



Best 5k

24/11/2019 11:00:00

Place	Runner Name	Club Name	Bib #	Gun Time	Chip Time	Sex	Age
1	KARL HODGSON	Red Rose Road Runners	40	00:16:52.59	00:16:51.08	M	31
2	JASON PARKER	Preston Harriers	115	00:17:44.35	00:17:42.55	M	45
3	ADAM BOOTH	Blackburn Road Runners	11	00:18:09.10	00:18:06.56	M	26
4	LEE FOLEY	Preston Harriers	108	00:18:31.84	00:18:30.56	M	32
5	MATT SIMPSON	Blackburn Road Runners	85	00:18:46.59	00:18:44.18	M	39
6	MARK LEE	Preston Harriers	124	00:18:57.08	00:18:54.53	M	55
7	JAMES BRETHERTON	Red Rose Road Runners	12	00:19:34.08	00:19:30.67	M	39
8	PAUL HETHERINGTON	Lonely Goat RC	122	00:19:35.82	00:19:33.84	M	46
9	JON TURNER	Blackburn Road Runners	96	00:19:37.57	00:19:34.16	M	32
10	CHRIS HORNER	Garstang R C	43	00:19:47.08	00:19:44.78	M	45
11	MICHAEL CLITHEROE		16	00:19:50.32	00:19:47.77	M	33
12	ETHAN HODGKINSON	Red Rose Road Runners	39	00:19:51.08	00:19:48.26	M	21
13	DOUGIE POTTER		121	00:19:58.33	00:19:56.03	M	36
14	MATT WILSON		116	00:20:21.07	00:20:17.43	M	31
15	MICHAEL ODDIE	Red Rose Road Runners	75	00:20:32.06	00:20:27.97	M	46
16	JAMIE ROBINSON	Preston Harriers	83	00:20:33.12	00:20:30.07	F	31
17	JOHN NAYLOR	Red Rose Road Runners	104	00:20:44.81	00:20:42.03	M	39
18	PHIL ANDERSON		3	00:21:10.07	00:21:04.78	M	41
19	FAYE HOUGHTON	Preston Harriers	44	00:21:17.31	00:21:08.94	F	16
20	DOMINIC BRETHERTON	Blackburn Harriers	118	00:21:24.06	00:21:20.51	M	36
21	KENNETH BEAZLEY	Preston Harriers	105	00:21:25.56	00:21:21.26	M	61
22	CHERYL GARDNER	Holcombe Harriers	113	00:21:26.37	00:21:21.14	F	41
23	WARREN CROOK	Chorley Athletics and Tri	109	00:21:29.07	00:21:26.77	M	55
24	BEN GREGSON	Lytham St Annes Road Runners	33	00:21:58.55	00:21:55.01	M	15
25	SIMON WINSTEW	Red Rose Road Runners	125	00:22:06.55	00:22:01.74	M	34
26	SARAH SMALLWOOD	Lions Running Community	87	00:22:14.05	00:22:04.66	F	52
27	MATT LYNCH	Blackburn Road Runners	64	00:22:19.30	00:22:13.25	M	39
28	STEVE MURPHY	Red Rose Road Runners	72	00:22:21.81	00:22:16.53	M	48
29	JASPER RICHARDSON	Lytham St Annes Road Running Club	48	00:22:38.30	00:22:28.00	M	33
30	NIKOLETTA HUDAK	Red Rose Runner	47	00:22:46.30	00:22:40.25	F	37
31	DARREN STEVENSON		89	00:22:47.80	00:22:29.22	M	41
32	GRAHAM ALKER		2	00:22:52.29	00:22:45.74	M	46
33	DAN GREGSON	Lytham St Annes Road Runners	32	00:22:54.80	00:22:49.57	M	47
34	VICTORIA DUCKETT	Preston Harriers	24	00:22:56.55	00:22:52.25	F	44
35	ASHLEY STOTT		90	00:22:57.80	00:22:52.14	M	29
36	FIONA LYNCH	Blackburn Road Runners	63	00:23:02.30	00:22:56.03	F	42
37	SIMON HOUGHTON		45	00:23:24.30	00:23:16.39	M	51
38	STU NICOL	Red Rose Road Runners	41	00:23:55.54	00:23:43.24	M	45
39	BEN SMITHERS SMITHERS	Red Rose Road Runners	88	00:23:55.79	00:23:47.75	M	32
40	ALAN LITTLER	Preston Harriers	61	00:24:12.78	00:24:07.12	M	76
41	ALAN LATHAM		59	00:24:12.83	00:23:58.73	M	51
42	SID MAKINSON	Blackburn Road Runners	66	00:24:32.29	00:24:19.27	M	45
43	MUBARAK PATEL		76	00:24:38.03	00:24:28.29	M	35
44	GINA BIGGS	Red Rose Road Runners	10	00:24:45.28	00:24:36.34	F	30
45	STEPHEN MINTO	Blackpool Wyre & Fylde Ac	70	00:24:51.29	00:24:39.74	M	68
46	JOHN CLUCAS	Blackburn Road Runners	17	00:24:55.53	00:24:46.49	M	57
47	DAMIEN NAGLE		74	00:25:01.52	00:24:57.23	M	45
48	GAIL BAMBER	Blackburn Road Runners	7	00:25:01.78	00:24:53.03	F	47
49	ANDREW MANSFIELD	Blackburn Harriers	114	00:25:09.03	00:24:58.73	M	57
50	ALBANO MASSARO		67	00:25:17.54	00:25:12.24	M	49
51	RAFAL DUSZA		123	00:25:28.77	00:25:16.48	M	43
52	CESARE GIOMBETTI		30	00:25:33.76	00:25:28.95	M	44



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53	REECE THOMAS	Red Rose Road Runners	95	00:25:35.78	00:25:23.96	M	22
54	MARK HOLLIDAY		42	00:25:50.28	00:25:34.48	M	44
55	SUSAN WOISTENHOLME	Blackburn Road Runners	103	00:26:01.02	00:25:52.63	F	45
56	LOUISE KEARNEY		56	00:26:23.76	00:26:16.46	F	48
57	CRYSTAL SIMPSON		86	00:26:27.76	00:26:14.72	F	32
58	GRAHAM HOWELL	Liverpool Harriers	46	00:26:32.77	00:26:26.36	M	70
59	CHARLES SUMNR		93	00:26:34.02	00:26:23.45	M	17
60	IAN HEPWORTH	Richmond & Zetland	38	00:26:34.57	00:26:27.02	M	72
61	JOANNE WEIR	Blackburn Road Runners	99	00:26:34.77	00:26:27.73	F	50
62	JAMES SUMNER		92	00:26:41.27	00:26:30.70	M	53
63	VICKI RICHARDSON	Lytham St Annes Road Runners	107	00:26:47.27	00:26:37.47	F	32
64	BERNIE MITCHELL	Red Rose Road Runners	106	00:26:49.01	00:26:44.01	M	0
65	GILLIAN HUGHES	Trawden Ac	50	00:26:49.76	00:26:43.67	F	48
66	MICK HUGHES	Trawden Ac	49	00:26:50.02	00:26:44.36	M	44
67	PAUL CARTER	Wesham Road Runners	15	00:27:02.51	00:26:43.21	M	50
68	FELICITY CROSS	Preston Harriers	120	00:27:15.51	00:27:08.82	F	63
69	LYNNE KNOWLES	Blackburn Road Runners	58	00:27:18.51	00:27:11.64	F	46
70	ASHLEY WEIR	Blackburn Road Runners	98	00:27:19.76	00:27:12.97	M	50
71	JOHN DEY	Blackburn Road Runners	23	00:27:33.75	00:27:27.11	M	45
72	FAISAL ALI	Red Rose Road Runners	1	00:27:37.50	00:27:23.45	M	29
73	JAMIE JARDINE		52	00:27:40.51	00:27:20.96	M	42
74	DAVID STOTT		91	00:27:45.51	00:27:31.71	M	44
75	JOYDIP MAJUMDER	Red Rose Road Runners	65	00:28:04.99	00:27:54.95	M	44
76	DONNA MAZUR	Blackburn Roadrunners	68	00:28:14.50	00:28:07.86	F	46
77	GEORGE BELL	Blackburn Road Runners	110	00:28:14.76	00:28:07.46	M	64
78	DAVID KIRKMAN		57	00:28:27.75	00:28:20.70	M	39
79	DARCIE HARROP		36	00:28:29.24	00:28:17.82	F	19
80	HODGSON SUSAN	Lancaster and Morecambe Athletics Club	94	00:28:35.99	00:28:28.13	F	59
81	MAUREEN ROBERTS	Lancaster Runners	82	00:29:21.04	00:29:12.50	F	64
82	IAN MILLER	Red Rose Road Runners	117	00:29:34.75	00:29:22.71	M	58
83	CLAIRE INCUTTI	Blackburn Road Runners	51	00:29:47.23	00:29:34.13	F	46
84	SINEAD SIMPSON	Blackburn Road Runners	111	00:29:47.77	00:29:30.72	F	33
85	SANDRA ROLSTON	Red Rose Road Runners	84	00:30:00.49	00:29:51.74	F	59
86	LAUREN HATTON	Red Rose Road Runners	37	00:31:13.22	00:31:03.67	F	28
87	NEIL ANDERSON		4	00:31:35.47	00:31:24.18	M	69
88	PAUL FRYER		27	00:31:41.47	00:31:28.17	M	45
89	LINDA BORKIN		112	00:31:58.22	00:31:52.98	F	61
90	KEITH JUGG		54	00:32:29.46	00:32:13.64	M	63
91	STACEY WHEATMAN		101	00:33:11.02	00:33:02.22	F	41
92	GAVIN PRESTON		78	00:33:11.46	00:33:02.99	M	46
93	KAREN MELLIS		69	00:33:11.77	00:32:57.06	F	44
94	JULES LONGDON	Red Rose Runners	62	00:33:16.70	00:33:06.17	F	48
95	ANN DAVISON		22	00:33:20.26	00:33:05.96	F	33
96	HELEN MURPHY		73	00:33:37.96	00:33:24.16	F	54
97	ANDREW PEARSON		77	00:35:09.44	00:34:56.89	M	61
98	SUSAN BEARDSWORTH	Red Rose Road Runners	8	00:35:12.43	00:35:02.51	F	41
99	SIMONE ARNFIELD		6	00:35:21.19	00:35:03.10	F	38
100	GARETH REDMOND		80	00:35:21.94	00:35:03.39	M	32
101	SANDRA DAVIES	Red Rose Road Runners	21	00:35:24.43	00:35:12.63	F	56
102	GIUSEPPE D'ESPOSITO		20	00:36:09.17	00:36:04.12	M	39
103	JOANNE ANDERSON		5	00:36:38.21	00:36:27.65	F	42
104	GRAHAM EMMERSON		25	00:36:43.92	00:37:33.08	M	51
105	CHRISTINE RAMSDALE	Spectrum Striders	79	00:36:46.22	00:36:33.42	F	70



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Place	Runner Name	Club Name	Bib #	Gun Time	Chip Time	Sex	Age
106	CATH FURESZ	Red Rose Road Runners	28	00:36:58.68	00:36:48.10	F	52
107	LOUISE BENTLEY		9	00:37:36.22	00:37:17.74	F	52
108	JUDITH COOK	Red Rose Road Runners	119	00:38:53.20	00:38:33.91	F	53
109	HELEN FLEMING		26	00:39:07.90	00:38:52.68	F	53
110	CELIA GAZE		29	00:39:23.89	00:39:06.35	F	49
111	SALLY LEECH		60	00:39:33.31	00:39:15.51	F	44
112	ARTHUR GREEN	Red Rose Road Runners	31	00:39:53.70	00:39:38.90	M	73
113	MARIA WHITESIDE		102	00:43:14.11	00:42:58.56	F	40
114	NICOLA KEALEY		55	00:45:16.85	00:45:05.71	F	26