

## 10k – Men - 2023

<b>Time</b>	<b>Chip</b>	<b>Name</b>	<b>Cat</b>	<b>Race</b>	<b>Date</b>
31.52	31.45	Harry Poole	M	Partington	05.03.23
32.24	32.23	Marco Parolin	M	Altrincham	17.09.23
32.27	32.27	Luke Minns	SM	Southport Mad Dog	19.03.23
34.58		Michael Osinski-Gray	V40	Lancaster	21.05.23
35.07	34.47	Josh Smith	M	Ribble Valley	31.12.23
35.12		Adam Cockbain	M	Garstang	08.01.23
35.30		Sean Kenny	M	Manchester	21.05.23
35.39	35.25	Noah Cox	JM	Ribble Valley	31.12.23
35.44	35.43	Chris Hall	V40	Wesham	25.11.23
36.22	36.18	Michael Finlayson	V45	Alderley Edge	17.05.23
36.28	36.26	James Dyson	V40	Blackpool	26.02.23
37.05	36.52	Gruff Matthew	M	Ribble Valley	31.12.23
38.12	38.08	Mark Warner	V35	Blackpool	25.02.23
38.50	38.50	Joseph Tyldesley	V35	Wesham	25.11.23
39.14		Chris Wylie	M	Pilling	18.05.23
39.15		Jack Wilson		Lancaster	08.07.23
39.22	38.52	Stuart Ford	V40	Ribble Valley	31.12.23
39.44	39.10	Jonathan Sanderson	M	Ribble Valley	31.12.23
39.51		Steve Wilson	V50	Wesham	24.05.23
41.00		Scott Ross	V50	Blacksticks Blue	14.05.23
41.09		Simon Lawson	V45	Lancaster	02.04.23
41.57	41.54	Steve Dunn	V45	Wesham	25.11.23
42.07	41.43	Nathan Baker	M	Ribble Valley	31.12.23
42.17	42.17	Roy Tomlinson	V60	Wesham	25.11.23
42.30		Robert Osinski-Gray	V40	Half Moon Bay	29.01.23
42.36	42.06	Paul Eaton	V50	Ribble Valley	31.12.23
43.41		Andrew Neal	V60	Wesham	24.05.23
44.11	44.06	Chris Bluck	V40	Wesham	25.11.23
44.19		Nick Hume	V65	Battersea Park	10.05.23
46.03		Andrew Hall	V45	Preston Docklands	23.07.23
46.13	45.52	Tony Terras	V50	Blackburn	05.02.23
47.02	46.55	Andrew Slater	V40	Wesham	25.11.23
47.22	47.14	Peter Bradburn	V50	Blackburn	05.02.23
48.50		Gary Sharratt	V50	Wesham	24.05.23
49.14	49.07	Dave Marsland	V65	Wesham	25.11.23
51.05	51.05	Darrell Pickering	V60	Wesham	25.11.23
54.11		Simon Scarr	V60	Blacksticks Blue	14.05.23
55.59	55.32	David Mullen	V40	Blackpool	25.02.23
59.17	59.56	Chris Hall	V40	Blackpool	19.08.23
60.10		Derek Crane	V55	Accrington	30.04.23
65.55	65.55	John Dunn	V45	Wesham	25.11.23

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