

Rainow 5 - Wed-6-May-2026

Pos.	No.	Name	Club	Category	F Pos.	M Master Pos	F Master Pos.	Cat pos	Time
	1	135 Chris Lehoczki	Macclesfield Harriers & AC	MSEN				1	0:33:43
	2	194 Stephen Savage	Wilmslow Running Club	M40			1	1	0:33:54
	3	8 James Bannister	Sale Harriers Manchester	MSEN				2	0:34:10
	4	176 Fin Pettie	Macclesfield Harriers & AC	MU20				1	0:34:44
	5	15 Nathanael Booker	Macclesfield Harriers & AC	MSEN				3	0:34:47
	6	259 Daniel Brown		MU20				2	0:34:49
	7	6 Harry Bachofner	Wilmslow Striders	MSEN				4	0:36:20
	8	154 Rob Massey	Bollington Harriers	MSEN				5	0:36:21
	9	87 Simon Harding	Macclesfield Harriers & AC	M40			2	2	0:36:23
	10	102 Zach Holmes	Macclesfield Harriers & AC	MSEN				6	0:36:32
	11	43 Andrew Curvis	Sale Harriers Manchester	M40			3	3	0:36:33
	12	105 Jon Hopper	Macclesfield Harriers & AC	M40			4	4	0:36:44
	13	248 Peter Williams	Wilmslow Striders	MSEN				7	0:36:57
	14	59 Richard Edwards	Sale Harriers Manchester	M40			5	5	0:37:21
	15	130 Phil Larratt	Chorlton Runners	M40			6	6	0:37:43
	16	41 Ben Crossley	Macclesfield Harriers & AC	M40			7	7	0:37:52
	17	113 Robert Jackson	Wilmslow Running Club	M40			8	8	0:37:54
	18	131 Matt Lawton	Macclesfield Harriers & AC	M40			9	9	0:38:02
	19	206 James Speedie		M40			10	10	0:38:10
	20	7 Cameron Banks	Chorlton Runners	MSEN				8	0:38:13
	21	168 Paul Noble	Sale Harriers Manchester	M50			11	1	0:38:22
	22	38 Sam Cooper	Bollington Harriers	M40			12	11	0:38:29
	23	33 Rob Cleaver	Stockport Harriers & AC	MSEN				9	0:38:30
	24	203 Oliver Smyth		MSEN				10	0:38:36
	25	47 Tony Davenport	Sale Harriers Manchester	M40			13	12	0:38:45
	26	84 Tim Greenald	Altrincham and District AC	M50			14	2	0:39:06
	27	262 Philip Thomson		MSEN				11	0:39:17
	28	58 Mark Eastman	Bollington Harriers	MSEN				12	0:39:35
	29	31 Shaun Chambers	Salford harriers	M60			15	1	0:39:59
	30	16 Rosie Bradshaw	Stockport Harriers & AC	FU20	1			1	0:40:21
	31	261 Mark Lumb		M40			16	13	0:40:25

32	71 Nick Gale	Macclesfield Harriers & AC	MSEN			13	0:40:31
33	231 Theo Tritton	Chorlton Runners	MSEN			14	0:40:34
34	81 Barnaby Gordon	Sale Harriers Manchester	M50		17	3	0:41:04
35	166 Billy Naylor		M50		18	4	0:41:05
36	21 Phil Burns	Stockport Harriers & AC	M40		19	14	0:41:14
37	263 Peter Shipley	Sale Harriers Manchester	M40		20	15	0:41:20
38	220 Erin Terry	Sale Harriers Manchester	FU20	2		2	0:41:26
39	191 Thomas Ryder	Staffs Moorlands AC	MSEN			15	0:41:29
40	91 James Edward Hartshorn	East Cheshire Harriers	M40		21	16	0:41:36
41	204 Ben Snell	Stockport Harriers & AC	M40		22	17	0:41:40
42	137 Bryan Lomas		M50		23	5	0:41:50
43	28 James Calthorpe		MSEN			16	0:41:51
44	234 Andrew Tyson		M40		24	18	0:41:57
45	252 James Wood	Macclesfield Harriers & AC	M40		25	19	0:41:59
46	258 Ruth Wilkinson	Macclesfield Harriers & AC	FSEN	3		1	0:42:01
47	222 Jon Terry	Sale Harriers Manchester	M50		26	6	0:42:07
48	164 Chris Moss	Congleton Harriers	M50		27	7	0:42:09
49	219 Laurence Tendler	Bollington Harriers	M40		28	20	0:42:15
50	95 Josh Hewitt	Macclesfield Harriers & AC	M40		29	21	0:42:20
51	153 Dan Martell	Altrincham and District AC	MSEN			17	0:42:35
52	180 Gareth Pritchard	Bramhall Runners	M40		30	22	0:42:41
53	12 Paul Barrett	Sale Harriers Manchester	M40		31	23	0:42:42
54	124 Frances Kenney	Wilmslow Running Club	F40	4		1	0:42:44
55	216 Christopher Tait	Sale Harriers Manchester	MSEN			18	0:42:48
56	209 Ian Stanway	Congleton Harriers	MSEN			19	0:42:51
57	188 Andy Roberts	Macclesfield Harriers & AC	M50		32	8	0:43:21
58	207 Matt Spragg	Sale Harriers Manchester	M50		33	9	0:43:24
59	4 Tom Atkinson		M50		34	10	0:43:31
60	103 Jarrod Homer	Wilmslow Running Club	M50		35	11	0:43:36
61	208 Tim Stanley	Bollington Harriers	M50		36	12	0:43:51
62	192 Helen Saunders	Macclesfield Harriers & AC	FSEN	5		2	0:44:00
63	213 John Stockdale	Marple Runners	M50		37	13	0:44:03
64	136 Matt Ling	Congleton Harriers	M50		38	14	0:44:04

65	107 Heather Hughes	Sale Harriers Manchester	FSEN	6		3	0:44:05
66	161 Oliver Moore		MSEN			20	0:44:11
67	65 Bob Foreman		M60		39	2	0:44:15
68	138 Steve Lomas	Macclesfield Harriers & AC	M50		40	15	0:44:15
69	185 Aidan Raftery	Sale Harriers Manchester	M60		41	3	0:44:17
70	89 Richard Harrison	Wilmslow Running Club	M50		42	16	0:44:18
71	151 Angela Markley	Macclesfield Harriers & AC	F40	7		2	0:44:21
72	1 Humberto Abreu	Sale Harriers Manchester	M40		43	24	0:44:52
73	93 Robert Heggs	Chorlton Runners	M50		44	17	0:44:54
74	239 Ivan Vukomanovic	Wilmslow Running Club	M40		45	25	0:45:01
75	85 Miguel Gutierrez Rubi		M40		46	26	0:45:02
76	228 Archie Thorneycroft	Macclesfield Harriers & AC	MSEN			21	0:45:03
77	52 Ged Devereux Kelly		FSEN	8		4	0:45:11
78	98 Colin Hill	Macclesfield Harriers & AC	MSEN			22	0:45:15
79	23 Diane Bygrave	Wilmslow Running Club	F50	9		3	0:45:19
80	132 James Leask	Bollington Harriers	M40		47	27	0:45:28
81	165 Rachel Munday	Macclesfield Harriers & AC	F40	10		4	0:45:32
82	39 Barnaby Crawshaw	Pennine Fell Runners	M40		48	28	0:45:41
83	88 Adam Harrison		MSEN			23	0:45:44
84	13 Gaurav Batra	Sale Harriers Manchester	M50		49	18	0:45:50
85	201 John Sleigh		M40		50	29	0:45:56
86	221 Jess Terry	Sale Harriers Manchester	FU20	11		3	0:45:57
87	27 Adam Calthorpe		MSEN			24	0:46:00
88	260 Robin Peake	Macclesfield Harriers & AC	M40		51	30	0:46:03
89	57 Chris Eames		M40		52	31	0:46:12
90	25 Chris Calderbank	Kerb Runners	MSEN			25	0:46:13
91	264 Sean Adams	Goyt Valley Striders	M60		53	4	0:46:14
92	45 Neil Daniels		M40		54	32	0:46:24
93	83 Wayne Grant	Goyt Valley Striders	M50		55	19	0:46:26
94	68 David Freeman	Macclesfield Harriers & AC	MSEN			26	0:46:28
95	212 James Stockdale	Marple Runners	MSEN			27	0:46:33
96	183 Megan Proffitt	Wilmslow Striders	FSEN	12		5	0:46:36
97	32 Anne Chinoy	Sale Harriers Manchester	F50	13		5	0:47:06

98	109	Chris Hunt		M40		56		33	0:47:16
99	144	Natalie Macfarlane	Chorlton Runners	F40	14		6	4	0:47:28
100	66	Phil Francis	Kerb Runners	M40		57		34	0:47:28
101	247	David Whitfield	Bollington Harriers	M50		58		20	0:47:47
102	251	Charmaine Wood	Macclesfield Harriers & AC	F40	15		7	5	0:47:50
103	256	Leigh Wykes	Staffs Moorlands AC	M50		59		21	0:47:56
104	236	David Veryard	Bakewell Huriers	M60		60		5	0:48:01
105	150	Guy Maddox	Macclesfield Harriers & AC	M50		61		22	0:48:07
106	175	Mike Perry	Staffs Moorlands AC	M60		62		6	0:48:09
107	159	Antonio Mion	Running Bear	M60		63		7	0:48:11
108	182	Darren Proffitt	Wilmslow Striders	M50		64		23	0:48:14
109	167	Roberto Nerici	Fetch Everyone	M50		65		24	0:48:16
110	112	Frances Jackson	Wilmslow Running Club	FSEN	16			6	0:48:24
111	172	Stuart Parrott	Cheshire Hill Racers	M60		66		8	0:48:32
112	162	Owain Morris	Macclesfield Harriers & AC	MSEN				28	0:48:35
113	29	Jonathan Caltieri	Macclesfield Harriers & AC	MSEN				29	0:48:37
114	3	Shaun Atherton		MSEN				30	0:48:43
115	217	Claire Taylor		F40	17		8	6	0:48:49
116	75	Isobel Giblin		F40	18		9	7	0:48:52
117	173	John Peel	Pennine Fell Runners	M40		67		35	0:48:58
118	227	Barrie Thomason	Macclesfield Harriers & AC	M50		68		25	0:49:12
119	245	Jason White	Staffs Moorlands AC	M50		69		26	0:49:21
120	36	Sarah Cook	Marple Runners	F40	19		10	8	0:49:26
121	123	Richard Jones	Bollington Harriers	M40		70		36	0:49:27
122	9	Oliver Barber	Macclesfield Harriers & AC	M40		71		37	0:49:50
123	244	Mike Wharton	Sale Harriers Manchester	M50		72		27	0:49:55
124	121	Simon Johnson		MSEN				31	0:49:56
125	42	Davide Cuoghi	Levenshulme Runners	MSEN				32	0:50:05
126	142	Francesca Lynn		FSEN	20			7	0:50:17
127	223	Wendy Terry	Sale Harriers Manchester	F50	21		11	3	0:50:20
128	101	Mike Hodson	Bramhall Runners	M50		73		28	0:50:23
129	211	Emily Stockdale		FSEN	22			8	0:50:25
130	86	Erica Guylar	Old Dog Runners	F50	23		12	4	0:50:35

131	51 Kristian Dean		MSEN			33	0:50:57
132	50 James Dean		M50		74	29	0:50:58
133	229 Andy Thorp	Macclesfield Harriers & AC	M60		75	9	0:51:06
134	134 Matt Lees	Bollington Harriers	M50		76	30	0:51:08
135	237 Philip Vesey	Altrincham and District AC	M60		77	10	0:51:17
136	64 Simone Fisher	Start2Jog	F50	24		13	5 0:51:23
137	253 Francis Wooff	Calder Valley Fell Runners	M60		78	11	0:51:27
138	127 Nadiah Laajam	Wilmslow Running Club	F40	25		14	9 0:51:30
139	243 Andy Watts	Wilmslow Running Club	M70		79	1	0:51:34
140	37 Rita Cooke		F40	26		15	10 0:51:37
141	235 Neil Uys		M40		80	38	0:51:37
142	146 Ranald MacKay	Spectrum Striders	M50		81	31	0:52:11
143	97 Janine Higson	Pennine Fell Runners	F50	27		16	6 0:52:15
144	140 Holly Lucas	Wilmslow Running Club	FSEN	28		9	0:52:20
145	152 Graeme Marsden	Disley Runners	M60		82	12	0:52:28
146	5 Paul Austin	Chapel-en-le-Frith Runners	M50		83	32	0:52:38
147	96 Matthew Heys		M40		84	39	0:52:39
148	202 Ian Smallwood	Wilmslow Running Club	M60		85	13	0:52:41
149	225 Catrin Thomas		FU20	29		4	0:53:04
150	249 Paul Winrow	Wilmslow Striders	M40		86	40	0:53:06
151	46 Ben Darlington		MSEN			34	0:53:15
152	90 Susan Harrison	Wilmslow Running Club	F50	30		17	7 0:53:38
153	160 Hiten Mitha	Chorlton Runners	M40		87	41	0:53:39
154	156 Kate McCreery	Bollington Harriers	F50	31		18	8 0:53:43
155	224 Anne Thomas	Wilmslow Striders	F50	32		19	9 0:53:49
156	242 Nicola Waterworth	Macclesfield Harriers & AC	F40	33		20	11 0:53:53
157	106 David Horsfield	Bollington Harriers	M60		88	14	0:54:07
158	215 Neil Swainston	Chorlton Runners	M50		89	33	0:54:13
159	67 Kate Franklin	Macclesfield Harriers & AC	F40	34		21	12 0:54:32
160	129 David Larkin	Macclesfield Harriers & AC	M50		90	34	0:54:34
161	49 Amanda Dean	Ashbourne Running Club	F60	35		22	1 0:54:49
162	120 Kate Johnson	Spectrum Striders	F50	36		23	10 0:55:32
163	157 Paul McDaid	Heald Green Runners	M50		91	35	0:55:35

164	34 Ashley Cliffe	Marple Runners	M50		92	36	0:55:38	
165	155 Bernard McCarron	Macclesfield Harriers & AC	M60		93	15	0:55:41	
166	187 Laura Reynolds	Wilmslow Running Club	F40	37		24	13	0:55:55
167	145 Lisa MacKay	Spectrum Striders	F50	38		25	11	0:56:00
168	116 Emma Jarvis		F50	39			10	0:56:00
169	62 Christina Emerson	Heald Green Runners	F50	40		26	12	0:56:20
170	230 Pete Tomlin	Start2Jog	M50				35	0:56:28
171	117 Mary Jeal	Glossopdale Harriers	F60	41		27	2	0:56:33
172	265 Saranya Hasler		F40	42		28	14	0:56:43
173	40 Duncan Crewe		M40		94		42	0:56:48
174	53 Kathryn Dewick	Bollington Harriers	F40	43		29	15	0:56:57
175	18 Jeremy Brookes	Biddulph RC	M50		95		37	0:57:39
176	195 Janet Screawn	Wilmslow Running Club	F50	44		30	13	0:57:43
177	11 Caroline Barrett		F40	45		31	16	0:57:45
178	73 Ruth Gamwell	Macclesfield Harriers & AC	F50	46		32	14	0:57:46
179	115 Brett Jarman		M40		96		43	0:58:13
180	163 Peter Moseley	Chorlton Runners	M40		97		44	0:58:22
181	79 Toby Gold	Wilmslow Striders	M60		98		16	0:58:23
182	186 Shirley Ralph	Bramhall Runners	F50	47		33	15	0:58:27
183	128 Nathalie Lacroix	Wilmslow Striders	F40	48		34	17	0:58:34
184	122 Sally Johnston	Wilmslow Running Club	F60	49		35	3	0:58:42
185	148 Claire MacNeill		F50	50		36	16	0:59:32
186	82 Chris Goulden		M50				36	0:59:58
187	61 Arthur Embleton	Start2Jog	M40		99		45	1:00:00
188	35 Eleanor Collins	Chorlton Runners	F50	51			11	1:00:20
189	178 John Porteous	Wilmslow Running Club	M70		100		2	1:01:29
190	196 Ian Sharpe	Chorlton Runners	M50		101		38	1:01:49
191	69 Adrian Frost	Trentham RC	M60		102		17	1:02:29
192	238 Hannah Vukomanovic		F40	52		37	18	1:02:37
193	78 Mark Godden	Macclesfield Harriers & AC	M60		103		18	1:02:59
194	246 Kristian White	Chapel-en-le-Frith Runners	M50				37	1:03:39
195	200 David Shoesmith	Marple Runners	M70		104		3	1:04:05
196	77 Louise Godden		F60	53		38	4	1:05:51

197	108 Bethan Hunt	Chorlton Runners	FSEN	54		12	1:06:01
198	255 Martin Wright	Ashbourne Running Club	M60		105	19	1:06:16
199	72 Patrick Galloway		MSEN			38	1:07:59
200	94 Rebecca Hemmings	Chapel-en-le-Frith Runners	F40	55		39	1:08:14
201	76 Harry Goddard	Chapel-en-le-Frith Runners	MSEN			39	1:09:42
202	26 Nicola Callaghan	Chapel-en-le-Frith Runners	F40	56		40	1:09:48
203	2 Ian Ashcroft	Wilmslow Running Club	M70		106	4	1:11:39