

Foodbank 5km September 2014 - Master.txt

Pos	No	Time	First Name	Surname	Gender	Cat	Club	Age
1	165	18:55	Damian	Nicholls	M		wilmslow RC	32
2	115	20:00	Stephen	Crook	M		Stockport Harriers	37
3	119	20:33	Paul	Brooks	M		Stockport Harriers	39
4	120	20:42	Andy	Pickford	M	V40	Altrincham AC	40
5	167	21:23	Mike	Dixon	M		Stockport Harriers	37
6	143	21:35	Ian	Keeling	M	V40	Bramhall Runners	44
7	187	21:49	Frank	Podd	M	V40	Bramhall Runners	44
8	130	21:51	Rob	Cawley	M	V50	Stockport Harriers	51
9	133	21:53	Phil	Evans	M		Bramhall Runners	28
10	173	22:01	Tony	Potts	M		Stockport Harriers	39
11	172	22:04	John	Williams	M		Bramhall Runners	32
12	177	22:24	Matthew	Moran	M		Bramhall Runners	33
13	175	22:26	Mike	Hodson	M	V40	Bramhall Runners	43
14	118	22:45	David	Howell	M	V40	U/A	43
15	168	22:58	Lok	Li	M	V40	Bramhall Runners	44
16	126	23:07	Matthew	Rabone	M		U/A	32
17	159	23:12	Paul	Plummer	M	V40	Stockport Harriers	43
18	151	23:42	Michael	Barry	M	V40	Sale Harriers	42
19	131	23:47	Simon	Hilton	M	V40	Stockport Harriers	48
20	122	24:35	Tim	Hargreaves	M	V50	Stockport Harriers	57
21	180	24:44	James	Hall	M		Bramhall Runners	34
22	114	24:54	Katie	Haynes	F	JUN	Hyde	12
23	128	25:02	Claire	MacNeill	F	V35	Stockport Harriers	38

Foodbank 5km September 2014 - Master.txt

24	123	25:03	Ewan	Holton	M		Knutsford Tri	37
25	137	25:07	Matt	Crompton	M		Stockport Harriers	37
26	188	25:23	Andy	Howarth	M	V40	Bramhall Runners	41
27	170	25:29	Simon	Fennell	M	V40	Bramhall Runners	46
28	163	25:33	Gareth	Maher	M		Bramhall Runners	31
29	103	25:34	James	Pratt	M		Stockport Harriers	22
30	105	25:47	Mollie	Cooke	F	JUN	Stockport Harriers	12
31	166	25:51	Andy	williams	M		Bramhall Runners	38
32	116	26:10	Gillian	Doolan	F	V45	Stockport Harriers	46
33	144	26:15	Rob	Cator	M	V50	Stockport Harriers	54
34	149	26:17	Nigel	Harrison	M	V50	Stockport Harriers	50
35	113	26:24	Phil	Ramsey	M		Bramhall Runners	39
36	112	26:35	Steve	Hughes	M	V50	Bramhall Runners	51
37	158	26:42	Richard	Hall	M	V40	Bramhall Runners	47
38	161	26:44	Amy	Barter	F		Stockport Harriers	34
39	121	26:48	Neil	Murphy	M	V50	Macclesfield Harriers	53
40	104	27:02	Fiona	Cooke	F	V45	Stockport Harriers	48
41	139	27:13	Phil	Heaword	M		Bramhall Runners	30
42	148	27:24	Louise	Harrison	F	V35	Stockport Harriers	42
43	134	27:43	Nicole	Sharrocks	F	JUN	Stockport Harriers	14
44	124	27:50	Amanda	Trivett	F	V35	Stockport Harriers	38
45	102	27:51	Michael	Gibbons	M	V50	Bramhall Runners	57
46	140	27:58	Helen	Fraser	F	V45	Stockport Harriers	53
47	141	28:05	Helen	Todd	F	V55	Stockport Harriers	60

Foodbank 5km September 2014 - Master.txt

48	117	28:30	Liz	Turton	F	V55	Stockport Harriers	57
49	156	28:51	Sam	Jones	F		Stockport Harriers	31
50	155	28:52	Matthew	Jones	M		U/A	32
51	110	28:59	Matthew	Scott	M		U/A	26
52	176	29:28	Julian	Hayes	M	V40	U/A	49
53	147	29:34	Paul	Spence	M	V40	Norbury Lacrosse Club	48
54	169	29:54	Andrea	Buckingham	F	V45	Bramhall Runners	49
55	152	30:10	Alyson	Adams	F	V45	Manchester Harriers	49
56	138	30:28	Nicola	Paterson	F		U/A	30
57	146	30:40	Lee	McCourt	M		Manchester Harriers	35
58	129	30:53	Joseph	Connor	M		Bramhall Runners	34
59	157	31:12	Kathy	Rogers	F	V45	Bramhall Runners	49
60	142	31:34	Andy	Turner	M	V40	Bramhall Runners	44
61	145	31:50	Sarah	McCourt	F		U/A	31
62	171	31:54	Robert	Jones	M	V50	U/A	54
63	182	31:59	Alison	Sheedy	F	V45	Bramhall Runners	45
64	135	32:17	Denise	Gregory	F	V45	Bramhall Runners	49
65	162	32:19	Hazel	Harrington	F	V45	Bramhall Runners	51
66	132	32:20	Vicky	Gee	F	V35	U/A	35
67	111	32:45	Debbie	Woodcock	F	V45	Bramhall Runners	48
68	178	33:07	George	O'Rourke	M	JUN	U/A	8
69	153	33:09	Kathryn	Holmes	F	V45	Manchester Harriers	49
70	179	33:10	Damian	O'Rourke	M	V40	Stockport Harriers	45
71	160	33:24	Rachael	Benson	F	V45	Bramhall Runners	47

Foodbank 5km September 2014 - Master.txt

72	174	33:55	Clodagh	wilson	F		Bramhall Runners	32
73	181	34:06	Jon	Sheedy	M	V40	U/A	45
74	101	34:09	Christine	Gibbons	F	V55	Bramhall Runners	57
75	127	34:17	Holly	Kent	F		U/A	30
76	186	34:22	Helen	Small	F	V35	Bramhall Runners	38
77	183	35:42	Jennie	Harrop	F	V35	U/A	40
78	185	36:35	Liam	Shelmerdine	M		U/A	19
79	164	36:42	Jo	Thomas	F	V45	Bramhall Runners	46
80	150	37:18	Jo	Podolanski	F	V45	Bramhall Runners	45
82	184	38:40	Lisa	Shelmerdine	F		U/A	26
81	136	38:59	Diana	Powell	F	V55	Bramhall Runners	59
83	125	38:59	Anthea	Moat	F	V55	Bramhall Runners	63
84	154	DNF	Andrew	Duckworth	M	V40	Styal	40