

# Lancaster 5K

30 May 2015

Pos	Name	Club	Cat	Gun
1	Robert Hodgson	Border	MV35	15:20
2	Phil Robertson	Wirral/Lancaster Uni	MU23	15:41
3	Russell Maddams	Border	MV40	15:58
4	John Lloyd	Calder Valley/Salford H	MV35	16:23
5	Quentin Gratrix	Kendal	MV40	16:29
6	Matt Walsh	Thornton Cleveleys RC	MSEN	16:51
7	Mark Holgate	Barlick FR	MV40	16:55
8	Lee Parrington	Barlick FR	MSEN	16:59
9	Andrew Fairbairn	Thornton Cleveleys RC	MV40	17:11
10	Ian Davies	Keswick/Seaton	MV35	17:19
11	Jonathan Mullen	Liverpool Harriers + AC	MSEN	17:24
12	William Sisson	Kendal AAC	MSEN	17:29
13	Allan Gordon		MSEN	17:34
14	Jack Okell	Lancaster Uni Running Club	MSEN	17:44
15	Calvin Routledge	Lancaster & Morecambe	MV45	17:49
16	Benjamin Francis	Lancaster Uni Running Club	MSEN	18:06
17	Tom Hartley	Kendal	MU20	18:17
18	John Tredgett	Kendal	MV50	18:19
19	Jamie Barron	Barrow in Furness Striders	MV45	18:25
20	Maria Snell	Lancaster & Morecambe	WSEN	18:26
21	Liam Spencer	Keighley & Craven	MV40	18:26
22	Andrew Jackson	Hoad Hill	MV40	18:35
23	Warren Mason	Vegetrain Cycling + AC	MSEN	18:54
24	Oscar Stapleton	Ilkley	MU15	18:56
25	Stephen Potter	Kendal	MSEN	18:59
26	Jayne Perry	Lancaster & Morecambe	WV35	19:00
27	David White	Lonsdale	MV45	19:02
28	John Jones	Kendal/Northern Vets	MV50	19:04
29	Peter Gorst	Kendal	MV50	19:07
30	Mark Mason	Kendal	MV40	19:23
31	Lee Dudding	Unattached	MU23	19:27
32	Tony Codling	Thornton Cleveleys Runners	MV50	19:30
33	Hannah Bateson	Lancaster & Morecambe/Loughborough Students	WSEN	19:38
34	Matthew Mann	Lancaster Uni	MU20	19:47
35	Charlie Spencer	Keighley + Craven Ac	MSEN	19:52
36	Joseph Tyldesley	Thornton Cleveleys RC	MSEN	20:01
37	Helen Newton	Kendal	WV35	20:03
38	John Charles Hickman	Wesham/Thornton Cleveleys RC	MV50	20:07
39	Nicholas Bell	Lancaster Uni	MU23	20:07
40	Daniel Stocks	Bentham Beagles	MV35	20:10
41	James Gilleade-Smith	Fylde Coast Runners	MSEN	20:20
42	Amy Copland	Bentham Beagles	WSEN	20:23
43	Liam Roskell		MSEN	20:25
44	Daisy Hunt	Lancaster Uni Running Club	WSEN	20:48
45	Ken Earnshaw	Lancaster & Morcambe AC	MV50	21:04
46	Adrian Leigh	Bentham Beagles	MV55	21:09
47	Mark Davey	Dallam Running Club	MV45	21:19
48	Martina Tyne	Kendal AAC	WSEN	21:31
49	Sally Brassington	Bentham Beagles	WV35	21:40
50	Jack Croft		MSEN	21:56
51	Sharon Bullock	Kendal	WV35	21:59
52	Nicholas Armstrong	Bentham Beagles	MV35	22:04
53	Keith Poshlethwaite	Northern Vets AC	MV50	22:09
54	Jenny Clark	Thornton Cleveleys RC	WV35	22:13

55	Daniel Stapleton		MV35	22:21
56	Mark Cheal		MV35	22:42
57	Alex Ingham	Thornton Cleveleys Runners	MSEN	22:49
58	Emily Stapleton	Lancaster & Morecambe	WV40	22:56
59	Dianne Priestley	Kendal	WV60	22:58
60	Lea Taylor	Bolton United Harriers + AC	WSEN	22:59
61	Vince Ashton	Radcliffe	MV40	23:08
62	Edward Towers	Bentham Beagles	MV60	23:24
63	Peter Ion	Kendal	MV70	23:25
64	Laura Lewis	Tamworth/Lancaster Uni	WU23	23:27
65	Sue Arnott	Bentham Beagles	WV55	23:29
66	Gillian Pryor	Thornton Cleveleys RC	WV40	23:47
67	Diane Armstrong	Bentham Beagles	WV35	24:01
68	Stephanie Sharp	Fylde Coast Runners	WV45	24:27
69	Karen White		WV45	24:45
70	Andy Whitlam	Thornton Cleveleys Runners	MV60	24:47
71	Vicki Luther	Bentham Beagles	WSEN	24:55
72	Kathy Cartledge	Bentham Beagles	WV70	25:12
73	Liz Lloyd	Trawden AC	WV35	25:29
74	Vicky Holgate	Lancaster & Morecambe	WV40	25:38
75	Tim Tomlinson		MV45	25:45
76	Deborah Cardwell	North Fylde/Blackpool, Wyre & Fylde/Thornton Cleveleys RC	WV50	25:57
77	Jon Tibke	Lancaster & Morcambe AC	MV50	26:05
78	Jill Noble	Bentham Beagles	WV50	26:29
79	Paula Robinson		WV45	26:40
80	Ian Robinson		MV45	26:40
81	Mark-James Davey	Dallam Running Club	MSEN	26:51
82	Cheryl O'Neill	Lancaster & Morcambe AC	WV35	26:55
83	Emily Morrow		WSEN	26:57
84	Deborah Rusillo		WV45	26:57
85	Emma Lawson	Bentham Beagles	WV40	27:17
86	Lesley Nelson	Fylde Coast Runners	WV40	27:23
87	Havey Stapleton		MSEN	27:32
88	Rachael Bland	Lancaster & Morcambe AC	WSEN	27:36
89	Louise Goddard	Lancaster & Morecambe	WV45	27:36
90	Helen Brister		WV40	27:39
91	Angela Norris	Thornton Cleveleys Runners	WV55	27:57
92	Alan Mitchell	Hoad Hill	MV65	28:19
93	Clare Robinson	Bentham Beagles	WV40	28:22
94	Sharon Smith		WV45	28:26
95	Zoe McDonald	Bentham Beagles	WV40	29:09
96	Selina DiSimone		WSEN	29:40
97	Des Holden		MV55	29:44
98	Linda Stapleton	Lancaster & Morecambe	WV65	31:02
99	Holly Kiyani		WSEN	31:40
100	Mike McDonald	Northern Vets	MV70	32:05
101	John McGann	Lancaster & Morcambe AC	MV50	33:13
102	Richard Stapleton	Lancaster & Morcambe AC	MV70	33:45
103	Helen Holden		WV50	36:32
104	Susan McGann	Lancaster & Morcambe AC	WV45	37:14
105	Alison Quinn		WV45	37:30
106	Gina Biggs	Fylde Coast Runners	WSEN	38:47



