

Norman Poole Cowm 5K Rochdale 5<sup>th</sup> May 2010-05-06

1. 1. N.Brooks Sale 15.13 NCR
2. 2. J.Bailey Sale 15.17
3. 3. D.Proctor Roch 15.19
4. 4. T.Lancashire Bolt 15.29
5. 5. D.Norman Alt 15.33
6. 6. N.Leigh Alt 15.40
7. 7. D.lockett Salf 16.05 V40
8. 8. T.atkinson Sale 16.38
9. 9. A.Holt Ross 16.49
- 10.10.S.Johnson Bing 16.59 V40
- 11.11.P.Hall CLM's 17.07 V45
- 12.12.S.Heaton ECH 17.08
- 13.13.G.Raven Sale 17.10
- 14.14.K.Jackson Roch Tri 17.30
- 15.15.I.Jackson Salf 17.43 V40
- 16.16.I.Stainthorpe Roch 17.55 V45
- 17.17.D.Mead Roch Tri 18.01
- 18.18.J.Walsh Roch 18.02 Jun
- 19.19.M.Bond Sale 18.44
- 20.20.J.Halligan Andems 18.50 V40
- 21.21.I.Dale u.a 18.53 v45
- 22.22.D.Wormald Roch Tri 18.58 v40
- 23.23.N.Walsh Roch 19.06 v40
- 24.24.M.Catherall Roch 19.09 V55
- 25.25.M.Kelly RRR 19.14
- 26.26.M.Kay Roch Tri 19.31
- 27.27.C.Forde TPCC 19.39 v50
- 28.28.D.Murphy Ross 19.40 v40
- 29.29.I.Douglas u.a 19.41
- 30.30.D. Whittam RRR 20.00 V45
- 31.31.R.Wormald u.a 20.02 V45
- 32.32.J.Riley Tod 20.16
- 33.33.N.Canham Traff 20.18 V60
- 34.34.C.Eavers Ross 20.41 V55
- 35.35.P.Lyons Ross 20.51 V60
- 36.36.R.Dalby Roch 21.08 v55
- 37.37.S.Wild Roch 21.30 v45
- 38.38.Lucy Moore Roch 21.31 Junior
- 39.39.T.Richardson Roch 21.44 v40
- 40.40.L.Thirsk Roch 21.48 Junior
- 41.41.M.Clawson u.a 22.16
- 42.42.Nikki Lavin RRC 22.18 v35

43.43. Mel Saiddall Tod 22.20 V45  
44.44. Natalie Murphy Ross 22.26 V40  
45.45. I.Digweed Andems 22.27 v40  
46.46. Anna Blomfield Roch 22.35 v45  
47.47. Siobhan Halligan Andems 22.44 V40  
48.48. Isabella Lewis Ross 22.51 Junior  
49.49. J.Lambe RRR 23.09 v45  
50.50. J.Hope U/A 23.17  
51.51. S.Senior Midd 23.23 v55  
52.52. C.Hardman u/a 23.42 v45  
53.53. Beth Greenwood Roch 23.43 Junior  
54.54. G.Navan Ross 23.45 v65  
55.55. Naomi Richardson Roch 23.47 Junior  
56.56. Eileen Wadsworth Ross 23.53 v50  
57.57. S.Tomlinson u/a 24.10 v50  
58.58. A.Kasprowicz Andems 24.13 v40  
59.59. D.Lewis Ross 24.14 v45  
60.60. Susan Lewis Ross 24.14 v45  
61.61. Collette Shipley Andems 24.20 v40  
62.62. C.Moore Roch 24.28 junior  
63.63. L.Boswell Roch Tri 24.41 v45  
64.64. S.Bailey Dees 24.46 v50  
65.65. Sue Exon Traff 24.53 v55  
66.66. T.Finch NVAC 25.00 v65  
67.67. Samantha Hankinson Roch 25.03 junior  
68.68. L.Moore Roch 25.19 junior  
69.69. Sophie Thirsk Roch 25.21 junior  
70.70. J.Taylor Darwen 25.38 v60  
71.71. Fern Robinson Roch 26.23 junior  
72.72. Michaela Kasprowicz Andems 26.29 v40  
73.73. T.Kasprowicz RRC 26.30 v45  
74.74. Pauline Cooper Andems 26.31 V50  
75.75. Lorraine Leary Roch 26.42 v45  
76.76. J.Connolly Ross 26.47 v55  
77.77. Jane Hughes Ross 26.49 v40  
78.78. Christine Navan Ross 26.55 V65  
79.79. Joanne Walsh Roch 27.00 v40  
80.80. void  
81.81. Lou Gilchrist Valley 27.18 v75  
82.82. Brenda Robinson Roch 27.26 v65  
83.83. Amanda Thirsk Roch 28.36 v40  
84.84. Yvonne Tomlinson u/a 28.41 v40  
85.85. Janet Proctor Roch 29.24 v55

86.86. Joanne Reid GMP 31.28 v35  
87.87. Ria Bright Sadd 33.00 v40