

Power of 5K-Race No 8 - 10 May 2019							
NO	Name	Club	Position	Gender position	Time	Age group	AGP
176	Ben Sache	Lancaster & Morecambe AC	1	1	15:47	M	1
197	Paul Peters	Lancaster University	2	2	16:03	M	2
198	Alex Simpson	Lancaster University	3	3	16:25	M	3
175	Andrew Thomas	Lancaster University	4	4	16:34	M	4
186	Harry Lancaster	Lancaster University	5	5	16:57	M	5
204	Chris Olvive	Lancaster University	6	6	17:15	M	6
202	Sean Bolland	Lancaster & Morecambe AC	7	7	17:17	MV45	1
185	James Dagleish	Lancaster & Morecambe AC	8	8	17:36	MV45	2
181	Daniel Jephcott	U/A	9	9	17:41	M	7
194	Alex Venables	Preston Harriers	10	10	17:45	MV35	1
182	Callum Baltrop	Vegan Runners	11	11	17:59	M	8
196	James Edwards	Lancaster & Morecambe AC	12	12	18:03	MV40	1
172	Chris Corless	Lancaster & Morecambe AC	13	13	18:08	MV40	2
210	Alex Reynolds	Unattached	14	14	18:13	M	9
178	Ryan Skeats	Lancaster University	15	15	18:13	M	10
207	Matt Simpson	Blackburn Road Runners	16	16	18:15	MV35	2
221	Calvin Routledge	Ambleside AC	17	17	18:16	MV50	1
206	John Brassington	Lancaster & Morecambe AC	18	18	18:18	MV45	3
191	William Johnson	Preston Harriers	19	19	18:31	MV55	1
203	Simon Gora	Garstang RC	20	20	18:34	MV35	3
208	Paul Gillon	Lancaster Runners	21	21	18:57	MV50	2
195	Jade Smith	St Helens Sutton AC	22	1	19:02	F	1
187	David Parker	Leven Valley AC	23	22	19:13	MV50	3
200	David Walker	Lancaster & Morecambe AC	24	23	19:16	MV55	2
190	Dougie Potter	Preston Harriers	25	24	19:48	MV35	4
214	Christopher Wylie	Blackpool Wyre & Fylde AC	26	25	19:51	M	11
177	Alec Fowler	Lancaster University	27	26	19:56	M	12
193	Michael Roy	Preston Harriers	28	27	19:59	M	13
209	Andrew Spence	U/A	29	28	20:06	MV40	3
192	Ben Gill	Leven Valley AC	30	29	20:06	M	14
188	Jayne Perry	Garstang RC	31	2	20:25	FV35	1
212	Finlay Gunneberg	U/A	32	30	20:27	M	15
215	Mark Vaughton	Blackburn Road Runners	33	31	20:47	MV45	4
226	Graham Webster	Lytham St Annes RRC	34	32	20:49	MV65	1
183	Jemma Cliff	Lancaster University	35	3	20:56	F	2
180	Joanne Taylor-Friell	Kendal AAC	36	4	21:03	FV45	1
218	Patrick Corbett	Lancaster & Morecambe AC	37	33	21:27	MV35	5
189	Catherine Curran	U/A	38	5	21:35	FV40	1
205	Sally Brassington	Lancaster & Morecambe AC	39	6	21:38	FV40	2
211	Ben Draper-Turner	U/A	40	34	21:42	M	16
216	Liam Shannon	Lancaster & Morecambe AC	41	35	21:45	MV40	4
217	Imogen Fawcett	Lancaster University	42	7	22:05	F	3
225	Terry Hellings	Lytham St Annes RRC	43	36	22:14	MV65	2
220	Mark Walker	Kendal AAC	44	37	22:20	MV55	3
184	Jenny Cooper	Lancaster University	45	8	22:29	F	4
213	Tom Palmer	U/A	46	38	22:41	MV35	6
174	Billy Gardner	Lancaster & Morecambe AC	47	39	23:07	MV55	4
179	John Clucas	Blackburn Road Runners	48	40	23:30	MV55	5
199	Georgina Letts	Lancaster University	49	9	23:39	F	5
219	Emily Stapleton	Lancaster & Morecambe AC	50	10	24:23:00	FV45	2
227	Greg Oulton	Lytham St Annes RRC	51	41	27:26:00	MV50	4
228	Alex Palmer	U/A	52	42	27:57:00	M	17
229	Jamie Malone	U/A	53	43	27:57:00	M	18
173	Maureen Roberts	Lancaster Runners	54	11	28:52:00	FV60	1
201	Linda Walker	Lancaster & Morecambe AC	55	12	31:13:00	FV55	1
222	Ellen Bell	U/A	56	13	33:09:00	FV35	2
223	Graeme Bell	U/A	57	44	33:09:00	MV35	7
224	Alexander Rizenko	U/A	58	45	34:50:00	MV65	3