Pos	Pts	Club	Entrants	Pos	Pts	Club	Entrants
1	458	**Loughborough Uni OC**	*5*	**4**	333	**Bowland Fell Runners**	*5*
2	394	**Tattenhall Runners**	*6*	**5**	291	**Chorlton Runners**	*3*
3	349	**Pensby Runners**	*10*	**6**	275	**Penny Lane Striders**	*4*

Class	Field	Pos	No.	Name	Club	Time
Male	84	**1**	**151**	**Alistair Thornton**	**Loughborough Uni OC**	**76:26**
		2	**61**	**Lloyd Taggart**	**Manx Fell Runners**	**76:40**
		3	**79**	**Peter Bray**	**Chorlton Runners**	**78:13**
MU23	4	1	151	Alistair Thornton	Loughborough Uni OC	76:26
		2	81	Adam Fieldhouse	Loughborough Uni OC	84:54
		3	11	Harry Bolton	Loughborough Uni OC	88:00
		4	84	William Phythian	Loughborough Uni OC	98:02
MSEN	25	1	79	Peter Bray	Chorlton Runners	78:13
		2	22	Lawrence Eccles	Penny Lane Striders	80:04
		3	5	David Appleton	Bowland Fell Runners	88:17
		4	30	Al Smithson	Mersey Tri	88:51
M40	25	1	76	Simon Edwards	Buckley Runners	88:25
		2	88	Matt Owens	Chorlton Runners	89:12
		3	63	Simon Duckett	Tattenhall Runners	90:36
		4	51	Darren Fishwick	Chorley Harriers	92:44
M50	17	1	61	Lloyd Taggart	Manx Fell Runners	76:40
		2	27	Richard Evans	Altrincham + District AC	91:00
		3	45	Paul Bowes	Shrewsbury AC	96:25
		4	47	Norman Hayhurst	Unattached	96:31
M60	12	1	90	Nick Holmes	Tattenhall Runners	101:23
		2	71	Leigh Warburton	Bowland Fell Runners	102:41
		3	50	Paul Shannon	Tattenhall Runners	104:27
		4	34	Iain Wood	Chester Triathlon Club	108:51
M70	1	1	82	John Morris	Buckley Runners	138:06
		2				
		3				
		4				

Class	Field	Pos	No.	Name	Club	Time
Female	26	**1**	**80**	**Sophie Horrocks**	**Rossendale Harriers**	**92:51**
		2	**89**	**Alice Swift**	**Chorlton Runners**	**98:56**
		3	**59**	**Helen Brown**	**Mynydd Du**	**103:25**
FU23	1	1	153	Jenna Williams	Loughborough Uni OC	115:36
		2				
		3				
		4				
FSEN	7	1	80	Sophie Horrocks	Rossendale Harriers	92:51
		2	89	Alice Swift	Chorlton Runners	98:56
		3	39	Katy Baugh	Denbigh Harriers	119:01
		4	55	Lenka Vidamour	Penny Lane Striders	121:29
F40	9	1	59	Helen Brown	Mynydd Du	103:25
		2	13	Sallie Holt	Wallasey AC	112:23
		3	56	Helen Buchan	Ribble Valley Harriers	114:18
		4	19	Rebecca Massey	Tattenhall Runners	118:13
F50	7	1	66	Karen Forster	Spectrum Striders RC	117:57
		2	86	Jean Shotter	Holmfirth Harriers	127:15
		3	83	Carole Morrison	Pensby Runners	134:33
		4				
F60	2	1	42	Menai Baugh	Denbigh Harriers	134:58
		2	54	Jackie Keasley	Helsby Running Club	153:39
		3				
		4				
F70	0	1		*No starters*		
		2				
		3				
		4				