

Pos	Number	Forename	Surname	Cat	Club	Time
1	178	Andrew	Coley-Maud	MV40	Helm Hill Runners	00:33:27
2	164	Tom	Bamber	MV40	Wesham Road Runners & AC	00:36:59
3	180	Thomas	Crabtree	M	Wesham Road Runners & AC	00:37:06
4	176	Daniel	Clarke	M	Bowland Fell Runners	00:37:34
5	271	Sam	Sharples	M	Bowland Fell Runners	00:37:37
6	230	Gareth	Lee	M	Lancaster & Morecambe AC	00:37:55
7	264	Matt	Rowat	MV40	Bowland Fell Runners	00:38:08
8	227	David	Kirkham	MV40	Wharfedale Harriers	00:38:13
9	190	Calum	Dunn	M		00:38:20
10	159	Andy	Archer	MV40	Bowland Fell Runners	00:38:20
11	276	Ryan	Smith	M		00:38:38
12	245	Tom	Newberry	M	Billinge Running Club	00:38:39
13	220	Ruth	Jones	F	Leeds City Athletic Club	00:39:17
14	186	Adam	Deavin	MV50		00:39:48
15	161	David	Atkinson	M	Bowland Fell Runners	00:40:06
16	165	Chris	Banks	MV40	Wesham Road Runners & AC	00:40:17
17	292	Philip	Withnall	M	Lonsdale Fell Runners	00:40:47
18	222	Tom	Kelsall	M		00:41:07
19	236	Will	Metcalf	M		00:41:10
20	174	Daniel	Bye	MV40	Lonsdale Fell Runners	00:41:28
21	189	Steven	Duncan	MV40	Bowland Fell Runners	00:41:34
22	280	Nick	Taylor	M	Billinge Running Club	00:41:49
23	192	Stephen	Dunn	MV40	Blackpool Wyre & Fylde AC	00:41:52
24	221	Sam	Jones	M		00:41:57
25	283	Alek	Walker	MV40	Wesham Road Runners & AC	00:42:00
26	235	Chris	McCarthy	M	Preston Harriers	00:42:05
27	255	Chris	Pyle	MV50	Lancaster & Morecambe AC	00:42:07
28	167	Angus	Bigmore	M	Clayton-le-Moors Harriers	00:42:10
29	231	Tom	Livesey	M	Paddock Wood AC	00:42:14
30	204	Peter	Hewitt	MV40	Garstang Running Club	00:42:27
31	277	Gareth	Sutton	MV40	Garstang Running Club	00:42:38
32	279	Paul	Targett	MV60	Holcombe Harriers	00:43:15
33	296	Paul	Yates	MV50		00:43:25
34	193	Darren	Fishwick	MV50	Chorley Athletic and Triathlon Club	00:43:29
35	211	Jamie	Houghton	M	Wesham Road Runners & AC	00:43:32
36	285	Lee	Walker	M		00:43:52
37	241	Kenneth	Murphy	MV60	Lonsdale Fell Runners	00:43:52
38	268	Andrew	Scholes	MV40		00:43:53
39	168	Mike	Bigmore	MV60	Clayton-le-Moors Harriers	00:43:55
40	223	Alex	Kendall	M	SROC	00:44:04
41	160	Matthew	Armstrong	M	Bowland Fell Runners	00:44:33
42	200	Carl	Groome	MV50	Wesham Road Runners & AC	00:44:36
43	286	Mark	Warner	M	Blackpool Wyre & Fylde AC	00:44:39
44	238	Sara	Miller	F	Billinge Running Club	00:45:13
45	232	James	Marsh	MV40	Billinge Running Club	00:45:24
46	287	Amelia	Websdale	F	Preston Harriers	00:45:25
47	226	Dom	Kirby	MV40	Lytham St Annes Road Runners Club	00:45:41

48	212	Daniel	Hounslea	M	Wesham Road Runners & AC	00:46:02
49	217	Bill	Jambor	MV60		00:46:05
50	278	Phil	Swindells	MV50	Bowland Fell Runners	00:46:10
51	210	Chris	Horner	MV50	Garstang Running Club	00:46:21
52	252	Basia	Pawelczak	F	Blackpool Wyre & Fylde AC	00:46:57
53	288	Andrew	Webster	MV50	Otley AC	00:47:40
54	162	Gary	Atkinson	MV50	Lancaster & Morecambe AC	00:47:54
55	166	Christopher	Beckett	M	Bowland Fell Runners	00:48:19
56	246	Leanne	Nield	F	Lytham St Annes Road Runners Club	00:48:20
57	182	Joe	Curran	MV60	Accrington Road Runners	00:48:27
58	237	Robert	Miller	M	Billinge Running Club	00:48:53
59	187	Lee	Denton	MV60	Blackburn Road Runners	00:49:06
60	197	Louise	Goddard	FV50	Bowland Fell Runners	00:49:23
61	263	Matthew	Rose	M		00:49:40
62	216	Lee	Illingworth	M	Freck and Warton RC	00:49:52
63	195	Duncan	Fullerton	MV50	Chester Triathlon Club	00:49:56
64	243	Steve	Myerscough	MV50	Wesham Road Runners & AC	00:50:11
65	254	Anthony	Platt	MV40	Running4CF	00:50:12
66	291	Rebecca	Willmott	F	Lonsdale Fell Runners	00:50:23
67	270	Laurence	Shackleton	MV50	Garstang Running Club	00:50:27
68	293	Jonathan	Wood	M	Clayton-le-Moors Harriers	00:50:30
69	224	David	Kenneford	MV50	Accrington Road Runners	00:50:34
70	228	Melanie	Koth	FV50	Lytham St Annes Road Runners Club	00:50:36
71	281	Virgil	Tountas	MV50		00:50:45
72	275	Hayley	Smith	F	Billinge Running Club	00:51:04
73	242	Roger	Musson	MV60	Bowland Fell Runners	00:52:13
74	163	Richard	Baker	M	Helm Hill Runners	00:52:52
75	247	Andy	Nixon	M	Garstang Running Club	00:53:06
76	248	Mark	Nutter	MV60	Clayton-le-Moors Harriers	00:53:10
77	259	Paul	Richardson	MV50	Running4CF	00:53:24
78	198	Claire	Godfrey	F	Garstang Running Club	00:53:27
79	256	Martin	Quinn	MV50	Chorley Athletic and Triathlon Club	00:53:37
80	196	Salvatore	Genovese	MV60		00:53:45
81	214	Marcus	Howell	MV50	Garstang Running Club	00:53:48
82	272	Peter	Singleton	MV60	Blackpool Wyre & Fylde AC	00:54:18
83	203	Joanne	Hewitt	FV40	Garstang Running Club	00:54:21
84	229	Laura	Lawler	FV50	Blackpool Wyre & Fylde AC	00:54:45
85	173	Peter	Bradburn	MV50	Blackpool Wyre & Fylde AC	00:55:01
86	257	John	Randall	MV60	Darwen Dashers	00:55:10
87	169	Anthony	Blight	MV50	Blackpool Wyre & Fylde AC	00:55:18
88	284	Carly	Walker	F		00:55:25
89	215	Adrian	Ibison	MV50	Garstang Running Club	00:56:42
90	225	Lydia	Kind	F		00:56:44
91	201	Rachel	Hart	F	Garstang Running Club	00:57:05
92	170	Chris	Bluck	MV40	Blackpool Wyre & Fylde AC	00:57:18
93	295	Dacre	Wroe	MV40		00:57:20
94	253	Darrell	Pickering	MV60	Blackpool Wyre & Fylde AC	00:57:24
95	205	Graham	Hobson	MV60	Garstang Running Club	00:57:33

96	250	Heather	Paluch	FV40	Bowland Fell Runners	00:58:54
97	261	Steven	Robinson	MV60	Thornton Cleveleys Running Club	00:58:58
98	244	John	Naylor	MV40	Wesham Road Runners & AC	00:59:17
99	233	Jo	Matthew	FV50	Bowland Fell Runners	00:59:22
100	234	Roxanne	McAllister	F	Thornton Cleveleys Running Club	00:59:48
101	208	Stephen	Holliday	MV50		00:59:52
102	219	Alan	Jones	MV60	Garstang Running Club	00:59:55
103	206	Emma	Holland	F	Billinge Running Club	01:00:02
104	240	Rick	Moore	MV60	Clayton-le-Moors Harriers	01:00:19
105	258	Janet	Regan	FV40	Bowland Fell Runners	01:00:25
106	179	Xavia	Cooper	FV40	Calder Valley Fell Runners	01:00:49
107	239	William	Miller	MV60	Billinge Running Club	01:01:14
108	266	Simon	Scarr	MV60	Blackpool Wyre & Fylde AC	01:01:23
109	213	Becky	Howell	FV50	Garstang Running Club	01:01:33
110	294	Sonia	Woods	FV50	Bowland Fell Runners	01:01:38
111	188	Fiona	Dridge	FV50	Thornton Cleveleys Running Club	01:01:49
112	267	Graham	Schofield	MV70	Chorley Athletic and Triathlon Club	01:02:02
113	249	Greg	Oulton	MV50	Lytham St Annes Road Runners Club	01:02:37
114	199	Lucy	Gradwell	F	Bowland Fell Runners	01:02:41
115	172	Chris	Bond	M	Blackpool Wyre & Fylde AC	01:03:19
116	175	Mark	Checkley	MV60	Lostock AC	01:04:10
117	282	Ian	Trencher	MV40	Billinge Running Club	01:04:16
118	218	Emily	Jenkinson	F		01:04:42
119	171	Leanne	Bluck	FV40	Blackpool Wyre & Fylde AC	01:04:43
120	183	Jayne	Dandy	FV50	Garstang Running Club	01:04:45
121	185	Sally	Deacon	FV50	Wesham Road Runners & AC	01:06:13
122	251	Nadine	Parsons	F	Garstang Running Club	01:08:39
123	289	David	Wilkinson	MV60	Lancaster & Morecambe AC	01:08:40
124	260	Cheryl	Rickwood	FV40	Blackpool Wyre & Fylde AC	01:09:26
125	202	Ginny	Hester-See	FV40	Lytham St Annes Road Runners Club	01:10:24
126	274	Bill	Smith	MV70	Blackpool Wyre & Fylde AC	01:12:45
127	181	Julie	Cummins	FV40		01:13:42
128	290	Hayley	Williams	F	Wigan Phoenix	01:13:43
129	194	Ruth	Foley	FV40	Garstang Running Club	01:17:24
130	269	Kerry	Scott	FV40		01:17:25
131	191	John	Dunn	MV40	Blackpool Wyre & Fylde AC	01:20:24
132	209	Wendy	Hope	FV50	Blackpool Wyre & Fylde AC	01:21:29