

**Red Rose Road Runners
Championship
Catforth Canter 5K
Race Date - 11th August 2019**

Competitor	Cat	Result	Points
Simon Croft	SEN	00:16:26	1
Philip Marsden	M45	00:17:34	2
David Parkinson	M50	00:18:31	3
Alan Jolly	M50	00:19:03	4
Stephen Woodruffe	M55	00:19:36	5
Stuart Smith	M40	00:19:37	6
Barry Wheeler	SEN	00:19:41	7
James Darkin	M45	00:20:01	8
Sam Hodgson	SEN	00:20:08	9
Stuart Cann	M50	00:20:10	10
Ethan Hodgkinson	SEN	00:20:14	11
Chris Corrigan	SEN	00:20:22	12
Steven Moon	M40	00:20:25	13
Christopher Bridge	SEN	00:20:50	14
Simon Winster	SEN	00:21:13	15
Simon Worbey	M40	00:21:53	16
Ray Taylor	M65	00:22:25	17
Reece Thomas	SEN	00:26:32	18
John Wiseman	M50	00:26:45	19
Damian Clapham	M40	00:32:20	20

Competitor	Cat	Result	Points
Sophie Pilkington	SEN	00:20:54	1
Jill Jefferson	F60	00:21:18	2
Samantha Edwards	SEN	00:21:44	3
Natalie Croft	F35	00:23:05	4
Sue Brookes	F40	00:23:20	5
Ann Cleave	F55	00:23:37	6
Janette Rayton	F40	00:23:39	7
Sian King	SEN	00:24:50	8
Zoe Cain	SEN	00:25:07	9
Helen Greenhalgh	F40	00:25:15	10
Kathryn Abbott	F50	00:25:32	11
Esther Stanier	F35	00:25:55	12
Carolyn Douglass	F70	00:26:03	13
Ann Donoghue	F35	00:26:40	14
Helen Ormerod-Pateman	SEN	00:26:44	15
Louise Withnell	F45	00:27:41	16
Karen Smith	F40	00:27:54	17
Jo Roberts	V50	00:28:24	18
Lesley Renshaw	F50	00:29:06	19
Catherine Morris	V35	00:29:29	20
Ruth Watkinson	F45	00:30:19	21
Sandra Rolston	V55	00:30:21	22
Fiona Gutteridge	F35	00:30:28	23