

| | | | | | | | | | |
|----|--------------------|-------|-------|------------------------------|-----|---------------------|-------|-------|-----------------------------|
| 1 | Susan Ridley | F35 | 20.24 | Edinburgh Southern Harriers | 81 | Bill McNeil | M70NE | 27.33 | Durham City H & A C |
| 2 | Clare Pauzers | F40 | 20.26 | Herne Hill Harriers | 82 | Joy Bell | F60NE | 27.38 | Blackhill Bounders |
| 3 | Astrid Wingler | F35 | 20.28 | Highgate Harriers | 83 | Rosemary Britton | F50 | 27.42 | Staffordshire Moorlands A C |
| 4 | Sue Wint | F35 | 20.55 | Coventry Godiva Harriers | 84 | Heather Goodman | F65 | 27.49 | Kendal A C |
| 5 | Andrea Dennison | F40 | 21.01 | Bradford Airedale A C | 85 | Mike Hall | M70NE | 27.52 | Elvet Striders |
| 6 | Audrey Macmillan | F35 | 21.07 | Redhill Road Runners | 86 | Christine Mullarkey | F50 | 27.59 | Rotherham H & A C |
| 7 | Carol Evans | F40 | 21.16 | South London Harriers | 87 | John Cullingham | M70NE | 28.08 | Reading A C |
| 8 | Nicki Nealon | F35 | 21.18 | Huncote Harriers A C | 88 | Pamela Jones | F65 | 28.09 | Ilford A C |
| 9 | Sue Becconsall | F40 | 21.23 | Bingley H & A C | 89 | Kathleen Stewart | F60NE | 28.10 | North Shields Poly |
| 10 | Liz Hartney | F35 | 21.27 | Reading Road Runners | 90 | Susan Davis | F40NE | 28.47 | Elvet Striders |
| 11 | Alison Fletcher | F40 | 21.29 | Dulwich Runners A C | 91 | Geoff Oliver | M70 | 28.50 | 100km Association |
| 12 | Alison Hurford | F40 | 21.44 | Bristol A C | 92 | Susan Wilson | F55NE | 28.51 | North East Vets A C |
| 13 | Vivian McConnell | F45 | 21.52 | Bristol A C | 93 | Maureen Fitzgerald | F60 | 29.16 | Thames Valley Harriers |
| 14 | Helen Burrell | F40 | 21.57 | Redhill Road Runners | 94 | Paule Chaplin | M70 | 29.22 | Eastern Veterans A C |
| 15 | Penny Gardiner | F35 | 22.00 | Bristol A C | 95 | Brenda Robinson | F60NE | 29.43 | Rochdale H & A C |
| 16 | Ann Ford | F50 | 22.01 | Redhill Road Runners | 96 | Susanne Pickersgill | F45 | 29.48 | Longwood Harriers A C |
| 17 | Lynn Emmett | F35 | 22.04 | Waveney Valley A C | 97 | Hetta Morath | F60 | 29.49 | Abbey Runners |
| 18 | Helen Sly | F35NE | 22.06 | Horsforth Harriers | 98 | Judy Potter | F55 | 29.52 | Bungay Black Dog Running |
| 19 | Alison Hartopp | F35 | 22.15 | Macclesfield H & A C | 99 | Carol Hall | F50 | 30.18 | Cleethorpes A C |
| 20 | Heather Robinson | F40NE | 22.24 | Chester le Street & District | 100 | Rose Webb | F55 | 30.24 | Radley A C |
| 21 | Dawn Gibb | F45 | 22.36 | Nestle Rowntree (York) A C | 101 | Chrissie Brooks | F50 | 30.38 | Langport Runners |
| 22 | Elizabeth Tomes | F45 | 22.39 | Keighley & Craven A C | 102 | Mary Holmes | F65 | 30.46 | Cambridge & Coleridge A C |
| 23 | Susan Cooper | F50 | 22.42 | Southport Waterloo A C | 103 | Paula Adamson | F45NE | 30.53 | North Shields Poly |
| 24 | Ann-Marie Jones | F50 | 22.46 | Altrincham & District A C | 104 | John Hayward | M75 | 30.54 | Woodford Green A C with |
| 25 | Sandra Holmes | F40 | 22.51 | Riverside Runners | 105 | Grace Hough | F50 | 31.15 | Telford A C |
| 26 | Lindi Marson | F40 | 23.01 | Nene Valley Harriers | 106 | Bridget Cushen | F60 | 31.30 | Sutton & District A C |
| 27 | Susie Tawney | F40 | 23.05 | Leamington C & A C | 107 | Harry Craven | M70NE | 32.25 | Heaton Harriers |
| 28 | Deborah Hales | F35NE | 23.15 | Durham City H & A C | 108 | Sydney Robson | M70NE | 32.53 | Gateshead H & A C |
| 29 | Ros Tabor | F50 | 23.16 | Dulwich Runners A C | 109 | James Caddy | M75NE | 33.04 | Middlesbrough & Cleveland |
| 30 | Janet Hindley | F35 | 23.21 | Rotherham H & A C | 110 | Ron Franklin | M75 | 35.16 | Barnet & District A C |
| 31 | Barbara Murray | F45 | 23.23 | Macclesfield H & A C | 111 | Mary Radford | F55 | 35.43 | West Cheshire A C |
| 32 | Pat Partridge | F50 | 23.25 | St Edmunds Pacers | 112 | James Johnston | M80NE | 40.35 | North East Vets A C |
| 33 | Maggie Statham | F50 | 23.27 | Holland Sports A C | 113 | Edward Joynton | M80NE | 49.44 | Gateshead H & A C |
| 34 | Toni Boa | F40 | 23.31 | Harborough A C | | | | | |
| 35 | Yamuna Thiru | F35NE | 23.37 | Gosforth Harriers & A C | | | | | |
| 36 | Sue Cariss | F50 | 23.39 | Bingley H & A C | | | | | |
| 37 | Susanne Morton | F35NE | 23.40 | Elswick Harriers | | | | | |
| 38 | Jane Waterhouse | F50 | 23.41 | Central A C | | | | | |
| 39 | Jackie Jackson | F45 | 23.48 | Derby A C | | | | | |
| 40 | Sally Ann Pattison | F40 | 23.51 | Macclesfield H & A C | | | | | |
| 41 | Lynne Marr | F40NE | 23.53 | Tynedale Harriers | | | | | |
| 42 | Linda Carmichael | F35 | 23.56 | Nene Valley Harriers | | | | | |
| 43 | Linda White | F55 | 24.01 | Coventry Godiva Harriers | | | | | |
| 44 | Heather Lambert | F45NE | 24.05 | North Shields Poly | | | | | |
| 45 | Judith Witterick | F55 | 24.08 | Midland Veterans A C | | | | | |
| 46 | Denise Tunstall | F40NE | 24.09 | Teesdale A C | | | | | |
| 47 | Fiona Shenton | F40NE | 24.15 | Elvet Striders | | | | | |
| 48 | Claire Bruce | F35NE | 24.17 | North Shields Poly | | | | | |
| 49 | Gillian Butler | F45NE | 24.26 | Gosforth Harriers & A C | | | | | |
| 50 | Jane Griffiths | F40 | 24.36 | Dark Peak Fell Runners | | | | | |
| 51 | Audrey Foster | F50 | 24.40 | Horwich RMI Harriers | | | | | |
| 52 | Dianne Priestley | F50 | 24.45 | Kendal A C | | | | | |
| 53 | Dot Fellows | F55 | 24.56 | Cannock & Stafford A C | | | | | |
| 54 | Denise Johnson | F45 | 24.58 | Pudsey Pacers | | | | | |
| 55 | Gerry Spink | M70 | 25.00 | Bingley H & A C | | | | | |
| 56 | Clare Wyngard | F40NE | 25.01 | Dulwich Runners A C | | | | | |
| 57 | Stephanie White | F40NE | 25.04 | Tynedale Harriers | | | | | |
| 58 | Felicity Garland | F55 | 25.05 | Redhill Road Runners | | | | | |
| 59 | Rebecca Adams | F40 | 25.06 | Derwent A C | | | | | |
| 60 | Gillian Taylor | F45 | 25.11 | Rotherham H & A C | | | | | |
| 61 | Emma Hudson | F35 | 25.19 | Macclesfield H & A C | | | | | |
| 62 | Helen Morris | F40NE | 25.21 | Blyth Running Club | | | | | |
| 63 | Derek Howarth | M70 | 25.27 | Leigh H & A C | | | | | |
| 64 | Paula Fisher | F45 | 25.32 | Rotherham H & A C | | | | | |
| 65 | Karen Haldane | F35NE | 25.39 | Alnwick Harriers | | | | | |
| 66 | Ron Higgs | M70 | 25.40 | Barnet & District A C | | | | | |
| 67 | Jane Morley | F50 | 26.10 | Hull Achilles A C | | | | | |
| 68 | Eric Appleby | M70NE | 26.20 | Heaton Harriers | | | | | |
| 69 | Sheila Kamdar | F45 | 26.25 | Southend-on-Sea A C | | | | | |
| 70 | Lynn Woods | F55NE | 26.27 | New Marske Harriers | | | | | |
| 71 | Marion Smith | F50 | 26.29 | Kendal A C | | | | | |
| 72 | Malcolm Ball | M70 | 26.30 | North Norfolk Beach | | | | | |
| 73 | Bryan Rogers | M70 | 26.38 | Northern Veterans A C | | | | | |
| 74 | Frederick Laverick | M70NE | 26.41 | Aurora Harriers | | | | | |
| 75 | Christine Lee | F60NE | 26.42 | Gosforth Harriers & A C | | | | | |
| 76 | Jan Young | F50NE | 26.45 | Elvet Striders | | | | | |
| 77 | Lynda Keepen | F45 | 26.54 | City of Bath A C | | | | | |
| 78 | Susan Barnett | F50 | 27.01 | Cambridge & Coleridge A C | | | | | |
| 79 | Sylvia Watson | F55 | 27.05 | Valley Striders | | | | | |
| 80 | Donald Adie | M75 | 27.28 | Dulwich Runners A C | | | | | |

team list F35

| | | | |
|---|----------------------|---------------|---------|
| 1 | Redhill Road Runners | (6, 14, 16) | 1:05:05 |
| 2 | Bristol A C | (12, 13, 15) | 1:05:36 |
| 3 | Macclesfield H & A C | (19, 31, 40) | 1:09:29 |
| 4 | Dulwich Runners A C | (11, 29, 56) | 1:09:46 |

team list F45

| | | | |
|---|-------------------|---------------|---------|
| 1 | Rotherham H & A C | (60, 64, 86) | 1:18:42 |
| 2 | Kendal A C | (52, 71, 84) | 1:19:03 |

Ladies over 35

| | | | | | |
|---|----------------|-----|-----|-------|-----------------------------|
| 1 | Susan Ridley | F35 | 1st | 20.24 | Edinburgh Southern Harriers |
| 2 | Astrid Wingler | F35 | 3rd | 20.28 | Highgate Harriers |
| 3 | Sue Wint | F35 | 4th | 20.55 | Coventry Godiva Harriers |

Ladies over 40

| | | | | | |
|---|-----------------|-----|-----|-------|-----------------------|
| 1 | Clare Pauzers | F40 | 2nd | 20.26 | Herne Hill Harriers |
| 2 | Andrea Dennison | F40 | 5th | 21.01 | Bradford Airedale A C |
| 3 | Carol Evans | F40 | 7th | 21.16 | South London Harriers |

Ladies over 45

| | | | | | |
|---|------------------|-----|------|-------|----------------------------|
| 1 | Vivian McConnell | F45 | 13rd | 21.52 | Bristol A C |
| 2 | Dawn Gibb | F45 | 21st | 22.36 | Nestle Rowntree (York) A C |
| 3 | Elizabeth Tomes | F45 | 22nd | 22.39 | Keighley & Craven A C |

Ladies over 50

| | | | | | |
|---|-----------------|-----|------|-------|---------------------------|
| 1 | Ann Ford | F50 | 16th | 22.01 | Redhill Road Runners |
| 2 | Susan Cooper | F50 | 23rd | 22.42 | Southport Waterloo A C |
| 3 | Ann-Marie Jones | F50 | 24th | 22.46 | Altrincham & District A C |

Ladies over 55

| | | | | | |
|---|------------------|-----|------|-------|--------------------------|
| 1 | Linda White | F55 | 43rd | 24.01 | Coventry Godiva Harriers |
| 2 | Judith Witterick | F55 | 45th | 24.08 | Midland Veterans A C |
| 3 | Dot Fellows | F55 | 53rd | 24.56 | Cannock & Stafford A C |

Ladies over 60

| | | | | | |
|---|------------------|-----|------|-------|-------------------------|
| 1 | Christine Lee | F60 | 75th | 26.42 | Gosforth Harriers & A C |
| 2 | Joy Bell | F60 | 82nd | 27.38 | Blackhill Bounders |
| 3 | Kathleen Stewart | F60 | 89th | 28.10 | North Shields Poly |

Ladies over 65

| | | | | | |
|---|-----------------|-----|-------|-------|---------------------------|
| 1 | Heather Goodman | F65 | 84th | 27.49 | Kendal A C |
| 2 | Pamela Jones | F65 | 88th | 28.09 | Ilford A C |
| 3 | Mary Holmes | F65 | 102nd | 30.46 | Cambridge & Coleridge A C |

Men over 70

| | | | | | |
|---|---------------|-----|------|-------|-----------------------|
| 1 | Gerry Spink | M70 | 55th | 25.00 | Bingley H & A C |
| 2 | Derek Howarth | M70 | 63rd | 25.27 | Leigh H & A C |
| 3 | Ron Higgs | M70 | 66th | 25.40 | Barnet & District A C |

BMAF Cross Country Championships – M50 to M59

20th March 2004

| | | | | | | | | | |
|----|---------------------|-------|-------|-----------------------------|-----|-------------------|-------|---------|------------------------------|
| 1 | Nigel Gates | M50 | 37.03 | Brighton & Hove City A C | 81 | Walter Ryder | M65NE | 46.29 | Morpeth H & A C |
| 2 | Rick Hailey | M50 | 40.04 | Telford A C | 82 | Andy Murray | M50 | 46.30 | Dulwich Runners A C |
| 3 | Brian Lloyd | M55 | 40.11 | Telford A C | 83 | Brian Smith | M60 | 46.32 | North Down A C |
| 4 | Charles Dickinson | M55 | 40.15 | Belgrave Harriers | 84 | Terry O'Gara | M60NE | 46.34 | Wallsend Harriers & A C |
| 5 | David Wilcock | M50 | 40.22 | Barnet & District A C | 85 | John Firth | M60 | 46.40 | Bingley H & A C |
| 6 | Tony Seakins | M50 | 40.27 | Colchester Harriers A C | 86 | David Brass | M50NE | 47.03 | Teesdale A C |
| 7 | Jimmy Bell | M55NE | 40.29 | Elswick Harriers | 87 | Peter Tabenor | M60 | 47.07 | Plymouth Harriers |
| 8 | Richard Grant | M50 | 40.30 | Oxford City A C | 88 | Fred Gibbs | M65 | 47.09 | Bingley H & A C |
| 9 | Duncan Overton | M55 | 40.33 | Keswick A C | 89 | David Dixon | M50NE | 47.25 | Sunderland Strollers |
| 10 | Len Best | M50 | 40.34 | Stockport H & A C | 90 | Alan Peers | M60 | 47.27 | Spectrum Striders |
| 11 | Graham Williams | M50NE | 40.38 | Riverside Runners | 91 | Brian Long | M50NE | 47.30 | Sunderland H & A C |
| 12 | Dave Cox | M50 | 40.55 | Woodford Green A C with | 92 | Mike Shipway | M60 | 47.35 | Woodstock Harriers A C |
| 13 | Mick Strange | M50 | 40.57 | Tipton Harriers | 93 | Kenneth Pyle | M55NE | 47.42 | Chester le Street & District |
| 14 | Bernard Grant | M55 | 40.57 | Harrogate H & A C | 94 | Peter Bates | M50NE | 47.54 | Leeds City A C |
| 15 | John Clark | M50 | 41.00 | Grimsby H & A C | 95 | John Maddison | M50NE | 47.57 | Sunderland H & A C |
| 16 | Des Michael | M50 | 41.02 | Barnet & District A C | 96 | Roger Wilson | M60NE | 48.03 | Sunderland H & A C |
| 17 | Frank Hurley | M50 | 41.08 | Ron Hill Cambuslang | 97 | Donald Johnson | M50 | 48.05 | Pudsey Pacers |
| 18 | Peter Pickwell | M50 | 41.45 | Altrincham & District A C | 98 | Dennis Brown | M50NE | 48.10 | Crook & District A C |
| 19 | Peter Parker | M50 | 41.51 | Royal Sutton Coldfield A C | 99 | David Morris | M50NE | 48.12 | North Shields Poly |
| 20 | Michael Hailey | M50 | 42.05 | Telford A C | 100 | Jack Etchells | M60 | 48.17 | Barrow & Furness Striders |
| 21 | Richard Witt | M50 | 42.15 | Kendal A C | 101 | David Spencer | M65 | 48.38 | Barrow & Furness Striders |
| 22 | Michael Stacey | M50 | 42.17 | Invicta East Kent A C | 102 | William Wade | M60 | 49.04 | Holmfirth Harriers A C |
| 23 | Ray Curran | M50 | 42.19 | Ballymena Runners | 103 | Bill Robinson | M55NE | 49.10 | Blaydon H & A C |
| 24 | David Wheeler | M50 | 42.20 | Oxford City A C | 104 | David Warnaby | M50NE | 49.14 | Sunderland Strollers |
| 25 | Michael Marsters | M55 | 42.20 | Rotherham H & A C | 105 | Alan Samuel | M55 | 49.22 | Teviotdale Harriers |
| 26 | Philip Wallace | M55 | 42.23 | Medway & Maidstone A C | 106 | Alistair Matson | M60 | 49.23 | Crawley A C |
| 27 | William Johnstone | M50 | 42.30 | Border Harriers | 107 | Keith Best | M50 | 49.29 | Tipton Harriers |
| 28 | Michael Smedley | M55 | 42.35 | Derby A C | 108 | David Mein | M50NE | 49.39 | University of Durham |
| 29 | Dave Waywell | M55 | 42.44 | Wesham Road Runners | 109 | Keith Bamforth | M65 | 49.45 | Holmfirth Harriers A C |
| 30 | Mark McNally | M55NE | 42.46 | Elswick Harriers | 110 | Clive Russell | M50 | 49.53 | Mansfield H & A C |
| 31 | Phil Redden | M50 | 42.47 | Riverside Runners | 111 | Robert Pinkney | M65NE | 50.03 | South Shields Harriers & A |
| 32 | Martin Ford | M60 | 42.48 | Cheltenham & County | 112 | Pete Cartwright | M60 | 50.05 | Clydesdale Harriers |
| 33 | Robert Young | M60 | 42.51 | Clydesdale Harriers | 113 | Martin Duff | M60 | 50.09 | Aldershot Farnham & |
| 34 | Brian Hilton | M55 | 42.52 | Leeds City A C | 114 | Christopher Ryan | M50 | 50.13 | Retford A C |
| 35 | Steve White | M55NE | 42.57 | Elswick Harriers | 115 | Reg Parker | M55NE | 50.17 | Blaydon H & A C |
| 36 | Bob Chapman | M55 | 42.58 | RNAC | 116 | Fred McCain | M55 | 50.19 | Haddington ELP |
| 37 | Roy Treadwell | M55 | 43.00 | Oxford City A C | 117 | Derek Dixon | M50NE | 50.28 | Sunderland Strollers |
| 38 | John Exley | M55 | 43.06 | Oxford City A C | 118 | Peter Howard | M60 | 50.30 | Cambridge & Coleridge A C |
| 39 | Ian Mitchell | M50 | 43.10 | Longwood Harriers A C | 119 | Edmond Simpson | M65NE | 50.32 | Folkstone Running Club |
| 40 | Harry Matthews | M55NE | 43.15 | Elswick Harriers | 120 | Ian Barnes | M65NE | 50.37 | Darlington H & A C |
| 41 | Neil Cassidy | M50NE | 43.21 | Tynedale Harriers | 121 | Russell Pike | M55 | 51.11 | Leeds City A C |
| 42 | Bernard Gough | M50 | 43.25 | Ron Hill Cambuslang | 122 | David Paver | M50 | 51.39 | Nestle Rowntree (York) A C |
| 43 | Andrew Boast | M50 | 43.29 | Riverside Runners | 123 | Raymond Treglown | M50NE | 51.46 | Aurora Harriers |
| 44 | Rob Kersey | M50 | 43.31 | Holmfirth Harriers A C | 124 | George Smith | M65NE | 51.51 | Gateshead H & A C |
| 45 | Raphael Murray | M50 | 43.37 | Macclesfield H & A C | 125 | David Barras | M55 | 52.06 | Leeds City A C |
| 46 | David Trickett | M55 | 43.42 | Hallamshire Harriers | 126 | Eric Whittaker | M60NE | 52.12 | Blackhill Bounders |
| 47 | Michael Mann | M55 | 43.44 | Dulwich Runners A C | 127 | Joe Prudham | M65NE | 52.19 | Jarrow & Hebburn A C |
| 48 | Kenneth Sanderson | M50NE | 43.54 | Teesdale A C | 128 | Geoffrey Webster | M60 | 52.32 | Valley Striders |
| 49 | Stephen Gaines | M50 | 44.00 | Rotherham H & A C | 129 | Ian Burton | M60 | 52.38 | Barrow & Furness Striders |
| 50 | David Telford | M55 | 44.02 | Altrincham & District A C | 130 | George Adamson | M50NE | 53.09 | North Shields Poly |
| 51 | Peter Leviston | M55 | 44.05 | Barrow & Furness Striders | 131 | Frank Strand | M60NE | 53.13 | South Shields Harriers & A |
| 52 | Leonard Christopher | M55NE | 44.12 | Sunderland H & A C | 132 | Ken Chapman | M60 | 53.20 | Kimberworth S R C |
| 53 | John Amies | M60 | 44.17 | Macclesfield H & A C | 133 | Mick Thompson | M60 | 54.07 | Scarborough A C |
| 54 | Peter Shaw | M50 | 44.24 | Altrincham & District A C | 134 | Brian Brown | M55NE | 55.03 | Durham City H & A C |
| 55 | Steve James | M65 | 44.31 | Southport Waterloo A C | 135 | Ronald Stewart | M60NE | 55.04 | North Shields Poly |
| 56 | John Dennis | M50NE | 44.35 | Crook & District A C | 136 | Michael Butterly | M65 | 57.10 | Derby A C |
| 57 | Martin Herrington | M50 | 44.39 | Rotherham H & A C | 137 | David Whitmore | M65NE | 57.24 | South Shields Harriers & A |
| 58 | Bob Dover | M60 | 44.41 | Bingley H & A C | 138 | Dave Robson | M50 | 57.55 | Unattached |
| 59 | Gerry Bell | M50 | 44.42 | Bingley H & A C | 139 | Leslie Thompson | M60NE | 58.30 | North Shields Poly |
| 60 | Stuart Beryl | M50NE | 44.54 | Blaydon H & A C | 140 | Malcolm Schofield | M65 | 59.37 | Altrincham & District A C |
| 61 | Michael Frostick | M55NE | 45.18 | Hartlepool Burn Road | 141 | David Middleton | M55NE | 59.58 | Newton Aycliffe A C |
| 62 | David Fairweather | M55 | 45.21 | Ron Hill Cambuslang | 142 | Brian Shave | M65 | 1:02.39 | Heme Hill Harriers |
| 63 | Keith Wesson | M50NE | 45.24 | Elvet Striders | 143 | David Potter | M60 | 1:06.32 | Bungay Black Dog Running |
| 64 | Harvey Gott | M60 | 45.29 | Northern Veterans A C | 144 | William Drysdale | M65 | 1:06.49 | Law & District A A C |
| 65 | Roger Parker | M55 | 45.31 | Leeds City A C | 145 | John Tipping | M60 | 1:08.16 | Wrexham A C |
| 66 | William Allan | M55 | 45.32 | Tadcaster Harriers | 146 | Les Green | M65 | 1:09.47 | Cannock & Stafford A C |
| 67 | Robin Britton | M50 | 45.38 | Staffordshire Moorlands A C | 147 | David Tait | M55NE | 1:13.12 | Saltwell Harriers |
| 68 | Brian Campbell | M60 | 45.42 | Clydesdale Harriers | | | | | |
| 69 | Brian Boshier | M50NE | 45.46 | Sunderland H & A C | | | | | |
| 70 | Jim Robinson | M55NE | 45.47 | Richmond & Zetland | | | | | |
| 71 | Philip Rees | M50NE | 45.49 | North Shields Poly | | | | | |
| 72 | Gary Pemberton | M50NE | 45.53 | North East Vets A C | | | | | |
| 73 | Alan Grice | M50 | 45.54 | Tipton Harriers | | | | | |
| 74 | Alan Rowell | M55NE | 45.57 | Durham City H & A C | | | | | |
| 75 | Terry Farrer | M50NE | 46.03 | Teesdale A C | | | | | |
| 76 | Frank Reddington | M50NE | 46.05 | Spensborough & District A C | | | | | |
| 77 | Alan Storey | M50NE | 46.09 | Blaydon H & A C | | | | | |
| 78 | Michael Smith | M60 | 46.15 | Bingley H & A C | | | | | |
| 79 | Elwyn Baldwin | M55NE | 46.22 | Durham City H & A C | | | | | |
| 80 | Malcolm Heslop | M55NE | 46.25 | Durham City H & A C | | | | | |

team list M50

| | | | |
|----|---------------------------|-----------------|---------|
| 1 | Telford A C | (2, 3, 20) | 2:02:20 |
| 2 | Oxford City A C | (8, 24, 37) | 2:05:50 |
| 3 | Elswick Harriers | (7, 30, 35) | 2:06:12 |
| 4 | Riverside Runners | (11, 31, 43) | 2:06:54 |
| 5 | Ron Hill Cambuslang | (17, 42, 62) | 2:09:54 |
| 6 | Altrincham & District A C | (18, 50, 54) | 2:10:11 |
| 7 | Rotherham H & A C | (25, 49, 57) | 2:10:59 |
| 8 | Leeds City A C | (34, 65, 94) | 2:16:17 |
| 9 | Tipton Harriers | (13, 73, 107) | 2:16:20 |
| 10 | Teesdale A C | (48, 75, 86) | 2:17:00 |
| 11 | Sunderland H & A C | (52, 69, 91) | 2:17:28 |
| 12 | Durham City H & A C | (74, 79, 80) | 2:18:44 |
| 13 | Blaydon H & A C | (60, 77, 103) | 2:20:13 |
| 14 | Sunderland Strollers | (89, 104, 117) | 2:27:07 |
| 15 | North Shields Poly | (71, 99, 130) | 2:27:10 |

team list M60

| | | | |
|---|----------------------------|------------------|---------|
| 1 | Bingley H & A C | (58, 78, 85) | 2:17:36 |
| 2 | Clydesdale Harriers | (33, 68, 112) | 2:18:38 |
| 3 | Barrow & Furness | (100, 101, 129) | 2:29:33 |
| 4 | South Shields Harriers & A | (111, 131, 137) | 2:40:40 |

Men over 50

| | | | | | |
|---|---------------|-----|-----|-------|--------------------------|
| 1 | Nigel Gates | M50 | 1st | 37.03 | Brighton & Hove City A C |
| 2 | Rick Hailey | M50 | 2nd | 40.04 | Telford A C |
| 3 | David Wilcock | M50 | 5th | 40.22 | Barnet & District A C |
| 4 | Tony Seakins | M50 | 6th | 40.27 | Colchester Harriers A C |
| 5 | Richard Grant | M50 | 8th | 40.30 | Oxford City A C |

Men over 55

| | | | | | |
|---|-------------------|-----|------|-------|-------------------|
| 1 | Brian Lloyd | M55 | 3rd | 40.11 | Telford A C |
| 2 | Charles Dickinson | M55 | 4th | 40.15 | Belgrave Harriers |
| 3 | Jimmy Bell | M55 | 7th | 40.29 | Elswick Harriers |
| 4 | Duncan Overton | M55 | 9th | 40.33 | Keswick A C |
| 5 | Bernard Grant | M55 | 14th | 40.57 | Harrogate H & A C |

Men over 60

| | | | | | |
|---|--------------|-----|------|-------|-----------------------|
| 1 | Martin Ford | M60 | 32nd | 42.48 | Cheltenham & County |
| 2 | Robert Young | M60 | 33rd | 42.51 | Clydesdale Harriers |
| 3 | John Amies | M60 | 53rd | 44.17 | Macclesfield H & A C |
| 4 | Bob Dover | M60 | 58th | 44.41 | Bingley H & A C |
| 5 | Harvey Gott | M60 | 64th | 45.29 | Northern Veterans A C |

Men over 65

| | | | | | |
|---|----------------|-----|-------|-------|---------------------------|
| 1 | Steve James | M65 | 55th | 44.31 | Southport Waterloo A C |
| 2 | Walter Ryder | M65 | 81st | 46.29 | Morpeth H & A C |
| 3 | Fred Gibbs | M65 | 88th | 47.09 | Bingley H & A C |
| 4 | David Spencer | M65 | 101st | 48.38 | Barrow & Furness Striders |
| 5 | Keith Bamforth | M65 | 109th | 49.45 | Holmfirth Harriers A C |

BMAF Cross Country Championships – M40 to M45

20th March 2004

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|----|---------------------|-------|-------|-----------------------------|-----|-------------------|-------|---------|-----------------------------|
| 1 | Brian Rushworth | M40NE | 36.11 | Sunderland H & A C | 81 | Jonathan Welch | M40NE | 44.25 | Teesdale A C |
| 2 | Guy Amos | M40 | 36.16 | City of Norwich A C | 82 | Chris Wakeman | M45 | 44.36 | Shrewsbury A C |
| 3 | Rob Hand | M40NE | 36.36 | Durham City H & A C | 83 | M Baker | M40NE | 44.39 | Wallsend Harriers & A C |
| 4 | Andy Wilton | M40 | 36.39 | Staffordshire Moorlands A C | 84 | Paul Redman | M40NE | 44.43 | Sunderland H & A C |
| 5 | Ben Reynolds | M40 | 37.01 | Thames Hare & Hounds | 85 | Brian Miller | M45NE | 44.58 | Harrogate H & A C |
| 6 | David Neill | M45 | 37.05 | Staffordshire Moorlands A C | 86 | Chris Paul | M45 | 45.05 | Salford H & A C |
| 7 | Nicholas Martin | M40 | 37.21 | Highgate Harriers | 87 | David Stanfield | M40 | 45.10 | Wells City Harriers |
| 8 | Mark Brown | M40 | 37.24 | Clayton le Moors Harriers | 88 | Geoff Davis | M45NE | 45.24 | Durham City H & A C |
| 9 | Alexander Robertson | M40 | 37.27 | Ron Hill Cambuslang | 89 | Martin Telford | M40NE | 45.26 | Wallsend Harriers & A C |
| 10 | Colin Donnelly | M40 | 37.30 | Ron Hill Cambuslang | 90 | Malcolm Ingram | M45NE | 45.59 | Crook & District A C |
| 11 | Keith Newton | M40 | 37.35 | Herne Hill Harriers | 91 | Kevin Ayre | M40NE | 46.02 | South Shields Harriers & A |
| 12 | Thomas Doughty | M40NE | 37.45 | Sunderland H & A C | 92 | Malcolm Brine | M40 | 46.05 | Leeds City A C |
| 13 | Michael Hager | M45 | 37.46 | Tipton Harriers | 93 | Conrad White | M45NE | 46.18 | Elvet Striders |
| 14 | Ross Arbuckle | M40 | 37.52 | Ron Hill Cambuslang | 94 | Mark Chaplin | M45 | 46.29 | Cambridge & Coleridge A C |
| 15 | Mark Aspinall | M40 | 37.55 | Clayton le Moors Harriers | 95 | Malcolm Thirlaway | M45NE | 46.36 | Gateshead H & A C |
| 16 | Bill Foster | M45NE | 37.59 | Blackheath & Bromley | 96 | Kevin Freeman | M45NE | 46.37 | Blyth Running Club |
| 17 | Richard Sales | M40 | 38.07 | City of Norwich A C | 97 | Frederick Judson | M45NE | 46.47 | Sunderland H & A C |
| 18 | Robert Atkinson | M45 | 38.09 | Barrow & Furness Striders | 98 | Kevin Daglish | M40NE | 46.58 | Houghton & Peterlee A C |
| 19 | Peter Smith | M40 | 38.15 | North Belfast Harriers | 99 | David Hughes | M40NE | 47.08 | North Shields Poly |
| 20 | Paul Merrison | M45NE | 38.26 | Wallsend Harriers & A C | 100 | Mark Johnson | M40NE | 47.17 | North Shields Poly |
| 21 | Martin Farran | M40 | 38.30 | Leeds City A C | 101 | Chris Guy | M40NE | 47.25 | Wallsend Harriers & A C |
| 22 | Mark Kirk | M40 | 38.31 | Ballymena Runners | 102 | Jim Cooke | M40 | 47.27 | Staffordshire Moorlands A C |
| 23 | Ian Crampton | M40NE | 38.39 | Durham City H & A C | 103 | Liam Friel | M40NE | 47.32 | Blaydon H & A C |
| 24 | David Robertson | M40NE | 38.39 | Sunderland H & A C | 104 | Roderick Burton | M45 | 48.00 | Scunthorpe & District A C |
| 25 | Andrew Wetherill | M45 | 38.53 | Redhill Road Runners | 105 | Vince Emmett | M45NE | 48.32 | Sunderland H & A C |
| 26 | David Hinchcliffe | M40 | 38.56 | Longwood Harriers A C | 106 | Valdis Pauzers | M45 | 48.52 | Herne Hill Harriers |
| 27 | Mark Wright | M40 | 38.57 | Tipton Harriers | 107 | Andrew Adams | M45 | 48.58 | Derwent A C |
| 28 | Mike Spencer | M40 | 39.03 | Bideford A A C | 108 | Andrew Hind | M45NE | 49.04 | Barnet & District A C |
| 29 | Craig Roberts | M40 | 39.05 | Kendal A C | 109 | Janek Popiolek | M45 | 49.28 | Leeds City A C |
| 30 | Philip Towsend | M40 | 39.06 | Leeds City A C | 110 | John Woodward | M45NE | 51.19 | Sunderland Strollers |
| 31 | John Cox | M40 | 39.08 | Hallamshire Harriers | 111 | Allen Mulliss | M45NE | 51.58 | Heaton Harriers |
| 32 | Phillip Hall | M40 | 39.20 | Clayton le Moors Harriers | 112 | Roy McCauley | M45 | 52.26 | Staffordshire Moorlands A C |
| 33 | Brian Green | M45 | 39.24 | Oxford City A C | 113 | Harry Norman | M40NE | 52.42 | North Shields Poly |
| 34 | Peter Martin | M40 | 39.30 | Staffordshire Moorlands A C | 114 | John Brettell | M45NE | 55.21 | North Shields Poly |
| 35 | Alex Rowe | M45 | 39.31 | Wesham Road Runners | 115 | Kevin Dillon | M45 | 1:02.51 | Manchester H & A C |
| 36 | Malcolm Eustace | M45 | 39.43 | Tipton Harriers | | | | | |
| 37 | Davy Brady | M40 | 39.45 | North Belfast Harriers | | | | | |
| 38 | Steve Murdoch | M40 | 39.57 | Border Harriers | | | | | |
| 39 | Andrew Black | M40 | 40.03 | Clayton le Moors Harriers | | | | | |
| 40 | Ian Auger | M40NE | 40.05 | Nene Valley Harriers | | | | | |
| 41 | Peter Thompson | M45 | 40.12 | Nene Valley Harriers | | | | | |
| 42 | Dave Dymond | M45 | 40.15 | Ron Hill Cambuslang | | | | | |
| 43 | Matt Shields | M45 | 40.17 | North Belfast Harriers | | | | | |
| 44 | Steve Laing | M45 | 40.18 | Central A C | | | | | |
| 45 | Chris Clarke | M45 | 40.22 | Nene Valley Harriers | | | | | |
| 46 | Paul Young | M40 | 40.25 | Hallamshire Harriers | | | | | |
| 47 | Martin Grainger | M40NE | 40.30 | Darlington H & A C | | | | | |
| 48 | Stephen Smythe | M45 | 40.34 | Dulwich Runners A C | | | | | |
| 49 | Alan Dent | M45NE | 40.41 | Blaydon H & A C | | | | | |
| 50 | Peter Plant | M40 | 40.43 | Telford A C | | | | | |
| 51 | Greg Wilson | M45 | 40.49 | Telford A C | | | | | |
| 52 | Richard Holland | M45 | 40.49 | Woodford Green A C with | | | | | |
| 53 | George Harden | M40NE | 40.56 | Sunderland H & A C | | | | | |
| 54 | Frank Davidson | M45 | 40.58 | North Belfast Harriers | | | | | |
| 55 | Nick Hume | M45 | 40.59 | North Fylde A C | | | | | |
| 56 | Anthony Mellor | M40NE | 40.59 | North Shields Poly | | | | | |
| 57 | James Zaple | M45NE | 41.02 | Ron Hill Cambuslang | | | | | |
| 58 | John Roche | M45NE | 41.03 | Clayton le Moors Harriers | | | | | |
| 59 | John Howarth | M40 | 41.06 | Leigh H & A C | | | | | |
| 60 | John Patience | M40 | 41.12 | North Belfast Harriers | | | | | |
| 61 | Russell Limbert | M40 | 41.19 | Telford A C | | | | | |
| 62 | Frankie Barton | M45 | 41.31 | Ron Hill Cambuslang | | | | | |
| 63 | Paul Fowler | M40 | 41.33 | Staffordshire Moorlands A C | | | | | |
| 64 | Anthony Gill | M40 | 41.33 | Leeds City A C | | | | | |
| 65 | Michael Barnsdale | M45 | 41.35 | Nene Valley Harriers | | | | | |
| 66 | Dickie Wythe | M45 | 41.40 | Yeovil Olympiads A C | | | | | |
| 67 | Keith Mackey | M45NE | 41.49 | South Shields Harriers & A | | | | | |
| 68 | Karl Dines | M40NE | 41.51 | Willowfield Harriers | | | | | |
| 69 | Stephen Marshall | M45NE | 42.08 | Durham City H & A C | | | | | |
| 70 | Nigel Brookes | M40 | 42.10 | Rotherham H & A C | | | | | |
| 71 | Andy Evans | M40 | 42.28 | South London Harriers | | | | | |
| 72 | Dale Hurren | M45 | 42.30 | City of Norwich A C | | | | | |
| 73 | Michael Jones | M40NE | 42.42 | South Shields Harriers & A | | | | | |
| 74 | Ian Rowbotham | M45 | 42.53 | Harrogate H & A C | | | | | |
| 75 | Ray Stanier | M45 | 42.55 | Tipton Harriers | | | | | |
| 76 | Paul Murphy | M45 | 43.01 | North Belfast Harriers | | | | | |
| 77 | Robert Rush | M40NE | 43.11 | Sunderland H & A C | | | | | |
| 78 | Edwin Tait | M40NE | 43.20 | Durham City H & A C | | | | | |
| 79 | Andy Smith | M40 | 43.21 | Telford A C | | | | | |
| 80 | Gary Coulam | M45 | 43.54 | Cleethorpes A C | | | | | |

team list M40

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|----|---------------------------|---------------------|---------|
| 1 | Ron Hill Cambuslang | (9, 10, 14, 42) | 2:33:04 |
| 2 | Sunderland H & A C | (1, 12, 24, 53) | 2:33:31 |
| 3 | Clayton le Moors Harriers | (8, 15, 32, 39) | 2:34:42 |
| 4 | Staffordshire Moorlands A | (4, 6, 34, 63) | 2:34:47 |
| 5 | North Belfast Harriers | (19, 37, 43, 54) | 2:39:15 |
| 6 | Tipton Harriers | (13, 27, 36, 75) | 2:39:21 |
| 7 | Durham City H & A C | (3, 23, 69, 78) | 2:40:43 |
| 8 | Nene Valley Harriers | (40, 41, 45, 65) | 2:42:14 |
| 9 | Leeds City A C | (21, 30, 64, 92) | 2:45:14 |
| 10 | Telford A C | (50, 51, 61, 79) | 2:46:12 |
| 11 | Wallsend Harriers & A C | (20, 83, 89, 101) | 2:55:56 |
| 12 | North Shields Poly | (56, 99, 100, 113) | 3:08:06 |

Men over 40

| | | | | | |
|---|-----------------|-----|-----|-------|-------------------------|
| 1 | Brian Rushworth | M40 | 1st | 36.11 | Sunderland H & A C |
| 2 | Guy Amos | M40 | 2nd | 36.16 | City of Norwich A C |
| 3 | Rob Hand | M40 | 3rd | 36.36 | Durham City H & A C |
| 4 | Andy Wilton | M40 | 4th | 36.39 | Staffordshire Moorlands |
| 5 | Ben Reynolds | M40 | 5th | 37.01 | Thames Hare & Hounds |

Men over 45

| | | | | | |
|---|-----------------|-----|------|-------|---------------------------|
| 1 | David Neill | M45 | 6th | 37.05 | Staffordshire Moorlands |
| 2 | Michael Hager | M45 | 13rd | 37.46 | Tipton Harriers |
| 3 | Bill Foster | M45 | 16th | 37.59 | Blackheath & Bromley |
| 4 | Robert Atkinson | M45 | 18th | 38.09 | Barrow & Furness Striders |
| 5 | Paul Merrison | M45 | 20th | 38.26 | Wallsend Harriers & A C |