

Podium 5K

8 November 2014

A Race

Pos	Name	Club	Cat	Time
1	Chris Livesey	Preston Harriers	M	15.02
2	Ben Fish	Blackburn Harriers	M	15.04
3	Andy Norman	Altrincham AC	M	15.22
4	Stuart Robinson	Salford Harriers	M	15.25
5	Nathan Kilcourse	Salford Harriers	M	15.44
6	Matt Lalor	Barlick Fell Runners	M	16.04
7	Max Wharton	Halifax Harriers	MJ	16.12
8	Ian Livesey	Barlick Fell Runners	M	16.35
9	Josh Boyle	Blackburn Harriers	MJ	16.40
10	Jack Hindle	Blackburn Harriers	MJ	16.55
11	Chris Davies	Blackburn Harriers	M	17.06
12	Shaun Livesey	Blackburn Harriers	M40	17.07
13	Danielle Hodgkinson	Birchfield Harriers	F	17.17
14	Joe Monk	Blackburn Harriers	MJ	17.24
15	Paul Simons	Salford Harriers	M50	17.30
16	Andrew Carson	Barlick Fell Runners	M	17.49
17	Chris Smale	Barlick Fell Runners	M50	18.00
18	Richard Jones	Garstang RC	M	19.15

B Race

1	Tim Raynes	U/A	M	17.01
2	Allan Hartley	Blackburn Harriers	M	18.54
3	Jamie Osbourne	Trawden AC	M	19.04
4	Phillip Quibell	Salford Harriers	M55	19.11
5	Mark Almond	Blackburn Harriers	M45	19.30
6	Lee Quibell	U/A	M	19.44
7	Steve Gore	Red Rose RR	M	19.58
8	Jason Cole	Trawden AC	M	20.37
9	Lindsey Berends	Preston Harriers	F40	21.43
10	Anne Mayers-Smith	Wesham RR	F35	22.43
11	Chris Moss	Wesham RR	M50	22.49
12	Terry Longergan	NVAC	M65	23.11
13	Neil Canham	Trafford AC	M60	23.16
14	Alan Taylor	Wesham RR	M45	24.02