



## Virtual Results

Name	Location	Terrain	Distance	Time
Michelle Alexander	Glamorgan	Road/Park	10k	1:17:50
Craig Alexander	Glamorgan	Road/Park	10k	1:17:50
Tahir Ali	Greater Manchester	Road/Park	10k	0:47:52
Jo Applegate	Lancashire	Road/Park	10k	0:59:53
Bryan Bayfield	West Sussex	Road/Park	5k	0:36:28
Kate Bell	Lancashire	Road/Park	10k	1:16:47
Heather Blake	England	Trail	10k	1:28:29
Caroline Booth	Lancashire	Road/Park	10k	1:17:49
Catherine Clark	Lancashire	Road/Park	10k	0:59:26
Kay Crossling	County Durham	Road/Park	10k	1:17:58
Sean Danaher	Lancashire	Road/Park	5k	1:07:08
Charlotte Davison	Lancashire	Road/Park	10k	1:14:50
Martin Denton	Shropshire	Road/Park	5k	0:41:48
Heather Dodds	Co Antrim	Treadmill	10k	0:54:01
Phil Edwards	Cheshire	Road/Park	10k	1:01:39
Allan Gibbs-Monaghan	Merseyside	Road/Park	10k	1:15:00
Zoe Gregg	Shropshire	Road/Park	10k	1:20:50
David Guy	Gtr Manchester	Road/Park	10k	0:52:56
Sally Guy	Gtr Manchester	Road/Park	5k	0:42:48
Stuart Hall	Greater Manchester	Road/Park	10k	1:10:41
Graham Hall	Lancashire	Road/Park	5k	0:28:19
Andrew Halstead	Durham	Trail	10k	0:56:52
Michael Higgins	Cumbria	Road/Park	5k	0:29:40
Michael Higgins	Yorkshire	Road/Park	10k	1:08:00
Samantha Hopkins	Warwickshire	Road/Park	10k	1:16:43
Sara Hughes-Gabri	North Yorks	Road/Park	10k	1:02:05
Gill Kennedy	West Yorkshire	Road/Park	10k	1:28:00
David Lawless	Greater Manchester	Trail	10k	0:53:02

<b>Melanie</b>	<b>Lawson</b>	Lancashire	Road/Park	5k	<b>0:34:22</b>
<b>Jo</b>	<b>Ledger</b>	Notts	Trail	10k	<b>0:59:46</b>
<b>Andrew</b>	<b>Ledger</b>	Notts	Trail	10k	<b>0:59:53</b>
<b>Carol</b>	<b>Morris</b>	Lancashire	Road/Park	5k	<b>0:42:26</b>
<b>Laura</b>	<b>Morris</b>	Shropshire	Road/Park	5k	<b>0:44:05</b>
<b>Sarah</b>	<b>Norton</b>	Lancashire	Road/Park	10k	<b>1:08:00</b>
<b>Leanne</b>	<b>Parsons</b>	Mid Glamorgan	Road/Park	10k	<b>1:17:30</b>
<b>Ben</b>	<b>Poole</b>	Merseyside	Trail	10k	<b>0:53:53</b>
<b>Helen</b>	<b>Porter</b>	Cheshire	Road/Park	10k	<b>1:28:00</b>
<b>Chelsey</b>	<b>Pryce</b>	Cumbria	Treadmill	10k	<b>1:27:49</b>
<b>Tracy</b>	<b>Roberts</b>	Lancashire	Road/Park	5k	<b>0:59:14</b>
<b>Emma</b>	<b>Robertson</b>	Merseyside	Road/Park	10k	<b>1:13:34</b>
<b>Sharon</b>	<b>Shillito</b>	West Yorkshire	Road/Park	10k	<b>1:06:16</b>
<b>Sheryl</b>	<b>Stretton</b>	Lancashire	Road/Park	10k	<b>1:11:43</b>
<b>Samantha</b>	<b>Tapp</b>	Suffolk	Road/Park	10k	<b>1:00:42</b>
<b>Lucy</b>	<b>Taylor</b>	Greater Manchester	Road/Park	10k	<b>1:00:00</b>
<b>Simon</b>	<b>Taylor</b>	Greater Manchester	Road/Park	10k	<b>0:56:00</b>
<b>Lynsey</b>	<b>Teggart</b>	West Yorkshire	Road/Park	10k	<b>1:16:48</b>
<b>Melissa</b>	<b>Valentine</b>	Lancashire	Road/Park	10k	<b>1:12:58</b>
<b>Suzanne</b>	<b>Wilkinson</b>	West Yorkshire	Road/Park	10k	<b>1:25:15</b>
<b>Michelle</b>	<b>Wood</b>	Cheshire	Road/Park	5k	<b>0:28:50</b>
<b>Ruth</b>	<b>Wood</b>	Lancashire	Trail	10k	<b>1:55:38</b>
<b>Shirley</b>	<b>Yates</b>	Nottinghamshire	Road/Park	10k	<b>1:23:47</b>