				Carding								anniversary waltz								Lordstones Wainstones								Ennerdale								Sedbergh								Thieveley Pike							
				CAT. POSITION								CAT. POSITION								CAT. POSITION								CAT. POSITION								CAT. POSITION								CAT. POSITION							
				men	MV40	MV45	MV50	MV55	MV60	MV65	MV70	men	MV40	MV45	MV50	MV55	MV60	MV65	MV70	men	MV40	MV45	MV50	MV55	MV60	MV65	MV70	men	MV40	MV45	MV50	MV55	MV60	MV65	MV70	men	MV40	MV45	MV50	MV55	MV60	MV65	MV70	men	MV40	MV45	MV50	MV55	MV60	MV65	MV70
Ben	Abdelnoor	Ambleside	m									25																																							
larry	Abel	CFR	M40																																	124	67														
John	Adair	Holmfirth	M50	134	71	40	27													106	62	36	25																												
Russell	Adams	Horwich RMI	m																	43																																
Steve	Adams	Dark Peak	m50									211	118	62	36																																			
ian	Addison	Keswick	m70									404	269	168	111	60	25	9	5																																
John	Aqq	FRA	m45									335	206	116																																				
Dave	Allen	Dark Peak	M40																																	110	59														
Andrew	Anastasi	Glossopdale Harriers	m40									194	106																							150	86														
Dave	Ansell	Dark Peak	M45	65	27	9														68	33	14						51	33	17														60	29	14					
Rick	Ansell	Tring	m45									133	68	27														47	29	13						101	54	31													
James	Archbold	Borrowdale	m40									46	19																																						
Neil	Armitage	Pudsey & Bramley	m									226																																							
George	Arnold	Preston Harriers	m65																	197	145	101	74	43	19	7																										
Roger	Ashby	Sale Harriers Manchester	M60	190	118	77	55	27	10											172	116	73	48	22	6													222	145	101	64	34	10			169	119	78	53	24	7		
Neil	Ashcroft	Ambleside	M	44																																														
Gerry	Ashton	Chepstow Harriers	M50	192	120	79	57																																										
Kieron	Ashworth	Clayton Le moors	M																																	172														
David	Aspden	Dallam	M																									95																					
Lee	Athersmith	Skipton AC	m																	28																														
Barry	Atkinson	Knavesmire H	m45																	90	49	26														156	92	57												
Harry	Atkinson	Bingley	M50	177	107	68	49					374	239	142	89																																		
Peter	Atkinson	York Acorn AC.	m40									213	120							127	79																												
Tim	Austin	Dark Peak	m																	14																														
Jonathan	Aylward	Pudsey & Bramley	m40																	51	22																												
Stuart	Backhouse	Scarborough AC.	m45									223	128							105	61	35						159	116	67																			
Simon	Bailey	Mercia	M	2								118																								4														
Chris.	Balderson	Clayton Le moors	M40																																									53	23						
Mike	Baldwin	Ilkley Harriers	m45									214	121	64						108	64	38																												
Peter	Ball	Shrewsbury AC	m55	111								376	241	144	91	44																																		
Ron	Ball	Shropshire Shufflers	M45	163	95	58																																										
Richard	Ballantine	Keighley & Craven AC	M40																																	203	127													
Steve	Bamber	Preston Harriers	m40									198	108																																				
Mick	Banks	Calder Valley	m50									375	240	143	90																																		
Ben	Bardsley	Borrowdale	M																																	20														
Nick	Barker	Cheshire Hill Racers	m40									270	159																							163	99													
Philip	Barnes	HelsbyRC	m45									354	221	127																																				
Philip	Barnes	Macclesfield H	m45																	159	107	66														185	113	74												
Neil	Barratt	Bingley	m40									317	190																																					
Sam	Barron	Lancaster & Morecambe	M																																	103														
Lawrence	Basham	Ilkley Harriers	M	97																																													
Owen	Bass	DeesideR	m40									216	123																																				
Mike	Bate	Spectrum Striders	M45																																	208	132	88												
Stephen	Batley	Skyrac	m55									377	242	145	92	45																				210	134	90	55	27								
Jon	Batt	Dark Peak	M40	83	40															137	87							107	75							106	57							50	21					
Gavin	Baxter	Holmfirth	m									232																																						
Garry	Beardwood	Helm Hill	M																									147																					
Dai	Bedwell	FRA	m									196																																						
David	Beels	Calder Valley	M50	128	67	36	23					197	107	53	31					99	57	32	24													144	81	49	29											
John	Beetham	Keswick	m									239																																						
Martin	Bell	Borrowdale	m40									183	98																																				
Steve	Bell	Dark Peak	M40	58	22							57	24							53	23															43	14							45	17					
Willie	Bell	CFR	M50	109	53	25	16					102	48	17	11					79	40	19	12					24	11	5	3													98	58	34	25				
Stewart	Bellamy	Mercia	M	103																																													
Richard	Bellaries	Clayton Le moors	M50																									96	67	36	23																	
Matt	Beresford	Kendal AC	M40																									55								76	37												
Mike	Berry	Black Combe	M50																									138	99	54	34																	
Dave	Beston	Calder Valley	m45									321	194	107						166	115	72														198	124	83						158	109	73				
Andrew	Bibby	Todmorden Harriers	m50									299	176	94	53																																		
David	Birch	Keswick	m									62																																						
John	Birchenough	Bolton Harriers	M50	166	98	60	41																																									
Malcolm	Bird	FRA	m60									385	250	151	96	49	17																																
Geoff	Biscomb	Accrington Road Runners	M45																																															
Joe	Blackett	Dark Peak	M40	57	21							27	7							37	15							59	37							21	4												
Jonny	Bland	Borrowdale	M																																															
Irvine	Block	CFR	m50									208	116	60	34					94	53	29	21					78	55	28	17					118	63	37	22											
Francis	Blunt	Northumberland FR	M																																	38														
Barry	Blyth	Macclesfield H	M55	116	56	27	18	8				116	57	21	14	6				81	42	20	13	5																										
Tony	Blythe	Idle AC	M40																																														
Mark	Boardman	Newburgh Nomads	m40									126	64																																				
Brendan	Bolland	Horwich RMI	M	24								17								16																18								22						
Sean	Bolland	Bowland	M	12								158								12																17								14						
Brian	Booth	Radcliffe	m50									350	217	124	75																																		
Pete	Booth	Clayton Le Moors	M55	136	73	42	29	10																				87	63	34	21	5				97	52	29	17	6				94	55	33	24	9		
Robert	Booth	Keswick	m65									311	185	102	59	28	7	1																																
Simon	Booth	Borrowdale	m									3																1								15														
Vinny	Booth	Cheshire Hill Racers	m40									123	62							92	51							67	45							66	28													
Stephen	Bottomley	Pudsey & Bramley	M	19								24								18								16																61						
Mike	Bouldstridge	Mercia	M																																	102								52						
Stuart	Boulton	Todmorden Harriers	M45																																									174	122	81				
Niall	Bourke	Pudsey & Bramley	M																																	93														
Simon	Bourne	Dark Peak	M																																	50														
John	Boyle	Dark Peak	M	46								91								38																														
John	Boyle	CFR	m									140																81								94														
Darrell	Bradbury	Dark Peak	M40	101	49																															78														
Robin	Bradbury	Bingley	M																																														
Andrew	Bradley	CFR	m40									171	90															70	48																				
Martin	Brady	Clayton Le moors	M40																									108	76																				
Peter	Braney	Billingham Marsh H	m70																	192	142	98	71	40	16	5	3																							
Adam	Breaks	Calder Valley	M																									15								57														
Graham	Breeze	Skyrac	M60	175	105	66	47	22	7			275	163	87	48	20	5											150	108	59	39	11	3			140	78	46	26	8	3			124	78	49	35	14	4		
Alan	Brentnall	Pennine Fell Runners	M55	142	75	44	30	11				203	113	57	32	12																				146	82	50	30	11				120	74	45	32	12		
Geoff	Briggs	Pennine Fell Runners	M45	72	30	10						44	18	6														28	14	6														44	16	7				
Paul	Brittleton	Helm Hill	M	64																																														
Vinny	Broderick	Clayton Le moors	M45																																	213	136	92												
Guy	Brook	Eden Runners	m									333																																						
Gordon	Brown	North York Moors AC	m45																	118	72	43																												
Peter	Browning	Clayton Le moors	M45																									101	71	38																			
Tom	Brunt	Holmfirth	m									42																25																						
Allan	Buckley	Keswick	m60									360	227	132	82	38	11																																
Derek	Buckley	WeshamRR	m50									165	87	42	23																					86	45	23	15					88	49	28	19			
Nigel	Bunn	Thames Valley	M40																									27	13																				
Mike	Burchell	Pennine Fell Runners	M	102								284																146								107								79						
Dave	Burdon	Pudsey	m50									347	215	123	74																																		
Michael	Burgess	Tring	M45																																													101	60	36			
Garry	Burnip	North York Moors AC	m40																	140	90																														
Gary	Burns	Fellandale	m									337																																							
Ian	Burrows	Accrington Road Runners	m40									361	228																																					
Graham	Butcher	FRA	m50									392	257	156	100																																			
Ian	Butler	Keswick	m																	42																																
Dick	Byers	Trafford AC	M40																																												95	56				
Gary	Byers	CFR	M40																									62	40																				
Nick	Cable	Dark Peak	M																																	115														
Paul	Cadman	Mercia	m40									93	43																																					
Peter	Calladine	Saddleworth Runners	m50									326	199	110	64																																		
Mhairi	Cameron	Hood Hill Harriers	M																									153																					
Rod	Campbell	Staffs Moorlands AC	m60									384	249	150	95	48	16			180	127	84	58	31	10																										
David	Candeland	FRA	m40									382	247																																						
Barry	Carey	Lincoln Wellington AC	M55																																	212	135	91	56	28										
Kieran	Carr	Clayton Le Moors	M60	114	54	26	17	7	2			142	74	29	17	9	2			91	50	27	19	7	2													81	41	19	11	3	1									
Howard	Chambers	Saddleworth Runners	m40									228	132															112	79																				

| | | |

Michael	Ford	Bingley	M55	176	106	67	48	23																															
Steve	Forster	Preston Harriers	M	160						276																													
John	Fortescue	Abbey Runners	m40													110	65											127	69					106	65				
Mario	Foschi	CFR	M50	151	84	50	34																																
Andrew	Foster	Clayton Le moors	M40																															159	110				
Malcom	Fowler	Cheshire Hill Racers	m40							47	20																							25	7				
Andrew	Fox	Glossopdale Harriers	M50																									112	60	35	20								
Matt	Foxwell	Kendal AC	m							177																													
Andrew	Frame	Bingley	m40							386	251																												
Kevin	Francis	Shrewsbury AC	M40	78	35																																		
Colin	Fray	Cheshire Hill Racers	M45	63	26	8				39	16	4																44	15	5				68	33	16			
Michael	Frost	Clayton Le moors	m50							391	256	155	99																										
Jim	Fulton	Dark Peak	M50																			156	113	64	41														
Karl	Fursley	Black Combe	M																			172																	
Ged	Futter	Aire Valley Runners	M																															161					
Simon	Galloway	Todmorden Harriers	M40																															109	68				
Ed	Gamble	Cheshire Hill Racers	m40							50	21					47	20					22	9					47	16					70	35				
Roy	Gardner	Saddleworth Runners	M40																									171	104										
Steve	Garner	Calder Valley	M50																															155	106	70	49		
Mike	Gibbison	Bowland	M40																															151	102				
David	Gilchrist	Altrincham AC	M40	53	18					53	23					46	19																						
Patric	Gilchrist	Keswick	m55							323	196	108	62	30																									
Robin	Gillespie	Eden Runners	m							259																													
Peter	Gillham	Chorley Harriers	M55																															153	104	68	47	20	
Shaun	Godsman	Todmorden Harriers	M	36						45												54																	
Adam	Godwin	Rossendale	M																															119					
Mark	Goldie	Todmorden Harriers	M	66												59						74												62					
Dan	Golding	Ambleside	M	21						18												14						11											
Brian	Goodison	Abbey Runners	m50							114	56	20	13			60	27	8	6															66	32	15	8		
Ian	Grace	Chorley Harriers	M50																									217	140	96	60								
Mark	Graham	CFR	m45							389	254	153																178	108	69									
Ben	Grant	Harrogate Harriers	m55							117	58	22	15	7		71	36	16	11	4		44	28	12	7	2								54	24	10	6	2	
Ashley	Gray	Shrewsbury AC	M	71																																			
Karl	Gray	Calder Valley	M	17						14																		27						18					
Raymond	Gray	Northumberland FR	m60													171	120	77	51	25	7																		
Peter	Grayson	Black Combe	M50																			149	107	58	38														
Shane	Green	Pudsey & Bramley	m40							188	102																												
Adie	Greenwood	Keighley & Craven AC	m40							285	168																												
Allan	Greenwood	Calder Valley	m40													158	106																	144	95	63			
Ian	Greenwood	Clayton Le moors	m40							75	31																							42	14	5			
Ben	Gregory	Cheshire Hill Racers	M50	122	62	32	21									98	56	31	23									105	56	33	19			90	51	30	21		
Neville	Griffiths	Spectrum Striders	M60	165	97	59	40	17	4							148	98	59	40	15	3	174	127	74	47	16	7	158	94	59	33	13	4	140	92	60	43	18	6
Gary	Gunner	Croft Ambry	M60	194	121	80	58	29	11																														
Paddy	Hagen	Ilkley Harriers	m40													160	108																						
Pete	Hall	CFR	m							174																													
Steve	Hall	FRA	m45							316	189	104																											
Simon	Halliday	Clayton Le moors	M																			109																	
Robert	Halstead	Holmfirth	m45							328	201	112																											
Robert	Hamilton	Ilkley Harriers	M50	100	48	22	14			179	94	46	26																										
Steve	Hammond	Tattenhall Runners	M45	152	85	51				212	119	63				123	75	46										123	66	40									
Jason	Harbour	Clayton Le moors	m							95																													
Neil	Hardiman	Clayton Le moors	m							167																													
Kevin	Harding	Tring	M45	33	9	2				41	17	5				27	10	2				19	7	3				36	11	3				34	11	2			
Quentin	Harding	Bowland	M40	51	16											36	14					66	44					48	17										
Dave	Hargreaves	Chorley Harriers	M55																									183	112	73	42	20							
Ian	Harmer	Pickering AC	m50													156	105	65	43																				
Mark	Harris	Todmorden Harriers	m							234																													
Nick	Harris	Rossendale	M55																			143	103	57	37			137	77	45	25	7							
David	Harrison	Keswick	m60							355	222	128	78	36	10																								
Rhett	Harrison	CFR	m40							94	44											129	92																
Mark	Hartell	Macclesfield H	M40																			26	12																
Craig	Harwood	Macclesfield H	m45	159	92					248	144											140	101					148	84	51									
Andy	Hauser	Holmfirth	M50	42	13	4	1			70	28	8	5			54	24	5	4			50	32	16	10			56	23	10	6			59	28	13	7		
Geoffrey	Haworth	Red Rose Road Runners	M40																															164	114				
Robert	Haworth	Lincoln Wellington AC	M45																									226	149	105									
Keith	Hayden	Ellenborough	m							160																													
Denis	Hearn	Scarborough AC.	m55													161	109	67	44	18																			
Alan	Heaton	Bowland	m50							293	174	92	51															192	119	79	47			137	89	57	41		
Richard	Heelis	Mercia	M50	180	109	70	51																																
Philip	Helliwell	Bingley	M55	172	102	63	44	20																															
W	Helliwell	FRA	m55							327	200	111	65	31																									
Jason	Hemsley	Pudsey & Bramley	M	41						63																													
John	Heneghan	Pudsey & Bramley	M	9						6						6						9						16						3					
Steve	Herington	Hereford Couriers	M55	157	90	56	38	16																															
Tony	Heron	Dark Peak	M	96						136																													
Tony	Hesketh	Horwich RMI	M55	95	46	20	12	4		205	114	58	33	13																				83	44	24	15	6	
Michael	Hetherton	York Acorn AC.	m55													141	91	54	36	11																			
Nick	Hewitt	Bowland	M50	117	57	28	19									96	54	30	22			121	86	47	29			121	65	39	23			112	70	42	29		
Chris	Heys	Horwich RMI	M	84						146						41												41						41					
Graham	Hill	Calder Valley	m40							256	149																							97	57				
Andy	Hilton	York Acorn AC.	m													29																							
Phil	Hinchliffe	BarnsDH	m							152																													
Mike	Hind	Borrowdale	m55							297	175	93	52	23		147	96	57	38	13		115	82	45	27	7		187	114	75	43	21		143	94	62	44	19	
Paul	Hindle	Keighley & Craven AC	M40																			100	70											103	62				
Andrew	Hirst	FRA	m45							278	164	88																											
Robert	Hirst	Clayton Le moors	m55							378	243	146	93	46																									
Geoff	Hodges	Cheshire Hill Racers	m55							236	138	73	41	16																									
Kieran	Hodgson	Holme	m							96																													
Phil	Hodgson	Todmorden Harriers	m50							249	145	77										85	61	33	20									126	80	51	36		
David	Holcroft	Ambleside	m50							185	100	50	28									142	102	56	36														
Darren	Holloway	Ilkeston	m							195																													
Tony	Holme	Cheshire Hill Racers	M55	145	78	46	31	12																															
Ian	Holmes	Bingley	M40	6	1					2	1					4	1					4	1					3	1										
Keith	Holmes	Dark Peak	m50							168	89	44	24			83	44	22	15			60	38	20	13			77	38	16	9			84	45	25	16		
Martin	Holroyd	Borrowdale	M40																									126	68										
Jack	Holt	Clayton Le Moors	M55	82	39	16	9	2		79	34	11	6	1																									
Chris	Hope	Borrowdale	m							43																													
Danny	Hope	Pudsey & Bramley	M	7						8						5												24						5					
John	Hope	Pudsey & Bramley	M55	148	81	47	32	13		266	155	82	45	19																				89	50	29	20	7	
Rob	Hope	Pudsey & Bramley	M	5												2						12						22						1					
Mick	Horn	SettleH	m							294																													
James	Horne	Calder Valley	M																									145											
Nigel	Horney		m45							269	158	84				107	63	37				114	81	44				151	87	53				105	64	38			
Brian	Horrocks	Clayton Le moors	m45							154	80	35				76	39	18										90	49	27									
Andrew	Horsfall	Todmorden Harriers	M40	59	23					90	41					72	37					40	25																
Will	Horsley	Northumberland FR	m													52																							
Geoffrey	Howard	Ilkley Harriers	m60							187	101	51	29	11	3																			107	66	39	27	10	3
Michael	Howard	Radclffe	m45							230	134	70				100	58	33				84	60	32				152	88	54									
Andy	Howie	Pennine Fell Runners	m50							215	122	65	37			119	73	44	29			103	73	40	24									115	71	43	30		
Ernie	Huck	Thirsk & Sowerby	m60													188	137	93	67	37	13																		
Ian	Hughes	Shrewsbury AC	M	52																																			
Matthew	Hulley	Dark Peak	m							204																													
Tony	Hulme	Cheshire Hill Racers	m55							210	117	61	35	14																									
John	Hunt	Dark Peak	m40													11	4					7	2					13	3					33	10				
Ian	Hutchinson	Bowland	M40																									147	83										
Jamie	Hutchinson	Ilkley Harriers	m													89																							
Richard	Hyde	Erewash Valley RC	M40																									154	90										
Paul	Jackson	Chorley Harriers	M40																															136	88				
Peter	Jackson	Wharfedale Harriers	M45																															108	67	40			
Steve	Jackson	Horwich RMI	M50	61	25	7	4			60	26	7	4			44	17	4	3			39	24	9	5									71	36	17	9		
Wayne	Jackson	Ellenborough	m							296																													
Peter	Jagan	Bingley	M55	169	101	62	43	19		279	165	89	49	21								111	78	42	26	6		157	93	58	32	12		128	82	53	38	15	
Bill	James	CFR	m55	198	125	83	61									196	136	92	66	36																			
Michael	James	Shrewsbury AC	M	8																																			
Rob	James	CFR	M50	127	66	35	22			147	76	31	18									71	49	24	15									85	46	26	17		

Christopher	Jamieson	H'Pool Burn Road H.	m45																	190	139	95																														
Phil	Janaway	Macclesfield H	m40									224	129																									116	62														
Ken	Jaquiery	Ilkley Harriers	M40																									163	119																						
Harry	Jarrett	CFR	m50									190	104	52	30																																						
Rob	Jebb	Bingley	M	4								1								1								2								1														
Michael	Jeffrey	Northumberland FR	m40									130	67							86																															
Rigby	Jerram	Kendal AC	m40									247	143																																								
John	Joddrell	Pennine Fell Runners	m50									324	197	109	63																																						
Richard	Joel	Ilkley Harriers	M	107								207																																								
Andrew	Johnson	Keswick	M45																																	219	142	98													
Barry	Johnson	CFR	M65	205	132	90	66	36	16	3									198	141	97	70	39	15	4									220	143	99	62	33	9	2		171	120	79	54	25	8	1	
Mike	Johnson	Bowland	m45									74	30	9														34	19	8						33	9	2						36	12	3					
Paul	Johnson	Ellenborough	M																									165																							
Raymond	Johnson	CFR	m60									365	232	135	84	39	12			187	134	90	64	35	12																										
Steffan	Johnson	CFR	m									272																																								
Alan	Jones	Dark Peak	M60																									176	129	76	48	17	8																		
Graham	Jones	Shrewsbury AC	M50	80	37	15	8																																												
Philip	Jones	Calder Valley	m45																	167	117	74																														
Tim	Jones	Shropshire Shufflers	M40	146	79																																														
Darren	Kay	Horwich RMI	m									16								8																6								4							
Gordon	Kaye	Bingley	m50									394	259	158	102						184	131	88	62														229	151	107	68											
Dennis	Kearns	Bolton Harriers	M60	173	103	64	45	21	6																																										
David	Keeling	Cheshire Hill Racers	M40	147	80							257	150							115	70																95	51								69	34					
Lloyd	Kellett	Keighley & Craven AC	m									83								40																															
Paul	Kelly	Durham Fell Runners	M45	86	41	17						162	84	39																								49	18	6						58	27	12					
Tim	Kelly	Bowland	M45	119	59	30																																												
Mark	Kendall-Lansell	Scarborough AC.	m40																	128	80																														
Brian	Kennedy	SettleH	m45									229	133	69																																						
Triss	Kenny	Skipton AC	M40																																	188	115														
Steve	Kenyon	Horwich RMI	M																																	125														
Ozzy	Kershaw	Saddleworth Runners	M45																									76	53	27																			
James	Kevan	Horwich RMI	MJ																																									38							
Matthew	Kieras	Glossopdale Harriers	M	94																																														
Phil	Killingley	Ranelagh Harriers	M																																	35														
David	Kilpatrick	Macclesfield H	M40	164	96							273	161							134	85																								
John	King	Helm Hill	M55																																	218	141	97	61	32										
David	Kirk	H'Pool Burn Road H.	m55																	164	112	70	46	20																										
David	Kirkland	Alnwick Harriers	m																	20																															
Colin	Knapp	Loftus AC.	m45																	132	84	50																														
Chris	Knox	Keswick	M50																																	194	121	80	48											
Andrew	Laing	North York Moors AC	M45																																	167	102	65													
Roger	Lamb	Mercia	M40	32	8							38	15																																								
Mark	Latham	Bingley	m45									320	193	106																																						
Nick	Lawler	Keswick	m									308																																								
Brian	Leathley	Clayton Le moors	m70									402	267	166	109	58	24	8	4																																
Andrew	Lee	Rossendale	m									262																																								
Christopher	Leigh	Trafford AC	m									51								35																															
Nick	Leigh	Pudsey & Bramley	M																																									16							
Richard	Leonard	Todmorden Harriers	m45									291	173	91														127	90	49														147	98	65					
Eddie	Lesniak	Achille Ratti	M50																																	176	107	68	38											
Andy	Lewis	Shrewsbury AC	M50	162	94	57	39					225	130	68	39																																				
Steve	Libby	North York Moors AC	m45																	136	86	51														161	97	62													
Daren	Lincoln	Croft Ambry	M	193																																														
Aioan	Linskill	Totley AC	M	108																																														
Chris	Little	Northumberland FR	M40																									161	117																						
Robert	Little	Dark Peak	M	14								33																																								
Fraser	Livesey	HowgillH	m40									280	166																																								
Ed	Loffill	Keswick	m									156																																73							
James	Logue	Horwich RMI	m																	21																															
Steve	Long	Tring	m40									113	55															86	62																						
Nick	Lovett	Knavesmire H	m																	77								46																							
Dennis	Lucas	Rochdale	M60																									119	84	46	28	8	2																		
Alan	Lucker	Bowland	M																																	182								117							
Mark	Ludiman	Thirsk & Sowerby	m																	173																															
Chris	Lumb	Kendal AC	M50																									49	31	15	9																				
Stephen	Lumb	Durham Fell Runners	m45									233	136	71																																						
Alistair	MacDonald	Morpeth Harriers	m40																	102	60																														
Stefan	Macina	Pudsey & Bramley	m									49																																								
Graham	Macneil	Cheshire Hill Racers	m40									88	39																																								
David	Makin	Achille Ratti	m45									155	81	36																																						
Tim	Makin	Durham Fell Runners	m40																	126	78																														
Michael	Mallen	Durham Fell Runners	m45									180	95	47																																						
Shaun	Marsden	Dark Peak	m									40								49																															
David	Marsh	Sale Harriers Manchester	MJ																																									67							
John	Marsh	Teviot	m50									351	218	125	76																																						
Charles	Mason	CFR	m40									182	97															75	52																						
Ted	Mason	Wharfedale Harriers	M	34																25																								31							
Dave	Massey	Horwich RMI	m45	39	11							77	32	10																																						
Ken	Maynard	Durham Fell Runners	m45																	64	30	11																														
Graham	McAra	Cheshire Hill Racers	M50	130	69	38	25					159	82	37	20					85	46	24	17					93	65	35	22													87	48	27	18				
Aengus	McCullough	Northumberland FR	m																	61																															
Mike	McDonald	Bowland	m65									401	266	165	108	57	23	7		193	143	99	72	41	17	6																			179	127	86	60	31	12	3	
Andrew	Mcfarlane	Clayton Le moors	M																									141																							
Tom	McGaff	Cheshire Hill Racers	M50	54	17	5	2					32	11	2	2					121	74	45	30					42	26	10	6					55	22	9	5					43	15	6	3				
Mark	McGoldrick	SettleH	m									265																																								
Michael	McLoughlin	Preston Harriers	M50	179	108	69	50																																												
Eddie	Meehan	North York Moors AC	m55																	178	126	83	57	30																										
Brian	Melia	Ilkley Harriers	M40																																	201	125														
Richard	Mellon	Bowland	M	38								71																																								
Jonny	Mellor	Liverpool Harriers	MJ																																									15							
Alex	Menarry	Durham Fell Runners	M70	202	129	87	64	34	15	2	1	340	209	118	69	33	8	2	1	179	121	78	52	26	8	2	1																								
Alan	Metcalf	Preston Harriers	M45																																	119	64	38													
Johan	Meyfroidt	Helm Hill	m									80																																								
James	Midgley	Erewash Valley RC	M																																	170														
M	MikkelsonBarr	Keswick	m									48																																								
Blair	Millen	Westerla	m									277																																								
Allan	Miller	Kendal AC	M45																									73	51	26						104	55	32													
Brian	Miller	Harrogate Harriers	m50																	138	88	52	34																												
Dave	Milliken	Salford	m									58																									37	12														
Bryan	Mills	Tipton Harriers	M	171																																														
Trevor	Milner	FRA	m50									359	226	131	81																					207	131	87	53											
Andrew	Minister	H'Pool Burn Road H.	m																	109																															
Julien	Minshull	Glossopdale Harriers	m45									128	65																							67	29	11													
Barry	Mitchell	Clayton Le moors	M60																																									91	52	31	22	8	2		
Robert	Mitchell	North York Moors AC	M50																									139	100	55	35																				
Jonathan	Moore	Stainland Lions	M	112								145								104								92								84								99							
Nick	Moore	CFR	M45																									169	123	71						204	128	85													
Rick	Moore	Clayton Le moors	M40																																									165	115						
David	Morgan	CFR	m60									373	238	141	88	43	15																																		
Carl	Moriarty	Pennine Fell Runners	M40	120	60																																														
Wayne	Morrison	Todmorden Harriers	m40									341	210																																								
Paul	Morton	Bowland	m																	157																															
Colin	Moses	Bingley	m40									89	40																																								
Andy	Mouncy	HinkleyH	m									107																																								
Ben	Mounsey	Stainland Lions	M																																									10							
Adrian	Muir	Calder Valley	m40									178	93																																								
Steve	Murdoch	Eden Runners	M45																																	108	58	34													
John	Murfin	SettleH	m									157																																								
Alastair	Murray	Horwich RMI	m									110																																								
Craig	Murtagh	CFR	M																									136																							
Alan	Musgrove	H'Pool Burn Road H.	m60																	195	144	100	73	42	18																										
Maurice	Musson	Dark Peak	M55																																	214	137	93	57	29										
David	Naylor	Clayton Le moors	m50									274	162	86	47																																						
Dominic	Naylor	Glossopdale Harriers	m45									200	110	54																																						
Joss	Naylor	CFR	M70																									162	118	68	43	13	5	1	1																

Paul	Neild	Bowland	M																													96									
Dave	Neill	Staffs Moorlands AC	m50	10	2	1					31	10	1	1				9	2	1	1				8	3	1	1		8	2	1	1			8	1	1	1		
Mike	Nelson	Macclesfield H	m								139																			113											
Peter	Newham	Congleton Harriers	M	131																																					
Geoff	Newsam	Clayton Le moors	M55																											179	110	71	40	18							
John	Newsholme	Accrington Road Runners	M																																	170					
David	Newton	Manx Harriers	M50																																	149	100	66	45		
Stephen	Nicholls	Liverpool Harriers	M	141							186																														
Dave	Nichols	Mercia	M55	204	131	89	65	35																																	
Ashley	Nixon	Preston Harriers	m45								263	154	81																												
Ian	Nixon	Pudsey & Bramley	M																											39											
John	Nixon	Borrowdale	M55																						130	93	51	32	9												
Mike	Nolan	Dark Peak	m								106																														
Jamie	Noon	Pudsey & Bramley	M																																	37					
Jeffrey	Norman	Altrincham AC	M60	129	68	37	24	9	3																																
Andy	Normandale	York Acorn AC.	m45															74	38	17																					
Dave	Nuttall	Clayton Le Moors	M40	60	24						64	27						39	16						32	17				63	26					65	31				
John	Nuttall	Clayton Le moors	m60								240	139	74	42	17	4																									
Joseph	Nuttall	Cheshire Hill Racers	M	98							101							67												61											
Mark	Nutter	Clayton-Le-Moors	M50																											87	46	24	16			86	47				
Mick	O'Brien	Low Fell RC.	m55															175	123	80	54	28																			
Dominic	O'Hooley	Otley AC	M																											200											
Steven	O'Keeffe	CFR	m								252														133																
Crawford	Oliphant	Carnethy	m								81																			59											
Andrew	Oliver	MancYMCA	m								245																														
Mark	Ollernshaw	Glossopdale Harriers	M																											62											
Paul	Orton	Southwll	m								218																														
Adam	Osborne	Leeds City AC	M																																	6					
John	Osborne	SettleH	m40								189	103																													
Richard	O'Sullivan	Todmorden Harriers	M45																																	166	116	75			
Duncan	Overton	Keswick	m55								111	54	19	12	5																										
David	Owen	Ambleside	M45	150	83	49					184	99	49																	133	73	42									
David	Owens	Keswick	m50								149	78	33					114	69	42	28				68	46	23	14		99	53	30	18								
Garry	Owens	Northumberland FR	m45								135	70	28																												
Tom	Owens	Mercia	M																											30											
Richard	Paddock	Shropshire Shufflers	M45	199	126	84																																			
John	Page	Todmorden Harriers	M55																																	173	121	80	55	26	
Mike	Palmer	Harrogate Harriers	M45																						154	111	62														
Mike	Park	CFR	M40																						145	105															
David	Parke	Scarborough AC.	m55															170	119	76	50	24								216	139	95	59	31							
Jon	Parker	North York Moors AC	m															135																							
David	Parrish	Achille Ratti	m45								381	246	148																												
Graham	Parton	Shrewsbury AC	M	178																																					
Richard	Pattinson	Pudsey & Bramley	m40								22	5						23	8						29	15				34	10					30	9				
Richard	Patton	Dark Peak	m								65							22							30					46											
Simon	Patton	Dark Peak	m								69																														
Roy	Paul	Salford Harriers & AC	M55																																	154	105	69	48	21	
Graham	Pearce	Ilkley Harriers	m								98																														
Gary	Pearson	Croft Ambry	M	137																																					
Philip	Pearson	Saltwell	m45								129	66	26												63	41	22			75	36	15									
Bill	Pennell	North York Moors AC	m50								343	212	120	71																205	129	86	52								
Wayne	Percival	Ambleside	M45	181	110	71												151	100	61																145	96	64			
Geoff	Pettengell	Macclesfield H	M45	156	89	55																																			
Jeffrey	Pickup	Clayton-Le-Moors	M50																											197	123	82	50			130	83	54	39		
Phil	Pittson	Erewash Valley RC	M55																											143	80	48	28	10							
Peter	Pollitt	CFR	M40	55	19																				38	23															
David	Porter	Keswick	m50								334	205	115	67																											
Jonathan	Powell	Durham City	M																											129											
John	Preston	Keighley & Craven AC	m40								267	156																													
Huw	Price	FRA	m40								322	195																													
Andrew	Primrose	Mercia	M	75																																					
Robert	Pritchard	Skyrac	m50								271	160	85	46																											
Ian	Pudge	Rossendale	m								209																														
Stephen	Pyke	Staffs Moorlands AC	m40								36	13																													
Andy	Quickfall	Newburgh Nomads	m45								261	153	80																												
Michael	Quine	Manx Fell Runners	M40																																	104	63				
Julian	Rank	Holmfirth	M40	68	28						52	22													23	10															
Nick	Ray	Ellenborough	m								254														117																
Chris	Reade	Bowland	M40	70	29						78	33						33	12						56	35				60	25					49	20				
Matt	Reedy	Ambleside	M	69							61																			51											
Pete	Richards	Keswick	M50																											221	144	100	63								
Phillip	Rigby	Helm Hill	M40																						106	74															
Bob	Riley	CFR	m40								137	71																													
James	Riley	Todmorden Harriers	m								253														160																
Michael	Riley	Clayton Le Moors	m40															87	47						94	66															
Mark	Roberts	Borrowdale	m40								19	4																								20	4				
Martin	Roberts	Todmorden Harriers	m45								120	60	24					101	59	34																					
Andrew	Robertshaw	Otley AC	M	31							56							78																							
Andrew	Robinson	Clayton Le moors	M50																											80	40	18	10								
David	Robinson	North York Moors AC	m45															144	94	55																					
Michael	Robinson	Notts	M45																						157	114	65														
Mike	Robinson	Dark Peak	m								54														20																
Kevin	Rogan	Wharfedale Harriers	M45																																	123	77	48			
Howard	Rooms	Ellenborough	M45																						152	110	61														
Sean	Ruane	Eden Runners	m								121																														
John	Rusius	Clayton Le moors	m50								181	96	48	27				113	68	41	27				80	57	29	18		130	71	41	24			110	69	41	28		
Mark	Russel	BoltTri	m								55																														
Phil	Scarf	Calder Valley	M40																											131	72										
Andrew	Schofield	Borrowdale	m								12																			14						23					
Graham	Schofield	Horwich RMI	m50								97	45	14	9				57	25	6	5															47	18	8	4		
Malcolm	Schofield	Altrincham AC	M65	206	133	91	67	37	17	4																															
George	Scott	Pennine Fell Runners	M40																											206	130										
Richard	Scottney	Pennine Fell Runners	M55	149	82	48	33	14			235	137	72	40	15			129	81	48	32	8			137	98	53	33	10												
James	Senior	Bingley	m								86														88																
Nick	Sharp	Ambleside	M																											5											
Rob	Sharratt	Calder Valley	M	138							221							122												168						114					
Andy	Shaw	Holmfirth	M40	40	12						85	37																													
Barry	Shaw	Calder Valley	M40																											128	70										
Chris	Shaw	Clayton Le moors	m40								191	105																								92	53				
Mike	Shaw	North York Moors AC	m55															152	102	63	42	17																			
Paul	Sheard	Pudsey & Bramley	m40															48	21																						
James	Shemilt	York Acorn AC.	m55															139	89	53	35	10																			
Bob	Shepherd	Preston Harriers	M60																											230	152	108	69	37	12						
Ronnie	Sherwood	New Marske H.	m65															165	114	71	47	21	5	1																	
Colin	Shuttleworth	Clayton Le moors	m45								119	59	23																							56	25	11			
Neil	Shuttleworth	Glossopdale Harriers	M60																																	175	123	82	56	27	9
Lee	Siemaszko	Borrowdale	m								11																														
Mike	Simpson	CFR	m55								390	255	154	98	51																										
Andrew	Sinclair	Macclesfield H	m40								358	225																													
Peter	Singleton	Bpool&Fy	m45								268	157	83																												
Andrew	Skelhorn	Macclesfield H	m40								348	216																													
Simon	Skillicorn	Manx Fell Runners	M																																	39					
Conrad	Slack	Keswick	m								339																														
Roger	Slater	Dark Peak	M45																											149	85	52									
Christopher	Smale	Todmorden Harriers	M40	22	4						30	9						24	9						77	54				32	8					21	5				
Aidan	Smith	Otley AC	m								371																														
Andy	Smith	Telford AC	M40	167	99						325	198																													
Anthony	Smith	Ambleside	M	28							34																			45											
Dave	Smith	Pickering AC	m															55																							
Fred	Smith	Saltwell	m45								202	112	56																												
Mark	Smith	Tattenhall Runners	M																											122											
Martin	Smith	Dark Peak	M45																											166	101	64									
Michael	Smith	Bingley	M45																																	139	91	59			
Rob	Smith	Dark Peak	M																											109											
Ron	Smith	Ambleside	M65	200	127	85	62	32	14	1	345	214	122	73	35	9	3																								

Stephen	Smithies	Calder Valley	M																										132											
Paul	Smithson	Keighley & Craven AC	M40																					144	104															
Robin	Smithurst	Black Combe	m45							362	229	133												171	125	72				225	148	104								
Richard	Snowden	Totley AC	M	89						112							103																							
Geoff	Somers	Keswick	m55														169	118	75	49	23									169	103	66	36	15						
Jim	Sommerville	Holmfirth	m55							338	208	117	68	32																										
Chris	Sood	Ludlow Runners	M45	187	116	75																																		
David	Spedding	Keswick	M60	99	47	21	13	5	1	82	35	12	7	2	1		62	28	9	7	1	1	18	6	2	2	1	1	82	42	20	12	4	2	72	37	18	10	3	1
David	Spence	North York Moors AC	m														133																							
John	Spencer	Rotherhm	m40							258	151																													
Tony	Spicer	Rossendale	M50																				128	91	50	31									127	81	52	37		
Kevin	Spilman	Cheltnhm	m40							105	51																													
Roland	Stafford	Mercia	m							67																														
Simon	Stainer	Ambleside	M	13						20																														
Ian	Stainthorpe	Rochdale	M40	143	76																																			
Chris	Standish	Bowland	M																										175											
Ian	Stansfield	Todmorden Harriers	M60																																183	131	90	64	35	16
Charles	Stead	Northumberland FR	M	27						29							30												19											
Chris	Steele	CFR	M	67																									40											
Steve	Steele	CFR	M45																				97	68	37															
Dave	Stephenson	Bingley	m40							241	140																		196											
Les	Stephenson	Keswick	M55																										191	118	78	46	24							
Brian	Stevenson	Pudsey & Bramley	M40																																116	72				
Paul	Stevenson	Pudsey & Bramley	m40														45	18											53	20										
Richie	Stevenson	Manx Fell Runners	M50																																152	103	67	46		
Edmund	Stewart	Preston Harriers	M60																										224	147	103	66	35	11						
Adam	Stockwell	Shrewsbury AC	M	170																																				
Steve	Storey	Dark Peak	m50														111	66	39				72	50	25	16			70	33	13	7			81	42	23	14		
Richard	Stott	Rossendale	M45																										88	47	25									
Paul	Stupples	Newburgh Nomads	m							298																														
Richard	Suddaby	FRA	m40							73	29																													
Darren	Sugden	Stainland Lions	M																										199											
Rod	Sutcliffe	Calder Valley	M50	154	87	53	36										194	135	91	65																				
Michael	Swale	Skyrac	m55							356	223	129	79	37															227	150	106	67	36							
Andy	Symonds	Kendal AC	M																										10											
Trevor	Symonds	North York Moors AC	m50							357	224	130	80										151	109	60	40			202	126	84	51								
Lloyd	Taggart	Dark Peak	M	3						5							3						3						2						2					
Dave	Tait	Dark Peak	M55	106	52	24	15	6		122	61	25	16	8			84	45	23	16	6		58	36	19	12	4		72	34	14	8	2		80	41	22	13	5	
Richard	Tait	Durham Fell Runners	m50							399	264	163	106																											
Tom	Targett	Clayton Le moors	M60																																178	126	85	59	30	11
Chris	Taylor	Mercia	M50	91	44	18	10																110	77	41	25														
Dave	Taylor	Dark Peak	M40	20	3					28	8						15	5											28	6										
John	Taylor	Bowland	m55							302	179	97	56	25															181	111	72	41	19							
Ken	Taylor	Rossendale	M55	93	45	19	11	3		87	38	13	8	3			63	29	10	8	2		52	34	18	11	3		83	43	21	13	5		76	38	19	11	4	
Mark	Taylor	Clayton Le moors	M																																172					
Max	Taylor	HelsbyRC	m							170																														
John	Telfer	Keswick	m45														155	104											159	95	60									
Martin	Terry	Clayton Le moors	M45																										91	50	28									
Gavin	Thomas	Kendal AC	M40	90	43					104	50																													
Nigel	Thomas	Helm Hill	m							287																														
Steven	Thomas	Chorley Harriers	M50																																167	117	76	52		
George	Thompson	Clayton Le moors	m55							342	211	119	70	34			182	129	86	60	32														156	107	71	50	22	
Gordon	Thompson	Preston Harriers	M45	104	50	23																																		
Jim	Thompson	Saltwell	m							244																														
John	Thompson	SkemBoun	m							295																			139											
Neil	Thompson	Keswick	m							282													104																	
Peter	Thompson	Clayton Le moors	m45							370	237	140																												
Shaun	Thompson	Saddleworth Runners	m							153																														
Gary	Thoms	North York Moors AC	M45														142	92											134	74	43									
Jim	Thorn	Headngtn	m40							124	63																													
Alasdair	Thorpe	Thirsk & Sowerby	m45														149	99	60																					
Graeme	Tiffany	Pudsey	m40							227	131																													
Dave	Till	Helm Hill	M45																				134	96	52															
Roger	Tomlin	North York Moors AC	M	50																									117											
Phillip	Tootill	Denby Dale Travellers	M																										228											
Richard	Topliss	Pennine Fell Runners	m							237																			100											
Yiannis	Tridimas	Bowland	M60																										177	109	70	39	17	5						
Dave	Troman	Keswick	m							76																														
Jim	Trueman	Pennine Fell Runners	m40							199	109						97	55																						
Steve	Turk	Shrewsbury AC	M	110																																				
Steve	Turland	Ilkley Harriers	m														73																		63					
Andrew	Turner	Ellenborough	m							264																														
Paul	Tuson	Helm Hill	M45	144	77	45				206	115	59																												
Paul	Twyford	CFR	m50							363	230	134	83																											
Toby	Underwood	Stainland Lions	m							292																			184											
Darren	Unwin	Dark Peak	M	132						169							95																							
Chris	Upson	Westerla	m40							103	49																													
Richard	Vacqueray	Eden Runners	m							125													98																	
Pete	Vale	Mercia	M	23						10							7						5						12						17					
Colin	Valentine	Keswick	M45																										79	39	17									
Edwin	Van-Calster	Swinton Running Club	M40																																160	111				
David	Wade	Mercia	M45	123	63	33																																		
Richard	Wade	Holmfirth	M	188						309																														
Craig	Walker	Calder Valley	m							193																														
Dave	Walker	Glossopdale Harriers	m50														176	124	81	55																				
Dave	Walker	Clayton Le moors	M																				53																	
Peter	Walkington	Horwich RMI	M60																																135	87	56	40	16	5
Mike	Wallis	Clayton Le moors	M45	37	10	3																																		
Martin	Walsh	Lytham	m55							388	253	152	97	50									166	121	70	45	15													
Mike	Walsh	Kendal AC	M55	73	31	11	5	1		100	47	16	10	4			65	31	12	9	3																			
Paul	Walsh	Lytham	m60							397	262	161	104	54	20																									
Wayne	Walsh	Bowland	M45																				175	128	75															
Brian	Walton	Horwich RMI	m50							161	83	38	21				88	48	25	18			83	59	31	19			54	21	8	4								
Leigh	Warburton	Bowland	m45							148	77	32											61	39	21															
Alan	Ward	Dark Peak	M40	25	5												19	7																						
Karl	Ward	Horwich RMI	m							175																														
Peter	Ward	Helm Hill	M																				91																	
Michael	Wardle	Calder Valley	M45																				102	72	39															
Ian	Warhurst	Pennine Fell Runners	M45	121	61	31				144	75	30											82	58	30															
David	Warnaby	Durham Fell Runners	m55														163	111	69	45	19																			
Arthur	Warren	FRA	m55							301	178	96	55	24			145	95	56	37	12								189	116	76	44	22		138	90	58	42	17	
Colin	Waterworth	Horwich RMI	m50														189	138	94	68																				
Rhys	Watkins	Todmorden Harriers	m40							331	203																													
Al	Watson	Holmfirth	m50							260	152	79	44																											
David	Watson	Holmfirth	m							115																														
Stephen	Watson	CFR	m65							396	261	160	103	53	19	5																								
Ali	Welsh	Bowland	M40	115	55					138	72						117	71											71	32					82	43				
Tim	Werrett	Mercia	M	11						9							13												9						7					
Alan	Whelan	Tring	M40	126	65					134	69												168	122																
Peter	Whewell	North York Moors AC	m55							314	188	103	60	29																										
Mark	Whitaker	Keighley & Craven AC	m40							289	171																													
Roger	Whitaker	CFR	M60	183	112	73	52	24	8	304	181	99	58	27	6		154	101	62	41	16	4	158	115	66	42	12	4	209	133	89	54	26	8						
Andrew	White	Hallamsh	m							127																														
David	White	Helm Hill	M																										164											
Martin	White	New Marske H.	m40														186	133																						
Stephen	White	Clayton Le moors	M50																																122	76	47	34		
David	Whitehead	Kendal AC	m45							368	235	138																							168	118	77			
A	Whitelaw	Calder Valley	m40							379	244																													
Tim	Whiteley	FRA	m							349																														
Alex	Whittem	Todmorden Harriers	M	35																															29					
Carl	Whitworth	ECheshH	m40							336	207																													
Mike	Whyatt	Bowland	m40							15	3						10	3					17	5					29	7					26	8				
John	Wieczorek	Accrington Road Runners	M																																96					
Nick	Wigmore	Todmorden Harriers	m							173													126																	
Alan	Wikeley	Thirsk & Sowerby	m60														174	122	79	53	27	9																		

Dave	Wilby	Ilkley Harriers	M	87								72								56																															
Ken	Wilby	Fellandale	M55	191	119	78	56	28				303	180	98	57	26				146	97	58	39	14																											
Tom	Wild	Ambleside	M	49																																															
Pete	Wilkin	Thirsk & Sowerby	M45	139	74	43														58	26	7						43	27	11						69	31	12													
Andy	Wilkins	Glossopdale Harriers	m45									243	142	76																																					
Jeremy	Wilkinson	Calder Valley	m40																	130	82															186															
Robert	Wilkinson	Headngtn	m									283																																							
Shaun	Wilkinson	Keighley & Craven AC	M40																																									48	19						
Trevor	Wilkinson	CFR	m40									288	170															135	97																						
Alan	Williams	Altrincham AC	m45									383	248	149																																					
Gavin	Williams	Dark Peak	M40	88	42																																														
James	Williams	Calder Valley	M																																									75							
Mark	Williams	Pennine Fell Runners	M40	77	34															80	41															74	35														
Morgan	Williams	Ilkley Harriers	M40	158	91							222	127																																						
Colin	Williamson	Shropshire Shufflers	M60	184	113	74	53	25	9																																										
David	Wilson	Bowland	m40									251	147																																						
David	Wilson	Todmorden Harriers	m50									332	204	114	66																																				
Michael	Wilson	Pickering AC	m45																	153	103	64																												
Tony	Wimbush	Idle AC	M55																																	174	106	67	37	16											
Jeff	Winder	Calder Valley	m55									164	86	41	22	10																																			
Jackie	Winn	CFR	m55	76	33	13	6													82	43	21	14					31	16	7	4					52	19	7	3	1				51	22	9	5	1			
Phillip	Winskill	Dark Peak	M	15																26																															
Eddie	Winslow	Ilkley Harriers	M																									105																							
Ian	Winterburn	Dark Peak	m40									306	183																															134	86						
Andrew	Wood	Bingley	m									192																																							
David	Wood	North Flyde AC	M55	189	117	76	54	26				380	245	147	94	47												118	83																						
Frank	Wood	Horwich RMI	m60									398	263	162	105	55	21																																
Martin	Wood	CFR	m45									242	141	75														155	112	63																					
Paul	Wood	Ilkley Harriers	M40	185	114																																														
Patrick	Wooddisse	Thames Valley	M	85																																															
Duncan	Woods	North York Moors AC	m40									255	148							125	77																														
Neil	Worswick	Clayton Le moors	m									131																																							
Andrew	Wrench	Todmorden Harriers	M40	30	7							37	14							17	6							65	43							65	27							24	6						
Andrew	Wright	Mercia	M40	26	6							26	6							34	13							64	42																						
Jon	Wright	Todmorden Harriers	M	29								132								50								45								31								35							
Paul	Wright	Helm Hill	M40																									120	85																						
Simon	Wright	Bingley	M40																																									146	97						
John	Yandell	Mercia	M60	195	122	81	59	30	12																																									
Andrew	Yapp	Mercia	M40	43	14																																														
Mark	Yearsley	CFR	m45									307	184	101														113	80	43																					
Allan	Yeomans	Rossendale	m40									318	191																																						