

Pos	Time	No Name	M/F	Cat	Club
1	00:06:49	32 Bradley Yates	M		Blackpool W & F AC
2	00:07:00	605 Mid Lancs L 605	M		Barrow & Furness Striders
3	00:07:02	11 Elizabeth Greenwood	F		Blackburn Harriers
4	00:07:04	848 Mid Lancs L 848	M		Leigh Harriers
5	00:07:09	6 sophie burnett	F		Sunderland H
6	00:07:11	811 Mid Lancs L 811	M		Kendal AAC
7	00:07:14	29 Louis Glyn	M		Dacorum & Tring AC
8	00:07:16	31 Jack Weiss	M		Blackburn Harriers
9	00:07:17	18 Chelsea Nugent	F		Carlisle Aspatria AC
10	00:07:19	4 Alana Boggan	F		Falkirk Victoria H
11	00:07:23	820 Mid Lancs L 820	M		Lancaster & Morcambe AC
12	00:07:25	601 Mid Lancs L 601	M		Barrow & Furness Striders
13	00:07:25	16 Rosie Johnson	F		St Helens Sutton AC
14	00:07:25	1 Katie Astin	F		Manx Harriers
15	00:07:27	2 Amelia Betmead	F		Blackpool W & F AC
16	00:07:31	30 Charlie Lowrie	M		Wharfedale Harriers
17	00:07:33	9 Bethany Everson	F		Blackpool W & F AC
18	00:07:35	24 Killian Armour-Hamill	M		Blackburn Harriers
19	00:07:36	622 Mid Lancs L 622	M		Blackburn Harriers
20	00:07:37	865 Mid Lancs L 865	F		Liverpool Harriers
21	00:07:38	1077 Mid Lancs L 1077	M		Wigan Harriers
22	00:07:41	13 Lucy Griffiths	F		St Helens Sutton AC
23	00:07:42	23 Kyle Anderson	M		Moston H
24	00:07:43	1076 Mid Lancs L 1076	M		Wigan Harriers
25	00:07:43	25 Dillon Cooper	M		Moston H
26	00:07:43	621 Mid Lancs L 621	M		Blackburn Harriers
27	00:07:53	12 Emily Grey	F		Blackpool W & F AC
28	00:07:55	1023 Mid Lancs L 1023	M		Southport Waterloo AC
29	00:07:55	891 Mid Lancs L 891	M		Liverpool Pembroke & Sefton H
30	00:07:56	867 Mid Lancs L 867	M		Liverpool Harriers
31	00:07:56	22 Danielle Webb	F		St Helens & Sutton H
32	00:08:06	5 Eliza Brackenridge Jones	F		Stockport H
33	00:08:06	1015 Mid Lancs L 1015	M		Southport Waterloo AC
34	00:08:08	81 Unknown Runner	M		
35	00:08:10	846 Mid Lancs L 846	M		Leigh Harriers
36	00:08:10	955 Mid Lancs L 955	M		Preston Harriers
37	00:08:11	3 Bethany Blackwell	F		Chorley H
38	00:08:11	1131 Mid Lancs L 1131	M		Mid Lancashire League Pool
39	00:08:13	941 Mid Lancs L 941	M		Pendle AC
40	00:08:16	885 Mid Lancs L 885	M		Liverpool Harriers
41	00:08:17	1078 Mid Lancs L 1078	M		Wigan Harriers
42	00:08:17	866 Mid Lancs L 866	M		Liverpool Harriers
43	00:08:18	892 Mid Lancs L 892	M		Liverpool Pembroke & Sefton H
44	00:08:19	812 Mid Lancs L 812	M		Kendal AAC
45	00:08:23	1133 Mid Lancs L 1133	M		Mid Lancashire League Pool
46	00:08:24	15 Katie Huane	F		Stockport H
47	00:08:25	954 Mid Lancs L 954	M		Preston Harriers
48	00:08:27	7 Ashleigh Davis	F		Moston H
49	00:08:30	626 Mid Lancs L 626	M		Blackburn Harriers
50	00:08:33	992 Mid Lancs L 992	M		Rosendale AC
51	00:08:34	602 Mid Lancs L 602	M		Barrow & Furness Striders
52	00:08:35	872 Mid Lancs L 872	M		Liverpool Harriers
53	00:08:38	14 Fiona Hockey	F		Blackpool W & F AC

54	00:08:38	860 Mid Lancs L 860	M	Liverpool Harriers
55	00:08:41	873 Mid Lancs L 873	M	Liverpool Harriers
56	00:08:41	1017 Mid Lancs L 1017	M	Southport Waterloo AC
57	00:08:47	653 Mid Lancs L 653	M	Blackpool Wyre & Fylde AC
58	00:08:48	871 Mid Lancs L 871	M	Liverpool Harriers
59	00:08:48	19 Meghan Stevenson	F	Moston H
60	00:08:48	628 Mid Lancs L 628	M	Blackburn Harriers
61	00:08:50	851 Mid Lancs L 851	M	Leigh Harriers
62	00:08:51	937 Mid Lancs L 937	M	Pendle AC
63	00:08:53	21 Cailin Tootell	F	Stroud and District AC
64	00:08:54	715 Mid Lancs L 715	M	Chorley Harriers AC
65	00:08:57	1132 Mid Lancs L 1132	M	Mid Lancashire League Pool
66	00:08:58	857 Mid Lancs L 857	M	Liverpool Harriers
67	00:08:59	603 Mid Lancs L 603	M	Barrow & Furness Striders
68	00:09:02	1004 Mid Lancs L 1004	M	Rosendale AC
69	00:09:05	8 Ellie Donohoe	F	Moston H
70	00:09:08	20 Emily Titlow	F	West Cheshire AC
71	00:09:09	859 Mid Lancs L 859	M	Liverpool Harriers
72	00:09:11	629 Mid Lancs L 629	M	Blackburn Harriers
73	00:09:11	989 Mid Lancs L 989	M	Rosendale AC
74	00:09:11	858 Mid Lancs L 858	M	Liverpool Harriers
75	00:09:14	604 Mid Lancs L 604	M	Barrow & Furness Striders
76	00:09:21	886 Mid Lancs L 886	M	Liverpool Harriers
77	00:09:25	34 Unknown Runner	M	
78	00:09:27	10 Eleanor Graham	F	Ribble Valley AC
79	00:09:31	862 Mid Lancs L 862	M	Liverpool Harriers
80	00:09:35	870 Mid Lancs L 870	M	Liverpool Harriers
81	00:09:37	1005 Mid Lancs L 1005	M	Rosendale AC
82	00:09:40	861 Mid Lancs L 861	M	Liverpool Harriers

Pos	Time	No Name	M/F	Cat	Club
1	00:10:58	60 Abbie Hetherington	F		Carlisle & Aspatria
2	00:11:05	70 Florie McLeish	F		Preston H
3	00:11:10	45 Hannah Bethwaite	F		Ellenborough AC
4	00:11:11	72 Harriet Preedy	F		Aldershot F & D AC
5	00:11:12	42 Louise Baker	F		Staff's Moorlands AC
6	00:11:16	74 Sophie Riches	F		Chelmsford AC
7	00:11:18	71 Annasley Park	F		Bristol & West AC
8	00:11:21	67 Chelsea Jarvis	F		St Helens & Sutton H
9	00:11:30	43 Chevelle Baxter	F		Mansfield H
10	00:11:30	50 Leigh Chapman	F		Aldershot F& D AC
11	00:11:36	44 Mesan Bates	F		Eden Runners
12	00:11:40	650 Mid Lancs L 650	F		Blackpool Wyre & Fylde AC
13	00:11:41	78 Sally Seanson	F		Blackburn H
14	00:11:45	66 Rebecca Howard	F		Aldershot F& D AC
15	00:11:56	46 Molly Betmead	F		Blackpool W & F AC
16	00:11:58	956 Mid Lancs L 956	F		Preston Harriers
17	00:12:01	47 Katie Buckley	F		Bury AC
18	00:12:03	1013 Mid Lancs L 1013	F		Southport Waterloo AC
19	00:12:14	1008 Mid Lancs L 1008	F		Southport Waterloo AC
20	00:12:16	81 Louise Towers	F		Vale Royal AC
21	00:12:20	656 Mid Lancs L 656	F		Blackpool Wyre & Fylde AC
22	00:12:24	41 Aimee Aikin	F		Stockport H
23	00:12:24	83 Brogan Wallace	F		Kilbarchan AAC
24	00:12:26	1012 Mid Lancs L 1012	F		Southport Waterloo AC
25	00:12:27	863 Mid Lancs L 863	F		Liverpool Harriers
26	00:12:29	876 Mid Lancs L 876	F		Liverpool Harriers
27	00:12:34	957 Mid Lancs L 957	F		Preston Harriers
28	00:12:35	991 Mid Lancs L 991	F		Rosendale AC
29	00:12:41	57 Anna Gordon	F		Wirral AC
30	00:12:42	608 Mid Lancs L 608	F		Barrow & Furness Striders
31	00:12:43	68 Alisha Johnson	F		Blackpool W & F AC
32	00:12:46	77 Lucy Schofield	F		Scarborough AC
33	00:12:48	651 Mid Lancs L 651	F		Blackpool Wyre & Fylde AC
34	00:12:48	824 Mid Lancs L 824	F		Lancaster & Morcambe AC
35	00:12:48	843 Mid Lancs L 843	F		Leigh Harriers
36	00:12:49	868 Mid Lancs L 868	F		Liverpool Harriers
37	00:12:51	878 Mid Lancs L 878	F		Liverpool Harriers
38	00:12:52	1075 Mid Lancs L 1075	F		Wigan Harriers
39	00:12:52	53 Eimear Corr	F		Wirral AC
40	00:12:53	995 Mid Lancs L 995	F		Rosendale AC
41	00:12:53	844 Mid Lancs L 844	F		Leigh Harriers
42	00:12:56	869 Mid Lancs L 869	F		Liverpool Harriers
43	00:12:59	1001 Mid Lancs L 1001	F		Rosendale AC
44	00:13:02	606 Mid Lancs L 606	F		Barrow & Furness Striders
45	00:13:04	69 Emma McCartney	F		St Helens Sutton AC
46	00:13:05	48 Tapanga Burney	F		Sunderland harriers
47	00:13:08	55 Hannah Fleet	F		Lancaster & Morcambe
48	00:13:08	58 Miriam Gordon	F		Wirral AC
49	00:13:11	936 Mid Lancs L 936	F		Pendle AC
50	00:13:14	810 Mid Lancs L 810	F		Kendal AAC
51	00:13:14	64 Unknown Runner	F		
52	00:13:15	1018 Mid Lancs L 1018	F		Southport Waterloo AC
53	00:13:17	52 Christie Cook	F		Bury AC

54	00:13:18	1006 Mid Lancs L 1006	F	Rossendale AC
55	00:13:23	935 Mid Lancs L 935	F	Pendle AC
56	00:13:25	658 Mid Lancs L 658	F	Blackpool Wyre & Fylde AC
57	00:13:30	659 Mid Lancs L 659	F	Blackpool Wyre & Fylde AC
58	00:13:31	845 Mid Lancs L 845	F	Leigh Harriers
59	00:13:31	907 Mid Lancs L 907	F	Liverpool Pembroke & Sefton H
60	00:13:32	82 Fern Wales	F	Kilmarnock H
61	00:13:35	700 Mid Lancs L 700	F	Chorley AC
62	00:13:38	40 Amber Acres McGuigan	F	Aldershot F& D AC
63	00:13:41	882 Mid Lancs L 882	F	Liverpool Harriers
64	00:13:43	109 Evans Lauren	F	Liverpool H
65	00:13:46	965 Mid Lancs L 965	F	Preston Harriers
66	00:13:48	877 Mid Lancs L 877	F	Liverpool Harriers
67	00:13:52	1117 Mid Lancs L 1117	F	Mid Lancashire League Pool
68	00:13:52	1079 Mid Lancs L 1079	F	Wigan Harriers
69	00:13:58	919 Mid Lancs L 919	F	Lytham St Annes RRC
70	00:13:59	73 Naomi Richardson	F	Rochdale H & AC
71	00:14:01	904 Mid Lancs L 904	F	Liverpool Pembroke & Sefton H
72	00:14:03	76 Nicole Robson	F	Moston H
73	00:14:04	1140 Mid Lancs L 1140	F	Mid Lancashire League Pool
74	00:14:05	874 Mid Lancs L 874	F	Liverpool Harriers
75	00:14:25	607 Mid Lancs L 607	F	Barrow & Furness Striders
76	00:14:26	51 Natasha Christie	F	Moston H
77	00:14:31	905 Mid Lancs L 905	F	Liverpool Pembroke & Sefton H
78	00:14:45	1138 Mid Lancs L 1138	F	Mid Lancashire League Pool
79	00:15:00	964 Mid Lancs L 964	F	Preston Harriers
80	00:15:04	906 Mid Lancs L 906	F	Liverpool Pembroke & Sefton H
81	00:15:11	875 Mid Lancs L 875	F	Liverpool Harriers
82	00:15:16	996 Mid Lancs L 996	F	Rossendale AC
83	00:15:32	987 Mid Lancs L 987	F	Rossendale AC
84	00:15:40	1139 Mid Lancs L 1139	F	Mid Lancashire League Pool
85	00:15:41	75 Paige Ridings	F	Moston H
86	00:16:09	864 Mid Lancs L 864	F	Liverpool Harriers

Pos	Time	No Name	M/F	Cat	Club
1	00:10:14	90 Matthew Arnold	M		Aldershot F & D AC
2	00:10:18	98 Alex Carter	M		Team Bath
3	00:10:22	135 Ben Watson	M		Aldershot F & D AC
4	00:10:23	93 Lewis Boyle	M		Victoria Park C of Glasgow
5	00:10:41	106 Ben Everson	M		Blackpool W&F AC
6	00:10:46	140 Benjamin Wilson	M		Poole Runners
7	00:10:47	1022 Mid Lancs L 1022	M		Southport Waterloo AC
8	00:10:48	1148 Mid Lancs L 1148	M		Mid Lancashire League Pool
9	00:10:50	101 jack crabtree	M		East Cheshire Harriers
10	00:10:53	609 Mid Lancs L 609	M		Barrow & Furness Striders
11	00:10:55	136 Matthew Westby	M		Wirral AC
12	00:10:56	108 Scott Greeves	M		City of Norwich AC
13	00:10:58	881 Mid Lancs L 881	M		Liverpool Harriers
14	00:11:03	125 Michael Panes	M		Southport & Waterloo H
15	00:11:05	142 Daniel Jarvis	M		St Anselm's College
16	00:11:05	118 Daniel Lawton	M		Stockport Harriers
17	00:11:06	129 Matthew Seddon	M		Bracknell AC
18	00:11:11	132 Joshua Tack	M		Oxford City AC
19	00:11:13	104 Richard Evans	M		Wirral AC
20	00:11:16	102 Hugh Danby-Platt	M		Houghton le Springs
21	00:11:17	961 Mid Lancs L 961	M		Preston Harriers
22	00:11:20	109 Korey Hallett-Blanch	M		City Of Stoke Ac
23	00:11:22	95 Darryl Broughton	M		City of Norwich AC
24	00:11:24	120 Nathan Milligan	M		Bury AC
25	00:11:24	853 Mid Lancs L 853	M		Leigh Harriers
26	00:11:27	940 Mid Lancs L 940	M		Pendle AC
27	00:11:29	815 Mid Lancs L 815	M		Kendal AAC
28	00:11:29	107 Nyle Flynn	M		East Cheshire H
29	00:11:31	972 Mid Lancs L 972	M		Preston Harriers
30	00:11:33	1142 Mid Lancs L 1142	M		Mid Lancashire League Pool
31	00:11:36	880 Mid Lancs L 880	M		Liverpool Harriers
32	00:11:36	36 Alshabazz Tarique	M		St An Nurrall
33	00:11:37	988 Mid Lancs L 988	M		Rosendale AC
34	00:11:38	134 Lorenzo Thompson	M		Moston H
35	00:11:39	635 Mid Lancs L 635	M		Blackburn Harriers
36	00:11:41	103 Thomas East	M		Poole Runners
37	00:11:41	115 Joe Jollie	M		Wirral AC
38	00:11:42	122 Joseph Molyneux	M		St Anselm's College
39	00:11:42	110 Mario Harb	M		Unattached
40	00:11:42	984 Mid Lancs L 984	M		Preston Harriers
41	00:11:45	130 Macauley Snutch	M		City of Stoke AC
42	00:11:47	100 Sam Convery	M		Bingley H
43	00:11:49	958 Mid Lancs L 958	M		Preston Harriers
44	00:11:50	99 Benjamin Collins	M		Nottingham AC
45	00:11:51	1020 Mid Lancs L 1020	M		Southport Waterloo AC
46	00:11:51	111 Ben Heywood	M		Bury AC
47	00:11:52	1021 Mid Lancs L 1021	M		Southport Waterloo AC
48	00:11:53	114 Rhys Llywelyn James	M		Menai Track and Field
49	00:11:53	938 Mid Lancs L 938	M		Pendle AC
50	00:11:54	817 Mid Lancs L 817	M		Kendal AAC
51	00:11:55	895 Mid Lancs L 895	M		Liverpool Pembroke & Sefton H
52	00:12:03	1016 Mid Lancs L 1016	M		Southport Waterloo AC
53	00:12:04	942 Mid Lancs L 942	M		Pendle AC

54	00:12:06	128 James Scarfi	M	Cwmbran H
55	00:12:07	121 Adam Mitchell	M	Wirral AC
56	00:12:08	654 Mid Lancs L 654	M	Blackpool Wyre & Fylde AC
57	00:12:09	105 Lindon Evans	M	Stoke AC
58	00:12:16	91 Matthew Auld	M	Ribble Valley AC
59	00:12:18	630 Mid Lancs L 630	M	Blackburn Harriers
60	00:12:21	1135 Mid Lancs L 1135	M	Mid Lancashire League Pool
61	00:12:24	124 Thomas O'Neill	M	St Anselm's College
62	00:12:27	119 Ben McWilliams	M	St Anselms College
63	00:12:30	96 Joshua Byrne	M	Wirral AC
64	00:12:32	896 Mid Lancs L 896	M	Liverpool Pembroke & Sefton H
65	00:12:33	97 Matthew Callow	M	Ribble Valley AC
66	00:12:34	969 Mid Lancs L 969	M	Preston Harriers
67	00:12:36	847 Mid Lancs L 847	M	Leigh Harriers
68	00:12:36	636 Mid Lancs L 636	M	Blackburn Harriers
69	00:12:36	141 Sam Allen	M	St Anselm's College
70	00:12:38	822 Mid Lancs L 822	M	Lancaster & Morcambe AC
71	00:12:51	713 Mid Lancs L 713	M	Chorley Harriers AC
72	00:12:57	634 Mid Lancs L 634	M	Blackburn Harriers
73	00:13:04	1144 Mid Lancs L 1144	M	Mid Lancashire League Pool
74	00:13:13	893 Mid Lancs L 893	M	Liverpool Pembroke & Sefton H
75	00:13:14	655 Mid Lancs L 655	M	Blackpool Wyre & Fylde AC
76	00:13:20	624 Mid Lancs L 624	M	Blackburn Harriers
77	00:13:41	631 Mid Lancs L 631	M	Blackburn Harriers
78	00:14:01	944 Mid Lancs L 944	M	Pendle AC
79	00:15:51	1014 Mid Lancs L 1014	M	Southport Waterloo AC

Pos	Time	No Name	M/F	Cat	Club
1	00:09:24	60 Patrick Monaghan	M		Northern ireland
2	00:09:28	17 Harvey Dixon	M		Aldershot F & D AC
3	00:09:29	59 Andrew Monaghan	M		Northern ireland
4	00:09:31	99 Elliott Todd	M		Leeds City
5	00:09:32	19 Matthew Fayers	M		Hillingdon AC
6	00:09:34	34 Karnvir Hayer	M		ESM AC
7	00:09:35	9 Luke Carroll	M		Cheltenham AC
8	00:09:37	63 Grant Muir	M		Giffnock North AAC
9	00:09:44	65 Fergus O'Reilly	M		Bournemouth
10	00:09:46	75 Zak Seddon	M		Bracknell AC
11	00:09:50	74 Josh Schofield	M		Scarborough AC
12	00:09:51	48 Sam Kerfoot-Roberts	M		Halifax Harriers
13	00:09:54	84 Jack Walker	M		Giffnock North
14	00:09:55	40 Daniel Hooper	M		Aldershot F & D AC
15	00:09:57	46 Max Kaye	M		Holmfirth H
16	00:10:02	51 Max Lott	M		Giffnock North AC
17	00:10:02	28 Thomas Guy	M		City of Stoke AC
18	00:10:03	67 Aaron Phelps	M		Stroud & District AC
19	00:10:10	91 Liam Fryer	M		St Anselms College
20	00:10:11	10 Daniel Chesworth	M		Newport H
21	00:10:12	54 Alana McKeown	M		Blackburn H
22	00:10:13	85 Robert Warner	M		Blackburn H
23	00:10:14	96 Max Jeffers	M		Wirral AC
24	00:10:14	78 Edward Shepherd	M		Herts Phoenix
25	00:10:15	22 Jack Garvin	M		Ipswich H
26	00:10:15	36 Richard Hindley	M		Stockport H
27	00:10:16	97 Calum Murray	M		Macclesfield H
28	00:10:16	79 Adam Sixsmith	M		Trafford AC
29	00:10:17	80 Beau Smith	M		Lancaster & Morecambe
30	00:10:18	666 Mid Lancs L 666	M		Blackpool Wyre & Fylde AC
31	00:10:22	52 Henry Loughlin	M		West Norfolk AC
32	00:10:22	854 Mid Lancs L 854	M		Leigh Harriers
33	00:10:23	900 Mid Lancs L 900	M		Liverpool Pembroke & Sefton H
34	00:10:23	14 Jamie Cozens	M		Sphinx AC
35	00:10:24	77 David Sheldon	M		City of Stoke AC
36	00:10:24	69 William Reynolds	M		Liverpool H
37	00:10:25	88 Jamie White	M		St Helens-Sutton AC
38	00:10:25	826 Mid Lancs L 826	M		Lancaster & Morcambe AC
39	00:10:25	15 Ryan Croasedale	M		Lancaster & Morcambe
40	00:10:25	39 Tom Hook	M		City of Norwich AC
41	00:10:26	1082 Mid Lancs L 1082	M		Wigan Harriers
42	00:10:27	3 Liam Ayton	M		Durham City H
43	00:10:28	57 Ross Milne	M		Central AC
44	00:10:28	823 Mid Lancs L 823	M		Lancaster & Morcambe AC
45	00:10:29	72 Sam Robinson	M		St Anselms College
46	00:10:33	18 Kristian Edwards	M		Tamworth AC
47	00:10:33	1141 Mid Lancs L 1141	M		Mid Lancashire League Pool
48	00:10:34	12 Harrison Coldray	M		Stroud AC
49	00:10:34	2222 Unknown Runner	M		
50	00:10:35	5 Alex Brecker	M		City of Stoke AC
51	00:10:35	701 Mid Lancs L 701	M		Chorley AC
52	00:10:36	44 Luke Johnston	M		Warrington AC
53	00:10:36	879 Mid Lancs L 879	M		Liverpool Harriers

54	00:10:36	21 James Gardner	M	Stroud
55	00:10:37	62 Russell Mountford	M	Kilbarchan AAC
56	00:10:37	353 L&D L 353	M	Liverpool Running Club
57	00:10:39	1 Archie Allen	M	Ealing S & M A.C
58	00:10:39	997 Mid Lancs L 997	M	Rossendale AC
59	00:10:41	49 Luke Kinch	M	Warrington AC
60	00:10:41	8 Matthew Byrne	M	Wirral AC
61	00:10:41	612 Mid Lancs L 612	M	Barrow & Furness Striders
62	00:10:42	94 Jack Birse	M	St Anselms College
63	00:10:42	47 Toby Kelly	M	Wirral AC
64	00:10:44	20 Matthew Fearn	M	Jarrow & Hebburn
65	00:10:45	55 Christopher Middleton	M	East Cheshire H
66	00:10:45	29 James Hanrahan	M	Cwmbran Harriers
67	00:10:47	25 Oliver Glyn	M	Dacorum & Tring AC
68	00:10:48	816 Mid Lancs L 816	M	Kendal AAC
69	00:10:48	813 Mid Lancs L 813	M	Kendal AAC
70	00:10:50	81 Ross Taylor	M	Dacorum and Tring
71	00:10:51	83 Mike Vennard	M	Vale Royal
72	00:10:52	31 Craig Haxton	M	Kilbarchan AAC
73	00:10:52	898 Mid Lancs L 898	M	Liverpool Pembroke & Sefton H
74	00:10:53	89 Adam Winstanley	M	St Anselms College
75	00:10:53	293 Unknown Runner	M	
76	00:10:53	27 Tim Gordon	M	Wirral Athletic Club
77	00:10:54	58 Joshua Mitchell	M	Wirral AC
78	00:10:57	611 Mid Lancs L 611	M	Barrow & Furness Striders
79	00:10:58	87 Jamie Webb	M	St Helens & Sutton H
80	00:10:58	998 Mid Lancs L 998	M	Rossendale AC
81	00:11:01	73 Stephen Scarfi	M	Cwmbran Harriers
82	00:11:02	7 Sam Butters	M	Ribble Valley AC
83	00:11:02	2224 Unknown Runner	M	
84	00:11:03	1143 Mid Lancs L 1143	M	Mid Lancashire League Pool
85	00:11:05	973 Mid Lancs L 973	M	Preston Harriers
86	00:11:06	702 Mid Lancs L 702	M	Chorley AC
87	00:11:07	1116 Mid Lancs L 1116	M	Mid Lancashire League Pool
88	00:11:08	819 Mid Lancs L 819	M	Kendal AAC
89	00:11:10	43 Daniel Johnson	M	Bolton Utd H
90	00:11:10	16 Andrew Desmond	M	Liverpool H
91	00:11:11	41 Patrick Jagger	M	Moston H
92	00:11:11	962 Mid Lancs L 962	M	Preston Harriers
93	00:11:12	82 Keelan Tootell	M	Stroud & District AC
94	00:11:16	849 Mid Lancs L 849	M	Leigh Harriers
95	00:11:23	963 Mid Lancs L 963	M	Preston Harriers
96	00:11:24	95 Richard Charles	M	Ealing Southall & Middx
97	00:11:26	637 Mid Lancs L 637	M	Blackburn Harriers
98	00:11:27	2201 Unknown Runner	M	
99	00:11:28	901 Mid Lancs L 901	M	Liverpool Pembroke & Sefton H
100	00:11:31	6 Nathan Brown	M	St Helens Sutton AC
101	00:11:37	667 Mid Lancs L 667	M	Blackpool Wyre & Fylde AC
102	00:11:38	42 Owain Llyr James	M	Menai Track and Field
103	00:11:41	23 Liam Gawne	M	Wirral AC
104	00:11:45	663 Mid Lancs L 663	M	Blackpool Wyre & Fylde AC
105	00:11:46	71 Scott Richards	M	St Anselms College
106	00:11:49	818 Mid Lancs L 818	M	Kendal AAC
107	00:11:54	107 Unknown Runner	M	



108	00:11:54	830 Mid Lancs L 830	M	Lancaster & Morcambe AC
109	00:12:01	902 Mid Lancs L 902	M	Liverpool Pembroke & Sefton H
110	00:12:05	53 Joseph Mason-Baxter	M	Ribble Valley AC
111	00:12:08	711 Mid Lancs L 711	M	Chorley Harriers AC
112	00:12:12	2204 Unknown Runner	M	
113	00:12:33	11 Jack Clarke	M	Buxton AC
114	00:12:45	633 Mid Lancs L 633	M	Blackburn Harriers
115	00:12:48	703 Mid Lancs L 703	M	Chorley AC
116	00:12:55	2 lewis auld	M	Ribble Valley AC
117	00:13:00	920 Mid Lancs L 920	M	Lytham St Annes RRC
118	00:13:25	1134 Mid Lancs L 1134	M	Mid Lancashire League Pool
119	00:13:49	831 Mid Lancs L 831	M	Lancaster & Morcambe AC

Pos	Time	No Name	M/F	Cat	Club
1	00:10:15	110 Emelia Gorecka	F		Aldershot F & D AC
2	00:10:26	140 Emily Wallbank	F		Bedford & County AC
3	00:10:31	115 Ruth Haynes	F		Aldershot F & D AC
4	00:10:37	111 Annabel Gummow	F		Bristol and West AC
5	00:10:42	128 Georgia Peel	F		Aldershot F & D AC
6	00:10:52	142 Amber Watson	F		Gloucester AC
7	00:10:57	127 Mae Partridge	F		Aldershot F & D AC
8	00:11:00	146 Melanie Wood	F		Marshalls Milton Keynes
9	00:11:04	116 Grace Howie	F		Poole AAC
10	00:11:05	112 Alice Haining	F		Gala H
11	00:11:08	96 Georgia Bell	F		Ealing Southall Middx
12	00:11:12	117 Megan Huxley	F		Vale Royal AC
13	00:11:15	141 Danielle Wallis	F		Macclesfield H
14	00:11:16	135 Hanna Tarver	F		Wirral AC
15	00:11:17	101 Juliet Broster	F		City of Norwich AC
16	00:11:18	134 Sally Smith	F		Wakefield Harriers
17	00:11:18	132 Katie Reynolds	F		East Cheshire H
18	00:11:19	660 Mid Lancs L 660	F		Blackpool Wyre & Fylde AC
19	00:11:20	109 Mary Galbraith	F		Ipswich Harriers
20	00:11:21	136 Charlotte Taylor	F		Nene Valley H
21	00:11:23	104 Sarah Cassells	F		Ayr Seaforth AAC
22	00:11:28	107 Rachael Dunn	F		Edinburgh AC
23	00:11:28	121 Codie Marsh	F		Rotherham Harriers
24	00:11:31	131 Charmaine Porter	F		Sunderland H
25	00:11:31	100 Imogen Briscoe	F		Stroud & District AC
26	00:11:31	2174 Unknown Runner	F		
27	00:11:33	120 Sarah Livett	F		Menai AC
28	00:11:36	114 Natasha Hatswell	F		Rotherham H
29	00:11:40	94 Charlotte Atkinson	F		Blackburn Harriers
30	00:11:41	124 Sophia Nicklin	F		Ipswich H
31	00:11:43	130 Hannah Petterson	F		Ipswich H
32	00:11:45	133 Esme Salmom	F		City of Norwich AC
33	00:11:46	652 Mid Lancs L 652	F		Blackpool Wyre & Fylde AC
34	00:11:49	3 Unknown Runner	F		
35	00:11:50	108 Clara Evans	F		Hereford & County AC
36	00:11:52	890 Mid Lancs L 890	F		Liverpool Harriers
37	00:11:53	2221 Unknown Runner	F		
38	00:11:54	947 Mid Lancs L 947	F		Pendle AC
39	00:11:55	1136 Mid Lancs L 1136	F		Mid Lancashire League Pool
40	00:11:56	945 Mid Lancs L 945	F		Pendle AC
41	00:11:57	1146 Mid Lancs L 1146	F		Mid Lancashire League Pool
42	00:11:59	123 Tessa McCormick	F		Vale Royal AC
43	00:12:01	122 Thea Marshall	F		Stroud+District AC
44	00:12:02	108 Already Finished	F		
45	00:12:05	1137 Mid Lancs L 1137	F		Mid Lancashire League Pool
46	00:12:05	2217 Unknown Runner	F		
47	00:12:08	90 Becci Armorgie	F		Dacorum & Tring AC
48	00:12:12	613 Mid Lancs L 613	F		Barrow & Furness Striders
49	00:12:13	2216 Unknown Runner	F		
50	00:12:15	1009 Mid Lancs L 1009	F		Southport Waterloo AC
51	00:12:16	967 Mid Lancs L 967	F		Preston Harriers
52	00:12:17	1145 Mid Lancs L 1145	F		Mid Lancashire League Pool
53	00:12:18	1010 Mid Lancs L 1010	F		Southport Waterloo AC

54	00:12:19	147 Imogen Nutter	F	Stockport H
55	00:12:19	934 Mid Lancs L 934	F	Pendle AC
56	00:12:21	1147 Mid Lancs L 1147	F	Mid Lancashire League Pool
57	00:12:27	126 Sophie Olah	F	Dacorum and Tring
58	00:12:30	889 Mid Lancs L 889	F	Liverpool Harriers
59	00:12:32	113 Majidah Harb	F	Unattached
60	00:12:33	2218 Unknown Runner	F	
61	00:12:34	952 Mid Lancs L 952	F	Preston Harriers
62	00:12:35	129 Claire Perry	F	VR AC
63	00:12:36	1083 Mid Lancs L 1083	F	Wigan Harriers
64	00:12:38	95 Jessica Bailey	F	Telford AC
65	00:12:40	119 Amber lee-Hicks	F	Moston H
66	00:12:43	657 Mid Lancs L 657	F	Blackpool Wyre & Fylde AC
67	00:12:44	97 Nicola Berry	F	Stockport H
68	00:12:45	943 Mid Lancs L 943	F	Pendle AC
69	00:12:47	888 Mid Lancs L 888	F	Liverpool Harriers
70	00:12:50	951 Mid Lancs L 951	F	Preston Harriers
71	00:12:53	614 Mid Lancs L 614	F	Barrow & Furness Striders
72	00:12:55	960 Mid Lancs L 960	F	Preston Harriers
73	00:12:59	99 Rachel Brenton	F	Poole Runners AAC
74	00:13:01	1011 Mid Lancs L 1011	F	Southport Waterloo AC
75	00:13:10	125 Katie O'Hanlon	F	Moston H
76	00:13:16	1007 Mid Lancs L 1007	F	Southport Waterloo AC
77	00:13:18	145 Jade Williams	F	Hereford & County AC
78	00:13:21	717 Mid Lancs L 717	F	Chorley Harriers AC
79	00:13:27	138 Abbie Thistlethwaite	F	Ribble Valley AC
80	00:13:28	144 Rachel Wilcox	F	St Helens Sutton AC
81	00:13:32	625 Mid Lancs L 625	F	Blackburn Harriers
82	00:13:36	255 Unknown Runner	F	
83	00:13:42	959 Mid Lancs L 959	F	Preston Harriers
84	00:13:45	139 Sarah Tipping	F	Stockport H
85	00:13:48	908 Mid Lancs L 908	F	Liverpool Pembroke & Sefton H
86	00:13:52	2172 Unknown Runner	F	
87	00:13:53	852 Mid Lancs L 852	F	Leigh Harriers
88	00:13:56	716 Mid Lancs L 716	F	Chorley Harriers AC
89	00:14:20	718 Mid Lancs L 718	F	Chorley Harriers AC
90	00:14:53	106 Natasha Dunn	F	Trafford AC
91	00:15:13	610 Mid Lancs L 610	F	Barrow & Furness Striders
92	00:15:18	1081 Mid Lancs L 1081	F	Wigan Harriers
93	00:16:15	1080 Mid Lancs L 1080	F	Wigan Harriers

Pos	Time	No Name	M/F	Cat	Club
1	00:14:40	125 Emma Pallant	F	20	Aldershot F & D AC
2	00:14:50	128 Emily Pidgeon	F	20	Stroud & Dist AC
3	00:14:57	107 Lauren Howarth	F	20	Leigh Harriers
4	00:14:59	43 Laura Park	F	17	Ellenborough AC
5	00:15:08	137 Louise Small	F	20	Aldershot F & D AC
6	00:15:13	127 Lily Partridge	F	20	Aldershot F & D AC
7	00:15:15	106 Nicola Hood	F	20	Victoria P'k C of Glasgow
8	00:15:16	92 Sophie Coleman	F	20	Phoenix AC
9	00:15:19	109 Sarah Inglis	F	20	Lothian Running club
10	00:15:20	38 Caira Magean	F	17	Northern Ireland
11	00:15:23	4 Kate Avery	F	17	Shildon
12	00:15:27	12 Beth Carter	F	17	Invicta East Kent AC
13	00:15:31	154 Beth Potter	F	20	Victoria P'k C of Glasgow
14	00:15:34	93 Jessica Coulson	F	20	Stockport H
15	00:15:35	96 Natasha Doel	F	20	Aldershot F & D AC
16	00:15:36	28 Melissa Hawkin	F	17	Oxford City AC
17	00:15:37	139 Stevie Stockton	F	20	Vale Royal AC
18	00:15:38	16 Rebecca Craigie	F	17	Vale Royal AC
19	00:15:40	149 Danielle Brown	F	20	Springburn Harriers
20	00:15:41	121 kirsty Milner	F	20	Trafford
21	00:15:51	156 Hannah Walker	F	20	Dacorum & Tring
22	00:15:53	97 Jacqueline Fairchild	F	20	Trafford AC
23	00:15:54	100 Natalie Grant	F	20	Rotherham Harriers AC
24	00:15:56	122 Josephine Moultrie	F	20	Victoria P'k C of Glasgow
25	00:15:57	83 Hannah Bateson	F	20	Lancaster & Morcambe AC
26	00:15:57	63 Louisa Warwick	F	17	Winchester & Dist AC
27	00:15:58	15 Melissa Courtney	F	17	Poole Athletic Club
28	00:15:59	2 Tarmara Amoush	F	17	Amber Valley AC
29	00:16:03	7 Eimear Black	F	17	Ballymena & Antrim
30	00:16:04	113 Olivia Larcombe	F	20	Royal Sutton Coldfield AC
31	00:16:05	30 Bethany Hubbard	F	17	Aldershot F & D AC
32	00:16:08	11 Stephanie Burns	F	17	Rotherham H
33	00:16:09	244 Unknown Runner	F		
34	00:16:11	9 Isabel Brinsden	F	17	Epsom and Ewell H
35	00:16:14	95 Leah Dixon	F	20	Cardiff AAC
36	00:16:14	110 Jordan Kinney	F	20	Royal Sutton Coldfield AC
37	00:16:15	828 Mid Lancs L 828	F		Lancaster & Morcambe AC
38	00:16:15	88 Sarah Burgin	F	20	Winchester and Dist AC
39	00:16:17	81 Charlotte Arter	F	20	Eden Runners
40	00:16:18	13 Charlotte Christensen	F	17	Ipswich Harriers
41	00:16:18	150 Elspeth Curran	F	20	Kilbarchan AAC
42	00:16:19	37 Rebecca Linney	F	17	Liverpool Harriers
43	00:16:20	916 Mid Lancs L 916	F		Liverpool Pembroke & Sefton H
44	00:16:21	116 Alison Leonard	F	20	Blackburn H
45	00:16:22	24 Ciara Dullaghan	F	17	Aldershot F & D AC
46	00:16:24	126 Laura Parker	F	20	Wells City Harriers
47	00:16:25	3 Gemma Astin	F	17	Manx Harriers
48	00:16:25	66 Hollie Young	F	17	Victoria P'k C of Glasgow
49	00:16:26	292 Unknown Runner	F		
50	00:16:27	2173 Unknown Runner	F		
51	00:16:29	23 Emily Dudgeon	F	17	Edinburgh AC
52	00:16:30	2175 Unknown Runner	F		
53	00:16:31	669 Mid Lancs L 669	F		Blackpool Wyre & Fylde AC

54	00:16:32	14 Natasha Cockram	F	17	Wales
55	00:16:33	40 Joanne Mills	F	17	Northern Ireland
56	00:16:34	148 Laura Alexandra-High	F	20	Aldershot F & D AC
57	00:16:34	19 Hannah Doherty	F	17	Sale H Manchester
58	00:16:36	53 Rachel Robinson	F	17	Scunthorpe & Dist AC
59	00:16:37	141 Amy Talbot	F	20	Warrington AC
60	00:16:39	155 Laura Spence	F	20	Rotherham Harriers
61	00:16:41	134 leanne sheehy	F	20	Leigh Harriers
62	00:16:44	21 Emily Downey	F	17	Wales
63	00:16:45	54 Bessie Rollins	F	20	Kettering H
64	00:16:47	68 Mel Newbury	F	17	Ealing Southall & Middx
65	00:16:48	104 Clare Hodgson	F	20	Royal Sutton Coldfield AC
66	00:16:48	99 Rebekah Gardiner	F	20	Shaftesbury Barnet H
67	00:16:49	295 Michelle Stone	F	20	Kingston upon Hull
68	00:16:50	62 Abbie Vernon	F	17	Rotherhan H
69	00:16:51	86 Olivia Bryant	F	20	Aldershot F & D AC
70	00:16:53	138 Jodie Spencer	F	20	Kingston upon Hull
71	00:16:54	142 Tanya Taylor	F	20	Marshalls Milton Keynes
72	00:16:55	123 Hayley Munn	F	20	Kettering
73	00:16:56	147 Rachel Wood	F	20	Blackburn H
74	00:16:57	48 Claire Pring	F	17	City of Norwich
75	00:16:59	33 Vicky Jackson	F	17	Wales
76	00:17:03	59 Calli Thackery	F	17	Hallamshire H
77	00:17:04	102 Joanne Harvey	F	20	Exeter AC
78	00:17:06	146 Paris Williams	F	20	Cardiff Athletics Club
79	00:17:06	115 Leigh Lennon	F	20	Newham & Essex Beagles
80	00:17:07	65 Hannah Wragg	F	17	Mansfield H
81	00:17:08	45 Bryony Pearce	F	17	Stockport H
82	00:17:09	131 Helena Schofield	F	20	Scarborough AC
83	00:17:11	8 Vanessa Brann	F	17	Bristol & West AC
84	00:17:12	144 Kate Titlow	F	20	
85	00:17:12	18 Angharad Davies	F	17	Wales
86	00:17:15	129 Jessica Russon	F	20	New Marske H
87	00:17:15	35 Danielle Johnson	F	17	Birchfield H
88	00:17:16	112 Cerian Lancaster	F	20	Telford Athletic Club
89	00:17:18	953 Mid Lancs L 953	F		Preston Harriers
90	00:17:21	17 Rebecca Daines	F	17	West Norfolk AC
91	00:17:22	47 Monique Powell	F	17	Royal Sutton Coldfield
92	00:17:24	91 Martha Jane Clarke	F	20	Cardiff AAC
93	00:17:26	34 Rachel Jefferson	F	17	Warrington AC
94	00:17:29	46 Aneura Phillips	F	17	Carmarthen H
95	00:17:31	884 Mid Lancs L 884	F		Liverpool Harriers
96	00:17:32	135 Hannah Sheridan	F	20	Birmingham University
97	00:17:45	58 Kathy Stringer	F	17	Vale Royal AC
98	00:17:47	60 Zoe Thomas	F	17	Bridgend AC
99	00:17:49	27 Siobhan Harrison	F	17	Aldershot F & D AC
100	00:17:50	32 Nichola Jackson	F	17	Preston H
101	00:17:52	117 Charlotte Maxted	F	20	Loughborough University
102	00:17:53	41 Nynke Mulholland	F	17	Inverclyde AC
103	00:17:55	132 lauren Scott	F	20	Univ of Birmingham AC
104	00:17:56	36 Amy Johnson	F	17	Royal Sutton Coldfield
105	00:17:59	42 Abbie Oliver	F	17	Deeside AAC
106	00:18:12	1002 Mid Lancs L 1002	F		Rossendale AC
107	00:18:13	2215 Unknown Runner	F		

108	00:18:16	829 Mid Lancs L 829	F	Lancaster & Morcambe AC
109	00:18:23	56 Dani Seddon	F	17 Bracknell AC
110	00:18:24	1084 Mid Lancs L 1084	F	Wigan Harriers
111	00:18:25	94 Emily Curry	F	20 Kingston upon Hull
112	00:18:26	20 Stephanie Dougan	F	17 Ayr Seaforth AC
113	00:18:30	31 Sophie Hunt	F	17 Wirral AC
114	00:18:44	764 Mid Lancs L 764	F	Clayton Le Moors Harriers
115	00:18:45	26 sarah Griffiths	F	17 Warrington AC
116	00:18:46	136 Claire Simm	F	20 Shaftsbury Barnet H
117	00:18:48	1026 Mid Lancs L 1026	F	Southport Waterloo AC
118	00:18:57	49 Naomi Prosser	F	17 Hereford & County AC
119	00:19:02	664 Mid Lancs L 664	F	Blackpool Wyre & Fylde AC
120	00:19:04	887 Mid Lancs L 887	F	Liverpool Harriers
121	00:19:07	616 Mid Lancs L 616	F	Barrow & Furness Striders
122	00:19:09	29 Sarah Hicks	F	17 Moston H
123	00:19:21	2219 Unknown Runner	F	
124	00:19:29	44 Tess Parkinson	F	17 Ribble Valley AC
125	00:19:37	883 Mid Lancs L 883	F	Liverpool Harriers
126	00:19:42	82 Suzanne Bailey	F	20 Ribble Valley AC
127	00:19:52	145 Becky White	F	20 Loughborough University
128	00:19:54	1019 Mid Lancs L 1019	F	Southport Waterloo AC
129	00:20:35	911 Mid Lancs L 911	F	Liverpool Pembroke & Sefton H

Pos	Time	No Name	M/F	Cat	Club
1	00:17:17	153 Callum Hawkins	M		Kilbarchan AAC
2	00:17:31	138 Harry Ellis	M		Warrington AC
3	00:17:32	210 Shaun Webb	M		Ipswich harriers
4	00:17:35	178 Danny Mills	M		Nuneaton H
5	00:17:43	114 Karl Billington	M		Blackburn H
6	00:17:45	195 Danny Schofield	M		Scarborough AC
7	00:17:48	120 Samuel Cheverton	M		City Of Norwich AC
8	00:17:49	145 Robert Galt	M		
9	00:17:50	200 Kieran Smith	M		City of York AC
10	00:17:54	196 Fraser Scott	M		Corstorphine AAC
11	00:17:55	134 Andrew Dearie	M		Shettleston H
12	00:17:56	122 Ben Coldray	M		Stroud AC
13	00:17:57	207 David Vernon	M		Nithsdale AC
14	00:17:58	182 William Newnham	M		Aldershot F & D AC
15	00:17:58	160 Charlie Hulson	M		Sale H
16	00:17:59	1160 Mid Lancs L 1160	M		Mid Lancashire League Pool
17	00:18:03	162 James Jackson	M		City Of Norwich
18	00:18:04	175 Ryan McDermott	M		Northern Ireland
19	00:18:04	183 Ben Norris	M		Notts AC
20	00:18:05	158 Jonathan Hopkins	M		Bridgend AC
21	00:18:08	977 Mid Lancs L 977	M		Preston Harriers
22	00:18:10	116 Andrew Butchart	M		Central Athletics
23	00:18:11	127 Dominic Coyle	M		Trafford AC
24	00:18:12	213 Michael Wood	M		leeds city a c
25	00:18:13	130 Thomas Crawshaw	M		City of Norwich AC
26	00:18:15	148 Joshua Grace	M		Aldershot F&D AC
27	00:18:16	190 Jaimie Roden	M		Sale Harriers Manchester
28	00:18:19	112 Ian Bailey	M		Aldershot F & D AC
29	00:18:24	125 Alex Cornwell	M		Woodfrod Green & E L
30	00:18:26	137 Alex Edwards	M		Wales
31	00:18:28	121 Andrew Clews	M		Vale Royal AC
32	00:18:31	216 Chris Wright	M		Nene Valley H
33	00:18:34	179 Nicky Morrell	M		Wales
34	00:18:34	185 Matt Peters	M		Bristol & West AC
35	00:18:35	201 Tom Smith	M		Kingston upon Hull
36	00:18:37	202 Ben Stratton	M		City of Norwich AC
37	00:18:38	110 Jordan Ali	M		Ipswich H
38	00:18:38	124 Andrew Constable	M		Ipswich Harriers
39	00:18:39	161 Adam Ingram	M		Northern Ireland
40	00:18:40	157 Daniel Hiscox	M		Wales
41	00:18:43	152 Owen Haswell	M		Wales
42	00:18:43	142 Kyle Fowler	M		Staffs Moorlands AC
43	00:18:47	198 Jon-Philip Seymour	M		Wirral AC
44	00:18:48	975 Mid Lancs L 975	M		Preston Harriers
45	00:18:49	131 Matthew Crehan	M		St Helens Sutton AC
46	00:18:49	814 Mid Lancs L 814	M		Kendal AAC
47	00:18:49	206 Eoghan Tottan	M		Northern Ireland
48	00:18:50	1025 Mid Lancs L 1025	M		Southport Waterloo AC
49	00:18:52	123 Tom Collins	M		Nottingham AC
50	00:18:54	215 Dale Worton	M		Wakefield AC
51	00:18:57	219 Ryan Worland	M		Sale H
52	00:18:58	184 Ben Pearson	M		Gateshead Harriers
53	00:18:58	194 Matthew Salt	M		Dacorum and Tring

54	00:19:00	165 Tom Jervis	M	Warrington AC
55	00:19:03	1024 Mid Lancs L 1024	M	Southport Waterloo AC
56	00:19:05	141 Stephen Fleming	M	Kilbarchan
57	00:19:07	1003 Mid Lancs L 1003	M	Rossendale AC
58	00:19:12	136 Matt Eager	M	Milton Keynes AC
59	00:19:13	171 Scott MacAulay	M	Kilbarchan AAC
60	00:19:13	2223 Unknown Runner	M	
61	00:19:17	197 James Senior	M	City of Norwich AC
62	00:19:19	168 Harry Long	M	Stockport H
63	00:19:21	143 Thomas Francis	M	City of Norwich AC
64	00:19:21	146 Andrew Gawne	M	Wirral AC
65	00:19:23	126 Ben Costello	M	Wirral AC
66	00:19:26	1161 Mid Lancs L 1161	M	Mid Lancashire League Pool
67	00:19:33	128 Kyle Craib	M	Rotherham H
68	00:19:33	1 Nathan Ainsworth	M	City of Stoke AC
69	00:19:39	186 Stephen Pierce	M	Menai AC
70	00:19:40	209 Jake Watson	M	Wales
71	00:19:44	623 Mid Lancs L 623	M	Blackburn Harriers
72	00:19:47	1167 Mid Lancs L 1167	M	Mid Lancashire League Pool
73	00:19:48	119 Chris Carpinnini	M	Wales
74	00:19:48	205 Scott Thwaites	M	Kendal AAC
75	00:19:50	1162 Mid Lancs L 1162	M	Mid Lancashire League Pool
76	00:19:50	163 Daniel Jackson	M	Warrington AC
77	00:19:51	999 Mid Lancs L 999	M	Rossendale AC
78	00:19:55	220 Joe Broome	M	City of Stoke AC
79	00:19:58	1164 Mid Lancs L 1164	M	Mid Lancashire League Pool
80	00:19:59	154 Jake Healy	M	St Helens Sutton AC
81	00:20:00	189 Philip Robertson	M	Wirral AC
82	00:20:02	180 Lewis Myatt	M	Colwyn Bay
83	00:20:07	214 Andrew Woodcock	M	Menai AC
84	00:20:08	1166 Mid Lancs L 1166	M	Mid Lancashire League Pool
85	00:20:09	632 Mid Lancs L 632	M	Blackburn Harriers
86	00:20:11	1168 Mid Lancs L 1168	M	Mid Lancashire League Pool
87	00:20:14	835 Mid Lancs L 835	M	Lancaster & Morcambe AC
88	00:20:16	132 Luke Croasedale	M	Lancaster & Morcambe
89	00:20:18	662 Mid Lancs L 662	M	Blackpool Wyre & Fylde AC
90	00:20:19	239 Unknown Runner	M	
91	00:20:19	946 Mid Lancs L 946	M	Pendle AC
92	00:20:22	825 Mid Lancs L 825	M	Lancaster & Morcambe AC
93	00:20:22	188 Matthew Richards	M	Wales
94	00:20:23	155 Connor Henderson	M	Kilbarchan AAC
95	00:20:24	211 David Whalley	M	Sale Harriers Manchester
96	00:20:25	1027 Mid Lancs L 1027	M	Southport Waterloo AC
97	00:20:29	639 Mid Lancs L 639	M	Blackburn Harriers
98	00:20:30	2225 Unknown Runner	M	
99	00:20:32	218 Ian Yates	M	Ribble Valley AC
100	00:20:32	193 Christopher Rushworth	M	Buxton AC
101	00:20:35	166 Huw Jones	M	Menai AC
102	00:20:39	169 Rory Lott	M	Wirral AC
103	00:20:41	217 Sam Yates	M	Ribble Valley AC
104	00:20:41	159 Daniel Hughes	M	St Helens & Sutton H
105	00:20:47	855 Mid Lancs L 855	M	Leigh Harriers
106	00:21:00	192 Jack Ross	M	Staffs Moorlands AC
107	00:21:01	129 Blair Crawford	M	Kilbarchan AAC



108	00:21:07	135 James Dowdle	M	Durham City H
109	00:21:15	638 Mid Lancs L 638	M	Blackburn Harriers
110	00:21:17	208 Luke Watson	M	Ribble Valley AC
111	00:21:21	1195 Mid Lancs L 1195	M	Mid Lancashire League Pool
112	00:21:24	149 David Griffiths	M	St Helens Sutton AC
113	00:21:28	111 Eliot Bailey	M	Ribble Valley AC
114	00:21:31	976 Mid Lancs L 976	M	Preston Harriers
115	00:21:36	974 Mid Lancs L 974	M	Preston Harriers
116	00:21:38	670 Mid Lancs L 670	M	Blackpool Wyre & Fylde AC
117	00:21:42	615 Mid Lancs L 615	M	Barrow & Furness Striders
118	00:21:46	721 Mid Lancs L 721	M	Chorley Harriers AC
119	00:21:52	719 Mid Lancs L 719	M	Chorley Harriers AC
120	00:21:54	1000 Mid Lancs L 1000	M	Rosendale AC
121	00:22:08	1163 Mid Lancs L 1163	M	Mid Lancashire League Pool
122	00:22:13	212 Jared Wilson	M	Nuneaton H
123	00:22:16	827 Mid Lancs L 827	M	Lancaster & Morcambe AC
124	00:22:28	1122 Mid Lancs L 1122	M	Mid Lancashire League Pool
125	00:22:44	665 Mid Lancs L 665	M	Blackpool Wyre & Fylde AC
126	00:22:54	661 Mid Lancs L 661	M	Blackpool Wyre & Fylde AC
127	00:23:40	948 Mid Lancs L 948	M	Pendle AC
128	00:23:55	993 Mid Lancs L 993	M	Rosendale AC
129	00:34:29	712 Mid Lancs L 712	M	Chorley Harriers AC

Pos	Time	No Name	M/F	Cat	Club
1	00:20:29	181 David Forrester	M		Sutton St Helens
2	00:20:36	185 Nick Goolab	M		Belgrave H
3	00:20:39	186 Mitch Goose	M		City of Norwich AC
4	00:20:40	154 Phillip Berntsen	M		Winchester AC
5	00:20:42	245 Ross Murray	M		Gatehead H
6	00:20:51	247 Chris O'Hare	M		Edinburgh Athletic Club
7	00:20:55	179 Tom Farrell	M		Border Harriers
8	00:21:00	286 James Wilkinson	M		Leeds City AC
9	00:21:03	226 Benjamin Hunter	M		Southend AC
10	00:21:08	241 Scott McDonald	M		Central AC
11	00:21:09	197 Derek Hawkins	M		Kilbarchan AAC
12	00:21:12	267 Jake Shelley	M		Shaftesbury Barnet H
13	00:21:12	199 Jonny Hay	M		Aldershot F & D AC
14	00:21:13	224 Edward Highton	M		OWLS AC
15	00:21:17	187 Josh Gorecki	M		Aldershot F & D AC
16	00:21:18	183 Steve Gallienne	M		Bristol & West AC
17	00:21:19	276 Joseph Wade	M		Aldershot F & D AC
18	00:21:21	155 Russ Best	M		New Marske Harriers
19	00:21:21	194 Craig Gundersen	M		Liverpool H
20	00:21:24	168 Matthew Clowes	M		Staffs Moorlands AC
21	00:21:26	259 Sean Reilly	M		Central AC
22	00:21:30	222 Alexander Hendry	M		Central AC
23	00:21:32	227 Phil Hurst	M		Elswick H
24	00:21:34	174 Tom Curr	M		Stroud & District AC
25	00:21:39	163 Luke Caldwell	M		Dorking & Mole V AC
26	00:21:43	256 Matthew Pye	M		Kingston upon Hull
27	00:21:45	238 Thomas Marshall	M		Brecon AC
28	00:21:46	298 L&D L 298	M		Liverpool Pembroke & Sefton AC
29	00:21:46	294 Unknown Runner	M		
30	00:21:47	156 Adan Bitchell	M		Carmarthen H
31	00:21:48	172 Thomas Crowley	M		Bingley H
32	00:21:48	273 Alex Tovey	M		Windsor S E H
33	00:21:49	166 Daniel Cliffe	M		Warrington AC
34	00:21:50	248 Elliot Palmer	M		Ipswich Harriers
35	00:21:50	240 Tim McCune	M		Kingston upon Hull
36	00:21:53	167 Daniel Clorley	M		Luton AC
37	00:21:56	285 Paul Whittaker	M		Southend AC
38	00:21:59	169 Shaun Collins	M		Enfield & Haringey AC
39	00:21:59	268 Carl Smith	M		Chester le Street H
40	00:22:01	225 Simon Horsfield	M		East Cheshire & Tameside
41	00:22:03	170 Andy Combs	M		Tonbridge AC
42	00:22:04	281 Harry Webb	M		Bristol & West AC
43	00:22:05	232 Max Kiralyfi	M		Winchester AC
44	00:22:05	236 Tom Mahon	M		OWLS AC
45	00:22:08	251 Richard Peters	M		Bristol & West AC
46	00:22:11	198 Scott Hawkins	M		Kilbarchan AAC
47	00:22:12	262 Michael Salter	M		Leeds City AC
48	00:22:13	244 Luke Minns	M		Blackpool W & F AC
49	00:22:15	188 Matt Grant	M		South London H
50	00:22:18	287 Michael Williams	M		Leeds City AC
51	00:22:19	162 Tim Calder	M		Gatehead H
52	00:22:20	150 Luke Allen	M		City of Norwich AC
53	00:22:20	158 Stephen Broadhurst	M		Warrington AC

54	00:22:21	184 David Gibbon	M	Colchester & Tendring
55	00:22:23	220 Robert Heaney	M	Bedford and County
56	00:22:24	254 Davey Platt	M	North Devon AC
57	00:22:25	280 Ricky Ward	M	City of Norwich AC
58	00:22:26	290 Matthew Withey	M	Stroud & District AC
59	00:22:26	291 Unknown Runner	M	
60	00:22:27	178 Sam Evans	M	Cannock & Stafford AC
61	00:22:28	235 Tom Madden	M	Coventry Godiva H
62	00:22:29	291 Unknown Runner	M	
63	00:22:31	165 Ricky Challinor	M	
64	00:22:32	228 Robert Inglis	M	Lothian Running club
65	00:22:33	160 Robin Brown	M	Cambridge Uni H&H
66	00:22:35	246 Josh Norman	M	OWLS AC
67	00:22:39	233 Kristopher Lecher	M	Kingston upon Hull
68	00:22:39	254 Already Finished	M	
69	00:22:42	250 Christie Perry	M	Vale Royal AC
70	00:22:46	292 Unknown Runner	M	
71	00:22:49	159 Callum Brown	M	Winchester AC
72	00:22:50	279 Alex-James Ward	M	Dorking & Mole V AC
73	00:22:56	151 Matthew Allott	M	Staffs Moorlands AC
74	00:22:58	242 Michael Mcmanus	M	South London H
75	00:22:59	296 L&D L 296	M	Liverpool Pembroke & Sefton AC
76	00:23:01	264 Dean Scott	M	Newquay & Par AC
77	00:23:01	231 Chris Kiely	M	Tonbridge AC
78	00:23:04	221 Danny Heathcote	M	Combined Services
79	00:23:06	250 Already Finished	M	
80	00:23:06	258 Allan Ramsay	M	Victoria P'k C of Glasgow
81	00:23:08	195 Gavin Hanrahan	M	Cwmbran Harriers
82	00:23:11	252 Matthew Pettit	M	Peterborough AC
83	00:23:18	256 Already Finished	M	
84	00:23:20	261 Andrew Rooke	M	Ipswich Harriers
85	00:23:20	263 Robbie Schofield	M	Ribble Valley AC
86	00:23:21	260 Nathan Riding	M	Ribble Valley AC
87	00:23:30	175 Alex-James Davy	M	Leeds City AC
88	00:23:37	278 James Wales	M	Kilmarnock H
89	00:23:38	193 Jack Grundy	M	Aldershot F & D AC
90	00:23:49	289 Eliot Winter	M	Marshall Milton Keynes
91	00:23:53	182 Carl Frapwell	M	Stroud & District AC
92	00:23:59	230 Michael Kallenberg	M	Zngli Runners
93	00:24:31	262 Already Finished	M	
94	00:24:33	253 Michael Pierce	M	Menai AC
95	00:24:37	173 Eddy Crowther	M	Vale Royal AC
96	00:25:01	253 Already Finished	M	
97	00:25:27	297 L&D L 297	M	Liverpool Pembroke & Sefton AC
98	00:25:42	271 Daniel Thomas	M	Swansea Harriers
99	00:25:57	180 Craig Fishwick	M	Wirral AC
100	00:26:03	240 Already Finished	M	
101	00:27:16	668 Mid Lancs L 668	M	Blackpool Wyre & Fylde AC

Pos	Time	No Name	M/F	Cat	Club
1	00:27:09	55 Stephanie Twell	F		Aldershot F & D AC
2	00:27:20	62 Hayley Yelling	F		Windsor S & E H
3	00:27:29	8 Louise Damen	F		Winchester & Dist AC
4	00:27:33	10 Hatti Dean	F		Hallamshire Harriers
5	00:27:34	61 Katrina Wootton	F		Bedford & County AC
6	00:27:35	32 Gemma Miles	F		Kendal AAC
7	00:27:35	6 Helen Clitheroe	F		Preston Harriers
8	00:27:42	26 Laura Kenney	F		Royal Sutton/LSAC
9	00:27:46	221 Morag MacLarty	F	23	Central AC
10	00:27:48	232 Katherine Sparke	F	23	Woodford Green & E L
11	00:27:56	235 Sarah Tunstall	F	23	Kendal AC
12	00:28:11	13 Faye Fullerton	F		Havering Mayesbrook
13	00:28:12	12 Juliet Doyle	F		Charnwood AC
14	00:28:14	211 Hannah England	F	23	Oxford City AC
15	00:28:21	53 Charlene Thomas	F		Wakefield & Dist AC
16	00:28:31	215 Stacey Johnson	F	23	Cannock & Staffs AC
17	00:28:34	213 Susannah Hignett	F	23	Bournemouth AC
18	00:28:35	59 Victoria Wilkinson	F		Bingley H
19	00:28:38	237 Sarah Waldron	F	23	Shaftesbury Barnet H
20	00:28:48	29 Claire Martin	F		Telford AC
21	00:28:48	21 Caroline Hoyte	F		Arena 80
22	00:28:54	1 Emily Adams	F		Aldershot F & D AC
23	00:28:55	22 Katie Ingram	F		Horwich RMI Harriers
24	00:28:56	58 Hannah Whitmore	F		Charnwood AC
25	00:29:01	236 Gemma Turtle	F	23	Shaftesbury Barnet H
26	00:29:07	231 Ruth Senior	F	23	City of Norwich AC
27	00:29:08	233 Nicola Sykes	F	23	Bedford & County AC
28	00:29:13	263 Unknown Runner	F		
29	00:29:41	2209 Unknown Runner	F		
30	00:29:48	49 Julia Russell	F		Hallamshire Harriers
31	00:29:49	14 Victoria Gill	F		Aldershot F & D AC
32	00:29:50	11 Niamh Devlin	F		Edinburgh AC
33	00:29:54	229 Hollie Rowland	F	23	City of Norwich AC
34	00:29:55	19 Justina Heslop	F		Clapham Chasers
35	00:30:01	204 Hannah Brooks	F	23	Crawley AC
36	00:30:07	226 Bryony Proctor	F	23	Blackheath & Bromley H
37	00:30:10	15 Kate Goodhead	F		Bristol & West AC
38	00:30:18	230 Harriet Scott	F	23	Havering Mayesbrook AC
39	00:30:26	212 Mary Ferrier	F	23	Gatehead H
40	00:30:27	228 Helen Rollins	F	23	Kettering H
41	00:30:35	5 Frances Briscoe	F		Coventry Godiva H
42	00:30:38	63 Barbara Yff	F		Winchester & Dist AC
43	00:30:40	31 Jennifer McLean	F		Edinburgh AC
44	00:30:41	4 Caroline Betmead	F		Blackpool W & F AC
45	00:30:42	20 Sarah Hood	F		Edinburgh AC
46	00:30:44	201 Imogen Ainsworth	F	23	Bristol and West AC
47	00:30:49	45 Claire Robson	F		
48	00:30:54	216 Emma Langdell	F	23	Royal Sutton Coldfield
49	00:30:57	30 Clare Martin	F		Wells City H
50	00:31:04	25 Amanda Jones	F		Swansea H
51	00:31:06	207 Dani Christmas	F	23	Crawley AC
52	00:31:09	225 Bryony Proctor	F	23	Blackheath & Bromley H
53	00:31:11	217 Alison Lavender	F	23	Oswestry Olympians

54	00:31:12	209 Louise Durman	F	23	Stroud and District
55	00:31:13	206 Klachen Cheshire	F	23	Rotherham Harriers
56	00:31:18	52 Jennifer Smith	F		Warrington A C
57	00:31:20	42 Ruth Proctor	F		Hallamshire H
58	00:31:25	219 India Lee	F	23	Winchester & Dist AC
59	00:31:31	218 Jodie Ledger	F	23	Worcester AC
60	00:31:46	222 Robyn Matson	F	23	Havering Mayesbrook
61	00:31:48	227 Suzie Richards	F	23	Loughb'gh /Bristol & West
62	00:32:08	39 Emma Patel	F		Winchester & Dist AC
63	00:32:12	50 Gemma Sharp	F		Arena 80
64	00:32:29	17 Kelly Hanniver	F		Combined Services
65	00:32:31	914 Mid Lancs L 914	F		Liverpool Pembroke & Sefton H
66	00:32:36	210 Rosie Edwards	F	23	Rotherham Harriers
67	00:32:41	265 Unknown Runner	F		
68	00:32:43	756 Mid Lancs L 756	F		Clayton Le Moors Harriers
69	00:32:46	2 Katy Anderson	F		Gala Harriers
70	00:32:50	768 Mid Lancs L 768	F		Clayton Le Moors Harriers
71	00:32:56	9 Joanne Dawes	F		Trafford AC
72	00:33:04	24 Laura Johnson	F		Charnwood AC
73	00:33:07	23 Jo Jefferies	F		Winchester & Dist AC
74	00:33:10	1121 Mid Lancs L 1121	F		Mid Lancashire League Pool
75	00:33:17	54 Kim Threadgall	F		Edinburgh AC
76	00:33:22	224 Victoria O'Donnell	F	23	Trafford AC
77	00:33:27	674 Mid Lancs L 674	F		Blackpool Wyre & Fylde AC
78	00:33:36	796 Mid Lancs L 796	F		Glaxo Hoad Hill Harriers
79	00:33:41	678 Mid Lancs L 678	F		Blackpool Wyre & Fylde AC
80	00:33:45	677 Mid Lancs L 677	F		Blackpool Wyre & Fylde AC
81	00:33:47	1200 Mid Lancs L 1200	F		Mid Lancashire League Pool
82	00:33:48	208 Carley Davies	F	23	Stockport H
83	00:33:55	65 Unknown Runner	F		
84	00:34:02	1096 Mid Lancs L 1096	F		Wigan Phoenix
85	00:34:18	296 L&D L 296	F		Liverpool Pembroke & Sefton AC
86	00:34:23	7 Jen Collins	F		Combined Services
87	00:34:29	51 Helena Smith	F		Combined Services
88	00:34:44	234 Faith Taylor	F	23	Birmingham University
89	00:34:47	754 Mid Lancs L 754	F		Clayton Le Moors Harriers
90	00:34:58	47 Jo Roe	F		Combined Services
91	00:35:04	1032 Mid Lancs L 1032	F		Southport Waterloo AC
92	00:35:12	203 Kathryn Bonham	F	23	Univ of Birmingham AC
93	00:35:14	27 Stacey Kirby	F		Combined Services
94	00:35:32	36 Seonaid Murray	F		Liverpool Running Club
95	00:35:53	1029 Mid Lancs L 1029	F		Southport Waterloo AC
96	00:36:07	980 Mid Lancs L 980	F		Preston Harriers
97	00:36:12	753 Mid Lancs L 753	F		Clayton Le Moors Harriers
98	00:36:42	60 Simone Wilson	F		Nuneaton H
99	00:36:47	1205 Mid Lancs L 1205	F		Mid Lancashire League Pool
100	00:36:57	918 Mid Lancs L 918	F		Liverpool Pembroke & Sefton H
101	00:37:26	913 Mid Lancs L 913	F		Liverpool Pembroke & Sefton H
102	00:37:27	1092 Mid Lancs L 1092	F		Wigan Harriers
103	00:37:29	1154 Mid Lancs L 1154	F		Mid Lancashire League Pool
104	00:37:33	1033 Mid Lancs L 1033	F		Southport Waterloo AC
105	00:37:41	1106 Mid Lancs L 1106	F		Astley & Tyldesley RR
106	00:37:43	675 Mid Lancs L 675	F		Blackpool Wyre & Fylde AC
107	00:37:47	929 Mid Lancs L 929	F		Lytham St Annes RRC

108	00:37:54	994 Mid Lancs L 994	F	Rossendale AC
109	00:38:01	2202 Unknown Runner	F	
110	00:38:17	2207 Unknown Runner	F	
111	00:38:35	722 Mid Lancs L 722	F	Chorley Harriers AC
112	00:38:43	1201 Mid Lancs L 1201	F	Mid Lancashire League Pool
113	00:38:46	1057 Mid Lancs L 1057	F	Wesham Road Runners
114	00:38:48	751 Mid Lancs L 751	F	Clayton Le Moors Harriers
115	00:39:06	968 Mid Lancs L 968	F	Preston Harriers
116	00:39:10	836 Mid Lancs L 836	F	Lancaster & Morcambe AC
117	00:39:27	1028 Mid Lancs L 1028	F	Southport Waterloo AC
118	00:39:40	680 Mid Lancs L 680	F	Blackpool Wyre & Fylde AC
119	00:40:00	676 Mid Lancs L 676	F	Blackpool Wyre & Fylde AC
120	00:40:21	294 Unknown Runner	F	
121	00:40:29	949 Mid Lancs L 949	F	Pendle AC
122	00:40:37	627 Mid Lancs L 627	F	Blackburn Harriers
123	00:40:39	928 Mid Lancs L 928	F	Lytham St Annes RRC
124	00:40:56	1197 Mid Lancs L 1197	F	Mid Lancashire League Pool
125	00:41:19	1107 Mid Lancs L 1107	F	Astley & Tyldesley RR
126	00:41:33	1058 Mid Lancs L 1058	F	Wesham Road Runners
127	00:41:50	1059 Mid Lancs L 1059	F	Wesham Road Runners
128	00:42:27	795 Mid Lancs L 795	F	Glaxo Hoad Hill Harriers
129	00:42:33	295 Unknown Runner	F	
130	00:42:36	1196 Mid Lancs L 1196	F	Mid Lancashire League Pool
131	00:42:40	794 Mid Lancs L 794	F	Glaxo Hoad Hill Harriers
132	00:43:23	971 Mid Lancs L 971	F	Preston Harriers
133	00:43:51	1159 Mid Lancs L 1159	F	Mid Lancashire League Pool
134	00:44:32	981 Mid Lancs L 981	F	Preston Harriers
135	00:44:42	1031 Mid Lancs L 1031	F	Southport Waterloo AC
136	00:44:52	1030 Mid Lancs L 1030	F	Southport Waterloo AC
137	00:45:31	927 Mid Lancs L 927	F	Lytham St Annes RRC
138	00:46:24	2208 Unknown Runner	F	
139	00:47:23	950 Mid Lancs L 950	F	Pendle AC
140	00:47:44	771 Mid Lancs L 771	F	Clayton Le Moors Harriers
141	00:50:33	681 Mid Lancs L 681	F	Blackpool Wyre & Fylde AC
142	00:54:02	679 Mid Lancs L 679	F	Blackpool Wyre & Fylde AC
143	00:54:53	770 Mid Lancs L 770	F	Clayton Le Moors Harriers
144	00:57:15	926 Mid Lancs L 926	F	Lytham St Annes RRC

Pos	Time	No Name	M/F	Cat	Club
1	00:29:34	192 Andy Vernon	M	23	Aldershot F & D AC
2	00:29:35	90 Frank Tickner	M		Wells City Harriers
3	00:29:36	60 Lee Merrien	M		Guernsey Island AAC
4	00:29:37	142 Keith Gerrard	M	23	Newham & Essex B
5	00:29:43	266 Modmin Geele	M	23	Newham & Essex B
6	00:29:45	102 Phil Wicks	M		Belgrave H
7	00:29:48	82 Michael Skinner	M		Blackheath & Bromley
8	00:29:56	68 Scott Overall	M		Blackheath & Bromley
9	00:30:06	55 Nick McCormick	M		Morpeth H
10	00:30:08	89 Ben Tickner	M		Wells City AC
11	00:30:09	159 Ben Lindsay	M	23	Aldershot F & D AC
12	00:30:10	28 Antony Ford	M		Blackpool W & F AC
13	00:30:25	96 James Walsh	M		Leeds City AC
14	00:30:30	95 Steve Vernon	M		Stockport Harriers
15	00:30:31	105 Paul Miles	M		Owls AC Leicester
16	00:30:32	183 Tom Russell	M	23	Bristol & West AC
17	00:30:35	21 Russell Dessaix-Chin	M		Belgrave H
18	00:30:41	23 Mark Draper	M		Bedford & County AC
19	00:30:46	79 Robert Russell	M		Central AC
20	00:30:48	98 Mark Warmby	M		Newham & Essex B
21	00:30:49	45 Mark Hood	M		Sunderland H
22	00:30:49	16 Michael Coleman	M		Medway & Maidstone
23	00:30:50	245 Dave Webb	M		Leeds City
24	00:30:53	131 Alex Derricott	M	23	Staffordshire Moorlands
25	00:30:56	26 Eddie Ernest-Jones	M		Bedford & County AC
26	00:30:57	31 Jonathan Gilby	M		Derby AC
27	00:30:57	163 Conor McNulty	M	23	Kilbarchan AAC
28	00:30:59	88 Jorge Thomas	M		Cardiff AAC
29	00:31:01	75 Gareth Raven	M		Sale H
30	00:31:09	7246 L&D L 7246	M		Liverpool Harriers
31	00:31:11	56 Chris McKay	M		Newham & Essex B
32	00:31:14	158 Ryan Kenny	M	23	Coventry Godiva Harriers
33	00:31:16	87 Jonathan Thewlis	M		Notts AC
34	00:31:16	190 Jonathan Taylor	M	23	Morpeth Harriers A.C
35	00:31:19	151 Adrian Holliday	M	23	Trafford AC
36	00:31:22	58 Ryan Mcleod	M		Tipton Harriers
37	00:31:23	71 Simon Plummer	M		Woodford Green & EL
38	00:31:24	1150 Mid Lancs L 1150	M		Mid Lancashire League Pool
39	00:31:25	123 Garry Bristow	M	23	Trafford AC
40	00:31:27	124 Alistair Brownlee	M	23	Bingley H
41	00:31:31	838 Mid Lancs L 838	M		Lancaster & Morcambe AC
42	00:31:33	1265 Bruce Raeside	M		Ron Hill Cambuslang
43	00:31:34	144 Adam Grice	M	23	Leeds City AC
44	00:31:37	1 Mathew Almond	M		Coventry Godiva H
45	00:31:37	132 Alex-James Duffield	M	23	Loftus & W Whitby AC
46	00:31:42	138 Richard Franzese	M	23	Harrow AC
47	00:31:42	97 Christopher Warburton	M		Nottingham AC
48	00:31:43	52 Josh Lilly	M		Severn AC
49	00:31:44	7247 L&D L 7247	M		Liverpool Harriers
50	00:31:48	164 Simon Mills	M	23	Sale Harriers
51	00:31:52	51 Dean Lacy	M		Cambridge Harrier
52	00:31:52	297 L&D L 297	M		Liverpool Pembroke & Sefton AC
53	00:31:52	10 Matt Bond	M		Sale H Manchester

54	00:31:54	76 Ian Rawlinson	M	Tipton Harriers
55	00:31:56	127 Steven Connor	M	23 Aldershot F & D AC
56	00:31:57	100 Matt Whitfield	M	Combined Services
57	00:31:59	101 Rob Whittle	M	Basingstoke / LSAC
58	00:32:00	153 Craig Hopkins	M	23 Swansea Harriers
59	00:32:03	176 Craig Peters	M	23 Bristol & West AC
60	00:32:07	189 Nick Swinburn	M	23 Morpeth
61	00:32:08	185 Rob Samuel	M	23 Eryri Harriers
62	00:32:10	7252 L&D L 7252	M	Liverpool Harriers
63	00:32:12	165 Tom Minshull	M	23 Trafford a.c
64	00:32:14	3 Frank Baddick	M	Newham and E B
65	00:32:14	169 Lewis Moses	M	23 Darlington Harriers
66	00:32:20	182 Craig Ruddy	M	23 Inverclyde A.C
67	00:32:21	170 Richie Nicholls	M	23 Swansea Harriers
68	00:32:22	14 Brian Campbell	M	Northern Ireland
69	00:32:26	141 Jonathan Frost	M	23 East Hull Harriers
70	00:32:27	34 Martin Graham	M	Shettleston Harriers
71	00:32:31	246 Mike Burrett	M	Leeds City
72	00:32:32	162 Martin Mashford	M	23 Aldershot F & D AC
73	00:32:34	48 Mark Jenkin	M	Bideford AAC
74	00:32:34	173 Jack Parslow	M	23 Shaftsbury Barnet H
75	00:32:36	160 Andrew Livingstone	M	23 Basildon AC
76	00:32:37	72 Martin Potter	M	Combined Services
77	00:32:40	91 Peter Tucker	M	Blackheath & Bromley
78	00:32:41	2 David Archer	M	Hallamshire H
79	00:32:42	130 Tim Dalton	M	23 Severn
80	00:32:43	1268 Chris Wilson	M	Ron Hill Cambuslang
81	00:32:44	166 Stephen Mitchell	M	23 Bristol & West AC
82	00:32:48	193 Glen Watts	M	23 Shaftsbury Barnet H
83	00:32:48	8 Robert Birchall	M	Nottingham AC
84	00:32:49	78 Lee Reynolds	M	Herts Phoenix
85	00:32:50	140 Steven Freary	M	23 Combined Services
86	00:32:52	178 James Poole	M	23 Blackheath & Bromley H
87	00:32:53	43 Marc Hobbs	M	Swansea Harriers
88	00:32:55	238 Unknown Runner	M	
89	00:32:57	135 Stephen Emery	M	23 Rugby/Loughborough Univ
90	00:32:58	247 Chris Birchall	M	Leeds City
91	00:32:58	181 Chris Rooke	M	23 Ipswich Harriers
92	00:33:01	9 Matt Blunden	M	Combined Services
93	00:33:02	229 Unknown Runner	M	
94	00:33:04	24 Adam Elliott	M	Sale H / Loughborough
95	00:33:10	196 Craig Williams	M	23 Combined Services
96	00:33:11	37 Daniel Gurmin	M	Swansea Harriers
97	00:33:14	17 Mark Croasdale	M	Combined Services
98	00:33:15	168 Richard Morrell	M	23 Middlesbrough AC
99	00:33:17	99 Gary Watkins	M	Combined Services
100	00:33:18	1203 Mid Lancs L 1203	M	Mid Lancashire League Pool
101	00:33:22	297 Unknown Runner	M	
102	00:33:28	128 andrew conway	M	23 Blackheath & Bromley
103	00:33:32	152 Jonny Holt	M	23 Trafford AC
104	00:33:38	7 Daniel Beynon	M	Swansea Harriers
105	00:33:41	248 Martin Farran	M	Leeds City
106	00:33:43	645 Mid Lancs L 645	M	Blackburn Harriers
107	00:33:44	59 Fergus Meade	M	Aldershot F & D AC



108	00:33:45	83 John Smith	M	Combined Services
109	00:33:47	147 Richard Harper	M	23 Leamington C & AC
110	00:33:48	155 Afan Humphries	M	23 Cwmbran
111	00:33:49	92 Alann Turnbull	M	Combined Services
112	00:33:49	149 Marc Hartley	M	23 Staffs Moorlands AC
113	00:33:54	143 Carl Goose	M	23 City of Norwich AC
114	00:33:58	1266 Jamie Reid	M	Ron Hill Cambuslang
115	00:33:59	157 Benjamin Jones	M	23 Coventry Godiva Harriers
116	00:33:59	2203 Unknown Runner	M	
117	00:34:00	187 Harvey Speed	M	23 Coventry Godiva H
118	00:34:01	1126 Mid Lancs L 1126	M	Mid Lancashire League Pool
119	00:34:02	251 Unknown Runner	M	
120	00:34:03	2210 Unknown Runner	M	
121	00:34:04	338 L&D L 338	M	Liverpool Running Club
122	00:34:05	1155 Mid Lancs L 1155	M	Mid Lancashire League Pool
123	00:34:05	161 Michael Mannings	M	23 Oldham & Royton H
124	00:34:06	46 Philip Hoole	M	Rotherham H
125	00:34:11	167 Sam Mitchell	M	23 Combined Services
126	00:34:12	673 Mid Lancs L 673	M	Blackpool Wyre & Fylde AC
127	00:34:14	146 Kelvin Hardy	M	23 Ipswich H
128	00:34:15	752 Mid Lancs L 752	M	Clayton Le Moors Harriers
129	00:34:15	686 Mid Lancs L 686	M	Blackpool Wyre & Fylde AC
130	00:34:20	47 James Horman	M	Liverpool H & AC
131	00:34:21	671 Mid Lancs L 671	M	Blackpool Wyre & Fylde AC
132	00:34:22	979 Mid Lancs L 979	M	Preston Harriers
133	00:34:24	618 Mid Lancs L 618	M	Barrow & Furness Striders
134	00:34:26	80 Philip Sanger	M	Epsom & Ewell H
135	00:34:28	154 James Houghton	M	23 Cannock & Staffs/Loughb'gh
136	00:34:28	137 Sebastian Foy	M	23 Loughborough Univ
137	00:34:30	11 Michael Boucher	M	Aldershot F & D AC
138	00:34:32	61 Tim Midgley	M	Bingley H
139	00:34:35	134 Nathan Elliott	M	23 Wakefield Harriers
140	00:34:36	136 James Fairbourn	M	23 Belgrave H
141	00:34:36	834 Mid Lancs L 834	M	Lancaster & Morcambe AC
142	00:34:37	2178 Unknown Runner	M	
143	00:34:39	4 Tom Bailey	M	Combined Services
144	00:34:40	191 Josh Tighe	M	23 Blackburn H
145	00:34:41	966 Mid Lancs L 966	M	Preston Harriers
146	00:34:42	6 Richard Batchelor	M	Aldershot F & D AC
147	00:34:42	57 Thomas McKee	M	Kingston Upon Hull AC
148	00:34:45	837 Mid Lancs L 837	M	Lancaster & Morcambe AC
149	00:34:50	777 Mid Lancs L 777	M	Clayton Le Moors Harriers
150	00:34:51	1119 Mid Lancs L 1119	M	Mid Lancashire League Pool
151	00:34:52	723 Mid Lancs L 723	M	Chorley Harriers AC
152	00:34:52	25 Peter Ellis	M	Combined Services
153	00:34:53	258 Unknown Runner	M	
154	00:34:58	1262 Joe Kealey	M	Ron Hill Cambuslang
155	00:34:58	620 Mid Lancs L 620	M	Barrow & Furness Striders
156	00:34:59	467 L&D L 467	M	Southport Waterloo AC
157	00:35:02	577 L&D L 577	M	Wirral AC
158	00:35:05	93 Paul Turner	M	Elswick harriers
159	00:35:06	70 Craig Pearson	M	Cannock & Staffs AC
160	00:35:12	7207 L&D L 7207	M	Chester Tri
161	00:35:16	684 Mid Lancs L 684	M	Blackpool Wyre & Fylde AC

162	00:35:18	293 Unknown Runner	M	
163	00:35:20	120 Oliver Berry	M	23 Taunton AC
164	00:35:23	121 Daniel Bradley	M	23 Tonbridge AC
165	00:35:27	7299 Unknown Runner	M	
166	00:35:32	306 L&D L 306	M	Liverpool Pembroke & Sefton AC
167	00:35:35	569 L&D L 569	M	Wirral AC
168	00:35:37	86 Michael Tarpey	M	Herts Phoenix AC
169	00:35:39	476 L&D L 476	M	Southport Waterloo AC
170	00:35:41	257 Unknown Runner	M	
171	00:35:44	248 Already Finished	M	
172	00:35:48	644 Mid Lancs L 644	M	Blackburn Harriers
173	00:35:50	720 Mid Lancs L 720	M	Chorley Harriers AC
174	00:35:51	2193 Unknown Runner	M	
175	00:35:54	7249 L&D L 7249	M	Liverpool Harriers
176	00:35:57	304 L&D L 304	M	Liverpool Pembroke & Sefton AC
177	00:35:58	32 Jeremy Gold	M	Victoria Park & Tower H
178	00:35:58	264 Unknown Runner	M	
179	00:36:07	1128 Mid Lancs L 1128	M	Mid Lancashire League Pool
180	00:36:08	470 L&D L 470	M	Southport Waterloo AC
181	00:36:10	2205 Unknown Runner	M	
182	00:36:16	42 Lewys Hobbs	M	Swansea Harriers
183	00:36:16	1064 Mid Lancs L 1064	M	Wesham Road Runners
184	00:36:18	475 L&D L 475	M	Southport Waterloo AC
185	00:36:27	570 L&D L 570	M	Wirral AC
186	00:36:27	1065 Mid Lancs L 1065	M	Wesham Road Runners
187	00:36:30	798 Mid Lancs L 798	M	Glaxo Hoad Hill Harriers
188	00:36:35	129 Oliver Crux	M	23 Ashford AC
189	00:36:39	7459 Unknown Runner	M	
190	00:36:45	1103 Mid Lancs L 1103	M	Wigan Phoenix
191	00:36:46	64 Justin Montague	M	Combined Services
192	00:37:03	683 Mid Lancs L 683	M	Blackpool Wyre & Fylde AC
193	00:37:05	619 Mid Lancs L 619	M	Barrow & Furness Striders
<b>194</b>	<b>00:37:07</b>	<b>284 Steve Mayers</b>	<b>M</b>	<b>St Helens sutton AC</b>
195	00:37:09	567 L&D L 567	M	Wirral AC
196	00:37:10	1127 Mid Lancs L 1127	M	Mid Lancashire League Pool
197	00:37:11	797 Mid Lancs L 797	M	Glaxo Hoad Hill Harriers
198	00:37:12	571 L&D L 571	M	Wirral AC
199	00:37:13	336 L&D L 336	M	Liverpool Running Club
200	00:37:18	7204 L&D L 7204	M	Chester Tri
201	00:37:21	305 L&D L 305	M	Liverpool Pembroke & Sefton AC
202	00:37:22	1123 Mid Lancs L 1123	M	Mid Lancashire League Pool
203	00:37:25	745 Mid Lancs L 745	M	Clayton Le Moors Harriers
204	00:37:26	180 Abdi Rahman	M	23 Royal Sutton Coldfield AC
205	00:37:28	1149 Mid Lancs L 1149	M	Mid Lancashire League Pool
206	00:37:29	513 L&D L 513	M	Wallasey AC
207	00:37:33	300 L&D L 300	M	Liverpool Pembroke & Sefton AC
208	00:37:39	574 L&D L 574	M	Wirral AC
209	00:37:39	1198 Mid Lancs L 1198	M	Mid Lancashire League Pool
210	00:37:44	50 Mark Ketley	M	Elswick H
211	00:37:48	36 Neil Gunstone	M	Dundee H H
212	00:37:53	749 Mid Lancs L 749	M	Clayton Le Moors Harriers
213	00:37:55	471 L&D L 471	M	Southport Waterloo AC
214	00:37:59	1101 Mid Lancs L 1101	M	Wigan Phoenix
215	00:38:01	446 L&D L 446	M	Skelmersdale Boundary

216	00:38:02	443 L&D L 443	M	Skelmersdale Boundary
217	00:38:04	1102 Mid Lancs L 1102	M	Wigan Phoenix
218	00:38:05	649 Mid Lancs L 649	M	Blackburn Harriers
219	00:38:06	468 L&D L 468	M	Southport Waterloo AC
220	00:38:08	260 Unknown Runner	M	
221	00:38:10	337 L&D L 337	M	Liverpool Running Club
<b>222</b>	<b>00:38:13</b>	<b>288 Barry Graney</b>	<b>M</b>	<b>St Helens Sutton AC</b>
223	00:38:14	1157 Mid Lancs L 1157	M	Mid Lancashire League Pool
224	00:38:15	769 Mid Lancs L 769	M	Clayton Le Moors Harriers
225	00:38:17	1204 Mid Lancs L 1204	M	Mid Lancashire League Pool
226	00:38:18	1169 Mid Lancs L 1169	M	Mid Lancashire League Pool
227	00:38:18	1105 Mid Lancs L 1105	M	Astley & Tyldesley RR
228	00:38:19	750 Mid Lancs L 750	M	Clayton Le Moors Harriers
229	00:38:25	2226 Unknown Runner	M	
230	00:38:26	7250 L&D L 7250	M	Liverpool Harriers
231	00:38:31	1062 Mid Lancs L 1062	M	Wesham Road Runners
232	00:38:34	462 L&D L 462	M	Southport Waterloo AC
233	00:38:46	73 Alex Potter	M	Unattached
234	00:38:46	575 L&D L 575	M	Wirral AC
235	00:38:47	763 Mid Lancs L 763	M	Clayton Le Moors Harriers
236	00:38:48	473 L&D L 473	M	Southport Waterloo AC
237	00:38:48	576 L&D L 576	M	Wirral AC
238	00:38:49	7253 L&D L 7253	M	Liverpool Harriers
239	00:38:49	511 L&D L 511	M	Wallasey AC
240	00:38:50	760 Mid Lancs L 760	M	Clayton Le Moors Harriers
241	00:38:52	302 L&D L 302	M	Liverpool Pembroke & Sefton AC
242	00:38:52	517 L&D L 517	M	Wallasey AC
<b>243</b>	<b>00:38:57</b>	<b>402 Pete Johnson</b>	<b>M</b>	<b>St Helens Sutton AC</b>
244	00:38:59	1151 Mid Lancs L 1151	M	Mid Lancashire League Pool
245	00:39:02	643 Mid Lancs L 643	M	Blackburn Harriers
246	00:39:04	572 L&D L 572	M	Wirral AC
247	00:39:05	445 L&D L 445	M	Skelmersdale Boundary
248	00:39:14	1152 Mid Lancs L 1152	M	Mid Lancashire League Pool
249	00:39:15	1158 Mid Lancs L 1158	M	Mid Lancashire League Pool
250	00:39:19	1104 Mid Lancs L 1104	M	Astley & Tyldesley RR
251	00:39:26	501 L&D L 501	M	Spectrum Striders
252	00:39:28	983 Mid Lancs L 983	M	Preston Harriers
253	00:39:30	474 L&D L 474	M	Southport Waterloo AC
254	00:39:31	1070 Mid Lancs L 1070	M	West Pennine Runners
255	00:39:32	839 Mid Lancs L 839	M	Lancaster & Morcambe AC
256	00:39:34	564 L&D L 564	M	Wirral AC
257	00:39:40	761 Mid Lancs L 761	M	Clayton Le Moors Harriers
258	00:39:41	53 Chris Lindesay	M	Birmingham Rowheath
259	00:39:42	307 L&D L 307	M	Liverpool Pembroke & Sefton AC
260	00:39:45	565 L&D L 565	M	Wirral AC
261	00:39:46	27 Andrew Ford	M	Altrincham & District
262	00:39:50	799 Mid Lancs L 799	M	Glaxo Hoad Hill Harriers
263	00:39:54	512 L&D L 512	M	Wallasey AC
264	00:40:01	1097 Mid Lancs L 1097	M	Wigan Phoenix
265	00:40:06	640 Mid Lancs L 640	M	Blackburn Harriers
266	00:40:10	341 L&D L 341	M	Liverpool Running Club
267	00:40:10	685 Mid Lancs L 685	M	Blackpool Wyre & Fylde AC
268	00:40:14	1124 Mid Lancs L 1124	M	Mid Lancashire League Pool
269	00:40:16	2206 Unknown Runner	M	

270	00:40:19	924 Mid Lancs L 924	M	Lytham St Annes RRC
271	00:40:22	646 Mid Lancs L 646	M	Blackburn Harriers
272	00:40:23	982 Mid Lancs L 982	M	Preston Harriers
273	00:40:27	1108 Mid Lancs L 1108	M	Astley & Tyldesley RR
274	00:40:29	923 Mid Lancs L 923	M	Lytham St Annes RRC
275	00:40:37	387 L&D L 387	M	Penny Lane Striders
276	00:40:39	930 Mid Lancs L 930	M	Lytham St Annes RRC
277	00:40:40	562 L&D L 562	M	Wirral AC
278	00:40:40	343 L&D L 343	M	Liverpool Running Club
279	00:40:41	573 L&D L 573	M	Wirral AC
280	00:40:43	788 Mid Lancs L 788	M	Garstang Running Club
281	00:40:45	687 Mid Lancs L 687	M	Blackpool Wyre & Fylde AC
282	00:40:45	469 L&D L 469	M	Southport Waterloo AC
283	00:40:46	1061 Mid Lancs L 1061	M	Wesham Road Runners
284	00:40:57	515 L&D L 515	M	Wallasey AC
285	00:40:59	728 Mid Lancs L 728	M	Chorley Harriers AC
286	00:41:00	303 L&D L 303	M	Liverpool Pembroke & Sefton AC
287	00:41:00	787 Mid Lancs L 787	M	Garstang Running Club
288	00:41:01	786 Mid Lancs L 786	M	Garstang Running Club
289	00:41:05	709 Mid Lancs L 709	M	Chorley AC
290	00:41:13	342 L&D L 342	M	Liverpool Running Club
291	00:41:16	772 Mid Lancs L 772	M	Clayton Le Moors Harriers
292	00:41:17	784 Mid Lancs L 784	M	Garstang Running Club
293	00:41:27	1110 Mid Lancs L 1110	M	Astley & Tyldesley RR
294	00:41:28	708 Mid Lancs L 708	M	Chorley AC
295	00:41:28	7206 L&D L 7206	M	Chester Tri
296	00:41:32	759 Mid Lancs L 759	M	Clayton Le Moors Harriers
297	00:41:33	921 Mid Lancs L 921	M	Lytham St Annes RRC
298	00:41:34	672 Mid Lancs L 672	M	Blackpool Wyre & Fylde AC
299	00:41:35	1206 Mid Lancs L 1206	M	Mid Lancashire League Pool
300	00:41:36	773 Mid Lancs L 773	M	Clayton Le Moors Harriers
301	00:41:40	1111 Mid Lancs L 1111	M	Astley & Tyldesley RR
302	00:41:40	568 L&D L 568	M	Wirral AC
303	00:41:57	502 L&D L 502	M	Spectrum Striders
304	00:41:59	1099 Mid Lancs L 1099	M	Wigan Phoenix
305	00:41:59	642 Mid Lancs L 642	M	Blackburn Harriers
306	00:42:00	2179 Unknown Runner	M	
307	00:42:05	727 Mid Lancs L 727	M	Chorley Harriers AC
308	00:42:20	514 L&D L 514	M	Wallasey AC
309	00:42:26	464 L&D L 464	M	Southport Waterloo AC
310	00:42:34	74 Neil Pownhall	M	Chester TRI
311	00:42:40	518 L&D L 518	M	Wallasey AC
312	00:42:44	463 L&D L 463	M	Southport Waterloo AC
313	00:42:47	340 L&D L 340	M	Liverpool Running Club
314	00:42:48	1156 Mid Lancs L 1156	M	Mid Lancashire League Pool
315	00:42:49	461 L&D L 461	M	Southport Waterloo AC
316	00:42:51	519 L&D L 519	M	Wallasey AC
317	00:42:53	383 L&D L 383	M	Penny Lane Striders
318	00:42:53	1153 Mid Lancs L 1153	M	Mid Lancashire League Pool
319	00:42:55	724 Mid Lancs L 724	M	Chorley Harriers AC
320	00:42:56	520 L&D L 520	M	Wallasey AC
321	00:43:17	1208 Mid Lancs L 1208	M	Mid Lancashire League Pool
322	00:43:19	775 Mid Lancs L 775	M	Clayton Le Moors Harriers
323	00:43:23	1212 Mid Lancs L 1212	M	Mid Lancashire League Pool

324	00:43:25	785 Mid Lancs L 785	M	Garstang Running Club
325	00:43:29	1100 Mid Lancs L 1100	M	Wigan Phoenix
326	00:43:31	744 Mid Lancs L 744	M	Clayton Le Moors Harriers
327	00:43:34	441 L&D L 441	M	Skelmersdale Boundary
328	00:43:42	339 L&D L 339	M	Liverpool Running Club
329	00:43:48	1066 Mid Lancs L 1066	M	Wesham Road Runners
330	00:43:51	7201 L&D L 7201	M	Chester Tri
331	00:44:01	2211 Unknown Runner	M	
332	00:44:02	1213 Mid Lancs L 1213	M	Mid Lancashire League Pool
333	00:44:04	850 Mid Lancs L 850	M	Leigh Harriers
334	00:44:06	381 L&D L 381	M	Penny Lane Striders
335	00:44:16	7202 L&D L 7202	M	Chester Tri
336	00:44:26	748 Mid Lancs L 748	M	Clayton Le Moors Harriers
337	00:44:32	1207 Mid Lancs L 1207	M	Mid Lancashire League Pool
338	00:44:34	1120 Mid Lancs L 1120	M	Mid Lancashire League Pool
339	00:44:36	301 L&D L 301	M	Liverpool Pembroke & Sefton AC
340	00:44:41	725 Mid Lancs L 725	M	Chorley Harriers AC
341	00:44:43	1210 Mid Lancs L 1210	M	Mid Lancashire League Pool
342	00:44:44	832 Mid Lancs L 832	M	Lancaster & Morcambe AC
343	00:44:46	19 Alistair Davy	M	Leeds City AC
344	00:45:03	541 L&D L 541	M	West Cheshire AC
345	00:45:06	1063 Mid Lancs L 1063	M	Wesham Road Runners
346	00:45:17	1109 Mid Lancs L 1109	M	Astley & Tyldesley RR
347	00:45:18	726 Mid Lancs L 726	M	Chorley Harriers AC
348	00:45:27	1118 Mid Lancs L 1118	M	Mid Lancashire League Pool
349	00:45:37	563 L&D L 563	M	Wirral AC
350	00:45:39	710 Mid Lancs L 710	M	Chorley AC
351	00:45:41	986 Mid Lancs L 986	M	Preston Harriers
352	00:45:51	7226 L&D L 7226	M	Helsby (BICC) Running Club
353	00:45:55	465 L&D L 465	M	Southport Waterloo AC
354	00:45:59	2212 Unknown Runner	M	
<b>355</b>	<b>00:46:02</b>	<b>401 John Strickland</b>	<b>M</b>	<b>St Helens Sutton AC</b>
356	00:46:03	561 L&D L 561	M	Wirral AC
357	00:46:11	1812 Unknown Runner	M	
358	00:46:27	7203 L&D L 7203	M	Chester Tri
359	00:46:30	985 Mid Lancs L 985	M	Preston Harriers
360	00:46:43	931 Mid Lancs L 931	M	Lytham St Annes RRC
361	00:46:53	382 L&D L 382	M	Penny Lane Striders
362	00:46:56	1125 Mid Lancs L 1125	M	Mid Lancashire League Pool
363	00:46:57	1098 Mid Lancs L 1098	M	Wigan Phoenix
364	00:47:03	516 L&D L 516	M	Wallasey AC
365	00:47:12	1199 Mid Lancs L 1199	M	Mid Lancashire League Pool
366	00:47:14	978 Mid Lancs L 978	M	Preston Harriers
367	00:47:15	444 L&D L 444	M	Skelmersdale Boundary
368	00:47:19	1131 Mid Lancs L 1131	M	Mid Lancashire League Pool
369	00:47:31	386 L&D L 386	M	Penny Lane Striders
370	00:47:54	385 L&D L 385	M	Penny Lane Striders
371	00:47:57	765 Mid Lancs L 765	M	Clayton Le Moors Harriers
372	00:47:59	1202 Mid Lancs L 1202	M	Mid Lancashire League Pool
373	00:48:04	984 Mid Lancs L 984	M	Preston Harriers
374	00:48:05	442 L&D L 442	M	Skelmersdale Boundary
375	00:48:16	1085 Mid Lancs L 1085	M	Wigan Harriers
376	00:48:17	566 L&D L 566	M	Wirral AC
377	00:48:25	447 L&D L 447	M	Skelmersdale Boundary

378	00:48:46	776 Mid Lancs L 776	M	Clayton Le Moors Harriers
379	00:49:08	1209 Mid Lancs L 1209	M	Mid Lancashire League Pool
380	00:49:15	970 Mid Lancs L 970	M	Preston Harriers
381	00:49:34	384 L&D L 384	M	Penny Lane Striders
382	00:49:57	922 Mid Lancs L 922	M	Lytham St Annes RRC
383	00:50:17	705 Mid Lancs L 705	M	Chorley AC
384	00:50:26	800 Mid Lancs L 800	M	Glaxo Hoad Hill Harriers
385	00:50:36	939 Mid Lancs L 939	M	Pendle AC
386	00:52:05	714 Mid Lancs L 714	M	Chorley Harriers AC
387	00:52:18	1211 Mid Lancs L 1211	M	Mid Lancashire League Pool
388	00:53:08	801 Mid Lancs L 801	M	Glaxo Hoad Hill Harriers
389	00:53:50	1060 Mid Lancs L 1060	M	Wesham Road Runners
390	00:54:06	882 Mid Lancs L 882	M	Liverpool Harriers
391	00:54:42	7205 L&D L 7205	M	Chester Tri
392	00:54:42	707 Mid Lancs L 707	M	Chorley AC
393	00:55:54	767 Mid Lancs L 767	M	Clayton Le Moors Harriers
394	00:59:24	689 Mid Lancs L 689	M	Blackpool Wyre & Fylde AC
395	01:05:05	706 Mid Lancs L 706	M	Chorley AC