

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 23rd November 2019

Under 11 Girls — FINAL RESULTS

| Pos | Num | Name | Club | Time | | | | | |
|-----|------|--------------------|---------------------------|------|----|------|-----------------|-----------------------------|-------|
| 1 | 3101 | Bailey Hughes | Liverpool Harriers & Ac | 7:53 | 28 | 2671 | Lottie Hesketh | Trawden AC | 9:16 |
| 2 | 1933 | Anna Nicholson | Lancaster & Morecambe AC | 8:01 | 29 | 514 | Isabelle Teal | Barlick Fr | 9:21 |
| 3 | 1430 | Gabi Taylor | Leigh Harriers | 8:02 | 30 | 923 | Millie Baptista | Central Lancs Running & Tri | 9:22 |
| 4 | 613 | Hannah Davies | Blackburn Harriers | 8:09 | 31 | 1635 | Alice Carr | Burnley AC | 9:23 |
| 5 | 781 | Polly Kershaw | Blackpool Wyre & Fylde AC | 8:09 | 32 | 312 | Holly Nicholls | Wigan Harriers | 9:40 |
| 6 | 390 | Sophia Burton | Hyndburn AC | 8:27 | 33 | 3108 | Olivia Copper | Leigh Harriers | 9:40 |
| 7 | 1876 | Anna Coble | Kendal-Helm Composite | 8:28 | 34 | 784 | Jemima Bradburn | Blackpool Wyre & Fylde AC | 9:44 |
| 8 | 1433 | Jessica Hodgkinson | Leigh Harriers | 8:29 | 35 | 3109 | Ruby Jones | Liverpool Harriers & Ac | 9:49 |
| 9 | 3102 | Kady Hall | Wigan Harriers | 8:32 | 36 | 936 | Keira Rickerby | Chorley Athletic & Tri | 9:52 |
| 10 | 3103 | Scarlett Jarvis | Leigh Harriers | 8:34 | 37 | 1633 | Lois Wormold | Burnley AC | 9:57 |
| 11 | 2678 | Leah Harvey | Trawden AC | 8:36 | 38 | 3110 | Phoebe Helm | Kirkby Milers | 10:03 |
| 12 | 782 | Aimee Harling | Blackpool Wyre & Fylde AC | 8:39 | 39 | 3111 | Niamh McKeown | Liverpool Harriers & Ac | 10:11 |
| 13 | 513 | Bella McCredie | Barlick Fr | 8:41 | 40 | 3112 | Anna O'Mahoney | Liverpool Harriers & Ac | 10:17 |
| 14 | 1598 | Mahya Mohan | Barrow & Furness St. | 8:46 | 41 | 3113 | Faith Phillips | Kirkby Milers | 10:25 |
| 15 | 2508 | Felicity Fletcher | Southport Waterloo AC | 8:48 | 42 | 3114 | Emily Holmes | Liverpool Harriers & Ac | 10:27 |
| 16 | 3104 | Ava Colohan | Rossendale Harriers | 8:50 | 43 | 611 | Lulu Sharp | Blackburn Harriers | 10:28 |
| 17 | 3105 | Nour Khouef | Wigan Harriers | 8:53 | 44 | 1266 | Louise Lusty | Clayton Le Moors | 10:33 |
| 18 | 783 | Kristie Leitch | Blackpool Wyre & Fylde AC | 8:54 | 45 | 1267 | Kristel Lusty | Clayton Le Moors | 10:33 |
| 19 | 3106 | Grace Bomba | Liverpool Harriers & Ac | 8:55 | 46 | 3115 | Olivia Wood | Preston Harriers | 10:37 |
| 20 | 1271 | Eliena Lusty | Clayton Le Moors | 8:57 | 47 | 2667 | Poppy Wynne | Trawden AC | 10:40 |
| 21 | 258 | Emily Smith | Blackburn Harriers | 9:07 | 48 | 2673 | Ava Wright | Trawden AC | 10:40 |
| 22 | 1638 | Georgia Tregay | Burnley AC | 9:07 | 49 | 3116 | Libby Cocker | Liverpool Ps | 10:43 |
| 23 | 2672 | Agatha Taylor | Trawden AC | 9:09 | 50 | 3117 | Lyla Foy | Liverpool Harriers & Ac | 10:48 |
| 24 | 3107 | Mina Griffin | Liverpool Ps | 9:09 | 51 | 3118 | Erin Hacking | Liverpool Ps | 11:04 |
| 25 | 2507 | Renee Adams | Southport Waterloo AC | 9:11 | 52 | 2674 | Lola Sims | Trawden AC | 11:05 |
| 26 | 1208 | Xara Lewis | Rossendale Harriers | 9:12 | 53 | 3119 | Isabel Murt | Kirkby Milers | 12:05 |
| 27 | 1637 | Ruby Cleaver | Burnley AC | 9:13 | | | | | |

Under 11 Girls — TEAM RESULTS

| | | | | | | | | | |
|----|---------------------------|-----|---|----|----------------|----|--------------------|----|-----------------|
| 1 | Leigh Harriers | 21 | — | 3 | Gabi Taylor | 8 | Jessica Hodgkinson | 10 | Scarlett Jarvis |
| 2 | Blackpool Wyre & Fylde AC | 35 | — | 5 | Polly Kershaw | 12 | Aimee Harling | 18 | Kristie Leitch |
| 3 | Liverpool Harriers & Ac | 55 | — | 1 | Bailey Hughes | 19 | Grace Bomba | 35 | Ruby Jones |
| 4 | Wigan Harriers | 58 | — | 9 | Kady Hall | 17 | Nour Khouef | 32 | Holly Nicholls |
| 5 | Trawden AC | 62 | — | 11 | Leah Harvey | 23 | Agatha Taylor | 28 | Lottie Hesketh |
| 6 | Blackburn Harriers | 68 | — | 4 | Hannah Davies | 21 | Emily Smith | 43 | Lulu Sharp |
| 7 | Burnley AC | 80 | — | 22 | Georgia Tregay | 27 | Ruby Cleaver | 31 | Alice Carr |
| 8 | Clayton Le Moors | 109 | — | 20 | Eliena Lusty | 44 | Louise Lusty | 45 | Kristel Lusty |
| 9 | Liverpool Ps | 124 | — | 24 | Mina Griffin | 49 | Libby Cocker | 51 | Erin Hacking |
| 10 | Kirkby Milers | 132 | — | 38 | Phoebe Helm | 41 | Faith Phillips | 53 | Isabel Murt |

Under 11 Boys — FINAL RESULTS

| Pos | Num | Name | Club | Time | | | | | |
|-----|------|--------------------|--------------------------|------|----|------|---------------------|---------------------------|-------|
| 1 | 684 | Samuel Aspey | Blackburn Harriers | 7:17 | 32 | 3028 | Francis Woodruff | Clayton Le Moors | 8:29 |
| 2 | 2761 | William McCash | Trawden AC | 7:24 | 33 | 2182 | Freddie Markham | Lytham St Annes Rrc | 8:30 |
| 3 | 2762 | George Camara | Trawden AC | 7:31 | 34 | 828 | Billy Kershaw | Blackpool Wyre & Fylde AC | 8:34 |
| 4 | 1958 | Ben Brassington | Lancaster & Morecambe AC | 7:33 | 35 | 2049 | Sam Oldham | Leven Valley AC | 8:42 |
| 5 | 2333 | Eddie Chandler | Preston Harriers | 7:35 | 36 | 2039 | Kieran Bannister | Leven Valley AC | 8:43 |
| 6 | 3021 | Will Grundy | Chorley Athletic & Tri | 7:36 | 37 | 3029 | Bobby Hastewell | Lytham St Annes Rrc | 8:44 |
| 7 | 1906 | Toby Acland | Kendal-Helm Composite | 7:38 | 38 | 2181 | Adam Jackson | Lytham St Annes Rrc | 8:46 |
| 8 | 3022 | Charie Rigby | Liverpool Harriers & Ac | 7:41 | 39 | 3030 | Leonard Benson | Liverpool Ps | 8:47 |
| 9 | 3023 | Daniel Liggat | Liverpool Ps | 7:41 | 40 | 532 | Harry Driver | Barlick Fr | 8:48 |
| 10 | 676 | Theo Robinson | Blackburn Harriers | 7:42 | 41 | 3031 | Benjie Steele | Liverpool Ps | 8:49 |
| 11 | 3024 | Chris Hawkins | Liverpool Ps | 7:42 | 42 | 3032 | Joseph Brown | Kirkby Milers | 8:51 |
| 12 | 537 | Will Pease | Barlick Fr | 7:47 | 43 | 2549 | Charles Fletcher | Southport Waterloo AC | 8:52 |
| 13 | 320 | Alfie Tipping | Kendal-Helm Composite | 7:50 | 44 | 2053 | Riley Scott | Leven Valley AC | 8:54 |
| 14 | 1531 | Tom Henderson | Liverpool Ps | 7:50 | 45 | 540 | Garth Duffy | Barlick Fr | 8:59 |
| 15 | 1905 | Ewan Black | Kendal-Helm Composite | 7:52 | 46 | 675 | George Holman | Blackburn Harriers | 9:04 |
| 16 | 2757 | Callum Singleton | Trawden AC | 7:53 | 47 | 2334 | Lucas Cooke | Preston Harriers | 9:13 |
| 17 | 674 | Liam Bennisson | Blackburn Harriers | 7:55 | 48 | 251 | Robert HindleWalker | Blackpool Wyre & Fylde AC | 9:15 |
| 18 | 1462 | Cillian Clarke | Leigh Harriers | 7:57 | 49 | 534 | Oscar Clayton | Barlick Fr | 9:17 |
| 19 | 2756 | Harry Jordan | Trawden AC | 8:00 | 50 | 2052 | Oliver Scott | Leven Valley AC | 9:21 |
| 20 | 3025 | James Howarth | Leigh Harriers | 8:05 | 51 | 1657 | Benjamin Mayhew | Burnley AC | 9:24 |
| 21 | 247 | Harvey Thompson | Southport Waterloo AC | 8:06 | 52 | 2045 | Demitri Kyriacou | Leven Valley AC | 9:29 |
| 22 | 677 | Charlie Haworth | Blackburn Harriers | 8:07 | 53 | 3033 | Max Shennan | Kirkby Milers | 9:34 |
| 23 | 3016 | Harry Williams | Southport Waterloo AC | 8:08 | 54 | 2042 | Ellis Durkin | Leven Valley AC | 9:39 |
| 24 | 1897 | Jake Smith | Kendal-Helm Composite | 8:10 | 55 | 1655 | Toby Steel | Burnley AC | 9:59 |
| 25 | 3026 | Ewan Cole | Liverpool Harriers & Ac | 8:13 | 56 | 1333 | Ryan Jones | Kirkby Milers | 10:00 |
| 26 | 259 | Harry Smith | Blackburn Harriers | 8:15 | 57 | 3034 | W HindleWalker | Blackpool Wyre & Fylde AC | 10:06 |
| 27 | 314 | Reuben Elsy | Leven Valley AC | 8:16 | 58 | 3035 | Elliot Shackleton | Barlick Fr | 10:23 |
| 28 | 2047 | Jack Middleton | Leven Valley AC | 8:22 | 59 | 3036 | James Preston | Burnley AC | 10:56 |
| 29 | 2753 | Seth Fenton-Clough | Trawden AC | 8:26 | 60 | 3037 | Oliver Bruce | Red Rose Road Runners | 11:06 |
| 30 | 3027 | Daniel Berry | Liverpool Ps | 8:29 | 61 | 253 | Nicholas Houlton | Lytham St Annes Rrc | 11:44 |
| 31 | 685 | Alexander Brien | Blackburn Harriers | 8:29 | | | | | |

Under 11 Boys — TEAM RESULTS

| | | | | | | | | | |
|----|---------------------------|-----|---|----|-----------------|----|---------------------|----|------------------|
| 1 | Trawden AC | 21 | — | 2 | William McCash | 3 | George Camara | 16 | Callum Singleton |
| 2 | Blackburn Harriers | 28 | — | 1 | Samuel Aspey | 10 | Theo Robinson | 17 | Liam Bennisson |
| 3 | Liverpool Ps | 34 | — | 9 | Daniel Liggat | 11 | Chris Hawkins | 14 | Tom Henderson |
| 4 | Kendal-Helm Composite | 35 | — | 7 | Toby Acland | 13 | Alfie Tipping | 15 | Ewan Black |
| 5 | Southport Waterloo AC | 87 | — | 21 | Harvey Thompson | 23 | Harry Williams | 43 | Charles Fletcher |
| 6 | Leven Valley AC | 90 | — | 27 | Reuben Elsy | 28 | Jack Middleton | 35 | Sam Oldham |
| 7 | Barlick Fr | 97 | — | 12 | Will Pease | 40 | Harry Driver | 45 | Garth Duffy |
| 8 | Lytham St Annes Rrc | 108 | — | 33 | Freddie Markham | 37 | Bobby Hastewell | 38 | Adam Jackson |
| 9 | Blackpool Wyre & Fylde AC | 139 | — | 34 | Billy Kershaw | 48 | Robert HindleWalker | 57 | W HindleWalker |
| 10 | Kirkby Milers | 151 | — | 42 | Joseph Brown | 53 | Max Shennan | 56 | Ryan Jones |
| 11 | Burnley AC | 165 | — | 51 | Benjamin Mayhew | 55 | Toby Steel | 59 | James Preston |

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 23rd November 2019

Under 13 Girls — FINAL RESULTS

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|------|----------------------|---------------------------|-------|-----|------|---------------------|---------------------------|-------|
| 1 | 2019 | Georgia Bell | Leven Valley AC | 12:02 | 39 | 791 | Megan Tipler | Blackpool Wyre & Fylde AC | 14:15 |
| 2 | 949 | Libby Rickerby | Chorley Athletic & Tri | 12:23 | 40 | 626 | Amelia Burton | Blackburn Harriers | 14:17 |
| 3 | 3038 | Amelie Smethurst | Chorley Athletic & Tri | 12:23 | 41 | 3048 | Lottie Cowdell | Liverpool Harriers & Ac | 14:20 |
| 4 | 1884 | Kate Collin | Kendal-Helm Composite | 12:32 | 42 | 3049 | Eleanor Edwards | Clayton Le Moors | 14:22 |
| 5 | 1885 | Elsie Barker | Kendal-Helm Composite | 12:41 | 43 | 3050 | Poppy Clewes | Liverpool Harriers & Ac | 14:23 |
| 6 | 1939 | Esther Ward | Lancaster & Morecambe AC | 12:58 | 44 | 3051 | Christiana Kelly | Liverpool Harriers & Ac | 14:24 |
| 7 | 517 | Lucille Pickles | Barlick Fr | 12:58 | 45 | 3120 | Tiana Chambers | Southport Waterloo AC | 14:30 |
| 8 | 3039 | Lara Bellingham | Liverpool Harriers & Ac | 13:02 | 46 | 1498 | Anna Yates | Liverpool Ps | 14:36 |
| 9 | 3040 | Beatrix Cole | Liverpool Harriers & Ac | 13:03 | 47 | 1938 | Evie Robinson | Lancaster & Morecambe AC | 14:37 |
| 10 | 1492 | Iris Davidson | Liverpool Ps | 13:08 | 48 | 1934 | Annie Dickinson | Lancaster & Morecambe AC | 14:38 |
| 11 | 787 | Gracie Scott | Blackpool Wyre & Fylde AC | 13:12 | 49 | 619 | Eve Coulson | Blackburn Harriers | 14:39 |
| 12 | 1488 | Sarah Yates | Liverpool Ps | 13:18 | 50 | 3052 | Zara Dorkin | Preston Harriers | 14:40 |
| 13 | 2296 | Poppi Watson | Preston Harriers | 13:22 | 51 | 2681 | Ruby Fort | Trawden AC | 14:40 |
| 14 | 3041 | Sophia Grundy | Unattached | 13:25 | 52 | 945 | Alice Lamb | Chorley Athletic & Tri | 14:47 |
| 15 | 2679 | Charlotte Robertshaw | Trawden AC | 13:26 | 53 | 2686 | Lucy Murgatroyd | Trawden AC | 14:48 |
| 16 | 622 | Faith Gillibrand | Blackburn Harriers | 13:30 | 54 | 788 | Jess Ramsden | Blackpool Wyre & Fylde AC | 14:48 |
| 17 | 2510 | Emily Dean | Southport Waterloo AC | 13:33 | 55 | 1491 | Eve Hannaway | Liverpool Ps | 14:49 |
| 18 | 951 | Lola Robertson | Chorley Athletic & Tri | 13:35 | 56 | 1641 | Erika Corns | Burnley AC | 14:50 |
| 19 | 1440 | Jasmine Barlow | Leigh Harriers | 13:41 | 57 | 2683 | Grace Whittaker | Trawden AC | 15:01 |
| 20 | 2682 | Leila Smithurst | Trawden AC | 13:41 | 58 | 1493 | Olwyn Benson | Liverpool Ps | 15:05 |
| 21 | 1883 | Madeleine Martindale | Kendal-Helm Composite | 13:42 | 59 | 1489 | Eve Maund | Liverpool Ps | 15:08 |
| 22 | 2680 | Gemma Kenniford | Trawden AC | 13:43 | 60 | 1640 | Zoe Green | Burnley AC | 15:11 |
| 23 | 3042 | Rosie Swinnerton | Liverpool Harriers & Ac | 13:45 | 61 | 1494 | Hannah Williamson | Liverpool Ps | 15:12 |
| 24 | 1497 | Erin Frost | Liverpool Ps | 13:45 | 62 | 3053 | Jessica Lowe | Liverpool Ps | 15:15 |
| 25 | 790 | Louisa Bradburn | Blackpool Wyre & Fylde AC | 13:49 | 63 | 3054 | Hannah Keenan | Southport Waterloo AC | 15:26 |
| 26 | 3043 | Suzanna Owens | Liverpool Ps | 13:51 | 64 | 1882 | Isla Ford | Kendal-Helm Composite | 15:28 |
| 27 | 115 | Jasmine Madden | Kirkby Milers | 13:54 | 65 | 3055 | Lottie Threadgold | Liverpool Harriers & Ac | 15:29 |
| 28 | 3044 | Eve O'Mahoney | Liverpool Harriers & Ac | 13:56 | 66 | 3056 | Cassie McCloy | Liverpool Harriers & Ac | 15:30 |
| 29 | 2924 | Hannah Culshaw | Wigan Harriers | 14:00 | 67 | 327 | Brooke Durkin | Leven Valley AC | 15:31 |
| 30 | 329 | Ava Jones | Preston Harriers | 14:01 | 68 | 625 | Isabelle Hartley | Blackburn Harriers | 15:32 |
| 31 | 1057 | Iona Smith | Glaxo Hoad Hill H | 14:01 | 69 | 518 | Jody Whitfield | Barlick Fr | 15:32 |
| 32 | 1434 | Georgina Hilton | Leigh Harriers | 14:03 | 70 | 1642 | Hollie Mayhew | Burnley AC | 15:33 |
| 33 | 2021 | Sophie Leadbetter | Leven Valley AC | 14:06 | 71 | 1936 | Maddison Parrington | Lancaster & Morecambe AC | 15:40 |
| 34 | 3045 | Megan Lloyd | Liverpool Ps | 14:07 | 72 | 2511 | Lottie Hughes | Southport Waterloo AC | 15:56 |
| 35 | 2684 | Isobel Beechey | Trawden AC | 14:07 | 73 | 3057 | Olivia Howard | Liverpool Harriers & Ac | 15:57 |
| 36 | 3046 | Hannah Suckling | Liverpool Harriers & Ac | 14:11 | 74 | 3058 | Milly Dickinson | Walney Wind Cheetahs | 15:59 |
| 37 | 3047 | Kylah O'Shea | Liverpool Harriers & Ac | 14:13 | 75 | 1643 | Amelia Southam | Burnley AC | 16:24 |
| 38 | 1937 | Erin Gillan | Lancaster & Morecambe AC | 14:15 | 76 | 3059 | Kamzi Ibuzo | Liverpool Harriers & Ac | 20:44 |

Under 13 Girls — TEAM RESULTS

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

| | | | | | | | | | |
|----|---------------------------|-----|---|----|----------------------|----|-------------------|----|----------------------|
| 1 | Chorley Athletic & Tri | 22 | — | 2 | Libby Rickerby | 3 | Amelie Smethurst | 17 | Lola Robertson |
| 2 | Kendal-Helm Composite | 29 | — | 4 | Kate Collin | 5 | Elsie Barker | 20 | Madeleine Martindale |
| 3 | Liverpool Harriers & Ac | 39 | — | 8 | Lara Bellingham | 9 | Beatrix Cole | 22 | Rosie Swinnerton |
| 4 | Liverpool Ps | 45 | — | 10 | Iris Davidson | 12 | Sarah Yates | 23 | Erin Frost |
| 5 | Trawden AC | 54 | — | 14 | Charlotte Robertshaw | 19 | Leila Smithurst | 21 | Gemma Kenniford |
| 6 | Blackpool Wyre & Fylde AC | 73 | — | 11 | Gracie Scott | 24 | Louisa Bradburn | 38 | Megan Tipler |
| 7 | Lancaster & Morecambe AC | 89 | — | 6 | Esther Ward | 37 | Erin Gillan | 46 | Evie Robinson |
| 8 | Preston Harriers | 91 | — | 13 | Poppi Watson | 29 | Ava Jones | 49 | Zara Dorkin |
| 9 | Leven Valley AC | 99 | — | 1 | Georgia Bell | 32 | Sophie Leadbetter | 66 | Brooke Durkin |
| 10 | Blackburn Harriers | 102 | — | 15 | Faith Gillibrand | 39 | Amelia Burton | 48 | Eve Coulson |
| 11 | Southport Waterloo AC | 122 | — | 16 | Emily Dean | 44 | Tiana Chambers | 62 | Hannah Keenan |
| 12 | Burnley AC | 183 | — | 55 | Erika Corns | 59 | Zoe Green | 69 | Hollie Mayhew |

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 23rd November 2019

Race 4 - Under 13 Boys — FINAL RESULTS

| Pos | Num | Name | Club | Time | Pos | Num | Name | Club | Time |
|-----|------|---------------------|---------------------------|-------|-----|------|---------------------|---------------------------|-------|
| 1 | 3121 | Alfie Lamb | Border Harriers | 11:20 | 40 | 2060 | Oliver Oldham | Leven Valley AC | 12:48 |
| 2 | 3122 | Montgomery Barr | Southport Waterloo AC | 11:22 | 41 | 3146 | Leighton Hewitt | Preston Harriers | 12:53 |
| 3 | 2774 | Ben Stratton | Trawden AC | 11:26 | 42 | 3335 | Riley Holt | Rossendale Harriers | 12:54 |
| 4 | 3123 | Seb Mason | Border Harriers | 11:29 | 43 | 2764 | James Galloway | Trawden AC | 12:58 |
| 5 | 1966 | James Brassington | Lancaster & Morecambe AC | 11:32 | 44 | 2340 | Ethan Chadwick | Preston Harriers | 12:59 |
| 6 | 3124 | Lewis Townley | Preston Harriers | 11:32 | 45 | 2555 | Sammy Pickerill | Southport Waterloo AC | 13:05 |
| 7 | 1020 | Jack Lamb | Chorley Athletic & Tri | 11:33 | 46 | 1014 | Matthew Allchurch | Chorley Athletic & Tri | 13:06 |
| 8 | 1915 | Louis Bigland | Kendal-Helm Composite | 11:39 | 47 | 3148 | Alfie Todd | Kendal-Helm Composite | 13:09 |
| 9 | 2769 | Harry Smith | Trawden AC | 11:46 | 48 | 2346 | William Moorhouse | Preston Harriers | 13:15 |
| 10 | 1917 | Jack Barker | Kendal-Helm Composite | 11:51 | 49 | 323 | Louie Woodruff | Clayton Le Moors | 13:19 |
| 11 | 702 | Daniel Smith | Blackburn Harriers | 11:55 | 50 | 1535 | Toby Farrer | Liverpool Ps | 13:19 |
| 12 | 3125 | James Davies | Liverpool Harriers & Ac | 11:57 | 51 | 2188 | Oliver Thomson | Lytham St Annes Rrc | 13:20 |
| 13 | 3126 | James Evans | Liverpool Harriers & Ac | 11:59 | 52 | 1545 | Charlie Rotherham | Liverpool Ps | 13:26 |
| 14 | 1465 | Ethan Davies | Leigh Harriers | 12:00 | 53 | 3149 | Benjamin TurnerBone | Liverpool Ps | 13:26 |
| 15 | 3127 | Tom Byrne | Liverpool Harriers & Ac | 12:03 | 54 | 3150 | George Ramsden | Blackburn Harriers | 13:43 |
| 16 | 1916 | Oliver Willoughby | Kendal-Helm Composite | 12:05 | 55 | 1540 | Ethan Tinsley | Liverpool Ps | 13:49 |
| 17 | 3129 | Max Webster | Liverpool Harriers & Ac | 12:09 | 56 | 3151 | Jonathon Shaw | Liverpool Ps | 13:51 |
| 18 | 1537 | Isaac Dickinson | Liverpool Ps | 12:10 | 57 | 1336 | Xander Heaton | Kirkby Milers | 13:54 |
| 19 | 3130 | Ben Leatherbarrow | Liverpool Harriers & Ac | 12:11 | 58 | 1466 | Eddie Sanderson | Leigh Harriers | 14:02 |
| 20 | 2776 | Callum Osborne | Trawden AC | 12:14 | 59 | 3154 | Lyndon Higgins | Leigh Harriers | 14:09 |
| 21 | 3133 | Myles Fraser | Liverpool Ps | 12:18 | 60 | 2767 | Charlie Reeder | Trawden AC | 14:09 |
| 22 | 542 | Logan McCredie | Barlick Fr | 12:19 | 61 | 1543 | Matthew Carroll | Liverpool Ps | 14:14 |
| 23 | 3134 | Benjamin Ham | Blackburn Harriers | 12:22 | 62 | 3156 | Isaac Burford | Liverpool Ps | 14:19 |
| 24 | 699 | Jonathan Brindle | Blackburn Harriers | 12:23 | 63 | 1297 | Guy Whalley | Clayton Le Moors | 14:25 |
| 25 | 3136 | Bobby Burney | Liverpool Harriers & Ac | 12:23 | 64 | 3157 | Harry Bennett | Liverpool Ps | 14:26 |
| 26 | 1910 | Josh Todd | Kendal-Helm Composite | 12:24 | 65 | 2185 | Finlay Hughes | Lytham St Annes Rrc | 14:36 |
| 27 | 3139 | Jack Hewitson | Kendal-Helm Composite | 12:27 | 66 | 1534 | James Kearsley | Liverpool Ps | 14:41 |
| 28 | 1463 | Samuel Barlow | Leigh Harriers | 12:28 | 67 | 2772 | Euan Fenton-Clough | Trawden AC | 14:47 |
| 29 | 2557 | Luke Ward | Southport Waterloo AC | 12:30 | 68 | 1294 | Kieran Magee | Clayton Le Moors | 14:53 |
| 30 | 2554 | Reuben Donnelly | Southport Waterloo AC | 12:31 | 69 | 1232 | Bowan Rushton | Rossendale Harriers | 15:15 |
| 31 | 1293 | Charlie Barnes | Clayton Le Moors | 12:33 | 70 | 830 | Alfie Hall | Blackpool Wyre & Fylde AC | 15:28 |
| 32 | 3140 | Wyatt Holford | Blackpool Wyre & Fylde AC | 12:34 | 71 | 511 | Edward Singleton | Walney Wind Cheetahs | 15:33 |
| 33 | 3141 | Swit SamaradiWakara | Liverpool Harriers & Ac | 12:34 | 72 | 3162 | Daniel Jones | Southport Waterloo AC | 15:52 |
| 34 | 1907 | Alfie Addison | Kendal-Helm Composite | 12:35 | 73 | 3163 | Orlando Hudson | Liverpool Harriers & Ac | 15:58 |
| 35 | 2349 | Jack Winstanley | Preston Harriers | 12:36 | 74 | 3165 | Ben Tyrer | Preston Harriers | 16:42 |
| 36 | 3143 | Freddie Barden | Liverpool Harriers & Ac | 12:37 | 75 | 3166 | Keiryn Blegg | Leigh Harriers | 17:15 |
| 37 | 123 | Sam Smalley | Preston Harriers | 12:39 | 76 | 1539 | Charlie Steele | Liverpool Ps | 17:42 |
| 38 | 2348 | Hayden Ridgley | Preston Harriers | 12:43 | 77 | 2186 | Eric Wrigley | Lytham St Annes Rrc | 18:10 |
| 39 | 3144 | Archie Harding | Eden Runners | 12:44 | 78 | 690 | Isaac Smith | Blackburn Harriers | 18:48 |

Race 4 - Under 13 Boys — TEAM RESULTS

| | | | | | | | | | |
|----|-------------------------|-----|---|----|-----------------|----|-----------------|----|-------------------|
| 1 | Trawden AC | 32 | — | 3 | Ben Stratton | 9 | Harry Smith | 20 | Callum Osborne |
| 2 | Kendal-Helm Composite | 34 | — | 8 | Louis Bigland | 10 | Jack Barker | 16 | Oliver Willoughby |
| 3 | Liverpool Harriers & Ac | 40 | — | 12 | James Davies | 13 | James Evans | 15 | Tom Byrne |
| 4 | Blackburn Harriers | 58 | — | 11 | Daniel Smith | 23 | Benjamin Ham | 24 | Jonathan Brindle |
| 5 | Southport Waterloo AC | 61 | — | 2 | Montgomery Barr | 29 | Luke Ward | 30 | Reuben Donnelly |
| 6 | Preston Harriers | 78 | — | 6 | Lewis Townley | 35 | Jack Winstanley | 37 | Sam Smalley |
| 7 | Liverpool Ps | 89 | — | 18 | Isaac Dickinson | 21 | Myles Fraser | 50 | Toby Farrer |
| 8 | Leigh Harriers | 100 | — | 14 | Ethan Davies | 28 | Samuel Barlow | 58 | Eddie Sanderson |
| 9 | Clayton Le Moors | 143 | — | 31 | Charlie Barnes | 49 | Louie Woodruff | 63 | Guy Whalley |
| 10 | Lytham St Annes Rrc | 193 | — | 51 | Oliver Thomson | 65 | Finlay Hughes | 77 | Eric Wrigley |

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 23rd November 2019

Race 5 - Under 17 Women — FINAL RESULTS

| Pos | Num | Name | Club | Time | | | | | |
|-----|------|-------------------|--------------------------|-------|----|------|--------------------|--------------------------|-------|
| 1 | 3185 | Phoebe Hayashi | Lancaster & Morecambe AC | 17:02 | 16 | 2120 | Maddy Markham | Lytham St Annes Rrc | 19:14 |
| 2 | 884 | Anna Mason | Border Harriers | 17:12 | 17 | 642 | Eleesha Charnley | Blackburn Harriers | 19:20 |
| 3 | 2519 | Olivia Logan | Southport Waterloo AC | 17:14 | 18 | 978 | Robyn Lee | Chorley Athletic & Tri | 19:33 |
| 4 | 307 | Lilian Lewis | Kendal-Helm Composite | 17:38 | 19 | 3191 | Scarlett Sutton | Preston Harriers | 19:46 |
| 5 | 981 | Olivia Leigh | Chorley Athletic & Tri | 17:40 | 20 | 3192 | Alice Sands | Lancaster & Morecambe AC | 19:50 |
| 6 | 3186 | Faye O'Hare | Liverpool Harriers & Ac | 17:46 | 21 | 3193 | Jenny Williamson | Liverpool Ps | 20:00 |
| 7 | 2934 | Charlotte Edwards | Wigan Harriers | 18:14 | 22 | 3194 | Emily Mason | Preston Harriers | 20:15 |
| 8 | 1893 | Georgia Heath | Kendal-Helm Composite | 18:17 | 23 | 1512 | Faye Hannaway | Liverpool Ps | 20:57 |
| 9 | 3187 | Ella Parry | Eden Runners | 18:19 | 24 | 1516 | Phoebe Lucas | Liverpool Ps | 21:29 |
| 10 | 3188 | Grace Brown | Preston Harriers | 18:32 | 25 | 2696 | Macy Waiting | Trawden AC | 21:54 |
| 11 | 2520 | Lucy Milling | Southport Waterloo AC | 18:34 | 26 | 2521 | Freya Walsh | Southport Waterloo AC | 22:02 |
| 12 | 310 | Lottie Beardwood | Kendal-Helm Composite | 18:39 | 27 | 1285 | Bethany Wheatcroft | Clayton Le Moors | 23:38 |
| 13 | 2303 | Libby Huxley | Preston Harriers | 18:41 | 28 | 341 | Tanith Ellis | Clayton Le Moors | 25:59 |
| 14 | 3189 | Amy Davies | Blackburn Harriers | 18:44 | 29 | 1517 | Bethany Swift | Liverpool Ps | 33:35 |
| 15 | 3190 | Jess Watson | Preston Harriers | 18:48 | | | | | |

Race 5 - Under 17 Women — TEAM RESULTS

| | | | | | | | | | |
|---|-----------------------|----|---|----|------------------|----|---------------|----|------------------|
| 1 | Kendal-Helm Composite | 24 | — | 4 | Lilian Lewis | 8 | Georgia Heath | 12 | Lottie Beardwood |
| 2 | Preston Harriers | 38 | — | 10 | Grace Brown | 13 | Libby Huxley | 15 | Jess Watson |
| 3 | Southport Waterloo AC | 40 | — | 3 | Olivia Logan | 11 | Lucy Milling | 26 | Freya Walsh |
| 4 | Liverpool Ps | 68 | — | 21 | Jenny Williamson | 23 | Faye Hannaway | 24 | Phoebe Lucas |

Race 6 - Under 17 Men — FINAL RESULTS (\$=non-counter)

| Pos | Num | Name | Club | Time | | | | | |
|-----|------|-------------------|--------------------------|-------|----|------|-------------------|-------------------------|-------|
| 1 | 3326 | Matthew Knowles | Lancaster & Morecambe AC | 18:39 | 25 | 1473 | Joel Denton | Leigh Harriers | 21:10 |
| 2 | 724 | Matthew Ramsden | Blackburn Harriers | 18:48 | 26 | 1568 | Jake Dickinson | Liverpool Ps | 21:17 |
| 3 | 3195 | Fraser Sproul | Kendal AAC | 19:02 | 27 | 1308 | Jackson McKay | Clayton Le Moors | 21:18 |
| 4 | 1980 | Rhys Ashton | Lancaster & Morecambe AC | 19:18 | 28 | 3203 | Alex Kerfoot | Preston Harriers | 21:19 |
| 5 | 3196 | Max Cunningham | Preston Harriers | 19:22 | 29 | 3204 | Thomas Barnes | Preston Harriers | 21:19 |
| 6 | 728 | Sam Hodgkinson | Blackburn Harriers | 19:40 | 30 | 1310 | Michael Stevens | Clayton Le Moors | 21:26 |
| 7 | 1031 | Jack Hughes | Chorley Athletic & Tri | 19:52 | 31 | 1572 | Thomas Corcoran | Liverpool Ps | 21:27 |
| 8 | 1239 | Joe Hopley | Rossendale Harriers | 19:57 | 32 | 3205 | Hamza Ali | Liverpool Harriers & Ac | 21:29 |
| 9 | 1037 | Ben Wilson | Chorley Athletic & Tri | 20:05 | 33 | 1567 | Se Loughlin | Liverpool Ps | 21:31 |
| 10 | 3007 | Charlie Harding | Eden Runners | 20:07 | 34 | 1036 | Luke Wilson | Chorley Athletic & Tri | 21:38 |
| 11 | 3197 | Charlie Teare | Liverpool Harriers & Ac | 20:08 | 35 | 723 | Ethan Barbarewicz | Blackburn Harriers | 21:52 |
| 12 | 3198 | Dan Lilley | Chorley Athletic & Tri | 20:17 | 36 | 3206 | Harry Wood | Blackburn Harriers | 21:57 |
| 13 | 1306 | Jack Villiers | Clayton Le Moors | 20:29 | 37 | 1242 | Charlie Taylor | Rossendale Harriers | 22:00 |
| 14 | 1573 | Oliver Sutcliffe | Liverpool Ps | 20:36 | 38 | 3207 | Harry Sweeney | Liverpool Harriers & Ac | 22:10 |
| 15 | 2358 | Thomas Durney | Preston Harriers | 20:39 | 39 | 1565 | Jared Nicholls | Liverpool Ps | 22:18 |
| 16 | 3199 | Matthew Brennan | Liverpool Harriers & Ac | 20:40 | 40 | 722 | Harvey Ashworth | Blackburn Harriers | 22:20 |
| 17 | 727 | Jamie Teare | Blackburn Harriers | 20:44 | 41 | 1313 | Alfie White | Clayton Le Moors | 23:08 |
| 18 | 3200 | Jamie Ford | Liverpool Harriers & Ac | 20:45 | 42 | 2069 | Jakob Nelson | Leven Valley AC | 23:11 |
| 19 | 360 | L Messenger Jones | Barrow & Furness St. | 20:56 | 43 | 1566 | Michael Kain | Liverpool Ps | 23:46 |
| 20 | 2068 | Sam McSherry | Leven Valley AC | 20:56 | 44 | 1571 | Daniel Howells | Liverpool Ps | 23:56 |
| 21 | 1984 | Lukas Eichmeyer | Lancaster & Morecambe AC | 20:57 | 45 | 725 | Harry Wilkin | Blackburn Harriers | 24:09 |
| 22 | 3202 | Harry Everett | Preston Harriers | 21:01 | 46 | 1307 | Theo Edmondson | Clayton Le Moors | 25:48 |
| 23 | 1569 | Mark Roberts | Liverpool Ps | 21:02 | 47 | 2202 | Adham Holton | Lytham St Annes Rrc | 28:05 |
| 24 | 1621 | Nathan Ormandy | Barrow & Furness St. | 21:07 | | | | | |

Race 6 - Under 17 Men — TEAM RESULTS

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

| | | | | | | | | | |
|---|--------------------------|----|---|----|------------------|----|-----------------|----|-----------------|
| 1 | Blackburn Harriers | 24 | — | 2 | Matthew Ramsden | 6 | Sam Hodgkinson | 16 | Jamie Teare |
| 2 | Lancaster & Morecambe AC | 25 | — | 1 | Matthew Knowles | 4 | Rhys Ashton | 20 | Lukas Eichmeyer |
| 3 | Chorley Athletic & Tri | 27 | — | 7 | Jack Hughes | 9 | Ben Wilson | 11 | Dan Lilley |
| 4 | Preston Harriers | 40 | — | 5 | Max Cunningham | 14 | Thomas Durney | 21 | Harry Everett |
| 5 | Liverpool Harriers & Ac | 42 | — | 10 | Charlie Teare | 15 | Matthew Brennan | 17 | Jamie Ford |
| 6 | Liverpool Ps | 60 | — | 13 | Oliver Sutcliffe | 22 | Mark Roberts | 25 | Jake Dickinson |
| 7 | Clayton Le Moors | 67 | — | 12 | Jack Villiers | 26 | Jackson McKay | 29 | Michael Stevens |

Race 6 - Ladies under 20

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|-----|------------------|---------|-------------------------------|-------|
| 1 | 925 | Kim Baptista | L20 | 1 Central Lancs Running & Tri | 37:01 |
| 2 | 288 | Victoria Hopwood | L20 | 2 Lancaster Uni RC | 38:58 |
| 3 | 284 | Anna Standing | L20 | 3 Lancaster Uni RC | 41:16 |
| 4 | 285 | Imogen Wilson | L20 | 4 Lancaster Uni RC | 43:09 |
| 5 | 107 | Rhona Fraser | L20 | 5 Lancaster Uni RC | 45:07 |

Race 6 - Ladies under 20 — TEAM RESULTS

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

| | | | | | | | | | |
|---|------------------|---|---|---|------------------|---|---------------|---|---------------|
| 1 | Lancaster Uni RC | 9 | — | 2 | Victoria Hopwood | 3 | Anna Standing | 4 | Imogen Wilson |
|---|------------------|---|---|---|------------------|---|---------------|---|---------------|

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 23rd November 2019

Race 6 - Ladies over 18

| Pos | Num | Name | Cat/Pos | Club | Time | Pos | Num | Name | Cat/Pos | Club | Time |
|-----|------|----------------------|---------|-------------------------------|-------|-----|------|---------------------|---------|------------------------------|-------|
| 1 | 650 | Jessica Judd | L | 1 Blackburn Harriers | 28:22 | 86 | 285 | Imogen Wilson | L20 | 4 Lancaster Uni RC | 43:09 |
| 2 | 1528 | Kirsty Longley | L35 | 1 Liverpool Ps | 30:11 | 87 | 464 | K Maggio Poyntz | L45 | 19 Walney Wind Cheetahs | 43:12 |
| 3 | 807 | Emily Japp | L | 3 Blackpool Wyre & Fylde AC | 30:43 | 88 | 985 | Anya Townsend | L | 88 Chorley Athletic & Tri | 43:20 |
| 4 | 281 | Rosie Johnson | L | 4 Liverpool Ps | 31:45 | 89 | 303 | Julie Hall | L35 | 29 Blackpool Wyre & Fylde AC | 43:24 |
| 5 | 1456 | Olivia Stones | L | 5 Leigh Harriers | 31:57 | 90 | 665 | Michelle Teare | L45 | 20 Blackburn Harriers | 43:26 |
| 6 | 652 | Annabel Ralph | L | 6 Blackburn Harriers | 33:35 | 91 | 2308 | Liberty Bryan | L | 91 Preston Harriers | 43:27 |
| 7 | 3208 | Sarah Howard | L | 7 Liverpool Harriers & Ac | 34:13 | 92 | 1648 | Joanne Cleaver | L35 | 30 Burnley AC | 43:29 |
| 8 | 3209 | Char Wilson Dewhurst | L | 8 Liverpool Harriers & Ac | 34:24 | 93 | 1612 | Yvonne Morrell | L45 | 21 Barrow & Furness St. | 43:30 |
| 9 | 3210 | Antonia Fann | L | 9 Barrow & Furness St. | 36:10 | 94 | 2834 | Anne Mayers-Smith | L35 | 31 Wesham RR | 43:34 |
| 10 | 2942 | Danielle Bearton | L35 | 2 Wigan Harriers | 36:17 | 95 | 3218 | Heather Banner | L45 | 22 Liverpool Ps | 43:40 |
| 11 | 2158 | Joanna Goornay | L45 | 1 Lytham St Annes Rrc | 36:23 | 96 | 3219 | Cloey Mason | L45 | 23 Barlick Fr | 43:52 |
| 12 | 2709 | Christina Singleton | L35 | 3 Trawden AC | 36:29 | 97 | 806 | Basia Pawelczak | L | 97 Blackpool Wyre & Fylde AC | 43:54 |
| 13 | 2320 | Katey Foster | L35 | 4 Preston Harriers | 36:32 | 98 | 1856 | Dianne Priestley | L65 | 1 Kendal AAC | 43:56 |
| 14 | 3211 | Trace Allan | L35 | 5 Southport Waterloo AC | 36:46 | 99 | 3220 | Joanna Barnard | L45 | 24 Walney Wind Cheetahs | 44:07 |
| 15 | 313 | Sally Ford | L35 | 6 Kendal AAC | 36:52 | 100 | 2948 | Lisa Heyes | L45 | 25 Wigan Harriers | 44:08 |
| 16 | 925 | Kim Baptista | L20 | 1 Central Lancs Running & Tri | 37:01 | 101 | 3221 | Kirsty Mackenzie | L | 101 Liverpool Ps | 44:11 |
| 17 | 1679 | Rebecca Rimmington | L35 | 7 Clayton Le Moors | 37:03 | 102 | 2603 | Sophie Uttley | L | 102 Thornton-Cleveleys RC | 44:14 |
| 18 | 121 | Martine Lucas | L35 | 8 Liverpool Ps | 37:04 | 103 | 1952 | Victoria Holgate | L45 | 26 Lancaster & Morecambe AC | 44:41 |
| 19 | 2152 | Catherine Carrdus | L45 | 2 Lytham St Annes Rrc | 37:04 | 104 | 2544 | Carole James | L55 | 8 Southport Waterloo AC | 44:59 |
| 20 | 1219 | Sarah Longshaw | L | 20 Rossendale Harriers | 37:11 | 105 | 1713 | Dawn Terry | L55 | 9 Clayton Le Moors | 45:03 |
| 21 | 154 | Marie Jarvis | L | 21 Wigan Harriers | 37:23 | 106 | 1848 | Helen Barker | L35 | 32 Kendal AAC | 45:04 |
| 22 | 305 | Heather Eccles | L35 | 9 Kendal AAC | 37:43 | 107 | 107 | Rhona Fraser | L20 | 5 Lancaster Uni RC | 45:07 |
| 23 | 2141 | Melanie Koth | L45 | 3 Lytham St Annes Rrc | 37:47 | 108 | 2167 | Julia Rolfe | L55 | 10 Lytham St Annes Rrc | 45:13 |
| 24 | 1059 | Lauren Booth | L | 24 Glaxo Hoad Hill H | 37:51 | 109 | 2539 | Helen Lodge | L45 | 27 Southport Waterloo AC | 45:22 |
| 25 | 3212 | Anna Philips | L | 25 Lancaster Uni RC | 37:52 | 110 | 1811 | Elizabeth Anderson | L | 110 Garstang RC | 45:24 |
| 26 | 457 | Amy Singleton | L35 | 10 Walney Wind Cheetahs | 38:22 | 111 | 2726 | Jenny McAndrew | L35 | 33 Trawden AC | 45:26 |
| 27 | 1072 | Elsie Roberts | L35 | 11 Glaxo Hoad Hill H | 38:24 | 112 | 2445 | Anneke Crosby | L45 | 28 Red Rose Road Runners | 45:32 |
| 28 | 1527 | Rachel Yates | L35 | 12 Liverpool Ps | 38:38 | 113 | 2455 | Paula Plowman | L55 | 11 Red Rose Road Runners | 45:34 |
| 29 | 1852 | Lucy Varney | L45 | 4 Kendal AAC | 38:45 | 114 | 1168 | Louise Hill | L35 | 34 Astley & Tyldesley | 45:54 |
| 30 | 2169 | Barbara Holmes | L55 | 1 Lytham St Annes Rrc | 38:49 | 115 | 3222 | Sue Booth | L55 | 12 Kendal AAC | 46:04 |
| 31 | 288 | Victoria Hopwood | L20 | 2 Lancaster Uni RC | 38:58 | 116 | 2832 | Louisa Denye | L35 | 35 Wesham RR | 46:07 |
| 32 | 1819 | Jayne Pery | L35 | 13 Garstang RC | 39:00 | 117 | 1085 | Sally Barton | L55 | 13 Glaxo Hoad Hill H | 46:16 |
| 33 | 287 | Mary O'Gorman | L | 33 Lancaster Uni RC | 39:02 | 118 | 2718 | Paula Walsh | L35 | 36 Trawden AC | 46:19 |
| 34 | 1674 | Elizabeth Stephenson | L | 34 Clayton Le Moors | 39:03 | 119 | 3223 | Bhavna Mistry | L45 | 29 Kirbby Milers | 46:20 |
| 35 | 2034 | Elizabeth McNally | L45 | 5 Leven Valley AC | 39:06 | 120 | 3224 | Miriam Eaton | L55 | 14 Kirbby Milers | 46:21 |
| 36 | 666 | Lindsay Davies | L45 | 6 Blackburn Harriers | 39:13 | 121 | 3225 | Davina Hughes | L55 | 15 Wigan Harriers | 46:35 |
| 37 | 2846 | Helen Lawrenson | L45 | 7 Wesham RR | 39:13 | 122 | 3226 | Carla Louise Taylor | L45 | 30 Wigan Harriers | 46:36 |
| 38 | 1525 | Joanna Durkin | L35 | 14 Liverpool Ps | 39:19 | 123 | 1705 | Rachel Gilmore | L45 | 31 Clayton Le Moors | 46:37 |
| 39 | 2316 | Rebecca Taylor | L | 39 Preston Harriers | 39:19 | 124 | 3227 | Jacqueline Nowell | L45 | 32 Kendal AAC | 46:39 |
| 40 | 373 | Nicola Simpson | L35 | 15 Southport Waterloo AC | 39:22 | 125 | 2323 | Elena Macdonald | L45 | 33 Preston Harriers | 46:52 |
| 41 | 1814 | Amie McAvoy | L | 41 Garstang RC | 39:23 | 126 | 1673 | Lucy Scott | L | 126 Clayton Le Moors | 46:56 |
| 42 | 2522 | Jessica Dean | L | 42 Southport Waterloo AC | 39:23 | 127 | 1683 | Donna Airey | L35 | 37 Clayton Le Moors | 46:56 |
| 43 | 1613 | Kerry Travers | L45 | 8 Barrow & Furness St. | 39:30 | 128 | 813 | Fran Connolly | L35 | 38 Blackpool Wyre & Fylde AC | 47:04 |
| 44 | 1647 | Rachel Holt | L | 44 Burnley AC | 39:41 | 129 | 2441 | Margaret Worbey | L35 | 39 Red Rose Road Runners | 47:07 |
| 45 | 122 | Kristina Jackson | L35 | 16 Leven Valley AC | 39:41 | 130 | 3228 | Cath Grisdale | L55 | 16 Barrow & Furness St. | 47:13 |
| 46 | 1610 | Sarah Bouffler | L35 | 17 Barrow & Furness St. | 39:44 | 131 | 1615 | Sonja Fairish | L45 | 34 Barrow & Furness St. | 47:20 |
| 47 | 827 | Bev Wright | L55 | 2 Blackpool Wyre & Fylde AC | 39:52 | 132 | 2606 | Jenny Shepherd | L | 132 Thornton-Cleveleys RC | 47:53 |
| 48 | 1684 | Michelle Abbott | L35 | 18 Clayton Le Moors | 39:52 | 133 | 1173 | Michelle Fairclough | L35 | 40 Astley & Tyldesley | 48:06 |
| 49 | 3213 | Jennifer Cooper | L | 49 Lancaster Uni RC | 40:01 | 134 | 812 | Claire Irons | L35 | 41 Blackpool Wyre & Fylde AC | 48:12 |
| 50 | 1370 | Imogen Fawcett | L | 50 Lancaster Uni RC | 40:05 | 135 | 3229 | Karyn Hannaway | L45 | 35 Liverpool Ps | 48:23 |
| 51 | 2309 | Laura Conn | L | 51 Preston Harriers | 40:06 | 136 | 2321 | Olga Wiggins | L35 | 42 Preston Harriers | 48:27 |
| 52 | 3214 | Isabel Starkey | L | 52 Liverpool Harriers & Ac | 40:17 | 137 | 1646 | Catherine Tregay | L | 137 Burnley AC | 48:36 |
| 53 | 2955 | Jacqui Jones | L55 | 3 Wigan Harriers | 40:31 | 138 | 670 | Nichola Hartley | L45 | 36 Blackburn Harriers | 48:39 |
| 54 | 3330 | Corinna Howorth | L | 54 Rossendale Harriers | 40:38 | 139 | 2542 | Elaine Sutton | L45 | 37 Southport Waterloo AC | 48:42 |
| 55 | 1609 | Zoe Travers | L | 55 Barrow & Furness St. | 40:40 | 140 | 3230 | Antoinette Holton | L35 | 43 Wesham RR | 48:47 |
| 56 | 2943 | Kelly-Anne Towns | L35 | 19 Wigan Harriers | 40:42 | 141 | 331 | Miriam Maher | L45 | 38 Lancaster & Morecambe AC | 48:49 |
| 57 | 1530 | Lynn Rees | L55 | 4 Liverpool Ps | 40:54 | 142 | 1700 | Jane Hylands | L45 | 39 Clayton Le Moors | 48:52 |
| 58 | 3215 | Claire Godfrey | L | 58 Garstang RC | 41:00 | 143 | 2959 | Pauline Foster | L55 | 17 Wigan Harriers | 48:54 |
| 59 | 1459 | Katie Sanderson | L35 | 20 Leigh Harriers | 41:04 | 144 | 141 | Joanne Salter | L | 144 Red Rose Road Runners | 48:55 |
| 60 | 2621 | Gillian Pryor | L45 | 9 Thornton-Cleveleys RC | 41:05 | 145 | 3231 | Anne Carmen | L55 | 18 Lancaster & Morecambe AC | 48:58 |
| 61 | 1460 | Rachel Hodgkinson | L45 | 10 Leigh Harriers | 41:11 | 146 | 3232 | Sarah Pickerall | L35 | 44 Southport Waterloo AC | 49:08 |
| 62 | 284 | Anna Standing | L20 | 3 Lancaster Uni RC | 41:16 | 147 | 671 | Jan Buckingham | L55 | 19 Blackburn Harriers | 49:10 |
| 63 | 460 | Sandra Garnett | L35 | 21 Walney Wind Cheetahs | 41:25 | 148 | 352 | Lucy Neighbour | L35 | 45 Wesham RR | 49:24 |
| 64 | 1950 | Sally Brassington | L35 | 22 Lancaster & Morecambe AC | 41:28 | 149 | 2949 | Rachel Lawton | L45 | 40 Wigan Harriers | 49:43 |
| 65 | 3216 | Emily Rowe | L35 | 23 Liverpool Harriers & Ac | 41:35 | 150 | 1649 | Lisa Mayhew | L35 | 46 Burnley AC | 49:44 |
| 66 | 1084 | Alison Cooke | L55 | 5 Glaxo Hoad Hill H | 41:56 | 151 | 2029 | Louise Gill | L | 151 Leven Valley AC | 49:54 |
| 67 | 469 | Janice Callister | L45 | 11 Walney Wind Cheetahs | 41:58 | 152 | 1326 | Colette O'Halleron | L45 | 41 Kirbby Milers | 50:01 |
| 68 | 2142 | Claire Markham | L45 | 12 Lytham St Annes Rrc | 42:01 | 153 | 3234 | Denis Kozevnikov | L | 153 Wigan Harriers | 50:04 |
| 69 | 821 | Laura Lawler | L45 | 13 Blackpool Wyre & Fylde AC | 42:03 | 154 | 3235 | Julie Tyrer | L35 | 47 Preston Harriers | 50:08 |
| 70 | 1813 | Amy Law | L | 70 Garstang RC | 42:04 | 155 | 1651 | Sarah Steel | L35 | 48 Burnley AC | 50:19 |
| 71 | 1855 | Carolyn Kevan | L55 | 6 Kendal AAC | 42:08 | 156 | 3236 | Jayne Russell | L35 | 49 Kirbby Milers | 50:27 |
| 72 | 2849 | Kay Twist | L45 | 14 Wesham RR | 42:09 | 157 | 1328 | Helen Eaton | L45 | 42 Kirbby Milers | 50:55 |
| 73 | 2946 | Jayne Salloum | L45 | 15 Wigan Harriers | 42:14 | 158 | 1830 | Mary Hewitt | L55 | 20 Garstang RC | 50:59 |
| 74 | 1374 | Marine Aublette | L | 74 Lancaster Uni RC | 42:19 | 159 | 826 | Jenny Burtonwood | L45 | 43 Blackpool Wyre & Fylde AC | 51:07 |
| 75 | 332 | Emma Pease | L45 | 16 Barlick Fr | 42:20 | 160 | 814 | Lisa Lambert | L35 | 50 Blackpool Wyre & Fylde AC | 51:20 |
| 76 | 3002 | Samantha Sugden | L | 76 Eden Runners | 42:23 | 161 | 3237 | Cheryl Rickwood | L35 | 51 Blackpool Wyre & Fylde AC | 51:20 |
| 77 | 2438 | Janette Rayton | L35 | 24 Red Rose Road Runners | 42:23 | 162 | 2831 | Clare Belfield | L35 | 52 Wesham RR | 51:36 |
| 78 | 825 | Karen Dunford | L45 | 17 Blackpool Wyre & Fylde AC | 42:27 | 163 | 2330 | Sue Wickham | L55 | 21 Preston Harriers | 51:38 |
| 79 | 1529 | Laura Purdy | L35 | 25 Liverpool Ps | 42:30 | 164 | 3238 | Carol Park | L55 | 22 Walney Wind Cheetahs | 51:44 |
| 80 | 357 | Robyn Anderson | L45 | 18 Preston Harriers | 42:38 | 165 | 1670 | Sophie Carr | L | 165 Clayton Le Moors | 52:18 |
| 81 | 1847 | Hazel Clark | L35 | 26 Kendal AAC | 42:59 | 166 | 2951 | Michelle Jones | L45 | 44 Wigan Harriers | 53:00 |
| 82 | 2030 | Hannah Scholes | L | 82 Leven Valley AC | 42:59 | 167 | 2844 | Sally Deacon | L45 | 45 Wesham RR | 53:04 |
| 83 | 810 | Dawn Maher | L35 | 27 Blackpool Wyre & Fylde AC | 43:01 | 168 | 2840 | Tanya Barlow | L45 | 46 Wesham RR | 53:25 |
| 84 | 528 | Heather Driver | L35 | 28 Barlick Fr | 43:02 | 169 | 1645 | Molly Handford | L | 169 Burnley AC | 53:32 |
| 85 | 2854 | Kath Hoyer | L55 | 7 Wesham RR | 43:06 | 170 | 1650 | Sarah Southam | L | 170 Burnley AC | 53:41 |

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

| | | | | | |
|-------------------------------|------------------------------|-------|-------------------------------|------------------------------|---------|
| 171 3239 Rachel Fisher | L 171 Kirkby Milers | 53:50 | 180 3242 Nichol Fenton Clough | L35 55 Trawden AC | 57:31 |
| 172 2421 Gina Biggs | L 172 Red Rose Road Runners | 54:42 | 181 2937 Sarah Coates | L 181 Wigan Harriers | 59:14 |
| 173 2451 Karen Clark | L55 23 Red Rose Road Runners | 54:58 | 182 1325 Paula Heaton | L35 56 Kirkby Milers | 59:24 |
| 174 2715 Julie Brear | L35 53 Trawden AC | 55:06 | 183 3243 Emma Hopwood | L 183 Southport Waterloo AC | 1:00:36 |
| 175 3240 Shelle Audis Riddell | L 175 Preston Harriers | 55:08 | 184 3244 Lesley Syms | L55 26 Southport Waterloo AC | 1:00:42 |
| 176 1088 Penny Moreton | L55 24 Glaxo Hoad Hill H | 55:20 | 185 3245 Ann Green | L55 27 Kirkby Milers | 1:01:15 |
| 177 2853 Kerry Eccles | L55 25 Wesham RR | 56:08 | 186 1724 Christine Leathley | L65 2 Clayton Le Moors | 1:02:11 |
| 178 3241 Umeh Oby Ikeme | L45 47 Kirkby Milers | 56:25 | 187 3246 Michelle Sharples | L45 48 Astley & Tyldesley | 1:04:22 |
| 179 1065 Stephanie Roberts | L35 54 Glaxo Hoad Hill H | 56:29 | | | |

Race 6 - Ladies over 18 — TEAM RESULTS

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

| | | | | |
|----------------------------------|-------|------------------------|-------------------------|------------------------|
| 1 Liverpool Ps | 24 — | 2 Kirsty Longley | 4 Rosie Johnson | 18 Martine Lucas |
| 2 Blackburn Harriers | 43 — | 1 Jessica Judd | 6 Annabel Ralph | 36 Lindsay Davies |
| 3 Lytham St Annes Rrc | 53 — | 11 Joanna Goorney | 19 Catherine Carrdus | 23 Melanie Koth |
| 4 Kendal AAC | 66 — | 15 Sally Ford | 22 Heather Eccles | 29 Lucy Varney |
| 5 Liverpool Harriers & Ac | 67 — | 7 Sarah Howard | 8 Char Wilson Dewhurst | 52 Isabel Starkey |
| 6 Wigan Harriers | 84 — | 10 Danielle Brearton | 21 Marie Jarvis | 53 Jacqui Jones |
| 7 Lancaster Uni RC | 89 — | 25 Anna Philps | 31 Victoria Hopwood | 33 Mary O'Gorman |
| 8 Southport Waterloo AC | 96 — | 14 Trace Allan | 40 Nicola Simpson | 42 Jessica Dean |
| 9 Barrow & Furness St. | 98 — | 9 Antonia Fann | 43 Kerry Travers | 46 Sarah Bouffler |
| 10 Clayton Le Moors | 99 — | 17 Rebecca Rimmington | 34 Elizabeth Stephenson | 48 Michelle Abbott |
| 11 Preston Harriers | 103 — | 13 Katey Foster | 39 Rebecca Taylor | 51 Laura Conn |
| 12 Glaxo Hoad Hill H | 117 — | 24 Lauren Booth | 27 Elsie Roberts | 66 Alison Cooke |
| 13 Blackpool Wyre & Fylde AC | 119 — | 3 Emily Japp | 47 Bev Wright | 69 Laura Lawler |
| 14 Liverpool Ps 'B' | 123 — | 28 Rachel Yates | 38 Joanna Durkin | 57 Lynn Rees |
| 15 Leigh Harriers | 125 — | 5 Olivia Stones | 59 Katie Sanderson | 61 Rachel Hodgkinson |
| 16 Garstang RC | 131 — | 32 Jayne Perry | 41 Amie McAvoy | 58 Claire Godfrey |
| 17 Walney Wind Cheetahs | 156 — | 26 Amy Singleton | 63 Sandra Garnett | 67 Janice Callister |
| 18 Lancaster Uni RC 'B' | 161 — | 49 Jennifer Cooper | 50 Imogen Fawcett | 62 Anna Standing |
| 19 Leven Valley AC | 161 — | 35 Elizabeth McNally | 45 Kristina Jackson | 81 Hannah Scholes |
| 20 Wesham RR | 193 — | 37 Helen Lawrenson | 72 Kay Twist | 84 Kath Hoyer |
| 21 Lytham St Annes Rrc 'B' | 205 — | 30 Barbara Holmes | 68 Claire Markham | 107 Julia Rolfe |
| 22 Wigan Harriers 'B' | 228 — | 56 Kelly-Anne Towns | 73 Jayne Salloom | 99 Lisa Heyes |
| 23 Trawden AC | 239 — | 12 Christina Singleton | 110 Jenny McAndrew | 117 Paula Walsh |
| 24 Blackpool Wyre & Fylde AC 'B' | 247 — | 77 Karen Dunford | 82 Dawn Maher | 88 Julie Hall |
| 25 Kendal AAC 'B' | 248 — | 71 Carolyn Kevan | 80 Hazel Clark | 97 Dianne Priestley |
| 26 Barlick Fr | 253 — | 75 Emma Pease | 83 Heather Driver | 95 Cloey Mason |
| 27 Burnley AC | 271 — | 44 Rachel Holt | 91 Joanne Cleaver | 136 Catherine Tregay |
| 28 Barrow & Furness St. 'B' | 276 — | 55 Zoe Travers | 92 Yvonne Morrell | 129 Cath Grisdale |
| 29 Thornton-Cleveleys RC | 292 — | 60 Gillian Pryor | 101 Sophie Uttley | 131 Jenny Shepherd |
| 30 Preston Harriers 'B' | 293 — | 79 Robyn Anderson | 90 Liberty Bryan | 124 Elena Macdonald |
| 31 Red Rose Road Runners | 299 — | 76 Janette Rayton | 111 Anneke Crosby | 112 Paula Plowman |
| 32 Lancaster & Morecambe AC | 306 — | 64 Sally Brassington | 102 Victoria Holgate | 140 Miriam Maher |
| 33 Garstang RC 'B' | 336 — | 70 Amy Law | 109 Elizabeth Anderson | 157 Mary Hewitt |
| 34 Wesham RR 'B' | 347 — | 93 Anne Mayers-Smith | 115 Louisa Denye | 139 Antoinette Holton |
| 35 Walney Wind Cheetahs 'B' | 347 — | 86 K Maggio Poyntz | 98 Joanna Barnard | 163 Carol Park |
| 36 Southport Waterloo AC 'B' | 349 — | 103 Carole James | 108 Helen Lodge | 138 Elaine Sutton |
| 37 Clayton Le Moors 'B' | 351 — | 104 Dawn Terry | 122 Rachel Gilmore | 125 Lucy Scott |
| 38 Blackburn Harriers 'B' | 372 — | 89 Michelle Teare | 137 Nichola Hartley | 146 Jan Buckingham |
| 39 Kirkby Milers | 388 — | 118 Bhavna Mistry | 119 Miriam Eaton | 151 Colette O'Halleron |
| 40 Astley & Tyldesley | 431 — | 113 Louise Hill | 132 Michelle Fairclough | 186 Michelle Sharples |
| 41 Red Rose Road Runners 'B' | 442 — | 128 Margaret Worbey | 143 Joanne Salter | 171 Gina Biggs |
| 42 Glaxo Hoad Hill H 'B' | 469 — | 116 Sally Barton | 175 Penny Moreton | 178 Stephanie Roberts |
| 43 Burnley AC 'B' | 471 — | 149 Lisa Mayhew | 154 Sarah Steel | 168 Molly Handford |
| 44 Kirkby Milers 'B' | 481 — | 155 Jayne Russell | 156 Helen Eaton | 170 Rachel Fisher |

Race 6 - Ladies over 35 — TEAM RESULTS

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

| | | | | |
|-----------------------------|-------|-----------------------|------------------------|------------------------|
| 1 Lytham St Annes Rrc | 25 — | 3 Joanna Goorney | 10 Catherine Carrdus | 12 Melanie Koth |
| 2 Liverpool Ps | 25 — | 1 Kirsty Longley | 9 Martine Lucas | 15 Rachel Yates |
| 3 Kendal AAC | 34 — | 7 Sally Ford | 11 Heather Eccles | 16 Lucy Varney |
| 4 Wigan Harriers | 61 — | 2 Danielle Brearton | 29 Jacqui Jones | 30 Kelly-Anne Towns |
| 5 Walney Wind Cheetahs | 87 — | 13 Amy Singleton | 35 Sandra Garnett | 39 Janice Callister |
| 6 Southport Waterloo AC | 95 — | 6 Trace Allan | 23 Nicola Simpson | 66 Carole James |
| 7 Clayton Le Moors | 103 — | 8 Rebecca Rimmington | 28 Michelle Abbott | 67 Dawn Terry |
| 8 Barrow & Furness St. | 108 — | 24 Kerry Travers | 26 Sarah Bouffler | 58 Yvonne Morrell |
| 9 Blackpool Wyre & Fylde AC | 115 — | 27 Bev Wright | 41 Laura Lawler | 47 Karen Dunford |
| 10 Wesham RR | 117 — | 21 Helen Lawrenson | 43 Kay Twist | 53 Kath Hoyer |
| 11 Glaxo Hoad Hill H | 129 — | 14 Elsie Roberts | 38 Alison Cooke | 77 Sally Barton |
| 12 Preston Harriers | 139 — | 5 Katey Foster | 49 Robyn Anderson | 85 Elena Macdonald |
| 13 Trawden AC | 153 — | 4 Christina Singleton | 71 Jenny McAndrew | 78 Paula Walsh |
| 14 Barlick Fr | 158 — | 45 Emma Pease | 52 Heather Driver | 61 Cloey Mason |
| 15 Blackburn Harriers | 171 — | 20 Lindsay Davies | 56 Michelle Teare | 95 Nichola Hartley |
| 16 Red Rose Road Runners | 191 — | 46 Janette Rayton | 72 Anneke Crosby | 73 Paula Plowman |
| 17 Lancaster & Morecambe AC | 199 — | 36 Sally Brassington | 65 Victoria Holgate | 98 Miriam Maher |
| 18 Kirkby Milers | 266 — | 79 Bhavna Mistry | 80 Miriam Eaton | 107 Colette O'Halleron |
| 19 Burnley AC | 272 — | 57 Joanne Cleaver | 106 Lisa Mayhew | 109 Sarah Steel |
| 20 Astley & Tyldesley | 298 — | 74 Louise Hill | 91 Michelle Fairclough | 133 Michelle Sharples |

Race 6 - Ladies over 45 — TEAM RESULTS

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

| | | | | |
|-----------------------------|-------|---------------------|---------------------|-----------------------|
| 1 Lytham St Annes Rrc | 6 — | 1 Joanna Goorney | 2 Catherine Carrdus | 3 Melanie Koth |
| 2 Blackpool Wyre & Fylde AC | 51 — | 10 Bev Wright | 18 Laura Lawler | 23 Karen Dunford |
| 3 Wesham RR | 53 — | 8 Helen Lawrenson | 20 Kay Twist | 25 Kath Hoyer |
| 4 Kendal AAC | 54 — | 4 Lucy Varney | 19 Carolyn Kevan | 31 Dianne Priestley |
| 5 Wigan Harriers | 65 — | 11 Jacqui Jones | 21 Jayne Salloum | 33 Lisa Heyes |
| 6 Walney Wind Cheetahs | 74 — | 16 Janice Callister | 26 K MaggioPoyntz | 32 Joanna Barnard |
| 7 Barrow & Furness St. | 87 — | 9 Kerry Travers | 28 Yvonne Morrell | 50 Cath Grisdale |
| 8 Blackburn Harriers | 87 — | 7 Lindsay Davies | 27 Michelle Teare | 53 Nichola Hartley |
| 9 Liverpool Ps | 93 — | 12 Lynn Rees | 29 Heather Banner | 52 Karyn Hannaway |
| 10 Southport Waterloo AC | 127 — | 35 Carole James | 38 Helen Lodge | 54 Elaine Sutton |
| 11 Glaxo Hoad Hill H | 128 — | 15 Alison Cooke | 42 Sally Barton | 71 Penny Moreton |
| 12 Preston Harriers | 138 — | 24 Robyn Anderson | 49 Elena Macdonald | 65 Sue Wickham |
| 13 Clayton Le Moors | 139 — | 36 Dawn Terry | 47 Rachel Gilmore | 56 Jane Hylands |
| 14 Lancaster & Morecambe AC | 147 — | 34 Victoria Holgate | 55 Miriam Maher | 58 Anne Carmen |
| 15 Kirkby Milers | 148 — | 43 Bhavna Mistry | 44 Miriam Eaton | 61 Colette O'Halleron |
| 16 Red Rose Road Runners | 149 — | 39 Anneke Crosby | 40 Paula Plowman | 70 Karen Clark |

Race 6 - Ladies over 55 — TEAM RESULTS

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

| | | | | |
|---------------------|------|-----------------|--------------------|-------------------|
| 1 Kendal AAC | 27 — | 6 Carolyn Kevan | 8 Dianne Priestley | 13 Sue Booth |
| 2 Wigan Harriers | 37 — | 3 Jacqui Jones | 16 Davina Hughes | 18 Pauline Foster |
| 3 Glaxo Hoad Hill H | 44 — | 5 Alison Cooke | 14 Sally Barton | 25 Penny Moreton |

Race 6 - Ladies over 65 — TEAM RESULTS

No complete teams

Race 6 - Vet 70 Men — FINAL RESULTS (\$=non-counter)

| Pos | Num | Name | Club | Time |
|-----|------|----------------|----------------------------|-------|
| 1 | 2418 | Alan Appleby | V70 1 Preston Harriers | 42:02 |
| 2 | 510 | Dave Howie | V70 2 Walney Wind Cheetahs | 45:55 |
| 3 | 2916 | Peter Bartlett | V70 3 Wesham RR | 47:57 |
| 4 | 1874 | Peter Ion | V70 4 Kendal AAC | 48:42 |
| 5 | 2918 | Dave Young | V70 5 Wesham RR | 49:32 |
| 6 | 1873 | Peter Mitchell | V70 6 Kendal AAC | 50:25 |
| 7 | 1810 | Richard Lawson | V70 7 Clayton Le Moors | 50:50 |

Race 6 - Vet 70 Men — TEAM RESULTS

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

| | | | |
|--------------|------|------------------|------------------|
| 1 Wesham RR | 8 — | 3 Peter Bartlett | 5 Dave Young |
| 2 Kendal AAC | 10 — | 4 Peter Ion | 6 Peter Mitchell |

Mid Lancs Cross Country League at Sefton Park, Liverpool on Saturday 23rd November 2019

Senior Men — FINAL RESULTS

| Pos | Num | Name | Cat/Pos | Club | Time | | | | | |
|-----|------|--------------------|---------|-----------------------------|-------|-----|--------------------------|-------|-----------------------------|-------|
| 1 | 741 | Robert Wamer | | Blackburn Harriers | 32:21 | 85 | 2881 Simon Denye | V4020 | Wesham RR | 41:35 |
| 2 | 3248 | Abdulqani Sharif | | Liverpool Harriers & Ac | 32:25 | 86 | 299 Hamish Child | | Lancaster Uni RC | 41:39 |
| 3 | 2366 | Daniel Bebbington | | Preston Harriers | 33:05 | 87 | 2593 Peter Roome | V50 | 5 Southport Waterloo AC | 41:42 |
| 4 | 3249 | Richard Burney | V40 | 1 Liverpool Harriers & Ac | 33:58 | 88 | 2003 Kevin Wilson | V4021 | Lancaster & Morecambe AC | 41:43 |
| 5 | 3250 | Robert Danson | | Wesham RR | 34:42 | 89 | 2220 Paul Veevers | V4022 | Lytham St Annes Rrc | 41:43 |
| 6 | 1623 | Ross Campbell | | Barrow & Furness St. | 35:02 | 90 | 3276 Patrick Miller | V50 | 6 Barrow & Furness St. | 41:45 |
| 7 | 746 | Karl Billington | | Blackburn Harriers | 35:03 | 91 | 2377 Mariusz Kovacs | | Preston Harriers | 41:48 |
| 8 | 1590 | Tony O'Brien | V40 | 2 Liverpool Ps | 35:17 | 92 | 1044 Michael O'Donnell | V50 | 7 Chorley Athletic & Tri | 41:50 |
| 9 | 2566 | James Tarrt | | Southport Waterloo AC | 35:29 | 93 | 2211 Thomas Howarth | | Lytham St Annes Rrc | 41:52 |
| 10 | 2386 | David Rigby | | Preston Harriers | 35:33 | 94 | 2988 Mark Morgan-Hillam | V4023 | Wigan Harriers | 41:55 |
| 11 | 3251 | Rob Webb | | Rosendale Harriers | 35:36 | 95 | 1583 Mike Gall | | Liverpool Ps | 41:56 |
| 12 | 3252 | Pablo Lassa | | Liverpool Harriers & Ac | 35:38 | 96 | 2799 Dan Grundy | V4024 | Trawden AC | 42:02 |
| 13 | 108 | Jacob Cann | U20 | 1 Lancaster Uni RC | 35:42 | 97 | 3277 Nathan Hilditch | | Preston Harriers | 42:05 |
| 14 | 761 | Christopher Davies | V40 | 3 Blackburn Harriers | 35:44 | 98 | 3278 Steve Ward | | Southport Waterloo AC | 42:08 |
| 15 | 3334 | Jed Bartlett | | Barrow & Furness St. | 35:47 | 99 | 2976 Stephen Nicholls | | Wigan Harriers | 42:19 |
| 16 | 1581 | Chris Maher | | Liverpool Ps | 35:53 | 100 | 2859 Mark Belfield | | Wesham RR | 42:21 |
| 17 | 3253 | Andy Kershaw | | Southport Waterloo AC | 35:55 | 101 | 2866 Andrew Harling | | Wesham RR | 42:21 |
| 18 | 215 | Andy Thomas | U20 | 2 Lancaster Uni RC | 36:15 | 102 | 2876 Steve Abbott | V4025 | Wesham RR | 42:24 |
| 19 | 295 | Paul Peters | | Lancaster Uni RC | 36:22 | 103 | 1778 Chris Funnell | V50 | 8 Clayton Le Moors | 42:25 |
| 20 | 3254 | Euan Martin | | Liverpool Harriers & Ac | 36:25 | 104 | 2595 John Sprackland | V50 | 9 Southport Waterloo AC | 42:27 |
| 21 | 3255 | Adie Cheethan | V40 | 4 Clayton Le Moors | 36:38 | 105 | 1342 Lewis Houghton | | Kirkby Milers | 42:32 |
| 22 | 1985 | Beau Smith | | Lancaster & Morecambe AC | 36:58 | 106 | 922 Kevin Hull | V5010 | Border Harriers | 42:39 |
| 23 | 3256 | Jonathan Cleaver | | Rosendale Harriers | 37:03 | 107 | 1864 Joe Todd | V4026 | Kendal AAC | 42:39 |
| 24 | 1992 | Lee Parrington | | Lancaster & Morecambe AC | 37:10 | 108 | 2990 Mike Harris | V4027 | Wigan Harriers | 42:41 |
| 25 | 3257 | Matt Briggs | | Lancaster Uni RC | 37:11 | 109 | 2204 Dominic Garrett | | Lytham St Annes Rrc | 42:46 |
| 26 | 3258 | Andy Salmon | | Liverpool Harriers & Ac | 37:11 | 110 | 2416 Colin Shuttleworth | V60 | 1 Preston Harriers | 42:48 |
| 27 | 551 | Nick Treilt | | Barlick Fr | 37:15 | 111 | 1136 Gary Dover | V5011 | Glaxo Hoad Hill H | 42:50 |
| 28 | 750 | Thomas Blaney | | Blackburn Harriers | 37:21 | 112 | 3279 David Sloan | | Astley & Tyldesley | 42:58 |
| 29 | 2206 | Mike Toft | | Lytham St Annes Rrc | 37:30 | 113 | 1663 Michael Williams | | Burnley AC | 42:59 |
| 30 | 1106 | Andrew Dorrian | | Glaxo Hoad Hill H | 37:45 | 114 | 3327 Vincent Jeuk | | Glaxo Hoad Hill H | 43:01 |
| 31 | 3259 | Alan Ashton | | Liverpool Harriers & Ac | 37:52 | 115 | 2501 Stephen Woodruffe | V5012 | Red Rose Road Runners | 43:01 |
| 32 | 2582 | David Hamilton | V50 | 1 Southport Waterloo AC | 37:59 | 116 | 502 Mark Richards | V5013 | Walney Wind Cheetahs | 43:02 |
| 33 | 3260 | Tim Hartley | | Wigan Harriers | 38:02 | 117 | 2073 Danny Bouffler | | Leven Valley AC | 43:03 |
| 34 | 3261 | Rob Dewhurst | | Liverpool Harriers & Ac | 38:06 | 118 | 2074 Ryan Everett | | Leven Valley AC | 43:04 |
| 35 | 3262 | Thomas Marchant | | Blackburn Harriers | 38:10 | 119 | 2086 Christopher Durkin | V4028 | Leven Valley AC | 43:05 |
| 36 | 1737 | Mark Magee | | Clayton Le Moors | 38:31 | 120 | 1410 Paul Weall | V4029 | Wigan Phoenix | 43:09 |
| 37 | 3263 | Kevin Bell | | Liverpool Harriers & Ac | 38:40 | 121 | 929 Daniel Paton | V4030 | Central Lancs Running & Tri | 43:10 |
| 38 | 735 | Calum Holmes | | Blackburn Harriers | 38:51 | 122 | 145 Richard Jones | V4031 | Garstang RC | 43:13 |
| 39 | 3264 | Colin Taylor | | Liverpool Harriers & Ac | 38:58 | 123 | 1377 Richard Joice | U20 | 6 Lancaster Uni RC | 43:16 |
| 40 | 210 | Mark Chippendale | V50 | 2 Blackburn Harriers | 38:59 | 124 | 503 Ian Sadler | V5014 | Walney Wind Cheetahs | 43:19 |
| 41 | 1098 | James Corbishley | U20 | 3 Glaxo Hoad Hill H | 39:01 | 125 | 1351 Andrew McGlone | | Kirkby Milers | 43:23 |
| 42 | 544 | Alex Mason | U20 | 4 Barlick Fr | 39:19 | 126 | 1353 Gary Fisher | | Kirkby Milers | 43:25 |
| 43 | 2088 | Michael Gregory | V40 | 5 Leven Valley AC | 39:22 | 127 | 2072 John Bell | | Leven Valley AC | 43:27 |
| 44 | 2872 | David Taylor | | Wesham RR | 39:22 | 128 | 1766 Jason Pier | V4032 | Clayton Le Moors | 43:29 |
| 45 | 2001 | Mark Holgate | V40 | 6 Lancaster & Morecambe AC | 39:23 | 129 | 1999 John Brassington | V4033 | Lancaster & Morecambe AC | 43:31 |
| 46 | 3265 | Adrian Roach | | Liverpool Harriers & Ac | 39:37 | 130 | 3281 Chris Murphy | | Kirkby Milers | 43:33 |
| 47 | 1727 | Ryan Bradshaw | | Clayton Le Moors | 39:39 | 131 | 2219 Neil Tate | V4034 | Lytham St Annes Rrc | 43:36 |
| 48 | 3266 | Joseph Twigg | | Lancaster & Morecambe AC | 39:41 | 132 | 1194 Mark Collins | V4035 | Astley & Tyldesley | 43:38 |
| 49 | 2091 | David McNally | V40 | 7 Leven Valley AC | 39:43 | 133 | 3282 Chris Wales | V4036 | Preston Harriers | 43:43 |
| 50 | 1744 | James Dundale | | Clayton Le Moors | 39:46 | 134 | 135 Simon Calvert | V4037 | Lancaster & Morecambe AC | 43:43 |
| 51 | 3267 | Theo Johnson | | Liverpool Harriers & Ac | 39:54 | 135 | 2796 Kevin Fenton-Clough | V4038 | Trawden AC | 43:43 |
| 52 | 2992 | John Heyes | V50 | 3 Wigan Harriers | 40:00 | 136 | 2877 Lee Barlow | V4039 | Wesham RR | 43:44 |
| 53 | 3268 | Will Sisson | | Kendal AAC | 40:01 | 137 | 1102 Lewis Watts | | Glaxo Hoad Hill H | 43:48 |
| 54 | 3269 | William Metcalf | | Preston Harriers | 40:02 | 138 | 1732 Matthew Duckworth | | Clayton Le Moors | 43:50 |
| 55 | 1244 | Benjamin Kirkman | U20 | 5 Rosendale Harriers | 40:09 | 139 | 3283 Mark Dunn | | Kirkby Milers | 43:50 |
| 56 | 1861 | Carl Hanaghan | | Kendal AAC | 40:10 | 140 | 2491 Frank Nightingale | V5015 | Red Rose Road Runners | 43:53 |
| 57 | 1997 | Chris Corless | V40 | 8 Lancaster & Morecambe AC | 40:12 | 141 | 1356 Kevin Harrison | V4040 | Kirkby Milers | 43:56 |
| 58 | 3270 | Edward Hunt | V40 | 9 Rosendale Harriers | 40:15 | 142 | 3284 Gary Wilson | V5016 | Preston Harriers | 43:58 |
| 59 | 1996 | James Edwards | V40 | 10 Lancaster & Morecambe AC | 40:24 | 143 | 136 Mark Simmonds | V5017 | Glaxo Hoad Hill H | 43:59 |
| 60 | 1481 | Phillip Williams | | Leigh Harriers | 40:27 | 144 | 2980 Chris Simpson | V4041 | Wigan Harriers | 44:02 |
| 61 | 2217 | Andrew Draper | | Lytham St Annes Rrc | 40:30 | 145 | 3285 Kevin Cornwell | | Liverpool Harriers & Ac | 44:03 |
| 62 | 1122 | Mark Tomkinson | V40 | 11 Glaxo Hoad Hill H | 40:31 | 146 | 3286 George Fernandez | | Liverpool Harriers & Ac | 44:08 |
| 63 | 2470 | Daniel Hughes | | Red Rose Road Runners | 40:41 | 147 | 2096 James Bailey | V4042 | Leven Valley AC | 44:13 |
| 64 | 1357 | Gary Wilton | V40 | 12 Kirkby Milers | 40:43 | 148 | 2644 Andrew Fairbairn | V4043 | Thornton-Cleveleys RC | 44:19 |
| 65 | 2587 | Rob McGrath | V50 | 4 Southport Waterloo AC | 40:51 | 149 | 432 Ian Leigh | V4044 | Chorley Athletic & Tri | 44:28 |
| 66 | 150 | Mark Holton | V40 | 13 Wesham RR | 40:54 | 150 | 3287 Richard Marlton | V5018 | Glaxo Hoad Hill H | 44:30 |
| 67 | 1385 | Callum Bartrop | | Lancaster Uni RC | 40:59 | 151 | 491 David Harker | V4045 | Walney Wind Cheetahs | 44:31 |
| 68 | 2208 | Joe Greenwood | | Lytham St Annes Rrc | 40:59 | 152 | 1629 Ray Jones | V5019 | Barrow & Furness St. | 44:34 |
| 69 | 3271 | Chris Hastwell | | Wesham RR | 41:00 | 153 | 2596 Richard Talbot | V5020 | Southport Waterloo AC | 44:39 |
| 70 | 3272 | Dave Moulding | | Thornton-Cleveleys RC | 41:04 | 154 | 1752 Justin Edwards | V4046 | Clayton Le Moors | 44:44 |
| 71 | 1863 | Richard Wilson | V40 | 14 Kendal AAC | 41:06 | 155 | 2077 David Kyriacou | | Leven Valley AC | 44:45 |
| 72 | 1995 | Shane Cody | V40 | 15 Lancaster & Morecambe AC | 41:07 | 156 | 1993 Andrew Clokey | | Lancaster & Morecambe AC | 44:46 |
| 73 | 1195 | Tim Campbell | V40 | 16 Astley & Tyldesley | 41:08 | 157 | 2803 Adrian Blackledge | V4047 | Trawden AC | 44:48 |
| 74 | 2000 | James Dalgleish | V40 | 17 Lancaster & Morecambe AC | 41:10 | 158 | 3332 Lee Atherton | | Liverpool Ps | 44:52 |
| 75 | 2991 | Stuart Fairclough | V40 | 18 Wigan Harriers | 41:13 | 159 | 2472 Barry Wheeler | | Red Rose Road Runners | 44:56 |
| 76 | 2080 | Josh Murphy | | Leven Valley AC | 41:14 | 160 | 2395 Steve Hallas | V4048 | Preston Harriers | 44:59 |
| 77 | 2228 | Jonathan Tuck | V40 | 19 Lytham St Annes Rrc | 41:14 | 161 | 2076 Nathan Harris | | Leven Valley AC | 45:00 |
| 78 | 1401 | Paul Blakemore | | Wigan Phoenix | 41:15 | 162 | 2579 Neil Adshead | V5021 | Southport Waterloo AC | 45:02 |
| 79 | 3273 | Peter Brame | | Liverpool Harriers & Ac | 41:17 | 163 | 2408 John Rainford | V5022 | Preston Harriers | 45:04 |
| 80 | 1252 | Andy Preston | | Rosendale Harriers | 41:22 | 164 | 1181 Scott Priestley | | Astley & Tyldesley | 45:08 |
| 81 | 3274 | Lee Moore | | Kirkby Milers | 41:25 | 165 | 2581 Ian Fitzpatrick | V5023 | Southport Waterloo AC | 45:15 |
| 82 | 206 | Gareth Simpson | | Southport Waterloo AC | 41:32 | 166 | 209 John Griffiths | V5024 | Preston Harriers | 45:16 |
| 83 | 1734 | Daniel Fleming | | Clayton Le Moors | 41:34 | 167 | 219 Matthew Green | | Lancaster Uni RC | 45:17 |
| 84 | 3275 | Mathew Wilson | V45 | 1 Kendal AAC | 41:34 | 168 | 3288 Chris Pedder | | Liverpool Ps | 45:21 |
| | | | | | | 169 | 2475 Gary Corcoran | V4049 | Red Rose Road Runners | 45:29 |

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

SportSoft

| | | | | | | | |
|------------------------------|-------|---------------------------|-------|-----------------------------|-------|-----------------------|---------|
| 170 1133 Sean Dixon | V5025 | Glaxo Hoad Hill H | 45:38 | 242 2828 David Howard | V60 6 | Trawden AC | 50:26 |
| 171 2911 Phil Quibell | V60 2 | Wesham RR | 45:39 | 243 500 Philip Horrocks | V5047 | Walney Wind Cheetahs | 50:33 |
| 172 2795 Jamie Osborne | V4050 | Trawden AC | 45:44 | 244 1765 Jeremy Bradshaw | V4075 | Clayton Le Moors | 50:37 |
| 173 2599 Rob Johnson | V60 3 | Southport Waterloo AC | 45:49 | 245 3299 Dan Gilbody | | Liverpool Ps | 50:38 |
| 174 2210 Ross McKelvie | | Lytham St Annes Rrc | 45:51 | 246 499 Philip Low | V5048 | Walney Wind Cheetahs | 50:47 |
| 175 1745 Neil Whalley | V4051 | Clayton Le Moors | 45:52 | 247 2081 Jak Newby | | Leven Valley AC | 50:58 |
| 176 207 Neil McDonald | V5026 | Preston Harriers | 45:55 | 248 1788 Martin Brady | V5049 | Clayton Le Moors | 51:04 |
| 177 1667 John Linaker | V5027 | Burnley AC | 46:00 | 249 309 Gavin Beach | V5050 | Kendal AAC | 51:07 |
| 178 3289 Graham Townsend | V5028 | Astley & Tyldesley | 46:01 | 250 2996 Mike Casey | V5051 | Wigan Harriers | 51:08 |
| 179 1587 Steve Lennon | V4052 | Liverpool Ps | 46:03 | 251 2649 Paul Botham | V4076 | Thornton-Cleveleys RC | 51:10 |
| 180 2885 Steve Myerscough | V4053 | Wesham RR | 46:04 | 252 3300 Steve Livesley | V5052 | Thornton-Cleveleys RC | 51:12 |
| 181 1592 John Dickinson | V5029 | Liverpool Ps | 46:10 | 253 2484 Simon Worbey | V4077 | Red Rose Road Runners | 51:17 |
| 182 1747 Dominic Clayton | V4054 | Clayton Le Moors | 46:10 | 254 2504 Fred Lynch | V60 7 | Red Rose Road Runners | 51:42 |
| 183 3290 Andrew Boulger | V4055 | Kirkby Milers | 46:15 | 255 1593 Guy Turnbull | V5053 | Liverpool Ps | 51:53 |
| 184 1763 Alex Cran | V4056 | Clayton Le Moors | 46:16 | 256 3301 Ian Kilshaw | V60 8 | Southport Waterloo AC | 51:56 |
| 185 129 Matthew Little | V4057 | Trawden AC | 46:17 | 257 3302 Michael McIntyre | | Kirkby Milers | 51:58 |
| 186 2487 Stuart Cann | V5030 | Red Rose Road Runners | 46:25 | 258 143 Danny Teare | V45 2 | Blackburn Harriers | 52:05 |
| 187 1386 Ben Francis | | Lancaster Uni RC | 46:29 | 259 1150 Patrick Thomas | V70 1 | Glaxo Hoad Hill H | 52:14 |
| 188 1831 Jack Billingham | | Garstang RC | 46:32 | 260 2586 Graham Liu | V5054 | Southport Waterloo AC | 52:16 |
| 189 2987 Darren Jackson | V4058 | Wigan Harriers | 46:33 | 261 2793 Jonathon Yurek | V4078 | Trawden AC | 52:21 |
| 190 481 Gareth Davies | | Walney Wind Cheetahs | 46:33 | 262 293 Shiv Rajkumar | U20 9 | Lancaster Uni RC | 52:22 |
| 191 1594 Mark Hudson | V5031 | Liverpool Ps | 46:38 | 263 504 Andrew Hemsley | V5055 | Walney Wind Cheetahs | 52:23 |
| 192 1347 Adam Fitzsimmons | | Kirkby Milers | 46:43 | 264 1199 Craig Bradbury | V4079 | Astley & Tyldesley | 52:29 |
| 193 2405 William Johnstone | V5032 | Preston Harriers | 46:44 | 265 2584 Clive James | V5056 | Southport Waterloo AC | 52:32 |
| 194 2887 Mark Renshall | V4059 | Wesham RR | 46:50 | 266 2483 Steven Moon | V4080 | Red Rose Road Runners | 52:33 |
| 195 3291 Aidan Read | | Liverpool Ps | 46:51 | 267 1839 Geoff Lyons | V5057 | Garstang RC | 52:33 |
| 196 2496 Simon Shaw | V5033 | Red Rose Road Runners | 46:55 | 268 2503 Philip Dean | V60 9 | Red Rose Road Runners | 52:38 |
| 197 298 William Moss | | Lancaster Uni RC | 46:58 | 269 2499 Dave Stewart | V5058 | Red Rose Road Runners | 52:44 |
| 198 3292 Kirk Lusty | V4060 | Clayton Le Moors | 47:03 | 270 1197 Roger Wild | V4081 | Astley & Tyldesley | 52:54 |
| 199 2910 Gary Pendlebury | V60 4 | Wesham RR | 47:07 | 271 559 Tony Duffy | V4082 | Barlick Fr | 52:56 |
| 200 1101 Luke Turner | | Glaxo Hoad Hill H | 47:14 | 272 2412 Michael Brown | V6010 | Preston Harriers | 52:59 |
| 201 1486 Dave Pollitt | V5034 | Leigh Harriers | 47:17 | 273 270 Stuart Nicol | V4083 | Red Rose Road Runners | 53:03 |
| 202 3293 Martin Smyth | V4061 | Southport Waterloo AC | 47:18 | 274 2254 John Bertenshaw | V6011 | Lytham St Annes Rrc | 53:06 |
| 203 2215 Chris Bowker | | Lytham St Annes Rrc | 47:19 | 275 2827 Allan Boulton | V6012 | Trawden AC | 53:12 |
| 204 3294 Paula Managh | V4062 | Walney Wind Cheetahs | 47:23 | 276 2646 Tony Clowes | V4084 | Thornton-Cleveleys RC | 53:20 |
| 205 2575 Keith Swift | V4063 | Southport Waterloo AC | 47:34 | 277 2373 Daniel Higgins | | Preston Harriers | 53:21 |
| 206 846 Chris Wylie | | Blackpool Wyre & Fylde AC | 47:34 | 278 2658 Duncan Beattie | V5059 | Thornton-Cleveleys RC | 53:22 |
| 207 3295 Phillip Dales | V4064 | Walney Wind Cheetahs | 47:42 | 279 1346 Chris Alexander | | Kirkby Milers | 53:36 |
| 208 2891 Stuart Clayton | V5035 | Wesham RR | 47:46 | 280 1143 James Cooke | V6013 | Glaxo Hoad Hill H | 53:52 |
| 209 3296 Martin Boswell | V4065 | Thornton-Cleveleys RC | 47:49 | 281 2563 Mark Gillan | | Southport Waterloo AC | 53:55 |
| 210 2075 Ben Gill | | Leven Valley AC | 47:54 | 282 2481 Rob Mather | V4085 | Red Rose Road Runners | 54:03 |
| 211 505 Steven Batty | V5036 | Walney Wind Cheetahs | 47:56 | 283 3303 Nicholas Goaley | | Astley & Tyldesley | 54:12 |
| 212 2583 Paul Hill | V5037 | Southport Waterloo AC | 47:58 | 284 260 John Hyde | V6014 | Red Rose Road Runners | 54:15 |
| 213 418 Dylan Grindley | | Chorley Athletic & Tri | 48:00 | 285 1144 Simon Barton | V6015 | Glaxo Hoad Hill H | 54:26 |
| 214 498 Paul Quinn | V5038 | Walney Wind Cheetahs | 48:01 | 286 3304 Stephen Hollis | V6016 | Kirkby Milers | 54:32 |
| 215 2486 Philip Butler | V5039 | Red Rose Road Runners | 48:10 | 287 1127 Erik Hampton | V5060 | Glaxo Hoad Hill H | 54:35 |
| 216 155 John Crosse | | Lancaster & Morecambe AC | 48:11 | 288 2594 Neil Silcock | V5061 | Southport Waterloo AC | 55:01 |
| 217 3297 Phil Iddon | V4066 | Chorley Athletic & Tri | 48:15 | 289 480 Dean Crossman | | Walney Wind Cheetahs | 55:10 |
| 218 1378 Tavis Young | U20 7 | Lancaster Uni RC | 48:16 | 290 2415 Michael McLoughlin | V6017 | Preston Harriers | 55:12 |
| 219 268 Chris Hargreaves | | Red Rose Road Runners | 48:25 | 291 1661 Jordan Hanley | | Burnley AC | 55:18 |
| 220 1755 Craig Nicholls | V4067 | Clayton Le Moors | 48:29 | 292 265 Ben Smithers | | Red Rose Road Runners | 55:18 |
| 221 2078 Stephen Leadbetter | | Leven Valley AC | 48:33 | 293 1796 Peter Browning | V6018 | Clayton Le Moors | 55:22 |
| 222 294 Lawrence Paish | U20 8 | Lancaster Uni RC | 48:38 | 294 2892 James Danson | V5062 | Wesham RR | 55:25 |
| 223 393 Graham Dacre | V5040 | Barrow & Furness St. | 48:39 | 295 2500 John Wiseman | V5063 | Red Rose Road Runners | 55:29 |
| 224 1666 David Mayhew | V4068 | Burnley AC | 48:43 | 296 2222 Ian Tate | V4086 | Lytham St Annes Rrc | 55:50 |
| 225 1626 Glen Travers | V5041 | Barrow & Furness St. | 48:43 | 297 1843 Anthony Pritchard | V6019 | Garstang RC | 55:53 |
| 226 1764 Andy Quinn | V4069 | Clayton Le Moors | 48:44 | 298 3305 Sean Loughran | V5064 | Kirkby Milers | 56:15 |
| 227 2906 John Collier | V60 5 | Wesham RR | 48:45 | 299 764 Allan Hartley | V4087 | Blackburn Harriers | 56:21 |
| 228 2585 Gary Kenny | V5042 | Southport Waterloo AC | 48:47 | 300 506 David Shaw | V6020 | Walney Wind Cheetahs | 56:27 |
| 229 3298 Sammy Moran | | Southport Waterloo AC | 48:53 | 301 1364 David Barrow | V6021 | Kirkby Milers | 56:42 |
| 230 2476 Ben Donoghue | V4070 | Red Rose Road Runners | 48:59 | 302 482 James Fazackerley | | Walney Wind Cheetahs | 56:45 |
| 231 1791 Martin Terry | V5043 | Clayton Le Moors | 49:07 | 303 1841 Paul Moss | V6022 | Garstang RC | 57:05 |
| 232 1113 Alastair Macdonald | | Glaxo Hoad Hill H | 49:12 | 304 212 Colin Campbell | V5065 | Barrow & Furness St. | 57:16 |
| 233 296 Hamish Nye | | Lancaster Uni RC | 49:14 | 305 1148 Adrian Newnham | V6023 | Glaxo Hoad Hill H | 57:17 |
| 234 1363 Ian Rivers | V5044 | Kirkby Milers | 49:19 | 306 2874 Ben Wrigley | | Wesham RR | 57:56 |
| 235 1196 Gary Firth | V4071 | Astley & Tyldesley | 49:26 | 307 1145 Tom Evelin | V6024 | Glaxo Hoad Hill H | 58:08 |
| 236 493 Christopher Anderson | V4072 | Walney Wind Cheetahs | 49:53 | 308 2229 Mark Hughes | V4088 | Lytham St Annes Rrc | 58:17 |
| 237 2995 Paul Carter | V5045 | Wigan Harriers | 49:55 | 309 3306 Jeff Derbyshire | V5066 | Wigan Harriers | 58:18 |
| 238 1482 Gary Sanderson | V4073 | Leigh Harriers | 50:03 | 310 2250 Peter Thomson | V6025 | Lytham St Annes Rrc | 58:24 |
| 239 2580 Mike Cunningham | V5046 | Southport Waterloo AC | 50:08 | 311 2236 Jason Sheridan | V4089 | Lytham St Annes Rrc | 58:47 |
| 240 2468 Roger Harrison | | Red Rose Road Runners | 50:15 | 312 368 John Carman | V65 1 | Trawden AC | 1:00:32 |
| 241 2479 Craig Goldsworthy | V4074 | Red Rose Road Runners | 50:17 | 313 2572 Carl McMahon | V4090 | Southport Waterloo AC | 1:01:14 |
| | | | | 314 2414 Phil Lakeland | V6026 | Preston Harriers | 1:02:45 |
| | | | | 315 1121 Karl Fursey | V4091 | Glaxo Hoad Hill H | 1:06:52 |

Senior Men — TEAM RESULTS

| | | | | | | | | |
|---------------------------------|------|---|---------------------|-------------------------|--------------------------|-----------------------|------------------------|------------------------|
| 1 Liverpool Harriers & Ac | 95 | — | 2 Abdulqani Sharif | 4 Richard Burney | 12 Pablo Lassa | 20 Euan Martin | 26 Andy Salmon | 31 Alan Ashton |
| 2 Blackburn Harriers | 123 | — | 1 Robert Warner | 7 Karl Billington | 14 Christopher Davies | 28 Thomas Blaney | 35 Thomas Marchant | 38 Calum Holmes |
| 3 Lancaster Uni RC | 228 | — | 13 Jacob Cann | 18 Andy Thomas | 19 Paul Peters | 25 Matt Briggs | 67 Callum Barltrop | 86 Hamish Child |
| 4 Lancaster & Morecambe AC | 255 | — | 22 Beau Smith | 24 Lee Parrington | 45 Mark Holgate | 48 Joseph Twigg | 57 Chris Corless | 59 James Edwards |
| 5 Liverpool Harriers & Ac 'B' | 286 | — | 34 Rob Dewhurst | 37 Kevin Bell | 39 Colin Taylor | 46 Adrian Roach | 51 Theo Johnson | 79 Peter Brame |
| 6 Southport Waterloo AC | 292 | — | 9 James Tarrt | 17 Andy Kershaw | 32 David Hamilton | 65 Rob McGrath | 82 Gareth Simpson | 87 Peter Roome |
| 7 Clayton Le Moors | 340 | — | 21 Adie Cheethan | 36 Mark Magee | 47 Ryan Bradshaw | 50 James Dunderdale | 83 Daniel Fleming | 103 Chris Funnell |
| 8 Preston Harriers | 365 | — | 3 Daniel Bebbington | 10 David Rigby | 54 William Metcalf | 91 Mariusz Kovacs | 97 Nathan Hilditch | 110 Colin Shuttleworth |
| 9 Wesham RR | 369 | — | 5 Robert Danson | 44 David Taylor | 66 Mark Holton | 69 Chris Hastwell | 85 Simon Denye | 100 Mark Belfield |
| 10 Lytham St Annes Rrc | 417 | — | 29 Mike Toft | 61 Andrew Draper | 68 Joe Greenwood | 77 Jonathan Tuck | 89 Paul Veevers | 93 Thomas Howarth |
| 11 Wigan Harriers | 461 | — | 33 Tim Hartley | 52 John Heyes | 75 Stuart Fairclough | 94 Mark Morgan-Hillam | 99 Stephen Nicholls | 108 Mike Harris |
| 12 Glaxo Hoad Hill H | 495 | — | 30 Andrew Dorrian | 41 James Corbishley | 62 Mark Tomkinson | 111 Gary Dover | 114 Vincent Jeuk | 137 Lewis Watts |
| 13 Leven Valley AC | 522 | — | 43 Michael Gregory | 49 David McNally | 76 Josh Murphy | 117 Danny Bouffler | 118 Ryan Everett | 119 Christopher Durkin |
| 14 Kendal AAC | 620 | — | 53 Will Sisson | 56 Carl Hanaghan | 71 Richard Wilson | 84 Mathew Wilson | 107 Joe Todd | 249 Gavin Beach |
| 15 Liverpool Ps | 624 | — | 8 Tony O'Brien | 15 Chris Maher | 95 Mike Gall | 158 Lee Atherton | 168 Chris Pedder | 179 Steve Lennon |
| 16 Kirkby Milers | 631 | — | 64 Gary Wilton | 81 Lee Moore | 105 Lewis Houghton | 125 Andrew McClone | 126 Gary Fisher | 130 Chris Murphy |
| 17 Lancaster & Morecambe AC 'B' | 653 | — | 72 Shane Cody | 74 James Dalgleish | 88 Kevin Wilson | 129 John Brassington | 134 Simon Calvert | 156 Andrew Clokey |
| 18 Barrow & Furness St. | 711 | — | 6 Ross Campbell | 15 Jed Bartlett | 90 Patrick Miller | 152 Ray Jones | 223 Graham Dacre | 225 Glen Travers |
| 19 Red Rose Road Runners | 832 | — | 63 Daniel Hughes | 115 Stephen Woodruffe | 140 Frank Nightingale | 159 Barry Wheeler | 169 Gary Corcoran | 186 Stuart Cann |
| 20 Southport Waterloo AC 'B' | 855 | — | 98 Steve Ward | 104 John Sprackland | 153 Richard Talbot | 162 Neil Adshead | 165 Ian Fitzpatrick | 173 Rob Johnson |
| 21 Wesham RR 'B' | 884 | — | 101 Andrew Harling | 102 Steve Abbott | 136 Lee Barlow | 171 Phil Quibell | 180 Steve Myerscough | 194 Mark Renshall |
| 22 Astley & Tyldesley | 894 | — | 73 Tim Campbell | 112 David Sloan | 132 Mark Collins | 164 Scott Priestley | 178 Graham Townsend | 235 Gary Firth |
| 23 Preston Harriers 'B' | 940 | — | 133 Chris Wales | 142 Gary Wilson | 160 Steve Hallas | 163 John Rainford | 166 John Griffiths | 176 Neil McDonald |
| 24 Clayton Le Moors 'B' | 961 | — | 128 Jason Pier | 138 Matthew Duckworth | 154 Justin Edwards | 175 Neil Whalley | 182 Dominic Clayton | 184 Alex Cran |
| 25 Trawden AC | 987 | — | 96 Dan Grundy | 135 Kevin Fenton-Clough | 157 Adrian Blackledge | 172 Jamie Osborne | 185 Matthew Little | 242 David Howard |
| 26 Walney Wind Cheetahs | 992 | — | 116 Mark Richards | 124 Ian Sadler | 151 David Harker | 190 Gareth Davies | 204 Paula Managh | 207 Phillip Dales |
| 27 Leven Valley AC 'B' | 1021 | — | 127 John Bell | 147 James Bailey | 155 David Kyriacou | 161 Nathan Harris | 210 Ben Gill | 221 Stephen Leadbetter |
| 28 Lancaster Uni RC 'B' | 1114 | — | 123 Richard Joice | 167 Matthew Green | 187 Ben Francis | 197 William Moss | 218 Tavis Young | 222 Lawrence Paish |
| 29 Kirkby Milers 'B' | 1146 | — | 139 Mark Dunn | 141 Kevin Harrison | 183 Andrew Boulger | 192 Adam Fitzsimmons | 234 Ian Rivers | 257 Michael McIntyre |
| 30 Glaxo Hoad Hill H 'B' | 1154 | — | 143 Mark Simmonds | 150 Richard Marilton | 170 Sean Dixon | 200 Luke Turner | 232 Alastair Macdonald | 259 Patrick Thomas |
| 31 Lytham St Annes Rrc 'B' | 1187 | — | 109 Dominic Garrett | 131 Neil Tate | 174 Ross McKelvie | 203 Chris Bowker | 274 John Bertenshaw | 296 Ian Tate |
| 32 Thornton-Cleveleys RC | 1206 | — | 70 Dave Moulding | 148 Andrew Fairbairn | 209 Martin Boswell | 251 Paul Botham | 252 Steve Livesley | 276 Tony Clowes |
| 33 Red Rose Road Runners 'B' | 1341 | — | 196 Simon Shaw | 215 Philip Butler | 219 Chris Hargreaves | 230 Ben Donoghue | 240 Roger Harrison | 241 Craig Goldsworthy |
| 34 Walney Wind Cheetahs 'B' | 1413 | — | 211 Steven Batty | 214 Paul Quinn | 236 Christopher Anderson | 243 Philip Horrocks | 246 Philip Low | 263 Andrew Hemsley |

Senior Men under 20

| Pos | Num | Name | Cat/Pos | Club | Time |
|-----|------|------------------|---------|--------------------|-------|
| 1 | 108 | Jacob Cann | U20 1 | Lancaster Uni RC | 35:42 |
| 2 | 215 | Andy Thomas | U20 2 | Lancaster Uni RC | 36:15 |
| 3 | 1098 | James Corbishley | U20 3 | Glaxo Hoad Hill H | 39:01 |
| 4 | 544 | Alex Mason | U20 4 | Barlick Fr | 39:19 |
| 5 | 1244 | Benjamin Kirkman | U20 5 | Rosendale Harriers | 40:09 |
| 6 | 1377 | Richard Joice | U20 6 | Lancaster Uni RC | 43:16 |
| 7 | 1378 | Tavis Young | U20 7 | Lancaster Uni RC | 48:16 |
| 8 | 294 | Lawrence Paish | U20 8 | Lancaster Uni RC | 48:38 |
| 9 | 293 | Shiv Rajkumar | U20 9 | Lancaster Uni RC | 52:22 |

Senior Men under 20 — TEAM RESULTS

| | | | | | |
|------------------------|----|---|---------------|------------------|-----------------|
| 1 Lancaster Uni RC | 9 | — | 1 Jacob Cann | 2 Andy Thomas | 6 Richard Joice |
| 2 Lancaster Uni RC 'B' | 24 | — | 7 Tavis Young | 8 Lawrence Paish | 9 Shiv Rajkumar |

Senior Men (Vets) over 40 — TEAM RESULTS

| | | | | | | |
|----------------------------|-----|---|-----------------------|------------------------|-----------------------|---------------------|
| 1 Lancaster & Morecambe AC | 51 | — | 8 Mark Holgate | 11 Chris Corless | 13 James Edwards | 19 Shane Cody |
| 2 Southport Waterloo AC | 82 | — | 5 David Hamilton | 16 Rob McGrath | 26 Peter Roome | 35 John Sprackland |
| 3 Wigan Harriers | 101 | — | 10 John Heyes | 22 Stuart Fairclough | 31 Mark Morgan-Hillam | 38 Mike Harris |
| 4 Leven Valley AC | 120 | — | 7 Michael Gregory | 9 David McNally | 43 Christopher Durkin | 61 James Bailey |
| 5 Wesham RR | 130 | — | 17 Mark Holton | 25 Simon Denye | 33 Steve Abbott | 55 Lee Barlow |
| 6 Clayton Le Moors | 154 | — | 4 Adie Cheethan | 34 Chris Funnell | 48 Jason Pier | 68 Justin Edwards |
| 7 Glaxo Hoad Hill H | 177 | — | 14 Mark Tomkinson | 40 Gary Dover | 59 Mark Simmonds | 64 Richard Marilton |
| 8 Kendal AAC | 211 | — | 18 Richard Wilson | 24 Mathew Wilson | 37 Joe Todd | 132 Gavin Beach |
| 9 Preston Harriers | 219 | — | 39 Colin Shuttleworth | 52 Chris Wales | 58 Gary Wilson | 70 Steve Hallas |
| 10 Trawden AC | 233 | — | 32 Dan Grundy | 54 Kevin Fenton-Clough | 69 Adrian Blackledge | 78 Jamie Osborne |
| 11 Walney Wind Cheetahs | 255 | — | 42 Mark Richards | 47 Ian Sadler | 65 David Harker | 101 Paula Managh |
| 12 Lytham St Annes Rrc | 256 | — | 23 Jonathan Tuck | 28 Paul Veevers | 50 Neil Tate | 155 John Bertenshaw |
| 13 Red Rose Road Runners | 263 | — | 41 Stephen Woodruffe | 56 Frank Nightingale | 75 Gary Corcoran | 91 Stuart Cann |
| 14 Liverpool Ps | 265 | — | 2 Tony O'Brien | 84 Steve Lennon | 86 John Dickinson | 93 Mark Hudson |
| 15 Astley & Tyldesley | 275 | — | 20 Tim Campbell | 51 Mark Collins | 83 Graham Townsend | 121 Gary Firth |
| 16 Kirkby Milers | 280 | — | 15 Gary Wilton | 57 Kevin Harrison | 88 Andrew Boulger | 120 Ian Rivers |
| 17 Barrow & Furness St. | 321 | — | 29 Patrick Miller | 66 Ray Jones | 112 Graham Dacre | 114 Glen Travers |
| 18 Blackburn Harriers | 322 | — | 3 Christopher Davies | 6 Mark Chippendale | 140 Danny Teare | 173 Allan Hartley |
| 19 Thornton-Cleveleys RC | 436 | — | 62 Andrew Fairbairn | 105 Martin Boswell | 134 Paul Botham | 135 Steve Livesley |
| 20 Garstang RC | 541 | — | 46 Richard Jones | 148 Geoff Lyons | 171 Anthony Pritchard | 176 Paul Moss |

Senior Men (Vets) over 50 — TEAM RESULTS

| | | | |
|-------------------------|----------------------------|----------------------|-------------------|
| 1 Southport Waterloo AC | 10 — 1 David Hamilton | 4 Rob McGrath | 5 Peter Roome |
| 2 Glaxo Hoad Hill H | 49 — 12 Gary Dover | 18 Mark Simmonds | 19 Richard Marlon |
| 3 Preston Harriers | 51 — 11 Colin Shuttleworth | 17 Gary Wilson | 23 John Rainford |
| 4 Red Rose Road Runners | 62 — 13 Stephen Woodruffe | 16 Frank Nightingale | 33 Stuart Cann |
| 5 Walney Wind Cheetahs | 69 — 14 Mark Richards | 15 Ian Sadler | 40 Steven Batty |
| 6 Barrow & Furness St. | 70 — 6 Patrick Miller | 20 Ray Jones | 44 Graham Dacre |
| 7 Wesham RR | 103 — 27 Phil Quibell | 37 Gary Pendlebury | 39 Stuart Clayton |
| 8 Wigan Harriers | 110 — 3 John Heyes | 50 Paul Carter | 57 Mike Casey |
| 9 Clayton Le Moors | 111 — 8 Chris Funnell | 48 Martin Terry | 55 Martin Brady |
| 10 Liverpool Ps | 126 — 32 John Dickinson | 34 Mark Hudson | 60 Guy Turnbull |
| 11 Kirkby Milers | 209 — 49 Ian Rivers | 76 Stephen Hollis | 84 Sean Loughran |
| 12 Trawden AC | 216 — 52 David Howard | 71 Allan Boulton | 93 John Carman |
| 13 Garstang RC | 236 — 66 Geoff Lyons | 83 Anthony Pritchard | 87 Paul Moss |

Senior Men (Vets) over 60 — TEAM RESULTS

| | | | |
|-------------------------|---------------------------|-------------------|-----------------------|
| 1 Wesham RR | 11 — 2 Phil Quibell | 4 Gary Pendlebury | 5 John Collier |
| 2 Preston Harriers | 30 — 1 Colin Shuttleworth | 11 Michael Brown | 18 Michael McLoughlin |
| 3 Red Rose Road Runners | 32 — 7 Fred Lynch | 10 Philip Dean | 15 John Hyde |
| 4 Glaxo Hoad Hill H | 39 — 9 Patrick Thomas | 14 James Cooke | 16 Simon Barton |
| 5 Trawden AC | 46 — 6 David Howard | 13 Allan Boulton | 27 John Carman |

Junior Race - Men — FINAL RESULTS

| Pos | Num | Name | Club | Time |
|-----|------|--------------------|--------------------------|-------|
| 1 | 3314 | Kian Davis | Preston Harriers | 22:17 |
| 2 | 3315 | Ross Harrison | Liverpool Ps | 23:02 |
| 3 | 3316 | Jack Dee-Ingham | Preston Harriers | 23:02 |
| 4 | 3317 | Matthew Fazakerley | Preston Harriers | 23:18 |
| 5 | 3318 | Matthew Mackay | Rosendale Harriers | 23:25 |
| 6 | 3319 | Tom Humphries | Lancaster & Morecambe AC | 23:35 |
| 7 | 3320 | Joe Gebbie | Blackburn Harriers | 23:45 |
| 8 | 3321 | Luke Bowen | Kendal AAC | 23:52 |
| 9 | 3322 | Reuben Copley | Kendal AAC | 24:17 |
| 10 | 3323 | Ben McLaughlin | Wigan Harriers | 26:41 |
| 11 | 3324 | Ethan Furlong | Lancaster & Morecambe AC | 29:44 |

Junior Race - Women — FINAL RESULTS

| Pos | Num | Name | Club | Time |
|-----|------|-----------------|-------------------------|-------|
| 1 | 885 | Olivia Mason | L20 1 Border Harriers | 15:47 |
| 2 | 3307 | Sophie Rotheram | Preston Harriers | 16:47 |
| 3 | 3308 | Rosie Woodhams | Kendal AAC | 17:35 |
| 4 | 3309 | Finty Royle | Chorley Athletic & Tri | 17:53 |
| 5 | 3310 | Nicola Moynihan | Clayton Le Moors | 19:46 |
| 6 | 3311 | Jade Morgan | Liverpool Harriers & Ac | 20:11 |
| 7 | 3312 | Lucy Miller | Liverpool Harriers & Ac | 20:49 |
| 8 | 3313 | Katie Miller | Liverpool Harriers & Ac | 21:42 |

