

## 5 K

| Name               | Cat | 5K    | Where                   | Date   | PB    |
|--------------------|-----|-------|-------------------------|--------|-------|
| Luke Turner        | M   | 15.59 | Podium 5K               | 15-Jun | 16.31 |
| Aidan Holgate      | M   | 16.18 | Podium 5K               | 11-Feb | 16.18 |
| Thomas Walker      | M   | 16.47 | Podium 5K               | 15-Jun | 16.47 |
| Danny Collinge     | M   | 16.49 | Marion Wilkinson 5K     | 23-May | 16.49 |
| Laura Hesketh      | F   | 16.54 | Stretford parkrun # 121 | 23-Mar | 16.44 |
| Calum James        | M   | 16.55 | Podium 5K               | 23-May | 17.37 |
| Ryan Bradshaw      | M   | 16.57 | Podium 5K               | 15-Jun | 17.48 |
| Mark Magee         | M   | 17.06 | Podium 5K               | 15-Jun | 18.41 |
| Jackson McKay      | MJ  | 17.07 | Podium 5K               | 15-Jun | 18.27 |
| David Bagot        | M   | 17.23 | Woodhouse Moor          | 05-May | 17.04 |
| Tom Brewster       | M   | 17.26 | Catterick parkrun 35    | 10-May | 17.04 |
| Jonathan Pye       | M   | 17.36 | Podium 5K               | 07-Apr | 17.11 |
| Nicholas Hennessey | MJ  | 17.38 | Burnley parkrun # 302   | 05-May | 17.42 |
| Matthew Duckworth  | M   | 17.53 | Marion Wilkinson 5K     | 23-May | 17.27 |
| Michael Stevens    | MJ  | 17.57 | Swansea Bay Parkrun#116 | 10-Feb | 17.57 |
| David Edmundson    | M50 | 17.58 | Podium 5K               | 15-Jun | 16.46 |
| Jordan McDonald    | M   | 17.58 | Marion Wilkinson 5K     | 23-May | 17.19 |
| Richard Stevenson  | M40 | 18.01 | Burnley parkrun # 303   | 12-May | 17.44 |
| James Tingle       | M   | 18.02 | Burnley parkrun # 297   | 31-Mar | 17.24 |
| Matthew Perry      | M   | 18.08 | Witton parkrun # 126    | 21-Apr | 16.43 |
| Josh Hall          | MJ  | 18.20 | Burnley parkrun # 300   | 21-Apr | 17.53 |
| Gareth Berry       | M40 | 18.22 | Podium 5K               | 15-Jun | 19.06 |
| Breton Holdsworth  | M40 | 18.22 | Lincoln parkrun # 225   | 26-May | 16.46 |
| James Dunderdale   | M   | 18.25 | Podium 5K               | 15-Jun | 18.25 |
| Robert M. Aspinall | M55 | 18.47 | Burnley parkrun # 293   | 24-Feb | 15.48 |
| David Motley       | M   | 18.47 | Northwich parkrun # 4   | 21-Apr | 17.55 |
| Chris Snell        | M   | 18.49 | Burnley parkrun # 305   | 26-May | 18.49 |
| Peter Stevens      | MJ  | 18.59 | Podium 5K               | 11-Feb | 19.42 |
| John Wilcock       | M55 | 19.04 | Podium 5K               | 15-Jun | 19.10 |
| Kevin Davies       | M55 | 19.08 | Burnley parkrun # 302   | 05-May | 17.46 |
| Adam Laycock       | M   | 19.08 | Burnley parkrun # 289   | 27-Jan |       |
| Paul Brannon       | M55 | 19.12 | Podium 5K               | 11-Feb | 16.53 |
| Richard Briscoe    | M   | 19.14 | Podium 5K               | 15-Jun | 19.00 |
| Harrison Codd      | MJ  | 19.15 | Podium 5K               | 11-Feb | 19.09 |
| Stuart Waterworth  | M40 | 19.23 | Podium 5K               | 15-Jun | 19.23 |
| Mick Hughes        | M40 | 19.27 | Podium 5K               | 15-Jun | 19.20 |
| John Roche         | M55 | 19.29 | Podium 5K               | 15-Jun | 17.16 |
| Helana White       | FJ  | 19.29 | Burnley parkrun # 311   | 07-Jul | 19.29 |
| Michael Toms       | M50 | 19.31 | Burnley parkrun # 309   | 23-Jun | 18.06 |
| Lennon Jackson     | MJ  | 19.33 | Burnley parkrun # 306   | 26-May | 19.12 |
| Andrew Robinson    | M   | 19.33 | Burnley parkrun # 288   | 13-Jan | 19.33 |
| Justin Edwards     | M40 | 19.34 | Podium 5K               | 15-Jun | 19.34 |
| Andrew Foster      | M50 | 19.42 | Podium 5K               | 15-Jun | 19.46 |
| John Hartley       | M60 | 19.44 | Podium 5K               | 15-Jun | 18.37 |
| Robert Morrison    | M45 | 19.47 | Podium 5K               | 15-Jun | 20.52 |
| James Boulton      | M   | 19.50 | Podium 5K               | 15-Jun | 18.51 |
| Stephen Ainsworth  | M60 | 19.51 | Podium 5K               | 15-Jun | 19.00 |
| Matthew Jackson    | MJ  | 19.53 | Podium 5K               | 11-Feb | 19.12 |
| Craig Nicholls     | M40 | 19.55 | Podium 5K               | 15-Jun | 20.10 |
| David Walker       | M40 | 19.55 | Pendle park run#294     | 10-Mar | 18.42 |
| Rhiannon Wickham   | F   | 19.55 | Podium 5K               | 15-Jun | 20.25 |
| Stephen Green      | M60 | 20.04 | Hollingworth 5K         | 30-May | 18.41 |
| William Nicholls   | MJ  | 20.05 | Marion Wilkinson 5K     | 23-May | 21.58 |
| Alan Dorrington    | M45 | 20.06 | Burnley parkrun # 305   | 26-May | 18.57 |
| Briony Holt        | FJ  | 20.08 | Podium 5K               | 15-Jun | 20.08 |
| Dan Smith          | M   | 20.11 | Roger Colson Cowm 5k    | 25-Apr | 20.11 |

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|---------------------------|-----|-------|----------------------------|--------|-------|
| Garry Wilkinson           | M50 | 20.11 | Witton parkrun # 129       | 12-May | 17.25 |
| Nicholas Roscoe           | M45 | 20.15 | Burnley parkrun # 311      | 07-Jul | 19.31 |
| Reece Lawrence            | MJ  | 20.25 | Podium 5K                  | 11-Feb | 19.54 |
| Claire Vincent            | F   | 20.25 | Podium 5K                  | 15-Jun | 20.25 |
| Alan Life                 | M50 | 20.28 | Lytham Hall parkrun # 107  | 10-Feb | 19.24 |
| Sean Clare                | M50 | 20.40 | Burnley parkrun # 301      | 28-Apr | 19.31 |
| Paul Wale                 | M45 | 20.41 | Podium 5K                  | 07-Apr | 20.51 |
| Paul Hesketh              | M50 | 20.43 | Pendle parkrun # 217       | 19-May | 18.32 |
| Sarah Angelone            | F   | 20.47 | Podium 5K                  | 15-Jun | 20.47 |
| Martin Terry              | M55 | 20.55 | Lytham Hall parkrun # 106  | 03-Mar | 21.06 |
| Barry Brock               | M50 | 20.56 | Podium 5K                  | 15-Jun | 16.08 |
| Paul Thompson             | M45 | 20.56 | Witton parkrun # 129       | 12-May | 21.21 |
| Sophie Ashworth           | FJ  | 20.59 | Burnley parkrun # 301      | 28-Apr | 21.34 |
| Chris Funnell             | M50 | 20.59 | Marion Wilkinson 5K        | 23-May | 18.57 |
| Andrew Webster            | M45 | 20.59 | Podium 5K                  | 15-Jun | 20.56 |
| Simon Wilshaw             | MJ  | 21.00 | Burnley parkrun # 304      | 19-May | 19.37 |
| Donna Airey               | F35 | 21.02 | Roger Colson Cowm 5k       | 25-Apr | 21.54 |
| Jason Pier                | M45 | 21.05 | Marion Wilkinson 5K        | 23-May | 20.57 |
| Neil Hardiman             | M50 | 21.06 | Pendle parkrun# 215        | 26-May | 20.30 |
| Charlie Barnes            | MJ  | 21.15 | Burnley parkrun # 306      | 02-Jun | 21.57 |
| Michelle Abbot            | F35 | 21.26 | Brenda & Colin Robinson    | 28-Mar | 21.26 |
| Roger Brewster            | M60 | 21.30 | Harrogate parkrun          | 28-Apr | 17.56 |
| Andy Quinn                | M45 | 21.30 | Podium 5K                  | 15-Jun | 20.52 |
| Cassandra Darling-Smedley | F35 | 21.36 | Podium 5K                  | 15-Jun | 21.36 |
| Jack Holt                 | M65 | 21.40 | Burnley parkrun # 288      | 13-Jan | 21.40 |
| Alan Airey                | M   | 21.41 | Podium 5K                  | 15-Jun | 22.20 |
| Carl Carey                | M45 | 21.44 | Podium 5K                  | 15-Jun | 22.34 |
| Paul Foster               | M50 | 21.44 | Burnley parkrun # 306      | 02-Jun | 20.20 |
| Stephen Biscomb           | M60 | 21.49 | Marion Wilkinson 5K        | 23-May | 20.07 |
| Christopher Lawrence      | M50 | 21.55 | Podium 5K                  | 15-Jun | 21.57 |
| David Moynihan            | M50 | 21.58 | Burnley parkrun # 300      | 21-Apr | 20.30 |
| Gary Moore                | M45 | 22.09 | Marion Wilkinson 5K        | 23-May |       |
| Jeremy Bradshaw           | M45 | 22.13 | Burnley parkrun # 292      | 17-Feb | 20.57 |
| Tracy Mitchell            | F45 | 22.17 | Marion Wilkinson 5K        | 23-May |       |
| Finley Stubbs             | MJ  | 22.19 | Burnley parkrun # 293      | 24-Feb | 21.36 |
| Nicol Moynihan            | FJ  | 22.20 | Podium 5K                  | 15-Jun | 22.20 |
| Millie Stubbs             | FJ  | 22.20 | Podium 5K                  | 15-Jun | 23.21 |
| Andrew Bradley            | M50 | 22.23 | Bramhall park 501          | 21-Apr | 19.53 |
| Neil Garnett              | M55 | 22.27 | Pendle parkrun # 214       | 19-May | 18.51 |
| Gordon Barrett            | M55 | 22.28 | Burnley parkrun # 308      | 16-Jun | 20.40 |
| Mark Nutter               | M55 | 22.30 | Hyndburn parkrun # 13      | 06-Jan | 20.35 |
| Martin Brady              | M55 | 22.31 | Huddersfield parkrun # 359 | 12-May | 21.17 |
| Graham Roper              | M55 | 22.46 | Marion Wilkinson 5K        | 23-May | 22.55 |
| Alan Clarkson             | M60 | 22.47 | Podium 5K                  | 15-Jun | 20.13 |
| Mark Taylor               | M   | 22.47 | Hyndburn parkrun # 20      | 24-Feb | 19.05 |
| James Hickie              | M55 | 22.52 | Marion Wilkinson 5K        | 23-May | 21.59 |
| Alan Archer               | M55 | 22.58 | Podium 5K                  | 15-Jun | 22.58 |
| Andrew Ramsbottom         | M   | 23.03 | Burnley parkrun # 292      | 17-Feb | 21.50 |
| Irene Roche               | F55 | 23.03 | Podium 5K                  | 15-Jun | 21.43 |
| Colin White               | M45 | 23.04 | Burnley parkrun # 292      | 17-Feb | 23.48 |
| Colin White               | M40 | 23.04 | Burnley parkrun # 292      | 17-Feb | 21.30 |
| Amelia Halstead           | FJ  | 23.08 | Burnley parkrun # 304      | 19-May |       |
| Guy Whalley               | MJ  | 23.09 | Burnley parkrun # 299      | 12-May | 24.45 |
| Lisa Ellis                | F35 | 23.12 | Podium 5K                  | 15-Jun | 23.37 |
| Connor Jones              | MJ  | 23.17 | Pendle parkrun # 203       | 24-Feb | 23.17 |
| Alfie White               | MJ  | 23.28 | Podium 5K                  | 15-Jun | 23.28 |
| Eric Birtwistle           | MJ  | 23.31 | Burnley parkrun # 305      | 26-May |       |
| Aaron Lundie              | MJ  | 23.35 | Burnley parkrun # 296      | 24-Mar | 21.48 |
| Imogen Ferguson           | FJ  | 23.36 | Burnley parkrun # 293      | 24-Feb | 23.36 |

|                        |      |       |                                |        |       |
|------------------------|------|-------|--------------------------------|--------|-------|
| David Scott            | M70  | 23.37 | Burnley parkrun # 311          | 07-Jul | 20.15 |
| Julia Rushton          | F50  | 23.41 | Podium 5K                      | 15-Jun | 22.59 |
| Barry Mitchell         | M70  | 23.44 | Podium 5K                      | 15-Jun | 19.36 |
| Theo Burfield          | MJ   | 23.53 | Marion Wilkinson 5K            | 23-May |       |
| Martin ORourke         | M55  | 23.56 | Podium 5K                      | 15-Jun | 23.56 |
| Joanne Motley          | F35  | 23.58 | Burnley parkrun # 311          | 07-Jul | 24.38 |
| Brian Wildman          | M50  | 24.03 | Burnley parkrun # 306          | 02-Jun | 22.58 |
| Nina Kewin             | F35  | 24.09 | Burnley parkrun # 299          | 14-Apr | 23.30 |
| Wendy Dodds            | F65  | 24.10 | Fell Foot Parkrun              | 19-May | 23.25 |
| Hannah Eccles          | JW   | 24.18 | Marion Wilkinson 5K            | 23-May |       |
| Martin Griffin         | M50  | 24.22 | Podium 5K                      | 15-Jun | 22.18 |
| Lucy Scott             | F    | 24.24 | Podium 5K                      | 15-Jun | 24.24 |
| Ella R Dorrington-Levy | FJ   | 24.26 | Hyndburn parkrun # 24          | 31-Mar | 20.43 |
| Dawn Terry             | F50  | 24.28 | Burnley parkrun # 307          | 09-Jun | 22.53 |
| Candice Heys           | F35  | 24.32 | Burnley parkrun # 292          | 17-Feb | 17.20 |
| Katherine Thompson     | F60  | 24.33 | Worsley Woods parkrun # 323    | 05-May | 23.29 |
| Carol Life             | F50  | 24.37 | Blackpool parkrun # 63         | 21-Apr | 24.03 |
| Darren Rushton         | M45  | 24.43 | Burnley parkrun # 305          | 26-May | 22.24 |
| Fraser Anforth         | MJ   | 24.46 | Burnley parkrun # 290          | 03-Feb | 24.46 |
| Richard Lawson         | M75  | 24.47 | Lytham Hall parkrun # 123      | 09-Jun | 20.15 |
| Bethany Wheatcroft     | FJ   | 24.52 | Burnley parkrun # 303          | 14-Apr | 23.28 |
| Rebecca Bradshaw       | F    | 24.54 | Podium 5K                      | 15-Jun | 25.49 |
| Donna Scott            | F50  | 24.56 | Burnley parkrun # 302          | 05-May | 24.13 |
| Barbara Savage         | F50  | 25.00 | Cheltenham parkrun # 276       | 02-Jun | 24.26 |
| Philip Naylor          | M40  | 25.15 | Lytham Hall parkrun # 109      | 24-Feb | 26.56 |
| Annabel Wilcock        | FJ   | 25.22 | Burnley parkrun # 296          | 24-Mar | 24.31 |
| Lisa Johnson           | F45  | 25.34 | Burnley parkrun # 301          | 29-Apr | 24.19 |
| Mark Knowles           | M40  | 25.35 | Podium 5K                      | 15-Jun | 26.34 |
| Ian J.Hargreaves       | M55  | 25.38 | Podium 5K                      | 15-Jun | 23.11 |
| Jane Hylands           | F45  | 25.42 | Podium 5K                      | 15-Jun | 25.05 |
| Vicky Heys             | F45  | 25.44 | Witton Parkrun#132             | 09-Jan | 27.16 |
| Jean Knightley         | F55  | 25.45 | Burnley parkrun # 294          | 10-Mar | 23.15 |
| Caitlin Welsh          | U17  | 25.55 | Burnley parkrun # 288          | 13-Jan | 24.44 |
| Helen Welsh            | F    | 25.56 | Burnley parkrun # 288          | 13-Jan | 24.49 |
| Tony Pilling           | M50  | 25.57 | Burnley parkrun # 301          | 28-Apr | 23.25 |
| Bethany Quinn          | FJ   | 26.08 | Podium 5K                      | 15-Jun | 23.21 |
| Yvonne Wickham         | F50  | 26.25 | South Manchester parkrun # 427 | 30-Jun | 24.52 |
| Janette Hall           | F40  | 26.33 | Podium 5K                      | 11-Feb | 27.48 |
| Danny Pilkinton        | M40  | 26.44 | Podium 5K                      | 15-Jun | 26.44 |
| Helen Harrison         | F50  | 26.46 | Podium 5K                      | 15-Jun | 26.37 |
| Bryn Barnes            | M65  | 26.50 | Burnley parkrun # 311          | 07-Jul | 24.40 |
| Kirstie Higgin         | F40  | 26.51 | Marion Wilkinson 5K            | 23-May | 27.44 |
| Melanie Hirst          | F40  | 26.56 | Burnley parkrun # 306          | 26-May | 25.44 |
| Julia Taylor           | F55  | 27.06 | Bob & Hilary Towell 5K         | 18-Apr |       |
| Evan Welsh             | U15B | 27.07 | Burnley parkrun # 289          | 20-Jan |       |
| Emily Nicholls         | FJ   | 27.17 | Burnley parkrun # 300          | 21-Apr | 28.41 |
| Geraldine Varley       | F55  | 27.17 | Bob & Hilary Towell 5K         | 18-Apr | 29.00 |
| Peter Browning         | M55  | 27.21 | Hyndburn parkrun # 34          | 23-Jun | 24.09 |
| Nerina Gill            | F45  | 27.28 | Burnley parkrun # 287          | 06-Jan | 24.04 |
| Karen Clarkin          | F45  | 27.30 | Bob & Hilary Towell 5K         | 18-Apr | 28.03 |
| Deborah Greenwood      | F50  | 27.31 | Bob & Hilary Towell 5K         | 18-Apr | 26.12 |
| Luke Guest             | MJ   | 27.39 | Burnley parkrun # 306          | 02-Jun |       |
| Thomas Ashworth        | MJ   | 27.43 | Burnley parkrun # 305          | 26-May | 27.00 |
| Gillian Hughes         | F45  | 27.47 | Whitworth 5K                   | 18-Feb | 27.47 |
| Stuart Barker          | M50  | 27.59 | Marion Wilkinson 5K            | 23-May | 27.14 |
| Erin Hesketh           | FJ   | 27.59 | Burnley parkrun # 306          | 02-Jun | 33.01 |
| Ellisia Smedley        | FJ   | 28.09 | Burnley parkrun # 301          | 28-Apr | 30.06 |
| Kathryn Brady          | F50  | 28.13 | Fountains Abbey Parkrun        | 21-Apr | 24.17 |

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|----------------------|-----|-------|---------------------------|--------|-------|
| Eileen Jones         | F65 | 28.15 | Victoria Dock parkrun # 4 | 07-Apr | 27.10 |
| Darcey Hirst         | FJ  | 28.33 | Burnley parkrun # 290     | 03-Feb | 28.33 |
| Sophie McIntosh      | F   | 28.46 | Burnley parkrun # 305     | 26-May |       |
| Karin Goss           | F65 | 28.50 | Podium 5K                 | 15-Jun | 27.51 |
| Judith Carey         | F35 | 28.55 | Podium 5K                 | 15-Jun | 28.31 |
| Marion Wilkinson     | F75 | 29.35 | Burnley parkrun # 309     | 23-Jun | 24.39 |
| Jack McGuire         | M   | 30.16 | Bob & Hilary Towell 5K    | 18-Apr | 28.38 |
| Christine Leathley   | F65 | 30.17 | Burnley parkrun # 304     | 19-May | 28.53 |
| Natalie Nicholls     | F   | 30.28 | Podium 5K                 | 15-Jun |       |
| Ronald Chappell      | M70 | 30.43 | Podium 5K                 | 15-Jun | 24.12 |
| Christine J. Egerton | F65 | 30.48 | Podium 5K                 | 15-Jun | 23.55 |
| Bronia Olszewska     | FJ  | 31.12 | Burnley parkrun # 300     | 21-Apr | 27.20 |
| Rachel Stevenson     | FJ  | 31.16 | Blackpool parkrun # 60    | 31-Mar | 28.22 |
| Adam Hamer           | M   | 31.22 | Burnley parkrun # 305     | 26-May |       |
| Sharon Wilson        | F40 | 31.28 | Bob & Hilary Towell 5K    | 18-Apr | 29.58 |
| Tracy Plant          | F35 | 31.40 | Brenda & Colin Robinson   | 28-Mar | 31.40 |
| Natasha Olszewska    | FJ  | 32.04 | Burnley parkrun # 300     | 21-Apr | 23.01 |
| Adrienne Olszewska   | F45 | 32.19 | Hyndburn parkrun # 12     | 01-Jan | 28.22 |
| Phoebe Jackson       | FJ  | 32.30 | Burnley parkrun # 290     | 03-Feb | 32.30 |
| Joni Higgins         | MJ  | 33.25 | Burnley parkrun # 300     | 21-Apr | 36.49 |
| Robert Hirst         | M65 | 33.32 | Burnley parkrun # 293     | 24-Feb | 25.14 |
| Robbie Smedley       | MJ  | 34.49 | Burnley parkrun # 306     | 02-Jun | 20.25 |
| Helen Stevens        | F45 | 35.11 | Burnley parkrun # 290     | 27-Jan | 35.11 |
| Millie Hesketh       | FJ  | 36.58 | Burnley parkrun # 293     | 24-Feb | 26.48 |