

10 K

Name	Cat	10K	Where	Date	PB
Danny Collinge	M	33.50	East Lancashire Hospice 10K	25-Jan	33.50
Laura Hesketh	F	34.38	Salford 10K	30-Mar	34.28
Luke Turner	M	35.47	Stanley Park 10K	25-Feb	35.47
Calum James	M	36.06	Dishforth 10K	04-Apr	37.15
Matthew Duckworth	M	36.58	Stanley Park 10K	25-Feb	35.47
Wayne Pearson	M45	37.00	Blackburn 10K	04-Feb	37.00
Ryan Bradshaw	M	37.07	Burnley Lions 10K	25-May	37.20
Thomas Walker	M	37.11	Burnley Lions 10K	25-May	37.11
David Motley	M	37.44	Burnley Lions 10K	25-May	37.03
Mark Magee	M	37.55	Burnley Lions 10K	25-May	38.25
Nicholas Hennessey	MJ	38.11	Blackburn 10K	04-Feb	38.11
Jonathan Pye	M	38.25	Burnley Lions 10K	25-May	38.29
James Dunderdale	M	38.51	Salford 10K	30-Mar	39.11
John Wilcock	M55	40.42	Burnley Lions 10K	25-May	40.39
Chris Funnell	M50	41.08	Burnley Lions 10K	25-May	41.03
Richard Briscoe	M	41.11	Burnley Lions 10K	25-May	39.08
Stuart Waterworth	M40	41.27	Burnley Lions 10K	25-May	41.27
Justin Edwards	M40	41.37	Burnley Lions 10K	25-May	41.37
Gareth Berry	M40	41.38	Burnley Lions 10K	25-May	41.55
Martin Terry	M55	41.46	3 Bridges 10K	15-Apr	37.13
John Roche	M55	41.57	Burnley Lions 10K	25-May	36.35
Andrew Foster	M50	42.01	Burnley Lions 10K	25-May	41.31
Josh Hall	MJ	42.28	Blackburn 10K	04-Feb	42.48
Rhiannon Wickham	F	42.30	Burnley Lions 10K	25-May	42.30
Stephen Green	M60	42.31	Pilling 10K Series	19-May	38.29
John Hartley	M60	42.41	Burnley Lions 10K	25-May	37.41
Donna Airey	F35	42.58	Salford 10K	30-Mar	42.58
April Thorpe	F	42.59	Burnley Lions 10K	25-May	42.59
Craig Nicholls	M40	43.00	Burnley Lions 10K	25-May	42.18
Robert Morrison	M45	43.19	Ron Hill 10K	22-Apr	44.16
Claire Vincent	F	43.35	Ron Hill 10K	22-Apr	43.35
Peter Butterworth	M60	43.36	Wigan Trill	13-May	35.10
Stephen Ainsworth	M60	43.50	Burnley Lions 10K	25-May	41.02
Nicholas Roscoe	M45	43.54	Cuerden Valley Badger	05-Jul	40.33
Sean Clare	M50	44.02	Burnley Lions 10K	25-May	39.49
Reece Lawrence	MJ	44.10	Burnley Lions 10K	25-May	44.10
David Moynihan	M50	44.10	Blackburn 10K	04-Feb	44.10
Mick Hughes	M40	44.20	Burnley Lions 10K	25-May	42.02
Kieron Mitchell	M45	44.32	Red Hot Toddy 10K	11-Mar	38.12
Michelle Abbot	F35	44.33	Salford 10K	30-Mar	44.17
Paul Foster	M50	44.33	Burnley Lions 10K	25-May	42.58
Stephen Biscomb	M60	44.41	Salford 10K	30-Mar	40.26
Sarah Angelone	F	45.03	Burnley Lions 10K	25-May	42.44
Barry Brock	M50	45.47	Burnley Lions 10K	25-May	34.09
Martin Brady	M55	46.13	Garstang 10K	14-Jan	44.24
Christopher Lawrence	M50	46.37	Burnley Lions 10K	25-May	45.48
Andy Quinn	M45	46.50	Burnley Lions 10K	25-May	42.19
Alan Clarkson	M60	46.57	Lancaster Fathers Day 10K	17-Jun	39.57
Jeremy Bradshaw	M45	47.00	Blackburn 10K	04-Feb	47.00
Colin White	M40	47.21	East Lancs Hospice 10k	14-Jan	44.20
Cassandra Darling-Smedley	F35	47.33	East Lancs Hospice 10k	14-Jan	45.02
Jason Pier	M45	47.42	Burnley Brun 10K	29-Apr	44.34
Alan Archer	M55	47.42	Garstang 10K	14-Jan	47.01
Graham Roper	M55	48.31	Burnley Lions 10K	25-May	51.20
Carl Carey	M45	48.45	Burnley Lions 10K	25-May	45.00
Joanne Motley	F35	49.09	East Lancs Hospice 10k	14-Jan	48.40

Lisa Ellis	F35	49.47	Oulton Park 10K	25-Feb	49.47
Tracy Mitchell	F45	49.50	Red Hot Toddy 10K	11-Mar	39.59
Angela Shian	F40	50.48	East Lancs Hospice 10k	14-Jan	42.13
Alan Airey	M	50.52	Red Hot Toddy 10K	11-Mar	
Lucy Scott	F	51.02	Salford 10K	30-Mar	49.49
Vicky Heys	F45	51.07	East Lancs Hospice 10k	14-Jan	51.07
Jean Knightley	F55	51.44	Burnley Lions 10K	25-May	48.44
Nerina Gill	F45	52.17	Blackburn 10K	04-Feb	48.52
Jane Ryan	F40	52.58	Ron Hill 10K	22-Apr	52.58
Martin Griffin	M50	52.59	Burnley Lions 10K	25-May	48.38
Jane Hylands	F45	53.11	Salford 10K	30-Mar	52.09
Julia Rushton	F50	53.15	Blackburn 10K	04-Feb	46.22
Rachel Gilmore	F45	53.58	Burnley Lions 10K	25-May	
Mark Knowles	M40	54.01	Burnley Lions 10K	25-May	56.07
Rebecca Bradshaw	F	54.05	Burnley Lions 10K	25-May	54.05
Gary Moore	M45	54.17	Burnley Brun 10K	28-Apr	54.17
Aaron Lundie	MJ	54.22	Burnley Brun 10K	29-Apr	54.22
Barry Mitchell	M70	55.52	Burnley Lions 10K	25-May	40.58
Michael Toms	M50	55.57	Burnley Brun 10K	29-Apr	37.30
Michael Horne	M60	56.07	Burnley Lions 10K	25-May	
Ian J.Hargreaves	M55	56.10	Burnley Lions 10K	25-May	48.44
Alison Smith	F45	56.47	Blackburn 10K	04-Feb	56.47
Deborah Greenwood	F50	57.11	Blackburn 10K	04-Feb	57.04
Janette Hall	F40	57.19	Blackburn 10K	04-Feb	57.19
Geraldine Varley	F55	57.37	Blackburn 10K	04-Feb	57.37
Helen Harrison	F50	58.07	Blackburn 10K	04-Feb	54.52
Clare Jackson	F	58.50	Burnley Lions 10K	25-May	
Stuart Barker	M50	59.46	Burnley Lions 10K	25-May	54.10
Karen Clarkin	F45	61.27	Blackburn 10K	04-Feb	60.22
Julia Taylor	F55	61.32	Burnley Brun 10K	29-Apr	61.32
Christine Leathley	F65	61.36	Blackburn 10K	04-Feb	48.31
Judith Carey	F35	62.13	Burnley Lions 10K	25-May	58.24
Karin Goss	F65	62.26	Burnley Lions 10K	25-May	53.25
Christine J. Egerton	F65	65.39	Burnley Lions 10K	25-May	57.50
Tracy Plant	F35	66.36	3 Bridges 10K	15-Apr	57.11
Lyndsey Simpson	F50	69.30	Ron Hill 10K	22-Apr	69.30
Anita Jones	F60	70.39	Burnley Brun 10K	29-Apr	61.45
Sharon Wilson	F40	70.49	Blackburn 10K	04-Feb	66.38
Ronald Chappell	M70	71.36	Burnley Lions 10K	25-May	52.34
Jack McGuire	M	72.29	Burnley Lions 10K	25-May	
Lianne Lundie	F40	76.59	Burnley Brun 10K	29-Apr	69.01