

Position	Actual Time	Race No	Surname	First Name	Club Name
1	00:15:33	121	Wilson	Philip	Lancaster Uni
2	00:15:48	109	Webb	Rob	Rossendale Ha
3	00:15:54	137	Campbell	Ross	Barrow & Furn
4	00:16:01	115	Russell	Alasdair	Kendal AC
5	00:16:04	143	Sache	Ben	Lancaster Uni
6	00:16:30	136	Bartlett	Jed	Barrow & Furn
7	00:16:35	129	Brown	David	Lancaster & M
8	00:16:39	131	Rowlands	Kieran	
9	00:17:06	105	Walker	Matthew	Bolton Harriers
10	00:17:29	125	Wilson	Kevin	Kendal AC
11	00:17:29	132	Hodgson	Karl	Preston Harrie
12	00:17:35	123	Mullen	Jonathan	Liverpool Harri
13	00:17:35	108	Watson	David	Preston Harrie
14	00:17:41	138	Twigg	Joseph	Lancaster & M
15	00:17:42	133	Wilson	Matt	Kendal AC
16	00:17:46	139	Stobbart	Shane	Cumberland A
17	00:17:50	130	Simpson	Alex	Lancaster Uni
18	00:17:52	152	McCarthy	Chris	Lytham St Ann
19	00:18:21	144	MacDonald	Stewart	Bingley Harrie
20	00:18:36	146	McGurk	Connor	Kendal AC
21	00:18:55	116	Quibell	Lee	Red Rose Road
22	00:19:12	111	Pauley	Mike	Bentham Beag
23	00:19:19	126	Simm	Andrew	Blackpool Wyr
24	00:19:19	122	Mullen	Oliver	
25	00:19:32	114	Potter	Dougie	Preston Harrie
26	00:19:43	113	Billington	Mark	Preston Harrie
27	00:19:54	99	Holliday	Ashlyn	Border Harrier
28	00:20:00	100	Holliday	Tony	Cumberland A
29	00:20:30	153	Tranter	Andrew	Preston Harrie
30	00:20:33	110	Perry	Jayne	Lancaster & M
31	00:20:44	106	McGurk	Stuart	Kendal AC
32	00:21:08	127	Hudson	Alan	Wesham RR
33	00:21:31	118	Gardner	Laura	Lancaster & M
34	00:21:34	141	Wilson	Jeff	Blackpool Wyr
35	00:21:48	117	Davey	Mark	Dallam RC
36	00:21:54	142	Hunt	Daisy	Lancaster Uni
37	00:22:37	128	Murray	Sean	Wesham RR
38	00:22:56	147	Dann	David	
39	00:23:16	96	Gill	Ben	
40	00:23:22	151	Kearney	Joe	Lancaster Uni
41	00:23:48	102	Moffat	Helen	
42	00:23:58	154	Tranter	Elizabeth	
43	00:24:35	92	Ashton	Vince	Radcliffe AC
44	00:24:52	120	Rogerson	Vicki	Bentham Beag
45	00:25:01	148	McGrattan	Ken	Bentham Beag
46	00:25:51	95	Fazakerley	Lydia	
47	00:26:06	94	Fairey	Gareth	Red Rose Roac
48	00:26:22	150	Kitchin	Nicola	
49	00:26:23	145	McGurk	Louise	
50	00:26:39	112	Chesters	Alan	Bentham Beag
51	00:27:26	155	Tranter	Angela	Preston Harrie
52	00:29:48	119	Green	Lauren	

53	00:31:20	124 Wareing	Rosalind Ann	
54	00:31:53	107 Davis	Karen	Lancaster & M
55	00:32:59	101 Howorth	Emma	
56	00:34:15	140 McDonald	Mike	Northern Mast
57	00:35:01	98 Heath	Julia	
58	00:38:06	135 Lumley	Victoria	
59	00:38:06	134 Jardine	Tracey	

10km

Position	Actual Time	Race No	Surname	First Name	Club Name
1	00:39:26	458	Miles	Timothy	Kendal AC
2	00:41:18	454	Jackson	Andy	Hoad Hill Harri
3	00:43:34	451	Khoueiry	Jacqui	Wakefield Harr
4	00:45:53	453	Smithers	Ben	Red Rose Road
5	00:48:50	457	Greenwood	Gemma	
6	00:52:40	455	Clucas	John	Blackburn Roa
7	00:59:28	456	Preston	Robert	

Category	Sex
RC	M
irriers	M
ess Striders	M
	M
RC	M
ess Striders	M
orecambe AC	M
	M
s	M
V45	M
rs	M
iers AC	M
V45	M
orecambe AC	M
V40	M
C	M
RC	M
ies RR	M
V50	M
	M
l Runners	M
V55	M
e & Fylde AC	M
	M
rs	M
V50	M
s	F
V45	M
V50	M
V35	F
V55	M
V65	M
orecambe AC	F
V40	M
V50	M
RC	F
	M
V50	M
	M
RC	M
V50	F
	F
V45	M
lles	F
V45	M
	F
V40	M
V45	F
V50	F
V60	M
V50	F
	F

V55	F
	F
	F
V75	M
V50	F
	F
V40	F

Category	Sex
V40	M
V45	M
V40	F
1 Runners	M
	F
V55	M
V40	M