

<u>YEAR</u>	<u>POS'N</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>
1977	200	ABBOT, S	U	2-10-32
1979	346	ABBOTT, Steven J	U	2-26-19
1968	139	ABERDEEN, John H	Aberdeen Uni	2-28-42
1990	385	ABLITT, John D	Ambleside	1-53-45
1988	447	ABNETT, P	Greenwich	3-20-50
1998	353	ABRAM, M K	Todmorden	2-34=38
2000	128	ABRAM, Michael	Arran Runners	02-08-54
2003	145	ABRAM, Michael	Arran Runners	02-08-43
2002	123	ABRAM, Michael K	Arran Runners	02-09-18
2002	214	ABRAM, S P	Arran Runners	02-24-32
2003	214	ABRAM, Stephen	Arran Runners	02-22-33
2000	220	ABRAM, Steven	Arran Runners	02-23-58
2001	177	ACKROYD, Dennis	Ilkley Harriers	02-16-52
1974	62	ADAM, R F	Dundee	2-21-51
1989	155	ADAM, V	HM Forces	2-18-29
1988	207	ADAM, V	U	2-10-16
1978	55	ADAMS, A	Dumbarton	1-43-29
1976	100	ADAMS, A	Dumbarton	1-50-10
1979	163	ADAMS, Alan	Dumbarton	1-42-50
1977	90	ADAMS, Allan	Dumbarton	1-45-35
1982	123	ADAMS, Allan	Dumbarton	1-45-52
1981	140	ADAMS, Allan	Dumbarton	1-40-07
1972	55	ADAMS, Bruce P	Royal Navy	2-48-07
1989	163	ADAMS, K	Livingston	1-56-37
1988	216	ADAMS, K	U	1-53-53
1969	57	ADAMS, Robert F	Royal Marine Res	2-25-26
1971	69	ADAMS, Robert F	Royal Marine Res	2-20-13
1970	59	ADAMSON, Andrew J	Scottish Police College	2-46-54
1987	216	ADAMSON, R	Bingley	2-27-11
1988	226	ADAMSON, R	Bingley	2-39-50
1977	93	ADDIS, A	Invicta	1-51-02
1992	175	ADDISON, Michael	Clayton	1-54-20
1991	184	ADDISON, Michael	Clayton	2-00-08
1992	176	ADDISON, Shaun	Clayton	1-56-32
1991	187	ADDISON, Shaun	Clayton	2-13-27

1998	185 ADDY, Jonathan	Pudsey & B	2-19-36
2002	248 AGG, John	Radcliffe AC	02-30-27
2001	263 AGG, John	Radcliffe AC	02-33-06
2000	270 AGG, John	Radcliffe AC	02-31-10
1999	285 AGG, John	Radcliffe	2-33-56
1991	263 AIKMAN, Stuart	Penicuik	2-22-52
1989	265 AIRD, W	Inverness	2-42-23
1987	317 AIRD, W	Inverness Jog	2-20-35
2000	143 AIREY, Jonathan	Bingley Harriers & AC	02-10-28
1999	160 AIREY, Jonathan	Keighley & C	2-09-37
2001	183 AIREY, Jonathan	Bingley Harriers & AC	02-18-58
2002	341 AIREY, Jonathan	Bingley Harriers & AC	03-01-06
2003	346 AITKEN, Morag	Lochaber Athletic Club	02-50-49
2002	329 AITKEN, Morag P	Lochaber AC	02-53-46
1979	311 AIZPURIETIS, John	Tynedale	2-33-46
1979	313 ALEXANDER, D	U	3-02-29
1985	389 ALLAN, C C	U	2-13-02
1988	390 ALLAN, T	Loudoun	2-24-33
1989	336 ALLCOCK, D	Kippax	2-30-21
1990	318 ALLCOCK, David	Kippax	2-30-19
1989	337 ALLCOCK, M	Kippax	1-52-29
1990	320 ALLCOCK, Michael A	Kippax	1-50-39
1971	126 ALLEMANO, Ralph	London School of E	2-28-19
1974	163 ALLEMANO, Ralph	London School of E	2-23-50
1977	182 ALLEMANO, Ralph	London School of E	2-06-02
1976	183 ALLEMANO, Ralph	London School of E	2-09-27
1982	257 ALLEMANO, Ralph	Highgate	1-59-15
1983	269 ALLEMANO, Ralph	Highgate	1-58-57
1994	296 ALLEMANO, Ralph	Highgate	3-01-58
1993	312 ALLEMANO, Ralph	Highgate	2-56-20
1979	321 ALLEMANO, Ralph	London School of E	2-03-43
1984	325 ALLEMANO, Ralph	Highgate	2-05-25
1992	327 ALLEMANO, Ralph	Highgate	2-46-42
1998	329 ALLEMANO, Ralph	Highgate	3-17-02
1991	336 ALLEMANO, Ralph	Highgate	2-43-23
1990	338 ALLEMANO, Ralph	Highgate	2-40-22

1989	345 ALLEMANO, Ralph	Highgate	2-25-23
1996	348 ALLEMANO, Ralph	Highgate	3-06-11
2003	373 ALLEMANO, Ralph	Highgate Harriers	03-28-31
1987	400 ALLEMANO, Ralph	Highgate	2-23-26
1985	402 ALLEMANO, Ralph	Highgate	2-16-58
1988	428 ALLEMANO, Ralph	Highgate	3-01-13
1986	467 ALLEMANO, Ralph	Green Man	2-29-39
1977	197 ALLEN, D	Naval Air	2-06-17
1976	206 ALLEN, M	Aberystwyth	1-53-17
1978	119 ALLEN, M P	Crawley	1-53-26
1975	169 ALLEN, M P	Crawley	2-09-02
1977	199 ALLEN, M P	Crawley	1-53-16
1979	341 ALLEN, Martin P	Southport	2-11-31
1989	376 ALLEN, R	Aberdeen	2-08-02
1985	429 ALLEN, R	U	2-01-42
1990	79 ALLEN, R F	Aberdeen	2-05-26
1994	84 ALLEN, R F	Aberdeen	2-15-49
2000	84 ALLEN, R F	Cosmic Hillbashers	02-02-08
1997	88 ALLEN, R F	Cosmic	2-11-27
1986	107 ALLEN, R F	Aberdeen	2-04-40
1999	374 ALLEN, R F	Cosmic	1-57-05
1991	82 ALLEN, Rick	Aberdeen	2-32-37
2003	164 ALLISON, Bob	Fife AC	02-12-31
1979	146 ALLISON, John A	U	3-34-33
2002	232 ALLISON, Robert	Fife AC	02-28-03
2001	138 ALLSOP, David	Arran Runners	02-10-30
2000	58 ALLSOP, David B	Penicuik Harriers	01-55-57
2000	22 ALLSOP, Gordon	Arran Runners	01-48-05
1995	22 ALLSOPP, G	Swaledale	1-50-30
1997	24 ALLSOPP, G	Swaledale	2-03-28
1996	25 ALLSOPP, G	Swaledale	2-04-25
1999	33 ALLSOPP, G	Settle	1-58-40
1983	13 ALLUM, Jennifer M	Clayton	2-48-26
1977	14 ALLUM, Richard L	Clayton	2-07-25
1983	16 ALLUM, Richard L	Clayton	2-50-11
1989	17 ALLWOOD, T	Clayton	2-05-52

1967	6 ALMOND, John	16th Para	2-15-36
2001	57 AMBLER, Tracey	Ilkley Harriers	01-54-36
1989	41 AMOUR, D	Inverness	1-56-43
1993	52 AMOUR, Dick	Highland	1-59-11
1991	53 AMOUR, Dick	Carnethy	1-57-01
1992	54 AMOUR, Dick	Highland	1-54-43
1987	55 AMOUR, Dick	Inverness	1-53-24
1990	59 AMOUR, Dick	Scottish Veteran	1-54-49
1986	71 AMOUR, Dick	Inverness	1-48-04
1994	129 AMOUR, Dick	Highland	2-11-09
2000	137 AMOUR, Dick	Highland Hill Runners	02-10-08
1985	159 AMOUR, Dick	SHRA	1-55-55
1995	140 ANDERSON, Adam	Solway	1-56-10
1998	140 ANDERSON, Adam	Solway	1-54-07
1998	145 ANDERSON, Adam	Solway	2-39-30
2002	269 ANDERSON, Adam	Solway RC	02-35-13
2001	49 ANDERSON, Adam M	Solway RC	01-53-15
1993	13 ANDERSON, Callum	Lochaber	1-55-04
1994	13 ANDERSON, Callum	Lochaber	1-42-49
2003	13 ANDERSON, Callum	Lochaber Athletic Club	01-42-39
1972	7 ANDERSON, D	RAF Chivenor	3-07-37
1978	8 ANDERSON, D L	Bingley	1-54-51
1972	8 ANDERSON, David L	Bingley	1-56-09
1985	13 ANDERSON, F	Cumberland	1-49-23
1986	20 ANDERSON, F	Cumberland	1-43-29
1987	20 ANDERSON, Gay	Lochaber	2-31-34
1986	24 ANDERSON, H M	Lochaber	2-31-20
1974	7 ANDERSON, J	Lochaber	2-08-55
1975	10 ANDERSON, J	Lochaber	2-02-54
1976	11 ANDERSON, J	Lochaber	1-56-03
1998	31 ANDERSON, Joanne	Carnethy	2-39-17
1973	12 ANDERSON, John	Kinlochleven	2-04-05
1979	28 ANDERSON, John	Kinlochleven	2-22-58
1996	28 ANDERSON, John	Tayvallich	2-30-00
1996	29 ANDERSON, John	Lochaber	3-15-23
1997	28 ANDERSON, Julie	Lochaber	2-02-15

1993	112 ANDERSON, Julie	Lochaber	2-11-42
1994	116 ANDERSON, Julie	Lochaber	2-18-16
1995	120 ANDERSON, Julie	Lochaber	2-16-11
1996	121 ANDERSON, Julie	Lochaber	2-15-51
2001	121 ANDERSON, Julie	Lochaber AC	02-07-24
1998	129 ANDERSON, Julie	Lochaber	3-15-23
1999	133 ANDERSON, Julie	Lochaber	2-08-42
1989	1 ANDERSON, Keith	Ambleside	1-27-41
1988	2 ANDERSON, Keith	Ambleside	1-34-44
1990	2 ANDERSON, Keith	Ambleside	1-28-58
2002	59 ANDERSON, Laurie	Fife AC	01-58-02
2001	85 ANDERSON, Laurie	Fife AC	02-00-57
1998	93 ANDERSON, Laurie	Fife	2-09-35
2000	94 ANDERSON, Laurie	Fife AC	02-03-13
1999	101 ANDERSON, Laurie	Fife	2-01-16
1995	108 ANDERSON, Laurie	Fife	2-07-57
2003	111 ANDERSON, Laurie	Fife AC	02-03-40
1996	112 ANDERSON, Laurie	Fife	2-20-13
1997	115 ANDERSON, Laurie	Fife	2-17-19
1981	81 ANDERSON, Mike	U	2-28-15
1984	94 ANDERSON, Mike	Lochaber	2-26-46
1987	120 ANDERSON, Mrs D	U	3-01-10
1985	126 ANDERSON, R G	U	1-58-56
1986	154 ANDERSON, R G	Rannoch School	1-59-37
1981	88 ANDERSON, Robert	Cambuslang	1-43-28
1992	112 ANDERSON, Robert G	Lochaber	2-05-15
1991	113 ANDERSON, Robert G	Scottish Schools	2-20-33
1981	90 ANDERSON, Russell	Bellahouston	2-14-52
1995	117 ANDERTON, Mark	Todmorden	2-00-50
1992	121 ANDERTON, Mark	Todmorden	2-14-08
1996	123 ANDERTON, Mark	Todmorden	2-08-59
1998	126 ANDERTON, Mark	Todmorden	2-07-18
1999	136 ANDERTON, Mark	Todmorden	2-04-39
1992	122 ANDERTON, Simon	Todmorden	1-48-42
1995	126 ANDERTON, Simon	Todmorden	1-50-42
1998	132 ANDERTON, Simon	Todmorden	2-05-03

1999	142 ANDERTON, Simon	Todmorden	1-54-22
2001	160 ANDERTON, Simon	Todmorden Harriers & AC	02-13-57
1997	156 ANDREA, Hans	Lemgo (Germany)	3-11-54
2003	157 ANDREWS, Ian	South West Road Runners	02-11-13
1998	157 ANKERS, Peter	Todmorden	2-36-29
1999	176 ANKERS, Peter	Todmorden	2-28-00
2000	279 ANKERS, Peter	Todmorden Harriers & AC	02-32-42
2001	292 ANKERS, Peter	Todmorden Harriers & AC	02-37-39
1993	266 ANSELL, Rick	Dark Peak	1-59-26
1970	110 ANSLOW, John F	U	3-00-14
2003	153 APPLEBY, Jonathan	Highland Hill Runners	02-10-38
2000	176 APPLEBY, Jonathan	Highland Hill Runners	02-15-49
2002	176 APPLEBY, Jonathan	Highland Hill Runners	02-17-52
2001	220 APPLEBY, Jonathan	Highland Hill Runners	02-24-47
1999	235 APPLEBY, Jonathan	Highland	2-22-40
1983	167 ARCHER, N C	Ranelagh	2=13-21
1987	252 ARCHIBALD, R	U	2-14-38
1988	269 ARCHIBALD, R	Lochaber	2-42-44
1979	213 ARMITAGE, David J	Aberdeen	1-53-57
2003	91 ARMITSTEAD, John	Otley AC	02-01-11
1994	90 ARMOUR, Allan	East Cheshire	2-43-22
1966	20 ARMOUR, William	Glasgow Police	2-25-52
1969	30 ARMOUR, William	Glasgow Police	2-31-58
1967	29 ARMSTRONG, Christophe	Shettleston	2-24-57
2002	37 ARMSTRONG, David	Northumberland Fell Runners	01-52-51
1999	48 ARMSTRONG, David	Northumberland	1-51-18
1994	51 ARMSTRONG, David	Tynedale	2-16-40
1996	53 ARMSTRONG, David	Tynedale	2-07-57
1997	53 ARMSTRONG, David	Northumberland	1-55-50
2001	55 ARMSTRONG, David	Northumberland Fell Runners	01-54-20
2003	55 ARMSTRONG, David	Northumberland Fellrunners	01-54-38
1995	56 ARMSTRONG, David	Tynedale	2-01-29
1998	60 ARMSTRONG, David	Northumberland	2-03-08
2003	233 ARMSTRONG, Ian	Energy Zone Carnegie	02-25-49
1966	70 ARMSTRONG, James	RAF Leconfield	2-35-55
2001	253 ARMSTRONG, John	Rochdale Harriers & AC	02-30-58

1981	204 ARMSTRONG, Lt R	Royal Marines	2-00-08
1971	95 ARMSTRONG, M	Kendal	2-29-24
1969	97 ARMSTRONG, M H	Kendal	2-36-50
1972	80 ARMSTRONG, Malcolm	Kendal	2-42-10
1970	93 ARMSTRONG, N	Kendal	2-43-01
1987	301 ARRANDALE, R	Calder Valley	2-16-20
1984	248 ARRANDALE, R T	Halifax	2-06-39
1986	347 ARRANDALE, R T	Halifax	2-08-22
1992	247 ARRANDALE, Russell	Calder Valley	2-05-40
1993	237 ARTHUR, Abraham	South London O	2-19-53
1989	254 ARTHURS, J	Empire Runners (USA)	3-13-28
1966	79 ASHMORE, Martin	U	2-13-29
1994	236 ASHTON, David	Todmorden	1-56-50
1993	243 ASHTON, David	Todmorden	2-07-54
1996	272 ASHTON, David	Todmorden	2-32-58
1995	282 ASHTON, David	Todmorden	2-21-00
1994	240 ASHWORTH, Kieron D	Clayton	2-58-42
1997	272 ASHWORTH, Kieron D	Clayton	2-24-21
1996	276 ASHWORTH, Kieron D	Clayton	2-35-23
2002	336 ASHWORTH, Kieron D	Clayton-le-Moors Harriers	02-59-45
1982	256 ASHWORTH, Robert	Rosendale	1-37-13
1984	316 ASHWORTH, Robert	Rosendale	1-34-08
2003	320 ASHWORTH, Kieron	Clayton Le Moors	02-42-40
2003	183 ASKWITH, Richard	Keswick AC	02-15-24
1993	162 ASPEY, Stephen	Denbigh	1-55-14
1992	167 ASPEY, Stephen	Denbigh	2-09-32
1994	171 ASPEY, Stephen	Denbigh	1-57-37
1995	187 ASPEY, Stephen	Denbigh	2-16-48
1978	58 ASPINALL, H	Rosendale	1-48-45
1976	102 ASPINALL, H	Rosendale	3-04-09
1989	164 ASQUITH, D	16 Bn RAOC	2-48-07
1996	183 ASQUITH, Duncan	Skyrac	2-30-07
2000	187 ASQUITH, Duncan	Skyrac AC	02-17-47
1973	71 ASQUITH, Robert	Holmfirth	1-46-11
1991	176 ASTBURY, Tony	South Cheshire	2-41-00
1992	171 ASTLE, Andy	Ambleside	2-19-15

1974	70 ASTLE, R	Ambleside	1-53-53
1970	61 ASTLES, Bob	Bury & R	1-57-55
1978	63 ASTLES, G	Horwich	1-49-26
1971	70 ASTLES, G R	Bury & R	1-50-30
1973	75 ASTLES, G R	South East Lancs O	1-50-34
1977	95 ASTLES, G R	Horwich	1-49-13
1987	220 ASTLES, R	Ambleside	2-11-22
1983	144 ASTLES, Robert G	Horwich	1-51-49
1988	233 ATHERTON, S	Telford	2-15-41
1988	237 ATIENZA, J-M	San Pablo (Spain)	3-50-18
1974	75 ATKINSON, C E	Blackburn	2-00-40
1975	75 ATKINSON, C E	Blackburn	1-56-36
2003	72 ATKINSON, David	Northumberland Fellrunners	01-58-13
1989	54 ATKINSON, Harry	Bingley	1-50-28
1992	67 ATKINSON, Harry	Bingley	2-03-09
1990	70 ATKINSON, Harry	Bingley	1-59-19
1993	72 ATKINSON, Harry	Bingley	2-14-01
1991	74 ATKINSON, Harry	Bingley	2-13-08
1994	74 ATKINSON, Harry	Bingley	2-25-20
1988	80 ATKINSON, Harry	Bingley	1-58-29
1998	83 ATKINSON, Harry	Bingley	2-54-27
1996	84 ATKINSON, Harry	Bingley	2-54-59
1998	89 ATKINSON, Paul	Mercia	2-26-03
1999	96 ATKINSON, Paul	Mercia	2-14-29
2003	193 ATKINSON, Paul	Last Inn Runners	02-18-46
1993	174 ATKINSON, Trevor	Wakefield	3-08-08
1966	48 ATTWELL, Cpl David	16th Para	2-07-43
1997	191 AUCHIE, Malcolm	NACCO	2-35-53
1975	73 AUCHTERLONIE, J C	U	1-55-29
1990	187 AUCHTERLONIE, James	Tayside Police	2-24-22
1998	184 AUNGER, Brennan	Clayton	2-59-20
1997	205 AUSTIN, Patrick	Cambridge	2-29-28
1996	209 AUSTIN, Patrick	Cambridge	2-45-09
2002	211 AUSTIN, Patrick	Cambridge Harriers	02-24-04
1999	231 AUSTIN, Patrick	Cambridge	2-45-15
2000	335 AUSTIN, Patrick	Cambridge Harriers	02-46-37

2001	357 AUSTIN, Patrick	Cambridge Harriers	03-06-04
1982	273 AUSTIN, Raymond P	Stewartry	2-00-20
2003	8 AUSTIN, Tim	Dark Peak Fellrunners	01-36-12
2003	354 AUSTIN,Patrick	Cambridge Harriers	02-57-32
1985	408 AYRTON, P	Bancroft	2-30-55
1987	409 AYRTON, P	Bancroft	2-24-46
1989	356 AYRTON, R	Loughton	2-08-18
1985	410 AYRTON, R	Bancroft	2-01-03
1987	415 AYRTON, R	Bancroft	2-19-56
1982	135 AYRTON, Robert	Loughton	2-25-10
1981	193 AYRTON, Robert	Loughton	2-20-43
2002	198 AYRTON, Robert	Loughton AC	02-23-06
2000	238 AYRTON, Robert	Loughton AC	02-26-35
1998	337 AYRTON, Robert	Loughton	2-21-55
1977	121 BABBIDGE, Gerry	RAF Valley	2-08-30
1981	195 BACK, Terence J	Huntingdon	2-05-53
1998	223 BACKHOUSE, Stuart	Scarborough	1-53-33
1979	229 BADGER, Allan K	Vauxhall	2-23-29
1989	228 BAILEY, A	Pitreavie	2-43-11
1997	244 BAILEY, David P	Clayton	2-47-44
1996	251 BAILEY, David P	Clayton	3-05-34
1995	257 BAILEY, David P	Clayton	2-45-41
1999	268 BAILEY, David P	Clayton	3-04-08
2000	190 BAILEY, Kirsten	Bingley Harriers & AC	02-17-51
1987	213 BAIRD, J	U	2-15-24
1988	223 BAIRD, J	U	2-24-54
2003	306 BAIRD, James	Kilmarnock Harriers	02-38-22
2001	234 BAIRD, James H	Johnnie Walker Kilmarnock H	02-26-58
1998	256 BAIRD, James H	Loudoun	2-45-43
2000	269 BAIRD, James H	Loudoun Runners	02-30-38
1999	286 BAIRD, James H	Loudoun	2-39-36
2002	313 BAIRD, James H	Johnnie Walker Kilmarnock H	02-47-22
1972	96 BAISTOW, Brian	Clayton	1-55-15
1971	115 BAISTOW, Brian	Clayton	1-55-46
1974	151 BAISTOW, Brian	Clayton	1-47-00
1999	322 BAKER, Adam	Calder Valley	2-27-56

1991	175 BAKER, Duncan	Espc	2-24-29
2001	188 BAKER, Duncan	Hunter's Bog Trotters	02-20-05
1969	58 BAKER, J/T P	RAF Leuchars	3-13-29
1970	58 BAKER, P W	RAF Leuchars	2-55-21
1989	168 BAKER, R	Lancaster & M	2-53-25
1987	214 BAKER, R	Lancaster & M	2-23-39
1985	225 BAKER, R	Lancaster & M	2-26-50
1988	225 BAKER, R	Lancaster & M	2-37-36
1986	258 BAKER, R	Lancaster & M	2-27-02
1982	132 BAKER, Reginald	Lancaster & M	2-11-59
1981	153 BAKER, Reginald	Lancaster & M	2-12-01
1984	175 BAKER, Reginald	Lancaster & M	2-22-01
1979	177 BAKER, Reginald	Lancaster & M	2-25-41
1993	180 BAKER, Reginald	Lancaster & M	2-38-51
1992	183 BAKER, Reginald	Lancaster & M	3-03-18
1994	186 BAKER, Reginald	Lancaster & M	2-54-52
1995	211 BAKER, Reginald	Lancaster & M	3-09-09
1967	67 BAKER, T A	RNA Lossiemouth	2-06-51
1973	82 BAKER, Victor	Chelmsford	2-05-30
1996	204 BALDING, R	RAF Orienteers	2-57-52
1997	202 BALDWIN, Mike	Ilkley	2-05-55
1999	224 BALDWIN, Mike	Ilkley	2-03-32
1999	226 BALFOUR, E	Carnethy	1-57-53
1999	228 BALFOUR, E	Lomond	2-24-10
2001	77 BALFOUR, Eddie	Lomond Hill Runners AC	01-59-41
2000	108 BALFOUR, Scott	Carnethy Hill Running	02-05-17
2003	158 BALFOUR, Eddie	Deeside Runners	02-11-59
1979	141 BALL, Ian	23 SAS	2-12-48
1989	133 BALLANTYNE, A	Kilmarnock	2-15-16
1997	155 BALLANTYNE, Andrew	Kilmarnock	2-24-35
1995	162 BALLANTYNE, Andrew	Kilmarnock	2-24-22
2001	238 BALLANTYNE, Andy	Johnnie Walker Kilmarnock H	02-28-18
2000	260 BALLANTYNE, Andy	Johnnie Walker Kilmarnock H	02-29-37
1984	250 BALMER, Brian	U	2-35-03
1984	251 BALMER, Frank	Kilmarnock	1-56-55
2002	132 BALMFORTH, J C	Bingley Harriers & AC	02-10-07

1997	128 BALMFORTH, Joseph	Bingley	2-10-33
1996	132 BALMFORTH, Joseph	Bingley	2-39-02
1990	127 BALTRUNAS, Vytis	Highlands & I Fire	2-19-57
1989	117 BAMBER, S	Preston	2-12-22
1990	58 BAMBER, Steven	Preston	2-04-50
1991	58 BAMBER, Steven	Preston	2-09-32
2003	61 BAMBER, Steven	Preston Harriers	01-55-20
1979	56 BANKHEAD, M J	U	2-23-16
1981	41 BANKHEAD, Matt J	Edinburgh	2-13-37
1989	44 BANKS, A	Clydesdale	2-01-34
1987	63 BANKS, A	Carnethy	1-59-59
1986	78 BANKS, A	Carnethy	2-01-55
1984	47 BANKS, Alasdair M	Carnethy	2-06-17
1987	68 BANKS, J	Lochaber	2-02-42
1988	76 BANKS, J	Lochaber	2-05-43
1986	88 BANKS, J	Lochaber	1-58-47
1993	65 BANKS, John	Lochaber	2-01-23
1994	70 BANKS, John	Lochaber	2-03-28
1996	72 BANKS, John	Lochaber	2-09-04
1997	72 BANKS, John	Lochaber	2-07-25
1998	79 BANKS, John	Lochaber	2-21-30
1984	169 BANKS, John	U	2-15-26
2001	175 BANKS, John	Lochaber AC	02-15-58
2002	192 BANKS, John	Lochaber AC	02-21-24
1995	193 BANKS, John	Lochaber	2-10-35
2000	286 BANKS, John	Lochaber AC	02-35-08
1971	103 BANKS, John W	Caithness	3-09-23
1977	148 BANKS, L	Invicta	2-03-17
2000	42 BANTON, Lewis	Clowne Road Runners	01-53-16
2001	67 BANTON, Lewis	Clowne Road Runners	01-56-30
1976	32 BARBAR, A	East Cheshire	2-19-56
1976	33 BARBAR, A	RAF Leuchars	2-20-58
1977	31 BARBER, A	East Cheshire	2-00-14
1979	61 BARBER, Alan	East Cheshire	2-03-00
2000	252 BARBER, Geoff	Crook & District AC	02-28-24
2001	267 BARBER, Geoff	Crook & District AC	02-33-40

1993	244 BARBER, Keith	Andover	3-14-37
2002	177 BARCLAY, Scott	Bowland Fell Runners	02-18-01
1992	158 BARCLAY, William	Perth Road	2-52-50
1991	169 BARCLAY, William	Perth Road	3-18-03
1996	174 BARCLAY, William	RAMC	3-10-13
1997	174 BARCLAY, William	RAMC	2-58-35
1995	180 BARCLAY, William	225 Field Ambulance	2-45-05
1977	88 BARCROFT, C	Telford	2-05-59
1989	160 BARDGETT, R	Kendal	2-05-47
2000	292 BARLOW, Bohuslav	Todmorden Harriers & AC	02-36-19
1970	108 BARLOW, John	Sale	1-47-56
1969	115 BARLOW, John	Sale	1-51-44
1982	222 BARLOW, John M	U	2-15-24
1983	224 BARLOW, John M	Lochaber	1-58-32
1981	246 BARLOW, John M	U	2-08-00
1984	277 BARLOW, John M	Lochaber	1-58-27
1989	291 BARLOW, M	Lochaber	2-06-12
1988	347 BARLOW, M	Lochaber	2-00-46
1985	363 BARLOW, M	Lochaber	2-05-41
1986	400 BARLOW, M	Lochaber	2-05-22
1991	290 BARLOW, Peter M	Clayton	2-42-21
1990	283 BARNARD, Steve	Eryri	1-44-40
1990	285 BARNES, Denis	Ambleside	1-53-55
1994	263 BARNES, Gill	Lochaber	2-13-22
1995	326 BARNES, Gill	Lochaber	2-20-05
1986	413 BARNETT, I	Clayton	2-05-48
1994	265 BARNFATHER, Ewan	Teviotdale	2-09-00
1996	312 BARNFATHER, Ewan	Annan	2-25-26
1989	306 BARR, A	Mid Argyll	2-28-01
2001	147 BARR, Andrew	Mid Argyll AC	02-11-21
1991	171 BARR, Andrew	Mid Argyll	2-27-07
2000	181 BARR, Andrew	Mid Argyll AC	02-17-11
1992	137 BARR, Andrew W	Mid Argyll	2-05-44
1990	142 BARR, Andrew W	Mid Argyll	2-18-53
2002	150 BARR, Andrew W	Mid Argyll AC	02-13-00
1993	168 BARR, Andrew W	Mid Argyll	2-08-11

1994	173 BARR, Andrew W	Mid Argyll	2-08-43
1998	176 BARR, Andrew W	Bingley	2-11-46
1997	179 BARR, Andrew W	Mid Argyll	1-59-04
1995	183 BARR, Andrew W	Mid Argyll	2-02-06
1999	196 BARR, Andrew W	Mid Argyll	2-04-39
1979	136 BARR, D	West Yorks Police	2-05-19
2003	219 BARR,Andrew	Mid Argyll AC	02-23-58
1969	77 BARRELL, Gerald V	Edinburgh Uni	2-02-43
1976	124 BARRETT, D	Tooting	2-24-21
1992	207 BARRETT, Alison	Bingley	2-40-33
1990	209 BARRETT, Alison	Bingley	2-24-36
1991	209 BARRETT, Alison	Bingley	2-36-33
1998	210 BARRETT, Andrew	Pudsey & B	2-36-10
1968	70 BARRETT, E W	Ilford	2-50-18
1989	203 BARRETT, N	Bingley	2-23-28
1993	205 BARRETT, Neil	Bingley	2-19-50
1992	210 BARRETT, Neil	Bingley	2-14-14
1990	213 BARRETT, Neil	Bingley	2-05-28
1991	213 BARRETT, Neil	Bingley	2-24-05
2003	302 BARRETT, Neil	Bingley Harriers	02-37-33
1981	251 BARRETT, Trevor	Huntingdon	2-58-55
2000	69 BARRIE, Stewart	Dundee Hawkhill Harriers	01-58-53
1985	67 BARRIS, G	Skyrac	1-51-40
1972	22 BARRON, John	Interlopers O	2-18-32
1985	75 BARRON, P	Keswick	1-34-13
1986	87 BARRON, P	Keswick	1-33-42
1977	34 BARRON, Peter	Keswick	1-39-35
1982	40 BARRON, Peter	Keswick	1-34-06
1983	47 BARRON, Peter	Keswick	1-30-51
1981	51 BARRON, Peter	Keswick	1-34-44
1984	56 BARRON, Peter	Keswick	1-34-15
1979	70 BARRON, Peter	Keswick	1-43-21
2002	316 BARROW, George	Todmorden Harriers & AC	02-48-28
2001	332 BARROW, George	Todmorden Harriers & AC	02-46-52
2000	339 BARROW, George	Todmorden Harriers & AC	02-47-18
1978	116 BARROW, P	Keswick	1-37-49

2003	360 BARROW, George	Todmorden Harriers	03-06-01
1993	1 BARTLETT, Graeme	Forres	1-33-38
1992	3 BARTLETT, Graeme	Forres	1-34-00
1994	3 BARTLETT, Graeme	Forres	1-36-39
1975	3 BARTLEY, J	RNAS Lee-on-Solent	1-46-55
1989	2 BARTON, A	Inverness	2-14-12
1971	6 BASHER, R T	RAF Chivenor	3-06-32
1989	4 BASS, M	Bingley	2-30-43
1987	10 BASS, M	Bingley	2-25-59
1988	10 BASS, M	Bingley	2-21-00
1990	10 BASS, Martin	Bingley	2-18-51
1996	12 BASTOW, Gary	Swaledale	1-56-30
1997	15 BASTOW, Gary	Swaledale	1-50-52
2000	105 BASTOW, Gary	Swaledale AC	02-04-41
1999	113 BASTOW, Gary	Swaledale	2-07-51
1967	32 BATCHELOR, A R	7th Para	2-14-39
1988	117 BATE, B	Carnethy	2-11-33
1979	94 BATES, Jack	Bingley	2-52-16
1972	33 BATES, M E	U	2-15-53
1998	117 BATES, Martin E	Wesham	2-29-58
1990	96 BATES, Nick	Carnethy	2-03-11
1996	115 BATES, Paul	Holmfirth	2-32-50
1998	118 BATES, Paul	Lancaster & M	2-37-18
1997	251 BATES, Paul	Lancaster & M	2-28-44
2003	253 BATES, Paul	Lancaster & Morecambe	02-29-15
2002	270 BATES, Paul	Lancaster & Morecambe AC	02-35-24
1999	276 BATES, Paul	Lancaster & M	2-30-23
1996	278 BATES, Paul	Lancaster & M	2-41-56
2001	302 BATES, Paul	Lancaster & Morecambe AC	02-40-15
2000	343 BATES, Paul	Lancaster & Morecambe AC	02-49-43
1968	122 BATES, Robert	20th Heavy	2-35-17
1985	401 BATESON, P J	Black Combe	1-39-57
1989	346 BATESON, W	Rosendale	2-46-23
1987	398 BATESON, W	Rosendale	2-29-48
1982	266 BATESON, William S	Rosendale	2-28-39
1981	299 BATESON, William S	Rosendale	2-13-26

1979	326 BATESON, William S	Rossendale	2-42-09
1984	332 BATESON, William S	Rossendale	2-30-44
1997	334 BATESON, William S	Rossendale	2-48-00
1996	347 BATLEY, S	Skyrac	2-33-14
1990	336 BATLEY, Stephen	Skyrac	2-03-23
2002	79 BATT, Jon	Buxton & District AC	02-02-06
2002	144 BATT, Liz	Buxton & District AC	02-12-09
1985	164 BATTERBURY, P	Bancroft	2-19-22
2001	299 BAXTER, Andrew	Clayton-le-Moors Harriers	02-39-55
1970	113 BAXTER, Ian W	Scottish Police College	2-35-40
1998	287 BAXTER, Peter	Westerlands	2-20-36
1997	297 BAXTER, Peter	Westerlands	2-10-18
1999	312 BAXTER, Peter	Westerlands	2-07-02
1988	352 BAYLISS, S	Redbridge	2-22-46
2000	40 BEACHELL, Ben	Rhedwyr Eryri Harriers	01-53-08
1989	24 BEAGRIE, J	Lochaber	2-04-56
1987	36 BEAGRIE, J	Lochaber	1-56-58
1988	43 BEAGRIE, J	Lochaber	1-55-47
1986	49 BEAGRIE, J	Lochaber	2-01-35
1991	37 BEAGRIE, Joe	Lochaber	2-08-45
1984	33 BEALBY, Robert	U	1-56-19
1994	41 BEANLAND, Richard	Bingley	2-33-58
1976	24 BEATON, D J	U	2-25-39
1988	55 BEATTY, A	Border	1-49-17
1995	44 BEATY, Andrew	Cumberland	1-46-43
1996	47 BEATY, Andrew	Cumberland	1-58-48
1997	50 BEATY, Andrew	Cumberland	1-49-56
1990	51 BEATY, Andrew	Border	1-48-27
1998	54 BEATY, Andrew	Cumberland	1-55-12
1999	61 BEATY, Andrew	Cumberland	1-46-05
2000	16 BEATY, Andy	Cumberland Fell Runners	01-44-30
2002	29 BEATY, Andy	Cumberland Fell Runners	01-51-53
2003	48 BEATY, Andy	Cumberland Fellrunners	01-53-13
2001	62 BEATY, Andy	Cumberland Fell Runners	01-55-17
2003	56 BEATY, Kate	Cumberland Fellrunners	01-54-52
1998	61 BEATY, Kate	Cumberland	2-09-56

2002	105 BEATY, Kate	Cumberland Fell Runners	02-06-29
1996	106 BEATY, Kate	Cumberland	2-09-30
2001	133 BEATY, Kate	Cumberland Fell Runners	02-09-35
1997	134 BEATY, Kate	Cumberland	2-12-07
2000	134 BEATY, Kate	Cumberland Fell Runners	02-09-32
1995	135 BEATY, Kate	Cumberland	2-08-55
1999	147 BEATY, Kate	Cumberland	2-09-08
1986	182 BEAVAN, J	RNAC	1-55-58
1978	43 BEAVAN, W G	RNAC Yeovilton	1-56-28
1977	69 BEAVAN, W G	Naval Air	1-58-27
1981	104 BEAVAN, W G	Royal Navy	1-51-44
1979	130 BEAVAN, Walter	HMS Bulwark	2-00-51
1987	159 BEAVEN, J	RNAC	2-02-19
1988	172 BEAVEN, W	RNAC Osprey	2-49-54
1997	143 BECCONSALL, Alec	Todmorden	2-36-38
1998	149 BECCONSALL, Alec	Todmorden	2-51-56
1999	164 BECCONSALL, Alec	Todmorden	2-53-32
1996	342 BECCONSALL, Alec	Todmorden	3-14-41
2000	348 BECCONSALL, Alec	Todmorden Harriers & AC	02-51-42
1997	229 BECCONSALL, Sue	Todmorden	2-32-22
2000	229 BECCONSALL, Sue	Todmorden Harriers & AC	02-25-14
1998	326 BECCONSALL, Sue	Todmorden	2-32-24
1999	355 BECCONSALL, Sue	Todmorden	2-18-34
2001	194 BECCONSALL, Sue L	Todmorden Harriers & AC	02-21-18
2001	101 BEECH, John	Hunter's Bog Trotters	02-03-31
2002	63 BEECHER, Michael	Buxton & District AC	01-58-30
1985	60 BEELES, D J	Rochdale	1-44-18
1986	75 BEELS, D	Rochdale	1-40-43
1987	60 BEESLEY, T	U	2-10-01
1983	39 BEGBIE, Alan A	Strathclyde Police	2-00-44
1989	49 BEGG, A	Calderglen	2-43-39
1987	67 BEGG, A	Calderglen	2-52-55
1988	74 BEGG, A	Calderglen	2-41-33
1986	86 BEGG, A	Calderglen	2-42-14
1992	66 BEGG, Alister	Calderglen	2-45-24
1993	66 BEGG, Alister	Calderglen	2-51-01

1994	68 BEGG, Alister	Calderglen	2-37-38
1990	69 BEGG, Alister	Calderglen	2-28-00
1991	73 BEGG, Alister	Calderglen	3-22-25
1995	75 BEGG, Alister	Calderglen	2-44-13
1988	85 BEGLEY, M	Redbridge	2-51-26
1988	86 BELL, D	West Yorks Police	1-52-04
1986	99 BELL, D G	West Yorks Police	1-50-21
1985	85 BELL, D V	Haddington	1-37-25
1986	100 BELL, D V	Haddington	1-36-11
1993	77 BELL, David	Ambleside	2-04-09
1993	141 BELL, David	Dumfries	2-37-19
2003	154 BELL, David	Newcastle AC	02-10-48
1990	145 BELL, David G	Leeds Uni	2-05-41
1995	156 BELL, David L	Morpeth	2-24-46
1992	144 BELL, Denis V	Haddington	1-35-56
1994	143 BELL, Douglas	Bingley	2-00-39
1993	144 BELL, Douglas	Bingley	2-08-47
1982	101 BELL, Douglas G	West Yorks Police	1-54-14
1983	114 BELL, Douglas G	West Yorks Police	1-47-56
1987	185 BELL, G	Clayton	2-39-30
1977	79 BELL, G J	Clayton	2-06-09
1985	186 BELL, G J	Clayton	2-17-03
1986	215 BELL, G J	Clayton	2-19-28
1992	149 BELL, Geoff	Calder Valley	2-28-13
1984	145 BELL, George G	Clayton	2-29-40
1982	108 BELL, George J	Clayton	2-30-05
1983	121 BELL, George J	Clayton	2-16-24
1981	129 BELL, George J	Clayton	2-17-27
1979	155 BELL, George J	Clayton	2-36-55
1989	146 BELL, H	Carnethy	2-37-10
1988	193 BELL, H	Carnethy	2-22-50
1987	200 BELL, H	U	2-29-02
1966	44 BELL, James G	Lochaber	2-30-03
1968	52 BELL, James G	Lochaber	2-32-51
1994	160 BELL, Michael	Cumberland	2-11-37
1992	161 BELL, Michael	Cumberland	2-07-32

1993	163 BELL, Michael	Cumberland	2-33-30
1990	168 BELL, Michael	Cumberland	2-03-09
1991	168 BELL, Michael	Cumberland	2-20-57
1998	172 BELL, Michael	Cumberland	2-38-44
1995	177 BELL, Michael	Cumberland	2-18-49
2003	95 BELL, Richard	Carnethy HRC	02-01-34
1990	83 BELL, Roger	Ambleside	1-56-23
1995	92 BELL, Stephen	Westerlands	2-03-22
1997	101 BELL, Steven	Lochaber	2-45-30
1981	68 BELL, Stuart	Caithness	2-44-25
1995	94 BELL, William	Cumberland	1-44-40
1998	107 BELLAMY, Phil	Saltwell	2-28-28
2001	102 BELLARIES, Richard	Clayton-le-Moors Harriers	02-03-38
1996	113 BELLARIES, Richard	Clayton	2-16-33
2000	113 BELLARIES, Richard	Clayton-le-Moors Harriers	02-06-43
1988	131 BELLIS, P	U	2-16-45
2003	212 BELLIS, Peter	Bolton Harriers	02-22-08
1990	179 BELLIS, Peter A	Bolton	2-14-19
1991	181 BELLIS, Peter A	Bolton	2-34-12
1989	186 BELLIS, Peter A	Bolton	1-55-30
2000	191 BELLIS, Peter A	Bolton United Harriers	02-18-43
1993	194 BELLIS, Peter A	Bolton	2-04-54
1994	199 BELLIS, Peter A	Bolton	2-04-07
1999	201 BELLIS, Peter A	Bolton	2-19-51
1992	202 BELLIS, Peter A	Bolton	2-07-40
1998	202 BELLIS, Peter A	Bolton	2-18-26
1996	214 BELLIS, Peter A	Bolton	2-21-53
1997	216 BELLIS, Peter A	Bolton	2-14-42
1995	221 BELLIS, Peter A	Bolton	2-02-36
2001	189 BELLIS, Peter Alan	Bolton United Harriers & AC	02-20-27
2002	235 BELLIS, Peter Alan	Bolton United Harriers	02-29-05
1986	316 BELLWOOD, B	Lochaber	2-25-45
1982	176 BELLWOOD, Brian	Lochaber	2-33-19
1981	190 BELLWOOD, Brian	U	2-12-33
1985	285 BELLWOOD, Brian	Lochaber	2-18-40
1984	222 BELLWOOD, Bryan	Lochaber	2-24-28

1994	217 BENHAM, Frank	Arbroath	2-32-43
1989	224 BENHAM, Frank	Arbroath	2-15-25
1998	228 BENHAM, Frank	Arbroath	2-42-37
1991	230 BENHAM, Frank	Arbroath	2-30-55
1992	231 BENHAM, Frank	Arbroath	2-20-35
1996	239 BENHAM, Frank	Arbroath	2-30-08
1997	239 BENHAM, Frank	Arbroath	2-24-48
1995	259 BENHAM, Frank	Arbroath	2-21-53
1999	263 BENHAM, Frank	Arbroath	2-31-16
1986	333 BENHAM, Frank	Arbroath	2-27-46
1993	224 BENHAM, Jane	Clayton	2-39-28
1991	237 BENHAM, Jane	Clayton	2-28-48
1990	241 BENN, Richard	Calder Valley	2-11-11
1989	242 BENNET, A	Westerlands	1-39-17
1987	296 BENNET, A	U	1-47-41
1988	299 BENNET, A	Westerlands	1-45-54
1993	232 BENNET, Bill	Penicuik	2-36-39
1992	243 BENNET, Bill	Penicuik	2-29-21
1991	246 BENNET, Bill	Penicuik	2-50-33
1975	111 BENNET, J	Bellahouston	2-51-44
2001	309 BENNET, Lynne	McDonald's Carnegie Harriers	02-41-40
1991	12 BENNET, Sandy	Westerlands	1-45-08
2000	15 BENNET, Sandy	Kinross RR	01-44-24
1997	17 BENNET, Sandy	Westerlands	1-44-33
1994	19 BENNET, Sandy	Westerlands	1-41-40
2002	25 BENNET, Sandy	Energy Zone Carnegie Harriers	01-49-37
1995	29 BENNET, Sandy	Westerlands	1-46-51
1999	34 BENNET, Sandy	Kinross	1-47-39
2001	36 BENNET, Sandy	McDonald's Carnegie Harriers	01-50-58
1998	40 BENNET, Sandy	Westerlands	1-56-50
2003	49 BENNET, Sandy	Energy Zone Carnegie	01-53-15
1994	45 BENNET, W (Bill)	Penicuik	2-34-17
1995	49 BENNET, W (Bill)	Penicuik	2-28-19
1997	49 BENNET, W (Bill)	Penicuik	2-36-15
1990	52 BENNET, W (Bill)	Penicuik	2-28-24
1998	53 BENNET, W (Bill)	Penicuik	2-44-09

1999	66 BENNET, W (Bill)	Penicuik	2-42-33
2000	326 BENNET, W E (Bill)	Penicuik Harriers	02-43-06
2002	340 BENNET, William	Penicuik Harriers	03-00-37
1997	324 BENNETT, Alan	Newburgh	2-22-33
1966	105 BENNETT, I J	RAF Valley	2-14-45
1976	185 BENNETT, J	Strathclyde Fire	2-35-15
1988	399 BENNETT, J	BP	2-55-51
1976	187 BENNETT, M	U	2-39-23
2002	250 BENNETT, Mark	Wharfedale Harriers	02-30-38
2000	307 BENNETT, Mark	Wharfedale Harriers	02-39-34
2001	335 BENNETT, Mark	Wharfedale Harriers	02-48-12
1999	345 BENNETT, Mark	Wharfedale	2-48-23
1983	261 BENNETT, Stuart J	Teviotdale	1-50-34
1981	287 BENNETT, Stuart J	Teviotdale	1-56-08
1989	340 BENNY, G	Barr & S	2-39-13
1988	393 BENNY, G	U	2-56-54
1994	291 BENNY, Graham	Westerlands	2-43-47
1993	302 BENNY, Graham	Westerlands	2-57-57
1998	323 BENNY, Graham	Westerlands	3-35-29
1990	325 BENNY, Graham	Barr & S	2-19-08
1991	332 BENNY, Graham	Westerlands	2-48-38
1996	349 BENNY, Graham	Westerlands	3-19-19
2001	351 BENNY, Graham	Westerlands Cross Country C	03-00-51
2002	354 BENNY, Graham	Westerlands Cross Country	03-20-50
1995	367 BENNY, Graham	Westerlands	2-32-07
2003	370 BENNY, Graham	Westerlands CCC	03-23-00
2000	372 BENNY, Graham	Westerlands Cross Country	03-10-08
2001	291 BENTLEY-SMITH, H	West Yorkshire Fire Service	02-37-08
1999	369 BENTLEY-SMITH, H	West Yorks Fire	2-34-47
1996	294 BENTON, J	Ryde	2-29-00
1978	97 BERESFORD, D	Clayton	1-51-47
1973	124 BERESFORD, D	Clayton	1-54-20
1975	134 BERESFORD, D	Clayton	1-41-56
1974	140 BERESFORD, D	Clayton	1-47-04
1976	162 BERESFORD, D	Clayton	1-56-10
1972	92 BERESFORD, Dennis	Clayton	2-24-32

1998	285 BERESFORD, Matthew	Lancaster & M	2-21-11
1982	227 BERRAGAN, Nigel B	U	2-55-52
1987	357 BERRY, E	Horwich	2-41-21
1986	398 BERRY, E	Horwich	1-42-12
1982	233 BERRY, Edward	Horwich	2-49-34
1983	235 BERRY, Edward	Horwich	2-31-38
1981	253 BERRY, Edward	Horwich	2-25-16
1987	361 BERRY, L	Aldermaston	3-26-45
2002	100 BERRY, Michael	Bingley Harriers & AC	02-06-00
2000	101 BERRY, Michael	West Yorkshire Fire Service	02-04-13
2001	105 BERRY, Michael	Bingley Harriers & AC	02-04-05
1999	114 BERRY, Michael	U	2-08-58
1999	115 BERRY, Mike	Black Combe	2-04-33
1988	116 BERRY, N	Holmfirth	2-11-19
1998	115 BERRY, Norman F	Holmfirth	2-46-19
2003	326 BEST, Colin	Otley AC	02-43-34
1975	152 BETNEY, J	Clayton	1-58-59
1976	173 BETNEY, J	Clayton	1-53-09
1977	177 BETNEY, J	Clayton	1-57-31
1982	252 BETNEY, John	Clayton	2-11-32
1994	281 BETTNEY, Philip	Ambleside	1-54-27
1993	298 BETTNEY, Philip	Ambleside	2-06-19
1990	312 BETTNEY, Philip	Ambleside	1-51-43
1998	312 BETTNEY, Philip	Ambleside	2-06-57
1992	315 BETTNEY, Philip	Ambleside	2-00-45
1997	319 BETTNEY, Philip	Ambleside	2-12-12
1991	322 BETTNEY, Philip	Ambleside	2-02037
1996	334 BETTNEY, Philip	Ambleside	2-16-20
1995	360 BETTNEY, Philip	Ambleside	2-16-23
1985	396 BEVAN, W G	RNAC Osprey	2-00-31
1992	284 BEVERIDGE, Bob	Lomond	2-29-25
1994	289 BEVERIDGE, Bob	Lomond	2-29-55
2002	296 BEVERIDGE, Bob	Lomond Hill Runners	02-42-10
1996	299 BEVERIDGE, Bob	Lomond	2-49-55
1993	301 BEVERIDGE, Bob	Lomond	2-28-59
1998	321 BEVERIDGE, Bob	Lomond	2-43-38

1997	338 BEVERIDGE, Bob	Lomond	3-08-42
2000	349 BEVERIDGE, Bob	Lomond Hill Runners	02-53-26
2001	354 BEVERIDGE, Bob	Lomond Hill Runners AC	03-02-53
2003	367 BEVERIDGE, Bob	Lomond Hill Runners	03-11-24
1995	378 BEVERIDGE, Bob	Lomond	2-36-43
1987	421 BEVERIDGE, R	U	2-21-36
1988	421 BEVERIDGE, R	Lomond	2-44-45
1990	356 BEVERIDGE, Robert	Lomond	2-54-57
2003	218 BEYTS, Angus	Forfar Roadrunners	02-23-11
1982	159 BIAS, Frederick	East Kilbride	2-20-49
1983	168 BIAS, Frederick	East Kilbride	2-12-33
1981	173 BIAS, Frederick	East Kilbride	2-01-04
1984	203 BIAS, Frederick	East Kilbride	2-15-52
1979	205 BIAS, Frederick	East Kilbride	2-13-30
1975	89 BICKET, D	Ind Coope	2-19-08
1974	91 BICKET, D	Ind Coope	2-13-55
1989	202 BICKET, D	Fleet Feet	2-52-39
1987	260 BICKET, D	Forres	2-41-06
1984	210 BICKET, Dave	Forres	2-43-00
1982	165 BICKET, David	Forres	2-40-44
1981	184 BICKET, David	Forres	2-31-45
1974	95 BIDMEAD, A	RAF Buchan	3-13-20
1988	275 BIGG, S	Greenwich	2-46-22
1979	218 BIGHE, J C	U	1-42-03
1989	214 BILTCLIFFE, A	Dundee	2-13-08
1987	275 BILTCLIFFE, Alan	Dundee	2-07-50
1988	282 BILTCLIFFE, Alan	Dundee	2-14-50
1982	173 BILTCLIFFE, Alan L	Dundee	2-04-02
1983	179 BILTCLIFFE, Alan L	Dundee	1-56-34
1981	192 BILTCLIFFE, Alan L	Dundee	2-01-18
1993	214 BILTCLIFFE, Alan L	Dundee	2-13-33
1994	215 BILTCLIFFE, Alan L	Dundee	2-19-54
1984	223 BILTCLIFFE, Alan L	Dundee	2-00-51
1979	226 BILTCLIFFE, Alan L	U	2-08-52
1991	226 BILTCLIFFE, Alan L	Dundee	2-13-21
1990	227 BILTCLIFFE, Alan L	Dundee	2-03-30

1992	230 BILTCLIFFE, Alan L	Dundee	2-11-40
1998	233 BILTCLIFFE, Alan L	Arbroath	2-31-36
1997	240 BILTCLIFFE, Alan L	Arbroath	2-27-33
2000	240 BILTCLIFFE, Alan L	Arbroath Footers	02-26-44
1995	246 BILTCLIFFE, Alan L	Dundee	2-20-41
1996	247 BILTCLIFFE, Alan L	Arbroath	2-24-24
1999	262 BILTCLIFFE, Alan L	Arbroath	2-33-45
1985	287 BILTCLIFFE, Alan L	Dundee	2-10-07
1986	332 BILTCLIFFE, Alan L	Dundee	2-01-33
1987	285 BINNS, P	Westbrook	2-20-47
1986	327 BINNS, P	Pudsey & B	2-18-22
1971	89 BINNS, Paul E	Edinburgh Southern O	2-24-28
2001	18 BIRCH, David	Keswick AC	01-45-10
1982	10 BIRCH, Rolfe	London O	2-01-00
1985	14 BIRCHALL, G E	Horwich	2-16-29
2002	196 BIRCHENOUGH, John	Bolton United Harriers	02-22-13
2001	244 BIRD, Malcolm	Rochdale Harriers & AC	02-29-34
1986	325 BIRTWISTLE, E	Clayton	1-57-06
1982	180 BIRTWISTLE, Eric	Clayton	2-05-07
1984	227 BIRTWISTLE, Russell	Rosendale	1-45-04
1993	222 BIRTWISTLE, T	Rosendale	1-59-17
1989	232 BIRTWISTLE, T	Rosendale	1-40-43
1991	235 BIRTWISTLE, T	Rosendale	1-56-16
1988	290 BIRTWISTLE, T	Rosendale	1-50-49
1984	233 BIRTWISTLE, Trevor	Rosendale	1-39-21
1979	238 BIRTWISTLE, Trevor	Rosendale	1-53-14
1988	298 BISHOP, J	Chelmsford	2-21-04
1982	185 BISHOP, John	Chelmsford	1-49-52
1981	206 BISHOP, John	Chelmsford	1-51-32
1979	247 BISHOP, John	Chelmsford	2-15-27
1988	305 BISHOP, S	Chelmsford	2-10-56
1981	211 BISHOP, Stephen	Chelmsford	1-50-35
1984	247 BISHOP, Stephen	Chelmsford	1-45-58
1979	251 BISHOP, Stephen	Chelmsford	2-14-43
1998	249 BISSETT, Michael	Peel	2-44-35
1978	89 BLACK, J	Livingston	1-56-14

1975	116 BLACK, J	Livingston	1-54-51
1974	120 BLACK, J	Livingston	2-01-20
1976	145 BLACK, J	Livingston	1-53-26
1989	258 BLACK, J	Livingston	2-11-04
1987	314 BLACK, J	Livingston	2-24-47
1985	315 BLACK, J	Livingston	2-08-17
1988	322 BLACK, J	Livingston	2-33-10
1986	358 BLACK, J	Livingston	2-05-42
1973	114 BLACK, John	Livingston	2-13-58
1981	223 BLACK, John	Livingston	1-49-00
1993	253 BLACK, John	Livingston	2-29-49
1979	259 BLACK, John	Livingston	2-07-42
1992	263 BLACK, John	Livingston	2-23-16
1991	265 BLACK, John	Livingston	2-26-05
1993	255 BLACKABY, Ian E	Ambleside	1-59-54
1969	107 BLACKBURN, C J	Westbury	1-57-28
1968	97 BLACKBURN, George J	Westbury	1-57-18
1989	276 BLACKBURN, R	Omeraw (NZ)	2-08-38
1990	269 BLACKBURNE, Robert	Oamari (NZ)	2-06-25
1995	296 BLACKETT, Joe	Mandale	1-40-29
2002	181 BLACKHALL, Amanda	Lochaber AC	02-18-25
2003	246 BLACKHALL, Amanda	Lochaber Athletic Club	02-27-59
2001	254 BLACKHALL, Amanda	Lochaber AC	02-31-00
2001	130 BLACKHALL, Keith	Lochaber AC	02-08-42
1999	143 BLACKHALL, Keith	U	2-12-21
2002	272 BLACKHALL, Keith	Lochaber AC	02-35-55
1986	366 BLACKWELL, K	Kent Fire	2-51-15
1966	81 BLACKWELL, Keith E	Lloyds	3-00-37
1968	95 BLACKWELL, Keith E	Lloyds	3-22-04
1984	264 BLAESROUGH, Paul A	Saddleworth	1-43-35
1985	328 BLAGBROUGH, P A	Saddleworth	1-48-19
1992	265 BLAGBROUGH, Paul A	Saddleworth	2-02-00
1977	145 BLAGRAVE, C	Ealing	2-11-25
1986	375 BLAGSBROUGH, P A	Saddleworth	1-47-13
1994	245 BLAIN, Gordon	Scottish Border	1-56-55
1993	259 BLAIN, Gordon	Melrose	1-59-46

1990	270 BLAIN, Gordon	Melrose	1-54-57
1992	272 BLAIN, Gordon	Melrose	2-03-16
1991	274 BLAIN, Gordon	Melrose	2-10-13
1995	300 BLAIN, Gordon	Scottish Border	2-06-59
1977	147 BLAIR-FISH, J	Edinburgh Southern	1-42-48
1976	157 BLAIR-FISH, J	Lochaber	1-47-18
1987	335 BLAIR-FISH, J	Carnethy	1-44-26
1988	339 BLAIR-FISH, J	Carnethy	1-47-55
1985	344 BLAIR-FISH, J	Carnethy	1-40-57
1978	95 BLAIR-FISH, J A	Edinburgh Southern	1-41-41
1973	125 BLAIR-FISH, J A	Belgrave	1-50-05
1975	133 BLAIR-FISH, J A	Lochaber	1-41-37
1974	139 BLAIR-FISH, J A	Lochaber	1-45-23
1979	281 BLAIR-FISH, J A	Edinburgh Southern	1-42-58
1982	226 BLAIR-FISH, John A	Edinburgh Southern	1-42-10
1983	226 BLAIR-FISH, John A	Carnethy	1-36-45
1983	231 BLAIR-FISH, John A	Carnethy	2-59-19
1981	247 BLAIR-FISH, John A	Edinburgh Southern	1-40-15
1984	280 BLAIR-FISH, John A	Carnethy	1-39-23
1991	287 BLAKE, Michael J	Eryri	2-01-38
1997	298 BLAKELEY, Richard	Todmorden	2-13-40
1987	359 BLAKEMORE, I	West Midlands Fire	1-55-38
1990	287 BLAKEMORE, I D	Mercia	1-51-59
1986	402 BLAKEMORE, I D	West Midlands Fire	1-46-24
1984	292 BLAKEMORE, Ian D	Halesowen	2-00-18
1992	292 BLAKEMORE, Ian D	West Midlands Fire	2-08-30
1991	295 BLAKEMORE, Ian D	Mercia	1-57-21
1986	414 BLAMIRE, R	Stewartry	1-48-48
1988	360 BLAMIRES, B	Calder Valley	2-09-32
1987	369 BLAMIRES, B	U	2-15-35
1978	107 BLAND, A	Keswick	1-38-19
1976	168 BLAND, A	Keswick	1-44-30
1983	14 BLAND, Anthony	Keswick	1-39-07
1997	25 BLAND, Anthony	Borrowdale	1-48-55
1979	26 BLAND, Anthony	Keswick	1-49-00
2000	26 BLAND, Anthony	Borrowdale Fell Runners	01-48-48

1998	33 BLAND, Anthony	Borrowdale	2-03-27
1977	170 BLAND, Anthony	Keswick	1-36-38
1981	267 BLAND, Anthony	Keswick	1-37-55
1996	318 BLAND, Anthony	Borrowdale	1-48-19
1985	21 BLAND, B	Keswick	1-29-11
1976	15 BLAND, C R	Keswick	2-13-10
1976	17 BLAND, D	Keswick	1-42-59
1977	17 BLAND, David	Keswick	1-41-48
1992	33 BLAND, David	Borrowdale	2-30-40
1992	1 BLAND, Gavin	Borrowdale	1-27-02
1997	1 BLAND, Gavin	Borrowdale	1-27-45
1994	2 BLAND, Gavin	Borrowdale	1-31-06
1993	3 BLAND, Gavin	Borrowdale	1-35-47
1999	3 BLAND, Gavin	Borrowdale	1-32-59
1998	4 BLAND, Gavin	Borrowdale	1-40-20
1995	6 BLAND, Gavin	Borrowdale	1-37-25
1996	7 BLAND, Gavin	Borrowdale	1-44-56
1978	5 BLAND, J S	Keswick	1-38-45
1977	7 BLAND, J S	Keswick	1-43-43
1979	7 BLAND, John S	Keswick	1-55-37
1981	10 BLAND, John S	Keswick	1-40-10
1994	9 BLAND, Jonathan	Borrowdale	1-31-33
1993	10 BLAND, Jonathan	Borrowdale	1-36-35
1995	13 BLAND, Jonathan	Borrowdale	1-33-45
1992	17 BLAND, Jonathan	Borrowdale	1-35-35
1998	18 BLAND, Jonathan	Borrowdale	1-36-46
1999	22 BLAND, Jonathan	Borrowdale	1-36-56
2002	5 BLAND, Jonny	Borrowdale Fell Runners	01-37-34
1998	6 BLAND, Neil	Keighley & C	2-11-10
2000	118 BLAND, Neil	Keighley & Craven AC	02-07-30
1996	119 BLAND, Neil	Keighley & C	2-14-03
1999	127 BLAND, Neil	Keighley & C	2-05-45
2002	168 BLAND, Neil	Keighley & Craven AC	02-16-24
2003	180 BLAND, Neil	Wharfedale Harriers	02-14-36
1978	56 BLAND, P	Kendal	1-42-33
1975	67 BLAND, P	Kendal	1-45-34

1973	69 BLAND, P	Kendal	1-40-56
1977	89 BLAND, P	Kendal	1-45-22
1976	101 BLAND, P	Kendal	1-52-05
1979	164 BLAND, P	Kendal	1-47-32
1985	213 BLAND, P	Kendal	1-57-51
1974	66 BLAND, P W	Kendal	1-42-09
1982	126 BLAND, Peter	Kendal	1-43-36
1983	138 BLAND, Peter	Kendal	1-53-07
1981	144 BLAND, Peter	Kendal	1-46-27
1984	167 BLAND, Peter	Kendal	1-53-31
1978	62 BLAND, W	Keswick	1-26-56
1986	255 BLAND, W	Keswick	1-30-23
1977	96 BLAND, William	Keswick	1-31-14
1976	107 BLAND, William	Keswick	1-33-57
1982	131 BLAND, William	Keswick	1-28-39
1983	143 BLAND, William	Keswick	1-28-24
1981	150 BLAND, William	Keswick	1-27-21
1979	170 BLAND, William	Keswick	1-32-25
1984	173 BLAND, William	Keswick	1-30-57
1989	173 BLANE, Q	Westerlands	1-58-30
1987	226 BLANE, Quintin	U	2-02-52
1988	241 BLANE, Quintin	Westerlands	1-59-54
1989	176 BLANEY, D	Carnethy	2-11-22
1990	193 BLANEY, David	Carnethy	2-20-36
2001	140 BLAYTHORNE, Mark	Bingley Harriers & AC	02-10-41
2000	175 BLAYTHORNE, Mark	Keighley Hillrunners	02-15-48
2002	179 BLAYTHORNE, Mark	Bingley Harriers & AC	02-18-07
1987	205 BLEASE, S	Les Croupiers	1-58-46
1988	209 BLEASE, S	Les Croupiers	1-59-48
1990	171 BLEASE, Simon	Mynyddwyr	1-49-51
1986	240 BLEAZARD, M N	Bingley	2-14-00
1973	70 BLENKINSOP, H	Sale	1-47-16
1989	162 BLENKINSOP, H	Keswick	2-02-59
1970	53 BLENKINSOP, Harry	Sale	1-51-41
1972	53 BLENKINSOP, Harry	Sale	1-48-22
1978	60 BLENKINSOP, Harry	Kendal	1-38-36

1971	68 BLENKINSOP, Harry	Sale	1-47-22
1975	68 BLENKINSOP, Harry	Kendal	1-42-53
1974	71 BLENKINSOP, Harry	Kendal	1-51-55
1977	92 BLENKINSOP, Harry	Kendal	1-38-55
1976	103 BLENKINSOP, Harry	Kendal	1-43-50
1979	168 BLENKINSOP, Harry	Kendal	1-44-50
1994	178 BLENKINSOP, Harry	Keswick	2-08-28
1992	180 BLENKINSOP, Harry	Keswick	2-12-33
1991	182 BLENKINSOP, Harry	Keswick	2-02-21
1993	183 BLENKINSOP, Harry	Keswick	2-39-36
1990	185 BLENKINSOP, Harry	Keswick	1-56-13
1998	188 BLENKINSOP, Harry	Keswick	2-49-33
1996	194 BLENKINSOP, Harry	Keswick	2-43-19
1995	202 BLENKINSOP, Harry	Keswick	2-20-13
1988	229 BLENKINSOP, Harry	Keswick	1-57-15
1997	325 BLENKINSOP, Harry	Keswick	3-00-48
2000	341 BLENKINSOP, Harry	Keswick AC	02-49-11
2001	369 BLENKINSOP, Harry	Keswick AC	03-15-44
1971	137 BLOOMBERG, W J	U	2-23-32
1981	318 BLOOMFIELD, John	Coldstream Guards	1-54-25
1982	278 BLUER, Martin	Rochdale	1-47-49
1983	284 BLUER, Martin	Rochdale	1-39-12
1981	319 BLUER, Martin	Rochdale	1-53-18
1984	344 BLUER, Martin	Rochdale	1-43-43
1990	363 BLUNT, Lisa	Clowne	2-33-09
1990	364 BLUNT, P	Clowne	2-22-49
1989	373 BLYTH, A	Perth Road	2-05-28
1973	165 BLYTH, D	RAF Coltishall	2-51-35
1976	208 BLYTH, D	Cambridge	2-39-31
1969	144 BLYTH, David	Norfolk	2-37-51
1982	283 BLYTH, Peter	1st Prince of Wales	2-25-37
1981	327 BLYTH, Peter	1st Prince of Wales	2-07-58
1989	379 BOAL, J	Victoria Park	2-08-41
1990	380 BOAL, John	Victoria Park	2-01-43
1995	406 BOAL, John	Victoria Park	2-38-24
1989	382 BOARDMAN, M	Stockport	1-55-12

1987	439 BOARDMAN, M	Stockport	1-57-22
1988	444 BOARDMAN, M	Stockport	2-19-29
1988	445 BOARDMAN, P	Bolton	2-32-16
1983	297 BOCKING, Alan	Manchester	1-51-36
1984	356 BOCKING, Alan	Pennine	1-56-32
1967	130 BOGAN, James	Glasgow Uni	2-27-05
1983	298 BOISTELLE, Alistair S	Strathclyde Police	1-48-09
1989	385 BOLER, N	Chesterfield	1-58-29
1988	446 BOLER, N	U	2-03-37
1990	91 BOLER, Neville	Derwent Valley	1-56-29
1994	95 BOLER, Neville	Totley	2-02-11
1995	95 BOLER, Neville	Totley	2-01-46
1993	96 BOLER, Neville	Totley	2-05-41
2001	96 BOLER, Neville	Dark Peak Fell Runners	02-02-59
2002	101 BOLER, Neville	Dark Peak Fell Runners	02-06-06
1998	110 BOLER, Neville	Dark Peak	2-15-15
2000	131 BOLER, Neville	Dark Peak Fell Runners	02-09-09
1997	141 BOLER, Neville	Dark Peak	2-08-30
2003	142 BOLER, Neville	Dark Peak Fellrunners	02-08-32
1987	163 BOLER, Neville	U	1-59-46
1999	377 BOLER, Neville	Dark Peak	2-02-34
1996	381 BOLER, Neville	Dark Peak	2-05-41
1994	32 BOLER, Paul	Totley	2-00-02
2002	32 BOLER, Paul	Chesterfield Fell Runners	01-52-15
1985	28 BOLTON, A	Lochaber	2-42-50
1983	19 BOLTON, Alan	U	2-16-21
1984	25 BOLTON, Alan	Lochaber	2-20-36
1985	32 BOLTON, D	Lochaber	1-53-11
1981	25 BOLTON, Duncan	Lochaber	1-48-50
1984	31 BOLTON, Duncan	Lochaber	1-52-28
1979	37 BOLTON, Duncan	U	1-55-31
1997	34 BOLTON, Peter J	Red Rose	2-15-46
1985	37 BONNER, P	Clydebank	2-13-11
1990	36 BONNER, Pat	Clydesdale	1-47-25
1992	39 BONNER, Pat	Clydesdale	1-46-57
1997	39 BONNYMAN, Brian	Westerlands	1-56-25

1996	42 BONNYMAN, Brian	Westerlands	2-21-46
1999	54 BONNYMAN, Brian	Westerlands	2-05-37
1990	41 BOOKER, Paul C	Clowne	2-19-21
2001	308 BOOTH, Brian F	Radcliffe AC	02-41-18
1992	291 BOOTH, Keith	Horwich	2-04-01
1998	297 BOOTH, Rupert	Mandale	2-52-09
1991	2 BOOTH, Simon	Keswick	1-35-18
2000	2 BOOTH, Simon	Borrowdale Fell Runners	01-29-16
2002	2 BOOTH, Simon	Borrowdale Fell Runners	01-30-40
2003	2 BOOTH, Simon	Borrowdale Fellrunners	01-30-09
1995	3 BOOTH, Simon	Borrowdale	1-31-29
1998	5 BOOTH, Simon	Borrowdale	1-33-13
1999	5 BOOTH, Simon	Borrowdale	1-31-19
1997	7 BOOTH, Simon	Borrowdale	1-39-09
1989	5 BORRILL, J	Lochaber	2-13-43
1988	11 BORRILL, J	Lochaber	1-52-50
1986	8 BORRILL, J E	U	1-44-42
1990	11 BORRILL, John C	Lochaber	1-47-41
1992	13 BORRILL, John E	Lochaber	2-19-48
1986	16 BOSTOCK, J	Clayton	2-04-22
1992	15 BOSTOCK, John	Clayton	1-56-00
1992	16 BOSTOCK, Linda	Clayton	2-14-16
1998	22 BOSTOCK, Linda	Clayton	2-45-30
1999	26 BOSTOCK, Linda	Clayton	2-45-48
1989	12 BOSTON, A	Ambleside	2-02-34
1988	23 BOSTON, A	Ambleside	2-10-07
1978	9 BOSWELL, Roger	Lochaber	1-34-02
1976	12 BOSWELL, Roger	Lochaber	1-51-15
1977	12 BOSWELL, Roger	Lochaber	1-36-29
1991	16 BOSWELL, Roger	Lochaber	1-42-06
1979	17 BOSWELL, Roger	Lochaber	1-36-14
1968	9 BOTHAM, Raymond W	22 SAS	2-20-41
2001	9 BOTTOMLEY, Stephen	Pudsey & Bramley AC	01-38-55
1998	14 BOTTOMLEY, Stephen	Eccleshill	1-47-38
1999	14 BOTTOMLEY, Stephen	Eccleshill	1-44-48
1989	8 BOULTON, P	Staffordshire	1-59-51

1988	18 BOULTON, R	Mercia	2-15-48
2002	323 BOVILL, John	Thames Turbo Triathlon	02-50-26
2003	217 BOWIE, Tom	Carnegie Harriers	02-22-48
2002	228 BOWIE, Tom	Energy Zone Carnegie Harriers	02-27-17
1987	262 BOWKER, G	Lancaster & M	2-21-59
1987	263 BOWMAN, J	Westerlands	1-48-17
1985	274 BOWMAN, J	U	1-47-11
1986	310 BOWMAN, J	U	1-46-14
1995	238 BOWMAN, Julian	Westerlands	2-10-06
1979	220 BOWMAN, N	U	1-53-29
1985	277 BOWMAN, N	HM Forces	1-54-28
1982	175 BOWMAN, Neil	Lochaber	1-47-20
1983	177 BOWMAN, Neil	Lochaber	1-41-47
1981	188 BOWMAN, Neil	Lochaber	1-39-26
2003	227 BOWMAN, Angus	Pitreavie AAC	02-25-08
1993	200 BOWNESS, Alan	Cumberland	1-41-51
1994	205 BOWNESS, Alan	Cumberland	1-36-22
1995	236 BOWNESS, Alan	Cumberland	1-40-42
1989	210 BOX, G	Inverness	2-46-25
1987	267 BOX, G	Inverness	2-46-18
1988	279 BOX, G	Inverness	3-17-38
1991	218 BOX, Gerald	Inverness	2-53-23
1974	98 BOXELL, F O	RAF Leuchars	3-11-18
1969	90 BOXELL, F/Sgt R	RAF Cranwell	2-56-22
1971	88 BOXELL, R	RAF Chivenor	3-13-33
1987	279 BOXELL, R	Sleaford	3-25-15
1968	74 BOXELL, Ronald	RAF Cranwell	3-24-59
1983	180 BOXELL, Ronald	RAF Uxbridge	2-56-21
1973	95 BOXEN, Barry	Manchester	1-54-40
1974	102 BOYCE, B E	U	2-14-54
1968	78 BOYCE, Brian E	Royal Navy	2-28-37
1970	83 BOYCE, Brian E	Royal Navy	2-46-58
1972	73 BOYCE, Bryan E	Royal Navy	2-42-25
1973	98 BOYCE, Bryan E	U	2-18-21
1974	110 BOYD, J	Kilmarnock	2-49-33
1983	185 BOYD, R W	Kendal	1-59-53

1966	72 BOYD, Robert	Clydesdale	2-51-41
1968	82 BOYD, Robert	Clydesdale	2-58-46
1967	86 BOYD, Robert	Clydesdale	2-53-03
1971	93 BOYLE, Bryan	Royal Navy	2-22-44
1994	221 BOYLE, Tim	Totley	2-14-38
1997	250 BOYLE, Tim	Totley	2-37-13
1973	103 BRAD, Christopher	Worksop	1-59-43
1997	254 BRADLEY, Jim	Buxton	2-29-21
1996	259 BRADLEY, Jim	Buxton	2-52-13
1997	259 BRADLEY, Sheila A	Buxton	2-49-41
2003	374 BRADLEY, Siobhan	Lochaber Athletic Club	03-32-43
2001	274 BRADLEY, Tony	Calder Valley Fell Runners	02-34-27
2000	294 BRADLEY, Tony	Calder Valley Fell Runners	02-36-51
1993	329 BRADLEY, Tony	Calder Valley	2-09-24
2002	330 BRADLEY, Tony	Calder Valley Fell Runners	02-55-02
1992	343 BRADLEY, Tony	Calder Valley	2-17-56
1998	345 BRADLEY, Tony	Calder Valley	2-37-57
1999	371 BRADLEY, Tony	Calder Valley	2-26-08
1996	372 BRADLEY, Tony	Calder Valley	2-31-54
1995	398 BRADLEY, Tony	Calder Valley	2-09-53
2003	222 BRADLEY, Tony	Calder Valley Fellrunners	02-24-23
1994	282 BRADLEY, Tony	Calder Valley	2-10-40
1981	177 BRADSHAW, James S	Clayton	1-47-19
1979	211 BRADSHAW, James S	Clayton	1-59-14
1996	223 BRADSHAW, Norman	Strathclyde Police	2-27-28
1966	64 BRADSHAW, Stanley	Clayton	2-19-48
1967	80 BRADSHAW, Stanley	Clayton	2-30-31
1979	216 BRADSHAW, Stanley	Clayton	2-57-20
1985	270 BRADY, M	Clayton	1-43-33
1986	307 BRADY, M	Clayton	1-49-32
2002	50 BRADY, Martin	Clayton-le-Moors Harriers	01-56-22
2001	71 BRADY, Martin	Clayton-le-Moors Harriers	01-57-33
1992	79 BRADY, Martin	Clayton	1-57-24
1993	85 BRADY, Martin	Clayton	2-00-38
1995	87 BRADY, Martin	Clayton	2-05-56
2003	89 BRADY, Martin	Clayton Le Moors	02-01-00

1994	91 BRADY, Martin	Clayton	2-06-29
1997	93 BRADY, Martin	Clayton	2-06-21
1996	97 BRADY, Martin	Clayton	2-23-59
1994	55 BRADY, Peter	Clayton	2-11-52
1991	57 BRADY, Peter	Clayton	2-03-08
1996	59 BRADY, Peter	Clayton	2-19-36
2000	60 BRADY, Peter	Clayton-le-Moors Harriers	01-56-20
2001	60 BRADY, Peter	Clayton-le-Moors Harriers	01-54-48
1992	61 BRADY, Peter	Clayton	2-13-16
1993	61 BRADY, Peter	Clayton	2-34-28
1997	62 BRADY, Peter	Clayton	2-15-27
1995	66 BRADY, Peter	Clayton	2-27-59
1998	67 BRADY, Peter	Clayton	2-30-58
1999	76 BRADY, Peter	Clayton	1-58-12
1997	68 BRAND-BARKER, Angela	Keswick	1-56-27
1999	84 BRANDWOOD, S	Todmorden	3-27-22
2000	379 BRANFOOT, Ian	Wealstun Runners	03-27-30
1994	110 BRANNAN, Terence	Whitburn	2-04-27
1991	112 BRANNAN, Terence	Whitburn	2-07-59
1995	116 BRANNAN, Terence	Whitburn	2-03-33
2001	119 BRANNAN, Terence	Lothian RC	02-07-12
1993	334 BRANNAN, Terence	Whitburn	1-58-41
1998	347 BRANNAN, Terence	Livingston	2-11-16
1997	367 BRANNAN, Terence	Whitburn	2-03-33
1996	374 BRANNAN, Terence	Whitburn	2-08-13
1999	375 BRANNAN, Terence	Livingston	2-05-43
2003	129 BRANNAN, Tosh	Lothian AC	02-06-32
1989	107 BRANNON, P	Clayton	2-07-24
2003	50 BRASH, Colin	Girvan AAC	01-53-18
1999	62 BRASH, Colin	Girvan	1-55-38
2002	64 BRASH, Colin	Girvan AC	01-58-32
2001	74 BRASH, Colin	Girvan AC	01-57-54
1985	80 BRASS, G	Clayton	2-02-56
1986	92 BRASS, G	Clayton	1-52-10
1983	52 BRASS, George	Clayton	1-53-15
1981	53 BRASS, George	Clayton	2-01-53

1984	58 BRASS, George	Clayton	1-50-57
1982	45 BRASS, George C	Clayton	1-58-07
1967	19 BRATCHIE, John	Greenock	2-59-56
1985	88 BRAY, A J	Morpeth	2-39-31
1984	63 BRAY, Anthony	Morpeth	2-34-34
1987	84 BRAY, K	Heaton	2-20-03
1985	89 BRAY, K	Heaton	2-12-18
1988	90 BRAY, K	Heaton	2-26-47
1995	81 BRAY, Kevin	Morpeth	2-05-22
1993	82 BRAY, Kevin	Heaton	2-07-39
1994	87 BRAY, Kevin	Morpeth	2-11-20
1998	97 BRAY, Kevin	Morpeth	2-23-14
1999	103 BRAY, Kevin	Morpeth	2-09-05
2000	200 BRAY, Kevin	Morpeth Harriers	02-20-38
1984	238 BRAY, Kevin	Heaton	2-27-29
1991	238 BRAY, Kevin	Heaton	2-33-59
2001	250 BRAY, Kevin	Morpeth Harriers & AC	02-30-41
1998	241 BREAKELL, Roger	Shropshire	2-44-11
2003	31 BREAKS, Adam	Calder Valley Fellrunners	01-48-04
1987	30 BREAR, A	Skyrac	1-54-50
1985	26 BREAR, A M	Skyrac	1-53-22
1986	34 BREAR, A M	Skyrac	1-47-20
1984	23 BREAR, Andrew M	Skyrac	1-56-52
1983	20 BREAR, Michael	Skyrac	1-56-35
1973	13 BRECKELL, S	Blackburn	1-44-29
1996	34 BREEZE, G W	Skyrac	2-23-31
2000	85 BREEZE, Graham	Skyrac AC	02-02-09
1967	24 BRENNAN, J	Maryhill	1-56-10
1970	27 BRENNAN, James	U	2-00-48
1968	32 BRENNAN, James	Maryhill	1-47-53
1978	24 BRESLIN, M	Lancaster & M	1-51-25
1989	70 BRETT, A	Black Isle	2-19-21
1987	91 BRETT, A	Black Isle	2-17-18
1988	95 BRETT, A	Black Isle	2-12-21
1985	98 BRETT, A	Black Isle	2-12-57
1986	113 BRETT, A M	Black Isle	2-10-56

2003	144 BRETTE, Alex	Highland Hill Runners	02-08-41
2001	150 BRETTE, Alex	Highland Hill Runners	02-11-43
2000	170 BRETTE, Alex	Highland Hill Runners	02-15-03
1992	73 BRETTE, Alexander	Highland	2-07-01
1990	74 BRETTE, Alexander	Black Isle	1-59-41
1991	80 BRETTE, Alexander	Black Isle	2-22-55
2002	80 BRETTE, Alexander	Highland Hill Runners	02-02-17
1993	84 BRETTE, Alexander	Black Isle	2-22-29
1997	84 BRETTE, Alexander	Jura	2-08-23
1996	88 BRETTE, Alexander	Jura	2-26-00
1998	92 BRETTE, Alexander	Jura	2-26-17
1999	94 BRETTE, Alexander	Black Isle	2-07-23
1994	153 BRETTE, Alexander	Highland	1-56-30
1984	66 BRETTE, Alexander M	Inverness	2-17-55
1986	110 BRETTE, D	U	3-03-52
1976	46 BREWER, J	West Yorks Police	2-20-02
1989	71 BRICKELL, M	Guildford	1-55-51
1992	81 BRICKELL, Michael J	Guildford	2-17-34
1983	60 BRIDGE, Andrew	U	1-56-42
1995	89 BRIDGE, Darian	Borrowdale	1-57-09
1996	98 BRIDGE, Darian	Borrowdale	2-07-25
1997	100 BRIDGE, Darian	Borrowdale	2-00-50
1998	101 BRIDGE, Darian	Borrowdale	2-08-22
1999	107 BRIDGE, Darian	Borrowdale	2-05-30
2000	145 BRIDGE, Darian	Borrowdale Fell Runners	02-11-22
2002	180 BRIDGE, Darian	Borrowdale Fell Runners	02-18-21
2001	223 BRIDGE, Darian G A	Borrowdale Fell Runners	02-25-38
1995	230 BRIDGE, J A	Peterborough Police	2-52-56
1996	222 BRIDGE, Ken	Accrington	2-26-18
1998	213 BRIDGE, Maureen	Keswick	2-39-12
1997	286 BRIDGE, Maureen	Keswick	2-36-43
2000	287 BRIDGE, Maureen	Keswick AC	02-35-20
1996	291 BRIDGE, Maureen	Keswick	2-46-50
1999	302 BRIDGE, Maureen	Keswick	2-39-30
2002	311 BRIDGE, Maureen	Keswick AC	02-47-15
2001	339 BRIDGE, Maureen	Keswick AC	02-53-59

1985	397 BRIEN, A T	Inverness	2-00-46
1986	441 BRIEN, A T	Inverness	2-14-16
1983	268 BRIEN, Andrew T	U	2-00-39
1984	323 BRIEN, Andrew T	Inverness	2-04-29
1982	263 BRIGGINSHAW, David G	Fife	2-07-09
1981	297 BRIGGINSHAW, David G	West Fife O	2-09-28
1979	323 BRIGGINSHAW, David G	West Fife O	2-43-56
1984	328 BRIGGINSHAW, David G	Fife	2-12-46
1981	300 BRIGGINSHAW, Helena M	Fife	2-42-50
1981	301 BRIGGS, Annie	Belgrave	2-58-55
1991	341 BRIGGS, Mike	Newburgh	2-55-36
1993	131 BRIGGS, Steve	Ochil	2-17-33
1991	134 BRIGGS, Steve	Barr & S	2-22-46
2001	137 BRIGGS, Steve	Ochil Hill Runners	02-10-23
1997	331 BRIGGS, Steve	Ochil	1-55-41
1990	334 BRIGGS, Steve	Barr & S	1-53-59
1995	372 BRIGGS, Steve	Ochil	1-52-52
1985	162 BRINDLE, B	Horwich	1-40-12
1986	186 BRINDLE, B	Horwich	1-38-41
1982	91 BRINDLE, Brent	Horwich	1-41-44
1983	101 BRINDLE, Brent	Horwich	1-34-34
1981	105 BRINDLE, Brent	Horwich	1-45-35
1984	124 BRINDLE, Brent	Horwich	1-38-49
1985	165 BRINTON, G F	U	2-29-09
1981	106 BRITTAI, Caroline	Lochaber	2-09-50
2002	11 BRITTLETON, Peter	Howgill Harriers	01-42-17
2003	18 BRITTLETON, Peter	Howgill Harriers	01-43-55
2001	20 BRITTLETON, Peter	Howgill Harriers	01-46-18
1997	33 BRITTLETON, Peter	Howgill	2-02-58
1996	36 BRITTLETON, Peter	Howgill	2-09-13
2000	39 BRITTLETON, Peter	Howgill Harriers	01-52-56
1998	44 BRITTLETON, Peter	Howgill	2-25-22
1997	36 BRITTON, Bill	Lochaber	2-16-32
1998	46 BRITTON, Bill	Lochaber	2-33-38
1989	26 BRITTON, D	Skyrac	1-51-02
1988	48 BRITTON, D	Skyrac	1-46-51

1988	52 BRITTON, W	Lochaber	2-09-50
1990	40 BRITTON, William R	Lochaber	2-04-45
2003	182 BRITTON, Christopher	Moray Roadrunners	02-15-19
1993	164 BROADBENT, Steve	Lancs Constab	2-36-43
1994	169 BROADBENT, Steve	Lancs Constab	2-21-43
1995	186 BROADBENT, Steve	Lancs Constab	2-36-39
2001	219 BROADHURST, Steven	Northern Constabulary AC	02-24-04
2000	102 BROADLEY, Andrew	Lochaber AC	02-04-20
2002	87 BROADLEY, Drew	Lochaber AC	02-03-10
2001	124 BROADLEY, Drew	Lochaber AC	02-07-45
2003	114 BROADLEY, Drew	Lochaber Athletic Club	02-04-30
1985	121 BROCKBANK, J	Ambleside	2-04-21
1990	98 BROCKBANK, John	Ambleside	1-56-22
2000	358 BRODRICK, Vinny	Clayton-le-Moors Harriers	02-59-33
1986	457 BROOK, M E	Saddleworth	1-56-13
1994	303 BROOKS, Billy	Lochaber	1-50-50
1993	316 BROOKS, Billy	Lochaber	1-52-09
1992	336 BROOKS, Billy	Lochaber	1-56-14
1991	351 BROOKS, Billy	Lochaber	2-00-40
1995	386 BROOKS, Billy	Lochaber	1-58-56
1998	341 BROOKS, Billy (Jun)	Lochaber	1-46-48
1997	352 BROOKS, Billy (Jun)	Lochaber	1-40-35
1996	361 BROOKS, Billy (Jun)	Lochaber	1-46-21
2001	149 BROOKS, Billy (Sen)	Lochaber AC	02-11-41
2000	264 BROOKS, Billy (Sen)	Lochaber AC	02-30-15
1997	354 BROOKS, Billy (Sen)	Lochaber	1-56-38
1996	365 BROOKS, Billy (Sen)	Lochaber	2-13-49
2002	159 BROOKS, Billy (Senior)	Lochaber AC	02-14-30
1978	47 BROOKS, G	Bingley	1-39-56
1975	61 BROOKS, G	Bingley	1-43-31
1989	138 BROOKS, G	Lochaber	1-54-54
1985	183 BROOKS, G	Bingley	1-47-44
1987	183 BROOKS, G	Lochaber	1-43-45
1988	187 BROOKS, G	Lochaber	1-55-40
1986	209 BROOKS, G	Lochaber	1-43-48
1977	80 BROOKS, Gordon	Bingley	1-35-44

1976	91 BROOKS, Gordon	Bingley	1-40-44
1979	149 BROOKS, Gordon	Bingley	1-45-29
1983	126 BROOKS, Graham	U	1-47-38
1984	152 BROOKS, Graham	Lochaber	1-48-53
1991	156 BROOKS, Graham	Lochaber	1-47-59
1994	157 BROOKS, Graham	Lochaber	1-50-05
1992	159 BROOKS, Graham	Lochaber	2-00-19
1996	163 BROOKS, Graham	Lochaber	1-43-40
1990	165 BROOKS, Graham	Lochaber	1-51-31
1991	166 BROOKS, Graham	Caithness	2-46-22
1997	168 BROOKS, Graham	Lochaber	1-46-47
1995	172 BROOKS, Graham	Lochaber	1-46-47
1985	198 BROOKS, Graham	Lochaber	1-45-41
1983	129 BROOKS, Graham G	Caithness	2-11-10
1998	1 BROOKS, John	Lochaber	1-27-24
1995	2 BROOKS, John	Lochaber	1-28-24
1997	2 BROOKS, John	Lochaber	1-28-10
1996	3 BROOKS, John	Lochaber	1-32-21
2000	5 BROOKS, John	Lochaber AC	01-31-07
1969	4 BROOKS, John S	United Hospitals London	2-18-15
1998	10 BROOKS, Joseph	Royal Navy	1-50-37
1976	3 BROOKS, K	Leyland	1-54-44
1997	11 BROOKS, Kevin	Lochaber	1-52-48
1998	15 BROOKS, Kevin	Aberdeen	2-00-57
1969	7 BROOKS, N D	HMS Fulmar	2-25-17
1978	6 BROOKS, P	Lochaber	1-45-58
1976	7 BROOKS, P	Lochaber	1-54-56
1977	8 BROOKS, P	Lochaber	1-48-06
1985	11 BROOKS, P	Lochaber	1-49-13
1989	11 BROOKS, P	Lochaber	1-55-18
1987	12 BROOKS, P	Lochaber	1-51-44
1988	22 BROOKS, P	Lochaber	2-00-34
1986	21 BROOKS, P R	Lochaber	1-50-58
1982	12 BROOKS, Peter	Lochaber	1-44-04
1983	12 BROOKS, Peter	Lochaber	1-47-13
1981	15 BROOKS, Peter	Lochaber	1-41-12

1984	15 BROOKS, Peter	Lochaber	1-50-44
1979	18 BROOKS, Peter	Lochaber	1-48-27
1993	20 BROOKS, Peter	Lochaber	2-12-34
1992	27 BROOKS, Peter	Lochaber	2-10-15
1990	20 BROOKS, Phil	Eryri	2-06-18
1984	16 BROOKS, Trevor J	U	2-15-00
1990	24 BROOKS, W	Lochaber	1-59-56
2003	131 BROOKS, Billy	Lochaber Athletic Club	02-06-38
1978	41 BROOKSBANK, A	Kendal	1-43-58
1977	64 BROOKSHANK, A	Kendal	1-50-46
1987	143 BROUGH, J	Scottish Veteran	2-20-16
1989	115 BROUGHTON, F	Ely	3-13-03
1985	152 BROWN, A	Cheshire Fire	2-12-32
1986	181 BROWN, A G	Cheshire Fire	2-03-09
1982	89 BROWN, Adrian G	Cheshire Fire	2-30-56
1983	100 BROWN, Adrian G	Cheshire Fire	2-17-23
1984	118 BROWN, Adrian G	Cheshire Fire	2-06-25
1995	142 BROWN, Chris	Ripon	2-26-20
1998	144 BROWN, Craig	Ochil	2-01-40
1999	156 BROWN, Craig	Ochil	1-59-02
1989	122 BROWN, D	Clayton	2-26-21
1987	166 BROWN, D	Livingston	2-27-20
1988	174 BROWN, D	Clayton	2-47-14
1976	81 BROWN, D R	U	2-06-21
1995	48 BROWN, David	Lochaber	2-03-27
1997	48 BROWN, David	Lochaber	1-56-11
2001	51 BROWN, David	Lochaber AC	01-53-35
1999	65 BROWN, David	Lochaber	2-09-39
2000	257 BROWN, David	Lochaber AC	02-28-59
1994	227 BROWN, Derrick	Clayton	2-24-44
1993	233 BROWN, Derrick	Clayton	2-27-40
1992	245 BROWN, Derrick	Clayton	2-21-00
1998	252 BROWN, Derrick	Clayton	3-00-42
1996	262 BROWN, Derrick	Clayton	2-46-10
1997	262 BROWN, Derrick	Clayton	2-38-39
1995	277 BROWN, Derrick	Clayton	2-27-03

1999	283 BROWN, Derrick	Clayton	2-47-48
2000	197 BROWN, Doug	Clayton-le-Moors Harriers	02-20-03
1979	176 BROWN, Douglas	Clayton	2-10-59
1998	186 BROWN, Douglas	Clayton	2-28-19
1997	196 BROWN, Douglas	Clayton	2-16-37
1996	198 BROWN, Douglas	Clayton	2-29-06
1999	208 BROWN, Douglas	Solway	1-58-03
1999	213 BROWN, Douglas	Clayton	2-14-44
1994	189 BROWN, Eric C	Carnethy	2-30-59
1990	192 BROWN, John	Mercia	2-22-35
1995	214 BROWN, John D	Dundee Uni	2-40-29
1970	72 BROWN, Keith	Clayton	2-39-57
1989	182 BROWN, M	Aberdeen	2-28-53
1988	251 BROWN, M	15th Para	2-29-15
1993	188 BROWN, Mark	Clayton	1-51-37
1995	218 BROWN, Mark	Clayton	2-00-33
1968	61 BROWN, Marshall	Lochaber	2-15-57
1966	57 BROWN, Marshall A	Lochaber	2-13-14
1967	71 BROWN, Marshall A	Lochaber	2-15-15
1971	78 BROWN, Michael B	Barrow	1-49-45
1976	122 BROWN, N	Invicta	1-52-49
1984	196 BROWN, N	Halifax	2-08-30
1985	257 BROWN, N	Halifax	2-12-51
2002	160 BROWN, Owen	Solway RC	02-14-36
2003	211 BROWN, Owen	Solway Running Club	02-21-59
1976	121 BROWN, P	U	2-26-37
1989	188 BROWN, P	Inverness	1-58-07
1987	237 BROWN, P	Inverness	1-45-58
1988	255 BROWN, P	Inverness	1-56-21
2000	313 BROWN, Peter	Stroud & District AC	02-40-15
1979	137 BROWN, Philip K	U	2-11-23
2002	151 BROWN, Philip K	Highland Hill Runners	02-13-10
1996	152 BROWN, Philip K	Highland	2-19-58
1982	239 BROWN, Philip K	Lochaber	1-57-51
1981	264 BROWN, Philip K	Lochaber	1-47-07
1994	273 BROWN, Philip K	Highland	2-04-07

1993	285 BROWN, Philip K	Highland	2-06-35
1990	292 BROWN, Philip K	Inverness	1-46-39
1992	301 BROWN, Philip K	Highland	1-59-06
1995	340 BROWN, Philip K	Highland	2-04-55
1986	420 BROWN, Philip K	Inverness	1-50-25
1975	60 BROWN, R	Lochaber	3-06-12
1987	174 BROWN, R	Tamalpa California (USA)	1-58-59
1987	178 BROWN, R	Heriot Watt Uni	2-15-49
1986	204 BROWN, R	U	2-43-41
1986	205 BROWN, R J	Heriot Watt Uni	2-12-25
1989	140 BROWN, Richard	Alderney	2-42-21
1993	143 BROWN, Richard	Lochaber	2-03-11
1994	145 BROWN, Richard	Lochaber	2-04-07
1992	148 BROWN, Richard	Lochaber	2-11-52
1991	151 BROWN, Richard	SHRA	2-14-22
1990	152 BROWN, Richard	Alderney	2-04-19
1996	160 BROWN, Richard	Lochaber	2-09-45
1997	160 BROWN, Richard	Lochaber	2-15-35
1998	160 BROWN, Richard	Lochaber	2-14-06
1995	161 BROWN, Richard	Lochaber	2-03-22
1999	182 BROWN, Richard	Lochaber	2-21-43
1983	122 BROWN, Richard J	Invergordon	2-20-35
2001	163 BROWN, Rick	Lochaber AC	02-14-15
2000	182 BROWN, Rick	Lochaber AC	02-17-15
2003	216 BROWN, Rick	Lochaber Athletic Club	02-22-40
2002	222 BROWN, Rick	Lochaber AC	02-26-00
1998	207 BROWN, Steven A	Tynedale	2-24-03
1988	268 BROWN, W	Mourne	2-01-40
1986	302 BROWN, W J	Mourne	1-50-14
2002	110 BROWN, Wayne R	Calder Valley Fell Runners	02-07-34
1983	73 BROWN, William J	Mourne	2-19-02
1989	90 BROWNING, P	Clayton	1-43-49
1985	120 BROWNING, P	Clayton	1-50-00
1988	129 BROWNING, P	Clayton	1-52-14
1986	138 BROWNING, P	Clayton	1-42-22
1996	61 BROWNING, Peter	Clayton	2-02-57

2000	63 BROWNING, Peter	Clayton-le-Moors Harriers	01-57-17
1991	106 BROWNING, Peter	Clayton	1-49-42
1992	132 BROWNING, Peter	Clayton	2-02-27
2002	141 BROWNING, Peter	Clayton-le-Moors Harriers	02-11-37
2001	143 BROWNING, Peter	Clayton-le-Moors Harriers	02-10-51
1998	148 BROWNING, Peter	Clayton	2-25-37
2003	203 BROWNING, Peter	Clayton Le Moors	02-20-37
1974	76 BROWNLIE, J	Cambuslang	2-36-05
1975	80 BROWNLIE, J	Cambuslang	2-40-52
1976	114 BROWNLIE, J	Cambuslang	2-27-21
1985	243 BROWNLIE, J	Cambuslang	2-45-09
1966	55 BROWNLIE, James	Cambuslang	2-39-54
1968	62 BROWNLIE, James	Cambuslang	2-48-47
1972	64 BROWNLIE, James	Cambuslang	2-52-36
1969	68 BROWNLIE, James	Cambuslang	2-30-04
1967	70 BROWNLIE, James	Cambuslang	2-46-02
1970	73 BROWNLIE, James	Cambuslang	2-31-04
1971	77 BROWNLIE, James	Cambuslang	2-24-59
1973	88 BROWNLIE, James	Cambuslang	2-35-36
1982	155 BROWNLIE, James	Cambuslang	2-39-24
1983	165 BROWNLIE, James	Cambuslang	2-33-54
1981	172 BROWNLIE, James	Cambuslang	2-28-40
1984	200 BROWNLIE, James	Cambuslang	2-28-55
1979	201 BROWNLIE, James	Cambuslang	2-27-14
1995	226 BROWNLIE, James	Cambuslang	3-35-29
1972	68 BROWNLIE, James R	Cambuslang	2-18-18
1970	78 BROWNLIE, Thomas	Cambuslang	2-48-59
1967	79 BROWNLIE, Thomas	Cambuslang	3-16-44
1969	83 BROWNLIE, Thomas	Cambuslang	2-57-39
1978	74 BROXAP, J	Keswick	1-46-54
1977	117 BROXAP, Jonathan	Keswick	1-42-11
1982	166 BROXAP, Jonathan	Keswick	1-33-52
1983	176 BROXAP, Jonathan	Keswick	1-30-05
1981	180 BROXAP, Jonathan	Keswick	1-30-30
1984	208 BROXAP, Jonathan	Keswick	1-31-30
1992	213 BROXAP, Jonathan	Kendal	1-49-36

1987	261 BROXAP, Jonathan	Keswick	1-35-37
1985	273 BROXAP, Jonathan	Keswick	1-31-31
1986	311 BROXAP, Jonathan	Keswick	1-32-25
1982	171 BROXAP, Richard R	Salford	2-25-31
1981	191 BROXAP, Richard R	Salford	2-16-20
1969	91 BRUCE, D A	Maryhill	3-14-25
1979	224 BRUCE, Ian	U	2-05-55
1968	75 BRUCE, O A	Maryhill	2-52-59
1992	223 BRUNTON, Fraser	Highland	2-03-24
1991	225 BRUNTON, Fraser	Inverness	2-08-47
1987	284 BRYAN, J	U	2-41-11
1975	102 BRYERS, P	Maryhill	2-14-12
1985	291 BRYSON, C	U	2-55-10
1985	292 BRYSON, R	Newcastle	1-39-01
1986	328 BRYSON, R	Newcastle	2-08-14
1982	181 BRYSON, Robin	Ajax	1-41-49
1983	184 BRYSON, Robin	Ajax	1-36-23
1984	231 BRYSON, Robin	Ajax	1-41-55
1987	289 BUCHAN, D	Carnethy	2-13-03
1985	295 BUCHAN, D	Carnethy	1-44-54
1979	239 BUCHAN, Michael	U	2-11-02
1994	222 BUCHAN, Peter	Fife	2-23-56
1995	268 BUCHAN, Peter	Fife	2-16-34
1984	244 BUCHANAN, David	U	2-11-46
1994	229 BUCHANAN, Jim	Annan	2-32-10
1993	231 BUCHANAN, Jim	Annan	2-12-18
2001	272 BUCHANAN, Jim	Annan & District AC	02-34-08
1995	273 BUCHANAN, Jim	Annan	2-16-06
1989	263 BUCHANAN, P	Central Region	2-21-24
1990	133 BUCHANAN, Peter	Central Region	1-59-44
2002	137 BUCHANAN, Peter	Ochil Hill Runners	02-10-38
1994	242 BUCHANAN, Peter	Ochil	1-56-16
1993	249 BUCHANAN, Peter	Ochil	1-54-20
1998	259 BUCHANAN, Peter	Ochil	1-59-25
1992	266 BUCHANAN, Peter	Ochil	1-52-44
1997	276 BUCHANAN, Peter	Ochil	1-55-51

1996	285 BUCHANAN, Peter	Ochil	2-09-15
1999	288 BUCHANAN, Peter	Ochil	1-53-45
1995	289 BUCHANAN, Peter	Ochil	1-54-10
1991	133 BUCHANAN, Peter M	Central Region	2-10-14
2001	211 BUCHANAN, Peter M	Ochil Hill Runners	02-23-27
2003	88 BUCHANAN, Peter M	Ochil Hill Runners	02-00-52
2000	315 BUCK, Lindsay	Cumberland Fell Runners	02-40-52
1969	123 BUCK, Paul	Airedale O	2-33-52
1994	272 BUCKLE, Adrian	West Yorks Fire	2-08-50
1977	171 BUCKLE, K I	Cheltenham & G	1-54-06
1988	371 BUCKLEY, J	Blaunwyr	2-40-01
1982	241 BUCKLEY, William A	Rochdale	1-57-09
1983	247 BUCKLEY, William A	Rochdale	2-09-41
1981	272 BUCKLEY, William A	Rochdale	1-57-11
1984	303 BUCKLEY, William A	Glossop	1-53-20
1981	275 BUFFETT, G	Mynyddwyr	2-12-17
1982	243 BULL, Martin J	Loughton	2-07-53
1979	308 BULL, Martin J	Loughton	2-27-25
1989	324 BULLEN, P	Pudsey & B	2-01-02
1987	381 BULLEN, P	Pudsey & B	1-59-22
1988	383 BULLEN, P	Pudsey & B	2-08-16
1985	386 BULLEN, P	Pudsey & B	1-59-51
1986	429 BULLEN, P	Pudsey & B	1-52-22
1990	311 BULLEN, Peter	Pudsey & B	2-04-13
2000	28 BULLOSS, Nicholas	Arran Runners	01-49-43
2003	34 BULLOSS, Nicholas J	Arran Runners	01-49-04
1989	19 BULMAN, D	Ambleside	1-59-52
1984	24 BULMAN, John A	U	2-20-27
1966	10 BURCH, David A	Clayton	2-20-50
1990	29 BURKE, David	Salford	2-07-56
1986	45 BURNIP, E	Clayton	2-15-50
1990	32 BURNS, Michael	Calder Valley	2-32-08
1991	33 BURNS, Michael	Calder Valley	2-53-29
1995	32 BURNS, Peter	Cumberland	2-14-59
1993	33 BURNS, Peter	Cumberland	2-28-37
1997	37 BURNS, Peter	Cumberland	2-26-39

1992	42 BURNS, Peter	Cumberland	2-21-26
1994	6 BURNS, Stephen	Lochaber	1-39-08
2002	7 BURNS, Stephen	Lochaber AC	01-40-05
2000	19 BURNS, Stephen	Lochaber AC	01-46-19
1996	20 BURNS, Stephen	Lochaber	1-56-59
1997	20 BURNS, Stephen	Lochaber	1-45-58
1992	25 BURNS, Stephen	Lochaber	1-46-57
1999	32 BURNS, Stephen	Lochaber	1-51-51
1985	16 BURNS, W K	Cleveland	1-58-41
2003	21 BURNS, Stephen	Lochaber Athletic Club	01-44-50
1977	13 BURR, Robin	Lancaster & M	2-08-15
1981	17 BURR, Robin H	Lancaster & M	2-02-47
1994	27 BURROWS, Robert	West Yorks Fire	2-14-44
1989	16 BURT, A	Lothian & B Police	2-42-06
1985	17 BURT, A	Lothian & B Police	2-20-05
1987	25 BURT, A	Lothian & B Police	2-36-44
1984	17 BURT, Andrew	Lothian & B Police	2-25-17
1981	20 BURT, Andrew	Lothian & B Police	2-18-12
1979	29 BURT, Andrew	Lothian & B Police	2-28-14
1966	8 BURT, Gordon R	16th Para	1-58-02
1985	24 BURT, R	Cambuslang	2-21-26
1986	35 BURT, R	Cambuslang	2-18-03
1967	8 BURT, Robert	Cambuslang	2-32-10
1966	9 BURT, Robert	Cambuslang	2-33-07
1968	17 BURT, Robert	Cambuslang	2-47-17
1969	17 BURT, Robert	Cambuslang	3-01-14
1984	27 BURT, Robert	Cambuslang	2-11-03
1979	38 BURTON, Bruce	4th Field	2-27-30
2000	206 BURTON, David	Dursley & District AC	02-21-52
1985	241 BURTON, M G	Carnethy	1-43-20
1986	275 BURTON, M G	Carnethy	1-53-40
1988	250 BUTCHER, G	Rochdale	1-56-52
1985	246 BUTCHER, G J	Rochdale	1-51-25
1984	190 BUTCHER, Graham J	Rochdale	1-54-17
1989	189 BUTCHER, P	Arbroath	2-13-40
1987	238 BUTCHER, P	Tayside Fire	2-01-23

1988	256 BUTCHER, P	Fairport	2-11-02
1986	286 BUTCHER, P	Tayside Fire	2-27-31
1987	243 BUTLER, E	Aberdeen	1-53-25
1986	289 BUTLER, E	Aberdeen	1-52-02
1986	291 BUTLER, K	Aberdeen	2-20-30
1986	293 BUTTERWORTH, D R	Red Rose	1-55-55
2000	344 BUTTERWORTH, Heath	Rosendale Harriers & AC	02-49-46
1987	396 BUTTON, H	U	2-46-38
1968	124 BYERS, Alan A	Border	2-27-36
1970	128 BYERS, Alan E	Border	2-10-24
1969	138 BYERS, Alan E	Border	2-23-03
1982	265 BYERS, Gary	Cumberland	1-40-43
1983	273 BYERS, Gary	Cumberland	1-36-33
1981	304 BYRNE, Charles	Clayton	2-20-02
1990	333 BYRNE, Kevin	Liverpool	2-24-12
2001	109 BYRNE, Sara	Lochaber AC	02-04-56
2002	155 BYRNE, Sara	Lochaber AC	02-13-52
1999	173 BYRNE, Sara	Lochaber	2-22-59
1997	233 BYRNE, Sara	Lochaber	2-28-12
2000	235 BYRNE, Sara	Lochaber AC	02-26-23
2003	155 BYRNE, Sara	Lochaber Athletic Club	02-10-58
2000	249 CABRELLI, Nom	Arbroath Footers	02-27-32
2001	347 CABRELLI, Nom	Arbroath Footers RC	02-58-03
1979	325 CADMAN, Henry L	Wigan	2-16-49
2001	39 CAIRNS, George	Lochaber AC	01-51-22
2003	39 CAIRNS, George	Lochaber Athletic Club	01-50-43
1991	69 CAIRNS, George W	Lochaber	2-00-39
2000	71 CAIRNS, George W	Lochaber AC	01-59-01
1997	70 CAIRNS, Jean	Westerlands	2-27-26
1998	75 CAIRNS, Jean	Westerlands	2-29-20
1999	85 CAIRNS, Jean	Westerlands	2-26-21
1985	81 CALDER, D	Westerlands	2-09-26
1997	74 CALDWELL, Christopher	Bolton	1-45-14
1996	74 CALLAN, Julie	Carnethy	3-02-09
1996	76 CALLANDER, Brenda	Central Region	2-18-09
1996	80 CALLANDER, Gordon	Central Region	2-31-33

1973	31 CALLISTER, David I	Manx	2-17-02
1976	40 CALLISTER, I	Manx	2-01-14
2000	95 CALMONT, Mike	Rhedwyr Eryri Harriers	02-03-16
1979	87 CALON, Alan L	Rochdale	1-51-56
1966	23 CALVERT, John E	Clayton	2-01-55
1978	29 CALVERT, M	Leeds Uni	1-51-20
1969	31 CALVERT, Robert K	Smallheath	1-52-33
1989	79 CALVERT, W	Bingley	2-28-11
1988	109 CALVERT, W	Bingley	2-45-31
1994	96 CALVERT, William	Bingley	2-06-40
1993	97 CALVERT, William	Bingley	2-16-23
1995	102 CALVERT, William	Bingley	2-20-18
1996	103 CALVERT, William	Bingley	2-22-34
1997	106 CALVERT, William	Bingley	2-24-06
1998	108 CALVERT, William	Bingley	2-27-55
1990	92 CALVERT, William J	Bingley	2-12-19
1991	100 CALVERT, William J	Bingley	2-35-40
1991	101 CAMBRAY, Mike	Lochaber	2-28-25
1992	96 CAMERON, Graham	Lochaber	2-00-46
1993	101 CAMERON, Graham	Lochaber	2-12-57
1966	26 CAMERON, Ian A	Clydesdale	3-37-45
1984	87 CAMERON, Ian T	London Road	2-37-35
1992	101 CAMERON, James	Inverness	2-15-04
1973	43 CAMERON, Malcolm	Kettering	2-10-41
1975	42 CAMERON, R	Lochaber Rugby	3-23-42
1993	107 CAMERON, Robert	Lochaber	2-07-31
1992	109 CAMERON, Robert	Scots Dragoon	2-02-14
1997	121 CAMERON, Robert	Scots Dragoon	2-08-39
1969	37 CAMERON, Sgt W A	RAF Cranwell	2-12-40
1987	127 CAMPBELL, A	Westerlands	2-10-50
1985	135 CAMPBELL, A	Westerlands	2-02-04
1988	149 CAMPBELL, A	Westerlands	1-58-51
2002	247 CAMPBELL, Andrew	Annalong Canoe & Kayak C	02-30-21
2002	226 CAMPBELL, Brian	Newcastle AC	02-27-03
2003	278 CAMPBELL, Brian	Newcastle AC	02-33-00
1997	29 CAMPBELL, Charles	Westerlands	2-05-45

2003	33 CAMPBELL, Charles	Westerlands CCC	01-49-00
1997	30 CAMPBELL, Douglas	Lochaber	1-51-10
1998	39 CAMPBELL, Douglas	Lochaber	2-03-33
1982	17 CAMPBELL, Duncan	U	2-04-59
1983	22 CAMPBELL, Duncan	U	2-04-08
1977	19 CAMPBELL, E	Lochaber	2-00-17
1971	14 CAMPBELL, Eddie	Lochaber	1-56-32
1972	14 CAMPBELL, Eddie	Lochaber	2-12-44
1973	15 CAMPBELL, Eddie	Lochaber	1-52-32
1989	29 CAMPBELL, Eddie	Lochaber	2-32-28
1984	34 CAMPBELL, Eddie	Lochaber	2-23-21
1987	39 CAMPBELL, Eddie	Lochaber	2-17-47
1994	39 CAMPBELL, Eddie	Lochaber	2-42-17
1991	43 CAMPBELL, Eddie	Lochaber	2-46-50
1993	43 CAMPBELL, Eddie	Lochaber	3-09-25
1992	45 CAMPBELL, Eddie	Lochaber	2-43-19
1988	46 CAMPBELL, Eddie	Lochaber	2-24-01
1990	46 CAMPBELL, Eddie	Lochaber	2-37-44
1995	50 CAMPBELL, Eddie	Lochaber	3-03-57
1985	52 CAMPBELL, Eddie	Lochaber	2-25-26
1986	58 CAMPBELL, Eddie	Lochaber	2-22-59
1966	14 CAMPBELL, Edward	Lochaber	1-59-25
1967	16 CAMPBELL, Edward	Lochaber	1-58-39
1974	17 CAMPBELL, Edward	Lochaber	1-59-39
1970	20 CAMPBELL, Edward	Lochaber	1-59-36
1968	21 CAMPBELL, Edward	Lochaber	1-57-39
1969	21 CAMPBELL, Edward	Lochaber	2-03-00
1975	24 CAMPBELL, Edward	Lochaber	1-58-32
1976	30 CAMPBELL, Edward	Lochaber	1-56-09
1982	32 CAMPBELL, Edward	Lochaber	2-04-26
1983	36 CAMPBELL, Edward	Lochaber	2-06-05
1981	40 CAMPBELL, Edward	Lochaber	1-56-59
1979	57 CAMPBELL, Edward	Lochaber	2-09-07
1999	78 CAMPBELL, Ewen	Lochaber	2-17-38
1987	64 CAMPBELL, H	Lochaber	1-57-25
1986	82 CAMPBELL, H	Lochaber	2-10-26

1982	37 CAMPBELL, Harry	Lochaber	2-12-16
1983	42 CAMPBELL, Harry	Lochaber	2-01-29
1983	46 CAMPBELL, Harry	Lochaber	2-17-16
1984	53 CAMPBELL, Harry	Lochaber	2-05-34
1985	73 CAMPBELL, Harry	Lochaber	2-01-01
1983	48 CAMPBELL, Hugh M	U	2-20-07
1989	57 CAMPBELL, I	Clayton	1-53-39
1989	60 CAMPBELL, I	Livingston	2-07-20
1989	62 CAMPBELL, I	Lothian & B Police	2-17-49
1987	75 CAMPBELL, I	Lothian & B Police	2-12-21
1988	84 CAMPBELL, I	Lothian & B Police	2-16-48
1986	101 CAMPBELL, I	Lothian & B Police	2-13-01
1974	28 CAMPBELL, Ian	Scottish Police College	2-32-22
1975	31 CAMPBELL, Ian	Scottish Police College	2-42-52
1977	38 CAMPBELL, Ian	Scottish Police College	2-16-34
1976	41 CAMPBELL, Ian	Scottish Police College	2-14-58
1982	47 CAMPBELL, Ian	Lothian & B Police	2-04-13
1983	54 CAMPBELL, Ian	Lothian & B Police	1-59-24
1981	58 CAMPBELL, Ian	Lothian & B Police	2-05-24
1984	70 CAMPBELL, Ian	Lothian & B Police	2-18-27
1979	77 CAMPBELL, Ian	Lothian & B Police	2-17-56
1992	83 CAMPBELL, Ian	Lothian & B Police	2-20-07
1991	88 CAMPBELL, Ian	Lothian & B Police	2-30-35
1994	89 CAMPBELL, Ian	Lothian & B Police	2-24-53
1993	91 CAMPBELL, Ian	Lothian & B Police	2-37-07
1995	93 CAMPBELL, Ian	Lothian & B Police	2-33-26
1985	94 CAMPBELL, Ian	Lothian & B Police	2-05-56
1997	94 CAMPBELL, Ian	Lothian & B Police	2-24-38
1996	99 CAMPBELL, Ian	Lothian & B Police	2-45-12
1998	103 CAMPBELL, Ian	Lothian & B Police	2-47-18
1987	97 CAMPBELL, J	Irvine	2-16-27
1987	98 CAMPBELL, K	Lochaber	1-41-54
1986	121 CAMPBELL, K J	Lochaber	2-05-14
1984	77 CAMPBELL, Kenneth J	U	2-04-13
1998	109 CAMPBELL, Paul	Lochaber	2-44-31
1976	53 CAMPBELL, R	Lochaber	1-38-02

1989	85 CAMPBELL, R	Lochaber	1-57-35
1987	103 CAMPBELL, R	Lochaber	1-38-19
1987	107 CAMPBELL, R	Loudoun	2-02-43
1985	115 CAMPBELL, R	Loudoun	2-11-07
1988	119 CAMPBELL, R	Lochaber	2-03-26
1988	125 CAMPBELL, R	Loudoun	2-11-45
1986	126 CAMPBELL, R	Lochaber	1-35-50
1986	134 CAMPBELL, R	Loudoun	2-02-03
1971	40 CAMPBELL, Ronald	Lochaber	1-38-54
1974	40 CAMPBELL, Ronald	Lochaber	1-40-27
1975	41 CAMPBELL, Ronald	Lochaber	1-35-53
1973	46 CAMPBELL, Ronald	Lochaber	1-41-13
1982	71 CAMPBELL, Ronald	Lochaber	1-35-51
1981	82 CAMPBELL, Ronald	Lochaber	1-31-10
1983	82 CAMPBELL, Ronald	Lochaber	1-35-16
1984	98 CAMPBELL, Ronald	Lochaber	1-35-51
1979	100 CAMPBELL, Ronald	Lochaber	1-35-53
1990	108 CAMPBELL, Ronald	Lochaber	1-45-23
1991	117 CAMPBELL, Ronald	Lochaber	1-57-59
2003	12 CAMPBELL, Ruairidh	Arbroath Footers	01-42-15
1993	15 CAMPBELL, Ruairidh	Lochaber	1-55-28
2002	16 CAMPBELL, Ruairidh	Arbroath Footers	01-44-32
1992	24 CAMPBELL, Ruairidh	Lochaber	1-50-29
1998	24 CAMPBELL, Ruairidh	Arbroath	1-58-33
1999	24 CAMPBELL, Ruairidh	Arbroath	1-47-51
1996	63 CAMPBELL, Ruairidh	Lochaber	2-02-22
1994	64 CAMPBELL, Ruairidh	Lochaber	2-00-00
1995	64 CAMPBELL, Ruairidh	Lochaber	1-57-57
2000	66 CAMPBELL, Ruairidh	Arbroath Footers	01-58-15
1982	38 CAMPBELL, William C	East Cheshire	2-05-27
1984	48 CAMPBELL, William C	East Cheshire	1-56-16
1986	89 CAMPLING, M	U	2-01-51
1983	45 CANAVAN, Christopher	Newcastle	2-18-47
1985	78 CANAVAN, Denis	Scottish Marathon	2-09-51
1986	93 CANAVAN, Denis	Falkirk	2-09-08
1982	43 CANN, Paul	Royal Marines	2-10-39

1976	1 CANNON, D A	Gateshead	1-26-55
1971	1 CANNON, David	Kendal	1-33-05
1972	1 CANNON, David	Kendal	1-32-57
1975	1 CANNON, David	Gateshead	1-29-58
1974	1 CANNON, David A	Kendal	1-30-17
1970	2 CANNON, David A	Kendal	1-41-13
1973	4 CANNON, David A	Kendal	1-35-04
2003	82 CANNON, Russell	Helm Hill	02-00-08
2001	120 CANNON, Russell	Helm Hill Runners	02-07-15
2002	129 CANNON, Russell	Helm Hill Runners	02-09-53
1993	119 CANT, John	Swindon	2-02-09
1989	108 CANT, R	Lochaber	2-08-50
1987	142 CANT, R	Lochaber	2-07-57
1988	160 CANT, R	Lochaber	2-10-53
1985	150 CANT, R M	Lochaber	2-10-10
2000	7 CANT, Robbie	Lochaber AC	01-39-13
1997	9 CANT, Robbie	Lochaber	1-41-07
1999	11 CANT, Robbie	Lochaber	1-43-29
1998	12 CANT, Robbie	Lochaber	1-44-22
2002	20 CANT, Robbie	Lochaber AC	01-47-31
1996	26 CANT, Robbie	Lochaber	1-53-37
2003	26 CANT, Robbie	Lochaber Athletic Club	01-46-04
1995	57 CANT, Robbie	Lochaber	2-02-15
2001	58 CANT, Robbie	Fort William Fire Brigade	01-54-40
1994	53 CANT, Robert	Lochaber	2-13-27
1991	54 CANT, Robert	Lochaber	2-12-31
1993	54 CANT, Robert	Lochaber	2-13-48
1992	58 CANT, Robert	Lochaber	2-14-41
1995	60 CANT, Robert	Lochaber	2-08-33
1997	234 CANT, Robert	Lochaber	2-28-29
1996	236 CANT, Robert	Lochaber	2-31-49
2003	236 CANT, Robert	Lochaber Athletic Club	02-26-17
2000	149 CANT, Robert M	Lochaber AC	02-11-46
2002	178 CANT, Robert MacDonald	Lochaber AC	02-18-04
2001	185 CANT, Robert McDonald	Lochaber AC	02-19-34
2002	89 CANT, Stephen	Penicuik Harriers	02-03-36

2003	98 CANT, Stephen	Lochaber Athletic Club	02-01-59
2001	165 CANT, Stephen	Penicuik Harriers	02-14-23
1999	199 CANT, Stephen	Penicuik	1-59-53
1982	105 CAPENERHURST, John	Bingley	1-55-36
1979	148 CAPENERHURST, John	Bingley	1-55-39
1977	81 CAPENHURST, John	Bingley	1-53-44
1976	92 CAPEWELL, M	West Midlands Police	2-16-16
1979	152 CAPEWELL, Mervyn C	West Midlands Police	2-37-13
1970	51 CARDUS, F	Kendal	2-25-35
1978	53 CARLIN, G	Clydesdale	1-39-27
1988	192 CARLIN, G	Clydesdale	2-03-59
1982	114 CARLIN, George	Clydesdale	1-40-32
1979	157 CARLIN, George	Clydesdale	1-45-44
2002	66 CARMONT, Michael	Eryri Harriers	01-59-14
2003	146 CARMONT, Mike	Eryri Harriers	02-08-48
1989	124 CARNEY, Barbara	Bingley	2-12-27
1990	139 CARNEY, Barbara	Bingley	2-12-30
1986	196 CARNEY, Barbara	Bingley	2-08-34
1985	169 CARNEY, P P	Bingley	2-05-28
2000	248 CARNOCHAN, Andrew	Calder Valley Fell Runners	02-27-25
1995	258 CARPENTER, Darryl	Wellington (NZ)	2-10-51
1979	236 CARPENTER, Noah H	City Hospital Tract	3-0137
1993	221 CARR, Kieran	Clayton	1-47-38
1994	225 CARR, Kieran	Clayton	1-48-32
1998	238 CARR, Kieran	Clayton	1-52-58
1992	241 CARR, Kieran	Clayton	1-48-56
1991	245 CARR, Kieran	Clayton	1-57-52
1997	249 CARR, Kieran	Clayton	1-46-59
1996	256 CARR, Kieran	Clayton	1-53-15
1995	272 CARR, Kieran	Clayton	1-48-56
1999	278 CARR, Kieran	Clayton	1-50-07
2000	24 CARR, Kieran F	Clayton-le-Moors Harriers	01-48-10
2002	35 CARR, Kieran F	Clayton-le-Moors Harriers	01-52-48
2001	56 CARR, Kieran F	Clayton-le-Moors Harriers	01-54-25
1996	54 CARR, Matthew	Clayton	2-07-08
1997	55 CARR, Matthew	Clayton	1-56-02

1999	73 CARR, Matthew	Clayton	1-57-38
2003	47 CARR, Kieran	Clayton Le Moors	01-52-59
1973	19 CARRINGTON, N	Sale	1-37-21
1970	15 CARRINGTON, Norman	Sale	1-46-45
1971	17 CARRINGTON, Norman	Sale	1-38-47
1972	18 CARRINGTON, Norman	Sale	1-50-51
1974	15 CARRINGTON, W	Sale	1-39-12
1975	17 CARRINGTON, W	Sale	1-40-35
1993	46 CARROLL, David	Ambleside	1-47-17
1991	48 CARROLL, David	Ambleside	1-51-41
1992	49 CARROLL, David	Ambleside	1-47-39
1974	20 CARROLL, E	Barrow	2-35-20
1975	22 CARROLL, E	Barrow	2-17-58
1973	26 CARROLL, E	Barrow	2-13-09
1976	28 CARROLL, E	Barrow	2-13-04
1977	29 CARROLL, E	Barrow	2-00-59
1972	21 CARROLL, Eric	Barrow	2-35-01
1971	23 CARROLL, Eric	Barrow	2-26-28
1979	55 CARROLL, Eric	Barrow	2-14-29
1988	67 CARROLL, Ina	Scottish Veteran	3-17-49
1989	50 CARRUTHERS, R	Barrow	2-44-44
1987	61 CARRUTHERS, R	Barrow	1-51-01
1988	75 CARRUTHERS, R	Barrow	2-46-55
1986	77 CARRUTHERS, R	Barrow	1-42-56
1983	44 CARSON, Angela	Eryri	1-58-22
1987	66 CARSON, Angela	Eryri	1-52-57
1985	72 CARSON, Angela	Eryri	1-52-45
1986	84 CARSON, Angela	Eryri	1-47-51
1994	69 CARSON-JONES, Simon	Portsmouth	2-12-26
1993	68 CARTER, Kenneth J	Black Isle	2-12-17
2001	53 CARTER, Nick	Lochaber AC	01-54-20
1989	36 CARTER, S	Horsforth	2-02-26
1988	60 CARTER, S	Horsforth	2-06-37
1983	28 CARTRIDGE, David	Bolton	1-29-32
1984	41 CARTRIDGE, David	Bolton	1-33-36
1983	31 CARTWRIGHT, P	Albert Hall	2-18-56

1972	20 CARTWRIGHT, P B	U	2-36-48
1981	38 CARTWRIGHT, Pete	U	2-05-17
1970	21 CARTWRIGHT, Philip	U	2-49-09
1981	39 CASEY, Michael	Edinburgh	2-50-25
1976	31 CASH, E	Loughton	2-38-58
1989	43 CASH, E	Loughton	2-58-17
1987	57 CASH, E	Loughton	2-44-47
1979	58 CASH, E C	Loughton	2-36-56
1985	63 CASH, E C	Loughton	2-38-09
1986	80 CASH, E C	Loughton	2-36-09
1982	35 CASH, Edward C	Loughton	2-25-17
1983	41 CASH, Edward C	Loughton	2-19-44
1981	47 CASH, Edward C	Loughton	2-29-42
1984	52 CASH, Edward C	Loughton	2-29-15
1989	55 CASH, F	Loughton	2-16-20
1976	36 CASH, Frederick J	Loughton	2-15-17
1982	42 CASH, Frederick J	Loughton	2-06-30
1981	50 CASH, Frederick J	Loughton	2-04-54
1983	50 CASH, Frederick J	Loughton	2-05-30
1984	60 CASH, Frederick J	Loughton	2-07-56
1979	68 CASH, Frederick J	Loughton	2-17-39
1987	74 CASH, Frederick J	Loughton	2-10-04
1990	75 CASH, Frederick J	Loughton	2-16-40
1991	76 CASH, Frederick J	Loughton	2-30-47
1993	80 CASH, Frederick J	Loughton	2-31-10
1994	80 CASH, Frederick J	Loughton	2-31-45
1995	82 CASH, Frederick J	Loughton	2-30-05
1998	85 CASH, Frederick J	Loughton	2-38-27
1985	90 CASH, Frederick J	Loughton	2-13-48
1997	90 CASH, Frederick J	Loughton	2-37-31
1996	93 CASH, Frederick J	Loughton	2-57-25
1986	106 CASH, Frederick J	Loughton	2-08-37
1975	33 CASH, J	Walthamstow	2-10-03
1979	81 CASSEY	HMS Zulu	2-25-02
1989	72 CASSIDY, A	Fife	1-47-47
1988	99 CASSIDY, C	Bicester	2-15-36

1993	88 CASTELL, Simon	Holmfirth	2-56-48
1971	33 CASTLE, R J	Invicta	1-58-26
1974	34 CASTLE, R J	Invicta	1-50-57
1973	37 CASTLE, R J	Invicta	1-53-12
1972	28 CASTLE, Raymond J	Invicta	2-14-03
1970	31 CASTLE, Raymond J	Invicta	1-59-12
1989	83 CATION, F	Fife	2-19-06
1987	101 CATION, F	Fife	2-14-50
1985	105 CATION, F	Fife	3-19-51
1988	108 CATION, F	Fife	2-14-45
1986	123 CATION, F	Fife	2-05-46
1990	93 CATION, Frank W	Fife	2-20-11
1992	93 CATION, Frank W	Fife	2-24-14
1994	102 CATION, Frank W	Fife	2-32-48
1991	98 CATLEY, Alan	North Shields Poly	1-56-40
1999	119 CATLEY, Alan	North Shields Poly	2-13-12
1994	106 CAVE, Michael J	Tyne & W Fire	2-03-31
1995	107 CAVE, Michael J	Tyne & W Fire	2-04-21
1996	114 CAVE, Michael J	Tyne & W Fire	2-22-28
1999	122 CAVE, Michael J	Tyne & W Fire	2-13-16
1977	49 CAWLEY, K	Naval Air	1-45-08
1979	104 CHADWICK, C	East Cheshire	2-29-04
1972	35 CHAINEY, Alan	Interlopers O	2-04-28
1999	126 CHAMBERS, Darren	Lochaber	3-06-47
1966	27 CHAMBERS, John	HMS Condor	2-16-32
1997	69 CHAMBERS, John	North Derbyshire	2-06-49
2003	73 CHAMBERS, John	Cumberland Fellrunners	01-58-19
1968	24 CHANNAN, J H	RAF Kinloss	3-01-18
1993	71 CHANNING, Paul	Portsmouth	2-42-11
1994	72 CHANNING, Paul	Portsmouth	2-23-30
1997	79 CHANNING, Paul	Portsmouth	2-44-13
1998	81 CHANNING, Paul	Portsmouth	2-56-01
2003	342 CHANNING, Paul	Portsmouth Joggers	02-49-34
1995	366 CHANNING, Paul	Portsmouth	2-33-35
1997	242 CHAPMAN, Barry	Dundee	2-25-51
2002	243 CHAPMAN, Barry	Todmorden Harriers & AC	02-29-57

1995	252 CHAPMAN, Barry	Todmorden	2-18-42
2001	290 CHAPMAN, Barry	Todmorden Harriers & AC	02-36-44
2000	303 CHAPMAN, Barry	Todmorden Harriers & AC	02-38-13
1998	322 CHAPMAN, Barry	Ochil	2-34-20
1996	337 CHAPMAN, Barry	Todmorden	2-27-15
1999	351 CHAPMAN, Barry	Todmorden	2-26-53
1971	111 CHAPMAN, Lt R	HMS Neptune	2-23-18
1978	100 CHAPMAN, P	Kendal	1-36-54
1985	373 CHAPMAN, P J	Kendal	1-45-53
1986	406 CHAPMAN, P J	Kendal	1-41-12
1982	235 CHAPMAN, Peter J	Kendal	1-38-15
1981	258 CHAPMAN, Peter J	Kendal	1-39-25
1979	291 CHAPMAN, Peter J	Kendal	1-43-31
1988	361 CHAPMAN, R	Lea Valley	2-35-32
1994	268 CHAPMAN, S	Cosmic	2-15-27
1995	332 CHAPMAN, S	Cosmic	2-11-25
2003	291 CHAPMAN, Barry	Todmorden Harriers	02-35-33
1987	336 CHARLES, G	Vauxhall	2-03-46
1993	267 CHARLES, G E	Vauxhall	2-21-50
1998	281 CHARLES, G E	Vauxhall	2-44-28
1986	386 CHARLES, G E	Vauxhall	2-04-09
1990	279 CHARLTON, Carolyn	Keswick	2-26-25
1984	281 CHESSUM, David L	Beith	2-23-42
1986	395 CHILTON, P	Nuneaton	2-02-17
2003	105 CHIPPENDALE, Mark	Bowland Fellrunners	02-02-32
1976	54 CHISHOLM, D A	Lochaber	2-22-44
1997	108 CHISHOLM, Jamie	Lochaber	2-00-14
1998	114 CHISHOLM, Jamie	Lochaber	2-43-21
1972	34 CHISHOLM, Neil A	Lochaber	2-34-44
1970	37 CHISHOLM, Neil A	Lochaber	3-10-30
1971	37 CHISHOLM, Neil A	Lochaber	2-05-53
1973	41 CHISHOLM, Neil A	Lochaber	2-14-13
1982	68 CHISHOLM, Neil A	Lochaber	2-18-59
1981	80 CHISHOLM, Neil A	Lochaber	2-15-58
1984	93 CHISHOLM, Neil A	Lochaber	2-14-50
1979	97 CHISHOLM, Neil A	Lochaber	2-15-49

1974	39 CHISHOLM, Nigel	Lochaber	2-08-03
1975	43 CHISHOLM, Nigel	Lochaber	2-21-36
1990	102 CHISHOLM, Nigel	Scottish Veteran	2-24-05
1994	112 CHISHOLM, Nigel	Lochaber	3-29-27
1992	114 CHISHOLM, Nigel	Lochaber	2-48-18
1991	116 CHISHOLM, Nigel	Lochaber	3-08-32
1997	122 CHISHOLM, Nigel	Lochaber	2-49-26
1985	137 CHISHOLM, Nigel	Lochaber	2-36-39
1986	163 CHISHOLM, Nigel	Lochaber	2-29-06
1999	135 CHOUMAS, Paul	U	2-40-36
1998	128 CHRISTY, Angela	Lochaber	2-51-18
1989	106 CRYSTAL, C	Lochaber	1-58-31
1990	120 CRYSTAL, Chris	Lochaber	2-14-49
1992	123 CRYSTAL, Chris	Lochaber	2-02-04
1987	136 CRYSTAL, Collette	Lochaber	2-57-46
1994	121 CRYSTAL, Ian	Lochaber	2-09-26
1993	122 CRYSTAL, Ian	Lochaber	2-06-08
1997	132 CRYSTAL, Ian	Lochaber	2-21-12
1995	133 CRYSTAL, Ian	Lochaber	2-19-05
1973	57 CHURCHILL, Andrew R	Clayton	1-47-33
1969	42 CHURM, R	Vauxhall	2-07-14
1974	50 CHURM, R	Vauxhall	2-02-31
1976	70 CHURM, R	Vauxhall	1-53-50
1972	42 CHURM, Roger	Vauxhall	2-05-26
1970	45 CHURM, Roger	Vauxhall	2-01-32
1971	52 CHURM, Roger	Vauxhall	1-51-04
1973	61 CHURM, Roger	Vauxhall	1-51-24
1996	144 CLAPPERTON, Robert	Retford	3-06-29
1988	173 CLAPTON, K	U	2-53-54
1969	45 CLARE, CPO J	HMS Fulmar	1-56-38
1967	44 CLARE, J A	RNA Lossiemouth	2-20-12
1985	167 CLARE, R	West Yorks Fire	1-54-07
1987	169 CLARE, R	West Yorks Fire	1-46-13
1986	194 CLARE, R	West Yorks Fire	1-44-26
1984	131 CLARE, Robert	Bingley	1-50-00
1990	141 CLARE, Robert	West Yorks Fire	1-49-07

1977	73 CLARIDGE, P	Vauxhall	1-52-50
1971	61 CLARK	7th Para	2-10-48
2002	332 CLARK, Alison E	Lochaber AC	02-57-21
1999	339 CLARK, Colin	Lochaber	2-39-44
1970	124 CLARK, D	Perth Railway	2-06-10
1976	178 CLARK, D	Verlea	1-50-13
1993	296 CLARK, Gordon	Arbroath	1-59-41
1992	320 CLARK, Gordon	Arbroath	2-06-15
1990	323 CLARK, Gordon	Arbroath	1-58-56
1998	324 CLARK, Gordon	Arbroath	2-30-24
1997	327 CLARK, Gordon	Arbroath	2-12-14
1991	329 CLARK, Gordon	Arbroath	2-11-56
1996	333 CLARK, Gordon	Arbroath	2-08-18
1989	339 CLARK, Gordon	Arbroath	1-59-44
1999	350 CLARK, Gordon	Arbroath	2-19-16
1995	364 CLARK, Gordon	Arbroath	2-07-45
1987	394 CLARK, Gordon	Arbroath	2-01-23
1988	394 CLARK, Gordon	Arbroath	2-05-36
1972	108 CLARK, H N	7th Para	2-00-13
1994	297 CLARK, Isobel	Arbroath	2-38-37
1993	313 CLARK, Isobel	Arbroath	2-37-25
1998	328 CLARK, Isobel	Arbroath	2-56-13
1997	335 CLARK, Isobel	Arbroath	2-46-46
1996	343 CLARK, Isobel	Arbroath	2-45-11
1999	357 CLARK, Isobel	Arbroath	2-55-00
1995	377 CLARK, Isobel	Arbroath	2-35-38
1968	130 CLARK, J	RAF Cranwell	2-23-27
1996	350 CLARK, Jonny	Ochil	2-01-47
1973	159 CLARK, L/Bdr	27th Med	2-21-40
1987	414 CLARK, M	Clayton	1-55-29
1967	122 CLARK, M A	7th Para	2-10-23
1989	360 CLARK, P	Kendal	1-42-43
1976	194 CLARK, R	Elliott	2-03-18
1983	280 CLARK, Thomas	Lothian & B Police	2-30-44
1979	332 CLARK, Thomas	Lothian & B Police	3-15-15
1986	462 CLARKE, A B	Eryri	2-14-09

1994	309 CLARKE, Andrew	Black Combe	2-16-57
1993	38 CLARKE, Andy	Tynedale	1-54-40
1995	39 CLARKE, Andy	Tynedale	1-53-47
2001	47 CLARKE, Andy	Calder Valley Fell Runners	01-53-04
1991	70 CLARKE, Andy	Ambleside	2-05-03
2000	73 CLARKE, Andy	Calder Valley Fell Runners	01-59-47
1986	95 CLARKE, B	Rochdale	2-34-37
1968	25 CLARKE, David	Maryhill	2-44-44
1992	68 CLARKE, Gavin	Ochil	1-58-40
1990	73 CLARKE, Gavin	East Lothian	2-01-54
1993	73 CLARKE, Gavin	Ochil	2-06-09
1991	75 CLARKE, Gavin	East Lothian	2-07-57
1994	75 CLARKE, Gavin	Ochil	2-10-01
1996	78 CLARKE, Gavin	Ochil	2-14-10
1998	90 CLARKE, Gavin	Ochil	2-32-15
2000	299 CLARKE, Gavin	Ochil Hill Runners	02-37-34
2002	325 CLARKE, Gavin	Ochil Hill Runners	02-51-51
1975	151 CLARKE, J A	RNAS Lee-on-Solent	1-52-50
1973	143 CLARKE, John	U	2-01-10
1984	306 CLARKE, Peter	Bingley	1-49-05
2002	182 CLARKE, Richard	Middlesborough AC	02-18-47
1998	173 CLARKE, Sam	Ambleside	2-17-39
1997	180 CLARKE, Sam	Ambleside	2-07-35
1999	198 CLARKE, Sam	Ambleside	2-25-59
1992	169 CLARKE, Shirley	Highland	2-26-13
1997	183 CLARKE, Simon	Clayton	1-54-08
1984	163 CLARKE, Thomas	Lothian & B Police	2-44-29
2002	227 CLARKSON, David	Cumberland Fell Runners	02-27-11
2001	260 CLARKSON, David	Cumberland Fell Runners	02-32-31
1969	99 CLARKSON, Frank	U	2-57-49
1976	142 CLARKSON, I	U	1-49-21
1970	94 CLARKSON, Ian	Cambridge	2-05-38
1971	98 CLARKSON, Ian	Grantchester	2-12-26
1973	108 CLARKSON, Ian	Gruntfuttock Fertlers	2-04-02
1975	118 CLARKSON, W I	Livingston	1-54-27
1968	90 CLARKSON, W Ian	Ariel	2-10-18

2001	156 CLAWSON, S	Rossendale Harriers & AC	02-12-46
2000	125 CLAWSON, Stephen	Rossendale Harriers & AC	02-08-36
2003	128 CLAWSON, Steve	Rossendale	02-06-26
2000	369 CLAYDON, Michael	Wealstun Runners	03-07-33
1982	277 CLAYTON, Brian T	U	2-15-59
1984	340 CLAYTON, Brian T	Saddleworth	1-50-38
1990	358 CLAYTON, Geoff	Ambleside	1-59-20
2000	211 CLAYTON, Geoffrey	Ambleside AC	02-22-30
1997	360 CLAYTON, Geoffrey	Ambleside	2-09-26
1991	363 CLAYTON, Geoffrey	Ambleside	2-21-49
1996	208 CLAYTON, Neil	Skyrac	2-13-26
1976	119 CLEARY, O	Caithness	2-42-51
1989	187 CLEARY, P	Mercia	1-52-24
1988	258 CLEARY, P	Mercia	2-02-57
2003	113 CLEGG, Timothy	Keighley & Craven	02-04-27
1973	42 CLELLAND, Gnr	27th Med	2-15-31
1988	132 CLEMENTS, K	East Kilbride	2-20-35
1987	117 CLEMENTS, K J	East Kilbride	2-05-48
1986	148 CLEMENTS, M	North Wales Police	2-15-17
1977	53 CLEMERSON, C S	South Ribble	2-05-09
1976	59 CLEMERSON, C S	Lunienteers	2-27-07
1977	58 CLEMERSON, L R	Kettering	2-08-25
1976	60 CLEMERSON, L R	Kettering	2-26-09
1973	50 CLEMERSON, Leonard R	Kettering	2-21-13
1978	37 CLEMINSON, D E	Bingley	1-54-05
1979	111 CLEMINSON, D W	Bingley	1-56-20
1991	118 CLETHERO, Graham S	RAF Lossiemouth	2-10-12
1990	117 CLIFF, Steven	Liverpool	1-48-58
1987	129 CLIFFORD, A	U	1-50-34
1993	118 CLOUGH, Brian	Ambleside	1-40-47
1991	122 CLOUGH, Brian	Ambleside	2-04-02
1992	124 CLOUGH, John B	Ambleside	1-38-20
1982	82 CLUNE, James	1st Prince of Wales	2-11-12
1981	96 CLUNE, James	1st Prince of Wales	2-16-05
1997	130 CLUTTERBUCK, Derek	Rochdale	2-31-57
1982	86 COATES, Ros	Lochaber	1-49-22

1981	97 COATES, Ros	Lochaber	1-44-25
1983	98 COATES, Ros	Lochaber	1-45-17
1984	114 COATES, Ros	Lochaber	1-46-06
1986	184 COATSWORTH, A K	Frodsham	2-03-34
1968	42 COCKING, Alan	Bramley	2-09-50
1974	52 COCKREM, J	RAF Leuchars	2-16-52
1998	142 COEY, Stephen	Calder Valley	2-44-20
2000	325 COEY, Stephen	Calder Valley Fell Runners	02-43-02
1999	336 COEY, Stephen	Red Rose	3-07-01
1987	380 COFFEY, M	Bingley	2-04-17
1998	311 COFFEY, Michael A	Bingley	2-42-32
1996	328 COFFEY, Michael A	Bingley	2-28-42
1995	350 COFFEY, Michael A	Bingley	1-58-28
1986	434 COHEN, N	Liverpool Poly	3-02-42
2003	151 COLCHESTER, Jim	Solway Running Club	02-09-51
1968	45 COLDRICK, Charles	Blackwell	3-46-15
1981	113 COLE, Kevin A	Huntingdon	2-13-07
1967	45 COLE, Terence G	RAF Oldham	2-36-15
1966	37 COLEMAN, George	Vauxhall	2-08-43
1968	46 COLEMAN, George	Vauxhall	2-11-07
1967	47 COLEMAN, George	Vauxhall	2-15-37
1966	39 COLEMAN, Peter	Vauxhall	1-54-02
1967	48 COLEMAN, Peter	Vauxhall	2-02-39
1969	49 COLEMAN, Peter	Vauxhall	1-58-52
1972	50 COLEMAN, Peter	Vauxhall	1-50-39
1978	50 COLEMAN, Peter	Vauxhall	1-48-06
1968	51 COLEMAN, Peter	Vauxhall	2-59-49
1974	60 COLEMAN, Peter	Vauxhall	2-10-46
1971	63 COLEMAN, Peter	Vauxhall	1-50-47
1975	64 COLEMAN, Peter	Vauxhall	2-03-59
1973	65 COLEMAN, Peter	Vauxhall	1-52-33
1977	78 COLEMAN, Peter	Vauxhall	1-46-33
1976	94 COLEMAN, Peter	Vauxhall	2-03-07
1982	104 COLEMAN, Peter	Vauxhall	1-49-03
1983	116 COLEMAN, Peter	Vauxhall	1-42-48
1981	124 COLEMAN, Peter	Vauxhall	1-45-35

1984	148 COLEMAN, Peter	Vauxhall	1-51-08
1994	163 COLEMAN, Peter	Vauxhall	2-28-26
1990	166 COLEMAN, Peter	Vauxhall	2-08-21
1987	198 COLEMAN, Peter	Vauxhall	1-59-35
1985	199 COLEMAN, Peter	Vauxhall	1-56-34
1988	201 COLEMAN, Peter	Vauxhall	2-14-40
1986	229 COLEMAN, Peter	Vauxhall	1-53-02
1992	242 COLEMAN, Peter	Vauxhall	2-22-15
2002	257 COLEMAN, Peter	Vauxhall Motors RC	02-31-45
1998	275 COLEMAN, Peter	Vauxhall	3-06-21
1991	277 COLEMAN, Peter	Vauxhall	2-41-13
2003	284 COLEMAN, Peter	Vauxhall Motors RC	02-33-46
1969	112 COLES	42nd Med	2-08-25
1967	100 COLES, C C	7th Para	2-16-04
1971	104 COLES, C C	Sale	1-51-15
1972	88 COLES, Christopher	Sale	1-59-13
1992	279 COLES, Malcolm	Skyrac	2-12-50
1988	341 COLES, R	Central Region	1-59-09
1994	254 COLL, Dominic	Darwen	2-11-30
1997	288 COLL, Dominic	Clayton	2-33-00
1995	310 COLL, Dominic B	Darwen	2-13-38
1989	286 COLL, F	Scottish Veteran	2-21-24
1988	346 COLL, F	East Kilbride	2-53-45
1987	347 COLL, F	EKTAI	2-45-01
1986	396 COLL, F	Calderglen	2-36-25
1995	314 COLLINS, Arthur	Christchurch (NZ)	1-56-15
1985	364 COLLINS, G T	HM Forces	2-31-24
1987	356 COLLINS, R	U	1-59-34
1999	316 COLLINS, Richard O	Highland	2-22-30
1977	158 COLLINSON, A	Dark Peak	1-59-15
1984	289 COLLINSON, B	Red Rose	2-02-24
1986	408 COLLINSON, B	Clayton	2-25-51
1995	327 COLLINSON, John K	Bingley	2-21-03
1998	295 COLLS, David	Yarra Valley (Australia)	2-07-27
1972	93 COLLS, J S	Edinburgh Southern O	1-50-21
1973	132 COLLS, J S	Edinburgh Southern O	1-52-53

1969	120 COLLS, James S	Edinburgh Southern	1-58-56
1970	114 COLLS, John S	Edinburgh Southern O	1-48-20
1989	310 COLQUHOUN, I	Tayside Police	2-56-27
1988	364 COLQUHOUN, I	Tayside Police	2-38-54
1991	304 COLTMAN, Alan	Teviotdale	2-39-09
1993	198 COLTMAN, Alan J	Teviotdale	2-28-05
1994	202 COLTMAN, Alan J	Teviotdale	2-27-40
1992	204 COLTMAN, Alan J	Teviotdale	2-15-36
1998	208 COLTMAN, Alan J	Teviotdale	2-38-39
2000	221 COLTMAN, Alan J	Teviotdale Harriers	02-23-59
1996	224 COLTMAN, Alan J	Teviotdale	2-33-36
1995	234 COLTMAN, Alan J	Teviotdale	2-23-21
1999	239 COLTMAN, Alan J	Teviotdale	2-31-12
1996	229 COLVER, Keith	Carnethy	2-12-15
1977	116 COLVIN, J H	Cheltenham & G	1-59-25
1978	79 COLVIN, S H	Cheltenham & G	1-51-03
1976	129 COMERSALL, W D	U	2-18=23
1989	213 COMLEY, Alison	Devon	3-04-18
1969	88 CONLAN, Morris F	Edinburgh Southern	2-06-54
1992	216 CONLON, Ray	Bingley	2-07-47
1998	219 CONLON, Ray	Bingley	2-52-54
1995	240 CONLON, Ray	Bingley	2-23-13
1977	120 CONN, K	Dudley	2-12-10
1990	222 CONNELLY, Alan B	Arbroath	2-34-40
1995	245 CONNELLY, Cameron A	Bellahouston	2-41-33
1979	228 CONNELLY, Chris	23 SAS	2-39-19
1981	197 CONNER, Michael J	Clayton	1-52-59
1996	245 CONNOLLY, Mike	Lochaber	2-39-22
1982	178 CONNON, Robert J	U	2-09-07
1966	71 CONNOR, John C	Cambuslang	2-42-47
1975	104 CONNOR, R M	U	2-04-09
1976	136 CONNOR, R M	FRA	2-03-27
1973	100 CONNOR, Ronald M	U	2-15-50
1977	128 CONTIER, G Y	West Calder	2-08-58
1998	237 CONWAY, Paul	Dewsbury	2-07-45
1996	254 CONWAY, Paul	Dewsbury	2-33-24

1995	265 CONWAY, Paul	Dewsbury	2-16-56
1996	255 COOK, Andrew D	Skyrac	2-15-26
1970	89 COOK, Brian D	Anglo Scottish	2-20-58
1984	242 COOK, Ian R	Hartlepool	2-02-05
1999	281 COOKSON, Steven	West Yorks Fire	2-36-43
1988	303 COOMBS, M	U	2-14-07
1986	342 COOMBS, R	Auld Reekie	1-53-30
1988	309 COON, J	Livingston	2-39-41
1990	247 COON, John	Livingston	2-13-54
1975	113 COONEY, F	Cambuslang	2-49-12
1998	248 COOPE, Edwin	Horwich	2-41-04
1991	249 COOPE, Edwin	Horwich	2-39-21
1990	254 COOPE, Edwin	Horwich	2-26-00
1997	263 COOPE, Edwin	Horwich	2-35-59
1996	265 COOPE, Edwin	Horwich	2-50-15
1985	314 COOPE, J E	Horwich	2-24-18
1981	220 COOPE, James E	Horwich	2-17-06
1992	255 COOPER, James H	Rosendale	2-02-41
1982	198 COOPER, Robert	Inverness	2-10-58
1981	222 COOPER, Robert	Inverness	2-10-18
2000	115 COOPER, Steve	Ryde Harriers	02-07-09
1997	118 COOPER, Steve	Ryde	2-06-24
1973	44 COOPER, W	Manchester	1-52-08
1974	41 COOPER, Wade	Manchester	1-53-15
1979	106 COPLAND, David J	Edinburgh Southern O	2-09-16
1988	146 COPPOCK, G	CFRA	2-23-16
1990	105 COPPOCK, George A	Cumbria	2-19-33
1989	102 COPPOCK, M	Cumberland	2-17-54
1988	152 COPPOCK, M	CFRA	2-25-26
2002	273 CORBETT, Gary	Pennine Fell Runners	02-35-57
2001	341 CORBETT, Gary	Pennine Fell Runners	02-55-29
2003	237 CORBETT, Gary	Pennine Fell Runners	02-26-35
1978	80 CORBISHLEY, A	U	1-46-25
1989	218 CORBISHLEY, A	Rosendale	1-44-04
1975	98 CORLESS, G A	Manchester YMCA	2-01-14
1993	213 CORLESS, Graham	Manchester YMCA	2-09-26

1995	249 CORLESS, Graham	Manchester YMCA	2-17-51
1989	226 CORLESS, P	Kendal	2-04-45
1990	228 CORLESS, Peter	Kendal	2-03-31
2001	311 CORNER, Graeme	Lochaber AC	02-41-43
2002	156 CORNER, Julie	Lochaber AC	02-13-52
2003	171 CORNISH, Alex	Calder Valley Fellrunners	02-13-50
1994	155 CORRIGAN, Cormac	Glenasmole (Ireland)	3-10-00
1994	134 CORRIS, Phil	Lancs Constab	2-09-03
1992	139 CORRIS, Phil	Lancaster & M	2-04-39
1991	141 CORRIS, Phil	Lancaster & M	2-18-34
1997	144 CORRIS, Phil	Lancs Constab	2-09-19
2000	147 CORRIS, Phil	Bowland Fell Runners	02-11-31
1993	150 CORRIS, Phil	Lancs Constab	2-07-22
1995	151 CORRIS, Phil	Lancs Constab	2-07-37
1999	167 CORRIS, Phil	Bowland	2-12-16
1996	169 CORRIS, Phil	Lancs Constab	2-14-14
1998	170 CORRIS, Phil	Lancs Constab	2-17-16
2002	278 CORRIS, Phil	Bowland Fell Runners	02-36-31
2001	298 CORRIS, Phil	Bowland Fell Runners	02-39-42
2003	304 CORRIS, Phil	Bowland Fellrunners	02-38-07
1989	300 COSTELLO, R	HM Forces	2-49-37
1988	357 COSTELLO, R	U	2-56-38
1987	364 COSTELLO, R	U	2-52-55
1985	369 COSTELLO, R	HM Forces	2-15-38
1986	412 COSTELLO, R	HM Forces	2-24-48
1983	238 COSTELLO, Robert	U	2-07-05
1981	260 COSTELLO, Robert	U	2-08-52
1994	270 COSTELLO, Robert	Army	2-33-33
1990	295 COSTELLO, Robert	HM Forces	2-34-19
1984	296 COSTELLO, Robert	HM Forces	2-13-14
1991	303 COSTELLO, Robert	Army	2-50-33
1989	316 COSTIGANE, A	Kilbarchan	2-20-20
1988	368 COSTIGANE, A	Kilbarchan	1-54-56
1987	371 COSTIGANE, A	Kilbarchan	1-47-32
1996	321 COTTAM, N J	8th Infantry	2-56-28
2002	221 COTTRILL, Philip	Cumberland Fell Runners	02-25-45

1988	266 COUGHLAN, P	West Yorks Fire	2-32-37
1996	221 COUGHLAN, Paul	Calder Valley	2-25-05
1986	301 COULTHARD, G	Cumberland	2-47-02
1981	179 COULTHARD, George	U	2-25-06
2003	355 COUPLAND, Fraser	Lochaber Athletic Club	02-57-41
1982	271 COURCHEE, Richard	Airienteers	2-23-44
1986	456 COUSINS, F C	Erewash Valley	3-03-52
1997	35 COUSINS, Ian	Cumberland	1-57-29
2000	41 COUSINS, Ian	Cumberland Fell Runners	01-53-11
1990	34 COUSSONS, Christopher	Salford	2-28-32
1970	13 COUTES, Thomas	RNAS Lossiemouth	3-24-02
1973	17 COVELL, B	Edinburgh	2-02-45
1987	40 COVELL, B	Edinburgh	2-20-12
1986	52 COVELL, B	Edinburgh	2-13-36
1966	12 COVELL, Brian	Edinburgh Uni	2-06-10
1967	14 COVELL, Brian	Edinburgh Uni	2-28-44
1970	17 COVELL, Brian	Edinburgh Southern O	2-10-54
1968	19 COVELL, Brian	Edinburgh Uni	2-05-18
1971	20 COVELL, Brian	Edinburgh Southern O	2-05-37
1982	29 COVELL, Brian	Edinburgh	2-17-06
1983	29 COVELL, Brian	Edinburgh	2-09-04
1981	33 COVELL, Brian	Edinburgh	2-10-07
1984	42 COVELL, Brian	Edinburgh	2-14-44
1979	51 COVELL, Brian	Edinburgh	2-12-46
1994	50 COVELL, Marcus	Kildalton	1-58-56
1996	52 COVELL, Marcus	Kildalton	1-59-57
1995	58 COVELL, Marcus	Kildalton	1-58-44
1997	60 COVELL, Marcus	Kildalton	2-06-33
1990	156 COVELL, Marcus	Kildalton	2-13-04
2003	168 COVELL, Marcus	Jura AC	02-13-07
2003	79 COWAN, Richard	Willowfield Harriers	01-59-30
2002	224 COWAN, Ricky	Willowfield Harriers	02-26-44
2003	247 COWAN, Ricky	Willowfield Harriers	02-28-16
1998	232 COWELL, Liz	Keswick	2-24-06
1997	247 COWELL, Liz	Keswick	2-16-28
1999	270 COWELL, Liz	Keswick	2-15-29

1995	264 COWIE, Ian	Mercia	2-05-20
1991	240 COWLEY, Andy	Rossendale	2-26-37
1994	220 COX, James	Carnethy	2-05-28
1989	244 COX, M	Dark Peak	2-26-31
1987	295 COX, M	Dark Peak	2-20-50
1985	300 COX, M	Dark Peak	2-31-44
1988	304 COX, M	Dark Peak	3-14-21
1986	344 COX, M J	Dark Peak	2-27-17
1982	189 COX, Michael	U	2-38-57
1983	198 COX, Michael	Dark Peak	2-23-58
1991	247 COX, Michael	Dark Peak	2-43-12
1992	248 COX, Michael	Dark Peak	2-33-36
1993	238 COX, Michael J	Dark Peak	2-25-12
1995	279 COX, Michael J	Dark Peak	2-43-22
1974	119 COX, S	Keswick	1-57-12
1991	253 COYLE, John	Carnethy	1-59-58
2001	236 CRABTREE, Linda	Halifax Harriers	02-27-47
2001	104 CRABTREE, Paul	Bingley Harriers & AC	02-03-54
2003	250 CRABTREE, Linda	Calder Valley Fellrunners	02-28-38
1982	184 CRAFT, Alan W	U	2-14-17
1989	240 CRAIG, A	Lochaber	1-55-27
1988	294 CRAIG, A	Lochaber	1-54-48
1993	39 CRAIG, Andrew	Lochaber	1-55-07
1995	42 CRAIG, Andrew	Lochaber	1-52-57
1992	43 CRAIG, Andrew	Lochaber	1-49-17
1997	45 CRAIG, Andrew	Lochaber	1-55-16
2001	46 CRAIG, Andrew	Lochaber AC	01-52-59
1996	64 CRAIG, Andrew	Lochaber	2-02-26
1991	66 CRAIG, Andrew	Lochaber	1-59-33
2002	68 CRAIG, Andrew	Lochaber AC	01-59-21
2003	93 CRAIG, Andrew	Lochaber Athletic Club	02-01-23
1994	224 CRAIG, Andrew	Lochaber	1-48-01
1998	243 CRAIG, Andrew	Lochaber	1-58-06
1999	274 CRAIG, Andrew	Lochaber	1-44-35
2000	35 CRAIG, Andrew C	Lochaber AC	01-51-51
1967	9 CRAIG, Thomas	Springburn	2-25-18

1969	16 CRAIGHEAD, B	Edinburgh	2-14-07
1968	18 CRAN, Brian S	Aberdeen	3-01-06
1987	32 CRANE, P	Carnethy	2-05-14
1993	31 CRANSTON, Robert A	Teviotdale	2-17-41
1998	43 CRANSTON, Robert A	Teviotdale	2-14-59
1972	13 CRAVEN, Joseph	Sale	1-48-28
1970	12 CRAVEN, Joseph B	U	1-53-22
1971	15 CRAVEN, Joseph B	Sale	1-45-01
2001	322 CRAW, Robert	Todmorden Harriers & AC	02-44-39
1999	331 CRAWSHAW, Cynthia	Black Combe	2-58-09
1999	333 CREBER, Maggie	Carnethy	1-59-21
1990	305 CRESSWELL, Tony	Keswick	1-56-00
1991	313 CROASDALE, Lee D	Lancaster & M	1-59-43
1995	346 CROASDALE, Lee D	Lancaster & M	1-44-04
1992	308 CROASDALE, Mark	Lancaster & M	1-31-58
1996	327 CROFTS, Clare	Dark Peak	2-17-58
1988	382 CROOK, E	Horwich	1-53-34
1986	433 CROOK, E	Horwich	1-50-15
2002	93 CROOK, Edward	Horwich RMI Harriers	02-05-08
2003	97 CROOK, Edward	Horwich RM1 Harriers	02-01-53
1994	283 CROOK, Edward	Bolton	1-59-53
1993	90 CROOK, Gary	Blackburn	1-59-07
1989	77 CROOK, T	Bolton	1-52-36
1998	104 CROSSLEY, Tony	East Grinstead	2-24-17
1976	51 CROWE, D	IBM	2-53-25
1988	107 CROWE, D	Dundee	1-50-24
1993	94 CROWE, Des	Shettleston	1-45-37
1988	113 CROWE, P	Inverness	2-54-50
1995	98 CROWE, Paul	Inverness	2-55-44
1995	99 CRUICKSHANK, Brian	Fife	2-03-55
1999	116 CRUMMETT, John	Calder Valley	2-13-14
1995	103 CRYLE, David	Lomond	1-56-13
1991	99 CUDLIP, David	Stroud	2-34-31
1995	105 CULSHAW, Stephen	Horwich	1-50-03
1982	65 CUMMING, John	Inverness	2-02-01
1996	110 CUMMING, Mike	Hunter's	1-58-35

1979	98 CUMMING, Norman J	Edinburgh	2-18-07
2002	143 CUMMINGS, Tony	Loughton AC	02-12-00
2003	25 CUMMINS, Dave	Shettleston Harriers	01-45-59
1996	143 CUMMINS, Dave	Shettleston	1-42-12
1993	22 CUMMINS, J Johm	Fife	2-26-10
1991	19 CUMMINS, J John	Fife Fire	2-21-14
1990	21 CUMMINS, J John	Fife	2-18-30
1992	29 CUMMINS, J John	Fife	2-24-34
1986	31 CUMMINS, P	West Yorks Fire	2-28-48
1988	33 CUMMINS, P	West Yorks Fire	2-19-25
1969	13 CUNNINGHAM, Cpl JD	RAF Leuchars	2-11-45
1978	14 CUNNINGHAM, D	Clayton	1-43-06
1977	18 CUNNINGHAM, D	Clayton	1-49-25
1979	33 CUNNINGHAM, David	Clayton	1-47-50
2003	85 CUNNINGHAM, Michael	Borrowdale Fellrunners	02-00-24
2002	91 CUNNINGHAM, Michael	Borrowdale Fell Runners	02-04-20
2001	123 CUNNINGHAM, Michael	Borrowdale Fell Runners	02-07-43
2000	88 CUNNINGHAM, Richie	Ochil Hill Runners	02-02-50
2001	158 CUNNINGHAM, Richie	Ochil Hill Runners	02-13-56
1989	131 CUNNINGHAM, S	Southport	1-44-40
1981	116 CURLEY	Royal Marines	2-09-14
1988	182 CURRAN, D	U	2-10-01
1966	40 CURRIE, Wallace W	Kilmarnock	2-14-04
1967	51 CURRIE, Wallace W	Kilmarnock	2-59-47
1985	181 CURTIS, A	Livingston	1-35-01
1986	213 CURTIS, A R	Livingston	1-37-51
1981	123 CURTIS, Andrew	Auld Reekie	1-40-49
1984	143 CURTIS, Andrew R	Livingston	1-37-16
1984	144 CURTIS, Ann	Livingston	2-02-29
1976	93 CURTIS, D	North Wales Police	3-07-36
1978	52 CURTIS, M P	Fife	1-47-32
1977	83 CURTIS, M P	East Cheshire	1-52-57
1979	153 CURTIS, Michael P	Fife	1-59-34
1976	97 CURWEN, R	Preston	2-14-26
1993	151 CUTTS, Andrew	Longwood	2-27-05
1985	200 CUTTS, R	Longwood	2-29-05

1982	116 CUTTS, Robert	Longwood	2-23-07
1983	127 CUTTS, Robert	Longwood	2-21-31
1981	133 CUTTS, Robert	Longwood	2-18-02
1984	156 CUTTS, Robert	Longwood	2-32-21
1993	156 CUTTS, Robert	Longwood	2-30-57
1971	64 DALBY	7th Para	2-17-34
1981	138 DALRYMPLE, A	U	2-24-01
2002	90 DALTON, Karen	Dark Peak Fell Runners	02-03-39
2000	163 DALTON, Karen	Dark Peak Fell Runners	02-13-37
1976	90 DALY, C	NAC	2-07-37
1997	161 DALY, Nicholas	Accrington	2-33-47
1999	180 DALY, Nicholas	Accrington	2-24-59
1998	300 DALY, Nicholas	Accrington	2-58-48
2002	310 DALY, Nicholas	Holme Lane Harriers	02-47-03
2003	352 DALY, Nicholas	Accrington Roadrunners	02-55-33
1990	335 DANIEL, Meirion G	Brynna	2-14-45
1985	404 DANIEL, T D	Dark Peak	2-08-34
1990	339 DANIEL, Thomas S	Brynna	2-55-48
1982	269 DARBY, Andrew R	Sale	1-32-33
1983	278 DARBY, William J	Mynyddwyr	1-48-34
1989	357 DARNBROUGH, C	Clydesdale	2-18-42
1988	410 DARNBROUGH, C	U	2-43-43
1992	333 DARNBROUGH, Chris	Clydesdale	2-29-32
1991	350 DARNBROUGH, Chris	Clydesdale	2-43-58
1990	346 DARNELL, Andrew	Eryri	1-43-54
2002	10 DAVENHILL, Anesti	Shettleston Harriers	01-41-56
1997	13 DAVENHILL, Anesti	Shettleston	1-43-53
1995	12 DAVEY, Brian	Sefton	2-05-27
1996	13 DAVEY, Brian	Liverpool P & S	2-06-33
1997	16 DAVEY, Brian	Liverpool P & S	2-19-44
1999	17 DAVEY, Brian	Southport	2-09-14
1974	6 DAVID, M	Badenoch	1-58-42
1976	8 DAVID, T	7th Para	1-31-51
1995	18 DAVID, Tim	Royal Navy	1-48-54
2001	100 DAVIDSON, Brian James	Lochaber AC	02-03-26
2002	291 DAVIDSON, Brian James	Lochaber AC	02-39-33

1979	280	DAVIDSON, C	U	3-06-41
1983	223	DAVIDSON, G	Keswick	1-54-26
1987	338	DAVIDSON, I	Carnethy	1-36-59
1988	344	DAVIDSON, I	Carnethy	1-35-30
2001	318	DAVIDSON, Iain	Scottish Hill Runners	02-43-53
2003	256	DAVIDSON, Ian	Girvan AAC	02-29-38
1997	258	DAVIDSON, Joe	Pegasus	2-30-16
1995	274	DAVIDSON, Joe	Ballymena	2-31-18
1985	303	DAVIDSON, K	Inverness	2-30-22
1995	275	DAVIDSON, Sean	Penicuik	2-27-35
1998	304	DAVIDSON, Sean	Penicuik	3-21-52
2000	318	DAVIDSON, Sean	Penicuik Harriers	02-41-46
1997	306	DAVIDSON, Sean`	Penicuik	2-40-24
1972	100	DAVIDSON, William	Lochaber	2-12-41
1971	118	DAVIDSON, William	U	2-10-39
1975	148	DAVIES, B R	RNAS Lee-on-Solent	2-02-45
2000	159	DAVIES, Bryan	Croft Ambrey RC	02-13-25
1989	132	DAVIES, C	Saddleworth	1-48-19
1976	87	DAVIES, C S	North Wales police	2-44-41
1990	147	DAVIES, Chris	Saddleworth	1-52-46
1989	136	DAVIES, D	Hebog	1-37-18
1986	211	DAVIES, D	Eryri	1-33-49
1984	140	DAVIES, J D	Eryri	1-42-00
1985	187	DAVIES, J D	Eryri	1-41-26
1999	181	DAVIES, Jim	Borrowdale	1-32-12
1969	1	DAVIES, M P	Reading	1-43-25
1978	2	DAVIES, M P	Reading	1-39-50
1968	1	DAVIES, Michael P	Reading	1-39-29
1967	2	DAVIES, Michael P	Reading	1-45-07
1966	3	DAVIES, Michael P	Reading	1-48-16
1970	3	DAVIES, Michael P	Reading	1-43-57
1972	5	DAVIES, Michael P	Reading	1-45-32
1973	6	DAVIES, Michael P	Reading	1-37-40
1986	6	DAVIES, S	Cheshire Fire	2-17-16
1969	5	DAVIES, Sgt	7th Para	1-53-08
1973	8	DAVIES, T	7th Para	1-36-44

1979	6 DAVIES, Tacwyn	4th Field	1-34-14
1981	9 DAVIES, Tacwyn	Army-Aldershot	1-29-54
2000	337 DAVIES, Tom	Croft Ambrey RC	02-46-53
1971	125 DAVIES, W/O	7th Para	1-37-56
1973	151 DAVIS, A	Badenoch	2-08-40
1989	341 DAVIS, A	Lochaber	2-06-12
1988	395 DAVIS, A	Lochaber	2-16-12
1977	181 DAVIS, A E	Badenoch	1-56-38
1981	295 DAVIS, A Murray	Badenoch	1-57-22
1990	327 DAVIS, A Murray	Lochaber	2-00-02
2002	17 DAVIS, Adrian R	Fife AC	01-44-48
1992	18 DAVIS, Adrian R	Fife	1-42-27
1995	20 DAVIS, Adrian R	Fife	1-44-49
1979	16 DAVIS, Alan G	Stevenage & N	2-56-16
1998	161 DAVIS, Geoff	FRA	2-36-08
2000	162 DAVIS, Geoff	Northumberland Fell Runners	02-13-36
2002	162 DAVIS, Geoff	Northumberland Fell Runners	02-15-04
2001	111 DAVIS, Geoffrey W	Northumberland Fell Runners	02-05-35
1975	40 DAVIS, M	Badenoch	2-06-57
1992	100 DAVIS, Murray	Lochaber	2-02-54
1993	102 DAVIS, Murray	Lochaber	2-07-58
1991	105 DAVIS, Murray	Lochaber	2-13-19
1989	96 DAVIS, P	Lochaber	2-59-40
1987	119 DAVIS, P	Lochaber	2-22-24
1988	142 DAVIS, P	Lochaber	2-40-57
1981	87 DAVIS, Peter	U	2-16-41
1990	110 DAVIS, Peter	Lochaber	2-46-55
1995	113 DAVIS, Peter	Lochaber	2-24-24
1985	132 DAVIS, Peter	Lochaber	2-19-32
1986	158 DAVIS, Peter	Lochaber	2-15-13
1990	112 DAVIS, Philip	Leeds Uni	1-43-59
1993	115 DAVIS, Stephen	Mandale	2-03-42
1994	115 DAVIS, Stephen	Mandale	2-00-56
1992	120 DAVIS, Stephen	Mandale	2-03-55
1996	125 DAVIS, Stephen	Mandale	2-12-38
1991	123 DAVIS, Stephen J	Mandale	2-12-36

1968	40 DAVIS, T	7th Para	1-51-32
2003	124 DAVIS, Geoff	Northumberland Fellrunners	02-05-58
2003	58 DAVISON, Karen	Dark Peak Fellrunners	01-55-05
2000	23 DAVISON, Rob	Dark Peak Fell Runners	01-48-09
2001	29 DAVISON, Robert	Dark Peak Fell Runners	01-49-31
2003	35 DAVISON, Robert	Dark Peak Fellrunners	01-49-36
2002	43 DAVISON, Robert	Dark Peak Fell Runners	01-54-49
1986	48 DAWES, M	Keswick	1-53-42
1974	14 DAWES, P	Kendal	2-05-59
1975	16 DAWES, P	Kendal	2-00-40
1985	42 DAWES, P	Kendal	2-16-08
1972	16 DAWES, Peter	Kendal	2-08-43
1971	19 DAWES, Peter	U	2-12-00
1973	21 DAWES, Peter	Kendal	2-00-10
1979	47 DAWES, Peter	Kendal	2-05-33
1978	18 DAWSON, P	Clayton	1-52-03
1996	46 DAWSON, Roger	Skyrac	2-55-46
2000	365 DAWSON, Roger	Skyrac AC	03-05-28
1975	163 DAY, C	RNAS Yeovilton	1-57-04
1977	191 DAY, C	Naval Air	1-55-34
1974	175 DAY, F A	U	2-12-33
1988	420 DAY, J	Inverness	2-28-41
1989	368 DAY, R	Mercia	1-47-55
1988	423 DAY, R	Mercia	1-57-51
1987	424 DAY, R	Mercia	1-44-44
1990	359 DAY, Richard	Mercia	1-52-22
1988	425 DAYNES, E	U	2-19-45
2001	179 DAYNES, Ed	Lochaber AC	02-17-44
1999	193 DAYNES, Edward	U	2-30-27
2002	258 DAYNES, Edward	Lochaber AC	02-31-54
2002	136 DE COURCY, Graham	Cambridge Harriers	02-10-34
2001	161 DE COURCY, Graham	Cambridge Harriers	02-14-00
2000	189 DE COURCY, Graham	Cambridge Harriers	02-17-49
1974	68 DEACON, D	RAF Buchan	2-31-40
1986	250 DEAKIN, E	Clayton	2-15-19
1986	253 DEALL, A R	Kendal	2-09-40

1995	194 DEALTRY, Eddie	Kendal	2-12-26
1982	129 DEAN, Joseph	Holmfirth	2-05-49
1981	148 DEAN, Peter M	U	2-06-58
1966	50 DEAN, Philip R	Bingley	2-21-27
2003	202 DECOURCY, Graham	Cambridge Harriers	02-20-27
1983	147 DEEGAN, B J	Rochdale	1-56-52
1984	180 DEEGAN, Brian J	Rochdale	1-56-27
1989	177 DELANEY, K	Bolton	2-12-35
2003	86 DELANEY, Kevin	Skye & Lochalsh	02-00-46
1987	85 DEMPSTER, A	U	2-17-08
1985	92 DENBY, P W	Bingley	1-54-01
1984	67 DENBY, Paul W	Bingley	2-31-07
1991	86 DENBY, Richard	Mercia	2-31-29
1977	39 DENHAM, Allan A	U	2-04-18
1981	65 DENHAM, Allan A	Lancaster & M	2-07-20
1978	25 DENHAM, G	West Yorks Police	1-50-51
1976	47 DENHAM, G	West Yorks Police	1-58-29
1995	90 DENHOLM, Douglas	Dunbar	3-24-18
1987	93 DENNISON, B	Lochaber	1-50-58
1988	102 DENNISON, B	Lochaber	2-08-14
1986	117 DENNISON, B	U	2-08-26
1990	86 DENVER, Glyn	Chorley	2-03-14
1996	100 DENVER, Keith	Blackburn	2-27-33
1969	32 DESMOND	42nd Med	2-04-20
1970	33 DESMOND	42nd Med	2-03-24
1988	1 DEVINE, G	Pudsey & B	1-30-10
1987	2 DEVINE, Gary	Pudsey & B	1-31-24
1990	3 DEVINE, Gary	Pudsey & B	1-32-25
1997	3 DEVINE, Gary	Pudsey & B	1-35-05
1991	4 DEVINE, Gary	Pudsey & B	1-41-36
1992	5 DEVINE, Gary	Pudsey & B	1-35-44
1998	9 DEVINE, Gary	Pudsey & B	1-43-46
1994	10 DEVINE, Gary	Pudsey & B	1-39-12
2001	11 DEVINE, Gary	Pudsey & Bramley AC	01-39-51
1996	15 DEVINE, Gary	Pudsey & B	1-47-25
1990	14 DEVLIN, Vince	Kendal	1-59-52

1984	11 DEVONPORT, Neil	Nottingham	2-10-23
1987	14 DEW, D	Loughton	3-12-21
1985	12 DEW, D E	Loughton	3-40-06
1997	19 DEWAR, David P	Lochaber	2-56-46
1998	25 DEWAR, David P	Lochaber	3-26-20
1999	31 DEWAR, David P	Lochaber	3-09-40
2000	367 DEWAR, David P	Lochaber AC	03-06-26
2003	140 DEWHURST, Nigel	Clayton Le Moors	02-08-26
2002	265 DEWHURST, Nigel	Clayton-le-Moors Harriers	02-33-29
1998	342 DEWHURST, Nigel	Darwen	2-14-32
1982	197 DEWHURST, Roger	Clayton	2-00-06
1981	218 DEWHURST, Roger	Clayton	2-08-20
1995	280 DEWSNAP, Tina	Eryri	2-05-32
1973	112 DIAMOND, John	Law	2-10-57
1987	313 DICK, G	U	2-31-27
1988	323 DICK, G	Bellahouston	2-44-19
1975	122 DICK, Robert	Lochaber	2-35-11
1974	125 DICK, Robert	Lochaber	2-45-16
1972	85 DICK, Robert J	U	3-20-20
1973	116 DICK, Robert J	Lochaber	2-50-47
1976	151 DICK, Robert J	Lochaber	2-36-43
1982	208 DICK, Robert J	Lochaber	2-32-26
1981	232 DICK, Robert J	Lochaber	2-25-26
1979	269 DICK, Robert J	U	2-51-18
1989	271 DICK, S	Lochaber	2-08-53
1985	336 DICK, S G	Lancaster & M	1-51-52
1984	270 DICKER, Clifford J	Livingston	2-05-00
1972	86 DICKSON, A	Kinloss MRT	2-12-02
1975	127 DICKSON, A	RAF Lossiemouth	2-29-14
1973	119 DICKSON, Alan	RAF Lossiemouth	2-17-50
1982	213 DICKSON, Bryan W	Lothian & B Police	3-04-05
1968	101 DICKSON, John S	U	2-24-26
2003	76 DIGNAN, Kevin	Lochaber Athletic Club	01-58-40
2001	93 DIGNAN, Kevin	Lochaber AC	02-02-00
2002	114 DIGNAN, Kevin	Lochaber AC	02-08-00
1999	123 DIGNAN, Kevin	Lochaber	2-12-44

2000	223 DIGNAN, Kevin	Lochaber AC	02-24-08
2003	152 DIVER, Michael	Clydesdale Harriers	02-10-28
1996	153 DIVER, Michael	Clydesdale	2-17-59
1994	201 DIVER, Michael	Clydesdale	2-06-17
1991	142 DIXON, Clive	Carnethy	2-34-22
1976	85 DIXON, D	Rochdale	1-51-45
1989	128 DIXON, D	East Cheshire & T	2-24-57
2000	259 DIXON, Ged	Mandale Harriers & AC	02-29-25
1990	246 DIXON, Rodney B	Keswick	2-13-22
1979	250 DIXON, Rowland	Cumberland	1-56-47
1982	194 DOBSON, Frank	Bingley	2-04-37
1983	200 DOBSON, Frank	Bingley	2-18-04
1981	215 DOBSON, Frank	Bingley	2-13-29
1994	239 DOBSON, Frank	Bingley	2-41-17
1998	251 DOBSON, Frank	Bingley	2-26-05
1992	257 DOBSON, Frank	Bingley	2-29-46
1984	259 DOBSON, Frank	Bingley	2-23-24
1996	269 DOBSON, Frank	Bingley	2-38-24
1997	270 DOBSON, Frank	Bingley	2-29-29
1993	283 DOBSON, Frank	Bingley	2-56-03
1990	298 DOBSON, Frank	Bingley	2-27-27
1991	308 DOBSON, Frank	Bingley	2-46-18
2002	315 DOBSON, Frank	Bingley Harriers & AC	02-48-12
1989	318 DOBSON, Frank	Bingley	2-35-35
1999	328 DOBSON, Frank	Bingley	2-59-59
1986	353 DOBSON, Frank	Bingley	2-02-41
2000	353 DOBSON, Frank	Bingley Harriers & AC	02-54-31
2001	364 DOBSON, Frank	Bingley Harriers & AC	03-08-58
1995	389 DOBSON, Frank	Bingley	3-01-27
1985	414 DOBSON, Frank	Bingley	2-32-16
1987	419 DOBSON, Frank	Bingley	2-35-46
1988	419 DOBSON, Frank	Bingley	2-52-23
1982	24 DOBSON, Kevin	Bingley	1-53-18
1983	25 DOBSON, Kevin	Bingley	1-46-59
1989	31 DOBSON, Kevin	Bingley	1-52-47
1990	35 DOBSON, Kevin	Bingley	1-45-41

1985	41 DOBSON, Kevin	Bingley	1-43-01
1987	41 DOBSON, Kevin	Bingley	1-47-46
2000	43 DOBSON, Kevin	Bingley Harriers & AC	01-53-21
1991	44 DOBSON, Kevin	Bingley	1-57-46
1994	47 DOBSON, Kevin	Bingley	2-02-06
1986	51 DOBSON, Kevin	Bingley	1-41-01
1995	53 DOBSON, Kevin	Bingley	2-03-14
1988	54 DOBSON, Kevin	Bingley	1-51-40
1998	59 DOBSON, Kevin	Mid Argyll	2-11-46
1999	63 DOBSON, Kevin	Bingley	1-59-15
2001	235 DOBSON, Kevin	Bingley Harriers & AC	02-27-38
1981	316 DOBSON, Kevin	Bingley	1-42-34
1984	343 DOBSON, Kevin	Bingley	1-42-18
1997	358 DOBSON, Kevin	Bingley	1-50-05
1996	364 DOBSON, Kevin	Bingley	1-53-50
2003	372 DOBSON, Frank	Bingley Harriers	03-27-07
2003	166 DOBSON, Kevin	Bingley Harriers	02-12-53
1968	48 DOCHERTY, David J	Maryhill	3-08-01
1983	119 DODD, G H	U	2-36-40
1985	190 DODD, G H	Warwick Uni	2-51-39
1986	224 DODD, G H	Warwick Uni	3-04-22
1996	166 DODD, Paul	West Yorks Fire	2-52-30
1975	65 DODD, S	RAF Lossiemouth	2-12-16
1969	55 DODDS	42nd Med	2-18-55
1982	141 DODDS, Wendy	Airedale & S	2-25-22
1984	184 DODDS, Wendy	Clayton	2-17-43
2001	203 DODDS, Wendy	Clayton-le-Moors Harriers	02-22-50
1992	187 DODGE, Richard	Yeovil	2-38-08
1987	229 DOIG, F	Irvine	2-39-19
1986	278 DOIG, M F	Irvine	2-36-06
1979	187 DOLAN, J C	U	2-00-10
1981	169 DOLAN, Jerry	Coldstream Guards	1-42-19
1983	157 DOLAN, Jerry C	RAOC	1-40-07
1969	70 DOLBY, Gnr	7th Para	2-22-38
1985	251 DONALD, D	U	2-00-25
1979	195 DONALD, David	Fife	2-25-35

1967	73 DONALD, Ian	Clydesdale	2-05-17
1966	60 DONALD, Ian C	Clydesdale	1-47-35
1968	64 DONALD, Ian C	Clydesdale	1-51-47
1969	74 DONALD, Ian C	Clydesdale	1-55-19
1979	202 DONALD, J	Civil Service	2-12-20
1987	249 DONALDSON, Mhairi	Lochaber	2-29-57
1974	89 DONALDSON, R	Edinburgh Uni O	2-17-45
1982	161 DONALDSON, Robert	West Fife O	2-24-11
1984	205 DONALDSON, Robert	Central Region	2-58-12
1979	210 DONALDSON, Robert	West Fife O	2-39-57
1984	207 DONALDSON, Tordis	U	2-33-14
1981	181 DONNELLY, Joseph	Vauxhall	2-09-57
1979	214 DONNELLY, Joseph	Vauxhall	2-16-29
1989	206 DONNELLY, C	Cambuslang	1-30-15
1979	1 DONNELLY, Colin	Cambuslang	1-31-26
1986	1 DONNELLY, Colin K	Eryri	1-25-48
1983	3 DONNELLY, Colin K	Cambuslang	1-32-52
1986	4 DONNELLY, H J	U	2-32-56
1996	4 DONNELLY, John	Shettleston	2-16-13
1997	4 DONNELLY, John	Shettleston	1-55-42
1982	5 DONNELLY, Joseph	Vauxhall	2-07-02
1984	5 DONNELLY, Joseph	Vauxhall	2-09-26
1983	6 DONNELLY, Joseph	Vauxhall	2-10-28
1995	8 DONNELLY, Julian	Darwen	2-15-23
1999	12 DONNELLY, Morgan	Tynedale	1-44-06
1982	7 DONNELLY, T J	Bellahouston	1-55-50
1979	9 DONNELLY, T J	Bellahouston	2-03-56
2002	294 DONOHOE, James	Accrington Road Runners	02-41-09
2001	237 DONOHUE, Derek	Todmorden Harriers & AC	02-28-05
1998	220 DOONAN, Kevin	Westerlands	2-28-48
1997	236 DOONAN, Kevin	Westerlands	2-21-21
1996	237 DOONAN, Kevin	Westerlands	2-02-00
2001	97 DORE, Jamie	Rochdale Harriers & AC	02-03-11
2001	344 DORE, Pauline	Rochdale Harriers & AC	02-55-54
1989	344 DOUGAN, J	Lochaber	2-07-14
2003	283 DOUGAN, John	Lochaber Athletic Club	02-33-43

1978	1 DOUGAN, John R	Lochaber AC	02.05.17
1982	3 DOUGAN, John R	Lochaber	2-07-18
1977	4 DOUGAN, John R	Dumbarton	2-11-39
1993	4 DOUGAN, John R	Lochaber	2-09-42
1981	5 DOUGAN, John R	Lochaber	2-07-27
1987	5 DOUGAN, John R	Lochaber	2-05-33
1994	7 DOUGAN, John R	Lochaber	2-21-31
1991	8 DOUGAN, John R	Lochaber	2-28-20
1996	8 DOUGAN, John R	Lochaber	2-25-49
1995	9 DOUGAN, John R	Lochaber	2-19-17
1992	11 DOUGAN, John R	Lochaber	2-12-42
1990	237 DOUGAN, John R	Lochaber	2-13-30
1998	242 DOUGAN, John R	Lochaber	2-53-33
2000	250 DOUGAN, John R	Lochaber AC	02-28-14
1997	253 DOUGAN, John R	Lochaber	2-41-37
1999	272 DOUGAN, John R	Lochaber	2-31-32
1988	296 DOUGAN, John R	Lochaber	2-21-40
1986	339 DOUGAN, John R	Lochaber	2-12-55
2001	245 DOUGAN, John Robertson	Lochaber AC	02-29-36
2002	293 DOUGAN, John Robertson	Lochaber AC	02-40-24
1995	309 DOUGHERTY, M	Deeside	2-22-42
2003	313 DOUGHERTY, Michael	Deeside Runners	02-39-46
2002	170 DOUGLAS, Allan J	Strathaven Striders	02-16-46
1991	158 DOUGLAS, J R	Caithness	2-15-00
1985	192 DOUGLAS, N	Newcastle	1-47-37
1988	195 DOUGLAS, N	Newcastle	2-14-20
1986	227 DOUGLAS, N	Newcastle	1-53-16
2003	332 DOUGLAS, Noel	Newcastle AC	02-44-49
1983	256 DOUGLAS, Nođl	Newcastle	1-45-46
1983	257 DOUGLAS, Nođl	Newcastle	1-51-48
1984	311 DOUGLAS, Nođl	Newcastle	1-41-41
2001	325 DOUGLAS, Nođl	Newcastle & District AC	02-45-15
1977	175 DOUGLAS, R	Royal Marines	2-15-32
1989	322 DOUGLAS, R	Kendal	1-45-17
1978	111 DOUGLAS, R J	Kvitavatin	1-52-56
1981	278 DOUGLAS, Robert	Keswick	1-45-38

1996	330 DOWD, Jonathan	Royal Navy	2-12-46
1979	312 DOWDEN, Paul	4th Field	1-57-54
1993	157 DOWELL, Finlay	Irvine	2-23-30
1990	172 DOWELL, Finlay	Irvine	2-27-08
1995	175 DOWELL, Finlay	Irvine	2-24-53
2000	179 DOWELL, Finlay	Irvine AC	02-16-27
2003	336 DOWELL, Finlay	Irvine AC	02-47-16
1992	317 DOWKER, Peter	Achille Ratti	2-03-23
1997	320 DOWLING, Joanne	Todmorden	2-47-51
1996	335 DOWLING, Joanne	Todmorden	3-11-10
1981	292 DOWN, Andrew R	Essex Police	1-57-32
2001	227 DOWNER, Dave	Ryde Harriers	02-25-53
2000	261 DOWNER, David	Ryde Harriers	02-29-52
1990	248 DOWNIE, C J	Lothian & B Police	2-21-15
2003	215 DOWNIE, Chris	Lothian & Borders Police	02-22-37
2002	229 DOWNIE, Chris	Lothian & Borders Police AC	02-27-19
1996	230 DOWNIE, Chris	Lothian & B Police	2-30-05
1994	232 DOWNIE, Chris	Lothian & B Police	2-07-16
1998	234 DOWNIE, Chris	Lothian & B Police	2-39-43
1991	236 DOWNIE, Chris	Lothian & B Police	2-38-00
2000	236 DOWNIE, Chris	Lothian & Borders Police AC	02-26-26
1993	239 DOWNIE, Chris	Lothian & B Police	2-09-12
1999	247 DOWNIE, Chris	Lothian & B Police	2-26-05
2001	247 DOWNIE, Chris	Lothian & Borders Police AC	02-30-04
1992	251 DOWNIE, Chris	Lothian & B Police	2-06-02
1995	260 DOWNIE, Chris	Lothian & B Police	2-23-58
1997	265 DOWNIE, Chris	Lothian & B Police	2-19-54
1983	188 DOYLE, J F	Lancaster & M	2-10-52
1994	219 DOYLE, J F	Lancaster & M	2-24-10
1993	225 DOYLE, J F	Lancaster & M	2-24-34
1985	299 DOYLE, J F	Lancaster & M	2-21-06
1986	336 DOYLE, J F	Lancaster & M	2-10-53
1991	244 DOYLE, J F	Lancaster & M	2-26-26
2003	308 DOYLE, John	Lancaster & Morecambe	02-39-01
1998	296 DOYLE, John F	Lancaster & M	2-47-17
1997	304 DOYLE, John F	Lancaster & M	2-37-47

1996	311 DOYLE, John F	Lancaster & M	2-33-54
2000	317 DOYLE, John F	Lancaster & Morecambe AC	02-41-34
2002	326 DOYLE, John F	Lancaster & Morecambe AC	02-51-59
2001	330 DOYLE, John F	Lancaster & Morecambe AC	02-46-31
1995	352 DOYLE, John F	Lancaster & M	2-33-50
2003	271 DOYLE, Tim	Penicuik Harriers	02-32-25
2003	244 DRAKE, Stephen	Bingley Harriers	02-27-37
1979	230 DRAKEFORD, Vivian R	West Midlands Police	2-43-50
1979	231 DRISCOLL, Jim	U	2-01-54
1998	235 DROUET, Paula	Carnethy	2-59-25
1999	266 DROUET, Paula	U	2-40-13
1986	331 DRUGAN, R G	Blackburn	1-50-38
1989	239 DRUMMOND, J	HM Forces	2-49-48
1987	288 DRUMMOND, J	HM Forces	2-24-23
1985	296 DRUMMOND, J	U	2-22-54
1988	297 DRUMMOND, J	U	2-44-18
1986	337 DRUMMOND, J	HM Forces	2-23-17
1993	229 DRUMMOND, James	Central Region	2-53-17
1992	239 DRUMMOND, James	Central Region	2-51-10
1990	244 DRUMMOND, James	Helensburgh	2-50-38
1994	228 DRUMMOND, Jim	Central Region	2-33-21
2003	343 DRUMMOND, Jim	Central AC	02-49-59
1985	400 DRYSDALE, W	Law	2-57-57
1984	326 DUCKETT, A G	Midlands Veterans	2-28-52
1993	305 DUERDEN, John M	Clayton	1-59-21
1986	449 DUERDEN, P	Clayton	2-05-15
1979	324 DUFF, Thomas M	U	2-08-35
1989	349 DUFFIELD, B	Todmorden	2-30-08
1986	451 DUFFIELD, B	Rochdale	2-26-17
1968	128 DUFFY, P M	Aberdeen	1-54-56
1971	131 DUFFY, Peter	Aberdeen	1-56-08
1970	132 DUFFY, Peter	Aberdeen	2-02-23
1969	139 DUFFY, Peter	Motherwell	1-58-27
1966	107 DUFFY, Peter M	Motherwell	1-51-01
1967	121 DUFFY, Peter M	Aberdeen	1-56-33
2002	203 DUGAN, Richard	Willowfield Harriers	02-23-21

2000	146 DUGDALE, Andrew M	Clayton-le-Moors Harriers	02-11-24
1999	163 DUGDALE, Andrew M	Clayton	2-13-08
1994	188 DUGDALE, Andrew M	Clayton	2-02-34
1986	192 DUGDALE, P	Horwich	1-33-54
2003	3 DUNCAN Jon	Cosmic Hill Bashers	01-30-45
1988	5 DUNCAN, A	Pitreavie	2-26-33
1997	5 DUNCAN, David	Ochil	1-57-38
1999	8 DUNCAN, David	Ochil	2-07-16
2002	158 DUNCAN, David	Ochil Hill Runners	02-14-20
2000	161 DUNCAN, David	Ochil Hill Runners	02-13-34
1988	184 DUNCAN, G	Pitreavie	2-50-38
1991	149 DUNCAN, Peter B	Westerlands	2-44-38
1986	212 DUNCAN, R	U	2-43-01
2003	356 DUNCAN, Bruce	Bingley Harriers	02-57-57
1981	308 DUNN, Kenneth	Civil Service	2-42-02
1993	315 DUNN, Maggie	Bingley	2-25-42
1989	358 DUNN, Maggie	Bingley	2-20-08
1988	411 DUNN, Maggie	Bingley	2-40-57
1987	416 DUNN, Maggie	Bingley	2-19-20
1997	346 DUNN, Maggie M	Bingley	2-40-51
1992	334 DURHAM, Richard	Selby	2-19-12
1991	354 DURHAM, Richard	Selby	2-43-16
1993	319 DURNIN, John	Dundee	2-04-44
1996	362 DURNIN, John	Dundee	2-17-52
1986	465 DUTHIE, H	U	2-42-36
1993	321 DUTHIE, Neil G	Dundee Road	2-07-01
1991	357 DUTHIE, Neil G	Dundee Road	2-15-18
1981	314 DUTHIE, Peter	Edinburgh Uni	1-56-25
1985	419 DUTSON, J	Saddleworth	1-59-48
1999	367 DUXBURY, Dan	Ambleside	1-47-29
2001	371 DUXBURY, S H	Clayton-le-Moors Harriers	03-20-07
2003	369 DUXBURY, Stewart	Clayton Le Moors	03-22-35
2002	353 DUXBURY, Stewart H	Clayton-le-Moors Harriers	03-20-09
1988	406 DYER, C	15th Para	3-45-38
1987	407 DYSON, N	Mandale	2-12-11
1985	407 DYSON, N R	Mandale	2-03-24

1986	455 DYSON, N R	Mandale	2-02-05
1996	353 DYSON, Neil	Mandale	2-44-59
1984	337 DYSON, Neil R	Mandale	2-12-14
1995	383 DYSON, Neil R	Mandale	2-19-10
1989	359 DYTCH, A	Clydesdale	1-40-12
1985	412 DYTCH, A M	FRA	1-47-06
1984	338 DYTCH, Andrew M	U	1-50-26
2002	60 DYTCH, Andy	Highland Hill Runners	01-58-10
1990	348 DYTCH, Andy	Clydesdale	1-41-45
1991	355 DYTCH, Andy	Clydesdale	1-56-57
1975	25 EADIE, G	Cambuslang	2-20-54
1968	22 EADIE, Gordon	Cambuslang	2-06-12
1971	22 EADIE, Gordon	Cambuslang	2-03-17
1966	16 EADIE, Walter R	Stirling	2-45-06
1993	57 EAGAN, Peter	Border	1-58-57
1997	64 EAGAN, Peter	Keswick	2-01-29
1998	68 EAGAN, Peter	Keswick	2-11-17
1999	80 EAGAN, Peter	Keswick	2-06-16
1988	73 EALES, C	Portsmouth	2-36-39
1985	69 EALES, C W	Portsmouth	2-06-19
1986	85 EALES, C W	Portsmouth	2-19-24
1973	28 EBBAGE, M J	Bingley	2-04-18
1968	23 EBBAGE, Malcolm J	Bingley	2-06-17
1972	23 EBBAGE, Malcolm J	Bingley	2-14-48
1974	24 ECCLES, D	Manchester YMCA	1-49-27
1989	59 ECCLES, G	Clayton	1-55-00
1987	71 ECCLES, G	Clayton	1-49-46
1988	83 ECCLES, G	Clayton	1-57-13
1986	98 ECCLES, G	Wesham	1-52-54
1985	82 ECCLES, G E	U	1-52-18
1993	74 ECCLES, Graham	Clayton	2-00-17
1991	77 ECCLES, Graham	Clayton	2-07-12
1994	79 ECCLES, Graham	Clayton	2-06-12
1997	83 ECCLES, Graham	Clayton	2-05-17
1996	87 ECCLES, Graham	Clayton	2-14-27
1998	94 ECCLES, Graham	Clayton	2-18-24

1992	75 ECCLES, Graham E	Clayton	2-13-05
1972	25 ECCLES, Herman	Bury & R	2-45-29
1971	31 ECCLES, Herman	Bury & R	3-02-59
1989	68 ECCLES, M	Ambleside	1-59-45
1988	97 ECCLES, M	U	2-07-36
1990	81 ECCLES, Mark A	Ambleside	2-07-41
1974	32 ECLER, G	U	3-10-09
1974	33 EDMUNDS, D	U	2-03-02
1967	28 EDMUNDS, Stephen	Sale	2-01-36
1998	100 EDRIDGE, Brian	Clydesdale	2-06-13
1975	36 EDWARDS, B	Walthamstow	2-11-48
1987	95 EDWARDS, C	RNAC Osprey	2-22-07
1978	30 EDWARDS, G J	Bingley	1-52-51
1992	88 EDWARDS, Gary	Glossop	2-10-47
1972	30 EDWARDS, John	Airedale & S	1-53-29
1970	34 EDWARDS, John	Airedale & S	2-03-18
1971	35 EDWARDS, John	Airedale & S	1-51-35
1978	31 EDWARDS, M	Aberdeen	1-43-11
1985	104 EDWARDS, M	Aberdeen	1-53-24
1994	101 EDWARDS, Matthew	Todmorden	2-28-07
1998	112 EDWARDS, Michael H	Wrexham	2-39-21
2001	99 EGAN, John	Bingley Harriers & AC	02-03-25
2003	121 EGAN, John	Bingley Harriers	02-05-33
2000	127 EGAN, John	Bingley Harriers & AC	02-08-42
2002	142 EGAN, John	Bingley Harriers & AC	02-11-53
1999	157 EGAN, John	Bingley	2-20-12
1992	134 EGNER, Gillian	Denby Dale	2-54-28
1992	135 EGNER, Mike	Denby Dale	1-42-38
1993	136 ELLEKER, Tyrone	Farnham	2-38-28
1986	191 ELLERTON, D	Newcastle (Staffs)	1-52-39
1982	95 ELLERTON, Peter	Bingley	2-10-48
1981	107 ELLERTON, Peter	Bingley	1-43-38
1984	127 ELLERTON, Peter	Bingley	1-50-53
1974	56 ELLIOT, A	East Kilbride	1-55-17
1970	48 ELLIOT, Alex	Aberdeen O	2-16-09
1985	173 ELLIOT, C	Victoria Park	2-19-05

1973	64 ELLIOTT, A	Edinburgh Southern O	2-00-22
1969	47 ELLIOTT, Lt D	HMS Fulmar	2-52-30
1998	155 ELLIOTT, Robert W	Kimberworth	3-08-22
1991	61 ELLIOTT, Simon	Notts	2-05-26
2001	65 ELLIOTT, Simon	Notts AC	01-56-09
1983	110 ELLIOTT, Simon	Nottingham	1-39-36
1984	137 ELLIOTT, Simon	Nottingham	1-44-07
1997	154 ELLIOTT, Simon	Notts	1-53-44
1996	156 ELLIOTT, Simon	Notts	1-55-38
2000	167 ELLIOTT, Simon	Notts AC	02-13-49
1987	191 ELLIS, R	Blairgowrie	2-36-10
1994	148 ELLIS, Tor	Heriot Watt Uni	1-53-32
1995	168 ELLIS, Tor	Heriot-Watt Uni	1-54-16
1991	159 ENGLISH, Robert	Burnham-on-Sea	2-49-55
1976	95 ENTWISTLE, C	Scottish Police College	3-08-27
1974	61 ENTWISTLE, G	Manchester	2-00-28
1975	66 ESTICK, P V	West Midlands Police	2-23-30
1976	98 ESTIK, P	West Midlands Police	2-13-24
1978	54 ETCHER, P J	RAF West Drayton	1-55-30
1979	158 ETHERDEN, C R	Rochdale	2-15-17
1988	205 ETHERIDGE, J	Deal	2-56-54
1988	206 ETTE, E	RNAC Osprey	2-09-05
1986	235 ETTE, E W	RNAC	1-52-45
2002	236 EUNSON, Paul	Portobello RC	02-29-09
1999	255 EUNSON, Paul	Portobello	2-29-34
2001	257 EUNSON, Paul	Portobello RC	02-31-53
2003	276 EUNSON, Paul	Portobello Running Club	02-32-51
1974	127 EVANS, A	Kendal	1-57-59
1989	270 EVANS, B	Prestatyn	2-16-42
1989	273 EVANS, B	Portsmouth	2-23-49
1987	324 EVANS, B	Prestatyn	2-15-44
1997	281 EVANS, Barry A	Shrewsbury	2-24-59
1994	248 EVANS, Brian	Prestatyn	2-29-40
1993	261 EVANS, Brian	Prestatyn	2-22-04
1998	269 EVANS, Brian	Eryri	2-32-57
1991	276 EVANS, Brian	Prestatyn	2-40-28

1992	276 EVANS, Brian	Prestatyn	2-23-45
2000	284 EVANS, Brian	Rhedwyr Eryri Harriers	02-34-35
1996	287 EVANS, Brian	Prestatyn	2-29-48
1999	299 EVANS, Brian	Eryri	2-30-08
1997	313 EVANS, Brian	Eryri	3-14-12
2001	324 EVANS, Brian	Rhedwyr Eryri Harriers	02-45-11
1990	308 EVANS, Brian W	Prestatyn	2-21-29
1995	347 EVANS, Brian W	Prestatyn	2-20-15
1989	327 EVANS, G	Prestatyn	2-30-15
1988	379 EVANS, G	Prestatyn	2-24-14
1987	383 EVANS, G	Prestatyn	2-20-59
1988	385 EVANS, G M	OWLS	2-39-04
1993	293 EVANS, Gary	Eryri	2-26-52
1990	313 EVANS, Gary	Eryri	2-33-53
1995	357 EVANS, Gary	Eryri	2-42-05
1991	233 EVANS, Gary R	Eryri	2-47-14
2000	247 EVANS, Gary R	Rhedwyr Eryri Harriers	02-27-24
1994	285 EVANS, Gary R	Eryri	2-16-44
1979	233 EVANS, John C	Worthing	2-09-09
1983	186 EVANS, M A	Horwich	1-47-31
1981	202 EVANS, M A	Horwich	1-49-52
1984	236 EVANS, M A	Horwich	2-01-23
1989	243 EVANS, R	Prestatyn	2-24-44
1987	292 EVANS, R	Prestatyn	2-17-39
1988	302 EVANS, R	Prestatyn	2-49-48
1990	243 EVANS, Ray	Eryri	2-36-48
1991	344 EVANS, Ray	Eryri	3-04-01
2000	352 EVANS, Ray	Rhedwyr Eryri Harriers	02-54-13
1995	376 EVANS, Ray	Eryri	2-48-00
1998	332 EVANS, Ros	Lochaber	2-20-08
1997	341 EVANS, Ros	Lochaber	2-09-47
1991	346 EVANS, Ros	Lochaber	2-03-57
1995	379 EVANS, Ros	Lochaber	2-02-27
1997	344 EVANS, Thomas	Pegasus	2-27-44
1966	110 EVANS, Trevor E	Aberdeen Uni	2-07-52
2001	72 EVERITT, Findlay	Inverness Harriers AC	01-57-40

1991	104 EVERITT, Findlay	Lochaber	2-17-49
2002	113 EVERITT, Findlay	Inverness Harriers	02-07-53
1987	115 EYRE, B	U	2-00-37
1977	51 EZZI, Gerard	Falkirk	2-09-55
1985	125 FAIRCLOUGH, D	Sefton	1-51-26
1995	112 FAIRLESS, Peter	Skyrac	2-09-28
1998	122 FAIRMANER, Simon	Trafford	1-50-30
1999	129 FAIRMANER, Simon	Trafford	1-47-26
1973	47 FAIRWEATHER, David J	Law	1-46-54
1987	124 FALGATE, M	Pudsey & B	1-46-03
1986	159 FALGATE, M	Pudsey & B	1-43-56
1979	112 FANCETT, Arthur C	Wigan	1-57-16
1991	119 FANNING, Christopher	Air Log	2-10-51
1986	164 FANNING, M L	Keswick	1-34-54
1985	141 FARISH, I	BTA	1-59-35
1971	44 FARMER, David	Sale	1-47-41
1977	63 FARMER, David N	West Midlands Police	2-14-05
1993	120 FARMER, Julie	Lochaber	2-02-18
1979	121 FARMER, Robert A	Penicuik	2-26-57
1978	42 FARMER, W	U	1-54-40
1977	66 FARMER, W	Dollar	2-02-58
1981	99 FARMER, William	Central Region	2-00-53
1979	124 FARMER, William	Central Region	2-17-50
1985	155 FARNINGHAM, A	Fife	1-36-28
1986	180 FARNINGHAM, A	Aberdeen	1-35-14
1984	117 FARNINGHAM, Alan	Fife	1-42-13
1988	167 FARNWORTH, D	Clayton	2-08-53
1999	151 FARNWORTH, Dave	Clayton	2-16-09
1976	74 FARNWORTH, M	Bury	2-26-34
1997	140 FARQUHARSON, David	Pitreavie	2-03-49
1999	152 FARQUHARSON, David	Pitreavie	2-04-12
2000	183 FARQUHARSON, David	Pitreavie AC	02-17-18
2003	235 FARQUHARSON, David	Pitreavie AAC	02-26-11
2002	281 FARQUHARSON, David	Pitreavie AC	02-37-16
1992	165 FARQUHARSON, David R	Arbroath	2-10-40
1994	166 FARQUHARSON, David R	Arbroath	2-15-38

1993	167 FARQUHARSON, David R	Arbroath	2-23-25
1996	178 FARQUHARSON, David R	Arbroath	2-28-13
2001	181 FARQUHARSON, David R	Pitreavie AC	02-18-35
1995	185 FARQUHARSON, David R	Arbroath	2-15-00
1987	210 FARQUHARSON, David R	Arbroath	2-15-42
1988	217 FARQUHARSON, David R	Arbroath	2-26-59
1998	268 FARQUHARSON, David R	Pitreavie	2-14-33
1990	271 FARQUHARSON, David R	Arbroath	1-57-42
1991	275 FARQUHARSON, David R	Arbroath	2-14-17
1989	279 FARQUHARSON, David R	Arbroath	2-04-23
1967	59 FARR, Ian S	Trowbridge	2-09-20
1995	190 FARRANT, C	Stubbington	3-37-15
2000	254 FARRAR, Shelley	Cosmic Hillbashers	02-28-29
2003	224 FARRELL, Paul	Diving Training Unit (ARMY)	02-24-53
1981	178 FARRELL, Paul T	U	1-56-46
1969	84 FARRIMOND	42nd Med	2-16-37
1997	221 FARRINGTON, Peter	Kildalton	2-49-51
1978	75 FASCHI, M	Altrincham	1-41-19
1966	67 FAULDS, Allan	Stirling	2-01-19
1997	228 FAULKNER, Joe	Keswick	2-11-10
1985	275 FEAR, E	Morpeth	2-52-40
1984	215 FEAR, Eric	Morpeth	2-42-34
1987	271 FEARNES, W	U	2-48-15
1982	168 FEATHERSTONE, C	British Aerospace	2-22-25
1982	170 FEENEY, James	Cambuslang	2-14-54
1981	187 FEENEY, James	Cambuslang	2-07-33
1979	223 FEENEY, James	Cambuslang	2-19-43
2001	107 FEENEY, Mark	Shettleston Harriers	02-04-36
2003	170 FELL, David	Wharfedale Harriers	02-13-48
1997	167 FENNING, Andrew J	Accrington	2-36-56
1982	112 FERGUSON, Donald J	U	3-01-10
1989	143 FERGUSON, I	Bingley	1-31-49
1987	197 FERGUSON, I	Bingley	1-40-53
1985	203 FERGUSON, I	Bingley	1-54-26
1986	228 FERGUSON, I	Bingley	1-39-38
1982	120 FERGUSON, Ian	Bingley	1-40-56

1992	156 FERGUSON, Ian	Bingley	1-31-25
1991	163 FERGUSON, Ian	Bingley	1-37-25
1997	176 FERGUSON, Ronald J	Kilmarnock	2-45-24
1988	211 FERGUSSON, D	U	1-48-07
1993	160 FERNIE, J B	Shrewsbury	2-33-24
1997	181 FERNIE, Jim B	Shrewsbury	2-34-28
1974	64 FERNIE, R	RAF Buchan	3-13-20
1987	206 FETTES, P	Lochaber	1-53-48
1985	211 FETTES, P	Lochaber	1-53-14
1986	244 FETTES, P H	Lochaber	2-20-54
1978	61 FETTES, Peter H	Lochaber	1-55-24
1982	125 FETTES, Peter H	Lochaber	1-51-48
1983	137 FETTES, Peter H	Lochaber	1-51-54
1981	143 FETTES, Peter H	Lochaber	1-51-29
1984	166 FETTES, Peter H	Lochaber	1-52-04
1979	169 FETTES, Peter H	Lochaber	2-05-34
1983	139 FIELD, Brian L	Vauxhall	2-53-13
1985	223 FIELDING, C R	Durham Uni	2-14-31
1981	151 FIELDING, Chris	Durham Uni	2-04-02
1979	171 FIELDING, Chris	West Fife O	2-16-59
1998	183 FIELDING, Frank	Glossop	2-15-53
1985	229 FINDEL-HAWKINS, D	Milton Keynes	1-57-36
1984	174 FINDEL-HAWKINS, David	Milton Keynes	1-52-46
2001	114 FINDLAY, Alan J	Stirling Triathlon	02-05-51
1977	50 FINLAYSON, A	IBM	2-06-58
1987	118 FINLAYSON, A	Lochaber	2-12-45
1985	128 FINLAYSON, A	Lochaber	2-18-23
1988	141 FINLAYSON, A	Lochaber	2-30-13
1986	155 FINLAYSON, A	Lochaber	2-11-44
1982	73 FINLAYSON, Alasdair	Lochaber	2-03-24
1981	89 FINLAYSON, Alasdair	Lochaber	2-05-38
1979	108 FINLAYSON, Alasdair	Victoria Park	2-16-46
1992	115 FINLAYSON, Alasdair	Westerlands	2-31-05
2000	346 FINLAYSON, Alasdair	Westerlands Cross Country	02-51-09
1995	369 FINLAYSON, Alasdair	Westerlands	2-34-50
1978	118 FINLAYSON, B	Lochaber	1-44-38

1975	157 FINLAYSON, B	Lochaber	1-32-50
1974	165 FINLAYSON, B	Lochaber	1-31-10
1977	184 FINLAYSON, B	Lochaber	1-52-46
1976	188 FINLAYSON, B	Lochaber	1-33-49
1972	109 FINLAYSON, Brian	Lochaber	1-34-38
1971	130 FINLAYSON, Brian	Forth Valley	1-33-54
1970	133 FINLAYSON, Brian	Forth Valley	1-46-29
1969	140 FINLAYSON, Brian	Forth Valley	1-55-31
1973	157 FINLAYSON, Brian	Lochaber	1-47-46
1971	133 FIRSTBROOK, Clifford	Manchester YMCA	2-07-35
1970	134 FIRSTBROOK, Clifford	Manchester YMCA	2-02-01
1973	160 FIRSTBROOK, Clifford	Salford	1-56-51
2001	155 FIRTH, Andrew	Clayton-le-Moors Harriers	02-12-33
2003	184 FIRTH, Andrew	Clayton Le Moors	02-15-50
1999	362 FIRTH, Andrew	Clayton	2-05-03
1992	97 FIRTH, Andrew P	Clayton	2-18-09
1994	104 FIRTH, Andrew P	Clayton	2-11-43
2000	106 FIRTH, Andrew P	Clayton-le-Moors Harriers	02-04-52
1996	109 FIRTH, Andrew P	Clayton	2-21-39
1998	111 FIRTH, Andrew P	Clayton	2-20-18
1997	112 FIRTH, Andrew P	Clayton	2-14-13
2002	147 FIRTH, Andrew Peter	Clayton-le-Moors Harriers	02-12-38
1988	175 FISH, J	U	2-25-00
1989	130 FISH, John M	Lochaber	2-15-50
1994	136 FISH, John M	Lochaber	2-04-33
1991	137 FISH, John M	Lochaber	2-05-25
1993	139 FISH, John M	Lochaber	2-09-35
1992	142 FISH, John M	Lochaber	2-05-39
1990	144 FISH, John M	Lochaber	2-04-59
1995	150 FISH, John M	Lochaber	2-05-12
1996	151 FISH, John M	Lochaber	2-15-49
1997	152 FISH, John M	Lochaber	2-21-51
1998	156 FISH, John M	Lochaber	2-37-56
1999	177 FISH, John M	Lochaber	2-38-24
1993	145 FISH, Stephen	Accrington	2-21-44
1991	147 FISH, Stephen	Accrington	2-47-31

1968	47 FISHER, Eric C	Edinburgh	2-41-22
1981	119 FISHER, John P	Fife	1-54-14
1979	144 FISHER, John P	U	2-14-01
1978	49 FISHER, N W	Eryri	1-57-24
1985	185 FISHER, N W	Eryri	1-51-24
1986	218 FISHER, N W	Eryri	1-52-35
1982	107 FISHER, Nigel W	Eryri	1-53-31
1981	128 FISHER, Nigel W	Eryri	1-55-26
1984	146 FISHER, Nigel W	Eryri	1-50-01
1988	190 FITCHET, C	Dundee Road	2-33-10
1966	43 FITT, Christopher R	Mitthen	1-50-11
1999	185 FITZGERALD, Alistair J	Buxton	2-06-25
1999	187 FITZGERALD, Mark A	Buxton	2-25-28
1990	163 FITZPATRICK, James	Cambuslang	2-32-48
1997	172 FLACK, John G	Horwich	3-20-35
1989	153 FLAHERTY, M	Stockport	2-31-07
1988	204 FLATMAN, A	Helensburgh	2-15-22
1986	234 FLATMAN, A T	Helensburgh	2-06-05
2001	81 FLEETWOOD, John	Kendal AC	02-00-26
1967	21 FLEMING, Andrew	Cambuslang	2-49-34
1987	79 FLEMING, D	Clevedon	2-25-57
1970	25 FLEMING, F	U	2-36-38
1978	22 FLEMING, G	U	1-56-09
1982	50 FLEMING, Gibson	Cambuslang	1-54-50
1989	69 FLEMING, Mark W	Ambleside	1-43-21
1992	76 FLEMING, Mark W	Ambleside	1-41-19
1990	80 FLEMING, Mark W	Ambleside	1-40-38
1993	81 FLEMING, Mark W	Ambleside	1-45-43
1991	83 FLEMING, Mark W	Ambleside	1-46-47
1988	98 FLEMING, Mark W	Ambleside	1-51-12
1978	26 FLEMING, P N	Horwich	1-52-27
1979	85 FLEMING, Philip N	Horwich	2-46-59
1986	114 FLETCHER, C	Rochdale	1-57-51
1987	94 FLETCHER, G	Clayton	2-44-31
1988	101 FLETCHER, G	Clayton	2-19-09
1985	99 FLETCHER, G P	Clayton	2-22-17

1990	85 FLETCHER, Geoffrey P	Clayton	1-42-43
1989	80 FLETCHER, J	Rosendale	2-08-40
1988	105 FLETCHER, J	Rosendale	2-05-24
1997	102 FLETCHER, Jeffrey	Black Sheep	2-22-41
1988	111 FLETCHER, P	Inverness	2-04-50
1995	97 FLETCHER, Peter	Inverness	2-06-45
1992	92 FLETCHER, Ruth	Tynedale	2-20-51
1993	98 FLETCHER, Ruth	Tynedale	2-25-34
1994	98 FLETCHER, Ruth	Tynedale	2-18-23
1986	128 FLEWITT, B	RNAC	2-00-48
1985	109 FLEWITT, B J	RNAC Osprey	2-06-02
1992	95 FLINT, Anthony J	Calder Valley	2-18-17
1985	110 FLITCROFT, H G	Horwich	2-05-45
1987	108 FLITCROFT, W	Horwich	2-06-19
1986	139 FLITCROFT, W G	Horwich	2-04-48
1982	70 FLITCROFT, William	Horwich	2-16-14
1983	77 FLITCROFT, William	Horwich	2-06-41
1984	86 FLITCROFT, William	Horwich	1-50-23
1984	90 FLITCROFT, William	Horwich	1-58-23
1992	107 FLITCROFT, William	Horwich	2-17-50
1994	109 FLYNN, Martin	Carnethy	1-51-47
1988	147 FLYNN, S	Mynyddwyr	2-31-39
1966	28 FLYNN, William F	Stirling	2-34-59
1994	114 FOGARTY, Hank	Glenasmole (Ireland)	2-58-35
1987	125 FOGGO, K	U	2-05-47
1992	117 FOGGO, Kenneth	Inverness	2-09-17
1994	117 FOGGO, Kenneth	Inverness	2-34-45
1971	43 FOLEY, E	Bolton	1-55-21
1972	38 FOLEY, Edwin	Bolton	1-57-26
1985	145 FORBES, R	Lochaber	2-16-22
1986	166 FORBES, R	Lochaber	1-53-14
1999	141 FORBES, Roderick	U	2-44-29
1982	83 FORBES, Roderick W	Lochaber	2-00-02
1983	91 FORBES, Roderick W	Lochaber	1-48-00
1981	98 FORBES, Roderick W	U	1-57-41
1984	108 FORBES, Roderick W	Lochaber	1-53-59

1981	102 FORD, Cliff	Cumberland	2-03-59
1979	126 FORD, Cliff	Cumberland	2-14-54
1979	127 FORD, David G	Vauxhall	1-57-46
1989	123 FORD, Michael	Bingley	2-15-47
1994	132 FORD, Michael	Bingley	2-22-02
1990	134 FORD, Michael	Bingley	2-01-02
1993	134 FORD, Michael	Bingley	2-13-04
1991	135 FORD, Michael	Bingley	2-24-37
1992	136 FORD, Michael	Bingley	2-35-47
1998	137 FORD, Michael	Bingley	2-24-23
1997	139 FORD, Michael	Bingley	2-18-58
1996	147 FORD, Michael	Bingley	2-33-28
1995	148 FORD, Michael	Bingley	2-21-46
1999	158 FORD, Michael	Bingley	2-22-00
2002	199 FORD, Mick	Bingley Harriers & AC	02-23-08
2000	242 FORD, Mick	Bingley Harriers & AC	02-27-01
2001	266 FORD, Mick	Bingley Harriers & AC	02-33-25
1979	255 FORD, Peter	Vauxhall	2-05-04
2003	234 FORD, Michael	Bingley Harriers	02-26-06
1968	71 FORFAR, David O	Junior Mountaineering	2-28-55
1989	217 FORREST, M	Newcastle Uni	2-07-57
2000	31 FORSTER, Damian	Lochaber AC	01-49-57
1998	34 FORSTER, Damian	Lochaber	2-00-47
1999	42 FORSTER, Damian	Lochaber	1-54-43
1994	71 FORSTER, Damian	Lochaber	2-03-45
1997	71 FORSTER, Damian	Lochaber	2-04-23
1995	72 FORSTER, Damian	Lochaber	2-13-34
2003	74 FORSTER, Damian	Lochaber Athletic Club	01-58-23
2002	54 FORSTER, Damian A	Lochaber AC	01-57-30
1999	68 FORSTER, John	Lochaber	3-04-27
1999	70 FORSTER, Nicola	Lochaber	2-13-00
1998	163 FORSTER, Nicola	Lochaber	2-30-39
2000	166 FORSTER, Nicola	Lochaber AC	02-13-48
2003	277 FORSTER, Nicola	Lochaber Athletic Club	02-32-58
2002	304 FORSTER, Nicola	Lochaber AC	02-45-46
1995	323 FORSTER, Nicola	Lochaber	2-32-31

2003	116 FORSTER, Stephen	Preston Harriers	02-04-42
1998	121 FORSTER, Tim	Chapel Allerton	3-34-58
2000	114 FORSYTH, John	Skyrac AC	02-06-45
1997	117 FORTE, Phil	Steel City	2-25-06
1993	106 FORTE, Philip	Dundee	2-19-21
1996	116 FORTE, Philip	Dundee	2-16-45
1989	99 FORTUNE, L	Fife	1-50-50
1987	121 FORTUNE, L	Fife	1-48-08
1988	144 FORTUNE, L	Fife	1-47-34
1974	43 FOSTER, C F	Bingley	2-04-41
1975	45 FOSTER, C J	Bingley	1-55-49
1977	60 FOSTER, C J	Bingley	2-02-17
1976	64 FOSTER, C J	Bingley	2-24-46
1981	92 FOSTER, Christopher J	Bingley	1-59-43
1979	114 FOSTER, Christopher J	Bingley	2-11-03
1970	40 FOSTER, J W	Bury & R	2-28-58
1969	39 FOSTER, Jeffrey W	Bury & R	2-25-21
1981	93 FOSTER, Keith	South Yorks O	2-17-53
1971	47 FOTHERINGHAM, Ian	Royal Marine Res	2-21-29
1971	49 FOTHERINGHAM, T	Royal Marine Res	2-41-01
1999	144 FOWLER, Bill	U	2-09-22
2003	232 FOWLER, William	Carnethy HRC	02-25-49
1979	219 FOWLES, Kenneth	Warrington	2-22-03
1991	217 FOX, Chris	Fife	2-50-00
1969	89 FOX, L/Bdr	7th Para	2-24-02
1967	83 FOX, M	7th Para	2-20-03
1976	132 FOX, M	7th Para	1-53-13
1989	219 FOX, M	Kendal	2-02-10
1989	220 FOX, M	Arbroath	2-28-22
1990	223 FOX, Martin A	Arbroath	2-23-19
1991	223 FOX, Martin A	Arbroath	2-35-18
1968	76 FOX, Norman	7th Para	2-31-36
1992	225 FOX, Simon	Carnethy	2-12-03
1998	225 FRAME, Andrew	Thames Valley	2-29-37
1985	290 FRANCIS, D	Fife	2-07-01
1968	80 FRANCIS, David J	Westbury	1-45-51

2001	300 FRASER, Alistair	Lochaber AC	02-40-03
2000	342 FRASER, Alistair	Lochaber AC	02-49-19
1987	395 FRASER, B	Black Isle	2-11-26
1986	445 FRASER, B	Black Isle	2-16-46
1968	123 FRASER, Charles J	Edinburgh Southern	2-18-33
1967	117 FRASER, Donald	Lochaber	2-04-32
1968	125 FRASER, Donald A	Lochaber	1-48-40
1970	130 FRASER, Donald A	Lochaber	1-52-20
1969	137 FRASER, Donald A	Lochaber	1-53-32
1989	351 FRASER, H	Kilmarnock	2-31-30
1974	166 FRASER, H B	Interlopers O	1-59-41
1994	301 FRASER, Ian	East Cheshire	2-01-19
1997	333 FRASER, Ian	East Cheshire	1-58-11
1995	374 FRASER, Ian	East Cheshire	2-05-16
1987	408 FRASER, N	Lochaber	2-15-58
1986	454 FRASER, N	U	2-11-37
1990	343 FRASER, Neil	BNRA	2-17-35
1988	409 FRASER, S	Lochaber	2-33-39
1985	411 FRASER, S	Milton Keynes	2-23-39
1987	412 FRASER, S	Lochaber	1-39-32
1986	459 FRASER, S	U	2-18-21
2002	249 FRASER, Simon	Lochaber AC	02-30-32
1989	234 FRASER, W	Lochaber	1-58-57
1989	237 FRASER, W	Harrogate	2-38-32
1988	293 FRASER, W	Lochaber	2-22-18
1999	273 FRASER, William	Blaydon	3-14-44
1990	242 FRASER, William J	Lochaber	1-56-25
1991	243 FRASER, William J	Lochaber	1-57-33
1993	230 FREELAND, George	Helensburgh	3-10-48
1970	92 FREER, Robert	U	3-17-52
1968	85 FRENCH, Alan K	Norwich Union	2-28-23
1993	234 FRETWELL, Andrew	Norwich	2-39-48
1982	190 FRITH, P	Royal Marines	1-55-29
1989	250 FROST, I	Carnethy	2-13-43
1987	303 FROST, I	U	2-51-08
1988	315 FROST, I	Carnethy	2-24-33

1990	249 FROST, Ian	Carnethy	2-19-28
2003	298 FROST, Michael	Clayton Le Moors	02-36-46
2000	300 FROST, Michael	Clayton-le-Moors Harriers	02-37-41
1998	289 FROST, Michael A	Clayton	2-52-31
1997	296 FROST, Michael A	Clayton	2-33-22
1996	305 FROST, Michael A	Clayton	2-50-30
1999	314 FROST, Michael A	Clayton	2-34-33
2001	331 FROST, Michael A	Clayton-le-Moors Harriers	02-46-44
2002	274 FROST, Michael Arthur	Clayton-le-Moors Harriers	02-35-59
1991	266 FRY, Grahame	Calder Valley	2-33-15
1968	96 FRY, Harold	RAF Cranwell	2-49-35
1998	261 FRY, Michael	Tynedale	2-43-52
1998	263 FRY, Stephen J	Bingley	2-36-57
2003	337 FUDGE, Barry	Lochaber Athletic Club	02-47-24
1989	148 FUDGE, Gareth	BNRA	2-08-06
2002	174 FUDGE, Gareth	Lochaber AC	02-17-39
1991	267 FUDGE, Gareth	Lochaber	2-45-16
2003	274 FUDGE, Gareth	Lochaber Athletic Club	02-32-41
2003	70 FUDGE, Steven	Lochaber Athletic Club	01-57-48
2002	201 FUDGE, Steven	Lochaber AC	02-23-12
2000	356 FULLARTON, Iain	Lochaber AC	02-57-24
1998	333 FULLARTON, Ian	Lochaber	3-03-50
1997	342 FULLARTON, Ian	Lochaber	4-07-34
2003	78 FULLER, Chris	Westerlands CCC	01-59-02
1976	39 FULTON, J	Morpeth	2-29-20
1981	54 FULTON, John M	Lochaber	2-00-06
1966	17 FULTON, Robert W	Ailsa	2-10-59
1968	27 FULTON, Robert W	Ailsa	3-02-12
1992	71 FULTON, Roy	East Kilbride	2-07-13
1997	86 FULTON, Roy	East Kilbride	2-21-01
1994	82 FULTON, Roy S	East Kilbride	2-13-32
1990	78 FURLONG, Anthony L	Border	1-47-55
1991	78 FURLONG, Anthony L	Keswick	1-56-38
1996	92 FURNESS, Leigh	Dudley	2-45-30
1983	55 FURNESS, S	Blackburn	1-41-04
2001	271 GALLE, J+rg	TV Stammheim (Germany)	02-34-06

1997	275 GABRIEL, Martin	Ripon	2-26-12
1985	323 GAINES, P	Pudsey & B	1-51-50
1988	324 GAINES, P	Pudsey & B	1-52-28
1986	367 GAINES, P	Pudsey & B	1-51-34
1999	289 GAINES, Paul	Tynedale	1-55-17
1966	82 GALE, Peter	U	2-37-20
1998	262 GALLACHER, John	Ochil	2-04-12
1995	291 GALLACHER, John	Ochil	1-57-38
2002	8 GALLAGHER, Ronnie	Westerlands Cross Country	01-40-38
2000	9 GALLAGHER, Ronnie	Westerlands Cross Country	01-40-19
2001	13 GALLAGHER, Ronnie	Westerlands Cross Country C	01-42-00
2003	14 GALLAGHER, Ronnie	Westerlands CCC	01-42-39
1995	17 GALLAGHER, Ronnie	Westerlands	2-03-04
1999	18 GALLAGHER, Ronnie	Westerlands	1-42-57
1998	21 GALLAGHER, Ronnie	Westerlands	1-47-10
1968	7 GALLOWAY, Robert	Greenock	2-32-01
1996	19 GAMBLE, Dave	Mandale	2-02-53
1993	18 GARBARINO, Joe	Achille Ratti	2-34-32
2000	296 GARDINER, K C	Stroud & District AC	02-37-02
2003	159 GARDNER, Julie	Buxton AC	02-12-02
2000	193 GARDNER, S J	Calder Valley Fell Runners	02-19-21
2001	204 GARDNER, Stewart	Calder Valley Fell Runners	02-22-54
1996	201 GARDNER, Stewart J	Calder Valley	2-24-44
2003	186 GARDNER, Stewart	Northumberland Fellrunners	02-16-22
1985	212 GARNER, P	Inverness	1-49-27
1981	141 GARNER, Paul	Rochdale	1-45-29
1981	146 GARNER, Paul	South Ribble O	2-09-28
1984	164 GARNER, Paul	Rochdale	1-46-03
1979	165 GARNER, Paul	U	2-13-25
1968	54 GARNETT, G W	Bingley	1-54-41
1970	60 GARNETT, Geoffrey W	Bingley	1-57-25
1975	71 GARRATT, M J	Mandale	1-46-59
1976	105 GARROWAY, I	Penicuik	2-30-32
1991	185 GARTSIDE, Andrew	Hunter's	2-00-49
1979	172 GASKEL, David	City Hospital Tract	3-09-37
1985	228 GASKELL, K	Horwich	1-43-57

1982	133 GASKELL, Kevin	Horwich	1-47-03
1981	154 GASKELL, Kevin	Horwich	1-56-35
1988	236 GASKELL, P	U	2-12-31
1968	60 GASTON, Paul	Brighton & H	2-27-47
1972	63 GASTON, Paul	Cambridge	2-47-48
1969	66 GASTON, Paul	Brighton & H	2-28-08
1967	69 GASTON, Paul	Brighton & H	2-48-25
1970	69 GASTON, Paul	Brighton & H	2-29-07
1971	74 GASTON, Paul	Brighton & H	2-22-31
1982	148 GASTON, Paul	Steypning	2-34-01
1983	154 GASTON, Paul	Steypning	2-28-14
1981	170 GASTON, Paul	Cambridge	2-29-36
1993	192 GASTON, Paul	Steypning	2-54-42
1989	195 GASTON, Paul	Steypning	2-50-24
1992	195 GASTON, Paul	Steypning	2-39-07
1994	196 GASTON, Paul	Steypning	3-02-19
1979	198 GASTON, Paul	Long Distance Walkers	3-12-13
1984	198 GASTON, Paul	Steypning	2-42-06
1998	199 GASTON, Paul	Steypning	3-14-00
1991	206 GASTON, Paul	Steypning	3-06-01
1990	207 GASTON, Paul	Steypning	2-52-09
1996	212 GASTON, Paul	Steypning	2-56-50
1997	213 GASTON, Paul	Steypning	3-11-14
1995	231 GASTON, Paul	Steypning	3-01-03
1987	251 GASTON, Paul	Steypning	2-37-29
1985	264 GASTON, Paul	Steypning	2-37-00
1988	270 GASTON, Paul	Steypning	3-20-59
1986	303 GASTON, Paul	Steypning	2-31-21
1993	203 GATEHOUSE, Richard	Lomond	2-26-17
1994	204 GATEHOUSE, Richard	Lomond	2-21-29
1996	228 GATEHOUSE, Richard	Lomond	2-33-32
1998	260 GATEHOUSE, Richard	Lomond	2-45-49
2000	263 GATEHOUSE, Richard	Lomond Hill Runners	02-30-03
1992	264 GATEHOUSE, Richard	Lomond	2-25-13
2001	265 GATEHOUSE, Richard	Lomond Hill Runners AC	02-33-20
1997	266 GATEHOUSE, Richard	Lomond	2-29-10

1990	267 GATEHOUSE, Richard	Lomond	2-22-33
1991	272 GATEHOUSE, Richard	Lomond	2-54-54
2002	275 GATEHOUSE, Richard	Lomond Hill Runners	02-36-07
1995	290 GATEHOUSE, Richard	Lomond	2-23-46
1999	292 GATEHOUSE, Richard	Lomond	2-40-06
2003	310 GATEHOUSE, Richard	Lomond Hill Runners	02-39-14
1987	366 GAULD, B	Carnethy	1-53-33
1992	296 GAULD, Bill	Carnethy	1-53-17
1991	299 GAULD, Bill	Carnethy	1-49-00
1998	301 GAULD, Bill	Carnethy	2-17-01
1995	336 GAULD, Bill	Carnethy	2-06-57
1989	313 GAULD, W	Carnethy	1-49-36
1988	369 GAULD, W	Carnethy	1-58-18
1973	136 GAULD, W A	Edinburgh Southern O	1-40-01
1975	146 GAULD, W A	Edinburgh Southern O	1-55-24
1974	155 GAULD, W A	Edinburgh Southern O	1-48-27
1985	380 GAULD, W A	Carnethy	1-48-43
1986	422 GAULD, W A	Carnethy	1-45-54
1972	102 GAULD, William A	Edinburgh Southern O	1-44-35
1968	117 GAULD, William A	Edinburgh Southern O	2-00-45
1970	119 GAULD, William A	Edinburgh Southern O	1-48-50
1984	305 GAULD, William A	SHRA	1-55-22
1990	307 GAUNT, Willie	Pudsey & B	1-36-11
1992	309 GAUNT, Willie	Pudsey & B	1-37-10
1991	315 GAUNT, Willie	Pudsey & B	1-58-38
1976	175 GAWLER, R	Invicta	2-32-56
1987	386 GAWLER, R	Invicta	3-14-22
1981	281 GAWLER, R V	Invicta	2-47-59
1985	391 GAWLER, R V	Invicta	3-12-16
1984	313 GAWLER, Ronald	Invicta	2-56-08
1983	259 GAWLER, Ronald V	Invicta	2-46-31
1979	317 GAWLER, Ronald V	Invicta	2-31-30
1976	181 GEBBIE, J	U	2-39-20
1974	161 GEBBIE, J D	Kilmarnock	2-21-42
2002	189 GEBBIE, John	Johnnie Walker Kilmarnock H	02-20-24
2001	190 GEBBIE, John	Johnnie Walker Kilmarnock H	02-20-53

1982	259 GEBBIE, John	1/52 Lowland	2-09-26
1981	290 GEBBIE, John	1/52 Lowland	1-59-58
1997	323 GEBBIE, John	Kilmarnock	2-08-52
1995	362 GEBBIE, John	Kilmarnock	2-07-33
1968	55 GEDDES, James	Monkland	2-39-24
1972	58 GEDDES, James	Monkland	2-40-35
1969	59 GEDDES, James	Monkland	2-37-44
1967	61 GEDDES, James	Monkland	2-46-07
1970	63 GEDDES, James	Monkland	2-43-26
1971	71 GEDDES, James	Monkland	2-33-52
1973	78 GEDDES, James	Monkland	2-41-24
1993	177 GEE, Frank	Clayton	2-36-56
1994	179 GEE, Frank	Clayton	2-29-06
1999	212 GEESON, J N	Ryde	2-11-23
1993	178 GEESON, John N	Ryde	2-03-04
1994	184 GEESON, John N	Ryde	2-09-27
1998	191 GEESON, Nick	Ryde	2-19-21
1997	199 GEESON, Nick	Ryde	2-09-12
1995	206 GEESON, Nick	Ryde	2-04-52
1988	245 GEISSLER, E	15th Para	2-32-07
1988	248 GELDARD, P	Clayton	2-14-26
1974	79 GERRARD, E	Falkirk	2-23-17
1989	183 GIBBISON, J	Lancaster & M	1-42-19
1988	252 GIBBISON, J	Lancaster & M	1-46-03
1975	83 GIBBISON, J M	U	1-46-41
1972	65 GIBBISON, John M	Manchester U Hiking	1-53-17
1982	152 GIBBISON, John M	Lancaster & M	1-38-27
1979	193 GIBBISON, John M	Lancaster & M	1-42-34
1990	200 GIBBON, Dene C	Keswick	2-00-17
1971	79 GIBBON, Frederick P	Shrewsbury	2-48-22
1988	262 GIBBON, J	Les Croupiers	2-21-23
1986	292 GIBBON, J	Les Croupiers	2-27-46
1989	194 GIBBONS, D	Bolton	2-41-40
1998	209 GIBBONS, David	Lostock	3-09-16
1996	218 GIBBONS, David	Lostock	2-34-07
1997	218 GIBBONS, David	Lostock	2-39-11

1995	229 GIBBONS, David	FRA	2-31-01
1999	236 GIBBONS, David	Lostock	2-41-33
2000	334 GIBBONS, David	Lostock AC	02-46-10
2001	343 GIBBONS, David	Lostock AC	02-55-51
1993	303 GIBBS, Fred	Bingley	2-02-26
1978	117 GIBBSON, J M	Lancaster & M	1-40-44
1975	156 GIBSON, B	Teviotdale	2-04-59
1971	129 GIBSON, Bryson W	Teviotdale	2-06-16
2001	88 GIBSON, Dougie	Lochaber AC	02-01-21
2002	165 GIBSON, Dougie	Lochaber AC	02-16-05
1990	154 GIBSON, Ken	Northern Veterans	3-47-42
1987	188 GIBSON, R	East Kilbride	2-10-38
1975	63 GILBERT, J G	U	2-03-06
1977	82 GILBERT, J G	Dundee	2-00-10
1992	151 GILDEA, Denis	Calder Valley	2-12-36
1988	191 GILDERSLEVE, C	Les Croupiers	1-54-47
1987	194 GILDERSLEVE, C	Les Croupiers	1-49-56
1986	226 GILDERSLEVE, C D	Les Croupiers	1-52-06
1985	195 GILL, D	Cheshire Fire	2-01-32
1992	154 GILL, David C	Denby Dale	2-15-53
1989	149 GILLARD, A	Kendal	1-46-19
1984	154 GILLESPIE, Alex	U	2-38-48
1986	232 GILLESPIE, E	Carnethy	1-54-37
1987	202 GILLESPIE, N	U	1-42-40
2000	120 GILLESPIE, Robin	Eden Runners	02-07-40
2001	141 GILLESPIE, Robin	Eden Runners	02-10-43
1999	153 GILLESPIE, Robin	Eden	2-13-39
2003	204 GILLESPIE, Robin	Eden Harriers	02-20-43
1977	102 GILLON, G	Clayton	2-06-24
1977	105 GILMOUR, A	U	2-04-41
1979	184 GILMOUR, Adrian	Oban	2-18-05
1982	146 GILMOUR, Adrian H	Oban	2-13-32
2001	195 GILMOUR, Hugh	Dulwich Park Runners	02-21-21
1996	189 GILTHORPE, David	Saltwell	2-42-56
1996	190 GILTROW-SHAW, Chris	Lancs Constab	2-13-04
1969	61 GIRVAN, J	Clydesdale	2-46-36

1966	52 GIRVAN, John	Clydesdale	2-49-30
1968	58 GIRVAN, John	Clydesdale	2-38-48
1967	63 GIRVAN, John	Clydesdale	2-32-04
1987	224 GIRVAN, R	Kintyre	2-12-50
1975	78 GLASS, D	FRA	2-16-15
1977	103 GLASS, D	Wrexham	2-11-54
1976	110 GLASS, D	FRA	2-27-46
1979	183 GLASS, Dennis	Eryri	2-49-07
1982	143 GLASS, Joan	Eryri	2-11-19
1985	245 GLASSBROOK, P	Horwich	2-11-11
1981	167 GLEN, Donald	Cambuslang	2-49-22
1969	69 GLEN, Donald G	Cambuslang	2-31-05
1973	84 GLEN, D	Cambuslang	2-346
1969	71 GLENNIE, Hugh	United Hospitals London	2-30-45
1977	109 GLOVER, M	Invicta	2-16-20
1976	118 GLOVER, M	Invicta	2-18-38
1974	85 GLOVER, M C	Invicta	2-10-53
1975	86 GLOVER, M G	Invicta	2-08-45
1970	75 GLOVER, Michael	Invicta	2-10-07
1969	76 GLOVER, Michael	Invicta	2-23-18
1968	66 GLOVER, Michael C	Canterbury	2-22-09
1972	66 GLOVER, Michael C	Invicta	2-28-49
1979	207 GLOVER, Michael C	Invicta	2-42-44
1984	202 GLUYAS, Jon	Stockport	3-04-25
1995	228 GODALL, Priscilla A	Mercia	3-03-30
2003	294 GODDARD, Scott	Diving Training Unit (ARMY)	02-36-03
1992	281 GODRIDGE, Christopher	Calder Valley	1-50-53
1967	103 GOLDIE, William	East Kilbride	2-39-37
2000	302 GOOD, Chris	Croft Ambrey RC	02-37-53
2003	330 GOOD, Chris J	Croft Ambrey	02-44-34
1991	319 GOODE, Clive E	Air Log	2-26-14
1978	113 GOODFELLOW, B	RAF West Drayton	1-46-55
1969	132 GOODFELLOW, Brian	Sale	2-25-03
1966	102 GOODFELLOW, Brian H	Cambridge	2-31-14
1999	341 GOODMAN, Angela	Lochaber	2-46-16
1981	286 GOODWIN, Ian	Pitreavie	2-06-50

1984	315 GOODWIN, Ian	Pitreavie	2-00-45
1983	263 GOODWIN, Roger B	U	2-06-08
2001	207 GOODYEAR, Iain	Bingley Harriers & AC	02-22-59
1989	171 GOODYEAR, Ian	Bingley	2-14-57
1992	181 GOODYEAR, Ian	Bingley	2-15-52
1993	187 GOODYEAR, Ian	Bingley	2-13-00
1990	188 GOODYEAR, Ian	Bingley	2-10-10
1984	193 GOODYEAR, Ian	Bingley	2-03-55
1998	193 GOODYEAR, Ian	Bingley	2-20-42
1991	197 GOODYEAR, Ian	Bingley	2-19-15
2000	198 GOODYEAR, Ian	Bingley Harriers & AC	02-20-13
1995	207 GOODYEAR, Ian	Bingley	2-23-39
1987	232 GOODYEAR, Ian	Bingley	2-03-45
1985	236 GOODYEAR, Ian	Bingley	2-07-52
1988	244 GOODYEAR, Ian	Bingley	2-27-15
1986	270 GOODYEAR, Ian	Bingley	2-06-28
2003	289 GOODYEAR, Ian	Bingley Harriers	02-34-49
1983	222 GORDON, John	Fife	1-53-24
1977	150 GORDON, John A	RAF Henlow	1-59-55
2000	246 GORMAN, Lesley	Lochaber AC	02-27-22
1995	255 GORMAN, Lesley	Lochaber	2-21-36
1999	265 GORMAN, Lesley	Lochaber	2-31-00
1997	289 GORMAN, Lesley	Lochaber	2-37-17
2001	293 GORMAN, Lesley	Lochaber AC	02-37-44
1989	285 GORMAN, M	Springburn	1-56-20
1987	339 GORMAN, M	U	1-52-52
2000	21 GORMAN, Manuel	Westerlands Cross Country	01-46-53
2003	23 GORMAN, Manuel	Westerlands CCC	01-45-25
2002	28 GORMAN, Manuel	Westerlands Cross Country	01-51-42
1995	30 GORMAN, Manuel	Westerlands	1-49-57
1991	36 GORMAN, Manuel	Springburn	2-15-25
1990	37 GORMAN, Manuel	Springburn	2-02-28
1992	37 GORMAN, Manuel	Springburn	1-50-01
2001	37 GORMAN, Manuel	Westerlands Cross Country C	01-51-05
1996	39 GORMAN, Manuel	Westerlands	2-13-24
1994	40 GORMAN, Manuel	Westerlands	2-33-56

1998	41 GORMAN, Manuel	Westerlands	2-02-05
1988	44 GORMAN, Manuel	Springburn	1-58-43
1999	50 GORMAN, Manuel	Westerlands	1-59-08
1993	37 GORMAN, Manuel J	Westerlands	2-02-03
1997	44 GORMAN, Manuel J	Westerlands	2-37-17
1989	30 GORMAN, R	Scottish Veteran	2-19-34
1987	43 GORMAN, Richard	Scottish Veteran	2-03-47
1995	46 GORMAN, Richard	Westerlands	2-32-53
1988	56 GORMAN, Richard	Scottish Veteran	2-28-55
1984	38 GORMAN, Richard	Scottish Veteran	2-08-49
1975	20 GORMAN, Richard M	U	2-30-55
1977	27 GORMAN, Richard M	St Ninian's School	2-14-10
1982	27 GORMAN, Richard M	St Ninian's School	2-05-08
1983	32 GORMAN, Richard M	St Ninian's School	2-18-34
1981	34 GORMAN, Richard M	St Ninian's School	2-01-19
1991	51 GORMAN, Richard M	Scottish Veteran	2-19-53
1979	52 GORMAN, Richard M	St Ninian's School	2-21-21
1994	52 GORMAN, Richard M	Westerlands	2-28-46
1993	55 GORMAN, Richard M	Scottish Veteran	2-31-18
1990	57 GORMAN, Richard M	Scottish Veteran	2-11-27
1992	57 GORMAN, Richard M	Scottish Veteran	2-21-17
1985	61 GORMAN, Richard M	Scottish Veteran	2-14-44
1996	65 GORMAN, Richard M	Westerlands	2-51-38
1997	66 GORMAN, Richard M	Westerlands	2-37-17
1986	76 GORMAN, Richard M	Scottish Veteran	2-07-56
1999	79 GORMAN, Richard M	Westerlands	2-38-55
1998	70 GOTH, Mandy	Todmorden	2-38-37
2001	281 GOTH, Mandy	Todmorden Harriers & AC	02-35-59
1997	293 GOTH, Mandy	Todmorden	2-41-07
1999	294 GOTH, Mandy	Todmorden	2-37-36
2000	297 GOTH, Mandy	Todmorden Harriers & AC	02-37-21
2002	297 GOTH, Mandy	Todmorden Harriers & AC	02-42-28
1996	300 GOTH, Mandy	Todmorden	2-53-34
1995	316 GOTH, Mandy	Todmorden	2-47-05
2003	296 GOTH, Mandy	Todmorden Harriers	02-36-27
1991	284 GOTT, Kathy	Clayton	2-13-43

1978	98 GOUGH, G	Clayton	1-43-55
1977	154 GOUGH, G	Clayton	1-38-38
1989	294 GOUGH, G	Blackburn	2-06-34
1987	348 GOUGH, G	Blackburn	1-34-46
1985	359 GOUGH, G	Blackburn	1-32-08
2000	55 GOUGH, Geoffrey	Clayton-le-Moors Harriers	01-55-15
1998	290 GOUGH, Geoffrey	Clayton	1-55-18
1999	315 GOUGH, Geoffrey	Clayton	1-46-47
1990	53 GOWANS, Ian	Lothian & B Police	2-07-27
1993	50 GRADY, Michael T	Northants Police	2-47-59
1989	40 GRAHAM, A	Lomond	1-51-58
1987	48 GRAHAM, A	Fife	1-58-29
1985	58 GRAHAM, A	Fife	1-58-14
1988	64 GRAHAM, A	Lomond	1-58-48
1983	38 GRAHAM, Alan	Fife Southern	1-52-52
1981	45 GRAHAM, Alan	U	2-01-33
1993	53 GRAHAM, Alan	Lomond	1-57-03
1994	54 GRAHAM, Alan	Lomond	1-59-12
1992	55 GRAHAM, Alan	Lomond	1-49-25
1990	61 GRAHAM, Alan	Lomond	1-53-53
1991	62 GRAHAM, Alan	Lomond	2-06-30
1995	65 GRAHAM, Alan	Lomond	2-05-54
1996	68 GRAHAM, Alan	Lomond	2-19-15
1999	81 GRAHAM, Alan	Lomond	2-10-32
1982	113 GRAHAM, Alan	Fife Southern	2-10-18
1997	170 GRAHAM, Alan	Lomond	2-14-54
2001	172 GRAHAM, Alan	Lomond Hill Runners AC	02-15-17
2002	190 GRAHAM, Alan	Lomond Hill Runners	02-20-42
1998	198 GRAHAM, Alan	Lomond	2-42-49
2000	212 GRAHAM, Alan	Lomond Hill Runners	02-22-38
1966	58 GRAHAM, Alexander M	U	2-24-59
1967	74 GRAHAM, Alexander M	U	2-38-28
1985	254 GRAHAM, D	Ballydrain	1-45-54
1984	195 GRAHAM, David	Mourne	1-45-56
1982	158 GRAHAM, Douglas	Caithness	2-37-36
1983	164 GRAHAM, Douglas	Caithness	2-19-16

2003	181 GRAHAM, Mark	Cumberland Fellrunners	02-15-11
1985	209 GRAHAM, S	Newcastle	1-42-30
1986	239 GRAHAM, S	Newcastle	1-48-38
1983	133 GRAHAM, Stanley	Newcastle	1-45-12
1984	159 GRAHAM, Stanley	Newcastle	1-44-08
2003	209 GRAHAM, Alan	Lomond Hill Runners	02-21-23
1987	234 GRANT, A	Cumberland	2-39-37
1985	247 GRANT, A A	AAA	2-23-29
1986	283 GRANT, A A	AAA	2-30-00
1982	154 GRANT, Andrew A	U	3-10-15
1997	210 GRANT, Andrew A	Cumberland	2-33-15
1999	229 GRANT, Andrew A	Cumberland	2-35-23
2000	329 GRANT, Andrew A	Cumberland Fell Runners	02-44-27
1998	310 GRANT, Andy	Cumberland	2-41-07
1990	314 GRANT, D	Inverness	2-16-45
1989	332 GRANT, D	Inverness	2-11-57
1987	387 GRANT, D	Inverness	2-09-43
1988	389 GRANT, D	Inverness	2-20-52
1990	319 GRANT, Dave	Milton Keynes	3-08-49
1994	287 GRANT, Donald	Inverness	2-03-47
1993	297 GRANT, Donald	Inverness	2-04-09
1991	327 GRANT, Donald	Inverness	2-31-46
1983	265 GRANT, John	Strathclyde Police	1-58-14
1981	291 GRANT, John	Strathclyde Police	2-01-55
1983	266 GRANT, Roger	Thames Valley Police	1-45-11
1984	321 GRAVES, B R	Milton Keynes	2-33-38
1986	442 GRAVES, B R	Milton Keynes	2-22-37
1986	444 GRAVINA, C M	U	2-04-04
1969	135 GRAY, Edwin	Perth Railway	3-07-34
1984	327 GRAY, James P	U	2-12-22
1966	106 GRAY, John	Edinburgh	2-24-31
1967	119 GRAY, John H	Edinburgh	2-29-26
1968	127 GRAY, John H	Edinburgh	2-23-25
2001	278 GRAY, Kate	Lochaber AC	02-35-44
1999	291 GRAY, Kate	Lochaber	2-45-00
1987	328 GRAY, R	U	2-49-31

1982	212 GRAY, Robert S	Dundee	2-54-07
1981	236 GRAY, Robert S	Dundee	2-31-56
1985	339 GRAY, S A	U	2-05-46
2002	69 GRAY, Stuart	Lochaber AC	01-59-26
2001	87 GRAY, Stuart	Lochaber AC	02-01-14
2003	99 GRAY, Stuart	Lochaber Athletic Club	02-02-00
1999	108 GRAY, Stuart	Lochaber	2-03-26
2000	123 GRAY, Stuart	Lochaber AC	02-07-56
1998	127 GRAY, Stuart	Lochaber	2-35-16
1981	91 GRAY, W	1st Prince of Wales	1-56-56
2003	16 GRAY, Karl	Calder Valley Fellrunners	01-43-21
1979	12 GREAVES, Martyn J	Dark Peak	2-07-27
1999	27 GREEN, Bob	Solway	2-16-51
1992	21 GREEN, Edward M	Bedford	2-01-27
1982	11 GREEN, Peter J	Royal Navy	2-11-14
1981	16 GREEN, Peter J	Royal Navy	2-09-51
1979	20 GREEN, Peter J	Royal Navy	2-22-38
1994	24 GREEN, Shane	Pudsey & B	1-39-41
1998	28 GREEN, Shane	Pudsey & B	2-44-59
1990	19 GREEN, Shane C	Horsforth	1-50-06
1996	24 GREEN, Shane C	Pudsey & B	1-48-17
1985	19 GREENE, J	Newcastle	2-31-38
1986	27 GREENE, J	Newcastle	2-52-09
1983	15 GREENE, John	Newcastle	2-12-33
1984	18 GREENE, John	Newcastle	2-31-19
1967	7 GREENHALGH, K	Bury & R	2-45-48
1972	10 GREENHALGH, Keith	Bury & R	2-38-24
1979	31 GREENNELL, Jamie	23 SAS	2-01-39
1981	21 GREENWELL, J P	Midlothian	1-49-59
1989	20 GREENWOOD, A	Pudsey & B	2-13-53
1988	38 GREENWOOD, A	Pudsey & B	2-28-03
1991	138 GREENWOOD, Allan	Calder Valley	2-23-49
1992	138 GREENWOOD, Allan	Calder Valley	2-30-30
1990	140 GREENWOOD, Allan	Calder Valley	2-14-29
2001	148 GREENWOOD, Allan	Bingley Harriers & AC	02-11-39
2002	163 GREENWOOD, Carl	Calder Valley Fell Runners	02-15-36

1997	159 GREENWOOD, Carl J	Calder Valley	2-12-23
1996	161 GREENWOOD, Carl J	Calder Valley	2-12-50
1992	147 GREENWOOD, Carol	Calder Valley	1-53-25
1991	153 GREENWOOD, Carol	Calder Valley	2-04-41
1997	163 GREENWOOD, Eve	Edinburgh Triathletes	2-57-17
2002	34 GREENWOOD, Ian	Clayton-le-Moors Harriers	01-52-32
1996	45 GREENWOOD, Ian	Clayton	1-59-07
1995	47 GREENWOOD, Ian	Clayton	1-53-20
1997	47 GREENWOOD, Ian	Clayton	1-53-41
1991	49 GREENWOOD, Ian	Clayton	2-10-42
2000	50 GREENWOOD, Ian	Clayton-le-Moors Harriers	01-54-39
2001	50 GREENWOOD, Ian	Clayton-le-Moors Harriers	01-53-32
1998	57 GREENWOOD, Ian	Clayton	2-02-25
1987	47 GREENWOOD, J	Clayton	1-58-00
1988	61 GREENWOOD, J	Clayton	1-58-24
1985	56 GREENWOOD, J C	Halifax	1-55-53
1986	68 GREENWOOD, J C	Halifax	2-10-46
1992	52 GREENWOOD, John S	Clayton	1-57-36
1991	55 GREENWOOD, John S	Clayton	2-06-36
1987	52 GREENWOOD, K	Clayton	1-57-52
1986	74 GREENWOOD, K P	Clayton	2-28-14
1994	57 GREENWOOD, W J	Cosmic	2-42-42
1995	61 GREENWOOD, William	Cosmic	2-23-02
1996	62 GREENWOOD, William K	Cosmic	2-45-47
2003	199 GREENWOOD, Allan	Calder Valley Fellrunners	02-20-04
1988	234 GREGORY, 2-31-30	Deeside	2-31-30
1989	172 GREIG, G	Fife	2-22-17
1988	240 GREIG, G	U	2-34-16
1992	185 GREIG, Gordon	Fife	2-17-24
1996	197 GREIG, Gordon	Fife	2-10-09
1995	209 GREIG, Gordon	Fife	2-08-13
1993	185 GREIG, Gordon E	Fife	2-14-39
1994	190 GREIG, Gordon E	Fife	2-18-18
1991	191 GREIG, Gordon E	Fife	2-25-52
1986	279 GRELAS, P	U	2-16-59
1974	80 GRENFELL, R C	Forth Valley	2-07-45

1973	83 GRENFELL, Robert G	Forth Valley	2-02-37
1994	197 GRESTY, John K	Kendal	2-33-42
1998	197 GRESTY, Keith	Wesham	2-38-52
1997	209 GRESTY, Keith	Wesham	2-37-25
1967	75 GRIER, Geoffrey O	Blackheath	3-16-48
1995	223 GRIFFITHS, Alan	Bowland	1-54-24
1983	163 GRIFFITHS, Brian L	Hallamshire	1-55-51
1969	75 GRIFFITHS, Douglas V	Bracknell	2-18-16
1987	246 GRIFFITHS, G	Eryri	1-34-09
1985	260 GRIFFITHS, G	Lancaster & M	2-07-08
1988	263 GRIFFITHS, G	Les Croupiers	1-32-54
1985	262 GRIFFITHS, G A	Eryri	1-34-38
1986	298 GRIFFITHS, G A	Eryri	1-33-02
1983	170 GRIFFITHS, Glyn A	Eryri	1-29-23
1994	203 GRIFFITHS, Glyn A	Eryri	2-04-34
1990	211 GRIFFITHS, Glyn A	Hebog	1-41-40
1987	258 GRIFFITHS, H	Eryri	1-31-44
1985	269 GRIFFITHS, H	Eryri	1-33-25
1988	273 GRIFFITHS, H	Hebog	1-39-00
1988	274 GRIFFITHS, H	Blaunwyr	2-14-50
1986	306 GRIFFITHS, H	Eryri	1-29-43
1990	215 GRIFFITHS, Hefin	Hebog	1-36-33
1984	216 GRIFFITHS, Hefin	Eryri	1-40-35
1987	274 GRIFFITHS, J	Aberystwyth	1-58-38
1986	314 GRIFFITHS, L	Strathearn	1-59-23
1986	315 GRIFFITHS, L	Eryri	2-19-38
1985	282 GRIFFITHS, L C	Strathearn	2-02-47
1990	221 GRIFFITHS, Lloyd	Strathearn	2-12-19
1995	243 GRIFFITHS, Lloyd	Strathearn	2-22-01
1984	221 GRIFFITHS, Lloyd C	Strathearn	2-05-30
1988	287 GRIFFITHS, R	Horsforth	2-17-44
1986	322 GRIFFITHS, T	Strathearn	1-59-29
1995	251 GRIFFITHS, T Yori	Strathearn	2-27-00
1985	289 GRIFFITHS, Y	Strathearn	2-12-34
1990	230 GRIFFITHS, Yori	Strathearn	2-23-27
1983	183 GRIME, Geoffrey	Rochdale	2-17-13

1984	226 GRIME, Geoffrey	Rochdale	1-53-07
1984	229 GRINDLEY, Cynthia	Lochaber	2-27-04
1978	84 GRINDLEY, W	Clayton	1-53-47
1977	125 GRINDLEY, W	Clayton	1-51-23
1979	235 GRINDLEY, W	Clayton	1-53-55
1972	79 GRINDLEY, William	U	2-26-12
2000	205 GRINSTEAD, Graham	Skyrac AC	02-21-49
1967	68 GROENDENDAAL, G	7th Para	2-36-52
2001	128 GROOM, Michael Andrew	Milton Keynes AC	02-08-20
1987	134 GRUNDY, C	Buxton	2-30-55
1985	147 GRUNDY, C P	Buxton	2-17-21
1986	171 GRUNDY, C P	Buxton	2-09-16
1982	85 GRUNDY, Charles P	Buxton	2-10-08
1981	95 GRUNDY, Charles P	Buxton	2-03-07
1983	95 GRUNDY, Charles P	Buxton	2-00-59
1984	113 GRUNDY, Charles P	Buxton	2-07-11
1996	135 GRUNDY, Charles P	Buxton	3-12-31
1993	130 GRUNDY, Danny	Bolton	1-43-52
1979	128 GUERRIER, Philip M	Dark Peak	1-56-45
1976	72 GUEST, D	NAC	2-11-04
1974	51 GUEST, D A	Naval Air	2-09-37
2001	373 GULLE, Annelore	TV Stammheim (Germany)	03-21-02
1970	138 GUNN, A J	Aberdeen	2-14-39
1971	139 GUNN, A J	Aberdeen	2-27-38
1969	143 GUNN, A J	Aberdeen	2-25-23
1970	140 GUNN, W	1st QO Highlanders	2-56-58
1989	374 GURUNG, C	1/2 Gurkha	2-14-16
1990	366 GURUNG, Chetbahadur	1/2 Gurkha	1-51-02
1990	369 GURUNG, Harising	1/2 Gurkha	1-47-41
1990	372 GURUNG, Keshbahadur	1/2 Gurkha	2-24-10
1990	375 GURUNG, Kumbahadur	1/2 Gurkha	2-00-05
1989	377 GURUNG, R	1/2 Gurkha	1-48-00
1989	378 GURUNG, R (Lt)	1/2 Gurkha	1-53-25
1990	379 GURUNG, Tarimani	1/2 Gurkha	1-46-21
1974	179 GUYAN, J	U	2-52-32
1989	381 GWYN-WILLIAMS, J	Ambleside	1-46-11

2000	230 HACK, Chris	Portsmouth Joggers	02-25-21
2002	312 HACK, Chris	Portsmouth Joggers	02-47-19
1994	326 HACK, Chris	Portsmouth	2-22-58
1998	350 HACK, Chris	Portsmouth	2-20-48
1997	370 HACK, Chris	Portsmouth	2-20-03
1999	376 HACK, Chris	Portsmouth	2-21-39
1995	333 HACK, Christopher	Portsmouth	2-12-11
2003	371 HACK, Christopher	Portsmouth Joggers	03-24-42
2000	314 HADDEN, Ross	Carnethy Hill Running	02-40-36
1990	294 HADDOCK, Neil	Bolton	2-04-29
1987	372 HADDOW, K	Carnethy	1-53-43
1999	321 HAIG, Jim	Fife	2-15-19
1995	338 HAIG, Jim	Fife	2-20-16
1991	309 HAILES, Colin	Ryde	2-41-23
2002	299 HAINSWORTH, Liz	Todmorden Harriers & AC	02-43-19
2001	314 HAINSWORTH, Liz	Todmorden Harriers & AC	02-42-22
1999	327 HAINSWORTH, Liz	Todmorden	2-36-08
1992	299 HAINSWORTH, R P	Bernex (France)	1-55-09
1992	302 HALDANE, Fergus	Black Isle	2-28-01
1991	305 HALDANE, Fergus	Black Isle	2-33-22
1984	300 HALE, Steven	Sheffield Uni	1-40-56
1975	145 HALENKO, R	Clayton	1-43-59
1974	158 HALENKO, R	Clayton	1-57-43
1991	310 HALENKO, R	Keswick	1-56-41
1997	308 HALES, Ian	Bolton	2-21-27
1997	309 HALES, Jason	Bolton	1-55-31
2002	292 HALL, Alex	Cambridge Harriers	02-40-00
1989	284 HALL, B	Lochaber	2-02-36
1986	385 HALL, B	Blackburn	1-48-46
2000	154 HALL, Brian	Metro Aberdeen RC	02-12-39
1994	141 HALL, Brian A	Aberdeen	2-10-48
1978	46 HALL, D	Verlea	1-48-21
1977	74 HALL, D	Stevenson & N	1-41-17
1983	109 HALL, David J	Kendal	1-31-44
1984	135 HALL, David J	Kendal	1-36-56
1967	49 HALL, Mark	Royal Navy	2-05-41

1995	160 HALL, P	Cumberland	1-50-59
1985	177 HALL, P	Barrow	1-38-01
1986	208 HALL, P	Barrow	1-43-36
1976	89 HALL, P C	Army	1-57-55
1997	158 HALL, Pete	Cumberland	1-59-43
2000	51 HALL, Peter	Cumberland Fell Runners	01-54-44
1987	44 HALL, R	Peeblesshire	2-17-16
1988	59 HALL, S	Loughton	2-32-47
1990	50 HALL, Stephen G	Loughton	2-29-36
2003	248 HALL, Steve	Loughton AC	02-28-31
1998	258 HALL, Steve	Loughton	3-04-26
2002	271 HALL, Steve	Loughton AC	02-35-35
2003	275 HALL, Alex	Cambridge Harriers	02-32-44
1993	256 HALLIDAY, Peter	Haddington	2-52-04
1992	261 HALLIDAY, Peter	Haddington	2-21-27
1990	264 HALLIDAY, Peter	Haddington	2-24-44
1991	270 HALLIDAY, Peter	Haddington	2-44-13
2002	268 HALLIDAY, Rob	Teviotdale Harriers	02-34-47
1991	258 HALLIDAY, William A	Mid Argyll	2-33-47
2000	282 HALLIDAY, William A	Mid Argyll AC	02-34-31
1999	284 HALLIDAY, William A	Mid Argyll	2-32-28
2001	306 HALLIDAY, William A	Mid Argyll AC	02-40-48
1995	328 HALLIDAY, William A	Mid Argyll	2-30-16
1974	145 HALSTEAD, D	Blackburn	1-38-01
1973	130 HALSTEAD, D R	Blackburn	1-37-45
1972	95 HALSTEAD, David R	Blackburn	1-47-47
1979	293 HAMBURG	23 SAS	2-17-13
1966	92 HAMES, David	RAF Leconfield	2-19-02
1967	109 HAMES, David	RAF Leconfield	2-12-15
1986	417 HAMILTON, B	Irvine	2-09-47
1983	239 HAMILTON, Brian	Irvine	2-04-08
1984	299 HAMILTON, Brian	Irvine	2-25-28
1988	370 HAMILTON, I	Irvine	3-17-22
1967	111 HAMILTON, Iain J	Maryhill	2-56-58
1992	304 HAMILTON, Iain J	Irvine	3-10-58
1991	312 HAMILTON, Iain J	Irvine	3-04-14

1968	114 HAMILTON, Ian J	Maryhill	2-23-05
1990	303 HAMILTON, Richard	Lothian & B Police	2-22-26
1987	378 HAMILTON, V	Helensburgh	2-02-06
1985	382 HAMILTON, V	Helensburgh	2-04-41
1986	425 HAMILTON, V	Helensburgh	1-57-14
1970	121 HAMPSON	42nd Med	2-16-05
1971	120 HAMPTON, M G	United Hospitals London	1-54-13
1991	314 HANCOX, P	Wrekin	2-13-13
1989	328 HAND, Dot	Wakefield	2-55-24
1966	98 HAND, Joseph	Border	2-08-54
1985	387 HANDS, I	U	2-08-21
1988	387 HANNAFORD, Patricia	Carnethy	2-40-24
1992	313 HANNAN, Andrew	Bradford	2-18-20
1995	356 HANNAN, John	Dunbar	2-20-45
1998	316 HANSEN, Iain	Bingley	2-23-11
1981	285 HARDIMAN, Neil S	Westbury	1-52-19
1979	318 HARDIMAN, Neil S	Bristol	1-56-17
2001	365 HARDING, Caroline	Rochdale Harriers & AC	03-09-25
1971	134 HARDING, R	Invicta	1-48-48
1974	173 HARDING, R	Invicta	1-52-24
1976	198 HARDING, R	Invicta	1-55-38
1970	136 HARE, George N	Lanarkshire Police	2-52-26
1974	176 HARGREAVE, R K	Clayton	2-03-33
1975	165 HARGREAVES, R K	Clayton	2-00-59
1977	193 HARGREAVES, R K	Clayton	1-59-09
1972	113 HARGREAVES, Robert K	Clayton	2-08-15
1973	164 HARGREAVES, Robert K	Clayton	2-04-39
1983	287 HARGREAVES, Robert K	Clayton	1-55-12
1989	369 HARGREAVES, W	Bingley	1-51-15
1987	429 HARGREAVES, W	Bingley	1-49-53
1988	432 HARGREAVES, W	Bingley	1-58-55
1986	472 HARGREAVES, W	Bingley	1-58-30
2003	187 HARGREAVES, William	West Yorks Police	02-16-44
1998	195 HARGREAVES, William	West Yorks Police	2-32-34
2002	208 HARGREAVES, William	West Yorkshire Police AC	02-23-53
1984	224 HARGREAVES, William	Bingley	2-12-21

2001	241 HARGREAVES, William	West Yorkshire Police AC	02-29-11
1999	260 HARGREAVES, William	West Yorks Police	2-30-36
1983	294 HARGREAVES, William	Bingley	1-55-10
1994	323 HARGREAVES, William	Bingley	2-03-55
1991	365 HARGREAVES, William	Bingley	2-05-32
1990	374 HARGREAVES, William	Bingley	1-58-26
1996	378 HARGREAVES, William	West Yorks Police	2-21-18
1995	402 HARGREAVES, William	West Yorks Police	2-07-41
1968	79 HARKINS, James	Shettleston	2-53-18
1990	231 HARKNESS, Jack	Bellahouston	2-39-09
1974	108 HARLEY, J	Cambuslang	2-03-14
2003	106 HARLING, Toby	Border Harriers	02-02-51
1985	106 HARMER, A	Dark Peak	1-37-18
1972	32 HARMER, Andrew	Portsmouth	1-51-52
1970	35 HARMER, Andrew H	Lancaster & M	1-56-19
1969	34 HARMER, Andrew M	Swansea Uni	2-04-37
1967	35 Harmer, Andrew M	Lancaster & M	2-15-13
1968	35 HARMER, Andrew M	Lancaster & M	2-13-04
1971	38 HARMER, Andrew M	Portsmouth	1-48-54
1973	40 HARMER, Andrew M	Portsmouth	1-48-46
1988	133 HARP, C	Lloyds Bank	2-37-42
1981	84 HARPUR, R J	Cumberland	2-30-15
1988	139 HARRADINE, S	Tadcaster	2-03-43
1977	54 HARRIS, Chris	Dudley	2-11-41
1977	56 HARRIS, D	Dudley	1-55-25
1969	36 HARRIS, Ian	Para Reg	1-56-32
1968	37 HARRIS, Ian	7th Para	1-57-05
1989	101 HARRISON, A	Stockport	2-09-22
1976	63 HARRISON, R A	Airedale & S	1-37-02
2002	74 HARRISON, Rhett	Cumberland Fell Runners	02-00-49
2003	126 HARRISON, Rhett	Calder Valley Fellrunners	02-06-17
1979	115 HARRISON, Stephen	4th Field	1-44-19
1979	116 HARRISON, Stephen	4th Field	2-49-06
1974	45 HARRISON, T	Maryhill	2-17-32
1970	41 HARRISON, Thomas	Maryhill	2-15-00
1971	48 HARRISON, Thomas	Maryhill	2-28-59

1973	54 HARRISON, Thomas	Maryhill	2-18-40
1983	94 HARRISON, William H	Horwich	1-50-24
1993	125 HARRISON, William H	Horwich	2-18-30
1981	100 HARROP, Michael	U	1-59-15
1987	150 HARROP, P	U	2-54-16
1988	166 HART, J	LOUGHTON	2-34-51
1998	136 HART, John	Loughton	2-44-24
2001	217 HART, Jonathan	Lochaber AC	02-24-02
1999	233 HART, Jonathan	Lochaber	2-25-14
2000	276 HART, Jonathan	Lochaber AC	02-32-11
1985	329 HART, T	U	2-21-53
1986	373 HART, T	Victoria Park	2-35-33
1981	233 HARTE, Ben	U	2-33-33
1981	234 HARTE, John	Royal Navy	2-41-35
1968	99 HARTLAND, John	Plymouth	2-29-54
1966	84 HARTLAND, John R	Devonport	2-26-57
1967	98 HARTLAND, John R	Devonport	2-33-43
1970	101 HARTLAND, John R	Plymouth	2-24-26
1969	111 HARTLAND, John R	Plymouth	2-26-31
1973	120 HARTLEY, D	Edinburgh Southern O	1-46-27
1975	129 HARTLEY, D	Gateshead	1-50-30
1974	135 HARTLEY, D	Edinburgh Southern O	1-44-09
1987	334 HARTLEY, D	Clayton	2-00-13
2001	367 HARTLEY, Graeme	Kinross Road Runners	03-12-12
1976	200 HARTLEY, H	Clayton	2-31-07
1989	367 HARTLEY, H	Clayton	2-36-18
1985	420 HARTLEY, H	Clayton	2-22-28
1987	425 HARTLEY, H	Clayton	2-26-38
1986	466 HARTLEY, H	Clayton	2-25-17
1975	167 HARTLEY, Harry	Clayton	2-39-49
1982	280 HARTLEY, Harry	Clayton	2-30-00
1983	289 HARTLEY, Harry	Clayton	2-19-11
1981	321 HARTLEY, Harry	Clayton	2-38-16
1994	321 HARTLEY, Harry	Northern Veterans	3-09-09
1993	335 HARTLEY, Harry	Northern Veterans	3-18-42
1992	344 HARTLEY, Harry	Northern Veterans	2-41-50

1984	348 HARTLEY, Harry	Clayton	2-28-48
1990	367 HARTLEY, Harry	Clayton	2-31-00
1996	377 HARTLEY, Harry	Northern Veterans	3-18-48
1988	436 HARTLEY, Harry	Clayton	2-40-19
1975	173 HARTLEY, J	Cambuslang	1-57-57
1978	120 HARTLEY, P	Rossendale	1-35-54
1974	180 HARTLEY, P	Rossendale	1-55-41
1988	440 HARTLEY, P	Rossendale	1-42-54
1979	344 HARTLEY, Peter M	Rossendale	2-05-42
1984	354 HARTLEY, Peter M	Rossendale	1-39-39
1992	349 HARTMAN, Ian	Calder Valley	3-01-21
1991	369 HARTMAN, Ian	Calder Valley	2-13-04
1973	167 HARVEY, E	Edinburgh Southern O	2-12-37
1975	174 HARVEY, E	Edinburgh Southern O	2-00-22
1986	480 HARVEY, E J	Carnethy	1-59-31
1981	331 HARVEY, Edward J	Edinburgh Southern	1-50-26
1992	351 HARVEY, John	Dark Peak	2-41-42
2001	184 HARVEY, Nigel	Todmorden Harriers & AC	02-19-14
1999	197 HARVEY, Nigel	Todmorden	2-19-50
2000	245 HARVEY, Nigel	Todmorden Harriers & AC	02-27-18
1996	248 HARVEY, Nigel	Todmorden	2-33-43
1998	351 HARVEY, Nigel	Todmorden	2-23-02
1998	231 HARWOOD, David J	Reading	3-17-29
1982	183 HARWOOD, Eddie	Mynyddwyr	1-57-23
1992	232 HARWOOD, Eddie	Highland	1-42-15
1990	234 HARWOOD, Eddie	Mercia	1-42-39
1997	248 HARWOOD, Stephen	Keswick	2-36-40
1990	238 HARWOOD, Steve	Keswick	2-07-07
1977	130 HASSAN, A	Liverpool	2-05-02
1995	267 HASSELL, Andy	Settle	2-10-22
1984	240 HASTEN, James C	Helensburgh	1-53-32
1998	245 HASTINGS, Eamon	Keighley & C	2-16-50
1997	257 HASTINGS, Eamon	Keighley & C	2-02-36
1996	260 HASTINGS, Eamon	Keighley & C	2-16-37
1999	279 HASTINGS, Eamon	Keighley & C	1-57-49
2003	334 HASTINGS, Jeremy	ACKC	02-45-13

1987	390 HASTON, J	Helensburgh	1-45-41
1985	393 HASTON, J C	Helensburgh	1-57-49
1986	437 HASTON, J C	Helensburgh	1-46-02
1966	103 HATHORN, Ian S	Edinburgh Uni	1-58-23
1981	289 HATTO, Peter	Salford	1-47-51
2000	218 HATTON, Christopher	Helsby Running	02-23-39
1998	205 HATTON, Gary J	Fire Service	2-30-22
1983	166 HAUSER, Andrew	Holmfirth	1-44-50
1982	160 HAWKES, Martin C	Medway	3-35-00
1979	208 HAWKES, Martin C	Medway	3-26-19
1989	197 HAWKES, R	Lochaber	2-37-16
1987	253 HAWKES, R J	U	2-25-40
1992	208 HAWKINS, Stephen	Bingley	1-29-29
1989	200 HAWKSLEY, J	Kendal	1-45-18
1988	271 HAWKSLEY, J	Kendal	1-51-48
1966	66 HAWORTH, John	Clayton	2-21-12
1981	182 HAWORTH, Pauline	Keswick	1-52-57
1984	211 HAWORTH, Pauline	Keswick	1-43-25
1979	217 HAWORTH, Peter E	Keswick	2-00-38
1987	269 HAWTHORN, G	U	3-31-52
1988	277 HAWTIN, Paula	Edinburgh	2-24-45
1989	215 HAY, I	Inverness	2-04-16
1987	278 HAY, I	Inverness	2-01-51
1988	280 HAY, I	Inverness	2-00-08
1985	283 HAY, I	U	2-22-14
1986	317 HAY, I	Inverness	2-02-30
1993	212 HAY, Ian	Highland	2-08-09
1992	220 HAY, Ian	Highland	2-01-23
1990	224 HAY, Ian	Inverness	2-06-51
1991	227 HAY, Ian	Highland	2-15-12
1993	215 HAY, Shirley	Highland	2-29-22
1981	198 HAYES, James	Ballydrain	1-42-12
1994	216 HAYES, Ray	Morpeth	2-29-22
1998	226 HAYES, Ray	Northumberland	2-26-54
1997	246 HAYES, Ray	Northumberland	2-20-15
1995	256 HAYES, Ray	Morpeth	2-24-03

1993	220 HAYES, Raymond	Morpeth	2-19-13
1992	233 HAYES, Raymond	Morpeth	2-36-41
1990	239 HAYES, Tony	Eryri	2-59-13
1991	239 HAYES, Tony	Eryri	2-57-40
1992	234 HAYGARTH, David	Fell Gypsies	2-18-37
1992	237 HAYGARTH, Philip	Fell Gypsies	2-40-21
1989	245 HAYLER, M	Lancaster & M	2-19-14
1987	299 HAYLER, M	Lancaster & M	2-19-10
1988	300 HAYLER, M	Lancaster & M	2-15-05
1992	244 HAYLER, M I	Lancaster & M	2-32-54
2000	289 HAYLER, M I	Lancaster & Morecambe AC	02-35-49
1994	252 HAYLER, Mark	Lancaster & M	2-28-40
1998	277 HAYLER, Mark	Lancaster & M	2-30-22
1990	278 HAYLER, Mark	Lancaster & M	2-22-58
1991	282 HAYLER, Mark	Lancaster & M	2-30-09
1997	291 HAYLER, Mark	Lancaster & M	2-38-16
1996	298 HAYLER, Mark	Lancaster & M	2-44-13
1999	305 HAYLER, Mark	Lancaster & M	2-35-39
2002	328 HAYLER, Mark	Lancaster & Morecambe AC	02-52-15
2001	346 HAYLER, Mark	Lancaster & Morecambe AC	02-56-54
1995	370 HAYLER, Mark	Lancaster & M	2-35-43
1993	309 HAYLER, Mark I	Lancaster & M	2-17-47
2003	361 HAYLER, Mark	Lancaster & Morecambe	03-06-43
1992	335 HAYLES, Linda	Calder Valley	2-28-23
1990	351 HAYLES, Linda	Calder Valley	2-41-53
1991	352 HAYLES, Linda	Calder Valley	2-30-00
1982	275 HAYLOR, Mark I	Lancaster & M	2-25-25
1979	334 HAYLOR, Mark I	Lancaster & M	2-34-33
1999	366 HAYMAN, Mark	Dark Peak	1-39-32
1990	354 HAYNES, Adam	Eryri	1-43-35
1968	133 HAYNES, Anthony R	RAF Cranwell	2-59-36
1993	324 HAYNES, Dennis	North Derbyshire	2-22-16
1993	325 HAYNES, L	Bingley	2-16-17
1983	285 HAYTON, Thomas C	U	1-58-41
1991	362 HAYWARD, Philip C	Stroud	3-05-21
1976	204 HEAFORD, B	Cheltenham & G	2-05-25

1977	196 HEAFORD, B J	Cheltenham & G	1-55-29
1987	427 HEALEY, M	Clayton	2-04-00
1986	471 HEALEY, M J	Clayton	2-11-24
1981	325 HEALEY, Roy W	Clayton	1-54-08
1992	342 HEALEY, Roy W	Clayton	1-51-49
1976	207 HEARNS, G	Clydesdale	2-03-47
1972	114 HEARNS, Gerald	Clydesdale	2-21-56
1968	137 HEARNS, Gerald	Clydesdale	2-19-23
1975	171 HEARNS, J	Clydesdale	2-03-52
1967	128 HEARNS, Leonard G	Clydesdale	2-44-59
2001	186 HEATH, Alan	Dee Striders	02-19-38
1970	54 HEATH, Kenneth	Clayton	2-14-52
1986	247 HEATH, M A	Clayton	2-09-26
1970	55 HEATHERTON, Michael	Rowntrees	2-36-02
1974	67 HEATON, A	Clayton	1-55-31
1975	70 HEATON, A	Clayton	1-57-56
1989	166 HEATON, A	Clayton	2-21-57
1987	217 HEATON, A	Clayton	2-17-02
1985	224 HEATON, A	Clayton	2-14-57
1986	252 HEATON, A	Clayton	2-05-13
1966	49 HEATON, Alan	Clayton	1-57-17
1968	57 HEATON, Alan	Clayton	1-59-03
1972	60 HEATON, Alan	Clayton	1-57-12
1967	64 HEATON, Alan	Clayton	2-08-35
1969	64 HEATON, Alan	Clayton	2-00-39
1970	64 HEATON, Alan	Clayton	1-55-18
1978	67 HEATON, Alan	Clayton	1-53-37
1971	72 HEATON, Alan	Clayton	1-47-51
1973	80 HEATON, Alan	Clayton	1-57-27
1977	104 HEATON, Alan	Clayton	1-55-58
1976	108 HEATON, Alan	Clayton	1-52-37
1982	145 HEATON, Alan	Clayton	1-58-25
1983	155 HEATON, Alan	Clayton	1-59-14
1981	165 HEATON, Alan	Clayton	1-53-53
1979	180 HEATON, Alan	Clayton	1-57-58
1984	191 HEATON, Alan	Clayton	2-05-36

1992	191 HEATON, Alan	Clayton	2-38-25
1985	253 HEATON, J	Potteries	2-08-51
1986	285 HEATON, J	Potteries	2-11-33
1975	85 HEATON, K	Clayton	2-33-12
1974	87 HEATON, K	Clayton	3-00-01
1976	123 HEATON, K	Clayton	2-52-20
1973	91 HEATON, Ken	Clayton	2-15-58
1966	62 HEATON, Kenneth	Clayton	2-05-58
1968	67 HEATON, Kenneth	Clayton	2-12-43
1972	70 HEATON, Kenneth	Clayton	2-23-43
1967	76 HEATON, Kenneth	Clayton	2-10-59
1969	80 HEATON, Kenneth	Clayton	2-17-55
1971	80 HEATON, Kenneth	Clayton	2-02-47
1974	92 HEATON, N	Bolton	2-02-46
1968	69 HEATON, Neil	Bolton	2-42-29
1966	65 HEATON, Thomas F	Clayton	2-38-45
2000	121 HEBDEN, Dean	Rossendale Harriers & AC	02-07-49
1989	103 HEELEY, D	Horsforth	2-14-17
1985	133 HEELEY, D	U	1-42-22
1990	113 HEELEY, David	Horsforth	1-48-51
1985	138 HEELIS, R	Halifax	1-56-54
1996	124 HEFFER, Martin J	101 (Lon) Engineers	3-15-00
2002	355 HEGER, Alison	Lochaber AC	03-27-45
1992	331 HELLIWELL, P S	Bingley	1-56-11
1996	351 HELLIWELL, P S	Bingley	2-13-40
1977	187 HELME, C J	U	2-15-31
2001	30 HEMSLEY, Jason	Pudsey & Bramley AC	01-49-39
1999	37 HEMSLEY, Jason	Ilkley	1-52-44
1987	29 HENDERSON, B	Carnethy	1-45-26
1988	35 HENDERSON, B	Carnethy	1-53-12
1986	36 HENDERSON, B	Carnethy	1-47-35
1991	28 HENDERSON, Bill	Carnethy	2-21-19
2002	241 HENDERSON, Bill	Carnethy Hill Running	02-29-42
1968	77 HENDERSON, C N	Reading	2-08-28
1967	84 HENDERSON, C N	Reading	2-07-06
1985	288 HENDERSON, D J	Cambuslang	1-57-31

1984	225	HENDERSON, Douglas J	Cambuslang	1-58-12
1986	326	HENDERSON, I	AAA	1-58-28
1989	230	HENDERSON, J	Clayton	2-19-20
1987	286	HENDERSON, J	Clayton	2-17-37
1988	289	HENDERSON, J	Clayton	2-31-11
1985	294	HENDERSON, J C	Clayton	2-20-16
1986	334	HENDERSON, J C	Clayton	2-24-00
1984	237	HENDERSON, John	Clayton	2-26-46
2000	360	HENDERSON, John	Clayton-le-Moors Harriers	03-00-03
1982	274	HENDERSON, John C	Durham Uni	2-20-58
1983	281	HENDERSON, John C	Clayton	2-18-21
1994	307	HENDERSON, John C	Clayton	2-27-21
1981	311	HENDERSON, John C	Durham Uni	2-13-33
1993	322	HENDERSON, John C	Clayton	2-32-08
1979	336	HENDERSON, John C	Clayton	2-28-56
1992	337	HENDERSON, John C	Clayton	2-19-08
1990	347	HENDERSON, John C	Clayton	2-06-46
2002	348	HENDERSON, John C	Clayton-le-Moors Harriers	03-12-34
1991	353	HENDERSON, John C	Clayton	2-25-05
1999	354	HENDERSON, John C	Clayton	3-03-31
1996	367	HENDERSON, John C	Clayton	3-02-17
2001	372	HENDERSON, John C	Clayton-le-Moors Harriers	03-20-51
1995	392	HENDERSON, John C	Clayton	2-29-41
1994	315	HENDERSON, Nicola	Lochaber	2-27-12
1971	138	HENDERSON, Peter M	Stirling & C	2-47-58
1976	205	HENDERSON, R	Elliott	2-23-12
1966	114	HENDERSON, R A	Edinburgh	2-28-05
1977	198	HENDERSON, R K	Elliott	2-15-24
1968	136	HENDERSON, Robert A	Edinburgh	2-22-19
1970	141	HENDERSON, Thomas	RNAS Lossiemouth	2-51-28
1985	428	HENDERSON, W	Carnethy	1-54-40
1982	282	HENDERSON, William	Edinburgh Southern	1-44-44
1983	293	HENDERSON, William	Carnethy	1-49-22
1979	343	HENDERSON, William	Penicuik	2-04-34
1981	328	HENDERSON, William G	Edinburgh Southern	1-45-43
1984	353	HENDERSON, William G	Carnethy	1-51-05

1981	329 HENDRIE, Robert W	Caithness	2-14-07
1989	383 HENEGHAN, P	Bolton	2-07-52
1988	441 HENEGHAN, P	Bolton	2-31-46
1990	383 HENEGHAN, Peter	Bolton	2-32-02
2001	345 HEPBURN, Jacqueline	Lochaber AC	02-56-02
1973	156 HEPBURN, James	Scottish Police College	2-18-04
2000	8 HEPBURN, John	Lochaber AC	01-40-04
1999	10 HEPBURN, John	Lochaber	1-42-20
1996	11 HEPBURN, John	Lochaber	1-45-44
2002	14 HEPBURN, John	Lochaber AC	01-43-46
1994	17 HEPBURN, John	Lochaber	1-40-13
2001	19 HEPBURN, John	Lochaber AC	01-45-24
1992	23 HEPBURN, John	Lochaber	1-41-53
1993	308 HEPBURN, John	Lochaber	1-37-40
1987	19 HEPBURN, T	U	1-55-42
1986	22 HERD, G	Fife	1-58-36
1981	18 HERD, George	U	2-22-48
1997	22 HERNANDEZ, Jose M	Todmorden	1-55-48
1971	10 HERNE, Gerald	Clydesdale	2-12-29
1988	29 HESELDEN, R	Kildalton	2-27-06
1979	24 HESKETH, Kevin W	Oxford	1-51-27
1992	28 HESKETH, Tony	Horwich	1-38-48
1988	30 HESLEDEN, R	RNAC Osprey	2-04-07
1966	7 HESSELDON, Graham	London Uni	2-39-20
1979	30 HETHERINGTON, R B	U	2-10-31
1971	11 HETHERTON, Michael	Malton Scouts	2-19-20
1968	14 HETHERTON, Michael	Rowntrees	2-34-11
1988	37 HEWITT, A	Wessex	3-04-32
1993	29 HEWITT, Andy	Rosendale	1-47-27
1997	32 HEWITT, Andy	Rosendale	1-49-16
1992	34 HEWITT, Andy	Rosendale	1-41-51
2000	169 HEWITT, Andy	Rosendale Harriers & AC	02-14-16
1983	120 HEWITT, Derek	Keswick	1-54-54
1997	165 HEWITT, Derek	Kendal	2-11-19
1998	167 HEWITT, Derek	Kendal	2-24-13
1999	186 HEWITT, Derek	Kendal	2-18-42

1993	149 HEWITT, John	Black Isle	2-06-34
1989	147 HEY, J	Warrington	1-38-16
1988	199 HEY, J	U	1-49-38
1992	155 HEY, John	Warrington	1-40-25
1999	191 HEY, John	Warrington	2-02-46
1987	203 HEYWOOD, A	Clayton	1-53-09
2000	281 HEYWOOD, Kevin	Kendal AC	02-34-14
2001	301 HEYWOOD, Kevin	Kendal AC	02-40-08
2003	323 HEYWOOD, Kevin	Kendall AAC	02-43-24
1999	335 HEYWOOD, Kevin M	Kendal	2-54-54
1994	280 HICKS, Michael	Ambleside	2-01-06
1992	307 HICKS, Michael	Ambleside	2-33-07
1995	349 HICKS, Michael	Ambleside	3-23-06
2003	36 HICKS, Stephen	Borrowdale Fellrunners	01-49-52
1989	9 HICKS, Stephen G	Ambleside	1-38-53
2000	13 HICKS, Stephen G	Borrowdale Fell Runners	01-43-06
1992	14 HICKS, Stephen G	Ambleside	1-37-58
1993	14 HICKS, Stephen G	Borrowdale	1-44-12
1991	15 HICKS, Stephen G	Ambleside	1-45-53
1987	16 HICKS, Stephen G	Ambleside	1-39-34
2001	16 HICKS, Stephen G	Borrowdale Fell Runners	01-43-59
1985	20 HICKS, Stephen G	Ambleside	1-44-59
1994	22 HICKS, Stephen G	Borrowdale	1-40-49
1997	23 HICKS, Stephen G	Borrowdale	1-46-23
1998	23 HICKS, Stephen G	Borrowdale	1-47-53
1995	24 HICKS, Stephen G	Borrowdale	1-47-23
2002	24 HICKS, Stephen G	Borrowdale Fell Runners	01-49-21
1996	27 HICKS, Stephen G	Borrowdale	1-57-37
1986	28 HICKS, Stephen G	Ambleside	1-45-50
1990	28 HICKS, Stephen G	Ambleside	1-35-47
1999	28 HICKS, Stephen G	Borrowdale	1-43-46
1988	39 HICKS, Stephen G	Ambleside	1-39-07
1993	26 HICKS, William M	Ambleside	2-06-53
1996	30 HIGGINBOTTOM, D Mark	Carnethy	2-00-54
1991	26 HIGGS, Tom	Dallam	2-28-14
1976	18 HILL, D	Lochaber	2-46-28

2000	301 HILL, D C	Skyrac AC	02-37-43
1996	303 HILL, David	Skyrac	2-25-19
1995	319 HILL, David	Skyrac	2-26-36
1985	366 HILL, G	U	2-13-21
1992	288 HILL, I R	Bingley	2-06-56
2002	305 HILL, Mike	Cumberland Fell Runners	02-46-05
2001	319 HILL, Mike	Cumberland Fell Runners	02-44-16
2003	339 HILL, Mike	Cumberland Fellrunners	02-49-01
1966	104 HILL, W E	Clayton	2-51-52
1986	440 HILSON, H R	U	1-51-38
1982	260 HILTON, Bernard	Cumberland	2-22-57
1973	153 HIMSWORTH, E M	Kendal	1-43-24
1988	398 HIND, A	Portsmouth	1-57-59
1986	446 HIND, R D	North Wales Police	2-16-16
1987	397 HINDLE, D	Hyndburn	1-57-19
1986	448 HINDLE, D	U	1-50-39
1990	330 HINDLE, Dave	Clayton	2-01-58
2002	88 HINDLE, John Paul	Keighley & Craven AC	02-03-29
2003	90 HINDLE, Paul	Keighley & Craven	02-01-06
2000	158 HINDLE, Paul	Keighley & Craven AC	02-13-17
2001	145 HINDLE, Paul John	Keighley & Craven AC	02-11-11
1995	146 HINDLE, Peter	Clayton	2-17-17
1996	149 HINDLE, Peter	Clayton	2-35-31
1969	46 HINE, Alan E	Chesterfield	2-31-43
1975	59 HINE, D	Manchester YMCA	1-51-18
1985	170 HINKS, M J	Tipton	2-11-25
1993	138 HIRST, David	Deeside	1-58-49
1995	149 HIRST, David	Deeside	1-50-31
1992	141 HIRST, Martin	Longwood	2-04-11
2000	298 HIRST, Nigel	Wealstun Runners	02-37-27
1987	354 HIRST, R	Clayton	2-22-26
1986	397 HIRST, R	Clayton	2-17-50
2003	293 HIRST, Robert	Clayton Le Moors	02-36-00
2002	321 HIRST, Robert	Clayton-le-Moors Harriers	02-49-52
2001	329 HIRST, Robert	Clayton-le-Moors Harriers	02-46-28
1996	331 HIRST, Robert J	Clayton	2-45-50

1993	294 HITCHEN, Anthony	Clayton	3-03-46
1992	312 HITCHEN, Anthony	Clayton	2-28-26
1991	320 HITCHEN, Anthony	Clayton	2-34-59
1990	316 HITCHEN, Anthony P	Clayton	2-48-10
1975	154 HOBDEN, M	Grimbsby	2-03-41
1971	123 HOBDEN, Michael J	Grimbsby	1-52-59
1973	148 HOBDEN, Michael J	Grimbsby	2-00-24
1985	394 HOBSON, M	Rochdale	2-03-05
1974	162 HODGART, R	Edinburgh Uni O	2-00-04
1973	152 HODGART, Robert L	U	2-06-59
1996	336 HODGE, A W	Cambridge	3-00-25
1985	398 HODGES, B	Dark Peak	2-09-33
2001	213 HODGKINSON, Neil	Todmorden Harriers & AC	02-23-40
1979	196 HODGSON, Brian	HMS Bulwark	2-26-34
1989	190 HODGSON, C	Horsforth	1-58-20
1987	244 HODGSON, C	Horsforth	1-56-03
1985	256 HODGSON, C	U	2-03-29
1988	261 HODGSON, C	Horsforth	1-59-48
1989	196 HODGSON, D	Horsforth	2-11-10
1987	248 HODGSON, D	Horsforth	2-02-47
1988	264 HODGSON, D	Horsforth	2-03-01
1988	267 HODGSON, D	Horsforth	2-25-20
1986	297 HODGSON, D	Ambleside	2-02-50
1990	210 HODGSON, Derek	Ambleside	2-04-04
1985	265 HODGSON, I	Horsforth	1-48-49
1985	266 HODGSON, M	U	1-56-26
1996	226 HODGSON, Michael	Horsforth	2-24-47
2000	119 HODGSON, Phil	Todmorden Harriers & AC	02-07-33
2001	127 HODGSON, Phil	Todmorden Harriers & AC	02-08-12
1999	140 HODGSON, Phil	Todmorden	2-09-42
1998	215 HODGSON, Phil	Todmorden	2-10-11
1997	224 HODGSON, Phil	Todmorden	2-01-36
1996	128 HODGSON, Philip	Accrington	2-42-26
1996	129 HODGSON, Sara	Horsforth	2-05-51
2003	177 HODGSON, Phil	Todmorden Harriers	02-14-28
1993	155 HODSON, Richard	Leuchars	2-13-04

1992	160 HOLBREY, Andrew	Bingley	2-07-00
1991	164 HOLBREY, Andrew	Bingley	2-08-00
1994	167 HOLBREY, Andrew	Bingley	2-21-06
1990	170 HOLBREY, Andrew	Bingley	2-04-11
1989	156 HOLDEN, A	Clayton	1-44-22
1984	161 HOLDEN, A	U	2-18-23
1989	161 HOLDEN, A	Lancaster & M	2-09-16
1985	214 HOLDEN, A S	Lancaster & M	2-12-46
1986	242 HOLDEN, A S	Lancaster & M	1-59-25
1992	170 HOLDEN, Andrew S	Lancaster & M	2-08-05
1993	171 HOLDEN, Andrew S	Lancaster & M	2-17-29
1991	174 HOLDEN, Andrew S	Lancaster & M	2-17-13
1990	177 HOLDEN, Andrew S	Lancaster & M	2-02-49
2000	59 HOLDEN, Andy	Wharfedale Harriers	01-56-11
2002	73 HOLDEN, Andy	Wharfedale Harriers	02-00-42
1989	56 HOLDEN, B	Clayton	2-29-08
1986	94 HOLDEN, B	Clayton	2-22-32
1979	64 HOLDEN, Brian	Clayton	2-19-54
1992	69 HOLDEN, D J	Fife	1-59-15
1989	63 HOLDEN, G	Lancaster & M	2-00-54
1987	72 HOLDEN, G	Lancaster & M	1-53-04
1988	82 HOLDEN, G	Lancaster & M	1-54-46
1984	62 HOLDEN, G D	Lancaster & M	1-59-45
1985	86 HOLDEN, G D	Lancaster & M	1-58-24
1986	104 HOLDEN, G D	Lancaster & M	1-56-18
2001	338 HOLDEN, Graham	Lancaster & Morecambe AC	02-52-50
2003	345 HOLDEN, Graham	Lancaster & Morecambe	02-50-34
1994	295 HOLDEN, Graham D	Lancaster & M	2-13-50
1993	310 HOLDEN, Graham D	Lancaster & M	2-21-06
1992	323 HOLDEN, Graham D	Lancaster & M	2-10-30
1998	327 HOLDEN, Graham D	Lancaster & M	2-44-45
1990	331 HOLDEN, Graham D	Lancaster & M	2-05-27
1991	335 HOLDEN, Graham D	Lancaster & M	2-16-44
1996	344 HOLDEN, Graham D	Lancaster & M	2-45-08
2000	354 HOLDEN, Graham D	Lancaster & Morecambe AC	02-54-46
1999	356 HOLDEN, Graham D	Lancaster & M	2-39-58

1995	375 HOLDEN, Graham D	Lancaster & M	2-29-26
2002	300 HOLDEN, Graham David	Lancaster & Morecambe AC	02-43-48
1989	292 HOLDEN, J	Lomond	2-00-38
1994	259 HOLDEN, Joe	Fife	1-55-46
1993	275 HOLDEN, Joe	Fife	1-59-31
1991	292 HOLDEN, Joe	Lomond	2-02-52
1997	301 HOLDEN, Joe	Fife	2-08-10
1996	309 HOLDEN, Joe	Fife	2-19-50
1999	317 HOLDEN, Joe	Fife	2-07-27
1995	322 HOLDEN, Joe	Fife	2-02-09
1988	359 HOLDEN, W	Central Region	2-32-12
1987	365 HOLDEN, W	Central Region	2-11-49
1998	299 HOLDEN, William	Ochil	2-44-53
1981	263 HOLDEN, William L	U	2-02-04
1994	269 HOLDEN, William L	Central Region	2-19-57
1990	296 HOLDEN, William L	Central Region	2-36-28
1995	335 HOLDEN, William L	Central Region	2-27-15
1990	297 HOLLAND, Helen M	Bollington	2-41-47
1976	172 HOLLAND, S	Bexhill	1-55-09
1983	242 HOLLOWAY, Dave	Cumberland	1-56-33
1978	109 HOLLOWAY, I	Rochdale	1-41-12
1982	242 HOLLOWAY, Ian	Rochdale	1-36-07
1981	270 HOLLOWAY, Ian	Rochdale	1-38-05
1979	303 HOLLOWAY, Ian	Rochdale	1-39-45
1968	116 HOLMES, D R	Bury & R	2-26-11
1969	126 HOLMES, D R	Bury & R	2-20-35
1989	321 HOLMES, I	Bingley	1-35-40
1985	383 HOLMES, I	Bingley	2-12-20
1994	1 HOLMES, Ian	Bingley	1-30-17
1995	1 HOLMES, Ian	Bingley	1-28-08
1999	1 HOLMES, Ian	Bingley	1-28-14
2000	1 HOLMES, Ian	Bingley Harriers & AC	01-28-47
1998	2 HOLMES, Ian	Bingley	1-32-04
2001	2 HOLMES, Ian	Bingley Harriers & AC	01-29-43
1991	3 HOLMES, Ian	Bingley	1-37-19
1987	4 HOLMES, Ian	Keighley & C	1-36-37

2002	4 HOLMES, Ian	Bingley Harriers & AC	01-33-47
2003	4 HOLMES, Ian	Bingley Harriers	01-33-30
1990	7 HOLMES, Ian	Bingley	1-35-15
1968	5 HOLMES, John G	Bingley	2-02-27
1992	9 HOLMES, Mark	Staffordshire	2-12-46
1999	9 HOLROYD, Martin	Borrowdale	1-43-15
1995	10 HOLROYD, Martin	Borrowdale	1-45-33
1997	12 HOLROYD, Martin	Borrowdale	1-44-30
1998	16 HOLROYD, Martin	Borrowdale	1-51-33
1976	6 HOLT, A	Clayton	2-48-10
1978	7 HOLT, D	Horwich	1-50-57
1999	20 HOLT, Dave	Rosendale	2-04-12
2000	76 HOLT, David	Rosendale Harriers & AC	02-01-07
1998	77 HOLT, David	Rosendale	2-09-01
1979	66 HOLT, Derek	Horwich	1-52-58
1989	61 HOLT, J	Clayton	1-37-55
1987	73 HOLT, J	Clayton	1-40-45
1985	84 HOLT, J	Clayton	1-50-38
1986	102 HOLT, J	Girvan	3-03-10
1995	28 HOLT, Jack	Clayton	1-46-07
1991	29 HOLT, Jack	Clayton	1-51-52
2000	32 HOLT, Jack	Clayton-le-Moors Harriers	01-50-44
1988	34 HOLT, Jack	Clayton	1-46-21
1999	44 HOLT, Jack	Clayton	1-50-33
2002	44 HOLT, Jack	Clayton-le-Moors Harriers	01-54-53
1990	77 HOLT, Jack	Clayton	1-41-55
1992	78 HOLT, Jack	Clayton	1-42-56
1993	78 HOLT, Jack	Clayton	1-46-24
2001	80 HOLT, Jack	Clayton-le-Moors Harriers	02-00-12
1998	84 HOLT, Jack	Clayton	2-12-53
1994	85 HOLT, Jack	Clayton	1-45-23
1997	87 HOLT, Jack	Clayton	1-46-46
1996	90 HOLT, Jack	Clayton	1-52-48
1986	103 HOLT, Jack	Clayton	1-34-53
1979	71 HOLT, trevor	Clayton	2-27-22
2003	65 HOLT,Jack	Clayton Le Moors	01-56-08

1988	68 HOMEWOOD, A	U	2-52-31
2000	109 HONEYMAN, Steve	Mandale Harriers & AC	02-05-26
2002	111 HONEYMAN, Steven	Middlesborough AC	02-07-40
1987	110 HOPE, A	Lochaber	2-40-55
1985	118 HOPE, A	Lochaber	2-38-00
1988	130 HOPE, A	Lochaber	3-00-03
1986	145 HOPE, A	Lochaber	2-33-40
1992	104 HOPE, Adrian	Lochaber	2-48-34
2001	15 HOPE, Danny	Achille Ratti Climbing C	01-43-31
1986	18 HOPE, I	U	1-57-55
1988	19 HOPE, I	Lochaber	2-05-13
1990	15 HOPE, Iain M	Lochaber	1-51-57
2001	83 HOPE, John	Achille Ratti Climbing C	02-00-48
2003	115 HOPE, John	Achille Ratti	02-04-39
1989	97 HOPE, Lesley	Lochaber	2-03-59
1990	99 HOPE, Lesley	Lochaber	1-56-58
1992	102 HOPE, Lesley	Lochaber	2-00-29
1991	109 HOPE, Lesley	Lochaber	2-08-55
1993	109 HOPE, Lesley	Lochaber	2-09-38
1994	113 HOPE, Lesley	Lochaber	2-33-56
1987	126 HOPE, Lesley	Lochaber	2-29-25
1988	150 HOPE, Lesley	Lochaber	2-37-21
1993	111 HOPE, Mike	Grove	2-04-03
1989	105 HOPKINS, D	Lancaster & M	3-09-14
1987	130 HOPKINS, D	Lancaster & M	2-57-25
1985	140 HOPKINS, D	Lancaster & M	2-50-24
1986	168 HOPKINS, D	Lancaster & M	2-45-38
1983	89 HOPKINS, David	Lancaster & M	2-20-51
1984	107 HOPKINS, David	Lancaster & M	2-20-50
1990	123 HOPKINS, David	Lancaster & M	2-57-55
1990	125 HOPKINS, Melvin	Loughton	2-44-05
1991	126 HOPKINS, Melvin J	Loughton	2-27-05
1988	162 HORN, D	Notts	2-26-15
1994	125 HORNE, Michael	Lancs Constab	2-24-14
1989	116 HORNE, P	West Yorks Police	2-01-24
1992	128 HORNE, Peter	Calder Valley	2-00-42

1991	132 HORNE, Peter	Calder Valley	2-02-54
1990	137 HORNE, Peter A	West Yorks Police	1-58-09
1987	158 HORNE, R	Calder Valley	2-10-58
1995	139 HORNSBY, Charles	Inverness	1-45-09
1998	143 HORROCKS, Brian	Clayton	1-54-18
1999	155 HORROCKS, Brian	Teviotdale	1-56-35
1998	147 HORROCKS, David	Clayton	2-17-03
1999	161 HORROCKS, David	Clayton	2-16-57
1996	146 HORROCKS, Mark	Calder Valley	1-42-56
2001	76 HORSFALL, Andrew	Todmorden Harriers & AC	01-59-32
1999	162 HORSFALL, Andrew	Todmorden	1-52-59
1997	42 HORSFALL, Andrew G	Todmorden	1-53-57
2000	45 HORSFALL, Andrew G	Todmorden Harriers & AC	01-53-32
1996	73 HORSFALL, Andrew G	Todmorden	1-53-23
1998	80 HORSFALL, Andrew G	Todmorden	1-56-00
2002	36 HORSFALL, Andrew Glen	Todmorden Harriers & AC	01-52-49
1988	40 HORSFALL, B	Wakefield	2-00-23
1989	22 HORSFALL, D	West Yorks Police	1-48-18
1987	33 HORSFALL, D	West Yorks Police	1-47-39
1985	34 HORSFALL, D	West Yorks Police	1-45-01
1986	44 Horsfall, D	West Yorks Police	1-42-46
1991	34 HORSFALL, David	Bingley	1-51-39
1992	40 HORSFALL, David	Bingley	1-48-53
2003	45 HORSFALL, Andrew G	Todmorden Harriers	01-52-34
1989	28 HORSFIELD, R	Dark Peak	2-04-04
1991	65 HORSFIELD, Richard	Dark Peak	2-03-43
1996	66 HORSFIELD, Richard	Dark Peak	2-12-25
2000	68 HORSFIELD, Richard	Dark Peak Fell Runners	01-58-23
2002	152 HORSFIELD, Richard	Dark Peak Fell Runners	02-13-20
2003	66 HORSFIELD, Richard	Dark Peak Fellrunners	01-56-31
1989	47 HORSLEY, B	West Yorks Fire	1-55-25
1987	62 HORSLEY, B	West Yorks Fire	1-52-40
1985	68 HORSLEY, B	West Yorks Fire	1-55-16
1991	68 HORSLEY, B	West Yorks Fire	2-18-10
1986	81 HORSLEY, B	West Yorks Fire	1-50-27
1993	64 HORSLEY, Brian	West Yorks Fire	1-58-17

1994	78 HORSLEY, Brian	West Yorks Fire	2-00-23
1995	80 HORSLEY, Brian	West Yorks Fire	2-09-38
2000	81 HORSLEY, Brian	West Yorkshire Fire Service	02-01-59
1997	82 HORSLEY, Brian	West Yorks Fire	1-58-07
1998	87 HORSLEY, Brian	Calder Valley	2-09-15
1999	100 HORSLEY, Brian	West Yorks Fire	2-06-59
2003	241 HORSLEY, Brian	West Yorks Fire Service	02-26-55
1992	224 HORSLEY, Brian J	West Yorks Fire	1-56-07
1990	226 HORSLEY, Brian J	West Yorks Fire	1-52-14
1996	242 HORSLEY, Brian J	West Yorks Fire	2-01-35
2002	61 HORSLEY, Simon	Howgill Harriers	01-58-16
2000	65 HORSLEY, Simon	Howgill Harriers	01-58-13
2003	84 HORSLEY, Simon	Howgill Harriers	02-00-23
1982	49 HORTON, Kevin L	1st Prince of Wales	2-05-55
1989	66 HORWOOD, M	Clevedon	2-11-45
1987	82 HORWOOD, M	Clevedon	2-05-50
1988	93 HORWOOD, M	Clevedon	2-21-21
1995	83 HORWOOD, M J	Clevedon	2-32-36
1991	85 HORWOOD, Mike	Clevedon	2-23-22
1997	92 HORWOOD, Mike	Clevedon	2-24-15
1987	90 HOSKISSON, T	Avon & S Police	2-06-14
1989	73 HOSSACK, J	Clydesdale	2-01-57
1992	82 HOUGHTON, Gregory M	Calder Valley	1-53-25
1991	90 HOUGHTON, Gregory M	Calder Valley	2-03-37
2002	119 HOUGHTON, Pete	Horwich RMI Harriers	02-08-27
1995	115 HOUGHTON, Peter	Horwich	1-59-52
1997	120 HOUGHTON, Peter	Horwich	1-50-42
1991	111 HOUGHTON, Steven	Calder Valley	1-56-28
2000	90 HOUNSLOW, Steven	Wharfedale Harriers	02-02-55
1977	40 HOUSTON, B	East Kilbride	2-05-12
1982	59 HOUSTON, Brian	East Kilbride	2-24-02
1981	66 HOUSTON, Brian	East Kilbride	2-06-59
1979	80 HOUSTON, Brian	East Kilbride	2-04-07
1979	86 HOUSTON, Patrick A	Scottish Police College	2-46-49
1998	102 HOWARD, Geoffrey	Ilkley	2-09-44
2000	67 HOWARD, Michael	Radcliffe AC	01-58-18

2001	113 HOWARD, Michael	Radcliffe AC	02-05-43
2003	130 HOWARD, Michael j	Radcliffe AC	02-06-34
1984	110 HOWARTH, A	Clayton	2-05-10
1989	114 HOWARTH, A	Clayton	2-16-25
1987	138 HOWARTH, A	Clayton	2-02-58
1985	154 HOWARTH, A	Clayton	2-19-18
1988	159 HOWARTH, A	Clayton	2-09-29
1986	179 HOWARTH, A	Clayton	2-00-22
1991	131 HOWARTH, Andrew	Clayton	1-55-52
1990	132 HOWARTH, Andrew	Clayton	1-59-01
1993	132 HOWARTH, Andrew	Clayton	2-12-42
1985	161 HOWARTH, R	Horwich	2-19-44
1982	90 HOWARTH, Richard	Dark Peak	2-40-29
1983	102 HOWARTH, Richard	Dark Peak	2-34-49
1983	103 HOWARTH, Ronald	Lancashire Fire	2-09-47
1979	132 HOWARTH, Ronald	Lancs Fire	2-22-58
1975	56 HOWE, R	Walthamstow	1-58-04
1971	57 HOWE, Ronald E	Walthamstow	1-52-22
2001	326 HOWELL, James	Cambridge Harriers	02-45-36
1995	348 HOWIE, Brian	Edinburgh Southern	2-09-10
1983	252 HOWITT, Alan D	Heaton	2-06-14
1993	292 HOWITT, Alan D	Carnethy	2-52-51
1979	310 HOWITT, Alan D	Heaton	2-02-24
2001	374 HOWITT, Alan D	Cumberland Fell Runners	03-34-08
1988	426 HUDDLESTON, G	Kendal	1-45-46
1966	113 HUDDY, Richard B	United Hospitals London	2-17-40
1968	135 HUDDY, Richard B	Climbers	2-44-09
1987	430 HUDSON, A	FRA	1-39-02
1981	324 HUDSON, Martin	Keswick	1-38-17
1988	434 HUGHES, A	U	1-58-30
1986	475 HUGHES, A J	Eryri	1-44-54
1993	336 HUGHES, Alan J	Hebog	1-51-05
1990	376 HUGHES, Arwel	Cybi	2-01-15
2000	208 HUGHES, Bob	Ochil Hill Runners	02-22-12
2001	214 HUGHES, Bob	Ochil Hill Runners	02-23-48
1999	232 HUGHES, Bob	Ochil	2-22-14

2002	242 HUGHES, Bob	Ochil Hill Runners	02-29-54
1996	244 HUGHES, Bob	Ochil	2-34-41
2003	333 HUGHES, Bob	Ochil Hill Runners	02-45-04
1998	349 HUGHES, Bob	Ochil	2-25-43
1997	369 HUGHES, Bob	Ochil	2-16-49
1985	392 HUGHES, C R	Dark Peak	1-57-01
1979	316 HUGHES, Danny	Cumberland	1-52-05
1998	317 HUGHES, Elizabeth	Eryri	3-19-25
1997	318 HUGHES, Elizabeth J	Prestatyn	3-14-10
1997	322 HUGHES, Grahame	Mercia	2-42-31
1999	347 HUGHES, Grahame	Mercia	2-46-16
1995	359 HUGHES, Grahame	Mercia	2-22-40
1988	396 HUGHES, M	U	2-19-43
1994	290 HUGHES, Michael	Denbigh	2-03-23
1989	343 HUGHES, P	Lochaber	1-45-33
1994	293 HUGHES, Peter	Clayton	3-02-47
1993	304 HUGHES, Peter	Clayton	3-00-43
1997	328 HUGHES, Peter	Clayton	3-02-34
1996	340 HUGHES, Peter	Clayton	3-16-26
1999	352 HUGHES, Peter	Clayton	3-17-32
1995	371 HUGHES, Peter	Clayton	2-52-14
1992	324 HUGHES, Philip	Lochaber	1-55-00
1990	332 HUGHES, Philip M	Lochaber	1-44-13
1991	342 HUGHES, Philip M	Lochaber	1-42-29
1975	158 HUGHES, R	Scottish Police College	2-33-17
1976	190 HUGHES, R	North Wales Police	2-36-46
1987	403 HUGHES, R	Eryri	1-55-23
1988	407 HUGHES, R	Fife	2-15-43
2000	285 HULSE, Ian	Buxton AC	02-34-46
1999	301 HULSE, Ian	Buxton	2-39-08
2001	320 HULSE, Ian	Buxton AC	02-44-21
2002	327 HULSE, Ian	Buxton & District AC	02-52-06
2000	273 HUMBLE, Gareth	Wealstun Runners	02-31-37
1993	250 HUNT, Andrew	Northants Police	2-50-49
1967	96 HUNT, Antony W	7th Para	2-43-50
1992	130 HUNTER, Bill	Lothian & B Police	2-04-57

1994	133 HUNTER, Bill	Lothian & B Police	2-26-23
1991	136 HUNTER, Bill	Lothian & B Police	2-33-27
2000	139 HUNTER, Bill	Lothian & Borders Police AC	02-10-13
1995	141 HUNTER, Bill	Lothian & B Police	2-07-57
1996	142 HUNTER, Bill	Lothian & B Police	2-23-01
1998	146 HUNTER, Bill	Lothian & B Police	2-32-24
1993	252 HUNTER, Bill	Lothian & B Police	2-04-23
2000	380 HUNTER, Linda	Lochaber AC	03-36-43
1987	435 HUNTER, M	Clayton	2-15-10
1988	435 HUNTER, M	Clayton	2-16-08
1983	295 HUNTER, Michael P	Buxton	2-12-35
1997	368 HUNTER, P B	Hunter's	2-17-51
1992	348 HUNTER, Pete	Lothian & B Police	2-15-48
1996	379 HUNTER, Pete	Lothian & B Police	2-50-54
1990	382 HUNTER, Peter B	Lothian & B Police	2-00-18
1982	284 HUNTER, Roy	1st Prince of Wales	1-58-57
2003	197 HUNTER, Stuart	Cosmic Hill Bashers	02-19-26
1990	186 HUNTER, William D	Lothian & B Police	2-22-31
1985	231 HURST, G	Huntingdon	2-26-55
1988	232 HUTCHINSON, G	Sunderland	2-09-35
1975	74 HUTCHINSON, J	Manchester YMCA	2-19-17
1982	138 HUTCHINSON, John	Edinburgh	1-59-01
1979	179 HUTCHINSON, John	Edinburgh	2-04-51
1977	101 HUTCHINSON, John D	Manchester YMCA	2-13-12
1976	111 HUTCHINSON, L B	Blackburn	1-45-22
1981	161 HUTCHINSON, Peter H	Thurrock	2-11-53
1985	242 HUTCHISON, T	U	2-06-29
2003	117 HUTT, Colin	City of Edinburgh	02-04-56
1994	108 HUTTON, Robert	Dark Peak	1-55-28
1975	44 HUTTON, T A	Teviotdale	2-08-17
1972	36 HUTTON, Thomas A	Lochaber	2-06-30
1971	42 HUTTON, Thomas A	Lochaber	2-08-03
1973	49 HUTTON, Thomas A	Lochaber	1-59-16
1979	110 HYDE, Brendon	U	2-30-56
2000	25 HYDE, David	Calder Valley Fell Runners	01-48-46
2001	232 HYDE, David	Calder Valley Fell Runners	02-26-47

2002	213 HYDE, Thirza	Calder Valley Fell Runners	02-24-21
2000	225 HYDE, Thirza	Calder Valley Fell Runners	02-24-14
2001	279 HYDE, Thirza	Calder Valley Fell Runners	02-35-48
2003	260 HYDE, Thirza	Calder Valley Fellrunners	02-30-29
1982	193 HYSLOP, Andy	Kendal	1-44-11
1983	199 HYSLOP, Andy	Kendal	1-36-14
1984	252 HYSLOP, Andy	Kendal	1-53-31
1991	250 HYSLOP, Scott	Livingston	2-00-18
1985	309 I'ANSON, L	Keswick	1-39-55
1987	309 I'ANSON, L	Keswick	1-45-04
1986	355 I'ANSON, L	Keswick	1-42-42
1990	257 IBBETSON, David	Glossop	1-33-06
1975	120 IDE, D	Invicta	2-10-29
1974	123 IDE, D	Invicta	2-19-29
1996	277 ILLIDGE, Andy	Mersey	2-41-29
1986	364 INGHAM, J	Clayton	1-59-46
1979	258 INGHAM, Malcolm	Edinburgh Southern	1-56-40
1983	208 INGLIS, Donald	U	2-15-30
1992	260 INGRAM, Jim	Fraserburgh	2-13-22
1984	265 INNES, James W	U	2-35-49
1979	263 INNES, William L	Oban	2-12-11
1979	266 IRON, David	HMS Zulu	2-24-07
1979	267 IRVINE, Anthony	4th Field	2-09-37
1970	100 IRVINE, Charles C	U	2-56-19
1969	108 IRVINE, Samuel	Glasgow Police	2-16-31
1979	273 IRVINE-HALLIDAY, David	U	2-24-26
2003	69 IRVING, Roger	Solway Running Club	01-57-27
2002	85 IRVING, Roger	Solway RC	02-03-05
1977	37 IRWIN, P	Rossendale	2-02-09
1976	43 IRWIN, P	Rossendale	2-04-48
1982	53 IRWIN, Peter	Rossendale	1-42-17
1981	59 IRWIN, Peter	Rossendale	1-37-11
1979	79 IRWIN, Peter	Rossendale	1-53-13
1992	80 ISDALE, Amanda	Bingley	2-03-20
1996	94 ISDALE, Amanda	Bingley	2-33-40
1997	97 ISHERWOOD, Neil	Bolton	2-28-08

1993	242 ISHERWOOD, Neil	Bolton	2-31-35
2000	265 ISHERWOOD, Neil	Bolton United Harriers	02-30-19
1989	257 IVES-SMITH, A	Beaumont Leys	2-09-29
1988	320 IVES-SMITH, A	Beaumont Leys	2-21-24
1986	360 IVES-SMITH, A	U	2-23-47
1993	248 IVES-SMITH, Andrew	Beaumont Leys	2-34-01
1990	259 IVES-SMITH, Andrew	Beaumont Leys	2-01-49
1991	260 IVES-SMITH, Andrew	Beaumont Leys	2-34-27
2001	180 JABLONSKI, Derek	Lomond Hill Runners AC	02-18-25
2002	207 JABLONSKI, Derek	Lomond Hill Runners	02-23-50
2003	213 JABLONSKI, Derek	Lomond Hill Runners	02-22-17
1979	197 JACKSON, Alex	Ferranti	2-31-48
1974	86 JACKSON, B	Salford	2-35-30
1973	87 JACKSON, B	Salford	2-24-43
1975	87 JACKSON, B	Salford	2-36-23
1966	63 JACKSON, Bob	Salford	2-23-32
1968	65 JACKSON, Bob	Salford	2-21-31
1972	67 JACKSON, Bob	Salford	2-30-34
1967	78 JACKSON, Bob	Salford	2-42-32
1970	79 JACKSON, Bob	Salford	2-32-07
1969	81 JACKSON, Bob	Salford	2-28-27
1971	83 JACKSON, Bob	Salford	2-19-39
1990	206 JACKSON, Bob	Horwich	1-49-45
1976	125 JACKSON, D	U	2-00-01
1999	241 JACKSON, Douglas	225 Field Ambulance	3-25-17
1975	91 JACKSON, E	Salford	2-12-01
1985	271 JACKSON, I	Livingston	1-52-53
1984	212 JACKSON, Ian	Livingston	1-56-50
1978	78 JACKSON, J R	Rochdale	1-49-32
1990	216 JACKSON, Nick	Leeds Uni	2-21-39
1974	97 JACKSON, P	Bolton	2-12-43
1995	239 JACKSON, Peter	Todmorden	2-44-58
1975	96 JACKSON, R	Sale	1-42-23
1987	277 JACKSON, R	Sale	1-41-10
1988	283 JACKSON, R	Horwich	1-46-11
1985	284 JACKSON, R	Sale	1-41-17

1988	285 JACKSON, R	Horwich	2-05-41
1986	318 JACKSON, R	Sale	1-39-24
1989	222 JACKSON, R (16/10)	Horwich	1-40-21
1989	223 JACKSON, R (3/8)	Horwich	1-48-13
1974	103 JACKSON, R K	Sale	1-44-34
1992	226 JACKSON, Rob	Horwich	1-39-09
1972	75 JACKSON, Robert	Salford	1-56-34
1968	81 JACKSON, Robert	Salford	1-51-57
1970	84 JACKSON, Robert	Salford	1-47-18
1967	85 JACKSON, Robert	Salford	1-51-59
1971	92 JACKSON, Robert	Salford	1-45-02
1969	94 JACKSON, Robert	Salford	1-48-23
1973	101 JACKSON, Robert	Sale	1-40-58
1983	191 JACKSON, Robert	Ryde	1-46-09
1984	234 JACKSON, Robert	Sale	1-41-35
1992	235 JACKSON, Robert	Horwich	1-51-02
1990	240 JACKSON, Robert	Horwich	1-48-31
1995	270 JACKSON, Robert	Horwich	1-57-22
1966	74 JACKSON, Robert (Jnr)	Salford	1-51-03
1973	105 JACKSON, S	Salford Uni	1-45-45
1975	112 JACKSON, S	Sale	1-53-47
1974	116 JACKSON, S	Sale	1-51-12
1977	137 JACKSON, S	Sale	1-53-28
1989	246 JACKSON, S	Horwich	1-37-37
1987	304 JACKSON, S	Sale	1-50-05
1985	310 JACKSON, S	Sale	1-49-32
1988	314 JACKSON, S	Horwich	1-51-48
1986	354 JACKSON, S	Sale	1-50-13
1990	255 JACKSON, Stephen	Horwich	1-33-27
1991	255 JACKSON, Stephen	Horwich	1-41-50
1994	5 JACKSON, Steve	Horwich	1-35-44
1993	6 JACKSON, Steve	Horwich	1-38-30
2002	6 JACKSON, Steve	Horwich RMI Harriers	01-39-58
1992	7 JACKSON, Steve	Horwich	1-32-31
1983	10 JACKSON, Steve	Ryde	1-49-53
1997	10 JACKSON, Steve	Horwich	1-40-15

2000	10 JACKSON, Steve	Horwich RMI Harriers	01-40-47
1995	11 JACKSON, Steve	Horwich	1-40-38
2003	11 JACKSON, Steve	Horwich RM1 Harriers	01-42-10
1984	13 JACKSON, Steve	Sale	1-54-31
1999	15 JACKSON, Steve	Horwich	1-42-15
1996	17 JACKSON, Steve	Horwich	1-50-58
1998	19 JACKSON, Steve	Horwich	1-52-54
1967	4 JACKSON, William	Cambuslang	2-22-56
1966	5 JACKSON, William	Cambuslang	2-09-34
1976	9 JACOB, M	London School of E	2-24-01
1977	11 JACOB, M	London School of E	1-59-52
2003	242 JAGAN, Peter	Bingley Harriers	02-27-04
2002	309 JAMES, Andrew	Sarn Helen	02-46-36
1977	163 JAMES, D	Bingley	1-58-22
1978	104 JAMES, S	Clayton	1-53-02
1977	165 JAMES, Stuart	Clayton	1-50-51
1991	301 JAMES, Stuart	Clayton	2-06-06
1968	111 JAMESON, Brian	Edinburgh Uni	2-06-31
1966	93 JAMIESON, Brian G	Edinburgh Uni	2-08-33
1989	312 JAMIESON, R	Ambleside	1-36-59
1988	367 JAMIESON, R	Ambleside	1-43-48
1994	274 JAMIESON, Robin	Ambleside	1-35-03
1990	301 JAMIESON, Robin	Ambleside	1-33-35
1991	306 JAMIESON, Robin	Ambleside	1-35-15
1989	320 JAQUES, R	Clayton	2-05-22
1988	374 JAQUES, R	Clayton	2-10-29
1987	376 JAQUES, R	Clayton	2-02-41
1996	325 JAQUES, Ross A	Clayton	2-02-37
1970	120 JARDINE, G J	Octavians	2-05-58
1976	174 JARDINE, J	Penicuik	2-17-17
1977	174 JARDINE, J	Penicuik	1-42-23
1972	104 JARDINE, J G	Penicuik	2-10-31
1978	112 JARDINE, J G	Penicuik	1-44-48
1973	144 JARDINE, J G	Penicuik	1-39-10
1975	153 JARDINE, J G	Penicuik	1-44-39
1974	160 JARDINE, J G	Penicuik	1-43-55

1979	315 JARDINE, J G	Penicuik	2-26-55
1969	133 JARDINE, James C	Octavians	2-02-35
1971	124 JARDINE, James G	Octavians	2-03-32
1982	258 JARDINE, James G	Lochaber	2-06-22
1983	260 JARDINE, James G	Lochaber	1-45-14
1981	284 JARDINE, James G	Lochaber	1-44-55
1984	320 JARDINE, James G	Lochaber	2-30-14
1994	214 JARDINE, Jimmy	Lochaber	2-33-40
1992	227 JARDINE, Jimmy	Lochaber	2-21-19
1998	229 JARDINE, Jimmy	Lochaber	3-12-01
1989	231 JARDINE, Jimmy	Lochaber	2-40-43
2003	243 JARDINE, Jimmy	Lochaber Athletic Club	02-27-08
1990	326 JARDINE, Jimmy	Lochaber	2-08-01
1997	329 JARDINE, Jimmy	Lochaber	3-06-02
1991	331 JARDINE, Jimmy	Lochaber	2-24-21
2002	344 JARDINE, Jimmy	Lochaber AC	03-08-01
1999	349 JARDINE, Jimmy	Lochaber	2-55-32
1996	360 JARDINE, Jimmy	Lochaber	3-30-16
2001	363 JARDINE, Jimmy	Lochaber AC	03-08-19
1995	368 JARDINE, Jimmy	Lochaber	2-36-32
2000	376 JARDINE, Jimmy	Lochaber AC	03-20-19
1987	392 JARDINE, Jimmy	Lochaber	2-02-31
1985	395 JARDINE, Jimmy	Lochaber	1-52-08
1988	413 JARDINE, Jimmy	Lochaber	2-42-10
1986	443 JARDINE, Jimmy	Lochaber	2-01-36
1985	426 JARMAN, P	Clayton	1-47-08
1995	399 JARRETT, H	Cumberland	1-51-57
1985	427 JARRETT, H	Cumberland	1-34-57
1983	292 JARRETT, Harry	Cumberland	1-32-03
1981	326 JARRETT, Harry	Cumberland	1-31-06
1979	340 JARRETT, Harry	Cumberland	1-35-49
1968	138 JARVEY, Charles F	Cambuslang	2-03-09
1975	172 JARVIE, C	Lochaber	1-43-59
1972	115 JARVIE, C F	Lochaber	2-04-33
1974	178 JARVIE, C F	Lochaber	1-49-25
1967	129 JARVIE, Charles	Cambuslang	2-18-37

1971	140 JARVIE, Charles F	Lochaber	1-39-51
1970	142 JARVIE, Charles F	Cambuslang	1-50-57
1973	166 JARVIE, Charles F	Lochaber	1-43-08
1969	145 JARVIE, Charles S	Cambuslang	1-59-53
1966	116 JARVINE, Charles F	Cambuslang	1-55-20
1985	434 JARVIS, E P	St Andrew's Uni	1-53-47
1986	479 JARVIS, E P	St Andrew's Uni	1-56-25
1966	117 JEANS, Ronald W	Salisbury	2-15-36
1967	131 JEANS, Ronald W	Salisbury	2-26-10
1989	386 JEBB, P	Bingley	1-48-11
1985	435 JEBB, P	West Yorks Police	1-47-43
1987	440 JEBB, P	Bingley	1-48-06
1986	481 JEBB, P	west Yorks Police	1-51-11
1978	121 JEBB, Peter	West Yorks Police	1-48-52
1982	285 JEBB, Peter	West Yorks Police	1-43-27
1983	299 JEBB, Peter	West Yorks Police	1-43-35
1981	332 JEBB, Peter	West Yorks Police	1-43-34
1993	341 JEBB, Peter	Bingley	2-10-16
1979	345 JEBB, Peter	West Yorks Police	1-50-47
1998	352 JEBB, Peter	Bingley	2-42-47
1984	358 JEBB, Peter	West Yorks Police	1-49-42
1991	371 JEBB, Peter	Bingley	2-04-45
1997	371 JEBB, Peter	Bingley	2-18-51
1995	409 JEBB, Peter	Bingley	2-09-10
2001	3 JEBB, Rob	Bingley Harriers & AC	01-31-39
2000	4 JEBB, Rob	Bingley Harriers & AC	01-30-52
1999	4 JEBB, Robert	Bingley	1-28-56
1997	6 JEBB, Robert	Bingley	1-32-12
1995	7 JEBB, Robert	Bingley	1-42-14
1998	7 JEBB, Robert	Bingley	1-32-41
1993	8 JEBB, Robert	Bingley	1-51-50
1994	8 JEBB, Robert	Bingley	1-47-25
1996	9 JEBB, Robert	Bingley	1-37-25
2003	1 JEBB, Rob	Bingley Harriers	01-29-32
1971	2 JEFFREY, B	RNAC	1-57-13
1968	2 JEFFREY, Bruce	HMS Fulmar	2-14-54

1990	5	JEFFREY, Howard	Milton Keynes	2-00-08
1971	4	JEFFREY, Robin H	Salisbury	2-01-04
1991	5	JEFFREY, Thomas	Manchester Uni	2-30-24
1992	6	JEFFREY, Thomas	Manchester Uni	2-09-10
1990	8	JEFFREY, Thomas	Manchester Uni	2-08-44
1969	6	JEFFRIES, P/O B	HMS Fulmar	2-07-23
1983	7	JENKINS, Kenneth N	Royal Marines	1-48-14
1987	11	JENNINGS, A	U	2-10-11
1996	14	JENSEN, Charles T	Bay Area (USA)	3-30-38
1994	11	JENVEY, Christopher P	Andover	2-17-53
1994	15	JEROME, N P	Silson	2-35-44
1977	10	JETTERY, B K	Naval Air	1-55-52
1982	9	JEWELL, Derick	Dark Peak	1-43-29
1981	14	JEWELL, Derick	Dark Peak	1-39-09
1979	15	JEWELL, Derick	Dark Peak	1-50-59
1971	9	JOFFIFFE, Ian	Invicta	2-07-01
2002	256	JOHNSON, Barry	Cumberland Fell Runners	02-31-42
1979	245	JOHNSON, Brian	4th Field	2-06-36
1973	104	JOHNSON, Christopher	Sparkhill	2-11-22
1985	302	JOHNSON, D	U	2-24-32
2003	264	JOHNSON, Ian	Ilkley Harriers	02-31-00
1991	252	JOHNSON, Jeremy	Cumberland	2-25-30
1992	252	JOHNSON, Jeremy	North Shields Poly	2-34-37
1969	103	JOHNSON, K	Lochaber	2-21-36
1992	254	JOHNSON, Nigel	North Shields Poly	2-38-08
1990	258	JOHNSON, Nigel	North Shields Poly	3-31-16
1985	322	JOHNSON, P	Border	2-03-14
1986	363	JOHNSON, P G	Border	2-10-35
1992	259	JOHNSON, Peter	Cumberland	2-25-06
1990	262	JOHNSON, Peter	Cumberland	2-38-08
1984	263	JOHNSON, Peter	Border	2-05-20
1996	279	JOHNSON, Peter	Woodkirk Valley	2-18-07
1996	283	JOHNSON, Philip	Dudley	2-27-19
1982	207	JOHNSON, V	Royal Marines	2-03-54
2003	137	JOHNSON, Helen M	Bingley Harriers	02-07-46
1994	128	JOHNSTON, Andrew	Cosmic	2-27-11

1989	121 JOHNSTON, K	Lochaber	3-10-59
1995	138 JOHNSTON, Robert D	Inverness	2-33-05
1996	141 JOHNSTON, Robert D	Inverness	3-00-19
1973	60 JOHNSTON, Robert J	Thames Valley	2-24-03
1987	162 JOHNSTONE, M	Carnethy	1-50-46
1986	189 JOHNSTONE, M	Carnethy	1-45-10
1984	125 JOHNSTONE, Mike	Carnethy	1-48-57
1975	57 JOLIFFE, I	Invicta	2-01-27
1972	46 JOLIFFE, Ian T	Invicta	2-00-03
2001	276 JOLLIE, Susie	Ilkley Harriers	02-35-23
1999	290 JOLLIE, Susie	Eccleshill	2-36-39
1976	152 JOLLIFFE, I	Invicta	1-54-12
1970	99 JOLLIFFE, Ian T	Invicta	2-10-00
1985	335 JOLLY, G M	Edinburgh Uni	3-07-34
1982	211 JOLLY, George M	Edinburgh Uni	2-16-31
1981	237 JOLLY, George M	U	2-42-15
1992	270 JONES, A	West Yorks Fire	2-15-32
1994	247 JONES, Allan	West Yorks Fire	2-08-33
1993	262 JONES, Allan	West Yorks Fire	2-08-52
1996	288 JONES, Allan	West Yorks Fire	2-16-52
1995	302 JONES, Allan	West Yorks Fire	2-15-57
2003	357 JONES, Allan	West Yorks Fire Service	02-58-28
1966	109 JONES, Anthony G	Smallheath	2-25-11
2001	69 JONES, Colin	Achille Ratti Climbing C	01-56-53
1990	65 JONES, Colwyn M	Bellahouston	1-59-34
1985	70 JONES, D	Lancaster & M	1-42-55
1985	74 JONES, D	Dark Peak	2-10-02
1988	81 JONES, D	Dark Peak	2-38-35
1986	91 JONES, D	Dark Peak	2-12-19
1985	79 JONES, D G	Eryri	2-53-01
1981	49 JONES, David	Dark Peak	1-59-52
1983	51 JONES, David	Dark Peak	2-05-50
1984	61 JONES, David	Dark Peak	2-15-58
1979	69 JONES, David	Dark Peak	2-23-03
1982	46 JONES, Dennis W	Skyrac	2-08-58
1992	70 JONES, Dylan	Eryri	2-00-31

1993	75 JONES, Dylan	Eryri	2-02-20
2003	9 JONES, Dylan W	Eryri Harriers	01-40-46
1999	13 JONES, Dylan W	Eryri	2-12-29
2001	33 JONES, Dylan Wynn	Rhedwyr Eryri Harriers	01-50-30
1987	31 JONES, G	Glasgow Uni	1-55-11
1986	38 JONES, G	Eryri	2-21-25
1986	41 JONES, G W	North Wales Police	2-44-06
1993	30 JONES, Graham	Shrewsbury	2-14-35
2000	91 JONES, Gwyn	Rhedwyr Eryri Harriers	02-02-55
2001	92 JONES, Gwyn	Rhedwyr Eryri Harriers	02-01-57
1989	74 JONES, I	Scottish Prison	2-02-16
1987	92 JONES, I	Prison Officers	2-05-21
1988	100 JONES, I	Scottish Prison	2-12-51
1986	115 JONES, I P	North Wales Police	2-39-40
1983	64 JONES, I R	U	1-52-12
1984	73 JONES, I R	RAF	2-00-50
1993	92 JONES, I W	Prison Service	2-28-37
1991	94 JONES, I W	Prison Service	2-37-31
1996	101 JONES, Iorwerth	Bro Dysynni	2-23-42
1967	30 JONES, James	RAF Leconfield	2-56-29
1985	102 JONES, K	Bingley	1-57-45
1996	104 JONES, K D	101 (Lon) Engineers	2-25-06
1984	79 JONES, Keith	Bingley	2-08-44
1987	104 JONES, M	Eryri	1-39-52
1988	115 JONES, M	Hebog	1-50-06
1978	33 JONES, M R	Eryri	1-55-27
1977	47 JONES, M R	U	1-57-16
1985	108 JONES, M R	Eryri	1-40-27
1986	130 JONES, M R	Eryri	1-39-50
1982	66 JONES, Malcolm R	Eryri	1-41-04
1983	75 JONES, Malcolm R	Eryri	1-38-42
1981	79 JONES, Malcolm R	Eryri	1-39-45
1984	88 JONES, Malcolm R	Eryri	1-41-05
1979	96 JONES, Malcolm R	Eryri	1-44-33
1981	85 JONES, Michael J	Chester & E	2-25-32
1977	52 JONES, P	Dark Peak	1-59-49

1979	107 JONES, Peter	Barrow	2-16-18
1999	130 JONES, Robert	Eryri	2-16-39
1999	131 JONES, Robert F	Ambleside	1-51-58
1982	75 JONES, Roy	Warrington	2-06-39
1990	109 JONES, Steve	Mercia	2-00-55
1984	103 JONES, Timothy P	U	2-15-35
2001	31 JONES, Trefor	Rhedwyr Eryri Harriers	01-49-59
1999	39 JONES, Trefor	Eryri	1-52-27
1993	113 JONES, Trefor	Eryri	1-41-36
1995	121 JONES, Trefor	Eryri	1-43-15
1997	124 JONES, Trefor	Eryri	1-42-17
2000	17 JONES, Trefor H	Rhedwyr Eryri Harriers	01-45-13
1994	20 JONES, Trefor H	Eryri	1-42-31
1991	27 JONES, Trefor H	Eryri	1-42-00
1987	15 JORDAN, T	Carnethy	1-57-45
1987	17 JOSEPH, D	Vauxhall	2-03-07
1976	10 JOSEPH, V R	London School of E	3-01-26
1979	19 JOSS, Campbell D	Bellahouston	1-54-55
1969	11 JOYCE, Sgt R	RAF Cranwell	2-56-49
1976	13 JOYCE, T	Elliott	2-17-10
1989	14 JUDGE, F	Clayton	1-51-55
1987	23 JUDGE, F	Clayton	1-52-09
1982	14 JUDGE, Francis	Clayton	1-51-40
1990	23 JUDGE, Francis	Clayton	1-47-39
1993	23 JUDGE, Francis	Clayton	1-51-28
1991	24 JUDGE, Francis	Clayton	1-59-04
1995	26 JUDGE, Francis	Clayton	1-53-54
1984	29 JUDGE, Francis	Clayton	2-01-51
1985	30 JUDGE, Francis	Clayton	1-49-41
1996	31 JUDGE, Francis	Clayton	2-02-45
1992	32 JUDGE, Francis	Clayton	1-52-31
1998	32 JUDGE, Francis	Clayton	1-59-18
1994	35 JUDGE, Francis	Clayton	2-01-46
1988	42 JUDGE, Francis	Clayton	2-09-37
1986	43 JUDGE, Francis	Clayton	1-49-20
1999	45 JUDGE, Francis	Clayton	2-00-14

1995	31	JUDSON, David	Queensbury	2-21-38
1985	38	JUKES, L	Cheshire Fire	2-20-02
1981	28	JUSTICE, Alan F	Buxton	2-09-47
1995	35	KAMMER, Philip	Cosmic	1-48-48
1994	37	KAMMER, Philip	Cosmic	1-47-15
1993	41	KAMMER, Philip	Aberdeen	2-08-20
1996	41	KAMMER, Philip	Cosmic	2-01-28
1997	43	KAMMER, Philip	Cosmic	2-01-44
1992	46	KAMMER, Philip	Aberdeen	2-32-13
1985	47	KAMMER, Philip	Aberdeen	2-11-55
1986	54	KAMMER, Philip	Aberdeen	1-49-26
1984	37	KAMMER, Philip A	U	1-53-00
1985	53	KANE, G	U	2-02-04
1970	18	KANE, George N	U	2-45-18
1997	52	KARDASZ, Jan S	Lancaster & M	2-00-35
1986	61	KASSKY, M	Livingston	2-02-44
1985	55	KASSYK, M	Livingston	2-05-22
1986	65	KAY, A	St Andrew's Uni	1-53-43
1999	74	KAY, Mark	Horwich	2-36-29
1981	37	KEANE, Anthony J	Vauxhall	1-53-22
1979	53	KEANE, Anthony J	Vauxhall	2-10-46
1992	56	KEARNS, Dennis	Bolton	1-51-31
1996	57	KEARNS, Dennis	Bolton	2-00-20
1994	59	KEARNS, Dennis	Bolton	1-59-46
1991	60	KEARNS, Dennis	Bolton	2-00-06
1993	60	KEARNS, Dennis	Bolton	2-03-57
1990	63	KEARNS, Dennis	Bolton	1-56-37
1997	63	KEARNS, Dennis	Bolton	1-59-22
1995	68	KEARNS, Dennis	Bolton	2-05-33
1998	69	KEARNS, Dennis	Bolton	2-16-02
1999	82	KEARNS, Dennis	Bolton	2-07-59
2001	164	KEARNS, Dennis	Bolton United Harriers & AC	02-14-20
2002	200	KEARNS, Dennis	Bolton United Harriers	02-23-09
2000	224	KEARNS, Dennis	Bolton United Harriers	02-24-11
1983	171	KEELY, Ray	RAOC	1-39-58
1974	93	KEILTY, F	Clydesdale	2-12-44

1969	86 KEILTY, Frank	Clydesdale	2-11-36
1999	242 KEITH, Alec	U	1-44-39
1967	82 KEITH, Alexander B	RAF Wyton	2-18-07
1984	213 KELLET, R A	U	2-06-29
1989	209 KELLETT, R	Calder Valley	2-07-30
1987	266 KELLETT, R	Calder Valley	2-10-39
1993	209 KELLETT, R A	Calder Valley	2-01-41
1992	215 KELLETT, R A	Calder Valley	2-00-54
1991	216 KELLETT, R A	Calder Valley	2-05-40
1985	280 KELLETT, R A	AAA	2-05-36
1990	220 KELLETT, Richard A	Calder Valley	2-04-35
1977	119 KELLOWAY, I	Rochdale	1-41-38
1997	235 KELLY, Alan	Cumnock	2-20-06
1994	211 KELLY, Annette	Bolton	2-48-21
1981	196 KELLY, Edward	Dumbarton	2-55-58
1995	248 KELLY, Frank	Ochil	2-09-45
1975	101 KELLY, H	East Cheshire	1-44-13
1974	105 KELLY, H	East Cheshire	1-50-15
1977	123 KELLY, H	East Cheshire	1-47-42
1998	230 KELLY, Hugh	Highland	3-12-04
1999	267 KELLY, Hugh	Highland	3-01-16
1974	111 KELLY, M	Lakeland O	1-59-05
1989	233 KELLY, M	Bolton	1-59-49
1994	218 KELLY, Mike	Bolton	2-08-02
1993	223 KELLY, Mike	Bolton	2-10-28
1990	236 KELLY, Mike	Bolton	1-55-53
1992	236 KELLY, Mike	Bolton	2-08-15
1991	242 KELLY, Mike	Bolton	2-16-22
1984	241 KELLY, Pat D	Rosendale	1-53-35
2002	40 KELLY, Paul	Darlington Harriers & AC	01-53-58
1987	35 KELLY, T J	Chorley	1-56-43
1990	33 KELLY, Tim	Chorley	1-39-58
1996	38 KELLY, Tim	Blackburn	2-01-06
1967	12 KELLY, William	Cambuslang	2-27-20
1993	34 KELMAN, Norman	Highland	1-49-25
1994	38 KELMAN, Norman	Highland	1-40-34

1991	42 KEMP, R F	Carnethy	2-49-21
1970	14 KEMP, S T	U	2-14-05
1993	42 KEMPLEY, Rupert	Pudsey & B	2-03-30
1994	42 KEMPLEY, Rupert	Pudsey & B	1-43-46
1984	36 KENDALL, C M	Milton Keynes	1-49-34
1985	48 KENDALL, C M	Milton Keynes	1-48-09
2003	134 KENDALL, Mark	Newcastle AC	02-07-24
1992	127 KENNEDY, Derek	Wrekin	2-22-56
1993	128 KENNEDY, Derek	Wrekin	2-28-00
1991	129 KENNEDY, Derek	Wrekin	2-22-29
2001	340 KENNEDY, Iain	Lochaber AC	02-54-25
2001	27 KENNEDY, John	Clydesdale Harriers	01-49-13
2002	27 KENNEDY, John	Maryhill Harriers	01-51-12
2003	10 KENNEDY, Peter	Lochaber Athletic Club	01-41-02
2002	12 KENNEDY, Peter	Lochaber AC	01-42-26
2001	21 KENNEDY, Peter	Lochaber AC	01-46-37
1966	6 KENNY, William	Irvine YMCA	2-05-21
2002	146 KENT, Paul	Cambridge Harriers	02-12-24
2001	178 KENT, Paul Stuart	Cambridge Harriers	02-17-16
2003	195 KENT, Paul	Cambridge Harriers	02-19-22
1998	181 KENYON, James	Clayton	2-27-07
1996	188 KENYON, James	Clayton	2-23-57
1995	201 KENYON, James	Clayton	2-22-34
1999	209 KENYON, James	Clayton	2-20-44
1986	263 KEOGH, C	Rochdale	1-49-52
1985	235 KEOGH, J	Edinburgh	2-41-10
1986	266 KEOWN, D	Newcastle	2-34-14
1975	79 KERNOHAN, I	Scottish Police College	2-07-40
1977	100 KERNOHAN, I	Scottish Police College	1-55-55
1976	112 KERNOHAN, I	Scottish Police College	2-05-32
1979	182 KERR, Alan S	U	2-20-42
1990	195 KERR, David	Irvine	2-36-56
1986	276 KERR, G	Kilmarnock	2-01-42
1983	153 KERR, George	Ayrshire	2-13-17
2001	295 KERR, George	Johnnie Walker Kilmarnock H	02-39-06
1993	270 KETTLES, Bob	Lasswade	2-22-51

1987	346 KETTLES, R	Lothian & B Police	2-02-14
1986	394 KETTLES, R	Lothian & B Police	2-02-01
1982	224 KETTLES, Robert	Lothian & B Police	2-05-25
1981	249 KETTLES, Robert	Lothian & B Police	2-46-06
1990	281 KETTLES, Robert	Lasswade	2-03-26
2000	142 KETTYLE, Wes	Annalong C & K C (Running)	02-10-19
2003	165 KETTYLE, Wes	ACKC	02-12-38
2002	183 KETTYLE, Wes	Annalong Canoe & Kayak C	02-18-55
1996	177 KEYS, Mervyn	Rossendale	1-36-42
1997	182 KIDD, Neil	RAMC	2-30-55
1990	175 KIEL, David W	Loughton	2-23-02
1972	54 KIELTS, Frank	Clydesdale	2-14-59
1975	69 KIELTY, F	Clydesdale	2-16-25
1966	47 KIELTY, Frank	Clydesdale	2-26-14
1968	53 KIELTY, Frank	Clydesdale	2-15-04
1970	57 KIELTY, Frank	Clydesdale	2-10-11
1967	60 KIELTY, Frank	Clydesdale	2-29-45
1971	66 KIELTY, Frank	Clydesdale	2-03-59
1973	74 KIELTY, Frank	Clydesdale	2-19-22
1988	228 KILBRIDE, B	Pudsey & B	2-45-30
1990	184 KILBRIDE, Bernard	Pudsey & B	2-06-36
1999	205 KINCH, Mark	Bingley	1-37-50
2001	288 KING, Alex	Ochil Hill Runners	02-36-30
2002	317 KING, Alex	Ochil Hill Runners	02-48-31
2003	318 KING, Alex	Ochil Hill Runners	02-42-33
2000	357 KING, Alex	Ochil Hill Runners	02-58-11
1999	359 KING, Alex	Ochil	3-05-55
1998	336 KING, John E	Kendal	3-05-47
2001	262 KING, John Edward	Kendal AC	02-32-51
1985	307 KING, M	Newcastle	2-19-03
1988	317 KING, M	Newcastle	2-20-55
1975	117 KING, R J	Bexhill	2-04-15
1974	121 KING, R J	Bexhill	2-09-02
1972	83 KING, Rodney J	Bexhill	2-27-49
1993	245 KING, Shelagh	Clydesdale	3-25-02
2000	364 KING, Shelagh	Clydesdale Harriers	03-05-09

1994	308 KING, Shelagh A	Clydesdale	3-01-45
1990	352 KING, Shelagh A	Clydesdale	2-37-35
1997	353 KING, Shelagh A	Clydesdale	3-04-17
1991	356 KING, Shelagh A	Clydesdale	3-02-49
1987	422 KINGSTON, N	Mercia	2-09-00
1988	422 KINGSTON, N	Mercia	2-22-37
1995	393 KINNEAR, W	Annan	2-31-18
1994	313 KINNEAR, William	Annan	2-21-55
1993	327 KINNEAR, William	Annan	2-26-24
1975	168 KINSELLA, J	West Midlands Police	2-33-56
1990	361 KIRKBRIDE, R S	Calder Valley	1-53-33
1989	371 KIRKBRIDE, S	Calder Valley	2-31-35
1991	364 KIRKBRIDE, Stephen	Calder Valley	2-44-06
1984	349 KIRKBRIDE, Steven	U	1-43-32
1988	433 KIRKBRIGHT, G	Skyrac	1-43-40
1987	434 KIRKBRIGHT, G	Skyrac	1-41-00
1986	474 KIRKBRIGHT, G	Skyrac	1-39-31
1990	373 KIRKBRIGHT, Graham	Pudsey & B	1-42-55
2000	79 KIRKBRIGHT, Nigel	Skyrac AC	02-01-38
1996	77 KIRKBRIGHT, R Nigel	Skyrac	2-02-49
1989	64 KIRKDALE, B	Steyning	2-11-53
1999	97 KIRKDALE, Brian	Hastings	2-34-43
1982	55 KIRKDALE, Brian G	503 EOD Sqn	2-19-02
1983	58 KIRKDALE, Brian G	503 EOD Sqn	2-09-32
1981	60 KIRKDALE, Brian G	503 EOD Sqn	2-08-24
1984	71 KIRKDALE, Brian G	Steyning	2-11-31
1992	74 KIRKDALE, Brian G	Steyning	2-09-43
1990	76 KIRKDALE, Brian G	Steyning	2-02-25
1987	80 KIRKDALE, Brian G	Steyning	2-04-02
1993	86 KIRKDALE, Brian G	Steyning	2-21-17
1994	88 KIRKDALE, Brian G	Steyning	2-23-18
1995	88 KIRKDALE, Brian G	Steyning	2-16-23
1998	88 KIRKDALE, Brian G	Steyning	2-23-37
1996	89 KIRKDALE, Brian G	101 (Lon) Engineers	2-24-28
1991	93 KIRKDALE, Brian G	Steyning	2-27-40
1997	99 KIRKDALE, Brian G	101 (Lon) Engineers	2-24-10

1986	109 KIRKDALE, Brian G	Steyning	2-00-37
1979	242 KIRKDALE, Brian G	Long Distance Walkers	2-35-56
2002	253 KIRKDALE, Brian G	Hastings Runners	02-31-29
1985	297 KIRKDALE, Brian G	Steyning	2-10-19
2000	312 KIRKDALE, Brian G	Hastings Runners	02-40-06
2001	315 KIRKDALE, Brian G	Hastings Runners	02-42-54
1988	366 KIRKDALE, Brian G	Steyning	2-42-16
2003	305 KIRKDALE, Brian	Hastings Runners	02-38-22
1991	293 KIRKLAND, John	Dundee Road	1-55-30
1992	289 KIRKLAND, John M	Dundee	1-46-49
1978	101 KIRKWOOD, B G	Lochaber	1-44-55
1981	259 KIRKWOOD, Brian G	Edinburgh	2-02-55
1979	292 KIRKWOOD, Brian G	Lochaber	1-45-18
1979	294 KITCHIN, Neil A	East Kilbride	2-29-41
2002	306 KITSON, Aileen	Lochaber AC	02-46-06
1998	313 KITSON, Aileen	Lochaber	3-23-39
1997	317 KITSON, Aileen	Lochaber	3-19-44
2001	327 KITSON, Aileen	Lochaber AC	02-45-57
2000	333 KITSON, Aileen	Lochaber AC	02-45-45
1999	346 KITSON, Aileen	Lochaber	3-19-19
1998	318 KITSON, Alec	Lochaber	2-11-06
1983	264 KITSON, Hugh A	U	1-57-31
1984	319 KITSON, Hugh A	Lochaber	1-48-59
2003	329 KITSON, Aileen	Lochaber Athletic Club	02-43-55
1993	291 KNEESHAW, Robert	Holmfirth	2-48-16
1973	145 KNIGHT, A	7th Para	2-35-49
1972	105 KNIGHT, A P	7th Para	2-42-22
1973	147 KNIGHT, D	7th Para	2-03-48
1992	314 KNOTT, Chris	Stockport	2-16-42
1976	179 KNOTT, P	Blackburn	1-54-51
2000	327 KNOWLES, Max	Red Rose Road Runners	02-43-10
1999	344 KNOWLES, Max	Red Rose	2-40-54
1990	310 KNOWLES, Mitchell	Carnethy	2-13-29
1992	310 KNOWLES, Mitchell	Carnethy	2-13-03
2001	222 KNOWLES, Stuart	Fife AC	02-25-04
1992	205 KNOX, Bill	Teviotdale	1-48-28

1986	299 KNOX, C	Keswick	1-47-19
1987	255 KNOX, W	Teviotdale	1-46-44
1991	211 KNOX, William J	Teviotdale	1-51-34
1990	212 KNOX, William J	Teviotdale	1-55-00
1997	226 KNOX, William J	Teviotdale	2-13-04
1996	227 KNOX, William J	Teviotdale	2-20-58
1973	93 KOALER, Hamish M	Morpeth	2-14-51
1975	93 KOHLER, H	Morpeth	2-16-19
1974	96 KOHLER, H M	Morpeth	2-05-20
1976	130 KOHLER, H M	Morpeth	2-13-38
1981	186 KOHLER, Hamish MacG	Morpeth	2-26-53
1982	169 KOHLER, Hamish McG	Morpeth	2-19-22
1989	216 KOHLER, R	Devon	2-06-27
1993	211 KRUGER, Steve	Keswick	1-59-47
1992	219 KRUGER, Steve	Keswick	1-57-09
1998	221 KRUGER, Steve	Keswick	2-12-19
1991	224 KRUGER, Steve	Keswick	2-06-40
1997	237 KRUGER, Steve	Keswick	2-08-05
1996	238 KRUGER, Steve	Keswick	2-11-57
1982	179 KRUGER, Steven	Keswick	1-56-59
1983	181 KRUGER, Steven	Keswick	1-38-39
1983	182 KRUGER, Steven	Keswick	1-43-18
1997	245 KUTERESCZ, Josef	Todmorden	2-07-37
1993	219 KYLE, Robert M	Stirling Uni	2-59-57
1986	329 KYNASTON, C M	Aberdeen	2-07-51
1979	234 KYNASTON, Colin	Aberdeen	2-12-28
1975	105 KYNASTON, G	U	1-50-36
1974	114 KYNASTON, G	U	2-18-24
1972	78 KYNASTON, G M	U	2-20-40
1975	106 KYNASTON, G M	U	2-05-17
1977	133 KYNASTON, G M	Muggiemoss	2-11-11
1979	241 KYNASTON, George M	Aberdeen	2-22-16
1970	91 LADRO, A	Kendal	1-52-11
1979	244 LAFAYEDNEY, Daniel	23 SAS	2-02-17
1994	226 LAING, Andrew	Mandale	2-11-40
2000	12 LAING, Martin J	Fife AC	01-42-45

1998	17 LAING, Martin J	Fife	1-48-03
2003	141 LAING, Martin J	Fife AC	02-08-29
2001	22 LAING, Martin John	Fife AC	01-46-45
1988	27 LAIRD, J	Pitreavie	2-41-08
1989	15 LAMB, A	North Shields Poly	1-5647
1987	21 LAMB, A	North Shields Poly	1-47-50
1988	28 LAMB, A	North Shields Poly	2-12-24
1974	8 LAMB, A R	North Shields poly	2-20-34
1978	11 LAMB, A R	RAF Kinloss	1-50-16
1985	22 LAMB, A R	North Shields Poly	1-55-24
1990	25 LAMB, A R	North Shields Poly	1-58-33
1986	26 LAMB, A R	North Shields Poly	1-49-10
1992	30 LAMB, Alan	North Shields Poly	2-01-24
1970	8 LAMB, Alan R	North Shields Poly	2-02-27
1971	12 LAMB, Alan R	North Shields Poly	1-49-55
1973	14 LAMB, Alan R	North Shields Poly	2-08-06
1981	23 LAMB, Alan R	North Shields Poly	1-46-35
1984	28 LAMB, Alan R	North Shields Poly	1-53-03
1991	31 LAMB, Alan R	North Shields Poly	2-00-44
1979	35 LAMB, Alan R	RAF Kinloss	1-54-05
1994	86 LAMB, James	Lomond	2-05-36
2000	87 LAMB, James	Lomond Hill Runners	02-02-32
1998	96 LAMB, James	Lomond	2-09-44
1999	104 LAMB, James	Lomond	2-06-58
1996	133 LAMB, James	Lomond	2-16-26
2001	134 LAMB, James	Lomond Hill Runners AC	02-09-39
1997	148 LAMB, James	Lomond	2-10-11
2002	153 LAMB, James	Lomond Hill Runners	02-13-38
1999	171 LAMB, Mark	225 Field Ambulance	2-21-01
1982	97 LAMB, Stanley T	North Shields poly	2-57-02
1983	108 LAMB, Stanley T	North Shields Poly	2-53-13
1984	134 LAMB, Stanley T	North Shields Poly	2-58-33
1977	75 LAMBERT, M A	Bingley	1-35-48
1983	112 LAMBERT, P	Red Rose	1-37-54
1984	136 LAMBERT, P	Red Rose	1-37-34
1987	180 LAMBERT, P	Clayton	1-40-39

1986	207 LAMBERT, P	Clayton	1-38-24
1974	59 LAMOND, D	U	1-52-22
1981	121 LAMOND, David	Keswick	1-38-13
1979	147 LAMOND, David	Keswick	1-49-47
1987	189 LAMONT, C	Royal Manor Portland	2-18-58
1985	188 LAMONT, C G	RNAC Osprey	1-56-14
1986	223 LAMONT, C G	RNAC	2-00-02
1978	51 LAMUND, D	Keswick	1-43-24
1989	142 LANAGHAN, N	Keswick	1-45-13
1985	194 LANAGHAN, N P	Keswick	1-40-55
1986	225 LANAGHAN, N P	Keswick	1-33-19
1994	159 LANAGHAN, Nigel	Black Combe	1-43-11
1990	161 LANAGHAN, Nigel	Keswick	1-38-57
1991	162 LANAGHAN, Nigel	Keswick	1-44-41
1996	172 LANAGHAN, Nigel	Ambleside	1-57-46
1995	173 LANAGHAN, Nigel	Black Combe	1-42-18
1997	175 LANAGHAN, Nigel	Ambleside	1-53-35
1999	194 LANAGHAN, Nigel	Ambleside	1-57-18
1987	196 LANAGHAN, Nigel	Keswick	1-37-48
1984	157 LANAGHAN, Nigel P	Keswick	1-37-27
1989	157 LANCASTER, N	Skye & L	1-55-00
1993	165 LANCASTER, Nic	Lochaber	1-51-56
1992	166 LANCASTER, Nic	Lochaber	1-46-43
1994	172 LANCASTER, Nic	Lochaber	1-55-24
1991	173 LANCASTER, Nic	Lochaber	1-54-19
1990	176 LANCASTER, Nic	Skye & L	1-50-58
1997	184 LANCASTER, Nicholas C	Lochaber	2-01-14
2000	74 LANCASTER, Nick	Lochaber AC	01-59-56
1999	87 LANCASTER, Nick	Lochaber	2-05-51
1999	90 LANCASTER, Peter	U	2-37-41
1995	74 LANDELLS, John	Dunbar	2-36-51
1995	76 LANDELS, Brian	Fife	2-10-08
1999	92 LANE, Colin	Road Runners	3-07-13
2000	375 LANE, Colin	Road Runners	03-20-11
1997	363 LANE, Colin D	Road Runners	2-59-15
1989	372 LANEY, T	Clayton	1-37-41

1988	431 LANEY, T	Clayton	1-43-53
1987	433 LANEY, T	Clayton	1-46-23
1990	368 LANEY, Tim	Clayton	1-41-37
2002	138 LANG, James	Energy Zone Carnegie Harriers	02-10-38
2000	164 LANG, James	Carnegie Harriers	02-13-37
1966	41 LANGFORD, Alfred J	Hereford	2-18-52
2002	343 LANGTHORNE, Chris	Quakers RC	03-04-30
2001	258 LARDNER, Ewan D	Ochil Hill Runners	02-32-06
1989	248 LARGE, D	Barrow	2-44-45
1988	312 LARGE, D	Barrow	3-50-18
1966	77 LARGE, Derek	Barrow	2-05-07
1972	82 LARGE, Derek	Barrow	2-39-04
1968	88 LARGE, Derek	Barrow	2-14-15
1967	90 LARGE, Derek	Barrow	2-12-18
1970	96 LARGE, Derek	Barrow	2-23-54
1971	100 LARGE, Derek	Barrow	2-33-02
1969	102 LARGE, Derek	Barrow	2-34-53
1973	111 LARGE, Derek	Barrow	2-40-33
1975	121 LARGE, Derek	Barrow	2-34-58
1974	124 LARGE, Derek	Barrow	3-19-53
1976	149 LARGE, Derek	Barrow	3-00-10
1982	203 LARGE, Derek	Barrow	2-34-33
1983	209 LARGE, Derek	Barrow	2-27-28
1981	225 LARGE, Derek	Barrow	2-16-35
1979	261 LARGE, Derek	Barrow	2-51-44
1984	266 LARGE, Derek	Barrow	2-52-58
1987	323 LARGE, Derek	Barrow	3-11-45
1985	331 LARGE, Derek	Barrow	2-41-04
1986	374 LARGE, G	Bo'ness	2-35-24
1979	271 LARGE, john	HMS Bulwark	2-42-21
1994	246 LAVERICK, Keith J	Horsforth	2-17-58
1995	294 LAVERICK, Keith J	Horsforth	2-06-47
1967	99 LAWRENCE, J M	7th Para	3-02-05
2000	18 LAWRENCE, Robin	Bingley Harriers & AC	01-45-36
1995	21 LAWRENCE, Robin	Bingley	1-45-55
1998	273 LAWRENCE, Robin	Bingley	1-40-49

1993	17 LAWRENCE, William A	Norham	1-54-33
1997	21 LAWRENCE, William A	Norham	1-56-19
1975	9 LAWREY, J	RAF Lossiemouth	1-57-59
1993	19 LAWRIE, Brian	Aberdeen	1-50-40
1994	25 LAWRIE, Brian	Cosmic	1-54-54
1992	26 LAWRIE, Brian	Aberdeen	1-55-10
1987	24 LAWSON, H	Carnethy	2-14-58
1991	20 LAWSON, Harry	Carnethy	3-09-50
1990	22 LAWSON, Harry	Carnethy	3-05-22
1968	10 LAWTON, Alan	Leeds	2-26-38
1987	28 LAWTON, G	Clayton	2-22-22
1968	11 LAWTON, John	Leeds	2-16-00
1984	19 LAWTON, Wayne	Clayton	2-26-29
1998	37 LAYCOCK, Andrew	Edinburgh	2-31-06
1997	31 LAYCOCK, Andrew M	Edinburgh	2-23-22
1996	32 LAYCOCK, Andrew M	Edinburgh	2-31-03
1970	9 LAYTON, Arthur	Vauxhall	2-30-13
1966	11 LAYTON, Arthur	Vauxhall	2-19-52
1967	11 LAYTON, Arthur	Vauxhall	2-49-56
1972	11 LAYTON, Arthur	Vauxhall	2-14-24
1974	12 LAYTON, Arthur	Vauxhall	2-48-09
1971	13 LAYTON, Arthur	Vauxhall	2-11-30
1969	15 LAYTON, Arthur	Vauxhall	2-06-12
1975	15 LAYTON, Arthur	Vauxhall	2-42-23
1973	18 LAYTON, Arthur	Vauxhall	2-57-03
1976	22 LAYTON, Arthur	Vauxhall	2-20-29
1981	31 LAYTON, Arthur T	Vauxhall	2-54-47
1979	43 LAYTON, Arthur T	Vauxhall	2-49-28
1993	40 LAYTON, Brian W	South Midlands	2-20-58
1967	13 LEACH, C A	RAF Kinloss	2-28-12
2003	162 LEACH, Philippa	Dark Peak Fellrunners	02-12-20
1993	146 LEAL, Andrew	Ryde	2-11-01
1997	157 LEAL, Andrew	Ryde	1-55-56
1991	179 LEAL, Andrew	Ryde	2-27-03
2000	192 LEAL, Andrew	Ryde Harriers	02-18-51
1992	174 LEAL, Andy	Ryde	2-10-58

1998	179 LEAL, Andy	Ryde	2-11-18
1994	191 LEAL, Andy	Ryde	2-23-34
1995	197 LEAL, Andy	Ryde	2-08-16
2003	207 LEAL, Andy	Ryde Harriers	02-21-10
1984	188 LEAL, Clive G	Sutton-in-Ashfield	1-53-40
1979	190 LEAL, Clive G	Sutton-in-Ashfield	2-08-43
1991	199 LEAL, Clive G	Ryde	2-24-02
1997	204 LEAL, Clive G	Ryde	2-14-34
1974	83 LEAL, E G	Ryde	2-13-52
1976	120 LEAL, E G	Ryde	2-25-54
1992	197 LEAL, Eddie	Ryde	2-54-16
1991	203 LEAL, Eddie	Ryde	2-43-36
1970	76 LEAL, Edmund G	Ryde	2-23-36
1973	90 LEAL, Edmund G	Ryde	2-09-22
1979	203 LEAL, Edmund G	Ryde	2-28-22
1969	78 LEAL, Edwin G	Ryde	2-41-15
1998	206 LEAN, Hamish	Ochil	2-18-27
1996	219 LEAN, Hamish	Ochil	2-15-40
1997	219 LEAN, Hamish	Ochil	2-14-37
1999	238 LEAN, Hamish	Ochil	2-12-49
1984	206 LEAN, Robert	East Cheshire	1-59-43
1996	225 LEATHLEY, Brian	Clayton	2-51-31
2002	218 LEBELINSKI, Christopher	Redhill Road Runners	02-25-14
1995	224 LECKY-THOMPSON, Rich	Ambleside	1-54-00
2002	103 LEDIN, Stefan	Buxton & District AC	02-06-17
1991	91 LEE, Andrew	Rochdale	2-04-55
1992	91 LEE, Andrew	Rochdale	1-55-15
2001	94 LEE, Andrew	Rossendale Harriers & AC	02-02-37
1993	95 LEE, Andrew	Rochdale	1-57-31
1994	97 LEE, Andrew	Rochdale	1-59-44
2003	160 LEE, Andrew	Rossendale	02-12-06
2002	82 LEE, Andrew B	Rossendale Harriers & AC	02-02-22
2000	86 LEE, Andrew B	Rossendale Harriers & AC	02-02-13
1997	89 LEE, Andrew B	Rossendale	1-59-40
1996	91 LEE, Andrew B	Rochdale	2-10-07
1998	158 LEE, Andrew B	Rossendale	2-00-54

1995	163 LEE, Andrew B	Rochdale	1-56-32
1999	178 LEE, Andrew B	Rossendale	1-57-15
1982	52 LEE, Donald	Cumberland	1-35-29
1981	62 LEE, Donald	Cumberland	1-37-44
1979	78 LEE, Donald	Cumberland	1-39-26
2002	285 LEE, John	Todmorden Harriers & AC	02-38-05
2003	299 LEE, John	Todmorden Harriers	02-37-02
2001	333 LEE, John	Todmorden Harriers & AC	02-46-58
1989	335 LEE, M	Clayton	1-58-12
1987	391 LEE, M	Clayton	1-59-45
1988	392 LEE, M	Clayton	2-12-20
1991	325 LEE, Michael	Clayton	2-05-20
1994	288 LEE, Michael J	Clayton	2-00-46
1993	300 LEE, Michael J	Clayton	2-02-07
1992	318 LEE, Michael J	Clayton	1-56-13
1990	324 LEE, Michael J	Clayton	1-53-39
1995	363 LEE, Michael J	Clayton	2-01-52
1985	399 LEE, R J	Perth	2-09-06
1984	324 LEE, Raymond J	U	2-17-47
2000	202 LEES, George	Pitreavie AC	02-21-12
1999	219 LEES, George	Pitreavie	2-23-56
2001	231 LEES, George	Pitreavie AC	02-26-37
2003	259 LEES, George	Pitreavie AAC	02-29-50
1996	339 LEES, George	Pitreavie	2-25-20
1966	76 LEES, Terry	Oxford Uni	2-31-58
1967	89 LEES, Terry	Oxford Uni	2-44-43
1989	253 LEESE, D	Silverdale	2-57-18
2003	292 LEGGE, Sarah	Carnegie Harriers	02-35-53
1972	90 LEGGETT, John M	Clydesdale	3-00-54
1990	276 LEGGETT, R C	Horwich	1-51-38
1985	349 LEITCH, S	Lochaber	2-22-38
1986	391 LEITCH, S	Lochaber	2-16-24
1984	282 LEITCH, Stewart	Lochaber	2-25-59
1999	309 LEMONCELLO, Phyllis	Fife	2-59-02
1995	313 LENEHAN, John	Clayton	2-09-45
2001	84 LENNIE, Andrew	Carnethy Hill Running C	02-00-49

1999	99 LENNIE, Andrew	Carnethy	2-04-25
2000	112 LENNIE, Andrew	Carnethy Hill Running	02-06-38
2002	116 LENNIE, Andrew	Carnethy Hill Running	02-08-08
2003	198 LENNIE, Andrew	Carnethy HRC	02-19-30
2003	5 LENNOX, Jethro	Shettleston Harriers	01-33-40
1988	7 LEONARD, D	U	2-43-24
2002	216 LEONARD, Richard C	Todmorden Harriers & AC	02-25-07
2003	210 LEONARD, Richard	Todmorden Harriers	02-21-51
1992	193 LESLIE, Philip	Ochil	2-12-58
1993	195 LESLIE, Philip	Ochil	2-21-46
1998	200 LESLIE, Philip	Ochil	2-48-24
1996	206 LESLIE, Philip	Ochil	1-57-16
1997	208 LESLIE, Philip	Ochil	2-22-30
1995	219 LESLIE, Philip	Ochil	2-12-03
1979	199 LEVACK, Iain D	23 SAS	1-59-50
1986	290 LEVENTON, C	U	2-08-47
1966	61 LEVISTON, D P	Barrow	1-55-58
1967	77 LEVISTON, D P	Barrow	2-04-19
1970	77 LEVISTON, D P	Barrow	2-09-33
1978	71 LEVISTON, P	Barrow	1-42-46
1977	113 LEVISTON, Peter	Barrow	1-42-07
1993	197 LEWIS, Andrew	Shrewsbury	2-17-07
2000	311 LEWIS, Chris	Ryde Harriers	02-39-59
2003	344 LEWIS, Christopher	Ryde Harriers	02-50-24
2001	361 LEWIS, Christopher	Ryde Harriers	03-06-50
1974	169 LEWIS, Cpl	RAF Leuchars	1-53-27
1997	350 LEWIS, Gwyn	Cumberland	2-11-43
2000	194 LEWIS, H Gwyn	Cumberland Fell Runners	02-19-33
1975	72 LEWIS, J	Walthamstow	2-16-58
1984	170 LEWIS, R T	Fleet & C	1-58-23
1973	77 LEWIS, T	RAF Leuchars	1-59-02
1966	51 LEWNEY, Robert	Barrow	1-56-44
1968	56 LEWNEY, Robert	Barrow	1-45-17
1967	62 LEWNEY, Robert	Barrow	1-49-42
1972	62 LEWNEY, Robert	Barrow	2-46-31
1969	63 LEWNEY, Robert	Barrow	1-55-15

1970	67 LEWNEY, Robert	Barrow	2-12-09
1971	73 LEWNEY, Robert	Barrow	2-16-16
1973	79 LEWNEY, Robert	Barrow	1-51-08
2000	332 LICZNERSKI, Bob	Lothian & Borders Police AC	02-45-29
1988	391 LICZNERSKI, R	Lothian & B Police	3-02-40
1982	253 LICZNERSKI, Robert	Lothian & B Police	2-34-33
1983	258 LICZNERSKI, Robert	Lothian & B Police	2-22-30
1981	288 LICZNERSKI, Robert	Lothian & B Police	3-50-30
1984	318 LICZNERSKI, Robert	Lothian & B Police	2-28-55
1979	320 LICZNERSKI, Robert	Lothian & B Police	2-48-44
1991	328 LICZNERSKI, Robert	Lothian & B Police	2-53-27
1977	180 LIDDELL, R	Mather College	2-07-56
1976	182 LIDDELL, R	U	2-01-52
1982	262 LIDDELL, Ralph	Mather College	2-10-13
1981	294 LIDDELL, Ralph	Mather College	2-03-28
1976	186 LIELTIE, F	Clydesdale	2-21-11
1996	338 LIFE, Alan	Clayton	1-52-40
1986	447 LIGHTBODY, J	Ferranti	2-15-06
1981	298 LIGHTBODY, John	Ferranti	2-16-03
1968	126 LIGHTFOOT, Richard P	Reading	2-03-22
1999	353 LINAHER, John	Pitreavie	2-21-27
2000	328 LINCOLN, Daren	Croft Ambrey RC	02-43-13
2003	257 LINDSAY, Dugald S	Oban AC	02-29-44
1987	1 LINDSAY, M	Carnethy	1-29-25
1985	2 LINDSAY, M S	Carnethy	1-33-17
1986	3 LINDSAY, M S	Carnethy	1-32-18
1983	4 LINDSAY, Michael S	Carnethy	1-38-59
1975	4 LINDSAY, W	Scottish Police College	2-07-45
1981	6 LINDSAY, William	Pitreavie	2-19-10
1988	8 LINTSCHINGER, J	Asvo Tamsweg (Germany)	1-59-56
1993	5 LIST, Roger	Amazing Feet	2-24-34
1991	7 LISTER, Kevin	Stroud	2-20-08
1992	10 LISTER, Kevin	Stroud	2-01-22
1979	8 LISTON, Nigel	U	3-13-48
1981	13 LISTON, Nigel W	Edinburgh Southern	2-41-00
1986	17 LITHGOW, D	Penicuik YMCA	2-11-48

1966	4 LITTLE, Derek	U	2-18-19
1989	10 LITTLE, G	Bingley	2-00-59
1988	20 LITTLE, G	Bingley	2-14-56
1979	14 LITTLE, John	East Kilbride	2-28-58
1970	6 LITTLE, Martin	Edinburgh Southern O	2-09-43
1968	8 LITTLE, Martin	Edinburgh Southern	2-17-34
1969	9 LITTLE, Martin	Edinburgh Southern	2-14-02
1973	10 LITTLE, Martin	Edinburgh Southern	2-05-18
1989	13 LITTLE, S	Bingley	1-57-31
1990	17 LITTLE, S	Bingley	1-59-06
1988	26 LITTLE, S	Bingley	1-59-29
1979	23 LITTLE, William	East Kilbride	1-59-50
1975	11 LITTLER, J	West Midlands Police	2-12-39
1976	14 LITTLER, J	West Midlands Police	2-31-18
1977	15 LITTLEWOOD, P	East Cheshire	2-09-41
1982	13 LITTLEWOOD, Philip	East Cheshire	2-08-39
1997	26 LITTLEWOOD, Stephen W	Hereford	2-06-06
1986	30 LIVESEY, D	Dark Peak	1-56-20
1985	23 LIVESEY, P	FRA	2-05-35
1982	15 LIVESEY, Shaun	Clayton	1-39-05
1983	17 LIVESEY, Shaun	Clayton	1-26-21
1968	16 LIVESY, Paul	Clayton	2-12-29
1999	46 LIVINGSTON, Graeme	U	2-26-27
1984	26 LIVINGSTONE, Ian	U	2-46-47
1981	26 LLEWELLYN, John A	Lancaster & M	1-58-15
1979	39 LLEWELLYN, L	Civil Service	3-04-02
1998	42 LLOYD, Derek	Lochaber	2-04-52
1999	51 LLOYD, Derek A	Lochaber	2-11-58
1984	32 LLOYD, Geraint	Northern Veterans	2-04-34
1996	40 LLOYD, Sheila M	Eryri	3-43-18
1992	41 LLOYD, Sheila M	Eryri	2-44-18
1999	53 LLOYD-HUGHES, Wynfor	Eryri	2-28-18
1998	48 LLOYDS, Simon	Eden	2-16-29
1999	55 LLOYDS, Simon	Eden	2-17-17
1985	43 LOCKWOOD, R M	U	2-15-34
1987	42 LOFTHOUSE, T	Bingley	1-39-33

1985	49 LOFTHOUSE, T	Bingley	1-51-59
1986	56 LOFTHOUSE, T	Bingley	1-45-58
1991	45 LOFTHOUSE, Tim	Bingley	1-42-19
1992	47 LOFTHOUSE, Tim	Bingley	1-39-11
1982	26 LOFTUS, F J	Horwich	1-36-04
1983	27 LOFTUS, F J	Horwich	1-34-57
1984	43 LOFTUS, F J	Horwich	1-50-28
1985	54 LOFTUS, F J	Horwich	1-37-54
1986	62 LOFTUS, F J	Horwich	1-38-52
1975	23 LOFTUS, J	Manchester	2-59-29
1981	36 LOFTUS, Paul	Keswick	1-38-31
1996	58 LOGAN, Tony	Lancaster & M	2-28-54
1997	61 LOGAN, Tony	Lancaster & M	2-12-03
2002	289 LOGAN, Tony	Lancaster & Morecambe AC	02-39-02
1967	101 LOGIE, Moir	Springburn	2-19-25
1985	346 LOMAX, H	East Cheshire	2-57-12
1986	384 LOMAX, H	Northern Veterans	2-57-34
1987	337 LONG, D	U	2-48-22
1993	268 LONG, Steve	South Midlands	2-01-20
1968	103 LONGFIELD, Peter S	Bramley	2-08-02
1985	351 LONGFORD, I	Law	2-20-18
1989	287 LONGMORE, R	Annan	1-48-18
1985	357 LONGMORE, R S	Annan	1-52-57
2003	149 LORD, Chris	Salford Harriers	02-09-36
1987	172 LORD, D	Kintyre	1-47-36
1986	199 LORD, D	Kintyre	1-49-01
1983	106 LORD, David	Morpeth	1-45-45
1986	202 LORD, L M	Clayton	2-00-40
1990	143 LORIMER, Alistair W	Duns	2-02-08
1979	138 LOUGHRAN, John J	Gosforth	2-01-06
1988	180 LOVE, C	Dundee	2-03-03
2003	191 LOVE, Charles	Dundee Hawkhill	02-18-06
1993	173 LOVE, Charles S	Dundee	1-56-23
1998	177 LOVE, Charles S	Dundee	2-02-20
1997	188 LOVE, Charles S	Dundee	2-03-43
1995	195 LOVE, Charles S	Dundee	1-58-53

2002	76 LOVE, Charles Sharp	Dundee Hawkhill Harriers	02-01-47
2001	142 LOVE, Charles Sharp	Dundee Hawkhill Harriers	02-10-46
1994	76 LOVE, Charlie	Dundee	2-02-24
2000	80 LOVE, Charlie	Dundee Hawkhill Harriers	02-01-56
1996	83 LOVE, Charlie	Dundee	2-05-45
1999	95 LOVE, Charlie	Dundee	2-03-12
1996	86 LOVE, Craig J	Dundee	2-02-24
1981	55 LOVE, Richard	Edinburgh	1-52-05
1976	44 LOVEDAY, B	NAC	2-12-31
1981	57 LOVEJOY, Kenneth	Vauxhall	2-04-16
1979	76 LOVERIDGE, John W	U	3-17-03
1985	93 LOW, P	Fife	1-49-30
1984	68 LOW, Peter C	Fife	1-56-29
1985	95 LOWE, F R	Glossop	1-48-23
1966	19 LOWES, Andrew A	Lochaber	1-56-59
1974	30 LOWREY, J	RAF Lossiemouth	2-12-35
1973	34 LOWREY, Jim	RAF Lossiemouth	2-14-27
1983	61 LOWRIE, William	Irvine	1-51-03
1983	63 LOWRIE, William	Irvine	1-56-47
1976	48 LOXHAM, J	Clayton	1-52-03
1988	103 LUCAS, D	Rochdale	2-09-25
1986	119 LUCAS, D F	Rochdale	2-02-50
1985	101 LUCKETT, S	Durham Uni	1-56-22
1983	67 LUCKING, Mike	Nottingham	1-46-03
1986	122 LYON, R	U	2-34-44
2001	79 MACAFFER, Menzies	Royal Navy AC	01-59-46
1987	76 MACALLISTER, W H	Lochaber	3-03-12
1968	26 MACANDREW, Ron	Reading	1-52-12
2002	157 MACANINCH, Cal	London Heathside AC	02-14-13
1971	62 MACARTHUR, Alan	Royal Marine Res	2-35-58
1987	179 MACARTHUR, P	Cheshire Fire	2-04-25
1985	175 MACARTNEY, J	HM Forces	2-39-38
1969	50 MACAULEY, Charles G	Aberdeen Uni	2-14-07
1974	58 MACAUSLAND, M	Inverness	2-28-38
1976	88 MACAVOY, Eugene	Lochaber	1-45-35
2001	118 MACBEATH, Niall Alisdair	Lochaber AC	02-06-41

2002	126	MACBEATH, Niall Alisdair	Lochaber AC	02-09-35
2003	109	MacBEATH, Niall A	Lochaber Athletic Club	02-03-20
1988	122	MACCOLL, D	U	1-53-25
1968	34	MACCONNELL, John	Lochaber	2-21-53
1967	36	MACCONNELL, John	U	2-30-34
1976	58	MACCUTCHEON, M	West Midlands Police	2-21-22
2003	335	MacDERMID, Lisa	Highland Hill Runners	02-47-02
2003	266	MacDIARMID, Arlene	Lochaber Athletic Club	02-31-35
1968	91	MACDONALD, Alister	Maryhill	2-13-31
1994	237	MACDONALD, Bill	Bruce Triathlon	2-53-53
1995	283	MACDONALD, Bill	Bruce Triathlon	2-52-01
1989	262	MACDONALD, D	Lochaber	2-14-11
1989	266	MACDONALD, D	Black Isle	2-49-14
1987	319	MACDONALD, D	Black Isle	2-24-25
1985	321	MACDONALD, D	Lochaber	1-59-06
1988	325	MACDONALD, D	Lochaber	2-25-13
1988	328	MACDONALD, D	Black Isle	2-50-12
1986	365	MACDONALD, D	Lochaber	2-03-15
1985	330	MACDONALD, D C	Black Isle	2-24-26
1986	371	MACDONALD, D C	Black Isle	2-28-49
1981	235	MACDONALD, David	Scottish Police College	2-42-29
1998	265	MACDONALD, David	Lochaber	2-13-56
2000	255	MACDONALD, Deborah J	Hunter's Bog Trotters	02-28-29
2001	264	MACDONALD, Deborah J	Hunter's Bog Trotters	02-33-08
1997	280	MACDONALD, Deborah J	Hunter's	2-24-33
1991	251	MACDONALD, Dugie	Lochaber	2-11-47
1983	201	MACDONALD, Duncan	Lochaber	1-51-43
1981	217	MACDONALD, Duncan	U	1-52-40
1993	246	MACDONALD, Duncan	Lochaber	2-09-37
1984	261	MACDONALD, Duncan	Lochaber	2-04-27
1991	264	MACDONALD, Duncan	Lochaber	2-28-32
1996	270	MACDONALD, Duncan	Lochaber	2-15-57
1995	285	MACDONALD, Duncan	Lochaber	2-09-59
1982	202	MACDONALD, Duncan C	Ross-shire	2-23-30
1981	228	MACDONALD, Duncan C	Ross-shire	2-22-08
1979	260	MACDONALD, Duncan C	Ross-shire	2-47-45

1990	263	MACDONALD, Duncan C	Black Isle	2-35-34
1991	268	MACDONALD, Duncan C	Black Isle	2-59-10
1997	278	MACDONALD, Duncan C	Black Isle	3-31-24
1995	292	MACDONALD, Duncan C	Black Isle	3-11-08
1989	272	MACDONALD, I	Black Isle	2-12-41
1991	124	MACDONALD, Iain	Black Isle	2-14-26
1990	126	MACDONALD, Iain	Black Isle	2-15-51
1997	126	MACDONALD, Iain	Black Isle	2-07-10
1995	127	MACDONALD, Iain	Black Isle	2-07-13
2002	127	MACDONALD, Iain	Highland Hill Runners	02-09-39
1991	128	MACDONALD, Iain	Lochaber	3-27-29
2001	129	MACDONALD, Iain	Highland Hill Runners	02-08-28
1994	244	MACDONALD, Iain	Highland	1-54-41
1993	258	MACDONALD, Iain	Black Isle	1-57-13
1992	271	MACDONALD, Iain	Black Isle	1-55-48
1998	272	MACDONALD, Iain	Highland	2-03-50
1999	297	MACDONALD, Iain	Highland	1-58-49
1987	148	MACDONALD, J	Lochaber	2-17-47
1997	136	MACDONALD, James	Lochaber	2-37-01
1987	152	MACDONALD, K	U	2-07-36
1981	103	MACDONALD, Kenneth	Lothian & B Police	2-36-36
1984	120	MACDONALD, Kenneth J	U	2-08-25
1971	53	MACDONALD, Neil	Lochaber	2-02-48
2002	239	MACDONALD, Nicky	Lochaber AC	02-29-18
2001	307	MACDONALD, Nicky	Lochaber AC	02-41-08
2000	321	MACDONALD, Nicky	Lochaber AC	02-42-38
1967	112	MACDONALD, R A	Maryhill	3-00-03
1968	115	MACDONALD, Ronald A	Maryhill	3-04-04
1969	127	MACDONALD, Ronald A	Maryhill	3-16-43
1988	376	MACDONALD, S	Bolton	2-28-41
1987	379	MACDONALD, T	Bingley	1-48-00
1982	246	MACDONALD, Thomas F	Bingley	1-45-11
1983	250	MACDONALD, Thomas F	Bingley	1-41-25
1984	309	MACDONALD, Thomas F	Bingley	1-44-13
1966	99	MACDONALD, W J	U	2-09-02
1981	280	MACDONALD, William J	Lochaber	2-20-33

2003	163 MacDONALD, Iain	Highland Hill Runners	02-12-21
2003	297 MacDONALD, Nicky	Lochaber Athletic Club	02-36-35
1989	289 MACFADYEN, D	Barr & S	2-37-40
1987	350 MACFADYEN, D	Barr & S	2-17-07
1999	311 MACFARLANE, Douglas	Lochaber	2-39-55
1968	106 MACFARLANE, Ian B	Ealing & S	2-02-28
1977	1 MACGEE, Alan	Keswick	1-29-56
1975	2 MACGEE, C	West Midlands Police	2-33-57
2001	154 MACGILLIVRAY, A	Lochaber AC	02-12-22
2000	148 MACGILLIVRAY, Andrew	Lochaber AC	02-11-37
1999	166 MACGILLIVRAY, Andrew	Lochaber	2-40-42
1987	171 MACGILLIVRAY, D	Lochaber	1-38-59
1985	172 MACGILLIVRAY, D	U	2-00-09
1988	176 MACGILLIVRAY, D	Lochaber	1-54-43
1986	197 MACGILLIVRAY, D	Lochaber	1-38-01
2002	94 MACGILLIVRAY, Jock	Lochaber AC	02-05-09
2003	123 MacGILLIVRAY, Jock	Lochaber Athletic Club	02-05-54
2001	218 MACGILLIVRAY, John	Lochaber AC	02-24-04
1987	245 MACGREGOR, G	U	2-10-10
1999	234 MACGREGOR, Keith	Clayton	2-03-10
1986	294 MACHAUGHTON, S	Inverness	2-00-26
1999	237 MACINA, Stefan	Eccleshill	1-45-56
1974	90 MACINTOSH, R	Lochaber	1-49-12
1969	82 MACINTOSH, Ronald H	U	2-04-05
1971	82 MACINTOSH, Ronald H	Lochaber	1-44-13
1969	85 MACINTOSH, William J	HMS Condor	2-56-39
2003	348 MacINTOSH, Willie	Nithsdale Running Club	02-51-06
1987	399 MACINTYRE, A	U	3-07-22
1984	331 MACINTYRE, Alex D	U	2-31-44
1987	401 MACINTYRE, I	Portsmouth	2-32-14
1986	452 MACINTYRE, I	Portsmouth	2-39-56
1992	326 MACINTYRE, Roddy	Clydesdale	1-51-40
1995	373 MACINTYRE, Roddy	Clydesdale	1-55-24
1976	189 MACIVER, E	Scottish Police College	2-03-33
1987	410 MACK, D	Jura	2-13-05
1987	411 MACKAY, A	Aberdeen	2-24-16

1994	304 MACKAY, Euan	Perth	1-53-06
1998	334 MACKAY, Euan	Ochil	1-54-12
1997	340 MACKAY, Euan	Ochil	1-47-05
1995	384 MACKAY, Euan	Perth	1-49-13
1996	358 MACKAY, Euan G	Ochil	1-52-47
1997	349 MACKAY, James	Lochaber	2-09-42
1981	310 MACKAY, Keith J	Clayton	1-52-03
1981	313 MACKAY, P S	Leeds Poly	2-19-23
1979	333 MACKAY, P S	Leeds Poly	2-29-13
1989	366 MACKAY, T	Dark Peak	2-07-17
1997	27 MACKELLAIG, Iain	Lochaber	1-56-27
2000	30 MACKELLAIG, Iain	Lochaber AC	01-49-55
1998	36 MACKELLAIG, Iain	Lochaber	2-10-03
1999	41 MACKELLAIG, Iain	Lochaber	2-01-30
1968	15 MACKENNA, Ian	Beith	2-15-29
1976	19 MACKENNA, S	West Yorks Police	2-42-34
1983	21 MACKENZIE, A D	U	1-49-10
1985	33 MACKENZIE, A D	Inverness	1-53-05
1986	39 MACKENZIE, A D	Inverness	1-46-56
1969	18 MACKENZIE, A J	Inverness	2-39-19
1984	30 MACKENZIE, Alasdair D	Inverness	1-51-58
1970	10 MACKENZIE, Alexander J	Inverness	2-38-20
1974	13 MACKENZIE, B	RAF Lossiemouth	2-00-24
1975	14 MACKENZIE, B	RAF Lossiemouth	1-50-03
1978	16 MACKENZIE, B	RAF Lossiemouth	1-48-36
1976	23 MACKENZIE, B	RAF Lossiemouth	1-50-28
1982	22 MACKENZIE, Brian	RAF	1-56-53
1981	29 MACKENZIE, Brian	RAF Moray	1-47-45
1979	44 MACKENZIE, Brian	RAF Lossiemouth	2-01-17
1968	20 MACKENZIE, Edmond	Maryhill	3-03-22
1967	15 MACKENZIE, Edmund	Maryhill	2-33-24
1996	44 MACKENZIE, Iain	Deeside	2-33-11
2003	285 MACKENZIE, Iain	Deeside Runners	02-33-55
1987	333 MACKENZIE, J	U	3-01-56
1988	336 MACKENZIE, N	15th Para	2-39-31
1988	338 MACKAY, T	Dark Peak	2-21-57

2002	245	MACKEY, Tim	Dark Peak Fell Runners	02-30-01
1996	250	MACKEY, Tim	Dark Peak	3-00-30
1991	279	MACKEY, Tim	Dark Peak	2-26-29
2003	174	MACKEY, Tim	Dark Peak Fellrunners	02-14-11
1987	199	MACKIE, A	Dunbar	1-56-41
1988	200	MACKIE, A	Carnethy	2-02-25
1985	205	MACKIE, A	Carnethy	2-00-29
1983	128	MACKIE, Alistair	Carnethy	1-51-53
1981	134	MACKIE, Alistair	Edinburgh Southern	1-50-53
1979	160	MACKIE, Alistair	Edinburgh Southern O	2-03-15
1992	162	MACKIE, Alistair	Carnethy	2-00-39
1991	167	MACKIE, Alistair	Carnethy	2-06-53
1990	173	MACKIE, Alistair	Carnethy	1-59-08
1995	184	MACKIE, Alistair	Carnethy	2-07-24
1987	209	MACKIE, D	Irvine	2-04-39
1988	214	MACKIE, D	Irvine	2-02-56
1986	241	MACKIE, D	Irvine	1-50-16
1985	215	MACKIE, D M	U	1-54-43
1972	57	MACKIE, James A	Stirling & C Police	2-57-37
1971	67	MACKIE, James A	Stirling & C	2-56-00
1987	212	MACKIE, P	Irvine	2-01-33
1988	222	MACKIE, P	Irvine	2-09-53
1991	178	MACKIE, Tom	Eryri	2-18-42
1981	147	MACKIE, William	Scottish Police College	3-01-06
1996	187	MACKINNON, Gordon J	Lochaber	1-54-23
2002	350	MACKINTOSH, Ian	Notts AC	03-14-14
1981	303	MACKINTOSH, Thomas	Scottish Police College	2-19-58
1983	275	MACKINTOSH, William	Irvine	2-00-41
1994	306	MACKINTOSH, William	Carnethy	2-36-06
1981	309	MACKINTOSH, William	Irvine	2-16-21
1993	314	MACKINTOSH, William	Carnethy	2-23-38
1992	329	MACKINTOSH, William	Carnethy	2-11-10
1984	334	MACKINTOSH, William	Irvine	2-04-57
1990	337	MACKINTOSH, William	Carnethy	2-05-55
1998	340	MACKINTOSH, William	Nithsdale	3-04-07
1991	349	MACKINTOSH, William	Carnethy	2-28-27

1997	351 MACKINTOSH, William	Nithsdale	2-33-25
1996	357 MACKINTOSH, William	Carnethy	2-40-08
1999	361 MACKINTOSH, William	Nithsdale	2-33-26
1995	380 MACKINTOSH, William	Carnethy	2-17-27
2001	284 MACKINTOSH, Willie	Nithsdale AC	02-36-12
2000	304 MACKINTOSH, Willie	Nithsdale AC	02-38-32
2002	342 MACKINTOSH, Willie	Nithsdale AC	03-03-33
2001	209 MACLACHLAN, Kevin	Lochaber AC	02-23-20
1992	190 MACLACHLAN, Malcolm	Livingston	2-09-46
1991	195 MACLACHLAN, Malcolm	Livingston	2-18-00
2003	301 MACLACHLAN, Malcolm	Carnethy HRC	02-37-27
1988	350 MACLAREN, A	U	2-17-13
1982	232 MACLARTY, Robert M	U	1-56-05
1981	252 MACLARTY, Robert M	RNAC Britannia	2-04-19
1994	262 MACLEAN, A	Lochaber	2-17-47
1989	302 MACLEAN, D	Lochaber	2-17-48
1988	356 MACLEAN, D	Lochaber	2-29-37
1987	360 MACLEAN, D	Lochaber	1-58-41
1986	410 MACLEAN, D	Lochaber	1-56-36
1969	118 MACLEAN, David L	Dundee	2-29-00
1990	290 MACLEAN, Donald	Lochaber	2-14-02
1968	109 MACLEAN, Enos	U	2-55-39
1969	121 MACLEAN, Enos	Dundee	3-16-48
2003	77 MacLEAN, Paul	Lochaber Athletic Club	01-59-01
1986	96 MACLENNAN, A	LDMC	2-08-58
1994	77 MACLENNAN, Alastair	Lochaber	2-04-27
1997	77 MACLENNAN, Alastair	Lochaber	1-38-16
1995	78 MACLENNAN, Alastair	Lochaber	1-50-39
1993	79 MACLENNAN, Alastair	Lochaber	2-09-13
1996	81 MACLENNAN, Alastair	Lochaber	1-51-21
1998	82 MACLENNAN, Alastair	Lochaber	1-51-24
1989	67 MACLEOD, A	Lothian & B Police	2-34-05
1987	83 MACLEOD, A	Lothian & B Police	2-18-22
1987	86 MACLEOD, A	Lochaber	2-24-03
1988	89 MACLEOD, A	Lothian & B Police	2-24-16
1988	96 MACLEOD, A	Lochaber	2-48-30

1986	108 MACLEOD, A	U	2-12-12
1985	96 MACLEOD, A W	Lothian & B Police	2-11-57
1986	111 MACLEOD, A W	Lothian & B Police	2-07-33
1998	63 MACLEOD, Andrew	Lochaber	2-04-17
2003	63 MacLEOD, Andrew	Lochaber Athletic Club	01-56-02
1997	95 MACLEOD, Andrew	Lochaber	1-49-37
1982	33 MACLEOD, Angus W	Lothian & B Police	2-21-13
1983	37 MACLEOD, Angus W	Lothian & B Police	2-17-24
1992	59 MACLEOD, Charles	Lomond	1-46-36
1982	36 MACLEOD, Donald	Lochaber	3-29-15
1981	46 MACLEOD, Donald	U	2-28-48
1979	59 MACLEOD, Donald	U	2-15-13
1979	62 MACLEOD, Donald	U	3-01-25
1998	74 MACLEOD, Jack	Inverness	2-35-34
1996	232 MACLEOD, Jack	Inverness	2-40-16
2000	232 MACLEOD, Jack	Highland Hill Runners	02-25-55
1999	251 MACLEOD, Jack	Highland	2-34-58
1993	260 MACLEOD, Jack	Inverness	2-35-37
2002	282 MACLEOD, Jack	Highland Hill Runners	02-37-34
1995	298 MACLEOD, Jack	Inverness	2-29-42
2001	323 MACLEOD, Jack	Highland Hill Runners	02-45-07
2002	167 MACLEOD, Jonathan	Lochaber AC	02-16-16
2001	173 MACLEOD, Jonathan	Lochaber AC	02-15-25
2003	192 MacLEOD, Jonathan	Lochaber Athletic Club	02-18-21
1999	203 MACLEOD, Malcolm	Lochaber	3-16-35
2000	82 MACLEOD, Murdo	Westerlands Cross Country	02-02-01
2002	97 MACLEOD, Murdo	Westerlands Cross Country	02-05-39
2003	100 MacLEOD, Murdo	Westerlands CCC	02-02-08
1998	106 MACLEOD, Murdo	Westerlands	2-10-33
2001	110 MACLEOD, Murdo	Westerlands Cross Country C	02-05-07
1999	111 MACLEOD, Murdo	Westerlands	2-03-39
1997	113 MACLEOD, Murdo	Westerlands	2-04-20
1995	109 MACLEOD, Murdo F	Westerlands	2-11-38
1985	114 MACLEOD, S C	Lochaber	1-37-35
1986	140 MACLEOD, S C	Aberdeen	1-40-32
1984	89 MACLEOD, Stephen	Lochaber	1-44-02

2002	104 MACLEOD, Stephen Alista	Lochaber AC	02-06-27
2000	53 MACLEOD, Stephen C	Westerlands Cross Country	01-54-58
1983	71 MACLEOD, Stephen C	Lochaber	1-38-22
1991	96 MACLEOD, Stephen C	Westerlands	1-45-38
1996	105 MACLEOD, Stephen C	Westerlands	1-47-12
1997	107 MACLEOD, Stephen C	Westerlands	1-45-44
1999	117 MACLEOD, Stephen C	Westerlands	1-50-46
2003	133 MACLEOD, Stephen C	Lochaber Athletic Club	02-07-12
1997	133 MACLEOD, Susan J	Lochaber	2-49-16
1976	69 MACMANUS, F	Penicuik	2-06-27
1974	47 MACMASTER, A	Ayrshire	1-56-35
1973	58 MACMASTER, A	Beith	1-54-46
1987	156 MACMILLAN, D	Lochaber	2-47-07
1988	170 MACMILLAN, D	Lochaber	3-07-19
1984	122 MACMILLAN, Donald	U	2-55-32
1974	53 MACMILLAN, I	Invicta	1-41-52
1973	62 MACMILLAN, I	Invicta	1-54-11
1976	75 MACMILLAN, I	Invicta	1-51-02
1969	43 MACMILLAN, Ian	Invicta	1-54-38
1968	44 MACMILLAN, Ian	Canterbury	1-59-17
1972	45 MACMILLAN, Ian	Invicta	1-53-33
1970	46 MACMILLAN, Ian	Invicta	1-45-40
1971	56 MACMILLAN, Ian	Invicta	1-41-10
1981	109 MACMILLAN, Ian	U	2-41-42
1987	173 MACMILLAN, J	Acharacle	2-19-56
1986	201 MACMILLAN, J	U	2-24-38
1982	96 MACMILLAN, Scott	Lochaber	1-48-11
1983	105 MACMILLAN, Scott	Lochaber	1-39-29
1988	179 MACMILLAN, T	U	2-31-21
1989	127 MACNAB, G	Lochaber	1-57-43
1987	177 MACNAB, Graham	Lochaber	1-57-25
1997	75 MACNAB, Graham S	Lochaber	2-00-44
2000	75 MACNAB, Graham S	Lochaber AC	02-00-08
1999	89 MACNAB, Graham S	Lochaber	2-01-30
1995	106 MACNAB, Graham S	Lochaber	2-07-03
2002	109 MACNAB, Graham S	Lochaber AC	02-07-32

1986	132 MacNAB, Graham S	U	1-51-43
1993	142 MACNAB, Graham S	Lochaber	1-55-23
1996	158 MACNAB, Graham S	Lochaber	2-02-33
1989	92 MACNAUGHTON, S	Black Isle	2-24-26
1985	113 MACNAUGHTON, S	Inverness	2-05-52
1987	116 MACNAUGHTON, S	Inverness	2-19-16
1988	128 MACNAUGHTON, S	Inverness	2-19-56
1979	103 MACNAUGHTON, S J	Inverness	2-20-54
1992	105 MACNAUGHTON, Sam	Black Isle	2-27-15
1982	72 MACNAUGHTON, Sam J	Inverness	1-59-49
1981	86 MACNAUGHTON, Sam J	Inverness	1-49-46
1984	99 MACNAUGHTON, Sam J	Inverness	1-58-47
1987	123 MACNEIL, Flora	Lochaber	2-29-12
1983	85 MACNEIL, Flora V	Lochaber	2-24-04
1990	111 MACNEIL, Flora V	Lochaber	3-06-45
1986	162 MACNEIL, Flora V	Lochaber	2-32-57
1995	119 MACNEIL, Joseph A	Lochaber	2-37-31
1974	44 MACNEIL, S	Clydesdale	1-54-26
1976	66 MACPHAIL, R	U	3-24-53
1975	47 MACPHAIL, W	Ayrshire	3-23-27
1976	67 MACPHAIL, W	U	2-50-04
1975	48 MACPHEE, D	Lochaber Rugby	2-29-53
1987	139 MACPHERSON, A	Lochaber	2-05-23
1988	158 MACPHERSON, A	Lochaber	1-56-06
1986	175 MACPHERSON, A	Lochaber	2-03-52
1998	133 MACPHERSON, Andrew	Lochaber	3-16-54
1989	113 MACPHERSON, B	Inverness	2-11-31
1990	129 MACPHERSON, B	Inverness	2-11-03
1987	153 MACPHERSON, B	Lochaber	2-11-09
1985	160 MACPHERSON, B	Lochaber	2-14-31
1986	185 MACPHERSON, B	Lochaber	2-11-50
1993	133 MACPHERSON, Bryan	Inverness	2-07-39
1994	139 MACPHERSON, Bryan	Inverness	2-09-09
2000	140 MACPHERSON, Bryan	Inverness Harriers	02-10-13
1992	143 MACPHERSON, Bryan	Inverness	2-08-32
1997	151 MACPHERSON, Bryan	Lochaber	2-11-57

2001	151 MACPHERSON, Bryan	Lochaber AC	02-12-03
1998	152 MACPHERSON, Bryan	Inverness	2-20-27
1995	157 MACPHERSON, Bryan	Lochaber	2-09-41
1999	170 MACPHERSON, Bryan	Lochaber	2-13-04
1988	178 MACPHERSON, Bryan	Lochaber	2-06-52
1984	187 MACPHERSON, Bryan	U	2-21-10
1991	190 MACPHERSON, Bryan	Inverness	2-36-17
1996	203 MACPHERSON, Bryan	Lochaber	2-29-10
2002	205 MACPHERSON, Bryan	Lochaber AC	02-23-42
1976	115 MACPHERSON, H	Lochaber	2-46-28
1976	116 MACPHERSON, J	Sparkhill	1-58-42
1974	82 MACPHERSON, J D	Sparkhill	1-59-14
1975	84 MACPHERSON, J D	Sparkhill	1-57-55
1977	108 MACPHERSON, J D	Sparkhill	2-00-02
1973	86 MACPHERSON, John D	Sparkhill	1-53-34
2002	288 MACPHERSON, Sheila	Lochaber AC	02-38-22
2003	225 MacPHERSON, Bryan	Lochaber Athletic Club	02-24-56
1987	256 MACPHIE, D	Central Region	2-08-18
1978	76 MACRAE, A	Lochaber	1-47-36
1975	90 MACRAE, A	Lochaber	1-38-57
1974	94 MACRAE, A	Lochaber	1-41-19
1976	128 MACRAE, A	Lochaber	1-52-45
1966	1 MACRAE, Alan	Lochaber	1-43-49
1973	2 MACRAE, Alan	Lochaber	1-43-59
1968	3 MACRAE, Allan	Lochaber	1-56-37
1971	3 MACRAE, Allan	Lochaber	1-35-05
1967	3 MACRAE, Allan W	Lochaber	2-20-18
1969	3 MACRAE, Allan W	Lochaber	1-45-43
1986	5 MACRAE, J	Lochaber	1-37-01
1985	6 MACRAE, J	Lochaber	1-51-04
1987	6 MACRAE, J	Lochaber	1-41-35
1989	6 MACRAE, J	Lochaber	1-49-52
1988	13 MACRAE, J	Lochaber	1-45-22
1997	14 MACRAE, John A	Lochaber	1-40-50
2000	20 MACRAE, John A	Lochaber AC	01-46-45
1994	23 MACRAE, John A	Lochaber	1-43-52

1993	27 MACRAE, John A	Lochaber	1-49-32
2003	28 MacRAE, John A	Lochaber Athletic Club	01-46-30
2002	30 MACRAE, John A	Lochaber AC	01-51-58
1998	35 MACRAE, John A	Lochaber	1-57-12
1999	38 MACRAE, John A	Lochaber	1-49-18
1984	40 MACRAE, John A	U	1-59-22
1992	48 MACRAE, John A	Lochaber	1-54-26
1996	50 MACRAE, John A	Lochaber	2-20-44
2001	54 MACRAE, John A	Lochaber AC	01-54-20
1976	27 MACSKELLY, K	RAF Lossiemouth	2-03-59
2003	331 MacSWEEN, Alasdair	Skye & Lochalsh	02-44-38
1995	353 MACTAVISH, Colin	Lochaber	2-08-54
1976	177 MADDEN, J	Loughton	2-10-31
1991	323 MADDEN, Richard	Manchester YMCA	2-26-34
1992	316 MADDOX, David	Denby Dale	2-49-53
1989	338 MAGAR, R	1/2 Gurkha	1-53-24
1983	262 MAHER, Brian	Aberdeen	1-51-40
1984	317 MAHER, Brian	Aberdeen	1-51-40
1967	116 MAHON, James	Maryhill	2-48-12
1970	125 MAHON, James	Maryhill	2-29-48
1969	134 MAHON, James	Maryhill	2-37-37
1988	397 MAIN, G	Nairn	2-33-02
1994	294 MAIR, James	Carnethy	2-07-05
1992	319 MAIR, James	Carnethy	2-01-18
1991	330 MAIR, James	Carnethy	2-05-45
1993	306 MAITLAND, George	Lochaber	2-05-47
1992	321 MAITLAND, George	Lochaber	2-04-25
1991	338 MAITLAND, George	Lochaber	2-36-16
1989	350 MAITLAND, J	Lochaber	1-42-47
1988	401 MAITLAND, J	Lochaber	1-40-25
1991	343 MAITLAND, John	Lochaber	2-06-15
1993	56 MAITLAND, John R	Lochaber	1-57-29
1995	63 MAITLAND, John R	Lochaber	1-54-54
2000	64 MAITLAND, John R	Lochaber AC	01-58-10
1998	66 MAITLAND, John R	Lochaber	2-04-02
1982	270 MAITLAND, John R	Aberdeen	1-35-40

1983	276 MAITLAND, John R	Aberdeen	1-27-28
1981	305 MAITLAND, John R	Aberdeen Uni	1-32-33
1994	305 MAITLAND, John R	Lochaber	1-50-52
1992	332 MAITLAND, John R	Lochaber	1-43-26
1984	333 MAITLAND, John R	Aberdeen	1-26-06
1990	342 MAITLAND, John R	Lochaber	1-39-17
1991	348 MAITLAND, John R	Lochaber	1-45-59
1997	348 MAITLAND, John R	Lochaber	1-55-36
1996	355 MAITLAND, John R	Lochaber	1-58-06
1999	360 MAITLAND, John R	Lochaber	1-49-35
1985	403 MAITLAND, John R	Aberdeen	1-28-27
2002	41 MAITLAND, John Robert	Lochaber AC	01-54-09
2001	44 MAITLAND, John Robert	Lochaber AC	01-52-13
2003	51 MAITLAND, John R	Lochaber Athletic Club	01-53-21
1979	48 MAKIN, David C	Bingley	1-54-29
1975	18 MAKIN, J	Durham	1-51-23
1973	24 MAKIN, John	Gruntfuttock Fertlers	2-05-45
1986	60 MAKINSON, J	Clayton	2-23-33
1988	62 MAKINSON, Judith	Clayton	2-50-10
1989	39 MAKINSON, Judy	Clayton	2-22-35
1988	63 MAKINSON, K	Clayton	1-59-24
1986	66 MAKINSON, K	Clayton	1-50-11
1992	53 MAKINSON, Keith	Clayton	2-00-07
1991	56 MAKINSON, Keith H	Clayton	2-32-46
1986	72 MALCOLMSON, W	Irvine	2-43-29
1985	59 MALCOLMSON, W J	Irvine	2-10-59
1983	33 MALCOLMSON, William	U	2-02-03
1984	45 MALCOLMSON, William	Irvine	2-16-15
1981	42 MALLEY, Andrew I	Clydeside O	1-48-58
1981	43 MALLEY, Roy	Lanchester O	2-32-18
1983	40 MANETTA, Christopher	Thames Valley Police	1-46-32
1995	67 MANN, Jon	Dundee	2-31-41
1989	52 MANN, L	Belgrave	2-18-33
1974	22 MANNING, E	Wirral	2-05-24
1977	33 MANNING, E	Clayton	2-01-06
1976	35 MANNING, E	Clayton	2-21-28

1979	63 MANNING, Eddie	Clayton	2-07-51
1974	25 MANNING, H C	Clayton	2-06-50
1973	29 MANNING, Harry C	Clayton	2-13-46
1979	65 MANNING, Harry C	Clayton	2-12-30
1971	28 MANNING, Paul G	Plymouth	2-44-27
1988	87 MANNION, C	U	2-26-02
2000	150 MANNION, Martin	Boxhill Racers	02-11-52
1971	60 MANSON, William	Caithness	2-44-43
1995	153 MAPP, Barrie	Preston	2-21-22
1981	112 MARCINKIEWICZ, Victor	Burnley	2-06-50
1994	140 MARKS, Graeme	Cosmic	2-20-35
2000	152 MARKS, Graeme	Cosmic Hillbashers	02-12-24
1987	175 MARSH, A	Burnley	2-48-23
1991	144 MARSH, David C	Fife	3-07-17
1989	129 MARSH, J	Teviotdale	1-59-38
1987	176 MARSH, J	Teviotdale	1-42-46
1988	181 MARSH, J	Teviotdale	1-49-07
1975	62 MARSH, John P	Teviotdale	1-51-38
1977	76 MARSH, John P	Teviotdale	1-47-44
1976	96 MARSH, John P	Teviotdale	2-05-51
1982	115 MARSH, John P	Teviotdale	2-02-59
1983	115 MARSH, John P	Teviotdale	1-42-39
1981	117 MARSH, John P	Teviotdale	1-44-13
2001	135 MARSH, John P	Teviotdale Harriers	02-09-44
1984	141 MARSH, John P	Teviotdale	1-46-28
1997	142 MARSH, John P	Teviotdale	2-09-23
2002	145 MARSH, John P	Teviotdale Harriers	02-12-14
1994	149 MARSH, John P	Teviotdale	1-59-40
1992	152 MARSH, John P	Teviotdale	1-57-23
1993	152 MARSH, John P	Teviotdale	2-07-00
1990	155 MARSH, John P	Teviotdale	1-50-26
2000	156 MARSH, John P	Teviotdale Harriers	02-12-59
1991	157 MARSH, John P	Teviotdale	2-02-44
1996	157 MARSH, John P	Teviotdale	2-54-34
1998	159 MARSH, John P	Teviotdale	2-01-08
1995	169 MARSH, John P	Teviotdale	1-58-53

1999	179 MARSH, John P	Clayton	1-56-35
1985	182 MARSH, John P	Teviotdale	1-44-42
1986	217 MARSH, John P	Teviotdale	1-44-31
1979	139 MARSH, Terence J	Wigan	2-27-38
2003	189 MARSH, John	Teviotdale Harriers	02-17-23
1987	211 MARSHALL, B	Helensburgh	2-11-07
1994	175 MARSHALL, Brian	Haddington	1-39-06
1995	192 MARSHALL, Brian	Haddington	1-40-25
1998	180 MARSHALL, Ian	Cambridge	2-31-51
1996	186 MARSHALL, Ian	Cambridge	2-24-05
1999	204 MARSHALL, Ian	Cambridge	2-17-48
2000	226 MARSHALL, Ian	Cambridge Harriers	02-24-32
1997	238 MARSHALL, Ian	Cambridge	2-24-47
2001	242 MARSHALL, Ian	Cambridge Harriers	02-29-15
1995	253 MARSHALL, Ian	Cambridge	2-23-51
1991	231 MARSHALL, Jim	Caithness	2-25-49
2003	261 MARSHALL, Laura	Lochaber Athletic Club	02-30-47
1989	251 MARSHALL, P	Haddington	1-37-33
1998	270 MARSHALL, Peter	Todmorden	2-51-39
2001	277 MARSHALL, Peter	Todmorden Harriers & AC	02-35-29
2000	280 MARSHALL, Peter	Todmorden Harriers & AC	02-33-21
1997	282 MARSHALL, Peter	Todmorden	2-34-10
1999	296 MARSHALL, Peter	Todmorden	2-39-55
1989	278 MARSHALL, S	Clayton	1-53-22
1997	285 MARSHALL, Steven	NACCO	2-40-40
1992	275 MARSHALL, Stuart	Clayton	2-10-08
1991	278 MARSHALL, Stuart	Clayton	2-09-37
1972	87 MARSTRAND, John	Lochaber	1-52-08
1978	96 MARSTRAND, John	Lochaber	1-53-31
1968	102 MARSTRAND, John	Lochaber	1-53-27
1971	105 MARSTRAND, John	Lochaber	1-45-21
1970	106 MARSTRAND, John	Lochaber	1-55-18
1969	114 MARSTRAND, John	Lochaber	1-58-48
1973	122 MARSTRAND, John	Lochaber	1-48-22
1975	136 MARSTRAND, John	Lochaber	1-50-17
1976	163 MARSTRAND, John	Lochaber	2-05-05

1987	345 MARSTRAND, John	Lochaber	1-59-27
1985	358 MARSTRAND, John	Lochaber	1-57-12
1966	89 MARSTRAND, John M	Lochaber	1-59-06
1974	142 MARSTRAND, John M	Lochaber	1-53-30
1977	157 MARSTRAND, John M	Lochaber	1-55-33
1982	228 MARSTRAND, John M	Lochaber	1-49-33
1983	234 MARSTRAND, John M	Lochaber	1-48-54
1981	250 MARSTRAND, John M	Lochaber	1-50-16
1984	288 MARSTRAND, John M	Lochaber	1-54-15
1979	289 MARSTRAND, John M	Lochaber	2-06-27
1986	409 MARSTRAND, John M	Lochaber	1-54-44
1997	302 MARTIN, Brian	Mynyddwyr	2-16-43
1977	162 MARTIN, C R	Dumbarton	1-57-01
2002	175 MARTIN, Chris	Loughton AC	02-17-42
1977	85 MARTIN, H J	Dumbarton	2-02-03
1973	68 MARTIN, Harry J	Dumbarton	1-58-37
1981	137 MARTIN, Harry J	Dumbarton	2-20-58
1979	159 MARTIN, Harry J	Dumbarton	2-00-19
1967	57 MARTIN, Ian	RAF Leconfield	2-57-28
1979	162 MARTIN, John R	U	1-57-56
1992	163 MARTIN, Katherine	Altrincham	2-11-28
1995	181 MARTIN, Neil H	Lomond	1-39-55
1989	158 MARTIN, P	Bolton	1-42-31
1988	213 MARTIN, P	Bolton	1-47-52
1987	207 MARTIN, P	Bolton	1-42-28
1985	216 MARTIN, P D	Bolton	2-06-38
1986	243 MARTIN, P D	Bolton	1-47-30
1986	249 MARTIN, P E	Portsmouth	2-29-36
2000	126 MARTIN, Paul	Bolton United Harriers	02-08-40
2001	139 MARTIN, Paul	Bolton United Harriers & AC	02-10-30
1996	140 MARTIN, Paul	Bolton	2-23-28
1993	172 MARTIN, Paul	Bolton	1-53-23
1992	173 MARTIN, Paul	Bolton	1-49-20
1994	174 MARTIN, Paul	Bolton	1-46-39
1990	181 MARTIN, Paul	Bolton	1-46-58
1998	182 MARTIN, Paul	Bolton	2-09-50

1991	183 MARTIN, Paul	Bolton	1-59-47
1997	186 MARTIN, Paul	Bolton	1-51-50
1995	191 MARTIN, Paul	Bolton	1-47-16
1999	206 MARTIN, Paul	Bolton	1-59-19
2000	363 MARTIN, Phil	Portsmouth Joggers	03-02-52
1987	418 MARTIN, R	U	3-31-52
1986	461 MARTIN, S L	RNAC	2-01-16
1995	388 MARTIN, Stuart C	Lomond	1-53-25
1985	417 MARTIN, T J	Clayton	2-07-59
1986	464 MARTIN, T J	Clayton	2-02-21
1975	164 MASHITER, G	RAF Lossiemouth	2-03-35
1976	201 MASITER, D	RAF Lossiemouth	1-59-09
1975	166 MASKELL, J	Walthamstow	2-23-54
1985	421 MASKELL, W	Loughton	2-29-13
1977	195 MASON, G	Barrow	1-52-43
1976	203 MASON, G	Barrow	1-53-23
1996	369 MASON, Peter S	Halifax	2-52-18
1999	370 MASON, Peter S	Todmorden	2-45-53
2001	6 MASON, Ted	Wharfedale Harriers	01-36-27
2002	13 MASON, Ted	Wharfedale Harriers	01-42-54
2003	32 MASON, Ted	Wharfedale Harriers	01-48-33
1992	31 MASSER, Keith	Rosendale	1-52-23
1988	36 MASSIE, A	U	2-47-34
1990	27 MASSIE, Alan	Lochaber	2-21-42
1991	30 MASSIE, Alan	Lochaber	2-38-15
1978	15 MATHER, J	Greenock	1-56-46
1976	21 MATHER, J	IBM	2-15-29
1977	20 MATHER, J S	IBM	2-00-31
1967	10 MATHER, James	Greenock	2-52-24
1982	21 MATHER, James S	Lochaber	1-53-01
1983	24 MATHER, James S	Lochaber	1-50-39
1981	27 MATHER, James S	Lochaber	1-47-18
1979	42 MATHER, James S	Greenock	2-05-59
1985	40 MATHER, Jim	Lochaber	2-03-59
1991	38 MATHER, Karl D	Clayton	2-19-35
2002	188 MATHESON, Ian F	Thames Valley Harriers	02-19-50

2001	153	MATHESON, John	Lochaber AC	02-12-17
1998	154	MATHESON, John	Lochaber	2-23-27
2000	155	MATHESON, John	Lochaber AC	02-12-56
1999	200	MATHESON, John	Lochaber	2-06-19
1976	86	MATTHEWS, G	Guildford	2-37-09
1979	140	MATTHEWS, M G	Guildford	2-42-10
1985	174	MATTHEWS, N	Horwich	1-46-21
1983	113	MATTHEWS, Norman M	Horwich	1-44-37
1981	115	MATTHEWS, Norman M	Horwich	1-43-05
1984	138	MATTHEWS, Norman M	Horwich	1-43-30
1967	50	MATTHEWS, Richard C	Trowbridge	2-30-02
1972	51	MATTHEWS, Stuart G	Bexhill	2-11-46
1973	66	MATTHEWS, Stuart G	Bexhill	2-05-03
2001	78	MATTHEWSON, Alastair	Hunter's Bog Trotters	01-59-43
1970	23	MAUGHAM, Kenneth	Burn	2-21-40
1996	79	MAUGHAN, Doug	Ochil	2-27-49
1996	82	MAWHIRT, Paul	Newcastle	1-57-05
1989	65	MAXWELL, J	Carnethy	2-05-11
1987	78	MAXWELL, J	Carnethy	2-04-31
1988	88	MAXWELL, J	Carnethy	2-21-08
1986	105	MAXWELL, J	U	2-01-39
1991	79	MAXWELL, Jack	Carnethy	2-14-05
1992	77	MAXWELL, John A	Carnethy	2-21-44
1993	83	MAXWELL, John A	Carnethy	2-24-34
1982	54	MAY, Bernard J	West Midlands Police	2-11-08
1981	61	MAY, Bernard J	West Midlands Police	2-09-35
1985	97	MAYBANKS, S	HM Forces	2-18-24
1995	84	MAYCRAFT, Anthony	Loughton	2-07-52
1994	92	MAYCRAFT, Anthony	Loughton	2-15-14
2003	340	MAYCRAFT, Tony	Loughton AC	02-49-16
1970	126	MAYOR, Kenneth	Bolton	1-54-45
1972	106	MAYOR, Kenneth L	Bolton	1-57-10
1971	127	MAYOR, Kenneth L	Bolton	1-44-21
1973	155	MAYOR, Kenneth L	Bolton	1-58-40
1991	333	McALINDEN, G	Newcastle	3-25-35
1988	400	McALINDEN, G	Newcastle	3-16-06

1991	337	McALINDEN, Micky	Newcastle	2-43-38
1991	339	McALLISTER, Billy	Lochaber	3-16-13
2000	382	McALLISTER, Billy	Lochaber AC	03-48-12
1996	376	McALLISTER, Kenneth	Lochaber	2-25-43
1995	403	McALLISTER, Kenneth	Lochaber	2-25-15
1994	325	McALLISTER, Kenny	Lochaber	2-08-38
1992	346	McALLISTER, Kenny	Lochaber	1-57-29
1989	384	McALLISTER, W	Lochaber	3-03-32
1988	442	McALLISTER, W	Lochaber	3-22-39
1985	433	McALLISTER, W H	Lochaber	2-57-30
1986	478	McALLISTER, W H	Lochaber	2-53-54
1990	384	McALLISTER, William	Lochaber	3-03-15
1994	327	McALLISTER, William H	Lochaber	3-03-55
1993	340	McALLISTER, William H	Lochaber	3-26-22
1995	407	McALLISTER, William H	Lochaber	2-57-08
1991	139	McANDREW, Colin	Lochaber	2-12-56
2003	150	McANDREW, Colin	Lochaber Athletic Club	02-09-47
1992	116	McANDREW, Colin N	Lochaber	2-05-33
1990	118	McANDREW, Colin N	Highlands & I Fire	2-08-31
1995	118	McANDREW, Colin N	Lochaber	2-11-03
2000	122	McANDREW, Colin N	Fort William Fire Brigade	02-07-51
1998	125	McANDREW, Colin N	Lochaber	2-17-07
1993	140	McANDREW, Colin N	Lochaber	2-03-50
1997	147	McANDREW, Colin N	Lochaber	1-58-18
1999	168	McANDREW, Colin N	Fort William Fire	2-00-29
2002	122	McANDREW, Colin Nisbet	Lochaber AC	02-09-05
2001	162	McANDREW, Colin Nisbet	Fort William Fire Brigade	02-14-13
1986	210	McARTHUR, P D	Cheshire Fire	1-54-49
1990	150	McARTHUR, Peter	Cheshire Fire	2-13-02
1991	150	McARTHUR, Peter	Cheshire Fire	2-09-33
1982	106	McARTHUR, Peter D	Cheshire Fire	2-09-19
1983	118	McARTHUR, Peter D	Cheshire Fire	2-02-33
1981	127	McARTHUR, Peter D	Cheshire Fire	2-08-55
1984	142	McARTHUR, Peter D	Cheshire Fire	1-58-08
1987	193	McBRIER, J	U	3-02-46
2002	58	McBURNEY, Brian	Newcastle AC	01-57-50

2001	73	McBURNEY, Brian	Newcastle & District AC	01-57-43
2003	80	McBURNEY, Brian	Newcastle AC	01-59-45
1996	85	McBURNEY, Brian	Newcastle	2-16-41
1998	86	McBURNEY, Brian	Newcastle	2-09-47
1999	93	McBURNEY, Brian	Newcastle	2-01-00
1971	29	McCALLUM, John	Royal Marine Res	2-11-07
1994	81	McCANN, M G	Clayton	2-08-41
1995	79	McCANN, Michael G	Clayton	2-08-22
1991	81	McCANN, Michael G	Clayton	2-32-58
1987	87	McCARTNEY, J	HM Forces	2-29-34
1988	94	McCARTNEY, J	U	2-37-34
1982	57	McCARTNEY, James	U	2-41-01
1983	57	McCARTNEY, James	Greenock	1-51-46
1983	59	McCARTNEY, James	Greenock	2-19-20
1984	69	McCARTNEY, James	Greenock	2-35-15
1979	84	McCOLDRICK, Robert C	4th Field	2-24-36
1973	35	McCOLL, M	RAF Leconfield	2-18-34
1977	42	McCONNACHIE	Lochaber	1-48-35
1978	27	McCONNACHIE, G D	Lochaber	1-47-44
1979	89	McCONNACHIE, Graeme	Lochaber	1-49-30
1982	60	McCONNACHIE, Graeme	Lochaber	1-49-42
1981	69	McCONNACHIE, Graeme	Lochaber	1-44-08
1984	74	McCONNACHIE, Graeme	Lochaber	1-42-51
1986	120	McCONNACHIE, J D	Lochaber	1-44-36
2002	280	McCRAE, Lori	Penicuik Harriers	02-36-57
2001	283	McCRAE, Lori	Penicuik Harriers	02-36-07
2000	320	McCRAE, Lori	Penicuik Harriers	02-42-27
2001	166	McCRAE, Ritchie	Penicuik Harriers	02-14-25
2002	225	McCRAE, Ritchie	Penicuik Harriers	02-26-55
1985	268	McCUAIG, C	Edinburgh	2-59-17
1986	305	McCUAIG, C	Edinburgh	2-48-04
1983	173	McCUBBIN, Ian	U	2-14-13
1993	204	McCUBBIN, Ian J	Lomond	2-27-31
1975	92	McCULLOCH, D R	U	2-29-10
2002	124	McCULLOCH, John	Heathside RC	02-09-20
2001	196	McCULLOCH, John	Ochil Hill Runners	02-21-25

1993	206	McCULLOCH, John	Stirling Uni	2-04-57
2000	239	McCULLOCH, John	Ochil Hill Runners	02-26-39
1981	194	McCULLOCH, Peter	Lothian & B Police	2-45-16
1978	81	McCULLOCH, T	Ayrshire	1-51-38
1973	97	McCULLOCH, T	Ayr	2-12-29
1974	106	McCULLOCH, T	Ayrshire	2-03-13
1977	122	McCULLOCH, T	Ayrshire	1-48-36
1987	282	McCULLOCH, T	Ayr	1-50-40
1972	74	McCULLOCH, Thomas	Ayr	2-27-36
1970	85	McCULLOCH, Thomas	Ailsa	2-40-32
1971	90	McCULLOCH, Tom	Ayr	2-05-18
1976	137	McCULLOCH, Tom	Ayrshire	1-55-11
1983	187	McCULLOCH, Tom	Ayr	1-49-16
1981	201	McCULLOCH, Tom	Ayr	1-47-42
1984	235	McCULLOCH, Tom	Ayr	1-51-38
1998	239	McCULLOCK, Peter	Rosendale	2-41-25
1996	257	McCULLOUGH, Paul	Newcastle	2-23-05
1982	186	McCUTCHEON, Derek	Cambuslang	2-20-27
1981	205	McCUTCHEON, Derek	Cambuslang	2-07-33
1979	248	McCUTCHEON, Derek	Cambuslang	2-31-40
1975	110	McCUTCHEON, M	West Midlands Police	2-09-48
1981	210	McCUTCHEON, Robert	Cambuslang	1-57-36
1979	249	McCUTCHEON, Robert	Cambuslang	2-32-45
1981	212	McDERMOTT, Christopher	Inverness	2-24-56
1982	195	McDERMOTT, Michael	Lochaber	2-17-23
1981	213	McDERMOTT, Michael	U	2-13-34
1971	99	McDONAGH, Ian	Caithness	3-18-22
1995	33	McDONALD, Dennis	Cosmic	1-48-15
2003	43	MCDONALD, Dennis	Cosmic Hill Bashers	01-52-05
1994	48	McDONALD, Dennis	Cosmic	1-54-02
2000	56	McDONALD, Dennis	Cosmic Hillbashers	01-55-27
2001	61	McDONALD, Dennis	Cosmic Hillbashers AC	01-54-52
2002	67	McDONALD, Dennis	Cosmic Hillbashers AC	01-59-17
1988	72	McDONALD, I	Black Isle	2-14-39
1994	65	McDONALD, Michael F	Wigan	2-28-30
1996	67	McDONOUGH, David	Accrington	2-13-53

1969	24	McDONOUGH, S/Lt	HMS Fulmar	2-19-20
2000	92	McDOUGALL, Alasdair	Highland Hill Runners	02-03-06
1997	96	McDOUGALL, Alasdair T	Inverness	1-56-36
1979	83	McDOUGALL, Ian	U	2-06-00
1970	29	McDOWALL, Andrew	Ayr	2-07-41
1966	22	McDOWALL, Andrew R	Ailsa	2-14-13
1972	27	McEVOY, Bernard E	Lochaber	1-52-29
1971	32	McEVOY, Bernard E	Lochaber	1-41-33
1973	38	McEVOY, Bernard E	Lochaber	1-44-07
1974	35	McEVOY, E	Lochaber	1-49-13
1982	61	McEVOY, Eugene	Lochaber	2-06-17
1981	70	McEVOY, Eugene	Lochaber	1-54-30
1979	91	McEWAN, Thomas	Scottish Police College	2-41-33
1982	62	McFADYEN, Ian R	U	2-24-02
1983	69	McFADYEN, Ian R	Kilbarchan	2-12-22
1984	80	McFADYEN, Ian R	Kilbarchan	2-11-47
1991	97	McFADYEN, Ian R	Dumbarton	2-46-00
1967	33	McFARLANE, D	Springburn	3-23-30
1966	24	McFARLANE, Malcolm	Dundee	2-42-10
2000	160	McGARRY, Douglas	Carnegie Harriers	02-13-25
1982	100	McGEE, John	Cumberland	1-32-28
1981	118	McGEE, John	Cumberland	1-34-32
1979	142	McGEE, John	Cumberland	1-42-11
1979	145	McGILL, Andrew	4th Field	2-44-21
1987	186	McGILLIVRAY, A	Fife	1-57-41
1994	147	McGILLIVRAY, Alan	Fife	2-02-16
1986	219	McGINLAY, H	Fife	2-00-35
1989	139	McGINLEY, H	Lomond	1-59-35
1988	188	McGINLEY, H	Lomond	1-57-17
1987	192	McGINLEY, P	Fife	1-56-56
1982	111	McGINN, D B	Inverness	1-50-57
1983	123	McGINN, D B	Inverness	1-51-46
1981	131	McGINN, D B	Inverness	1-49-33
1984	151	McGINN, D B	Inverness	2-18-32
1979	156	McGINN, D B	Inverness	2-19-14
1985	204	McGLASHAN	Lochaber	1-55-27

1988	202	McGLASHAN, E	Lochaber	2-01-54
1986	230	McGLASHAN, E	Lochaber	1-48-19
1978	57	McGLASHAN, Ernest	Dollar	1-54-25
1982	121	McGLASHAN, Ernest	Lochaber	1-44-35
1983	130	McGLASHAN, Ernest	Lochaber	1-42-59
1981	136	McGLASHAN, Ernest	Lochaber	1-40-20
1984	160	McGLASHAN, Ernest	Lochaber	1-54-30
1979	161	McGLASHAN, Ernest	U	1-52-17
1985	210	McGLINCY, G	Cheshire Fire	3-21-25
1983	134	McGLINCY, G G	Cheshire Fire	3-34-43
1986	245	McGLINCY, G W	Cheshire Fire	3-21-28
1985	217	McGOLDRICK, J	U	2-35-17
1989	165	McGONAGLE, J	Clayton	2-12-45
1988	220	McGONAGLE, J	Clayton	2-11-56
1986	248	McGONAGLE, J	Clayton	1-56-34
1985	220	McGONAGLE, J J	Clayton	2-06-47
1985	222	McGONIGLE, D	Newcastle	1-34-18
1988	227	McGONIGLE, D	Dundee	1-47-29
1986	254	McGONIGLE, D	Dundee	1-27-49
1983	141	McGONIGLE, Dermot	Newcastle	1-33-11
1995	198	McGONIGLE, Dermot	Shettleston	1-39-39
1981	152	McGOVERN, Michael	Horwich	1-56-29
1984	172	McGRAW, Robert	U	2-19-29
1985	234	McGREGOR, M	Central Region	2-20-40
1993	179	McGROGAN, Bill	Valley Striders	2-13-43
1994	185	McGROGAN, Bill	Valley Striders	2-19-48
1997	198	McGROGAN, Bill	Valley Striders	2-21-16
1999	221	McGROGAN, Bill	Valley Striders	2-54-08
1981	160	McGROGAN, William L	Leeds	2-02-31
1987	227	McGUINNESS, A	Rosendale	1-57-25
1988	247	McGUINNESS, A	Rosendale	2-04-10
1986	277	McGUINNESS, A	Rosendale	2-02-01
1989	184	McGUIRE, A	Fife	2-02-32
1988	253	McGUIRE, A	Fife	2-13-25
1995	71	McGUIRE, Alex	Fife	1-55-16
2000	72	McGUIRE, Alex	Fife AC	01-59-37

1983	74 McGUIRE, Alex	U	1-56-51
2001	91 McGUIRE, Alex	Fife AC	02-01-54
1992	98 McGUIRE, Alex	Fife	2-01-26
1991	102 McGUIRE, Alex	Fife	2-08-31
1994	105 McGUIRE, Alex	Fife	2-04-07
2003	108 McGUIRE, Alex	Fife AC	02-02-57
1999	118 McGUIRE, Alex	U	2-07-01
1993	190 McGUIRE, Alex	Fife	1-56-26
1996	205 McGUIRE, Alex	Fife	1-57-08
1997	206 McGUIRE, Alex	Fife	1-56-18
1990	97 McGUIRE, Alexander	Fife	1-58-04
1989	93 McGUIRE, D	Dundee	2-09-07
1988	137 McGUIRE, D	Dundee	2-13-35
1986	147 McGUIRE, D	Dundee	2-05-06
1985	127 McGUIRE, D R	Dundee	2-10-58
1990	104 McGUIRE, Duncan	Dundee	2-03-43
1999	128 McGUIRE, Duncan	Fife	2-15-43
2000	204 McGUIRE, Duncan	Fife AC	02-21-31
2001	205 McGUIRE, Duncan	Fife AC	02-22-57
1982	150 McGUIRE, Duncan R	U	2-23-51
1983	150 McGUIRE, Duncan R	Dundee	1-59-44
1984	189 McGUIRE, Duncan R	Dundee	2-07-33
1998	194 McGUIRE, Duncan R	Fife	2-25-27
1997	200 McGUIRE, Duncan R	Fife	2-12-17
1996	207 McGUIRE, Duncan R	Dundee	2-29-16
1995	220 McGUIRE, Duncan R	Dundee	2-22-13
1997	207 McGUIRE, George	Livingston	2-19-40
2001	229 McGUIRE, George	Lothian RC	02-26-01
1999	246 McGUIRE, George R	Livingston	2-33-45
2000	274 McGUIRE, George R	Livingston & District AC	02-31-47
1989	268 McGUIRE, K	Lomond	2-23-56
1987	320 McGUIRE, K	Fife Southern	2-15-19
1988	331 McGUIRE, K	Perth Road	2-32-42
1985	332 McGUIRE, K	Fife	2-16-36
1986	368 McGUIRE, K	Fife	2-04-07
2000	210 McGUIRE, Kenneth	Fife AC	02-22-28

1983	214 McGUIRE, Kenneth	U	1-57-28
1998	216 McGUIRE, Kenneth	Fife	2-38-18
1984	219 McGUIRE, Kenneth	Fife	2-12-26
1990	219 McGUIRE, Kenneth	Fife	2-16-25
1991	221 McGUIRE, Kenneth	Fife	2-39-01
2001	221 McGUIRE, Kenneth	Fife AC	02-24-53
2002	233 McGUIRE, Kenneth	Fife AC	02-28-06
1995	241 McGUIRE, Kenneth	Fife	2-21-51
1997	279 McGUIRE, Kenneth	Fife	2-12-08
1996	286 McGUIRE, Kenneth	Fife	2-26-30
1999	293 McGUIRE, Kenneth	Fife	2-19-58
2003	300 McGUIRE, Kenneth	Fife AC	02-37-19
1982	229 McGURK, Patrick J	26 Sqn RCT	3-19-17
2002	148 McHENRY, Desi	Willowfield Harriers	02-12-45
1994	135 McINNES, Kevin	Lochaber	2-19-01
1989	125 McINROY, R	Helensburgh	1-54-28
1986	198 McINROY, R J	Helensburgh	1-43-43
2001	116 McINROY, Ross	Helensburgh AC	02-06-26
1983	79 McINROY, Ross J	U	1-47-46
1984	96 McINROY, Ross J	Helensburgh	1-44-52
1993	105 McINROY, Ross J	Clydesdale	1-51-52
1992	106 McINROY, Ross J	Clydesdale	1-49-21
1983	81 McINTOSH, Calum	Edinburgh	1-56-20
1984	101 McINTOSH, Calum	Edinburgh	2-15-15
1997	123 McINTOSH, Mairi	Ochil	2-11-40
1998	124 McINTOSH, Mairi	Ochil	2-14-53
1999	134 McINTOSH, Mairi	Ochil	2-13-32
1973	51 McINTOSH, R	Lochaber	1-37-30
1966	32 McINTOSH, Stewart	Cambuslang	2-14-02
1986	167 McINTYRE, A D	HM Forces	2-34-09
1988	155 McINTYRE, I	Portsmouth	3-06-50
1985	146 McINTYRE, I E	U	2-41-03
1990	121 McINTYRE, Neil	Hunter's	1-57-50
1987	140 McINTYRE, W	U	2-16-17
1977	65 McIVER, E	Scottish Police College	1-53-25
1989	112 McKAY, A	Aberdeen	3-00-59

1979	125	McKAY, Alfred T	U	3-02-09
1991	130	McKAY, Alfred T	Aberdeen	3-00-38
2001	261	McKECHNIE, Russell	Highland Hill Runners	02-32-39
1999	282	McKECHNIE, Russell	Highland	2-43-26
1970	95	McKECHNIE, Thomas	U	2-12-12
1985	306	McKEITH, D	Irvine	1-57-55
1979	254	McKENNA, Brian	Clayton	1-59-44
1967	91	McKENNA, Iain	Beith	2-25-12
1977	139	McKENZIE, B	RAF Lossiemouth	2-00-08
1973	110	McKENZIE, Brian	RAF Lossiemouth	2-35-17
1998	254	McKENZIE, J Michael	Ilkley	1-59-10
1977	142	McKIE, A	U	2-04-20
1995	286	McKINNON, Gordon	Lochaber	1-44-18
1977	143	McKIRDY, D	East Kilbride	2-03-35
1987	316	McKIRDY, D	East Kilbride	2-13-35
1985	324	McKIRDY, D	East Kilbride	2-11-31
1982	206	McKIRDY, David	East Kilbride	2-03-32
1981	230	McKIRDY, David	East Kilbride	2-00-57
1979	264	McKIRDY, David	East Kilbride	2-13-10
1997	277	McKIRDY, David	East Kilbride	2-46-18
1983	212	McKNIGHT, Ronald A	U	2-59-27
1987	326	McLAGAN	U	2-24-45
1983	215	McLAREN, Lawrence	Invicta	2-26-22
2001	90	McLAUGHLIN, Danny	Greenock Glenpark Harriers	02-01-43
1995	85	McLAUGHLIN, Patricia	Westerlands	2-37-58
1998	98	McLAUGHLIN, Patricia	Westerlands	3-15-10
1993	87	McLAUGHLIN, Patricia M	Westerlands	3-05-53
1991	89	McLAUGHLIN, Patricia M	Westerlands	2-56-28
1966	21	McLAUGHLIN, William G	Clydesdale	2-12-31
1993	89	McLEAN, Donald S	Lomond	1-52-17
1994	93	McLEAN, Donald S	Lomond	1-56-04
1986	116	McLEITH, D D	Irvine	1-35-06
1985	100	McLENNAN, A	U	2-03-02
1990	87	McLEOD, Eric G	Lothian & B Police	2-05-37
1970	32	McLEOD, Murdo F	Inverness	2-10-23
1987	100	McLINTIE, A	U	2-26-14

2000	29 McLOONE, Stephen	Westerlands Cross Country	01-49-53
2001	42 McLOONE, Stephen	Westerlands Cross Country C	01-52-01
1998	45 McLOONE, Stephen	Greenock	1-59-13
1996	48 McLOONE, Stephen	Greenock	2-00-43
1994	49 McLOONE, Stephen	Greenock	2-02-40
1997	51 McLOONE, Stephen	Greenock	1-54-25
2003	53 McLOONE, Stephen	Westerlands CCC	01-54-19
1995	54 McLOONE, Stephen	Greenock	2-00-57
1999	69 McLOONE, Stephen	Westerlands	2-01-22
1991	52 McMAHON, Gary	Notts	1-51-29
1996	55 McMAHON, Gary	Notts	2-03-35
1997	59 McMAHON, Gary	Notts	1-57-41
2001	131 McMAHON, Gary	Notts AC	02-09-15
1974	46 McMANUS, F	Penicuik	2-04-22
1975	49 McMANUS, F	Penicuik	2-02-40
1973	55 McMANUS, Francis	Penicuik	2-03-58
1979	123 McMANUS, Francis	Penicuik	2-08-56
1993	129 McMANUS, Ian	Irvine	2-46-38
1987	151 McMANUS, J	Lochaber	2-05-55
1986	183 McMANUS, J	U	2-02-37
1971	51 McMASTER, A	Beith	2-01-53
1972	40 McMASTERS, R	RAF Chivenor	2-16-48
1988	171 McMILLAN, A	U	2-46-24
1987	161 McMILLAN, H	U	3-10-10
1986	188 McMILLAN, H	Kintyre	2-13-15
1975	53 McMILLAN, I	Invicta	1-48-25
1969	44 McMILLAN, James	Glasgow Police	2-08-16
1971	58 McNALLY, Kevin F	Royal Marine Res	2-41-02
1977	71 McNAMARA, P	Clayton	1-58-58
1979	134 McNAMARA, Peter B	Clayton	2-00-42
1978	45 McNAMEE, D	Cheltenham & G	1-55-35
1977	72 McNAMEE, D	Cheltenham & G	1-51-39
1985	171 McNEE, Hazel	Ayr	2-14-39
2001	171 McNEIL, Colin	Lothian RC	02-14-58
1967	54 McNEIL, James S	Shettleston	2-52-02
1969	54 McNEIL, S	Clydesdale	2-04-22

1988	196 McNEIL, S	Clydesdale	2-22-31
1967	56 McNEIL, Sandy	Glasgow Uni	2-08-15
1973	67 McNEIL, Sandy	Clydesdale	1-55-30
1982	118 McNEILL, Carol	Solway	2-11-13
1999	190 McNEILLY, Deon	Newcastle	1-41-51
1985	208 McNEILLY, W	Newcastle	2-16-19
1988	208 McNEILLY, W	Newcastle	2-19-36
1986	238 McNEILLY, W	Newcastle	2-13-38
1983	131 McNEILLY, William	Newcastle	2-05-20
1984	158 McNEILLY, William	Newcastle	2-12-04
1996	179 McNEILLY, William	Newcastle	3-36-01
1972	52 McNICHOL, Ian W	Royal Navy	2-28-53
1996	181 McNULTY, Ian	Dundee	2-30-43
1982	124 McPHAIL, William	Ayrshire	1-48-56
1981	142 McPHAIL, William	Ayr	2-57-52
1985	218 McPHERSON, A	U	2-07-31
1981	145 McPHIE, David	U	1-54-15
1983	136 McPHIE, David F	Falkirk	1-56-11
1985	219 McQUAID, M	Central Region	1-53-44
1984	168 McQUAID, Michael	Central Region	2-02-03
2001	5 McQUEEN, James	Rhedwyr Eryri Harriers	01-35-05
1999	7 McQUEEN, James	Eryri	1-36-09
1998	8 McQUEEN, James	Eryri	1-38-15
1995	15 McQUEEN, James	Eryri	1-43-19
2003	15 McQUEEN, James	Eryri Harriers	01-43-11
1979	13 McQUEENIE, John	4th Field	2-24-31
1984	14 McQUILLAN, David	Clayton	2-05-54
1988	24 McRAE, D	U	3-10-35
2003	353 McRAE, Lori	Penicuik Harriers	02-56-43
1975	160 McSKELLY, K	RAF Lossiemouth	2-23-02
1977	186 McSKELLY, K	RAF Lossiemouth	1-53-25
1988	408 McVEIGH, M	Newcastle	2-16-25
1985	409 McVEIGH, M	Newcastle	2-16-18
1983	279 McVEIGH, Martin	Newcastle	1-58-37
1984	336 McVEIGH, Martin	Newcastle	2-18-42
1996	354 McVEIGH, Martin J	Newcastle	2-42-09

1999	363 McWADE, Beverley	Clayton	2-06-32
2002	49 McWADE, Peter	Clayton-le-Moors Harriers	01-56-15
1973	22 McWAT, Ian	Dumbarton	2-18-26
1978	17 McWATT, I	Dumbarton	1-48-26
1977	24 McWATT, I	Dumbarton	1-54-29
1979	49 McWATT, Ian	Dumbarton	2-03-31
1991	207 McWHINNIE, Jim	Carnethy	2-37-27
2000	219 McWHINNIE, Jim	Carnethy Hill Running	02-23-47
1981	175 McWILLIAMS, Anthony	U	3-09-17
2003	286 MEADS-WOOLEY, Paul	Diving Training Unit (ARMY)	02-34-01
1982	214 MEAKIN, Brian	U	2-01-14
1988	337 MEALEY, M	Clayton	2-09-22
1975	131 MEATH, M	Clayton	1-54-21
1974	137 MEATH, M	Clayton	1-58-27
1971	106 MEATH, Michael A	Clayton	1-49-58
1970	107 MEATH, Michael A	Clayton	2-07-57
1969	116 MEATH, Michael A	Clayton	2-24-17
1973	123 MEATH, Michael A	Clayton	2-31-58
1979	282 MEECHAN, Lawrence	West Midlands Police	2-24-09
1973	126 MEEK, D	Keswick	2-28-55
1992	283 MEFFAN, Patrick	Takapuna (N Z)	1-50-58
1975	138 MEIKLE, G F	Teviotdale	1-55-23
1979	285 MEIKLE, George F	Gala	2-02-38
1976	165 MEIKLE, J F	Teviotdale	2-08-08
1994	258 MEIKLEJOHN, A	Fife	2-12-10
1997	295 MEIKLEJOHN, A	Fife	2-31-11
1995	318 MEIKLEJOHN, Alan	Fife	2-22-40
1992	287 MELARAGNI, Dario	Harlequins	2-39-47
1966	90 MELDRUM, Charles M	Stirling	2-20-59
1971	112 MELDRUM, John	Stirling	2-05-30
1967	107 MELDRUM, John M	Edinburgh Uni	2-11-48
1968	108 MELDRUM, John M	Edinburgh Uni	2-19-06
1981	257 MELDRUM, John M	RFIK Honefoss (Norway)	1-56-45
1993	279 MELLOR, Alan	Todmorden	2-16-30
1992	293 MELLOR, Alan	Todmorden	1-56-09
1989	307 MELLOR, D	East Cheshire & T	2-12-47

1987	370 MELLOR, L	Buxton	2-03-03
1985	376 MELLOR, L	Buxton	1-53-01
1986	416 MELLOR, L	Buxton	1-48-40
1981	266 MELLOR, Lincoln	Buxton	1-46-50
1989	317 MELLOR, R	Pennine	2-27-23
1988	372 MELLOR, R	Pennine	2-34-00
1987	374 MELLOR, R	Pennine	2-18-47
1985	378 MELLOR, R	Buxton	2-02-04
1986	423 MELLOR, R	Buxton	2-14-28
1984	304 MELLOR, Richard	Buxton	2-12-01
1990	304 MELLOR, Richard	Pennine	2-25-07
1981	274 MENDAY, David C	Vale of Aylesbury	1-56-47
1992	305 MENHENNET, Christine	Clydesdale	1-54-48
1997	315 MENHENNET, Christine	Westerlands	2-17-17
1986	428 MENHENNET, Christine D	Bellahouston	2-05-21
1984	308 MENHENNET, Peter W	U	2-07-29
1989	330 MENNIE, G	Calderglen	2-03-07
1988	380 MENNIE, G	Calderglen	2-02-34
2003	107 MENZIES, Graham	Preston Harriers	02-02-53
1983	72 MENZIES, Robert	U	2-18-45
1990	94 MERCER, Lee J	Leeds Uni	2-06-02
1989	87 MERCER, R	Kendal	2-11-22
1966	25 MERCER, Thomas	HMS Condor	2-28-33
1985	117 MERCKEL, C	Lancaster & M	2-28-46
1986	135 MERCKEL, C	Lancaster & M	2-14-36
1991	103 MERCKEL, Chris	Lancaster & M	2-13-46
1984	91 MEREDITH, Christine	Sheffield Uni	2-41-22
1988	136 MERRITT, D	Skipton	2-08-00
2002	217 METCALFE, Trevor Georg	Settle Harriers	02-25-11
2001	233 METCALFE, Trevor Georg	Settle Harriers	02-26-54
2002	193 METHOLD, H	Lochaber AC	02-21-58
2003	230 METHOLD, Henry	Lochaber Athletic Club	02-25-42
1989	211 MEWSE, D	Kilbarchan	1-58-59
1987	264 MEWSE, D	Kilbarchan	1-53-10
1988	276 MEWSE, D	Kilbarchan	2-08-07
1984	218 MEWSE, David A	U	1-56-37

1991	219 MICKLAM, Michael	Air Log	2-57-22
1982	172 MIDDLE, Allan R	26 Sqn RCT	2-57-50
1981	189 MIDDLEMASS, Norman	1st Prince of Wales	2-01-59
1999	258 MIDDLETON, Susan	Clayton	2-53-20
1974	99 MIDDLETON, T	Ambleside	2-00-30
1995	244 MIDGLEY, Gordon	Longwood	2-19-33
1969	92 MIDGLEY, William	Bramley	2-53-04
1989	225 MILBOURNE, N	Bath	2-17-41
2001	358 MILES, Steven	Keighley & Craven AC	03-06-29
1997	343 MILLAR, Brian	Carnegie	2-13-46
2001	95 MILLEN, Blair	Westerlands Cross Country C	02-02-47
1970	30 MILLEN, James H	U	2-22-31
1977	43 MILLEN, W A	Kendal	1-54-59
1976	49 MILLEN, W B	Kendal	1-53-58
1972	29 MILLEN, William B	Kendal	2-23-25
1971	34 MILLEN, William B	U	2-00-45
1993	93 MILLER, D J	Irvine	2-09-34
1996	102 MILLER, David J	Irvine	2-19-02
1981	72 MILLER, Stewart	Cambuslang	2-22-30
1981	74 MILLER, William	Caithness	1-56-02
1981	75 MILLIARD, Philips	U	2-46-17
2002	185 MILLS, Celia	Kenilworth Runners	02-19-29
2001	269 MILLS, Celia	Kenilworth RC	02-34-00
2002	219 MILLS, Danny	York Postal AC	02-25-19
2001	287 MILLS, Danny	York Postal AC	02-36-28
2003	325 MILLS, Danny	York Postal Harriers	02-43-31
1982	244 MILLS, John	Newark	1-58-12
1970	122 MILLWARD	42nd Med	2-20-12
1969	129 MILLWARD	42nd Med	2-39-09
2001	259 MILMOE, Michael	Forres Harriers	02-32-24
2002	264 MILMOE, Michael	Forres Harriers	02-33-19
2003	270 MILMOE, Michael	Forres Harriers	02-32-07
1993	290 MILMOE, Michael	Forres	2-09-35
1991	318 MILMOE, Michael	Forres	2-22-23
1999	338 MILMOE, Michael	Forres	2-14-02
1995	354 MILMOE, Michael	Forres	2-15-49

1993	247 MILNE, Graham	Aberdeen	2-05-22
1966	80 MILNE, James	Edinburgh	2-18-20
1967	95 MILNE, James	Edinburgh	2-28-47
1989	264 MILNE, R	Forfar	2-09-21
1988	327 MILNE, R	Forfar	2-16-35
2003	263 MILNE, Ronald	Forfar Roadrunners	02-30-51
1994	158 MILNE, Ronald W	Forfar	2-26-53
1990	160 MILNE, Ronald W	Forfar	2-04-12
1991	160 MILNE, Ronald W	Forfar	2-15-53
1997	171 MILNE, Ronald W	Forfar	2-16-18
2000	172 MILNE, Ronald W	Forfar Road Runners	02-15-26
1999	188 MILNE, Ronald W	Forfar	2-18-03
1993	241 MILNE, Ronald W	Forfar	2-10-45
1992	250 MILNE, Ronald W	Forfar	2-04-59
1998	253 MILNE, Ronald W	Forfar	2-21-40
1994	161 MILNER, David	Chapel Allerton	2-23-41
1996	173 MILNER, Stephen	Woodkirk Valley	2-24-44
1987	204 MILNOE, M	Lincoln	2-06-28
1967	58 MILSTEAD, Roderick J	U	2-31-25
1974	63 MINCHIN, P	Scottish Veteran	2-54-13
1970	52 MINCHIN, Patrick M	U	2-45-39
1982	122 MINGINS, Keith	Cumberland	1-45-26
1983	132 MINGINS, Keith	Cumberland	1-36-52
1984	162 MINGINS, Keith	Cumberland	1-44-47
2002	194 MINIKIN, Tony	Keighley & Craven AC	02-22-01
1994	177 MITCHELL, Anthony I	Clayton	2-26-31
1995	200 MITCHELL, Anthony I	Clayton	2-33-30
1987	221 MITCHELL, B	TA	2-52-42
1985	232 MITCHELL, B	HM Forces	3-05-35
1988	235 MITCHELL, B	U	3-39-13
1986	259 MITCHELL, B	U	2-03-05
1986	264 MITCHELL, B	HM Forces	2-56-14
1983	146 MITCHELL, Brian	U	2-27-58
1984	178 MITCHELL, Brian	HM Forces	2-47-23
1990	191 MITCHELL, Brian	Greenock	3-09-47
2003	194 MITCHELL, Dave	Hawkhill Harriers	02-19-11

1997	189 MITCHELL, David	Kilmarnock	3-01-27
1969	60 MITCHELL, Donald	Bingley	2-15-55
1970	62 MITCHELL, Donald	Bingley	2-02-08
1996	192 MITCHELL, Eric	Dark Peak	3-11-42
1994	180 MITCHELL, M	Fife	2-13-21
2000	27 MITCHELL, Paul	Bingley Harriers & AC	01-49-31
1989	18 MITCHELL, Paul S	Bingley	1-44-14
1982	20 MITCHELL, Paul S	Bingley	1-48-08
1984	20 MITCHELL, Paul S	Bingley	1-38-08
1991	22 MITCHELL, Paul S	Bingley	1-43-14
1983	23 MITCHELL, Paul S	Bingley	1-45-15
1993	25 MITCHELL, Paul S	Bingley	1-36-40
1987	27 MITCHELL, Paul S	Bingley	1-36-22
1985	31 MITCHELL, Paul S	Bingley	1-40-02
1990	31 MITCHELL, Paul S	Bingley	1-44-54
1986	32 MITCHELL, Paul S	Bingley	1-36-02
1988	32 MITCHELL, Paul S	Bingley	1-38-58
1994	33 MITCHELL, Paul S	Bingley	1-43-06
1992	36 MITCHELL, Paul S	Bingley	1-47-45
1996	37 MITCHELL, Paul S	Bingley	1-58-15
1997	38 MITCHELL, Paul S	Bingley	1-58-55
1998	38 MITCHELL, Paul S	Bingley	1-53-40
1999	47 MITCHELL, Paul S	Bingley	1-48-57
1977	22 MITCHELL, R	Wigan	2-00-36
1989	27 MITCHELL, R	Clayton	1-55-23
1989	32 MITCHELL, R	Teviotdale	2-09-00
1985	44 MITCHELL, R	Mandale	2-01-56
1990	45 MITCHELL, R	Teviotdale	2-06-58
1988	49 MITCHELL, R	Clayton	1-56-35
1986	55 MITCHELL, R	Clayton	1-51-42
1988	58 MITCHELL, R	Teviotdale	2-24-25
2000	295 MITCHELL, R	Teviotdale Harriers	02-36-56
1979	283 MITCHELL, R W	Clayton	1-49-17
1985	353 MITCHELL, R W	Clayton	1-51-23
2001	313 MITCHELL, Rob	Teviotdale Harriers	02-42-00
1981	139 MITCHELL, Robert	West Midlands Police	2-28-11

1993	153 MITCHELL, Robert	Teviotdale	2-13-52
1992	157 MITCHELL, Robert	Teviotdale	2-10-59
1994	164 MITCHELL, Robert	Teviotdale	2-22-40
1998	171 MITCHELL, Robert	Teviotdale	2-33-02
2003	176 MITCHELL, Robert	Clayton Le Moors	02-14-26
1997	177 MITCHELL, Robert	Teviotdale	2-28-46
1995	179 MITCHELL, Robert	Teviotdale	2-22-42
2002	314 MITCHELL, Robert	Teviotdale Harriers	02-47-59
1996	319 MITCHELL, Robert	Teviotdale	2-54-35
1999	319 MITCHELL, Robert	Teviotdale	2-42-17
1981	268 MITCHELL, Robert A	Horwich	1-48-52
1991	307 MITCHELL, Robert T	Teviotdale	2-10-59
2000	234 MITCHELL, Robert W	Clayton-le-Moors Harriers	02-26-16
1999	253 MITCHELL, Robert W	Clayton	2-39-51
1994	277 MITCHELL, Robert W	Clayton	2-07-44
1993	284 MITCHELL, Robert W	Clayton	1-56-19
1990	302 MITCHELL, Robert W	Clayton	1-54-15
1998	309 MITCHELL, Robert W	Clayton	2-35-54
1991	311 MITCHELL, Robert W	Clayton	2-01-23
1997	312 MITCHELL, Robert W	Clayton	2-16-07
1996	324 MITCHELL, Robert W	Clayton	2-14-45
1995	344 MITCHELL, Robert W	Clayton	2-08-57
2002	197 MITCHELL, Robert Wilson	Clayton-le-Moors Harriers	02-22-19
1989	170 MITCHELL, S	Lochaber	2-13-58
1987	223 MITCHELL, S	Lochaber	2-12-08
1985	230 MITCHELL, S	Lochaber	2-03-34
1988	231 MITCHELL, S	Lochaber	2-10-13
1986	265 MITCHELL, S	Lochaber	2-15-48
1982	139 MITCHELL, Stewart	Lochaber	2-03-09
1983	149 MITCHELL, Stewart	Lochaber	1-59-42
1983	151 MITCHELL, Stewart	Lochaber	2-08-48
1981	159 MITCHELL, Stewart	Lochaber	2-02-51
1984	185 MITCHELL, Stewart	Lochaber	2-04-10
1992	189 MITCHELL, Stewart	Lochaber	2-17-28
1993	191 MITCHELL, Stewart	Lochaber	2-35-56
1990	194 MITCHELL, Stewart	Lochaber	2-05-09

1994	195 MITCHELL, Stewart	Lochaber	2-35-12
1991	196 MITCHELL, Stewart	Lochaber	2-35-47
1996	210 MITCHELL, Stewart	Lochaber	3-36-16
1995	222 MITCHELL, Stewart	Lochaber	2-58-47
1983	160 MITCHELL, William	Mourne	1-44-58
1968	63 MITCHINSON, M	Wirral	2-06-57
1977	111 MOAN, Peter	Bingley	1-37-56
2003	316 MODLEY, Paul	Lancaster & Morecambe	02-41-44
2002	351 MODLEY, Paul Grahame	Lancaster & Morecambe AC	03-15-51
1989	352 MOFFAT, G	Kendal	1-38-27
1992	330 MOFFAT, Graham	Howgill	2-16-07
1997	336 MOFFAT, Graham	Howgill	1-45-21
1996	345 MOFFAT, Graham	Howgill	1-47-03
1982	272 MOFFATT, Andrew R	Hallamshire	1-59-45
1983	277 MOFFATT, Andrew R	Dark Peak	1-44-29
1987	413 MONAGHAN, V	Bellahouston	2-03-44
1986	458 MONAGHAN, V	U	2-04-25
1966	111 MONAHAN, William	Beith	2-46-45
1988	412 MONEY, M	Tayside Police	2-51-03
1987	417 MONEY, M	Tayside Police	2-21-24
1986	460 MONEY, M	Tayside Police	2-16-58
1990	349 MONK, Andrew	FRA	2-12-25
1981	312 MONK, Roy	Kendal	1-58-59
1976	197 MONKS, J G	Rochdale	2-24-25
1968	132 MONRO, Lambert I	RAF Kinloss	2-38-34
1976	199 MONTGOMERY, G	IBM	2-20-27
1977	192 MONTGOMERY, G R	IBM	2-05-24
1993	323 MOODY, Paul	Lomond	1-59-42
1991	359 MOODY, Paul	Lomond	2-09-53
1988	424 MOOHAN, L	U	2-34-09
1985	423 MOONEY, J	Lochaber	2-20-45
1984	345 MOONEY, John	U	2-21-06
1998	344 MOORE, Alan	East Grinstead	3-44-02
1989	370 MOORE, D	Bingley	2-15-24
1988	429 MOORE, D	Bingley	2-31-36
1998	346 MOORE, David K	Bingley	2-54-27

1990	365 MOORE, David K	Bingley	2-00-13
1999	372 MOORE, Eddie	Clayton	3-15-13
1994	324 MOORE, Edward A	Clayton	2-32-14
1993	338 MOORE, Edward A	Clayton	2-37-30
1991	367 MOORE, Edward A	Clayton	3-19-29
1990	377 MOORE, Edward A	Clayton	2-35-33
1995	404 MOORE, Edward A	Clayton	2-41-39
1987	438 MOORE, J	Black Isle	2-38-44
1983	296 MOORE, John	U	2-18-11
1981	330 MOORE, John	British Marathon	2-10-11
2000	267 MOORE, John R	Clayton-le-Moors Harriers	02-30-28
1984	255 MOORE, Nicholas A	Reading	2-06-06
1985	319 MOORE, R	Keswick	2-02-33
1985	320 MOORE, S	Horwich	1-33-47
1983	205 MOORE, Stephen R	Horwich	1-39-24
1984	260 MOORE, Stephen R	Horwich	1-33-56
1983	207 MOORE, T R	Clayton	2-01-21
1982	204 MOORE, Terence R	Clayton	2-05-29
2003	351 MOORE, David K	Bingley Harriers	02-55-10
1988	404 MORGAN, F	Newcastle	2-31-37
1991	345 MORGAN, Frank	Newcastle	2-42-26
1996	346 MORGAN, Frank	Newcastle	2-28-35
1998	330 MORGAN, Mark	Notts	2-39-50
2002	81 MORIARTY, Carl	Pennine Fell Runners	02-02-17
2003	87 MORIARTY, Carl	Pennine Fell Runners	02-00-51
1993	99 MORIARTY, Carl	Pennine	2-17-13
1994	100 MORIARTY, Carl	Pennine	2-17-15
1995	104 MORIARTY, Carl	Pennine	2-18-22
2000	104 MORIARTY, Carl	Pennine Fell Runners	02-04-32
1997	105 MORIARTY, Carl	Pennine	2-05-03
1976	57 MORLEY, A	Bury	1-40-50
2000	370 MORLEY, Eric E	Wealstun Runners	03-08-32
1983	282 MORNING, James L	U	1-51-13
1992	339 MORRIS, Ian	Wrekin	1-56-40
1993	328 MORRIS, Ian D	Wrekin	2-01-03
1991	361 MORRIS, Ian D	Wrekin	1-49-24

1983	288 MORRIS, J	Chester & E	2-06-49
1967	127 MORRIS, Kenneth J	U	2-46-22
1996	370 MORRIS, Max	Neath	3-25-03
2002	112 MORRIS, Neil	Low Fell RC	02-07-41
1977	48 MORRIS, R	Leamington	2-13-24
1985	119 MORRIS, R	Inverness	2-15-17
1986	143 MORRIS, R	Inverness	2-14-32
1978	35 MORRIS, R L	Edinburgh	1-38-32
1985	124 MORRIS, R L	Carnethy	1-37-23
1986	149 MORRIS, R L	Carnethy	1-40-55
1977	55 MORRIS, Robin	Edinburgh	1-41-13
1983	78 MORRIS, Robin L	Edinburgh	1-36-11
1984	100 MORRIS, Robin L	Carnethy	1-42-45
1967	37 MORRISON, A	Maryhill	2-35-49
1970	38 MORRISON, A	Lochaber	2-36-45
1966	30 MORRISON, Alasdair	Lochaber	2-38-41
1968	38 MORRISON, Alasdair	Lochaber	2-22-51
1993	117 MORRISON, Alex	Arbroath	2-05-04
1995	122 MORRISON, Alex	Arbroath	2-04-25
1996	122 MORRISON, Alex	Arbroath	2-06-30
1973	52 MORRISON, Alistair	Scottish Police College	2-55-36
1979	118 MORRISON, Alistair	Scottish Police College	2-41-32
1990	122 MORRISON, Andrew	Loughton	2-23-09
2002	335 MORRISON, Ellen	Lochaber AC	02-58-39
2001	366 MORRISON, Ellen	Lochaber AC	03-10-00
1985	416 MORRISON, J E	Milton Keynes	2-15-28
1971	136 MORRISON, N	Manchester	2-06-19
1997	357 MORRISON, Robert	Royal Navy	2-02-12
1984	341 MORRISON, W J	Vauxhall	2-15-39
1994	312 MORRISON, Wayne	Todmorden	2-10-12
2003	358 MORRISON, Ellen	Lochaber Athletic Club	02-59-05
1993	317 MORTON, David	Westbury	2-12-09
1979	331 MORTON, David	U	2-08-49
1998	338 MORTON, Derek	Berwick	2-52-25
1997	347 MORTON, Derek	Berwick	2-57-17
1996	359 MORTON, Derek	Berwick	3-07-19

1999	365 MORTON, Derek	Berwick	3-01-55
1988	415 MORTON, S	U	2-43-15
1989	364 MOSES, C	Bingley	1-48-45
1991	23 MOSES, Colin	Bingley	1-50-06
2003	30 MOSES, Colin	Bingley Harriers	01-47-42
1985	35 MOSES, Colin	Bingley	1-49-25
2001	40 MOSES, Colin	Bingley Harriers & AC	01-51-26
1993	320 MOSES, Colin	Bingley	1-38-04
1997	356 MOSES, Colin	Bingley	1-44-01
1996	363 MOSES, Colin	Bingley	1-43-21
2000	178 MOSS, David	Croft Ambrey RC	02-16-25
2000	184 MOSS, Mike	Howgill Harriers	02-17-25
2001	275 MOSS, Mike	Howgill Harriers	02-34-36
2000	368 MOUAT, Arnie	Cosmic Hillbashers	03-06-49
2000	278 MOUAT, Christine	Cosmic Hillbashers	02-32-15
1974	128 MOULDING, D	Keswick	2-32-27
1982	210 MOUNTAIN, Peter	Cheshire Fire	2-10-06
1998	266 MOWAT, Raymond	Deeside	2-44-22
1992	269 MOWAT, Raymond	Deeside	2-44-26
1985	338 MOY, D	Inverness	1-53-53
1983	218 MOY, David	U	2-07-21
1984	272 MOY, David	Inverness	2-00-45
1971	102 MOYES, James G	Teviotdale	2-14-32
1976	158 MOYLE, J	Clayton	2-16-11
1996	290 MUDGE, Angela	Carnethy	2-03-08
1993	264 MUIR, Alastair	Lochaber	2-04-57
1992	278 MUIR, Alastair	Lochaber	1-58-12
2000	138 MUIR, Gregor	Lochaber AC	02-10-10
2002	171 MUIR, Gregor J	Lochaber AC	02-16-58
1985	193 MUIR, Muriel	U	2-24-38
1987	195 MUIR, R	U	2-19-55
1985	196 MUIR, R G	U	2-07-19
1985	201 MULHOLLAND, J	HM Forces	3-14-12
1982	117 MULHOLLAND, James	Bellahouston	2-43-56
1983	125 MULHOLLAND, James	Bellahouston	2-47-30
1981	135 MULHOLLAND, James	U	2-34-57

1984	155 MULHOLLAND, James	U	2-24-13
1996	175 MULLINS, Phil	Hi-Tech	3-11-19
1993	158 MULROONEY, Ian	Mandale	1-54-47
1992	164 MULROONEY, Ian	Mandale	1-51-54
1991	170 MULROONEY, Ian	Mandale	1-59-18
1994	170 MULROONEY, Ian	Mandale	2-03-42
1974	65 MUMMERY, S	Invicta	1-47-13
1966	45 MUNDAY, R E	AEI Rugby	2-22-23
1988	215 MUNRO, D	U	2-03-22
1969	56 MUNRO, D H	RAF Leuchars	2-59-38
2002	51 MUNRO, David	Lochaber AC	01-56-41
2003	52 MUNRO, David	Lochaber Athletic Club	01-53-25
1991	72 MUNRO, David	Lochaber	2-27-27
2001	75 MUNRO, David	Lochaber AC	01-58-40
1998	78 MUNRO, Roddy	Ochil	2-18-11
1997	76 MUNROE, Doug	Clayton	2-20-29
2000	251 MUNROE, Doug	Clayton-le-Moors Harriers	02-28-18
1986	335 MUNTON, K	Clayton	2-00-58
1981	126 MURDOCH, Fletcher	Maryhill	2-03-38
1977	132 MURDOCH, Fletcher	Maryhill	1-59-43
1976	139 MURDOCH, Fletcher	Maryhill	2-02-04
1989	141 MURDOCH, Fletcher	Maryhill	2-06-26
1979	151 MURDOCH, Fletcher	Maryhill	2-11-10
1991	152 MURDOCH, Fletcher	Maryhill	2-14-29
2000	165 MURDOCH, Fletcher	Maryhill Harriers	02-13-44
1995	166 MURDOCH, Fletcher	Maryhill	2-08-08
1997	166 MURDOCH, Fletcher	Maryhill	2-15-03
1999	184 MURDOCH, Fletcher	Maryhill	2-17-30
1983	192 MURDOCH, Fletcher	Maryhill	1-53-53
2002	204 MURDOCH, Fletcher	Maryhill Harriers	02-23-24
1992	209 MURDOCH, Fletcher	Maryhill	2-15-46
2001	225 MURDOCH, Fletcher	Maryhill Harriers	02-25-47
2003	229 MURDOCH, Fletcher	Maryhill Harriers	02-25-38
1993	235 MURDOCH, Fletcher	Maryhill	2-10-19
1985	238 MURDOCH, Fletcher	Maryhill	2-03-29
1984	245 MURDOCH, Fletcher	Maryhill	1-57-16

1998	246 MURDOCH, Fletcher	Maryhill	2-21-20
1996	258 MURDOCH, Fletcher	Maryhill	2-15-15
1986	271 MURDOCH, Fletcher	Maryhill	2-00-02
1987	297 MURDOCH, Fletcher	Maryhill	1-58-36
1989	212 MURDOCH, R	Milburn	2-44-58
1987	265 MURDOCH, R	Lochaber	2-19-22
1988	278 MURDOCH, R	Lochaber	2-59-06
1985	278 MURDOCH, R H	U	2-24-34
1986	312 MURDOCH, R H	Lochaber	2-13-32
2003	228 MURGATROYD, Ian	Nithsdale Running Club	02-25-26
1985	272 MURPHY, A P	Basingstoke	2-46-06
1982	167 MURPHY, Anthony P	Basingstoke	2-29-28
1983	175 MURPHY, Anthony P	Basingstoke	2-21-13
1984	214 MURPHY, Anthony P	Basingstoke	2-30-40
1992	212 MURPHY, Ian	Clydesdale	1-40-28
1975	97 MURPHY, J	U	2-21-58
1976	133 MURPHY, J	U	2-17-01
1987	272 MURPHY, J	Shettleston	1-48-39
1988	281 MURPHY, J	Lochaber	1-58-11
1986	320 MURPHY, J	U	1-52-02
1974	100 MURPHY, James	U	2-26-30
1979	227 MURPHY, James	Penicuik	2-20-05
1992	222 MURPHY, John	Lochaber	1-46-11
1996	243 MURPHY, Paul	Cumberland	2-07-44
1995	250 MURPHY, Paul	Cumberland	2-05-11
1999	261 MURPHY, Paul	Cumberland	2-19-45
2001	206 MURRAY, Alasdair	Johnnie Walker Kilmarnock H	02-22-57
2000	217 MURRAY, Alasdair	Johnnie Walker Kilmarnock H	02-23-36
2001	48 MURRAY, David	Ochil Hill Runners	01-53-06
1990	42 MURRAY, E F	Chorley	2-12-25
1989	34 MURRAY, H	Arbroath	1-58-00
1985	46 MURRAY, H	Royal Marines	1-48-35
1993	45 MURRAY, Hugh	Arbroath	2-08-34
1991	47 MURRAY, Hugh	Arbroath	2-07-31
1974	16 MURRAY, I S	Royal Marine Res	2-35-47
1971	21 MURRAY, Ian	Royal Marine Res	2-55-59

1975	21 MURRAY, P	Bolton	1-45-09
1989	38 MURRAY, P	Horwich	1-55-37
1974	18 MURRAY, P F	Bolton	1-48-31
1978	20 MURRAY, P F	Clayton	1-38-03
1976	26 MURRAY, P F	Clayton	1-36-40
1977	28 MURRAY, P F	Clayton	1-35-47
1973	27 MURRAY, P J	Bolton	1-48-04
1982	31 MURRAY, Paul	Horwich	1-38-39
1983	34 MURRAY, Paul	Horwich	1-39-01
1984	46 MURRAY, Paul	Horwich	1-42-17
1979	54 MURRAY, Paul	Clayton	1-40-48
1994	62 MURRAY, Paul	Horwich	1-58-26
1991	63 MURRAY, Paul	Horwich	1-58-13
1992	63 MURRAY, Paul	Horwich	1-55-38
1993	63 MURRAY, Paul	Horwich	2-00-34
1996	69 MURRAY, Paul	Horwich	2-08-07
1988	79 MURRAY, Paul	Horwich	1-56-41
2002	102 MURRAY, Paul	Horwich RMI Harriers	02-06-13
1997	131 MURRAY, Paul	Horwich	2-15-11
2000	133 MURRAY, Paul	Horwich RMI Harriers	02-09-26
1972	39 MURRAY, Paul F	Bolton	1-55-22
1970	42 MURRAY, Paul F	Bolton	1-58-12
1971	50 MURRAY, Paul F	Bolton	1-49-51
1990	136 MURRAY, Paul F	Horwich	1-54-36
1985	156 MURRAY, Paul F	Horwich	1-47-47
1987	157 MURRAY, R	Macclesfield	1-49-07
1986	187 MUSGROVE, R	Hartlepool	2-05-59
1984	123 MUSGROVE, Ronald	Hartlepool	2-06-45
1987	160 MYERS, S	U	2-04-55
1999	159 MYERSCOUGH, Stephen	Wolves of Badenoch	1-53-31
1982	92 MYYRYLAINEN, Kalevi	U (Finland)	1-49-08
2003	328 NAIRNS, William	CSSC	02-43-52
1982	249 NAISH, Rosie	Eryri	2-02-25
1976	176 NAISMITH, K	Edinburgh	2-47-36
1989	333 NAISMITH, K	Black Isle	2-24-22
1987	388 NAISMITH, K	Black Isle	2-23-49

1986	435 NAISMITH, K	Inverness	2-16-59
1982	254 NAISMITH, Ken	Inverness	23-27-22
1981	283 NAISMITH, Ken	Inverness	2-10-46
1979	319 NAISMITH, Ken	Inverness	2-37-23
1990	322 NAISMITH, Ken	Black Isle	2-24-53
1973	149 NAISMITH, Kenneth	U	3-00-37
1973	150 NAPIER, Andrew	FRA	1-57-23
1986	439 NASH, L	Clayton	2-20-51
1976	184 NAYLOR, G	Kendal	1-38-42
1968	121 NAYLOR, James	Barrow	1-49-22
1971	128 NAYLOR, Jos	Kendal	1-37-21
1973	154 NAYLOR, Jos.	Kendal	1-35-08
1970	127 NcNEIL, Sandy	Clydesdale	2-07-54
1982	264 NEAL, Andy	East Kilbride	1-49-45
1979	322 NEAL, Andy	East Kilbride	1-58-58
1989	347 NEALE, D	Forres	2-11-57
1986	450 NEALE, R G	U	1-57-33
2000	98 NEAR, Chris	Rhedwyr Eryri Harriers	02-03-31
1989	78 NEEDHAM, R	Wakefield	2-14-37
1988	104 NEEDHAM, R	Wakefield	2-10-37
1989	82 NEEDHAM, Sue	Wakefield	3-16-32
1988	110 NEEDHAM, Sue	Wakefield	3-40-16
1968	33 NEIL, George	Dundee	3-44-00
1997	103 NEIL, Steve	Pudsey & B	2-18-39
1991	95 NEILL, David	Staffordshire	1-37-30
1996	107 NEILL, Simon	Dundee Uni	2-22-22
1996	108 NEILL, Steven M	Pudsey & B	1-59-43
1987	106 NEILSON, B	Teviotdale	1-57-55
1988	120 NEILSON, B	Teviotdale	2-12-35
1989	88 NESS, G	HM Forces	2-37-44
1987	114 NESS, G	U	2-38-56
1985	116 NESS, G	HM Forces	2-24-34
1988	126 NESS, G	Dundee Road	2-39-10
1986	136 NESS, G	HM Forces	2-15-40
1983	76 NESS, George	U	2-08-04
1984	95 NESS, George	HM Forces	2-21-27

1979	102 NESS, George	23 SAS	2-07-45
1990	103 NESS, George	Dundee Road	2-55-10
1991	110 NESS, George	Dundee Road	2-47-47
2002	283 NESS, Joanna	Lochaber AC	02-37-39
1999	298 NESS, Joanna	Lochaber	2-44-19
2001	356 NESS, Joanna	Lochaber AC	03-04-44
1997	339 NESS, Joanna L	Lochaber	2-50-31
2000	213 NETHERWOOD, Adrian	Bingley Harriers & AC	02-22-42
1999	230 NETHERWOOD, Adrian	Bingley	2-36-14
1992	196 NEVILLE, Irene E	Calder Valley	2-37-11
1990	202 NEVILLE, Irene E	Calder Valley	2-40-27
1991	205 NEVILLE, Irene E	Calder Valley	3-00-05
1990	204 NEWBOLD, Chris	Oamari (NZ)	2-05-38
1989	193 NEWBURY, J	Loughton	2-01-12
1987	247 NEWBURY, J	Bancroft	2-01-22
1985	261 NEWBURY, J	Bancroft	2-13-52
1998	190 NEWBURY, John	Loughton	2-36-20
2000	203 NEWBURY, John	Loughton AC	02-21-19
1990	208 NEWBURY, John	Loughton	1-56-57
2002	259 NEWBURY, John	Loughton AC	02-31-57
1988	311 NEWBY, J	Todmorden	2-48-15
1994	231 NEWBY, John	Todmorden	2-41-44
1975	115 NEWELL, M J	Morpeth	2-02-13
1993	169 NEWELL, Mark	Cambridge	2-14-42
2002	186 NEWELL, Mark	Cambridge Harriers	02-19-46
1995	189 NEWELL, Mark	Cambridge	2-11-01
2001	230 NEWELL, Mark	Cambridge Harriers	02-26-27
1994	233 NEWELL, Mark	Cambridge	2-08-42
1999	248 NEWELL, Mark	Cambridge	2-32-12
1998	250 NEWELL, Mark	Cambridge	2-17-47
1996	264 NEWELL, Mark	Cambridge	2-16-55
2000	275 NEWELL, Mark	Cambridge Harriers	02-31-54
1985	327 NEWELL, P	Bingley	2-02-11
2003	307 NEWELL, MARK	Cambridge Harriers	02-39-01
1989	301 NEWMAN, D	Loughton	2-06-01
1994	266 NEWMAN, Dave	Loughton	2-14-43

1998	298 NEWMAN, Dave	Loughton	2-38-02
1997	305 NEWMAN, Dave	Loughton	2-27-20
1995	331 NEWMAN, Dave	Loughton	2-13-43
1977	168 NEWSTEAD, David	U	2-16-39
1975	142 NEWTON, G	Vauxhall	1-50-52
1974	153 NEWTON, G	Vauxhall	1-53-09
1976	170 NEWTON, G	Vauxhall	1-58-14
1973	135 NEWTON, Geoff	Vauxhall	2-04-30
1987	373 NEWTON, P	Road Runners	2-11-37
1986	419 NEWTON, P	U	2-15-02
1981	269 NIBLETT, James	Horwich	2-27-29
1990	82 NICHOL, Colin	Teviotdale	2-00-45
2002	92 NICHOL, Colin	Teviotdale Harriers	02-04-32
1996	95 NICHOL, Colin	Teviotdale	2-14-34
1991	161 NICHOL, Colin	Teviotdale	2-21-50
2003	173 NICHOL, Colin	Teviotdale Harriers	02-13-56
1994	275 NICHOL, Colin	Teviotdale	1-57-22
1985	202 NICHOL, P	Caithness	4-30-00
1977	86 NICHOL, P F	Bingley	2-11-37
1982	119 NICHOL, Peter F	Caithness	2-28-04
1989	154 NICHOLAS, B	Mercia	2-09-24
2003	254 NICHOLSON, David B	Preston Harriers	02-29-22
1986	338 NICHOLSON, H J	Clayton	1-50-40
1970	90 NICHOLSON, M	Kendal	1-48-29
1977	135 NICHOLSON, M A	Kendal	1-35-23
1973	106 NICHOLSON, M P	Kendal	1-40-14
1975	109 NICHOLSON, M P	Kendal	1-35-45
1974	115 NICHOLSON, M P	Kendal	1-38-42
1976	141 NICHOLSON, M P	Kendal	1-39-30
1969	100 NICHOLSON, Michael	Kendal	2-02-56
1972	81 NICHOLSON, Mike	Kendal	1-54-46
1971	97 NICHOLSON, Mike	Kendal	1-41-26
1982	196 NICHOLSON, Peter J	Bingley	2-09-06
1984	253 NICHOLSON, Peter J	Bingley	2-09-20
1989	259 NICOL, R	Irvine	2-25-00
1988	321 NICOL, R	Irvine	2-27-49

1986	359 NICOL, R	Irvine	2-21-29
1990	260 NICOL, Robert	Irvine	2-18-45
1991	261 NICOL, Robert	Irvine	2-47-18
1996	280 NICOL, Robert	Irvine	2-57-42
1981	227 NICOL, Robert B	Scottish Police College	2-20-09
1994	241 NICOL, Robert B	Irvine	2-27-41
1993	251 NICOL, Robert B	Irvine	2-28-22
1992	262 NICOL, Robert B	Irvine	2-31-01
1987	322 NICOLL, R	Fife	2-10-25
1985	334 NICOLL, R	Fife	2-10-07
1986	369 NICOLL, R	Fife	1-49-00
1979	270 NICOLL, Robert B	Scottish Police College	2-31-26
1984	269 NICOLL, Roy	Pitreavie	2-15-52
1986	377 NICOLL, S K	HM Forces	2-12-31
1990	272 NIEDRUM, Susanne	Leeds Uni	2-03-22
1988	332 NIEDRUM, Susanne	Clydesdale	2-09-07
1989	280 NIELD, D	Clayton	1-49-34
1987	331 NIELD, D	Clayton	1-48-46
1988	335 NIELD, D	Clayton	1-55-18
1985	342 NIELD, D L	Clayton	1-55-05
1984	105 NIELD, David L	Clayton	1-56-02
2000	124 NIELD, David L	Clayton-le-Moors Harriers	02-08-32
2002	234 NIELD, David L	Clayton-le-Moors Harriers	02-28-11
2003	239 NIELD, David L	Clayton Le Moors	02-26-47
1994	251 NIELD, David L	Clayton	1-57-55
2001	270 NIELD, David L	Clayton-le-Moors Harriers	02-34-06
1992	277 NIELD, David L	Clayton	1-49-58
1991	280 NIELD, David L	Clayton	1-57-29
1998	280 NIELD, David L	Clayton	2-11-13
1996	295 NIELD, David L	Clayton	2-07-48
1995	306 NIELD, David L	Clayton	1-58-52
1999	306 NIELD, David L	Clayton	2-02-42
1976	148 NILE, R	Hillingdon	2-12-48
1973	113 NILE, R J	Hillingdon	2-14-10
1968	94 NILE, Richard J	Birmingham Uni	2-05-34
1983	206 NILE, Richard J	Bristol	1-35-08

1983	211 NILE, Richard J	Bristol	2-21-08
1981	229 NILE, Richard J	U	2-09-30
1979	262 NISBET, David	U	1-52-43
1978	92 NIXON, A B	Heriot Watt Uni	1-56-41
1982	209 NIXON, Alwyn B	Mynyddwyr	1-48-40
1983	213 NIXON, Alwyn B	Mynyddwyr	1-43-49
1979	272 NIXON, Alwyn B	Eborienteers	2-03-19
2003	101 NIXON, Ashley	Preston Harriers	02-02-12
1981	73 NIXON, John	Horwich	2-34-23
1984	76 NIXON, John	Horwich	2-11-11
1990	90 NOBACON, Danbert	Pudsey & B	1-46-48
1988	114 NOBACON, Danbert	Pudsey & B	1-57-38
2000	308 NOBLE, Alastair	Girvan AC	02-39-40
2002	339 NOBLE, Alastair	Girvan AC	03-00-32
2001	350 NOBLE, Alastair	Girvan AC	02-59-26
2001	210 NOBLE, Lois	Cosmic Hillbashers AC	02-23-26
2000	262 NOBLE, Lois	Cosmic Hillbashers	02-30-00
1992	249 NOBLE, Mike	Stockport	1-57-16
1987	306 NOBLE, P	Aberdeen	2-11-58
2000	103 NOLAN, Scott	Lochaber AC	02-04-25
1994	235 NOLAN, Scott	Lochaber	1-54-53
1993	240 NOLAN, Scott	Lochaber	1-59-57
1974	37 NORMAN, J	Altrincham	1-36-10
1975	37 NORMAN, J	Altrincham	1-35-43
1994	99 NORMAN, Jeff	Altrincham	2-02-33
1995	100 NORMAN, Jeff	Altrincham	2-04-02
1970	1 NORMAN, Jeffrey	Altrincham	1-40-45
1969	2 NORMAN, Jeffrey	Altrincham	1-47-15
1972	2 NORMAN, Jeffrey	Altrincham	1-37-38
1977	3 NORMAN, Jeffrey	Altrincham	1-40-00
1973	5 NORMAN, Jeffrey	Altrincham	1-48-23
1974	4 NORTH, J	Clayton	1-45-44
1975	6 NORTH, J	Clayton	1-46-05
1977	6 NORTH, John	Clayton	1-38-05
1979	5 NORTLEY, Terry	Bolton	2-35-06
1981	11 NORTLEY, Terry	Bolton	2-37-18

1990	12 NOVAK, Peter	Keswick	1-54-21
1985	7 NUTTAL, J R	Clayton	1-43-18
1988	16 NUTTALL, D	Clayton	1-46-11
1994	12 NUTTALL, Dave	Clayton	1-39-53
1995	14 NUTTALL, Dave	Clayton	1-44-59
1987	13 NUTTALL, J	Clayton	1-44-21
1988	21 NUTTALL, J	Clayton	1-49-50
1986	19 NUTTALL, J R	Clayton	1-39-54
1994	21 NUTTALL, John	Clayton	1-49-59
1993	16 NUTTALL, John R	Clayton	1-49-23
2002	52 NUTTALL, John R	Clayton-le-Moors Harriers	01-56-54
1999	64 NUTTALL, John R	Clayton	1-55-34
2000	89 NUTTALL, John R	Clayton-le-Moors Harriers	02-02-53
1997	91 NUTTALL, John R	Clayton	2-01-11
2003	110 NUTTALL, John R	Clayton Le Moors	02-03-33
2002	56 NUTTER, Mark	Clayton-le-Moors Harriers	01-57-45
1992	89 NUTTER, Mark	Clayton	1-59-58
2003	103 NUTTER, Mark	Clayton Le Moors	02-02-21
1986	124 OAKLAND, M H	London Road	2-19-17
1975	38 OAKLEY, C	RAF Lossiemouth	1-51-31
1976	56 OAKLEY, C	RAF Lossiemouth	2-11-35
1977	46 OAKLEY, C R	Caithness	2-01-44
1982	64 OAKLEY, Christopher	Caithness	1-59-56
1981	77 OAKLEY, Christopher	Caithness	1-45-34
1989	89 O'BRIEN, D	Clayton	2-04-11
1987	111 O'BRIEN, D	Clayton	2-11-33
1985	112 O'BRIEN, D	Clayton	1-58-34
1988	134 O'BRIEN, D	Clayton	2-41-51
1986	141 O'BRIEN, D	Clayton	2-16-00
1984	92 O'BRIEN, David	Clayton	1-59-32
1990	100 O'BRIEN, David	Clayton	2-13-09
1991	107 O'BRIEN, David	Clayton	2-23-07
1995	114 O'BRIEN, David	Clayton	2-30-25
1996	117 O'BRIEN, David	Clayton	2-54-27
1969	38 O'CALLAGHAN, J	Vauxhall	2-31-02
1977	59 O'CALLAGHAN, J	Vauxhall	2-00-39

1976	61 O'CALLAGHAN, J	Vauxhall	2-01-21
1978	39 O'CALLAGHAN, J V	Vauxhall	1-54-41
1966	31 O'CALLAGHAN, John	Vauxhall	2-07-57
1967	39 O'CALLAGHAN, John	Vauxhall	2-07-00
1968	39 O'CALLAGHAN, John	Vauxhall	2-59-50
1970	39 O'CALLAGHAN, John	Vauxhall	2-24-56
1971	45 O'CALLAGHAN, John	Vauxhall	2-30-28
1979	117 O'CALLAGHAN, John V	Vauxhall	1-56-28
1979	119 O'CALLAGHAN, Stephen	West Yorks Police	1-58-41
1969	40 O'CARROL, Bdr	7th Para	2-17-40
1968	41 O'CARROLL, Christopher	20th Heavy	2-01-30
1967	42 O'CARROLL, Christopher	20th Heavy	2-01-16
1987	146 O'CONNOR, J	Clayton	2-07-42
1987	149 O'CONNOR, T	Lochaber	2-07-26
1966	33 O'CONNOR, Thomas	Lochaber	2-41-40
1982	88 O'CONNOR, Thomas P	U	2-17-56
1994	130 O'CONNOR, Tommy	Lochaber	2-44-28
1996	138 O'CONNOR, Tommy	Lochaber	2-27-39
1997	138 O'CONNOR, Tommy	Lochaber	2-31-45
1972	43 O'DONNELL, Cornelius	Victoria Park	2-45-35
1995	144 O'DONNELLY, Antony	Tyne & W Fire	2-43-04
1975	54 OGALLASHAW, J	Vauxhall	2-11-55
1987	165 OGG, B	U	2-27-12
1995	145 O'GORMAN, Vivian	Irish Mountain (Ireland)	2-08-03
1985	166 OGSTON, M	Ayr	1-48-26
1987	167 OGSTON, M	Hunter's	1-42-34
1986	195 OGSTON, M	Hunter's	1-46-58
1997	145 OGSTON, Matt	Westerlands	1-58-33
2000	157 O'HAGAN, Andrew	Lochaber AC	02-13-15
2003	324 O'HAGAN, Andrew	Lochaber Athletic Club	02-43-30
1978	110 O'HARA, R	Annan	1-51-11
1968	119 O'KEEFE, Michael	Rowntrees	2-43-41
2003	206 O'KEEFE, Steven K	Cumberland Fellrunners	02-20-56
1974	77 O'LEARY, D	Manchester YMCA	2-00-08
1977	106 O'LEARY, D	Manchester	1-59-13
1991	192 O'LEARY, David	Manchester YMCA	2-31-45

2000	366 O'LEARY, M	Wealstun Runners	03-06-08
1967	124 O'LIDWELL, Michael	Dumbarton	2-19-19
1997	355 OLIPHANT, Crawford	Pudsey & B	2-02-40
1987	423 OLIPHANT, Mary	U	2-37-01
1985	418 OLIVER, A	Eryri	2-53-26
1983	283 OLIVER, Geoffrey J	Royal Artillery	1-56-26
1969	142 OLIVER, J D	Kendal	2-08-01
1966	112 OLIVER, John D	Kendal	2-12-11
1970	139 OLLEY, Kenneth	Northumbria O	2-35-04
1984	346 OLLIS, W R	Royal Marines	1-54-59
1968	134 OLLNER, J D	Kendal	2-09-34
1994	319 OLROYD, John	Lancaster & M	2-07-56
1989	375 O'NEILL, D	Lochaber	1-54-11
1996	375 O'NEILL, D	Todmorden	2-49-30
1988	430 O'NEILL, D	Lochaber	1-41-38
1987	432 O'NEILL, D	Lochaber	1-42-51
1986	473 O'NEILL, D	Lochaber	1-42-54
1992	347 O'NEILL, David	Lochaber	2-08-33
1984	352 O'NEILL, David	Lochaber	1-43-10
1991	366 O'NEILL, David	Lochaber	1-55-23
1995	405 O'NEILL, David	Lochaber	2-14-51
1998	164 O'NEILL, John	Lochaber	2-26-59
2001	168 O'NEILL, John	Lochaber AC	02-14-48
1995	170 O'NEILL, John	Lochaber	2-10-29
1999	183 O'NEILL, John	Lochaber	2-26-14
1997	252 O'NEILL, John	Lochaber	2-39-04
2002	254 O'NEILL, John	Lochaber AC	02-31-32
1977	134 O'REILLY, T	Springburn	2-02-36
1981	209 O'REILLY, Thomas P	Springburn	2-15-17
1979	246 O'REILLY, Thomas P	Springburn	2-09-49
1997	260 O'REILLY, Thomas P	Springburn	3-13-52
1989	249 ORR, A	Clayton	1-54-43
1987	302 ORR, A	Clayton	1-58-33
1988	310 ORR, A	Clayton	1-51-58
1990	250 ORR, Andrew N	Clayton	1-49-41
1991	254 ORR, Andrew N	Clayton	2-03-05

1997	261 ORR, Andrew N	Clayton	1-47-21
1996	263 ORR, Andrew N	Clayton	1-56-22
2002	95 ORR, David	Lochaber AC	02-05-17
1996	268 ORR, David	Lochaber	1-51-29
1997	269 ORR, David	Lochaber	1-49-16
1995	281 ORR, David	Lochaber	1-56-26
2000	322 ORR, David	Cambridge Harriers	02-42-40
1989	323 ORR, E	Lochaber	2-04-36
1987	377 ORR, E	Lochaber	1-50-00
1985	381 ORR, E	Lochaber	1-50-12
1986	426 ORR, E	Lochaber	1-52-08
1983	249 ORR, Ernest	Lochaber	1-53-44
1982	250 ORR, Ernest	Lochaber	2-07-03
1984	307 ORR, Ernest	Lochaber	1-54-53
1994	126 ORR, Ernie	Lochaber	2-08-56
1990	130 ORR, Ernie	Lochaber	2-00-04
2000	135 ORR, Ernie	Lochaber AC	02-09-40
1993	166 ORR, Ernie	Lochaber	2-15-47
1992	168 ORR, Ernie	Lochaber	2-15-50
1991	172 ORR, Ernie	Lochaber	2-18-24
2002	172 ORR, Ernie	Lochaber AC	02-17-21
1998	174 ORR, Ernie	Lochaber	2-28-56
2001	182 ORR, Ernie	Lochaber AC	02-18-46
1996	184 ORR, Ernie	Lochaber	2-32-44
1997	185 ORR, Ernie	Lochaber	2-26-40
1995	188 ORR, Ernie	Lochaber	2-17-48
2003	269 ORR, Ernie	Lochaber Athletic Club	02-31-54
1999	337 ORR, Ernie	Lochaber	1-59-35
1988	384 ORR, Ernie	Lochaber	2-00-42
2000	209 ORR, Peter	Highland Hill Runners	02-22-14
1998	255 ORR, Peter	Highland	2-11-09
1987	233 ORR, R	Clayton	2-04-39
1988	254 ORR, R	Clayton	2-23-56
1985	252 ORR, R D	Clayton	2-02-24
1986	281 ORR, R D	Clayton	1-57-35
2001	316 OSBORN, David	Lomond Hill Runners AC	02-43-04

2002	223 OSBORN, David Thomas	Lomond Hill Runners	02-26-28
1975	88 OSBORN, J S	Blackburn	2-06-45
1977	115 OSBORN, J S	Blackburn	1-57-40
1972	71 OSBORN, John S	Blackburn	2-07-09
1967	81 OSBORN, John S	Clayton	2-29-19
1973	92 OSBORN, John S	Blackburn	1-55-50
1966	69 OSBORN, Michael D	Clayton	2-32-38
1972	72 OSBORN, Michael D	Clayton	2-45-52
2003	245 OSBORN, David	Lomond Hill Runners	02-27-49
1995	254 OSBORNE, John	Dundee	2-08-41
1985	293 OSBORNE, M	FRA	2-15-08
1986	330 OSBORNE, M	Horwich	2-08-36
1974	112 OSBURN, J S	Blackburn	2-00-35
1988	291 OSMOND, C	U	2-40-57
1996	253 OSMOND, Chris	Westerlands	2-49-38
1995	266 OSMOND, Chris	Westerlands	2-29-48
2002	349 OSMOND, Chris	Westerlands Cross Country	03-12-46
1994	299 OSMOND, Christopher	Westerlands	2-26-27
1997	332 OSMOND, Christopher	Westerlands	2-39-06
1987	402 OSWALD, E	Arbroath	2-54-02
1988	405 OSWALD, E	Arbroath	3-24-22
1987	406 OSWALD, J	U	2-54-02
1975	159 OVERTON, D G	Kendal	1-41-34
1976	191 OVERTON, D G	Kendal	1-39-56
2000	97 OWEN, David	Ambleside AC	02-03-25
1999	106 OWEN, David	Ambleside	2-16-15
1986	118 OWEN, R J	Eryri	1-48-26
1984	75 OWEN, Raymond	Horwich	1-34-18
1983	68 OWEN, Russell	Eryri	1-49-37
1984	78 OWEN, Russell	Eryri	1-54-38
1990	88 OWEN, Russell	Eryri	1-47-18
1999	110 OWEN, Russell	Eryri	1-47-30
1978	32 OWEN, S	RAF Valley	1-37-39
1977	45 OWEN, Stan	RAF Anglesey	1-42-12
1979	92 OWEN, Stanley	RAF Valley	1-47-40
2000	374 OWEN, Sue	Ambleside AC	03-14-44

1988	427 OWENS, D	Carnethy	2-17-50
1985	425 OWENS, D F	Carnethy	2-06-50
1987	431 OWENS, D F	Carnethy	2-12-24
1986	470 OWENS, D F	Carnethy	2-02-41
1997	364 OWENS, David	Keswick	2-01-15
1992	345 OWENS, Denis F	Carnethy	2-39-23
1984	351 OWENS, Denis F	Carnethy	2-20-02
1990	371 OWENS, Denis F	Carnethy	2-20-11
1998	348 PADEN, Iain	Wilmslow	3-03-56
1990	378 PAGE, Andrew	Carnethy	2-35-58
2002	276 PAGE, Gary	Loughton AC	02-36-07
1989	269 PAGE, J	Dundee Road	2-58-24
1990	265 PAIJA, Mekhbadur	1/2 Gurkha	1-45-42
1979	268 PAINE, Alasdair	U	2-19-21
1975	124 PAJAC, J	East Cheshire	2-20-08
1966	83 PAKEY, Michael	Vauxhall	1-54-31
1967	97 PAKEY, Michael	Vauxhall	1-59-36
1968	98 PAKEY, Michael	Vauxhall	1-48-50
1997	283 PALIN, Roger J	Royal Navy	2-21-34
1986	379 PALING, S	Keswick	1-47-19
1985	340 PALING, S E	Keswick	1-45-47
1984	275 PALING, Steven	Keswick	1-52-23
1969	113 PALISTER	42nd Med	2-05-36
1985	343 PALISTER, R J	Pudsey & B	1-37-09
1970	105 PALLISER	42nd Med	2-05-20
1988	340 PALLISTER, R	Pudsey & B	1-39-57
1986	382 PALLISTER, R J	Pudsey & B	1-38-06
1990	274 PALLISTER, Richard J	Pudsey & B	1-33-12
1985	348 PALMER, G	Rochdale	2-12-12
1987	341 PALMER, R	Loughton	2-28-46
1968	104 PANTER, R J	Kettering	2-37-20
1971	108 PAPE, R N	Royal Navy	2-29-45
1983	225 PARKE, Ian	Ballydrain	1-34-38
1996	301 PARKER, Andrew	Dudley	2-52-53
1974	144 PARKER, D	RAF Lossiemouth	2-18-46
1979	286 PARKER, D	U	2-15-45

1982	230 PARKER, David	Horwich	1-56-47
1973	128 PARKER, Derek	RAF Lossiemouth	2-15-43
1985	367 PARKER, E D	Ambleside	2-18-52
1984	50 PARKER, Eric D	Ambleside	1-49-29
2000	70 PARKER, Eric D	Ambleside AC	01-58-59
1994	264 PARKER, Eric D	Ambleside	1-51-14
1993	277 PARKER, Eric D	Ambleside	1-48-24
1990	284 PARKER, Eric D	Ambleside	1-41-54
1991	297 PARKER, Eric D	Ambleside	1-53-57
1995	325 PARKER, Eric D	Ambleside	1-47-35
1996	70 PARKER, Fiona	Hi-Tech	3-11-19
1974	23 PARKER, Flt Lt	RAF Leuchars	2-09-50
1999	86 PARKER, Gavin T	U	2-47-26
1976	37 PARKER, J	U	2-36-49
1969	26 PARKER, Roger	Leeds	2-14-13
1984	57 PARKER, Stuart	Rosendale	1-40-01
1976	38 PARKER, T	RAF Leuchars	2-19-47
1970	22 PARKER, William H	Beith	2-18-50
1985	83 PARKINSON, G	Clayton	2-03-51
1997	81 PARR, Nigel	Kilmarnock	2-09-35
1985	87 PARRY, D J	Mandale	2-06-22
1982	48 PARRY, Guto	Eryri	2-09-29
1981	56 PARRY, Guto	Eryri	2-07-48
1979	72 PARRY, Guto	Eryri	2-03-42
1978	23 PARRY, H	U	1-45-51
1985	91 PARRY, J	Cheshire Fire	1-59-24
1984	64 PARRY, John C	Cheshire Fire	1-53-17
1987	88 PARSONS, C	Risca	2-36-30
2001	64 PARSONS, Jonathan	Pudsey & Bramley AC	01-55-47
1975	27 PARTINGTON, I	Rosendale	1-56-23
1989	48 PARTINGTON, K	Kendal	2-21-15
1987	58 PARTINGTON, K	Kendal	1-52-56
1988	69 PARTINGTON, K	Kendal	2-13-49
1985	64 PARTINGTON, K M	Kendal	1-51-35
1984	49 PATCHETT, J M	HM Forces	2-22-25
1989	53 PATERSON, A	Calderglen	2-08-45

1992	64 PATERSON, Archibald	Calderglen	2-09-11
1993	67 PATERSON, Archibald	Calderglen	2-14-20
1994	67 PATERSON, Archibald	Calderglen	2-12-22
1990	71 PATERSON, Archibald	Calderglen	2-06-22
1991	71 PATERSON, Archibald	Calderglen	2-22-42
1995	73 PATERSON, Archibald	Calderglen	2-14-49
2000	173 PATERSON, Chloë	Lochaber AC	02-15-32
2002	21 PATERSON, Donald	Lochaber AC	01-47-48
2001	25 PATERSON, Donald	Lochaber AC	01-48-41
1999	35 PATERSON, Donald	Lochaber	1-48-13
2000	37 PATERSON, Donald	Lochaber AC	01-52-13
1998	168 PATERSON, Donald	Lochaber	1-49-17
1997	169 PATERSON, Donald	Lochaber	1-45-08
1986	42 PATERSON, E C	Carnethy	1-40-40
2002	33 PATERSON, Ewan C M	Moray Road Runners	01-52-25
1985	27 PATERSON, J	Lochaber	2-20-07
1982	18 PATERSON, Jim	Lochaber	2-40-16
1983	18 PATERSON, Jim	Lochaber	1-59-59
1981	24 PATERSON, Jim	U	2-05-29
1974	11 PATERSON, K	Airdrie	2-12-51
1975	13 PATERSON, K	Edinburgh	2-15-45
1976	20 PATERSON, K	Edinburgh	2-02-44
1977	21 PATERSON, K	Edinburgh	2-11-45
1970	11 PATERSON, Kenneth	Airdrie	2-14-51
1972	15 PATERSON, Kenneth	Airdrie	2-43-28
1969	19 PATERSON, Kenneth	Airdrie	2-05-23
1971	16 PATERSON, Kenneth D	Airdrie	2-16-33
1991	40 PATERSON, Kenneth D	Lochaber	2-58-05
2003	46 PATERSON, Donald	Lochaber Athletic Club	01-52-41
1988	53 PATON, A	Nairn	2-23-09
1979	45 PATON, David	Lancs Fire	3-18-06
1972	17 PATON, David L	Dundee	2-14-36
1971	18 PATON, David L	Dundee	2-04-42
1969	20 PATON, David L	U	2-25-08
1973	23 PATON, David L	Dundee	2-12-48
1998	56 PATON, Neil	Carnethy	2-09-50

1975	19 PATON, R	Dumbarton	1-44-47
1978	19 PATON, R	Dumbarton	1-49-08
1977	26 PATON, R	Dumbarton	1-43-55
1973	25 PATON, Ron	Dumbarton	1-50-13
1970	19 PATON, Ronald J	Forth Valley	1-58-26
1972	19 PATON, Ronald J	Clydesdale	1-58-00
1976	29 PATRICK, E	NAC	1-57-29
1977	30 PATRICK, E T	Naval Air	1-47-49
1974	21 PATRICK, T	Naval Air	2-17-56
1975	26 PATRICK, T	RNAS Yeovilton	2-03-48
1966	15 PATTEN, Alistair	Clayton	1-58-49
1987	56 PATTERSON, I	Perth	2-36-20
1985	62 PATTERSON, I	Perth	2-34-19
1988	70 PATTERSON, I	Perth	3-00-16
1982	34 PATTERSON, Ian	Perth	2-25-07
1981	44 PATTERSON, Ian	Perth	2-17-18
1984	51 PATTERSON, Ian	Perth	2-30-24
1979	60 PATTERSON, Ian	Perth Railway	2-28-33
1985	71 PATTERSON, J	Mourne	1-40-39
1983	43 PATTERSON, James	Pyramid	1-36-30
1984	54 PATTERSON, James	Moyrne	1-53-05
1982	41 PATTERSON, M	Dark Peak	1-35-32
1984	55 PATTERSON, Malcolm	Dark Peak	1-33-47
1981	52 PATTISON, David R	U	1-55-31
1974	26 PAYNE, D	Bury	1-54-09
1971	27 PAYNE, D	Bury & R	1-53-52
1975	29 PAYNE, D	Bury	1-56-50
1973	30 PAYNE, D	Bury	1-57-55
1977	36 PAYNE, D	Bury	1-54-52
1976	42 PAYNE, D	Bury	2-00-39
1972	24 PAYNE, David	Bury & R	2-14-32
1967	25 PAYNE, David	Bury & R	2-24-55
1970	26 PAYNE, David	Bury & R	2-25-24
1968	30 PAYNE, David	Bury & R	2-14-48
1974	29 PAYNE, M	Bury	2-31-11
1975	32 PAYNE, M	Bury	2-231

1973	33 PAYNE, Martin	Bury	2-19-09
1975	34 PAYNIER, A	Walthamstow	3-48-42
2002	1 PEACE, Andrew	Bingley Harriers & AC	01-29-41
1993	2 PEACE, Andrew	Bingley	1-34-43
2003	6 PEACE, Andrew	Bingley Harriers	01-34-08
2001	4 PEACE, Andy	Bingley Harriers & AC	01-32-20
1979	4 PEACE, Barry	Bingley	1-43-59
1981	4 PEACE, Barry	Bingley	1-37-43
1984	4 PEACE, Barry	Bingley	1-39-43
1991	6 PEACH, Keith	Ryde	2-28-41
1992	8 PEACH, Keith	Ryde	2-12-43
1993	7 PEACH, Keith M	Ryde	2-20-40
1986	12 PEACOCK, A J	Clayton	1-42-58
1982	8 PEACOCK, Anthony J	Clayton	1-45-21
1984	9 PEACOCK, Anthony J	Clayton	1-44-49
1979	10 PEACOCK, Anthony J	Clayton	1-50-45
1985	10 PEACOCK, T	Clayton	1-44-08
1999	23 PEARCE, Emma	Lochaber	2-39-24
2002	307 PEARCE, Emma	Lochaber AC	02-46-11
2000	347 PEARCE, Emma	Lochaber AC	02-51-15
2003	359 PEARCE, Emma	Lochaber Athletic Club	03-02-51
2000	34 PEARCE, N	Ilkley Harriers	01-51-32
1985	29 PEARSON, A	East Kilbride	1-58-53
1986	40 PEARSON, A	East Kilbride	2-03-08
1979	36 PEARSON, A R	East Kilbride	2-07-55
1982	19 PEARSON, Andrew R	East Kilbride	1-59-12
1994	36 PEARSON, David	Mandale	1-49-45
1974	10 PEARSON, G	Invicta	1-56-14
1973	16 PEARSON, G	Invicta	1-58-03
1979	40 PEARSON, G C	Invicta	2-14-09
1987	37 PEARSON, J	Liverpool Poly	2-11-01
1986	50 PEARSON, J	Liverpool Poly	2-41-23
2001	349 PEARSON, M E	Carnethy Hill Running C	02-59-17
2002	352 PEARSON, Michael E	Penicuik Harriers	03-18-05
2000	331 PEARSON, Mike	Carnethy Hill Running	02-45-20
2000	222 PEARSON, Patrick	Croft Ambrey RC	02-24-01

1991	210 PEART-BINNS, Christophe	Calder Valley	2-09-14
1989	199 PECK, D	Carnethy	2-23-48
1987	259 PECK, D	Carnethy	2-22-11
1985	267 PECK, D	Carnethy	2-15-46
1986	300 PECK, D	Carnethy	2-00-46
1984	209 PECK, David	Carnethy	2-31-08
1993	201 PEDEN, Andrew	Cumberland	1-49-35
1994	207 PEDEN, Andrew	Cumberland	1-55-16
1996	231 PEDEN, Andy	Cumberland	2-02-52
1995	237 PEDEN, Andy	Cumberland	1-57-32
1996	233 PEDLEY, Andrew	Retford	3-06-29
1999	252 PEEL, John	Black Combe	3-24-20
1992	217 PEEL, Stephen	Manchester YMCA	2-27-35
1973	94 PEET, M	Ochils O	1-52-50
1971	87 PENN, M	RNAC	3-04-13
1988	284 PENNINGTON, R	Mandale	1-57-54
1968	73 PENNINGTON, W G	Willowfield	1-50-31
1982	177 PENNY, R C	Falkirk	1-48-44
1996	241 PEOPLES, David	Ochil	2-45-57
1986	323 PEPPER, M	Eryri	2-02-14
1998	224 PEPPER, Simon	Inverness	1-54-39
1996	246 PEPPER, Simon R	Forres	1-59-48
1974	107 PERCIVAL, H	RAF Buchan	2-31-56
1989	229 PERKIN, A	East Cheshire & T	2-42-27
1981	200 PERRY, R C	U	1-51-50
1984	228 PERRY, R C	Falkirk	1-50-27
1971	91 PETRIE, C	U	1-59-52
1995	263 PETRIE, Charles	Lochaber	3-10-36
1989	236 PETRIE, D	Kilbarchan	1-53-48
1987	291 PETRIE, D	Kilbarchan	1-52-49
1988	292 PETRIE, D	Kilbarchan	1-54-13
1970	87 PETTIT, Alan	Lochaber	2-02-21
1969	96 PETTIT, Alan	Lochaber	2-10-51
1975	107 PHILIPSON, A	U	1-44-48
1982	191 PHILIPSON, Andrew	Gosforth	2-59-54
1983	193 PHILIPSON, Andrew	Gosforth	1-38-07

1981	207 PHILIPSON, Andrew	Gosforth	1-43-08
1984	246 PHILIPSON, Andrew	Gosforth	1-42-52
1982	192 PHILLIPS, Andrew	1st Prince of Wales	2-03-40
1985	305 PHILLIPS, H	Haverford West	2-37-09
1976	144 PHILLIPS, K	U	3-13-59
1966	78 PHILLIPS, Kenneth	Beith	2-46-02
1968	89 PHILLIPS, Kenneth	Beith	2-50-56
1967	92 PHILLIPS, Kenneth	Beith	3-11-59
1969	104 PHILLIPS, Kenneth	Beith	2-57-01
1991	256 PHILLIPS, Paul D	Royal Insurance	2-07-20
1986	357 PHILLIPS, T	Orion	2-03-24
1998	257 PHILLIPS, Vernon	Thrift Green	3-00-50
1972	84 PHIPPS, G A	Leamington	2-03-38
1971	101 PHIPPS, George	Leamington Cycling	2-03-22
1970	98 PHIPPS, George A	Leamington	1-59-59
1969	106 PHIPPS, George A	Leamington	2-06-15
1973	115 PHIPPS, George A	Leamington	1-58-14
2000	196 PHIZACKLEA, Joanne	Buxton AC	02-19-58
1999	207 PHIZACKLEA, Joanne	Buxton	2-32-04
1970	65 PICKARD, R	Perth Railway	2-53-49
1969	62 PICKARD, Ronald	Perth Railway	2-30-23
1982	136 PICKETT, Ian	Royal Marines	2-17-26
1984	177 PICKLES, Anthony J	Bingley	2-13-25
1988	238 PIERCE, R	Hebog	2-09-16
1986	269 PIERCE, R	Wrexham	1-58-07
1990	189 PIERCE, Raymond	Hebog	2-01-55
1987	228 PILBEAM, R	Keswick	1-43-58
1985	239 PILBEAM, R	Keswick	1-31-20
1988	242 PILBEAM, R	Keswick	1-32-15
1986	273 PILBEAM, R C	Keswick	1-27-05
1991	193 PILSBURY, Tim	Air Log	2-57-23
1990	197 PINDER, Andrew D	Leeds Postal	2-07-03
2000	350 PITTILLO, James	Teviotdale Harriers	02-53-38
1994	300 PITTILLO, Jim	Teviotdale	2-32-57
2001	334 PITTILLO, Jim	Teviotdale Harriers	02-47-55
2002	345 PITTILLO, Jim	Teviotdale Harriers	03-08-24

1969	136 PLASKITT, K A	Scunthorpe	3-01-49
1970	129 PLASKITT, Kenneth A	U	2-31-17
1996	341 PLUCK, Daniel L	8th Infantry	2-56-28
1993	311 PLUMMER, Steve	Accrington	2-27-24
1991	340 PLUMMER, Steve	Accrington	2-26-46
2002	19 PLUNKETT, Stephen	Bingley Harriers & AC	01-45-58
1999	30 PLUNKITT, Steve	U	2-24-29
1973	9 POCOCK, J A	Leamington	1-54-33
1998	26 POGSON, Andrew	Sheffield	2-13-23
1969	10 POIL, Cpl J	RAF Leuchars	2-31-13
1994	26 POLLARD, Robert	FRA	2-08-59
1979	21 POLLEY, Colin G	Lancaster & M	1-44-43
1991	18 POLLITT, Peter	Bolton	1-51-49
1999	36 POLLITT, Peter	Bolton	1-54-27
1979	25 POLLOCK, John Q	Scottish Police College	2-05-32
1979	27 POOLE, Graham	Rochdale	1-56-01
1978	12 POOLEY, C G	Lancaster & M	1-42-49
1968	12 POPELL, Brian P	Westbury	2-28-14
1986	33 POPIOLEK, J	Leeds	2-26-37
1969	14 POPPLEWELL, Robert	Lochaber	2-31-51
1985	25 PORTER, A	Keswick	1-51-33
1982	16 PORTER, G	Royal Marines	2-14-23
2000	107 PORTER, James A	Lochaber AC	02-05-02
1997	109 PORTER, James A	Lochaber	2-09-31
1970	36 POTTER, John R	Northumbria O	2-02-59
1988	123 POTTER, P	U	2-22-27
1999	120 POTTIE, John M	Nairn	2-44-36
1979	95 POTTS, Richard	HMS Zulu	2-16-37
1997	129 POULTER, Ray	Todmorden	2-29-49
2000	130 POULTER, Ray	Todmorden Harriers & AC	02-09-00
1996	131 POULTER, Ray	Todmorden	2-27-16
1998	131 POULTER, Ray	Todmorden	2-20-22
1987	145 POUND, S	Clayton	2-23-50
1996	134 POWELL, Alun	Pudsey & B	2-02-12
1998	134 POWELL, Alun	Pudsey & B	2-02-37
1992	126 POWELL, Ifor	Wrekin	1-49-13

1987	155 POWELL, R	Eryri	1-44-06
1992	131 POWELL, Ross	Eryri	2-01-29
1990	135 POWELL, Ross	Eryri	1-52-11
1996	139 POWELL, Ross	Eryri	2-14-20
1991	204 POWELL, Ross	Eryri	2-28-10
2000	215 POWELL, Ross	Rhedwyr Eryri Harriers	02-22-45
1989	191 POWELL, W	Arbroath	2-24-45
1982	157 POYNER, Alexander S	U	2-17-45
1981	174 POYNER, Alexander S	West Midlands Police	2-15-42
1979	206 POYNER, Alexander S	West Midlands Police	2-38-23
1985	263 PRADY, M	Glossop	2-05-54
1988	265 PRADY, M	Glossop	1-38-13
1979	209 PRATT, Andrew M	RAF Abingdon	1-56-37
1978	73 PRATT, J	London School of E	1-52-15
1977	114 PRATT, J	London School of E	1-54-21
1976	126 PRATT, J	London School of E	2-07-37
1989	204 PRATTEN, N	Wirral	2-24-49
1982	163 PRENDERGAST, Peter L	U	2-31-47
1966	68 PRENTICE, Marshall N	Stirling	2-06-35
2003	226 PRESLY, Sandy	Wolds Veteran Runners	02-25-04
2002	202 PRESTON, Christine	Keighley & Craven AC	02-23-16
2000	268 PRESTON, Christine	Keighley & Craven AC	02-30-32
2001	342 PRESTON, Christine	Keighley & Craven AC	02-55-46
2001	126 PRESTON, John	Keighley & Craven AC	02-07-52
2003	127 PRESTON, John	Keighley & Craven	02-06-20
2002	128 PRESTON, John	Keighley & Craven AC	02-09-48
2000	129 PRESTON, John	Keighley & Craven AC	02-08-58
1967	40 PRICE, Alan G	RNA Lossiemouth	2-18-37
1994	120 PRICE, Ken	FRA	2-31-42
1993	124 PRICE, Kenneth	FRA	2-51-49
1985	148 PRICE, M	HM Forces	1-52-18
2002	38 PRIESTLEY, Andrea	Ilkley Harriers	01-52-55
2002	195 PRIESTLEY, Nigel John	Solway RC	02-22-11
1985	226 PRIESTLEY, S	Glossop	2-26-36
1993	176 PRINGLE, Bill	Teviotdale	2-25-47
1992	178 PRINGLE, Bill	Teviotdale	2-17-53

1994	183 PRINGLE, Bill	Teviotdale	2-28-11
1991	186 PRINGLE, Bill	Teviotdale	2-23-41
1998	189 PRINGLE, Bill	Teviotdale	3-12-25
1996	195 PRINGLE, Bill	Teviotdale	2-45-10
1997	197 PRINGLE, Bill	Teviotdale	2-35-42
1995	210 PRINGLE, Bill	Teviotdale	2-31-37
1999	222 PRINGLE, Bill	Teviotdale	3-00-33
2000	362 PRINGLE, Bill	Teviotdale Harriers	03-02-25
1989	361 PRINGLE, W	Teviotdale	2-31-35
1990	350 PRINGLE, William	Teviotdale	2-19-49
1974	172 PRITCHARD, C	Midlands	2-54-51
1989	363 PRITCHARD, C	Carnethy	1-59-55
1988	417 PRITCHARD, C	Carnethy	2-12-14
1987	420 PRITCHARD, C	U	2-12-38
1994	311 PRITCHARD, Colin	Carnethy	2-07-46
1992	338 PRITCHARD, Colin	Carnethy	2-03-06
1974	177 PRITCHARD, J	U	2-53-26
1994	314 PRITCHARD, John	Old Sarum	2-47-22
1997	359 PROCTER, Michael	Clayton	1-44-07
2003	22 PROCTER, William	Helm Hill	01-45-16
1970	7 PROCTOR, T	Rochdale	1-46-48
1972	9 PROCTOR, T	Rochdale	2-46-07
1973	11 PROCTOR, Trevor	Rochdale	1-45-54
2002	131 PROWSE, Jo Anne	Keighley & Craven AC	02-10-01
1987	137 PRYCE, C	U	1-55-13
1989	110 PRYDE, G	Lomond	1-49-46
1987	147 PRYDE, G	U	2-08-04
1986	178 PRYDE, G	Clydesdale	1-53-45
1993	44 PRYDE, Gordon	Lomond	1-55-40
2000	52 PRYDE, Gordon	Lomond Hill Runners	01-54-52
2002	62 PRYDE, Gordon	Lomond Hill Runners	01-58-26
2003	62 PRYDE, Gordon	Lomond Hill Runners	01-55-29
1996	60 PRYOR, Stephen W	Cosmic	2-58-31
1994	58 PRYOR, Steve	Cosmic	2-47-58
2003	287 PRYTHERCH, David	Eryri Harriers	02-34-26
2002	331 PRYTHERCH, David Stew	Eryri Harriers	02-56-20

1973	146 PUCKRIN, Richard	Middlesborough	2-43-11
1981	282 PUGH	Royal Marines	2-32-24
1987	389 PUGH, R	U	2-20-38
1993	135 PUGH, Roderick	Kilmarnock	2-11-37
2000	144 PUGH, Roderick	Johnnie Walker Kilmarnock H	02-10-50
2003	185 PUGH, Roderick	Kilmarnock Harriers	02-15-56
2002	139 PUGH, Roderick M	Johnnie Walker Kilmarnock H	02-10-52
2001	146 PUGH, Roderick M	Johnnie Walker Kilmarnock H	02-11-14
1995	147 PUGH, Roderick M	Kilmarnock	2-11-08
1996	150 PUGH, T J	Newtown	2-34-16
1999	165 PUGH, Trefor	Newtown	2-25-10
2001	304 PUGH, Trefor	Newtown AC	02-40-30
1989	299 PUGH, W	Lomond	2-05-33
1998	292 PULLEN, Les	Cambridge	2-48-14
2000	306 PULLEN, Les	Cambridge Harriers	02-38-58
1996	308 PULLEN, Les	Cambridge	2-50-37
2002	324 PULLEN, Les	Cambridge Harriers	02-50-26
2001	359 PULLEN, Les	Cambridge Harriers	03-06-44
1995	385 PULLEN, Les	Cambridge	3-04-58
2003	363 PULLEN, Les	Cambridge Harriers	03-07-37
1985	413 PULMAN, M J	RNAC Osprey	2-44-45
1989	362 PURJA, M	1/2 Gurkha	1-45-21
1988	416 PURNELL, S	Clevedon	2-23-44
1972	112 PYATT, D G	Edinburgh Southern O	2-06-40
1971	135 PYATT, D G	Edinburgh Southern O	1-49-12
1973	162 PYATT, D G	Edinburgh Southern O	1-52-47
1974	174 PYATT, D G	Edinburgh Southern O	1-51-41
1981	317 PYATT, D G	Edinburgh Southern	1-48-22
1979	338 PYATT, D G	Edinburgh Southern O	1-55-48
1970	137 PYATT, Graham	Edinburgh Southern O	1-59-21
1997	362 QUICKFALL, Andy	Newburgh	2-02-50
2000	171 QUINLAN, Dennis	Bingley Harriers & AC	02-15-19
2001	312 QUINLAN, Dennis	Bingley Harriers & AC	02-41-47
1993	330 QUINLAN, Dennis	Bingley	1-58-04
1995	334 QUINLAN, Dennis	Bingley	2-30-55
1990	360 QUINLAN, Dennis	Bingley	1-48-16

1979	298 QUINN, Bernard	Scottish Police College	3-02-16
1996	317 QUINN, John	Fife	2-38-18
1984	298 QUINN, Kevin	Newcastle	2-06-21
1969	124 RADCLIFFE, James T	Bury & R	2-25-58
1999	325 RADEMAKER, Koos	Triathlon (Netherlands)	3-17-17
1999	326 RADEMAKER, Rik	Triathlon (Netherlands)	2-26-51
1974	156 RADFORD, A D	Edinburgh Southern O	1-52-52
1972	99 RADFORD, Anthony D	Edinburgh Southern O	2-01-11
1973	140 RADLEY, Robert	Bingley	2-08-29
1999	330 RAE, George H	Melton Mowbray	2-41-44
1995	345 RAE, Jennifer H	Westerlands	2-13-21
1975	150 RAE, W	Lochaber Rugby	2-19-22
1979	309 RAE, William	East Kilbride	2-52-59
1967	113 RAFFERTY, M	Paisley	2-50-10
1966	96 RAFFERTY, Miles	Paisley	2-24-14
1969	130 RAFFERTY, Myles	Paisley	3-00-46
1989	329 RAI, B	1/2 Gurkha	1-59-26
1989	331 RAI, T	1/2 Gurkha	2-01-30
1979	314 RAINE, Michael E	Clayton	2-03-30
1978	114 RAING, M E	Clayton	1-57-06
2002	55 RAITT, Neil	Dundee Hawkhill Harriers	01-57-42
1997	54 RALPH, Philip	Howgill	2-14-05
1999	72 RALSTON, Stephen	Lancaster & M	2-21-48
2002	237 RALSTON, Stephen	Lancaster & Morecambe AC	02-29-14
1998	240 RALSTON, Stephen	Lancaster & M	2-41-28
2003	252 RALSTON, Stephen	Lancaster & Morecambe	02-29-09
2000	288 RALSTON, Stephen	Lancaster & Morecambe AC	02-35-41
2001	303 RALSTON, Stephen	Lancaster & Morecambe AC	02-40-15
1996	306 RALSTON, Stephen	FRA	2-56-32
1985	368 RAMM, W	Rochdale	2-05-10
1986	407 RAMM, W	Rochdale	2-01-29
1978	102 RAMSAY, C C	Lochaber	1-41-27
1975	140 RAMSAY, C C	Lochaber	1-45-30
1974	147 RAMSAY, C C	U	1-50-24
1976	167 RAMSAY, C C	Lochaber	1-42-37
1992	294 RAMSAY, Charles	Carnethy	2-06-29

2001	294 RAMSAY, Charles	Carnethy Hill Running C	02-38-26
1977	152 RAMSAY, Charles C	Lochaber	1-41-27
1979	284 RAMSAY, Charles C	Lochaber	1-51-06
2000	271 RAMSAY, Charlie	Carnethy Hill Running	02-31-19
2002	279 RAMSAY, Charlie	Carnethy Hill Running	02-36-37
1998	283 RAMSAY, Charlie	Carnethy	2-27-15
1991	285 RAMSAY, Charlie	Edinburgh	2-21-02
1997	292 RAMSAY, Charlie	Carnethy	2-21-53
1996	302 RAMSAY, Charlie	Carnethy	2-30-24
1999	313 RAMSAY, Charlie	Carnethy	2-28-51
1995	317 RAMSAY, Charlie	Carnethy	2-20-08
1987	325 RAMSAY, D	Reading	1-51-20
1986	376 RAMSAY, D	Reading	1-53-04
1983	216 RAMSAY, David A	Reading	1-42-35
1984	271 RAMSAY, David A	Reading	1-50-17
1973	118 RAMSAY, Gnr	27th Med	2-55-20
1970	102 RAMSAY, Robert B	U	3-15-18
2003	347 RAMSAY,Charlie	Carnethy HRC	02-50-55
1984	330 RAMSBOTTOM, Colin	Clayton	2-01-42
1997	330 RAMWELL, S L	Darwen	2-20-04
2000	345 RAMWELL, Stuart	West Pennine Runners	02-50-56
1990	329 RANA, Kamalsing	1/2 Gurkha	1-54-00
1967	118 RANDALL, Alex C	Trowbridge	2-34-24
1983	271 RANDALL, Robin	Invicta	1-56-17
2001	17 RANK, Julian	Holmfirth Harriers AC	01-44-57
2003	19 RANK, Julian	Holmfirth Harriers	01-44-20
2003	188 RANKIN, Denis	B.A.R.F.	02-16-56
1996	185 RASGAUSKI, K Martin	Eryri	2-14-21
1974	69 RASHBROOK, G	U	3-37-00
1973	73 RASHBROOK, George W	U	3-31-11
1979	166 RATCLIFFE, E	Bingley	1-47-25
1985	221 RATCLIFF, G	AAA	2-43-12
1986	256 RATCLIFFE, A	Saddleworth	1-51-47
1974	72 RATCLIFFE, C	Rossendale	1-59-53
1977	94 RATCLIFFE, C J	Clayton	2-04-45
1977	97 RATCLIFFE, D	Rossendale	1-44-38

1976	106 RATCLIFFE, D	Rossendale	1-48-24
1979	174 RATCLIFFE, Derek	Rossendale	1-42-45
1985	233 RATCLIFFE, E	Bingley	1-48-15
1981	156 RATCLIFFE, Eric	Bingley	1-50-22
1970	66 RATCLIFFE, J T	Bury & R	2-17-17
2003	139 RATHJEN, Jon	Hunters Bog Trotters	02-07-53
2003	317 RATHJEN, Sandra	Hunters Bog Trotters	02-42-06
2002	149 RAW, Alison	Darlington Harriers & AC	02-12-47
1994	138 RAWLINSON, Barry	Rossendale	1-54-15
1992	140 RAWLINSON, Barry	Rossendale	1-52-06
1998	150 RAWLINSON, Barry	Rossendale	1-55-51
1995	152 RAWLINSON, Barry	Rossendale	1-52-13
1999	169 RAWLINSON, Barry	Rossendale	2-21-15
1998	153 RAWLINSON, J	Wimbledon	2-41-25
1994	142 RAWLINSON, Jean	Clayton	2-13-32
1992	145 RAWLINSON, Jean	Clayton	2-24-57
1995	155 RAWLINSON, Jean	Clayton	2-10-27
1999	175 RAWLINSON, Jean	Rossendale	2-21-15
1974	57 RAWLINSON, R V	Rossendale	1-43-48
1977	77 RAWNSLEY, J	Bingley	2-10-15
1990	148 RAWSON, George W	Clowne	2-08-01
1985	178 RAYNER, C G	Milton Keynes	1-59-32
1979	143 REA, John	Cumberland	2-04-22
1981	122 REA, John C	Cumberland	1-53-52
1995	165 READ, Bryan	Loughton	2-16-31
1986	216 READ, G	Rochdale	1-36-58
1981	125 READE, John	Clayton	1-30-53
1979	150 READE, John	Clayton	1-50-58
1994	151 READE, Jon	Telford	2-57-44
1996	165 REALE, Paolo	Keswick	2-50-32
2002	346 REDDISH, Lisa	Notts AC	03-11-51
1972	107 REDDY, Michael A	Greenock	2-49-09
1967	120 REDDY, Sandy	Greenock	2-57-46
1989	348 REDFERN, Beverley	Carnethy	2-03-10
1970	131 REDMOND, Brian	RNAS Lossiemouth	2-47-11
1989	353 REDMOND, T	West Yorks Fire	2-08-08

1988	403 REDMOND, T	West Yorks Fire	2-08-04
1987	404 REDMOND, T	West Yorks Fire	2-11-02
1985	406 REDMOND, T	West Yorks Fire	2-21-19
1992	328 REDMOND, Trevor	West Yorks Fire	2-06-36
1990	340 REDMOND, Trevor	West Yorks Fire	2-03-13
1991	347 REDMOND, Trevor	West Yorks Fire	2-19-50
1979	330 REECE, Alexander T	U	2-07-02
1998	335 REED, Peter	Northumberland	2-43-48
1997	345 REED, Peter	Northumberland	2-31-37
1990	345 REES, Hugh L	Sospan	2-50-48
1968	131 REEVE, Douglas J	U	3-02-11
2000	33 REEVE, John	Ochil Hill Runners	01-51-02
1999	43 REEVE, John	Ochil	1-51-49
2001	59 REEVE, John	Ochil Hill Runners	01-54-41
1969	22 REEVE, Michael J	Polytechnic	2-57-55
1974	19 REEVES, B	Invicta	2-01-59
1987	53 REGAN, P	Calder Valley	2-10-28
1991	59 REGAN, Peter	Calder Valley	2-21-08
1990	60 REGAN, Peter	Calder Valley	2-06-38
1989	46 REGLINSKI, S	Lomond	2-16-28
1987	59 REGLINSKI, S	Fife	2-02-52
1988	66 REGLINSKI, S	Fife	2-06-49
1986	79 REGLINSKI, S	Fife	2-03-18
1990	64 REGLINSKI, Steve	Lomond	2-00-35
1990	67 REID, Andrew	Solway	2-18-14
1998	73 REID, Ann M	Lochaber	2-13-55
1999	83 REID, Ann M	Lochaber	2-03-58
2000	116 REID, Ann Marie	Lochaber AC	02-07-11
1988	143 REID, D	Lochaber	2-43-30
1986	152 REID, D	U	2-28-39
2001	98 REID, Daniel	Westerlands Cross Country C	02-03-21
1992	87 REID, Don	Clydesdale	2-00-50
1983	66 REID, Donald A	Pitreavie	2-11-13
1981	71 REID, Donald A	Edinburgh	2-14-41
1974	36 REID, J	Dumbarton	2-19-08
1976	52 REID, J	MOD Police	2-41-51

1972	31 REID, James	Clyde Submarine	2-51-34
1971	36 REID, James	Clyde Submarine	2-34-48
1976	55 RENNIE, A	Ayr	2-24-23
1984	81 RENNIE, Ewan	Longwood	1-50-30
1992	94 RENNIE, Ewen	Aberdeen	2-01-58
1994	103 RENNIE, Ewen	Cosmic	2-00-58
1967	34 RENNIE, William	Shettleston	2-31-07
1981	78 RENTON, John B	Livingston	2-42-24
1969	33 REYNOLDS, M	Kendal	2-06-45
1971	39 REYNOLDS, M W	United Hospitals London	2-09-43
1969	35 RHODES, D	Brighton & H	2-39-51
1997	116 RHODES, David	West Yorks Fire	2-09-50
2001	201 RHODES, David	West Yorkshire Fire Service	02-22-29
1999	217 RHODES, David	Bradford	2-21-29
1969	65 RHYS, Huw P	Leeds	2-01-10
1982	140 RIACH, Richard	Royal Marines	2-01-58
1989	179 RICE, Gay	Dark Peak	2-49-53
1974	78 RICE, N	Forth Valley	2-01-22
1973	81 RICE, N	Forth Valley	1-56-48
1984	186 RICE, S J	Milton Keynes	1-53-09
1975	82 RICH, A	Walthamstow	2-30-23
1995	217 RICHARDS, David	Clayton	2-06-53
1987	236 RICHARDS, P	U	2-20-33
1982	151 RICHARDSON, Antony	Kendal	1-44-05
1978	69 RICHARDSON, C	North Shields Poly	1-53-05
1989	192 RICHARDSON, C	North Shields Poly	2-02-38
1987	242 RICHARDSON, C	North Shields Poly	1-55-25
1985	250 RICHARDSON, C	North Shields Poly	1-47-57
1988	260 RICHARDSON, C	North Shields Poly	1-58-50
1986	288 RICHARDSON, C	North Shields Poly	1-50-02
1982	162 RICHARDSON, Colin	North Shields Poly	1-55-54
1983	169 RICHARDSON, Colin	North Shields poly	1-44-00
1981	176 RICHARDSON, Colin	North Shields Poly	1-46-36
1992	188 RICHARDSON, Colin	North Shields Poly	2-14-29
1990	196 RICHARDSON, Colin	North Shields Poly	2-06-27
1984	201 RICHARDSON, Colin	North Shields Poly	1-44-57

1979	204 RICHARDSON, Colin	North Shields Poly	1-52-48
1993	207 RICHARDSON, Colin	North Shields Poly	2-17-09
2000	207 RICHARDSON, Colin	North Shields Polytechnic AC	02-21-55
1994	208 RICHARDSON, Colin	North Shields Poly	2-17-21
1998	211 RICHARDSON, Colin	North Shields Poly	2-13-32
1991	212 RICHARDSON, Colin	North Shields Poly	2-19-20
1996	216 RICHARDSON, Colin	North Shields Poly	1-57-27
1997	222 RICHARDSON, Colin	North Shields Poly	2-10-43
1995	232 RICHARDSON, Colin	North Shields Poly	2-01-04
1999	240 RICHARDSON, Colin	North Shields Poly	2-09-24
1989	185 RICHARDSON, D	Kendal	1-46-58
1986	280 RICHARDSON, D	Kendal	2-02-13
1983	161 RICHARDSON, David	Kendal	1-52-23
1992	192 RICHARDSON, David	Kendal	1-47-30
1984	194 RICHARDSON, David	Kendal	2-00-38
1991	198 RICHARDSON, David	Kendal	1-50-12
1990	199 RICHARDSON, David	Kendal	1-52-07
1998	204 RICHARDSON, Francis	Todmorden	3-24-18
1996	215 RICHARDSON, Francis	Todmorden	3-10-03
2001	370 RICHARDSON, Francis	Todmorden Harriers & AC	03-16-12
1990	357 RICHARDSON, George T	Clowne	2-52-49
1991	360 RICHARDSON, Keith	International Computers	2-18-05
1997	361 RICHARDSON, Ken	Clayton	2-28-20
1995	397 RICHARDSON, Ken	Clayton	2-27-24
1994	317 RICHARDSON, Kenneth	Clayton	2-29-10
1990	362 RICHARDSON, Martin	Ambleside	1-45-27
1986	469 RICHARDSON, R	Scottish Veteran	1-49-39
1993	333 RICHARDSON, Sara	Lochaber	2-52-50
1996	371 RICHARDSON, Sara	Lochaber	2-52-11
1995	400 RICHARDSON, Sara	Lochaber	2-32-05
1966	115 RICHENS, Peter	16th Para	1-58-03
1979	342 RICHMOND, Brian	Barrow	2-18-48
1987	436 RICHMOND, H	Loudoun	1-43-03
1988	438 RICHMOND, H	Loudoun	1-53-39
1986	476 RICHMOND, H	Loudoun	1-48-27
1985	431 RICHMOND, H W	Loudoun	1-52-34

1984	355 RICHMOND, Hugh W	Loudoun	1-51-15
1991	368 RICHMOND, Hugh W	Loudoun	2-00-35
1985	432 RIGBY, A J	Clayton	2-12-58
2000	110 RIGBY, Colin	Horwich RMI Harriers	02-05-30
1998	116 RIGBY, Colin	Horwich	2-12-43
1990	1 RIGBY, Mark	Westerlands	1-26-08
1992	2 RIGBY, Mark	Westerlands	1-30-03
1998	3 RIGBY, Mark	Westerlands	1-33-54
1995	5 RIGBY, Mark	Ambleside	1-33-14
1988	6 RIGBY, Mark	Westerlands	1-36-05
1974	5 RILEY, A	Kendal	1-53-38
1989	3 RILEY, J	Calder Valley	2-04-19
1987	9 RILEY, J	Calder Valley	2-01-18
1988	9 RILEY, J	Calder Valley	2-06-28
1986	11 RILEY, J K	Clayton	2-46-35
1981	12 RILEY, Jack K	Clayton	2-14-54
1991	10 RILEY, John	Calder Valley	2-36-03
1992	12 RILEY, John	Calder Valley	2-11-11
2002	295 RILEY, John	Calder Valley Fell Runners	02-41-51
1995	312 RILEY, Michael P	Lancs Constab	2-06-55
1982	221 RISBRIDGE, Ronald P	Telford	2-07-56
1966	88 RITCHIE, Donald A	Aberdeen	1-54-34
1967	105 RITCHIE, Donald A	Aberdeen	1-59-01
1968	107 RITCHIE, Donald A	Aberdeen	2-16-42
1970	112 RITCHIE, Donald A	Aberdeen	1-55-02
1989	295 RITCHIE, T	Westerlands	2-25-51
1991	289 RITCHIE, Tony	Westerlands	2-14-42
1995	320 RITCHIE, Tony	Westerlands	2-10-41
1977	159 ROBERTS, B	Police	2-03-19
2001	353 ROBERTS, Charlotte	Calder Valley Fell Runners	03-01-40
2002	134 ROBERTS, Clive	Dundee Road Runners	02-10-25
2003	175 ROBERTS, Clive	Dundee Road Runners	02-14-16
1989	151 ROBERTS, D	RAF Valley	1-54-50
1986	231 ROBERTS, D	Preston	2-13-01
1999	189 ROBERTS, Emlyn	Eryri	1-36-29
1990	167 ROBERTS, Emlyn W	Eryri	1-42-03

1986	236	ROBERTS, K	North Wales Police	1-59-42
1988	212	ROBERTS, M	RAF Wattisham	1-57-14
2001	10	ROBERTS, Mark	Borrowdale Fell Runners	01-39-14
1995	176	ROBERTS, Mark	Borrowdale	1-39-08
2002	115	ROBERTS, Martin	Todmorden Harriers & AC	02-08-02
1981	83	ROBERTS, Robert T	Eryri	2-00-19
1979	105	ROBERTS, Robert T	Eryri	2-13-02
1993	108	ROBERTS, Ronnie	Eryri	2-07-45
1992	110	ROBERTS, Ronnie	Eryri	2-03-22
1998	123	ROBERTS, Ronnie	Eryri	2-20-16
1999	132	ROBERTS, Ronnie	Eryri	2-33-20
2003	311	ROBERTS, Ronnie	Rhedwyr Eryri Harriers	02-39-23
2003	312	ROBERTS, Charlotte	Northumberland Fellrunners	02-39-28
1978	106	ROBERTSHAW, T	Clayton	1-38-14
1977	169	ROBERTSHAW, T	Clayton	1-40-23
1976	169	ROBERTSON, A	Pitreavie	1-52-25
1995	337	ROBERTSON, Billy	Kilmarnock	3-13-34
1979	301	ROBERTSON, Lyall	Penicuik	2-52-34
1999	323	ROBERTSON, Neil	Fort William Fire	2-18-16
1987	375	ROBERTSON, R	Carnethy	2-59-49
1986	421	ROBERTSON, R	Carnethy	3-56-01
1985	379	ROBERTSON, R H	Carnethy	2-53-01
2002	209	ROBERTSON, Stewart	Strathaven Striders	02-23-58
1971	76	ROBERTSON, T	Perth	2-19-05
1974	81	ROBERTSON, T	Cupar	2-49-53
1987	239	ROBERTSON, W	Scottish Veteran	2-47-21
1985	249	ROBERTSON, W	Scottish Veteran	2-28-37
1988	257	ROBERTSON, W	Scottish Veteran	3-00-16
1986	287	ROBERTSON, W	Scottish Veteran	2-39-14
1993	196	ROBINS, Nigel G	Saints & S	2-35-57
1978	70	ROBINSON, A	Clayton	1-56-06
1977	112	ROBINSON, A	Clayton	2-00-40
1993	36	ROBINSON, Andrew	Clayton	1-54-13
2002	46	ROBINSON, Andrew	Clayton-le-Moors Harriers	01-55-20
1998	51	ROBINSON, Andrew	Clayton	2-02-12
1999	57	ROBINSON, Andrew	Clayton	1-55-10

1979	67 ROBINSON, Andrew	Clayton	1-56-08
2000	77 ROBINSON, Andrew	Clayton-le-Moors Harriers	02-01-24
1997	78 ROBINSON, Andrew	Clayton	2-02-32
1984	85 ROBINSON, Andrew	Clayton	2-16-53
2001	112 ROBINSON, Andrew	Clayton-le-Moors Harriers	02-05-41
1992	201 ROBINSON, Andrew	Clayton	1-47-49
1978	34 ROBINSON, B	Kendal	1-33-01
1979	101 ROBINSON, Brian W	Kendal	1-32-36
1988	138 ROBINSON, C	U	2-54-28
1997	119 ROBINSON, Gordon	Calderglen	2-04-06
1998	120 ROBINSON, Gordon	Calderglen	2-11-26
1986	153 ROBINSON, I J	Clayton	1-37-54
1978	36 ROBINSON, K	Kendal	1-42-43
1977	57 ROBINSON, K	Kendal	1-40-07
1996	120 ROBINSON, K	Bingley	2-13-13
1986	157 ROBINSON, K	Blackburn	1-46-35
1982	79 ROBINSON, Kenneth	Kendal	1-34-26
1983	87 ROBINSON, Kenneth	Kendal	1-57-53
1988	153 ROBINSON, M	Notts	2-21-14
1995	124 ROBINSON, Michael	Notts	2-17-24
1997	125 ROBINSON, Michael	Notts	2-23-07
1999	138 ROBINSON, Michael	Notts	2-24-00
1998	130 ROBINSON, Mick	Notts	2-12-57
1994	200 ROBINSON, Mick	Notts	2-23-59
2000	216 ROBINSON, Mick	Notts AC	02-23-33
1996	240 ROBINSON, Mick	Notts	2-36-25
2001	240 ROBINSON, Mick	Notts AC	02-28-50
2003	273 ROBINSON, Mick	Notts AC	02-32-36
2002	347 ROBINSON, Mick	Notts AC	03-11-58
1977	183 ROBINSON, P	Clayton	2-01-10
1988	402 ROBINSON, P	Clayton	2-38-16
1982	267 ROBINSON, Peter	Vauxhall	2-02-54
1983	274 ROBINSON, Peter	Vauxhall	1-59-25
1981	302 ROBINSON, Peter	Vauxhall	1-54-43
1994	302 ROBINSON, Peter	Northern Veterans	2-29-23
2002	320 ROBINSON, Peter	Northern Veterans AC	02-49-46

1979	329 ROBINSON, Peter	Vauxhall	2-24-47
1999	329 ROBINSON, Peter	Northern Veterans	2-49-18
1997	337 ROBINSON, Peter	Northern Veterans	2-32-33
2000	351 ROBINSON, Peter	Northern Veterans AC	02-53-43
1996	352 ROBINSON, Peter	Northern Veterans	2-53-14
1995	381 ROBINSON, Peter	Northern Veterans	2-26-07
1979	328 ROBINSON, Robert	U	3-09-27
1977	185 ROBINSON, T	Luton	2-14-41
1982	268 ROBINSON, William L	Cumberland	2-06-01
1981	306 ROBINSON, William L	Cumberland	2-03-34
1981	307 ROBSON, Douglas F	Scottish Police College	2-41-18
2003	120 ROBSON, Tony	Pennine Fell Runners	02-05-32
2000	117 RODGER, David	Lochaber AC	02-07-29
1999	125 RODGER, David	Lochaber	2-19-17
2001	212 RODGER, David	Lochaber AC	02-23-35
2002	261 RODGER, David	Lochaber AC	02-32-48
2003	321 RODGER, David	Lochaber Athletic Club	02-42-53
1986	424 RODGERS, A A	Aberdeen	2-04-01
1994	279 RODGERS, Billy	Lochaber	1-33-12
1993	289 RODGERS, Billy	Lochaber	1-38-54
1997	314 RODGERS, Billy	Lochaber	1-38-11
1996	326 RODGERS, Billy	Lochaber	1-37-14
1995	343 RODGERS, Billy	Lochaber	1-32-55
1989	325 RODGERS, D	Lochaber	1-35-14
1988	381 RODGERS, D	Lochaber	1-46-11
1987	382 RODGERS, D	Lochaber	1-36-07
1986	432 RODGERS, D A	U	1-49-19
1996	1 RODGERS, David	Lochaber	1-31-23
2001	1 RODGERS, David	Lochaber AC	01-29-24
2000	3 RODGERS, David	Lochaber AC	01-30-10
2002	3 RODGERS, David	Lochaber AC	01-31-50
1995	4 RODGERS, David	Lochaber	1-32-40
1999	6 RODGERS, David	Lochaber	1-38-04
1991	1 RODGERS, David A	Lochaber	1-33-33
1996	2 RODGERS, David A	Lochaber	1-31-23
1990	4 RODGERS, David A	Lochaber	1-32-31

1992	4	RODGERS, David H	Lochaber	1-27-58
1990	6	RODGERS, David H	Highlands & I Fire	2-48-10
1996	5	RODGERS, Jim	East Hull	1-49-19
1997	8	RODGERS, John	Lancaster & M	1-57-27
1985	5	RODGERS, P	Newcastle	1-53-50
1986	7	RODGERS, P	Newcastle	1-47-00
1988	14	RODGERS, P	Newcastle	1-59-47
1984	6	RODGERS, Paul	Newcastle	1-49-04
1985	9	RODGERS, R	Newcastle	2-16-08
1986	14	RODGERS, R	Newcastle	1-48-15
1988	17	RODGERS, R	Newcastle	2-15-39
1996	18	RODGERS, Richard	Newcastle	2-06-22
1983	65	RODGERS, Richard	Newcastle	1-52-04
1984	72	RODGERS, Richard	Newcastle	1-50-50
2003	96	RODGERS, Richard	Newcastle AC	02-01-38
2002	140	RODGERS, Richard	Newcastle AC	02-11-09
1998	141	RODGERS, Richard	Newcastle	2-23-08
1999	154	RODGERS, Richard	Newcastle	2-31-08
2001	289	RODGERS, Richard	Newcastle & District AC	02-36-44
2003	7	RODGERS, David	Lochaber Athletic Club	01-36-07
1987	7	RODMAN, A	Ardrossan	1-56-05
1989	7	RODMAN, A	Ardrossan	2-22-30
1986	13	RODMAN, A	Ardrossan	2-08-59
1988	15	RODMAN, A	Ardrossan	2-01-30
1986	15	ROGAN, C	Belfast	2-03-22
1985	8	ROGAN, K	Bingley	1-55-42
2002	184	ROGAN, Kate	Skipton AC	02-19-27
2002	86	ROGAN, Kevin	Skipton AC	02-03-09
1995	130	ROGAN, Kevin	Clayton	2-08-43
2003	132	ROGAN, Kevin	Wharfedale Harriers	02-06-52
1999	145	ROGAN, Kevin	Wharfedale	2-10-26
1992	182	ROGAN, Kevin	Clayton	2-13-41
1993	182	ROGAN, Kevin	Clayton	2-22-37
1991	189	ROGAN, Kevin	Clayton	2-38-48
1997	195	ROGAN, Kevin	Keighley & C	2-18-45
1996	199	ROGAN, Kevin	Keighley & C	2-35-29

2001	199 ROGAN, Kevin	Wharfedale Harriers	02-22-21
1993	148 ROGAN, Paul	Clayton	2-15-06
1994	150 ROGAN, Paul	Clayton	2-14-04
1997	164 ROGAN, Paul	Keighley & C	2-13-57
1996	168 ROGAN, Paul	Keighley & C	2-26-45
2000	168 ROGAN, Paul	Wharfedale Harriers	02-14-03
1995	213 ROGAN, Paul	Clayton	2-02-24
1967	55 ROGER, Ernest	U	2-29-49
2002	57 ROGERS, David	Westerlands Cross Country	01-57-47
2001	89 ROGERS, David	Westerlands Cross Country C	02-01-37
2003	143 ROGERS, David	Westerlands CCC	02-08-38
1975	55 ROGERSON, C D	Scottish Police College	2-28-36
1976	79 ROGERSON, C D	Scottish Police College	2-20-04
1996	148 ROGERSON, Colin	Lothian & B Police	2-54-05
1979	133 ROGERSON, Colin D	Scottish Police College	2-05-23
1984	126 ROGERSON, Peter	Annan	2-01-07
1976	82 ROLLASON, M	Small Heath	2-14-31
1985	168 ROOKE, I	Kendal	1-58-10
1986	200 ROOKE, I	Kendal	1-57-54
1991	140 ROOKE, Ian	Kendal	2-07-38
1966	36 ROONEY, R	16th Para	2-02-28
1981	114 ROPER, Margaret	Bolton	2-53-28
1983	107 ROPER, S	RAF Uxbridge	1-47-26
1969	48 ROPER, Sgt K	RAF Cranwell	2-44-31
1966	38 ROSCOE, P H	Fylde Mountaineering	2-21-57
1972	49 ROSCOE, Peter H	Fylde Mountaineering	2-30-56
1991	145 ROSE, David	Peterlee	2-01-39
1989	134 ROSE, N	Carnethy	2-22-37
1991	146 ROSE, Nigel	Carnethy	2-34-22
1987	184 ROSEN, D	Lancaster & M	1-45-20
1988	185 ROSEN, D	Lancaster & M	1-55-21
1978	48 ROSEN, D L	Shaftesbury	1-43-20
1990	149 ROSEN, David	Lancaster & M	1-52-51
1990	153 ROSEN, Miriam	Lancaster & M	2-51-35
1996	162 ROSENBERG, Colin	Woodkirk Valley	2-49-52
1986	221 ROSS, A J	Lochaber	3-13-03

1991	155 ROSS, Alan	Badenoch	2-03-20
1982	110 ROSS, Alex J	Lochaber	2-44-47
1983	124 ROSS, Alex J	Lochaber	2-37-48
1981	130 ROSS, Alex J	Lochaber	2-22-51
1984	149 ROSS, Alex J	Lochaber	2-53-59
1979	154 ROSS, Alex J	U	2-33-09
1998	169 ROSS, Colin	Lochaber	2-02-00
1996	171 ROSS, Colin	Lochaber	2-05-37
1997	173 ROSS, Colin	Lochaber	1-58-57
1995	174 ROSS, Colin	Lochaber	2-08-15
1999	192 ROSS, Colin	Fort William Fire	2-15-52
2003	251 ROSS, Colin	Fire Brigade	02-28-55
2002	284 ROSS, Colin	Fort William Fire Brigade AA	02-37-50
1992	273 ROSS, Craig C	Lochaber	2-24-34
1979	275 ROSS, Gordon A	West Fife O	2-24-06
1996	289 ROSS, Malcolm	Inverness	3-31-00
1995	304 ROSS, Malcolm	Inverness	2-47-20
1993	263 ROSS, Malcolm M	Inverness	2-51-17
1998	278 ROSS, Malcolm M	Inverness	3-36-14
2001	368 ROSS, Malcolm M	Highland Hill Runners	03-15-32
2000	378 ROSS, Malcolm M	Highland Hill Runners	03-24-46
2002	260 ROSS, Susan-Jane	Lochaber AC	02-32-40
2003	309 ROSS, Susan-Jane	Lochaber Athletic Club	02-39-08
1985	375 ROSS, T	Fife	1-44-57
1984	293 ROSS, Thomas	Fife	1-50-16
1996	314 ROSS, Tom	Fife	1-58-49
1974	150 ROSS, W J	Garscube	2-33-02
1971	114 ROSS, Walter J	Garscube	2-49-27
1970	115 ROSS, Walter J	Garscube	2-21-52
1999	320 ROSS-MACLEOD, Susan	Lochaber	2-38-50
1998	303 ROSS-MACLEOD, Susan	Lochaber	3-10-15
2000	324 ROSS-MACLEOD, Susan-	Lochaber AC	02-42-55
1983	248 ROTHERO, Celia	Lochaber	2-17-22
1981	276 ROTHERO, Celia	U	2-49-12
1982	247 ROTHNIE, Les	Lochaber	2-02-18
1981	277 ROTHNIE, Les	U	2-07-21

1989	326 ROTHWELL, A	Kendal	1-45-01
1987	384 ROTHWELL, A	Kendal	1-47-23
1985	388 ROTHWELL, A	Horwich	1-44-23
1988	388 ROTHWELL, A	Kendal	1-53-21
1986	431 ROTHWELL, A	Kendal	1-40-23
1982	255 ROTHWELL, Alan	U	1-52-17
1983	255 ROTHWELL, Alan	Horwich	1-38-52
1984	314 ROTHWELL, Alan	Horwich	1-45-21
2002	133 ROUSE, Simon	Notts AC	02-10-16
1999	146 ROUSSEAU, Jane	Ambleside	2-29-20
1988	164 ROWE, D	South Cheshire	2-53-22
1990	131 ROWE, Jim	Chorley	2-12-02
1995	134 ROWE, Jim	Rossendale	2-09-20
1989	118 ROWE, K	Hallamshire	2-03-01
2000	49 ROWELL, Sarah	Pudsey & Bramley AC	01-54-31
2001	68 ROWELL, Sarah	Pudsey & Bramley AC	01-56-49
2003	112 ROWELL, Sarah	Pudsey & Bramley	02-03-45
1999	121 ROWELL, Sarah	Pudsey & B	2-06-46
1987	113 ROWLAND, P	Helsby	2-23-12
1985	122 ROWLANDS, J	Loughton	2-48-49
1989	94 ROWLANDS, R	Calder Valley	1-47-10
1987	122 ROWLANDS, R	Calder Valley	2-03-10
1985	130 ROWLANDS, R	Halifax	1-52-58
1988	135 ROWLANDS, R	Halifax	1-44-27
1986	150 ROWLANDS, R	Halifax	1-44-50
1990	106 ROWLANDS, Richard S	Calder Valley	1-43-45
1992	111 ROWLANDS, Richard S	Calder Valley	1-41-35
1982	76 ROWLEY, David	Gosforth	2-14-31
1978	38 ROWLEY, J	Law	1-51-15
1985	139 ROWLEY, J	Law	2-10-12
1979	113 ROWLEY, James	Law	1-49-30
1987	132 ROYLES, R	Edinburgh Uni	2-07-17
1985	142 ROYLES, R	Edinburgh Uni	2-03-06
1988	157 ROYLES, R	Edinburgh Uni	2-29-16
1986	170 ROYLES, R	Edinburgh Uni	2-06-02
1983	92 ROYLES, Rodney	Edinburgh Uni	2-00-23

1984	111 ROYLES, Rodney	Edinburgh Uni	2-11-48
1994	123 ROYLES, Rodney	Carnethy	2-47-04
1991	125 ROYLES, Rodney	Carnethy	2-26-11
1981	101 ROYLES, Rodney D	Edinburgh Uni	1-59-45
1982	87 RUE, Alexander	Strathclyde Police	3-12-29
1996	137 RUFFELL, Stuart	Carnethy	2-31-57
1977	68 RUFFLE, Alan P	West Midlands Police	2-17-13
2002	130 RUMGAY, Kenneth	Lochaber AC	02-09-58
2001	191 RUMGAY, Kenneth	Lochaber AC	02-21-05
2000	237 RUMGAY, Kenneth	Lochaber AC	02-26-29
1999	257 RUMGAY, Kenneth	Lochaber	2-27-43
2003	64 RUMGAY, Kenneth	Lochaber Athletic Club	01-56-05
1993	59 RUSHTON, Colin L	Wesham	2-34-26
1994	60 RUSHTON, Colin L	Kendal	2-29-53
1990	62 RUSHWORTH, Adrian	Bingley	1-54-30
1994	63 RUSHWORTH, Michael	West Yorks Fire	2-21-28
1967	17 RUSSELL, Craig W	U	3-02-03
1988	78 RUSSELL, G	Eryri	2-42-59
1969	25 RUSSELL, Ian F	Aberdeen Uni	1-56-55
1971	26 RUSSELL, Ian F	Aberdeen Uni	1-38-09
1982	39 RUSSELL, J Richard	U	2-23-23
1987	70 RUSSELL, P J	East Kilbride	2-41-03
1993	69 RUSSELL, Paul	Swindon	2-56-46
1997	162 RUSSELL, Scott	Kilmarnock	2-31-19
2002	166 RUSSELL, Scott	Johnnie Walker Kilmarnock H	02-16-07
2001	282 RUSSELL, Scott	Johnnie Walker Kilmarnock H	02-36-06
1995	297 RUSSELL, Scott	Kilmarnock	2-26-57
1969	109 RUSSELL, T R	Edinburgh	1-55-44
1975	128 RUSSELL, W j	Clyde Valley	2-06-16
1976	156 RUTHERFORD, D	Bury	2-25-05
1982	215 RUTHERFORD, Donald	Preston	2-22-02
1983	221 RUTHERFORD, Donald	Preston	2-11-59
1981	243 RUTHERFORD, Donald	Preston	2-17-29
1979	276 RUTHERFORD, Donald	Preston	2-27-28
1991	281 RUTHERFORD, Donald	Preston	2-59-53
1986	383 RUTHERFORD, R	Ballydrain	1-49-12

1989	283 RUTTER, W	East Cheshire & T	2-11-32
1993	269 RYAN, Ray	Oldham & R	2-53-49
1990	280 RYAN, Ray	Oldham & R	2-42-22
1992	280 RYAN, Ray	Oldham & R	2-30-39
1985	355 RYAN, T	Glossop	1-53-17
1975	139 RYDER, W	Morpeth	1-48-43
1974	143 RYDER, W	U	2-00-44
1976	164 RYDER, W	Morpeth	1-47-55
1989	293 RYDER, W	Morpeth	2-01-04
1978	99 RYDER, W D	Morpeth	1-55-07
1977	155 RYDER, W D	Morpeth	1-50-09
1979	287 RYDER, W D	Morpeth	1-52-55
1985	372 RYDER, W D	Morpeth	2-20-28
1986	403 RYDER, W D	Morpeth	2-00-03
1973	129 RYDER, Walter	U	1-53-17
1983	236 RYDER, Walter D	Morpeth	1-45-36
1982	238 RYDER, Walter D	Morpeth	1-53-01
1981	255 RYDER, Walter D	Morpeth	1-43-56
1984	294 RYDER, Walter D	Morpeth	1-59-44
2002	267 SÆRENSEN, Stein H	Norske L ^o psorganisasjon	02-34-35
1988	319 SADDINGTON, F	Clayton	2-09-34
1970	97 SADLER, David	Forth Valley	2-39-02
1981	221 SADLER, Michael	U	2-26-04
2001	136 SADULA, Mike	Rochdale Harriers & AC	02-09-54
1996	275 SADULA, Mike	Rochdale	2-11-16
1998	135 SALKILD, Mark	Holme Pierrepont	2-05-50
1999	150 SALKILD, Mark	Holme Pierrepont	2-05-15
1995	137 SALTER, Helen	Todmorden	2-43-31
1970	44 SAMS, Michael B	Bingley	1-59-00
1985	163 SAMSON, B G	U	2-51-57
1971	55 SAMUEL, Alan J	Teviotdale	1-57-37
1976	76 SANDERSON, J	Rosendale	1-54-57
1977	70 SANDERSON, J P	Telford	2-04-48
1996	145 SANDERSON, Nicholas	Woodkirk Valley	2-05-10
1990	138 SANDHAM, Colin	Ambleside	2-01-37
1987	168 SANDHAM, G	Ambleside	2-07-15

1986	193 SANDIHAM, C G	Ambleside	2-10-03
1987	170 SANDISON, A	Lochaber	1-49-40
1970	47 SANDISON, Arthur	Edinburgh Southern O	2-24-05
1971	59 SAUNDERS	7th Para	1-58-36
1972	48 SAUNDERS, A	7th Para	2-02-25
1973	63 SAUNDERS, A	7th Para	1-58-58
1976	84 SAUNDERS, A	7th Para	1-55-48
1967	46 SAUNDERS, A J	7th Para	2-21-24
1994	144 SAUNDERS, Mick	FRA	2-46-53
1997	153 SAUNDERS, Mick	Mercia	2-12-05
1995	154 SAUNDERS, Mick	Mercia	2-03-09
1996	159 SAUNDERS, Mick	Mercia	2-24-20
1982	99 SAUNDERS, Paul	Royal Marines	2-14-10
1969	51 SAUNDERS, Sgt	7th Para	2-15-14
1985	179 SAUNDERS, T	HM Forces	2-30-16
1988	183 SAUNDERS, T	U	2-34-43
1982	103 SAVAGE, Eric W	26 Sqn RCT	3-19-17
1986	214 SAVAGE, J	Newcastle	2-02-52
1970	50 SAVVA, K	Maryhill	2-05-56
1987	187 SAWYER, H	Skyrac	1-52-44
1988	189 SAWYER, H	Skyrac	1-58-14
1985	191 SAWYER, H L	Skyrac	2-00-44
1986	222 SAWYER, H L	Skyrac	1-52-30
1996	164 SAWYER, Henry	Cambridge Triathlon	2-25-37
1996	167 SAWYER, Howard L	Skyrac	2-00-05
1990	159 SAYER, David	Reading Joggers	2-24-02
1985	197 SAYLES, T G	Dark Peak	2-31-42
1984	150 SCANLON, Peter	Rosendale	2-03-49
1989	152 SCHOFIELD, A	Rochdale	1-44-33
1988	198 SCHOFIELD, A	Rochdale	1-41-07
1993	154 SCHOFIELD, Andrew	Borrowdale	1-40-23
1994	162 SCHOFIELD, Andrew	Borrowdale	1-39-14
1990	169 SCHOFIELD, Andrew	Rochdale	1-40-33
1994	165 SCHOFIELD, B	Todmorden	1-49-34
1998	175 SCHOFIELD, Brian	Todmorden	2-01-19
1997	178 SCHOFIELD, Brian	Todmorden	1-50-49

1995	182 SCHOFIELD, Brian	Todmorden	1-49-45
1996	182 SCHOFIELD, Brian	Todmorden	2-53-46
1999	195 SCHOFIELD, Brian	Todmorden	1-51-33
1987	208 SCHOFIELD, G	Blackburn	1-38-07
1988	218 SCHOFIELD, G	Blackburn	1-42-29
1986	246 SCHOFIELD, G	Blackburn	1-35-03
1991	177 SCHOFIELD, Graham	Blackburn	1-43-19
1990	178 SCHOFIELD, Graham	Blackburn	1-32-50
1999	202 SCHOFIELD, Neil	Bournemouth	3-06-29
2002	121 SCHOLES, B	Helm Hill Runners	02-08-49
2001	106 SCHOLES, Barry	Helm Hill Runners	02-04-27
2000	336 SCHOLES, Barry	Wharfedale Harriers	02-46-51
2001	66 SCHOLES, Damien	Wharfedale Harriers	01-56-23
2002	53 SCHOLES, Damien A	Keighley & Craven AC	01-57-02
1990	49 SCHOLEY, Alastair	Eryri	1-43-13
1995	52 SCHREIBER, Jo	Pudsey & B	2-14-43
1993	48 SCHREIBER, Joanna	Pudsey & B	2-11-55
1991	50 SCHREIBER, Joanna	Pudsey & B	2-25-06
1992	51 SCHREIBER, Joanna	Pudsey & B	2-21-42
1990	55 SCHREIBER, Joanna M	Leeds Uni	2-08-25
2001	226 SCHUURMAN, Willibrord	VΣttis AC (Switzerland)	02-25-52
1982	164 SCOLLAY, Andrew	Caithness	2-31-58
1983	172 SCOLLAY, Andrew	Caithness	1-51-49
1989	207 SCORER, C	Border	2-40-25
1993	208 SCORER, Chris	Tynedale	2-21-35
1994	210 SCORER, Chris	Tynedale	2-23-56
1992	211 SCORER, Chris	Barton	2-19-44
1991	215 SCORER, Chris	Cumberland	2-39-48
1990	217 SCORER, Christopher	North Shields Poly	2-38-08
1975	100 SCOTT, A	Lochaber	2-59-00
1977	118 SCOTT, A	Lochaber	1-48-05
1976	131 SCOTT, A	Lochaber	1-40-59
1985	279 SCOTT, A	Lochaber	1-42-46
1987	280 SCOTT, A	Lochaber	1-56-04
1988	286 SCOTT, A	Lochaber	2-13-41
1986	319 SCOTT, A	Lochaber	1-46-12

1974	101 SCOTT, A F	Lochaber	1-49-18
1994	213 SCOTT, Alastair	Lochaber	1-53-36
1993	216 SCOTT, Alastair	Lochaber	1-54-36
1991	228 SCOTT, Alastair	Lochaber	1-50-22
1992	229 SCOTT, Alastair	Lochaber	1-49-59
1990	232 SCOTT, Alastair	Lochaber	1-48-18
1973	99 SCOTT, Alistair	Forres	1-45-10
1984	230 SCOTT, Alistair F	U	1-45-36
1974	113 SCOTT, D A	Edinburgh Southern O	2-08-03
1972	76 SCOTT, D E	Edinburgh Southern O	2-21-07
1977	129 SCOTT, D E	Edinburgh Southern O	1-57-08
1970	86 SCOTT, David E	Edinburgh Southern O	2-21-58
1999	275 SCOTT, David I	Clayton	2-12-52
2001	215 SCOTT, David Ian	Clayton-le-Moors Harriers	02-23-49
2003	249 SCOTT, David Ian	Clayton Le Moors	02-28-33
2000	62 SCOTT, Dawn	Lochaber AC	01-57-03
2002	77 SCOTT, Dawn	Lochaber AC	02-01-47
2001	103 SCOTT, Dawn	Lochaber AC	02-03-44
1999	112 SCOTT, Dawn	Irvine	2-14-19
1992	90 SCOTT, Drew	Carnethy	2-02-53
1986	125 SCOTT, E J	Edinburgh	2-30-37
1995	101 SCOTT, Elspeth	Westerlands	2-13-12
1986	127 SCOTT, G	Pennine	1-50-57
1984	83 SCOTT, G J	Cockermouth	1-50-46
1986	133 SCOTT, G J	Cockermouth	1-51-44
1985	111 SCOTT, J A	HM Forces	2-06-56
2002	164 SCOTT, Jocelyn	Fife AC	02-15-45
1967	52 SCOTT, Michael	Forres	2-09-29
1970	49 SCOTT, Michael W	Forres	2-02-43
1986	220 SCOTT, R	North East Veterans	2-25-16
2002	107 SCOTT, Tom	Fife AC	02-06-58
1986	129 SCOTT, W A	Notts	2-05-52
2003	71 SCOTT, Dawn	Lochaber Athletic Club	01-57-52
1994	66 SCOTTNEY, Richard	Pennine	2-03-50
2002	117 SCOTTNEY, Richard	Pennine Fell Runners	02-08-17
1993	159 SCOTTNEY, Richard	Pennine	2-13-25

1995	178 SCOTTNEY, Richard	Pennine	2-19-29
2000	180 SCOTTNEY, Richard	Pennine Fell Runners	02-16-56
1993	161 SCROWSRON, Martin	Ambleside	2-00-59
1989	159 SCROWSTON, M	Ambleside	1-59-03
1990	174 SCROWSTON, Martin	Ambleside	1-50-17
1996	180 SCUFFINS, Ian	Skyrac	2-27-30
1966	46 SEABROOK, Geoff A	Vauxhall	3-16-05
1970	56 SEABROOK, Geoff A	U	3-22-52
1972	56 SEABROOK, Geoff A	Johannesburg (SA)	3-18-58
1971	65 SEABROOK, Geoff A	U	3-14-26
1973	72 SEABROOK, Geoff A	Johannesburg (SA)	3-17-24
1979	167 SEAL, Victor	Rosendale	2-15-20
1987	215 SEAMAN, C	Aberdeen	2-22-49
1997	187 SEAMAN, Charles	Carnegie	3-01-07
1982	130 SEAMAN, Charles G	Lochaber	3-15-52
1981	149 SEAMAN, Charles G	Inverness	2-17-48
1993	175 SEARLE, Hilary	Lochaber	2-24-03
1992	179 SEARLE, Hilary	Lochaber	2-34-45
1986	262 SEARLES, B	London Road	2-31-42
1994	182 SEIPP, Richard	Pudsey & B	2-01-37
1995	204 SEIPP, Richard	Pudsey & B	2-06-38
1975	76 SELBY, B	Manchester YMCA	2-25-39
1995	208 SELLARS, Brian	West Yorks Fire	2-49-53
1983	148 SELVEY, Kevin	Wakefield	2-00-51
1984	183 SELVEY, Kevin	Wakefield	2-04-46
1978	66 SHAND, K	Rochdale	1-40-13
1985	240 SHAND, K	Rochdale	1-35-21
1986	274 SHAND, K	Rochdale	1-37-34
1982	149 SHAND, Kevan T	Rochdale	1-37-48
1979	186 SHAND, Kevan T	Rochdale	1-41-04
1985	248 SHARD, N	Horwich	2-24-54
1983	158 SHARD, Norman	Northern Veterans	2-14-17
1969	72 SHARP, Alan	Clydesdale	2-43-10
1966	59 SHARP, Alan J	Clydesdale	2-26-40
1970	74 SHARP, Allan	Clydesdale	2-35-22
2003	83 SHARP, Jeremy	Belper Harriers	02-00-18

1967	22 SHARP, M C	Glasgow Uni	2-39-45
1987	81 SHARP, P	Bingley	2-07-02
1988	91 SHARP, P	Bingley	2-38-23
1982	51 SHARP, Peter	Bingley	1-59-50
1983	56 SHARP, Peter	Bingley	2-01-17
1981	63 SHARP, Peter	Bingley	2-08-01
1979	75 SHARP, Peter	Bingley	2-11-04
1991	84 SHARP, Peter	Bingley	2-18-58
1977	41 SHARPLES, John	Horwich	1-42-38
1995	86 SHARPLES, Jon	Clayton	2-05-00
1997	98 SHARPLES, Jon	Clayton	2-07-06
1998	99 SHARPLES, Jon	Clayton	2-09-30
1999	105 SHARPLES, Jon	Clayton	2-09-18
2000	151 SHARPLES, Jon	Clayton-le-Moors Harriers	02-11-56
2003	156 SHARPLES, Jon	Clayton Le Moors	02-11-09
1996	170 SHARPLES, Jon	Clayton	2-22-14
2002	173 SHARPLES, Jon	Clayton-le-Moors Harriers	02-17-30
2001	174 SHARPLES, Jon	Clayton-le-Moors Harriers	02-15-50
1989	150 SHARPLES, P	Bingley	1-49-12
1987	201 SHARPLES, P	Bingley	1-52-17
1985	206 SHARPLES, P	Bingley	1-53-27
1988	210 SHARPLES, P	Bingley	2-22-22
1986	233 SHARPLES, P	Bingley	1-50-59
1981	132 SHARPLES, Paul	Skipton	2-12-50
2003	172 SHARPLES, Paul	Bingley Harriers	02-13-52
1989	145 SHARPLES, Rachael	Bingley	2-14-22
1988	197 SHARPLES, Rachael	Bingley	2-36-19
1977	87 SHAW, A	Rochdale	2-05-01
1976	99 SHAW, A	Rochdale	1-44-40
2001	34 SHAW, Andrew	Holmfirth Harriers AC	01-50-49
2003	37 SHAW, Andrew	Holmfirth Harriers	01-50-09
1972	12 SHAW, Anthony	Rochdale	2-31-06
2000	136 SHAW, Anthony	Todmorden Harriers & AC	02-10-00
2003	125 SHAW, Barry M	Calder Valley Fellrunners	02-06-09
1993	114 SHAW, Charlie	Westerlands	1-56-03
1985	143 SHAW, D	Livingston	2-37-23

1987	131 SHAW, I	Eryri	2-01-07
1986	169 SHAW, I	Eryri	1-56-52
1996	130 SHAW, Jonathan	Lancs Constab	2-38-01
1986	172 SHAW, L	Clayton	1-55-37
2002	118 SHAW, Lyndsey	Lochaber AC	02-08-22
1985	131 SHAW, M	Jura	2-05-38
2002	26 SHAW, Mark	Lochaber AC	01-51-06
2000	38 SHAW, Mark	Lochaber AC	01-52-48
2001	45 SHAW, Mark	Lochaber AC	01-52-28
1996	49 SHAW, Mark	Jura	2-05-39
2003	54 SHAW, Mark	Lochaber Athletic Club	01-54-32
1997	58 SHAW, Mark	Jura	2-08-23
1998	58 SHAW, Mark	Lochaber	2-03-59
1999	71 SHAW, Mark	Jura	2-03-58
1986	67 SHAW, N A	Rochdale	1-56-30
1995	59 SHAW, Peter	Hunter's	2-09-51
1987	50 SHAW, R	Skyrac	1-42-57
1987	54 SHAW, R	U	3-06-44
1986	73 SHAW, R M	Skyrac	1-43-52
2002	71 SHAW, Richard	Lochaber AC	01-59-44
2003	161 SHAW, Richard	Lochaber Athletic Club	02-12-19
1982	102 SHAW, Ronald M	Skyrac	1-43-10
1983	117 SHAW, Ronald M	Skyrac	1-46-19
1981	120 SHAW, Ronald M	Skyrac	1-49-25
1984	139 SHAW, Ronald M	Skyrac	1-48-55
1993	147 SHAW, Rupert	Horwich	2-13-10
1995	164 SHAW, Rupert	Carnethy	1-59-55
1987	190 SHEARD, J	Calder Valley	2-20-32
1985	189 SHEARD, J H	Halifax	2-12-46
1984	147 SHEARD, James	Halifax	2-25-27
1994	152 SHEARD, James H	Calder Valley	1-48-27
1992	153 SHEARD, James H	Calder Valley	2-46-38
2001	7 SHEARD, Paul	Pudsey & Bramley AC	01-36-49
1996	10 SHEARD, Paul	Pudsey & B	1-45-24
1994	156 SHEARD, Paul	Pudsey & B	1-34-41
2001	8 SHEARD, Phillip	Pudsey & Bramley AC	01-36-57

1990	9 SHEATH, Andy	Ambleside	1-59-32
2000	305 SHEDDEN, Ian	Howgill Harriers	02-38-51
1998	294 SHEDDEN, Ian B	Howgill	2-29-26
1997	299 SHEDDEN, Ian B	Howgill	2-16-21
1969	117 SHEIL, T Duncan	Edinburgh Uni	2-22-43
1982	237 SHEPHERD, D S	Lochaber	3-05-05
1981	262 SHEPHERD, D S	U	3-02-19
1984	295 SHEPHERD, David M	U	2-02-03
1975	141 SHEPHERD, J E	Clayton	2-12-25
1974	149 SHEPHERD, J E	Clayton	2-06-56
1973	134 SHEPHERD, John	Clayton	2-13-39
1993	282 SHEPHERD, R	Brechin	2-16-59
1989	314 SHEPHERD, R	Brechin	2-09-35
2000	93 SHERIDAN, Bob	Cosmic Hillbashers	02-03-10
2001	197 SHERIDAN, Bob	Cosmic Hillbashers AC	02-21-44
1978	64 SHERRIFF, J	Fife	1-44-27
1979	175 SHERRIFF, Joe	Fife	1-53-38
1982	137 SHERWIN, Roy C	26 Sqn RCT	2-49-35
1999	216 SHERWOOD, Malcolm	North Fylde	3-11-08
1986	267 SHEVELS, K S	U	2-56-00
1970	68 SHIELDS, Colin A	Greenock	3-29-52
1978	65 SHIELDS, J	Clydesdale	1-35-35
1975	81 SHIELDS, J	Clydesdale	1-48-15
1976	113 SHIELDS, J	Clydesdale	1-43-36
1989	175 SHIELDS, J	Clydesdale	1-40-30
1987	231 SHIELDS, J	Clydesdale	1-46-06
1988	249 SHIELDS, J	Clydesdale	1-49-43
1974	84 SHIELDS, James	Clydesdale	1-48-01
1977	107 SHIELDS, James	Clydesdale	1-38-57
1982	153 SHIELDS, James	Clydesdale	1-40-06
1981	168 SHIELDS, James	Clydesdale	1-31-54
1979	192 SHIELDS, James	Clydesdale	1-41-07
1993	193 SHIELDS, James	Clydesdale	1-49-24
1994	198 SHIELDS, James	Clydesdale	1-45-41
1992	199 SHIELDS, James	Clydesdale	2-18-04
1990	203 SHIELDS, James	Clydesdale	1-56-42

1985	258 SHIELDS, P J	Cambuslang	2-21-15
2001	176 SHIELDS, Peter	Ilkley Harriers	02-16-14
2000	272 SHIELDS, Peter	Ilkley Harriers	02-31-35
1978	91 SHIELDS, R	Lochaber	1-41-46
1975	123 SHIELDS, R	Clydesdale	1-36-32
1974	129 SHIELDS, R	Lancaster & M	2-43-48
1976	150 SHIELDS, R	Clydesdale	1-46-59
1989	275 SHIELDS, R	Clydesdale	2-06-35
1987	318 SHIELDS, R	Lochaber	1-37-35
1988	329 SHIELDS, R	Clydesdale	1-50-13
1985	333 SHIELDS, R	Lochaber	1-46-05
1986	370 SHIELDS, R	Lochaber	1-43-14
1979	274 SHIELDS, Richard	Lancaster & M	2-52-56
1967	1 SHIELDS, Robert	Clydesdale	1-41-11
1966	2 SHIELDS, Robert	Clydesdale	1-45-00
1973	3 SHIELDS, Robert	Clydesdale	1-31-58
1974	3 SHIELDS, Robert	Clydesdale	1-37-28
1972	4 SHIELDS, Robert	Clydesdale	1-42-42
1970	5 SHIELDS, Robert	U	1-58-37
1977	5 SHIELDS, Robert	Clydesdale	1-32-26
1968	6 SHIELDS, Robert	Clydesdale	2-04-47
1982	6 SHIELDS, Robert	Lochaber	1-33-14
1981	7 SHIELDS, Robert	Lochaber	1-32-09
1969	8 SHIELDS, Robert	Clydesdale	2-21-10
1971	8 SHIELDS, Robert	Clydesdale	2-03-47
1984	10 SHIELDS, Robert	Lochaber	1-57-55
1979	11 SHIELDS, Robert	Lochaber	2-00-31
1993	12 SHIELL, Douglas	Carnethy	1-48-13
1991	13 SHIELL, Douglas	Carnethy	1-48-46
1994	18 SHIELL, Douglas	Carnethy	1-52-55
1995	19 SHIELL, Douglas	Carnethy	1-53-31
1992	22 SHIELL, Douglas	Carnethy	2-05-31
1967	5 SHIELS, George	Kendal	2-15-55
1987	18 SHIELS, R	Bolton	1-49-42
1988	25 SHIELS, R	Bolton	2-09-12
1985	15 SHIELS, R A	Bolton	1-53-49

1981	19 SHIRLEY, Howard	Aberdeen	2-33-06
1993	21 SHONE, Monica	Clayton	3-32-58
1994	30 SHONE, Monica L	Clayton	3-07-05
1991	21 SHORT, Alan J	Meltham	2-38-09
1993	24 SHORT, Alan J	Meltham	2-34-03
1995	27 SHORT, Alan J	Meltham	2-44-56
1994	31 SHORT, Alan J	Meltham	2-41-42
1975	12 SHORT, M	Horwich	1-30-21
1978	13 SHORT, M	Horwich	1-28-43
1976	16 SHORT, M A	Norwich	1-30-15
1977	16 SHORT, M A	Horwich	1-30-52
1981	22 SHORT, Michael A	Horwich	1-30-05
1979	34 SHORT, Michael A	Horwich	1-37-06
1996	33 SHOTTER, Jean	Pudsey & B	2-19-06
1996	35 SHOTTER, Neal	Pudsey & B	2-51-01
1974	9 SHUTTLEWORTH, N	Bolton	2-02-06
1999	49 SIDEBOTTOM, Eric	Strathearn	2-28-12
2003	272 SIDEBOTTOM, Eric	Strathearn Harriers	02-32-32
2000	319 SIDEBOTTOM, Eric	Strathearn Harriers	02-42-19
1994	278 SIDEBOTTOM, Eric W	Strathearn	2-24-38
1993	287 SIDEBOTTOM, Eric W	Strathearn	2-21-49
1992	306 SIDEBOTTOM, Eric W	Strathearn	2-25-36
1998	308 SIDEBOTTOM, Eric W	Strathearn	2-42-29
1997	311 SIDEBOTTOM, Eric W	Strathearn	2-25-03
1996	322 SIDEBOTTOM, Eric W	Strathearn	2-30-40
1995	341 SIDEBOTTOM, Eric W	Strathearn	2-18-42
2002	215 SIDEBOTTOM, Eric Willia	Strathearn Harriers	02-24-56
1982	156 SILLERS, Duncan A	Lochaber	2-28-48
1981	171 SILLERS, Duncan A	Lochaber	2-02-03
1992	200 SILVERWOOD, John	Desford	2-47-49
1974	88 SILVERWOOD, P	U	2-00-55
1991	208 SILVESTER, Nicholas	Air Log	2-51-53
1987	250 SIMMONDS, W	Lochaber	1-52-23
1986	296 SIMMONDS, W	Lochaber	2-02-02
1984	204 SIMMONDS, William J	U	2-17-16
1972	69 SIMMONS, Tony	Vauxhall	1-50-04

1979	212 SIMMONS, W J	Barrow	1-52-56
1989	201 SIMPSON, C	Newcastle Uni	2-28-08
1998	214 SIMPSON, Geoff	Hunter's	2-04-02
1997	225 SIMPSON, Geoff	Hunter's	2-06-12
1999	243 SIMPSON, Geoff	Hunter's	1-59-41
1983	174 SIMPSON, Gordon J	Caithness	2-01-35
1981	185 SIMPSON, Gordon J	Caithness	2-12-07
1971	85 SIMPSON, John	Barrow	3-00-11
1991	214 SIMPSON, John	Kippax	2-15-34
1979	221 SIMPSON, P J	Liverpool	1-55-55
1990	218 SIMPSON, Peter	Manx	2-26-12
1999	254 SIMPSON, Shaun	Kimberworth	2-16-31
1998	218 SIMPSON, Shaun D	Kimberworth	2-25-55
2001	38 SIMPSON, Stuart	Ochil Hill Runners	01-51-13
2002	39 SIMPSON, Stuart	Ochil Hill Runners	01-53-47
2000	47 SIMPSON, Stuart	Ochil Hill Runners	01-54-14
1999	58 SIMPSON, Stuart	U	2-00-57
2003	44 SIMPSON, Stuart	Ochil Hill Runners	01-52-18
2002	246 SINCLAIR, Andrew	Macclesfield Harriers	02-30-07
2001	336 SINCLAIR, Andrew	Macclesfield Harriers & AC	02-48-17
1998	319 SINCLAIR, Dewi	Eryri	2-25-40
2003	288 SINCLAIR, Andrew	Macclesfield Harriers	02-34-39
1970	104 SINGH, Nirmal	Maryhill	2-26-52
1973	121 SINGLETON, B	Clayton	2-23-27
1975	132 SINGLETON, B	Clayton	2-19-36
1974	138 SINGLETON, B	Clayton	2-27-35
1976	161 SINGLETON, B	Clayton	2-37-31
1988	345 SKELTON, P	Keswick	1-44-01
1986	387 SKELTON, P	Cockermouth	1-39-07
1984	279 SKELTON, Pete	Ambleside	1-46-35
1974	141 SKINNER, G	Cambuslang	1-45-59
1967	106 SKINNER, George	East Kilbride	2-04-04
1973	127 SKINNER, George	Cambuslang	1-54-28
1971	110 SKINNER, George M	Springburn	2-22-29
1981	248 SKINNER, Ian R	U	2-20-01
1977	156 SKINNER, Roger	North Wales Police	2-14-28

2003	169 SLATER, Barry	Settle Harriers	02-13-09
1998	288 SLATER, Barry	Keighley & C	2-13-38
2003	119 SLATER, Karen	Settle Harriers	02-05-27
1998	165 SLATER, Karen	Keighley & C	2-10-51
1983	80 SLATER, Sandy	Lochaber	1-55-13
1993	110 SLATER, Sandy	Lochaber	2-10-28
1990	115 SLATER, Sandy	Lochaber	2-06-09
1994	118 SLATER, Sandy	Lochaber	2-30-59
1991	120 SLATER, Sandy	Lochaber	2-22-40
1996	127 SLATER, Sandy	Lochaber	2-38-56
1997	127 SLATER, Sandy	Lochaber	2-35-11
1985	134 SLATER, Sandy	Lochaber	1-58-59
1999	137 SLATER, Sandy	Lochaber	2-23-17
1988	151 SLATER, Sandy	Lochaber	2-11-48
1986	161 SLATER, Sandy	Lochaber	1-59-17
1967	41 SLAUGHTER, Fred	Beith	3-02-45
1985	149 SLINN, J	Lancaster & M	2-14-07
1986	174 SLINN, J	Lancaster & M	2-01-56
1991	127 SLINN, J C	Lancaster & M	2-04-10
1994	124 SLINN, Jim	Lancaster & M	2-03-32
1993	127 SLINN, Jim	Lancaster & M	2-04-37
1996	136 SLINN, Jim	Lancaster & M	2-16-23
1997	137 SLINN, Jim	Lancaster & M	2-09-44
1998	138 SLINN, Jim	Lancaster & M	2-24-44
2000	185 SLINN, Jim	Lancaster & Morecambe AC	02-17-29
2001	248 SLINN, Jim	Lancaster & Morecambe AC	02-30-27
2002	251 SLINN, Jim	Lancaster & Morecambe AC	02-31-04
1989	238 SLOAN, C	Napier College	2-43-57
1966	73 SLOAN, Ian T	Junior Mountaineering	2-36-59
1967	87 SLOAN, Ian T	Royal High FP	2-30-15
1988	301 SLOAN, R	Melrose	2-30-11
1968	84 SLOAN, Robin	Edinburgh Uni	2-38-11
1967	88 SLOAN, Robin D	Edinburgh Uni	3-12-38
1977	136 SLOSS, J G	Longban	1-48-01
1968	86 SLOSS, James	Beith	2-00-33
2001	296 SMALL, Iain	Fort William Fire Brigade	02-39-10

1998	282 SMALL, Iain W	Lochaber	2-22-59
1999	308 SMALL, Ian W	Fort William Fire	2-14-02
1994	256 SMALL, Marjorie	Clydesdale	2-43-56
1993	272 SMALL, Marjorie	Clydesdale	2-32-55
2002	108 SMALL, Roy	Dark Peak Fell Runners	02-07-05
1988	121 SMART, C	U	2-51-07
1993	100 SMETHURST, Clive	Chorley	2-05-01
1975	39 SMITH, A	Ayr	2-19-25
1987	112 SMITH, A	Lothian & B Police	2-52-01
1988	127 SMITH, A	Lothian & B Police	2-25-15
1986	142 SMITH, A	Lothian & B Police	2-29-28
1986	144 SMITH, A C	Bolton	2-17-06
1986	146 SMITH, A F	Lochaber	2-33-17
1985	123 SMITH, A H	Cumberland	1-31-23
1986	151 SMITH, A S	Swansea	2-03-45
1996	118 SMITH, Alan R	Castel Point	4-04-00
1982	74 SMITH, Alexander H	Cumberland	1-41-32
1983	83 SMITH, Alexander H	Cumberland	1-40-33
1984	97 SMITH, Alexander H	Cumberland	1-34-51
1982	78 SMITH, Allan	Lothian & B Police	2-54-50
1983	86 SMITH, Allan	Lothian & B Police	2-28-32
1992	118 SMITH, Allan	Lothian & B Police	2-39-17
1990	119 SMITH, Allan	Lothian & B Police	2-38-16
1991	121 SMITH, Allan	Lothian & B Police	3-08-02
1995	125 SMITH, Allan	Lothian & B Police	2-54-45
1996	126 SMITH, Allan	Lothian & B Police	3-39-34
1984	106 SMITH, Andrew C	Bolton	2-06-22
1994	119 SMITH, Anthony	Pennine	1-53-03
1993	121 SMITH, Anthony	Pennine	1-57-15
1995	128 SMITH, Anthony	Pennine	1-59-33
1994	122 SMITH, Brian	Lochaber	1-58-59
1992	129 SMITH, Brian	Lochaber	2-21-37
1995	132 SMITH, Brian	Lochaber	2-03-28
1997	135 SMITH, Brian	Rosendale	2-19-51
1998	139 SMITH, Brian	Rosendale	2-46-25
1999	149 SMITH, Brian	Rosendale	2-26-23

2001	337 SMITH, Brian	Rossendale Harriers & AC	02-49-45
2000	381 SMITH, Brian	Rossendale Harriers & AC	03-41-24
1993	337 SMITH, Brian H	Lochaber	2-07-12
1995	36 SMITH, Bruce	Standard Life	2-09-26
2003	41 SMITH, Bruce	Standard Life	01-51-28
2002	42 SMITH, Bruce	Standard Life AC	01-54-35
2000	44 SMITH, Bruce	Standard Life AC	01-53-27
1998	47 SMITH, Bruce	Standard Life	2-01-22
1981	30 SMITH, D R	U	2-31-59
1973	20 SMITH, Dennis A	Bath Uni	2-17-44
1998	52 SMITH, Donald	Westerlands	2-31-59
1982	23 SMITH, Frank W	Horwich	2-56-22
1984	35 SMITH, Frank W	Horwich	2-23-16
1976	25 SMITH, G	Lochaber	2-22-39
1984	39 SMITH, George	Lochaber	2-37-35
1979	50 SMITH, George	Lochaber	2-12-39
2000	99 SMITH, Gordon	Lochaber AC	02-03-43
1999	109 SMITH, Gordon	Lochaber	2-04-46
2002	120 SMITH, Gordon	Lochaber AC	02-08-42
2001	125 SMITH, Gordon	Lochaber AC	02-07-50
1972	37 SMITH, Harry	Clayton	2-35-32
1987	135 SMITH, I	Lochaber	2-27-03
1985	144 SMITH, I	Bolton	1-55-34
1988	154 SMITH, I	Bolton	1-57-13
1988	156 SMITH, I	Lochaber	2-26-06
1986	165 SMITH, I	Bolton	1-50-00
1993	123 SMITH, I R	Bolton	2-07-37
1983	96 SMITH, Ian	U	2-00-49
1984	115 SMITH, Ian	Bolton	2-02-58
1992	125 SMITH, Ian	Bolton	2-00-37
1995	129 SMITH, Ian	Bolton	2-02-50
1994	249 SMITH, Ian	Lochaber	2-43-10
2002	287 SMITH, Ian	Bolton United Harriers	02-38-11
1994	250 SMITH, Ian C	Lochaber	1-48-54
1998	276 SMITH, Ian C	Lochaber	1-57-52
1999	303 SMITH, Ian C	Lochaber	1-52-17

1978	94 SMITH, J	Bury	1-41-51
1975	135 SMITH, J	Bury	1-46-58
1975	137 SMITH, J	Clydesdale	1-56-05
1977	153 SMITH, J	Cambuslang	2-00-26
1976	159 SMITH, J	Bury	1-44-21
1989	288 SMITH, J	Bury	2-22-05
1989	290 SMITH, J	Clydesdale	2-41-24
1987	351 SMITH, J	Bury	2-22-20
1988	351 SMITH, J	Clydesdale	2-53-48
1988	353 SMITH, J	Bury	2-53-51
1987	355 SMITH, J	Clydesdale	2-26-32
1985	361 SMITH, J	Bury	2-21-32
1986	401 SMITH, J	U	2-21-01
1986	405 SMITH, J	Bury	2-27-26
1977	160 SMITH, J L	Clydesdale	2-01-12
1985	374 SMITH, J L	Clydesdale	2-21-44
1974	146 SMITH, J W	Airedale & S	2-21-06
1996	310 SMITH, Jack	Lancaster & M	2-23-17
1966	94 SMITH, James	Bury & R	2-08-23
1972	94 SMITH, James	Bury & R	1-42-51
1972	98 SMITH, James	Clydesdale	2-10-04
1967	110 SMITH, James	Bury & R	2-03-33
1968	112 SMITH, James	Bury & R	2-04-26
1968	113 SMITH, James	Clydesdale	2-12-03
1971	113 SMITH, James	Bury & R	1-43-01
1967	114 SMITH, James	Bellshill	3-03-10
1970	118 SMITH, James	Bury & R	2-05-42
1969	119 SMITH, James	Bury & R	1-52-53
1973	133 SMITH, James	Bury	1-39-19
1973	141 SMITH, James	Clydesdale	2-04-38
1974	152 SMITH, James	Bury	1-44-00
1974	159 SMITH, James	Clydesdale	1-58-28
1977	173 SMITH, James	Bury	1-50-25
1982	245 SMITH, James	Bury	2-00-09
1982	248 SMITH, James	Clydesdale	2-09-31
1983	253 SMITH, James	Clydesdale	2-04-08

1981	271 SMITH, James	Bury	1-45-12
1981	279 SMITH, James	Clydesdale	2-04-34
1994	286 SMITH, James	Todmorden	3-06-08
1993	288 SMITH, James	Bury	3-04-02
1979	299 SMITH, James	Bury	1-46-34
1990	306 SMITH, James	Bury	2-35-26
1998	307 SMITH, James	Todmorden	3-11-50
1984	310 SMITH, James	Clydesdale	2-11-05
1992	311 SMITH, James	Bury	2-55-04
1984	312 SMITH, James	Bury	2-27-17
1997	316 SMITH, James	Todmorden	2-51-53
1991	321 SMITH, James	Bury	2-35-52
2000	323 SMITH, James	Todmorden Harriers & AC	02-42-44
1996	329 SMITH, James	Todmorden	3-07-34
1999	340 SMITH, James	Todmorden	2-40-40
1995	351 SMITH, James	Todmorden	3-03-00
1983	254 SMITH, James C	Strathtay	2-10-58
1966	101 SMITH, James L	Clydesdale	2-20-36
1969	131 SMITH, James L	Clydesdale	2-11-57
1990	315 SMITH, James L	Clydesdale	2-42-22
1990	317 SMITH, Jamie P	Pudsey & B	1-48-07
2002	125 SMITH, Jane E	Todmorden Harriers & AC	02-09-33
2000	141 SMITH, Jane E	Bingley Harriers & AC	02-10-16
2001	169 SMITH, Jane E	Todmorden Harriers & AC	02-14-51
1995	171 SMITH, Janice	Penicuik	2-26-55
1998	166 SMITH, Janice M	Carnethy	2-38-20
2001	310 SMITH, Janice M	Carnethy Hill Racing C	02-41-43
1993	280 SMITH, Jean	Greenock	2-58-47
1992	295 SMITH, Jean	Greenock	2-56-59
1996	315 SMITH, Jean	Greenock	3-15-12
1994	271 SMITH, John	Clayton	2-15-59
1993	281 SMITH, John	Clayton	2-15-24
1992	300 SMITH, John	Clayton	2-38-41
1979	302 SMITH, John W	Clayton	2-56-23
1996	320 SMITH, Lyn	Lochaber	2-57-12
1973	137 SMITH, M	Bingley	2-14-12

1989	319 SMITH, M	Bingley	2-13-46
1979	304 SMITH, M E	Bingley	2-21-34
1975	147 SMITH, M N	FRA	2-18-57
2002	191 SMITH, Michael	Bingley Harriers & AC	02-21-11
1983	246 SMITH, Michael	RAOC	1-49-01
1972	59 SMITH, Michael E	Bingley	2-24-26
1990	180 SMITH, Michael E	Bingley	2-27-09
1986	257 SMITH, P	U	2-38-59
1997	190 SMITH, Peter	Ambleside	1-57-49
1996	191 SMITH, Peter	Mandale	2-28-33
1997	192 SMITH, Peter	Mandale	1-59-34
1995	196 SMITH, Peter	Black Combe	1-46-16
1999	211 SMITH, Peter	Ambleside	2-37-30
1994	181 SMITH, Peter G	Black Combe	1-51-07
1998	187 SMITH, Peter G	Ambleside	2-31-21
1974	74 SMITH, R	Naval Air	2-11-58
1975	77 SMITH, R	RNAS Yeovilton	2-15-07
1976	109 SMITH, R	NAC	2-14-46
1979	181 SMITH, Roger	Royal Navy	2-13-40
1984	182 SMITH, Roger	Notts O	1-48-09
1979	185 SMITH, Roger	Thames	2-25-45
1981	162 SMITH, Ronald I	Southport	2-01-27
1993	186 SMITH, S	Ripon	2-02-50
1995	216 SMITH, S	Ripon	2-02-20
1994	193 SMITH, Steve	Ripon	1-54-59
1973	85 SMITH, Thomas	Rochdale	2-11-14
1976	117 SMITH, W	Clayton	1-54-04
1987	241 SMITH, W	U	2-19-55
1988	259 SMITH, W	Dundee Road	2-33-50
1977	110 SMITH, W R	Clayton	1-52-06
1979	200 SMITH, William E	Clayton	2-22-35
1973	89 SMITH, William R	Clayton	2-02-50
2003	167 SMITH, Jane E	Todmorden Harriers	02-12-56
2003	200 SMITH, Mike	Todmorden Harriers	02-20-16
1981	157 SMITHARD, Philip	Pitreavie	2-06-59
1979	178 SMITHARD, Philip	West Fife O	2-19-44

1981	158 SMITHURST, John	Bingley	2-03-51
2000	54 SMYTH, Thomas	Lochaber AC	01-54-58
2002	84 SMYTH, Thomas	Lochaber AC	02-02-52
2001	122 SMYTH, Thomas	Lochaber AC	02-07-31
1986	160 SNEDDON, M S	SHRC	2-58-58
2003	319 SNEDDON, Mathew	Carnethy HRC	02-42-36
2002	231 SNEDDON, Matthew	Carnethy Hill Running	02-27-39
1999	249 SNEDDON, Matthew	Carnethy	2-37-25
1987	270 SNEDDON, N	Carnethy	1-42-13
1979	222 SOMERVILLE, James G	U	3-18-59
2003	322 SOPER, Andrew H	Vauxhall Motors RC	02-43-16
2002	302 SOPER, Andrew Hugo	Vauxhall Motors RC	02-45-02
2001	352 SOPER, Andrew Hugo E	Vauxhall Motors RC	03-01-31
1984	335 SOPER, Angela M	Achille Ratti	2-11-10
1985	405 SOPER, Angela M	Achille Ratti	2-13-16
1989	355 SOPER, H	Vauxhall	2-17-20
1966	108 SOPER, Hugo A	Vauxhall	2-02-42
1972	110 SOPER, Hugo A	Vauxhall	1-56-22
1967	123 SOPER, Hugo A	Vauxhall	2-15-10
1968	129 SOPER, Hugo A	Vauxhall	1-58-06
1971	132 SOPER, Hugo A	Vauxhall	1-50-17
1970	135 SOPER, Hugo A	Vauxhall	2-04-05
1969	141 SOPER, Hugo A	Vauxhall	2-04-11
1973	161 SOPER, Hugo A	Vauxhall	1-55-17
1975	162 SOPER, Hugo A	Vauxhall	1-52-12
1974	171 SOPER, Hugo A	Vauxhall	1-58-36
1977	190 SOPER, Hugo A	Vauxhall	1-53-13
1976	193 SOPER, Hugo A	Vauxhall	1-51-29
1982	276 SOPER, Hugo A	Vauxhall	2-00-12
1983	286 SOPER, Hugo A	Vauxhall	2-16-07
1981	315 SOPER, Hugo A	Vauxhall	2-01-45
1994	318 SOPER, Hugo A	Vauxhall	3-20-39
1993	332 SOPER, Hugo A	Vauxhall	3-02-35
1979	335 SOPER, Hugo A	Vauxhall	1-58-39
1992	341 SOPER, Hugo A	Vauxhall	2-40-02
1984	342 SOPER, Hugo A	Vauxhall	2-01-45

1997	366 SOPER, Hugo A	Vauxhall	4-25-10
1990	370 SOPER, Hugo A	Vauxhall	2-41-29
1996	373 SOPER, Hugo A	Vauxhall	2-58-22
1995	401 SOPER, Hugo A	Vauxhall	2-52-46
1985	422 SOPER, Hugo A	Vauxhall	2-03-04
1987	426 SOPER, Hugo A	Vauxhall	2-04-22
1988	437 SOPER, Hugo A	Vauxhall	2-55-48
1986	468 SOPER, Hugo A	Vauxhall	2-11-16
1988	439 SOUTAR, A	U	2-13-25
2002	96 SOUTHALL, Tristan	Lochaber AC	02-05-34
1978	28 SOUTHERN, D	Clayton	1-57-16
1989	76 SOUTHERN, L	East Cheshire & T	2-43-47
1987	96 SOWDEN, A	Calder Valley	2-00-46
1988	106 SOWDEN, A	Calder Valley	2-26-45
1989	81 SOWDEN, R	Calder Valley	2-15-18
1990	89 SOWDEN, R Alistair	Calder Valley	2-36-42
1985	103 SPEAK, A	Clayton	2-23-58
1988	112 SPEAK, A	Clayton	2-21-51
1982	63 SPEAK, Alan	Clayton	2-21-43
1983	70 SPEAK, Alan	Clayton	2-14-07
1984	82 SPEAK, Alan	Clayton	2-18-01
1987	105 SPEDDING, D	Keswick	1-41-27
1988	118 SPEDDING, D	Keswick	1-48-44
1986	131 SPEDDING, D	Keswick	1-45-21
1990	95 SPEDDING, David	Keswick	1-42-09
1987	109 SPEEDUR, J	U	2-27-10
1979	99 SPEICH, Rudolph	U	2-19-18
1997	114 SPEIGHT, Christopher	Kendal	1-50-57
1998	119 SPEIGHT, Christopher	Kendal	2-11-22
1982	69 SPEIGHT, Martyn B	Bingley	1-34-45
1994	107 SPENCE, Barry	Teviotdale	2-10-45
1968	36 SPENCE, George	Greenock	2-43-42
1985	129 SPENCELEY, A	Carnethy	1-41-43
1988	145 SPENCELEY, A	Carnethy	1-50-43
1986	156 SPENCELEY, A	Carnethy	1-49-04
1983	84 SPENCELEY, Andrew	Edinburgh	1-40-41

1984	102 SPENCELEY, Andrew	Carnethy	1-44-42
1966	29 SPENCER, David A	Barrow	1-51-29
1967	38 SPENCER, David A	Barrow	2-00-39
1976	65 SPINK, G	Bingley	1-58-31
1978	40 SPINK, G B	Bingley	1-56-37
1977	62 SPINK, G B	Bingley	1-58-35
1982	81 SPINK, Gerald B	Bingley	1-57-59
1981	94 SPINK, Gerald B	Bingley	1-58-49
1979	120 SPINK, Gerald B	Bingley	2-14-39
1982	84 SPOTSWOOD, John	Royal Marines	2-01-45
1983	93 SPOTSWOOD, John	Royal Marines	1-42-30
1984	112 SPRINGETT, Alan	Caithness	2-25-41
1983	97 SPRINGETT, Alan P	Caithness	2-12-31
2000	253 SQUIRE, Andrew	Carnethy Hill Running	02-28-26
1983	190 STAFFORD, David C	U	2-00-30
2003	327 STAFFORD, Nick	Clayton Le Moors	02-43-36
1970	123 STAINES, Dave	Thurrock	2-12-47
1966	97 STAINTON, William F	Whitehaven	2-05-44
1982	251 STANLEY, A D	North Shields Poly	1-58-50
1971	122 STANNARD, G E	RAF Chivenor	3-21-48
1966	100 STANNARD, Kenneth	Liverpool	2-16-11
1985	390 STANSFIELD, H	Eryri	2-07-11
1998	314 STANSFIELD, Ian C	Todmorden	3-52-17
1999	342 STANSFIELD, Ian C	Todmorden	3-24-47
1978	115 STAPLEY, A	Strathclyde Uni	1-51-42
1975	155 STAPLEY, A	RNAS Lee-on-Solent	1-55-48
1977	178 STAPLEY, A	Strathclyde Uni	1-54-56
1976	180 STAPLEY, A	NAC	1-52-14
1986	438 STAPLEY, A	Fife	1-58-57
1983	267 STAPLEY, Anthony	Fife	1-53-04
1981	293 STAPLEY, Anthony	Fife	1-50-46
1984	322 STAPLEY, Anthony	Fife	1-54-05
1974	164 STAPLEY, T	Naval Air	2-11-18
2003	315 STAPLEY, Tony	Portobello Running Club	02-41-09
1984	297 STASIUK, Stefan	Springburn	2-02-44
1998	302 STAYT, David J	Chippenham	2-25-13

1992	303 STEAD, D	Ryde	2-27-24
1969	125 STEEL, Arthur	Sale	2-15-55
1972	101 STEEL, Arthur J	Sale	2-24-39
1970	116 STEEL, Arthur J	Sale	2-09-07
1971	119 STEEL, Arthur J	Sale	2-13-25
1995	342 STEEL, David W	Cambridge	2-29-30
1999	334 STEELE, Alec	Radcliffe	2-13-55
1969	128 STEELE, D H	42nd Med	3-01-11
1979	307 STEIN, David C	U	2-18-21
1968	120 STEIN, William	Shettleston	2-51-32
1977	176 STENNETT, J	RAF Lossiemouth	2-04-51
1983	251 STENNETT, R A	Forres	2-05-30
1967	115 STENNETT, Richard	RAF Leconfield	2-22-04
1971	121 STENNETT, Richard A	RAF Kinloss	2-07-32
1992	172 STEPHEN, Jack	Ochil	2-13-39
2001	193 STEPHEN, Jack	Ochil Hill Runners	02-21-14
1994	284 STEPHEN, Jack	Ochil	2-00-37
1993	299 STEPHEN, Jack	Ochil	2-14-05
1998	315 STEPHEN, Jack	Ochil	2-15-06
1990	321 STEPHEN, Jack	Forfar	1-58-16
1991	326 STEPHEN, Jack	Forfar	2-12-26
1996	332 STEPHEN, Jack	Ochil	2-06-48
1999	343 STEPHEN, Jack	Ochil	2-07-08
1995	355 STEPHEN, Jack	Ochil	2-04-14
1983	140 STEPHENSON, Ian	Keswick	1-44-55
1990	183 STEPHENSON, Les	Kendal	1-58-49
1985	227 STEPHENSON, R	Keswick	1-48-32
1983	145 STEPHENSON, R G	Keswick	1-55-04
1984	171 STEPHENSON, R G	Keswick	1-50-06
1986	260 STEPHENSON, R G	Keswick	1-48-21
1995	203 STEPHENSON, Ralph	Keswick	2-02-04
2003	138 STEPHENSON, Dave	Bingley Harriers	02-07-50
1975	50 STEVEN, J	West Midlands Police	2-06-32
1976	73 STEVEN, J	West Midlands Police	2-22-31
1974	54 STEVEN, John	West Midlands Police	2-11-38
1979	131 STEVEN, John	West Midlands Police	2-19-24

1966	34 STEVENS, Donald A	Reading	1-50-50
1967	43 STEVENS, Donald A	Reading	1-53-02
1987	164 STEVENS, G	Reading	2-00-25
1976	80 STEVENS, G R	Reading	1-55-18
1966	35 STEVENS, Gerald R	Reading	1-48-17
1968	43 STEVENS, Gerald R	Reading	1-45-36
1984	128 STEVENS, Gerald R	Reading	2-04-31
1972	47 STEVENS, Gerry	Reading	1-49-49
2002	72 STEVENS, Richard	Annalong Canoe & Kayak C	02-00-29
2003	262 STEVENS, Richard	ACKC	02-30-48
1987	305 STEVENSON, B	Pudsey & B	1-57-16
1988	316 STEVENSON, B	Pudsey & B	1-55-43
1994	234 STEVENSON, Brian	Pudsey & B	1-47-58
1990	256 STEVENSON, Brian	Pudsey & B	1-53-21
1997	264 STEVENSON, Brian	Pudsey & B	1-55-46
1992	253 STEVENSON, Brian A	Pudsey & B	1-47-28
1985	317 STEVENSON, J	Irvine	1-36-51
1983	203 STEVENSON, James	Irvine	1-42-07
2001	41 STEVENSON, John G	Ochil Hill Runners	01-51-56
1999	52 STEVENSON, John G	Ochil	1-53-53
1986	46 STEVENSON, P	Pudsey & B	1-41-34
1988	47 STEVENSON, P	Pudsey & B	1-52-28
1988	50 STEVENSON, P	U	2-56-12
1990	38 STEVENSON, Paul A	Pudsey & B	1-40-05
1990	39 STEVENSON, Philip	Lochaber	2-29-44
1977	23 STEVENSON, T	RAF	2-01-39
1995	40 STEVENSON, T	Crawley	2-25-11
1989	33 STEWARD, E	Dark Peak	2-28-52
1987	45 STEWARD, E	Dark Peak	2-28-27
1985	51 STEWARD, E	Dark Peak	2-22-57
1988	57 STEWARD, E	Dark Peak	2-35-16
1986	59 STEWARD, E W	Dark Peak	2-17-31
1982	30 STEWARD, Ernest	Dark Peak	2-21-50
1983	30 STEWARD, Ernest	Dark Peak	2-11-05
1990	54 STEWARD, Ernest	Dark Peak	2-32-31
2002	290 STEWART, Carole	Lochaber AC	02-39-28

2002	301 STEWART, Carolyn	Lochaber AC	02-44-47
2003	350 STEWART, Carolyn	Lochaber Athletic Club	02-53-53
1979	327 STEWART, Dadid D	23 SAS	2-07-19
2001	348 STEWART, David	Rhedwyr Eryri Harriers	02-58-49
2000	310 STEWART, Elaine	Cosmic Hillbashers	02-39-51
1994	267 STEWART, Ercus	Glenasmole (Ireland)	2-24-14
1988	363 STEWART, G	RNAC Osprey	2-24-44
1987	368 STEWART, G	RNAC Osprey	2-10-17
1988	365 STEWART, I	U	2-14-41
1989	311 STEWART, J	Calderglen	2-31-59
1992	146 STEWART, James	Calderglen	2-09-11
1991	148 STEWART, James	Calderglen	2-15-28
2001	152 STEWART, James	Lochaber AC	02-12-15
2002	161 STEWART, James	Lochaber AC	02-14-54
1993	181 STEWART, James	Calderglen	2-16-36
1994	187 STEWART, James	Calderglen	2-24-04
2000	195 STEWART, James	Calderglen Harriers	02-19-50
2003	201 STEWART, James	Lochaber Athletic Club	02-20-22
1996	202 STEWART, James	Calderglen	2-42-25
1999	220 STEWART, James	Calderglen	2-34-04
1998	192 STEWART, Jim	Calderglen	2-34-53
2003	27 STEWART, John	Lochaber Athletic Club	01-46-13
2001	28 STEWART, John	Lochaber AC	01-49-18
1993	35 STEWART, John	Aberdeen	2-34-15
2000	36 STEWART, John	Lochaber AC	01-52-02
2002	45 STEWART, John	Lochaber AC	01-55-08
1995	37 STEWART, John C	Cosmic	2-31-26
1998	50 STEWART, John R	Lochaber	1-52-12
1999	56 STEWART, John R	Lochaber	1-45-18
1995	43 STEWART, Kevin W	Haddington	2-16-10
1970	16 STEWART, P	Kendal	2-08-34
1977	25 STEWART, W	U	2-03-44
1966	13 STEWART, William J	U	3-33-59
2000	283 STOCKDALE, Alan	Skipton AC	02-34-32
1974	133 STOCKWELL, V	U	2-49-12
1976	154 STOCKWELL, V K	Shrewsbury	2-28-14

1988	333 STODDART, R	U	2-29-34
1988	334 STONE, M	Clayton	1-48-13
1985	341 STONE, M A	Dark Peak	1-48-11
1986	380 STONE, M A	Dark Peak	1-46-04
2002	263 STOTT, Jason	Pennine Fell Runners	02-33-15
1978	88 STOTT, P	Frodsham	1-50-22
1989	260 STOTT, P	Eryri	2-23-46
1985	308 STOTT, P	Pennine	1-35-16
1987	311 STOTT, P	Eryri	2-08-22
1986	350 STOTT, P	Eryri	1-34-05
1982	200 STOTT, Paul	Eryri	1-42-57
1983	202 STOTT, Paul	Eryri	1-36-12
1984	256 STOTT, Paul	Pennine	1-35-54
1992	258 STOTT, Paul	Hebog	1-48-34
1991	259 STOTT, Paul	Hebog	1-49-48
2003	220 STOTT, Jason	Pennine Fell Runners	02-24-13
1985	259 STOUT, J	Cumberland	1-49-21
2003	267 STRACHAN, Graham	Aberdeen Running Club	02-31-37
1991	257 STRACHAN, Paul	Clydesdale	2-23-58
1977	140 STRAIN, J A	Royal Navy	1-59-02
1997	271 STRANG, Ian	British Milers	2-20-06
1997	273 STRANOCK, Steven	RAMC	3-11-52
1981	224 STREDWICK, Tim	U	1-58-05
1969	105 STRICKLAND, J M	Kendal	2-05-22
1981	226 STRUTHERS, Gavin	Westerlands	2-15-38
1987	321 STRUTHERS, I	Westerlands	2-21-38
1985	326 STRUTHERS, I	Westerlands	2-18-05
1988	330 STRUTHERS, I	Westerlands	2-56-43
1986	372 STRUTHERS, I	Westerlands	2-32-23
1994	243 STRUTHERS, Ian	Westerlands	2-30-19
1993	257 STRUTHERS, Ian	Westerlands	2-32-26
1992	268 STRUTHERS, Ian	Westerlands	2-27-47
1998	271 STRUTHERS, Ian	Westerlands	2-55-03
1991	273 STRUTHERS, Ian	Westerlands	2-44-07
1995	299 STRUTHERS, Ian	Westerlands	2-38-24
1981	239 STRUTHERS, Ian R	Westerlands	2-17-12

1982	216	STUART, Duncan	Keswick	1-42-04
1983	219	STUART, Duncan	Keswick	1-37-25
1984	274	STUART, Duncan	Keswick	1-37-03
1982	1	STUART, Kenneth	Keswick	1-27-12
1984	1	STUART, Kenneth	Keswick	1-25-34
1983	2	STUART, Kenneth	Keswick	1-25-52
1999	2	STUBBS, Andrew	Clayton	2-04-14
1988	3	STYAN, A	Holmfirth	1-44-37
1978	3	STYON, A	Holmfirth	1-30-58
1971	5	SULAIMAN, J	U	2-05-44
1976	4	SULAIMAN, John	Lochaber	2-13-29
1972	6	SULAIMAN, John	Lochaber	2-34-45
1976	5	SULAIMAN, S	Lochaber	2-40-32
1975	8	SULAIMAN, S	Lochaber Rugby	2-43-04
1993	9	SULLIVAN, Lawrence	Clayton	2-13-59
1991	9	SULLIVAN, Lawrence G	Clayton	2-18-56
1990	13	SULLIVAN, Lawrence G	Clayton	2-06-11
1977	9	SUMMERSKILL, K	Clayton	1-59-39
2003	255	SUMNER, Andrew	Otley AC	02-29-33
1999	280	SUMNER, John	Buxton	2-23-59
1997	256	SUMNER, Kurt	Stafford	1-42-56
1986	343	SUNDERLAND, M	Lancaster & M	2-05-34
1985	301	SUNDERLAND, M J	Lancaster & M	2-12-14
1983	197	SUNDERLAND, Michael J	Lancaster & M	2-00-38
1984	249	SUNDERLAND, Michael J	Lancaster & M	2-02-09
1978	86	SUNTER, A	Horwich	1-40-57
1985	304	SUNTER, A	Horwich	1-36-42
1986	351	SUNTER, A	Horwich	1-43-06
1981	216	SUNTER, Albert	Horwich	1-41-55
1979	253	SUNTER, Albert	Horwich	1-40-38
1985	313	SUNTER, S	Horwich	1-35-40
1986	356	SUNTER, S	Horwich	1-37-19
1984	257	SUNTER, Sean	Horwich	1-40-09
1989	261	SUTCLIFFE, N	Chorley	2-43-29
1992	256	SUTCLIFFE, Rob	Calder Valley	1-52-20
1991	262	SUTCLIFFE, Rod	Calder Valley	2-01-02

1996	281 SUTCLIFFE, Rod	Calder Valley	2-08-00
1999	287 SUTCLIFFE, Rod	Calder Valley	2-04-30
2003	122 SUTCLIFFE, Rod	Calder Valley Fellrunners	02-05-52
1989	104 SUTHERLAND, A	Napier College	2-37-23
1987	128 SUTHERLAND, A	Napier College	2-38-18
1985	136 SUTHERLAND, A	Napier College	2-25-05
1992	119 SUTHERLAND, Alastair	Napier Uni	2-45-39
1995	123 SUTHERLAND, Alastair	Edinburgh Triathletes	2-42-18
1999	139 SUTHERLAND, Alastair	Edinburgh Triathletes	2-48-23
1983	88 SUTHERLAND, Alexander	Inverness	1-49-59
1983	90 SUTHERLAND, Alistair	U	2-15-14
1986	173 SUTHERLAND, G	U	2-19-20
1989	109 SUTHERLAND, I	Lochaber	2-20-08
1986	176 SUTHERLAND, W D	Skye & L	2-11-00
1989	111 SUTTON, C	Lochaber	2-43-46
1985	153 SUTTON, Chris	Lochaber	2-17-32
1987	154 SUTTON, Chris	Lochaber	2-55-23
1988	163 SUTTON, Chris	Lochaber	2-22-04
1983	99 SUTTON, Christopher	U	2-05-57
1984	121 SUTTON, Christopher	Lochaber	2-34-31
2001	200 SWAINE, P	Calder Valley Fell Runners	02-22-26
1999	214 SWAINE, Philip A	Calder Valley	2-21-10
2000	266 SWAINE, Philip A	West Yorkshire Fire Service	02-30-24
2002	244 SWAINE, Philip Allan	Calder Valley Fell Runners	02-29-57
1969	93 SWALLWELL, Gordon R	Edinburgh Southern	2-51-35
1978	82 SWAN, G	Edinburgh Southern	1-47-50
1974	109 SWAN, G	Edinburgh Southern	1-51-35
1977	126 SWAN, G	Peebles	1-54-09
1976	134 SWAN, G	Edinburgh Southern	1-48-42
1973	102 SWAN, George	Edinburgh Southern	1-44-39
1983	189 SWAN, George	Edinburgh Southern	1-54-37
1981	203 SWAN, George	Edinburgh Southern	1-49-07
1979	237 SWAN, George	Edinburgh Southern	1-52-26
1984	239 SWAN, George	Edinburgh Southern	1-54-24
1987	294 SWAN, I	Cheshire Fire	2-00-34
1986	340 SWAN, I	Cheshire Fire	2-16-01

1975	108 SWANN, R	RNAS Lee-on-Solent	2-22-43
1976	140 SWANN, R	NAC	2-39-41
1988	307 SWEATMAN, A	Horwich	2-13-23
1974	117 SWEENEY, J	Clydesdale	2-22-17
1968	87 SWEENEY, James	Clydesdale	2-33-03
1971	96 SWEENEY, James	Clydesdale	2-23-52
1969	101 SWEENEY, James	Clydesdale	2-43-08
1986	352 SWEETING, J	U	2-07-42
1996	266 SWIFT, Colin D	8th Infantry	3-15-40
1996	267 SYKES, Andrew	Woodkirk Valley	2-36-19
1975	119 SYKES, T	Rochdale	1-55-17
1976	146 SYKES, T	Rochdale	1-54-59
1983	204 SYMINGTON, Anthony T	U	2-04-24
1984	258 SYMINGTON, Anthony T	Albert Hall	2-04-02
1985	1 SYMONDS, H	Kendal	1-28-00
1986	2 SYMONDS, H	Kendal	1-28-33
1987	3 SYMONDS, H	Kendal	1-43-47
1988	4 SYMONDS, H	Kendal	1-48-41
1984	3 SYMONDS, Hugh	Kendal	1-27-05
1983	5 SYMONDS, Hugh	Kendal	1-30-33
1994	4 SYMONDS, Trevor	Mandale	2-28-19
1988	12 SZARY, E	U	2-44-23
1985	3 TABOR, M	Cheshire Fire	1-57-50
1986	9 TABOR, M	Cheshire Fire	1-54-00
1983	8 TABOR, Mark	Cheshire Fire	1-58-28
1984	8 TABOR, Mark	Cheshire Fire	2-03-40
2000	11 TAGGART, Joseph L	Buxton AC	01-40-58
1999	16 TAGGART, Lloyd	Buxton	1-43-34
1991	11 TAIT, Hamish	Tayside Police	2-55-52
1994	14 TAIT, R	Hinckley	2-33-28
1995	16 TAIT, R	Mercia	2-35-07
1998	20 TAIT, R	Mercia	2-51-10
1999	25 TAIT, Richard	Darlington	2-37-43
1997	303 TAIT, Richard	Mercia	2-41-37
2002	308 TAIT, Richard	Quakers RC	02-46-18
2000	309 TAIT, Richard	Darlington Quakers	02-39-42

1996	313 TAIT, Richard	Mercia	3-01-47
1978	105 TAIT, W A	Tynedale	1-36-34
1977	166 TAIT, W A	U	1-41-42
1979	297 TAIT, William A	Tynedale	1-42-56
2003	368 TAIT, Richard	Darlington Quakers	03-15-21
1979	337 TALBOT, D R	Clayton	2-06-37
1967	125 TALBOT, Donald D	Clayton	2-16-08
1995	394 TALBOT, Donald R	Clayton	2-33-25
1994	316 TALBOT, Joseph	Todmorden	2-05-13
1993	326 TALBOT, Joseph	Todmorden	1-54-57
1992	340 TALBOT, Joseph	Todmorden	1-56-08
1995	396 TALBOT, Joseph	Todmorden	1-57-44
1987	428 TALBOT, K	Rossendale	2-10-06
1982	281 TALBOT, Kenneth	Rossendale	2-00-04
1981	323 TALBOT, Kenneth	Rossendale	2-02-07
1979	339 TALBOT, Kenneth	Rossendale	2-09-58
1984	350 TALBOT, Kenneth	Rossendale	2-04-59
2003	238 TAPPING, Pete	Dark Peak Fellrunners	02-26-45
2002	266 TAPPING, Pete	Dark Peak Fell Runners	02-33-53
1978	90 TARGETT, M	Clayton	1-47-31
1989	256 TARGETT, M	Clayton	1-45-34
1979	256 TARGETT, Michael	Clayton	1-48-12
1995	284 TARGETT, Paul	Clayton	1-51-26
1987	315 TARGETT, T	Clayton	2-09-48
1986	362 TARGETT, T	Clayton	2-01-07
1977	144 TARGETT, T J	Clayton	2-11-59
1985	325 TARGETT, T J	Clayton	2-19-13
1982	205 TARGETT, Thomas J	Clayton	1-57-35
1983	210 TARGETT, Thomas J	Clayton	2-06-11
1981	231 TARGETT, Thomas J	Clayton	2-09-54
1979	265 TARGETT, Thomas J	Clayton	2-17-44
1984	267 TARGETT, Thomas J	Clayton	2-19-27
1995	293 TARGETT, Tom	Clayton	2-19-54
1974	130 TATHAM, B	Kendal	2-02-54
1973	117 TATHAM, Brian	Kendal	2-17-58
1987	329 TAVENDALE, R	Blairgowrie	2-56-12

1998	274 TAVENDALE, Roger	Dundee	2-31-39
1997	284 TAVENDALE, Roger	Dundee	2-34-13
1995	301 TAVENDALE, Roger	Dundee	2-29-18
1974	136 TAWSE, C	Scottish Police College	2-53-15
1990	273 TAYLOR, Alistair	Forres	2-09-03
1981	241 TAYLOR, Bryan	Bingley	1-49-43
1986	381 TAYLOR, C	Clayton	1-49-08
1985	345 TAYLOR, Christine	Bellahouston	2-10-29
1984	276 TAYLOR, Christine D	U	2-07-41
1990	275 TAYLOR, Christopher J	Mercia	1-50-11
1992	282 TAYLOR, Colin	Clayton	1-58-53
1991	283 TAYLOR, Colin	Clayton	2-03-47
1967	104 TAYLOR, David J	Edinburgh Uni	2-48-54
1968	105 TAYLOR, Donald J	Rosyth Civil Service	2-45-08
1987	349 TAYLOR, G	Balxtom	2-11-06
1994	255 TAYLOR, Gary	Darwen	1-57-40
1985	360 TAYLOR, J	Newcastle	2-05-38
1983	230 TAYLOR, John	Newcastle	2-05-08
1984	286 TAYLOR, John	Newcastle	2-22-01
1991	291 TAYLOR, John	Newcastle	2-54-13
1976	166 TAYLOR, K	Rosendale	1-41-20
1986	404 TAYLOR, K	Clayton	2-09-10
1981	254 TAYLOR, Kenneth	Rosendale	1-35-54
1979	288 TAYLOR, Kenneth	Rosendale	1-36-27
1978	103 TAYLOR, L	Lochaber	1-52-05
1977	164 TAYLOR, L	Lochaber	1-55-44
1982	236 TAYLOR, L	Lochaber	1-50-19
1981	256 TAYLOR, L	Cambridge	1-47-02
1979	296 TAYLOR, Lawrie	Lochaber	2-16-31
1991	302 TAYLOR, Mark	Milton Keynes	2-26-36
2001	144 TAYLOR, Nat	Girvan AC	02-11-02
2003	147 TAYLOR, Nat	Girvan AAC	02-08-53
1996	154 TAYLOR, Nat	Girvan	3-20-00
2002	154 TAYLOR, Nat	Girvan AC	02-13-41
1999	172 TAYLOR, Nat	Girvan	2-39-16
2002	169 TAYLOR, Neil	Bingley Harriers & AC	02-16-35

2000	186 TAYLOR, Neil R	Bingley Harriers & AC	02-17-45
2001	246 TAYLOR, Neil R	Bingley Harriers & AC	02-29-57
1991	232 TAYLOR, Peter	Mold	2-15-40
2003	136 TAYLOR, Richard	Keighley & Craven	02-07-39
1989	119 TAYLOR, Sara	Horsforth	2-05-39
1988	165 TAYLOR, Sara	Horsforth	2-05-23
2002	70 TAYLOR, Sharon	Bingley Harriers & AC	01-59-36
2000	100 TAYLOR, Sharon	Bingley Harriers & AC	02-04-04
2001	117 TAYLOR, Sharon	Bingley Harriers & AC	02-06-29
1999	124 TAYLOR, Sharon	Bingley	2-17-27
1974	42 TAYLOR, T	U	2-38-37
1973	45 TAYLOR, T	RAF Leuchars	1-59-01
1976	62 TAYLOR, T	Shrewsbury	2-33-23
1979	109 TAYLOR, T J	Fife	3-03-33
1982	77 TAYLOR, Thomas J	Fife	2-26-14
1977	61 TAYLOR, Tony	Shrewsbury	2-10-24
1982	80 TAYLOR, Tony	Shrewsbury	1-52-39
2003	179 TAYLOR,N	Bingley Harriers	02-14-36
2003	75 TAYLOR,Sharon	Bingley Harriers	01-58-32
1989	58 TEAGUE, Jill	Bingley	2-15-46
1993	70 TEAGUE, Richard	Loughton	2-17-49
1986	97 TEDCASTLE, S R	Prison Officers	2-13-30
1967	18 TEESDALE, I D	U	2-27-45
1969	27 TEESDALE, Joseph	Saltwell	3-22-41
1987	77 TELFORD, M	U	2-11-47
1967	20 TELFORD, Max	Lochaber	1-57-53
1992	72 TELFORD, Max	Mid Pacific (USA)	2-30-10
1979	73 TELFORD, Walter M	U	2-53-41
1994	83 TEMPLE, Graham	Chapel Allerton	2-26-10
1998	95 TEMPLE, Graham	Chapel Allerton	2-41-29
2001	26 TEMPLEMAN, Simon	Ochil Hill Runners	01-49-03
2003	59 TEMPLEMAN, Simon	Ochil Hill Runners	01-55-09
1999	75 TEMPLEMAN, Simon	Ochil	1-55-37
2000	46 TEMPLEMAN, Simon D	Ochil Hill Runners	01-53-40
1986	53 TEMPLETON, A	Buxton	2-40-49
1995	38 TEMPLETON, James B	Arran	2-27-00

1985	45 Tervitt, J F	Law	2-24-01
1990	43 Thackery, Barry	Dark Peak	1-51-55
1994	44 Thackwray, Terry	Ripon	2-21-47
1995	45 Thackwray, Terry	Ripon	2-23-05
1990	47 Thapa, Keshbahadur	1/2 Gurkha	2-03-19
1989	35 Thapa, P	1/2 Gurkha	1-44-35
1989	37 Thapa, T	1/2 Gurkha	1-46-51
1987	46 Thewlis, M	Holmfirth	2-05-10
1986	63 Thewlis, M	Holmfirth	2-04-58
1989	42 Thin, J	Durham Uni	1-59-53
1993	51 Thin, James S	Carnethy	1-37-21
1990	56 Thin, James S	Bangor Uni	1-48-34
1986	70 Thistlewaite, M	Clayton	2-11-54
1987	51 Thom, J	Aberdeen	1-57-48
1969	23 Thomas, David B	Shrewsbury	2-14-27
1971	24 Thomas, David R	Shrewsbury	2-29-39
1978	21 Thomas, F S	Chelmsford	1-54-13
1998	65 Thomas, Gavin	Kendal	1-55-49
1997	65 Thomas, Henry	Tarren	2-05-10
1992	62 Thomas, Mark	Lochaber	1-41-27
1997	67 Thompson, Alexander R	Mercia	2-22-04
1990	66 Thompson, Andrew	Calder Valley	2-09-22
1991	67 Thompson, Andrew H	Calder Valley	2-06-10
1995	69 Thompson, B	Cumberland	1-43-01
1985	76 Thompson, Debby	Buxton	2-13-35
1996	71 Thompson, Duncan	Calder Valley	1-53-25
2003	268 Thompson, Fabienne	Carnegie Harriers	02-31-54
1996	193 Thompson, George	Clayton	2-56-02
2001	198 Thompson, George	Clayton-le-Moors Harriers	02-22-05
1999	210 Thompson, George	Clayton	2-34-23
1991	188 Thompson, Gordon	Preston	2-02-30
1989	178 Thompson, H	Clayton	2-19-38
1987	225 Thompson, H	Clayton	2-08-45
1985	237 Thompson, H	Clayton	2-06-52
1988	239 Thompson, H	Clayton	2-10-44
1986	272 Thompson, H	Clayton	2-13-40

1982	142 THOMPSON, Harry	Clayton	2-00-38
1983	152 THOMPSON, Harry	Clayton	1-59-20
1981	163 THOMPSON, Harry	Clayton	2-01-55
1993	189 THOMPSON, Harry	Clayton	2-14-07
1992	194 THOMPSON, Harry	Clayton	2-17-45
1994	194 THOMPSON, Harry	Clayton	2-18-29
1990	198 THOMPSON, Harry	Clayton	2-11-09
1991	202 THOMPSON, Harry	Clayton	2-31-25
1996	211 THOMPSON, Harry	Clayton	2-34-12
1997	212 THOMPSON, Harry	Clayton	2-28-43
1998	279 THOMPSON, Harry	Clayton	2-48-31
2000	290 THOMPSON, Harry	Clayton-le-Moors Harriers	02-36-04
1999	304 THOMPSON, Harry	Clayton	2-44-04
1995	307 THOMPSON, Harry	Clayton	2-31-07
2002	337 THOMPSON, Harry	Clayton-le-Moors Harriers	03-00-27
2001	360 THOMPSON, Harry	Clayton-le-Moors Harriers	03-06-49
2001	239 THOMPSON, Katy	Clayton-le-Moors Harriers	02-28-34
1996	356 THOMPSON, Katy	Clayton	2-22-03
1999	364 THOMPSON, Katy	Clayton	2-19-13
1989	221 THOMPSON, L	Clayton	1-52-57
2001	167 THOMPSON, Lee	Clayton-le-Moors Harriers	02-14-29
1994	212 THOMPSON, Lee	Clayton	1-45-55
1993	217 THOMPSON, Lee	Clayton	1-50-41
2003	221 THOMPSON, Lee	Clayton Le Moors	02-24-16
1998	222 THOMPSON, Lee	Clayton	1-48-56
1992	228 THOMPSON, Lee	Clayton	1-45-44
1991	234 THOMPSON, Lee	Clayton	1-55-17
1990	235 THOMPSON, Lee	Clayton	1-48-48
1997	241 THOMPSON, Lee	Clayton	1-48-24
1995	247 THOMPSON, Lee	Clayton	1-44-13
1996	252 THOMPSON, Lee	Clayton	1-56-27
1999	264 THOMPSON, Lee	Clayton	1-48-01
2002	338 THOMPSON, Lee	Clayton-le-Moors Harriers	03-00-27
1997	321 THOMPSON, Lyn	Keswick	2-11-49
2003	40 THOMPSON, Paul	Clayton Le Moors	01-51-23
2002	98 THOMPSON, Paul	Clayton-le-Moors Harriers	02-05-46

2003	190 THOMPSON, Peter	Clayton Le Moors	02-17-49
1982	127 THOMPSON, Peter J	Wigan	2-05-33
1986	251 THOMPSON, R M	RNAC	2-01-02
1988	224 THOMPSON, S	Clayton	1-50-54
1991	180 THOMPSON, Simon P	Clayton	1-49-58
1989	169 THOMPSON, T	Mercia	1-56-34
1987	219 THOMPSON, T	Mercia	1-59-12
1988	230 THOMPSON, T	Mercia	2-01-33
1982	134 THOMPSON, Trevor J	Vauxhall	2-04-20
1979	173 THOMPSON, Trevor J	Vauxhall	1-58-03
1967	65 THOMSON, D	Lochaber	3-17-59
1966	53 THOMSON, Douglas L	Lochaber	3-32-30
1977	99 THOMSON, F L	Morpeth	1-59-07
1996	200 THOMSON, Grant	Carnethy	2-47-41
1984	181 THOMSON, Ian	U	2-12-28
1970	71 THOMSON, James A	U	3-22-05
1989	181 THOMSON, M	2/51 Highland	2-21-26
1982	144 THOMSON, Peter R	Inverness	2-18-55
1981	164 THOMSON, Peter R	Inverness	2-11-43
1979	189 THOMSON, Peter R	Inverness	2-57-34
1979	191 THOMSON, Robert	Edinburgh	2-18-44
1984	192 THOMSON, Robert F	South London O	2-07-39
1966	56 THOMSON, T A	Paisley	1-59-40
1967	72 THOMSON, T A	Paisley	2-20-09
1969	73 THOMSON, T A	Paisley	2-13-58
2001	251 THORNER, A	Bingley Harriers & AC	02-30-44
1987	290 THORNER, A	Clayton	2-45-56
1994	223 THORNER, Andrew	Bingley	1-44-38
1993	226 THORNER, Andrew	Bingley	1-46-18
1992	240 THORNER, Andrew	Bingley	1-46-34
1991	241 THORNER, Andrew	Bingley	1-44-31
1990	245 THORNER, Andrew	Bingley	1-48-38
1989	247 THORNER, Andrew	Bingley	1-51-11
1996	261 THORNER, Andrew	Bingley	2-08-55
1995	269 THORNER, Andrew	Bingley	1-45-40
1989	252 THORNER, P	Clayton	2-56-42

1987	308 THORNER, P	Clayton	2-38-00
1988	313 THORNER, P	Clayton	2-29-13
1986	349 THORNER, P	Clayton	2-17-18
1985	312 THORNER, P N	Clayton	2-26-06
1990	253 THORNHILL, John	Rolls Royce	2-23-12
1984	254 THORNTON, Andrew	Kendal	1-45-31
1976	147 THORNTON, C	RAF Lossiemouth	2034-43
2002	31 THORPE, Gary	Ambleside AC	01-52-12
1999	40 THORPE, Gary	Ambleside	1-54-40
1984	21 THORTON, Vicky	Kendal	2-10-06
1984	22 THURRELL, G E	East Cheshire	2-00-18
2001	286 TIGHE, Katharine	Inverness Harriers AC	02-36-28
2002	286 TIGHE, Katharine	Lochaber AC	02-38-09
2000	316 TIGHE, Katharine	Inverness Harriers	02-41-25
2003	258 TIGHE, Katherine	Lochaber Athletic Club	02-29-48
1982	187 TILLEY, Brian	Royal Marines	1-57-18
1983	195 TILLEY, Brian	Royal Marines	1-50-40
1986	348 TILSON, J	Stopsley	2-42-42
1975	114 TIMMS, B	Wirral	1-57-10
1976	143 TIMMS, B	Wirral	2-16-51
1978	87 TIMMS, B J	Wrexham	1-54-45
1977	138 TIMMS, B J	Wrexham	1-58-37
1973	109 TIMMS, Brian	Liverpool	2-06-50
1968	92 TIMS, Brian	Brighton & H	2-32-52
1967	93 TIMS, Brian	Brighton & H	2-35-31
1994	238 TINDALE, Steven	South Shields	2-11-45
1996	274 TINDALE, Steven	South Shields	2-23-21
1995	287 TINDALE, Steven	South Shields	2-15-52
1997	274 TINDALE, Steven P	South Shields	2-21-30
1974	126 TINDALL, R	RAF Lossiemouth	3-15-20
1990	261 TINGLEY, Maxim	Leeds Uni	2-24-57
1989	267 TINKER, M	Teviotdale	2-16-02
1988	326 TINKER, M	Teviotdale	2-13-37
1993	254 TINKER, M D	Teviotdale	2-26-13
1996	284 TINKER, Michael A	Teviotdale	2-59-38
1992	267 TINKER, Michael D	Teviotdale	2-17-36

1990	268 TINKER, Michael D	Teviotdale	2-09-25
1991	269 TINKER, Michael D	Teviotdale	2-24-01
1995	295 TINKER, Michael D	Teviotdale	2-33-15
1975	125 TINLIN, R	Glencorse	1-49-04
1974	132 TINLIN, W R	HM Forces	1-42-24
1968	100 TINLIN, William R	Newcastle Uni	1-50-41
1970	103 TINLIN, William R	Morpeth	1-45-00
1969	110 TINLIN, William R	Newcastle Uni	1-44-26
1981	240 TINTO, Douglas F	U	2-00-31
1996	293 TODD, Colin	Harrogate	2-14-01
1967	102 TODD, Deric W	Civil Service	2-21-03
1977	149 TODD, W	Lakeland O	1-54-48
1979	279 TODD, William	Cumberland	2-26-53
1966	87 TOFT, William	Beith	2-46-44
1985	347 TOLMIE, J	Westerlands	2-09-57
1986	388 TOLMIE, J	Westerlands	2-11-12
1985	350 TOLSON, P	West Yorks Police	1-51-13
1982	220 TOLSON, Philip	West Yorks Police	1-59-51
1983	227 TOLSON, Philip	West Yorks Police	1-57-20
1988	349 TOMAS, B	CFRA	2-14-49
1987	353 TOMAS, B	Cumberland	2-06-41
1983	229 TOMAS, B B	Morpeth	2-01-11
1984	285 TOMAS, B B	Morpeth	2-10-30
1985	365 TOMAS, B B	Cumberland	2-11-07
1982	234 TOMAS, Bernard B	U	2-02-38
1988	354 TOMAS, J	U	2-57-02
1985	371 TOMAS, N	U	2-19-13
1987	362 TOMAS, T	U	2-09-07
2002	240 TOMLINSON, David Ian	Howgill Harriers	02-29-36
2003	295 TOMLINSON, David Ian	Howgill Harriers	02-36-20
1997	290 TOMPSETT, Gary	Glasgow Uni	1-47-36
1985	354 TONKIN, K	Dark Peak	1-52-58
1988	348 TOPHAM, R	Kilmarnock	2-46-10
1987	352 TOPHAM, R	Kilmarnock	2-27-44
1985	362 TOPHAM, R	Kilmarnock	2-47-19
1986	399 TOPHAM, R	Kilmarnock	2-41-01

1982	231 TOPHAM, R J	Ayrshire	2-32-35
1983	232 TOPHAM, R J	Ayrshire	2-33-17
1994	260 TOPHAM, Stephen	Saltwell	2-43-49
1998	293 TOPHAM, Stephen	North East Veterans	3-42-55
1996	307 TOPHAM, Stephen	Saltwell	3-04-11
1995	329 TOPHAM, Stephen	Saltwell	2-57-02
1966	91 TORLEY, Peter	Cambuslang	2-35-13
1967	108 TORLEY, Peter	Cambuslang	3-13-53
1981	261 TORRANCE, Alexander	Livingston	2-36-15
1979	295 TORRANCE, Alexander	Pentland	3-08-56
1989	308 TOWERS-CLARK, D	16 Bn RAOC	2-39-57
1989	309 TOWLER, S	Calder Valley	2-19-37
1992	298 TOWLER, S D	Calder Valley	2-20-07
2000	241 TOWLER, Simon	Calder Valley Fell Runners	02-26-46
1990	225 TOWLER, Simon D	Calder Valley	2-18-22
1991	229 TOWLER, Simon D	Calder Valley	2-56-44
1978	83 TOWNSEND, D	Invicta	1-54-43
1973	96 TOWNSEND, D	Invicta	1-47-39
1975	103 TOWNSEND, D	Invicta	1-49-53
1974	104 TOWNSEND, D	Invicta	1-44-21
1977	127 TOWNSEND, D	Invicta	1-58-41
1976	135 TOWNSEND, D	Invicta	1-55-37
1989	235 TOWNSEND, D	Invicta	2-31-41
1987	287 TOWNSEND, D	Invicta	2-20-42
1972	77 TOWNSEND, Dennis	Invicta	1-53-50
1968	83 TOWNSEND, Dennis	Canterbury	2-13-05
1970	88 TOWNSEND, Dennis	Invicta	2-04-24
1971	94 TOWNSEND, Dennis	Invicta	1-52-50
1969	95 TOWNSEND, Dennis	Invicta	2-09-01
1982	188 TOWNSEND, Dennis	Invicta	2-01-16
1983	196 TOWNSEND, Dennis	Invicta	1-57-33
1981	208 TOWNSEND, Dennis	Invicta	1-55-38
1979	243 TOWNSEND, Dennis	Invicta	2-00-33
1993	236 TOWNSEND, Simon	South Midlands	2-19-38
1995	278 TOY, Jerry	Dundee	2-45-51
1973	107 TRAINOR, P	Keswick	1-52-57

1974	118 TRAINOR, P	Keswick	1-51-11
1990	251 TRAINOR, Peter	Keswick	2-14-36
1974	122 TRAPP, I	Edinburgh	2-19-03
1981	219 TRAPP, Ian P	Edinburgh	2-13-19
1985	316 TRAVIS, M	Sefton	2-10-52
1977	141 TRAVIS, M J	Sefton	2-12-38
1979	257 TRAVIS, Michael F	Sefton	2-07-30
2003	281 TRESIDDER, Rob	Matlock AC	02-33-19
1974	131 TREVOR, G	U	2-22-04
1975	126 TREVOR, G P	Shrewsbury	2-21-21
1976	153 TREVOR, G P	Shrewsbury	2-25-21
1974	134 TREVOR, M	U	2-07-05
1976	155 TREVOR, M	Shrewsbury	2-06-09
1978	93 TREVOR, M J	Shrewsbury	1-52-24
1975	130 TREVOR, M J	Shrewsbury	2-01-35
1977	146 TREVOR, M J	Shrewsbury	1-49-11
1972	89 TREVOR, Michael	Shrewsbury	2-08-07
1971	107 TREVOR, Michael	Shrewsbury	2-06-38
1979	278 TREVOR, Michael J	Shrewsbury	1-58-45
1982	219 TRIBLEY, M G	Preston	2-46-15
1981	245 TRIBLEY, M G	Preston	2-55-15
1990	277 TRIGG, Andrew	Glossop	1-33-50
1987	343 TRINDER, S	Rannoch School	1-55-36
1986	392 TRINDER, S	U	2-01-15
1999	310 TRISTRAM, Elizabeth	Eryri	3-19-16
2000	377 TRISTRAM, Elizabeth	Rhedwyr Eryri Harriers	03-20-33
1994	322 TROTH, Robert	West Yorks Fire	2-40-37
1993	331 TROTH, Robert	West Yorks Fire	2-28-38
1997	365 TROTH, Robert	West Yorks Fire	2-57-58
1999	373 TROTH, Robert	West Yorks Fire	3-08-38
1975	170 TROUGHTON, B	Bury	1-51-27
1976	209 TROUGHTON, B	Bury	1-49-37
1989	380 TROUP, S	North Shields Poly	1-59-39
1990	381 TROUP, S	North Shields Poly	1-59-04
1985	430 TROUP, S	North Shields Poly	1-52-12
1987	437 TROUP, S	North Shields Poly	1-55-25

1988	443 TROUP, S	North Shields Poly	2-13-14
1986	477 TROUP, S	North Shields Poly	1-57-02
1996	380 TROUP, Steve	North Shields Poly	2-18-54
1994	328 TROUP, Steven	North Shields Poly	2-05-42
1993	339 TROUP, Steven	North Shields Poly	2-02-27
1992	350 TROUP, Steven	North Shields Poly	1-56-20
1984	357 TROUP, Steven	U	2-00-54
1991	370 TROUP, Steven	North Shields Poly	2-01-53
1995	408 TROUP, Steven	North Shields Poly	2-05-18
1996	382 TROWBRIDGE, Tony	Dark Peak	2-34-52
2000	361 TROWER, Mark	Wealstun Runners	03-01-34
1997	194 TULL, David	Cambridge	2-18-18
2000	199 TULL, David	Cambridge Harriers	02-20-27
1999	215 TULL, David	Cambridge	2-23-44
2001	255 TULL, David	Cambridge Harriers	02-31-32
1995	271 TULL, David	Cambridge	2-21-44
1998	339 TULL, David	Cambridge	2-15-58
2003	265 TULL, David	Cambridge Harriers	02-31-09
1987	310 TULLEY, M	Blairgowrie	2-20-14
1967	94 TULLOCH, James	RAF Leconfield	2-57-31
1968	93 TUMILTY, Joseph	20th Heavy	2-47-52
1987	312 TUNLEY, B	U	1-55-08
1979	46 TURNBULL, Andrew	East Kilbride	2-34-58
2000	48 TURNBULL, Andrew	Ochil Hill Runners	01-54-21
1999	60 TURNBULL, Andrew	Ochil	1-57-23
1981	32 TURNBULL, Brian	Inverness	1-39-30
1994	46 TURNBULL, Drew	East Kilbride	2-24-27
1990	48 TURNBULL, Drew	East Kilbride	2-11-34
1993	218 TURNBULL, Drew	East Kilbride	2-31-52
1998	236 TURNBULL, Drew	Westerlands	2-46-09
1997	243 TURNBULL, Drew	Westerlands	2-26-20
2000	244 TURNBULL, Drew	Westerlands Cross Country	02-27-10
1996	249 TURNBULL, Drew	East Kilbride	2-38-50
1995	262 TURNBULL, Drew	East Kilbride	2-29-12
1999	269 TURNBULL, Drew	Westerlands	2-35-18
1991	316 TURNBULL, Drew	East Kilbride	2-49-22

2001	328 TURNBULL, Drew	Westerlands Cross Country C	02-46-20
2002	333 TURNBULL, Drew	Westerlands Cross Country	02-58-04
2003	349 TURNBULL, Drew	Westerlands CCC	02-51-23
1998	325 TURNBULL, Ian M	Borrowdale	1-56-39
1992	325 TURNBULL, Ronald	Solway	1-57-40
1989	354 TURNER, H	Portland	2-50-42
1987	405 TURNER, H	Portland	3-06-05
1986	453 TURNER, H	U	3-02-59
1998	331 TURNER, Hugh	Midlands Veterans	4-19-12
1990	341 TURNER, Hugh	Portland	3-00-46
1995	382 TURNER, Hugh	Midlands Veterans	3-32-36
1990	344 TURNER, Paul	Bolton	1-54-00
2002	220 TURNER, Ronnie	Lochaber AC	02-25-34
2003	279 TURNER, Ronnie	Lochaber Athletic Club	02-33-07
1987	327 TURNER, S	Clayton	2-42-06
1989	274 TUSON, P	Kendal	1-37-47
1985	337 TUSON, P	Kendal	1-36-32
1983	217 TUSON, Paul	Kendal	1-35-25
1981	238 TUSON, Paul	Kendal	1-37-29
1984	273 TUSON, Paul	Kendal	1-39-45
1987	332 TUTT, J	Carnethy	2-35-39
1983	220 TYLER, Ron	Reading	1-58-48
1996	292 TYRNER, H	Midlands Veterans	3-21-53
1982	218 UNDERWOOD, Philip	Royal Marines	2-09-18
1981	242 UNDERWOOD, Philip	Royal Marines	2-00-02
1995	305 UNSWORTH, Elizabeth A	Kendal	3-23-06
1989	282 UNSWORTH, G	Kendal	2-12-14
1988	342 UNSWORTH, G	Kendal	2-21-03
1999	307 UNSWORTH, G F	Kendal	2-09-56
1987	340 UNSWORTH, G F	Kendal	2-05-29
1985	356 UNSWORTH, G F	Kendal	2-10-59
1986	390 UNSWORTH, G F	Kendal	2-01-34
1982	223 UNSWORTH, George F	Kendal	2-01-19
1983	237 UNSWORTH, George F	Kendal	2-14-21
2001	243 UNSWORTH, George F	Kendal AC	02-29-29
1994	257 UNSWORTH, George F	Kendal	2-06-34

2002	262 UNSWORTH, George F	Kendal AC	02-33-06
1993	274 UNSWORTH, George F	Kendal	2-09-37
2000	277 UNSWORTH, George F	Kendal AC	02-32-12
1998	284 UNSWORTH, George F	Kendal	2-09-49
1990	286 UNSWORTH, George F	Kendal	2-02-57
1984	287 UNSWORTH, George F	Kendal	2-01-08
1992	290 UNSWORTH, George F	Kendal	2-10-06
1991	294 UNSWORTH, George F	Kendal	2-17-37
1997	294 UNSWORTH, George F	Kendal	2-06-20
1996	304 UNSWORTH, George F	Kendal	2-21-09
1995	330 UNSWORTH, George F	Kendal	2-17-10
1990	266 UNWIN, Richard	Cumberland	1-50-33
2003	57 UPSON,Chris	Westerlands CCC	01-54-59
1997	56 VALE, Peter	Mandale	1-57-21
1987	49 VALENTINE, C	Keswick	1-35-59
1985	57 VALENTINE, C	Keswick	1-30-19
1988	65 VALENTINE, C	Keswick	1-50-13
1986	69 VALENTINE, C	Keswick	1-30-49
1998	64 VALENTINE, Chloë	Lochaber	2-42-36
1999	77 VALENTINE, Chloë	Lochaber	2-26-55
1983	35 VALENTINE, Colin	Keswick	1-32-42
1984	44 VALENTINE, Colin	Keswick	1-32-46
1991	64 VALENTINE, Colin	Keswick	2-30-50
1989	51 VALENTINE, J	Arbroath	2-13-40
1987	65 VALENTINE, J	Lasswade	2-05-40
1988	77 VALENTINE, J	Lasswade	2-20-40
1987	69 VARLEY, T	Horwich	2-11-21
1985	77 VARLEY, T	Horwich	2-15-31
1986	90 VARLEY, T	Horwich	2-08-32
1982	44 VARLEY, Tony	Horwich	2-25-56
1983	49 VARLEY, Tony	Horwich	2-09-06
1984	59 VARLEY, Tony	Horwich	2-18-55
1998	76 VARLEY, Tony	Horwich	2-26-19
1999	88 VARLEY, Tony	Horwich	2-18-09
1996	75 VERDEN, Andrew J	Lancaster & M	2-12-04
1995	77 VERDEN, Andrew J	Lancaster & M	2-11-25

1997	80 VERDEN, Andrew J	Lancaster & M	2-08-45
1983	53 VERNON, John R	U	2-00-40
1970	24 VICKERS, Michael	Barrow	2-00-20
1967	23 VIDLER, Peter	RAF Kinloss	2-12-49
1969	28 VIDLER, Peter	Cardiff	2-09-45
1968	29 VIDLER, Peter	Aberdeen	1-57-38
1988	92 VINCENT, B	15th Para	2-57-54
1976	45 VIVIANI, G	U	3-17-51
1984	65 VOLWERK, Leen	Lochaber	2-01-56
1991	87 WADDELL, Malcolm S	Gravesend	2-53-56
1987	89 WADDINGTON, M	Clayton	1-53-53
1986	112 WADDINGTON, M D	Clayton	2-14-21
1967	27 WADE, Donald M	Blackheath	1-53-48
1982	58 WADE, Donald W	Blackheath	1-43-57
1983	62 WADE, Donald W	Holmfirth	1-55-07
1989	75 WADELEY, R	Biggleswade	1-59-18
2000	201 WADSWORTH, Andy	Hunter's Bog Trotters	02-21-00
1995	205 WADSWORTH, Andy	Hunter's	2-27-53
1989	174 WAKE, A	Strathearn	2-09-51
1992	184 WAKE, Adrian	Strathearn	2-07-11
2001	216 WAKE, Adrian	Strathearn Harriers	02-23-54
1998	227 WAKE, Adrian	Strathearn	2-50-06
1990	229 WAKE, Adrian	Loughton	2-20-23
2000	243 WAKE, Adrian	Strathearn Harriers	02-27-01
2003	303 WAKE, Adrian	Strathearn Harriers	02-37-41
1995	321 WAKE, Adrian	Strathearn	2-29-38
1994	261 WAKE, Adrian P	Strathearn	2-15-59
1993	278 WAKE, Adrian P	Strathearn	2-22-51
1997	300 WAKE, Adrian P	Strathearn	2-22-33
1999	318 WAKE, Adrian P	Strathearn	2-37-45
2002	303 WAKE, Adrian Paul	Strathearn Harriers	02-45-31
1989	296 WAKE, D	Loughton	2-21-06
1989	298 WAKE, N	Loughton	2-03-47
1990	288 WAKE, Nigel	Loughton	1-56-57
1986	411 WAKEFIELD, D F	Clayton	2-15-05
1973	131 WALFORD, M	Kendal	1-53-32

1974	148 WALFORD, M	Kendal	2-01-18
1977	161 WALFORD, M	Kendal	1-46-14
1989	304 WALFORD, M	Kendal	1-49-02
1988	362 WALFORD, M	Kendal	1-56-09
1986	415 WALFORD, M	Kendal	1-45-02
1968	110 WALFORD, Michael J	Liverpool College	2-03-34
1969	122 WALFORD, Mike	Liverpool College	2-02-18
1983	244 WALFORD, Mike	Kendal	1-45-13
1981	265 WALFORD, Mike	Kendal	1-45-27
1990	299 WALFORD, Mike	Kendal	1-48-37
1979	300 WALFORD, Mike	Kendal	1-52-31
1984	302 WALFORD, Mike	Kendal	1-51-50
1983	245 WALK, Richard	Edinburgh Uni	1-48-00
1988	373 WALKER, A	Horsforth	1-54-39
2002	78 WALKER, Adrian	Royal Navy AC	02-02-00
2001	86 WALKER, Adrian	Royal Navy AC	02-00-59
1999	102 WALKER, Adrian	Royal Navy	2-06-18
2003	148 WALKER, Adrian	Royal Navy Athletics	02-09-08
1984	129 WALKER, Andrew P	HM Forces	2-22-45
1976	83 WALKER, B	West Yorks Police	2-13-58
1981	111 WALKER, B H	U	2-07-59
1989	126 WALKER, D	Lochaber	2-44-17
1988	177 WALKER, D	Lochaber	2-50-03
1986	203 WALKER, D	U	2-23-40
2002	18 WALKER, Dave	Clayton-le-Moors Harriers	01-44-50
1999	29 WALKER, Dave	Clayton	1-51-28
1994	56 WALKER, Dave	Lochaber	2-14-30
1993	58 WALKER, Dave	Lochaber	2-21-44
1995	62 WALKER, Dave	Lochaber	2-27-03
2001	63 WALKER, Dave	Clayton-le-Moors Harriers	01-55-42
1992	60 WALKER, David	Lochaber	2-12-08
1998	217 WALKER, David	Lochaber	2-38-17
1997	232 WALKER, David	Lochaber	2-23-58
2000	233 WALKER, David	Lochaber AC	02-26-01
1996	235 WALKER, David	Lochaber	2-33-04
1999	256 WALKER, David	Lochaber	2-30-14

1991	271 WALKER, David	Lochaber	2-34-56
2001	280 WALKER, David	Lochaber AC	02-35-48
1990	300 WALKER, David	Lochaber	2-28-17
2002	318 WALKER, David	Lochaber AC	02-49-15
1994	276 WALKER, Frank	FRA	2-22-10
1993	286 WALKER, Frank	FRA	2-14-09
1973	1 WALKER, H D	Blackburn	1-29-38
1976	2 WALKER, H D	Blackburn	1-37-53
1977	2 WALKER, H D	Blackburn	1-34-32
1974	2 WALKER, Harry D	Blackburn	1-31-27
1972	3 WALKER, Harry D	Blackburn	1-36-34
1970	4 WALKER, Harry D	Blackburn	1-48-15
1975	5 WALKER, Harry D	Blackburn	1-30-38
1971	7 WALKER, Harry D	Blackburn	1-38-43
1981	8 WALKER, Harry D	Blackburn	1-33-03
2000	177 WALKER, Harry D	Clayton-le-Moors Harriers	02-16-01
2003	178 WALKER, Harry David	Clayton Le Moors	02-14-31
2001	187 WALKER, Harry David	Clayton-le-Moors Harriers	02-19-41
1978	59 WALKER, J	Eskdale	1-50-17
1977	91 WALKER, J	Roy Bridge	1-51-59
1988	221 WALKER, K	U	2-16-17
1982	128 WALKER, Norman	Kendal	1-52-01
1983	142 WALKER, Norman	Kendal	1-49-44
1981	155 WALKER, Norman	Kendal	1-56-44
1993	170 WALKER, Norman	Ambleside	1-57-43
1994	176 WALKER, Norman	Ambleside	1-57-31
1992	177 WALKER, Norman	Ambleside	1-58-15
1998	178 WALKER, Norman	Ambleside	2-10-15
1984	179 WALKER, Norman	Ambleside	1-54-49
1989	180 WALKER, Norman	Ambleside	2-02-38
1990	182 WALKER, Norman	Ambleside	1-52-51
1979	188 WALKER, Norman	Kendal	2-10-04
1997	193 WALKER, Norman	Ambleside	2-04-33
1991	194 WALKER, Norman	Ambleside	2-15-56
1996	196 WALKER, Norman	Ambleside	2-14-00
1995	199 WALKER, Norman	Ambleside	2-01-08

2002	206 WALKER, Norman	Ambleside AC	02-23-42
1987	222 WALKER, Norman	Ambleside	1-56-26
1999	223 WALKER, Norman	Ambleside	2-12-41
2000	228 WALKER, Norman	Ambleside AC	02-24-57
1988	243 WALKER, Norman	Ambleside	2-02-39
1985	244 WALKER, Norman	Ambleside	1-57-18
1986	268 WALKER, Norman	Ambleside	1-50-25
1994	206 WALKER, Peter	Lancaster & M	2-03-01
1990	214 WALKER, Peter G	Bolton	1-51-10
2000	174 WALKER, Robert	Penicuik Harriers	02-15-41
1997	203 WALKER, Robert	Penicuik	2-29-50
2001	208 WALKER, Robert	Penicuik Harriers	02-23-01
1998	264 WALKER, Robert	Penicuik	2-51-57
2002	277 WALKER, Robert	Penicuik Harriers	02-36-16
1984	268 WALKER, Wendy	Central Region	2-58-11
2003	314 WALKER, David	Lochaber Athletic Club	02-40-31
1983	240 WALKINGTON, Carol	Horwich	2-06-20
1989	315 WALKINGTON, Carol	Clayton	2-22-20
1978	108 WALKINGTON, P	Blackburn	1-34-16
1973	138 WALKINGTON, P	Bolton	1-38-42
1975	144 WALKINGTON, P	Blackburn	1-37-45
1974	157 WALKINGTON, P	Blackburn	1-40-50
1976	171 WALKINGTON, P	Blackburn	1-35-59
1977	172 WALKINGTON, P	Blackburn	1-44-30
1979	306 WALKINGTON, Peter	Horwich	1-37-41
1975	149 WALKINGTON, T	FRA	1-51-48
1972	103 WALKINGTON, Thomas	FRA	1-57-01
1973	142 WALL, Gnr	27th Med	2-50-28
1988	378 WALL, R	Hunter's	3-02-28
1985	384 WALL, R J	Peeblesshire	1-45-16
1986	430 WALL, R J	U	2-01-05
2003	240 WALL, Richard	Hunters Bog Trotters	02-26-51
2002	252 WALL, Richard	Hunter's Bog Trotters	02-31-18
2001	305 WALL, Richard	Hunter's Bog Trotters	02-40-43
1998	291 WALL, Richard J	Hunter's	2-15-46
1991	296 WALL, Richard J	Hunter's	2-22-08

1989	305 WALLACE, I	Hunter's	2-20-20
1988	355 WALLACE, I	Heriot Watt Uni	2-02-44
1987	363 WALLACE, I	Edinburgh Uni	1-55-19
1990	291 WALLACE, Iain	Hunter's	1-42-33
1991	298 WALLACE, Iain	Hunter's	1-43-59
1975	143 WALLACE, R	Scottish Police College	2-08-25
1974	154 WALLACE, R	Scottish Police College	2-31-16
1977	167 WALLACE, R	Scottish Police College	1-55-56
1985	377 WALLACE, R	Scottish Grain	2-26-51
1986	418 WALLACE, R	Scottish Grain	2-44-18
1972	97 WALLACE, Robert	Stirling & C Police	2-21-31
1970	117 WALLACE, Robert	Scottish Police College	2-16-16
1971	117 WALLACE, Robert	Stirling & C Police	2-07-49
1973	139 WALLACE, Robert	Scottish Police College	1-59-47
1981	273 WALLACE, Robert	Scottish Grain	2-09-35
1979	305 WALLACE, Robert	Scottish Police College	2-14-57
1998	306 WALLACE, Sandy	Haddington	2-04-13
1968	118 WALLACE, Steward	20th Heavy	2-48-18
1988	377 WALLIS, M	Clayton	1-40-44
1985	385 WALLIS, M	Clayton	1-52-03
1986	427 WALLIS, M	Clayton	1-42-48
1990	309 WALLIS, Mike	Clayton	1-37-43
1991	317 WALLIS, Mike	Clayton	1-46-23
1989	334 WALMSLEY, A	Clayton	1-59-57
1987	385 WALMSLEY, A	Clayton	1-54-06
1988	386 WALMSLEY, A	Clayton	1-59-42
1986	436 WALMSLEY, A J	Clayton	1-56-27
2000	214 WALMSLEY, Andrew	Clayton-le-Moors Harriers	02-22-43
1993	295 WALMSLEY, Andrew	Clayton	1-56-32
1990	128 WALMSLEY, Andrew J	Clayton	1-58-22
2002	135 WALMSLEY, Andrew J	Clayton-le-Moors Harriers	02-10-29
1995	136 WALMSLEY, Andrew J	Clayton	2-07-47
1999	148 WALMSLEY, Andrew J	Clayton	2-10-32
1994	154 WALMSLEY, Andrew J	Clayton	2-12-38
2001	170 WALMSLEY, Andrew J	Clayton-le-Moors Harriers	02-14-54
1992	198 WALMSLEY, Andrew J	Clayton	1-57-58

1991	201 WALMSLEY, Andrew J	Clayton	2-00-25
1998	201 WALMSLEY, Andrew J	Clayton	2-10-51
1996	213 WALMSLEY, Andrew J	Clayton	2-07-52
1997	214 WALMSLEY, Andrew J	Clayton	2-05-59
1990	158 WALMSLEY, Andy	Chorley	2-13-45
1989	144 WALMSLEY, G	Clayton	1-50-35
1988	194 WALMSLEY, G	Clayton	1-55-31
1990	162 WALMSLEY, Graham	Clayton	1-52-30
1984	153 WALMSLEY, Neil J	Ambleside	1-54-20
1990	164 WALMSLEY, Neil J	Ambleside	1-50-07
1991	165 WALMSLEY, Neil J	Ambleside	2-21-49
1994	168 WALMSLEY, Neil J	Ambleside	2-26-29
1996	176 WALMSLEY, Neil J	Ambleside	2-32-23
1988	203 WALMSLEY, Neil J	Ambleside	2-02-51
1985	207 WALMSLEY, Neil J	Ambleside	1-57-16
1993	228 WALMSLEY, Neil J	Ambleside	2-32-58
1986	237 WALMSLEY, Neil J	Ambleside	1-59-42
1989	241 WALMSLEY, Neil J	Ambleside	2-19-33
2001	252 WALMSLEY, Neil J	Ambleside AC	02-30-57
1997	255 WALMSLEY, Neil J	Ambleside	2-35-30
1999	277 WALMSLEY, Neil J	Ambleside	2-34-43
1998	286 WALMSLEY, Neil J	Ambleside	2-53-08
1987	298 WALMSLEY, Neil J	Ambleside	2-18-50
2002	298 WALMSLEY, Neil J	Ambleside AC	02-43-12
1995	315 WALMSLEY, Neil J	Ambleside	2-40-19
1993	273 WALSH, D	Port Glasgow MOD	2-05-29
1992	286 WALSH, D	Lochaber	2-09-22
1991	288 WALSH, Dave	Lochaber	2-09-55
1989	297 WALSH, J	Bingley	2-47-16
1985	370 WALSH, J	Bingley	2-44-03
1990	289 WALSH, John	Bingley	2-53-35
1984	291 WALSH, John	Bingley	2-42-12
2003	338 WALSH, Martin	Lytham St Annes	02-48-53
2001	317 WALSH, Martin F	Lytham St Annes RR	02-43-20
1998	320 WALSH, Martin F	St Helens	2-56-37
1999	324 WALSH, Martin F	Lytham St Annes	2-45-25

2000	340 WALSH, Martin F	Lytham St Annes RRC	02-48-13
2002	238 WALSH, Martin Francis	Lytham St Anne's RRC	02-29-16
1991	222 WALSH, Michael	Kendal	1-47-53
1992	221 WALSH, Mike	Kendal	1-45-25
2002	319 WALSH, Paul	Lytham St Anne's RRC	02-49-21
2000	359 WALSH, Paul	Lytham St Annes RRC	02-59-39
2001	362 WALSH, Paul	Lytham St Annes RR	03-08-04
2003	366 WALSH, Paul	Lytham St Annes	03-10-28
1985	415 WALTERS, P G	Mandale	2-05-02
1990	72 WALTON, Brian	Bolton	1-51-40
2003	81 WALTON, Brian	Horwich RM1 Harriers	01-59-59
1997	85 WALTON, Brian	Horwich	2-19-41
1994	310 WALTON, Brian	Horwich	1-46-17
1998	343 WALTON, Brian	Horwich	1-55-27
1991	358 WALTON, Brian	Bolton	1-55-45
1995	391 WALTON, Brian	Horwich	1-47-52
1974	27 WALTON, D A	Altrincham	2-29-07
1968	31 WARBURTON, J	Stafford	2-23-36
1979	74 WARBURTON, John	Blaydon	2-03-28
2001	35 WARD, Adam	Carnethy Hill Running C	01-50-50
2003	42 WARD, Adam	Carnethy HRC	01-51-42
1979	41 WARD, B	23 SAS	1-58-20
2003	60 WARD, David	Cambuslang Harriers	01-55-13
2002	75 WARD, David	Ron Hill Cambuslang Harriers	02-01-16
1997	73 WARD, Francie	Cranford	2-26-26
1994	73 WARD, Leslie H	Wesham	3-03-30
2000	371 WARD, Leslie H	Wesham Road Runners	03-09-36
1995	395 WARD, Leslie H	Wesham	2-53-35
1999	368 WARHURST, Ian	Pennine	1-56-22
1973	163 WARLEY, J	Cambuslang	2-03-51
2000	188 WARMAN, Ralph	Skyrac AC	02-17-47
1996	368 WARMAN, Ralph	Skyrac	2-03-46
1988	219 WARNER, N	Eryri	2-45-39
1983	135 WARNER, Philip J	Rosendale	1-45-49
1984	165 WARNER, Philip J	Rosendale	1-51-25
2003	282 WARNER, Steve	East Grinstead	02-33-34

2003	208 WARREN, Arthur J	Radcliffe AC	02-21-16
1999	225 WARREN, Arthur J	Radcliffe	2-33-56
2002	210 WARREN, Arthur John	Radcliffe AC	02-24-01
2001	228 WARREN, Arthur John	Radcliffe AC	02-26-00
1988	272 WARRINGTON, M	Middlesborough	2-11-27
1981	183 WARRINGTON, Michael B	Harmony	2-05-44
1978	77 WATFORD, M	Kendal	1-45-07
1987	268 WATKIN, C	Eastern Veterans	3-09-52
1975	95 WATSIN, I P	Salford	2-26-39
1999	250 WATSON, Cameron	Pitreavie	1-47-44
1987	276 WATSON, D	Lochaber	2-13-44
1991	220 WATSON, David	Newcastle	2-01-01
1982	174 WATSON, Duncan	U	2-18-45
1968	72 WATSON, E	Stafford	2-38-04
1979	225 WATSON, Elsdon	Blaydon	2-16-11
1975	99 WATSON, G S	Scottish Police College	2-41-25
2001	192 WATSON, Geoff	Durham City Harriers & AC	02-21-11
1976	104 WATSON, I	Salford	2-16-58
1989	167 WATSON, I	East Cheshire & T	2-34-32
1987	218 WATSON, I	Salford	2-42-28
1973	76 WATSON, I M	Salford	2-46-09
1974	73 WATSON, I P	Salford	2-12-18
1977	98 WATSON, I P	Salford	2-10-43
1986	261 WATSON, I P	Salford	2-25-02
1984	176 WATSON, Ian	Salford	2-58-20
1966	54 WATSON, Ian P	Salford	2-22-24
1968	59 WATSON, Ian P	Salford	2-06-52
1972	61 WATSON, Ian P	Salford	2-40-08
1967	66 WATSON, Ian P	Salford	2-10-35
1969	67 WATSON, Ian P	Salford	2-46-09
1970	70 WATSON, Ian P	Salford	2-30-22
1971	75 WATSON, Ian P	Salford	2-39-43
1982	147 WATSON, Ian P	Salford	2-15-33
1983	156 WATSON, Ian P	Salford	2-07-19
1981	166 WATSON, Ian P	Salford	2-09-24
1987	235 WATSON, M	Bingley	1-55-31

1986	282 WATSON, M	Bingley	2-03-27
1983	159 WATSON, Michael	West Yorks Police	2-02-24
1984	199 WATSON, Michael	West Yorks Police	2-19-50
1991	200 WATSON, Michael	Bingley	2-20-25
1990	201 WATSON, Michael	Bingley	2-06-15
1998	203 WATSON, Michael	Bingley	2-36-49
1997	211 WATSON, Michael	Bingley	2-22-28
1996	217 WATSON, Michael	Bingley	2-50-59
1995	225 WATSON, Michael	Bingley	2-37-01
1986	295 WATSON, N	Dundee Road	2-18-34
1978	72 WATSON, P	Pudsey & B	1-46-49
1968	68 WATSON, Peter	Bramley	1-49-47
1969	79 WATSON, Peter	Bramley	1-44-09
1971	81 WATSON, Peter	Pudsey & B	1-34-19
1976	127 WATSON, R	IBM	3-21-17
1989	205 WATSON, R	Dundee Road	2-45-43
1993	199 WATSON, Robert	Lomond	2-00-42
1995	235 WATSON, Robert	Lomond	2-03-52
1997	227 WATSON, Robin W	Ochil	1-52-08
1970	80 WATSON, Sinclair A	Maryhill	2-05-32
1971	84 WATSON, Sinclair A	Maryhill	1-59-03
1969	87 WATSON, Sinclair A	Maryhill	2-24-29
1970	81 WATSON, Stanley J	Nottingham Police	2-30-48
1971	86 WATSON, Stanley J	Notts Police	2-18-31
1970	82 WATSON, Steven H	U	2-52-16
1983	178 WATSON, Steven H	Horwich	1-54-09
1984	220 WATSON, Steven H	Horwich	1-57-16
1987	281 WATT, D	Black Isle	2-55-04
1985	286 WATT, D	Ross-shire	2-54-03
1986	321 WATT, D M	Black Isle	2-42-14
1989	227 WEATHERHEAD, D	Bingley	2-00-52
1987	283 WEATHERHEAD, D	Bingley	1-52-30
1988	288 WEATHERHEAD, D	Bingley	2-05-40
1986	324 WEATHERHEAD, D	Bingley	1-50-00
1977	124 WEATHERHEAD, D T	Bingley	1-57-52
1982	182 WEATHERHEAD, David T	Bingley	1-54-54

1981	199 WEATHERHEAD, David T	Bingley	1-40-32
1979	232 WEATHERHEAD, David T	Bingley	1-56-19
1984	232 WEATHERHEAD, David T	Bingley	1-51-21
1990	233 WEATHERHEAD, David T	Bingley	1-48-49
1976	138 WEATHERHEAD, P	Cheshire Police	1-49-12
1978	85 WEATHERHEAD, P J	Cheshire Police	1-44-19
1977	131 WEATHERHEAD, P J	Cheshire Police	1-49-12
1979	240 WEATHERHEAD, P J	Wirral	1-55-18
1983	194 WEATHERHEAD, Peter J	Eryri	1-47-06
1984	243 WEATHERHEAD, Peter J	Eryri	1-48-58
1986	341 WEBB, C	Cumberland	1-46-20
1988	306 WEBB, G	Calder Valley	1-41-48
1986	345 WEBB, G A	Halifax	1-42-33
1998	247 WEBB, Gareth	Bolton	2-25-52
1992	246 WEBB, Gary	Calder Valley	1-37-27
1991	248 WEBB, Gary A	Calder Valley	1-38-59
1981	214 WEBB, Rodger	West Mercia Police	2-01-40
1989	255 WEBBER, D	Horsforth	2-03-20
1985	311 WEBBER, D	U	1-49-56
1997	267 WEBBER, Paul A	Keighley & C	2-18-42
1996	271 WEBBER, Paul A	Keighley & C	2-27-14
1985	318 WEBSTER, G	Kendal	1-48-48
1986	361 WEBSTER, G	Kendal	2-10-41
1982	199 WEBSTER, Graham D	Kendal	1-50-44
1984	262 WEBSTER, Graham D	Kendal	1-47-50
1982	201 WEBSTER, Ian	Clayton	2-04-55
2001	115 WEEDEN, Brett	Keighley & Craven AC	02-06-07
1997	149 WEEDEN, Brett	Keighley & C	2-14-10
2000	153 WEEDEN, Brett	Keighley & Craven AC	02-12-33
1996	282 WEEDEN, Brett	Keighley & C	2-09-37
1995	288 WEEDEN, Brett	Keighley & C	2-01-41
2002	322 WEEDEN, Brett	Keighley & Craven AC	02-50-19
1999	332 WEEDEN, Brett	Keighley & C	3-04-42
2001	355 WEEDEN, Susan	Keighley & Craven AC	03-03-33
1999	358 WEEDEN, Susan	Keighley & C	3-04-42
1974	167 WEEKS, D	Dursley	3-07-35

1973	158 WEEKS, M	Bingley	1-38-21
1972	111 WEEKS, M J	Bingley	1-46-43
1975	161 WEEKS, M J	Bingley	1-34-54
1974	168 WEEKS, M J	Bingley	1-38-34
1976	192 WEEKS, M J	Bingley	1-32-12
1977	188 WEEKS, Martin	Bingley	1-30-56
1993	318 WEIR, Brian	Westerlands	2-07-56
1988	414 WEIR, D	Haddington	1-46-32
1974	170 WEIR, D G	Sale	1-49-59
1986	463 WEIR, D J	Fife	1-41-17
1990	353 WEIR, Dave	Perth	1-39-08
1995	390 WEIR, Dave	Perth	1-41-57
1996	366 WEIR, Jason	Newcastle	2-24-13
1967	126 WELLER, Maurice M	Blackheath	2-37-03
1977	194 WELLINGS, G	Invicta	1-49-17
1976	202 WELLINGS, G	Invicta	1-50-41
1985	424 WELLINGS, J V	Westerlands	2-33-58
1981	320 WELLMAN, Steven C	Huntingdon	2-12-13
2003	94 WELLS, Barry	Newcastle AC	02-01-32
2002	106 WELLS, Barry	Newcastle AC	02-06-34
1985	107 WELSH, A	Fell Mountaineering	1-58-59
1998	113 WELSH, Alistair	North Fylde	2-09-22
1997	111 WELSH, Shiona	Carnegie	3-28-47
1984	84 WELSH, Tom	U	2-04-55
2003	17 WERRET, Tim	Mercia Fellrunners	01-43-36
2002	23 WERRETT, Tim	Mercia Fell Runners	01-48-24
2001	24 WERRETT, Tim	Mercia Fell Runners	01-48-19
1986	25 WEST, A	Carnethy	2-31-38
1994	29 WEST, Alison	Carnegie	2-22-33
2001	249 WEST, Alison	McDonald's Carnegie Harriers	02-30-40
1995	261 WEST, Alison	Carnegie	2-23-44
1999	271 WEST, Alison	Carnegie	2-37-32
1987	293 WEST, Alison	Carnethy	2-23-58
1988	295 WEST, Alison	Carnethy	2-26-44
1985	298 WEST, Alison	U	2-40-01
1993	227 WEST, David T	Wallsend	1-52-50

1992	238 WEST, David T	Wallsend	1-54-38
1966	75 WEST, John A	Cambridge & C	3-03-55
1987	300 WEST, M	Carnethy	2-44-33
1988	308 WEST, N	Carnethy	2-14-05
1986	346 WEST, N	Carnethy	2-18-05
1994	230 WEST, Nicholas	Carnegie	2-21-41
1995	276 WEST, Nicholas	Carnegie	2-14-03
1979	252 WESTON, Peter G	U	2-58-30
1987	307 WESTON, S	Manchester Poly	2-12-51
1988	318 WHALLEY, A	Pudsey & B	1-40-38
1990	252 WHALLEY, Allan	Pudsey & B	1-38-26
1997	268 WHALLEY, Jim	Clayton	2-43-24
2000	330 WHALLEY, Jim	Clayton-le-Moors Harriers	02-44-40
2003	341 WHALLEY, Jim	Clayton Le Moors	02-49-24
1995	365 WHALLEY, Jim	Clayton	2-43-45
1994	292 WHALLEY, Neil	Clayton	2-35-58
1998	305 WHALLEY, Neil	Clayton	3-14-17
1993	307 WHALLEY, Neil	Clayton	2-42-10
2001	321 WHALLEY, Neil	Clayton-le-Moors Harriers	02-44-31
1992	322 WHALLEY, Neil	Clayton	2-35-41
1996	323 WHALLEY, Neil	Clayton	2-55-20
1991	324 WHALLEY, Neil	Clayton	3-00-04
1997	326 WHALLEY, Neil	Clayton	2-30-08
2002	334 WHALLEY, Neil	Clayton-le-Moors Harriers	02-58-14
1999	348 WHALLEY, Neil	Clayton	2-38-24
2000	355 WHALLEY, Neil	Clayton-le-Moors Harriers	02-55-48
1995	358 WHALLEY, Neil	Clayton	2-33-58
2003	362 WHALLEY, Neil	Clayton Le Moors	03-07-10
1977	189 WHEELER, F	Bingley	1-51-10
1976	195 WHEELER, F	Bingley	2-03-12
1995	387 WHEELER, Iain A	Inverness	2-26-41
1984	339 WHELAN, A	Horwich	2-26-03
2000	78 WHELAN, Paul	Bingley Harriers & AC	02-01-28
1999	91 WHELAN, Paul	Bingley	2-09-12
1975	30 WHEWELL, J	Blaydon	2-30-14
1977	35 WHEWELL, P J	Blaydon	2-05-49

1993	76 WHIFFIN, James	Loughton	2-17-01
1998	91 WHIFFIN, James L	Loughton	2-32-35
2003	364 WHIFFIN, James L	Loughton AC	03-08-28
2003	365 WHIFFIN, Joanne	Loughton AC	03-08-28
1976	196 WHITAKER, D	Gosforth	2-00-44
1990	355 WHITAKER, S	Clayton	2-21-18
1989	365 WHITAKER, S	Clayton	1-50-42
1988	418 WHITAKER, S	Clayton	1-58-54
1991	35 WHITAKER, Stephen	Clayton	1-56-45
2001	43 WHITAKER, Stephen	Clayton-le-Moors Harriers	01-52-10
1997	41 WHITCOMBE, Dave	Carnethy	2-37-51
2002	22 WHITE, Andrew	Cosmic Hillbashers AC	01-47-53
1996	23 WHITE, Andrew	Cosmic	2-54-01
1998	27 WHITE, Andrew	Cosmic	2-11-38
1979	22 WHITE, Christopher N	U	1-52-54
1998	30 WHITE, David	Loudoun	1-57-47
1997	57 WHITE, David	Loudoun	1-57-28
2000	57 WHITE, David	Loudoun Runners	01-55-46
2002	83 WHITE, David	Johnnie Walker Kilmarnock H	02-02-28
1999	98 WHITE, David	U	2-00-32
2001	159 WHITE, David	Johnnie Walker Kilmarnock H	02-13-57
1982	98 WHITE, Derek M	Horwich	1-48-26
1989	137 WHITE, K	Westerlands	2-15-07
1987	181 WHITE, K	Westerlands	1-52-01
1988	186 WHITE, K	Ambleside	2-10-33
1986	206 WHITE, K	Ambleside	1-50-53
1994	146 WHITE, Kenneth	Westerlands	1-58-25
1990	151 WHITE, Kenneth	Westerlands	2-00-43
1991	154 WHITE, Kenneth	Westerlands	2-16-31
1995	167 WHITE, Kenneth	Westerlands	2-09-43
1992	150 WHITE, M	Selby	2-18-32
1982	109 WHITE, Mark	Vauxhall	2-11-59
1990	157 WHITE, P H	Reading Joggers	3-07-30
2001	375 WHITE, Peter H	Reading Joggers	03-34-16
1983	290 WHITE, Richard C	Holmfirth	1-46-22
2003	92 WHITE, David	Kilmarnock Harriers	02-01-13

1974	31 WHITEFORD, D	Cambuslang	2-38-04
1975	35 WHITEFORD, D	Cambuslang	2-51-47
1973	36 WHITEFORD, Matthew	Cambuslang	2-59-48
1979	88 WHITEFORD, Matthew	Cambuslang	2-59-40
1992	85 WHITEHEAD, Damian	Bingley	1-56-59
1992	86 WHITEHEAD, Neil	Pudsey & B	2-02-40
1994	94 WHITEHEAD, Neil	Pudsey & B	2-09-06
1977	44 WHITELEY, W	Lancs Fire	2-03-01
1976	50 WHITELEY, W	Lancs Fire	2-10-17
1973	39 WHITELEY, William	Blackburn	2-09-07
1979	90 WHITELEY, William	Lancs Fire	2-11-25
2002	65 WHITFIELD, Beverley	Clayton-le-Moors Harriers	01-58-53
1994	61 WHITFIELD, Bob	Bingley	1-36-03
1989	45 WHITFIELD, R	Bingley	1-32-28
1988	71 WHITFIELD, R	Bingley	1-37-43
1977	32 WHITFIELD, R E	Kendal	1-36-30
1976	34 WHITFIELD, R E	Kendal	1-40-19
1993	62 WHITFIELD, R E	Bingley	1-35-23
1985	66 WHITFIELD, R E	Kendal	1-32-52
1998	71 WHITFIELD, R E	Bingley	1-40-35
1992	65 WHITFIELD, R E	Bingley	1-32-44
2003	29 WHITFIELD, Robert	Bingley Harriers	01-46-58
1981	1 WHITFIELD, Robert E	Kendal	1-26-57
1979	2 WHITFIELD, Robert E	Kendal	1-35-16
1982	2 WHITFIELD, Robert E	Kendal	1-29-44
1984	2 WHITFIELD, Robert E	Kendal	1-29-31
1978	4 WHITFIELD, Robert E	Kendal	1-34-40
1968	4 WHITING, A D	Medway	2-14-11
2001	12 WHITLIE, Stewart	Carnethy Hill Racing C	01-41-33
1996	16 WHITTET, Jeremy	Perth	1-50-16
1993	28 WHITTET, Jeremy	Perth	1-50-10
1991	32 WHITTET, Jeremy	Perth	1-57-05
2001	32 WHITTET, Jeremy	Keith & District AC	01-50-09
1994	34 WHITTET, Jeremy	Perth	1-47-49
1992	38 WHITTET, Jeremy	Perth	1-50-33
2003	38 WHITTET, Jeremy	Keith & District	01-50-20

1989	23 WHITTINGTON, C	16 Bn RAOC	2-13-57
1985	39 WHITTLE, K	Dark Peak	2-20-30
1988	45 WHYATT, M	Glossop	1-33-53
1989	25 WHYTE, A	Black Isle	2-03-37
1987	38 WHYTE, A	Black Isle	1-56-36
1988	51 WHYTE, A	Black Isle	2-22-55
1983	26 WHYTE, Alexander D	Ross-shire	2-00-57
1982	28 WHYTE, Alexander D	Ross-shire	2-14-42
1981	35 WHYTE, Alexander D	Ross-shire	2-10-04
1991	41 WHYTE, Alexander D	Black Isle	2-10-51
1994	43 WHYTE, Alexander D	Black Isle	2-10-27
1990	44 WHYTE, Alexander D	Black Isle	2-01-11
1992	44 WHYTE, Alexander D	Black Isle	2-04-11
1993	49 WHYTE, Alexander D	Black Isle	2-17-46
1985	50 WHYTE, Alexander D	Black Isle	1-59-08
1995	55 WHYTE, Alexander D	Black Isle	2-14-51
1996	56 WHYTE, Alexander D	Black Isle	2-29-32
1986	57 WHYTE, Alexander D	Black Isle	1-56-40
1998	62 WHYTE, Alexander D	Black Isle	2-34-48
1999	67 WHYTE, Alexander D	Black Isle	2-20-54
1984	217 WHYTE, Alexander D	Ross-shire	2-11-37
1997	230 WHYTE, Alexander D	Black Isle	2-22-45
2000	231 WHYTE, Alexander D	Black Isle AC	02-25-50
2002	187 WHYTE, Alexander Duthie	Black Isle AC	02-19-46
2001	256 WHYTE, Alexander Duthie	BP Black Isle AC	02-31-45
1969	98 WHYTE, Keith W	Redhill & R	1-59-01
2000	96 WHYTE, Ken	Lochaber AC	02-03-20
2001	108 WHYTE, Ken	Lochaber AC	02-04-49
1997	110 WHYTE, Ken	Lochaber	2-05-40
1998	244 WHYTE, Ken	Lochaber	2-02-05
2003	223 WHYTE, Alexander D	Highland Hill Runners	02-24-26
1987	254 WIGGINS, A	Kildalton	2-50-05
1989	198 WIGGLESWORTH, A	West Yorks Fire	1-56-53
1987	257 WIGGLESWORTH, A	West Yorks Fire	2-22-00
1986	304 WIGGLESWORTH, A D	West Yorks Fire	1-44-11
1979	215 WIGHTON	23 SAS	2-13-23

1999	245 WILBOURN, Christopher	North Derbyshire	2-31-57
1989	208 WILBY, R	Black Isle	1-52-26
1985	276 WILBY, R L	Black Isle	1-55-12
1986	308 WILBY, R L	Black Isle	1-49-48
2001	70 WILBY, Raymond	Highland Hill Runners	01-57-26
1998	72 WILBY, Raymond	Highland	2-06-42
1992	214 WILBY, Raymond	Highland	1-49-56
1997	231 WILBY, Raymond	Highland	1-53-00
1996	234 WILBY, Raymond	Highland	1-59-18
1990	68 WILBY, Raymond L	Black Isle	1-49-43
1995	70 WILBY, Raymond L	Highland	1-54-33
1981	48 WILD, Fiona	Lochaber	1-49-19
1983	1 WILD, John R	Cumberland	1-25-35
1981	2 WILD, John R	Cumberland	1-31-34
1979	3 WILD, Roger	U	2-10-42
1981	3 WILD, Roger	Lochaber	1-54-20
1982	4 WILDE, Fiona	Lochaber	2-02-03
1973	7 WILDE, Richard S	Manchester	1-40-29
1975	7 WILES, J	Invicta	2-19-06
1987	8 WILKINS, J	Tayside	3-00-13
1985	4 WILKINS, J J	Tayside	2-20-16
1986	10 WILKINS, J J	Tayside	2-24-25
1984	7 WILKINS, John	Tayside	2-41-25
1983	9 WILKINS, John J	U	2-15-47
1993	11 WILKINS, John J	Arbroath	2-40-28
1991	14 WILKINS, John J	Arbroath	2-44-09
1994	16 WILKINS, John J	Arbroath	2-51-08
1997	18 WILKINS, John J	Arbroath	2-38-53
1992	20 WILKINS, John J	Arbroath	2-39-31
1999	21 WILKINS, John J	Arbroath	2-40-38
2000	338 WILKINS, John J	Arbroath Footers	02-47-12
1989	342 WILKINS, John J	Arbroath	2-52-00
1995	361 WILKINS, John J	Arbroath	2-34-47
1977	179 WILKINSON, A J	Clayton	1-47-04
1987	393 WILKINSON, C	Bingley	1-49-31
1982	261 WILKINSON, C D	Kendal	1-45-25

1983	270 WILKINSON, C D	Kendal	1-44-44
1983	272 WILKINSON, C D	Kendal	2-27-12
1981	296 WILKINSON, C D	Kendal	1-44-18
1990	328 WILKINSON, C D	Bingley	1-46-42
1984	329 WILKINSON, C D	Kendal	1-48-56
1991	334 WILKINSON, C D	Bingley	1-58-55
1994	298 WILKINSON, Chris	Bingley	1-50-01
2001	157 WILKINSON, Dale	Rochdale Harriers & AC	02-12-49
1983	111 WILKINSON, Dave	Keswick	1-40-29
1984	133 WILKINSON, Dave	Keswick	1-40-35
2003	20 WILKINSON, Garry	Clayton Le Moors	01-44-39
1995	159 WILKINSON, Garry	Clayton	1-40-03
1996	6 WILKINSON, Garry R	Clayton	1-41-30
2000	6 WILKINSON, Garry R	Clayton-le-Moors Harriers	01-39-07
1998	11 WILKINSON, Garry R	Clayton	1-44-41
2001	14 WILKINSON, Garry R	Clayton-le-Moors Harriers	01-43-20
2002	15 WILKINSON, Garry R	Clayton-le-Moors Harriers	01-44-29
1983	11 WILKINSON, Gillian	Keswick	2-03-16
1984	12 WILKINSON, Gillian	Keswick	2-01-54
1992	19 WILKINSON, Jeremy	Calder Valley	2-10-53
1990	16 WILKINSON, Neil	Leeds Uni	1-45-51
1978	10 WILKINSON, P	Clayton	1-47-51
1996	21 WILKINSON, Peter	Saltwell	2-43-32
1986	23 WILKINSON, R	Clayton	2-05-17
1991	17 WILKINSON, Richard	Clayton	2-08-40
1990	18 WILKINSON, Richard	Clayton	2-17-30
1987	22 WILKINSON, T	U	2-04-47
1995	25 WILKINSON, Trevor	Cumberland	2-20-47
1985	18 WILKINSON, W	Clayton	2-07-04
1987	26 WILKINSON, W	Clayton	2-13-08
1986	29 WILKINSON, W	Clayton	2-07-30
1988	31 WILKINSON, W	Clayton	2-24-12
1991	25 WILLIAMS, Alan T	Eryri	2-14-38
1990	26 WILLIAMS, Alan T	Eryri	1-50-23
1968	13 WILLIAMS, B	RAF Kinloss	2-30-00
1979	32 WILLIAMS, B K	HMS Bulwark	2-47-05

1986	37 WILLIAMS, C	Eryri	2-19-41
1989	21 WILLIAMS, D	Lochaber	2-19-02
1988	41 WILLIAMS, D	Lochaber	2-28-45
1990	30 WILLIAMS, D N	Lochaber	2-14-35
1992	35 WILLIAMS, D N	Lochaber	2-22-18
1993	32 WILLIAMS, D Nođl	Lochaber	2-25-55
1987	34 WILLIAMS, D Nođl	Lochaber	2-08-07
1995	34 WILLIAMS, D Nođl	Lochaber	2-21-33
1985	36 WILLIAMS, D Nođl	Lochaber	2-06-16
1991	39 WILLIAMS, D Nođl	Lochaber	2-42-03
1997	40 WILLIAMS, D Nođl	Lochaber	2-33-01
1996	43 WILLIAMS, D Nođl	Lochaber	3-15-13
1986	47 WILLIAMS, D Nođl	Lochaber	2-03-06
1998	49 WILLIAMS, D Nođl	Lochaber	3-10-27
1999	59 WILLIAMS, D Nođl	Lochaber	2-52-43
2000	373 WILLIAMS, D Nođl	Lochaber AC	03-11-22
1982	279 WILLIAMS, David N	Lochaber	2-02-39
1983	291 WILLIAMS, David N	Lochaber	1-57-07
1994	320 WILLIAMS, David N	Lochaber	2-18-31
1981	322 WILLIAMS, David N	U	2-08-33
1984	347 WILLIAMS, David N	Lochaber	1-57-12
2001	297 WILLIAMS, David Nođl	Lochaber AC	02-39-37
2003	118 WILLIAMS, Dewi	Eryri Harriers	02-05-07
1971	41 WILLIAMS, E	Shrewsbury	1-48-59
2003	196 WILLIAMS, Edwin	Eryri Harriers	02-19-23
2001	202 WILLIAMS, Edwin	Rhedwyr Eryri Harriers	02-22-40
1999	218 WILLIAMS, Edwin	Eryri	2-23-17
1990	190 WILLIAMS, Gary R	Eryri	2-16-22
1995	212 WILLIAMS, Gavin	Dark Peak	1-53-14
1992	186 WILLIAMS, John	Claremont	2-32-41
1987	230 WILLIAMS, M	Ambleside	1-58-44
1988	246 WILLIAMS, M	Ambleside	2-00-27
1998	196 WILLIAMS, Martin G	Eryri	2-47-15
1999	227 WILLIAMS, Martin Garth	Eryri	2-28-23
1978	68 WILLIAMS, N D	Manchester	1-56-31
1979	194 WILLIAMS, Nigel D	Manchester	1-59-27

1987	240 WILLIAMS, P	Lochaber	2-16-58
1986	284 WILLIAMS, P	Lochaber	1-59-26
1983	162 WILLIAMS, Paul	Lochaber	2-02-38
1984	197 WILLIAMS, Paul	Lochaber	2-08-53
1990	205 WILLIAMS, Paul	Lochaber	2-18-53
1997	215 WILLIAMS, Paul	Lochaber	2-45-15
1985	255 WILLIAMS, Paul	Lochaber	2-04-10
1992	203 WILLIAMS, Richard S	Steel City	2-20-13
1997	217 WILLIAMS, Richard S	Todmorden	2-25-18
1996	220 WILLIAMSON, Graeme	Inverness	2-18-32
1995	227 WILLIAMSON, Graeme	Inverness	2-03-11
2002	47 WILLIAMSON, Jason	Garioch Road Runners	01-55-40
2003	102 WILLIAMSON, Jason	Garioch Roadrunners	02-02-19
1992	206 WILLIAMSON, Jason	Lochaber	1-45-10
1995	96 WILLIAMSON, Roy M	Staffordshire	2-06-03
1987	102 WILLIAMSON, S	Seibukan Budo	2-08-15
1997	104 WILLIS, Sean	Todmorden	1-52-36
1967	31 WILMOTH, Daniel	Springburn	2-55-52
1981	76 WILMOTH, Daniel	Springburn	2-48-02
1979	93 WILMOTH, Daniel	Springburn	3-01-47
1974	38 WILSON, A J	Bexhill	2-05-03
1989	86 WILSON, C	Keswick	1-56-16
1988	124 WILSON, C	Keswick	2-09-43
1982	67 WILSON, Clive H	Kendal	1-52-54
1992	99 WILSON, David	Todmorden	1-53-58
1993	103 WILSON, David	Todmorden	2-17-18
1995	110 WILSON, David	Todmorden	2-12-45
1989	95 WILSON, G	Port Glasgow MOD	2-22-14
1989	98 WILSON, G	Arbroath	2-24-40
1992	103 WILSON, G	Port Glasgow MOD	2-09-26
1988	140 WILSON, G	U	2-17-34
1988	148 WILSON, G	U	2-43-15
1992	113 WILSON, Geoffrey	Oldham & R	2-23-04
1990	107 WILSON, Geordie	Peeblesshire	2-15-42
1991	115 WILSON, Geordie	Peeblesshire	2-40-13
1984	104 WILSON, George	U	2-27-53

1990	116 WILSON, Graham	Port Glasgow MOD	2-12-24
1993	116 WILSON, Graham	Port Glasgow MOD	2-27-45
1975	46 WILSON, J	Cambuslang	2-35-41
1987	133 WILSON, J	U	3-09-08
1971	46 WILSON, John	Cambuslang	1-55-03
1973	53 WILSON, John	Cambuslang	1-58-27
1990	124 WILSON, Karen	Ambleside	3-20-00
1987	141 WILSON, P	Irvine	1-53-01
1988	161 WILSON, P	Irvine	1-51-21
1986	177 WILSON, P	Irvine	1-50-34
1985	151 WILSON, P P	Irvine	1-57-13
1984	116 WILSON, Peter P	Irvine	2-11-44
1974	49 WILSON, R	Bellahouston	3-21-38
1976	71 WILSON, R	Bellahouston	2-42-48
1988	169 WILSON, R	U	2-30-48
1975	51 WILSON, R H	Bellahouston	2-49-26
2001	82 WILSON, Robert	Greenock Glenpark Harriers	02-00-32
1966	18 WILSON, Robert H	Bellahouston	2-22-25
1967	26 WILSON, Robert H	Bellahouston	2-31-40
1972	26 WILSON, Robert H	Bellahouston	2-52-36
1968	28 WILSON, Robert H	Bellahouston	2-14-56
1969	29 WILSON, Robert H	Bellahouston	2-34-47
1971	30 WILSON, Robert H	Bellahouston	2-09-27
1973	32 WILSON, Robert H	Bellahouston	2-53-08
1982	56 WILSON, Robert H	Bellahouston	3-31-04
1981	64 WILSON, Robert H	Bellahouston	3-30-40
1979	82 WILSON, Robert H	Bellahouston	3-02-30
1970	28 WILSON, Robert W	Bellahouston	2-30-34
1990	84 WILSON, Stephen K	Cumberland	2-16-45
1992	84 WILSON, Stephen K	Cumberland	2-02-25
1995	91 WILSON, Stephen K	Cumberland	2-07-48
1991	92 WILSON, Stephen K	Cumberland	2-24-10
1996	96 WILSON, Stephen K	Cumberland	2-12-19
1981	67 WILSON, Tony	1st Prince of Wales	2-00-07
1998	105 WILTON, Gary	Arran	2-34-34
1989	84 WINCOTT, A	Loughton	3-05-20

1987	99 WINCOTT, A	Bancroft	2-27-32
2000	293 WINCOTT, Andrew	Loughton AC	02-36-36
1977	151 WINCOTT, J	Salop	1-50-59
1987	342 WINDELL, P	RNAC	2-33-56
1985	352 WINDER, J	Halifax	1-43-43
1986	389 WINDER, J	Halifax	1-39-42
1984	283 WINDER, Jeffrey	Halifax	1-49-22
2003	135 WINSKILL, Helen	Dark Peak Fellrunners	02-07-32
1974	48 WINSTANLEY, M	Liverpool	2-06-25
1977	67 WINSTANLEY, M	Horwich	2-03-09
1985	158 WINTER, M	HM Forces	1-54-54
1988	168 WINTER, M	U	2-09-31
1997	223 WOLFENDALE, David	Lancaster & M	2-24-16
2000	227 WOLFENDALE, David	Lancaster & Morecambe AC	02-24-40
1998	267 WOLFENDALE, David	Lancaster & M	2-47-51
2001	268 WOLFENDALE, David	Bowland Fell Runners	02-33-58
1996	273 WOLFENDALE, David	Lancaster & M	2-40-49
2003	280 WOLFENDALE, David	Bowland Fellrunners	02-33-14
1999	295 WOLFENDALE, David	Lancaster & M	2-38-44
1989	277 WOLSTENHOLME, P	East Cheshire & T	2-40-16
1986	378 WOLSTENHOLME, S	West Yorks Fire	1-56-16
1987	330 WOLSTENHOLME, S M	West Yorks Fire	2-01-15
1992	274 WOLSTENHOLME, Steph	West Yorks Fire	2-09-51
1995	303 WOLTON, Keith	Cambridge	2-37-39
2001	52 WOMBWELL, Stephen	Pitreavie AC	01-53-37
2000	61 WOMBWELL, Stephen	Pitreavie AC	01-56-39
2003	68 WOMBWELL, Stephen	Pitreavie AAC	01-57-21
1985	65 WONNACOTT, K	HM Forces	2-38-05
1986	83 WOOD, A	HM Forces	1-56-46
2003	67 WOOD, Andrew	Bingley Harriers	01-56-44
1975	28 WOOD, C H	Barrow	2-02-49
1971	25 WOOD, Christopher H	Barrow	1-57-14
2002	212 WOOD, David	North Fylde AC	02-24-06
2003	231 WOOD, David	North Fylde AC	02-25-46
2000	258 WOOD, David	North Fylde AC	02-29-04
2001	285 WOOD, David	North Fylde AC	02-36-12

1999	300 WOOD, David	North Fylde	2-36-17
1966	85 WOOD, Douglas G	Edinburgh Uni	2-11-35
1989	281 WOOD, F	Horwich	2-01-54
1982	217 WOOD, Gordon	Northern Veterans	2-13-32
1979	277 WOOD, Gordon	Horwich	2-38-05
1966	86 WOOD, John H	Clayton	2-01-53
1997	287 WOOD, Keith	Saltwell	1-46-17
1988	343 WOOD, M	U	2-27-06
2000	291 WOOD, Max	Skyrac AC	02-36-12
1996	297 WOOD, Max	Skyrac	2-42-10
1976	160 WOOD, R	U	1-52-01
1981	244 WOOD, R H	Bingley	2-27-51
1970	109 WOOD, Richard W	U	2-18-10
1984	278 WOOD, Robert	U	2-10-18
1970	111 WOODALL, John	Rowntrees	2-23-59
1972	91 WOODALL, John B	1st Malton Scouts	2-26-59
1971	109 WOODALL, John B	Malton Scouts	2-19-26
1982	225 WOODHEAD, David	Bingley	1-38-55
1983	228 WOODHEAD, David	U	1-37-35
1984	284 WOODHEAD, David	Horwich	1-36-27
1991	286 WOODS, Matt	Clayton	1-50-08
1987	358 WOODS, S	Ambleside	2-05-15
1983	233 WOODS, Stephen	Reading	1-43-43
1993	276 WOODS, Stephen	Ambleside	2-17-14
1984	290 WOODS, Stephen	Reading	2-19-31
1995	324 WOODS, Stephen	Ambleside	2-20-55
1979	290 WOODWARD, D C	Varlea	2-16-22
1989	303 WOODWARD, G	Calder Valley	1-51-47
1988	358 WOODWARD, G	Calder Valley	1-57-44
1987	367 WOODWARD, G	Calder Valley	1-59-47
1990	293 WOODWARD, Graeme	Calder Valley	1-56-20
1992	297 WOODWARD, Graeme	Calder Valley	1-57-48
1991	300 WOODWARD, Graeme	Calder Valley	2-02-58
1996	316 WOODWARD, Graeme	Calder Valley	2-32-09
1983	241 WOODWARD, P	Royal Marines	2-03-16
1971	116 WOOLFORD, Mike	Kendal	1-54-24

1982	240 WOOLNOUGH, Guy	Kendal	1-46-41
1983	243 WOOLNOUGH, Guy	Kendal	1-42-23
1984	301 WOOLNOUGH, Guy	Kendal	1-45-08
1997	307 WOOLNOUGH, Guy	Kendal	2-04-04
1995	339 WOOLNOUGH, Guy	Kendal	1-59-42
1997	310 WOOLSTON, Richard A	RAMC	3-12-45
1966	95 WOOTTEN, Angus F	Eastbourne	2-11-25
1988	375 WOOTTON, J	Mercia	1-57-45
2002	48 WOOTTON, John	Wharfedale Harriers	01-56-02
1995	41 WORMALD, George	Loughton	2-25-18
1997	46 WORMALD, George	Loughton	2-52-54
1998	55 WORMALD, George	Loughton	3-45-00
1991	46 WORSLET, Steven	Lancaster & M	1-59-02
1982	25 WORSLEY, Graham	Wigan	2-25-32
1993	47 WORSLEY, Steven	Lancaster & M	1-58-54
1992	50 WORSLEY, Steven	Lancaster & M	2-01-24
1995	51 WORSLEY, Steven	Inverness	2-03-16
1996	51 WORSLEY, Steven	Inverness	2-22-52
1986	64 WORSWICK, J	Blackburn	1-46-35
2003	104 WORSWICK, Neil D	Clayton Le Moors	02-02-26
2002	99 WORSWICK, Neil David	Clayton-le-Moors Harriers	02-05-54
2001	132 WORSWICK, Neil David	Clayton-le-Moors Harriers	02-09-25
1984	109 WORTH, Robert D	Central Region	1-58-19
1987	144 WORTHINGTON-EYRE, F	Kildalton	2-21-37
1993	126 WRENCH, Andrew	Todmorden	1-39-21
1994	127 WRENCH, Andrew	Todmorden	1-39-29
1995	131 WRENCH, Andrew	Todmorden	1-36-24
1985	157 WRIGGLESWORTH, T	West Yorks Fire	1-48-46
1984	119 WRIGGLESWORTH, Tony	Bingley	1-51-51
1979	129 WRIGHT, Arthur	Salford	2-38-01
1994	131 WRIGHT, Arthur	Altrincham	3-20-39
1992	133 WRIGHT, Elaine	Ambleside	2-10-20
1995	143 WRIGHT, Elaine	Ambleside	2-30-21
1972	44 WRIGHT, G	RAF Chivenor	2-33-15
1978	44 WRIGHT, G	Rosendale	1-53-35
1975	58 WRIGHT, G	Rosendale	2-03-21

1976	77 WRIGHT, G	Rossendale	1-46-11
1982	94 WRIGHT, Graham	Rossendale	1-52-17
1981	108 WRIGHT, Graham	Rossendale	1-45-24
1984	130 WRIGHT, Graham	Rossendale	1-49-54
1997	146 WRIGHT, Jon	Todmorden	1-40-57
2002	9 WRIGHT, Jonathan	Todmorden Harriers & AC	01-41-07
1998	13 WRIGHT, Jonathan	Todmorden	1-44-57
2000	14 WRIGHT, Jonathan	Todmorden Harriers & AC	01-44-13
1999	19 WRIGHT, Jonathan	Todmorden	1-43-57
1996	22 WRIGHT, Jonathan	Todmorden	1-51-13
1995	23 WRIGHT, Jonathan	Todmorden	1-45-30
2001	23 WRIGHT, Jonathan	Todmorden Harriers & AC	01-47-26
1994	28 WRIGHT, Jonathan	Todmorden	1-47-44
2002	230 WRIGHT, Nicholas B	Northbrook AC	02-27-36
1986	309 WRIGHT, P	U	2-07-10
1975	94 WRIGHT, R C	Durham	2-06-26
1993	210 WRIGHT, Roy	Port Glasgow MOD	2-19-03
1987	273 WRIGHT, S	Ambleside	1-49-12
1992	218 WRIGHT, Selwyn	Ambleside	1-58-50
1995	242 WRIGHT, Selwyn	Ambleside	2-09-02
1999	259 WRIGHT, Selwyn	Ambleside	2-17-23
1985	281 WRIGHT, Selwyn	Ambleside	1-53-09
1986	313 WRIGHT, Selwyn	Ambleside	1-47-07
2003	24 WRIGHT, Jonathan	Todmorden Harriers	01-45-54
1998	29 WRIGLEY, Mark	Wilmslow	2-23-34
1969	12 WYATT, D	Norwich	2-25-55
2003	205 WYATT, Steve	Pennine Fell Runners	02-20-51
2000	111 WYATT, Steven	Pennine Fell Runners	02-06-29
1993	184 WYATT, Steven	Pennine	1-53-40
1994	192 WYATT, Steven	Pennine	1-59-57
1997	201 WYATT, Steven	Pennine	1-58-39
1995	215 WYATT, Steven	Pennine	1-54-20
1986	137 WYLIE, R	Kintyre	2-20-12
1996	111 WYNDHAM-LEWIS, Jason	Ryde	2-12-49
1989	91 YARNELL, G	Arbroath	2-16-57
1990	101 YARNELL, Geoff	Arbroath	2-23-05

1993	104 YARNELL, Geoff	Arbroath	2-19-33
1991	108 YARNELL, Geoff	Arbroath	2-34-46
1992	108 YARNELL, Geoff	Arbroath	2-24-00
1994	111 YARNELL, Geoff	Arbroath	2-49-22
1995	111 YARNELL, Geoff	Arbroath	2-22-20
1973	48 YATE, Bill	Maryhill	1-51-06
1989	100 YATES, J	Bury	2-01-50
1990	114 YATES, John	Horwich	1-56-24
1991	114 YATES, John	Horwich	2-06-00
2001	224 YEOMANS, Allan	Pendle Forest Orienteers	02-25-40
1993	202 YETTON, David	Portsmouth	2-17-41
1994	209 YETTON, David	Portsmouth	2-23-20
1998	212 YETTON, David	Portsmouth	2-21-38
1997	220 YETTON, David	Portsmouth	2-11-53
1995	233 YETTON, David	Portsmouth	2-06-59
1999	244 YETTON, David	Portsmouth	2-20-59
2002	255 YETTON, David	Portsmouth Joggers	02-31-37
2000	256 YETTON, David	Portsmouth Joggers	02-28-42
2001	273 YETTON, David	Portsmouth Joggers	02-34-23
2003	290 YETTON, David	Portsmouth Joggers	02-35-17
1994	253 YORK, Andrew	Forfar	2-21-37
1993	265 YORK, Andrew	Forfar	2-13-02
1996	296 YORK, Andrew	Forfar	2-33-42
1995	308 YORK, Andrew	Forfar	2-22-30
1995	311 YOUDALE, Gary	Cumberland	2-15-16
1987	344 YOUNG, A	Dundee Road	2-15-35
1986	393 YOUNG, A	Dundee Road	2-09-22
1993	271 YOUNG, Alan	Arbroath	2-10-02
1990	282 YOUNG, Alan	Arbroath	2-13-46
1992	285 YOUNG, Alan	Arbroath	2-06-05
2000	83 YOUNG, David	Manx Fell Runners	02-02-05
2000	132 YOUNG, David	Skyrac AC	02-09-19
1976	68 YOUNG, G	Rowntrees	1-42-54
1973	56 YOUNG, George	Rowntrees	1-54-12
1979	122 YOUNG, George	Rowntrees	1-43-18
1969	41 YOUNG, Gerald	Lochaber	1-55-09

1970	43 YOUNG, Gerald	Lochaber	1-55-17
1989	120 YOUNG, H	Inverness	3-00-21
1973	59 YOUNG, Henry	Scottish Police College	2-33-50
1972	41 YOUNG, Henry S	TAVR	2-47-09
1975	52 YOUNG, Henry S	TAVR	3-18-16
1971	54 YOUNG, Henry S	U	3-18-35
1974	55 YOUNG, Henry S	TAVR	2-58-19
1976	78 YOUNG, Henry S	Inverness	3-13-32
1982	93 YOUNG, Henry S	Inverness	2-43-21
1983	104 YOUNG, Henry S	Inverness	2-33-22
1981	110 YOUNG, Henry S	Inverness	2-44-05
1984	132 YOUNG, Henry S	Inverness	2-48-12
1979	135 YOUNG, Henry S	Inverness	2-48-56
1993	137 YOUNG, Henry S	Inverness	3-02-40
1994	137 YOUNG, Henry S	Inverness	3-02-33
1991	143 YOUNG, Henry S	Inverness	3-14-10
1990	146 YOUNG, Henry S	Inverness	3-14-15
1997	150 YOUNG, Henry S	Inverness	3-23-30
1998	151 YOUNG, Henry S	Inverness	3-29-30
1996	155 YOUNG, Henry S	Inverness	3-26-07
1995	158 YOUNG, Henry S	Inverness	3-07-23
1999	174 YOUNG, Henry S	Inverness	3-39-10
1985	176 YOUNG, Henry S	Inverness	2-50-38
1987	182 YOUNG, Henry S	Inverness	2-54-23
1986	190 YOUNG, Henry S	Inverness	1-59-36
1989	135 YOUNG, J	Calderglen	2-48-24
1985	180 YOUNG, Linda	Cambuslang	3-08-28
1985	184 YOUNG, P	Loughton	2-48-21
1998	162 YOUNG, Paul	Loughton	3-17-56
1969	52 YOUNG, Robin	Beith	2-44-14
1966	42 YOUNGER, Patrick	Clydesdale	2-16-58
1968	49 YOUNGER, Patrick	Clydesdale	2-17-42
1967	53 YOUNGER, Patrick	Clydesdale	2-08-03
1969	53 YOUNGSON, Colin J	Aberdeen Uni	2-01-40
1968	50 YUILL, Desmond W	Maryhill	3-08-26
1977	84 YUILLE, J	Midd & Clev	1-55-08