

Rainow 5 2016 RESULTS

Position	Number	Time	Name	Category	Club	M/F
1	235	32:27	JACK ROSS	MSEN	Staff Moorlands	M
2	351	34:13	JON POWELL	MSEN	Altrincham	M
3	249	34:27	MARK BURTON	M40	Pennine	M
4	219	34:34	RICHARD HOUGHTON	M50	Pennine	M
5	343	35:27	TOM FELLBAUM	MSEN	MANCHESTER DISTRICT ORIENTEEERING	M
6	275	35:46	ROBBIE PEAL	MSEN	Macclesfield Harriers	M
7	192	36:07	LAURIE LUSCOMBE	MSEN	LIVERPOOL HARRIERS	M
8	340	36:15	MATHEW FELLBAUM	MSEN	MANCHESTER DISTRICT ORIENTEEERING	M
9	336	36:25	ED GAMBLE	M50	CHESHIRE HILL RACERS	M
10	229	36:29	PETER NIELD	M40	Macclesfield Harriers	M
11	376	36:37	BEN TETLER	MSEN	GLOSSOPDALE	M
12	358	36:42	WILLIAM GRIFFITHS	MSEN	Pennine	M
13	256	36:59	JONATHAN HARDMAN	MSEN	CHESHIRE HILL RACERS	M
14	232	37:12	ALLEN BUNYAN	MSEN	Macclesfield Harriers	M
15	280	37:27	JAMES WOOD	MSEN	Staff Moorlands	M
16	306	37:38	TIM LOVATT	MSEN	-	M
17	335	37:51	RICHARD MOSS	M40	-	M
18	211	37:51	THOMAS JACKSON	MSEN	Goyt Valley Striders	M
19	326	37:52	CHRIS BENTLEY	MSEN	Macclesfield Harriers	M
20	389	37:54	JOHN STOCKDALE	M40	Altrincham	M
21	329	37:54	JAMES REES	MSEN	Goyt Valley Striders	M
22	238	38:08	VRYAN LOMAS	M40	Congleton Harriers	M
23	193	38:16	GARETH TURNER	MSEN	ALEHOUSE	M
24	332	38:29	GRANT MITCHELL	M40	-	M
25	370	38:36	JOHN ATKINSON	MSEN	-	M
26	337	38:37	MATTHEW HULLEY	M40	Pennine	M
27	313	38:39	CARL HANAGHAN	MSEN	Macclesfield Harriers	M
28	363	38:44	MARTIN LUCAS	M40	CHORLTON RUNNERS	M
29	268	38:47	NICHOLAS TEAGUE	MSEN	-	M
30	325	39:18	BILLY PARKINSON	MSEN	-	M
31	298	39:20	TOBIS MILLER	MSEN	BOALLOY RC	M
32	385	39:24	DOMINIC SLOANE	MSEN	-	M
33	355	39:26	DAN MARTELL	MSEN	Altrincham	M
34	210	39:28	RACHAEL ANNE BROWN	WSEN	Staff Moorlands	F
35	373	39:32	DAVID KELLY	M40	-	M
36	188	39:45	COLIN ALLOTT	MSEN	Goyt Valley Striders	M
37	218	39:54	VINCENT BOOTH	M50	CHESHIRE HILL RACERS	M
38	239	40:00	DAVID BROCKBANK	M40	-	M
39	251	40:05	TIM RAFFLE	M50	Altrincham	M
40	244	40:14	DAVID WHITFIELD	M40	-	M
41	265	40:20	SIMON WARD	MSEN	-	M
42	381	40:26	SHAUN JACKSON	M40	Altrincham	M
43	317	40:33	CHRIS SHEARLOCK	M40	-	M
44	233	40:39	STEPH CURTIS	W40	Pennine	F
45	347	40:52	BRUCE HUMPHREY	M40	Altrincham	M
46	327	40:59	ANGELA MARKELY	WSEN	Macclesfield Harriers	F
47	221	41:12	TOM STODART	MSEN	-	M
48	247	41:14	NEIL HEY	M50	Macclesfield Harriers	M
49	234	41:22	DAVID KEELING	M50	CHESHIRE HILL RACERS	M
50	382	41:23	JOHN MOONEY	M50	Macclesfield Harriers	M
51	348	41:25	ROB SKELTON	M40	-	M
52	397	41:30	NEIL GERRITY	MSEN	NEWCASTLE (STAFFS) A/C	M
53	231	41:30	ALAN BOCKING	M60	CHESHIRE HILL RACERS	M
54	267	41:50	MARTIN MALLETT	M40	-	M
55	352	42:02	LAURENCE GRAVES	M40	-	M
56	297	42:09	STEVE SWALLOW	M40	Macclesfield Harriers	M
57	345	42:24	STEPHEN PICKEN	M40	-	M
58	224	42:29	ANTHONY DERBYSHIRE	M40	BOALLOY RC	M
59	372	42:36	ROBERT GOULSBRA	MSEN	-	M
60	386	42:39	JONATHAN WRIGHT	M40	-	M
61	252	42:41	ARTHUR RAFFLE	MSEN	Altrincham	M
62	388	42:44	RICHARD KENDALL	MSEN	-	M
63	350	42:47	MARC BRADFORD	MSEN	Macclesfield Harriers	M
64	262	42:51	AIDAN GRANT	M40	Goyt Valley Striders	M

65	203	42:52	SPENCE SIVEWRIGHT	m50	Macclesfield Harriers	M
66	184	42:57	FRED SALMON	M50	-	M
67	212	42:59	DREW SAVAGE	M40	CHORLTON RUNNERS	M
68	316	43:00	ANDY DYKINS	M40	-	M
69	353	43:17	DAMIAN O'ROURKEA	M40	STOCKPORT HARRIERS	M
70	276	43:20	JAMES STUBBS	MSEN	Pennine	M
71	383	43:21	RICHARD WHITE	M40	GLOSSOPDALE	M
72	205	43:26	GRAHAM BROWN	M40	Macclesfield Harriers	M
73	384	43:26	JENNIFER SLOANE	WSEN	-	F
74	309	43:42	BARRY BLYTH	M60	Macclesfield Harriers	M
75	190	43:43	ANDREW HUBERT	M40	-	M
76	308	43:53	ANDREA FROST	W40	Macclesfield Harriers	F
77	357	44:03	JONATHAN WINDSOR	MSEN	Staff Moorlands	M
78	396	44:11	BEN NORBURY	MSEN	-	M
79	300	44:12	TOM GRIMES	MSEN	Macclesfield Harriers	M
80	225	44:25	JON TATHAM	M40	Macclesfield Harriers	M
81	319	44:25	ALICE SWIFT	WSEN	CHORLTON RUNNERS	F
82	279	44:26	CHARMAINE WOOD	WSEN	Congleton Harriers	F
83	273	44:32	KENNY FORSTER	M50	SPECTRUM RIDERS	M
84	354	44:34	LOCKIE CAMPBELL	M50	ADAC	M
85	236	44:36	BRIAN HOLLAND	M60	Goyt Valley Striders	M
86	258	44:39	SOPHIE KIRK	WSEN	Macclesfield Harriers	F
87	285	44:44	CLARE GRIFFIN	W40	Macclesfield Harriers	F
88	380	44:48	MARTIN THOMSON	M40	-	M
89	245	44:52	JOHN MACKINTOSH	M40	-	M
90	191	44:55	PHILIP ROPER	MSEN	-	M
91	277	44:57	MARK HALSEY	M40	Buxton AC	M
92	310	44:58	NICK SYRETT	M40	CHORLTON RUNNERS	M
93	369	45:07	SIMON BOLTON	M50	CHESHIRE HILL RACERS	M
94	296	45:10	TIM BILLINGTON	M50	Wilmslow RC	M
95	242	45:14	GRAHAM BARNES	M60	-	M
96	356	45:33	KIRSTY-JANE BIRCH	WSEN	Macclesfield Harriers	F
97	314	45:45	MICHAEL DOCHERTY	M60	-	M
98	367	45:48	ANDREW MEDLEY	M40	-	M
99	330	45:49	PETER DAVIS	M50	Goyt Valley Striders	M
100	399	45:49	ANNA ASPINALL	WSEN	Goyt Valley Striders	F
101	359	46:02	KRISTY GILL	W40	Macclesfield Harriers	F
102	271	46:11	NEIL SWAINSTON	M40	CHORLTON RUNNERS	M
103	331	46:24	PAUL HILLS	M50	Pennine	M
104	307	46:27	ALEKS KASHEFI	MSEN	BAC	M
105	248	46:27	RICHARD APPLEWHITE	M40	Macclesfield Harriers	M
106	286	46:44	PHILLIP BARNES	M50	Pennine	M
107	349	46:47	PETER ADAMS	M40	CHORLTON RUNNERS	M
108	223	46:52	NEIL HINDLE	M60	FRA	M
109	387	47:05	PHILIP HUTCHINSON	MSEN	-	M
110	216	47:07	ANNE-MARIE JONES	W60	Altrincham	F
111	333	47:14	STEPH WOOD	W40	Macclesfield Harriers	F
112	187	47:21	NICK STAINFORTH	M40	DUCKHOUSE	M
113	392	47:23	ADAM ROBISON	MSEN	-	M
114	301	47:25	HUMA RAHMAN	W40	Wilmslow RC	F
115	398	47:26	TOM NEILL	M50	-	M
116	339	47:32	HEATHER FELLBAUM	W50	MANCHESTER DISTRICT ORIENTEEERING	F
117	328	47:35	VICTORIA HEALEY	WSEN	Goyt Valley Striders	F
118	241	47:38	CATHERINE VOYCE	W40	Macclesfield Harriers	F
119	240	47:51	GILLIAN LINDSEY	W40	Macclesfield Harriers	F
120	257	47:53	DAVE BOWEN	M60	Pennine	M
121	208	47:55	MARK VALLEY	MSEN	BOALLOY RC	M
122	342	47:57	LAWRENCE FENNELLY	M50	GLOSSOPDALE	M
123	183	47:59	ALANNAH BIRTWISTLE	WSEN	Macclesfield Harriers	F
124	362	48:02	PATRICK TOOKER	M50	-	M
125	287	48:10	ANDY SKELHORN	M50	Macclesfield Harriers	M
126	237	48:21	MICHELLE MATHEWS	WSEN	Congleton Harriers	F
127	365	48:25	MANDY CALVERT	W50	Macclesfield Harriers	F
128	395	48:29	PAUL CLOWES	MSEN	-	M
129	228	48:32	EDWARD SINDEN	M40	CHORLTON RUNNERS	M
130	391	48:47	DARREN BARRATT	M40	-	M
131	282	49:26	JEFFREY NORMAN	M70	Altrincham	M
132	246	49:28	GEOFF GILBERT	M60	Wilmslow RC	M
133	291	49:44	FRANCIS WOUFF	M50	CHORLTON RUNNERS	M

134	290	49:49	BETH DAWID	WSEN	NEWCASTLE (STAFFS) TRI CLUB	F
135	274	49:52	KARON FORSTER	W50	CALDER VALLEY	F
136	227	49:57	WAYNE GRANT	M40	Goyt Valley Striders	M
137	292	50:00	ANDREW DODD	M40	Wilmslow RC	M
138	312	50:01	DAVID TUCKER	M60	Macclesfield Harriers	M
139	321	50:03	KEIRAN CUMMINGS	MSEN	CHORLTON RUNNERS	M
140	253	50:04	AMELIA HUNT	WSEN	Goyt Valley Striders	F
141	278	50:04	RICHARD AINLEY	M40	Macclesfield Harriers	M
142	372	50:05	KATIE ROCKLIFF	WSEN	Goyt Valley Striders	F
143	305	50:30	DAVID LARKIN	M40	Macclesfield Harriers	M
144	302	50:40	ALAN TURNER	M50	Wilmslow RC	M
145	299	50:56	REBECCA DONOHUE	WSEN	LIVERPOOL HARRIERS	F
146	230	51:08	EMMA MASON	WSEN	Macclesfield Harriers	F
147	189	51:13	NINA MOSS	WSEN	Macclesfield Harriers	F
148	322	51:14	AKRAN ABOUAGSHA	MSEN	CHORLTON RUNNERS	M
149	390	51:15	JAMES BEARD	MSEN	-	M
150	364	51:20	MARTIN RANDS	M50	Macclesfield Harriers	M
151	254	51:20	PAUL HUNT	M50	Goyt Valley Striders	M
152	266	51:27	TIM WALTON	m40	-	M
153	368	51:36	PAUL BROWN	M50	-	M
154	206	51:37	MIKE EASTWOOD	M60	CHESHIRE TALLY HO	M
155	250	51:51	ROB PARKIN	M40	Congleton Harriers	M
156	243	51:52	ELLISON ALLCOCK	M50	-	M
157	315	51:55	CHRISTOPHER PIMBLOTT	M60	Macclesfield Harriers	M
158	186	52:02	MICHAEL JONES	M60	Altrincham	M
159	303	52:29	SOPHIE CUNNINGHAM	WSEN	CHORLTON RUNNERS	F
160	226	52:42	ROB BAILEY	M40	Macclesfield Harriers	M
161	283	52:49	NIC LEWIS	M40	-	M
162	288	52:52	LOUISE MCEVELEY	W50	HELSEBEY RC	F
163	400	53:23	HELEN GILBERT	W40	Goyt Valley Striders	F
164	281	53:33	DAVID TALYOR	M60	Congleton Harriers	M
165	394	53:38	PAUL ROBISON	M40	GMC Fire Service	M
166	255	53:44	EMILY WILLIAMS	WSEN	CHORLTON RUNNERS	F
167	366	53:45	LUCINDA STONE	W40	SMAC	F
168	379	53:51	LYNDA COOK	W40	Macclesfield Harriers	F
169	324	53:59	DAVID WALKER	M60	Macclesfield Harriers	M
170	338	54:04	SHEUNA SOUTHERN	W50	-	F
171	264	54:14	DAVID SHOESMITH	M60	Macclesfield Harriers	M
172	222	54:25	LINETTE RUSTON	W40	Goyt Valley Striders	F
173	360	54:43	ELAINE PETTIE	W40	-	F
174	185	54:51	ESTELLE MCQUIRE	W40	-	F
175	361	54:58	JANE MELLINGS	W40	-	F
176	377	55:07	NICOLA CANTRELL	WSEN	Macclesfield Harriers	F
177	261	55:21	TRACY VERNON	W50	Goyt Valley Striders	F
178	341	55:35	MARY JEAL	W50	GLOSSOPDALE	F
179	204	55:37	CHRIS EDWARDS	M40	Dark Peak Fell Runners	M
180	272	55:42	CAROL BROUGH	WSEN	CHORLTON RUNNERS	F
181	323	55:43	MARK ARNOLD	M50	-	M
182	304	55:43	CATHERINE ELLIOT	W40	CHORLTON RUNNERS	F
183	263	55:54	CHRISTOPHER TETLEY	M50	Goyt Valley Striders	M
184	217	56:32	WILL MEREDITH	M40	Pennine	M
185	259	56:46	SARAH BOWEN	WSEN	Goyt Valley Striders	F
186	220	56:50	SALLY HOUGHTON	w40	Buxton AC	F
187	378	57:04	KIM EASTHAM	W50	Macclesfield Harriers	F
188	289	57:06	NICK GILFILLIAN	M50	-	M
189	214	57:07	STEPHEN JONES	M60	Altrincham	M
190	260	57:11	CHRISTINE BOWEN	W50	Goyt Valley Striders	F
191	270	57:24	DARREN HUNT	M40	-	M
192	295	57:27	HELEN DAVIS	WSEN	Goyt Valley Striders	F
193	346	57:32	CHRISTIE HAIGH	W40	Goyt Valley Striders	F
194	269	57:41	TERRY CROWTHER	M40	CHORLTON RUNNERS	M
195	213	57:42	KATY PLANT	WSEN	CHORLTON RUNNERS	F
196	320	57:45	SARAH STEPHENSON	WSEN	CHORLTON RUNNERS	F
197	344	58:44	LYNNE JONES	W40	-	F
198	215	58:47	GEORG SCHIRMER	MSEN	-	M
199	374	58:53	RACHEL WARDLE	WSEN	-	F
200	311	58:59	JOANNE FOSTER	W60	Macclesfield Harriers	F
201	202	59:35	ALEXIS DINSMOOR	w60	Pennine	F
202	207	01:00:32	JOHN WILSON	M60	CHESHIRE TALLY HO	M

203	209	01:00:51	TREVOR FAULKNER	M70	Wilmslow RC	M
204	334	01:02:11	RACHEL KAY	W40	-	F
205	294	01:02:41	BARBARA HILLS	W50	Goyt Valley Striders	F
206	293	01:02:42	JOANNA MACKENDRICK	W50	-	F
207	393	01:04:26	AMANDA ROBISON	W40	-	F
208	375	01:04:52	MELANIE POWER	W40	Macclesfield Harriers	F
209	318	01:04:53	VANESSA STOKOE	W40	Macclesfield Harriers	F
210	284	01:05:48	PETER FOTHGRINGHAM	M50	Goyt Valley Striders	M
211	201	DNS	STEVE LOMAS	M40	Macclesfield Harriers	M

version corrected 06/06/2016