

10k – Women - 2018

Time	Chip	Name	Cat	Race	Date
41.37	41.28	Bev Wright	V55	Ribble Valley	30.12.18
42.48	42.44	Nicola Unsworth	V45	Fleetwood	08.04.18
44.30	44.18	Michelle Tickle	V40	Salford	30.03.18
47.35		Laura Lawler	V50	Pilling	29.09.18
47.42	47.20	Andrea Smith	V50	Ribble Valley	30.12.18
47.58		Dawn Maher	F	Pilling	29.09.18
48.37		Karen Dunford	V50	Lancaster 3 Bridges	15.04.18
49.15		Basia Pawelczak	F	Pilling	28.07.18
50.17	50.02	Ellen McLachlan	F	Blackpool	25.02.18
51.31	50.36	Gina Whiteley	V50	Leyland	26.12.18
56.33	56.14	Kirsty Holland	F	Wesham	24.11.18
57.37	57.03	Amanda Fuller	V40	Salford	30.03.18
58.10	57.54	Debbie Terras	V45	Wesham	23.05.18
58.32		Clare Clarke	V40	Lancaster	10.03.18
58.46		Nickola Walker	V45	Lancaster	11.01.18
64.57		Tracey Sharrock	V35	Lancaster	10.03.18
65.58		Clare Irons	V35	Manchester	20.05.18
68.35	67.37	Stephanie Wood	F	Preston	17.06.18
77.42		Fiona Little	V50	Pilling	29.09.18