

RUN THE LIGHTS 10k 2020

NAME		CLUB	AGE	GENDER	BIB	TIME
STUART	ABEL		42	M	640	00:45:16.53
MARTIN	ADAMS	DH Runners	55	M	714	01:03:31.86
LOUISE	AINSCOUGH	Warrington Running Cl	44	F	378	01:10:58.19
CHRIS	ALEXANDER	Kirkby Milers AC	29	M	758	00:43:00.00
KELLY	ALFORD	North Wales RR	36	F	465	00:50:52.25
FAYYAZ	ALI		60	M	248	01:00:02.26
MARK	ALLCOCK		57	M	822	01:00:20.65
REBECCA	ALLCOCK		25	F	821	01:17:46.86
KATHY	ALLCOCK		64	F	820	01:17:48.34
ANDREW	ALLEN		43	M	979	00:52:26.19
EMILY	ALLSOPP	Marple Runners	32	F	1094	00:48:42.48
MICHELLE	ANNETTS		43	F	490	00:55:34.96
JOHN	ARCHER	Winston Runners	69	M	812	00:46:08.39
SUSAN	ARMSTRONG	Fylde Coast Runners	47	F	599	01:10:44.62
SARAH	ASHTON		27	F	475	01:10:20.47
PEARL	ASHTON		56	F	476	01:18:22.62
LOUISE	ASHWORTH		43	F	645	01:03:36.93
JUDITH	ASHWORTH		52	F	1077	01:18:09.42
MICHELLE	ASHWORTH		38	F	320	01:29:40.81
JASON	ASHWORTH		43	M	319	01:29:39.77
LOIS	ATKINSON		15	F	617	00:58:07.25
CHRISTIE	ATKINSON		39	F	632	01:08:39.91
CHRIS	AYRES		35	M	858	00:53:54.22
CAROLE	BAILEY		45	F	503	01:00:35.36
SHELLEY	BAINBRIDGE		58	F	896	01:09:04.86
COLIN	BAINBRIDGE	South Leeds Lakers RC	61	M	842	00:57:56.00
CAROL	BAIRSTO		50	F	482	01:02:37.72
CERI	BAKER	BTR Road Runners	62	F	792	01:01:12.39
PHIL	BAMFORD		43	M	270	00:45:08.80
KEITH	BAMFORD		67	M	268	01:00:22.84
ALLAN	BAMFORD		44	M	312	00:57:39.85
DONNA	BANKS	Fordy Runners	39	F	947	01:08:41.39
JENNIFER	BARLOW		39	F	687	01:12:29.69
VICTORIA	BARRY		39	F	1038	01:01:38.21
GILLIAN	BARTLETT		50	F	562	01:21:32.57
GREGG	BEARDWELL		38	M	677	00:47:51.31
EMMA	BEARDWELL		40	F	676	00:55:02.99
CHRIS	BEDFORD	Rising Brook Runners	57	M	1082	00:59:20.19
ADRIAN	BELL	Run Nation Running Cl	51	M	156	00:40:00.77
CHLOE	BELL		29	F	590	00:51:38.75
JULIET	BELL		50	F	516	01:09:15.67

1st Male Vet 65+ Best Time

1st Male Vet 50 Best Time

STUART	BENSON	Fylde Coast Runners	48	M	388	00:41:17.49	
LAURA	BERDKAN		40	F	294	01:03:40.95	
SARA	BERRY	Whitchurch Whippets	40	F	750	01:09:10.83	
DONNA	BILBROUGH	Keighley & Craven AC	44	F	743	00:54:31.71	
JOHN	BILLING		53	M	390	00:50:13.47	
MARK	BILLINGTON		48	M	916	00:47:12.99	
ANDY	BIRCH		59	M	718	00:57:48.71	
PAUL	BIRCH		34	M	933	01:22:25.94	
COLIN	BISHOP	Warrington A C	60	M	575	00:37:10.06	1st Male Vet 60 Best Time
NATHAN	BLACK		39	M	776	00:42:15.81	
GARY	BLACKBURN	Blackburn Road Runners	35	M	680	00:47:17.98	
POPPY	BLACKETT	Manchester YMCA Harri	25	F	521	00:54:44.56	
PAUL	BLAKEMORE	Wigan Phoenix	36	M	793	00:37:22.02	
AMANDA	BLESSINGTON		47	F	950	01:04:47.90	
KATE	BOOTH		42	F	498	01:08:53.61	
HANNAH	BOYD	Fylde Coast Runners	39	F	226	00:49:51.99	
DAVID	BRADFORD		45	M	967	00:54:23.12	
LAURA	BRADY		32	F	165	00:56:18.01	
SARAH	BRANDWOOD		35	F	873	01:08:13.16	
RUSSEL	BREYER	Ipswich Triathlon Club	57	M	1041	00:48:27.24	1st Male Vet 55 Best Time
DAVID	BRIERS		57	M	983	00:59:36.56	
CRAIG	BROOMHEAD		37	M	845	00:57:09.91	
MIKEY	BROWN	Dewsbury Road Runners	29	M	445	00:44:41.53	
CAROLINE	BROWN	Wigan & District H&AC	51	F	971	00:49:12.75	1st Lady Vet 50 Best Time
HAYLEY	BROWN	Crystal Peaks Runners	45	F	170	00:52:47.49	
DAVE	BROWN	Warrington Running Cl	57	M	117	01:00:01.50	
JACK	BROWN	Trawden Athletic Club	27	M	524	00:54:54.08	
IAN	BRUFF		42	M	780	00:46:40.58	
CRAIG	BUCHANAN	Saltwell Harriers	32	M	914	00:37:16.41	
ELISHA	BUCKLEY		26	F	920	00:58:49.26	
ANGELA	BUCKLEY		47	F	768	00:59:18.45	
LOUISE	BURKE		50	F	342	00:59:21.66	
PHILIP	BURTON		36	M	940	00:53:02.78	
RORY	CAMPBELL		16	M	773	00:50:48.03	
CRAIG	CARPENTER		34	M	1502	00:47:28.56	
LORA	CARPENTER		40	F	654	01:12:47.36	
ROB	CARR	Kenilworth Runners	47	M	302	00:57:29.96	
VAL	CARR		71	F	305	01:04:30.44	
ALAN	CARR		71	M	304	01:11:37.15	
PAULA	CARTER	Sneyd Striders	50	F	161	01:05:52.70	
AMANDA	CASEY		36	F	664	01:12:05.07	
HANA	CASH		43	F	686	01:47:48.00	
DEBRA	CASSAR	Rawmarsh Runners	53	F	937	01:08:48.30	
KEN	CAWTHORNE		72	M	408	01:08:20.17	
CAROL	CEBRERO		47	F	739	01:02:51.00	

LAURA	CHAMBERS	Lonely Goat RC	40	F	779	01:09:11.14
REBEKAH	CHAPLOW		26	F	278	01:08:46.64
DEBBIE	CHAPMAN		47	F	878	00:52:20.73
ANDREW	CHARLESWORTH	Hyde Village Striders	44	M	658	00:44:48.38
RICHARD	CHERRINGTON	South Cheshire Harrie	45	M	946	00:50:29.51
DAVID	CHEUNG		47	M	880	01:00:45.24
ANTHONY	CHRISTENSEN		32	M	439	00:57:57.98
WIL	CHUNG	Newcastle Staffs AC	42	M	952	00:50:21.95
COLIN	CLARKE		55	M	698	00:51:24.68
GILLIAN	CLARKE		53	F	242	01:06:24.92
DEBBIE	CLARKE		38	F	295	01:07:54.66
PETER	CLARKE		60	M	300	01:10:21.70
RACHEL	CLARKE-WILLIAMS	South Leeds Lakers RC	34	F	607	00:57:47.45
STEPHANIE	CLAYTON		33	F	934	01:00:08.76
PETER	CLEGG	LABC Runners	44	M	990	00:47:11.48
ALISON	CLEWS		51	F	824	01:10:55.08
JORDAN	COBB		32	M	882	00:42:44.80
ANNA	COCKER		36	F	1093	00:58:36.73
MARK	COLLIER	Wigan Phoenix	41	M	763	00:38:25.66
AOIFE	CONNOLLY		32	F	829	01:03:36.65
ROSS	CONNOLLY		38	M	828	00:51:55.66
LYNNE	COOGAN		71	F	694	01:10:08.17
RHYS	COOK		37	M	936	01:14:08.79
SHAUNA	COOK ROSSIER		48	F	452	01:24:11.79
TOM	COOPER		27	M	435	00:58:11.93
JULIE	COOPER		47	F	291	01:03:47.71
KATE	COOPER		36	F	310	01:21:59.64
CAROLINE	COPELAND	Ackworth Road Runners	43	F	915	01:05:03.93
CHERYL	CORLESS	Warrington Running Cl	32	F	1087	00:50:23.21
DAN	COTTIER-BROWN		37	M	563	00:52:00.23
VICKY	COUZENS		39	F	693	01:01:37.40
DARREN	COWARD	Glaxo Hoad Hill Harri	32	M	991	00:39:33.50
CLARE	CROFTS	Kenilworth Runners	48	F	303	00:57:30.66
EMILY	CROOK		18	F	422	01:15:43.36
STEPHEN	CROOK		52	M	424	01:30:06.81
JANE	CROOK		50	F	515	01:01:00.00
NICOLA	CROOK		52	F	423	01:16:31.21
MALCOLM	CROW		43	M	173	00:54:56.75
SARINA	CROW		38	F	174	01:11:48.10
ANGELA	CRUSE	Thornton Cleveleys RC	37	F	502	00:47:04.55
ALEXANDER	CURRAN	Blackburn Road Runners	28	M	696	00:44:46.01
GARETH	DAVIES	St Helens Striders	37	M	892	00:43:15.92
PAUL	DAVIES		58	M	761	00:49:18.61
JENNIFER	DAVIES		47	F	777	01:00:49.66
JONATHAN	DAVIS		24	M	974	00:55:05.02

1st Lady Vet 35 Best Time

BEEJESH	DEVA		35	M	833	00:54:10.00	
JOHN	DEY	Blackburn Road Runners	46	M	857	00:44:47.79	
ANTHONY	DIX		27	M	835	00:53:43.48	
EMMA	DONE		33	F	261	01:44:56.51	
ANDREA	DOUGLAS	Bramley Breezers	45	F	556	00:48:21.50	1st Lady Vet 45 Best Time
SARAH	DOVE		46	F	980	00:52:28.93	
DANIEL	DOYLE		31	M	1047	00:50:12.70	
CATHERINE	DRANSFIELD		27	F	231	01:05:15.87	
MICHELLE	DUBLIN	Cumberland AC	52	F	376	00:56:30.91	
FIONA	DYSON		53	F	769	00:59:18.40	
ALEX	EARLEY	Walney Wind Cheetahs	29	F	807	00:49:50.25	
JADE	EARLEY		30	F	468	00:57:14.19	
CARMEL	EDWARDS	BTR Road Runners	40	F	778	00:39:28.41	2nd Female Overall Best Time
PAUL	EDWARDS		52	M	462	00:48:54.11	
JOSHUA	EDWARDS		16	M	629	00:53:28.72	
KERRY	EDWARDS		46	F	580	01:07:24.65	
SHANA	EDWARDS		33	F	628	01:27:39.52	
JIM	EGAN	Fylde Coast Runners	55	M	409	01:00:30.32	
JOANNE	EGERTON	Hyde Village Striders	44	F	659	00:53:23.18	
WAYNE	ELLISON	Trawden Athletic Club	45	M	1058	00:56:15.65	
LYNDSEY	ELVIDGE		35	F	746	00:58:07.39	
SOPHIE	EVANS		33	F	1060	01:21:19.38	
NICOLA	EVANS		45	F	208	01:05:21.53	
ANN-MARIE	FARREN		48	F	487	01:12:38.65	
JOHN	FAY	Royton Road Runners	39	M	808	00:49:14.54	
JAMES	FEATHERSTONE	Fylde Coast Runners	61	M	674	00:56:08.67	
SANDRA	FELL		57	F	195	01:20:24.72	
EMMA	FILBIN		17	F	957	01:14:15.38	
IAN	FILBIN		51	M	956	01:01:44.68	
LAUREN	FILBIN		15	F	958	01:04:32.88	
ANDREW	FLETCHER	Fordy Runners	28	M	753	00:46:52.97	
CHARLOTTE	FLETCHER		22	F	870	01:09:18.46	
LINDA	FLETCHER		52	F	869	01:38:48.79	
NIKKI	FOLEY		46	F	1006	01:16:17.17	
LINDSAY	FOOTE	Rosendale Harriers &	41	F	972	01:17:46.59	
HEATHER	FORD		34	F	402	01:03:50.71	
STEVE	FORSYTH		41	M	322	00:34:01.83	1st Male Vet 40 Best Time
DAN	FOSTER	Fylde Coast Runners	44	M	605	00:51:07.44	
STEVEN	FRANCOM	Winston Runners	47	M	457	00:49:17.04	
DARREN	FRITH	Blackburn Road Runners	44	M	507	00:48:43.98	
CHARLOTTE	GAMBLE	Ivanhoe Runners	33	F	352	01:09:25.18	
NICOLA	GEORGE		50	F	518	00:56:42.26	
MO	GIOVANNINI	DH Runners	55	M	394	01:01:37.99	
SHARON	GOLDRICK	Middleton Harriers AC	44	F	1095	00:48:03.98	1st Lady Vet 40 Best Time
PAUL	GRAHAM		41	M	930	00:55:10.03	

MARK	GRAY	Fylde Coast Runners	48	M	463	00:49:59.52
WALLACE	GRAY		59	M	939	00:59:01.19
LOUISE	GRAY		51	F	938	00:59:02.09
RICHARD	GREEN		32	M	440	01:00:35.21
DAVE	GREEN		38	M	441	01:10:55.53
GARY	GREGORY	Hallamshire Harriers	39	M	899	00:33:07.22
SHANE	GREGSON		47	M	603	01:06:18.43
DAN	GRUNDY	Trawden Athletic Club	45	M	862	00:36:53.00
ALISTAIR	GUTTERIDGE		38	M	843	00:48:32.92
JULIE	HACKETT		47	F	883	01:03:37.72
HARRY	HADFIELD		16	M	1506	01:04:03.17
?	HADFIELD		45	M	1505	01:25:58.65
JOANNA	HALL		44	F	642	00:59:49.96
BARRY	HALL		52	M	1049	01:04:56.66
JONATHAN	HALL		30	M	923	00:47:12.91
SHARON	HALL		50	F	1048	01:26:18.04
CHRIS	HAMMOND		38	M	1021	00:54:56.72
MYA	HAMMOND		15	F	1022	01:01:06.40
DAVID	HAMMOND		65	M	205	01:22:53.02
JACKIE	HAMMOND		65	F	1023	01:24:29.51
VIVIEN	HANSON		40	F	584	01:06:11.05
MARK	HARDING	Run Nation Running Cl	34	M	126	00:43:07.77
MARCUS	HARDY		21	M	483	00:54:25.51
SUSAN	HARGREAVES	Fylde Coast Runners	43	F	479	00:59:55.24
ANDREW	HARLING	Wesham Road Runners &	39	M	919	00:36:51.89
LUKE	HARRELD	Bury Athletic Club	33	M	697	00:34:43.28
JOHN	HARRISON	Ellesmere Port RC	38	M	996	00:39:17.54
KEVIN	HARRISON	Kirkby Milers AC	43	M	736	00:39:35.75
KEIGHLEY	HARRISON		32	F	884	00:50:37.00
GAVIN	HARRISON	Sneyd Striders	44	M	581	00:46:13.01
MARK	HARRISON	Cheadle RC	47	M	116	00:44:18.61
REBECCA	HARRISON	Kirkby Milers AC	20	F	737	01:08:57.67
SHARON	HARRISON	Kirkby Milers AC	44	F	735	01:09:05.67
BARRY	HART		40	M	942	00:44:13.50
STUART	HART		61	M	969	01:10:31.48
ANTHONY	HART		34	M	968	01:04:53.71
ANNA	HARVEY	Rothwell Harriers &am	35	F	430	01:20:47.97
ROBERT	HAYES		37	M	1059	01:54:04.44
SHAUN	HAYNES		57	M	730	00:56:48.76
PAULA	HERBERT		53	F	860	00:53:29.19
MARTIN	HERD		50	M	786	00:46:56.47
HILARY	HERMAN		60	F	217	00:48:13.00
TRACY	HICKEY	Blackburn Road Runners	51	F	747	00:57:50.80
CAROLYN	HIGGINBOTTOM		43	F	453	00:57:03.96
MEGAN	HIGGINSON		35	F	728	01:18:16.60

3rd Male Overall Best Time

1st Lady Vet 60+ Best Time

LARA	HIGHAM		22	F	927	01:13:11.10
ANDY	HILL	Wolds Veteran RC	38	M	187	00:49:39.77
MARTIN	HILLSON		56	M	401	00:53:16.52
HEATHER	HILLSON	Lonely Goat RC	55	F	400	01:18:26.78
HELEN	HINCKS		35	F	811	01:04:01.71
BRETT	HODGSON		28	M	850	00:52:17.74
CHRISTOPHER	HODGSON		35	M	868	00:55:41.46
STEVEN	HOLLIDAY		42	M	959	00:45:28.81
JEFFREY	HORROCKS		56	M	855	00:59:25.75
CAROLE	HORROCKS		60	F	854	01:15:42.36
LIZ	HOWARD-BARKER		61	F	560	01:04:49.11
VICTORIA	HOWCROFT-METCALFE		52	F	326	01:07:46.78
ALAN	HOWSON	Fylde Coast Runners	47	M	496	00:47:08.81
LAURA	HOY		40	F	415	00:56:41.75
KIM	HUGHES		36	F	644	01:00:30.71
SUSAN	HUGHES		50	F	766	01:02:51.64
CRAIG	HUMMER		49	M	656	00:50:55.88
LILA	HUNT		51	F	444	01:12:27.82
CAROL	HUNTER		49	F	593	01:16:37.14
ADAM	HUTCHINSON		30	M	727	01:28:56.35
MARK	JACKSON	Burnden Road Runners	39	M	494	00:38:00.75
MIKE	JAY	Sandbach Striders	38	M	804	00:39:59.23
GAIL	JAZMIK	Start2Jog	56	F	679	01:29:50.75
DAVID	JOHNSON		47	M	262	00:44:00.14
WENDY	JOHNSON		46	F	263	00:52:43.18
LISA	JOHNSON		46	F	823	00:55:04.53
SUE	JOHNSON	Lonely Goat RC	49	F	600	01:06:52.99
ADAM	JOHNSON		35	M	399	01:26:45.92
PAULA	JOHNSTON	Bramley Breezers	53	F	1075	00:49:13.58
WAYNE	JOHNSTON	Cumberland AC	34	M	1096	00:59:44.18
DAMIAN	JONES		46	M	1053	00:47:04.24
DANIEL	JONES		33	M	103	00:51:12.78
KERRY	JONES	Beeston AC	53	F	281	01:02:35.92
ANTHEA	JONES		64	F	751	01:05:12.38
LESLEY	JONES		53	F	871	01:08:17.16
ALISON	JONES		49	F	499	00:59:28.00
MARK	JONES		51	M	282	01:02:24.89
NADIA	KANOUN		37	F	406	01:07:12.00
ELLIE	KANOUN		39	F	405	01:07:04.71
VICTOR	KASOTA		27	M	872	00:53:29.25
DIANE	KENNEDY		41	F	616	01:29:21.89
PHIL	KINNER	South Derbyshire Road	43	M	142	00:48:23.64
JULIE	KIRK		52	F	970	00:57:05.70
KAREN	KIRK	Sneyd Striders	48	F	615	01:16:50.36
TED	KIRKHAM		47	M	784	00:46:02.79

DANNY	KIRKPATRICK	Dewsbury Road Runners	33	M	446	00:45:05.10
MARTIN	KLAVON		36	M	235	00:36:45.78
HOWARD	LANGLEY		39	M	540	00:51:11.24
LYNDSAY	LANGLEY		38	F	539	01:10:43.13
PHIL	LANGLEY		37	M	541	01:06:48.98
CHRISTINE	LAY	South Leeds Lakers	60	F	204	01:14:00.66
EMMA	LAYCOCK		39	F	729	01:08:22.45
DANIKA	LEAHEY		33	F	748	01:21:34.51
CHLOE	LEATHER	Crewe and Nantwich AC	18	F	489	00:42:59.98
GEOFF	LEECH	Horwich RMI Harriers	54	M	215	00:49:02.60
DAVID	LIMBRICK		57	M	1012	00:58:56.91
ANDREW	LINDLEY	Fylde Coast Runners	57	M	1066	00:53:08.52
EDITH	LINGARD		31	F	517	01:06:29.15
HEATH	LIST	Rothwell Harriers &am	53	M	429	00:56:37.66
STACEY	LITHERLAND		42	F	688	01:07:12.95
WARREN	LOMAX		36	M	960	01:12:05.88
RACHAEL	LOWE		29	F	649	00:58:52.96
MICHAEL	LUBE		50	M	803	00:56:20.47
PAUL	MACHELL		34	M	426	00:46:11.53
PETER	MACKRELL		38	M	1503	00:34:40.71
LUCY	MAGUIRE		28	F	595	00:56:17.50
DAVID	MARSH		60	M	885	00:47:17.58
SUZANNE	MASON	Sneyd Striders	46	F	587	01:12:54.63
GILLIAN	MATHEWS		57	F	609	00:50:35.00
GARY	MATTHEWS		43	M	345	00:53:00.12
CLAIRE	MATTHEWS		43	F	344	01:00:01.31
DEREK	MAYTUM		63	M	1050	01:12:31.87
ANDREW	MCALLISTER	Kirkby Milers AC	44	M	738	01:21:04.54
NATALIE	MCCARTHY		34	F	274	01:02:37.12
CHARLOTTE	MCCARTHY		44	F	576	01:08:56.22
RACHAEL	MCCLUSKEY		32	F	890	00:44:07.36
SADE	MCDONALD		34	F	657	01:02:32.67
ANDREW	MCDONNELL	Lonely Goat RC	44	M	510	00:43:14.75
EMILY	MCENNERNEY		27	F	323	00:57:35.75
SAMANTHA	MCGHEE		55	F	527	01:03:20.42
GAIL	MCKENNA	Wolverhampton & Bilst	42	F	178	00:56:06.93
SAM	MCKENZIE		30	M	1020	00:45:29.00
ADAM	MCLARNON		34	M	806	01:10:14.88
JAMES	MCLEOD	Accrington Road Runne	37	M	1028	00:36:11.29
JOHANNA	MCMANUS		38	F	461	00:55:53.91
MIKKI	MCMILLAN		40	F	838	01:02:18.64
TERRY	MCNULTY		53	M	889	00:55:10.76
ANTHONY	MELIA		31	M	701	00:49:42.38
KATHLEEN	MELLOR	Stoke F.I.T	61	F	888	01:07:23.62
GEOFFREY	MERRITT	Warrington Running Cl	60	M	119	01:11:11.87

3rd Female Overall Best Time

1st Lady Vet 55 Best Time

MICHELLE	METCALFE		48	F	474	01:06:26.81
JAYNE	METCALFE		50	F	982	01:10:52.62
NATALIE	MIDDLEMAS		41	F	931	00:52:32.51
JONATHAN	MILLER		27	M	978	00:44:39.43
JASON	MILLS		46	M	627	01:02:28.40
STEVEN	MILLWARD	Cheadle RC	47	M	434	01:04:59.68
JEANETTE	MITCHELL		41	F	673	01:30:45.51
NICOLA	MOLLOY		25	F	1029	01:00:00.29
ROBERT	MORGAN	Chorley AC & Tri Club	27	M	695	00:43:30.54
CATHERINE	MOSS		50	F	221	01:15:13.85
JENNIFER	MOSS		29	F	220	01:15:16.34
BEN	MOUSLEY		33	M	975	00:41:36.63
ALEC	MOUSLEY		61	M	976	00:54:12.98
BARRY	MUDD		70	M	559	01:15:27.62
PAUL	MULLER	Northern Masters AC	63	M	710	00:38:06.25
STUART	MULROONEY		38	M	932	00:52:32.23
CLAIRE	NEEDHAM	Kirkby Milers AC	57	F	731	01:08:58.13
MICHELLE	NEWALL		43	F	1003	00:50:21.59
SHIRLEY	NORRIS		66	F	774	01:09:00.58
ANTONY	NUNDY		53	M	986	01:10:09.67
DEBRA	NUNDY		53	F	987	01:10:09.67
ROSE	O'BRIEN		31	F	666	01:02:15.18
LIAM	O'BRIEN		34	M	665	01:06:04.19
CIAN	O'DONNELL		32	M	497	00:53:33.55
MICHAEL	O'DWYER		34	M	1026	00:52:37.20
PETE	O'NEILL		40	M	1025	00:45:24.85
CONNOR	O'BEIRNE		57	M	448	01:09:50.70
ORLA	O'BEIRNE		19	F	447	01:09:51.90
NIAMH	O'CALLAGHAN		15	F	1007	01:07:16.17
JESSIE	O'CALLAGHAN		15	F	1042	01:16:20.67
AMY	OBRIEN		37	F	1090	01:02:15.18
JOHN	OGG	Quays Running Club	45	M	782	00:56:58.72
RICH	OREILLY	Horwich RMI Harriers	53	M	699	00:40:45.24
DANNY	ORRELL	Wigan Phoenix	42	M	836	00:37:10.66
RACHEL	ORTON		40	F	442	00:50:21.03
CHARLIE	OSBORN		24	M	819	01:32:01.35
CHARLIE	OWEN	100 Marathon Club	60	M	531	00:56:04.22
MANDY	OWEN	North Wales RR	43	F	532	00:58:18.00
DANIEL	OWENS		33	M	589	00:40:02.27
ANDREW	PACKWOOD		32	M	800	00:53:26.20
LAURA	PACKWOOD		34	F	443	01:08:56.13
DAVID	PALEY		47	M	146	00:49:15.43
KATIE	PARKER		31	F	229	01:01:32.14
JAMES	PATTISON	Altrincham & District	39	M	1069	00:37:23.00
ADAM	PEACOCK		28	M	1504	00:31:43.70

1st Male Overall Best Time

KATIE	PEAL		38	F	912	01:11:13.51
STEVE	PEPPER		36	M	486	00:50:21.24
PAUL	PERKINS		44	M	953	00:45:22.96
STEVE	PERRY	Lancaster & Morecambe	65	M	585	00:46:19.21
SUZANNE	PETTITT		50	F	636	00:57:48.73
LISA	PLATT	Kirkby Milers AC	43	F	711	01:21:52.76
KAREN	PORTER	Stoke F.I.T	61	F	243	01:01:21.88
LOUISE	PORTER		45	F	818	01:10:59.32
LAUREN	POSTLETHWAITE		26	F	670	00:59:56.72
ADAM	POWELL	Congleton Harriers	36	M	566	00:46:38.29
BARRY	POWELL		57	M	259	00:58:45.96
RACHEL	PRESTON		48	F	528	01:04:22.68
STEPH	PRICE	Warrington Running Cl	35	F	1045	00:50:55.70
DANIEL	PRINCE		34	M	470	00:57:15.91
LAUREN	PRINCE	Chorley AC & Tri Club	16	F	901	00:58:45.96
CARL	PRINCE	Chorley AC & Tri Club	50	M	900	01:28:03.10
JAMIE	QUARRY		47	M	625	00:44:59.25
ANNETTE	QUARRY	Lancaster & Morecambe	51	F	624	00:53:28.40
BILLY	QUIGLEY		55	M	370	01:11:26.49
HAYLEY	QUINN		31	F	120	01:11:11.63
WILLIAM	QUINN	Kirkby Milers AC	51	M	733	01:21:41.07
SHARON	QUINN	Kirkby Milers AC	50	F	734	01:21:55.01
MARTIN	RENFREY		47	M	929	00:46:03.72
STEVE	REYNOLDS		51	M	564	00:48:04.83
LIZZI	REYNOLDS	Sandbach Striders	31	F	565	00:57:34.90
MOLLY	RHEAD		33	F	534	01:03:11.21
JOHN	RICHARDSON	Aycliffe Running Club	34	M	844	00:59:09.75
KATE	RIES		34	F	407	00:51:02.92
DEBBIE	RIMMER		51	F	902	00:57:10.40
CLAIRE	ROBERTS		29	F	943	01:08:58.09
CAI	ROBERTS	North Wales RR	37	M	466	00:48:12.82
GARY	ROBERTS		47	M	104	01:22:07.39
JULIE	ROBERTS	Fremington Trailblaze	47	F	105	01:22:08.09
REBECCA	ROBERTSON		28	F	874	00:57:06.27
JAMIE	ROBINSON	Preston Harriers	32	F	1011	00:37:53.76
CARRIE	ROBINSON		48	F	385	01:08:18.90
CHRISTOPHER	ROE	Redcar Running Club	46	M	158	00:53:13.55
ANDREW	ROGERS	Rochdale Tri Club	49	M	1013	00:39:50.15
ANTHONY	ROGERS		47	M	1031	00:46:36.47
DEL	ROLFE		49	M	692	00:53:12.94
KEITH	ROSCOE		52	M	1057	00:40:58.86
ALAN	ROTHWELL		60	M	1501	01:01:11.45
DIANE	ROWLANDS		46	F	965	00:50:33.44
IAN	ROWLANDS	Wirral AC	48	M	966	00:36:42.45
NICK	ROWLANDS		46	M	981	01:09:56.46

1st Female Overall Best Time

1st Male Vet 45 Best Time

SARAH	ROWNTREE		35	F	101	01:05:12.41
ANDY	RYLANCE		39	M	1046	00:50:55.99
ROBERT	SALTHOUSE	Vegan Runners UK	52	M	551	00:45:55.12
DAVID	SARGENT	Lancaster Runners	35	M	549	00:44:16.75
DAVID	SAUNDERS		31	M	392	00:54:41.25
LISA	SCHOLES	Fylde Coast Runners	43	F	356	00:49:42.28
SALLY	SCHOLEY		48	F	327	01:00:12.91
NICK	SEDDON		27	M	1067	00:51:05.98
SARAH	SEENEY		45	F	354	01:15:07.92
RICHARD	SHARPE	Thorney RC	55	M	511	00:51:58.29
BRIAN	SHAW	UKRunChat Running Club	39	M	548	01:03:45.41
RACHEL	SHAW	UKRunChat Running Club	39	F	547	01:03:46.83
DECLAN	SHERIDAN		51	M	847	01:03:55.43
DANIELLE	SIMONS		43	F	725	01:00:16.42
JON	SIMONS		52	M	726	00:58:03.48
GERALDINE	SIMPSON		46	F	984	01:06:34.74
LAURA	SIMPSON		45	F	646	01:17:37.88
LOUISA	SIMPSON-BROWN		41	F	685	01:07:19.96
KATIE	SKELTON	Running forcf	38	F	199	00:55:24.21
VICTORIA	SLINGER		41	F	706	01:03:07.41
SHARON	SMALLSHAW		50	F	941	00:59:08.08
CHRIS	SMITH		43	M	554	00:41:24.91
DAVID	SMITH		34	M	797	00:58:10.00
ALISON	SMITH	Stainland Lions Runni	55	F	202	00:58:32.14
LEWIS	SMITH		36	M	412	00:43:34.00
PAULA	SMITH	Wirral AC	50	F	802	01:05:04.17
ADAM	SMITH		20	M	386	01:08:17.90
CHERYL	SMITH		41	F	318	00:56:09.22
CAMERON	SMITH		43	M	798	00:59:13.89
PETE	SMITH		41	M	347	01:32:10.37
ALEXANDER	SPENCER		30	M	834	00:53:43.96
VICTORIA	SPENCER		49	F	230	01:21:44.86
DONNA	STAVERT		36	F	856	00:59:16.30
MICHELLE	STEER		51	F	669	01:18:12.12
JESS	STEER		18	F	668	01:18:10.97
BRETT	STEVENS	Fylde Coast Runners	46	M	903	01:01:30.53
DAVID	STODDERN		35	M	794	00:38:52.06
DEBORAH	STOKES		46	F	321	01:54:37.49
PETER	STRONG		57	M	264	01:13:02.15
STEPHANIE	STRONG		58	F	265	01:27:51.91
REBECCA	STYLES	Stockport Tri Club	48	F	471	01:06:28.87
LUKE	SUFFOLK	Preston Harriers	16	M	568	00:42:03.02
JOANNE	SULLIVAN		48	F	1085	00:50:50.72
VICTORIA	SWALLOW		27	F	227	01:01:27.96
LIZ	SWAN		42	F	993	01:38:49.30

ALISON	SWORDER		57	F	586	01:01:59.42
RICH	SYKES		32	M	335	00:54:06.54
TIMOTHY	SYLVESTER		36	M	814	00:45:10.52
GEORGE	SYLVESTER		31	M	815	00:52:13.56
JASON	TAPPING		46	M	772	00:50:48.03
MARK	TAYLOR	Redcar Running Club	39	M	163	00:43:41.71
BEN	TAYLORSON	Redcar Running Club	39	M	159	00:41:33.03
PETER	TEELING		46	M	1008	00:54:13.09
DEAN	THACKRAY	St Helens Striders	29	M	546	00:47:22.10
OLIVER	THOMAS	Skipton AC	41	M	451	00:48:22.77
GEORGE	THOMAS		25	M	1065	00:55:52.96
JACQUELINE	THOMASON		49	F	238	01:10:45.67
STEVE	THOMASSON	Horwich RMI Harriers	40	M	1035	00:46:43.26
KAY	THOMPSON	Warrington Running Cl	44	F	118	01:00:16.16
CALLUM	THORNHILL		26	M	671	00:59:49.96
LOUISE	TIDBURY	100 Marathon Club	41	F	861	00:53:30.43
AMBER	TIDMARSH		30	F	431	00:54:50.28
THOMAS	TIMSON		29	M	277	01:08:18.60
PAUL	TOWNSEND	Evenwood Road Runners	40	M	602	00:45:25.50
STEVEN	TRACEY	Warrington Road Runne	31	M	252	00:42:45.05
ROBBIE	TRECARICHI	Liverpool Running Bugs	45	M	997	00:50:45.24
LINDSAY	TRELFORD	Lonely Goat RC	39	F	488	01:08:46.66
SEAN	TRIGGS	Kirkby Milers AC	27	M	762	00:37:40.02
PETE	TSCHEREWIK		23	M	989	00:43:18.38
PAUL	TUCKER	Evenwood Road Runners	53	M	764	00:46:34.85
SAMANTHA	TUCKER	Evenwood Road Runners	48	F	765	01:06:04.72
CARLEY	TUNSTILL		41	F	853	01:08:06.67
PAUL	TUNSTILL		43	M	852	01:08:12.48
HEIDI	TURFREY		43	F	125	00:59:56.40
ALEX	VENABLES	Preston Harriers	37	M	1056	00:37:01.04
DOUGIE	WADDELL	Fylde Coast Runners	56	M	414	01:03:47.13
ANDREW	WALES		45	M	791	00:53:54.92
MARK	WALKER		41	M	638	00:52:22.94
SARAH	WALKER		45	F	949	01:04:48.48
ROB	WALLACE	Wesham Road Runners &	27	M	596	00:45:11.77
PAUL	WALMSLEY		22	M	948	01:08:50.98
CHRIS	WALTON	Accrington Road Runne	35	M	500	00:35:30.54
KERRY	WARD	Sneyd Striders	38	F	107	01:12:56.12
MARK	WARD	Sneyd Striders	41	M	108	00:54:46.70
HELEN	WARD	Sneyd Striders	36	F	109	01:03:48.64
NATALIE	WARNOCK		32	F	594	00:49:21.26
PAUL	WARRINGTON	Southport Waterloo AC	44	M	1018	00:43:47.00
CHARLES	WARRINGTON	Southport Waterloo AC	19	M	1019	01:01:23.91
CRAIG	WATSON		44	M	859	01:11:27.44
PAUL	WEALL	Wigan Phoenix	45	M	963	00:39:36.74

KARL	WELBORN	Birmingham Running At	38	M	1010	00:32:00.06	2nd Male Overall Best Time
SHAUN	WEST	Lonely Goat RC	41	M	597	00:46:08.23	
STEVE	WESTRAY		48	M	1030	00:58:46.79	
SINEADH	WHEELER		42	F	209	00:54:18.62	
REBECCA	WHITE	Swinton Running Club	37	F	473	00:56:40.49	
ELAINE	WHITEHEAD	Royton Road Runners	45	F	809	01:01:15.74	
DOMINIQUE	WHITEHEAD		22	F	703	01:08:09.55	
ANDREW	WHITEHEAD		59	M	702	01:08:09.86	
SARAH	WHITEMAN	South Leeds Lakers RC	36	F	493	01:38:41.97	
ZOE	WILCOCK		34	F	895	00:55:57.75	
SUZY	WILKES	Whitchurch Whippets	41	F	749	01:09:10.83	
EMMA	WILKINSON		42	F	604	00:58:44.70	
PAUL	WILLETTS	Walney Wind Cheetahs	53	M	343	00:47:34.47	
RICHARD	WILLIAMS		38	M	420	00:44:45.97	
GEORGE	WILLIAMS		70	M	754	00:49:33.20	
SHARON	WILLIAMS		51	F	172	01:07:37.66	
JASON	WILLIAMSON	Lonely Goat RC	49	M	1076	00:43:58.01	
DANIEL	WILSON		32	M	121	00:40:21.07	
NEIL	WILSON		40	M	1044	00:49:33.83	
GLENN	WILSON		50	M	501	01:09:16.86	
MARGARET	WILSON		70	F	1040	01:07:00.56	
GARY	WILTON		43	M	709	00:36:33.57	
JENNA	WINTER		30	F	805	01:10:15.63	
?	WINTERS		53	F	411	01:20:39.05	
BENJAMIN	WISEMAN		38	M	851	00:55:24.94	
MICHELLE	WOLFENDEN		46	F	995	01:03:50.72	
MYLES	WOODMAN		23	M	637	00:57:18.90	
IAN	WORTH		54	M	260	01:04:10.45	
RICHARD	WORTON		51	M	913	01:10:43.16	
TRACY	WROE	Radcliffe AC	58	F	413	01:08:38.27	
LAURA	WYDELL		33	F	353	01:09:25.87	
DIANE	WYLIE	Burnden Road Runners	49	F	647	01:03:39.45	
MARK	YARRANTON		55	M	290	01:03:46.94	
DAVID	YOUNG	Saltwell Harriers	34	M	898	00:33:38.94	