

Power of 5K - 13th September 2019							
NO	Name	Club	Position	Gender position	Time	Age group	AGP
174	Simon Croft	Red Rose Runners	1	1	15:56	M	1
192	Jack Wright	Ambleside AC	2	2	16:22	M	2
194	Tom Nicholson	Border Harriers AC	3	3	17:45	M	3
193	Lee Barlow	Wesham Road Runners	4	4	18:07	MV45	1
205	John Hannah	Lancaster & Morecambe AC	5	5	18:08	M	4
200	Chris Pyle	Lancaster & Morecambe AC	6	6	18:25	MV45	2
196	Jonathon English	Rosendale Harriers	7	7	18:29	M	5
195	Jade Smith	St Helens Sutton AC	8	1	18:30	F	1
211	Ross McKelvie	Lytham St Annes Road Runners	9	8	18:31	M	6
178	Catherine Carradus	Lytham St Annes Road Runners	10	2	18:42	FV45	1
206	John Symons	Lancaster & Morecambe AC	11	9	18:56	MV40	1
175	Laura Gardner	Lancaster Runners	12	3	18:59	FV35	1
204	Chris Wylie	Blackpool Wyre & Fylde AC	13	10	19:03	M	7
187	David Walker	Lancaster & Morecambe AC	14	11	19:04	MV55	1
209	Andrew Clokey	Lancaster & Morecambe AC	15	12	19:12	M	8
213	Andrew Gardner	Blackburn Road Runners	16	13	20:17	MV40	2
202	Maddy Markham	Lytham St Annes Road Runners	17	4	20:29	F	2
183	Martin Willacy	Glaxo Hoad Hill Harriers	18	14	20:50	MV50	1
199	Jamie Sircom	Halesowen A & CC	19	15	20:51	MV45	3
188	Louise Cox	Lytham St Annes Road Runners	20	5	21:03	FV45	2
210	Robin Mitchell	Lancaster Runners	21	16	21:07	MV40	3
176	John Bertenshaw	Lytham St Annes Road Runners	22	17	21:14	MV60	1
182	Patrick Thomas	Glaxo Hoad Hill Harriers	23	18	21:16	MV70	1
179	Peter Davison	Glaxo Hoad Hill Harriers	24	19	21:35	MV50	2
189	Erwin Kalis	Lancaster & Morecambe AC	25	20	21:38	M	9
180	Alan Wilson	Glaxo Hoad Hill Harriers	26	21	21:39	MV55	2
208	Samuel Kellet	Lancaster & Morecambe AC	27	22	21:47	M	10
203	Brogane Murphy	Lytham St Annes Road Runners	28	6	22:16	F	3
172	Natalie Croft	Red Rose Runners	29	7	22:39	FV35	2
181	Adrian Newnham	Glaxo Hoad Hill Harriers	30	23	23:04	MV65	1
212	Susan Hawitt	Lytham St Annes Road Runners	31	8	23:11	FV55	1
201	Claire Markham	Lytham St Annes Road Runners	32	9	23:22	FV45	3
191	Mariana Rufino	Lancaster & Morecambe AC	33	10	24:42	F	4
207	Vicky Holgate	Lancaster & Morecambe AC	34	11	24:59	FV45	4
185	Linda Walker	Lancaster & Morecambe AC	35	12	30:25	FV55	2
197	Di Chambers	Lancaster Runners	36	13	33:45	FV45	5