

Garstang Half Marathon (shortened route to 11.8 mile) Sunday 19 September 2010

| Place | Time | Name | Team | Cat2 | EntrantNo |
|-------|---------|---------------------|-------------------------------|---------|-----------|
| 1 | 1:03:37 | PENNINGTON, Gary | Preston Harriers | MV40 | 499 |
| 2 | 1:04:13 | LITTLER, Steve | Wesham Road Runners | SM | 621 |
| 3 | 1:05:32 | MADDAMS, Russell | Keswick AC | SM | 619 |
| 4 | 1:05:43 | MARLEY, Nigel | Coventry Godiva Harriers | SM | 658 |
| 5 | 1:05:58 | BUTLER, Grethin | Preston Harriers | MV40 | 441 |
| 6 | 1:07:12 | AFFLECK, Rob | Preston Harriers | SM | 552 |
| 7 | 1:08:06 | MULLER, Paul | Horwich RMI | MV50 | 662 |
| 8 | 1:08:46 | FLATLEY, Mike | Middleton Harriers | MV40 | 574 |
| 9 | 1:08:55 | TUDDENHAM, Robin | Serpentine Running Club | MV40 | 577 |
| 10 | 1:09:35 | PREST, Jeff | Trafford | SM | 527 |
| 11 | 1:11:40 | COLLINS, David | Wigan Phoenix | All Men | 544 |
| 12 | 1:11:57 | MEAD, Howard | Manchester Tri | SM | 508 |
| 13 | 1:12:26 | KAY, Glyn | Horwich RMI | SM | 646 |
| 14 | 1:13:03 | WEBSTER, Richard | Chester Tri | MV40 | 594 |
| 15 | 1:13:19 | MCDONALD, Neil | Preston Harriers | MV40 | 575 |
| 16 | 1:13:27 | CALDERWOOD, Steven | | MV40 | 543 |
| 17 | 1:14:08 | ALMOND, David | Dewsbury RR | SM | 612 |
| 18 | 1:14:15 | CAMPBELL, Stephen | Swinton Running Club | MV40 | 502 |
| 19 | 1:14:47 | BARNES, Chris | Accrington Road Runners | SM | 655 |
| 20 | 1:15:12 | EMERY, Matthew | | SM | 497 |
| 21 | 1:15:33 | TAGG, Graham | Garstang Running Club | MV40 | 484 |
| 22 | 1:15:47 | HARKNESS, Ian | | SM | 532 |
| 23 | 1:16:18 | GILLIGAN, Edward | Manchester YMCA | All Men | 572 |
| 24 | 1:16:21 | COLLIER, John | Wesham Road Runners | All Men | 631 |
| 25 | 1:16:27 | WATSON, Troy | Wesham Road Runners | MV40 | 605 |
| 26 | 1:16:38 | SEDDON, Paul | Wigan Phoenix | SM | 597 |
| 27 | 1:16:49 | KUTER, Hayley | Manchester YMCA | F | 616 |
| 28 | 1:17:26 | SHEPHERD, John | Red Rose Road Runners | All Men | 618 |
| 29 | 1:17:47 | JONES, Richard | Garstang Running Club | SM | 624 |
| 30 | 1:17:48 | CHESTERS, Graham | Middleton Harriers | MV50 | 615 |
| 31 | 1:17:49 | KAY, Colin | Atherton RC | MV50 | 560 |
| 32 | 1:17:51 | KING, David | | All Men | 663 |
| 33 | 1:17:52 | ADDISON, Ken | Red Rose Road Runners | MV50 | 595 |
| 34 | 1:18:02 | TAYLOR, Jayne | Wigan Phoenix | FV45 | 548 |
| 35 | 1:18:12 | REILLY, John | Middleton Harriers | MV60 | 602 |
| 36 | 1:18:32 | ADAMS, Gema | Preston Harriers | F | 493 |
| 37 | 1:18:57 | LYNCH, Fred | Red Rose Road Runners | All Men | 563 |
| 38 | 1:19:22 | APPLEBY, Alan | Preston Harriers | MV60 | 659 |
| 39 | 1:19:29 | CIRELLI, Uber | Blackpool Wyre & Fylde AC | SM | 551 |
| 40 | 1:19:30 | FINCH, Charlotte | Wigan Phoenix | FV35 | 599 |
| 41 | 1:19:51 | KEELEY, Andrew | Penny Lane Striders | All Men | 521 |
| 42 | 1:19:58 | DANDY, Jayne | | FV40 | 578 |
| 43 | 1:20:11 | JAMBOR, Bill | | All Men | 488 |
| 44 | 1:20:27 | BOOTH, Helen | Lancaster & Morecambe AC | F | 651 |
| 45 | 1:21:01 | DEBICK, Richard | | SM | 614 |
| 46 | 1:21:26 | FENWICK, Sean | | SM | 541 |
| 47 | 1:21:34 | BUTLER, Philip | Red Rose Road Runners | All Men | 625 |
| 48 | 1:21:41 | MELLOR, David | Stockport Harrierts | All Men | 507 |
| 49 | 1:21:52 | YOUNG, Stephen | Preston Harriers | SM | 474 |
| 50 | 1:22:10 | LOUGHREY, Adrian | Penny Lane Striders | All Men | 571 |
| 51 | 1:22:29 | DALTON, Graham | | All Men | 565 |
| 52 | 1:22:37 | BERTENSHAW, John | Wesham Road Runners | MV50 | 536 |
| 53 | 1:23:13 | ROBSON, Roland | Middleton Harriers | MV50 | 581 |
| 54 | 1:23:17 | SARIWEE, Peter | City of Lancaster Triathletes | SM | 584 |
| 55 | 1:23:32 | NIGHTINGALE, Andrew | Wigan Phoenix | SM | 558 |
| 56 | 1:24:00 | AVANESSIAN, Rebecca | Manchester YMCA | FV35 | 644 |
| 57 | 1:24:09 | WILSON, Simon | Lancaster & Morecambe AC | MV50 | 588 |
| 58 | 1:24:49 | WILLIAMS, Peter | Oldham & Royton | MV50 | 496 |
| 59 | 1:24:58 | BROOKS, David | Blackpool Wyre & Fylde AC | SM | 516 |
| 60 | 1:25:12 | SHERRATT, Sarah | Wesham Road Runners | FV35 | 626 |

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| 61 | 1:26:00 | MITCHELL, Ian | Helm Hill | All Men | 607 |
| 62 | 1:26:12 | FARNELL, Lee | | MV40 | 503 |
| 63 | 1:26:21 | FOULDS, John | Fell Runners Assoc | MV50 | 613 |
| 64 | 1:26:41 | DEMPSEY, Michaela | Wesham Road Runners | FV40 | 650 |
| 65 | 1:26:50 | COLEMAN, Stephen | Astley & Tyldesley | All Men | 487 |
| 66 | 1:27:01 | CLIFFE, Shane | Red Rose Road Runners | All Men | 454 |
| 67 | 1:27:10 | HOWARTH, Sally | Trafford | FV45 | 593 |
| 68 | 1:27:24 | WANE, Brenda | Astley & Tyldesley | FV45 | 610 |
| 69 | 1:27:53 | MOORE, Maryte | Stockport Harrierts | FV50 | 530 |
| 70 | 1:27:58 | NIGHTINGALE, Chris | Wigan Phoenix | MV40 | 531 |
| 71 | 1:28:09 | CLARILE, Miranda | Manchester YMCA | FV35 | 648 |
| 72 | 1:28:11 | THOMAS, Josh | Darwen Dashers | SM | 448 |
| 73 | 1:28:17 | HAUGHTON, Nick | | SM | 509 |
| 74 | 1:28:19 | FLOOD, Simon | Preston Harriers | MV40 | 513 |
| 75 | 1:28:24 | HAWORTH, Geoffrey | Red Rose Road Runners | All Men | 546 |
| 76 | 1:28:31 | TAYLOR, Alan | Wesham Road Runners | MV40 | 609 |
| 77 | 1:28:36 | ARMSTRONG, Tony | | MV40 | 549 |
| 78 | 1:28:46 | MARSDEN, Lauren | Swinton Running Club | FV35 | 585 |
| 79 | 1:29:05 | SPEAKE, Brian | | MV40 | 590 |
| 80 | 1:29:08 | ATKINSON, David | Northern Vets AC | All Men | 504 |
| 81 | 1:29:25 | MARSH, Derrick | Trawden Athletic Club | MV50 | 573 |
| 82 | 1:29:36 | STONE, Elliot | Royton Road Runners | SM | 539 |
| 83 | 1:29:41 | CRAY, Phil | Garstang Running Club | All Men | 485 |
| 84 | 1:29:48 | O'BRIEN, Mike | Manchester YMCA | MV50 | 555 |
| 85 | 1:30:09 | WILDMAN, Brian | Clayton le Moor Harriers | MV40 | 562 |
| 86 | 1:30:21 | CUNLIFFE, Graham | Wesham Road Runners | MV50 | 652 |
| 87 | 1:30:34 | DARKIN, James | | MV40 | 606 |
| 88 | 1:31:00 | VASILIOU, Steve | Middleton Harriers | MV50 | 620 |
| 89 | 1:31:08 | KASPROWICZ, Tom | Road Runners Club | All Men | 525 |
| 90 | 1:31:13 | MILLS, Danny | York Postall | MV50 | 611 |
| 91 | 1:31:19 | SMITH, Claire | Red Rose Road Runners | FV40 | 583 |
| 92 | 1:31:20 | FRAISSE, Sandrine | Oldham & Royton | FV35 | 459 |
| 93 | 1:31:39 | LEE, Dogue | | SM | 656 |
| 94 | 1:31:46 | GOODCHILD, Stephanie | Manchester YMCA | FV40 | 554 |
| 95 | 1:32:07 | GORDON, Ian | | All Men | 446 |
| 96 | 1:32:10 | GOODALL, David | Cumberland AC | MV40 | 535 |
| 97 | 1:32:31 | WILKINSON, Peter | Northern Vets AC | MV60 | 537 |
| 98 | 1:32:44 | NEWMAN, Robert | Blackpool Wyre & Fylde AC | MV65 | 447 |
| 99 | 1:33:01 | WATERHOUSE, Philip | | SM | 494 |
| 100 | 1:33:48 | MURPHY, Simon | Red Rose Road Runners | SM | 526 |
| 101 | 1:33:53 | PERRY, Stephen | Lancaster & Morecambe AC | All Men | 649 |
| 102 | 1:34:04 | ATHERDEN, Joyce | | FV50 | 561 |
| 103 | 1:34:22 | MACKINSON, Karen | | FV40 | 601 |
| 104 | 1:34:50 | ADDIS, Jonathon | | SM | 591 |
| 105 | 1:34:55 | COOK, William | | All Men | 627 |
| 106 | 1:35:08 | FINCH, Mark | Penny Lane Striders | All Men | 528 |
| 107 | 1:35:13 | FRANCE, Ian | | All Men | 637 |
| 108 | 1:35:28 | BERRY, Stuart | | MV50 | 645 |
| 109 | 1:35:30 | SHEPHERD, Nigel | Wesham Road Runners | MV50 | 622 |
| 110 | 1:35:38 | BLADES-JORDAN, Elaine | Middleton Harriers | F | 542 |
| 111 | 1:35:39 | GODDARD, Louise | Lancaster & Morecambe AC | FV40 | 657 |
| 112 | 1:35:44 | WRIGHT, Jeremy | Bingley Harriers | All Men | 462 |
| 113 | 1:35:48 | MITTON, Marie | Settle Harriers | FV45 | 598 |
| 114 | 1:36:08 | THOMPSON, Matthew | | MV50 | 451 |
| 115 | 1:36:15 | WALSH, Mark | | MV40 | 482 |
| 116 | 1:36:22 | CANN, Stuart | Red Rose Road Runners | All Men | 636 |
| 117 | 1:36:26 | UNSWORTH, Nicola | Wesham Road Runners | FV40 | 522 |
| 118 | 1:36:31 | COLLISON, Cherry | Bolton AC | FV35 | 492 |
| 119 | 1:36:47 | HUME, Tracey | Wesham Road Runners | FV45 | 490 |
| 120 | 1:36:57 | PARAMOR, Jon | Manchester YMCA | All Men | 557 |
| 121 | 1:38:21 | HAWORTH, Mark | Red Rose Road Runners | SM | 545 |
| 122 | 1:38:34 | ROGERSON, John | Red Rose Road Runners | All Men | 647 |
| 123 | 1:38:41 | BARNETT, Nik | | SM | 519 |

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| 124 | 1:38:52 | DIVALL, Andrew | Wesham Road Runners | MV40 | 510 |
| 125 | 1:38:55 | FITZGERALD, Caroline | | FV35 | 653 |
| 126 | 1:39:01 | YOUNG, David | Wesham Road Runners | MV60 | 564 |
| 127 | 1:39:14 | BOTT, Sara | Oldham & Royton | FV40 | 445 |
| 128 | 1:39:21 | HURST-MOORE, Kyrinda | Middleton Harriers | FV45 | 596 |
| 129 | 1:40:02 | ROXBURGH, Mike | Penny Lane Striders | MV40 | 473 |
| 130 | 1:40:17 | CROZIER, Ian | | MV50 | 486 |
| 131 | 1:40:22 | HOWARTH, John | Wesham Road Runners | All Men | 632 |
| 132 | 1:40:42 | RYAN, Michael | | MV50 | 603 |
| 133 | 1:40:43 | BARROW, Laura | | F | 566 |
| 134 | 1:41:05 | MCGUFFIE, Alistair | Red Rose Road Runners | SM | 506 |
| 135 | 1:41:15 | HALL, Michael | | MV40 | 600 |
| 136 | 1:41:24 | WALKER, Nathan | Penny Lane Striders | SM | 540 |
| 137 | 1:41:45 | NICOLAY, Alice | | F | 638 |
| 138 | 1:42:11 | NEWALL, Brian | Littlewoods Running Club | All Men | 505 |
| 139 | 1:42:14 | HOBSON, Pamela | | FV45 | 579 |
| 140 | 1:42:25 | OATES, Andrew | | All Men | 472 |
| 141 | 1:42:39 | WOOLLEY, Derek | | MV60 | 477 |
| 142 | 1:43:10 | COGHLAN, Beverley | | FV50 | 660 |
| 143 | 1:43:29 | CARTER, Paul | Wesham Road Runners | MV40 | 623 |
| 144 | 1:43:39 | BOYER, Helen | Preston Harriers | FV35 | 475 |
| 145 | 1:44:31 | WALKER, Vince | | MV40 | 529 |
| 146 | 1:44:32 | O'BRIEN, Greg | Preston Harriers | MV40 | 654 |
| 147 | 1:44:54 | GOULDTHORPE, Joan | Red Rose Road Runners | FV55 | 547 |
| 148 | 1:44:57 | ORRITT, Geoffrey | Red Rose Road Runners | MV60 | 640 |
| 149 | 1:45:10 | EDMUNSON, Joe | Trawden Athletic Club | MV60 | 515 |
| 150 | 1:46:06 | ANDERSON, Cara | Swinton Running Club | F | 586 |
| 151 | 1:46:15 | ROBERTS, Sharen | Swinton Running Club | FV35 | 587 |
| 152 | 1:46:22 | STANIARD, Andrew | Manchester Harriers | All Men | 511 |
| 153 | 1:46:51 | PLOWMAN, Paula | | FV45 | 491 |
| 154 | 1:47:11 | SHERRIFF, Jane | Garstang Running Club | F | 570 |
| 155 | 1:47:18 | JOLLY, Helen | Wesham Road Runners | FV45 | 633 |
| 156 | 1:47:21 | UPSHALL, Ken | | MV50 | 470 |
| 157 | 1:47:28 | SNAPE, Sandra | Blackburn Road Runners | FV45 | 559 |
| 158 | 1:47:30 | HUGHES, Denise | Garstang Running Club | FV45 | 628 |
| 159 | 1:48:07 | SIMPSON, Helen | | FV35 | 592 |
| 160 | 1:48:17 | BOLTON, James | Road Runners Club | SM | 604 |
| 161 | 1:49:43 | HORTON, Michael | Swinton Running Club | SM | 568 |
| 162 | 1:49:54 | SYMONS, Stephen | Manchester YMCA | MV40 | 556 |
| 163 | 1:50:05 | GREENWOOD, Robin | Spectrum Striders | SM | 629 |
| 164 | 1:50:14 | MCNULTY, Melanie | | F | 489 |
| 165 | 1:50:17 | ELLIOT, Sarah | Lancaster & Morecambe AC | FV35 | 478 |
| 166 | 1:50:42 | ONION, Dave | Redhill Road Runners | MV65 | 608 |
| 167 | 1:50:46 | HURST, Stephen | | SM | 661 |
| 168 | 1:51:32 | WILLIAMS, Peter | Kendal AC | MV65 | 533 |
| 169 | 1:53:56 | SHORROCKS, Clare | | FV35 | 443 |
| 170 | 1:53:56 | BANKS, Tracey | | FV35 | 442 |
| 171 | 1:54:37 | MCNEILL, Janine | Thornton Cleveleys | FV40 | 553 |
| 172 | 1:54:37 | SHERWOOD, Julie | Thornton Cleveleys | FV45 | 617 |
| 173 | 1:54:59 | GOWARD, Sara | Valley Striders | F | 524 |
| 174 | 1:55:16 | CAPE, Sally | Red Rose Road Runners | FV40 | 453 |
| 175 | 1:55:21 | MORT, Charlotte | | FV35 | 480 |
| 176 | 1:57:20 | OWEN, Michael | Trafford | MV40 | 538 |
| 177 | 1:57:24 | BURY, Derek | Middleton Harriers | MV65 | 582 |
| 178 | 1:57:32 | BRANFORD, Karen | | FV40 | 534 |
| 179 | 1:57:33 | GRUNDY, Trevor | Royton Road Runners | MV65 | 455 |
| 180 | 1:57:44 | NEWSOME, Mandy | | F | 642 |
| 181 | 2:00:01 | ARMSTRONG, Jenny | | FV40 | 550 |
| 182 | 2:00:37 | MACKAY, Beverly | Preston Harriers | FV40 | 514 |
| 183 | 2:02:17 | HILTON, Tom | Chorley AC | MV60 | 589 |
| 184 | 2:03:15 | LAWSON, Andrea | Middleton Harriers | F | 641 |
| 185 | 2:03:21 | DANIELS, Dawn | | FV35 | 630 |
| 186 | 2:05:24 | PHILIPSON, Alexandra | | FV40 | 635 |

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| 187 | 2:05:25 | DURNEY, Alan | | MV40 | 634 |
| 188 | 2:05:31 | PUGH, Janice | Middleton Harriers | FV50 | 643 |
| 189 | 2:05:35 | JENNINGS, Sara | | FV35 | 452 |
| 190 | 2:05:35 | KERR, Nicola | | FV35 | 483 |
| 191 | 2:07:00 | SIRETT, Coral | | FV35 | 639 |
| 192 | 2:12:04 | LUDWIG, Michelle | | FV35 | 465 |
| 193 | 2:12:04 | GREENE, Elizabeth | | FV40 | 467 |
| 194 | 2:12:04 | BEGG, Gill | | FV35 | 466 |
| 195 | 2:12:04 | JENKINSON, Debbie | | FV35 | 468 |
| 196 | 2:12:04 | GEE, Tracy | | FV40 | 464 |
| 197 | 2:13:03 | WICKHAM, Sue | Preston Harriers | FV45 | 517 |
| 198 | 2:18:27 | SOUTHERN, Philippa | | FV35 | 567 |