

North Cheshire 5k Grand Prix 2018**Birchwood Brook 5k**

Thursday 31 May 2018. 7:30 pm

Provisional Results for All Competitors in finish order.

Posn	Time	Name	Team	Category	min/mile	Race No
1	0:16:21	SHAW, Matthew	Salford Harriers	Male Senior	05:15.6	88
2	0:16:31	STANFORD, Chris	Warrington Tri	Male Senior	05:18.9	63
3	0:16:49	NICHOLLS, Damian	Wilmslow RC	Male Senior	05:24.7	554
4	0:17:18	BAGAN, Paul	Warrington AC	Male Vet 40	05:34.0	108
5	0:17:20	FOSTER, Leon	Leeds City	Male Senior	05:34.6	111
6	0:17:27	PICKFORD, Andy	Altrincham & District AC	Male Vet 40	05:36.9	113
7	0:17:34	HARRINGTON, Michael	Vale Royal AC	Male Vet 45	05:39.1	29
8	0:17:37	SHARMAN, Leighton	Warrington AC	Male Junior	05:40.1	19
9	0:17:38	HUGHES, Rob	Salford Harriers	Male Senior	05:40.4	134
10	0:17:48	WHITTINGHAM, Andrew	Wilmslow RC	Male Vet 45	05:43.6	70
11	0:18:25	JOHNSON, Stuart	Spectrum Striders	Male Senior	05:55.5	507
12	0:18:33	RICHARDSON, Gary	Vale Royal AC	Male Vet 40	05:58.1	535
13	0:18:33	DAY, Kenneth	Kirkby Milers	Male Senior	05:58.1	509
14	0:18:40	LONGLEY, Richard	Newcastle Staffs AC	Male Vet 40	06:00.4	564
15	0:18:44	KOZER, Will	Widnes RC	Male Senior	06:01.7	503
16	0:18:44	JACKSON, Robert	Wilmslow RC	Male Senior	06:01.7	64
17	0:18:55	MARCHANT, Kerry	Newcastle Staffs AC	Female Vet 40	06:05.2	563
18	0:19:00	ANTROBUS, Jack	Warrington Running Club	Male Senior	06:06.8	559
19	0:19:10	DOUGLAS, Sarah	Sale Harriers Mchr	Female Senior	06:10.0	515
20	0:19:14	JACKSON, Nick	Wilmslow RC	Male Vet 50	06:11.3	66
21	0:19:20	KENNEDY, Colin	Warrington Road Runners	Male Vet 50	06:13.2	526
22	0:19:21	HOUGH, Rob	Spectrum Striders	Male Vet 45	06:13.6	16
23	0:19:26	HAINES, David	Vale Royal AC	Male Vet 45	06:15.2	119
24	0:19:27	RALPH, Annabel	Accrington	Female Senior	06:15.5	548
25	0:19:35	DODD, Mark	Ellesmere Port RC	Male Vet 40	06:18.1	122
26	0:19:39	GILL, David	Warrington AC	Male Vet 60	06:19.4	133
27	0:19:41	COCROFT, Jonathan	Lymm Runners	Male Senior	06:20.0	110
28	0:19:41	HEGGS, Robert	Sale Harriers Mchr	Male Vet 40	06:20.0	561
29	0:19:45	COLES, Matthew	Spectrum Striders	Male Senior	06:21.3	12
30	0:19:54	O'KEEFE, Ray	Macclesfield Harriers	Male Vet 50	06:24.2	104
31	0:19:56	LESLIE, Andrew	Widnes RC	Male Senior	06:24.8	517
32	0:19:57	JONES, Damien	Sale Harriers Mchr	Male Senior	06:25.1	107
33	0:20:02	HUMPHREY, David	Vale Royal AC	Male Vet 45	06:26.8	531
34	0:20:05	BEARD, Chris	Vale Royal AC	Male Vet 45	06:27.7	85
35	0:20:06	PEERS, Dan	Spectrum Striders	Male Senior	06:28.0	544
36	0:20:06	KENNAUGH, Richard	Altrincham & District AC	Male Vet 50	06:28.0	60
37	0:20:14	MICHELL, Davyd	Helsby RC	Male Vet 40	06:30.6	112
38	0:20:17	MILLS, Kieran		Male Junior	06:31.6	18
39	0:20:20	CRAIG, Lisa	Altrincham & District AC	Female Senior	06:32.6	128
40	0:20:20	HATTON, Chris	Lymm Runners	Male Senior	06:32.6	539
41	0:20:22	HARRISON, Graham	Altrincham & District AC	Male Vet 55	06:33.2	519
42	0:20:24	GAUNT, Duane	Sale Harriers Mchr	Male Senior	06:33.8	69
43	0:20:28	HUNTER, Mark J	Altrincham & District AC	Male Vet 60	06:35.1	117
44	0:20:32	BLIZZARD, Louise	Warrington AC	Female Vet 40	06:36.4	556
45	0:20:36	LOMAX, Bobbie	Warrington Road Runners	Female Vet 40	06:37.7	325

Individual Results

North Cheshire 5k Grand Prix 2018

Birchwood Brook 5k

Thursday 31 May 2018. 7:30 pm

Provisional Results for All Competitors in finish order.

Posn	Time	Name	Team	Category	min/mile	Race No
46	0:20:45	CASEY, Louise	Widnes RC	Female Vet 35	06:40.6	39
47	0:21:00	BENNETT, Chris	Astley & Tyldesley RR	Male Vet 40	06:45.4	137
48	0:21:05	DRIVER, Graham	Spectrum Striders	Male Vet 50	06:47.0	14
49	0:21:06	DRASDO, Alison	Trafford AC	Female Vet 50	06:47.4	120
50	0:21:08	ATHERTON, Mark	Widnes RC	Male Vet 40	06:48.0	521
51	0:21:12	JACKSON, Matthew	Styal RC	Male Vet 50	06:49.3	523
52	0:21:13	WOMACK, Mike	Lymm Runners	Male Senior	06:49.6	59
53	0:21:14	MARSDEN, Rob	Sale Harriers Mchr	Male Senior	06:49.9	530
54	0:21:14	BRADBURY, Jamie	Lymm Runners	Male Vet 40	06:49.9	132
55	0:21:18	PATON-CROCKETT, Andrew	Altrincham & District AC	Male Senior	06:51.2	80
56	0:21:28	DAWSON, Jim	Lymm Runners	Male Vet 55	06:54.4	43
57	0:21:29	KINSMAN, Huw	Spectrum Striders	Male Senior	06:54.8	3
58	0:21:36	MAXWELL, Marina	Widnes RC	Female Vet 45	06:57.0	534
59	0:21:36	BRADY, Mike	Spectrum Striders	Male Vet 50	06:57.0	262
60	0:21:51	CORDINGLEY, Frank	Sale Harriers Mchr	Male Vet 55	07:01.8	73
61	0:21:53	SPENCER, Julian	Spectrum Striders	Male Vet 55	07:02.5	1
62	0:21:57	CORDINGLEY, Jackie	Sale Harriers Mchr	Female Vet 55	07:03.8	74
63	0:21:57	AIRD, Paul	Deestriders RC	Male Vet 55	07:03.8	292
64	0:22:05	JARVIS, Mark		Male Vet 40	07:06.3	125
65	0:22:05	BASNETT, Paul	Astley & Tyldesley RR	Male Vet 45	07:06.3	45
66	0:22:11	MYERS, Aron	Wilmslow RC	Male Senior	07:08.3	20
67	0:22:27	REYNOLDS, Julia	Sale Harriers Mchr	Female Vet 45	07:13.4	77
68	0:22:35	SALMON, Robert		Male Junior	07:16.0	552
69	0:22:35	JONES, Adam		Male Senior	07:16.0	106
70	0:22:36	SHEARS, Lee	Lymm Runners	Male Vet 40	07:16.3	550
71	0:22:50	GARNETT, Andy	Spectrum Striders	Male Vet 60	07:20.8	2
72	0:22:54	TAYLOR, Edward	Knutsford Tri	Male Vet 45	07:22.1	525
73	0:22:57	BARROW, Caroline	Widnes RC	Female Vet 40	07:23.1	505
74	0:23:02	METCALFE, Hayley	Warrington Running Club	Female Senior	07:24.7	546
75	0:23:08	HARRISON, Carole	Altrincham & District AC	Female Vet 50	07:26.6	518
76	0:23:11	SKETT, Andrew	Lymm Runners	Male Vet 60	07:27.6	98
77	0:23:18	FAULKNER, David	Lymm Runners	Male Vet 60	07:29.8	44
78	0:23:22	FORSTER, Karon	Spectrum Striders	Female Vet 55	07:31.1	124
79	0:23:31	MCCLELLAND, Jenny	Lymm Runners	Female Vet 45	07:34.0	37
80	0:23:31	ALCOCK, Vincent	Spectrum Striders	Male Vet 45	07:34.0	558
81	0:23:36	CALDWELL, Helen	Spectrum Striders	Female Vet 50	07:35.6	130
82	0:23:39	GREENEY, Libby	Macclesfield Harriers	Female Junior	07:36.6	76
83	0:23:43	HOWE, Joan M	Trafford AC	Female Vet 60	07:37.9	567
84	0:23:54	ROBERTSON, Janet	Helsby RC	Female Vet 50	07:41.4	553
85	0:23:59	ELWOOD, Mark	Lymm Runners	Male Vet 45	07:43.0	86
86	0:24:06	RAFFEL, Alistair	Spectrum Striders	Male Vet 60	07:45.3	42
87	0:24:21	JACKSON, Frances		Female Senior	07:50.1	560
88	0:24:27	WILSON, Paul	Widnes RC	Male Vet 55	07:52.0	537
89	0:24:29	LOMAX, Jayne	Vale Royal AC	Female Vet 50	07:52.7	72
90	0:24:32	MOSS, Steven	Widnes RC	Male Senior	07:53.6	514

Individual Results

North Cheshire 5k Grand Prix 2018**Birchwood Brook 5k**

Thursday 31 May 2018. 7:30 pm

Provisional Results for All Competitors in finish order.

Posn	Time	Name	Team	Category	min/mile	Race No
91	0:24:33	MILLS, Bridget		Female Senior	07:54.0	555
92	0:24:33	BAINTON, George	Lymm Runners	Male Vet 55	07:54.0	30
93	0:24:37	NUNNERLEY, Emma	Lymm Runners	Female Vet 40	07:55.3	53
94	0:24:48	CRAWFORD, Chris		Male Senior	07:58.8	565
95	0:24:49	GALLAGHER, Ciaran		Male Junior	07:59.1	6
96	0:24:49	MACGUGAN, Hayley	Widnes RC	Female Vet 35	07:59.1	545
97	0:24:57	HUGHES, Malcolm	Spectrum Striders	Male Vet 55	08:01.7	131
98	0:24:59	MARSHALL, Graham		Male Vet 50	08:02.3	25
99	0:25:13	COLE, John		Male Vet 60	08:06.8	549
100	0:25:24	CARTER, Darren	Warrington Running Club	Male Senior	08:10.4	102
101	0:25:28	CONNOR, Joseph	Bramhall Runners	Male Senior	08:11.7	506
102	0:25:29	BURTON, Peter John	Lymm Runners	Male Vet 50	08:12.0	99
103	0:25:36	HANKINSON, Andrew	Widnes RC	Male Senior	08:14.2	516
104	0:25:36	HAINES, Jill	Vale Royal AC	Female Vet 45	08:14.2	118
105	0:25:39	PERCHARD, Mike	Northwich Running Club	Male Vet 65	08:15.2	403
106	0:25:40	JOHNSON, Martin	Spectrum Striders	Male Senior	08:15.5	7
107	0:25:42	PATON-CROCKETT, Zoe		Female Senior	08:16.2	566
108	0:25:47	MCINTYRE, Jennie	Spectrum Striders	Female Vet 55	08:17.8	547
109	0:25:51	BRADLEY, Michael	Spectrum Striders	Male Vet 60	08:19.1	528
110	0:25:55	PICKFORD, Chris	Lymm Runners	Male Vet 55	08:20.4	31
111	0:26:08	BABA, Caroline	Manchester Harriers & AC	Female Vet 35	08:24.5	522
112	0:26:12	THOMPSON, Dave	Spectrum Striders	Male Vet 60	08:25.8	402
113	0:26:23	BROWN, Tim	Lymm Runners	Male Vet 50	08:29.4	57
114	0:26:33	HARGREAVES, Billy	Southport & Waterloo	Male Vet 70+	08:32.6	551
115	0:26:34	LYON, Catherine	Spectrum Striders	Female Vet 35	08:32.9	38
116	0:26:38	FENTON, Simon	Wilmslow RC	Male Vet 70+	08:34.2	49
117	0:26:38	ARBER, Carolyn	Spectrum Striders	Female Vet 60	08:34.2	116
118	0:26:42	MARTLAND, Tim	Lymm Runners	Male Vet 50	08:35.5	82
119	0:26:53	KEARNS, Jon-Paul		Male Vet 45	08:39.0	26
120	0:27:29	DOOLEY, John P	Spectrum Striders	Male Vet 70+	08:50.6	4
121	0:27:43	SPRINGALL, Stephen	Spectrum Striders	Male Vet 50	08:55.1	67
122	0:27:53	BLUNDELL, James	Spectrum Striders	Male Senior	08:58.3	15
123	0:28:01	BUCKLEY, Joanna	Spectrum Striders	Female Vet 55	09:00.9	78
124	0:28:01	BIRCH, Gary	Warrington Running Club	Male Vet 40	09:00.9	95
125	0:28:38	WILCOX, Lauren		Female Senior	09:12.8	127
126	0:28:40	RUDGE, Hayley	Lymm Runners	Female Senior	09:13.5	115
127	0:28:45	LYSONS, Alison	Widnes RC	Female Vet 50	09:15.1	508
128	0:28:45	MATTHEWS, Sarah	Warrington Road Runners	Female Vet 35	09:15.1	513
129	0:29:00	JARVIS, Josie		Female Vet 40	09:19.9	126
130	0:29:17	OWEN, Linda	Spectrum Striders	Female Vet 60	09:25.4	524
131	0:29:29	SMITH, Carolyn	Lymm Runners	Female Vet 50	09:29.2	41
132	0:29:47	JULINKOVA, Jana	Winston Runners	Female Vet 45	09:35.0	65
133	0:29:51	DUNNE, Sarah	Warrington Road Runners	Female Senior	09:36.3	101
134	0:29:58	GRIFFITHS, Neville	Spectrum Striders	Male Vet 70+	09:38.6	123
135	0:30:03	JARAS, Michael	Spectrum Striders	Male Vet 70+	09:40.2	40

Individual Results

North Cheshire 5k Grand Prix 2018

Birchwood Brook 5k

Thursday 31 May 2018. 7:30 pm

Provisional Results for All Competitors in finish order.

Posn	Time	Name	Team	Category	min/mile	Race No
136	0:30:04	RIGBY, Carolyn	Widnes RC	Female Vet 50	09:40.5	540
137	0:30:06	COLES, Terry	Spectrum Striders	Male Vet 70+	09:41.1	11
138	0:30:16	RICHARDSON, Debbie		Female Vet 45	09:44.3	536
139	0:30:17	GALLAGHER, Connal		Male Vet 45	09:44.7	5
140	0:30:22	EVANS, Karon	Warrington Road Runners	Female Vet 50	09:46.3	100
141	0:30:33	SHAW, Janet	Helsby RC	Female Vet 65+	09:49.8	47
142	0:30:46	GIBBONS, Natalie		Female Senior	09:54.0	500
143	0:30:49	FORTUNE, Iain	Spectrum Striders	Male Vet 70+	09:55.0	8
144	0:30:49	GIBBONS, Thomas		Male Senior	09:55.0	501
145	0:30:53	HEGGS, Karen	Sale Harriers Mchr	Female Vet 40	09:56.3	562
146	0:30:55	KNIGHT, Chrissie	Lymm Runners	Female Vet 60	09:56.9	36
147	0:31:29	TEDFORD, Andrew	Lymm Runners	Male Senior	10:07.8	520
148	0:31:29	COOPER, Amy	Lymm Runners	Female Senior	10:07.8	34
149	0:32:38	DUNBAR, Ian	Spectrum Striders	Male Vet 65	10:30.0	91
150	0:32:57	RIGBY, Ian	Widnes RC	Male Vet 50	10:36.2	541
151	0:32:57	WOODS, Cian		Male Junior	10:36.2	512
152	0:32:59	BELIARD, Maela	Spectrum Striders	Female Vet 40	10:36.8	511
153	0:34:54	HEWITT, Anne		Female Vet 65+	11:13.8	532
154	0:35:31	SINCLAIR, Teresa	Winston Runners	Female Vet 55	11:25.7	54
155	0:35:35	LEATHER, Helan		Female Vet 45	11:27.0	103
156	0:35:35	NEWTON, Caroline	Warrington Running Club	Female Vet 35	11:27.0	93
157	0:35:40	CARLETON, Margaret	Winston Runners	Female Vet 60	11:28.6	61
158	0:35:50	HUNAK, Sarah		Female Senior	11:31.8	510
159	0:35:50	REE, Smanatha		Female Senior	11:31.8	543
160	0:43:40	BATES, Tracy		Female Vet 50	14:03.1	533
161	0:43:42	HILTON, Janice		Female Vet 50	14:03.7	538
162	0:44:10	MAHMOUD, Vicky	Spectrum Striders	Female Vet 35	14:12.7	557

There were 162 finishers in the All Competitors category.

Ladies Teams

North Cheshire 5k Grand Prix 2018

Birchwood Brook 5k

Thursday 31 May 2018. 7:30 pm

Provisional Result of the Ladies Teams team competition.

(3 competitors per team. Based on cumulative position.)

Team	Posn	Team	Place	Time	Name	Category	Race No	Posn
1 :		Sale Harriers Mchr						
			2	0:19:10	DOUGLAS, Sarah	Female Senior	515	19
			10	0:21:57	CORDINGLEY, Jackie	Female Vet 55	74	62
			11	0:22:27	REYNOLDS, Julia	Female Vet 45	77	67
2 :		Warrington Running Club						
			6	0:20:36	LOMAX, Bobbie	Female Vet 40	325	45
			7	0:20:45	CASEY, Louise	Female Vet 35	39	46
			13	0:23:02	METCALFE, Hayley	Female Senior	546	74
3 :		Widnes RC						
			9	0:21:36	MAXWELL, Marina	Female Vet 45	534	58
			12	0:22:57	BARROW, Caroline	Female Vet 40	505	73
			25	0:24:49	MACGUGAN, Hayley	Female Vet 35	545	96
4 :		Spectrum Striders						
			15	0:23:22	FORSTER, Karon	Female Vet 55	124	78
			17	0:23:36	CALDWELL, Helen	Female Vet 50	130	81
			28	0:25:47	MCINTYRE, Jennie	Female Vet 55	547	108
5 :		Lymm Runners						
			16	0:23:31	MCCLELLAND, Jenny	Female Vet 45	37	79
			24	0:24:37	NUNNERLEY, Emma	Female Vet 40	53	93
			34	0:28:40	RUDGE, Hayley	Female Senior	115	126
6 :		Spectrum Striders						
			30	0:26:34	LYON, Catherine	Female Vet 35	38	115
			31	0:26:38	ARBER, Carolyn	Female Vet 60	116	117
			32	0:28:01	BUCKLEY, Joanna	Female Vet 55	78	123
7 :		Warrington Road Runners						
			36	0:28:45	MATTHEWS, Sarah	Female Vet 35	513	128
			41	0:29:51	DUNNE, Sarah	Female Senior	101	133
			44	0:30:22	EVANS, Karon	Female Vet 50	100	140
8 :		Lymm Runners						
			39	0:29:29	SMITH, Carolyn	Female Vet 50	41	131
			48	0:30:55	KNIGHT, Chrissie	Female Vet 60	36	146
			49	0:31:29	COOPER, Amy	Female Senior	34	148
9 :		Winston Runners						
			40	0:29:47	JULINKOVA, Jana	Female Vet 45	65	132
			52	0:35:31	SINCLAIR, Teresa	Female Vet 55	54	154
			55	0:35:40	CARLETON, Margaret	Female Vet 60	61	157

North Cheshire 5k Grand Prix 2018**Birchwood Brook 5k**

Thursday 31 May 2018. 7:30 pm

Provisional Result of the Mens Teams team competition.

(4 competitors per team. Based on cumulative position.)

1 : Wilmslow RC

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
3	00:16:49	NICHOLLS, Damian	Male Senior	554	3
10	00:17:48	WHITTINGHAM, Andrew	Male Vet 45	70	10
16	00:18:44	JACKSON, Robert	Male Senior	64	16
18	00:19:14	JACKSON, Nick	Male Vet 50	66	20
47	01:12:35	Totals			

2 : Vale Royal AC

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
7	00:17:34	HARRINGTON, Michael	Male Vet 45	29	7
12	00:18:33	RICHARDSON, Gary	Male Vet 40	535	12
21	00:19:26	HAINES, David	Male Vet 45	119	23
30	00:20:02	HUMPHREY, David	Male Vet 45	531	33
70	01:15:35	Totals			

3 : Spectrum Striders

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
11	00:18:25	JOHNSON, Stuart	Male Senior	507	11
20	00:19:21	HOUGH, Rob	Male Vet 45	16	22
26	00:19:45	COLES, Matthew	Male Senior	12	29
32	00:20:06	PEERS, Dan	Male Senior	544	35
89	01:17:37	Totals			

4 : Altrincham & District AC

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
6	00:17:27	PICKFORD, Andy	Male Vet 40	113	6
33	00:20:06	KENNAUGH, Richard	Male Vet 50	60	36
37	00:20:22	HARRISON, Graham	Male Vet 55	519	41
39	00:20:28	HUNTER, Mark J	Male Vet 60	117	43
115	01:18:23	Totals			

5 : Sale Harriers Mchr

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
25	00:19:41	HEGGS, Robert	Male Vet 40	561	28
29	00:19:57	JONES, Damien	Male Senior	107	32
38	00:20:24	GAUNT, Duane	Male Senior	69	42
45	00:21:14	MARSDEN, Rob	Male Senior	530	53
137	01:21:16	Totals			

6 : Lymm Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
24	00:19:41	COCROFT, Jonathan	Male Senior	110	27
36	00:20:20	HATTON, Chris	Male Senior	539	40
44	00:21:13	WOMACK, Mike	Male Senior	59	52

Mens Teams

46	00:21:14	BRADBURY, Jamie	Male Vet 40	132	54
150	01:22:28	Totals			

7 : Widnes RC

Place	Time	Name	Category	Race No	Posn
15	00:18:44	KOZER, Will	Male Senior	503	15
28	00:19:56	LESLIE, Andrew	Male Senior	517	31
42	00:21:08	ATHERTON, Mark	Male Vet 40	521	50
67	00:24:27	WILSON, Paul	Male Vet 55	537	88
152	01:24:15	Totals			

8 : Spectrum Striders

Place	Time	Name	Category	Race No	Posn
41	00:21:05	DRIVER, Graham	Male Vet 50	14	48
49	00:21:29	KINSMAN, Huw	Male Senior	3	57
50	00:21:36	BRADY, Mike	Male Vet 50	262	59
52	00:21:53	SPENCER, Julian	Male Vet 55	1	61
192	01:26:03	Totals			

9 : Lymm Runners

Place	Time	Name	Category	Race No	Posn
48	00:21:28	DAWSON, Jim	Male Vet 55	43	56
59	00:22:36	SHEARS, Lee	Male Vet 40	550	70
62	00:23:11	SKETT, Andrew	Male Vet 60	98	76
63	00:23:18	FAULKNER, David	Male Vet 60	44	77
232	01:30:33	Totals			

10 : Spectrum Striders

Place	Time	Name	Category	Race No	Posn
60	00:22:50	GARNETT, Andy	Male Vet 60	2	71
64	00:23:31	ALCOCK, Vincent	Male Vet 45	558	80
66	00:24:06	RAFFEL, Alistair	Male Vet 60	42	86
72	00:24:57	HUGHES, Malcolm	Male Vet 55	131	97
262	01:35:24	Totals			

11 : Lymm Runners

Place	Time	Name	Category	Race No	Posn
65	00:23:59	ELWOOD, Mark	Male Vet 45	86	85
69	00:24:33	BAINTON, George	Male Vet 55	30	92
77	00:25:29	BURTON, Peter John	Male Vet 50	99	102
82	00:25:55	PICKFORD, Chris	Male Vet 55	31	110
293	01:39:56	Totals			

12 : Spectrum Striders

Place	Time	Name	Category	Race No	Posn
80	00:25:40	JOHNSON, Martin	Male Senior	7	106
81	00:25:51	BRADLEY, Michael	Male Vet 60	528	109
83	00:26:12	THOMPSON, Dave	Male Vet 60	402	112
89	00:27:29	DOOLEY, John P	Male Vet 70+	4	120
333	01:45:12	Totals			

Mens Teams

13 : Spectrum Striders

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
90	00:27:43	SPRINGALL, Stephen	Male Vet 50	67	121
91	00:27:53	BLUNDELL, James	Male Senior	15	122
93	00:29:58	GRIFFITHS, Neville	Male Vet 70+	123	134
94	00:30:03	JARAS, Michael	Male Vet 70+	40	135

368 01:55:37 Totals

14 : Spectrum Striders

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Category</i>	<i>Race No</i>	<i>Posn</i>
95	00:30:06	COLES, Terry	Male Vet 70+	11	137
97	00:30:49	FORTUNE, Iain	Male Vet 70+	8	143
100	00:32:38	DUNBAR, Ian	Male Vet 65	91	149
103	00:44:10	MAHMOUD, Vicky	Male Senior	557	162

395 02:17:43 Totals

Prize List

North Cheshire 5k Grand Prix 2018

Birchwood Brook 5k

Thursday 31 May 2018. 7:30 pm

Provisional Race Directors' Prize Presentation List

Category	Posn	Time	Name	Club	Category	Race No	Posn
Male Senior							
	1	0:16:21	SHAW, Matthew	Salford Harriers	Male Senior	88	1
	2	0:16:31	STANFORD, Chris	Warrington Tri	Male Senior	63	2
	3	0:16:49	NICHOLLS, Damian	Wilmslow RC	Male Senior	554	3
	4	0:17:20	FOSTER, Leon	Leeds City	Male Senior	111	5
	5	0:17:38	HUGHES, Rob	Salford Harriers	Male Senior	134	9
	6	0:18:25	JOHNSON, Stuart	Spectrum Striders	Male Senior	507	11
	7	0:18:33	DAY, Kenneth	Kirkby Milers	Male Senior	509	13
	8	0:18:44	KOZER, Will	Widnes RC	Male Senior	503	15
	9	0:18:44	JACKSON, Robert	Wilmslow RC	Male Senior	64	16
	10	0:19:00	ANTROBUS, Jack	Warrington Running Club	Male Senior	559	18
Male Vet 40							
	1	0:17:18	BAGAN, Paul	Warrington AC	Male Vet 40	108	4
	2	0:17:27	PICKFORD, Andy	Altrincham & District AC	Male Vet 40	113	6
	3	0:18:33	RICHARDSON, Gary	Vale Royal AC	Male Vet 40	535	12
	4	0:18:40	LONGLEY, Richard	Newcastle Staffs AC	Male Vet 40	564	14
	5	0:19:35	DODD, Mark	Ellesmere Port RC	Male Vet 40	122	25
	6	0:19:41	HEGGS, Robert	Sale Harriers Mchr	Male Vet 40	561	28
	7	0:20:14	MICHELL, Davyd	Helsby RC	Male Vet 40	112	37
	8	0:21:00	BENNETT, Chris	Astley & Tyldesley RR	Male Vet 40	137	47
	9	0:21:08	ATHERTON, Mark	Widnes RC	Male Vet 40	521	50
	10	0:21:14	BRADBURY, Jamie	Lymm Runners	Male Vet 40	132	54
Male Vet 45							
	1	0:17:34	HARRINGTON, Michael	Vale Royal AC	Male Vet 45	29	7
	2	0:17:48	WHITTINGHAM, Andrew	Wilmslow RC	Male Vet 45	70	10
	3	0:19:21	HOUGH, Rob	Spectrum Striders	Male Vet 45	16	22
	4	0:19:26	HAINES, David	Vale Royal AC	Male Vet 45	119	23
	5	0:20:02	HUMPHREY, David	Vale Royal AC	Male Vet 45	531	33
	6	0:20:05	BEARD, Chris	Vale Royal AC	Male Vet 45	85	34
	7	0:22:05	BASNETT, Paul	Astley & Tyldesley RR	Male Vet 45	45	65
	8	0:22:54	TAYLOR, Edward	Knutsford Tri	Male Vet 45	525	72
	9	0:23:31	ALCOCK, Vincent	Spectrum Striders	Male Vet 45	558	80
	10	0:23:59	ELWOOD, Mark	Lymm Runners	Male Vet 45	86	85
Male Vet 50							
	1	0:19:14	JACKSON, Nick	Wilmslow RC	Male Vet 50	66	20
	2	0:19:20	KENNEDY, Colin	Warrington Running Club	Male Vet 50	526	21
	3	0:19:54	O'KEEFE, Ray	Macclesfield Harriers	Male Vet 50	104	30
	4	0:20:06	KENNAUGH, Richard	Altrincham & District AC	Male Vet 50	60	36
	5	0:21:05	DRIVER, Graham	Spectrum Striders	Male Vet 50	14	48
	6	0:21:12	JACKSON, Matthew	Styal RC	Male Vet 50	523	51
	7	0:21:36	BRADY, Mike	Spectrum Striders	Male Vet 50	262	59
	8	0:24:59	MARSHALL, Graham		Male Vet 50	25	98
	9	0:25:29	BURTON, Peter John	Lymm Runners	Male Vet 50	99	102
	10	0:26:23	BROWN, Tim	Lymm Runners	Male Vet 50	57	113
Male Vet 55							
	1	0:20:22	HARRISON, Graham	Altrincham & District AC	Male Vet 55	519	41
	2	0:21:28	DAWSON, Jim	Lymm Runners	Male Vet 55	43	56
	3	0:21:51	CORDINGLEY, Frank	Sale Harriers Mchr	Male Vet 55	73	60
	4	0:21:53	SPENCER, Julian	Spectrum Striders	Male Vet 55	1	61
	5	0:21:57	AIRD, Paul	Deestridders RC	Male Vet 55	292	63
	6	0:24:27	WILSON, Paul	Widnes RC	Male Vet 55	537	88
	7	0:24:33	BAINTON, George	Lymm Runners	Male Vet 55	30	92

Prize List

Male Vet 60	8	0:24:57	HUGHES, Malcolm	Spectrum Striders	Male Vet 55	131	97
	9	0:25:55	PICKFORD, Chris	Lymm Runners	Male Vet 55	31	110
Male Vet 65	1	0:19:39	GILL, David	Warrington AC	Male Vet 60	133	26
	2	0:20:28	HUNTER, Mark J	Altrincham & District AC	Male Vet 60	117	43
	3	0:22:50	GARNETT, Andy	Spectrum Striders	Male Vet 60	2	71
	4	0:23:11	SKETT, Andrew	Lymm Runners	Male Vet 60	98	76
	5	0:23:18	FAULKNER, David	Lymm Runners	Male Vet 60	44	77
	6	0:24:06	RAFFEL, Alistair	Spectrum Striders	Male Vet 60	42	86
	7	0:25:13	COLE, John		Male Vet 60	549	99
	8	0:25:51	BRADLEY, Michael	Spectrum Striders	Male Vet 60	528	109
	9	0:26:12	THOMPSON, Dave	Spectrum Striders	Male Vet 60	402	112
Male Vet 70+	1	0:25:39	PERCHARD, Mike	Northwich Running Club	Male Vet 65	403	105
	2	0:32:38	DUNBAR, Ian	Spectrum Striders	Male Vet 65	91	149
Male Junior	1	0:26:33	HARGREAVES, Billy	Southport & Waterloo	Male Vet 70+	551	114
	2	0:26:38	FENTON, Simon	Wilmslow RC	Male Vet 70+	49	116
	3	0:27:29	DOOLEY, John P	Spectrum Striders	Male Vet 70+	4	120
	4	0:29:58	GRIFFITHS, Neville	Spectrum Striders	Male Vet 70+	123	134
	5	0:30:03	JARAS, Michael	Spectrum Striders	Male Vet 70+	40	135
	6	0:30:06	COLES, Terry	Spectrum Striders	Male Vet 70+	11	137
	7	0:30:49	FORTUNE, Iain	Spectrum Striders	Male Vet 70+	8	143
Female Senior	1	0:17:37	SHARMAN, Leighton	Warrington AC	Male Junior	19	8
	2	0:20:17	MILLS, Kieran		Male Junior	18	38
	3	0:22:35	SALMON, Robert		Male Junior	552	68
	4	0:24:49	GALLAGHER, Ciaran		Male Junior	6	95
	5	0:32:57	WOODS, Cian		Male Junior	512	151
Female Vet 35	1	0:19:10	DOUGLAS, Sarah	Sale Harriers Mchr	Female Senior	515	19
	2	0:19:27	RALPH, Annabel	Accriington	Female Senior	548	24
	3	0:20:20	CRAIG, Lisa	Altrincham & District AC	Female Senior	128	39
	4	0:23:02	METCALFE, Hayley	Warrington Running Club	Female Senior	546	74
	5	0:24:21	JACKSON, Frances		Female Senior	560	87
	6	0:24:33	MILLS, Bridget		Female Senior	555	91
	7	0:25:42	PATON-CROCKETT, Zoe		Female Senior	566	107
	8	0:28:38	WILCOX, Lauren		Female Senior	127	125
	9	0:28:40	RUDGE, Hayley	Lymm Runners	Female Senior	115	126
	10	0:29:51	DUNNE, Sarah	Warrington Road Runners	Female Senior	101	133
Female Vet 40	1	0:20:45	CASEY, Louise	Warrington Running Club	Female Vet 35	39	46
	2	0:24:49	MACGUGAN, Hayley	Widnes RC	Female Vet 35	545	96
	3	0:26:08	BABA, Caroline	Manchester Harriers & AC	Female Vet 35	522	111
	4	0:26:34	LYON, Catherine	Spectrum Striders	Female Vet 35	38	115
	5	0:28:45	MATTHEWS, Sarah	Warrington Road Runners	Female Vet 35	513	128
	6	0:35:35	NEWTON, Caroline	Warrington Running Club	Female Vet 35	93	156
Female Vet 50	1	0:18:55	MARCHANT, Kerry	Newcastle AC	Female Vet 40	563	17
	2	0:20:32	BLIZZARD, Louise	Warrington AC	Female Vet 40	556	44
	3	0:20:36	LOMAX, Bobbie	Warrington Running Club	Female Vet 40	325	45
	4	0:22:57	BARROW, Caroline	Widnes RC	Female Vet 40	505	73
	5	0:24:37	NUNNERLEY, Emma	Lymm Runners	Female Vet 40	53	93
	6	0:29:00	JARVIS, Josie		Female Vet 40	126	129
	7	0:30:53	HEGGS, Karen	Sale Harriers Mchr	Female Vet 40	562	145
	8	0:32:59	BELIARD, Maela	Spectrum Striders	Female Vet 40	511	152

Prize List

Female Vet 45

1	0:21:36	MAXWELL, Marina	Widnes RC	Female Vet 45	534	58
2	0:22:27	REYNOLDS, Julia	Sale Harriers Mchr	Female Vet 45	77	67
3	0:23:31	MCCELLELAND, Jenny	Lymm Runners	Female Vet 45	37	79
4	0:25:36	HAINES, Jill	Vale Royal AC	Female Vet 45	118	104
5	0:29:47	JULINKOVA, Jana	Winston Runners	Female Vet 45	65	132
6	0:30:16	RICHARDSON, Debbie		Female Vet 45	536	138
7	0:35:35	LEATHER, Helan		Female Vet 45	103	155

Female Vet 50

1	0:21:06	DRASDO, Alison	Trafford AC	Female Vet 50	120	49
2	0:23:08	HARRISON, Carole	Altrincham & District AC	Female Vet 50	518	75
3	0:23:36	CALDWELL, Helen	Spectrum Striders	Female Vet 50	130	81
4	0:23:54	ROBERTSON, Janet	Helsby RC	Female Vet 50	553	84
5	0:24:29	LOMAX, Jayne	Vale Royal AC	Female Vet 50	72	89
6	0:28:45	LYSONS, Alison	Widnes RC	Female Vet 50	508	127
7	0:29:29	SMITH, Carolyn	Lymm Runners	Female Vet 50	41	131
8	0:30:04	RIGBY, Carolyn	Widnes RC	Female Vet 50	540	136
9	0:30:22	EVANS, Karon	Warrington Road Runners	Female Vet 50	100	140
10	0:43:40	BATES, Tracy		Female Vet 50	533	160

Female Vet 55

1	0:21:57	CORDINGLEY, Jackie	Sale Harriers Mchr	Female Vet 55	74	62
2	0:23:22	FORSTER, Karon	Spectrum Striders	Female Vet 55	124	78
3	0:25:47	MCINTYRE, Jennie	Spectrum Striders	Female Vet 55	547	108
4	0:28:01	BUCKLEY, Joanna	Spectrum Striders	Female Vet 55	78	123
5	0:35:31	SINCLAIR, Teresa	Winston Runners	Female Vet 55	54	154

Female Vet 60

1	0:23:43	HOWE, Joan M	Trafford AC	Female Vet 60	567	83
2	0:26:38	ARBER, Carolyn	Spectrum Striders	Female Vet 60	116	117
3	0:29:17	OWEN, Linda	Spectrum Striders	Female Vet 60	524	130
4	0:30:55	KNIGHT, Chrissie	Lymm Runners	Female Vet 60	36	146
5	0:35:40	CARLETON, Margaret	Winston Runners	Female Vet 60	61	157

Female Vet 65+

1	0:30:33	SHAW, Janet	Helsby RC	Female Vet 65+	47	141
2	0:34:54	HEWITT, Anne		Female Vet 65+	532	153

Female Junior

1	0:23:39	GREENEY, Libby	Macclesfield Harriers	Female Junior	76	82
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All Ladies

1	0:18:55	MARCHANT, Kerry	Newcastle AC	Female Vet 40	563	17
2	0:19:10	DOUGLAS, Sarah	Sale Harriers Mchr	Female Senior	515	19
3	0:19:27	RALPH, Annabel	Accriington	Female Senior	548	24
4	0:20:20	CRAIG, Lisa	Altrincham & District AC	Female Senior	128	39
5	0:20:32	BLIZZARD, Louise	Warrington AC	Female Vet 40	556	44
6	0:20:36	LOMAX, Bobbie	Warrington Running Club	Female Vet 40	325	45

All Men

1	0:16:21	SHAW, Matthew	Salford Harriers	Male Senior	88	1
2	0:16:31	STANFORD, Chris	Warrington Tri	Male Senior	63	2
3	0:16:49	NICHOLLS, Damian	Wilmslow RC	Male Senior	554	3
4	0:17:18	BAGAN, Paul	Warrington AC	Male Vet 40	108	4
5	0:17:20	FOSTER, Leon	Leeds City	Male Senior	111	5
6	0:17:27	PICKFORD, Andy	Altrincham & District AC	Male Vet 40	113	6