

EVENT RESULTS

Garstang 10k

Sunday 14th January 2018



OFFICIAL GUN TIMES							CHIP TIMES						
PLACE	BIB	NAME	CLUB	AGE	GENDER	TIME	PLACE	BIB	NAME	CLUB	AGE	GENDER	TIME
1	496	ROB WEBB	ROSSENDALE HARRIERS,	27	M	00:32:20.30	1	496	ROB WEBB	ROSSENDALE HARRIERS,	27	M	00:32:16.83
2	389	BEAU SMITH	RACEPACE,	24	M	00:34:21.20	2	389	BEAU SMITH	RACEPACE,	24	M	00:34:17.74
3	359	CALLUM ROWETT		23	M	00:34:46.02	3	359	CALLUM ROWETT		23	M	00:34:42.55
4	402	OSCAR STAPLETON	ILKLEY HARRIERS,	16	M	00:34:48.99	4	402	OSCAR STAPLETON	ILKLEY HARRIERS,	16	M	00:34:45.53
5	93	AMANDA CROOK	SOUTHPORT WATERLOO AC,	31	F	00:35:22.48	5	93	AMANDA CROOK	SOUTHPORT WATERLOO AC,	31	F	00:35:19.02
6	501	BRIAN DAVIES		55	M	00:35:46.23	6	501	BRIAN DAVIES		55	M	00:35:42.76
7	292	PAUL MULLER	NORTHERN VETERANS AC,	60	M	00:36:33.04	7	292	PAUL MULLER	NORTHERN VETERANS AC,	60	M	00:36:29.58
8	437	PAUL WATHAN	ERYRI HARRIERS,	29	M	00:36:55.76	8	437	PAUL WATHAN	ERYRI HARRIERS,	29	M	00:36:52.29
9	313	MARTIN OLDFIELD	DARWEN DASHERS RC,	49	M	00:37:23.71	9	313	MARTIN OLDFIELD	DARWEN DASHERS RC,	49	M	00:37:20.25
10	221	RICHARD M JONES	GARSTANG RC,	39	M	00:37:28.01	10	433	KEVIN WALLACE	CUMBERLAND AC,	44	M	00:37:24.21
11	324	DAVID PARKINSON	RED ROSE RUNNERS,	51	M	00:37:30.44	11	221	RICHARD M JONES	GARSTANG RC,	39	M	00:37:24.55
12	339	DAVE RAMSAY	BENTHAM BEAGLES RUNNING CLUB,	56	M	00:37:39.67	12	324	DAVID PARKINSON	RED ROSE RUNNERS,	51	M	00:37:26.98
13	358	CALVIN ROUTLEDGE	AMBLESIDE AC,	49	M	00:37:45.42	13	339	DAVE RAMSAY	BENTHAM BEAGLES RUNNING CLUB,	56	M	00:37:36.21
14	433	KEVIN WALLACE	CUMBERLAND AC,	44	M	00:37:54.35	14	358	CALVIN ROUTLEDGE	AMBLESIDE AC,	49	M	00:37:41.96
15	326	MIKE PAULEY	BENTHAM BEAGLES,	58	M	00:37:57.19	15	326	MIKE PAULEY	BENTHAM BEAGLES,	58	M	00:37:53.72
16	255	DAVID LORD	TRAWDEN AC,	56	M	00:38:00.98	16	255	DAVID LORD	TRAWDEN AC,	56	M	00:37:57.51
17	492	NEIL HOLDING	HORWICH RMI,	58	M	00:38:05.28	17	492	NEIL HOLDING	HORWICH RMI,	58	M	00:38:01.82
18	168	MARKO GVERO		49	M	00:38:07.73	18	168	MARKO GVERO		49	M	00:38:04.27
19	181	PAUL HETHERINGTON	WESHAM,	44	M	00:38:10.70	19	181	PAUL HETHERINGTON	WESHAM,	44	M	00:38:07.23
20	333	JOSE PINON SHAW	RED ROSE ROAD RUNNERS,	50	M	00:38:20.04	20	333	JOSE PINON SHAW	RED ROSE ROAD RUNNERS,	50	M	00:38:15.66
21	354	RICHARD ROSE-COULTHARD	WIGAN HARRIERS,	32	M	00:38:33.43	21	354	RICHARD ROSE-COULTHARD	WIGAN HARRIERS,	32	M	00:38:29.97
22	383	MATT SIMPSON	BLACKBURN RR,	37	M	00:38:35.19	22	230	DUNCAN KENNEDY	LIVERPOOL RUNNING CLUB,	40	M	00:38:31.96
23	230	DUNCAN KENNEDY	LIVERPOOL RUNNING CLUB,	40	M	00:38:35.42	23	189	KARL HODGSON	PRESTON HARRIERS,	29	M	00:38:33.31
24	189	KARL HODGSON	PRESTON HARRIERS,	29	M	00:38:36.93	24	383	MATT SIMPSON	BLACKBURN RR,	37	M	00:38:35.19
25	35	CHRIS BORON		28	M	00:38:46.44	25	35	CHRIS BORON		28	M	00:38:42.98
26	101	SEAN DAVIS		37	M	00:38:55.96	26	101	SEAN DAVIS		37	M	00:38:52.50
27	283	DOMINIC MOON	PRESTON HARRIERS,	28	M	00:39:14.19	27	283	DOMINIC MOON	PRESTON HARRIERS,	28	M	00:39:10.64
28	73	ROBERT CASSIDY		40	M	00:39:17.47	28	73	ROBERT CASSIDY		40	M	00:39:13.35
29	5	JOHN AGNEW	FYLDE COAST RUNNERS,	38	M	00:39:29.97	29	5	JOHN AGNEW	FYLDE COAST RUNNERS,	38	M	00:39:26.50
30	468	CHRIS WILLIAMS	RIVERSWAY ROADRUNNERS,	31	M	00:39:36.21	30	468	CHRIS WILLIAMS	RIVERSWAY ROADRUNNERS,	31	M	00:39:31.95
31	193	CHRIS HORNER	GARSTANG RUNNING CLUB,	43	M	00:39:43.68	31	193	CHRIS HORNER	GARSTANG RUNNING CLUB,	43	M	00:39:39.41
32	166	CARL GROOME	WESHAM,	49	M	00:39:49.21	32	166	CARL GROOME	WESHAM,	49	M	00:39:44.82
33	299	JOHN NAYLOR	RED ROSE ROAD RUNNERS,	37	M	00:40:38.47	33	299	JOHN NAYLOR	RED ROSE ROAD RUNNERS,	37	M	00:40:33.68
34	27	JAMES BELLIS	LIVERPOOL RUNNING CLUB,	29	M	00:40:51.98	34	27	JAMES BELLIS	LIVERPOOL RUNNING CLUB,	29	M	00:40:44.68

35	518	ROB HEGARTH		31	M	00:40:52.93	35	518	ROB HEGARTH		31	M	00:40:46.63
36	435	JAMIE WAREING		30	M	00:40:56.08	36	435	JAMIE WAREING		30	M	00:40:48.95
37	42	KAREN BRIDGE	EDEN RUNNERS,	48	F	00:40:56.66	37	42	KAREN BRIDGE	EDEN RUNNERS,	48	F	00:40:52.60
38	131	JONATHAN FINCH	RED ROSE ROAD RUNNERS,	34	M	00:41:02.22	38	131	JONATHAN FINCH	RED ROSE ROAD RUNNERS,	34	M	00:40:56.44
39	504	GARETH BEARD		37	M	00:41:11.64	39	504	GARETH BEARD		37	M	00:41:03.35
40	172	ANDREW HARLING	WESHAM ROAD RUNNERS,	37	M	00:41:14.41	40	438	PAUL WEARDEN		43	M	00:41:10.09
41	438	PAUL WEARDEN		43	M	00:41:16.89	41	172	ANDREW HARLING	WESHAM ROAD RUNNERS,	37	M	00:41:10.29
42	345	WAYNE REDMAN	ROCHDALE HARRIERS,	50	M	00:41:21.57	42	360	DAVE ROWLEY		39	M	00:41:11.81
43	519	PHIL MORRIS		33	M	00:41:34.18	43	345	WAYNE REDMAN	ROCHDALE HARRIERS,	50	M	00:41:15.52
44	360	DAVE ROWLEY		39	M	00:41:36.94	44	147	JASON GEORGE	STOCKPORT HARRIERS & AC,	45	M	00:41:16.94
45	4	ANDREW ACKLAM	PRESTON HARRIERS,	48	M	00:41:39.56	45	519	PHIL MORRIS		33	M	00:41:28.04
46	307	SIMON O'LEARY	RIVERSWAY ROAD RUNNERS,	41	M	00:41:39.91	46	307	SIMON O'LEARY	RIVERSWAY ROAD RUNNERS,	41	M	00:41:29.39
47	321	RAY PADGETT		65	M	00:41:45.64	47	4	ANDREW ACKLAM	PRESTON HARRIERS,	48	M	00:41:34.03
48	336	DOUGIE POTTER	PRESTON HARRIERS,	34	M	00:41:46.16	48	321	RAY PADGETT		65	M	00:41:37.50
49	396	FRASER SNAPE	TRAWDEN AC,	50	M	00:41:51.38	49	479	PETER WOODHOUSE		46	M	00:41:40.14
50	500	KENNETH BEAZLEY		59	M	00:41:56.39	50	336	DOUGIE POTTER	PRESTON HARRIERS,	34	M	00:41:41.37
51	479	PETER WOODHOUSE		46	M	00:42:00.44	51	396	FRASER SNAPE	TRAWDEN AC,	50	M	00:41:46.24
52	239	BOB LAUDER	FYLDE COAST RUNNERS,	55	M	00:42:02.63	52	500	KENNETH BEAZLEY		59	M	00:41:52.93
53	337	MARC POTTER	RIVERSWAY ROADRUNNERS,	41	M	00:42:05.14	53	337	MARC POTTER	RIVERSWAY ROADRUNNERS,	41	M	00:41:54.83
54	412	IAN TATE	LYTHAM ST ANNES RR CLUB,	40	M	00:42:07.38	54	381	STEVEN SIMPSON	FYLDE COAST RUNNERS,	39	M	00:41:57.01
55	274	MANOLO MENDOZA	RED ROSE ROAD RUNNERS,	46	M	00:42:11.65	55	239	BOB LAUDER	FYLDE COAST RUNNERS,	55	M	00:41:57.10
56	279	RYAN MEWIS		35	M	00:42:14.17	56	412	IAN TATE	LYTHAM ST ANNES RR CLUB,	40	M	00:41:58.49
57	214	SARAH JEPSON		36	F	00:42:16.41	57	279	RYAN MEWIS		35	M	00:41:59.79
58	147	JASON GEORGE	STOCKPORT HARRIERS & AC,	45	M	00:42:17.07	58	395	DENNIS SMITH	TRAWDEN,	60	M	00:42:04.30
59	395	DENNIS SMITH	TRAWDEN,	60	M	00:42:19.94	59	274	MANOLO MENDOZA	RED ROSE ROAD RUNNERS,	46	M	00:42:07.53
60	212	BILL JAMBOR		55	M	00:42:21.49	60	212	BILL JAMBOR		55	M	00:42:10.53
61	413	WILL TATE		28	M	00:42:22.16	61	442	ROBERT WELLS	BEDFORD HARRIERS AC,	71	M	00:42:10.80
62	229	TOM KELSALL		28	M	00:42:23.90	62	214	SARAH JEPSON		36	F	00:42:12.95
63	242	PHILIP LAWRENSON		48	M	00:42:26.13	63	229	TOM KELSALL		28	M	00:42:17.27
64	430	DAVID WALKER	LANCASTER & MORECAMBE AC,	58	M	00:42:32.65	64	242	PHILIP LAWRENSON		48	M	00:42:17.75
65	442	ROBERT WELLS	BEDFORD HARRIERS AC,	71	M	00:42:35.43	65	413	WILL TATE		28	M	00:42:17.90
66	116	STEPHEN DUNN	BLACKPOOL,	40	M	00:42:37.63	66	430	DAVID WALKER	LANCASTER & MORECAMBE AC,	58	M	00:42:29.19
67	241	HELEN LAWRENSON	WESHAM RR,	48	F	00:42:39.91	67	116	STEPHEN DUNN	BLACKPOOL,	40	M	00:42:32.57
68	381	STEVEN SIMPSON	FYLDE COAST RUNNERS,	39	M	00:42:42.06	68	241	HELEN LAWRENSON	WESHAM RR,	48	F	00:42:33.83
69	203	MARK HURST	ENGLAND ATHLETICS - MADRUNNERS,	36	M	00:42:47.14	69	203	MARK HURST	ENGLAND ATHLETICS - MADRUNNERS,	36	M	00:42:37.82
70	391	STUART SMITH	RED ROSE ROAD RUNNERS,	41	M	00:42:49.07	70	141	PETER GALE	SOUTHPORT WATERLOO AC,	28	M	00:42:38.87
71	409	ALLAN SUMNER	LANCASTER & MORECAMBE,	49	M	00:42:55.17	71	391	STUART SMITH	RED ROSE ROAD RUNNERS,	41	M	00:42:41.26
72	141	PETER GALE	SOUTHPORT WATERLOO AC,	28	M	00:43:08.18	72	409	ALLAN SUMNER	LANCASTER & MORECAMBE,	49	M	00:42:44.22
73	508	MARK HILLAM		32	M	00:43:11.65	73	370	EMMA SHARPLES	SWINTON RUNNING CLUB,	36	F	00:42:52.02
74	310	MICHAEL ODDIE	RED ROSE ROAD RUNNERS,	44	M	00:43:19.43	74	508	MARK HILLAM		32	M	00:42:58.60
75	370	EMMA SHARPLES	SWINTON RUNNING CLUB,	36	F	00:43:20.88	75	486	PAUL YATES	TOWERS AND GORNALL,	45	M	00:43:09.12
76	486	PAUL YATES	TOWERS AND GORNALL,	45	M	00:43:25.17	76	61	THOMAS BURTON		37	M	00:43:09.32
77	61	THOMAS BURTON		37	M	00:43:27.63	77	310	MICHAEL ODDIE	RED ROSE ROAD RUNNERS,	44	M	00:43:11.05
78	115	RICHARD DUNCAN	LANCASTER RUNNERS,	36	M	00:43:27.63	78	213	JILL JEFFERSON	RED ROSE ROAD RUNNERS,	59	F	00:43:16.51

79	421	NICOLA UNSWORTH	BLACKPOOL WYRE & FYLDE AC,	47	F	00:43:28.40	79	421	NICOLA UNSWORTH	BLACKPOOL WYRE & FYLDE AC,	47	F	00:43:16.60
80	51	LIBERTY BRYAN	CHORLEY AC AND TRIATHLON CLUB,	18	F	00:43:29.15	80	115	RICHARD DUNCAN	LANCASTER RUNNERS,	36	M	00:43:18.58
81	213	JILL JEFFERSON	RED ROSE ROAD RUNNERS,	59	F	00:43:29.15	81	410	SARAH SUTCLIFFE	RED ROSE ROAD RUNNERS,	28	F	00:43:19.98
82	410	SARAH SUTCLIFFE	RED ROSE ROAD RUNNERS,	28	F	00:43:31.62	82	390	JIM SMITH		47	M	00:43:21.85
83	179	DAVE HESLOP	GARSTANG RC,	57	M	00:43:34.19	83	179	DAVE HESLOP	GARSTANG RC,	57	M	00:43:24.87
84	390	JIM SMITH		47	M	00:43:44.73	84	51	LIBERTY BRYAN	CHORLEY AC AND TRIATHLON CLUB,	18	F	00:43:25.68
85	173	MICHAEL HARRISON	HOWGILL HARRIERS,	55	M	00:43:45.15	85	20	NIGEL BARNES	GARSTANG RUNNING CLUB,	54	M	00:43:31.76
86	341	CHRISTOPHER RAWCLIFFE		39	M	00:43:45.66	86	341	CHRISTOPHER RAWCLIFFE		39	M	00:43:32.60
87	183	GARY HEYWORTH	RIVERSWAY ROAD RUNNERS,	52	M	00:43:47.14	87	34	JOHN BOOTHMAN	BARLICK FELL RUNNERS,	55	M	00:43:36.49
88	34	JOHN BOOTHMAN	BARLICK FELL RUNNERS,	55	M	00:43:51.13	88	183	GARY HEYWORTH	RIVERSWAY ROAD RUNNERS,	52	M	00:43:36.84
89	20	NIGEL BARNES	GARSTANG RUNNING CLUB,	54	M	00:43:51.64	89	173	MICHAEL HARRISON	HOWGILL HARRIERS,	55	M	00:43:40.27
90	415	RAY TAYLOR	RED ROSE R R,	67	M	00:43:52.41	90	222	CHRISTOPHER JOPSON	RIVERSWAY ROAD RUNNERS,	36	M	00:43:41.62
91	222	CHRISTOPHER JOPSON	RIVERSWAY ROAD RUNNERS,	36	M	00:43:52.56	91	509	PHILLIP FAWCETT	LANCASTER RUNNERS,	49	M	00:43:43.35
92	90	JAMES CORNALL	GARSTANG RUNNING CLUB,	32	M	00:43:52.56	92	415	RAY TAYLOR	RED ROSE R R,	67	M	00:43:46.27
93	472	SIMON WILSON	LONSDALE FELL RUNNERS,	60	M	00:43:57.93	93	90	JAMES CORNALL	GARSTANG RUNNING CLUB,	32	M	00:43:47.02
94	509	PHILLIP FAWCETT	LANCASTER RUNNERS,	49	M	00:44:05.41	94	472	SIMON WILSON	LONSDALE FELL RUNNERS,	60	M	00:43:50.80
95	285	GEMMA MORGANS	ERYRI HARRIERS,	28	F	00:44:08.18	95	247	TYRONE LEWIS	DALLAM RUNNING CLUB,	51	M	00:43:51.57
96	94	LIZ CROSLAND		45	F	00:44:09.12	96	308	GREG O'BRIEN	PRESTON HARRIERS,	48	M	00:44:00.50
97	247	TYRONE LEWIS	DALLAM RUNNING CLUB,	51	M	00:44:10.87	97	266	CRAIG MCDUGALL		29	M	00:44:02.76
98	266	CRAIG MCDUGALL		29	M	00:44:12.38	98	94	LIZ CROSLAND		45	F	00:44:03.08
99	308	GREG O'BRIEN	PRESTON HARRIERS,	48	M	00:44:13.55	99	285	GEMMA MORGANS	ERYRI HARRIERS,	28	F	00:44:03.80
100	296	ANGUS MURRAY	LANCASTER AND MORECAMBE,	65	M	00:44:35.92	100	296	ANGUS MURRAY	LANCASTER AND MORECAMBE,	65	M	00:44:17.37
101	443	JOHN WELSHMAN		54	M	00:44:38.39	101	443	JOHN WELSHMAN		54	M	00:44:24.09
102	102	PETER DAVISON	GLAXO HOAD HILL HARRIERS,	52	M	00:45:06.96	102	102	PETER DAVISON	GLAXO HOAD HILL HARRIERS,	52	M	00:44:53.14
103	491	STEVE BOARDMAN	PRESTON HARRIERS,	44	M	00:45:06.96	103	491	STEVE BOARDMAN	PRESTON HARRIERS,	44	M	00:45:01.90
104	512	ADRIAN GODDARD		48	M	00:45:13.86	104	512	ADRIAN GODDARD		48	M	00:45:03.34
105	507	NICOLA CLARK	GARSTANG RC,	42	F	00:45:17.86	105	507	NICOLA CLARK	GARSTANG RC,	42	F	00:45:06.47
106	505	DAVID NICHOLS	DALLAM RC,	37	M	00:45:21.86	106	10	DEREK APPLETON		42	M	00:45:08.07
107	85	PAUL COBHAM		33	M	00:45:26.41	107	505	DAVID NICHOLS	DALLAM RC,	37	M	00:45:08.73
108	10	DEREK APPLETON		42	M	00:45:27.38	108	240	SAMUEL LAWRENCE	RIVERSWAY ROAD RUNNERS,	36	M	00:45:18.02
109	240	SAMUEL LAWRENCE	RIVERSWAY ROAD RUNNERS,	36	M	00:45:31.84	109	85	PAUL COBHAM		33	M	00:45:18.12
110	196	DAVE HORTON		50	M	00:45:34.10	110	196	DAVE HORTON		50	M	00:45:29.21
111	152	LOUISE GODDARD	LANCASTER & MORECAMBE,	50	F	00:45:42.10	111	309	STUART O'CONNOR		50	M	00:45:33.07
112	408	SAMANTHA SUGDEN	EDEN RUNNERS,	37	F	00:45:47.92	112	152	LOUISE GODDARD	LANCASTER & MORECAMBE,	50	F	00:45:35.47
113	309	STUART O'CONNOR		50	M	00:45:51.91	113	408	SAMANTHA SUGDEN	EDEN RUNNERS,	37	F	00:45:38.03
114	314	KERRY OLDFIELD	KENDAL AMATEUR ATHLETIC CLUB,	41	F	00:46:01.94	114	366	CRAIG SAWERS	CHORLEY AC AND TRIATHLON CLUB,	41	M	00:45:49.01
115	366	CRAIG SAWERS	CHORLEY AC AND TRIATHLON CLUB,	41	M	00:46:08.40	115	314	KERRY OLDFIELD	KENDAL AMATEUR ATHLETIC CLUB,	41	F	00:45:55.13
116	403	ANDREW STELL	RED ROSE ROADRUNNERS,	47	M	00:46:13.21	116	136	JONATHAN FORD		32	M	00:45:58.23
117	136	JONATHAN FORD		32	M	00:46:17.61	117	403	ANDREW STELL	RED ROSE ROADRUNNERS,	47	M	00:46:00.65
118	15	MATT ASHTON	RED ROSE ROAD RUNNERS,	49	M	00:46:18.13	118	198	NEIL GREGSON	WESHAM RR,	33	M	00:46:04.72
119	452	BRENDAN WHYATT	CHORLEY AC AND TRIATHLON CLUB,	51	M	00:46:18.86	119	15	MATT ASHTON	RED ROSE ROAD RUNNERS,	49	M	00:46:09.50
120	32	STEPHEN BISCOB	CLAYTON-LE-MOORS HARRIERS,	64	M	00:46:20.35	120	32	STEPHEN BISCOB	CLAYTON-LE-MOORS HARRIERS,	64	M	00:46:09.70
121	38	MARTIN BRADY	CLAYTON LE MOORS HARRIERS,	55	M	00:46:22.85	121	452	BRENDAN WHYATT	CHORLEY AC AND TRIATHLON CLUB,	51	M	00:46:10.95
122	164	ANN GRIFFITHS	FYLDE COAST RUNNERS,	56	F	00:46:26.36	122	38	MARTIN BRADY	CLAYTON LE MOORS HARRIERS,	55	M	00:46:12.55

123	423	VICKY VAN DEN BIGGELAAR	WOMEN ON THE RUN,	45	F	00:46:32.66	123	164	ANN GRIFFITHS	FYLDE COAST RUNNERS,	56	F	00:46:13.97
124	503	TERRY MOSS		45	M	00:46:36.65	124	423	VICKY VAN DEN BIGGELAAR	WOMEN ON THE RUN,	45	F	00:46:14.79
125	39	STEPHEN BRAITHWAITE	KENDAL AAC,	45	M	00:46:37.78	125	39	STEPHEN BRAITHWAITE	KENDAL AAC,	45	M	00:46:16.15
126	198	NEIL GREGSON	WESHAM RR,	33	M	00:46:41.85	126	503	TERRY MOSS		45	M	00:46:26.27
127	33	MARK BOND	CHORLEY ATHLETIC AND TRI,	34	M	00:46:42.85	127	226	JIM KARRAN		34	M	00:46:31.73
128	122	SAMANTHA EDWARDS	RED ROSE ROAD RUNNERS,	31	F	00:46:45.67	128	33	MARK BOND	CHORLEY ATHLETIC AND TRI,	34	M	00:46:33.53
129	495	GEMMA GREENWOOD	LANCASTER RUNNERS,	35	F	00:46:51.09	129	278	RUTH MEWIS		37	F	00:46:37.23
130	278	RUTH MEWIS		37	F	00:46:51.87	130	169	ANDREW HALLADAY		59	M	00:46:37.32
131	87	LAURA CONN		29	F	00:46:57.58	131	122	SAMANTHA EDWARDS	RED ROSE ROAD RUNNERS,	31	F	00:46:37.85
132	226	JIM KARRAN		34	M	00:47:00.59	132	87	LAURA CONN		29	F	00:46:39.03
133	401	DAN STAPLETON		42	M	00:47:02.66	133	401	DAN STAPLETON		42	M	00:46:40.36
134	477	JOHN WISEMAN	RED ROSE ROAD RUNNERS,	53	M	00:47:09.39	134	477	JOHN WISEMAN	RED ROSE ROAD RUNNERS,	53	M	00:46:40.53
135	169	ANDREW HALLADAY		59	M	00:47:13.62	135	362	SIMON RUSSELL		34	M	00:46:43.63
136	362	SIMON RUSSELL		34	M	00:47:18.51	136	495	GEMMA GREENWOOD	LANCASTER RUNNERS,	35	F	00:46:45.55
137	180	STEVEN HESP	LIVERPOOL RUNNING CLUB,	33	M	00:47:26.33	137	454	DAVID WILKINSON	LANCASTER & MORECAMBE,	58	M	00:46:51.95
138	199	NIKOLETTA HUDAK	RED ROSE ROAD RUNNERS,	35	F	00:47:27.59	138	120	ANDREW EASTERBY	BENTHAM BEAGLES RUNNING CLUB,	60	M	00:47:06.79
139	320	GEMMA OWEN	WESHAM ROAD RUNNERS,	37	F	00:47:31.65	139	199	NIKOLETTA HUDAK	RED ROSE ROAD RUNNERS,	35	F	00:47:10.20
140	120	ANDREW EASTERBY	BENTHAM BEAGLES RUNNING CLUB,	60	M	00:47:39.43	140	506	CHRIS AINSWORTH		39	M	00:47:12.73
141	506	CHRIS AINSWORTH		39	M	00:47:40.36	141	320	GEMMA OWEN	WESHAM ROAD RUNNERS,	37	F	00:47:13.77
142	318	DARYL ORMEROD		36	M	00:47:42.26	142	180	STEVEN HESP	LIVERPOOL RUNNING CLUB,	33	M	00:47:18.70
143	454	DAVID WILKINSON	LANCASTER & MORECAMBE,	58	M	00:47:46.33	143	318	DARYL ORMEROD		36	M	00:47:24.38
144	1	JAMES ABBEY		35	M	00:47:56.94	144	105	THOMAS DILLON		35	M	00:47:28.80
145	300	STUART NEVIN	LMAC,	43	M	00:47:58.62	145	16	PAULA ASKEW		42	F	00:47:30.30
146	513	ALAN ARCHER	CLAYTON LE MOORS H,	59	M	00:48:00.63	146	328	NEIL PEDDER	N/A,	43	M	00:47:38.27
147	105	THOMAS DILLON		35	M	00:48:02.60	147	300	STUART NEVIN	LMAC,	43	M	00:47:39.79
148	228	NIGEL KELSALL		43	M	00:48:03.34	148	513	ALAN ARCHER	CLAYTON LE MOORS H,	59	M	00:47:41.48
149	16	PAULA ASKEW		42	F	00:48:05.85	149	228	NIGEL KELSALL		43	M	00:47:45.29
150	405	RICHARD STOREY	LYTHAM ST ANNES ROAD RUNNERS,	46	M	00:48:10.66	150	1	JAMES ABBEY		35	M	00:47:47.80
151	397	BRIAN SPEAKE		48	M	00:48:20.57	151	405	RICHARD STOREY	LYTHAM ST ANNES ROAD RUNNERS,	46	M	00:47:53.61
152	328	NEIL PEDDER	N/A,	43	M	00:48:21.32	152	176	PHILIP HAYES	THORNTON-CLEVELEYS,	50	M	00:47:56.98
153	516	DAVID COLLINSON		56	M	00:48:24.18	153	397	BRIAN SPEAKE		48	M	00:47:57.44
154	271	PAUL MCKENNY		54	M	00:48:28.33	154	478	STEVE PHYSILK		45	M	00:48:01.03
155	176	PHILIP HAYES	THORNTON-CLEVELEYS,	50	M	00:48:29.04	155	439	MICHELLE WEIR		41	F	00:48:01.52
156	191	BEN HOPES		38	M	00:48:32.10	156	175	SIMON HAWTIN		55	M	00:48:01.71
157	175	SIMON HAWTIN		55	M	00:48:32.76	157	271	PAUL MCKENNY		54	M	00:48:05.95
158	340	KATIE RAWCLIFFE		39	F	00:48:34.27	158	191	BEN HOPES		38	M	00:48:06.05
159	439	MICHELLE WEIR		41	F	00:48:38.57	159	110	GRAHAM DOWNS		41	M	00:48:08.43
160	478	STEVE PHYSILK		45	M	00:48:40.83	160	340	KATIE RAWCLIFFE		39	F	00:48:20.39
161	380	PETER SIMPSON	LIVERPOOL HARRIERS AND AC,	70	M	00:48:43.11	161	516	DAVID COLLINSON		56	M	00:48:20.71
162	485	MATT YATES		43	M	00:48:49.88	162	380	PETER SIMPSON	LIVERPOOL HARRIERS AND AC,	70	M	00:48:28.47
163	201	ALAN HUDSON	WESHAM ROAD RUNNERS & AC,	68	M	00:48:52.39	163	201	ALAN HUDSON	WESHAM ROAD RUNNERS & AC,	68	M	00:48:31.33
164	190	ZOE HOOTON	LANCASTER & MORECAMBE AC,	32	F	00:48:53.08	164	485	MATT YATES		43	M	00:48:34.08
165	330	STEVE PERRY	LANCASTER & MORECAMBE,	60	M	00:48:53.59	165	137	JONATHAN FORD		41	M	00:48:34.23
166	110	GRAHAM DOWNS		41	M	00:48:55.57	166	190	ZOE HOOTON	LANCASTER & MORECAMBE AC,	32	F	00:48:35.53

167	106	KEVIN DILLON	FYLDE,	59	M	00:49:06.15	167	330	STEVE PERRY	LANCASTER & MORECAMBE,	60	M	00:48:36.94
168	244	EMMA LAWRENSON		45	F	00:49:06.67	168	56	STEVE BURGESS	THORNTON CLEVELEYS RUNNING CLUB,	57	M	00:48:40.30
169	137	JONATHAN FORD		41	M	00:49:07.35	169	65	CLAIRE CAPEWELL		41	F	00:48:42.38
170	56	STEVE BURGESS	THORNTON CLEVELEYS RUNNING CLUB,	57	M	00:49:11.78	170	267	KEN MCGRATTAN	BENTHAM BEAGLES RUNNING CLUB,	46	M	00:48:45.83
171	267	KEN MCGRATTAN	BENTHAM BEAGLES RUNNING CLUB,	46	M	00:49:18.13	171	244	EMMA LAWRENSON		45	F	00:48:46.52
172	65	CLAIRE CAPEWELL		41	F	00:49:20.90	172	106	KEVIN DILLON	FYLDE,	59	M	00:48:57.86
173	167	STEPHEN GROVES		37	M	00:49:21.59	173	167	STEPHEN GROVES		37	M	00:48:58.71
174	487	GLENN YOUENS	ISABELLA ROSE FOUNDATION,	31	M	00:49:23.60	174	427	JACQUES VERITE	HIGH PARK RUNNING CLUB,	21	M	00:49:01.86
175	325	GEOFF PARR	ISABELLA ROSE FOUNDATION,	35	M	00:49:24.25	175	268	CHRISTINA MCGUIRE	LANCASTER & MORECAMBE AC,	55	F	00:49:01.98
176	268	CHRISTINA MCGUIRE	LANCASTER & MORECAMBE AC,	55	F	00:49:29.61	176	487	GLENN YOUENS	ISABELLA ROSE FOUNDATION,	31	M	00:49:08.30
177	368	KELLY SEWARD	LANCASTER RUNNERS,	38	F	00:49:32.35	177	325	GEOFF PARR	ISABELLA ROSE FOUNDATION,	35	M	00:49:08.96
178	100	COLIN DAVIES	ALTRINCHAM & DISTRICT AC,	68	M	00:49:34.50	178	399	EMILY STAPLETON	LANCASTER & MORECAMBE AC,	46	F	00:49:15.19
179	399	EMILY STAPLETON	LANCASTER & MORECAMBE AC,	46	F	00:49:37.57	179	483	BEN WRIGLEY	WESHAM ROAD RUNNERS,	37	M	00:49:19.86
180	514	ANDY HOLDING		34	M	00:49:40.06	180	82	MICHAEL CHRISTOPHER		47	M	00:49:21.55
181	323	ALISON PARKINSON	RED ROSE RUNNERS,	51	F	00:49:40.60	181	514	ANDY HOLDING		34	M	00:49:22.01
182	427	JACQUES VERITE	HIGH PARK RUNNING CLUB,	21	M	00:49:43.74	182	368	KELLY SEWARD	LANCASTER RUNNERS,	38	F	00:49:22.05
183	82	MICHAEL CHRISTOPHER		47	M	00:49:47.12	183	89	MARK CORLESS		47	M	00:49:23.33
184	483	BEN WRIGLEY	WESHAM ROAD RUNNERS,	37	M	00:49:50.91	184	97	NEIL CRUICKSHANK		47	M	00:49:24.16
185	253	DANNY LOGUE		65	M	00:49:51.59	185	253	DANNY LOGUE		65	M	00:49:28.74
186	97	NEIL CRUICKSHANK		47	M	00:50:05.34	186	100	COLIN DAVIES	ALTRINCHAM & DISTRICT AC,	68	M	00:49:30.11
187	284	JOHN MOORE	HALIFAX HARRIERS & AC,	48	M	00:50:06.85	187	323	ALISON PARKINSON	RED ROSE RUNNERS,	51	F	00:49:32.31
188	384	AMANDA SINGLETON	EDEN RUNNERS,	48	F	00:50:10.87	188	146	ANTONY GENOVESE		53	M	00:49:33.95
189	89	MARK CORLESS		47	M	00:50:17.63	189	284	JOHN MOORE	HALIFAX HARRIERS & AC,	48	M	00:49:40.80
190	146	ANTONY GENOVESE		53	M	00:50:20.24	190	311	NOEL O'KELLY	FYLDE COAST RUNNERS,	31	M	00:49:46.55
191	311	NOEL O'KELLY	FYLDE COAST RUNNERS,	31	M	00:50:24.59	191	384	AMANDA SINGLETON	EDEN RUNNERS,	48	F	00:49:58.56
192	36	SUZANNE BOYLE	WALNEY WIND CHEETAHS,	46	F	00:50:25.42	192	236	ULLY KRITZLER		46	M	00:50:00.58
193	31	LIAM BETNEY		30	M	00:50:26.25	193	424	JIMMY VAUDREY		33	M	00:50:06.27
194	447	SINEADH WHEELER		39	F	00:50:39.14	194	456	JOHN WILKINSON		43	M	00:50:08.53
195	114	ANDREW DUFFY	TRAWDEN AC,	21	M	00:50:43.12	195	36	SUZANNE BOYLE	WALNEY WIND CHEETAHS,	46	F	00:50:14.47
196	348	EMMA REYNOLDS	RIVERSWAY ROAD RUNNERS,	34	F	00:50:44.35	196	31	LIAM BETNEY		30	M	00:50:16.63
197	143	IAN GAUNT		36	M	00:50:44.99	197	447	SINEADH WHEELER		39	F	00:50:18.26
198	456	JOHN WILKINSON		43	M	00:50:47.83	198	114	ANDREW DUFFY	TRAWDEN AC,	21	M	00:50:21.07
199	170	BRIAN HANLEY	RED ROSE ROAD RUNNERS,	51	M	00:50:49.35	199	385	STEVE SINGLETON	TRI ENGLAND,	46	M	00:50:22.01
200	303	JILL NICKSON	TOWERS AND GORNALL,	50	F	00:50:53.16	200	371	VICKI ROGERSON	BENTHAM BEAGLES,	29	F	00:50:22.20
201	424	JIMMY VAUDREY		33	M	00:50:53.16	201	502	SUE ARNOTT	BENTHAM BEAGLES,	58	F	00:50:24.53
202	236	ULLY KRITZLER		46	M	00:50:56.63	202	66	STEPHEN CARR	SWINTON RUNNING CLUB,	43	M	00:50:31.26
203	385	STEVE SINGLETON	TRI ENGLAND,	46	M	00:51:01.06	203	195	PHIL HORNER	GARSTANG RC,	45	M	00:50:32.21
204	182	CHRIS HEWITT	SOUTHPORT WATERLOO AC,	39	M	00:51:01.31	204	143	IAN GAUNT		36	M	00:50:32.43
205	371	VICKI ROGERSON	BENTHAM BEAGLES,	29	F	00:51:01.58	205	170	BRIAN HANLEY	RED ROSE ROAD RUNNERS,	51	M	00:50:32.70
206	66	STEPHEN CARR	SWINTON RUNNING CLUB,	43	M	00:51:01.81	206	411	JOHN SWIFT	CHORLEY AC & TRI,	78	M	00:50:33.02
207	502	SUE ARNOTT	BENTHAM BEAGLES,	58	F	00:51:03.59	207	348	EMMA REYNOLDS	RIVERSWAY ROAD RUNNERS,	34	F	00:50:36.06
208	411	JOHN SWIFT	CHORLEY AC & TRI,	78	M	00:51:05.32	208	182	CHRIS HEWITT	SOUTHPORT WATERLOO AC,	39	M	00:50:37.64
209	511	PHILIP LEAVER	WESHAM RR,	64	M	00:51:11.38	209	303	JILL NICKSON	TOWERS AND GORNALL,	50	F	00:50:38.02
210	129	JOHN FAY	ROCHDALE TRI CLUB,	37	M	00:51:13.07	210	461	JOHN WILLETT	TOWERS + GORNALL,	37	M	00:50:43.78

211	357	ABIGAIL ROUTLEDGE		19	F	00:51:16.40	211	511	PHILIP LEAVER	WESHAM RR,	64	M	00:50:50.51
212	112	WENDY DRAKE		50	F	00:51:17.07	212	132	TIM FISHER		45	M	00:50:51.24
213	132	TIM FISHER		45	M	00:51:20.09	213	22	JAMES BATTERSBY		46	M	00:50:51.26
214	378	MARK SIMMILL		56	M	00:51:22.07	214	378	MARK SIMMILL		56	M	00:50:57.00
215	195	PHIL HORNER	GARSTANG RC,	45	M	00:51:23.34	215	129	JOHN FAY	ROCHDALE TRI CLUB,	37	M	00:50:57.93
216	461	JOHN WILLETT	TOWERS + GORNALL,	37	M	00:51:28.08	216	112	WENDY DRAKE		50	F	00:51:00.02
217	398	CAROLINE SQUIRES	LANCASTER RUNNERS,	56	F	00:51:34.83	217	357	ABIGAIL ROUTLEDGE		19	F	00:51:02.70
218	382	KAREN SIMPSON		47	F	00:51:36.81	218	260	JANE MATTHEWMAN	BLACKBURN ROAD RUNNERS,	36	F	00:51:03.32
219	165	DYLAN GRINDLEY	CHORLEY AC AND TRIATHLON CLUB,	23	M	00:51:41.59	219	235	ALEX KILPATRICK		32	M	00:51:03.64
220	489	SIMON DAVID YOUNG	WESHAM ROAD RUNNERS & AC,	70	M	00:51:44.22	220	382	KAREN SIMPSON		47	F	00:51:08.51
221	235	ALEX KILPATRICK		32	M	00:51:44.82	221	363	CHARLES SATTERLY	LANCASTER & MORECAMBE AC,	50	M	00:51:15.49
222	22	JAMES BATTERSBY		46	M	00:51:46.32	222	489	SIMON DAVID YOUNG	WESHAM ROAD RUNNERS & AC,	70	M	00:51:20.16
223	363	CHARLES SATTERLY	LANCASTER & MORECAMBE AC,	50	M	00:51:51.29	223	165	DYLAN GRINDLEY	CHORLEY AC AND TRIATHLON CLUB,	23	M	00:51:21.70
224	436	MIKE WARRINER		41	M	00:51:53.37	224	398	CAROLINE SQUIRES	LANCASTER RUNNERS,	56	F	00:51:26.01
225	260	JANE MATTHEWMAN	BLACKBURN ROAD RUNNERS,	36	F	00:51:54.34	225	436	MIKE WARRINER		41	M	00:51:41.81
226	476	MARK WINSTANLEY	TOWERS & GORNALL LTD,	30	M	00:52:02.29	226	187	DAWN HODGKINS		49	F	00:51:43.61
227	187	DAWN HODGKINS		49	F	00:52:11.91	227	476	MARK WINSTANLEY	TOWERS & GORNALL LTD,	30	M	00:51:46.92
228	162	JOHN GREENWOOD		63	M	00:52:17.65	228	270	PETER MCKAY		59	M	00:51:50.27
229	270	PETER MCKAY		59	M	00:52:18.82	229	297	KRIS MYERS		44	M	00:51:50.74
230	469	PAUL WILLIS		44	M	00:52:22.29	230	162	JOHN GREENWOOD		63	M	00:51:55.27
231	312	LOUISE OLDFIELD	DARWEN DASHERS RC,	47	F	00:52:26.05	231	43	GAIL BRISTO BRISTO	RED ROSE ROAD RUNNERS,	47	F	00:51:57.71
232	108	CAROLYN DOUGLASS	RED ROSE RR,	72	F	00:52:33.11	232	434	MARK WARDLEY	FYLDE COAST RUNNERS,	48	M	00:51:58.44
233	43	GAIL BRISTO BRISTO	RED ROSE ROAD RUNNERS,	47	F	00:52:36.58	233	404	PAULA STELL	RED ROSE ROADRUNNERS,	45	F	00:52:00.25
234	414	JANE TAYLOR	WOMEN ON THE RUN,	49	F	00:52:37.31	234	80	ALAN CHESTERS	BENTHAM BEAGLES RUNNING CLUB,	65	M	00:52:07.18
235	434	MARK WARDLEY	FYLDE COAST RUNNERS,	48	M	00:52:37.31	235	469	PAUL WILLIS		44	M	00:52:08.47
236	80	ALAN CHESTERS	BENTHAM BEAGLES RUNNING CLUB,	65	M	00:52:42.57	236	206	CHRISTINE HYDE	CHORLTON RUNNERS,	35	F	00:52:11.26
237	404	PAULA STELL	RED ROSE ROADRUNNERS,	45	F	00:52:44.30	237	237	SCOTT LAMOURY	TOWERS AND GORNALL,	18	M	00:52:14.00
238	206	CHRISTINE HYDE	CHORLTON RUNNERS,	35	F	00:52:48.56	238	414	JANE TAYLOR	WOMEN ON THE RUN,	49	F	00:52:17.23
239	297	KRIS MYERS		44	M	00:52:59.31	239	108	CAROLYN DOUGLASS	RED ROSE RR,	72	F	00:52:19.29
240	237	SCOTT LAMOURY	TOWERS AND GORNALL,	18	M	00:53:01.57	240	312	LOUISE OLDFIELD	DARWEN DASHERS RC,	47	F	00:52:21.16
241	265	RUTH MCDONALD	BENTHAM BEAGLES RUNNING CLUB,	58	F	00:53:18.06	241	265	RUTH MCDONALD	BENTHAM BEAGLES RUNNING CLUB,	58	F	00:52:38.76
242	455	CAROLE WILKINSON	LANCASTER & MORECAMBE,	58	F	00:53:27.38	242	493	MARK EGAN		42	M	00:52:56.97
243	53	CLARE BUGEJA		47	F	00:53:29.83	243	155	VICKY GORE	WESHAM ROAD RUNNERS,	42	F	00:53:00.33
244	155	VICKY GORE	WESHAM ROAD RUNNERS,	42	F	00:53:34.13	244	455	CAROLE WILKINSON	LANCASTER & MORECAMBE,	58	F	00:53:03.49
245	493	MARK EGAN		42	M	00:53:42.02	245	53	CLARE BUGEJA		47	F	00:53:17.68
246	3	CHRISTINE ACKLAM	WOMENS RUNNING NETWORK,	44	F	00:53:43.56	246	11	NICHOLAS ARMSTRONG	BENTHAM BEAGLES RUNNING CLUB,	37	M	00:53:18.41
247	160	SARAH GREEN		29	F	00:53:43.79	247	13	MICHELLE ARROUD	FYLDE COAST RUNNERS,	32	F	00:53:21.67
248	118	HAYLEY DUXBURY		33	F	00:53:45.76	248	160	SARAH GREEN		29	F	00:53:21.74
249	83	BETH CLAYTON		32	F	00:53:46.29	249	3	CHRISTINE ACKLAM	WOMENS RUNNING NETWORK,	44	F	00:53:23.26
250	369	KATHERINE SHARP		34	F	00:53:47.05	250	118	HAYLEY DUXBURY		33	F	00:53:24.89
251	281	PETE MITCHELL	KENDAL AMATEUR ATHLETIC CLUB,	69	M	00:53:50.80	251	457	STEPHEN WILKINSON		65	M	00:53:25.66
252	457	STEPHEN WILKINSON		65	M	00:53:54.72	252	281	PETE MITCHELL	KENDAL AMATEUR ATHLETIC CLUB,	69	M	00:53:28.50
253	291	ANDREW MOXHAM		43	M	00:53:56.04	253	83	BETH CLAYTON		32	F	00:53:29.23
254	11	NICHOLAS ARMSTRONG	BENTHAM BEAGLES RUNNING CLUB,	37	M	00:53:57.46	254	369	KATHERINE SHARP		34	F	00:53:29.50

255	494	SANDRA MILTON		57	F	00:53:59.06	255	70	PAUL CARTER	WESHAM ROAD RUNNERS & AC,	48	M	00:53:40.47
256	13	MICHELLE ARROUD	FYLDE COAST RUNNERS,	32	F	00:53:59.56	256	215	CLAUDIA JOHNSON		48	F	00:53:41.03
257	99	JAMES ROBERT DANSON	WESHAM ROAD RUNNERS,	53	M	00:54:00.31	257	342	MATTHEW POTTS		34	M	00:53:42.93
258	70	PAUL CARTER	WESHAM ROAD RUNNERS & AC,	48	M	00:54:09.86	258	450	ANDY WHITLAM	THORNTON CLEVELEYS RC,	62	M	00:53:43.50
259	342	MATTHEW POTTS		34	M	00:54:11.82	259	291	ANDREW MOXHAM		43	M	00:53:45.07
260	248	HELENA LEWIS	LANCASTER & MORECAMBE AC,	51	F	00:54:19.80	260	99	JAMES ROBERT DANSON	WESHAM ROAD RUNNERS,	53	M	00:53:47.92
261	450	ANDY WHITLAM	THORNTON CLEVELEYS RC,	62	M	00:54:21.55	261	494	SANDRA MILTON		57	F	00:53:51.93
262	215	CLAUDIA JOHNSON		48	F	00:54:22.29	262	248	HELENA LEWIS	LANCASTER & MORECAMBE AC,	51	F	00:53:56.12
263	449	JOHANNA WHITELEY	LANCASTER & MORECAMBE AC,	43	F	00:54:27.08	263	449	JOHANNA WHITELEY	LANCASTER & MORECAMBE AC,	43	F	00:54:04.01
264	163	PAUL GREGORY		46	M	00:54:31.89	264	280	FRANK MILLER	GARSTANG RUNNING CLUB,	69	M	00:54:15.27
265	280	FRANK MILLER	GARSTANG RUNNING CLUB,	69	M	00:54:41.82	265	386	LOUISA SINGLETON	TRI ENGLAND,	46	F	00:54:16.74
266	121	PAULINE ECCLESTON	WESHAM ROAD RUNNERS,	47	F	00:54:52.06	266	121	PAULINE ECCLESTON	WESHAM ROAD RUNNERS,	47	F	00:54:20.00
267	386	LOUISA SINGLETON	TRI ENGLAND,	46	F	00:54:54.04	267	163	PAUL GREGORY		46	M	00:54:22.56
268	2	KATHRYN ABBOTT	RED ROSE ROAD RUNNERS,	50	F	00:54:55.95	268	419	KAY TWIST	WESHAM ROAD RUNNERS & AC,	48	F	00:54:34.81
269	419	KAY TWIST	WESHAM ROAD RUNNERS & AC,	48	F	00:55:06.30	269	2	KATHRYN ABBOTT	RED ROSE ROAD RUNNERS,	50	F	00:54:40.65
270	211	EMMA JACKSON	RIVERSWAY ROAD RUNNERS,	37	F	00:55:08.85	270	275	ALISON MERCER	RED ROSE ROAD RUNNERS,	56	F	00:54:43.24
271	275	ALISON MERCER	RED ROSE ROAD RUNNERS,	56	F	00:55:16.12	271	316	DARRAGH O'MALLEY		27	M	00:54:53.66
272	84	JACKIE CLIFTON	LANCASTER RUNNERS,	33	F	00:55:17.28	272	211	EMMA JACKSON	RIVERSWAY ROAD RUNNERS,	37	F	00:54:55.03
273	19	ANGELA BAMBER		45	F	00:55:23.26	273	25	ALEX BEAUMONT		40	M	00:55:02.74
274	316	DARRAGH O'MALLEY		27	M	00:55:25.04	274	234	HELEN KERR		35	F	00:55:03.48
275	25	ALEX BEAUMONT		40	M	00:55:37.63	275	84	JACKIE CLIFTON	LANCASTER RUNNERS,	33	F	00:55:04.98
276	234	HELEN KERR		35	F	00:55:37.63	276	344	LYDIA READ-MOORE	LANCASTER RUNNERS,	32	F	00:55:06.99
277	344	LYDIA READ-MOORE	LANCASTER RUNNERS,	32	F	00:55:43.88	277	8	JENNIFER ALLEN	BLACKBURN ROAD RUNNERS,	43	F	00:55:09.44
278	8	JENNIFER ALLEN	BLACKBURN ROAD RUNNERS,	43	F	00:55:59.34	278	474	TOM WINSTANLEY	TOWERS & GORNALL,	23	M	00:55:11.43
279	474	TOM WINSTANLEY	TOWERS & GORNALL,	23	M	00:56:00.06	279	19	ANGELA BAMBER		45	F	00:55:11.70
280	69	MARK CARROLL	MADRUNNERS,	52	M	00:56:01.27	280	45	BERNARD BROWN		53	M	00:55:25.48
281	210	PETER ION	KENDAL A C,	74	M	00:56:01.45	281	322	NIGEL PALLETT		46	M	00:55:32.22
282	45	BERNARD BROWN		53	M	00:56:09.78	282	208	DIANE IDDON		49	F	00:55:36.65
283	185	DIANE HILL	WIGAN & DISTRICT H & AC,	37	F	00:56:12.96	283	319	TONY ORR		57	M	00:55:36.90
284	517	NICOLA KITCHEN		50	F	00:56:16.54	284	210	PETER ION	KENDAL A C,	74	M	00:55:39.39
285	406	BRIAN STRICKLAND		52	M	00:56:19.68	285	517	NICOLA KITCHEN		50	F	00:55:44.24
286	208	DIANE IDDON		49	F	00:56:22.79	286	64	CATHERINE CAMPBELL		40	F	00:55:46.89
287	322	NIGEL PALLETT		46	M	00:56:23.61	287	473	ROBERT WILSON		51	M	00:55:47.47
288	319	TONY ORR		57	M	00:56:23.69	288	406	BRIAN STRICKLAND		52	M	00:55:49.13
289	463	KATE WILLIAMS	RIVERSWAY ROAD RUNNERS,	23	F	00:56:30.57	289	69	MARK CARROLL	MADRUNNERS,	52	M	00:55:53.45
290	103	CHARLOTTE DAY		21	F	00:56:32.01	290	258	ANDY MARRISON		47	M	00:55:57.15
291	258	ANDY MARRISON		47	M	00:56:34.04	291	103	CHARLOTTE DAY		21	F	00:55:58.13
292	64	CATHERINE CAMPBELL		40	F	00:56:34.29	292	185	DIANE HILL	WIGAN & DISTRICT H & AC,	37	F	00:55:58.15
293	473	ROBERT WILSON		51	M	00:56:35.78	293	257	CHRIS MAIDEN		48	M	00:56:00.63
294	343	RACHEL RAWSTHORNE		35	F	00:56:37.27	294	343	RACHEL RAWSTHORNE		35	F	00:56:01.38
295	48	CHERYL BROWN		40	F	00:56:43.77	295	48	CHERYL BROWN		40	F	00:56:07.97
296	117	RICHARD DUONG		23	M	00:56:51.76	296	463	KATE WILLIAMS	RIVERSWAY ROAD RUNNERS,	23	F	00:56:18.26
297	257	CHRIS MAIDEN		48	M	00:56:59.54	297	95	JONATHAN CROSS	TOWERS & GORNALL,	48	M	00:56:32.47
298	156	MICK GORNALL	TOWERS + GORNALL,	51	M	00:57:16.53	298	156	MICK GORNALL	TOWERS + GORNALL,	51	M	00:56:32.48

299	95	JONATHAN CROSS	TOWERS & GORNALL,	48	M	00:57:17.52	299	117	RICHARD DUONG		23	M	00:56:35.71
300	238	GARY LARKE		52	M	00:57:23.73	300	238	GARY LARKE		52	M	00:56:47.18
301	86	LAUREN COLEMAN	HASTINGS RUNNERS,	35	F	00:57:39.09	301	261	STEVE MAYOR		36	M	00:56:57.89
302	448	ELAINE WHITEHEAD	ROCHDALE TRI CLUB,	42	F	00:57:42.05	302	515	LEE BROWN		36	M	00:57:00.95
303	379	ELAINE SIMMILL	LANCASTER & MORECAMBE AC,	57	F	00:57:45.01	303	86	LAUREN COLEMAN	HASTINGS RUNNERS,	35	F	00:57:02.96
304	71	KATHY CARTLEDGE	BENTHAM BEAGLES,	75	F	00:57:52.18	304	448	ELAINE WHITEHEAD	ROCHDALE TRI CLUB,	42	F	00:57:08.25
305	261	STEVE MAYOR		36	M	00:57:52.76	305	71	KATHY CARTLEDGE	BENTHAM BEAGLES,	75	F	00:57:14.05
306	459	DAVID WILKINSON	RED ROSE ROAD RUNNERS,	55	M	00:57:53.00	306	88	CATRIN CONROY		27	F	00:57:15.47
307	301	CHRISTINE NEWBURY	LIVERPOOL RUNNING CLUB,	48	F	00:57:57.00	307	379	ELAINE SIMMILL	LANCASTER & MORECAMBE AC,	57	F	00:57:19.44
308	515	LEE BROWN		36	M	00:57:59.25	308	459	DAVID WILKINSON	RED ROSE ROAD RUNNERS,	55	M	00:57:23.45
309	88	CATRIN CONROY		27	F	00:58:07.77	309	301	CHRISTINE NEWBURY	LIVERPOOL RUNNING CLUB,	48	F	00:57:32.37
310	464	STEVE WILLIAMS		42	M	00:58:08.62	310	364	PAUL SAVAGE	NONE,	64	M	00:57:35.18
311	225	CATHERINE KARN		55	F	00:58:18.09	311	464	STEVE WILLIAMS		42	M	00:57:36.50
312	364	PAUL SAVAGE	NONE,	64	M	00:58:26.08	312	225	CATHERINE KARN		55	F	00:57:38.28
313	277	LYNSEY MERRYWEATHER		42	F	00:58:32.83	313	277	LYNSEY MERRYWEATHER		42	F	00:57:53.53
314	184	CHERRY HIBBERT		37	F	00:58:36.31	314	184	CHERRY HIBBERT		37	F	00:57:54.57
315	352	SUZANNE WRIGHT		25	F	00:58:38.56	315	510	CARRIE WARWICK		27	F	00:57:57.87
316	243	ANDREW LAWRENSON		16	M	00:58:38.74	316	352	SUZANNE WRIGHT		25	F	00:58:03.17
317	510	CARRIE WARWICK		27	F	00:58:55.25	317	243	ANDREW LAWRENSON		16	M	00:58:03.86
318	24	LEANNE BATTY	THORNTON CLEVELEYS,	40	F	00:59:04.26	318	420	JULIE TYRER	PRESTON HARRIERS,	41	F	00:58:16.71
319	441	JOANNE WEIR	BLACKBURN ROAD RUNNERS,	48	F	00:59:08.74	319	441	JOANNE WEIR	BLACKBURN ROAD RUNNERS,	48	F	00:58:18.19
320	420	JULIE TYRER	PRESTON HARRIERS,	41	F	00:59:09.09	320	92	ZOE CROOK		45	F	00:58:21.09
321	92	ZOE CROOK		45	F	00:59:11.99	321	24	LEANNE BATTY	THORNTON CLEVELEYS,	40	F	00:58:28.71
322	188	NIGEL HODGSON	LANCASTER & MORECAMBE AC,	46	M	00:59:19.73	322	111	ROB DRAKE		50	M	00:58:39.24
323	111	ROB DRAKE		50	M	00:59:22.28	323	188	NIGEL HODGSON	LANCASTER & MORECAMBE AC,	46	M	00:58:39.35
324	273	ANGELA MEADOWS		42	F	00:59:26.08	324	192	SARAH HOPKINS		43	F	00:58:40.27
325	192	SARAH HOPKINS		43	F	00:59:29.56	325	127	MARK ETHERINGTON		54	M	00:58:41.30
326	127	MARK ETHERINGTON		54	M	00:59:31.10	326	138	KELLY FOSTER		34	F	00:58:51.18
327	304	ANGELA NORRIS	THORNTON CLEVELEYS RUNNING CLUB,	61	F	00:59:40.01	327	219	RICHARD JONES		35	M	00:58:51.22
328	138	KELLY FOSTER		34	F	00:59:41.49	328	273	ANGELA MEADOWS		42	F	00:58:51.77
329	219	RICHARD JONES		35	M	00:59:42.26	329	304	ANGELA NORRIS	THORNTON CLEVELEYS RUNNING CLUB,	61	F	00:59:05.12
330	429	BECKIE WAINE		35	F	00:59:44.00	330	29	AMANDA BERRY	RED ROSE ROAD RUNNERS,	57	F	00:59:08.42
331	29	AMANDA BERRY	RED ROSE ROAD RUNNERS,	57	F	00:59:48.98	331	475	ANDREW WINSTANLEY	TOWERS + GORNALL,	53	M	00:59:12.18
332	475	ANDREW WINSTANLEY	TOWERS + GORNALL,	53	M	01:00:00.48	332	387	DEBBIE SLATER		35	F	00:59:22.69
333	387	DEBBIE SLATER		35	F	01:00:02.97	333	365	STEPHANIE SAVAGE	NONE,	35	F	00:59:29.16
334	58	KIRSTEN BURNETT	LYTHAM ST ANNES RR CLUB,	44	F	01:00:11.54	334	388	JANE SMITH		32	F	00:59:32.14
335	63	LAURA BYRNE	LYTHAM ROAD RUNNERS,	36	F	01:00:11.91	335	429	BECKIE WAINE		35	F	00:59:36.88
336	388	JANE SMITH		32	F	01:00:12.27	336	58	KIRSTEN BURNETT	LYTHAM ST ANNES RR CLUB,	44	F	00:59:41.41
337	37	ERNIE BRADSHAW		71	M	01:00:14.73	337	63	LAURA BYRNE	LYTHAM ROAD RUNNERS,	36	F	00:59:42.29
338	365	STEPHANIE SAVAGE	NONE,	35	F	01:00:17.79	338	232	PAUL KENYON		33	M	01:00:02.87
339	416	JANET THOMAS		55	F	01:00:28.03	339	37	ERNIE BRADSHAW		71	M	01:00:03.59
340	140	AMANDA FULLER	BLACKPOOL WYRE AND FYLDE AC,	42	F	01:00:37.04	340	416	JANET THOMAS		55	F	01:00:07.18
341	77	JULIE CHARNOCK		45	F	01:00:38.98	341	140	AMANDA FULLER	BLACKPOOL WYRE AND FYLDE AC,	42	F	01:00:10.65
342	78	GRAHAM CHARNOCK		49	M	01:00:39.51	342	356	MICHELLE ROUND		25	F	01:00:10.67

343	232	PAUL KENYON		33	M	01:00:49.01	343	272	REBECCA MCKENNY	ULVERSTON TRI CLUB,	25	F	01:00:20.42
344	356	MICHELLE ROUND		25	F	01:00:50.47	344	78	GRAHAM CHARNOCK		49	M	01:00:21.13
345	59	GERARD BURNS	WIDNES RUNNING CLUB,	38	M	01:00:51.73	345	77	JULIE CHARNOCK		45	F	01:00:22.62
346	432	NICKOLA WALKER	BLACKPOOL, WYRE AND FYLDE AC,	46	F	01:01:01.96	346	59	GERARD BURNS	WIDNES RUNNING CLUB,	38	M	01:00:23.89
347	220	SUSAN JONES	THORNTON CLEVELEYS RUNNING CLUB,	51	F	01:01:08.78	347	220	SUSAN JONES	THORNTON CLEVELEYS RUNNING CLUB,	51	F	01:00:27.03
348	470	LAURA WILSDON		35	F	01:01:10.66	348	470	LAURA WILSDON		35	F	01:00:28.36
349	407	ROSA STUART	TOWERS AND GORNALL ACCOUNTANTS,	49	F	01:01:13.47	349	407	ROSA STUART	TOWERS AND GORNALL ACCOUNTANTS,	49	F	01:00:28.57
350	96	ANYA CROSS		49	F	01:01:14.52	350	96	ANYA CROSS		49	F	01:00:29.47
351	186	JAYNE HODGE	TOWERS & GORNALL,	38	F	01:01:14.98	351	186	JAYNE HODGE	TOWERS & GORNALL,	38	F	01:00:30.43
352	272	REBECCA MCKENNY	ULVERSTON TRI CLUB,	25	F	01:01:18.46	352	47	AMANDA BROWN		51	F	01:00:31.44
353	349	SUE RIGBY	WESHAM ROAD RUNNERS,	44	F	01:01:20.25	353	432	NICKOLA WALKER	BLACKPOOL, WYRE AND FYLDE AC,	46	F	01:00:31.83
354	335	KATE POTTER		35	F	01:01:22.96	354	209	CLAIRE INCUTTI	BLACKBURN ROAD RUNNERS,	45	F	01:00:37.34
355	204	ANNE HUTTON		48	F	01:01:24.22	355	204	ANNE HUTTON		48	F	01:00:42.09
356	47	AMANDA BROWN		51	F	01:01:25.74	356	335	KATE POTTER		35	F	01:00:42.59
357	227	ALI KEHER		41	F	01:01:26.23	357	440	ASHLEY WEIR	BLACKBURN ROAD RUNNERS,	48	M	01:00:45.19
358	209	CLAIRE INCUTTI	BLACKBURN ROAD RUNNERS,	45	F	01:01:28.47	358	227	ALI KEHER		41	F	01:01:02.17
359	440	ASHLEY WEIR	BLACKBURN ROAD RUNNERS,	48	M	01:01:34.48	359	349	SUE RIGBY	WESHAM ROAD RUNNERS,	44	F	01:01:02.37
360	52	CARLA BUCKLEY		33	F	01:01:40.01	360	54	VICTORIA BULLOCK		40	F	01:01:09.11
361	55	DEBRA BUNTING	LANCASTER & MORECAMBE AC,	55	F	01:01:41.48	361	55	DEBRA BUNTING	LANCASTER & MORECAMBE AC,	55	F	01:01:13.35
362	119	LYNLEY EASON		37	F	01:01:50.46	362	52	CARLA BUCKLEY		33	F	01:01:14.95
363	54	VICTORIA BULLOCK		40	F	01:01:50.99	363	119	LYNLEY EASON		37	F	01:01:16.83
364	372	TANYA SHAW		41	F	01:01:54.55	364	372	TANYA SHAW		41	F	01:01:27.68
365	262	JO MCCAFFERY		40	F	01:01:55.46	365	262	JO MCCAFFERY		40	F	01:01:28.62
366	7	NEIL AINSWORTH		51	M	01:01:56.73	366	7	NEIL AINSWORTH		51	M	01:01:35.66
367	6	MILLIE AINSWORTH		22	F	01:01:57.51	367	6	MILLIE AINSWORTH		22	F	01:01:35.96
368	276	JULIE MERRILL		37	F	01:01:58.49	368	276	JULIE MERRILL		37	F	01:01:39.94
369	327	FREDA PEACOCK		64	F	01:02:05.21	369	327	FREDA PEACOCK		64	F	01:01:43.82
370	269	KIM MCGUIRE	UNATTACHED,	59	F	01:02:10.74	370	177	SALLY HEPPENSTALL	BLACKBURN ROAD RUNNERS,	45	F	01:01:50.92
371	177	SALLY HEPPENSTALL	BLACKBURN ROAD RUNNERS,	45	F	01:02:43.30	371	286	MARGARET MORLEY	BLACKBURN RR,	46	F	01:01:52.48
372	286	MARGARET MORLEY	BLACKBURN RR,	46	F	01:02:44.02	372	17	EMILY ATKINSON		23	F	01:01:52.82
373	17	EMILY ATKINSON		23	F	01:02:49.13	373	269	KIM MCGUIRE	UNATTACHED,	59	F	01:01:58.94
374	471	KELLY WILSON	RED ROSE ROAD RUNNERS,	37	F	01:02:59.27	374	471	KELLY WILSON	RED ROSE ROAD RUNNERS,	37	F	01:02:06.13
375	332	ALISON PICKLES		46	F	01:03:02.54	375	332	ALISON PICKLES		46	F	01:02:14.23
376	376	DOROTHY SHORROCK	TRAWDEN AC,	65	F	01:03:11.25	376	376	DOROTHY SHORROCK	TRAWDEN AC,	65	F	01:02:29.99
377	350	TIMOTHY RILEY		34	M	01:03:41.77	377	350	TIMOTHY RILEY		34	M	01:03:11.93
378	171	REBEKAH Warburton		33	F	01:04:09.72	378	171	REBEKAH Warburton		33	F	01:03:17.34
379	315	VICKI OLIVER		29	F	01:04:13.50	379	315	VICKI OLIVER		29	F	01:03:27.12
380	331	JAYNIE PHILLIPS	STOCKPORT HARRIERS & AC,	40	F	01:04:20.48	380	74	IAN CHADWICK		33	M	01:03:47.97
381	74	IAN CHADWICK		33	M	01:04:22.28	381	331	JAYNIE PHILLIPS	STOCKPORT HARRIERS & AC,	40	F	01:03:53.18
382	444	RHONA WESTHEAD		29	F	01:04:34.69	382	205	KATIE HUTTON		23	F	01:03:56.31
383	445	ADAM WESTHEAD		32	M	01:04:35.12	383	194	CLAIRE HORNER		43	F	01:04:02.31
384	128	KIM EVANS	TEAM ISABELLA RUNNING CLUB,	34	F	01:04:35.19	384	305	FRANCESCA NORTON		27	F	01:04:04.60
385	205	KATIE HUTTON		23	F	01:04:36.94	385	158	ERIC GREEN		70	M	01:04:15.16
386	305	FRANCESCA NORTON		27	F	01:04:37.48	386	128	KIM EVANS	TEAM ISABELLA RUNNING CLUB,	34	F	01:04:18.55

387	49	SHARON BRYAN		43	F	01:04:49.95	387	445	ADAM WESTHEAD		32	M	01:04:18.57
388	194	CLAIRE HORNER		43	F	01:04:53.94	388	444	RHONA WESTHEAD		29	F	01:04:18.82
389	426	MARC VERITE		47	M	01:05:01.70	389	426	MARC VERITE		47	M	01:04:18.82
390	144	MARTIN GAUTREY	HIGH PARK RUNNING CLUB,	48	M	01:05:02.70	390	144	MARTIN GAUTREY	HIGH PARK RUNNING CLUB,	48	M	01:04:19.32
391	417	ERIC TOMLINSON	FYLDE COAST RUNNERS,	52	M	01:05:10.54	391	49	SHARON BRYAN		43	F	01:04:23.91
392	158	ERIC GREEN		70	M	01:05:11.21	392	417	ERIC TOMLINSON	FYLDE COAST RUNNERS,	52	M	01:04:27.16
393	245	KAREN LAWRENSON		42	F	01:05:18.72	393	351	MAUREEN ROBERTS	LANCASTER RUNNERS,	62	F	01:04:31.96
394	75	DONNA CHADWICK	MADRUNNERS,	40	F	01:05:18.93	394	233	MICK KERR		32	M	01:05:06.58
395	68	LORRAINE CARROLL	MADRUNNERS,	45	F	01:05:28.98	395	245	KAREN LAWRENSON		42	F	01:05:11.92
396	351	MAUREEN ROBERTS	LANCASTER RUNNERS,	62	F	01:05:30.58	396	107	MARK DOBSON		49	M	01:05:12.15
397	233	MICK KERR		32	M	01:05:44.13	397	75	DONNA CHADWICK	MADRUNNERS,	40	F	01:05:12.62
398	107	MARK DOBSON		49	M	01:06:05.52	398	68	LORRAINE CARROLL	MADRUNNERS,	45	F	01:05:23.18
399	373	MICHELLE SHERIDAN	LYTHAM ST ANNES RR CLUB,	49	F	01:06:27.98	399	373	MICHELLE SHERIDAN	LYTHAM ST ANNES RR CLUB,	49	F	01:05:57.59
400	400	LINDA STAPLETON	LANCASTER & MORECAMBE AC,	71	F	01:06:32.46	400	400	LINDA STAPLETON	LANCASTER & MORECAMBE AC,	71	F	01:06:03.58
401	161	CLARE GREENWOOD	WALNEY WIND CHEETAHS,	61	F	01:06:55.36	401	161	CLARE GREENWOOD	WALNEY WIND CHEETAHS,	61	F	01:06:06.48
402	375	ROGER SHERLOCK		71	M	01:07:05.74	402	231	AMANDA KENNON	ELSWICK HARRIERS,	37	F	01:06:13.89
403	374	DEBRA SHERLOCK		44	F	01:07:06.42	403	150	TRACEY GILL		48	F	01:06:19.18
404	231	AMANDA KENNON	ELSWICK HARRIERS,	37	F	01:07:07.19	404	375	ROGER SHERLOCK		71	M	01:06:21.19
405	251	KAREN LIVESEY	THORNTON CLEVELEYS RUNNING CLUB,	53	F	01:07:08.68	405	251	KAREN LIVESEY	THORNTON CLEVELEYS RUNNING CLUB,	53	F	01:06:22.29
406	28	NIKKI BENTLEY	RED ROSE ROAD RUNNERS,	30	F	01:07:11.92	406	374	DEBRA SHERLOCK		44	F	01:06:23.04
407	150	TRACEY GILL		48	F	01:07:18.23	407	72	FINTAN CASEY		54	M	01:06:35.70
408	62	HANNAH BUTLER	LANCASTER AND MORECAMBE AC	25	F	01:07:18.40	408	28	NIKKI BENTLEY	RED ROSE ROAD RUNNERS,	30	F	01:06:49.07
409	482	SARAH WRIGHT	LANCASTER & MORECAMBE AC,	46	F	01:07:19.17	409	480	JENNIFER WOODMAN	WESHAM ROAD RUNNERS & AC,	34	F	01:06:49.78
410	72	FINTAN CASEY		54	M	01:07:25.50	410	62	HANNAH BUTLER	LANCASTER AND MORECAMBE AC	25	F	01:06:51.11
411	289	PENNY MORRISON	LYTHAM ST ANNES RR CLUB,	48	F	01:07:36.45	411	482	SARAH WRIGHT	LANCASTER & MORECAMBE AC,	46	F	01:06:51.87
412	425	PAULA VEEVERS		38	F	01:07:39.94	412	289	PENNY MORRISON	LYTHAM ST ANNES RR CLUB,	48	F	01:07:02.14
413	480	JENNIFER WOODMAN	WESHAM ROAD RUNNERS & AC,	34	F	01:07:42.41	413	425	PAULA VEEVERS		38	F	01:07:07.55
414	497	LINZI YOUNG		36	F	01:07:55.50	414	499	JENNY SHEPHERD	THORNTON CLEVELEYS RC,	32	F	01:07:07.86
415	499	JENNY SHEPHERD	THORNTON CLEVELEYS RC,	32	F	01:07:56.16	415	497	LINZI YOUNG		36	F	01:07:07.93
416	76	DI CHAMBERS	LANCASTER RUNNERS,	47	F	01:08:18.74	416	130	ADAM FIELDER	PRESTON HARRIERS,	54	M	01:07:44.38
417	130	ADAM FIELDER	PRESTON HARRIERS,	54	M	01:08:39.94	417	76	DI CHAMBERS	LANCASTER RUNNERS,	47	F	01:08:09.92
418	207	EMMA HYLAND		27	F	01:09:12.10	418	498	DEBBIE HINDLEY	THORNTON CLEVELEYS RC,	41	F	01:08:37.23
419	498	DEBBIE HINDLEY	THORNTON CLEVELEYS RC,	41	F	01:09:24.29	419	207	EMMA HYLAND		27	F	01:08:40.61
420	422	TOSHIF VALLY	RED ROSE ROAD RUNNERS,	27	M	01:09:37.49	420	216	CAROLYN JOHNSON	CUMBERLAND AC,	45	F	01:08:50.83
421	216	CAROLYN JOHNSON	CUMBERLAND AC,	45	F	01:09:46.89	421	361	KATIE RUSSELL	TOWERS AND GORNALL,	20	F	01:09:00.34
422	361	KATIE RUSSELL	TOWERS AND GORNALL,	20	F	01:09:48.40	422	200	ROBERT HUDSON	CARDIAC ATHLETES,	50	M	01:09:08.99
423	200	ROBERT HUDSON	CARDIAC ATHLETES,	50	M	01:10:03.14	423	422	TOSHIF VALLY	RED ROSE ROAD RUNNERS,	27	M	01:09:12.85
424	317	CATHY O'NEILL		46	F	01:10:56.38	424	317	CATHY O'NEILL		46	F	01:10:14.09
425	57	HEATHER BURKITT		55	F	01:11:33.64	425	57	HEATHER BURKITT		55	F	01:10:51.34
426	44	EMMA BROOKS	LANCASTER & MORECAMBE AC,	50	F	01:12:38.61	426	21	ROBERT WALSH	THORNTON CLEVELEYS RC,	85	M	01:11:40.57
427	21	ROBERT WALSH	THORNTON CLEVELEYS RC,	85	M	01:12:48.61	427	290	JENNY MOXHAM		41	F	01:12:05.22
428	290	JENNY MOXHAM		41	F	01:12:51.36	428	44	EMMA BROOKS	LANCASTER & MORECAMBE AC,	50	F	01:12:12.30
429	302	MICHELLE NEWBY		33	F	01:15:19.11	429	302	MICHELLE NEWBY		33	F	01:14:31.22
430	142	MICHELLE GATES		35	F	01:15:19.60	430	142	MICHELLE GATES		35	F	01:14:31.54

431	23	STEPH BATTERSBY		43	F	01:15:44.34	431	23	STEPH BATTERSBY		43	F	01:14:48.95
432	488	TRACY YOUNG	PRESTON HARRIERS,	51	F	01:16:01.33	432	488	TRACY YOUNG	PRESTON HARRIERS,	51	F	01:15:35.45
433	288	ALICE MORRIS		22	F	01:16:34.58	433	367	SUE SCOTT		49	F	01:15:57.03
434	287	KATE MORRIS	BENTHAM BEAGLES RUNNING CLUB,	25	F	01:16:35.61	434	288	ALICE MORRIS		22	F	01:15:57.45
435	12	DIANE ARMSTRONG	BENTHAM BEAGLES,	41	F	01:16:35.84	435	12	DIANE ARMSTRONG	BENTHAM BEAGLES,	41	F	01:15:58.78
436	367	SUE SCOTT		49	F	01:16:51.33	436	338	ALEX PROFFITT		37	F	01:15:59.53
437	338	ALEX PROFFITT		37	F	01:16:53.08	437	287	KATE MORRIS	BENTHAM BEAGLES RUNNING CLUB,	25	F	01:16:00.22
438	282	JOANNE MOODY	LIVERPOOL RUNNING CLUB,	37	F	01:18:03.82	438	282	JOANNE MOODY	LIVERPOOL RUNNING CLUB,	37	F	01:17:08.76
439	347	SUSAN RENNIE	PRESTON HARRIERS,	64	F	01:18:17.57	439	347	SUSAN RENNIE	PRESTON HARRIERS,	64	F	01:17:21.03
440	174	IMELDA HATTON	LANCASTER & MORECAMBE AC,	51	F	01:18:25.55	440	174	IMELDA HATTON	LANCASTER & MORECAMBE AC,	51	F	01:17:58.93
441	249	FIONA LITTLE	BLACKPOOL WYRE & FYLDE AC,	51	F	01:18:56.56	441	451	ROSEMARY WHITTAKER		52	F	01:18:16.75
442	451	ROSEMARY WHITTAKER		52	F	01:19:09.30	442	249	FIONA LITTLE	BLACKPOOL WYRE & FYLDE AC,	51	F	01:18:24.93
443	334	DEIRDRE POLA		51	F	01:19:30.31	443	334	DEIRDRE POLA		51	F	01:18:44.52
444	355	JILLIAN ROSSALL		32	F	01:20:33.29	444	355	JILLIAN ROSSALL		32	F	01:20:08.16
445	466	DAVE WILLIAMS		41	M	01:21:09.54	445	466	DAVE WILLIAMS		41	M	01:20:19.64
446	465	CLARE WILLIAMS		39	F	01:21:22.04	446	465	CLARE WILLIAMS		39	F	01:20:32.24
447	124	BERNARD ELKINGTON	RED ROSE RR,	81	M	01:23:25.02	447	124	BERNARD ELKINGTON	RED ROSE RR,	81	M	01:22:26.11