

# Fleetwood Spring 10k

Place Name	Club	Gender	Bib #	Race Time	Chip Time	Age	Division Rank
1 MIKE TOFT	Lytham St Annes RC	M: 1	344	00:34:08.90	<b>00:34:06.43</b>	33	Male Overall: 1
2 JAMIE SHINGLER	Ludlow runners	M: 2	383	00:35:23.40	<b>00:35:20.43</b>	48	Male Overall: 2
3 DAVID TAYLOR	Wesham RR	M: 3	338	00:35:53.89	<b>00:35:51.66</b>	35	Male Overall: 3
4 JAMES MCLEOD	Accrington Road Runne	M: 4	267	00:36:41.89	<b>00:36:39.92</b>	38	:
5 SHAUN HEYS	Trawden AC	M: 5	371	00:36:59.84	<b>00:36:57.60</b>	38	:
6 DAVID PEEL	Holcombe Harriers	M: 6	376	00:37:54.63	<b>00:37:52.16</b>	43	Male Vet over 40: 1
7 ROB HEGARTY		M: 7	208	00:38:00.32	<b>00:37:55.85</b>	35	:
8 CARLOS WILSON	St Helen's Striders	M: 8	359	00:38:11.58	<b>00:38:08.54</b>	41	Male Vet over 40: 2
9 BELINDA HOUGHTON	Fylde Coast Runners	F: 1	224	00:38:42.88	<b>00:38:39.11</b>	31	Female Overall: 1
10 PHIL MORRIS		M: 9	277	00:38:56.33	<b>00:38:50.86</b>	37	:
11 LIAM BETNEY		M: 10	124	00:39:47.83	<b>00:39:44.85</b>	34	:
12 PETER STAMBRIDGE		M: 11	329	00:39:57.62	<b>00:39:51.40</b>	40	Male Vet over 40: 3
13 STUART BENSON	Fylde Coast Runners	M: 12	122	00:40:39.37	<b>00:40:34.90</b>	50	Male Vet over 50: 1
14 MARCO PACELLI		M: 13	283	00:40:37.97	<b>00:40:34.99</b>	46	Male Vet over 45: 1
15 CHRIS ASHWORTH		M: 14	374	00:41:55.86	<b>00:41:50.86</b>	36	:
16 JAMES CORNALL	Garstang RC	M: 15	152	00:42:07.35	<b>00:42:02.58</b>	36	:
17 BRIAN HENSON		M: 16	211	00:42:23.88	<b>00:42:20.41</b>	42	Male Vet over 40: 4
18 CHRIS COTTAM	Lytham St Annes RC	M: 17	366	00:42:50.83	<b>00:42:45.55</b>	30	:
19 ADAM DIVER		M: 18	165	00:43:19.85	<b>00:42:56.59</b>	46	Male Vet over 45: 2
20 GARRY STUBBS-BRONSON		M: 19	331	00:43:12.87	<b>00:43:10.10</b>	47	Male Vet over 45: 3
21 MICHAEL GODSMARK		M: 20	192	00:43:30.05	<b>00:43:20.03</b>	37	:
22 CHRISTOPHER BROOME		M: 21	375	00:43:55.10	<b>00:43:52.13</b>	15	:
23 TOM PROE		M: 22	299	00:44:00.60	<b>00:43:56.63</b>	31	:
24 ROBERT SALTHOUSE	Vegan Runners UK	M: 23	316	00:44:08.85	<b>00:44:03.37</b>	53	Male Vet over 50: 2
25 LIAM HOOTON	Red Rose RR	M: 24	222	00:44:11.09	<b>00:44:04.56</b>	34	:
26 RICHARD SMITH	Accrington Road Runne	M: 25	325	00:44:27.85	<b>00:44:24.08</b>	37	:
27 TED KIRKHAM		M: 26	245	00:44:49.34	<b>00:44:45.80</b>	49	Male Vet over 45: 4
28 MIKE RODEN		M: 27	308	00:45:06.09	<b>00:44:53.59</b>	38	:
29 GARETH SOUTHWORTH		M: 28	328	00:45:16.59	<b>00:45:12.87</b>	56	Male Vet over 55: 1
30 JONNY WIGNALL		M: 29	356	00:45:18.43	<b>00:45:15.45</b>	50	Male Vet over 50: 3
31 MARK SALMON		M: 30	315	00:45:23.12	<b>00:45:15.64</b>	37	:
32 SOPHIE HOWARD	Rosendale Harriers	F: 2	225	00:45:21.34	<b>00:45:16.30</b>	32	Female Overall: 2
33 MARK HELM		M: 31	209	00:46:14.61	<b>00:46:10.89</b>	32	:
34 MARTIN DOYLE		M: 32	172	00:46:28.83	<b>00:46:14.58</b>	42	Male Vet over 40: 5
35 FRASER CAVILL		M: 33	141	00:46:46.33	<b>00:46:24.59</b>	25	:
36 RHYS DOYLE		M: 34	173	00:46:43.08	<b>00:46:28.57</b>	15	:
37 JOHN-PAUL LANDER		M: 35	246	00:46:38.33	<b>00:46:34.04</b>	44	Male Vet over 40: 6
38 GRAEME LUCAS		M: 36	252	00:47:04.57	<b>00:46:49.58</b>	48	Male Vet over 45: 5
39 AARON POUNCY		M: 37	297	00:47:03.78	<b>00:46:51.02</b>	46	Male Vet over 45: 6
40 CALLUM WOOD	Oldham & Royton HAC	M: 38	360	00:47:15.83	<b>00:47:08.11</b>	28	:
41 AMANDA ANSTEY		F: 3	104	00:47:22.58	<b>00:47:17.54</b>	35	Female Overall: 3
42 KATHARINE ARMSTRONG		F: 4	106	00:47:34.62	<b>00:47:28.40</b>	44	Lady Vet over 40: 1
43 IAN JONES	Walney Wind Cheetahs	M: 39	236	00:47:56.07	<b>00:47:48.10</b>	65	Male Vet over 65+: 1
44 TONY QUINN	Blackburn RR	M: 40	302	00:48:55.31	<b>00:48:48.58</b>	53	Male Vet over 50: 4
45 ROBERT HARMON		M: 41	205	00:49:01.07	<b>00:48:49.05</b>	48	Male Vet over 45: 7
46 MARK BENNETT		M: 42	121	00:49:07.06	<b>00:48:58.83</b>	41	Male Vet over 40: 7
47 DEBORAH MORAN		F: 5	274	00:49:17.85	<b>00:49:05.88</b>	56	Lady Vet over 55: 1
48 DAVE TOMLINSON		M: 43	345	00:49:21.81	<b>00:49:08.81</b>	48	Male Vet over 45: 8
49 PHILIP ELLIOTT		M: 44	178	00:49:23.82	<b>00:49:14.09</b>	50	Male Vet over 50: 5
50 AUSTIN CONNOLLY		M: 45	386	00:49:43.32	<b>00:49:14.31</b>	32	:
51 GRAEME POOLE		M: 46	295	00:49:41.06	<b>00:49:16.59</b>	43	Male Vet over 40: 8
52 IAIN RUSSELL		M: 47	313	00:49:51.32	<b>00:49:24.84</b>	45	Male Vet over 45: 9
53 DAVID PERRY		M: 48	288	00:49:53.07	<b>00:49:27.56</b>	62	Male Vet over 60: 1
54 JADE EARLEY		F: 6	175	00:50:20.84	<b>00:50:10.12</b>	32	:
55 COLIN HOBAN		M: 49	365	00:50:24.26	<b>00:50:14.53</b>	22	:
56 STEPHEN BROOK	Queensbury Running Cl	M: 50	130	00:50:24.36	<b>00:50:16.89</b>	75	Male Vet over 65+: 2
57 SALLY HARDING		F: 7	201	00:50:53.31	<b>00:50:48.02</b>	57	Lady Vet over 55: 2
58 GARY LEES		M: 51	248	00:51:09.80	<b>00:50:57.28</b>	45	Male Vet over 45: 10
59 ANDREW MICHIE		M: 52	270	00:51:20.07	<b>00:51:08.31</b>	34	:
60 MARGARET MORLEY		F: 8	276	00:51:32.04	<b>00:51:12.55</b>	50	Lady Vet over 50: 1
61 RICHARD BYERS		M: 53	132	00:51:39.24	<b>00:51:25.50</b>	46	Male Vet over 45: 11
62 LYNN ECCLESTON		F: 9	370	00:51:38.30	<b>00:51:27.82</b>	44	Lady Vet over 40: 2
63 ANTONY BIRCH		M: 54	125	00:51:40.54	<b>00:51:35.01</b>	57	Male Vet over 55: 2

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Place Name	Club	Gender	Bib #	Race Time	Chip Time	Age	Division Rank
64	LEE MCCARTNEY	M: 55	264	00:52:03.79	<b>00:51:50.29</b>	49	Male Vet over 45: 12
65	SCOTT STEVENS	M: 56	367	00:52:10.79	<b>00:52:01.82</b>	51	Male Vet over 50: 6
66	NEIL DONLAN	M: 57	166	00:52:29.04	<b>00:52:10.28</b>	49	Male Vet over 45: 13
67	JOHN KELL	M: 58	382	00:52:19.33	<b>00:52:10.36</b>	54	Male Vet over 50: 7
68	GARRY HEYWOOD	M: 59	388	00:52:37.76	<b>00:52:17.26</b>	50	Male Vet over 50: 8
69	MARTIN SLATER	M: 60	324	00:52:52.53	<b>00:52:37.28</b>	43	Male Vet over 40: 9
70	JASON KAY	M: 61	240	00:52:53.81	<b>00:52:41.53</b>	46	Male Vet over 45: 14
71	STEPHEN MCEWAN	M: 62	384	00:53:08.79	<b>00:52:51.77</b>	53	Male Vet over 50: 9
72	ALANA WEBSTER	F: 10	353	00:53:28.32	<b>00:53:12.84</b>	34	:
73	DANIEL RUSSELL	M: 63	387	00:53:29.05	<b>00:53:24.08</b>	29	:
74	MARK FAIRHURST	M: 64	180	00:53:54.79	<b>00:53:39.89</b>	49	Male Vet over 45: 15
75	BROOKS DEBBIE	F: 11	162	00:54:12.30	<b>00:53:56.06</b>	57	Lady Vet over 55: 3
76	FRANCZ GUGI	M: 65	197	00:54:13.29	<b>00:54:01.02</b>	59	Male Vet over 55: 3
77	STEVE MOODY	M: 66	272	00:54:49.77	<b>00:54:27.26</b>	47	Male Vet over 45: 16
78	ALAN MASON	M: 67	258	00:55:00.31	<b>00:54:44.15</b>	47	Male Vet over 45: 17
79	EMILY MCENNERNEY	F: 12	265	00:54:58.02	<b>00:54:47.30</b>	29	:
80	DAVID LAWRENCE	M: 68	247	00:55:02.05	<b>00:54:49.54</b>	56	Male Vet over 55: 4
81	NEELA RATHOD	F: 13	303	00:55:13.05	<b>00:54:59.53</b>	44	Lady Vet over 40: 3
82	SALLY MARCH	F: 14	256	00:55:10.78	<b>00:55:00.55</b>	48	Lady Vet over 45: 1
83	FINLAY MCCALMAN	M: 69	262	00:55:24.03	<b>00:55:08.76</b>	58	Male Vet over 55: 5
84	VICTORIA DONLAN	F: 15	167	00:55:48.79	<b>00:55:29.54</b>	49	Lady Vet over 45: 2
85	CAROLE BAILEY	F: 16	111	00:56:08.06	<b>00:55:51.55</b>	47	Lady Vet over 45: 3
86	JAN WOODWARD	F: 17	362	00:56:07.02	<b>00:55:59.25</b>	49	Lady Vet over 45: 4
87	JOLYON BARLOW	M: 70	115	00:56:20.27	<b>00:56:05.50</b>	51	Male Vet over 50: 10
88	DEBBIE CARR	F: 18	136	00:56:31.76	<b>00:56:24.52</b>	58	Lady Vet over 55: 4
89	DARREN BENTHAM	M: 71	123	00:56:51.53	<b>00:56:43.51</b>	50	Male Vet over 50: 11
90	ALLAN DUCKWORTH	M: 72	174	00:56:59.02	<b>00:56:50.25</b>	65	Male Vet over 65+: 3
91	MARK TALBOT	M: 73	336	00:57:25.96	<b>00:57:00.73</b>	49	Male Vet over 45: 18
92	FELICITY CROSS	F: 19	159	00:57:07.51	<b>00:57:01.74</b>	65	Lady Vet over 65+: 1
93	HELEN TINDALL	F: 20	343	00:57:29.95	<b>00:57:07.94</b>	53	Lady Vet over 50: 2
94	CAROLINE BABA	F: 21	110	00:57:36.01	<b>00:57:19.85</b>	43	Lady Vet over 40: 4
95	DAVE HILL	M: 74	213	00:57:46.50	<b>00:57:23.74</b>	51	Male Vet over 50: 12
96	NICOLA BALL	F: 22	112	00:57:47.06	<b>00:57:30.90</b>	35	Lady Vet over 35: 1
97	SUSAN BATTERSBY	F: 23	119	00:57:51.80	<b>00:57:40.53</b>	58	Lady Vet over 55: 5
98	LOUISE BLAND	F: 24	127	00:57:59.77	<b>00:57:47.26</b>	53	Lady Vet over 50: 3
99	JAMES HODGSON	M: 75	218	00:58:15.01	<b>00:58:01.00</b>	55	Male Vet over 55: 6
100	AMANDA DONNELLY	F: 25	168	00:58:20.02	<b>00:58:02.02</b>	42	Lady Vet over 40: 5
101	ASHLEY CHEW	M: 76	142	00:58:31.73	<b>00:58:07.47</b>	37	:
102	TRACY SLATER	F: 26	323	00:58:34.50	<b>00:58:19.03</b>	40	Lady Vet over 40: 6
103	NORMA SMITH	F: 27	326	00:59:13.50	<b>00:58:53.47</b>	75	Lady Vet over 65+: 2
104	SUSAN HUGHES	F: 28	228	00:59:17.75	<b>00:59:08.98</b>	52	Lady Vet over 50: 4
105	JIM EGAN	M: 77	177	00:59:32.25	<b>00:59:10.26</b>	57	Male Vet over 55: 7
106	KENNY HARDMAN	M: 78	202	00:59:28.75	<b>00:59:26.99</b>	59	Male Vet over 55: 8
107	TANIA COCKCROFT	F: 29	369	00:59:44.95	<b>00:59:33.48</b>	54	Lady Vet over 50: 5
108	DENISE GRACE	M: 79	193	01:00:13.00	<b>01:00:04.28</b>	59	Male Vet over 55: 9
109	NICHOLAS DINSDALE	M: 80	164	01:00:56.27	<b>01:00:44.50</b>	68	Male Vet over 65+: 4
110	AMANDA GALLAGHER	F: 30	187	01:01:18.74	<b>01:00:56.49</b>	54	Lady Vet over 50: 6
111	LESLEY GLOVER	F: 31	190	01:01:39.23	<b>01:01:23.76</b>	63	Lady Vet over 60: 1
112	IAN COOTE	M: 81	151	01:02:11.80	<b>01:01:39.33</b>	60	Male Vet over 60: 2
113	BERNARD BROWN	M: 82	368	01:02:11.34	<b>01:01:45.08</b>	58	Male Vet over 55: 10
114	GEMMA WATSON	F: 32	351	01:02:10.99	<b>01:01:49.99</b>	35	Lady Vet over 35: 2
115	GAYLE ASHTON	F: 33	108	01:02:23.23	<b>01:01:58.51</b>	46	Lady Vet over 45: 5
116	LISA AMBROSIUK	F: 34	102	01:02:45.23	<b>01:02:21.47</b>	44	Lady Vet over 40: 7
117	MICHAEL MCKEON	M: 83	266	01:03:16.97	<b>01:02:50.20</b>	38	:
118	DEBBIE ROLLINS	F: 35	310	01:03:11.98	<b>01:02:53.74</b>	55	Lady Vet over 55: 6
119	NEIL FERGUSON	M: 84	182	01:03:17.49	<b>01:02:55.01</b>	62	Male Vet over 60: 3
120	MITCH MIDDGLEY-DAVIES	M: 85	271	01:03:46.22	<b>01:03:27.96</b>	54	Male Vet over 50: 13
121	EMMA DERRICOTT	F: 36	163	01:03:48.97	<b>01:03:30.48</b>	43	Lady Vet over 40: 8
122	MOLLY WATSON	F: 37	352	01:03:31.49	<b>01:03:31.49</b>	26	:
123	LIZ HOWARD-BARKER	F: 38	226	01:03:56.48	<b>01:03:36.99</b>	63	Lady Vet over 60: 2
124	COLETTE RISHTON	F: 39	306	01:04:03.22	<b>01:03:52.00</b>	51	Lady Vet over 50: 7
125	JAMIE EVILL	M: 86	377	01:04:21.98	<b>01:03:52.74</b>	32	:
126	JEANETTE POPE	F: 40	296	01:04:24.47	<b>01:03:55.49</b>	46	Lady Vet over 45: 6

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127 CARRIE RIDLEY	South Ribble Runners	M: 87	304	01:04:24.23	<b>01:04:00.00</b>	54	Male Vet over 50: 14
128 EMMA QUINN		F: 41	301	01:04:33.22	<b>01:04:03.74</b>	41	Lady Vet over 40: 9
129 ANNETTE TAYLOR		F: 42	337	01:04:28.72	<b>01:04:19.50</b>	55	Lady Vet over 55: 7
130 PAUL GRUNDY		M: 88	372	01:04:49.91	<b>01:04:39.19</b>	51	Male Vet over 50: 15
131 KIRSTIE CLARKE		F: 43	146	01:05:17.65	<b>01:05:00.65</b>	27	:
132 RACHAEL SANDERSON		F: 44	317	01:05:20.16	<b>01:05:03.16</b>	34	:
133 CLAIRE FORREST		F: 45	185	01:05:41.71	<b>01:05:06.95</b>	48	Lady Vet over 45: 7
134 CLAIRE HOLT		F: 46	220	01:05:46.47	<b>01:05:37.20</b>	48	Lady Vet over 45: 8
135 POLLY HENRY		F: 47	210	01:05:47.71	<b>01:05:37.99</b>	49	Lady Vet over 45: 9
136 REBECCA CAVENEY		F: 48	140	01:06:09.21	<b>01:05:43.23</b>	25	:
137 PAUL CROMPTON		M: 89	158	01:06:09.98	<b>01:05:44.50</b>	51	Male Vet over 50: 16
138 LISA ENGLAND		F: 49	179	01:06:05.15	<b>01:05:46.64</b>	37	Lady Vet over 35: 3
139 JOHN ROTHWELL		M: 90	312	01:06:12.70	<b>01:05:47.44</b>	74	Male Vet over 65+: 5
140 NICOLA CRUSE		F: 50	160	01:06:08.71	<b>01:05:50.20</b>	36	Lady Vet over 35: 4
141 STEVE COWGILL		M: 91	154	01:06:48.40	<b>01:06:31.14</b>	60	Male Vet over 60: 4
142 FREDA PEACOCK		F: 51	285	01:06:41.89	<b>01:06:35.36</b>	69	Lady Vet over 65+: 3
143 SAMANTHA BOE	Lonely Goat RC	F: 52	380	01:06:56.90	<b>01:06:35.89</b>	54	Lady Vet over 50: 8
144 JEMMA GORST	Lonely Goat RC	F: 53	381	01:06:57.66	<b>01:06:36.41</b>	40	Lady Vet over 40: 10
145 JEANNETTE LEWIS		F: 54	250	01:06:55.95	<b>01:06:37.71</b>	52	Lady Vet over 50: 9
146 JOANNA COLMAN		F: 55	150	01:07:11.46	<b>01:06:46.95</b>	45	Lady Vet over 45: 10
147 JOANNE HARGREAVES		F: 56	204	01:07:38.99	<b>01:07:30.01</b>	53	Lady Vet over 50: 10
148 CHRISTOPHER JONES		M: 92	237	01:07:53.95	<b>01:07:33.20</b>	55	Male Vet over 55: 11
149 TRACY JONES		F: 57	238	01:07:53.95	<b>01:07:33.45</b>	51	Lady Vet over 50: 11
150 JANE HILL		F: 58	212	01:08:08.46	<b>01:07:45.95</b>	52	Lady Vet over 50: 12
151 STEVEN BARNES		M: 93	116	01:08:13.70	<b>01:08:03.18</b>	50	Male Vet over 50: 17
152 WADI PLUNKETT		F: 59	385	01:08:59.20	<b>01:08:31.97</b>	38	Lady Vet over 35: 5
153 SALLY HOUGH		F: 60	223	01:08:49.19	<b>01:08:45.66</b>	44	Lady Vet over 40: 11
154 KATHY GRIFFITHS		F: 61	194	01:09:22.24	<b>01:09:14.47</b>	36	Lady Vet over 35: 6
155 TRACY SMALLEY		F: 62	389	01:10:53.68	<b>01:10:34.68</b>	46	Lady Vet over 45: 11
156 PAULINA SMOREDA		F: 63	1908	01:11:35.62	<b>01:11:05.85</b>	37	Lady Vet over 35: 7
157 SUZANNE COLLINS		F: 64	149	01:11:22.18	<b>01:11:12.21</b>	49	Lady Vet over 45: 12
158 CATHERINE MOSS		F: 65	280	01:12:01.68	<b>01:11:38.16</b>	52	Lady Vet over 50: 13
159 FIONA COWGILL		F: 66	156	01:12:08.18	<b>01:11:51.41</b>	30	:
160 SUE COWGILL		F: 67	155	01:12:08.72	<b>01:11:51.71</b>	64	Lady Vet over 60: 3
161 SAMANTHA JACKSON		F: 68	229	01:12:36.17	<b>01:12:21.92</b>	51	Lady Vet over 50: 14
162 SIMON WRIGLEY		M: 94	363	01:14:16.16	<b>01:13:52.15</b>	61	Male Vet over 60: 5
163 REBECCA FERGUSON		F: 69	183	01:14:49.65	<b>01:14:26.67</b>	33	:
164 JENNIFER MOSS		F: 70	279	01:15:10.12	<b>01:14:46.39</b>	31	:
165 ELIZABETH HOLDEN		F: 71	219	01:15:08.41	<b>01:14:48.17</b>	41	Lady Vet over 40: 12
166 VICTORIA MULHALL		F: 72	373	01:18:07.64	<b>01:17:56.66</b>	33	:
167 JENNIFER WOODCOCK		F: 73	361	01:18:10.90	<b>01:18:06.61</b>	40	Lady Vet over 40: 13
168 VIKKI STOW		F: 74	330	01:18:12.14	<b>01:18:08.10</b>	36	Lady Vet over 35: 8
169 JULIE CAFFREY		F: 75	133	01:22:32.87	<b>01:22:15.87</b>	52	Lady Vet over 50: 15
170 HELEN GATTI		F: 76	188	01:22:33.80	<b>01:22:16.29</b>	56	Lady Vet over 55: 8