

vRUN from Fylde Coast Runners



SPRING VIRTUAL 10k

Name	Location	Terrain	Time
Al Grant	Merseyside	Road/Park	00:38:46
Paul Wearden	Lancashire	Road/Park	00:40:53
Sarah Grant	Merseyside	Road/Park	00:41:06
Gary Ellison	Cumbria	Road/Park	00:42:26
Darren Martin	Manchester	Road/Park	00:43:30
Adam Battersby	Cheshire	Road/Park	00:45:49
Tom Dealtry	Lancashire	Road/Park	00:45:55
Heather Travis	Cumbria	Road/Park	00:46:09
Phil Bamford	Lancashire	Road/Park	00:46:16
Steven Higham	Lancashire	Road/Park	00:47:11
Tony Smith	Lancashire	Road/Park	00:47:14
Matthew Mallea	Lancashire	Road/Park	00:47:32
Kate Bell	Lancashire	Treadmill	00:48:13
Hannah Boyd	Lancashire	Road/Park	00:49:03
Roy Brooks-Brennan	Lancashire	Road/Park	00:49:03
David Isbister Jnr	Lancashire	Treadmill	00:50:03
Mark Gray	Lancashire	Road/Park	00:51:26
Leigh Warburton	Lancashire	Road/Park	00:51:36
Andy Hall	Lancashire	Road/Park	00:51:36
Helen Hall	Lancashire	Road/Park	00:51:57
Lisa Scholes	Lancashire	Trail	00:52:50
Mary Hewitt	Lancashire	Road/Park	00:53:30
Christian Jackson	Lancashire	Road/Park	00:54:05

Emily Allsopp	Cheshire	Road/Park	00:54:21
Mike Bird	Lancashire	Road/Park	00:54:22
Dan Foster	Lancashire	Road/Park	00:54:50
Brett Stevens	Lancashire	Road/Park	00:55:16
Phillip Ramsay	Manchester	Road/Park	00:55:26
Stephen Roberts	Merseyside	Road/Park	00:56:00
Jade Earley	Lancashire	Road/Park	00:56:02
Jenn Whittle	Lancashire	Road/Park	00:56:03
Rebecca Richards	Cumbria	Road/Park	00:56:13
Jackie Carruthers	Lancashire	Road/Park	00:57:16
Jim Egan	Lancashire	Road/Park	00:56:39
Sharon Hornby	Lancashire	Road/Park	00:57:37
Wendy Gass	Dumfries & Galloway	Road/Park	00:57:50
James Featherstone	Merseyside	Road/Park	00:58:08
Tara Johnson	Manchester	Road/Park	00:58:13
Steve Pepper	Lancashire	Road/Park	00:58:40
Samantha Edwards	Lancashire	Road/Park	00:59:06
Mark Singleton	Lancashire	Road/Park	00:59:11
Samantha Jackson	Lancashire	Road/Park	00:59:31
Jane Tregonning	Lancashire	Road/Park	01:00:00
Lisa Golding	Lancashire	Road/Park	01:01:31
Chris Taylor	Lancashire	Road/Park	01:02:01
Melissa Valentine	Lancashire	Road/Park	01:02:35
Dan Ruscoe	Lancashire	Road/Park	01:02:45
Catherine Foster	West Yorkshire	Road/Park	01:02:53
Thomas Timson	Cumbria	Road/Park	01:02:59
Julie Jones	Lancashire	Road/Park	01:03:10

Laura Elliott	Lancashire	Road/Park	01:03:20
Rebekah Chaplow	Cumbria	Road/Park	01:03:22
Helen Wood	Cumbria	Treadmill	01:03:33
Niall Cain	Lancashire	Road/Park	01:03:39
Susan Hargreaves	Lancashire	Road/Park	01:05:06
Paulina Smoreda	Lancashire	Road/Park	01:05:12
Rebecca Higham	Lancashire	Road/Park	01:05:42
Catherine Dransfield	Teeside	Road/Park	01:05:52
Christine Wright	Cheshire	Road/Park	01:05:55
Carol Gibbins	Lancashire	Road/Park	01:06:01
Francesca Worthington	Lancashire	Road/Park	01:06:39
Jane Mooney	Manchester	Road/Park	01:06:54
David Guy	Manchester	Road/Park	01:06:57
Sandra Taylor	Lancashire	Road/Park	01:07:05
Jo Johnstone	Lancashire	Road/Park	01:07:37
Bill Smith	Lancashire	Road/Park	01:07:48
Joseph Connor	Cheshire	Road/Park	01:08:44
Helen Gibbins	Lancashire	Road/Park	01:09:25
Ian Worth	Manchester	Road/Park	01:09:57
Julie Merrill	Lancashire	Road/Park	01:10:00
Martin Jackson	Manchester	Road/Park	01:11:08
Samantha Cook	Dumfries & Galloway	Road/Park	01:11:39
Helen Pagett	Lancashire	Road/Park	01:12:15
Christopher Hodgson	Lancashire	Road/Park	01:12:33
Lynne Webster	Greater Manchester	Trail	01:12:33
Cheryl Wainwright	Manchester	Road/Park	01:12:41
Martin Denton	Shrewsbury	Road/Park	01:12:42

Claire Clegg	Lancashire	Road/Park	01:12:50
Gayle Brandwood	Lancashire	Road/Park	01:13:28
Heather Bradley-Tsopanoglou	Lancashire	Road/Park	01:13:45
Helen Bradley Tsopanoglou	Lancashire	Road/Park	01:13:45
Natalie Rodgers	Lancashire	Road/Park	01:13:56
Susie Armstrong	Lancashire	Road/Park	01:14:00
Andrew Woodward	Lancashire	Road/Park	01:16:28
Nicola Smith	Lancashire	Road/Park	01:17:31
Charlie Oates	Lancashire	Road/Park	01:17:34
Claire Wolfendale	Greater Manchester	Trail	01:19:39
Tony Hollister	Merseyside	Road/Park	01:21:05
Emma Norfolk	Lancashire	Road/Park	01:21:32
Julie Brewer	Surrey	Trail	01:21:53
Liz Ward	Merseyside	Road/Park	01:22:42
Heather Hillson	Lancashire	Road/Park	01:24:00
Susan Cartmell	Lancashire	Road/Park	01:24:47
Laura Morris	Shropshire	Road/Park	01:26:32
Vicki Smith	Lancashire	Road/Park	01:27:37
Hayley Brierley	Lancashire	Road/Park	01:27:50
Deborah Moore	Lancashire	Road/Park	01:37:33
Susan Heatley	Lancashire	Road/Park	01:45:38
Ariane Valentine	Lancashire	Trail	01:47:57

