

# SHERIFF 10K

Line Through = Disqualified

Place	Bib #	Name (Team)	Time	Pace	Type	Age(Sex)
1	17	Simon Croft (Red Rose Road Runners)	00:35:21.00	05:41	Runner	36(M)
2	62	Philip Marsden (Red Rose Road Runners)	00:36:47.94	05:55	Runner	45(M)
3	179	Ray Edgar (Lancaster & Morecambe)	00:37:11.69	05:59	Runner	33(M)
4	49	Daniel Hughes (Red Rose Road Runners)	00:37:56.44	06:06	Runner	32(M)
5	148	David Taylor (Wesham RR)	00:37:58.68	06:06	Runner	31(M)
6	157	Paul Muller (Northern Masters AC)	00:38:02.49	06:07	Runner	61(M)
7	28	Andrew Fairbairn (Thornton Cleveleys RC)	00:39:01.43	06:16	Runner	43(M)
8	39	Paul Hetherington (Wesham RR)	00:40:00.46	06:26	Runner	44(M)
9	120	Richard Jones (Garstang RC)	00:40:34.67	06:31	Runner	39(M)
10	3	Duncan Anderson (Red Rose Road Runners)	00:40:42.96	06:33	Runner	39(M)
11	80	David Parkinson (Red Rose Road Runners)	00:40:44.42	06:33	Runner	51(M)
12	151	Chris Horner (Garstang RC)	00:40:57.90	06:35	Runner	43(M)
13	180	Norman Hayhurst	00:42:38.64	06:51	Runner	58(M)
14	136	Sarah Ridehalgh (Accrington RR)	00:42:45.70	06:52	Runner	42(F)
15	107	Paul Wearden	00:42:50.64	06:53	Runner	43(M)
16	142	Paul Beech (Blackpool Wyre & Fyld)	00:43:01.89	06:55	Runner	44(M)
17	102	Mike Vinegrad	00:43:10.39	06:56	Runner	48(M)
18	25	Andy Dunleavy	00:43:15.38	06:57	Runner	60(M)
19	23	Ben Donoghue (Red Rose Road Runners)	00:43:18.39	06:58	Runner	40(M)
20	96	Stuart Smith (Red Rose Road Runners)	00:43:38.89	07:01	Runner	41(M)
21	141	Alex Rowe (Wesham RR)	00:43:53.47	07:03	Runner	61(M)
22	159	Paul Mackie (COLT)	00:43:56.12	07:04	Runner	47(M)
23	51	Jill Jefferson (Red Rose Road Runners)	00:44:00.63	07:04	Runner	59(F)
24	50	Scott Jackson (Red Rose Road Runners)	00:44:06.18	07:05	Runner	42(M)
25	78	Michael Oddie (Red Rose Road Runners)	00:44:24.87	07:08	Runner	44(M)
26	6	Gary Atkinson	00:44:41.92	07:11	Runner	46(M)
27	2	John Allen (Red Rose Road Runners)	00:44:43.38	07:11	Runner	56(M)
28	177	Kenneth Beazley (Preston Harriers)	00:44:44.38	07:12	Runner	60(M)
29	106	Colin Waters (Fylde Coast Runners)	00:44:51.91	07:13	Runner	54(M)
30	131	Allan Johnson (Red Rose Road Runners)	00:45:19.87	07:17	Runner	57(M)
31	101	Nicola Unsworth (Blackpool Wyre & Fyld)	00:45:40.16	07:20	Runner	47(F)
32	149	John Naylor (Red Rose Road Runners)	00:45:41.17	07:21	Runner	37(M)
33	90	Simon Russell (Lancaster Runners)	00:45:46.41	07:21	Runner	34(M)

Place	Bib #	Name (Team)	Time	Pace	Type	Age(sex)
34	76	Janine Needham (Red Rose Road Runners)	00:45:55.66	07:23	Runner	43(F)
35	176	Stuart Cann (Red Rose Road Runners)	00:45:56.37	07:23	Runner	54(M)
36	117	Louise Goddard (Lancaster & Morecambe)	00:46:29.36	07:28	Runner	51(F)
37	144	Stephen Perry (Lancaster & Morecambe)	00:46:30.67	07:29	Runner	63(M)
38	128	Laura Hudson (Accrington RR)	00:46:45.86	07:31	Runner	45(F)
39	63	Tom Mcateer	00:46:58.15	07:33	Runner	54(M)
40	123	Phil Cray (Garstang RC)	00:46:59.97	07:33	Runner	55(M)
41	64	Pete Mclean	00:47:01.61	07:34	Runner	51(M)
42	86	Joe Rennicks	00:47:12.15	07:35	Runner	37(M)
43	100	Fraser Tidman	00:47:20.34	07:37	Runner	34(M)
44	153	Darren Edmondson	00:47:27.10	07:38	Runner	42(M)
45	175	Andrew Stell (Red Rose Road Runners)	00:47:28.10	07:38	Runner	47(M)
46	79	Daryl Ormerod	00:48:16.89	07:46	Runner	36(M)
47	118	Ade Goddard (Lancaster & Morecambe)	00:48:18.41	07:46	Runner	42(M)
48	98	Ray Taylor (Red Rose Road Runners)	00:48:42.34	07:50	Runner	67(M)
49	59	Emma Joanne Lund (Wesham RR)	00:48:58.08	07:52	Runner	35(F)
50	37	John Harrison	00:49:00.64	07:53	Runner	33(M)
51	97	Ben Smithers (Red Rose Road Runners)	00:49:08.34	07:54	Runner	31(M)
52	45	Liam Hooton (Red Rose Road Runners)	00:49:14.58	07:55	Runner	30(M)
53	38	Philip Hayes (Thornton Cleveleys RC)	00:49:18.08	07:56	Runner	50(M)
54	152	Heather Beattie (RAF)	00:49:23.88	07:56	Runner	33(F)
55	35	Gemma Greenwood	00:50:01.58	08:03	Runner	35(F)
56	27	Samantha Edwards (Red Rose Road Runners)	00:50:03.08	08:03	Runner	31(F)
57	52	Nigel Kelsall	00:50:15.37	08:05	Runner	43(M)
58	135	Joanne Cain	00:50:29.81	08:07	Runner	43(F)
59	43	Richard Holden (Preesall Fire RC)	00:50:51.31	08:11	Runner	45(M)
60	74	Karen Munnally (Riversway Road Runners)	00:51:03.37	08:13	Runner	52(F)
61	75	Steve Murphy (Red Rose Road Runners)	00:51:11.12	08:14	Runner	47(M)
62	30	Jonathan Ford	00:51:16.61	08:15	Runner	42(M)
63	4	Peter J Anderson	00:51:19.06	08:15	Runner	53(M)
64	108	Ian Wharton (Red Rose Road Runners)	00:51:20.07	08:15	Runner	52(M)
65	88	Steven Robinson (Thornton Cleveleys RC)	00:51:52.56	08:20	Runner	62(M)
66	145	Jon Royle (Red Rose Road Runners)	00:51:54.06	08:21	Runner	51(M)
67	82	Basia Pawelczak (Blackpool Wyre & Fyld)	00:52:02.14	08:22	Runner	25(F)
68	134	Susan Plant	00:52:17.60	08:24	Runner	52(F)

# SHERIFF 10K

Line Through = Disqualified

Place	Bib #	Name (Team)	Time	Pace	Type	Age(Sex)
69	116	Matt Yates	00:52:21.05	08:25	Runner	44(M)
70	129	Andrew Wilkinson (Northwich RC)	00:52:46.85	08:29	Runner	50(M)
71	114	John Wiseman (Red Rose Road Runners)	00:53:08.09	08:33	Runner	53(M)
72	60	Dawn Maher (Blackpool Wyre & Fyld)	00:53:12.34	08:33	Runner	34(F)
73	84	Gillian Pryor (Thornton Cleveleys RC)	00:53:15.59	08:34	Runner	45(F)
74	147	Alan Brown (Riversway Road Runners)	00:53:18.54	08:34	Runner	58(M)
75	181	Mark Neville	00:53:24.07	08:35	Runner	50(M)
76	143	Lynne Kenyon	00:53:24.12	08:35	Runner	52(F)
77	71	Natalie Moore (Red Rose Road Runners)	00:53:35.79	08:37	Runner	37(F)
78	72	Stephen Morris	00:53:39.55	08:38	Runner	50(M)
79	11	Clare Bugeja	00:54:06.29	08:42	Runner	47(F)
80	124	Silvia Cray	00:54:16.53	08:44	Runner	45(F)
81	81	Alison Parkinson (Red Rose Road Runners)	00:54:18.78	08:44	Runner	52(F)
82	24	Carolyn Douglass (Red Rose Road Runners)	00:54:35.29	08:47	Runner	72(F)
83	158	Kyla Bennett (COLT)	00:54:40.78	08:47	Runner	42(F)
84	56	Emma Lawrenson	00:54:43.52	08:48	Runner	45(F)
85	33	Joan Gouldthorpe (Red Rose Road Runners)	00:55:11.03	08:52	Runner	66(F)
86	10	Elaine Boow	00:55:11.53	08:52	Runner	39(F)
87	121	Victoria Parkinson	00:55:39.07	08:57	Runner	41(F)
88	19	Louise Cullen	00:56:18.07	09:03	Runner	26(F)
89	68	Alison Mercer (Red Rose Road Runners)	00:56:23.28	09:04	Runner	56(F)
90	8	Vicki Banks	00:56:26.02	09:04	Runner	47(F)
91	85	Richard Rayner (Warrington Running Cl)	00:56:26.52	09:05	Runner	46(M)
92	130	Luciana Fallows (Northwich RC)	00:56:28.32	09:05	Runner	48(F)
93	126	Stuart James	00:56:51.76	09:09	Runner	54(M)
94	92	David Sharples	00:57:03.76	09:11	Runner	57(M)
95	154	Zoe Edmondson	00:57:16.31	09:13	Runner	43(F)
96	156	Dan Winstanley	00:57:41.56	09:17	Runner	35(M)
97	21	Marian De Silver	00:57:47.55	09:18	Runner	59(F)
98	139	Edward Watton	00:57:49.06	09:18	Runner	48(M)
99	184	Rachel Salter	00:57:52.32	09:18	Runner	35(F)
100	12	Steve Burgess	00:57:56.55	09:19	Runner	57(M)
101	70	Bill Miller (Fylde Coast Runners)	00:58:11.24	09:21	Runner	60(M)
102	150	Michael Hall (Wesham RR)	00:58:21.30	09:23	Runner	43(M)
103	61	Nicky Marham (Thornton Cleveleys RC)	00:58:32.00	09:25	Runner	46(F)
104	178	Sue Hornby	00:58:35.55	09:25	Runner	51(F)
105	20	Stuart Dawson	00:58:46.74	09:27	Runner	57(M)
106	83	Debbie Porter (Red Rose Road Runners)	00:58:55.54	09:28	Runner	47(F)
107	1	Kathryn Abbott	00:59:30.80	09:34	Runner	50(F)

Place	Bib #	Name (Team)	Time	Pace	Type	Age(sex)
108	113	Robert Wilson (Riversway Road Runners)	00:59:37.04	09:35	Runner	52(M)
109	174	Paula Stell (Red Rose Road Runners)	00:59:42.48	09:36	Runner	45(F)
110	104	Rob Wallace	01:00:07.73	09:40	Runner	33(M)
111	16	Richard Chippendale (Red Rose Road Runners)	01:00:52.22	09:47	Runner	32(M)
112	44	Vicky Holgate	01:00:58.71	09:48	Runner	43(F)
113	138	Malcolm Beech (Blackpool Wyre & Fyld)	01:00:59.28	09:48	Runner	68(M)
114	155	Lee Marshall	01:01:04.76	09:49	Runner	47(M)
115	14	Catherine Campbell	01:01:07.53	09:50	Runner	40(F)
116	146	Rachel Atherton	01:01:07.80	09:50	Runner	0(F)
117	127	Arsciwals Giovanni	01:01:24.15	09:52	Runner	51(M)
118	91	Kath Scaife	01:01:34.71	09:54	Runner	50(F)
119	47	Allan Howard (Red Rose Road Runners)	01:02:04.02	09:59	Runner	62(M)
120	99	Carol Taylor (Preesall Fire RC)	01:02:11.80	10:00	Runner	36(F)
121	42	Sarah Holden	01:02:11.98	10:00	Runner	40(F)
122	54	John Kenyon	01:02:45.00	10:05	Runner	54(M)
123	13	David Byram	01:02:45.76	10:06	Runner	60(M)
124	73	Andrew Moxham	01:02:46.21	10:06	Runner	44(M)
125	7	Angela Bamber	01:02:47.77	10:06	Runner	45(F)
126	5	Marc Armstrong	01:02:54.50	10:07	Runner	44(M)
127	137	Robert Massey (Blackpool Wyre & Fyld)	01:03:32.25	10:13	Runner	71(M)
128	94	Jenny Shepherd (Thornton Cleveleys RC)	01:03:35.94	10:14	Runner	32(F)
129	87	Maureen Roberts (Lancaster Runners)	01:03:56.81	10:17	Runner	62(F)
130	183	Leanne Batty (Thornton Cleveleys RC)	01:04:01.44	10:18	Runner	40(F)
131	133	Carol Sharpe	01:04:20.51	10:21	Runner	43(F)
132	182	Kerry Byatt	01:04:36.68	10:23	Runner	41(F)
133	53	Vikki Kemp	01:04:55.43	10:26	Runner	31(F)
134	77	Angela Norris (Thornton Cleveleys RC)	01:05:08.43	10:29	Runner	61(F)
135	140	Cathy Salisbury	01:05:29.49	10:32	Runner	50(F)
136	93	Lynn Shaw (Thornton Cleveleys RC)	01:05:31.24	10:32	Runner	50(F)
137	9	Lisa Baron (Red Rose Road Runners)	01:06:48.17	10:45	Runner	36(F)
138	122	Lynda Sutton	01:06:48.92	10:45	Runner	47(F)
139	34	Helen Greenhalgh (Red Rose Road Runners)	01:07:21.97	10:50	Runner	40(F)
140	29	Gareth Fairey (Red Rose Road Runners)	01:07:47.21	10:54	Runner	43(M)
141	115	Jeffrey Wright (Blackpool Wyre & Fyld)	01:08:15.82	10:59	Runner	60(M)
142	103	Nickola Walker (Blackpool Wyre & Fyld)	01:09:55.13	11:15	Runner	47(F)
143	26	Cheryl Dunleavy	01:10:00.89	11:16	Runner	40(F)
144	48	Louise Howard	01:10:33.43	11:21	Runner	33(F)
145	69	Julie Merrill	01:10:58.93	11:25	Runner	37(F)

# SHERIFF 10K

Line Through = Disqualified

Place	Bib #	Name (Team)	Time	Pace	Type	Age(Sex)
146	31	Helen Gibbins	01:10:59.69	11:25	Runner	34(F)
147	58	Karen Livesey (Thornton Cleveleys RC)	01:15:38.13	12:10	Runner	53(F)
148	41	Debbie Hindley (Thornton Cleveleys RC)	01:15:38.65	12:10	Runner	41(F)
149	132	Emma Brooks (Lancaster & Morecambe)	01:16:40.83	12:20	Runner	50(F)
150	65	Cheryl Mclean (Fylde Coast Runners)	01:19:38.30	12:48	Runner	51(F)
151	105	Pat Waters (Fylde Coast Runners)	01:19:38.30	12:48	Runner	59(F)
152	125	Debi Spencer	01:21:04.78	13:02	Runner	57(F)
153	57	Fiona Little	01:21:15.78	13:04	Runner	51(F)

Place	Bib #	Name (Team)	Time	Pace	Type	Age(sex)
-------	-------	-------------	------	------	------	----------