

Rochdale Harriers & A.C.

Red Rose Cross-Country League

ROSSENDALE 27th Nov 2004

Sen Ladies

Pos				Time	%
1st		22.09			
9th	Carly Needham		L	25.17	14.14
16th	Huma Rahman		LV35	27.38	24.74
43rd	Chris Deasey		LV40	34.12	54.40
45th	Linda Riddall		LV50	34.48	57.11

Sen Men

Pos				Time	%
1st		32.15			
30th	Kris Robinson		S	36.51	14.26
33rd	Wajib Ali		S	37.32	16.38
38th	Ian Stainthorpe		V40	37.48	17.20
52nd	Chris Leach		V40	39.00	20.93
63rd	James Leach		JM	40.29	25.52
75th	Nigel Shaw		V55	41.56	30.02
87th	John Purdy		V40	44.07	36.79
94th	Phil Roberts		V55	46.14	43.36