

# Ribble Valley 10km

27th Dec 2011

Pos	Forename	Surname	Sex	Club	Chip Time	Perf %	Gun Time
1	Jonny	Mellor	M	Liverpool Harriers & AC	00:29:10	92.48	00:29:10
2	Alistair	Brownlee	M	Bingley Harriers & AC	00:29:15	92.21	00:29:15
3	Ricky	Stevenson	M	New Marske Harriers	00:29:17	92.11	00:29:17
4	Matthew	Clowes	M		00:29:37	91.02	00:29:38
5	Andrew	Wiles	M	New Marske Harriers	00:29:46	90.62	00:29:46
6	Derek	Hawkins	M	Kilbarchan	00:29:47	90.51	00:29:48
7	Simon	Deakin	M	Leeds City AC	00:29:49	90.41	00:29:50
8	Phil	Hurst	M	Elswick Harriers	00:29:57	89.96	00:29:59
9	Matt	Barnes	M	Altrincham & District AC	00:30:01	89.85	00:30:01
10	Steve	Mitchell	M	Bristol and West AC	00:30:07	89.46	00:30:09
11	Ashley	Harrell	M	City of Norwich AC	00:30:18	89.02	00:30:18
12	Antony	Ford	M	Sale Harriers Manchester	00:30:24	88.67	00:30:25
13	Matthew	Bond	M	Sale Harriers Manchester	00:30:27	88.53	00:30:28
14	Chris	Busaileh	M	Herne Hill Harriers	00:30:31	88.34	00:30:32
15	Russell	Bentley	M	Blackheath and Bromley Harriers AC	00:30:31	88.33	00:30:32
16	Andrew	Norman	M	Altrincham & District AC	00:30:32	88.29	00:30:33
17	Dave	Norman	M	Altrincham & District AC	00:30:36	88.08	00:30:37
18	Chris	Warburton	M	Notts AC	00:30:37	88.05	00:30:38
19	Douglas	James	M	Border Harriers	00:30:41	87.81	00:30:43
20	Stu	Huntington	M	City of Norwich AC	00:30:45	87.67	00:30:46
21	Marc	Scott	MJ	Richmond & Zetland Harriers	00:30:48	87.58	00:30:48
22	Ben	Fish	M	Blackburn Harriers & AC	00:30:47	87.58	00:30:48
23	Mohammed	Abu-Rezeq	M	Altrincham & District AC	00:30:48	87.57	00:30:48
24	David	Proctor	M	Rochdale Harriers & AC	00:30:53	87.32	00:30:53
25	Michael	Crawley	M	Durham City Harriers	00:30:53	87.23	00:30:55
26	Michael	Sawrey	M	Trafford AC	00:30:55	87.19	00:30:56
27	David	Devine	M	Liverpool Harriers & AC	00:30:55	87.1	00:30:58
28	Peter	Huck	M	Barrow & Furness Striders AC	00:30:58	87.06	00:30:59
29	Pete	Street	M	Preston Harriers	00:31:00	86.95	00:31:01
30	Ben	Riddell	M	Salford Harriers & AC	00:31:02	86.82	00:31:04
31	Ben	Lindsay	M	Preston Harriers	00:31:08	86.59	00:31:09
32	Russ	Best	M	New Marske Harriers	00:31:07	86.55	00:31:10
33	James	Tartt	M	Southport Waterloo AC	00:31:10	86.43	00:31:12
34	Karl	Billington	MJ	Blackburn Harriers & AC	00:31:12	86.31	00:31:15
35	Gareth	Raven	M	Sale Harriers Manchester	00:31:16	87.22	00:31:17
36	Philip Andrew	Hoole	M	Rotherham Harriers & AC	00:31:16	86.18	00:31:18
37	Thomas	Boardman	M	Leigh Harriers	00:31:21	86.02	00:31:21
38	Thomas	Cornthwaite	M	Salford Harriers & AC	00:31:29	85.66	00:31:29
39	Christopher	Thomson	M	Swansea Harriers	00:31:28	85.58	00:31:31
40	Gary	Priestley	M	Horwich RMI Harriers	00:31:37	85.17	00:31:40
41	Daniel	Bradford	M	Sale Harriers Manchester	00:31:40	85.09	00:31:42
42	Joseph	Townsend	M	Leeds City AC	00:31:44	84.96	00:31:45
43	James	Bailey	M	Sale Harriers Manchester	00:31:52	84.54	00:31:54
44	Mike	Burrett	M	Leeds City AC	00:32:01	84.19	00:32:02
45	David	Turnbull	M	Holmfirth Harriers AC	00:32:06	83.92	00:32:08
46	Richard	Brown	M	Lincoln Wellington	00:32:09	83.84	00:32:10
47	Stephen	Hepples	M	Newham And Essex Beagles	00:32:12	83.72	00:32:13
48	David	Rigby	M	Preston Harriers	00:32:12	83.62	00:32:15
49	Christopher	Fell	M	Rossendale Harriers	00:32:16	83.89	00:32:18
50	Dominic	Mahon	M	Warrington Road Runners	00:32:19	83.42	00:32:20
51	Iain	Quinn	M	Barrow & Furness Striders AC	00:32:18	83.36	00:32:21
52	Phil	Waite	M	Barrow & Furness Striders AC	00:32:20	83.17	00:32:26
53	James	Scott-Bucdeuch	M	Stockport Harriers AC	00:32:28	82.99	00:32:30
54	Fergus	Meade	M	Leeds City AC	00:32:32	82.81	00:32:34
55	Alan	Buckley	M	Leeds City AC	00:32:39	83.54	00:32:40
56	Steve	Dawes	M	Newham And Essex Beagles	00:32:39	82.45	00:32:43
57	Paul	Lockwood	M	Wakefield Harriers	00:32:41	82.44	00:32:43
58	James	Askew	M	Durham City Harriers	00:32:41	82.4	00:32:44
59	Iain	Twaddle	M40-44	North Shields Poly	00:32:54	85.23	00:32:56

60	Kris	Lecher	M	Kingston Upon Hull AC	00:32:54	81.73	00:33:00
61	Ian	Lawton	M	Liverpool Harriers & AC	00:33:03	81.49	00:33:06
62	Dominic	Mahoney	MJ	Blackburn Harriers & AC	00:33:03	81.41	00:33:08
63	Martin	Sanders	M	Rothwell Harriers	00:33:09	81.29	00:33:11
64	Oliver	Teasel	M	North Derbyshire Running Club	00:33:12	81.08	00:33:16
65	Jack	Nixon	MJ	Stockport Harriers AC	00:33:12	81.04	00:33:17
66	Gethin	Butler	M40-44	Preston Harriers	00:33:17	85.43	00:33:20
67	Richard	Smith	M	Holmfirth Harriers AC	00:33:20	80.76	00:33:24
68	Willy	Smith	M	Keighley & Craven AC	00:33:24	81.05	00:33:26
69	Daniel	Fisher	M	Valley Striders AC	00:33:24	80.6	00:33:28
70	Paul	Bradshaw	M	Blackburn Harriers & AC	00:33:24	80.55	00:33:29
71	Matthew	Grieve	MJ	Border Harriers	00:33:28	80.36	00:33:34
72	Andy	Buttery	M40-44	Rossendale Harriers	00:33:33	83.52	00:33:36
73	Alan	Ashton	M40-44	Liverpool Harriers & AC	00:33:34	83.44	00:33:38
74	Andy	May	M	Valley Striders AC	00:33:36	81.02	00:33:41
75	Alexander	Davy	M	Leeds City AC	00:33:45	79.82	00:33:47
76	Andrew	Stubbs	M40-44	Clayton le Moors Harriers	00:33:52	84.63	00:33:54
77	Matt	Nuttall	M40-44	Blackburn Harriers & AC	00:33:54	83.91	00:33:56
78	Lewis	Eccleston	MJ	Astley & Tyldesley Road Runners	00:33:53	79.45	00:33:57
79	Simon	Newton	M	Barnsley Harriers	00:33:53	79.45	00:33:57
80	Katrina	Wootton	F	Bedford and County AC	00:33:57	88.07	00:33:58
81	Ben	Jones	M	Coventry Godiva	00:33:58	79.36	00:33:59
82	John	Ashcroft	MJ	Liverpool Harriers & AC	00:33:53	79.33	00:34:00
83	Robert	Affleck	M40-44	Preston Harriers	00:34:02	81.77	00:34:05
84	Richard	Walker	M	Barrow & Furness Striders AC	00:34:05	79.94	00:34:08
85	Daniel	Quarmby	MJ	Blackpool Wyre & Fylde AC	00:34:07	78.83	00:34:13
86	Philip	Leybourne	M40-44	Salford Harriers & AC	00:34:13	83.8	00:34:14
87	Nasir	Hussain	M	New Marske Harriers	00:34:10	78.79	00:34:14
88	Chris	Matthews	MJ	Blackburn Harriers & AC	00:34:26	78.14	00:34:31
89	Callum	Rowett	MJ	Preston Harriers	00:34:28	77.99	00:34:35
90	Harry	Earl	MJ	Border Harriers	00:34:32	77.85	00:34:39
91	Stewart	MacDonald	M45-49	Bingley Harriers & AC	00:34:37	83.97	00:34:41
92	Liam	Spencer	M	Keighley & Craven AC	00:34:37	79.19	00:34:42
93	Oliver	Park	M	Warrington Road Runners	00:34:44	77.51	00:34:48
94	Dan	Clarkson	M	Edinburgh AC	00:34:42	77.51	00:34:48
95	James	Robinson	M	Bingley Harriers & AC	00:34:48	77.71	00:34:52
96	Steve	Hallas	M	Preston Harriers	00:34:49	78.77	00:34:53
97	Robert Anthony	Danson	M	Wesham Road Runners	00:34:52	77.17	00:34:57
98	Julian	Rose	M45-49	Holmfirth Harriers AC	00:34:54	85.23	00:34:58
99	Shaun	Livesey	M	Accrington Road Runners	00:34:54	77.93	00:35:01
100	Jason	Holmes	M40-44	Border Harriers	00:34:55	80.74	00:35:01
101	Paul	Payne	M40-44	Stockport Harriers AC	00:34:57	81.85	00:35:03
102	Michael	Hunt	M40-44	Trafford AC	00:34:59	79.46	00:35:04
103	Lawrence	McDonald	M40-44	Liverpool Harriers & AC	00:35:02	81.69	00:35:07
104	Frazer	Jardine	M	Bolton United Harriers & AC	00:35:14	76.4	00:35:18
105	Elliott	Jackson	M	New Marske Harriers	00:35:21	76.2	00:35:24
106	Paul	Guinan	M40-44	Blackburn Harriers & AC	00:35:22	79.7	00:35:28
107	Andrew	Miles	MJ	Vale Royal AC	00:35:32	75.73	00:35:37
108	Chris	Barnes	M	Blackburn Harriers & AC	00:35:38	75.55	00:35:42
109	Andrew	Woodward	M	Blackpool Wyre & Fylde AC	00:35:41	75.41	00:35:46
110	Phil	Hall	M50-54	Clayton le Moors Harriers	00:35:47	83.82	00:35:50
111	Chris	Neil	M	Border Harriers	00:35:46	75.2	00:35:52
112	Tessa	Walker	F	Salford Harriers & AC	00:35:51	83.37	00:35:53
113	Steven	Townley	M	Sale Harriers Manchester	00:35:50	75.1	00:35:55
114	Maria	Barrett	F	Liverpool Harriers & AC	00:35:57	83.05	00:36:01
115	Graham	Millican	M	Border Harriers	00:35:58	74.79	00:36:04
116	Sarah	Lomas	F	Stockport Harriers AC	00:35:59	82.91	00:36:05
117	Mick	Hill	M	Tipton Harriers	00:36:06	75.03	00:36:07
118	Kingsley	Judd	MJ	Preston Harriers	00:36:02	74.61	00:36:09
119	Christopher	Burrows	M	St. Helens Sutton AC	00:36:08	74.48	00:36:13
120	Robert	Warner	MJ	Blackburn Harriers & AC	00:36:04	74.44	00:36:14
121	Lois	Rosindale	F		00:36:10	82.56	00:36:14
122	Ken	Harker	M40-44	Richmond & Zetland Harriers	00:36:13	76.81	00:36:17
123	Nicholas	Myers	MJ	Rotherham Harriers & AC	00:36:16	74.3	00:36:18

124	Barry	Brock	M45-49	Accrington Road Runners	00:36:12	79.55	00:36:20
125	Steven	Gascoyne	M	Chesterfield & District AC	00:36:18	74.2	00:36:21
126	Karl	Lee	M	Wesham Road Runners	00:36:18	74.17	00:36:22
127	Alex	Foster	M	Astley & Tyldesley Road Runners	00:36:18	74.14	00:36:23
128	Andrew	Vause	M	Garstang Running Club	00:36:15	76.05	00:36:23
129	David	Edmondson	M40-44	Clayton le Moors Harriers	00:36:23	78.67	00:36:28
130	John	Chaplin	M55-59	Blackburn Harriers & AC	00:36:23	86.53	00:36:30
131	Andy	Townsend	M45-49	Horwich RMI Harriers	00:36:34	80.18	00:36:36
132	John	Connolly	M40-44	Penny Lane Striders	00:36:34	76	00:36:40
133	Phil	Jacques	M40-44	East Cheshire Harriers	00:36:40	78.13	00:36:43
134	Ian	Livesey	M	Clayton le Moors Harriers		73.2	00:36:51
135	Lucas	Payne	M40-44	Wharfedale Harriers	00:36:44	77.28	00:36:51
136	Rachael	Thompson	F	Horwich RMI Harriers	00:36:48	81.13	00:36:52
137	Jo	Buckley	F35-39	Bingley Harriers & AC	00:36:55	81.1	00:36:59
138	Jonathan	Purslow	M45-49		00:36:56	78.74	00:36:59
139	Felicity	Abram	F		00:36:58	80.82	00:37:01
140	Peter	Cruse	M45-49	Lytham St Annes Road Runners	00:36:59	80.43	00:37:03
141	Mark	Ryan	M	Carlisle Tri Club	00:36:52	72.67	00:37:07
142	Troy	Topping	M45-49	Astley & Tyldesley Road Runners	00:37:01	78.39	00:37:09
143	Glen	Goodwin	M45-49	Accrington Road Runners	00:37:04	78.96	00:37:10
144	Ian	Fothergill	M	Craven Energy Triathlon	00:36:58	72.54	00:37:11
145	Paul	Marshall	M40-44	Wigan Phoenix AC	00:37:14	74.78	00:37:16
146	Sarah	Ridehalgh	F35-39	Accrington Road Runners	00:37:12	81.01	00:37:19
147	Mairead	Rocke	F	Cambridge University Hare and Hounds	00:37:05	80.13	00:37:20
148	Chris	Clarke	M	Chester-le-Street AC	00:37:11	72.11	00:37:24
149	Richard	Vandermark	M	Abbey Runners	00:37:18	73.96	00:37:25
150	Steve	Lewis	M	Southport Waterloo AC	00:37:16	72.42	00:37:25
151	Alan	Metcalfe	M50-54	Preston Harriers	00:37:20	80.85	00:37:27
152	Gary	Pendlebury	M55-59	Salford Harriers & AC	00:37:21	85.05	00:37:28
153	Kevin	Hesketh	M55-59	Preston Harriers	00:37:29	84.83	00:37:34
154	Trevor	Rayner	M45-49	Salford Harriers & AC	00:37:28	79.29	00:37:35
155	Simon	Ford	M	Astley & Tyldesley Road Runners	00:37:21	72.58	00:37:36
156	Thomas	Brewster	M	Clayton le Moors Harriers	00:37:28	71.73	00:37:36
157	Graham	Morris	M45-49	Accrington Road Runners	00:37:32	77.91	00:37:40
158	Candice	Heys	F	Clayton le Moors Harriers	00:37:38	79.42	00:37:40
159	Mark	Almond	M40-44	Blackburn Harriers & AC	00:37:28	75.02	00:37:41
160	Jack	Garmory	MJ	Bolton United Harriers & AC	00:37:34	71.45	00:37:45
161	Nick	Treitl	M	Wharfedale Harriers	00:37:36	71.42	00:37:46
162	Paul	Brown	M	Trawden Athletic Club	00:37:44	71.72	00:37:47
163	Paul	Schofield	M40-44	Manchester Triathlon Club	00:37:39	75.89	00:37:48
164	Henry John	Heavisides	M55-59	Ilkley Harriers	00:37:45	83.41	00:37:52
165	David	Parker	M45-49	Barrow & Furness Striders AC	00:37:45	76.22	00:37:55
166	Richard	Park	M	Warrington Road Runners	00:37:45	71.14	00:37:55
167	Matthew	Haworth	M	Trawden Athletic Club	00:37:31	71.14	00:37:55
168	Christan	Loney	M	ABC Runners	00:37:53	71.11	00:37:56
169	Trevor	Clough	M50-54	Leeds City AC	00:37:46	81.76	00:37:58
170	Adrian	Fuller	M	Altrincham & District AC	00:37:56	71.84	00:37:59
171	Neil	Kelly	M	Penny Lane Striders	00:37:54	72.3	00:38:00
172	Dave	Cummings	M45-49	Ilkley Harriers	00:37:52	77.19	00:38:01
173	Stephen	Makin	M	Wigan Phoenix AC	00:37:50	70.91	00:38:02
174	Sarah	Livett	FJ	Menai Track & Field	00:38:03	78.52	00:38:06
175	Rachel	Wood	F	Blackburn Harriers & AC	00:37:59	78.49	00:38:07
176	Graham	Miles	M40-44	Vale Royal AC	00:38:02	75.23	00:38:08
177	Jack	Atkins	MJ	Liverpool Running Club	00:38:06	70.67	00:38:10
178	Andrew	Orr	M40-44	Clayton le Moors Harriers	00:38:03	73.51	00:38:11
179	Andrew	Cafferky	MJ	Bolton United Harriers & AC	00:38:05	70.63	00:38:11
180	Chris	Ingham	M		00:38:03	70.61	00:38:12
181	Neil	Garnett	M50-54	Clayton le Moors Harriers	00:38:11	78.56	00:38:14
182	Debra	Campbell	F	Horwich RMI Harriers	00:38:04	78.21	00:38:15
183	Matthew	Goddard	M	Southport Waterloo AC	00:38:03	70.51	00:38:15
184	Sion	Wynne-Williams	M	Liverpool Harriers & AC	00:38:12	70.49	00:38:16
185	Edward	Irving	M55-59	Ilkley Harriers	00:38:07	82.49	00:38:17
186	Harry	Paige	MJ	Blackburn Harriers & AC	00:38:01	70.38	00:38:19
187	Stephen	Young	M	Preston Harriers	00:38:07	71.15	00:38:21

188	Pete	Johnson	M60-64	Scarborough AC	00:38:18	87.03	00:38:23
189	Mark	Melbourne	M	Wigan Phoenix AC	00:38:14	70.27	00:38:23
190	Steve	McLean	M50-54	Southport Waterloo AC	00:38:19	78.85	00:38:24
191	Lauren	Havercroft	F	Kingston Upon Hull AC	00:38:19	77.87	00:38:25
192	Simon	Kelly	M	Trawden Athletic Club	00:38:17	70.15	00:38:27
193	Mark	Wightman	M50-54	Clayton le Moors Harriers	00:38:19	78.76	00:38:27
194	James	Silson	M	Army	00:38:18	70.12	00:38:28
195	Michael	O'Donnell	M45-49	Preston Harriers	00:38:22	77.46	00:38:28
196	Andrew	Priory	M40-44	Accrington Road Runners	00:38:17	74	00:38:29
197	Philip	Bailey	M60-64	Southport Waterloo AC	00:38:25	85.82	00:38:32
198	Andrew	Grenfell	M	Rosendale Harriers	00:38:31	69.88	00:38:36
199	Graham	Howatson	M	Holmfirth Harriers AC	00:38:30	70.63	00:38:38
200	Robert	Kelly	M	Liverpool Running Bugs	00:38:36	69.75	00:38:40
201	Richard	Clanses	M		00:38:30	69.73	00:38:41
202	Dave	Motley	M	Clayton le Moors Harriers	00:38:32	69.73	00:38:41
203	Robert	Burke	M45-49	Liverpool Running Club	00:38:38	75.22	00:38:43
204	Sophie	Whiteside	F	Liverpool Harriers & AC	00:38:42	77.17	00:38:46
205	Neil	Holding	M50-54	West Pennine Runners	00:38:47	78.66	00:38:49
206	Jonathon	Guildford	M	Manchester Fronrunners	00:38:33	69.43	00:38:51
207	David	Mirfield	M		00:38:41	69.4	00:38:52
208	David	Livingstone	M40-44	Altrincham & District AC	00:38:50	72.18	00:38:53
209	Jack	Dugdale	M	Clayton le Moors Harriers	00:38:45	69.34	00:38:54
210	Steve	Bennett	M50-54	North Derbyshire Running Club	00:38:45	79.07	00:38:56
211	Kevin	Foster	M	Wigan Phoenix AC	00:38:45	69.24	00:38:57
212	Paul	Hesketh	M45-49	Clayton le Moors Harriers	00:38:49	74.73	00:38:58
213	Stephen	Coy	M	Ilkley Harriers	00:38:50	70.35	00:39:03
214	Lorraine	Smith	F40-44	Holmfirth Harriers AC	00:38:58	80.48	00:39:06
215	Caroline	Betmead	F40-44	Blackpool Wyre & Fylde AC	00:39:04	79.75	00:39:08
216	Samantha	Murray	F	Blackburn Harriers & AC	00:38:58	76.34	00:39:11
217	Nathan	Mayoh	M		00:39:06	70.55	00:39:13
218	Chris	Walton	M	Accrington Road Runners	00:39:08	68.72	00:39:15
219	Alan	Hudson	M60-64	Wesham Road Runners	00:39:08	85.1	00:39:15
220	Mark	Bleasdale	M40-44	Blackburn Harriers & AC	00:39:06	71.47	00:39:16
221	Lee	Barratt	M40-44	Stockport Harriers AC	00:39:12	71.85	00:39:21
222	Francis	Day	M60-64	East Cheshire Harriers	00:39:18	83.22	00:39:21
223	Stephen	Beardsell	M60-64	Holmfirth Harriers AC	00:39:15	83.19	00:39:22
224	Stephen	Coleman	M50-54	Astley & Tyldesley Road Runners	00:39:16	76.26	00:39:23
225	Michael	Toms	M45-49	Clayton le Moors Harriers	00:39:20	74.32	00:39:29
226	John Paul	Atkinson	M45-49	Baildon Runners	00:39:18	74.86	00:39:30
227	Joanna	Goorney	F40-44	Wesham Road Runners	00:39:29	80.98	00:39:31
228	James Stewart	Rideout	M50-54	Bolton United Harriers & AC	00:39:11	76.01	00:39:31
229	Dave	Barr	M40-44	Saratoga Stryders USA	00:39:21	70.97	00:39:33
230	Clare	Pearson	F	Skipton AC	00:39:27	75.55	00:39:36
231	Martin	Quinn	M	Chorley Harriers & Tri	00:39:26	69.81	00:39:38
232	Ben	Antony	M		00:39:37	67.97	00:39:41
233	Chris	Mullen	M	Preston Harriers	00:39:33	67.96	00:39:41
234	Alan	Life	M45-49	Clayton le Moors Harriers	00:39:35	73.92	00:39:42
235	Phil	Walsh	M55-59	Preston Harriers	00:39:34	80.95	00:39:43
236	John-Paul	Hopkinson	M40-44	Keighley & Craven AC	00:39:34	70.58	00:39:46
237	Mark	Iley	M45-49	Ilkley Harriers	00:39:41	74.9	00:39:47
238	Joseph	Dillon	M40-44	Leigh Harriers	00:39:20	72.05	00:39:49
239	Emma	Flanagan	F	Rosendale Harriers	00:39:41	75.14	00:39:49
240	Paul	Wilmore	M	Preston Harriers	00:39:43	67.73	00:39:49
241	Claire	Leaver	F	Holmfirth Harriers AC	00:39:43	75.12	00:39:49
242	Stuart	Preston	M	Keighley & Craven AC	00:39:38	67.68	00:39:51
243	Troy	Watson	M40-44	Wesham Road Runners	00:39:32	71.96	00:39:52
244	Keith	Brown	M50-54	Warrington Road Runners	00:39:41	75.34	00:39:52
245	Phillip	Baldwin	M	Accrington Road Runners	00:39:52	67.1	00:40:12
246	Steven	Foley	M40-44	Blackburn Harriers & AC	00:39:59	71.33	00:40:13
247	Stephen	Cogle	M40-44		00:39:59	69.29	00:40:13
248	Philip	Bacon	M		00:40:00	67.04	00:40:14
249	Paul	Greenhalgh	M45-49	Manchester Triathlon Club	00:39:59	71.72	00:40:18
250	Steven	Curtis	M50-54	Keighley & Craven AC	00:40:07	75.14	00:40:18
251	Tom	Peacock	M40-44	Southport Waterloo AC	00:40:18	69.92	00:40:26

252	Matt	Seddon	M		00:40:15	66.68	00:40:27
253	Karen	Bridge	F40-44	Eden Runners	00:40:20	78.37	00:40:29
254	George	Kennedy	M50-54	Wesham Road Runners	00:40:22	76.64	00:40:30
255	David	Bagot	MJ	Clayton le Moors Harriers	00:40:26	66.43	00:40:36
256	Michael	Hogan	M40-44	Clayton le Moors Harriers	00:40:27	70.63	00:40:37
257	Beckie	Taylor	FJ	Blackburn Harriers & AC	00:40:32	73.59	00:40:39
258	Peter	Herbert	M45-49	Blackburn Road Runners	00:40:29	72.69	00:40:41
259	David	Brown	M45-49	Ilkley Harriers	00:40:34	70.95	00:40:44
260	Allan	Hartley	M	Blackburn Harriers & AC	00:40:35	66.94	00:40:46
261	David	Everson	M40-44	Blackpool Wyre & Fylde AC	00:40:44	68.25	00:40:50
262	Matthew	Baldwin	M	Accrington Road Runners	00:40:33	65.98	00:40:53
263	Chris	Saunders	M	Serpentine	00:40:47	67.61	00:40:56
264	Max	Lawton	MJ	Holmfirth Harriers AC	00:40:53	65.86	00:40:57
265	Philip	Butler	M45-49	Red Rose Road Runners	00:40:50	72.16	00:40:59
266	Janet	Kenyon	F50-54		00:40:57	84.56	00:41:00
267	Tracey	Peters	F	Southport Waterloo AC	00:40:59	72.82	00:41:05
268	Gemma	Jones	F	Horwich RMI Harriers	00:41:03	72.66	00:41:10
269	Brian	Kennedy	M50-54	Settle Harriers	00:40:52	72.93	00:41:11
270	Paul	Cain	M40-44	Southport Waterloo AC	00:41:04	69.58	00:41:14
271	Rachael	Moore	F35-39	Wigan Phoenix AC	00:41:07	73.29	00:41:15
272	Andrew	Acklam	M40-44	Preston Harriers	00:40:49	68.53	00:41:15
273	Paul	Calverley	M45-49	Accrington Road Runners	00:41:06	70.01	00:41:17
274	Daniel	Wardleworth	M	Craven Energy Triathlon	00:41:08	65.31	00:41:18
275	Clare	Constable	F40-44	Southport Waterloo AC	00:41:09	75.54	00:41:19
276	Richard	Matless	M45-49		00:40:58	70.97	00:41:21
277	Graham Arthur	Cunliffe	M55-59	Wesham Road Runners	00:41:06	75.67	00:41:22
278	David Craig	Tipton	M40-44	Ackworth Road Runners	00:41:02	68.31	00:41:23
279	Antony	Golding	M	Swinton Running Club	00:41:18	65.91	00:41:24
280	Samantha	Ayers	F40-44	Keswick AC	00:41:01	75.99	00:41:25
281	Alan	Appleby	M60-64	Preston Harriers	00:41:12	82.26	00:41:26
282	David	Maden	M40-44		00:41:05	69.18	00:41:28
283	Beth	Massey	F40-44	Barnsley Athletic Club	00:41:19	75.84	00:41:30
284	Gwen	Kinloch	F50-54		00:41:08	83.55	00:41:30
285	Nigel	Shepherd	M50-54	Wesham Road Runners	00:41:22	74.15	00:41:31
286	John	Bertenshaw	M55-59	Wesham Road Runners	00:41:18	75.36	00:41:32
287	Kevin	Harding	M50-54	Tring RC	00:41:19	73.46	00:41:34
288	Eric	Green	M50-54	Valley Striders AC	00:41:27	74.65	00:41:35
289	Daryl	Bentley	M40-44	Bolton United Harriers & AC	00:41:15	67.47	00:41:36
290	Anthony	Royle	M40-44		00:41:30	68.32	00:41:41
291	Tim	Birtwistle	M50-54		00:41:27	72.59	00:41:43
292	Jamie	Higham	M		00:41:26	66.33	00:41:43
293	Charles	Colby	M40-44	Wesham Road Runners	00:41:28	66.78	00:41:44
294	Martin	Carr	M45-49		00:40:57	70.31	00:41:44
295	Marian	Hesketh	F55-59	Preston Harriers	00:41:31	88.18	00:41:45
296	John	Wilcock	M45-49	Clayton le Moors Harriers	00:41:33	71.32	00:41:47
297	Matthew	Cooper	M40-44		00:41:28	67.66	00:41:47
298	Stephen	Holden	M45-49		00:41:36	69.14	00:41:48
299	Sunny	Gohil	M40-44	Preston Harriers	00:41:35	67.12	00:41:49
300	Andrew	Sheldon	M45-49	Ilkley Harriers	00:41:34	70.14	00:41:50
301	Rebecca	Harding	F	Edinburgh University AC	00:41:34	71.46	00:41:52
302	Emma	Lund	F	Wesham Road Runners	00:41:36	71.37	00:41:55
303	Jose	Pinon Shaw	M40-44	Red Rose Road Runners	00:41:37	67.92	00:41:56
304	Micahel	Wilmore	M60-64		00:41:51	78.07	00:41:57
305	Richard	Carter	M		00:41:30	64.3	00:41:57
306	John	Hampshire	M45-49	Skipton AC	00:41:40	69.95	00:41:57
307	Chris	Povey	M	Bolton United Harriers & AC	00:41:07	65.49	00:41:57
308	Nick	Tucker	M40-44	Serpentine	00:41:33	68.36	00:41:58
309	Greg	Keynes	M55-59	Manchester Frontrunners	00:41:43	74.57	00:41:59
310	Philippa	Walsh	F50-54	Preston Harriers	00:41:46	81.02	00:42:00
311	Helen	Lawrenson	F40-44	Wesham Road Runners	00:41:45	75.55	00:42:00
312	Andy	Howarth	M45-49	Leigh Harriers	00:41:45	69.33	00:42:00
313	Maurice	Collins	M45-49	St. Helens Sutton AC	00:41:54	70.38	00:42:01
314	Paul	White	M50-54	Killamarsh Kestrels	00:41:39	71.39	00:42:04
315	Dan	Lewington	M	Serpentine	00:41:21	64.07	00:42:06

316	James	Cassidy	M		00:41:39	64.07	00:42:06
317	Shane	Cliffe	M45-49	Red Rose Road Runners	00:41:59	69.68	00:42:07
318	David	Hodkinson	M45-49	Darwen Dashers Running Club	00:41:56	70.19	00:42:08
319	Martin	Kerry	M50-54	Blackburn Road Runners	00:41:50	71.81	00:42:10
320	Nichola	Jackson	FJ	Preston Harriers	00:42:04	70.89	00:42:12
321	Dean	Johnson	M	Bolton United Harriers & AC	00:41:21	64.66	00:42:12
322	Tim	Towler	M50-54	Valley Striders AC	00:41:58	72.34	00:42:12
323	Billy	Hargreaves	M60-64		00:42:05	80.73	00:42:13
324	Danny	Fegan	M45-49	St. Helens Striders	00:41:48	68.41	00:42:15
325	Kevin	Pickup	M	Trawden Athletic Club	00:42:13	63.82	00:42:16
326	Simon	Maughan	M45-49		00:42:10	68.38	00:42:16
327	Kenneth	Fowler	M55-59	Bolton United Harriers & AC	00:42:05	76.75	00:42:17
328	Jon	Gettinby	M	Bolton United Harriers & AC	00:41:56	65.43	00:42:18
329	Richard	Briscoe	M	Clayton le Moors Harriers	00:41:46	63.77	00:42:18
330	David	Atkinson	M50-54	Northern Veterans AC	00:42:12	70.81	00:42:25
331	Andy	Heys	M	Accrington Road Runners	00:42:02	63.59	00:42:25
332	Neil	Reynolds	M40-44		00:42:18	66.15	00:42:26
333	David	Green	M	Preston Harriers	00:42:09	63.52	00:42:28
334	Helena	Leathley	FJ	Clayton le Moors Harriers	00:42:17	70.42	00:42:29
335	Stephen	Biscomb	M55-59	Clayton le Moors Harriers	00:42:13	75.63	00:42:31
336	Andrew	Doyle	M40-44	Bolton United Harriers & AC	00:42:12	66.95	00:42:32
337	Melanie	Koth	F35-39	Lytham St Annes Road Runners	00:42:31	72.01	00:42:39
338	Suzanne	Bailey	F	Bristol University CC	00:42:22	70.09	00:42:41
339	Jonathan	Clemson	M40-44	Preston Harriers	00:42:31	66.59	00:42:46
340	Kirsten	Scobie	F40-44	Leeds City AC	00:42:29	75.39	00:42:48
341	Tom	Whittaker	M		00:42:43	62.92	00:42:52
342	James	Thackray	M	Altrincham & District AC	00:42:36	62.92	00:42:52
343	John	Randall	M45-49		00:42:46	68.4	00:42:54
344	Barry	Wheeler	M	Red Rose Road Runners	00:42:29	62.85	00:42:55
345	Kristian	Barker	M		00:42:16	62.8	00:42:57
346	Angela	Dugdale	F40-44	Clayton le Moors Harriers	00:42:44	73.82	00:42:59
347	Chris	Halstead	M		00:42:34	62.68	00:43:02
348	Sean	Crooken	M40-44	Pendle AC	00:42:34	66.09	00:43:05
349	Peter	Cowling	M45-49	Preston Harriers	00:42:51	68.03	00:43:08
350	Natalie	Whitty	F	Guernsey IAAC	00:42:53	69.21	00:43:13
351	Dave	Earnshaw	M55-59	Red Rose Road Runners	00:43:03	72.97	00:43:17
352	Andy	Land	M45-49	Swinton Running Club	00:42:51	68.32	00:43:17
353	Stephen	White	M55-59	Clayton le Moors Harriers	00:43:01	72.94	00:43:18
354	Carmel	Sullivan	F45-49	Wesham Road Runners	00:43:03	75.77	00:43:20
355	Stephen	Mort	M	Preston Harriers	00:43:07	63.36	00:43:22
356	Nico	Gibert	M	Manchester Fronrunners	00:42:54	62.9	00:43:23
357	Philip	Davidson	M45-49	Tri Preston	00:43:03	68.61	00:43:26
358	Andy	Grimshaw	M	Preston Harriers	00:42:33	62.08	00:43:27
359	Brian	Wildman	M45-49	Clayton le Moors Harriers	00:43:09	67.03	00:43:27
360	Shelley	Tattersall	F	Rosendale Harriers	00:43:14	68.83	00:43:28
361	Richard	Harris	M45-49		00:42:44	68.51	00:43:30
362	Neil	Chapman	M55-59	Ilkley Harriers	00:43:14	72.55	00:43:32
363	Luke	McGlynn	M	Accrington Road Runners	00:43:01	61.91	00:43:34
364	James	Ellis	M	Trawden Athletic Club	00:42:59	61.86	00:43:36
365	Andrew	Nightingale	M	Wigan Phoenix AC	00:43:30	63.42	00:43:38
366	Michael	Thomson	M40-44		00:43:00	64.79	00:43:38
367	Jason	Rawson	M40-44		00:43:18	64.3	00:43:39
368	David	Smith	M40-44	Trawden Athletic Club	00:43:31	65.7	00:43:40
369	Neil	Bowler	M45-49		00:43:19	66.08	00:43:44
370	James	Dean	M	Goyt Valley Striders	00:43:16	62.77	00:43:46
371	Richard	Brierley	M		00:43:05	61.54	00:43:50
372	John	Pickles	M45-49	Trawden Athletic Club	00:43:12	65.91	00:43:51
373	JJ	Walmsley	M		00:43:49	61.44	00:43:54
374	Matthew	Rose	M	Holmfirth Harriers AC	00:43:35	62.99	00:43:56
375	Daniel	Mahoney	M		00:43:40	61.35	00:43:58
376	Craig	Shaw	M		00:43:39	61.61	00:43:59
377	Philip	Levens	M50-54	Lancashire Police	00:43:43	70.55	00:44:00
378	Ian	Weatherill	M45-49		00:43:41	67.65	00:44:03
379	John	Cookson	M	Blackburn Harriers & AC	00:43:52	62.8	00:44:04

380	Richard	Annable	M50-54	Skipton AC	00:43:51	70.39	00:44:06
381	David	Burdon	M55-59	Pudsey Pacers	00:43:42	71.59	00:44:07
382	John J.	McDonald	M45-49	Trawden Athletic Club	00:43:37	66.96	00:44:10
383	Neil	Haydock	M50-54		00:43:50	67.96	00:44:12
384	Peter	Morgan	M	Moston Road Runners	00:43:39	61.02	00:44:12
385	Derek	Henry	M50-54	Wigan Phoenix AC	00:43:59	70.22	00:44:12
386	Michael	Smith	M65-69	Bingley Harriers & AC	00:43:50	81.45	00:44:13
387	Tim	Coyne	M40-44	Trawden Athletic Club	00:43:36	64.35	00:44:15
388	Sarah	Gohil	F40-44	Preston Harriers	00:44:03	72.26	00:44:17
389	Andrew	Whaites	M		00:43:29	60.9	00:44:17
390	Peter	Williams	M55-59	Oldham & Royton Harriers	00:43:54	70.59	00:44:21
391	Steven	Jackson	M50-54	Preston Harriers	00:44:04	68.28	00:44:21
392	Juliet	Horrocks	F45-49	Clayton le Moors Harriers	00:44:07	73.36	00:44:22
393	Nik	Jolmes	M		00:44:01	60.77	00:44:23
394	Ryan	Hardman	M		00:43:58	60.74	00:44:24
395	Peter	Sutcliffe	M50-54	Keighley & Craven AC	00:44:07	68.74	00:44:25
396	Fraser	Snape	M40-44		00:43:56	64.56	00:44:26
397	Adrian	Bastow	M40-44	Ilkley Harriers	00:44:15	64.51	00:44:28
398	Mary	Ballantyne	F40-44	Eden Runners	00:44:16	71.33	00:44:29
399	Dale	Kenyon	M	Astley & Tyldesley Road Runners	00:44:20	60.61	00:44:30
400	Joan	Jackson	F55-59	Northern Veterans AC	00:44:27	80.15	00:44:32
401	William	Davies	M45-49		00:44:12	64.87	00:44:33
402	Anthony	Ridehalgh	M	Accrington Road Runners	00:44:16	61.66	00:44:34
403	Lorraine	Slater	F40-44	Clayton le Moors Harriers	00:44:20	71.17	00:44:35
404	Ian	Stanley	M40-44		00:43:54	63.81	00:44:38
405	Lee	Spoor	M		00:44:17	60.4	00:44:39
406	Will	Tate	M		00:43:56	60.33	00:44:42
407	Alexander	Redshaw	M		00:43:59	60.28	00:44:45
408	Alison	Harding	F50-54	Tring RC	00:44:27	76.71	00:44:46
409	Tony	Payne	M50-54	Chorlton Runners	00:44:18	68.18	00:44:47
410	Debbie	Kirkman	F40-44	Red Rose Road Runners	00:44:18	70.86	00:44:47
411	Chris	Counsell	M		00:44:10	60.85	00:44:51
412	Ian	Copley	M50-54	Barnsley Athletic Club	00:44:38	66.89	00:44:54
413	Andy	Davidson	F		00:43:53	66.62	00:44:54
414	Emma	Lawton	F	Penny Lane Striders	00:44:28	66.6	00:44:55
415	Simon	Moore	M40-44		00:44:12	62.94	00:44:55
416	Lee	Jones	M45-49	Burnley AC	00:44:26	64.79	00:44:57
417	David	Chrystie-Lowe	M50-54	Stockport Harriers AC	00:44:50	69.01	00:44:59
418	Tim	Clark	M40-44		00:44:38	63.59	00:45:07
419	Peter	Tinsley	M40-44	Southport Waterloo AC	00:44:51	63.1	00:45:08
420	Ian	Leonard	M50-54	Chorley Harriers & Tri	00:44:44	67.63	00:45:09
421	Scott	Farquhar	M		00:44:55	59.7	00:45:11
422	Stephen	Braithwaite	M	Helm Hill Runners	00:44:54	60.77	00:45:13
423	Sarah	Toms	F	Rosendale Harriers	00:44:59	66.16	00:45:13
424	Nicola	Nuttall	F40-44	Trawden Athletic Club	00:44:50	69.55	00:45:15
425	Peter	Simpson	M60-64	Liverpool Harriers & AC	00:44:56	75.29	00:45:16
426	Andrea	Edmondson	F40-44	Settle Harriers	00:44:35	70.67	00:45:17
427	Michael Andrew	Thistlethwaite	M	Wharfedale Harriers	00:45:07	59.57	00:45:17
428	Derrick	Marsh	M50-54	Trawden Athletic Club	00:44:49	66.8	00:45:20
429	Kath	Hoyer	F50-54	Wesham Road Runners	00:45:12	76.43	00:45:22
430	John	Gott	M45-49		00:44:37	64.68	00:45:22
431	Angela	Colby	F40-44	Wesham Road Runners	00:45:09	69.3	00:45:25
432	John	Field	M	Holmfirth Harriers AC	00:45:03	59.66	00:45:25
433	Martin	Brady	M45-49	Clayton le Moors Harriers	00:45:15	65.59	00:45:26
434	Ian	Smith	M60-64	Bolton United Harriers & AC	00:45:10	72.03	00:45:28
435	Richard	Milne	M		00:45:11	59.23	00:45:32
436	Stuart	Burgess	M		00:45:22	60.72	00:45:34
437	Anthony	Cassidy	M		00:45:07	60.26	00:45:36
438	Dave	Waywell	M65-69	Wesham Road Runners	00:45:26	77.19	00:45:36
439	Eve	Womack-Smith	F		00:45:17	65.58	00:45:37
440	Craig	Thompson	M40-44	Tri Preston	00:44:53	61.53	00:45:37
441	Karl	Turner	M40-44		00:44:54	61.04	00:45:39
442	Ben	Donoghue	M	Red Rose Road Runners	00:44:45	59.04	00:45:41
443	Keith	Mawdsley	M45-49	Fylde Tri	00:45:11	64.23	00:45:41

444	Graham	Kay	M		00:45:22	60.06	00:45:45
445	Melvyn	Thistlethwaite	M55-59	Clayton le Moors Harriers	00:45:33	70.87	00:45:48
446	David	Moore	M55-59	Southwell Running Club	00:45:29	68.96	00:45:48
447	Michael	Stapleford	M40-44		00:45:17	60.83	00:45:49
448	David	Webb	M50-54		00:45:25	65.53	00:45:50
449	Jeremy	Collins	M45-49		00:45:27	63.04	00:45:51
450	Darren	Mannings	M40-44	Oldham & Royton Harriers	00:45:23	62.56	00:45:51
451	Roisin	Turner	F	Preston Harriers	00:45:39	65.06	00:45:59
452	Hannah	Brierley	F	Manchester YMCA Harriers	00:45:16	65.04	00:46:00
453	Chris	Nightingale	M40-44	Wigan Phoenix AC	00:45:56	62.34	00:46:01
454	Albert	Douglas	M60-64	Eden Runners	00:45:33	71.11	00:46:03
455	David	Moynihan	M40-44	Hyndburn A.C.	00:45:35	62.29	00:46:03
456	John	Orrell	M45-49	Blackburn Harriers & AC	00:45:55	63.17	00:46:06
457	Liz	Turton	F50-54	Stockport Harriers AC	00:46:03	76.52	00:46:12
458	David	Whitehead	M50-54	Northern Veterans AC	00:46:04	65.49	00:46:14
459	Brian	Hugill	M40-44	Wharfedale Harriers	00:45:58	61.56	00:46:16
460	Mark	Stanbridge	M40-44		00:45:43	61.1	00:46:16
461	Marc	Evans	M40-44		00:45:21	61.93	00:46:19
462	Marie	Mitton	F45-49	Settle Harriers	00:45:39	70.81	00:46:22
463	Melanie	Tapodi	F	Tri Lakeland	00:46:00	64.48	00:46:24
464	Jonathan	Lawson	M40-44	Wesham Road Runners	00:46:11	61.81	00:46:25
465	Emma	Essex-Crosby	F	Preston Harriers	00:45:54	64.4	00:46:27
466	Geoff	Howarth	M55-59		00:46:01	68.6	00:46:27
467	Thomas	Fearn	M		00:45:38	58	00:46:30
468	Simon	Bennett	M50-54		00:45:33	65.64	00:46:31
469	Ellie	Dooley	FJ	Hyde Park Harriers	00:46:28	64.31	00:46:31
470	David	Clarkson	M		00:46:17	57.96	00:46:32
471	Trevor	Birch	M55-59		00:46:20	69.71	00:46:33
472	Mark	Davies	M40-44	Southport Waterloo AC	00:45:59	61.56	00:46:36
473	Philip	Grace	M40-44		00:46:11	61.09	00:46:37
474	John	Hyde	M55-59	Red Rose Road Runners	00:46:09	68.95	00:46:38
475	Tim	Corless-Carter	M		00:46:18	57.8	00:46:40
476	David	Sagar	M	Accrington Road Runners	00:46:03	58.86	00:46:41
477	Julia	Rushton	F45-49	Darwen Dashers Running Club	00:46:22	71.55	00:46:42
478	Catherine	Bradley	F35-39	Wharfedale Harriers	00:46:28	64.69	00:46:44
479	David	Smith	M60-64	Accrington Road Runners	00:46:12	70	00:46:47
480	Keith	Waddingham	M50-54	Keighley & Craven AC	00:46:19	65.25	00:46:47
481	Arthur	Smith	M55-59		00:46:28	69.33	00:46:48
482	Luke	Earnshaw	M	Red Rose Road Runners	00:46:44	57.57	00:46:51
483	Phil	White	M55-59	Blackburn Road Runners	00:46:31	69.26	00:46:51
484	Stef	Gabrysch	M		00:46:02	59	00:46:54
485	Christine	Preston	F45-49	Todmorden Harriers	00:46:44	70.57	00:46:56
486	Andrew	Talbot	M		00:46:30	58.81	00:47:03
487	John	Talbot	M40-44		00:46:32	59.65	00:47:03
488	Claire	Kirkham	F		00:46:45	63.52	00:47:06
489	David	Graham	M55-59	Accrington Road Runners	00:46:29	68.21	00:47:08
490	Michael	Duckett	M40-44		00:46:43	60.39	00:47:09
491	Adrian	Hirst	M45-49		00:46:31	62.17	00:47:12
492	Rob	Lyon	M		00:46:58	57.11	00:47:14
493	Gareth	Davis	M		00:46:27	57.1	00:47:14
494	Sarah	Tomlinson	F		00:46:17	63.25	00:47:18
495	Emma	Flynn	F	Swinton Running Club	00:46:48	63.23	00:47:19
496	Darrin	Robinson	M45-49		00:46:52	60.97	00:47:24
497	Tanya	Dixon	F35-39	Eden Runners	00:47:04	63.7	00:47:27
498	Paul	Mayson	M40-44		00:46:46	59.12	00:47:28
499	Nicholas Mark	Hutchinson	M40-44	Hyndburn A.C.	00:47:03	60.4	00:47:30
500	James	Fairfield	M40-44	East Cheshire Harriers	00:46:38	59.49	00:47:31
501	Jon-Paul	Kearns	M40-44	Stockport Harriers AC	00:47:01	58.59	00:47:34
502	Ian	Garmory	M50-54	Bolton United Harriers & AC	00:47:12	64.72	00:47:34
503	Phil	Stephens	M40-44		00:47:16	58.84	00:47:42
504	Christopher	Moss	M45-49	Wesham Road Runners	00:47:01	61.48	00:47:44
505	Stephen	Eldridge	M45-49		00:47:24	61.93	00:47:45
506	Andrew	Lowe	M50-54	Chorley Harriers & Tri	00:47:20	64.47	00:47:45
507	Sidney	Sacks	M70+	Salford Harriers & AC	00:47:29	76.24	00:47:47

508	Michael	Chimejczuk	M60-64	Blackburn Road Runners	00:47:15	69.16	00:47:49
509	Susan	Clark	F40-44	Clayton le Moors Harriers	00:47:28	67.39	00:47:53
510	Roy	Stevens	M60-64	Lytham St Annes Road Runners	00:47:15	68.38	00:47:53
511	Paul	Harrington	M45-49		00:47:26	60.79	00:47:54
512	Liz	Graham	F35-39		00:47:17	64.05	00:47:57
513	Daniel	Mortimer	M	Roberttown Road Runners	00:47:11	56.89	00:47:58
514	Ewan	Reid	MJ		00:46:53	56.23	00:47:58
515	David	Turton	M55-59	Stockport Harriers AC	00:47:51	65.8	00:48:00
516	Robert	Devine	M		00:47:59	56.12	00:48:04
517	Rachel	Burke	FJ	Liverpool Running Club	00:47:55	62.22	00:48:05
518	Paula	Eastaugh	F40-44	Harrogate Harriers & AC	00:47:26	64.8	00:48:10
519	Alistair	Morris	M50-54	Wesham Road Runners	00:47:41	62.86	00:48:10
520	Thomas	Battrick	M50-54	Accrington Road Runners	00:47:33	64.38	00:48:13
521	Ian	Gahagan	M55-59		00:47:38	66.09	00:48:13
522	Sarah	Saxon	F	Bolton United Harriers	00:47:53	62	00:48:15
523	Carol	Life	F45-49	Clayton le Moors Harriers	00:47:44	68.04	00:48:15
524	Chris	Cooper	M	Manchester Frontrunners	00:47:46	55.85	00:48:18
525	Douglas	Meek	M50-54		00:47:40	63.74	00:48:18
526	Andy	Bailey	M45-49	Accrington Road Runners	00:47:39	61.66	00:48:20
527	Robert	Smith	M55-59	Trawden Athletic Club	00:47:28	66.51	00:48:21
528	Derek	Martin	M65-69	Abbey Runners	00:47:37	71.19	00:48:22
529	Robert	Jackson	M40-44	Blackburn Road Runners	00:47:47	59.31	00:48:22
530	Jake	Towler	MJ	Valley Striders AC	00:47:56	55.75	00:48:23
531	John	Kirkham	M60-64	Radcliffe Athletic Club	00:47:36	68.34	00:48:23
532	Carole	Morris	F45-49	Accrington Road Runners	00:47:45	68.44	00:48:24
533	David	Scott	M65-69	Clayton le Moors Harriers	00:47:17	73.38	00:48:31
534	Jennifer	Adams	F60-64	Northern Veterans AC	00:48:20	78.31	00:48:35
535	Mark	Gibson	M40-44		00:47:40	58.11	00:48:39
536	Tim	Knibb	M40-44		00:48:06	58.95	00:48:40
537	Anna	Smith	F		00:48:30	61.46	00:48:40
538	Ben	Farnsworth	MJ		00:48:06	55.4	00:48:41
539	Simon	Thompson	M		00:48:04	55.39	00:48:42
540	Dave	Moxon	M45-49	Keighley & Craven AC	00:48:23	60.25	00:48:42
541	Jason	Tapping	M		00:48:04	56.41	00:48:42
542	Tony	Brierley	M55-59	P M & M	00:48:00	65.96	00:48:45
543	Nic	McNamara	F	Clayton le Moors Harriers	00:48:29	61.37	00:48:45
544	Kate	Lakeland	F	Preston Harriers	00:48:13	61.36	00:48:45
545	James	Kirkpatrick	M50-54	Skipton AC	00:48:26	62.09	00:48:46
546	Paula	Plowman	F45-49	Red Rose Road Runners	00:48:21	68.43	00:48:50
547	Adrian	Smith	M	Holmfirth Harriers AC	00:48:30	56.59	00:48:54
548	Chris	Goldthorp	F45-49		00:47:53	66.53	00:48:55
549	Jeremy	James	M40-44		00:48:22	58.2	00:48:56
550	Emma	Smith	F35-39		00:48:27	63.25	00:48:57
551	Stuart	Furness	M60-64	Blackburn Harriers & AC	00:48:46	68.88	00:48:59
552	David	Matthews	M		00:48:36	56.49	00:48:59
553	Denise	Wakefield	F55-59	Salford Harriers & AC	00:48:54	74.24	00:49:05
554	Mike	Gibbons	M50-54		00:48:50	63.21	00:49:06
555	Chris	Quigley	M40-44		00:48:17	57.54	00:49:08
556	Shirley	Hargreaves	F35-39		00:48:34	61.01	00:49:10
557	Stephen	Dent	M45-49	NJD Sports Injuries	00:48:22	60.61	00:49:10
558	Nicholas	Dinsdale	M55-59		00:48:22	64.81	00:49:10
559	Emma	Clegg	F		00:48:37	60.79	00:49:13
560	Julie	Ridehalgh	F40-44	Blackburn Road Runners	00:48:39	65.01	00:49:13
561	Guy	McLennan	M		00:48:20	55.06	00:49:13
562	Emma	Stevens	F		00:48:36	60.76	00:49:14
563	Malcolm	Garratt	M60-64		00:48:36	67.82	00:49:15
564	Julie	Rayner	F35-39		00:48:49	62.34	00:49:16
565	John	Fenwick	M55-59	Ilkley Harriers	00:48:21	64.09	00:49:17
566	Phil	Lakeland	M50-54	Preston Harriers	00:48:46	62.97	00:49:18
567	Simon	Edwards	M	Holmfirth Harriers AC	00:48:55	54.95	00:49:19
568	Sally	Searson	FJ	Blackburn Harriers & AC	00:48:21	60.66	00:49:19
569	David	Twizell	M55-59	Blackpool Wyre & Fylde AC	00:48:52	64.55	00:49:22
570	Michael	Horton	M	Swinton Running Club	00:48:55	54.64	00:49:22
571	Mark	Hammond	M40-44	Accrington Road Runners	00:48:43	56.43	00:49:23

572	Nicholas	Roberts	M50-54		00:48:55	62.33	00:49:23
573	Sharon	Cooper	F35-39	Wesham Road Runners	00:49:02	62.15	00:49:25
574	John	Sands	M65-69	Wigan Phoenix AC	00:49:17	72.88	00:49:25
575	Paul	Baines	M		00:48:25	55.96	00:49:27
576	Dean	Wilson	M40-44		00:48:45	57.15	00:49:28
577	Michael	Hendry	M		00:48:28	54.49	00:49:30
578	Stuart	Proctor	M		00:49:16	54.45	00:49:32
579	Laura	Thackray	F		00:49:13	60.37	00:49:33
580	Michael	Wilson	M50-54	Settle Harriers	00:48:52	62.63	00:49:34
581	Mark	McGlynn	M		00:49:02	55.4	00:49:36
582	James	Barnes	M50-54	UK Net Runners	00:48:22	60.56	00:49:36
583	Tom	Lawrence	M		00:49:11	54.36	00:49:37
584	Chris	Funnell	M45-49		00:49:03	58.23	00:49:38
585	Graeme	Reid	MJ		00:48:35	54.33	00:49:39
586	Jonathan	Storer	M40-44		00:49:05	56.44	00:49:44
587	Ian	Stow	M50-54	Eccleshill Road Runners	00:49:18	60.35	00:49:46
588	Matthew	Scrivener	M		00:49:11	54.19	00:49:46
589	Jennifer	Garside	F35-39	Trawden Athletic Club	00:49:23	62.17	00:49:48
590	Jeremy	Allis	M45-49		00:49:25	59.84	00:49:48
591	Adam	Whitworth	M		00:49:29	55.14	00:49:50
592	David	Mallaby	M50-54	Accrington Road Runners	00:49:11	61.76	00:49:51
593	Sarah	Hartley	F		00:49:44	59.98	00:49:52
594	Susan	Finnerty	F45-49	Road Runners Club	00:49:34	65.25	00:49:53
595	Edward	Parsons	M50-54		00:48:56	60.19	00:49:54
596	Clare	Rowntree	F	Northbrook AC	00:49:06	59.91	00:49:56
597	Darren	Harrison	M40-44	Blackburn Road Runners	00:49:21	56.57	00:49:58
598	Darren	Lee-Smith	M	Forbes	00:49:39	54.22	00:49:59
599	Jason	Riley	M		00:49:41	54.92	00:50:02
600	Stephen	Moffatt	M40-44		00:49:07	56.92	00:50:02
601	Mick	Bullock	M40-44		00:49:15	55.63	00:50:06
602	Mark	Newbould	M45-49	Skipton AC	00:49:19	59.4	00:50:10
603	Alex	Donnelly	M40-44	Bolton United Harriers & AC	00:49:21	55.92	00:50:11
604	Gregory	Gardner-Boyes	M		00:49:05	53.71	00:50:13
605	Debbie	Wilson	F35-39	Clayton le Moors Harriers	00:49:57	61.65	00:50:13
606	Emma	Newbould	F40-44	Skipton AC	00:49:24	63.14	00:50:15
607	Nick	Ward	M45-49		00:49:38	59.29	00:50:16
608	Anthony	Malpass	M		00:50:05	53.65	00:50:16
609	Sarah	Cross	F40-44	Settle Harriers	00:49:37	63.05	00:50:19
610	Ilias	Angelakopoulos	M		00:49:41	54.96	00:50:21
611	Marwan	Bukhari	M45-49	Manchester Fronrunners	00:49:21	57.4	00:50:21
612	Jo	Duffy	F35-39	Red Rose Road Runners	00:49:28	60.98	00:50:22
613	Peter	Gibson	M60-64	Red Rose Road Runners	00:49:28	67.67	00:50:22
614	David	Billington	M40-44	Blackburn Harriers & AC	00:50:02	55.68	00:50:24
615	John	Smithurst	M70+	Bingley Harriers & AC	00:50:16	76.07	00:50:27
616	Iain	Czapowski	M	Accrington Road Runners	00:49:42	53.44	00:50:28
617	Cheryl	Mason	F40-44		00:50:06	63.83	00:50:33
618	Adrian	Dunbar	M55-59	Craven Energy Triathlon	00:50:19	63.59	00:50:34
619	Eddy	Little	M	Preston Harriers	00:50:01	53.34	00:50:34
620	Sam	Houlker	M		00:49:38	53.32	00:50:35
621	Angela	Beech	F55-59		00:49:51	71.24	00:50:37
622	Rebecca	Mills	F	Swinton Running Club	00:50:05	59.08	00:50:38
623	James	Cheetham	MJ		00:50:03	53.2	00:50:42
624	Bradley	Chapman	MJ	Ilkley Harriers	00:50:21	53.18	00:50:43
625	Simon	Ross	M40-44		00:50:12	55.28	00:50:46
626	Alistair	Smith	M40-44		00:50:05	56.48	00:50:47
627	Paul	Heald	M50-54	Northern Veterans AC	00:49:55	60.59	00:50:48
628	Martin	Aspinall	M		00:49:55	53.33	00:50:49
629	Robert	Hirst	M60-64	Clayton le Moors Harriers	00:49:48	65.08	00:50:49
630	Helena	Greenep	F45-49	Settle Harriers	00:50:10	65.12	00:50:52
631	Marco	Barbensi	M40-44		00:50:39	55.18	00:50:52
632	John	Vis	M45-49	Southport Waterloo AC	00:50:22	58.1	00:50:54
633	Fiona	Pudge	F40-44	Trawden Athletic Club	00:50:28	63.39	00:50:54
634	Emma	James	F45-49		00:50:06	66.23	00:50:55
635	Lisa	Nuttall	F40-44	Blackburn Harriers & AC	00:50:44	62.8	00:50:57

636	Sandra	Hutchinson	F45-49		00:50:44	65	00:50:58
637	Ian	Cunnington	M45-49		00:50:10	57.85	00:51:07
638	John	Wade	M45-49		00:50:24	57.74	00:51:13
639	Salema	McEwan	F45-49	Keighley & Craven AC	00:50:46	64.08	00:51:14
640	David Alan	Jones	M60-64	Denbigh Harriers	00:50:32	63.9	00:51:15
641	Shaun	Lomax	M	Bolton United Harriers & AC	00:50:31	53.89	00:51:21
642	Nicholas	Armstrong	M	Bentham Beagles	00:50:15	52.51	00:51:22
643	Phil	Summers	M50-54	Swinton Running Club	00:50:57	58.95	00:51:22
644	Samantha	Hughe	F40-44		00:50:43	62.8	00:51:23
645	Christopher	Fay	M65-69	Blackburn Harriers & AC	00:50:40	68.49	00:51:24
646	Sue	Booth	F45-49	Cumberland AC	00:50:26	65.54	00:51:27
647	Stephen	Heath	M		00:50:27	53.32	00:51:32
648	Steve	Hamer	M50-54	Radcliffe Athletic Club	00:50:48	59.66	00:51:36
649	James	Fearn	M		00:50:44	52.89	00:51:36
650	James	Tucker	M		00:50:44	52.89	00:51:36
651	Mark	Fraser	M50-54		00:51:01	59.17	00:51:36
652	Susan	Burton	F45-49		00:50:39	65.32	00:51:37
653	Toby	Eastaugh	M45-49	Harrogate Harriers & AC	00:50:55	56.82	00:51:39
654	Michael	King	M40-44		00:51:22	53.94	00:51:40
655	Dorothy	Capstick	F	Preston Harriers	00:51:06	57.88	00:51:41
656	Paul	Lewington	M55-59		00:50:57	60.55	00:51:42
657	Mike	Fothergill	M55-59	Skipton AC	00:51:26	60.53	00:51:43
658	Luke	Donald	M45-49		00:51:17	55.85	00:51:45
659	Christopher	Donald	M45-49		00:51:17	56.27	00:51:45
660	Helen	Crompton	F40-44		00:51:14	62.34	00:51:45
661	Richard	Lawson	M70+	Clayton le Moors Harriers	00:50:46	71.26	00:51:47
662	Linda	Rusyn	F55-59	Blackburn Road Runners	00:51:12	69.62	00:51:48
663	Keith	Burrows	M50-54	Red Rose Road Runners	00:51:22	57.99	00:51:48
664	Antonia	Bamford	F	Reading Athletics Club	00:51:07	57.71	00:51:50
665	Andrew	Wood	M	Rosendale Harriers	00:51:00	52	00:51:52
666	Victoria	Valovin	F		00:51:12	57.64	00:51:54
667	Carol	Young	F50-54	Wharfedale Harriers	00:51:23	67.4	00:51:56
668	Adam	Kendal	M		00:51:04	52.46	00:52:01
669	Will	Fawcett	M		00:51:08	51.77	00:52:06
670	John Timothy	Robey	M45-49		00:50:59	56.27	00:52:09
671	Elaine	Helme	F40-44	East Cheshire Harriers	00:51:15	61.34	00:52:10
672	Jason	Fielding	M40-44		00:51:20	53.77	00:52:12
673	Stephen	Gilyead	M45-49		00:51:16	55.35	00:52:13
674	Stuart	Leverton	M40-44		00:51:36	54.94	00:52:13
675	Andrew	Moffat	M45-49		00:51:28	55.73	00:52:15
676	Clive	McMillan	M50-54		00:51:28	57.45	00:52:17
677	Julie	Lomax	F35-39	Bolton United Harriers & AC	00:51:28	58.72	00:52:18
678	Tony	Hails	M50-54		00:51:26	57.38	00:52:21
679	Brian	Tull	M65-69	Darwen Dashers Running Club	00:51:22	66.5	00:52:21
680	Gillian	Caldwell	F55-59	Lostock AC	00:51:55	70.31	00:52:22
681	Martin	Foley	M40-44	Preston Harriers	00:51:50	54.72	00:52:25
682	Mark	Darcy	M40-44		00:51:48	54.26	00:52:29
683	Ian	Canham	M65-69		00:51:28	65.6	00:52:29
684	Vicki	Cummings	F35-39		00:51:44	58	00:52:32
685	Ruth	Reeve	F		00:52:00	56.91	00:52:34
686	Eileen	Newman	F55-59	Blackburn Road Runners	00:51:59	70.01	00:52:35
687	Steve	Hart	M50-54	Swinton Running Club	00:52:06	58.45	00:52:40
688	Jane	Stirling	F40-44	Holmfirth Harriers AC	00:52:19	59.7	00:52:43
689	Brian	Porter	M45-49	Wesham Road Runners	00:52:35	55.94	00:52:52
690	Tobin	Rayner	M45-49	Bungay Black Dog RC	00:52:27	55.49	00:52:53
691	David	Williamson	M45-49	Swinton Running Club	00:52:19	54.63	00:52:54
692	Carolyn	Millican	F	Border Harriers	00:52:00	56.55	00:52:54
693	Alan	Houlker	M50-54		00:52:06	57.1	00:53:02
694	John	Raho	M		00:52:58	50.83	00:53:04
695	Peter	Grime	M45-49		00:51:59	54.44	00:53:05
696	Joanne	Simkin	F		00:52:15	56.3	00:53:08
697	Rebecca	Willets	F40-44	Lytham St Annes Road Runners	00:52:43	59.18	00:53:11
698	John Joseph	Myles	M55-59	Forbes	00:52:47	58.71	00:53:19
699	Philip	Stanley	M		00:52:51	50.46	00:53:27

700	Jimmy	Reid	M50-54		00:52:24	58.04	00:53:29
701	Paulette	Storey	F55-59	Swinton Running Club	00:52:55	68.13	00:53:29
702	Philip	McCullagh	M50-54	Chorley AC	00:52:28	58.01	00:53:31
703	Richard	Treitl	M55-59	Clayton le Moors Harriers	00:52:34	59.99	00:53:36
704	Peter	Klee	M55-59		00:53:24	60.51	00:53:38
705	Andrew	Flanagan	M		00:52:50	50.28	00:53:39
706	Janet	Barrow	F45-49	Handy Cross Runners	00:52:39	62.28	00:53:39
707	Jacqueline	Slater	F35-39		00:53:10	57.66	00:53:42
708	Sarah	Lewington	F		00:53:02	55.62	00:53:47
709	Brian	Higgins	M55-59	Darwen Dashers Running Club	00:53:12	59.75	00:53:49
710	Jonathan	Cox	M		00:53:02	50.07	00:53:52
711	Craig	Wilkinson	M40-44	Blackburn Road Runners	00:53:35	52.85	00:53:53
712	C	Utty	F		00:53:18	55.5	00:53:54
713	Vicky	Heys	F40-44		00:53:35	58.31	00:53:58
714	Jane	Pearson	F50-54		00:53:27	62.99	00:54:01
715	Yvonne	Johnson	F50-54	Red Rose Road Runners	00:53:31	64.81	00:54:01
716	Sue	Clemson	F40-44	Preston Harriers	00:53:26	59.71	00:54:02
717	Judith	Deakin	F65-69	Preston Harriers	00:53:41	73.57	00:54:11
718	Ruth	Dawson	F35-39	Accrington Road Runners	00:53:25	57.1	00:54:13
719	Sarah Louise	Arnold	F35-39	Darwen Dashers Running Club	00:53:18	57.1	00:54:13
720	Fiona	Glen	F35-39	Accrington Road Runners	00:53:33	55.76	00:54:13
721	Melanie	Haworth	F35-39	Preston Harriers	00:53:40	55.72	00:54:15
722	Jim	Holt	M		00:53:58	49.71	00:54:16
723	Pamela	Hardman	F50-54	Lytham St Annes Road Runners	00:53:53	64.49	00:54:17
724	Ian	Chadwick	M50-54		00:53:56	56.21	00:54:19
725	Caroline	Parsons	F40-44		00:54:01	58.38	00:54:21
726	Andrew	Hyland	M	Accrington Road Runners	00:53:16	49.6	00:54:23
727	Jackie	Kershaw	F40-44		00:53:42	57.8	00:54:27
728	Elizabeth	Sutcliffe	F	Keighley & Craven AC	00:53:47	54.89	00:54:30
729	Amanda	Gilyead	F40-44		00:53:36	58.69	00:54:31
730	Sandra	Snape	F45-49	Blackburn Road Runners	00:54:16	60.54	00:54:43
731	Madeline	Haworth	F55-59	Blackburn Road Runners	00:54:07	67.29	00:54:43
732	Roger	Johnson	M55-59	Red Rose Road Runners	00:54:14	57.16	00:54:46
733	Jon	Buckingham	M45-49	Blackburn Harriers & AC	00:54:08	53.58	00:54:46
734	Andrew	Kellington	M		00:54:03	49.47	00:54:47
735	Peter	Edwards	M70+	Northern Veterans AC	00:54:19	70.95	00:54:49
736	Lisa	Ingham	F40-44	Blackburn Road Runners	00:54:13	57.87	00:54:50
737	Janet	Holden	F50-54	Accrington Road Runners	00:54:01	64.45	00:54:51
738	George	Flanagan	M60-64	Wesham Road Runners	00:54:06	60.84	00:54:54
739	Jonathan	Holden	M	Forbes	00:54:29	49.05	00:54:59
740	Adam	Dance	M		00:54:04	49.04	00:55:00
741	Emily	Heaviside	FJ	Eden Runners	00:54:39	54.33	00:55:04
742	Carl	Wynne	M50-54	Preston Harriers	00:54:13	56.34	00:55:06
743	Christine	Miles	F50-54	Keighley & Craven AC	00:54:51	64.14	00:55:07
744	Ian	Thomson	M45-49		00:54:15	54.03	00:55:09
746	Paul	Shier	M	Swinton Running Club	00:54:37	48.88	00:55:11
747	Cathryn	McDermott	F40-44	Accrington Road Runners	00:54:22	57.03	00:55:11
748	Ben	Brown	M65-69		00:54:13	63.68	00:55:17
749	Gwynfor	Lewis	M50-54		00:54:48	54.29	00:55:20
750	Damian	Wall	M40-44		00:54:49	51.47	00:55:20
751	Alexandra	Whalley	F40-44	Accrington Road Runners	00:54:36	56.8	00:55:24
752	Carol	Spoor	F35-39	Preston Harriers	00:55:08	54.44	00:55:32
753	Tracy	Wilson	F40-44	Settle Harriers	00:54:50	57.62	00:55:32
754	Marion	Wilkinson	F70+	Clayton le Moors Harriers	00:54:50	76.64	00:55:33
755	Jayne	Tomlinson	F40-44	Red Rose Road Runners	00:55:06	56.59	00:55:37
756	Graham	Keighley	M		00:54:54	48.71	00:55:38
757	Alison	Man	F55-59		00:54:43	64.13	00:55:40
758	Robert	Taskes	M55-59		00:54:43	57.77	00:55:40
759	Paul	Carter	M40-44	Wesham Road Runners	00:55:20	50.65	00:55:49
760	Matthew	Cheetham	M50-54		00:55:06	53.8	00:55:50
761	Beverley	Hardie	F40-44	Keighley & Craven AC	00:55:15	56.28	00:55:55
762	Zoe	Baldry	F35-39		00:55:00	54.89	00:55:57
763	Gill	Silson	F50-54	Eden Runners	00:55:39	61.86	00:56:03
764	Angela	Caine	F		00:55:29	53.36	00:56:04

765	John	Bradley	M70+	Blackpool Wyre & Fylde AC	00:55:24	65.8	00:56:05
766	Lucy	Klee	F		00:55:50	53.34	00:56:05
767	Faron	Jones	FJ	Burnley AC	00:55:33	53.32	00:56:06
768	Sarah	Bullock	F40-44		00:55:19	56.49	00:56:10
769	Graham	Green	M45-49	Cheshire Fire Service	00:55:11	51.85	00:56:10
770	Ewan	Baldry	M		00:55:15	48.91	00:56:11
771	Daniel	Fielding	M		00:55:26	47.92	00:56:17
772	Michaela	Preddy	F35-39		00:55:30	54.49	00:56:22
773	Kenneth	Munro	M65-69	Wesham Road Runners	00:55:45	63.81	00:56:26
774	Heather	Milne	F		00:55:31	52.98	00:56:28
775	Philip	Hadfield	M40-44		00:55:52	50.38	00:56:32
776	Pauline	Smith	F60-64	Bingley Harriers & AC	00:56:11	67.82	00:56:44
777	Shaun	Silson	M50-54	Eden Runners	00:55:49	54.21	00:56:47
778	Paul	Fisher	M55-59		00:55:58	55.05	00:56:52
779	Richard	Paige	M40-44		00:55:52	50.4	00:56:55
780	Peter	Swift	M		00:56:29	47.91	00:56:58
781	John	Gray	M40-44	Meltham Athletic Running Club	00:56:09	49.63	00:56:58
782	Ruth	Schofield	F	Preston Harriers	00:56:07	52.49	00:56:59
783	Simon	Bate	M		00:56:02	47.28	00:57:03
784	Kelli	Black	F35-39		00:56:34	52.98	00:57:04
785	Valerie	Harrold	F65-69	Bentham Beagles	00:55:57	69.85	00:57:04
786	Julie	Barrow	F		00:56:29	52.24	00:57:16
787	Jack	Buckingham	MJ	Blackburn Harriers & AC	00:56:49	46.94	00:57:28
788	Maxine	Brown	F45-49		00:57:04	56.59	00:57:31
789	Wendy	Richardson	F45-49		00:56:38	57.5	00:57:36
790	Cari	Jackson	F40-44		00:57:07	54.61	00:57:38
791	Sue	Partington	F45-49		00:56:39	56.96	00:57:38
792	Sean	Tapodi	M		00:56:32	46.79	00:57:38
793	Ron	Hill	M70+	Clayton le Moors Harriers	00:56:40	65.67	00:57:40
794	Nigel	Hall	M45-49	Leigh Harriers	00:56:43	50.87	00:57:41
795	David	Bolton	M40-44		00:57:04	49.3	00:57:46
796	Sarah	Lakeland	F		00:56:51	51.71	00:57:51
797	Jack	Houlker	MJ		00:56:57	46.59	00:57:54
798	Glenn	Young	M50-54	Cheshire Fire Service	00:56:56	51.86	00:57:55
799	Stewart	Keighley	M55-59	Accrington Road Runners	00:57:15	53.93	00:58:03
800	Paul	Barrow	M50-54	Preston Harriers	00:57:04	52.58	00:58:04
801	Angela	Kerslake	F40-44	Oldham & Royton Harriers	00:57:19	54.6	00:58:07
802	Paul	Jenkins	M55-59		00:57:42	54.82	00:58:08
803	Clare	Wilkin	F45-49		00:57:48	56.44	00:58:10
804	Louise	Stevenson	F50-54		00:57:49	60.17	00:58:11
805	Ruth	Warman	F		00:57:54	51.3	00:58:19
806	Rod	Heywood	M65-69	100 Marathon Club	00:57:43	61.57	00:58:30
807	Matthew	Hoyle	M		00:57:48	46.06	00:58:33
808	Karen	Sutcliffe	F45-49	Keighley & Craven AC	00:57:51	56.55	00:58:34
809	Kathryn	Sutcliffe	F	Keighley & Craven AC	00:57:52	51.07	00:58:35
810	Peter	Hoyle	M50-54	Accrington Road Runners	00:57:47	52.53	00:58:36
811	Henry	Redshaw	M		00:57:54	46	00:58:38
812	Norman	Bateman	M70+	Wesham Road Runners	00:58:04	62.81	00:58:45
813	Brian	Scully	M70+	Accrington Road Runners	00:58:30	65.73	00:59:10
814	Joe	Incutti	M40-44		00:58:16	47.41	00:59:12
815	Sarah	Magee	F		00:58:23	50.51	00:59:14
816	Lindsey	Pilkington	F35-39		00:58:07	51.04	00:59:14
817	David	Hayton	M50-54		00:58:15	51.91	00:59:18
818	Deborah	Stevenson	F		00:58:33	50.33	00:59:26
819	Debi	Spencer	F50-54	Garstang Running Club	00:58:32	57.65	00:59:34
820	Donna	Marsden	F		00:58:56	50.13	00:59:41
821	Andrea	Rayner	F45-49		00:58:54	55.45	00:59:44
822	Keith	Robinson	M40-44		00:58:57	48	00:59:46
823	Colette	Mallabourn	F35-39	Accrington Road Runners	00:58:57	51.8	00:59:46
824	Mark	Holden	M		00:59:01	45.03	00:59:54
825	Sarah	Legg	F40-44		00:58:59	52.84	01:00:03
826	Edward	Briggs	M		00:59:07	46.08	01:00:03
827	Bill	Murray	M60-64	Lancashire Police	00:59:16	56.09	01:00:09
828	Nicola	Machin	F35-39	Red Rose Road Runners	00:59:16	51.47	01:00:09

829	Christine	Leathley	F60-64	Clayton le Moors Harriers	00:59:27	63.78	01:00:20
830	Louise	Fearnley-Brown	F45-49		00:59:21	55.31	01:00:25
831	Leanne	Fogg	F35-39		00:59:47	50.02	01:00:26
832	Maria	Briggs	F40-44		00:59:32	51.63	01:00:27
833	Karen	Clark	F50-54	Red Rose Road Runners	00:59:34	57.32	01:00:29
834	Jo	Thomson	F45-49	Keighley & Craven AC	00:59:52	55.71	01:00:31
835	Andy	Whalley	M		01:00:08	45.67	01:00:36
836	Chris	Clark	M50-54	Red Rose Road Runners	00:59:45	49.92	01:00:40
837	Bernadette	Gaffing	F40-44	Blackburn Road Runners	01:00:03	52.29	01:00:41
838	Charlotte	Houlker	F		00:59:44	49.28	01:00:42
839	Jon	Hoyle	M		01:00:02	44.36	01:00:48
840	Carla	Thompson	F		01:00:16	49.14	01:00:53
841	Tom	Hilton	M65-69	Chorley AC	01:00:26	56.49	01:00:57
842	Rebecca	Shorrocks	F	BMPH3	01:00:13	49.02	01:01:02
843	Sue	Cummins	F40-44		01:00:13	52.29	01:01:12
844	Kerry	Humphreys	F40-44		01:00:09	52.24	01:01:15
845	Joanne	Motley	F		01:00:25	48.8	01:01:18
846	David	Fearnley-Brown	M50-54		01:00:16	49.38	01:01:20
847	Mark	Dwyer	M50-54		01:00:29	50.15	01:01:23
848	Claire	Incutti	F35-39		01:00:28	50.01	01:01:24
849	Michael	Hall	M45-49		01:00:42	48.43	01:01:32
850	Stephen	Hall	M50-54	Chorley Harriers & Tri	01:00:36	49.2	01:01:33
851	Georgina	Storer	F35-39		01:01:01	50.25	01:01:37
852	Alison	Leach	F60-64		01:01:02	61.37	01:01:59
853	Helen	Boyer	F35-39	Preston Harriers	01:01:13	49.49	01:02:03
854	Rashid Nasir	Iqbal	M55-59		01:01:45	50.43	01:02:05
855	Deborah	Parkinson	F50-54		01:01:26	54.64	01:02:16
856	John	Bannister	M		01:01:27	43.31	01:02:17
857	Elisabeth	Sharples	F40-44		01:02:06	50.97	01:02:47
858	Christine	Ramsdale	F60-64	Spectrum Striders	01:01:51	61.23	01:02:51
859	Denise	Flitcroft	F35-39		01:02:00	48.85	01:02:52
860	Claire	McGowan	F		01:02:02	47.45	01:03:03
861	Philippa	Olive	F45-49	Garstang Running Club	01:02:05	52.46	01:03:08
862	Sharon	Booth	F35-39		01:02:11	48.98	01:03:12
863	Rosemary	Cook	F35-39	Keighley & Craven AC	01:02:26	47.82	01:03:13
864	Georgina	Marsden	F50-54	Accrington Road Runners	01:02:41	54.19	01:03:23
865	Fred	Mallett	M70+		01:02:54	57.11	01:03:48
866	David	Heppenstall	M65-69	Accrington Road Runners	01:02:59	55.62	01:04:01
867	Marie	Isherwood	F		01:03:21	46.65	01:04:08
868	Robert	Ashton	M		01:03:15	41.87	01:04:25
869	Ed	Ashton	M		01:03:16	41.87	01:04:25
870	Rachel	Searson	F	Blackburn Harriers & AC	01:03:41	46.2	01:04:45
871	Carmel	Searson	F55-59		01:03:41	55.13	01:04:45
872	Sue	Tunstall	F55-59		01:04:32	54.82	01:05:07
873	Katie	Fox	F		01:04:27	45.86	01:05:14
874	Heather	Taylor	F45-49		01:04:55	50.71	01:05:54
875	Claire	Pearson	F	Lancashire Police	01:04:55	45.32	01:06:01
876	Adrian	Batson	M70+	Blackburn Road Runners	01:05:03	56.59	01:06:03
877	Samantha	Russell	F40-44		01:05:14	47.11	01:06:15
878	Nina	Clews	F45-49		01:05:58	48.69	01:06:51
879	Samuel	Black	M65-69	Abbey Runners	01:06:18	51.95	01:07:01
880	Antonia	Robinson	F40-44		01:06:16	46.89	01:07:07
881	Pam	Holgate	F40-44		01:06:15	47.16	01:07:17
882	Janine	Holding	F60-64	West Pennine Runners	01:06:55	55.87	01:07:19
883	Gemma	Frankland	F		01:07:08	44.04	01:07:55
884	Rachel	Harper	F		01:07:15	43.98	01:08:01
885	Pauline	Lambert	F45-49		01:07:57	48.16	01:08:10
886	Vicki	Rooke	F50-54		01:08:02	49.86	01:08:15
887	Sue	Cawley	F45-49		01:08:01	48.53	01:08:15
888	Sue	Wickham	F50-54	Preston Harriers	01:08:26	49.59	01:09:16
889	Katie	Tomlinson	F35-39		01:08:35	44.07	01:09:41
890	Julie	Leverson	F40-44		01:10:31	45.36	01:11:08
891	Monica	Jamieson	F35-39		01:11:13	42.71	01:11:54
892	Bernadette	Davies	F35-39		01:11:26	42.03	01:12:30

893	Anne Marie	Neild	F	01:11:24	41.26	01:12:30
894	Tony	Brown	M65-69	01:13:11	46.56	01:13:57
895	Nicky	Goulding	F	01:13:34	40.42	01:14:00
896	Colin	Cooper	M70+	01:14:50	52.8	01:15:55