

RUN THE LIGHTS 10k 2020

NAME		CLUB	BIB	TIME
STUART	ABEL		640	00:45:16.53
MARTIN	ADAMS	DH Runners	714	01:31:08.09
LOUISE	AINSCOUGH	Warrington Running Cl	378	01:34:13.10
CHRIS	ALEXANDER	Kirkby Milers AC	758	00:46:52.38
KELLY	ALFORD	North Wales RR	465	00:50:52.25
FAYYAZ	ALI		248	01:00:02.26
MARK	ALLCOCK		822	01:00:20.65
REBECCA	ALLCOCK		821	01:17:46.86
KATHY	ALLCOCK		820	01:17:48.34
ANDREW	ALLEN		979	00:52:26.19
EMILY	ALLSOPP	Marple Runners	1094	00:48:42.48
MICHELLE	ANNETTS		490	01:04:59.30
JOHN	ARCHER	Winston Runners	812	00:47:26.39
SUSAN	ARMSTRONG	Fylde Coast Runners	599	01:10:44.62
SARAH	ASHTON		475	01:10:20.47
PEARL	ASHTON		476	01:18:22.62
LOUISE	ASHWORTH		645	01:03:36.93
JUDITH	ASHWORTH		1077	01:18:09.42
MICHELLE	ASHWORTH		320	01:29:40.81
JASON	ASHWORTH		319	01:49:27.77
LOIS	ATKINSON		617	00:58:07.25
CHRISTIE	ATKINSON		632	01:08:39.91
CHRIS	AYRES		858	00:53:54.22
CAROLE	BAILEY		503	01:32:25.36
SHELLEY	BAINBRIDGE		896	01:09:04.86
COLIN	BAINBRIDGE	South Leeds Lakers RC	842	01:15:24.27
CAROL	BAIRSTO		482	01:02:37.72
CERI	BAKER	BTR Road Runners	792	01:01:12.39
PHIL	BAMFORD		270	00:45:08.80
KEITH	BAMFORD		268	01:34:49.84
ALLAN	BAMFORD		312	01:34:50.85
DONNA	BANKS	Fordy Runners	947	01:21:37.39
JENNIFER	BARLOW		687	01:12:29.69
VICTORIA	BARRY		1038	01:01:38.21
GILLIAN	BARTLETT		562	01:34:27.57
GREGG	BEARDWELL		677	00:47:51.31
EMMA	BEARDWELL		676	00:55:02.99
CHRIS	BEDFORD	Rising Brook Runners	1082	00:59:20.19
ADRIAN	BELL	Run Nation Running Cl	156	00:40:00.77
CHLOE	BELL		590	00:51:38.75
JULIET	BELL		516	01:09:15.67
STUART	BENSON	Fylde Coast Runners	388	00:41:17.49
LAURA	BERDKAN		294	01:03:40.95
SARA	BERRY	Whitchurch Whippets	750	01:32:52.32

DONNA	BILBROUGH	Keighley & Craven AC	743	00:54:31.71
JOHN	BILLING		390	00:50:13.47
MARK	BILLINGTON		916	01:17:27.97
ANDY	BIRCH		718	00:57:48.71
PAUL	BIRCH		933	01:22:25.94
COLIN	BISHOP	Warrington A C	575	00:37:10.06
NATHAN	BLACK		776	00:42:15.81
GARY	BLACKBURN	Blackburn Road Runners	680	00:47:17.98
POPPY	BLACKETT	Manchester YMCA Harri	521	00:54:44.56
PAUL	BLAKEMORE	Wigan Phoenix	793	00:37:22.02
AMANDA	BLESSINGTON		950	01:04:47.90
KATE	BOOTH		498	01:08:53.61
HANNAH	BOYD	Fylde Coast Runners	226	01:14:37.99
DAVID	BRADFORD		967	01:14:53.44
LAURA	BRADY		165	00:56:18.01
SARAH	BRANDWOOD		873	01:08:13.16
RUSSEL	BREYER	Ipswich Triathlon Club	1041	00:48:27.24
DAVID	BRIERS		983	01:03:52.56
CRAIG	BROOMHEAD		845	01:26:25.91
MIKEY	BROWN	Dewsbury Road Runners	445	00:44:41.53
CAROLINE	BROWN	Wigan & District H&AC	971	00:49:12.75
HAYLEY	BROWN	Crystal Peaks Runners	170	00:52:47.49
DAVE	BROWN	Warrington Running Cl	117	01:05:31.50
JACK	BROWN	Trawden Athletic Club	524	01:27:44.36
IAN	BRUFF		780	00:46:40.58
CRAIG	BUCHANAN	Saltwell Harriers	914	00:39:19.41
ELISHA	BUCKLEY		920	00:58:49.26
ANGELA	BUCKLEY		768	00:59:18.45
LOUISE	BURKE		342	00:59:21.66
PHILIP	BURTON		940	00:58:10.78
RORY	CAMPBELL		773	01:07:33.54
CRAIG	CARPENTER		1502	00:55:07.56
LORA	CARPENTER		654	01:12:47.36
ROB	CARR	Kenilworth Runners	302	00:57:29.96
VAL	CARR		305	01:14:31.44
ALAN	CARR		304	01:21:40.15
PAULA	CARTER	Sneyd Striders	161	01:05:52.70
AMANDA	CASEY		664	01:12:05.07
HANA	CASH		686	01:47:48.00
DEBRA	CASSAR	Rawmarsh Runners	937	01:38:43.30
KEN	CAWTHORNE		408	01:19:17.17
CAROL	CEBRERO		739	01:06:21.00
LAURA	CHAMBERS	Lonely Goat RC	779	01:42:30.57
REBEKAH	CHAPLOW		278	01:08:46.64
DEBBIE	CHAPMAN		878	00:52:20.73
ANDREW	CHARLESWORTH	Hyde Village Striders	658	00:50:38.88
RICHARD	CHERRINGTON	South Cheshire Harrie	946	01:03:27.51
DAVID	CHEUNG		880	01:00:45.24

ANTHONY	CHRISTENSEN		439	00:57:57.98
WIL	CHUNG	Newcastle Staffs AC	952	00:50:21.95
COLIN	CLARKE		698	00:51:24.68
GILLIAN	CLARKE		242	01:06:24.92
DEBBIE	CLARKE		295	01:07:54.66
PETER	CLARKE		300	01:10:21.70
RACHEL	CLARKE-WILLIAMS	South Leeds Lakers RC	607	01:15:24.45
STEPHANIE	CLAYTON		934	01:00:08.76
PETER	CLEGG	LABC Runners	990	00:47:11.48
ALISON	CLEWS		824	01:10:55.08
JORDAN	COBB		882	00:42:44.80
ANNA	COCKER		1093	00:58:36.73
MARK	COLLIER	Wigan Phoenix	763	00:39:12.66
AOIFE	CONNOLLY		829	01:03:36.65
LYNNE	COOGAN		694	01:10:08.17
RHYS	COOK		936	01:39:22.79
SHAUNA	COOK ROSSIER		452	01:29:50.60
TOM	COOPER		435	00:58:11.93
JULIE	COOPER		291	01:03:47.71
KATE	COOPER		310	01:21:59.64
CAROLINE	COPELAND	Ackworth Road Runners	915	01:05:03.93
CHERYL	CORLESS	Warrington Running Cl	1087	00:50:23.21
DAN	COTTIER-BROWN		563	00:52:00.23
ANNA	COUNSELL		775	00:35:17.06
VICKY	COUZENS		693	01:01:37.40
DARREN	COWARD	Glaxo Hoad Hill Harri	991	00:39:33.50
CLARE	CROFTS	Kenilworth Runners	303	00:57:30.66
EMILY	CROOK		422	01:15:43.36
STEPHEN	CROOK		424	01:30:06.81
JANE	CROOK		515	01:34:33.36
NICOLA	CROOK		423	01:38:37.79
MALCOLM	CROW		173	01:07:55.75
SARINA	CROW		174	01:11:48.10
ANGELA	CRUSE	Thornton Cleveleys RC	502	00:56:22.55
ALEXANDER	CURRAN	Blackburn Road Runners	696	00:44:46.01
GARETH	DAVIES	St Helens Striders	892	00:45:22.92
PAUL	DAVIES		761	00:58:24.79
JENNIFER	DAVIES		777	01:00:49.66
JONATHAN	DAVIS		974	00:55:05.02
BEEJESH	DEVA		833	01:08:44.00
JOHN	DEY	Blackburn Road Runners	857	00:44:47.79
ANTHONY	DIX		835	00:53:43.48
EMMA	DONE		261	01:44:56.51
ANDREA	DOUGLAS	Bramley Breezers	556	00:48:21.50
SARAH	DOVE		980	00:52:28.93
DANIEL	DOYLE		1047	00:50:12.70
CATHERINE	DRANSFIELD		231	01:05:15.87
MICHELLE	DUBLIN	Cumberland AC	376	01:20:18.91

FIONA	DYSON		769	00:59:18.40
ALEX	EARLEY	Walney Wind Cheetahs	807	00:49:50.25
JADE	EARLEY		468	00:57:14.19
CARMEL	EDWARDS	BTR Road Runners	778	00:40:25.41
PAUL	EDWARDS		462	00:53:08.11
JOSHUA	EDWARDS		629	00:53:28.72
KERRY	EDWARDS		580	01:07:24.65
SHANA	EDWARDS		628	01:27:39.52
JIM	EGAN	Fylde Coast Runners	409	01:34:23.32
JOANNE	EGERTON	Hyde Village Striders	659	00:53:23.18
WAYNE	ELLISON	Trawden Athletic Club	1058	00:56:15.65
LYNDSEY	ELVIDGE		746	00:58:07.39
SOPHIE	EVANS		1060	01:21:19.38
NICOLA	EVANS		208	01:40:41.53
ANN-MARIE	FARREN		487	01:12:38.65
JOHN	FAY	Royton Road Runners	808	00:49:14.54
JAMES	FEATHERSTONE	Fylde Coast Runners	674	00:56:08.67
SANDRA	FELL		195	01:49:49.72
EMMA	FILBIN		957	01:14:15.38
IAN	FILBIN		956	01:31:59.37
LAUREN	FILBIN		958	01:34:47.57
ANDREW	FLETCHER	Fordy Runners	753	00:46:52.97
CHARLOTTE	FLETCHER		870	01:09:18.46
LINDA	FLETCHER		869	01:38:48.79
NIKKI	FOLEY		1006	01:16:17.17
LINDSAY	FOOTE	Rosendale Harriers &	972	01:17:46.59
HEATHER	FORD		402	01:03:50.71
STEVE	FORSYTH		322	00:34:01.83
DAN	FOSTER	Fylde Coast Runners	605	01:19:18.44
STEVEN	FRANCOM	Winston Runners	457	00:58:00.04
DARREN	FRITH	Blackburn Road Runners	507	00:48:43.98
CHARLOTTE	GAMBLE	Ivanhoe Runners	352	01:09:25.18
NICOLA	GEORGE		518	00:56:42.26
MO	GIOVANNINI	DH Runners	394	01:01:37.99
SHARON	GOLDRICK	Middleton Harriers AC	1095	00:48:03.98
PAUL	GRAHAM		930	00:59:15.03
MARK	GRAY	Fylde Coast Runners	463	01:01:12.52
WALLACE	GRAY		939	01:28:40.11
LOUISE	GRAY		938	01:28:40.16
RICHARD	GREEN		440	01:00:35.21
DAVE	GREEN		441	01:40:09.53
GARY	GREGORY	Hallamshire Harriers	899	00:33:27.22
SHANE	GREGSON		603	01:06:18.43
DAN	GRUNDY	Trawden Athletic Club	862	00:39:58.42
ALISTAIR	GUTTERIDGE		843	00:48:32.92
JULIE	HACKETT		883	01:03:37.72
HARRY.	HADFIELD		1506	01:04:03.17
?	HADFIELD		1505	01:25:58.65

JOANNA	HALL		642	00:59:49.96
BARRY	HALL		1049	01:04:56.66
JONATHAN	HALL		923	01:14:12.70
SHARON	HALL		1048	01:26:18.04
CHRIS	HAMMOND		1021	00:54:56.72
MYA	HAMMOND		1022	01:01:06.40
DAVID	HAMMOND		205	01:22:53.02
JACKIE	HAMMOND		1023	01:24:29.51
VIVIEN	HANSON		584	01:42:01.05
MARK	HARDING	Run Nation Running Cl	126	00:43:07.77
MARCUS	HARDY		483	00:54:25.51
SUSAN	HARGREAVES	Fylde Coast Runners	479	00:59:55.24
ANDREW	HARLING	Wesham Road Runners &	919	00:37:45.68
LUKE	HARRELD	Bury Athletic Club	697	00:34:43.28
JOHN	HARRISON	Ellesmere Port RC	996	00:39:17.54
KEVIN	HARRISON	Kirkby Milers AC	736	00:39:35.75
KEIGHLEY	HARRISON		884	00:50:37.00
MARK	HARRISON	Cheadle RC	116	00:53:31.61
REBECCA	HARRISON	Kirkby Milers AC	737	01:08:57.67
SHARON	HARRISON	Kirkby Milers AC	735	01:19:05.67
BARRY	HART		942	00:44:13.50
STUART	HART		969	01:10:31.48
ANTHONY	HART		968	01:10:32.71
ANNA	HARVEY	Rothwell Harriers &am	430	01:20:47.97
ROBERT	HAYES		1059	01:54:04.44
SHAUN	HAYNES		730	00:56:48.76
PAULA	HERBERT		860	00:53:29.19
MARTIN	HERD		786	00:46:56.47
HILARY	HERMAN		217	00:51:07.14
TRACY	HICKEY	Blackburn Road Runners	747	00:57:50.80
CAROLYN	HIGGINBOTTOM		453	01:04:01.27
MEGAN	HIGGINSON		728	01:18:16.60
LARA	HIGHAM		927	01:13:11.10
ANDY	HILL	Wolds Veteran RC	187	00:49:39.77
MARTIN	HILLSON		401	00:53:16.52
HEATHER	HILLSON	Lonely Goat RC	400	01:45:40.78
HELEN	HINCKS		811	01:04:01.71
BRETT	HODGSON		850	00:52:17.74
CHRISTOPHER	HODGSON		868	00:55:41.46
STEVEN	HOLLIDAY		959	01:05:41.81
JEFFREY	HORROCKS		855	00:59:25.75
CAROLE	HORROCKS		854	01:15:42.36
LIZ	HOWARD-BARKER		560	01:04:49.11
VICTORIA	HOWCROFT-METCALFE		326	01:18:32.45
ALAN	HOWSON	Fylde Coast Runners	496	00:56:19.81
LAURA	HOY		415	00:56:41.75
KIM	HUGHES		644	01:00:30.71
SUSAN	HUGHES		766	01:02:51.64

CRAIG	HUMMER		656	00:50:55.88
LILA	HUNT		444	01:12:27.82
CAROL	HUNTER		593	01:16:37.14
ADAM	HUTCHINSON		727	01:28:56.35
MARK	JACKSON	Burnden Road Runners	494	00:38:00.75
MIKE	JAY	Sandbach Striders	804	00:39:59.23
GAIL	JAZMIK	Start2Jog	679	01:29:50.75
DAVID	JOHNSON		262	00:44:00.14
WENDY	JOHNSON		263	00:52:43.18
LISA	JOHNSON		823	01:01:44.53
SUE	JOHNSON	Lonely Goat RC	600	01:06:52.99
ADAM	JOHNSON		399	01:58:00.18
PAULA	JOHNSTON	Bramley Breezers	1075	00:53:40.58
WAYNE	JOHNSTON	Cumberland AC	1096	00:59:44.18
DAMIAN	JONES		1053	00:47:04.24
DANIEL	JONES		103	00:51:12.78
KERRY	JONES	Beeston AC	281	01:02:35.92
ANTHEA	JONES		751	01:05:12.38
LESLEY	JONES		871	01:08:17.16
ALISON	JONES		499	01:10:20.77
MARK	JONES		282	01:21:27.89
NADIA	KANOUN		406	01:07:04.70
ELLIE	KANOUN		405	01:44:46.02
VICTOR	KASOTA		872	00:53:29.25
STEPHEN	KAY		276	00:34:51.14
DIANE	KENNEDY		616	01:29:21.89
PHIL	KINNER	South Derbyshire Road	142	01:20:49.64
JULIE	KIRK		970	00:57:05.70
KAREN	KIRK	Sneyd Striders	615	01:16:50.36
TED	KIRKHAM		784	00:46:02.79
DANNY	KIRKPATRICK	Dewsbury Road Runners	446	00:49:10.10
MARTIN	KLAVON		235	00:36:45.78
HOWARD	LANGLEY		540	00:51:11.24
LYNDSAY	LANGLEY		539	01:10:43.13
CHRISTINE	LAY	South Leeds Lakers	204	01:14:00.66
EMMA	LAYCOCK		729	01:08:22.45
DANIKA	LEAHEY		748	01:21:34.51
CHLOE	LEATHER	Crewe and Nantwich AC	489	00:42:59.98
GEOFF	LEECH	Horwich RMI Harriers	215	00:54:12.60
DAVID	LIMBRICK		1012	00:58:56.91
ANDREW	LINDLEY	Fylde Coast Runners	1066	00:53:08.52
EDITH	LINGARD		517	01:06:29.15
HEATH	LIST	Rothwell Harriers &am	429	00:56:37.66
STACEY	LITHERLAND		688	01:07:12.95
WARREN	LOMAX		960	01:12:05.88
RACHAEL	LOWE		649	00:58:52.96
MICHAEL	LUBE		803	01:10:07.47
PAUL	MACHELL		426	01:07:11.53

PETER	MACKRELL		1503	00:34:58.71
LUCY	MAGUIRE		595	00:56:17.50
DAVID	MARSH		885	00:50:06.58
SUZANNE	MASON	Sneyd Striders	587	01:34:39.34
GILLIAN	MATHEWS		609	01:05:52.77
GARY	MATTHEWS		345	00:53:00.12
CLAIRE	MATTHEWS		344	01:02:04.31
DEREK	MAYTUM		1050	01:12:31.87
ANDREW	MCALLISTER	Kirkby Milers AC	738	01:32:10.60
NATALIE	MCCARTHY		274	01:02:37.12
CHARLOTTE	MCCARTHY		576	01:27:29.67
RACHAEL	MCCLUSKEY		890	00:47:04.36
SADE	MCDONALD		657	01:02:32.67
ANDREW	MCDONNELL	Lonely Goat RC	510	00:43:14.75
EMILY	MCENNERNEY		323	00:57:35.75
SAMANTHA	MCGHEE		527	01:03:20.42
GAIL	MCKENNA	Wolverhampton & Bilst	178	00:56:06.93
SAM	MCKENZIE		1020	00:45:29.00
ADAM	MCLARNON		806	01:10:14.88
JAMES	MCLEOD	Accrington Road Runne	1028	00:36:11.29
JOHANNA	MCMANUS		461	01:22:57.91
MIKKI	MCMILLAN		838	01:02:18.64
TERRY	MCNULTY		889	01:09:10.76
ANTHONY	MELIA		701	00:51:05.34
KATHLEEN	MELLOR	Stoke F.I.T	888	01:07:23.62
GEOFFREY	MERRITT	Warrington Running Cl	119	01:11:11.87
JAYNE	METCALFE		982	01:10:52.62
NATALIE	MIDDLEMAS		931	00:52:32.51
JONATHAN	MILLER		978	00:44:39.43
JASON	MILLS		627	01:24:52.40
STEVEN	MILLWARD	Cheadle RC	434	01:04:59.68
JEANETTE	MITCHELL		673	01:30:45.51
NICOLA	MOLLOY		1029	01:00:00.29
ROBERT	MORGAN	Chorley AC & Tri Club	695	00:43:30.54
CATHERINE	MOSS		221	01:15:13.85
JENNIFER	MOSS		220	01:15:16.34
BEN	MOUSLEY		975	00:46:32.63
ALEC	MOUSLEY		976	01:01:50.07
BARRY	MUDD		559	01:15:27.62
PAUL	MULLER	Northern Masters AC	710	00:38:06.25
STUART	MULROONEY		932	00:52:32.23
CLAIRE	NEEDHAM	Kirkby Milers AC	731	01:08:58.13
MICHELLE	NEWALL		1003	01:07:51.50
SHIRLEY	NORRIS		774	01:09:00.58
ANTONY	NUNDY		986	01:10:09.67
DEBRA	NUNDY		987	01:31:35.61
ROSE	O'BRIEN		666	01:15:31.18
CIAN	O'DONNELL		497	00:53:33.55

MICHAEL	O'DWYER		1026	00:52:37.20
PETE	O'NEILL		1025	00:54:41.85
CONNOR	O'BEIRNE		448	01:09:50.70
ORLA	O'BEIRNE		447	01:09:51.90
NIAMH	O'CALLAGHAN		1007	01:07:16.17
JESSIE	O'CALLAGHAN		1042	01:16:20.67
AMY	OBRIEN		1090	01:15:30.44
JOHN	OGG	Quays Running Club	782	00:56:58.72
RICH	OREILLY	Horwich RMI Harriers	699	00:40:45.24
DANNY	ORRELL	Wigan Phoenix	836	00:38:06.66
RACHEL	ORTON		442	00:50:21.03
CHARLIE	OSBORN		819	01:32:01.35
CHARLIE	OWEN	100 Marathon Club	531	00:56:04.22
MANDY	OWEN	North Wales RR	532	00:58:18.00
DANIEL	OWENS		589	00:40:02.27
ANDREW	PACKWOOD		800	00:53:26.20
LAURA	PACKWOOD		443	01:08:56.13
DAVID	PALEY		146	00:49:15.43
KATIE	PARKER		229	01:01:32.14
JAMES	PATTISON	Altrincham & District	1069	00:38:00.67
ADAM	PEACOCK		1504	00:31:48.70
KATIE	PEAL		912	01:46:46.51
STEVE	PEPPER		486	00:50:21.24
PAUL	PERKINS		953	01:05:25.03
STEVE	PERRY	Lancaster & Morecambe	585	00:46:19.21
SUZANNE	PETTITT		636	00:57:48.73
LISA	PLATT	Kirkby Milers AC	711	01:21:52.76
KAREN	PORTER	Stoke F.I.T	243	01:01:21.88
LOUISE	PORTER		818	01:10:59.32
LAUREN	POSTLETHWAITE		670	00:59:56.72
ADAM	POWELL	Congleton Harriers	566	00:46:38.29
BARRY	POWELL		259	00:58:45.96
RACHEL	PRESTON		528	01:04:22.68
STEPH	PRICE	Warrington Running Cl	1045	00:50:55.70
DANIEL	PRINCE		470	00:57:15.91
LAUREN	PRINCE	Chorley AC & Tri Club	901	00:58:45.96
CARL	PRINCE	Chorley AC & Tri Club	900	01:28:03.10
JAMIE	QUARRY		625	00:44:59.25
ANNETTE	QUARRY	Lancaster & Morecambe	624	00:53:28.40
BILLY	QUIGLEY		370	01:19:25.41
HAYLEY	QUINN		120	01:11:11.63
WILLIAM	QUINN	Kirkby Milers AC	733	01:21:41.07
SHARON	QUINN	Kirkby Milers AC	734	01:21:55.01
MARTIN	RENFREY		929	00:46:03.72
STEVE	REYNOLDS		564	00:54:13.81
LIZZI	REYNOLDS	Sandbach Striders	565	00:57:34.90
MOLLY	RHEAD		534	01:03:11.21
JOHN	RICHARDSON	Aycliffe Running Club	844	00:59:09.75

KATE	RIES		407	01:17:59.92
DEBBIE	RIMMER		902	00:57:10.40
CLAIRE	ROBERTS		943	01:08:58.09
CAI	ROBERTS	North Wales RR	466	01:18:46.92
GARY	ROBERTS		104	01:22:07.39
JULIE	ROBERTS	Fremington Trailblaze	105	01:22:08.09
REBECCA	ROBERTSON		874	00:57:06.27
JAMIE	ROBINSON	Preston Harriers	1011	00:37:53.76
CARRIE	ROBINSON		385	01:08:18.90
CHRISTOPHER	ROE	Redcar Running Club	158	00:56:35.55
ANDREW	ROGERS	Rochdale Tri Club	1013	00:40:55.15
ANTHONY	ROGERS		1031	00:46:36.47
DEL	ROLFE		692	00:53:12.94
KEITH	ROSCOE		1057	00:46:43.86
ALAN	ROTHWELL		1501	01:01:11.45
DIANE	ROWLANDS		965	00:50:33.44
SARAH	ROWNTREE		101	01:05:12.41
ANDY	RYLANCE		1046	00:50:55.99
ROBERT	SALTHOUSE	Vegan Runners UK	551	00:49:33.36
DAVID	SARGENT	Lancaster Runners	549	00:44:16.75
DAVID	SAUNDERS		392	00:54:41.25
LISA	SCHOLES	Fylde Coast Runners	356	00:49:42.28
SALLY	SCHOLEY		327	01:00:12.91
NICK	SEDDON		1067	00:58:31.04
SARAH	SEENEY		354	01:15:07.92
RICHARD	SHARPE	Thorney RC	511	00:51:58.29
BRIAN	SHAW	UKRunChat Running Club	548	01:03:45.41
RACHEL	SHAW	UKRunChat Running Club	547	01:03:46.83
DECLAN	SHERIDAN		847	01:03:55.43
DANIELLE	SIMONS		725	01:00:16.42
JON	SIMONS		726	01:07:25.48
GERALDINE	SIMPSON		984	01:06:34.74
LAURA	SIMPSON		646	01:17:37.88
LOUISA	SIMPSON-BROWN		685	01:07:19.96
KATIE	SKELTON	Running forcf	199	00:55:24.21
VICTORIA	SLINGER		706	01:03:07.41
SHARON	SMALLSHAW		941	01:35:09.08
CHRIS	SMITH		554	00:44:16.15
DAVID	SMITH		797	00:58:10.00
ALISON	SMITH	Stainland Lions Runni	202	00:58:32.14
LEWIS	SMITH		412	00:58:44.78
PAULA	SMITH	Wirral AC	802	01:05:04.17
ADAM	SMITH		386	01:08:17.90
CHERYL	SMITH		318	01:17:43.22
CAMERON	SMITH		798	01:29:21.89
PETE	SMITH		347	01:32:10.37
ALEXANDER	SPENCER		834	00:53:43.96
VICTORIA	SPENCER		230	01:21:44.86

DONNA	STAVERT		856	01:36:12.30
MICHELLE	STEER		669	01:38:12.60
JESS	STEER		668	01:40:30.53
BRETT	STEVENS	Fylde Coast Runners	903	01:40:07.53
DAVID	STODDERN		794	00:38:52.06
DEBORAH	STOKES		321	01:54:37.49
PETER	STRONG		264	01:13:02.15
STEPHANIE	STRONG		265	01:27:51.91
REBECCA	STYLES	Stockport Tri Club	471	01:06:28.87
LUKE	SUFFOLK	Preston Harriers	568	00:42:03.02
JOANNE	SULLIVAN		1085	00:50:50.72
VICTORIA	SWALLOW		227	01:29:42.85
LIZ	SWAN		993	01:38:49.30
ALISON	SWORDER		586	01:01:59.42
RICH	SYKES		335	00:54:06.54
TIMOTHY	SYLVESTER		814	00:45:10.52
GEORGE	SYLVESTER		815	00:52:13.56
JASON	TAPPING		772	00:50:48.03
MARK	TAYLOR	Redcar Running Club	163	00:43:41.71
BEN	TAYLORSON	Redcar Running Club	159	00:41:33.03
DEAN	THACKRAY	St Helens Striders	546	00:49:30.60
OLIVER	THOMAS	Skipton AC	451	00:48:22.77
GEORGE	THOMAS		1065	00:55:52.96
JACQUELINE	THOMASON		238	01:10:45.67
STEVE	THOMASSON	Horwich RMI Harriers	1035	00:46:43.26
KAY	THOMPSON	Warrington Running Cl	118	01:00:16.16
CALLUM	THORNHILL		671	00:59:49.96
LOUISE	TIDBURY	100 Marathon Club	861	00:53:30.43
AMBER	TIDMARSH		431	00:54:50.28
THOMAS	TIMSON		277	01:08:18.60
PAUL	TOWNSEND	Evenwood Road Runners	602	00:45:25.50
STEVEN	TRACEY	Warrington Road Runne	252	00:42:45.05
ROBBIE	TRECARICHI	Liverpool Running Bugs	997	00:50:45.24
LINDSAY	TRELFORD	Lonely Goat RC	488	01:08:46.66
SEAN	TRIGGS	Kirkby Milers AC	762	00:37:40.02
PETE	TSCHEREWIK		989	00:50:48.38
PAUL	TUCKER	Evenwood Road Runners	764	00:54:38.85
SAMANTHA	TUCKER	Evenwood Road Runners	765	01:15:20.72
CARLEY	TUNSTILL		853	01:08:06.67
PAUL	TUNSTILL		852	01:08:12.48
HEIDI	TURFREY		125	00:59:56.40
ALEX	VENABLES	Preston Harriers	1056	00:37:01.04
DOUGIE	WADDELL	Fylde Coast Runners	414	01:03:47.13
ANDREW	WALES		791	01:27:05.86
MARK	WALKER		638	00:52:22.94
SARAH	WALKER		949	01:04:48.48
ROB	WALLACE	Wesham Road Runners &	596	00:45:11.77
PAUL	WALMSLEY		948	01:08:50.98

CHRIS	WALTON	Accrington Road Runne	500	00:35:30.54
KERRY	WARD	Sneyd Striders	107	01:12:56.12
MARK	WARD	Sneyd Striders	108	01:17:30.70
HELEN	WARD	Sneyd Striders	109	01:29:34.64
NATALIE	WARNOCK		594	00:49:21.26
PAUL	WARRINGTON	Southport Waterloo AC	1018	00:56:57.31
CHARLES	WARRINGTON	Southport Waterloo AC	1019	01:01:23.91
CRAIG	WATSON		859	01:11:27.44
PAUL	WEALL	Wigan Phoenix	963	00:39:36.74
KARL	WELBORN	Birmingham Running At	1010	00:32:00.06
SHAUN	WEST	Lonely Goat RC	597	00:46:08.23
STEVE	WESTRAY		1030	00:58:46.79
SINEADH	WHEELER		209	01:27:01.62
REBECCA	WHITE	Swinton Running Club	473	00:56:40.49
ELAINE	WHITEHEAD	Royton Road Runners	809	01:01:15.74
DOMINIQUE	WHITEHEAD		703	01:44:41.55
SARAH	WHITEMAN	South Leeds Lakers RC	493	01:38:41.97
ZOE	WILCOCK		895	01:04:11.75
SUZY	WILKES	Whitchurch Whippets	749	01:32:52.83
EMMA	WILKINSON		604	00:58:44.70
PAUL	WILLETTS	Walney Wind Cheetahs	343	00:47:34.47
RICHARD	WILLIAMS		420	00:44:45.97
GEORGE	WILLIAMS		754	00:49:33.20
SHARON	WILLIAMS		172	01:07:37.66
JASON	WILLIAMSON	Lonely Goat RC	1076	00:48:23.90
DANIEL	WILSON		121	00:40:21.07
NEIL	WILSON		1044	00:51:57.83
GLENN	WILSON		501	01:09:16.86
MARGARET	WILSON		1040	01:36:21.56
JENNA	WINTER		805	01:10:15.63
?	WINTERS		411	01:20:39.05
BENJAMIN	WISEMAN		851	00:55:24.94
MICHELLE	WOLFENDEN		995	01:03:50.72
MYLES	WOODMAN		637	01:28:44.14
IAN	WORTH		260	01:04:10.45
RICHARD	WORTON		913	01:46:47.00
TRACY	WROE	Radcliffe AC	413	01:42:47.27
LAURA	WYDELL		353	01:29:27.89
DIANE	WYLIE	Burnden Road Runners	647	01:03:39.45
MARK	YARRANTON		290	01:35:08.06
DAVID	YOUNG	Saltwell Harriers	898	00:33:56.94