Day 1 Winners - Mens Team

Place	Competitor	Club	Age Group	Time
7	Jordan James Hughes	Middleton Harriers	MV35	0:37:34
8	Andy Smith	Middleton Harriers	MV40	0:37:41
11	Matty Lever	Middleton Harriers	MV35	0:39:11

Day 1 Winners - Ladies Team

Place	Competitor	Club	Age Group	Time
55	Berni Cain	Middleton Harriers	FV40	0:48:52
63	Helen Mutch	Middleton Harriers	FV40	0:53:02
71	Rose Rowson	Middleton Harriers	FV65	0:56:02

Day 1 Winners - Mens Overall

Place	Competitor	Club	Age Group	Time
1	Dom Carter	York Postal Harriers	MU23	0:34:05
2	Dan Cottle	Prestwich Ac	MV45	0:35:29
3	Charlie Harding	Liverpool Harriers	MU23	0:35:44

Day 1 Winners - Ladies Overall

Place	Competitor	Club	Age Group	Time
46	Mia Derbyshire	Radcliffe Ac	FVSEN	0:47:04
48	Jennifer Helm	Prestwich Ac	FV45	0:47:39
55	Berni Cain	Middleton Harriers	FV40	0:48:52

Day 1 Winners - Mens U23

Place	Competitor	Club	Age Group	Time
1	Dom Carter	York Postal Harriers	MU23	0:34:05
3	Charlie Harding	Liverpool Harriers	MU23	0:35:44
40	Adam Howarth	U/A	MU23	0:45:56

Day 1 Winners - Ladies U23

Place	Competitor	Club	Age Group	Time

Day 1 Winners - Mens SEN

Place	Competitor	Club	Age Group	Time
4	Daniel Miller	Billinge Running Club	MSEN	0:36:18

Day 1 Winners - Ladies SEN

Place	Competitor	Club	Age Group	Time
46	Mia Derbyshire	Radcliffe Ac	FSEN	0:47:04
90	Simone Hamer	U/A	FSEN	4:00:00

Day 1 Winners - Mens V35

Place	Competitor	Club	Age Group	Time
6	Luke Burley	Rochdale Harriers	MV35	0:37:32

Day 1 Winners - Ladies V35

Place	Competitor	Club	Age Group	Time
97	Emma Scott	Rochdale Harriers	FV35	4:00:00

Day 1 Winners - Mens V40

Place	Competitor	Club	Age Group	Time
5	James Jordan	Rochdale Harriers	MV40	0:37:24

Day 1 Winners - Ladies V40

Place	Competitor	Club	Age Group	Time
55	Berni Cain	Middleton Harriers	FV40	0:48:52
63	Helen Mutch	Middleton Harriers	FV40	0:53:02

Day 1 Winners - Mens V45

Place	Competitor	Club	Age Group	Time
2	Dan Cottle	Prestwich Ac	MV45	0:35:29
15	Leo Cain	Middleton Harriers	MV45	0:39:52

Day 1 Winners - Ladies V45

Place	Competitor	Club	Age Group	Time
48	Jennifer Helm	Prestwich Ac	FV45	0:47:39
67	Deborah Hurst	Rossendale Harriers	FV45	0:55:20

Day 1 Winners - Mens V50

Place	Competitor	Club	Age Group	Time
13	Craig Sykes	Bury Ac	MV50	0:39:41

Day 1 Winners - Ladies V50

Place	Competitor	Club	Age Group	Time
73	Christine Smith	Rossendale Harriers	FV50	0:58:37

Day 1 Winners - Mens V55

Place	Competitor	Club	Age Group	Time
28	Ian Nuttall	Prestwich Ac	MV55	0:42:19

Day 1 Winners - Ladies V55

Place	Competitor	Club	Age Group	Time
65	Joanne Houghton	Prestwich Ac	FV55	0:54:44

Day 1 Winners - Mens V60

Place	Competitor	Club	Age Group	Time
43	Ian Dale	Rochdale Harriers	MV60	0:46:21

Day 1 Winners - Ladies V60

Place	Competitor	Club	Age Group	Time

Day 1 Winners - Mens V65

Place	Competitor	Club	Age Group	Time
64	Kevin Fox	U/A	MV65	0:53:15

Day 1 Winners - Ladies V65

Place	Competitor	Club	Age Group	Time
71	Rose Rowson	Middleton Harriers	FV65	0:56:02

Day 1 Winners - Mens V70

Place	Competitor	Club	Age Group	Time
58	George Williams	U/A	MV70	0:52:12

Day 1 Winners - Ladies V70

Place	Competitor	Club	Age Group	Time
78	Stephanie Caldwell	Prestwich Ac	FV70	1:02:03

Day 1 Winners - Mens V75

Place	Competitor	Club	Age Group	Time
74	John Hall	Middleton Harriers	MV75	0:58:59

Day 1 Winners - Ladies V75

Place	Competitor	Club	Age Group	Time