

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	Jarrold 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	Shane Reading	Dewsbury 10K 2018	00:35:34
8	James Henderson	Stockport 10K 2023	00:35:57
9	Philip Marsden	The Southport Mad Dog 10K 2015	00:36:03
10	Martin Schofield	Middleton Moonraker 10K 2012	00:36:21
11	Chris Lowe	Dewsbury 10K 2018	00:36:25
12	George Booth	Dewsbury 10K 2020	00:36:30
13	David McManus	The Southport Mad Dog 10K 2015	00:36:37
14	David McBride	The Southport Mad Dog 10K 2015	00:36:46
15	Andy Sattler	Trafford 10K 2004	00:36:47
16	William Wall	Stockport 10K 2024	00:36:48
17	Dave Kershaw	The Southport Mad Dog 10K 2012	00:36:53
18	Gary Fielding	The Southport Mad Dog 10K 2015	00:36:59
19	Paul Timms	Rochdale 10K 2022	00:37:03
20	Rob Battye	Rochdale 10K 2015	00:37:08
21	Russell Ingham	Middleton Moonraker 10K 2013	00:37:11
22	Brett Spivey	Knutsford 10K 2025	00:37:17
23	David Emanuel	The Southport Mad Dog 10K 2015	00:37:19
24	Robert Fairbanks	Colshaw Hall 10K 2021	00:37:23
25	Barry Greaves	Dewsbury 10K 2004	00:37:33
26	Andrew Rogers	Dewsbury 10K 2020	00:37:36
27	Michael Fleming	Dewsbury 10K 2018	00:37:43
28	Dave Peart	Rochdale 10K 2015	00:37:45
28	Michael Wildbore	Dewsbury 10K 2018	00:37:45
30	Bernie Cassidy	Dewsbury 10K 2007	00:37:46
30	Mathew Reeves	Stockport 10K 2024	00:37:46
32	Paul Joyce	Milltown Oldham 10K 2016	00:37:47
33	Chris Tattersall	Hale 10K 2025	00:37:50
34	Stuart Hulme	Rochdale 10K 2009	00:38:00
35	Martin Thompson	Stockport 10K 2023	00:38:03
36	Shaun Armstrong	Dewsbury 10K 2017	00:38:04
37	Neil Brock	Dewsbury 10K 2020	00:38:07
38	Yousaf Butt	The Southport Mad Dog 10K 2015	00:38:08
39	Nick Cuff	Rochdale 10K 2016	00:38:13
40	Richard Cummins	Tatton Park 10K 2017	00:38:17

TOP 40 FEMALE 10K TIMES

POSITION	NAME	RACE	FINISH TIME
1	Jennifer Bloor	Dewsbury 10K 2017	00:38:54
2	Maisie Wainwright	Hale 10K 2025	00:39:17
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	Sheila Waite	Dewsbury 10K 2004	00:42:30
10	Debbie Shaw	Dewsbury 10K 2007	00:42:39
11	Jane Augsburger	Mossley 10K 2015	00:42:46
12	Debbie Fiddling	The Southport Mad Dog 10K 2012	00:43:26
13	Tawnia Norman	The Southport Mad Dog 10K 2015	00:44:00
14	Natalie Fitzpatrick	The Southport Mad Dog 10K 2015	00:44:29
15	Samantha Hankinson	Stockport Daffodil 10K 2022	00:44:31
16	Rochelle Reading	The Southport Mad Dog 10K 2015	00:44:49
17	Valerie Kilburn	Dewsbury 10K 2017	00:45:09
18	Gill Lowe	The Southport Mad Dog 10K 2015	00:45:22
19	Helen Knight	Trafford 10K 2005	00:45:25
20	Laura Walters	The Southport Mad Dog 10K 2015	00:45:46
21	Jill Grime	Dewsbury 10K 2011	00:46:01
22	Gail Shaw	Knutsford 10K 2024	00:46:02
23	Vikki Smith	Dewsbury 10K 2018	00:46:39
24	Kirsty Simcox	Rochdale 10K 2015	00:46:48
25	Trish Callan	Knutsford 10K 2025	00:46:55
26	Kirsty Agnew	Stockport Daffodil 10K 2022	00:47:00
27	Teresa Hollins	Trafford 10K 2005	00:47:01
28	Helen Radcliffe	Dewsbury 10K 2020	00:47:07
29	Louise Gilchrist	Trafford 10K 2005	00:47:14
30	Rachael Shuttleworth	Rochdale 10K 2017	00:47:58
31	Bryony Jones	Media City 10K 2022	00:48:15
32	Diane Johnson	Rochdale 10K 2016	00:48:20
33	Katherine Brierley	The Southport Mad Dog 10K 2015	00:48:22
33	Kyrinda Hurst-Moore	Middleton Moonraker 10K 2006	00:48:22
35	Selina McLean	The Southport Mad Dog 10K 2016	00:48:24
35	Jayne Roberts	The Southport Mad Dog 10K 2015	00:48:24
37	Rebecca Mercer	Milltown Oldham 10K 2016	00:48:34
38	Leonie Glynn	Dewsbury 10K 2018	00:48:53
39	Tracy Johnson	Dewsbury 10K 2019	00:49:06
39	Karen Mather	The Southport Mad Dog 10K 2014	00:49:06