

TOP 40 MALE 10K TIMES

POSITION	NAME	RACE	FINISH TIME
	Ian McBride	The Southport Mad Dog 10K 2012	00:31:57
	Rob James	Rochdale 10K 2022	00:33:21
	Jarrold Gritt	Dewsbury 10K 2019	00:33:47
	Owen Flage	Dewsbury 10K 2007	00:34:13
	Stuart Carroll	The Southport Mad Dog 10K 2012	00:34:42
	Shane Reading	Dewsbury 10K 2018	00:35:34
	James Henderson	Stockport 10K 2023	00:35:57
	Philip Marsden	The Southport Mad Dog 10K 2015	00:36:03
	Martin Schofield	Middleton Moonraker 10K 2012	00:36:21
	Chris Lowe	Dewsbury 10K 2018	00:36:25
	George Booth	Dewsbury 10K 2020	00:36:30
	David McManus	The Southport Mad Dog 10K 2015	00:36:37
	David McBride	The Southport Mad Dog 10K 2015	00:36:46
	Andy Sattler	Trafford 10K 2004	00:36:47
	Dave Kershaw	The Southport Mad Dog 10K 2012	00:36:53
	Gary Fielding	The Southport Mad Dog 10K 2015	00:36:59
	Paul Timms	Rochdale 10K 2022	00:37:03
	Rob Batty	Rochdale 10K 2015	00:37:08
	Russell Ingham	Middleton Moonraker 10K 2013	00:37:11
	David Emanuel	The Southport Mad Dog 10K 2015	00:37:19
	Robert Fairbanks	Colshaw Hall 10K 2021	00:37:23
	Barry Greaves	Dewsbury 10K 2004	00:37:33
	Andrew Rogers	Dewsbury 10K 2020	00:37:36
	Michael Fleming	Dewsbury 10K 2018	00:37:43
	Dave Peart	Rochdale 10K 2015	00:37:45
	Michael Wildbore	Dewsbury 10K 2018	00:37:45
	Bernie Cassidy	Dewsbury 10K 2007	00:37:46
	Paul Joyce	Milltown Oldham 10K 2016	00:37:47
	Stuart Hulme	Rochdale 10K 2009	00:38:00
	Martin Thompson	Stockport 10K 2023	00:38:03
	Shaun Armstrong	Dewsbury 10K 2017	00:38:04
	Neil Brock	Dewsbury 10K 2020	00:38:07
	Yousaf Butt	The Southport Mad Dog 10K 2015	00:38:08
	Nick Cuff	Rochdale 10K 2016	00:38:13
	Richard Cummins	Tatton Park 10K 2017	00:38:17
	Bill Balmer	Middleton Moonraker 10K 2011	00:38:22
	John Williamson	Dewsbury 10K 2005	00:38:42
	Bruce Whittam	The Southport Mad Dog 10K 2012	00:38:48
	Mark Kelly	Dewsbury 10K 2011	00:38:49
	Colin Green	The Southport Mad Dog 10K 2012	00:38:49

TOP 40 FEMALE 10K TIMES

POSITION	NAME	RACE	FINISH TIME
	Jennifer Bloor	Dewsbury 10K 2017	00:38:54
	Becki Robinson	The Southport Mad Dog 10K 2015	00:39:43
	Carole Madden	Dewsbury 10K 2010	00:40:17
	Sophie Wood	Tatton Park 10K 2017	00:40:28
	Kirsty White	The Southport Mad Dog 10K 2015	00:41:04
	Janet Jobey	Dewsbury 10K 2019	00:41:40
	Sheila Waite	Dewsbury 10K 2004	00:42:30
	Debbie Shaw	Dewsbury 10K 2007	00:42:39
	Jane Augsburger	Mossley 10K 2015	00:42:46
	Debbie Fiddling	The Southport Mad Dog 10K 2012	00:43:26
	Tawnia Norman	The Southport Mad Dog 10K 2015	00:44:00
	Natalie Fitzpatrick	The Southport Mad Dog 10K 2015	00:44:29
	Samantha Hankinson	Stockport Daffodil 10K 2022	00:44:31
	Rochelle Evans	The Southport Mad Dog 10K 2015	00:44:49
	Valerie Kilburn	Dewsbury 10K 2017	00:45:09
	Gill Lowe	The Southport Mad Dog 10K 2015	00:45:22
	Helen Knight	Trafford 10K 2005	00:45:25
	Laura Walters	The Southport Mad Dog 10K 2015	00:45:46
	Jill Grime	Dewsbury 10K 2011	00:46:01
	Vikki Smith	Dewsbury 10K 2018	00:46:39
	Kirsty Simcox	Rochdale 10K 2015	00:46:48
	Kirsty Agnew	Stockport Daffodil 10K 2022	00:47:00
	Teresa Hollins	Trafford 10K 2005	00:47:01
	Helen Radcliffe	Dewsbury 10K 2020	00:47:07
	Louise Gilchrist	Trafford 10K 2005	00:47:14
	Rachael Shuttleworth	Rochdale 10K 2017	00:47:58
	Bryony Jones	Media City 10K 2022	00:48:15
	Diane Johnson	Rochdale 10K 2016	00:48:20
	Katherine Brierley	The Southport Mad Dog 10K 2015	00:48:22
	Kyrinda Hurst-Moore	Middleton Moonraker 10K 2006	00:48:22
	Selina McLean	The Southport Mad Dog 10K 2016	00:48:24
	Jayne Roberts	The Southport Mad Dog 10K 2015	00:48:24
	Trish Callan	Dewsbury 10K 2020	00:48:24
	Rebecca Mercer	Milltown Oldham 10K 2016	00:48:34
	Sarah Tomassi	Knutsford 10K 2022	00:48:36
	Leonie Glynn	Dewsbury 10K 2018	00:48:53
	Karen Mather	The Southport Mad Dog 10K 2014	00:49:06
	Tracy Johnson	Dewsbury 10K 2019	00:49:06
	Liane Gilligan	Dewsbury 10K 2020	00:49:08
	Angie Hart	Middleton Moonraker 10K 2013	00:49:58