

Position	Bib	Name	Club	Category	Time	Points
1	35	Ian Dermott	Lonely Goats RC	M50	00:54:50	250
2	132	Alistair Nash	Saltaire Striders	M40	00:55:19	249
3	227	Frazer Durris	Trawden AC	M40	01:05:16	248
4	201	Nathanael-Jon Ingram	Unattached	MS	01:05:40	247
5	70	Matt Ridge	Worsthorne With Hurstwood Runners	M40	01:06:12	246
6	98	Andrew Porter	Clayton-Le-Moors Harriers	M40	01:06:16	245
7	112	Joel Pilkington	Unattached	MS	01:07:27	244
8	178	Philip Greenwood	Rossendale Harriers	MS	01:08:06	243
9	215	Jackson Shaw	Unattached	MS	01:08:23	242
10	94	Andy Hind	Northwich Running Club	M40	01:10:18	241
11	21	Steven Duckett	Blackburn Road Runners	MS	01:10:48	240
12	219	Alex Frost	Rochdale Harriers	M50	01:11:17	239
13	123	Craig Nicholls	Clayton-Le-Moors Harriers	M40	01:11:27	238
14	216	Dominic Clayton	Clayton-Le-Moors Harriers	M40	01:11:31	237
15	67	Jordan Percival	Whitefield Triathlon Club	MS	01:11:56	236
16	113	Sophie Pilkington	Red Rose Road Runners	FS	01:11:58	250
17	217	Christian Ellis	Unattached	M40	01:12:09	235
18	5	Barry Clegg	Roefield Runners	M40	01:12:23	234
19	184	Joanne Gillyon	Keswick AC	F40	01:12:25	249
20	104	Carl Carey	Clayton-Le-Moors Harriers	M50	01:12:32	233
21	64	Adam Land	Whitefield Triathlon Club	MS	01:12:45	232
22	221	Sarah Chippendale	Red Rose Road Runners	FS	01:13:50	248
23	190	Lewis Buxton	Unattached	MS	01:14:00	231
24	63	Daniel Whittaker	Blackburn Harriers	M40	01:14:09	230
25	61	Christopher Morris	Team Windmill	MS	01:14:17	229
26	82	Jason Saunders	Worsthorne With Hurstwood Runners	M50	01:14:38	228
27	199	Barry Thomas	Up And Active Triathlon Club	M50	01:15:26	227
28	33	Jonny Hall	Clayton-Le-Moors Harriers	MS	01:15:27	226
29	14	Martin Connolly	Unattached	MS	01:15:27	225
30	93	Thomas Follen	Unattached	MS	01:15:28	224
31	167	Martin Gilmore	Unattached	M50	01:15:57	223
32	116	James Gaffney	Bowland Fell Runners	MS	01:16:25	222
33	157	James Golden	Winston Runners	M50	01:16:36	221
34	187	Sarah Ridehalgh	Accrington Road Runners	F40	01:16:38	247
35	37	Chris Lawrence	Trawden AC	M50	01:16:55	220
36	210	Adrian Gregory	Unattached	MS	01:17:18	219
37	213	Russell Brooks	RnL Fitness	M50	01:17:24	218
38	124	Lynsey Coan	Unattached	FS	01:18:04	246
39	156	Laura Bell	Winston Runners	FS	01:18:07	245
40	111	Ady Gray	Unattached	M50	01:18:08	217
41	114	Peter Llewellyn	Bowland Fell Runners	M50	01:18:17	216
42	36	David Montague	Running4CF	M50	01:18:22	215
43	47	Neil Brooks	Fylde Coast Runners	M50	01:18:27	214
44	195	Michael Chalfont	Unattached	M40	01:18:42	213
45	163	Brian J Morris Junior	Darwen Dashers	M50	01:19:09	212
46	26	Beata Suthard	Northwich Running Club	FS	01:19:22	244
47	134	Jeffrey Pickup	Clayton-Le-Moors Harriers	M60	01:19:43	211
48	159	Gemma Brinkhurst	Congleton Harriers	FS	01:19:48	243
49	2	Adam Wilcock	Lonely Goats RC	MS	01:19:48	210
50	148	Adam Chilton	Trawden AC	MS	01:19:54	209
51	40	Robert Smith	Ossy Joggers	M50	01:19:58	208
52	44	George Solomons	Blackburn Road Runners	M50	01:20:09	207
53	192	Magnus George	Unattached	M50	01:20:12	206
54	51	Ian Bowker	Unattached	M50	01:20:12	205

55	218	Jason Brown	Blackburn Road Runners	M40	01:20:15	204
56	16	Doug Bryden	Red Rose Road Runners	M50	01:20:29	203
57	200	Mark Dickinson	Blackburn Road Runners	M40	01:20:47	202
58	166	Andrew Clarke	Holmfirth Harriers	M50	01:20:49	201
59	165	Deborah Clarke	Holmfirth Harriers	F40	01:21:19	242
60	142	Steven Melling	Rossendale Harriers	M60	01:21:19	200
61	86	Duncan Singleton	Lancaster Runners	M40	01:21:28	199
62	204	Katy Garnham-Lee	Droitwich AC	FS	01:21:34	241
63	185	Annabel Holmes	Keswick AC	F50	01:21:39	240
64	60	Bella Grimshaw	Unattached	F40	01:21:50	239
65	25	Paul Richardson	Unattached	MS	01:21:54	198
66	41	Jake Fielding	Unattached	MS	01:21:58	197
67	4	Paula Hargreaves	Unattached	F40	01:22:07	238
68	110	Paul Marsden	Unattached	MS	01:22:13	196
69	180	Kate Robinson	Unattached	FS	01:22:31	237
70	73	Andrew Barlow	Ossy Joggers	M40	01:22:35	195
71	95	Cheryl Schofield	Blackburn Road Runners	F40	01:22:39	236
72	160	Graham Cooper	Congleton Harriers	MS	01:22:43	194
73	225	Emma Wroe	Lostock AC	FS	01:23:03	235
74	11	Jane Ryan	Clayton-Le-Moors Harriers	F40	01:23:03	234
75	136	Steven Gannon	Davenport Runners	M60	01:23:06	193
76	198	Emma Woodward	Unattached	FS	01:23:07	233
77	99	Carole Bailey	Unattached	F40	01:23:12	232
78	81	John Edwards	Unattached	M50	01:23:14	192
79	202	Lauren Navan	Rossendale Triathlon Club	FS	01:23:15	231
80	169	Caroline Blanchard-Lewis	Unattached	F50	01:23:40	230
81	212	Louise Mort	RnL Fitness	F40	01:23:44	229
82	173	Helen Read	Lancashire Tridents	F40	01:23:45	228
83	176	Gary Thomas	Unattached	M50	01:23:45	191
84	228	Joanne Motley	Clayton-Le-Moors Harriers	FS	01:23:51	227
85	15	Lisa Heap	Unattached	FS	01:23:51	226
86	196	Simon Ross	Ribble Valley Triathlon Club	M40	01:23:52	190
87	138	Lucy Astle	Unattached	FS	01:23:52	225
88	69	David Geldard	Running4CF	M50	01:23:58	189
89	209	Lyndsey Owen	Unattached	FS	01:23:58	224
90	84	Carolyn Edwards	Hive22	F40	01:24:19	223
91	74	Andrew Humpage	Running4CF	M40	01:24:24	188
92	54	Wayne Elcock	Worsthorne With Hurstwood Runners	M40	01:24:35	187
93	38	Jason Kay	Worsthorne With Hurstwood Runners	M40	01:24:36	186
94	42	Christopher Forrest	Unattached	MS	01:24:38	185
95	66	David Allison	Accrington Road Runners	M50	01:24:44	184
96	194	Gary Burt	Unattached	M50	01:24:46	183
97	211	Belinda Liu	Unattached	F40	01:24:51	222
98	183	Mark Willett	Unattached	M40	01:24:54	182
99	32	Joe Edmundson	Trawden AC	M70	01:25:07	181
100	30	Vanessa McCartney	Worsthorne With Hurstwood Runners	F40	01:25:10	221
101	175	Helen Greenhalgh	Red Rose Road Runners	F40	01:25:18	220
102	80	Nikki Berry	Red Rose Road Runners	FS	01:25:21	219
103	147	Michael Ellis	Canicross Clwyd	M50	01:25:21	180
104	189	Elliott Lorimer	Bowland Fell Runners	M40	01:25:24	179
105	127	Jayne Ashe	Unattached	FS	01:25:26	218
106	197	Louise Brown	Keswick AC	F50	01:25:26	217
107	153	Mike Crowther	Red Rose Road Runners	M40	01:25:42	178
108	150	James Hughes	Red Rose Road Runners	M40	01:25:47	177
109	102	Debbie Davies	Razzer's Runners	FS	01:25:48	216

110	103	Britta Oliver	Razzer's Runners	FS	01:25:50	215
111	49	Amanda Fuller	Blackpool, Wyre & Fylde AC	F40	01:25:50	214
112	62	Susan Rodwell	Accrington Road Runners	F40	01:25:54	213
113	130	Chris Haye	Berties Beasts	M50	01:26:12	176
114	131	Gail Bebbington	Berties Beasts	F50	01:26:35	212
115	18	Wayne Foster	Worsthorne With Hurstwood Runners	M50	01:26:35	175
116	230	Ashleigh Foster	Worsthorne With Hurstwood Runners	FS	01:26:48	211
117	208	Lamyong Evans	Preesall Fire Running	F40	01:26:49	210
118	119	Anna Singleton	Preesall Fire Running	FS	01:26:52	209
119	118	Julie McBride	Preesall Fire Running	F40	01:26:52	208
120	177	Mike Newman	Unattached	M60	01:26:52	174
121	13	Dave Raynor	Red Rose Road Runners	M50	01:27:07	173
122	193	Dawn Hodgkins	Team Windmill	F50	01:27:10	207
123	120	Peter Dodd	Preesall Fire Running	MS	01:27:13	172
124	12	Michael Parker	Running4CF	M50	01:27:18	171
125	143	Mark Flynn	Unattached	MS	01:27:32	170
126	59	Suzanne Poole	Accrington Road Runners	F40	01:27:51	206
127	50	Anne-Marie Woodcock	Fylde Coast Runners	F40	01:28:15	205
128	231	Jimmy Mo	Unattached	M50	01:28:22	169
129	203	Dominic McCann	Unattached	MS	01:28:30	168
130	46	Julian Egan	Unattached	M50	01:28:31	167
131	43	Louis Knowles	Unattached	MS	01:28:32	166
132	161	Phil Sumner	Ribble Valley Triathlon Club	M50	01:28:35	165
133	182	Ian Smith	Bolton United Harriers	M60	01:29:06	164
134	168	Marky Sadler	Berties Beasts	M50	01:29:10	163
135	6	Jo Molyneaux	Northwich Running Club	F50	01:29:12	204
136	68	Nickola Walker	Blackpool, Wyre & Fylde AC	F40	01:29:16	203
137	121	Marc Deluce	Lonely Goats RC	M50	01:29:32	162
138	186	Jonathan Ash	Unattached	M40	01:29:45	161
139	205	Sam Impey	Unattached	MS	01:29:47	160
140	1	Paul Sessford	Keighley & Craven AC	M50	01:30:03	159
141	92	Steve Randall	Meltham AC	M40	01:30:08	158
142	140	Mick Bullock	Unattached	M40	01:30:15	157
143	28	Roy Glendinning	Blackpool Freedom Runners	M50	01:30:46	156
144	57	Zoe Alder	Unattached	F40	01:31:09	202
145	78	Michael Sinkinson	Ossy Joggers	M40	01:31:09	155
146	65	Shane Newton	Hyndburn Runners	M40	01:31:35	154
147	39	Elizabeth Smith	Ossy Joggers	F50	01:31:39	201
148	76	Jennifer Barlow	Ossy Joggers	FS	01:31:39	200
149	108	Robert Massey	Blackpool, Wyre & Fylde AC	M70	01:32:10	153
150	115	Barry Wroe	Lostock AC	M40	01:32:25	152
151	117	Pierce Moloney	Lonely Goats RC	M50	01:32:25	151
152	29	Lee McCartney	Worsthorne With Hurstwood Runners	M40	01:32:55	150
153	144	Gavin Davis	St Helens Striders	M40	01:32:56	149
154	9	David Gorman	Skipton AC	M50	01:32:56	148
155	34	Amanda Aveyard	Sowerby Bridge Snails RC	F40	01:33:23	199
156	55	Rebecca Marsh	Warrington Running Club	F40	01:34:13	198
157	109	Steven Wiggan	Worsthorne With Hurstwood Runners	M40	01:34:13	147
158	128	Sarah Holden	Garstang Running Club	F40	01:34:13	197
159	96	Alice Austin-Howarth	Sowerby Bridge Snails RC	F40	01:34:19	196
160	145	Jennifer Martin	St Helens Striders	F40	01:34:19	195
161	56	Claire Francis	Warrington Running club	F40	01:34:39	194
162	226	Nicky Tighe	Unattached	M40	01:34:45	146
163	79	Phill Berry	Red Rose Road Runners	MS	01:34:48	145
164	90	Sandra Pinder	Sowerby Bridge Snails RC	F50	01:34:55	193

165	129	Richard Holden	Garstang Running Club	F40	01:35:06	192
166	170	Catherine Hunt	Women On The Run	F40	01:35:12	191
167	171	Craig Wellens	Rochdale Harriers	M50	01:36:10	144
168	7	Matthew Bailey	Unattached	MS	01:37:44	143
169	207	Colin White	Clayton-Le-Moors Harriers	M40	01:38:13	142
170	206	Hayley Copeman	Worsthorne With Hurstwood Runners	F50	01:38:20	190
171	141	Joanna Zimak	BooTeam	FS	01:38:25	189
172	155	Michelle Kemp	Unattached	F40	01:38:28	188
173	146	Sharron Langtree	Unattached	F40	01:39:10	187
174	77	Sharon Sinkinson	Ossy Joggers	F40	01:39:25	186
175	162	Suzanne Sumner	Ribble Valley Triathlon Club	F50	01:40:12	185
176	91	Sarah Cowdell	Acre Street Runners	F50	01:40:31	184
177	75	Anne Molloy	Sowerby Bridge Snails RC	F60	01:40:49	183
178	106	Derek Maytum	Ossy Joggers	M60	01:40:49	141
179	137	Chris Neill	Unattached	M40	01:41:10	140
180	191	Jo Podolanski	Bramhall Runners	F50	01:42:02	182
181	27	Cath Jones	Bramhall Runners	F50	01:42:19	181
182	23	Joanne Brown	Blackburn Road Runners	F40	01:42:19	180
183	214	Louise Lord	Wesham Road Runners	F40	01:42:21	179
184	139	Sarah Bullock	Unattached	F50	01:45:00	178
185	181	Helen Willett	Unattached	F40	01:49:00	177
186	85	Janet Webster	Unattached	F50	01:52:00	176
187	229	Nicola Lees	Lonely Goats RC	F40	01:53:00	175
188	151	Joanne Johnson	Hive22	FS	01:53:00	174
189	152	Miranda Murray	Hive22	F40	01:53:00	173
190	24	Fiona Little	Blackpool, Wyre & Fylde AC	F50	02:26:00	172
DNF	100	Jeff Singleton	Bowland Fell Runners	MS	N/A	N/A
DNF	220	Alun Beckett	Unattached	MS	N/A	N/A
DNF	188	Adam Cooper	Belle Vue	MS	N/A	N/A
DNF	224	Tom Corrigan	Ribble Valley Harriers	MS	N/A	N/A
DNF	133	Andy Laycock	Clayton-Le-Moors Harriers	MS	N/A	N/A
DNF	19	Adrian Cheetham	Clayton-Le-Moors Harriers	M40	N/A	N/A
DNF	8	Spencer Shaw	Unattached	MS	N/A	N/A