

McCain Liverpool Cross Challenge			Total IEK in this race	0
Under 13 Girls			Total from KENT in this race	0
1	Elizabeth Greenwood	F	BLACKBURN HARRIERS	11:15
2	Erin Wallace	F	GIFFNOCK NORTH AC	11:20
3	Jodie Judd	F	CHELMSFORD AC	11:22
4	Olivia Sykes	F	HOLMFIRTH HARRIERS AC	11:26
5	Laura Stark	F	KILBARCHAN AAC	11:33
6	Lucy Donaghy	F	STOCKPORT HARRIERS	11:35
7	Bridget Dence	F	BOURNEMOUTH AC	11:35
8	Holly Still	F	GIFFNOCK NORTH AC	11:45
9	Aston Massey	F	HALTON & FRODSHAM HARRIERS	11:50
10	Katy Whiteoak	F	STOCKPORT HARRIERS	11:52
11	India Mellor	F	CITY OF STOKE AC	11:54
12	Niamh Brown	F	RON HILL CAMBUSLANG H	11:55
13	Niamh Brown	F	REIGATE PRIORY AC	11:57
14	Erica Byram	F	HOLMFIRTH HARRIERS AC	11:59
15	Rebecca Louise Craig	F	KILBARCHAN AAC	12:01
16	Lucy Byram	F	HOLMFIRTH HARRIERS AC	12:05
17	Maddy Pierce	F	HALLAMSHIRE H SHEFFIELD	12:07
18	Grace Handley	F *	PRESTON HARRIERS	12:07
19	Deni Impett	F *	BLACKPOOL WYRE & FYLDE AC	12:08
20	Kerry MacAngus	F	KILBARCHAN AAC	12:09
21	Rosie Poole	F	WOODFORD GREEN & ESSEX L	12:12
22	Sarah Eunson	F	GIFFNOCK NORTH AC	12:13
23	Rona Tytler	F	KILBARCHAN AAC	12:18
24	Jazzmin Kiffin	F	CHARNWOOD AC	12:21
25	Danielle Kelly	F	GIFFNOCK NORTH AC	12:21
26	Morag Molyneux	F *	LIVERPOOL PEMBROKE & SEFTON AC	12:21
27	Bethany Foster	F	WIRRAL AC	12:24
28	Amber Stevens	F	CHARNWOOD AC	12:28
29	Emily Gray	F *	LIVERPOOL HARRIERS	12:40
30	Jodi Ratcliffe	F	WOODFORD GREEN & ESSEX L	12:44
31	Shauna Williamson	F *	ROSSENDALE HARRIERS	12:45
32	Alexa Mctiffin	F	HYNDBURN AC	12:47
33	Abbie Oliver	F	LIVERPOOL HARRIERS	12:47
34	Rebecca Metcalfe	F	GIFFNOCK NORTH AC	12:50
35	Corinna Howorth	F *	ROSSENDALE HARRIERS	12:52
36	Imogen Burrow	F *	HELM HILL RUNNERS	12:53
37	Elisha Lytle	F *	PRESTON HARRIERS	12:55
38	Rebecca Conroy	F	GIFFNOCK NORTH AC	13:01
39	Lucy Minns	F *	BLACKPOOL WYRE & FYLDE AC	13:04
40	Emma Donaghy	F	STOCKPORT HARRIERS	13:06
41	Emily Rowe	F *	LIVERPOOL HARRIERS	13:11
42	Rachel Knowles	F *	LIVERPOOL PEMBROKE & SEFTON AC	13:12
43	Sarah Longshaw	F *	ROSSENDALE HARRIERS	13:18
44	Harriet Taylor	F *	LIVERPOOL HARRIERS	13:20
45	Sophie Murphy	F *	ROSSENDALE HARRIERS	13:25
46	Molly Scarr	F *	BLACKPOOL WYRE & FYLDE AC	13:26
47	Heidi Murray	F *	HELM HILL RUNNERS	13:26
48	Paige Misund	F	ST HELENS SUTTON	13:28
49	Meg Beckett	F *	PRESTON HARRIERS	13:30
50	Katie Westby	F	WIRRAL AC	13:31
51	Georgia Cooper	F *	BARROW & FURNESS STRIDERS	13:36
52	Lori Agnew	F	GIFFNOCK NORTH AC	13:37
53	Eleanor Bolton	F *	RIBBLE VALLEY AC	13:41
54	Sophie Hemingbrough	F	WEST CHESHIRE AC	13:46
55	Louise Cook	F *	LIVERPOOL HARRIERS	14:04
56	Runner 1346	F *	BLACKBURN HARRIERS	14:07
57	Alice Pier	F *	CLAYTON LE MOORS HAR	14:09
58	Alexandria Bottomley	F	ST HELENS SUTTON	14:11
59	Charlotte Casselton	F *	LIVERPOOL PEMBROKE & SEFTON AC	14:18
60	Lydia Edmondson	F *	PRESTON HARRIERS	14:20
61	Bethany Casey	F	PARKLANDS HS	14:23
62	Emily Hughes	F	STOCKPORT HARRIERS	14:30
63	Kate Croft	F *	LIVERPOOL PEMBROKE & SEFTON AC	14:41
64	Runner 1513	F *	LANCASTER & MORECAMBE AC	14:51
65	Alex Glynn	F	ST HELENS SUTTON	14:56
66	Jessica Nelson	F *	ROSSENDALE HARRIERS	15:04
67	Kelsey Grady	F	HALTON & FRODSHAM HARRIERS	15:07
68	Rachel Sidebotham	F *	WIGAN & DISTRICT HARRIERS & AC	15:20
69	Charlotte Crook	F *	PRESTON HARRIERS	15:47
70	Niamh Corr	F	WIRRAL AC	15:57
71	Sophie Campbell	F	PARKLADS HS	16:03
72	Elizabeth Dingsdale	F	SUTTON ST HELENS AC	16:10
73	Ellie Mawdsley	F	ST HELENS SUTTON	16:16
74	Runner 1486	F *	HYNDBURN AC	16:18

McCain Liverpool Cross Challenge			Total IEK in this race	1
Under 15 Girls			Total from KENT in this race	1
1	Bobby Clay	F	INVICTA EAST KENT AC	10:32
2	Bronwen Owen	F	SCARBOROUGH AC	10:47
3	Katie Rowe	F	GUERNSEY ISLAND AC	11:00
4	Molly Betmead	F	BLACKPOOL WYRE & FYLDE AC	11:02
5	Jessica Parsons	F	VALE ROYAL AC	11:04
6	Olivia Gwynn	F	SWANSEA HARRIERS	11:05
7	Katie Gerrard	F	VALE ROYAL AC	11:09
8	Siannah Rayment	F	BRACKNELL AC	11:12
9	Elisabeth Hood	F	POOLE AC	11:12
10	Kathryn Gillespie	F	CENTRAL AC	11:14
11	Hannah Nuttall	F	CHARNWOOD AC	11:17
12	Mari Smith	F	LEICESTER CORITANIANS	11:24
13	Isabel Bradley	F	TELFORD AC	11:24
14	Rosie Johnson	F *	LIVERPOOL PEMBROKE & SEFTON AC	11:26
15	Abbie Donnelly	F	LINCOLN WELLINGTON AC	11:27
16	Ella Eadon	F	CITY OF YORK AC	11:27
17	Molly Johnson	F	MANSFIELD HARRIERS	11:29

18	Sophie Tarver	F	WIRRAL AC	11:30
19	Kelly Rodd	F	BEDFORD & COUNTY AC	11:31
20	Hannah Cox	F	CHARNWOOD AC	11:31
21	Rebekah Ward	F	LINCOLN WELLINGTON AC	11:32
22	Amelia Wood	F	* RIBBLE VALLEY AC	11:34
23	Gwen Gillham	F	KILBARCHAN AAC	11:37
24	Sophia Brennen	F	* LIVERPOOL HARRIERS	11:37
25	Rhiannon Wickham	F	BLACKBURN HARRIERS	11:41
26	Alisha Johnson	F	* BLACKPOOL WYRE & FYLDE AC	11:43
27	Mary Hodgson	F	LANCASTER & MORECAMBE AC	11:46
28	Eve MacKinnon	F	RON HILL CAMBUSLANG H	11:47
29	Chelsea Nugent	F	CARLISLE ASPATRIA AC	11:47
30	Rosa Yates	F	CARDIFF AAC	11:50
31	Sarah Dempsey	F	KILBARCHAN AAC	11:51
32	Rebecca Killip	F	WINDSOR S E & H AC	11:51
33	Alice Cheverton	F	CITY OF NORWICH AC	11:52
34	Katie Astin	F	MANX HARRIERS	11:54
35	Anna Fawcett	F	BIRTLEY AC	11:54
36	Alice Porter	F	LEICESTER CORITANIANS	12:00
37	Alicia Mcardell	F	WOODFORD GREEN & ESSEX L	12:01
38	Bethany Blackwell	F	* PRESTON HARRIERS	12:01
39	Amy Hinchly	F	VALE ROYAL AC	12:02
40	Jemma Reekie	F	KILBARCHAN AAC	12:05
41	Rebecca Flanagan	F	* ROSSENDALE HARRIERS	12:10
42	Ellie Roberts	F	* SOUTHPORT WATERLOO AC	12:14
43	Runner 1937	M	* HORWICH RMI HARRIERS	12:18
44	Abigail Linney	F	LIVERPOOL HARRIERS	12:19
45	Emma Hargreaves	F	* PRESTON HARRIERS	12:21
46	Grace Maddox	F	* PRESTON HARRIERS	12:21
47	Kirstin Oakley	F	AYR SEAFORTH AC	12:23
48	Georgie Smith	F	* RIBBLE VALLEY AC	12:23
49	Lucy Lennon	F	* RIBBLE VALLEY AC	12:26
50	India Mitchell - Jarvis	F	LEICESTER CORITANIANS	12:28
51	Danielle Webb	F	* LIVERPOOL HARRIERS	12:29
52	Harmonie Waterman	F	HOLMFIRTH HARRIERS AC	12:37
53	Hannah Delaney	F	LIVERPOOL HARRIERS	12:41
54	Sophie Burnett	F	BIRTLEY AC	12:41
55	Katie Stratton	F	CITY OF NORWICH AC	12:42
56	Alistair Nelson	M	* LIVERPOOL PEMBROKE & SEFTON AC	12:47
57	Lucy Scott	F	VALE ROYAL AC	12:48
58	Abbie Gray	F	* LIVERPOOL HARRIERS	12:51
59	Maxine Smith	F	* PRESTON HARRIERS	12:51
60	Hannah Robertson	F	RON HILL CAMBUSLANG H	12:52
61	Megan Solomon	F	* ROSSENDALE HARRIERS	12:53
62	Sophie Seddon	F	* BARROW & FURNESS STRIDERS	12:54
63	Sophie Williams	F	STOCKPORT HARRIERS	12:57
64	Rebecca Bevan	F	* ROSSENDALE HARRIERS	12:57
65	Melanie Cattell	F	* LIVERPOOL HARRIERS	12:58
66	Olivia Thompson	F	* LIVERPOOL HARRIERS	12:59
67	Runner 1423	M	* CHORLEY HARRIERS	12:59
68	Shona Monks	F	* ROSSENDALE HARRIERS	13:00
69	Runner 1474	M	* HORWICH RMI HARRIERS	13:00
70	Kiera Grady	F	HALTON & FRODSHAM HARRIERS	13:01
71	Rachel McGoldrick	F	SUTTON ST HELENS AC	13:02
72	Holly Johnstone	F	* PRESTON HARRIERS	13:04
73	Lizzie McKay	F	* SOUTHPORT WATERLOO AC	13:14
74	Leah Ogden	F	SCARBOROUGH AC	13:15
75	Caroline Smith	F	SOUTHPORT	13:16
76	Nicola Harris	F	WIRRAL AC	13:18
77	Isabel Perez	F	* LIVERPOOL HARRIERS	13:19
78	Rachel Hart	F	* LIVERPOOL HARRIERS	13:21
79	Lucy Cattell	F	* LIVERPOOL HARRIERS	13:28
80	Runner 2000	M	* MID LANCS POOL	13:31
81	Georgie Hannaway	F	* LIVERPOOL PEMBROKE & SEFTON AC	13:32
82	Libby Turner	F	* RIBBLE VALLEY AC	13:33
83	Fiona Hockey	F	* BLACKPOOL WYRE & FYLDE AC	13:36
84	Eimear Corr	F	WIRRAL AC	13:39
85	Maria McGoldrick	F	SUTTON ST HELENS AC	13:40
86	Lucy Moore	F	* ROSSENDALE HARRIERS	13:49
87	Kate Lawler	F	* BLACKPOOL WYRE & FYLDE AC	13:53
88	Shannon Partington	F	SUTTON ST HELENS AC	13:57
89	Runner 1512	M	* LANCASTER & MORECAMBE AC	14:08
90	Ashleigh Bunn	F	CITY OF NORWICH AC	14:12
91	Lydia Reynolds	F	LIVERPOOL HARRIERS	14:36
92	Alice Hughes	F	STOCKPORT HARRIERS	15:09
93	Emily Radforth	F	* LIVERPOOL HARRIERS	15:21
94	Chloe Law	F	* ROSSENDALE HARRIERS	15:34
95	Charlotte Forth	F	* RIBBLE VALLEY AC	16:08
96	Juliet Davies	F	* RIBBLE VALLEY AC	16:12
97	Lucy Hunter	F	* SOUTHPORT WATERLOO AC	16:32
98	Isobel Hughes	F	* PRESTON HARRIERS	17:12

McCain Liverpool Cross Challenge			Total IEK in this race	1
Under 17 Women			Total from KENT in this race	1
1	Jessica Judd	F	CHELMSFORD AC	15:10
2	Amy Griffiths	F	LEICESTER CORITANIANS	15:25
3	Grace Baker	F	ALDERSHOT F&D AC	15:42
4	Abbie Hetherington	F	CARLISLE ASPATRIA AC	16:00
5	Jenny Nesbitt	F	WORCESTER AC	16:04
6	Alex Clay	F	INVICTA EAST KENT AC	16:09
7	Natalia Hackett	F	HALLAMSHIRE H SHEFFIELD	16:10
8	Becky Straw	F	CANNOCK & STAFFS AC	16:11
9	Rebecca Howard	F	ALDERSHOT F&D AC	16:19
10	Laura Gent	F	REIGATE PRIORY AC	16:20
11	Katie Ingle	F	R SUTTON COLDFIELD AC	16:21
12	Emma Dunnett	F	EDINBURGH AC	16:41
13	Fiona Bell	F	HALLAMSHIRE H SHEFFIELD	16:42

14	Tessa McCormick	F	VALE ROYAL AC	16:43
15	Annasley Park	F	BRISTOL & WEST AC	16:46
16	Jessica Lonsdale	F	KINGSTON UPON HULL AC	16:47
17	Megan McBrien	F	R SUTTON COLDFIELD AC	16:49
18	Rachael Dunn	F	EDINBURGH AC	16:58
19	Sophie Riches	F	CHELMSFORD AC	17:04
20	Sophie Forster	F	BIRTLEY AC	17:06
21	Amelia Pettitt	F	VALE ROYAL AC	17:10
22	Megan Davies	F	SALE H MANCHESTER	17:20
23	Poppy Disley-May	F	ALDERSHOT F&D AC	17:20
24	Katherine Walker	F *	LIVERPOOL HARRIERS	17:21
25	Oonagh Dunnett	F	EDINBURGH AC	17:21
26	Danielle Wallis	F	MACCLESFIELD HARRIERS	17:24
27	Rebecca Robinson	F	R SUTTON COLDFIELD AC	17:26
28	Katie Buckley	F	BURY AC	17:29
29	Miranda Sadler	F	BRISTOL & WEST AC	17:32
30	Nastassja Potgieter	F	CITY OF NORWICH AC	17:33
31	Shannon Johnson	F	LEIGH HARRIERS	17:33
32	Carla Plowden-Roberts	F	ISLE OF WIGHT AC	17:43
33	Lauren Gowland	F *	BLACKPOOL WYRE & FYLDE AC	17:47
34	Bethan Strange	F *	LIVERPOOL HARRIERS	17:54
35	Jessica Freeman	F	ROTHERHAM HARRIERS	17:56
36	Bethany Ellis	F	SPENBOROUGH & DIST AC	18:10
37	Bethany Jones	F *	LEIGH HARRIERS	18:11
38	Paige Gilhespy	F	BIRTLEY AC	18:14
39	Jodie Ferguson	F *	BLACKPOOL WYRE & FYLDE AC	18:21
40	Chelsea Jarvis	F	STOCKPORT HARRIERS	18:28
41	Sabrina Walley	F	LEIGH HARRIERS	18:39
42	Rebecca Bonomi	F	RON HILL CAMBUSLANG H	18:46
43	Jessica McDermott	F *	PRESTON HARRIERS	18:47
44	Hannah Hardy	F	MANSFIELD HARRIERS	18:50
45	Rebecca Donohue	F *	LIVERPOOL HARRIERS	18:52
46	Lizzy Longshaw	F *	ROSSENDALE HARRIERS	18:54
47	Lauren Munro-Bennett	F *	HELM HILL RUNNERS	18:56
48	Emma-Louise Pyatt	F	VALE ROYAL AC	19:03
49	Laura Sullivan	F *	PRESTON HARRIERS	19:14
50	Emma Wilkinson	F	SPENBOROUGH & DIST AC	19:16
51	Kate Moulds	F	VALE ROYAL AC	19:26
52	Kirsty Fraser	F *	LYTHAM ST. ANNES RRC	19:27
53	Olivia Perez	F *	LIVERPOOL HARRIERS	19:27
54	Srah Miller	F	RON HILL CAMBUSLANG H	19:38
55	Lauren Brett	F	WIRRAL AC	19:44
56	Leah Williamson	F *	ROSSENDALE HARRIERS	19:52
57	Eilidh Sproul	F *	KENDAL AC	19:56
58	Alice Mortiboy	F	MANSFIELD HARRIERS	20:13
59	Eilon Hart	F *	SOUTHPORT WATERLOO AC	20:16
60	Holly Barrett	F *	LIVERPOOL HARRIERS	20:19
61	Cerys Heaher	F	VALE ROYAL AC	20:29
62	Runner 1841	M *	WIGAN & DISTRICT HARRIERS & AC	20:35
63	Katie Bowers-Folan	F *	LIVERPOOL HARRIERS	20:51
64	Eleanor Winning	F	MANSFIELD HARRIERS	21:07
65	Rory Judd	M *	PRESTON HARRIERS	21:17
66	Hannah Stanway	F *	BARROW & FURNESS STRIDERS	22:06
67	Fiona Stuart	F	WIRRAL AC	22:18
68	Amy Bristow	F *	RIBBLE VALLEY AC	22:33

McCain Liverpool Cross Challenge				Total IEK in this race	1
Under 20 Women				Total from KENT in this race	1
1	Emelia Gorecka	F	ALDERSHOT F&D AC	14:54	
2	Annabel Gummow	F	BRISTOL & WEST AC	15:15	
3	Katie Holt	F	CITY OF STOKE AC	15:23	
4	Beth Carter	F	ALDERSHOT F&D AC	15:28	
5	Gemma Kersey	F	BASILDON AC	15:31	
6	Laura Muir	F	DUNDEE HAWKHILL AC	15:42	
7	Iona Lake	F	CITY OF NORWICH AC	15:45	
8	Poppy Blake	F	CHELMSFORD AC	15:48	
9	Jess Chen	F	PORTSMOUTH AC	15:51	
10	Louisa Stewart	F	EDINBURGH AC	15:58	
11	Kirsty Addy	F	LOUGHBOROUGH UNIV	15:59	
12	Philippa Woolven	F	WYCOMBE PHOENIX AC	16:01	
13	Hanna Tarver	F	WIRRAL AC	16:05	
14	Rachel Robinson	F	ALDERSHOT F&D AC	16:05	
15	Calli Thackery	F	HALLAMSHIRE H SHEFFIELD	16:07	
16	Rhona Auckland	F	EDINBURGH AC	16:08	
17	Fifon Price	F	BRECON	16:09	
18	Olivia Sadler	F	BRISTOL & WEST AC	16:10	
19	Melissa Courtney	F	SHAFTESBURY BARNET HARRIERS	16:12	
20	Rebecca Linney	F	LIVERPOOL HARRIERS	16:18	
21	Nicole Roberts	F	BIRCHFIELD HARRIERS	16:30	
22	Sarah Astin	F	MANX HARRIERS	16:32	
23	Alice Burgin	F	BEDFORD & COUNTY AC	16:34	
24	Amy Jade Mellor	F	CITY OF STOKE AC	16:35	
25	Abigail Howarth	F JW *	LEIGH HARRIERS	16:40	
26	Beth Swords	F	MARSHALL MILTON KEYNES	16:41	
27	Gemma Bridge	F	RADLEY AC	16:42	
28	Abigail Jones	F	POOLE RUNNER	16:43	
29	Alex Stainthorpe	F	TEAM BATH	16:45	
30	Victoria Walker	F	SHAFTESBURY BARNET HARRIERS	16:46	
31	Georgia Ball	F	LINCOLN WELLINGTON AC	16:47	
32	Rhianwedd Price	F	BRECON	16:53	
33	Sarah Griffiths	F	LEIGH HARRIERS	16:54	
34	Emily Frances Hosker-Thornhill	F	INVICTA EAST KENT AC	16:55	
35	Melanie Hyder	F	HELM HILL RUNNERS	16:56	
36	Sarah Livett	F	MENAI TRACK AND FIELD	17:02	
37	Sarah Potter	F	VICTORIA PARK CITY OF GLASGOW AC	17:02	
38	Beckie Taylor	F	BLACKBURN HARRIERS	17:04	
39	Sarah Mcdonald	F	JARROW & HEBBURN AC	17:21	

40	Dannii Johnson	F	BIRCHFIELD HARRIERS	17:37
41	Sidnie Sales	F	WOODFORD GREEN & ESSEX L	17:38
42	Lauren Macgregor	F	WOODFORD GREEN & ESSEX L	17:40
43	Katie Bristow	F	RON HILL CAMBUSLANG H	17:40
44	Sally Ratcliffe	F	EAST CHESHIRE HARRIERS	17:43
45	Catherine Hulme	F	CANNOCK & STAFFS AC	17:46
46	Karen Glover	F	CENTRAL AC	17:48
47	Molly Rigin	F	WINDSOR S E & H AC	17:51
48	Charlotte Christensen	F	IPSWICH HARRIERS	17:58
49	Emily Waugh	F	RUGBY & NORTHAMPTON AC	18:20
50	Katie Reynolds	F	SWANSEA HARRIERS	18:22
51	Bianca Pederson	F JW *	BLACKPOOL WYRE & FYLDE AC	18:30
52	Charlotte Mason	F	CITY OF YORK AC	18:37
53	Lucy Whittick	F	VALE ROYAL AC	18:57
54	Teresa Hulme	F	CANNOCK & STAFFS AC	19:22
55	Runner 1351	F *	BLACKBURN HARRIERS	19:31
56	Sarah Hume	F	CANNOCK & STAFFS AC	19:44
57	Lauren Byrd	F	RUGBY & NORTHAMPTON AC	21:46
58	Jayne Ashe	F *	RIBBLE VALLEY AC	22:00

McCain Liverpool Cross Challenge				Total IEK in this race 0
Senior Women				Total from KENT in this race 2

1	Hatti Dean	F	HALLAMSHIRE H SHEFFIELD	27:05
2	Gemma Steel	F	CHARNWOOD AC	27:09
3	Freya Murray	F	EDINBURGH AC	27:32
4	Hannah Walker	F 23	BIRCHFIELD HARRIERS	27:32
5	Stephanie Twell	F 23	ALDRSHOT F&D AC	27:37
6	Julia Bleasdale	F	HILLINGDON AC	27:39
7	Elle Baker	F	STOCKPORT HARRIERS	27:44
8	Naomi Taschimowitz	F 23	TAUNTON AC	27:48
9	Emma Pallant	F 23	ALDRSHOT F&D AC	28:04
10	Emily Wicks	F	ALDRSHOT F&D AC	28:05
11	Amy Campbell	F	SHAFTESBURY BARNET HARRIERS	28:07
12	Rosie Smith	F	DURHAM CITY H	28:09
13	Lily Partridge	F 23	ALDRSHOT F&D AC	28:09
14	Charlene Thomas	F	WAKEFIELD & DIST H	28:15
15	Justina Heslop	F	CLAPHAM CHASERS	28:19
16	Lauren Howarth	F 23	LEIGH HARRIERS	28:24
17	Katrina Wootton	F	BEDFORD & COUNTY AC	28:26
18	Lizzie Adams	F	HALLAMSHIRE H SHEFFIELD	28:26
19	Natalie Harvey	F	SOUTH LONDON HARRIERS	28:35
20	Jessica Sparke	F	WGEL	28:35
21	Andrea Whitcombe	F	SWANSEA HARRIERS	28:36
22	Juliet Doyle	F	CHARNWOOD AC	28:39
23	Ceri Mitchell	F	SOUTH LONDON HARRIERS	28:40
24	Emily Pidgeon	F 23	STROUD & DISTRICT AC	28:43
25	Beth Potter	F 23	SHAFTESBURY BARNET HARRIERS	28:49
26	Alexa Joel	F	HAVERING MAYESBROOK AC	28:52
27	Emily Stewart	F 23	EDINBURGH AC	28:57
28	Caryl Jones	F	SWANSEA HARRIERS	28:59
29	Charlotte Arter	F 23	CARDIFF AAC	29:03
30	Kate Avery	F 23	SHILDON AC	29:10
31	Jessica Coulson	F 23	STOCKPORT HARRIERS	29:21
32	Abbey Mcghee	F 23	VICTORIA PARK CITY OF GLASGOW AC	29:24
33	Kate Goodhead	F	BRISTOL & WEST AC	29:28
34	Sian Edwards	F	KETTERING TOWN HARRIERS	29:31
35	Stephanie Barnes	F	BRISTOL & WEST AC	29:34
36	Becky Penty	F	HIGHGATE HARRIERS	29:37
37	Lorna Russell	F 23	WINCHESTER AC	29:40
38	Louise Wiker	F	HASSELBY SC	29:48
39	Katie Parry	F	LEEDS CITY AC	29:49
40	Lucy O'Gorman	F	SALE H MANCHESTER	29:50
41	Felicity Milton	F	WGEL	29:50
42	Laura Dunn	F 23	EDINBURGH AC	29:53
43	Emma D'alton	F	WESTBURY AC	29:56
44	Rosie Clarke	F 23	EPSOM & EWELL HARRIERS	29:59
45	Carolyn Boosey	F	VALE OF AYLESBURY AC	30:03
46	Grace Nicholls	F 23	TONBRIDGE AC	30:14
47	Sarah Hood	F	EDINBURGH AC	30:22
48	Nicola Rogers	F	BASILDON AC	30:38
49	Sarah Gaunt	F	CHARNWOOD AC	30:44
50	Runner 1476	M *	HORWICH RMI HARRIERS	30:48
51	Naomi Lenane	F 23	ALDRSHOT F&D AC	30:51
52	Kirsty Longley	F SW *	LIVERPOOL PEMBROKE & SEFTON AC	30:52
53	Jo Adams	F 23	RICHMOND & ZETLAND H	30:54
54	Gemma Hillier	F 23	CHARNWOOD AC	30:55
55	Philippa Aukett	F	SHAFTESBURY BARNET HARRIERS	30:56
56	Katie Brough	F	WARRINGTON AC	30:59
57	Runner 1559	M *	LEIGH HARRIERS	31:08
58	Sarah Ridehalgh	F 35 *	ACCRINGTON RR	31:18
59	Shavaun Henry	F	BLACKHEATH & BROMLEY AC	31:19
60	Samantha Johnson	F 23	ROTHERHAM HARRIERS	31:20
61	Lisa Da Silva	F	THAMES VALLEY H	31:24
62	Michelle Stone	F 23	KINGSTON UPON HULL AC	31:54
63	Rhiannon Silson	F SW *	BORDER HARRIERS	32:12
64	Michelle Allen	F 23	CARDIFF AAC	32:30
65	Gail Griffiths	F	MANX HARRIERS	32:37
66	Jessica Webb	F	WOODSTOCK HARRIERS	32:40
67	Georgie-Lou Sales	F 23	WOODFORD GREEN & ESSEX L	32:43
68	Di Mitson	F	COMBINED SERVICES	33:18
69	Carmen Byrne	F	STOCKPORT HARRIERS	33:38
70	Emma Flannagan	F *	ROSSENDALE HARRIERS	33:48
71	Nabilah Salih	F *	SPECTRUM STRIDERS	33:49
72	Robyn Matson	F	HAVERING MAYESBROOK AC	33:53
73	Linda Howell	F	BOURNVILLE STRIDERS	33:57
74	Rachael Moore	F 35 *	WIGAN PHOENIX	34:02
75	Stephanie Swift	F SW *	LIVERPOOL PEMBROKE & SEFTON AC	34:06

76	Sarah Jarvis	F	LIVERPOOL HARRIERS	34:08
77	Runner 1524	M	* LANCASTER & MORECAMBE AC	34:11
78	Debbie Gowans	F	45 * ACCRINGTON RR	34:20
79	Runner 1525	M	* LANCASTER & MORECAMBE AC	34:24
80	Clare Constable	F	35 * SOUTHPORT WATERLOO AC	34:26
81	Aimee Gallagher	F	* PRESTON HARRIERS	34:27
82	Natalie Allen	F	23 CARDIFF AAC	34:28
83	Natalie Palin	F	* LIVERPOOL RC	34:43
84	Stasia Bigh	F	35 * BLACKPOOL WYRE & FYLDE AC	34:55
85	Tracy Peters	F	SW * SOUTHPORT WATERLOO AC	34:58
86	Charlotte Wilson	F	23 LIVERPOOL HARRIERS	35:05
87	Alex O'Brien	F	* LIVERPOOL RC	35:14
88	Rachel Thompson	F	SW * BARROW & FURNESS STRIDERS	35:26
89	Sarah Kemshall	F	23 SCUNTHORPE & DISTRICT AC	35:28
90	Karon Forster	F	* SPECTRUM STRIDERS	35:32
91	Julie Platt	F	35 * WIGAN & DISTRICT HARRIERS & AC	35:34
92	Phillipa Walsh	F	* PRESTON HARRIERS	35:34
93	Lauren Wilson	F	SW * LIVERPOOL PEMBROKE & SEFTON AC	35:35
94	Alexandra Campbell	F	23 STIRLING UNIVERSITY	35:54
95	Claire McDermott	F	* PRESTON HARRIERS	36:05
96	Lucy Varney	F	55 * KENDAL AC	36:05
97	Nikki Bansal	F	SW * WIGAN PHOENIX	36:12
98	Louise Nicholson	F	* LIVERPOOL RC	36:32
99	Julie Brady	F	35 * ACCRINGTON RR	36:35
100	Claire Bunce	F	* RED ROSE RUNNERS	36:44
101	Sarah Gomic	F	* PRESTON HARRIERS	36:50
102	Lisa Gawthorne	F	SW * LIVERPOOL PEMBROKE & SEFTON AC	37:12
103	Rachael Burns	F	* LIVERPOOL RC	37:25
104	Runner 1961	M	* RED ROSE RUNNERS	37:27
105	Katie Savage	F	SW * BARROW & FURNESS STRIDERS	37:41
106	Lynn Manir Jolley	F	35 * WIGAN PHOENIX	37:45
107	Sian Kirk	F	SWANSEA HARRIERS	37:50
108	Sarah Toms	F	SW * ROSSENDALE HARRIERS	38:13
109	Diane Priestley	F	55 * KENDAL AC	38:22
110	Jane Eardly	F	* PENNY LANE STRIDERS	38:26
111	Runner 1464	M	* GARSTANG RUNNERS	38:33
112	Runner 1312	M	* ASTLEY & TYLDESLEY RR	38:52
113	Debbie Turner	F	* LIVERPOOL RC	38:59
114	Karen Dunford	F	45 * BLACKPOOL WYRE & FYLDE AC	38:59
115	Susan Gill	F	SW * WIGAN PHOENIX	39:00
116	Sara Grayson	F	SW * SOUTHPORT WATERLOO AC	39:09
117	Sue Sharp	F	45 * BARROW & FURNESS STRIDERS	39:20
118	Linda Baxter	F	45 * LYTHAM ST. ANNES RRC	39:31
119	Laura Lawler	F	35 * BLACKPOOL WYRE & FYLDE AC	39:56
120	Loy Wearthly	F	40 * PRESTON HARRIERS	40:03
121	Carole James	F	45 * SOUTHPORT WATERLOO AC	40:09
122	Marie Walsh	F	* SPECTRUM STRIDERS	40:10
123	Laura Ashworth	F	35 * LYTHAM ST. ANNES RRC	40:12
124	Gill Darby	F	* PENNY LANE STRIDERS	40:21
125	Runner 1417	M	* CHORLEY HARRIERS	40:28
126	Nikki Roberts	F	SW * RED ROSE RUNNERS	40:30
127	Carole Morris	F	45 * ACCRINGTON RR	40:31
128	Glenda Dobie	F	45 * RED ROSE RUNNERS	40:32
129	Kathryn Culshaw	F	SW * WIGAN PHOENIX	40:42
130	Helen Lavelle	F	SW * SOUTHPORT WATERLOO AC	40:46
131	Katherine Winrow	F	45 * KENDAL AC	40:49
132	Runner 1463	M	* GARSTANG RUNNERS	40:56
133	Paula Plowman	F	* HYNDBURN AC	41:03
134	Ursula Mellor	F	SW * LEIGH HARRIERS	41:04
135	Danielle Burrows	F	SW * GARSTANG RUNNERS	41:13
136	Rachael Burke	F	* LIVERPOOL RC	41:16
137	Anne Wallworth	F	45 * RED ROSE RUNNERS	41:19
138	Liz Stanfield	F	35 * SOUTHPORT WATERLOO AC	41:33
139	Jayne Shepherd	F	BISHOP'S STORTFORD AC	41:38
140	Julia Rolfe	F	45 * LYTHAM ST. ANNES RRC	41:41
141	Helen Lodge	F	35 * SOUTHPORT WATERLOO AC	41:49
142	Jill Seddon	F	35 * BARROW & FURNESS STRIDERS	42:03
143	Paula Davies	F	35 * SOUTHPORT WATERLOO AC	42:08
144	Joan Gouldthorpe	F	55 * RED ROSE RUNNERS	42:45
145	Runner 1316	M	* ASTLEY & TYLDESLEY RR	42:45
146	Sue Burke	F	* LIVERPOOL RC	42:52
147	Sue Stewart	F	55 * SOUTHPORT WATERLOO AC	42:59
148	Runner 1461	M	* GARSTANG RUNNERS	43:02
149	Jane Blacklin	F	45 * SOUTHPORT WATERLOO AC	45:04
150	Judith Deakin	M	* PRESTON HARRIERS	45:09
151	Julie Palmer	F	SW * RED ROSE RUNNERS	45:16
152	Brunhild Wilson	F	* LIVER BUG RC	45:26
153	Helen Walker	F	SW * BARROW & FURNESS STRIDERS	45:34
154	Helen Goodwin	F	35 * ACCRINGTON RR	45:55
155	Sylvia Gittins	F	55 * LYTHAM ST. ANNES RRC	47:25
156	Runner 1425	M	* CHORLEY HARRIERS	47:48
157	Runner 1315	M	* ASTLEY & TYLDESLEY RR	48:52
158	Runner 1962	M	* RED ROSE RUNNERS	49:19
159	Debbie Wood	F	35 * RED ROSE RUNNERS	49:20
160	Sheila Marshall	F	55 * SOUTHPORT WATERLOO AC	50:58
161	Chris Hart	F	55 * WIGAN PHOENIX	51:18
162	Runner 1462	M	* GARSTANG RUNNERS	51:42
163	Sue Allen	F	45 * CLAYTON LE MOORS HAR	51:53

McCain Liverpool Cross Challenge				Total IEK in this race	0
Under 13 Boys				Total from KENT in this race	1
1	Ben Dijkstra	M	LEICESTER CORITANIANS		10:21
2	Canaan Soloman	M	WOODFORD GREEN & ESSEX L		10:22
3	Hugo Milner	M	DERBY AC		10:23
4	Alfie Thompson	M	LEICESTER CORITANIANS		10:35
5	Jake Lonsdale	M	TRAFFORD AC		10:46
6	Ryan Ashforth	M	CANNOCK & STAFFS AC		10:48

7	Tom Angell	M	BEDFORD & COUNTY AC	10:50
8	Alfie Manthorpe	M	CITY OF SHEFFIELD AC	10:55
9	Will Parsons	M	VALE ROYAL AC	10:58
10	Alex Rowe	M	GUERNESY ISLAND AC	10:59
11	Joseph Pollard	M	CHARNWOOD AC	11:01
12	Alfie Linstead	M	CITY OF NORWICH AC	11:01
13	Joshua La Manna	M	OLDHAM & ROYNTON AC	11:04
14	Scott Wilson	M	CARLISLE ASPATRIA AC	11:05
15	James Bell	M	LEICESTER CORITANIANS	11:07
16	Tom Rogerson	M	* LIVERPOOL HARRIERS	11:07
17	Adam Moorcroft	M	* LIVERPOOL HARRIERS	11:10
18	Luke Gamble	M	WARRINGTON AC	11:11
19	George Lewis	M	EAST CHESHIRE HARRIERS	11:12
20	Callum Ahern	M	MACCLESFIELD HARRIERS	11:12
21	Straun Paton	M	RON HILL CAMBUSLANG H	11:12
22	Tiarnan Crorken	M	PENDLE AC	11:12
23	Elliott Matier	M	CARLISLE ASPATRIA AC	11:12
24	Matthew Barnes	M	* PENDLE AC	11:15
25	Hugh Sadler	M	BRISTOL & WEST AC	11:17
26	James Fradley	M	NEWCASTLE (STAFFS) AC	11:19
27	Christian Woods	M	* LIVERPOOL HARRIERS	11:20
28	Liam Bibby	M	* LIVERPOOL PEMBROKE & SEFTON AC	11:21
29	Runner 1840	M	* WIGAN & DISTRICT HARRIERS & AC	11:22
30	Dean Tierney	M	* PRESTON HARRIERS	11:23
31	Byron Abbott	M	BLACKBURN HARRIERS	11:25
32	Jack Crook	M	* LIVERPOOL PEMBROKE & SEFTON AC	11:26
33	Matthew Adamson	M	CARLISLE ASPATRIA AC	11:30
34	Morgan Ratcliffe	M	* PENDLE AC	11:32
35	Ryan Doubtfire	M	* LIVERPOOL HARRIERS	11:34
36	Cole Blackie	M	* KENDAL AC	11:34
37	Harry Grace	M	ALDRSHOT F&D AC	11:39
38	Cameron Weaver	M	WEST CHESHIRE AC	11:45
39	Christopher Luff	M	* PRESTON HARRIERS	11:50
40	Thomas Evans	M	WREXHAM H	11:52
41	Samuel Crick	M	TONBRIDGE AC	12:00
42	Runner 1514	M	* LANCASTER & MORECAMBE AC	12:01
43	Adam Woosey	M	ST HELENS SUTTON	12:02
44	Andrew Moffat	M	* PRESTON HARRIERS	12:03
45	Ethan Mehmet	M	KETTERING TOWN HARRIERS	12:05
46	Alex Mcbain	M	WIRRAL AC	12:07
47	Ethan Radcliffe	M	* ROSSENDALE HARRIERS	12:09
48	Robbie Sproul	M	* KENDAL AC	12:11
49	Joe Lonsdale	M	* PENDLE AC	12:11
50	Ieuan Kearney	M	ST ANSELM'S COLLEGE	12:12
51	Samuel Matthews	M	* BLACKPOOL WYRE & FYLDE AC	12:13
52	Josh Whitehead	M	* ROSSENDALE HARRIERS	12:16
53	Smith Gabriel	M	KETTERING TOWN HARRIERS	12:17
54	Frazer Cotton	M	CITY OF STOKE AC	12:17
55	Runner 1515	M	* LANCASTER & MORECAMBE AC	12:18
56	Rahman Al-Shabazz	M	ST ANSELM'S COLLEGE	12:19
57	Cris Samonte	M	ST ANSELM'S COLLEGE	12:20
58	Robbie Webb	M	* LYTHAM ST. ANNES RRC	12:21
59	Christopher Larkin	M	HALTON & FRODSHAM HARRIERS	12:26
60	Darren Morrey	M	STAFFS MOORLANDS AC	12:27
61	Joseph Ford	M	SUTTON ST HELENS AC	12:28
62	Runner 1999	M	* MID LANCS POOL	12:29
63	Josh Forrest	M	* LIVERPOOL PEMBROKE & SEFTON AC	12:29
64	Joseph Wigfield	M	ST ANSELM'S COLLEGE	12:31
65	Adam Roberts	M	* PRESTON HARRIERS	12:32
66	Alexander Lightfoot	M	CITY OF STOKE AC	12:33
67	Marcos Molloy	M	ST ANSELM'S COLLEGE	12:38
68	George Ashcroft	M	* PRESTON HARRIERS	12:39
69	Ross Hart	M	* LYTHAM ST. ANNES RRC	12:42
70	Henry Lucas	M	* WIGAN & DISTRICT HARRIERS & AC	12:43
71	Alex Burkett	M	* KENDAL AC	12:47
72	Luke Wheeler	M	NORTH SOMERSET AC	12:50
73	Isaac Stewart	M	ST ANSELM'S COLLEGE	12:52
74	Lucy Walley	F	* BLACKPOOL WYRE & FYLDE AC	12:53
75	Ryan Dugdale	M	WARRINGTON AC	12:53
76	Christopher Nixon	M	ST ANSELM'S COLLEGE	12:58
77	Steven Jones	M	* LIVERPOOL HARRIERS	13:01
78	Ben Oldham	M	SUTTON ST HELENS AC	13:03
79	Adam Fradley	M	NEWCASTLE (STAFFS) AC	13:04
80	Tom Berry	M	ST ANSELM'S COLLEGE	13:05
81	Gregan Baker	M	* PENDLE AC	13:06
82	James Nuttall	M	* EDEN RUNNERS	13:06
83	Chris Rimmer	M	SOUTHPORT WATERLOO AC	13:13
84	Liam McDermott	M	* PRESTON HARRIERS	13:15
85	Ethan Darr	M	* PRESTON HARRIERS	13:20
86	Patrick Delaney	M	ST ANSELM'S COLLEGE	13:21
87	Jordon Darr	M	* PRESTON HARRIERS	13:27
88	Jacob Roberts	M	* SOUTHPORT WATERLOO AC	13:28
89	James Gill	M	ST ANSELM'S COLLEGE	13:30
90	Michael Croft	M	* LIVERPOOL PEMBROKE & SEFTON AC	13:30
91	Jacob Van Geffen	M	* PENDLE AC	13:31
92	Michael Rooke	M	ST ANSELM'S COLLEGE	13:33
93	Charlie Sharp	M	* LIVERPOOL HARRIERS	13:35
94	Tom Saxby	M	ST ANSELM'S COLLEGE	13:39
95	Jonty Dacre	M	* BARROW & FURNESS STRIDERS	13:40
96	Josh Forth	M	* RIBBLE VALLEY AC	13:42
97	Harry Das	M	WIRRAL AC	13:50
98	Jack Kelly	M	ST ANSELM'S COLLEGE	13:53
99	Joe Marshall	M	* LIVERPOOL PEMBROKE & SEFTON AC	14:10
100	James Tarver	M	WIRRAL AC	14:18
101	Harry Edwards	M	ST ANSELM'S COLLEGE	14:23
102	Max Cotterill	M	* LIVERPOOL PEMBROKE & SEFTON AC	14:23

103	Runner 1519	M	* LANCASTER & MORECAMBE AC	14:43
104	Jamie Tipping	M	* SOUTHPORT WATERLOO AC	15:13
105	Daemon Metcalfe	M	* PENDLE AC	15:14
106	Dominic Gouldthorpe	M	40 * CHORLEY AC	15:20
107	Ben Green	M	* CHORLEY AC	16:10
108	Louis Keegan	M	* LIVERPOOL HARRIERS	27:22
McCain Liverpool Cross Challenge				Total IEK in this race 0
Under 15 Boys				Total from KENT in this race 0
1	Euan Gillham	M	KILBARCHAN AAC	9:31
2	Paulos Asgodom	M	ENFIELD & HARINGEY AC	9:34
3	Gavin Mcardle	M	KILBARCHAN AAC	9:35
4	Petros Asgodom	M	ENFIELD & HARINGEY AC	9:44
5	Patrick Dever	M	PRESTON HARRIERS	9:45
6	Thomas Newnham	M	ISLE OF WIGHT AC	9:46
7	Jack Crabtree	M	TRAFFORD AC	9:47
8	Elliot Bowker	M	VALE ROYAL AC	9:50
9	Jivendra Singh	M	WINDSOR S E & H AC	9:54
10	Jac Hopkins	M	SWANSEA HARRIERS	9:54
11	Declan McManus	M	WORCESTER AC	10:01
12	Zak Miller	M	TRAFFORD AC	10:04
13	James Taylor	M	WIRRAL AC	10:05
14	Christian Von Eitzen	M	RADLEY AC	10:09
15	Perry Rowan	M	WOODFORD GREEN & ESSEX L	10:10
16	Matthew Sheen	M	VALE ROYAL AC	10:12
17	Cameron Shankly	M	BIRCHFIELD HARRIERS	10:12
18	Ellis Cross	M	TAMWORTH AC	10:14
19	Jamie Finnigan	M	WINDSOR S E & H AC	10:15
20	Max Lancaster	M	GIFFNOCK NORTH AC	10:18
21	James Hatton	M	LEICESTER CORITANIANS	10:19
22	Josh Cara	M	KETTERING TOWN HARRIERS	10:19
23	Daniel Lawton	M	TRAFFORD AC	10:20
24	Andrew Kershaw	M	* SOUTHPORT WATERLOO AC	10:23
25	Robert Wong	M	BLACKBURN HARRIERS	10:24
26	Liam Burthem	M	WARRINGTON AC	10:24
27	Samuel Elliott	M	LEICESTER CORITANIANS	10:24
28	Jack McNeil	M	* PRESTON HARRIERS	10:25
29	Christopher Brown	M	OLDHAM & ROYNTON AC	10:25
30	Daniel Haymes	M	DERBY AC	10:25
31	Runner 1518	M	* LANCASTER & MORECAMBE AC	10:27
32	Thomas Goulding	M	CHESTER LE STREET AC	10:27
33	Samuel Lane De Courtin	M	TAVISTOCK AC	10:28
34	Lewis Byram	M	HOLMFIRTH HARRIERS AC	10:28
35	George Bell	M	LEICESTER CORITANIANS	10:29
36	Chris Durney	M	* PRESTON HARRIERS	10:30
37	Michael Panes	M	SOUTHPORT WATERLOO AC	10:30
38	Neil Orr	M	BORDER HARRIERS	10:30
39	Darius Boardman	M	* PENDLE AC	10:31
40	Ryan Beale	M	ROTHERHAM HARRIERS	10:32
41	Lee Dobson	M	* LIVERPOOL HARRIERS	10:32
42	William Richardson	M	BIRCHFIELD HARRIERS	10:33
43	Samuel Johnson	M	MANSFIELD HARRIERS	10:34
44	Euan Trout	M	KILBARCHAN AAC	10:36
45	Tom Murray	M	KILBARCHAN AAC	10:41
46	Runner 955	M		10:42
47	Scott Mclardie	M	KILBARCHAN AAC	10:43
48	Fabrice Kisela	M	* PRESTON HARRIERS	10:44
49	Runner 1347	M	* BLACKBURN HARRIERS	10:46
50	Fergus Tallon	M	* EDEN RUNNERS	10:46
51	Aran Rees	M	SWANSEA HARRIERS	10:46
52	Matthew Dutton	M	* PENDLE AC	10:47
53	Runner 1489	M	* HYNDBURN AC	10:48
54	David Robertson	M	RON HILL CAMBUSLANG H	10:49
55	Michael Panes	M	* SOUTHPORT WATERLOO AC	10:50
56	George Heppinstall	M	WAKEFIELD & DIST H	10:52
57	Liam Baggley	M	CITY OF STOKE AC	10:54
58	Helen Lodge	F	35 * SOUTHPORT WATERLOO AC	10:56
59	Charlie Wighton	M	KILBARCHAN AAC	10:57
60	Calum Davidson	M	* ROSSENDALE HARRIERS	10:57
61	Sam Convery	M	WAKEFIELD & DIST H	10:58
62	George Rowley	M	* LYTHAM ST. ANNES RRC	10:59
63	Runner 1471	M	* HORWICH RMI HARRIERS	10:59
64	Christopher Richards	M	* HELM HILL RUNNERS	10:59
65	Joe Brown	M	RON HILL CAMBUSLANG H	11:00
66	Runner 1348	M	* BLACKBURN HARRIERS	11:03
67	Runner 1939	M	* HORWICH RMI HARRIERS	11:05
68	Bryn Smith	M	ALDRSHOT F&D AC	11:06
69	Adam Cullen	M	* SOUTHPORT WATERLOO AC	11:09
70	Ben Singleton	M	* LIVERPOOL PEMBROKE & SEFTON AC	11:09
71	Ryan Lander	M	CITY OF STOKE AC	11:10
72	Runner 1349	M	* BLACKBURN HARRIERS	11:13
73	Matthew Ward	M	DERBY AC	11:15
74	Declan Neary	M	DONCASTER AC	11:15
75	James Anthony	M	SPENBOROUGH & DIST AC	11:17
76	Chris White	M	WIRRAL AC	11:17
77	Runner 1485	M	* HYNDBURN AC	11:17
78	Connor Richardson	M	* ROSSENDALE HARRIERS	11:18
79	Jack McGregor	M	RON HILL CAMBUSLANG H	11:18
80	Chris Webber	M	* LIVERPOOL PEMBROKE & SEFTON AC	11:19
81	Keith McIntyre	M	RON HILL CAMBUSLANG H	11:22
82	Amedeo Scanavacca	M	ST ANSELM'S COLLEGE	11:29
83	Nick Stoddard	M	CITY OF STOKE AC	11:29
84	Runner 1460	M	* EDEN RUNNERS	11:31
85	Luke Balmer	M	ST ANSELM'S COLLEGE	11:32
86	Louie Bennett	M	MENAI TRACK & FIELD AC	11:33
87	Runner 1522	M	* LANCASTER & MORECAMBE AC	11:37
88	Dan Whitlock	M	* PRESTON HARRIERS	11:41

89	Matt Rowlinson	M	VALE ROYAL AC	11:42
90	Runner 953	M		11:42
91	Runner 1484	M	* HYNDBURN AC	11:42
92	Michael Sidebottom	M	STOCKPORT HARRIERS	11:49
93	Runner 956	M		11:50
94	Hartley Edmondson	M	* CLAYTON LE MOORS HAR	11:50
95	Xian Lee Pigganto	M	ST ANSELM'S COLLEGE	11:51
96	Jonathan Bride	M	* LIVERPOOL PEMBROKE & SEFTON AC	11:57
97	James Marchant	M	* PENDLE AC	12:07
98	Joseph Chadderton	M	* LIVERPOOL PEMBROKE & SEFTON AC	12:11
99	Runner 1475	M	* HORWICH RMI HARRIERS	12:13
100	Ben Ingham	M	* KENDAL AC	12:15
101	Robert Bryning	M	* PRESTON HARRIERS	12:21
102	Sam Allen	M	ST ANSELM'S COLLEGE	12:23
103	James Burns	M	WIRRAL AC	12:24
104	Runner 1520	M	* LANCASTER & MORECAMBE AC	12:27
105	Brian Davey	M	50 * SOUTHPORT WATERLOO AC	12:33
106	Dominic Howarth	M	* LEIGH HARRIERS	12:36
107	Jake Martin	M	ST ANSELM'S COLLEGE	12:42
108	Jordan Smith	M	* LEIGH HARRIERS	12:48
109	Daniel Bolton	M	* RIBBLE VALLEY AC	13:57
110	Jack Thistlethwaite	M	ST ANSELM'S COLLEGE	14:21
111	Harry Pritchard	M	ST ANSELM'S COLLEGE	14:46
112	Lewis Porter	M	ST ANSELM'S COLLEGE	14:46

McCain Liverpool Cross Challenge				Total IEK in this race	0
Under 17 Men				Total from KENT in this race	3
1	Laurie Probert	M	TONBRIDGE AC	17:38	
2	Charlie Joslin-Allen	M	TONBRIDGE AC	17:42	
3	James Lamswood	M	KINGSTON UPON HULL AC	17:47	
4	Tom Bains	M	HALLAMSHIRE H SHEFFIELD	17:50	
5	Tom Hook	M	CITY OF NORWICH AC	17:52	
6	Will Paulson	M	STROUD & DISTRICT AC	18:01	
7	Harrison Curling	M	ALDERSHOT F&D AC	18:04	
8	Ryan Thomson	M	RON HILL CAMBUSLANG H	18:07	
9	Kyran Hale	M	SEVERN AC	18:12	
10	Ryan Isaacson	M	BEDFORD & COUNTY AC	18:12	
11	Max Aitchison	M	VICTORIA PARK CITY OF GLASGOW AC	18:15	
12	Maximilian Nicholls	M	TONBRIDGE AC	18:18	
13	Haran Dunderdale	M	LINCOLN WELLINGTON AC	18:19	
14	Jamaine Coleman	M	* PRESTON HARRIERS	18:23	
15	Ben Bradley	M	ALDERSHOT F&D AC	18:25	
16	Lloyd Heckler	M	CARMARTHEN HARRIERS	18:27	
17	Ryan Moore	M	SALE H MANCHESTER	18:29	
18	Jamie Crowe	M	DUNDEE HAWKHILL AC	18:31	
19	Phillip Crout	M	SHAFTESBURY BARNET HARRIERS	18:33	
20	Tobias Smith	M	ALDERSHOT F&D AC	18:35	
21	Benedict Westhenry	M	WEYMOUTH ST PAULS H	18:36	
22	Luke Jacobs	M	BRISTOL & WEST AC	18:37	
23	Neil Gourley	M	GIFFNOCK NORTH AC	18:39	
24	Nathan Jones	M	COLWYN BAY AC	18:41	
25	Josh Coles	M	KETTERING TOWN HARRIERS	18:42	
26	Warren Turner	M	* LIVERPOOL PEMBROKE & SEFTON AC	18:42	
27	Fergus Roberts	M	RICHMOND & ZETLAND H	18:43	
28	Alastair Weymouth	M	BORDER HARRIERS	18:44	
29	Christopher Middleton	M	EAST CHESHIRE HARRIERS	18:45	
30	Barry Maskell	M	GATESHEAD H	18:46	
31	Dominic Mahoney	M	BLACKBURN HARRIERS	18:48	
32	James Stockings	M	WOODFORD GREEN & ESSEX L	18:51	
33	James Saxton	M	WAKEFIELD & DIST H	18:53	
34	Chris Mcgahan	M	SALE H MANCHESTER	18:54	
35	Gwynant Jones	M	MALDWYN H	18:55	
36	Cameron Field	M	WARRINGTON AC	18:56	
37	Stephen Woodford	M	CHELMSFORD AC	18:58	
38	Jacob Allen	M	RUGBY & NORTHAMPTON AC	19:01	
39	Stuart Roe	M	RON HILL CAMBUSLANG H	19:02	
40	Callum Hulme	M	CITY OF STOKE AC	19:03	
41	Matthew O'connor	M	WAKEFIELD & DIST H	19:04	
42	Nyle Clinton	M	SWINDON H	19:05	
43	Adam Hulin	M	ALDERSHOT F&D AC	19:07	
44	Jonathan Kay	M	BOLTON UNITED HARRIERS	19:07	
45	Ross Campbell	M	* BARROW & FURNESS STRIDERS	19:09	
46	Joseph Shail	M	COVENTRY GODIVA HARRIERS	19:09	
47	William Jackson	M	HELM HILL RUNNERS	19:10	
48	Ryan Blackwell	M	* LIVERPOOL PEMBROKE & SEFTON AC	19:14	
49	Terah Hooley	M	DERBY AC	19:15	
50	Mike Vennard	M	VALE ROYAL AC	19:17	
51	Andrew Smith	M	PUDSEY & BRAMLEY	19:17	
52	Owen Sharp	M	* LIVERPOOL HARRIERS	19:20	
53	Zack Bamber	M	VALE ROYAL AC	19:22	
54	Ben Priddle	M	READING AC	19:23	
55	Finlay Rae	M	AYR SEAFORTH AC	19:25	
56	Russell Mountford	M	KILBARCHAN AAC	19:25	
57	Niall Cullen	M	* SOUTHPORT WATERLOO AC	19:26	
58	Ryan Sciacca	M	* CHORLEY AC	19:28	
59	Callum Matthews	M	KILBARCHAN AAC	19:29	
60	Kristian Quirk	M	* LIVERPOOL HARRIERS	19:30	
61	Liam Stedman	M	SPENBOROUGH & DIST AC	19:32	
62	Samuel Botham	M	CITY OF STOKE AC	19:35	
63	Luke Cockerton	M	VALE ROYAL AC	19:36	
64	Runner 1877	M	* LEIGH HARRIERS	19:37	
65	Adrian Bailes	M	BIRTLEY AC	19:42	
66	Richard Evans	M	WIRRAL AC	19:44	
67	Matthew McKenna	M	RON HILL CAMBUSLANG H	19:44	
68	Steven Eastwood	M	WAKEFIELD & DIST H	19:47	
69	Bhavesh Soneji	M	EALING SOUTHALL & MIDDLESEX	19:47	
70	Paul Davis	M	SPENBOROUGH & DIST AC	19:49	

71	Sam Storey	M	* BARROW & FURNESS STRIDERS	19:50
72	Kristian Edwards	M	LEICESTER CORITANIANS	19:52
73	James Hunt	M	CARDIFF AAC	19:54
74	Patrick Stradling	M	VALE ROYAL AC	19:56
75	Nicholas Myers	M	ROTHERHAM HARRIERS	19:58
76	Danny Walsh	M	* ROSSENDALE HARRIERS	20:01
77	William Reynolds	M	LIVERPOOL HARRIERS	20:09
78	Conor Ewing	M	CLYDESDALE HARRIERS	20:11
79	Joe Oldfield	M	* RIBBLE VALLEY AC	20:14
80	Liam Ellis	M	* SOUTHPORT WATERLOO AC	20:17
81	Josh Hyder	M	GIFFNOCK NORTH AC	20:17
82	Adam Howarth	M	* LEIGH HARRIERS	20:21
83	Robbie Ingham	M	* KENDAL AC	20:22
84	James Fielding	M	* PRESTON HARRIERS	20:24
85	James McCann	M	CANNOCK & STAFFS AC	20:27
86	Adam Sciacca	M	* CHORLEY AC	20:27
87	Kevin Acton	M	STOCKPORT HARRIERS	20:31
88	Stuart Singleton	M	KINGSTON UPON HULL AC	20:31
89	Chris Manning	M	* LIVERPOOL HARRIERS	20:32
90	Andrew Williams	M	DEESIDE AC	20:33
91	Aaron Houseman	M	CANNOCK & STAFFS AC	20:36
92	Nathan Schofield	M	WIRRAL AC	20:37
93	Conor Flanagan	M	WIRRAL AC	20:56
94	Matthew Westby	M	WIRRAL AC	21:00
95	Nathan Tipping	M	VALE ROYAL AC	21:06
96	Tom Hartley	M	* KENDAL AC	21:08
97	Michael Rietdyk	M	* BLACKPOOL WYRE & FYLDE AC	21:08
98	Max Butler	M	* RIBBLE VALLEY AC	21:10
99	Runner 1521	M	* LANCASTER & MORECAMBE AC	21:17
100	Oliver Smith	M	BOLTON UNITED HARRIERS	21:21
101	Dave Reece	M	* LIVERPOOL PEMBROKE & SEFTON AC	21:22
102	Joe Ellison	M	* HYNDBURN AC	21:26
103	Kyle Nicholls	M	* LIVERPOOL PEMBROKE & SEFTON AC	21:31
104	Adam Jamson	M	* LEIGH HARRIERS	21:33
105	Sean McCormack	M	ST ANSELM'S COLLEGE	21:37
106	Toby Bolton	M	* RIBBLE VALLEY AC	21:41
107	Alton Fowley	M	* ROSSENDALE HARRIERS	21:41
108	Jonathan Foster	M	* SOUTHPORT WATERLOO AC	21:46
109	Simon Chadwick	M	STOCKPORT HARRIERS	21:58
110	Sean Kenny	M	* BLACKPOOL WYRE & FYLDE AC	22:03
111	Jake Sache	M	* WIGAN PHOENIX	22:04
112	Tom Harrison	M	* BORDER HARRIERS	22:13
113	Tarique Al-Shabazz	M	ST ANSELM'S COLLEGE	22:32
114	Robert Owen	M	WIRRAL AC	22:34
115	Robert Parkinson	M	* LIVERPOOL PEMBROKE & SEFTON AC	22:41
116	Gary Clarke	M	* SOUTHPORT WATERLOO AC	22:43
117	Simon Anim-Somuah	M	ST HELENS SUTTON	22:42

McCain Liverpool Cross Challenge				Total IEK in this race	2
Under 20 Men				Total from KENT in this race	6
1	Jonathan Hay	M	ALDERSHOT F&D AC	20:23	
2	Richard Goodman	M	SHAFTESBURY BARNET HARRIERS	20:29	
3	Mark Shaw	M	NEW MARSKE HARRIERS	20:37	
4	Kieran Clements	M	IPSWICH HARRIERS	20:44	
5	Niall Fleming	M	SHAFTESBURY BARNET HARRIERS	20:46	
6	Jack Goodwin	M	BEDFORD & COUNTY AC	20:53	
7	Jason Prickett	M	INVICTA EAST KENT AC	20:54	
8	Robbie Farnham-Rose	M	TONBRIDGE AC	21:00	
9	Charlie Grice	M	PHOENIX AC	21:05	
10	Paul Thompson	M	BRAT CLUB	21:12	
11	Stewart Orr	M	RON HILL CAMBUSLANG H	21:13	
12	Gordon Benson	M	LEEDS CITY AC	21:14	
13	Luca Russo	M	TONBRIDGE AC	21:17	
14	Joshua Grace	M	ALDERSHOT F&D AC	21:19	
15	Jonathan Davies	M	READING AC	21:24	
16	Elliot Giles	M	BIRCHFIELD HARRIERS	21:27	
17	Kieran Reilly	M	INVICTA EAST KENT AC	21:29	
18	Charlie Hulson	M	SALE WITH MANCHESTER AC	21:29	
19	Thomas Purnell	M	STROUD & DISTRICT AC	21:31	
20	William Gray	M	BRIGHT & HOVE AC	21:33	
21	Toby Loveridge	M	LIVERPOOL PEMBROKE & SEFTON AC	21:33	
22	Matthew Fayers	M	HILLINGDON AC	21:35	
23	Harvey Dixon	M	ALDERSHOT F&D AC	21:35	
24	Marc Scott	M	RICHMOND & ZETLAND H	21:36	
25	Alex Dunbar	M	CITY OF NORWICH AC	21:36	
26	Michael Wood	M	LEEDS CITY AC	21:40	
27	Ben Norris	M	NOTTS AC	21:46	
28	Daniel Cheeseman	M	CITY OF YORK AC	21:48	
29	Thomas Carson	M	BOLTON UNITED HARRIERS	21:50	
30	Jack Hamilton	M	RON HILL CAMBUSLANG H	21:52	
31	Alex Hill	M	TEAM BATH	21:53	
32	Bradley Goater	M	WINDSOR S E & H AC	21:54	
33	Edward Shepherd	M	HERTS PHOENIX AC	21:54	
34	Daniel Studley	M	BRISTOL & WEST AC	21:55	
35	Blayne Pick	M	NOTTS AC	21:57	
36	Luke Traynor	M	GIFFNOCK NORTH AC	22:00	
37	Rhys Park	M	BRISTOL & WEST AC	22:01	
38	Max Kaye	M	HOLMFIRTH HARRIERS AC	22:03	
39	Lachlan Oates	M	SHETTLESTON HARRIERS	22:03	
40	Calum Johnson	M	GATESHEAD H	22:04	
41	Cameron Boyek	M	SHILDON AC	22:06	
42	Josh Griffiths	M	CARMARTHEN HARRIERS	22:08	
43	Lewis Hogg	M	GATESHEAD H	22:09	
44	Tom Cox	M	TONBRIDGE AC	22:10	
45	Chris Carpanini	M	NEWPORT H	22:11	
46	Jack Morris	M	STOCKPORT HARRIERS	22:11	
47	Robert Galt	M	STROUD & DISTRICT AC	22:12	

48	John Ashcroft	M	LIVERPOOL HARRIERS	22:12
49	Brett Halliwell	M	STROUD & DISTRICT AC	22:13
50	Matthew Grieve	M	BORDER HARRIERS	22:19
51	Chris Perrin	M	CANNOCK & STAFFS AC	22:20
52	Tadhg Grant	M	SHAFTESBURY BARNET HARRIERS	22:20
53	Jake Wightman	M	EDINBURGH AC	22:25
54	Jack Killip	M	WINDSOR S E & H AC	22:25
55	Tom Jervis	M	WARRINGTON AC	22:26
56	Tom Mead	M	LUTON AC	22:26
57	Matthew Bergin	M	BEDFORD & COUNTY AC	22:26
58	Dan Owen	M	CHELTENHAM HARRIERS	22:27
59	Luke Carroll	M	CHELTENHAM HARRIERS	22:29
60	Harry Earl	M	JM * BORDER HARRIERS	22:33
61	Joshua Bull	M	DERBY AC	22:35
62	Karl Billington	M	BLACKBURN HARRIERS	22:36
63	Max Mcneill	M	LOTHIAN RC	22:36
64	Chris Matthews	M	BLACKBURN HARRIERS	22:41
65	William Pinder	M	EALING SOUTHALL & MIDDLESEX	22:43
66	Robert Needham	M	NOTTS AC	22:44
67	Jack Partridge	M	POOLE AC	22:45
68	Euan Mackenzie	M	SHAFTESBURY BARNET HARRIERS	22:47
69	James Roberts	M	WREXHAM H	22:48
70	Max Pickard	M	PHOENIX AC	22:49
71	Jonathan Barnes	M	WYE VALLEY RUNNERS	22:50
72	Henry Pearce	M	TONBRIDGE AC	23:00
73	Matthew Thomas	M	SWANSEA HARRIERS	23:01
74	Sam Hearn	M	GATESHEAD H	23:03
75	Mark Thompson	M	NOTTS AC	23:09
76	Ben Waterman	M	EALING SOUTHALL & MIDDLESEX	23:12
77	Ashley Chambers	M	LIVERPOOL HARRIERS	23:15
78	Ross Skelton	M	HASTINGS AC	23:16
79	Ryan Burling	M	MARSHALL MILTON KEYNES	23:18
80	James Perrin	M	CANNOCK & STAFFS AC	23:24
81	Ross Matheson	M	LASSWADE AC	23:25
82	Garry Rankin	M	KILBARCHAN AAC	23:27
83	Matthew Nicholson	M	BEDFORD & COUNTY AC	23:41
84	Henry Valentine	M	SOUTH CHESHIRE H	23:43
85	Craig Haxton	M	KILBARCHAN AAC	23:45
86	Ross Christie	M	STIRLING UNIVERSITY	23:52
87	Jamie Webb	M	* LIVERPOOL HARRIERS	23:57
88	Tommy Bower	M	NEWHAM & ESSEX BEAGLES	24:06
89	Liam Blaikie	M	WOODFORD GREEN & ESSEX L	24:10
90	Runner 1938	M	* HORWICH RMI HARRIERS	24:11
91	Alexander Sampson	M	POOLE AC	24:13
92	Thomas Atkin	M	SALE WITH MANCHESTER AC	24:14
93	Nathan Brown	M	* LIVERPOOL HARRIERS	24:24
94	Max Lawton	M	HOLMFIRTH HARRIERS AC	24:32
95	Andrew Campbell	M	INVERCLYDE AC	24:35
96	Joe Johnson	M	JM * ROSSENDALE HARRIERS	24:40
97	Tom Guy	M	CITY OF STOKE AC	24:43
98	Simon Bolland	M	SPENBOROUGH AC	24:45
99	Adam Weightman	M	JM * BLACKPOOL WYRE & FYLDE AC	24:49
100	Andrew Miles	M	VALE ROYAL AC	24:50
101	Thomas Mcdonald	M	BELLAHOUSTON H	25:01
102	David Kail	M	NEWHAM & ESSEX BEAGLES	25:11
103	George Bumpus	M	UNIVERSITY OF LIVERPOOL	25:20
104	Jamie White	M	ST HELENS SUTTON	25:21
105	Jonathan Boyd	M	GATESHEAD H	25:31
106	Adam Winstanley	M	ST ANSELM'S COLLEGE	26:27
107	Kevin Schenk	M	STIRLING UNIVERSITY	26:38
108	Andrew Hatton	M	ST ANSELM'S COLLEGE	28:58

McCain Liverpool Cross Challenge				Total IEK in this race	0
Senior Men				Total from KENT in this race	3
1	Andy Vernon	M	ALDRESHOT F&D AC	29:19	
2	Mark Draper	M	BEDFORD & COUNTY AC	29:22	
3	Ryan Mcleod	M	TIPTON HARRIERS	29:24	
4	Andrew Baddeley	M	HARROW AC	29:26	
5	James Walsh	M	LEEDS CITY AC	29:26	
6	Frank Tickner	M	WELLS AC	29:29	
7	Steve Vernon	M	STOCKPORT HARRIERS	29:38	
8	Benedict Whitby	M	WSE & HOUSLOW AC	29:45	
9	Phil Wicks	M	BELGRAVE HARRIERS	29:49	
10	Keith Gerrard	M	NEWHAM & ESSEX BEAGLES	29:52	
11	Jonathan Taylor	M	MORPETH HARRIERS	29:53	
12	Mitch Goose	M	23 CITY OF NORWICH AC	29:55	
13	Mikael Ekvall	M	STROMSTAD LK SWEDEN	29:58	
14	Derek Hawkins	M	23 KILBARCHAN AAC	29:59	
15	Phillip Bernsten	M	WINCHESTER AC	30:03	
16	Jonny Mellor	M	* LIVERPOOL HARRIERS	30:04	
17	Ricky Stevenson	M	NEW MARSKE HARRIERS	30:05	
18	Matthew Graham	M	23 KIRKINTILLOCH OLYMPIANS	30:05	
19	David Bishop	M	BRISTOL & WEST AC	30:05	
20	Matthew Gillespie	M	23 SHETTLESTON HARRIERS	30:09	
21	Andreas +hwall	M	HASSELBY SC	30:10	
22	James Wilkinson	M	23 LEEDS CITY AC	30:11	
23	Adam Hickey	M	SOUTHEND AC	30:11	
24	Ashley Harrell	M	23 CITY OF NORWICH AC	30:12	
25	Jon Pepper	M	ENFIELD & HARINGEY AC	30:18	
26	Ben Moreau	M	ALDRESHOT F&D AC	30:20	
27	Craig Ruddy	M	INVERCLYDE AC	30:24	
28	Glen Watts	M	SHAFTESBURY BARNET HARRIERS	30:29	
29	Simon Deakin	M	LEEDS CITY AC	30:30	
30	Dean Lacy	M	CAMBRIDGE HARRIERS	30:31	
31	Andrew Douglas	M	INVERCLYDE AC	30:32	
32	John McDonnell	M	23 LUTON AC	30:33	
33	Patrick Martin	M	STOCKPORT HARRIERS	30:35	

34	David Webb	M	LEEDS CITY AC	30:43
35	Matt Dumigan	M	SWANSEA HARRIERS	30:50
36	Richard Morrell	M	NEW MARSKE HARRIERS	30:52
37	Phil Matthews	M	SWANSEA HARRIERS	30:56
38	Steve Mitchell	M	BRISTOL & WEST AC	30:56
39	Charlie McLean	M 23	BRISTOL & WEST AC	30:59
40	Lewis Moses	M	NEW MARSKE HARRIERS	31:03
41	Daniel Clorley	M 23	LUTON AC	31:04
42	Ross Houston	M	CENTRAL AC	31:05
43	Nicholas Torry	M	SERPENTINE AC	31:06
44	Michael Gillespie	M 23	SHETTLESTON HARRIERS	31:07
45	Murray Strain	M	HIGHGATE HARRIERS	31:08
46	Jack Martin	M	STOCKPORT HARRIERS	31:08
47	Alexander Hendry	M	CENTRAL AC	31:12
48	Ander Russell	M	STROUD & DISTRICT AC	31:13
49	Steven Naylor	M	WOODSTOCK HARRIERS	31:16
50	James Kelly	M	BELGRAVE HARRIERS	31:17
51	Peter Huck	M SM *	BARROW & FURNESS STRIDERS	31:21
52	Stu Huntington	M	CITY OF NORWICH AC	31:23
53	Andrew Rooke	M 23	IPSWICH HARRIERS	31:24
54	Matthew Nicholson	M	MORPETH HARRIERS	31:26
55	Thomas Boardman	M	LEIGH HARRIERS	31:28
56	James Douglas	M SM *	BORDER HARRIERS	31:28
57	Michael Coleman	M	MEDWAY & MAIDSTONE AC	31:29
58	Ben Nagy	M 23	ANFIELD & HARINGEY AC	31:30
59	Mark Pollard	M	INVERCLYDE AC	31:32
60	Toby Spencer	M 23	COVENTRY GODIVA HARRIERS	31:33
61	Stephen Emery	M	COVENTRY GODIVA HARRIERS	31:35
62	Neil Phillips	M	ALDERSHOT F&D AC	31:36
63	Wynne Evans	M	CARMARTHEN HARRIERS	31:38
64	Finn McNally	M 23	PHOENIX AC	31:39
65	John Newsome	M	CENTRAL AC	31:40
66	Adam Clarke	M 23	ALDERSHOT F&D AC	31:41
67	John McCole	M *	LIVERPOOL HARRIERS	31:42
68	Ben Russell	M 23	LIVERPOOL HARRIERS	31:43
69	Gary Priestley	M	HORWICH RMI HARRIERS	31:44
70	Steven Connor	M	ALDERSHOT F&D AC	31:45
71	Dave Norman	M	ALTRINCHAM & DISTRICT AC	31:48
72	Adam Bitchell	M 23	CARDIFF AAC	31:48
73	Daniel Agustus	M	WOODFORD GREEN & ESSEX L	31:50
74	James Tartt	M SM *	SOUTHPORT WATERLOO AC	31:51
75	Conor McNulty	M	KILBARCHAN AAC	31:52
76	Jonathan Peters	M 23	CARDIFF AAC	31:55
77	Alex O'Gorman	M	STOCKPORT HARRIERS	31:55
78	Matthew Withey	M 23	STROUD & DISTRICT AC	31:56
79	Sean Fontana	M 23	VICTORIA PARK CITY OF GLASGOW AC	31:57
80	Joe Gratton	M 23	HALLAMSHIRE H SHEFFIELD	32:01
81	Pete Street	M 23	PRESTON HARRIERS	32:02
82	Daniel Cliffe	M 23	LIVERPOOL HARRIERS	32:03
83	Marc Hobbs	M	SWANSEA HARRIERS	32:07
84	Dan Garbutt	M	DURHAM CITY H	32:09
85	Chris Thomson	M	SWANSEA HARRIERS	32:09
86	David MacNamee	M	CENTRAL AC	32:09
87	Gregg Halliwell	M 23	STROUD & DISTRICT AC	32:10
88	Matt Whitefield	M	COMBINED SERVICES	32:12
89	Simon Jones	M	SWANSEA HARRIERS	32:13
90	Kevin Loundes	M	MANX HARRIERS	32:13
91	Tom Comerford	M	MARSHALL MILTON KEYNES	32:14
92	James Smith	M	LEEDS CITY AC	32:26
93	Andrew Nixon	M	STOCKPORT HARRIERS	32:28
94	Ben Coldray	M 23	STROUD & DISTRICT AC	32:33
95	Nathan White	M 23	WINDSOR S E & H AC	32:38
96	Daniel Woodgate	M 23	LUTON AC	32:40
97	Shane Robinson	M 23	LINCOLN WELLINGTON AC	32:40
98	Luke Minns	M SM *	BLACKPOOL WYRE & FYLDE AC	32:41
99	Andrew Mariani	M 23	WGEL	32:42
100	Oliver Ziff	M	LEEDS CITY AC	32:43
101	Steven Frear	M	COMBINED SERVICES	32:45
102	James Scott-Bucclough	M	STOCKPORT HARRIERS	32:47
103	Stuart Robinson	M SM *	BLACKPOOL WYRE & FYLDE AC	32:51
104	Alex Milne	M 23	ENFIELD & HARINGEY AC	32:53
105	Chris Fell	F *	ROSSENDALE HARRIERS	32:55
106	Christian Booker	M 23	HALESOWEN AC	32:57
107	Jamie Knapp	M 23	SOUTHAMPTON AC	33:00
108	Matt Blunden	M	COMBINED SERVICES	33:01
109	Keiran White	M	COMBINED SERVICES	33:04
110	Dave Ragan	M	BASINGSTOKE & MID HANTS AC	33:07
111	Dave Archer	M	HALLAMSHIRE H SHEFFIELD	33:09
112	Andrew Kaighin	M	CHELTENHAM HARRIERS	33:10
113	Jarratt Perkins	M	NOTTS AC	33:13
114	Chris Rooke	M	IPSWICH HARRIERS	33:18
115	Joe Vis	M JM *	SOUTHPORT WATERLOO AC	33:23
116	Gregan Clarkson	M	KINGSTON UPON HULL AC	33:24
117	Patrick Vis	M JM *	SOUTHPORT WATERLOO AC	33:27
118	Fergus Meade	M	LEEDS CITY AC	33:28
119	Kevin Bell	M SM *	BORDER HARRIERS	33:32
120	Stuart King	M	MANSFIELD HARRIERS	33:33
121	Nick Wood	M 23	DARTFORD HARRIERS	33:36
122	Atkins	M *	WIRRAL AC	33:37
123	Jonathon Benson	M JM *	BARROW & FURNESS STRIDERS	33:38
124	Phil Waite	M SM *	BARROW & FURNESS STRIDERS	33:39
125	Ben Johnson	M SM *	SOUTHPORT WATERLOO AC	33:41
126	Sam Densham	M 23	CHARNWOOD AC	33:44
127	Chris Carter	M 23	ENFIELD & HARINGEY AC	33:47
128	Ben Martin	M 23	TRAFFORD AC	33:49
129	Lee Siemaszko	M *	LIVERPOOL HARRIERS	33:58

130	Runner 1353	M	*	BLACKBURN HARRIERS	34:01
131	Chris Perry	M	23	VALE ROYAL AC	34:02
132	Runner 1482	M	*	HORWICH RMI HARRIERS	34:04
133	Jed Bartlett	M	SM *	BARROW & FURNESS STRIDERS	34:05
134	Mike O'Neil	M	SW *	WIGAN PHOENIX	34:09
135	Nathan Vengdasalem	M	*	LIVERPOOL HARRIERS	34:16
136	Dale Worton	M	23	LEEDS CITY AC	34:23
137	P Davies-Peerles	M	*	WIRRAL AC	34:24
138	Runner 1529	M	*	LANCASTER & MORECAMBE AC	34:25
139	Graham Houghton	M	*	SPECTRUM STRIDERS	34:25
140	Tom Michaelson	M	*	LIVERPOOL HARRIERS	34:31
141	Ben Costello	M	*	LIVERPOOL PEMBROKE & SEFTON AC	34:36
142	Frazer Jardine	M	23	BOLTON UNITED HARRIERS	34:37
143	Ian Lawton	M	*	LIVERPOOL HARRIERS	34:40
144	Nasir Hussain	M	23	NEW MARSKE HARRIERS	34:41
145	Michael Evans	M	SM *	SOUTHPORT WATERLOO AC	34:43
146	Patrick Miller	M	40 *	BARROW & FURNESS STRIDERS	34:45
147	Paul Sankey	M	*	LIVERPOOL HARRIERS	34:45
148	Douglas Roberts	M	23	RICHMOND & ZETLAND H	34:50
149	Laurie Luscombe	M	*	LIVERPOOL HARRIERS	34:54
150	Richard Walker	M	SM *	BARROW & FURNESS STRIDERS	35:00
151	Gary Shaw	M	SM *	CLAYTON LE MOORS HAR	35:01
152	Tim Ellis	M		E C R C	35:05
153	Martin Swenssonå	M	*	PENNY LANE STRIDERS	35:06
154	David Hamilton	M	40 *	SOUTHPORT WATERLOO AC	35:08
155	Matt Thompson	M	40 *	SOUTHPORT WATERLOO AC	35:10
156	David Rigby	M	*	PRESTON HARRIERS	35:13
157	Gilbert Grundy	M	23	WOKING AC	35:16
158	Dean Matkin	M	23	STOCKPORT HARRIERS	35:19
159	Alan Ashton	M	*	LIVERPOOL HARRIERS	35:23
160	John Wright	M	40 *	BLACKPOOL WYRE & FYLDE AC	35:27
161	Ian Magill	M	*	LIVERPOOL RC	35:30
162	Steve Hallas	M	*	PRESTON HARRIERS	35:33
163	David Mountford	M	23		35:34
164	Steffan Sayer	M		MENAI TRACK & FIELD AC	35:42
165	James McNally	M	*	PENNY LANE STRIDERS	35:46
166	Runner 1314	M	*	ASTLEY & TYLDESLEY RR	35:46
167	Thomas Dyson	M			35:50
168	Ian Cooper	M	*	ELLESMERE PORT	35:51
169	James Hilton	M	SM *	WIGAN PHOENIX	35:53
170	Colin Potts	M	*	LIVERPOOL HARRIERS	35:55
171	John Hunt	M	*	WIRRAL AC	35:58
172	Steven Wilkinson	M	SM *	SOUTHPORT WATERLOO AC	36:00
173	John Green	M	*	PRESTON HARRIERS	36:03
174	Karl Pickstock	M	*	WALLASEY AC	36:06
175	James Ashworth	M	*	SKEM/BOUNDARY	36:11
176	P Robertson	M	*	WIRRAL AC	36:11
177	Mark Hulmston	M	*	WIRRAL AC	36:12
178	Greg Jones	M	*	WALLASEY AC	36:12
179	Sammy Rashid	M	*	LIVERPOOL PEMBROKE & SEFTON AC	36:13
180	Guy Roberts	M	*	MOSSLEY HILL AC	36:16
181	Ed Rimmer Rimmer	M	*	LIVERPOOL PEMBROKE & SEFTON AC	36:18
182	Dave Jackson	M	*	HORWICH RMI HARRIERS	36:18
183	Tim Pilkington	M	*	WIGAN & DISTRICT HARRIERS & AC	36:21
184	Michael Hunt	M		TRAFFORD AC	36:21
185	Gerry Lenehen	M	40 *	SOUTHPORT WATERLOO AC	36:31
186	Mark Clair	M	*	LIVER BUG RC	36:34
187	Ian Palin	M	*	LIVERPOOL RC	36:41
188	Lawrence McDonald	M	*	LIVERPOOL HARRIERS	36:46
189	K Buxton	M	*	WIRRAL AC	36:49
190	Jeremy Gould	M	*	ROSENDALE HARRIERS	36:50
191	Runner 1528	M	*	LANCASTER & MORECAMBE AC	36:55
192	Ian Costello	M	*	ST HELENS SUTTON	36:57
193	Dave Parkington	M	40 *	BLACKBURN HARRIERS	36:59
194	Paul Quine	M	*	LIVERPOOL HARRIERS	37:03
195	Andrew Clauge	M	*	WEST CHESHIRE AC	37:05
196	Phil Williams	M	SM *	LEIGH HARRIERS	37:06
197	Matthew Smith	M	*	LIVERPOOL RC	37:13
198	Chris Millington	M	*	SPECTRUM STRIDERS	37:14
199	David Edmondson	M	40 *	CLAYTON LE MOORS HAR	37:14
200	Colin Martin	M	*	SPECTRUM STRIDERS	37:14
201	Martin Bateman	M	*	LIVERPOOL HARRIERS	37:17
202	Mo Manir Jolley	M	35 *	WIGAN PHOENIX	37:20
203	P Scarrett	M	*	WIRRAL AC	37:25
204	Todd Oates	M	SM *	BARROW & FURNESS STRIDERS	37:29
205	Neil Gunstone	M		MORPETH HARRIERS	37:29
206	Alex Rowe	M	50 *	WESHAM RR	37:31
207	Runner 1472	M	*	HORWICH RMI HARRIERS	37:33
208	Runner 1424	M	*	CHORLEY HARRIERS	37:35
209	Runner 1720	M	*	PRESTON HARRIERS	37:37
210	Dave Quinn	M	*	LIVERPOOL HARRIERS	37:38
211	Runner 1321	M	*	ASTLEY & TYLDESLEY RR	37:39
212	Tony Barbat	M	*	WALLASEY AC	37:40
213	Glen Goodwin	M	40 *	ACCRINGTON RR	37:47
214	Runner 1956	M	*	ASTLEY & TYLDESLEY RR	37:49
215	Gary Williams	M	*	ST HELENS SUTTON	37:52
216	Stephen Nichols	M	SM *	WIGAN PHOENIX	37:52
217	Jack Atkins	M	*	LIVERPOOL RC	37:52
218	Sion Wynne-Williams	M	*	LIVERPOOL HARRIERS	37:54
219	Marc Jacques	M	*	LIVER BUG RC	37:57
220	Paul Wilcock	M	SM *	ACCRINGTON RR	37:58
221	Phil Cuthbert	M	*	WALLASEY AC	37:59
222	Runner 1477	M	*	HORWICH RMI HARRIERS	38:00
223	Carl Mountain	M	*	LIVERPOOL RC	38:01
224	John Thompson	M	*	SKEM/BOUNDARY	38:02
225	Chris Pedder	M	*	LIVERPOOL PEMBROKE & SEFTON AC	38:03

226	Neil Kelly	M	*	PENNY LANE STRIDERS	38:04
227	Andy Draper	M	SM *	LYTHAM ST. ANNES RRC	38:05
228	Graham Morris	M	40 *	ACCRINGTON RR	38:06
229	Philip Waterworth	M	35 *	WIGAN PHOENIX	38:07
230	David Edwards	M	*	LIVER BUG RC	38:10
231	John Thelwell	M	*	WALLASEY AC	38:13
232	Simon Stanway	M	40 *	BARROW & FURNESS STRIDERS	38:13
233	Runner 1311	M	*	ASTLEY & TYLDESLEY RR	38:14
234	Neil Garnett	M	*	SPECTRUM STRIDERS	38:17
235	Alex Potter	M	*	VICTORIA PARK CITY OF GLASGOW AC	38:19
236	Rob McGrath	M	*	SOUTHPORT WATERLOO AC	38:21
237	Runner 1708	M	*	PRESTON HARRIERS	38:24
238	John Oates	M	*	SHETTLESTON HARRIERS	38:26
239	Liam Walsh	M	*	LIVERPOOL RC	38:29
240	Lee Midghall	M	*	LIVERPOOL HARRIERS	38:31
241	Chris Marshall	M	*	CHESTER TRI	38:31
242	Runner 1957	M	*	ASTLEY & TYLDESLEY RR	38:32
243	Runner 1320	M	*	ASTLEY & TYLDESLEY RR	38:33
244	Colin Shuttleworth	M	50 *	CLAYTON LE MOORS HAR	38:33
245	Paul Marshall	M	45 *	WIGAN PHOENIX	38:34
246	Padraig McQuaid	M	*	LIVERPOOL RC	38:35
247	Greg Callaghan	M	*	LIVERPOOL PEMBROKE & SEFTON AC	38:40
248	Steve Burthem	M	*	SPECTRUM STRIDERS	38:43
249	Denis Duret	M	*	ELLESMERE PORT	38:44
250	Mike Green	M	*	WALLASEY AC	38:45
251	N Toner	M	*	WIRRAL AC	38:46
252	Stephen McLean	M	50 *	SOUTHPORT WATERLOO AC	38:50
253	Steve Lewis	M	40 *	SOUTHPORT WATERLOO AC	38:57
254	W Ferguson	M	*	WIRRAL AC	38:59
255	Runner 1716	M	*	PRESTON HARRIERS	39:01
256	Jeff Lawton	M	50 *	BLACKPOOL WYRE & FYLDE AC	39:02
257	R Kearney	M	*	WIRRAL AC	39:03
258	Runner 1721	M	*	PRESTON HARRIERS	39:05
259	Richard Bowker	M	50 *	SOUTHPORT WATERLOO AC	39:06
260	Ray Jones	M	*	BARROW & FURNESS STRIDERS	39:09
261	John Armstrong	M	*	WALLASEY AC	39:10
262	John Shepherd	M	40 *	RED ROSE RUNNERS	39:12
263	Scott Bamber	M	*	VALE ROYAL AC	39:13
264	Runner 1421	M	*	CHORLEY HARRIERS	39:15
265	Chris Baldeston	M	40 *	CLAYTON LE MOORS HAR	39:16
266	Neil Adshead	M	50 *	SOUTHPORT WATERLOO AC	39:16
267	Simon Fox	M	*	WIRRAL AC	39:17
268	Craig Burrow	M	SM *	HELM HILL RUNNERS	39:17
269	Rob Williams	M	*	LIVER BUG RC	39:17
270	Ian Hayburn	M	*	ST HELENS SUTTON	39:22
271	Steve Hartman	M	*	MOSSLEY HILL AC	39:23
272	Graham Earlham	M	*	ELLESMERE PORT	39:24
273	Gary House	M	*	CHESTER TRI	39:25
274	Richard Davies	M	50 *	WESHAM RR	39:27
275	Mark Lee	M	40 *	PRESTON HARRIERS	39:28
276	Runner 1719	M	*	PRESTON HARRIERS	39:28
277	S Kearney	F	*	WIRRAL AC	39:30
278	Rob Johnson	M	50 *	SOUTHPORT WATERLOO AC	39:31
279	Lee Barlow	M	SM *	WESHAM RR	39:32
280	Dylan Cole-Jones	M	*	SKEM/BOUNDARY	39:33
281	J Cross	M	*	WIRRAL AC	39:34
282	Julian Spencer	M	*	SPECTRUM STRIDERS	39:36
283	Ken Addison	M	50 *	RED ROSE RUNNERS	39:41
284	Edward Lynch	M	SM *	PENDLE AC	39:44
285	Joseph Perry	M	23	STIRLING UNIVERSITY	39:45
286	John Connolly	M	*	PENNY LANE STRIDERS	39:47
287	Runner 1955	M	*	ACCRINGTON RR	39:48
288	Mark Melbourne	M	SM *	WIGAN PHOENIX	39:50
289	Adam Peers	M	*	LIVERPOOL HARRIERS	39:51
290	Runner 1530	M	*	LANCASTER & MORECAMBE AC	39:54
291	Runner 1467	M	*	GARSTANG RUNNERS	40:00
292	Andrew Howartháááá	M	*	CHESTER TRI	40:03
293	Chris Walton	M	SM *	ACCRINGTON RR	40:04
294	Runner 1322	M	*	ASTLEY & TYLDESLEY RR	40:05
295	Steve Mchicholas	M	*	PENNY LANE STRIDERS	40:09
296	John Wealthy	M	40 *	PRESTON HARRIERS	40:11
297	Andy Rogerson	M	*	WALLASEY AC	40:11
298	Matt Goddard	M	SM *	SOUTHPORT WATERLOO AC	40:12
299	Robbie Burke	M	*	LIVERPOOL RC	40:17
300	Paul Robertson	M	*	ELLESMERE PORT	40:17
301	Gerald Musoke	M	*	LIVERPOOL HARRIERS	40:18
302	Graham Webster	M	50 *	LYTHAM ST. ANNES RRC	40:19
303	Dean Sharp	M	SM *	LIVERPOOL HARRIERS	40:23
304	Tony Metcalfe	M	*	MOSSLEY HILL AC	40:29
305	Michael Toms	M	V45 *	CLAYTON LE MOORS HAR	40:29
306	John Crook	M	*	SKEM/BOUNDARY	40:31
307	Runner 1418	M	*	CHORLEY HARRIERS	40:32
308	Steve Millar	M	*	LIVERPOOL RC	40:32
309	Paul Wareing	M	40 *	CHORLEY AC	40:33
310	Dave Nalder	M	*	ELLESMERE PORT	40:33
311	Paul Gallagher	M	50 *	ACCRINGTON RR	40:37
312	Steve Varney	M	60 *	KENDAL AC	40:40
313	Dave Lovettáááááááááá	M	*	PENNY LANE STRIDERS	40:42
314	Derek Ashcroft	M	*	PENNY LANE STRIDERS	40:43
315	Paul Gray	M			40:46
316	Mark Davies	M	*	WEST CHESHIRE AC	40:47
317	Neil Cosgrove	M	*	LIVER BUG RC	40:48
318	Keith Lunt	M	40 *	SOUTHPORT WATERLOO AC	40:48
319	Pete Willacy	M	50 *	BARROW & FURNESS STRIDERS	40:52
320	Gary Whitfield	M	*	PENNY LANE STRIDERS	40:53
321	Runner 1718	M	*	PRESTON HARRIERS	40:56

322	Kevin Dandyááá	M	*	CHESTER TRI	41:04
323	Paul Scaife	M	*	MOSSLEY HILL AC	41:06
324	Tony Croft	M	50 *	LYTHAM ST. ANNES RRC	41:08
325	Gary Mason	M	50 *	BARROW & FURNESS STRIDERS	41:11
326	Rob Kelly	M	*	LIVER BUG RC	41:23
327	N Wilson	M	*	WIRRAL AC	41:25
328	Runner 1953	M	*	ACCRINGTON RR	41:25
329	Aaron Riley	M	*	CHESTER TRI	41:26
330	Runner 1429	M	*	CHORLEY HARRIERS	41:26
331	Chris Mullen	M	*	PRESTON HARRIERS	41:26
332	Dave Moran	M	*	LIVERPOOL RC	41:32
333	Richard Jones	M	*	GARSTANG RUNNERS	41:36
334	Robbie Wood	M	*	LIVERPOOL PEMBROKE & SEFTON AC	41:37
335	Mark Midgley	M	40 *	WESHAM RR	41:38
336	Chris Leavey	M	*	ST HELENS SUTTON	41:40
337	Runner 1964	M	*	RED ROSE RUNNERS	41:41
338	Bill Ward	M	*	WOLDS VETERAN RC	41:42
339	George Pierce	M	*	LIVERPOOL RC	41:44
340	John Collier	M	50 *	WESHAM RR	41:45
341	Phil Baxendale	M	60 *	SOUTHPORT WATERLOO AC	41:46
342	Runner 1526	M	*	LANCASTER & MORECAMBE AC	41:47
343	Ian White	M	*	ST HELENS SUTTON	41:52
344	Howard Waite	M	50 *	WIGAN PHOENIX	41:54
345	Alan McNally	M	*	ST HELENS SUTTON	41:59
346	Runner 1420	M	*	CHORLEY HARRIERS	42:00
347	Ian McCall	M	*	WALLASEY AC	42:02
348	Richard Craney	M	*	UNATTACHED	42:04
349	Simone Capponi	M	*	PENNY LANE STRIDERS	42:06
350	Ian Walker	M	50 *	CHORLEY AC	42:08
351	Joe McGlynn	M	*	PENNY LANE STRIDERS	42:09
352	Jon Hawker	M	*	ELLESMERE PORT	42:10
353	Martin Oldfield	M	SM *	RIBBLE VALLEY AC	42:13
354	Paul Clyme	M	40 *	CHORLEY AC	42:15
355	Damien Nolan Nolan	M	*	MOSSLEY HILL AC	42:17
356	Barry Abram	M	50 *	WIGAN PHOENIX	42:18
357	Tony Pritchard	M	50 *	GARSTANG RUNNERS	42:19
358	Runner 1422	M	*	CHORLEY HARRIERS	42:20
359	Runner 1466	M	*	GARSTANG RUNNERS	42:21
360	Andy Huxley	M	*	SKEMBOUNDARY	42:23
361	Harry Melia	M	50 *	BARROW & FURNESS STRIDERS	42:25
362	Neil Silcock	M	40 *	SOUTHPORT WATERLOO AC	42:29
363	Gary Johnston	M	50 *	BLACKPOOL WYRE & FYLDE AC	42:31
364	Mark Morris	M	*	WIRRAL AC	42:32
365	Paul Cain	M	40 *	SOUTHPORT WATERLOO AC	42:34
366	Steve Myerscough	M	SM *	WESHAM RR	42:37
367	Tim Murphy	M	*	SPECTRUM STRIDERS	42:37
368	Andy Howarth	M	40 *	LEIGH HARRIERS	42:45
369	Runner 1313	M	*	ASTLEY & TYLDESLEY RR	42:51
370	Stuart Williams	M	40 *	BLACKPOOL WYRE & FYLDE AC	42:53
371	Neil Thomassááá	M	*	CHESTER TRI	42:56
372	Martin Sutton	M	SM *	SOUTHPORT WATERLOO AC	43:01
373	Runner 1430	M	*	CHORLEY HARRIERS	43:02
374	Paul Rainford	M	*	LIVERPOOL RC	43:03
375	Phil Cornall	M	SM *	GARSTANG RUNNERS	43:03
376	Runner 1468	M	*	GARSTANG RUNNERS	43:06
377	Runner 1478	M	*	HORWICH RMI HARRIERS	43:12
378	C Gibbs	M	*	WIRRAL AC	43:15
379	Mick McGeown	M	50 *	CHORLEY AC	43:18
380	Nick Holt	M	*	WALLASEY AC	43:22
381	Alan Power	M	50 *	WIGAN PHOENIX	43:24
382	Simon Tobin	M	40 *	SOUTHPORT WATERLOO AC	43:25
383	Ian Kilshaw	M	50 *	SOUTHPORT WATERLOO AC	43:25
384	Simon Townsend	M	40 *	CHORLEY AC	43:29
385	Graham Driver	M	*	SPECTRUM STRIDERS	43:31
386	Runner 1523	M	*	LANCASTER & MORECAMBE AC	43:32
387	Duncan Richardson	M	40 *	BLACKPOOL WYRE & FYLDE AC	43:33
388	Jonathan Hardy	M	*	MANSFIELD HARRIERS	43:37
389	Gary Balmer	M	40 *	CLAYTON LE MOORS HAR	43:39
390	Lee Roberts	M	40 *	CHORLEY AC	43:43
391	Barry Wheeler	M	*	RED ROSE RUNNERS	43:45
392	David Scott	M	*	CLAYTON LE MOORS HAR	43:45
393	Alex Bentley	M	*	LIVER BUG RC	43:47
394	Nick Hume	M	50 *	BLACKPOOL WYRE & FYLDE AC	43:49
395	Cliff Utting	M	50 *	RED ROSE RUNNERS	43:54
396	Steve Riley	M	*	HELSEBY RC	44:02
397	Dave Hampson	M	*	ST HELENS SUTTON	44:04
398	Terry Hanley	M	60 *	SOUTHPORT WATERLOO AC	44:08
399	Runner 1714	M	*	PRESTON HARRIERS	44:09
400	Pete Ackland	M	*	KENDAL AC	44:11
401	Colin Nelson	M	SM *	LYTHAM ST. ANNES RRC	44:12
402	Steven Hollis	M	*	ROAD RUNNERS UK	44:13
403	Runner 1465	M	*	GARSTANG RUNNERS	44:16
404	Phil Robinson	M	*	ST HELENS SUTTON	44:17
405	John Linaker	M	40 *	BURNLEY AC	44:19
406	Stan Williams	M	*	WALLASEY AC	44:21
407	Runner 1516	M	*	LANCASTER & MORECAMBE AC	44:22
408	Gareth Williams	M	60 *	SOUTHPORT WATERLOO AC	44:23
409	Pete Weatherhead	M	*	WIRRAL AC	44:24
410	Matt Williams	M	*	WALLASEY AC	44:24
411	Mark Connor	M	*	LIVER BUG RC	44:25
412	Mike Connor	M	*	LIVER BUG RC	44:25
413	Russell Mabbett	M	40 *	WESHAM RR	44:27
414	Bill Merritt	M	*	LIVER BUG RC	44:30
415	John Dobie	M	*	LIVERPOOL PEMBROKE & SEFTON AC	44:30
416	P Fraser	M	*	WIRRAL AC	44:31
417	Tim Warn	M	*	PENNY LANE STRIDERS	44:33

418	Mike Griffiths	M	*	WALLASEY AC	44:36
419	Runner 1963	M	*	RED ROSE RUNNERS	44:39
420	Vinny Robinson	M	50 *	WIGAN PHOENIX	44:40
421	Runner 1319	M	*	ASTLEY & TYLDESLEY RR	44:44
422	Nick Lindesey	M	*	WIRRAL AC	44:44
423	Peter Savage	M	SM *	BARROW & FURNESS STRIDERS	44:46
424	Martin Jones	M	SM *	LEIGH HARRIERS	44:46
425	Derek Henry	M	45 *	WIGAN PHOENIX	44:47
426	Steve Pemberton	M	*	PENNY LANE STRIDERS	44:48
427	Runner 1982	M	*	ACCRINGTON RR	44:50
428	Dave Hough	M	*	WEST CHESHIRE AC	44:55
429	Keith Simpson	M	*	WALLASEY AC	44:56
430	Dave Wilsonááá	M	*	CHESTER TRI	45:00
431	Tommy Burke	M	*	PENNY LANE STRIDERS	45:02
432	Pete McArdle	M	*	WALLASEY AC	45:02
433	Runner 1488	M	*	HYNDBURN AC	45:09
434	Philip Dean	M	50 *	RED ROSE RUNNERS	45:15
435	Henry Minorczyk	M	60 *	CHORLEY AC	45:16
436	Runner 1715	M	*	PRESTON HARRIERS	45:19
437	Peter Summers	M	*	SKEM/BOUNDARY	45:21
438	Paul Thelwell	M	*	WALLASEY AC	45:25
439	Runner 1473	M	*	HORWICH RMI HARRIERS	45:28
440	Richard Hill	M		MANX HARRIERS	45:36
441	Colin Laidlaw	M	50 *	LYTHAM ST. ANNES RRC	45:41
442	Jonathan Fisher	M	*	LIVERPOOL RC	45:45
443	James Atkinson	M		WIRRAL AC	45:49
444	Paul Percival-Smith	M	50 *	KENDAL AC	45:54
445	Simon Burns	M		MERSEY TRI	45:55
446	Derek McArdle	M	*	WALLASEY AC	45:58
447	Runner 1318	M	*	ASTLEY & TYLDESLEY RR	46:00
448	David Rowe	M		LIVERPOOL HARRIERS	46:03
449	Runner 1951	M	*	ACCRINGTON RR	46:04
450	Runner 1954	M	*	ACCRINGTON RR	46:08
451	Runner 1350	M	*	BLACKBURN HARRIERS	46:12
452	Nielyn Thistlethwaite	M	50 *	CLAYTON LE MOORS HAR	46:15
453	Mark Davies	M	40 *	SOUTHPORT WATERLOO AC	46:16
454	Philip Derbyshire	M		WIGAN & DISTRICT HARRIERS & AC	46:17
455	Stephen James	M	60 *	SOUTHPORT WATERLOO AC	46:20
456	Colin Wood	M	50 *	HORWICH RMI HARRIERS	46:29
457	Marco Sciacca	M	40 *	CHORLEY AC	46:30
458	Runner 1983	M	*	ACCRINGTON RR	46:30
459	Vicky Unsworth	F	*	LIVERPOOL RC	46:34
460	Barry Metcalfe	M	*	WALLASEY AC	46:36
461	Roy Hart	M	60 *	WIGAN PHOENIX	46:39
462	Andy Dalton	M	*	SKEM/BOUNDARY	46:48
463	Jason Nodwell	M	*	SKEM/BOUNDARY	46:57
464	Les Stephenson	M	60 *	KENDAL AC	47:14
465	Duncan Richards	M	50 *	HELM HILL RUNNERS	47:16
466	Nigel Praton	M	*	WIRRAL AC	47:27
467	Rob Cosgrove	M	40 *	SOUTHPORT WATERLOO AC	47:31
468	Runner 1531	M	*	LANCASTER & MORECAMBE AC	47:53
469	Stuart Hartley	M	50 *	CLAYTON LE MOORS HAR	47:59
470	David Preston	M	50 *	WESHAM RR	48:04
471	Christopher Weekes	M	SM *	BURNLEY AC	48:05
472	George Thompson	M	60 *	CLAYTON LE MOORS HAR	48:11
473	John Vis	M	40 *	STOCKPORT WATERLOO	48:14
474	Runner 1426	M	*	CHORLEY HARRIERS	48:23
475	Runner 1480	M	*	HORWICH RMI HARRIERS	48:28
476	Richard Lawson	M	*	CLAYTON LE MOORS HAR	48:34
477	Runner 1479	M	*	HORWICH RMI HARRIERS	48:41
478	Alan Peers	M	*	SPECTRUM STRIDERS	48:45
479	Alex Turnbull	M	35 *	WIGAN PHOENIX	48:46
480	Anil Bose	M	*	SKEM/BOUNDARY	48:53
481	Pete Ashton	M	*	WALLASEY AC	49:12
482	Runner 1527	M	*	LANCASTER & MORECAMBE AC	49:19
483	Paul Hardman	M	*	PRESTON HARRIERS	49:20
484	John Moulds	M		VALE ROYAL AC	49:24
485	Maurice Butler	M	*	PENNY LANE STRIDERS	49:28
486	Barry Chester	M	*	CHORLEY AC	49:45
487	Frank Greene	M	*	LIVERPOOL RC	50:00
488	Runner 1317	M	*	ASTLEY & TYLDESLEY RR	50:09
489	Paul Manning	M	*	LIVERPOOL RC	50:13
490	Robbie Sloan	M	*	MOSSLEY HILL AC	50:20
491	John Sands	M	60 *	WIGAN PHOENIX	50:24
492	Runner 1952	M	*	ACCRINGTON RR	50:56
493	Dave Reynolds	M	*	SKEM/BOUNDARY	51:13
494	Will Amis	M	*	WALLASEY AC	52:28
495	Runner 1427	M	*	CHORLEY HARRIERS	52:55
496	Ken Black	M	*	SPECTRUM STRIDERS	53:06
497	Rolf Westrum	M	*	WALLASEY AC	54:05
498	David Robert	M	65 *	PRESTON HARRIERS	54:10
499	Alan Burns	M	60 *	WIGAN PHOENIX	55:43
500	Sam Wanstall	M	*	GARSTANG RUNNERS	56:31
501	Alan Howard	M	50 *	RED ROSE RUNNERS	56:31
502	Phil McCullagh	M	50 *	CHORLEY AC	58:05
503	Eddie Murray	M	60 *	CHORLEY AC	58:50
504	Peter Rittenberg	M	*	LIVER BUG RC	59:26
505	Toni Hilton	M	60 *	CHORLEY AC	63:32
506	Mike Coppin	M	60 *	CHORLEY AC	70:34