

## Best 5k 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	07-Jan	Fastrax 5k	16.03	15.35
2	Jonny McKenna	M30-34	28-Jan	Woodhouse Moor Parkrun	16.46	16.42
3	Christopher Holdsworth	M25-29	21-Jan	Pendle Parkrun	16.48	16.47
4	Jacob Watson	M30-34	09-Apr	Fastrax 5k	16.49	16.47
5	Jonathan Pye	M25-29	18-Mar	Podium	17.31	17.11
6	David Bagot	M20-24	18-Mar	Woodhouse Moor Parkrun	17.44	16.39
<b>1</b>	<b>Laura Hesketh</b>	<b>W30-34</b>	<b>05-Apr</b>	<b>Joe Salt Memorial Cowm 5k</b>	<b>17.48</b>	<b>17.27</b>
7	Tom Brewster	M30-34	22-Apr	Skipton Parkrun	17.51	17.34
8	Richard Stevenson	M40-44	22-Apr	Burnley Parkrun 252	17.54	17.35
9	Andy Laycock	M20-24	22-Apr	Burnley Parkrun 252	17.56	17.19
10	Jordan McDonald	M17-19	07-Jan	Fastrax 5k	18.09	17.01
11	Matthew Duckworth	M25-29	19-Feb	Burnley Parkrun 243	18.22	17.37
12	Nicholas Hennessey	B 13-14	22-Apr	Burnley Parkrun 252	18.25	18.16
13	Chris Snell	M35-39	22-Apr	Burnley Parkrun 252	18.26	17.54
14	Paul Hesketh	M50-54	07-Jan	Fastrax 5k	18.28	18.36
15	Kevin Davies	M50-54	22-Apr	Burnley Parkrun 252	18.29	19.07
16	Josh Hall	M15-17	22-Apr	Burnley Parkrun 252	18.32	-
17	Jackson McKay	B 11-12	15-Apr	Cleethorpes Parkrun	18.39	18.27
18=	David Walker	M35-39	08-Apr	Pendle Parkrun	18.42	-
18=	George Pier	M17-19	29-Apr	Burnley Parkrun 253	18.42	18.09
20	Jonathan Cleaver	M35-39	21-Jan	Burnley Parkrun 239	18.43	17.55
21	James Boulton	M20-24	29-Mar	Cowm 5k	19.12	18.52
22	Dave Motley	M30-34	18-Mar	Burnley Parkrun 247	19.13	18.14
23	Alan Life	M50-54	21-Jan	Southport Parkrun	19.25	19.24
24=	Daniel Plant	M30-34	19-Mar	Cowm 5k	19.36	19.42
24=	John Hartley	M60-64	09-Apr	Fastrax 5k	19.43	19.26
26	Reece Lawrence	M15-17	07-Jan	Fastrax 5k	19.45	19.51
27	Stephen Green	M60-64	05-Apr	Joe Salt Memorial Cowm 5k	19.47	20.24
28	Stanley Grewal	B13-14	09-Apr	Fastrax 5k	19.52	19.16
29	Terry O'Leary	M35-39	05-Mar	Burnley Parkrun 245	19.55	21.59
30	Paul Brannon	M55-59	29-Apr	Burnley Parkrun 253	19.56	-
31=	Alex Cran	M45-49	25-Feb	Burnley Parkrun 244	19.57	20.06
31=	Michael Hogan	M45-49	05-Mar	Burnley Parkrun 245	19.57	20.26
33	John Roche	M55-59	18-Apr	Peter Erhardt Cowm 5k	20.00	20.22
34	Simon Wilshaw	M15-16	25-Feb	Burnley Parkrun 244	20.01	19.37
35	Mick Hughes	M40-44	29-Mar	Cowm 5k	20.05	20.48
36	Lennon Jackson	B 11-12	29-Mar	Cowm 5k	20.09	20.00
37	John Willcock	M50-54	29-Mar	Cowm 5k	20.12	19.10
38	David Moynihan	M50-54	22-Apr	Burnley Parkrun 252	20.15	21.05
39	David McMullan	M50-54	29-Mar	Cowm 5k	20.18	-
40	Gareth Berry	M35-39	11-Mar	Burnley Parkrun 246	20.21	19.00
41	Robbie Smedley	B 8-10	08-Apr	Burnley Parkrun 250	20.31	20.51
42	Matthew Jackson	B 11-12	29-Apr	Burnley Parkrun 253	20.39	20.44
43=	Sean Clare	M50-54	01-Apr	Burnley Parkrun 249	20.40	20.08
43=	Adam Stevenson	B13-14	08-Apr	Burnley Parkrun 250	20.40	21.30
45	Nick Roscoe	M45-49	21-Jan	Burnley Parkrun 239	20.44	20.02
<b>2</b>	<b>Susan Burns</b>	<b>W55-59</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>20.51</b>	<b>-</b>
46	Richard Briscoe	M35-39	11-Mar	Fastrax 5k	20.58	19.04
47	Robert Morrison	M40-44	29-Mar	Cowm 5k	21.05	20.53
48	Martin Terry	M55-59	18-Mar	Burnley Parkrun 247	21.06	-

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49	Stephen Ainsworth	M55-59	01-Jan	Burnley Parkrun 236	21.07	19.00
50	Andy Quinn	M40-44	29-Mar	Cowm 5k	21.10	20.51
<b>3</b>	<b>Helana White</b>	<b>G 8-10</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>21.14</b>	<b>20.41</b>
<b>4</b>	<b>Amanda Duffy</b>	<b>W35-39</b>	<b>09-Apr</b>	<b>Fastrax 5k</b>	<b>21.26</b>	<b>21.38</b>
51	Colin White	M40-44	19-Feb	Burnley Parkrun 2343	21.30	21.57
<b>5</b>	<b>Alison Dugdale</b>	<b>W45-49</b>	<b>22-Apr</b>	<b>Burnley Parkrun 252</b>	<b>21.32</b>	-
<b>6</b>	<b>Donna Riley</b>	<b>W50-54</b>	<b>22-Apr</b>	<b>Burnley Parkrun 252</b>	<b>21.33</b>	<b>21.33</b>
<b>7</b>	<b>Cassandra D. Smedley</b>	<b>W35-39</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>21.36</b>	<b>22.47</b>
52	Finlay Stubbs	B 8-10	28-Jan	Burnley Parkrun 240	21.39	22.17
53	Chris Lawrence	M50-54	29-Mar	Cowm 5k	21.44	22.40
54=	Roger Brewster	M60-64	07-Jan	Puarenga Parkrun	21.45	19.59
54=	Michael Stevens	B 13-14	22-Apr	Burnley Parkrun 252	21.45	-
56	Martin Brady	M50-54	22-Apr	Burnley Parkrun 252	21.49	22.10
57	Adam Stephenson	M30-34	19-Feb	Burnley Parkrun 243	21.54	21.30
58	Gordon Barrett	M50-54	12-Feb	Burnley Parkrun 242	21.56	21.46
<b>8</b>	<b>Donna Airey</b>	<b>W35-39</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>21.58</b>	<b>22.10</b>
59	Aaron Lundie	B 13-14	05-Apr	Joe Salt Memorial Cowm 5k	22.01	22.43
<b>9</b>	<b>Michelle Abbott</b>	<b>W35-39</b>	<b>09-Apr</b>	<b>Fastrax 5k</b>	<b>22.04</b>	<b>22.33</b>
60	Jason Pier	M45-49	29-Apr	Burnley Parkrun 253	22.12	21.07
61	Charlie Barnes	B 8-10	08-Apr	Burnley Parkrun 250	22.32	-
<b>10</b>	<b>Millie Stubbs</b>	<b>G 13-14</b>	<b>22-Apr</b>	<b>Burnley Parkrun 252</b>	<b>22.34</b>	<b>21.38</b>
<b>11</b>	<b>Sophie Ashworth</b>	<b>G 11-12</b>	<b>22-Apr</b>	<b>Burnley Parkrun 252</b>	<b>22.35</b>	<b>21.41</b>
62	James Hickie	M55-59	25-Feb	Burnley Parkrun 244	22.37	22.38
<b>12</b>	<b>Irene Roche</b>	<b>W55-59</b>	<b>05-Apr</b>	<b>Joe Salt Memorial Cowm 5k</b>	<b>22.39</b>	<b>22.11</b>
63	Stuart Proctor	M35-39	29-Apr	Carlisle Parkrun	22.54	20.42
64	Carl Carey	M45-49	08-Apr	Burnley Parkrun 250	23.02	22.31
65	Charlie Birtwistle	B 13-14	29-Apr	Burnley Parkrun 253	23.03	21.41
<b>13</b>	<b>Nina Kewin</b>	<b>W35-39</b>	<b>05-Apr</b>	<b>Joe Salt Memorial Cowm 5k</b>	<b>23.15</b>	<b>23.18</b>
66	David I Scott	M70-74	25-Mar	Burnley Parkrun 248	23.21	22.58
67	Graham Roper	M55-59	29-Apr	Burnley Parkrun 253	23.22	-
<b>14</b>	<b>Julia Rushton</b>	<b>W50-54</b>	<b>11-Mar</b>	<b>Fastrax 5k</b>	<b>23.23</b>	<b>23.27</b>
68	Jenson Bentham	B 11-12	21-Jan	Burnley Parkrun 239	23.27	21.35
<b>15</b>	<b>Nerina Gill</b>	<b>W45-49</b>	<b>12-Feb</b>	<b>Yamba Parkrun</b>	<b>23.27</b>	<b>24.22</b>
69	Wayne McIntosh	M30-34	19-Feb	Burnley Parkrun 243	23.31	-
<b>16</b>	<b>Julie Dawes</b>	<b>W45-49</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>23.40</b>	<b>22.07</b>
70	Brian Wildman	M50-54	19-Feb	Burnley Parkrun 243	23.53	22.58
<b>17</b>	<b>Sarah Angelone</b>	<b>W30-34</b>	<b>22-Apr</b>	<b>Burnley Parkrun 252</b>	<b>23.53</b>	-
71	Barry Mitchell	M70-74	29-Apr	Fell Foot Parkrun	23.59	22.39
72	Alan Clarkson	M55-59	01-Jan	Burnley Parkrun 236	24.03	-
<b>18</b>	<b>Bethany Wheatcroft</b>	<b>G11-12</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>24.06</b>	<b>23.51</b>
73=	Ian Hargreaves	M50-54	07-Jan	Burnley Parkrun 237	24.08	23.11
73=	Martin Griffin	M55-59	07-Jan	Fastrax 5k	24.08	23.46
<b>19</b>	<b>Lynsey Birtwistle</b>	<b>W35-39</b>	<b>15-Apr</b>	<b>Burnley Parkrun 251</b>	<b>24.11</b>	<b>22.48</b>
<b>20</b>	<b>Dawn Terry</b>	<b>W50-54</b>	<b>22-Apr</b>	<b>Burnley Parkrun 252</b>	<b>24.13</b>	<b>24.43</b>
75	Jake Anforth	B 8-10	08-Apr	Burnley Parkrun 250	24.17	23.51
<b>21=</b>	<b>Wendy Dodds</b>	<b>W65-69</b>	<b>18-Mar</b>	<b>Hereford Parkrun</b>	<b>24.20</b>	<b>23.45</b>
<b>21=</b>	<b>Lisa Ellis</b>	<b>W30-34</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>24.20</b>	<b>25.05</b>
76	Phillip Naylor	M35-39	15-Sep	Lytham Hall Parkrun	24.21	26.16
77	David McMullan	M45-49	07-Jan	Whitworth awakener	24.48	20.03
<b>23</b>	<b>Lisa Johnson</b>	<b>W40-44</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>24.48</b>	<b>24.19</b>

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78	Bryn Barnes	M65-69	08-Feb	Burnley Parkrun 242	24.51	-
<b>24</b>	<b>Beth Quinn</b>	<b>W17-19</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>24.52</b>	<b>24.37</b>
<b>25</b>	<b>Jean Knightley</b>	<b>W55-59</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>24.53</b>	<b>23.09</b>
79	Toby Birtwistle	B 8-10	15-Apr	Burnley Parkrun 251	24.59	23.34
<b>26</b>	<b>Keira Stevenson</b>	<b>G 11-12</b>	<b>01-Apr</b>	<b>Burnley Parkrun 249</b>	<b>25.12</b>	<b>25.27</b>
<b>27=</b>	<b>Vicky Heys</b>	<b>W45-49</b>	<b>19-Feb</b>	<b>Witton Parkrun</b>	<b>25.13</b>	<b>-</b>
<b>27=</b>	<b>Donna Scott</b>	<b>W50-54</b>	<b>01-Apr</b>	<b>Burnley Parkrun 249</b>	<b>25.13</b>	<b>24.40</b>
80	Robin Price	M70-74	01-Apr	Dewsbury Parkrun	25.13	32.54
<b>29</b>	<b>Carol Life</b>	<b>W50-54</b>	<b>21-Jan</b>	<b>Southport Parkrun</b>	<b>25.19</b>	<b>24.03</b>
<b>30</b>	<b>Heidi Kewin</b>	<b>G 11-12</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>25.20</b>	<b>23.22</b>
81	Richard Lawson	M75-79	08-Apr	Burnley Parkrun 250	25.22	24.57
82	Andrew Taylor	M55-59	01-Apr	Burnley Parkrun 249	25.23	25.06
<b>31</b>	<b>Katy Thompson</b>	<b>W60-64</b>	<b>08-Apr</b>	<b>Banstead Woods</b>	<b>25.27</b>	<b>24.08</b>
83	Tony Pilling	M50-54	29-Apr	Burnley Parkrun 253	25.28	24.15
<b>32</b>	<b>Annabel Willcock</b>	<b>W15-16</b>	<b>11-Mar</b>	<b>Burnley Parkrun 246</b>	<b>25.29</b>	<b>24.31</b>
<b>33</b>	<b>Helen Welsh</b>	<b>W45-49</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>25.46</b>	<b>-</b>
<b>34=</b>	<b>Caitlin Welsh</b>	<b>W15-16</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>25.49</b>	<b>-</b>
<b>34=</b>	<b>Imogen Ferguson</b>	<b>G11-12</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>25.49</b>	<b>-</b>
84	Justin Birtwistle	M40-44	15-Apr	Burnley Parkrun 251	25.58	24.21
<b>36</b>	<b>Melanie Hirst</b>	<b>W40-44</b>	<b>22-Apr</b>	<b>Burnley Parkrun 252</b>	<b>26.05</b>	<b>-</b>
<b>37</b>	<b>Deborah Greenwood</b>	<b>W45-49</b>	<b>08-Apr</b>	<b>Burnley Parkrun 250</b>	<b>26.09</b>	<b>26.12</b>
<b>38</b>	<b>Jane Hylands</b>	<b>W45-49</b>	<b>19-Feb</b>	<b>Burnley Parkrun 243</b>	<b>26.15</b>	<b>25.15</b>
85	Paul Thompson	M45-49	08-Apr	Witton Parkrun	26.28	-
<b>39</b>	<b>Helen Harrison</b>	<b>W45-49</b>	<b>18-Mar</b>	<b>Riverside Parkrun</b>	<b>26.54</b>	<b>26.58</b>
86	Paul Walsh	M60-64	05-Feb	Burnley Parkrun 241	27.17	24.38
<b>40</b>	<b>Adrienne Olszewska</b>	<b>W45-49</b>	<b>25-Mar</b>	<b>Burnley Parkrun 248</b>	<b>27.20</b>	<b>27.50</b>
87	Andrew Webster	M45-49	05-Feb	Burnley Parkrun 241	27.23	20.56
<b>41</b>	<b>Yvonne Wickham</b>	<b>W50-54</b>	<b>08-Apr</b>	<b>South Manchester Parkrun</b>	<b>27.32</b>	<b>27.23</b>
88	Stuart Barker	M45-49	12-Feb	Burnley Parkrun 242	27.35	27.40
<b>42</b>	<b>Charlie Plant</b>	<b>G 8-10</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>27.43</b>	<b>28.05</b>
89	Paul Wale	M45-49	01-Jan	Burnley Parkrun 236	28.08	21.43
90	Ron Chappell	M65-69	12-Feb	Burnley Parkrun 242	28.15	26.41
<b>43</b>	<b>Judith Carey</b>	<b>W35-39</b>	<b>11-Mar</b>	<b>Fatsrax 5k</b>	<b>28.30</b>	<b>29.59</b>
<b>44</b>	<b>Darcey Hirst</b>	<b>G8-10</b>	<b>15-Apr</b>	<b>Burnley Parkrun 251</b>	<b>28.32</b>	<b>-</b>
<b>45</b>	<b>Christine J Egerton</b>	<b>W65-69</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>28.42</b>	<b>29.41</b>
91	Julie Taylor	W55-59	05-Apr	Joe Salt Memorial Cowm 5k	28.46	-
<b>46</b>	<b>Eileen Jones</b>	<b>W60-64</b>	<b>01-Apr</b>	<b>Southwark Parkrun</b>	<b>29.03</b>	<b>28.35</b>
92	Robert Hirst	M65-69	25-Mar	Burnley Parkrun 248	29.07	27.45
93	Jack McGuire	M60-64	12-Feb	Fastrax (No 2) 5k	29.14	28.43
<b>47</b>	<b>Karen Clarkin</b>	<b>W40-44</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>29.14</b>	<b>27.44</b>
<b>48</b>	<b>Marion Wilkinson</b>	<b>W75-79</b>	<b>19-Feb</b>	<b>Burnley Parkrun 243</b>	<b>30.10</b>	<b>29.36</b>
<b>49</b>	<b>Lucy Stevenson</b>	<b>G 13-14</b>	<b>28-Jan</b>	<b>Burnley Parkrun 240</b>	<b>30.31</b>	<b>23.22</b>
94	Alan Dorrington	M45-49	05-Mar	Burnley Parkrun 245	30.34	18.41
<b>50</b>	<b>Rachel Stevenson</b>	<b>G 8-10</b>	<b>15-Apr</b>	<b>Fountains Abbey Parkrun</b>	<b>30.34</b>	<b>29.07</b>
<b>51</b>	<b>Anita Jones</b>	<b>W60-64</b>	<b>29-Mar</b>	<b>Cowm 5k</b>	<b>30.46</b>	<b>30.06</b>
<b>52</b>	<b>Christine Leathley</b>	<b>W65-69</b>	<b>25-Mar</b>	<b>Lytham Parkrun</b>	<b>32.25</b>	<b>31.58</b>
<b>53</b>	<b>Erin Hesketh</b>	<b>G8-10</b>	<b>05-Mar</b>	<b>Burnley Parkrun 245</b>	<b>33.04</b>	<b>-</b>
<b>54</b>	<b>Ellisia Smedley</b>	<b>G 8-10</b>	<b>29-Apr</b>	<b>Burnley Parkrun 253</b>	<b>33.13</b>	<b>34.27</b>
95	Olly Plant	B8-10	29-Apr	Burnley Parkrun 253	33.34	-