

Red Rose Road Runners  
 Grand Prix Results 2019  
 New Longton 10K Race

Competitor	Handicap	New Longton	Min/Km	Ratio	Points
Richard Field	05:00	00:44:00	00:04:24	113.504%	30
Steven Moon	04:42	00:42:31	00:04:15	110.525%	29
Anthony Pope	06:05	00:57:11	00:05:43	106.383%	28
Michael Jeffryes	05:51	00:56:16	00:05:38	104.038%	27
Liam Hooton	04:15	00:40:56	00:04:06	103.692%	26
John Barker	04:08	00:39:59	00:04:00	103.439%	25
Jonathan Finch	04:07	00:39:46	00:03:59	103.416%	24
Rob Mather	04:41	00:45:46	00:04:35	102.476%	23
Barry Wheeler	04:08	00:40:53	00:04:05	101.209%	22
Christopher Bridge	04:46	00:47:11	00:04:43	101.095%	21
Andy Speer	05:26	00:54:05	00:05:25	100.401%	20
Michael Oddie	04:14	00:42:11	00:04:13	100.237%	19
Simon Worbey	04:49	00:48:11	00:04:49	100.000%	18
Martin Wells	06:47	01:07:48	00:06:47	100.000%	17
Stuart Smith	04:11	00:41:55	00:04:12	99.662%	16
Christopher Clark	06:39	01:07:08	00:06:43	99.172%	15
Andrew Stell	04:27	00:44:55	00:04:30	99.072%	14
Chris Corrigan	04:28	00:45:08	00:04:31	98.948%	13
Lee Burton	04:53	00:49:55	00:05:00	97.713%	12
Karl Hodgson	03:37	00:37:02	00:03:42	97.705%	11
David Parkinson	03:44	00:38:18	00:03:50	97.607%	10
Philip Marsden	03:36	00:37:03	00:03:42	97.121%	9
Allan Howard	05:43	00:59:24	00:05:56	96.324%	8
Joe Swarbrick	03:54	00:40:43	00:04:04	95.770%	7
Michael Hogarth	05:48	01:00:40	00:06:04	95.467%	6
Peter O'Grady	04:41	00:49:47	00:04:59	94.152%	5
Stuart Cann	04:00	00:42:59	00:04:18	92.943%	4
Paul Woan	04:34	00:51:11	00:05:07	89.254%	3
Simon Kirkman	06:54	01:19:35	00:07:58	86.712%	2
Anees Shaikh	05:15	01:07:52	00:06:47	77.398%	1
John Wiseman	04:38	01:00:38	00:06:04	76.425%	1

Competitor	Handicap	New Longton	Min/Km	Ratio	Points
Margaret Worbey	06:20	00:52:21	00:05:14	120.917%	30
Catherine Latham	06:16	00:53:40	00:05:22	116.832%	29
Ann Donoghue	07:00	01:00:37	00:06:04	115.356%	28
Stephanie Atkinson	06:25	00:57:49	00:05:47	111.098%	27
Janette Rayton	05:03	00:46:02	00:04:36	109.558%	26
Julie Thorley	05:57	00:54:50	00:05:29	108.632%	25
Andrea Jenkins	06:13	00:57:51	00:05:47	107.462%	24
Katy Cleece	05:52	00:54:45	00:05:29	107.123%	23
Catherine Morris	06:27	01:00:56	00:06:06	105.717%	22
Karen Smith	06:15	00:59:13	00:05:55	105.516%	21
Marion O'Grady	06:13	00:59:22	00:05:56	104.726%	20
Ruth Watkinson	07:01	01:07:12	00:06:43	104.377%	19
Michelle Clapham	06:39	01:04:08	00:06:25	103.794%	18
Sandra Rolston	06:20	01:01:59	00:06:12	102.241%	17

Fiona Gutteridge	06:32	01:04:11	00:06:25	101.714%	16
Louise Withnell	05:39	00:55:37	00:05:34	101.508%	15
Amanda Berry	06:10	01:01:02	00:06:06	101.147%	14
Jo Roberts	05:44	00:57:05	00:05:43	100.438%	13
Zoe Cain	05:23	00:53:45	00:05:23	100.217%	12
Debbie Porter	05:36	00:55:56	00:05:36	100.169%	11
Carol Heaton	06:20	01:03:15	00:06:20	100.040%	10
Nicola Millington	05:42	00:57:03	00:05:42	100.000%	9
Sandra Davies	06:47	01:07:54	00:06:47	100.000%	8
Kirsty Aspinall	07:01	01:10:11	00:07:01	100.000%	7
Lesley Renshaw	06:00	01:00:53	00:06:05	98.412%	6
Alison Parkinson	04:50	00:49:09	00:04:55	98.372%	5
Anne Smith	07:23	01:15:07	00:07:31	98.358%	4
Kathryn Abbott	05:22	00:54:44	00:05:28	98.036%	3
Anneke Crosby	04:56	00:50:39	00:05:04	97.291%	2
Pauline Moorcroft	04:48	00:49:51	00:04:59	96.239%	1
Claire Shaw	04:58	00:51:47	00:05:11	95.773%	1
Hannah Clayton	06:01	01:03:14	00:06:19	95.098%	1
Carolyn Douglass	05:02	00:53:04	00:05:18	94.923%	1
Lisa Baron	05:57	01:02:51	00:06:17	94.551%	1
Judi Ingham	05:23	00:57:10	00:05:43	94.111%	1
Emily Ingham	05:22	00:57:09	00:05:43	93.895%	1
Karen Clark	06:16	01:07:01	00:06:42	93.567%	1
Davina Bowling	05:25	00:58:28	00:05:51	92.603%	1
Leanne Finch	05:14	00:57:28	00:05:45	90.966%	1
Jane Godslan	05:01	00:57:00	00:05:42	88.099%	1
Kate Clipston	05:19	01:04:08	00:06:25	82.918%	1