



# Virtual Crimbo Cracker

10k or 5k



Name	Club/Team	Location	Terrain	Distance	Time
<b>10k • 10k</b>					
John	Agnew	Lancashire	Road/Park	10k	<b>0:40:34</b>
Paul	Wearden	Lancashire	Road/Park	10k	<b>0:40:48</b>
Darren	Martin	Winston Runners	Cheshire	Road/Park	<b>0:41:09</b>
Lee	Daley	Trawden AC	Lancashire	Treadmill	<b>0:43:56</b>
Christian	Leigh		Cheshire	Road/Park	<b>0:44:37</b>
Derick	Hornby	Blackpool Freedom Runners	Lancashire	Treadmill	<b>0:44:37</b>
Mark	Smith	GBR Runners	West Yorkshire	Road/Park	<b>0:44:43</b>
Robert	Salthouse	Vegan runners uk	South Yorkshire	Road/Park	<b>0:45:14</b>
Lisa	Scholes	Fylde Coast Runners	Lancashire	Road/Park	<b>0:45:17</b>
Heather	Travis	Glaxo Hoad Hill Harriers	Cumbria	Road/Park	<b>0:46:11</b>
Carl	Newby-Hughes		Merseyside	Road/Park	<b>0:46:34</b>
Mark	Hartley		Lancashire	Treadmill	<b>0:46:39</b>
Andi	Boardman		Manchester	Road/Park	<b>0:46:44</b>
Andy	Davies		Lancashire	Road/Park	<b>0:46:54</b>
Rachel	Serrell		Cheshire	Road/Park	<b>0:48:00</b>
Richard	Ashton		Lancashire	Road/Park	<b>0:48:15</b>
Robert	Burke	Liverpool Running club	Cheshire	Trail	<b>0:48:37</b>
Baz	Bignell	Biggies	Lancashire	Road/Park	<b>0:49:13</b>
Gary	Hankin		Lancashire	Treadmill	<b>0:49:31</b>
Jack	Davies	Forfar Road Runners	Angus	Road/Park	<b>0:49:41</b>
Brian	McNeil		Manchester	Road/Park	<b>0:50:04</b>
Rebecca	Burke	Liverpool running club	Cheshire	Trail	<b>0:50:47</b>
Heidi	Marshall		Cumbria	Road/Park	<b>0:51:30</b>
Jane	Wood		Lancashire	Road/Park	<b>0:51:31</b>
Ann	Griffiths	Fylde Coast Runners	Lancashire	Road/Park	<b>0:51:32</b>
Jacqui	Slater		Lancashire	Road/Park	<b>0:51:32</b>
Paul	McGrane		Lancashire	Road/Park	<b>0:51:34</b>
Jason	Burry		Cheshire	Road/Park	<b>0:51:56</b>
Suzanne	Cowburn		Lancashire	Road/Park	<b>0:52:00</b>
David	Guy	Swinton Running Club	Greater Manchest	Road/Park	<b>0:52:02</b>
Simon	O'Connor		Cheshire	Road/Park	<b>0:52:25</b>

<b>Christine</b>	<b>Adams</b>		Cumbria	Road/Park	10k	<b>0:52:25</b>
<b>John</b>	<b>Smalley</b>	North Bolton Runners	United Kingdom	Road/Park	10k	<b>0:52:57</b>
<b>Clare</b>	<b>Howell</b>		Lancashire	Road/Park	10k	<b>0:52:59</b>
<b>Margaret</b>	<b>Britton</b>	Airecentre Pacers	North Yorkshire	Road/Park	10k	<b>0:52:59</b>
<b>Harry</b>	<b>Simpson</b>		North Yorkshire	Road/Park	10k	<b>0:52:59</b>
<b>Andrea</b>	<b>Cheetham</b>		Lancashire	Road/Park	10k	<b>0:52:59</b>
<b>Thomas</b>	<b>Coates</b>	Chorley Runners	Lancashire	Road/Park	10k	<b>0:53:01</b>
<b>Carl</b>	<b>Andrews</b>		Lancashire	Road/Park	10k	<b>0:53:03</b>
<b>Anna</b>	<b>Ashton</b>	Marple Runnerd	Manchester	Road/Park	10k	<b>0:53:06</b>
<b>Mike</b>	<b>Brackley</b>		Merseyside	Road/Park	10k	<b>0:53:11</b>
<b>Phil</b>	<b>Bamford</b>	Runfit Chorley	Lancashire	Road/Park	10k	<b>0:53:16</b>
<b>Tracey</b>	<b>Blanchard</b>	Denton Dynamo's	Cheshire	Road/Park	10k	<b>0:53:28</b>
<b>Kate</b>	<b>Ries</b>	Runfit Chorley	Lancashire	Road/Park	10k	<b>0:53:30</b>
<b>Martin</b>	<b>Lees</b>	Chorley Runners	Lancashire	Road/Park	10k	<b>0:53:30</b>
<b>Colette</b>	<b>Clarkson</b>	Fylde Coast Runners	Lancashire	Road/Park	10k	<b>0:53:44</b>
<b>Sarah</b>	<b>Grundy</b>		Cumbria	Road/Park	10k	<b>0:53:48</b>
<b>Alex</b>	<b>Earley</b>	Walney Wind Cheetahs	Cumbria	Road/Park	10k	<b>0:53:53</b>
<b>Angela</b>	<b>Cruse</b>		Lancashire	Road/Park	10k	<b>0:53:55</b>
<b>Geraldine</b>	<b>McGrane</b>		Lancashire	Road/Park	10k	<b>0:53:58</b>
<b>Peter</b>	<b>Bend</b>		Lancashire	Road/Park	10k	<b>0:54:16</b>
<b>Louise</b>	<b>McCluskie</b>	Swinton Running Club	Cheshire	Trail	10k	<b>0:54:29</b>
<b>Mick</b>	<b>Collum</b>		Lancashire	Road/Park	10k	<b>0:54:33</b>
<b>Paul</b>	<b>Rowlinson</b>		Staffordshire	Trail	10k	<b>0:54:46</b>
<b>Jenny</b>	<b>Randle</b>	Lonely goat	Merseyside	Road/Park	10k	<b>0:54:48</b>
<b>Nick</b>	<b>Minto</b>		North Yorkshire	Road/Park	10k	<b>0:54:49</b>
<b>James</b>	<b>Lyner</b>	Bramley Breezers	West Yorkshire	Road/Park	10k	<b>0:54:50</b>
<b>Carrie</b>	<b>Webster</b>		Buckinghamshire	Road/Park	10k	<b>0:54:56</b>
<b>Liam</b>	<b>Mullen</b>		Lancashire	Road/Park	10k	<b>0:54:57</b>
<b>Tracy</b>	<b>Spenceley</b>		Lancashire	Road/Park	10k	<b>0:55:13</b>
<b>lynn</b>	<b>craig</b>		Stirlingshire	Road/Park	10k	<b>0:55:17</b>
<b>Mark</b>	<b>Charlton</b>		Manchester	Road/Park	10k	<b>0:55:17</b>
<b>Sineadh</b>	<b>Wheeler</b>		Lancashire	Road/Park	10k	<b>0:55:17</b>
<b>Samantha</b>	<b>Tapp</b>	Hadleigh Hares	Suffolk	Road/Park	10k	<b>0:55:24</b>
<b>Philip</b>	<b>Broadbent</b>		Cheshire	Road/Park	10k	<b>0:55:41</b>
<b>Karin</b>	<b>Tighe</b>		Lancashire	Road/Park	10k	<b>0:55:45</b>
<b>Sharon</b>	<b>Ritchie</b>		Lancashire	Road/Park	10k	<b>0:55:46</b>
<b>Carole</b>	<b>Miller</b>	DH Runners	Cumbria	Road/Park	10k	<b>0:55:47</b>
<b>Stuart</b>	<b>Rome</b>		Cumbria	Road/Park	10k	<b>0:55:57</b>
<b>Emma</b>	<b>Cockram</b>		Bristol	Road/Park	10k	<b>0:55:59</b>
<b>Michael</b>	<b>Edmondson</b>		Cumbria	Road/Park	10k	<b>0:56:00</b>
<b>Malcolm</b>	<b>Adams</b>	Poynton Runners	Cheshire	Road/Park	10k	<b>0:56:00</b>
<b>Darryl</b>	<b>Ashford</b>		West Yorkshire	Road/Park	10k	<b>0:56:04</b>
<b>John</b>	<b>Elrick</b>	JSK RC	Aberdeenshire	Trail	10k	<b>0:56:16</b>

<b>Mubarak</b>	<b>Patel</b>		Lancashire	Road/Park	10k	<b>0:56:19</b>
<b>Stephen</b>	<b>Kay</b>	Eden runners	Cumbria	Road/Park	10k	<b>0:56:32</b>
<b>Mark</b>	<b>O'Pray</b>	Atherton Running Club	Manchester	Road/Park	10k	<b>0:56:35</b>
<b>Ralph</b>	<b>Platt</b>		Lancashire	Road/Park	10k	<b>0:56:38</b>
<b>Rebecca</b>	<b>Scanlon</b>		Cheshire	Road/Park	10k	<b>0:56:39</b>
<b>Barry</b>	<b>lucetti</b>	Swinton running club	Cheshire	Road/Park	10k	<b>0:56:40</b>
<b>Andy</b>	<b>Birch</b>		Cumbria	Road/Park	10k	<b>0:56:51</b>
<b>Becky</b>	<b>Platt</b>	Red Rose Road Runners	Lancashire	Road/Park	10k	<b>0:57:20</b>
<b>Helen</b>	<b>Dutton</b>		Lanarkshire	Road/Park	10k	<b>0:57:27</b>
<b>Niall</b>	<b>Rowan</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>0:57:32</b>
<b>Amanda</b>	<b>Skingle</b>		Merseyside	Road/Park	10k	<b>0:57:38</b>
<b>Jade</b>	<b>Earley</b>		Lancashire	Road/Park	10k	<b>0:57:47</b>
<b>Sara</b>	<b>Bell</b>		Lancashire	Road/Park	10k	<b>0:57:56</b>
<b>Chris</b>	<b>Knapman</b>		Lancashire	Treadmill	10k	<b>0:57:58</b>
<b>Emily</b>	<b>Brook</b>	Bowen-Jones sisters	Lancashire	Road/Park	10k	<b>0:58:01</b>
<b>Leslie</b>	<b>Shipley</b>	Bramley Breezers	West Yorkshire	Road/Park	10k	<b>0:58:07</b>
<b>Honor</b>	<b>Adlington</b>		North Yorkshire	Road/Park	10k	<b>0:58:11</b>
<b>Michelle</b>	<b>Edmondson</b>		Cumbria	Road/Park	10k	<b>0:58:20</b>
<b>Thomas</b>	<b>Dillon</b>		Lancashire	Road/Park	10k	<b>0:58:20</b>
<b>Andrew</b>	<b>Holden</b>		Lancashire	Road/Park	10k	<b>0:58:30</b>
<b>Neville</b>	<b>Crooks</b>		Lancashire	Trail	10k	<b>0:58:32</b>
<b>Louise</b>	<b>Wainwright</b>	Thornton Cleveleys running club	Lancashire	Road/Park	10k	<b>0:58:34</b>
<b>George</b>	<b>Pulsford</b>		Lancashire	Road/Park	10k	<b>0:58:36</b>
<b>Anne</b>	<b>Barker</b>		Derbyshire	Trail	10k	<b>0:58:37</b>
<b>Louise</b>	<b>Tidbury</b>	Gbultras	Cumbria	Road/Park	10k	<b>0:58:49</b>
<b>Rachel</b>	<b>Nutter</b>	Atherton Running Club	Manchester	Treadmill	10k	<b>0:58:56</b>
<b>Debbie</b>	<b>Carr</b>	Southport Coasters	Merseyside	Road/Park	10k	<b>0:59:01</b>
<b>Chris</b>	<b>Woodhouse</b>		Lancashire	Road/Park	10k	<b>0:59:03</b>
<b>Kerrie</b>	<b>Finley</b>	Dunstable Road Runners	Bedfordshire	Road/Park	10k	<b>0:59:03</b>
<b>Martin</b>	<b>Adams</b>	DH Runners	Cumbria	Road/Park	10k	<b>0:59:04</b>
<b>Graham</b>	<b>Ainsworth</b>		Lancashire	Road/Park	10k	<b>0:59:04</b>
<b>Derek</b>	<b>Woolley</b>		Lancashire	Road/Park	10k	<b>0:59:28</b>
<b>Laura</b>	<b>Davidson</b>		Cumbria	Road/Park	10k	<b>0:59:32</b>
<b>Charlie</b>	<b>owen</b>	North Wales Road Runners	Conwy	Road/Park	10k	<b>0:59:34</b>
<b>mandy</b>	<b>owen</b>		Conwy	Road/Park	10k	<b>0:59:34</b>
<b>Munira</b>	<b>Umarji</b>		Lancashire	Road/Park	10k	<b>0:59:34</b>
<b>Dominic</b>	<b>Ronan</b>		South Yorkshire	Road/Park	10k	<b>0:59:42</b>
<b>Suzanne</b>	<b>Swainson</b>		Lancashire	Road/Park	10k	<b>0:59:44</b>
<b>Brett</b>	<b>Stevens</b>	Fylde coast runners	Lancashire	Road/Park	10k	<b>0:59:44</b>
<b>Jenni</b>	<b>Barrowclough</b>		Cumbria	Road/Park	10k	<b>0:59:47</b>
<b>Gareth</b>	<b>jones</b>		Manchester	Road/Park	10k	<b>0:59:50</b>

<b>Deborah</b>	<b>Raisbeck</b>		Lancashire	Road/Park	10k	<b>0:59:54</b>
<b>Trevor</b>	<b>Skeen</b>		County Durham	Road/Park	10k	<b>0:59:55</b>
<b>Paula</b>	<b>Herbert</b>		Cumbria	Road/Park	10k	<b>1:00:00</b>
<b>Louise</b>	<b>Jenner</b>	Lawley Running Club	Shropshire	Road/Park	10k	<b>1:00:00</b>
<b>Clive</b>	<b>Palmer</b>	South Cheshire Harriers	Cheshire	Road/Park	10k	<b>1:00:01</b>
<b>Izabela</b>	<b>Brylew</b>		Lancashire	Road/Park	10k	<b>1:00:10</b>
<b>Jane</b>	<b>Hargreaves</b>		Lancashire	Road/Park	10k	<b>1:00:39</b>
<b>Stephanie</b>	<b>Clayton</b>		Lancashire	Road/Park	10k	<b>1:00:47</b>
<b>Clare</b>	<b>Evans</b>		West Sussex	Road/Park	10k	<b>1:00:54</b>
<b>Dan</b>	<b>Clough</b>		Lancashire	Road/Park	10k	<b>1:00:57</b>
<b>Louise</b>	<b>Pawlowski</b>		Lancashire	Road/Park	10k	<b>1:01:10</b>
<b>SHARON</b>	<b>HORNBY</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>1:01:13</b>
<b>Jon</b>	<b>Simons</b>		Cheshire	Road/Park	10k	<b>1:01:16</b>
<b>Helen</b>	<b>Grinsell</b>	Run Nation Running Club	Tyne & Wear	Road/Park	10k	<b>1:01:17</b>
<b>Lynn</b>	<b>Brown</b>	None	Lancashire	Road/Park	10k	<b>1:01:22</b>
<b>Lisa</b>	<b>Royle</b>		Merseyside	Road/Park	10k	<b>1:01:28</b>
<b>Katie</b>	<b>Jenkins</b>		Lancashire	Road/Park	10k	<b>1:01:33</b>
<b>Richard</b>	<b>Sharpe</b>	Thorney Running Club	Yorkshire	Road/Park	10k	<b>1:01:37</b>
<b>Deborah</b>	<b>moran</b>		Cumbria	Road/Park	10k	<b>1:02:00</b>
<b>Lynne</b>	<b>Dobson</b>		Lancashire	Road/Park	10k	<b>1:02:00</b>
<b>Marc</b>	<b>Sanham</b>		Lancashire	Road/Park	10k	<b>1:02:22</b>
<b>Claire</b>	<b>Lord</b>		Manchester	Trail	10k	<b>1:02:22</b>
<b>Chris</b>	<b>Davey</b>		Wrexham	Trail	10k	<b>1:02:30</b>
<b>Martina</b>	<b>Hayden</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>1:02:31</b>
<b>Rama</b>	<b>Gudimetla</b>		Manchester	Treadmill	10k	<b>1:02:35</b>
<b>Carole</b>	<b>Lloyd</b>	Bettisfield Bandicoots	Wrexham	Trail	10k	<b>1:02:44</b>
<b>Brian</b>	<b>Mcveigh</b>	Lonely goat	Cheshire	Road/Park	10k	<b>1:03:00</b>
<b>Marie</b>	<b>O'Donnell</b>	Kirkby Milers AC	Merseyside	Road/Park	10k	<b>1:03:01</b>
<b>Nichola</b>	<b>Scambler</b>		Lancashire	Road/Park	10k	<b>1:03:02</b>
<b>Steve</b>	<b>Campbell</b>		Cumbria	Road/Park	10k	<b>1:03:25</b>
<b>Martin</b>	<b>Moss</b>		Lancashire	Road/Park	10k	<b>1:03:27</b>
<b>Angela</b>	<b>Holt</b>		Lancashire	Road/Park	10k	<b>1:03:28</b>
<b>Charlotte</b>	<b>Hornby</b>		Lancashire	Road/Park	10k	<b>1:03:35</b>
<b>Jacquie</b>	<b>Bonworth</b>		Lancashire	Road/Park	10k	<b>1:03:38</b>
<b>Jessica</b>	<b>Fahey</b>		Lancashire	Road/Park	10k	<b>1:03:43</b>
<b>Ian</b>	<b>Worth</b>		Cheshire	Road/Park	10k	<b>1:03:45</b>
<b>Ellen</b>	<b>Nath</b>		Lancashire	Road/Park	10k	<b>1:03:47</b>
<b>Hayley</b>	<b>Copeman</b>	WWHR	Lancashire	Trail	10k	<b>1:03:54</b>
<b>Beth</b>	<b>Raison</b>	Badass Mother Runners	Merseyside	Road/Park	10k	<b>1:04:01</b>
<b>Colin</b>	<b>White</b>	WWHR	Lancashire	Trail	10k	<b>1:04:02</b>

<b>Gary</b>	<b>Emerson</b>		Manchester	Road/Park	10k	<b>1:04:06</b>
<b>Lorraine</b>	<b>Carroll</b>		Merseyside	Road/Park	10k	<b>1:04:10</b>
<b>Katy</b>	<b>Whitehead</b>		Lancashire	Road/Park	10k	<b>1:04:19</b>
<b>Shauna</b>	<b>Kennedy</b>		Antrim	Trail	10k	<b>1:04:21</b>
<b>Janette</b>	<b>Daley</b>		Lancashire	Treadmill	10k	<b>1:04:31</b>
<b>Tracy</b>	<b>Berry</b>	Skelmersdale Boundary Harriers	Lancashire	Road/Park	10k	<b>1:04:32</b>
<b>Jane</b>	<b>Wade</b>	Cybelé	Lancashire	Trail	10k	<b>1:05:00</b>
<b>Lindsay</b>	<b>Foley</b>		Lancashire	Road/Park	10k	<b>1:05:00</b>
<b>Rachael</b>	<b>Sanderson</b>		Lancashire	Road/Park	10k	<b>1:05:04</b>
<b>Christine</b>	<b>Perry</b>	Lancaster and Morecambe Ac	Lancashire	Road/Park	10k	<b>1:05:20</b>
<b>Jane</b>	<b>Pulsford</b>		Lancashire	Road/Park	10k	<b>1:05:29</b>
<b>Ellie</b>	<b>Thorpe</b>		Lancashire	Road/Park	10k	<b>1:05:38</b>
<b>Bryony</b>	<b>Batty</b>		Lancashire	Road/Park	10k	<b>1:05:47</b>
<b>Chris</b>	<b>Wade</b>	Blackpool Freedom Runners	Lancashire	Trail	10k	<b>1:05:48</b>
<b>Helen</b>	<b>Brennan</b>		Merseyside	Road/Park	10k	<b>1:05:54</b>
<b>Lee</b>	<b>Coulthard</b>		Lancashire	Road/Park	10k	<b>1:05:58</b>
<b>Natalie</b>	<b>Ralph</b>	Swinton running club	Manchester	Road/Park	10k	<b>1:06:00</b>
<b>Stuart</b>	<b>Adlington</b>		Cumbria	Trail	10k	<b>1:06:01</b>
<b>Jeannette</b>	<b>Ryan</b>	Liverpool running bugs	Cheshire	Road/Park	10k	<b>1:06:09</b>
<b>Gillian</b>	<b>McDougall</b>		Cumbria	Road/Park	10k	<b>1:06:09</b>
<b>Amanda</b>	<b>Burrows</b>	Blackburn Road Runners	Lancashire	Road/Park	10k	<b>1:06:21</b>
<b>carl</b>	<b>waldie</b>	Gin pit flyers	Manchester	Trail	10k	<b>1:06:24</b>
<b>Stacey</b>	<b>Mamoun</b>	Gin pit flyers	Lancashire	Trail	10k	<b>1:06:24</b>
<b>Stacey</b>	<b>Mamoun</b>	Gin pit flyers	Lancashire	Trail	10k	<b>1:06:24</b>
<b>Chrissie</b>	<b>Thomas</b>	Stevenage striders	Hertfordshire	Road/Park	10k	<b>1:06:27</b>
<b>Steven</b>	<b>McLoughlin</b>		Lancashire	Road/Park	10k	<b>1:06:44</b>
<b>Donna</b>	<b>Martin</b>	Winston Runners	Manchester	Road/Park	10k	<b>1:06:48</b>
<b>Sarah</b>	<b>Minnock</b>	Bramley Breezers	West Yorkshire	Road/Park	10k	<b>1:06:49</b>
<b>Stacy</b>	<b>Procter</b>	Bramley Breezers	West Yorkshire	Road/Park	10k	<b>1:06:56</b>
<b>Sandra</b>	<b>Anderson</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>1:07:00</b>
<b>Andrew</b>	<b>Doublett</b>	Red Rose Road Runners	Lancashire	Road/Park	10k	<b>1:07:00</b>
<b>Julie</b>	<b>Doublett</b>	Red Rose Runners	Lancashire	Road/Park	10k	<b>1:07:00</b>
<b>Philip</b>	<b>Duncan</b>		Aberdeenshire	Road/Park	10k	<b>1:07:01</b>
<b>Tracey</b>	<b>Hunt</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>1:07:04</b>
<b>Scott</b>	<b>Allison</b>		Midlothian	Road/Park	10k	<b>1:07:10</b>
<b>Anthea</b>	<b>Jones</b>		Lancashire	Road/Park	10k	<b>1:07:17</b>
<b>Janet</b>	<b>McLoughlin</b>		Lancashire	Road/Park	10k	<b>1:07:17</b>
<b>Sarah</b>	<b>Summers</b>	Lawley Running Club	Shropshire	Road/Park	10k	<b>1:07:27</b>
<b>Suzanne</b>	<b>Sansom</b>	Howgill Harriers	Cumbria	Trail	10k	<b>1:07:32</b>
<b>Trevor</b>	<b>Sansom</b>	Howgill Harriers	Cumbria	Trail	10k	<b>1:07:32</b>

<b>Geraldine</b>	<b>Simpson</b>	Penrith park run	Cumbria	Road/Park	10k	<b>1:07:32</b>
<b>Wendy</b>	<b>Craik</b>	Millom Striders	Cumbria	Road/Park	10k	<b>1:07:44</b>
<b>Deborah</b>	<b>Hopkins</b>	Lawley running club	Shropshire	Road/Park	10k	<b>1:07:46</b>
<b>Jo</b>	<b>Marsden</b>	Bramley Breezers	West Yorkshire	Road/Park	10k	<b>1:07:53</b>
<b>Stuart</b>	<b>Mcdonald</b>		Lancashire	Road/Park	10k	<b>1:07:55</b>
<b>Nicole</b>	<b>Bushby</b>	Bramley Breezers	West Yorkshire	Road/Park	10k	<b>1:08:00</b>
<b>Rachael</b>	<b>Martin</b>		Lancashire	Road/Park	10k	<b>1:08:00</b>
<b>Rowena</b>	<b>Thomas</b>		Denbighshire	Road/Park	10k	<b>1:08:00</b>
<b>Fran</b>	<b>Gugi</b>		Lancashire	Road/Park	10k	<b>1:08:05</b>
<b>Felicity</b>	<b>Cross</b>	Preston Harriers	Angus	Road/Park	10k	<b>1:08:10</b>
<b>Rachel</b>	<b>Quanbrough</b>		Lancashire	Road/Park	10k	<b>1:08:30</b>
<b>George</b>	<b>Loftus</b>		Shropshire	Treadmill	10k	<b>1:08:43</b>
<b>Amanda</b>	<b>Warmbold</b>	Oldham&Royton Harriers	Lancashire	Road/Park	10k	<b>1:08:44</b>
<b>Sarah</b>	<b>Norton</b>		Lancashire	Road/Park	10k	<b>1:08:46</b>
<b>Sonja</b>	<b>Farish</b>	Parkside Panthers	Cumbria	Road/Park	10k	<b>1:08:48</b>
<b>Jonathan</b>	<b>Tighe</b>		Manchester	Road/Park	10k	<b>1:09:00</b>
<b>Sharon</b>	<b>Mitchell</b>	Run-through	Greater London	Road/Park	10k	<b>1:09:10</b>
<b>suzanne</b>	<b>boyle</b>	Walney wind cheetahs	Cumbria	Road/Park	10k	<b>1:09:15</b>
<b>Victoria</b>	<b>Tyrer</b>		Lancashire	Treadmill	10k	<b>1:09:21</b>
<b>Darren</b>	<b>Hardwick</b>	Looe Pioneers	Cornwall	Trail	10k	<b>1:09:38</b>
<b>Jenny</b>	<b>Pollard</b>		Lancashire	Road/Park	10k	<b>1:09:55</b>
<b>Eleanor</b>	<b>Firth</b>		Wrexham	Trail	10k	<b>1:09:58</b>
<b>Rachel</b>	<b>Pendleton</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>1:09:59</b>
<b>Helen</b>	<b>Atkinson</b>		Lancashire	Road/Park	10k	<b>1:10:00</b>
<b>Janette</b>	<b>Holloway</b>		Shropshire	Road/Park	10k	<b>1:10:00</b>
<b>Ann-Marie</b>	<b>Blyth</b>		Lancashire	Road/Park	10k	<b>1:10:00</b>
<b>Faith</b>	<b>Firkins</b>		Lancashire	Road/Park	10k	<b>1:10:11</b>
<b>Freda</b>	<b>Peacoco</b>	Womenontherun	Lancashire	Road/Park	10k	<b>1:10:11</b>
<b>Sue</b>	<b>Riley</b>		Lancashire	Road/Park	10k	<b>1:10:11</b>
<b>Kerrie</b>	<b>Jones</b>	Swinton running club	Manchester	Road/Park	10k	<b>1:10:15</b>
<b>Gayle</b>	<b>Brandwood</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>1:10:17</b>
<b>James</b>	<b>Featherstone</b>		Merseyside	Road/Park	10k	<b>1:10:22</b>
<b>Michael</b>	<b>Aitken</b>		Aberdeenshire	Road/Park	10k	<b>1:10:43</b>
<b>Daniel</b>	<b>Berry</b>		Lancashire	Trail	10k	<b>1:10:44</b>
<b>Sophie</b>	<b>Thomas</b>		Denbighshire	Road/Park	10k	<b>1:10:45</b>
<b>Louise</b>	<b>Noblett</b>		Lancashire	Road/Park	10k	<b>1:10:54</b>
<b>Sarah</b>	<b>Schofield lord</b>		Lancashire	Road/Park	10k	<b>1:10:54</b>
<b>Suzanne</b>	<b>Green</b>	Red Rose Runners	Lancashire	Trail	10k	<b>1:10:55</b>
<b>Lora</b>	<b>Carpenter</b>		Lancashire	Road/Park	10k	<b>1:10:58</b>
<b>Michelle</b>	<b>Green</b>	Pick & Bird	Lancashire	Road/Park	10k	<b>1:11:00</b>

<b>Wayne</b>	<b>Furnell</b>		Lancashire	Road/Park	10k	<b>1:11:09</b>
<b>Adina</b>	<b>Pollard</b>		Lancashire	Road/Park	10k	<b>1:11:11</b>
<b>Allan</b>	<b>Gibbs-Monaghan</b>	RUN AGM	Merseyside	Road/Park	10k	<b>1:11:12</b>
<b>rebecca</b>	<b>styles</b>		Manchester	Road/Park	10k	<b>1:11:15</b>
<b>Stephen</b>	<b>Howard</b>		West Yorkshire	Road/Park	10k	<b>1:11:23</b>
<b>Michelle</b>	<b>Metcalfe</b>		Manchester	Road/Park	10k	<b>1:11:29</b>
<b>Hel</b>	<b>Len</b>		Cheshire	Trail	10k	<b>1:12:00</b>
<b>mick</b>	<b>brooks</b>	sparkhill harriers	West Midlands	Road/Park	10k	<b>1:12:25</b>
<b>Rob</b>	<b>Parker</b>		Lancashire	Road/Park	10k	<b>1:12:30</b>
<b>Malcolm</b>	<b>Crow</b>	Fordy runs running club	Cumbria	Road/Park	10k	<b>1:12:36</b>
<b>Sarina</b>	<b>Crow</b>	Fordy Runs Running Club	Cumbria	Road/Park	10k	<b>1:12:55</b>
<b>Barbara</b>	<b>Mead-Mason</b>	Blackpool Freedom Runners	Lancashire	Road/Park	10k	<b>1:12:57</b>
<b>Gary</b>	<b>Cottam</b>	BFR	Lancashire	Road/Park	10k	<b>1:13:00</b>
<b>Avril</b>	<b>Walker</b>	Border Reivers	Dumfries & Galloway	Road/Park	10k	<b>1:13:00</b>
<b>Sheila</b>	<b>Pepper</b>	Saltaire Striders	North Yorkshire	Road/Park	10k	<b>1:13:09</b>
<b>Alyson</b>	<b>Spencer</b>		Lancashire	Road/Park	10k	<b>1:13:12</b>
<b>Nicola</b>	<b>Smith</b>		Lancashire	Road/Park	10k	<b>1:13:17</b>
<b>Ann Marie</b>	<b>Miller</b>	Ossy Joggers	Lancashire	Road/Park	10k	<b>1:13:18</b>
<b>Michael</b>	<b>Cook</b>		Cumbria	Road/Park	10k	<b>1:13:20</b>
<b>Jo</b>	<b>Wilson</b>	Strawberry Running club	Lancashire	Road/Park	10k	<b>1:13:21</b>
<b>Victoria</b>	<b>Tait</b>		Cumbria	Road/Park	10k	<b>1:13:26</b>
<b>Nicola</b>	<b>Richards</b>		Lancashire	Road/Park	10k	<b>1:13:40</b>
<b>Sue</b>	<b>Blackman</b>	Burnden Road Runners	Lancashire	Road/Park	10k	<b>1:13:44</b>
<b>Gemma</b>	<b>Hoyle</b>	SMART	West Yorkshire	Road/Park	10k	<b>1:13:46</b>
<b>Denise</b>	<b>Chaplin</b>		West Yorkshire	Road/Park	10k	<b>1:13:46</b>
<b>Adam</b>	<b>Mclarnon</b>		Cumbria	Road/Park	10k	<b>1:13:46</b>
<b>Stephanie</b>	<b>Stevens</b>	Bettisfield Bandicoots	Shropshire	Road/Park	10k	<b>1:13:57</b>
<b>Val</b>	<b>Fleming</b>		Cumbria	Road/Park	10k	<b>1:14:15</b>
<b>Ellen</b>	<b>Bell</b>		Lancashire	Road/Park	10k	<b>1:14:18</b>
<b>Clare</b>	<b>Kerswill</b>		Manchester	Road/Park	10k	<b>1:14:22</b>
<b>Kathryn</b>	<b>Cridland</b>		Manchester	Road/Park	10k	<b>1:14:22</b>
<b>Kate</b>	<b>Bell</b>		Lancashire	Road/Park	10k	<b>1:14:25</b>
<b>Helen</b>	<b>Boyer</b>		Lancashire	Road/Park	10k	<b>1:14:39</b>
<b>Suzanne</b>	<b>Lenton</b>		Manchester	Road/Park	10k	<b>1:14:49</b>
<b>Edyta</b>	<b>Skora</b>		Lancashire	Road/Park	10k	<b>1:14:51</b>
<b>Bill</b>	<b>Smith</b>	Blackpool Wyre & Fylde AC	Lancashire	Road/Park	10k	<b>1:14:55</b>
<b>Louise</b>	<b>Cook</b>		Cumbria	Road/Park	10k	<b>1:14:57</b>
<b>Alison</b>	<b>Blair</b>	Border reivers	Borders	Road/Park	10k	<b>1:15:00</b>
<b>Colin</b>	<b>Nicholl</b>	Border reivers	Borders	Road/Park	10k	<b>1:15:00</b>
<b>Celia</b>	<b>Hulme</b>		Lancashire	Road/Park	10k	<b>1:15:00</b>
<b>Allan</b>	<b>Duckworth</b>		Lancashire	Road/Park	10k	<b>1:15:00</b>

<b>Jo</b>	<b>Braddock</b>		Lancashire	Road/Park	10k	<b>1:15:30</b>
<b>Luke</b>	<b>Davey</b>	Bettisfield Bandicoots	Shropshire	Road/Park	10k	<b>1:15:32</b>
<b>Jeannie</b>	<b>Gillanders</b>	Thursday Plodders	Lancashire	Road/Park	10k	<b>1:15:40</b>
<b>Liz</b>	<b>Howard-Barker</b>		Lancashire	Trail	10k	<b>1:15:41</b>
<b>Sirka</b>	<b>Moore</b>	The Lonely Goat	Lancashire	Trail	10k	<b>1:15:48</b>
<b>David</b>	<b>Jenkins</b>		West Midlands	Road/Park	10k	<b>1:16:11</b>
<b>Dot</b>	<b>Carr</b>		North Yorkshire	Road/Park	10k	<b>1:16:20</b>
<b>Keith</b>	<b>Bamford</b>	Runfit Chorley	Lancashire	Road/Park	10k	<b>1:16:37</b>
<b>Jacqui</b>	<b>Morgan</b>		Lancashire	Road/Park	10k	<b>1:16:47</b>
<b>Joanne</b>	<b>Peak</b>		Lancashire	Road/Park	10k	<b>1:16:48</b>
<b>Keith</b>	<b>Andrews</b>		Lancashire	Road/Park	10k	<b>1:16:50</b>
<b>Graham</b>	<b>Carr</b>	Parkside Panthers	Cumbria	Road/Park	10k	<b>1:17:01</b>
<b>Arwen</b>	<b>May</b>	Doncaster Athletics Club	South Yorkshire	Road/Park	10k	<b>1:17:21</b>
<b>David</b>	<b>Williams</b>	Park View 4U Run Group	Lancashire	Road/Park	10k	<b>1:17:25</b>
<b>Ruth</b>	<b>Lloyd</b>		Merseyside	Road/Park	10k	<b>1:17:33</b>
<b>Gillian</b>	<b>Kennedy</b>	Tingley RunFIT	West Yorkshire	Road/Park	10k	<b>1:17:49</b>
<b>Brian</b>	<b>Leigh</b>		Cheshire	Road/Park	10k	<b>1:17:49</b>
<b>Vicky</b>	<b>Stribrsky</b>		Lancashire	Road/Park	10k	<b>1:17:58</b>
<b>Vicki</b>	<b>Gale</b>		Lancashire	Road/Park	10k	<b>1:18:09</b>
<b>John</b>	<b>Morgan</b>		Lancashire	Road/Park	10k	<b>1:18:11</b>
<b>Neil</b>	<b>Lloyd</b>		Merseyside	Road/Park	10k	<b>1:18:14</b>
<b>Jeanette</b>	<b>Flynn</b>		Lancashire	Road/Park	10k	<b>1:18:25</b>
<b>Pearl</b>	<b>Shipley</b>	Bramley Breezers	West Yorkshire	Road/Park	10k	<b>1:18:29</b>
<b>Shirley</b>	<b>Yates</b>	Notts Women Runners	Nottinghamshire	Road/Park	10k	<b>1:18:36</b>
<b>Lesley</b>	<b>Perkins</b>	Tri Preston	Lancashire	Road/Park	10k	<b>1:19:00</b>
<b>Sarah</b>	<b>Parker</b>		Lancashire	Road/Park	10k	<b>1:19:44</b>
<b>Karen</b>	<b>Mercer</b>		Lancashire	Road/Park	10k	<b>1:19:47</b>
<b>Tony</b>	<b>Oliver</b>		Staffordshire	Trail	10k	<b>1:20:09</b>
<b>Christopher</b>	<b>Unsworth</b>		Manchester	Road/Park	10k	<b>1:20:12</b>
<b>Kelly</b>	<b>Colclough</b>		Staffordshire	Trail	10k	<b>1:20:36</b>
<b>Stuart</b>	<b>Hall</b>	Swinton Running Club	Manchester	Road/Park	10k	<b>1:20:39</b>
<b>Natalie</b>	<b>Sutcliffe</b>	Bramley Breezers	West Yorkshire	Trail	10k	<b>1:20:48</b>
<b>Tony</b>	<b>Hollister</b>	Southport Coasters	Merseyside	Road/Park	10k	<b>1:21:01</b>
<b>Allison</b>	<b>Pickup</b>	Darwen Dashers	Lancashire	Road/Park	10k	<b>1:21:03</b>
<b>Michelle</b>	<b>Connolly</b>	Darwen Dashers	Lancashire	Road/Park	10k	<b>1:21:03</b>
<b>Louise</b>	<b>Keith</b>		Lancashire	Road/Park	10k	<b>1:21:14</b>
<b>Jo</b>	<b>Hardwick</b>		Lancashire	Trail	10k	<b>1:21:22</b>
<b>Bonnie</b>	<b>Aaron</b>		Lancashire	Road/Park	10k	<b>1:21:27</b>
<b>Iain</b>	<b>McLean</b>	Thursday Plodders	Lancashire	Road/Park	10k	<b>1:22:00</b>
<b>Lisa</b>	<b>McGullion</b>		Lancashire	Road/Park	10k	<b>1:22:00</b>
<b>Christine</b>	<b>Warrington</b>	Blackburn Road Runners	NOT IN UK	Road/Park	10k	<b>1:22:02</b>
<b>Sarah</b>	<b>Goddard</b>		Lancashire	Road/Park	10k	<b>1:23:00</b>
<b>Sharon</b>	<b>Wood</b>		Derbyshire	Road/Park	10k	<b>1:23:04</b>



<b>Paul</b>	<b>Madej</b>		Lancashire	Road/Park	10k	<b>1:23:04</b>
<b>Zoe</b>	<b>Ralph</b>		Manchester	Road/Park	10k	<b>1:23:27</b>
<b>Karyn</b>	<b>Whittaker</b>	Ossy joggers	Lancashire	Road/Park	10k	<b>1:23:44</b>
<b>Clare</b>	<b>Mason</b>	Aykroyd	West Yorkshire	Road/Park	10k	<b>1:23:55</b>
<b>Adam</b>	<b>Fielder</b>		Lancashire	Trail	10k	<b>1:23:58</b>
<b>Stephanie</b>	<b>Dean</b>		Cheshire	Road/Park	10k	<b>1:23:59</b>
<b>Carol</b>	<b>Mcmullan</b>		Lancashire	Road/Park	10k	<b>1:24:00</b>
<b>Eileen</b>	<b>Till</b>		North Yorkshire	Trail	10k	<b>1:24:17</b>
<b>Helen</b>	<b>ward</b>	Sneyd striders	West Midlands	Road/Park	10k	<b>1:24:38</b>
<b>Gillian</b>	<b>Bartlett</b>	BFR	Lancashire	Road/Park	10k	<b>1:24:49</b>
<b>barry</b>	<b>downes</b>		West Yorkshire	Road/Park	10k	<b>1:25:00</b>
<b>Cath</b>	<b>McLean</b>	Fylde Coast Runners	Lancashire	Road/Park	10k	<b>1:25:07</b>
<b>Mark</b>	<b>Newton</b>		Staffordshire	Road/Park	10k	<b>1:26:00</b>
<b>AMANDA</b>	<b>CIRELLI</b>		Lancashire	Trail	10k	<b>1:26:03</b>
<b>Izobel</b>	<b>Berry</b>		Lancashire	Road/Park	10k	<b>1:27:24</b>
<b>Diane</b>	<b>Aykroyd</b>	Aykroyds	West Yorkshire	Road/Park	10k	<b>1:27:36</b>
<b>Peter</b>	<b>Whitehead</b>	Hunts AC	Cambridgeshire	Road/Park	10k	<b>1:27:37</b>
<b>Sam</b>	<b>Lockwood</b>	AcreStreetRunners	West Yorkshire	Road/Park	10k	<b>1:27:38</b>
<b>Lindsey</b>	<b>Winter</b>		West Yorkshire	Road/Park	10k	<b>1:27:48</b>
<b>Liz</b>	<b>Ward</b>	Southport Coasters	Merseyside	Road/Park	10k	<b>1:27:53</b>
<b>Fen</b>	<b>McLean</b>	Thursday Plodders	Lancashire	Road/Park	10k	<b>1:28:00</b>
<b>Bill</b>	<b>Duff</b>	Falkland trail runners	Fife	Trail	10k	<b>1:28:24</b>
<b>Nicola</b>	<b>Harding</b>	Doncaster Athletics club	South Yorkshire	Trail	10k	<b>1:28:27</b>
<b>Laura</b>	<b>Morris</b>	Fylde Coast Runners	Shropshire	Road/Park	10k	<b>1:29:37</b>
<b>Annette</b>	<b>Duff</b>		Fife	Trail	10k	<b>1:29:41</b>
<b>Norman</b>	<b>Grundy</b>	Birkenhead ASC	Merseyside	Road/Park	10k	<b>1:29:49</b>
<b>Joanne</b>	<b>Gaunt</b>		West Yorkshire	Road/Park	10k	<b>1:30:02</b>
<b>Louise</b>	<b>Donnelly stott</b>	Howgill harries	Cumbria	Road/Park	10k	<b>1:30:03</b>
<b>Martin</b>	<b>Denton</b>	Fylde Coast Runners	Shropshire	Road/Park	10k	<b>1:30:19</b>
<b>Audrey</b>	<b>Oldham</b>	A Team Runners	Lancashire	Trail	10k	<b>1:30:30</b>
<b>Heidi</b>	<b>Taylor</b>	A team runners	Lancashire	Trail	10k	<b>1:31:00</b>
<b>Tracy</b>	<b>Moynihan</b>	Blackburn Road Runners	Lancashire	Road/Park	10k	<b>1:31:28</b>
<b>Lenny</b>	<b>Kay</b>		Lancashire	Road/Park	10k	<b>1:31:45</b>
<b>Graeme</b>	<b>Stott</b>	Howgill harries	Cumbria	Road/Park	10k	<b>1:32:54</b>
<b>Christine</b>	<b>McGinn</b>		Lancashire	Road/Park	10k	<b>1:32:55</b>
<b>debra</b>	<b>cassidy</b>	Ossy Joggers	Lancashire	Road/Park	10k	<b>1:33:00</b>
<b>Catherine</b>	<b>Whittle</b>		Lancashire	Trail	10k	<b>1:33:02</b>
<b>Jason</b>	<b>Whiteley</b>	Sowerby bridge snails	West Yorkshire	Road/Park	10k	<b>1:34:00</b>
<b>Diane</b>	<b>Germaine</b>	KCAC	West Yorkshire	Road/Park	10k	<b>1:34:15</b>
<b>Helen</b>	<b>Higham</b>	Hyde Running Community	Manchester	Road/Park	10k	<b>1:35:26</b>
<b>Lyn</b>	<b>Hammocks</b>	Stevenage Striders	Hertfordshire	Road/Park	10k	<b>1:36:29</b>
<b>Jane</b>	<b>Howell</b>	Run Fit Chorley	Lancashire	Road/Park	10k	<b>1:37:49</b>
<b>Clayre</b>	<b>Hughes</b>		West Yorkshire	Trail	10k	<b>1:38:34</b>

<b>Anna</b>	<b>Ross</b>		Lancashire	Road/Park	10k	<b>1:38:47</b>
<b>Lesley</b>	<b>Allger</b>	Thursday Plodders	Lancashire	Road/Park	10k	<b>1:39:13</b>
<b>Emma</b>	<b>Brooks</b>		Lancashire	Road/Park	10k	<b>1:39:38</b>
<b>Tracy</b>	<b>Barlow</b>	Ossy joggers	Lancashire	Road/Park	10k	<b>1:40:47</b>
<b>Andy</b>	<b>Burt</b>	Runfit Chorley	Lancashire	Road/Park	10k	<b>1:41:24</b>
<b>peter</b>	<b>corrigan</b>		Tyrone	Road/Park	10k	<b>1:41:41</b>
<b>Samantha</b>	<b>Wright</b>	Sowerby Bridge Snails	West Yorkshire	Trail	10k	<b>1:45:36</b>
<b>Jill</b>	<b>Longshaw</b>	Rossendale Harriers	Lancashire	Trail	10k	<b>1:45:50</b>
<b>Shelley</b>	<b>Heneghan</b>	Rossendale Harriers	Lancashire	Road/Park	10k	<b>1:46:01</b>
<b>Tracy</b>	<b>Haggart</b>	Wigan wheeler's and tri club	Lancashire	Trail	10k	<b>1:46:20</b>
<b>Mark</b>	<b>Haggart</b>	Wigan Wheelers & Tri	Lancashire	Trail	10k	<b>1:46:31</b>
<b>Nicky</b>	<b>Brown</b>	Sowerby Bridge Snails	West Yorkshire	Road/Park	10k	<b>1:46:48</b>
<b>Reid</b>	<b>Haddow</b>	OTLEY AC	West Yorkshire	Trail	10k	<b>1:47:03</b>
<b>Jim</b>	<b>Egan</b>	Fylde Coast Runners	Lancashire	Road/Park	10k	<b>1:51:20</b>
<b>Helen</b>	<b>Lund</b>	No	Lancashire	Trail	10k	<b>1:52:00</b>
<b>Dan</b>	<b>Hendrie</b>		Hampshire	Road/Park	10k	<b>1:52:33</b>
<b>Joseph</b>	<b>Connor</b>	Bramhall Runners	Cheshire	Road/Park	10k	<b>1:57:03</b>
<b>Jackie</b>	<b>Sharpe</b>	Thorney Running Club	Yorkshire	Road/Park	10k	<b>2:05:56</b>
<b>Joyce</b>	<b>Bond</b>		Lancashire	Road/Park	10k	<b>2:07:53</b>
<b>Hilary</b>	<b>Youngman</b>		Lancashire	Road/Park	10k	<b>2:07:53</b>
<b>Martin</b>	<b>Jackson</b>		Lancashire	Road/Park	10k	<b>2:10:00</b>
<b>Gemma</b>	<b>Whaling</b>		Lancashire	Trail	10k	<b>2:20:40</b>
<b>Jessica</b>	<b>Jackson</b>		Lanarkshire	Road/Park	10k	<b>2:23:00</b>
<b>Anthony</b>	<b>Lockett</b>		Lancashire	Road/Park	10k	<b>2:28:21</b>
<b>Mark</b>	<b>Wald</b>		Denbighshire	Road/Park	10k	<b>2:30:15</b>
<b>Laura</b>	<b>Corner</b>	Wigan Harriers	Lancashire	Road/Park	10k	<b>3:13:06</b>
<b>Eve</b>	<b>Whaling</b>		Lancashire	Road/Park	10k	<b>4:00:39</b>
<b>Hannah</b>	<b>Boyd</b>	Fylde Coast Runners	Lancashire	Road/Park	10k	<b>5:20:02</b>
<b>Mark</b>	<b>Jackson</b>	Pudsey Runners RC	West Yorkshire	Road/Park	10k	<b>8:17:00</b>

**5k • 5k**

<b>David</b>	<b>Walker</b>	Lancaster & Morecambe AC	Lancashire	Road/Park	5k	<b>0:19:13</b>
<b>Zoe</b>	<b>Gmerek</b>	Sale Harriers	Cheshire	Road/Park	5k	<b>0:21:12</b>
<b>Andrew</b>	<b>Montgomery-Fox</b>		Angus	Road/Park	5k	<b>0:21:42</b>
<b>Mark</b>	<b>Gray</b>	Blackpool Freedom Runners	Lancashire	Road/Park	5k	<b>0:22:32</b>
<b>Elizabeth</b>	<b>Montgomery-Fox</b>	Forfar Road Runners	Angus	Road/Park	5k	<b>0:22:58</b>
<b>Martin</b>	<b>Firth</b>	Queensbury Running Club	West Yorkshire	Road/Park	5k	<b>0:23:55</b>
<b>Peter</b>	<b>Rafferty</b>		Cumbria	Road/Park	5k	<b>0:24:43</b>
<b>David</b>	<b>Webster</b>	Forfar Road Runners	Angus	Road/Park	5k	<b>0:25:06</b>
<b>Jessica</b>	<b>Andrew</b>		Manchester	Road/Park	5k	<b>0:25:27</b>
<b>Josh</b>	<b>Andrew</b>	Wigan harriers	Manchester	Road/Park	5k	<b>0:25:30</b>
<b>Andrew</b>	<b>Evans</b>		West Midlands	Road/Park	5k	<b>0:27:52</b>

<b>Aileen</b>	<b>Upton</b>		Manchester	Trail	5k	<b>0:28:07</b>
<b>Helen</b>	<b>Raynes</b>		Derbyshire	Road/Park	5k	<b>0:28:11</b>
<b>Louise</b>	<b>De-Gier Flood</b>		Lancashire	Road/Park	5k	<b>0:28:50</b>
<b>Kathryn</b>	<b>Cridland</b>		Manchester	Road/Park	5k	<b>0:29:32</b>
<b>Michelle</b>	<b>Wood</b>	Run Middlewich	Cheshire	Road/Park	5k	<b>0:29:34</b>
<b>Nicola</b>	<b>Sutton</b>		Lancashire	Road/Park	5k	<b>0:29:50</b>
<b>Michael</b>	<b>Higgins</b>	Tyne Bridge Harriers	Cumbria	Road/Park	5k	<b>0:29:54</b>
<b>Robert</b>	<b>Hambleton</b>		Lancashire	Road/Park	5k	<b>0:29:55</b>
<b>Philip</b>	<b>Lawson</b>		Lancashire	Road/Park	5k	<b>0:30:08</b>
<b>Kerry</b>	<b>Humphreys</b>		Manchester	Road/Park	5k	<b>0:30:18</b>
<b>Sally</b>	<b>Oyeyele</b>		Lancashire	Road/Park	5k	<b>0:30:35</b>
<b>Geoff</b>	<b>Nowell</b>		Lancashire	Road/Park	5k	<b>0:31:03</b>
<b>Neil</b>	<b>Anderson</b>		Lancashire	Road/Park	5k	<b>0:31:28</b>
<b>Shaun</b>	<b>Fogg</b>		Manchester	Treadmill	5k	<b>0:31:35</b>
<b>Mike</b>	<b>Carling</b>		Cumbria	Road/Park	5k	<b>0:31:44</b>
<b>Irene</b>	<b>Woodhouse</b>		Dorset	Road/Park	5k	<b>0:31:47</b>
<b>Leigh</b>	<b>Steere</b>	Redway Runners	Buckinghamshire	Road/Park	5k	<b>0:32:07</b>
<b>mary</b>	<b>mccafferty</b>		Londonderry	Road/Park	5k	<b>0:32:11</b>
<b>Darren</b>	<b>Hird</b>		Lancashire	Road/Park	5k	<b>0:32:14</b>
<b>Marie</b>	<b>Hird</b>		Lancashire	Road/Park	5k	<b>0:32:14</b>
<b>Gillian</b>	<b>Ainsworth</b>		Lancashire	Road/Park	5k	<b>0:32:18</b>
<b>Brian</b>	<b>Feherty</b>		Manchester	Road/Park	5k	<b>0:32:49</b>
<b>Sarah</b>	<b>Jensen</b>		Lancashire	Road/Park	5k	<b>0:33:09</b>
<b>Maggi</b>	<b>Gmerek</b>		Manchester	Road/Park	5k	<b>0:33:11</b>
<b>Paula</b>	<b>Smith</b>	Wirral a c	Merseyside	Trail	5k	<b>0:33:24</b>
<b>DONNA</b>	<b>OILLER</b>		Lancashire	Road/Park	5k	<b>0:33:24</b>
<b>Jane</b>	<b>Platt</b>		Lancashire	Road/Park	5k	<b>0:33:29</b>
<b>Nigel</b>	<b>Sheppard</b>	Redway Runners	Buckinghamshire	Road/Park	5k	<b>0:33:31</b>
<b>Robert</b>	<b>McCann</b>	Striders of Croydon AC	Surrey	Road/Park	5k	<b>0:33:46</b>
<b>Jackie</b>	<b>Crooks</b>		Lancashire	Road/Park	5k	<b>0:34:01</b>
<b>Anne</b>	<b>Jones</b>	Royton Road Runners	Manchester	Road/Park	5k	<b>0:34:06</b>
<b>Amanda</b>	<b>Richardson</b>	Royton Road Runners	Greater Manchest	Road/Park	5k	<b>0:34:07</b>
<b>Hélène</b>	<b>McCann</b>	Striders of Croydon	Greater London	Road/Park	5k	<b>0:34:15</b>
<b>Lesley</b>	<b>Edgar</b>	Saintfield Striders	Down	Treadmill	5k	<b>0:34:18</b>
<b>Rob</b>	<b>Sutton</b>		Lancashire	Road/Park	5k	<b>0:34:29</b>
<b>Simon</b>	<b>Ashworth</b>		Lancashire	Road/Park	5k	<b>0:34:31</b>
<b>Anna</b>	<b>Baker</b>		Lancashire	Treadmill	5k	<b>0:34:57</b>
<b>Julie</b>	<b>Wright</b>	Bramley Breezers	West Yorkshire	Road/Park	5k	<b>0:35:01</b>
<b>Stuart</b>	<b>Raynes</b>		Derbyshire	Road/Park	5k	<b>0:35:10</b>
<b>Paulina</b>	<b>Smoreda</b>		Lancashire	Road/Park	5k	<b>0:35:13</b>
<b>Lynette</b>	<b>Rich</b>		Merseyside	Road/Park	5k	<b>0:35:14</b>

<b>Tracy</b>	<b>Cleary</b>		Lancashire	Road/Park	5k	<b>0:35:27</b>
<b>Jenny</b>	<b>Franklin</b>		Lancashire	Road/Park	5k	<b>0:35:47</b>
<b>Andi</b>	<b>Viraszko</b>		Cheshire	Trail	5k	<b>0:36:04</b>
<b>Netta</b>	<b>Gill</b>		Lancashire	Road/Park	5k	<b>0:36:30</b>
<b>Louis</b>	<b>van der Blom</b>		Derbyshire	Road/Park	5k	<b>0:36:35</b>
<b>Charles</b>	<b>Gowers</b>	Fylde Coast Runners	Lancashire	Road/Park	5k	<b>0:37:06</b>
<b>Sharon</b>	<b>Humphries</b>		Derbyshire	Road/Park	5k	<b>0:37:36</b>
<b>Deborah</b>	<b>Moore</b>	FCR	Lancashire	Road/Park	5k	<b>0:37:43</b>
<b>Michelle</b>	<b>Carr</b>		Manchester	Treadmill	5k	<b>0:38:00</b>
<b>Lucy</b>	<b>McSpirit Joseph</b>		Lancashire	Road/Park	5k	<b>0:38:02</b>
<b>Sue</b>	<b>Crookes</b>		Derbyshire	Road/Park	5k	<b>0:38:08</b>
<b>Christine</b>	<b>Lay</b>	South Leeds lakers	West Yorkshire	Road/Park	5k	<b>0:38:12</b>
<b>Tracey</b>	<b>Okeeffe</b>		Lancashire	Road/Park	5k	<b>0:38:20</b>
<b>Kelly</b>	<b>Rayner-Smith</b>		Cumbria	Treadmill	5k	<b>0:38:37</b>
<b>Gill</b>	<b>Irving</b>		Lancashire	Road/Park	5k	<b>0:38:48</b>
<b>Jennie</b>	<b>Thompson</b>		Lancashire	Trail	5k	<b>0:39:01</b>
<b>Hilary</b>	<b>Archibald</b>		Manchester	Road/Park	5k	<b>0:39:02</b>
<b>Maria</b>	<b>Morris</b>		Manchester	Road/Park	5k	<b>0:39:02</b>
<b>Lyndsey</b>	<b>Elvidge</b>		West Yorkshire	Road/Park	5k	<b>0:39:22</b>
<b>Angeline</b>	<b>Spooner Cleverly</b>		Swansea	Trail	5k	<b>0:39:32</b>
<b>Sarah</b>	<b>O'Neill</b>		West Yorkshire	Road/Park	5k	<b>0:39:34</b>
<b>Rachel</b>	<b>Quartermaine</b>		Shropshire	Road/Park	5k	<b>0:39:46</b>
<b>Oscar</b>	<b>Edmondston</b>		Lancashire	Road/Park	5k	<b>0:39:47</b>
<b>Thomas</b>	<b>Hillier</b>		Lancashire	Road/Park	5k	<b>0:39:47</b>
<b>Kerry</b>	<b>Jewell</b>		Flintshire	Road/Park	5k	<b>0:39:48</b>
<b>Rhianna</b>	<b>Stafford</b>		Flintshire	Road/Park	5k	<b>0:39:48</b>
<b>Karen</b>	<b>Almond</b>	Blackburn Road runners	Lancashire	Road/Park	5k	<b>0:40:06</b>
<b>Rachel</b>	<b>Burke</b>	Liverpool Running Club	Cheshire	Trail	5k	<b>0:40:19</b>
<b>Nichola</b>	<b>Arnott</b>	Astley Toggers	Lancashire	Road/Park	5k	<b>0:40:30</b>
<b>Liane</b>	<b>Clarke</b>	Warrington Road Runners	Cheshire	Road/Park	5k	<b>0:40:31</b>
<b>Lisa</b>	<b>Christiani-Jones</b>		Lancashire	Road/Park	5k	<b>0:40:40</b>
<b>Megan</b>	<b>Christiani-Jones</b>		Lancashire	Road/Park	5k	<b>0:40:40</b>
<b>Sue</b>	<b>Burke</b>	Liverpool Running club	Cheshire	Trail	5k	<b>0:41:05</b>
<b>Jillian</b>	<b>Hartley</b>		Lancashire	Road/Park	5k	<b>0:41:08</b>
<b>Nicola</b>	<b>Williams</b>		Lancashire	Road/Park	5k	<b>0:41:08</b>
<b>Maryanne</b>	<b>Shriane</b>		Lancashire	Road/Park	5k	<b>0:41:33</b>
<b>Sara</b>	<b>Grattan</b>	Looe Pioneers Running Club	Cornwall	Treadmill	5k	<b>0:41:41</b>
<b>Samantha</b>	<b>Dillon</b>		Lancashire	Road/Park	5k	<b>0:41:55</b>
<b>Lynne</b>	<b>Chambers</b>	Fylde Coast Runners	Cumbria	Road/Park	5k	<b>0:42:00</b>
<b>Melanie</b>	<b>Finch</b>	Clayton Chargers	Lancashire	Road/Park	5k	<b>0:42:05</b>
<b>Michelle</b>	<b>Smith</b>		West Yorkshire	Trail	5k	<b>0:42:34</b>
<b>Simon</b>	<b>Aitchison</b>	Astley Toggers	Lancashire	Road/Park	5k	<b>0:42:45</b>

<b>Michelle</b>	<b>Hamer</b>		Lancashire	Road/Park	5k	<b>0:43:06</b>
<b>Rebecca</b>	<b>Dawson</b>		Lancashire	Road/Park	5k	<b>0:43:19</b>
<b>Catherine</b>	<b>Knight</b>		Lancashire	Road/Park	5k	<b>0:43:27</b>
<b>Tony</b>	<b>Bogacki</b>	Bolton Olympic Wrestling Club	Manchester	Road/Park	5k	<b>0:45:20</b>
<b>Stephanie</b>	<b>Hollins</b>		Shropshire	Road/Park	5k	<b>0:46:01</b>
<b>Roy</b>	<b>Edwards</b>		Manchester	Road/Park	5k	<b>0:46:07</b>
<b>Katie</b>	<b>Edwards</b>	Middleton Harriers	Manchester	Road/Park	5k	<b>0:46:25</b>
<b>Rosie</b>	<b>Jones</b>	PT Fitness	Lancashire	Road/Park	5k	<b>0:47:04</b>
<b>nicola victoria</b>	<b>Evans</b>		Lancashire	Road/Park	5k	<b>0:47:11</b>
<b>Jacqueline</b>	<b>Beckwith</b>		Lancashire	Treadmill	5k	<b>0:47:14</b>
<b>Catherine</b>	<b>Lock</b>	Runfit Chorley	Lancashire	Road/Park	5k	<b>0:49:27</b>
<b>Sue</b>	<b>Davies</b>		Lancashire	Treadmill	5k	<b>0:49:37</b>
<b>David</b>	<b>Rayner-Smith</b>		Cumbria	Treadmill	5k	<b>0:49:38</b>
<b>Rachel</b>	<b>Morris</b>	North wales road runners	Cheshire	Road/Park	5k	<b>0:51:06</b>
<b>Carol</b>	<b>Casey</b>		Manchester	Road/Park	5k	<b>0:51:12</b>
<b>Lesley</b>	<b>Hanlon</b>		Lancashire	Road/Park	5k	<b>0:51:38</b>
<b>Glennis</b>	<b>Hillier</b>		Cheshire	Road/Park	5k	<b>0:52:40</b>
<b>Sally</b>	<b>Guy</b>		Manchester	Trail	5k	<b>0:53:05</b>
<b>Angela</b>	<b>Evans</b>		West Midlands	Road/Park	5k	<b>0:53:31</b>
<b>Rachel</b>	<b>Seymour</b>		Lancashire	Road/Park	5k	<b>0:54:00</b>
<b>Amanda</b>	<b>Smith</b>		Lancashire	Road/Park	5k	<b>0:54:00</b>
<b>Linda</b>	<b>Gossage</b>	Quakers Running Club	County Durham	Road/Park	5k	<b>0:58:02</b>
<b>Margaret</b>	<b>Burgess</b>		Dumfries & Galloway	Road/Park	5k	<b>1:01:33</b>
<b>Leanne</b>	<b>Lyner</b>		West Yorkshire	Trail	5k	<b>1:03:00</b>
<b>Sarah</b>	<b>Fair</b>		Dumfries & Galloway	Road/Park	5k	<b>1:05:35</b>
<b>Chris</b>	<b>Thorpe</b>		Lancashire	Road/Park	5k	<b>1:47:59</b>
<b>Isaac</b>	<b>Kinsella</b>		Manchester	Road/Park	5k	<b>7:28:05</b>