

Lakeland Trails in Coniston

Coniston Trail Run 10km

| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|--------------------------------|------|-------------------------|-----|-----------------|---|-------------|
| Coniston Trail Run 10km | | | | | | |
| 1. | 182 | Graham Patten | m | Veteran 50 | Lakeland Trails | 0:46:00 |
| 2. | 640 | Matt Wilson | m | Veteran 40 | Kendal AC | 0:46:24 |
| 3. | 639 | Richard Wilson | m | Veteran 40 | Kendal AC | 0:46:32 |
| 4. | 644 | Lee Winter | m | Veteran 40 | Hoad Hill Harriers | 0:47:05 |
| 5. | 433 | Matt Harratt | m | | U/A Oldham, | 0:48:03 |
| 6. | 572 | Nick Sharp | m | Veteran 50 | U/A Wakefield, West Yorkshire | 0:50:18 |
| 7. | 453 | Beth Irving | f | Lady Veteran 40 | U/A Carlisle, | 0:51:35 |
| 8. | 323 | sean barry | m | Veteran 40 | U/A huddersfield, | 0:52:02 |
| 9. | 582 | Michael Smith | m | Veteran 40 | U/A Clitheroe, Lancashire | 0:52:21 |
| 10. | 372 | Leon Dallow | m | Veteran 50 | Oswestry Olympians | 0:53:13 |
| 11. | 438 | Ross Hemmings | m | | U/A Goostrey , | 0:53:34 |
| 12. | 415 | James Gaffney | m | | - | 0:53:55 |
| 13. | 395 | Paul Emmins | m | | U/A Manchester, | 0:54:01 |
| 14. | 664 | Lance Saxby | m | Veteran 50 | U/A Harrogate N Yorks | 0:54:06 |
| 15. | 493 | Paul Managh | m | Veteran 40 | Ulverston Tri Club | 0:54:07 |
| 16. | 325 | Tim Bennett | m | Veteran 50 | U/A Carnforth, Lancashire | 0:54:09 |
| 17. | 626 | Gareth Webb | m | Veteran 40 | Sale Harriers Manchester | 0:54:57 |
| 18. | 484 | Peter Llewellyn | m | Veteran 40 | Bowland Fell Runners | 0:55:03 |
| 19. | 558 | William Malcolm Roberts | m | Veteran 60 | St Austell Running Club | 0:55:09 |
| 20. | 496 | Lawrence Mannion | m | Veteran 50 | U/A Kendal, | 0:55:23 |
| 21. | 189 | Ian Porter | m | Veteran 40 | U/A Lancaster | 0:55:35 |
| 22. | 503 | Nick McConnell | m | | U/A Northallerton, NORTH YORKSHIRE | 0:55:45 |
| 23. | 523 | Paul Mounsey | m | Veteran 60 | Na | 0:55:56 |
| 24. | 443 | Philip Hindmarsh | m | Veteran 50 | Stocksfield Striders | 0:56:44 |
| 25. | 590 | Billy STOBART | m | | Cumberland ac | 0:57:06 |
| 26. | 581 | Felicity Smith | f | Lady Veteran 40 | Elswick | 0:57:24 |
| 27. | 642 | Oliver Wilson | m | | U/A Grange-Over-Sands, | 0:58:12 |
| 28. | 533 | Rob Onions | m | Veteran 40 | U/A Darlington, UK | 0:58:23 |
| 29. | 321 | Stuart Barker | m | | U/A Chorley, Lancashire | 0:58:28 |
| 30. | 462 | karen johnson | f | Lady Veteran 40 | U/A Ulverston, | 0:58:34 |
| 31. | 657 | Jonny Grisedale | m | Veteran 40 | Team inov-8.com | 0:58:37 |
| 32. | 302 | Louise Winter | f | Lady Veteran 40 | Keswick AC | 0:58:50 |
| 33. | 1128 | Jonathan Fletcher | m | Veteran 50 | Ripon Runner | 0:59:24 |
| 34. | 535 | Monika Paprzycka-Casson | f | | U/A Uppermill, Oldham, Greater Manchester | 0:59:37 |
| 35. | 330 | Dave Bibby | m | Veteran 50 | Run in Wirral | 0:59:41 |
| 36. | 406 | Charlotte Foley | f | | U/A East Boldon, Tyne and Wear | 0:59:43 |
| 37. | 452 | Graham Ingham | m | Veteran 50 | U/A Kirkham, | 1:00:09 |
| 38. | 611 | Thomas Ward | m | | U/A Lancaster, Lancashire | 1:00:10 |
| 39. | 587 | David Stephens | m | Veteran 60 | Clwydian Range Runners | 1:00:12 |
| 40. | 607 | John Turner | m | Veteran 40 | Lancaster Runners | 1:00:15 |
| 41. | 641 | Alan Wilson | m | Veteran 50 | Glaxo Hoad Hill Harriers | 1:00:32 |
| 42. | 385 | Natalie Dodds | f | | Hoad Hill Harriers | 1:00:36 |
| 43. | 1510 | Jessica Booth | f | | | 1:01:29 |
| 44. | 509 | Jason Mee | m | Veteran 40 | U/A West kirby, Cheshire | 1:01:31 |
| 45. | 354 | Paul Cameron | m | Veteran 40 | Run in Wirral | 1:01:31 |
| 46. | 442 | Andy Hickson | m | Veteran 50 | U/A LONDON, | 1:01:35 |
| 47. | 486 | Beth Loughran | f | | U/A Kendal, | 1:01:36 |
| 48. | 648 | Daniel Wright | m | | U/A Carnforth, Lancashire | 1:01:59 |
| 49. | 663 | Andy Reed | m | | U/A Cheshire | 1:02:13 |
| 50. | 545 | Louisa Phillips | f | | U/A Manchester, Greater Manchester | 1:02:20 |
| 51. | 520 | Nick Morton | m | | Kirkby Milers | 1:02:26 |
| 52. | 592 | Phil Stones | m | Veteran 60 | U/A Cleator Moor, Cumbria | 1:02:28 |
| 53. | 544 | Ryan Phillips | m | | U/A St.Helens, Merseyside | 1:02:29 |
| 54. | 560 | george robinson | m | | blackpool | 1:02:30 |
| 55. | 458 | Chris Jackson | m | Veteran 40 | U/A Tunstall, East Riding of Yorkshire | 1:02:35 |
| 56. | 502 | Colin McConnell | m | Veteran 50 | NYMAC | 1:03:07 |
| 57. | 623 | Steve Watson | m | Veteran 50 | U/A Gleaston, Ulverston | 1:03:18 |
| 58. | 553 | Andrew Reid | m | | U/A Merseyside, | 1:03:28 |
| 59. | 542 | Gareth Phillips | m | Veteran 40 | Gateshead harriers | 1:03:38 |
| 60. | 309 | Craig Abbott | m | Veteran 40 | U/A Lancaster, Lancashire | 1:03:43 |
| 61. | 498 | Barry Marsh | m | Veteran 50 | U/A Gravesend, Kent | 1:03:45 |
| 62. | 510 | Jane Mellor | f | Lady Veteran 40 | U/A Bridge of Weir, | 1:03:50 |
| 63. | 636 | Claire Williams | f | Lady Veteran 50 | Eryri Harriers | 1:04:03 |
| 64. | 427 | Michael Gudgeon | m | Veteran 40 | U/A Settle, North Yorkshire | 1:04:12 |
| 65. | 413 | Tom French | m | | U/A Skipton, North Yorkshire | 1:04:21 |
| 66. | 528 | Andy Neville | m | | U/A Wesham, Lancs | 1:04:34 |
| 67. | 475 | Megan Kirton | f | | U/A Edinburgh, Edinburgh, City of | 1:04:39 |
| 68. | 479 | Peter Lane | m | Veteran 40 | U/A Newark, Nottinghamshire | 1:04:50 |
| 69. | 647 | Hannah Wright | f | Lady Veteran 40 | U/A Millom, Cumbria | 1:05:11 |
| 70. | 550 | Andy Rankine | m | Veteran 40 | U/A Chorley, Lancashire | 1:05:14 |
| 71. | 424 | John Gray | m | Veteran 40 | U/A Bedford, Bedfordshire | 1:05:25 |
| 72. | 440 | Stephanie Heys | f | | U/A Wigan, Greater Manchester | 1:05:53 |
| 73. | 450 | James Hurley | m | Veteran 50 | U/A Heswall, Merseyside | 1:06:01 |
| 74. | 342 | Gareth Brownson | m | | GB Bootcamps | 1:06:07 |
| 75. | 352 | Colin Caisley | m | Veteran 40 | U/A Wilmslow, Cheshire | 1:06:09 |
| 76. | 499 | Dan Martin | m | Veteran 40 | U/A Carnforth, Lancashire | 1:06:13 |
| 77. | 606 | Jean Turner | f | Lady Veteran 50 | Telford Harriers | 1:06:17 |

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| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|------|------|--------------------|-----|-----------------|------------------------------------|-------------|
| 78. | 398 | Paul Fairclough | m | Veteran 40 | Red rose runner | 1:06:35 |
| 79. | 346 | Sarah Burnett | f | Lady Veteran 50 | U/A Kendal, Cumbria | 1:06:39 |
| 80. | 568 | Belinda Schofield | f | Lady Veteran 50 | U/A Manchester, | 1:06:43 |
| 81. | 627 | David Western | m | Veteran 50 | U/A Sutton, Surrey | 1:07:02 |
| 82. | 441 | Silas Heys | m | | U/A Wigan, Lancashire | 1:07:12 |
| 83. | 490 | Graham Macham | m | Veteran 40 | U/A Chorley , Lancashire | 1:07:17 |
| 84. | 500 | Charlotte Mason | f | Lady Veteran 40 | U/A Kendal, Cumbria | 1:07:24 |
| 85. | 507 | Ellen McLachlan | f | | BWFAC | 1:07:50 |
| 86. | 392 | David Ellicott | m | Veteran 40 | Keswick AC | 1:07:59 |
| 87. | 656 | Jo Grisedale | f | Lady Veteran 40 | Team inov-8.com | 1:08:16 |
| 88. | 643 | Sebastian Wilson | m | | U/A Grange-Over-Sands, | 1:08:23 |
| 89. | 474 | Phil Kinner | m | Veteran 40 | U/A Ashby De La Zouch, | 1:08:51 |
| 90. | 480 | Michael Leck | m | Veteran 60 | Lancaster & Morecambe AC | 1:09:03 |
| 91. | 615 | Stuart Waring | m | Veteran 40 | U/A Blackburn, Lancashire | 1:09:05 |
| 92. | 308 | Ahmed Abbas | m | Veteran 50 | U/A Manchester, | 1:09:25 |
| 93. | 393 | John Ellis | m | Veteran 40 | U/A Durham, County Durham | 1:09:25 |
| 94. | 511 | Kate Mellor | f | | U/A Wetherby, West Yorkshire | 1:09:40 |
| 95. | 659 | Glyn McGovern | m | Veteran 50 | U/A Altrincham | 1:09:43 |
| 96. | 435 | Julie Haygarth | f | Lady Veteran 40 | U/A Kirkby Stephen, Cumbria | 1:09:48 |
| 97. | 460 | James Jardine | m | | U/A Penrith, Cumbria | 1:09:53 |
| 98. | 421 | Elizabeth Gibson | f | | U/A Kendal , Cumbria | 1:09:59 |
| 99. | 610 | Abby Wade | f | | U/A Kendal, Cumbria | 1:09:59 |
| 100. | 371 | Jamie Dallow | m | | Oswestry Olympians | 1:10:15 |
| 101. | 307 | Andrea Abbas | f | Lady Veteran 50 | U/A Manchester, | 1:10:28 |
| 102. | 1209 | Ian Jempson | m | | U/A Wigton, Cumbria | 1:10:32 |
| 103. | 347 | James Burt | m | Veteran 40 | Stepping Stone Striders | 1:10:35 |
| 104. | 426 | Darren Grundy | m | Veteran 40 | U/A Blackpool, Lancashire | 1:10:43 |
| 105. | 362 | Richard Clements | m | Veteran 40 | U/A Manchester, | 1:10:48 |
| 106. | 564 | Christine Rousell | f | | U/A Cockermouth, Cumbria | 1:10:49 |
| 107. | 336 | David Bowden | m | | Darwen Cricket Club | 1:11:05 |
| 108. | 448 | SAMANTHA Hughes | f | Lady Veteran 50 | Accrington Road Runners | 1:11:12 |
| 109. | 514 | Rachel Millard | f | | U/A Worsley, Manchester | 1:11:13 |
| 110. | 334 | Jo Bonham | f | Lady Veteran 50 | U/A Barrow in Furness, Cumbria | 1:11:17 |
| 111. | 476 | Hilde Krynen | f | Lady Veteran 50 | U/A Kendal, Cumbria | 1:11:18 |
| 112. | 335 | Philippa Bonham | f | Lady Veteran 40 | U/A Doncaster, South Yorkshire | 1:11:20 |
| 113. | 645 | Julie Wisely | f | Lady Veteran 40 | U/A Manchester , | 1:11:21 |
| 114. | 628 | Angela White | f | Lady Veteran 40 | CFR | 1:11:28 |
| 115. | 540 | Tim Phelps | m | Veteran 50 | Na | 1:11:38 |
| 116. | 567 | Nicholas Schaffer | m | Veteran 50 | U/A Millom, Cumbria | 1:11:59 |
| 117. | 595 | Rachel Summers | f | Lady Veteran 40 | U/A Preston, | 1:12:04 |
| 118. | 549 | Christopher Pye | m | Veteran 60 | U/A LIVERPOOL, Merseyside | 1:12:08 |
| 119. | 419 | Gerry Garvey | m | Veteran 50 | Muddy Boots Nursery | 1:12:14 |
| 120. | 378 | Nicola Dinsdale | f | | Ribble valley Tri Club | 1:12:15 |
| 121. | 538 | Julie Paton | f | Lady Veteran 40 | U/A Preston, Lancashire | 1:12:18 |
| 122. | 658 | Finlay McCalman | m | Veteran 50 | Wesham Road Runners | 1:12:32 |
| 123. | 447 | Arne Huebner | m | Veteran 40 | U/A Frankfurt, Hessen | 1:12:35 |
| 124. | 345 | Lindsay Buck | f | Lady Veteran 50 | U/A Seascale, Cumbria | 1:12:37 |
| 125. | 495 | Ian Manderson | m | Veteran 50 | U/A Carnforth, Lancs | 1:12:38 |
| 126. | 612 | Mike Ward | m | | U/A Prenton, Cheshire | 1:12:38 |
| 127. | 487 | Kieran Lowcock | m | | U/A Manchester, Greater Manchester | 1:12:42 |
| 128. | 518 | Ian Morgan | m | Veteran 50 | U/A Kirkby Lonsdale, Cumbria | 1:12:46 |
| 129. | 491 | Petra Madarasan | f | Lady Veteran 40 | Jogging Pals | 1:12:54 |
| 130. | 660 | Tara Oxley | f | | Stockton Striders | 1:13:10 |
| 131. | 367 | Jason Copp | m | Veteran 50 | U/A Birmingham, West Midlands | 1:13:10 |
| 132. | 380 | Margaret Dixon | f | Lady Veteran 50 | U/A Redcar, | 1:13:14 |
| 133. | 312 | Warren Anderson | m | | U/A Slough, | 1:13:32 |
| 134. | 350 | Bethany Butcher | f | | U/A Ramsbottom , | 1:13:44 |
| 135. | 449 | David Hunter | m | | U/A London, | 1:13:48 |
| 136. | 505 | Kirsten McFarlane | f | Lady Veteran 40 | U/A Manchester, Greater Manchester | 1:13:52 |
| 137. | 327 | Iain Bethune | m | | Run Sandymoor | 1:14:03 |
| 138. | 328 | Julie Bethune | f | | U/A Runcorn, | 1:14:03 |
| 139. | 317 | Liz Bale | f | | U/A Penrith, | 1:14:08 |
| 140. | 318 | Katie Bale | f | | U/A Penrith, Cumbria | 1:14:08 |
| 141. | 383 | Sarah Dodd | f | | U/A Barrow In Furness, Cumbria | 1:14:11 |
| 142. | 662 | Jennifer Randle | f | Lady Veteran 40 | U/A Southport | 1:14:14 |
| 143. | 386 | Carol Downing | f | Lady Veteran 50 | Howgill Harriers | 1:14:20 |
| 144. | 444 | Gary Hollis | m | Veteran 50 | U/A Kendal, Cumbria | 1:14:20 |
| 145. | 387 | Camilla Dyer | f | | Giffnock North | 1:14:21 |
| 146. | 417 | Zara Gall | f | Lady Veteran 40 | Didsbury ladies | 1:14:34 |
| 147. | 370 | catherine cuthbert | f | Lady Veteran 40 | wallasey ac | 1:14:42 |
| 148. | 543 | Nicola Phillips | f | Lady Veteran 50 | U/A Manchester, | 1:14:50 |
| 149. | 573 | Susan Sharp | f | Lady Veteran 50 | U/A Wakefield, west Yorkshire | 1:14:56 |
| 150. | 368 | Beverley Crate | f | Lady Veteran 40 | U/A Bedlington , Northumberland | 1:15:14 |
| 151. | 527 | Wendy Navin | f | Lady Veteran 40 | Cumberland AC | 1:15:17 |
| 152. | 463 | Vicky Johnston | f | Lady Veteran 40 | St Bees Triers | 1:15:18 |
| 153. | 1010 | Amanda Anderson | f | Lady Veteran 40 | U/A Topcliffe, North Yorkshire | 1:15:18 |
| 154. | 652 | Louise Daniels | f | | Prestwich AC | 1:15:20 |
| 155. | 420 | Rachel Gasior | f | Lady Veteran 40 | Keighley and Craven Athletic Club | 1:15:29 |
| 156. | 554 | Gary Richmond | m | Veteran 50 | U/A Broadstairs, Kent | 1:15:41 |
| 157. | 614 | mark wardley | m | Veteran 40 | U/A preston, lancs | 1:15:51 |

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| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|------|------|---------------------|-----|-----------------|--|-------------|
| 158. | 338 | Gail Bristo | f | Lady Veteran 40 | Red Rose Road Runners | 1:15:51 |
| 159. | 390 | Kerry Edwards | f | Lady Veteran 40 | U/A Cupar, Fife | 1:16:15 |
| 160. | 339 | Hannah Brookfield | f | | U/A Aughton, Lancashire | 1:16:18 |
| 161. | 331 | Philip Blakeley | m | | U/A Aughton, Lancs | 1:16:23 |
| 162. | 404 | Paul Fiddler | m | Veteran 40 | U/A Warrington, Cheshire | 1:16:30 |
| 163. | 541 | Peter Phillips | m | Veteran 70 | Loftus and Whitby AC | 1:16:45 |
| 164. | 618 | Jonathan Washington | m | | U/A Dalton-in-Furness, Cumbria | 1:16:54 |
| 165. | 559 | sarah robinson | f | Lady Veteran 40 | U/A poulton-le-fylde, | 1:17:14 |
| 166. | 603 | Sarah Tomlinson | f | Lady Veteran 40 | U/A Poulton-le-Fylde, Lancs | 1:17:14 |
| 167. | 666 | Anna Walton | f | Lady Veteran 40 | | 1:17:24 |
| 168. | 504 | Matthew McCormack | m | | U/A Manchester, | 1:17:25 |
| 169. | 464 | Angela Jones | f | Lady Veteran 40 | St Helens Striders | 1:17:27 |
| 170. | 429 | Isobel Hall | f | Lady Veteran 50 | U/A Kendal, Cumbria | 1:17:30 |
| 171. | 356 | Rachel Chanter | f | | U/A Manchester , | 1:17:39 |
| 172. | 521 | Carol Mossop | f | Lady Veteran 50 | Dumfries Running Club | 1:18:10 |
| 173. | 605 | Aynsley Tracy | f | Lady Veteran 40 | U/A Glasgow, Glasgow City | 1:18:21 |
| 174. | 571 | Mike Sharkey | m | Veteran 40 | Wigan | 1:18:23 |
| 175. | 489 | David Lyon | m | Veteran 50 | U/A Wigan, Lancs | 1:18:28 |
| 176. | 585 | Rachel Stavert | f | Lady Veteran 50 | U/A Penrith, Cumbria | 1:18:34 |
| 177. | 557 | Susan Ridings | f | Lady Veteran 50 | Clwydian Range Runners | 1:18:47 |
| 178. | 629 | Martin White | m | Veteran 50 | CFR | 1:19:16 |
| 179. | 589 | Andrew Stevens | m | Veteran 40 | U/A Wigton, Cumbria | 1:19:16 |
| 180. | 468 | Debra Jones | f | | Jogging Pals | 1:19:43 |
| 181. | 519 | Lizzie Morley | f | | U/A Ambleside, Cumbria | 1:20:22 |
| 182. | 536 | Caron Parkes | f | Lady Veteran 40 | U/A Kendal, Cumbria | 1:20:24 |
| 183. | 311 | Joanna Amos | f | Lady Veteran 50 | U/A Stanley, County Durham | 1:20:38 |
| 184. | 376 | Jeanelle de Gruchy | f | Lady Veteran 50 | U/A London , | 1:20:49 |
| 185. | 425 | jeanette grimes | f | Lady Veteran 50 | U/A prescot, merseyside | 1:20:53 |
| 186. | 534 | Ella Overshott | f | Lady Veteran 40 | U/A manchester, Select county | 1:20:55 |
| 187. | 594 | Sara Summers | f | Lady Veteran 50 | U/A Preston, | 1:21:12 |
| 188. | 388 | Helen Eaton | f | Lady Veteran 40 | Kirkby Milers | 1:21:14 |
| 189. | 364 | Rachel Cockburn | f | Lady Veteran 40 | Skelmersdale Boundary Harriers | 1:21:15 |
| 190. | 403 | Sarah Ferreira | f | Lady Veteran 40 | U/A Ormskirk, | 1:21:15 |
| 191. | 389 | Sal Edgar | f | Lady Veteran 40 | U/A Ormskirk, | 1:21:15 |
| 192. | 539 | Robert Payne | m | | U/A Lancaster, | 1:21:29 |
| 193. | 566 | Fiona Salt | f | Lady Veteran 40 | The Salts | 1:21:35 |
| 194. | 485 | Ellen Longhorn | f | | U/A Millom, Cumbria | 1:21:41 |
| 195. | 466 | Sarah Jones | f | Lady Veteran 40 | U/A Kendal, | 1:21:45 |
| 196. | 1508 | Hilary Shaw | f | Lady Veteran 50 | U/A | 1:21:46 |
| 197. | 469 | Charlotte Joyce | f | | U/A Newcastle , | 1:21:52 |
| 198. | 341 | Rachel Brownsmith | f | | U/A Lancaster, | 1:21:55 |
| 199. | 332 | Kay Blundell | f | Lady Veteran 40 | U/A Manchester, Greater Manchester | 1:22:03 |
| 200. | 329 | Catherine Betley | f | Lady Veteran 40 | N/A | 1:22:14 |
| 201. | 432 | Sandra Harman | f | Lady Veteran 40 | York Knavesmire Harriers | 1:22:46 |
| 202. | 465 | Eileen Jones | f | Lady Veteran 60 | Clayton le Moors Harriers | 1:23:07 |
| 203. | 483 | Michelle Livesey | f | | Red Rose Road Runners | 1:23:36 |
| 204. | 344 | Jackie Brunton | f | Lady Veteran 40 | Red rose road runners | 1:23:36 |
| 205. | 414 | Pella Frost | f | | U/A London, London | 1:23:39 |
| 206. | 326 | Courtney Benson | f | | Howgill harriers | 1:23:54 |
| 207. | 1490 | Kev Kendal | m | Veteran 40 | Howgill Harriers | 1:23:56 |
| 208. | 455 | Mahfuzul Islam | m | Veteran 40 | U/A Sabden, | 1:23:58 |
| 209. | 353 | Jayne Caluseru | f | Lady Veteran 50 | U/A Kendal, Cumbria | 1:24:11 |
| 210. | 351 | Alex Butcher | m | | U/A Ramsbottom , | 1:24:20 |
| 211. | 597 | Penny Swann | f | Lady Veteran 40 | U/A Lancaster, | 1:24:22 |
| 212. | 349 | Debra Butcher | f | Lady Veteran 50 | U/A Ramsbottom , | 1:24:24 |
| 213. | 598 | Hannah Swift | f | | U/A Wigan, Lancashire | 1:24:28 |
| 214. | 408 | Rebecca Forsman | f | | U/A Millom, | 1:24:54 |
| 215. | 577 | John Slater | m | Veteran 50 | U/A Carnforth, Lancs | 1:25:06 |
| 216. | 454 | Danny Isaacs | m | | U/A Wesham, | 1:25:11 |
| 217. | 552 | Philippa Rayner | f | Lady Veteran 40 | Quakers Running Club | 1:25:13 |
| 218. | 574 | Francesca Shaw | f | | U/A Ulverston, Cumbria | 1:25:13 |
| 219. | 381 | Sara Dobson | f | Lady Veteran 50 | Helm Hill Runners | 1:25:40 |
| 220. | 646 | Jennifer Wood | f | | U/A Kendal, Cumbria | 1:25:49 |
| 221. | 397 | Kym Fairclough | f | | South ribble runners | 1:25:56 |
| 222. | 319 | Nicky Ball | f | Lady Veteran 50 | U/A Bolton , Lancashire | 1:25:58 |
| 223. | 513 | Kathrin Meyrick | f | Lady Veteran 50 | U/A Windermere, Cumbria | 1:26:07 |
| 224. | 529 | Jane Marie Nicholl | f | | U/A Newcastle upon Tyne , | 1:26:40 |
| 225. | 411 | Amelia Fox | f | | U/A Lancaster, | 1:26:53 |
| 226. | 369 | Joanne cross | f | Lady Veteran 40 | Resolution Runners | 1:27:04 |
| 227. | 563 | Amanda Rothwell | f | Lady Veteran 50 | U/A Manchester, Lancashire | 1:27:13 |
| 228. | 524 | Jane Mulcrone | f | Lady Veteran 40 | Penny Lane Striders | 1:27:16 |
| 229. | 467 | Kate Jones | f | Lady Veteran 50 | U/A Eccles, | 1:27:18 |
| 230. | 632 | Ken Whittington | m | Veteran 60 | U/A Ilkley, WEST YORKSHIRE | 1:27:39 |
| 231. | 631 | Ann Whittington | f | Lady Veteran 60 | U/A Ilkley, WEST YORKSHIRE | 1:27:39 |
| 232. | 654 | Gemma Downing | f | | U/A Stourbridge | 1:27:57 |
| 233. | 457 | Elizabeth Jackson | f | Lady Veteran 40 | U/A Tunstall, East Riding of Yorkshire | 1:28:03 |
| 234. | 599 | Peter Swift | m | Veteran 50 | U/A Wigan, Lancashire | 1:28:04 |
| 235. | 588 | Hannah Stevens | f | Lady Veteran 40 | EDMC | 1:29:09 |
| 236. | 565 | Nancy Ryan | f | Lady Veteran 40 | Mums on the Run | 1:29:17 |
| 237. | 409 | Kathryn Fox | f | Lady Veteran 40 | U/A Lancaster, | 1:29:24 |

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| Pos | Bib | Name | M/F | Age Cat | Club | Finish Time |
|------|-----|---------------------------|-----|-----------------|-----------------------------------|-------------|
| 238. | 461 | Lola Jimenez | f | | U/A Southport, Merseyside | 1:29:27 |
| 239. | 522 | Elizabeth Mounsey | f | Lady Veteran 50 | U/A Preston , Lancashire | 1:29:44 |
| 240. | 497 | Penny Marsh | f | Lady Veteran 50 | U/A Gravesend, Kent | 1:30:24 |
| 241. | 402 | JOANNE FENNA | f | Lady Veteran 40 | U/A ORMSKIRK, LANCASHIRE | 1:30:31 |
| 242. | 423 | Amanda Gray | f | Lady Veteran 50 | U/A Bedford, Bedfordshire | 1:30:35 |
| 243. | 382 | Andrew Dobson | m | Veteran 50 | U/A Kendal, Cumbria | 1:30:36 |
| 244. | 410 | Paul Fox | m | Veteran 40 | U/A Lancaster, | 1:30:47 |
| 245. | 375 | Christina Davies | f | | U/A Bishop Auckland, Durham | 1:31:07 |
| 246. | 621 | David Watson | m | Veteran 50 | Red rose road runners | 1:31:30 |
| 247. | 593 | Torrie Sullivan | f | | U/A Brampton, Cumbria | 1:32:27 |
| 248. | 600 | JAMES SWIRE | m | | U/A Southport, | 1:33:25 |
| 249. | 379 | Phil Dixon | m | Veteran 50 | U/A Redcar, | 1:33:54 |
| 250. | 580 | Lynn Smith | f | Lady Veteran 50 | Horwich RMI Harriers | 1:34:02 |
| 251. | 373 | Lesley Davidson | f | Lady Veteran 60 | Horwich RMI Harriers | 1:34:03 |
| 252. | 579 | Despina Smith | f | Lady Veteran 40 | U/A Manchester , | 1:34:10 |
| 253. | 625 | Catherine Wearing | f | | U/A Lancaster, | 1:35:34 |
| 254. | 532 | Gillian Oliver | f | Lady Veteran 40 | Lytham St Annes Road Running Club | 1:35:54 |
| 255. | 515 | Allyson Miller | f | Lady Veteran 40 | U/A Chorley, Lancashire | 1:36:23 |
| 256. | 320 | Gunjit Bandesha | f | Lady Veteran 50 | U/A Manchester, Grtr Manchester | 1:36:29 |
| 257. | 422 | Sue Goldrick | f | Lady Veteran 50 | U/A Manchester, | 1:36:42 |
| 258. | 591 | Niki Stockton | f | Lady Veteran 50 | Swinton Running Club | 1:36:42 |
| 259. | 506 | Jane McGreen | f | Lady Veteran 60 | n/a | 1:36:45 |
| 260. | 575 | Jane Slaney | f | Lady Veteran 40 | U/A Blackpool, Lancashire | 1:37:03 |
| 261. | 384 | Bev Dodd | f | Lady Veteran 40 | U/A Lancaster, Lancashire | 1:37:28 |
| 262. | 661 | Julia Park | f | Lady Veteran 40 | U/A | 1:37:35 |
| 263. | 322 | Julie Barrett | f | Lady Veteran 50 | Resolution Runners | 1:37:35 |
| 264. | 526 | Lisa Napier | f | | U/A Wigan , | 1:37:36 |
| 265. | 446 | lindsay hudd | f | Lady Veteran 40 | na | 1:38:20 |
| 266. | 324 | jose bennett | f | Lady Veteran 60 | jog on the tyne | 1:38:22 |
| 267. | 399 | Marie Fallon | f | Lady Veteran 50 | Jog on the Tyne | 1:38:22 |
| 268. | 622 | Vivienne Watson | f | Lady Veteran 50 | Jog on the Tyne | 1:38:22 |
| 269. | 635 | Sara Lloyd Williams | f | | U/A Carlisle, Cumbria | 1:39:12 |
| 270. | 665 | Kate Thomson | f | | | 1:39:58 |
| 271. | 556 | Edwina Rickards Collinson | f | Lady Veteran 60 | U/A CARNFORTH, | 1:43:00 |
| 272. | 650 | Amanda Beresford | f | | Roundhay Runners | 1:44:06 |
| 273. | 337 | Karen Braddon | f | Lady Veteran 60 | Crocwalkers | 1:45:04 |
| 274. | 400 | Phoebe Fenna | f | | U/A Bradford, West yorkshire | 1:46:19 |
| 275. | 401 | DENNIS FENNA | m | Veteran 60 | U/A ORMSKIRK, LANCASHIRE | 1:46:20 |
| 276. | 555 | Nicola Richmond | f | Lady Veteran 50 | U/A Broadstairs , Kent | 1:47:15 |
| 277. | 546 | Bob Pleasance | m | Veteran 50 | U/A Manchester, | 2:02:46 |
| 278. | 596 | Surrinder Swali | m | Veteran 50 | U/A Bolton, | 2:02:47 |
| 279. | 630 | Lisa Whitehead | f | Lady Veteran 50 | Swinton | 2:32:50 |
| 280. | 525 | Louise Murray | f | Lady Veteran 50 | Unnattached | 2:32:51 |

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