

**Active Workforce Virtual 5K 2020 Results**

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| --- | --- |
| Name | Time |
| Si Redhead | 00:17:41 |
| David Low | 00:17:56 |
| Jesse Roberts | 00:18:00 |
| James Ellis | 00:18:17 |
| Dave Pryor | 00:20:26 |
| Tom Coupe | 00:21:31 |
| Christine Murphy | 00:22:39 |
| Andrew Clark | 00:22:54 |
| Andy MacKenzie | 00:23:00 |
| Dave Hechle | 00:23:08 |
| Simon Dougherty | 00:23:28 |
| Karen Nicholson | 00:23:37 |
| Nicola Hayes | 00:23:44 |
| Rebecca Johnston | 00:23:56 |
| Bernarde Bell | 00:24:05 |
| John Dickinson | 00:25:18 |
| Dan Copp | 00:25:57 |
| Mark Litherland | 00:26:21 |
| Lindsay McDowell | 00:26:34 |
| Nikki Spafford | 00:26:44 |
| Lee Davies | 00:27:14 |
| Emily Kirkham | 00:27:23 |
| Dave Holmes | 00:28:09 |
| Nikki Murphy | 00:28:10 |
| Andy Beckett | 00:28:21 |
| Louise Brown | 00:28:24 |
| Graham Brown | 00:28:24 |
| Glen Williams | 00:28:43 |
| Stuart Burcher | 00:28:47 |
| Leanne Cooper Szabo | 00:28:56 |
| Leskey Humphreys | 00:29:00 |
| Charlotte Cassidy | 00:29:19 |
| Charlotte Cassidy | 00:29:19 |
| Chris Staunton | 00:30:28 |
| Alison Blundell | 00:30:32 |
| Jamie Buckley | 00:30:32 |
| Paula Bradshaw | 00:30:39 |
| Sonya Wall | 00:30:55 |
| Katy Greenwood | 00:31:26 |
| Helen Duggan | 00:31:47 |
| Kate Bickerstaffe | 00:32:26 |
| Kate Bickerstaffe | 00:32:26 |
| Alex Langley | 00:32:30 |
| Dwayne Johnson | 00:32:41 |
| Geoffrey Davis | 00:32:53 |
| Helen Duffy | 00:33:10 |
| Ruth Cass | 00:33:15 |
| Rachel Marl | 00:33:16 |
| Pam Currie | 00:33:46 |
| Michelle McIntyre | 00:33:46 |
| Lynn McGarry | 00:34:00 |
| Emma Boston | 00:34:25 |
| Natasha Reddie | 00:34:37 |
| Dylan Cass | 00:35:26 |
| Phil Murphy | 00:36:29 |
| Ashleigh Mulhall | 00:38:42 |
| Laura Sealy | 00:39:01 |
| Michael Pitter | 00:39:40 |
| Sarah Wareing | 00:39:47 |
| Jane Williams | 00:39:55 |
| Jimi Bond | 00:40:20 |
| Deb Roberts | 00:40:20 |
| Jessica Maher | 00:41:03 |
| Gil Bourgad | 00:42:28 |
| Rebecca Sinclair | 00:42:29 |
| Yvonne Bell | 00:42:38 |
| Maggie Vandermeer | 00:42:42 |
| Amy Barnes | 00:45:00 |
| Rose Barnes | 00:52:00 |
| Tony Barnes | 00:52:00 |
| June Bradshaw | 00:52:00 |
| Jan Sharples | 00:53:07 |
| Paul Marshall | 00:55:51 |
| Pauline Marshall | 00:55:51 |
| Jayne Weir | 01:05:56 |
| Andree Grey | 01:06:00 |
| Laura Pitter | 01:08:00 |
| Danielle Woodcock | 01:15:00 |
| Helen Bianchi | 01:18:22 |
| Anne Bradley | 01:28:39 |
| Donna Caffrey | 01:46:16 |