

## FOODBANK 5K RACE SERIES

## 2016 RACE TWO RESULTS

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	230	JONATHAN CURRIE	M	SEN	STOCKPORT TRI	0:20:14		1	1	1
2	126	GEORGE COOKE	M	JUN	STOCKPORT HARRIERS & AC	0:20:19		2	1	1
3	90	IAIN MURDOCH	M	V40	STOCKPORT HARRIERS & AC	0:20:51		3	1	2
4	211	MATTHEW THOMPSON	M	SEN	SOUTHPORT & WATERLOO	0:21:15		4	2	1
5	210	MARK EASTMAN	M	SEN	U/A	0:21:35		5	3	
6	222	BENJAMIN WOLSTENHOLME	M	SEN	BRAMHALL RUNNERS	0:21:42		6	4	1
7	96	JAMES PERRY	M	SEN	MACCLESFIELD HARRIERS & AC	0:21:43		7	5	1
8	227	IAN KEELING	M	V40	BRAMHALL RUNNERS	0:21:46		8	2	2
9	86	BEN MARSH	M	SEN	U/A	0:21:50		9	6	
10	194	CHRIS TRASK	M	V40	BRAMHALL RUNNERS	0:21:53		10	3	3
11	115	NATHAN MAYOH	M	V40	STOCKPORT HARRIERS & AC	0:21:58		11	4	3
12	6	RICK ADAMS	M	SEN	BRAMHALL RUNNERS	0:22:01		12	7	4
13	138	DARREN PEATFIELD	M	V40	MARPLE RUNNERS	0:22:40		13	5	1
14	287	MATTHEW RABONE	M	SEN	STOCKPORT HARRIERS & AC	0:22:55		14	8	4
15	187	DANIEL SUTTON	M	SEN	MARPLE RUNNERS	0:23:08		15	9	2
16	191	NEIL HEY	M	V50	MACCLESFIELD HARRIERS & AC	0:23:11		16	1	2
17	75	RICHARD HALL	M	SEN	BRAMHALL RUNNERS	0:23:32		17	10	5
18	221	JAMES STABLE	M	V40	SADDLEWORTH RUNNERS	0:23:39		18	6	1
19	209	MIKE HODSON	M	V40	BRAMHALL RUNNERS	0:23:42		19	7	6
20	117	LEE JONES	M	V40	BRAMHALL RUNNERS	0:23:53		20	8	7
21	233	SAMANTHA JONES	F	SEN	STOCKPORT HARRIERS & AC	0:23:59	1		1	1
22	103	JAMES PRATT	M	SEN	BRAMHALL RUNNERS	0:24:05		21	11	8
23	234	DAVID MARSHALL	M	V50	U/A	0:24:11		22	2	
24	98	PAUL PLUMMER	M	V40	STOCKPORT HARRIERS & AC	0:24:20		23	9	5
25	166	TIM HARGREAVES	M	V50	STOCKPORT HARRIERS & AC	0:24:22		24	3	6
26	78	PHIL HEAWORD	M	SEN	BRAMHALL RUNNERS	0:24:23		25	12	9
27	177	LEE SMITH	M	V40	BRAMHALL RUNNERS	0:24:38		26	10	10
28	9	PAUL ADKINS	M	V60	STOCKPORT TRI	0:24:45		27	1	2
29	151	LINDEN HISCOCK	F	V35	STOCKPORT HARRIERS & AC	0:25:06	2		1	2
30	235	DARREN NELSON-HALL	M	SEN	U/A	0:25:12		28	13	
31	80	ANDREW HOWARTH	M	V40	BRAMHALL RUNNERS	0:25:16		29	11	11



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32	135	TONY GLYNN	M	V50	BRAMHALL RUNNERS	0:25:20		30	4	12
33	127	MOLLIE COOKE	F	JUN	STOCKPORT HARRIERS & AC	0:25:24	3		1	3
34	216	SIMON FENNELL	M	V40	BRAMHALL RUNNERS	0:25:32		31	12	13
35	203	JAMES HALL	M	SEN	BRAMHALL RUNNERS	0:25:35		32	14	14
36	212	STEPHEN SHARROCKS	M	V50	STOCKPORT HARRIERS & AC	0:25:38		33	5	7
37	252	SIMON SHAW	M	V40	U/A	0:25:44		34	13	
38	84	CLAIRE MACNEILL	F	V35	STOCKPORT HARRIERS & AC	0:25:47	4		2	4
39	146	STEVE COX	M	V40	STOCKPORT HARRIERS & AC	0:25:49		35	14	8
40	130	STEVEN COOKE	M	V40	STOCKPORT HARRIERS & AC	0:25:51		36	15	9
41	38	LEWIS BOOTH	M	JUN	DAVENPORT RUNNERS	0:25:53		37	2	1
42	91	RUTH MURDOCH	F	V35	STOCKPORT HARRIERS & AC	0:25:59	5		3	5
43	113	ALICE TAYLOR	F	SEN	MARPLE RUNNERS	0:26:03	6		2	1
44	85	GARETH MAHER	M	SEN	BRAMHALL RUNNERS	0:26:07		38	15	15
45	262	CHRIS BRIGGS	M	V40	U/A	0:26:21		39	16	
46	217	NICOLA PAVEY	F	V35	U/A	0:26:25	7		4	
47	41	MICHAEL BOOTH	M	V40	DAVENPORT RUNNERS	0:26:30		40	17	2
48	88	JONNA MCFADDEN	F	V35	VEGAN RUNNERS	0:26:39	8		5	1
49	241	ANDREW TYLER	M	V50	U/A	0:26:41		41	6	
50	109	HELEN RENNIE	F	SEN	BRAMHALL RUNNERS	0:26:42	9		3	1
51	99	CHARLIE PODOLANSKI	M	JUN	STOCKPORT TRI	0:26:43		42	3	3
52	172	GILLIAN DOOLAN	F	V45	STOCKPORT TRI	0:26:44	10		1	1
53	290	ROB OERTON	M	V50	BRAMHALL RUNNERS	0:26:55		43	7	16
54	46	STEPHEN BRISTOL	M	SEN	BRAMHALL RUNNERS	0:26:57		44	16	17
55	198	ANDREA BOOTH	F	V35	POYNTON RUNNERS	0:27:05	11		6	1
56	226	KATIE HAYNES	F	JUN	BRAMHALL RUNNERS	0:27:16	12		2	2
57	224	NADHIM BAYATTI	M	V40	BRAMHALL RUNNERS	0:27:21		45	18	18
58	251	ROGER NELSON-HALL	M	V60	U/A	0:27:24		46	2	
59	112	SIMON RUSHTON	M	V50	MARPLE RUNNERS	0:27:33		47	8	3
60	199	STEVE FAIRCLOUGH	M	V50	BRAMHALL RUNNERS	0:27:37		48	9	19
61	292	LIBBY WOLSTENHOLME	F	JUN	U/A	0:27:42	13		3	
62	205	PAUL BRIGGS	M	SEN	STOCKPORT HARRIERS & AC	0:27:48		49	17	10



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63	204	JON HOLMES	M	V40	STOCKPORT HARRIERS & AC	0:27:55		50	19	11
64	192	PHIL RAMSEY	M	V40	BRAMHALL RUNNERS	0:28:03		51	20	20
65	195	IAN PRIME	M	V50	CONGLETON HARRIERS	0:28:12		52	10	1
66	42	CARL BRADDOCK	M	V50	HAZEL GROVE RUNNERS	0:28:18		53	11	1
67	201	OLIVER WILSON	F	JUN	BRAMHALL RUNNERS	0:28:27	14		4	3
68	237	RICHARD LAMB	M	V40	U/A	0:28:35		54	21	
69	293	IAN WOLSTENHOLME	M	V40	U/A	0:28:41		55	22	
70	140	STEVE HUGHES	M	V50	BRAMHALL RUNNERS	0:28:47		56	12	21
71	92	NEIL MURPHY	M	V50	MACCLESFIELD HARRIERS & AC	0:28:54		57	13	3
72	242	SARAH HARKNESS	F	V35	U/A	0:28:55	15		7	
73	180	CHRIS THOMAS	M	V40	MARPLE RUNNERS	0:28:56		58	23	4
74	95	ROB PARKIN	M	V40	CONGLETON HARRIERS	0:29:03		59	24	2
75	59	MARK GODDEN	M	V50	MACCLESFIELD HARRIERS & AC	0:29:09		60	14	4
76	132	FIONA COOKE	F	V45	STOCKPORT HARRIERS & AC	0:29:14	16		2	6
77	189	DEBORAH SMITH	F	V45	HYDE VILLAGE STRIDERS	0:29:15	17		3	1
78	114	JAQUELINE CROWTHER	F	V55	HYDE VILLAGE STRIDERS	0:29:18	18		1	2
79	220	SHEILA PAICE	F	V45	U/A	0:29:23	19		4	
80	186	ELIZABETH MASON	F	V45	HYDE VILLAGE STRIDERS	0:29:24	20		5	3
81	291	ALISON BEVERLEY	F	V35	U/A	0:29:27	21		8	
82	61	HELEN GOWIN	F	V45	MACCLESFIELD HARRIERS & AC	0:29:55	22		6	1
83	200	SIMON WILSON	M	V50	BRAMHALL RUNNERS	0:29:58		61	15	22
84	184	ANDY LORD	M	V50	MARPLE RUNNERS	0:30:07		62	16	5
85	225	JAMES CUTHBERT	M	V50	U/A	0:30:21		63	17	
86	35	SAM BLACOW	F	SEN	BRAMHALL RUNNERS	0:30:29	23		4	4
87	231	JENNIFER ORANGE	F	V35	BRAMHALL RUNNERS	0:30:36	24		9	5
88	110	KATHY ROGERS	F	V45	BRAMHALL RUNNERS	0:30:40	25		7	6
89	134	LEONI MCCORMACK	F	SEN	U/A	0:30:54	26		5	
90	197	ANDY DUCKWORTH	M	V40	STYAL RUNNING CLUB	0:30:58		64	25	1
91	139	REBEKAH WILKINS	F	V35	U/A	0:31:09	27		10	
92	232	AILSA GODDEN	F	SEN	U/A	0:31:16	28		6	
93	288	HEATHER OWEN	F	SEN	U/A	0:31:28	29		7	



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94	289	MARK LIVINGSTONE	M	SEN	U/A	0:31:28		65	18	
95	87	LIANNE MARSH	F	SEN	U/A	0:31:29	30		8	
96	238	JOE HARRINGTON	M	JUN	U/A	0:31:35		66	4	
97	33	RACHAEL BENSON	F	V45	BRAMHALL RUNNERS	0:31:37	31		8	7
98	179	JONNA CLARKE	M	V40	BRAMHALL RUNNERS	0:31:39		67	26	23
99	11	SARMID AL-KAMIL	M	V50	BRAMHALL RUNNERS	0:31:58		68	18	24
100	111	MARIA RUSHTON	F	V45	MARPLE RUNNERS	0:32:00	32		9	2
101	245	GARY HOWARTH	M	V40	U/A	0:32:08		69	27	
102	228	BETHANY CLIFF	F	SEN	CONGLETON HARRIERS	0:32:09	33		9	1
103	118	DEBBIE WOODCOCK	F	V45	BRAMHALL RUNNERS	0:32:16	34		10	8
104	229	PAUL ROBERTS	M	SEN	BRAMHALL RUNNERS	0:32:24		70	19	25
105	254	PHILIP BILLINGSLEY	M	SEN	U/A	0:32:28		71	20	
106	53	MARIE FAIRCLOUGH	F	V45	BRAMHALL RUNNERS	0:32:29	35		11	9
107	214	MIKE EMERY	M	SEN	MARPLE RUNNERS	0:32:46		72	21	6
108	215	SARAH CHADBOURNE	F	SEN	BRAMHALL RUNNERS	0:32:47	36		10	10
109	94	JOHN NORRIS	M	V50	BRAMHALL RUNNERS	0:32:48		73	19	26
110	207	IAN BELLHAM	M	SEN	U/A	0:33:04		74	22	
111	239	HAZEL HARRINGTON	F	V45	BRAMHALL RUNNERS	0:33:07	37		12	11
112	202	DENISE GREGORY	F	V45	BRAMHALL RUNNERS	0:33:16	38		13	12
113	81	ROBERT ANDREW JONES	M	V50	U/A	0:33:17		75	20	
114	196	KEVIN BOOTH	M	V40	POYNTON RUNNERS	0:33:32		76	28	1
115	57	CHRISTINE GIBBONS	F	V55	BRAMHALL RUNNERS	0:33:50	39		2	13
116	49	CAITLIN DEIGHTON	F	JUN	SALE HARRIERS MANCHESTER	0:34:00	40		5	1
117	51	JAMES DEIGHTON	M	V40	MARPLE RUNNERS	0:34:00		77	29	7
118	17	JOHN BAILEY	M	SEN	MARPLE RUNNERS	0:34:04		78	23	8
119	223	KIM MIDDLETON	F	SEN	U/A	0:34:06	41		11	
120	121	JANET HUDSON	F	V45	U/A	0:34:12	42		14	
121	193	CONOR TRASK	M	JUN	U/A	0:34:26		79	5	
122	45	SALLY BRIGGS	F	V35	BRAMHALL RUNNERS	0:34:44	43		11	14
123	269	PAUL ADSHEAD	M	V50	MARPLE RUNNERS	0:35:03		80	21	9
124	218	CAROL CULLEY	M	V60	MARPLE RUNNERS	0:35:08		81	3	10



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125	219	SUSAN ANN SLATER	F	V55	MARPLE RUNNERS	0:35:27	44		3	3
126	47	HEATHER CAIRNS	F	V45	U/A	0:35:34	45		15	
127	213	ERIKA FRAME	F	V45	BRAMHALL RUNNERS	0:35:41	46		16	15
128	206	AMANDA AYLWARD	F	V35	HAZEL GROVE RUNNERS	0:36:22	47		12	1
129	190	PAMELA CHAPMAN	F	V45	HAZEL GROVE RUNNERS	0:36:23	48		17	2
130	93	RACHEL MYERS	F	SEN	MARPLE RUNNERS	0:36:34	49		12	4
131	64	KAYLEIGH GUNDERSEN	F	SEN	U/A	0:36:47	50		13	
132	79	NICOLA HINDLE	F	V35	U/A	0:36:48	51		13	
133	142	ALICIA WARNER	F	SEN	U/A	0:36:55	52		14	
134	141	CAROLYN ISHERWOOD	F	V45	U/A	0:38:39	53		18	
135	48	KAREN COOKE	F	V45	BRAMHALL RUNNERS	0:38:41	54		19	16
136	188	JACOB HEATON	M	JUN	U/A	0:39:20		82	6	
137	77	NICHOLAS HEATON	M	SEN	BRAMHALL RUNNERS	0:39:22		83	24	27
138	7	CHRISTINE ADKINS	F	V55	BRAMHALL RUNNERS	0:39:28	55		4	17
139	208	SHELLY LEE	F	V45	MACCLESFIELD HARRIERS & AC	0:39:49	56		20	2
140	100	DIANA POWELL	F	V55	BRAMHALL RUNNERS	0:40:08	57		5	18
141	236	NIKKI KNAPPETT	F	V45	BRAMHALL RUNNERS	0:41:29	58		21	19
142	97	BRIAN PLATT	M	V70+	U/A	0:41:36		84	1	



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