

**Avenham 5K****Race Date - 2nd May 2022**

Competitor	Cat	Result	Points
Matthew Holmes	V35	00:17:18	1
Karl Hodgson	SEN	00:17:49	2
James Bretherton	V40	00:18:31	3
Andrew Christie	V35	00:19:04	4
Steven Willetts	SEN	00:19:38	5
Christopher Bridge	SEN	00:20:30	6
Andrew Fairweather	V40	00:20:37	7
Manolo Brook	V50	00:20:48	8
Joe Swarbrick	V65	00:20:49	9
Stuart Cann	V55	00:20:57	10
Gary Corcoran	V50	00:22:07	11
John Naylor	V40	00:22:07	12
Philip Butler	V55	00:22:45	13
David Eaves	V50	00:22:46	14
Steven Moon	V45	00:24:40	15
Eddie Hamilton	V50	00:25:11	16
Nigel Harrison	V55	00:25:28	17
John Wiseman	V55	00:29:19	18
Keith Burrows	V60	00:29:42	19
Bernie Mitchell	V60	00:30:23	20
Joydip Majumder	V45	00:31:28	21
Anthony Pope	V65	00:31:39	22
Richard Field	V40	00:32:29	23
Dave Aspin	V75	00:42:07	24
Ben Smithers	V35	00:44:30	25

Competitor	Cat	Result	Points
Sophie Pilkington	SEN	00:19:33	1
Samantha Edwards	V35	00:22:11	2
Melissa Houghton	SEN	00:23:42	3
Janette Rayton	V40	00:23:48	4
Paula Plowman	V55	00:25:46	5
Laura Renke	V35	00:26:23	6
Sian King	SEN	00:26:39	7
Carol Douglass	V75	00:26:58	8
Rebecca Wells	SEN	00:27:07	9
Julie Thorley	V55	00:27:46	10
Esther Stanier	V35	00:27:48	11
Jennie Brade	V45	00:28:31	12
Kathryn Abbott	V50	00:29:07	13
Tracey Alami	V45	00:29:28	14
Fiona Gutteridge	V40	00:29:43	15
Angela Dallinger	V40	00:29:46	16
Tina Carr	V50	00:29:52	17
Louise Withnell	V45	00:31:12	18
Alison Dick	V50	00:33:21	19
Nina Watters	V35	00:39:12	20