

## 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	Luke Lawson-Healey	Derwentwater 10 2023	00:59:54
8	James Henderson	Derwentwater 10 2023	01:00:12
9	Chris Lowe	Riverside 10 2017	01:00:13
10	Shane Reading	City of Preston 10 2023	01:00:17
11	Paul Bannister	Riverside 10 2017	01:00:25
12	Philip Marsden	Derwentwater 10 2015	01:00:36
13	Russell Ingham	Great Warford 10 2013	01:00:50
14	Martin Schofield	Great Warford 10 2012	01:00:53
15	George Booth	Derwentwater 10 2019	01:00:56
16	Gary Fielding	Swinton 10 2015	01:00:59
17	Paul Timms	Derwentwater 10 2024	01:01:07
18	Barry Greaves	Llandudno 10 2005	01:01:34
19	David McBride	Swinton 10 2015	01:01:41
20	Andy Sattler	St Annes 10 2005	01:02:08
21	Bernie Cassidy	Llandudno 10 2005	01:02:09
22	Stuart Hulme	Sale 10 2009	01:02:16
23	Bill Balmer	Derwentwater 10 2012	01:02:59
24	David Emanuel	Swinton 10 2015	01:03:11
25	Michael Harrison	Derwentwater 10 2015	01:03:44
26	Yousaf Butt	Derwentwater 10 2015	01:03:50
27	Daniel McManus	Derwentwater 10 2015	01:04:11
28	Robert Fairbanks	Derwentwater 10 2015	01:04:15
29	John Higgins	St Annes 10 2004	01:04:18
30	Bryan Lawton	Llandudno 10 2004	01:04:22
31	John Williamson	Llandudno 10 2004	01:04:30
32	Ian Dale	Derwentwater 10 2015	01:04:32
33	Alan Bodell	Derwentwater 10 2010	01:04:36
34	Brian Moore	St Anne 10 2004	01:04:38
35	Dave Kershaw	Derwentwater 10 2010	01:04:45
36	Chris Tattersall	Derwentwater 10 2024	01:05:00
37	Andrew Rogers	City of Preston 10 2023	01:05:10
38	David Hall	Sale 10 2011	01:05:12
38	Michael Wildbore	Prudent Riverside 10 2018	01:05:12
40	Bernard Goodwin	Derwentwater 10 2010	01:05:15

## 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	Debbie Fiddling	Sale 10 2011	01:12:14
12	Rochelle Reading	Derwentwater 10 2013	01:15:07
13	Valerie Kilburn	Prudent Riverside 10 2016	01:15:32
14	Helen Knight	Great Warford 10 2013	01:15:48
15	Samantha Hankinson	Derwentwater 10 2021	01:16:44
16	Laura Walters	Derwentwater 10 2013	01:16:45
17	Joanne Brown	Golden Ball 10 2021	01:17:54
18	Vikki Smith	Blackpool Promenade 10 2019	01:17:55
19	Trish Callan	City of Preston 10 2023	01:19:27
20	Louise Gilchrist	Llandudno 10 2005	01:19:28
21	Natalie Fitzpatrick	Swinton 10 2014	01:19:59
22	Tawnia Norman	Derwentwater 10 2015	01:20:04
23	Kate Instone	Derwentwater 10 2009	01:20:38
24	Rebecca Mercer	Prudent Riverside 10 2016	01:20:41
25	Teresa Hollins	Lancaster 10 2005	01:21:00
26	Selina McLean	Swinton 10 2015	01:21:18
27	Helen Radcliffe	Derwentwater 10 2016	01:22:56
28	Kirsty Agnew	Derwentwater 10 2021	01:23:02
29	Luz Muir	Llandudno 10 2004	01:23:59
30	Margaret Bluer	Swinton 10 2015	01:24:08
31	Rose Rowson	Great Warford 10 2013	01:24:50
32	Jayne Roberts	Great Warford 10 2013	01:24:58
33	Nikki Green	Derwentwater 10 2013	01:25:14
34	Gail Shaw	City of Preston 10 2023	01:25:30
35	Andrea Simpson	Derwentwater 10 2015	01:26:26
35	Diane Johnson	Derwentwater 10 2013	01:26:26
35	Jillian Hickson	Riverside 10 2017	01:26:26
38	Kay Fitton	Great Warford 10 2013	01:26:32
39	Bryony Jones	Settle 10 2022	01:28:21
40	Lisa Cummins	Blackpool Promenade 10 2019	01:28:34