

## Kentmere Trail Race 17km

| Pos                             | Bib | Name                   | M/F | Age Cat         | Club                                 | Gun Time | Chip Time |
|---------------------------------|-----|------------------------|-----|-----------------|--------------------------------------|----------|-----------|
| <b>Kentmere Trail Race 17km</b> |     |                        |     |                 |                                      |          |           |
| 1.                              | 7   | Christopher Holdsworth | m   |                 | Clayton-le-moors Harriers            | 1:09:57  | 1:09:58   |
| 2.                              | 5   | Matthew Lewis          | m   |                 | U/A London,                          | 1:11:35  | 1:11:37   |
| 3.                              | 8   | Jonathan Cox           | m   |                 | Eden Runners                         | 1:13:22  | 1:13:24   |
| 4.                              | 9   | Breton Holdsworth      | m   | Veteran 40      | Clayton Le Moor Harriers             | 1:14:27  | 1:14:28   |
| 5.                              | 3   | James Scott-Buccleuch  | m   |                 | Stockport Harriers                   | 1:15:35  | 1:15:35   |
| 6.                              | 122 | Daniel Taylor          | m   |                 | U/A Liverpool , Merseyside           | 1:18:29  | 1:18:29   |
| 7.                              | 150 | Timothy Nicholson      | m   |                 | Wallsend Harriers                    | 1:19:26  | 1:19:25   |
| 8.                              | 326 | Paul Reilly            | m   |                 | Coniston Fell Runners                | 1:19:39  | 1:19:39   |
| 9.                              | 312 | Richard Smith          | m   |                 | Preston Harriers                     | 1:20:09  | 1:20:07   |
| 10.                             | 118 | David mccabe           | m   | Veteran 40      | trawden ac                           | 1:21:10  | 1:21:10   |
| 11.                             | 107 | Peter Roome            | m   | Veteran 50      | Southport Waterloo AC                | 1:21:23  | 1:21:23   |
| 12.                             | 252 | Tom Nicholson          | m   |                 | Lancaster University Running Club    | 1:21:35  | 1:21:35   |
| 13.                             | 71  | Daniel Pratt           | m   |                 | U/A Ilkley, West Yorkshire           | 1:22:35  | 1:22:35   |
| 14.                             | 248 | Roger Sillito          | m   |                 | Low Fell RC                          | 1:22:53  | 1:22:47   |
| 15.                             | 171 | William Laye           | m   |                 | Bridgnorth Running Club              | 1:23:16  | 1:23:12   |
| 16.                             | 144 | Ian Hammett            | m   |                 | Bedford Harriers AC                  | 1:23:19  | 1:23:12   |
| 17.                             | 138 | John Armstrong         | m   | Veteran 40      | Mornington Chasers                   | 1:23:26  | 1:23:25   |
| 18.                             | 88  | Steve Trudgeon         | m   | Veteran 50      | Harrogate Harriers                   | 1:23:49  | 1:23:46   |
| 19.                             | 315 | Kevin Brennan          | m   | Veteran 40      | St Helens Striders                   | 1:24:12  | 1:24:12   |
| 20.                             | 230 | carolyne baxter        | f   |                 | Lancaster and morecambe              | 1:24:16  | 1:24:15   |
| 21.                             | 297 | Martin Haworth         | m   |                 | U/A Blackburn, Lancashire            | 1:24:24  | 1:24:07   |
| 22.                             | 316 | Jane Reedy             | f   |                 | Ambleside Athletic Club              | 1:24:45  | 1:24:45   |
| 23.                             | 47  | Stephen Cooper         | m   |                 | U/A Ealing, London                   | 1:24:48  | 1:24:43   |
| 24.                             | 126 | Mick Allen             | m   |                 | U/A Cockermouth, Cumbria             | 1:24:56  | 1:24:53   |
| 25.                             | 300 | Scot Berry             | m   |                 | N/A                                  | 1:24:59  | 1:24:58   |
| 26.                             | 13  | Victoria Graves        | f   |                 | City of York AC                      | 1:25:05  | 1:25:07   |
| 27.                             | 308 | John Douglas           | m   | Veteran 40      | Allithwaite Running Club             | 1:25:12  | 1:25:11   |
| 28.                             | 177 | David Lawson           | m   |                 | U/A South Queensferry ,              | 1:25:49  | 1:25:43   |
| 29.                             | 113 | Mike Allison           | m   | Veteran 50      | U/A Penrith, Cumbria                 | 1:25:58  | 1:25:58   |
| 30.                             | 270 | james warburton        | m   |                 | U/A knaresborough, north yorkshire   | 1:26:10  | 1:26:01   |
| 31.                             | 165 | David Vincent          | m   |                 | U/A Hemel Hempstead, Hertfordshire   | 1:26:27  | 1:26:24   |
| 32.                             | 227 | Daniel Weatherill      | m   | Veteran 40      | Wallsend Harriers                    | 1:26:33  | 1:26:32   |
| 33.                             | 259 | Gary Lane              | m   | Veteran 40      | U/A Bowness-On-Windermere,           | 1:26:46  | 1:26:46   |
| 34.                             | 25  | Garry Owens            | m   | Veteran 50      | NFR                                  | 1:26:51  | 1:26:39   |
| 35.                             | 293 | Sumanth Nayak          | m   |                 | Claremont Road Runners               | 1:27:11  | 1:26:52   |
| 36.                             | 48  | Rob Langton            | m   |                 | U/A LONDON, LONDON                   | 1:27:18  | 1:27:13   |
| 37.                             | 164 | matthew johnson        | m   | Veteran 40      | U/A wokingham, berkshire             | 1:27:28  | 1:27:29   |
| 38.                             | 152 | Carl Peacock           | m   |                 | U/A Manchester, England              | 1:27:33  | 1:27:21   |
| 39.                             | 81  | Paul Hart              | m   | Veteran 40      | Dumfries Running Club                | 1:27:46  | 1:27:46   |
| 40.                             | 142 | David Burne            | m   |                 | U/A Watford, Herts                   | 1:28:20  | 1:28:17   |
| 41.                             | 275 | Matt Elphick           | m   | Veteran 40      | U/A Bath,                            | 1:28:30  | 1:28:30   |
| 42.                             | 178 | Paul Duke              | m   |                 | Burnden Roadrunners                  | 1:29:09  | 1:29:03   |
| 43.                             | 284 | Tim Ratcliffe          | m   |                 | FGH Security                         | 1:29:09  | 1:28:59   |
| 44.                             | 28  | nick higham            | m   | Veteran 40      | Lancaster and morecambe running club | 1:29:29  | 1:29:06   |
| 45.                             | 46  | Simon West             | m   |                 | U/A Irby, Merseyside                 | 1:29:33  | 1:29:30   |
| 46.                             | 229 | Deborah Oakley         | f   |                 | Lancaster and Morecambe Athletics    | 1:29:48  | 1:29:46   |
| 47.                             | 53  | Joe Robinson           | m   |                 | The Always Merk                      | 1:30:02  | 1:29:58   |
| 48.                             | 304 | Sam Edwards            | m   |                 | U/A Lancaster,                       | 1:31:07  | 1:31:01   |
| 49.                             | 176 | Josh Comley            | m   |                 | U/A London,                          | 1:31:24  | 1:31:14   |
| 50.                             | 98  | Chris Tack             | m   |                 | N/A                                  | 1:31:26  | 1:31:23   |
| 51.                             | 109 | Neil Hine              | m   |                 | U/A Kendal, Cumbria                  | 1:31:29  | 1:31:15   |
| 52.                             | 123 | Abigail Tiplady        | f   |                 | U/A Stockton, Cleveland              | 1:31:29  | 1:31:29   |
| 53.                             | 173 | Alex Snaith            | m   |                 | U/A Manchester,                      | 1:31:51  | 1:31:47   |
| 54.                             | 105 | DAVID JARDIN           | m   | Veteran 40      | elswick harriers                     | 1:31:55  | 1:31:55   |
| 55.                             | 246 | Chris Pilkington       | m   |                 | U/A Preston, Lancashire              | 1:32:12  | 1:32:08   |
| 56.                             | 306 | Angus McKendrick       | m   |                 | U/A Kendal, Cumbria                  | 1:32:39  | 1:32:38   |
| 57.                             | 78  | Emma Buckland          | f   | Lady Veteran 40 | Cambridge & Coleridge AC             | 1:32:46  | 1:32:39   |
| 58.                             | 241 | Stephen Crook          | m   | Veteran 40      | U/A Wilmslow,                        | 1:32:47  | 1:32:35   |
| 59.                             | 22  | Andy Yates             | m   | Veteran 50      | N/A                                  | 1:32:49  | 1:32:48   |
| 60.                             | 303 | David Dicks            | m   | Veteran 40      | U/A penrith, cumbria                 | 1:33:20  | 1:33:15   |
| 61.                             | 91  | PHILIP DAVIDSON        | m   | Veteran 50      | RED ROSE ROAD RUNNERS                | 1:33:21  | 1:33:18   |
| 62.                             | 185 | Andrew Christie        | m   |                 | U/A Preston,                         | 1:33:24  | 1:33:11   |
| 63.                             | 69  | Phil Blaylock          | m   | Veteran 40      |                                      | 1:33:31  | 1:33:28   |
| 64.                             | 50  | Joshua Vincent         | m   |                 | U/A Wigan, Lancs                     | 1:33:32  | 1:33:30   |
| 65.                             | 240 | Sam Edmondson          | m   | Veteran 40      | U/A Lancaster, Lancashire            | 1:33:44  | 1:33:39   |
| 66.                             | 288 | James Hennin           | m   |                 | North Shields Poly                   | 1:34:14  | 1:34:06   |
| 67.                             | 159 | jenny durkin           | f   |                 | U/A edinburgh,                       | 1:34:19  | 1:34:13   |
| 68.                             | 133 | Steven Kjar            | m   | Veteran 40      | Serpentine RC                        | 1:34:29  | 1:34:22   |
| 69.                             | 183 | Barry Carson           | m   | Veteran 40      | U/A Inchinnan,                       | 1:34:33  | 1:34:30   |
| 70.                             | 76  | Keiran Ireland         | m   |                 | U/A Dalton in Furness, Cumbria       | 1:34:36  | 1:34:32   |
| 71.                             | 236 | Jackie Casey           | f   | Lady Veteran 50 | Barrow Striders                      | 1:34:57  | 1:34:57   |
| 72.                             | 305 | Sam Crompton           | m   |                 | U/A Kendal, Cumbria                  | 1:34:58  | 1:34:50   |
| 73.                             | 280 | Rebecca Winter         | f   |                 | Ackworth road runners                | 1:35:20  | 1:35:05   |
| 74.                             | 156 | Ian Bond               | m   | Veteran 50      | U/A Preston, Lancashire              | 1:35:26  | 1:35:24   |
| 75.                             | 283 | Mark Aldred            | m   |                 | U/A Durham,                          | 1:35:45  | 1:35:31   |
| 76.                             | 33  | Mike Pigram            | m   | Veteran 40      | U/A Manchester,                      | 1:35:54  | 1:35:45   |
| 77.                             | 44  | Ben Holmes             | m   |                 | Todmorden Harriers                   | 1:35:59  | 1:35:59   |

# Lakeland Trails in Staveley

## Kentmere Trail Race 17km

| Pos  | Bib | Name                      | M/F | Age Cat         | Club                                 | Gun Time | Chip Time |
|------|-----|---------------------------|-----|-----------------|--------------------------------------|----------|-----------|
| 78.  | 108 | Anna Cunningham           | f   |                 | Lancaster Women's Running Group      | 1:36:00  | 1:35:52   |
| 79.  | 141 | Andrew Crampton           | m   | Veteran 40      | U/A Todmorden, Lancashire            | 1:36:03  | 1:36:02   |
| 80.  | 80  | Andy Letheran             | m   | Veteran 50      |                                      | 1:36:13  | 1:36:01   |
| 81.  | 67  | Jon Broome                | m   | Veteran 40      | Achille Ratti                        | 1:36:20  | 1:36:15   |
| 82.  | 136 | Samantha Thomas           | f   | Lady Veteran 40 | Stockport                            | 1:36:37  | 1:36:35   |
| 83.  | 106 | Clive Hope                | m   | Veteran 50      | U/A Hyde, Cheshire                   | 1:36:42  | 1:36:33   |
| 84.  | 168 | David Rice                | m   | Veteran 40      | Keswick AC                           | 1:36:58  | 1:36:53   |
| 85.  | 247 | Tyldon Pyrah              | m   |                 | U/A Morecambe, Lancs                 | 1:37:06  | 1:36:49   |
| 86.  | 301 | Melissa McGuire           | f   |                 | U/A Morecambe, Lancashire            | 1:37:11  | 1:37:03   |
| 87.  | 322 | Emily Heaviside           | f   |                 | Eden runners                         | 1:37:13  | 1:37:12   |
| 88.  | 140 | Philip Pointon            | m   | Veteran 40      | U/A Todmorden, Lancs                 | 1:37:14  | 1:37:12   |
| 89.  | 170 | Will Stover               | m   |                 | Fleetwood Tri Club                   | 1:37:31  | 1:37:22   |
| 90.  | 244 | Tom Wright                | m   | Veteran 40      | U/A Lytham St.Annes, Lancashire      | 1:37:31  | 1:37:22   |
| 91.  | 93  | Sean Morrison             | m   | Veteran 40      | U/A Drymen, Stirlingshire            | 1:37:58  | 1:37:50   |
| 92.  | 130 | Richard Toller            | m   | Veteran 60      | Dundee Road Runners AC               | 1:38:14  | 1:38:01   |
| 93.  | 262 | michelle thompson         | f   |                 | north shields poly                   | 1:38:21  | 1:38:15   |
| 94.  | 32  | Allan Sumner              | m   | Veteran 40      | Preston Harriers                     | 1:38:23  | 1:38:20   |
| 95.  | 45  | Stephen Ross              | m   | Veteran 50      | U/A Carnforth, Lancs                 | 1:38:33  | 1:38:29   |
| 96.  | 102 | anja coulthard            | f   |                 | KESWICK AC                           | 1:38:43  | 1:38:43   |
| 97.  | 89  | Richard Smith             | m   | Veteran 50      | U/A Potefract, West Yorkshire        | 1:38:46  | 1:38:31   |
| 98.  | 249 | Mark Rochester            | m   |                 | n/a                                  | 1:39:00  | 1:38:59   |
| 99.  | 58  | john wilson               | m   |                 | Fleetwood Tri                        | 1:39:08  | 1:38:59   |
| 100. | 307 | Paul McWhirter            | m   | Veteran 40      | U/A Warrington, Cheshire             | 1:39:22  | 1:39:12   |
| 101. | 276 | Mick Monkman              | m   | Veteran 40      | U/A Sunderland,                      | 1:39:28  | 1:39:24   |
| 102. | 321 | Graham Millington         | m   | Veteran 40      | Wigan Harriers                       | 1:39:38  | 1:39:28   |
| 103. | 63  | Karen Foster              | f   | Lady Veteran 40 | North Shields Poly AC                | 1:39:46  | 1:39:40   |
| 104. | 64  | Jeremy Loughran           | m   | Veteran 50      | U/A Stoke on Trent, Staffordshire    | 1:39:49  | 1:39:47   |
| 105. | 215 | Stewart Keating           | m   | Veteran 40      | Carron Valley Trail Runners          | 1:39:50  | 1:39:37   |
| 106. | 128 | Adam Campion              | m   | Veteran 40      | Keswick Athletic Club                | 1:40:19  | 1:40:09   |
| 107. | 161 | Katie Jones               | f   | Lady Veteran 40 | North Shields Poly                   | 1:40:19  | 1:40:13   |
| 108. | 77  | Marcus Hawthorn           | m   | Veteran 50      | U/A Darlington, Co Durham            | 1:40:33  | 1:40:16   |
| 109. | 273 | Andrew Dawson             | m   |                 | Spectrum Striders                    | 1:40:38  | 1:40:36   |
| 110. | 218 | David Renton              | m   | Veteran 40      | Mornington Chasers                   | 1:40:45  | 1:40:42   |
| 111. | 310 | Rachel Hudson             | f   |                 | U/A Todmorden,                       | 1:40:50  | 1:40:49   |
| 112. | 260 | Scott Liddell             | m   | Veteran 60      | U/A Warrington, Cheshire             | 1:40:54  | 1:40:47   |
| 113. | 296 | sarah gohil               | f   | Lady Veteran 40 | preston harriers                     | 1:41:26  | 1:41:22   |
| 114. | 213 | Tim Norman                | m   | Veteran 50      | Cheshire Tally Ho                    | 1:41:28  | 1:41:10   |
| 115. | 160 | Stuart Haigh              | m   |                 | U/A Newcastle upon Tyne, Tyne & Wear | 1:41:31  | 1:41:18   |
| 116. | 95  | Oliver Haines             | m   |                 | Trawden AC                           | 1:41:41  | 1:41:27   |
| 117. | 90  | sean barry                | m   | Veteran 40      | U/A huddersfield,                    | 1:41:55  | 1:41:36   |
| 118. | 68  | Robert Foster             | m   | Veteran 40      | North Shields Poly AC                | 1:42:39  | 1:42:34   |
| 119. | 295 | Richard Ward              | m   | Veteran 40      | Red rose road runners                | 1:42:41  | 1:42:23   |
| 120. | 222 | Luis Molero               | m   |                 | U/A St boswells, Scottish borders    | 1:42:50  | 1:42:30   |
| 121. | 172 | Damian Cowell             | m   | Veteran 40      | Warrington Running Club              | 1:42:54  | 1:42:45   |
| 122. | 239 | Sarah Atkinson            | f   |                 | U/A Kendal, Cumbria                  | 1:43:07  | 1:43:05   |
| 123. | 327 | Rob Maynard               | m   | Veteran 40      |                                      | 1:43:40  | 1:43:20   |
| 124. | 251 | Stuart Holding            | m   |                 | Wigan & District Harriers AC         | 1:43:55  | 1:43:45   |
| 125. | 287 | paul roche                | m   | Veteran 50      | merseyside police                    | 1:44:10  | 1:44:02   |
| 126. | 250 | dave bateson              | m   |                 | U/A Hyde, Cheshire                   | 1:44:24  | 1:44:23   |
| 127. | 65  | Neil Paterson             | m   | Veteran 50      | U/A Hexham, Northumberland           | 1:44:38  | 1:44:27   |
| 128. | 228 | Adam Barnes               | m   |                 | U/A Bolton, Greater Manchester       | 1:44:45  | 1:44:27   |
| 129. | 261 | lizzie james              | f   | Lady Veteran 40 | U/A Sedbergh, Cumbria                | 1:44:46  | 1:44:45   |
| 130. | 317 | Louise Mort               | f   |                 |                                      | 1:44:56  | 1:44:49   |
| 131. | 127 | andrew davis              | m   | Veteran 60      | bridgnorth running club              | 1:45:02  | 1:44:58   |
| 132. | 34  | Laura Davies              | f   |                 | U/A Whitley Bay,                     | 1:45:13  | 1:45:02   |
| 133. | 294 | Anton Mirafsari           | m   |                 | Gateshead Harriers                   | 1:45:19  | 1:45:00   |
| 134. | 20  | Edward Swinden            | m   | Veteran 40      | U/A Manchester,                      | 1:45:34  | 1:45:25   |
| 135. | 318 | Tamsin Cass               | f   |                 | Tynedale Harriers                    | 1:45:41  | 1:45:29   |
| 136. | 29  | Andy Ross                 | m   | Veteran 40      | U/A Wigton, Cumbria                  | 1:45:43  | 1:45:38   |
| 137. | 219 | Sara Owczarczak-Garstecka | f   |                 | Eton Manor                           | 1:45:47  | 1:45:34   |
| 138. | 184 | Jamie Bowden              | m   |                 | U/A Downley,                         | 1:45:47  | 1:45:27   |
| 139. | 40  | David Cummins             | m   | Veteran 40      | U/A Preston, Lancashire              | 1:46:22  | 1:45:59   |
| 140. | 120 | Amy Wilkin                | f   |                 | U/A Grange over sands, Cumbria       | 1:46:35  | 1:46:23   |
| 141. | 21  | Hilary Davies             | f   |                 | U/A Sale,                            | 1:46:51  | 1:46:40   |
| 142. | 323 | Jon Warren                | m   | Veteran 40      | U/A Coventry,                        | 1:47:07  | 1:46:59   |
| 143. | 87  | Renata Ruszkiewicz        | f   | Lady Veteran 50 | Ealing Eagles                        | 1:47:18  | 1:47:07   |
| 144. | 271 | Martyn Wilding            | m   | Veteran 40      | U/A CHORLEY, Lancashire              | 1:48:04  | 1:47:48   |
| 145. | 103 | Thomas Robinson           | m   |                 | U/A Poulton le Fylde, Lancashire     | 1:48:06  | 1:47:53   |
| 146. | 256 | Daniel Waas               | m   |                 | Hyde Park Harriers                   | 1:48:13  | 1:47:56   |
| 147. | 175 | graeme flatman            | m   | Veteran 50      | Darlington tri club                  | 1:48:15  | 1:47:59   |
| 148. | 201 | Anna Blackburn            | f   | Lady Veteran 50 | CFR                                  | 1:48:27  | 1:48:23   |
| 149. | 311 | Ben Hudson                | m   |                 | U/A Todmorden,                       | 1:48:46  | 1:48:44   |
| 150. | 302 | Vinn McGuire              | m   | Veteran 50      | Lonsdale                             | 1:48:58  | 1:48:45   |
| 151. | 70  | Dev Devadason             | m   |                 | U/A Altrincham,                      | 1:49:06  | 1:49:01   |
| 152. | 143 | James Walsh               | m   |                 | Kirkby Stephen Grammar School        | 1:49:16  | 1:49:15   |
| 153. | 125 | mary tavener              | f   | Lady Veteran 50 | vale royal                           | 1:50:04  | 1:49:57   |
| 154. | 299 | Stephen Harding           | m   | Veteran 40      | Jog Scotland                         | 1:50:10  | 1:49:56   |
| 155. | 61  | Lesley Goodson            | f   | Lady Veteran 50 | North Wales Road Runners Club        | 1:50:45  | 1:50:26   |
| 156. | 96  | Tony Hails                | m   | Veteran 50      | U/A Preston, Lancs                   | 1:51:18  | 1:51:05   |
| 157. | 163 | Moirra Alderson           | f   | Lady Veteran 40 | Stainland Lions RC                   | 1:51:27  | 1:51:13   |

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|------|-----|--------------------|-----|-----------------|--------------------------------------|----------|-----------|
| 158. | 198 | Ray Padgett        | m   | Veteran 60      | U/A Grange over Sands, Cumbria       | 1:51:48  | 1:51:32   |
| 159. | 309 | Clare Firth        | f   |                 | spectrum striders                    | 1:52:15  | 1:52:04   |
| 160. | 180 | Richard Broster    | m   | Veteran 40      | U/A Sale, Cheshire                   | 1:52:19  | 1:52:04   |
| 161. | 35  | peter reed         | m   | Veteran 60      | Northumberland Fell Runners          | 1:52:28  | 1:52:16   |
| 162. | 149 | Graham Carson      | m   | Veteran 60      | U/A London,                          | 1:53:13  | 1:52:56   |
| 163. | 289 | Sarah Hall         | f   |                 | Red Rose Road Runners                | 1:53:17  | 1:52:58   |
| 164. | 298 | Andrew Hall        | m   |                 | Red Rose Road Runners                | 1:53:17  | 1:52:58   |
| 165. | 290 | HEATHER JACKSON    | f   |                 | U/A CONGLETON, Cheshire              | 1:53:33  | 1:53:13   |
| 166. | 291 | Graeme Wilkinson   | m   |                 | U/A CONGLETON, Cheshire              | 1:53:33  | 1:53:13   |
| 167. | 320 | Shirley Hunt       | f   | Lady Veteran 40 | Tri Preston                          | 1:54:08  | 1:53:59   |
| 168. | 282 | Terry Wilkinson    | m   | Veteran 40      | U/A Durham,                          | 1:55:20  | 1:55:05   |
| 169. | 117 | ken Williams       | m   | Veteran 60      | U/A Carnforth, Lancashire            | 1:55:38  | 1:55:17   |
| 170. | 86  | Diane Wilson       | f   | Lady Veteran 40 | U/A Richmond, North Yorkshire        | 1:55:44  | 1:55:37   |
| 171. | 151 | david kemble       | m   | Veteran 40      | U/A norley, cheshire                 | 1:56:07  | 1:56:01   |
| 172. | 255 | Iain Jenkins       | m   | Veteran 50      | U/A Harrogate, North Yorkshire       | 1:56:16  | 1:56:13   |
| 173. | 226 | Oliver White       | m   |                 | U/A Lytham, Lancashire               | 1:56:21  | 1:55:59   |
| 174. | 268 | Becky Worsley      | f   | Lady Veteran 40 | U/A Southport, Merseyside            | 1:56:26  | 1:56:10   |
| 175. | 234 | Lina Hansson       | f   |                 | U/A Oxford,                          | 1:56:27  | 1:56:06   |
| 176. | 233 | Selby Marshall     | m   |                 | U/A Oxford,                          | 1:56:27  | 1:56:06   |
| 177. | 36  | ian rayner         | m   | Veteran 50      | Roundhay Runners                     | 1:56:42  | 1:56:27   |
| 178. | 314 | Andrew Speer       | m   | Veteran 50      | Red Rose Road Runners                | 1:58:09  | 1:57:54   |
| 179. | 319 | Jonathan Hunt      | m   | Veteran 40      | Tri Preston                          | 1:58:53  | 1:58:45   |
| 180. | 137 | Alan Davidson      | m   | Veteran 60      | U/A Witney,                          | 1:59:01  | 1:58:46   |
| 181. | 266 | Tom Blasdale       | m   | Veteran 40      | U/A Aberdeen,                        | 1:59:44  | 1:59:38   |
| 182. | 243 | Louise Mainwaring  | f   |                 | U/A Northwich, Cheshire              | 2:00:24  | 2:00:11   |
| 183. | 277 | Peter Hodgson      | m   | Veteran 40      | U/A Bury,                            | 2:00:24  | 2:00:03   |
| 184. | 269 | Damian Worsley     | m   | Veteran 50      | U/A Southport, Merseyside            | 2:00:51  | 2:00:36   |
| 185. | 43  | Andrew Goodson     | m   | Veteran 50      | U/A Bowness on Windermere, Cumbria   | 2:01:20  | 2:01:00   |
| 186. | 37  | Gillian Csizmadia  | f   | Lady Veteran 50 | Wrexham AC                           | 2:03:09  | 2:02:49   |
| 187. | 223 | Dorota Synowiec    | f   |                 | U/A Geel,                            | 2:04:55  | 2:04:41   |
| 188. | 182 | Roddy Watson       | m   | Veteran 50      | U/A Inchinnan,                       | 2:06:12  | 2:06:05   |
| 189. | 162 | Steve Boyer        | m   | Veteran 50      | Stainland Lions                      | 2:06:40  | 2:06:25   |
| 190. | 263 | Malcolm Nicholas   | m   | Veteran 60      | U/A Kendal,                          | 2:06:52  | 2:06:38   |
| 191. | 181 | David Walker       | m   | Veteran 40      | U/A Paisley,                         | 2:07:44  | 2:07:35   |
| 192. | 225 | Steve Broadbent    | m   | Veteran 50      | Lancashire Constabulary AC           | 2:09:29  | 2:09:07   |
| 193. | 221 | Rachel Mcaleese    | f   |                 | U/A St boswells, Scottish borders    | 2:10:40  | 2:10:19   |
| 194. | 188 | Steve Crame        | m   | Veteran 50      | U/A Kendal, Cumbria                  | 2:11:29  | 2:11:12   |
| 195. | 189 | Sarah Crame        | f   |                 | U/A Kendal,                          | 2:13:05  | 2:12:48   |
| 196. | 134 | Danielle Nelson    | f   | Lady Veteran 40 | Serpentine RC                        | 2:17:12  | 2:17:01   |
| 197. | 153 | Kirsty Hollier-Cox | f   |                 | U/A York, North yorkshire            | 2:17:12  | 2:16:53   |
| 198. | 154 | philip beaumont    | m   | Veteran 40      | no                                   | 2:17:15  | 2:17:06   |
| 199. | 220 | Julie Maycock      | f   |                 | Ambleside Athletics Club             | 2:19:23  | 2:19:23   |
| 200. | 313 | Helen Orson        | f   | Lady Veteran 50 | Red Rose Road Runners                | 2:20:02  | 2:19:48   |
| 201. | 272 | Jonny Grisedale    | m   | Veteran 40      | n/a                                  | 2:20:18  | 2:20:17   |
| 202. | 214 | Fiona Keating      | f   |                 | Carron Valley Trail Runners          | 2:20:24  | 2:20:10   |
| 203. | 55  | Simon Berrill      | m   |                 | U/A Preston, Lancs                   | 2:21:25  | 2:21:19   |
| 204. | 167 | Debbie Millington  | f   |                 | Warrington Running Club              | 2:23:28  | 2:23:17   |
| 205. | 257 | Lindsay Plumb      | f   |                 | Warrington Running Club              | 2:23:28  | 2:23:18   |
| 206. | 325 | Mark Hills         | m   | Veteran 40      | U/A Kings hill, Kent                 | 2:37:56  | 2:37:35   |
| 207. | 324 | Joanne Auty        | f   | Lady Veteran 40 | U/A Huddersfield , West Yorkshire    | 2:37:57  | 2:37:36   |
| 208. | 27  | Lindsey Higham     | f   | Lady Veteran 40 | Lancaster and Morecambe Running Club | 2:45:21  | 2:44:58   |

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