

10k – Men - 2009

Time	Name	Cat	Race	Date
30.25	Antony Ford	SM	Gt Manchester Run	17.05.09
31.51	Tom Cunningham	SM	Ribble Valley	27.12.09
31.57	Stuart Robinson	SM	Trafford	15.03.09
31.57	Stuart Robinson	SM	Ribble Valley	27.12.09
32.40	Luke Minns	SM	Ribble Valley	27.12.09
33.10	James Mulvany	SM	Fleetwood	12.09.09
33.28	Steven Mason	JM	Garstang	11.01.09
33.31	Malc Eadie	V40	Ribble Valley	27.12.09
33.50	Richard Daniels	SM	Blackpool	05.09.09
33.56	John Wright	V40	Preston	27.0909
35.49	Steve Waterhouse	V40	Ribble Valley	27.12.09
36.10	Luke Berry	JM	Trafford	13.09.09
36.46	James Unsworth	SM	Wesham	28.11.09
36.52	Chris Essex-Crosby	SM	Warrington	18.06.09
37.05	Stuart Williams	V40	Ribble Valley	27.12.09
37.28	John Houghton	V50	Wesham	28.11.09
37.39	Paul Hopes	V45	Stanley Park	08.03.09
38.42	Matthew Hawe	V40	Stanley Park	08.03.09
39.20	Peter Broome	V50	Preston	27.0909
39.31	Dave Williamson	SM	Blackpool	05.09.09
40.15	Bill Eadie	V40	Garstang	11.01.09
40.30	Terry Bradshaw	V45	Bolton	26.04.09
40.37	Terry Westhead	V45	Lancaster*	22.07.09
41.03	Ian Close	V50	Catforth	12.07.09
42.38	Tony Airnes	V50	Sotos Fleetwood	28.06.09
42.54	Reg Smallbone	V60	Sotos Fleetwood	28.06.09
43.28	Jeff Wright	V50	Lancaster*	22.07.09
43.36	Steve Minto	V55	Wesham	28.11.09
43.59	Michael Golden	V55	Catforth	12.07.09
44.05	Gary Kemp	V40	Wesham	28.11.09
44.11	Anthony Blight	SM	Lancaster*	22.07.09
44.36	Paul Whitehead	V40	Fleetwood	12.09.09
44.48	Dave Brooks	SM	Lancaster*	22.07.09
44.59	Dave Brooks	SM	Wesham	28.11.09
45.33	Dave Robson	V40	Sotos Fleetwood	28.06.09
45.33	Dave Skinner	V45	Wesham	28.11.09
46.28	Dave Dyson	V50	Sotos Fleetwood	28.06.09
46.35	John Bradley	V65	Lancaster*	22.07.09
46.41	Peter Gibson	V55	Wesham	28.11.09
44.11	Anthony Blight	SM	Morecambe	14.06.09
45.52	Bob Massey	V60	Preston	27.0909
45.54	Jeff Wright	V50	Ribble Valley	27.12.09
46.58	Steve Browne	V40	Sotos Fleetwood	28.06.09
47.12	Roger Wilkinson	SM	Sotos Fleetwood	28.06.09
47.27	David Twizell	V55	Wesham	28.11.09
47.34	John Bradley	V65	Morecambe	14.06.09
48.20	Stuart Johnson	SM	Sotos Fleetwood	28.06.09

49.03	John Winters	V70	Wesham	28.11.09
49.15	Derek Crane	V40	Stanley Park	08.03.09
49.38	Steve Lang	SM	Sotos Fleetwood	28.06.09
50.40	Howard Henshaw	V65	Lancaster*	22.07.09
51.56	Norman Greenwood	V65	3 Bridges Lancaster	19.04.09
52.23	Howard Henshaw	V65	Preston	27.09.09
56.45	Dave Heaton	V50	Sotos Fleetwood	28.06.09
61.10	Simon Mason	V50	Garstang Gallop	19.04.09