

**Lancashire AA  
10-Mile Road Championships**

**Bispham**

**15th March 2015**

<u>Pos</u>	<u>Men</u>	<u>Wom</u>	<u>Mas</u>	<u>Cat</u>	<u>Pos</u>	<u>Club</u>	<u>Time</u>
1	David Rigby	1		M		Preston Harriers	00:52:50
2	James Kevan	2		M		Horwich RMI Harriers	00:53:38
3	Matthew Lalor	3		M		Barlick Fell Runners	00:54:00
4	Gary Pennington	4	1	M45	1	Preston Harriers	00:54:57
5	Phil Robertson	5		M		Lancaster University AC	00:55:13
6	Paul Muller	6	2	M55	1	Horwich RMI Harriers	00:59:21
7	Jacob Watson	7		M		Clayton le Moors Harriers	00:59:28
8	Neil McDonald	8	3	M45	2	Preston Harriers	00:59:59
9	Lee Barlow	9	4	M40	1	Wesham Road Runners	01:00:24
10	Richard Smith	10		M		Preston Harriers	01:01:09
11	Daniel Balshaw	11		M		Burnley AC	01:01:26
12	Jack Okell	12		MJ	1	Lancaster University AC	01:01:34
13	Robert Walsh	14	6	M40	2	Chorley AC & Tri Club	01:01:41
14	Andrew Draper	15		M		Lytham St Annes RR	01:01:48
15	Ben Donohughe	16	7	M35	1	Red Rose Road Runners	01:02:20
16	Thornton Taylor	17	8	M55	2	Rossendale Harriers	01:03:07
17	Garry Barnett	18	9	M45	3	Wesham Road Runners	01:03:13
18	Jose Pinon-Shaw	19	10	M45	4	Red Rose Road Runners	01:03:22
19	Alan Jolly	20	11	M45	5	Red Rose Road Runners	01:03:42
20	David Taylor	21		M		Wesham Road Runners	01:03:56
21	Stuart Cann	22	12	M50	1	Red Rose Road Runners	01:05:03
22	Richard Butterwick	23	13	M40	3	Todmorden Harriers	01:05:14
23	Nicholas Barton	24		M		Lancaster University AC	01:05:15
24	Jonathan Pye	25		M		Clayton le Moors Harriers	01:05:26
25	Roy Tomlinson	26	14	M55	3	Thornton Cleveleys RC	01:05:44
26	David Brunton	27	15	M45	6	Red Rose Road Runners	01:06:26
27	Mark Willett	28	16	M40	4	Lytham St Annes RR	01:06:28
28	Graham Webster	29	17	M60	1	Lytham St Annes RR	01:06:40
29	Lee Spoor	30	18	M35	2	Tri Preston	01:06:45
30	David Green	31	19	M35	3	Preston Harriers	01:07:08
31	Tom Greaves	32		M		Lancaster University AC	01:07:30
32	Bev Wright		1	W50	1	Blackpool Wyre & Fylde AC	01:08:03
33	Michael Harper	33	20	M45	7	Todmorden Harriers	01:08:34
34	Pete Waywell	34	21	M45	8	Thornton Cleveleys RC	01:08:43
35	Alan Appleby	35	22	M65	1	Preston Harriers	01:09:00
36	Paul Rutherford	36	23	M50	2	Swinton Running Club	01:09:15
37	Yu-Chai Lai	37		M		Lancaster University AC	01:09:24
38	Barry Greaves	38	24	M55	4	Royton Road Runners	01:09:26
39	Jo Sharp		2	W40	1	Blackburn Road Runners	01:09:37
40	Peter Chan	39	25	M50	3	Astley & Tyldesley RC	01:09:55
41	Jayne Perry		3	W35	1	Lancaster & Morecambe AC	01:10:14
42	Stephen Biscomb	40	26	M60	2	Clayton le Moors Harriers	01:10:35
43	Elliot Costello	41		M		Wesham Road Runners	01:10:39
44	Philip Davidson	42	27	M50	4	Red Rose Road Runners	01:11:20
45	Fabienne Richmond		4	W35	2	Clayton le Moors Harriers	01:11:59
46	Tony Pritchard	43	28	M60	3	Garstang Running Club	01:12:15
47	Jason Blagden	44	29	M40	5	Wesham Road Runners	01:12:48
48	Chris Moss	45	30	M50	5	Wesham Road Runners	01:12:59
49	Anthony Jewitt	46	31	M45	9	Lancaster & Morecambe AC	01:13:24
50	Ken Stanley	47	32	M60	4	Northern Vets AC	01:13:49
51	Helen Lawrenson		5	W45	1	Wesham Road Runners	01:13:55
52	Caroline McLaughlan		6	W35	3	Thornton Cleveleys RC	01:14:22
53	Nicola Unsworth		7	W40	2	Wesham Road Runners	01:14:49
54	Nicholas Bell	48		M		Lancaster University AC	01:14:50
55	Jill Jefferson		8	W55	1	Red Rose Road Runners	01:15:01
56	Kaylie Panaro		9	W		Blackburn Harriers	01:15:43
57	Frank Nightingale	49	33	M50	6	Red Rose Road Runners	01:15:59
58	Sean Murray	50		M		Wesham Road Runners	01:16:11
59	Laura Cawler		10	W45	2	Blackpool Wyre & Fylde AC	01:16:28
60	Brian Jones	51	34	M50	7	Wesham Road Runners	01:16:53

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61 James Cornall	52		M		Garstang Running Club	01:16:56	
62 Paul Woan	53	35	M40	6	Red Rose Road Runners	01:17:05	
63 John Wiseman	54	36	M50	8	Red Rose Road Runners	01:17:33	
64 Victoria Duckett		11	10	W35	4	Preston Harriers	01:17:38
65 Kath Hoyer		12	11	W55	2	Wesham Road Runners	01:18:29
66 Steve Taylor	55		37	M40	7	Red Rose Road Runners	01:18:42
67 Ben Wrigley	56			M		Wesham Road Runners	01:18:45
68 Andy Lowe	57		38	M55	5	Chorley AC & Tri Club	01:18:47
69 Nick Higham	58		39	M45	10	Lancaster & Morecambe AC	01:19:02
70 Michael Roy	59			M		Lancaster & Morecambe AC	01:19:04
71 Ian Wharton	60		40	M45	11	Red Rose Road Runners	01:19:24
72 Sara Ward		13	12	W45	3	Wesham Road Runners	01:19:28
73 Martin Griffin	61		41	M50	9	Clayton le Moors Harriers	01:19:59
74 Fiona Geldard		14	13	W50	2	Lytham St Annes RR	01:20:00
75 Ian Waddingham	62		42	M35	4	Red Rose Road Runners	01:20:29
76 Peter Wilkinson	64		44	M65	2	Northern Vets AC	01:21:08
77 Josh Murphy	65			M		Todmorden Harriers	01:21:15
78 Paula Plowman		15	14	W50	3	Red Rose Road Runners	01:21:20
79 Anneke Crosby		16	15	W45	4	Red Rose Road Runners	01:21:20
80 Peter O'Gorman	66		45	M50	10	Rossendale Harriers	01:21:37
81 Sarah Hall		17		W		Red Rose Road Runners	01:21:55
82 Gillian Pryor		18	16	W40	3	Thornton Cleveleys RC	01:22:32
83 Mike Barnes	67		46	M70	1	Northern Vets AC	01:22:45
84 Carol Douglas		19	17	W65	1	Red Rose Road Runners	01:22:48
85 Emma Johnson		20		W		Red Rose Road Runners	01:22:50
86 Laura Taylor		21		W		Wesham Road Runners	01:23:04
87 Elizabeth Jones		22		W		Wesham Road Runners	01:23:04
88 Peter Gibson	68		47	M60	5	Blackpool Wyre & Fylde AC	01:23:11
89 Dorothy Parkes		23		W		Preston Harriers	01:24:31
90 David Randall	69		48	M50	11	Blackpool Wyre & Fylde AC	01:24:52
91 Ted Orrell	70		49	M75	1	Clayton le Moors Harriers	01:25:39
92 Jan Buckingham		24	18	W50	4	Blackburn Harriers	01:25:46
93 Jason Riley	71		50	M40	8	Chorley AC & Tri Club	01:26:17
94 Jenny Wren Gornall		25		W		Preston Harriers	01:26:43
95 Richard Lodge	72		51	M55	6	Red Rose Road Runners	01:26:59
96 Nic Corrigan		26	19	W40	4	Todmorden Harriers	01:27:07
97 Anees Shaikh		27	20	W50	5	Red Rose Road Runners	01:27:21
98 Kaylea Haynes		28		W		Lancaster University AC	01:27:33
99 Pamela Hardman		29	21	W55	3	Lytham St Annes RR	01:27:39
100 Sarah Scott		30	22	W40	5	Thornton Cleveleys RC	01:27:56
101 Peter Cooke	73		52	M55	7	Wesham Road Runners	01:28:24
102 Jennifer Adams		31	23	W60	1	Northern Vets AC	01:28:27
103 Diane Blagden		32	24	W45	5	Wesham Road Runners	01:28:51
104 John Plowman	74		53	M50	12	Red Rose Road Runners	01:29:00
105 Philip McCullagh	75		54	M55	8	Chorley AC & Tri Club	01:29:08
106 Martin Foley	76			M		Red Rose Road Runners	01:29:20
107 Joan Gouldthorpe		33	25	W60	2	Red Rose Road Runners	01:30:00
108 Karen Clark		34	26	W55	4	Red Rose Road Runners	01:30:11
109 George Fletcher	77		55	M70	2	Red Rose Road Runners	01:30:20
110 Graham Vickers	78		56	M55	9	Wesham Road Runners	01:30:57
111 John Winters	79		57	M75	2	Blackpool Wyre & Fylde AC	01:31:10
112 Steve Corrigan	80		58	M50	13	Todmorden Harriers	01:32:27
113 Gary Whiteley	81		59	M40	9	Swinton Running Club	01:32:47
114 Erica Ripo		35	27	W35	5	Rossendale Harriers	01:33:11
115 James Robinson	82			M		Red Rose Road Runners	01:33:14
116 Jenny Fairclough		36	28	W55	5	Red Rose Road Runners	01:33:15
117 Vicky Gore		37	29	W35	6	Red Rose Road Runners	01:34:42
118 Rachael Lowe		38		W		Sweatshop Running Communi	01:35:54
119 David Young	83		60	M65	3	Wesham Road Runners	01:36:07
120 Adela Nuttall		39	30	W55	6	Preston Harriers	01:36:34
121 Alistair Morris	84		61	M50	14	Wesham Road Runners	01:37:17

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122 John Bradley	85		62 M70	3	Blackpool Wyre & Fylde AC	01:37:36
123 Sue Wickham		40	31 W50	6	Preston Harriers	01:37:36
124 Allan Howard	86		63 M55	10	Red Rose Road Runners	01:37:53
125 Colin Manning	87		M		Red Rose Road Runners	01:38:22
126 Kevin Dillon	88		64 M60	6	Manchester Harriers	01:41:07
127 Chris Clark	89		65 M55	11	Red Rose Road Runners	01:41:45
128 Judi Ingham		41	32 W40	6	Red Rose Road Runners	01:43:04
129 Carol Heaton		42	33 W45	6	Red Rose Road Runners	01:43:04
130 Simon Kirkman	90		M		Red Rose Road Runners	01:44:24
131 Susan Heatley		43	34 W35	7	Red Rose Road Runners	01:49:49
132 Mike Walsh	91		66 M80	1	Thornton Cleveleys RC	01:51:24

**Lancashire AA  
10-Mile Road Championships**

**Bispham**

**15th March 2015**

**Lancashire Medal Winners**

**Men**

1	David Rigby	Preston Harriers	00:52:50
2	James Kevan	Horwich RMI Harriers	00:53:38
3	Matthew Lalor	Barlick Fell Runners	00:54:00

**Women**

1	Bev Wright	Blackpool Wyre & Fylde AC	01:08:03
2	Jo Sharp	Blackburn Road Runners	01:09:37
3	Jayne Perry	Lancaster & Morecambe AC	01:10:14

**Lancashire Teams**

**Men**

1	David Rigby	Preston Harriers	00:52:50
4	Gary Pennington	Preston Harriers	00:54:57
8	Neil McDonald	Preston Harriers	00:59:59

**Women**

5	Helen Lawrenson	Wesham Road Runners & AC	01:13:55
7	Nicola Unsworth	Wesham Road Runners & AC	01:14:49
12	Kath Hoyer	Wesham Road Runners & AC	01:18:29

**Men's Masters**

1	Gary Pennington	Preston Harriers	00:54:57
3	Neil McDonald	Preston Harriers	00:59:59
19	David Green	Preston Harriers	01:07:08

**Women's Masters**

5	Helen Lawrenson	Wesham Road Runners & AC	01:13:55
7	Nicola Unsworth	Wesham Road Runners & AC	01:14:49
11	Kath Hoyer	Wesham Road Runners & AC	01:18:29

**Category Winners**

<b>MJ</b>	Jack Okell	Lancaster University AC	01:01:34
<b>M35</b>	Ben Donohughe	Red Rose Road Runners	01:02:20
<b>M40</b>	Lee Barlow	Wesham Road Runners	01:00:24
<b>M45</b>	Gary Pennington	Preston Harriers	00:54:57
<b>M50</b>	Stuart Cann	Red Rose Road Runners	01:05:03
<b>M55</b>	Paul Muller	Horwich RMI Harriers	00:59:21
<b>M60</b>	Graham Webster	Lytham St Annes RR	01:06:40
<b>M65</b>	Alan Appleby	Preston Harriers	01:09:00
<b>M70</b>	Mike Barnes	Northern Vets AC	01:22:45
<b>M75</b>	Ted Orrell	Clayton le Moors Harriers	01:25:39
<b>M80</b>	Mike Walsh	Thornton Cleveleys RC	01:51:24
<b>W35</b>	Jayne Perry	Lancaster & Morecambe AC	01:10:14
<b>W40</b>	Jo Sharp	Blackburn Road Runners	01:09:37
<b>W45</b>	Helen Lawrenson	Wesham Road Runners	01:13:55
<b>W50</b>	Bev Wright	Blackpool Wyre & Fylde AC	01:08:03
<b>W55</b>	Jill Jefferson	Red Rose Road Runners	01:15:01
<b>W60</b>	Jennifer Adams	Northern Vets AC	01:28:27
<b>W65</b>	Carol Douglas	Red Rose Road Runners	01:22:48