

<b>Power of 5K-Race No 7 29 March 2019</b>					
<b>NO</b>	<b>Name</b>	<b>Club</b>	<b>Position</b>	<b>Gender position</b>	<b>Time</b>
161	Matthew Crehan	St Helens Sutton AC	1	1	15:06
131	Jonathan Dry	Kendal AC	2	2	15:10
117	Beau Smith	Lancaster & Morecambe	3	3	15:30
111	Ben Sache	Lancaster University	4	4	15:43
126	Wesley Wilkinson	Preston Harriers	5	5	16:31
150	Ben Walmsley	Ribble Valley	6	6	16:35
122	Cairon Roddy	Red Rose Runners	7	7	16:36
113	Kieran Rowland	Lancaster & Morecambe	8	8	16:37
140	Harry Lancaster	Lancaster University	9	9	16:38
149	Ross Mckelvie	Lytham St Annes RC	10	10	16:39
151	Stephen Hall	Ribble Valley	11	11	16:52
123	Philip Marsden	Red Rose Runners	12	12	17:05
153	Simon Robinson	Preston Harriers	13	13	17:08
120	Steve Abbott	Wesham Road Runners	14	14	17:13
148	Lukas Eichmeyer	Lancaster & Morecambe	15	15	17:14
152	James Dalgliesh	Lancaster & Morecambe	16	16	17:17
112	Lee Foley	Preston Harriers	17	17	17:19
125	Alex Venables	Preston Harriers	18	18	17:35
146	James Edwards	Lonsdale fell Runners	19	19	17:48
116	Josh Murphy	Levens Valley	20	20	17:49
145	Neil Adair	Chorley	21	21	17:50
167	Calvin Routledge	Ambleside AC	22	22	17:51
121	David Parkinson	Red Rose Runners	23	23	17:57
163	Shane Cody	Lancaster & Morecambe	24	24	18:34
132	Ryan Hunt	Unaffiliated	25	25	18:36
127	Dougie Potter	Preston Harriers	26	26	18:36
129	Mike Hall	Red Rose Runners	27	27	18:46
162	Jade Smith	St Helens Sutton AC	28	1	19:04
115	Phil Quibell	Salford Harriers	29	28	19:11
158	David Walker	Lancaster & Morecambe	30	29	19:12
138	Maddy Markham	Lytham St Annes RC	31	2	19:16
124	Mark Bentele	Lancaster & Morecambe	32	30	19:19
142	Sophie Bohannon	Lytham St Annes RC	33	3	19:27
134	Luke Suffolk	Preston Harriers	34	31	19:53
157	Graham Hodgson	Lancaster & Morecambe	35	32	19:56
119	Sophie Pilkington	Red Rose Runners	36	4	20:12
139	Susan Samme	Lytham St Annes RC	37	5	20:13
166	Andrew Spence	Unaffiliated	38	33	20:21
170	Graham Webster	Lytham St Annes RC	39	34	20:30
171	Patrick Corbett	Lancaster & Morecambe	40	35	21:00
168	Peter Sandford	Dallam	41	36	21:14
160	Liam Shannon	Lancaster & Morecambe	42	37	21:19
141	Sam Kellet	Lancaster & Morecambe	43	38	21:47
143	Brogan Murphy	Lytham St Annes RC	44	6	22:03
118	Samantha Sugden	Eden runners	45	7	22:15
133	Laura Bremner	Lytham St Annes RC	46	8	22:17
155	Kelly Seward	Lancaster runners	47	9	22:23
165	Mark Simmill	Lancaster & Morecambe	48	39	22:33

144	Tom Palmer	Unaffiliated	49	40	22:42
130	Billy Gardner	Lancaster & Morecambe	50	41	22:48
137	Claire Markham	Lytham St Annes RC	51	10	22:58
169	Laura Houghton	Red Rose Runners	52	11	23:04:00
136	Scarlett Allison	Preston Harriers	53	12	23:49:00
156	Jennie Hodgson	Lancaster & Morecambe	54	13	24:41:00
164	Elaine Simmill	Lancaster & Morecambe	55	14	26:34:00
128	Terry Lonergan	Barlick Fell Runners	56	42	27:51:00
135	Matthew Suffolk	Preston Harriers	57	43	29:32:00
159	Linda Walker	Lancaster & Morecambe	58	15	31:08:00
154	Alexander Rizenko	Unaffiliated	59	44	34:31:00

New female course record Helen Smith 17:36

Male Course record remains Matthew Crehan 14:48

<b>Age group</b>	<b>AGP</b>
M	1
M	2
M	3
M	4
M	5
M	6
MV35	1
M	7
M	8
M	9
MV40	1
MV45	1
M	10
MV40	2
M	11
MV45	2
M	12
MV35	2
MV40	3
M	13
MV40	4
MV50	1
MV50	2
MV40	5
M	14
MV35	3
MV50	3
F	1
MV60	1
MV55	1
JF	1
M	15
JF	2
JM	1
MV55	2
F	2
FV55	1
MV40	6
MV65	1
MV35	4
MV55	3
MV40	7
MV35	5
JF	3
FV35	1
F	3
FV40	1
MV55	4

MV35	6
MV60	2
FV45	1
F	4
JF	4
FV55	2
FV55	3
MV70	1
MV45	3
FV55	4
MV65	2