

Cowm Reservoir 5k Race 1, Whitworth

29th April 2025

RESULTS

Program: UKresults.net & UKtimers.net

	Name	Cat	Cat/Pos	Club/Team	Time	Pos	Name	Cat	Cat/Pos	Club/Team	Time
1	Harry Peacocke	MS	1/15	Salford Harriers & AC	00:16:14	66	Susan Cash	F55	3/19	Stainland Lions RC	00:26:03
2	Michael Mannings	MS	2/15	Oldham & Royton Harriers	00:16:15	67	Ruth Fearn	F55	4/19	Rochdale Harriers	00:26:03
3	Connor Walsh	MS	3/15	Oldham & Royton Harriers	00:17:21	68	Matthew Nolan	MS	14/15	Bury AC	00:26:19
4	Liam Browne	MS	4/15	EastCheshHarrier&Tameside	00:17:43	69	Darren Gillman	M50	16/20	Todmorden Harriers	00:26:24
5	Wayne O'Connell	MS	5/15	Middleton Harriers	00:17:47	70	Deborah Sheen	F55	5/19	Middleton Harriers	00:26:25
6	Richard Butterwick	M50	1/20	Todmorden Harriers	00:19:31	71	Louise Eadsforth	F55	6/19	Rochdale Harriers	00:26:28
7	Tom Saunders	MS	6/15	Todmorden Harriers	00:19:37	72	Emma Bower	F35	3/9	Sip Running Club	00:26:33
8	Jonathan Lupton	M40	1/11	Rochdale Harriers	00:20:01	73	Ray Dalby	M70	4/8	Rochdale Harriers	00:26:35
9	Phillip Moyles	M40	2/11	Stainland Lions RC	00:20:26	74	Lucy Merlo	F45	7/21	Littleborough Runners	00:26:45
10	Thomas Bibby	MS	7/15	Todmorden Harriers	00:20:32	75	John Mayall	M60	11/17	Rochdale Harriers	00:26:56
11	Janine McGregor	F35	1/9	Todmorden Harriers	00:20:41	76	Katie Samuelson	F45	8/21	Todmorden Harriers	00:26:57
12	Andy Hall	M50	2/20	Royton Road Runners	00:20:53	77	Rebecca Gvozdenko	F35	4/9	Stainland Lions RC	00:27:16
13	Callum Wood	MS	8/15	Oldham & Royton Harriers	00:20:54	78	Stephen Wild	M60	12/17	[Unattached] (557)	00:27:17
14	Juliet Smith	F45	1/21	Rochdale Harriers	00:20:57	79	Chris Sheard	M40	11/11	[Unattached] (533)	00:27:18
15	Hannah Thornberry	F45	2/21	Ribble Valley Runners	00:21:02	80	Samantha Fretwell	F45	9/21	Rochdale Harriers	00:27:26
16	Stuart Wolstenholme	M50	3/20	Todmorden Harriers	00:21:07	81	Alan Garvey	M70	5/8	Middleton Harriers	00:27:26
17	Duncan Ritchie	M50	4/20	Todmorden Harriers	00:21:16	82	Jenny Grindrod	F55	7/19	Rochdale Tri Club	00:27:30
18	Keith Clark	M40	3/11	Sip Running Club	00:21:19	83	Katie Gilligan	FS	4/5	Ribble Valley Runners	00:27:35
19	Kevin Holland	M40	4/11	Rochdale Harriers	00:21:24	84	David Rushworth	M50	17/20	Stainland Lions RC	00:27:38
20	Paul Brannigan	M60	1/17	Todmorden Harriers	00:21:27	85	Helen Rees	F45	10/21	Stainland Lions RC	00:27:42
21	Richard Brook	M50	5/20	Queensbury Running Club	00:21:31	86	Hayley Kelly	F45	11/21	Stainland Lions RC	00:27:48
22	Alex Frost	M50	6/20	Rossendale Harriers	00:21:38	87	Lindsey Cryer	F45	12/21	[Unattached] (431)	00:27:52
23	Graham Jenkins	M50	7/20	Ribble Valley Runners	00:21:42	88	Emma Thetford	F35	5/9	Middleton Harriers	00:28:06
24	John Humphreys	M40	5/11	Middleton Harriers	00:21:46	89	Rose Rowson	F65	2/4	Middleton Harriers	00:28:11
25	David Howard	M60	2/17	Trawden AC	00:22:17	90	Catherine Riley	F45	13/21	Trawden AC	00:28:12
26	Melanie Blackhurst	F55	1/19	Todmorden Harriers	00:22:19	91	Rebecca Hill	F35	6/9	Stainland Lions RC	00:28:13
27	Dave Weedon	M40	6/11	Todmorden Harriers	00:22:25	92	Paula Pickersgill	F55	8/19	Stainland Lions RC	00:28:15
28	Sue Burns	F65	1/4	Clayton-le-Moors Harriers	00:22:30	93	Stephen Senior	M70	6/8	Middleton Harriers	00:28:21
29	Stephen White	MS	9/15	Oldham & Royton Harriers	00:22:38	94	Andrew Burrill	M60	13/17	Ribble Valley Runners	00:28:25
30	James Haworth	M60	3/17	Ribble Valley Runners	00:22:41	95	Ruth Thompson-Davies	F45	14/21	Todmorden Harriers	00:28:28
31	Dominic Franklin	M50	8/20	Saddleworth Runners Club	00:22:48	96	Jane Hughes	F55	9/19	Rossendale Harriers	00:28:57
32	Lorraine Naylor	F45	3/21	Stainland Lions RC	00:22:54	97	John McDonald	M60	14/17	Trawden AC	00:28:57
33	Christopher Goddard	M40	7/11	Todmorden Harriers	00:23:02	98	Eileen Wadsworth	F65	3/4	Rossendale Harriers	00:29:03
34	John Carless	M40	8/11	Stainland Lions RC	00:23:03	99	Sheila Shackleton	F65	4/4	Todmorden Harriers	00:29:05
35	Ian MacLachlan	M50	9/20	Todmorden Harriers	00:23:10	100	Katy May	F45	15/21	Todmorden Harriers	00:29:11
36	Duncan Singleton	M40	9/11	Ribble Valley Runners	00:23:16	101	Adam Morton	M50	18/20	Stainland Lions RC	0