

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

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

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

Under 17 Women				
OverallPos	Name	RaceNo	Club	Time
1	REBECCA MURPHY	310	LIVERPOOL HARRIERS & AC	00:18:13
2	HOLLY CROSS	309	LIVERPOOL HARRIERS & AC	00:18:21
3	ONAGH MCMANUS	319	SALFORD HARRIERS & AC	00:18:36
4	RUBY CLEAVER	316	ROSSENDALE HARRIERS & AC	00:18:53
5	SOPHIA NATION	320	SALFORD HARRIERS & AC	00:19:06
6	BETHAN BUCKLEY	308	KEIGHLEY & CRAVEN AC	00:19:44
7	FRANCES O'BRIEN	311	LIVERPOOL HARRIERS & AC	00:19:48
8	ISABELLE MILLIGAN	306	BORDER HARRIERS & AC	00:20:03
9	LUCIA NAYAK	321	TYNE BRIDGE HARRIERS	00:20:26
10	BELLA ROSE MCCREDDIE	303	BLACKBURN HARRIERS & AC	00:20:30
11	ELIZA DOYLE	318	SALFORD HARRIERS & AC	00:20:37
12	AGATHA TAYLOR	305	BLACKBURN HARRIERS & AC	00:20:45
13	HOLLY NICHOLLS	323	WIGAN & DISTRICT H & AC	00:20:48
14	ANNIE MURPHY	315	NORTH SHIELDS POLYTECHNIC CLUB	00:21:31
15	RUBY LANGFORD	317	SALE HARRIERS MANCHESTER	00:22:05
16	KATIE BONNER	322	WIGAN & DISTRICT H & AC	00:22:34

Women's 6 Stage Relay															
Pos	LastName	NoLaps	Time	Lap1	Lap1_Team Member	Lap2	Lap2_Team Member	Lap3	Lap3_Team Member	Lap4	Lap4_Team Member	Lap5	Lap5_Team Member	Lap6	Lap6_Team Member
1	LEEDS CITY ATHLETIC CLUB A	6	01:57:31	00:23:26	Heather Townsend	00:17:24	Georgia Malir	00:17:48	Charlotte Van Zelsst	00:23:40	Sarah Potter	00:17:22	Eilidh Bell	00:17:50	Steffi Luker Edwards
2	BORDER HARRIERS & AC A	6	01:58:50	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 Malby
3	SALFORD HARRIERS & AC	6	02:03:23	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
4	TRAFFORD ATHLETIC CLUB A	6	02:04:19	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
5	STEEL CITY STRIDERS RC A	6	02:10:27	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
6	BURY ATHLETIC CLUB	6	02:12:13	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
7	SALE HARRIERS MANCHESTER A	6	02:12:42	00:24:53	Alice Wright	00:23:00	Rachael Rozhdester	00:17:42	Nicola Moynihan	00:26:42	Chloe Elliott	00:20:14	Mia Gibbons	00:20:10	Sophie Armitage
8	KEIGHLEY & CRAVEN AC A	6	02:13:17	00:24:39	Eleanor Robinson	00:20:00	Harisah Ghafoor	00:20:49	Katie Buckley	00:26:45	Hinda Hardsaker	00:21:55	Amanda Alcock	00:19:10	Emma Raven
9	KESWICK AC A	6	02:16:54	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
10	BORDER HARRIERS & AC B	6	02:17:12	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
11	HOLMFIRTH HARRIERS AC	6	02:19:44	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
12	HOAD HILL HARRIERS A	6	02:20:00	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
13	EDEN RUNNERS A	6	02:21:52	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
14	SALE HARRIERS MANCHESTER B	6	02:25:20	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 He	00:22:45	Janice Harding
15	BIRTLEY AC	6	02:26:29	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
16	KENDAL AMATEUR ATHLETIC CLUB	6	02:35:58	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
17	KESWICK AC B	6	02:36:54	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
18	EDEN RUNNERS B	6	02:37:19	00:31:03	Katherine Milburn	00:21:54	Susanne Erhard	00:21:45	Juliet Eye	00:38:44	Shannon Lambert	00:21:53	Lisa Askins	00:22:01	Lucy Jones
19	DERWENT AC COCKERMOUTH A	6	02:42:44	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
20	HOAD HILL HARRIERS B	6	02:43:31	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

21	ELVET STRIDERS	6	02:47:16	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
22	EDEN RUNNERS C	6	02:50:05	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
23	BLACKHILL BOUNDERS	6	02:50:16	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
24	DERWENT AC COCKERMOUTH B	6	03:00:40	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
25	EDEN RUNNERS D	6	03:08:58	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
26	TYNE BRIDGE HARRIERS	5	01:55:21	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		
27	KESWICK AC C	5	02:29:36	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		
28	KEIGHLEY & CRAVEN AC B	4	02:02:18	00:30:45	Benedicte Frew			00:22:57	Gaynor Anderson-Ya	00:27:06	Vanessa Howley	00:41:29	Lorna Hubbard		
29	LIVERPOOL PEMBROKE & SEFTON H AC	3	01:17:30	00:34:14	Sophie Smith	00:18:47	Emma Fulton	00:24:29	Michelle Durney						
30	LEEDS CITY ATHLETIC CLUB B	1	00:25:43		Hannah Stroud										
31	STEEL CITY STRIDERS RC B	1	00:28:51	00:28:51	Hannah Holiday										

Women's Fastest Long Legs

RaceNo	Team	Team Member	Other1	Lap	Lap Time	LapNo
103	BORDER HARRIERS & AC A	Esmé Davies	SEN	Lap1	00:22:46	1
132	TRAFFORD ATHLETIC CLUB A	Bethany Reid	U23	Lap1	00:23:13	1
123	LEEDS CITY ATHLETIC CLUB A	Heather Townsend	SEN	Lap1	00:23:25	1
123	LEEDS CITY ATHLETIC CLUB A	Sarah Potter	SEN	Lap4	00:23:40	4
103	BORDER HARRIERS & AC A	Rachel Brown	SEN	Lap4	00:23:43	4
129	SALFORD HARRIERS & AC	Jasmine Wright	U20	Lap4	00:24:06	4
117	KEIGHLEY & CRAVEN AC A	Eleanor Robinson	SEN	Lap1	00:24:38	1
127	SALE HARRIERS MANCHESTER A	Alice Wright	SEN	Lap1	00:24:53	1
116	HOLMFIRTH HARRIERS AC	Helen Haigh	SEN	Lap1	00:24:59	1
129	SALFORD HARRIERS & AC	Darcy Slattery	U20	Lap1	00:25:13	1
120	KESWICK AC A	Caroline Lambert	SEN	Lap4	00:25:25	4
105	BURY ATHLETIC CLUB	Sinead Taylor	SEN	Lap1	00:25:35	1
124	LEEDS CITY ATHLETIC CLUB B	Hannah Stroud	SEN	Lap1	00:25:43	1
130	STEEL CITY STRIDERS RC A	Leanne Muscroft	SEN	Lap4	00:25:47	4
132	TRAFFORD ATHLETIC CLUB A	Sarah Hudak	SEN	Lap4	00:25:51	4
130	STEEL CITY STRIDERS RC A	Caroline Brook	SEN	Lap1	00:25:54	1
134	TYNE BRIDGE HARRIERS	Rebecca Blain	SEN	Lap1	00:25:57	1
104	BORDER HARRIERS & AC B	Erin Barry	U20	Lap1	00:25:58	1
101	BIRTLEY AC	Abby Codling	SEN	Lap1	00:26:01	1
134	TYNE BRIDGE HARRIERS	Hannah Stewart	SEN	Lap4	00:26:03	4
105	BURY ATHLETIC CLUB	Alia Braithwaite	SEN	Lap4	00:26:04	4
127	SALE HARRIERS MANCHESTER A	Chloe Elliott	SEN	Lap4	00:26:41	4
117	KEIGHLEY & CRAVEN AC A	Hinda Hardaker	SEN	Lap4	00:26:44	4
101	BIRTLEY AC	Hannah Linton	SEN	Lap4	00:27:04	4
120	KESWICK AC A	Philippa McCrea	SEN	Lap1	00:27:06	1
114	HOAD HILL HARRIERS A	Beckie Ripley	SEN	Lap1	00:27:12	1
116	HOLMFIRTH HARRIERS AC	Helena Croft	SEN	Lap4	00:27:43	4
114	HOAD HILL HARRIERS A	Lauren Booth	SEN	Lap4	00:27:44	4
102	BLACKHILL BOUNDERS	Zarah Levington	U20	Lap1	00:28:13	1
113	ELVET STRIDERS	emma Thompson	SEN	Lap1	00:28:24	1
104	BORDER HARRIERS & AC B	Teresa Medley	SEN	Lap4	00:28:35	4
131	STEEL CITY STRIDERS RC B	Hannah Holiday	SEN	Lap1	00:28:50	1
109	EDEN RUNNERS A	Katy Ward	SEN	Lap4	00:28:57	4
106	DERWENT AC COCKERMOUTH A	Jessica Jones	SEN	Lap1	00:29:00	1
128	SALE HARRIERS MANCHESTER B	Hannah Brierley	SEN	Lap1	00:29:08	1
128	SALE HARRIERS MANCHESTER B	Kathryn Wilkinson	SEN	Lap4	00:29:28	4
119	KENDAL AMATEUR ATHLETIC CLUB	Lynn Hamel	SEN	Lap1	00:29:49	1
118	KEIGHLEY & CRAVEN AC B	Benedicte Frew	SEN	Lap1	00:30:45	1
109	EDEN RUNNERS A	Suzanne Smith	SEN	Lap1	00:30:55	1
110	EDEN RUNNERS B	Katherine Milburn	SEN	Lap1	00:31:02	1
115	HOAD HILL HARRIERS B	Liz White	SEN	Lap1	00:31:06	1
121	KESWICK AC B	Melanie Mustafa	SEN	Lap4	00:31:06	4
121	KESWICK AC B	Celia Dring	SEN	Lap1	00:31:19	1
119	KENDAL AMATEUR ATHLETIC CLUB	Amy Wilkin	SEN	Lap4	00:32:34	4
115	HOAD HILL HARRIERS B	Claire Shewbridge	SEN	Lap4	00:32:43	4
106	DERWENT AC COCKERMOUTH A	Debbie Walker	SEN	Lap4	00:32:48	4
122	KESWICK AC C	Bethan Naylor	SEN	Lap1	00:33:23	1
111	EDEN RUNNERS C	Claire Crewe	SEN	Lap4	00:33:33	4
107	DERWENT AC COCKERMOUTH B	Anna Stephanou	SEN	Lap4	00:34:04	4
125	LIVERPOOL PEMBROKE & SEFTON H AC	Sophie Smith	SEN	Lap1	00:34:14	1
113	ELVET STRIDERS	Susan Davis	SEN	Lap4	00:34:15	4
107	DERWENT AC COCKERMOUTH B	Hilary Royston-Bishop	SEN	Lap1	00:34:39	1
112	EDEN RUNNERS D	Marie Hemingway	SEN	Lap1	00:35:31	1
111	EDEN RUNNERS C	Katy Bower	SEN	Lap1	00:36:00	1
102	BLACKHILL BOUNDERS	CAROL MORRISON	SEN	Lap4	00:36:44	4

122 KESWICK AC C	Kathleen Proctor	SEN	Lap4	00:37:52	4
112 EDEN RUNNERS D	Dawn Grant	SEN	Lap4	00:38:19	4
110 EDEN RUNNERS B	Shannon Lambert	SEN	Lap4	00:38:43	4
118 KEIGHLEY & CRAVEN AC B	Lorna Hubbard	SEN	Lap4	00:41:29	4

Women's Fastest Short Legs

RaceNo	Team	Team Member	Other1	Lap	Lap Time	LapNo
103	BORDER HARRIERS & AC A	Kate Maltby	SEN	Lap6	00:16:55	6
123	LEEDS CITY ATHLETIC CLUB A	Eilidh Bell	SEN	Lap5	00:17:22	5
123	LEEDS CITY ATHLETIC CLUB A	Georgia Malir	SEN	Lap2	00:17:24	2
127	SALE HARRIERS MANCHESTER A	Nicola Moynihan	SEN	Lap3	00:17:42	3
123	LEEDS CITY ATHLETIC CLUB A	Charlotte Van Zelst	SEN	Lap3	00:17:47	3
123	LEEDS CITY ATHLETIC CLUB A	Steffi Luker Edwards	SEN	Lap6	00:17:49	6
103	BORDER HARRIERS & AC A	Olivia Grace Mason	SEN	Lap2	00:17:52	2
129	SALFORD HARRIERS & AC	Emily Russell	U23	Lap3	00:18:16	3
132	TRAFFORD ATHLETIC CLUB A	Alice Stiles	SEN	Lap6	00:18:22	6
129	SALFORD HARRIERS & AC	Isabella Appleby	U20	Lap2	00:18:27	2
129	SALFORD HARRIERS & AC	Katie Reynolds	SEN	Lap5	00:18:30	5
103	BORDER HARRIERS & AC A	Sally Addison	SEN	Lap3	00:18:31	3
132	TRAFFORD ATHLETIC CLUB A	Kate Meeson	SEN	Lap2	00:18:34	2
125	LIVERPOOL PEMBROKE & SEFTON H AC	Emma Fulton	SEN	Lap2	00:18:46	2
129	SALFORD HARRIERS & AC	Amelia Bratt	U23	Lap6	00:18:49	6
132	TRAFFORD ATHLETIC CLUB A	Isabelle Rippon	U23	Lap3	00:18:51	3
103	BORDER HARRIERS & AC A	Rhiannon Douglas	SEN	Lap5	00:19:00	5
117	KEIGHLEY & CRAVEN AC A	Emma Raven	SEN	Lap6	00:19:09	6
130	STEEL CITY STRIDERS RC A	Helen Roberts	SEN	Lap2	00:19:20	2
132	TRAFFORD ATHLETIC CLUB A	Zoe Storr	SEN	Lap5	00:19:26	5
130	STEEL CITY STRIDERS RC A	Kathryn Liddiard	SEN	Lap5	00:19:30	5
116	HOLMFIRTH HARRIERS AC	Juliette Le Mare	SEN	Lap2	00:19:40	2
134	TYNE BRIDGE HARRIERS	Robyn Naylor	SEN	Lap2	00:19:41	2
105	BURY ATHLETIC CLUB	Rose Johnson	SEN	Lap2	00:19:50	2
130	STEEL CITY STRIDERS RC A	Sarah-Jane Brown	SEN	Lap6	00:19:54	6
105	BURY ATHLETIC CLUB	Sarah Flett	SEN	Lap5	00:19:56	5
117	KEIGHLEY & CRAVEN AC A	Harisah Ghafoor	U23	Lap2	00:20:00	2
130	STEEL CITY STRIDERS RC A	Emily Green	SEN	Lap3	00:20:00	3
104	BORDER HARRIERS & AC B	Alex Holmes	U23	Lap2	00:20:01	2
105	BURY ATHLETIC CLUB	Sinead Burns	SEN	Lap6	00:20:05	6
127	SALE HARRIERS MANCHESTER A	Sophie Armitage	U20	Lap6	00:20:10	6
109	EDEN RUNNERS A	Emma Nielsen	SEN	Lap6	00:20:13	6
127	SALE HARRIERS MANCHESTER A	Mia Gibbons	SEN	Lap5	00:20:14	5
114	HOAD HILL HARRIERS A	Amy Whelan	SEN	Lap6	00:20:14	6
134	TYNE BRIDGE HARRIERS	Amy Rivington	SEN	Lap3	00:20:17	3
109	EDEN RUNNERS A	Sally Braithwaite	SEN	Lap2	00:20:22	2
120	KESWICK AC A	Louise Brown	SEN	Lap6	00:20:22	6
109	EDEN RUNNERS A	Sally McCulloch	SEN	Lap3	00:20:25	3
104	BORDER HARRIERS & AC B	Fiona Todd	SEN	Lap5	00:20:25	5
105	BURY ATHLETIC CLUB	Sophie Hill	SEN	Lap3	00:20:40	3
128	SALE HARRIERS MANCHESTER B	Georgia Elizabeth Heath	U23	Lap5	00:20:40	5
104	BORDER HARRIERS & AC B	Fiona Smith	SEN	Lap3	00:20:40	3
117	KEIGHLEY & CRAVEN AC A	Katie Buckley	U20	Lap3	00:20:48	3
114	HOAD HILL HARRIERS A	Sharon Dixon	SEN	Lap2	00:20:55	2
109	EDEN RUNNERS A	Kathryn Metcalfe	SEN	Lap5	00:20:57	5
120	KESWICK AC A	Jenn Bell	SEN	Lap2	00:21:04	2
119	KENDAL AMATEUR ATHLETIC CLUB	Amy Pearman	SEN	Lap6	00:21:07	6
120	KESWICK AC A	Trudy Beetham	SEN	Lap5	00:21:10	5
101	BIRTLEY AC	Eve Southern	SEN	Lap2	00:21:13	2
128	SALE HARRIERS MANCHESTER B	Sarah Goulden	SEN	Lap2	00:21:21	2
104	BORDER HARRIERS & AC B	Melissa Bills	U23	Lap6	00:21:29	6
120	KESWICK AC A	Samantha Ayers	SEN	Lap3	00:21:44	3
110	EDEN RUNNERS B	Juliet Eyre	SEN	Lap3	00:21:45	3
114	HOAD HILL HARRIERS A	Natasha Gray	SEN	Lap3	00:21:48	3
116	HOLMFIRTH HARRIERS AC	Sophie Cromwell	SEN	Lap3	00:21:48	3
110	EDEN RUNNERS B	Lisa Askins	SEN	Lap5	00:21:53	5
116	HOLMFIRTH HARRIERS AC	Liz Woodfield	SEN	Lap5	00:21:53	5
110	EDEN RUNNERS B	Susanne Enhard	SEN	Lap2	00:21:53	2
128	SALE HARRIERS MANCHESTER B	Helen Armitage	SEN	Lap3	00:21:54	3
117	KEIGHLEY & CRAVEN AC A	Amanda Alcock	SEN	Lap5	00:21:54	5
110	EDEN RUNNERS B	Lucy Jones	SEN	Lap6	00:22:00	6
114	HOAD HILL HARRIERS A	Joanne McLeod	SEN	Lap5	00:22:04	5

121	KESWICK AC B	Hazel Davies	SEN	Lap6	00:22:13	6
101	BIRTLEY AC	Terri Bouma	U20	Lap5	00:22:26	5
121	KESWICK AC B	Zoe Hebblethwaite	SEN	Lap2	00:22:42	2
128	SALE HARRIERS MANCHESTER B	Janice Harding	SEN	Lap6	00:22:45	6
115	HOAD HILL HARRIERS B	Daisy Fletcher - Cooney	SEN	Lap6	00:22:54	6
118	KEIGHLEY & CRAVEN AC B	Gaynor Anderson-Yates	SEN	Lap2	00:22:57	2
127	SALE HARRIERS MANCHESTER A	Rachael Rozhdstvenskaya	SEN	Lap2	00:23:00	2
121	KESWICK AC B	Leeann Barber	SEN	Lap3	00:23:01	3
119	KENDAL AMATEUR ATHLETIC CLUB	Jenny England	SEN	Lap2	00:23:03	2
106	DERWENT AC COCKERMOUTH A	Bethan Murray	SEN	Lap2	00:23:10	2
134	TYNE BRIDGE HARRIERS	Justine Carrion-Weiss	SEN	Lap5	00:23:21	5
116	HOLMFIRTH HARRIERS AC	Rachael Mellor	SEN	Lap6	00:23:38	6
115	HOAD HILL HARRIERS B	Gill Noble-Grey	SEN	Lap2	00:23:47	2
102	BLACKHILL BOUNDERS	Elisabeth Middlemas	SEN	Lap3	00:23:51	3
119	KENDAL AMATEUR ATHLETIC CLUB	Lisa Wrigley	SEN	Lap3	00:24:02	3
113	ELVET STRIDERS	Nina Mason	SEN	Lap5	00:24:12	5
101	BIRTLEY AC	Scarlett Newby	U23	Lap3	00:24:12	3
106	DERWENT AC COCKERMOUTH A	Naomi Le Voi	SEN	Lap5	00:24:18	5
122	KESWICK AC C	Lindsay Walker	SEN	Lap2	00:24:19	2
125	LIVERPOOL PEMBROKE & SEFTON H AC	Michelle Durney	SEN	Lap3	00:24:28	3
107	DERWENT AC COCKERMOUTH B	Louise Donoghue	SEN	Lap5	00:24:32	5
115	HOAD HILL HARRIERS B	Tarryn Jessop	SEN	Lap3	00:24:46	3
111	EDEN RUNNERS C	Alison Walker	SEN	Lap2	00:24:47	2
111	EDEN RUNNERS C	Fiona Ferguson	SEN	Lap6	00:24:49	6
111	EDEN RUNNERS C	Teresa Bell	SEN	Lap5	00:24:57	5
102	BLACKHILL BOUNDERS	Kate Errington	SEN	Lap2	00:25:01	2
119	KENDAL AMATEUR ATHLETIC CLUB	Carolyn Kevan	SEN	Lap5	00:25:20	5
101	BIRTLEY AC	Kirsty Robinson	SEN	Lap6	00:25:30	6
113	ELVET STRIDERS	Christina McCarroll	SEN	Lap2	00:25:32	2
102	BLACKHILL BOUNDERS	Joanna Hughes	U20	Lap5	00:25:34	5
106	DERWENT AC COCKERMOUTH A	Sheena Murray	SEN	Lap6	00:25:40	6
111	EDEN RUNNERS C	Sophie Thompson	SEN	Lap3	00:25:56	3
121	KESWICK AC B	Heather Woods	SEN	Lap5	00:26:29	5
112	EDEN RUNNERS D	Margaret Mossman	SEN	Lap5	00:26:54	5
122	KESWICK AC C	Nicky Butler	SEN	Lap5	00:26:58	5
122	KESWICK AC C	Catherine Evans	SEN	Lap3	00:27:01	3
118	KEIGHLEY & CRAVEN AC B	Vanessa Howley	SEN	Lap3	00:27:06	3
113	ELVET STRIDERS	Grace Shaw	U23	Lap3	00:27:13	3
112	EDEN RUNNERS D	Gina Mumford	SEN	Lap6	00:27:13	6
112	EDEN RUNNERS D	Maisie Lambert	U23	Lap2	00:27:30	2
113	ELVET STRIDERS	Wendy Littlewood	SEN	Lap6	00:27:38	6
106	DERWENT AC COCKERMOUTH A	Sarah Chaudhri	SEN	Lap3	00:27:44	3
115	HOAD HILL HARRIERS B	Sara King	SEN	Lap5	00:28:13	5
107	DERWENT AC COCKERMOUTH B	Joanne Milner	SEN	Lap6	00:28:45	6
107	DERWENT AC COCKERMOUTH B	Jane Taylor	SEN	Lap2	00:28:48	2
107	DERWENT AC COCKERMOUTH B	Amy Anderson	SEN	Lap3	00:29:48	3
102	BLACKHILL BOUNDERS	Mandy Dixon	SEN	Lap6	00:30:51	6
112	EDEN RUNNERS D	Anne Blues	SEN	Lap3	00:33:28	3

Men's 12 Stage Relay

Pos	LastName	NoLaps	Time	Lap1	Lap1_Team Member	Lap2	Lap2_Team Member	Lap3	Lap3_Team Member	Lap4	Lap4_Team Member	Lap5	Lap5_Team Member	Lap6	Lap6_Team Member	Lap7	Lap7_Team Member	Lap8	Lap8_Team Member	Lap9	Lap9_Team Member	Lap10	Lap10_Team Member	Lap11	Lap11_Team Member	Lap12	Lap12_Team Member
1	LEEDS CITY ATHLETIC CLUB A	12	03:23:53	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	Gayn Chalmers
2	MORPETH HARRIERS & AC A	12	03:24:55	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 Ower	00:15:54	Sam Hancox	00:15:15	Ellis Hetherington
3	SALFORD HARRIERS & AC A	12	03:25:37	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 Cortthwaite	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
4	VALE ROYAL AC	12	03:35:12	00:21:22	Matt Rowlinson	00:15:09	William Ashfield	00:21:15	Aaron Doyle	00:15:41	Edward Pettit	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
5	LEEDS CITY ATHLETIC CLUB B	12	03:38:20	00:21:27	Wondyia Fikre Idedebu	00:16:00	Michael Salter	00:22:21	Harry Butler	00:16:33	Mike Burrett	00:21:04	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 Abshir	00:17:19	David Parkin
6	SALFORD HARRIERS & AC B	12	03:38:58	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
7	NORTH SHIELDS POLYTECHNIC CLUB	12	03:39:48	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	Eliot Moore	00:22:00	Louis Gardner	00:16:49	Jonathan Malley	00:16:44	Matthew Nicholson	00:16:42	Jonathan Malley	00:16:55	Ian Dunn	00:16:43	Alex Black
8	GATESHEAD HARRIERS & AC	12	03:42:40	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 Wallett	00:15:56	Sam Punn
9	KESWICK AC A	12	03:43:23	00:20:20	John Batrick	00:16:41	Calum Timmon	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	00:16:57	Gareth Sampson	00:16:15	Gareth Sampson	00:16:53	Kyle Craib	00:17:20	Rob Brown
10	BORDER HARRIERS & AC A	12	03:44:15	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 Landon	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
11	ROTHERHAM HARRIERS AND AC	12	03:45:17	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
12	ROSSENDALE HARRIERS & AC	12	03:46:46	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
13	SALE HARRIERS MANCHESTER	12	03:47:28	00:21:00	Brihane 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-I	00:17:57	David Howlett	00:19:45	David Marsh	00:18:39	Tim Kennedy	00:21:10	Gaurav Batra
14	TYNE BRIDGE HARRIERS	12	03:48:41	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 Iltot	00:16:50	Adam Pratt	00:21:56	Tom Charlton	00:19:06	Andrew Greenwell	00:17:15	Cormac Malone	00:18:07	Alasdair Blain	00:17:56	Ian Pickett	00:19:15	Adam Todhunter
15	ELVET STRIDERS A	12	03:49:09	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	Adam Stephenson	00:17:02	Adam Stephenson
16	BURY ATHLETIC CLUB	12	03:50:03	00:21:04	Martin Clark	00:16:28	Jack Passey	00:21:59	Benjamin Coop	00:17:08	Ryan Halliworth	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 Harrield	00:18:28	Curtis Simpson	00:19:27	Robert Butlerworth
17	VALLEY STRIDERS AC	12	03:51:20	00:21:46	James Harod	00:16:56	Joshua Taylor-Brown	00:23:30	Edward Cheseldine	00:17:11	Tom Thomas	00:23:05	Tristan Harsey	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
18	MORPETH HARRIERS & AC B	12	03:51:56	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 Hancox	00:16:20	Jason Dawson	00:19:14	Matthew Briggs	00:16:27	Lee Cuthbertson	00:17:36	Bobby Hagan

19	HORWICH R M I HARRIERS	12	03:53:37	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	
20	BIRTLEY AC	12	03:56:46	00:23:30	Ian Robinson	00:17:32	Joe Wallace	00:23:42	Darren Michael Purnk	00:18:17	Nigel Simpson	00:23:12	Robert Torch	00:16:39	Kieran Reay	00:21:13	Adrian Bailes	00:18:18	Andrew Beavers	00:19:08	Ross Thraves	00:20:44	Philip Atkinson	00:16:56	George Bevers	00:17:29	Peter Farnie	
21	ST THERESA'S A.C.	12	03:59:04	00:22:59	Richard Herrington	00:17:38	Calm Morrison	00:23:15	Thomas Davey	00:18:03	Chin Yong	00:23:21	Tom Cryer	00:18:32	Nigel Fuller	00:24:22	Nial Hardy	00:17:58	Nick Daley	00:19:26	David Fanson	00:18:22	Andrew Haines	00:17:57	Andrew Grinnell	00:17:06	Shane Grace	
22	STEEL CITY STRIDERS RC	12	04:00:10	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 Baggailey	00:24:36	Edward Shatlock	00:19:26	Ben Baxendale	00:20:23	Will Learning	00:17:43	Hal Roberts	00:17:56	Steven Cahill	00:18:16	Samuel Doyle	
23	EAST CHESHIRE HARRIERS & TAMESIDE AC	12	04:00:34	00:21:34	Michael Holness	00:17:38	Tom McMahon	00:24:14	Liam Browne	00:18:18	Jacob Eastwood	00:22:46	Brendan Kenyon-Bett	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 Hartsorne	00:19:27	Jacob Taylor	
24	SOUTHPORT WATERLOO AC	12	04:01:51	00:23:01	Lewis Rooney	00:17:33	David Hamilton	00:24:02	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 Randles	00:18:40	Alex Gould	00:18:18	Marc Singer	00:18:29	Daniel Hutchinson	00:18:53	John Delamere	
25	HOUGHTON HARRIERS & AC	12	04:02:05	00:20:48	Alexander Brown	00:17:31	Ethan McGlen	00:24:11	Rory Graham	00:18:48	Steve Glider	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 Seoney	00:18:01	Adam Middleton	00:17:53	Luke Pickering	
26	LIVERPOOL PEMBROKE & SEFTON H AC	12	04:04:04	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	
27	LEIGH HARRIERS & AC	12	04:05:36	00:23:23	Chris Benjamin	00:19:50	Owen Kelly	00:22:50	Thomas Knelier	00:17:14	Henry Robinson	00:24:38	Ellie Gegan	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	
28	SALTFARE STRIDERS	12	04:08:13	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	
29	BORDER HARRIERS & AC B	12	04:08:16	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	
30	HOAD HILL HARRIERS A	12	04:09:41	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	
31	EDEN RUNNERS A	12	04:12:50	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	
32	ELVET STRIDERS B	12	04:13:33	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	00:18:18	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	
33	KENDAL AMATEUR ATHLETIC CLUB	12	04:15:44	00:22:48	Alasdair Russell	00:17:22	Alfie Addison	00:25:34	Richard Wilson	00:18:25	Alfie Todd	00:25:52	William Sieson	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 Daves	00:24:31	Stuart McGurk	
34	DERWENT AC COCKERMOUTH	12	04:19:20	00:23:42	Paul Lowery	00:20:42	Matthew Le Voi	00:24:26	Phil Hind	00:21:06	George Royston-Bish	00:23:10	Stefanos Stephanou	00:21:19	John Owens	00:26:09	Connor Thurlow	00:18:49	Richard Miner	00:19:18	Daniel Foy	00:20:39	Philip Cuesto	00:20:04	Adam Anderson	00:19:52	David Harper	
35	KESWICK AC B	12	04:34:12	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	
36	HOAD HILL HARRIERS B	11	04:30:20	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			
37	EDEN RUNNERS B	11	04:51:34	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 Knell	00:30:48	Garry Bowes	00:23:12	Roy Bottomley	00:19:09	David Peacock	00:28:28	Richard Joyce	00:21:44	Phil Jackson			
38	SALFORD HARRIERS & AC C	10	03:30:38	00:24:17	Richard Strzaker	00:19:48	Paul Stephens	00:26:05	Barry McManus	00:18:01	Matt Dickinson	00:23:12	Kevin Waterhouse	00:18:47	David Hudson	00:24:16	Mark Collier	00:17:42	Philip Leybourne	00:19:51	Shaun Chambers	00:18:36	Billy McCartney					
39	TRAFFORD ATHLETIC CLUB	6	02:21:42	00:21:42	Jordi Evans-Rodriguez	00:15:37	Jay Hutchinson	00:24:04	Jeff Prest	00:17:18	Alex Jones	00:24:27	Michael Malarkey	00:19:01	Jacob Fletcher													
40	DO HARTLEPOOL BURN ROAD HARRIERS	3		00:22:32	Alden Aibon	00:19:16	Ian Bilton	00:18:08	Liam Gough	00:18:58	Harlan Watson	00:23:50	Michael Jones	00:19:41	Simon Bennett	00:24:23	Paul Wilson	00:21:32	Simon Lawlor	00:20:17	Jack Hutton	00:19:06	Anthony Oliver	00:19:32	Andrew Minister	00:17:56	Richard Darling	

Men's Long Leg Fastest Times

RaceNo	Team	Team Member	Other 1	Lap	Lap Time	LapNo
22	LEEDS CITY ATHLETIC CLUB A	Richard Allen	SEN	Lap7	00:20:06	7
22	LEEDS CITY ATHLETIC CLUB A	Joe Firth	SEN	Lap1	00:20:14	1
28	MORPETH HARRIERS & AC A	Finn Brodie	SEN	Lap1	00:20:15	1
28	MORPETH HARRIERS & AC A	Carl Avery	SEN	Lap3	00:20:19	3
20	KESWICK AC A	John Battick	SEN	Lap1	00:20:20	1
28	MORPETH HARRIERS & AC A	Chris Coulson	U23	Lap7	00:20:23	7
27	LIVERPOOL PEMBROKE & SEFTON H AC	Sé Loughlin	U23	Lap1	00:20:24	1
22	LEEDS CITY ATHLETIC CLUB A	Jenson Connell	U23	Lap5	00:20:30	5
34	SALFORD HARRIERS & AC A	Marc Brown	SEN	Lap1	00:20:33	1
34	SALFORD HARRIERS & AC A	Joshua Birmingham	SEN	Lap7	00:20:40	7
33	SALE HARRIERS MANCHESTER	Max Wharton	SEN	Lap3	00:20:42	3
18	HOUGHTON HARRIERS & AC	Alexander Brown	SEN	Lap1	00:20:48	1
34	SALFORD HARRIERS & AC A	Callum Davidson	SEN	Lap5	00:20:49	5
28	MORPETH HARRIERS & AC A	Lawrence McCourt	SEN	Lap5	00:20:50	5
34	SALFORD HARRIERS & AC A	David Barnett	SEN	Lap3	00:20:53	3
22	LEEDS CITY ATHLETIC CLUB A	John Beattie	SEN	Lap3	00:20:55	3
31	ROSSENDALE HARRIERS & AC	Grant Cunliffe	SEN	Lap1	00:20:59	1
33	SALE HARRIERS MANCHESTER	Briane Gebrerbrhan	SEN	Lap1	00:21:00	1
29	MORPETH HARRIERS & AC B	Matthew Walton	U23	Lap1	00:21:02	1
4	BURY ATHLETIC CLUB	Martin Clark	SEN	Lap1	00:21:04	1
23	LEEDS CITY ATHLETIC CLUB B	Jason Hall	SEN	Lap5	00:21:04	5
42	TYNE BRIDGE HARRIERS	Jarlath McKenna	SEN	Lap1	00:21:05	1
17	HORWICH R M I HARRIERS	James Scott-Farrington	SEN	Lap1	00:21:05	1
1	BIRTLEY AC	Adrian Bailes	SEN	Lap7	00:21:13	7
43	VALE ROYAL AC	Aaron Doyle	SEN	Lap3	00:21:15	3
43	VALE ROYAL AC	Matt Rowlinson	SEN	Lap1	00:21:22	1
23	LEEDS CITY ATHLETIC CLUB B	Wondiyé Fikre Indelbu	SEN	Lap1	00:21:27	1
32	ROTHERHAM HARRIERS AND AC	Daniel Reeve	U20	Lap1	00:21:28	1
20	KESWICK AC A	Harry Bolton	SEN	Lap5	00:21:31	5
30	NORTH SHIELDS POLYTECHNIC CLUB	Alex Bellew	SEN	Lap5	00:21:31	5
23	LEEDS CITY ATHLETIC CLUB B	Sam Atkinson	SEN	Lap7	00:21:32	7
35	SALFORD HARRIERS & AC B	Gary Priestley	SEN	Lap7	00:21:33	7
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Michael Holness	SEN	Lap1	00:21:34	1
2	BORDER HARRIERS & AC A	James Douglas	SEN	Lap3	00:21:36	3
35	SALFORD HARRIERS & AC B	Michael Mannings	SEN	Lap1	00:21:36	1
12	GATESHEAD HARRIERS & AC	Andrew Mulhall	U23	Lap1	00:21:40	1
2	BORDER HARRIERS & AC A	Ross Landon	SEN	Lap7	00:21:40	7
43	VALE ROYAL AC	John Humphries	SEN	Lap7	00:21:42	7
41	TRAFFORD ATHLETIC CLUB	Jordi Evans-Rodriguez	U23	Lap1	00:21:42	1
12	GATESHEAD HARRIERS & AC	James Nettleton	SEN	Lap5	00:21:42	5
44	VALLEY STRIDERS AC	James Harrod	U23	Lap1	00:21:46	1
33	SALE HARRIERS MANCHESTER	Philip Robertson	SEN	Lap5	00:21:51	5
20	KESWICK AC A	Sam Holding	SEN	Lap7	00:21:51	7
42	TYNE BRIDGE HARRIERS	Michael Hedley	SEN	Lap3	00:21:53	3

42	TYNE BRIDGE HARRIERS	Tom Charlton	SEN	Lap7	00:21:56	7
31	ROSSENDALE HARRIERS & AC	Aaron Barker	SEN	Lap7	00:21:57	7
42	TYNE BRIDGE HARRIERS	Michael Iott	SEN	Lap5	00:21:59	5
4	BURY ATHLETIC CLUB	Benjamin Coop	SEN	Lap3	00:21:59	3
30	NORTH SHIELDS POLYTECHNIC CLUB	David Green	SEN	Lap1	00:22:00	1
30	NORTH SHIELDS POLYTECHNIC CLUB	Louis Gardner	SEN	Lap7	00:22:00	7
31	ROSSENDALE HARRIERS & AC	Jonathan Cleaver	SEN	Lap3	00:22:01	3
32	ROTHERHAM HARRIERS AND AC	Toby Wildgoose	SEN	Lap7	00:22:01	7
33	SALE HARRIERS MANCHESTER	Alex Bradford	SEN	Lap7	00:22:02	7
29	MORPETH HARRIERS & AC B	Andrew Lawrence	SEN	Lap3	00:22:02	3
2	BORDER HARRIERS & AC A	Mark Emmerson	SEN	Lap1	00:22:08	1
20	KESWICK AC A	Sam Stead	SEN	Lap3	00:22:10	3
35	SALFORD HARRIERS & AC B	Harry Partington	SEN	Lap3	00:22:10	3
40	STEEL CITY STRIDERS RC	Seth Kirby	SEN	Lap1	00:22:10	1
35	SALFORD HARRIERS & AC B	Matthew Cooper	SEN	Lap5	00:22:10	5
2	BORDER HARRIERS & AC A	David Rich	SEN	Lap5	00:22:15	5
43	VALE ROYAL AC	Nathan Williams	SEN	Lap5	00:22:15	5
40	STEEL CITY STRIDERS RC	Gareth Winter	SEN	Lap3	00:22:15	3
23	LEEDS CITY ATHLETIC CLUB B	Harry Butler	SEN	Lap3	00:22:21	3
4	BURY ATHLETIC CLUB	James Brown	SEN	Lap5	00:22:25	5
32	ROTHERHAM HARRIERS AND AC	James Mellor	SEN	Lap3	00:22:28	3
10	ELVET STRIDERS A	Mark Kearney	SEN	Lap1	00:22:37	1
31	ROSSENDALE HARRIERS & AC	Robert Webb	SEN	Lap5	00:22:37	5
30	NORTH SHIELDS POLYTECHNIC CLUB	Peter Glen-Ravenhill	SEN	Lap3	00:22:39	3
12	GATESHEAD HARRIERS & AC	Hugh Porter	SEN	Lap7	00:22:43	7
32	ROTHERHAM HARRIERS AND AC	Ben Burton	SEN	Lap5	00:22:43	5
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Brandon Kenyon-Betts	U20	Lap5	00:22:46	5
19	KENDAL AMATEUR ATHLETIC CLUB	Alasdair Russell	SEN	Lap1	00:22:48	1
25	LEIGH HARRIERS & AC	Thomas Kneller	SEN	Lap3	00:22:50	3
10	ELVET STRIDERS A	Sam Jackson	SEN	Lap3	00:22:56	3
39	ST THERESA'S A.C.	Richard Herrington	SEN	Lap1	00:22:59	1
38	SOUTHPORT WATERLOO AC	Lewis Rooney	SEN	Lap1	00:23:01	1
12	GATESHEAD HARRIERS & AC	Owen Burn	SEN	Lap3	00:23:02	3
44	VALLEY STRIDERS AC	Tristan Hearsey	SEN	Lap5	00:23:05	5
17	HORWICH R M I HARRIERS	Tom Rigby	SEN	Lap7	00:23:06	7
5	DERWENT AC COCKERMOUTH	Stefanos Stephanou	SEN	Lap5	00:23:10	5
1	BIRTLEY AC	Robert Torch	SEN	Lap5	00:23:12	5
36	SALFORD HARRIERS & AC C	Kevin Waterhouse	SEN	Lap5	00:23:12	5
39	ST THERESA'S A.C.	Thomas Davey	SEN	Lap3	00:23:15	3
44	VALLEY STRIDERS AC	adam Knights	SEN	Lap7	00:23:15	7
14	HOAD HILL HARRIERS A	Luke Turner	SEN	Lap1	00:23:17	1
29	MORPETH HARRIERS & AC B	Alistair Douglass	SEN	Lap5	00:23:20	5
39	ST THERESA'S A.C.	Tom Cryer	SEN	Lap5	00:23:21	5
10	ELVET STRIDERS A	Bryan Potts	SEN	Lap7	00:23:22	7
4	BURY ATHLETIC CLUB	Jack Griffiths	SEN	Lap7	00:23:22	7
25	LEIGH HARRIERS & AC	Chris Benjamin	SEN	Lap1	00:23:23	1
8	EDEN RUNNERS A	Rowan Varley	U20	Lap5	00:23:24	5
37	SALTAIRE STRIDERS	Jake Egan	SEN	Lap5	00:23:25	5
10	ELVET STRIDERS A	Liam Huntington	SEN	Lap5	00:23:27	5
27	LIVERPOOL PEMBROKE & SEFTON H AC	Alexander Procter	U23	Lap5	00:23:28	5
37	SALTAIRE STRIDERS	Aaron McConkey	SEN	Lap3	00:23:29	3
44	VALLEY STRIDERS AC	Edward Cheseldine	SEN	Lap3	00:23:30	3
1	BIRTLEY AC	Ian Robinson	SEN	Lap1	00:23:30	1
38	SOUTHPORT WATERLOO AC	Callum Queen	SEN	Lap5	00:23:31	5
18	HOUGHTON HARRIERS & AC	Lee James Dover	SEN	Lap5	00:23:33	5
17	HORWICH R M I HARRIERS	Ian Conroy	SEN	Lap3	00:23:37	3
1	BIRTLEY AC	Darren Michael Purvis	SEN	Lap3	00:23:42	3
5	DERWENT AC COCKERMOUTH	Paul Lowery	SEN	Lap1	00:23:42	1
37	SALTAIRE STRIDERS	Nick Hardy	SEN	Lap1	00:23:52	1
17	HORWICH R M I HARRIERS	Thomas McKee	SEN	Lap5	00:23:57	5
3	BORDER HARRIERS & AC B	Lee Todhunter	SEN	Lap1	00:24:00	1
38	SOUTHPORT WATERLOO AC	Mark Wynne	SEN	Lap3	00:24:00	3
41	TRAFFORD ATHLETIC CLUB	Jeff Prest	SEN	Lap3	00:24:04	3
14	HOAD HILL HARRIERS A	Nathan White	SEN	Lap3	00:24:10	3
18	HOUGHTON HARRIERS & AC	Rory Graham	SEN	Lap3	00:24:11	3
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Howard Oldham	SEN	Lap7	00:24:12	7
38	SOUTHPORT WATERLOO AC	Andrew Waddington	SEN	Lap7	00:24:12	7
40	STEEL CITY STRIDERS RC	Brendon Wain	SEN	Lap5	00:24:12	5
8	EDEN RUNNERS A	Andrew Douglas	SEN	Lap3	00:24:13	3

6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Liam Browne	SEN	Lap3	00:24:14	3
29	MORPETH HARRIERS & AC B	Thomas Straughan	SEN	Lap7	00:24:15	7
36	SALFORD HARRIERS & AC C	Mark Collier	SEN	Lap7	00:24:16	7
36	SALFORD HARRIERS & AC C	Richard Strzaker	SEN	Lap1	00:24:17	1
14	HOAD HILL HARRIERS A	Scott Smith	SEN	Lap5	00:24:18	5
37	SALTAIRE STRIDERS	Paul Weir	SEN	Lap7	00:24:19	7
25	LEIGH HARRIERS & AC	Robert Thorpe	SEN	Lap7	00:24:22	7
39	ST THERESA'S A.C.	Neil Hardy	SEN	Lap7	00:24:22	7
5	DERWENT AC COCKERMOUTH	Phil Hind	SEN	Lap3	00:24:26	3
41	TRAFORD ATHLETIC CLUB	Michael Melarkey	SEN	Lap5	00:24:27	5
3	BORDER HARRIERS & AC B	Kai Hatcher	U20	Lap7	00:24:29	7
14	HOAD HILL HARRIERS A	Darren Coward	SEN	Lap7	00:24:31	7
3	BORDER HARRIERS & AC B	Eddie Fletcher	SEN	Lap5	00:24:33	5
40	STEEL CITY STRIDERS RC	Edward Shattock	SEN	Lap7	00:24:36	7
25	LEIGH HARRIERS & AC	Elliot Gresty	SEN	Lap5	00:24:38	5
27	LIVERPOOL PEMBROKE & SEFTON H AC	Paul Milburn	SEN	Lap3	00:24:42	3
27	LIVERPOOL PEMBROKE & SEFTON H AC	John Rowan	SEN	Lap7	00:24:47	7
11	ELVET STRIDERS B	Michael Littlewood	SEN	Lap1	00:24:55	1
8	EDEN RUNNERS A	Daniel Clarke	U20	Lap1	00:24:59	1
18	HOUGHTON HARRIERS & AC	Ryan King	U20	Lap7	00:25:07	7
3	BORDER HARRIERS & AC B	Daniel Jackson	SEN	Lap3	00:25:11	3
11	ELVET STRIDERS B	Kurt Dale	SEN	Lap3	00:25:13	3
11	ELVET STRIDERS B	Lindsay McEwan	SEN	Lap5	00:25:32	5
19	KENDAL AMATEUR ATHLETIC CLUB	Richard Wilson	SEN	Lap3	00:25:34	3
19	KENDAL AMATEUR ATHLETIC CLUB	Matthew Wilson	SEN	Lap7	00:25:51	7
19	KENDAL AMATEUR ATHLETIC CLUB	William Sisson	SEN	Lap5	00:25:52	5
36	SALFORD HARRIERS & AC C	Barry McManus	SEN	Lap3	00:26:05	3
5	DERWENT AC COCKERMOUTH	Connor Thurlow	SEN	Lap7	00:26:09	7
21	KESWICK AC B	Matthew Jones	SEN	Lap1	00:26:34	1
21	KESWICK AC B	Lee Smith	SEN	Lap7	00:26:44	7
21	KESWICK AC B	Max Buttinger	SEN	Lap3	00:26:50	3
21	KESWICK AC B	Chris Eland	SEN	Lap5	00:26:57	5
11	ELVET STRIDERS B	Nathan Mould	SEN	Lap7	00:27:00	7
8	EDEN RUNNERS A	Rory Robertson	SEN	Lap7	00:27:42	7
15	HOAD HILL HARRIERS B	Howard Lindow	SEN	Lap1	00:27:52	1
15	HOAD HILL HARRIERS B	Andrew Spence	SEN	Lap5	00:28:58	5
15	HOAD HILL HARRIERS B	Mark Todd	SEN	Lap3	00:29:07	3
9	EDEN RUNNERS B	James Saxon	SEN	Lap1	00:30:07	1
15	HOAD HILL HARRIERS B	Jack Richards	SEN	Lap7	00:30:09	7
9	EDEN RUNNERS B	James Jardine	SEN	Lap3	00:30:17	3
9	EDEN RUNNERS B	Garry Bower	SEN	Lap7	00:30:48	7
9	EDEN RUNNERS B	Keith Black	SEN	Lap5	00:32:35	5

Men's Fastest Short Legs

RaceNo	Team	Team Member	Other1	Lap	Lap Time	LapNo
34	SALFORD HARRIERS & AC A	Harry Wakefield	SEN	Lap12	00:14:28	12
22	LEEDS CITY ATHLETIC CLUB A	Gavyn Chalmers	SEN	Lap12	00:14:43	12
22	LEEDS CITY ATHLETIC CLUB A	Ossama Mestek	SEN	Lap2	00:14:58	2
28	MORPETH HARRIERS & AC A	William de Vero Owen	U20	Lap10	00:14:58	10
22	LEEDS CITY ATHLETIC CLUB A	William Tighe	SEN	Lap8	00:15:00	8
33	SALE HARRIERS MANCHESTER	Finlay Day	U20	Lap2	00:15:07	2
28	MORPETH HARRIERS & AC A	George Lowry	SEN	Lap2	00:15:08	2
43	VALE ROYAL AC	William Ashfield	U23	Lap2	00:15:09	2
22	LEEDS CITY ATHLETIC CLUB A	Nathan Marsh	SEN	Lap4	00:15:12	4
34	SALFORD HARRIERS & AC A	Joseph Moores	SEN	Lap8	00:15:15	8
28	MORPETH HARRIERS & AC A	Ellis Hetherington	SEN	Lap12	00:15:15	12
2	BORDER HARRIERS & AC A	James Salt	SEN	Lap4	00:15:16	4
30	NORTH SHELDS POLYTECHNIC CLUB	Daniel Watson	U20	Lap2	00:15:20	2
34	SALFORD HARRIERS & AC A	Tom Hodgson	SEN	Lap9	00:15:20	9
34	SALFORD HARRIERS & AC A	Thomas Cornthwaite	SEN	Lap6	00:15:21	6
28	MORPETH HARRIERS & AC A	James Tilley	U23	Lap9	00:15:21	9
22	LEEDS CITY ATHLETIC CLUB A	Daniel Franks	SEN	Lap6	00:15:23	6
28	MORPETH HARRIERS & AC A	Josh Fiddaman	SEN	Lap8	00:15:23	8
33	SALE HARRIERS MANCHESTER	Joseph Godwood	SEN	Lap4	00:15:26	4
34	SALFORD HARRIERS & AC A	Jacob Wood-Doyle	U23	Lap2	00:15:26	2
34	SALFORD HARRIERS & AC A	Karl Darcy	SEN	Lap4	00:15:28	4
23	LEEDS CITY ATHLETIC CLUB B	Mohamed Abshir	SEN	Lap11	00:15:29	11
22	LEEDS CITY ATHLETIC CLUB A	Sean Flanagan	SEN	Lap11	00:15:30	11
28	MORPETH HARRIERS & AC A	Andrew Swinburne	SEN	Lap6	00:15:31	6

28	MORPETH HARRIERS & AC A	Liam Roche	U20	Lap4	00:15:31	4
22	LEEDS CITY ATHLETIC CLUB A	Leon Wheeler	SEN	Lap10	00:15:36	10
34	SALFORD HARRIERS & AC A	George Beardmore	SEN	Lap11	00:15:36	11
41	TRAFFORD ATHLETIC CLUB	Jay Hutchinson	U20	Lap2	00:15:37	2
29	MORPETH HARRIERS & AC B	Joe Dixon	U20	Lap4	00:15:40	4
34	SALFORD HARRIERS & AC A	Callum Rowlinson	SEN	Lap10	00:15:41	10
22	LEEDS CITY ATHLETIC CLUB A	Andrew Smith	SEN	Lap9	00:15:41	9
43	VALE ROYAL AC	Edward Pettitt	U23	Lap4	00:15:41	4
12	GATESHEAD HARRIERS & AC	Dave Richardson	SEN	Lap2	00:15:41	2
43	VALE ROYAL AC	Matthew McCormack	SEN	Lap6	00:15:42	6
43	VALE ROYAL AC	Thomas Taylor	U20	Lap8	00:15:45	8
12	GATESHEAD HARRIERS & AC	Jack Douglas	SEN	Lap4	00:15:46	4
35	SALFORD HARRIERS & AC B	Carl Hardman	SEN	Lap11	00:15:47	11
28	MORPETH HARRIERS & AC A	Sam Hancox	SEN	Lap11	00:15:54	11
20	KESWICK AC A	Mark Lamb	SEN	Lap8	00:15:55	8
12	GATESHEAD HARRIERS & AC	Sam Punn	U20	Lap12	00:15:56	12
17	HORWICH R M I HARRIERS	Matthew Harrison	SEN	Lap2	00:15:57	2
43	VALE ROYAL AC	Richard Ryan	SEN	Lap9	00:15:58	9
23	LEEDS CITY ATHLETIC CLUB B	Michael Salter	SEN	Lap2	00:16:00	2
30	NORTH SHIELDS POLYTECHNIC CLUB	Elliot Moore	U20	Lap6	00:16:02	6
35	SALFORD HARRIERS & AC B	Jamie Barber	U20	Lap2	00:16:02	2
31	ROSSENDALE HARRIERS & AC	Matthew Harris	SEN	Lap2	00:16:03	2
23	LEEDS CITY ATHLETIC CLUB B	Abdu Ahmed	SEN	Lap10	00:16:05	10
2	BORDER HARRIERS & AC A	George Tiffin-Lowe	U20	Lap2	00:16:08	2
29	MORPETH HARRIERS & AC B	Oliver Tomlinson	U20	Lap2	00:16:14	2
32	ROTHERHAM HARRIERS AND AC	Gareth Sampson	SEN	Lap10	00:16:15	10
35	SALFORD HARRIERS & AC B	Patrick Cusack	SEN	Lap8	00:16:16	8
43	VALE ROYAL AC	Oliver Williams	SEN	Lap10	00:16:17	10
30	NORTH SHIELDS POLYTECHNIC CLUB	William Robson	SEN	Lap4	00:16:17	4
23	LEEDS CITY ATHLETIC CLUB B	Ross McKelvie	SEN	Lap8	00:16:19	8
19	KENDAL AMATEUR ATHLETIC CLUB	Daniel Clawey	SEN	Lap6	00:16:20	6
29	MORPETH HARRIERS & AC B	Jason Dawson	SEN	Lap9	00:16:20	9
40	STEEL CITY STRIDERS RC	Robert Byers	SEN	Lap2	00:16:22	2
43	VALE ROYAL AC	James Griffiths	SEN	Lap11	00:16:23	11
4	BURY ATHLETIC CLUB	Sebastian Poma	SEN	Lap6	00:16:24	6
29	MORPETH HARRIERS & AC B	Lee Cuthbertson	SEN	Lap11	00:16:27	11
35	SALFORD HARRIERS & AC B	Joe Barton	SEN	Lap9	00:16:28	9
4	BURY ATHLETIC CLUB	Jack Passey	SEN	Lap2	00:16:28	2
33	SALE HARRIERS MANCHESTER	Marcus Nicholson	SEN	Lap6	00:16:30	6
35	SALFORD HARRIERS & AC B	Samuel Barlow	U20	Lap4	00:16:31	4
35	SALFORD HARRIERS & AC B	Elliott Williams	SEN	Lap10	00:16:32	10
23	LEEDS CITY ATHLETIC CLUB B	Mike Burrett	SEN	Lap4	00:16:33	4
17	HORWICH R M I HARRIERS	Matthew Smith	SEN	Lap12	00:16:33	12
2	BORDER HARRIERS & AC A	David Rose	SEN	Lap9	00:16:34	9
42	TYNE BRIDGE HARRIERS	Tim Wilcock	SEN	Lap2	00:16:35	2
10	ELVET STRIDERS A	Jonny Langley	SEN	Lap6	00:16:37	6
42	TYNE BRIDGE HARRIERS	Paul O'Mara	SEN	Lap4	00:16:38	4
12	GATESHEAD HARRIERS & AC	Harry Loasby	SEN	Lap6	00:16:38	6
1	BIRTLEY AC	Kieran Reay	SEN	Lap6	00:16:39	6
31	ROSSENDALE HARRIERS & AC	Kouros Driscoll	SEN	Lap6	00:16:40	6
20	KESWICK AC A	Calum Timmion	SEN	Lap2	00:16:41	2
12	GATESHEAD HARRIERS & AC	Anthony Wallett	SEN	Lap11	00:16:41	11
30	NORTH SHIELDS POLYTECHNIC CLUB	Jonathan Maley	U20	Lap10	00:16:42	10
30	NORTH SHIELDS POLYTECHNIC CLUB	Alex Black	SEN	Lap12	00:16:43	12
17	HORWICH R M I HARRIERS	Ryan Snee	SEN	Lap4	00:16:43	4
30	NORTH SHIELDS POLYTECHNIC CLUB	Matthew Nicholson	SEN	Lap9	00:16:44	9
35	SALFORD HARRIERS & AC B	Kieran Cann	SEN	Lap12	00:16:45	12
31	ROSSENDALE HARRIERS & AC	Joshua Whitehead	SEN	Lap8	00:16:46	8
12	GATESHEAD HARRIERS & AC	Cole Reid	U20	Lap9	00:16:48	9
30	NORTH SHIELDS POLYTECHNIC CLUB	Jonathan Malley	SEN	Lap8	00:16:49	8
42	TYNE BRIDGE HARRIERS	Adam Pratt	SEN	Lap6	00:16:50	6
31	ROSSENDALE HARRIERS & AC	Chris Clare	SEN	Lap12	00:16:53	12
32	ROTHERHAM HARRIERS AND AC	Kyle Craib	SEN	Lap11	00:16:53	11
20	KESWICK AC A	Joe Cox	SEN	Lap10	00:16:53	10
10	ELVET STRIDERS A	Andrew Westgarth	SEN	Lap4	00:16:54	4
30	NORTH SHIELDS POLYTECHNIC CLUB	Ian Dunn	SEN	Lap11	00:16:55	11
32	ROTHERHAM HARRIERS AND AC	Matthew Parker	SEN	Lap9	00:16:55	9
32	ROTHERHAM HARRIERS AND AC	Vincent Johnson	U20	Lap8	00:16:55	8
1	BIRTLEY AC	George Beevers	U20	Lap11	00:16:56	11

2	BORDER HARRIERS & AC A	Affie Lamb	U20	Lap12	00:16:56	12
32	ROTHERHAM HARRIERS AND AC	Theo Armitage	U20	Lap6	00:16:56	6
44	VALLEY STRIDERS AC	Joshua Taylor-Brown	SEN	Lap2	00:16:56	2
20	KESWICK AC A	Micah Wightman	U20	Lap6	00:16:57	6
23	LEEDS CITY ATHLETIC CLUB B	Alan Buckley	SEN	Lap9	00:16:58	9
10	ELVET STRIDERS A	James Curry	SEN	Lap8	00:16:58	8
32	ROTHERHAM HARRIERS AND AC	Sam Clegg	SEN	Lap4	00:16:59	4
35	SALFORD HARRIERS & AC B	Matthew Russell	U20	Lap6	00:17:02	6
10	ELVET STRIDERS A	Adam Stephenson	SEN	Lap12	00:17:02	12
27	LIVERPOOL PEMBROKE & SEFTON H AC	David Mulvee	SEN	Lap10	00:17:05	10
39	ST THERESA'S A.C.	Shane Grace	SEN	Lap12	00:17:06	12
44	VALLEY STRIDERS AC	Matt Weston	SEN	Lap8	00:17:07	8
23	LEEDS CITY ATHLETIC CLUB B	Leon Foster	SEN	Lap6	00:17:08	6
4	BURY ATHLETIC CLUB	Ryan Hallworth	SEN	Lap4	00:17:08	4
10	ELVET STRIDERS A	David Milligan	SEN	Lap10	00:17:10	10
44	VALLEY STRIDERS AC	Tom Thomas	SEN	Lap4	00:17:11	4
44	VALLEY STRIDERS AC	Adam Last	SEN	Lap10	00:17:11	10
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Gavin Browne	SEN	Lap8	00:17:11	8
2	BORDER HARRIERS & AC A	Ashley Todd	U23	Lap10	00:17:14	10
10	ELVET STRIDERS A	Wayne Pearson	SEN	Lap9	00:17:14	9
25	LEIGH HARRIERS & AC	Henry Robinson	SEN	Lap4	00:17:14	4
33	SALE HARRIERS MANCHESTER	Christopher Spence-Lealie	SEN	Lap8	00:17:14	8
42	TYNE BRIDGE HARRIERS	Cormac Malone	SEN	Lap9	00:17:15	9
14	HOAD HILL HARRIERS A	Charles Jeffrey	SEN	Lap12	00:17:18	12
41	TRAFFORD ATHLETIC CLUB	Alex Jones	SEN	Lap4	00:17:18	4
29	MORPETH HARRIERS & AC B	David Stabler	SEN	Lap6	00:17:18	6
20	KESWICK AC A	Joshua Taylor	SEN	Lap11	00:17:19	11
31	ROSSENDALE HARRIERS & AC	James Boyd	U20	Lap4	00:17:19	4
23	LEEDS CITY ATHLETIC CLUB B	David Parkin	SEN	Lap12	00:17:19	12
20	KESWICK AC A	Rob Brown	SEN	Lap12	00:17:20	12
10	ELVET STRIDERS A	Kieron Day	SEN	Lap11	00:17:20	11
19	KENDAL AMATEUR ATHLETIC CLUB	Affie Addison	U20	Lap2	00:17:22	2
44	VALLEY STRIDERS AC	Mattia Dessi	SEN	Lap9	00:17:22	9
4	BURY ATHLETIC CLUB	Luke Harrell	SEN	Lap10	00:17:25	10
10	ELVET STRIDERS A	Mark Warner	SEN	Lap2	00:17:26	2
12	GATESHEAD HARRIERS & AC	Douglas Tickner	SEN	Lap10	00:17:29	10
1	BIRTLEY AC	Peter Farnie	SEN	Lap12	00:17:29	12
31	ROSSENDALE HARRIERS & AC	Dominic Popland	SEN	Lap9	00:17:30	9
18	HOUGHTON HARRIERS & AC	Ethan McGlen	U23	Lap2	00:17:31	2
38	SOUTHPORT WATERLOO AC	Andrew Kershaw	SEN	Lap4	00:17:32	4
1	BIRTLEY AC	Joe Wallace	SEN	Lap2	00:17:32	2
38	SOUTHPORT WATERLOO AC	David Hamilton	SEN	Lap2	00:17:33	2
37	SALTAIRE STRIDERS	Martin Fillingham	SEN	Lap9	00:17:35	9
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Joe Taylor	U20	Lap6	00:17:35	6
29	MORPETH HARRIERS & AC B	Bobby Hagan	SEN	Lap12	00:17:36	12
43	VALE ROYAL AC	Stuart Doyle	SEN	Lap12	00:17:37	12
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Tom McMahon	SEN	Lap2	00:17:38	2
39	ST THERESA'S A.C.	Caim Morrison	SEN	Lap2	00:17:38	2
8	EDEN RUNNERS A	Edward Walker	U20	Lap4	00:17:41	4
31	ROSSENDALE HARRIERS & AC	Troy Nuttall	SEN	Lap10	00:17:41	10
36	SALFORD HARRIERS & AC C	Philip Leybourne	SEN	Lap8	00:17:42	8
27	LIVERPOOL PEMBROKE & SEFTON H AC	Daniel Jones	SEN	Lap2	00:17:43	2
40	STEEL CITY STRIDERS RC	Hai Roberts	SEN	Lap10	00:17:43	10
2	BORDER HARRIERS & AC A	Jonny Lowe	SEN	Lap8	00:17:44	8
27	LIVERPOOL PEMBROKE & SEFTON H AC	Adam Jones	SEN	Lap6	00:17:44	6
44	VALLEY STRIDERS AC	James Morris	SEN	Lap6	00:17:46	6
21	KESWICK AC B	Steven Hebblethwaite	SEN	Lap6	00:17:48	6
4	BURY ATHLETIC CLUB	Paul Johnston	SEN	Lap8	00:17:48	8
11	ELVET STRIDERS B	Ben Mellia	SEN	Lap12	00:17:49	12
32	ROTHERHAM HARRIERS AND AC	Aidan Johnson	SEN	Lap12	00:17:49	12
32	ROTHERHAM HARRIERS AND AC	Richard Harris	SEN	Lap2	00:17:50	2
25	LEIGH HARRIERS & AC	Owen Kelly	U20	Lap2	00:17:50	2
14	HOAD HILL HARRIERS A	Graham Jessop	SEN	Lap11	00:17:51	11
14	HOAD HILL HARRIERS A	Scott Bremner	SEN	Lap9	00:17:52	9
18	HOUGHTON HARRIERS & AC	Luke Pickering	SEN	Lap12	00:17:53	12
17	HORWICH R M I HARRIERS	Matthew Dewhurst	SEN	Lap11	00:17:53	11
2	BORDER HARRIERS & AC A	Russell Maddams	SEN	Lap11	00:17:55	11
44	VALLEY STRIDERS AC	Andrew Ford	SEN	Lap11	00:17:55	11
3	BORDER HARRIERS & AC B	Stephen Weston	SEN	Lap11	00:17:55	11

40	STEEL CITY STRIDERS RC	Steven Cahill	SEN	Lap11	00:17:56	11
42	TYNE BRIDGE HARRIERS	Ian Pickett	SEN	Lap11	00:17:56	11
39	ST THERESA'S A.C.	Andrew Grinnell	SEN	Lap11	00:17:57	11
33	SALE HARRIERS MANCHESTER	David Howlett	SEN	Lap9	00:17:57	9
39	ST THERESA'S A.C.	Nick Daley	SEN	Lap8	00:17:58	8
37	SALTAIRE STRIDERS	Will Kerr	SEN	Lap4	00:17:58	4
4	BURY ATHLETIC CLUB	Ben Sunley	SEN	Lap9	00:17:58	9
18	HOUGHTON HARRIERS & AC	Adam Middleton	SEN	Lap11	00:18:01	11
36	SALFORD HARRIERS & AC C	Matt Dickinson	SEN	Lap4	00:18:01	4
39	ST THERESA'S A.C.	Chin Yong	SEN	Lap4	00:18:03	4
8	EDEN RUNNERS A	Roy Emerson	SEN	Lap2	00:18:04	2
19	KENDAL AMATEUR ATHLETIC CLUB	Joshua Todd	U20	Lap8	00:18:05	8
42	TYNE BRIDGE HARRIERS	Alasdair Blain	SEN	Lap10	00:18:07	10
8	EDEN RUNNERS A	Theo Spring	SEN	Lap12	00:18:09	12
3	BORDER HARRIERS & AC B	George Storey	SEN	Lap8	00:18:09	8
44	VALLEY STRIDERS AC	Andy Parkinson	SEN	Lap12	00:18:09	12
20	KESWICK AC A	Guy Illingworth	SEN	Lap9	00:18:10	9
25	LEIGH HARRIERS & AC	Jordan Lee	SEN	Lap10	00:18:10	10
20	KESWICK AC A	Robert Tansey	SEN	Lap4	00:18:12	4
3	BORDER HARRIERS & AC B	Lee Doswell	SEN	Lap2	00:18:13	2
17	HORWICH R M I HARRIERS	Daniel McPartland	SEN	Lap6	00:18:14	6
11	ELVET STRIDERS B	Peter Clough	SEN	Lap9	00:18:16	9
40	STEEL CITY STRIDERS RC	Samuel Doyle	SEN	Lap12	00:18:16	12
25	LEIGH HARRIERS & AC	Jacques Menguy	SEN	Lap8	00:18:17	8
1	BIRTLEY AC	Nigel Simpson	SEN	Lap4	00:18:17	4
1	BIRTLEY AC	Andrew Beevers	SEN	Lap8	00:18:18	8
38	SOUTHPORT WATERLOO AC	Marc Singer	SEN	Lap10	00:18:18	10
11	ELVET STRIDERS B	Jed Shaw	SEN	Lap6	00:18:18	6
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Jacob Eastwood	SEN	Lap4	00:18:18	4
37	SALTAIRE STRIDERS	Thomas Jackson	SEN	Lap8	00:18:19	8
37	SALTAIRE STRIDERS	russell Macfarlane	SEN	Lap6	00:18:21	6
39	ST THERESA'S A.C.	Andrew Haines	SEN	Lap10	00:18:22	10
40	STEEL CITY STRIDERS RC	Louis Wood	SEN	Lap4	00:18:22	4
11	ELVET STRIDERS B	Michael Mason	SEN	Lap8	00:18:22	8
40	STEEL CITY STRIDERS RC	Malcolm Baggaley	SEN	Lap6	00:18:22	6
19	KENDAL AMATEUR ATHLETIC CLUB	Alfie Todd	U20	Lap4	00:18:25	4
17	HORWICH R M I HARRIERS	Alastair Murray	SEN	Lap9	00:18:26	9
11	ELVET STRIDERS B	Lukasz Szymczak	SEN	Lap2	00:18:27	2
4	BURY ATHLETIC CLUB	Curtis Simpson	SEN	Lap11	00:18:28	11
12	GATESHEAD HARRIERS & AC	Christopher Parkin	SEN	Lap8	00:18:29	8
38	SOUTHPORT WATERLOO AC	Daniel Hutchinson	SEN	Lap11	00:18:29	11
27	LIVERPOOL PEMBROKE & SEFTON H AC	Michael Procter	SEN	Lap9	00:18:30	9
39	ST THERESA'S A.C.	Nigel Fuller	SEN	Lap6	00:18:32	6
36	SALFORD HARRIERS & AC C	Billy McCartney	SEN	Lap10	00:18:36	10
33	SALE HARRIERS MANCHESTER	Tim Kennedy	SEN	Lap11	00:18:39	11
38	SOUTHPORT WATERLOO AC	Alex Gould	SEN	Lap9	00:18:40	9
2	BORDER HARRIERS & AC A	Daniel Balmer	SEN	Lap6	00:18:44	6
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Andy Sykes	SEN	Lap9	00:18:46	9
38	SOUTHPORT WATERLOO AC	Dazza Moore	SEN	Lap6	00:18:47	6
36	SALFORD HARRIERS & AC C	David Hudson	SEN	Lap6	00:18:47	6
8	EDEN RUNNERS A	Steven Southern	SEN	Lap10	00:18:47	10
18	HOUGHTON HARRIERS & AC	Steve Gilder	SEN	Lap4	00:18:48	4
5	DERWENT AC COCKERMOUTH	Richard Milner	SEN	Lap8	00:18:49	8
38	SOUTHPORT WATERLOO AC	Karl Randles	SEN	Lap8	00:18:50	8
38	SOUTHPORT WATERLOO AC	John Delamere	SEN	Lap12	00:18:53	12
25	LEIGH HARRIERS & AC	Daniel Meakin	SEN	Lap11	00:18:54	11
3	BORDER HARRIERS & AC B	Stuart Robinson	SEN	Lap6	00:18:54	6
17	HORWICH R M I HARRIERS	Marcus Taylor	SEN	Lap10	00:18:55	10
18	HOUGHTON HARRIERS & AC	Jack Seoney	U23	Lap10	00:18:55	10
3	BORDER HARRIERS & AC B	John Fisher	SEN	Lap4	00:18:56	4
18	HOUGHTON HARRIERS & AC	Samuel Hardy	U20	Lap6	00:19:01	6
41	TRAFFORD ATHLETIC CLUB	Jacob Fletcher	SEN	Lap6	00:19:01	6
18	HOUGHTON HARRIERS & AC	Steven Johnson	SEN	Lap9	00:19:03	9
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Michael Kennedy	SEN	Lap10	00:19:04	10
17	HORWICH R M I HARRIERS	Adam MacDonald	SEN	Lap8	00:19:04	8
8	EDEN RUNNERS A	John Williams	SEN	Lap11	00:19:04	11
42	TYNE BRIDGE HARRIERS	Andrew Greenwell	SEN	Lap8	00:19:06	8
21	KESWICK AC B	Jonathan Lamb	SEN	Lap9	00:19:06	9
8	EDEN RUNNERS A	Josh Dowson	SEN	Lap8	00:19:07	8

1	BIRTLEY AC	Ross Thraves	SEN	Lap9	00:19:08	9
9	EDEN RUNNERS B	David Peacock	SEN	Lap9	00:19:09	9
18	HOUGHTON HARRIERS & AC	Lewis Nagel	SEN	Lap8	00:19:09	8
3	BORDER HARRIERS & AC B	Edward Salt	UZ3	Lap9	00:19:10	9
3	BORDER HARRIERS & AC B	Michael Bain	SEN	Lap10	00:19:11	10
27	LIVERPOOL PEMBROKE & SEFTON H AC	Adrian Rogers	SEN	Lap8	00:19:14	8
25	LEIGH HARRIERS & AC	Harry Read	SEN	Lap6	00:19:14	6
29	MORPETH HARRIERS & AC B	Matthew Briggs	SEN	Lap10	00:19:14	10
42	TYNE BRIDGE HARRIERS	Adam Todhunter	SEN	Lap12	00:19:15	12
11	ELVET STRIDERS B	Allan Renwick	SEN	Lap4	00:19:15	4
14	HOAD HILL HARRIERS A	Robert Inman	SEN	Lap2	00:19:17	2
5	DERWENT AC COCKERMOUTH	Daniel Foy	UZ0	Lap9	00:19:18	9
19	KENDAL AMATEUR ATHLETIC CLUB	Alex Davies	SEN	Lap11	00:19:19	11
14	HOAD HILL HARRIERS A	Gary Dover	SEN	Lap10	00:19:24	10
37	SALTAIRE STRIDERS	Stuart Dunbar	SEN	Lap11	00:19:25	11
39	ST THERESA'S A.C.	David f'Anson	SEN	Lap9	00:19:26	9
40	STEEL CITY STRIDERS RC	Ben Baxendale	SEN	Lap8	00:19:26	8
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	Jacob Taylor	SEN	Lap12	00:19:27	12
4	BURY ATHLETIC CLUB	Robert Butterworth	SEN	Lap12	00:19:27	12
3	BORDER HARRIERS & AC B	Alan Young	SEN	Lap12	00:19:29	12
25	LEIGH HARRIERS & AC	Ronnie Coleman	SEN	Lap9	00:19:34	9
37	SALTAIRE STRIDERS	James Carlton	SEN	Lap2	00:19:35	2
14	HOAD HILL HARRIERS A	Rich Greenfield	SEN	Lap4	00:19:35	4
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	James Hartshorne	SEN	Lap11	00:19:43	11
33	SALE HARRIERS MANCHESTER	David Marsh	SEN	Lap10	00:19:45	10
36	SALFORD HARRIERS & AC C	Paul Stephens	SEN	Lap2	00:19:48	2
37	SALTAIRE STRIDERS	Matthew Parry	SEN	Lap10	00:19:49	10
27	LIVERPOOL PEMBROKE & SEFTON H AC	ADAM LINK	UZ0	Lap4	00:19:50	4
36	SALFORD HARRIERS & AC C	Shaun Chambers	SEN	Lap9	00:19:51	9
5	DERWENT AC COCKERMOUTH	David Harper	SEN	Lap12	00:19:52	12
15	HOAD HILL HARRIERS B	Andy Johannesen	SEN	Lap11	00:19:55	11
21	KESWICK AC B	Angus Wightman	SEN	Lap8	00:20:01	8
15	HOAD HILL HARRIERS B	James Perry	SEN	Lap2	00:20:01	2
5	DERWENT AC COCKERMOUTH	Adam Anderson	SEN	Lap11	00:20:04	11
19	KENDAL AMATEUR ATHLETIC CLUB	Sam Matthews	SEN	Lap9	00:20:07	9
11	ELVET STRIDERS B	Dan Lee	SEN	Lap10	00:20:08	10
27	LIVERPOOL PEMBROKE & SEFTON H AC	Ross Johnson	SEN	Lap11	00:20:10	11
11	ELVET STRIDERS B	Wayne Churchill	SEN	Lap11	00:20:11	11
31	ROSSENDALE HARRIERS & AC	Andrew Grenfell	SEN	Lap11	00:20:15	11
8	EDEN RUNNERS A	Aaron Baglee	SEN	Lap6	00:20:16	6
40	STEEL CITY STRIDERS RC	Will Leaning	SEN	Lap9	00:20:23	9
27	LIVERPOOL PEMBROKE & SEFTON H AC	Robert Coppell	SEN	Lap12	00:20:23	12
14	HOAD HILL HARRIERS A	Daniel Booth	SEN	Lap8	00:20:31	8
5	DERWENT AC COCKERMOUTH	Philip Cuelo	SEN	Lap10	00:20:39	10
5	DERWENT AC COCKERMOUTH	Matthew Le Voi	SEN	Lap2	00:20:42	2
1	BIRTLEY AC	Philip Atkinson	SEN	Lap10	00:20:44	10
15	HOAD HILL HARRIERS B	Rowan Barton	SEN	Lap6	00:20:54	6
21	KESWICK AC B	Mark Roberts	SEN	Lap10	00:20:55	10
25	LEIGH HARRIERS & AC	Adam Wilkinson	SEN	Lap12	00:21:04	12
5	DERWENT AC COCKERMOUTH	George Royston-Bishop	SEN	Lap4	00:21:06	4
33	SALE HARRIERS MANCHESTER	Gaurav Batra	SEN	Lap12	00:21:10	12
15	HOAD HILL HARRIERS B	John Austin	SEN	Lap9	00:21:12	9
21	KESWICK AC B	Paul Morris	SEN	Lap12	00:21:17	12
5	DERWENT AC COCKERMOUTH	John Owens	SEN	Lap6	00:21:19	6
8	EDEN RUNNERS A	Jamie Jephcott	SEN	Lap9	00:21:19	9
19	KENDAL AMATEUR ATHLETIC CLUB	Joe Todd	SEN	Lap10	00:21:25	10
14	HOAD HILL HARRIERS A	Ken Lamb	SEN	Lap6	00:21:32	6
9	EDEN RUNNERS B	Phil Jackson	SEN	Lap11	00:21:44	11
15	HOAD HILL HARRIERS B	Christopher Starr	SEN	Lap10	00:21:55	10
21	KESWICK AC B	Steve Jones	SEN	Lap2	00:21:58	2
37	SALTAIRE STRIDERS	Daniel Jenkins	SEN	Lap12	00:22:03	12
9	EDEN RUNNERS B	Steve Semple	SEN	Lap4	00:22:03	4
29	MORPETH HARRIERS & AC B	Robert Hancox	SEN	Lap8	00:22:23	8
21	KESWICK AC B	Ian Davies	SEN	Lap11	00:22:26	11
9	EDEN RUNNERS B	Roy Bottomley	SEN	Lap8	00:23:12	8
21	KESWICK AC B	BJ Bekker	SEN	Lap4	00:23:31	4
19	KENDAL AMATEUR ATHLETIC CLUB	Stuart McGurk	SEN	Lap12	00:24:31	12
9	EDEN RUNNERS B	Andrew Walker	SEN	Lap2	00:24:36	2
15	HOAD HILL HARRIERS B	Matt Green	SEN	Lap8	00:25:04	8

15	HOAD HILL HARRIERS B	Frank McKeown	SEN	Lap4	00:25:09	4
9	EDEN RUNNERS B	Richard Boyce	SEN	Lap10	00:28:28	10
9	EDEN RUNNERS B	Simon Knell	SEN	Lap6	00:28:30	6