

Garstang 10k

Team Overall Results

<u>Place</u>	<u>Name</u>	<u>Average Time</u>	<u>Score</u>
1	Wesham Road Runners & AC	00:39:04.11	28
2	Red Rose Road Runners	00:39:37.12	30
3	Lancaster and Morecambe Athletics Club	00:41:29.84	74
4	Todmorden Harriers & Ac	00:41:58.52	79
5	Blackburn Road Runners	00:43:41.19	111
6	Lytham St Annes RR Club	00:43:15.25	111
7	Garstang Running Club	00:43:58.43	117
8	Riversway Road Runners	00:44:46.86	120
9	Lancaster Runners	00:47:19.09	160
10	Bentham Beagles Running Club	00:48:04.71	164
11	Fylde Coast Runners	00:48:54.52	165
12	Winston Runners	00:47:12.91	172

non-Scoring Teams

<u>Name</u>	<u>Average Time</u>	<u>Finishers</u>
Horwich RMI Harriers	00:44:39.44	3
Blackpool Wyre & Fylde Ac	00:52:03.97	3
Trawden Athletic Club	00:46:30.86	3
Thornton Cleveleys Running Club	00:49:28.74	3
Chorley Ac & Tri	00:51:05.73	3
Northern Masters AC	00:38:06.42	2
Preston Harriers	00:44:34.50	2
Bolton United Harriers	00:44:05.38	2
Manchester Harriers & AC	00:53:08.42	2
Southport Waterloo AC	00:51:02.43	2
Central Lancs Running & Triathlon Club (CLAN)	00:49:09.19	2
Freckleton & Warton Running Club	00:50:21.06	2
Kendal Amateur Athletic Club	00:55:53.52	2
St Helens Striders	00:59:46.47	2
Glaxo Hoadhill Harriers	00:59:49.35	2
Ribble Valley Harriers	00:34:00.46	1
Salford Harriers	00:35:59.44	1
Warrington Running Club	00:36:50.69	1
Spa Striders	00:38:21.92	1
Bury Athletic Club	00:38:34.92	1
Royton Road Runners	00:43:11.13	1
Dallam Running Club	00:46:20.85	1
Queensbury RC	00:51:54.58	1
Tri England	00:52:08.30	1
Halifax Harriers	00:52:40.93	1
Quakers Running Club	00:54:11.31	1
Lions Running Community	00:54:13.28	1
Wesham Road Runners & Ac	00:56:05.04	1
Widnes Running Club	01:00:35.72	1
Colt	01:01:20.47	1
Swinton Running Club	01:09:41.88	1

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Team Results

<u>Place</u>	<u>Team Name</u>	<u>Average Time</u>	<u># of Finishers</u>	<u>Team Score</u>		
1	Wesham Road Runners & AC	00:39:04.11	16	28		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	6	111	Simon Denye	00:37:22.69	2
	2	13	26	Lee Barlow	00:39:17.92	6
	3	15	29	Garry Barnett	00:39:31.17	8
	4	21	186	Chris Hastwell	00:40:04.65	12
	5	55	83	Stuart Clayton	00:45:34.10	(37)
	6	60	534	Thomas Farquhar	00:46:12.10	(39)
2	Red Rose Road Runners	00:39:37.12	15	30		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	9	329	David Parkinson	00:38:51.67	3
	2	11	9170	Joe Martin	00:39:07.00	4
	3	12	203	Karl Hodgson	00:39:08.67	5
	4	29	144	Jonathan Finch	00:41:21.16	18
	5	35	38	Chris Bibby	00:42:57.64	(23)
	6	38	448	Steve Tingle	00:43:15.88	(24)
3	Lancaster and Morecambe Athletics Club	00:41:29.84	16	74		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	18	65	Daniel Bye	00:39:47.60	11
	2	27	68	Lee Calvert	00:40:49.46	16
	3	30	460	David Walker	00:41:49.64	19
	4	42	430	Allan Sumner	00:43:32.63	28
	5	48	536	Mark Bentele	00:44:39.36	(32)
	6	49	336	Steve Perry	00:44:43.40	(33)
4	Todmorden Harriers & Ac	00:41:58.52	6	79		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	16	146	Matt Flanagan	00:39:36.17	9
	2	17	440	Dan Taylor	00:39:44.41	10
	3	33	504	Stuart Wolstenholme	00:42:56.38	22
	4	56	484	Guy Whitmore	00:45:37.12	38
	5	122	382	Darren Shackleton	00:54:44.27	(61)
	6	134	294	Graham Milnes	00:58:01.75	(63)
5	Blackburn Road Runners	00:43:41.19	7	111		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	14	359	Jason Rippingale	00:39:22.92	7
	2	28	110	Lee Denton	00:41:11.41	17
	3	63	497	Matt Wilson	00:46:32.85	41
	4	79	254	David Lloyd	00:47:37.59	46
	5	93	56	Jason Brown	00:50:26.82	(50)
	6	99	36	George Bell	00:51:15.08	(52)
6	Lytham St Annes RR Club	00:43:15.25	5	111		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	2	279	Chris Mccarthy	00:35:22.45	1
	2	32	32	Neil Baynton Roberts	00:42:38.88	21
	3	75	275	Ben Mccabe	00:47:29.34	44
	4	76	10	Dez Appleton	00:47:30.34	45
	5	114	273	Lewis Mcafee	00:53:26.29	(58)
7	Garstang Running Club	00:43:58.43	8	117		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>

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1	31	9172	Ian Parker	00:42:29.38	20
2	45	195	Dave Heslop	00:43:44.87	30
3	46	28	Nigel Barnes	00:44:09.61	31
4	53	469	Colin Walton	00:45:29.86	36
5	98	90	James Cornall	00:51:09.31	(51)
6	106	323	Graham Openshaw	00:52:24.57	(56)

8	Riversway Road Runners			00:44:46.86	4	120
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<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
1	22	341	Marc Potter	00:40:06.90	13
2	39	234	Steven Kirkham	00:43:22.34	25
3	44	242	Sam Lawrence	00:43:42.16	29
4	102	55	Alan Brown	00:51:56.06	53

9	Lancaster Runners			00:47:19.09	4	160
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<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
1	40	296	Robin Mitchell	00:43:28.63	26
2	41	255	Peter Lloyd	00:43:32.13	27
3	84	249	Phillp Lewis	00:48:44.07	48
4	115	443	Andrew Thistlethwaite	00:53:31.53	59

10	Bentham Beagles Running Club			00:48:04.71	4	164
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<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
1	26	333	Mike Pauley	00:40:46.41	15
2	51	248	Adrian Leigh	00:45:08.11	35
3	103	283	Ken McGrattan	00:51:56.06	54
4	121	75	Alan Chesters	00:54:28.29	60

11	Fylde Coast Runners			00:48:54.52	7	165
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<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
1	25	3	John Agnew	00:40:44.66	14
2	50	17	David Atkinson	00:44:54.37	34
3	104	114	Thomas Dillon	00:51:58.05	55
4	133	428	Graham Stevenson	00:58:01.00	62
5	137	427	Brett Stevens	00:59:21.74	(64)
6	149	292	Ian Miller	01:06:54.66	(65)

12	Winston Runners			00:47:12.91	11	172
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<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
1	62	368	John Ross	00:46:27.60	40
2	70	140	Roy Featherstone	00:47:14.59	42
3	73	468	Peter Walters	00:47:26.35	43
4	80	267	Darren Martin	00:47:43.09	47
5	89	447	Michael Thompstone	00:49:17.10	(49)
6	107	506	Jason Wood	00:52:35.81	(57)

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Individual Overall Results

Overall	Score	Bib#	Name	Type	Time	Team
1	0	539	Matthew Lalor	Runner	00:34:00.46	Ribble Valley Harriers
2	1	279	Chris Mccarthy	Runner	00:35:22.45	Lytham St Annes RR Club
3	0	256	John Lloyd	Runner	00:35:59.44	Salford Harriers
4	0	78	Ray Clark	Runner	00:36:50.69	Warrington Running Club
5	0	310	Paul Muller	Runner	00:37:05.93	Northern Masters AC
6	2	111	Simon Denye	Runner	00:37:22.69	Wesham Road Runners & AC
7	0	124	Paul Edwards	Runner	00:38:21.92	Spa Striders
8	0	115	Oliver Donnelly	Runner	00:38:34.92	Bury Athletic Club
9	3	329	David Parkinson	Runner	00:38:51.67	Red Rose Road Runners
10	0	129	Miras Eskander	Runner	00:39:06.91	Northern Masters AC
11	4	9170	Joe Martin	Runner	00:39:07.00	Red Rose Road Runners
12	5	203	Karl Hodgson	Runner	00:39:08.67	Red Rose Road Runners
13	6	26	Lee Barlow	Runner	00:39:17.92	Wesham Road Runners & AC
14	7	359	Jason Rippingale	Runner	00:39:22.92	Blackburn Road Runners
15	8	29	Garry Barnett	Runner	00:39:31.17	Wesham Road Runners & AC
16	9	146	Matt Flanagan	Runner	00:39:36.17	Todmorden Harriers & Ac
17	10	440	Dan Taylor	Runner	00:39:44.41	Todmorden Harriers & Ac
18	11	65	Daniel Bye	Runner	00:39:47.60	Lancaster and Morecambe Athletics Club
19	13	286	Sean Mcmyler	Runner	00:39:56.90	Horwich RMI Harriers
20	12	9160	Ian Dawson	Runner	00:39:57.68	Blackpool Wyre & Fylde Ac
21	12	186	Chris Hastwell	Runner	00:40:04.65	Wesham Road Runners & AC
22	13	341	Marc Potter	Runner	00:40:06.90	Riversway Road Runners
23	0	260	David Lord	Runner	00:40:23.40	Trawden Athletic Club
24	16	340	Dougie Potter	Runner	00:40:24.16	Preston Harriers
25	14	3	John Agnew	Runner	00:40:44.66	Fylde Coast Runners
26	15	333	Mike Pauley	Runner	00:40:46.41	Bentham Beagles Running Club
27	16	68	Lee Calvert	Runner	00:40:49.46	Lancaster and Morecambe Athletics Club
28	17	110	Lee Denton	Runner	00:41:11.41	Blackburn Road Runners
29	18	144	Jonathan Finch	Runner	00:41:21.16	Red Rose Road Runners
30	19	460	David Walker	Runner	00:41:49.64	Lancaster and Morecambe Athletics Club
31	20	9172	Ian Parker	Runner	00:42:29.38	Garstang Running Club
32	21	32	Neil Baynton Roberts	Runner	00:42:38.88	Lytham St Annes RR Club
33	22	504	Stuart Wolstenholme	Runner	00:42:56.38	Todmorden Harriers & Ac
34	0	357	James Rideout	Runner	00:42:57.37	Bolton United Harriers
35	(23)	38	Chris Bibby	Runner	00:42:57.64	Red Rose Road Runners
36	0	178	John Halliwell	Runner	00:43:04.15	Manchester Harriers & AC
37	0	99	Ian Dale	Runner	00:43:11.13	Royton Road Runners
38	(24)	448	Steve Tingle	Runner	00:43:15.88	Red Rose Road Runners
39	25	234	Steven Kirkham	Runner	00:43:22.34	Riversway Road Runners
40	26	296	Robin Mitchell	Runner	00:43:28.63	Lancaster Runners
41	27	255	Peter Lloyd	Runner	00:43:32.13	Lancaster Runners
42	28	430	Allan Sumner	Runner	00:43:32.63	Lancaster and Morecambe Athletics Club
43	35	450	Roy Tomlinson	Runner	00:43:37.37	Thornton Cleveleys Running Club
44	29	242	Sam Lawrence	Runner	00:43:42.16	Riversway Road Runners
45	30	195	Dave Heslop	Runner	00:43:44.87	Garstang Running Club
46	31	28	Nigel Barnes	Runner	00:44:09.61	Garstang Running Club
47	0	322	Michael Oddie	Runner	00:44:29.11	Red Rose Road Runners
48	(32)	536	Mark Bentele	Runner	00:44:39.36	Lancaster and Morecambe Athletics Club
49	(33)	336	Steve Perry	Runner	00:44:43.40	Lancaster and Morecambe Athletics Club
50	34	17	David Atkinson	Runner	00:44:54.37	Fylde Coast Runners
51	35	248	Adrian Leigh	Runner	00:45:08.11	Bentham Beagles Running Club

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52	0	223	Gary Jones	Runner	00:45:13.39	Bolton United Harriers
53	36	469	Colin Walton	Runner	00:45:29.86	Garstang Running Club
54	0	229	Sam Kellet	Runner	00:45:31.88	Lancaster and Morecambe Athletics Club
55	(37)	83	Stuart Clayton	Runner	00:45:34.10	Wesham Road Runners & AC
56	38	484	Guy Whitmore	Runner	00:45:37.12	Todmorden Harriers & Ac
57	0	424	Andrew Stell	Runner	00:45:42.35	Red Rose Road Runners
58	0	88	Patrick Matthew Corbett	Runner	00:45:55.11	Lancaster and Morecambe Athletics Club
59	0	312	Angus Murray	Runner	00:46:03.10	Lancaster and Morecambe Athletics Club
60	(39)	534	Thomas Farquhar	Runner	00:46:12.10	Wesham Road Runners & AC
61	0	317	David Nichols	Runner	00:46:20.85	Dallam Running Club
62	40	368	John Ross	Runner	00:46:27.60	Winston Runners
63	41	497	Matt Wilson	Runner	00:46:32.85	Blackburn Road Runners
64	0	311	Steve Murphy	Runner	00:46:37.85	Red Rose Road Runners
65	0	208	Warren Crook	Runner	00:46:46.09	Chorley Ac & Tri
66	53	488	Neil Wilkes	Runner	00:46:47.60	Horwich RMI Harriers
67	0	265	David Marsh	Runner	00:46:53.59	Southport Waterloo AC
68	0	295	Ben Ransome	Runner	00:47:00.09	Lancaster and Morecambe Athletics Club
69	54	247	Geoff Leech	Runner	00:47:13.84	Horwich RMI Harriers
70	42	140	Roy Featherstone	Runner	00:47:14.59	Winston Runners
71	0	280	Mark McConville	Runner	00:47:14.59	Trawden Athletic Club
72	56	9163	Greg Turner	Runner	00:47:26.10	Thornton Cleveleys Running Club
73	43	468	Peter Walters	Runner	00:47:26.35	Winston Runners
74	0	353	John Riach	Runner	00:47:28.83	Lancaster and Morecambe Athletics Club
75	44	275	Ben Mccabe	Runner	00:47:29.34	Lytham St Annes RR Club
76	45	10	Dez Appleton	Runner	00:47:30.34	Lytham St Annes RR Club
77	0	92	Brendan Cronin	Runner	00:47:33.61	Lancaster and Morecambe Athletics Club
78	0	331	Daniel Paton	Runner	00:47:34.34	Central Lancs Running & Triathlon Club (CLAN)
79	46	254	David Lloyd	Runner	00:47:37.59	Blackburn Road Runners
80	47	267	Darren Martin	Runner	00:47:43.09	Winston Runners
81	0	512	Ben Wrigley	Runner	00:47:45.28	Wesham Road Runners & AC
82	0	214	Alan Hudson	Runner	00:47:56.84	Wesham Road Runners & AC
83	0	169	Martin Bates	Runner	00:48:21.08	Wesham Road Runners & AC
84	48	249	Phillp Lewis	Runner	00:48:44.07	Lancaster Runners
85	63	246	Andrew Lea	Runner	00:48:44.85	Preston Harriers
86	0	379	Charles Satterly	Runner	00:48:45.11	Lancaster and Morecambe Athletics Club
87	0	500	John Wiseman	Runner	00:49:11.32	Red Rose Road Runners
88	0	394	Mark Simmill	Runner	00:49:15.33	Lancaster and Morecambe Athletics Club
89	(49)	447	Michael Thompstone	Runner	00:49:17.10	Winston Runners
90	0	491	David Wilkinson	Runner	00:49:21.36	Lancaster and Morecambe Athletics Club
91	0	123	Matthew Edgley	Runner	00:49:50.84	Red Rose Road Runners
92	68	241	Russ Law	Runner	00:49:52.56	Freckleton & Warton Running Club
93	(50)	56	Jason Brown	Runner	00:50:26.82	Blackburn Road Runners
94	0	9	Martin Allison	Runner	00:50:33.31	Wesham Road Runners & AC
95	0	549	Michael Brennand	Runner	00:50:44.05	Central Lancs Running & Triathlon Club (CLAN)
96	0	9173	Mark Dobson	Runner	00:50:47.08	Wesham Road Runners & AC
97	71	52	Paul Brogden	Runner	00:50:49.56	Freckleton & Warton Running Club
98	(51)	90	James Cornall	Runner	00:51:09.31	Garstang Running Club
99	(52)	36	George Bell	Runner	00:51:15.08	Blackburn Road Runners
100	0	53	Stephen Brook	Runner	00:51:54.58	Queensbury RC
101	0	408	Colin Smith	Runner	00:51:54.58	Trawden Athletic Club
102	53	55	Alan Brown	Runner	00:51:56.06	Riversway Road Runners
103	54	283	Ken McGrattan	Runner	00:51:56.06	Bentham Beagles Running Club
104	55	114	Thomas Dillon	Runner	00:51:58.05	Fylde Coast Runners
105	0	401	Steve Singleton	Runner	00:52:08.30	Tri England

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106	(56)	323	Graham Openshaw	Runner	00:52:24.57	Garstang Running Club
107	(57)	506	Jason Wood	Runner	00:52:35.81	Winston Runners
108	0	301	John Moore	Runner	00:52:40.93	Halifax Harriers
109	0	100	James Robert Danson	Runner	00:52:41.54	Wesham Road Runners & AC
110	0	365	Peter Rooney	Runner	00:52:47.32	Wesham Road Runners & AC
111	0	9171	Michael Richardson	Runner	00:53:06.31	Chorley Ac & Tri
112	0	306	Paul Moss	Runner	00:53:10.81	Garstang Running Club
113	0	434	John Swift	Runner	00:53:24.80	Chorley Ac & Tri
114	(58)	273	Lewis Mcafee	Runner	00:53:26.29	Lytham St Annes RR Club
115	59	443	Andrew Thistlethwaite	Runner	00:53:31.53	Lancaster Runners
116	0	278	Finlay Mccalman	Runner	00:53:34.32	Wesham Road Runners & AC
117	0	520	Billy Gardner	Runner	00:53:51.29	Lancaster and Morecambe Athletics Club
118	0	373	Peter Rowley	Runner	00:54:11.31	Quakers Running Club
119	0	420	Jason Spear	Runner	00:54:13.28	Lions Running Community
120	0	179	Brian Hanley	Runner	00:54:20.27	Red Rose Road Runners
121	60	75	Alan Chesters	Runner	00:54:28.29	Bentham Beagles Running Club
122	(61)	382	Darren Shackleton	Runner	00:54:44.27	Todmorden Harriers & Ac
123	0	378	Craig Samson	Runner	00:54:45.71	Garstang Running Club
124	0	159	Mark Gillan	Runner	00:55:11.28	Southport Waterloo AC
125	0	297	Peter Mitchell	Runner	00:55:34.01	Kendal Amateur Athletic Club
126	86	70	Paul Carter	Runner	00:56:05.04	Wesham Road Runners & Ac
127	0	216	Peter Ion	Runner	00:56:13.02	Kendal Amateur Athletic Club
128	0	225	Mark Jones	Runner	00:57:03.76	Winston Runners
129	89	33	Malcolm Beech	Runner	00:57:08.00	Blackpool Wyre & Fylde Ac
130	0	475	Ashley Weir	Runner	00:57:15.27	Blackburn Road Runners
131	88	483	Andy Whitlam	Runner	00:57:22.75	Thornton Cleveleys Running Club
132	0	441	Ray Taylor	Runner	00:57:51.11	Red Rose Road Runners
133	62	428	Graham Stevenson	Runner	00:58:01.00	Fylde Coast Runners
134	(63)	294	Graham Milnes	Runner	00:58:01.75	Todmorden Harriers & Ac
135	(93)	269	Robert Massey	Runner	00:59:06.24	Blackpool Wyre & Fylde Ac
136	0	106	Brian Davies	Runner	00:59:18.48	St Helens Striders
137	(64)	427	Brett Stevens	Runner	00:59:21.74	Fylde Coast Runners
138	0	240	Mike Lavery	Runner	00:59:30.97	Glaxo Hoadhill Harriers
139	0	309	Paul Muldoon	Runner	00:59:38.72	Winston Runners
140	0	139	Mike Fawcett	Runner	01:00:07.73	Glaxo Hoadhill Harriers
141	0	339	Nick Postill	Runner	01:00:14.47	St Helens Striders
142	0	61	Steve Burgess	Runner	01:00:26.49	Winston Runners
143	0	63	Ged Burns	Runner	01:00:35.72	Widnes Running Club
144	0	263	John Malone	Runner	01:00:41.21	Winston Runners
145	0	43	James Birchall	Runner	01:00:58.97	Wesham Road Runners & AC
146	0	493	Steve Williams	Runner	01:01:20.47	Colt
147	0	49	Tony Brady	Runner	01:03:12.70	Manchester Harriers & AC
148	0	262	Joydip Majumder	Runner	01:06:38.92	Red Rose Road Runners
149	(65)	292	Ian Miller	Runner	01:06:54.66	Fylde Coast Runners
150	0	446	Bernard Thompstone	Runner	01:08:13.65	Winston Runners
151	0	487	Keith Wilding	Runner	01:08:18.64	Wesham Road Runners & AC
152	0	183	Steve Hart	Runner	01:09:41.88	Swinton Running Club
153	0	233	Mick Kerr	Runner	01:13:31.87	Fylde Coast Runners
154	0	476	Martin Wells	Runner	01:15:43.33	Red Rose Road Runners