

OverallPos	RaceNo	Name	Club	Time
1	207	PETER WAYMAN	BORDER HARRIERS & AC	00:15:55
2	240	HARRY SHATWELL	STOCKPORT HARRIERS & AC	00:16:01
3	231	MASON GAYLOR	MORPETH HARRIERS & AC	00:16:12
4	218	FINN BEGGAN	KEIGHLEY & CRAVEN AC	00:16:13
5	239	ALISTAIR RILEY	STOCKPORT HARRIERS & AC	00:16:19
6	210	OLLIE CURRAN	DARLINGTON H & AC	00:16:29
7	242	FINLEY POTTER	WARRIORS PENTATHLON & ATHLETIC CLUB	00:16:31
8	237	NOAH PHILLIPS	SALE HARRIERS MANCHESTER	00:16:44
9	208	ARCHIE APPLETON	DARLINGTON H & AC	00:16:52
10	236	GEORGE HORSFALL	SALE HARRIERS MANCHESTER	00:16:54
11	232	EDWARD WATSON	NORTH SHIELDS POLYTECHNIC CLUB	00:17:01
12	211	JAMES I'ANSON	DARLINGTON H & AC	00:17:03
13	227	MAX MYLES	LIVERPOOL HARRIERS & AC	00:17:04
14	213	JACOB MCCOY	ELSWICK HARRIERS	00:17:05
15	212	HENRY ENGELHART	DURHAM CITY HARRIERS & AC	00:17:08
16	222	CHARLIE PORTEOUS	LEEDS CITY ATHLETIC CLUB	00:17:15
17	229	BENTLEY MCINTOSH	LIVERPOOL PEMBROKE & SEFTON H AC	00:17:19
18	209	DANIEL CALLAGHAN	DARLINGTON H & AC	00:17:20
19	205	JOE GREEN	BORDER HARRIERS & AC	00:17:21
20	204	LIAM FULTON	BORDER HARRIERS & AC	00:17:53
21	206	OLIVER RAMSHAW	BORDER HARRIERS & AC	00:17:55
22	221	DYLAN LEADSOM	LANCASTER & MORECAMBE AC	00:17:58
23	215	NICHOLAS SURTEES-BROWN	ELSWICK HARRIERS	00:18:09
24	238	BOBBY BIRKETT	ST HELENS SUTTON AC	00:18:10
25	230	HARRISON WRIGHT	LIVERPOOL PEMBROKE & SEFTON H AC	00:18:17
26	228	BEN MAITLAND	LIVERPOOL PEMBROKE & SEFTON H AC	00:18:38
27	217	DYLAN ALCOCK	KEIGHLEY & CRAVEN AC	00:18:50
28	214	BENJAMIN STONEHOUSE	ELSWICK HARRIERS	00:18:52
29	203	GIL BURNS	BORDER HARRIERS & AC	00:18:54
30	201	OLIVER NORTH	BLACKBURN HARRIERS & AC	00:18:54
31	202	HUNTER BARRETT	BORDER HARRIERS & AC	00:18:55
32	216	ALEX CROFT	HOLMFIRTH HARRIERS AC	00:19:47
33	220	MATTHEW JENNER	KENDAL AMATEUR ATHLETIC CLUB	00:20:52
34	234	ROBIN VIDLER	ROSSENDALE HARRIERS & AC	00:21:21
35	224	OLLIE PEARSON	LEVEN VALLEY AC	00:27:19

OverallPos	RaceNo	Name	Club	Time
1	262	GABRIELLE PINDER	NEW MARSKE HARRIERS CLUB	00:17:18
2	243	OLIVIA MURPHY	BIRTLEY AC	00:17:28
3	265	BEATRIX SOPER	SALE HARRIERS MANCHESTER	00:18:08
4	255	MIA FORD	LIVERPOOL HARRIERS & AC	00:18:18
5	244	MILLIE JORDAN	BLACKBURN HARRIERS & AC	00:18:32
6	261	HEIDI WILKINSON	MORPETH HARRIERS & AC	00:18:41
7	267	IMOGEN WEATHERHEAD	SALFORD HARRIERS & AC	00:18:44
8	254	ESME CAMERON	LIVERPOOL HARRIERS & AC	00:19:02
9	264	GRACE HILL	SALE HARRIERS MANCHESTER	00:19:05
10	257	HONOR PEERS	LIVERPOOL HARRIERS & AC	00:19:14
11	263	MADDY APPLEBY	SALE HARRIERS MANCHESTER	00:19:16
12	266	EMME LOWE	SALFORD HARRIERS & AC	00:19:23
13	268	ISOBEL WOODS	SALFORD HARRIERS & AC	00:19:32
14	245	CHARLOTTE SMITH	BLACKBURN HARRIERS & AC	00:19:35
15	253	AVA WINSTANLEY	HORWICH R M I HARRIERS	00:19:37
16	259	EVIE WORRALL	LIVERPOOL HARRIERS & AC	00:19:43
17	270	KATIE-LOUISE MALLEY	WIGAN & DISTRICT H & AC	00:20:00
18	258	BEAU RAWCLIFFE	LIVERPOOL HARRIERS & AC	00:20:04
19	256	NANCY HOWE	LIVERPOOL HARRIERS & AC	00:20:08
20	260	FAYE HEATLEY	MORPETH HARRIERS & AC	00:20:22
21	248	CICELY MORGANS	DARLINGTON H & AC	00:20:33
22	247	ALICE LUNN	DARLINGTON H & AC	00:20:38
23	249	LUCILE BARKER	ELSWICK HARRIERS	00:20:43
24	251	NIAMH LOGAN	ELSWICK HARRIERS	00:21:32
25	269	ELIZA PALMER	TYNE BRIDGE HARRIERS	00:21:57
26	250	JEMIMA BOND	ELSWICK HARRIERS	00:22:04
27	246	ELLA STRAFFON-FINCH	BURY ATHLETIC CLUB	00:22:07

OverallPos	RaceNo	Name	Club	Time
1	290	JAKE NORRIS	LEEDS CITY ATHLETIC CLUB	00:15:20
2	287	ALFIE COOK	GATESHEAD HARRIERS & AC	00:15:27
3	293	PHOENIX HAYTON-ROWELL	NORTH SHIELDS POLYTECHNIC CLUB	00:15:28
4	289	WILLIAM OAKDEN	KEIGHLEY & CRAVEN AC	00:15:46
5	272	WILLIAM GRUNDY	BLACKBURN HARRIERS & AC	00:15:51
6	282	KIRSTEN-KYLE SRIDHAR	DARLINGTON H & AC	00:15:56
7	276	JACK WOOD	BLACKBURN HARRIERS & AC	00:16:08
8	275	MAX WINSTANLEY	BLACKBURN HARRIERS & AC	00:16:14
9	296	MATTHEW CULLEN-BROWN	SALE HARRIERS MANCHESTER	00:16:14
10	295	HARRY ORR	ROTHERHAM HARRIERS AND AC	00:16:14
11	286	OLIVER WALKER	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:16:32
12	285	MARSHALL FLEET	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:16:40
13	280	MATTHEW FOSTER	DARLINGTON H & AC	00:16:45
14	278	JACOB OSTLE	BORDER HARRIERS & AC	00:16:48
15	288	OLIVER FREW	KEIGHLEY & CRAVEN AC	00:16:48
16	294	FRANCIS VIDLER	ROSSENDALE HARRIERS & AC	00:16:50
17	299	FINLAY CARTHY	SALFORD HARRIERS & AC	00:16:52
18	297	CONOR MCMANUS	SALE HARRIERS MANCHESTER	00:16:52
19	300	ISAAC SNELL	TYNE BRIDGE HARRIERS	00:16:52
20	301	DYLAN GOUGH	WIGAN & DISTRICT H & AC	00:16:53
21	284	NATHAN DUNN	EAST CHESHIRE HARRIERS & TAMESIDE AC	00:17:00
22	291	JOSEPH CONNOLLY	LEVEN VALLEY AC	00:17:14
23	274	HENRY WARD	BLACKBURN HARRIERS & AC	00:17:23
24	281	WILLIAM HART	DARLINGTON H & AC	00:18:15
25	273	THOMAS NORTH	BLACKBURN HARRIERS & AC	00:18:44

OverallPos	RaceNo	Name	Club	Time
1	310	REBECCA MURPHY	LIVERPOOL HARRIERS & AC	00:18:13
2	309	HOLLY CROSS	LIVERPOOL HARRIERS & AC	00:18:21
3	319	OONAGH MCMANUS	SALFORD HARRIERS & AC	00:18:36
4	316	RUBY CLEAVER	ROSSENDALE HARRIERS & AC	00:18:53
5	320	SOPHIA NATION	SALFORD HARRIERS & AC	00:19:06
6	308	BETHAN BUCKLEY	KEIGHLEY & CRAVEN AC	00:19:44
7	311	FRANCES O'BRIEN	LIVERPOOL HARRIERS & AC	00:19:48
8	306	ISABELLE MILLIGAN	BORDER HARRIERS & AC	00:20:03
9	321	LUCIA NAYAK	TYNE BRIDGE HARRIERS	00:20:26
10	303	BELLA ROSE MCCREDIE	BLACKBURN HARRIERS & AC	00:20:30
11	318	ELIZA DOYLE	SALFORD HARRIERS & AC	00:20:37
12	305	AGATHA TAYLOR	BLACKBURN HARRIERS & AC	00:20:45
13	323	HOLLY NICHOLLS	WIGAN & DISTRICT H & AC	00:20:48
14	315	ANNIE MURPHY	NORTH SHIELDS POLYTECHNIC CLUB	00:21:31
15	317	RUBY LANGFORD	SALE HARRIERS MANCHESTER	00:22:05
16	322	KATIE BONNER	WIGAN & DISTRICT H & AC	00:22:34

	Club	Laps	Lap1	Lap1_Runner	Lap2	Lap2_Runner	Lap3	Lap3_Runner	Lap4	Lap4_Runner	Lap5	Lap5_Runner	Lap6	Lap6_Runner	Lap7	Lap7_Runner	Lap8	Lap8_Runner	Lap9	Lap9_Runner	Lap10	Lap10_Runner	Lap11	Lap11_Runner	Lap12	Lap12_Runner	Time
1	LEEDS CITY ATHLETIC CLUB A	12	00:20:14	Joe Firth	00:14:58	Ossama Meslek	00:20:55	John Beattie	00:15:12	Nathan Marsh	00:20:30	Jenson Connell	00:15:23	Daniel Franks	00:20:06	Richard Allen	00:15:00	William Tighe	00:15:41	Andrew Smith	00:15:36	Leon Wheeler	00:15:30	Sean Flanagan	00:14:43	Gavyn Chalmers	03:23:53
2	MORPETH HARRIERS & AC A	12	00:20:15	Finn Brodie	00:15:08	George Lowry	00:20:19	Carl Avery	00:15:31	Liam Roche	00:20:50	Lawrence McCourt	00:15:31	Andrew Swinburne	00:20:23	Chris Coulson	00:15:23	Josh Fiddaman	00:15:21	James Tilley	00:14:58	William de Vere Owen	00:15:54	Sam Hancock	00:15:15	Ellis Hetherington	03:24:55
3	SALFORD HARRIERS & AC A	12	00:20:33	Marc Brown	00:15:26	Jacob Wood-Doyle	00:20:53	David Barratt	00:15:28	Karl Darcy	00:20:49	Callum Davidson	00:15:21	Thomas Cornthwaite	00:20:40	Joshua Birmingham	00:15:15	Joseph Moores	00:15:20	Tom Hodgson	00:15:41	Callum Rowlinson	00:15:36	George Beardmore	00:14:28	Harry Wakefield	03:25:37
4	VALE ROYAL AC	12	00:21:22	Matt Rowlinson	00:15:09	William Ashfield	00:21:15	Aaron Doyle	00:15:41	Edward Pettitt	00:22:15	Nathan Williams	00:15:42	Matthew McCormack	00:21:42	John Humphries	00:15:45	Thomas Taylor	00:15:58	Richard Ryan	00:16:17	Oliver Williams	00:16:23	James Griffiths	00:17:37	Stuart Doyle	03:35:12
5	LEEDS CITY ATHLETIC CLUB B	12	00:21:27	Wondyfe Fikre Indebu	00:16:00	Michael Saller	00:22:21	Harry Butler	00:16:33	Mike Burnett	00:22:10	Jason Hall	00:17:08	Leon Foster	00:21:32	Sam Atkinson	00:16:19	Ross McKelvie	00:16:58	Alan Buckley	00:16:05	Abdu Ahmed	00:15:29	Mohamed Abashir	00:17:19	David Parkin	03:38:20
6	SALFORD HARRIERS & AC B	12	00:21:36	Michael Mannings	00:16:02	Jamie Barber	00:22:10	Harry Partington	00:16:31	Samuel Barlow	00:22:10	Matthew Cooper	00:17:02	Matthew Russell	00:21:33	Gary Priestley	00:16:16	Patrick Cusack	00:16:28	Joe Barton	00:16:32	Elliott Williams	00:15:47	Carl Hardman	00:16:45	Kieran Cann	03:38:58
7	NORTH SHIELDS POLYTECHNIC CLUB	12	00:22:00	David Green	00:15:20	Daniel Watson	00:22:39	Peter Glen-Ravenhill	00:16:17	William Robson	00:21:31	Alex Bellew	00:16:02	Elliot Moore	00:22:00	Louis Gardner	00:16:49	Jonathan Malley	00:16:44	Matthew Nicholson	00:16:42	Jonathan Maley	00:16:55	Ian Dunn	00:16:43	Alex Black	03:39:48
8	GATESHEAD HARRIERS & AC	12	00:21:40	Andrew Mulhall	00:15:41	Dave Richardson	00:23:02	Owen Burn	00:15:46	Jack Douglas	00:21:42	James Nettleton	00:16:38	Harry Loasby	00:22:43	Hugh Porter	00:18:29	Christopher Parkin	00:16:48	Cole Reid	00:17:29	Douglas Tickner	00:16:41	Anthony Walllett	00:15:56	Sam Punnett	03:42:40
9	KESWICK AC A	12	00:20:20	John Batrick	00:16:41	Calum Tinnion	00:22:10	Sam Stead	00:18:12	Robert Tansey	00:21:31	Harry Bolton	00:16:57	Micah Wightman	00:21:51	Sam Holding	00:15:55	Mark Lamb	00:18:10	Guy Illingworth	00:16:53	Joe Cox	00:17:19	Joshua Taylor	00:17:20	Rob Brown	03:43:23
10	BORDER HARRIERS & AC A	12	00:22:08	Mark Emmerson	00:16:08	George Tiffin-Lowe	00:21:36	James Douglas	00:15:16	James Salt	00:22:15	David Rich	00:18:44	Daniel Balmer	00:21:40	Ross London	00:17:44	Jonny Lowe	00:16:34	David Rose	00:17:14	Ashley Todd	00:17:55	Russell Maddams	00:16:56	Alfie Lamb	03:44:15
11	ROTHERHAM HARRIERS AND AC	12	00:21:28	Daniel Reeve	00:17:50	Richard Harris	00:22:28	James Mellor	00:16:59	Sam Clegg	00:22:43	Ben Burton	00:16:56	Theo Armitage	00:22:01	Toby Wildgoose	00:16:55	Vincent Johnson	00:16:55	Matthew Parker	00:16:15	Gareth Sampson	00:16:53	Kyle Craib	00:17:49	Aidan Johnson	03:45:17
12	ROSSENDALE HARRIERS & AC	12	00:20:59	Grant Cunliffe	00:16:03	Matthew Harris	00:22:01	Jonathan Cleaver	00:17:19	James Boyd	00:22:37	Robert Webb	00:16:40	Kouros Driscoll	00:21:57	Aaron Barker	00:16:46	Joshua Whitehead	00:17:30	Dominic Popland	00:17:41	Troy Nuttall	00:20:15	Andrew Grenfell	00:16:53	Chris Clare	03:46:46
13	SALE HARRIERS MANCHESTER	12	00:21:00	Brhane Gebrebrhan	00:15:07	Finlay Day	00:20:42	Max Wharton	00:15:26	Joseph Godwood	00:21:51	Philip Robertson	00:16:30	Marcus Nicholson	00:22:02	Alex Bradford	00:17:14	Christopher Spence-Leslie	00:17:57	David Howlett	00:19:45	David Marsh	00:18:39	Tim Kennedy	00:21:10	Gaurav Batra	03:47:28
14	TYNE BRIDGE HARRIERS	12	00:21:05	Jarlah McKeena	00:16:35	Tim Wilcock	00:21:53	Michael Hedley	00:16:38	Paul O'Mara	00:21:59	Michael Iott	00:16:50	Adam Pratt	00:21:56	Tom Charlton	00:19:06	Andrew Greenwell	00:17:15	Cormac Malone	00:18:07	Alastair Blain	00:17:56	Ian Pickett	00:19:15	Adam Todhunter	03:48:41
15	ELVET STRIDERS A	12	00:22:37	Mark Kearney	00:17:26	Mark Warner	00:22:56	Sam Jackson	00:16:54	Andrew Westgarth	00:23:27	Liam Huntington	00:16:37	Jonny Langley	00:23:22	Bryan Potts	00:16:58	James Curry	00:17:14	Wayne Pearson	00:17:10	David Milligan	00:17:20	Kieron Day	00:17:02	Adam Stephenson	03:49:09
16	BURY ATHLETIC CLUB	12	00:21:04	Martin Clark	00:16:28	Jack Passey	00:21:59	Benjamin Coop	00:17:08	Ryan Hallworth	00:22:25	James Brown	00:16:24	Sebastian Poma	00:23:22	Jack Griffiths	00:17:48	Paul Johnston	00:17:58	Ben Sunley	00:17:25	Luke Harfield	00:18:28	Curtis Simpson	00:19:27	Robert Buttenworth	03:50:03
17	VALLEY STRIDERS AC	12	00:21:46	James Harrod	00:16:56	Joshua Taylor-Brown	00:23:30	Edward Cheseldine	00:17:11	Tom Thomas	00:23:05	Tristan Hearsey	00:17:46	James Morris	00:23:15	adam Knights	00:17:07	Matt Weston	00:17:22	Mattia Dessi	00:17:11	Adam Last	00:17:55	Andrew Ford	00:18:09	Andy Parkinson	03:51:20
18	MORPETH HARRIERS & AC B	12	00:21:02	Matthew Walton	00:16:14	Oliver Tomlinson	00:22:02	Andrew Lawrence	00:15:40	Joe Dixon	00:23:20	Alistair Douglass	00:17:18	David Stabler	00:24:15	Thomas Straughan	00:22:23	Robert Hancock	00:16:20	Jason Dawson	00:19:14	Matthew Briggs	00:16:27	Lee Cuthbertson	00:17:36	Bobby Hagan	03:51:56
19	HORWICH R M I HARRIERS	12	00:21:05	James Scott-Farrington	00:15:57	Matthew Harrison	00:23:37	Ian Conroy	00:16:43	Ryan Snee	00:23:57	Thomas McKee	00:18:14	Daniel McParland	00:23:06	Tom Rigby	00:19:04	Adam MacDonald	00:18:26	Alastair Murray	00:18:55	Marcus Taylor	00:17:53	Matthew Dewhurst	00:16:33	Matthew Smith	03:53:37
20	BIRTLEY AC	12	00:23:30	Ian Robinson	00:17:32	Joe Wallace	00:23:42	Darren Michael Purvis	00:18:17	Nigel Simpson	00:23:12	Robert Torch	00:16:39	Kieran Reay	00:21:13	Adrian Bailes	00:18:18	Andrew Bevers	00:19:08	Ross Thraves	00:20:44	Philip Atkinson	00:16:56	George Bevers	00:17:29	Peter Farnie	03:56:46
21	ST THERESA'S A.C.	12	00:22:59	Richard Herrington	00:17:38	Caim Morrison	00:23:15	Thomas Davey	00:18:03	Chin Yong	00:23:21	Tom Cryer	00:18:32	Nigel Fuller	00:24:22	Neil Hardy	00:17:58	Nick Daley	00:19:26	David Lanson	00:18:22	Andrew Haines	00:17:57	Andrew Grinnell	00:17:06	Shane Grace	03:59:04
22	STEEL CITY STRIDERS RC	12	00:22:10	Seth Kirby	00:16:22	Robert Byers	00:22:15	Gareth Winter	00:18:22	Louis Wood	00:24:12	Brendon Wain	00:18:22	Malcolm Baggaley	00:24:36	Edward Shattock	00:19:26	Ben Baxendale	00:20:23	Will Leaning	00:17:43	Hal Roberts	00:17:56	Steven Cahill	00:18:16	Samuel Doyle	04:00:10
23	EAST CHESHIRE HARRIERS & TAMESIDE AC	12	00:21:34	Michael Holness	00:17:38	Tom McMahon	00:24:14	Liam Browne	00:18:18	Jacob Eastwood	00:22:46	Brandon Kenyon-Betts	00:17:35	Joe Taylor	00:24:12	Howard Oldham	00:17:11	Gavin Browne	00:18:46	Andy Sykes	00:19:04	Michael Kennedy	00:19:43	James Hartschorn	00:19:27	Jaccol Taylor	04:00:34
24	SOUTHPORT WATERSLOO AC	12	00:23:01	Lewis Wilson	00:17:33	David Hamilton	00:24:00	Mark Wynne	00:17:32	Andrew Kershaw	00:23:31	Callum Queen	00:18:47	Dazza Moore	00:24:12	Andrew Waddington	00:18:50	Karl Randless	00:18:40	Alex Gould	00:18:18	Mark Singer	00:18:29	Daniel Hutchinson	00:18:53	John Delamere	04:01:51
25	HOUGHTON HARRIERS & AC	12	00:20:48	Alexander Brown	00:17:31	Ethan McGlen	00:24:11	Rory Graham	00:18:48	Steve Gilder	00:23:33	Lee James Dover	00:19:01	Samuel Hardy	00:25:07	Ryan King	00:19:09	Lewis Nagel	00:19:03	Steven Johnson	00:18:55	Jack Seenev	00:18:01	Adam Middleton	00:17:53	Luke Pickering	04:02:05
26	LIVERPOOL PEMBROKE & SEFTON H AC	12	00:20:24	Sé Loughlin	00:17:43	Daniel Jones	00:24:42	Paul Milburn	00:19:50	ADAM LINK	00:23:28	Alexander Procter	00:17:44	Adam Jones	00:24:47	John Rowan	00:19:14	Adrian Rogers	00:18:30	Michael Procter	00:17:05	David Mulvey	00:20:10	Ross Johnson	00:20:23	Robert Coppell	04:04:04
27	LEIGH HARRIERS & AC	12	00:23:23	Chris Benjamin	00:17:50	Owen Kelly	00:22:50	Thomas Kneller	00:17:14	Henry Robinson	00:24:38	Elliot Gresty	00:19:14	Harry Read	00:24:22	Robert Thorpe	00:18:17	Jacques Menguy	00:19:34	Ronnie Coleman	00:18:10	Jordan Lee	00:18:54	Daniel Meakin	00:21:04	Adam Wilkinson	04:05:36
28	SALTFARE STRIDERS	12	00:23:52	Nick Hardy	00:19:35	James Carlton	00:23:29	Aaron McConkey	00:17:58	Will Kerr	00:23:25	Jake Egan	00:18:21	russell Macfarlane	00:24:19	Paul Weir	00:18:19	Thomas Jackson	00:17:35	Martin Fillingham	00:19:49	Matthew Parry	00:19:25	Stuart Dunbar	00:22:03	Daniel Jenkins	04:08:13
29	BORDER HARRIERS & AC B	12	00:24:00	Lee Todhunter	00:18:13	Lee Doswell	00:25:11	Daniel Jackson	00:18:56	John Fisher	00:24:33	Eddie Fletcher	00:18:54	Stuart Robinson	00:24:29	Kai Hatcher	00:18:09	George Storey	00:19:10	Edward Salt	00:19:11	Michael Bain	00:17:55	Stephen Weston	00:19:29	Alan Young	04:08:16
30	HOAD HILL HARRIERS A	12	00:23:17	Luke Turner	00:19:17	Robert Inman	00:24:10	Nathan White	00:19:35	Rich Greenfield	00:24:18	Scott Smith	00:21:32	Ken Lamb	00:24:31	Darren Coward	00:20:31	Daniel Booth	00:17:52	Scott Bremner	00:19:24	Gary Dover	00:17:51	Graham Jessop	00:17:18	Charles Jeffrey	04:09:41
31	EDEN RUNNERS A	12	00:24:59	Daniel Clarke	00:18:04	Roy Emerson	00:24:13	Andrew Douglas	00:17:41	Edward Walker	00:23:24	Rowan Varley	00:20:16	Aaron Baglee	00:27:42	Rory Robertson	00:19:07	Josh Dowson	00:21:19	Jamie Jephcott	00:18:47	Steven Southern	00:19:04	John Williams	00:18:09	Theo Spring	04:12:50
32	ELVET STRIDERS B	12	00:24:55	Michael Littlewood	00:18:27	Lukasz Szymczak	00:25:13	Kurt Dale	00:19:15	Allan Renwick	00:25:32	Lindsay McEwan	00:16:18	Jed Shaw	00:27:00	Nathan Mould	00:18:22	Michael Mason	00:18:16	Peter Clough	00:20:08	Dan Lee	00:20:11	Wayne Churchill	00:17:49	Ben Melia	04:13:33
33	KENDAL AMATEUR ATHLETIC CLUB	12	00:22:48	Alasdair Russell	00:17:22	Alfie Addison	00:25:34	Richard Wilson	00:18:25	Alfie Todd	00:25:52	William Sisson	00:16:20	Daniel Clavey	00:25:51	Matthew Wilson	00:18:05	Joshua Todd	00:20:07	Sam Matthews	00:21:25	Joe Todd	00:19:19	Alex Davies	00:24:31	Stuart McGurk	04:15:44
34	DERWENT AC COCKERMOUTH	12	00:23:42	Paul Lowery	00:20:42	Matthew Le Voi	00:24:26	Phil Hind	00:21:06	George Royston-Bishop	00:23:10	Stefanos Stephanou	00:21:19	John Owens	00:26:09	Connor Thurlow	00:18:49	Richard Milner	00:19:18	Daniel Foy	00:20:39	Philip Cueto	00:20:04	Adam Anderson	00:19:52	David Harper	04:19:20
35	KESWICK AC B	12	00:26:34	Matthew Jones	00:21:58	Steve Jones	00:26:50	Max Buttinger	00:23:31	BJ Bekker	00:26:57	Chris Eland	00:17:48	Steven Hebblethwaite	00:26:44	Lee Smith	00:20:01	Angus Wightman	00:19:06	Jonathan Lamb	00:20:55	Mark Roberts	00:22:26	Ian Davies	00:21:17	Paul Morris	04:34:12
36	HOAD HILL HARRIERS B	11	00:27:52	Howard Lindow	00:20:01	James Perry	00:29:07	Mark Todd	00:25:09	Frank McKeown	00:28:58	Andrew Spence	00:20:54	Rowan Barton	00:30:09	Jack Richards	00:25:04	Matt Green	00:21:12	John Austin	00:21:55	Christopher Starr	00:19:55	Andy Johannessen			04:30:20
37	EDEN RUNNERS B	11	00:30:07	James Saxon	00:24:36	Andrew Walker	00:30:17	James Jardine	00:22:03	Steve Semple	00:32:35	Keith Black	00:28:30	Simon Kneil	00:30:48	Garry Bower	00:23:12	Roy Bottomley	00:19:09								

Pos	Club	Laps	Lap1	Lap1_Team Member	Lap2	Lap2_Team Member	Lap3	Lap3_Team Member	Lap4	Lap4_Team Member	Lap5	Lap5_Team Member	Lap6	Lap6_Team Member	Time
1	LEEDS CITY ATHLETIC CLUB A	6	00:23:26	Heather Townsend	00:17:24	Georgia Malir	00:17:48	Charlotte Van Zelst	00:23:40	Sarah Potter	00:17:22	Eilidh Bell	00:17:50	Steffi Luker Edwards	01:57:31
2	BORDER HARRIERS & AC A	6	00:22:47	Esme Davies	00:17:52	Olivia Grace Mason	00:18:31	Sally Addison	00:23:43	Rachel Brown	00:19:01	Rhiannon Douglas	00:16:56	Kate Maltby	01:58:50
3	SALFORD HARRIERS & AC	6	00:25:14	Darcy Slattery	00:18:28	Isabella Appleby	00:18:17	Emily Russell	00:24:06	Jasmine Wright	00:18:30	Katie Reynolds	00:18:49	Amelia Bratt	02:03:23
4	TRAFFORD ATHLETIC CLUB A	6	00:23:13	Bethany Reid	00:18:35	Kate Meeson	00:18:52	Isabelle Rippon	00:25:51	Sarah Hudak	00:19:26	Zoe Storr	00:18:22	Alice Stiles	02:04:19
5	STEEL CITY STRIDERS RC A	6	00:25:54	Caroline Brock	00:19:20	Helen Roberts	00:20:00	Emily Green	00:25:47	Leanne Muscroft	00:19:30	Kathryn Liddiard	00:19:55	Sarah-Jane Brown	02:10:27
6	BURY ATHLETIC CLUB	6	00:25:36	Sinead Taylor	00:19:51	Rose Johnson	00:20:40	Sophie Hill	00:26:04	Alia Braithwaite	00:19:57	Sarah Flett	00:20:05	Sinead Burns	02:12:13
7	SALE HARRIERS MANCHESTER A	6	00:24:53	Alice Wright	00:23:00	Rachael Rozhdvestvenskaya	00:17:42	Nicola Moynihan	00:26:42	Chloe Elliott	00:20:14	Mia Gibbons	00:20:10	Sophie Armitage	02:12:42
8	KEIGHLEY & CRAVEN AC A	6	00:24:39	Eleanor Robinson	00:20:00	Harisah Ghafoor	00:20:49	Katie Buckley	00:26:45	Hinda Hardaker	00:21:55	Amanda Alcock	00:19:10	Emma Raven	02:13:17
9	KESWICK AC A	6	00:27:06	Philippa McCrea	00:21:05	Jenn Bell	00:21:44	Samantha Ayers	00:25:25	Caroline Lambert	00:21:10	Trudy Beetham	00:20:22	Louise Brown	02:16:54
10	BORDER HARRIERS & AC B	6	00:25:59	Erin Barry	00:20:02	Alex Holmes	00:20:41	Fiona Smith	00:28:35	Teresa Medley	00:20:26	Fiona Todd	00:21:29	Melissa Bills	02:17:12
11	HOLMFIRTH HARRIERS AC	6	00:25:00	Helen Haigh	00:19:40	Juliette Le Mare	00:21:49	Sophie Cromwell	00:27:43	Helena Croft	00:21:53	Liz Woodfield	00:23:39	Rachael Mellor	02:19:44
12	HOAD HILL HARRIERS A	6	00:27:13	Beckie Ripley	00:20:55	Sharon Dixon	00:21:48	Natasha Gray	00:27:45	Lauren Booth	00:22:04	Joanne McLeod	00:20:15	Amy Whelan	02:20:00
13	EDEN RUNNERS A	6	00:30:56	Suzanne Smith	00:20:22	Sally Braithwaite	00:20:26	Sally McCulloch	00:28:58	Katy Ward	00:20:57	Kathryn Metcalfe	00:20:13	Emma Nielsen	02:21:52
14	SALE HARRIERS MANCHESTER B	6	00:29:09	Hannah Brierley	00:21:22	Sarah Goulden	00:21:55	Helen Armitage	00:29:28	Kathryn Wilkinson	00:20:41	Georgia Elizabeth Heath	00:22:45	Janice Harding	02:25:20
15	BIRTLEY AC	6	00:26:02	Abby Codling	00:21:13	Eve Southern	00:24:13	Scarlett Newby	00:27:05	Hannah Linton	00:22:26	Terri Bouma	00:25:30	Kirsty Robinson	02:26:29
16	KENDAL AMATEUR ATHLETIC CLUB	6	00:29:50	Lynn Hamel	00:23:03	Jenny England	00:24:03	Lisa Wrigley	00:32:35	Amy Wilkin	00:25:20	Carolyn Kevan	00:21:07	Amy Pearman	02:35:58
17	KESWICK AC B	6	00:31:20	Celia Dring	00:22:43	Zoe Hebblethwaite	00:23:02	Leeann Barber	00:31:06	Melanie Mustafa	00:26:30	Heather Woods	00:22:14	Hazel Davies	02:36:54
18	EDEN RUNNERS B	6	00:31:03	Katherine Milburn	00:21:54	Susanne Enhard	00:21:45	Juliet Eyre	00:38:44	Shannon Lambert	00:21:53	Lisa Askins	00:22:01	Lucy Jones	02:37:19
19	DERWENT AC COCKERMOUTH A	6	00:29:01	Jessica Jones	00:23:11	Bethan Murray	00:27:45	Sarah Chaudhri	00:32:49	Debbie Walker	00:24:18	Naomi Le Voi	00:25:41	Sheena Murray	02:42:44
20	HOAD HILL HARRIERS B	6	00:31:06	Liz White	00:23:47	Gill Noble-Grey	00:24:46	Tarryn Jessop	00:32:43	Claire Shewbridge	00:28:14	Sara King	00:22:54	Daisy Fletcher-Cooney	02:43:31
21	ELVET STRIDERS	6	00:28:24	emma Thompson	00:25:32	Christina McCarroll	00:27:13	Grace Shaw	00:34:16	Susan Davis	00:24:12	Nina Mason	00:27:39	Wendy Littlewood	02:47:16
22	EDEN RUNNERS C	6	00:36:01	Katy Bower	00:24:48	Alison Walker	00:25:56	Sophie Thompson	00:33:33	Claire Crewe	00:24:57	Teresa Bell	00:24:50	Fiona Ferguson	02:50:05
23	BLACKHILL BOUNDERS	6	00:28:13	Zarah Levington	00:25:01	Kate Errington	00:23:51	Elisabeth Middlemas	00:36:44	CAROL MORRISON	00:25:35	Joanna Hughes	00:30:51	Mandy Dixon	02:50:16
24	DERWENT AC COCKERMOUTH B	6	00:34:40	Hilary Royston-Bishop	00:28:49	Jane Taylor	00:29:48	Amy Anderson	00:34:04	Anna Stephanou	00:24:32	Louise Donoghue	00:28:46	Joanne Milner	03:00:40
25	EDEN RUNNERS D	6	00:35:32	Marie Hemingway	00:27:30	Maisie Lambert	00:33:29	Anne Blues	00:38:19	Dawn Grant	00:26:55	Margaret Mossman	00:27:13	Gina Mumford	03:08:58
26	TYNE BRIDGE HARRIERS	5	00:25:58	Rebecca Blain	00:19:41	Robyn Naylor	00:20:17	Amy Rivington	00:26:03	Hannah Stewart	00:23:21	Justine Carrion-Weiss			01:55:21
27	KESWICK AC C	5	00:33:24	Bethan Naylor	00:24:19	Lindsay Walker	00:27:01	Catherine Evans	00:37:53	Kathleen Proctor	00:26:59	Nicky Butler			02:29:36
28	KEIGHLEY & CRAVEN AC B	4	00:30:45	Benedicte Frew	00:22:57	Gaynor Anderson-Yates	00:27:06	Vanessa Howley	00:41:29	Lorna Hubbard					02:02:18
29	LIVERPOOL PEMBROKE & SEFTON H AC	3	00:34:14	Sophie Smith	00:18:47	Emma Fulton	00:24:29	Michelle Durney							01:17:30
30	LEEDS CITY ATHLETIC CLUB B	1	00:25:43	Hannah Stroud											00:25:43
31	STEEL CITY STRIDERS RC B	1	00:28:51	Hannah Holliday											00:28:51

Men's Long Leg Fastest Times					
RaceNo	Team	Team Member	Other1	Lap	Lap Time
22	LEEDS CITY ATHLETIC CLUB A	Richard Allen	SEN	Lap7	00:20:06
22	LEEDS CITY ATHLETIC CLUB A	Joe Firth	SEN	Lap1	00:20:14
28	MORPETH HARRIERS & AC A	Finn Brodie	SEN	Lap1	00:20:15
28	MORPETH HARRIERS & AC A	Carl Avery	SEN	Lap3	00:20:19
20	KESWICK AC A	John Battrick	SEN	Lap1	00:20:20
28	MORPETH HARRIERS & AC A	Chris Coulson	U23	Lap7	00:20:23
27	LIVERPOOL PEMBROKE & SEFTON H AC	Sé Loughlin	U23	Lap1	00:20:24
22	LEEDS CITY ATHLETIC CLUB A	Jenson Connell	U23	Lap5	00:20:30
34	SALFORD HARRIERS & AC A	Marc Brown	SEN	Lap1	00:20:33
34	SALFORD HARRIERS & AC A	Joshua Birmingham	SEN	Lap7	00:20:40
33	SALE HARRIERS MANCHESTER	Max Wharton	SEN	Lap3	00:20:42
18	HOUGHTON HARRIERS & AC	Alexander Brown	SEN	Lap1	00:20:48
34	SALFORD HARRIERS & AC A	Callum Davidson	SEN	Lap5	00:20:49
28	MORPETH HARRIERS & AC A	Lawrence McCourt	SEN	Lap5	00:20:50
34	SALFORD HARRIERS & AC A	David Barratt	SEN	Lap3	00:20:53
22	LEEDS CITY ATHLETIC CLUB A	John Beattie	SEN	Lap3	00:20:55
31	ROSSENDALE HARRIERS & AC	Grant Cunliffe	SEN	Lap1	00:20:59
33	SALE HARRIERS MANCHESTER	Brhane Gebrebrhan	SEN	Lap1	00:21:00
29	MORPETH HARRIERS & AC B	Matthew Walton	U23	Lap1	00:21:02
4	BURY ATHLETIC CLUB	Martin Clark	SEN	Lap1	00:21:04
23	LEEDS CITY ATHLETIC CLUB B	Jason Hall	SEN	Lap5	00:21:04
42	TYNE BRIDGE HARRIERS	Jarlath McKenna	SEN	Lap1	00:21:05
17	HORWICH R M I HARRIERS	James Scott-Farrington	SEN	Lap1	00:21:05
1	BIRTLEY AC	Adrian Bailes	SEN	Lap7	00:21:13
43	VALE ROYAL AC	Aaron Doyle	SEN	Lap3	00:21:15
43	VALE ROYAL AC	Matt Rowlinson	SEN	Lap1	00:21:22
23	LEEDS CITY ATHLETIC CLUB B	Wondiye Fikre Indelbu	SEN	Lap1	00:21:27
32	ROTHERHAM HARRIERS AND AC	Daniel Reeve	U20	Lap1	00:21:28
20	KESWICK AC A	Harry Bolton	SEN	Lap5	00:21:31
30	NORTH SHIELDS POLYTECHNIC CLUB	Alex Bellew	SEN	Lap5	00:21:31
23	LEEDS CITY ATHLETIC CLUB B	Sam Atkinson	SEN	Lap7	00:21:32
35	SALFORD HARRIERS & AC B	Gary Priestley	SEN	Lap7	00:21:33
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Michael Holness	SEN	Lap1	00:21:34
2	BORDER HARRIERS & AC A	James Douglas	SEN	Lap3	00:21:36
35	SALFORD HARRIERS & AC B	Michael Mannings	SEN	Lap1	00:21:36
12	GATESHEAD HARRIERS & AC	Andrew Mulhall	U23	Lap1	00:21:40
2	BORDER HARRIERS & AC A	Ross Landon	SEN	Lap7	00:21:40
43	VALE ROYAL AC	John Humphries	SEN	Lap7	00:21:42
41	TRAFFORD ATHLETIC CLUB	Jordi Evans-Rodriguez	U23	Lap1	00:21:42
12	GATESHEAD HARRIERS & AC	James Nettleton	SEN	Lap5	00:21:42
44	VALLEY STRIDERS AC	James Harrod	U23	Lap1	00:21:46
33	SALE HARRIERS MANCHESTER	Philip Robertson	SEN	Lap5	00:21:51
20	KESWICK AC A	Sam Holding	SEN	Lap7	00:21:51
42	TYNE BRIDGE HARRIERS	Michael Hedley	SEN	Lap3	00:21:53
42	TYNE BRIDGE HARRIERS	Tom Charlton	SEN	Lap7	00:21:56
31	ROSSENDALE HARRIERS & AC	Aaron Barker	SEN	Lap7	00:21:57
42	TYNE BRIDGE HARRIERS	Michael Ilott	SEN	Lap5	00:21:59
4	BURY ATHLETIC CLUB	Benjamin Coop	SEN	Lap3	00:21:59
30	NORTH SHIELDS POLYTECHNIC CLUB	David Green	SEN	Lap1	00:22:00
30	NORTH SHIELDS POLYTECHNIC CLUB	Louis Gardner	SEN	Lap7	00:22:00
31	ROSSENDALE HARRIERS & AC	Jonathan Cleaver	SEN	Lap3	00:22:01

32	ROTHERHAM HARRIERS AND AC	Toby Wildgoose	SEN	Lap7	00:22:01
33	SALE HARRIERS MANCHESTER	Alex Bradford	SEN	Lap7	00:22:02
29	MORPETH HARRIERS & AC B	Andrew Lawrence	SEN	Lap3	00:22:02
2	BORDER HARRIERS & AC A	Mark Emmerson	SEN	Lap1	00:22:08
20	KESWICK AC A	Sam Stead	SEN	Lap3	00:22:10
35	SALFORD HARRIERS & AC B	Harry Partington	SEN	Lap3	00:22:10
40	STEEL CITY STRIDERS RC	Seth Kirby	SEN	Lap1	00:22:10
35	SALFORD HARRIERS & AC B	Matthew Cooper	SEN	Lap5	00:22:10
2	BORDER HARRIERS & AC A	David Rich	SEN	Lap5	00:22:15
43	VALE ROYAL AC	Nathan Williams	SEN	Lap5	00:22:15
40	STEEL CITY STRIDERS RC	Gareth Winter	SEN	Lap3	00:22:15
23	LEEDS CITY ATHLETIC CLUB B	Harry Butler	SEN	Lap3	00:22:21
4	BURY ATHLETIC CLUB	James Brown	SEN	Lap5	00:22:25
32	ROTHERHAM HARRIERS AND AC	James Mellor	SEN	Lap3	00:22:28
10	ELVET STRIDERS A	Mark Kearney	SEN	Lap1	00:22:37
31	ROSSENDALE HARRIERS & AC	Robert Webb	SEN	Lap5	00:22:37
30	NORTH SHIELDS POLYTECHNIC CLUB	Peter Glen-Ravenhill	SEN	Lap3	00:22:39
12	GATESHEAD HARRIERS & AC	Hugh Porter	SEN	Lap7	00:22:43
32	ROTHERHAM HARRIERS AND AC	Ben Burton	SEN	Lap5	00:22:43
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Brandon Kenyon-Betts	U20	Lap5	00:22:46
19	KENDAL AMATEUR ATHLETIC CLUB	Alasdair Russell	SEN	Lap1	00:22:48
25	LEIGH HARRIERS & AC	Thomas Kneller	SEN	Lap3	00:22:50
10	ELVET STRIDERS A	Sam Jackson	SEN	Lap3	00:22:56
39	ST THERESA'S A.C.	Richard Herrington	SEN	Lap1	00:22:59
38	SOUTHPORT WATERLOO AC	Lewis Rooney	SEN	Lap1	00:23:01
12	GATESHEAD HARRIERS & AC	Owen Burn	SEN	Lap3	00:23:02
44	VALLEY STRIDERS AC	Tristan Hearsey	SEN	Lap5	00:23:05
17	HORWICH R M I HARRIERS	Tom Rigby	SEN	Lap7	00:23:06
5	DERWENT AC COCKERMOUTH	Stefanos Stephanou	SEN	Lap5	00:23:10
1	BIRTLEY AC	Robert Torch	SEN	Lap5	00:23:12
36	SALFORD HARRIERS & AC C	Kevin Waterhouse	SEN	Lap5	00:23:12
39	ST THERESA'S A.C.	Thomas Davey	SEN	Lap3	00:23:15
44	VALLEY STRIDERS AC	adam Knights	SEN	Lap7	00:23:15
14	HOAD HILL HARRIERS A	Luke Turner	SEN	Lap1	00:23:17
29	MORPETH HARRIERS & AC B	Alistair Douglass	SEN	Lap5	00:23:20
39	ST THERESA'S A.C.	Tom Cryer	SEN	Lap5	00:23:21
10	ELVET STRIDERS A	Bryan Potts	SEN	Lap7	00:23:22
4	BURY ATHLETIC CLUB	Jack Griffiths	SEN	Lap7	00:23:22
25	LEIGH HARRIERS & AC	Chris Benjamin	SEN	Lap1	00:23:23
8	EDEN RUNNERS A	Rowan Varley	U20	Lap5	00:23:24
37	SALTAIRE STRIDERS	Jake Egan	SEN	Lap5	00:23:25
10	ELVET STRIDERS A	Liam Huntington	SEN	Lap5	00:23:27
27	LIVERPOOL PEMBROKE & SEFTON H AC	Alexander Procter	U23	Lap5	00:23:28
37	SALTAIRE STRIDERS	Aaron McConkey	SEN	Lap3	00:23:29
44	VALLEY STRIDERS AC	Edward Cheseldine	SEN	Lap3	00:23:30
1	BIRTLEY AC	Ian Robinson	SEN	Lap1	00:23:30
38	SOUTHPORT WATERLOO AC	Callum Queen	SEN	Lap5	00:23:31
18	HOUGHTON HARRIERS & AC	Lee James Dover	SEN	Lap5	00:23:33
17	HORWICH R M I HARRIERS	Ian Conroy	SEN	Lap3	00:23:37
1	BIRTLEY AC	Darren Michael Purvis	SEN	Lap3	00:23:42
5	DERWENT AC COCKERMOUTH	Paul Lowery	SEN	Lap1	00:23:42
37	SALTAIRE STRIDERS	Nick Hardy	SEN	Lap1	00:23:52
17	HORWICH R M I HARRIERS	Thomas McKee	SEN	Lap5	00:23:57

3	BORDER HARRIERS & AC B	Lee Todhunter	SEN	Lap1	00:24:00
38	SOUTHPORT WATERLOO AC	Mark Wynne	SEN	Lap3	00:24:00
41	TRAFFORD ATHLETIC CLUB	Jeff Prest	SEN	Lap3	00:24:04
14	HOAD HILL HARRIERS A	Nathan White	SEN	Lap3	00:24:10
18	HOUGHTON HARRIERS & AC	Rory Graham	SEN	Lap3	00:24:11
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Howard Oldham	SEN	Lap7	00:24:12
38	SOUTHPORT WATERLOO AC	Andrew Waddington	SEN	Lap7	00:24:12
40	STEEL CITY STRIDERS RC	Brendon Wain	SEN	Lap5	00:24:12
8	EDEN RUNNERS A	Andrew Douglas	SEN	Lap3	00:24:13
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Liam Browne	SEN	Lap3	00:24:14
29	MORPETH HARRIERS & AC B	Thomas Straughan	SEN	Lap7	00:24:15
36	SALFORD HARRIERS & AC C	Mark Collier	SEN	Lap7	00:24:16
36	SALFORD HARRIERS & AC C	Richard Stirzaker	SEN	Lap1	00:24:17
14	HOAD HILL HARRIERS A	Scott Smith	SEN	Lap5	00:24:18
37	SALTAIRE STRIDERS	Paul Weir	SEN	Lap7	00:24:19
25	LEIGH HARRIERS & AC	Robert Thorpe	SEN	Lap7	00:24:22
39	ST THERESA'S A.C.	Neil Hardy	SEN	Lap7	00:24:22
5	DERWENT AC COCKERMOUTH	Phil Hind	SEN	Lap3	00:24:26
41	TRAFFORD ATHLETIC CLUB	Michael Melarkey	SEN	Lap5	00:24:27
3	BORDER HARRIERS & AC B	Kai Hatcher	U20	Lap7	00:24:29
14	HOAD HILL HARRIERS A	Darren Coward	SEN	Lap7	00:24:31
3	BORDER HARRIERS & AC B	Eddie Fletcher	SEN	Lap5	00:24:33
40	STEEL CITY STRIDERS RC	Edward Shattock	SEN	Lap7	00:24:36
25	LEIGH HARRIERS & AC	Elliot Gresty	SEN	Lap5	00:24:38
27	LIVERPOOL PEMBROKE & SEFTON H AC	Paul Milburn	SEN	Lap3	00:24:42
27	LIVERPOOL PEMBROKE & SEFTON H AC	John Rowan	SEN	Lap7	00:24:47
11	ELVET STRIDERS B	Michael Littlewood	SEN	Lap1	00:24:55
8	EDEN RUNNERS A	Daniel Clarke	U20	Lap1	00:24:59
18	HOUGHTON HARRIERS & AC	Ryan King	U20	Lap7	00:25:07
3	BORDER HARRIERS & AC B	Daniel Jackson	SEN	Lap3	00:25:11
11	ELVET STRIDERS B	Kurt Dale	SEN	Lap3	00:25:13
11	ELVET STRIDERS B	Lindsay McEwan	SEN	Lap5	00:25:32
19	KENDAL AMATEUR ATHLETIC CLUB	Richard Wilson	SEN	Lap3	00:25:34
19	KENDAL AMATEUR ATHLETIC CLUB	Matthew Wilson	SEN	Lap7	00:25:51
19	KENDAL AMATEUR ATHLETIC CLUB	William Sisson	SEN	Lap5	00:25:52
36	SALFORD HARRIERS & AC C	Barry McManus	SEN	Lap3	00:26:05
5	DERWENT AC COCKERMOUTH	Connor Thurlow	SEN	Lap7	00:26:09
21	KESWICK AC B	Matthew Jones	SEN	Lap1	00:26:34
21	KESWICK AC B	Lee Smith	SEN	Lap7	00:26:44
21	KESWICK AC B	Max Buttinger	SEN	Lap3	00:26:50
21	KESWICK AC B	Chris Eland	SEN	Lap5	00:26:57
11	ELVET STRIDERS B	Nathan Mould	SEN	Lap7	00:27:00
8	EDEN RUNNERS A	Rory Robertson	SEN	Lap7	00:27:42
15	HOAD HILL HARRIERS B	Howard Lindow	SEN	Lap1	00:27:52
15	HOAD HILL HARRIERS B	Andrew Spence	SEN	Lap5	00:28:58
15	HOAD HILL HARRIERS B	Mark Todd	SEN	Lap3	00:29:07
9	EDEN RUNNERS B	James Saxon	SEN	Lap1	00:30:07
15	HOAD HILL HARRIERS B	Jack Richards	SEN	Lap7	00:30:09
9	EDEN RUNNERS B	James Jardine	SEN	Lap3	00:30:17
9	EDEN RUNNERS B	Garry Bower	SEN	Lap7	00:30:48
9	EDEN RUNNERS B	Keith Black	SEN	Lap5	00:32:35

Men's Fastest Short Legs					
RaceNo	Team	Team Member	Other1	Lap	Lap Time
34	SALFORD HARRIERS & AC A	Harry Wakefield	SEN	Lap12	00:14:28
22	LEEDS CITY ATHLETIC CLUB A	Gavyn Chalmers	SEN	Lap12	00:14:43
22	LEEDS CITY ATHLETIC CLUB A	Ossama Meslek	SEN	Lap2	00:14:58
28	MORPETH HARRIERS & AC A	William de Vere Owen	U20	Lap10	00:14:58
22	LEEDS CITY ATHLETIC CLUB A	William Tighe	SEN	Lap8	00:15:00
33	SALE HARRIERS MANCHESTER	Finlay Day	U20	Lap2	00:15:07
28	MORPETH HARRIERS & AC A	George Lowry	SEN	Lap2	00:15:08
43	VALE ROYAL AC	William Ashfield	U23	Lap2	00:15:09
22	LEEDS CITY ATHLETIC CLUB A	Nathan Marsh	SEN	Lap4	00:15:12
34	SALFORD HARRIERS & AC A	Joseph Moores	SEN	Lap8	00:15:15
28	MORPETH HARRIERS & AC A	Ellis Hetherington	SEN	Lap12	00:15:15
2	BORDER HARRIERS & AC A	James Salt	SEN	Lap4	00:15:16
30	NORTH SHIELDS POLYTECHNIC CLUB	Daniel Watson	U20	Lap2	00:15:20
34	SALFORD HARRIERS & AC A	Tom Hodgson	SEN	Lap9	00:15:20
34	SALFORD HARRIERS & AC A	Thomas Cornthwaite	SEN	Lap6	00:15:21
28	MORPETH HARRIERS & AC A	James Tilley	U23	Lap9	00:15:21
22	LEEDS CITY ATHLETIC CLUB A	Daniel Franks	SEN	Lap6	00:15:23
28	MORPETH HARRIERS & AC A	Josh Fiddaman	SEN	Lap8	00:15:23
33	SALE HARRIERS MANCHESTER	Joseph Godwood	SEN	Lap4	00:15:26
34	SALFORD HARRIERS & AC A	Jacob Wood-Doyle	U23	Lap2	00:15:26
34	SALFORD HARRIERS & AC A	Karl Darcy	SEN	Lap4	00:15:28
23	LEEDS CITY ATHLETIC CLUB B	Mohamed Abshir	SEN	Lap11	00:15:29
22	LEEDS CITY ATHLETIC CLUB A	Sean Flanagan	SEN	Lap11	00:15:30
28	MORPETH HARRIERS & AC A	Andrew Swinburne	SEN	Lap6	00:15:31
28	MORPETH HARRIERS & AC A	Liam Roche	U20	Lap4	00:15:31
22	LEEDS CITY ATHLETIC CLUB A	Leon Wheeler	SEN	Lap10	00:15:36
34	SALFORD HARRIERS & AC A	George Beardmore	SEN	Lap11	00:15:36
41	TRAFFORD ATHLETIC CLUB	Jay Hutchinson	U20	Lap2	00:15:37
29	MORPETH HARRIERS & AC B	Joe Dixon	U20	Lap4	00:15:40
34	SALFORD HARRIERS & AC A	Callum Rowlinson	SEN	Lap10	00:15:41
22	LEEDS CITY ATHLETIC CLUB A	Andrew Smith	SEN	Lap9	00:15:41
43	VALE ROYAL AC	Edward Pettitt	U23	Lap4	00:15:41
12	GATESHEAD HARRIERS & AC	Dave Richardson	SEN	Lap2	00:15:41
43	VALE ROYAL AC	Matthew McCormack	SEN	Lap6	00:15:42
43	VALE ROYAL AC	Thomas Taylor	U20	Lap8	00:15:45
12	GATESHEAD HARRIERS & AC	Jack Douglas	SEN	Lap4	00:15:46
35	SALFORD HARRIERS & AC B	Carl Hardman	SEN	Lap11	00:15:47
28	MORPETH HARRIERS & AC A	Sam Hancox	SEN	Lap11	00:15:54
20	KESWICK AC A	Mark Lamb	SEN	Lap8	00:15:55
12	GATESHEAD HARRIERS & AC	Sam Punnett	U20	Lap12	00:15:56
17	HORWICH R M I HARRIERS	Matthew Harrison	SEN	Lap2	00:15:57
43	VALE ROYAL AC	Richard Ryan	SEN	Lap9	00:15:58
23	LEEDS CITY ATHLETIC CLUB B	Michael Salter	SEN	Lap2	00:16:00
30	NORTH SHIELDS POLYTECHNIC CLUB	Elliot Moore	U20	Lap6	00:16:02
35	SALFORD HARRIERS & AC B	Jamie Barber	U20	Lap2	00:16:02
31	ROSSENDALE HARRIERS & AC	Matthew Harris	SEN	Lap2	00:16:03
23	LEEDS CITY ATHLETIC CLUB B	Abdu Ahmed	SEN	Lap10	00:16:05
2	BORDER HARRIERS & AC A	George Tiffin-Lowe	U20	Lap2	00:16:08
29	MORPETH HARRIERS & AC B	Oliver Tomlinson	U20	Lap2	00:16:14
32	ROTHERHAM HARRIERS AND AC	Gareth Sampson	SEN	Lap10	00:16:15

35	SALFORD HARRIERS & AC B	Patrick Cusack	SEN	Lap8	00:16:16
43	VALE ROYAL AC	Oliver Williams	SEN	Lap10	00:16:17
30	NORTH SHIELDS POLYTECHNIC CLUB	William Robson	SEN	Lap4	00:16:17
23	LEEDS CITY ATHLETIC CLUB B	Ross McKelvie	SEN	Lap8	00:16:19
19	KENDAL AMATEUR ATHLETIC CLUB	Daniel Clavey	SEN	Lap6	00:16:20
29	MORPETH HARRIERS & AC B	Jason Dawson	SEN	Lap9	00:16:20
40	STEEL CITY STRIDERS RC	Robert Byers	SEN	Lap2	00:16:22
43	VALE ROYAL AC	James Griffiths	SEN	Lap11	00:16:23
4	BURY ATHLETIC CLUB	Sebastian Poma	SEN	Lap6	00:16:24
29	MORPETH HARRIERS & AC B	Lee Cuthbertson	SEN	Lap11	00:16:27
35	SALFORD HARRIERS & AC B	Joe Barton	SEN	Lap9	00:16:28
4	BURY ATHLETIC CLUB	Jack Passey	SEN	Lap2	00:16:28
33	SALE HARRIERS MANCHESTER	Marcus Nicholson	SEN	Lap6	00:16:30
35	SALFORD HARRIERS & AC B	Samuel Barlow	U20	Lap4	00:16:31
35	SALFORD HARRIERS & AC B	Elliott Williams	SEN	Lap10	00:16:32
23	LEEDS CITY ATHLETIC CLUB B	Mike Burrett	SEN	Lap4	00:16:33
17	HORWICH R M I HARRIERS	Matthew Smith	SEN	Lap12	00:16:33
2	BORDER HARRIERS & AC A	David Rose	SEN	Lap9	00:16:34
42	TYNE BRIDGE HARRIERS	Tim Wilcock	SEN	Lap2	00:16:35
10	ELVET STRIDERS A	Jonny Langley	SEN	Lap6	00:16:37
42	TYNE BRIDGE HARRIERS	Paul O'Mara	SEN	Lap4	00:16:38
12	GATESHEAD HARRIERS & AC	Harry Loasby	SEN	Lap6	00:16:38
1	BIRTLEY AC	Kieran Reay	SEN	Lap6	00:16:39
31	ROSSENDALE HARRIERS & AC	Kouros Driscoll	SEN	Lap6	00:16:40
20	KESWICK AC A	Calum Tinnion	SEN	Lap2	00:16:41
12	GATESHEAD HARRIERS & AC	Anthony Wallett	SEN	Lap11	00:16:41
30	NORTH SHIELDS POLYTECHNIC CLUB	Jonathan Maley	U20	Lap10	00:16:42
30	NORTH SHIELDS POLYTECHNIC CLUB	Alex Black	SEN	Lap12	00:16:43
17	HORWICH R M I HARRIERS	Ryan Snee	SEN	Lap4	00:16:43
30	NORTH SHIELDS POLYTECHNIC CLUB	Matthew Nicholson	SEN	Lap9	00:16:44
35	SALFORD HARRIERS & AC B	Kieran Cann	SEN	Lap12	00:16:45
31	ROSSENDALE HARRIERS & AC	Joshua Whitehead	SEN	Lap8	00:16:46
12	GATESHEAD HARRIERS & AC	Cole Reid	U20	Lap9	00:16:48
30	NORTH SHIELDS POLYTECHNIC CLUB	Jonathan Malley	SEN	Lap8	00:16:49
42	TYNE BRIDGE HARRIERS	Adam Pratt	SEN	Lap6	00:16:50
31	ROSSENDALE HARRIERS & AC	Chris Clare	SEN	Lap12	00:16:53
32	ROTHERHAM HARRIERS AND AC	Kyle Craib	SEN	Lap11	00:16:53
20	KESWICK AC A	Joe Cox	SEN	Lap10	00:16:53
10	ELVET STRIDERS A	Andrew Westgarth	SEN	Lap4	00:16:54
30	NORTH SHIELDS POLYTECHNIC CLUB	Ian Dunn	SEN	Lap11	00:16:55
32	ROTHERHAM HARRIERS AND AC	Matthew Parker	SEN	Lap9	00:16:55
32	ROTHERHAM HARRIERS AND AC	Vincent Johnson	U20	Lap8	00:16:55
1	BIRTLEY AC	George Beevers	U20	Lap11	00:16:56
2	BORDER HARRIERS & AC A	Alfie Lamb	U20	Lap12	00:16:56
32	ROTHERHAM HARRIERS AND AC	Theo Armitage	U20	Lap6	00:16:56
44	VALLEY STRIDERS AC	Joshua Taylor-Brown	SEN	Lap2	00:16:56
20	KESWICK AC A	Micah Wightman	U20	Lap6	00:16:57
23	LEEDS CITY ATHLETIC CLUB B	Alan Buckley	SEN	Lap9	00:16:58
10	ELVET STRIDERS A	James Curry	SEN	Lap8	00:16:58
32	ROTHERHAM HARRIERS AND AC	Sam Clegg	SEN	Lap4	00:16:59
35	SALFORD HARRIERS & AC B	Matthew Russell	U20	Lap6	00:17:02
10	ELVET STRIDERS A	Adam Stephenson	SEN	Lap12	00:17:02
27	LIVERPOOL PEMBROKE & SEFTON H AC	David Mulvee	SEN	Lap10	00:17:05

39	ST THERESA'S A.C.	Shane Grace	SEN	Lap12	00:17:06
44	VALLEY STRIDERS AC	Matt Weston	SEN	Lap8	00:17:07
23	LEEDS CITY ATHLETIC CLUB B	Leon Foster	SEN	Lap6	00:17:08
4	BURY ATHLETIC CLUB	Ryan Hallworth	SEN	Lap4	00:17:08
10	ELVET STRIDERS A	David Milligan	SEN	Lap10	00:17:10
44	VALLEY STRIDERS AC	Tom Thomas	SEN	Lap4	00:17:11
44	VALLEY STRIDERS AC	Adam Last	SEN	Lap10	00:17:11
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Gavin Browne	SEN	Lap8	00:17:11
2	BORDER HARRIERS & AC A	Ashley Todd	U23	Lap10	00:17:14
10	ELVET STRIDERS A	Wayne Pearson	SEN	Lap9	00:17:14
25	LEIGH HARRIERS & AC	Henry Robinson	SEN	Lap4	00:17:14
33	SALE HARRIERS MANCHESTER	Christopher Spence-Leslie	SEN	Lap8	00:17:14
42	TYNE BRIDGE HARRIERS	Cormac Malone	SEN	Lap9	00:17:15
14	HOAD HILL HARRIERS A	Charles Jeffrey	SEN	Lap12	00:17:18
41	TRAFFORD ATHLETIC CLUB	Alex Jones	SEN	Lap4	00:17:18
29	MORPETH HARRIERS & AC B	David Stabler	SEN	Lap6	00:17:18
20	KESWICK AC A	Joshua Taylor	SEN	Lap11	00:17:19
31	ROSSENDALE HARRIERS & AC	James Boyd	U20	Lap4	00:17:19
23	LEEDS CITY ATHLETIC CLUB B	David Parkin	SEN	Lap12	00:17:19
20	KESWICK AC A	Rob Brown	SEN	Lap12	00:17:20
10	ELVET STRIDERS A	Kieron Day	SEN	Lap11	00:17:20
19	KENDAL AMATEUR ATHLETIC CLUB	Alfie Addison	U20	Lap2	00:17:22
44	VALLEY STRIDERS AC	Mattia Dessi	SEN	Lap9	00:17:22
4	BURY ATHLETIC CLUB	Luke Harreld	SEN	Lap10	00:17:25
10	ELVET STRIDERS A	Mark Warner	SEN	Lap2	00:17:26
12	GATESHEAD HARRIERS & AC	Douglas Tickner	SEN	Lap10	00:17:29
1	BIRTLEY AC	Peter Farnie	SEN	Lap12	00:17:29
31	ROSSENDALE HARRIERS & AC	Dominic Popland	SEN	Lap9	00:17:30
18	HOUGHTON HARRIERS & AC	Ethan McGlen	U23	Lap2	00:17:31
38	SOUTHPORT WATERLOO AC	Andrew Kershaw	SEN	Lap4	00:17:32
1	BIRTLEY AC	Joe Wallace	SEN	Lap2	00:17:32
38	SOUTHPORT WATERLOO AC	David Hamilton	SEN	Lap2	00:17:33
37	SALTAIRE STRIDERS	Martin Fillingham	SEN	Lap9	00:17:35
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Joe Taylor	U20	Lap6	00:17:35
29	MORPETH HARRIERS & AC B	Bobby Hagan	SEN	Lap12	00:17:36
43	VALE ROYAL AC	Stuart Doyle	SEN	Lap12	00:17:37
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Tom McMahon	SEN	Lap2	00:17:38
39	ST THERESA'S A.C.	Cairn Morrison	SEN	Lap2	00:17:38
8	EDEN RUNNERS A	Edward Walker	U20	Lap4	00:17:41
31	ROSSENDALE HARRIERS & AC	Troy Nuttall	SEN	Lap10	00:17:41
36	SALFORD HARRIERS & AC C	Philip Leybourne	SEN	Lap8	00:17:42
27	LIVERPOOL PEMBROKE & SEFTON H AC	Daniel Jones	SEN	Lap2	00:17:43
40	STEEL CITY STRIDERS RC	Hal Roberts	SEN	Lap10	00:17:43
2	BORDER HARRIERS & AC A	Jonny Lowe	SEN	Lap8	00:17:44
27	LIVERPOOL PEMBROKE & SEFTON H AC	Adam Jones	SEN	Lap6	00:17:44
44	VALLEY STRIDERS AC	James Morris	SEN	Lap6	00:17:46
21	KESWICK AC B	Steven Hebblethwaite	SEN	Lap6	00:17:48
4	BURY ATHLETIC CLUB	Paul Johnston	SEN	Lap8	00:17:48
11	ELVET STRIDERS B	Ben Melia	SEN	Lap12	00:17:49
32	ROTHERHAM HARRIERS AND AC	Aidan Johnson	SEN	Lap12	00:17:49
32	ROTHERHAM HARRIERS AND AC	Richard Harris	SEN	Lap2	00:17:50
25	LEIGH HARRIERS & AC	Owen Kelly	U20	Lap2	00:17:50
14	HOAD HILL HARRIERS A	Graham Jessop	SEN	Lap11	00:17:51

14	HOAD HILL HARRIERS A	Scott Bremner	SEN	Lap9	00:17:52
18	HOUGHTON HARRIERS & AC	Luke Pickering	SEN	Lap12	00:17:53
17	HORWICH R M I HARRIERS	Matthew Dewhurst	SEN	Lap11	00:17:53
2	BORDER HARRIERS & AC A	Russell Maddams	SEN	Lap11	00:17:55
44	VALLEY STRIDERS AC	Andrew Ford	SEN	Lap11	00:17:55
3	BORDER HARRIERS & AC B	Stephen Weston	SEN	Lap11	00:17:55
40	STEEL CITY STRIDERS RC	Steven Cahill	SEN	Lap11	00:17:56
42	TYNE BRIDGE HARRIERS	Ian Pickett	SEN	Lap11	00:17:56
39	ST THERESA'S A.C.	Andrew Grinnell	SEN	Lap11	00:17:57
33	SALE HARRIERS MANCHESTER	David Howlett	SEN	Lap9	00:17:57
39	ST THERESA'S A.C.	Nick Daley	SEN	Lap8	00:17:58
37	SALTAIRE STRIDERS	Will Kerr	SEN	Lap4	00:17:58
4	BURY ATHLETIC CLUB	Ben Sunley	SEN	Lap9	00:17:58
18	HOUGHTON HARRIERS & AC	Adam Middleton	SEN	Lap11	00:18:01
36	SALFORD HARRIERS & AC C	Matt Dickinson	SEN	Lap4	00:18:01
39	ST THERESA'S A.C.	Chin Yong	SEN	Lap4	00:18:03
8	EDEN RUNNERS A	Roy Emerson	SEN	Lap2	00:18:04
19	KENDAL AMATEUR ATHLETIC CLUB	Joshua Todd	U20	Lap8	00:18:05
42	TYNE BRIDGE HARRIERS	Alasdair Blain	SEN	Lap10	00:18:07
8	EDEN RUNNERS A	Theo Spring	SEN	Lap12	00:18:09
3	BORDER HARRIERS & AC B	George Storey	SEN	Lap8	00:18:09
44	VALLEY STRIDERS AC	Andy Parkinson	SEN	Lap12	00:18:09
20	KESWICK AC A	Guy Illingworth	SEN	Lap9	00:18:10
25	LEIGH HARRIERS & AC	Jordan Lee	SEN	Lap10	00:18:10
20	KESWICK AC A	Robert Tansey	SEN	Lap4	00:18:12
3	BORDER HARRIERS & AC B	Lee Doswell	SEN	Lap2	00:18:13
17	HORWICH R M I HARRIERS	Daniel McParland	SEN	Lap6	00:18:14
11	ELVET STRIDERS B	Peter Clough	SEN	Lap9	00:18:16
40	STEEL CITY STRIDERS RC	Samuel Doyle	SEN	Lap12	00:18:16
25	LEIGH HARRIERS & AC	Jacques Menguy	SEN	Lap8	00:18:17
1	BIRTLEY AC	Nigel Simpson	SEN	Lap4	00:18:17
1	BIRTLEY AC	Andrew Beevers	SEN	Lap8	00:18:18
38	SOUTHPORT WATERLOO AC	Marc Singer	SEN	Lap10	00:18:18
11	ELVET STRIDERS B	Jed Shaw	SEN	Lap6	00:18:18
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Jacob Eastwood	SEN	Lap4	00:18:18
37	SALTAIRE STRIDERS	Thomas Jackson	SEN	Lap8	00:18:19
37	SALTAIRE STRIDERS	russell Macfarlane	SEN	Lap6	00:18:21
39	ST THERESA'S A.C.	Andrew Haines	SEN	Lap10	00:18:22
40	STEEL CITY STRIDERS RC	Louis Wood	SEN	Lap4	00:18:22
11	ELVET STRIDERS B	Michael Mason	SEN	Lap8	00:18:22
40	STEEL CITY STRIDERS RC	Malcolm Baggaley	SEN	Lap6	00:18:22
19	KENDAL AMATEUR ATHLETIC CLUB	Alfie Todd	U20	Lap4	00:18:25
17	HORWICH R M I HARRIERS	Alastair Murray	SEN	Lap9	00:18:26
11	ELVET STRIDERS B	Lukasz Szymczak	SEN	Lap2	00:18:27
4	BURY ATHLETIC CLUB	Curtis Simpson	SEN	Lap11	00:18:28
12	GATESHEAD HARRIERS & AC	Christopher Parkin	SEN	Lap8	00:18:29
38	SOUTHPORT WATERLOO AC	Daniel Hutchinson	SEN	Lap11	00:18:29
27	LIVERPOOL PEMBROKE & SEFTON H AC	Michael Procter	SEN	Lap9	00:18:30
39	ST THERESA'S A.C.	Nigel Fuller	SEN	Lap6	00:18:32
36	SALFORD HARRIERS & AC C	Billy McCartney	SEN	Lap10	00:18:36
33	SALE HARRIERS MANCHESTER	Tim Kennedy	SEN	Lap11	00:18:39
38	SOUTHPORT WATERLOO AC	Alex Gould	SEN	Lap9	00:18:40
2	BORDER HARRIERS & AC A	Daniel Balmer	SEN	Lap6	00:18:44

6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Andy Sykes	SEN	Lap9	00:18:46
38	SOUTHPORT WATERLOO AC	Dazza Moore	SEN	Lap6	00:18:47
36	SALFORD HARRIERS & AC C	David Hudson	SEN	Lap6	00:18:47
8	EDEN RUNNERS A	Steven Southern	SEN	Lap10	00:18:47
18	HOUGHTON HARRIERS & AC	Steve Gilder	SEN	Lap4	00:18:48
5	DERWENT AC COCKERMOUTH	Richard Milner	SEN	Lap8	00:18:49
38	SOUTHPORT WATERLOO AC	Karl Randles	SEN	Lap8	00:18:50
38	SOUTHPORT WATERLOO AC	John Delamere	SEN	Lap12	00:18:53
25	LEIGH HARRIERS & AC	Daniel Meakin	SEN	Lap11	00:18:54
3	BORDER HARRIERS & AC B	Stuart Robinson	SEN	Lap6	00:18:54
17	HORWICH R M I HARRIERS	Marcus Taylor	SEN	Lap10	00:18:55
18	HOUGHTON HARRIERS & AC	Jack Seeney	U23	Lap10	00:18:55
3	BORDER HARRIERS & AC B	John Fisher	SEN	Lap4	00:18:56
18	HOUGHTON HARRIERS & AC	Samuel Hardy	U20	Lap6	00:19:01
41	TRAFFORD ATHLETIC CLUB	Jacob Fletcher	SEN	Lap6	00:19:01
18	HOUGHTON HARRIERS & AC	Steven Johnson	SEN	Lap9	00:19:03
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Michael Kennedy	SEN	Lap10	00:19:04
17	HORWICH R M I HARRIERS	Adam MacDonald	SEN	Lap8	00:19:04
8	EDEN RUNNERS A	John Williams	SEN	Lap11	00:19:04
42	TYNE BRIDGE HARRIERS	Andrew Greenwell	SEN	Lap8	00:19:06
21	KESWICK AC B	Jonathan Lamb	SEN	Lap9	00:19:06
8	EDEN RUNNERS A	Josh Dowson	SEN	Lap8	00:19:07
1	BIRTLEY AC	Ross Thraves	SEN	Lap9	00:19:08
9	EDEN RUNNERS B	David Peacock	SEN	Lap9	00:19:09
18	HOUGHTON HARRIERS & AC	Lewis Nagel	SEN	Lap8	00:19:09
3	BORDER HARRIERS & AC B	Edward Salt	U23	Lap9	00:19:10
3	BORDER HARRIERS & AC B	Michael Bain	SEN	Lap10	00:19:11
27	LIVERPOOL PEMBROKE & SEFTON H AC	Adrian Rogers	SEN	Lap8	00:19:14
25	LEIGH HARRIERS & AC	Harry Read	SEN	Lap6	00:19:14
29	MORPETH HARRIERS & AC B	Matthew Briggs	SEN	Lap10	00:19:14
42	TYNE BRIDGE HARRIERS	Adam Todhunter	SEN	Lap12	00:19:15
11	ELVET STRIDERS B	Allan Renwick	SEN	Lap4	00:19:15
14	HOAD HILL HARRIERS A	Robert Inman	SEN	Lap2	00:19:17
5	DERWENT AC COCKERMOUTH	Daniel Foy	U20	Lap9	00:19:18
19	KENDAL AMATEUR ATHLETIC CLUB	Alex Davies	SEN	Lap11	00:19:19
14	HOAD HILL HARRIERS A	Gary Dover	SEN	Lap10	00:19:24
37	SALTAIRE STRIDERS	Stuart Dunbar	SEN	Lap11	00:19:25
39	ST THERESA'S A.C.	David I'Anson	SEN	Lap9	00:19:26
40	STEEL CITY STRIDERS RC	Ben Baxendale	SEN	Lap8	00:19:26
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Jacob Taylor	SEN	Lap12	00:19:27
4	BURY ATHLETIC CLUB	Robert Butterworth	SEN	Lap12	00:19:27
3	BORDER HARRIERS & AC B	Alan Young	SEN	Lap12	00:19:29
25	LEIGH HARRIERS & AC	Ronnie Coleman	SEN	Lap9	00:19:34
37	SALTAIRE STRIDERS	James Carlton	SEN	Lap2	00:19:35
14	HOAD HILL HARRIERS A	Rich Greenfield	SEN	Lap4	00:19:35
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	James Hartshorne	SEN	Lap11	00:19:43
33	SALE HARRIERS MANCHESTER	David Marsh	SEN	Lap10	00:19:45
36	SALFORD HARRIERS & AC C	Paul Stephens	SEN	Lap2	00:19:48
37	SALTAIRE STRIDERS	Matthew Parry	SEN	Lap10	00:19:49
27	LIVERPOOL PEMBROKE & SEFTON H AC	ADAM LINK	U20	Lap4	00:19:50
36	SALFORD HARRIERS & AC C	Shaun Chambers	SEN	Lap9	00:19:51
5	DERWENT AC COCKERMOUTH	David Harper	SEN	Lap12	00:19:52
15	HOAD HILL HARRIERS B	Andy Johannesen	SEN	Lap11	00:19:55

21	KESWICK AC B	Angus Wightman	SEN	Lap8	00:20:01
15	HOAD HILL HARRIERS B	James Perry	SEN	Lap2	00:20:01
5	DERWENT AC COCKERMOUTH	Adam Anderson	SEN	Lap11	00:20:04
19	KENDAL AMATEUR ATHLETIC CLUB	Sam Matthews	SEN	Lap9	00:20:07
11	ELVET STRIDERS B	Dan Lee	SEN	Lap10	00:20:08
27	LIVERPOOL PEMBROKE & SEFTON H AC	Ross Johnson	SEN	Lap11	00:20:10
11	ELVET STRIDERS B	Wayne Churchill	SEN	Lap11	00:20:11
31	ROSSENDALE HARRIERS & AC	Andrew Grenfell	SEN	Lap11	00:20:15
8	EDEN RUNNERS A	Aaron Baglee	SEN	Lap6	00:20:16
40	STEEL CITY STRIDERS RC	Will Leaning	SEN	Lap9	00:20:23
27	LIVERPOOL PEMBROKE & SEFTON H AC	Robert Coppel	SEN	Lap12	00:20:23
14	HOAD HILL HARRIERS A	Daniel Booth	SEN	Lap8	00:20:31
5	DERWENT AC COCKERMOUTH	Philip Cueto	SEN	Lap10	00:20:39
5	DERWENT AC COCKERMOUTH	Matthew Le Voi	SEN	Lap2	00:20:42
1	BIRTLEY AC	Philip Atkinson	SEN	Lap10	00:20:44
15	HOAD HILL HARRIERS B	Rowan Barton	SEN	Lap6	00:20:54
21	KESWICK AC B	Mark Roberts	SEN	Lap10	00:20:55
25	LEIGH HARRIERS & AC	Adam Wilkinson	SEN	Lap12	00:21:04
5	DERWENT AC COCKERMOUTH	George Royston-Bishop	SEN	Lap4	00:21:06
33	SALE HARRIERS MANCHESTER	Gaurav Batra	SEN	Lap12	00:21:10
15	HOAD HILL HARRIERS B	John Austin	SEN	Lap9	00:21:12
21	KESWICK AC B	Paul Morris	SEN	Lap12	00:21:17
5	DERWENT AC COCKERMOUTH	John Owens	SEN	Lap6	00:21:19
8	EDEN RUNNERS A	Jamie Jephcott	SEN	Lap9	00:21:19
19	KENDAL AMATEUR ATHLETIC CLUB	Joe Todd	SEN	Lap10	00:21:25
14	HOAD HILL HARRIERS A	Ken Lamb	SEN	Lap6	00:21:32
9	EDEN RUNNERS B	Phil Jackson	SEN	Lap11	00:21:44
15	HOAD HILL HARRIERS B	Christopher Starr	SEN	Lap10	00:21:55
21	KESWICK AC B	Steve Jones	SEN	Lap2	00:21:58
37	SALTAIRE STRIDERS	Daniel Jenkins	SEN	Lap12	00:22:03
9	EDEN RUNNERS B	Steve Semple	SEN	Lap4	00:22:03
29	MORPETH HARRIERS & AC B	Robert Hancox	SEN	Lap8	00:22:23
21	KESWICK AC B	Ian Davies	SEN	Lap11	00:22:26
9	EDEN RUNNERS B	Roy Bottomley	SEN	Lap8	00:23:12
21	KESWICK AC B	BJ Bekker	SEN	Lap4	00:23:31
19	KENDAL AMATEUR ATHLETIC CLUB	Stuart McGurk	SEN	Lap12	00:24:31
9	EDEN RUNNERS B	Andrew Walker	SEN	Lap2	00:24:36
15	HOAD HILL HARRIERS B	Matt Green	SEN	Lap8	00:25:04
15	HOAD HILL HARRIERS B	Frank McKeown	SEN	Lap4	00:25:09
9	EDEN RUNNERS B	Richard Boyce	SEN	Lap10	00:28:28
9	EDEN RUNNERS B	Simon Knell	SEN	Lap6	00:28:30

s Fastest Long Legs					
RaceNo	Team	Team Member	Other1	Lap	Lap Time
103	BORDER HARRIERS & AC A	Esme Davies	SEN	Lap1	00:22:46
132	TRAFFORD ATHLETIC CLUB A	Bethany Reid	U23	Lap1	00:23:13
123	LEEDS CITY ATHLETIC CLUB A	Heather Townsend	SEN	Lap1	00:23:25
123	LEEDS CITY ATHLETIC CLUB A	Sarah Potter	SEN	Lap4	00:23:40
103	BORDER HARRIERS & AC A	Rachel Brown	SEN	Lap4	00:23:43
129	SALFORD HARRIERS & AC	Jasmine Wright	U20	Lap4	00:24:06
117	KEIGHLEY & CRAVEN AC A	Eleanor Robinson	SEN	Lap1	00:24:38
127	SALE HARRIERS MANCHESTER A	Alice Wright	SEN	Lap1	00:24:53
116	HOLMFIRTH HARRIERS AC	Helen Haigh	SEN	Lap1	00:24:59
129	SALFORD HARRIERS & AC	Darcy Slattery	U20	Lap1	00:25:13
120	KESWICK AC A	Caroline Lambert	SEN	Lap4	00:25:25
105	BURY ATHLETIC CLUB	Sinead Taylor	SEN	Lap1	00:25:35
124	LEEDS CITY ATHLETIC CLUB B	Hannah Stroud	SEN	Lap1	00:25:43
130	STEEL CITY STRIDERS RC A	Leanne Muscroft	SEN	Lap4	00:25:47
132	TRAFFORD ATHLETIC CLUB A	Sarah Hudak	SEN	Lap4	00:25:51
130	STEEL CITY STRIDERS RC A	Caroline Brock	SEN	Lap1	00:25:54
134	TYNE BRIDGE HARRIERS	Rebecca Blain	SEN	Lap1	00:25:57
104	BORDER HARRIERS & AC B	Erin Barry	U20	Lap1	00:25:58
101	BIRTLEY AC	Abby Codling	SEN	Lap1	00:26:01
134	TYNE BRIDGE HARRIERS	Hannah Stewart	SEN	Lap4	00:26:03
105	BURY ATHLETIC CLUB	Alia Braithwaite	SEN	Lap4	00:26:04
127	SALE HARRIERS MANCHESTER A	Chloe Elliott	SEN	Lap4	00:26:41
117	KEIGHLEY & CRAVEN AC A	Hinda Hardaker	SEN	Lap4	00:26:44
101	BIRTLEY AC	Hannah Linton	SEN	Lap4	00:27:04
120	KESWICK AC A	Philippa McCrea	SEN	Lap1	00:27:06
114	HOAD HILL HARRIERS A	Beckie Ripley	SEN	Lap1	00:27:12
116	HOLMFIRTH HARRIERS AC	Helena Croft	SEN	Lap4	00:27:43
114	HOAD HILL HARRIERS A	Lauren Booth	SEN	Lap4	00:27:44
102	BLACKHILL BOUNDERS	Zarah Levington	U20	Lap1	00:28:13
113	ELVET STRIDERS	emma Thompson	SEN	Lap1	00:28:24
104	BORDER HARRIERS & AC B	Teresa Medley	SEN	Lap4	00:28:35
131	STEEL CITY STRIDERS RC B	Hannah Holliday	SEN	Lap1	00:28:50
109	EDEN RUNNERS A	Katy Ward	SEN	Lap4	00:28:57
106	DERWENT AC COCKERMOUTH A	Jessica Jones	SEN	Lap1	00:29:00
128	SALE HARRIERS MANCHESTER B	Hannah Brierley	SEN	Lap1	00:29:08
128	SALE HARRIERS MANCHESTER B	Kathryn Wilkinson	SEN	Lap4	00:29:28
119	KENDAL AMATEUR ATHLETIC CLUB	Lynn Hamel	SEN	Lap1	00:29:49
118	KEIGHLEY & CRAVEN AC B	Benedicte Frew	SEN	Lap1	00:30:45
109	EDEN RUNNERS A	Suzanne Smith	SEN	Lap1	00:30:55
110	EDEN RUNNERS B	Katherine Milburn	SEN	Lap1	00:31:02
115	HOAD HILL HARRIERS B	Liz White	SEN	Lap1	00:31:06
121	KESWICK AC B	Melanie Mustafa	SEN	Lap4	00:31:06
121	KESWICK AC B	Celia Dring	SEN	Lap1	00:31:19
119	KENDAL AMATEUR ATHLETIC CLUB	Amy Wilkin	SEN	Lap4	00:32:34
115	HOAD HILL HARRIERS B	Claire Shewbridge	SEN	Lap4	00:32:43
106	DERWENT AC COCKERMOUTH A	Debbie Walker	SEN	Lap4	00:32:48
122	KESWICK AC C	Bethan Naylor	SEN	Lap1	00:33:23
111	EDEN RUNNERS C	Claire Crewe	SEN	Lap4	00:33:33
107	DERWENT AC COCKERMOUTH B	Anna Stephanou	SEN	Lap4	00:34:04
125	LIVERPOOL PEMBROKE & SEFTON H AC	Sophie Smith	SEN	Lap1	00:34:14
113	ELVET STRIDERS	Susan Davis	SEN	Lap4	00:34:15

107	DERWENT AC COCKERMOUTH B	Hilary Royston-Bishop	SEN	Lap1	00:34:39
112	EDEN RUNNERS D	Marie Hemingway	SEN	Lap1	00:35:31
111	EDEN RUNNERS C	Katy Bower	SEN	Lap1	00:36:00
102	BLACKHILL BOUNDERS	CAROL MORRISON	SEN	Lap4	00:36:44
122	KESWICK AC C	Kathleen Proctor	SEN	Lap4	00:37:52
112	EDEN RUNNERS D	Dawn Grant	SEN	Lap4	00:38:19
110	EDEN RUNNERS B	Shannon Lambert	SEN	Lap4	00:38:43
118	KEIGHLEY & CRAVEN AC B	Lorna Hubbard	SEN	Lap4	00:41:29
s Fastest Short Legs					
RaceNo	Team	Team Member	Other1	Lap	Lap Time
103	BORDER HARRIERS & AC A	Kate Maltby	SEN	Lap6	00:16:55
123	LEEDS CITY ATHLETIC CLUB A	Eilidh Bell	SEN	Lap5	00:17:22
123	LEEDS CITY ATHLETIC CLUB A	Georgia Malir	SEN	Lap2	00:17:24
127	SALE HARRIERS MANCHESTER A	Nicola Moynihan	SEN	Lap3	00:17:42
123	LEEDS CITY ATHLETIC CLUB A	Charlotte Van Zelst	SEN	Lap3	00:17:47
123	LEEDS CITY ATHLETIC CLUB A	Steffi Luker Edwards	SEN	Lap6	00:17:49
103	BORDER HARRIERS & AC A	Olivia Grace Mason	SEN	Lap2	00:17:52
129	SALFORD HARRIERS & AC	Emily Russell	U23	Lap3	00:18:16
132	TRAFFORD ATHLETIC CLUB A	Alice Stiles	SEN	Lap6	00:18:22
129	SALFORD HARRIERS & AC	Isabella Appleby	U20	Lap2	00:18:27
129	SALFORD HARRIERS & AC	Katie Reynolds	SEN	Lap5	00:18:30
103	BORDER HARRIERS & AC A	Sally Addison	SEN	Lap3	00:18:31
132	TRAFFORD ATHLETIC CLUB A	Kate Meeson	SEN	Lap2	00:18:34
125	LIVERPOOL PEMBROKE & SEFTON H AC	Emma Fulton	SEN	Lap2	00:18:46
129	SALFORD HARRIERS & AC	Amelia Bratt	U23	Lap6	00:18:49
132	TRAFFORD ATHLETIC CLUB A	Isabelle Rippon	U23	Lap3	00:18:51
103	BORDER HARRIERS & AC A	Rhiannon Douglas	SEN	Lap5	00:19:00
117	KEIGHLEY & CRAVEN AC A	Emma Raven	SEN	Lap6	00:19:09
130	STEEL CITY STRIDERS RC A	Helen Roberts	SEN	Lap2	00:19:20
132	TRAFFORD ATHLETIC CLUB A	Zoe Storr	SEN	Lap5	00:19:26
130	STEEL CITY STRIDERS RC A	Kathryn Liddiard	SEN	Lap5	00:19:30
116	HOLMFIRTH HARRIERS AC	Juliette Le Mare	SEN	Lap2	00:19:40
134	TYNE BRIDGE HARRIERS	Robyn Naylor	SEN	Lap2	00:19:41
105	BURY ATHLETIC CLUB	Rose Johnson	SEN	Lap2	00:19:50
130	STEEL CITY STRIDERS RC A	Sarah-Jane Brown	SEN	Lap6	00:19:54
105	BURY ATHLETIC CLUB	Sarah Flett	SEN	Lap5	00:19:56
117	KEIGHLEY & CRAVEN AC A	Harisah Ghafoor	U23	Lap2	00:20:00
130	STEEL CITY STRIDERS RC A	Emily Green	SEN	Lap3	00:20:00
104	BORDER HARRIERS & AC B	Alex Holmes	U23	Lap2	00:20:01
105	BURY ATHLETIC CLUB	Sinead Burns	SEN	Lap6	00:20:05
127	SALE HARRIERS MANCHESTER A	Sophie Armitage	U20	Lap6	00:20:10
109	EDEN RUNNERS A	Emma Nielsen	SEN	Lap6	00:20:13
127	SALE HARRIERS MANCHESTER A	Mia Gibbons	SEN	Lap5	00:20:14
114	HOAD HILL HARRIERS A	Amy Whelan	SEN	Lap6	00:20:14
134	TYNE BRIDGE HARRIERS	Amy Rivington	SEN	Lap3	00:20:17
109	EDEN RUNNERS A	Sally Braithwaite	SEN	Lap2	00:20:22
120	KESWICK AC A	Louise Brown	SEN	Lap6	00:20:22
109	EDEN RUNNERS A	Sally McCulloch	SEN	Lap3	00:20:25
104	BORDER HARRIERS & AC B	Fiona Todd	SEN	Lap5	00:20:25
105	BURY ATHLETIC CLUB	Sophie Hill	SEN	Lap3	00:20:40
128	SALE HARRIERS MANCHESTER B	Georgia Elizabeth Heath	U23	Lap5	00:20:40
104	BORDER HARRIERS & AC B	Fiona Smith	SEN	Lap3	00:20:40

117	KEIGHLEY & CRAVEN AC A	Katie Buckley	U20	Lap3	00:20:48
114	HOAD HILL HARRIERS A	Sharon Dixon	SEN	Lap2	00:20:55
109	EDEN RUNNERS A	Kathryn Metcalfe	SEN	Lap5	00:20:57
120	KESWICK AC A	Jenn Bell	SEN	Lap2	00:21:04
119	KENDAL AMATEUR ATHLETIC CLUB	Amy Pearman	SEN	Lap6	00:21:07
120	KESWICK AC A	Trudy Beetham	SEN	Lap5	00:21:10
101	BIRTLEY AC	Eve Southern	SEN	Lap2	00:21:13
128	SALE HARRIERS MANCHESTER B	Sarah Goulden	SEN	Lap2	00:21:21
104	BORDER HARRIERS & AC B	Melissa Bills	U23	Lap6	00:21:29
120	KESWICK AC A	Samantha Ayers	SEN	Lap3	00:21:44
110	EDEN RUNNERS B	Juliet Eyre	SEN	Lap3	00:21:45
114	HOAD HILL HARRIERS A	Natasha Gray	SEN	Lap3	00:21:48
116	HOLMFIRTH HARRIERS AC	Sophie Cromwell	SEN	Lap3	00:21:48
110	EDEN RUNNERS B	Lisa Askins	SEN	Lap5	00:21:53
116	HOLMFIRTH HARRIERS AC	Liz Woodfield	SEN	Lap5	00:21:53
110	EDEN RUNNERS B	Susanne Enhard	SEN	Lap2	00:21:53
128	SALE HARRIERS MANCHESTER B	Helen Armitage	SEN	Lap3	00:21:54
117	KEIGHLEY & CRAVEN AC A	Amanda Alcock	SEN	Lap5	00:21:54
110	EDEN RUNNERS B	Lucy Jones	SEN	Lap6	00:22:00
114	HOAD HILL HARRIERS A	Joanne McLeod	SEN	Lap5	00:22:04
121	KESWICK AC B	Hazel Davies	SEN	Lap6	00:22:13
101	BIRTLEY AC	Terri Bouma	U20	Lap5	00:22:26
121	KESWICK AC B	Zoe Hebblethwaite	SEN	Lap2	00:22:42
128	SALE HARRIERS MANCHESTER B	Janice Harding	SEN	Lap6	00:22:45
115	HOAD HILL HARRIERS B	Daisy Fletcher - Cooney	SEN	Lap6	00:22:54
118	KEIGHLEY & CRAVEN AC B	Gaynor Anderson-Yates	SEN	Lap2	00:22:57
127	SALE HARRIERS MANCHESTER A	Rachael Rozhdestvenskaya	SEN	Lap2	00:23:00
121	KESWICK AC B	Leeann Barber	SEN	Lap3	00:23:01
119	KENDAL AMATEUR ATHLETIC CLUB	Jenny England	SEN	Lap2	00:23:03
106	DERWENT AC COCKERMOUTH A	Bethan Murray	SEN	Lap2	00:23:10
134	TYNE BRIDGE HARRIERS	Justine Carrion-Weiss	SEN	Lap5	00:23:21
116	HOLMFIRTH HARRIERS AC	Rachael Mellor	SEN	Lap6	00:23:38
115	HOAD HILL HARRIERS B	Gill Noble-Grey	SEN	Lap2	00:23:47
102	BLACKHILL BOUNDERS	Elisabeth Middlemas	SEN	Lap3	00:23:51
119	KENDAL AMATEUR ATHLETIC CLUB	Lisa Wrigley	SEN	Lap3	00:24:02
113	ELVET STRIDERS	Nina Mason	SEN	Lap5	00:24:12
101	BIRTLEY AC	Scarlett Newby	U23	Lap3	00:24:12
106	DERWENT AC COCKERMOUTH A	Naomi Le Voi	SEN	Lap5	00:24:18
122	KESWICK AC C	Lindsay Walker	SEN	Lap2	00:24:19
125	LIVERPOOL PEMBROKE & SEFTON H AC	Michelle Durney	SEN	Lap3	00:24:28
107	DERWENT AC COCKERMOUTH B	Louise Donoghue	SEN	Lap5	00:24:32
115	HOAD HILL HARRIERS B	Tarryn Jessop	SEN	Lap3	00:24:46
111	EDEN RUNNERS C	Alison Walker	SEN	Lap2	00:24:47
111	EDEN RUNNERS C	Fiona Ferguson	SEN	Lap6	00:24:49
111	EDEN RUNNERS C	Teresa Bell	SEN	Lap5	00:24:57
102	BLACKHILL BOUNDERS	Kate Errington	SEN	Lap2	00:25:01
119	KENDAL AMATEUR ATHLETIC CLUB	Carolyn Kevan	SEN	Lap5	00:25:20
101	BIRTLEY AC	Kirsty Robinson	SEN	Lap6	00:25:30
113	ELVET STRIDERS	Christina McCarroll	SEN	Lap2	00:25:32
102	BLACKHILL BOUNDERS	Joanna Hughes	U20	Lap5	00:25:34
106	DERWENT AC COCKERMOUTH A	Sheena Murray	SEN	Lap6	00:25:40
111	EDEN RUNNERS C	Sophie Thompson	SEN	Lap3	00:25:56
121	KESWICK AC B	Heather Woods	SEN	Lap5	00:26:29

112	EDEN RUNNERS D	Margaret Mossman	SEN	Lap5	00:26:54
122	KESWICK AC C	Nicky Butler	SEN	Lap5	00:26:58
122	KESWICK AC C	Catherine Evans	SEN	Lap3	00:27:01
118	KEIGHLEY & CRAVEN AC B	Vanessa Howley	SEN	Lap3	00:27:06
113	ELVET STRIDERS	Grace Shaw	U23	Lap3	00:27:13
112	EDEN RUNNERS D	Gina Mumford	SEN	Lap6	00:27:13
112	EDEN RUNNERS D	Maisie Lambert	U23	Lap2	00:27:30
113	ELVET STRIDERS	Wendy Littlewood	SEN	Lap6	00:27:38
106	DERWENT AC COCKERMOUTH A	Sarah Chaudhri	SEN	Lap3	00:27:44
115	HOAD HILL HARRIERS B	Sara King	SEN	Lap5	00:28:13
107	DERWENT AC COCKERMOUTH B	Joanne Milner	SEN	Lap6	00:28:45
107	DERWENT AC COCKERMOUTH B	Jane Taylor	SEN	Lap2	00:28:48
107	DERWENT AC COCKERMOUTH B	Amy Anderson	SEN	Lap3	00:29:48
102	BLACKHILL BOUNDERS	Mandy Dixon	SEN	Lap6	00:30:51
112	EDEN RUNNERS D	Anne Blues	SEN	Lap3	00:33:28