

Prudent Riverside 10 Mile

2 August 2015

Pos	No	Name	Club	Cat	Time
1	194	Grant Johnson	Salford Harriers	M	53:44
2	285	Robert Affleck	Preston Harriers	M V40	54:26
3	307	Matthew Lalor	Barlick Fell Runners	M	55:48
4	179	Paul Coon	Derwent AC	M	55:55
5	328	Andy Benson	Preston Harriers	M	57:44
6	313	Paul Jibson	Middleton Harriers	M V45	1:00:35
7	202	Philip Lowery	Lancaster & Morecambe	M V50	1:01:32
8	319	Kevin Wilson	Lancaster & Morecambe	M V45	1:02:34
9	238	Richard Stirzaker	Rochdale Harriers	M	1:02:43
10	310	Ken Addison	Red Rose Road Runners	M V55	1:03:38
11	304	Brian Kennedy	Settle Harriers	M V50	1:03:50
12	287	Peter Cruse	Wesham RR	M V50	1:03:57
13	224	Ralph Pawling	Pensby Runners	M	1:04:41
14	257	David Woodhead	Pudsey Pacers	M V40	1:04:46
15	290	Richard Jones	Garstang RC	M	1:05:06
16	321	Andrew Fairbairn	Thornton Cleveleys RC	M V40	1:05:14
17	231	Simon Rogers	Pensby Runners	M V50	1:05:46
18	294	Matt Simpson	Blackburn RR	M	1:05:59
19	263	Alistair Wallace	Skipton AC	M V40	1:06:23
20	326	Jordan Hughes	Middleton Harriers	M	1:06:30
21	316	Mike Hall	Red Rose Road Runners	M V45	1:06:55
22	309	Chris Wales	Preston Harriers	M V40	1:07:10
23	301	Sian Finlay	Dumfries RC	F V45	1:07:56
24	199	Chris Lane	Chorley AC & Tri	M V45	1:08:06
25	278	Dave Hollings		M V50	1:08:28
26	281	Nick Barton	Rochdale Harriers	M	1:08:59
27	205	John Mayall	Rochdale Harriers	M V50	1:09:23
28	187	James Gilleade-Smith	Fylde Coast Runners	M	1:09:48
29	264	Dave Heslop	Garstang RC	M V50	1:09:52
30	288	Bev Wright	Blackpool, Wyre & Fylde	F V50	1:10:08
31	305	Tony Thornton	Settle Harriers	M V40	1:10:19
32	300	David Rushton	Darwen Dashers	M V45	1:10:28
33	323	David Barras	Thornton Cleveleys RC	M	1:11:38
34	286	Craig Sykes	Rochdale Harriers	M V40	1:12:49
35	167	Michael Brooks		M V45	1:13:37
36	279	David Jardin	Elswick Harriers	M V40	1:13:38
37	226	Brian Pennington	Pensby Runners	M V50	1:13:47
38	250	Kay Welsby	Rochdale Harriers	F	1:13:49
39	280	Lucy Partridge	Pensby Runners	F V35	1:13:52
40	243	Andrew Tranter	Preston Harriers	M V45	1:14:10
41	248	Emma Louise Weall	Wigan Phoenix	F	1:14:24
42	297	Steven Lewis	Middleton Harriers	M V50	1:14:48
43	295	Melanie Koth	Lytham St Annes Road Runners	F V40	1:15:00
44	289	Mark Catherall	Rochdale Harriers	M V60	1:15:17
45	242	Ian Taylor	Salford Metropolitan AC	M V50	1:15:35
46	186	Konstantinos Georgalos		M	1:15:37

47	315	Laurence Keighley	Burnden RR	M V40	1:15:45
48	190	Jason Green		M V40	1:15:58
49	239	Craig Sutherland	Middleton Harriers	M V55	1:16:01
50	172	Carol Butterworth	Darwen Dashers	F V45	1:16:05
51	218	Helen Newton	Kendal AC	F V35	1:16:30
52	322	Jenny Clark	Thornton Cleveleys RC	F V35	1:17:09
53	312	Tanya Crofts	Tri-Lakeland	F V40	1:17:13
54	189	Andie Gow	Pensby Runners	M V60	1:17:24
55	230	Mark Roberts	Pensby Runners	M V60	1:17:34
56	209	Ann Marie McGilvray	Rochdale Harriers	F V45	1:17:57
57	232	Michael Roy	Lancaster & Morecambe	M	1:18:06
58	233	Gordon Scholefield	Pensby Runners	M V60	1:18:26
59	247	Simon Vaukins		M	1:18:55
60	329	Stephen King Can		M V55	1:19:13
61	282	Anna Blomfield	Rochdale Harriers	F V50	1:19:15
62	302	Gemma Lysycia	Astley & Tyldsley RR	F	1:19:24
63	265	Diane Waite	Stainland Lions	F V50	1:19:49
64	266	David Waite	Stainland Lions	M V50	1:19:49
65	317	Kate Lakeland	Preston Harriers	F	1:20:07
66	268	Jane Bass		F V35	1:20:18
67	311	Rebecca Weston	Tri-Lakeland	F V40	1:20:28
68	330	Michael Bradshaw		M	1:20:29
69	170	Mick Bull	Middleton Harriers	M V65	1:21:07
70	225	Tracy Pennington	Pensby Runners	F V45	1:21:10
71	255	Mike Winstanley	Rochdale Harriers	M V65	1:21:31
72	273	David Wilkinson	Lancaster & Morecambe	M V55	1:21:39
73	276	Peter Wilkinson	Barlick Fell Runners	M V65	1:22:16
74	200	Katie Lawson	COLT	F	1:22:33
75	325	Karen Hallett	Middleton Harriers	F V40	1:22:36
76	213	Andy Miller		M V50	1:22:38
77	228	Andrew Riley		M	1:22:40
78	227	Gillian Pryor	Thornton Cleveleys RC	F V40	1:23:02
79	201	Peter Lawton		M V55	1:23:05
80	220	Jackie Oakes	Burnden RR	F V40	1:23:58
81	306	Peter Gibson	Blackpool, Wyre & Fylde	M V60	1:24:03
82	308	Edward Towers	Bentham Beagles	M V60	1:24:04
83	324	Geoff Beattie	Sale Harriers	M V60	1:24:35
84	195	Ged Johnson	Blackburn RR	M V55	1:24:45
85	208	Kevin McGilvray	Rochdale Harriers	M V60	1:24:53
86	318	Phil Lakeland	Preston Harriers	M V55	1:24:55
87	168	Christine Brooks	Middleton Harriers	F V60	1:24:59
88	192	Michael Hall	Holmfirth Harriers	M V50	1:25:04
89	171	Jill Butterworth	Rochdale Harriers	F V40	1:25:07
90	271	John Walshe	East Cork AC	M V60	1:25:13
91	299	John Boileau	Prestwich AC	M	1:25:18
92	256	Felcity Wolohan	Lytham St Annes Road Runners	F	1:25:28
93	203	Richard Mason	Rochdale Harriers	M V55	1:25:47
94	229	Aled Roberts		M	1:26:01
95	274	Liam Christie	Burnden RR	M	1:26:13
96	275	Paul Christie	Burnden RR	M V60	1:26:15
97	267	Glyn Holcroft		M V65	1:26:37
98	296	Lisa Ingham	Blackburn RR	F V45	1:27:13
99	314	Lauren Williams	Middleton Harriers	F	1:27:28

100	272	Carole Wilkinson	Lancaster & Morecambe	F V55	1:27:36
101	178	Joseph Connor	Bramhall Runners	M	1:27:39
102	327	Melissa Edwards	Middleton Harriers	F	1:28:32
103	234	Steph Sharp	Fylde Coast Runners	F V45	1:28:51
104	298	Pete Mitchell	Kendal AC	M V65	1:29:50
105	214	Debbie Millington	Warrington RC	F V35	1:30:07
106	188	Mike Goodwin		M	1:30:16
107	215	Julia Moore	Rochdale Harriers	F V50	1:30:30
108	197	Susie Kirkham		F V50	1:31:13
109	269	Michelle Houghton	Blackburn RR	F V45	1:31:28
110	277	Kevin Whitemore	Eden Runner	M V65	1:32:18
111	262	Gary Morris		M V60	1:32:38
112	223	Leslie Pateloup		F	1:32:48
113	283	Alison Abbott	Darwen Dashers	F V40	1:33:09
114	284	Brian Morris	Darwen Dashers	M V50	1:33:09
115	259	Jeffrey Wright	Blackpool, Wyre & Fylde	M V55	1:34:50
116	241	Nicholas Taboureau		M V55	1:35:35
117	204	Jacqueline Mason	Rochdale Harriers	F V50	1:35:58
118	240	Terry Swann	Fylde Coast Runners	M	1:36:16
119	180	Craig Costine		M	1:36:29
120	303	Adrian Bowcock	Middleton Harriers	M V50	1:38:21
121	211	Gill McKenna		F V40	1:38:24
122	235	Anthony Shorrocks		M	1:39:40
123	219	Angela Norris	Thornton Cleveleys RC	F V55	1:40:22
124	217	Lesley Nelson	Fylde Coast Runners	F V40	1:40:26
125	252	Michelle Whitton	Lancaster & Morecambe	F V50	1:41:48
126	177	Karen Conduit	Rochdale Harriers	F V60	1:41:48
127	244	Angela Tranter	Preston Harriers	F V45	1:41:59
128	174	Julie Clark	Walney Wind Cheetahs	F V40	1:42:49
129	193	Dennis Henderson		M V50	1:43:34
130	169	Carol Brough		F	1:46:00
131	196	Laura Jones-Barnes	Walney Wind Cheetahs	F V35	1:47:42
132	293	Trevor Grundy		M V70	1:49:09
133	261	Ian Yates		M V40	1:49:25
134	260	Joanne Brierley	Darwen Dashers	F V45	1:49:30
135	198	Tina Kuczer	Darwen Dashers	F V40	1:49:41
136	320	Lance Ellis		M V70	1:50:59
137	185	Allison Felipes		F V50	1:52:54
138	164	Simon Bennett	Blackburn RR	M V45	1:52:57
139	245	Catherine Unwin	Rochdale Harriers	F V50	1:54:59
140	182	Kari Edwards	Preston Harriers	F V45	1:55:48
141	166	Patricia Bolton	Biddulph RC	F V70	2:07:31
142	292	Andrew Chatterton	Blackburn RR	M V40	2:18:25
143	291	Natalie Chatterton	Blackburn RR	F V45	2:18:27
144	206	Susan McGann	Lancaster & Morecambe	F V45	2:18:54
145	207	John McCann	Lancaster & Morecambe	M V50	2:18:55