

U18 and Seniors

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|----|-----------------------|-----------------------|------|-------|
| 1 | Tom Addison | Helm Hill | M | 36.05 |
| 2 | Rob Jebb | Bingley | M | 36.07 |
| 3 | Ricky Lightfoot | Ellenborough | M | 36.17 |
| 4 | Alistair Weymouth | Border Harriers | MU18 | 39.10 |
| 5 | Steve Swarbrick | Bowland | M | 39.27 |
| 6 | Dave Milliken | Horwich | MV40 | 39.31 |
| 7 | Nicholas Charlesworth | Wharfdale Harriers | MV40 | 39.46 |
| 8 | Mike Johnson | Bowland | MV50 | 39.52 |
| 9 | Richard Mellon | Bowland | MV40 | 39.57 |
| 10 | Mark Chippendale | Bowland | MV40 | 40.06 |
| 11 | Tom Saville | Dark Peak | MU18 | 40.45 |
| 12 | Anthony Dalton | Rossendale | MU18 | 41.00 |
| 13 | Dave Kirkham | Wharfdale Harriers | M | 41.15 |
| 14 | Ed Gamble | Cheshire Hill Runners | MV40 | 41.15 |
| 15 | Kieran Davis | Erewash Valley | M | 42.04 |
| 16 | Paul Crabtree | Wharfdale Harriers | MV40 | 42.25 |
| 17 | Felix McGrath | Westbury Harriers | MU18 | 42.28 |
| 18 | Sam Haggart | Wharfdale Harriers | MU18 | 42.31 |
| 19 | Katie Walshaw | Holmfirth | L | 42.34 |
| 20 | Clive Davis | Bowland | MV40 | 42.37 |
| 21 | Danny Walsh | Rossendale | MU18 | 42.41 |
| 22 | Harry Dalby | Pudsey and Bramley | M | 43.02 |
| 23 | Simon Reed | Knots AC | MV50 | 43.25 |
| 24 | Darren Fishwick | Chorley | MV40 | 43.41 |
| 25 | Paul Neild | Bowland | M | 43.51 |
| 26 | Chris Balderson | CLeM | MV40 | 43.53 |
| 27 | Craig Burrow | Helm Hill | M | 44.03 |
| 28 | Sam Dalby | u/a | M | 44.04 |
| 29 | Joss Addison | Helm Hill | M | 44.28 |
| 30 | Paul Lambert | Wharfdale Harriers | MV40 | 44.47 |
| 31 | Phil Mather | u/a | M | 44.55 |
| 32 | Jack Wright | Ambleside | M | 45.00 |
| 33 | Robert Moffat | Howgill Harriers | M | 45.01 |
| 34 | Mick Green | Horwich | MV40 | 45.02 |
| 35 | Andrew Crowther | Lonsdale | M | 45.07 |
| 36 | Gavin Thomas | u/a | MV40 | 45.18 |
| 37 | Paul Crabtree | Wharfdale Harriers | MV40 | 45.34 |
| 38 | Benjamin Hobson | u/a | M | 46.03 |
| 39 | Chris Thompson | u/a | MV50 | 46.07 |
| 40 | Rob Ashworth | Southport Waterloo | MV40 | 46.08 |
| 41 | Allan Miller | Kendal | MV50 | 46.16 |
| 42 | Mick Dobson | CLeM | MV40 | 46.25 |
| 43 | Crispin Halsall | Bowland | MV40 | 46.28 |
| 44 | Garry Chadderton | u/a | MV50 | 46.35 |
| 45 | Neil Adshead | Southport Waterloo | MV50 | 46.48 |
| 46 | Alan Stuart | Allithwaithe | MV40 | 47.08 |
| 47 | Paul Tynan | Lancaster and Moreca | MV50 | 47.48 |
| 48 | Andy Preedy | Rossendale | MV40 | 48.13 |
| 49 | Ian Warhurst | Pennine | MV50 | 48.18 |
| 50 | Michael Toman | Rossendale | MV40 | 48.24 |
| 51 | Brian Kennedy | Settle Harriers | MV50 | 48.28 |
| 52 | Declan O'Duffy | Bowland | MV50 | 48.31 |
| 53 | Tom Cubbon | u/a | M | 48.39 |
| 54 | Tony Ratcliffe | Saddleworth | MV50 | 48.40 |

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| 55 | Mark Taylor | CLeM | M | 48.49 |
| 56 | Tony Hesketh | Horwich | MV60 | 48.54 |
| 57 | Sally Ratcliffe | Stockport AC | LU18 | 48.58 |
| 58 | Doug Fleming | Horwich | MV50 | 49.17 |
| 59 | Martyn Housey-Smith | u/a | M | 49.31 |
| 60 | Michael Griffin | Wharfdale Harriers | M | 49.59 |
| 61 | Phil Thurlow | Helm Hill | MV40 | 50.09 |
| 62 | Ian Robinson | CLeM | MV60 | 50.15 |
| 63 | Rowena Browne | Bowland | LV50 | 50.28 |
| 64 | Chris Jones | Wharfdale Harriers | MV40 | 50.41 |
| 65 | Andy Holden | Wharfdale Harriers | MV40 | 50.54 |
| 66 | Andrew Dugdale | CLeM | MV50 | 51.01 |
| 67 | Ian Cookson | Bowland | MV60 | 51.04 |
| 68 | Diane Haggard | Ilkley | LV40 | 51.05 |
| 69 | Peter Shanahan | u/a | M | 51.05 |
| 70 | Carl Bradshaw | Wharfdale Harriers | MV40 | 51.11 |
| 71 | James Dalgleish | u/a | M | 51.17 |
| 72 | Emma Gregory | Bowland | L | 51.21 |
| 73 | Peter Browning | CLeM | MV50 | 51.21 |
| 74 | Robert Hinchcliffe | Holmfirth | MU18 | 51.25 |
| 75 | Tom McGrath | Middlesborough and C | MV40 | 51.31 |
| 76 | Eillie Maddocks | u/a | L | 52.04 |
| 77 | Sophie Fosker | Bowland | L | 52.28 |
| 78 | Darren Hartley | Bowland | MV40 | 52.44 |
| 79 | Colin Wood | Horwich | MV50 | 53.16 |
| 80 | Ian Newbold | Wharfdale Harriers | MV40 | 53.24 |
| 81 | Colin Whitaker | Bowland | MV40 | 53.33 |
| 82 | Suzanne Budgett | Horwich | LV40 | 53.45 |
| 83 | Andrew Tomkinson | u/a | MV40 | 53.45 |
| 84 | Sarah Sherratt | Bowland | LV40 | 54.01 |
| 85 | Brian Davey | Southport Waterloo | MV50 | 54.07 |
| 86 | Dave Kershaw | Chorley ATC | MV50 | 54.08 |
| 87 | Lauren Munroe-Bennett | Helm Hill | LU18 | 54.27 |
| 88 | Mark Irving | Bowland | M | 55.19 |
| 89 | Mark Willis | Middlesborough and C | MV50 | 55.26 |
| 90 | Steven Fish | CleM | MV50 | 55.33 |
| 91 | Matthew Nelson | Southport Waterloo | MV50 | 55.40 |
| 92 | Les Stephenson | Kendal | MV60 | 56.11 |
| 93 | Jean Powell | Wharfdale Harriers | LV40 | 56.18 |
| 94 | Mark Cooper | Bangor University | M | 56.49 |
| 95 | Graham Wright | Rosendale | MV60 | 57.04 |
| 96 | Peter Heneghan | Horwich | MV65 | 57.22 |
| 97 | Martin Hodgson | Saddleworth | MV40 | 57.36 |
| 98 | Chris Gibbons | u/a | M | 58.01 |
| 99 | Glyn Denver | Chorley | MV50 | 58.06 |
| 100 | Simon Galloway | Todmorden | MV40 | 58.31 |
| 101 | Yvonne Russell | u/a | L | 58.35 |
| 102 | Tom Dean-Betts | Colts Tri | M | 58.40 |
| 103 | Bryony Devoy | Garstang | L | 58.53 |
| 104 | Peter Dugdale | CleM | MV50 | 58.56 |
| 105 | Amanda Burrow | Helm Hill | L | 59.24 |
| 106 | John Wickham | u/a | M | 59.34 |
| 107 | Lynn Whittaker | Wharfdale Harriers | LV50 | 1.00.10 |
| 108 | Trevor Metclife | Wharfdale Harriers | MV60 | 1.00.40 |
| 109 | Jenna Wood | Howgill Harriers | L | 1.00.53 |

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| 110 | Wayne Walsh | Bowland | MV50 | 1.02.14 |
| 111 | Carren Crabtree | Wharfdale Harriers | L | 1.02.22 |
| 112 | Alan Chamberlain | u/a | MV50 | 1.02.43 |
| 113 | Mark Selby | u/a | M | 1.03.53 |
| 114 | Selwyn Wright | Ambleside | MV50 | 1.04.02 |
| 115 | Ben Hickinson | Preston | MV50 | 1.04.03 |
| 116 | Tracey Peters | Southport Waterloo | L | 1.04.15 |
| 117 | Nichola Horsfall | CLeM | LV50 | 1.06.34 |
| 118 | John Minton | Chorley ATC | MV70 | 1.07.22 |
| 119 | Lydia Hargreaves | Wharfdale Harriers | LV40 | 1.09.18 |
| 120 | Elaine Sutton | Southport Waterloo | LV40 | 1.09.58 |
| 121 | Phil Martin | Bowland | MV70 | 1.10.57 |
| 122 | Dennis Wood | Borrowdale | MV65 | 1.11.03 |
| 123 | Barry Tyson | Horwich | MV60 | 1.13.43 |
| 124 | Christa Whatmough | Horwich | L | 1.15.03 |
| 125 | Brenda Hesketh | u/a | LV50 | 1.28.45 |