

Prudent Riverside 10 Mile - 4th August 2019

Position	Race No	Surname	First Name	Club Name	Category	Sex	Actual Time
1	285	Edgar	Ray	Lancaster & Morecambe AC		M	00:56:54
2	417	Littler	Steve	Wesham RR	V45	M	00:57:13
3	429	Fulford	David	Hoad Hill Harriers		M	00:57:23
4	310	Howarth	Richard	Horwich RMI	V45	M	00:57:48
5	327	Merchant	Christopher	Rochdale Harriers	V45	M	00:59:15
6	366	Stephenson	Tom	Sale Harriers		M	00:59:20
7	413	Morris	David	South Cheshire Harriers		M	01:01:32
8	433	Stirzaker	Richard	Rochdale Harriers		M	01:03:21
9	412	Dover	Gary	Hoad Hill Harriers	V55	M	01:06:00
10	420	Harling	Andrew	Wesham RR		M	01:06:38
11	259	Bennett	Tim		V50	M	01:07:30
12	339	Nuttall	Ian	Prestwich AC	V50	M	01:07:50
13	401	Carson	Martin	North Yorkshire Police AC		M	01:07:57
14	423	Abbott	Steve	Wesham RR	V40	M	01:08:47
15	325	McGurk	Jody	Fylde Coast Runners		M	01:08:49
16	400	Broad	Ralph		V55	M	01:08:54
17	416	Young	Stephen	Preston Harriers	V45	M	01:09:49
18	281	Day	Kenneth		V40	M	01:10:13
19	418	Jones	Ray	Barrow in Furness Striders	V55	M	01:10:18
20	403	Walker	Kevin	Skemersdale Harriers	V40	M	01:10:44
21	390	Dunleavy	Andy	Burnden Road Runners	V60	M	01:10:54
22	424	Dale	Ian	Royton Road Runners	V55	M	01:11:05
23	277	Coleman	Steve	Fylde Coast Runners	V55	M	01:11:15
24	377	Walker	David	Lancaster & Morecambe AC	V55	M	01:11:39
25	405	Corsini	Russ	Darwen Dashers	V60	M	01:12:07
26	438	Taylor	Gareth	Darwen Dashers		M	01:13:25
27	437	Booth	Erica	Horwich RMI	V40	F	01:13:33
28	278	Coward	Darren	Hoad Hill Harriers		M	01:13:45
29	364	Stanley	Rob			M	01:13:59
30	388	Middleton	Brian	St Helens Striders	V65	M	01:14:38
31	318	Lancashire	Paul	Wesham RR		M	01:15:05
32	347	Prentice	Matt		V45	M	01:15:48
33	361	Saxton	Nicholas			M	01:16:01
34	253	Bampton	John	Penny Lane Striders	V45	M	01:16:23
35	444	Watts	Lewis	Hoad Hill Harriers		M	01:16:59
36	295	Godson	Harry	Lancaster & Morecambe AC	V45	M	01:18:07
37	434	Lawrenson	Helen	Wesham RR	V45	F	01:18:18
38	419	Glaister	Mark	Skemersdale Harriers	V55	M	01:18:57
39	311	Howse	Oliver	Lancaster Runners		M	01:19:05
40	275	Clayton	Stuart	Wesham RR	V50	M	01:19:46
41	303	Hammond	Jonathan		V40	M	01:20:04
42	406	Joice	Richard	Lancaster Uni RC		M	01:20:17
43	362	Seddon	Philip	Darwen Dashers	V60	M	01:20:25
44	349	Reilly	Carol		V50	F	01:20:55
45	343	Plant	Susan	Run Sandymoor	V50	F	01:21:34
46	248	Allison	Martin	Wesham RR		M	01:22:00
47	269	Charnley	Dan			M	01:22:37
48	411	Thomasson	Steve	Horwich RMI		M	01:22:57
49	321	Liddle	Michelle		V50	F	01:23:47
50	350	Rennie	Nicola			F	01:24:06
51	317	Kwan	Tom			M	01:24:08
52	314	Hurst	Mark		V45	M	01:24:22
53	408	Danson	James Robert	Wesham RR	V50	M	01:24:29

Prudent Riverside 10 Mile - 4th August 2019

54	316	Jenkinson	Trudi	Blackburn Road Runners	V50	F	01:24:41
55	404	Walker	Janet	Skemersdale Harriers	V40	F	01:24:57
56	426	Wilson	Graham		V50	M	01:25:00
57	280	Davies	Helen	Widnes Wasps Ladies RC	V50	F	01:25:16
58	340	Nuttall	Hayley	Prestwich AC	V45	F	01:25:54
59	315	James	Mark	Lancaster Runners	V55	M	01:25:54
60	432	Smith	Hayley	Skemersdale Harriers		F	01:26:38
61	415	Plunkett	Richard	Acre Street Runners	V55	M	01:27:04
62	255	Barton	Sally	Hoad Hill Harriers	V55	F	01:27:57
63	376	Walker	James		V40	M	01:28:07
64	332	Muckalt	Paul			M	01:28:13
65	309	Houghton	John	Run Sandymoor	V60	M	01:28:15
66	305	Hebblethwaite	Ian		V40	M	01:28:45
67	249	Armitage	Stefan		V45	M	01:28:45
68	270	Chester	Kathryn	Fylde Coast Runners	V45	F	01:29:23
69	407	Twist	Kay	Wesham RR	V45	F	01:29:39
70	257	Bayman	Faye	Knaresborough Striders	V40	F	01:29:44
71	286	Farrell	Shelly		V45	F	01:29:46
72	383	Williams	George		V65	M	01:30:04
73	428	Burgess	Steve	Thornton Cleveleys RC	V55	M	01:30:08
74	436	Kelsall	Lauren			F	01:30:10
75	414	Morris	Lindsay	South Cheshire Harriers		F	01:30:28
76	342	Percival	Darren	Lonely Goat RC		M	01:30:40
77	386	Wilson	Joe	Lancaster Runners		M	01:30:43
78	300	Grundy	Paul		V40	M	01:30:49
79	394	Davies	Owen		V70	M	01:30:57
80	395	Lake	Alice	Lancaster Uni RC		F	01:31:20
81	430	Parrington	George	Lancaster & Morecambe AC	V70	M	01:31:28
82	348	Randle	Jenny	Lonely Goat RC	V40	F	01:31:52
83	326	McNulty	Alan		V40	M	01:32:23
84	346	Powell	Martin			M	01:32:36
85	289	Fox	Louise		V45	F	01:32:45
86	427	Davey	Nicola	Widnes Wasps Ladies RC	V50	F	01:32:57
87	392	May	Elie	Lonely Goat RC	V35	F	01:33:04
88	431	Duong	Richard			M	01:33:08
89	396	McDonald	Andrew		V50	M	01:33:28
90	290	Fraser	Vivianne	York Knavesmire Harriers	V50	F	01:34:29
91	265	Brown	Stuart	Trawden AC	V55	M	01:34:36
92	307	Hogarth	Sherry	Fylde Coast Runners	V50	F	01:34:49
93	320	Letchford	Angela		V45	F	01:35:11
94	283	Dickson	Maureen		V60	F	01:35:20
95	333	Murphy	Graham			M	01:35:26
96	331	Moses	Julie	Widnes Wasps Ladies RC	V50	F	01:35:40
97	322	Lindsay	Michele	Widnes Wasps Ladies RC	V55	F	01:35:49
98	329	Michie	Andrew			M	01:35:58
99	296	Godson	Marie	Lancaster & Morecambe AC	V50	F	01:36:03
100	365	Stead	Rebecca	Lonely Goat RC		F	01:36:19
101	363	Smith	Gary			M	01:36:37
102	319	Langton	Sara		V35	F	01:36:37
103	345	Porter	Carol		V35	F	01:36:59
104	344	Porter	Andrew			M	01:36:59
105	398	Waugh	Amy			F	01:37:15
106	397	Neill	Patrick	St Helens Striders	V40	M	01:37:15
107	299	Greenhalgh	Helen	Red Rose Road Runners	V40	F	01:37:32

Prudent Riverside 10 Mile - 4th August 2019

108	284	Dutton	Helen		V35	F	01:37:32
109	399	Mitchell	Heather	Dewsbury RR	V65	F	01:37:40
110	308	Holton	Antoinette	Wesham RR		F	01:38:05
111	409	Twist	Stephen	Wesham RR	V50	M	01:38:05
112	330	Mitchell	Janet		V65	F	01:38:11
113	323	Mayor	Steve			M	01:38:40
114	445	Taylor	Holly			F	01:39:06
115	324	McCaffery	Jo	Wesham RR	V40	F	01:39:37
116	384	Wilson	George		V55	M	01:39:44
117	373	Taylor	Mark	Darwen Dashers	V40	M	01:39:44
118	410	McNeill	Janine	Hoad Hill Harriers	V50	F	01:40:13
119	435	Cluney	Becky			F	01:40:13
120	439	Davis	Terrina		V45	F	01:40:55
121	352	Ricioppo	Dominique	Darwen Dashers	V35	F	01:41:17
122	421	Doherty	Rowena	Blackburn Road Runners	V40	F	01:41:33
123	313	Hurst	Carolyn		V45	F	01:41:37
124	287	Ferro	Catherine	Darwen Dashers	V45	F	01:41:38
125	367	Sterndale	Neal		V40	M	01:41:58
126	338	Nopondo	Eunice	Penny Lane Striders	V55	F	01:42:15
127	337	Nicholls	Michael		V55	M	01:43:07
128	425	Heywood	Jillian	Royton Road Runners	V45	F	01:43:44
129	258	Bell	Kate		V35	F	01:43:57
130	282	Dhillon	Gurbakish	Lancaster & Morecambe AC	V40	F	01:44:55
131	441	Gough	Rachel		V50	F	01:44:59
132	379	Walsh	Vikki	Darwen Dashers	V40	F	01:45:36
133	306	Hodgson	Susan	Lancaster & Morecambe AC	V55	F	01:45:45
134	294	Gittins	Sylvia	Lytham St Annes Road Runners	V70	F	01:46:21
135	368	Stevens	Brett	Fylde Coast Runners	V45	M	01:46:42
136	298	Gray	Mark		V45	M	01:47:23
137	334	Murray	Sarah		V50	F	01:47:32
138	276	Coffey	Linda	Darwen Dashers	V65	F	01:47:37
139	358	Rucastle	Drew			M	01:47:54
140	302	Hamilton	Jayne	Isabella Rose Foundation	V50	F	01:48:01
141	371	Swann	Terry		V40	M	01:48:08
142	328	Merrill	Julie Anne		V35	F	01:48:31
143	393	Davies	Jennie	Women on the Run	V65	F	01:49:09
144	422	Tyms	Kathleen	Winston Runners	V40	F	01:49:21
145	304	Hammond	Angela		V35	F	01:49:58
146	446	Taylor	Lawrence			M	01:50:27
147	389	Power	Maxine		V50	F	01:53:15
148	312	Hughes	Howard		V65	M	01:53:33
149	380	Wells	Tim	Lonley Goats	V60	M	01:53:44
150	385	Wilson	Jo		V45	F	01:53:57
151	272	Clark	Alison		V45	F	01:53:59
152	354	Roberts	Maureen	Lancaster Runners	V60	F	01:54:08
153	250	Atkin	Sara	Lancaster Runners	V45	F	01:54:19
154	402	Jarvis	Sophie			F	01:54:39
155	262	Biggs	Dawn	Wesham RR	V50	F	01:55:21
156	266	Butcher	Sharlan	Wesham RR	V45	F	01:55:21
157	260	Bennett	Clare		V50	F	01:55:42
158	381	Wetton	Jeni		V55	F	01:55:53
159	263	Bonnick	Emma			F	01:56:37
160	374	Vageler	Constanze		V50	F	01:56:42
161	375	Villesca	Asher	Lancaster Runners	V55	M	01:56:51

Prudent Riverside 10 Mile - 4th August 2019

162	301	Hamilton	Jackie	Isabella Rose Foundation	V65	F	01:56:54
163	378	Walker	Linda	Lancaster & Morecambe AC	V55	F	01:58:16
164	292	Gibbins	Helen		V35	F	01:58:23
165	288	Fleetwood	Ian		V55	M	01:58:57
166	448	No	Name			F	01:58:57
167	291	Gibbins	Carol		V60	F	01:59:13
168	351	Richards	Nicola		V45	F	02:01:28
169	391	Dunleavy	Cheryl	Burnden Road Runners	V40	F	02:01:46
170	293	Gill	Rachel		V45	F	02:01:53
171	251	Atkinson	Claire		V45	F	02:04:11
172	440	Atkinson	Emily	Red Rose Road Runners		F	02:05:10
173	271	Clark	Kellie	Lancaster Runners	V35	F	02:12:02
174	443	Hall	Naomi		V35	F	02:12:31
175	357	Rucastle	Sharon	Bentham Beagles RC	V60	F	02:16:43
176	447	Robinson	Philppa		V35	F	02:18:23