

SHADY OAK TOUGH 10K

2022 RESULTS

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	50	ANDREW HEYES	M	MSEN	DARK PEAK FELL RUNNERS	0:35:37		1	1	1
2	37	NATHAN PORTER	M	MSEN	GOYT VALLEY STRIDERS	0:40:37		2	2	1
3	4	TIM BARRY	M	MJUN	PENNINE FELL RUNNERS	0:42:38		3	1	1
4	13	SEAN COLLINS	M	MSEN	GLOSSOPDALE HARRIERS	0:42:41		4	3	1
5	41	PAUL SKUSE	M	MV45	GLOSSOPDALE HARRIERS	0:44:14		5	1	2
6	16	KRISTY GILL	F	FV45	MACCLESFIELD HARRIERS & AC	0:47:27	1		1	1
7	28	STEVE LOMAS	M	MV50	MACCLESFIELD HARRIERS & AC	0:48:10		6	1	1
8	51	ANDY LIDSTONE	M	MV55	BUXTON AC	0:48:54		7	1	1
9	8	ALEX HILL	M	MSEN	GLOSSOPDALE HARRIERS	0:49:08		8	4	3
10	46	HARRY WHITTLE	M	MSEN		0:49:44		9	5	1
11	10	STEPHEN BROWN	M	MV50	STOCKPORT HARRIERS & AC	0:50:09		10	2	1
12	7	MATTHIAS BENZER	M	MV40	PENNINE FELL RUNNERS	0:50:20		11	1	2
13	12	ROB BUXTON	M	MSEN		0:50:21		12	6	2
14	9	HELENA BRADWELL	F	FSEN		0:50:26	2		1	1
15	49	ALISTAIR FITZGERALD	M	MV45	GOYT VALLEY STRIDERS	0:50:48		13	2	2
16	44	TOM TREDWELL	M	MV40	BUXTON AC	0:50:51		14	2	2
17	42	JASON STOTT	M	MV50	WILMSLOW STRIDERS	0:50:54		15	3	1
18	32	GRAEME MCCAIG	M	MV45		0:52:25		16	3	3
19	14	SHAUN CORAM	M	MV55	GOYT VALLEY STRIDERS	0:52:29		17	2	3
20	11	SARAH BROWN	F	FV50	STOCKPORT HARRIERS & AC	0:53:18	3		1	1
21	17	MIGUEL GUTIERREZ RUBIO	M	MSEN		0:53:23		18	7	4
22	20	TREVOR HINDLE	M	MV55		0:54:00		19	3	5
23	26	RACHAEL LAWRENCE	F	FV40	MACCLESFIELD HARRIERS & AC	0:54:09	4		1	2
24	43	ANDY THORP	M	MV55		0:54:25		20	4	6
25	24	STUART JOHNSON	M	MV45		0:54:59		21	4	7
26	33	ROLAND MEYLAN	M	MV50	STAFFS MOORLANDS AC	0:55:09		22	4	1
27	19	CLAIR HEAVISIDE	F	FV40		0:55:11	5		2	2
28	5	PAT BARRY	M	MV55	PENNINE FELL RUNNERS	0:55:29		23	5	3
29	18	TIM HARGREAVES	M	MV65	STOCKPORT HARRIERS & AC	0:55:37		24	1	2
30	29	PAUL MARKALL	M	MV55	BUXTON AC	0:55:58		25	6	3
31	22	PHIL HOWARTH	M	MV55	WILMSLOW STRIDERS	0:56:41		26	7	2
32	34	ANNIE MORTON	F	FSEN	KILLAMARSH KESTRELS	0:56:59	6		2	1
33	27	MATT LEES	M	MV50	BOLLINGTON HARRIERS	0:58:01		27	5	1

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34	15	LISA COX	F	FV55	MACCLESFIELD HARRIERS & AC	0:58:28	7		1	3
35	6	JENNIFER BENZER	F	FV40	GOYT VALLEY STRIDERS	0:58:29	8		3	1
36	1	SEAN ADAMS	M	MV55	GOYT VALLEY STRIDERS	0:59:32		28	8	4
37	36	MATTHEW NADIN	M	MV45	BUXTON AC	1:00:00		29	5	4
38	47	SIMON STOCKMAN	M	MV55	WARRINGTON ROAD RUNNERS	1:00:32		30	9	1
39	30	CATRIONA MARSHALL	F	FV55	WILMSLOW RUNNING CLUB	1:01:48	9		2	1
40	48	RICHARD MELLOR	M	MV55	0	1:04:55		31	10	8
41	2	LAURA AHEARN	F	FSEN	MARPLE RUNNERS	1:10:24	10		3	1
42	21	ALI HOLMES	F	FV40	MARPLE RUNNERS	1:11:21	11		4	2
43	35	RACHEL MYERS	F	FSEN	MARPLE RUNNERS	1:11:22	12		4	3
44	25	ALISTAIR JORDAN	M	MV55	MARPLE RUNNERS	1:11:46		32	11	1
45	39	SIMON RUSHTON	M	MV55	MARPLE RUNNERS	1:11:46		33	12	2