    | M   |     | Skyrac Athletic Club             |
| 509 | 1:06:39 | 734 | Jon Bateman        | M   |     | Tyne Bridge Harriers             |
| 510 | 1:06:40 | 79  | Shaun Dodd         | M   |     | Blyth Running Club               |
| 511 | 1:06:43 | 25  | Bill Belcher       | M   |     | Bingley Harriers & AC            |
| 512 | 1:06:45 | 401 | Andrew Conway      | M   |     | Liverpool Harriers & AC          |
| 513 | 1:06:59 | 140 | Simon Clark        | M   |     | Doncaster Athletic Club          |
| 514 | 1:07:07 | 90  | Richard Anderson   | M   |     | Bury Athletic Club               |
| 515 | 1:07:17 | 172 | Robert Lambert     | M   |     | Elswick Harriers                 |
| 516 | 1:07:24 | 23  | D Van              | M   |     | Beverley Athletic Club           |
| 517 | 1:07:26 | 697 | Shaun Bagley       | M   |     | Sunderland Harriers & AC         |
| 518 | 1:07:26 | 759 | Alan Hutchinson    | M   |     | Valley Striders AC               |
| 519 | 1:07:28 | 251 | David Gilmore      | M   |     | Heaton Harriers & AC             |
| 520 | 1:07:32 | 37  | David Francis      | M   |     | Birtley AC                       |
| 521 | 1:07:42 | 714 | Dean Phillips      | M   |     | Sunderland Harriers & AC         |
| 522 | 1:07:46 | 420 | Colin Hodgson      | M   |     | Low Fell Rc                      |
| 523 | 1:07:50 | 216 | Stephen Fitz-Costa | M   |     | Halifax Harriers & AC            |
| 524 | 1:08:04 | 501 | Robert Chalmers    | M   |     | Pensby Runners                   |
| 525 | 1:08:06 | 327 | Michael McIntyre   | M   |     | Kirkby Milers AC                 |
| 526 | 1:08:14 | 17  | Anthony Bissell    | M   |     | Barnsley Harriers                |
| 527 | 1:08:18 | 76  | Richard Bickerton  | M   |     | Blyth Running Club               |
| 528 | 1:08:23 | 391 | Simon Machin       | M   |     | Lincoln Wellington Athletic Club |
| 529 | 1:08:40 | 830 | Chris Murphy       | M   |     | York Knavesmire Harriers         |
| 530 | 1:08:43 | 514 | Dunn Lee           | M   |     | Quays Running Club               |
| 531 | 1:09:08 | 481 | Steve Bennett      | M   |     | North Derbyshire Rc              |
| 532 | 1:09:20 | 760 | Dinesh Kaulgud     | M   |     | Valley Striders AC               |
| 533 | 1:09:20 | 427 | Daniel Gill        | M   |     | Macclesfield Harriers & AC       |
| 534 | 1:09:26 | 217 | Mark Gaughan       | M   |     | Halifax Harriers & AC            |
| 535 | 1:09:29 | 780 | Martin Bates       | M   |     | Wesham Road Runners & AC         |
| 536 | 1:09:34 | 396 | Francis Ward       | M   |     | Lincoln Wellington Athletic Club |
| 537 | 1:09:50 | 572 | Stu Sklinar        | M   |     | Roundhay Runners                 |
| 538 | 1:09:52 | 13  | Neville Marshall   | M   |     | Askern & District Rc             |
| 539 | 1:09:52 | 701 | Simon Cyhanko      | M   |     | Sunderland Strollers             |
| 540 | 1:10:04 | 379 | Andrew Howarth     | M   |     | Leigh Harriers & AC              |
| 541 | 1:10:09 | 629 | Peter Brown        | M   |     | Salford Metropolitan AC          |
| 542 | 1:10:35 | 324 | Gary Jones         | M   |     | Kirkby Milers AC                 |
| 543 | 1:10:42 | 120 | Martin Brady       | M   |     | Clayton-le-moors Harriers        |
| 544 | 1:10:48 | 75  | Michael Ashby      | M   |     | Blyth Running Club               |
| 545 | 1:11:03 | 34  | Paul Agnew         | M   |     | Birtley AC                       |
| 546 | 1:11:27 | 333 | Daniel Issawi      | M   |     | Knowsley Harriers                |
| 547 | 1:11:46 | 702 | Kris Dawson        | M   |     | Sunderland Strollers             |
| 548 | 1:11:51 | 536 | Daniel Mortimer    | M   |     | Roberttown Road Runners          |
| 549 | 1:12:06 | 189 | Alex Abel          | M   |     | Fitmums And Friends              |
| 550 | 1:12:21 | 517 | Stephen Symons     | M   |     | Quays Running Club               |
| 551 | 1:12:35 | 738 | Paul Colver        | M   |     | Tyne Bridge Harriers             |
| 552 | 1:12:55 | 756 | Steve Dixon        | M   |     | Valley Striders AC               |
| 553 | 1:13:00 | 122 | Craig Eccles       | M   |     | Clayton-le-moors Harriers        |
| 554 | 1:13:25 | 170 | Thomas Hanson      | M   |     | Elswick Harriers                 |
| 555 | 1:13:41 | 121 | Peter Browning     | M   |     | Clayton-le-moors Harriers        |
| 556 | 1:14:16 | 130 | Michael Dolan      | M   |     | Darlington H & AC                |
| 557 | 1:14:21 | 141 | Michael Fells      | M   |     | Doncaster Athletic Club          |
| 558 | 1:14:41 | 129 | Graham Bell        | M   |     | Darlington H & AC                |
| 559 | 1:14:44 | 421 | Steve Irish        | M   |     | Low Fell Rc                      |
| 560 | 1:15:17 | 819 | Calum Cogan        | M   |     | York Knavesmire Harriers         |



## Senior Men

25 January 2020

| Pos | Time    | No  | Name                | M/F | Cat | Club                               |
|-----|---------|-----|---------------------|-----|-----|------------------------------------|
| 561 | 1:15:25 | 190 | Bob Collard         | M   |     | Fitmums And Friends                |
| 562 | 1:15:30 | 478 | Philip Robinson     | M   |     | Nidd Valley Road Runners           |
| 563 | 1:15:42 | 234 | Steven Clegg        | M   |     | Harrogate Harriers & AC            |
| 564 | 1:15:51 | 309 | Mark Walker         | M   |     | Kendal Amateur Athletic Club       |
| 565 | 1:15:58 | 809 | Mike Vose           | M   |     | Wigan & District H & AC            |
| 566 | 1:16:01 | 537 | Gary Talbot         | M   |     | Roberttown Road Runners            |
| 567 | 1:16:04 | 52  | Allan Hartley       | M   |     | Blackburn Harriers & AC            |
| 568 | 1:16:15 | 191 | Andy Coy            | M   |     | Fitmums And Friends                |
| 569 | 1:16:45 | 423 | Scott McWilliams    | M   |     | Low Fell Rc                        |
| 570 | 1:17:19 | 647 | Stephen Tanner      | M   |     | Sheffield Rc                       |
| 571 | 1:17:32 | 639 | Andrew Featherstone | M   |     | Sedgefield Harriers                |
| 572 | 1:18:27 | 357 | Myles Holdsworth    | M   |     | Leeds City Athletic Club           |
| 573 | 1:18:40 | 561 | Keith Hale          | M   |     | Rothwell Harriers & AC             |
| 574 | 1:19:11 | 804 | Jeff Darbyshire     | M   |     | Wigan & District H & AC            |
| 575 | 1:19:31 | 174 | Robert Wilson       | M   |     | Elswick Harriers                   |
| 576 | 1:19:41 | 644 | Neal Matthews       | M   |     | Sheffield Rc                       |
| 577 | 1:20:14 | 16  | Raymond Archer      | M   |     | Barnsley Athletic Club             |
| 578 | 1:20:36 | 785 | Ben Wrigley         | M   |     | Wesham Road Runners & AC           |
| 579 | 1:20:52 | 449 | Trevor Baker        | M   |     | Middlesbrough & Cleveland Harriers |
| 580 | 1:21:14 | 700 | Lee Colman          | M   |     | Sunderland Harriers & AC           |
| 581 | 1:22:08 | 504 | Nigel Pratten       | M   |     | Pensby Runners                     |
| 582 | 1:23:29 | 753 | Colin Rathbone      | M   |     | Vale Royal AC                      |
| 583 | 1:23:46 | 160 | Richard Falkingham  | M   |     | East Hull Harriers & AC            |