

5 Miles – Men - 2010

| Time | Name | Cat | Race | Date |
|--------------|------------------------|------------|----------------|-----------------|
| 25.42 | Stuart Robinson | SM | Alsager | 07.02.10 |
| 26.15 | Tom Cunningham | SM | Cupar Fife | 27.02.10 |
| 26.19 | Luke Minns | SM | Green Drive | 17.10.10 |
| 27.06 | Malc Eadie | V40 | Horwich | 16.06.10 |
| 27.33 | John Wright | V45 | Lytham IC | 13.05.10 |
| 27.59 | Luke Berry | JM | Green Drive | 17.10.10 |
| 28.08 | Jim Unsworth | SM | Lytham IC | 13.05.10 |
| 28.12 | Steve Waterhouse | V40 | Lytham IC | 13.05.10 |
| 28.20 | Dan Quarmby | JM | Green Drive | 17.10.10 |
| 29.18 | Liam Craine | SM | Green Drive | 17.10.10 |
| 29.29 | Perry Mann | SM | Green Drive | 17.10.10 |
| 29.38 | Chris Essex-Crosby | SM | Lytham IC | 13.05.10 |
| 29.42 | Adam Weightman | JM | Lytham IC | 13.05.10 |
| 29.47 | David Cairns | V40 | Lytham IC | 13.05.10 |
| 30.01 | Tony Codling | V45 | Green Drive | 17.10.10 |
| 30.03 | Uber Cirelli | SM | Green Drive | 17.10.10 |
| 30.25 | Dave Williamson | SM | Green Drive | 17.10.10 |
| 30.47 | John Houghton | V50 | Lytham IC | 13.05.10 |
| 31.17 | Peter Broome | V55 | Green Drive | 17.10.10 |
| 31.24 | Tom Rowley | JM | Lytham IC | 13.05.10 |
| 32.47 | Marcus Quarmby | JM | Lytham IC | 13.05.10 |
| 32.48 | Daniel Quarmby | JM | Lytham IC | 13.05.10 |
| 33.05 | Steve Lang | V40 | Lytham IC | 13.05.10 |
| 33.39 | Terry Westhead | V45 | Lytham IC | 13.05.10 |
| 34.33 | Mike Golden | V55 | Lytham IC | 13.05.10 |
| 34.40 | Brandon Willoughby | V50 | Lytham IC | 13.05.10 |
| 34.55 | Dave Skinner | V45 | Lytham IC | 13.05.10 |
| 35.09 | Dave Brooks | SM | Lytham IC | 13.05.10 |
| 35.43 | Bob Newman | V65 | Green Drive | 17.10.10 |
| 35.48 | Roger Wilkinson | SM | Lytham IC | 13.05.10 |
| 35.58 | Chris Bligh | V45 | Green Drive | 17.10.10 |
| 35.59 | Steve Browne | V40 | Lytham IC | 13.05.10 |
| 36.23 | Reg Smallbone | V60 | Lytham IC | 13.05.10 |
| 36.26 | Jeff Wright | V50 | Green Drive | 17.10.10 |
| 36.38 | Peter Gibson | V55 | Lytham IC | 13.05.10 |
| 37.08 | Nick Hume | V50 | Fairclough 5 | 04.07.10 |
| 37.15 | David Twizell | V55 | Green Drive | 17.10.10 |
| 37.23 | Anthony Blight | SM | Lytham IC | 13.05.10 |
| 37.40 | Dave Dyson | V50 | Fairclough 5 | 04.07.10 |
| 37.54 | Terry Bradshaw | V50 | Lytham IC | 13.05.10 |
| 38.29 | John Bradley | V70 | Fairclough 5 | 04.07.10 |
| 39.07 | John Winters | V75 | Green Drive | 17.10.10 |
| 40.40 | Bob Massey | V60 | Lytham IC | 13.05.10 |
| 41.34 | Tony Croft | V60 | Lytham IC | 13.05.10 |
| 41.23 | Dan Child | SM | Green Drive | 17.10.10 |
| 42.16 | Norman Greenwood | V70 | Fairclough 5 | 04.07.10 |
| 42.58 | Derek Wilson | V65 | Green Drive | 17.10.10 |
| 43.14 | Howard Henshaw | V70 | Fairclough 5 | 04.07.10 |

