

## 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	Jarrold Gritt	John Purdy Memorial Cowm 5K 2019	00:16:34
4	Luke Lawson-Healey	Tameside 5K 2025	00:16:45
5	James Henderson	Track 5K Sept 2023	00:17:03
6	Stuart Carroll	Ron Hill 5K 2014	00:17:13
7	Owen Flage	Ron Hill 5K 2008	00:17:17
8	Philip Marsden	Ian Casey Memorial Cowm Race 2015	00:17:19
9	William Wall	Sale Sizzler Race 4 2025	00:17:20
10	Chris Lowe	Littleborough 5K Series 2017	00:17:25
11	Daniel McManus	Ian Casey Memorial Cowm Race 2015	00:17:27
12	Shane Reading	Track 5K Sept 2023	00:17:33
13	Martin Schofield	Ron Hill 5K 2012	00:17:36
14	David McBride	Ron Hill 5K 2014	00:17:40
15	Paul Bannister	Littleborough 5K Series 2017	00:17:44
16	Russell Ingham	Ian Casey Memorial Cowm Race 2014	00:17:49
17	Rob Battye	Littleborough 5K Series 2017	00:17:52
18	Shaun Armstrong	Ian Casey Memorial Cowm Race 2013	00:17:53
19	Andrew Rogers	Cown Reservoir 5K Apr 2022	00:17:54
19	Andy Sattler	Vera Hirst 5K 2005	00:17:54
21	Martin Thompson	Track 5K Sept 2024	00:17:57
22	Dave Peart	Ron Hill 5K 2013	00:17:57
23	Gary Fielding	Ron Hill 5K 2014	00:17:59
23	Nick Cuff	Ian Casey Memorial Cowm Race 2016	00:17:59
25	Brett Spivey	Sale Sizzler Race 4 2025	00:18:02
26	Robert Fairbanks	Ian Casey Memorial Cowm 5K 2017	00:18:03
27	David Emanuel	Ian Casey Memorial Cowm Race 2016	00:18:05
28	Paul Timms	Track 5K May 2024	00:18:06
29	Michael Fleming	Hollingworth Lake 5K Series 2018	00:18:08
30	Ian Dale	Ian Casey Memorial Cowm Race 2014	00:18:09
30	Paul Whitehead	Middleton 5K 2007	00:18:09
32	Dave Kershaw	Ian Casey Memorial Cown Race 2009	00:18:12
33	Ian Bishop	Vera Hirst 5K 2011	00:18:14
34	Bill Balmer	Ron Hill 5K 2012	00:18:15
34	Michael Wildbore	Hollingworth Lake 5K Series 2018	00:18:15
36	Barry Greaves	Littleborough Lions 5K 2004	00:18:22
37	Bernie Goodwin	Ian Casey Memorial Cowm Race 2009	00:18:23
38	Alan Bodell	Ian Casey Memorial Cowm Race 2011	00:18:25
39	Bernie Cassidy	Vera Hirst 5K 2006	00:18:27
39	Mark Kelly	Ron Hill 5K 2010	00:18:27

## TOP 40 FEMALE 5K TIMES

POSITION	NAME	RACE	FINISH TIME
1	Maisie Wainwright	Tameside 5K 2025	00:18:47
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	Jane Augsburger	Ian Casey Memorial Cown Race 2015	00:20:29
8	Sarah Tomassi	Tameside 5K 2025	00:20:35
9	Debbie Shaw	Vera Hirst 5K 2006	00:20:38
10	Janet Jobey	Ian Casey Memorial Cowm 5K 2019	00:20:42
11	Debbie Fiddling	Ian Casey Memorial Cown Race 2011	00:21:11
12	Jill Grime	Ron Hill 5K 2010	00:21:26
13	Tawnia Norman	Littleborough 5K Race Series 2015	00:21:32
14	Sheila Waite	Vera Hirst 5K 2004	00:21:39
15	Natalie Fitzpatrick	Ian Casey Memorial Cowm Race 2016	00:21:41
16	Valerie Kilburn	Littleborough 5K Series 2016	00:21:43
17	Laura Walters	Ian Casey Memorial Cowm Race 2014	00:21:47
18	Rochelle Reading	Ian Casey Memorial Cowm Race 2014	00:22:01
19	Helen Knight	Littleborough Lions 5K 2005	00:22:08
20	Vikki Smith	Littleborough 5K Series 2017	00:22:24
21	Katherine Brierley	Ian Casey Memorial Cowm Race 2015	00:22:26
21	Gail Shaw	Sale Sizzler Race 4 2025	00:22:26
23	Kirsty Agnew	Cown Reservoir 5K 2021	00:22:27
24	Kirsty Simcox	Littleborough 5K Race Series 2015	00:22:39
25	Trish Callan	Track 5K Sept 2024	00:22:45
26	Selina McLean	Ian Casey Memorial Cowm Race 2016	00:22:45
27	Karen Mather	Ian Casey Memorial Cowm Race 2014	00:22:48
28	Rebecca Mercer	Ian Casey Memorial Cowm Race 2016	00:22:58
29	Jayne Roberts	Ian Casey Memorial Cowm Race 2014	00:23:06
30	Teresa Hollins	Vera Hirst 5K 2007	00:23:12
31	Bryony Rogers	Cowm 5K 2024	00:23:26
32	Gill Lowe	Ron Hill 5K 2012	00:23:39
33	Helen Radcliffe	Aaron Ashworth Memorial Cowm 5K 2017	00:23:48
34	Leonie Glynn	Hollingworth Lake 5K Series 2018	00:23:49
34	Lisa Howarth	Ian Casey Memorial Cowm Race 2016	00:23:49
36	Tracy Johnson	Ian Casey Memorial Cowm 5K 2019	00:23:50
37	Bryony Jones	Cown Reservoir 5K Apr 2022	00:23:56
38	Rachael Shuttleworth	Aaron Ashworth Memorial Cowm 5K 2017	00:24:01
39	Rose Rowson	Vera Hirst 5K 2010	00:24:05
40	Andrea Dickinson	Ian Casey Memorial Cowm 5K 2019	00:24:08