

# Garstang Community 10k

## Team Overall Results

<u>Place</u>	<u>Name</u>	<u>Average Time</u>	<u>Score</u>
1	Red Rose Road Runners	00:41:52.86	9
2	Lancaster & Morecambe AC	00:46:33.47	21
3	Wesham Road Runners	00:48:44.12	33
4	Riversway Road Runners	00:50:41.78	49
5	Lancaster Runners	00:52:50.95	57
6	Blackpool Wyre & Fylde AC	00:53:04.09	60
7	Blackburn RR	00:53:54.92	75
8	Garstang RC	00:54:06.58	79
9	Bentham Beagles RC	00:54:55.99	89
10	Winston Runners	00:57:39.89	100

## non-Scoring Teams

<u>Name</u>	<u>Average Time</u>	<u>Finishers</u>
Eden Runners	00:45:13.77	2
Freck & Warton RC	00:51:59.35	2
Southport Waterloo AC	00:54:53.82	2
Women on the Run	00:58:03.80	2
Halifax Harriers	00:40:18.70	1
Blackburn Harriers	00:41:20.19	1
Ilkley Harriers	00:43:22.41	1
Glaxo Hoad Hill Harriers	00:46:39.39	1
Widnes Wasps Ladies Running Club	00:46:42.39	1
Run Sandymoor	00:47:05.39	1
Stainland Lions	00:47:24.13	1
Fylde Coast Runners	00:47:30.38	1
Horwich Harriers	00:53:45.84	1
Royton RR	00:55:53.31	1
Alnwick Harriers	00:56:55.30	1
Liverpool Running Club	00:58:17.55	1
Lytham St Annes RR	00:58:44.55	1
Darwen Dashers	01:00:20.53	1
Lancs Constabulary	01:01:03.27	1

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## Team Results

Place	Team Name	Average Time	# of Finishers	Team Score		
1	Red Rose Road Runners	00:41:52.86	12	9		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	1	118	Carla Davies	00:36:50.73	1
	2	6	141	Samantha Edwards	00:43:13.69	3
	3	10	226	Jill Jefferson	00:45:34.15	5
	4	26	58	Gail Bristo	00:50:16.12	(15)
	5	29	217	Emily Ingham	00:51:09.11	(18)
2	Lancaster & Morecambe AC	00:46:33.47	10	21		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	5	300	Tori Nixon	00:42:52.92	2
	2	20	163	Louise Goddard	00:48:15.87	9
	3	21	266	Christina Mcguire	00:48:31.63	10
	4	22	399	Joanne Sumner	00:48:52.88	(11)
	5	34	147	Anna Fishpool	00:52:36.59	(21)
3	Wesham Road Runners	00:48:44.12	11	33		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	9	242	Helen Lawrenson	00:45:19.90	4
	2	23	99	Sharon Cooper	00:49:45.62	12
	3	28	360	Tanya Shaw	00:51:06.86	17
	4	32	423	Kay Twist	00:51:42.60	(19)
	5	38	115	Maureen Danson	00:53:43.84	(24)
4	Riversway Road Runners	00:50:41.78	4	49		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	14	428	Anna Wade	00:47:20.14	6
	2	33	289	Karen Munnelly	00:51:43.11	20
	3	37	73	Catherine Campbell	00:53:02.09	23
	4	45	223	Emma Jackson	00:54:36.08	(29)
5	Lancaster Runners	00:52:50.95	3	57		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	18	142	Sarah Elliott	00:47:41.14	7
	2	24	497	Gemma Greenwood	00:50:01.62	13
	3	80	343	Maureen Roberts	01:00:50.10	37
6	Blackpool Wyre & Fylde AC	00:53:04.09	3	60		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	19	426	Nicola Unsworth	00:47:53.13	8
	2	25	449	Gina Whiteley	00:50:12.61	14
	3	83	431	Nickola Walker	01:01:06.52	38
7	Blackburn RR	00:53:54.92	10	75		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	27	227	Trudi Jenkinson	00:51:01.86	16
	2	40	385	Sandra Snape	00:53:46.84	25
	3	59	452	Deborah Wilding	00:56:56.05	34
	4	60	298	Eileen Newman	00:57:00.55	(35)
	5	62	192	Madeline Haworth	00:57:17.56	(36)
8	Garstang RC	00:54:06.58	3	79		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>
	1	36	307	Jane Openshaw	00:53:01.58	22
	2	41	201	Mary Hewitt	00:54:05.58	26

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3	50	318	<i>Nadine Parsons</i>	00:55:12.58	31	
<b>9</b>	<b>Bentham Beagles RC</b>			<b>00:54:55.99</b>	<b>3</b>	<b>89</b>
<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>	
1	43	121	<i>Gayle Denny</i>	00:54:28.58	27	
2	47	12	<i>Sue Arnott</i>	00:54:49.82	30	
3	51	218	<i>Sarah Ingram</i>	00:55:29.57	32	
<b>10</b>	<b>Winston Runners</b>			<b>00:57:39.89</b>	<b>3</b>	<b>100</b>
<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Time</u>	<u>Score</u>	
1	44	252	<i>Jennifer Lutton</i>	00:54:35.83	28	
2	56	120	<i>Charlotte Dean</i>	00:56:40.56	33	
3	84	478	<i>Donna Morton</i>	01:01:43.27	39	

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## Individual Overall Results

<u>Overall</u>	<u>Score</u>	<u>Bib#</u>	<u>Name</u>	<u>Type</u>	<u>Time</u>	<u>Team</u>
1	1	118	Carla Davies	Runner	00:36:50.73	Red Rose Road Runners
2	19	78	April Caufield	Runner	00:40:18.70	Halifax Harriers
3	0	284	Victoria Mousley	Runner	00:41:20.19	Blackburn Harriers
4	32	57	Karen Bridge	Runner	00:42:46.67	Eden Runners
5	2	300	Tori Nixon	Runner	00:42:52.92	Lancaster & Morecambe AC
6	3	141	Samantha Edwards	Runner	00:43:13.69	Red Rose Road Runners
7	0	259	Beth Massey	Runner	00:43:22.41	Ilkley Harriers
8	0	435	Sasha Wallbank	Runner	00:43:58.92	Freck & Warton RC
9	4	242	Helen Lawrenson	Runner	00:45:19.90	Wesham Road Runners
10	5	226	Jill Jefferson	Runner	00:45:34.15	Red Rose Road Runners
11	44	418	Heather Travis	Runner	00:46:39.39	Glaxo Hoad Hill Harriers
12	0	89	Stacey Clark	Runner	00:46:42.39	Widnes Wasps Ladies Running Club
13	0	328	Susan Plant	Runner	00:47:05.39	Run Sandymoor
14	6	428	Anna Wade	Runner	00:47:20.14	Riversway Road Runners
15	0	305	Rebecca O'Neill	Runner	00:47:24.13	Stainland Lions
16	52	170	Ann Griffiths	Runner	00:47:30.38	Fylde Coast Runners
17	58	374	Amanda Singleton	Runner	00:47:40.88	Eden Runners
18	7	142	Sarah Elliott	Runner	00:47:41.14	Lancaster Runners
19	8	426	Nicola Unsworth	Runner	00:47:53.13	Blackpool Wyre & Fylde AC
20	9	163	Louise Goddard	Runner	00:48:15.87	Lancaster & Morecambe AC
21	10	266	Christina Mcguire	Runner	00:48:31.63	Lancaster & Morecambe AC
22	(11)	399	Joanne Sumner	Runner	00:48:52.88	Lancaster & Morecambe AC
23	12	99	Sharon Cooper	Runner	00:49:45.62	Wesham Road Runners
24	13	497	Gemma Greenwood	Runner	00:50:01.62	Lancaster Runners
25	14	449	Gina Whiteley	Runner	00:50:12.61	Blackpool Wyre & Fylde AC
26	(15)	58	Gail Bristo	Runner	00:50:16.12	Red Rose Road Runners
27	16	227	Trudi Jenkinson	Runner	00:51:01.86	Blackburn RR
28	17	360	Tanya Shaw	Runner	00:51:06.86	Wesham Road Runners
29	(18)	217	Emily Ingham	Runner	00:51:09.11	Red Rose Road Runners
30	0	216	Judi Ingham	Runner	00:51:09.67	Red Rose Road Runners
31	0	212	Nikoletta Hudak	Runner	00:51:18.85	Red Rose Road Runners
32	(19)	423	Kay Twist	Runner	00:51:42.60	Wesham Road Runners
33	20	289	Karen Munnelly	Runner	00:51:43.11	Riversway Road Runners
34	(21)	147	Anna Fishpool	Runner	00:52:36.59	Lancaster & Morecambe AC
35	0	393	Paula Stell	Runner	00:52:59.59	Red Rose Road Runners
36	22	307	Jane Openshaw	Runner	00:53:01.58	Garstang RC
37	23	73	Catherine Campbell	Runner	00:53:02.09	Riversway Road Runners
38	(24)	115	Maureen Danson	Runner	00:53:43.84	Wesham Road Runners
39	0	96	Emma Collings	Runner	00:53:45.84	Horwich Harriers
40	25	385	Sandra Snape	Runner	00:53:46.84	Blackburn RR
41	26	201	Mary Hewitt	Runner	00:54:05.58	Garstang RC
42	0	130	Carol Douglass	Runner	00:54:19.58	Red Rose Road Runners
43	27	121	Gayle Denny	Runner	00:54:28.58	Bentham Beagles RC
44	28	252	Jennifer Lutton	Runner	00:54:35.83	Winston Runners
45	(29)	223	Emma Jackson	Runner	00:54:36.08	Riversway Road Runners
46	76	110	Alison Cross	Runner	00:54:38.32	Southport Waterloo AC
47	30	12	Sue Arnott	Runner	00:54:49.82	Bentham Beagles RC
48	0	248	Louise Lord	Runner	00:54:53.57	Wesham Road Runners
49	79	4	Monika Aldelime	Runner	00:55:09.32	Southport Waterloo AC
50	31	318	Nadine Parsons	Runner	00:55:12.58	Garstang RC
51	32	218	Sarah Ingram	Runner	00:55:29.57	Bentham Beagles RC

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52	0	481	Gillian Heywood	Runner	00:55:53.31	Royton RR
53	0	167	Joan Gouldthorpe	Runner	00:56:14.05	Red Rose Road Runners
54	0	70	Sharlan Butcher	Runner	00:56:25.56	Wesham Road Runners
55	0	32	Barbara Bath	Runner	00:56:28.30	Red Rose Road Runners
<b>56</b>	<b>33</b>	<b>120</b>	<b>Charlotte Dean</b>	<b>Runner</b>	<b>00:56:40.56</b>	<b>Winston Runners</b>
57	0	44	Dawn Biggs	Runner	00:56:50.56	Wesham Road Runners
58	0	136	Gay Eastoe	Runner	00:56:55.30	Alnwick Harriers
<b>59</b>	<b>34</b>	<b>452</b>	<b>Deborah Wilding</b>	<b>Runner</b>	<b>00:56:56.05</b>	<b>Blackburn RR</b>
60	(35)	298	Eileen Newman	Runner	00:57:00.55	Blackburn RR
61	0	387	Emily Stapleton	Runner	00:57:13.56	Lancaster & Morecambe AC
62	(36)	192	Madeline Haworth	Runner	00:57:17.56	Blackburn RR
63	0	409	Jane Taylor	Runner	00:57:18.82	Women on the Run
64	0	24	Natalie Barber	Runner	00:57:23.54	Red Rose Road Runners
65	0	119	Emma Davies	Runner	00:57:28.30	Wesham Road Runners
66	0	368	Elaine Simmill	Runner	00:57:34.06	Lancaster & Morecambe AC
67	0	382	Norma Smith	Runner	00:57:36.80	Blackburn RR
68	0	6	Jennifer Allen	Runner	00:57:59.80	Blackburn RR
69	0	25	Anna Barcroft	Runner	00:58:05.30	Blackburn RR
70	0	297	Christy Newbury	Runner	00:58:17.55	Liverpool Running Club
71	0	473	Susan Hodgson	Runner	00:58:23.79	Lancaster & Morecambe AC
72	0	294	Jacqui Murray	Runner	00:58:44.55	Lytham St Annes RR
73	0	124	Lesley Dewhirst	Runner	00:58:45.29	Blackburn RR
74	0	1	Christine Acklam	Runner	00:58:48.79	Women on the Run
75	0	262	Jo Mccaffery	Runner	00:58:58.79	Wesham Road Runners
76	0	422	Pauline Turner	Runner	00:59:49.78	Lancaster & Morecambe AC
77	0	72	Dawn Callaghan	Runner	00:59:59.78	Freck & Warton RC
78	0	138	Kerry Eccles	Runner	01:00:15.78	Wesham Road Runners
79	(85)	437	Viki Walsh	Runner	01:00:20.53	Darwen Dashers
<b>80</b>	<b>37</b>	<b>343</b>	<b>Maureen Roberts</b>	<b>Runner</b>	<b>01:00:50.10</b>	<b>Lancaster Runners</b>
81	0	493	Anna Richings	Runner	01:01:01.28	Lancaster & Morecambe AC
82	0	486	Jo Moss	Runner	01:01:03.27	Lancs Constabulary
<b>83</b>	<b>38</b>	<b>431</b>	<b>Nickola Walker</b>	<b>Runner</b>	<b>01:01:06.52</b>	<b>Blackpool Wyre &amp; Fylde AC</b>
<b>84</b>	<b>39</b>	<b>478</b>	<b>Donna Morton</b>	<b>Runner</b>	<b>01:01:43.27</b>	<b>Winston Runners</b>
85	0	77	Louise Caton	Runner	01:01:52.77	Blackburn RR