

| <b>Power of 5K-Race 01/2020 28.02.20</b> |                           |                          |                 |                        |             |                  |            |
|--|---------------------------|--------------------------|-----------------|------------------------|-------------|------------------|------------|
| <b>NO</b>                                | <b>Name</b>               | <b>Club</b>              | <b>Position</b> | <b>Gender position</b> | <b>Time</b> | <b>Age group</b> | <b>AGP</b> |
| 353                                      | Jorge Thomas              | Halifax                  | 1               | 1                      | 14:59       | MV35             | 1          |
| 340                                      | Sebastian Seggar-Staveley | Settle Harriers          | 2               | 2                      | 15:17       | M                | 1          |
| 352                                      | Will Smith                | Halifax                  | 3               | 3                      | 15:25       | MV40             | 1          |
| 363                                      | Mac Omalley               | Trafford AC              | 4               | 4                      | 15:39       | M                | 2          |
| 361                                      | Seb Patrick               | Trafford AC              | 5               | 5                      | 16:04       | M                | 3          |
| 387                                      | Joe Sweetnam Powell       | Steel city Striders      | 6               | 6                      | 16:05       | M                | 4          |
| 376                                      | Ross Mckelvie             | LSARRC                   | 7               | 7                      | 16:09       | M                | 5          |
| 337                                      | Dave Norman               | Altrincham               | 8               | 8                      | 16:17       | MV40             | 2          |
| 380                                      | David taylor              | Wesham                   | 9               | 9                      | 16:44       | M                | 6          |
| 358                                      | Jack wilkinson            | Trafford AC              | 10              | 10                     | 16:49       | M                | 7          |
| 359                                      | Tom Hodgson               | Halifax                  | 11              | 11                     | 16:56       | M                | 8          |
| 360                                      | Christian Homes           | Wharfedale Harriers      | 12              | 12                     | 16:57       | MV45             | 1          |
| 364                                      | Matthew Sutton            | Trafford AC              | 13              | 13                     | 17:04       | M                | 9          |
| 367                                      | Liz Abbott                | Lytham St Annes          | 14              | 1                      | 17:13       | FV35             | 1          |
| 348                                      | Adam Booth                | BBRR                     | 15              | 14                     | 17:14       | M                | 10         |
| 369                                      | Chris Mcarthey            | Lytham road runners      | 16              | 15                     | 17:14       | M                | 11         |
| 381                                      | Steve Abbott              | Wesham                   | 17              | 16                     | 17:35       | M                | 12         |
| 372                                      | Charlie spencer           | Halifax                  | 18              | 17                     | 17:36       | M                | 13         |
| 346                                      | Sean Kenny                | BWFAC                    | 19              | 18                     | 17:50       | M                | 14         |
| 341                                      | Emily Field               | Bingley Harriers         | 20              | 2                      | 17:59       | F                | 1          |
| 344                                      | Jonny Hall                | Clayton harriers         | 21              | 19                     | 18:01       | M                | 15         |
| 339                                      | Rachel Brown              | Border harriers          | 22              | 3                      | 18:16       | F                | 2          |
| 379                                      | David Switzer             | Lmac                     | 23              | 20                     | 18:23       | MV40             | 3          |
| 356                                      | Luke Suffolk              | Preston Harriers         | 24              | 21                     | 18:26       | MJ               | 1          |
| 373                                      | Michelle Chadwick         | Lytham St Annes          | 25              | 4                      | 18:43       | F                | 3          |
| 351                                      | Jack Akister              | Unnatached               | 26              | 22                     | 18:52       | M                | 16         |
| 366                                      | Alex Reynolds             | LURC                     | 27              | 23                     | 18:53       | M                | 17         |
| 343                                      | Niel Gregson              | Wesham                   | 28              | 24                     | 19:00       | M                | 18         |
| 384                                      | Calvin Routledge          | Ambleside                | 29              | 25                     | 19:02       | MV50             | 1          |
| 370                                      | Cristopher Wyle           | Blackpool wyre and Fylde | 30              | 26                     | 19:10       | M                | 19         |
| 345                                      | Martin Connolly           | Unnatached               | 31              | 27                     | 19:29       | M                | 20         |

|     |                     |                    |    |    |          |       |    |
|-----|---------------------|--------------------|----|----|----------|-------|----|
| 368 | Laura Gardner       | Lancaster runners  | 32 | 5  | 19:40    | FV35  | 2  |
| 357 | Daniel Roberts      | Dereham Runners    | 33 | 28 | 19:42    | M     | 21 |
| 371 | Liam Spencer        | Halifax            | 34 | 29 | 19:51:00 | MV45  | 2  |
| 382 | Sophie P            | Red Rose RR        | 35 | 6  | 19:58:00 | F     | 4  |
| 342 | Charlotte Corrigham | Hyndburn           | 36 | 7  | 20:12    | FJ    | 1  |
| 338 | karen Bridge        | Eden Runners       | 37 | 8  | 20:20    | FV50  | 1  |
| 374 | Barbara Homes       | LSARRC             | 38 | 9  | 20:20    | FV60  | 1  |
| 347 | Andrew Gardner      | BBRR               | 39 | 30 | 20:21    | MV45  | 3  |
| 349 | Jayne Perry         | Garstang           | 40 | 10 | 20:25    | FV35  | 3  |
| 350 | Dave Heslop         | Garstang           | 41 | 31 | 20:28    | MV55  | 1  |
| 378 | Danny Burns         | Ulverston Tri Club | 42 | 32 | 20:31    | MV40  | 4  |
| 386 | Jamie Sircom        | Halesowen          | 43 | 33 | 20:39    | MV45  | 4  |
| 385 | Steve Thomasson     | Horwich            | 44 | 34 | 20:53    | MV35  | 2  |
| 383 | Samantha Sugden     | Eden Runners       | 45 | 11 | 23:25    | FV35  | 3  |
| 375 | Cathy Jaunt         | Lytham St Annes    | 46 | 12 | 23:29    | FV50  | 2  |
| 377 | Emily Stapleton     | lmac               | 47 | 13 | 24:02:00 | FV45  | 1  |
| 362 | Neil Canham         | Trafford           | 48 | 35 | 25:27:00 | MV70  | 1  |
| 354 | Holly Suffolk       | Preston Harriers   | 49 | 14 | 27:19:00 | F     | 5  |
| 355 | Matthew Suffolk     | Preston Harriers   | 50 | 36 | 28:13:00 | MV455 | 5  |
| 365 | Linda Walker        | lmac               | 51 | 37 | 29:25:00 | FV55  | 1  |