

Forest Five 2013 Results
Wednesday 17 July 2013

Position	Name	Club	Time	M	MV40	MV50	MV60	F	FV40	FV50	FV60
1	Simon Harding	Macclesfield Harriers	34.38	M							
2	Gareth Briggs	Staffs Moorlands	35.51	M	MV40						
3	Scott Wilson	Macclesfield Harriers	35.54	M							
4	Noel Curtis	Pennine	36.43	M							
5	Barry Archbold	Wilmslow RC	36.45		MV40						
6	Robin Hope	Staffs Moorlands	37.15		MV40						
7	Malcolm Fowler	Wilmslow RC	37.47			MV50					
8	Peter Nield	Macclesfield Harriers	37.55	M							
9	Daniel Gilfillan	Macclesfield Harriers	37.57	M							
10	Dan Croft	Macclesfield Harriers	38.04		MV40						
11	Digby Harris	Macclesfield Harriers	38.29		MV40						
12	Richard Marton	Stockport	38.40		MV40						
13	Mike Hill	Wilmslow RC	38.49	M	MV40						
14	Jon Cain	U/A	39.02	M							
15	Bryan Lomas	Congleton Harriers	39.04		MV40						
16	Rob Hasler	Macclesfield Harriers	39.18	M							
17	Allan McCormick	Wilmslow RC	39.19	M							
18	Jacob Roberts	U/A	39.50	M							
19	Will Race	U/A	39.55	M							
20	Pete Newham	Congleton Harriers	40.17	M							
21	Andrew Turner	Macclesfield Harriers	40.32			MV50					
22	Steven Millar	Macclesfield Harriers	40.50	M							
23	Toby Miller	Boalloy	40.56	M							
24	Daniel Cronquist	Wilmslow RC	41.20	M							
25	Kerry Marchant	Staffs Moorlands	41.37					F			
26	Tom Whittington	Macclesfield Harriers	41.42	M							
27	Owen Hilton	U/A	41.46	M							
28	Pete Stock	Wilmslow RC	41.47			MV50					
29	Nick Bishop	Wilmslow RC	41.56			MV50					
30	Tim Stock	Macclesfield Harriers	42.08			MV50					
31	Kristy Readman	Macclesfield Harriers	42.10					F			
32	Julian Brown	Macclesfield Harriers	42.13		MV40						
33	Rob Gittins	U/A	42.34			MV50					
34	Richard Hirons	Wilmslow RC	42.48		MV40						
35	Phil Matthews	Wilmslow RC	43.08	M							
36	Alan Wardle	Macclesfield Harriers	43.22			MV50					
37	Tim Evans	Congleton Harriers	43.25		MV40						
38	Steve Lomas	Macclesfield Harriers	43.30		MV40						
39	Matthew Taylor	Wilmslow RC	43.39	M							
40	Richard Brown	Macclesfield Harriers	43.40		MV40						
41	Paula Nimmo	Macclesfield Harriers	43.50					F			
42	Dom Sutton	U/A	44.20	M							
43	Col Allott	U/A	44.25	M							
44	Tim Claughton	Congleton Harriers	44.51		MV40						
45	Louisa Harrison	Wilmslow RC	44.52					F			
46	Mark Platts	Staffs Moorlands	45.03	M							
47	Raj Maharjan	Goyt Valley Striders	45.05		MV40						
48	Andrea Frost	Macclesfield Harriers	45.08						FV40		
49	Steve Bunker	U/A	45.22		MV40						
50	Steve Webb	Congleton Harriers	45.37	M							
51	John Mackintosh	U/A	45.39		MV40						
52	Phil Barnes	Macclesfield Harriers	45.44			MV50					
53	Trevor Longman	Macclesfield Harriers	46.01				MV60				
54	Kirstin Bailey	Bingley	46.05						FV40		
55	Andy Watts	Wilmslow RC	46.10				MV60				
56	Andy Dodd	Wilmslow RC	46.22		MV40						
57	Jo Moss	Congleton Harriers	46.25						FV40		

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58	Diane Bygrave	Wilmslow RC	46.44					F			
59	Tony Hulme	Wilmslow RC	46.57				MV60				
60	Greg Marley	Stainland Lions	47.07	M							
61	Tom Gittins	U/A	47.18	M							
62	Mike Sutton	U/A	47.21		MV40						
63	Andy Eaton	Congleton Harriers	47.32	M							
64	Stephen Picken	Macclesfield Harriers	47.37		MV40						
65	Angela Markley	Macclesfield Harriers	47.39					F			
66	Paul Downing	Congleton Harriers	47.50			MV50					
67	Paul Crean	Congleton Harriers	47.53			MV50					
68	Rachael Laurence	Macclesfield Harriers	48.03					F			
69	Stephanie Wood	Macclesfield Harriers	48.12						FV40		
70	Zoe Eyre	Wilmslow RC	48.27					F			
71	Mandy Calvert	Macclesfield Harriers	48.43							FV50	
72	Paul Hunt	Goyt Valley Striders	49.00		MV40						
73	Chris Cannon	Wilmslow RC	49.05			MV50					
74	Nina Moss	Macclesfield Harriers	49.12					F			
75	Dave Tucker	Macclesfield Harriers	49.14				MV60				
76	Gayle Evans	Congleton Harriers	49.19						FV40		
77	Mary Jones	Goyt Valley Striders	49.26						FV40		
78	Debbie Hill	Congleton Harriers	49.28							FV50	
79	Spence Sivewright	U/A	49.37		MV40						
80	Mark Whelan	Goyt Valley Striders	49.46		MV40						
81	Heather Jackson	Congleton Harriers	49.48					F			
82	Ross Kenedy	Bramhall	49.49	M							
83	Charmaine Wood	Congleton Harriers	49.54					F			
84	Colin Ardron	Macclesfield Harriers	49.54				MV60				
85	Robert Anderson	U/A	50.02			MV50					
86	Steven Berry	Goyt Valley Striders	50.12			MV50					
87	Tony Griffiths	U/A	50.21		MV40						
88	Nic Lewis	U/A	50.25		MV40						
89	Darren Burns	Fell Ponies	50.27		MV40						
90	Kevin McQue	Macclesfield Harriers	50.37			MV50					
91	John Gill	U/A	50.42		MV40						
92	Carolyn Hirons	Wilmslow RC	50.45						FV40		
93	Matthew Simon	Goyt Valley Striders	51.03			MV50					
94	Karl Shields	U/A	51.17		MV40						
95	Alex Downing	U/A	51.30	M							
96	David Larkin	Macclesfield Harriers	51.33	M							
97	Rob Graves	Macclesfield Harriers	51.38		MV40						
98	Gavin Taylor	U/A	51.40	M							
99	Judith Newman	Congleton Harriers	51.43						FV40		
100	Crispin Sachikonye	U/A	51.45		MV40						
101	Stephen Day	U/A	52.52		MV40						
102	Nick Gilfillan	U/A	53.15			MV50					
103	Sara Stead	Congleton Harriers	53.57					F			
104	Sally Mitchell	Goyt Valley Striders	54.17								FV60
105	Stephen Burns	Congleton Harriers	55.04	M							
106	Brian Jackson	Macclesfield Harriers	55.14				MV60				
107	Nancy Bunyan	Macclesfield Harriers	55.37						FV40		
108	Jonny Ingham	U/A	55.51		MV40						
109	Moira Hunt	Goyt Valley Striders	56.17							FV50	
110	Tracey Vernon	Goyt Valley Striders	57.22							FV50	
111	Eimear Donnelly	Winston Runners	57.38					F			
112	Grant Silk	Congleton Harriers	58.02				MV60				
113	Leanne Byrne	Wilmslow RC	58.40					F			
114	Helen Gray	Goyt Valley Striders	59.25						FV40		

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115	Melanie Watts	Goyt Valley Striders	62.44							FV50	

Interclub Challenge	Macclesfield Harriers	178
First 7 + Next 3 Women	Wilmslow RC	296
	Congleton Harriers	521
	Goyt Valley Striders	921