

# Garstang Running Club

## Guy's 10 Mile Road Race 2/12/07

<u>Pos</u>	<u>Time</u>	<u>Name</u>	<u>No</u>	<u>Cat</u>	<u>Club</u>
1	0:52:43	Peter Medupe	318	M	Preston Harriers
2	0:53:44	Rick Hayman	677	M	Horwich Harriers
3	0:53:59	Steve Littler	346	M	Wesham R R
4	0:54:59	Russell Parrington	331	M	Lancaster & Morecambe A C
5	0:55:08	Kieran Rowlands	329	M	Lancaster & Morecambe A C
6	0:55:44	Scott Monk	312	M	Blackburn Harriers
7	0:55:49	Paul Muller	325	MV50	Horwich R M I
8	0:56:47	Tony Battersby	689	M	Astley & Tyldesley R R
9	0:57:16	Michael Blake	635	M	Unattached
10	0:57:38	William Martin	302	M	Salford Harriers
11	0:58:00	Trevor Morris	408	MV45	Wilmslow R C
12	0:59:02	Rob Affleck	532	M	Preston Harriers
13	0:59:07	Stephen Laker	449	M	Ellesmere Port R C
14	0:59:26	Kevin Francis	511	MV40	Shrewsbury A C
15	0:59:35	John Chaplin	314	MV50	Chorley Harriers
16	0:59:36	Paul Hart	589	M	Dumfries R C
17	0:59:46	Simon Ford	604	M	Astley & Tyldesley R R
18	0:59:59	David Naughton	332	MV45	Darwen Dashers
19	1:00:36	Steve Myerscough	343	M	Wesham R R
20	1:00:46	Chris Wilson	317	M	Preston Harriers
21	1:01:16	Shaun Moran	690	MV45	Astley & Tyldesley R R
22	1:01:45	Denis Mason	553	M	Horwich Harriers
23	1:01:49	Graham Tagg	460	MV40	Garstang R C
24	1:01:52	Joe Dooley	301	MV40	East Cheshire Harriers
25	1:02:06	Stephen Morran	629	MV50	Northern Vets
26	1:02:11	Graham Earlam	693	MV45	West Cheshire A C
27	1:02:16	Lee Barlow	306	M	Wesham R R
28	1:02:17	Pete Waywell	698	MV40	Wesham R R
29	1:02:33	Peter Cruse	308	MV45	Wesham R R
30	1:02:49	Mark Riches	442	MV45	Astley & Tyldesley R R
31	1:02:59	Duncan Anderson	327	M	Tri Preston
32	1:03:06	Alan Hudson	607	MV55	Wesham R R
33	1:03:15	Kevin Davies	591	MV45	Clayton Le Moors
34	1:03:24	Barry Abram	599	MV45	Wigan Phoenix
35	1:03:28	Andrew Crawshaw	491	MV40	Tri Preston
36	1:03:36	Russ Corsini	558	MV45	Darwen Dashers
37	1:03:50	Trevor Rayner	336	MV40	Wesham R R
38	1:03:54	Mark Taylor	304	M	Unattached
39	1:03:58	Chris Wakeman	519	MV45	Shrewsbury A C
40	1:04:02	Andy Delaney	667	MV40	Blackpool Wyre & Fylde

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41	1:04:09	John Bertenshaw	447	MV50	Wesham R R
42	1:04:20	Michael Hibbert	487	MV40	Manchester Harriers
43	1:04:32	John Holland	316	MV45	Severn A C
44	1:04:36	Stephen Roberts	470	MV50	Oswestry Olympians A C
45	1:04:48	Tom Ulliot	489	MV50	Brighton & Hove City A C
46	1:04:50	Stephen Green	303	MV50	Clayton Le Moors
47	1:04:57	Philip Iddon	537	M	Chorley Harriers
48	1:05:04	Trevor Utley	307	MV40	Blackpool Wyre & Fylde
49	1:05:21	Martin Bates	668	MV50	Wesham R R
50	1:05:24	Gary Taylor	610	MV45	Darwen Dashers
51	1:05:28	Gemma Unsworth	655	L	Blackpool Wyre & Fylde
52	1:05:34	Alan Clarkson	507	MV50	Clayton Le Moors
53	1:05:36	Chris Nightingale	646	MV40	Wigan Phoenix
54	1:05:46	Bev Wright	509	LV45	Blackpool Wyre & Fylde
55	1:06:08	Ian Bailey	695	MV40	Lancaster & Morecambe A C
56	1:07:18	Vinny Jones	402	MV40	Unattached
57	1:07:29	Linda Clarkson	440	LV40	Darwen Dashers
58	1:07:59	David Wilson	641	M	Unattached
59	1:08:21	Philip Butler	466	MV40	Red Rose R R
60	1:08:43	Tanya Ashworth	696	LV35	Blackpool Wyre & Fylde
61	1:08:47	Keith Holt	653	M	Unattached
62	1:08:53	Jonathon Heys	315	M	Unattached
63	1:08:59	Cathy Ulliot	478	LV40	Brighton & Hove City A C
64	1:09:22	Daniel Fox	701	MV45	Unattached
65	1:09:24	Mark Midgley	675	MV40	Wesham R R
66	1:09:30	Brian Cumpsty	322	MV40	Unattached
67	1:09:46	Chris Didsbury	539	MV40	Unattached
68	1:09:47	Neil Taylor	345	MV40	Skelmersdale Harriers
69	1:09:54	Sarah Gohil	323	LV35	Preston Harriers
70	1:10:04	Steve Almond	522	MV45	Unattached
71	1:10:16	Gary Mitchell	608	MV45	Darwen Dashers
72	1:10:18	Ian Marsh	694	M	Unattached
73	1:10:23	Ian Winn	529	M	Unattached
74	1:10:29	Nick Higham	627	M	Unattached
75	1:10:31	Robert Kellett	514	MV40	Royton R R
76	1:10:33	Caroline Scholes	549	L	Lostock A C
77	1:10:45	Andrew Nightingale	647	M	Wigan Phoenix
78	1:11:15	Simon Stead	699	MV40	Unattached
79	1:11:17	Jim Townhill	621	M	Tri Preston
80	1:11:19	Steve Eldridge	556	M	Astley & Tyldesley R R

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81	1:11:21	Matthew Malone	480	M	Winston Runners
82	1:11:28	Greg Hunter	637	M	Garstang R C
83	1:11:31	Paul Smith	418	M	Lancaster & Morecambe A C
84	1:11:42	Richard Jones	544	M	Garstang R C
85	1:11:44	Chris Wales	321	M	Lancs Fire
86	1:11:59	Donald Johnson	662	MV55	Unattached
87	1:12:04	Gaynor Higson	625	LV40	Horwich R M I
88	1:12:06	Debbie Kirkman	617	LV35	Unattached
89	1:12:08	Craig Menzies	683	M	Garstang R C
90	1:12:09	Janine Fallon	579	L	Darwen Dashers
91	1:12:10	Paul Rowland	533	MV55	Unattached
92	1:12:14	David Brooks	584	M	Blackpool Wyre & Fylde
93	1:12:16	Barry Shackleton	499	MV50	Darwen Dashers
94	1:12:18	Nigel Shepherd	700	MV45	Wesham R R
95	1:12:23	Simon Beckett	577	MV45	Unattached
96	1:12:33	David Large	578	MV40	Preston Harriers
97	1:12:41	Derek Kay	692	MV60	Horwich Harriers
98	1:12:51	Gary Heyworth	484	MV40	Unattached
99	1:12:56	Michaela Dempsey	569	LV40	Wesham R R
100	1:13:02	Peter Murphy	603	MV45	Darwen Dashers
101	1:13:09	Brian Speake	674	M	Reading Road Runners
102	1:13:13	Ted Orrell	561	MV65	Clayton Le Moors
103	1:13:16	Steve Hollis	663	MV50	Road Runners Club
104	1:13:19	Phil Lakeland	566	MV50	Preston Harriers
105	1:13:24	Kevin Smith	333	MV40	Darwen Dashers
106	1:13:29	David Smith	454	MV55	Accrington R R
107	1:13:31	David Cummins	438	M	Unattached
108	1:13:32	Michael Cummins	437	MV40	Unattached
109	1:13:33	Jeff Wright	510	MV45	Blackpool Wyre & Fylde
110	1:13:39	John Malone	528	MV50	Winston Runners
111	1:13:43	Graham Hobson	657	MV50	Garstang R C
112	1:13:45	David Roberts	431	M	Unattached
113	1:13:58	Denise Johnson	661	LV45	Baildon
114	1:14:11	Malcolm Vinnicombe	636	MV60	Garstang R C
115	1:14:39	David Dyson	567	MV50	Blackpool Wyre & Fylde
116	1:14:47	Colin Toole	703	MV45	Unattached
117	1:14:55	Julie Field	585	LV35	Huddersfield R R
118	1:15:14	Mary Doyle	457	LV50	Liverpool Running Club
119	1:15:19	Victoria Summerfield	488	L	Winston Runners
120	1:15:28	John Langan	688	MV40	Preston Harriers

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121	1:15:38	Richard Plunkett	570	MV45	Halifax Harriers
122	1:15:44	Brenda Wane	500	LV45	Astley & Tyldesley R R
123	1:15:55	Alan Gray	665	MV50	Unattached
124	1:15:57	Stephen Wilkinson	516	MV55	Wesham R R
125	1:16:18	David Wood	669	MV55	Blackpool Wyre & Fylde
126	1:16:23	Stephen Blackshaw	573	MV55	Cheshire Hare & Hounds Tally Ho
127	1:16:27	Michael Reason	334	M	Astley & Tyldesley R R
128	1:16:32	Garry Baines	606	MV50	Astley & Tyldesley R R
129	1:16:37	Jennifer Adams	670	LV55	Accrington R R
130	1:16:39	Keith Mawdsley	534	MV40	Unattached
131	1:16:46	Peter R Gibson	643	MV50	Blackpool Wyre & Fylde
132	1:16:55	Alan Berry	681	MV45	Unattached
133	1:17:03	Phil Cray	421	MV45	Unattached
134	1:17:11	Christopher Varley	335	MV40	Unattached
135	1:17:16	John Bradley	461	MV65	Blackpool Wyre & Fylde
136	1:17:26	Brian Porter	660	MV40	Wesham R R
137	1:17:35	Allan Kay	598	MV55	Unattached
138	1:17:40	Simon Mason	320	MV45	Blackpool Wyre & Fylde
139	1:17:44	David Shorrock	697	MV55	Darwen Dashers
140	1:17:52	Glenda Dobie	313	LV45	Red Rose R R
141	1:17:58	Catherine Fox	582	LV40	Darwen Dashers
142	1:18:02	Jackie Bradshaw	560	LV35	Halesowen
143	1:18:06	Stephen Whittle	403	MV50	Red Herring R R
144	1:18:22	David Aspin	523	MV60	Red Rose R R
145	1:18:24	Marc Potter	551	M	Carrefour
146	1:18:30	Jayne Perry	559	L	Lancaster & Morecambe A C
147	1:18:35	Mike Croton	486	MV45	Unattached
148	1:18:41	Julia King	644	LV55	Eden Runners
149	1:18:47	George Parrington	330	MV60	Lancaster & Morecambe A C
150	1:18:50	Simon Lister	612	M	Lancashire Police
151	1:18:52	Tony Mc Cormack	702	M	Unattached
152	1:18:54	George Thompson	691	MV55	Clayton Le Moors
153	1:18:55	Deborah Cardwell	611	LV40	Blackpool Wyre & Fylde
154	1:18:56	Paul Edgar	642	M	Unattached
155	1:19:01	Dave Norman	429	M	Altrincham
156	1:19:02	Julie Honour	493	LV35	Unattached
157	1:19:03	Phillip Tunney	630	M	Unattached
158	1:19:04	Sally Caton	658	L	Huddersfield R R
159	1:19:05	Mike Walsh	474	MV65	Wesham R R
160	1:19:06	Rachel Manning	452	L	Unattached

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161	1:19:12	Paul Heald	420	MV45	Northern Vets
162	1:19:24	Tom Jordan	645	M	Unattached
163	1:19:36	Gary Wilson	341	M	Settle Harriers
164	1:19:39	John Howarth	305	MV55	Unattached
165	1:19:46	Janet Silverwood	656	LV35	Unattached
166	1:19:53	Barry Stuart- Cole	624	MV60	Winston Runners
167	1:19:55	Chris Moss	518	MV40	Wesham R R
168	1:20:06	Brian Tull	455	MV60	Darwen Dashers
169	1:20:17	Sarah Clarke	463	LV45	Blackburn R R
170	1:20:22	Eileen Newman	433	LV50	Blackburn R R
171	1:20:27	Helen Stephens	337	L	Lancaster & Morecambe A C
172	1:20:38	David Young	679	MV60	Wesham R R
173	1:20:49	Michael O Brian	342	MV40	Unattached
174	1:20:56	Anthony Derby	654	M	Unattached
175	1:21:00	Andrew Lowe	536	MV45	Unattached
176	1:21:06	Susan Lucas	401	LV55	Lancaster & Morecambe A C
177	1:21:08	Sheila Marshall	445	LV45	Blackburn R R
178	1:21:12	Graham Morris	406	MV45	Preston Harriers
179	1:21:25	Richard Stapleton	639	MV65	Lancaster & Morecambe A C
180	1:21:28	Brian Mason	436	MV60	Winston Runners
181	1:21:40	Jo Meekins	459	L	Red Rose R R
182	1:21:41	Peter Gibson	586	MV60	Red Rose R R
183	1:21:45	Stephen Cook	456	MV50	Winston Runners
184	1:21:46	John Halliwell	472	MV40	Manchester Harriers
185	1:21:50	Terence Long	328	MV55	Penny Lane Striders
186	1:22:03	Derek Watson	652	M	Unattached
187	1:22:05	George Flanagan	324	MV55	Wesham R R
188	1:22:20	Anna Winnard	538	L	Unattached
189	1:22:31	Joe Edmondson	680	MV55	Trawden A C
190	1:22:37	Tony Elsdon	310	MV45	Unattached
191	1:22:48	Derek Winsland	475	MV45	Unattached
192	1:23:31	Alan Graham	309	MV50	Unattached
193	1:23:34	Kath Winrow	453	LV45	Lancaster & Morecambe A C
194	1:23:40	Finlay Mc Calman	424	MV40	Wesham R R
195	1:23:42	Frank Tetley	423	MV55	Unattached
196	1:23:59	Sheila Gudgeon	672	LV50	Darwen Dashers
197	1:24:36	Kevin Maguire	494	MV60	Winston Runners
198	1:24:59	Alistair Menzies	684	MV50	Lancaster & Morecambe A C
199	1:25:15	Simon Munday	311	M	Unattached
200	1:25:16	Thomas Dodd	602	MV65	Red Rose R R

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201	1:25:25	Darren Young	682	MV40	Unattached
202	1:26:23	Andrew Shanley	517	MV40	Unattached
203	1:26:24	Faith Cobaine	339	LV35	Unattached
204	1:26:30	Tony Brady	464	MV60	Manchester Harriers
205	1:26:36	Michael Briggs	496	MV45	Unattached
206	1:26:40	Charles Satterly	415	MV40	Lancaster & Morecambe A C
207	1:26:46	Ronnie Smith	676	MV50	Blackburn R R
208	1:26:55	Julie Graham	465	LV45	Garstang R C
209	1:26:56	Alan Taylor	490	MV50	Unattached
210	1:26:57	Ben Higginson	521	MV50	Preston Harriers
211	1:27:04	Amanda Dunbar	685	LV40	Winston Runners
212	1:27:10	Julia Rolfe	462	LV45	Lytham
213	1:27:12	Madeline Hawarth	601	LV50	Unattached
214	1:27:18	Rajesh Jinabhai	468	M	Littlewoods R C
215	1:27:29	Alistair Morris	326	MV45	Unattached
216	1:27:30	Tracey Hulme	411	LV45	Wesham R R
217	1:27:34	Julie Murphy	600	LV40	Wesham R R
218	1:28:11	Neil Gibbons	340	MV40	Unattached
219	1:28:25	Emily Stapleton	618	LV35	Unattached
220	1:28:55	Elizabeth Hamer Davies	686	LV40	Winston Runners
221	1:29:04	Denise Hughes	671	LV45	Garstang R C
222	1:29:06	Peter Morgan	547	MV55	Road Runners Club
223	1:29:08	Julie Crawley	435	LV35	Winston Runners
224	1:29:18	Paula Clarke	542	LV40	Women's Running Network
225	1:29:25	David Reid	605	MV45	Chester Tri
226	1:29:28	Karen Atkinson	576	LV35	Unattached
227	1:29:44	Evelyn Elkington	562	LV60+	Lancaster & Morecambe A C
228	1:29:46	Carl Wynne	443	MV50	Preston Harriers
229	1:29:55	Linda Rusyn	678	LV50	Blackburn R R
230	1:30:11	Felicity Cross	568	LV50	Preston Harriers
231	1:30:28	Jill Greenwood	540	LV40	Unattached
232	1:30:45	Malcolm Towler	619	MV65	Northern Vets
233	1:30:56	Carron Lane	546	LV45	Winston Runners
234	1:30:57	Anthony Leonard	614	MV45	Unattached
235	1:31:07	Bernard Elkington	580	MV65	Lancaster & Morecambe A C
236	1:31:08	Frank Evans	417	MV40	Unattached
237	1:31:09	Paul Winstanley	412	MV45	Unattached
238	1:31:10	Janine De - Vaue	535	LV40	Unattached
239	1:31:25	Ian Derry	595	MV65	Swaledale
240	1:31:37	Paul Carter	673	M	Wesham R R

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241	1:31:37	Liz Hopley	554	LV40	Lostock A C
242	1:31:51	Peter Jensen	616	MV40	Unattached
243	1:32:28	Curtis Cash	609	MV50	Darwen Dashers
244	1:32:35	Kate Walmsley	531	L	Unattached
245	1:32:36	James Isles	530	M	Carrefour
246	1:32:43	Mandy Jane Swain	505	LV35	Unattached
247	1:32:43	Karen Munnelly	506	LV40	Unattached
248	1:32:59	Julie Robson	319	LV35	Unattached
249	1:33:02	Susan Hammond	524	L	Eden Runners
250	1:33:06	Dinesh Patel	620	MV40	Unattached
251	1:33:44	Margaret Carleton	473	LV50	Winston Runners
252	1:33:56	Katinka Smith	419	LV35	Unattached
253	1:34:02	Jane Taylor	571	LV35	Women's Running Network
254	1:34:18	Vivien Pike	572	LV55	Winston Runners
255	1:34:31	Marc Saysell	650	M	Unattached
256	1:34:32	Debi Spencer	407	LV45	Garstang R C
257	1:34:59	Linda Stapleton	638	LV60+	Lancaster & Morecambe A C
258	1:35:27	Paula Washington	564	LV35	Blackpool Wyre & Fylde
259	1:35:52	Melanie Yeomans	596	LV40	Blackpool Wyre & Fylde
260	1:36:24	Gwen James	583	LV40	Blackpool Wyre & Fylde
261	1:38:54	Ros Dyde	565	LV50	Winston Runners
262	1:39:49	Paula Varley	581	LV35	Unattached
263	1:40:53	Jill Peacock	434	LV45	Winston Runners
264	1:41:33	Tahera Fazzeli	557	LV35	Women's Running Network
265	1:41:56	Donna Payne	520	LV40	Unattached
266	1:46:16	Bernadette Leonard	615	LV45	W R N Fulwood
267	1:46:26	Lindsey Clark	626	LV35	Unattached
268	1:47:12	Neil Looker	552	M	Unattached
269	1:48:39	David Wells	344	M	Wesham R R
270	1:49:15	Ann- Marie Smith	503	LV40	Winston Runners
271	1:49:16	Mark Smith	492	MV45	Manchester Harriers
272	1:49:38	Sharon Cottam	504	LV35	Lancashire Police
273	1:52:33	Ann Robinson	446	LV50	Winston Runners
274	1:52:55	Wendy Meredith	575	LV40	Unattached
275	1:53:14	Carol Barnes	623	LV55	Winston Runners
276	1:53:14	Brian Stuart- Cole	622	MV60	Winston Runners
277	1:56:41	Lydia Placket	659	LV55	Women's Running Network
278	1:59:11	Varry Cocker	687	LV50	Unattached
279	1:59:42	John Joseph Crahan	410	MV55	Blackburn Harriers