

| Pos | Name               | Category | Club                        | Time     |
|-----|--------------------|----------|-----------------------------|----------|
| 1   | Peter Bray         | M        | Chorlton                    | 00:33:01 |
| 2   | Ben Hobson         | M        | Chorlton                    | 00:34:10 |
| 3   | Gary Scott         | M        | Chorlton                    | 00:34:29 |
| 4   | Lawrence Eccles    | M        | Penny Lane                  | 00:34:33 |
| 5   | Jamie Rutherford   | M        | Liverpool RC                | 00:35:22 |
| 6   | John Horrocks      | M        | Blackburn Harriers          | 00:35:23 |
| 7   | Sean Bolland       | M45      | Bowland                     | 00:35:45 |
| 8   | Christopher Rayner | M40      | Chorlton                    | 00:35:50 |
| 9   | Thomas Harkin      | M45      |                             | 00:36:11 |
| 10  | George Norris      | MU23     | Chorley                     | 00:36:41 |
| 11  | Scott Parry        | M        |                             | 00:36:59 |
| 12  | Sam Norris         | MU23     |                             | 00:37:04 |
| 13  | Paul Muller        | M60      | Northern Masters            | 00:37:27 |
| 14  | Andrew Haney       | M40      | Chorlton                    | 00:37:38 |
| 15  | Kye Byrne          | M        | Warrington                  | 00:37:40 |
| 16  | Andrew Foster      | M45      | Liverpool Pembroke & Sefton | 00:37:45 |
| 17  | John Sutton        | M40      | Ribble Valley               | 00:37:45 |
| 18  | Andrew Harrison    | M        | Preston                     | 00:37:58 |
| 19  | Stephen Nicholls   | M        | Wigan Harriers              | 00:38:08 |
| 20  | Patrick Eaton      | M        | Liverpool RC                | 00:38:22 |
| 21  | Alex Rigby         | M        | Liverpool RC                | 00:38:23 |
| 22  | Michael Harris     | M45      | Wigan Harriers              | 00:38:27 |
| 23  | Richard Bardon     | M45      | Endurance Store             | 00:38:30 |
| 24  | James Ashworth     | M        | Knowsley                    | 00:38:36 |
| 25  | Neil Adair         | M40      | Spectrum                    | 00:38:49 |
| 26  | Stephen Thompson   | M        | Wigan Harriers              | 00:38:54 |
| 27  | Chris Charnley     | M40      | Red Rose                    | 00:38:59 |
| 28  | Ian Magill         | M45      | Liverpool RC                | 00:39:26 |
| 29  | Stephen Regan      | M        |                             | 00:39:35 |
| 30  | Ed Burks           | M        |                             | 00:39:40 |
| 31  | Sam France         | M        |                             | 00:39:50 |
| 32  | Simone Capponi     | M40      | Penny Lane                  | 00:39:53 |
| 33  | Steven Foley       | M50      | Newburgh Nomads             | 00:39:55 |
| 34  | Peter Charnley     | M45      | Bowland                     | 00:39:58 |
| 35  | Ian Sharpe         | M45      | Chorlton                    | 00:39:59 |
| 36  | Norman Hayhurst    | M55      |                             | 00:40:02 |
| 37  | Ross White         | M        | Penny Lane                  | 00:40:03 |
| 38  | Gareth Taylor      | M        | Darwen Dashers              | 00:40:04 |
| 39  | Warren Moorfield   | M45      | Wigan Phoenix               | 00:40:05 |
| 40  | Andy Staveley      | M55      | Burnden RR                  | 00:40:11 |
| 41  | Andrew Barnes      | M        |                             | 00:40:31 |

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|----|-------------------|------|-----------------------------|----------|
| 42 | Lewis Litherland  | M    |                             | 00:40:33 |
| 43 | Greg Callaghan    | M55  | Liverpool Pembroke & Sefton | 00:40:34 |
| 44 | John Dickinson    | M50  | Liverpool Pembroke & Sefton | 00:40:37 |
| 45 | Joanna Goorney    | L45  | Lytham                      | 00:40:44 |
| 46 | Greg Anderton     | M    |                             | 00:40:59 |
| 47 | Martin Pennington | M    |                             | 00:41:00 |
| 48 | Tim Knowles       | M50  | Chorlton                    | 00:41:08 |
| 49 | Alex Waddelove    | M    | Southport Waterloo          | 00:41:12 |
| 50 | Matthew Robinson  | M    | Newburgh Nomads             | 00:41:14 |
| 51 | Paul Boardman     | M55  |                             | 00:41:16 |
| 52 | Carl Murphy       | M    | Liverpool RC                | 00:41:17 |
| 53 | Debbie Campbell   | L    | Liverpool Pembroke & Sefton | 00:41:22 |
| 54 | Chris Ingham      | M    |                             | 00:41:24 |
| 55 | David Rose        | M50  |                             | 00:41:28 |
| 56 | Sam Carr          | MU23 | Liverpool Pembroke & Sefton | 00:41:44 |
| 57 | Patrick Connolly  | M    | Kayleigh Fitness            | 00:41:46 |
| 58 | Richard Marlton   | M50  | Horwich                     | 00:41:56 |
| 59 | Colin Bretherton  | M45  |                             | 00:42:01 |
| 60 | Daniel Green      | M45  | Warrington                  | 00:42:08 |
| 61 | Jeff Counce       | M40  | Southport                   | 00:42:13 |
| 62 | Daniel Peers      | M    | Spectrum                    | 00:42:17 |
| 63 | Michael Chalfont  | M45  |                             | 00:42:21 |
| 64 | Chris Hogan       | M    |                             | 00:42:25 |
| 65 | David Riding      | M40  | Newburgh Nomads             | 00:42:37 |
| 66 | David Cowburn     | M40  | FRA                         | 00:42:56 |
| 67 | John Halson       | M55  | Liverpool Pembroke & Sefton | 00:43:05 |
| 68 | Tracey Sanderson  | L40  | Liverpool RC                | 00:43:14 |
| 69 | Martin Carr       | M50  |                             | 00:43:17 |
| 70 | David Collins     | M55  | Wigan Harriers              | 00:43:20 |
| 71 | Daryl Mullen      | M50  | Newburgh Nomads             | 00:43:23 |
| 72 | Paul Mason        | M40  | Wigan Harriers              | 00:43:29 |
| 73 | Michael McGeown   | M60  | Chorley                     | 00:43:32 |
| 74 | Gavin Parry       | M45  | Knowsley                    | 00:43:36 |
| 75 | Karen Moorfield   | L    | Wigan Phoenix               | 00:43:50 |
| 76 | Michael Connor    | M50  | Penny Lane                  | 00:43:53 |
| 77 | Mark Liptrot      | M55  | Lostock                     | 00:44:00 |
| 78 | Andy Gaskell      | M50  | Spectrum                    | 00:44:02 |
| 79 | Paul Blakemore    | M    | Wigan Phoenix               | 00:44:06 |
| 80 | James Bartholomew | M45  |                             | 00:44:07 |
| 81 | Ross McKelvie     | M    | Lytham                      | 00:44:08 |
| 82 | Jayne Taylor      | L55  | Wigan Harriers              | 00:44:11 |
| 83 | Andrew Hudson     | M55  | Southport Waterloo          | 00:44:16 |
| 84 | Carl Balshaw      | M45  | Liverpool Running Bugs      | 00:44:25 |
| 85 | Tom Dent          | MU23 | Bucks Army                  | 00:44:25 |

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|-----|-------------------|------|-----------------------------|----------|
| 86  | Keith Thomas      | M60  | Burnden RR                  | 00:44:39 |
| 87  | Steve Monaghan    | M55  | Achille Ratti               | 00:44:41 |
| 88  | Graham Tracey     | M45  | Vegetarian                  | 00:44:45 |
| 89  | Robbie Wood       | M60  | Liverpool Pembroke & Sefton | 00:44:54 |
| 90  | Gary Kenny        | M50  | Southport Waterloo          | 00:44:55 |
| 91  | David Barnes      | M60  | Horwich                     | 00:45:08 |
| 92  | Darren Tyldsley   | M50  | Salford                     | 00:45:18 |
| 93  | Mark Glaister     | M55  | Skelmersdale                | 00:45:25 |
| 94  | Chris Farrimond   | M    |                             | 00:45:33 |
| 95  | David Owen        | M    | Chorley                     | 00:45:35 |
| 96  | Mark Hudson       | M55  | Liverpool Pembroke & Sefton | 00:45:40 |
| 97  | Tony Hesketh      | M70  | Horwich                     | 00:45:54 |
| 98  | James McGlynn     | M65  | Wigan Harriers              | 00:45:58 |
| 99  | Julian Spencer    | M55  | Spectrum                    | 00:45:59 |
| 100 | Colin Hammond     | M50  | Altrincham                  | 00:46:02 |
| 101 | Trace Allan       | L    | Southport Waterloo          | 00:46:03 |
| 102 | T Hellings        | M60  | Blackpool Wyre & Fylde      | 00:46:07 |
| 103 | Paul Fitzsimmons  | M50  | Wigan Harriers              | 00:46:08 |
| 104 | Corrine Ainscough | L40  | Chorley                     | 00:46:09 |
| 105 | Louise Dermott    | L45  |                             | 00:46:22 |
| 106 | Denis Garnham     | M50  |                             | 00:46:25 |
| 107 | Girish Patel      | M50  | Salford                     | 00:46:27 |
| 108 | Nicholas Drinkall | M    | Chorlton                    | 00:46:29 |
| 109 | Michael Lucas     | M    |                             | 00:46:34 |
| 110 | Jamie Elvidge     | M    |                             | 00:46:35 |
| 111 | Angelique Bueler  | L40  | Chorlton                    | 00:46:44 |
| 112 | Will Magee        | M    | Warrington                  | 00:46:46 |
| 113 | Jayne Dickinson   | L40  | Achille Ratti               | 00:46:53 |
| 114 | Kenny Forster     | M55  | Spectrum                    | 00:46:54 |
| 115 | Mark Bond         | M    | Chorley                     | 00:47:08 |
| 116 | Paul Arpino       | M    | Chorley                     | 00:47:17 |
| 117 | Rebecca Wadeson   | L    | Skelmersdale                | 00:47:18 |
| 118 | Steve Spamer      | M45  | Bolton                      | 00:47:22 |
| 119 | Alison Wainright  | L    | Chorlton                    | 00:47:31 |
| 120 | Stephen Burton    | M55  | Benfleet                    | 00:47:43 |
| 121 | Michael Casey     | M50  | Wigan Harriers              | 00:47:56 |
| 122 | Sarah Ashcroft    | L    | Kayleigh Fitness            | 00:48:15 |
| 123 | Nathan Parry      | MU23 | Knowsley                    | 00:48:29 |
| 124 | Alan Spencer      | M55  | Knowsley                    | 00:48:34 |
| 125 | Andrew Gerrard    | M50  | Warrington                  | 00:48:35 |
| 126 | William Merritt   | M55  | Knowsley                    | 00:48:38 |
| 127 | Matty Slinger     | M    | Bucks Army                  | 00:48:42 |
| 128 | Keiron Carr       | M45  | Liverpool Running Bugs      | 00:48:48 |
| 129 | Jamie Dowdall     | M40  | Darwen Dashers              | 00:48:54 |

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|-----|---------------------|------|-----------------------------|----------|
| 130 | David Nicholls      | M50  | Kayleigh Fitness            | 00:48:57 |
| 131 | Edwin Sherstone     | M50  | Southport Waterloo          | 00:49:00 |
| 132 | David Broadhurst    | M45  | Burnden RR                  | 00:49:03 |
| 133 | Katie Jones         | L    | Chorley                     | 00:49:11 |
| 134 | Jaine Brocklehurst  | L45  | Salford                     | 00:49:13 |
| 135 | James Eden          | M    | Chorlton                    | 00:49:16 |
| 136 | Emma Tollefson      | L    | Chorlton                    | 00:49:18 |
| 137 | David Miller        | M60  | Chorley                     | 00:49:23 |
| 138 | Rhona Barker        | L45  | Swinton RC                  | 00:49:34 |
| 139 | Shona Taylor        | L50  | Wigan Harriers              | 00:49:36 |
| 140 | Graham Hobson       | M60  | Garstang                    | 00:49:37 |
| 141 | Andrew Laycock      | M50  | Lostock                     | 00:49:41 |
| 142 | Chris Vincent       | M50  |                             | 00:49:48 |
| 143 | Shirley Staveley    | L50  | Burnden RR                  | 00:49:56 |
| 144 | Craig Baker         | M40  | Edge Hill                   | 00:50:05 |
| 145 | Gary Spriggs        | M45  | St Helens                   | 00:50:29 |
| 146 | Liberty Bryan       | LU23 | Chorley                     | 00:50:42 |
| 147 | Ian Doyle           | M40  | Liverpool Pembroke & Sefton | 00:50:59 |
| 148 | Andrew Glen         | M55  | Liverpool Running Bugs      | 00:51:06 |
| 149 | Theresa Shaw        | L45  | Salford                     | 00:51:11 |
| 150 | Flossie Dickinson   | LU23 | Liverpool Pembroke & Sefton | 00:51:23 |
| 151 | Andy Lowe           | M60  | Chorley                     | 00:51:24 |
| 152 | Gwenllian Tawy      | L    | Chorlton                    | 00:51:35 |
| 153 | Fran Wright         | L50  | Salford                     | 00:51:39 |
| 154 | Carole James        | L50  | Southport Waterloo          | 00:51:44 |
| 155 | Tim Waters          | M50  | Wigan Phoenix               | 00:51:55 |
| 156 | Steve Roden         | M45  | Penny Lane                  | 00:52:00 |
| 157 | Rachel Sate         | L    | Salford                     | 00:52:11 |
| 158 | Gary Redford        | M55  |                             | 00:52:21 |
| 159 | Stephen Cruickshank | M45  |                             | 00:52:30 |
| 160 | Lynne Kenyon        | L50  | Red Rose                    | 00:52:32 |
| 161 | Mark Sammon         | M45  | Seloc                       | 00:52:34 |
| 162 | Vicki Hudson        | L50  | Southport Waterloo          | 00:52:41 |
| 163 | Fiona Johnston      | L50  | Parbold PP                  | 00:53:13 |
| 164 | Steve Graham        | M60  |                             | 00:53:15 |
| 165 | Geoff Hand          | M60  | Spectrum                    | 00:53:26 |
| 166 | Karen Parry         | L45  | Knowsley                    | 00:53:34 |
| 167 | Janet Walker        | L40  | Newburgh Nomads             | 00:53:35 |
| 168 | Tanya Foley         | L50  | Parbold PP                  | 00:53:38 |
| 169 | Ollie Hulbert       | M40  |                             | 00:53:52 |
| 170 | Matthew Harvey      | M40  | Penny Lane                  | 00:53:58 |
| 171 | Sarah Cook          | L45  |                             | 00:54:10 |
| 172 | Gillian Verdin      | L    | Liverpool RC                | 00:54:12 |
| 173 | Katie Pownell       | L    | Knowsley                    | 00:54:39 |

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|-----|--------------------|-----|------------------------|----------|
| 174 | Katie Pownell      | L   | Knowsley               | 00:54:39 |
| 175 | Claire Hinchcliffe | L40 | Kayleigh Fitness       | 00:54:41 |
| 176 | Jamie McMahon      | M40 |                        | 00:54:44 |
| 177 | Ian Shaw           | M55 |                        | 00:55:02 |
| 178 | Paul Pennington    | M   |                        | 00:55:04 |
| 179 | Andy Duff          | M40 | Liverpool Running Bugs | 00:55:07 |
| 180 | Hannah Ahle        | L   | Chorlton               | 00:55:12 |
| 181 | Melissa Grove      | L   | Kayleigh Fitness       | 00:55:14 |
| 182 | Lisa MacKay        | L50 | Spectrum               | 00:55:22 |
| 183 | Terry Gardiner     | M50 |                        | 00:55:25 |
| 184 | Martin Quinn       | M40 | Chorley                | 00:55:49 |
| 185 | Louise Ball        | L40 | Parbold PP             | 00:55:57 |
| 186 | Stuart Ashcroft    | M55 | Kayleigh Fitness       | 00:55:58 |
| 187 | Kate Fowles        | L50 | Salford                | 00:56:12 |
| 188 | Sue Stewart        | L70 | Southport Waterloo     | 00:56:18 |
| 189 | Craig Tessyman     | M   | Fylde                  | 00:56:31 |
| 190 | Tony Hart          | M45 | Fylde                  | 00:56:33 |
| 191 | Dennis Yarwood     | M50 | Spectrum               | 00:56:34 |
| 192 | John Barr          | M65 |                        | 00:56:35 |
| 193 | John Robinson      | M45 |                        | 00:56:36 |
| 194 | Graham Schofield   | M65 | Chorley                | 00:56:54 |
| 195 | Mike OBrien        | M60 | Manchester YMCA        | 00:56:57 |
| 196 | Collette Perry     | L   |                        | 00:56:58 |
| 197 | Julia Rolfe        | L55 | Lytham                 | 00:57:02 |
| 198 | Geoff Dermott      | M55 |                        | 00:57:47 |
| 199 | Greg Oulton        | M50 | Lytham                 | 00:57:56 |
| 200 | Chris Hatton       | M65 | Helsby                 | 00:58:01 |
| 201 | Gina Bellhouse     | L50 | Southport              | 00:58:23 |
| 202 | Tony Fishwick      | M45 | Kirkby                 | 00:58:36 |
| 203 | Sally Adams        | L   | Parbold PP             | 00:59:02 |
| 204 | Alison Mercer      | L55 | Red Rose               | 00:59:12 |
| 205 | Pete McDermott     | M70 | Preston                | 00:59:17 |
| 206 | Hannah Greenlee    | L   | Chorlton               | 00:59:26 |
| 207 | Robert Lowther     | M40 | Southport Waterloo     | 01:00:06 |
| 208 | David Jones        | M45 | Kirkby                 | 01:00:41 |
| 209 | Angela Green       | L40 | Kayleigh Fitness       | 01:00:55 |
| 210 | Tracey Yates       | L45 | Kayleigh Fitness       | 01:01:02 |
| 211 | Jennifer Turner    | L40 | Chorlton               | 01:04:28 |
| 212 | Marianne Lyon      | L45 |                        | 01:05:40 |
| 213 | Ursula Cheetham    | L45 | Parbold PP             | 01:11:23 |
| 214 | Sarah Rowan        | L40 | Kayleigh Fitness       | 01:11:29 |
| 215 | Jayne Land         | L45 | Kayleigh Fitness       | 01:11:42 |
| 216 | Stephanie Charman  | L65 | Knowsley               | 01:13:50 |
| 217 | Ian Meharg         | M45 | Kirkby                 | 01:15:42 |

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|-----|--------------------|-----|------------------------|----------|
| 218 | Alan Sanderson     | M40 | Liverpool RC           | 01:15:47 |
| 219 | Sian Foulger       | L   | Liverpool Running Bugs | 01:17:45 |
| 220 | Jenny Fairclough   | L55 | Red Rose               | 01:20:00 |
| 221 | Mary Conway        | L55 | Red Rose               | 01:20:00 |
| 222 | John Wiseman       | M50 | Red Rose               | 01:20:00 |
| 223 | Gareth Fairey      | M40 | Red Rose               | 01:20:00 |
| 224 | Philip McCullagh   | M60 | Chorley                | 01:20:00 |
| 225 | Kathryn Horsley    | L45 | Knowsley               | 01:20:00 |
| 226 | Tracey Carr        | L50 | Liverpool Running Bugs | Rtd      |
| 227 | Alexandra Connelly | L40 | Kayleigh Fitness       | Rtd      |
| 228 | Elaine Sutton      | L50 | Southport Waterloo     | Rtd      |
| 229 | Alison Kirby       | L   | Kayleigh Fitness       | Rtd      |
| 230 | Hannah Wilson      | L   | Kayleigh Fitness       | Rtd      |
| 231 | Stephen Ollerton   | M55 |                        | Rtd      |
| 232 | Peter Weatherhead  | M65 | Wirral AC              | Rtd      |