

Five Trigs 2025-04-05

Total finishers 160

CVFR finishers 11

Position	Name	Club	Time	Category	Cat Pos	Rating	Comment
1	Nick Sheard	Saddleworth Runners Club	2:34:54	M	1/31	1.21	
2	Tim Brook	Holmfirth Harriers Ac	2:41:33	MV40	1/17	1.26	
4	Ben Costello	CVFR	2:53:48	M	3/31	1.36	Best Ever (prev 1.38)
6	Paul Calverley	Achille Ratti Climbing Club	2:55:30	MV55	1/11	1.37	
7	Gareth Raven	Salford Harriers	2:56:25	MV50	1/22	1.38	
9	Gaynor Keane	Saddleworth Runners Club	3:01:23	FV45	1/17	1.42	
12	Helena Croft	Holmfirth Harriers Ac	3:06:11	F	1/14	1.45	
13	Natasha Butterfield	CVFR	3:06:27	FV45	2/17	1.46	
22	Mungo Stacy	Unattached	3:18:01	MV45	1/10	1.55	
28	Phil Wells	CVFR	3:25:17	MV50	7/22	1.60	
33	Mel Sykes	U/A	3:29:05	FV40	1/16	1.63	
34	Jonathan Emberton	CVFR	3:29:51	MV60	1/7	1.64	
40	Toby Sydes	CVFR	3:31:41	MV55	2/11	1.65	Best This Year (prev 1.66)
60	Jennie Ransome	Rochdale Harriers & Ac	3:49:11	FV60	1/4	1.79	
64	Sophie Cunningham	CVFR	3:51:12	FV40	4/16	1.80	
85	Ailsa Nicholson	CVFR	4:07:57	FV45	7/17	1.94	
89	Phil Hodgson	Todmorden Harriers	4:11:46	MV65	1/4	1.96	
92	James Sackley	CVFR	4:12:47	M	21/31	1.97	
103	Charlotte Wetton	CVFR	4:36:29	FV40	9/16	2.16	
125	Eileen McDonach	CVFR	5:09:41	FV50	1/3	2.42	
126	Mandy Goth	Todmorden Harriers	5:09:42	FV65	1/1	2.42	
135	Kiersti Dickinson	Slaithwaite Striders	5:25:44	FV55	1/3	2.54	
140	Marc Collett	CVFR	5:38:49	MV65	4/4	2.64	