

<u>Name</u>	<u>Time</u>	<u>Club</u>	<u>Overall Position</u>	<u>A/G Position</u>
Jacob Cann	14:11	Lancaster Uni	1	1 st M
Thomas Hodgson	15:02	Halifax Harriers	2	2 nd M
Ben Riddell	15:09	Altrincham	3	1 st MV35
Matthew Briggs	15.10	Lancaster Uni	4	3 rd M
Leo Cossham	15:12	Hallamshire/Lancaster Uni	5	4 th M
Beau Smith	15:27	Lancaster and Morecambe	6	5 th M
Richard Anderson	15:42	KML	7	6 th M
Harry Lancaster	15:47	Eden Runners	8	7 th M
Mark	15:55	Liverpool Pembroke	9	1 st MV45
Ben Kirkman	15:57	Rosendale Harriers	10	8 th M
Ross McKelvic	15:59	Lytham St Annes RRL	11	9 th M
Joe Kenny	16:02	Helm Hill	12	10 th M
Will Smith	16:04	Halifax Harriers	13	2 nd MV45
Wesley Wilkinson	16:07	Preston Harriers	14	11 th M
Reuben Copley	16:13	Lancaster Uni	15	12 th M
Luke Suffolk	16:14	Preston Harriers	16	13 th M
Simon Croft	16:20	Red Rose	17	1 st MV40
Ben Walmsley	16:29	Ribble Valley Harriers	18	2 nd MV35
Russell Maddaws	16:31	Keswick AC	19	3 rd MV45
Mike Fryer	16:37	Helsby Running Club	20	14 th M
Chris Mccarthy	16:56	Blackpool Wyre and Fylde	21	3 rd MV35
Emma Mccolm	16:59	Preston Harriers	22	1 st F
Helen Smith	17:03	Ribble Valley Harriers	23	1 st FV35
	17:06	Horwich	24	4 th MV45

Billy Reid	17:14	Preston Harriers	25	15 th M
Will Sisson	17:17	Kendal AAC	26	4 th MV35
Jackson Sioon	17:23	Lancaster and Morecambe	27	16 th M
Simon Whittaker	17:34	Helm Hill	28	2 nd MV40
Joe Todd	17:34	Kendal AC	29	5 th MV45
Josh Todd	17:38	Kendal AC	30	1 st MJ
William Elis	17:43	Lancaster Uni	31	17 th M
Neil Adair	17:44	Chorley AC	32	3 rd MV40
Richard Joice	17:49	Lancaster Uni	33	18 th M
Chloe Lam Moores	17:58	Preston Harriers	34	2 nd F
Alfie Addison	17:59	Kendal AAC	35	2 nd MJ
Matt Evans	18:00	N/A	36	4 th MV40
Jack Akister	18:08	N/A	37	19 th M
Chris Pyle	18:15	Lancaster and Morecambe	38	6 th MV45
Ashley Crawford	18:16	N/A	39	5 th MV35
Finty Royle	18:24	Lancaster Uni	40	20 th M
Martin Connolly	18:25	N/A	41	21 st M
Gill Draper	18:27	Lytham St Annes	42	2 nd FV35
Alfie Todd	18:51	Kendal AC	43	3 rd MJ
Neil Mcdonall	18:53	Preston Harriers	44	1 st MV50
Nathan Bake	18:55	BWFAC	45	22 nd M
John Rodgers	19:10	Millom Striders	46	2 nd MV50
Anna Philips	19:12	Lancaster Uni	47	3 rd F
James Gilleade-Smith	19:18	Lancaster Runners	48	6 th MV35
David Postill	19:34	Carlisle Tri Club	49	3 rd MV50
Christopher Wylie	19:49	BWFAC	50	23 rd M
Dougie Potter	19:51	Preston Harriers	51	7 th MV35
Alice Steele	19:53	Clapham Chasers	52	4 th F
Ben Cook	19:58	N/A	53	24 th M
Dan Hill	20:01	Blackburn Road Runners	54	5 th MV40
Abigail	20:03	Eden Runners	55	5 th F
Calvin Routledge	20:11	Ambleside AC	56	4 th MV50

James Cornall	20:17	Garstang RC	57	8 th MV35
Heather Eccles	20:26	Kendal AC	58	3 rd FV35
Anna Lonsdale	20:47	Lancaster Uni RAC	59	6 th F
Graham Webster	21:45	Lytham St Annes RR	60	1 st MV65
Christie Byrne	21:56	N/A	61	25 th M
Greg Oulton	25:45	Lytham St Annes	62	5 th MV50