



Park and Run 10k

26/01/2020 10:30:00

Place	Runner Name	Club Name	Bib #	Gun Time	Chip Time	Sex	Age
1	DAVID BIRTWISTLE	Blackburn Road Runners	23	00:35:54.49	00:35:53.39	M	40
2	RICHARD SMITH	Leigh Harriers	172	00:36:16.51	00:36:15.51	M	29
3	KARL HODGSON	Red Rose Road Runners	93	00:36:24.49	00:36:23.24	M	31
4	DAVID BURROWS	Northern Masters Ac	31	00:36:58.06	00:36:57.43	M	53
5	ALEX FOWLER	Horwich Rmi	63	00:37:21.97	00:37:18.34	M	29
6	JAMES MCLEOD	Accrington Road Runners	136	00:37:44.48	00:37:41.76	M	36
7	DANIEL HORNSBY	Border Harriers Ac	94	00:38:05.46	00:37:30.96	M	31
8	PAUL HETHERINGTON	Lonely Goat Rc	87	00:38:40.97	00:38:38.43	M	46
9	MIRAS ESKANDER	Northern Masters Ac	58	00:39:22.45	00:39:19.10	M	40
10	SEAN TRIGGS	Kirkby Milers	188	00:39:55.71	00:39:51.80	M	26
11	DOM ROBINSON		213	00:40:13.18	00:39:29.87	M	48
12	ROBERT URBANI		208	00:40:35.94	00:39:48.14	M	35
13	SIMON BEADMAN		15	00:40:37.95	00:40:32.35	M	47
14	ANDREW ROBINSON	Holcombe Harriers	159	00:40:48.69	00:40:43.47	M	51
15	NEIL MCDONALD	Preston Harriers	133	00:41:21.69	00:41:18.53	M	52
16	PAUL WHEATCROFT		200	00:41:30.18	00:41:28.68	M	39
17	MARTIN KING		231	00:41:47.98	00:41:44.45	M	48
18	SAM LAWRENCE	Riversway Road Runners	118	00:41:57.94	00:41:11.62	M	38
19	SAMUEL WALMSLEY		195	00:42:05.68	00:41:22.12	M	34
20	JAMES KAY		109	00:42:08.68	00:42:05.73	M	29
21	CHRIS PARKER		148	00:42:08.94	00:41:56.51	M	35
22	STUART BENSON	Fylde Coast Runners	19	00:42:12.69	00:41:37.23	M	48
23	MATTHEW WHALLEY	Kirkby Milers	198	00:42:25.17	00:41:44.67	M	20
24	MANOLO MENDOZA	Red Rose Road Runners	232	00:42:40.92	00:42:38.67	M	48
25	STEVEN WILLETTS	Red Rose Runners	224	00:42:42.68	00:42:40.10	M	31
26	DAVID BARR	Liverpool Running Club	11	00:42:47.42	00:42:02.61	M	49
27	DANIEL LEWIS		121	00:43:13.25	00:43:09.00	M	33
28	KENNETH BEAZLEY	Preston Harriers	227	00:43:17.41	00:42:34.60	M	61
29	PETER LLOYD	Lancaster Runners	122	00:43:28.18	00:43:22.68	M	37
30	GWEN KINLOCH	Burnden Road Runners	112	00:43:28.43	00:43:22.60	F	60
31	SASHA WALLBANK	Freck and Warton Running Club	194	00:43:31.66	00:42:40.35	F	26
32	JOHN HALLIWELL	Manchester Harriers	80	00:43:37.69	00:42:52.37	M	56
33	DARREN MARTIN	Winston Runners	130	00:43:46.17	00:43:06.16	M	49
34	JONATHAN HALE		77	00:43:52.17	00:42:53.85	M	54
35	STEPHEN RAINBOW	Halifax Harriers & Ac	157	00:44:03.67	00:44:00.86	M	41
36	ROB EVANS		59	00:44:06.95	00:43:13.39	M	38
37	STEVEN NORRIS	Riversway Road Runners	145	00:44:09.43	00:44:02.13	M	53
38	JAMES DARKIN	Red Rose Road Runners	217	00:44:48.65	00:44:03.09	M	49
39	BRIDGET GLAISTER	Skelmersdale Boundary Harriers	233	00:44:59.40	00:44:56.15	F	48
40	STEPHEN PERRY	Lancaster and Morecambe AC	219	00:44:59.66	00:44:09.86	M	64
41	PETER WRIGHT	Riversway Road Runners	203	00:45:06.66	00:44:15.56	M	41
42	PHILL BOARDMAN		25	00:45:10.65	00:44:11.66	M	33
43	JOHN WOOD	Red Rose Road Runners	201	00:45:13.95	00:44:20.39	M	40
44	KEN MELLIS		138	00:45:32.91	00:44:50.59	M	42
45	JASON WOOD	Winston Runners	202	00:45:47.14	00:45:00.82	M	48
46	DAVE JENNINGS		105	00:45:57.89	00:45:18.31	M	43
47	STEVEN BOARDMAN		26	00:46:08.90	00:45:09.41	M	40
48	NEIL WHATTON	Riversway Road Runners	199	00:46:40.89	00:45:49.58	M	40
49	ROY FEATHERSTONE	Winston Runners	60	00:46:43.38	00:45:56.07	M	65
50	JOSHUA MCGOVERN	Liverpool Running Bugs	135	00:46:44.94	00:46:39.13	M	26
51	STUART FREEMAN		64	00:46:52.89	00:45:43.08	M	45
52	JANETTE RAYTON	Red Rose Road Runners	158	00:46:53.88	00:46:04.79	F	41
53	MARK GLAISTER	Skelmersdale Boundary Harriers	68	00:47:05.63	00:46:19.32	M	57



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Place	Runner Name	Club Name	Bib #	Gun Time	Chip Time	Sex	Age
54	DAVID MARSH	Southport Waterloo Ac	128	00:47:16.14	00:46:29.32	M	60
55	ANNA WADE	Riversway Road Runners	190	00:47:18.64	00:46:25.82	F	36
56	DAVID SMITH		176	00:47:26.38	00:46:39.57	M	59
57	DOUGIE POTTER	Preston Harriers	221	00:47:35.13	00:47:32.88	M	36
58	TERRY MOSS		142	00:47:56.37	00:47:06.57	M	47
59	CLARK CROSBY		45	00:48:05.89	00:47:16.09	M	35
60	PETE SMITH	Red Rose Road Runners	173	00:48:09.66	00:47:16.34	M	53
61	RYAN HARGREAVES		83	00:48:16.63	00:47:12.31	M	26
62	SHAUN JUKES		108	00:48:19.37	00:47:22.28	M	54
63	ALISON TABERNER		183	00:48:19.37	00:47:28.12	F	35
64	ALEX WALTON		196	00:48:27.37	00:47:37.27	M	37
65	SUSAN PLANT	Run Sandymoor	210	00:48:49.62	00:47:56.52	F	54
66	ANDY CLEMENT	Riversway Road Runners	39	00:48:56.37	00:47:34.28	M	48
67	JESS ORMEROD		215	00:49:04.13	00:48:00.81	F	32
68	DARREN SMITH		177	00:49:13.37	00:48:03.83	M	46
69	NIKOLETTA HUDAK	Red Rose Road Runners	97	00:49:19.37	00:48:21.55	F	37
70	ADAM GRAINGER		70	00:49:26.12	00:48:01.64	M	36
71	JOANNA PRIESTLEY		155	00:49:33.87	00:48:09.88	F	30
72	MARTIN HIRRELL	Pennylane Striders	91	00:49:35.86	00:48:31.29	M	54
73	ANNEKE CROSBY	Red Rose Road Runners	44	00:49:44.12	00:48:24.03	F	53
74	JONATHAN HILL	Riversway Road Runners	90	00:49:44.40	00:48:40.83	M	29
75	MARK PAYLER	Darwen Dashers	149	00:49:48.61	00:49:40.80	M	42
76	PAUL GLYN-JONES	Red Rose Road Runners	69	00:49:50.11	00:48:31.80	M	52
77	EMILY INGHAM	Red Rose Road Runners	104	00:49:52.13	00:48:31.82	F	21
78	CARL ROBINSONE		160	00:49:54.13	00:48:46.03	M	32
79	RAY TAYLOR	Red Rose Road Runners	220	00:50:16.85	00:49:59.71	M	69
80	ALAN LITTLER	Preston Harriers	222	00:50:23.60	00:49:34.77	M	77
81	NICKI RUSHTON	Chorley Athletic and Triathlon Club	164	00:50:35.35	00:49:39.55	F	54
82	MARCOS MARTIN		131	00:50:52.35	00:49:45.69	M	36
83	PAUL MUCKALT		144	00:50:58.60	00:49:46.28	M	38
84	JAMIE BUCHANAN		207	00:51:18.84	00:50:17.04	M	29
85	KAREN RISHTON	Blackburn Road Runners	229	00:51:19.59	00:50:17.02	F	47
86	PETER FLOWERS	Riversway Road Runners	61	00:51:57.83	00:50:32.52	M	49
87	ANDY WARBURTON	Burnden Road Runners	197	00:51:59.60	00:51:01.50	M	58
88	PAUL ROBISON	Winston Runners	161	00:52:00.11	00:51:54.14	M	51
89	HOWARD SIDERY	Lions Running Community	169	00:52:02.84	00:50:56.03	M	60
90	CLAIRE MEEHAN	Fylde Coast Runners	137	00:52:09.09	00:51:03.99	F	34
91	STEWART SIMPSON		170	00:52:13.36	00:51:20.80	M	32
92	BEN DAWSON	Lonely Goat Rc	49	00:52:15.39	00:51:53.76	M	29
93	DAVID DYSON	Red Rose Road Runners	55	00:52:41.84	00:51:36.27	M	64
94	ALAN LATHAM		117	00:52:51.34	00:51:41.01	M	51
95	RAFAL DUSZA		54	00:53:06.08	00:52:00.51	M	43
96	AHMED LAMBAT		114	00:53:20.07	00:53:04.82	M	31
97	STEPHEN SYMONS	Quays Running Club	182	00:53:31.32	00:52:36.22	M	54
98	JUDI INGHAM	Red Rose Road Runners	103	00:53:43.32	00:52:23.76	F	49
99	MATT ASHTON	Red Rose Road Runners	4	00:53:46.33	00:52:51.51	M	51
100	MARTYN HALE		76	00:53:47.83	00:52:37.74	M	63
101	RACHEL BOOTHBY		28	00:53:57.07	00:52:52.75	F	34
102	CHLOE FOSTER		62	00:53:58.57	00:52:41.26	F	21
103	LEE LAWRENSON	Red Rose Road Runners	119	00:54:02.35	00:53:10.25	M	41
104	GARY SMITH		174	00:54:03.32	00:53:11.51	M	43
105	LEE EARNSHAW		56	00:54:16.82	00:53:09.00	M	47
106	JULIA SHUKER		168	00:54:20.57	00:53:15.58	F	46



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Place	Runner Name	Club Name	Bib #	Gun Time	Chip Time	Sex	Age
107	DAVID ASPIN		7	00:54:22.08	00:53:04.00	M	53
108	DAVID GRICE	Red Rose Road Runners	73	00:54:48.81	00:53:25.49	M	37
109	LOREN DAWSON	Vegan Runners UK	50	00:54:59.57	00:53:38.01	F	24
110	ULLY KRITZLER	Lancaster & Morecambe Ac	113	00:54:59.82	00:54:26.21	M	48
111	LEE BIBBY		21	00:55:08.56	00:53:57.99	M	39
112	LOUISE KEARNEY		223	00:55:28.32	00:54:12.00	F	48
113	ALAN TOWNHILL		187	00:55:34.55	00:55:17.74	M	53
114	JANE TAYLOR	Women on the Run	185	00:55:51.05	00:54:46.48	F	51
115	FINLAY MCCALMAN	Wesham Road Runners	132	00:56:00.32	00:54:41.76	M	55
116	MARK DAVEY	Lancaster Runners	212	00:56:04.56	00:55:50.56	M	53
117	ANDREW GRIFFITH		74	00:56:20.81	00:55:12.49	M	52
118	IKHLAQ HUSSAIN		101	00:56:33.79	00:55:25.62	M	30
119	JAMES HUGHES	Red Rose Road Runners	214	00:56:34.81	00:55:10.99	M	49
120	LAURA ELLIOTT	Riversway Road Runners	57	00:56:35.60	00:55:09.79	F	38
121	JAMES BICKERSTAFF		22	00:56:37.05	00:55:07.95	M	49
122	TONY WOODCOCK		211	00:56:37.55	00:55:18.47	M	45
123	JOHN CLUCAS	Blackburn Road Runners	40	00:56:39.34	00:55:40.78	M	58
124	GARY SMITH		175	00:57:16.04	00:56:03.47	M	35
125	CRAIG BRIDGE		209	00:57:22.55	00:56:10.23	M	52
126	BARBARA BATH	Red Rose Road Runners	13	00:57:29.54	00:56:18.97	F	52
127	PAUL SPEED	Lonely Goat Rc	178	00:57:37.54	00:57:13.32	M	49
128	JON LEAK		120	00:57:39.03	00:57:11.89	M	47
129	PAUL HEWITT		88	00:57:45.03	00:56:14.46	M	39
130	TERRY LONERGAN	Lancaster Runners	123	00:57:55.54	00:57:48.28	M	71
131	FIONA ASHWORTH	Winston Runners	5	00:58:05.29	00:56:53.73	F	47
132	GILL HAYES	Thornton Cleveleys RC	86	00:58:08.28	00:56:37.97	F	55
133	FLORA TAVERNER		184	00:58:21.79	00:57:11.47	F	36
134	GRAHAM SHIPLEY		167	00:58:26.53	00:57:26.22	M	40
135	SEAN MAYLOR		216	00:58:27.03	00:56:54.94	M	38
136	INES TRIGO		189	00:58:27.78	00:57:20.69	F	34
137	SARAH CARR		35	00:58:33.53	00:57:13.44	F	23
138	GINA BIGGS	Red Rose Road Runners	234	00:58:35.28	00:57:05.84	F	30
139	GRAHAM HOWELL	Liverpool Harriers	96	00:59:08.03	00:58:05.21	M	70
140	CARLY PICKLES	Riversway Road Runners	150	00:59:21.53	00:57:52.70	F	39
141	STEPHANIE SHEPHERD	Riversway Road Runners	166	00:59:22.04	00:57:52.94	F	41
142	MARK LOUGHEED	Blackburn Road Runners	124	00:59:24.53	00:58:24.21	M	59
143	LOUISE WAINWRIGHT	Thornton Cleveleys RC	191	00:59:27.52	00:57:58.43	F	52
144	TINA CARR	Red Rose Road Runners	34	00:59:37.03	00:58:17.95	F	51
145	LOUISE HOWARD		230	01:00:19.51	00:59:00.70	F	35
146	AMIT PURI		156	01:00:32.52	00:59:38.42	M	37
147	CLAIRE BENNETTE	West Cheshire Athletic Club	18	01:00:36.27	00:59:01.45	F	29
148	IAN SPENCER	St Helens Striders	179	01:00:36.57	00:59:02.48	M	52
149	CHRISTINE NEWBURY	Liverpool Harriers	228	01:00:40.02	00:59:32.20	F	50
150	WAYNE WALKER	Grasshoppers Runners	192	01:00:40.27	01:00:35.43	M	48
151	CRAIG LANCASTER	Red Rose Road Runners	116	01:00:46.27	00:59:13.28	M	38
152	ALLAN DUCKWORTH		52	01:01:04.01	00:59:39.19	M	63
153	SUSAN HUGHES		99	01:01:05.26	00:59:39.94	F	49
154	SYLVIA LANCASTER	Freck and Warton Running Club	115	01:01:11.26	01:00:04.16	F	66
155	CAROLINE COCKER	Red Rose Road Runners	226	01:01:28.00	01:00:16.92	F	57
156	JOYDIP MAJUMDER	Red Rose Road Runners	126	01:01:45.50	01:00:16.01	M	45
157	CAROLE BARTLETT		12	01:02:05.25	01:00:49.16	F	57
158	CESARE GIOMBETTI		67	01:02:21.74	01:01:20.93	M	44
159	RACHEL CARTWRIGHT		36	01:02:42.49	01:01:21.41	F	33



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160	KATE HURST		100	01:02:42.75	01:01:20.94	F	34
161	ALI KEHER		110	01:02:47.24	01:01:32.43	F	43
162	CHRISTINE MAFFITT	Women on the Run	125	01:02:47.24	01:01:22.10	F	44
163	JOANNE MALCOLMSON	Red Rose Road Runners	127	01:03:00.24	01:01:29.43	F	40
164	SUSAN HARGREAVES	Fylde Coast Runners	82	01:03:16.97	01:02:03.41	F	42
165	ALAN DAVIDSON		47	01:03:51.48	01:03:15.85	M	55
166	KEITH AINSWORTH		2	01:03:55.24	01:02:40.17	M	25
167	SHIRALEE BAMBER		9	01:03:55.49	01:02:40.17	F	44
168	SANDRA ROLSTON	Red Rose Road Runners	163	01:04:27.73	01:03:11.43	F	59
169	ANEES SHAIKH	Red Rose Road Runners	218	01:05:38.22	01:04:12.90	M	57
170	SALLY CONROY		41	01:05:46.72	01:04:38.15	F	47
171	KATE POTTER		153	01:05:47.98	01:04:39.66	F	37
172	CATHY ASHWORTH		6	01:05:55.97	01:04:31.69	F	47
173	AYSHA BEGUM	Blackburn Road Runners	17	01:05:55.97	01:04:46.65	F	34
174	KATHLEEN BRAYSHAW	Blackburn Road Runners	29	01:05:58.50	01:04:49.18	F	71
175	AMANDA ROBISON		162	01:06:26.46	01:05:19.65	F	50
176	SHIRLEY ADDY		1	01:07:03.70	01:05:45.14	F	61
177	THOMAS TOWNHILL		186	01:07:26.45	01:06:08.64	M	78
178	SIMON BAXENDALE		14	01:07:59.45	01:06:43.65	M	57
179	ALLAN GIBBS-MONAGHAN	Liverpool Running Bugs	66	01:09:03.19	01:07:36.88	M	45
180	JEAN CLEMENCE	Razzers Runners	38	01:10:40.56	01:09:07.74	F	73
181	MICHAEL DURKIN		53	01:10:40.56	01:09:08.74	M	44
182	KAREN MERCER		139	01:10:40.56	01:09:20.99	F	55
183	MARK WRIGHT	Razzers Runners	204	01:10:42.70	01:09:10.60	M	68
184	LAUREN HATTON	Red Rose Road Runners	85	01:11:16.67	01:09:41.11	F	28
185	RACHEL GARNER		65	01:11:19.92	01:10:18.60	F	33
186	LORRAINE JOHNSON	Liverpool Running Bugs	107	01:11:43.41	01:10:17.31	F	40
187	MARIE WALLACE	Liverpool Running Bugs	193	01:11:49.68	01:10:23.36	F	54
188	MARK HOUGH		95	01:11:49.92	01:11:41.92	M	36
189	ALISON DICK	Red Rose Road Runners	51	01:11:55.91	01:10:30.41	F	52
190	KELLY DAY	Red Rose Road Runners	225	01:11:57.66	01:10:29.10	F	39
191	SUSAN BEARDSWORTH	Red Rose Road Runners	16	01:12:27.16	01:10:51.33	F	41
192	JULIA PARK		147	01:15:20.14	01:13:54.04	F	48
193	LINDSEY GREENSLADE		72	01:15:35.13	01:14:33.03	F	42
194	LOUISE KEITH		111	01:15:57.88	01:14:38.07	F	43
195	JACKIE HALL	Lonely Goat Rc	79	01:16:44.62	01:15:26.54	F	48
196	PATRICIA MCDONALD	Red Rose Road Runners	134	01:17:01.62	01:15:33.13	F	55
197	SALLY CALLAND		33	01:17:02.11	01:15:43.55	F	50
198	SANDRA DAVIES	Red Rose Road Runners	48	01:17:57.61	01:16:28.52	F	56
199	JAN MARSH	Southport Waterloo Ac	129	01:18:38.61	01:17:14.29	F	64
200	LOUISE BENTLEY		20	01:20:06.08	01:18:33.77	F	53
201	JULIE ASPIN		8	01:20:51.83	01:19:18.52	F	56
202	ARTHUR GREEN	Red Rose Road Runners	71	01:31:06.65	01:29:38.84	M	73