

| Pos | Number | Forename | Surname | Cat | Club | Time |
|-----|--------|-----------|--------------|------|----------------------------|---------|
| 1 | 177 | Simon | Croft | MV35 | U/A | 0:12:36 |
| 2 | 54 | Oscar | Stapleton | M | Ilkley | 0:13:26 |
| 3 | 269 | Lukas | Eiohmeyer | M | Lancaster & Morecambe AC | 0:13:29 |
| 4 | 351 | Alan | Hume | MV40 | Norfolk Gazelles | 0:13:30 |
| 5 | 1 | Danny | Parkinson | M | Kendal AC | 0:13:32 |
| 6 | 312 | Stanley | Stephenson | M | U/A | 0:13:33 |
| 7 | 289 | Michael | Osinski-Gray | MV35 | U/A | 0:13:41 |
| 8 | 334 | Steven | Worsley | MV55 | lancaster and morecambe ac | 0:13:50 |
| 9 | 276 | Paul | Muller | MV60 | northern masters ac | 0:13:52 |
| 10 | 139 | Paul | Targett | MV50 | Holcombe Harriers | 0:14:06 |
| 11 | 383 | Katherine | Cousins | F | Lancaster & Morecambe AC | 0:14:36 |
| 12 | 50 | Alex | Blessington | M | Lancaster + Morecambe AC | 0:14:40 |
| 13 | 375 | Neil | Mcdonald | MV50 | Preston Harriers | 0:14:46 |
| 14 | 350 | Tom | Topham | M | North Derbyshire RC | 0:14:52 |
| 15 | 44 | Justin | Corbishley | M | Hoad Hill Harriers | 0:14:52 |
| 16 | 68 | James | Brassington | M | Lancaster + Morecambe AC | 0:14:53 |
| 17 | 287 | Daniel | Odonnell | MV45 | U/A | 0:14:55 |
| 18 | 67 | John | Brassington | MV40 | U/A | 0:14:56 |
| 19 | 353 | Tobias | Swarbrick | M | Lancaster & Morecambe AC | 0:15:01 |
| 20 | 326 | David | Walker | MV55 | Lancaster & Morecambe AC | 0:15:07 |
| 21 | 58 | Jamie | Quarry | MV45 | Colt | 0:15:11 |
| 22 | 178 | Warren | Crook | MV50 | chorley athletic and tri | 0:15:16 |
| 23 | 225 | Graham | Hodgson | MV55 | U/A | 0:15:17 |
| 24 | 344 | Ryan | Mewis | MV35 | U/A | 0:15:22 |
| 25 | 299 | Andrew | Simm | M | Blackpool, Wyre and Fylde | 0:15:26 |
| 26 | 333 | William | Winn | MV40 | COLT | 0:15:29 |
| 27 | 175 | Charlotte | Corrigan | F | U/A | 0:15:30 |
| 28 | 11 | Stuart | Smith | MV40 | Red Rose Road Runners | 0:15:31 |
| 29 | 70 | Ben | Brassington | M | Lancaster + Morecambe AC | 0:15:40 |
| 30 | 352 | Ellie | Homewood | FV40 | Westerlands | 0:15:40 |
| 31 | 146 | Rachel | Bailey | F | U/A | 0:15:57 |
| 32 | 48 | Alan | Stewart | MV55 | Garstang RC | 0:15:58 |
| 33 | 47 | Tyron | Lewis | MV50 | Dallam | 0:15:59 |
| 34 | 21 | Andrew | Firkins | MV45 | U/A | 0:16:00 |
| 35 | 174 | Jack | Collett | M | U/A | 0:16:02 |
| 36 | 378 | Peter | Sandford | FV60 | Dallam | 0:16:10 |
| 37 | 224 | Mary | Hodgson | F | U/A | 0:16:19 |
| 38 | 181 | Catherine | Curran | FV40 | U/A | 0:16:19 |
| 39 | 295 | David | Sargent | M | U/A | 0:16:20 |
| 40 | 208 | Magnus | George | MV50 | Lancashire | 0:16:27 |
| 41 | 182 | Allison | Daly | FV40 | U/A | 0:16:27 |
| 42 | 15 | Ade | Goddard | MV40 | U/A | 0:16:33 |
| 43 | 286 | Michael | Oddie | MV45 | Red Rose Road Runners | 0:16:42 |
| 44 | 253 | Paul | Mackie | MV45 | U/A | 0:16:43 |
| 45 | 79 | Kirsty | Hamilton | F | Lancaster + Morecambe AC | 0:16:44 |
| 46 | 41 | Marissa | Cornall | FV35 | Garstang Running Club | 0:16:47 |
| 47 | 137 | Amy | McAvoy | F | Garstang Running Club | 0:16:47 |
| 48 | 60 | Lewis | Williams | M | Taunton | 0:16:51 |
| 49 | 88 | Michael | Walsh | MV65 | Kendal AC | 0:16:51 |
| 50 | 341 | David | Smith | M | U/A | 0:16:55 |
| 51 | 69 | Sally | Brassington | FV40 | Lancaster + Morecambe AC | 0:16:57 |
| 52 | 282 | Anna | Nicholson | F | Lancaster & Morecambe AC | 0:16:59 |
| 53 | 345 | Ruth | Mewis | FV35 | U/A | 0:17:00 |

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|-----|-----|-----------|----------------|------|----------------------------|---------|
| 54 | 331 | Simon | Wilson | MV60 | U/A | 0:17:02 |
| 55 | 108 | Freddie | Gittins | M | Lancaster + Morecambe AC | 0:17:07 |
| 56 | 23 | Mark | Cheal | MV40 | U/A | 0:17:18 |
| 57 | 17 | Louise | Goddard | FV50 | Lancaster + Morecambe AC | 0:17:28 |
| 58 | 95 | Bertie | Ellison | M | Lancaster + Morecambe AC | 0:17:35 |
| 59 | 140 | George | Willmott | M | U/A | 0:17:39 |
| 60 | 367 | Jack | Wisldon | M | U/A | 0:17:42 |
| 61 | 400 | Anan | Clarke | M | COLT | 0:17:43 |
| 62 | 384 | Grace | Scott | F | Blackpool, Wyre and Fylde | 0:17:47 |
| 63 | 209 | Sandy | George | M | Lancashire | 0:17:48 |
| 64 | 229 | Daniel | Hope | M | U/A | 0:17:51 |
| 65 | 296 | Holly | Satterly | F | Lancaster & Morcambe AC | 0:17:53 |
| 66 | 297 | Charles | Satterly | MV50 | Lancaster & Morecambe AC | 0:17:54 |
| 67 | 42 | Bryden | Cornall | M | U/A | 0:17:55 |
| 68 | 203 | Archie | Finch | M | Red rose road runners | 0:17:58 |
| 69 | 202 | Jonathan | Finch | MV35 | Red rose road runners | 0:17:58 |
| 70 | 94 | Mark | Ellison | MV40 | Colt | 0:18:07 |
| 71 | 268 | Lee | Metcalfe | MV45 | U/A | 0:18:12 |
| 72 | 149 | George | Bell | MV60 | Blackburn Road Runners | 0:18:14 |
| 73 | 343 | Jonathan | Smith | M | U/A | 0:18:25 |
| 74 | 340 | Andrew | Smith | MV50 | U/A | 0:18:27 |
| 75 | 57 | Annette | Quarry | FV45 | Colt | 0:18:36 |
| 76 | 271 | Natalie | Moore | FV35 | Red Rose | 0:18:38 |
| 77 | 284 | Ehud | Nir | MV45 | U/A | 0:18:44 |
| 78 | 330 | Paul | Wilkinson | MV50 | U/A | 0:18:45 |
| 79 | 10 | Andrew | Thistlethwaite | MV50 | Lancaster Runners | 0:18:47 |
| 80 | 61 | David | Wilkinson | MV55 | Lancaster + Morecambe AC | 0:18:48 |
| 81 | 374 | Olga | Rotare | F | U/A | 0:18:50 |
| 82 | 46 | Charlotte | White | FV45 | U/A | 0:18:57 |
| 83 | 247 | Josh | Lewis | M | U/A | 0:18:58 |
| 84 | 105 | Lily | Willmott | F | U/A | 0:19:00 |
| 85 | 52 | Kath | Hoyer | FV55 | Wesham Road Runners | 0:19:02 |
| 86 | 228 | Vicky | Holgate | FV40 | Lancaster and Morecambe AC | 0:19:10 |
| 87 | 349 | Christine | Thistlethwaite | FV40 | U/A | 0:19:12 |
| 88 | 73 | Eve | Briffett | F | U/A | 0:19:13 |
| 89 | 74 | Colin | Briffett | MV45 | Lancaster Runners | 0:19:14 |
| 90 | 250 | Jack | Lewis | M | LMAC | 0:19:14 |
| 91 | 89 | Sarah | Eckersley | F | U/A | 0:19:15 |
| 92 | 285 | Nate | Nir | M | U/A | 0:19:16 |
| 93 | 220 | Graham | Hall | MV40 | U/A | 0:19:20 |
| 94 | 213 | Nathan | Giles | M | Lancaster and Morecambe AC | 0:19:22 |
| 95 | 300 | Karen | Simpson | FV45 | Garstang running club | 0:19:23 |
| 96 | 393 | Adam | Muckle | MV50 | U/A | 0:19:24 |
| 97 | 246 | Martin | Lewis | MV35 | U/A | 0:19:31 |
| 98 | 379 | Patrick | Tucker | M | U/A | 0:19:34 |
| 99 | 245 | Katherine | Lewis | FV35 | LMAC | 0:19:35 |
| 100 | 24 | Liya | Cheal | F | U/A | 0:19:39 |
| 101 | 164 | Anne | Carman | FV60 | Lancaster&MorecambevAC | 0:19:44 |
| 102 | 226 | Jennie | Hodgson | MV55 | U/A | 0:19:46 |
| 103 | 38 | Mary | Hewitt | FV60 | Garstang Running Club | 0:19:48 |
| 104 | 186 | Marian | De Silver | FV55 | Dallam | 0:19:49 |
| 105 | 138 | David | Downes | MV60 | WCOC | 0:19:50 |
| 106 | 165 | Keith | Carman | MV50 | Royal Runners | 0:19:52 |
| 107 | 364 | David | Hyomes | MV60 | Dewsbury Road Runners | 0:19:55 |

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|-----|---------------|--------------|-------|----------------------------|---------|---------|
| 108 | 192 Adam | Dyson | M | U/A | | 0:20:04 |
| 109 | 159 Clare | Bugeja | FV45 | U/A | | 0:20:04 |
| 110 | 322 Terry | Wain | MV60 | U/A | | 0:20:05 |
| 111 | 0 Ian | Bailey | M | Lancaster & Morecambe AC | | 0:20:07 |
| 112 | 87 Steve | Walsh | MV70 | Lancaster & Morecambe AC | | 0:20:12 |
| 113 | 347 Maddison | Parrington | F | Lancaster & Morecambe AC | | 0:20:13 |
| 114 | 348 Lee | Parrington | MV35 | Lancaster & Morecambe AC | | 0:20:13 |
| 115 | 56 Daniel | Stapleton | MV40 | U/A | | 0:20:15 |
| 116 | 135 Des | Gillan | FV40 | U/A | | 0:20:17 |
| 117 | 132 Erin | Gillan | F | Lancaster + Morecambe AC | | 0:20:17 |
| 118 | 264 Matthew | Mcnae | M | U/A | | 0:20:25 |
| 119 | 222 Michael | Higgins | MV65 | U/A | | 0:20:28 |
| 120 | 37 Julia | Patefield | FV50 | Garstang Running Club | | 0:20:29 |
| 121 | 342 Stephen | Smith | M | U/A | | 0:20:30 |
| 122 | 301 Rachael | Slater | FV40 | U/A | | 0:20:35 |
| 123 | 302 Andy | Slater | MV35 | U/A | | 0:20:35 |
| 124 | 332 Olivia | Winn | F | U/A | | 0:20:39 |
| 125 | 195 Zach | Earnshaw | M | U/A | | 0:20:41 |
| 126 | 399 Stephen | Railston | MV55 | Lancaster & Morecambe AC | | 0:20:43 |
| 127 | 256 Rob | Mayor | MV35 | U/A | | 0:20:44 |
| 128 | 183 Mark | Davey | MV50 | Lancaster Runners | | 0:20:45 |
| 129 | 212 Benjamin | Giles | M | Lancaster and Morecambe AC | | 0:20:48 |
| 130 | 319 Benjamin | Tyrer | M | U/A | | 0:20:59 |
| 131 | 244 Angela | Letchford | FV45 | U/A | | 0:21:00 |
| 132 | 85 Archie | Honeysett | M | Lancaster + Morecambe AC | | 0:21:03 |
| 133 | 194 Amelie | Earnshaw | F | U/A | | 0:21:03 |
| 134 | 318 Julie | Tyrer | FV40 | | 3689213 | 0:21:04 |
| 135 | 145 Elaine | Bailey | FV60 | U/A | | 0:21:09 |
| 136 | 311 Hayden | Sole | M | LMAC | | 0:21:09 |
| 137 | 126 Nathan | Allen | M | Loyne School | | 0:21:10 |
| 138 | 13 Daniel | Smith | M | Red Rose Road Runners | | 0:21:12 |
| 139 | 78 Gill | Hamilton | FV45 | Lancaster + Morecambe AC | | 0:21:13 |
| 140 | 12 Holly | Smith | F | Red Rose Road Runners | | 0:21:16 |
| 141 | 267 Ola | Mustapha | FV45 | Lancaster & Morecambe AC | | 0:21:17 |
| 142 | 239 Alex | Kolev | M | U/A | | 0:21:21 |
| 143 | 242 Siobhan | Leathley | F | U/A | | 0:21:24 |
| 144 | 153 Andrew | Bijsterbosch | MV50 | U/A | | 0:21:24 |
| 145 | 362 Gabriella | Tuicicia | F | U/A | | 0:21:30 |
| 146 | 361 Jasmine | Tuicicia | M | U/A | | 0:21:31 |
| 147 | 360 Nicola | Cotton | F | U/A | | 0:21:32 |
| 148 | 323 Beckie | Waine | FV35 | U/A | | 0:21:44 |
| 149 | 25 Michael | Briggs | MV55 | U/A | | 0:21:47 |
| 150 | 8 Susan | Lucas | FV65 | Lancaster + Morecambe AC | | 0:21:48 |
| 151 | 336 Alice | Wright | F | U/A | | 0:21:49 |
| 152 | 290 Andrew | Paterson | MV40 | U/A | | 0:21:51 |
| 153 | 324 Helen | Waite | FV40 | Carnforth Solemates | | 0:21:53 |
| 154 | 298 Carol | Sharpe | FV40 | Solemates | | 0:21:54 |
| 155 | 45 Steve | James | MV80+ | Southport Waterloo AC | | 0:21:55 |
| 156 | 370 Alan | Taylor | MV50 | Wesham RR | | 0:21:57 |
| 157 | 219 Nicola | Hall | FV45 | U/A | | 0:22:02 |
| 158 | 313 Sinead | Sweeney | FV45 | Preston Harriers | | 0:22:05 |
| 159 | 380 Rose | Roberts | FV55 | COLT | | 0:22:06 |
| 160 | 231 Peter | Howarth | MV40 | U/A | | 0:22:07 |
| 161 | 381 Alice | Roberts | F | COLT | | 0:22:10 |

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|-----|-----|-----------|-------------|------|----------------------------|---------|
| 162 | 9 | David | Chung | MV45 | Lancaster + Morecambe AC | 0:22:13 |
| 163 | 144 | Emma | Bailey | F | U/A | 0:22:17 |
| 164 | 113 | Flynn | Robinson | M | Lancaster + Morecambe AC | 0:22:22 |
| 165 | 102 | Maureen | Roberts | FV60 | Lancaster Runners | 0:22:23 |
| 166 | 112 | Wade | Robinson | MV40 | U/A | 0:22:24 |
| 167 | 19 | Debra | Bunting | FV55 | Lancaster + Morecambe AC | 0:22:32 |
| 168 | 86 | Jake | Honeysett | M | Lancaster + Morecambe AC | 0:22:33 |
| 169 | 84 | Malcolm | Campbell | MV40 | U/A | 0:22:33 |
| 170 | 111 | Cath | Robinson | FV | U/A | 0:22:47 |
| 171 | 391 | Colin | Hewitt | MV55 | Dallam | 0:22:49 |
| 172 | 168 | Indiana | Chandisingh | F | U/A | 0:22:49 |
| 173 | 124 | Katherine | Veers | FV40 | Loyne School | 0:22:53 |
| 174 | 240 | Caroline | Lawson | FV55 | U/A | 0:22:54 |
| 175 | 260 | Kim | Mcguire | FV60 | U/A | 0:22:55 |
| 176 | 315 | Sean | Sweeney | MV45 | U/A | 0:22:57 |
| 177 | 314 | Emma | Sweeney | F | U/A | 0:22:57 |
| 178 | 335 | Sarah | Wright | FV45 | U/A | 0:23:02 |
| 179 | 338 | Ian | Vincent | MV35 | U/A | 0:23:03 |
| 180 | 339 | Ryan | Davies | M | U/A | 0:23:04 |
| 181 | 263 | Jack | Mcnae | M | U/A | 0:23:05 |
| 182 | 214 | Samuel | Giles | M | Lancaster and Morecambe AC | 0:23:06 |
| 183 | 329 | Sue | Wickham | FV55 | U/A | 0:23:07 |
| 184 | 265 | Janine | Mcneill | FV45 | U/A | 0:23:08 |
| 185 | 262 | Katie | Mcnae | F | U/A | 0:23:09 |
| 186 | 77 | David | Joyce | MV45 | U/A | 0:23:09 |
| 187 | 82 | David | Joyce | MV45 | U/A | 0:23:10 |
| 188 | 128 | Isabella | Melling | M | Loyne School | 0:23:11 |
| 189 | 223 | Janet | Hilton | FV60 | U/A | 0:23:13 |
| 190 | 129 | Stephanie | Melling | FV35 | Loyne School | 0:23:17 |
| 191 | 396 | Liam | Townsend | M | U/A | 0:23:21 |
| 192 | 4 | Louise | Bateson | F60 | U/A | 0:23:23 |
| 193 | 180 | Candice | Curran | FV35 | U/A | 0:23:27 |
| 194 | 188 | Gurbaksh | Dhillon | FV40 | U/A | 0:23:28 |
| 195 | 147 | Kate | Bell | FV35 | U/A | 0:23:28 |
| 196 | 243 | Georgine | Lee | FV40 | U/A | 0:23:29 |
| 197 | 281 | Hayley | Newhouse | F | U/A | 0:23:31 |
| 198 | 109 | Bella | Gittins | F | Lancaster + Morecambe AC | 0:23:32 |
| 199 | 325 | Linda | Walker | FV55 | Lancaster & Morecambe AC | 0:23:33 |
| 200 | 127 | Cath | Hrachowina | FV45 | Loyne School | 0:23:35 |
| 201 | 125 | Fiona | Gemson | FV45 | Loyne School | 0:23:36 |
| 202 | 7 | Laura | Walker | F | U/A | 0:23:37 |
| 203 | 6 | Sarah | Walker | FV40 | U/A | 0:23:37 |
| 204 | 16 | Olivia | Goddard | F | U/A | 0:23:38 |
| 205 | 121 | Ellie | Pickering | F | U/A | 0:23:39 |
| 206 | 51 | Amanda | Blessington | FV45 | U/A | 0:23:41 |
| 207 | 49 | David | Blessington | MV40 | U/A | 0:23:42 |
| 208 | 40 | Emma | Hewitt | F | U/A | 0:23:43 |
| 209 | 39 | Jonathan | Hewitt | MV60 | Garstang Running Club | 0:23:43 |
| 210 | 187 | Joanna | Dent | FV45 | Lancashire Constabulary | 0:23:44 |
| 211 | 394 | Karen | Aspinall | FV50 | U/A | 0:23:45 |
| 212 | 106 | Victoria | Willmott | F | U/A | 0:23:46 |
| 213 | 53 | Dave | Waywell | MV70 | Wesham Road Runners | 0:23:53 |
| 214 | 294 | Sandra | Rolston | FV55 | Red Rose Road Runners | 0:23:57 |
| 215 | 237 | Anna | Richins | FV50 | U/A | 0:24:03 |

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|-----|---------------|-------------|------|--------------------------|---------|
| 216 | 158 Zara | Britton | F | U/A | 0:24:03 |
| 217 | 131 Neve | Gillan | F | Lancaster + Morecambe AC | 0:24:05 |
| 218 | 185 Thomas | Davies | M | U/A | 0:24:07 |
| 219 | 130 Denna | Gillan | FV35 | Lancaster + Morecambe AC | 0:24:08 |
| 220 | 96 Sydney | Ellison | M | Lancaster + Morecambe AC | 0:24:10 |
| 221 | 93 Karen | Ellison | FV40 | U/A | 0:24:11 |
| 222 | 259 John | Mcgann | MV55 | U/A | 0:24:16 |
| 223 | 198 Kari | Edwards | FV45 | Preston Harriers | 0:24:21 |
| 224 | 59 Susan | Hodgson | FV55 | Lancaster + Morecambe AC | 0:24:29 |
| 225 | 266 Julie | Merrill | FV35 | U/A | 0:24:30 |
| 226 | 210 Carol | Gibbins | FV60 | U/A | 0:24:30 |
| 227 | 170 James | Clapham | F | U/A | 0:24:31 |
| 228 | 141 Harry | Clipson | M | U/A | 0:24:31 |
| 229 | 307 Betsy | Smith | F | U/A | 0:24:32 |
| 230 | 306 Ceri | Smith | FV40 | U/A | 0:24:32 |
| 231 | 385 Ella | Thornley | F | U/A | 0:24:34 |
| 232 | 386 Jonny | Thornley | MV35 | U/A | 0:24:35 |
| 233 | 308 Tina | Smith | FV50 | Lancaster runners | 0:24:37 |
| 234 | 207 Sammy | Forster | F | U/A | 0:24:38 |
| 235 | 148 Ellen | Bell | FV35 | U/A | 0:24:39 |
| 236 | 373 Yura | Rotare | M | U/A | 0:24:41 |
| 237 | 215 Sarah | Greaves | FV40 | U/A | 0:24:50 |
| 238 | 167 Karen | Chandisingh | FV45 | U/A | 0:24:50 |
| 239 | 122 Darcy | Donnelly | F | U/A | 0:24:57 |
| 240 | 14 Alice | Goddard | F | U/A | 0:24:58 |
| 241 | 119 Gemma | Greenwood | FV35 | Lancaster Runners | 0:24:59 |
| 242 | 142 Diane | Allan | FV45 | U/A | 0:25:03 |
| 243 | 234 Clare | Illingworth | FV40 | LMAC | 0:25:06 |
| 244 | 235 Maisie | Illingworth | F | U/A | 0:25:07 |
| 245 | 236 Erin | Illingworth | F | U/A | 0:25:07 |
| 246 | 20 Faith | Firkins | FV45 | U/A | 0:25:09 |
| 247 | 110 Laura | Gittins | FV35 | U/A | 0:25:12 |
| 248 | 395 Helen | Boyer | FV45 | Preston Harriers | 0:25:16 |
| 249 | 261 Holly | Mcguire | F | U/A | 0:25:19 |
| 250 | 22 Alfie | Firkins | M | U/A | 0:25:21 |
| 251 | 275 Jenny | Moxham | FV40 | U/A | 0:25:32 |
| 252 | 321 Paula | Veevers | FV35 | Fylde Coast Runners | 0:25:33 |
| 253 | 179 Ashton | Crossley | M | U/A | 0:25:42 |
| 254 | 397 Willem | Rawes | M | U/A | 0:25:43 |
| 255 | 184 Jane | Davies | FV45 | U/A | 0:25:45 |
| 256 | 270 Frank | Miller | MV70 | Garstang RC | 0:25:47 |
| 257 | 398 Clive | Rawes | MV50 | U/A | 0:25:49 |
| 258 | 366 Harry | Wisldon | M | U/A | 0:25:55 |
| 259 | 363 Susan | Hopcroft | FV50 | Thornton Cleveleys | 0:25:56 |
| 260 | 365 Laura | Wisldon | FV35 | U/A | 0:25:58 |
| 261 | 201 Lily | Finch | F | Red rose road runners | 0:26:01 |
| 262 | 200 Leanne | Finch | FV35 | U/A | 0:26:02 |
| 263 | 150 Maddy | Birch | F | U/A | 0:26:05 |
| 264 | 355 James | Craven | M | U/A | 0:26:07 |
| 265 | 251 Oliver | Lewis | M | U/A | 0:26:09 |
| 266 | 377 Genevieve | Couchman | F | U/A | 0:26:09 |
| 267 | 376 Simon | Couchman | MV40 | Fylde Coast Runners | 0:26:10 |
| 268 | 5 Debra | Birch | F39 | U/A | 0:26:10 |
| 269 | 252 Phillip | Lewis | MV35 | U/A | 0:26:11 |

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|-----|---------------|------------|-------|----------------------------|---------|
| 270 | 80 Ben | Birch | M | U/A | 0:26:15 |
| 271 | 233 Nathan | Huddleston | M | U/A | 0:26:15 |
| 272 | 211 Catherine | Giles | FV35 | Lancaster and Morecambe AC | 0:26:16 |
| 273 | 43 Kara | Cornall | F | U/A | 0:26:19 |
| 274 | 354 Jenny | Craven | MV55 | U/A | 0:26:27 |
| 275 | 382 Caroline | Mason | FV35 | Lancaster Runners | 0:26:29 |
| 276 | 193 Alice | Earnshaw | FV45 | U/A | 0:26:50 |
| 277 | 328 Rosemary | Whittle | FV50 | U/A | 0:26:55 |
| 278 | 372 Matas | Rotare | M | U/A | 0:27:02 |
| 279 | 107 Isabel | Joyce | F | U/A | 0:27:03 |
| 280 | 18 John | Sharp | MV60 | U/A | 0:27:07 |
| 281 | 100 Joey | Norris | M | U/A | 0:27:08 |
| 282 | 99 Grace | Norris | F | U/A | 0:27:08 |
| 283 | 120 Lee | Donnelly | MV40 | U/A | 0:27:09 |
| 284 | 123 Louis | Donnelly | M | U/A | 0:27:09 |
| 285 | 227 Helen | Holdsworth | FV50 | U/A | 0:27:10 |
| 286 | 171 Julie | Clarke | FV45 | U/A | 0:27:11 |
| 287 | 98 Mark | Norris | MV40 | U/A | 0:27:11 |
| 288 | 279 Joseph | Nelson | MV80+ | U/A | 0:27:14 |
| 289 | 278 Laura | Nelson | FV35 | U/A | 0:27:14 |
| 290 | 280 William | Nelson | MV35 | U/A | 0:27:15 |
| 291 | 199 Andrea | Feeney | FV50 | Thornton Cleveleys | 0:27:17 |
| 292 | 221 Gill | Hayes | FV50 | U/A | 0:27:23 |
| 293 | 218 Olivia | Haines | F | U/A | 0:27:24 |
| 294 | 92 Charlotte | Maudsley | F | U/A | 0:27:26 |
| 295 | 64 Ausin | Troy | M | U/A | 0:27:28 |
| 296 | 157 Megan | Bradley | F | U/A | 0:27:35 |
| 297 | 173 Lucie | Clipston | F | Red Rose Road Runners | 0:27:36 |
| 298 | 169 Charlotte | Clapham | F | Blackburn Harriers | 0:27:36 |
| 299 | 316 Steve | Taylor | MV45 | Red Rose Road Runners | 0:27:37 |
| 300 | 156 Jenny | Bradley | FV45 | U/A | 0:27:38 |
| 301 | 172 Kate | Clipston | FV45 | Red Rose Road Runners | 0:27:39 |
| 302 | 143 Michelle | Allott | FV45 | U/A | 0:27:40 |
| 303 | 63 Nadine | Parsons | F | Garstang Running Club | 0:27:40 |
| 304 | 390 Avril | Charlton | FV60 | U/A | 0:27:41 |
| 305 | 388 Graham | Charlton | MV65 | U/A | 0:27:41 |
| 306 | 154 Mary | Bloye | FV55 | U/A | 0:27:42 |
| 307 | 196 Jess | Blay | F | U/A | 0:27:42 |
| 308 | 389 Rebecca | Charlton | FV35 | U/A | 0:27:43 |
| 309 | 387 Alex | Charlton | MV35 | U/A | 0:27:43 |
| 310 | 288 Audrey | Oldham | FV55 | U/A | 0:27:44 |
| 311 | 392 Christine | Ramsdale | FV65 | Spectrum Striders | 0:28:16 |
| 312 | 216 Arthur | Green | MV70 | U/A | 0:28:18 |
| 313 | 155 Sophie | Bloye | F | U/A | 0:28:22 |
| 314 | 337 Beth | Arden | F | U/A | 0:28:26 |
| 315 | 83 Vicky | Bawick | FV40 | RRRR | 0:28:27 |
| 316 | 371 Dawn | Wild | F | U/A | 0:28:50 |
| 317 | 166 Di | Chambers | FV45 | Lancaster Runners | 0:28:51 |
| 318 | 310 Dave | Sole | MV40 | U/A | 0:29:06 |
| 319 | 197 Susan | Edgar | FV50 | U/A | 0:29:13 |
| 320 | 277 Michelle | Murby | FV55 | U/A | 0:29:34 |
| 321 | 309 Susan | Sole | FV45 | U/A | 0:29:38 |
| 322 | 238 Michelle | Jones | FV45 | U/A | 0:29:38 |
| 323 | 35 Tara | Chapman | F | Royal Runners | 0:29:42 |

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|-----|-----|----------------------|------|----------------------------|---------|
| 324 | 34 | Amanda Chapman | FV50 | Royal Runners | 0:29:52 |
| 325 | 36 | Ethan Chapman | M | U/A | 0:29:53 |
| 326 | 272 | Paula Morgan | FV40 | U/A | 0:29:53 |
| 327 | 317 | Paul Towers | MV45 | U/A | 0:29:54 |
| 328 | 258 | Susan Mcgann | FV50 | U/A | 0:29:59 |
| 329 | 104 | Rebecca Willmott | F | Vegan Runners | 0:30:02 |
| 330 | 103 | Graeme Brown | M | U/A | 0:30:03 |
| 331 | 72 | Alice Briffett | F | U/A | 0:30:04 |
| 332 | 71 | Georgina Briffett | FV40 | Royal Runners | 0:30:04 |
| 333 | 65 | Marnie Ingrid | F | U/A | 0:30:08 |
| 334 | 66 | Phil Parsons | M | U/A | 0:30:09 |
| 335 | 369 | Carly Smarks | FV35 | Royal Runners | 0:30:10 |
| 336 | 368 | David Nichols | MV35 | Dallam | 0:30:11 |
| 337 | 176 | Phil Corris | MV65 | Lancashire Constabulary AC | 0:30:12 |
| 338 | 249 | Aidan Lewis | M | U/A | 0:30:12 |
| 339 | 248 | Colin Lewis | MV45 | U/A | 0:30:13 |
| 340 | 161 | Elizabeth Capper | F | U/A | 0:30:30 |
| 341 | 189 | Rebecca Dobson | FV45 | 261 Fearless Lune Valley | 0:30:30 |
| 342 | 232 | Kathryn Hoyle | FV50 | U/A | 0:30:38 |
| 343 | 327 | Imogen Webb | FV55 | U/A | 0:30:59 |
| 344 | 62 | Rosemary Whittaker | FV50 | U/A | 0:31:03 |
| 345 | 254 | Nikki Mann | FV35 | U/A | 0:31:45 |
| 346 | 27 | Lucy McCabe | F | U/A | 0:31:47 |
| 347 | 162 | Heidi Capper | F | U/A | 0:32:18 |
| 348 | 356 | Alex Shoemark | M | U/A | 0:32:31 |
| 349 | 358 | Cessia Shoemark | F | U/A | 0:32:32 |
| 350 | 205 | Penny Fisher | F | U/A | 0:32:38 |
| 351 | 204 | Rachel Fisher | FV50 | U/A | 0:32:39 |
| 352 | 303 | Emma Smith | FV35 | U/A | 0:32:56 |
| 353 | 28 | Luke McCabe | M | U/A | 0:33:13 |
| 354 | 26 | Liza McCabe | FV40 | U/A | 0:33:27 |
| 355 | 304 | Bridget Smith | F | U/A | 0:33:34 |
| 356 | 305 | Freya Smith | F | U/A | 0:33:35 |
| 357 | 91 | Alice Maudsley | F | U/A | 0:33:37 |
| 358 | 359 | Evadme Shoemark | F | U/A | 0:33:47 |
| 359 | 357 | Sarah Shoemark | F | U/A | 0:33:48 |
| 360 | 90 | Emma Maudsley | FV35 | U/A | 0:33:52 |
| 361 | 257 | Liam Mccabe | MV40 | U/A | 0:34:02 |
| 362 | 255 | Charlie Martin | M | U/A | 0:34:17 |
| 363 | 283 | Amy Nightingale | F | U/A | 0:34:18 |
| 364 | 346 | Sophie Jones | F | U/A | 0:34:37 |
| 365 | 75 | Billy Barrett | FV45 | Royal Runners | 0:34:38 |
| 366 | 76 | Nikki Barrett | FV40 | U/A | 0:34:39 |
| 367 | 2 | Emma Postlethwaite | F | U/A | 0:34:42 |
| 368 | 3 | Keith Postlethwaite | MV55 | U/A | 0:34:42 |
| 369 | 114 | Bussakhon Pluwkliang | M | U/A | 0:34:59 |
| 370 | 117 | Ben Johns | M | U/A | 0:34:59 |
| 371 | 115 | Ali John Standeven | M | U/A | 0:35:00 |
| 372 | 116 | Brock Strachan | M | U/A | 0:35:00 |
| 373 | 97 | Michelle Norris | FV40 | U/A | 0:35:59 |
| 374 | 101 | Livia Norris | F | U/A | 0:36:00 |
| 375 | 160 | Matilda Capper | F | U/A | 0:38:08 |
| 376 | 163 | Tony Capper | MV45 | U/A | 0:38:23 |
| 377 | 136 | Emma Brookes | FV50 | Lancaster + Morecambe AC | 0:38:33 |