

Pos	Number	Forename	Surname	Cat	Club	Time
1	283	Lee	Parrington	MV35	Barlick	0:12:34
2	319	Nathan	Townsend	M	Trafford AC	0:13:16
3	99	Gareth	Booth	MV45	Horwich RMI Harriers	0:13:18
4	179	Keith	Ross	MV45		0:13:22
5	18	Joseph	Twigg	M	Lancaster&Morecambe AC	0:13:26
6	272	Chris	Upton	MV50	Cambuslang Harriers	0:13:28
7	130	Carolyn	Baxter	F	Aldershot Thurnham District	0:13:31
8	290	Alan	Hume	MV40	Norfolk Gazeles	0:13:34
9	331	Matthew	Clatters	M	Horwich RMI Harriers	0:13:42
10	314	Steven	Worsley	MV50	Inverness Harriers	0:13:46
11	324	Carla	Davies	F	Salford	0:13:47
12	315	Lucas	Milliken	M	Horwich RMI Harriers	0:14:02
13	241	James	Corbishley	M	Glaxo Hoad Hill Harrier	0:14:05
14	87	Jack	Tickle	M	Blackpool Wyre & Fylde AC	0:14:08
15	77	Jack	Villiers	M	U/A	0:14:29
16	229	Lee	Donnelly	MV40		0:14:32
17	250	Simon	Jones	MV35		0:14:35
18	292	Lewis	Wilkes	M	Horwich RMI Harriers	0:14:44
19	120	Shane	Cody	MV35		0:14:46
20	400	Matthew	Mair	M	Horwich RMI Harriers	0:14:53
21	15	Jamie	Quarry	MV45	COLT	0:14:58
22	308	Luke	Brindle	M	Horwich RMI Harriers	0:15:00
23	60	Chris	Horner	MV40	Garstang Running Club	0:15:01
24	17	Graham	Hodgson	MV55	Lancaster&Morecambe AC	0:15:03
25	240	Justin	Corbishley	M	Glaxo Hoad Hill Harrier	0:15:07
26	168	Michael	Mcneill	M	U/A	0:15:10
27	285	Andrew	Simm	M	Blackpool Wyre & Fylde AC	0:15:12
28	97	Warren	Crook	MV50	Chorley Athletic Club	0:15:15
29	347	Ella	Pendlebury	F	Horwich RMI Harriers	0:15:19
30	136	Ben	Greenep	M		0:15:23
31	199	Stuart	Smith	MV40		0:15:24
32	367	Isabella	Merritt	F	Horwich RMI Harriers	0:15:34
33	392	Michael	Cearth	MV45		0:15:38
34	376	Paul	Mackie	MV45		0:15:41
35	219	David	Walker	MV55	Lancaster & Morecambe AC	0:15:48
36	342	Hannah	Fleet	F	Lancaster&Morecambe AC	0:15:52
37	346	Georgina	Heath	F	Horwich RMI Harriers	0:15:59
38	223	Emma	Whitaker	F	Lancaster & Morecambe AC	0:16:04
39	41	Rachel	Bailey	F	Bolton Harriers	0:16:11
40	329	Peter	Sandford	MV60	Dallam	0:16:19
41	11	Peter	Lloyd	MV35	Lancaster Runners	0:16:22
42	85	Michelle	Tickle	FV40	Blackpool Wyre & Fylde AC	0:16:24
43	88	Lucy	Tickle	F	Blackpool Wyre & Fylde AC	0:16:25
44	361	Les	Haynes	MV75	Bingley	0:16:30
45	58	Ade	Goddard	MV40	Lancaster & Morecambe AC	0:16:33
46	267	Magnus	George	MV50		0:16:33
47	321	Tyron	Lewis	MV50	Dallam	0:16:38
48	370	Emma	Lund	F		0:16:39
49	86	Simon	Tickle	MV40	Blackpool Wyre & Fylde AC	0:16:44
50	220	Mike	Walsh	MV65	Kendal AAC	0:16:46
51	313	Terry	Moss	MV45		0:16:48
52	59	Louise	Goddard	FV50	Lancaster & Morecambe AC	0:16:49
53	270	Catherine	Curran	FV35	U/A	0:16:50

54	172 Michael	Oddie	MV40		0:16:54
55	92 Kirsty	Hamilton	F	Lancaster & Morecambe AC	0:16:57
56	341 Laura	Bloomfield	F		0:16:58
57	72 Graham	Brown	MV35	U/A	0:17:00
58	224 Simon	Wilson	MV60		0:17:04
59	394 Paul	Douglas	MV45		0:17:14
60	104 Alex	Blessington	M	Lancaster & Morecambe AC	0:17:18
61	43 Mia	Brayshaw	F	Lancaster & Morecambe AC	0:17:21
62	13 Mark	Cheal	MV35	U/A	0:17:28
63	96 Andrew	Firkins	MV45	U/A	0:17:35
64	335 Alyssia	Jackson	F	Horwich RMI Harriers	0:17:40
65	2 Jonathan	Hewitt	MV60	Garstang Running Club	0:17:43
66	94 Rebecca	Willmott	F	U/A	0:17:47
67	357 Freddie	Gittins	M	Lancaster&Morecambe AC	0:17:53
68	310 Jack	Wilsdon	M		0:18:04
69	235 Sean	Sweeney	MV45		0:18:04
70	137 Sam	Greenep	M		0:18:10
71	175 Max	Newton	M		0:18:10
72	16 Annette	Quarry	FV45	COLT	0:18:11
73	89 Holly	Tickle	F	Blackpool Wyre & Fylde AC	0:18:12
74	395 Gracie	Scott	F	Blackpool Wyre & Fylde AC	0:18:13
75	358 Ian	Gittins	MV40		0:18:16
76	46 Andrew	Brayshaw	MV40	Lancaster & Morecambe AC	0:18:19
77	20 Kath	Hoyer	FV55	Wesham Road Runners	0:18:19
78	268 Sandy	George	M		0:18:21
79	383 Benjamin	Smithers	M	Red Rose RR	0:18:31
80	198 Matthew	Smith	MV40		0:18:34
81	325 Bertie	Ellison	M	Lancaster&Morecambe AC	0:18:39
82	328 Mark	Ellison	MV40	Colt	0:18:40
83	135 Helen	Greenep	FV50		0:18:46
84	300 Layla	Westwell	F	Lancaster&Morecambe AC	0:18:52
85	253 Archie	Honeysett	M		0:18:53
86	261 Benjamin	Giles	M	Lancaster & Morecambe AC	0:18:54
87	31 David	Wilkinson	MV55	Lancaster & Morecambe AC	0:18:59
88	95 Jim	Bacon	MV50	Lonsdale	0:18:59
89	353 Christina	Maguire	FV55	Lancaster&Morecambe AC	0:19:03
90	295 Dylan	Morris	M	Lancaster&Morecambe AC	0:19:09
91	265 Thomas	McGrattan	M	Lancaster & Morecambe AC	0:19:13
92	337 Phillip	Lewis	MV35		0:19:14
93	211 Andrew	Thistlethwaite	MV50		0:19:15
94	238 Holly	Farquharson	F		0:19:18
95	275 Guy	Heath	M	U/A	0:19:22
96	274 Alfie	Heath	M	U/A	0:19:22
97	65 Paul	Moss	MV55	Garstang Running Club	0:19:24
98	170 Anna	Nicholson	F	Lancaster & Morecambe AC	0:19:27
99	222 Charlotte	Whitaker	F	Lancaster & Morecambe AC	0:19:28
100	82 Clive	Holloway	M	U/A	0:19:31
101	149 Jack	Lewis	M		0:19:33
102	117 Anne	Carman	FV60		0:19:33
103	12 Liya	Cheal	F	U/A	0:19:36
104	187 Mark	Simmill	MV55		0:19:37
105	148 Katherine	Lewis	FV35	Lancaster & Morecambe AC	0:19:41
106	332 Kirsty	Garrett	F	Hat Club	0:19:42
107	333 Ross	McKelvie	M	Lytham St Annes RRC	0:19:42

108	78	Caroline	Squires	FV55	Lancaster Runners	0:19:44
109	74	Zach	Earnshaw	m	U/A	0:19:51
110	36	Ken	Cruold	MV55	U/A	0:19:52
111	128	Siobhan	Leathley	F		0:19:56
112	118	Keith	Carman	MV50		0:19:57
113	1	Mary	Hewitt	FV60	Garstang Running Club	0:20:01
114	3	Emma	Hewitt	F	U/A	0:20:02
115	129	David	Baxter	M		0:20:03
116	150	Josh	Lewis	M	U/A	0:20:03
117	189	Rachael	Slater	FV40		0:20:09
118	171	Morgan	Nicholson	M	U/A	0:20:10
119	396	Sarah	Scott	FV40	Thornton Cleveleys RC	0:20:12
120	296	Donald	J Trump	MV55	Lancaster&Morecambe AC	0:20:19
121	190	Andy	Slater	MV35		0:20:20
122	112	Clare	Bugeja	FV45		0:20:22
123	264	Joseph	McGrattan	M	U/A	0:20:24
124	236	Emma	Sweeney	F		0:20:30
125	49	Julia	Patefield	FV50	Garstang Running Club	0:20:38
126	151	Martin	Lewis	MV35	U/A	0:20:40
127	402	Ola	Mustopha	FV45	Lancaster&Morecambe AC	0:20:45
128	197	Daniel	Smith	M		0:20:46
129	53	Lucas	Done	M	U/A	0:20:59
130	55	Curtis	Done	M	U/A	0:21:00
131	123	Linzi	Dearden	FV45		0:21:02
132	215	Benjamin	Tyrer	M		0:21:02
133	284	Maddison	Parrington	F	Barlick	0:21:03
134	282	George	Parrington	MV70	Lancaster & Morecambe AC	0:21:04
135	348	Claire	Atkinson	FV45		0:21:05
136	214	Julie	Tyrer	FV40		0:21:06
137	230	Ellie	Pickering	F		0:21:08
138	166	Matthew	Mcnae	M	U/A	0:21:10
139	185	Daniel	Shaw	M		0:21:11
140	23	Brayden	Cornall	M	U/A	0:21:12
141	21	James	Cornall	M	Garstang Running Club	0:21:13
142	322	Steve	James	MV75	Southport Waterloo AC	0:21:14
143	271	Carol	Sharpe	FV40	U/A	0:21:15
144	338	Jack	Maguire	MV60		0:21:16
145	362	Joanna	Dent	FV45		0:21:19
146	393	Stephen	Ralston	MV55	Lonsdale	0:21:31
147	19	Dave	Waywell	MV70	Wesham Road Runners	0:21:33
148	343	Ruth	Fleet	FV50		0:21:34
149	249	Matty	Jones	M		0:21:36
150	206	Lewis	Spurr	M		0:21:38
151	139	Jennifer	Hair	F		0:21:43
152	93	Gill	Hamilton	FV45	Lancaster & Morecambe AC	0:21:44
153	278	Elizabeth	Smith	FV55	U/A	0:21:46
154	345	James	Haywood	M		0:21:48
155	40	Elaine	Bailey	FV55	U/A	0:21:50
156	125	Annie	Dickinson	F		0:21:50
157	115	Anan	Burns	M		0:21:52
158	109	Eve	Briffett	F		0:21:53
159	142	Peter	Howarth	MV40		0:21:53
160	234	Sinead	Sweeney	FV45		0:21:53
161	366	Beckie	Waine	FV35	Run Mummy Run	0:21:54

162	288	Joshua	Grogen	M	Lancaster&Morecambe AC	0:21:56
163	273	Ava	Heath	F	U/A	0:21:56
164	167	Janine	Mcneill	FV45	Glaxo Hoad Hill Harrier	0:21:57
165	102	Andrew	Bijsterbosch	MV50	U/A	0:21:59
166	363	Heather	Knowles	FV45	Lancaster Runners	0:22:02
167	243	Alex	Bales	M		0:22:06
168	276	Joanne	Heath	F	U/A	0:22:08
169	413	Heather	Moorhouse	F		0:22:11
170	254	Shannon	Perry	F	Lancaster & Morecambe AC	0:22:14
171	141	Janet	Horsfield	FV45		0:22:16
172	323	Kelly	Foster	FV40	Lancaster&Morecambe AC	0:22:17
173	248	Alex	Jones	M		0:22:18
174	247	Emma	Jones	FV35		0:22:18
175	233	Sue	Wickham	FV55	Preston Harriers	0:22:19
176	186	Elaine	Simmill	FV55		0:22:20
177	352	Erin	Gillan	F	Lancaster&Morecambe AC	0:22:20
178	404	Olivia	Winn	F		0:22:23
179	131	Adam	Dyson	M		0:22:26
180	318	Daniel	Lawson	M		0:22:27
181	317	Chris	Lawson	MV40		0:22:28
182	61	Flynn	Robinson	M	Lancaster & Morecambe AC	0:22:29
183	350	Deena	Gillan	FV35		0:22:30
184	336	Jackie	Sweet	FV50		0:22:32
185	259	Hannah	Giles	F	Lancaster & Morecambe AC	0:22:33
186	177	Maureen	Roberts	FV60	Lancaster Runners	0:22:34
187	269	Timothy	Cawthorne	MV55		0:22:37
188	44	Ella	Brayshaw	F	Lancaster & Morecambe AC	0:22:39
189	45	Adele	Brayshaw	FV40	Lancaster & Morecambe AC	0:22:40
190	158	Kim	Mcguire	FV55	Wesham Road Runners	0:22:42
191	132	Joey	Gibirdi	M		0:22:44
192	133	Jon	Gibirdi	MV40		0:22:45
193	176	Angela	Prince	FV35		0:22:45
194	122	Amelia	Dalby	F		0:22:48
195	286	Di	Newton	FV65		0:22:49
196	101	Danielle	Benson	F		0:22:50
197	407	Verity	Hinchcliffe	M		0:22:51
198	289	Ellie	Grogen	F	Lancaster&Morecambe AC	0:22:52
199	287	Richard	Brookes	MV65		0:22:53
200	174	Jack	Newton	M		0:22:58
201	165	Jack	Mcnae	M	U/A	0:22:59
202	42	Emma	Bailey	F	U/A	0:22:59
203	406	Janine	Duffin	FV40		0:23:00
204	164	Katie	Mcnae	F	U/A	0:23:02
205	91	Sarah	Wright	FV45	Lancaster & Morecambe AC	0:23:03
206	371	Louise	Greenwood	F		0:23:05
207	368	Fiona	Gemson	FV45		0:23:07
208	83	Hayden	Sale	M	Lancaster&Morecambe AC	0:23:08
209	200	Abi	Spurr	F		0:23:14
210	207	Phil	Spurr	MV40		0:23:15
211	372	Isabella	Mellint	F		0:23:18
212	373	Stephanie	Mellint	FV35		0:23:19
213	226	Ashton	Crossley	M		0:23:24
214	126	Arthur	Dickinson	M		0:23:25
215	227	Frank	Miller	MV65	Garstang Running Club	0:23:27

216	127	Stephen	Dickinson	MV50		0:23:29
217	239	Karen	Cooper	FV45	Lancaster&Morecambe AC	0:23:31
218	98	Karen	Kyle	FV55	Preston Harriers	0:23:32
219	245	Clare	Edwards	FV35		0:23:34
220	379	Helen	Boyer	FV40		0:23:35
221	213	Jennifer	Turner	FV40		0:23:36
222	450	Bob	Smith	M		0:23:37
223	356	Laura	Nelson	F		0:23:40
224	205	Chris	Spurr	MV40		0:23:48
225	202	Amy	Spurr	F		0:23:49
226	221	John	Ward	MV60		0:23:50
227	409	Clive	Rawes	MV50		0:23:54
228	408	Willem	Rawes	M		0:23:55
229	354	Joseph	Nelson	M		0:23:59
230	355	Will	Nelson	MV35		0:23:59
231	50	Paul	Davidson	MV55	U/A	0:24:01
232	415	Susan	Lucas	FV65	Lancaster&Morecambe AC	0:24:02
233	62	Catherine	Robinson	FV40	U/A	0:24:03
234	63	Wade	Robinson	MV40	U/A	0:24:06
235	312	Ian	Roberts	MV65	Bowland Fell Runners	0:24:08
236	108	Alice	Briffett	F		0:24:10
237	111	Colin	Briffett	MV45		0:24:11
238	330	Natalie	Sandford	F	Lancaster University Running Club	0:24:13
239	369	Claire	Bennett	FV50		0:24:14
240	54	Linda	Done	FV45	U/A	0:24:16
241	51	Jane	Whatmuff	FV45	U/A	0:24:17
242	35	Daniel	Simpson	M	U/A	0:24:18
243	188	Karen	Simpson	FV45	U/A	0:24:20
244	169	Paula	Morgan	FV40	U/A	0:24:21
245	105	David	Blessington	MV40	U/A	0:24:23
246	225	Kari	Edwards	FV45	Preston Harriers	0:24:25
247	298	Natalie	Moore	FV35	Red Rose RR	0:24:29
248	103	Amanda	Blessington	FV40	U/A	0:24:31
249	106	Stephen	Corbridges	MV35	U/A	0:24:33
250	27	Lisa	Hogg	FV35	U/A	0:24:35
251	124	Gurbaksh	Dhillon	FV40	Lancaster Womens Women Group	0:24:38
252	147	Georgine	Lee	FV40		0:24:38
253	378	Ellen	Marshall	F		0:24:41
254	377	Lee	Marshall	MV45		0:24:42
255	161	Ruby	Mckay	F	U/A	0:24:44
256	73	Amelie	Earnshaw	F	Lancaster & Morecambe AC	0:24:45
257	145	Matthew	Knowles	M		0:24:46
258	81	Jack	Shanley	M	U/A	0:24:47
259	208	Claire	Stevenson	FV40	Wray Running Club	0:24:48
260	316	Kate	Bell	FV35		0:24:50
261	244	Hannah	Bales	F		0:24:52
262	242	Mark	Bales	MV45		0:24:53
263	146	Toby	Knowles	M	U/A	0:24:55
264	114	Debra	Bunting	FV55	Lancaster & Morecambe AC	0:24:56
265	387	Freddie	Taylor	M		0:24:59
266	294	Seth	Morris	M	Lancaster&Morecambe AC	0:25:00
267	293	Cath	Morris	FV40		0:25:02
268	255	Sienna	Thurley	F	U/A	0:25:03
269	256	Ella	Thurley	F	U/A	0:25:04

270	257 Jonny	Thurley	MV35	U/A	0:25:04
271	90 Howard	Henshaw	MV75	Blackpool Wyre & Fylde AC	0:25:05
272	162 Tia	Mckay	F	U/A	0:25:07
273	191 Betsy	Smith	F		0:25:10
274	163 Stuart	Mckay	MV40	U/A	0:25:11
275	277 Zara	Britton	F	U/A	0:25:12
276	193 Ceri	Smith	FV40		0:25:13
277	121 Candice	Curran	FV35		0:25:14
278	382 Lorraine	Underdown	F		0:25:14
279	260 Nathan	Giles	M	Lancaster & Morecambe AC	0:25:16
280	311 Harry	Wilsdon	M		0:25:17
281	309 Laura	Wilsdon	FV35		0:25:22
282	364 Mike	McDonald	MV75	Northern Vets	0:25:25
283	307 Megan	Bradley	F	Red Rose RR	0:25:36
284	64 Tina	Smith	FV50	U/A	0:25:44
285	279 Betsy	Matthews	F	U/A	0:25:46
286	281 Benjamin	Matthews	MV35	Lancaster Runners	0:25:46
287	113 Molly	Bugeja	F		0:25:50
288	280 Hayley	Matthews	F	U/A	0:25:56
289	410 Helen	Noble	F		0:26:01
290	411 Sonny	Westwell	M		0:26:02
291	414 Olya	Rotere	F		0:26:04
292	152 Yury	Rotoc	M		0:26:06
293	116 Alice	Everard	FV45		0:26:07
294	258 Catie	Giles	FV35	U/A	0:26:13
295	203 Lisa	Spurr	FV40		0:26:14
296	48 Hilary	Chunter	FV60	U/A	0:26:14
297	79 Stephanie	Oates	FV45	U/A	0:26:17
298	304 James	Clapham	M		0:26:19
299	305 Charlotte	Clapham	F	Blackburn Harriers	0:26:19
300	301 Lucie	Clipston	F	Red Rose RR	0:26:20
301	303 Michelle	Allott	FV40		0:26:22
302	100 Kirstie	Bankslyon	FV45		0:26:24
303	302 Kate	Clipston	FV45	Red Rose RR	0:26:25
304	306 Jenny	Bradley	FV40	Red Rose RR	0:26:26
305	299 Steve	Taylor	MV45	Red Rose RR	0:26:26
306	52 Emma	Ritchie	F	U/A	0:26:27
307	365 Audrey	Oldham	FV55		0:26:27
308	143 Leo	Hyde	M		0:26:30
309	218 Sarah	Walker	FV40		0:26:31
310	216 Laura	Walker	F		0:26:31
311	237 Harry	Satterly	M		0:26:32
312	183 Holly	Satterly	F	Lancaster & Morecambe AC	0:26:32
313	184 Charles	Satterly	MV35	Lancaster & Morecambe AC	0:26:33
314	327 Sydney	Ellison	M	Lancaster&Morecambe AC	0:26:44
315	326 Karen	Ellison	FV40		0:26:45
316	401 Helen	Ryan	FV40		0:26:50
317	262 Samuel	Giles	M	Bowland Fell Runners	0:26:53
318	157 Holly	Mcguire	F	U/A	0:26:56
319	385 Sally	Taylor	FV40		0:27:01
320	320 Mij	Dellegnind	FV50		0:27:07
321	374 Sharon	Randall	FV50	Thornton Cleveleys RC	0:27:10
322	57 Alice	Goddard	F	Lancaster & Morecambe AC	0:27:15
323	231 Darcy	Donnelly	F		0:27:15

324	228 Gemma	Greenwood	FV35	Lancaster Runners	0:27:16
325	29 Evelyn	Elkington	FV80+	Lancaster & Morecambe AC	0:27:19
326	232 Louis	Donnelly	M		0:27:21
327	452 Bob	Smith	M		0:27:22
328	140 Sue	Moya	FV55		0:27:31
329	84 Dave	Sale	MV40	U/A	0:27:52
330	386 Ruby	Taylor	F		0:27:53
331	384 Dave	Taylor	MV40		0:27:55
332	75 Helen	Holdsworth	FV45	U/A	0:28:00
333	76 Julie	Clarke	FV45	U/A	0:28:00
334	359 Bella	Gittins	F		0:28:03
335	360 Laura	Gittins	FV35		0:28:03
336	80 Hannah	Shanley	F	U/A	0:28:09
337	201 Alison	Spurr	FV35		0:28:11
338	251 Alex	Edwards	F		0:28:12
339	246 Linda	Leigh	FV55		0:28:12
340	204 Alex	Spurr	M		0:28:17
341	334 Dawn	Lock	FV70	Lytham St Annes RRC	0:28:29
342	110 Imelda	Hatton	FV50	Lancaster&Morecambe AC	0:28:55
343	217 Linda	Walker	FV50	Lancaster & Morecambe AC	0:29:04
344	297 Christine	Ramsdale	FV65	Spectrum Striders	0:29:15
345	403 Barbara	Bola	FV35		0:29:44
346	351 Neve	Gillan	F	Lancaster&Morecambe AC	0:29:45
347	349 Des	Gillan	MV40		0:29:46
348	178 Sandra	Rolston	FV55	Red Rose RR	0:29:57
349	399 Austin	Parsons	M		0:30:06
350	252 Susan	McGann	FV50		0:30:12
351	134 Arthur	Green	MV70	Red Rose RR	0:30:14
352	24 Kara	Cornall	F	U/A	0:30:16
353	453 Bob	Smith	M		0:30:17
354	22 Marissa	Cornall	FV35	Garstang Running Club	0:30:19
355	398 Marnie	Parsons	F		0:30:20
356	397 Paul	Parsons	M		0:30:21
357	32 Nadine	Parsons	F	Garstang Running Club	0:30:21
358	412 Louise	Benty	FV55		0:30:25
359	263 Molly	McGrattan	F	U/A	0:30:35
360	381 Amanda	Fisher	FV50		0:30:36
361	380 Paul	Fisher	MV45		0:30:36
362	266 Juliet	McGrattan	FV45	261 Club Lune Valley	0:30:38
363	70 Joey	Norris	M	U/A	0:30:40
364	69 Grace	Norris	F	U/A	0:30:45
365	67 Mark	Norris	MV40	U/A	0:30:47
366	390 Emily	Wright	F		0:30:48
367	391 Ian	Wright	MV40		0:30:49
368	159 Darcie	Mckay	F	U/A	0:31:45
369	119 Janie	Clarke Burns	FV40		0:31:49
370	154 Lucy	Mccabe	F		0:32:00
371	155 Liam	Mccabe	M		0:32:03
372	156 Luke	Mccabe	M		0:32:10
373	153 Liza	Mccabe	FV40		0:32:11
374	71 Livia	Norris	F	U/A	0:32:37
375	68 Michelle	Norris	FV40	U/A	0:32:38
376	33 Rosemary	Whitaker	FV50	U/A	0:32:40
377	160 Julie	Mckay	FV40	U/A	0:32:43

378	291	Richard	Stapleton	MV70		0:32:48
379	30	Bernard	Elkington	MV80+	Red Rose RR	0:32:49
380	388	Kath	Kuusniemi	FV40		0:33:08
381	389	Silas	Morgan	M		0:33:09
382	344	Linda	Scott	F		0:33:31
383	14	Steve	Haywood	MV65	U/A	0:33:32
384	107	Richard	Bowers	MV65		0:34:05
385	138	Sandra	Habberley	FV60	Fylde Coast Runners	0:34:06
386	194	Emma	Smith	FV35	U/A	0:38:10
387	192	Bridget	Smith	F		0:38:10
388	195	Freya	Smith	F		0:38:11
389	375	Jane	Price	F		0:38:12
390	34	Jennifer	Simpson	f	U/A	0:38:20
391	173	Vanessa	Nobler	FV40		0:38:21
392	180	Amy	Russell	F		0:38:38
393	181	Jacob	Russell	M		0:38:39
394	182	Simon	Russell	M		0:38:40
395	25	Ethan	Hogg	M	U/A	0:40:42
396	28	Simon	Hogg	MV40	U/A	0:40:43
397	6	Susan	Jones	FV50	Thornton Cleveleys RC	0:42:57
398	10	Logan	Torre	M	U/A	0:42:57
399	7	Keith	Hopkins	MV65	U/A	0:42:58
400	8	Joshua	Fearon	M	U/A	0:42:59
401	340	Ashleigh	Huggins	F		0:43:01
402	455	Bob	Smith	M		0:43:02
403	212	Paul	Towers	MV45		0:43:03
404	339	Shaun	Gash	MV45		0:44:06
405	668	Bob	Smith	M		0:44:09