TOP 40 MALE 10K TIMES

POSITION	NAME	RACE	FINISH TIME
1	Ian McBride	The Southport Mad Dog 10K 2012	00:31:57
2	Rob James	Rochdale 10K 2022	00:33:21
3	Jarrod Gritt	Knutsford 10K 2024	00:33:43
4	Owen Flage	Dewsbury 10K 2007	00:34:13
5	Stuart Carroll	The Southport Mad Dog 10K 2012	00:34:42
6	Luke Lawson-Healey	Knutsford 10K 2024	00:34:48
7	James Henderson	Colshaw Hall 10K 2026	00:35:19
8	Shane Reading	Dewsbury 10K 2018	00:35:34
9	Philip Marsden	The Southport Mad Dog 10K 2015	00:36:03
10	Michael Fleming	Worden Park 10K 2026	00:36:15
11	Martin Schofield	Middleton Moonraker 10K 2012	00:36:21
12	Chris Lowe	Dewsbury 10K 2018	00:36:25
13	George Booth	Dewsbury 10K 2020	00:36:30
14	David McManus	The Southport Mad Dog 10K 2015	00:36:37
15	Jack Millar	Stockport Daffodil 10K 2026	00:36:38
16	David McBride	The Southport Mad Dog 10K 2015	00:36:46
17	Andy Sattler	Trafford 10K 2004	00:36:47
18	William Wall	Stockport 10K 2024	00:36:48
19	Dave Kershaw	The Southport Mad Dog 10K 2012	00:36:53
20	Gary Fielding	The Southport Mad Dog 10K 2015	00:36:59
21	Paul Timms	Rochdale 10K 2022	00:37:03
22	Rob Battye	Rochdale 10K 2015	00:37:08
23	Russell Ingham	Middleton Moonraker 10K 2013	00:37:11
24	Brett Spivey	Knutsford 10K 2025	00:37:17
25	David Emanuel	The Southport Mad Dog 10K 2015	00:37:19
26	Robert Fairbanks	Colshaw Hall 10K 2021	00:37:23
27	Barry Greaves	Dewsbury 10K 2004	00:37:33
28	Andrew Rogers	Dewsbury 10K 2020	00:37:36
29	Dave Peart	Rochdale 10K 2015	00:37:45
29	Michael Wildbore	Dewsbury 10K 2018	00:37:45
31	Bernie Cassidy	Dewsbury 10K 2007	00:37:46
31	Mathew Reeves	Stockport 10K 2024	00:37:46
33	Paul Joyce	Milltown Oldham 10K 2016	00:37:47
34	Chris Tattersall	Hale 10K 2025	00:37:50
35	Stuart Hulme	Rochdale 10K 2009	00:38:00
36	Martin Thompson	Stockport 10K 2023	00:38:03
37	Shaun Armstrong	Dewsbury 10K 2017	00:38:04
38	Neil Brock	Dewsbury 10K 2020	00:38:07
39	Yousaf Butt	The Southport Mad Dog 10K 2015	00:38:08
40	Nick Cuff	Rochdale 10K 2016	00:38:13

TOP 40 FEMALE 10K TIMES

POSITION	NAME	RACE	FINISH TIME
1	Jennifer Bloor	Dewsbury 10K 2017	00:38:54
2	Maisie Wainwright	Hale 10K 2026	00:39:13
3	Becki Robinson	The Southport Mad Dog 10K 2015	00:39:43
4	Carole Madden	Dewsbury 10K 2010	00:40:17
5	Sophie Wood	Tatton Park 10K 2017	00:40:28
6	Kirsty White	The Southport Mad Dog 10K 2015	00:41:04
7	Sarah Tomassi	Hale 10K 2025	00:41:35
8	Janet Jobey	Dewsbury 10K 2019	00:41:40
9	Holly Graham	Knutsford 10K 2026	00:41:54
10	Sheila Waite	Dewsbury 10K 2004	00:42:30
11	Debbie Shaw	Dewsbury 10K 2007	00:42:39
12	Jane Augsburger	Mossley 10K 2015	00:42:46
13	Debbie Fiddling	The Southport Mad Dog 10K 2012	00:43:26
14	Tawnia Norman	The Southport Mad Dog 10K 2015	00:44:00
15	Natalie Fitzpatrick	The Southport Mad Dog 10K 2015	00:44:29
16	Samantha Hankinson	Stockport Daffodil 10K 2022	00:44:31
17	Rochelle Reading	The Southport Mad Dog 10K 2015	00:44:49
18	Valerie Kilburn	Dewsbury 10K 2017	00:45:09
19	Gill Lowe	The Southport Mad Dog 10K 2015	00:45:22
20	Helen Knight	Trafford 10K 2005	00:45:25
21	Laura Walters	The Southport Mad Dog 10K 2015	00:45:46
22	Jill Grime	Dewsbury 10K 2011	00:46:01
23	Gail Shaw	Knutsford 10K 2024	00:46:02
24	Vikki Smith	Dewsbury 10K 2018	00:46:39
25	Kirsty Simcox	Rochdale 10K 2015	00:46:48
26	Trish Callan	Knutsford 10K 2025	00:46:55
27	Kirsty Agnew	Stockport Daffodil 10K 2022	00:47:00
28	Teresa Hollins	Trafford 10K 2005	00:47:01
29	Helen Radcliffe	Dewsbury 10K 2020	00:47:07
30	Louise Gilchrist	Trafford 10K 2005	00:47:14
31	Rachael Shuttleworth	Rochdale 10K 2017	00:47:58
32	Bryony Jones	Media City 10K 2022	00:48:15
33	Diane Johnson	Rochdale 10K 2016	00:48:20
33	Suzanne Darke	Rainford 10K 2026	00:48:20
35	Kyrinda Hurst-Moore	Middleton Moonraker 10K 2006	00:48:22
35	Katherine Brierley	The Southport Mad Dog 10K 2015	00:48:22
37	Jayne Roberts	The Southport Mad Dog 10K 2015	00:48:24
37	Selina McLean	The Southport Mad Dog 10K 2016	00:48:24
39	Rebecca Mercer	Milltown Oldham 10K 2016	00:48:34
40	Leonie Glynn	Dewsbury 10K 2018	00:48:53