

## **Rochdale Harriers & A.C.**

**Vera Hirst 5K Race, Littleborough**

**22nd March 2006**

<b>Posn</b>	<b>Name</b>	<b>Time</b>	<b>Pace (min.sec/ml)</b>
1	Wajib Ali	16.04	5.10
13	Matt Proctor	17.14	5.32
47	Josefa Terim	19.42	6.16
64	Mark Widdup	20.14	6.30
73	Mark Walker	20.24	6.32
79	Huma Rahman	20.3	6.33
91	Anna Blomfield	21.11	6.49
119	Kirsten Johnson	23.05	7.26
141	Jill Hutchinson	24.16	7.48
147	Linda Riddall	25.38	8.11
155	Kay Hill	28.01	9.02
157	Vicki Whitehead	28.23	9.06
164	Lorna Halliday	29.43	9.30
165	Mark Smith	29.44	9.30
166	John Mayall	29.45	9.30
177	Jan Bagshaw	32.02	10.20

(180 finishers. Pace approximate)