

Elswick Express 10 2022

Place Name	Club	Gender	Bib #	Race Time	Chip Time	Age	Division Rank	
1	ALEX CURRAN	Blackburn Road Runners	M: 1	116	00:59:05.58	00:59:04.19	30	Male Overall: 1
2	PAUL BAGAN	Cheshire Dragons	M: 2	100	00:59:54.16	00:59:50.55	44	Male Overall: 2
3	STEPHEN WATMOUGH	Warrington Ac	M: 3	158	01:00:38.91	01:00:36.30	60	Male Overall: 3
4	JOSH HAWORTH		M: 4	125	01:02:10.89	01:02:06.28	33	:
5	DEXTER SPARROW		M: 5	174	01:03:25.39	01:03:23.49	22	:
6	PAUL CALVERLEY	Accrington Road Runne	M: 6	108	01:03:48.63	01:03:47.52	56	Male Vet over 55: 1
7	ROB HEGARTY		M: 7	127	01:04:59.13	01:04:52.02	36	:
8	JAMES WHITTLE	Lytham St. Annes Road	M: 8	161	01:06:52.87	01:06:49.01	32	:
9	MARC MADDOCK	Widnes Running Club	M: 9	139	01:07:00.87	01:06:57.01	34	:
10	MATT SIMPSON	Blackburn Road Runners	M: 10	152	01:08:15.60	01:08:12.71	42	Male Vet over 40: 1
11	FAY MORNE		F: 1	144	01:09:38.10	01:09:29.49	47	Female Overall: 1
12	RICHARD JONES	Garstang Running Club	M: 11	172	01:09:39.85	01:09:35.23	44	Male Vet over 40: 2
13	ANNETTE FOWLER	Buxton Ac	F: 2	119	01:10:01.84	01:09:56.73	55	Female Overall: 2
14	ANDREW WALLS		M: 12	189	01:10:17.34	01:10:11.24	37	:
15	PAUL SPARROW	BWFAC	M: 13	175	01:10:55.33	01:10:49.72	55	Male Vet over 55: 2
16	PAUL BUSOW	Widnes Running Club	M: 14	107	01:11:18.34	01:11:12.23	48	Male Vet over 45: 1
17	JAMES CORNALL	Garstang Running Club	M: 15	112	01:12:21.84	01:12:16.98	37	:
18	CHRIS COTTAM	Lytham St Annes Road	M: 16	114	01:12:58.58	01:12:55.17	31	:
19	PHILIP SLEE		M: 17	167	01:13:50.08	01:13:42.47	33	:
20	PAUL DEMORE		M: 18	118	01:14:00.32	01:13:56.47	55	Male Vet over 55: 3
21	SAMANTHA WILLIS	Buxton Ac	F: 3	162	01:14:07.58	01:14:03.17	43	Female Overall: 3
22	DEAN JACKSON		M: 19	135	01:14:37.82	01:14:25.44	48	Male Vet over 45: 2
23	DAVID UNSWORTH	Horwich Rmi Harriers	M: 20	157	01:15:19.32	01:15:12.12	60	Male Vet over 60: 1
24	GARRY STUBBS-BRONSON		M: 21	168	01:15:39.56	01:15:36.16	47	Male Vet over 45: 3
25	MARISSA CORNALL	Garstang Rc	F: 4	113	01:15:55.56	01:15:50.76	42	Lady Vet over 40: 1
26	DAN GREGSON	Lytham St Annes Road	M: 22	123	01:16:08.56	01:16:04.36	50	Male Vet over 50: 1
27	GEMMA TREDWELL		F: 5	155	01:17:22.30	01:17:15.44	41	Lady Vet over 40: 2
28	TRUDI JENKINSON	Blackburn Road Runners	F: 6	136	01:18:00.04	01:17:54.65	57	Lady Vet over 55: 1
29	JAMES HODSON		M: 23	128	01:18:43.56	01:18:34.45	36	:
30	CHRIS GIBLIN	Widnes Running Club	M: 24	121	01:20:43.55	01:20:37.15	41	Male Vet over 40: 3
31	GEOFF SHANKS		M: 25	150	01:21:11.03	01:21:05.42	54	Male Vet over 50: 2
32	RICHARD BARNES	Red Rose Road Runners	M: 26	101	01:21:34.53	01:21:28.23	42	Male Vet over 40: 4
33	ANDY CORNALL		M: 27	111	01:21:51.52	01:21:42.14	34	:
34	JAYNE PERRY	Garstang RC	F: 7	191	01:22:12.28	01:22:07.38	42	Lady Vet over 40: 3
35	IAN BARNETT		M: 28	102	01:22:47.79	01:22:36.69	52	Male Vet over 50: 3
36	SHEILA BRADLEY	Buxton Ac	F: 8	104	01:23:06.52	01:23:01.65	65	Lady Vet over 65+: 1
37	TERRY HOLLAND	Buxton Ac	M: 29	130	01:23:29.52	01:23:22.91	48	Male Vet over 45: 4
38	PAUL MUCKALT	Lancaster Runners	M: 30	146	01:23:37.51	01:23:26.42	41	Male Vet over 40: 5
39	CHRIS COLEBOURN	Nsrra	M: 31	109	01:23:42.77	01:23:34.57	55	Male Vet over 55: 4
40	HELEN DAVIES	Widnes Wasps Lrc	F: 9	186	01:23:52.52	01:23:42.93	54	Lady Vet over 50: 1
41	HOWARD CROOK		M: 32	115	01:24:59.79	01:24:48.41	52	Male Vet over 50: 4
42	TANYA BUNKHAM	Trawden Athletics Club	F: 10	165	01:25:55.53	01:25:41.15	34	:
43	MARK TAYLOR	Darwen Dashers Runnin	M: 33	153	01:26:55.77	01:26:47.16	47	Male Vet over 45: 5
44	JADE EARLEY	Fylde coast runners	F: 11	182	01:27:12.75	01:27:08.14	32	:
45	FRAN CONNOLLY	Blackpool Wyre & Fyld	F: 12	110	01:27:53.27	01:27:43.17	42	Lady Vet over 40: 4
46	KATIE THOMPSON		F: 13	184	01:27:55.74	01:27:46.88	29	:
47	GARY JONES		M: 34	166	01:28:29.75	01:28:19.15	51	Male Vet over 50: 5
48	MICHELE LINDSAY	Ladies Widnes Wasps	F: 14	138	01:28:57.02	01:28:47.42	62	Lady Vet over 60: 1
49	ROZ GEHRING		F: 15	173	01:29:10.25	01:28:58.15	41	Lady Vet over 40: 5
50	LOUISA NORMAN		F: 16	179	01:30:01.73	01:29:54.83	53	Lady Vet over 50: 2
51	CAROLINE BARROW	Widnes Running Club	F: 17	103	01:30:05.23	01:29:57.61	47	Lady Vet over 45: 1
52	ADRIAN IBISON	Garstang Running Club	M: 35	134	01:31:17.74	01:31:08.88	57	Male Vet over 55: 5
53	SID MAKINSON	Blackburn Road Runners	M: 36	140	01:31:28.72	01:31:22.82	48	Male Vet over 45: 6
54	CHARLOTTE HAWORTH		F: 18	126	01:31:52.24	01:31:45.94	31	:
55	CORINA PAUNEL		F: 19	148	01:32:01.96	01:31:50.87	34	:
56	STEPHANIE HUMPHRIES	Widnes Running Club	F: 20	132	01:33:32.70	01:33:24.31	31	:
57	DAWN HIGNETT	Widnes Running Club	F: 21	129	01:34:45.94	01:34:37.55	51	Lady Vet over 50: 3
58	KATE POMFRET	Blackburn Road Runners	F: 22	149	01:34:46.27	01:34:40.16	52	Lady Vet over 50: 4
59	REBECCA WELLS	Red Rose Road Running	F: 23	159	01:35:31.69	01:35:20.09	29	:
60	ROGER COMISH		M: 37	170	01:35:34.69	01:35:20.59	61	Male Vet over 60: 2
61	HELEN MOORE	Widnes Wasps LRC	F: 24	187	01:35:47.69	01:35:37.30	55	Lady Vet over 55: 2
62	CARLY PICKLES	Riversway Road Runners	F: 25	164	01:37:16.18	01:37:05.58	41	Lady Vet over 40: 6
63	HEATHER FRYER-WINDER	Buxton Ac	M: 38	120	01:37:21.19	01:37:13.68	57	Male Vet over 55: 6

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64	BERNADETTE UNSWORTH	Horwich Rmi Harriers	F: 26	156	01:37:58.68	01:37:48.83	57	Lady Vet over 55: 3
65	BRIAN DAVIES	St Helens Striders	M: 39	117	01:38:10.44	01:37:57.34	56	Male Vet over 55: 7
66	GARY TAYLOR	Fylde Coast Runners	M: 40	188	01:38:21.43	01:38:11.13	68	Male Vet over 65: 1
67	TRACY GREGORY	Buxton Ac	F: 27	122	01:38:42.93	01:38:35.32	57	Lady Vet over 55: 4
68	ALISON MOORE	Blackburn roadrunners	F: 28	181	01:39:33.17	01:39:26.30	51	Lady Vet over 50: 5
69	JESSICA FAHEY		F: 29	190	01:40:03.41	01:39:52.03	32	:
70	ANGELA SHANKS		F: 30	151	01:44:58.39	01:44:50.28	59	Lady Vet over 55: 5
71	DONNA MAZUR	Blackburn Road Runners	F: 31	142	01:50:41.86	01:50:30.46	49	Lady Vet over 45: 2
72	SARAH MOORE		F: 32	178	01:53:21.16	01:53:10.66	30	:
73	LAURA WHITAKER		F: 33	160	01:54:41.83	01:54:29.98	38	Lady Vet over 35: 1