

## Best 10k Road 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	12-Nov	Cheshire 10k	32.14
2	Christopher Holdsworth	M25-29	27-Feb	Blackpool Stanley Park	32.30
3	David Bagot	M20-24	27-Dec	Ribble Valley 10k	34.05
4	Jacob Watson	M30-34	27-Dec	Ribble Valley 10k	34.51
5	Jordan McDonald	M17-19	18-Sep	Bury 10k	35.50
6	Andrew Stubbs	M45-49	28-May	Burnley Lions 10k	35.56
7	Richard Stevenson	M40-44	24-Apr	Blackpool 10k	36.12
<b>1</b>	<b>Laura Hesketh</b>	<b>W30-34</b>	<b>26-Nov</b>	<b>Wesham 10k</b>	<b>36.37</b>
8	Matthew Duckworth	M25-29	27-Dec	Ribble Valley 10k	36.42
9	David Motley	M35-39	27-Dec	Ribble Valley 10k	37.03
10	Jonathan Cleaver	M35-39	27-Dec	Ribble Valley 10k	37.16
11	Breton Holdsworth	M40-44	07-Aug	Asda Foundation York 10k	37.27
12	Chris Snell	M35-39	27-Dec	Ribble Valley 10k	37.07
13	John Hartley	M55-59	12-Nov	Cheshire 10k	38.16
14	Jonathan Pye	M25-29	02-Oct	Burnley Fire Station 10k	38.29
15	George Pier	M17-19	24-Jan	East Lancs Hospice 10k	39.03
16	Carl Helliwell	M40-44	24-Jan	East Lancs Hospice 10k	39.15
<b>2</b>	<b>Louisa Powell Smith</b>	<b>W35-39</b>	<b>05-Jun</b>	<b>Burnley 10k</b>	<b>39.15</b>
17	Michael Toms	M50-54	27-Dec	Ribble Valley 10k	39.19
18=	Daniel Plant	M30-34	27-Feb	Blackpool Stanley Park	39.30
18=	Mark Aspinall	M55-59	28-May	Burnley Lions 10k	39.30
20	Daniel Isherwood	M35-39	20-Aug	Pilling 10k Race 3	39.33
21	Colin Shuttleworth	M55-59	10-Jul	Leeds Foundation 10k	39.44
22	Alan Life	M50-54	24-Apr	Blackpool 10k	40.06
23	Paul Hesketh	M50-54	24-Jul	Towneley 10k	40.12
24	Paul Brannon	M55-59	28-May	Burnley Lions 10k	40.13
25	Terry O' Leary	M35-39	02-Oct	Burnley Fire Station 10k	40.22
26	Richard Briscoe	M35-39	22-May	Great Manchester Run	40.34
27	John Wilcock	M50-54	27-Dec	Ribble Valley 10k	40.39
28	Kenan Eti	M17-19	05-Jun	Burnley 10k	40.42
29	Michael Hogan	M45-49	27-Dec	Ribble Valley 10k	40.54
30	Michael Clarke	M40-44	28-May	Burnley Lions 10k	41.04
31=	James Boulton	M20-24	13-Nov	Windmill 10k	41.38
31=	Nick Roscoe	M45-49	27-Dec	Ribble Valley 10k	41.38
33	Chris Funnell	M45-49	28-May	Burnley Lions 10k	41.40
34	Stephen Ainsworth	M55-59	13-Nov	Windmill 10k	41.42
35	Thomas Bradley	B15-16	28-May	Burnley Lions 10k	41.45
36	Reece Lawrence	B15-16	18-Sep	Bury 10k	41.50
37	Neil Garnett	M50-54	28-May	Burnley Lions 10k	41.58
38	Sean Clare	M50-54	28-May	Burnley Lions 10k	42.05
39	Mick Hughes	M40-44	27-Dec	Ribble Valley 10k	42.06
40	Ryan Clarke	M15-16	07-Feb	Blackburn Winter Warmer	42.08
41	Kevin Davies	M50-54	07-Feb	Red Hot Toddy	42.09
42	Stephen Biscomb	M60-64	25-Mar	Salford 10k	42.16
43	Andy Quinn	M40-44	27-Dec	Ribble Valley 10k	42.19
44	Andrew Orr	M45-49	28-May	Burnley Lions 10k	42.32
45	Mark Wightman	M55-59	26-Dec	Worden 10k	42.36
46	Stanley Grewel	B13-14	18-Sep	Burnley Leisure 10k	42.44
47	Roger Brewster	M60-64	28-May	Burnley Lions 10k	43.16
48	Gareth Berry	M35-39	24-Jul	Towneley 10k	43.30

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<b>3</b>	<b>Elizabeth Mullan</b>	<b>W30-34</b>	<b>13-Nov</b>	<b>Windmill 10k</b>	<b>43.49</b>
49	Robert Kay	M45-49	24-Jan	East Lancs Hospice 10k	44.10
50	Andy Bradley	M50-54	28-May	Burnley Lions 10k	44.18
51	Kieron Mitchell	M40-44	07-Feb	Red Hot Toddy	44.19
52	Peter Butterworth	M60-64	17-Apr	Radcliffe 10k	44.29
53	Stephen Green	M60-64	30-Oct	Accrington 10k	44.33
54	Robert Morrison	M40-44	30-Oct	Accrington 10k	44.40
55	Lennon Jackson	B11-12	08-May	Blackpool Fun Run	44.44
56	Colin White	M40-44	26-Dec	Worden 10k	44.47
<b>4</b>	<b>Donna Airey</b>	<b>W35-39</b>	<b>02-Oct</b>	<b>Burnley Fire Station 10k</b>	<b>44.56</b>
57	Matthew Jackson	B8-10	08-May	Blackpool Fun Run	45.01
58	Stuart Proctor	M35-39	05-Jun	Burnley 10k	45.03
<b>5</b>	<b>Amanda Duffy</b>	<b>W35-39</b>	<b>28-Feb</b>	<b>Asics Oulton Park 10k</b>	<b>45.36</b>
<b>6</b>	<b>Helen O'Rourke</b>	<b>W30-34</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>45.40</b>
59	Andrew Webster	M45-49	06-Mar	Ron Hill Accrington 10k	45.42
60	Adam Stephenson	M35-39	30-Oct	Accrington 10k	45.43
61	Paul Wale	M45-49	27-Dec	Ribble Valley 10k	45.45
62	Chris Lawrence	M50-54	27-Dec	Ribble Valley 10k	45.48
63	Carl Dale	M30-34	05-Jun	Burnley 10k	45.58
64	Martin Brady	M50-54	17-Apr	3 Bridges Lancaster	46.08
<b>7</b>	<b>Tracy Mitchell</b>	<b>W40-44</b>	<b>07-Feb</b>	<b>Red Hot Toddy</b>	<b>46.09</b>
<b>8</b>	<b>Michelle Abbott</b>	<b>W35-39</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>46.14</b>
65	Brian Wildman	M50-54	27-Dec	Ribble Valley 10k	46.30
<b>9</b>	<b>Cassandra Darling -Smedley</b>	<b>W35-39</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>46.50</b>
<b>10</b>	<b>Irene Roche</b>	<b>W55-59</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>47.05</b>
66	John Roche	M50-54	27-Dec	Ribble Valley 10k	47.08
67	Carl Carey	M45-49	27-Dec	Ribble Valley 10k	47.15
68	James Hickie	M55-59	28-May	Burnley Lions 10k	47.22
69	Craig Nicholls	M40-44	27-Dec	Ribble Valley 10k	47.36
<b>11</b>	<b>Lynsey Birtwistle</b>	<b>W35-39</b>	<b>22-May</b>	<b>Great Manchester Run</b>	<b>47.50</b>
70	David Scott	M70-74	27-Dec	Ribble Valley 10k	48.00
<b>12</b>	<b>Julia Rushton</b>	<b>W50-54</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>48.01</b>
<b>13</b>	<b>Bianca Bennett</b>	<b>W25-29</b>	<b>28-Feb</b>	<b>Blackpool Stanley Park</b>	<b>48.03</b>
<b>14</b>	<b>Vicky Heys</b>	<b>W45-49</b>	<b>25-Mar</b>	<b>Salford 10k</b>	<b>48.06</b>
<b>15</b>	<b>Orlaith O'Mahony</b>	<b>W25-29</b>	<b>24-Jul</b>	<b>Towneley 10k</b>	<b>48.13</b>
<b>16</b>	<b>Lisa Johnson</b>	<b>W40-44</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>48.16</b>
<b>17</b>	<b>Teresa De Curtis</b>	<b>W45-49</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>48.23</b>
<b>18</b>	<b>Angela Shian</b>	<b>W35-39</b>	<b>24-Jan</b>	<b>East Lancs Hospice 10k</b>	<b>48.27</b>
<b>19</b>	<b>Jean Knightley</b>	<b>W55-59</b>	<b>20-Jul</b>	<b>Lancaster 10k</b>	<b>48.44</b>
71	Ian Hargreaves	M50-54	27-Dec	Ribble Valley 10k	48.44
72	David Moynihan	M45-49	24-Jul	Towneley 10k	48.48
<b>20</b>	<b>Julie Dawes</b>	<b>W45-49</b>	<b>28-May</b>	<b>Burnley Lions 10k</b>	<b>48.52</b>
<b>21</b>	<b>Nerina Gill</b>	<b>W45-49</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>48.52</b>
73	Lee Moore	M35-39	28-Feb	Asics Oulton Park 10k	49.11
<b>22</b>	<b>Janine Pollard</b>	<b>W45-49</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>49.12</b>
<b>23</b>	<b>Rebecca Crawshaw</b>	<b>W35-39</b>	<b>30-Oct</b>	<b>Accrington 10k</b>	<b>49.19</b>
<b>24</b>	<b>Kath Brady</b>	<b>W50-54</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>49.20</b>
<b>25</b>	<b>Jane Ryan</b>	<b>W35-39</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>50.04</b>
<b>26</b>	<b>Rachel Todd</b>	<b>W40-44</b>	<b>24-Jan</b>	<b>East Lancs Hospice 10k</b>	<b>50.33</b>
74	Geoff Smith	M40-44	15-May	Worden Park 10k	50.43

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27	<b>Donna Scott</b>	<b>W50-54</b>	<b>18-Sep</b>	<b>Bury 10k</b>	<b>50.46</b>
28	<b>Natasha Newell</b>	<b>W40-44</b>	<b>09-Jul</b>	<b>Pilling 10k Race 2</b>	<b>51.12</b>
29	<b>Joanne Perry</b>	<b>W30-34</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>51.24</b>
30	<b>Susan Clark</b>	<b>W45-49</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>51.34</b>
31	<b>Marion Wilkinson</b>	<b>W75-79</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>51.34</b>
32	<b>Lisa Ellis</b>	<b>W30-34</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>51.35</b>
75	Andrew Taylor	M55-59	28-May	Burnley Lions 10k	51.39
33	<b>Carol Life</b>	<b>W50-54</b>	<b>24-Apr</b>	<b>Blackpool 10k</b>	<b>51.52</b>
76	Tony Pilling	M50-54	20-Aug	Pilling 10k Race 3	51.59
77	Justin Birtwistle	M40-44	06-Mar	Ron Hill Accrington 10k	52.14
34	<b>Helen Burnett</b>	<b>W40-44</b>	<b>07-Feb</b>	<b>Blackburn Winter Warmer</b>	<b>52.18</b>
78	Steven Blake	M40-44	22-May	Crazy Cow 10K	52.27
35	<b>Leanne Cottam</b>	<b>W35-39</b>	<b>06-Mar</b>	<b>Ron Hill Accrington 10k</b>	<b>52.34</b>
79	Danny Pilkington	M40-44	13-Nov	Windmill 10k	52.56
36	<b>Beth Quinn</b>	<b>W17-19</b>	<b>28-May</b>	<b>Burnley Lions 10k</b>	<b>53.10</b>
37	<b>Jane Hylands</b>	<b>W40-44</b>	<b>13-Nov</b>	<b>Windmill 10k</b>	<b>53.27</b>
38	<b>Nina Kewin</b>	<b>W35-39</b>	<b>24-Jul</b>	<b>Towneley 10k</b>	<b>53.47</b>
39	<b>Helen Harrison</b>	<b>W45-49</b>	<b>20-Nov</b>	<b>Chorley 10k</b>	<b>54.51</b>
80	Ted Orrell	M75-79	28-May	Burnley Lions 10k	55.16
81	Mark Knowles	M40-44	27-Dec	Ribble Valley 10k	56.07
82	Stuart Barker	M45-49	24-Jan	East Lancs Hospice 10k	56.18
40	<b>Michelle Butschok</b>	<b>W35-39</b>	<b>28-May</b>	<b>Burnley Lions 10k</b>	<b>56.19</b>
41	<b>Julie Toman</b>	<b>W45-49</b>	<b>23-Apr</b>	<b>Wray Scarecrow 10k</b>	<b>56.41</b>
42	<b>Hayley Copeman</b>	<b>W45-49</b>	<b>02-Oct</b>	<b>Burnley Fire Station 10k</b>	<b>57.08</b>
83	Martin O Rourke	M55-59	28-May	Burnley Lions 10k	57.36
43	<b>Deborah Greenwood</b>	<b>W45-49</b>	<b>06-Mar</b>	<b>Ron Hill Accrington 10k</b>	<b>57.59</b>
84	Ron Chappell	M65-69	06-Mar	Ron Hill Accrington 10k	58.02
85	Robert Hirst	M65-69	02-Oct	Burnley Fire Station 10k	58.28
86	Phillip Naylor	M35-39	28-May	Burnley Lions 10k	58.59
87	Kieran Rigby	M35-39	05-Jun	Burnley 10k	59.47
44	<b>Karin Goss</b>	<b>W65-69</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>1.00.13</b>
45	<b>Karen Clarkin</b>	<b>W40-44</b>	<b>13-Nov</b>	<b>Windmill 10k</b>	<b>1.00.22</b>
88	Kevin O Brien	M65-69	09-Apr	Fleetwood 10k	1.00.30
46	<b>Judith Carey</b>	<b>W35-39</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>1.00.31</b>
47	<b>Sarah Helliwell</b>	<b>W30-35</b>	<b>24-Jan</b>	<b>East Lancs Hospice 10k</b>	<b>1.00.35</b>
89	Ron Hill	M75-79	19-Mar	Trafford 10k	1.00.56
48	<b>Christine Egerton</b>	<b>W60-64</b>	<b>05-Jun</b>	<b>Burnley 10k</b>	<b>1.01.40</b>
49	<b>Anita Jones</b>	<b>W60-64</b>	<b>13-Nov</b>	<b>Windmill 10k</b>	<b>1.01.45</b>
50	<b>Lucy Stevenson</b>	<b>G13-14</b>	<b>04-Sep</b>	<b>Wigan 10k</b>	<b>1.01.53</b>
90	Aaron Lundie	B13-14	08-May	Blackpool Fun Run	1.03.52
51	<b>Sophie McIntosh</b>	<b>W25-29</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>1.04.50</b>
91	Jack McGuire	M60-64	24-Jul	Towneley 10k	1.06.28
52	<b>Sharon Wilson</b>	<b>W40-44</b>	<b>27-Dec</b>	<b>Ribble Valley 10k</b>	<b>1.06.38</b>
53	<b>Christine Leathley</b>	<b>W60-64</b>	<b>05-Jun</b>	<b>Burnley 10k</b>	<b>1.06.58</b>
92	David Burnett	M50-54	20-Nov	Valencia 10k	1.07.46
93	Graham Kissack	M65-69	16-Apr	Christmas Pud 10k Take 2	1.08.58
54	<b>Nicola Kay</b>	<b>W30-34</b>	<b>05-Jun</b>	<b>Burnley 10k</b>	<b>1.11.32</b>
55	<b>Kathleen Garnett</b>	<b>W75-79</b>	<b>30-Oct</b>	<b>Accrington 10k</b>	<b>1.31.14</b>