

Best 10 Mile Performance 2016

<u>Position</u>	<u>Athlete</u>	<u>Category</u>	<u>Date</u>	<u>Event</u>	<u>Best Time</u>
1	Danny Collinge	M20-24	06-Mar	Sweatshop 10 Miler	55.26
2	Jacob Watson	M30-35	04-Dec	Guys 10 miler	58.50
3	Breton Holdsworth	M40-44	25-Mar	Caldervale 10 Miler	1.00.05
4	Richard Stevenson	M40-44	04-Dec	Guys 10 miler	1.01.14
5	Jonathan Cleaver	M35-39	04-Dec	Guys 10 miler	1.02.20
6	John Hartley	M55-59	20-Nov	Preston 10 Miler	1.02.53
7	Kevin Davies	M55-59	06-Mar	Sweatshop 10 Miler	1.03.32
8	Matthew Duckworth	M25-29	04-Dec	Guys 10 miler	1.03.40
9	Chris Snell	M35-39	04-Dec	Guys 10 miler	1.04.09
10	Dave Motley	M35-39	18-Sep	Cumberland Ale 10 Miler	1.05.00
11	Daniel Isherwood	M35-39	25-Sep	Swinton 10 Miler	1.05.46
12	Daniel Plant	M30-34	04-Dec	Guys 10 miler	1.07.26
13	Michael Hogan	M45-49	04-Dec	Guys 10 miler	1.10.41
14	Stephen Biscomb	M60-64	28-Feb	Radcliffe 10 Miler	1.12.46
1	Elizabeth Mullan	W30-34	04-Dec	Guys 10 miler	1.12.46
15	Roger Brewster	M60-64	06-Nov	Guy Fawkes 10	1.12.54
16	Mark Wightman	M55-59	06-Nov	Derwentwater 10	1.12.56
17	Andy Quinn	M40-44	04-Dec	Guys 10 miler	1.13.22
18	Robert Morrison	M40-44	06-Mar	Sweatshop 10 Miler	1.13.41
2	Donna Airey	W35-39	04-Dec	Guys 10 miler	1.16.36
19	Adam Stephenson	M35-39	04-Dec	Guys 10 miler	1.17.40
3	Amanda Duffy	W35-39	06-Mar	Sweatshop 10 Miler	1.19.31
20	Colin White	M40-44	06-Mar	Sweatshop 10 Miler	1.19.33
21	David I Scott	M70-74	04-Dec	Guys 10 miler	1.20.34
22	Ian Hargreaves	M50-54	04-Dec	Guys 10 miler	1.20.48
4	Angela Shian	W35-39	06-Mar	Sweatshop 10 Miler	1.21.25
5	Vicky Heys	W45-49	06-Mar	Sweatshop 10 Miler	1.21.59
6	Irene Roche	W55-59	06-Mar	Sweatshop 10 Miler	1.22.00
7	Michelle Butschok	W40-44	04-Dec	Guys 10 miler	1.30.56
23	Danny Pilkington	M35-39	06-Mar	Sweatshop 10 Miler	1.35.22
8	Hayley Copeman	W45-49	26-Jun	Donington Circuit 10 Miler	1.43.00