

Mid Lancs Cross Country League

at Sefton Park, Liverpool on Saturday 26th November 2016

Under 11 Girls — FINAL RESULTS

Pos	Num	Name	Club	Time					
1	3201	Harriet Bain	Liverpool Harriers & AC	7:20	32	1501	Ruby Fort	Trawden Road Runners	8:51
2	700	Sophie Bohannon	Lytham St Annes RR	7:25	33	2271	Ruth Harbord	Hyndburn Ac	8:52
3	2427	Clara Samson	Kendal-Helm Composite	7:31	34	1407	Lexi Hoggatt	Burnley Ac	8:53
4	1604	Lauren Waddington	Chorley AC	7:42	35	1611	Alycia Woods	Chorley AC	8:56
5	1605	Blyth Cordwell	Chorley AC	7:45	36	2072	Lucille Pickles	Barlick Fell Runners	8:57
6	1204	Sarah Smith	Kendal-Helm Composite	7:46	37	93	Summer Hargreaves	Clayton Le Moors Harriers	9:03
7	479	Maddie Hutton	Lancaster & Morecambe Ac	7:51	38	3215	Evie Robinson	Lancaster & Morecambe Ac	9:03
8	1606	Lucy Poole	Chorley AC	7:58	39	244	Isabelle Hartley	Blackburn Harriers	9:05
9	2030	Grace Wells	Howgill Harriers	7:59	40	97	Kady Thompson	Clayton Le Moors Harriers	9:09
10	1920	Erin Stone	Team North Cumbria	8:10	41	1499	Anna Whiteside	Trawden Road Runners	9:11
11	95	Helena White	Clayton Le Moors Harriers	8:11	42	704	Amara Thorpe	Lytham St Annes RR	9:20
12	904	Amber Hughes	Southport Waterloo Ac	8:15	43	903	Katelyn Swift	Southport Waterloo Ac	9:22
13	2296	Keira Haxton	Blackburn Harriers	8:18	44	629	Holly Tickle	Blackpool Wyre & Fylde Ac	9:26
14	3206	Ella McMurtrie	Liverpool Harriers & AC	8:18	45	3216	Sian Guy	Liverpool Harriers & AC	9:30
15	2202	Caroline Woodworth	Blackburn Harriers	8:23	46	701	Hebe Tierney	Lytham St Annes RR	9:32
16	1609	Megan Leigh	Chorley AC	8:26	47	3217	Evie Robinson	Liverpool Harriers & AC	9:34
17	1079	Anna Thompson	Preston Harriers	8:29	48	706	Jessica Ramsden	Lytham St Annes RR	9:36
18	3207	Kylah O'Shea	Liverpool Harriers & AC	8:31	49	2143	Chloe Boothman	Barlick Fell Runners	9:37
19	1405	Amelia Southam	Burnley Ac	8:31	50	1500	Isobel Beechey	Trawden Road Runners	9:39
20	1398	Bethan Saunders	Leven Valley AC	8:31	51	1408	Sienna Holden	Burnley Ac	9:40
21	3210	Mia White	Liverpool Harriers & AC	8:32	52	3218	Abigail Crispin	Liverpool Harriers & AC	9:44
22	769	Lucy Bousfield	Liverpool Pembroke Sefton	8:32	53	3219	Lottie Threadgold	Liverpool Harriers & AC	9:47
23	768	Chloe Bousfield	Liverpool Pembroke Sefton	8:32	54	3220	Maisie Bird	Southport Waterloo Ac	9:53
24	3211	Megan McMurtrie	Liverpool Harriers & AC	8:34	55	2215	Lucie Clipston	Red Rose Road Runners	9:54
25	1617	Eve Downham	Chorley AC	8:35	56	2428	Grace Horne	Preston Harriers	9:54
26	243	Kate Cookson	Blackburn Harriers	8:36	57	2468	Isabel Joyce	Preston Harriers	10:00
27	2203	Libby Simpson	Southport Waterloo Ac	8:38	58	3221	Isabelle Roy	Liverpool Harriers & AC	10:07
28	2456	Olivia Swarbrick	Team North Cumbria	8:38	59	2070	Evie Scott	Barlick Fell Runners	10:31
29	2452	Gracie Scott	Blackpool Wyre & Fylde Ac	8:45	60	1167	Sophie Oglivie	Kirkby Milers	10:34
30	1409	Erica Corns	Burnley Ac	8:46	61	1166	Aimee Clare	Kirkby Milers	11:11
31	3212	Alisha Carroll	Liverpool Harriers & AC	8:47	62	1503	Eleanor Rosthorne	Trawden Road Runners	11:18

Under 11 Girls — TEAM RESULTS

1	Chorley AC	17	—	4	Lauren Waddington	5	Blyth Cordwell	8	Lucy Poole
2	Liverpool Harriers & AC	33	—	1	Harriet Bain	14	Ella McMurtrie	18	Kylah O'Shea
3	Blackburn Harriers	54	—	13	Keira Haxton	15	Caroline Woodworth	26	Kate Cookson
4	Southport Waterloo Ac	82	—	12	Amber Hughes	27	Libby Simpson	43	Katelyn Swift
5	Burnley Ac	83	—	19	Amelia Southam	30	Erica Corns	34	Lexi Hoggatt
6	Clayton Le Moors Harriers	88	—	11	Helena White	37	Summer Hargreaves	40	Kady Thompson
7	Lytham St Annes RR	90	—	2	Sophie Bohannon	42	Amara Thorpe	46	Hebe Tierney
8	Trawden Road Runners	123	—	32	Ruby Fort	41	Anna Whiteside	50	Isobel Beechey
9	Preston Harriers	130	—	17	Anna Thompson	56	Grace Horne	57	Isabel Joyce
10	Barlick Fell Runners	144	—	36	Lucille Pickles	49	Chloe Boothman	59	Evie Scott

Under 11 Boys — FINAL RESULTS

Pos	Num	Name	Club	Time					
1	194	Dexta Thompson	Clayton Le Moors Harriers	7:03	30	800	Jack Vose	Liverpool Pembroke Sefton	8:16
2	2465	James Ince	Preston Harriers	7:18	31	529	Archie Honeysett	Lancaster & Morecambe Ac	8:19
3	733	George Denye	Lytham St Annes RR	7:21	32	328	Oliver Gill	Blackburn Harriers	8:19
4	3224	Fabian Schiller	Lancaster & Morecambe Ac	7:28	33	679	Alex Maude	Blackpool Wyre & Fylde Ac	8:21
5	1566	W RowlandsWhiteoak	Trawden Road Runners	7:35	34	534	Jonathan Pyle	Lancaster & Morecambe Ac	8:21
6	2208	Jimmy Pickerill	Southport Waterloo Ac	7:41	35	1139	Jenson Warren	Preston Harriers	8:24
7	200	Jenson Bentham	Clayton Le Moors Harriers	7:47	36	2138	Jack Latham	Barlick Fell Runners	8:26
8	1564	William Woodruff	Trawden Road Runners	7:51	37	2420	Isaac Dickinson	Liverpool Pembroke Sefton	8:31
9	2036	Caius Pennington	Howgill Harriers	7:53	38	1568	Daniel Phillips	Trawden Road Runners	8:34
10	2321	Jack Barker	Kendal-Helm Composite	7:55	39	1186	Elliot McCarthy	Kirkby Milers	8:47
11	3425	Ethan Davies	Leigh Harriers & Ac	7:55	40	1140	Corey Middleton	Preston Harriers	8:51
12	1696	James Read	Liverpool Pembroke Sefton	7:56	41	1505	Louie Woodruff	Trawden Road Runners	8:54
13	325	Saul Sharp	Blackburn Harriers	7:56	42	3234	Joseph Paxton	Liverpool Pembroke Sefton	8:58
14	3228	Roco Escoffrey	Liverpool Harriers & AC	7:56	43	1187	Mark McClennan	Kirkby Milers	8:59
15	2139	Harley Treilt	Barlick Fell Runners	7:58	44	3235	Archie Harding	Team North Cumbria	9:02
16	1567	Callum Osbourne	Trawden Road Runners	7:59	45	736	Eric Wrigley	Lytham St Annes RR	9:12
17	1687	Jack Lamb	Chorley AC	8:00	46	2494	Oliver Wise	Preston Harriers	9:17
18	2276	Issac Earnshaw	Hyndburn Ac	8:01	47	1141	Joseph Thompson	Preston Harriers	9:18
19	198	Matthew Jackson	Clayton Le Moors Harriers	8:02	48	2495	Dylan Wise	Preston Harriers	9:23
20	3231	Ben Taylor	Liverpool Harriers & AC	8:04	49	3236	Zack Earnshaw	Lancaster & Morecambe Ac	9:25
21	1402	Will McNally	Leven Valley AC	8:05	50	2493	Oliver Ball	Lancaster & Morecambe Ac	9:48
22	2421	Joshua Price	Liverpool Pembroke Sefton	8:06	51	536	Benjamin Giles	Lancaster & Morecambe Ac	9:54
23	3232	Josh Redmond	Liverpool Harriers & AC	8:08	52	537	Nathan Giles	Lancaster & Morecambe Ac	9:59
24	2204	Ronan Maher	Lancaster & Morecambe Ac	8:09	53	3225	Wil RowlandsWhiteoak	Trawden Road Runners	
25	3233	Joseph Crispin	Liverpool Harriers & AC	8:10					
26	528	Jacob Preston	Lancaster & Morecambe Ac	8:10	54	3226	Sammy Pickerill	Southport Waterloo Ac	
27	799	James Roberts	Liverpool Pembroke Sefton	8:14	55	3227	Jack Barker	Kendal AAC	
28	2286	Matthew Fleming	Trawden Road Runners	8:15	56	3229	Jack Lamb Lamb	Chorley AC	
29	2141	Logan McCredie	Barlick Fell Runners	8:15	57	3230	Isaac Earnshaw	Hyndburn Ac	

Under 11 Boys — TEAM RESULTS

1	Clayton Le Moors Harriers	27	—	1	Dexta Thompson	7	Jenson Bentham	19	Matthew Jackson
2	Trawden Road Runners	29	—	5	W RowlandsWhiteoak	8	William Woodruff	16	Callum Osbourne
3	Lancaster & Morecambe Ac	54	—	4	Fabian Schiller	24	Ronan Maher	26	Jacob Preston
4	Liverpool Harriers & AC	57	—	14	Roco Escoffrey	20	Ben Taylor	23	Josh Redmond
5	Liverpool Pembroke Sefton	61	—	12	James Read	22	Joshua Price	27	James Roberts
6	Preston Harriers	77	—	2	James Ince	35	Jenson Warren	40	Corey Middleton
7	Barlick Fell Runners	80	—	15	Harley Treilt	29	Logan McCredie	36	Jack Latham

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 26th November 2016

Under 13 Girls — FINAL RESULTS

Pos	Num	Name	Club	Time			Time		
1	3238	Faye O'Hare	Liverpool Harriers & AC	11:20	47	1162	Megan Hoad	Kirkby Milers	13:29
2	1993	Anna Mason	Border Harriers	11:28	48	3253	Fiona Byrne	Liverpool Pembroke Sefton	13:31
3	1587	Olivia Leigh	Chorley AC	11:40	49	3254	Mia Ireston	Liverpool Harriers & AC	13:32
4	1396	Olesia Winder	Leven Valley AC	11:43	50	3255	Esmee Harkins	Preston Harriers	13:33
5	3239	Scarlett Sutton	Preston Harriers	11:48	51	3256	Lauren Duthie	Liverpool Harriers & AC	13:34
6	2457	Emily Swarbrick	Team North Cumbria	11:50	52	1494	Amelia Dugdale	Trawden Road Runners	13:36
7	2240	Isabella Merritt	Horwich RMI Harriers	11:58	53	3257	Clark Blakemore	Liverpool Harriers & AC	13:38
8	899	Olivia Logan	Southport Waterloo Ac	11:59	54	2435	Imogen Fearon	Liverpool Pembroke Sefton	13:40
9	3240	Isabel Leyland	Liverpool Harriers & AC	12:11	55	3258	Isabel Dallas	Liverpool Harriers & AC	13:46
10	3241	Martha Richards	Team North Cumbria	12:14	56	3259	Alice Bird	Southport Waterloo Ac	13:48
11	1075	Imogen Blackwell	Preston Harriers	12:14	57	1161	Caitlin Parr	Kirkby Milers	13:49
12	234	Eleesha Charnley	Blackburn Harriers	12:16	58	3260	Amber Escoffrey	Liverpool Harriers & AC	13:49
13	1201	Georgia Heath	Kendal-Helm Composite	12:19	59	1496	Paige Singleton	Trawden Road Runners	13:51
14	1852	Ella Pendlebury	Horwich RMI Harriers	12:20	60	699	Sydney Ramsden	Lytham St Annes RR	13:54
15	3243	Faye Houghton	Preston Harriers	12:21	61	1589	Emily Warren	Chorley AC	14:04
16	463	Larissa Hannam	Lancaster & Morecambe Ac	12:29	62	3261	Amelia Hearnshaw	Lancaster & Morecambe Ac	14:09
17	473	Kirsty Maher	Lancaster & Morecambe Ac	12:31	63	3262	Kate Mullen	Liverpool Pembroke Sefton	14:11
18	623	Lucy Tickle	Blackpool Wyre & Fylde Ac	12:32	64	2432	Katie Mathison	Chorley AC	14:13
19	239	Leah Hoole	Blackburn Harriers	12:34	65	3263	Andrea Ellinas	Liverpool Harriers & AC	14:15
20	1491	Sophie Stanworth	Trawden Road Runners	12:34	66	761	Freya Wissett	Liverpool Pembroke Sefton	14:16
21	3244	Grace Brown	Preston Harriers	12:39	67	3264	Teigan Tudson	Barlick Fell Runners	14:18
22	1279	Maisie Burns	Wigan & District Harriers	12:40	68	1497	Ellie Singleton	Trawden Road Runners	14:20
23	3245	Tamzin Dentith	Liverpool Harriers & AC	12:44	69	3265	India Gelling	Liverpool Harriers & AC	14:22
24	763	Faye Hannaway	Liverpool Pembroke Sefton	12:47	70	2066	Jenna Boothman	Barlick Fell Runners	14:28
25	90	Ella Dorrington-Levy	Clayton Le Moors Harriers	12:49	71	3267	Kate Sutcliffe	Liverpool Pembroke Sefton	14:29
26	3246	Katie Russell	Team North Cumbria	12:51	72	3268	Robyn Newbrook	Liverpool Harriers & AC	14:33
27	760	Gabrielle Morris	Liverpool Pembroke Sefton	12:54	73	1949	Freyah Nelson	Barrow & Furness Striders	14:46
28	624	Felicity Barnes	Blackpool Wyre & Fylde Ac	12:57	74	2291	Heidi Kewin	Clayton Le Moors Harriers	14:53
29	2216	Abigail Earnshaw	Preston Harriers	12:59	75	3269	Jessica White	Liverpool Harriers & AC	14:54
30	1994	Lauren Mattinson	Border Harriers	13:00	76	2354	Millie Ireland	Southport Waterloo Ac	14:57
31	765	Emily Williamson	Liverpool Pembroke Sefton	13:05	77	767	Ruth Usher	Liverpool Pembroke Sefton	14:59
32	900	Grace Tobin	Southport Waterloo Ac	13:07	78	3426	Emma Wilkinson	Barlick Fell Runners	14:59
33	1498	Abigail Stratton	Trawden Road Runners	13:08	79	3270	Kayley Letts	Liverpool Harriers & AC	15:04
34	3247	better Isabel Lead	Liverpool Harriers & AC	13:09	80	3271	Connie Moran	Liverpool Harriers & AC	15:39
35	625	Bethany Whipp	Blackpool Wyre & Fylde Ac	13:09	81	3272	Beth Yarwood	Liverpool Pembroke Sefton	16:17
36	3248	Emily Mayson	Preston Harriers	13:13	82	3273	Keira Fowler	Liverpool Harriers & AC	16:25
37	1586	Amber Boardman	Chorley AC	13:14	83	2481	Alicia Thomas	Preston Harriers	17:38
38	1493	Holly Crook	Trawden Road Runners	13:15	84	462	Lucy Harrison	Lancaster & Morecambe Ac	17:47
39	3249	Emily Reynolds	Preston Harriers	13:16	85	1077	Grace Halliday	Preston Harriers	17:49
40	1601	Lucy Goldthorp	Chorley AC	13:19	86	2249	Femke Carmichael	Kirkby Milers	20:03
41	1595	Amy Heaton	Chorley AC	13:20	87	1160	Mia O'Connor	Kirkby Milers	20:03
42	1584	Kate Waddington	Chorley AC	13:23	88	474	Hannah Giles	Lancaster & Morecambe Ac	22:01
43	2449	Emily Shuttleworth	Barlick Fell Runners	13:25	89	3242	Georgia Heath	Kendal AAC	
44	2299	Gabrielle Hodson	Wigan & District Harriers	13:26	90	3250	Lucy Goldthorpe	Chorley AC	
45	3251	Olivia Holmes	Liverpool Harriers & AC	13:26	91	3266	Lizzie McCoy	Southport Waterloo Ac	
46	3252	Jenny Grant	Liverpool Harriers & AC	13:29					

Under 13 Girls — TEAM RESULTS

1	Preston Harriers	31	—	5	Scarlett Sutton	11	Imogen Blackwell	15	Faye Houghton
2	Liverpool Harriers & AC	33	—	1	Faye O'Hare	9	Isabel Leyland	23	Tamzin Dentith
3	Team North Cumbria	42	—	6	Emily Swarbrick	10	Martha Richards	26	Katie Russell
4	Chorley AC	80	—	3	Olivia Leigh	37	Amber Boardman	40	Lucy Goldthorp
5	Blackpool Wyre & Fylde Ac	81	—	18	Lucy Tickle	28	Felicity Barnes	35	Bethany Whipp
6	Liverpool Pembroke Sefton	82	—	24	Faye Hannaway	27	Gabrielle Morris	31	Emily Williamson
7	Trawden Road Runners	91	—	20	Sophie Stanworth	33	Abigail Stratton	38	Holly Crook
8	Lancaster & Morecambe Ac	95	—	16	Larissa Hannam	17	Kirsty Maher	62	Amelia Hearnshaw
9	Southport Waterloo Ac	96	—	8	Olivia Logan	32	Grace Tobin	56	Alice Bird
10	Barlick Fell Runners	180	—	43	Emily Shuttleworth	67	Teigan Tudson	70	Jenna Boothman
11	Kirkby Milers	190	—	47	Megan Hoad	57	Caitlin Parr	86	Femke Carmichael

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 26th November 2016

Race 4 - Under 13 Boys — FINAL RESULTS

Pos	Num	Name	Club	Time					
1	520	Rhys Ashton	Lancaster & Morecambe Ac	10:21	36	954	Finn Cain	Southport Waterloo Ac	12:31
2	1215	Fraser Sproul	Kendal-Helm Composite	10:24	37	524	Freddie Pearson	Lancaster & Morecambe Ac	12:31
3	1220	James Bowen	Kendal-Helm Composite	10:45	38	792	Nicholas Usher	Liverpool Pembroke Sefton	12:34
4	1129	Thomas Durney	Preston Harriers	10:53	39	950	Lewis McMahon	Southport Waterloo Ac	12:37
5	1130	Thom Barnes	Preston Harriers	10:54	40	1185	Ryan Short	Kirkby Milers	12:38
6	1128	Ethan Warren	Preston Harriers	10:58	41	789	Thomas Ralfs	Liverpool Pembroke Sefton	12:39
7	190	Jackson McKay	Clayton Le Moors Harriers	10:59	42	3434	Matthew Nicholls	Southport Waterloo Ac	12:40
8	525	Tobias Swarbrick	Lancaster & Morecambe Ac	11:04	43	2341	Luke Suffolk	Preston Harriers	12:44
9	1906	Matthew Mair	Horwich RMI Harriers	11:04	44	3435	Alex Kelly	Liverpool Harriers & AC	12:44
10	3427	Charlie Teare	Liverpool Harriers & AC	11:07	45	189	Lennon Jackson	Clayton Le Moors Harriers	12:45
11	1910	Cian Healy	Horwich RMI Harriers	11:08	46	3436	Finlay Corkhill	Leven Valley AC	12:49
12	3428	Toby Middleton	Horwich RMI Harriers	11:12	47	2309	Vladimir Wiggins	Preston Harriers	12:50
13	786	Mark Roberts	Liverpool Pembroke Sefton	11:13	48	3437	Charlie Hughes	Liverpool Harriers & AC	12:58
14	1909	Matthew Flatters	Horwich RMI Harriers	11:15	49	322	Rory Teare	Blackburn Harriers	13:01
15	1216	Henry Hunter	Kendal-Helm Composite	11:19	50	1183	Declan O'Connor	Kirkby Milers	13:02
16	1217	Ollie Sanders	Kendal-Helm Composite	11:21	51	953	James Pike	Southport Waterloo Ac	13:04
17	3429	Gabriel Meehan	Liverpool Harriers & AC	11:23	52	2248	Ned Gilkes	Preston Harriers	13:12
18	3430	Freddie Hill	Howgill Harriers	11:26	53	1563	Joe MackenzieSims	Trawden Road Runners	13:17
19	1221	Harry Bowen	Kendal-Helm Composite	11:32	54	2425	Vaughan Sams	Kendal-Helm Composite	13:20
20	1673	Daniel Lilley	Chorley AC	11:32	55	2243	Jakob Nelson	Barrow & Furness Striders	13:24
21	1359	Jack Hughes	Wigan & District Harriers	11:34	56	2324	Edward Thomas	Howgill Harriers	13:25
22	787	Jake Dickinson	Liverpool Pembroke Sefton	11:43	57	797	Jack Hitchmough	Liverpool Pembroke Sefton	13:38
23	955	Michael henderson	Southport Waterloo Ac	11:50	58	1560	C RowlandWhiteoak	Trawden Road Runners	13:49
24	2261	Henry Harbord	Hyndburn Ac	11:56	59	2499	Luke Leadbeatter	Lancaster & Morecambe Ac	13:53
25	1218	Benjamin Smith	Kendal-Helm Composite	11:56	60	191	William Nicholls	Clayton Le Moors Harriers	14:08
26	3431	Michael Bagnall	Liverpool Harriers & AC	11:56	61	798	Jake Ferreira	Liverpool Pembroke Sefton	14:22
27	951	Sam Coupland	Southport Waterloo Ac	11:57	62	1562	Ronnie Smith	Trawden Road Runners	14:32
28	319	Ethan Barbarewicz	Blackburn Harriers	12:00	63	793	Ethan Edwards	Liverpool Pembroke Sefton	14:36
29	321	Joseph Joyce	Blackburn Harriers	12:01	64	3438	Patrick Hennigan	Liverpool Pembroke Sefton	14:41
30	731	Louis Eunson	Lytham St Annes RR	12:05	65	3439	Ben Roach	Liverpool Harriers & AC	14:50
31	1131	Benjamin Withers	Preston Harriers	12:08	66	3005	Will Davis	Chorley AC	15:01
32	3432	Harry Sweeney	Liverpool Harriers & AC	12:09	67	796	Shaun French	Liverpool Pembroke Sefton	15:36
33	320	Kyle TaylorPomfret	Blackburn Harriers	12:11	68	795	Matthew French	Liverpool Pembroke Sefton	16:09
34	318	George Whittaker	Blackburn Harriers	12:20	69	794	Daniel Rathbone	Liverpool Pembroke Sefton	16:16
35	3433	Louis Relph	Liverpool Harriers & AC	12:26	70	1184	Findley McKenna	Kirkby Milers	16:37

Race 4 - Under 13 Boys — TEAM RESULTS

1	Preston Harriers	15	—	4	Thomas Durney	5	Thom Barnes	6	Ethan Warren
2	Kendal-Helm Composite	20	—	2	Fraser Sproul	3	James Bowen	15	Henry Hunter
3	Horwich RMI Harriers	32	—	9	Matthew Mair	11	Cian Healy	12	Toby Middleton
4	Lancaster & Morecambe Ac	46	—	1	Rhys Ashton	8	Tobias Swarbrick	37	Freddie Pearson
5	Liverpool Harriers & AC	53	—	10	Charlie Teare	17	Gabriel Meehan	26	Michael Bagnall
6	Liverpool Pembroke Sefton	73	—	13	Mark Roberts	22	Jake Dickinson	38	Nicholas Usher
7	Southport Waterloo Ac	86	—	23	Michael henderson	27	Sam Coupland	36	Finn Cain
8	Blackburn Harriers	90	—	28	Ethan Barbarewicz	29	Joseph Joyce	33	Kyle TaylorPomfret
9	Clayton Le Moors Harriers	112	—	7	Jackson McKay	45	Lennon Jackson	60	William Nicholls
10	Kirkby Milers	160	—	40	Ryan Short	50	Declan O'Connor	70	Findley McKenna
11	Trawden Road Runners	173	—	53	Joe MackenzieSims	58	C RowlandWhiteoak	62	Ronnie Smith

Race 4 - Under 15 Girls — FINAL RESULTS

Pos	Num	Name	Club	Time					
1	1990	Olivia Mason	Border Harriers	10:21	25	3298	Lottie Beardwood	Kendal AAC	12:58
2	3440	Ella McNiven	Liverpool Harriers & AC	10:26	26	2266	Nicola Moynihan	Hyndburn Ac	12:58
3	3441	Emma Gordon	Liverpool Harriers & AC	10:39	27	618	Hollie Winstanley	Blackpool Wyre & Fylde Ac	13:08
4	3442	Keely Hodgkinson	Leigh Harriers & Ac	10:44	28	783	Annabel Corlett	Liverpool Pembroke Sefton	13:18
5	3443	Katie Miller	Liverpool Harriers & AC	11:15	29	1274	Lara Wilson	Wigan & District Harriers	13:25
6	3444	Niamh Donnelly	Liverpool Harriers & AC	11:23	30	753	Amelia Hitchmough	Liverpool Pembroke Sefton	13:43
7	2455	Mia Easthope	Team North Cumbria	11:28	31	2232	Anna Harrison	Lancaster & Morecambe Ac	13:51
8	1275	Charlotte Edwards	Wigan & District Harriers	11:30	32	80	Eleanor Root	Clayton Le Moors Harriers	13:51
9	233	Amy Davies	Blackburn Harriers	11:38	33	3447	Millie Smith	Liverpool Harriers & AC	13:56
10	3445	Alissa Darbyshire	Preston Harriers	11:41	34	83	Liberty Thompson	Clayton Le Moors Harriers	14:03
11	1073	Lucy Treaddell	Preston Harriers	11:44	35	896	Hannah Doyle	Southport Waterloo Ac	14:09
12	81	Briony Holt	Clayton Le Moors Harriers	11:45	36	695	Laura Bremner	Lytham St Annes RR	14:16
13	3446	Caitlin Robinson	Liverpool Harriers & AC	11:52	37	2287	Isabel Hartley	Trawden Road Runners	14:21
14	1072	Emma Fulton	Preston Harriers	11:56	38	3448	Jessica Murphy	Liverpool Harriers & AC	14:52
15	2224	Finty Royle	Red Rose Road Runners	11:57	39	757	Isobel Fearon	Liverpool Pembroke Sefton	14:55
16	615	Danielle Whipp	Blackpool Wyre & Fylde Ac	12:06	40	2503	Ollie Swales	Blackpool Wyre & Fylde Ac	15:10
17	1198	Abbie Allan	Kendal-Helm Composite	12:07	41	3449	Hollie Suffolk	Preston Harriers	15:15
18	895	Freya Walsh	Southport Waterloo Ac	12:20	42	2285	Jasmine Aherne	Trawden Road Runners	15:18
19	1917	Clara Davies	Team North Cumbria	12:25	43	697	Lucy Bohannon	Lytham St Annes RR	15:35
20	1066	Kate Danby	Preston Harriers	12:25	44	759	Rachael Sutter	Liverpool Pembroke Sefton	15:42
21	756	Jennifer Williamson	Liverpool Pembroke Sefton	12:33	45	758	Jennifer Sutter	Liverpool Pembroke Sefton	16:14
22	1273	Sarah Elsden	Wigan & District Harriers	12:37	46	1158	Ella Murray	Kirkby Milers	16:47
23	460	Sasha Oldham	Lancaster & Morecambe Ac	12:40	47	898	Bethany Swift	Southport Waterloo Ac	19:15
24	461	Kirsty Hamilton	Lancaster & Morecambe Ac	12:52					

Race 4 - Under 15 Girls — TEAM RESULTS

1	Liverpool Harriers & AC	10	—	2	Ella McNiven	3	Emma Gordon	5	Katie Miller
2	Preston Harriers	35	—	10	Alissa Darbyshire	11	Lucy Treaddell	14	Emma Fulton
3	Wigan & District Harriers	59	—	8	Charlotte Edwards	22	Sarah Elsden	29	Lara Wilson
4	Lancaster & Morecambe Ac	78	—	23	Sasha Oldham	24	Kirsty Hamilton	31	Anna Harrison
5	Clayton Le Moors Harriers	78	—	12	Briony Holt	32	Eleanor Root	34	Liberty Thompson
6	Liverpool Pembroke Sefton	79	—	21	Jennifer Williamson	28	Annabel Corlett	30	Amelia Hitchmough
7	Blackpool Wyre & Fylde Ac	83	—	16	Danielle Whipp	27	Hollie Winstanley	40	Ollie Swales
8	Southport Waterloo Ac	100	—	18	Freya Walsh	35	Hannah Doyle	47	Bethany Swift

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Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 26th November 2016

Race 5 - Under 15 Boys — FINAL RESULTS

Pos	Num	Name	Club	Time	Club	Time	Club	Time	
1	3276	Benjamin Preddy	Preston Harriers	9:55	26	3282	Thomas Hankin	Liverpool Pembroke Sefton	11:16
2	1445	Matthew Mackay	Rossendale Harriers & AC	10:05	27	2438	Fletcher Foster	Liverpool Pembroke Sefton	11:17
3	1927	Samuel Almond	Team North Cumbria	10:07	28	785	Thomas Corcoran	Liverpool Pembroke Sefton	11:17
4	315	Matthew Ramsden	Blackburn Harriers	10:16	29	1125	Euan Marsden	Preston Harriers	11:28
5	510	James Stanley	Lancaster & Morecambe AC	10:17	30	2437	Oliver Sutcliffe	Liverpool Pembroke Sefton	11:29
6	1899	Lewis Wilkes	Horwich RMI Harriers	10:18	31	1667	Oliver Goldthorpe	Chorley AC	11:37
7	3277	Matthew Knowles	Lancaster & Morecambe AC	10:18	32	3283	Max Parry	Team North Cumbria	11:40
8	781	Tom Dickinson	Liverpool Pembroke Sefton	10:21	33	1928	Sam Stone	Team North Cumbria	11:42
9	3278	Charlie Harding	Team North Cumbria	10:23	34	311	Ethan Joyce	Blackburn Harriers	11:47
10	3008	Benjamin Forrest	Rossendale Harriers & AC	10:23	35	1212	Joshua Roelants	Kendal-Helm Composite	11:55
11	515	William Pyle	Lancaster & Morecambe AC	10:29	36	784	Matthew Russo	Liverpool Pembroke Sefton	11:58
12	3279	Jamie Ford	Liverpool Harriers & AC	10:29	37	314	Luke Ingleson	Blackburn Harriers	12:02
13	3280	Sam Flaherty	Liverpool Harriers & AC	10:39	38	1211	Joey Umpleby	Kendal-Helm Composite	12:09
14	676	James Smith	Blackpool Wyre & Fylde AC	10:41	39	2543	Harry Wilkin	Blackburn Harriers	12:13
15	674	Joe Lund	Blackpool Wyre & Fylde AC	10:45	40	2126	Daniel Chew	Barlick Fell Runners	12:16
16	1213	Jacob Smith	Kendal-Helm Composite	10:49	41	3287	Jack Gilland	Liverpool Harriers & AC	12:17
17	1902	Robert Seddon	Horwich RMI Harriers	10:50	42	1127	Aaron Halliday	Preston Harriers	13:59
18	1669	Thomas Roberts	Chorley AC	10:53	43	1214	Toby Umpleby	Kendal-Helm Composite	14:17
19	308	Leon Thomas	Blackburn Harriers	10:54	44	1182	Daniel Cope	Kirkby Milers	14:25
20	310	Jamie Teare	Blackburn Harriers	10:55	45	2477	Arran Baldwin	Preston Harriers	16:04
21	945	Harry Pike	Southport Waterloo Ac	10:56	46	2476	Harry Coleman	Preston Harriers	16:50
22	307	Bradley Meikleham	Blackburn Harriers	11:02	47	3281	Jacob Smith	Kendal AAC	
23	1903	Luke Brindle	Horwich RMI Harriers	11:07	48	3285	Joshua Roelants	Kendal AAC	
24	671	Jack Tickle	Blackpool Wyre & Fylde AC	11:11	49	3286	Joey Umpleby	Kendal AAC	
25	946	James Cain	Southport Waterloo Ac	11:15	50	3288	Toby Umpleby	Kendal AAC	

Race 5 - Under 15 Boys — TEAM RESULTS

1	Lancaster & Morecambe AC	23	—	5	James Stanley	7	Matthew Knowles	11	William Pyle
2	Blackburn Harriers	43	—	4	Matthew Ramsden	19	Leon Thomas	20	Jamie Teare
3	Team North Cumbria	44	—	3	Samuel Almond	9	Charlie Harding	32	Max Parry
4	Horwich RMI Harriers	46	—	6	Lewis Wilkes	17	Robert Seddon	23	Luke Brindle
5	Blackpool Wyre & Fylde AC	53	—	14	James Smith	15	Joe Lund	24	Jack Tickle
6	Liverpool Pembroke Sefton	61	—	8	Tom Dickinson	26	Thomas Hankin	27	Fletcher Foster
7	Liverpool Harriers & AC	66	—	12	Jamie Ford	13	Sam Flaherty	41	Jack Gilland
8	Preston Harriers	72	—	1	Benjamin Preddy	29	Euan Marsden	42	Aaron Halliday
9	Kendal-Helm Composite	89	—	16	Jacob Smith	35	Joshua Roelants	38	Joey Umpleby
10	Kendal AAC	144	—	47	Jacob Smith	48	Joshua Roelants	49	Joey Umpleby

Race 5 - Under 17 Women — FINAL RESULTS

Pos	Num	Name	Club	Time	Club	Time	Club	Time	
1	1916	Esmé Davies	Team North Cumbria	15:40	12	3294	Lucy Miller	Liverpool Harriers & AC	18:38
2	3289	Faye Ireland	Liverpool Harriers & AC	16:02	13	3295	Aimee Pierce	Liverpool Harriers & AC	18:40
3	3290	Jessica Cook	Liverpool Harriers & AC	16:24	14	1063	Sophie Roitherham	Preston Harriers	18:43
4	228	Maddie Elliott	Blackburn Harriers	16:59	15	748	Morag Molyneux	Liverpool Pembroke Sefton	18:43
5	1062	Eleanor Ward	Preston Harriers	17:06	16	1065	Charlotte Morris	Preston Harriers	18:53
6	1578	Lydia Wilcock	Chorley AC	17:09	17	3296	Charlie Coy	Blackburn Harriers	19:28
7	3291	Ella Moulding	Preston Harriers	17:25	18	3297	Emily Lucass	Liverpool Harriers & AC	19:32
8	3292	Jade Morgan	Liverpool Harriers & AC	17:52	19	1270	Lauren Wheatley	Wigan & District Harriers	20:06
9	3293	Millie Raine	Liverpool Harriers & AC	18:04	20	749	Flossie Dickinson	Liverpool Pembroke Sefton	20:14
10	230	Hannah Cookson	Blackburn Harriers	18:22	21	227	Freya Black	Blackburn Harriers	20:16
11	1064	Tegan Macuras	Preston Harriers	18:36	22	752	Alex Bunclark	Liverpool Pembroke Sefton	21:08
					23	2310	Emily Wiggins	Preston Harriers	25:58

Race 5 - Under 17 Women — TEAM RESULTS

1	Liverpool Harriers & AC	13	—	2	Faye Ireland	3	Jessica Cook	8	Jade Morgan
2	Preston Harriers	23	—	5	Eleanor Ward	7	Ella Moulding	11	Tegan Macuras
3	Blackburn Harriers	31	—	4	Maddie Elliott	10	Hannah Cookson	17	Charlie Coy
4	Liverpool Pembroke Sefton	57	—	15	Morag Molyneux	20	Flossie Dickinson	22	Alex Bunclark

Race 6 - Under 17 Men — FINAL RESULTS

Pos	Num	Name	Club	Time	Club	Time	Club	Time	
1	1115	Nathan Dunn	Preston Harriers	17:46	20	1665	Kian Davis	Chorley AC	19:53
2	3300	Joseph Ford	Liverpool Harriers & AC	18:00	21	1207	Michael Dugdale	Kendal-Helm Composite	19:54
3	1926	Joseph Dugdale	Team North Cumbria	18:03	22	3309	Matias Grixti	Preston Harriers	20:07
4	2026	Oliver Dutson	Border Harriers	18:07	23	3310	James Mattinson	Team North Cumbria	20:10
5	3301	Daniel Preston	Liverpool Harriers & AC	18:23	24	1208	Jacob Aubrey	Kendal-Helm Composite	20:16
6	3302	Max Brame	Liverpool Harriers & AC	18:23	25	777	James Metcalfe	Liverpool Pembroke Sefton	20:18
7	773	Daniel Jones	Liverpool Pembroke Sefton	18:28	26	772	Glenn Sherwin	Liverpool Pembroke Sefton	20:27
8	501	Thomas Bowe	Lancaster & Morecambe AC	18:41	27	179	Curtis Holt	Clayton Le Moors Harriers	20:29
9	2382	Josh Whitehead	Rossendale Harriers & AC	18:43	28	304	Joe Gebbie	Blackburn Harriers	20:29
10	3304	William Howard	Preston Harriers	18:46	29	1664	Lewis Tiley	Chorley AC	20:31
11	1209	Luke Bowen	Kendal-Helm Composite	18:50	30	1662	George Norris	Chorley AC	20:55
12	1121	Niall Higham	Preston Harriers	18:58	31	3313	Scott Evans	Border Harriers	21:23
13	778	Ross Harrison	Liverpool Pembroke Sefton	19:01	32	506	Thomas Pyle	Lancaster & Morecambe AC	21:49
14	1205	Cole Blaikie	Kendal-Helm Composite	19:13	33	181	Simon Wilshaw	Clayton Le Moors Harriers	22:03
15	776	Joe Gordon	Liverpool Pembroke Sefton	19:15	34	3314	Jay Prescott	Liverpool Harriers & AC	22:04
16	3200	Harry Greenbank	Team North Cumbria	19:18	35	2439	Thomas Corlett	Liverpool Pembroke Sefton	22:25
17	3307	Kyle Dentith	Liverpool Harriers & AC	19:36	36	1663	Jon Linford	Chorley AC	24:12
18	500	Joseph Twigg	Lancaster & Morecambe AC	19:37	37	3303	Dan Jones	Liverpool Pembroke Sefton	
19	2516	Kieran Reynolds	Border Harriers	19:46	38	3312	Lewis Tilley	Chorley AC	

Race 6 - Under 17 Men — TEAM RESULTS

1	Liverpool Harriers & AC	13	—	2	Joseph Ford	5	Daniel Preston	6	Max Brame
2	Preston Harriers	23	—	1	Nathan Dunn	10	William Howard	12	Niall Higham
3	Liverpool Pembroke Sefton	35	—	7	Daniel Jones	13	Ross Harrison	15	Joe Gordon
4	Team North Cumbria	42	—	3	Joseph Dugdale	16	Harry Greenbank	23	James Mattinson
5	Kendal-Helm Composite	46	—	11	Luke Bowen	14	Cole Blaikie	21	Michael Dugdale
6	Border Harriers	54	—	4	Oliver Dutson	19	Kieran Reynolds	31	Scott Evans
7	Lancaster & Morecambe AC	58	—	8	Thomas Bowe	18	Joseph Twigg	32	Thomas Pyle
8	Chorley AC	79	—	20	Kian Davis	29	Lewis Tiley	30	George Norris

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Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 26th November 2016

Race 6 - Ladies under 20

Pos	Num	Name	Cat/Pos	Club	Time
1	220	Phoebe Howe	L20	1 Blackburn Harriers	40:36
2	2064	Hannah Newbold	L20	2 Barlick Fell Runners	43:27

Race 6 - Ladies under 20 — TEAM RESULTS

No complete teams

Race 6 - Ladies over 18

Pos	Num	Name	Cat/Pos	Club	Time
1	3315	Rachael Burns	L	1 Liverpool Harriers & AC	28:42
2	3316	Helen Clitheroe	L	2 Preston Harriers	28:53
3	608	Emily Japp	L	3 Blackpool Wyre & Fylde Ac	29:04
4	738	Kirsty Longley	L35	1 Liverpool Pembroke Sefton	29:49
5	3450	Laura Ritches	L	5 Leigh Harriers & Ac	29:56
6	3317	Sarah Howard	L	6 Liverpool Harriers & AC	30:45
7	740	Helen Sahgal	L	7 Liverpool Pembroke Sefton	31:28
8	1234	Tracey Dutton	L45	1 Wigan & District Harriers	32:33
9	1940	Katie Waite	L	9 Barrow & Furness Striders	33:09
10	1480	Christina Singleton	L35	2 Trawden Road Runners	33:21
11	687	Joanna Goorney	L45	2 Lytham St Annes RR	33:24
12	2404	Rebecca Taylor	L	12 Blackburn Harriers	33:49
13	816	Catherine Carrdus	L45	3 Wesham Road Runners & Ac	33:52
14	543	Sharon Dixon	L45	4 Glaxo Hoad Hill Harriers	34:01
15	3319	Janet Rashleigh	L	15 Horwich RMI Harriers	34:09
16	2055	Rachel Villiers	L35	3 Barlick Fell Runners	34:31
17	1367	Anna Wade	L	17 Riversway Road Runners	35:07
18	337	Lynn ManirJolley	L35	4 Wigan Phoenix	35:11
19	1250	Laura Dootson	L	19 Wigan & District Harriers	35:14
20	1936	Jill Seddon	L35	5 Barrow & Furness Striders	35:15
21	3322	Victoria Unsworth	L	21 Liverpool Harriers & AC	35:40
22	605	Laura Gilderdale	L	22 Blackpool Wyre & Fylde Ac	35:53
23	742	Vicky Jones	L	23 Liverpool Pembroke Sefton	35:54
24	2052	Emma Bailey	L35	6 Barlick Fell Runners	35:55
25	1237	Julie Platt	L45	5 Wigan & District Harriers	35:59
26	594	Bev Wright	L55	1 Blackpool Wyre & Fylde Ac	36:00
27	1055	Emma Essex-Crosby	L35	7 Preston Harriers	36:06
28	1246	Danielle Brearton	L35	8 Wigan & District Harriers	36:32
29	2386	Lindsey Berends	L35	9 Preston Harriers	36:36
30	3324	Tracey Allan	L	30 Southport Waterloo Ac	36:45
31	12	Amie McAvoy	L	31 Garstang Running Club	36:55
32	1229	Jacqui Jones	L45	6 Wigan & District Harriers	36:58
33	995	Lizzie Hebbert	L	33 Lancaster University	37:03
34	1934	Kerry Travers	L45	7 Barrow & Furness Striders	37:08
35	2351	Shan Preece	L	35 Lancaster University	37:08
36	405	Susan Fletcher	L35	10 Astley & Tyldesley RR	37:09
37	1912	Kerry Davies	L45	8 Team North Cumbria	37:25
38	1939	Leanne Jackson	L	38 Barrow & Furness Striders	37:42
39	1372	Alison Thomson	L	39 Riversway Road Runners	37:43
40	340	Nikki Bansal	L	40 Wigan Phoenix	37:43
41	348	Amanda Gregory	L	41 Wigan Phoenix	37:44
42	1051	Loy Kalasiram	L45	9 Preston Harriers	37:56
43	2357	Nicola Simpson	L	43 Southport Waterloo Ac	38:07
44	2164	Caroline McLaughlan	L35	11 Thornton Cleveleys RC	38:11
45	3325	Karen Wilson	L	45 Southport Waterloo Ac	38:13
46	1227	Caroline Rasburn	L45	10 Wigan & District Harriers	38:17
47	683	Barbara Holmes	L55	2 Lytham St Annes RR	38:25
48	596	Andrea Smith	L45	11 Blackpool Wyre & Fylde Ac	38:29
49	1758	Nicola Hughes	L	49 Red Rose Road Runners	38:35
50	2548	Daisy Hunt	L	50 Lancaster University	38:37
51	3326	Jennifer Houghton	L	51 Kirkby Milers	38:40
52	2312	Michelle Abbott	L35	12 Clayton Le Moors Harriers	38:46
53	595	Karen Dunford	L45	12 Blackpool Wyre & Fylde Ac	38:49
54	2366	Sarah Bouffler	L35	13 Barrow & Furness Striders	38:51
55	35	Irene Roche	L55	3 Clayton Le Moors Harriers	38:51
56	963	Rachel Warth	L35	14 Kendal AAC	38:59
57	2519	Heather Travis	L35	15 Glaxo Hoad Hill Harriers	39:08
58	1369	Charlotte Ashford	L	58 Riversway Road Runners	39:11
59	1362	Karen Munnely	L45	13 Riversway Road Runners	39:20
60	344	Chloe Blakemore	L	60 Wigan Phoenix	39:23
61	346	Hayley Fletcher	L	61 Wigan Phoenix	39:23
62	2060	Karen Naylor	L	62 Barlick Fell Runners	39:26
63	398	Linda Whittaker	L45	14 Astley & Tyldesley RR	39:36
64	824	Jenn Thompson	L35	16 Wesham Road Runners & Ac	39:39
65	2368	Anna Shaw	L	65 Glaxo Hoad Hill Harriers	39:45
66	1697	Diane Priestley	L55	4 Kendal AAC	39:48
67	1719	Alison Parkinson	L45	15 Red Rose Road Runners	39:57
68	803	Kath Hoyer	L55	5 Wesham Road Runners & Ac	40:06
69	1228	Shona Taylor	L45	16 Wigan & District Harriers	40:14
70	873	Sue Cooper	L55	6 Southport Waterloo Ac	40:24
71	437	Emily Stapleton	L35	17 Lancaster & Morecambe Ac	40:26
72	819	Sharon Cooper	L35	18 Wesham Road Runners & Ac	40:32
73	220	Phoebe Howe	L20	1 Blackburn Harriers	40:36
74	877	Carole James	L35	19 Southport Waterloo Ac	40:37
75	689	Louisa Denye	L35	20 Lytham St Annes RR	40:39
76	1394	Anastasia Winder	L35	21 Leven Valley AC	40:44
77	1393	Liz McNally	L45	17 Leven Valley AC	41:25
78	34	Jean Knightley	L55	7 Clayton Le Moors Harriers	41:28
79	3332	Bhavna Mistry	L	79 Kirkby Milers	41:31
80	1471	Jenny McAndrew	L35	22 Trawden Road Runners	41:45
81	3333	Jan Hilton	L45	18 Wigan & District Harriers	41:55
82	3334	Vicky Jamieson	L	82 Southport Waterloo Ac	42:01
83	1152	Rachel Murray	L35	23 Kirkby Milers	42:04
84	958	Carolyn Kevan	L55	8 Kendal AAC	42:11
85	2330	Tanya Barlow	L45	19 Wesham Road Runners & Ac	42:20
86	959	Susan Booth	L55	9 Kendal AAC	42:26
87	593	Alison Titterington	L55	10 Blackpool Wyre & Fylde Ac	42:27
88	684	Julia Rolfe	L45	20 Lytham St Annes RR	42:28
89	2379	Lisa Atherton	L45	21 Wigan & District Harriers	42:31
90	2356	Amanda Bradbury	L	90 Southport Waterloo Ac	42:33
91	1725	Debbie Porter	L45	22 Red Rose Road Runners	42:47
92	872	Sue Stewart	L65	1 Southport Waterloo Ac	42:49
93	880	Helen Lodge	L45	23 Southport Waterloo Ac	43:01
94	3336	Helen Lavelle	L	94 Southport Waterloo Ac	43:14
95	996	Zsofia Belteki	L	95 Lancaster University	43:17
96	2064	Hannah Newbold	L20	2 Barlick Fell Runners	43:27
97	1258	Rebecca Kaufman	L	97 Wigan & District Harriers	43:32
98	3337	Cath Grisdale	L	98 Barrow & Furness Striders	44:00
99	1364	Emma Jackson	L35	24 Riversway Road Runners	44:09
100	2484	Gina Bellhouse	L45	24 Southport Waterloo Ac	44:12
101	804	Kerry Eccles	L45	25 Wesham Road Runners & Ac	44:17
102	50	Helen Burnett	L45	26 Clayton Le Moors Harriers	44:18
103	3338	Amanda Smith	L	103 Wigan Phoenix	44:30
104	1053	Melanie Haworth	L35	25 Preston Harriers	44:31
105	1462	Charis Rowlands	L45	27 Trawden Road Runners	44:38
106	1225	Pauline Foster	L55	11 Wigan & District Harriers	44:41
107	3339	Andrea Flynn	L	107 Kirkby Milers	44:49
108	1727	Pita Oates	L45	28 Red Rose Road Runners	45:11
109	2491	Michelle Jolly	L45	29 Red Rose Road Runners	45:23
110	889	Lilly O'Driscoll	L	110 Southport Waterloo Ac	45:31
111	1711	Alison Mercer	L45	30 Red Rose Road Runners	45:38
112	6	Sheena Cottam	L45	31 Garstang Running Club	45:44
113	1153	Helen Kelsall	L35	26 Kirkby Milers	45:44
114	603	Dawn Maher	L	114 Blackpool Wyre & Fylde Ac	45:50
115	3340	Emma Williams	L	115 Kirkby Milers	45:58
116	435	Lisa Preston	L45	32 Lancaster & Morecambe Ac	45:59
117	3341	Sally Barton	L55	12 Glaxo Hoad Hill Harriers	46:03
118	1	Mary Hewitt	L55	13 Garstang Running Club	46:09
119	3342	Christine Carter	L	119 Kirkby Milers	46:28
120	207	Lindsay Davies	L35	27 Blackburn Harriers	46:32
121	3343	Keisha Cooper	L	121 Wigan Phoenix	46:34
122	5	Julia Patefield	L45	33 Garstang Running Club	46:53
123	876	Lynne Vickers	L45	34 Southport Waterloo Ac	47:12
124	3345	Vicky Stevens	L	124 Kirkby Milers	47:32
125	1046	Sue Wickham	L55	14 Preston Harriers	47:42
126	2311	Olga Wiggins	L35	28 Preston Harriers	47:51
127	2446	Nicola Muller	L35	29 Barlick Fell Runners	47:54
128	1043	Judith Deakin	L65	2 Preston Harriers	48:04
129	2531	Deborah Terras	L45	35 Blackpool Wyre & Fylde Ac	48:28
130	878	Elaine Sutton	L45	36 Southport Waterloo Ac	48:35
131	1223	Pat Cole	L55	15 Wigan & District Harriers	48:52
132	681	Sylvia Gittins	L65	3 Lytham St Annes RR	49:40
133	874	Jane Blacklin	L55	16 Southport Waterloo Ac	50:08
134	1224	Pauline Taylor	L55	17 Wigan & District Harriers	50:42
135	60	Judith Carey	L35	30 Clayton Le Moors Harriers	51:53
136	2059	Donna Milligan	L	136 Barlick Fell Runners	52:29
137	692	Allen Olivia Johnson	L	137 Lytham St Annes RR	52:46
138	2539	Rachael Wignall	L	138 Lytham St Annes RR	52:46
139	1731	Louise Walsh	L45	37 Red Rose Road Runners	54:11
140	1734	Lisa Hyde	L35	31 Red Rose Road Runners	54:51
141	36	Susan Allen	L55	18 Clayton Le Moors Harriers	54:58
142	32	Christine Leathley	L65	4 Clayton Le Moors Harriers	56:48
143	680	Dawn Lock	L65	5 Lytham St Annes RR	1:05:39

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 26th November 2016

Race 6 - Ladies over 18 — TEAM RESULTS

1	Liverpool Harriers & AC	28	—	1	Rachael Burns	6	Sarah Howard	21	Victoria Unsworth
2	Liverpool Pembroke Sefton	34	—	4	Kirsty Longley	7	Helen Sahgal	23	Vicky Jones
3	Blackpool Wyre & Fylde Ac	51	—	3	Emily Japp	22	Laura Gilderdale	26	Bev Wright
4	Wigan & District Harriers	52	—	8	Tracey Dutton	19	Laura Dootson	25	Julie Platt
5	Preston Harriers	58	—	2	Helen Clitheroe	27	Emma Essex-Crosby	29	Lindsey Berends
6	Barrow & Furness Striders	63	—	9	Katie Waite	20	Jill Seddon	34	Kerry Travers
7	Wigan Phoenix	99	—	18	Lynn Manir Jolley	40	Nikki Bansal	41	Amanda Gregory
8	Barlick Fell Runners	102	—	16	Rachel Villiers	24	Emma Bailey	62	Karen Naylor
9	Wigan & District Harriers 'B'	106	—	28	Danielle Brearton	32	Jacqui Jones	46	Caroline Rasburn
10	Riversway Road Runners	114	—	17	Anna Wade	39	Alison Thomson	58	Charlotte Ashford
11	Southport Waterloo Ac	118	—	30	Tracey Allan	43	Nicola Simpson	45	Karen Wilson
12	Lancaster University	118	—	33	Lizzie Hebbert	35	Shan Preece	50	Daisy Hunt
13	Lytham St Annes RR	133	—	11	Joanna Goorney	47	Barbara Holmes	75	Louisa Denye
14	Glaxo Hoad Hill Harriers	136	—	14	Sharon Dixon	57	Heather Travis	65	Anna Shaw
15	Wesham Road Runners & Ac	145	—	13	Catherine Carrdus	64	Jenn Thompson	68	Kath Hoyer
16	Clayton Le Moors Harriers	185	—	52	Michelle Abbott	55	Irene Roche	78	Jean Knightley
17	Blackpool Wyre & Fylde Ac 'B'	188	—	48	Andrea Smith	53	Karen Dunford	87	Alison Titterton
18	Barrow & Furness Striders 'B'	190	—	38	Leanne Jackson	54	Sarah Bouffler	98	Cath Gridsdale
19	Trawden Road Runners	195	—	10	Christina Singleton	80	Jenny McAndrew	105	Charis Rowlands
20	Blackburn Harriers	205	—	12	Rebecca Taylor	73	Phoebe Howe	120	Lindsay Davies
21	Kendal AAC	206	—	56	Rachel Warth	66	Diane Priestley	84	Carolyn Kevan
22	Red Rose Road Runners	207	—	49	Nicola Hughes	67	Alison Parkinson	91	Debbie Porter
23	Kirkby Milers	213	—	51	Jennifer Houghton	79	Bhavna Mistry	83	Rachel Murray
24	Wigan Phoenix 'B'	224	—	60	Chloe Blakemore	61	Hayley Fletcher	103	Amanda Smith
25	Southport Waterloo Ac 'B'	226	—	70	Sue Cooper	74	Carole James	82	Vicky Jamieson
26	Wesham Road Runners & Ac 'B'	258	—	72	Sharon Cooper	85	Tanya Barlow	101	Kerry Eccles
27	Garstang Running Club	261	—	31	Amie McAvoy	112	Sheena Cottam	118	Mary Hewitt
28	Preston Harriers 'B'	271	—	42	Loy Kalasiram	104	Melanie Haworth	125	Sue Wickham
29	Red Rose Road Runners 'B'	328	—	108	Pita Oates	109	Michelle Jolly	111	Alison Mercer
30	Kirkby Milers 'B'	335	—	107	Andrea Flynn	113	Helen Kelsall	115	Emma Williams
31	Lytham St Annes RR 'B'	357	—	88	Julia Rolfe	132	Sylvia Gittins	137	Allen Olivia Johnson
32	Barlick Fell Runners 'B'	359	—	96	Hannah Newbold	127	Nicola Muller	136	Donna Milligan
33	Clayton Le Moors Harriers 'B'	378	—	102	Helen Burnett	135	Judith Carey	141	Susan Allen

Race 6 - Ladies over 35 — TEAM RESULTS

1	Wigan & District Harriers	27	—	2	Tracey Dutton	11	Julie Platt	14	Danielle Brearton
2	Preston Harriers	48	—	13	Emma Essex-Crosby	15	Lindsey Berends	20	Loy Kalasiram
3	Barrow & Furness Striders	53	—	9	Jill Seddon	17	Kerry Travers	27	Sarah Bouffler
4	Blackpool Wyre & Fylde Ac	62	—	12	Bev Wright	24	Andrea Smith	26	Karen Dunford
5	Lytham St Annes RR	69	—	4	Joanna Goorney	23	Barbara Holmes	42	Louisa Denye
6	Wesham Road Runners & Ac	74	—	5	Catherine Carrdus	33	Jenn Thompson	36	Kath Hoyer
7	Barlick Fell Runners	95	—	7	Rachel Villiers	10	Emma Bailey	78	Nicola Muller
8	Clayton Le Moors Harriers	98	—	25	Michelle Abbott	28	Irene Roche	45	Jean Knightley
9	Glaxo Hoad Hill Harriers	107	—	6	Sharon Dixon	30	Heather Travis	71	Sally Barton
10	Kendal AAC	112	—	29	Rachel Warth	34	Diane Priestley	49	Carolyn Kevan
11	Trawden Road Runners	112	—	3	Christina Singleton	46	Jenny McAndrew	63	Charis Rowlands
12	Southport Waterloo Ac	135	—	38	Sue Cooper	41	Carole James	56	Sue Stewart
13	Red Rose Road Runners	155	—	35	Alison Parkinson	55	Debbie Porter	65	Pita Oates
14	Garstang Running Club	214	—	68	Sheena Cottam	72	Mary Hewitt	74	Julia Patefield

Race 6 - Ladies over 45 — TEAM RESULTS

1	Wigan & District Harriers	13	—	1	Tracey Dutton	5	Julie Platt	7	Jacqui Jones
2	Blackpool Wyre & Fylde Ac	33	—	6	Bev Wright	13	Andrea Smith	14	Karen Dunford
3	Lytham St Annes RR	44	—	2	Joanna Goorney	12	Barbara Holmes	30	Julia Rolfe
4	Wesham Road Runners & Ac	50	—	3	Catherine Carrdus	20	Kath Hoyer	27	Tanya Barlow
5	Kendal AAC	72	—	18	Diane Priestley	26	Carolyn Kevan	28	Susan Booth
6	Clayton Le Moors Harriers	76	—	15	Irene Roche	24	Jean Knightley	37	Helen Burnett
7	Southport Waterloo Ac	89	—	22	Sue Cooper	33	Sue Stewart	34	Helen Lodge
8	Red Rose Road Runners	91	—	19	Alison Parkinson	32	Debbie Porter	40	Pita Oates
9	Preston Harriers	109	—	10	Loy Kalasiram	49	Sue Wickham	50	Judith Deakin
10	Garstang Running Club	136	—	43	Sheena Cottam	46	Mary Hewitt	47	Julia Patefield

Race 6 - Ladies over 55 — TEAM RESULTS

1	Kendal AAC	21	—	4	Diane Priestley	8	Carolyn Kevan	9	Susan Booth
2	Clayton Le Moors Harriers	31	—	3	Irene Roche	7	Jean Knightley	21	Susan Allen
3	Southport Waterloo Ac	36	—	6	Sue Cooper	11	Sue Stewart	19	Jane Blacklin
4	Lytham St Annes RR	43	—	2	Barbara Holmes	18	Sylvia Gittins	23	Dawn Lock
5	Wigan & District Harriers	49	—	12	Pauline Foster	17	Pat Cole	20	Pauline Taylor

Race 6 - Ladies over 65 — TEAM RESULTS

No complete teams

Race 6 - Vet 70 Men — FINAL RESULTS

Pos	Num	Name	Club	Time
1	828	Dave Waywell	V70 1 Wesham Road Runners & Ac	43:58

Race 6 - Vet 70 Men — TEAM RESULTS

No complete teams

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 26th November 2016

Senior Men — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Cat/Pos	Club	Time						
1	1111	Patrick Dever		Preston Harriers	29:48	88	2367	Mark Tomkinson	V4017	Glaxo Hoad Hill Harriers	38:21
2	1890	Cristopher Farrell		Horwich RMI Harriers	30:46	89	1306	Mark Morgan-Hillam	V4018	Wigan & District Harriers	38:23
3	293	Rob Warner		Blackburn Harriers	30:55	90	1334	Stephen Nicholls		Wigan & District Harriers	38:25
4	3349	John Ashcroft		Liverpool Harriers & AC	31:09	91	1536	Dave Potter	V4019	Trawden Road Runners	38:27
5	3350	Matt Jackson		Liverpool Harriers & AC	31:13	92	1108	Andy Grimshaw		Preston Harriers	38:32
6	2017	Matthew Grieve		Border Harriers	31:17	93	916	John Sprackland	V50 3	Southport Waterloo Ac	38:33
7	3351	Richard Burney		Liverpool Harriers & AC	31:36	94	3375	Martin Christian		Kirkby Milers	38:34
8	2485	Michael Cayton		Horwich RMI Harriers	31:38	95	1313	Simon Baines	V4020	Wigan & District Harriers	38:36
9	2012	James Douglas		Border Harriers	31:46	96	423	Neil Hughes	V4021	Astley & Tyldesley RR	38:37
10	1971	Phil Waite		Barrow & Furness Striders	31:54	97	859	Lee Barlow	V4022	Wesham Road Runners & Ac	38:39
11	289	Tim Raynes		Blackburn Harriers	32:10	98	1097	Alan Durney	V50 4	Preston Harriers	38:45
12	2113	Thomas Corrigan		Barlick Fell Runners	32:25	99	171	Matthew Duckworth		Clayton Le Moors Harriers	38:47
13	938	Ben Johnson		Southport Waterloo Ac	32:37	100	1317	Bozhidar Kasabov	V4023	Wigan & District Harriers	38:48
14	3352	Kevin Bell		Liverpool Harriers & AC	32:40	101	3378	Kristian Quirk		Liverpool Harriers & AC	38:52
15	1110	Daniel Bebbington		Preston Harriers	32:44	102	421	Simon Ford	V4024	Astley & Tyldesley RR	38:53
16	173	C Holdsworth		Clayton Le Moors Harriers	32:46	103	3379	John Halson		Liverpool Pembroke Sefton	38:53
17	2424	Harry Foster		Kendal AAC	32:52	104	1301	Mike Harris	V4025	Wigan & District Harriers	38:59
18	1973	Ross Campbell		Barrow & Furness Striders	33:04	105	1833	Samuel Harrison		Red Rose Road Runners	38:59
19	2018	Ross Landon		Border Harriers	33:19	106	2398	Daniel Gilbody		Liverpool Pembroke Sefton	39:03
20	989	Michael Hoyle		Kendal AAC	33:20	107	2034	Brian Pennington	V4026	Howgill Harriers	39:09
21	1412	Gary Shaw	V40 1	Burnley Ac	33:25	108	3382	John Connolly		Liverpool Harriers & AC	39:21
22	943	Lewis Rooney	U20 1	Southport Waterloo Ac	33:29	109	2088	Carl Pawson	V4027	Barlick Fell Runners	39:22
23	2123	James Craig		Barlick Fell Runners	33:39	110	3383	Ian Joinson		Kirkby Milers	39:25
24	939	Ciaran Walsh		Southport Waterloo Ac	33:48	111	2352	Thomas Walker		Lancaster University	39:28
25	2105	Ian Livesey		Barlick Fell Runners	33:59	112	1104	Chris Wales	V4028	Preston Harriers	39:33
26	3354	Charla Hassan		Liverpool Harriers & AC	34:02	113	3385	Paul Owens		Liverpool Harriers & AC	39:37
27	990	Robbie Ingham		Kendal AAC	34:12	114	1773	Kenneth Addison	V60 1	Red Rose Road Runners	39:38
28	1894	Jonathan Bruton		Horwich RMI Harriers	34:15	115	570	Christopher Howie	V4029	Glaxo Hoad Hill Harriers	39:42
29	2119	Marc Hartley		Barlick Fell Runners	34:25	116	2416	Alex Waddelove		Preston Harriers	39:44
30	279	Christopher Davies	V40 2	Blackburn Harriers	34:25	117	3387	Chris Pedder		Liverpool Pembroke Sefton	39:46
31	3356	Ryan Whiston		Liverpool Harriers & AC	34:27	118	1661	Ryan Sciacca		Chorley AC	39:47
32	3357	Alan Ashton		Liverpool Harriers & AC	34:28	119	2544	Lars Vornhagen		Lancaster University	39:55
33	2550	Andre Hessini		Lancaster University	34:29	120	2115	Andrew Carson		Barlick Fell Runners	39:55
34	924	David Hamilton	V40 3	Southport Waterloo Ac	34:31	121	1828	Andrew Christie		Red Rose Road Runners	40:00
35	659	Daniel Hayes		Blackpool Wyre & Fylde Ac	34:38	122	575	Andy Jackson	V4030	Glaxo Hoad Hill Harriers	40:08
36	288	Thomas Blaney		Blackburn Harriers	34:39	123	2546	Alex Walker		Lancaster University	40:13
37	2509	Ben Satche	U20 2	Lancaster University	34:42	124	1647	Ian Leigh	V4031	Chorley AC	40:14
38	1006	Ross Butcher	U20 3	Lancaster University	34:44	125	2317	Andrew Holt	V4032	Clayton Le Moors Harriers	40:18
39	1109	Richard Smith		Preston Harriers	34:47	126	563	Gary Dover	V50 5	Glaxo Hoad Hill Harriers	40:19
40	934	Mark Dunham		Southport Waterloo Ac	34:49	127	1400	Dave McNally		Leven Valley AC	40:20
41	2104	Lee Parrington		Barlick Fell Runners	34:49	128	146	Alex Cran	V4033	Clayton Le Moors Harriers	40:22
42	3358	Euan Martin		Liverpool Harriers & AC	34:50	129	1094	John Griffiths	V50 6	Preston Harriers	40:24
43	1331	Andrew Kaufman		Wigan & District Harriers	34:51	130	919	Peter Roome	V50 7	Southport Waterloo Ac	40:24
44	1523	Nick Gaskell	V40 4	Trawden Road Runners	34:59	131	1651	Chris Charnley	V4034	Chorley AC	40:25
45	3359	Ian Moran		Liverpool Harriers & AC	35:02	132	582	Cian Nutt		Glaxo Hoad Hill Harriers	40:26
46	3360	Jon Benson		Barrow & Furness Striders	35:06	133	1311	Paul Bryers	V4035	Wigan & District Harriers	40:26
47	3361	Laurie Luscombe		Liverpool Harriers & AC	35:06	134	1960	Ian Sadler	V50 8	Barrow & Furness Striders	40:29
48	1100	Gethin Butler	V40 5	Preston Harriers	35:08	135	388	Mark Melbourne		Wigan Phoenix	40:29
49	492	Mark Leadbeater		Lancaster & Morecambe Ac	35:35	136	3389	Sammy Rashid		Liverpool Pembroke Sefton	40:29
50	728	Joe Greenwood		Lytham St Annes RR	35:36	137	2369	Simon Robinson		Red Rose Road Runners	40:30
51	2111	Nick Treill		Barlick Fell Runners	35:40	138	2345	Stephen Woodruffe	V50 9	Red Rose Road Runners	40:31
52	266	Andrew Buttery	V40 6	Blackburn Harriers	35:50	139	663	Andrew Simm		Blackpool Wyre & Fylde Ac	40:35
53	3363	Richard Weeks		Liverpool Pembroke Sefton	35:50	140	914	Neil Adshead	V5010	Southport Waterloo Ac	40:39
54	727	Christopher McCarthy		Lytham St Annes RR	35:54	141	933	Paul Warrington		Southport Waterloo Ac	40:39
55	2423	Ryan Everett	U20 4	Barrow & Furness Striders	36:06	142	121	Kevin Davies	V5011	Clayton Le Moors Harriers	40:42
56	3364	Quentin Gratix		Kendal AAC	36:08	143	1308	Darren Jackson	V4036	Wigan & District Harriers	40:44
57	259	Mark Chippendale	V40 7	Blackburn Harriers	36:13	144	921	Simon Tobin	V5012	Southport Waterloo Ac	40:56
58	3365	Mark Wynne		Liverpool Pembroke Sefton	36:17	145	909	Rob Johnson	V60 2	Southport Waterloo Ac	41:00
59	419	Tim Campbell	V40 8	Astley & Tyldesley RR	36:25	146	2540	Daniel Shaw		Wesham Road Runners & Ac	41:05
60	3366	Dale Higham		Liverpool Harriers & AC	36:28	147	2506	Alec Fowler	U20 8	Lancaster University	41:06
61	2459	Robert Aspinall	V50 1	Clayton Le Moors Harriers	36:30	148	1174	Gary Wilton		Kirkby Milers	41:08
62	2086	Mark Holgate	V40 9	Barlick Fell Runners	36:34	149	724	Neil Tate		Lytham St Annes RR	41:12
63	2504	Jack Turner	U20 5	Lancaster University	36:34	150	985	Paul Mann		Kendal AAC	41:16
64	3367	John Cain		Liverpool Harriers & AC	36:35	151	917	Ian Fitzpatrick	V5013	Southport Waterloo Ac	41:16
65	2087	Virgil Barton	V4010	Barlick Fell Runners	36:36	152	583	Tom Southward		Glaxo Hoad Hill Harriers	41:16
66	1832	Daniel Hughes		Red Rose Road Runners	36:45	153	138	Alan Dorrington	V4037	Clayton Le Moors Harriers	41:18
67	3368	Lee Midghall	V4011	Liverpool Harriers & AC	36:48	154	3392	Kenny Dayo		Kirkby Milers	41:20
68	3369	Peter Brame		Liverpool Harriers & AC	36:58	155	3393	David Daly		Kirkby Milers	41:24
69	3370	Sean Kirkbride		Liverpool Pembroke Sefton	37:00	156	1962	Neil Grace	V4038	Barrow & Furness Striders	41:25
70	392	James Hilton		Wigan Phoenix	37:02	157	1831	Barry Wheeler		Red Rose Road Runners	41:28
71	1820	Duncan Anderson		Red Rose Road Runners	37:12	158	1091	John Rainford	V5014	Preston Harriers	41:29
72	2091	Andrew Chew		Barlick Fell Runners	37:15	159	1324	Gary Wane		Wigan & District Harriers	41:31
73	2480	Ben Francis		Lancaster University	37:18	160	1392	Chris Williams		Riversway Road Runners	41:32
74	1004	Callum Bartrop	U20 6	Lancaster University	37:21	161	391	Lee Partington		Wigan Phoenix	41:34
75	3371	Colin Potts		Liverpool Harriers & AC	37:32	162	565	Sean Dixon	V5015	Glaxo Hoad Hill Harriers	41:34
76	987	William Sisson		Kendal AAC	37:32	163	3394	Robbie Wood		Liverpool Pembroke Sefton	41:38
77	2411	James Simon		Red Rose Road Runners	37:33	164	2033	Richard Wells	V4039	Howgill Harriers	41:40
78	488	Chris Pyle	V4012	Lancaster & Morecambe Ac	37:50	165	665	Darren Tremble		Blackpool Wyre & Fylde Ac	41:41
79	2218	Jordan Swift		Chorley AC	37:55	166	1887	C Essex-Crosby		Horwich RMI Harriers	41:46
80	1002	Jack Okell		Lancaster University	37:56	167	3396	Kevin Cornwall		Liverpool Harriers & AC	41:48
81	571	Jeffrey Chadwick	V4013	Glaxo Hoad Hill Harriers	37:56	168	115	Brian Horrocks	V5016	Clayton Le Moors Harriers	41:50
82	3171	Neil Holding	V50 2	West Pennine Runners	38:00	169	3397	Carl McMahon		Southport Waterloo Ac	41:51
83	861	Simon Denye	V4014	Wesham Road Runners & Ac	38:01	170	1388	Pete Manning		Riversway Road Runners	41:54
84	1411	Mark Hanson	V4015	Burnley Ac	38:02	171	491	Ronald Hummelink		Lancaster & Morecambe Ac	41:55
85	372	Mohamad Manir-Jolley	V4016	Wigan Phoenix	38:05	172	2125	Scott Boardman		Barlick Fell Runners	41:57
86	2479	Sam Settle	U20 7	Lancaster University	38:09	173	2549	Max Robinson	U20 9	Lancaster University	41:58
87	3374	Mitchell Hawkins		Liverpool Harriers & AC	38:14	174	124	John Wilcock	V5017	Clayton Le Moors Harriers	41:58

175	3399	Mark O'Callaghan		Kirkby Milers	42:00	241	2535	Matthew Holliday	V5037	Garstang Running Club	45:24
176	2510	David Thomas		Lancaster University	42:01	242	277	Allan Hartley	V4059	Blackburn Harriers	45:28
177	1787	Philip Butler	V5018	Red Rose Road Runners	42:07	243	1293	Kevin Edwards	V5038	Wigan & District Harriers	45:30
178	264	Craig Greenough	V4040	Blackburn Harriers	42:08	244	573	Erik Hampton	V4060	Glaxo Hoad Hill Harriers	45:34
179	2079	Gary Bradley	V5019	Barlick Fell Runners	42:12	245	1389	Samuel Lawrence		Riversway Road Runners	45:41
180	19	Mike Vinegrad	V4041	Garstang Running Club	42:13	246	2196	Ian Doyle	V4061	Southport Waterloo Ac	45:44
181	2496	Paul Sparrow	V4042	Blackpool Wyre & Fylde Ac	42:14	247	911	Matt Nelson	V5039	Southport Waterloo Ac	45:48
182	1646	Phil Iddon	V4043	Chorley AC	42:17	248	1098	Andrew Tranter	V5040	Preston Harriers	45:52
183	2528	Andy Giunderson		Preston Harriers	42:26	249	2242	Philip Everett	V4062	Barrow & Furness Striders	45:57
184	3404	Davey Mcculloch		Kirkby Milers	42:30	250	1243	Kevin Rex	V4063	Wigan & District Harriers	46:06
185	379	Paul Weall	V4044	Wigan Phoenix	42:31	251	15	Geoff Lyons	V5041	Garstang Running Club	46:07
186	1796	Mark Billington	V5020	Red Rose Road Runners	42:31	252	369	Stephen Porter	V4064	Wigan Phoenix	46:11
187	1384	Stephen Lamb	V4045	Riversway Road Runners	42:36	253	581	Alastair Macdonald		Glaxo Hoad Hill Harriers	46:13
188	3405	Andy Boulger		Kirkby Milers	42:37	254	2419	Phil Spencer		Astley & Tyldesley RR	46:17
189	2545	Alex Simpson	U2010	Lancaster University	42:38	255	2518	Richard Field		Red Rose Road Runners	46:19
190	2092	Peter Beresford		Barlick Fell Runners	42:40	256	927	Neil Silcock	V4065	Southport Waterloo Ac	46:24
191	832	John Collier	V60 3	Wesham Road Runners & Ac	42:42	257	564	Alan Wilson	V5042	Glaxo Hoad Hill Harriers	46:49
192	1631	Paul Wareing	V5021	Chorley AC	42:43	258	2106	David Cockell		Barlick Fell Runners	46:51
193	1179	James Warburton		Kirkby Milers	42:44	259	1003	Mark Green		Lancaster University	46:55
194	710	Graham Webster	V60 4	Lytham St Annes RR	42:47	260	1800	Jon Royle	V4066	Red Rose Road Runners	47:04
195	1168	Ian Rivers	V4046	Kirkby Milers	42:55	261	2541	Rob Mather	V4067	Red Rose Road Runners	47:08
196	1788	Frank Nightingale	V5022	Red Rose Road Runners	42:58	262	1175	Paul Cope		Kirkby Milers	47:20
197	2440	John Dickinson	V5023	Liverpool Pembroke Sefton	42:59	263	3415	Andrew Conway		Liverpool Pembroke Sefton	47:23
198	427	Gary Stevens		Astley & Tyldesley RR	43:01	264	2542	Andrew Hatton		Blackburn Harriers	47:29
199	1825	Gareth Bell		Red Rose Road Runners	43:02	265	2334	Christopher Lawrence	V5043	Clayton Le Moors Harriers	47:36
200	1809	Gary Corcoran	V4047	Red Rose Road Runners	43:03	266	1084	Michael McLoughlin	V6011	Preston Harriers	47:51
201	2537	Paul Elcock	V4048	Barlick Fell Runners	43:07	267	1799	Ian Wharton	V5044	Red Rose Road Runners	47:52
202	2118	Daniel Taylor		Barlick Fell Runners	43:15	268	1088	Michael Brown	V5045	Preston Harriers	47:54
203	1783	Philip Davidson	V5024	Red Rose Road Runners	43:18	269	1865	Gordon Stone	V6012	Horwich RMI Harriers	47:59
204	3407	Danny Alexander		Kirkby Milers	43:22	270	1864	Steven Jackson	V6013	Horwich RMI Harriers	47:59
205	2327	Alan Jolly	V5025	Red Rose Road Runners	43:24	271	269	Danny Teare	V4068	Blackburn Harriers	48:03
206	560	Graham Pinder	V5026	Glaxo Hoad Hill Harriers	43:26	272	2527	Jonathan Gore	V4069	Red Rose Road Runners	48:04
207	390	Paul Blakemore		Wigan Phoenix	43:28	273	566	Peter Davison	V5046	Glaxo Hoad Hill Harriers	48:07
208	1386	Marc Potter	V4049	Riversway Road Runners	43:37	274	1018	Ryan Atkins	V4070	Pendle AC	48:09
209	567	Phil Horrocks	V5027	Glaxo Hoad Hill Harriers	43:38	275	356	Howard Waite	V5047	Wigan Phoenix	48:10
210	359	Dave Bamford	V5028	Wigan Phoenix	43:39	276	1778	Phillip Dean	V5048	Red Rose Road Runners	48:19
211	1964	Glen Travers	V4050	Barrow & Furness Striders	43:40	277	2521	Ian Close	V6014	Blackpool Wyre & Fylde Ac	48:29
212	2377	Roy Parkinson	V5029	Preston Harriers	43:41	278	145	Andy Quinn	V4071	Clayton Le Moors Harriers	48:47
213	1107	Stephen Bonsu		Preston Harriers	43:41	279	2315	Craig Nicholls	V4072	Clayton Le Moors Harriers	48:55
214	970	Stuart McGurk	V5030	Kendal AAC	43:43	280	866	Ben Wrigley		Wesham Road Runners & Ac	49:01
215	3408	Mark Hudson		Liverpool Pembroke Sefton	43:44	281	2418	Lawrence Pinnell	V4073	Horwich RMI Harriers	49:03
216	1106	Stephen Mort	V4051	Preston Harriers	43:46	282	2500	Chris Taylor	V4074	Red Rose Road Runners	49:07
217	711	Terry Hellings	V60 5	Lytham St Annes RR	43:49	283	116	Peter Browning	V5049	Clayton Le Moors Harriers	49:26
218	568	Paul Quinn	V5031	Glaxo Hoad Hill Harriers	43:52	284	3420	Gary Jones		Kirkby Milers	49:42
219	360	Peter Murray	V5032	Wigan Phoenix	43:59	285	905	Billy Hargreaves	V6015	Southport Waterloo Ac	49:45
220	3409	Mick McGowan		Chorley AC	44:01	286	2415	Wayne Sharples	V4075	Red Rose Road Runners	49:46
221	30	Ian Parker	V4052	Garstang Running Club	44:03	287	557	Tom Evelin	V6016	Glaxo Hoad Hill Harriers	49:49
222	1289	Barry Abram	V5033	Wigan & District Harriers	44:04	288	1526	Neil Wilcocks	V4076	Trawden Road Runners	49:52
223	3410	Stuart Kilmartin		Chorley AC	44:04	289	3421	John Dobie		Liverpool Pembroke Sefton	49:59
224	1381	Gary Heyworth	V5034	Riversway Road Runners	44:09	290	1315	Keith West	V4077	Wigan & District Harriers	50:07
225	1524	James Crook	V4053	Trawden Road Runners	44:11	291	142	Carl Carey	V4078	Clayton Le Moors Harriers	50:11
226	907	Alan Joyce	V60 6	Southport Waterloo Ac	44:12	292	634	Alan Wilkinson	V6017	Blackpool Wyre & Fylde Ac	50:16
227	432	Scott Priestley		Astley & Tyldesley RR	44:23	293	1792	Andrew Speer	V5050	Red Rose Road Runners	50:22
228	1439	Stephen Radcliffe	V4054	Rossendale Harriers & Ac	44:30	294	2533	Rick Pinches	V4079	Blackpool Wyre & Fylde Ac	51:12
229	2096	Scott McCredie		Barlick Fell Runners	44:31	295	644	Simon Scarr	V5051	Blackpool Wyre & Fylde Ac	51:59
230	561	Damian Jones	V5035	Glaxo Hoad Hill Harriers	44:36	296	1170	David Jones	V4080	Kirkby Milers	52:02
231	834	John Bertenshaw	V60 7	Wesham Road Runners & Ac	44:37	297	3422	David Rowe		Liverpool Harriers & AC	52:06
232	1083	Alan Appleby	V60 8	Preston Harriers	44:40	298	554	Adrian Newnham	V6018	Glaxo Hoad Hill Harriers	52:14
233	932	Keith Swift	V4055	Southport Waterloo Ac	44:45	299	1087	Phil Lakeland	V5052	Preston Harriers	52:39
234	376	Andy Ward	V4056	Wigan Phoenix	44:47	300	3423	Brian Fitzhenry		Kirkby Milers	54:13
235	552	Pat Thomas	V60 9	Glaxo Hoad Hill Harriers	44:48	301	1290	David Collins	V5053	Wigan & District Harriers	54:36
236	1316	Stuart Holding	V4057	Wigan & District Harriers	44:48	302	931	Lee Coupland	V4081	Southport Waterloo Ac	54:38
237	922	Richard Kitt	V4058	Southport Waterloo Ac	44:51	303	2365	Ian Pike		Southport Waterloo Ac	54:59
238	118	James Hickie	V5036	Clayton Le Moors Harriers	44:56	304	1529	Mark Lord	V4082	Trawden Road Runners	55:27
239	3451	Anthony Beyga		Kirkby Milers	45:12	305	718	Greg Oulton	V4083	Lytham St Annes RR	56:32
240	910	Brian Davey	V6010	Southport Waterloo Ac	45:13	306	1627	Phil Maccullagh	V5054	Chorley AC	57:47

Senior Men under 20

Pos	Num	Name	Cat/Pos	Club	Time
1	943	Lewis Rooney	U20 1	Southport Waterloo Ac	33:29
2	2509	Ben Sache	U20 2	Lancaster University	34:42
3	1006	Ross Butcher	U20 3	Lancaster University	34:44
4	2423	Ryan Everett	U20 4	Barrow & Furness Striders	36:06
5	2504	Jack Turner	U20 5	Lancaster University	36:34
6	1004	Callum Barltrop	U20 6	Lancaster University	37:21
7	2479	Sam Settle	U20 7	Lancaster University	38:09
8	2506	Alec Fowler	U20 8	Lancaster University	41:06
9	2549	Max Robinson	U20 9	Lancaster University	41:58
10	2545	Alex Simpson	U2010	Lancaster University	42:38

Senior Men under 20 — TEAM RESULTS

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

1	Lancaster University	10	—	2	Ben Sache	3	Ross Butcher	5	Jack Turner	
2	Lancaster University	'B'	21	—	6	Callum Barltrop	7	Sam Settle	8	Alec Fowler

Senior Men — TEAM RESULTS

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

1 Liverpool Harriers & AC	102	—	4	John Ashcroft	5	Matt Jackson	7	Richard Burney	25	Charla Hassan	30	Ryan Whiston	31	Alan Ashton
2 Barlick Fell Runners	176	—	12	Thomas Corrigan	22	James Craig	24	Ian Livesey	28	Marc Hartley	40	Lee Parrington	50	Nick Treilt
3 Blackburn Harriers	185	—	3	Rob Warner	11	Tim Raynes	29	Christopher Davies	35	Thomas Blaney	51	Andrew Buttery	56	Mark Chippendale
4 Southport Waterloo Ac	220	—	13	Ben Johnson	21	Lewis Rooney	23	Ciaran Walsh	33	David Hamilton	39	Mark Dunham	91	John Sprackland
5 Preston Harriers	286	—	1	Patrick Dever	14	Daniel Bebbington	38	Richard Smith	47	Gethin Butler	90	Alan Gurnishaw	96	Alan Durney
6 Lancaster University	312	—	32	Andre Hessini	36	Ben Sache	37	Ross Butcher	62	Jack Turner	72	Ben Francis	73	Callum Baritrop
7 Liverpool Harriers & AC 'B'	319	—	41	Euan Martin	44	Ian Moran	46	Laurie Luscombe	59	Dale Higham	63	John Cain	66	Lee Midghall
8 Kendal AAC	339	—	16	Harry Foster	19	Michael Hoyle	26	Robbie Ingham	55	Quentin Gratix	75	William Sisson	148	Paul Mann
9 Barrow & Furness Striders	412	—	10	Phil Waite	17	Ross Campbell	45	Jon Benson	54	Ryan Everett	132	Ian Sadler	154	Neil Grace
10 Liverpool Pembroke Sefton	497	—	52	Richard Weeks	57	Mark Wynne	68	Sean Kirkbride	101	John Halson	104	Daniel Gilbody	115	Chris Pedder
11 Wigan & District Harriers	510	—	42	Andrew Kaufman	87	Mark Morgan-Hillam	88	Stephen Nicholls	93	Simon Baines	98	Bozhidar Kasabov	102	Mike Harris
12 Red Rose Road Runners	545	—	65	Daniel Hughes	70	Duncan Anderson	76	James Simon	103	Samuel Harrison	112	Kenneth Addison	119	Andrew Christie
13 Clayton Le Moors Harriers	561	—	15	C Holdsworth	60	Robert Aspinall	97	Matthew Duckworth	123	Andrew Holt	126	Alex Cran	140	Kevin Davies
14 Barlick Fell Runners 'B'	591	—	61	Mark Holgate	64	Virgil Barton	71	Andrew Chew	107	Carl Pawson	118	Andrew Carson	170	Scott Boardman
15 Glaxo Hoad Hill Harriers	653	—	80	Jeffrey Chadwick	86	Mark Tomkinson	113	Christopher Howie	120	Andy Jackson	124	Gary Dover	130	Cian Nutt
16 Lancaster University 'B'	655	—	79	Jack Okell	84	Sam Settle	109	Thomas Walker	117	Lars Vornhagen	121	Alex Walker	145	Alec Fowler
17 Horwich RMI Harriers	734	—	2	Christopher Farrell	8	Michael Cayton	27	Jonathan Bruton	164	C Essex-Crosby	266	Gordon Stone	267	Steven Jackson
18 Chorley AC	813	—	78	Jordan Swift	116	Ryan Sciacca	122	Ian Leigh	129	Chris Charnley	179	Phil Iddon	189	Paul Wareing
19 Kirkby Milers	824	—	92	Martin Christian	108	Ian Jonison	146	Gary Wilton	152	Kenny Dayo	153	David Daly	173	Mark O'Callaghan
20 Wigan Phoenix	830	—	69	James Hilton	83	Mohamad Manir-Jolley	133	Mark Melbourne	159	Lee Partington	182	Paul Weall	204	Paul Blakemore
21 Southport Waterloo Ac 'B'	839	—	128	Peter Roome	138	Neil Adshead	139	Paul Warrington	142	Simon Tobin	143	Rob Johnson	149	Ian Fitzpatrick
22 Preston Harriers 'B'	896	—	110	Chris Wales	114	Alex Waddelove	127	John Griffiths	156	John Rainford	180	Andy Giunderson	209	Roy Parkinson
23 Astley & Tyldesley RR	922	—	58	Tim Campbell	94	Neil Hughes	100	Simon Ford	195	Gary Stevens	224	Scott Priestley	251	Phil SpencerGrey
24 Lytham St Annes RR	956	—	49	Joe Greenwood	53	Christopher McCarthy	147	Neil Tate	191	Graham Webster	214	Terry Helling	302	Greg Oulton
25 Red Rose Road Runners 'B'	977	—	135	Simon Robinson	136	Stephen Woodruffe	155	Barry Wheeler	175	Philip Butler	183	Mark Billington	193	Frank Nightingale
26 Wesham Road Runners & Ac	1013	—	81	Simon Denye	95	Lee Barlow	144	Daniel Shaw	188	John Collier	228	John Bertenshaw	277	Ben Wrigley
27 Blackpool Wyre & Fylde Ac	1075	—	34	Daniel Hayes	137	Andrew Simm	163	Darren Tremble	178	Paul Sparrow	274	Ian Close	289	Alan Wilkinson
28 Wigan & District Harriers 'B'	1121	—	131	Paul Bryers	141	Darren Jackson	157	Gary Wane	219	Barry Abram	233	Stuart Holding	240	Kevin Edwards
29 Glaxo Hoad Hill Harriers 'B'	1161	—	150	Tom Southward	160	Sean Dixon	203	Graham Pinder	206	Phil Horrocks	215	Paul Quinn	227	Damian Jones
30 Riversway Road Runners	1178	—	158	Chris Williams	168	Pete Manning	184	Stephen Lamb	205	Marc Potter	221	Gary Heyworth	242	Samuel Lawrence
31 Kirkby Milers 'B'	1185	—	181	Davey McCulloch	185	Andy Boulger	190	James Warburton	192	Ian Rivers	201	Danny Alexander	236	Anthony Beyga
32 Liverpool Pembroke Sefton 'B'	1247	—	134	Sammy Rashid	161	Robbie Wood	194	John Dickinson	212	Mark Hudson	260	Andrew Conway	286	John Dobie
33 Clayton Le Moors Harriers 'B'	1261	—	151	Alan Dorrington	166	Brian Horrocks	172	John Wilcock	235	James Hickie	262	Christopher Lawrence	275	Andy Quinn

Senior Men (Vets) over 40 — TEAM RESULTS

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

1 Blackburn Harriers	74	—	2	Christopher Davies	6	Andrew Buttery	7	Mark Chippendale	59	Craig Greenough
2 Wigan & District Harriers	95	—	19	Mark Morgan-Hillam	22	Simon Baines	26	Bozhidar Kasabov	28	Mike Harris
3 Glaxo Hoad Hill Harriers	99	—	14	Jeffrey Chadwick	18	Mark Tomkinson	33	Christopher Howie	34	Andy Jackson
4 Preston Harriers	100	—	5	Gethin Butler	25	Alan Durney	31	Chris Wales	39	John Griffiths
5 Southport Waterloo Ac	109	—	3	David Hamilton	21	John Sprackland	40	Peter Roome	45	Neil Adshead
6 Barlick Fell Runners	111	—	10	Mark Holgate	11	Virgil Barton	30	Carl Pawson	60	Gary Bradley
7 Clayton Le Moors Harriers	129	—	9	Robert Aspinall	36	Andrew Holt	38	Alex Cran	46	Kevin Davies
8 Red Rose Road Runners	198	—	32	Kenneth Addison	44	Stephen Woodruffe	58	Philip Butler	64	Mark Billington
9 Wesham Road Runners & Ac	199	—	15	Simon Denye	24	Lee Barlow	66	John Collier	94	John Bertenshaw
10 Chorley AC	205	—	35	Ian Leigh	41	Chris Charnley	62	Phil Iddon	67	Paul Wareing
11 Wigan Phoenix	245	—	17	Mohamad Manir-Jolley	63	Paul Weall	79	Dave Bamford	86	Peter Murray
12 Trawden Road Runners	253	—	4	Nick Gaskell	20	Dave Potter	90	James Crook	139	Neil Wilcocks
13 Barrow & Furness Striders	285	—	43	Ian Sadler	52	Neil Grace	80	Glen Travers	110	Philip Everett
14 Blackpool Wyre & Fylde Ac	477	—	61	Paul Sparrow	130	Ian Close	142	Alan Wilkinson	144	Rick Pinches

Senior Men (Vets) over 50 — TEAM RESULTS

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

1 Southport Waterloo Ac	19	—	2	John Sprackland	7	Peter Roome	10	Neil Adshead
2 Preston Harriers	24	—	3	Alan Durney	6	John Griffiths	15	John Rainford
3 Clayton Le Moors Harriers	29	—	1	Robert Aspinall	11	Kevin Davies	17	Brian Horrocks
4 Red Rose Road Runners	32	—	4	Kenneth Addison	9	Stephen Woodruffe	19	Philip Butler
5 Glaxo Hoad Hill Harriers	50	—	5	Gary Dover	16	Sean Dixon	29	Graham Pinder
6 Wigan Phoenix	126	—	31	Dave Bamford	36	Peter Murray	59	Howard Waite
7 Wigan & District Harriers	154	—	37	Barry Abram	47	Kevin Edwards	70	David Collins
8 Blackpool Wyre & Fylde Ac	193	—	61	Ian Close	65	Alan Wilkinson	67	Simon Scarr

Senior Men (Vets) over 60 — TEAM RESULTS

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

1 Southport Waterloo Ac	18	—	2	Rob Johnson	6	Alan Joyce	10	Brian Davey
2 Glaxo Hoad Hill Harriers	43	—	9	Pat Thomas	16	Tom Evélin	18	Adrian Newnham

Junior Race - Men — FINAL RESULTS

Pos	Num	Name	Club	Time		Pos	Num	Name	Club	Time
1	3456	Liam Burthem	Liverpool Harriers & AC	21:49	5	3460	Jack Hindle	Blackburn Harriers		22:35
2	3457	Tom Rogerson	Liverpool Harriers & AC	22:05	6	3461	Elliot Matier	Border Harriers		23:19
3	3458	Tiarnan Croken	Preston Harriers	22:15	7	3462	Thomas Marchant	Pendle AC		24:18
4	3459	Callum McCormick	Leigh Harriers & Ac	22:24						

Junior Race - Men — TEAM RESULTS

No complete teams

Junior Race - Women — FINAL RESULTS

Pos	Num	Name	Club	Time		Pos	Num	Name	Club	Time
1	3452	Hannah Delaney	Liverpool Harriers & AC	15:56	3	3454	Jessica Rogers	Blackpool Wyre & Fylde Ac		17:55
2	3453	Danielle Webb	Leigh Harriers & Ac	16:23	4	3455	Emily Rowe	Liverpool Harriers & AC		18:41

Junior Race - Women — TEAM RESULTS

No complete teams