

10k – Women - 2019

Time	Chip	Name	Cat	Race	Date
35.15	35.11	Emily Japp	F	Ribble Valley	29.12.19
41.51	41.42	Bev Wright	V55	Salford	19.04.19
44.55	44.49	Nicola Unsworth	V45	Lancaster 3 Bridges	14.04.19
46.50		Basia Pawelczak	F	Lancaster 3 Bridges	14.04.19
48.01		Natasha Armstead	V45	Pilling	24.08.19
48.35	48.27	Laura Lawler	V50	Salford	19.04.19
49.12	48.59	Andrea Smith	V50	Salford	19.04.19
49.40		Dawn Maher	V35	Pilling	27.07.19
50.13		Ellen McLachlan	F	Lancaster	10.02.19
50.38	50.25	Gina Whiteley	V50	Garstang	13.01.19
51.22		Fran Connolly	V35	Lancaster	30.03.19
55.34	55.00	Amanda Fuller	V40	Salford	19.04.19
58.58		Lisa Lambert	V40	Leyland	19.05.19
59.08		Isabel McNamee	V50	Lancaster	30.03.19
60.17		Jennifer Burtonwood	V50	Lancaster	30.03.19
60.54	60.16	Kirsty Holland	F	Wesham	30.11.19
61.16		Julie Sinclair	V45	Hunters Preston	27.01.19
62.42	61.07	Nickola Walker	V45	Blackburn	17.11.19
62.42		Elaine Hudson	V45	Lancaster	07.04.19
69.29	68.39	Laura Raynor	V45	Garstang	13.01.19
78.36	77.43	Fiona Little	V50	Garstang	13.01.19