

Rainow 5 2022 Rainow 5 2022 - Wed-4-May-2022

Rainow 5 2022 - Wed-4-May-2022									
Pos.	No.	Name	Club	Category	W Pos.	M Masters Pos.	W Masters Pos.	Cat pos.	Time
1	188	Lucas Parker	Stockport Harriers & AC	MU23				1	0:31:54
2	37	Allen Bunyan	Macclesfield Harriers & AC	MSEN				1	0:33:38
3	107	Simon Harding	Macclesfield Harriers & AC	MSEN				2	0:34:52
4	9	Tom Arthur	Chorlton Runners	MSEN				3	0:35:04
5	51	Eammon Clowes	Newcastle (Staffs) Tri Club	MU23				2	0:35:24
6	38	Mark Burley	Macclesfield Harriers & AC	MSEN				4	0:35:36
7	24	David Bethell	Staffs Moorlands AC	MSEN				5	0:36:25
8	21	Matthew Basnett	Staffs Moorlands AC	MSEN				6	0:36:36
9	287	Chris Bentley	Macclesfield Harriers & AC	M40		1		1	0:36:47
10	187	Matt Owens	Chorlton Runners	M40		2		2	0:36:56
11	11	Lee Ashwood	Disley Runners	M40		3		3	0:37:08
12	193	Joseph Pickard	Macclesfield Harriers & AC	MSEN				7	0:37:26
13	149	Matthew Lynas	Macclesfield Harriers & AC	M50		4		1	0:37:34
14	52	Sean Collins	Glossopdale Harriers	MSEN				8	0:37:36
15	272	Tom Whittington	Macclesfield Harriers & AC	M40		5		4	0:37:37
16	158	Craig Marchington	Macclesfield Harriers & AC	MSEN				9	0:37:41
17	217	Paul Skuse	Glossopdale Harriers	M40		6		5	0:37:45
18	75	Isaac Elkington	Staffs Moorlands AC	MSEN				10	0:37:49
19	171	John Millen	Black Combe Runners	M40		7		6	0:37:53
20	296	Darren Dunn	Macclesfield Harriers & AC	M50		8		2	0:38:20
21	56	Jake Crabtree		MSEN				11	0:38:27
22	230	Nick Syertt	Chorlton Runners	M40		9		7	0:38:32
23	153	Eddie Mackintosh		MU23				3	0:38:37
24	104	Rachel Hall	Macclesfield Harriers & AC	WSEN	1			1	0:38:51
25	159	Dan Martell	Altrincham & District Athletic Club Limited	MSEN				12	0:38:57
26	94	Matt Gittins	Didsbury Runners	MSEN				13	0:39:08
27	89	Ed Gamble	Cheshire Hill Racers	M50		10		3	0:39:18
28	124	Chris Jackson	Glossopdale Harriers	MSEN				14	0:39:24
29	307	Leigh Thomas		M				1	0:39:26
30	119	Jonny Howe	Chorlton Runners	MSEN				15	0:39:31
31	285	Grant Mitchell		M40		11		8	0:39:33
32	103	Paul Griffiths	Chorlton Runners	M40		12		9	0:39:44
33	30	Nicola Bowen		WSEN	2			2	0:39:48
34	73	Mark Eastman	Poynton Runners	MSEN				16	0:40:01
35	70	Luke Donald	Chorlton Runners	MSEN				17	0:40:05
36	170	Mark Messenger		M50		13		4	0:40:12
37	15	Andy Baguley	Chorlton Runners	M40		14		10	0:40:21
38	286	Mark Lumb		M				2	0:40:42
39	85	Ian Fraser	East Cheshire Harriers & Tameside AC	M50		15		5	0:40:44
40	299	Andy Roberts	Macclesfield Harriers & AC	M50		16		6	0:40:59
41	136	Andy Lee	Poynton Runners	M40		17		11	0:41:03
42	200	Tim Raffle	Altrincham & District Athletic Club Limited	M50		18		7	0:41:10
43	77	Chris Embrey	Macclesfield Harriers & AC	MSEN				18	0:41:12
44	4	Joe Allaby	Poynton Runners	MSEN				19	0:41:22
45	177	Rachel Munday	Macclesfield Harriers & AC	W40	3		1	1	0:41:25
46	239	Helen Thompson	Poynton Runners	WSEN	4			3	0:41:30
47	79	Martin Evans	Staffs Moorlands AC	M40		19		12	0:41:35
48	282	Russ Cairns	Macclesfield Harriers & AC	M50		20		8	0:41:43
49	212	Faye Sharpley	Macclesfield Harriers & AC	WSEN	5			4	0:41:56
50	144	Steve Lomas	Macclesfield Harriers & AC	M50		21		9	0:41:58
51	281	Greg Kilbey		M				3	0:42:09
52	227	Alice Swift	Chorlton Runners	WSEN	6			5	0:42:20
53	238	Ben Thompson	Wilmslow Striders	MSEN				20	0:42:34
54	32	Craig Bradbury	Altrincham & District Athletic Club Limited	M40		22		13	0:42:38
55	253	Toby Wallis	Macclesfield Harriers & AC	MSEN				21	0:42:50
56	118	Jarrold Homer	Wilmslow Running Club	M50		23		10	0:42:52
57	222	John Stockdale		M50		24		11	0:42:55
58	173	John Moore	Goyt Valley Striders	M50		25		12	0:42:56

59	98	Wayne Grant	Goyt Valley Striders	M40		26		14	0:42:57
60	55	Barnaby Cox	Wilmslow Striders	M40		27		15	0:42:57
61	199	Frank Radcliffe-Adams		MSEN				22	0:42:59
62	186	Kathleen O'donnell	Macclesfield Harriers & AC	W40	7		2	2	0:43:03
63	235	Matthew Taylor	Wilmslow Running Club	M40		28		16	0:43:08
64	211	Ian Sharpe	Chorlton Runners	M50		29		13	0:43:11
65	116	Simon Hodgkiss	BIDDULPH RC	M50		30		14	0:43:13
66	168	James McMurtry	Ashbourne RC	M50		31		15	0:43:15
67	113	Colin Hill	Poynton Runners	MSEN				23	0:43:28
68	197	Gareth Pritchard	Bramhall Runners	MSEN				24	0:43:38
69	290	Matt Slater		M40		32		17	0:43:39
70	293	Kristy Gill	Macclesfield Harriers & AC	W40	8		3	3	0:43:42
71	204	Gary Rogerson	Macclesfield Harriers & AC	M40		33		18	0:43:44
72	308	Philip Thomson		M				4	0:43:46
73	72	Graham Duce	Wilmslow Running Club	M50		34		16	0:43:52
74	83	Michael Ford		M40		35		19	0:43:55
75	110	Louisa Harrison	Wilmslow Running Club	W40	9		4	4	0:44:03
76	112	Neil Hey	Macclesfield Harriers & AC	M50		36		17	0:44:06
77	240	Katie Thompson	Wilmslow Striders	WSEN	10			6	0:44:10
78	174	Keith Morgan	Ashbourne RC	M50		37		18	0:44:30
79	247	David Veryard	bakewell hurriers	M60		38		1	0:44:49
80	243	Rebecca Till	Macclesfield Harriers & AC	W40	11		5	5	0:45:01
81	215	Spence Sivewright	Macclesfield Harriers & AC	M50		39		19	0:45:09
82	105	Robert Hall	Wilmslow Striders	M50		40		20	0:45:14
83	262	Ivan Whigham	Goyt Valley Striders	M60		41		2	0:45:22
84	216	Joseph Sizeland		MSEN				25	0:45:27
85	273	Steve Swallow	Macclesfield Harriers & AC	M50		42		21	0:45:32
86	131	Chris Jordan	Belper Harriers	M40		43		20	0:45:36
87	214	Chelsea Shoesmith	Poynton Runners	WSEN	12			7	0:45:36
88	120	Bruce Humphrey	Chorlton Runners	M40		44		21	0:45:46
89	80	Neil Evans	Buxton AC	M40		45		22	0:45:48
90	41	Diane Bygrave	Wilmslow Running Club	W40	13		6	6	0:45:54
91	190	Anna Parsons	Northwich Running Club	W40	14		7	7	0:45:55
92	261	Eddy Webb	Goyt Valley Striders	M50		46		22	0:46:02
93	276	Flora Devlin	Pennine Fell Runners	W	15			1	0:46:06
94	265	David Whitfield	Macclesfield Harriers & AC	M50		47		23	0:46:10
95	165	Victoria Mckibben		WSEN	16			8	0:46:15
96	277	Caroline Leigh	Pennine Fell Runners	W	17			2	0:46:20
97	294	Malcolm Busfield	Ashbourne RC	M50		48		24	0:46:25
98	17	Francesca Bale	Chorlton Runners	WSEN	18			9	0:46:28
99	252	Judith Wall	Manchester triathlon club	W40	19		8	8	0:46:32
100	266	Charmaine Wood	Congleton Harriers	W40	20		9	9	0:46:35
101	154	John Mackintosh		M50		49		25	0:46:42
102	137	Matt Leech	Macclesfield Harriers & AC	M50		50		26	0:46:48
103	155	Guy Maddox	Macclesfield Harriers & AC	M40		51		23	0:46:50
104	198	Robert Quinn	Rosendale Harriers & AC	MSEN				26	0:47:01
105	1	Paul Adams	Chorlton Runners	M50		52		27	0:47:02
106	13	Anna Aspinall	Goyt Valley Striders	WSEN	21			10	0:47:06
107	223	Stephen Storey	Penistone Footpath Runners & Athletic Club	M60		53		3	0:47:12
108	33	Marc Bradford	Macclesfield Harriers & AC	M40		54		24	0:47:13
109	86	Andrea Frost	Macclesfield Harriers & AC	W50	22		10	1	0:47:14
110	245	Katie Trace	BIDDULPH RC	W40	23		11	10	0:47:17
111	163	Tom Mcgaff	Cheshire Hill Racers	M60		55		4	0:47:24
112	14	Thomas Bachofner	Wilmslow Striders	M40		56		25	0:47:39
113	236	Laura Telford	Macclesfield Harriers & AC	W40	24		12	11	0:47:41
114	300	Jason Harris	Ashbourne RC	M50		57		28	0:47:52
115	19	Graham Barnes		M60		58		5	0:47:53
116	284	Neal Wainwright	Chorlton Runners	M				5	0:48:10
117	279	Roland Meylan		M50		59		29	0:48:15
118	132	Dave Keeling	Cheshire Hill Racers	M50		60		30	0:48:18

119	28	Warren Bowden	Chorlton Runners	M50		61		31	0:48:29
120	260	Andy Watts	Wilmslow Running Club	M70		62		1	0:48:36
121	289	David Johnson	Staffs Moorlands AC	M				6	0:48:40
122	249	Phil Vesey		M50		63		32	0:48:42
123	270	Matt Yardley	Macclesfield Harriers & AC	M50		64		33	0:48:42
124	218	Kieran Smallbone	Goyt Valley Striders	M40		65		26	0:48:43
125	27	Alan Bocking	Cheshire Hill Racers	M60		66		6	0:48:51
126	142	Tom Liptrot	Manchester triathlon club	MSEN				27	0:48:54
127	117	Brian Holland	Goyt Valley Striders	M60		67		7	0:48:57
128	35	Nick Brough		MSEN				28	0:49:08
129	108	Phil Harold	Poynton Runners	M50		68		34	0:49:13
130	256	Amy Warburton	Wilmslow Striders	WSEN	25			11	0:49:34
131	123	Bev Jackson	Altrincham & District Athletic Club Limited	W50	26		13	2	0:49:41
132	178	David Murch	Poynton Runners	M50		69		35	0:49:53
133	63	Rebecca Day	Goyt Valley Striders	W40	27		14	12	0:50:02
134	93	Sally Gilliver	Running Bear Running Club	W60	28		15	1	0:50:06
135	138	Matt Lees	Bollington Harriers	M50		70		36	0:50:08
136	95	Rebecca Glen	Goyt Valley Striders	W40	29		16	13	0:50:10
137	181	Paul Neal	Hyde Running Community	M50		71		37	0:50:14
138	121	Etienne Humphries	Chorlton Runners	MSEN				29	0:50:20
139	292	Andy Thorp		M50		72		38	0:50:26
140	90	Ruth Gamwell	Macclesfield Harriers & AC	W40	30		17	14	0:50:29
141	122	Kathryn Hutchinson	Macclesfield Harriers & AC	WSEN	31			12	0:50:31
142	48	Duncan Chandler	Macclesfield Harriers & AC	M50		73		39	0:50:32
143	146	Holly Lucas	Wilmslow Running Club	WSEN	32			13	0:50:38
144	295	Peter Adams	Chorlton Runners	M40		74		27	0:50:40
145	202	Georgia Roberts	Disley Runners	WSEN	33			14	0:50:50
146	169	Robert McNeil	Goyt Valley Striders	MSEN				30	0:50:55
147	203	Kate Robinson	Macclesfield Harriers & AC	WSEN	34			15	0:51:02
148	106	Nick Ham	Glossopdale Harriers	M50		75		40	0:51:07
149	148	Jennifer Lutton	Winston Runners	W40	35		18	15	0:51:18
150	209	Emily Sanders	Ashbourne RC	W50	36		19	3	0:51:27
151	180	Matthew Nadin	Buxton AC	M40		76		28	0:51:33
152	291	Mark Hanna	Manchester triathlon club	M40		77		29	0:51:42
153	268	Francis Wooff	Chorlton Runners	M50		78		41	0:51:45
154	226	Kate Sutton	Wilmslow Running Club	W60	37		20	2	0:51:48
155	255	Colin Sam Walton	Wilmslow Running Club	M50		79		42	0:52:04
156	49	Tim Chesworth	Macclesfield Harriers & AC	M40		80		30	0:52:10
157	12	Lisa Ashwood	Disley Runners	W50	38		21	4	0:52:19
158	274	Charlotte Robinson		W	39			3	0:52:20
159	40	Lucie Butterworth		W40	40		22	16	0:52:23
160	157	Alex Manchester	Wilmslow Striders	M40		81		31	0:52:27
161	34	Jeremy Brookes	BIDDULPH RC	M40		82		32	0:52:31
162	23	Kate Beard	Boalloy Running Club	WSEN	41			16	0:52:50
163	135	Rebecca Lawrence	Boalloy Running Club	WSEN	42			17	0:53:01
164	58	Dan Croft	Macclesfield Harriers & AC	M50		83		43	0:53:26
165	16	Peter Bailey	Buxton AC	M60		84		8	0:53:31
166	53	Alison Coulson	Wilmslow Striders	W60	43		23	3	0:53:32
167	164	Estelle McGuire	Stockport Harriers & AC	W50	44		24	5	0:53:38
168	297	Katy Thornhill	Goyt Valley Striders	M40		85		33	0:53:42
169	175	Peter Moseley	Chorlton Runners	M40		86		34	0:53:46
170	64	Graham Dewar	Poynton Runners	M50		87		44	0:53:48
171	134	David Larkin	Macclesfield Harriers & AC	M40		88		35	0:53:52
172	97	Jocelyn Granger	Staffs Moorlands AC	W60	45		25	4	0:53:55
173	128	Ann-Marie Jones	Macclesfield Harriers & AC	W60	46		26	5	0:54:00
174	156	Conor Maguinness		MU23				4	0:54:13
175	301	Claire Parker	Pennine Fell Runners	M40		89		36	0:54:20
176	44	Amy Carr	Macclesfield Harriers & AC	WSEN	47			18	0:54:29
177	62	Laura Dalton	Macclesfield Harriers & AC	WSEN	48			19	0:54:32
178	45	Julia Carter	Goyt Valley Striders	W40	49		27	17	0:54:39

179	231	Katherine Syrett	Chorlton Runners	W40	50		28	18	0:54:43
180	195	John Porteous	Wilmslow Running Club	M60		90		9	0:54:45
181	54	Peter Coulson		M60		91		10	0:54:49
182	251	Alison Wainwright	Chorlton Runners	W40	51		29	19	0:54:54
183	67	Barry Dillon	Macclesfield Harriers & AC	M40		92		37	0:55:07
184	246	Oscar Trevena	Macclesfield Harriers & AC	MSEN				31	0:55:08
185	280	Sally Ann Hales	Macclesfield Harriers & AC	W60	52		30	6	0:55:16
186	60	Catharine Crossley	Macclesfield Harriers & AC	W40	53		31	20	0:55:28
187	304	Samuel Perry	Wilmslow Running Club	M				7	0:55:36
188	184	Sarah Nutt	Macclesfield Harriers & AC	W40	54		32	21	0:55:43
189	288	Tony Hulme		M70		93		2	0:55:59
190	42	Gillian Campbell	Chorlton Runners	W40	55		33	22	0:56:31
191	26	William Blake		M40		94		38	0:56:44
192	96	Mark Godden	Macclesfield Harriers & AC	M60		95		11	0:56:53
193	20	Mark Barton		MSEN				32	0:56:57
194	126	Sarka Jeremic	Wilmslow Striders	W40	56		34	23	0:57:01
195	283	Trevor Longman	Macclesfield Harriers & AC	M70		96		3	0:57:04
196	179	Barbara Murray	Macclesfield Harriers & AC	W60	57		35	7	0:57:13
197	152	Peter Macfarlane	Dark Peak Fell Runners	M60		97		12	0:57:16
198	111	Samantha Hartley	Chorlton Runners	WSEN	58			20	0:57:17
199	100	Hannah Greenlee	Chorlton Runners	WSEN	59			21	0:57:19
200	298	Claire Taylor		M40		98		39	0:57:46
201	271	Allanah Birtwistle	Macclesfield Harriers & AC	W	60			4	0:57:52
202	306	Paul Robison	Winston Runners	M50		99		45	0:57:54
203	228	Edward Swinden	Chorlton Runners	M50		100		46	0:57:57
204	278	Philip Barnes	Pennine Fell Runners	M60		101		13	0:58:07
205	8	Beth Armstrong	Wilmslow Striders	W40	61		36	24	0:58:25
206	102	Liz Greenwood	Chorlton Runners	WSEN	62			22	0:58:44
207	99	Helen Gray	Goyt Valley Striders	W50	63		37	6	0:58:59
208	248	Alison Vesey	Altrincham & District Athletic Club Limited	W60	64		38	8	0:59:13
209	305	Catriona Marshall		W50	65		39	7	0:59:19
210	172	Sophie Molyneux		WSEN	66			23	0:59:31
211	302	Stephen W Sanders	Goyt Valley Striders	M60		102		14	0:59:32
212	18	Brian Barnes	Chorlton Runners	M60		103		15	1:00:20
213	303	Eion Brennan	Glenn Runners	M				8	1:00:28
214	183	Kiera Nolan	Manchester triathlon club	W40	67		40	25	1:00:29
215	65	Kathryn Dewick	Bollington Harriers	W40	68		41	26	1:00:52
216	213	Beth Sheldon		W40	69		42	27	1:01:00
217	194	Kirsty Pierce	Goyt Valley Striders	W60	70		43	9	1:01:00
218	242	Les Thurston	Matlock Athletic Club	M70		104		4	1:01:41
219	69	Sally-Ann Dodd	Wilmslow Striders	W40	71		44	28	1:01:58
220	68	Andrew Dodd	Wilmslow Striders	M50		105		47	1:02:00
221	244	Barry Toole		M60		106		16	1:02:03
222	147	Julie Lucas	Wilmslow Running Club	W50	72		45	8	1:02:10
223	257	Helen Wassall	Boalloy Running Club	W40	73		46	29	1:02:41
224	133	Peter Lancaster		M60		107		17	1:02:53
225	275	Darren Burns		M50		108		48	1:02:55
226	78	Noa Estevez Diaz	Disley Runners	W40	74		47	30	1:02:57
227	234	David Taylor	Congleton Harriers	M70		109		5	1:04:53
228	50	Bernard Clarke		M40		110		40	1:05:51
229	114	Joanne Hill	Chorlton Runners	W50	75		48	9	1:07:49
230	130	Wendy Jones	Chorlton Runners	W50	76		49	10	1:09:03
231	22	Susan Bean	Chorlton Runners	W70	77		50	1	1:11:37
232	229	Lucy Swinden	Chorlton Runners	WSEN	78			24	1:11:49
233	264	Marlena White	Chorlton Runners	W40	79		51	31	1:11:54
234	140	Elisabeth Lewis		W40	80		52	32	1:12:00
235	206	Jenny Rothwell		WSEN	81			25	1:13:04
236	161	Alison McBride		W60	82		53	10	1:13:04

Rainow 5 2022 - Wed-4-May-2022

Men	Name	Club	Time	Women	Name	Club	Time
1st	Lucas Parker (MU23)	Stockport Harriers & AC	0:31:54	1st	Rachel Hall (WSEN)	Macclesfield Harriers & AC	0:38:51
2nd	Allen Bunyan (MSEN)	Macclesfield Harriers & AC	0:33:38	2nd	Nicola Bowen (WSEN)		0:39:48
3rd	Simon Harding (MSEN)	Macclesfield Harriers & AC	0:34:52	3rd	Rachel Munday (W40)	Macclesfield Harriers & AC	0:41:25
M	Name	Club	Time	W	Name	Club	Time
1st	Leigh Thomas		0:39:26	1st	Flora Devlin	Pennine Fell Runners	0:46:06
2nd	Mark Lumb		0:40:42	2nd	-	-	-
3rd	Greg Kilbey		0:42:09	3rd	-	-	-
M40	Name	Club	Time	W40	Name	Club	Time
1st	Chris Bentley	Macclesfield Harriers & AC	0:36:47	1st	Kathleen O'donnell	Macclesfield Harriers & AC	0:43:03
2nd	Matt Owens	Chorlton Runners	0:36:56	2nd	Kristy Gill	Macclesfield Harriers & AC	0:43:42
3rd	Lee Ashwood	Disley Runners	0:37:08	3rd	Louisa Harrison	Wilmslow Running Club	0:44:03
M50	Name	Club	Time	W50	Name	Club	Time
1st	Matthew Lynas	Macclesfield Harriers & AC	0:37:34	1st	Andrea Frost	Macclesfield Harriers & AC	0:47:14
2nd	Darren Dunn	Macclesfield Harriers & AC	0:38:20	2nd	Bev Jackson	Altrincham & District Athletic Club Limited	0:49:41
3rd	Ed Gamble	Cheshire Hill Racers	0:39:18	3rd	Emily Sanders	Ashbourne RC	0:51:27
M60	Name	Club	Time	W60	Name	Club	Time
1st	David Veryard	bakewell hurriers	0:44:49	1st	Sally Gilliver	Running Bear Running Club	0:50:06
2nd	Ivan Whigham	Goyt Valley Striders	0:45:22	2nd	Kate Sutton	Wilmslow Running Club	0:51:48
3rd	Stephen Storey	Penistone Footpath Runners & Athletic Club	0:47:12	3rd	Alison Coulson	Wilmslow Striders	0:53:32
M70	Name	Club	Time	W70	Name	Club	Time
1st	Andy Watts	Wilmslow Running Club	0:48:36	1st	Susan Bean	Chorlton Runners	1:11:37
2nd	Tony Hulme		0:55:59	2nd	-	-	-
3rd	Trevor Longman	Macclesfield Harriers & AC	0:57:04	3rd	-	-	-

Rainow 5 2022 - Wed-4-May-2022

Team Awards				Team Awards			
Men	Club	Athletes	Time	Women	Club	Athletes	Time
1st	Macclesfield Harriers & AC	37.Allen Bunyan	0:33:38	1st	Macclesfield Harriers & AC	104.Rachel Hall	0:38:51
		20 points	0:34:52			177.Rachel Munday	0:41:25
		(2,3,6,9)	0:35:36			212.Faye Sharpley	0:41:56
		287.Chris Bentley	0:36:47				
2nd	Chorlton Runners	9.Tom Arthur	0:35:04	2nd	Wilmslow Running Club	110.Louisa Harrison	0:44:03
		66 points	0:36:56			308 points	0:45:54
		(4,10,22,30)	0:38:32			41.Diane Bygrave	0:50:38
		230.Nick Syertt	0:39:31			146.Holly Lucas	
		119.Jonny Howe					
3rd	Staffs Moorlands AC	24.David Bethell	0:36:25	3rd	Chorlton Runners	227.Alice Swift	0:42:20
		80 points	0:36:36			329 points	0:46:28
		(7,8,18,47)	0:37:49			17.Francesca Bale	
		75.Isaac Elkington				231.Katherine Syrett	0:54:43
		79.Martin Evans	0:41:35				