

Bib No	NAME	CLUB	TIME	OVERALL POSITION	GENDER POSITION	AGE GROUP	AGE GROUP POSITION
8	Matthew Crehan	St Helens Sutton AC	14:48	1	1	M	1
16	Chris Richards	Salford Harriers	15:04	2	2	M	2
9	Lee Parrington	LMAC	16:15	3	3	MV35	1
49	Matthew Knowles	LMAC	16:19	4	4	M	3
2	Oliver Gajdowski	Ambleside AC	16:25	5	5	M	4
1	Luke Bowen	Kendal AC	16:25	6	6	M	5
5	Jon-Jo Doherty	St Helen Striders	16:36	7	7	M	6
39	Ben Walmsley	Ribble Valley	16:53	8	8	M	7
14	Simon Robinson	Preston Harriers	17:10	9	9	M	8
53	Joseph Twigg	LMAC	17:14	10	10	M	9
10	Matt Simpson	Blackburn Road Runners	17:27	11	11	MV35	2
35	Richard Wilson	Kendal AC	17:29	12	12	MV40	1
34	Matt Wilson	Kendal AC	17:30	13	13	MV40	2
46	James Dagleish	LMAC	17:31	14	14	MV40	3
12	Alex Verables	Preston Harriers	17:32	15	15	MV35	3
27	Charles Foster	Salford Harriers	17:32	16	16	MV45	1
58	Jacob Croasdale	N/A	17:45	17	17	M	10
29	Mark Holgate	LMAC	17:47	18	18	MV45	2
13	Lee Foley	Preston Harriers	17:54	19	19	M	11
15	Neil Adair	Chorley	17:57	20	20	MV40	4
62	Ross Alexander	Lytham St Anns AC	17:59	21	21	M	11
64	Michael Wilson	N/A	18:23	22	22	M	12
31	Steve Hallas	Preston Harriers	18:25	23	23	MV45	3
57	Katherine Cousins	LMAC	18:33	24	1	F	1
26	Matthew Barnes	N/A	18:59	25	24	MV45	4
69	Ben Francis	LMAC	19:01	26	25	M	13
44	Simon Austin	Hoad Hill Harriers	19:39	27	26	M	14
73	Andrew Spence	N/A	19:53	28	27	MV40	5
21	Ryan Mewis	N/A	19:54	29	28	MV35	4
65	Tom Lancaster	N/A	20:02	30	29	M	15
67	Paul Gillon	Lancaster Runners	20:19	31	30	MV50	1
30	Laura Gardner	LMAC	20:20	32	2	F	2
42	Sam Gentle	N/A	20:28	33	31	M	16
25	Andrew McCracken	N/A	20:29	34	32	MV45	5
18	Andrew Fellows	N//A	20:30	35	33	MV45	6
43	John Symons	N/A	20:39	36	34	MV40	6

45	Peter Sandford	Dallam	20:42	37	35	MV60	1
38	Micheal Roy	LMAC	20:43	38	36	M	17
40	Stephen Roberts	Kendal AC	20:45	39	37	MV45	7
52	Catherine Curran	N/A	20:51	40	3	FV35	1
36	Paul Mann	N/A	20:56	41	38	MV35	5
23	Stephen Batty	Whalley Wind Cheetahs	21:04	42	39	MV55	1
41	Sam Kellet	LMAC	21:14	43	40	FV35	2
6	Mark Davey	Lancaster Runners	21:16	44	42	MV50	2
7	Jade Smith	St Helens Sutton AC	21:20	45	4	F	3
59	Dez Appleton	Lytham St Anns AC	21:20	46	42	MV40	7
51	Colin Briffett	Lancaster Runners	21:27	47	43	MV45	8
37	Sally Brassington	LMAC	21:32	48	5	FV40	1
17	Janice Callister	Whalley Wind Cheetahs	21:48	49	6	FV50	1
20	Ruth Mewis	N/A	21:54	50	7	FV35	3
66	Tom Palmer	N/A	22:19	51	44	MV35	6
54	Erwin Kalis	LMAC	22:43	52	45	MV40	8
61	Lewis McAfee	Lytham St Anns AC	22:54	53	46	MV35	7
63	Ben McCabe	Lytham St Anns AC	22:56	54	47	M	18
19	Jenny Fazackerly	N/A	23:14	55	8	F	4
60	Christine Lamb	Lancaster Runners	23:18	56	9	FV55	1
48	David Dann	LMAC	23:45	57	48	MV50	3
47	Emily Stapleton	LMAC	23:46	58	10	FV45	1
71	Elizabeth Watton	Blackburn Road Runners	23:51	59	11	F	5
28	Billy Gardner	LMAC	24:21	60	49	MV55	2
33	Rachel Warth	Kendal AC	24:23	61	12	FV35	4
56	Liam Shannon	N/A	25:12	62	50	MV40	9
77	Megan Walder	N/A	25:22	63	13	F	6
72	Juliet McGratton	N/A	25:44	64	14	FV45	2
24	Dawn McCracken	LMAC	25:45	65	15	FV50	2
50	Mariana Ruffind	LMAC	26:17	66	16	FV45	3
70	Pete Howarth	N/A	26:18	67	51	MV40	10
3	Michael Briggs	N/A	26:50	68	52	MV55	3
76	Emma Coopland	N/A	27:05	69	17	FV35	5
68	Paula Smith	N/A	27:34	70	18	FV45	4
4	Terry Lonergan	Barlick	27:40	71	53	MV65	1
75	Helen Gates	N/A	27:41	72	19	MV35	8
78	Ola Mustapha	LMAC	28:52	73	20	FV45	5
32	Phil Parkinson	N/A	30:43	74	54	MV45	9
22	Linda Stapleton	LMAC	36:06	75	22	FV70	1
55	Alexander Rizenko	LMAC	37:59	76	55	MV65	2