	Name	club	cat	Hameldon	Pinaw Trail	Run Forrest Run	Kelbrook	Weeks	Barrowford 5K	Crooked Billet Trail	Trawden Trail	Hendon Brook	Towneley 10 K	Greenway 5 K	Worsthorne	Boulsworth Fell	best 9	best 10	best 11	best 12	Best 13	best 8	Best 7	Best 6	Best from 5	Best from 4	best from 3	best from 2	Best from 1
1	Liz Ensor	Wharfedale Harriers	F40	4	2	2		3		2	2	3		13	2		33					20	16	13	10	8	6	4	2
2	Rebecca Rimmington	Clayton le Moors Harriers	F	7		3	5	10	9	3		6	3	8	3	4	42	51	61			34	27	21	16	12	9	6	3
3	Josephine Wells	Rossendale Harriers	F	6	5	5	2	6	12		6				4	3	49					37	31	25	19	14	9	5	2
4	Kim Kennedy	Clayton le Moors Harriers	F40	12	7	7				8	11	8	8	17	6	5	72	89				60	49	41	33	25	18	11	5
5	Lucy Brown	Barlick Fell Runners	F35	11	8	10		9	17	5	8			16		7	91					74	58	47	37	28	20	12	5
6	Kate Griffiths	Ribble Valley Runners	F45	16	17	11		12		9	14	9	11	24		10	109	133				92	76	62	50	39	28	18	9
7	Heather Driver	Barlick Fell Runners	F35		14	16	6	11	24	7	12			28	15	6	111	139				87	71	56	42	30	19	12	6
8	Lynn Whittaker	Wharfedale Harriers	F60	19	13	15	8	13	27	13	18	19	19	79	43		137	164	207	286		118	99	80	62	47	34	21	8
9	Lisa Ellis	Clayton le Moors Harriers	**F35**	26		26	11	17	23	16	28	15	16	25	14		163	189	217			137	112	89	72	56	40	25	11
10	Vicky Heys	Clayton le Moors Harriers	F50			19			25	12	25	28	15	20	12	11	167					139	114	89	69	50	35	23	11
11	Joanne Motley	Ribble Valley Runners	F40	18	18	23		16		19	27	25	21	35			202					167	140	115	92	71	52	34	16
12	Michelle Young	Rossendale Harriers	F45	28		30	14	18	29	18	32	29		38	18		216	254				184	154	125	96	68	50	32	14
13	Hannah Eccles	Clayton le Moors Harriers	FJ	24	21	39	18	23	31	21	43		36	30	29	24	221	257	296	339		190	160	131	107	83	60	39	18
14	Hena Chaudry	Rossendale Harriers	F40	33		36	16		37	20	37	33	26		20	15	236	273				199	163	130	97	71	51	31	15
15	Davina Raidy	Rossendale Harriers	F50	32		28	17		35	22	38			45	25	17	259					214	176	141	109	81	56	34	17
16	Julia Rushton	Clayton le Moors Harriers	F55	38		37	19	22	30	30			22	42	23		263					221	183	146	116	86	63	41	19
17	Rachael Strutz	Accrington Road Runners	F40	41	26	41	13	19	32	26			27	43			268					225	184	143	111	84	58	32	13
18	Sarah Jane Ashworth	Clayton le Moors Harriers	F	42	30	34			36	36	45	41	33		24		321					276	234	193	157	121	87	54	24
19	Kate Plowright	Unattached	F50	61	44	56	31	26	45	38	71	54	45	72	39	19	341	397	458	529	601	287	242	197	153	114	76	45	19
20	Christine Smith	Rossendale Harriers	F45	50	38	47	25		39	34	63	50	41	58		18	342	400	463			292	242	195	154	115	77	43	18
21	Keeley Crabtree	Unattached	F45	62	43	57	32	27	42	37	72		46	66	40	20	344	406	472	544		287	241	198	156	116	79	47	20
22	Karin Goss	Clayton le Moors Harriers	F70	63	46	62	28	28	46	44	86	68	49	76	47	26	376	439	507	583	669	314	265	218	172	126	82	54	26
23	Lynne Hawthornthwaite	Trawden AC	F40	66	52	64	35	31	43	46	91	64	47	67	48	28	394	458	524	591	682	330	278	230	183	137	94	59	28
24	Clare Mead	Trawden AC	F50	67	51	66	34	30	44	47	93	65	50	73	49	27	397	463	530	603	696	332	281	231	182	135	91	57	27
25	Hilary Farren	Rossendale Harriers	F55	65	45	60	27	29		41	80				45	23	415					335	270	210	165	120	79	50	23
26	Sophie Howard	Rossendale Harriers	F		10	18	10	14			17	17	12	22								120	98	80	63	46	32	20	10
27	Diane Haggar	Ribble Valley Runners	F55	15	16	14	9			14	24			31		13						136	105	81	65	50	36	22	9
28	Irene Roche	Clayton le Moors Harriers	F60	29		27			33	23		36	25	40	21							234	194	158	125	96	69	44	21
29	Janet Rogers	Worsthorne & Hurstwood RC	F60	52	36	43			38	32			39	49	31							320	268	219	176	137	99	63	31
30	Eileen Wadsworth	Rossendale Harriers	F60			48	24		40	33	60		38	54	35							332	272	218	170	130	92	57	24
31	Christine Leathley	Clayton le Moors Harriers	F70	70	53	68	33		48	48			56	84								460	376	306	238	182	129	81	33
32	Julie Carman	Trawden AC	F65	64		63	29		47	42	83				44								372	289	225	162	115	71	29
33	Laura Hesketh	Clayton le Moors Harriers	F35						2	1	1		1	1	1									7	5	4	3	2	1
34	Anne Hindle	Rossendale	F50							4	20	4	4	9	5									46	26	17	12	8	4
35	Emily Nolan	Ribble Valley Runners	F35			17			13	25	19	13			8									95	70	51	34	21	8
36	Dawn Ridsdale	Clayton le Moors Harriers	F35			20	12		22			21	18	29										122	93	71	50	30	12
37	Julie Townson	Trawden AC	F60	20							30	27		37	17	14								145	108	78	51	31	14
38	Jane Ryan	Clayton le Moors Harriers	F45	45			22	21			47		35		34									204	157	112	77	43	21
39	Helen Beech	Trawden AC	F40		48	59				43			48	68	46									312	244	185	137	89	43
40	Sharon Wilson	Clayton le Moors Harriers	F45			65		32		45		66	53	77										338	261	195	130	77	32
41	Joanne Cleaver	Rossendale Harriers	F35						20	10	16		14	21											81	60	40	24	10
42	Sarah Whittaker	Clayton-le-Moors	F40		24			24	34				28		22										132	98	70	46	22
43	Vanessa McCartney	Worsthorne & Hurstwood RC	F45	40	28		15					45	32												160	115	75	43	15
44	Louise Gaskell	Unattached	F40			53				39		53		60		21									226	166	113	60	21
45	Claire Dandridge	U/A	F45		42	51					62			57	36										248	186	129	78	36
46	April Thorpe	U/A	F				4				3	2	2													11	7	4	2
47	Jacqueline Collins	Barlick Fell Runners	F40		4		3	5				5														17	12	7	3
48	Helen Roden	Ribble Valley Runners	F35			6			11	6				6												29	18	12	6
49	Barbara Savage	Clayton le Moors Harriers	F55	17			7							34	11											69	35	18	7
50	Louise Hargreaves	Trawden AC	F40							15	22	20	13													70	48	28	13
51	Catherine Britcliffe	Ribble valley Runners	F50							17				26	13	22										78	52	30	13
52	Jayne Butterworth	Skipton AC	F55	14	19	22							23													78	55	33	14
53	Sasha Mikita	Worsthorne with Hurstwood	F40		27	35				28		42														132	90	55	27
54	Katharine Gregson	Accrington Road Runners	F45	56							35	30				16										137	81	46	16
55	Sissel Lundberg-Bury	Rossendale Harriers	F55	37	31	40						37														145	105	68	31
56	Nicky Spence	Ribble Valley Runners	F50			42				24		47		52												165	113	66	24
57	Pamela Moriarty	Holcombe Harriers	F45		35	46					46	46														173	127	81	35
58	Lorna Holt	Rossendale Harriers	F45	51	41	58		25																		175	117	66	25
59	Sharon Webber	Trawden AC	F45			67					92	67				29										255	163	96	29
60	Eve Hartley	Clayton-le-Moors	FJ		1	1	1																				3	2	1
61	Laura Craig	Barlick Fell Runners	F	3	3				8																		14	6	3
62	Hannah Thornberry	Ribble Valley Runners	F40						10				5	7													22	12	5
63	Wendy Barrett	Accrington Road Runners	F35						14				6	11													31	17	6
64	Heather Dalgleish	Rossendale Harriers	F40	10	12	9																					31	19	9
65	Lisa Stansfield	Rossendale Harriers	F45	25	22			15																			62	37	15
66	Gillian Doolan	Stockport Tri Club	F50		20	25								33													78	45	20
67	Nicola Spencer	Clayton le Moors Harriers	F40	49	40	49																					138	89	40
68	Julie Balchin	U/A	F55							35			44	61													140	79	35
69	Diane Ford	Ramsbottom Running Club	F45										51	78		25											154	76	25
70	Helen Harrison	Clayton le Moors Harriers	F50			52						58		59													169	110	52
71	Hannah Jarvis	Barlick Fell Runners	F					1				1																2	1
72	Briony Holt	Clayton le Moors Harriers	FJ	1												2												3	1
73	Sophie Pilkington	Red Rose Road Runners	F						5					2														7	2
74	Ellen Sagar-Hesketh	Blackburn Harriers	F						6					4														10	4
75	Lisa Parker	Accrington Road Runners	F40	5					15																			20	5
76	Amber Pilkington	Chorley Athletic and Triathlon Club	FU21								10				10													20	10
77	Ellie Richardson	Rossendale Harriers	FJ						16					10														26	10
78	Laura Monighan	Trawden AC	F35						18			12																30	12
79	Tj Ellis	Clayton le Moors Harriers	FJ										17	15														32	15
80	Hannah Newbold	Barlick Fell Runners	F		11									23														34	11
81	Madeline Hopkinson	Rossendale Harriers	F40						26							9												35	9
82	Michelle Sumner	Clayton le Moors Harriers	F	21								16																37	16
83	Ciara Duffy	Clayton-le-Moors	FJ		9								31															40	9
84	Basia Pawezczak	Blackpool Wyre & Fylde AC	F		23										19													42	19
85	Bella Grimshaw	Clayton le Moors Harriers	F45						28			24																52	24
86	Debra Leah	Trawden AC	F50			31				27																		58	27
87	Vanessa Halstead	Worsthorne & Hurstwood RC	F40	31		29																						60	29
88	Sara Jacobs	Fell Runners Association	F55	47			20																					67	20
89	Ruth Stunell	Rossendale Harriers	F40	48				20																				68	20
90	Gail Bamber	Blackburn Road Runners	F50			38								36														74	36
91	Lisa Corbett	Rossendale Harriers	F50		37	45																						82	37
92	Hayley Copeman	Worsthorne & Hurstwood RC	F50			33						51																84	33

93	Kathryn Davies	Radcliffe AC	F55									38	52															90	38
94	Janet Hoyle	Accrington Road Runners	F60			54							43															97	43
95	Susan Hird	Barlick Fell Runners	F65			50			50																			100	50
96	Emma Quinn	Fylde Coast Runners	F40								73				41													114	41
97	Helen Smith	Unattached	F35						1																				1
98	Katie Walshaw	Holmfirth Harriers	F													1													1
99	Emma Taylor	Barlick Fell Runners	F					2																					2
100	Louisa Powell-Smith	Clayton le Moors Harriers	F40	2																									2
101	Alice Bernstein	Ramsbottom Running Club	F35											3															3
102	Isabel Holt	Blackburn Harriers	FJ						3																				3
103	Alice Jones	Wharfedale Harriers	FJ						4																				4
104	Annabel Mason	Wharfedale Harriers	F					4																					4
105	Candice Heys	British Triathlon	F40			4																							4
106	Victoria Mousley	Fra	F40								4																		4
107	Alia Braithwaite	Prestwich Athletic Club	F								5																		5
108	Paula Pilling	Ramsbottom Running Club	F45											5															5
109	Catherine White	Wharfedale Harriers	F40		6																								6
110	Charlotte Corrigan	Hyndburn AC	FJ												7														7
111	Claire Leaver-Hewitt	Holmfirth Harriers	F40						7																				7
112	Ellie Child	Skipton AC	FS										7																7
113	Fiona Williams	Rochdale Harriers	FS									7																	7
114	Hannah Goldswain	Rossendale Harriers	F					7																					7
115	Rachel Carter	Ilkley Harriers	F45								7																		7
116	Catherine Darbyshire	Accrington Road Runners	F45	8																									8
117	Charlotte Atkinson	Blackburn Harriers	F													8													8
118	Claire Vincent	Unattached	F35			8																							8
119	Katie Atherton	Keighley & Craven AC	F40					8																					8
120	Janine Needham	Red Rose Road Runners	F45								9																		9
121	Kathryn Miller	Clayton le Moors Harriers	F45	9																									9
122	Rachel Gaunt	Skipton AC	F55										9																9
123	Tracy Mitchell	Clayton le Moors Harriers	F45												9														9
124	Amy Lewis	Skipton AC	F35										10																10
125	Brontie Hladysh	Accrington Road Runners	FS									10																	10
126	Janice Davies	Ribble Valley Runners	F50									11																	11
127	May Gray	U/A	F40							11																			11
128	Bev Southworth	Trawden AC	F45			12																							12
129	Lisa Miles	Todmorden Harriers	F50													12													12
130	Sarah Sutcliffe	Ramsbottom Running Club	F45											12															12
131	Alison Mort	Horwich RMI Harriers	F40	13																									13
132	Anya Townsend	Chorley Athletic and Triathlon Club	F								13																		13
133	Lianne Belshaw	Trawden AC	F40			13																							13
134	Emma Cameron	Goyt Valley Striders	FS									14																	14
135	Julia Hartley	Accrington Road Runners	F50											14															14
136	Emma Pease	Barlick Fell Runners	F40		15																								15
137	Laura Murphy	Chorley Athletic and Triathlon Club	F45								15																		15
138	Jan McArd	Wallasey AC	F50												16														16
139	Helen Read	Ribble Valley Tri Club	F45									18																	18
140	Natalie Ormerod	Ramsbottom Running Club	F40											18															18
141	Cara Bintcliffe	Halifax Harriers & AC	F						19																				19
142	Vanessa Lobb	Ramsbottom Running Club	F35											19															19
143	Dany Robson	Unattached	F50										20																20
144	Fran Connolly	Blackpool Wyre & Fylde Athletic Club	F40								21																		21
145	Helen Hyder	Ramsbottom Running Club	F40			21																							21
146	Kate Pomfret	Blackburn Road Runners	F50				21																						21
147	Sally Malir	Ilkley Harriers	ND						21																				21
148	Rebecca Day	Goyt Valley Striders	F40									22																	22
149	Teresa de Curtis	Clayton le Moors Harriers	F50	22																									22
150	Cath Wilson	Rossendale Harriers	F40	23																									23
151	Miriam Hamilton	Blackburn Road Runners	F				23																						23
152	Samantha Edwards	Red Rose Road Runners	F35									23																	23
153	Tanya King	Rossendale Harriers	F40								23																		23
154	Bethan Walton	Accrington Road Runners	F			24																							24
155	Mary Dootson	Skipton AC	FS										24																24
156	Katie Walker	U/A	F		25																								25
157	Katy Thompson	Clayton le Moors Harriers	F65												26														26
158	Louise Abdy	Todmorden Harriers	F60				26																						26
159	Mary Jones	Goyt Valley Striders	F50									26																	26
160	Rebecca Ward	Chorley Athletic and Triathlon Club	F40								26																		26
161	Darwen Dashers	Darwen Dashers	F55	27																									27
162	Sheila Jones	Radcliffe AC	F65												27														27
163	Vanessa Hamlet	Rossendale Harriers	F50											27															27
164	Emily Clare	Unattached	FS												28														28
165	Hilary Seward	Skipton AC	F55										29																29
166	Jean Knightley	Clayton	F60							29																			29
167	Maggie Bugler	Barlick Fell Runners	F55		29																								29
168	Rach Garner	Prestwich Athletic Club	F50								29																		29
169	Georgina Atkinson	Unattached	FS												30														30
170	Rachel Pepper	Baxenden Running Bugs	F45	30																									30
171	Rowena Garton	Skipton AC	F45										30																30
172	Ita Kelly	Goyt Valley Striders	F55									31																	31
173	Jo Houghton	Prestwich	F55							31																			31
174	Lisa Ingham	Blackburn Road Runners	F50								31																		31
175	Catherine Wilson	Rossendale Harriers	F40			32																							32
176	Helen Binns	Ramsbottom Running Club	F45											32															32
177	Jill Maxfield	Trawden AC	F40		32																								32
178	Juliana Leigh	Unattached	F50												32														32
179	Karen Holland	Unattached	F50									32																	32
180	Joanne Houghton	Hyndburn AC	F55												33														33
181	Megan Worswick	U/A	F		33																								33
182	Tanya Bunkham	Trawden AC	F								33																		33
183	Angela Dowbiggin	Skipton AC	F50										34																34
184	Claire Markham	Lytham St Annes RR	F45	34																									34
185	Julia Carter	Goyt Valley Striders	F45									34																	34
186	Laura Goodrick	U/A	F		34																								34
187	Rachael Shaw	Shaw Hill Runners	F								34																		34
188	Julia Jones	Unattached	F55									35																	35
189	Nicola Kitchin	Unattached	F50	35																									35
190	Christine Warrington	Blackburn Road Runners	F45				36																						36
191	Linda Edmondson	WFRA	F60	36																									36
192	Pauline Naylor	Queensbury	F60								36																		36
193	Katherine Andrews	Wallasey AC	F40												37														37
194	Stacy Feeney	Unattached	F40										37																37
195	Jane Hughes	Rossendale Harriers	F55												38														38

196	Amanda Fuller	Blackpool Wyre & Fylde AC	F45		39																								39
197	Anneke Crosby	Red Rose Road Runners	F55									39																	39
198	Cecilia Woods	Ramsbottom Running Club	F60											39															39
199	Julia Rolfe	Lytham St Annes RR	F55	39																									39
200	Tracey Mullan	Thornton and Cleveleys Running Club	F45								39																		39
201	Chris Rose	Skipton AC	F65										40																40
202	Gillian Middlemas		F60								40																		40
203	Judi Ingham	Red Rose Road Runners	F50									40																	40
204	Tori Bryant	Rossendale	F							40																			40
205	Helen Thackray	Ramsbottom Running Club	FS											41															41
206	Kelly Connolly	Unattached	F						41																				41
207	Patricia Gill	Skipton Ac	F55								41																		41
208	Evvie Feingold	Prestwich Athletic Club	F50								42																		42
209	Hannah Layton	Unattached	FS												42														42
210	Heather Rostron	Unattached	FS										42																42
211	Rebecca Glen	Goyt Valley Striders	F45									43																	43
212	Sarah Mackrell	Worsthorne & Hurstwood RC	F45	43																									43
213	Alex Gould	Unattached	FS									44																	44
214	Angela Hannan	Unattached	F40	44																									44
215	Elaine Corcoran	Trawden AC	F40			44																							44
216	Georgia Brennan		F								44																		44
217	Rosie Cummings	Ramsbottom Running Club	F40											44															44
218	Olga Wiggins	Preston Harriers	F40	46																									46
219	Victoria Scholes	Unattached	F40											46															46
220	Alison Hargreaves	Ribble Valley Runners	F35											47															47
221	Marie Christian	Rossendale Harriers	F75		47																								47
222	Gail Lumsden	Ribble Valley Runners	F50											48															48
223	Margaret Worbey	Red Rose Road Runners	F40									48																	48
224	Paula Plowman	Red Rose Road Runners	F55								48																		48
225	Christie-Anne Cunningham	Labc Runners	F45								49																		49
226	Denise Owen	Rossendale Harriers	F50		49																								49
227	Elizabeth Holden	Unattached	F50						49																				49
228	Lindsay Whitham	Trawden AC	F40									49																	49
229	Abigail Hepworth	U/A	F		50																								50
230	Donna Riley	Ribble Valley Runners	F55											50															50
231	Maxine Morton		F45								50																		50
232	Deborah Hurst		F45								51																		51
233	Emma Stacey	Ramsbottom Running Club	F45											51															51
234	Angela Howarth	Unattached	F50								52																		52
235	Helen Gray	Goyt Valley Striders	F55									52																	52
236	Hannah Caulfield		F40								53																		53
237	Nicola Spencer	Ribble Valley Runners	F35											53															53
238	Xuejun Shirley Yuan	Accrington Road Runners	F45	53																									53
239	Alice Kirwan	Prestwich Athletic Club	F								54																		54
240	Julie Wrigley	Accrington Road Runners	F50	54																									54
241	Karen Figiel	Accrington Road Runners	F60										54																54
242	Becky Albrow	Ramsbottom Running Club	F35											55															55
243	Cath Kippax	Running4CF	F45									55																	55
244	Jane Hylands	Clayton le Moors Harriers	F50			55																							55
245	Karen Goldswain	Rossendale Harriers	F55								55																		55
246	Pamela McCullagh	Accrington Road Runners	F45	55																									55
247	Viki Walsh	Darwen Dashers	F40										55																55
248	Anna Forrester	Unattached	F								56																		56
249	Claire Elsworth	Goyt Valley Striders	F45									56																	56
250	Marissa McPhillips	Ramsbottom Running Club	F50											56															56
251	Caitlin Brown		F								57																		57
252	Katie Skelton	Running4CF	F35									57																	57
253	Vron Walker	Wesham Road Runners	F	57																									57
254	Louise Lord	Wesham Road Runners	F45	58																									58
255	Sarah Marsden		F45								58																		58
256	Donna Airey	Unattached	F40									59																	59
257	Jennifer Burtonwood	Blackpool Wyre & Fylde Athletic Club	F55								59																		59
258	Sally Deacon	Wesham Road Runners	F55	59																									59
259	Jenny Mabbutt	Unattached	F40	60																									60
260	Lucy Scott	Clayton le Moors Harriers	F35									60																	60
261	Alison Mercer	Red Rose Road Runners	F60								61																		61
262	Karen Clarkin	Clayton le Moors Harriers	F45									61																	61
263	Wendy Schofield	Unattached	F55			61																							61
264	Catherine Riley	Trawden AC	F45											62															62
265	Janette Hall	Clayton le Moors Harriers	F45									62																	62
266	Helen Dickson	Accrington Road Runners	F50											63															63
267	Judith Carey	Clayton le Moors Harriers	F40									63																	63
268	Amy Ardill	Ramsbottom Running Club	F35											64															64
269	Cheryl Schofield	Lonely Goat	F45								64																		64
270	C. Waterfall-Hallam	Ramsbottom Running Club	F40											65															65
271	Rebecca Barnes		F45								65																		65
272	Janet Peterson		F55								66																		66
273	Gillian Kershaw	Labc Runners	F55								67																		67
274	Anita Rostas	Unattached	F								68																		68
275	Debbie Myerscough	Wesham Road Runners	F55	68																									68
276	Annette Spokes-Ellis	Rossendale Harriers	F45			69																							69
277	Elizabeth Calvert	Prestwich Athletic Club	F45								69																		69
278	Gabrielle Lee	Unattached	F	69																									69
279	Louise Harrop	Ribble Valley Runners	F55											69															69
280	Louise Kite	Unattached	F40											70															70
281	Suzanne Brennan		F50								70																		70
282	Hannah Ingle	Unattached	FS											71															71
283	Dawn Saunders	Thornton and Cleveleys Running Club	F50								74																		74
284	Katy Whitwell	Ramsbottom Running Club	F35											74															74
285	Donna Iafrati	Ribble Valley Runners	F60											75															75
286	Leanne Batty	Thornton and Cleveleys Running Club	F40								75																		75
287	Rachel Fryers		F45								76																		76
288	Emma Wilkinson		F40								77																		77
289	Claire St. John	Blackpool Wyre & Fylde Athletic Club	F40								78																		78
290	Claire Dunn	Blackpool Wyre & Fylde Athletic Club	F								79																		79
291	Nicola Mead	Ribble Valley Runners	F40											80															80
292	Lisa Fenton	Labc Runners	F45								81																		81
293	Ruth Bolton	Ribble Valley Runners	F35											81															81
294	Christine Pendlebury	Ramsbottom Running Club	F55											82															82
295	Heidi Hird	Blackburn Road Runners	F45								82																		82
296	Susan Morrison	Ramsbottom Running Club	F60											83															83
297	Laura Dalton	Blackpool Wyre & Fylde Athletic Club	F40								84																		84
298	Elizabeth Allison	Trawden AC	F55								85																		85

299	Jo Rogan	Ribble Valley Runners	F50										85															85
300	Karen Smith	Thornton and Cleveleys Running Club	F55								87																	87
301	Julie Marsden	Blackburn Road Runners	F45								88																	88
302	Wendy Hope	Blackpool Wyre & Fylde Athletic Club	F45								89																	89
303	Nina Watters	Red Rose Road Runners	F								90																	90