

Rainow 5 2024 - Wed-1-May-2024

<u>Men</u>	<u>Name</u>	<u>Club</u>
1st	Eammon Clowes (MU20)	Newcastle (Staffs) Tri Club
2nd	Matthew Cleave (MSEN)	
3rd	Nathanael Booker (MSEN)	Macclesfield Harriers & AC

<u>Women</u>	<u>Name</u>	<u>Club</u>
1st	Hollie Wall (WSEN)	Staffs Moorlands AC
2nd	Rachel Hall (W40)	Macclesfield Harriers & AC
3rd	Helen Thompson (W40)	Poynton Runners

<u>MU23</u>	<u>Name</u>	<u>Club</u>
1st	Michael Wood	Macclesfield Harriers & AC

<u>M40</u>	<u>Name</u>	<u>Club</u>
1st	Andrew Lamont	

<u>W40</u>	<u>Name</u>	<u>Club</u>
1st	Lucy Wasinski	Glossopdale Harriers

<u>M50</u>	<u>Name</u>	<u>Club</u>
1st	David Ratcliffe	Boalloy Running Club

<u>W50</u>	<u>Name</u>	<u>Club</u>
1st	Andrea Lynes	Macclesfield Harriers & AC

<u>M60</u>	<u>Name</u>	<u>Club</u>
1st	Paul Chrisp	Delamere Spartans

<u>W60</u>	<u>Name</u>	<u>Club</u>
1st	Mary Edgerton	Pennine Fell Runners

<u>M70</u>	<u>Name</u>	<u>Club</u>
1st	Mick Moorhouse	Matlock Athletic Club

<u>W70</u>	<u>Name</u>	<u>Club</u>
1st	Margaret Huyton	Macclesfield Harriers & AC

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Team Awards

<u>Men</u>	<u>Club</u>	<u>Athletes</u>
1st	Macclesfield Harriers & AC	20.Nathanael Booker 35 points (3,8,11,13)
		437.Michael Wood 90.Alex Galloway 275.Mark Walker

Team Awards

<u>Women</u>	<u>Club</u>	<u>Athletes</u>
1st	Macclesfield Harriers & AC	102.Rachel Hall 92.Kristy Gill 163.Angela Markley