

<b>Power of 5K-Race 21 June 2019</b>					
<b>NO</b>	<b>Name</b>	<b>Club</b>	<b>Position</b>	<b>Gender position</b>	<b>Time</b>
87	Tom Cornthwaite	Salford	1	1	15:56
6	Simon Croft	Red Rose Runners	2	2	16:15
18	Matt Guilder	Durham City	3	3	17:01
26	Ryan Everett	Levens Valley	4	4	17:07
214	Ben Winterburn	Unaffiliated	5	5	17:47
71	Dave Mcnally	Levens Valley	6	6	17:48
41	Will Mcnally	Levens Valley	7	7	17:49
185	Paul Muller	Northern Masters	8	8	17:52
93	Greame Murray	Garstang	9	9	18:06
103	Chris Corless	Lmac	10	10	18:12
47	Thomas Jones	Lmac	11	11	18:20
198	Calvin Routledge	Ambleside	12	12	18:28
192	Mark Bentele	Lmac	13	13	19:09
58	Finley Corkhill	Levens Valley	14	14	19:13
24	Laura Gardner	Lancaster runners	15	1	19:14
25	Dave Parker	Levens Valley	16	15	19:21
197	Christopher Wylie	BWFAC	17	16	19:31
208	Jim Smith	Unaffiliated	18	17	19:39
29	Luke Suffolk	Preston Harriers	19	18	19:48
96	David Walker	Lmac	20	19	19:51
35	Steven Moon	Red Rose Runners	21	20	20:10
176	Robin Mitchell	Lancaster runners	22	21	20:16
211	Craig Peart	Lmac	23	22	20:23
91	Jayne Perry	Garstang	24	2	20:29
57	Paul Corkhil	Levens Valley	25	23	20:39
88	Suzanne Smith	Eden Runners	26	3	20:52
101	Paul Verrall	Unaffiliated	27	24	21:04
137	Alice Steele	Dallam	28	4	21:12
201	Abigail Routledge	Springfield striders	29	5	21:33
189	Sam Kellet	Lmac	30	6	22:02
43	Liz Mcnally	Levens Valley	31	7	22:17
4	Billy Gardner	Lmac	32	25	22:57
164	Carolyn Kevan	Kendal AAC	33	8	23:30
102	John Clucas	Blackburn Road runners	34	26	23:46
74	Mark Williamson	Levens Valley	35	27	24.40
173	Dianne Priestley	Kendal AAC	36	9	24.44
142	Oliver Wilson-Fish	Unaffiliated	37	28	25.02
209	Paula Smith	Unaffiliated	38	10	25.19
127	Terry Lonergan	Barlick	39	29	27.34
31	Matthew Suffloki	Unaffiliated	40	30	27.47
97	Linda Walker	Lmac	41	11	32.17

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
MV35	1
M	2
M	3
M	4
MV40	1
Junior	1
MV60	1
MV40	2
MV40	3
MV35	2
MV50	1
M	5
Junior	2
F	1
MV50	2
M	6
MV45	1
Junior	3
MV55	1
MV40	4
MV40	5
MV35	3
FV35	1
MV40	6
FV45	1
MV35	4
F	2
F	3
FV35	2
FV40	1
MV60	2
FV60	1
MV55	2
MV50	3
FV65	1
MV40	7
FV45	2
MV70	1
MV45	2
FV55	1

