

## Rainow 5 Fell Race 2023

A great sunny evening for fantastic turn-out of 285 runners (smashing previous record of 236). Somehow everyone managed to park (or cycle/jog to the village thank you), queue in an orderly way for race numbers, not break the toilets and get to the start line on time! Big thanks to everyone who helped out on the night to make the event happen.

We had a large contingent of Macclesfield Harriers (57) as well as 37 “visitors” from Chorlton again as well as lots of other club runners and unattached runners. Simon Harding (Macclesfield Harriers) was first home in 33 minutes and the first lady was Faye Sharpley (Macclesfield Harriers) in 38 minutes 36 seconds. Macclesfield Harriers claimed both the men’s and the ladies’ team prizes too. But I have to mention inspirational running from the older Vets – Margaret Huyton (Macclesfield Harriers) 1<sup>st</sup> lady V70 in 53:33 and Trevor Longman (Macclesfield Harriers) 1<sup>st</sup> V70 in 57:04 (as well as 2<sup>nd</sup> V70 Ian Ankers and 3<sup>rd</sup> V70 Geoff Gilbert all under an hour). Also special mention to Trevor Faulkner (Wilmslow RC) setting inaugural V80 record time of 1 hour 20 mins.

Big thank you to Red Willow brewery and to Running Bear for donating fantastic prizes. There was a great post-race atmosphere with an amazing array of supply of cakes from the Rainow Pre-School Parents! With lots of pre-entries this year, as well as on the night entries and cakes, the race raised a total of just under £2,500. On the night donations were presented to representatives from local charities which benefit our local environment, safety outdoors and supporting the village hall; £500 to Cheshire Wildlife Trust (Kerridge Nature Reserve), £500 to Buxton Mountain Rescue, £500 to the Rainow Village institute and £500 raised for Rainow Pre-School, with the remaining profits to be donated to Rainow institute/pre-school. Full results on: <https://macclesfield-harriers.co.uk/rainow5> and FRA website.

<u>Men</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Women</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1st	Simon Harding (MSEN)	Macclesfield Harriers & AC	33:00	1st	Faye Sharpley (WSEN)	Macclesfield Harriers & AC	38:36
2nd	Alex Jackson (MSEN)		33:27	2nd	Nicola Bowen (WSEN)		40:16
3rd	Allen Bunyan (MSEN)	Macclesfield Harriers & AC	33:38	3rd	Helen Thompson (WSEN)	Poynton Runners	41:37

<u>M40</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>W40</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1st	Andy Beavers	Macclesfield Harriers & AC	36:33	1st	Kristy Gill	Macclesfield Harriers & AC	43:45
2nd	Jon Hopper	Macclesfield Harriers & AC	37:17	2nd	Kathleen O'donnell	Macclesfield Harriers & AC	43:55
3rd	Matt Owens	Pennine Fell Runners	37:19	3rd	Claire Aspinall	Pennine Fell Runners	44:45

<u>M50</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>W50</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1st	Stefan Bramwell	Glossopdale Harriers	36:09	1st	Steph Curtis	Pennine Fell Runners	42:05
2nd	Matthew Lynas	Macclesfield Harriers & AC	37:24	2nd	Clare Holdcroft	Mow Cop Runners	45:48
3rd	Stephen Edwards	Chorlton Runners	37:39	3rd	Alison Wainwright	Dark Peak Fell Runners	46:34

<u>M60</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>W60</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1st	Robert Murphy	Glossopdale Harriers	42:51	1st	Ann-Marie Jones	Macclesfield Harriers & AC	49:21
2nd	Stephen Burthem	Spectrum Striders	43:18	2nd	Karon Forster	Spectrum Striders	51:05
3rd	David Veryard	Bakewell Hurriers	45:08	3rd	Jocelyn Granger	Staffs Moorlands AC	54:13

<u>M70</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>W70</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1st	Trevor Longman	Macclesfield Harriers & AC	57:04	1st	Margaret Huyton	Macclesfield Harriers & AC	53:33
2nd	Ian Ankers	Staffs Moorlands AC	57:51	2nd	-	-	-
3rd	Geoff Gilbert		58:29	3rd	-	-	-

<u>M80</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1st	Trevor Faulkner	Wilsmlow RC	1:20:01

### Team Awards

<u>Me</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
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### Team Awards

<u>Wome</u>	<u>Club</u>	<u>Athletes</u>	<u>Time</u>
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1st	Macclesfield Harriers & AC	118.Simon Harding	33:00	1st	Macclesfield Harriers & AC	240.Faye Sharpley	38:36
	18 points	44.Allen Bunyan	33:38		190 points	52.Egg Cameron	41:48
	(1,3,6,8)	378.Billy Hickes	34:41		(33,67,90)	102.Kristy Gill	43:45
		45.Mark Burley	34:57				
2nd	Chorlton Runners	391.Tom Arthur	34:55	2nd	Chorlton Runners	41.Rachel Brown	43:30
	50 points	153.George Langford	35:38		300 points	26.Leona Beaumont	44:45
	(7,9,16,18)	149.Luke Kelly	36:33		(86,106,108)	229.Suzanne Robinson	44:49
		155.Phil Larratt	36:35				
3rd	Pennine Fell Runners	22.Tim Barry	34:29	3rd	Pennine Fell Runners	72.Steph Curtis	42:05
	98 points	208.Matt Owens	37:19		344 points	11.Claire Aspinall	44:45
	(5,23,30,40)	133.Mark Horsley Frost	38:01		(71,105,168)	134.Molly Horsley Frost	49:27
		94.Ian Fraser	39:40				