

## 10k – Women - 2009

<b>Time</b>	<b>Name</b>	<b>Cat</b>	<b>Race</b>	<b>Date</b>
<b>35.54</b>	<b>Gemma Unsworth</b>	<b>F</b>	<b>Rothwell</b>	<b>04.05.09</b>
38.23	Bev Wright	F45	Salford	10.04.09
38.36	Caroline Betmead	F35	Sotos Fleetwood	28.06.09
40.28	Carolyn Robbins	F50	Wesham	28.11.09
41.10	Stasia Bligh	F	Wesham	28.11.09
42.20	Andrea Smith	F40	Blackburn	08.02.09
42.49	Laura Deegan	F	Fleetwood	12.09.09
43.25	Tanya Ashworth	F35	Warrington	18.06.09
45.32	Laura Lawler	F40	Lancaster*	22.07.09
46.08	Ruth Calderbank	F55	Stanley Park	08.03.09
46.26	Alison Titterington	F50	Wesham	28.11.09
46.32	Karen Dunford	F40	Ribble Valley	27.12.09
50.19	Abi Lucas	FJ	Sotos Fleetwood	28.06.09
51.58	Janet O'Doherty	F50	Accrington	25.10.09
56.59	Julie Murphy	F40	Garstang Gallop	19.04.09
59.13	Hilary Goorney	F65	Wesham	28.11.09
61.09	Melanie Yeomans	F40	Garstang Gallop	19.04.09
62.43	Paula Washington	F40	Sotos Fleetwood	28.06.09
66.13	Joanne Leadbetter	F45	Sotos Fleetwood	28.06.09
66.14	Jenny Ryan	F55	Sotos Fleetwood	28.06.09
68.34	Sue Cawley	F40	Ribble valley	27.12.09
68.34	Pauline Lambert	F40	Ribble valley	27.12.09
74.29	Lynne Naylor	F35	Sotos Fleetwood	28.06.09