

Best 5k 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	29-Jul	Barrowford Podium 5k	15.35
2	David Bagot	M20-24	05-Mar	Podium	16.39
3	Jonny McKenna	M25-29	23-Jan	Woodhouse Moor	16.42
4=	Christopher Holdsworth	M25-29	16-Jul	Pendle Parkrun	16.47
4=	Jacob Watson	M30-34	09-Sep	Clayton v Trawden Podium	16.47
6	Jordan McDonald	M17-19	09-Sep	Clayton v Trawden Podium	17.01
7	Jonathan Pye	M25-29	05-Mar	Podium	17.11
8	Andrew Stubbs	M45-49	04-Jun	Burnley Parkrun 202	17.18
9	Andy Laycock	M20-24	22-Sep	Ron Hill Birthday 5k	17.19
10	Breton Holdsworth	M40-44	02-Apr	Lincoln Parkrun	17.22
1	Laura Hesketh	W30-34	29-Jul	Barrowford Podium 5k	17.27
11	Jacob Boyle	M17-19	23-Apr	Chelmsford Central	17.32
12	Tom Brewster	M25-29	20-Jan	Towneley Torchlight	17.34
13	Richard Stevenson	M40-44	09-Sep	Clayton v Trawden Podium	17.35
14	Matthew Duckworth	M25-29	17-Jun	Barrowford Podium 5k	17.37
15	Chris Snell	M35-39	09-Sep	Clayton v Trawden Podium	17.54
16=	Phillip Hall	M50-54	05-Mar	Podium	17.55
16=	Jonathan Cleaver	M35-39	29-Jul	Barrowford Podium 5k	17.55
18	George Pier	M17-19	20-Jan	Towneley Torchlight	18.09
19	Carl Helliwell	M40-44	17-Jun	Barrowford Podium 5k	18.13
20	Dave Motley	M30-34	29-Jul	Barrowford Podium 5k	18.14
21	Daniel Isherwood	M35-39	15-May	Lancaster 5k Series Race 1	18.15
22=	John Whiteside	M35-39	28-May	Pendle Parkrun	18.16
22=	Nicholas Hennessey	B 13-14	29-Jul	Barrowford Podium 5k	18.16
2	Louisa Powell Smith	W35-39	09-Sep	Clayton v Trawden Podium	18.20
24=	Mark Aspinall	M55-59	04-Jun	Burnley Parkrun 205	18.25
24=	Paul Brannon	M55-59	13-Jul	Ian Terry Memorial 5k	18.25
26	Jackson McKay	B 11-12	17-Jun	Barrowford Podium 5k	18.27
27	Paul Hesketh	M50-54	17-Jun	Barrowford Podium 5k	18.36
28	Alan Dorrington	M45-49	27-Jul	Padiham Greenway	18.41
29	Colin Shuttleworth	M55-59	25-Jun	Woodhouse Moor	18.42
30	Kevin Davies	M50-54	17-Dec	Burnley Parkrun 233	18.44
31	Thomas Bradley	B 15-16	27-Jul	Padiham Greenway	18.48
32	James Boulton	M20-24	17-Jun	Barrowford Podium 5k	18.52
33	Michael Clarke	M40-44	17-Jun	Barrowford Podium 5k	18.54
34	Chris Funnell	M45-49	17-Jun	Barrowford Podium 5k	18.57
35=	Gareth Berry	M35-39	17-Jun	Barrowford Podium 5k	19.00
35=	Stephen Ainsworth	M55-59	17-Jun	Barrowford Podium 5k	19.00
37	Richard Briscoe	M35-39	17-Jun	Barrowford Podium 5k	19.04
38	John Willcock	M50-54	17-Jun	Barrowford Podium 5k	19.10
39	Garry Wilkinson	M50-54	24-Nov	Todmorden Park Winter 5k	19.12
40	Stanley Grewal	B13-14	17-Jun	Barrowford Podium 5k	19.16
41	Curtis Robert Holt	M15-16	22-Oct	Burnley Parkrun 225	19.17
42	Alan Life	M50-54	17-Jun	Barrowford Podium 5k	19.24
43	John Hartley	M55-59	05-Mar	Gorleston Cliffs Parkrun	19.26
44=	Dexta Thompson	B 8-10	16-Jul	Burnley Parkrun 211	19.31
44=	Andrew Payne	M35-39	27-Aug	Burnley Parkrun 217	19.31
3	Danielle Walker	W25-29	15-May	Burnley Parkrun 202	19.34
46	Simon Wilshaw	M15-16	24-Dec	Burnley Parkrun 234	19.37
47	Simon Smith	M30-34	04-Sep	Burnley Parkrun 218	19.38

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48	Michael Toms	M50-54	31-Dec	Heaton Parkrun	19.38
49	Daniel Plant	M30-34	17-Jun	Barrowford Podium 5k	19.42
50	Alexander Townrow	M15-17	09-Apr	Burnley Parkrun 197	19.43
51	Reece Lawrence	M15-17	09-Sep	Clayton v Trawden Podium	19.51
52	Roger Brewster	M60-64	17-Jun	Barrowford Podium 5k	19.59
53	Lennon Jackson	B 11-12	17-Jun	Barrowford Podium 5k	20.00
54	Nick Roscoe	M45-49	18-Jun	Burnley Parkrun 207	20.02
55	David McMullan	M45-49	27-Jul	Padiham Greenway	20.03
56	Richard John	M35-39	23-Apr	Burnley Parkrun 199	20.05
57	Alex Cran	M45-49	19-Nov	Cheltenham Parkrun	20.06
58	Sean Clare	M50-54	20-Jan	Towneley Torchlight	20.08
59	John Roche	M55-59	17-Jun	Barrowford Podium 5k	20.22
60	Stephen Green	M60-64	27-Jul	Padiham Greenway	20.24
61=	Paul Brown	M55-59	16-Apr	Pendle Parkrun	20.26
61=	Michael Hogan	M45-49	29-Jul	Barrowford Podium 5k	20.26
61=	Neil Garnett	M55-59	09-Sep	Clayton v Trawden Podium	20.26
4	Orlaith O'Mahony	W25-29	17-Jun	Barrowford Podium 5k	20.33
64	Adam Stephenson	M35-39	09-Sep	Clayton v Trawden Podium	20.35
65	Adam Shaw	M30-34	02-Apr	Burnley Parkrun 196	20.37
5	Elizabeth Mullan	W30-34	09-Sep	Clayton v Trawden Podium	20.38
6	Helana White	G 8-10	04-Jun	Burnley Parkrun 205	20.41
66	Adam Quinn	B 13-14	30-Dec	Burnley Parkrun 236	20.41
67	Stuart Proctor	M35-39	17-Jun	Barrowford Podium 5k	20.42
68	Matthew Jackson	B 8-10	25-Jun	Burnley Parkrun 208	20.44
69	Stephen Biscombe	M60-64	28-Mar	Hollingworth Lake	20.47
70	Mick Hughes	M40-44	22-Sep	Ron Hill Birthday 5k	20.48
71=	Ivan Whigham	M50-54	10-Sep	Delamere Parkrun	20.49
71=	Mark Wightman	M55-59	02-Oct	Burnley Parkrun 223	20.49
73=	Robbie Smedley	B 8-10	25-Jun	Burnley Parkrun 208	20.51
73=	Andy Quinn	M45-49	09-Sep	Clayton v Trawden Podium	20.51
75	Robert Morrison	M40-44	17-Jun	Barrowford Podium 5k	20.53
76	Andrew Webster	M45-49	17-Jun	Barrowford Podium 5k	20.56
77	David Moynihan	M45-49	17-Jun	Barrowford Podium 5k	21.05
78	Jason Pier	M45-49	09-Sep	Clayton v Trawden Podium	21.07
7	Helena Leathley	W20-24	13-Aug	Burnley Parkrun 215	21.10
79	Robert Kay	M50-54	20-Jan	Towneley Torchlight	21.13
8	Briony Holt	JW11-14	31-Dec	Pendle Parkrun	21.25
80	Adam Stevenson	B 13-14	09-Jul	Burnley Parkrun 211	21.30
9	Donna Riley	W50-54	12-Mar	Burnley Parkrun 193	21.33
81	Jenson Bentham	B 11-12	09-Apr	Burnley Parkrun 197	21.35
10=	Amanda Duffy	W35-39	17-Jun	Barrowford Podium 5k	21.38
10=	Millie Stubbs	G 13-14	22-Oct	Burnley Parkrun 225	21.38
82	Chris Paul	M35-39	20-Jan	Towneley Torchlight	21.40
12	Sophie Ashworth	G 11-12	07-May	Burnley Parkrun 201	21.41
83	Charlie Birtwistle	B 13-14	09-Jul	Burnley Parkrun 210	21.41
84	Paul Wale	M45-49	03-Dec	Burnley Parkrun 231	21.43
85	Gordon Barrett	M50-54	01-Oct	Burnley Parkrun 222	21.46
86	Colin White	M40-44	18-Jun	Burnley Parkrun 207	21.57
87=	Paul Wale	M45-49	09-Sep	Clayton v Trawden Podium	21.59
87=	Terry O'Leary	M35-39	01-Oct	Burnley Parkrun 222	21.59

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13	Julie Dawes	W45-49	17-Jun	Barrowford Podium 5k	22.07
89	Martin Brady	M50-54	23-Apr	Burnley Parkrun 199	22.10
14	Donna Airey	W35-39	17-Jun	Barrowford Podium 5k	22.10
15	Irene Roche	W55-59	17-Jun	Barrowford Podium 5k	22.11
90	Matthew Law	M25-29	12-Dec	Burnley Parkrun 232	22.15
91	Finlay Stubbs	B 8-10	29-Jul	Barrowford Podium 5k	22.17
92=	Kieran Carr	M70-74	20-Feb	Rockingham (Australia)	22.25
92=	Carl Dale	M30-34	23-Apr	Burnley Parkrun 199	22.25
94	Carl Carey	M45-49	17-Jun	Barrowford Podium 5k	22.31
16	Michelle Abbott	W35-39	22-Oct	Burnley Parkrun 225	22.33
95=	Lee Moore	M35-39	28-Mar	Hollingworth Lake	22.38
95=	James Hickie	M55-59	04-Sep	Burnley Parkrun 218	22.38
97	Barry Mitchell	M70-74	17-Jun	Barrowford Podium 5k	22.39
98	Nathan Kewin	B11-12	27-Aug	Burnley Parkrun 217	22.40
99	Chris Lawrence	M50-54	17-Dec	Burnley Parkrun 233	22.40
100	Aaron Lundie	B 13-14	10-Dec	Burnley Parkrun 232	22.43
17	Cassandra D. Smedley	W35-39	26-Nov	Burnley Parkrun 230	22.47
18	Lynsey Birtwistle	W35-39	17-Jun	Barrowford Podium 5k	22.48
101	Craig Nicholls	M40-44	09-Sep	Clayton v Trawden Podium	22.51
19	Ella Dorrington-Levy	G 11-12	23-Apr	Burnley Parkrun 199	22.53
102	Brian Wildman	M50-54	30-Apr	Burnley Parkrun 200	22.58
103	David I Scott	M70-74	21-May	Burnley Parkrun 203	22.58
104	Darren Rushton	M45-49	20-Jan	Towneley Torchlight	23.02
20	Liberty Thompson	G 13-14	04-Jun	Burnley Parkrun 205	23.04
21	Jean Knightley	W55-59	27-Jul	Padiham Greenway	23.09
105	Ian Hargreaves	M50-54	22-Oct	Burnley Parkrun 225	23.11
22	Nina Kewin	W35-39	17-Sep	Burnley Parkrun 220	23.18
23	Heidi Kewin	G 11-12	26-Nov	Burnley Parkrun 230	23.22
24	Bianca Bennett	W25-29	17-Jun	Barrowford Podium 5k	23.23
25	Julia Rushton	W50-54	17-Jun	Barrowford Podium 5k	23.27
106	Harry Smith	B8-10	23-Jul	Burnley Parkrun 212	23.31
107	Toby Birtwistle	B U 8	21-May	Burnley Parkrun 203	23.34
26	Wendy Dodds	W65-69	02-Jul	Newby Bridge Parkrun	23.45
108	Martin Griffin	M55-59	04-Jun	Burnley Parkrun 205	23.46
27	Alison Dugdale	W45-49	31-Dec	Burnley Parkrun 236	23.47
109	Jake Anforth	B 8-10	18-Jun	Burnley Parkrun 207	23.51
28	Bethany Wheatcroft	G11-12	02-Oct	Burnley Parkrun 223	23.51
29	Eleanor B Root	G 13-14	28-May	Pendle Parkrun	23.57
30	Linda Bostock	W60-64	17-Jun	Barrowford Podium 5k	24.03
31	Carol Life	W50-54	17-Jun	Barrowford Podium 5k	24.03
32	Katy Thompson	W60-64	13-Aug	Stretford Park Run	24.08
33	Helen O'Rourke	W30-34	20-Jan	Towneley Torchlight	24.10
110	Martin O'Rourke	M55-59	27-Jul	Padiham Greenway	24.12
111	David Nield	M55-59	26-Mar	Burnley Parkrun 195	24.14
34	Summer Hargreaves	G 8-10	12-Mar	Pendle Parkrun	24.15
112	Tony Pilling	M50-54	15-May	Burnley Parkrun 202	24.15
35	Helen Burnett	W40-44	17-Jun	Barrowford Podium 5k	24.17
36	Lisa Johnson	W40-44	17-Jun	Barrowford Podium 5k	24.19
37	Natasha Olszewska	G 13-14	23-Jan	Burnley Parkrun 187	24.21
113	Justin Birtwistle	M40-44	17-Jun	Barrowford Podium 5k	24.21

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38	Nerina Gill	W45-49	16-Jul	Witton Park Parkrun	24.22
39	Rachel Todd	W40-44	17-Jun	Barrowford Podium 5k	24.23
40	Annabel Willcock	W15-16	15-May	Burnley Parkrun 202	24.31
114	Luke Guest	B11-12	21-May	Burnley Parkrun 203	24.33
41	Beth Quinn	W17-19	30-Apr	Burnley Parkrun 200	24.37
115	Paul Walsh	M60-64	17-Jun	Barrowford Podium 5k	24.38
42	Donna Scott	W50-54	27-Feb	Burnley Parkrun 192	24.40
43	Dawn Terry	W50-54	09-Jan	Burnley parkrun 213	24.43
44	Natasha Newell	W40-44	12-Jun	Burnley Parkrun 206	24.44
116	Richard Lawson	M75-79	21-May	Lytham Hall Parkrun	24.57
45	Nicola Thompson	W35-39	04-Jun	Burnley Parkrun 205	25.03
46	Lisa Ellis	W30-34	17-Jun	Barrowford Podium 5k	25.05
117	Andrew Taylor	M55-59	20-Jan	Towneley Torchlight	25.06
118	Simon Stansfield	M40-44	23-Jul	Burnley Parkrun 212	25.09
119	Danny Pilkington	M35-39	15-May	Burnley Parkrun 202	25.14
47	Jane Hylands	W40-44	25-Jun	Stretford Park Run	25.15
48	Michelle Butschok	W40-44	17-Jun	Barrowford Podium 5k	25.17
49	Keira Stevenson	G 11-12	04-Jun	Burnley Parkrun 205	25.27
120	Martin White	M55-59	20-Jan	Towneley Torchlight	25.30
121	Stuart Hartley	M55-59	04-Jun	Burnley Parkrun 205	25.32
50	Diane Orrell	W30-34	20-Aug	Burnley Parkrun 216	25.39
122	Kian Adams	B8-10	27-Aug	Burnley Parkrun 217	26.06
51	Jude Ashworth	W55-59	26-Mar	Newby Bridge Parkrun	26.11
52	Deborah Greenwood	W45-49	17-Jun	Barrowford Podium 5k	26.12
123	Phillip Naylor	M35-39	19-Mar	Burnley Parkrun 194	26.16
53	Julie Toman	W45-49	30-Mar	Cowm 5k Race	26.34
54=	Joanne Bennett	W45-49	20-Jan	Towneley Torchlight	26.40
54=	Janine Pollard	W45-49	20-Jan	Towneley Torchlight	26.40
124	Ron Chappell	M65-69	27-Feb	Burnley Parkrun 192	26.41
56	Lucy Stevenson	G 13-14	17-Jun	Barrowford Podium 5k	26.48
125	Joshua McKay	B 8-10	09-Apr	Burnley Parkrun 197	26.54
57	Helen Harrison	W45-49	17-Jun	Barrowford Podium 5k	26.58
58	Kady Thompson	G 8-10	20-Feb	Burnley Parkrun 191	27.05
126	Keiran Rigby	M35-39	20-Jan	Towneley Torchlight	27.10
127	Mark Knowles	M40-44	17-Jun	Barrowford Podium 5k	27.18
59=	Yvonne Wickham	W50-54	01-Oct	Burnley Parkrun 222	27.23
59=	Hayley Copeman	W45-49	01-Oct	Burnley Parkrun 222	27.23
61	Joanne Motley	W30-34	04-Jun	Burnley Parkrun 205	27.31
128=	Stuart Barker	M45-49	19-Mar	Burnley Parkrun 194	27.40
128=	Stephen Fish	M60-64	01-Oct	Witton Park Parkrun	27.40
62	Imogen Ferguson	G 8-10	30-Apr	Burnley Parkrun 200	27.43
63	Karen Clarkin	W40-44	27-Jul	Padiham Greenway	27.44
130	Robert Hirst	M65-69	17-Jun	Barrowford Podium 5k	27.45
64	Adrienne Olszewska	W45-49	07-May	Burnley Parkrun 201	27.50
65	Charlie Plant	G U8	29-Oct	Newby Bridge Parkrun	28.05
131	Jack McGuire	M60-64	05-Nov	Burnley Parkrun 227	28.10
66	Grace G Root	G 11-12	28-May	Pendle Parkrun	28.22
132	Doug Munroe	M65-69	17-Jun	Barrowford Podium 5k	28.29
67	Leanne Cottam	W35-39	20-Jan	Towneley Torchlight	28.30
68	Eileen Jones	W60-64	29-Oct	Fulham Palace Parkrun	28.35

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69	Natasha Newell	W40-44	20-Jan	Towneley Torchlight	29.01
70	Rachel Stevenson	G 8-10	07-May	Burnley Parkrun 201	29.07
71	Bronia Olszewska	G 11-12	07-May	Burnley Parkrun 201	29.08
72	Geraldine Varley	W55-59	27-Jul	Padiham Greenway	29.21
133	Felix Thompson	B U 8	12-Mar	Pendle Parkrun	29.30
73	Marion Wilkinson	W75-79	09-Sep	Clayton v Trawden Podium	29.36
74	Jane Pier	W45-49	09-Sep	Clayton v Trawden Podium	29.40
75	Christine J Egerton	W65-69	01-Oct	Burnley Parkrun 222	29.41
134	Ron Hill	M75-79	23-Apr	Heaton Park	29.49
76	Sharon Wilson	W40-44	17-Jun	Barrowford Podium 5k	29.58
77	Judith Carey	W35-39	17-Jun	Barrowford Podium 5k	29.59
78	Anita Jones	W60-64	20-Jan	Towneley Torchlight	30.06
79	Sophie McIntosh	W25-29	09-Apr	Burnley Parkrun 197	30.48
80	Nicola Kay	W30-34	28-May	Burnley Parkrun 204	31.07
135	Jon Sharples	M60-64	24-Dec	Burnley Parkrun 234	31.09
81	Christine Leathley	W65-69	09-Sep	Clayton v Trawden Podium	31.58
82	Val Lawson	W70-74	04-Aug	Todmorden Park 4	32.35
136	Martin Terry	M55-59	26-Mar	Lyme Parkrun	32.39
137	Robin Price	M70-74	01-Oct	Brighthouse Parkrun	32.54
83	Laura Kmetyko	G11-12	12-Jun	Burnley Parkrun 206	32.58
84	Millie Hesketh	G U8	28-May	Burnley Parkrun 204	33.19
138	Harry Walker	M65-69	01-Oct	Pendle Parkrun	33.47
85	Milly Maccabe	G 8-10	12-Mar	Pendle Parkrun	33.56
139	Mike Holden	M50-54	16-Jan	Burnley Parkrun 186	34.13
86	Ellisia Smedley	G 8-10	27-Nov	Burnley Parkrun 230	34.27
87	Kathleen Garnett	W75-79	15-May	Burnley Parkrun 202	41.20