



Pos.	Name	Cat.	Time	Club
1	Michael Holliday	M	01:09:09	
2	Simon Sampson	M	01:09:59	
3	Kevin Fairclough	M	01:13:51	
4	Alex Staniforth	M	01:14:26	West Cheshire Athletic Club
5	Tom Strong	M	01:14:33	
6	Mark Blackwell	MV40	01:15:54	West Cumbria Tri
7	Darren Haworth	M	01:20:19	Derwent AC Cockermouth
8	Marcin Karpowicz	M	01:20:24	
9	Craig Marsh	M	01:20:32	Keswick AC
10	Mark Elsdon	M	01:21:03	
11	Mike Allison	MV50	01:22:15	Eden Runners
12	Richard Ashcroft	MV40	01:23:03	
13	Darren Irving	M	01:25:00	Muckleton Joggers
14	Philip Lonsdale	MV50	01:25:27	
15	Iain Davidson	MV40	01:26:54	
16	Adam Howard	M	01:27:17	Trawden Athletic Club
17	Sean Bowden	MV40	01:27:50	
18	Ian Strafford	MV40	01:28:49	St Bees Triers
19	Mark Ayre	MV40	01:28:53	Roundhay Runners
20	Adam Leggett	M	01:29:39	Saltwell Harriers
21	Dave Bartrum	MV40	01:30:04	
22	Jonathan Windsor	M	01:30:45	Staffs Moorlands AC
23	Iain Murray	MV40	01:30:51	Chester Triathlon Club
24	Michael Broadhurst	MV50	01:31:15	Tynedale Harriers & AC
25	Daniel Barnes	MV40	01:31:23	
26	Phil James	MV50	01:31:25	Saltwell Harriers
27	Paul Forshaw	MV50	01:31:41	
28	Louise Winter	F	01:31:57	Keswick AC
29	Jeremy Ellman	MV60	01:32:12	Claremont Road Runners
30	Jane Kerridge	FV60	01:33:46	Deeside Runners
31	Jack Darnell	M	01:34:22	
32	Jonathan Buckley	M	01:34:27	
33	Simon Hasted	M	01:34:33	
34	David Mills	M	01:35:27	
35	Nicholas Johnston	M	01:35:37	
36	Mark Holmes	M	01:35:51	
37	Kristian Lee	MV40	01:36:09	
38	Simone Rouse	F	01:36:24	
39	Anne Hurrell	F	01:38:07	Spa Striders

40	Michael Scowcroft	M	01:38:36	Run Sandymoor
41	Nick Martland	MV40	01:38:41	
42	Rob Onions	MV40	01:39:16	
43	Keith Atkinson	MV40	01:39:30	DH Runners
44	Graham Harrison	MV50	01:39:40	Saltwell Harriers
45	Rosie Billett	F	01:39:46	DH Runners
46	Joanne Marsden	FV40	01:39:53	Tynedale Harriers & AC
47	John Burford	MV40	01:39:55	Durham City Harriers & AC
48	Ross Starkey	MV40	01:40:14	
49	Jones Stuart	MV40	01:40:15	
50	Chris Cairns	M	01:40:32	
51	Hannah Cummins	F	01:40:55	
52	Anna Makin	F	01:41:15	
53	Susan Black	FV40	01:41:22	Tynedale Harriers & AC
54	Michelle Ferry	F	01:41:37	
55	Neil Moffat	MV60	01:41:41	Dumfries Running Club
56	Adam Buxton	M	01:42:07	
57	Stuart Bell	MV60	01:42:21	Kendal Amateur Athletic Club
58	Rene Darnell	MV60	01:42:26	
59	Graeme Keddie	M	01:43:15	
60	Stehen Ashford	MV50	01:43:17	
61	John Longstaff	MV50	01:43:19	Saltwell Harriers
62	Nazir Bashir	MV40	01:43:22	Saltwell Harriers
63	Caroline Pollard	FV50	01:44:01	Wharfedale Harriers
64	Philip Boylin	M	01:44:04	
65	Emily Johnston	F	01:44:44	
66	Adrian Fitch	MV50	01:45:09	
67	Martin Williams	MV40	01:45:18	Port Talbot Harriers
68	Deborah Curle	FV50	01:45:20	
69	Joanne Wilson	FV40	01:45:40	Wigton Road Runners
70	Liz Forsyth	FV40	01:46:03	Muckle Toon Joggers
71	Jill Croskell	FV60	01:47:27	
72	Sarah Nutt	F	01:47:45	
73	Liz Campbell	FV50	01:48:28	
74	Daniel Gill	M	01:49:21	DH Runners
75	Rachel Young	F	01:49:22	
76	Andrew Travis	MV40	01:49:51	
77	Christine Worsley	FV50	01:49:55	
78	Pauline Irving	FV40	01:50:33	Muckletoon Joggers
79	Douglas McCrorie	MV40	01:50:36	
80	Andy Waller	MV40	01:50:44	
81	Jen Bale	F	01:50:47	
82	Gavin Whittaker	MV50	01:51:11	
83	Julie Graham	FV50	01:51:19	Garstang Running Club
84	Rick Palmer	M	01:51:36	
85	Sarah Henderson	FV40	01:52:28	Women on the Run
86	Nici Reece	F	01:53:10	
87	Harriet Pitt	F	01:53:13	
88	Wayne Hope	MV50	01:53:25	Red Rose Road Runners
89	Annette Quarry	FV40	01:53:51	City of Lancaster Triathlon (COLT)

90	Julia Rushton	FV50	01:54:09	Clayton-le-Moors Harriers
91	Karlene Cardus	FV50	01:54:14	
92	Amanda Newham	FV50	01:54:21	Ilkley Harriers AC
93	Claire Ashcroft	FV40	01:54:22	
94	Verity Brown	F	01:55:17	Trawden Athletic Club
95	Stephen Parkes	MV50	01:55:20	
96	Maureen Bartrum	FV50	01:55:53	
97	Kirsty Ash	FV40	01:56:15	Muckle Toon Joggers
98	Laraine Penson	FV40	01:56:26	Stainland Lions Running Club
99	Gillian Bell	FV40	01:56:33	Tynedale Harriers & AC
100	Ian Rayner	MV50	01:57:02	Roundhay Runners
101	Barry Macdonald	MV40	01:57:07	
102	Joe Hannaway	MV40	01:58:04	
103	Claire Schofield	FV40	01:58:30	
104	Ian Gibson	MV50	01:58:53	Tynedale Harriers & AC
105	Morag Donoghue	FV40	02:00:10	
106	Carol Dent	FV60	02:00:12	
107	Alison Peel	F	02:00:14	
108	Kim Firstbrook	FV50	02:00:45	Tynedale Harriers & AC
109	Elaine Stockdale	F	02:00:58	
110	Linda Gant	FV50	02:01:07	St Bees Triers
111	Sharron Elsdon	F	02:01:13	
112	Sarah Everett	FV40	02:01:15	Denby Dale Athletics Club
113	Wendy Navin	FV40	02:01:47	St Bees Triers
114	Christopher Pringle	M	02:01:50	
115	Lois Lincoln	F	02:02:09	Saltwell Harriers
116	Liam Skelhorn	M	02:02:35	
117	Andrew Pringle	MV50	02:02:38	
118	Megan Skelhorn	F	02:02:43	
119	Andrew Skelhorn	MV50	02:02:46	Macclesfield Harriers & AC
120	Lauren Whittle	F	02:03:09	
121	Ann Law	F	02:04:42	
122	Angela Bent	FV60	02:04:50	Buxton AC
123	Tom Lawson	MV40	02:05:19	
124	Carol Irving	FV40	02:05:38	Muckletoon Joggers
125	Sharon Irving	FV40	02:05:40	Muckletoon Joggers
126	Dawn Gray	FV40	02:06:58	Wigton Road Runners
127	Angela Irving	F	02:07:00	
128	Catherine Higson	F	02:07:07	
129	Susan Arnfield	FV40	02:07:19	
130	Alexandra Burns	F	02:07:32	Roundhay Runners
131	Hilary Graham	FV60	02:07:40	Tynedale Harriers & AC
132	Marina Quayle	FV50	02:08:26	
133	Jon Merritt	MV60	02:08:28	
134	Shelley Coates	FV50	02:08:49	
135	Carol Davison	FV40	02:08:51	
136	Charlotte Little	F	02:09:40	
137	Keith Little	MV40	02:09:42	
138	Sue Jeff	FV50	02:09:54	Buxton AC
139	Jenni Barrowclough	FV40	02:10:22	

140	Eleanor Glynn	F	02:10:32	
141	Tony Glynn	MV50	02:10:34	Bramhall Runners
142	Paula Dalziel	FV50	02:11:11	
143	Lorraine Fraser	FV40	02:11:36	Vegan Runners UK
144	Jonathan Leighton	MV40	02:11:54	
145	Fionna Ogilvie	F	02:12:21	Hunters Bog Trotters
146	Michael Grant	M	02:12:22	Hunters Bog Trotters
147	Lesley Allison	FV50	02:13:53	Eden Runners
148	Victoria Johnston	FV40	02:14:26	St Bees Triers
149	Tara Sabir	F	02:14:57	
150	Tricia Radcliffe	FV50	02:15:29	St Bees Triers
151	Andrew Symms	MV50	02:15:54	
152	Barbara Blunt	FV40	02:15:57	
153	Vicki Buss	FV40	02:16:25	
154	Clare Westcott	FV40	02:16:50	
155	Jonathan Westcott	MV40	02:16:52	
156	Caroline Jardine	FV40	02:18:12	Muckletoon Joggers
157	Dawn Lamb	F	02:18:14	
158	Nicola Reynolds	FV40	02:18:41	
159	Richard Smith	MV60	02:19:22	
160	Karen Thrippleton	FV50	02:20:51	
161	Richard Gillings	M	02:21:31	
162	Phil Hill	MV50	02:21:34	Roundhay Runners
163	Norah McWilliam	FV60	02:23:09	
164	Helen Rogers	F	02:23:17	
165	Heidi Martin	F	02:23:29	St Bees Triers
166	Kimberly Ashdown	F	02:23:32	
167	Finbarre Fitzpatrick	MV70	02:24:20	
168	Jane Gibson	FV50	02:24:47	
169	Richard Smith	MV50	02:25:27	
170	Andrew Swanston	MV50	02:25:58	Saltwell Harriers
171	Joanne Wollaston	FV40	02:26:00	Saltwell Harriers
172	Philip Askew	M	02:26:17	Saltwell Harriers
173	Tracy Hindley	FV40	02:26:54	Burnden Road Runners
174	Liz Foster	FV60	02:27:17	Tynedale Harriers & AC
175	Amanda Beresford	F	02:29:10	Roundhay Runners
176	Susan Liu Jones	FV40	02:31:19	Dulwich Park Runners
177	Elizabeth Sandelands	FV40	02:32:22	
178	Angela Martland	FV40	02:32:46	
179	Sian Nutbeam	F	02:33:05	Blengdale Runners Athletic Club
180	Karen J Grant	FV40	02:35:29	Muckle Toon Joggers
181	Angela Cropper	FV40	02:35:36	Muckle Toon Joggers
182	Katie Jones	FV40	02:36:38	
183	Jade Barraclough	F	02:36:47	
184	Deborah Hill	FV40	02:44:22	St Helens Striders
185	Penny Hill	FV50	02:44:32	Roundhay Runners
186	Jan Rayner	FV40	02:44:35	Roundhay Runners
187	Elise Rayson	FV40	02:44:36	
188	Louise Thompson	FV40	02:44:37	