

## 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	James Henderson	Track 5K Sept 2023	00:17:03
5	Stuart Carroll	Ron Hill 5K 2014	00:17:13
6	Owen Flage	Ron Hill 5K 2008	00:17:17
7	Philip Marsden	Ian Casey Memorial Cowm Race 2015	00:17:19
8	Chris Lowe	Littleborough 5K Series 2017	00:17:25
9	Daniel McManus	Ian Casey Memorial Cowm Race 2015	00:17:27
10	Shane Reading	Track 5K Sept 2023	00:17:33
11	Martin Schofield	Ron Hill 5K 2012	00:17:36
12	David McBride	Ron Hill 5K 2014	00:17:40
13	Paul Bannister	Littleborough 5K Series 2017	00:17:44
14	Russell Ingham	Ian Casey Memorial Cowm Race 2014	00:17:49
15	Rob Battye	Aaron Ashworth Memorial Cowm 5K 2017	00:17:52
16	Shaun Armstrong	Ian Casey Memorial Cowm Race 2013	00:17:53
17	Andrew Rogers	Cown Reservoir 5K Apr 2022	00:17:54
17	Andy Sattler	Vera Hirst 5K 2005	00:17:54
19	Dave Peart	Ron Hill 5K 2013	00:17:57
20	Nick Cuff	Ian Casey Memorial Cowm Race 2016	00:17:59
20	Gary Fielding	Ron Hill 5K 2014	00:17:59
22	Robert Fairbanks	Ian Casey Memorial Cowm 5K 2017	00:18:03
23	Martin Thompson	Track 5K Sept 2023	00:18:04
24	David Emanuel	Ian Casey Memorial Cowm Race 2016	00:18:05
25	Michael Fleming	Hollingworth Lake 5K Series 2018	00:18:08
26	Ian Dale	Ian Casey Memorial Cowm Race 2014	00:18:09
26	Paul Whitehead	Middleton 5K 2007	00:18:09
28	Dave Kershaw	Ian Casey Memorial Cowm Race 2009	00:18:12
29	Ian Bishop	Vera Hirst 5K 2011	00:18:14
30	Michael Wildbore	Hollingworth Lake 5K Series 2018	00:18:15
30	Bill Balmer	Ron Hill 5K 2012	00:18:15
32	Paul Timms	Track 5K May 2023	00:18:18
33	Barry Greaves	Littleborough Lions 5K 2004	00:18:22
34	Bernie Goodwin	Ian Casey Memorial Cowm Race 2009	00:18:23
35	Alan Bodell	Ian Casey Memorial Cowm Race 2011	00:18:25
36	Bernie Cassidy	Vera Hirst 5K 2006	00:18:27
36	Yousaf Butt	Ron Hill 5K 2014	00:18:27
36	Mark Kelly	Ron Hill 5K 2010	00:18:27
39	Richard Fiddling	Ron Hill 5K 2011	00:18:28
40	Michael Harrison	Ian Casey Memorial Cowm Race 2016	00:18:32

## TOP 40 FEMALE 5K TIMES

POSITION	NAME	RACE	FINISH TIME
1	Jennifer Bloor	Aaron Ashworth Memorial Cowm 5K 2017	00:18:59
2	Carole Madden	Ian Casey Memorial Cowm Race 2011	00:19:23
3	Sophie Wood	Aaron Ashworth Memorial Cowm 5K 2017	00:19:24
4	Becki Robinson	Ian Casey Memorial Cowm Race 2015	00:19:46
5	Kirsty White	Ron Hill 5K 2014	00:19:56
6	Maisie Wainwright	Track 5K Sept 2023	00:20:20
7	Jane Augsburger	Ian Casey Memorial Cowm Race 2015	00:20:29
8	Debbie Shaw	Vera Hirst 5K 2006	00:20:38
9	Janet Jobey	Ian Casey Memorial Cowm 5K 2019	00:20:42
10	Debbie Fiddling	Ian Casey Memorial Cowm Race 2011	00:21:11
11	Jill Grime	Ron Hill 5K 2010	00:21:26
12	Tawnia Norman	Littleborough 5K Race Series 2015	00:21:32
13	Sheila Waite	Vera Hirst 5K 2004	00:21:39
14	Natalie Fitzpatrick	Ian Casey Memorial Cowm Race 2016	00:21:41
15	Valerie Kilburn	Littleborough 5K Series 2016	00:21:43
16	Laura Walters	Ian Casey Memorial Cowm Race 2014	00:21:47
17	Rochelle Evans	Ian Casey Memorial Cowm Race 2014	00:22:01
17	Helen Knight	Littleborough Lions 5K 3..6	00:22:08
19	Vikki Smith	Littleborough 5K Series 2017	00:22:24
20	Katherine Brierley	Ian Casey Memorial Cowm Race 2015	00:22:26
20	Kirsty Agnew	Cowm Reservoir 5K 2021	00:22:27
22	Kirsty Simcox	Littleborough 5K Race Series 2015	00:22:39
23	Trish Callan	Track 5K Sept 2023	00:22:45
24	Selina McLean	Ian Casey Memorial Cowm Race 2016	00:22:45
25	Karen Mather	Ian Casey Memorial Cowm Race 2014	00:22:48
26	Rebecca Mercer	Ian Casey Memorial Cowm Race 2016	00:22:58
26	Jayne Roberts	Ian Casey Memorial Cowm Race 2014	00:23:06
28	Teresa Hollins	Vera Hirst 5K 2007	00:23:12
29	Sarah Tomassi	Track 5K Sept 2023	00:23:17
30	Gill Lowe	Ron Hill 5K 2012	00:23:39
30	Helen Radcliffe	Aaron Ashworth Memorial Cowm 5K 2017	00:23:48
32	Lisa Howarth	Ian Casey Memorial Cowm Race 2016	00:23:49
33	Leonie Glynn	Hollingworth Lake 5K Series 2018	00:23:49
34	Tracy Johnson	Ian Casey Memorial Cowm 5K 2019	00:23:50
35	Bryony Jones	Cown Reservoir 5K Apr 2022	00:23:56
36	Rachael Shuttleworth	Aaron Ashworth Memorial Cowm 5K 2017	00:24:01
36	Rose Rowson	Vera Hirst 5K 2010	00:24:05
36	Andrea Dickinson	Ian Casey Memorial Cowm 5K 2019	00:24:08
39	Susan Heaney	Ian Casey Memorial Cowm Race 2016	00:24:15
40	Louise Gilchrist	Middleton 5K 2007	00:24:15