

## Garstang 10k 121/4/13

(1st 36.07; 2nd 36.21; 3rd 36.26)

pos			time		road pts	GP pts
1	John Lloyd	M	36	7	100.5	100.5
2	Robin Tuddenham	M40	36	21	99.9	105.8
3	Paul Brannigan	M45	36	26	99.6	108.8
12	Dan Taylor	M	39	55	90.9	90.9
25	Sarah Glyde	F35	43	7	84.2	96.9
54	Joe Daniels	M	47	47	76.0	76.0
55	Paul Cruthers	M50	48	1	75.6	83.9
80	Nigel Hanson	M55	52	56	68.6	80.7
84	Dave Wilson	M55	53	18	68.1	80.2
87	Helen Wilson	F45	53	45	67.5	84.7
90	Ray Poulter	M65	53	54	67.3	86.6
97	Andrea Marshall	F	55	21	65.6	72.6
106	Peter Ehrhardt	M65	57	9	63.5	82.6

in GP points position						
3	Paul Brannigan	M45	36	26	99.6	108.8
2	Robin Tuddenham	M40	36	21	99.9	105.8
1	John Lloyd	M	36	7	100.5	100.5
25	Sarah Glyde	F35	43	7	84.2	96.9
12	Dan Taylor	M	39	55	90.9	90.9
90	Ray Poulter	M65	53	54	67.3	86.6
87	Helen Wilson	F45	53	45	67.5	84.7
55	Paul Cruthers	M50	48	1	75.6	83.9
106	Peter Ehrhardt	M65	57	9	63.5	82.6
80	Nigel Hanson	M55	52	56	68.6	80.7
84	Dave Wilson	M55	53	18	68.1	80.2
54	Joe Daniels	M	47	47	76.0	76.0
97	Andrea Marshall	F	55	21	65.6	72.6