

# Welcome Tavern 10K

26 January 2014

Pos	No	Name	Club	Cat	Time
1	337	Mark Swannell	Bolton Harriers	MV40	35:12
2	8	James Ashworth	Skelmersdale Boundry Harriers	M	35:26
3	166	Richard Newton		M	35:40
4	329	Joe Monk	Blackburn Harriers AC	M	35:42
5	182	Jason Parker	Preston Harriers	M	35:51
6	274	Jim Wyatt	Salford Harriers	M	36:18
7	290	Andrew Vause	Garstang RC	MV40	36:26
8	199	Heath Reilly	Darwen Dashers	MV45	36:33
9	136	Philip Lowery	Lancaster & Morecambe AC	MV50	36:44
10	198	Stuart Reed	Eden Runners	M	37:00
11	153	Karl McLaughlin		M	37:02
12	152	Karl McKenzie		M	37:03
13	306	Daniel Whitlock	Preston Harriers	M	37:19
14	154	Karl Tavini	Stockport Harriers	MV45	37:32
15	325	Michael Chalfont	Chorley AC	MV40	37:33
16	158	Shaun Moran	Astley & Tyldesley RR	MV50	37:35
17	285	Simon Beadman		MV40	38:09
18	194	Chris Quigley	Trawden AC	MV40	38:18
19	204	Graham Rose	Trawden AC	M	38:28
20	286	Andrew Fairbairn	Thornton Cleveleys RC	M	38:38
21	164	Joanne Nelson	Darwen Dashers	FV40	38:41
22	78	Mark Gibson	Horwich RMI	MV45	38:43
23	288	Vicky Bryant	Wigan Phoenix	F	39:45
24	1	Ken Addison	Red Rose Road Runners	MV55	39:55
25	148	Samantha McCreadie	Blackburn Harriers AC	F	40:06
26	341	Evan Cook	Blackburn Harriers AC	MV60	40:08
27	66	Kenan Eti	Clayton le Moors Harriers	M	40:10
28	34	Martin Carr		MV45	40:13
29	26	Steve Broadfoot	Knowsley Harriers AC	MV50	40:19
30	309	Laura Hesketh	Blackburn Harriers	F	40:21
31	275	Yvonne Wyke	Parbold Pink Panthers	FV45	40:25
32	38	Mark Chadwick		M	40:31
33	175	Richard Oakley	Red Rose Road Runners	MV60	40:56
34	139	Rudolf Maciejkowicz	Horwich RMI	MV60	41:02
35	348	Paul Taylor	Darwin Dashers	MV45	41:09
36	327	Steven Norris	Riversway RR	MV45	41:22
37	15	Mike Bell	Eden Runners	M	41:24
38	21	Stephen Biscomb	Clayton le Moors Harriers	MV60	41:26
39	67	Paul Farren	Bentham Beagales	MV50	41:29
40	307	Chris Whitlock	Wesham RR	MV45	41:29
41	222	Matt Smith		M	41:31
42	92	Dave Hall	Royton RR	MV50	41:46
43	301	Gary Heyworth	Garstang RC	MV45	41:49
44	51	Paul Cresswell	Skelmersdale Boundry Harriers	MV40	41:54
45	206	Andrew Schofield	Royton RR	MV45	41:56
46	97	Tony Hart	Oldham & Royton Harriers	MV45	42:02
47	111	Alan Hudson	Wesham RR	MV60	42:08
48	109	Adam Howard	Trawden AC	M	42:14
49	75	Paula Gaterell	Parbold Pink Panthers	FV40	42:18
50	69	Mark Fawcett	Trawden AC	MV40	42:25
51	23	John Boothman	Barlick Fell Runners	MV50	42:32
52	98	Paul Hethrington		MV40	42:36
53	235	Neil Tate	Lytham St Annes RR	M	42:37
54	189	Stephen Pilkington		MV50	42:44
55	216	David Simmonds		MV40	42:46

56	77	Nico Gibert	Manchester FR	M	42:47
57	150	John J McDonald	Trawden AC	MV50	42:49
58	225	Fraser Snape		MV45	42:50
59	281	David Cummins		MV45	42:51
60	40	Paul Cheetham	Skelmersdale Boundry Harriers	MV40	43:14
61	352	Mat Arnold		M	43:26
62	299	Lesley Fisher	Burnden Road Runners	FV55	43:36
63	233	Michael Sweeney	Team Deane	MV45	43:38
64	318	George Pier	Clayton le Moors Harriers	M	43:44
65	312	Dan Gregory	Team Deane	M	43:44
66	278	David Mellor	Stockport Harriers	MV60	43:45
67	82	Suzanne Gregory	Astley & Tyldesley RR	FV35	43:48
68	289	Warren Crook	Chorley AC	MV45	43:49
69	296	Sean McCaffrey	Holmfirth Harriers	MV45	43:50
70	187	Tim Perman		MV50	44:02
71	338	Shelley Tattersall	Blackburn Harriers AC	F	44:16
72	217	Richard Slater	Blackburn RR	MV55	44:31
73	163	Janine Needham	Red Rose Road Runners	FV35	44:42
74	221	Colin Smith	Trawden AC	MV55	44:48
75	52	Michael Croft		M	44:49
76	95	Alan Harrington		M	44:49
77	279	David Ezzatuar	Skemersdale Harriers	M	44:51
78	208	Barry Shackleton	Darwen Dashers	MV55	45:00
79	200	Daniel Richardson		M	45:02
80	193	Jill Tavini	Stockport Harriers	FV40	45:04
81	168	Stuart Nixon		M	45:10
82	149	Jordan McDonald	Clayton le Moors Harriers	M	45:11
83	319	Jason Pier	Clayton le Moors Harriers	MV40	45:12
84	155	Steven Melling	Rossendale Harriers	MV55	45:18
85	116	Andrew Hurley		M	45:25
86	254	Austin Wensley	Rossendale Harriers	M	45:26
87	141	Derrick Marsh	Clayton le Moors Harriers	MV50	45:27
88	59	Peter Davies		MV40	45:28
89	140	Selina Makin		F	45:31
90	295	Mark Glaister	Skelmersdale Boundry Harriers	MV50	45:44
91	43	Paul Clarke	Blackburn RR	MV55	45:46
92	28	Carol Butterworth	Darwen Dashers	FV45	45:48
93	314	Ben Harkman	Team Deane	M	45:51
94	283	Mark Bleasdale	Liverpool Pembroke Sefton	MV50	45:55
95	282	Alan Taylor	Wesham RR	MV45	46:02
96	162	John Murray		MV65	46:10
97	253	John Welshman		MV50	46:11
98	310	Alan Clarkson	Clayton le Moors Harriers	MV55	46:19
99	173	Phil O Reilly		M	46:41
100	142	Paul Martin		MV45	46:52
101	240	Andrew Topping		M	46:56
102	104	Stephen Hindle		MV50	46:57
103	197	Gary Redford		MV50	47:03
104	308	Andrew Easterby	Bentham Beagales	MV55	47:04
105	122	Fiona Johnston	Parbold Pink Panthers	FV45	47:15
106	264	Ross Williams		M	47:17
107	328	Ken Norris		MV50	47:18
108	356	No Name		M	47:21
109	210	Steven Shaw	Royton RR	MV55	47:30
110	313	Stuart Parsonson		MV40	47:33
111	245	Andrew Walker	Eden Runners	MV50	47:37
112	102	Peter Heywood		MV45	47:41
113	293	Clare Markland	Team Deane	F	47:48
114	137	Cheryl Lyttle		FV40	47:50
115	272	Chris Wray		M	47:52
116	107	Chris Hopper		M	47:54

117	58	Mark Davey	Dallam RC	MV45	47:55
118	145	Will Mawdsley		M	48:02
119	7	Matt Ashton	Red Rose Road Runners	MV45	48:05
120	32	Josh Cardy		M	48:05
121	257	Stephen Whitehead	Wesham RR	M	48:05
122	205	Matthew Ruck		M	48:06
123	55	David Crowe	Astley & Tyldesley RR	MV50	48:14
124	280	Michael Cummins		MV45	48:20
125	287	Viki Hindle	Bentham Beagales	FV40	48:21
126	267	Ian Wood	Bentham Beagales	MV60	48:26
127	135	Tony Lowery	Eden Runners	MV45	48:27
128	54	Anneke Crosby	Red Rose Road Runners	FV45	48:36
129	159	Terry Morris	Bentham Beagales	MV45	48:40
130	85	John Grimshaw	Bolton Harriers	MV40	48:41
131	186	Kevin Pennington		M	48:49
132	147	Edward McCarthy		MV50	48:51
133	39	Kitty Chambers		FV35	48:57
134	161	Kate Morris	Bentham Beagales	M	49:02
135	120	Nicola Johnson	Parbold Pink Panthers	FV35	49:03
136	108	Laura Hough		F	49:06
137	86	Chris Grogan		MV45	49:08
138	251	Gerald Waterfield		MV55	49:09
139	320	Natasha Newell	Accrington RR	FV40	49:19
140	180	David Orritt		MV55	49:21
141	124	David Alan Jones	Denbigh Harriers	MV60	49:24
142	88	Graham Hackney		M	49:34
143	266	Nathan Winstanley		M	49:38
144	292	Gary Markland	Team Deane	M	49:43
145	121	Mark Johnson		MV45	49:52
146	96	Angie Hart	Oldham & Royton Harriers	FV40	50:01
147	326	Julia King	Eden Runners	FV60	50:02
148	125	Eunan Kealey		M	50:05
149	332	Bernard Brown		MV45	50:07
150	106	Ben Hopes		M	50:09
151	219	Rod Smith	Bentham Beagales	MV60	50:12
152	305	Faith Cobaine		FV40	50:12
153	271	Steve Worswick		MV40	50:20
154	185	David Peacock	Eden Runners	MV50	50:27
155	10	Karen Atherton	Darwen Dashers	FV50	50:28
156	297	Dave Pearson	Burnden Road Runners	MV55	50:32
157	192	Katherine Pugh		FV35	50:33
158	294	Chris Brady	Team Deane	MV50	50:38
159	16	Angela Bennett		FV45	50:48
160	113	Tom Hughes		M	50:51
161	156	John Mitchell	Blackburn RR	MV70	50:53
162	250	Jane Warner	Skelmersdale Boundry Harriers	FV45	50:55
163	84	Andrew Griffith		MV45	51:00
164	324	Adrian Shandley	Southport waterloo	MV45	51:00
165	323	Mark Wadmore	Southport waterloo	MV50	51:00
166	17	Tony Bennett		MV50	51:03
167	351	Neil Gallagher	Team Deane	M	51:05
168	53	Paul Crook		MV40	51:11
169	126	Margaret Keighley	Blackburn RR	FV40	51:27
170	79	Nerina Gill	Darwen Dashers	FV40	51:27
171	144	Rob Mather	Red Rose Road Runners	MV40	51:29
172	18	Michael Briggs		MV50	51:33
173	27	Samantha Buckley	Garstang RC	F	51:38
174	24	Lorna Bowes	Blackburn RR	FV45	51:50
175	174	Gillian Oakes	Belle Vue RC	FV35	51:52
176	270	Rebecca Worsley		FV45	51:58
177	114	David Hull		MV40	51:59

178	90	Tony Hails		MV50	52:00
179	33	Claire Carr	Parbold Pink Panthers	FV50	52:01
180	133	Conrad Lea		M	52:02
181	277	Paul Carter	Wesham RR	MV40	52:10
182	303	David Hayes		MV50	52:17
183	47	Sacha Cooper		FV40	52:18
184	76	Mike Gaughan		MV45	52:24
185	65	Carly Edwards	Darwen Dashers	F	52:25
186	234	Simon Syms		MV40	52:26
187	11	Philip Bailey		M	52:27
188	247	Julie Walker		FV45	52:32
189	99	Brian Heyes		MV45	52:38
190	354	Stephen Lomax		MV50	52:42
191	334	Kathy Cartledge	Bentham Beagales	FV70	52:50
192	258	Kevin Whitemore	Eden Runners	MV65	53:06
193	105	John Holland		MV55	53:07
194	311	Lewis Jackson	Team Deane	M	53:12
195	73	Margaret Fletcher		MV45	53:18
196	273	Alex Wright	Corby AC	M	53:28
197	237	Jane Taylor		FV45	53:33
198	331	Anthony Brown		M	53:38
199	276	Warren Hoyle	Red Rose Road Runners	MV45	53:42
200	181	Deborah Orritt		F	53:50
201	128	Jackie Kershaw	Clayton le Moors Harriers	FV40	53:55
202	211	Chris Shaw		M	54:06
203	184	Helen Parry		FV35	54:10
204	115	Helen Hull		FV35	54:15
205	339	Janet Monaghan	Bentham Beagales	FV55	54:23
206	72	George Fletcher	Red Rose Road Runners	MV70	54:33
207	244	Alison Turton		F	54:39
208	269	Damian Worsley		MV45	54:45
209	322	John Barron		MV45	54:47
210	190	Debbie Porter	Red Rose Road Runners	FV40	54:47
211	321	Ian Dixon		M	54:49
212	14	Janette Bashall	Lancashire Constabulary	M	54:49
213	6	David Ashton		MV40	54:50
214	230	Emily Stapleton	Lancaster & Morecambe AC	FV40	55:09
215	110	Eve Howard		M	55:13
216	317	Tony Gage		MV40	55:25
217	68	Phil Farrington		M	55:26
218	213	David Shuttleworth		MV45	55:28
219	333	Nicola McArdle		F	55:28
220	291	Russell Cay	Team Deane	M	55:38
221	353	David Sargent		M	56:06
222	347	Alice Capstick	Darwen Dashers	F	56:10
223	5	Michelle Ashton		F	56:10
224	36	Chris Cash	Darwen Dashers	MV55	56:17
225	220	Norma Smith	Blackburn RR	FV65	56:19
226	340	Simon Hall		M	56:21
227	183	Pritash Parmar		M	56:26
228	304	Neil Gibbons		MV45	56:36
229	256	Ruth Wheatley		FV45	56:42
230	2	Tim Armit		MV45	56:42
231	191	Miles Powell		M	56:43
232	335	Daniel Kozinski		M	56:45
233	248	John Ward		MV65	56:45
234	284	Lynn Vickers	Liverpool RC	FV45	56:49
235	169	Daniel North		M	57:05
236	35	Tina Carr		FV45	57:26
237	355	Maxine Rigby		FV40	57:36
238	179	Liz O Keefe	Sandbach Striders	FV55	57:37

239	243	Gerard Tucker	Bolton Harriers	MV45	57:45
240	146	Percy Mayo		M	57:54
241	60	Sarah Davies		F	58:03
242	56	Denis Culloty	Sandbach Striders	MV55	58:06
243	300	Colin Manning	Red Rose Road Runners	M	58:09
244	259	Peter Whiteside	Burnden Road Runners	MV60	58:11
245	302	Madeline Haworth	Blackburn RR	FV60	58:17
246	262	David Wilkinson	Red Rose Road Runners	MV50	58:19
247	103	Diane Hill		FV45	58:27
248	93	Michael Hall		MV50	58:33
249	188	Catherine Pilkington	South Ribble Runners	MV50	58:40
250	246	Alison Walker	Eden Runners	FV35	58:44
251	226	David Spicer		MV70	58:44
252	241	Malcolm Towler	Northern Vets AC	MV70	58:47
253	151	Linda McGinley	Eden Runners	FV55	58:49
254	215	Gill Silson	Eden Runners	FV50	58:56
255	25	John Bradley	"Blackpool, wyre,+fylde AC"	MV70	58:57
256	31	Anna Marie Canavan		F	58:58
257	20	Ruth Birch		F	59:10
258	229	Linda Stapleton	Lancaster & Morecambe AC	FV65	59:22
259	342	Helen Orson	Red Rose Road Runners	FV45	59:27
260	195	Bobby Rathod		M	59:39
261	41	Ursula Cheetham		FV40	59:46
262	214	Shaun Silson	Eden Runners	MV55	59:48
263	263	Carole Williams	Red Rose Road Runners	FV40	59:55
264	344	Karin Melling		F	1:00:22
265	203	Steve Riley	UK Net Runner	MV55	1:00:24
266	87	Trevor Grundy		MV70	1:00:30
267	117	Jayne Hurst	Wesham RR	FV40	1:00:32
268	238	Colin Thompson		MV45	1:00:42
269	13	Charlotte Baratinsky		F	1:01:22
270	91	Lydia Hale		F	1:01:23
271	100	Rod Heywood	100 Marathon Club	MV70	1:01:24
272	350	Elise Jackson	Team Deane	F	1:01:26
273	346	Lisa Hyde	Red Rose Road Runners	FV35	1:01:30
274	177	Pita Nadine Oates	Red Rose Road Runners	FV40	1:01:32
275	160	Lynda Morris	Bentham Beagales	FV45	1:01:43
276	46	Mel Cooper	Sweat Shop (Chorley)	F	1:01:45
277	49	Susannah Cousins		F	1:02:26
278	330	Joanne Maxwell		F	1:03:27
279	298	Mike McDonald	Northern Vets	MV70	1:03:58
280	336	Steven Evans		M	1:04:04
281	209	Nafeesa Shan		F	1:04:11
282	138	Zoe MacDonald	Bentham Beagales	FV40	1:04:17
283	212	Tracey Shepherd		FV35	1:04:31
284	89	Chris Haggett		MV55	1:04:40
285	249	Claire Wardle	South Ribble Runners	FV45	1:05:28
286	9	David Aspin	Red Rose Road Runners	MV65	1:07:29
287	343	Tracy Hartley		F	1:09:00
288	249	Claire Wardle	South Ribble Runners	FV45	1:10:18
289	349	Lyndsey Parsisson	Team Deane	F	1:10:18
290	70	Christine Firth		FV45	1:11:29
291	83	Sian Griffith		FV35	1:11:30
292	345	Paul Melling		M	1:13:46