

Pos	Number	Forename	Surname	Cat	Club	Time
1	178	Andrew	Dorrian	M	Glaxo hoad hill harriers	0:12:46
2	62	Oscar	Stapleton	M	Ilkley Harriers	0:13:07
3	265	Jason	Parker	MV45	PRESTON HARRIERS	0:13:12
4	367	Joseph	Twigg	M	Lancaster & Morecambe AC	0:13:15
5	219	Emily	Japp	F	Blackpool Wyre and Fylde Athletics Club	0:13:17
6	385	Chris	Upson	MV55	Cambuslang Harriers	0:13:37
7	118	Carolyn	Baxter	F	Guildford and Godalming AC	0:13:46
8	343	Chris	Yardley	M	n/a	0:14:03
9	403	Rowan	Wood	MV35	Lonsdale Fell Runners	0:14:04
10	390	Steven	Worsley	MV55	Lancaster & Morecambe AC	0:14:09
11	97	Carla	Davies	FV35	Salford Harriers	0:14:10
12	251	James	McLaughlin	M	n/a	0:14:20
13	325	David	Walker	MV60	Lancaster & Morecambe AC	0:14:31
14	81	Dexta	Thompson	M	Blackburn Harriers	0:14:33
15	171	Jack	Collett	M	LMAC	0:14:34
16	34	John	Brassington	MV45	Lancaster +Morecambe AC	0:14:45
17	245	Thomas	Mcgrattan	M	LMAC	0:14:48
18	309	John	Symons	MV40	Lancaster and Morecambe ac	0:14:52
19	400	Kyle	Taylor-Pomfret	F	Blackburn Harriers	0:14:57
20	378	Charlotte	Corrigan	F	Hyndburn AC	0:15:02
21	382	Neil	McDonald	MV50	Preston Harriers	0:15:04
22	36	Ben	Brassington	M	Lancaster +Morecambe AC	0:15:16
23	288	David	Sargent	MV35	Lancaster Runners	0:15:16
24	222	Simon	Jones	MV40	n/a	0:15:20
25	134	Alex	Blessington	M	Lancaster & Morecambe AC	0:15:24
26	296	Andrew	Simm	M	Blackpool, Wyre and Fylde	0:15:25
27	379	Jonathon	Marshall	MV35	U/A	0:15:26
28	33	James	Brassington	M	Lancaster +Morecambe AC	0:15:36
29	396	Gracie	Scott	F	BWFAC	0:15:55
30	73	Jayne	Perry	FV35	Garstang Running Club	0:15:59
31	368	James	Twigg	M	Lancaster & Morecambe AC	0:16:03
32	389	Jack	Wilsdon	M	BWFAC	0:16:04
33	397	Matthew	Cannon	M	Helm Hill	0:16:04
34	371	Alan	Stewart	M	Garstang Running Club	0:16:10
35	77	Warren	Crook	MV50	Red Rose Road Runners	0:16:10
36	55	David	Smith	M	U/A	0:16:13
37	32	Andy	Ferkins	MV50	U/A	0:16:21
38	175	Thomas	Dealtry	M	n/a	0:16:31
39	304	Patrick	Stapleton	MV35	n/a	0:16:34
40	146	Colin	Briffett	MV45	Lancaster Runners	0:16:42
41	238	Paul	Mackie	MV45	n/a	0:16:54
42	380	Nikki	Marshall	F	U/A	0:17:07
43	253	Samuel	Mercer	M	Lancaster and Morecambe	0:17:11
44	35	Sally	Brassington	FV40	Lancaster +Morecambe AC	0:17:15
45	28	Mark	Cheal	MV40	U/A	0:17:17
46	252	Ian	Mercer	MV55	lancaster and morecambe	0:17:21
47	264	Michael	Osinski-Gray	MV35	Cybele	0:17:22
48	287	Joanne	Sanders	FV35	Wigston Phoenix	0:17:24
49	376	Michelle	Tickle	FV45	Wesham road runners	0:17:31
50	236	Josh	Lewis	M	n/a	0:17:34
51	329	Sarah	Ward	FV40	n/a	0:17:37
52	341	George	Willnott	M	n/a	0:17:41
53	260	Ehud	Nir	MV45	Lancashire	0:17:48
54	204	Emma	Hewitt	F	Balsall Common RC	0:17:49
55	206	Jonathan	Hewitt	MV60	Garstang RC	0:17:50

56	337 Paul	Wilkinson	MV50	n/a	0:17:53
57	63 Harvey	Stapleton	M	U/A	0:17:57
58	89 Bertie	Ellison	M	Lancaster +Morecambe AC	0:17:57
59	52 Jonathan	Smith	M	U/A	0:18:04
60	53 Andrew	Smith	MV50	U/A	0:18:05
61	297 Mark	Simmill	MV55	Lancaster and Morecambe	0:18:09
62	56 Stephen	Smith	M	U/A	0:18:17
63	303 Alex	Phillips-Yates	M	n/a	0:18:19
64	172 Mark	Davey	MV50	Lancaster Runners	0:18:23
65	221 Matty	Jones	M	n/a	0:18:28
66	220 Emma	Jones	FV35	n/a	0:18:29
67	104 Michael	Armer	MV40	n/a	0:18:33
68	29 Kelly	Seward	FV40	Lancaster Runners	0:18:34
69	276 Jamie	Quarry	MV45	n/a	0:18:37
70	275 Annette	Quarry	FV50	n/a	0:18:38
71	312 Andrew	Thistlethwaite	MV55	Lancaster Runners	0:18:40
72	87 Mark	Ellison	MV40	U/A	0:18:46
73	239 Sid	Makinson	MV45	Blackburn Road Runners	0:18:48
74	261 Nate	Nir	M	Lancashire	0:18:48
75	217 Peter	Howarth	MV40	n/a	0:18:49
76	374 Dan	Hope	M	U/A	0:18:50
77	93 Michael	Burkitt	MV50	U/A	0:18:51
78	328 Esther	Ward	F	LMAC	0:18:56
79	339 Lily	Willmott	F	n/a	0:18:57
80	340 Rebecca	Willmott	F	Vegan Runners	0:18:59
81	393 Rachel	Read	FV50	Millom Striders	0:19:01
82	120 George	Bell	MV60	Blackburn Road Runners	0:19:03
83	85 Maddison	Parrington	F	Lancaster +Morecambe AC	0:19:07
84	86 Lee	Parrington	M	Lancaster +Morecambe AC	0:19:07
85	143 Eve	Briffett	F	Dallam	0:19:13
86	399 Wayne	Rushworth	MV50	Blackburn Road Runners	0:19:17
87	347 Annie	Dickinson	F	LMAC	0:19:26
88	333 Charlotte	White	FV45	n/a	0:19:42
89	233 Katherine	Lewis	FV35	Lancaster & Morecambe AC	0:19:44
90	166 Rob	Clayton	MV35	n/a	0:19:52
91	13 David	Hyomes	MV60	Dewsbury Road Runners	0:20:02
92	42 Keith	Carman	MV50	U/A	0:20:04
93	205 Mary	Hewitt	FV60	Garstang RC	0:20:05
94	16 Noah	Jay	M	U/A	0:20:06
95	119 David	Baxter	MV60	n/a	0:20:09
96	234 Jack	Lewis	M	Lancaster & Morecambe AC	0:20:15
97	350 Benjamin	Giles	M	LMAC	0:20:17
98	334 Christopher	White	MV40	n/a	0:20:18
99	235 Martin	Lewis	MV35	n/a	0:20:26
100	207 Michael	Higgins	MV65	Tyne Bridge Harriers	0:20:27
101	218 Peter	Ion	MV75	Kendal AC	0:20:27
102	289 Holly	Satterly	F	LANCASTER & MORECAMBE AC	0:20:28
103	84 Louise	Goddard	F50	Lancaster +Morecambe AC	0:20:28
104	258 Pete	Mitchell	MV70	Kendal AAC	0:20:30
105	257 Frank	Miller	MV70	Garstang RC	0:20:31
106	229 Charlie	Kelly	M	Hyndburn AC	0:20:31
107	344 Alder	Zoe	FV45	n/a	0:20:42
108	290 Charles	Satterly	MV50	LANCASTER & MORECAMBE AC	0:20:44
109	241 Dawn	Mccracken	FV50	lancaster and morecambe AC	0:20:47
110	331 Ashley	Greathead	M	n/a	0:20:48
111	269 Darren	Percival	MV35	Lonely Goat Running Club	0:20:51

112	59	Julia	Patefield	FV50	Garstang Running Club	0:20:54
113	227	Euan	Joyce	M	n/a	0:20:54
114	305	Rebecca	Stead	F	Lonely Goat RC	0:20:56
115	226	Dave	Joyce	MV50	n/a	0:20:57
116	60	Sarah	Northgate	FV45	U/A	0:20:58
117	299	Robert	Simmill	M	n/a	0:20:59
118	300	Rachael	Slater	FV40	Cybele	0:21:01
119	83	Dorothy	Stoweli	M	COLT	0:21:01
120	316	Gabriella	Tuicicia	F	Lancaster and Morecambe	0:21:07
121	301	Andy	Slater	MV35	Cybele	0:21:08
122	366	Zach	Thomas	M	U/A	0:21:11
123	111	Elaine	Bailey	FV60	Radcliffe AC	0:21:11
124	15	Terrilee	Tennant	FV35	U/A	0:21:18
125	91	Angela	Letchford	FV45	U/A	0:21:20
126	186	Zach	Earnshaw	F	LMAC	0:21:23
127	20	Phil	Huddart	MV60	U/A	0:21:23
128	78	Gillian	Denet	FV65	U/A	0:21:32
129	211	Susan	Hodgson	FV55	Lancaster and morecambe athletics club	0:21:37
130	277	Stephen	Ralston	MV55	Lonsdale Fell Runners	0:21:37
131	398	Gillian	Halhead	FV45	Dallam	0:21:39
132	351	Nathan	Giles	M	LMAC	0:21:41
133	215	Archie	Honeysett	M	Lancaster and morecambe	0:21:41
134	298	Elaine	Simmill	FV55	Lancaster and Morecambe	0:21:41
135	182	Katie	Duxbury	F	n/a	0:21:42
136	279	Oscar	Richings	M	n/a	0:21:49
137	98	Lucas	Battersby	M	U/A	0:21:52
138	10	Maureen	Roberts	FV60	Lancaster Runners	0:21:53
139	99	Craig	Battersby	M	U/A	0:21:55
140	286	Laura	Ruxton	FV40	Cumbria	0:22:05
141	319	Pauline	Turner	F	Lancaster and Morecambe running club	0:22:05
142	121	Kate	Bell	FV35	n/a	0:22:08
143	116	Jolyon	Barlow	MV45	n/a	0:22:10
144	185	Amelie	Earnshaw	F	LMAC	0:22:21
145	187	Ken	Earnshaw	MV55	n/a	0:22:22
146	176	Joanna	Dent	FV50	Lancashire Constabulary	0:22:22
147	338	Victoria	Willmott	F	n/a	0:22:24
148	321	Benjamin	Tyrer	M	Preston Harriers	0:22:25
149	320	Julie	Tyrer	FV40	Preston Harriers	0:22:26
150	323	Beckie	Waine	FV35	Run Mummy Run	0:22:29
151	95	Louise	Ralston	F	U/A	0:22:33
152	180	Tilly	Dowthwaite	F	Lancaster and Morecambe Athletics Club	0:22:36
153	181	Gareth	Dowthwaite	MV45	Lancaster and Morecambe Athletics club	0:22:36
154	61	Dan	Stapleton	MV40	U/A	0:22:38
155	361	Katharine	Shrine	FV45	U/A	0:22:43
156	359	Rose	Roberts	FV60	COLT/261	0:22:44
157	388	Harry	Wilsdon	M	U/A	0:22:45
158	395	Hendy	Herdman	M	Millom Striders	0:22:46
159	394	David	Herdman	MV55	Blengdale	0:22:47
160	237	Susan	Lucas	FV65	Lancaster and Morecambe AC	0:22:48
161	292	Carol	Sharpe	FV40	n/a	0:22:49
162	308	Karen	Swindlehurst	FV50		0:22:50
163	158	Indiana	Chandisingh	F	n/a	0:22:52
164	232	Siohan	Leathley	FV40	n/a	0:22:53
165	349	Arthur	Dickinson	M	LMAC	0:22:54
166	348	Stephen	Dickinson	MV50	U/A	0:22:55
167	150	Nick	Browne	MV50	n/a	0:22:55

168	110 Emma	Bailey	F	n/a	0:22:56
169	112 Rachel	Bailey	F	Bolton Harriers	0:22:57
170	373 Sarah	Newhouse	F	U/A	0:23:00
171	209 Janet	Hilton	FV60	n/a	0:23:00
172	49 Rosemary	Whittle	FV50	U/A	0:23:02
173	48 David	Taylor	MV70	U/A	0:23:03
174	225 Isabel	Joyce	F	n/a	0:23:03
175	105 Claire	Atkinson	FV50	n/a	0:23:04
176	291 Michael	Senior	MV40	n/a	0:23:06
177	38 Lee	Knowles	MV40	U/A	0:23:06
178	283 Flynn	Robinson	M	n/a	0:23:06
179	149 Hope	Browne	F	n/a	0:23:11
180	132 Ben	Birch	M	n/a	0:23:14
181	336 Sue	Wickham	FV55	Preston Harriers	0:23:15
182	133 Matthew	Birch	MV40	n/a	0:23:18
183	30 Faith	Ferkins	FV45	U/A	0:23:19
184	129 Andrew	Bijsterbosch	MV50	n/a	0:23:21
185	41 Anne	Carman	FV60	Lancaster +Morecambe AC	0:23:26
186	345 Phil	Corris	MV65	Lancashire Constabulary AC	0:23:27
187	164 James	Clapham	F	n/a	0:23:27
188	168 Harry	Clipston	M	n/a	0:23:28
189	8 Louise	Armer	FV35	U/A	0:23:31
190	212 Sarah	Holden	FV40	n/a	0:23:32
191	213 Emma	Holden	F	n/a	0:23:33
192	27 Liya	Cheal	FV35	U/A	0:23:34
193	280 Catherine	Robinson	FV45	n/a	0:23:36
194	208 Susan	Hill	FV50	n/a	0:23:37
195	284 Jan	Rogerson	FV55	n/a	0:23:37
196	177 Gurbaksh	Dhillon	FV40	Lancaster and Morecambe Athletics Club	0:23:40
197	369 Fiona	Gemson	FV40	U/A	0:23:46
198	115 Susan	Barlow	FV45	n/a	0:23:49
199	259 Alan	Morris	MV50	n/a	0:23:50
200	231 Caroline	Lawson	FV55	n/a	0:23:51
201	317 Jasmine	Tuicicia	F	n/a	0:23:51
202	318 Josh	Tuicicia	MV40	n/a	0:23:52
203	352 Samuel	Giles	M	LMAC	0:23:52
204	358 Joanne	Roberts	FV45	Morcecambe Community Runners	0:23:53
205	179 Dan	Boswell-Challand	MV45	Morcecambe Community Runners	0:23:53
206	372 Fritha	Mount	F	U/A	0:23:56
207	330 Paula	Haines	FV50	n/a	0:24:00
208	324 Linda	Walker	FV55	Lancaster & Morecambe AC	0:24:06
209	130 Maddy	Birch	F	n/a	0:24:06
210	183 Paul	Earl	MV50	Swinton running club	0:24:07
211	357 Janet	Horsfield	FV45	U/A	0:24:08
212	131 Deborah	Birch	FV40	n/a	0:24:08
213	313 Sarah	Thorn	FV50	n/a	0:24:13
214	136 David	Blessington	MV45	n/a	0:24:15
215	326 Sarah	Walker	FV40	n/a	0:24:15
216	135 Amanda	Blessington	FV45	n/a	0:24:16
217	90 Sydney	Ellison	M	Lancaster +Morecambe AC	0:24:17
218	88 Karen	Ellison	FV40	U/A	0:24:18
219	106 Shelley	Atkinson	FV45	n/a	0:24:24
220	108 Jack	Atkinson	M	n/a	0:24:25
221	109 Stephen	Atkinson	MV35	n/a	0:24:25
222	70 Joey	Norris	M	U/A	0:24:30
223	254 Karen	Metcalf	FV45	n/a	0:24:34

224	256 Lee	Metcalfe	MV50	n/a	0:24:34
225	255 Molly	Metcalfe	F	n/a	0:24:36
226	117 Becky	Battersby	F	n/a	0:24:39
227	405 Adam	Letchford	MV50	U/A	0:24:41
228	195 Helen	Gibbins	FV35	n/a	0:24:44
229	196 Carol	Gibbins	FV60	n/a	0:24:45
230	0 Lost	Number			0:24:47
231	192 Eloise	Frost	F	n/a	0:24:50
232	360 Alice	Roberts	F	U/A	0:24:51
233	69 Grace	Norris	F	U/A	0:24:52
234	67 Mark	Norris	MV40	U/A	0:24:52
235	375 Hayley	Hope	F	U/A	0:24:53
236	387 Laura	Wilsdon	FV35	U/A	0:24:54
237	144 Alice	Briffett	F	Dallam	0:25:02
238	12 Hilary	Chuter	FV60	U/A	0:25:05
239	145 Georgina	Briffett	FV45	Lancaster Runners	0:25:06
240	216 Jake	Honeysett	M	n/a	0:25:07
241	157 Malcolm	Campbell	MV40	n/a	0:25:07
242	250 Kieran	Mclaughlin	M	n/a	0:25:10
243	370 Jenson	Halbard	M	U/A	0:25:10
244	249 Kim	Mcguire	FV60	wesham road runners	0:25:20
245	156 Max	Byrne	M	n/a	0:25:22
246	262 Adela	Nuttall	FV60	Preston Harriers	0:25:29
247	113 Diane	Bain	FV35	n/a	0:25:30
248	96 Charlie	Clarke	F	U/A	0:25:38
249	315 Mark	Towers	MV50	n/a	0:25:39
250	65 Marissa	Cornall	FV40	Garstang Running Club	0:25:49
251	66 Kara	Cornall	F	Garstang Running Club	0:25:49
252	148 Susan	Browne	FV50	n/a	0:25:50
253	310 Heidi	Taylor	FV45	Lancaster runners	0:25:52
254	335 Frances	Whittaker	FV55	n/a	0:25:53
255	278 Annaliza	Richings	FV50		0:25:53
256	190 Kari	Edwards	FV45	Preston Harriers	0:25:58
257	184 Jen	Earl	FV50	Swinton running club	0:26:00
258	58 Arthur	Toms	M	U/A	0:26:06
259	57 Ashley	Toms	MV70	Lancaster +Morecambe AC	0:26:07
260	21 Sophie	Huddart	F	U/A	0:26:16
261	294 Nicola	Shone	FV45	n/a	0:26:16
262	138 Sophie	Bloye	F	n/a	0:26:18
263	386 Jason	Read	MV45	U/A	0:26:28
264	161 Graham	Charlton	MV65	n/a	0:26:58
265	162 Alex	Charlton	MV40	n/a	0:26:59
266	193 Mark	Frost	MV55	n/a	0:27:00
267	189 Clare	Edwards	FV35	n/a	0:27:05
268	248 Sara	Gray	FV50	n/a	0:27:07
269	142 Aimee	Brett	FV40	Lancaster Runners	0:27:22
270	17 Madison	Tennant	F	U/A	0:27:25
271	14 Gary	Tennant	M	U/A	0:27:25
272	137 Mary	Bloye	FV55	n/a	0:27:31
273	224 Nicola	Joyce	FV50	n/a	0:27:31
274	223 Lily	Shone	F	n/a	0:27:34
275	295 Karl	Shone	MV45	n/a	0:27:35
276	302 Julie	Smallwood	FV55	n/a	0:27:43
277	246 Molly	Mcgrattan	F	n/a	0:27:44
278	247 Joseph	Mcgrattan	M	n/a	0:27:44
279	244 Juliet	Mcgrattan	FV45	261 Fearless Club Lancaster	0:27:45

280	263 Audrey	Oldham	FV55	Fylde Coast Runners	0:27:46
281	268 Mike	Penhaligon	M	n/a	0:27:52
282	214 Richard	Holden	MV45	n/a	0:27:53
283	24 Ellen	Towse	F	U/A	0:27:58
284	22 Andrea	Towse	FV40	U/A	0:27:59
285	163 Charlotte	Clapham	F	Blackburn Harriers	0:28:02
286	311 Steve	Taylor	MV45	Red Rose Road Runners	0:28:02
287	100 Michelle	Allott	FV45	Red Rose Road Runners	0:28:03
288	169 Lucie	Clipston	F	Red Rose Road Runners	0:28:04
289	140 Megan	Bradley	F	n/a	0:28:05
290	141 Jennifer	Bradley	FV45	Time2run	0:28:05
291	170 Kate	Clipston	FV45	Red Rose Road Runners	0:28:06
292	122 Ellen	Bell	FV35	n/a	0:28:08
293	267 Megan	Halliday	F	U/A	0:28:20
294	314 Vivienne	Towers	FV55	n/a	0:28:22
295	3 Clive	Rawes	MV55	U/A	0:28:26
296	293 William	Rawes	M	n/a	0:28:27
297	40 Helen	Holdsworth	FV50	U/A	0:28:28
298	39 Julie	Clarke	FV45	U/A	0:28:28
299	362 Ceri	Smith	FV40	U/A	0:28:37
300	346 Candice	Curran	FV35	U/A	0:28:37
301	363 Betsy	Smith	F	U/A	0:28:37
302	391 Georgia	Stapleton	F	U/A	0:28:44
303	151 Christine	Ramsdale	FV70	Spectrum Striders	0:28:44
304	160 Rebecca	Charlton	FV35	n/a	0:28:49
305	159 Avril	Charlton	FV60	n/a	0:28:50
306	392 Tara	Stapleton	F	U/A	0:28:51
307	407 Lilly	Blackburn	F	U/A	0:28:56
308	402 Oliver	Lewis	M	U/A	0:29:12
309	401 Phillip	Lewis	MV35	Lancaster Runners	0:29:15
310	242 Susan	McGann	FV50	n/a	0:29:37
311	364 Fay	Thomas	F	U/A	0:29:43
312	365 Ian	Thomas	MV50	U/A	0:29:43
313	45 Austin	Troy	M	U/A	0:29:52
314	43 David	Wilkinson	MV60	Lancaster +Morecambe AC	0:29:52
315	154 Eliza	Byrne	F	n/a	0:30:02
316	167 Michael	Cleary	MV50	Fylde Coast Runners	0:30:02
317	155 Kirsty	Byrne	FV35	n/a	0:30:03
318	7 Emma	Shuttleworth	FV45	U/A	0:31:03
319	406 Gracie	Huddleston	F	U/A	0:31:05
320	408 Nathan	Huddleston	M	U/A	0:31:21
321	19 Phoebe	Atkin	F	U/A	0:31:35
322	18 Sara	Atkin	FV45	Lancaster Runners	0:31:36
323	409 Michelle	Jones	FV45	U/A	0:31:38
324	31 Alfie	Ferkins	M	U/A	0:31:43
325	64 Allan	Bolton	MV65	U/A	0:32:12
326	76 Sophie	Jones	F	U/A	0:32:18
327	72 Zoe	Lock	F	Dallam Running Club	0:32:18
328	74 Christine	Perry	FV65	Lancaster +Morecambe AC	0:32:19
329	75 Shannon	Perry	F	U/A	0:32:20
330	383 Nichola	Buczynsui	FV35	U/A	0:32:46
331	384 Nicola	Singleton	FV45	U/A	0:32:46
332	201 Claire	Greenwood	FV35	n/a	0:32:47
333	51 Emma	Postlethwaite	F	U/A	0:32:50
334	50 Keith	Postlethwaite	MV55	Northern Masters	0:32:50
335	381 Marian	Kay	FV60	U/A	0:32:57

336	139 Charlotte	Boulton	F	Lancaster and Morecambe athletics club	0:33:00
337	71 Livia	Norris	F	U/A	0:33:54
338	68 Michelle	Norris	FV40	U/A	0:33:54
339	25 Daniel	Towse	M	U/A	0:35:31
340	23 John	Towse	MV50	U/A	0:35:32
341	26 Bernadette	Cheshire	FV60	U/A	0:35:58
342	46 Marnie	Ingrid	F	U/A	0:37:35
343	44 Carole	Wilkinson	FV60	Lancaster +Morecambe AC	0:37:38
344	47 Rosemary	Whittaker	FV50	U/A	0:37:46
345	11 Evelyn	Elkington	FV80	Lancaster +Morecambe AC	0:38:08