

SALE HARRIERS ROAD RACE RANKINGS

2010

5K MEN

08-Jun	SIMON MILLS	Wavertree Mystery 5k	15.41	
01-May	GARETH RAVEN	Sale May Day 5k	15.42	M35
07-Feb	JAMES BAILEY	Platt Fields	15.59	
01-Jul	MIKE KILMARTIN	Sale H. Sizzler	16.24	
01-Jul	TIM KENNEDY	Sale H. Sizzler	16.40	
10-Jun	GARY ROWLINSON	Bowden 5K	16.46	M45
29-Jul	KEVIN MC KAY	Sale H. Sizzler 3	16.57	M40
01-Jul	GARY ROWLINSON	Sale H. Sizzler 2	16.58	M45
12-Aug	PAUL ROWLEY	Sale H. Sizzler 4	16.58	
12-Aug	MIKE HATCH	Sale H. Sizzler 4	17.02	M35
20-Jun	KEVIN MC KAY	British Masters Horwich	17.16	M40
01-Jul	CALLUM ROWLINSON	Sale H. Sizzler 1	17.24	
01-Jul	PAUL CAPEY	Sale H. Sizzler 1	17.28	M35
15-Jul	ELTON DAVIES	Sale H. Sizzler 2	17.29	M35
01-Jul	PHILIP SCOWCROFT	Sale H. Sizzler 1	17.35	
01-Jul	ANDREW MOONEY	Sale H. Sizzler 3	17.40	
15-Jul	JASON BOWERS	Sale H. Sizzler 2	17.45	M35
12-Aug	FRANK CORDINGLEY	Sale H. Sizzler	17.47	M45
29-Jul	NICHOLAS WHITTLE	Sale H Sizzler 3	17.54	
29-Jul	STEPHEN MC CARRON	Sale H. Sizzler 3	17.56	M35
12-Aug	GARY WILLCOCK	Sale H. Sizzler 4	17.56	
12-Aug	LEE WOODS	Sale H. Sizzler 4	17.58	M40
12-Aug	MATTHEW WANSBONE	Sale H. Sizzler 4	17.59	
15-Jul	ANDREW YATES	Sale H. Sizzler 2	18.06	M50
10-Jun	CARL BARBER	Bowden 5K	18.13	
12-Aug	NICHOLAS WHITTLE	Sale H. Sizzler 4	18.14	
15-Jul	CARL BARBER	Sale H. Sizzler 2	18.26	M35
29-Jul	TIM BRETT	Sale H. Sizzler 3	18.42	M40
12-Aug	ALAN PITMAN	Sale H. Sizzler 4	18.37	
29-Jul	TIM RAINEY	Sale H. Sizzler	18.58	M45
15-Jul	BILL FOX	Sale H. Sizzler 2	19.09	M55
10-Jul	CARL CLEGHORN	Sale H. Sizzler	19.20	
12-Aug	MARK SZOLKOWSKI	Sale H. Sizzler 4	19.22	M35
10-Jun	MIKE WHARTON	Bowden 5K	19.35	
Aug-12	JERRY SMITH	Sale H. Sizzler	19.46	M55
Jul-10	GARY EVANS	Sale H. Sizzler 2	19.48	M40
Jul-10	JIM LAMBE	Sale H.Sizzler 2	19.56	M40
Jul-10	MARK CAUSWELL	Sale H. Sizzler 1	20.02	M50
May-10	STEVE GAVIN	Salford H. Heaton park	20.12	M40
Jun-10	JOHN BATTERSBY	Bowden 5K	20.15	M50
03-May	TERRY LONERGAN	Sale May Day 5k	20.20	M60
29-Jul	JOHN BATTERSBY	Sale H. Sizzler 3	20.26	M50
01-Jul	MIKE DUNNE	Sale H.Sizzler 1	20.37	M60
10-Jun	STEFAN SCHUMACHER	Bowden 5K	20.56	M50
03-Jul	GEOFF BEATTIE	Platt Fields	21.08	M55
01-Jul	DAVID BROOKES	Sale H. Sizzler 1	22.07	
15-Jul	SHAUN MC GEE	Sale H. Sizzler 2	22.15	M40
12-Aug	ADAM JONES	Sale H. Sizzler 4	22.49	M40
12-Aug	DAVE FARMER	Sale H. Sizzler 4	22.58	M60
20-Jun	DEREK NICHOLS	British Masters Horwich	23.32	M70

04-Apr	FECHIN MC CORMICK	Alexandra Park M/C	23.37	M60
12-Aug	BRIAN BRADSHAW	Sale H. Sizzler 4	23.40	M50
20-Jun	KEITH BRIGGS	British Masters Horwich	23.46	M70
12-Aug	JONATHAN HARDMAN	Sale H. Sizzler 4	23.51	
29-Jul	DON NICHOLS	Sale H. Sizzler 3	23.55	M70
29-Jul	TED HOWARTH	Sale H. Sizzler 3	24.02	M70
02-May	ALAN ROMAGNOLO	Alexandra Park M/C	24.14	M45
10-Jun	IAN WHITHAM	Bowden 5K	24.32	M45
29-Jul	MIKE HOWE	Sale H. Sizzler 3	25.07	M70
12-Aug	RANJIT BENNETT	Sale H. Sizzler 4	25.09	M40
04-Jul	DAVE GEORGE	Alexandra Park M/C	25.14	
15-Jul	JOHN LALLEY	Sale H. Sizzler 2	26.01	M50
06-Nov	DON GEORGE	Platt Fields	27.14	M70
15-Jul	IVAN MACINTYRE	Sale H. Sizzler 2	33.35	

5K WOMEN

30-Jan	JENNA HILL	Bushy Park	18.00	
09-Jun	RUTH WATSON	Peterborough GP	18.41	
12-Aug	JOANNE LOWERY	Sale H. Sizzler 4	19.08	
15-Jul	JO ROBBINS	Sale H. Sizzler 2	20.15	F35
25-Sep	CARA KAVANAGH	Bramhall	20.17	
28-Aug	ROSE BLACKBURN	Heaton Pk.	20.23	
29-Jul	JACKIE CORDINGLEY	Sale H. Sizzler 3	20.35	F50
29-Jul	CARA KAVANAGH	Sale H. Sizzler 3	20.40	
12-Aug	BEATRICE CORDINGLEY	Sale H. Sizzler 4	20.42	
29-Jul	JAN NICHOLS	Sale H. Sizzler 3	21.10	F40
05-Jun	JOANNE STREET	Hollins Green	21.26	
07-Nov	SARA ANDERSON	Alexandra Park 5K	22.09	
15-Jul	LYNNE YATES	Sale H. Sizzler 2	22.22	F50
12-Aug	BELINDA HAMMOND	Sale H. Sizzler 4	22.36	
10-Jun	LAUREN DAVIES	Bowden 5K	22.47	
15-Jul	CARLA OUSEY	Sale H. Sizzler 2	22.50	F35
10-Jun	JENNY FLANAGAN	Bowden 5K	22.50	
13-Mar	KATIE REECE	Platt Fields	22.52	
12-Aug	LAUREN DAVIES	Sale H. Sizzler 4	23.32	
12-Aug	DAWN HOLDING	Sale H. Sizzler 1	24.01	F40
29-Jul	MARGARET TRICKEY	Sale H. Sizzler 3	24.32	F60
12-Aug	MARINA BREDDY	Sale H. Sizzler 4	28.07	F40