

**Lancashire AA
10-Mile Road Championships**

Bispham

15th March 2015

Lancashire Medal Winners

Men

1	David Rigby	Preston Harriers	00:52:50
2	James Kevan	Horwich RMI Harriers	00:53:38
3	Matthew Lalor	Barlick Fell Runners	00:54:00

Women

1	Bev Wright	Blackpool Wyre & Fylde AC	01:08:03
2	Jo Sharp	Blackburn Road Runners	01:09:37
3	Jayne Perry	Lancaster & Morecambe AC	01:10:14

Lancashire Teams

Men

1	David Rigby	Preston Harriers	00:52:50
4	Gary Pennington	Preston Harriers	00:54:57
8	Neil McDonald	Preston Harriers	00:59:59

Women

5	Helen Lawrenson	Wesham Road Runners & AC	01:13:55
7	Nicola Unsworth	Wesham Road Runners & AC	01:14:49
12	Kath Hoyer	Wesham Road Runners & AC	01:18:29

Men's Masters

1	Gary Pennington	Preston Harriers	00:54:57
3	Neil McDonald	Preston Harriers	00:59:59
19	David Green	Preston Harriers	01:07:08

Women's Masters

5	Helen Lawrenson	Wesham Road Runners & AC	01:13:55
7	Nicola Unsworth	Wesham Road Runners & AC	01:14:49
11	Kath Hoyer	Wesham Road Runners & AC	01:18:29

Category Winners

MJ	Jack Okell	Lancaster University AC	01:01:34
M35	Ben Donohughe	Red Rose Road Runners	01:02:20
M40	Lee Barlow	Wesham Road Runners	01:00:24
M45	Gary Pennington	Preston Harriers	00:54:57
M50	Stuart Cann	Red Rose Road Runners	01:05:03
M55	Paul Muller	Horwich RMI Harriers	00:59:21
M60	Graham Webster	Lytham St Annes RR	01:06:40
M65	Alan Appleby	Preston Harriers	01:09:00
M70	Mike Barnes	Northern Vets AC	01:22:45
M75	Ted Orrell	Clayton le Moors Harriers	01:25:39
M80	Mike Walsh	Thornton Cleveleys RC	01:51:24
W35	Jayne Perry	Lancaster & Morecambe AC	01:10:14
W40	Jo Sharp	Blackburn Road Runners	01:09:37
W45	Helen Lawrenson	Wesham Road Runners	01:13:55
W50	Bev Wright	Blackpool Wyre & Fylde AC	01:08:03
W55	Jill Jefferson	Red Rose Road Runners	01:15:01
W60	Jennifer Adams	Northern Vets AC	01:28:27
W65	Carol Douglas	Red Rose Road Runners	01:22:48