

Garstang Running Club

Guy's 10 Mile Road Race 2004

<u>Pos</u>	<u>Time</u>	<u>Name</u>	<u>No</u>	<u>Cat</u>	<u>Club</u>	<u>Pos</u>	<u>Time</u>	<u>Name</u>	<u>No</u>	<u>Cat</u>	<u>Club</u>
1	0:52:50	Simon Deakin	464	M	Leeds	51	1:03:27	Andrew Duffy	367	MV40	Burnden R R
2	0:52:52	Steve Littler	479	M	Wesham R R	52	1:03:28	Anthony Cryer	466	M	Clayton Le Moors
3	0:53:05	Rick Hayman	398	M	Sale	53	1:03:39	John Hampson	425	MV40	Preston Harriers
4	0:53:50	Steve Murdoch	365	MV40	Border Harriers	54	1:03:42	Joe Swarbrick	383	MV45	Red Rose R R
5	0:54:02	Alex Rowe	489	MV45	Wesham R R	55	1:03:50	Hossein Yousefian	427	MV50	Stockport Harriers
6	0:54:43	Charlie Pass	439	M	Wesham R R	56	1:03:59	Stuart Hammond	216	MV40	Unattached
7	0:54:54	Paul Muller	530	MV45	Horwich R M I	57	1:04:00	Alan Appleby	248	MV55	Preston Harriers
8	0:55:37	Graham Collinge	352	MV45	Accrington R R	58	1:04:00	Philippa Walsh	494	LV40	Preston Harriers
9	0:55:39	Brian Hall	396	MV40	Blackpool & Fylde A C	59	1:04:03	Andrew Crawshaw	410	MV40	Blackburn R R
10	0:56:37	Martin Vose	379	M	Stockholm Studentia	60	1:04:15	Peter Butterworth	374	MV50	Clayton Le Moors
11	0:56:49	David Gregory	525	MV40	Clayton Le Moors	61	1:04:23	Philip Butler	274	MV40	Red Rose R R
12	0:56:58	Trevor Davies	516	M	Oldham & Royton	62	1:04:36	Paul Christie	304	MV50	Burnden R R
13	0:57:01	Mark Crook	493	MV40	Preston Harriers	63	1:04:43	Grendon Wood	475	MV40	Denby Dale Travellers
14	0:57:14	John Winder	389	M	Preston Harriers	64	1:04:44	Adrian Shorrock	527	M	Blackburn Harriers
15	0:57:31	Simon Smith	496	M	Darwin Dashers	65	1:04:49	Richard Capowell	476	M	Unattached
16	0:57:34	Andrew Robertshaw	262	M	Otley A C	66	1:04:59	Dave Earnshaw	314	MV45	Red Rose R R
17	0:57:41	Howard Roberts	252	MV55	Horsforth Harriers	67	1:05:00	Dan Harris	537	M	Unattached
18	0:58:24	Alan Metcalfe	430	MV40	Preston Harriers	68	1:05:06	Joan Jackson	297	LV45	Northern Vets
19	0:58:25	Peter Cruse	480	MV40	Wesham R R	69	1:05:17	Linda Clarkson	346	LV35	Darwin Dashers
20	0:58:51	John Carr	215	MV40	Lancaster Morecambe A	70	1:05:18	Dave Watts	498	MV40	Red Rose R R
21	0:59:00	Brent Hoggan	347	M	Accrington R R	71	1:05:21	Richard Mason	488	M	Unattached
22	0:59:09	Mick Nester	417	MV50	Blackburn R R	72	1:05:46	Mark Walsh	325	M	Darwin Dashers
23	0:59:37	Andrew Brooks	299	M	Tri Preston	73	1:05:48	Peter Kearsley	303	MV50	Burnden R R
24	0:59:40	Andrew Taylor	378	MV45	Clayton Le Moors	74	1:05:51	Paul Hindmarch	522	M	Clayton Harriers
25	0:59:44	Nicholas Gebhardt	340	M	Lancaster Morecambe A	75	1:06:01	Alan Hartley	490	MV40	Garstang R C
26	1:00:00	William Eadie	231	MV40	North Fylde	76	1:06:14	Trevor Thistlethwaite	433	M	Garstang R C
27	1:00:02	Richard Roberts	286	MV40	Northern Vets	77	1:06:21	Steve Buchanan	226	MV40	Lancaster Morecambe A
28	1:00:26	Dave Waywell	242	MV60	Wesham R R	78	1:06:34	David Old	536	MV40	Garstang R C
29	1:00:29	Steve Bennett	518	M	Eden Runners	79	1:06:44	Shane Cliffe	450	MV40	Red Rose R R
30	1:00:35	Steve Clayton	385	MV45	Preston Harriers	80	1:06:51	Jack Robertshaw	260	MV60	Otley A C
31	1:00:49	Brian Duffy	382	MV50	Burnden R R	81	1:06:55	Howard Jeffrey	284	MV50	Otley A C
32	1:00:51	Michael Hunt	423	M	Pendle A C	82	1:06:56	Andy Staveley	486	MV40	Burnden R R
33	1:01:10	Joe Dooley	376	M	East Cheshire Harriers	83	1:06:59	Anne Sweeney	341	LV45	Preston Harriers
34	1:01:25	Fred Lynch	332	MV45	Red Rose R R	84	1:07:16	Andrew Nightingale	431	M	Wigan Phoenix
35	1:01:27	Christopher Domoney	256	MV55	Colne Asc & Tri	85	1:07:41	John Holland	343	MV45	Unattached
36	1:01:32	Christopher Nightingale	428	M	Wigan Phoenix	86	1:07:44	Terence Robinson	366	MV55	Accrington R R
37	1:01:42	Alan Hudson	331	MV55	Wesham R R	87	1:07:52	Kevin Davies	349	MV40	Unattached
38	1:01:48	Paul Worthington	442	MV40	Burnden R R	88	1:08:09	Eddy Little	311	M	Preston Harriers
39	1:01:50	Roger Brewster	447	MV45	Clayton Le Moors	89	1:08:12	Brian Speake	395	M	Reading Road Runners
40	1:01:51	Jenny Carson	371	L	East Cheshire Harriers	90	1:08:25	Brian Cumpsty	521	M	Unattached
41	1:02:10	Tony Walker	436	MV40	Clayton Le Moors	91	1:08:29	Graham Ingham	227	M	Unattached
42	1:02:21	Alan Clarkson	384	MV45	Clayton Le Moors	92	1:08:30	Jay Pugh	549	M	Unattached
43	1:02:33	Neil Mc Donald	470	M	Preston Harriers	93	1:08:33	Kevin Smith	387	MV40	Unattached
44	1:02:34	John Wiczorek	547	M	Accrington R R	94	1:08:35	Ted Orrell	307	MV65	Clayton Le Moors
45	1:02:39	Martyn Pollitt	302	MV40	Burnden R R	95	1:08:46	John Marshall	435	MV45	Lancaster
46	1:02:47	Michael Aspinall	234	M	Lancaster Morecambe A	96	1:08:48	David Smith	289	MV50	Unattached
47	1:02:50	Andy Delaney	420	M	North Fylde	97	1:08:52	Stephen Pilkington	491	MV40	Unattached
48	1:02:59	Kevin Mc Grath	471	MV45	Darwin Dashers	98	1:08:56	Paul Hogan	356	MV50	Clayton Harriers
49	1:03:00	Steve Myescough	437	M	Wesham R R	99	1:08:57	Susan Corsini	355	LV35	Darwin Dashers
50	1:03:12	Russ Corsini	354	MV45	Darwin Dashers	100	1:08:58	Tim Warner	283	MV45	Garstang R C

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101	1:09:04	John Lennon	540	MV40	Unattached	151	1:13:07	Louise Riley	438	LV35	Lancaster Morecambe A
102	1:09:07	Michael Bowkley	373	MV50	Accrington R R	152	1:13:08	Lesley Fisher	504	LV45	Burnden R R
103	1:09:12	David Mason	507	M	Unattached	153	1:13:09	Anthony Blight	301	M	North Fylde
104	1:09:18	David Hull	501	MV45	Unattached	154	1:13:13	Ian Crossley	232	MV45	Unattached
105	1:09:19	Michael Hatton	266	M	Unattached	155	1:13:14	John Mc Crone	264	M	Preston Harriers
106	1:09:21	Dave Neilands	363	MV55	Garstang R C	156	1:13:21	Michael Hall	225	MV40	Unattached
107	1:09:23	Darren Nelson	508	MV40	Unattached	157	1:13:25	Barrie Greenhalgh	397	MV50	Darwin Dashers
108	1:09:27	Paul Gardner	263	MV40	Wesham R R	158	1:13:28	Jonathan Heys	546	M	Unattached
109	1:09:37	Simon Wilson	333	MV45	Unattached	159	1:13:42	Bill Bain	542	MV50	Unattached
110	1:09:43	Graham Atkinson	253	M	Unattached	160	1:13:44	Dianna Capstick	243	LV40	Lancaster Morecambe A
111	1:09:45	Paul Hutchings	492	MV40	Liverpool Running Club	161	1:13:45	Kathleen Robertshaw	261	LV60	Otley A C
112	1:09:49	Mark Saynor	515	M	Red Rose R R	162	1:13:49	Stephen Mc Ginnigle	548	MV45	Unattached
113	1:09:51	Emma Deakin	465	L	Preston Harriers	163	1:13:51	Ernie Pryce	258	MV60	Northern Vets
114	1:09:52	Chris Essex - Crosby	462	M	Blackpool & Fylde A C	164	1:13:56	Anna Willetts	300	L	Tri Preston
115	1:09:54	Jonathan Hodgson	533	MV40	Unattached	165	1:14:03	Ken Williams	390	MV45	Chorley Harriers
116	1:09:55	Michaela Dempsey	514	LV35	Wesham R R	166	1:14:05	David Preston	434	MV50	Wesham R R
117	1:10:08	Michael Ryan	412	MV40	Unattached	167	1:14:08	Vinny Broderick	405	MV45	Clayton Le Moors
118	1:10:12	David Barraclough	233	MV45	Garstang R C	168	1:14:14	Jennifer Adams	362	LV50	Accrington R R
119	1:10:14	Chrissie O Connor	499	LV45	North Fylde	169	1:14:16	Ruth Calderbank	220	LV50	North Fylde
120	1:10:17	David Hooton	440	MV50	Red Rose R R	170	1:14:17	Glenda Dobie	394	LV40	Red Rose R R
121	1:10:24	Alan Taylor	401	M	Wesham R R	171	1:14:27	Anne Wallworth	279	LV45	Red Rose R R
122	1:10:41	Stephen Mc Cullough	342	MV40	Liverpool Running Club	172	1:14:30	Michael Edge	482	MV45	Unattached
123	1:10:44	Peter Gleaves	276	MV40	Wesham R R	173	1:14:34	David Wilkinson	211	MV45	Lancaster Morecambe A
124	1:11:02	Richard Jones	517	M	Garstang R C	174	1:14:36	Julie Cruse	481	LV40	North Fylde
125	1:11:04	Peter Halstead	409	MV45	Unattached	175	1:14:46	Paul Jackson	218	MV50	Accrington R R
126	1:11:10	Terry Webster	510	MV55	North Fylde	176	1:14:46	David Mallaby	474	MV45	Accrington R R
127	1:11:14	Howard Barlow	224	MV45	Blackpool & Fylde A C	177	1:14:51	Mark Butler	250	MV40	Burnden R R
128	1:11:17	David Aspin	315	MV55	Red Rose R R	178	1:14:52	Trevor Willoughby	381	MV50	Lytham
129	1:11:31	Mary Doyle	267	LV50	Liverpool Running Club	179	1:14:52	Simon Evans	416	M	Unattached
130	1:11:34	Don Nichol	369	MV45	Burnden R R	180	1:14:54	Valerie O' Donnell	538	LV40	Unattached
131	1:11:39	Karl Fisher	561	MV40	Lancaster Morecambe A	181	1:14:54	Mark Buckley	444	MV40	Tri Preston
132	1:11:46	Ben Brown	404	MV60	Clayton Le Moors	182	1:15:04	John Flatley	359	MV45	Unattached
133	1:11:49	Andrew Howard	505	M	Unattached	183	1:15:05	Robert Gillies	524	MV50	Preston Harriers
134	1:11:50	Jonathan Lawson	543	M	Wesham R R	184	1:15:10	David Shorrock	441	MV55	Darwin Dashers
135	1:11:54	Colin Fitzjohn	550	MV40	Darwin Dashers	185	1:15:20	Mike Eddleston	360	MV45	Unattached
136	1:12:06	Ted Smith	239	M	Unattached	186	1:15:25	Alan Graham	402	MV45	Unattached
137	1:12:10	Dave Hitchen	305	MV55	Burnden R R	187	1:15:26	Karen Bain	541	LV40	Red Rose R R
138	1:12:15	William Fogg	368	MV45	Darwin Dashers	188	1:15:27	John Howarth	399	MV50	Wesham R R
139	1:12:17	Alec Stuart	545	M	Unattached	189	1:15:35	Andrew Stell	237	M	Unattached
140	1:12:20	Barry Edwards	388	MV40	Wesham R R	190	1:15:42	Christine Yousefian	426	LV55	Stockport Harriers
141	1:12:24	Neil Taylor	534	M	Skelmersdale Harriers	191	1:15:43	Nigel Hyde	336	M	Unattached
142	1:12:27	Peter Cooke	247	MV45	Wesham R R	192	1:15:46	Graham Morris	257	MV40	Unattached
143	1:12:29	Mark Cartwright	285	MV45	Unattached	193	1:15:47	Jacqueline Redmayne	372	L	Chorley Harriers
144	1:12:32	Tony Kemp	485	M	Unattached	194	1:15:55	Christopher Varley	419	M	Unattached
145	1:12:33	Patricia Vernazza	535	LV50	Unattached	195	1:15:59	Nigel Jackson	529	MV45	Unattached
146	1:12:41	Anne Ferguson	375	LV45	Burnden R R	196	1:16:12	Kath Winrow	269	LV40	Lancaster Morecambe A
147	1:12:45	Michael Crowe	445	MV45	Lytham	197	1:16:14	Gary Wilson	495	M	Unattached
148	1:12:46	Stephen White	351	MV50	Lancaster Morecambe A	198	1:16:18	David Jackson	328	M	Unattached
149	1:12:47	Graham Vickers	288	MV45	Wesham R R	199	1:16:24	Jayne Perry	249	L	Lancaster Morecambe A
150	1:13:06	Paul Conlon	403	MV45	Garstang R C	200	1:16:28	Louise Williams	511	LV35	North Fylde

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201	1:16:37	Joe Edmondson	452	MV55	Unattached	251	1:21:59	Allan Fitchett	422	MV60	Red Rose R R
202	1:16:39	Frank Miller	414	MV55	Garstang R C	252	1:22:12	Paul Carter	393	M	Wesham R R
203	1:16:44	Graham Pomfret	213	MV55	Blackburn Harriers	253	1:22:24	Andrew Owen	539	M	Unattached
204	1:16:49	Deborah Gilshaw	287	L	Unattached	254	1:22:25	Melanie Graaf	456	LV40	Burnden R R
205	1:16:59	Peter Gibson	306	MV55	Red Rose R R	255	1:22:28	Richard Daykin	353	M	Unattached
206	1:17:08	Peter Richard Gibson	319	MV50	North Fylde	256	1:22:28	Carmel Sullivan	483	LV35	Unattached
207	1:17:11	Deryk Hutchinson	298	MV45	Unattached	257	1:22:36	Saul Parker	327	M	Accrington R R
208	1:17:14	Peter Carter	421	M	Preston Harriers	258	1:22:43	Jeff Stanton	282	M	Rosendale
209	1:17:14	Chris Vaughan	321	M	Tri Preston	259	1:23:10	Anne Croft	251	LV40	Red Rose R R
210	1:17:15	Rachel Lowton	455	L	Unattached	260	1:23:19	Carole Wilkinson	212	LV45	Lancaster Morecambe A
211	1:17:21	Reg Chapman	502	MV55	Wesham R R	261	1:23:32	Allan Howard	316	MV45	Red Rose R R
212	1:17:21	Sandra Snape	513	LV40	Blackburn R R	262	1:23:41	Andrew Dobson	500	MV45	Unattached
213	1:17:24	Barry Teal	473	MV50	Unattached	263	1:23:54	Judith Deakin	463	LV55	Preston Harriers
214	1:17:33	Rae Willoughby	380	MV55	Lytham	264	1:24:08	Felicity Cross	358	LV45	Preston Harriers
215	1:17:46	Bridget Barr	309	LV45	Otley A C	265	1:24:15	Neil Nuttall	400	MV60	Burnden R R
216	1:17:49	Shirley Ashton	487	LV40	Burnden R R	266	1:24:48	David Waddington	448	M	Unattached
217	1:17:50	Peter Costello	406	MV45	Clayton Le Moors	267	1:24:58	Mark Thompson	209	MV40	Unattached
218	1:17:53	Howard Henshaw	544	MV60	Blackpool & Fylde A C	268	1:25:13	Eric Nutter	408	MV65	Swaledale
219	1:18:05	Tony Robbins	432	MV65	Wesham R R	269	1:25:34	Mike Hall	214	MV65	Garstang R C
220	1:18:23	Gary Lewis	418	M	Unattached	270	1:25:44	Tracey Elkington	292	LV40	Garstang R C
221	1:18:25	Judith Chir	344	LV35	Unattached	271	1:25:44	Brian Gregory	293	M	Garstang R C
222	1:18:33	Nigel Baines	484	M	Unattached	272	1:25:50	Helen Atherton	468	LV35	Unattached
223	1:18:34	Neil Edwards	334	MV40	Lancashire Police	273	1:26:02	Frank Hughes	454	MV60	New World R R
224	1:18:39	Peter Counce	273	MV45	Red Rose R R	274	1:26:04	Simon Munday	345	M	Unattached
225	1:18:40	Gillian Littlefair	497	L	Unattached	275	1:26:07	Christopher Stakes	357	M	Unattached
226	1:19:01	Tony Worledge	281	MV40	Unattached	276	1:26:09	Cherry Collison	361	LV35	Unattached
227	1:19:02	Geoff Mault	207	MV50	Red Rose R R	277	1:26:17	Malcolm Towler	460	MV60	Unattached
228	1:19:04	William Nelson	457	MV55	Northern Vets	278	1:26:26	Evelyn Elkington	290	LV60	Lancaster Morecambe A
229	1:19:04	Michael Swarbrick	459	MV50	Northern Vets	279	1:26:51	Paula Cole	558	LV35	Burnden R R
230	1:19:40	Jenny Salt	478	L	Wesham R R	280	1:26:56	Dinesh Patel	503	MV40	Unattached
231	1:19:42	Aretheia Hunn	506	L	Unattached	281	1:27:09	Roy Lowe	275	MV55	Red Rose R R
232	1:19:54	Sarah Clarke	339	LV40	Blackburn R R	282	1:27:18	Margaret Brown	322	LV60	North Fylde
233	1:20:01	Derek Rose	429	MV55	Red Rose R R	283	1:27:20	Peter Gelderd	391	MV55	Garstang R C
234	1:20:10	James Russell	458	MV40	Unattached	284	1:27:32	Julie Murphy	240	LV35	Wesham R R
235	1:20:13	Ronald Tuket	377	MV50	Wak????? Harriers	285	1:27:36	Graham Ransom	477	MV60	Unattached
236	1:20:25	Mark Stubbs	364	MV45	Unattached	286	1:27:37	Paula Smith	236	L	Unattached
237	1:20:29	Stuart Pepper	512	MV50	Blackburn R R	287	1:28:26	Nick Higham	560	M	Unattached
238	1:20:32	Rosemary Price	277	LV55	B S Dee Striders	288	1:28:34	Allan Hartley	528	M	Darwin Dashers
239	1:20:37	John Bertram	443	M	Lancaster Morecambe A	289	1:29:17	Paul Highton	509	M	Unattached
240	1:20:40	George Fletcher	472	MV60	Red Rose R R	290	1:29:18	Adrian Batson	451	MV65	Blackburn R R
241	1:20:44	David Twizell	411	MV50	North Fylde	291	1:30:23	Karen Jackson	217	LV45	Accrington R R
242	1:20:50	Carolyn Douglass	337	LV55	Red Rose R R	292	1:30:48	Alec Ratcliffe	386	MV60	Keighley & Craven
243	1:21:00	Mike Pugh	219	MV45	Red Rose R R	293	1:32:17	Carl Wynne	268	MV45	Preston Harriers
244	1:21:05	Naomi Harvey	449	L	Unattached	294	1:32:18	Linda Stapleton	330	LV55	Lancaster Morecambe A
245	1:21:15	Brian Ward	320	M	Unattached	295	1:32:28	Hilary Bell	271	LV40	Glossopdale Harriers
246	1:21:28	Jonathan Thomas	221	MV40	Unattached	296	1:32:43	Melanie Yeomans	228	LV35	North Fylde
247	1:21:33	Caron Fenwick	520	LV45	Accrington R R	297	1:32:44	Julie Preston	415	L	Blackburn R R
248	1:21:34	Mark Russell	469	MV40	Unattached	298	1:32:53	Richard Stapleton	326	MV60	Lancaster Morecambe A
249	1:21:36	Amy Ball	531	L	Lancaster Morecambe A	299	1:32:57	Jacqui Beevers	446	LV50	Burnden R R
250	1:21:54	Christina Mc Guire	265	LV40	Lancaster Morecambe A	300	1:32:58	Denise Hughes	532	LV40	Garstang R C

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301	1:33:11	Elaine Williams	270	LV45	Northern Vets						
302	1:33:20	Gail Vaughan	461	L	Unattached						
303	1:33:21	Rachel Cryer	467	L	Unattached						
304	1:33:43	David Heppenstall	413	MV60	Accrington R R						
305	1:34:09	Kirsten Mc Ateer	310	L	Wesham R R						
306	1:34:09	Cath Heap	230	L	North Fylde						
307	1:34:12	Gillian Murphy	229	LV35	North Fylde						
308	1:34:40	Alison Hope	348	L	Accrington R R						
309	1:36:01	Richard Packer	370	MV65	Red Rose R R						
310	1:36:01	Martin Balmer	526	M	Unattached						
311	1:37:00	Lindsey Clark	335	LV35	Unattached						
312	1:37:26	Maurice Barker	308	MV60	Unattached						
313	1:37:34	Brenda Dawber	295	LV45	Unattached						
314	1:37:34	Jacqueline Crabtree	294	LV45	Unattached						
315	1:37:34	Leroy Taylor	296	MV45	Unattached						
316	1:38:31	Sarah Fisher	254	L	Unattached						
317	1:38:31	Claire Alexander	255	LV35	Unattached						
318	1:38:46	Douglas Joss	453	MV65	Blackburn R R						
319	1:38:47	Janet Holden	519	LV45	Accrington R R						
320	1:39:26	Glenys Nutter	407	LV60	Swaledale						
321	1:41:48	John Coupe	392	MV55	Unattached						
322	1:42:16	Sharon Giles	291	LV40	Preston Harriers						
323	1:42:27	Janet Thomas	222	LV40	Unattached						
324	1:42:36	Barbara Wignall	523	LV50	Preston Harriers						