

10k – Men - 2007

Time	Name	Cat	Race	Date
29.21	Antony Ford	SM	Great Manchester Run	20.05.07
32.09	Tom Cunningham	JM	Ribble Valley	30.12.07
33.06	Stuart Robinson	SM	Ribble Valley	30.12.07
33.58	Phil Leybourne	V40	Chichester Priory	07.10.07
34.13	Steven Mason	JM	Wesham	24.11.07
34.38	Luke Minns	JM	Ribble Valley	30.12.07
34.43	James Mulvany	SM	Bendrigg	09.06.07
35.30	John Wright	V40	Kirkham	09.09.07
36.04	Stuart Williams	V40	Ribble Valley	30.12.07
36.40	John Houghton	V50	Kirkham	09.09.07
37.24	Les Endean	V50	Birchwood	19.08.07
37.44	Brian Hall	V40	Treacle Mine Sabden	19.06.07
37.51	Chris Essex-Crosby	SM	Ribble Valley	30.12.07
38.09	Paul Hopes	V45	Ribble Valley	30.12.07
38.11	Trevor Uttley	V40	Ribble Valley	30.12.07
38.17	Mick Cronshaw	V50	Kirkham	09.09.07
38.45	Andy Delaney	V40	Wesham	24.11.07
38.45	Rob Hutton	V45	Ribble Valley	30.12.07
39.26	Ian Close	V50	Birchwood	19.08.07
39.42	Peter Broome	V50	Ribble Valley	30.12.07
40.38	Duncan Richardson	V40	Garstang	14.01.07
40.40	Chris Lloyd	SM	Birchwood	19.08.07
40.42	Dave Robson	V40	Ribble Valley	30.12.07
41.33	Andy Williams	V40	Kirkham	09.09.07
41.35*	Dave Brooks	SM	Red Rose	26.12.07
41.59	Reg Smallbone	V60	Kirkham	09.09.07
42.21	Terry Westhead	V40	Lanc & Morecambe	11.07.07
42.42	Dave Dyson	V50	Kirkham	09.09.07
43.07	Bob Fairclough	V50	Waddington	21.10.07
43.24	Jeff Wright	V45	Ribble Valley	30.12.07
43.25	Terry Bradshaw	V45	Ribble Valley	30.12.07
43.34	Brandon Willoughby	V45	Garstang Gallop	22.04.07
44.31	James Hoy	SM	3 Bridges	15.04.07
44.58	Derek Crane	V40	Lanzarote	25.11.07
45.47	David Wood	V55	Ribble Valley	30.12.07
45.58	Peter Gibson	V50	Ribble Valley	30.12.07
46.11	Howard Barlow	V50	Wesham	24.11.07
46.22	Bob Massey	V60	Birchwood	19.08.07
46.57	Simon Mason	V45	Wesham	24.11.07
47.18	John Bradley	V65	Wesham	24.11.07
47.20*	Luke Wood	JM	Red Rose	47.20
47.37	Paul Whitehead	V40	Birchwood	19.08.07
47.56	John Winters	V70	Stanley Park	11.03.07
48.14	Tony Airnes	V50	Dallam	06.05.07
48.41	Mike Walsh	V75	Cleckheaton	16.09.07
49.15	Anthony Blight	SM	Morecambe	10/06/07
49.23	Carl Barnard	V40	Illuminations	15/09/07
49.33	Andy Dickman	V55	Wesham	24.11.07
49.47	David Twizell	V50	Great Manchester Run	20.05.07

49.54	Howard Henshaw	V65	Garstang	14.01.07
50.15	Dave Heaton	V45	Salford	06.04.07
50.27	Norman Greenwood	V65	Birchwood	19.08.07
54.21	Stan Jackson	V70	Kirkham	09.09.07
56.41	Malcolm Sherwood	V50	Ribble Valley	30.12.07
57.59	Jamie Barrow	V45	Garstang	14.01.07

* Red Rose times “about 20 seconds” under.
N.B. Great Langdale 10k times omitted.

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