

20 Barriers 2026-07-07

Total finishers 115

CVFR finishers 2

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Matthew Heppenstall	Settle Harriers	0:33:56	MU23	1/3	1.26	
2	Jake Croasdale	Unattached	0:34:20	MSEN	1/24	1.28	
7	Mark Bispham	Unattached	0:36:45	M45	1/11	1.37	
12	Richard Wells	Sedbergh School Running Club	0:38:33	M55	1/9	1.44	
14	Mark Holgate	Lancaster And Morecambe Ac	0:38:45	M50	1/5	1.44	
20	Stephen Smithies	CVFR	0:40:37	M55	2/9	1.51	
22	Paul Dugdale	Helm Hill	0:41:09	M60	1/9	1.53	
26	Amy Stevenson	Wesham Road Runners	0:42:03	WSEN	1/17	1.57	
28	Owen Hewitt	Unattached	0:42:27	MU21	1/1	1.58	
29	Vikki Worsley	Thornton Cleveleys Rc	0:42:30	W50	1/7	1.58	
32	Alek Walker	Wesham Road Runners	0:43:02	M40	1/4	1.60	
44	Michael Edge	Wesham Road Runners	0:45:17	M65	1/3	1.69	
48	Joanne Hewitt	Garstang Running Club	0:47:56	W45	1/9	1.79	
54	Helen Rennie	Dallam Rc	0:49:25	W40	1/2	1.84	
61	Kathy Gaunt	Lytham St Annes Road Runners	0:51:20	W60	1/3	1.91	
62	Becky Howell	Garstang Running Club	0:51:46	W55	1/3	1.93	
64	Stephen Melling	Rossendale Harriers	0:52:24	M70	1/5	1.95	
65	Pamela Hardman	Lytham St Annes Road Runners	0:52:32	W65	1/1	1.96	
68	Xavia Cooper	CVFR	0:53:08	W50	3/7	1.98	Best Ever (prev 2.01)
115	Ian David	Bowland Fell Runners	1:13:25	M75	1/1	2.74	