

# Mid Lancs Cross Country League

## at Rylands Park, Lancaster on Saturday 9th December 2023

### Under 11 Girls — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	763	Mila Barron	Kendal Helm Composite	7:31	14	765	Violet Benson	Kendal Helm Composite	8:42
2	1161	Scarlett Clausen	Liverpool Harriers & Ac	7:35	15	402	Iris Thomson	Chorley A & T	8:43
3	2036	Mione Todd	Trawden Athletic Club	7:37	16	2229	Hannah Nicholls	Wigan & District H & Ac	8:48
4	400	Amelia Pendlebury	Chorley A & T	7:51	17	524	Lexie McLean	Clayton-Le-Moors Harriers	8:52
5	2329	Ivy Marshall	Kendal Helm Composite	7:59	18	1644	Isabelle Fenn	Rossendale Harriers & Ac	9:00
6	1642	Elsie Duffy	Rossendale Harriers & Ac	8:02	19	1029	Sienna Hardiman	Lancaster & Morecambe Ac	9:21
7	1455	Isabel Owers	Preston Harriers	8:06	20	766	Maia Dacre	Kendal Helm Composite	9:28
8	527	Freya Thomas	Clayton-Le-Moors Harriers	8:13	21	928	Isla Matthews	Kirkby Milers AC	9:43
9	1649	Thea Newton	Rossendale Harriers & Ac	8:22	22	1089	Hope Stones	Leigh Harriers & Ac	9:47
10	349	Robyn Hall	Burnley Ac	8:25	23	1031	Lily Hutchinson	Lancaster & Morecambe Ac	10:15
11	1650	Ivy Pilkington	Rossendale Harriers & Ac	8:28	24	136	Esme Krige	Blackburn Harriers & Ac	10:16
12	1027	Scarlet Gora	Lancaster & Morecambe Ac	8:28	25	137	Mia Logan	Blackburn Harriers & Ac	11:41
13	135	Sophie Douglas	Blackburn Harriers & Ac	8:29	26	523	Stephanie McLean	Clayton-Le-Moors Harriers	12:17

### Under 11 Girls — TEAM RESULTS

1	Kendal Helm Composite	20	—	1	Mila Barron	5	Ivy Marshall	14	Violet Benson
2	Rossendale Harriers & Ac	26	—	6	Elsie Duffy	9	Thea Newton	11	Ivy Pilkington
3	Clayton-Le-Moors Harriers	51	—	8	Freya Thomas	17	Lexie McLean	26	Stephanie McLean
4	Lancaster & Morecambe Ac	54	—	12	Scarlet Gora	19	Sienna Hardiman	23	Lily Hutchinson
5	Blackburn Harriers & Ac	62	—	13	Sophie Douglas	24	Esme Krige	25	Mia Logan

### Under 11 Boys — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	2328	Tom Craker	Kendal Helm Composite	6:54	20	516	Matthew Bissett	Clayton-Le-Moors Harriers	7:48
2	757	Jos Jebb	Kendal Helm Composite	7:00	21	2326	Thomas XStewart	Chorley A & T	7:51
3	756	Charles Hodgson	Kendal Helm Composite	7:13	22	762	Oliver Wrigley	Kendal Helm Composite	7:51
4	1159	Joseph McKenna	Liverpool Harriers & Ac	7:16	23	760	Ben Ryan	Kendal Helm Composite	7:54
5	520	Alex Smialek	Clayton-Le-Moors Harriers	7:23	24	1637	Cole Marsden	Rossendale Harriers & Ac	7:55
6	1160	Robert Worrall	Liverpool Harriers & Ac	7:24	25	1905	Caden Walker	Southport Waterloo Ac	7:57
7	133	Morgan Watson	Blackburn Harriers & Ac	7:24	26	751	Jonty Brodie	Kendal Helm Composite	7:58
8	2358	Henry Taylor	Preston Harriers	7:25	27	2451	William Paybody	Southport Waterloo Ac	7:59
9	129	Theo Addy	Blackburn Harriers & Ac	7:32	28	761	Sean Wild-Garcia	Kendal Helm Composite	8:07
10	518	Harry Lowde	Clayton-Le-Moors Harriers	7:33	29	519	George Lowde	Clayton-Le-Moors Harriers	8:08
11	2032	Jack Mitchell	Trawden Athletic Club	7:34	30	2439	Harry Griffin	Preston Harriers	8:15
12	1638	Archie Pilling	Rossendale Harriers & Ac	7:38	31	1025	Jack Parrington	Lancaster & Morecambe Ac	8:17
13	1904	Thomas Delamere	Southport Waterloo Ac	7:42	32	1452	Charlie Benson	Preston Harriers	8:26
14	926	Patrick Piron	Kirkby Milers AC	7:44	33	1021	William Gardner	Lancaster & Morecambe Ac	8:37
15	924	Finley Mackenzie	Kirkby Milers AC	7:45	34	1332	Joshua McAfee	Lytham St Annes Rr Club	8:52
16	1640	Harry Walker	Rossendale Harriers & Ac	7:46	35	2402	Dylan Meacock	Barrow & Furness Striders Ac	9:12
17	1630	Alexander Ball	Rossendale Harriers & Ac	7:46	36	288	Alexander Parsons	Blackpool Wyre & Fylde Ac	9:54
18	2412	Mason Helton	Kirkby Milers AC	7:46	37	2463	Andrew Skeldon	Settle Harriers	10:23
19	1024	Joe Maguire	Lancaster & Morecambe Ac	7:47	38	515	Harris BanksAhmed	Clayton-Le-Moors Harriers	10:34

### Under 11 Boys — TEAM RESULTS

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

1	Kendal Helm Composite	6	—	1	Tom Craker	2	Jos Jebb	3	Charles Hodgson
2	Clayton-Le-Moors Harriers	35	—	5	Alex Smialek	10	Harry Lowde	20	Matthew Bissett
3	Rossendale Harriers & Ac	45	—	12	Archie Pilling	16	Harry Walker	17	Alexander Ball
4	Kirkby Milers AC	47	—	14	Patrick Piron	15	Finley Mackenzie	18	Mason Helton
5	Southport Waterloo Ac	65	—	13	Thomas Delamere	25	Caden Walker	27	William Paybody
6	Preston Harriers	70	—	8	Henry Taylor	30	Harry Griffin	32	Charlie Benson
7	Lancaster & Morecambe Ac	83	—	19	Joe Maguire	31	Jack Parrington	33	William Gardner

# Mid Lancs Cross Country League at Rylands Park, Lancaster on Saturday 9th December 2023

## Under 13 Girls — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	1470	Ellie Blackhurst	Preston Harriers	8:37	26	2235	Katie-Louise Malley	Wigan & District H & Ac	9:59
2	1178	Evie Worrall	Liverpool Harriers & Ac	8:37	27	1657	Iona Bell	Rossendale Harriers & Ac	10:01
3	304	Pollyanna Kershaw	Blackpool Wyre & Fylde Ac	8:50	28	1172	Lottie Hughes	Liverpool Harriers & Ac	10:02
4	778	Isla Jebb	Kendal Helm Composite	8:57	29	947	Halli Williams	Kirkby Milers AC	10:03
5	147	Millie Jordan	Blackburn Harriers & Ac	8:58	30	1473	Grace Taylor	Preston Harriers	10:05
6	1100	Bee Metcalfe	Leigh Harriers & Ac	9:00	31	1101	Rae Vaughan	Leigh Harriers & Ac	10:06
7	1658	Alice Carr	Rossendale Harriers & Ac	9:02	32	2444	Erica Purnell	Preston Harriers	10:16
8	1664	Holly Nicholls	Rossendale Harriers & Ac	9:03	33	1468	Georgina Andrews	Preston Harriers	10:18
9	2435	Esme Cameron	Liverpool Harriers & Ac	9:05	34	1130	Katelyn Douglas	Leven Valley AC	10:19
10	1177	Maisie Williams	Liverpool Harriers & Ac	9:07	35	2414	Mia Thistlethwaite	Lancaster & Morecambe Ac	10:23
11	1927	Lauren Silcox	Southport Waterloo Ac	9:09	36	1474	Francesca White	Preston Harriers	10:25
12	1472	Elsie McKeever	Preston Harriers	9:09	37	1661	Louise Lusty	Rossendale Harriers & Ac	10:33
13	1176	Daisy Rushton	Liverpool Harriers & Ac	9:12	38	145	Hetty Green	Blackburn Harriers & Ac	10:39
14	1920	Lucy Delamere	Southport Waterloo Ac	9:14	39	2442	Macy Olorenshaw	Preston Harriers	10:47
15	1174	Isabella Parry	Liverpool Harriers & Ac	9:18	40	410	Georgia Pendlebury	Chorley A & T	11:00
16	1162	Mia Ford	Liverpool Harriers & Ac	9:18	41	945	Isla Roach	Kirkby Milers AC	11:12
17	1366	Marnie Nelson	Pendle Athletic Club	9:27	42	148	Charlotte Rothwell	Blackburn Harriers & Ac	11:15
18	409	Eleanor Jenner	Chorley A & T	9:32	43	2361	Eliza Garcia	Preston Harriers	11:17
19	1365	Gabriella Dale	Pendle Athletic Club	9:33	44	1039	Alice Briffett	Lancaster & Morecambe Ac	11:37
20	2362	India ThompsonAmrith	Preston Harriers	9:36	45	1043	Olivia Hemingway	Lancaster & Morecambe Ac	11:50
21	1469	Georgina Benson	Preston Harriers	9:50	46	683	Lexi Cunliffe	Hyndburn Ac	12:13
22	415	Ava Winstanley	Chorley A & T	9:51	47	1097	Dorothy Crombleholme	Leigh Harriers & Ac	12:50
23	305	Lily-Rose McMinnis	Blackpool Wyre & Fylde Ac	9:52	48	693	Esther Sagar-Moss	Hyndburn Ac	12:54
24	940	Melissa Cameron	Kirkby Milers AC	9:56	49	2039	Grace Fort	Trawden Athletic Club	13:05
25	1660	Lyla Duffy	Rossendale Harriers & Ac	9:58					

## Under 13 Girls — TEAM RESULTS

1	Liverpool Harriers & Ac	21	—	2	Evie Worrall	9	Esme Cameron	10	Maisie Williams
2	Preston Harriers	33	—	1	Ellie Blackhurst	12	Elsie McKeever	20	India ThompsonAmrith
3	Rossendale Harriers & Ac	40	—	7	Alice Carr	8	Holly Nicholls	25	Lyla Duffy
4	Chorley A & T	80	—	18	Eleanor Jenner	22	Ava Winstanley	40	Georgia Pendlebury
5	Leigh Harriers & Ac	84	—	6	Bee Metcalfe	31	Rae Vaughan	47	Dorothy Crombleholme
6	Blackburn Harriers & Ac	85	—	5	Millie Jordan	38	Hetty Green	42	Charlotte Rothwell
7	Kirkby Milers AC	94	—	24	Melissa Cameron	29	Halli Williams	41	Isla Roach
8	Lancaster & Morecambe Ac	124	—	35	Mia Thistlethwaite	44	Alice Briffett	45	Olivia Hemingway

## Race 4 - Under 13 Boys — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	1467	Albert Yates	Preston Harriers	11:06	21	1038	Elijah O'Neill	Lancaster & Morecambe Ac	13:16
2	2413	Harry Redhead	Kirkby Milers AC	11:17	22	298	Bobby Hastwell	Blackpool Wyre & Fylde Ac	13:22
3	299	William Kershaw	Blackpool Wyre & Fylde Ac	11:23	23	403	Oliver Bruce	Chorley A & T	13:35
4	1456	Samuel Bates	Preston Harriers	11:28	24	2443	Dylan Parker	Preston Harriers	13:41
5	1167	Max Myles	Liverpool Harriers & Ac	11:31	25	533	Corbyn Thomas	Clayton-Le-Moors Harriers	13:45
6	297	Archie Belfield	Blackpool Wyre & Fylde Ac	11:33	26	2462	James Skeldon	Settle Harriers	14:07
7	2393	Max XUnthank	Blackburn Harriers & Ac	11:38	27	1093	Alexander Duggan	Leigh Harriers & Ac	14:09
8	1463	Jack Mawdsley	Preston Harriers	11:43	28	934	George Jackson	Kirkby Milers AC	14:14
9	2292	Zak ManirJolley	Wigan & District H & Ac	11:44	29	1092	Oisin Doran	Leigh Harriers & Ac	14:24
10	1651	Charlie Dobson	Rossendale Harriers & Ac	11:45	30	1335	Reuben May	Lytham St Annes Rr Club	14:28
11	775	Harri Tancrel	Kendal Helm Composite	11:56	31	1034	Arthur Dickinson	Lancaster & Morecambe Ac	14:29
12	301	Jasper Hall	Blackpool Wyre & Fylde Ac	12:03	32	1037	Lucas Hall	Lancaster & Morecambe Ac	14:33
13	1226	Matthew Bennett	Liverpool Pembroke Sefton	12:05	33	1035	Harry Macluskie	Lancaster & Morecambe Ac	14:59
14	144	Oliver North	Blackburn Harriers & Ac	12:11	34	528	Kaden Anderton	Clayton-Le-Moors Harriers	15:01
15	2282	Hussain Webster	Clayton-Le-Moors Harriers	12:35	35	296	Vincent Bateman	Blackpool Wyre & Fylde Ac	15:07
16	929	Markus Burgan	Kirkby Milers AC	12:41	36	938	Zak Thompson	Kirkby Milers AC	15:31
17	773	Dougal Houston	Kendal Helm Composite	12:50	37	1095	Charlie Longworth	Leigh Harriers & Ac	15:40
18	1461	Freddy Cheyne	Preston Harriers	12:57	38	1653	Jacob Milnes	Rossendale Harriers & Ac	16:03
19	2231	Henry Jeffs-Watts	Wigan & District H & Ac	12:58	39	530	Leo Chatburn	Clayton-Le-Moors Harriers	17:06
20	937	Aron Savage	Kirkby Milers AC	13:08					

## Race 4 - Under 13 Boys — TEAM RESULTS

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

1	Preston Harriers	13	—	1	Albert Yates	4	Samuel Bates	8	Jack Mawdsley
2	Blackpool Wyre & Fylde Ac	21	—	3	William Kershaw	6	Archie Belfield	12	Jasper Hall
3	Kirkby Milers AC	38	—	2	Harry Redhead	16	Markus Burgan	20	Aron Savage
4	Clayton-Le-Moors Harriers	73	—	15	Hussain Webster	25	Corbyn Thomas	33	Kaden Anderton
5	Lancaster & Morecambe Ac	82	—	21	Elijah O'Neill	30	Arthur Dickinson	31	Lucas Hall
6	Leigh Harriers & Ac	90	—	26	Alexander Duggan	28	Oisin Doran	36	Charlie Longworth

# Mid Lancs Cross Country League at Rylands Park, Lancaster on Saturday 9th December 2023

## Race 4 - Under 15 Girls — FINAL RESULTS (\$=non-counter)

Pos	Num	Name	Club	Time					
1	2287	Holly Cross	Liverpool Harriers & Ac	11:12	20	1714	Sophie Norman	Sedbergh School RC	13:03
2	1139	Penelope Boyle	Leven Valley AC	11:16	21	1711	Isabelle Perry	Blackburn Harriers & Ac	13:10
3	319	Kristy Leitch	Blackpool Wyre & Fylde Ac	11:45	22	796	Lily Slater	Kendal Helm Composite	13:11
4	318	Aimee Harling	Blackpool Wyre & Fylde Ac	11:59	23	2356	Lucy XOrrell	Wigan & District H & Ac	13:11
5	2363	Sophie Mitchell	Preston Harriers	12:01	24	788	Anna Cobley	Kendal Helm Composite	13:12
6	168	Lyra Krige	Blackburn Harriers & Ac	12:04	25	2240	Holly Nicholls	Wigan & District H & Ac	13:13
7	1677	Ruby Cleaver	Rosendale Harriers & Ac	12:06	26	1483	Lilli-Mai McCarthy	Preston Harriers	13:23
8	317	Jemima Bradburn	Blackpool Wyre & Fylde Ac	12:09	27	793E	Macpherson-Littler	Kendal Helm Composite	13:30
9	1943	SydneyM Clarkson	Southport Waterloo Ac	12:13	28	2354	Katie XBonner	Wigan & District H & Ac	13:37
10	791	Millie Jebb	Kendal Helm Composite	12:16	29	790	Tess Evans	Kendal Helm Composite	13:47
11	174	Agatha Taylor	Blackburn Harriers & Ac	12:25	30	1941	Isla Gray	Southport Waterloo Ac	13:50
12	2458	Isabella Wright	Keighley & Craven Ac	12:37	31	166	Lily Green	Blackburn Harriers & Ac	13:52
13	1678	Matilda Duffy	Rosendale Harriers & Ac	12:40	32	22	Lexi Allen	Barlick Fell Runners	14:05
14	794	Isla Pearman	Kendal Helm Composite	12:40	33	60	Mahiya Mohan	Barrow & Furness Striders	14:27
15	167	Lottie Hesketh	Blackburn Harriers & Ac	12:45	34	1052	Alice Lupton	Lancaster & Morecambe Ac	14:29
16	424	Maisie Preston	Chorley A & T	12:53	35	539	Avalina Cicconi	Clayton-Le-Moors Harriers	14:45
17	1680	Eliena Lusty	Rosendale Harriers & Ac	12:55	36	1051	Tilly Dowthwaite	Lancaster & Morecambe Ac	14:49
18	1050	Eve Briffett	Lancaster & Morecambe Ac	13:01	37	422	Emma Hope	Chorley A & T	15:19
19	1715	Emily Rycroft	Sedbergh School RC	13:02	38	797	Isabelle Wrigley	Kendal Helm Composite	15:48

## Race 4 - Under 15 Girls — TEAM RESULTS

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

1	Blackpool Wyre & Fylde Ac	15	—	3	Kristy Leitch	4	Aimee Harling	8	Jemima Bradburn
2	Blackburn Harriers & Ac	31	—	6	Lyra Krige	11	Agatha Taylor	14	Lottie Hesketh
3	Rosendale Harriers & Ac	35	—	7	Ruby Cleaver	12	Matilda Duffy	16	Eliena Lusty
4	Kendal Helm Composite	44	—	10	Millie Jebb	13	Isla Pearman	21	Lily Slater
5	Wigan & District H & Ac	73	—	22	Lucy XOrrell	24	Holly Nicholls	27	Katie XBonner
6	Lancaster & Morecambe Ac	85	—	17	Eve Briffett	33	Alice Lupton	35	Tilly Dowthwaite

## Race 5 - Under 15 Boys — FINAL RESULTS

Pos	Num	Name	Club	Time					
1	1936	William Delamere	Southport Waterloo Ac	12:59	20	152	Liam Bennison	Blackburn Harriers & Ac	15:22
2	150	Samuel Aspey	Blackburn Harriers & Ac	13:10	21	1705	Sasha Moyle	Sedbergh School RC	15:27
3	162	Henry Ward	Blackburn Harriers & Ac	13:32	22	781	Toby Acland	Kendal Helm Composite	15:35
4	1046	Ben Brassington	Lancaster & Morecambe Ac	13:35	23	155	George Holman	Blackburn Harriers & Ac	15:40
5	418	Max Winstanley	Chorley A & T	13:42	24	1103	Lucas Gregory	Leigh Harriers & Ac	15:51
6	163	Jack Wood	Blackburn Harriers & Ac	13:52	25	157	Loucas Lancashire	Blackburn Harriers & Ac	15:56
7	782	Will Brayshaw	Kendal Helm Composite	13:58	26	417	Harry Walkden	Chorley A & T	15:57
8	2464	Tom Jepson	Preston Harriers	14:04	27	1709	Daniel Young	Sedbergh School RC	16:04
9	158	Theo Robinson	Blackburn Harriers & Ac	14:26	28	1134	Demitri Kyriacou	Leven Valley AC	16:23
10	1704	George Martin	Sedbergh School RC	14:26	29	537	Oscar Clayton	Clayton-Le-Moors Harriers	16:32
11	1260	Daniel Procter	Liverpool Pembroke Sefton	14:27	30	2440	Harvey McChrystal	Preston Harriers	16:33
12	696	S John	Hyndburn Ac	14:35	31	1668	Archie Ogetmen	Rosendale Harriers & Ac	17:19
13	159	Alex Rothwell	Blackburn Harriers & Ac	14:36	32	2403	Owen Donnelly	Blackburn Harriers & Ac	17:31
14	785	Joseff Tancred	Kendal Helm Composite	14:36	33	1703	Timothee Leroy	Sedbergh School RC	18:09
15	1669	Theo Ormrod	Rosendale Harriers & Ac	14:47	34	1102	Barnaby Crombleholme	Leigh Harriers & Ac	18:22
16	1479	Lucas Parkin	Preston Harriers	14:50	35	536	Zachary Beresford	Clayton-Le-Moors Harriers	19:01
17	1673	Alfie Walker	Rosendale Harriers & Ac	14:51	36	356	Alexander Blanchet	Burnley Ac	19:43
18	416	Wilf Hudson	Chorley A & T	14:59	37	357	Benjamin Mayhew	Burnley Ac	19:48
19	783	Evan Mulvany	Kendal Helm Composite	15:18	38	1671	Toby Steel	Rosendale Harriers & Ac	21:35

## Race 5 - Under 15 Boys — TEAM RESULTS

1	Blackburn Harriers & Ac	11	—	2	Samuel Aspey	3	Henry Ward	6	Jack Wood
2	Kendal Helm Composite	40	—	7	Will Brayshaw	14	Joseff Tancred	19	Evan Mulvany
3	Chorley A & T	49	—	5	Max Winstanley	18	Wilf Hudson	26	Harry Walkden
4	Preston Harriers	54	—	8	Tom Jepson	16	Lucas Parkin	30	Harvey McChrystal
5	Sedbergh School RC	58	—	10	George Martin	21	Sasha Moyle	27	Daniel Young
6	Rosendale Harriers & Ac	63	—	15	Theo Ormrod	17	Alfie Walker	31	Archie Ogetmen

# Mid Lancs Cross Country League at Rylands Park, Lancaster on Saturday 9th December 2023

## Race 5 - Under 17 Women — FINAL RESULTS

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	1063	Isabelle Murphy	Lancaster & Morecambe Ac	14:59	12	1498	Holly Moffatt	Preston Harriers	18:02
2	430	Amelie Smethurst	Chorley A & T	15:19	13	1727	Elif Sançar	Sedbergh School RC	18:03
3	1148	Marina Bailey	Leven Valley AC	15:42	14	1728	Sophie Sterne	Sedbergh School RC	18:13
4	1278	Sarah Yates	Liverpool Pembroke Sefton	16:06	15	186	Freya Neild	Blackburn Harriers & Ac	18:54
5	1957	Emily Dean	Southport Waterloo Ac	16:11	16	1061	Annie Dickinson	Lancaster & Morecambe Ac	19:08
6	1151	Ellen Douglas	Leven Valley AC	16:25	17	961	Poppy Ingarfield	Kirkby Milers AC	19:08
7	11491	Barrowdale-Smith	Leven Valley AC	16:41	18	1729	Grace Wells	Sedbergh School RC	19:23
8	187	Isabella Pacelli	Blackburn Harriers & Ac	17:22	19	1062	Erin Gillan	Lancaster & Morecambe Ac	20:03
9	2046	Gemma Kenniford	Trawden Athletic Club	17:27	20	806	Vicky Woof	Kendal Helm Composite	20:28
10	2321	Matilda Hynes	Sedbergh School RC	17:33	21	707	Heidi Sagar-Moss	Hyndburn Ac	22:25
11	1962	Amelie Scott	Southport Waterloo Ac	17:55					

## Race 5 - Under 17 Women — TEAM RESULTS

1	Leven Valley AC	16	—	3	Marina Bailey	6	Ellen Douglas	7	Barrowdale-Smith
2	Lancaster & Morecambe Ac	36	—	1	Isabelle Murphy	16	Annie Dickinson	19	Erin Gillan
3	Sedbergh School RC	37	—	10	Matilda Hynes	13	Elif Sançar	14	Sophie Sterne

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

Pos	Num	Name	Club	Time	Pos	Num	Name	Club	Time
1	181	Daniel Smith	Blackburn Harriers & Ac	20:16	16	1721	Bruno Fielding	Sedbergh School RC	23:41
2	1144	Max Hazlehurst	Leven Valley AC	20:50	17	325	Alfie Hall	Blackpool Wyre & Fylde Ac	24:44
3	1055	James Brassington	Lancaster & Morecambe Ac	20:58	18	1722	Joseph Haywood	Sedbergh School RC	25:05
4	428	Marcus Thomasson	Chorley A & T	21:19	19	427	Robert Kellett	Chorley A & T	25:10
5	425	Freddie Edwards	Chorley A & T	21:29	20	1682	James Boyd	Rosendale Harriers & Ac	25:36
6	798	Alfie Addison	Kendal Helm Composite	21:34	21	323	Ethan Bateman	Blackpool Wyre & Fylde Ac	26:04
7	1056	Jack Eccles	Lancaster & Morecambe Ac	21:35	22	1683	Alfie Hilton	Rosendale Harriers & Ac	26:15
8	2241	Sami Manir-Jolley	Wigan & District H & Ac	22:05	23	1684	Billy Hilton	Rosendale Harriers & Ac	26:15
9	1491	Thomas Bates	Preston Harriers	22:14	24	2322	V PilarsDePilar	Sedbergh School RC	26:18
10	179	Logan McCredie	Blackburn Harriers & Ac	22:15	25	1720	Harry Elliston	Sedbergh School RC	26:18
11	799	Alfie Todd	Kendal Helm Composite	22:17	26	1057	Ronan Maher	Lancaster & Morecambe Ac	27:01
12	802	Oliver Willoughby	Kendal Helm Composite	22:42	27	1058	Milo Renolds	Lancaster & Morecambe Ac	27:24
13	959	Evan Williams	Kirkby Milers AC	22:53	28	2324	Isaac Tang	Sedbergh School RC	27:30
14	1147	John Williamson	Leven Valley AC	22:58	29	1723	George Scarr	Sedbergh School RC	27:40
15	182	Matthew Smith	Blackburn Harriers & Ac	23:31					

## Race 6 - Under 17 Men — TEAM RESULTS

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

1	Blackburn Harriers & Ac	26	—	1	Daniel Smith	10	Logan McCredie	15	Matthew Smith
2	Chorley A & T	28	—	4	Marcus Thomasson	5	Freddie Edwards	19	Robert Kellett
3	Kendal Helm Composite	29	—	6	Alfie Addison	11	Alfie Todd	12	Oliver Willoughby
4	Lancaster & Morecambe Ac	36	—	3	James Brassington	7	Jack Eccles	26	Ronan Maher
5	Sedbergh School RC	58	—	16	Bruno Fielding	18	Joseph Haywood	24	V PilarsDePilar
6	Rosendale Harriers & Ac	65	—	20	James Boyd	22	Alfie Hilton	23	Billy Hilton

## Race 6 - Ladies under 20

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time		
1	203	Isabel Holt	L20	1	Blackburn Harriers & Ac	21:37	7	1741	Abigail Cass	L20	7	Sedbergh School RC	28:42
2	200	Eleesha Charnley	L20	2	Blackburn Harriers & Ac	24:34	8	2422	Amy Heaton	L20	8	Lancaster University	28:58
3	1833	Alicia Wadeson	L20	3	Skelmersdale Boundary H	25:38	9	1744	Libby Martin	L20	9	Sedbergh School RC	29:22
4	2342	Maggie XPreece	L20	4	Lancaster University	26:50	10	1346	Maddy Markham	L20	10	Lytham St Annes Rr Club	30:53
5	434	Lara Ingram-Weston	L20	5	Chorley A & T	27:17	11	2434	Emily Vest	L20	11	Lancaster University	32:48
6	204	Leah Hoole	L20	6	Blackburn Harriers & Ac	28:11							

## Race 6 - Ladies under 20 — TEAM RESULTS

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

1	Blackburn Harriers & Ac	9	—	1	Isabel Holt	2	Eleesha Charnley	6	Leah Hoole
2	Lancaster University	23	—	4	Maggie XPreece	8	Amy Heaton	11	Emily Vest

## Senior Men under 20

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time		
1	2411	Fraser Sproul	U20	1	Kendal AAC	32:44	11	2332	Edward XCox	U20	11	Lancaster University	38:11
2	546	William Walker	U20	2	Clayton-Le-Moors Harriers	33:23	12	963	Derri Henderson	U20	12	Kirkby Milers AC	38:44
3	2465	Lukas Bailey	U20	3	Lancaster University	35:07	13	1065	Thomas McGrattan	U20	13	Lancaster & Morecambe Ac	38:47
4	1064	Tom Bowman	U20	4	Lancaster & Morecambe Ac	35:31	14	2344	Harry XStead	U20	14	Lancaster University	38:54
5	1499	Max Holden	U20	5	Preston Harriers	35:48	15	2423	Regan Hickman	U20	15	Lancaster University	41:46
6	1501	Luke Suffolk	U20	6	Preston Harriers	36:35	16	2079	Joe Turner	U20	16	Walney Wind Cheetahs	42:01
7	2415	George Booth	U20	7	Lancaster University	36:35	17	1730	Luke Cosgrove	U20	17	Sedbergh School RC	43:24
8	2330	Edward XBrading	U20	8	Lancaster University	36:49	18	358	Nathan Green	U20	18	Burnley Ac	43:57
9	2338	Matthew XLow	U20	9	Lancaster University	37:28	19	2425	Alexander Inkester	U20	19	Lancaster University	46:53
10	431	T Bidlake-Corser	U20	10	Chorley A & T	38:01	20	545	Jack Villiers	U20	20	Clayton-Le-Moors Harriers	47:53

## Senior Men under 20 — TEAM RESULTS

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

1	Lancaster University	18	—	3	Lukas Bailey	7	George Booth	8	Edward XBrading
2	Lancaster University	34	—	9	Matthew XLow	11	Edward XCox	14	Harry XStead

# Mid Lancs Cross Country League at Rylands Park, Lancaster on Saturday 9th December 2023

## Race 6 - Ladies over 18

Pos	Num	Name	Cat/Pos	Club	Time
1	203	Isabel Holt	L20	1 Blackburn Harriers & Ac	21:37
2	1439	Emma McColm	L	2 Preston Harriers	21:45
3	748	Rebecca Robinson	L40	1 Kendal AAC	22:22
4	1123	Antonia Fan	L	4 Leven Valley AC	23:08
5	2455	Katie Lord	L	5 Ambleside Ac	23:45
6	2072	Sarah Jones	L	6 Walney Wind Cheetahs	23:58
7	1798	Maria Cook	L45	1 Skelmersdale Boundary H	24:32
8	200	Eleesha Charnley	L20	2 Blackburn Harriers & Ac	24:34
9	1442	Jamie Robinson	L35	1 Preston Harriers	25:13
10	1833	Alicia Wadeson	L20	3 Skelmersdale Boundary H	25:38
11	1430	Charlotte Gregory	L	11 Preston Harriers	25:44
12	1011	Mary Heald	L35	2 Lancaster & Morecambe Ac	25:48
13	264	Kira Cheshire	L	13 Blackpool Wyre & Fylde Ac	25:52
14	626	Lauren Booth	L	14 Glaxo Hoad Hill Harriers	26:19
15	2331	Jasmine Couchman	L	15 Lancaster University	26:20
16	2419	Mia Donathy	L	16 Lancaster University	26:45
17	127	Rebecca Ward	L40	2 Blackburn Harriers & Ac	26:47
18	2342	Maggie XPreece	L20	4 Lancaster University	26:50
19	1214	Rachel Yates	L45	2 Liverpool Pembroke Sefton	26:56
20	1893	Katie Lee	L	20 Southport Waterloo Ac	27:03
21	1697	Hailey Fletcher	L35	3 Sedbergh School RC	27:05
22	1124	Elizabeth McNally	L50	1 Leven Valley AC	27:07
23	1549	Samantha Edwards	L35	4 Red Rose Road Runners	27:11
24	1611	Joanne Cleaver	L40	3 Rossendale Harriers & Ac	27:14
25	434	Lara Ingram-Weston	L20	5 Chorley A & T	27:17
26	1823	Rebecca Wadeson	L40	4 Skelmersdale Boundary H	27:37
27	1898	Andrea Scarborough	L40	5 Southport Waterloo Ac	27:48
28	204	Leah Hoole	L20	6 Blackburn Harriers & Ac	28:11
29	749	Amy Wilkin	L45	3 Kendal AAC	28:14
30	1803	Victoria Gilbody	L	30 Skelmersdale Boundary H	28:16
31	1428	Cathy Flitcroft	L55	1 Preston Harriers	28:17
32	644	Heather Travis	L45	4 Glaxo Hoad Hill Harriers	28:18
33	2008	Helen Buchan	L45	5 Trawden Athletic Club	28:19
34	498	Kim Kennedy	L40	6 Clayton-Le-Moors Harriers	28:22
35	1212	Lisa Procter	L40	7 Liverpool Pembroke Sefton	28:23
36	280	Basia Pawelczak	L	36 Blackpool Wyre & Fylde Ac	28:27
37	1616	Sophie Howard	L	37 Rossendale Harriers & Ac	28:35
38	640	Ellie Simmonds	L	38 Glaxo Hoad Hill Harriers	28:37
39	2025	Paula Walsh	L45	6 Trawden Athletic Club	28:39
40	1741	Abigail Cass	L20	7 Sedbergh School RC	28:42
41	276	Suzanne Leonard	L50	2 Blackpool Wyre & Fylde Ac	28:43
42	2441	Catherine Mitchell	L45	7 Preston Harriers	28:47
43	2209	Lisa Heyes	L50	3 Wigan & District H & Ac	28:48
44	660	Liz Whitfield	L45	8 Helm Hill Runners	28:54
45	488	Alison Dugdale	L50	4 Clayton-Le-Moors Harriers	28:57
46	2422	Amy Heaton	L20	8 Lancaster University	28:58
47	2076	Amy Singleton	L40	8 Walney Wind Cheetahs	29:00
48	641	Hilary Stephenson	L40	9 Glaxo Hoad Hill Harriers	29:03
49	579	Jayne Pery	L40	10 Garstang Running Club	29:08
50	274	Laura Lawler	L55	2 Blackpool Wyre & Fylde Ac	29:10
51	123	Sarah Krige	L45	9 Blackburn Harriers & Ac	29:12
52	656	Esther Lambert	L	52 Helm Hill Runners	29:15
53	1016	Christina McGuire	L60	1 Lancaster & Morecambe Ac	29:18
54	1744	Libby Martin	L20	9 Sedbergh School RC	29:22
55	508	Michelle Sumner	L40	11 Clayton-Le-Moors Harriers	29:31
56	1620	Tanya King	L45	10 Rossendale Harriers & Ac	29:43
57	2223	Kelly Towns	L45	11 Wigan & District H & Ac	29:51
58	1015	Miriam Maher	L50	5 Lancaster & Morecambe Ac	29:54
59	2382	Che McGarvey-Gill	L	59 Lancaster & Morecambe Ac	30:00
60	2073	Karen Maggio-Poyntz	L50	6 Walney Wind Cheetahs	30:03
61	33	Sarah Bouffler	L40	12 Barrow & Furness Striders	30:05
62	743	Kerry Davies	L50	7 Kendal AAC	30:07
63	1900	Michelle Spencer	L45	12 Southport Waterloo Ac	30:09
64	2208	Katie Green	L35	5 Wigan & District H & Ac	30:23
65	2075	Karen Oldham	L55	3 Walney Wind Cheetahs	30:26
66	1891	Carole James	L55	4 Southport Waterloo Ac	30:28
67	745	Natasha Miller	L40	13 Kendal AAC	30:39
68	2161	Kay Twist	L50	8 Wesham Road Runners & Ac	30:41
69	266	Karen Dunford	L55	5 Blackpool Wyre & Fylde Ac	30:42
70	1443	Kimberley Slater	L50	9 Preston Harriers	30:42
71	2070	Janice Callister	L55	6 Walney Wind Cheetahs	30:45
72	1346	Maddy Markham	L20	10 Lytham St Annes Rr Club	30:53
73	505	Julia Rushton	L55	7 Clayton-Le-Moors Harriers	30:56
74	2301	Beverley Wright	L60	2 Blackpool Wyre & Fylde Ac	31:12
75	1889	Gemma Delamere	L40	14 Southport Waterloo Ac	31:43
76	2215	Lucy McKenna	L	76 Wigan & District H & Ac	31:54
77	744	Carolyn Kevan	L60	3 Kendal AAC	32:03
78	658	Vicki Sherrington	L50	10 Helm Hill Runners	32:07
79	35	Cathrine Grisdale	L60	4 Barrow & Furness Striders	32:08
80	117	Lindsay Davies	L50	11 Blackburn Harriers & Ac	32:11
81	2343	Luisa Shield	L	81 Lancaster University	32:19
82	1545	Zoe Cain	L35	6 Red Rose Road Runners	32:26
83	1323	Claire Markham	L50	12 Lytham St Annes Rr Club	32:31
84	642	Dorothy Stirling	L55	8 Glaxo Hoad Hill Harriers	32:40
85	490	Rachel Gilmore	L50	13 Clayton-Le-Moors Harriers	32:43
86	1548	Sarah Denver	L35	7 Red Rose Road Runners	32:47
87	2434	Emily Vest	L20	11 Lancaster University	32:48
88	2213	Rachel Lawton	L50	14 Wigan & District H & Ac	32:50
89	891	Miriam Eaton	L55	9 Kirkby Milers AC	32:59
90	1560	Savannah Roskell	L	90 Red Rose Road Runners	33:03
91	1438	Becky Maughan	L	91 Preston Harriers	33:06
92	1017	Emily Stapleton	L50	15 Lancaster & Morecambe Ac	33:09
93	1326	Julia Rolfe	L60	5 Lytham St Annes Rr Club	33:11
94	2010	Elaine Corcoran	L45	13 Trawden Athletic Club	33:11
95	2162	Alona Versinina	L35	8 Wesham Road Runners & Ac	33:20
96	1213	Sharon Roberts	L50	16 Liverpool Pembroke Sefton	33:25
97	1895	Helen Lodge	L55	10 Southport Waterloo Ac	33:35
98	914	Susan Moran	L40	15 Kirkby Milers AC	33:37
99	747	Dianne Priestley	L70	1 Kendal AAC	33:50
100	912	Annmaria Miller	L50	17 Kirkby Milers AC	34:01
101	1449	Olga Wiggins	L40	16 Preston Harriers	34:34
102	741	Sue Booth	L60	6 Kendal AAC	34:37
103	574	Sheena Cottam	L50	18 Garstang Running Club	34:47
104	629	Rachel Dioni	L40	17 Glaxo Hoad Hill Harriers	34:56
105	482	Helen Harrison	L55	11 Clayton-Le-Moors Harriers	35:30
106	575	Mary Hewitt	L65	1 Garstang Running Club	35:31
107	18	Hayley Whitehead	L35	9 Barlick Fell Runners	35:35
108	2066	Tracy Bell	L50	19 Walney Wind Cheetahs	35:37
109	1432	Marian Hesketh	L65	2 Preston Harriers	35:47
110	510	Katy Thompson	L65	3 Clayton-Le-Moors Harriers	36:01
111	2153	Julie Paton	L45	14 Wesham Road Runners & Ac	36:07
112	2134	Clare Belfield	L40	18 Wesham Road Runners & Ac	36:20
113	577	Laura Ibson	L	113 Garstang Running Club	36:29
114	1446	Julie Tyrer	L45	15 Preston Harriers	37:14
115	653	Angela Burley	L65	4 Helm Hill Runners	37:31
116	635	Paula Herbert	L55	12 Glaxo Hoad Hill Harriers	37:47
117	1627	Sara Steel	L40	19 Rossendale Harriers & Ac	38:11
118	1561	Christine Rostron	L60	7 Red Rose Road Runners	40:35
119	1448	Sue Wickham	L60	8 Preston Harriers	40:38
120	342	Lisa Mayhew	L40	20 Burnley Ac	40:51
121	921	Ria Wilton	L	121 Kirkby Milers AC	41:09
122	2001	Liz Allison	L55	13 Trawden Athletic Club	41:36
123	341	Sally Green	L50	20 Burnley Ac	42:04
124	2202	Becki Barnes	L45	16 Wigan & District H & Ac	42:57
125	2009	Julie Carman	L65	5 Trawden Athletic Club	44:29
126	491	Karin Goss	L75	1 Clayton-Le-Moors Harriers	45:08
127	499	Christine Leathley	L70	2 Clayton-Le-Moors Harriers	45:38
128	484	Susan Allen	L60	9 Clayton-Le-Moors Harriers	46:28

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

Pos	Num	Name	Club	Time
1	1306	Graham Webster	V70 1 Lytham St Annes Rr Club	30:53
2	1377	Alan Appleby	V75 1 Preston Harriers	31:00
3	719	Rudolf Maciejkowicz	V70 2 Kendal AAC	31:02
4	1974	John Carman	V70 3 Trawden Athletic Club	31:48
5	1398	Michael McLoughlin	V70 4 Preston Harriers	33:28
6	250	Bill Smith	V70 5 Blackpool Wyre & Fylde Ac	39:45
7	721	Peter Mitchell	V75 2 Kendal AAC	50:19

## Race 6 - Vet 70 Men — TEAM RESULTS

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

1 Preston Harriers	7 —	2 Alan Appleby	5 Michael McLoughlin
2 Kendal AAC	10 —	3 Rudolf Maciejkowicz	7 Peter Mitchell

## Race 6 - Ladies over 18 — TEAM RESULTS

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

1	Preston Harriers	20	—	2	EmmaMcColm	8	Jamie Robinson	10	Charlotte Gregory
2	Blackburn Harriers & Ac	24	—	1	Isabel Holt	7	Eleesha Charnley	16	Rebecca Ward
3	Skelmersdale Boundary H	40	—	6	Maria Cook	9	Alicia Wadeson	25	Rebecca Wadeson
4	Lancaster University	46	—	14	Jasmine Couchman	15	Mia Donathy	17	Maggie XPreece
5	Glaxo Hoad Hill Harriers	81	—	13	Lauren Booth	31	Heather Travis	37	Ellie Simmonds
6	Blackpool Wyre & Fylde Ac	87	—	12	Kira Cheshire	35	Basia Pawelczak	40	Suzanne Leonard
7	Kendal AAC	92	—	3	Rebecca Robinson	28	AmyWilkin	61	Kerry Davies
8	Southport Waterloo Ac	107	—	19	Katie Lee	26	Andrea Scarborough	62	Michelle Spencer
9	Walney Wind Cheetahs	110	—	5	Sarah Jones	46	Amy Singleton	59	Karen Maggio-Poyntz
10	Sedbergh School RC	112	—	20	Hailey Fletcher	39	Abigail Cass	53	Libby Martin
11	Rosendale Harriers & Ac	114	—	23	Joanne Cleaver	36	Sophie Howard	55	Tanya King
12	Lancaster & Morecambe Ac	120	—	11	Mary Heald	52	Christina McGuire	57	Miriam Maher
13	Clayton-Le-Moors Harriers	131	—	33	Kim Kennedy	44	Alison Dugdale	54	Michelle Sumner
14	Preston Harriers 'B'	140	—	30	Cathy Flitcroft	41	Catherine Mitchell	69	Kimberley Slater
15	Liverpool Pembroke Sefton	147	—	18	Rachel Yates	34	Lisa Procter	95	Sharon Roberts
16	Blackburn Harriers & Ac 'B'	156	—	27	Leah Hoole	50	Sarah Krige	79	Lindsay Davies
17	Wigan & District H & Ac	161	—	42	Lisa Heyes	56	Kelly Towns	63	Katie Green
18	Trawden Athletic Club	163	—	32	Helen Buchan	38	Paula Walsh	93	Elaine Corcoran
19	Helm Hill Runners	171	—	43	Liz Whitfield	51	Esther Lambert	77	Vicki Sherrington
20	Red Rose Road Runners	188	—	22	Samantha Edwards	81	Zoe Cain	85	Sarah Denver
21	Blackpool Wyre & Fylde Ac 'B'	190	—	49	Laura Lawler	68	Karen Dunford	73	Beverley Wright
22	Lancaster University 'B'	211	—	45	Amy Heaton	80	Luisa Shield	86	Emily Vest
23	Glaxo Hoad Hill Harriers 'B'	233	—	47	Hilary Stephenson	83	Dorothy Stirling	103	Rachel Dioni
24	Southport Waterloo Ac 'B'	235	—	65	Carole James	74	Gemma Delamere	96	Helen Lodge
25	Kendal AAC 'B'	240	—	66	Natasha Miller	76	Carolyn Kevan	98	Dianne Priestley
26	Walney Wind Cheetahs 'B'	241	—	64	Karen Oldham	70	Janice Callister	107	Tracy Bell
27	Lytham St Annes Rr Club	245	—	71	Maddy Markham	82	Claire Markham	92	Julia Rolfe
28	Garstang Running Club	255	—	48	Jayne Perry	102	Sheena Cottam	105	Mary Hewitt
29	Clayton-Le-Moors Harriers 'B'	260	—	72	Julia Rushton	84	Rachel Gilmore	104	Helen Harrison
30	Wesham Road Runners & Ac	271	—	67	Kay Twist	94	Alona Versinina	110	Julie Paton
31	Kirkby Milers AC	284	—	88	Miriam Eaton	97	Susan Moran	99	Annmaria Miller
32	Wigan & District H & Ac 'B'	285	—	75	Lucy McKenna	87	Rachel Lawton	123	Becki Barnes

## Race 6 - Ladies over 35 — TEAM RESULTS

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

1	Preston Harriers	38	—	3	Jamie Robinson	14	Cathy Flitcroft	21	Catherine Mitchell
2	Kendal AAC	51	—	1	Rebecca Robinson	13	AmyWilkin	37	Kerry Davies
3	Lancaster & Morecambe Ac	68	—	4	Mary Heald	30	Christina McGuire	34	Miriam Maher
4	Clayton-Le-Moors Harriers	72	—	17	Kim Kennedy	24	Alison Dugdale	31	Michelle Sumner
5	Blackburn Harriers & Ac	87	—	5	Rebecca Ward	29	Sarah Krige	53	Lindsay Davies
6	Liverpool Pembroke Sefton	89	—	6	Rachel Yates	18	Lisa Procter	65	Sharon Roberts
7	Southport Waterloo Ac	91	—	12	Andrea Scarborough	38	Michelle Spencer	41	Carole James
8	Blackpool Wyre & Fylde Ac	92	—	20	Suzanne Leonard	28	Laura Lawler	44	Karen Dunford
9	Wigan & District H & Ac	94	—	22	Lisa Heyes	33	Kelly Towns	39	Katie Green
10	Glaxo Hoad Hill Harriers	97	—	15	Heather Travis	26	Hilary Stephenson	56	Dorothy Stirling
11	Trawden Athletic Club	98	—	16	Helen Buchan	19	Paula Walsh	63	Elaine Corcoran
12	Walney Wind Cheetahs	100	—	25	Amy Singleton	35	Karen Maggio-Poyntz	40	Karen Oldham
13	Red Rose Road Runners	121	—	9	Samantha Edwards	54	Zoe Cain	58	Sarah Denver
14	Rosendale Harriers & Ac	127	—	10	Joanne Cleaver	32	Tanya King	85	Sara Steel
15	Helm Hill Runners	157	—	23	Liz Whitfield	51	Vicki Sherrington	83	Angela Burley
16	Garstang Running Club	174	—	27	Jayne Perry	72	Sheena Cottam	75	Mary Hewitt
17	Wesham Road Runners & Ac	187	—	43	Kay Twist	64	Alona Versinina	80	Julie Paton
18	Kirkby Milers AC	196	—	60	Miriam Eaton	67	Susan Moran	69	Annmaria Miller

## Race 6 - Ladies over 45 — TEAM RESULTS

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

1	Preston Harriers	42	—	5	Cathy Flitcroft	10	Catherine Mitchell	27	Kimberley Slater
2	Blackpool Wyre & Fylde Ac	49	—	9	Suzanne Leonard	14	Laura Lawler	26	Karen Dunford
3	Kendal AAC	56	—	4	AmyWilkin	21	Kerry Davies	31	Carolyn Kevan
4	Trawden Athletic Club	57	—	7	Helen Buchan	42	Paula Walsh	8	Elaine Corcoran
5	Wigan & District H & Ac	67	—	11	Lisa Heyes	18	Kelly Towns	38	Rachel Lawton
6	Walney Wind Cheetahs	71	—	20	Karen Maggio-Poyntz	23	Karen Oldham	28	Janice Callister
7	Lancaster & Morecambe Ac	75	—	16	Christina McGuire	19	Miriam Maher	40	Emily Stapleton
8	Clayton-Le-Moors Harriers	79	—	13	Alison Dugdale	29	Julia Rushton	37	Rachel Gilmore
9	Southport Waterloo Ac	90	—	22	Michelle Spencer	24	Carole James	44	Helen Lodge
10	Glaxo Hoad Hill Harriers	99	—	6	Heather Travis	36	Dorothy Stirling	57	Paula Herbert
11	Helm Hill Runners	100	—	12	Liz Whitfield	32	Vicki Sherrington	56	Angela Burley

## Race 6 - Ladies over 55 — TEAM RESULTS

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

1	Blackpool Wyre & Fylde Ac	17	—	2	Laura Lawler	6	Karen Dunford	9	Beverley Wright
2	Kendal AAC	43	—	10	Carolyn Kevan	16	Dianne Priestley	17	Sue Booth
3	Preston Harriers	46	—	1	Cathy Flitcroft	20	Marian Hesketh	25	Sue Wickham
4	Clayton-Le-Moors Harriers	47	—	8	Julia Rushton	18	Helen Harrison	21	Katy Thompson

## Race 6 - Ladies over 65 — TEAM RESULTS

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

1	Clayton-Le-Moors Harriers	19	—	4	Katy Thompson	7	Karin Goss	8	Christine Leathley
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# Mid Lancs Cross Country League at Rylands Park, Lancaster on Saturday 9th December 2023

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

Pos	Num	Name	Cat/Pos	Club	Time	Pos	Num	Name	Cat/Pos	Club	Time
1	2411	Fraser Sproul	U20	1 Kendal AAC	32:44	87	2190	Mark Morgan-Hillam	V5010	Wigan & District H & Ac	40:46
2	75	Luke Betts		Blackburn Harriers & Ac	33:02	88	1387	Jonathan Green	V45	8 Preston Harriers	40:48
3	546	William Walker	U20	2 Clayton-Le-Moors Harriers	33:23	89	835	James Ellis	V4010	Kirkby Milers AC	40:52
4	727	Alasdair Russell		Kendal AAC	33:24	90	580	Rory Anderson		Glaxo Hoad Hill Harriers	40:53
5	2336	Benno Hille		Lancaster University	33:25	91	603	Pete Hopley	V55	5 Glaxo Hoad Hill Harriers	41:00
6	596	Matthew Elkington		Glaxo Hoad Hill Harriers	33:27	92	1520	Andrew Christie	V4011	Red Rose Road Runners	41:04
7	2460	Robert Hope	V45	1 Pudsey & Bramley Ac	33:40	93	2253	Mo Manir-Jolley	V5011	Wigan Phoenix	41:10
8	464	Peter Mackrell	V40	1 Clayton-Le-Moors Harriers	33:43	94	2197	Stuart Towns	V45	9 Wigan & District H & Ac	41:12
9	652	Sam Upton		Helm Hill Runners	33:44	95	2357	Jamie XMunro	V5012	Wigan & District H & Ac	41:16
10	602	Josh Hartley		Glaxo Hoad Hill Harriers	34:15	96	595	Gary Dover	V55	6 Glaxo Hoad Hill Harriers	41:16
11	1586	Andrew Grenfell	V40	2 Rossendale Harriers & Ac	34:18	97	715	Carl Hanaghan	V4012	Kendal AAC	41:23
12	2384	Alister Leivers		Lytham St Annes Rr Club	34:31	98	977	Adam Elkin	V4013	Lancaster & Morecambe Ac	41:39
13	96	Sam Hodgkinson		Blackburn Harriers & Ac	34:37	99	2261	Paul Weall	V4510	Wigan Phoenix	41:43
14	2186	Jonathan Kearsley		Wigan & District H & Ac	34:59	100	1307	James Whittle		Lytham St Annes Rr Club	41:44
15	1421	Wesley Wilkinson		Preston Harriers	35:06	101	1869	John Sprackland	V60	1 Southport Waterloo Ac	41:45
16	2465	Lukas Bailey	U20	3 Lancaster University	35:07	102	2423	Regan Hickman	U2015	Lancaster University	41:46
17	1849	Ben Johnson		Southport Waterloo Ac	35:07	103	1868	Marc Singer		Southport Waterloo Ac	41:48
18	1569	Jonathan Cleaver	V40	3 Rossendale Harriers & Ac	35:09	104	1385	Gareth Fairclough	V4014	Preston Harriers	41:50
19	1064	Tom Bowman	U20	4 Lancaster & Morecambe Ac	35:31	105	2181	Gareth Harrison	V4015	Wigan & District H & Ac	41:52
20	1864	Francois Rafferty	V55	1 Southport Waterloo Ac	35:42	106	2457	Mark Irving		Ellenborough Ac	41:55
21	1499	Max Holden	U20	5 Preston Harriers	35:48	107	1865	Peter Roome	V55	7 Southport Waterloo Ac	41:57
22	1303	Mike Toft		Lytham St Annes Rr Club	36:00	108	2079	Joe Turner	U2016	Walney Wind Cheetahs	42:01
23	971	David Brown		Lancaster & Morecambe Ac	36:05	109	210	David Barras		Blackpool Wyre & Fylde Ac	42:03
24	985	Mark Holgate	V50	1 Lancaster & Morecambe Ac	36:07	110	1415	Steve Tappenden	V4016	Preston Harriers	42:06
25	621	Luke Turner		Glaxo Hoad Hill Harriers	36:09	111	1417	Alex Venables	V4017	Preston Harriers	42:10
26	647	Nicholas Barber		Helm Hill Runners	36:26	112	260	John Wright	V55	8 Blackpool Wyre & Fylde Ac	42:11
27	1501	Luke Suffolk	U20	6 Preston Harriers	36:35	113	651	Justin Tancred	V4511	Helm Hill Runners	42:12
28	2415	George Booth	U20	7 Lancaster University	36:35	114	1852	Ken Lennon	V60	2 Southport Waterloo Ac	42:13
29	1525	Karl Hodgson		Red Rose Road Runners	36:39	115	444	Ben Cook		Clayton-Le-Moors Harriers	42:15
30	1414	Matthew Sowerby		Preston Harriers	36:39	116	2351	Michael Wrigley	V4512	Trawden Athletic Club	42:17
31	583	Joseph Body		Glaxo Hoad Hill Harriers	36:44	117	2177	Jamie Halliwell		Wigan & District H & Ac	42:22
32	1571	Stephen Corbishley		Rossendale Harriers & Ac	36:45	118	1573	Andy Dobson	V4018	Rossendale Harriers & Ac	42:24
33	1076	Daniel Mitchinson		Leigh Harriers & Ac	36:46	119	563	Colin Jennings	V5013	Garstang Running Club	42:28
34	2330	Edward XBrading	U20	8 Lancaster University	36:49	120	2103	Carl Groome	V5014	Wesham Road Runners & Ac	42:31
35	2131	Adam Wilding		Wesham Road Runners & Ac	36:50	121	556	Simon Gora	V4019	Garstang Running Club	42:45
36	24	Robert Atkinson	V65	1 Barrow & Furness Striders	36:52	122	1293	Dominic Kirby	V4020	Lytham St Annes Rr Club	42:47
37	734	Joe Todd	V45	2 Kendal AAC	36:54	123	883	Gary Wilton	V4513	Kirkby Milers AC	42:52
38	995	Lee Parrington	V40	4 Lancaster & Morecambe Ac	37:00	124	594	Sean Dixon	V55	9 Glaxo Hoad Hill Harriers	42:58
39	1981	Martin Greenwood		Trawden Athletic Club	37:05	125	1999	James Wright		Trawden Athletic Club	42:59
40	992	Tom Nicholson		Lancaster & Morecambe Ac	37:12	126	219	Andrew Fairbairn	V4514	Blackpool Wyre & Fylde Ac	43:03
41	589	Darren Coward		Glaxo Hoad Hill Harriers	37:24	127	568	Andy Neville	V4021	Garstang Running Club	43:07
42	987	Gareth Lee		Lancaster & Morecambe Ac	37:27	128	209	Nathan Baker		Blackpool Wyre & Fylde Ac	43:15
43	474	Richard Stevenson	V45	3 Clayton-Le-Moors Harriers	37:27	129	2119	William Parkinson		Wesham Road Runners & Ac	43:18
44	2338	Matthew XLow	U20	9 Lancaster University	37:28	130	1730	Luke Cosgrove	U2017	Sedburgh School RC	43:24
45	1846	David Hamilton	V55	2 Southport Waterloo Ac	37:31	131	1423	Robert Worsley		Preston Harriers	43:26
46	69	Richard Addy	V45	4 Blackburn Harriers & Ac	37:33	132	1514	Christopher Bridge		Red Rose Road Runners	43:29
47	1296	Ross XMckelvie		Lytham St Annes Rr Club	37:43	133	845	Mark Ingarfield	V5015	Kirkby Milers AC	43:35
48	1875	Alexander Vernon		Southport Waterloo Ac	37:46	134	435	Mark Aspinall	V60	3 Clayton-Le-Moors Harriers	43:40
49	2183	George Heyes		Wigan & District H & Ac	37:55	135	1410	Brendan Pugh	V5510	Preston Harriers	43:41
50	431T	Bidlake-Corser	U2010	Chorley A & T	38:01	136	617	Tom Southward	V4022	Glaxo Hoad Hill Harriers	43:42
51	2182	John Heyes	V50	2 Wigan & District H & Ac	38:10	137	1532	Steven Moon	V4515	Red Rose Road Runners	43:43
52	2332	Edward XCox	U2011	Lancaster University	38:11	138	2184	Stuart Hickinson	V4023	Wigan & District H & Ac	43:45
53	1841	John Delamere	V45	5 Southport Waterloo Ac	38:13	139	614	Harry McCullough		Glaxo Hoad Hill Harriers	43:55
54	84	Mark Chippendale	V55	3 Blackburn Harriers & Ac	38:16	140	358	Nathan Green	U2018	Burnley Ac	43:57
55	1695	Richard Wells	V50	3 Sedburgh School RC	38:17	141	2120	Phillip Quibell	V65	2 Wesham Road Runners & Ac	43:58
56	1570	Michael Corbishley	V40	5 Rossendale Harriers & Ac	38:18	142	1381	Tom Brown		Preston Harriers	43:59
57	1191	Philip Macdonald	V40	6 Liverpool Pembroke Sefton	38:23	143	1834	Neil Adshead	V60	4 Southport Waterloo Ac	44:06
58	2090	Mark Belfield	V40	7 Wesham Road Runners & Ac	38:33	144	1536	Simon Shaw	V60	5 Red Rose Road Runners	44:15
59	2459	Jack Smith		Micky Morris Racing Team	38:41	145	72C	Balderson	V5511	Blackburn Harriers & Ac	44:22
60	963	Derri Henderson	U2012	Kirkby Milers AC	38:44	146	1527	Scott Jackson	V4516	Red Rose Road Runners	44:31
61	1861	James XPaybody	V40	8 Southport Waterloo Ac	38:46	147	1411	John Rainford	V60	6 Preston Harriers	44:34
62	1065	Thomas McGrattan	U2013	Lancaster & Morecambe Ac	38:47	148	560	Chris Homer	V4517	Garstang Running Club	44:36
63	2196	Mark Rogers	V55	4 Wigan & District H & Ac	38:49	149	1409	Tom Prescott		Preston Harriers	44:38
64	2333	William Eley		Lancaster University	38:52	150	1077	David Pollitt	V5512	Leigh Harriers & Ac	44:39
65	2344	Harry XStead	U2014	Lancaster University	38:54	151	2199	Dino Vernazza		Wigan & District H & Ac	44:44
66	968	Sean Bolland	V50	4 Lancaster & Morecambe Ac	39:03	152	1388	John Griffiths	V5513	Preston Harriers	44:48
67	605	Charles Jeffrey		Glaxo Hoad Hill Harriers	39:06	153	998	Paul Riches	V4518	Lancaster & Morecambe Ac	44:49
68	606	Graham Jessop		Glaxo Hoad Hill Harriers	39:10	154	1967	Christopher Atherton		Trawden Athletic Club	44:54
69	2448	David McDonough	V50	5 Southport Waterloo Ac	39:17	155	2116	Steve Myerscough	V4519	Wesham Road Runners & Ac	44:55
70	1071	Chris Benjamin		Leigh Harriers & Ac	39:24	156	226	Nick Hume	V65	3 Blackpool Wyre & Fylde Ac	44:58
71	1579	Henry Fitton-Thomas		Rossendale Harriers & Ac	39:28	157	973	Andrew Clokey	V4024	Lancaster & Morecambe Ac	44:59
72	2165	Benjamin Barnes		Wigan & District H & Ac	39:30	158	222	Michael Hall	V5514	Blackpool Wyre & Fylde Ac	45:06
73	1386	Peter Gibson		Preston Harriers	39:36	159	984	Graham Hodgson	V60	7 Lancaster & Morecambe Ac	45:08
74	981	Matt Guildler		Lancaster & Morecambe Ac	39:40	160	827	Graham Cushion	V4520	Kirkby Milers AC	45:22
75	2339	Samuel May		Lancaster University	40:01	161	979	Paul Gillon	V5515	Lancaster & Morecambe Ac	45:23
76	1990	Paul Needham	V50	6 Trawden Athletic Club	40:05	162	2428	Luyanda Makonese		Lancaster University	45:23
77	969	John Brassington	V45	6 Lancaster & Morecambe Ac	40:12	163	873K	Shurie-Mackenzie	V5516	Kirkby Milers AC	45:29
78	2180	Mike Harris	V50	7 Wigan & District H & Ac	40:15	164	2109	Damian Ings	V4521	Wesham Road Runners & Ac	45:34
79	443	Martin Connolly		Clayton-Le-Moors Harriers	40:22	165	582	Rowan Barton		Glaxo Hoad Hill Harriers	45:37
80	1289	Joe Greenwood		Lytham St Annes Rr Club	40:23	166	212	Peter Bradburn	V5016	Blackpool Wyre & Fylde Ac	45:43
81	2188	Adam McKenna		Wigan & District H & Ac	40:25	167	1286	Chris Cottam		Lytham St Annes Rr Club	45:51
82	1304	Jonathan Tuck	V45	7 Lytham St Annes Rr Club	40:27	168	380	Barry Wheeler		Chorley A & T	45:59
83	1198	Michael Procter	V50	8 Liverpool Pembroke Sefton	40:29	169	1080	Adam Wilkinson		Leigh Harriers & Ac	46:17
84	221	Stuart Ford	V40	9 Blackpool Wyre & Fylde Ac	40:39	170	554	James Cornall		Garstang Running Club	46:27
85	1389	Steve Hallas	V50	9 Preston Harriers	40:42	171	2262	Christopher Wilson	V5517	Wigan Phoenix	46:40
86	983	Peter Heald		Lancaster & Morecambe Ac	40:45	172	1519	John Caruthers	V5518	Red Rose Road Runners	46:49

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

173 2425 Alexander Inkester	U2019	Lancaster University	46:53	196 2176 Christopher Green	Wigan & District H & Ac	49:43
174 720 Stuart McGurk	V60 8	Kendal AAC	47:02	197 711 Peter Acland	V6013 Kendal AAC	50:38
175 1188 Mark Hudson	V60 9	Liverpool Pembroke Sefton	47:05	198 552 Andrew Burrell	V5019 Garstang Running Club	50:44
176 1970 Adrian Blackledge	V4522	Trawden Athletic Club	47:10	199 1535 Imtiaz Patel	V5524 Red Rose Road Runners	51:10
177 1583 David Greenwood	V6010	Rossendale Harriers & Ac	47:12	200 1006 Alan Wyllie	V65 6 Lancaster & Morecambe Ac	51:37
178 2289 David Hemmings	V5519	Southport Waterloo Ac	47:21	201 1078 Gary Sanderson	V4525 Leigh Harriers & Ac	51:42
179 1540 Daniel Watson	V4025	Red Rose Road Runners	47:31	202 1512 Peter Bolton	V6014 Red Rose Road Runners	52:30
180 611 George Mabey		Glaxo Hoad Hill Harriers	47:38	203 665 Peter Sagar	V6015 Hyndburn Ac	52:32
181 1853 Andy Mackenzie	V6011	Southport Waterloo Ac	47:45	204 1987 Andrew Kenniford	V5020 Trawden Athletic Club	52:34
182 545 Jack Villiers	U2020	Clayton-Le-Moors Harriers	47:53	205 2335 Matthew Green	Lancaster University	53:21
183 1516 Philip Butler	V6012	Red Rose Road Runners	48:03	206 2054 Andrew Leece	V5021 Walney Wind Cheetahs	53:30
184 1404 Roy Parkinson	V5520	Preston Harriers	48:06	207 2092 John Collier	V65 7 Wesham Road Runners & Ac	53:56
185 2178 Phil Hamilton	V5521	Wigan & District H & Ac	48:27	208 245 Simon Scarr	V6016 Blackpool Wyre & Fylde Ac	54:08
186 2327 Adam Rounce		Glaxo Hoad Hill Harriers	48:38	209 562 Adrian Ibson	V5525 Garstang Running Club	54:16
187 1073 Brian Copper	V4523	Leigh Harriers & Ac	48:46	210 558 Graham Hobson	V65 8 Garstang Running Club	54:22
188 2117 Hogg Ian Nichols		Wesham Road Runners & Ac	48:51	211 2096 James Danson	V5526 Wesham Road Runners & Ac	54:24
189 1390 Kevin Hesketh	V65 4	Preston Harriers	49:18	212 818 Stuart Cameron	V4526 Kirkby Milers AC	55:10
190 571 Dan Tomkins	V5017	Garstang Running Club	49:26	213 2053 Philip Horrocks	V5527 Walney Wind Cheetahs	56:06
191 2408 Richard Felton	V5018	Glaxo Hoad Hill Harriers	49:27	214 2052 Andrew Hemsley	V6017 Walney Wind Cheetahs	56:12
192 2125 Nigel Shepherd	V65 5	Wesham Road Runners & Ac	49:28	215 1302 Peter Thomson	V6018 Lytham St Annes Rr Club	59:46
193 1199 Neil Roberts	V5522	Liverpool Pembroke Sefton	49:33	216 2056 Chris Palmen	V6019 Walney Wind Cheetahs	59:55
194 592 Peter Davison	V5523	Glaxo Hoad Hill Harriers	49:36	217 1297 Greg Oulton	V5528 Lytham St Annes Rr Club	59:59
195 1880 Paul Warrington	V4524	Southport Waterloo Ac	49:39	218 599 Karl Fursey	V5022 Glaxo Hoad Hill Harriers	1:08:26

### Senior Men — TEAM RESULTS

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

1 Lancaster University	174	—	5 Benno Hille	15 Lukes Bailey	27 George Booth	33 Edward XBrading	43 Matthew XLow	51 Edward XCox
2 Glaxo Hoad Hill Harriers	174	—	6 Matthew Elkington	9 Josh Hartley	24 Luke Turner	30 Joseph Body	40 Darren Coward	65 Charles Jeffrey
3 Lancaster & Morecambe Ac	180	—	18 Tom Bowman	22 David Brown	23 Mark Holgate	37 Lee Parrington	39 Tom Nicholson	41 Gareth Lee
4 Southport Waterloo Ac	237	—	16 Ben Johnson	19 Francois Rafferty	44 David Hamilton	47 Alexander Vernon	52 John Delamere	59 James XPaybody
5 Preston Harriers	243	—	14 Wesley Wilkinson	20 Max Holden	26 Luke Suffolk	29 Matthew Sowerby	71 Peter Gibson	83 Steve Hallas
6 Rossendale Harriers & Ac	297	—	10 Andrew Grenfell	17 Jonathan Cleaver	31 Stephen Corbishley	55 Michael Corbishley	69 Henry Fitton-Thomas	115 Andy Dobson
7 Wigan & District H & Ac	318	—	13 Jonathan Kearsley	48 George Heyes	50 John Heyes	61 Mark Rogers	70 Benjamin Barnes	76 Mike Harris
8 Lytham St Annes Rr Club	334	—	11 Alister Leivers	21 Mike Toft	46 Ross XMcKelvie	78 Joe Greenwood	80 Jonathan Tuck	98 James Whittle
9 Clayton-Le-Moors Harriers	372	—	3 William Walker	7 Peter Mackrell	42 Richard Stevenson	77 Martin Connolly	112 Ben Cook	131 Mark Aspinall
10 Lancaster & Morecambe Ac 'B'	451	—	60 Thomas McGrattan	64 Sean Bolland	72 Matt Guilder	75 John Brassington	84 Peter Heald	96 Adam Elkin
11 Kendal AAC	501	—	1 Fraser Sproul	4 Alasdair Russell	36 Joe Todd	95 Carl Hanaghan	171 Stuart McGurk	194 Peter Acland
12 Wigan & District H & Ac 'B'	566	—	79 Adam McKenna	85 Mark Morgan-Hillam	92 Stuart Towns	93 Jamie XMunro	103 Gareth Harrison	114 Jamie Halliwell
13 Glaxo Hoad Hill Harriers 'B'	591	—	66 Graham Jessop	88 Rory Anderson	89 Pete Hopley	94 Gary Dover	121 Sean Dixon	133 Tom Southward
14 Southport Waterloo Ac 'B'	622	—	67 David McDonough	99 John Sprackland	101 Marc Singer	104 Peter Roome	111 Ken Lennon	140 Neil Adshead
15 Wesham Road Runners & Ac	624	—	34 Adam Wilding	57 Mark Belfield	117 Carl Groome	126 William Parkinson	138 Phillip Quibell	152 Steve Myerscough
16 Lancaster University 'B'	627	—	62 William Eley	63 Harry XStead	73 Samuel May	100 Regan Hickman	159 Luyanda Makonese	170 Alexander Inkester
17 Preston Harriers 'B'	663	—	86 Jonathan Green	102 Gareth Fairclough	107 Steve Tappenden	108 Alex Venables	128 Robert Worsley	132 Brendan Pugh
18 Red Rose Road Runners	665	—	28 Karl Hodgson	90 Andrew Christie	129 Christopher Bridge	134 Steven Moon	141 Simon Shaw	143 Scott Jackson
19 Trawden Athletic Club	671	—	38 Martin Greenwood	74 Paul Needham	113 Michael Wrigley	122 James Wright	151 Christopher Atherton	173 Adrian Blackledge
20 Blackpool Wyre & Fylde Ac	698	—	82 Stuart Ford	106 David Barras	109 John Wright	123 Andrew Fairbairn	125 Nathan Baker	153 Nick Hume
21 Kirkby Milers AC	712	—	58 Derrri Henderson	87 James Ellis	120 Gary Wilton	130 Mark Ingarfield	157 Graham Cushion	160 K Shurie-Mackenzie
22 Leigh Harriers & Ac	795	—	32 Daniel Mitchinson	68 Chris Benjamin	147 David Pollitt	166 Adam Wilkinson	184 Brian Copper	198 Gary Sanderson
23 Garstang Running Club	857	—	116 Colin Jennings	118 Simon Gora	124 Andy Neville	145 Chris Horner	167 James Cornall	187 Dan Tomkins

### Senior Men (Vets) over 40 — TEAM RESULTS

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

1 Southport Waterloo Ac	46	—	4 Francois Rafferty	10 David Hamilton	13 John Delamere	19 James XPaybody
2 Lancaster & Morecambe Ac	58	—	5 Mark Holgate	8 Lee Parrington	21 Sean Bolland	24 John Brassington
3 Rossendale Harriers & Ac	73	—	2 Andrew Grenfell	3 Jonathan Cleaver	16 Michael Corbishley	52 Andy Dobson
4 Wigan & District H & Ac	87	—	12 John Heyes	20 Mark Rogers	25 Mike Harris	30 Mark Morgan-Hillam
5 Preston Harriers	149	—	29 Steve Hallas	31 Jonathan Green	43 Gareth Fairclough	46 Steve Tappenden
6 Glaxo Hoad Hill Harriers	193	—	33 Pete Hopley	38 Gary Dover	58 Sean Dixon	64 Tom Southward
7 Blackpool Wyre & Fylde Ac	213	—	28 Stuart Ford	48 John Wright	59 Andrew Fairbairn	78 Nick Hume
8 Wesham Road Runners & Ac	216	—	18 Mark Belfield	54 Carl Groome	67 Phillip Quibell	77 Steve Myerscough
9 Kirkby Milers AC	232	—	32 James Ellis	57 Gary Wilton	61 Mark Ingarfield	82 Graham Cushion
10 Liverpool Pembroke Sefton	238	—	17 Philip Macdonald	27 Michael Procter	90 Mark Hudson	104 Neil Roberts
11 Red Rose Road Runners	239	—	34 Andrew Christie	65 Steven Moon	69 Simon Shaw	71 Scott Jackson
12 Garstang Running Club	241	—	53 Colin Jennings	55 Simon Gora	60 Andy Neville	73 Chris Horner
13 Kendal AAC	242	—	7 Joe Todd	39 Carl Hanaghan	89 Stuart McGurk	107 Peter Acland
14 Trawden Athletic Club	279	—	23 Paul Needham	51 Michael Wrigley	91 Adrian Blackledge	114 Andrew Kenniford
15 Lytham St Annes Rr Club	332	—	26 Jonathan Tuck	56 Dominic Kirby	124 Peter Thomson	126 Greg Oulton
16 Walney Wind Cheetahs	485	—	115 Andrew Leece	122 Philip Horrocks	123 Andrew Hemsley	125 Chris Palmen

### Senior Men (Vets) over 50 — TEAM RESULTS

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

1 Southport Waterloo Ac	15	—	1 Francois Rafferty	4 David Hamilton	10 David McDonough
2 Wigan & District H & Ac	25	—	5 John Heyes	8 Mark Rogers	12 Mike Harris
3 Lancaster & Morecambe Ac	50	—	2 Mark Holgate	9 Sean Bolland	39 Graham Hodgson
4 Glaxo Hoad Hill Harriers	61	—	16 Pete Hopley	19 Gary Dover	26 Sean Dixon
5 Preston Harriers	77	—	14 Steve Hallas	29 Brendan Pugh	34 John Rainford
6 Blackpool Wyre & Fylde Ac	97	—	22 John Wright	37 Nick Hume	38 Michael Hall
7 Wesham Road Runners & Ac	111	—	25 Carl Groome	30 Phillip Quibell	56 Nigel Shepherd
8 Liverpool Pembroke Sefton	116	—	13 Michael Procter	46 Mark Hudson	57 Neil Roberts
9 Red Rose Road Runners	126	—	32 Simon Shaw	44 John Carruthers	50 Philip Butler
10 Garstang Running Club	138	—	24 Colin Jennings	54 Dan Tomkins	60 Andrew Burrell
11 Walney Wind Cheetahs	211	—	66 Andrew Leece	72 Philip Horrocks	73 Andrew Hemsley

### Senior Men (Vets) over 60 — TEAM RESULTS

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

1 Southport Waterloo Ac	11	—	2 John Sprackland	3 Ken Lennon	6 Neil Adshead
2 Red Rose Road Runners	42	—	7 Simon Shaw	15 Philip Butler	20 Peter Bolton
3 Wesham Road Runners & Ac	44	—	5 Phillip Quibell	17 Nigel Shepherd	22 John Collier

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