

| Power of 5K-Race 25.10.2019 | | | | | | | |
|------------------------------------|-------------------|-------------------|-----------------|------------------------|-------------|------------------|------------|
| NO | Name | Club | Position | Gender position | Time | Age group | AGP |
| 215 | Richard Anderson | Unattached | 1 | 1 | 15:35 | M | 1 |
| 242 | Jacob Cann | Lancaster Uni | 2 | 2 | 15:43 | M | 2 |
| 216 | Beau Smith | Lmac | 3 | 3 | 15:57 | M | 3 |
| 214 | Scott Nutter | Keswick AC | 4 | 4 | 15:58 | M | 4 |
| 183 | Tom Marper | Kirby Milers | 5 | 5 | 16:06 | M | 5 |
| 238 | Andrew Thomas | Lancaster Uni | 6 | 6 | 16:20 | M | 6 |
| 206 | Mark Benson | Netherhall AC | 7 | 7 | 16:30 | MV35 | 1 |
| 226 | Harry Lancaster | Lancaster Uni | 8 | 8 | 17:02 | M | 7 |
| 234 | Olivia Mason | Border | 9 | 1 | 17:04 | F | 1 |
| 253 | Leo Cossham | Lancaster Uni | 10 | 9 | 17:05 | M | 8 |
| 246 | Lucas Erdimeyer | Lmac | 11 | 10 | 17:20 | M | 9 |
| 250 | Daniel Jephcott | Unattached | 12 | 11 | 17:27 | M | 10 |
| 225 | Liam Taylor | Helm Hill | 13 | 12 | 17:28 | M | 11 |
| 218 | Ross Mckelvie | Lytham | 14 | 13 | 17:29 | M | 12 |
| 217 | Alex Venebles | Preston Harriers | 15 | 14 | 17:32 | MV35 | 2 |
| 245 | Dave Mcnally | Leven Valley | 16 | 15 | 17:46 | MV40 | 1 |
| 244 | Will Mcnally | Leven Valley | 17 | 16 | 17:47 | MJ | 1 |
| 223 | Mark Holgate | Lmac | 18 | 17 | 17:48 | MV45 | 1 |
| 251 | Callum Barltrop | Lancaster Uni | 19 | 18 | 18:17 | M | 13 |
| 232 | Seb Mason | Border | 20 | 19 | 18:22 | MJ | 2 |
| 231 | Anna Mason | Border | 21 | 2 | 18:26 | FJ | 1 |
| 230 | Callum Laing | Lancaster Uni | 22 | 20 | 18:54 | M | 14 |
| 220 | Micheal Wilkinson | Wirral AC | 23 | 21 | 19:00 | M | 15 |
| 228 | Christopher Wylie | Blackpool W &F | 24 | 22 | 19:01 | M | 16 |
| 224 | Laura Gardner | Lancaster Runners | 25 | 3 | 19:13 | FV35 | 1 |
| 229 | Michelle Chadwick | Lytham | 26 | 4 | 19:23 | F | 2 |
| 233 | Eve Riley | Border | 27 | 5 | 19:36 | FJ | 2 |
| 236 | Richard Joice | Lancaster Uni | 28 | 23 | 19:40 | M | 17 |
| 243 | George Proinos | Lancaster Uni | 29 | 24 | 20:26 | M | 18 |
| 252 | Jemma Cliff | Lancaster Uni | 30 | 6 | 20:44 | F | 3 |
| 239 | Robin Mitchell | Lancaster Runners | 31 | 25 | 20:48 | MV40 | 2 |
| 241 | Victoria Hopwood | Lancaster Uni | 32 | 7 | 20:58 | F | 4 |
| 240 | Hamish Nye | Lancaster Uni | 33 | 26 | 21:03 | M | 19 |
| 219 | Suzanne Smith | Eden runners | 34 | 8 | 21:14 | FV45 | 1 |
| 249 | John Crosse | Lmac | 35 | 27 | 21:24 | MV35 | 3 |
| 248 | Liz Mcnally | Leven Valley | 36 | 9 | 22:26 | FV45 | 2 |
| 235 | Mary Ogorman | Lancaster Uni | 37 | 10 | 23:16 | F | 5 |
| 210 | William Gardner | Lmac | 38 | 28 | 23:26 | MV60 | 1 |
| 247 | Liam Shannon | Lmac | 39 | 29 | 23:54 | MV40 | 3 |
| 222 | Melissa Houghton | Red Rose | 40 | 11 | 23:58 | F | 6 |
| 237 | Georgina Letts | Lancaster Uni | 41 | 12 | 23:59 | F | 7 |