

Best 10k Road Performance 2017

<u>Position</u>	<u>Athlete</u>	<u>Category</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Best 2016</u>
1	Danny Collinge	M20-24	15-Jan	East Lancs Hospice 10k	34.31	32.14
2	Jacob Watson	M30-34	26-Feb	Blackpool Stanley Park 10k	35.08	35.12
3	Lee Smith	M35-39	05-Mar	Trafford 10k	35.46	-
1	Laura Hesketh	W30-34	05-Mar	Trafford 10k	37.14	36.37
4	Dave Motley	M35-39	05-Mar	Trafford 10k	37.32	-
5	Jonathan Cleaver	M35-39	15-Jan	East Lancs Hospice 10k	37.58	37.16
6	Daniel Plant	M30-34	09-Apr	Fleetwood 10k	39.22	39.30
7	John Hartley	M60-64	08-Jan	Garstang 10k	39.53	38.16
8	Jordan McDonald	M20-24	05-Mar	Ron Hill 10k	40.51	35.50
9	Terry O'Leary	M35-39	25-Feb	Blackpool Stanley Park 10k	41.06	40.22
10	Mick Hughes	M40-44	26-Feb	Blackpool Stanley Park 10k	42.02	42.06
11	Stephen Biscomb	M60-64	16-Apr	Salford 10k	42.16	42.16
12	Reece Lawrence	B15-16	15-Jan	East Lancs Hospice 10k	42.41	41.50
13	James Dunderdale	M35-39	09-Apr	Fleetwood 10k	43.03	-
14	Gareth Berry	M40-44	05-Mar	Ron Hill 10k	43.19	43.30
2	Elizabeth Mullan	W30-34	26-Feb	Blackpool Stanley Park 10k	43.22	43.49
15	Craig Nicholls	M40-44	23-Apr	Piece of Cake 10k	43.48	47.36
3	Donna Airey	W35-39	16-Apr	Salford 10k	44.07	44.56
16	Robert Morrison	M40-44	29-Jan	Hunters 10k	44.16	44.40
17	Colin White	M40-44	29-Jan	Hunters 10k	44.20	44.47
18	Adam Stephenson	M30-34	25-Feb	Blackpool Stanley Park 10k	44.22	45.43
4	Amanda Duffy	W35-39	05-Mar	Oulton Park 10k	45.45	45.36
19	David Moynihan	M50-54	05-Mar	Ron Hill 10k	45.47	48.48
5	Helen O'Rourke	W30-34	15-Jan	East Lancs Hospice 10k	45.48	45.40
20	Chris Lawrence	M50-54	05-Mar	Ron Hill 10k	46.57	45.48
21	Paul Wale	M45-49	15-Jan	East Lancs Hospice 10k	47.01	45.45
6	Claire Vincent	W25-29	05-Mar	Ron Hill 10k	47.10	-
22	Martin Brady	M50-54	08-Jan	Garstang 10k	47.34	46.08
7	Michelle Abbott	W35-39	29-Apr	Lancaster 3 Bridges 10k	47.40	46.14
23	Andrew Webster	M45-49	05-Mar	Ron Hill 10k	48.20	45.42
8	Tracy Mitchell	W40-44	05-Mar	Red Hot Toddy 10k	48.47	46.09
9	Nina Kewin	W35-39	15-Jan	East Lancs Hospice 10k	49.32	53.47
10	Lucy Scott	W30-34	12-Feb	Valentine's 10k	49.49	-
24	Ian Hargreaves	M50-54	15-Jan	East Lancs Hospice 10k	51.04	48.44
11	Lisa Ellis	W30-34	05-Mar	Ron Hill 10k	52.08	55.10
12	Bianca Bennett	W25-29	05-Mar	Ron Hill 10k	52.32	48.03
13	Joanne Perry	W30-34	26-Feb	Blackpool Stanley Park 10k	52.55	52.22
25	Danny Pilkington	M40-44	05-Mar	Ron Hill 10k	55.59	52.56
26	Stuart Barker	M45-49	05-Mar	Ron Hill 10k	56.39	56.18
27	Mark Knowles	M40-44	05-Mar	Ron Hill 10k	56.42	59.48
14=	Helen Harrison	W45-49	11-Mar	Heaton Park 10k	57.36	54.51
14=	Jane Hylands	W45-49	05-Mar	Ron Hill 10k	57.36	53.27
28	Justin Birtwistle	M40-44	05-Mar	Ron Hill 10k	59.16	52.14
16	Clare Wilson	W35-39	15-Jan	East Lancs Hospice 10k	59.34	-
17	Deborah Greenwood	W45-49	11-Mar	Heaton Park 10k	59.52	57.59
18	Karen Clarkin	W40-44	05-Mar	Ron Hill 10k	1.01.45	1.00.22
29	Robert Hirst	M65-69	05-Mar	Red Hot Toddy 10k	1.03.31	58.28
30	Ron Chappell	M65-69	05-Mar	Ron Hill 10k	1.05.53	58.02
19	Anita Jones	W60-64	05-Mar	Ron Hill 10k	1.07.79	1.01.45