TOP 40 MALE 10M TIMES

POSITION	NAME	RACE	FINISH TIME
1	Ian McBride	Great Warford 10 2013	00:51:32
2	Rob James	Blackpool Promenade 10 2019	00:55:39
3	Owen Flage	Llandudno 10 2005	00:56:03
4	Jarrod Gritt	Blackpool Promenade 10 2019	00:57:03
5	Stuart Carroll	Sale 10 2011	00:57:32
6	Dave Peart	Great Warford 10 2013	00:59:45
7	Jack Millar	Derwentwater 10 2026	00:59:51
8	Luke Lawson-Healey	Derwentwater 10 2023	00:59:54
9	James Henderson	Derwentwater 10 2023	01:00:12
10	Chris Lowe	Riverside 10 2017	01:00:13
11	Shane Reading	City of Preston 10 2023	01:00:17
12	Paul Bannister	Riverside 10 2017	01:00:25
13	Philip Marsden	Derwentwater 10 2015	01:00:36
14	Russell Ingham	Great Warford 10 2013	01:00:50
15	Martin Schofield	Great Warford 10 2012	01:00:53
16	George Booth	Derwentwater 10 2019	01:00:56
17	Gary Fielding	Swinton 10 2015	01:00:59
18	Paul Timms	Derwentwater 10 2024	01:01:07
19	Barry Greaves	Llandudno 10 2005	01:01:34
20	David McBride	Swinton 10 2015	01:01:41
21	Andy Sattler	St Annes 10 2005	01:02:08
22	Bernie Cassidy	Llandudno 10 2005	01:02:09
23	Stuart Hulme	Sale 10 2009	01:02:16
24	Bill Balmer	Derwentwater 10 2012	01:02:59
25	David Emanuel	Swinton 10 2015	01:03:11
26	Michael Harrison	Derwentwater 10 2015	01:03:44
27	Yousaf Butt	Derwentwater 10 2015	01:03:50
28	Brett Spivey	Derwentwater 10 2025	01:03:59
29	Daniel McManus	Derwentwater 10 2015	01:04:11
30	Robert Fairbanks	Derwentwater 10 2015	01:04:15
31	John Higgins	St Annes 10 2004	01:04:18
32	Bryan Lawton	LLandudno 10 2004	01:04:22
33	John Williamson	LLandudno 10 2004	01:04:30
34	Ian Dale	Derwentwater 10 2015	01:04:32
35	Alan Bodell	Derwentwater 10 2010	01:04:36
36	Brian Moore	St Anne 10 2004	01:04:38
37	Dave Kershaw	Derwentwater 10 2010	01:04:45
38	Chris Tattersall	Derwentwater 10 2024	01:05:00
39	Andrew Rogers	City of Preston 10 2023	01:05:10
40	David Hall	Sale 10 2011	01:05:12
40	Michael Wildbore	Prudent Riverside 10 2018	01:05:12

TOP 40 FEMALE 10M TIMES

POSITION	NAME	RACE	FINISH TIME
1	Sophie Wood	Derwentwater 10 2017	01:04:28
2	Jennifer Bloor	Swinton 10 2015	01:04:41
3	Carole Madden	Sale 10 2010	01:07:36
4	Sarah Tomassi	Derwentwater 10 2024	01:09:02
5	Becki Robinson	Derwentwater 10 2014	01:09:07
6	Kirsty White	Swinton 10 2015	01:09:33
7	Debbie Shaw	St Annes 10 2006	01:10:37
8	Janet Jobey	Blackpool Promenade 10 2019	01:11:00
9	Maisie Wainwright	Derwentwater 10 2023	01:11:05
10	Sheila Waite	St Annes 10 2004	01:11:10
11	Holly Graham	Derwentwater 10 2026	01:12:09
12	Debbie Fiddling	Sale 10 2011	01:12:14
13	Rochelle Reading	Derwentwater 10 2013	01:15:07
14	Valerie Kilburn	Prudent Riverside 10 2016	01:15:32
15	Helen Knight	Great Warford 10 2013	01:15:48
16	Samantha Hankinson	Derwentwater 10 2021	01:16:44
17	Laura Walters	Derwentwater 10 2013	01:16:45
18	Joanne Brown	Golden Ball 10 2021	01:17:54
19	Vikki Smith	Blackpool Promenade 10 2019	01:17:55
20	Trish Callan	City of Preston 10 2023	01:19:27
21	Louise Gilchrist	Llandudno 10 2005	01:19:28
22	Natalie Fitzpatrick	Swinton 10 2014	01:19:59
23	Tawnia Norman	Derwentwater 10 2015	01:20:04
24	Kate Instone	Derwentwater 10 2009	01:20:38
25	Rebecca Mercer	Prudent Riverside 10 2016	01:20:41
26	Teresa Hollins	Lancaster 10 2005	01:21:00
27	Selina McLean	Swinton 10 2015	01:21:18
28	Helen Radcliffe	Derwentwater 10 2016	01:22:56
29	Kirsty Agnew	Derwentwater 10 2021	01:23:02
30	Suzanne Darke	Derwentwater 10 2026	01:23:28
31	Luz Muir	Llandudno 10 2004	01:23:59
32	Margaret Bluer	Swinton 10 2015	01:24:08
33	Rose Rowson	Great Warford 10 2013	01:24:50
34	Jayne Roberts	Great Warford 10 2013	01:24:58
35	Nikki Green	Derwentwater 10 2013	01:25:14
36	Gail Shaw	City of Preston 10 2023	01:25:30
37	Andrea Simpson	Derwentwater 10 2015	01:26:26
37	Diane Johnson	Derwentwater 10 2013	01:26:26
37	Jillian Hickson	Riverside 10 2017	01:26:26
40	Kay Fitton	Great Warford 10 2013	01:26:32