

RRR Position	Name	Tameside 5K 2026	Gender	1st/2nd Claim	Chip Position	Category Position (by Chip Time)
		Chip Time				
1	James Henderson	17:00	M	1st	25/45 (Heat A)	2/3 MV50 (Heat A)
2	Michael Fleming	17:13	M	2nd	28/45 (Heat A)	4/8 MV45 (Heat A)
3	Jack Millar	17:18	M	1st	35/45 (Heat A)	15/19 SM (Heat A)
4	Luke Lawson-Healey	17:30	M	1st	36/45 (Heat A)	16/19 SM (Heat A)
5	Brett Spivey	17:46	M	1st	39/45 (Heat A)	4/5 MV40 (Heat A)
6	Shane Reading	17:54	M	1st	5/57 (Heat B)	1/5 MV50 (Heat B)
7	Maisie Wainwright	18:30	F	1st	15/57 (Heat B)	1/6 SF (Heat B)
8	Francois Clavaud	18:52	M	1st	27/57 (Heat B)	4/7 MV35 (Heat B)
9	Ryan Frost	19:03	M	1st	32/57 (Heat B)	10/13 SM (Heat B)
10	James Moulton	19:06	M	1st	33/57 (Heat B)	11/13 SM (Heat B)
11	Oliver Pozegic	19:56	M	1st	44/57 (Heat B)	12/13 SM (Heat B)
12	Andy Hall	21:04	M	1st	11/52 (Heat C)	1/1 MV55 (Heat C)
13	Carl O'Callaghan	21:12	M	1st	13/52 (Heat C)	2/7 MV50 (Heat C)
14	Barry Greaves	21:19	M	1st	16/52 (Heat C)	1/1 MV65 (Heat C)
15	David Emanuel	21:28	M	1st	18/52 (Heat C)	1/3 MV60 (Heat C)
16	Neil Brock	21:29	M	1st	19/52 (Heat C)	2/3 MV60 (Heat C)
17	John Hendrick	22:03	M	1st	11/52 (Heat C)	2/3 MV45 (Heat C)
18	Rochelle Reading	22:40	F	1st	31/52 (Heat C)	2/3 FV50 (Heat C)
19	Martin Kent	22:55	M	1st	2/65 (Heat D)	1/2 MV40 (Heat D)
20	Gail Shaw	22:56	F	1st	34/52 (Heat C)	1/1 FV60 (Heat C)
21	Mark Foran	23:39	M	1st	39/52 (Heat C)	6/7 MV50 (Heat C)
22	Katherine Brierley	24:03	F	1st	41/52 (Heat C)	2/3 FV55 (Heat C)
23	Suzanne Darke	24:12	F	1st	43/52 (Heat C)	3/3 FV50 (Heat C)
24	Matthew Cartner	24:35	M	1st	5/65 (Heat D)	1/1 MV35 (Heat D)
25	Stephen Rogowskyj	24:37	M	1st	6/65 (Heat D)	1/3 MV65 (Heat D)
26	Owen Flage	25:40	M	1st	51/52 (Heat C)	7/7 MV50 (Heat C)
27	Bernard Cassidy	26:20	M	1st	12/65 (Heat D)	2/3 MV65 (Heat D)
28	Claire Timms	28:05	F	1st	26/65 (Heat D)	2/10 FV50 (Heat D)
29	Ronnie Quinn	28:13	M	1st	28/65 (Heat D)	1/2 MV70 (Heat D)
30	Dave Bardsley	28:31	M	1st	30/65 (Heat D)	2/4 MV45 (Heat D)
31	Billie Chamberlain	28:36	F	1st	31/65 (Heat D)	1/2 FV35 (Heat D)
32=	Martina Naismith	28:43	F	1st	34/65 (Heat D)	5/10 FV50 (Heat D)
32=	Natali Brown	28:43	F	1st	33/65 (Heat D)	3/7 FV40 (Heat D)
34	Howard Mills	28:48	M	1st	35/65 (Heat D)	2/2 MV75 (Heat D)

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35	Elaine Brown	29:07	F	1st	36/65 (Heat D)	1/2 FV60 (Heat D)
36	Nicky Hall	29:12	F	1st	37/65 (Heat D)	6/10 FV50 (Heat D)
37	Sharon Dracup	29:16	F	1st	38/65 (Heat D)	2/2 FV60 (Heat D)
38	Alison Royle	29:27	F	1st	39/65 (Heat D)	7/10 FV50 (Heat D)
39	Lauren Lewis	29:55	F	1st	40/65 (Heat D)	5/5 FV45 (Heat D)
40	Richard Douglas	30:08	M	1st	41/65 (Heat D)	2/2 MV50 (Heat D)
41	Sharon Leach	31:10	F	1st	47/65 (Heat D)	6/7 FV55 (Heat D)
42	Bernadette Ball	34:14	F	1st	59/65 (Heat D)	3/3 FV70 (Heat D)
43	Stacey Douglas	38:11	F	1st	64/65 (Heat D)	7/7 FV40 (Heat D)
44	June Allingan	39:46	F	1st	65/65 (Heat D)	1/1 FV80 (Heat D)