

The Lancashire Cross Country Championships at Witton Park, Blackburn on Saturday 15th January 2005

Under 13 - Boys — FINAL RESULTS

| Pos | Name | Club | Time | Pos | Name | Club | Time |
|-----|------------------|---------------------------|-------|-----|--------------------|---------------------------|-------|
| 1 | Kristian Bibby | Preston Harriers | 12:11 | 17 | Daniel Westgate | Burnley Athletic Club | 14:01 |
| 2 | Jake Helm | Liverpool Pembroke Sefton | 12:18 | 18 | Sam Pickering | Blackpool & Fylde AC | 14:02 |
| 3 | Jordan Cain | Manx Harriers | 12:49 | 19 | Luke Gregory | Rossendale Harriers & AC | 14:04 |
| 4 | Michael McCarten | Liverpool Pembroke Sefton | 12:55 | 20 | Dominic Garrett | Blackpool & Fylde AC | 14:08 |
| 5 | William Warren | Park High School AC | 13:18 | 21 | Ryan Wilson | Blackpool & Fylde AC | 14:09 |
| 6 | Sam Pearson | Blackburn Harriers | 13:19 | 22 | Jack Modley | Lancaster & Morecambe | 14:11 |
| 7 | Daniel Berry | Park High School AC | 13:22 | 23 | Tom Dean | Preston Harriers | 14:20 |
| 8 | Luke Berry | Blackpool & Fylde AC | 13:32 | 24 | James Davies | Preston Harriers | 14:26 |
| 9 | Jason Newell | Liverpool Pembroke Sefton | 13:35 | 25 | Luke Croasdale | Lancaster & Morecambe | 14:42 |
| 10 | Richard Seed | Manx Harriers | 13:39 | 26 | Christopher Hatton | Liverpool Pembroke Sefton | 14:53 |
| 11 | Matthew Bamber | Blackpool & Fylde AC | 13:45 | 27 | Matthew Nash | Preston Harriers | 15:04 |
| 12 | Andrew Harrison | Preston Harriers | 13:47 | 28 | Kieran Monaghan | Blackburn Harriers | 15:10 |
| 13 | James McIver | Chorley Harriers | 13:48 | 29 | Ashley Kay | Rossendale Harriers & AC | 15:33 |
| 14 | Oliver Kennedy | Pendle AC | 13:50 | 30 | Thomas Dacey | Pendle AC | 15:51 |
| 15 | Sam Black | Manx Harriers | 13:58 | 31 | Michael Murray | Chorley Harriers | 17:11 |
| 16 | Eliot Bailey | Hyndburn AC | 13:59 | | | | |

Under 13 - Boys — TEAM RESULTS

| | | | | | |
|-----------------------------|------|------------------|--------------------|------------------|-----------------------|
| 1 Liverpool Pembroke Sefton | 41 — | 2 Jake Helm | 4 Michael McCarten | 9 Jason Newell | 26 Christopher Hatton |
| 2 Blackpool & Fylde AC | 57 — | 8 Luke Berry | 11 Matthew Bamber | 18 Sam Pickering | 20 Dominic Garrett |
| 3 Preston Harriers | 60 — | 1 Kristian Bibby | 12 Andrew Harrison | 23 Tom Dean | 24 James Davies |

Under 13 - Girls — FINAL RESULTS

| Pos | Name | Club | Time | Pos | Name | Club | Time |
|-----|-------------------|---------------------------|-------|-----|---------------------|---------------------------|-------|
| 1 | Kristie Leybourne | Blackpool & Fylde AC | 12:50 | 25 | Sophie Tomlinson | Blackburn Harriers | 15:27 |
| 2 | Jenny Davies | Blackpool & Fylde AC | 12:56 | 26 | Emily Kevan | Preston Harriers | 15:35 |
| 3 | Rachael Franklin | Manx Harriers | 13:30 | 27 | Lucy Fisher | Chorley Harriers | 15:37 |
| 4 | Emma Flanagan | Rossendale Harriers & AC | 13:40 | 28 | Rebecca Taylor | Blackburn Harriers | 15:39 |
| 5 | Lauren Whelan | Manx Harriers | 13:44 | 29 | Annabel Ralph | Hyndburn AC | 15:46 |
| 6 | Kirsty Brookes | Blackpool & Fylde AC | 13:49 | 30 | Lauren Worden | Preston Harriers | 15:47 |
| 7 | Gemma Astin | Manx Harriers | 14:03 | 31 | Aisling Ogdén | Pendle AC | 15:52 |
| 8 | Emma Bowen | Liverpool Pembroke Sefton | 14:10 | 32 | Sarah Lewis | Lancaster & Morecambe | 15:54 |
| 9 | Heather Parker | Rossendale Harriers & AC | 14:13 | 33 | Emma Thompson | Pendle AC | 15:56 |
| 10 | Maisie Bonney | Hyndburn AC | 14:14 | 34 | Fay Latham | Manx Harriers | 16:16 |
| 11 | Andrea Baker | Bury AC | 14:15 | 35 | Rebecca Thompson | Pendle AC | 16:21 |
| 12 | Katie Harling | Blackpool & Fylde AC | 14:18 | 36 | Hannah Shirley | Liverpool Pembroke Sefton | 16:36 |
| 13 | Sophie Fletcher | Preston Harriers | 14:28 | 37 | Samantha Brown | Pendle AC | 16:40 |
| 14 | Emma Hoban | Blackpool & Fylde AC | 14:38 | 38 | Lauren Brown | Blackpool & Fylde AC | 16:42 |
| 15 | Chanice Doyle | Manx Harriers | 14:39 | 39 | Charlotte Bleasdale | Chorley Harriers | 16:54 |
| 16 | Francesca Gregory | Rossendale Harriers & AC | 14:39 | 40 | Rachel Gregson | Blackpool & Fylde AC | 17:00 |
| 17 | Megan Searson | Blackburn Harriers | 14:43 | 41 | Catherine Goulden | Chorley Harriers | 17:07 |
| 18 | Becky Bateson | Lancaster & Morecambe | 14:44 | 42 | Naomi Cox | Preston Harriers | 17:25 |
| 19 | Stefanie Hatch | Blackpool & Fylde AC | 14:59 | 43 | Amy Bolton | Hyndburn AC | 17:30 |
| 20 | Nicola Jackson | Preston Harriers | 15:06 | 44 | Sian Armstrong | Lancaster & Morecambe | 17:54 |
| 21 | Chloe Johnston | Lancaster & Morecambe | 15:08 | 45 | Emily Unsworth | Chorley Harriers | 18:27 |
| 22 | Lucy Benson | Lancaster & Morecambe | 15:14 | 46 | Sarah Wilson | Pendle AC | 19:09 |
| 23 | Evie Jackson | Blackburn Harriers | 15:18 | 47 | Kirsten Knight | Blackburn Harriers | 19:18 |
| 24 | Lucy Patry | Chorley Harriers | 15:24 | | | | |

Under 13 - Girls — TEAM RESULTS

| | | | | | |
|-------------------------|-------|---------------------|-------------------|------------------------|----------------------|
| 1 Blackpool & Fylde AC | 21 — | 1 Kristie Leybourne | 2 Jenny Davies | 6 Kirsty Brookes | 12 Katie Harling |
| 2 Manx Harriers | 30 — | 3 Rachael Franklin | 5 Lauren Whelan | 7 Gemma Astin | 15 Chanice Doyle |
| 3 Preston Harriers | 89 — | 13 Sophie Fletcher | 20 Nicola Jackson | 26 Emily Kevan | 30 Lauren Worden |
| 4 Blackburn Harriers | 93 — | 17 Megan Searson | 23 Evie Jackson | 25 Sophie Tomlinson | 28 Rebecca Taylor |
| 5 Lancaster & Morecambe | 93 — | 18 Becky Bateson | 21 Chloe Johnston | 22 Lucy Benson | 32 Sarah Lewis |
| 6 Chorley Harriers | 131 — | 24 Lucy Patry | 27 Lucy Fisher | 39 Charlotte Bleasdale | 41 Catherine Goulden |
| 7 Pendle AC | 136 — | 31 Aisling Ogdén | 33 Emma Thompson | 35 Rebecca Thompson | 37 Samantha Brown |

The Lancashire Cross Country Championships at Witton Park, Blackburn on Saturday 15th January 2005

Under 15 - Boys — FINAL RESULTS (\$=non-counter)

| Pos | Name | Club | Time | Pos | Name | Club | Time |
|-----|------------------|---------------------------|-------|-----|----------------------|---------------------------|-------|
| 1 | Nathan Bibby | Preston Harriers | 12:42 | 18 | Thomas Bateson | Manx Harriers | 14:41 |
| 2 | Curtis Pearce | Blackburn Harriers | 12:50 | 19 | Sam Chanon | Blackpool & Fylde AC | 14:47 |
| 3 | Rob Jackson | Preston Harriers | 13:03 | 20 | Richard Shuttleworth | Preston Harriers | 14:53 |
| 4 | Peter Matthews | Blackburn Harriers | 13:20 | 21 | Aaron Barker | Rossendale Harriers & AC | 14:56 |
| 5 | Andrew Bowen | Liverpool Pembroke Sefton | 13:33 | 22 | Stephen Porter | Blackburn Harriers | 14:56 |
| 6 | Duncan Burns | Burnley Athletic Club | 13:38 | 23 | Andrew Holmes | Chorley Athletic Club | 15:03 |
| 7 | Robbie Schofield | Hyndburn AC | 13:45 | 24 | Grant Cunliffe | Burnley Athletic Club | 15:10 |
| 8 | Adam Hurley | Hyndburn AC | 13:47 | 25 | Aaron Ppa Flynn | Blackburn Harriers | 15:15 |
| 9 | James McKenna | Blackburn Harriers | 13:51 | 26 | Jack Thompson | Pendle AC | 15:15 |
| 10 | Carl Nic Andrew | Rossendale Harriers & AC | 13:53 | 27 | Keiron Russell | Rossendale Harriers & AC | 15:33 |
| 11 | Philip Bolton | Rossendale Harriers & AC | 14:02 | 28 | Matthew Lloyd | Liverpool Pembroke Sefton | 15:37 |
| 12 | Tom Melody | Chorley Harriers | 14:08 | 29 | Thomas Hanlon | Liverpool Pembroke Sefton | 16:05 |
| 13 | Daniel Bamber | Blackpool & Fylde AC | 14:10 | 30 | Damian Rawcliffe | Hyndburn AC | 16:16 |
| 14 | Ryan Fairclough | Northern (IOM) | 14:22 | 31 | John Horrocks | Chorley Harriers | 16:43 |
| 15 | Steven Mason | Blackpool & Fylde AC | 14:23 | 32 | James Walsh | Preston Harriers | 16:53 |
| 16 | Matthew Davison | Preston Harriers | 14:24 | 33 | Mark Yates | Chorley Harriers | 16:59 |
| 17 | Philip Bacon | Pendle AC | 14:30 | | | | |

Under 15 - Boys — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

| | | | | | |
|----------------------------|------|--------------------|------------------|--------------------|-------------------------|
| 1 Blackburn Harriers | 37 — | 2 Curtis Pearce | 4 Peter Matthews | 9 James McKenna | 22 Stephen Porter |
| 2 Preston Harriers | 40 — | 1 Nathan Bibby | 3 Rob Jackson | 16 Matthew Davison | 20 Richard Shuttleworth |
| 3 Rossendale Harriers & AC | 69 — | 10 Carl Nic Andrew | 11 Philip Bolton | 21 Aaron Barker | 27 Keiron Russell |

Under 15 - Girls — FINAL RESULTS (\$=non-counter)

| Pos | Name | Club | Time | Pos | Name | Club | Time |
|-----|-------------------|--------------------------|-------|-----|---------------------|-----------------------|-------|
| 1 | Kate Hindle | Preston Harriers | 14:51 | 19 | Amie Kevan | Preston Harriers | 17:16 |
| 2 | Nicola Cooil | Manx Harriers | 15:27 | 20 | Holly Robinson | Blackburn Harriers | 17:27 |
| 3 | Rachel Searson | Blackburn Harriers | 15:35 | 21 | Danielle Bamber | Blackpool & Fylde AC | 17:34 |
| 4 | Hannah Bateson | Lancaster & Morecambe | 15:40 | 22 | Rachel Wood | Blackburn Harriers | 17:44 |
| 5 | Samantha Preedy | Blackpool & Fylde AC | 15:48 | 23 | Katie McTominay | Lancaster & Morecambe | 17:53 |
| 6 | Elizabeth Wignall | Lancaster & Morecambe | 16:03 | 24 | Rebecca Halsall | Preston Harriers | 17:56 |
| 7 | Alison Leonardo | Chorley Harriers | 16:05 | 25 | Claire Bunting | Hyndburn AC | 18:06 |
| 8 | Leigh Lennon | Hyndburn AC | 16:09 | 26 | Dominique Clayden | Preston Harriers | 18:07 |
| 9 | Katie Ireland | Rossendale Harriers & AC | 16:12 | 27 | Kara Shuttleworth | Preston Harriers | 18:18 |
| 10 | Rebecca Robinson | Park High School AC | 16:18 | 28 | Melanie Taylor | Blackburn Harriers | 18:24 |
| 11 | Emma Homsby | Blackburn Harriers | 16:23 | 29 | Jennifer Mitchell | Hyndburn AC | 18:38 |
| 12 | Rachel Maume | Blackpool & Fylde AC | 16:26 | 30 | Ashleigh Williams | Hyndburn AC | 18:54 |
| 13 | Jade Hartley | Pendle AC | 16:32 | 31 | Zoe Gibson | Lancaster & Morecambe | 19:00 |
| 14 | Tiffany Boswell | Park High School AC | 16:38 | 32 | Alison Fowler | Chorley Harriers | 19:37 |
| 15 | Sarahel Allen | Preston Harriers | 16:45 | 33 | Heather Williams | Hyndburn AC | 20:20 |
| 16 | Suzanne Bailey | Hyndburn AC | 16:56 | 34 | Emma Southworth | Chorley Harriers | 20:45 |
| 17 | Kathryn Maunder | Blackpool & Fylde AC | 16:59 | 35 | Charlotte Edmondson | Hyndburn AC | 21:48 |
| 18 | Beth Goodwin | Preston Harriers | 17:14 | 36 | Charlotte Murray | Chorley Harriers | 22:45 |

Under 15 - Girls — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

| | | | | | |
|-------------------------|-------|-------------------|---------------------|--------------------|----------------------|
| 1 Preston Harriers | 50 — | 1 Kate Hindle | 14 Sarahel Allen | 17 Beth Goodwin | 18 Amie Kevan |
| 2 Blackpool & Fylde AC | 52 — | 5 Samantha Preedy | 11 Rachel Maume | 16 Kathryn Maunder | 20 Danielle Bamber |
| 3 Lancaster & Morecambe | 62 — | 4 Hannah Bateson | 6 Elizabeth Wignall | 22 Katie McTominay | 30 Zoe Gibson |
| 4 Blackburn Harriers | 70 — | 3 Rachel Searson | 19 Holly Robinson | 21 Rachel Wood | 27 Melanie Taylor |
| 5 Hyndburn AC | 75 — | 8 Leigh Lennon | 15 Suzanne Bailey | 24 Claire Bunting | 28 Jennifer Mitchell |
| 6 Chorley Harriers | 106 — | 7 Alison Leonardo | 31 Alison Fowler | 33 Emma Southworth | 35 Charlotte Murray |

The Lancashire Cross Country Championships at Witton Park, Blackburn on Saturday 15th January 2005

Junior Women - Under 17 — FINAL RESULTS

| Pos | Name | Club | Time |
|-----|---------------------|-----------------------|-------|
| 1 | Danielle Walker | Burnley Athletic Club | 23:36 |
| 2 | Anna Anderson | Pendle AC | 23:56 |
| 3 | Emily Smith | Lancaster & Morecambe | 24:33 |
| 4 | Katie Morris | Blackburn Harriers | 25:33 |
| 5 | Sara Burns | Pendle AC | 26:04 |
| 6 | Emma Graham | Blackburn Harriers | 26:40 |
| 7 | Catherine Dudbridge | Hyndburn AC | 27:00 |

Junior Women - Under 17 — TEAM RESULTS

1 Lancaster & Morecambe 26 — 3 Emily Smith 11 Melissa Birbeck 12 Hannah Macgregor

Junior Women - Under 20 — FINAL RESULTS

| Pos | Name | Club | Time |
|-----|-------------------|------------------------------|-------|
| 1 | Laurae Finucan | Pendle AC | 22:58 |
| 2 | Victoria Snape | Horwich Rmi Harriers | 25:41 |
| 3 | Nicola Rowley | Blackpool & Fylde AC | 25:49 |
| 4 | Rachel Crowe | Lytham St Annes Road Runners | 26:17 |
| 5 | Hayley Billington | Preston Harriers | 26:27 |
| 6 | Emma Perrin | Chorley Athletic Club | 26:46 |
| 7 | Laura Livesey | Chorley Athletic Club | 26:50 |
| 8 | Daniel Wiseman | Blackpool & Fylde AC | 29:30 |

Junior Women - Under 20 — TEAM RESULTS

No complete teams

Race 4 - Under 17 Men — FINAL RESULTS

| Pos | Name | Club | Time |
|-----|-----------------|---------------------------|-------|
| 1 | Richard Stones | Blackburn Harriers | 21:32 |
| 2 | Ben Rusius | Blackburn Harriers | 21:45 |
| 3 | Ben Lindsay | Pendle AC | 22:03 |
| 4 | Tom Cunningham | Blackpool & Fylde AC | 22:20 |
| 5 | Peter Street | Preston Harriers | 22:31 |
| 6 | Luke Minns | Blackpool & Fylde AC | 22:41 |
| 7 | Sean Williams | Hyndburn AC | 22:49 |
| 8 | Andrew Newton | Manx Harriers | 22:59 |
| 9 | Lee Butterworth | Manx Harriers | 23:13 |
| 10 | Paul Wadsworth | Rossendale Harriers & AC | 23:23 |
| 11 | Stevan Barnes | Blackpool & Fylde AC | 23:32 |
| 12 | Daniel Preedy | Blackpool & Fylde AC | 23:46 |
| 13 | Nathan Riding | Hyndburn AC | 23:58 |
| 14 | Chris Melling | Liverpool Pembroke Sefton | 24:16 |
| 15 | David Rigby | Preston Harriers | 24:19 |
| 16 | Sahne Russell | Rossendale Harriers & AC | 24:20 |
| 17 | Andrew McWade | Blackburn Harriers | 24:54 |
| 18 | Sam Glynn | Liverpool Pembroke Sefton | 24:55 |
| 19 | Michael Smith | Hyndburn AC | 24:55 |
| 20 | Robert Bland | Liverpool Pembroke Sefton | 25:22 |
| 21 | Lee Ormerod | Blackpool & Fylde AC | 25:29 |
| 22 | James Eccles | Manx Harriers | 28:02 |

Race 4 - Under 17 Men — TEAM RESULTS

| | | | | |
|-----------------------------|------|------------------|-------------------|------------------|
| 1 Blackburn Harriers | 20 — | 1 Richard Stones | 2 Ben Rusius | 17 Andrew McWade |
| 2 Blackpool & Fylde AC | 21 — | 4 Tom Cunningham | 6 Luke Minns | 11 Stevan Barnes |
| 3 Hyndburn AC | 39 — | 7 Sean Williams | 13 Nathan Riding | 19 Michael Smith |
| 4 Manx Harriers | 39 — | 8 Andrew Newton | 9 Lee Butterworth | 22 James Eccles |
| 5 Liverpool Pembroke Sefton | 52 — | 14 Chris Melling | 18 Sam Glynn | 20 Robert Bland |

The Lancashire Cross Country Championships at Witton Park, Blackburn on Saturday 15th January 2005

Race 4 - Ladies — FINAL RESULTS

| Pos | Name | Cat/Pos | Club | Time |
|-----|---------------------|---------|------------------------------|-------|
| 1 | Pauline Powell | L 1 | Blackburn Harriers | 21:48 |
| 2 | Sarah Willmott | L 2 | Blackburn Harriers | 23:34 |
| 3 | Courtney Birch | L 3 | Liverpool Pembroke Sefton | 23:44 |
| 4 | Rachel Jones | L 4 | Salford Harriers | 24:11 |
| 5 | Katie Ingram | L 5 | Horwich Rmi Harriers | 24:30 |
| 6 | Louise Gardner | L 6 | Lancaster & Morecambe | 24:49 |
| 7 | Philippa Walsh | L40 1 | Preston Harriers | 25:00 |
| 8 | Candice Leah | L 8 | Clayton-Le-Moors Harriers | 25:05 |
| 9 | Cal Partington | L35 1 | Manx Harriers | 25:08 |
| 10 | Lynn Jolley | L 10 | Wigan Phoenix | 25:09 |
| 11 | Sarah Scarrott | L 11 | Chorley Harriers | 25:17 |
| 12 | Emma Deakin | L 12 | Preston Harriers | 25:50 |
| 13 | Anna Kelly | L40 2 | Clayton-Le-Moors Harriers | 25:56 |
| 14 | Suzanne Budgette | L40 3 | Horwich Rmi Harriers | 26:04 |
| 15 | Carol Robbins | L45 1 | Blackpool & Fylde AC | 26:11 |
| 16 | Beverley Whitfield | L 16 | Bingley Harriers | 26:47 |
| 17 | Tracy Mitchell | L 17 | Clayton-Le-Moors Harriers | 27:08 |
| 18 | Victoria Rusius | L 18 | Pendle AC | 27:14 |
| 19 | Jackie Taylor | L40 4 | Blackburn Harriers | 27:26 |
| 20 | Alison Smith | L35 2 | Clayton-Le-Moors Harriers | 27:30 |
| 21 | Andrea Smith | L35 3 | North Fylde AC | 27:36 |
| 22 | Deborah Culshaw | L 22 | Wigan Phoenix | 27:39 |
| 23 | Rachel Metcalfe | L 23 | Horwich Rmi Harriers | 28:08 |
| 24 | Gail Hope Eilershaw | L 24 | Blackpool & Fylde AC | 28:10 |
| 25 | Chrissie O'Connor | L45 2 | North Fylde AC | 28:18 |
| 26 | Claire Goulden | L35 4 | Chorley Harriers | 28:23 |
| 27 | Sarah Gohil | L35 5 | Preston Harriers | 28:27 |
| 28 | Anastasia Bligh | L 28 | Blackpool & Fylde AC | 28:48 |
| 29 | Catherine Culshaw | L 29 | Wigan Phoenix | 29:04 |
| 30 | Gwen Farnworth | L40 5 | Chorley Harriers | 29:12 |
| 31 | Kath Hoyer | L45 3 | Wesham Road Runners | 29:14 |
| 32 | Karen Nash | L40 6 | Preston Harriers | 29:28 |
| 33 | Dianna Capstick | L40 7 | Lancaster & Morecambe | 29:44 |
| 34 | Ruth Calderbank | L50 1 | North Fylde AC | 30:12 |
| 35 | Lauren Cooper | L 35 | Lancaster & Morecambe | 30:53 |
| 36 | Paula Homan | L 36 | Preston Harriers | 31:22 |
| 37 | Jan Atkins | L55 1 | Chorley Harriers | 31:43 |
| 38 | Katherine Winrow | L45 4 | Lancaster & Morecambe | 32:03 |
| 39 | Heather Wells | L40 8 | Lytham St Annes Road Runners | 32:06 |
| 40 | Karen Dunford | L35 6 | North Fylde AC | 32:09 |
| 41 | Janet Pound | L45 5 | Chorley Athletic Club | 32:26 |
| 42 | Jane Derbyshire | L45 6 | Horwich Rmi Harriers | 33:22 |
| 43 | Janet Chaplin | L40 9 | Chorley Harriers | 33:24 |
| 44 | Alison Armour | L40 10 | Preston Harriers | 33:43 |
| 45 | Julie Murphy | L35 7 | Wesham Road Runners | 33:51 |
| 46 | Jenniferg Adams | L50 2 | Accrington Road Runners | 34:04 |
| 47 | Chris Leathley | L55 2 | Clayton-Le-Moors Harriers | 35:29 |
| 48 | Heather Beattie | L 48 | Lancaster & Morecambe | 36:05 |
| 49 | Marie Wyld | L55 3 | Wesham Road Runners | 36:30 |
| 50 | Elizabeth Routledge | L40 11 | North Fylde AC | 37:28 |
| 51 | Dawn Lock | L55 4 | Lytham St Annes Road Runners | 42:15 |

Race 4 - Ladies — TEAM RESULTS

| | | | | | | | | | |
|----|---------------------------|-----|---|----|----------------|----|---------------------|----|-------------------|
| 1 | Blackburn Harriers | 22 | — | 1 | Pauline Powell | 2 | Sarah Willmott | 19 | Jackie Taylor |
| 2 | Clayton-Le-Moors Harriers | 38 | — | 8 | Candice Leah | 13 | Anna Kelly | 17 | Tracy Mitchell |
| 3 | Horwich Rmi Harriers | 42 | — | 5 | Katie Ingram | 14 | Suzanne Budgette | 23 | Rachel Metcalfe |
| 4 | Preston Harriers | 46 | — | 7 | Philippa Walsh | 12 | Emma Deakin | 27 | Sarah Gohil |
| 5 | Wigan Phoenix | 61 | — | 10 | Lynn Jolley | 22 | Deborah Culshaw | 29 | Catherine Culshaw |
| 6 | Blackpool & Fylde AC | 67 | — | 15 | Carol Robbins | 24 | Gail Hope Eilershaw | 28 | Anastasia Bligh |
| 7 | Chorley Harriers | 67 | — | 11 | Sarah Scarrott | 26 | Claire Goulden | 30 | Gwen Farnworth |
| 8 | Lancaster & Morecambe | 74 | — | 6 | Louise Gardner | 33 | Dianna Capstick | 35 | Lauren Cooper |
| 9 | North Fylde AC | 80 | — | 21 | Andrea Smith | 25 | Chrissie O'Connor | 34 | Ruth Calderbank |
| 10 | Wesham Road Runners | 125 | — | 31 | Kath Hoyer | 45 | Julie Murphy | 49 | Marie Wyld |

Race 4 - Ladies (Vets) — FINAL RESULTS

| Pos | Name | Cat/Pos | Club | Time |
|-----|---------------------|---------|------------------------------|-------|
| 1 | Philippa Walsh | L40 1 | Preston Harriers | 25:00 |
| 2 | Cal Partington | L35 1 | Manx Harriers | 25:08 |
| 3 | Anna Kelly | L40 2 | Clayton-Le-Moors Harriers | 25:56 |
| 4 | Suzanne Budgette | L40 3 | Horwich Rmi Harriers | 26:04 |
| 5 | Carol Robbins | L45 1 | Blackpool & Fylde AC | 26:11 |
| 6 | Jackie Taylor | L40 4 | Blackburn Harriers | 27:26 |
| 7 | Alison Smith | L35 2 | Clayton-Le-Moors Harriers | 27:30 |
| 8 | Andrea Smith | L35 3 | North Fylde AC | 27:36 |
| 9 | Chrissie O'Connor | L45 2 | North Fylde AC | 28:18 |
| 10 | Claire Goulden | L35 4 | Chorley Harriers | 28:23 |
| 11 | Sarah Gohil | L35 5 | Preston Harriers | 28:27 |
| 12 | Gwen Farnworth | L40 5 | Chorley Harriers | 29:12 |
| 13 | Kath Hoyer | L45 3 | Wesham Road Runners | 29:14 |
| 14 | Karen Nash | L40 6 | Preston Harriers | 29:28 |
| 15 | Dianna Capstick | L40 7 | Lancaster & Morecambe | 29:44 |
| 16 | Ruth Calderbank | L50 1 | North Fylde AC | 30:12 |
| 17 | Jan Atkins | L55 1 | Chorley Harriers | 31:43 |
| 18 | Katherine Winrow | L45 4 | Lancaster & Morecambe | 32:03 |
| 19 | Heather Wells | L40 8 | Lytham St Annes Road Runners | 32:06 |
| 20 | Karen Dunford | L35 6 | North Fylde AC | 32:09 |
| 21 | Janet Pound | L45 5 | Chorley Athletic Club | 32:26 |
| 22 | Jane Derbyshire | L45 6 | Horwich Rmi Harriers | 33:22 |
| 23 | Janet Chaplin | L40 9 | Chorley Harriers | 33:24 |
| 24 | Alison Armour | L40 10 | Preston Harriers | 33:43 |
| 25 | Julie Murphy | L35 7 | Wesham Road Runners | 33:51 |
| 26 | Jenniferg Adams | L50 2 | Accrington Road Runners | 34:04 |
| 27 | Chris Leathley | L55 2 | Clayton-Le-Moors Harriers | 35:29 |
| 28 | Marie Wyld | L55 3 | Wesham Road Runners | 36:30 |
| 29 | Elizabeth Routledge | L40 11 | North Fylde AC | 37:28 |
| 30 | Dawn Lock | L55 4 | Lytham St Annes Road Runners | 42:15 |

The Lancashire Cross Country Championships at Witton Park, Blackburn on Saturday 15th January 2005

Junior Men — FINAL RESULTS

| Pos | Name | Club | Time | | | | |
|-----|--------------------|---------------------------|-------|----|---------------|----------------------|-------|
| 1 | Chris Hart | Blackburn Harriers | 29:18 | 7 | Mark Hartley | Pendle AC | 33:39 |
| 2 | Richard Newton | Preston Harriers | 29:31 | 8 | Paul Johnston | Blackpool & Fylde AC | 34:30 |
| 3 | Robert Stocks | Liverpool Pembroke Sefton | 30:52 | 9 | Andrew Duncan | Manx Harriers | 34:58 |
| 4 | James Kevan | Horwich Rmi Harriers | 31:51 | 10 | Richard Yates | Chorley Harriers | 37:12 |
| 5 | Steven Worthington | Lancaster & Morecambe | 32:45 | 11 | Karl Lee | Wesham Road Runners | 38:52 |
| 6 | Matt Wood | Blackburn Harriers | 33:01 | | | | |

Junior Men — TEAM RESULTS

No complete teams

Senior Men — FINAL RESULTS

| Pos | Name | Cat/Pos | Club | Time | | | |
|-----|---------------------|---------|------------------------------|-------|-----|--------------------|-------------------------------------|
| 1 | Tim Dickinson | | Blackheath Harriers | 37:51 | 56 | Gary Wilson | Preston Harriers |
| 2 | Martin Roscoe | V40 1 | Leeds City | 38:02 | 57 | Ali Welsh | V40 13 North Fylde AC |
| 3 | Ben Fish | | Blackburn Harriers | 38:09 | 58 | Michael Cronshaw | V45 6 North Fylde AC |
| 4 | Neil Tattersall | | Pendle AC | 38:36 | 59 | Nick Hume | V45 7 North Fylde AC |
| 5 | Mark Croasdale | V40 2 | Lancaster & Morecambe | 38:47 | 60 | Neil Holding | V45 8 West Pennine Runners |
| 6 | Thomas Cornthwaite | | Blackburn Harriers | 39:00 | 61 | Philip Walsh | V50 4 Preston Harriers |
| 7 | Michael Aspinall | | Lancaster & Morecambe | 39:06 | 62 | Paul Curphey | V40 14 Manx Harriers |
| 8 | Mark Aspinall | V40 3 | Clayton-Le-Moors Harriers | 39:38 | 63 | Mark Wightman | V40 15 Clayton-Le-Moors Harriers |
| 9 | Eddie Simpson | | Preston Harriers | 40:01 | 64 | William Garner | Preston Harriers |
| 10 | Philip Leybourne | | Salford Harriers | 40:06 | 65 | Gary McKenna | Blackpool & Fylde AC |
| 11 | Matt Moorhouse | | Salford Harriers | 40:11 | 66 | Nick Percival | Manx Harriers |
| 12 | Steve Watson | V40 4 | Buxton AC | 40:19 | 67 | Macolm Christie | V40 16 Chorley Harriers |
| 13 | Pete Edmondson | | Birmingham University | 40:24 | 68 | Barry Mitchell | V55 1 Clayton-Le-Moors Harriers |
| 14 | Malcolm Eadie | | North Fylde AC | 40:58 | 69 | Chris Essex Crosby | Blackpool & Fylde AC |
| 15 | Charlie Pass | | Wesham Road Runners | 40:59 | 70 | George Woodburn | V50 5 Blackburn Harriers |
| 16 | Andrew Cannell | | Northern (IOM) | 41:00 | 71 | John Wieczorek | Hyndburn AC |
| 17 | Andrew Brindle | | Chorley Athletic Club | 41:25 | 72 | Chris Lane | Chorley Harriers |
| 18 | Paul Thompson | | Clayton-Le-Moors Harriers | 41:41 | 73 | Matthew Dona | Pendle AC |
| 19 | Matthew Livingstone | | Preston Harriers | 41:45 | 74 | Stuart Williams | North Fylde AC |
| 20 | Ian Greenwood | V40 5 | Clayton-Le-Moors Harriers | 41:56 | 75 | David Salmon | Clayton-Le-Moors Harriers |
| 21 | Paul Clarke | V40 6 | Manx Harriers | 41:57 | 76 | John Anderson | V40 17 Pendle AC |
| 22 | Paul Guinan | | Blackburn Harriers | 42:00 | 77 | Dave Reynolds | Newburgh Nomads |
| 23 | Philip Hall | V40 7 | Clayton-Le-Moors Harriers | 42:03 | 78 | Stephen Rouse | Pendle AC |
| 24 | Paul Roby | | Horwich Rmi Harriers | 42:04 | 79 | Gary Platt | V45 9 Chorley Harriers |
| 25 | Chris Waters | | Ambleside AC | 42:14 | 80 | Dave Dunn | V40 18 Lytham St Annes Road Runners |
| 26 | Alex Rowe | V45 1 | Wesham Road Runners | 42:17 | 81 | Peter Singleton | V45 10 Blackpool & Fylde AC |
| 27 | Mike Whyatt | V40 8 | Garstang RC | 42:34 | 82 | Tony Pritchard | V50 6 Garstang RC |
| 28 | Gianni Epifani | | Manx Harriers | 42:39 | 83 | John Rainford | V40 19 Preston Harriers |
| 29 | Andy Fox | V45 2 | Manx Harriers | 42:42 | 84 | Trevor Uttley | V40 20 North Fylde AC |
| 30 | Murray Lambden | V45 3 | Manx Harriers | 42:45 | 85 | Kieron Mitchell | Clayton-Le-Moors Harriers |
| 31 | Keith Johnston | | Chorley Harriers | 42:49 | 86 | Russell Mabbett | V40 21 Wesham Road Runners |
| 32 | Steve Hallas | | Preston Harriers | 43:11 | 87 | Frank McTominay | V40 22 Lancaster & Morecambe |
| 33 | Andrew Grenfell | | Rossendale Harriers & AC | 43:17 | 88 | Geoff Lyons | V45 11 Garstang RC |
| 34 | Steve Duxbury | V50 1 | Rossendale Harriers & AC | 43:23 | 89 | Alan Appleby | V55 2 Preston Harriers |
| 35 | David Parkington | | Preston Harriers | 43:33 | 90 | Terry Hellings | V50 7 Lytham St Annes Road Runners |
| 36 | Danny Hayes | | Blackpool & Fylde AC | 43:39 | 91 | Adrian Shorrocks | Blackburn Harriers |
| 37 | Andy Buttery | | Rossendale Harriers & AC | 44:31 | 92 | Dean Thompson | Pendle AC |
| 38 | John Houghton | V40 9 | North Fylde AC | 44:33 | 93 | Nigel Cochrane | V50 8 Newburgh Nomads |
| 39 | Neil Worswick | | Clayton-Le-Moors Harriers | 44:38 | 94 | Brian Kennedy | V55 3 Newburgh Nomads |
| 40 | Michael Garrett | | Manx Harriers | 44:46 | 95 | Wally Coppelov | V45 12 Newburgh Nomads |
| 41 | Brian Dewhurst | | Preston Harriers | 44:59 | 96 | Peter Broome | V50 9 Blackpool & Fylde AC |
| 42 | Liam Barton | | Blackburn Harriers | 45:12 | 97 | Craig Greenough | Garstang RC |
| 43 | Gary Pendlebury | V50 2 | Wesham Road Runners | 45:17 | 98 | Peter Starkey | V50 10 Chorley Harriers |
| 44 | Raymond Kenny | V40 10 | Preston Harriers | 45:24 | 99 | Mark Middley | Wesham Road Runners |
| 45 | Paul Weall | | Wigan Phoenix | 45:29 | 100 | Ted Orrell | V60 2 Clayton-Le-Moors Harriers |
| 46 | Leslie Endean | V45 4 | North Fylde AC | 45:32 | 101 | James Unsworth | Blackpool & Fylde AC |
| 47 | John Collier | V50 3 | Wesham Road Runners | 45:32 | 102 | Barry Chester | V55 4 Chorley Athletic Club |
| 48 | Mark Ellinthorn | V40 11 | Chorley Harriers | 45:37 | 103 | Philip Dean | V40 23 Red Rose Runners |
| 49 | Nigel Thompson | | Lytham St Annes Road Runners | 45:37 | 104 | Alan Wilkinson | V55 5 Blackpool & Fylde AC |
| 50 | Robert Barton | | Blackburn Harriers | 45:44 | 105 | Philip Leaver | V50 11 Wesham Road Runners |
| 51 | Dave Waywell | V60 1 | Wesham Road Runners | 45:52 | 106 | Michael Nolan | V45 13 Blackburn Harriers |
| 52 | C Balderson | V40 12 | Clayton-Le-Moors Harriers | 45:57 | 107 | Philip Burke | V40 24 North Fylde AC |
| 53 | Gary Johnston | V45 5 | North Fylde AC | 46:02 | 108 | Micheal Bowkley | V50 12 Accrington Road Runners |
| 54 | Andy Watson | | Manx Harriers | 46:09 | 109 | Karl Pittendreich | V40 25 Chorley Harriers |
| 55 | Sean Molloy | | Rossendale Harriers & AC | 46:15 | 110 | Robert Massey | V55 6 Blackpool & Fylde AC |

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|-----|----------------|-------|------------------------------|-------|-----|----------------|-------|------------------------------|---------|
| 111 | Brian Porter | V4026 | Wesham Road Runners | 55:55 | 121 | David Rigby | V4518 | Lytham St Annes Road Runners | 59:23 |
| 112 | Graham Vickers | V4514 | Wesham Road Runners | 56:19 | 122 | David Dyson | V4519 | North Fylde AC | 1:00:27 |
| 113 | Alan Smart | V4515 | Blackpool & Fylde AC | 56:57 | 123 | Ron Bray | V65 1 | Blackpool & Fylde AC | 1:00:40 |
| 114 | David Wood | V55 7 | North Fylde AC | 57:06 | 124 | Michael Murray | V4027 | Chorley Harriers | 1:01:02 |
| 115 | George James | V60 3 | Blackpool & Fylde AC | 57:19 | 125 | Howard Henshaw | V60 4 | Blackpool & Fylde AC | 1:01:21 |
| 116 | Alan Dobson | V5013 | Preston Harriers | 57:54 | 126 | Simon Cole | | Lytham St Annes Road Runners | 1:02:40 |
| 117 | Paul Wilson | V4516 | Pendle AC | 58:01 | 127 | Graham Pomfret | V55 8 | Blackburn Harriers | 1:02:48 |
| 118 | David Culshaw | V5014 | Wigan Harriers | 58:40 | 128 | Peter Cooke | V4520 | Wesham Road Runners | 1:02:54 |
| 119 | Pete James | V4517 | West Pennine Runners | 58:54 | 129 | Gary Jones | V5016 | Chorley Harriers | 1:03:06 |
| 120 | Paul Walsh | V5015 | Lytham St Annes Road Runners | 59:04 | 130 | Edward Murray | V60 5 | Chorley Athletic Club | 1:08:38 |
| | | | | | 131 | Mike Coppin | V60 6 | Chorley Athletic Club | 1:14:37 |

Senior Men — TEAM RESULTS

| | | | | | | | | | | | | | | | |
|----|------------------------------|-----|---|----|-----------------|----|---------------------|----|-----------------|-----|-----------------|-----|-----------------|-----|------------------|
| 1 | Clayton-Le-Moors Harriers | 160 | — | 8 | Mark Aspinall | 18 | Paul Thompson | 20 | Ian Greenwood | 23 | Philip Hall | 39 | Neil Worswick | 52 | C Balderson |
| 2 | Preston Harriers | 180 | — | 9 | Eddie Simpson | 19 | Matthew Livingstone | 32 | Steve Hallas | 35 | David Parkinson | 41 | Brian Dewhurst | 44 | Raymond Kenny |
| 3 | Blackburn Harriers | 193 | — | 3 | Ben Fish | 6 | Thomas Cornthwaite | 22 | Paul Guinan | 42 | Liam Barton | 50 | Robert Barton | 70 | George Woodburn |
| 4 | Manx Harriers | 202 | — | 21 | Paul Clarke | 28 | Gianni Epifani | 29 | Andy Fox | 30 | Murray Lambden | 40 | Michael Garrett | 54 | Andy Watson |
| 5 | North Fylde AC | 266 | — | 14 | Malcolm Eadie | 38 | John Houghton | 46 | Leslie Endean | 53 | Gary Johnston | 57 | Ali Welsh | 58 | Michael Cronshaw |
| 6 | Wesham Road Runners | 268 | — | 15 | Charlie Pass | 26 | Alex Rowe | 43 | Gary Pendlebury | 47 | John Collier | 51 | Dave Waywell | 86 | Russell Mabbett |
| 7 | Chorley Harriers | 395 | — | 31 | Keith Johnston | 48 | Mark Ellinthorn | 67 | Macolm Christie | 72 | Chris Lane | 79 | Gary Platt | 98 | Peter Starkey |
| 8 | Pendle AC | 440 | — | 4 | Neil Tattersall | 73 | Matthew Dona | 76 | John Anderson | 78 | Stephen Rouse | 92 | Dean Thompson | 117 | Paul Wilson |
| 9 | Blackpool & Fylde AC | 448 | — | 36 | Danny Hayes | 65 | Gary McKenna | 69 | Chris Essex | 81 | Peter Singleton | 96 | Peter Broome | 101 | James Unsworth |
| 10 | Lytham St Annes Road Runners | 586 | — | 49 | Nigel Thompson | 80 | Dave Dunn | 90 | Terry Hellings | 120 | Paul Walsh | 121 | David Rigby | 126 | Simon Cole |

Senior Men (Vets) — FINAL RESULTS

| Pos | Name | Cat/Pos | Club | Time | Pos | Name | Cat/Pos | Club | Time |
|-----|------------------|---------|------------------------------|-------|-----|-------------------|---------|------------------------------|---------|
| 1 | Martin Roscoe | V40 1 | Leeds City | 38:02 | 40 | Frank McTominay | V4022 | Lancaster & Morecambe | 50:01 |
| 2 | Mark Croasdale | V40 2 | Lancaster & Morecambe | 38:47 | 41 | Geoff Lyons | V4511 | Garstang RC | 50:01 |
| 3 | Mark Aspinall | V40 3 | Clayton-Le-Moors Harriers | 39:38 | 42 | Alan Appleby | V55 2 | Preston Harriers | 50:17 |
| 4 | Steve Watson | V40 4 | Buxton AC | 40:19 | 43 | Terry Hellings | V50 7 | Lytham St Annes Road Runners | 50:35 |
| 5 | Ian Greenwood | V40 5 | Clayton-Le-Moors Harriers | 41:56 | 44 | Nigel Cochrane | V50 8 | Newburgh Nomads | 50:57 |
| 6 | Paul Clarke | V40 6 | Manx Harriers | 41:57 | 45 | Brian Kennedy | V55 3 | Newburgh Nomads | 50:59 |
| 7 | Philip Hall | V40 7 | Clayton-Le-Moors Harriers | 42:03 | 46 | Wally Coppelov | V4512 | Newburgh Nomads | 51:13 |
| 8 | Alex Rowe | V45 1 | Wesham Road Runners | 42:17 | 47 | Peter Broome | V50 9 | Blackpool & Fylde AC | 51:23 |
| 9 | Mike Whyatt | V40 8 | Garstang RC | 42:34 | 48 | Peter Starkey | V5010 | Chorley Harriers | 52:48 |
| 10 | Andy Fox | V45 2 | Manx Harriers | 42:42 | 49 | Ted Orrell | V60 2 | Clayton-Le-Moors Harriers | 53:28 |
| 11 | Murray Lambden | V45 3 | Manx Harriers | 42:45 | 50 | Barry Chester | V55 4 | Chorley Athletic Club | 53:44 |
| 12 | Steve Duxbury | V50 1 | Rossendale Harriers & AC | 43:23 | 51 | Philip Dean | V4023 | Red Rose Runners | 54:11 |
| 13 | John Houghton | V40 9 | North Fylde AC | 44:33 | 52 | Alan Wilkinson | V55 5 | Blackpool & Fylde AC | 54:33 |
| 14 | Gary Pendlebury | V50 2 | Wesham Road Runners | 45:17 | 53 | Philip Leaver | V5011 | Wesham Road Runners | 54:44 |
| 15 | Raymond Kenny | V4010 | Preston Harriers | 45:24 | 54 | Michael Nolan | V4513 | Blackburn Harriers | 54:47 |
| 16 | Leslie Endean | V45 4 | North Fylde AC | 45:32 | 55 | Philip Burke | V4024 | North Fylde AC | 54:50 |
| 17 | John Collier | V50 3 | Wesham Road Runners | 45:32 | 56 | Micheal Bowkley | V5012 | Accrington Road Runners | 55:03 |
| 18 | Mark Ellinthorn | V4011 | Chorley Harriers | 45:37 | 57 | Karl Pittendreich | V4025 | Chorley Harriers | 55:11 |
| 19 | Dave Waywell | V60 1 | Wesham Road Runners | 45:52 | 58 | Robert Massey | V55 6 | Blackpool & Fylde AC | 55:16 |
| 20 | C Balderson | V4012 | Clayton-Le-Moors Harriers | 45:57 | 59 | Brian Porter | V4026 | Wesham Road Runners | 55:55 |
| 21 | Gary Johnston | V45 5 | North Fylde AC | 46:02 | 60 | Graham Vickers | V4514 | Wesham Road Runners | 56:19 |
| 22 | Ali Welsh | V4013 | North Fylde AC | 46:22 | 61 | Alan Smart | V4515 | Blackpool & Fylde AC | 56:57 |
| 23 | Michael Cronshaw | V45 6 | North Fylde AC | 46:25 | 62 | David Wood | V55 7 | North Fylde AC | 57:06 |
| 24 | Nick Hume | V45 7 | North Fylde AC | 46:35 | 63 | George James | V60 3 | Blackpool & Fylde AC | 57:19 |
| 25 | Neil Holding | V45 8 | West Pennine Runners | 46:38 | 64 | Alan Dobson | V5013 | Preston Harriers | 57:54 |
| 26 | Philip Walsh | V50 4 | Preston Harriers | 46:40 | 65 | Paul Wilson | V4516 | Pendle AC | 58:01 |
| 27 | Paul Curphey | V4014 | Manx Harriers | 46:45 | 66 | David Culshaw | V5014 | Wigan Harriers | 58:40 |
| 28 | Mark Wightman | V4015 | Clayton-Le-Moors Harriers | 46:47 | 67 | Pete James | V4517 | West Pennine Runners | 58:54 |
| 29 | Macolm Christie | V4016 | Chorley Harriers | 47:13 | 68 | Paul Walsh | V5015 | Lytham St Annes Road Runners | 59:04 |
| 30 | Barry Mitchell | V55 1 | Clayton-Le-Moors Harriers | 47:38 | 69 | David Rigby | V4518 | Lytham St Annes Road Runners | 59:23 |
| 31 | George Woodburn | V50 5 | Blackburn Harriers | 47:46 | 70 | David Dyson | V4519 | North Fylde AC | 1:00:27 |
| 32 | John Anderson | V4017 | Pendle AC | 49:11 | 71 | Ron Bray | V65 1 | Blackpool & Fylde AC | 1:00:40 |
| 33 | Gary Platt | V45 9 | Chorley Harriers | 49:29 | 72 | Michael Murray | V4027 | Chorley Harriers | 1:01:02 |
| 34 | Dave Dunn | V4018 | Lytham St Annes Road Runners | 49:31 | 73 | Howard Henshaw | V60 4 | Blackpool & Fylde AC | 1:01:21 |
| 35 | Peter Singleton | V4510 | Blackpool & Fylde AC | 49:35 | 74 | Graham Pomfret | V55 8 | Blackburn Harriers | 1:02:48 |
| 36 | Tony Pritchard | V50 6 | Garstang RC | 49:35 | 75 | Peter Cooke | V4520 | Wesham Road Runners | 1:02:54 |
| 37 | John Rainford | V4019 | Preston Harriers | 49:43 | 76 | Gary Jones | V5016 | Chorley Harriers | 1:03:06 |
| 38 | Trevor Uttley | V4020 | North Fylde AC | 49:46 | 77 | Edward Murray | V60 5 | Chorley Athletic Club | 1:08:38 |
| 39 | Russell Mabbett | V4021 | Wesham Road Runners | 49:56 | 78 | Mike Coppin | V60 6 | Chorley Athletic Club | 1:14:37 |