

Power of 5K-Race No 6 - 15 February 2019					
NO	Name	Club	Position	Gender position	Time
54	Oliver Dustin	Border Harriers	1	1	15:15
55	Matthew Elkington	Hoad Hill Harriers	2	2	15:25
81	Paul Peters	Lancaster University	3	3	16:10
60	Andrew Thomas	Lancaster University	4	4	16:22
51	Christopher Tully	Salford Harriers	5	5	16:28
84	Alex Simpson	Lancaster University	6	6	16:31
68	Paul Bagan	Warrington AC	7	7	16:44
52	Wesley Wilkinson	Preston Harriers	8	8	16:49
63	Mark Leadbeater	Lancaster & Morecambe AC	9	9	16:51
53	Kieran Rowlands	Lancaster & Morecambe AC	10	10	16:54
95	Mark Holgate	Lancaster & Morecambe AC	11	11	17:05
58	Mark Bonner	Hoad Hill Harriers	12	12	17:10
93	Ross Mckelvie	Lytham St Annes RRC	13	13	17:11
83	Harry Lancaster	Lancaster University	14	14	17:12
57	James Mattison	Keswick AC	15	15	17:21
74	Adam Booth	Blackburn Road runners	16	16	17:29
92	Charlie Spencer	Halifax	17	17	17:32
94	James Dalglish	Lancaster & Morecambe AC	18	18	17:33
70	Helen Smith	Ribble Valley Harriers	19	1	17:36
69	Will Smith	Halifax	20	19	17:37
89	Mark Riley	St Helens striders	21	20	17:38
56	Hannah Strand	Ribble Valley Harriers	22	2	17:58
87	David Parkinson	Red Rose runners	23	21	17:59
110	Ben Winterburn	Unaffiliated	24	22	17:59
72	Neil Adair	Chorley	25	23	18:02
99	Calvin Routledge	Ambleside	26	24	18:04
61	Richard Jones	Garstang Running Club	27	25	18:13
64	Daniel Bye	Lancaster & Morecambe AC	28	26	18:25
77	Benjamin Peace	Lancaster University	29	27	18:32
73	Helen Sahgal	Liverpool Pembroke	30	3	18:56
59	Mike Hall	Red Rose runners	31	28	19:00
71	Paul Gillon	Lancaster runners	32	29	19:09
102	Andrew Parker	NA	33	30	19:29
75	David Walker	Lancaster & Morecambe AC	34	31	19:33
108	Ben Gill	Leven Valley Ac	35	32	20:03
86	Ross Parkinson	NA	36	33	20:16
90	Alec Fowler	Lancaster University	37	34	20:26
105	Craig Peart	Lancaster & Morecambe AC	38	35	20:33
62	Jayne Perry	Garstang Running Club	39	4	20:41
98	Kirsty Garrett	NA	40	5	20:49
82	Lee Percy	Lancaster University	41	36	20:51
106	Gemma Cliff	Lancaster University	42	6	20:52
66	Graham Webster	Dallam	43	37	21:00
100	Peter Sandford	Dallam	44	38	21:15
65	Terry Hellings	Lytham St Annes RRC	45	39	21:29
103	Liam Shannon	Lancaster & Morecambe AC	46	40	21:34
80	Stephen Roberts	Kendal AAC	47	41	21:47
97	Laura Houghton	Red Rose runners	48	7	22:32

85	Billy Gardner	Lancaster & Morecambe AC	49	42	22:56
104	Maggie Wild	NA	50	8	23:35
78	Micheal Chalfont	NA	51	43	23:58
96	Vicky Holgate	Lancaster & Morecambe AC	52	9	24:45:00
107	Adam Ventress	NA	53	44	27:00:00
67	Maureen roberts	Lancaster Runners	54	10	29:34:00
79	Cathy Place	NA	55	11	29:37:00
109	Sara Atkin	Lancaster runners	56	12	30:34:00
76	Linda Walker	Lancaster & Morecambe AC	57	13	31:00:00
101	Damian Clapham	Red Rose runners	58	45	31:31:00
91	Alexander Rizenko	NA	59	46	36:25:00

New female course record Helen Smith 17:36

Male Course record remains Matthew Crehan 14:48

Age group	AGP
M	1
M	2
M	3
M	4
MV40	1
M	5
MV40	2
M	6
MV35	1
M	7
MV45	1
MV45	2
M	8
M	9
M	10
M	11
M	12
MV45	3
F	1
MV40	3
M	13
F	2
MV50	1
M	14
MV40	4
MV50	2
MV40	5
MV35	2
M	15
FV35	1
MV50	3
MV50	4
M	16
MV55	1
M	17
M	18
M	19
M	20
FV35	2
F	3
M	21
F	4
MV65	1
MV60	1
MV65	2
MV40	6
MV45	4
F	5

MV60	2
FV40	1
MV45	5
FV40	2
MV45	6
FV60	1
F	6
FV40	3
FV55	1
MV40	7
MV65	3