

Power of 5K-Race 01/2020 17.01.20							
NO	Name	Club	Position	Gender position	Time	Age group	AGP
315	Andrew Miles	Vale Royal AC	1	1	15:10	M	1
324	Leo Cossham	LURC	2	2	16:09	M	2
334	Ross Mckelvie	LSARRC	3	3	16:10	M	3
309	Lee Parrington	LMAC	4	4	16:13	M	4
313	Alistair Levers	LSARRC	5	5	16:39	M	5
301	Andrew Mellor	Bury AC	6	6	16:41	M	6
303	Ryan Sciacca	Trafford AC	7	7	16:52	M	7
310	Jonathan Mullen	Liverpool Harriers	8	8	16:59	M	8
323	Harry Lancaster	LURC	9	9	17:03	M	9
308	Mark Bispham	unaffiliated	10	10	17:34	MV35	1
307	Steve Abbott	wesham Road runners	11	11	17:50	MV40	1
336	Calvin Routledge	Ambleside AC	12	12	18:09	MV50	1
319	Neil Adair	Chorley AC	13	13	18:13	MV40	2
322	Jonathan English	Rosendale Harriers	14	14	18:29	M	10
302	Gregory Seddon	BWFAC	15	15	18:40	MV55	1
314	Graham Miles	Vale Royal AC	16	16	18:52	MV50	2
326	Alex Reynolds	unaffiliated	17	17	18:58	M	11
316	Laura Gardner	Lancaster Runners	18	1	19:00	FV35	1
333	Kirsty Garrett	unaffiliated	19	2	19:29	F	1
311	Robert Hough	Warrington Running Club	20	18	19:36	MV35	2
306	Sophie Pilkington	RRRR	21	3	19:37	F	2
331	Luke Davis	unaffiliated	22	19	19:39	MV35	3
318	Racheal Gavin	Blackburn runners	23	4	19:48	F	3
312	Darren Williams	Warrington Running Club	24	20	19:50	MV35	4
328	Russell wareing	Lmac	25	21	20:05	MV45	1
305	James Gilleade Smith	Lancaster Runners	26	22	20:11	M	12
320	Suzanna Smith	Eden Runners	27	5	20:12	FV45	1
321	Billy Moss	LURC	28	23	20:15	M	13
335	Robin Mitchell	Lancaster Runners	29	24	20:50	MV40	3
317	Heather Eccles	Kendal AC	30	6	20:58	FV35	2
327	Louise Wareing	Lmac	31	7	21:35	FV40	1
325	Clare Edgar	Lancaster Runners	32	8	21:55	FV35	3
332	Liam Shannon	LMAC	33	25	22:03	MV40	4
304	David Ashton		34	26	24:26:00	MV60	1
330	Bethany Williamson	unaffiliated	35	9	31:18:00	F	4