

## 10k COURSE RECORDS

CAT	EVENT	NAME	CLUB	TIME
M	Summer 2004	<b>Andi Jones</b>	Salford Harriers	00:30:31
F	Summer 2016	<b>Lizzie Adams (Browne)</b>	Hallamshire Harriers	00:33:55
Fv35	Summer 2007	<b>Gill Laithwaite</b>	St Helens Striders	00:36:16
Mv40	Summer 1999	<b>Bob Atkinson</b>	Barrow Striders	00:32:30
Fv40	Winter 2002	<b>Sue Beaconsall</b>	Bingley Harriers	00:38.40
Mv45	Summer 2013	<b>Marco Calderone</b>	Antoniana RC	00;35:27
	Winter 2003	<b>Bob Atkinson</b>	Barrow Striders	00:32:26
Fv45	Winter 1999	<b>Kathy Musson</b>	Unatached	00:37:11
Mv50	Summer 2001	<b>Stephen Moore</b>	Keswick AC	00:34:30
	Winter 2012	<b>Bob Atkinson</b>	Barrow Striders	00:34:01
Fv50	Summer 1996	<b>Anne Bland</b>	Northern Vets	00:41:19
	Winter 2013	<b>Sue Beaconsfield</b>	Bingley Harriers	00:38:24
Mv55	Summer 2005	<b>Stephen Moore</b>	Lytham S Annes RC	00:35:16
	Winter 2013	<b>Bob Atkinson</b>	Barrow Striders	00:33:28
Fv55	Summer 2005	<b>Lou Lyness</b>	Barrow Striders	00:41:37
Mv60	Summer 2019	<b>Bob Atkinson</b>	Barrow Striders	00:35:06
	Winter 2013	<b>Mike Walsh</b>	Kendal AC	00:39:10
Fv60	Summer 2010	<b>Lou Lyness</b>	Barrow Striders	00:42:11
Mv65	Winter 2001	<b>Dennis Hayes</b>	Keswick AC	00:38:35
Fv65	Winter 2013	<b>Jane Laycock</b>	Ambleside AC	00:51:00
Mv70	Summer 2012	<b>Peter Hall</b>	Barrow Striders	00:41:14
	Winter 2004	<b>David Spencer</b>	Barrow Striders	00:46:21
Fv70	Summer 2013	<b>Kathy Cartledge</b>	Bentham Beagles	00:53:06
Mv75	Summer 2007	<b>Mike Walsh</b>	Blackpool/Fylde	00:48:57
	Winter 2013	<b>Bernard Elkington</b>	Lancs/Morcambe	01:02:58
Fv75	Summer 2013	<b>Evelyn Elkington</b>	Lancs/Morcambe	01:02:03
	Winter 2013	<b>Evelyn Elkington</b>	Lancs/Morcambe	01:02:58