

**Red Rose Road Runners**  
**Grand Prix 2023/24**  
**Preston 10k**  
**Race Date - 24 September 2023**

Competitor	Handicap	Result	Min/Km	Ratio	Points
Steven Moon	00:05:16	00:44:21	00:04:26	118.90%	30
Anthony Pope	00:06:43	01:02:30	00:06:15	107.41%	29
Rick Dewhurst	00:06:13	00:59:12	00:05:55	105.07%	28
Stuart Cann	00:04:27	00:43:42	00:04:22	101.75%	27
Scott Jackson	00:04:18	00:43:07	00:04:19	99.69%	26
Bernard Mitchell	00:06:22	01:04:21	00:06:26	99.02%	25
Simon Major	00:04:13	00:43:05	00:04:19	97.83%	24
Philip Butler	00:04:39	00:47:51	00:04:47	97.32%	23
Stephen Woodruffe	00:04:15	00:43:37	00:04:22	97.29%	22
Ben Woodcock	00:04:40	00:48:04	00:04:48	97.03%	21
Robert Taylor	00:04:50	00:50:07	00:05:01	96.45%	20
Mike Birtles	00:05:28	00:57:15	00:05:44	95.55%	19
Joe Swarbrick	00:04:13	00:44:09	00:04:25	95.45%	18
Daniel Hughes	00:03:40	00:38:39	00:03:52	94.95%	17
Karl Hodgson	00:03:28	00:36:39	00:03:40	94.80%	16
Andrew Stell	00:04:18	00:45:21	00:04:32	94.77%	15
Matthew Holmes	00:03:32	00:37:23	00:03:44	94.64%	14
David Moss	00:04:26	00:46:58	00:04:42	94.50%	13
Christopher Bridge	00:04:10	00:44:14	00:04:25	94.24%	12
Richard Barnes	00:04:26	00:50:21	00:05:02	88.08%	11
Johnathan Wells	00:04:13	00:50:07	00:05:01	84.10%	10
Emil Bowe	00:04:06	00:54:01	00:05:24	75.78%	9

Competitor	Handicap	Result	Min/Km	Ratio	Points
Emma Holliday	00:07:17	01:06:51	00:06:41	108.99%	30
Jeanette Higham	00:06:20	01:00:22	00:06:02	104.83%	29
Annabel Rigby	00:05:30	00:54:02	00:05:24	101.75%	28
Heather Whalley	00:07:46	01:18:12	00:07:49	99.40%	27
Sophie Pilkington	00:04:05	00:41:16	00:04:08	98.90%	26
Sarah Parkinson	00:05:25	00:55:00	00:05:30	98.42%	25
Alison Parkinson	00:05:23	00:54:47	00:05:29	98.14%	24
Georgie Hampson	00:05:04	00:52:01	00:05:12	97.44%	23
Ramona Mulligan	00:09:16	01:37:58	00:09:48	94.61%	22
Jenn McDonough	00:04:57	00:52:30	00:05:15	94.42%	21
Tina Carr	00:06:13	01:06:01	00:06:36	94.06%	20
Rebecca Wells	00:05:22	00:57:21	00:05:44	93.72%	19
Samantha Edwards	00:04:24	00:47:05	00:04:43	93.31%	18
Louise Withnell	00:06:14	01:06:56	00:06:42	93.03%	17

Julia Durney	00:06:47	01:13:17	00:07:20	92.64%	16
Gayle Cookson	00:05:41	01:01:27	00:06:09	92.38%	15
Carol Douglass	00:05:21	00:58:39	00:05:52	91.09%	14
Paula Stell	00:05:07	00:56:35	00:05:40	90.57%	13
Alison Dick	00:06:59	01:17:42	00:07:46	89.95%	12
Judi Ingham	00:05:04	00:59:54	00:05:59	84.53%	11