

Location: Wesham Date 17 July 2017

| Runner Number | Posn | IC | Vet | V-50 | V-60 | Lady FV40 | Name | Surname | Category | Club | Time |
|---------------|------|----|-----|------|------|-----------|----------|-------------|----------|-----------|-------|
| 1297 | 1 | 1 | | | | | Rob | Danson | M | Wesham | 22:39 |
| 402 | 2 | 2 | 1 | | | | Robert | Affleck | M-45 | Preston | 23:21 |
| 1400 | 3 | 3 | | | | | Joseph | Monk | JM | Wesham | 23:32 |
| 34 | 4 | 4 | | | | | Luke | Minns | M | Blackpool | 24:08 |
| 700 | 5 | 5 | | | | | Simon | Croft | M | Red Rose | 24:44 |
| 538 | 6 | 6 | | | | | Richard | Smith | M | Preston | 24:48 |
| 309 | 7 | 7 | | | | | Chris | McCarthy | M | Lytham | 25:00 |
| 616 | 8 | 8 | | | | | Duncan | Anderson | M | Red Rose | 25:05 |
| 448 | 9 | 9 | | | | | Toney | Donnelly | M | Preston | 25:06 |
| 29 | 10 | 10 | 2 | 1 | | | Philip | Leybourne | M-50 | Blackpool | 25:16 |
| 563 | 11 | 11 | | | | | Karl | Hodgson | JM | Preston | 25:17 |
| 291 | 12 | 12 | | | | | Joe | Greenwood | M | Lytham | 25:18 |
| 421 | 13 | 13 | 3 | | | | Gethin | Butler | M-45 | Preston | 25:39 |
| 1374 | 14 | 14 | | | | | David | Taylor | M | Wesham | 26:03 |
| 487 | 15 | 15 | 4 | | | | Kevin | Hunt | M-45 | Preston | 26:06 |
| 181 | 16 | 16 | | | | | Jordon | Swift | M | Chorley | 26:25 |
| 341 | 17 | 17 | | | | | Paul | Veevers | M | Lytham | 26:31 |
| 430 | 18 | 18 | | | | | Simon | Collins | M | Preston | 26:35 |
| 555 | 19 | 19 | 5 | | | | Dave | Watson | M-45 | Preston | 26:35 |
| 158 | 20 | 20 | | | | | George | Norris | JM | Chorley | 26:40 |
| 1113 | 21 | 21 | 6 | | | | Andrew | Fairbairn | M-40 | Thornton | 26:42 |
| 790 | 22 | 22 | | | | | Daniel | Hughes | M | Red Rose | 26:43 |
| 1451 | 23 | | | | | | Richard | Jones | M | Guest | 26:46 |
| 1358 | 24 | 23 | 7 | | | | Steve | Myerscough | M-40 | Wesham | 26:46 |
| 137 | 25 | 24 | | | | | Keith | Johnston | M | Chorley | 26:49 |
| 330 | 26 | 25 | | | | | Alex | Tate | M | Lytham | 26:50 |
| 970 | 27 | 26 | | | | | Alex | Venables | M | Red Rose | 26:50 |
| 1264 | 28 | 27 | 8 | | | | Lee | Barlow | M-45 | Wesham | 26:56 |
| 556 | 29 | 28 | 9 | | | | Andy | Whaley | M-40 | Preston | 26:57 |
| 477 | 30 | 29 | 10 | | | | Steve | Hallas | M-40 | Preston | 26:58 |
| 512 | 31 | 30 | | | | | Domonic | Moon | M | Preston | 27:01 |
| 918 | 32 | 31 | | | | | Simon | Robinson | M | Red Rose | 27:03 |
| 498 | 33 | 32 | 11 | 2 | | | Mark | Lee | M-50 | Preston | 27:13 |
| 135 | 34 | 33 | 12 | | | | Philip | Iddon | M-45 | Chorley | 27:16 |
| 1050 | 35 | 34 | | | | | Jack | Bretherton | JM | Red Rose | 27:23 |
| 1266 | 36 | 35 | 13 | 3 | | | Garry | Barnett | M-50 | Wesham | 27:24 |
| 1263 | 37 | 36 | 14 | | | | Jason | Barlow | M-45 | Wesham | 27:24 |
| 300 | 38 | 37 | | | | | Thomas | Howarth | M | Lytham | 27:26 |
| 708 | 39 | 38 | | | | 1 | Carla | Davies | F | Red Rose | 27:29 |
| 679 | 40 | 39 | | | | | Andrew | Christie | M | Red Rose | 27:42 |
| 1119 | 41 | 40 | | | | | David | Barras | M | Thornton | 27:46 |
| 1144 | 42 | 41 | 15 | | | | Robert | Harrison | M-40 | Thornton | 27:49 |
| 1318 | 43 | 42 | | | | | Paul | Gregory | M | Wesham | 27:51 |
| 1321 | 44 | 43 | 16 | | | | Paul | Hethrington | M-40 | Wesham | 27:53 |
| 509 | 45 | 44 | | | | | Chris | Miles | M | Preston | 27:58 |
| 339 | 46 | 45 | 17 | | | | Andrew | Unsworth | M-40 | Lytham | 28:00 |
| 310 | 47 | 46 | | | | | Ross | McKelvie | M | Lytham | 28:03 |
| 506 | 48 | 47 | 18 | | | | Neil | McDonald | M-45 | Preston | 28:08 |
| 1052 | 49 | 48 | | | | | Gareth | Case | M | Red Rose | 28:11 |
| 203 | 50 | 49 | | | | | Luke | Barrow | M | Chorley | 28:13 |
| 89 | 51 | 50 | 19 | | | | Tony | Terras | M-45 | Blackpool | 28:20 |
| 491 | 52 | 51 | 20 | 4 | | | William | Johnstone | M-50 | Preston | 28:25 |
| 1456 | 53 | | | | | | Trevor | Rayner | M-50 | Guest | 28:26 |
| 951 | 54 | 52 | 21 | 5 | 1 | | Joe | Swarbrick | M-60 | Red Rose | 28:28 |
| 196 | 55 | 53 | | | | | Harrison | Riley | JM | Chorley | 28:35 |
| 612 | 56 | 54 | 22 | 6 | 2 | | Kenneth | Addison | M-60 | Red Rose | 28:38 |
| 764 | 57 | 55 | | | | | Samuel | Harrison | M | Red Rose | 28:44 |
| 148 | 58 | 56 | | | | | Jon | Linford | JM | Chorley | 28:48 |
| 332 | 59 | 57 | | | | | Neil | Tate | M | Lytham | 28:53 |
| 1293 | 60 | 58 | 23 | 7 | | | Peter | Cruse | M-50 | Wesham | 28:56 |
| 719 | 61 | 59 | 24 | | | | Ben | Donoghue | M-40 | Red Rose | 28:57 |
| 1313 | 62 | 60 | | | | | Arran | Galvin | M | Wesham | 28:58 |

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|------|-----|-----|----|----|----|---|----------|-------------|------|-----------|-------|
| 668 | 63 | 61 | 25 | 8 | | | Stuart | Cann | M-50 | Red Rose | 28:59 |
| 208 | 64 | 62 | | | | | Lewis | Watmough | M | Chorley | 28:59 |
| 569 | 65 | 63 | | | | | James | Kay | M | Preston | 29:02 |
| 48 | 66 | 64 | 26 | 9 | | | Paul | Sparrow | M-50 | Blackpool | 29:05 |
| 871 | 67 | 65 | | | | | John | Naylor | M | Red Rose | 29:08 |
| 1270 | 68 | 66 | | | | | Mark | Belfield | M | Wesham | 29:09 |
| 40 | 69 | 67 | | | 2 | | Jessica | Rogers | JF | Blackpool | 29:10 |
| 134 | 70 | 68 | 27 | | | | Martin | Hughes | M-45 | Chorley | 29:15 |
| 85 | 71 | 69 | 28 | | | | Paul | Beech | M-40 | Blackpool | 29:16 |
| 90 | 72 | 70 | | | | | Tom | Minns | JM | Blackpool | 29:20 |
| 526 | 73 | 71 | | | | | Douglas | Potter | M | Preston | 29:21 |
| 549 | 74 | 72 | | | | | Alex | Waddelove | M | Preston | 29:24 |
| 471 | 75 | 73 | | | | | Kenny | Gawne | M | Preston | 29:26 |
| 1010 | 76 | 74 | 29 | 10 | | | Simon | Shaw | M-55 | Red Rose | 29:27 |
| 546 | 77 | 75 | 30 | | | | Steve | Townhill | M-40 | Preston | 29:29 |
| 192 | 78 | 76 | 31 | | | | Jonny | Bromilow | M-40 | Chorley | 29:32 |
| 401 | 79 | 77 | 32 | | | | Andy | Acklam | M-45 | Preston | 29:34 |
| 432 | 80 | 78 | 33 | 11 | | | Peter | Cowling | M-50 | Preston | 29:35 |
| 483 | 81 | 79 | 34 | 12 | 3 | | Kevin | Hesketh | M-60 | Preston | 29:39 |
| 299 | 82 | 80 | | | 3 | | Michelle | Hook | F | Lytham | 29:40 |
| 146 | 83 | 81 | | | | | Mark | Lees | M | Chorley | 29:44 |
| 186 | 84 | 82 | 35 | 13 | | | Paul | Wareing | M-50 | Chorley | 29:45 |
| 476 | 85 | 83 | | | | | Andrew | Gundersen | M | Preston | 29:48 |
| 195 | 86 | 84 | 36 | 14 | | | Warren | Crook | M-50 | Chorley | 29:49 |
| 1372 | 87 | 85 | 37 | 15 | 4 | 1 | Carmel | Sullivan | F-50 | Wesham | 29:51 |
| 1335 | 88 | 86 | 38 | | 5 | 2 | Helen | Lawrenson | F-45 | Wesham | 29:59 |
| 1319 | 89 | 87 | 39 | | | | Carl | Groome | M-45 | Wesham | 30:02 |
| 342 | 90 | 88 | 40 | 16 | 4 | | Graham | Webster | M-65 | Lytham | 30:04 |
| 1363 | 91 | 89 | 41 | | | | Mark | Renshall | M-40 | Wesham | 30:06 |
| 583 | 92 | 90 | | | 6 | | Katey | Foster | F | Preston | 30:10 |
| 37 | 93 | 91 | 42 | | | | Paul | Plummer | M-45 | Blackpool | 30:12 |
| 578 | 94 | 92 | | | | | Joseph | Sharples | M | Preston | 30:14 |
| 68 | 95 | 93 | 43 | 17 | 7 | 3 | Bev | Wright | F-55 | Blackpool | 30:27 |
| 876 | 96 | 94 | 44 | 18 | | | Frank | Nightingale | M-50 | Red Rose | 30:31 |
| 1117 | 97 | 95 | 45 | | | | Charles | Colby | M-45 | Thornton | 30:35 |
| 1459 | 98 | 96 | 46 | 19 | | | Brian | Dewhurst | M-50 | Preston | 30:46 |
| 962 | 99 | 97 | 47 | 20 | 5 | | David | Tolson | M-60 | Red Rose | 30:47 |
| 615 | 100 | 98 | 48 | 21 | | | John | Allen | M-55 | Red Rose | 30:48 |
| 1199 | 101 | 99 | 49 | | 8 | | Jenny | Clark | F-35 | Thornton | 30:50 |
| 1059 | 102 | 100 | | | | | John | Barker | M | Red Rose | 30:52 |
| 154 | 103 | 101 | | | 9 | | Helen | Morris | F | Chorley | 30:53 |
| 516 | 104 | 102 | 50 | | | | Stephen | Needham | M-40 | Preston | 30:55 |
| 707 | 105 | 103 | 51 | 22 | | | Philip | Davidson | M-55 | Red Rose | 30:58 |
| 51 | 106 | 104 | 52 | | 10 | 4 | Michelle | Tickle | F-40 | Blackpool | 31:01 |
| 294 | 107 | 105 | 53 | 23 | 6 | | Terry | Hellings | M-60 | Lytham | 31:03 |
| 1325 | 108 | 106 | 54 | 24 | 7 | | Alan | Hudson | M-65 | Wesham | 31:07 |
| 523 | 109 | 107 | 55 | 25 | | | Roy | Parkinson | M-50 | Preston | 31:08 |
| 564 | 110 | 108 | | | | | Darren | Kinder | M | Preston | 31:09 |
| 428 | 111 | 109 | 56 | | | | Russell | Codd | M-45 | Preston | 31:10 |
| 548 | 112 | 110 | 57 | 26 | | | Andrew | Tranter | M-50 | Preston | 31:11 |
| 757 | 113 | 111 | 58 | 27 | | | Michael | Hall | M-50 | Red Rose | 31:11 |
| 586 | 114 | 112 | 59 | | | | Ian | Pomfrey | M-40 | Preston | 31:12 |
| 414 | 115 | 113 | 60 | | | | Stephen | Bonsu | M-40 | Preston | 31:13 |
| 1153 | 116 | 114 | 61 | 28 | | | Steven | Livesey | M-50 | Thornton | 31:16 |
| 25 | 117 | 115 | 62 | 29 | | | Nick | Hume | M-55 | Blackpool | 31:17 |
| 756 | 118 | 116 | 63 | | | | Andy | Hale | M-40 | Red Rose | 31:23 |
| 1292 | 119 | 117 | 64 | | 11 | 5 | Sue | Coulthurst | F-45 | Wesham | 31:34 |
| 1389 | 120 | 118 | 65 | 30 | 8 | | Alan | Glasgow | M-60 | Wesham | 31:35 |
| 155 | 121 | 119 | 66 | | 12 | 6 | Laura | Murphy | F-40 | Chorley | 31:38 |
| 1009 | 122 | 120 | 67 | | | | Richard | Hally | M-40 | Red Rose | 31:42 |
| 519 | 123 | 121 | 68 | | | | Greg | O'Brien | M-45 | Preston | 31:46 |
| 1290 | 124 | 122 | | | | | Elliot | Costello | M | Wesham | 31:51 |
| 513 | 125 | 123 | 69 | | | | Stephen | Mort | M-40 | Preston | 31:56 |
| 646 | 126 | 124 | 70 | | | | Steve | Boardman | M-40 | Red Rose | 31:58 |
| 946 | 127 | 125 | 71 | | | | Andrew | Stell | M-45 | Red Rose | 32:00 |
| 691 | 128 | 126 | 72 | | | | Gaby | Concepcion | M-40 | Red Rose | 32:06 |

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|------|-----|-----|-----|----|----|----|-----------|------------|------|-----------|-------|
| 352 | 129 | 127 | | | | 13 | Jennifer | Hill | F | Lytham | 32:08 |
| 298 | 130 | 128 | 73 | 31 | | 14 | 7 Barbara | Holmes | F-55 | Lytham | 32:10 |
| 403 | 131 | 129 | 74 | 32 | 9 | | Alan | Appleby | M-70 | Preston | 32:11 |
| 110 | 132 | 130 | 75 | | | | Darren | Bowles | M-45 | Chorley | 32:14 |
| 1012 | 133 | 131 | | | | | Lee | Lawrenson | M | Red Rose | 32:22 |
| 826 | 134 | 132 | 76 | 33 | 10 | | Fred | Lynch | M-60 | Red Rose | 32:26 |
| 1143 | 135 | 133 | 77 | | | | Phil | Hayes | M-45 | Thornton | 32:27 |
| 302 | 136 | 134 | 78 | | | 15 | 8 Melanie | Koth | F-40 | Lytham | 32:29 |
| 1268 | 137 | 135 | 79 | 34 | 11 | | Martin | Bates | M-60 | Wesham | 32:31 |
| 933 | 138 | 136 | 80 | | | | Wayne | Sharples | M-40 | Red Rose | 32:32 |
| 1027 | 139 | 137 | | | | | Neil | Walker | M | Red Rose | 32:35 |
| 45 | 140 | 138 | 81 | 35 | 12 | | Peter | Singleton | M-60 | Blackpool | 32:41 |
| 1464 | 141 | | | | | | Paul | Howlett | | Guest | 32:42 |
| 353 | 142 | 139 | 82 | | | | Mark | Hughes | M-40 | Lytham | 32:43 |
| 695 | 143 | 140 | | | | | Chris | Corrigan | M | Red Rose | 32:49 |
| 866 | 144 | 141 | 83 | | | | Simon | Morris | M-40 | Red Rose | 32:51 |
| 1392 | 145 | 142 | | | | | Lee | Nixon | M | Wesham | 32:52 |
| 1379 | 146 | 143 | 84 | | | 16 | 9 Nicola | Unsworth | F-45 | Wesham | 32:56 |
| 838 | 147 | 144 | 85 | 36 | | | Dave | Maudsley | M-50 | Red Rose | 32:57 |
| 206 | 148 | 145 | 86 | 37 | 13 | | Mick | McGowan | M-60 | Chorley | 32:59 |
| 439 | 149 | 146 | 87 | | | | Phil | Davies | M-45 | Preston | 33:17 |
| 431 | 150 | 147 | | | | 17 | Victoria | Cowling | JF | Preston | 33:20 |
| 837 | 151 | 148 | 88 | | | | Rob | Mather | M-45 | Red Rose | 33:20 |
| 935 | 152 | 149 | | | | | Jacob | Shepherd | M | Red Rose | 33:21 |
| 329 | 153 | 150 | 89 | | | | Richard | Storey | M-45 | Lytham | 33:22 |
| 1326 | 154 | 151 | 90 | 38 | | 18 | 10 Tracey | Hulme | F-50 | Wesham | 33:24 |
| 1370 | 155 | 152 | 91 | 39 | | | Nigel | Shepherd | M-55 | Wesham | 33:28 |
| 1018 | 156 | 153 | | | | | Ben | Smithers | M | Red Rose | 33:32 |
| 27 | 157 | 154 | 92 | | | 19 | 11 Laura | Lawler | F-45 | Blackpool | 33:37 |
| 791 | 158 | 155 | | | | 20 | Nicola | Hughes | F | Red Rose | 33:41 |
| 153 | 159 | 156 | 93 | 40 | 14 | | Henry | Minorczyk | M-70 | Chorley | 33:46 |
| 870 | 160 | 157 | 94 | | | | Steve | Murphy | M-45 | Red Rose | 33:52 |
| 712 | 161 | 158 | 95 | 41 | | | Philip | Dean | M-55 | Red Rose | 33:54 |
| 1112 | 162 | 159 | | | | | Alex | Ingham | M | Thornton | 33:55 |
| 4 | 163 | 160 | 96 | | | | Anthony | Blight | M-45 | Blackpool | 33:57 |
| 1051 | 164 | 161 | | | | 21 | Faron | Jones | F | Red Rose | 33:59 |
| 1281 | 165 | 162 | 97 | 42 | | | Stephen | Browne | M-50 | Wesham | 34:04 |
| 47 | 166 | 163 | 98 | 43 | | 22 | 12 Andrea | Smith | F-50 | Blackpool | 34:10 |
| 1154 | 167 | 164 | 99 | 44 | 15 | | Steven | Robinson | M-60 | Thornton | 34:11 |
| 111 | 168 | 165 | 100 | 45 | | 23 | 13 Jane | Bowles | F-50 | Chorley | 34:13 |
| 127 | 169 | 166 | 101 | | | 24 | Rachael | Gibson | F-35 | Chorley | 34:16 |
| 419 | 170 | 167 | 102 | 46 | | | Michael | Brown | M-55 | Preston | 34:19 |
| 847 | 171 | 168 | 103 | | | | Paul | McMonagle | M-40 | Red Rose | 34:22 |
| 632 | 172 | 169 | | | | | David | Bayliss | M | Red Rose | 34:23 |
| 567 | 173 | 170 | 104 | 47 | | | Ian | Bebbington | M-50 | Preston | 34:24 |
| 120 | 174 | 171 | 105 | | | 25 | 14 Lara | Dickinson | F-40 | Chorley | 34:28 |
| 686 | 175 | 172 | 106 | 48 | | | Shane | Cliffe | M-50 | Red Rose | 34:29 |
| 46 | 176 | 173 | 107 | 49 | 16 | | Reg | Smallbone | M-70 | Blackpool | 34:33 |
| 792 | 177 | 174 | | | | | Anthony | Hughes | M | Red Rose | 34:36 |
| 1042 | 178 | 175 | | | | 26 | Sam | Edwards | F | Red Rose | 34:40 |
| 11 | 179 | 176 | 108 | 50 | | 27 | 15 Karen | Dunford | F-50 | Blackpool | 34:40 |
| 994 | 180 | 177 | 109 | 51 | | | John | Wiseman | M-50 | Red Rose | 34:44 |
| 1202 | 181 | 178 | 110 | | | 28 | Jill | Wilson | F-35 | Thornton | 34:49 |
| 1338 | 182 | 179 | 111 | 52 | 17 | | Philip | Leaver | M-60 | Wesham | 34:56 |
| 560 | 183 | 180 | | | | 29 | Sarah | Wilson | F | Preston | 34:57 |
| 784 | 184 | 181 | | | | 30 | Laura | Houghton | F | Red Rose | 34:58 |
| 971 | 185 | 182 | 112 | | | | Ian | Waddingham | M-40 | Red Rose | 35:00 |
| 138 | 186 | 183 | 113 | | | 31 | Lisa | Johnston | F-35 | Chorley | 35:01 |
| 1060 | 187 | 184 | | | | | Iain | Mitchell | M | Red Rose | 35:03 |
| 303 | 188 | 185 | 114 | 53 | 18 | | Colin | Laidlaw | M-60 | Lytham | 35:08 |
| 566 | 189 | 186 | | | | 32 | Jade | Bebbington | F | Preston | 35:13 |
| 1394 | 190 | 187 | 115 | 54 | | | Graham | Brook | M-50 | Wesham | 35:15 |
| 660 | 191 | 188 | 116 | 55 | | | Doug | Bryden | M-50 | Red Rose | 35:19 |
| 973 | 192 | 189 | 117 | | | | Stephen | Walker | M-40 | Red Rose | 35:21 |
| 1373 | 193 | 190 | 118 | | | | Alan | Taylor | M-45 | Wesham | 35:23 |
| 1415 | 194 | 191 | 119 | 56 | | | Peter | Rooney | M-55 | Wesham | 35:25 |

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|------|-----|-----|-----|----|----|----|-------------|-------------|--------------|-----------|-----------|-------|
| 189 | 195 | 192 | 120 | 57 | | | Michael | Wilson | M-50 | Chorley | 35:38 | |
| 901 | 196 | 193 | 121 | 58 | 33 | 16 | Paula | Plowman | F-50 | Red Rose | 35:40 | |
| 1161 | 197 | 194 | 122 | | 34 | 17 | Angela | Colby | F-45 | Thornton | 35:44 | |
| 30 | 198 | 195 | | | 35 | | Dawn | Maher | F | Blackpool | 35:47 | |
| 977 | 199 | 196 | 123 | | | | Richard | Ward | M-40 | Red Rose | 35:49 | |
| 1387 | 200 | 197 | | | | | Ben | Wrigley | M | Wesham | 35:52 | |
| 327 | 201 | 198 | 124 | 59 | 19 | | Nigel | Simpkin | M-60 | Lytham | 35:56 | |
| 535 | 202 | 199 | 125 | 60 | | | John | Russell | M-50 | Preston | 36:04 | |
| 1304 | 203 | 200 | 126 | 61 | | | Mark | Dobson | M-50 | Wesham | 36:04 | |
| 484 | 204 | 201 | | | | | Daniel | Higgins | M | Preston | 36:05 | |
| 687 | 205 | 202 | 127 | | 36 | 18 | Kate | Clipston | F-45 | Red Rose | 36:07 | |
| 1043 | 206 | 203 | 128 | 62 | 37 | 19 | Pauline | Moorcroft | F-55 | Red Rose | 36:08 | |
| 1280 | 207 | 204 | 129 | 63 | 20 | | Robert | Brown | M-60 | Wesham | 36:09 | |
| 1301 | 208 | 205 | 130 | 64 | 38 | 20 | Michaela | Dempsey | F-50 | Wesham | 36:09 | |
| 53 | 209 | 206 | 131 | 65 | 21 | 39 | 21 | Alison | Titterington | F-60 | Blackpool | 36:12 |
| 1393 | 210 | 207 | | | | | Rob | Wallace | M | Wesham | 36:16 | |
| 1041 | 211 | 208 | 132 | | | | James | Hughes | M-45 | Red Rose | 36:18 | |
| 1241 | 212 | 209 | 133 | 66 | | | Steven | Thompson | M-50 | Thornton | 36:22 | |
| 92 | 213 | 210 | | | 40 | | Danielle | Barnes | F | Blackpool | 36:22 | |
| 863 | 214 | 211 | 134 | | 41 | | Natalie | Moore | F-35 | Red Rose | 36:28 | |
| 497 | 215 | 212 | 135 | 67 | 22 | | Phil | Lakeland | M-60 | Preston | 36:41 | |
| 1118 | 216 | 213 | 136 | 68 | | | Colin | Denney | M-55 | Thornton | 36:44 | |
| 1267 | 217 | 214 | 137 | 69 | 23 | | Peter | Bartlett | M-65 | Wesham | 36:45 | |
| 1242 | 218 | 215 | 138 | 70 | | | Barry | O'Cleirigh | M-55 | Thornton | 36:47 | |
| 36 | 219 | 216 | 139 | | | | Rick | Pinches | M-45 | Blackpool | 36:54 | |
| 900 | 220 | 217 | 140 | 71 | | | John | Plowman | M-50 | Red Rose | 36:58 | |
| 1359 | 221 | 218 | 141 | | 42 | | Gemma | Owen | F-35 | Wesham | 37:00 | |
| 1332 | 222 | 219 | 142 | 72 | | | George | Kennedy | M-55 | Wesham | 37:01 | |
| 1418 | 223 | 220 | 143 | 73 | | | Troy | Watson | M-50 | Wesham | 37:02 | |
| 1152 | 224 | 221 | 144 | 74 | | | Steve | Burgess | M-55 | Thornton | 37:04 | |
| 283 | 225 | 222 | | | 43 | | Alexandra | Everest | F | Lytham | 37:15 | |
| 720 | 226 | 223 | 145 | 75 | 24 | 44 | 22 | Carol | Douglass | F-70 | Red Rose | 37:26 |
| 803 | 227 | 224 | 146 | 76 | 45 | 23 | Yvonne | Johnson | F-55 | Red Rose | 37:32 | |
| 1388 | 228 | 225 | 147 | 77 | 25 | | David | Young | M-65 | Wesham | 37:33 | |
| 1040 | 229 | 226 | 148 | | | | Mike | Crowther | M-45 | Red Rose | 37:39 | |
| 1343 | 230 | 227 | 149 | 78 | | | Finlay | McCalman | M-50 | Wesham | 37:42 | |
| 584 | 231 | 228 | | | 46 | | Juliet | Sherrington | JF | Preston | 37:48 | |
| 537 | 232 | 229 | 150 | | 47 | 24 | Vicki | Sherington | F-45 | Preston | 37:48 | |
| 207 | 233 | 230 | | | | | Richard | Holding | M | Chorley | 37:53 | |
| 1354 | 234 | 231 | 151 | 79 | | | Christopher | Moss | M-50 | Wesham | 37:59 | |
| 729 | 235 | 232 | 152 | | | | Gareth | Fairey | M-40 | Red Rose | 38:04 | |
| 704 | 236 | 233 | 153 | 80 | 48 | 25 | Amanda | Cutler | F-50 | Red Rose | 38:06 | |
| 42 | 237 | 234 | 154 | 81 | | | Simon | Scarr | M-50 | Blackpool | 38:09 | |
| 323 | 238 | 235 | 155 | 82 | 49 | 26 | Julia | Rolfe | F-55 | Lytham | 38:13 | |
| 585 | 239 | 236 | 156 | 83 | 26 | 50 | 27 | Linda | Roberts | F-60 | Preston | 38:16 |
| 1265 | 240 | 237 | 157 | | 51 | 28 | Tanya | Barlow | F-45 | Wesham | 38:24 | |
| 614 | 241 | 238 | | | | | Faisal | Ali | M | Red Rose | 38:30 | |
| 832 | 242 | 239 | | | 52 | | Sarah | Maltby | F | Red Rose | 38:35 | |
| 934 | 243 | 240 | 158 | | 53 | | Claire | Shaw | F-35 | Red Rose | 38:35 | |
| 797 | 244 | 241 | | | 54 | | Emily | Ingham | JF | Red Rose | 38:41 | |
| 1361 | 245 | 242 | 159 | | | | Christopher | Pike | M-40 | Wesham | 38:42 | |
| 188 | 246 | 243 | 160 | 84 | 27 | | Steven | Wilde | M-60 | Chorley | 38:44 | |
| 703 | 247 | 244 | 161 | 85 | 55 | 29 | Anneke | Crosby | F-50 | Red Rose | 38:47 | |
| 750 | 248 | 245 | 162 | 86 | 28 | 56 | 30 | Joan | Gouldthorpe | F-65 | Red Rose | 38:56 |
| 947 | 249 | 246 | 163 | | 57 | 31 | Paula | Stell | F-40 | Red Rose | 38:57 | |
| 1463 | 250 | | | | | | Stephen | Kingcan | | Guest | 38:57 | |
| 260 | 251 | 247 | | | | | Chris | Bowker | M | Lytham | 39:00 | |
| 1231 | 252 | 248 | 164 | | 58 | | Sarah | Barton | F-35 | Thornton | 39:06 | |
| 1239 | 253 | 249 | 165 | | 59 | 32 | Victoria | Wrigley | F-40 | Thornton | 39:08 | |
| 796 | 254 | 250 | 166 | | 60 | 33 | Judi | Ingham | F-45 | Red Rose | 39:12 | |
| 160 | 255 | 251 | 167 | 87 | 29 | | Ted | Orrel | M-75 | Chorley | 39:14 | |
| 611 | 256 | 252 | 168 | | 61 | 34 | Kathryn | Abbott | F-45 | Red Rose | 39:17 | |
| 932 | 257 | 253 | 169 | 88 | | | Anees | Shaikh | M-50 | Red Rose | 39:19 | |
| 931 | 258 | 254 | 170 | 89 | 62 | 35 | Lisa | Semley | F-50 | Red Rose | 39:20 | |
| 1114 | 259 | 255 | 171 | 90 | 30 | | Andy | Whitlam | M-60 | Thornton | 39:21 | |
| 1381 | 260 | 256 | 172 | 91 | | | Graham | Vickers | M-55 | Wesham | 39:33 | |

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|------|-----|-----|-----|-----|----|-----|----|--------------|--------------|------|-----------|-------|
| 862 | 261 | 257 | 173 | | | | | Steven | Moon | M-40 | Red Rose | 39:34 |
| 580 | 262 | 258 | 174 | | | 63 | 36 | Julie | Tyrer | F-40 | Preston | 39:35 |
| 104 | 263 | 259 | 175 | | | 64 | 37 | Janet | Barrow | F-45 | Chorley | 39:36 |
| 1139 | 264 | 260 | 176 | | | | | Paul | Botham | M-45 | Thornton | 39:39 |
| 1296 | 265 | 261 | 177 | 92 | | 65 | 38 | Maureen | Danson | F-50 | Wesham | 39:41 |
| 860 | 266 | 262 | 178 | 93 | | | | Bernard | Mitchell | M-55 | Red Rose | 39:41 |
| 773 | 267 | 263 | 179 | 94 | 31 | | | David | Hindle | M-60 | Red Rose | 39:41 |
| 557 | 268 | 264 | 180 | 95 | | 66 | 39 | Sue | Wickham | F-55 | Preston | 39:43 |
| 1295 | 269 | 265 | 181 | 96 | | | | James | Danson | M-50 | Wesham | 39:45 |
| 1419 | 270 | 266 | 182 | | | 67 | | Elizabeth | Johnson | F-35 | Wesham | 39:47 |
| 1219 | 271 | 267 | 183 | | | 68 | 40 | Lucy | Saunders | F-45 | Thornton | 39:54 |
| 1402 | 272 | 268 | 184 | | | 69 | 41 | Kay | Twist | F-45 | Wesham | 40:02 |
| 854 | 273 | 269 | 185 | 97 | | 70 | 42 | Alison | Mercer | F-55 | Red Rose | 40:18 |
| 1048 | 274 | 270 | | | | 71 | | Katherine | Elbag | F | Red Rose | 40:21 |
| 964 | 275 | 271 | 186 | 98 | 32 | 72 | 43 | Sue | Tonge | F-60 | Red Rose | 40:31 |
| 317 | 276 | 272 | 187 | | | | | Greg | Oulton | M-45 | Lytham | 40:38 |
| 1262 | 277 | 273 | 188 | 99 | | 73 | 44 | Nicola | Ball | F-55 | Wesham | 40:41 |
| 680 | 278 | 274 | 189 | | | | | Damian | Clapham | M-40 | Red Rose | 40:57 |
| 1197 | 279 | 275 | 190 | 100 | | 74 | 45 | Janine | Denney | F-50 | Thornton | 41:02 |
| 547 | 280 | 276 | 191 | 101 | | 75 | 46 | Angela | Tranter | F-50 | Preston | 41:05 |
| 778 | 281 | 277 | | | | | | Kevin | Holmes | M | Red Rose | 41:07 |
| 200 | 282 | 278 | | | | | | James | Shuttleworth | M | Chorley | 41:21 |
| 50 | 283 | 279 | 192 | | | 76 | 47 | Debbie | Terras | F-45 | Blackpool | 41:22 |
| 677 | 284 | 280 | | | | 77 | | Gina | Chelton | F | Red Rose | 41:30 |
| 1047 | 285 | 281 | | | | 78 | | Natalie | Barber | F | Red Rose | 41:33 |
| 197 | 286 | 282 | 193 | | | 79 | 48 | Anita | Porter | F-40 | Chorley | 41:39 |
| 927 | 287 | 283 | 194 | | | 80 | 49 | Sarah Louise | Runcie | F-40 | Red Rose | 41:42 |
| 752 | 288 | 284 | 195 | | | 81 | | Helen | Greenhalgh | F-35 | Red Rose | 41:47 |
| 533 | 289 | 285 | 196 | 102 | 33 | | | Dave | Roberts | M-70 | Preston | 42:03 |
| 265 | 290 | 286 | 197 | | | 82 | | Ruth | Bye | F-35 | Lytham | 42:07 |
| 1272 | 291 | 287 | 198 | 103 | | 83 | 50 | Anne | Berry | F-55 | Wesham | 42:11 |
| 151 | 292 | 288 | 199 | 104 | 34 | | | Phillip | McCullagh | M-60 | Chorley | 42:14 |
| 806 | 293 | 289 | 200 | 105 | 35 | | | Roger | Johnson | M-60 | Red Rose | 42:29 |
| 559 | 294 | 290 | 201 | | | 84 | | Olga | Wiggins | F-35 | Preston | 42:40 |
| 1175 | 295 | 291 | 202 | | | 85 | | Davina | Jackson | F-35 | Thornton | 42:45 |
| 1214 | 296 | 292 | 203 | | | 86 | | Leanne | Batty | F-35 | Thornton | 43:02 |
| 1162 | 297 | 293 | 204 | 106 | 36 | 87 | 51 | Angela | Norris | F-60 | Thornton | 43:10 |
| 692 | 298 | 294 | 205 | 107 | | 88 | 52 | Mary | Conway | F-55 | Red Rose | 43:11 |
| 763 | 299 | 295 | 206 | | | | | Steven | Hargreaves | M-40 | Red Rose | 43:20 |
| 494 | 300 | 296 | 207 | 108 | 37 | 89 | 53 | Maureen | Kirby | F-65 | Preston | 43:25 |
| 978 | 301 | 297 | 208 | | | 90 | 54 | Wendy | Ward | F-45 | Red Rose | 44:14 |
| 1403 | 302 | 298 | 209 | 109 | | | | Steven | Twist | M-50 | Wesham | 44:32 |
| 923 | 303 | 299 | 210 | 110 | | 91 | 55 | Sandra | Rolston | F-55 | Red Rose | 44:36 |
| 64 | 304 | 300 | 211 | 111 | 38 | | | John | Winters | M-80 | Blackpool | 44:42 |
| 689 | 305 | 301 | 212 | 112 | | | | Shane | Collins | M-50 | Red Rose | 44:52 |
| 642 | 306 | 302 | 213 | 113 | | 92 | 56 | Sharon | Birkbeck | F-50 | Red Rose | 44:55 |
| 1237 | 307 | 303 | 214 | 114 | | 93 | 57 | Susan | Jones | F-50 | Thornton | 45:10 |
| 1340 | 308 | 304 | 215 | 115 | | | | Russell | Mabbett | M-50 | Wesham | 45:35 |
| 1178 | 309 | 305 | 216 | | | 94 | 58 | Debbie | Hindley | F-40 | Thornton | 45:51 |
| 1220 | 310 | 306 | 217 | | | 95 | 59 | Lynn | Shaw | F-45 | Thornton | 45:52 |
| 1022 | 311 | 307 | | | | 96 | | Sonja | Mueller | F | Red Rose | 45:53 |
| 865 | 312 | 308 | 218 | | | 97 | 60 | Bianca | Morris | F-40 | Red Rose | 46:33 |
| 711 | 313 | 309 | 219 | | | 98 | | Kelly | Day | F-35 | Red Rose | 46:42 |
| 688 | 314 | 310 | 220 | | | | | Andy | Clipston | M-45 | Red Rose | 46:46 |
| 1201 | 315 | 311 | | | | 99 | | Jenny | Shepherd | F | Thornton | 46:56 |
| 1193 | 316 | 312 | 221 | 116 | 39 | 100 | 61 | Hilary | Goorney | F-70 | Thornton | 47:20 |
| 1171 | 317 | 313 | 222 | | | 101 | 62 | Catherine | MacLachlan | F-45 | Thornton | 48:16 |
| 456 | 318 | 314 | 223 | | | 102 | 63 | Kari | Edwards | F-45 | Preston | 48:43 |
| 1170 | 319 | 315 | 224 | 117 | 40 | 103 | 64 | Catherine | Fletcher | F-60 | Thornton | 49:12 |
| 464 | 320 | 316 | | | | 104 | | Lyndsey | French | F | Preston | 49:14 |
| 465 | 321 | 317 | 225 | 118 | | 105 | 65 | Amanda | French | F-55 | Preston | 49:15 |
| 751 | 322 | 318 | 226 | 119 | 41 | | | Arthur | Green | M-70 | Red Rose | 49:32 |
| 1207 | 323 | 319 | 227 | 120 | | 106 | 66 | Karen | Livesey | F-50 | Thornton | 49:36 |
| 1160 | 324 | 320 | 228 | 121 | | 107 | 67 | Alison | Simnor | F-50 | Thornton | 49:38 |
| 1407 | 325 | 321 | | | | 108 | | Abi | Stones | F | Wesham | 50:02 |
| 1411 | 326 | 322 | | | | 109 | | Jennifer | Woodman | F | Wesham | 50:02 |

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|------|-----|-----|-----|-----|-----|-----|-----------|-----------|---------|--------|----------|-------|
| 1382 | 327 | 323 | 229 | 122 | | 110 | 68 Caz | Wadsworth | F-50 | Wesham | 50:28 | |
| 1409 | 328 | 324 | 230 | 123 | | 111 | 69 Angela | Clarke | F-50 | Wesham | 50:28 | |
| | 621 | 329 | 325 | 231 | 124 | 42 | | Dave | Aspin | M-70 | Red Rose | 50:29 |
| | 669 | 330 | 326 | 232 | 125 | | 112 | 70 Sally | Cape | F-50 | Red Rose | 50:29 |
| 1146 | 331 | 327 | 233 | 126 | 43 | | | Robert | Walsh | M-85 | Thornton | 50:32 |
| | 156 | 332 | 328 | 234 | 127 | 44 | | Edward | Murray | M-75 | Chorley | 54:29 |
| | 254 | 333 | 329 | 235 | | | 113 | 71 Sarah | Bagshaw | F-45 | Lytham | 54:53 |
| | 638 | 334 | 330 | | | | 114 | Gina | Biggs | F | Red Rose | 55:19 |
| | 306 | 335 | 331 | 236 | 128 | 45 | 115 | 72 Dawn | Lock | F-70 | Lytham | 56:59 |