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| **.1KXC SM** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **MW** | **AC** | **Perf** | **Name** | **AG** |  | **Year** | **Coach** | **Club** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  | 32:24 | [Alasdair Russell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=16661) | SEN | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617333) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  | 33:00 | [Matthew Elkington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=259893) | SEN | M |  |  | Kenilworth Runners/Dark Peak/Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617334) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  | 33:31 | [James Douglas](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=9115) | SEN | M |  | [Andrew Henderson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=197270) | Border/Loughborough Students | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617335) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  | 34:26 | [Ross Campbell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=58219) | U23 | M |  |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617336) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  | 35:28 | [Jack Turner](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=342846) | U23 | M |  | [Christopher Frapwell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=24672) | Stroud | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617337) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  | 35:50 | [Beau Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=37943) | SEN | M |  | [Colin Gemson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=198060) | Lancaster & Morecambe/Leeds Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617338) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  | 1 | 35:50 | [Reuben Copley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=783129) | U20 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617339) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  | 2 | 36:03 | [Joshua Michael Liddle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=819246) | U20 | M |  |  | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617340) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  | 1 | 36:18 | [Bob Atkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=12292) | V60 | M |  |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617341) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  | 36:20 | [Christopher Mccarthy](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=168220) | SEN | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617342) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  | 1 | 36:28 | [Mark Tomkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=834209) | V45 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617343) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  | 1 | 36:30 | Mark Chippendale | V50 | M |  |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617344) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 |  |  | 36:31 | [Mark Leadbeatter](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=660755) | V35 | M |  |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617345) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  | 36:33 | [Tom Hartley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=61416) | SEN | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617346) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  | 2 | 36:39 | [David Hamilton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=46606) | V50 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617347) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  | 36:42 | [James McGurk](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=963455) | U23 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617348) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  | 36:45 | [Mike Toft](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=876856) | SEN | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617349) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  | 36:49 | [Harry Lancaster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=818352) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617350) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 |  |  | 36:53 | [Paul Peters](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=900841) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617351) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 |  | 2 | 37:02 | Sean Bollard | V40 | M |  |  | Lancaster & Morecambe Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617352) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 |  |  | 37:18 | [Joe Greenwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=419284) | SEN | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617353) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 |  |  | 37:32 | [Daniel Grant](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=602) | SEN | M |  |  | St. Theresa's | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617354) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  | 37:34 | [Raymond Edgar](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=33191) | SEN | M |  | [Raymond Edgar](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=33191) | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617355) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  | 37:37 | [Lee Foley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=694770) | SEN | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617356) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 |  |  | 37:39 | Eddie Fletcher | SEN | M |  |  | TNC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617357) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 |  |  | 37:42 | [Kieran Rowlands](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=4598) | SEN | M |  |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617358) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 |  | 3 | 37:49 | [Mark Holgate](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=528171) | V45 | M |  |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617359) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 |  |  | 37:56 | [Carl Hanaghan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=559042) | V35 | M |  |  | Helm Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617360) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 |  |  | 38:05 | [Mark Magee](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=921955) | SEN | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617361) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 |  | 4 | 38:06 | [James Dalgleish](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=718384) | V40 | M |  |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617362) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 |  |  | 38:07 | [Fraser Symon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=711902) | U23 | M |  |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617363) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 32 |  |  | 38:19 | [Bobby Hagan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=671897) | SEN | M |  |  | Border | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617364) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 33 |  |  | 38:24 | Matthew Rooke | SEN | M |  |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617365) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 34 |  | 5 | 38:30 | Richard Wells | V40 | M |  |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617366) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 35 |  | 6 | 38:32 | [Lee Winter](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=918944) | V45 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617367) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 36 |  |  | 38:35 | [Will Sisson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=710471) | SEN | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617368) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 37 |  |  | 38:39 | [Daniel Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=178648) | SEN | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617369) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 38 |  | 3 | 38:42 | Spencer Bird | U20 | M |  |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617370) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 39 |  |  | 38:43 | [Matthew Duckworth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=744592) | SEN | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617371) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 40 |  | 7 | 38:45 | [Joe Todd](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=925674) | V40 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617372) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 41 |  | 4 | 38:55 | [Jake Cooper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=371214) | U20 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617373) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 42 |  | 8 | 39:01 | [Matthew Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=114538) | V45 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617374) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 43 |  |  | 39:04 | [James Ellis](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=879513) | V35 | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617375) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 44 |  | 9 | 39:04 | [Richard Walker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=85463) | V40 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617376) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 45 |  |  | 39:08 | [Ryan Bradshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=98676) | SEN | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617377) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 46 |  |  | 39:10 | [Alex Simpson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=847379) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617378) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 47 |  |  | 39:11 | [Lee Moore](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=716195) | SEN | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617379) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 48 |  |  | 39:21 | [Steven Berry](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=605920) | V35 | M |  |  | Border | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617380) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 49 |  | 3 | 39:22 | [David Edmondson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=112697) | V50 | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617381) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 50 |  | 10 | 39:24 | [Richard Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=743480) | V40 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617382) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 51 |  |  | 39:25 | [Alex Venables](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=845537) | V35 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617383) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 52 |  |  | 39:26 | [John Evason](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=751312) | V35 | M |  |  | Black Combe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617384) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 53 |  | 4 | 39:27 | [Peter Roome](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=73076) | V50 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617385) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 54 |  | 5 | 39:29 | [Thomas Corlett](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=728117) | U20 | M |  |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617386) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 55 |  | 6 | 39:30 | [Chris Olive](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=923158) | U20 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617387) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 56 |  |  | 39:32 | [James Tingle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=712359) | SEN | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617388) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 57 |  | 5 | 39:33 | [John Sprackland](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=41684) | V55 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617389) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 58 |  | 6 | 39:40 | [Patrick Miller](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=3977) | V50 | M |  |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617390) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 59 |  | 7 | 39:45 | [John Wright](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=46281) | V50 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617391) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60 |  | 11 | 39:50 | [Andy Whaley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=770842) | V40 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617392) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 61 |  |  | 39:55 | [Gareth Simpson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=908695) | V35 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617393) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 62 |  |  | 40:04 | [Mark Gardner](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=10702) | V35 | M |  | [Andy Bibby](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=48032) | Lancaster & Morecambe/Northern Masters | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617394) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 63 |  |  | 40:06 | [Neil Tate](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=652292) | V35 | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617395) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 64 |  |  | 40:16 | [Simon Robinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=768522) | SEN | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617396) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 65 |  |  | 40:21 | [Andrew Harling](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=916290) | V35 | M |  |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617397) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 66 |  |  | 40:23 | [Danny Bouffler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=599448) | SEN | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617398) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 67 |  |  | 40:32 | D SeddonRoberts | SEN | M |  |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617399) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 68 |  |  | 40:37 | [Martin Greenwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=730948) | SEN | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617400) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 69 |  | 12 | 40:40 | [Craig Burrow](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=290224) | V45 | M |  |  | Helm Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617401) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70 |  | 13 | 40:41 | Andrew Holt | V40 | M |  |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617402) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 71 |  |  | 40:46 | [Thomas Howarth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=113858) | SEN | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617403) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 72 |  | 14 | 40:57 | Dan Malcolm | V40 | M |  |  | Helm Hill Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617404) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 73 |  | 15 | 41:00 | [Stuart Towns](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=712458) | V40 | M |  |  | Wigan & District | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617405) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 74 |  | 8 | 41:03 | [Stephen Woodruffe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=186528) | V55 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617406) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 75 |  |  | 41:04 | [James Dunderdale](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=807291) | V35 | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617407) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 76 |  | 16 | 41:05 | [David McNally](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=821679) | V40 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617408) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 77 |  | 17 | 41:13 | [Andrew Jackson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=313091) | V45 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617409) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 78 |  | 18 | 41:15 | [Andrew Unsworth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=761066) | V45 | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617410) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 79 |  |  | 41:21 | Christopher Durkin | SEN | M |  |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617411) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80 |  | 19 | 41:23 | [Chris Simpson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=901522) | V40 | M |  |  | Wigan & District | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617412) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 81 |  |  | 41:25 | John Bell | SEN | M |  |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617413) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 82 |  | 2 | 41:27 | [Mike Egner](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=299938) | V60 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617414) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 83 |  | 20 | 41:30 | [Kevin Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=551676) | V45 | M |  |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617415) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 84 |  |  | 41:36 | James Bailey | SEN | M |  |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617416) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 85 |  |  | 41:40 | [Barry Wheeler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=373067) | SEN | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617417) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 86 |  | 7 | 41:44 | Patrick Smalley | U20 | M |  |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617418) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 87 |  | 21 | 41:48 | [Mike Harris](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=526217) | V45 | M |  |  | Wigan & District | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617419) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 88 |  |  | 41:50 | [Lee Turner](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=909076) | SEN | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617420) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 89 |  |  | 41:52 | [Paul Veevers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=119784) | V35 | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617421) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90 |  |  | 42:00 | Thomas Jones | SEN | M |  |  | Lancaster & Morecambe Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617422) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 91 |  |  | 42:06 | [Mark Belfield](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=285797) | V35 | M |  |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617423) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 92 |  | 22 | 42:07 | [Michael Doherty](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=700472) | V45 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617424) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 93 |  |  | 42:13 | [Ross McKelvie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=686039) | SEN | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617425) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 94 |  |  | 42:16 | [Simon Gora](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=171951) | V35 | M |  |  | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617426) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 95 |  | 9 | 42:18 | [Richard Talbot](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=833120) | V50 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617427) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 96 |  | 23 | 42:19 | [Kevin Harrison](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=812897) | V40 | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617428) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 97 |  | 10 | 42:26 | [Paul Sparrow](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=831785) | V50 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617429) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 98 |  |  | 42:28 | David Barras | SEN | M |  |  | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617430) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 99 |  | 24 | 42:33 | [Keith Lunt](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=319629) | V45 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617431) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100 |  | 25 | 42:35 | [Martin Smyth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=941860) | V40 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617432) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 101 |  | 11 | 42:39 | [Duncan Copley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=384968) | V50 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617433) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 102 |  | 12 | 42:41 | [Sean Dixon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=54400) | V50 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617434) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 103 |  | 13 | 42:45 | [Dave Parker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=48685) | V50 | M |  | [Dave Parker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=48685) | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617435) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 104 |  |  | 42:48 | [Thomas Crabtree](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=931611) | SEN | M |  |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617436) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 105 |  | 14 | 42:49 | [Jeffrey Chadwick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=17307) | V50 | M |  | [Jeffrey Chadwick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=17307) | Hoad Hill/Helm Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617437) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 106 |  | 26 | 42:59 | [Michael Dobson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=609489) | V45 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617438) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 107 |  |  | 43:00 | [Tom Southward](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=338019) | V35 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617439) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 108 |  | 8 | 43:01 | [Luke Turner](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=622051) | U20 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617440) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 109 |  | 15 | 43:07 | [David Banks](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=284438) | V50 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617441) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 110 |  | 16 | 43:08 | [Neil Grace](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=702276) | V50 | M |  |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617442) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 111 |  |  | 43:10 | [Jak Newby](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=871499) | SEN | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617443) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 112 |  | 27 | 43:10 | [David Harker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=494041) | V40 | M |  |  | Walney | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617444) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 113 |  | 17 | 43:10 | [Frank Nightingale](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=541126) | V50 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617445) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 114 |  |  | 43:14 | [Matthew Green](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=438007) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617446) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 115 |  | 18 | 43:18 | [Ian Sadler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=334156) | V50 | M |  |  | Walney | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617447) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 116 |  | 19 | 43:22 | [Neil McDonald](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=53101) | V50 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617448) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 117 |  |  | 43:27 | [Alistair Diplock](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=906561) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617449) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 118 |  |  | 43:31 | [Benjamin Peace](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=923433) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617450) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 119 |  |  | 43:33 | Unknown Athlete | SEN | M |  |  | ??? | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617451) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 120 |  | 28 | 43:35 | Matty Chamberlain | V40 | M |  |  | Wesham Road Runners & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617452) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 121 |  | 20 | 43:44 | [John Rainford](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=331980) | V55 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617453) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 122 |  |  | 43:46 | Joseph Tyldesley | SEN | M |  |  | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617454) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 123 |  | 21 | 43:50 | [Graham Hodgson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=310526) | V55 | M |  |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617455) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 124 |  |  | 44:08 | [Lee Walmsley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=845633) | V45 | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617456) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 125 |  |  | 44:19 | [Christopher Laird](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=899698) | SEN | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617457) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 126 |  |  | 44:22 | [Lee Quibell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775987) | V35 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617458) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 127 |  |  | 44:25 | [Cian Nutt](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=677677) | V35 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617459) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 128 |  | 29 | 44:32 | Manolo Menroza | V40 | M |  |  | Red Rose Road Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617460) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 129 |  | 3 | 44:33 | [John Roche](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11784) | V60 | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617461) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 130 |  | 4 | 44:37 | [Kevin Hesketh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=9802) | V60 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617462) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 131 |  | 30 | 44:38 | [Simon Stanway](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=109193) | V45 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617463) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 132 |  |  | 44:41 | [Hamish Child](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=864143) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617464) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 133 |  |  | 44:44 | [Stephen Hartley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=720265) | V35 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617465) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 134 |  | 31 | 44:47 | Paul Dixon | V40 | M |  |  | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617466) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 135 |  | 22 | 44:50 | [William Johnstone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=314286) | V55 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617467) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 136 |  | 32 | 44:54 | [Phil Everett](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=808405) | V40 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617468) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 137 |  | 23 | 44:57 | [Roy Gibson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=304318) | V55 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617469) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 138 |  | 33 | 45:00 | Christopher Anderson | V40 | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617470) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 139 |  | 34 | 45:03 | [Andrew Jennings](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=899389) | V40 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617471) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 140 |  | 24 | 45:06 | [Stuart Cann](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=291013) | V50 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617472) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 141 |  | 25 | 45:10 | [Stuart Mcgurk](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=773866) | V55 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617473) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 142 |  |  | 45:13 | James Thomas | SEN | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617474) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 143 |  | 35 | 45:17 | [Kevin Fox](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=809557) | V40 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617475) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 144 |  | 26 | 45:21 | [Graham Dacre](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=498988) | V50 | M |  |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617476) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 145 |  |  | 45:22 | [Chris Rawcliffe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=847269) | V35 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617477) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 146 |  | 9 | 45:24 | [Matthew Whalley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=788715) | U20 | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617478) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 147 |  | 27 | 45:26 | [Kevin Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=337388) | V50 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617479) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 148 |  | 5 | 45:28 | [Robert Johnson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=79216) | V60 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617480) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 149 |  | 28 | 45:30 | Dave Bamford | V50 | M |  |  | Wigan Phoenix | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617481) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 150 |  | 36 | 45:32 | Russ Maguire | V40 | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617482) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 151 |  |  | 45:34 | Chris Punton | SEN | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617483) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 152 |  |  | 45:36 | [Nathan Harris](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=916330) | SEN | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617484) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 153 |  | 37 | 45:38 | [Ronald Haddow](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=916091) | V45 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617485) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 154 |  |  | 45:40 | [John Naylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=707470) | V35 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617486) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 155 |  | 38 | 45:43 | [Craig Nicholls](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=823876) | V40 | M |  |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617487) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 156 |  | 10 | 45:48 | [Long Wang Ip](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=907092) | U20 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617488) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 157 |  | 39 | 45:53 | [Stephen Roberts](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=679569) | V45 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617489) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 158 |  | 29 | 45:58 | Ray Jones | V50 | M |  |  | Barrow & Furness Striders | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617490) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 159 |  | 6 | 46:03 | [Nick Hume](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=12061) | V60 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617491) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 160 |  | 40 | 46:08 | [Paul Mann](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=820376) | V40 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617492) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 161 |  | 41 | 46:11 | [Gary Corcoran](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=778323) | V45 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617493) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 162 |  |  | 46:14 | [David Thomas](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=458167) | SEN | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617494) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 163 |  | 7 | 46:19 | [Fred Lynch](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11099) | V60 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617495) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 164 |  | 42 | 46:25 | [Keith Conway](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=864543) | V45 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617496) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 165 |  |  | 46:31 | Simon Austin | SEN | M |  |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617497) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 166 |  |  | 46:38 | [Paul Corkill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=864660) | V35 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617498) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 167 |  | 43 | 46:44 | [Steven Moon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=822563) | V40 | M |  | [Damian Clapham](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=668004) | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617499) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 168 |  |  | 46:51 | Dean Atherton | SEN | M |  |  | Astley & Tyldesley RR | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617500) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 169 |  | 44 | 46:53 | Michael Cooper | V40 | M |  |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617501) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 170 |  | 45 | 46:56 | Andy Quinn | V40 | M |  |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617502) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 171 |  |  | 47:01 | [Alec Fowler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=809515) | U23 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617503) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 172 |  | 30 | 47:01 | [John McDonald](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=322077) | V55 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617504) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 173 |  | 8 | 47:07 | [John Collier](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=13021) | V60 | M |  |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617505) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 174 |  |  | 47:13 | [Joseph Chedgzoy](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=753621) | SEN | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617506) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 176 |  | 9 | 47:19 | [Graham Pinder](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=18988) | V60 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617508) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 177 |  | 31 | 47:37 | [David Milton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=716387) | V50 | M |  |  | Holmfirth | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617509) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 178 |  | 10 | 47:40 | Pat Thomas | V60 | M |  |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617510) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 179 |  | 11 | 47:45 | [Terry Hellings](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=10662) | V60 | M |  | [Terry Hellings](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=10662) | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617511) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 180 |  | 32 | 47:46 | [Kevin Edwards](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=43858) | V50 | M |  |  | Astley & Tyldesley/Wigan & District | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617512) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 181 |  | 46 | 47:57 | Jeremy Bradshaw | V40 | M |  |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617513) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 182 |  | 33 | 48:07 | [Philip Butler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=366728) | V55 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617514) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 183 |  |  | 48:11 | [David McGuigan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=676458) | V35 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617515) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 184 |  | 34 | 48:17 | [Steven Batty](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=503576) | V55 | M |  |  | Walney/Unattached | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617516) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 185 |  |  | 48:22 | Benjamin Park | SEN | M |  |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617517) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 186 |  | 11 | 48:25 | [Peter Viney](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=925960) | U20 | M |  |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617518) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 187 |  | 35 | 48:25 | [Glen Travers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=712485) | V50 | M |  |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617519) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 188 |  |  | 48:36 | [Ben Gill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=906932) | SEN | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617520) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 189 |  | 36 | 48:41 | [Alan Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=459302) | V50 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617521) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 190 |  | 37 | 49:03 | James Hickie | V50 | M |  |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617522) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 191 |  | 38 | 49:16 | [Clive James](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=313347) | V55 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617523) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 192 |  | 47 | 49:23 | Neil Johnston | V40 | M |  |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617524) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 193 |  | 39 | 49:32 | Martin Brady | V50 | M |  |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617525) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 194 |  | 12 | 49:34 | [John Bertenshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11752) | V60 | M |  | [John Bertenshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11752) | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617526) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 195 |  | 40 | 49:43 | [Andrew Tranter](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=342414) | V50 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617527) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 196 |  |  | 49:49 | [Nick Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=922768) | SEN | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617528) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 197 |  | 13 | 50:09 | [Ian Jones](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=491286) | V60 | M |  |  | Walney | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617529) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 198 |  | 48 | 50:09 | [Mark Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=899209) | V40 | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617530) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 199 |  | 41 | 50:21 | Philip Low | V50 | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617531) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 200 |  | 14 | 50:35 | [Raymond Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=712046) | V65 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617532) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 201 |  | 42 | 50:40 | [Alex Cadogan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=962102) | V55 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617533) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 202 |  | 15 | 50:52 | [David Marsland](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=454242) | V60 | M |  |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617534) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 203 |  | 49 | 51:04 | [Peter Bradburn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=930827) | V45 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617535) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 204 |  | 50 | 51:14 | [Daniel Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=924915) | V40 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617536) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 205 |  | 43 | 51:17 | [Michael Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=289347) | V55 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617537) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 206 |  |  | 51:21 | [Adam Howard](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=537101) | V35 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617538) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 207 |  | 51 | 51:34 | [Neil Silcock](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=398571) | V45 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617539) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 208 |  | 44 | 51:41 | Steve Livesey | V50 | M |  |  | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617540) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 209 |  | 45 | 51:46 | Alan Archer | V50 | M |  |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617541) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 210 |  | 16 | 51:50 | [Adrian Newnham](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=326202) | V65 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617542) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 211 |  | 46 | 51:54 | [Philip Horrocks](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=452484) | V50 | M |  |  | Walney | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617543) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 212 |  | 47 | 52:05 | [Tim Winder](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=837653) | V55 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617544) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 213 |  |  | 52:06 | Simon Worbey | SEN | M |  |  | Red Rose Road Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617545) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 214 |  | 48 | 52:47 | [Mark Walker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=77042) | V55 | M |  |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617546) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 215 |  | 17 | 53:02 | [Michael McLoughlin](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=114283) | V65 | M |  |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617547) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 216 |  | 52 | 53:09 | Paul Botham | V40 | M |  |  | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617548) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 217 |  | 18 | 53:11 | [Anthony Pritchard](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=826964) | V65 | M |  |  | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617549) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 218 |  | 49 | 53:33 | [Ian David Hothersall](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=814803) | V55 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617550) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 219 |  | 19 | 53:55 | [Graham Hobson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=452305) | V60 | M |  |  | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617551) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 220 |  | 50 | 54:00 | [Simon Scarr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=680208) | V55 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617552) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 221 |  | 20 | 54:22 | [Philip Leaver](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=317767) | V65 | M |  |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617553) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 222 |  | 51 | 54:24 | [Bill Hardman](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=451811) | V55 | M |  |  | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617554) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 223 |  | 53 | 54:25 | [James Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=869080) | V45 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617555) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 224 |  |  | 54:41 | [Ben Wrigley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=683451) | V35 | M |  |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617556) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 225 |  |  | 54:49 | Mathew Lynn | SEN | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617557) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 226 |  | 21 | 54:59 | [Paul Moss](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=739927) | V60 | M |  |  | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617558) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 227 |  | 12 | 55:01 | Charlie O’Hare | U20 | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617559) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 228 |  | 1 | 55:35 | David Scott | V70 | M |  |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617560) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 229 |  | 52 | 55:57 | [John Wiseman](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=442289) | V50 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617561) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 230 |  | 54 | 56:16 | [Kevin Carberry](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=931164) | V45 | M |  |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617562) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 231 |  | 55 | 56:30 | [David Marr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=683927) | V40 | M |  |  | Walney | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617563) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 232 |  |  | 57:09 | [Richard Chippendale](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=864161) | SEN | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617564) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 233 |  | 53 | 57:18 | [Graham Denney](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=369884) | V50 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617565) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 234 |  | 22 | 57:47 | [Simon Barton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=114290) | V60 | M |  |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617566) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 235 |  | 56 | 58:25 | [Bryn Jones](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=907196) | V40 | M |  |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617567) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 236 |  | 54 | 58:53 | [David Greenwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=716547) | V55 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617568) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 237 |  | 2 | 58:58 | Dave Howie | V70 | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617569) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 238 |  | 55 | 59:21 | [Mark Williamson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=926746) | V50 | M |  |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617570) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 239 |  |  | 59:56 | Martin Clarkson | SEN | M |  |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617571) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 240 |  | 57 | 59:58 | [Jason Sheridan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=918690) | V45 | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617572) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 241 |  | 23 | 60:18 | [Nigel Simpkin](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=110642) | V60 | M |  |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617573) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 242 |  | 58 | 60:41 | [Lee Coupland](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=587409) | V40 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617574) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 243 |  | 59 | 61:12 | Jon Press | V40 | M |  |  | Cheshire Hash House Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617575) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 244 |  | 60 | 61:20 | [Ian Pike](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=826259) | V45 | M |  |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617576) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 245 |  | 3 | 61:48 | [Alan Wilkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=346734) | V70 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617577) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 246 |  | 56 | 61:56 | Russell Jones | V50 | M |  |  | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617578) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 247 |  | 57 | 63:07 | John Street | V50 | M |  |  | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617579) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 248 |  | 61 | 63:45 | [Rick Pinches](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=446169) | V45 | M |  |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617580) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 249 |  | 62 | 64:11 | Karl Fursey | V40 | M |  |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617581) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 250 |  | 24 | 69:52 | Lawrence Tayler | V60 | M |  |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617582) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **4.4KXC U17** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **MW** | **AC** | **Perf** | **Name** | **AG** |  | **Year** | **Coach** | **Club** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  | 14:35 | Fraser Sproul | U15 | M |  |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617954) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| 2 |  |  | 14:44 | [Rhys Ashton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=529513) | U15 | | M | | -1 | | [Colin Gemson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=198060) | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617955) |
| 3 |  |  | 15:15 | Daniel Sanderson | U15 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617956) |
| 4 |  |  | 15:22 | [Jack Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=420631) | U15 | | M | | -1 | | [Katie Hewison](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=12953) | Chorley ATC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617957) |
| 5 |  |  | 15:57 | [Jake Dickinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=722869) | U15 | | M | | -1 | |  | Liverpool Pembroke Sefton/Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617958) |
| 6 |  |  | 16:01 | [Tobias Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=773880) | U15 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617959) |
| 7 |  |  | 16:09 | James Bowen | U15 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617960) |
| 8 |  |  | 16:19 | Henry Hunter | U15 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617961) |
| 9 |  |  | 16:27 | John Egner | U15 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617962) |
| 10 |  |  | 16:31 | [Michael Henderson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=779526) | U15 | | M | | -2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617963) |
| 11 |  |  | 16:38 | [Connor Fletcher](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=793367) | U15 | | M | | -2 | | [Trevor Painter](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=26331) | Wigan & District | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617964) |
| 12 |  |  | 16:46 | [Luke Rawcliffe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=847270) | U15 | | M | | -2 | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617965) |
| 13 |  |  | 16:47 | [Jakob Nelson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=823675) | U15 | | M | | -1 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617966) |
| 14 |  |  | 16:59 | [Nathan Ormandy](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=849429) | U15 | | M | | -1 | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617967) |
| 15 |  |  | 17:13 | [Se Loughlin](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928956) | U15 | | M | | -1 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617968) |
| 16 |  |  | 17:17 | Ben Greenep | U15 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617969) |
| 17 |  |  | 17:21 | Pomfret Kyle Taylor | U15 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617970) |
| 18 |  |  | 17:23 | [Charlie Haigh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=867810) | U15 | | M | | -2 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617971) |
| 19 |  |  | 17:24 | [Max Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=908902) | U15 | | M | | -1 | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617972) |
| 20 |  |  | 17:25 | [Oliver Saxon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=457003) | U15 | | M | | -1 | |  | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617973) |
| 21 | 1 |  | 17:31 | [Amy-Nicola Georgina Davies](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=557315) | U17 | | W | | 1 | | [Richard Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=68795) | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617974) |
| 22 |  |  | 17:34 | [Charlie Deakin](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=897911) | U15 | | M | | -1 | |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617975) |
| 23 |  |  | 17:40 | [Gideon Lucas](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=907539) | U15 | | M | | -2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617976) |
| 24 |  |  | 17:40 | [Thomas McGrattan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=900145) | U15 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617977) |
| 25 |  |  | 17:46 | [Hayden Mercer](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=861464) | U15 | | M | | -2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617978) |
| 26 |  |  | 17:47 | [Louis Eunson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=647784) | U15 | | M | | -2 | |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617979) |
| 27 |  |  | 17:48 | [Finley Corkill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=632994) | U15 | | M | | -2 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617980) |
| 28 |  |  | 17:54 | [Jack Collett](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=727848) | U15 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617981) |
| 29 |  |  | 17:55 | [Alex Blessington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=783196) | U15 | | M | | -1 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617982) |
| 30 | 2 |  | 18:19 | Pheobe Hayashi | U17 | | W | |  | |  | Lancaster & Morecambe Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617983) |
| 31 | 3 |  | 18:36 | [Briony Holt](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=510746) | U17 | | W | | 2 | |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617984) |
| 32 |  |  | 18:39 | [Billy Reid](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=827773) | U15 | | M | | -2 | | [Steven Macuras](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=642540) | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617985) |
| 33 |  |  | 18:49 | [Danny Woodcock](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=942400) | U15 | | M | | -2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617986) |
| 34 |  |  | 18:55 | [Declan O'Connor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775276) | U15 | | M | | -1 | |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617987) |
| 35 |  |  | 18:59 | James Corrigan | U15 | | M | |  | |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617988) |
| 36 | 4 |  | 19:07 | [Ruby Frankland](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=809626) | U17 | | W | | 2 | |  | Sedbergh | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617989) |
| 37 | 5 |  | 19:12 | [Jessica Dean](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=644707) | U17 | | W | | 2 | |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617990) |
| 38 |  |  | 19:17 | [Keane Adamson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=882127) | U15 | | M | | -1 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617991) |
| 39 | 6 |  | 19:24 | [Sasha Oldham](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=740816) | U17 | | W | | 1 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617992) |
| 40 |  |  | 19:29 | [Cameron Oliver](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=923159) | U15 | | M | | -2 | |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617993) |
| 41 |  |  | 19:52 | [Freddie Calvert](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=802161) | U15 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617994) |
| 42 |  |  | 19:58 | [Thomas Brooks](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=944039) | U15 | | M | | -2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617995) |
| 43 |  |  | 20:03 | [Vladimir Wiggins](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=786097) | U15 | | M | | -2 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617996) |
| 44 | 7 |  | 20:17 | [Phoebe Lucas](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=907541) | U17 | | W | | 1 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617997) |
| 45 |  |  | 20:29 | [Jack Hitchmough](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=814166) | U15 | | M | | -2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617998) |
| 46 |  |  | 20:33 | [Sebastian Burton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=801151) | U15 | | M | | -2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617999) |
| 47 |  |  | 20:40 | Alex Allwood | U15 | | M | |  | |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47618000) |
| 48 |  |  | 20:51 | [Nathan Ritchie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=742515) | U15 | | M | | -1 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47618001) |
| 49 | 8 |  | 21:11 | [Hollie Winstanley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=623400) | U17 | | W | | 1 | | [Tony Croft](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=33072) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47618002) |
| 50 | 9 |  | 21:18 | [Freya Walsh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=567415) | U17 | | W | | 1 | |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47618003) |
| 51 |  |  | 22:36 | [Daniel Rathbone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=759308) | U15 | | M | | -2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47618004) |
| 52 |  |  | 23:23 | Michael Roberti | U15 | | M | |  | |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47618005) |
| 53 | 10 |  | 27:27 | [Bethany Swift](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=712951) | U17 | | W | | 1 | | [Dave Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=35083) | Liverpool Pembroke Sefton/Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47618006) |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **2.8KXC U15** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **MW** | **AC** | **Perf** | **Name** | **AG** | |  | | **Year** | | **Coach** | **Club** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  | 10:09 | [Isaac David Butler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=667403) | U13 | | M | | -1 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617896) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1 |  | 10:12 | [Olesia Winder](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=717187) | U15 | | W | | 1 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617897) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 2 |  | 10:14 | [Olivia Logan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=635635) | U15 | | W | | 2 | | [Katie Hewison](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=12953) | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617898) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  | 10:23 | [George Denye](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=700294) | U13 | | M | | -1 | | [Steven Macuras](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=642540) | Preston/Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617899) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  | 10:31 | [Alfie Lamb](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=861349) | U13 | | M | | -2 | |  | Seaton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617900) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  | 10:34 | [Montgomery Barr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928767) | U13 | | M | | -2 | |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617901) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  | 10:42 | [Rafael Eaton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858624) | U13 | | M | | -1 | | [Neil Salanki](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=769927) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617902) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  | 10:45 | [Sammy Pickerill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=793497) | U13 | | M | | -2 | |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617903) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  | 10:46 | [James Brassington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=949148) | U13 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617904) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  | 10:46 | Louis Bigland | U13 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617905) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  | 10:57 | [Edward James Sargent](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=829562) | U13 | | M | | -1 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617906) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  | 11:00 | [Harry Ewbank](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=808427) | U13 | | M | | -1 | |  | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617907) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | 3 |  | 11:05 | [Eleesha Charnley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=556612) | U15 | | W | | 2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617908) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  | 11:06 | [James Read](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=827561) | U13 | | M | | -1 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617909) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  | 11:10 | [Greg Barnard-Mackenzie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862283) | U13 | | M | | -1 | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617910) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  | 11:15 | [Jonathan Brindle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=944028) | U13 | | M | | -2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617911) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  | 11:19 | [Isaac Dickinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=852256) | U13 | | M | | -2 | | [Karyn Hannaway](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=849999) | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617912) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  | 11:20 | James Gardner | U13 | | M | |  | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617913) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 | 4 |  | 11:24 | [Laura Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) | U15 | | W | | 1 | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617914) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 |  |  | 11:26 | [William Moorhouse](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929908) | U13 | | M | | -2 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617915) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 |  |  | 11:34 | [Daniel Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=930032) | U13 | | M | | -2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617916) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 |  |  | 11:36 | Rio Egner | U13 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617917) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  | 11:37 | [Codie Dewhurst](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=792098) | U13 | | M | | -1 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617918) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  | 11:40 | [Fabian Schiller](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=759820) | U13 | | M | | -1 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617919) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 |  |  | 11:44 | [Ethan Tinsley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=902007) | U13 | | M | | -2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617920) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 |  |  | 11:46 | [Francis Ball](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=913605) | U13 | | M | | -1 | |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617921) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 |  |  | 11:49 | [Evan Williams](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=892087) | U13 | | M | | -2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617922) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 | 5 |  | 11:49 | [Leah Hoole](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=673127) | U15 | | W | | 1 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617923) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 |  |  | 11:52 | [Saul Sharp](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=733703) | U13 | | M | | -1 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617924) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 |  |  | 11:53 | [Conrad Lucas](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=921867) | U13 | | M | | -1 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617925) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 | 6 |  | 11:54 | [Lucy Tickle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=567064) | U15 | | W | | 2 | | [Stan Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=40332) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617926) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 32 | 7 |  | 11:56 | [Alice Hunt](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=673502) | U15 | | W | | 2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617927) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 33 | 8 |  | 11:56 | [Melissa Mcintosh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=723817) | U15 | | W | | 1 | |  | Border | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617928) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 34 | 9 |  | 12:01 | Grace Gale | U15 | | W | |  | |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617929) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 35 | 10 |  | 12:05 | [Faye Hannaway](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=731324) | U15 | | W | | 2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617930) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 36 | 11 |  | 12:09 | [Kirsty Maher](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=692605) | U15 | | W | | 1 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617931) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 37 |  |  | 12:12 | [Sam Smalley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=943212) | U13 | | M | | -2 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617932) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 38 | 12 |  | 12:15 | [Bethany Whipp](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=695160) | U15 | | W | | 1 | | [Stan Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=40332) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617933) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 39 | 13 |  | 12:22 | [Emily Williamson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=743317) | U15 | | W | | 1 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617934) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 40 |  |  | 12:25 | [Umair Rafiq](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=923892) | U13 | | M | | -1 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617935) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 41 | 14 |  | 12:27 | [Faye Ann Fishwick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=866560) | U15 | | W | | 2 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617936) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 42 |  |  | 12:34 | [Bertie Ellison](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=807982) | U13 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617937) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 43 | 15 |  | 12:39 | [Emily Knell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=870264) | U15 | | W | | 1 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617938) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 44 |  |  | 12:40 | Guy Whalley | U13 | | M | |  | |  | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617939) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 45 |  |  | 12:40 | [Archie Honeysett](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=814609) | U13 | | M | | -1 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617940) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 46 |  |  | 12:46 | [Zach Earnshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=807508) | U13 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617941) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 47 |  |  | 12:53 | [Oliver Thomson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=942059) | U13 | | M | | -2 | |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617942) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 48 |  |  | 12:54 | [Charlie Rotherham](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=874681) | U13 | | M | | -2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617943) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 49 | 16 |  | 13:01 | [Freyah Nelson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=843676) | U15 | | W | | 1 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617944) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 50 | 17 |  | 13:17 | [Rebecca Ramsden](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=827350) | U15 | | W | | 2 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617945) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 51 | 18 |  | 13:26 | [Niamh McNally](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=738507) | U15 | | W | | 2 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617946) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 52 |  |  | 13:28 | [Ronan Maher](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=820211) | U13 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617947) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 53 | 19 |  | 13:40 | [Amelie Earnshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=807505) | U15 | | W | | 1 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617948) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 54 | 20 |  | 13:48 | [Cara Tamburro](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=876382) | U15 | | W | | 1 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617949) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 55 |  |  | 14:06 | [Benjamin Giles](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=810525) | U13 | | M | | -2 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617950) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 56 | 21 |  | 14:27 | [Grace Selby](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=651697) | U15 | | W | | 2 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617951) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 57 | 22 |  | 14:47 | [Millie Ireland](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=732866) | U15 | | W | | 1 | |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617952) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 58 |  |  | 16:28 | [Oscar Yearnshire](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=892829) | U13 | | M | | -2 | |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617953) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **2.2KXC U11M** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **MW** | **AC** | **Perf** | **Name** | **AG** | |  | | **Year** | | **Coach** | **Club** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  | 8:09 | [Will McNally](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=821684) | U13 | | M | | 12 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617767) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  | 8:15 | [Matthew Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=831368) | U11 | | M | | 11 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617768) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  | 8:18 | [William Wareing](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=835734) | U11 | | M | | 11 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617769) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  | 8:19 | Alfie Addison | U11 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617770) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  | 8:34 | Samuel Aspey | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617771) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  | 8:39 | Noah Wadsworth | U11 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617772) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  | 8:44 | [Alfie Hall](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=903935) | U13 | | M | |  | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617773) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  | 8:46 | [Ben Brassington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=956080) | U11 | | M | | 10 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617774) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  | 8:48 | [Ethan Chadwick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858349) | U11 | | M | | 11 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617775) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  | 8:50 | [Hayden Ridgley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=795022) | U13 | | M | |  | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617776) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  | 8:51 | [Ethan Harvey](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=916378) | U11 | | M | | 10 | |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617777) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  | 8:52 | [Oliver Gill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=810577) | U13 | | M | | 12 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617778) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 |  |  | 9:00 | [Blake Fleming](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=866593) | U11 | | M | | 10 | |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617779) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  | 9:03 | Otis Leah | U11 | | M | |  | |  | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617780) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  | 9:04 | Charlie Haworth | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617781) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  | 9:04 | William Grundy | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617782) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  | 9:08 | Leo Ranner | U11 | | M | |  | |  | Kendal Amateur Athletic Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617783) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  | 9:10 | [Findlay Carroll](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=802474) | U11 | | M | | 11 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617784) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 |  |  | 9:10 | Lewis Bentley | U11 | | M | |  | |  | Lytham St Annes Rr Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617785) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 |  |  | 9:12 | [Matthew Harwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=950444) | U11 | | M | | 11 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617786) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 |  |  | 9:20 | Asger Anderson | U11 | | M | |  | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617787) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 |  |  | 9:25 | Oliver Ball | U11 | | M | |  | |  | Lancaster & Morecambe Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617788) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  | 9:30 | Eddie Chandler | U11 | | M | |  | |  | Preston Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617789) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  | 9:34 | [Eric Wrigley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=838292) | U11 | | M | | 11 | |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617790) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 |  |  | 9:38 | Archie Belfield | U11 | | M | |  | |  | Lytham St Annes Rr Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617791) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 |  |  | 9:40 | David Hall | U11 | | M | |  | |  | Preston Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617792) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 |  |  | 9:42 | Ivan Winder | U11 | | M | |  | |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617793) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 |  |  | 9:44 | Liam Bennison | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617794) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 |  |  | 9:45 | [Oliver Adewale](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858342) | U11 | | M | | 11 | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617795) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 |  |  | 9:45 | Russell Hall | U11 | | M | |  | |  | Preston Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617796) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 |  |  | 9:46 | [Loucas Lancashire](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=965310) | U11 | | M | | 10 | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617797) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 32 |  |  | 9:46 | Alfi Todd | U11 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617798) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 33 |  |  | 9:47 | [Finlay Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=940542) | U11 | | M | | 11 | |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617799) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 34 |  |  | 9:48 | Ellis Kenny | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617800) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 35 |  |  | 10:00 | [Lucas Houghton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=856323) | U11 | | M | | 10 | |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617801) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 36 |  |  | 10:06 | [John Williamson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=926743) | U11 | | M | | 11 | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617802) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 37 |  |  | 10:14 | Evan Beach | U11 | | M | |  | |  | Barrow & Furness Striders | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617803) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 38 |  |  | 10:15 | [Harry Ball](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=955940) | U11 | | M | | 9 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617804) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 39 |  |  | 10:15 | [Lewis Tinsley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=925658) | U11 | | M | | 10 | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617805) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 40 |  |  | 10:16 | Billy Kershaw | U11 | | M | |  | |  | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617806) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 41 |  |  | 10:17 | Lucas Cooke | U11 | | M | |  | |  | Preston Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617807) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 42 |  |  | 10:21 | Alexander Brien | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617808) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 43 |  |  | 10:29 | Alfie Baines | U11 | | M | |  | |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617809) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 44 |  |  | 10:33 | Daniel Burquest | U11 | | M | |  | |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617810) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 45 |  |  | 10:36 | [Nathan Giles](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=810536) | U11 | | M | | 11 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617811) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 46 |  |  | 11:10 | Samuel Adewale | U11 | | M | |  | |  | Preston Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617812) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 47 |  |  | 11:13 | Evan Potter | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617813) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 48 |  |  | 11:19 | [Sam Giles](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=956547) | U11 | | M | | 9 | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617814) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 49 |  |  | 11:32 | [Josh Perry](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=943241) | U13 | | M | |  | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617815) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 50 |  |  | 11:36 | Isaac Smith | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617816) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 51 |  |  | 11:38 | Sam Craven | U11 | | M | |  | |  | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617817) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **6.4KXC SW** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **MW** | **AC** | **Perf** | **Name** | **AG** | |  | | **Year** | | **Coach** | **Club** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  | 22:57 | [Sam Almond](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=525439) | U17 | | M | |  | |  | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617583) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  | 23:20 | [Matthew James Ramsden](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=562938) | U17 | | M | |  | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617584) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  | 23:33 | [Jake Dudley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=898055) | U17 | | M | |  | | [Stan Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=40332) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617585) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  | 24:07 | [Sam Hodkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=814283) | U17 | | M | |  | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617586) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 1 |  | 24:55 | [Jacqueline Fairchild](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=12801) | SEN | | W | |  | | [Helen Clitheroe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1273) | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617587) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  | 25:03 | Connor O’Hara | U17 | | M | |  | |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617588) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 2 |  | 25:13 | [Emily Japp](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=613824) | SEN | | W | |  | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617589) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  | 25:18 | [Lukas Eichmeyer](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=859084) | U17 | | M | |  | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617590) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  | 25:19 | Sam McSherry | U17 | | M | |  | |  | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617591) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  | 25:22 | [William Pyle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=679026) | U17 | | M | |  | | [Colin Gemson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=198060) | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617592) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  | 26:00 | [Jack Tickle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=627999) | U17 | | M | |  | | [Stan Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=40332) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617593) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 | 3 | 1 | 26:12 | [Sharon Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=15470) | V35 | | W | |  | |  | Helm Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617594) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 |  |  | 26:15 | [Taylor Gill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=944595) | U17 | | M | |  | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617595) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  | 26:19 | [Samuel Jackson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=849201) | U17 | | M | |  | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617596) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  | 26:28 | [Edward Salt](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=651582) | U17 | | M | |  | |  | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617597) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  | 26:36 | [James Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=435650) | U17 | | M | |  | | [Stan Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=40332) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617598) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 | 4 | 2 | 26:36 | Anna Lupton | V35 | | W | |  | |  | Barrow & Furness Striders | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617599) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 | 5 | 1 | 26:37 | [Eve Pannone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=741067) | U20 | | W | |  | | [Derek Hurton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=54509) | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617600) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 | 6 |  | 27:15 | Hollie Orr | SEN | | W | |  | |  | Barrow & Furness Striders | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617601) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 | 7 |  | 27:29 | Rhiannon Douglas | SEN | | W | |  | |  | Border Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617602) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 | 8 |  | 27:41 | Annabel Mason | SEN | | W | |  | |  | Lancaster & Morecambe Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617603) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 | 9 | 1 | 27:53 | [Clare McKeown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=4650) | V45 | | W | |  | |  | Border/Northern Masters | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617604) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  | 27:59 | [Harry Wilkin](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=836931) | U17 | | M | |  | |  | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617605) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  | 28:09 | Joshua Roelants | U17 | | M | |  | |  | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617606) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | 10 | 2 | 28:30 | [Joanna Goorney](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=24968) | V45 | | W | |  | |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617607) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 | 11 | 2 | 28:36 | [Jessica Rogers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=112098) | U20 | | W | |  | | [Stan Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=40332) | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617608) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 | 12 |  | 28:42 | Amber Reed | SEN | | W | |  | |  | Lancaster Uni RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617609) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 | 13 |  | 28:55 | Jane Grant | SEN | | W | |  | |  | St Theresa’s Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617610) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 |  |  | 29:05 | Jack Rigal | U17 | | M | |  | |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617611) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 | 14 | 3 | 29:12 | [Catherine Carrdus](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=373059) | V45 | | W | |  | |  | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617612) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 |  |  | 29:41 | Samuel Sancar | U17 | | M | |  | |  | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617613) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 32 |  |  | 30:00 | [Harvey Cooper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=475112) | U17 | | M | |  | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617614) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 33 | 15 | 4 | 30:00 | [Fiona Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=710736) | V50 | | W | |  | |  | Border | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617615) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 34 | 16 | 5 | 30:23 | [Melanie Koth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=69637) | V45 | | W | |  | | [Melanie Koth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=69637) | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617616) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 35 | 17 |  | 30:28 | Laura Gilderdale | SEN | | W | |  | |  | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617617) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 36 | 18 |  | 30:31 | [Jennifer Houghton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=787150) | SEN | | W | |  | |  | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617618) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 37 | 19 | 3 | 30:42 | Amy Singleton | V35 | | W | |  | |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617619) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 38 | 20 |  | 30:42 | [Jenny Wren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=965890) | SEN | | W | |  | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617620) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 39 | 21 | 6 | 30:56 | [Lynn Murray](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=636306) | V45 | | W | |  | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617621) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 40 | 22 |  | 30:57 | [Sarah Chippendale](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=890585) | SEN | | W | |  | |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617622) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 41 | 23 |  | 31:01 | [Nicola Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=815155) | SEN | | W | |  | |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617623) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 42 | 24 |  | 31:09 | [Heather Eccles](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=371587) | SEN | | W | |  | |  | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617624) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 43 | 25 | 7 | 31:13 | [Lucy Varney](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=221841) | V45 | | W | |  | |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617625) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 44 | 26 | 4 | 31:26 | [Elsie Roberts](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=81844) | V40 | | W | |  | |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617626) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 45 |  | 1 | 31:30 | [Alan Appleby](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=13592) | V70 | | M | |  | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617627) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 46 | 27 |  | 31:31 | [Rachel Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=116971) | SEN | | W | |  | |  | Border | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617628) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 47 | 28 | 8 | 31:32 | [Elizabeth McNally](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=821680) | V45 | | W | |  | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617629) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 48 | 29 |  | 31:40 | Hailey Fletcher | SEN | | W | |  | |  | TNC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617630) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 49 | 30 | 3 | 31:41 | [Jemma Cliff](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=906232) | U20 | | W | |  | |  | Lancaster Uni | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617631) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 50 | 31 | 9 | 31:48 | [Joanne Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=42793) | V45 | | W | |  | |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617632) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 51 | 32 | 10 | 32:03 | Janice Callister | V45 | | W | |  | |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617633) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 52 | 33 | 5 | 32:14 | [Sally Brassington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=726308) | V40 | | W | |  | |  | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617634) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 53 | 34 | 11 | 32:19 | [Joanne McLeod](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=360956) | V50 | | W | |  | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617635) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 54 | 35 | 6 | 32:34 | [Donna Airey](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=724328) | V35 | | W | |  | |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617636) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 55 | 36 | 12 | 32:39 | [Lindsay Davies](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=669127) | V45 | | W | |  | | [Lindsay Davies](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=669127) | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617637) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 56 | 37 |  | 32:43 | Rebecca Rooke | SEN | | W | |  | |  | Glaxo Hoad Hill Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617638) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 57 | 38 | 7 | 32:51 | [Sarah Bouffler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=412316) | V35 | | W | |  | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617639) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 58 | 39 | 1 | 32:58 | [Sue Tonge](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=621860) | V60 | | W | |  | |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617640) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 59 | 40 |  | 32:58 | [Amie McAvoy](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=512691) | SEN | | W | |  | |  | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617641) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 60 | 41 | 13 | 33:01 | [Karen Dunford](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=110106) | V50 | | W | |  | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617642) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 61 | 42 | 8 | 33:02 | Jill Seddon | V35 | | W | |  | |  | Barrow & Furness Striders | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617643) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 62 | 43 | 9 | 33:04 | [Michelle Spencer](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=113852) | V40 | | W | |  | |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617644) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 63 | 44 | 10 | 33:07 | [Lauren Gora](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=46117) | V35 | | W | |  | | [Colin Gemson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=198060) | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617645) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 64 | 45 | 14 | 33:07 | Karen Maggio-Poynt | V45 | | W | |  | |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617646) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 65 | 46 | 11 | 33:32 | [Michelle Tickle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=595521) | V40 | | W | |  | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617647) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 66 | 47 | 12 | 33:38 | [Teresa Medley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=540265) | V45 | | W | |  | |  | Border | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617648) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 67 | 48 | 4 | 33:56 | Imogen Fawcett | U20 | | W | |  | |  | Lancaster Uni RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617649) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 68 | 49 | 2 | 33:57 | [Carolyn Kevan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=315866) | V55 | | W | |  | |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617650) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 69 | 50 |  | 33:59 | [Basia Pawelczak](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=873324) | SEN | | W | |  | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617651) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 70 | 51 | 15 | 34:01 | [Dawn Tibbs](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=834005) | V45 | | W | |  | |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617652) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 71 | 52 | 16 | 34:02 | [Yvonne Morrell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=694236) | V45 | | W | |  | |  | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617653) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 72 | 53 | 13 | 34:05 | Sandra Garnett | V35 | | W | |  | |  | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617654) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 73 | 54 | 14 | 34:05 | [Deborah Yearnshire](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=683501) | V40 | | W | |  | |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617655) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 74 | 55 | 15 | 34:13 | [Anne Mayers-Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=676269) | V40 | | W | |  | |  | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617656) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 75 | 56 | 17 | 34:15 | Helen Greenep | V45 | | W | |  | |  | Kendal Amateur Athletic Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617657) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 76 | 57 | 18 | 34:17 | [Laura Lawler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=110105) | V50 | | W | |  | |  | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617658) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 77 | 58 | 3 | 34:23 | [Paula Plowman](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=396520) | V55 | | W | |  | |  | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617659) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 78 | 59 | 19 | 34:29 | [Stephanie Gillies](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=82581) | V50 | | W | |  | |  | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617660) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 79 |  |  | 34:35 | [Adam Williamson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=926736) | U17 | | M | |  | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617661) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 80 |  |  | 34:35 | [Fletcher Foster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=809440) | U17 | | M | |  | |  | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617662) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 81 | 60 | 20 | 34:36 | [Carole James](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=74587) | V50 | | W | |  | |  | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617663) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 82 | 61 | 16 | 34:36 | [Anastasia Winder](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=837649) | V35 | | W | |  | |  | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617664) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 83 | 62 | 17 | 34:36 | [Hazel Clark](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=174816) | V35 | | W | |  | |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617665) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 84 | 63 | 4 | 34:59 | [Kath Hoyer](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11628) | V55 | | W | |  | |  | Wesham/Lancashire Fire & Rescue Service | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617666) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 85 | 64 | 5 | 35:01 | [Julie Townson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=902051) | V55 | | W | |  | |  | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617667) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 86 | 65 |  | 35:05 | [Lucy Scott](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=857109) | SEN | | W | |  | |  | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617668) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 87 | 66 | 21 | 35:08 | [Joanne Pennington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=825855) | V45 | | W | |  | |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617669) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 88 | 67 | 22 | 35:11 | [Vicki Sherrington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=637509) | V45 | | W | |  | |  | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617670) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 89 | 68 | 1 | 35:17 | [Dianne Priestley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=23414) | V65 | | W | |  | |  | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617671) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 90 | 69 | 23 | 35:23 | [Emily Stapleton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=427108) | V45 | W | |  | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617672) | | | | | | | | | | | | | | |
| 91 | 70 | 18 | 35:25 | Rachel Mann | V35 | W | |  | |  | | Kendal Amateur Athletic Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617673) | | | | | | | | | | | | | | |
| 92 | 71 | 6 | 35:30 | Irene Roche | V55 | W | |  | |  | | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617674) | | | | | | | | | | | | | | |
| 93 | 72 | 7 | 35:31 | [Alison Cooke](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=33026) | V55 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617675) | | | | | | | | | | | | | | |
| 94 | 73 | 24 | 35:32 | [Joanna Barnard](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=641045) | V45 | W | |  | |  | | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617676) | | | | | | | | | | | | | | |
| 95 | 74 | 19 | 35:37 | [Fiona Bannister](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=913626) | V40 | W | |  | |  | | Leven Valley/Unattached | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617677) | | | | | | | | | | | | | | |
| 96 | 75 |  | 35:38 | [Rebecca Bradshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=883185) | SEN | W | |  | |  | | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617678) | | | | | | | | | | | | | | |
| 97 | 76 | 25 | 35:42 | Julia Rushton | V45 | W | |  | |  | | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617679) | | | | | | | | | | | | | | |
| 98 | 77 |  | 35:47 | [Elizabeth Mary Anderson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=413904) | U23 | W | |  | |  | | Elswick/Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617680) | | | | | | | | | | | | | | |
| 99 | 78 |  | 35:54 | Louise Gill | SEN | W | |  | |  | | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617681) | | | | | | | | | | | | | | |
| 100 | 79 | 20 | 35:56 | Helen Marr | V35 | W | |  | |  | | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617682) | | | | | | | | | | | | | | |
| 101 | 80 | 5 | 36:00 | [Georgia Cooper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=276885) | U20 | W | |  | |  | | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617683) | | | | | | | | | | | | | | |
| 102 | 81 | 26 | 36:05 | [Kerryna Travers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=592460) | V45 | W | |  | |  | | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617684) | | | | | | | | | | | | | | |
| 103 | 82 | 21 | 36:08 | [Emma Walker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=364962) | V35 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617685) | | | | | | | | | | | | | | |
| 104 | 83 | 6 | 36:14 | Jenny Cooper | U20 | W | |  | |  | | Lancaster Uni RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617686) | | | | | | | | | | | | | | |
| 105 | 84 | 8 | 36:15 | [StevIe Barron](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=349424) | V60 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617687) | | | | | | | | | | | | | | |
| 106 | 85 | 27 | 36:16 | [Paula Bowen](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=914007) | V45 | W | |  | |  | | Kendal | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617688) | | | | | | | | | | | | | | |
| 107 | 86 | 22 | 36:18 | Caroline McLaughla | V35 | W | |  | |  | | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617689) | | | | | | | | | | | | | | |
| 108 | 87 | 23 | 36:23 | [Victoria Rogan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=901204) | V35 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617690) | | | | | | | | | | | | | | |
| 109 | 88 | 24 | 36:28 | [Helen Kelsall](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=779525) | V35 | W | |  | |  | | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617691) | | | | | | | | | | | | | | |
| 110 | 89 | 28 | 36:36 | [Andrea Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=10558) | V50 | W | |  | |  | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617692) | | | | | | | | | | | | | | |
| 111 | 90 | 25 | 37:00 | [Helen Lavelle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=392326) | V40 | W | |  | | [Christopher Mulvaney](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=194776) | | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617693) | | | | | | | | | | | | | | |
| 112 | 91 | 9 | 37:01 | [Jeanette Chester](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=464542) | V55 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617694) | | | | | | | | | | | | | | |
| 113 |  | 2 | 37:06 | [David Young](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=71444) | V70 | M | |  | |  | | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617695) | | | | | | | | | | | | | | |
| 114 | 92 | 29 | 37:18 | [Ruth Travis](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=184095) | V45 | W | |  | |  | | Red Rose/Manchester FrontRunners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617696) | | | | | | | | | | | | | | |
| 115 | 93 |  | 37:28 | Jenny Fazackerley | SEN | W | |  | |  | | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617697) | | | | | | | | | | | | | | |
| 116 | 94 | 30 | 37:33 | [Rachel Gilmore](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=950199) | V45 | W | |  | |  | | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617698) | | | | | | | | | | | | | | |
| 117 |  | 3 | 37:35 | [Peter Bartlett](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=285040) | V70 | M | |  | |  | | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617699) | | | | | | | | | | | | | | |
| 118 | 95 | 10 | 37:41 | [Joan Gouldthorpe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=54622) | V65 | W | |  | |  | | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617700) | | | | | | | | | | | | | | |
| 119 | 96 | 31 | 37:48 | [Kirsten Burnett](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=642624) | V45 | W | |  | |  | | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617701) | | | | | | | | | | | | | | |
| 120 | 97 | 11 | 37:50 | [Cathrine Grisdale](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=494654) | V55 | W | |  | |  | | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617702) | | | | | | | | | | | | | | |
| 121 | 98 | 26 | 37:55 | Kirsten Johnson | V35 | W | |  | |  | | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617703) | | | | | | | | | | | | | | |
| 122 | 99 | 32 | 37:56 | [Sheena Cottam](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=294685) | V45 | W | |  | |  | | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617704) | | | | | | | | | | | | | | |
| 123 | 100 | 12 | 37:57 | Sue Booth | V55 | W | |  | |  | | Kendal Amateur Athletic Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617705) | | | | | | | | | | | | | | |
| 124 | 101 | 27 | 37:58 | Alicia Croft | V35 | W | |  | |  | | Red Rose Road Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617706) | | | | | | | | | | | | | | |
| 125 |  | 4 | 38:02 | [George Parrington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=55068) | V70 | M | |  | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617707) | | | | | | | | | | | | | | |
| 126 | 102 | 28 | 38:05 | [Adele Brayshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=962006) | V40 | W | |  | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617708) | | | | | | | | | | | | | | |
| 127 | 103 | 33 | 38:18 | [Jane Hylands](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=784312) | V45 | W | |  | |  | | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617709) | | | | | | | | | | | | | | |
| 128 | 104 | 34 | 38:20 | Sonja Farish | V45 | W | |  | |  | | Barrow & Furness Striders | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617710) | | | | | | | | | | | | | | |
| 129 | 105 | 29 | 38:25 | Kate Formstone | V35 | W | |  | |  | | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617711) | | | | | | | | | | | | | | |
| 130 | 106 | 30 | 38:35 | [Zoe Batty](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=939175) | V40 | W | |  | |  | | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617712) | | | | | | | | | | | | | | |
| 131 | 107 | 13 | 38:39 | [Lynn Melvin](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=676708) | V55 | W | |  | |  | | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617713) | | | | | | | | | | | | | | |
| 132 | 108 | 31 | 38:42 | Laura Leigh | V35 | W | |  | |  | | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617714) | | | | | | | | | | | | | | |
| 133 | 109 | 32 | 39:23 | [Margaret Worbey](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=942417) | V35 | W | |  | |  | | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617715) | | | | | | | | | | | | | | |
| 134 | 110 | 14 | 39:25 | [Jennie Hodgson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=115652) | V55 | W | |  | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617716) | | | | | | | | | | | | | | |
| 135 | 111 |  | 39:38 | [Stephanie Donald](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=884280) | SEN | W | |  | |  | | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617717) | | | | | | | | | | | | | | |
| 136 | 112 | 33 | 39:43 | Jenn Thompson | V35 | W | |  | |  | | Wesham Road Runners & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617718) | | | | | | | | | | | | | | |
| 137 | 113 | 15 | 39:57 | [Karen Windle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=837654) | V55 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617719) | | | | | | | | | | | | | | |
| 138 | 114 | 34 | 40:05 | Sarah Scott | V35 | W | |  | |  | | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617720) | | | | | | | | | | | | | | |
| 139 | 115 | 35 | 40:11 | [Verity Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=726639) | V35 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617721) | | | | | | | | | | | | | | |
| 140 | 116 | 36 | 40:15 | [Leanne Bayliff](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=353900) | V35 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617722) | | | | | | | | | | | | | | |
| 141 | 117 | 35 | 40:19 | [Julia Patefield](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=221851) | V50 | W | |  | |  | | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617723) | | | | | | | | | | | | | | |
| 142 | 118 |  | 40:30 | Hannah Scholes | SEN | W | |  | |  | | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617724) | | | | | | | | | | | | | | |
| 143 | 119 | 37 | 40:35 | [Olga Wiggins](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=793762) | V35 | W | |  | |  | | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617725) | | | | | | | | | | | | | | |
| 144 | 120 | 16 | 40:42 | [Carol Whittle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=346406) | V55 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617726) | | | | | | | | | | | | | | |
| 145 | 121 | 2 | 40:45 | [Susan Stewart](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=111439) | V70 | W | |  | |  | | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617727) | | | | | | | | | | | | | | |
| 146 | 122 | 36 | 40:52 | Nicky Lynn | V45 | W | |  | |  | | Walney Wind Cheetahs | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617728) | | | | | | | | | | | | | | |
| 147 | 123 | 17 | 40:54 | [Sally Barton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=798025) | V55 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617729) | | | | | | | | | | | | | | |
| 148 | 124 | 18 | 41:10 | [Alison Mercer](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=751369) | V55 | W | |  | |  | | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617730) | | | | | | | | | | | | | | |
| 149 | 125 |  | 41:11 | Alice Lake | SEN | W | |  | |  | | Lancaster Uni RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617731) | | | | | | | | | | | | | | |
| 150 | 126 | 19 | 41:12 | [Sue Louise Wickham](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=182795) | V55 | W | |  | |  | | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617732) | | | | | | | | | | | | | | |
| 151 | 127 | 37 | 41:28 | Helen Harrison | V45 | W | |  | |  | | Clayton Le Moors Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617733) | | | | | | | | | | | | | | |
| 152 | 128 | 38 | 41:31 | [Linda Ensby](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=794028) | V50 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617734) | | | | | | | | | | | | | | |
| 153 |  | 5 | 41:43 | [David Waywell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=10813) | V70 | M | |  | |  | | Wesham | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617735) | | | | | | | | | | | | | | |
| 154 | 129 | 38 | 42:04 | [Marie Fisher](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=915597) | V40 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617736) | | | | | | | | | | | | | | |
| 155 | 130 | 39 | 42:07 | Deborah Cardwell | V45 | W | |  | |  | | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617737) | | | | | | | | | | | | | | |
| 156 | 131 | 39 | 42:25 | [Louise Preston](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=522141) | V35 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617738) | | | | | | | | | | | | | | |
| 157 | 132 | 40 | 42:32 | [Sarah Haslam](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=731603) | V45 | W | |  | |  | | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617739) | | | | | | | | | | | | | | |
| 158 | 133 | 41 | 42:44 | [Elaine Sutton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=364239) | V50 | W | |  | |  | | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617740) | | | | | | | | | | | | | | |
| 159 | 134 | 42 | 43:26 | [Debbie Francis](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=950097) | V45 | W | |  | |  | | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617741) | | | | | | | | | | | | | | |
| 160 | 135 |  | 43:26 | Debra Rogers | SEN | W | |  | |  | | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617742) | | | | | | | | | | | | | | |
| 161 | 136 | 43 | 43:28 | [Deborah Terras](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=712103) | V45 | W | |  | |  | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617743) | | | | | | | | | | | | | | |
| 162 | 137 | 20 | 43:44 | [Mary Hewitt](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=420110) | V60 | W | |  | |  | | Garstang | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617744) | | | | | | | | | | | | | | |
| 163 | 138 | 40 | 44:45 | [Sarah Pickerill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=655872) | V40 | W | |  | |  | | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617745) | | | | | | | | | | | | | | |
| 164 | 139 | 41 | 45:18 | [Stephanie Roberts](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=908457) | V35 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617746) | | | | | | | | | | | | | | |
| 165 | 140 | 44 | 45:31 | [Karen Morgan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=394601) | V50 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617747) | | | | | | | | | | | | | | |
| 166 | 141 | 42 | 45:49 | Victoria Wrigley | V35 | W | |  | |  | | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617748) | | | | | | | | | | | | | | |
| 167 | 142 | 21 | 45:55 | [Julie Newnham](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=326204) | V55 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617749) | | | | | | | | | | | | | | |
| 168 | 143 | 45 | 46:21 | Elizabeth Williamson | V45 | W | |  | |  | | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617750) | | | | | | | | | | | | | | |
| 169 | 144 | 7 | 46:31 | [Rebecca Harrison](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=812917) | U20 | W | |  | |  | | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617751) | | | | | | | | | | | | | | |
| 170 | 145 | 22 | 46:39 | [Sue Allen](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=68364) | V55 | W | |  | |  | | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617752) | | | | | | | | | | | | | | |
| 171 | 146 | 46 | 47:23 | [Helen Eaton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=920500) | V45 | W | |  | |  | | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617753) | | | | | | | | | | | | | | |
| 172 | 147 | 47 | 47:23 | [Ann Marie Carberry](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=920023) | V50 | W | |  | |  | | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617754) | | | | | | | | | | | | | | |
| 173 | 148 |  | 47:48 | [Emma Cowan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=906356) | SEN | W | |  | |  | | Red Rose | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617755) | | | | | | | | | | | | | | |
| 174 | 149 |  | 47:55 | Jenny Shepherd | SEN | W | |  | |  | | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617756) | | | | | | | | | | | | | | |
| 175 | 150 | 48 | 48:29 | [Gillian Oliver](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=824535) | V45 | W | |  | |  | | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617757) | | | | | | | | | | | | | | |
| 176 | 151 | 23 | 48:55 | [Elaine Holdsworth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=868788) | V55 | W | |  | |  | | Trawden | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617758) | | | | | | | | | | | | | | |
| 177 | 152 | 43 | 49:43 | Debbie Hindley | V35 | W | |  | |  | | Thornton-Cleveleys RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617759) | | | | | | | | | | | | | | |
| 178 | 153 | 24 | 50:22 | [Christine Winder](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=892398) | V55 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617760) | | | | | | | | | | | | | | |
| 179 | 154 | 49 | 50:59 | [Naomi Capstick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=954456) | V45 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617761) | | | | | | | | | | | | | | |
| 180 | 155 | 25 | 51:37 | [Caroline Peet](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=825783) | V55 | W | |  | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617762) | | | | | | | | | | | | | | |
| 181 | 156 | 3 | 51:42 | [Christine Leathley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=12653) | V65 | W | |  | |  | | Clayton le Moors | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617763) | | | | | | | | | | | | | | |
| 182 | 157 |  | 51:57 | Pascale Desmet | SEN | W | |  | |  | | Lancaster Uni RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617764) | | | | | | | | | | | | | | |
| 183 | 158 | 44 | 52:23 | [Catie Giles](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=962687) | V35 | W | |  | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617765) | | | | | | | | | | | | | | |
| 184 | 159 | 50 | NT | [Sarah Bagshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=797321) | V45 | W | |  | |  | | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617766) | | | | | | | | | | | | | | |
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| **2.6KXC U13W** | | | | | | | | | | | | | |
| **Pos** | **MW** | **AC** | **Perf** | **Name** | **AG** |  | | **Year** | | **Coach** | | **Club** |  | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  | 9:52 | [Jessica Bailey](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=930346) | U13 | W | | 2 | |  | | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617857) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  | 9:54 | Sarah Smith | U13 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617858) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  | 9:55 | [Georgia Bell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=788726) | U13 | W | | 2 | |  | | Leven Valley | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617859) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  | 10:06 | [Sophie Bohannon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=799367) | U13 | W | | 3 | |  | | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617860) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  | 10:09 | [Maddie Hutton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=773895) | U13 | W | | 2 | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617861) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  | 10:22 | [Grace Barr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862319) | U13 | W | | 3 | |  | | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617862) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  | 10:26 | Elodie Malcolm | U13 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617863) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  | 10:27 | Sophie Cowin | U13 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617864) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  | 10:33 | [Betty Kershaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=963166) | U13 | W | | 3 | |  | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617865) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  | 10:43 | [Anna Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=789074) | U13 | W | | 2 | |  | | Preston | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617866) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  | 10:46 | [Mia Brayshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=753034) | U13 | W | | 2 | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617867) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  | 10:47 | [Emily Dean](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=777826) | U13 | W | | 1 | |  | | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617868) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 |  |  | 10:49 | Ella Martindale | U13 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617869) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  | 10:49 | [Kate Cookson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=668413) | U13 | W | | 2 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617870) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  | 10:50 | [Alicia Woods](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=778407) | U13 | W | | 2 | |  | | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617871) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  | 10:53 | [Keira Haxton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=813252) | U13 | W | | 2 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617872) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  | 11:10 | Grace Wells | U13 | W | |  | |  | | Sedbergh School RC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617873) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  | 11:11 | [Molly Grimshaw](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=811761) | U13 | W | | 1 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617874) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 |  |  | 11:13 | [Libby Simpson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=830695) | U13 | W | | 2 | |  | | Southport Waterloo | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617875) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 |  |  | 11:13 | [Chloe Bousfield](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=799644) | U13 | W | | 2 | |  | | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617876) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 |  |  | 11:20 | [Amelia Burton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=919983) | U13 | W | | 2 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617877) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 |  |  | 11:22 | [Caroline Woodworth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=787978) | U13 | W | | 3 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617878) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  | 11:30 | [Eva Knowles](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=818088) | U13 | W | | 2 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617879) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  | 11:33 | Agigail McKenna | U13 | W | |  | |  | | Preston Harriers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617880) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 |  |  | 11:34 | [Amy English](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=883925) | U13 | W | | 2 | |  | | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617881) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 |  |  | 11:36 | Olivia Sellars | U13 | W | |  | |  | | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617882) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 |  |  | 11:40 | [Kiera Booth](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=799509) | U13 | W | | 2 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617883) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 |  |  | 11:41 | [Louisa Bradburn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=930826) | U13 | W | | 1 | |  | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617884) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 |  |  | 11:46 | [Georgia Hurst](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=885464) | U13 | W | | 1 | |  | | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617885) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 |  |  | 11:50 | [Hannah Williamson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=892222) | U13 | W | | 1 | |  | | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617886) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 |  |  | 12:07 | Megan DeLacyPerkin | U13 | W | |  | |  | | Lancaster & Morecambe Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617887) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 32 |  |  | 12:13 | [Amelia Mccarthy](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=886114) | U13 | W | | 2 | |  | | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617888) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 33 |  |  | 12:17 | [Holly Tickle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=715593) | U13 | W | | 1 | | [Samantha Rogers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=397677) | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617889) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 34 |  |  | 12:30 | [Ishana Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765043) | U13 | W | | 2 | |  | | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617890) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 35 |  |  | 12:58 | [Libby-Kate Neal](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=823601) | U13 | W | | 2 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617891) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 36 |  |  | 13:08 | [Naomi Wrigley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=927071) | U13 | W | | 2 | |  | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617892) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 37 |  |  | 13:32 | [Aimee Clare](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=791760) | U13 | W | | 2 | |  | | Kirkby Milers | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617893) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 38 |  |  | 13:47 | [Katelyn Swift](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=750721) | U13 | W | | 2 | | [Dave Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=35083) | | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617894) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 39 |  |  | 14:16 | [Madison Bontoft](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=788481) | U13 | W | | 1 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617895) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2.2KXC U11W** | | | | | | | | | | | | | |
| **Pos** | **MW** | **AC** | **Perf** | **Name** | **AG** |  | | **Year** | | **Coach** | | **Club** |  | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  |  | 8:31 | Kate Collin | U11 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617818) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  | 8:41 | [Lucille Pickles](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=917757) | U11 | W | | 11 | |  | | Barlick FR | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617819) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  | 8:48 | [Gracie Scott](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=910550) | U11 | W | | 11 | |  | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617820) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  | 9:17 | Lara Smith | U11 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617821) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  | 9:18 | [Anna Nicholson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=957250) | U11 | W | | 10 | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617822) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  | 9:20 | [Mahaya Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959861) | U11 | W | | 11 | |  | | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617823) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  | 9:21 | [Hannah Davies](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=794997) | U11 | W | | 11 | | [Richard Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=68795) | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617824) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  | 9:26 | Eve Coulson | U11 | W | |  | |  | | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617825) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  | 9:29 | [Imogen Robinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=828541) | U11 | W | | 11 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617826) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  | 9:32 | [Esme Doyle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=938682) | U11 | W | | 10 | |  | | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617827) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  | 9:38 | [Erin Gillan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=810586) | U11 | W | | 11 | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617828) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  | 9:48 | Ella Leonard | U11 | W | |  | |  | | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617829) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 |  |  | 9:53 | Lucy Bell | U11 | W | |  | |  | | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617830) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  | 9:54 | [Eve Hannaway](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=884844) | U13 | W | | 12 | |  | | Liverpool Pembroke Sefton | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617831) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  | 9:58 | [Jessica Ramsden](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=785905) | U13 | W | | 12 | |  | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617832) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  | 10:06 | Isla Ford | U11 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617833) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  | 10:07 | [Lily Salt](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=957562) | U11 | W | | 10 | |  | | Eden Runners | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617834) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  | 10:12 | Millie Jebb | U11 | W | |  | |  | | Kendal-Helm Composite | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617835) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 |  |  | 10:17 | Florence Haddow | U11 | W | |  | |  | | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617836) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 |  |  | 10:19 | Isabella Pacelli | U11 | W | |  | |  | | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617837) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 |  |  | 10:22 | [Abi McNicol](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=934895) | U11 | W | | 10 | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617838) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 |  |  | 10:23 | [Honor Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=960079) | U11 | W | | 11 | |  | | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617839) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  | 10:24 | Polly Kershaw | U11 | W | |  | |  | | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617840) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  | 10:28 | Sophie Johnston | U11 | W | |  | |  | | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617841) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 |  |  | 10:29 | [Greta Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959836) | U11 | W | | 11 | |  | | Barrow & Furness | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617842) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 |  |  | 10:31 | Jemima Bradburn | U11 | W | |  | |  | | Blackpool Wyre & Fylde Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617843) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 |  |  | 10:32 | [Clemmie Tierney](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=834026) | U13 | W | | 12 | |  | | Lytham St. Annes | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617844) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 |  |  | 10:34 | Ellie Francis | U11 | W | |  | |  | | Lytham St Annes Rr Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617845) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 |  |  | 10:36 | [Iona Smith](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=924930) | U11 | W | | 11 | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617846) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 |  |  | 10:41 | [Annie Dickinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=956337) | U11 | W | | 11 | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617847) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 |  |  | 10:48 | Leoma Gill | U11 | W | |  | |  | | Lytham St Annes Rr Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617848) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 32 |  |  | 10:50 | [Maddison Parrington](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=957344) | U11 | W | | 11 | |  | | Lancaster & Morecambe | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617849) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 33 |  |  | 11:09 | [Ella McNicol](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=934896) | U11 | W | | 11 | |  | | Hoad Hill | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617850) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 34 |  |  | 11:12 | [Aimee Harling](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=965377) | U11 | W | | 9 | | [Stan Taylor](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=40332) | | Blackpool, Wyre & Fylde | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617851) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 35 |  |  | 11:13 | Unknown Athlete | U11 | W | |  | |  | | ??? | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617852) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 36 |  |  | 11:17 | [Lulu Florence Sharp](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=830170) | U11 | W | | 10 | |  | | Blackburn | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617853) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 37 |  |  | 11:38 | Brooke Durkin | U11 | W | |  | |  | | Leven Valley AC | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617854) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 38 |  |  | 13:02 | Rosa Gill | U11 | W | |  | |  | | Lytham St Annes Rr Club | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617855) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 39 |  |  | NT | Emelia Stockton | U11 | W | |  | |  | | Blackburn Harriers & Ac | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=47617856) | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |