

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	159	18:18	Matthew Goddard	SOUTHPORT WATERLOO AC	Male	1	5k	1	18:18	1
2	156	18:41	Tom Ely		Male	2	5k	2	18:40	2
3	182	18:48	Graeme Mutch		Male	3	5k	3	18:47	3
4	157	19:18	Kevan Evans	SOUTHPORT WATERLOO AC	Male	4	5k	4	19:18	4
5	184	19:39	Natalie Palin		Female	1	5k	5	19:39	5
6	178	19:57	Jason East		Male	5	5k	6	19:56	6
7	158	20:01	Lisa Gawthorne	Liverpool Pembroke Sefton	Female	2	5k	7	20:01	7
8	163	21:01	Simon Lake	Royton Road Runners	Male	6	5k	8	21:00	8
9	162	21:52	Alan Joyce		Male	7	5k	9	21:51	9
10	185	22:13	Shaun Cleary	UK Net Runner	Male	8	5k	10	22:10	10
11	183	22:56	David Marsh		Male	9	5k	11	22:55	11
12	160	23:01	Daniel Hains		Male	10	5k	12	23:01	12
13	153	23:25	Brian Bunclark	SOUTHPORT WATERLOO AC	Male	11	5k	13	23:22	13
14	164	24:04	Helen Lodge	SOUTHPORT WATERLOO AC	Female	3	5k	14	24:01	14
15	171	24:47	Ian Roberts		Male	12	5k	15	24:44	15
16	177	25:56	Talitha Shandley		Female	4	5k	16	25:55	16
17	186	26:05	Rehana Hague		Female	5	5k	17	26:03	17
18	181	26:30	Sharon Kershaw		Female	6	5k	18	26:28	18
19	155	27:01	Paula Davies	SOUTHPORT WATERLOO AC	Female	7	5k	19	26:59	19
20	176	27:12	James Whitworth	Lytham St Annes RR	Male	13	5k	20	27:10	20
21	161	27:24	John Harris		Male	14	5k	21	27:22	21
22	179	29:20	Lynne Healey		Female	8	5k	22	29:20	22
23	180	29:20	Andrew Healey		Male	15	5k	23	29:20	23
24	154	29:44	Ian Dailey		Male	16	5k	24	29:42	24
25	152	30:37	Sharon Birkbeck		Female	9	5k	25	30:36	25
26	175	34:07	Joyce Tyldesley		Female	10	5k	26	34:03	26
27	174	34:07	Steven Snape		Male	17	5k	27	34:03	27
28	170	35:24	Joanne Pye		Female	11	5k	28	35:21	28
29	167	35:29	Jayne Norbury		Female	12	5k	29	35:27	29
30	166	36:10	Jo Nettleton		Female	13	5k	30	36:06	30