

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Sex
1	00:21:25	69	Simpson	Eddie	Dallam RR	V40	M
2	00:21:55	214	Mason	Callum	Lancaster & Morecambe		M
3	00:21:57	229	Parker	Jason	Preston Harriers		M
4	00:22:53	65	Singleton	Paul	Ambleside AC		M
5	00:23:11	255	Fielding	James	Preston Harriers		M
6	00:23:15	211	Gebhardt	Nicholas	Lancaster & Morecambe	V40	M
7	00:23:18	205	Twigg	Peter	Lancaster & Morecambe	V45	M
8	00:23:48	53	Silverwood	James			M
9	00:24:13	138	Greenhalgh	William			M
10	00:24:14	21	Thomas	James	Lancaster & Morecambe		M
11	00:24:16	78	Menzies	Craig	Garstang Running Club		M
12	00:24:43	70	Jarman	Annika	Lancaster & Morecambe		F
13	00:24:49	93	Whittaker	James	Lancaster & Morecambe		M
14	00:25:01	215	Didsbury	Christopher		V45	M
15	00:25:24	207	Tynan	Paul	Lancaster & Morecambe	V50	M
16	00:25:35	245	Lennon	Jack			M
17	00:25:36	62	Ibbotson	Daniel		V40	M
18	00:25:51	202	McTominay	Frank	Lonsdale Fell Runners	V50	M
19	00:25:55	66	Cooper	Lauren	Lancaster & Morecambe		F
20	00:26:07	97	Stewart	Alan		V50	M
21	00:26:15	265	Boddie	Martin			M
22	00:26:26	4	Roberts	Ben	Lancaster & Morecambe		M
23	00:26:37	130	Higham	Nick	Lancaster & Morecambe	V40	M
24	00:26:54	227	Blann	Evan			M
25	00:26:56	88	Parrington	Lee			M
26	00:27:01	113	Perry	Stephen	Lancaster & Morecambe	V55	M
27	00:27:07	19	Sharples	Jack	Dallam RR		M
28	00:27:16	243	Robinson	Stephen	Lancaster & Morecambe	V45	M
29	00:27:18	228	Mackie	Paul		V40	M
30	00:27:24	71	Hollingdrake	Craig	Lancaster & Morecambe	V45	M
31	00:27:25	254	Tostevin	George	Lancaster & Morecambe		M
32	00:27:28	239	Brunnel	Isenbard	Lancaster & Morecambe	V45	M
33	00:27:29	231	Calvert	Simon			M
34	00:27:46	34	Whitford-Bar	Jonathan		V45	M
35	00:27:50	136	Atkinson	Michelle	Lancaster & Morecambe	V40	F
36	00:27:51	103	Wilkinson	David	Lancaster & Morecambe	V50	M
37	00:28:02	230	Peat	Mike	Lancaster & Morecambe	V50	M
38	00:28:09	60	Percival-Smi	Paul	Kendal AC	V55	M
39	00:28:18	244	Howse	Oliver	Lancaster & Morecambe		M
40	00:28:18	221	Knight	Stephanie			F
41	00:28:22	135	Goddard	Louise	Lancaster & Morecambe	V40	F
42	00:28:23	203	Gardner	Laura	Lancaster & Morecambe		F
43	00:28:34	210	Cray	Phil	Garstang Running Club	V45	M
44	00:28:43	79	Leck	Michael	Lancaster & Morecambe	V60	M
45	00:29:12	258	Gemson	Ben			M
46	00:29:16	50	Johnson	Lawrence			M
47	00:29:19	112	Perry	Joanne	Lancaster & Morecambe		F
48	00:29:23	212	Shanley	Andrew	Lancaster & Morecambe	V40	M
49	00:29:49	37	Bruce	Adrian	Lancaster & Morecambe	V40	M
50	00:29:50	91	Wright	Jeffrey	Blackpool Wyre & Fylde	V50	M
51	00:29:53	216	Enthwistle	Daniel			M
52	00:29:54	232	Kelsall	Jack			M
53	00:29:55	263	Atkinson	Lautle			M
54	00:29:56	90	Parrington	George	Lancaster & Morecambe	V60	M

55	00:30:00	82 Stewart	Jim	Lancaster & Morecambe	V50	M
56	00:30:00	132 Horner	Chris	Garstang Running Club		M
57	00:30:12	86 Burrows	Danielle	Garstang Running Club		F
58	00:30:13	38 Bruke	Tracey	Lancaster & Morecambe	V40	F
59	00:30:19	247 Lumb	Sam			M
60	00:30:25	259 Gardner	Joel			M
61	00:30:26	54 Silverwood	Johnny			M
62	00:30:27	226 Madden	Lewis			M
63	00:30:34	242 Lambert	Gregory	Lancaster & Morecambe	V55	M
64	00:30:40	118 Simmill	Mark		V45	M
65	00:30:55	122 Johnstone	Gareth			M
66	00:31:08	47 Chahal	Kai			M
67	00:31:08	20 Walton	Ellie			F
68	00:31:23	144 Cornall	Jon			M
69	00:31:25	264 Lees	Beckie			F
70	00:31:30	75 Cronin	Brendan	Lancaster & Morecambe	V55	M
71	00:31:32	57 Bray	Luke			M
72	00:31:33	104 Wilkinson	Carole	Lancaster & Morecambe	V50	F
73	00:31:38	98 Bartlett	Robin	Lancaster & Morecambe	V50	M
74	00:31:39	233 Barton	Matthew			M
75	00:31:47	40 McCartney	Alan		V50	M
76	00:31:47	73 Hollingdrake	Rebecca	Lancaster & Morecambe		F
77	00:31:51	58 Preston	Robert			M
78	00:31:55	256 Bakeys	Anne	Lancaster & Morecambe	V40	F
79	00:31:58	101 Howse	Graham		V45	M
80	00:32:08	100 Lepper	Victoria	Helm Hill Runners		F
81	00:32:15	145 Baxter	Zac			M
82	00:32:24	111 Perry	Shannon	Lancaster & Morecambe		F
83	00:32:28	74 Hollingdrake	Julie	Lancaster & Morecambe	V45	F
84	00:32:36	92 Schofield	Joe			M
85	00:32:41	87 Poskitt	Lyndon			M
86	00:32:44	220 Oldham	Tobias			M
87	00:32:44	219 Oldham	Alison		V40	F
88	00:32:48	127 Horner	Kev	Garstang Running Club		M
89	00:33:04	213 Possener	Julia	Lancaster & Morecambe	V40	F
90	00:33:09	51 Silverwood	Duncan		V50	M
91	00:33:13	251 Evans	Jonathan			M
92	00:33:17	252 Evans	Claire		V40	F
93	00:33:19	240 Elliott	Sarah	Lancaster & Morecambe	V35	F
94	00:33:21	99 Robin	Bryony			F
95	00:33:38	119 Nicholson	Brian	Kendal AC	V70	M
96	00:33:54	121 Jarmin	Stephen		V45	M
97	00:34:02	96 Beeson	Nigel	Lancaster & Morecambe	V50	M
98	00:34:11	77 Menzies	Alistair	Lancaster & Morecambe	V50	M
99	00:34:20	217 Toms	Ashley	Lancaster & Morecambe	V60	M
100	00:34:23	114 Perry	Christine	Lancaster & Morecambe	V55	F
101	00:34:23	209 Williams	Peter	Kendal AC	V70	M
102	00:34:28	2 Sowerby	Matthew			M
103	00:34:30	120 Whitton	Michelle		V45	F
104	00:34:33	80 Sherriff	Jane	Garstang Running Club		F
105	00:34:34	55 Silverwood	George			M
106	00:34:44	225 Webster	Elliot	Lancaster & Morecambe		M
107	00:34:44	125 Webster	Andrew	Lancaster & Morecambe		M
108	00:34:45	14 Mossop	Cath	Lancaster & Morecambe	V45	F
109	00:35:09	89 Lamb	Barry		V45	M

110	00:35:18	85 Edge	Peter	Lancaster & Morecambe	V60	M
111	00:35:20	236 Hilton	Jane		V40	F
112	00:35:29	241 Waite	Helen	Lancaster & Morecambe	V35	F
113	00:35:32	84 Cartledge	Kathy	Lancaster & Morecambe	V65	F
114	00:35:39	49 Perkins	Matthew			M
115	00:35:41	218 Curran	Christine	Lancaster WRG	V50	F
116	00:35:42	246 Bell	Maddy	Dallam RR		F
117	00:36:02	238 Smith	Ruth	Lancaster & Morecambe	V50	F
118	00:36:04	39 Hill	Marcus			M
119	00:36:30	59 Preston	Lisa	Lancaster & Morecambe	V40	F
120	00:36:43	141 Knight	Michael		V40	M
121	00:36:50	94 Heaton	Tricia	Lancaster & Morecambe	V55	F
122	00:36:57	95 Burns	Ruth	Lancaster & Morecambe	V50	F
123	00:37:00	27 Esseen	Neil		V45	M
124	00:37:04	142 Knight	Thomas			M
125	00:37:07	237 Smith	Peter	Lancaster & Morecambe	V55	M
126	00:37:19	117 Simmill	Elaine		V50	F
127	00:38:00	260 Edge	Catherine			F
128	00:38:01	262 Atkinson	Chris		V40	F
129	00:38:02	261 Routledge	Mark			M
130	00:38:13	63 Green	Arthur	Red Rose Road Runners	V60	M
131	00:38:15	36 Whitford-Bar	Zoe	Lancaster & Morecambe		F
132	00:38:15	35 Whitford-Bar	Gillian		V40	F
133	00:38:20	56 Silverwood	Will			M
134	00:38:20	52 Silverwood	Janet		V40	F
135	00:38:33	43 Robinson	James		V40	M
136	00:38:42	26 Park	Eve			F
137	00:38:43	32 Carman	Keith		V40	M
138	00:38:48	206 Watts	Heather	Lancaster & Morecambe	V45	F
139	00:38:53	13 Richardson	Stephen		V40	M
140	00:38:55	3 Lowe	David			M
141	00:38:57	1 Leather	William			M
142	00:38:57	29 Shaw	Lewi			M
143	00:39:09	208 Tyman	Jan		V45	F
144	00:39:40	31 French	Joshua			M
145	00:39:41	30 Owen	Andrew		V50	M
146	00:39:49	200 Campbell	Lorna		V40	F
147	00:39:49	201 Cadman	Vanessa		V35	F
148	00:39:56	12 Moore	Terry		V45	M
149	00:40:05	235 Blamire	Hannah			F
150	00:40:09	129 Clark	Lindsay	Lancaster & Morecambe	V40	F
151	00:40:29	18 Edge	Kathy	Lancaster & Morecambe	V45	F
152	00:40:35	76 Dobson	Julie		V40	F
153	00:41:32	83 Hudd	Lindsay	Lancaster WRG	V40	F
154	00:41:38	72 Edmondson	Katy	Lancaster & Morecambe		F
155	00:41:55	48 Ingram	Ruth			F
156	00:41:57	257 Ingram	Sally			F
157	00:42:16	67 Whittaker	Rosemary		V45	F
158	00:42:47	234 Blamire	Lillian		V55	F
159	00:43:10	11 Moore	Suzanne		V45	F
160	00:43:11	41 Charman	Hannah			F
161	00:43:11	42 Charman	Steve		V40	M
162	00:43:22	143 Knight	Emily			F
163	00:43:22	116 Sutcliffe	Megan			F
164	00:43:28	33 Carman	Anne		V50	F

165	00:43:47	102 Johnson	Mark		V40	M
166	00:44:02	140 Cleak	Nicola	Lancaster WRG	V45	F
167	00:44:02	126 Smith	Emma	Lancaster WRG	V40	F
168	00:44:43	64 Rolston	Sandra		V50	F
169	00:46:25	124 Gager	Anne		V50	F
170	00:47:12	28 Shaw	Erica			F
171	00:47:15	81 McGraw	Sue		V45	F
172	00:47:15	224 Dews	Martyn			M
173	00:47:48	23 Dews	Megan			F
174	00:49:06	248 Davey	Gareth			M
175	00:49:07	44 Robinson	Samuel			M
176	00:49:18	249 Creer	Julie		V40	F
177	00:49:56	9 Moore	Rebecca			F
178	00:49:56	253 Nicholson	Tasha			F
179	00:49:56	10 Moore	Charlotte			F
180	00:50:04	110 McKeand	Sadie	Lancaster & Morecambe	V35	F
181	00:50:05	109 McKeand	Lewis			M
182	00:50:51	5 Denvany	Joanne			F
183	00:50:51	68 Simpson	Eleanor			F
184	00:50:54	7 Devany	David			M
185	00:50:54	222 Eckersley	Mary	Womems Running Network		F
186	00:51:12	223 Mather	Joanne	Womems Running Network		F
187	00:51:33	204 Underwood	Oliver			M
188	00:51:40	25 Buyers	adam			M
189	00:51:40	24 Boow	Lewis			M
190	00:55:57	46 Allen	Heather			F
191	00:55:57	45 Scott	Natalie			F
192	00:57:31	15 Mossop	Ted			M
193	00:57:32	61 Danson	Joe			M
194	00:57:32	17 Edge	Steven			M
195	00:57:43	250 Westall	Abbie			F
196	00:58:38	106 Kendrick	Oliver			M