

Results for : Mow Cop Hill Race  
 Distance : 6.50 Miles  
 Date : Sunday, 17. April 2016



Male M

Position	Name	Time	Club
1	Jack Ross	00:43:57	Staffordshire Moorlands
2	Felix McGrath	00:44:36	Westbury Harriers
3	Billy Cartwright	00:45:00	Matlock AC
4	Damian Nicholls	00:45:04	Wilmslow RC
5	Chris Jackson	00:49:25	Glossopdale
6	Jim OHara	00:50:09	Helsby RC
7	Jonathon Hoverman	00:51:41	Cheshire Hill Racers
8	Tim Lovatt	00:51:44	Unattached
9	Warren Renkil	00:52:23	South Cheshire Harriers
10	Chris Dawson	00:53:13	Salford Harriers
11	Graham Pilling	00:53:22	Pudsey and Bramley
12	Ben Beamont	00:53:28	Mercia FR
13	Allan McCormick	00:53:31	Wilmslow RC
14	Kenneth House	00:53:42	Boalloy RC
15	Dean Windsor	00:54:08	Boalloy RC
16	Matt Jackson	00:54:18	North Derbyshire RC
17	Craig Hewitt	00:54:22	Congleton Harriers
18	Tom Dale	00:54:28	Unattached
19	Richard Bouglas	00:54:29	Buxton AC
20	Ben Ratcliffe	00:55:20	Keele University AV
21	Dave Clark	00:55:22	Congleton Harriers
22	Colin Allott	00:55:27	Goyt Valley Striders
23	Stuart Rider	00:55:41	Congleton Harriers
24	Sam Cassidy	00:56:14	Unattached
25	Billy Parkinson	00:56:18	Unattached
26	Lee Wilkinson	00:57:38	South Cheshire Harriers
27	Krzysztof Wawrzenczak	00:57:56	Unattached
28	Neil Gerrity	00:58:33	Newcastle AC
29	Tom Grimes	00:59:31	Macclesfield Harriers
30	Jay Dale	01:01:34	Mow Cop Runners
31	Adam Morris	01:03:10	Stafford Harriers
32	Sam Shirley	01:04:59	Belper Harriers
33	Trevor Hibbert	01:07:31	Sinfin RC
34	Ross Gilmore	01:10:02	Unattached
35	Fabian Lange	01:10:24	Unattached
36	Chris Wilkie	01:16:49	Unattached

Male M40

Position	Name	Time	Club
1	Julian Goodwin	00:46:34	Boalloy RC
2	Pete Nield	00:51:37	Macclesfield Harriers
3	Dan Croft	00:51:40	Macclesfield Harriers
4	Dan Cook	00:52:54	Steel City Striders
5	Chris Moss	00:53:01	Congleton Harriers
6	Seamus White	00:53:09	Staffordshire Moorlands
7	Matthew Taylor	00:54:45	Wilmslow RC
8	Jarrod .....	00:55:32	Unattached
9	Anthony Derbyshire	00:58:02	Boalloy RC
10	Nick Jones	00:58:32	Buxton AC
11	Rob Sharrock	00:59:22	Newcastle Tri Club
12	Mark Halsey	00:59:33	Buxton AC
13	Andrew Gaskell	00:59:59	Spectrum Striders RC
14	Richard Lawson	01:01:02	Wilmslow RC
15	Rich Bayliss	01:02:20	Unattached
16	Andrew Barlow	01:02:40	Boalloy RC
17	Andrew Deaville	01:02:42	South Cheshire Harriers
18	Gareth Trimble	01:04:26	Wilmslow RC
19	Guy Shirley	01:05:15	Unattached
20	Damon Freeston	01:05:58	Unattached
21	Carl Callean	01:06:05	Stoke Fit
22	Stewart Waudby	01:06:08	Macclesfield Harriers
23	Tom Russell	01:06:30	Boalloy RC
24	Simon Bray	01:08:03	Sinfin RC

25	Andrew Dodd	01:09:13	Wilmslow RC
26	Brian Wassall	01:14:53	Unattached
27	Rob Bailey	01:15:44	Macclesfield Harriers
28	Chris Edwards	01:18:59	Dark Peak FR

## Male M50

Position	Name	Time	Club
1	Mikko Kuronen	00:53:16	Congleton Harriers
2	Mike Hill	00:55:05	Wilmslow RC
3	Steve Bunker	00:56:45	Wilmslow RC
4	Carl Williams	00:59:52	Boalloy RC
5	Peter Bailey	01:00:33	Buxton AC
6	Lee Campbell	01:01:51	Boalloy RC
7	Paul Norris	01:02:19	Wilmslow RC
8	Steve Macha	01:02:37	Boalloy RC
9	Tim Billington	01:03:36	Wilmslow RC
10	Kenny Forster	01:04:00	Spectrum Striders RC
11	Dave Heath	01:06:00	Unattached
12	Nicholas Budd	01:06:09	Congleton Harriers
13	Alan Turner	01:06:17	Wilmslow RC
14	Chris Cannon	01:06:42	Wilmslow RC
15	Bernard McCarron	01:07:21	Wilmslow RC
16	Peter Flemming	01:07:39	Unattached
17	Andrew Legomsky	01:08:49	Stoke Fit
18	David Richards	01:11:25	Formula One Circuit Crew
19	Damian Cowlshaw	01:11:34	Long Eaton RC
20	Mark Wheelton	01:11:53	Macclesfield Harriers
21	Richard Mackwaine	01:12:29	Spectrum Striders RC
22	Dave Thompson	01:12:35	Spectrum Striders RC
23	Ellison Allcock	01:15:41	Unattached
24	John Kenyon	01:19:08	Hulme Pierrepont RC
25	Don Bullough	01:21:08	Wilmslow RC

## Male M60

Position	Name	Time	Club
1	Tom McGaff	00:52:43	Wilmslow RC
2	Alan Bocking	00:58:58	Cheshire Hill Racers
3	Barry Blyth	00:59:29	Macclesfield Harriers
4	Peter Stock	00:59:54	Wilmslow RC
5	Fred Wardle	01:03:14	Macclesfield Harriers
6	David Gould	01:05:26	Mercia FR
7	Graham Barnes	01:06:34	Unattached
8	Andy Watts	01:09:00	Wilmslow RC
9	Stephen Plant	01:10:16	Staffordshire Moorlands
10	Christopher Pimblott	01:13:56	Macclesfield Harriers
11	David Taylor	01:14:34	Congleton Harriers
12	Harry Stubbs	01:16:29	Congleton Harriers

## Male M70

Position	Name	Time	Club
1	Neville Griffiths	01:12:43	Spectrum Striders RC
2	Ian Ashcroft	01:16:06	Wilmslow RC
3	Trevor Faulkner	01:27:07	Wilmslow RC

## Female L

Position	Name	Time	Club
1	Rachel Pilling	00:55:46	Pudsey and Bramley
2	Victoria Walls	00:56:32	Spectrum Striders RC
3	Liz Whitfield	01:02:36	Spectrum Striders RC
4	Sophie Kirk	01:02:51	Macclesfield Harriers
5	Michelle Matthews	01:04:29	Congleton Harriers
6	Amy Longmore	01:07:25	Wilmslow RC
7	Sally Price	01:08:26	Wilmslow RC
8	Sian Fern	01:10:34	Unattached
9	Jo Owen	01:13:51	Stoke Fit

10	Alison Sutch	01:14:04	Boalloy RC
11	Rachael Peers	01:14:39	Wilmslow RC
12	Laura Stubbs	01:16:28	Congleton Harriers
13	Leanne Rutter	01:16:48	Wilmslow RC
14	Michelle Jones	01:18:34	Delamere Spartans
15	Katie Stretton	01:19:07	Unattached
16	Katie Heath	01:20:25	Unattached

## Female L40

Position	Name	Time	Club
1	Debbie Hope	01:00:13	Staffordshire Moorlands
2	Louisa Harrison	01:01:19	Wilmslow RC
3	Andrea Frost	01:02:14	Macclesfield Harriers
4	Jo Moss	01:03:21	Congleton Harriers
5	Stephanie Wood	01:03:50	Macclesfield Harriers
6	Kirstin Bailey	01:03:55	Mercia FR
7	Huma Rahman	01:07:34	Wilmslow RC
8	Caroline Scott	01:07:46	Sinfin RC
9	Sam Calvert	01:08:16	Unattached
10	Sarah Proudmore	01:11:49	Boalloy RC
11	Gail Hull	01:12:28	Wilmslow RC
12	Andrea Oneil	01:14:45	Boalloy RC
13	Olive Bigmore	01:15:58	Unattached
14	Lisa Mackay	01:16:12	Spectrum Striders RC
15	Sarah Salomon	01:18:19	Unattached
16	Rachel Trpeski	01:18:37	Boalloy RC
17	Pat Kennerley	01:23:04	Unattached
18	Joanna Boyle	01:23:05	Unattached
19	Sharon Basford	01:23:24	Tattenhall Runners

## Female L50

Position	Name	Time	Club
1	Sally Gilliver	01:05:32	Wilmslow RC
2	Karen Forster	01:09:21	Spectrum Striders RC
3	Carolyn Hiron	01:09:24	Wilmslow RC
4	Angela McCarthy	01:10:31	Wilmslow RC
5	Clare Hawkes	01:14:16	Wilmslow RC
6	Jane Heath	01:20:00	Unattached
7	Kim Eastham	01:21:18	Macclesfield Harriers
8	Julie Lucas	01:23:12	Wilmslow RC
9	Felicity Doyle	01:33:02	Congleton Harriers