

## MAC 5k RESULTS 23RD JUNE 2015

Position	RaceNo	Time	Cat Pos	Name	Club	Category
1	6	16:32	1	James Samson	DD	MS
2	117	17:08		Ian Gutteridge	DD(G)	Guest
3	413	17:13	2	Alistair Palmer	WR	MS
4	204	17:18	3	Simon Sikora	MS	MS
5	100	17:28	4	Richard Gibbe	DD	MS
6	725	17:45	5	Joshua Cardwell	BJ	MS
7	826	17:48	1	Nigel Sullivan	BJ	MV40
8	911	17:50	1	Nathan Brammer	MAC	MJ
9	43	17:51	2	Neil Potter	DD	MV40
10	504	17:52	3	Steve Knock	HC	MV40
11	956	17:54	2	Daniel Abrahamson	MAC	MJ
12	104	17:56	6	Rob Foster	DD	MS
13	599	18:05	1	Steve Roberts	HC	MV50
14	57	18:19	4	David McNally	DD	MV40
15	404	18:25	7	Rich Bookless	WR	MS
16	748	18:26	5	Paul Fallon	BJ	MV40
17	562	18:28	8	James Allchin	HC	MS
18	75	18:29	9	Wayne Clements	DD	MS
19	990	18:33	10	Sam Brewster	MAC	MS
20	33	18:46	6	Paul Woolley	DD	MV40
21	853	18:55		Kevin Fowles	BJ(G)	Guest
22	814	18:56	11	Ben Schiffer-Harte	BJ	MS
23	566	19:02	1	Alun Jones	HC	MV60
24	124	19:06	12	Steven Ilott	DD	MS
25	810	19:08	2	Chris Rose	BJ	MV50
26	557	19:11	7	Charles Pugh	HC	MV40
27	48	19:16	13	William Casson	DD	MS
28	99	19:18	8	Philip Jones	DD	MV40
29	221	19:32	14	Chris Pinkham	MS	MS
30	809	19:37	9	Sean Rooney	BJ	MV40
31	929	19:40	1	Abbie Jones	MAC	FJ
32	1110	19:46	15	James Dickinson	CRC	MS
33	226	20:00	10	Simon O'Neill	MS	MV40
34	30	20:08	16	Matthew Madill	DD	MS
35	907	20:09	2	Polly Batstone	MAC	FJ
36	83	20:11	1	Zena Phillips	DD	FS
37	121	20:14	3	Terry Johnson	DD	MV50
38	406	20:18	17	Chris McGillicuddy	WR	MS
39	1135	20:21	2	Anna Slater	CRC	FS
40	1124	20:22	11	John Ashworth	CRC	MV40
41	749	20:24	12	Chris Firman	BJ	MV40
42	765	20:24	3	Bev Holmes	BJ	FS
43	960	20:27	3	Ollie Graham	MAC	MJ
44	59	20:28	13	Guy Grewal	DD	MV40
45	735	20:29	18	Paul Cordner	BJ	MS
46	81	20:31	19	Carl Dawson	DD	MS
47	555	20:32	20	Phil Walker	HC	MS
48	919	20:33	4	Matthew Hunt	MAC	MJ
49	42	20:34	21	Satnam Singh	DD	MS
50	122	20:35	14	Colin Surgeon	DD	MV40

51	944	20:35		Chiris Bell	MAC(G)	Guest
52	223	20:39	22	Wayne Samuel	MS	MS
53	20	20:40	4	Michael Hill	DD	MV60
54	1136	20:45	23	Gareth Walters	CRC	MS
55	979	20:46		Jacob Tinson	MAC(G)	Guest
56	791	20:46	5	Mark Moore	BJ	MV50
57	210	20:47	6	Paul Connor	MS	MV50
58	957	20:53	5	Jake Humphries	MAC	MJ
59	252	20:57		Jonathan Snelgrove	MS(G)	Guest
60	594	20:58	24	Matt Evans	HC	MS
61	806	21:02	7	Dave Rogers	BJ	MV50
62	800	21:02	25	Simon Peralta	BJ	MS
63	506	21:03	26	James Edwards	HC	MS
64	992	21:05	6	Adam Frost	MAC	MJ
65	534	21:11	15	Chris Davis	HC	MV40
66	86	21:16	27	Jamie Young	DD	MS
67	954	21:17	3	Lucy Thornton	MAC	FJ
68	1105	21:19	8	Steve Cottrell	CRC	MV50
69	106	21:22	4	Heather Mackay	DD	FS
70	229	21:29	5	Lyndsay Markham	MS	FS
71	813	21:32	1	Rachel Sammes	BJ	FV40
72	114	21:32	6	Jana Marakova	DD	FS
73	80	21:36	7	Clara Trant	DD	FS
74	861	21:37	28	Gary Heron	BJ	MS
75	118	21:40	16	Philip Kemp	DD	MV40
76	744	21:44	29	Joe Dumont	BJ	MS
77	429	21:49	17	John Noon	WR	MV40
78	62	21:50	9	Stuart Armstrong	DD	MV50
79	82	21:55	1	Janet Binns	DD	FV50
80	1133	21:56	2	Steve Bennetts	CRC	MV60
81	1132	21:57	2	Sarah Walker	CRC	FV40
82	526	21:58	18	Robert Walkowski	HC	MV40
83	539	22:01	19	Mark Dewey	HC	MV40
84	785	22:03	3	Graziella Marini	BJ	FV40
85	255	22:05	4	Val Lomas	MS	FV40
86	90	22:06	20	Mark Berry	DD	MV40
87	241	22:08	10	Paul Bushby	MS	MV50
88	116	22:10	1	Ian Spencer	DD	MV70
89	909	22:10	4	Amy Reike	MAC	FJ
90	1122	22:12	30	David Ridley	CRC	MS
91	28	22:14	11	Peter Campbell	DD	MV50
92	201	22:17	21	Antony Bourne	MS	MV40
93	1071	22:25	31	James Griffiths	MAC	MS
94	427	22:27	7	Alex Flann	WR	MJ
95	426	22:28	22	Nick Flann	WR	MV40
96	232	22:29	3	Nigel Rose	MS	MV60
97	733	22:30	4	Richard Coleman	BJ	MV60
98	549	22:31	2	Penny Cutler	HC	FV50
99	125	22:35	12	Martin Illott	DD	MV50
100	530	22:36	13	Paul Frith	HC	MV50
101	103	22:37	8	Catherine Foster	DD	FS
102	550	22:38	9	Charmain Jones	HC	FS

103	502	22:47	23	Gareth Ward	HC	MV40
104	537	22:48	14	John Peerless	HC	MV50
105	73	22:49	24	Tim Martin	DD	MV40
106	591	22:50	32	Mike Green	HC	MS
107	120	22:52	5	Helen Jones-Totays	DD	FV40
108	513	22:58	25	Craig Atkins	HC	Mv40
109	723	22:59	10	Helen Butler	BJ	FS
110	870	23:04	11	Harvinder Soor	BJ(G)	Guest
111	1070	23:14	8	Toby Ralphs	MAC	MJ
112	211	23:15	6	Deborah Hope	MS	FV40
113	21	23:16	15	Larry Rees	DD	MV50
114	950	23:22	5	Laura House	MAC	FJ
115	40	23:23	16	John Hayes	DD	MV50
116	713	23:30	26	Phil Bickley	BJ	MV40
117	955	23:33	7	Sam Thornton	MAC	FV40
118	558	23:34	8	Rachael Cullen-Heighway	HC	FV40
119	535	23:35	3	Michelle Booth	HC	FV50
120	554	23:39	27	Babajide Evanson	HC	MV40
121	29	23:39	28	David Patience	DD	MV40
122	561	23:40	12	Damaris Daniels	HC	FS
123	235	23:41	17	Nick Tremeer	MS	MV50
124	4	23:42	18	Colin Adams	DD	MV50
125	412	23:46	13	Clare Williams	WR	FS
126	271	23:51	9	Louise Walton	MS	FV40
127	77	23:52	29	Craig Sherratt	DD	MV40
128	974	23:53	14	Sarah Brown	MAC	FS
129	587	23:56	5	Steve Batham	HC	MV60
130	69	23:57	6	Joe Nolan	DD	MV60
131	15	23:59	10	Liz Macartney	DD	FV40
132	959	24:06	6	Harriet Graham	MAC	FJ
133	253	24:09	30	Nick Cooke	MS	MV40
134	41	24:14	4	Andrea Sayer	DD	FV50
135	862	24:17	33	Bobby Grinney	BJ(G)	Guest
136	712	24:18	34	Marc Bennett	BJ	MS
137	402	24:19	7	Dave Moseley	WR	MV60
138	242	24:20	15	Becky Whitworth	MS	FS
139	205	24:21	19	Steve Colman	MS	MV50
140	946	24:25	7	Jessica Dibley	MAC	FJ
141	14	24:35	31	Rob Lane	DD	MV40
142	707	24:37	32	Andy Bates	BJ	MV40
143	74	24:42	20	David Priddy	DD	MV50
144	216	24:43	16	Hannah Walker-Lancum	MS	FS
145	761	24:44	35	Vincent Grinney	BJ	MS
146	904	24:47	2	David Waterman	MAC	MV70
147	49	24:48	11	Bella Shah	DD	FV40
148	802	24:50	5	Claire Primett	BJ	FV50
149	837	24:51	8	Walter Wessely	BJ	MV60
150	942	24:52	8	Grace Goldfinch	MAC	FJ
151	239	24:53		Nigel Moorhouse	MS(G)	Guest
152	65	24:54	33	David McShane	DD	MV40
153	978	24:55		Jonathan House	MAC(G)	Guest
154	254	25:03		Michael Morrisey	MS(G)	Guest

155	60	25:05	9	David Glazier	DD	MV60
156	403	25:08	21	Eoin Sharkey	WR	MV50
157	548	25:09	22	Phil Tippett	HC	MV50
158	871	25:12	36	Ben Cronin	BJ(G)	Guest
159	208	25:21	23	Les Lepper	MS	MV50
160	414	25:24	10	Damien Woolmer	WR	MV60
161	541	25:24	24	Chris Lansdown	HC	MV50
162	993	25:26	25	Janak Mistry	MAC	MV50
163	953	25:27	9	Abi Ash	MAC	FJ
164	45	25:28	34	Richard Golding	DD	MV40
165	58	25:33	17	Jayon Ahn	DD	FS
166	736	25:34	6	Alison Cronin	BJ	FV50
167	428	25:38	11	John Bagshaw	WR	MV60
168	46	25:43	12	Melanie Golding	DD	FV40
169	580	25:45	9	Syd Woods	HC	MJ
170	538	25:49	18	Fran Brown	HC	FS
171	559	25:50	26	Steve Neale	HC	MV50
172	214	25:56	12	Olav Hansen	MS	MV60
173	1129	26:02	7	Rachel Brennan	CRC	FV50
174	912	26:03	10	Zoe Houghton	MAC	FJ
175	123	26:04	19	Pavanjeet Johal	DD	FS
176	831	26:05	20	Martine Thompson	BJ	FS
177	717	26:06	8	Jackie Brosnan	BJ	FV50
178	752	26:07	13	Dave Ford	BJ	MV60
179	821	26:10	14	Stefan Stasuik	BJ	MV60
180	536	26:11	1	Angela Peerless	HC	FV60
181	598	26:14	13	Teresa Watkins	HC	FV40
182	222	26:16	9	Blanche Morrissey	MS	FV50
183	215	26:19	21	Jennifer Boyle	MS	FS
184	1321	26:21	22	Elizabeth Francis	RS	FS
185	705	26:24	37	Amresh Bangalore	BJ	MS
186	1308	26:24	23	Ruth Stanley	RS	FS
187	63	26:26	2	Barbara Allen	DD	FV60
188	115	26:27	10	Valerie Williams	DD	FV50
189	1131	26:36	14	Caroline Roberts	CRC	FV40
190	105	26:38	24	Katy Hughes	DD	FS
191	872	26:46	15	Janet Davson	BJ(G)	Guest
192	570	26:57		Emily Johnson	HC(G)	Guest
193	16	26:58	3	Derek Baker	DD	MV70
194	512	27:00	16	Helen Moseley	HC	FV40
195	514	27:06	38	Robert James	HC	MS
196	1303	27:08	11	Myriam Silverman	RS	FV50
197	1305	27:11	3	Jane Plessner	RS	FV60
198	838	27:12	27	Derek Wilkins	BJ	MV50
199	23	27:13	17	Lucinda Longster	DD	FV40
200	516	27:18	18	Steph Williams	HC	FV40
201	757	27:23	35	Andrew Gilbert	BJ	MV40
202	119	27:30		Derek Manual	DD(G)	Guest
203	18	27:31	28	John McCulloch	DD	MV50
204	1320	27:32	25	Paula Kelly	RS	FS
205	708	27:33	12	Kim Bates	BJ	FV50
206	1310	27:34	13	Jane Perry	RS	FV50

207	230	27:35	19	Dawn Edgington	MS	FV40
208	542	27:45	14	Florrie Lindley	HC	FV50
209	111	27:46	15	Laura Hawkins	DD	FV50
210	798	28:06	26	Zoe Norcott	BJ	FS
211	921	28:16	11	Jessica Williams	MAC	FJ
212	958	28:17	12	Molly Sammes	MAC	FJ
213	873	28:38	27	Maxine Jones	BJ(G)	Guest
214	721	28:42	20	Yvette Buckingham	BJ	FV40
215	218	28:46	16	Veronique Atkins-Allain	MS	FV50
216	92	28:50	28	Candice Hunter	DD	FS
217	1	28:58	29	Andrew Ogierman	DD	MV50
218	207	29:00	17	Sue Leaver	MS	FV50
219	552	29:10	21	Helene Galsworthy	HC	FV40
220	848	29:32	29	Anna Ford	BJ	FS
221	569	29:33	30	Hannah Vincent	HC	FS
222	507	29:35	4	Linda Weedon	HC	FV60
223	233	29:36	18	Jean Johnson	MS	FV50
224	2	29:37	19	Bryony Trafford-Smith	DD	FV50
225	556	29:38	22	Lorraine Warman	HC	FV40
226	560	29:39	20	Sue Neale	HC	FV50
227	579	29:40	31	Katie Twitchen	HC	FS
228	945	29:40	13	Toni Dibley	MAC	FJ
229	980	29:42	39	Steve Tinson	MAC	MS
230	213	29:44	21	Barbro Julin	MS	FV50
231	417	29:48	32	Sarah Evans	WR	FS
232	202	29:51	23	Anneli Bourne	MS	FV40
233	1322	30:01	22	Mary McSweeney	RS	FV50
234	228	30:01	23	Kathy Bergh	MS	FV50
235	249	30:27		Jon Grant	MS(G)	Guest
236	53	30:29	24	Isobel Carron	DD	FV50
237	737	30:30	33	Sophie Cronin	BJ	FS
238	11	30:31	25	Terri Simpson	DD	FV50
239	573	30:39	34	Jo Smith	HC	FS
240	718	30:43	30	Michael Brosnan	BJ	MV50
241	543	30:56	24	Joanne Knights	HC	FV40
242	234	30:57	1	Marianne Mays	MS	FV70
243	1115	31:00	26	Tina Scanlon	CRC	FV50
244	812	31:22	4	Tom Rylance	BJ	MV70
245	564	31:30	15	Martin Dean	HC	MV60
246	792	31:31	5	Mike Morgan	BJ	MV70
247	780	31:34	5	Nassem Lister	BJ	FV60
248	529	31:50	25	Chris Frith	HC	FV40
249	825	31:54	35	Helen Sucksmith	BJ	FS
250	563	32:06	31	Gary Marsh	HC	MV50
251	547	32:46	16	Richard Stone	HC	MV60
252	1306	32:47	2	Pat Bryant	RS	FV70
253	811	32:49	26	Abi Ross	BJ	FV40
254	1116	33:09	27	Fiona Coulter	CRC	FV40
255	789	33:59	6	Tony Merritt	BJ	MV70
256	1010	33:59		Dennis Kirby	MAC(G)	Guest
257	869	34:34	28	Lynne Gilfoyle	BJ	FV40
258	714	34:58	36	Sarah Boshier	BJ	FS

259	747	35:45	7	Bob Engel	BJ	MV70
260	101	38:56	1	Rachhpal Bath	DD	MV80
261	863	39:47	29	Justine Shah	BJ	FV40
262	920	43:25	14	Megan Williams	MAC	FJ