TOP 40 MALE 5K TIMES

POSITION	NAME	RACE	FINISH TIME
1	Ian McBride	Vera Hirst 5K 2013	00:15:50
2	Rob James	Track 5K Sept 2023	00:15:53
3	Jarrod Gritt	John Purdy Memorial Cowm 5K 2019	00:16:34
4	Luke Lawson-Healey	Tameside 5K 2025	00:16:45
5	James Henderson	Tameside 5K 2026	00:17:00
6	Stuart Carroll	Ron Hill 5K 2014	00:17:13
6	Michael Fleming	Tameside 5K 2026	00:17:13
8	Owen Flage	Ron Hill 5K 2008	00:17:17
9	Jack Millar	Tameside 5K 2026	00:17:18
10	Philip Marsden	Ian Casey Memorial Cowm Race 2015	00:17:19
11	William Wall	Sale Sizzler Race 4 2025	00:17:20
12	Chris Lowe	Littleborough 5K Series 2017	00:17:25
13	Daniel McManus	Ian Casey Memorial Cowm Race 2015	00:17:27
14	Shane Reading	Track 5K Sept 2023	00:17:33
15	Martin Schofield	Ron Hill 5K 2012	00:17:36
16	David McBride	Ron Hill 5K 2014	00:17:40
17	Paul Bannister	Littleborough 5K Series 2017	00:17:44
18	Brett Spivey	Tameside 5K 2026	00:17:46
19	Russell Ingham	Ian Casey Memorial Cowm Race 2014	00:17:49
20	Rob Battye	Littleborough 5K Series 2017	00:17:52
21	Shaun Armstrong	Ian Casey Memorial Cowm Race 2013	00:17:53
22	Andrew Rogers	Cown Reservoir 5K Apr 2022	00:17:54
22	Andy Sattler	Vera Hirst 5K 2005	00:17:54
24	Martin Thompson	Track 5K Sept 2024	00:17:57
24	Dave Peart	Ron Hill 5K 2013	00:17:57
26	Nick Cuff	Ian Casey Memorial Cowm Race 2016	00:17:59
26	Gary Fielding	Ron Hill 5K 2014	00:17:59
28	Robert Fairbanks	Ian Casey Memorial Cowm 5K 2017	00:18:03
29	David Emanuel	Ian Casey Memorial Cowm Race 2016	00:18:05
30	Paul Timms	Track 5K May 2024	00:18:06
31	Ian Dale	Ian Casey Memorial Cowm Race 2014	00:18:09
31	Paul Whitehead	Middleton 5K 2007	00:18:09
33	Dave Kershaw	Ian Casey Memorial Cown Race 2009	00:18:12
34	Ian Bishop	Vera Hirst 5K 2011	00:18:14
35	Michael Wildbore	Hollingworth Lake 5K Series 2018	00:18:15
35	Bill Balmer	Ron Hill 5K 2012	00:18:15
37	Barry Greaves	Littleborough Lions 5K 2004	00:18:22
38	Bernie Goodwin	Ian Casey Memorial Cowm Race 2009	00:18:23
39	Alan Bodell	Ian Casey Memorial Cowm Race 2011	00:18:25
40	Yousaf Butt	Ron Hill 5K 2014	00:18:27
40	Bernie Cassidy	Vera Hirst 5K 2006	00:18:27
40	Mark Kelly	Ron Hill 5K 2010	00:18:27

TOP 40 FEMALE 5K TIMES

POSITION	NAME	RACE	FINISH TIME
1	Maisie Wainwright	Tameside 5K 2026	00:18:30
2	Jennifer Bloor	Aaron Ashworth Memorial Cowm 5K 2017	00:18:59
3	Carole Madden	Ian Casey Memorial Cown Race 2011	00:19:23
4	Sophie Wood	Aaron Ashworth Memorial Cowm 5K 2017	00:19:24
5	Becki Robinson	Ian Casey Memorial Cown Race 2015	00:19:46
6	Kirsty White	Ron Hill 5K 2014	00:19:56
7	Holly Graham	Track 5K 2026	00:19:58
8	Jane Augsburger	Ian Casey Memorial Cown Race 2015	00:20:29
9	Sarah Tomassi	Tameside 5K 2025	00:20:35
10	Debbie Shaw	Vera Hirst 5K 2006	00:20:38
11	Janet Jobey	Ian Casey Memorial Cowm 5K 2019	00:20:42
12	Debbie Fiddling	Ian Casey Memorial Cown Race 2011	00:21:11
13	Jill Grime	Ron Hill 5K 2010	00:21:26
14	Tawnia Norman	Littleborough 5K Race Series 2015	00:21:32
15	Sheila Waite	Vera Hirst 5K 2004	00:21:39
16	Natalie Fitzpatrick	Ian Casey Memorial Cowm Race 2016	00:21:41
17	Valerie Kilburn	Littleborough 5K Series 2016	00:21:43
18	Laura Walters	Ian Casey Memorial Cowm Race 2014	00:21:47
19	Rochelle Reading	Ian Casey Memorial Cowm Race 2014	00:22:01
20	Helen Knight	Littleborough Lions 5K 2005	00:22:08
21	Vikki Smith	Littleborough 5K Series 2017	00:22:24
22	Katherine Brierley	Ian Casey Memorial Cowm Race 2015	00:22:26
22	Gail Shaw	Sale Sizzler Race 4 2025	00:22:26
24	Kirsty Agnew	Cowm Reservoir 5K 2021	00:22:27
25	Kirsty Simcox	Littleborough 5K Race Series 2015	00:22:39
26	Trish Callan	Track 5K Sept 2024	00:22:45
27	Selina McLean	Ian Casey Memorial Cowm Race 2016	00:22:45
28	Karen Mather	Ian Casey Memorial Cowm Race 2014	00:22:48
29	Rebecca Mercer	Ian Casey Memorial Cowm Race 2016	00:22:58
30	Jayne Roberts	Ian Casey Memorial Cowm Race 2014	00:23:06
31	Teresa Hollins	Vera Hirst 5K 2007	00:23:12
32	Bryony Rogers	Cowm 5K 2024	00:23:26
33	Gill Lowe	Ron Hill 5K 2012	00:23:39
34	Helen Radcliffe	Aaron Ashworth Memorial Cowm 5K 2017	00:23:48
35	Leonie Glynn	Hollingworth Lake 5K Series 2018	00:23:49
35	Lisa Howarth	Ian Casey Memorial Cowm Race 2016	00:23:49
37	Tracy Johnson	Ian Casey Memorial Cowm 5K 2019	00:23:50
38	Bryony Jones	Cown Reservoir 5K Apr 2022	00:23:56
39	Rachael Shuttleworth	Aaron Ashworth Memorial Cowm 5K 2017	00:24:01
40	Suzanne Darke	Sale Sizzler 5K Race 4 2026	00:24:04