

SHADY OAK TOUGH 10K

2023 RESULTS

Position	Race no.	Name	Gender	Cat	Club	Gun Time	F Pos	M Pos	Cat Pos	Team Pos
1	10	ANDREW LAMONT	M	MV45		0:40:13		1	1	1
2	12	NATHAN PORTER	M	MSEN	GOYT VALLEY STRIDERS	0:40:34		2	1	1
3	16	SEAN COLLINS	M	MSEN	GLOSSOPDALE HARRIERS	0:41:23		3	2	1
4	23	LUKE BIDWELL	M	MSEN	GLOSSOPDALE HARRIERS	0:42:12		4	3	2
5	20	PAUL SKUSE	M	MV45	GLOSSOPDALE HARRIERS	0:42:50		5	2	3
6	31	DARREN DUNN	M	MV55	MACCLESFIELD HARRIERS & AC	0:43:00		6	1	1
7	17	PHILIP BURNS	M	MV40	STOCKPORT HARRIERS & AC	0:43:16		7	1	1
8	58	VIC WALSH	M	MV40	BELLE VUE RACERS	0:43:26		8	2	1
9	39	GRAHAM SCREAWN	M	MV55	WILMSLOW RUNNING CLUB	0:44:06		9	2	1
10	24	BEN BRINDLEY	M	MV40		0:45:03		10	3	2
11	19	JIM PENDRILL	M	MV50	WILMSLOW RUNNING CLUB	0:45:06		11	1	2
12	38	STEVE CROSSMAN	M	MV55	GLOSSOPDALE HARRIERS	0:45:19		12	3	4
13	63	MATTHEW TAYLOR	M	MV45	WILMSLOW RUNNING CLUB	0:45:29		13	3	3
14	34	PAUL OAKLEY	M	MV55	GOYT VALLEY STRIDERS	0:46:42		14	4	2
15	47	HELEN THOMPSON	F	FSEN	POYNTON RUNNERS	0:47:03	1		1	1
16	21	GARY JORDAN	M	MSEN	GLOSSOPDALE HARRIERS	0:47:27		15	4	5
17	13	MIKE HILL	M	MV55	WILMSLOW RUNNING CLUB	0:47:34		16	5	4
18	64	JARROD HOMER	M	MV55	WILMSLOW RUNNING CLUB	0:47:43		17	6	5
19	27	KRISTY GILL	F	FV45	MACCLESFIELD HARRIERS & AC	0:47:52	2		1	1
20	59	NEIL EVANS	M	MV50	BUXTON AC	0:48:11		18	2	1
21	46	JAMES AIRD	M	MV40		0:48:14		19	4	3
22	28	MIGUEL GUTIERREZ RUBIO	M	MSEN		0:48:40		20	5	4
23	55	OLIVER CHARLESWORTH	M	MV40		0:48:48		21	5	5
24	25	ROBERT MURPHY	M	MV60	GLOSSOPDALE HARRIERS	0:49:38		22	1	6
25	11	MARTIN LUNDY	M	MV60	MARPLE RUNNERS	0:49:46		23	2	1
26	36	REECE CARTWRIGHT	M	MSEN	DRONFIELD RC	0:49:49		24	6	1
27	51	TOM TREDWELL	M	MV40	BUXTON AC	0:49:58		25	6	2
28	41	LOUISA HARRISON	F	FV45	WILMSLOW RUNNING CLUB	0:50:30	3		2	1
29	22	JONATHAN FRANKHAM	M	MV45	GLOSSOPDALE HARRIERS	0:50:32		26	4	7
30	52	KATIE ROLFE	F	FV45	BUXTON AC	0:50:55	4		3	1
31	62	DIANE BYGRAVE	F	FV45	WILMSLOW RUNNING CLUB	0:51:02	5		4	2
32	40	STEPHEN GREAVES	M	MV50	WILMSLOW RUNNING CLUB	0:51:40		27	3	6
33	42	PAUL NORRIS	M	MV65	WILMSLOW RUNNING CLUB	0:52:12		28	1	7

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34	3	REBECCA CORBETT	F	FSEN	BUXTON AC	0:52:15	6		2	2
35	5	ANDY WATTS	M	MV70	WILMSLOW RUNNING CLUB	0:52:28		29	1	8
36	50	GEMMA TREDWELL	F	FV40	BUXTON AC	0:52:47	7		1	3
37	30	IAN SMALLWOOD	M	MV60	WILMSLOW RUNNING CLUB	0:52:52		30	3	9
38	37	ANDREW BELL	M	MV60	STOCKPORT HARRIERS & AC	0:52:56		31	4	2
39	53	PAUL MARKALL	M	MV55	BUXTON AC	0:53:04		32	7	3
40	29	ANDY THORP	M	MV55		0:53:22		33	8	6
41	8	PAUL MCDAID	M	MV50		0:53:44		34	4	7
42	9	STEVE LOMAS	M	MV55	MACCLESFIELD HARRIERS & AC	0:54:16		35	9	2
43	18	JANINE ELLIS	F	FV50	WILMSLOW RUNNING CLUB	0:54:23	8		1	3
44	45	TIM HUDSON	M	MV40	BOLLINGTON HARRIERS	0:54:35		36	7	1
45	60	LISA COX	F	FV55	MACCLESFIELD HARRIERS & AC	0:55:02	9		1	2
46	26	RACHEL RONGONG	F	FV50		0:55:12	10		2	1
47	2	ANDREW LEATHLEY	M	MSEN		0:55:13		37	7	8
48	43	CHLOE FITZPATRICK	F	FSEN	WILMSLOW RUNNING CLUB	0:55:15	11		3	4
49	61	JULIAN COX	M	MV50	MACCLESFIELD HARRIERS & AC	0:56:06		38	5	3
50	54	JOHN GILBERT	M	MV55		0:56:18		39	10	9
51	44	NICK HAM	M	MV55	GLOSSOPDALE HARRIERS	0:56:42		40	11	8
52	7	KATE SUTTON	F	FV60	WILMSLOW RUNNING CLUB	0:57:03	12		1	5
53	14	PAUL ROONEY	M	MV55		0:58:31		41	12	10
54	1	SIMON STOCKDALE	M	MV55	WARRINGTON ROAD RUNNERS	0:59:09		42	13	1
55	49	MICHAEL HARTE	M	MV50	STOCKPORT TRI CLUB	0:59:30		43	6	1
56	48	DAVID MURCH	M	MV50	POYNTON RUNNERS	0:59:39		44	7	1
57	15	HEATHER ROONEY	F	FV50	LYME RUNNERS	1:00:11	13		3	1
58	65	CATRIONA MARSHALL	F	FV55	WILMSLOW RUNNING CLUB	1:01:01	14		2	6
59	56	JOANNA BERRY	F	FSEN		1:05:13	15		4	2
60	57	LAURA GIBSON	F	FV40		1:05:15	16		2	3
61	35	DON BULLOUGH	M	MV65	WILMSLOW RUNNING CLUB	1:10:17		45	2	10
62	68	LAURA AHEARN	F	FV40	MARPLE RUNNERS	1:11:35	17		3	1
63	67	ALI HOLMES	F	FV40	MARPLE RUNNERS	1:11:41	18		4	2
64	66	RACHEL MYERS	F	FSEN	MARPLE RUNNERS	1:13:36	19		5	3
65	33	VICTORIA WILLIAMS	F	FV40	WILMSLOW RUNNING CLUB	1:15:13	20		5	7
66	32	CATHERINE MACHIN	F	FV40	WILMSLOW RUNNING CLUB	1:16:26	21		6	8

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67	6	TREVOR FAULKNER	M	MV80	WILMSLOW RUNNING CLUB	1:26:45		46	1	11

