

Lytham St. Annes Road Runners Green Drive Five

Sunday 21 October 2018. 10:00 am

Results for Lancs Male - in finish order.

<i>Place</i>	<i>Time [Chip]</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
1	0:25:41 [0:25:41]	DANSON, Robert Anthony	Wesham Road Runners	M S	05:08.1	101	1
2	0:27:09 [0:27:09]	CROFT, Simon	Red Rose Road Runners	M S	05:25.7	94	3
3	0:28:34 [0:28:33]	MARSDEN, Philip	Red Rose Road Runners	M45	05:42.7	252	6
4	0:28:40 [0:28:40]	DENYE, Simon	Wesham Road Runners	M45	05:43.9	112	7
5	0:28:55 [0:28:54]	BURROWS, David	Northern Masters AC	M50	05:46.9	54	9
6	0:29:17 [0:29:17]	DALGLEISH, James	Lancaster & Morecambe AC	M40	05:51.3	99	12
7	0:29:33 [0:29:32]	FOLEY, Lee	Preston Harriers	M S	05:54.5	144	13
8	0:29:42 [0:29:41]	OSINSKI-GRAY, Michael	Fylde Coast Runners	M S	05:56.3	292	15
9	0:29:53 [0:29:50]	NOLAN, Steve	Burnden Road Runners	M55	05:58.5	283	19
10	0:30:08 [0:30:07]	HARLING, Andrew	Wesham Road Runners	M S	06:01.5	180	20
11	0:30:17 [0:30:15]	MCKELVIE, Ross	Lytham St. Annes Road Runners	M S	06:03.3	264	21
12	0:30:21 [0:30:17]	TAYLOR, David	Wesham Road Runners	M S	06:04.1	381	23
13	0:30:25 [0:30:21]	TUCK, Jonathan	Lytham St. Annes Road Runners	M40	06:05.0	395	24
14	0:30:26 [0:30:23]	WHITE, Lee	Burnden Road Runners	M45	06:05.1	417	25
15	0:30:43 [0:30:41]	VEEVERS, Paul	Lytham St. Annes Road Runners	M S	06:08.5	402	27
16	0:30:50 [0:30:48]	BOOTH, Sam	Ramsbottom Running Club	M S	06:09.9	33	28
17	0:31:17 [0:31:15]	WILLIAMS, Chris	Riversway Roadrunners	M S	06:15.3	425	31
18	0:31:24 [0:31:22]	LORD, David	Trawden AC	M55	06:16.7	243	32
19	0:31:27 [0:31:23]	HOWARTH, Thomas	Lytham St. Annes Road Runners	M S	06:17.3	205	33
20	0:31:34 [0:31:33]	QUIBELL, Phil	Wesham Road Runners	M60	06:18.7	439	35
21	0:31:36 [0:31:35]	PARKINSON, David	Red Rose Road Runners	M50	06:19.1	294	36
22	0:31:39 [0:31:36]	DAVIES, Kevin	Clayton-le-Moors Harriers	M55	06:19.7	106	37
23	0:31:59 [0:31:55]	CRABTREE, Thomas	Wesham Road Runners	M S	06:23.8	93	38
24	0:32:05 [0:32:00]	SPARROW, Paul	Blackpool Wyre & Fylde AC	M50	06:24.9	366	39
25	0:32:16 [0:32:15]	MENDOZA, Manolo	Red Rose Road Runners	M45	06:27.1	270	41
26	0:32:20 [0:32:19]	CANN, Stuart	Red Rose Road Runners	M50	06:28.0	63	42
27	0:32:29 [0:32:27]	CHAMBERLAIN, Matty	Wesham Road Runners	M45	06:29.7	70	43
28	0:32:35 [0:32:33]	GREGSON, Neil	Wesham Road Runners	M S	06:30.9	165	45
29	0:32:41 [0:32:04]	TATE, Neil	Lytham St. Annes Road Runners	M S	06:32.1	379	46
30	0:32:44 [0:32:41]	ROCHE, John	Clayton-le-Moors Harriers	M60	06:32.7	327	48
31	0:32:45 [0:32:39]	JACKSON, Scott	Red Rose Road Runners	M40	06:32.9	214	49
32	0:32:46 [0:32:44]	SHEPHERD, Nigel	Wesham Road Runners	M60	06:33.1	348	50
33	0:32:49 [0:32:45]	POLLITT, Martyn	Burnden Road Runners	M55	06:33.7	305	51
34	0:32:53 [0:32:51]	GILLIBRAND, Kevin	Warrington Road Runners	M50	06:34.5	158	53
35	0:32:59 [0:32:52]	BRUNTON, David	Red Rose Road Runners	M45	06:35.7	47	54
36	0:33:01 [0:32:58]	POTTER, Dougie	Preston Harriers	M S	06:36.1	307	55
37	0:33:15 [0:33:10]	McROBERT, Neil	Ramsbottom Running Club	M S	06:38.9	269	56
38	0:33:18 [0:33:14]	KILMARTIN, Stuart	Chorley Athletic and Triathlon	M45	06:39.5	226	57
39	0:33:23 [0:33:22]	WALKER, David	Lancaster & Morecambe AC	M55	06:40.5	403	59
40	0:33:28 [0:33:25]	GREEN, Stephen	Clayton-le-Moors Harriers	M60	06:41.5	163	60
41	0:33:58 [0:33:53]	THATCHER, Richard	Ramsbottom Running Club	M S	06:47.5	391	63
42	0:33:59 [0:33:51]	ODDIE, Michael	Red Rose Road Runners	M40	06:47.7	289	64
43	0:34:16 [0:34:12]	ALLEN, John	Red Rose Road Runners	M55	06:51.1	4	67
44	0:34:21 []	HARTLEY, Nigel	Ramsbottom Running Club	M50	06:52.1	182	69
45	0:34:33 [0:34:29]	MARLAND, Simon	Burnden Road Runners	M55	06:54.5	251	71
46	0:34:51 []	ENTWISTLE, Lee	Ramsbottom Running Club	M40	06:58.1	138	73
47	0:35:06 [0:35:01]	HUME, Nick	Blackpool Wyre & Fylde AC	M60	07:01.1	442	77
48	0:35:16 [0:35:13]	BERTENSHAW, John	Lytham St. Annes Road Runners	M60	07:03.1	26	80
49	0:35:21 [0:35:16]	CLAYTON, Stuart	Wesham Road Runners	M50	07:04.1	76	81
50	0:35:24 [0:35:20]	MEEDS, Ian		M45	07:04.6	444	83
51	0:35:24 [0:35:18]	TURNER, Ged	Burnden Road Runners	M55	07:04.6	396	84
52	0:35:29 [0:35:21]	SMITHERS, Ben	Red Rose Road Runners	M S	07:05.7	365	85
53	0:35:32 [0:35:24]	McKITTRICK, Alistair	Ramsbottom Running Club	M55	07:06.3	265	86
54	0:35:38 [0:35:33]	TASKER, Lee	Fylde Coast Runners	M40	07:07.4	378	87
55	0:35:43 [0:35:09]	CASSIDY, James	Fylde Coast Runners	M50	07:08.4	69	88
56	0:35:43 [0:35:28]	RAWCLIFFE, Chris	Blackpool Wyre & Fylde AC	M S	07:08.5	311	89
57	0:35:54 [0:35:50]	TAYLOR, Ray	Red Rose Road Runners	M65	07:10.6	389	94
58	0:36:06 [0:35:52]	HILL, Andrew	Ramsbottom Running Club	M45	07:13.0	193	96
59	0:36:10 [0:36:06]	BISCOMB, Stephen	Clayton-le-Moors Harriers	M65	07:13.9	27	97
60	0:36:14 [0:36:09]	KENNEDY, George	Wesham Road Runners	M60	07:14.7	225	98
61	0:36:20 [0:36:14]	WALLACE, Rob	Wesham Road Runners	M S	07:15.9	406	100
62	0:36:24 [0:36:18]	ALLISON, Martin	Wesham Road Runners	M S	07:16.7	5	102
63	0:36:39 [0:36:36]	LEA, Andy	Preston Harriers	M S	07:19.7	236	104
64	0:36:49 [0:36:40]	TAYLOR, Mick	Darwen Dashers RC	M45	07:21.6	388	105
65	0:36:51 [0:36:29]	STANFIELD, Gavin	Lytham St. Annes Road Runners	M45	07:22.1	369	106
66	0:36:53 [0:36:40]	WHARTON, Ian	Red Rose Road Runners	M50	07:22.4	414	107
67	0:37:12 [0:36:58]	MURRAY, Angus	Lancaster & Morecambe AC	M65	07:26.2	276	110
68	0:37:12 [0:37:04]	KNIGHT, Ben	Ramsbottom Running Club	M40	07:26.3	234	111
69	0:37:15 [0:36:56]	SPEAK, Michael	Blackburn Road Runners	M45	07:26.8	367	112
70	0:37:25 [0:37:18]	ASHBURN, Adrian	Burnden Road Runners	M40	07:28.9	9	114
71	0:37:44 [0:37:20]	HARGREAVES, Christopher	Red Rose Road Runners	M S	07:32.6	179	119
72	0:38:14 [0:37:58]	HUGHES, Mark	Lytham St. Annes Road Runners	M40	07:38.6	208	124
73	0:38:20 [0:38:16]	CHEW, Russ	Lytham St. Annes Road Runners	M55	07:39.8	71	125

74	0:38:47	[0:38:34]	YATES, Steven	Ramsbottom Running Club	M45	07:45.2	438	131
75	0:38:52	[0:38:44]	ROBINSON, Steven	Thornton Cleveleys RC	M60	07:46.3	324	133
76	0:39:07	[0:39:02]	SCARR, Simon	Blackpool Wyre & Fylde AC	M55	07:49.2	337	134
77	0:39:11	[0:39:05]	LITTLER, Alan	Preston Harriers	M70+	07:50.0	242	135
78	0:39:16	[0:38:49]	REID, Peter	Lytham St. Annes Road Runners	M45	07:51.0	314	137
79	0:39:17	[0:39:13]	TOPPING, Stuart	Wesham Road Runners	M45	07:51.3	394	139
80	0:39:19	[0:39:01]	BELL, George	Blackburn Road Runners	M60	07:51.7	24	141
81	0:39:21	[0:39:10]	HUGHES, James	Red Rose Road Runners	M45	07:52.0	207	144
82	0:39:25	[0:39:07]	SATTERLY, Charles	Lancaster & Morecambe AC	M50	07:52.8	336	146
83	0:39:34	[0:39:27]	BROGDEN, Paul	Freckleton & Warton RC	M45	07:54.6	43	148
84	0:39:38	[0:39:23]	EASTHAM, Nikki	Preston Harriers	M S	07:55.5	126	149
85	0:39:39	[0:39:34]	WRIGLEY, Ben	Wesham Road Runners	M S	07:55.6	435	150
86	0:39:40	[0:39:06]	ELLIOTT, Philip	Fylde Coast Runners	M45	07:55.8	137	151
87	0:39:47	[0:39:16]	WISEMAN, John	Red Rose Road Runners	M50	07:57.2	429	155
88	0:39:48	[0:39:42]	BROWN, Robert	Wesham Road Runners	M60	07:57.4	46	157
89	0:39:50	[0:39:30]	FIELD, Richard	Red Rose Road Runners	M S	07:57.9	40	158
90	0:39:53	[0:39:49]	DANSON, James	Wesham Road Runners	M50	07:58.5	100	160
91	0:39:54	[0:39:37]	WHITE, Phil	Blackburn Road Runners	M65	07:58.6	418	161
92	0:39:58	[0:39:42]	TATE, Stephen	Lytham St. Annes Road Runners	M60	07:59.5	380	164
93	0:40:09	[0:39:57]	McINTOSH, Wayne	Clayton-le-Moors Harriers	M S	08:01.6	263	168
94	0:40:18	[0:39:59]	CLUCAS, John	Blackburn Road Runners	M55	08:03.5	81	170
95	0:40:20	[0:40:05]	GIBSON, Peter Richard	Blackpool Wyre & Fylde AC	M65	08:03.9	156	172
96	0:40:26	[0:40:23]	SCOTT, David	Clayton-le-Moors Harriers	M70+	08:05.0	338	173
97	0:40:31	[0:40:06]	MITCHELL, Iain	Red Rose Road Runners	M S	08:06.0	272	174
98	0:40:41	[0:40:20]	MAKINSON, Sid	Blackburn Road Runners	M40	08:08.0	249	177
99	0:40:52	[0:40:42]	COOPER, Chris	Darwen Dashers RC	M40	08:10.2	89	178
100	0:40:57	[0:40:46]	BARNES, Bryn	Clayton-le-Moors Harriers	M65	08:11.2	16	180
101	0:40:58	[0:40:19]	TAYLOR, Mark	Darwen Dashers RC	M40	08:11.5	387	181
102	0:41:03	[0:40:44]	GRUNSHAW, Neil	Blackburn Road Runners	M50	08:12.4	172	183
103	0:41:17	[0:41:13]	TWIST, Stephen	Wesham Road Runners	M50	08:15.3	398	186
104	0:41:24	[0:41:22]	ROTHWELL, Neil	Ramsbottom Running Club	M40	08:16.6	331	187
105	0:41:29	[0:41:17]	HINDLE, David	Red Rose Road Runners	M60	08:17.7	195	189
106	0:41:31	[0:41:16]	TWIZELL, David	Blackpool Wyre & Fylde AC	M60	08:18.0	399	190
107	0:41:54	[0:41:23]	RICHARDSON, Ian	Lytham Hall Parkrun	M45	08:22.6	317	192
108	0:41:55	[0:41:39]	HILL, Mathew	Lytham St. Annes Road Runners	M S	08:22.8	194	193
109	0:42:26	[0:42:20]	McCALMAN, Finlay	Wesham Road Runners	M50	08:29.0	261	202
110	0:43:01	[0:42:49]	STANIER, Joel	Red Rose Road Runners	M S	08:36.0	371	211
111	0:43:08	[0:42:49]	QUARMBY, Stephen	Swansea Harriers	M55	08:37.4	310	212
112	0:43:13	[0:42:49]	ROBERTS, Trevor	Lytham St. Annes Road Runners	M60	08:38.4	323	213
113	0:43:27	[0:43:19]	ROONEY, Peter	Wesham Road Runners	M60	08:41.2	330	216
114	0:43:45	[0:43:28]	RIFFIN, David	Burnden Road Runners	M70+	08:44.9	166	220
115	0:44:00	[0:43:53]	BECK, Dayle	Freckleton & Warton RC	M S	08:47.8	21	223
116	0:44:04	[0:43:47]	WEIR, Ashley	Blackburn Road Runners	M45	08:48.6	412	226
117	0:44:05	[0:43:47]	DAVIS, Mark	Burnden Road Runners	M55	08:48.8	107	227
118	0:44:19	[0:44:04]	BEECH, Malcolm	Blackpool Wyre & Fylde AC	M65	08:51.6	22	231
119	0:44:26	[0:44:02]	SHAIKH, Anees	Red Rose Road Runners	M55	08:53.1	342	233
120	0:45:06	[0:44:40]	HOWARD, Allan	Red Rose Road Runners	M60	09:01.0	204	250
121	0:45:25	[0:45:09]	COOKE, Peter	Wesham Road Runners	M55	09:04.8	87	255
122	0:45:52	[0:45:24]	JONES, Russell	Thornton Cleveleys RC	M50	09:10.2	221	261
123	0:46:18	[0:45:43]	FORD, Gary	Blackpool Wyre & Fylde AC	M40	09:15.4	146	272
124	0:46:34	[0:46:09]	ZEAL, Andrew	Fylde Coast Runners	M60	09:18.6	441	275
125	0:46:36	[0:46:13]	WHITLAM, Andy	Thornton Cleveleys RC	M60	09:19.1	419	278
126	0:46:54	[0:46:26]	WRIGHT, Jeffrey	Blackpool Wyre & Fylde AC	M60	09:22.7	433	283
127	0:47:04	[0:46:50]	PARKINSON, Gary	Thornton Cleveleys RC	M40	09:24.6	295	285
128	0:47:06	[0:46:54]	JARAS, Michael	Spectrum Striders	M70+	09:25.1	216	287
129	0:47:45	[0:47:16]	MASSEY, Robert	Blackpool Wyre & Fylde AC	M70+	09:32.9	256	296
130	0:48:57	[0:48:25]	TAYLOR, Steve	Red Rose Road Runners	M45	09:47.3	390	316
131	0:49:07	[0:48:57]	HAWORTH, Andy	Darwen Dashers RC	M50	09:49.2	185	317
132	0:49:25	[0:49:06]	SAMSON, Craig	Garstang Running Club	M55	09:52.8	335	324
133	0:51:39	[0:51:05]	NICHOLS, David	Lytham Hall Parkrun	M65	10:19.6	282	353
134	0:53:19	[0:52:42]	HALL, John	Burnden Road Runners	M60	10:39.6	174	364
135	0:53:44	[0:53:20]	PRYOR, Mark	Thornton Cleveleys RC	M45	10:44.6	309	367
136	0:54:39	[0:54:09]	HUME, Andrew	Blackpool Wyre & Fylde AC	M45	10:55.7	210	371
137	0:57:49	[0:57:38]	TAYLOR, Jim	Darwen Dashers RC	M65	11:33.6	384	387

Lytham St. Annes Road Runners
Green Drive Five

Sunday 21 October 2018. 10:00 am

Results for Lancs Female - in finish order.

<i>Place</i>	<i>Time [Chip]</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
1	0:27:47 [0:27:47]	JAPP, Emily Dorothy	Blackpool Wyre & Fylde AC	F S	05:33.3	215	5
2	0:28:59 [0:28:58]	DAVIES, Carla	Red Rose Road Runners	F S	05:47.7	103	10
3	0:31:32 [0:31:30]	CARRDUS, Catherine	Lytham St. Annes Road Runners	F45	06:18.3	66	34
4	0:32:06 [0:32:05]	PEDERSEN, Bianca	Vegan Runners	F S	06:25.1	297	40
5	0:32:31 [0:32:30]	EDWARDS, Carly	Blackburn Harriers	F S	06:30.1	131	44
6	0:33:18 [0:33:13]	NEEDHAM, Janine	Red Rose Road Runners	F40	06:39.5	280	58
7	0:33:32 [0:33:28]	PILLING, Paula	Burnden Road Runners	F40	06:42.3	302	61
8	0:34:25 [0:34:21]	THOMPSON, Honor	Skelmersdale Boundary Harriers	F40	06:52.9	392	70
9	0:34:38 [0:34:33]	JEFFERSON, Jill	Red Rose Road Runners	F60	06:55.5	217	72
10	0:35:11 [0:35:08]	HOLMES, Barbara	Lytham St. Annes Road Runners	F55	07:02.1	201	78
11	0:35:13 [0:35:11]	AHERNE, Jasmine	Trawden AC	F S	07:02.5	3	79
12	0:35:49 [0:35:45]	TICKLE, Michelle	Blackpool Wyre & Fylde AC	F40	07:09.6	393	91
13	0:35:53 [0:35:46]	ESSEX-CROSBY, Emma	Preston Harriers	F35	07:10.4	139	93
14	0:36:37 [0:36:30]	EDWARDS, Samantha	Red Rose Road Runners	F S	07:19.3	133	103
15	0:36:58 [0:36:50]	HOUGHTON, Laura	Red Rose Road Runners	F S	07:23.5	203	108
16	0:37:08 [0:37:06]	ABBOTT, Michelle	Clayton-le-Moors Harriers	F35	07:25.5	1	109
17	0:37:43 [0:37:28]	MAHER, Dawn	Blackpool Wyre & Fylde AC	F35	07:32.5	247	117
18	0:37:44 [0:37:30]	PAWELCZAK, Basia	Blackpool Wyre & Fylde AC	F S	07:32.6	296	118
19	0:37:52 [0:37:45]	SUTCLIFFE, Sarah	Ramsbottom Running Club	F40	07:34.2	375	120
20	0:38:02 [0:37:56]	DUCKETT, Victoria	Preston Harriers	F40	07:36.2	119	121
21	0:38:31 [0:38:21]	CLEAVE, Ann	Red Rose Road Runners	F55	07:42.0	77	127
22	0:38:35 [0:38:26]	GRIFFITHS, Ann	Fylde Coast Runners	F55	07:42.8	167	129
23	0:38:46 [0:38:28]	OAKES, Jackie	Burnden Road Runners	F45	07:45.1	288	130
24	0:38:49 [0:38:41]	PRYOR, Gillian	Thornton Cleveleys RC	F45	07:45.6	308	132
25	0:39:14 [0:39:03]	ROCHE, Irene	Clayton-le-Moors Harriers	F60	07:50.7	326	136
26	0:39:18 [0:39:13]	TWIST, Kay	Wesham Road Runners	F45	07:51.4	397	140
27	0:39:20 [0:39:08]	MOORE, Natalie	Red Rose Road Runners	F35	07:51.9	274	142
28	0:39:22 [0:39:04]	MATTHEWMAN, Jane	Blackburn Road Runners	F35	07:52.3	257	145
29	0:39:41 [0:39:28]	BEBBINGTON, Jade	Preston Harriers	F S	07:56.1	20	153
30	0:39:42 [0:39:29]	HULL, Catherine	Springfield Striders Running Club	F40	07:56.2	209	154
31	0:39:59 [0:39:35]	MOORCROFT, Pauline	Red Rose Road Runners	F55	07:59.6	273	165
32	0:40:14 [0:40:04]	PARKINSON, Alison	Red Rose Road Runners	F50	08:02.7	293	169
33	0:40:20 [0:40:10]	GRINDROD, Karen	Ramsbottom Running Club	F40	08:03.8	169	171
34	0:40:36 [0:40:28]	MARKHAM, Claire	Lytham St. Annes Road Runners	F45	08:07.1	250	176
35	0:40:57 [0:40:47]	STACEY, Emma	Ramsbottom Running Club	F40	08:11.2	368	179
36	0:41:00 [0:40:48]	SHAW, Claire	Red Rose Road Runners	F35	08:11.9	345	182
37	0:41:14 [0:41:08]	DOUGLASS, Carol	Red Rose Road Runners	F65+	08:14.6	115	185
38	0:41:28 [0:41:22]	DENYE, Louisa	Wesham Road Runners	F40	08:17.4	111	188
39	0:41:38 [0:41:22]	BURNETT, Kirsten	Lytham St. Annes Road Runners	F45	08:19.4	52	191
40	0:42:09 [0:42:04]	GOULDTHORPE, Joan	Red Rose Road Runners	F65+	08:25.7	162	196
41	0:42:12 [0:41:47]	TAYLOR, Lorna	Red Rose Road Runners	F35	08:26.2	385	197
42	0:42:15 [0:41:51]	GRIFFITHS, Michelle	Red Rose Road Runners	F50	08:26.9	168	198
43	0:42:16 [0:41:55]	JOHNSON, Elizabeth	Wesham Road Runners	F35	08:27.0	219	199
44	0:42:23 [0:42:00]	INGHAM, Judi	Red Rose Road Runners	F45	08:28.4	212	201
45	0:42:26 [0:42:14]	ROBERTS, Linda	Preston Harriers	F60	08:29.1	321	203
46	0:42:35 [0:42:21]	McLACHLAN, Ellen	Blackpool Wyre & Fylde AC	F S	08:30.9	266	204
47	0:42:40 [0:42:25]	SLATER, Rachael	Fylde Coast Runners	F40	08:31.9	362	205
48	0:42:41 [0:42:37]	DANSON, Maureen	Wesham Road Runners	F50	08:32.0	206	206
49	0:43:00 [0:42:49]	STANIER, Esther	Red Rose Road Runners	F S	08:35.9	370	210
50	0:43:22 [0:43:06]	JACKSON, Davinia	Thornton Cleveleys RC	F35	08:40.2	213	214
51	0:43:32 [0:43:19]	ECCLES, Kerry	Wesham Road Runners	F55	08:42.2	128	217
52	0:43:34 [0:43:17]	WRIGLEY, Vikki	Thornton Cleveleys RC	F40	08:42.6	436	218
53	0:43:44 [0:43:27]	SCOTT, Sarah	Thornton Cleveleys RC	F40	08:44.6	340	219
54	0:44:01 [0:43:44]	BYRNE, Zara	Thornton Cleveleys RC	F S	08:48.0	59	224
55	0:44:01 [0:43:53]	NEWMAN, Eileen	Blackburn Road Runners	F65+	08:48.1	281	225
56	0:44:07 [0:43:36]	ROBERTS, Jo	Red Rose Road Runners	F50	08:49.3	320	228
57	0:44:14 [0:43:52]	CAIN, Zoe	Red Rose Road Runners	F S	08:50.6	61	230
58	0:44:23 [0:43:55]	MERCER, Alison	Red Rose Road Runners	F55	08:52.4	271	232
59	0:44:32 [0:44:21]	COCKER, Sharon	Darwen Dashers RC	F45	08:54.2	82	238
60	0:44:33 [0:44:15]	WEIR, Joanne	Blackburn Road Runners	F45	08:54.4	413	239
61	0:44:44 [0:44:37]	WALTON, Liz	Freckleton & Warton RC	F40	08:56.7	407	240
62	0:44:45 [0:44:34]	COTTAM, Denise	Blackburn Road Runners	F50	08:56.8	90	241
63	0:44:46 [0:44:17]	PORTER, Debbie	Red Rose Road Runners	F45	08:57.0	306	242
64	0:44:46 [0:44:36]	COULTER, Angela	Blackburn Road Runners	F50	08:57.1	91	243
65	0:44:53 [0:44:36]	McCAFFERY, Jo	Wesham Road Runners	F40	08:58.4	260	245
66	0:44:55 [0:44:40]	KIRKBY, Maureen	Preston Harriers	F65+	08:58.8	232	248
67	0:45:01 [0:44:39]	ECCLESTON, Pauline	Wesham Road Runners	F45	09:00.0	129	249
68	0:45:09 [0:44:44]	MARTIN, Julia	Ramsbottom Running Club	F45	09:01.6	255	252
69	0:45:26 [0:45:06]	GRUNSHAW, Katrina	Blackburn Road Runners	F45	09:05.1	171	256
70	0:45:34 [0:45:23]	JEPSON, Beccy	Darwen Dashers RC	F50	09:06.6	218	257
71	0:45:45 [0:45:19]	SHIELD, Catherine	Ramsbottom Running Club	F50	09:08.9	350	259
72	0:45:49 [0:45:26]	WITHNELL, Louise	Red Rose Road Runners	F45	09:09.6	431	260
73	0:46:03 [0:45:52]	COFFEY, Linda	Darwen Dashers RC	F65+	09:12.5	83	266

74	0:46:06	[0:45:40]	CLARKE, Sarah	Ramsbottom Running Club	F35	09:13.0	74	267
75	0:46:11	[0:45:49]	HOLTON, Antoinette	Wesham Road Runners	F S	09:14.0	202	268
76	0:46:12	[0:45:46]	McPHILLIPS, Marissa	Ramsbottom Running Club	F45	09:14.2	268	269
77	0:46:17	[0:46:08]	DEWHIRST, Lesley	Blackburn Road Runners	F50	09:15.2	113	271
78	0:46:26	[0:45:58]	BLAGDEN, Diane	Wesham Road Runners	F50	09:17.0	31	274
79	0:46:34	[0:46:20]	WICKHAM, Sue	Preston Harriers	F55	09:18.7	423	276
80	0:46:36	[0:46:27]	SMITH, Norma	Blackburn Road Runners	F65+	09:19.0	364	277
81	0:46:44	[0:46:13]	WHEATLEY, Ruth	Lytham St. Annes Road Runners	F45	09:20.6	415	281
82	0:46:55	[0:46:25]	BRAMWELL, Gwen	Ramsbottom Running Club	F40	09:22.9	37	284
83	0:47:06	[0:46:54]	DEACON, Sally	Wesham Road Runners	F50	09:25.1	110	286
84	0:47:08	[0:46:45]	CLEECE, Katy	Red Rose Road Runners	F S	09:25.5	78	288
85	0:47:10	[0:46:46]	LOWE, Melanie	Red Rose Road Runners	F35	09:25.9	244	289
86	0:47:14	[0:47:04]	PERKINS, Margaret	Blackburn Road Runners	F55	09:26.6	300	290
87	0:47:16	[0:46:50]	SHIELD, Luisa	Ramsbottom Running Club	F S	09:27.0	352	291
88	0:47:22	[0:47:04]	WHITTAKER, Sinead	Blackburn Road Runners	F S	09:28.2	421	293
89	0:47:32	[0:47:12]	BURROWS, Amanda	Blackburn Road Runners	F45	09:30.2	53	294
90	0:47:47	[0:47:14]	CAIRNS, Jackie	Burnden Road Runners	F50	09:33.3	62	297
91	0:47:52	[0:47:30]	BELFIELD, Clare	Wesham Road Runners	F35	09:34.2	23	298
92	0:47:59	[0:47:28]	BERRY, Amanda	Red Rose Road Runners	F55	09:35.6	25	300
93	0:48:02	[0:47:43]	CAIN, Allison	Chorley Athletic and Triathlon	F55	09:36.2	60	301
94	0:48:06	[0:47:56]	FITZPATRICK, Lynne	Blackburn Road Runners	F60	09:37.0	142	303
95	0:48:14	[0:47:44]	WALKER, Nickola	Blackpool Wyre & Fylde AC	F45	09:38.6	405	304
96	0:48:15	[0:48:06]	ROONEY, Julie	Wesham Road Runners	F40	09:38.8	329	305
97	0:48:17	[0:47:56]	ROBERTS, Maureen	Lancaster Runners	F60	09:39.2	322	306
98	0:48:25	[0:47:59]	GREENHALGH, Helen	Red Rose Road Runners	F40	09:40.8	164	307
99	0:48:36	[0:48:06]	GIGLI, Beverley	Blackpool Wyre & Fylde AC	F50	09:43.0	157	309
100	0:48:37	[0:48:15]	NORRIS, Angela	Thornton Cleveleys RC	F60	09:43.3	286	310
101	0:48:42	[0:48:27]	BUNTING, Debra	Lancaster & Morecambe AC	F55	09:44.2	51	312
102	0:48:47	[0:48:14]	LEDWARDS, Rita	Burnden Road Runners	F55	09:45.3	239	313
103	0:48:57	[0:48:25]	CLIPSTON, Kate	Red Rose Road Runners	F45	09:47.3	80	315
104	0:49:07	[0:48:49]	INCUTTI, Claire	Blackburn Road Runners	F45	09:49.2	211	318
105	0:49:08	[0:48:45]	RENSHAW, Lesley	Red Rose Road Runners	F50	09:49.4	315	320
106	0:49:15	[0:48:46]	BOOTH, Sam		F45	09:50.8	34	321
107	0:49:20	[0:48:53]	DAVIES, Emma	Wesham Road Runners	F S	09:51.9	105	322
108	0:49:24	[0:49:04]	ARNETT-SAMSON, Sarah	Garstang Running Club	F45	09:52.6	8	323
109	0:49:30	[0:49:10]	HALSALL, Annika	Blackburn Road Runners	F40	09:53.8	176	325
110	0:49:32	[0:48:58]	HENNESSEY, Debra	Burnden Road Runners	F50	09:54.2	191	326
111	0:49:36	[0:49:09]	WRIGHT, Emma	Wesham Road Runners	F40	09:55.1	432	328
112	0:49:44	[0:49:16]	MARTIN, Fiona	Fylde Coast Runners	F S	09:56.6	254	329
113	0:49:56	[0:49:24]	HEATON, Carol	Red Rose Road Runners	F45	09:59.0	188	332
114	0:49:57	[0:49:37]	CLEMONSON, Beverly	Blackburn Road Runners	F45	09:59.2	79	333
115	0:49:57	[0:49:33]	GARRATT, Emma	Ramsbottom Running Club	F S	09:59.2	151	334
116	0:50:10	[0:49:50]	HODGSON, Susan	Lancaster & Morecambe AC	F55	10:01.8	197	336
117	0:50:12	[0:49:45]	BUTCHER, Sharlan	Wesham Road Runners	F45	10:02.2	56	337
118	0:50:20	[0:49:59]	NORRIS, Shirley	Fylde Coast Runners	F65+	10:03.8	287	338
119	0:50:35	[0:50:28]	LEATHLEY, Christine	Clayton-le-Moors Harriers	F65+	10:06.8	238	341
120	0:50:36	[0:50:24]	FITTON, Julie	Darwen Dashers RC	F50	10:07.0	141	342
121	0:50:40	[0:50:11]	SHARROCK, Tracey	Blackpool Wyre & Fylde AC	F35	10:07.8	344	343
122	0:50:48	[0:50:15]	WRIGHT, Sarah	Lancaster & Morecambe AC	F45	10:09.4	434	344
123	0:50:56	[0:50:30]	CARTER, Nicola	Wesham Road Runners	F35	10:11.1	68	345
124	0:50:57	[0:50:27]	DAY, Kelly	Red Rose Road Runners	F35	10:11.2	109	346
125	0:51:00	[0:50:53]	EGERTON, Christine	Clayton-le-Moors Harriers	F65+	10:11.9	134	347
126	0:51:20	[0:51:04]	BLACKMAN, Sue	Burnden Road Runners	F55	10:15.9	29	350
127	0:51:20	[0:50:46]	BREMNER, Angela	Lytham St. Annes Road Runners	F45	10:15.9	39	351
128	0:51:24	[0:50:51]	SWORDER, Alison	Fylde Coast Runners	F55	10:16.6	376	352
129	0:51:57	[0:51:30]	ARMSTRONG, Susie	Fylde Coast Runners	F45	10:23.2	7	355
130	0:52:19	[0:52:10]	TAYLOR, Jan	Darwen Dashers RC	F45	10:27.6	383	358
131	0:52:24	[0:51:53]	RICHARDSON, Sara	Lytham Hall Parkrun	F50	10:28.6	316	359
132	0:52:29	[0:52:00]	JONES, Lemonie	Thornton Cleveleys RC	F50	10:29.6	220	360
133	0:52:52	[0:52:31]	CLAYTON, Janet	Lancaster & Morecambe AC	F50	10:34.3	75	361
134	0:54:17	[0:53:51]	TASKER, Helen	Fylde Coast Runners	F35	10:51.2	377	370
135	0:54:46	[0:54:14]	WATKINSON, Ruth	Red Rose Road Runners	F45	10:57.0	410	373
136	0:54:53	[0:54:23]	WILLIAMS, Carole	Red Rose Road Runners	F45	10:58.4	424	374
137	0:55:11	[0:54:53]	SEDDON, Sue	Thornton Cleveleys RC	F40	11:02.1	341	375
138	0:55:20	[0:55:07]	MACLACHLAN, Catherine	Thornton Cleveleys RC	F45	11:03.9	246	376
139	0:55:20	[0:54:44]	BOWER, Julie	Ramsbottom Running Club	F50	11:03.9	35	377
140	0:55:21	[0:54:46]	GEOGHEGAN, Louise	Ramsbottom Running Club	F50	11:04.0	154	379
141	0:56:17	[0:56:01]	WALKER, Linda	Lancaster & Morecambe AC	F55	11:15.2	404	383
142	0:56:35	[0:56:17]	STAPLETON, Linda	Lancaster & Morecambe AC	F65+	11:18.8	372	384
143	0:56:58	[0:56:45]	YOUNG, Tracy	Preston Harriers	F50	11:23.5	440	385
144	0:57:24	[0:57:11]	KAY, Lenny	Blackburn Road Runners	F45	11:28.6	224	386
145	1:00:03	[0:59:34]	FLETCHER, Catherine	Thornton Cleveleys RC	F60	12:00.4	143	389
146	1:00:12	[0:59:36]	UTTLEY, Sophie	Thornton Cleveleys RC	F S	12:02.2	401	390
147	1:00:40	[1:00:04]	HENDLEY, Kate	Thornton Cleveleys RC	F45	12:07.8	190	391
148	1:02:05	[1:01:28]	McLEAN, Dawn	Red Rose Road Runners	F55	12:24.8	267	394
149	1:02:23	[1:01:50]	HATTON, Imelda	Lancaster & Morecambe AC	F50	12:28.4	184	396
150	1:02:23	[1:01:51]	BEARDSWORTH, Susan	Red Rose Road Runners	F40	12:28.5	19	397
151	1:02:50	[1:02:38]	WARRINGTON, Christine	Blackburn Road Runners	F40	12:33.8	409	398
152	1:07:35	[1:07:08]	LITTLE, Fiona	Blackpool Wyre & Fylde AC	F50	13:30.8	241	399