

Many thanks to our race sponsors:



Individual results

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
1	Nigel	Martin	MS	0:33:05	0:33:04	1	SALE HARRIERS MANCHESTER	708
2	Robert	Danson	MS	0:33:21	0:33:21	2	WESHAM ROAD RUNNERS	663
3	Lee	Jones	MV45	0:33:58	0:33:58	1	DEESIDE AAC	180
4	Carl	Moulton	MS	0:34:08	0:34:07	3	Trentham Running Club	433
5	Gavin	Tomlinson	MS	0:34:09	0:34:08	4	Trafford Athletics Club	799
6	James	Scott-Buccleuch	MS	0:34:27	0:34:27	5	STOCKPORT HARRIERS	745
7	Mark	Offord	MS	0:34:57	0:34:57	6	DRAGONS RUNNING CLUB (SALE)	372
8	Ricky	Challinor	MS	0:35:56	0:35:55	7	LIVERPOOL HARRIERS	393
9	James	Thompson	MS	0:35:56	0:35:56	8	KNOWSLEY HARRIERS AC	707
10	Daniel	Fisher	MS	0:35:58	0:35:57	9	Valley Striders	763
11	Howard	Avery	MS	0:36:09	0:36:05	10	WIGAN HARRIERS & AC	585
12	Liam	Craine	MS	0:36:14	0:36:14	11	BLACKPOOL WYRE & FYLDE AC	621
13	Ian	Moran	MS	0:36:19	0:36:18	12	KIRKBY MILERS	270
14	David	Brown	MS	0:36:19	0:36:19	13	Lancaster and Morecambe A/C	601
15	Andrew	Kerr	MS	0:36:30	0:36:30	14	Nwrrc	382
16	John	Convery	MV50	0:36:39	0:36:38	1	Bingley Harriers	762
17	Stephen	Laker	MV40	0:36:42	0:36:42	1	WIRRAL AC	385
18	Oliver	Wallace	MS	0:37:01	0:37:01	15	CHORLTON RUNNERS	100
19	James	Clark	MS	0:37:17	0:37:17	16	PUDSEY PACERS	724
20	Jason	Bennett	MV45	0:37:20	0:37:18	2	Buxton A/C	784
21	Simon	Croft	MS	0:37:26	0:37:24	17	FYLDE COAST RUNNERS	775
22	Lee	Barlow	MV40	0:37:33	0:37:32	2	WESHAM ROAD RUNNERS	195
23	Lee	Midghall	MV40	0:37:35	0:37:34	3	LIVERPOOL HARRIERS	375
24	Andy	Mooney	MS	0:37:38	0:37:36	18	SALE HARRIERS MANCHESTER	317
25	Gareth	Dodd	MS	0:37:40	0:37:37	19	Whitchurch Whippets	374
26	Alex	Cowin	MS	0:37:44	0:37:41	20	PENNY LANE STRIDERS	751
27	Simon	Roberts	MV45	0:37:51	0:37:49	3	Buckley Runners	794
28	Craig	Brighton	MS	0:37:52	0:37:51	21		228
29	Mike	Metcalfe	MS	0:37:53	0:37:52	22	WARRINGTON RUNNING CLUB	595
30	Gordon	Jones	MV55	0:37:59	0:37:57	1	PRESTATYN RUNNING CLUB	1097
31	Jonathan	Smith	MS	0:38:01	0:37:59	23	LYMM RUNNERS	409
32	Kirsty	Longley	FV35	0:38:04	0:38:03	1	Liverpool Pembroke Sefton	405
33	Richard	Hayes	MS	0:38:16	0:38:14	24	Hallamshire Harriers AC	725
34	Sarah	Murphy	FV35	0:38:22	0:38:21	2	VALE ROYAL AC	83
35	Neil	Holding	MV55	0:38:22	0:38:20	2	West Pennine Runners	573
36	David	Taylor	MS	0:38:28	0:38:27	25	WESHAM ROAD RUNNERS	686
37	Richard	Brierley	MS	0:38:38	0:38:27	26	MANCHESTER YMCA HARRIERS	644
38	Bernie	Jones	MV55	0:38:44	0:38:41	3	WREXHAM AC	212
39	David	Williamson	MV40	0:38:45	0:38:44	4	BLACKPOOL WYRE & FYLDE AC	679
40	Mandy	Vernon	FV40	0:38:45	0:38:42	1	Trentham Running Club	779
41	Stanley	Owen	MV60	0:38:52	0:38:48	1	SALFORD HARRIERS	355

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
42	Gary	English	MV50	0:39:07	0:39:06	2	LIVERPOOL RUNNING CLUB	233
43	Paul	Hancock	MV45	0:39:07	0:39:02	4	SOUTH CHESHIRE HARRIERS	197
44	Robert	Kelly	MS	0:39:14	0:39:13	27	KNOWSLEY HARRIERS AC	395
45	Paul	Skipper	MS	0:39:23	0:39:22	28	Mersey Tri	318
46	David	Edwards	MV50	0:39:26	0:39:25	3	KIRKBY MILERS	244
47	Lee	Hughes	MV40	0:39:29	0:39:26	5	LYMM RUNNERS	887
48	Roy	Hughes	MS	0:39:30	0:39:25	29	MOSSLEY HILL AC	709
49	Rob	Cowland	MV40	0:39:39	0:39:37	6		431
50	Tim	Campbell	MV40	0:39:44	0:39:41	7	Astley & Tyldesley Road runner	399
51	Lyndon	Easthope	MV40	0:39:46	0:39:45	8	PENNY LANE STRIDERS	720
52	Luke	Jones	MS	0:39:51	0:39:26	30	PENNY LANE STRIDERS	693
53	Aaron	Saxton	MS	0:39:52	0:39:41	31	Manchester Triathlon Club	1082
54	Ian	Dawson	MS	0:39:54	0:39:53	32	BLACKPOOL WYRE & FYLDE AC	157
55	Colin	Dobbs	MS	0:40:00	0:39:56	33	PENNY LANE STRIDERS	1099
56	Mikko	Kuronen	MV55	0:40:01	0:39:57	4	Congleton Harriers & Ac	706
57	Ian	Davies	MS	0:40:03	0:39:54	34		906
58	Adam	Newall	MS	0:40:04	0:40:00	35		115
59	Brian	Davies	MV50	0:40:04	0:39:58	4		280
60	Paul	Corless	MS	0:40:05	0:40:03	36	WARRINGTON RUNNING CLUB	171
61	Tom	Greaves	MS	0:40:22	0:40:20	37	WARRINGTON ROAD RUNNERS	890
62	Alex	Ryder	MJ	0:40:33	0:40:30	1	PRESTATYN RUNNING CLUB	260
63	George	Nicholls	MV45	0:40:33	0:40:31	5	PRESTATYN RUNNING CLUB	401
64	Chris	Thomas	MS	0:40:33	0:40:32	38	Cybi Striders	594
65	Mike	Harris	MV40	0:40:39	0:40:33	9	WIGAN HARRIERS & AC	1199
66	Louise	Blizzard	FV35	0:40:41	0:40:38	3	Belgrave Harriers	995
67	Bob	Freeman	MV60	0:40:42	0:40:38	2	WEST CHESHIRE AC	196
68	Dave	Ainsworth	MV55	0:40:43	0:40:42	5	ALTRINCHAM & DISTRICT AC	773
69	Simon	Towerzey	MS	0:40:44	0:40:41	39		979
70	Paul	Mason	MS	0:40:44	0:40:34	40	Atherton Running Club	465
71	Mervyn	Ward	MV60	0:40:45	0:40:41	3	Warrington Athletic Club	812
72	Graham	Earlam	MV55	0:40:46	0:40:42	6	ELLESMERE PORT Running Club	384
73	Danny	Love	MV40	0:40:48	0:40:43	10		366
74	Andrew	Grimshaw	MS	0:40:52	0:40:41	41	Preston Harriers	394
75	Kevin	Foster	MS	0:41:02	0:40:51	42	SALE HARRIERS MANCHESTER	288
76	Rob	Kennard	MV45	0:41:03	0:40:59	6	Black Country Triathletes	1107
77	Paul	Bagan	MS	0:41:05	0:41:02	43	LYMM RUNNERS	895
78	Paul	Corner	MV45	0:41:05	0:41:01	7	STOCKPORT HARRIERS	566
79	Laura	Hesketh	FS	0:41:06	0:41:04	1	Clayton Harriers	662
80	Dominic	Cooper	MS	0:41:12	0:41:06	44	MOSSLEY HILL AC	738
81	Anthony	Cassidy	MV40	0:41:13	0:41:11	11	MOSSLEY HILL AC	577
82	Kerrie	Harris	FS	0:41:15	0:41:14	2	CHORLTON RUNNERS	761
83	Jon	Strange	MS	0:41:18	0:41:17	45	WARRINGTON RUNNING CLUB	981
84	Dan	Grundy	MV40	0:41:19	0:41:14	12	WARRINGTON RUNNING CLUB	648
85	Anthony	Naulty	MV55	0:41:20	0:41:15	7	STOCKPORT HARRIERS	560
86	Rob	Kedian	MS	0:41:24	0:41:03	46	MANCHESTER YMCA HARRIERS	422
87	Matthew	Rabone	MS	0:41:24	0:41:18	47	STOCKPORT HARRIERS	790
88	Andrew	Dalton	MV45	0:41:25	0:41:23	8	WARRINGTON ROAD RUNNERS	1063
89	Allan	Lawson	MV50	0:41:26	0:41:19	5	MOSSLEY HILL AC	597
90	Phil	Darwen	MS	0:41:28	0:41:24	48	Red Rose Runners	380
91	Anthony	Metcalfe	MV60	0:41:30	0:41:23	4	MOSSLEY HILL AC	98
92	James	Tyson	MV40	0:41:35	0:41:28	13		426
93	Helen	Whitby	FV35	0:41:36	0:41:32	4		670

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
94	Joseph	Dillon	MV45	0:41:38	0:41:26	9	LEIGH HARRIERS	420
95	Dean	Bentley	MS	0:41:39	0:41:34	49		423
96	Andy	Fowler	MV45	0:41:40	0:41:35	10	STOCKPORT HARRIERS	543
97	Andy	Smalley	MV45	0:41:49	0:41:41	11	LEIGH HARRIERS	301
98	Joshua	Wilbourn	MS	0:41:54	0:41:50	50		899
99	Karl	Bowles	MV40	0:41:55	0:41:52	14		591
100	Andrew	Cass	MV40	0:41:57	0:41:49	15		207
101	Peter	Clayton	MV50	0:42:00	0:41:53	6		705
102	David	King	MV50	0:42:02	0:41:59	7		381
103	Mike	Carter	MV50	0:42:04	0:41:48	8		855
104	John	Morris	MV70	0:42:11	0:42:08	1		296
105	Michael	Dolan	MV50	0:42:11	0:42:09	9		299
106	Jason	George	MV40	0:42:15	0:42:02	16	STOCKPORT HARRIERS	396
107	Andy	Thomas	MV50	0:42:17	0:42:11	10	SANDBACH STRIDERS	226
108	Mark	Fawcett	MV40	0:42:21	0:42:19	17	Trawden Ac	665
109	David	Lawton	MS	0:42:23	0:42:21	51	LIVERPOOL RUNNING CLUB	354
110	Janis	Norviss	MS	0:42:26	0:42:19	52		898
111	Steven	Gore	MS	0:42:30	0:42:20	53	WESHAM ROAD RUNNERS	690
112	Colin	McEvoy	MS	0:42:31	0:42:25	54	WIGAN HARRIERS & AC	66
113	Vicky	Unsworth	FS	0:42:38	0:42:36	3	LIVERPOOL HARRIERS	88
114	Ian	Mulligan	MV45	0:42:40	0:42:33	12	STOCKPORT HARRIERS	717
115	Simon	Gebbett	MV40	0:42:41	0:42:37	18	Bramhall Runners	628
116	Christopher	Burrows	MS	0:42:50	0:42:49	55	LIVERPOOL RUNNING CLUB	229
117	Paul	Norris	MV55	0:42:55	0:42:51	8	WILMSLOW RUNNING CLUB	491
118	John	Goggins	MS	0:42:56	0:42:10	56	KNUTSFORD TRI CLUB	892
119	Phil	Oatham	MV55	0:42:58	0:42:55	9	THURROCK HARRIERS AC	252
120	Eric	Ranson	MV45	0:42:59	0:42:54	13		438
121	Heather	Carter	FV40	0:43:05	0:43:00	2	SANDBACH STRIDERS	415
122	Joseph	Chedgzoy	MS	0:43:07	0:43:02	57	KIRKBY MILERS	259
123	Krzysztof	Zacharski	MS	0:43:11	0:42:50	58	WINSTON RUNNERS	200
124	Liz	Austen	FS	0:43:11	0:43:02	4		335
125	George	Gaskell	MS	0:43:18	0:43:05	59	WARRINGTON RUNNING CLUB	421
126	Stephen	Firth	MV40	0:43:19	0:43:14	19		871
127	David	Nalder	MV60	0:43:25	0:43:19	5	ELLESMERE PORT Running Club	711
128	Helen Jane	Davies	FS	0:43:27	0:43:20	5	MOSSLEY HILL AC	598
129	James	Dawson	MV50	0:43:28	0:43:19	11	LYMM RUNNERS	753
130	Anthony	Atkinson	MV45	0:43:32	0:43:08	14	VALE ROYAL AC	306
131	Nick	Burns	MV50	0:43:37	0:43:31	12		232
132	Phil	Rowen	MV40	0:43:39	0:43:34	20	LYMM RUNNERS	893
133	Derek	Power	MV55	0:43:40	0:43:35	10		424
134	Helen	Smith	FV45	0:43:41	0:43:27	1	VALE ROYAL AC	320
135	David	Pryor	MS	0:43:41	0:43:30	60		414
136	Christian	Hook	MV40	0:43:43	0:43:40	21	WILMSLOW RUNNING CLUB	604
137	Kevin	Cunningham	MS	0:43:43	0:43:38	61	ST HELENS SUTTON AC	983
138	Amanda	Davies	FS	0:43:49	0:43:44	6	ELLESMERE PORT Running Club	24
139	Marc	Bradford	MS	0:43:51	0:43:46	62	MACCLESFIELD HARRIERS	216
140	James	Blair	MV45	0:43:52	0:43:39	15		1194
141	Ian	Williams	MV45	0:43:52	0:43:45	16	MOSSLEY HILL AC	202
142	???	???	???	0:43:55	0:43:48			440
143	Russ	Platt	MV45	0:43:56	0:43:47	17	WARRINGTON ROAD RUNNERS	888
144	Graham	Harrison	MV50	0:43:56	0:43:51	13	ALTRINCHAM & DISTRICT AC	640
145	Ben	Farrelly	MS	0:43:58	0:43:54	63		713

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
146	Ingrid	Storm	FS	0:43:58	0:43:49	7	CHORLTON RUNNERS	1024
147	Danny	Fegan	MV45	0:43:59	0:43:41	18	ST HELENS STRIDERS	723
148	Nathan	Ashurst	MS	0:44:01	0:43:47	64	WARRINGTON RUNNING CLUB	861
149	Ed	Yau	MS	0:44:04	0:43:56	65		606
150	Matthew	Given	MS	0:44:05	0:43:59	66	STOCKPORT HARRIERS	275
151	Luke	Potts	MS	0:44:05	0:43:54	67	WARRINGTON ROAD RUNNERS	978
152	Carol	Paxton	FV35	0:44:09	0:44:02	5		205
153	John	Appleton	MV60	0:44:11	0:43:59	6	ST HELENS SUTTON AC	284
154	John	Griffiths	MV50	0:44:15	0:44:02	14		848
155	Kath	Charnock	FV50	0:44:15	0:44:11	1	Wigan Phoenix	783
156	Dan	Dunbabin	MS	0:44:15	0:44:01	68	WARRINGTON RUNNING CLUB	1038
157	Peter	Fraser	MS	0:44:18	0:44:15	69	WIRRAL AC	112
158	Neil	Cliffe	MV50	0:44:22	0:44:14	15	WARRINGTON ROAD RUNNERS	379
159	Lucy	Etchells	FS	0:44:22	0:44:13	8	Manchester Frontrunners	434
160	Nathan	Parry	MJ	0:44:24	0:44:16	2	KNOWSLEY HARRIERS AC	1084
161	Jack	Pilkington	MJ	0:44:26	0:44:14	3		875
162	Samantha	Thomas	FV40	0:44:30	0:44:20	3	STOCKPORT HARRIERS	746
163	Paul	Howarth	MS	0:44:37	0:44:31	70		493
164	Frank	Cordingley	MV50	0:44:43	0:44:37	16	SALE HARRIERS MANCHESTER	569
165	Alan	Grehan	MS	0:44:47	0:44:36	71	WARRINGTON ROAD RUNNERS	919
166	David	Hartley	MS	0:44:51	0:44:37	72	ELLESMERE PORT Running Club	370
167	Andy	Burnett	MV60	0:44:55	0:44:46	7		44
168	James	Hooper	MS	0:44:57	0:44:31	73		390
169	Michelle	King	MS	0:44:59	0:44:54	74	PENNY LANE STRIDERS	777
170	Ellen	Broad	FS	0:45:03	0:44:40	9		966
171	David	Howard	MV55	0:45:04	0:45:02	11	Trawden Ac	798
172	Raymond	Burrell	MV40	0:45:05	0:44:54	22		117
173	Sula	Stanley	FV40	0:45:10	0:44:56	4	VALE ROYAL AC	715
174	Matthew	Smith	MS	0:45:11	0:44:54	75	PRESTATYN RUNNING CLUB	691
175	David	Chrystie-Lowe	MV55	0:45:15	0:45:08	12	STOCKPORT HARRIERS	469
176	Craig	McAdam	MS	0:45:18	0:45:08	76		194
177	Will	Charles	MS	0:45:22	0:45:10	77	WARRINGTON ROAD RUNNERS	944
178	Gavin	Parry	MV45	0:45:22	0:45:13	19	KNOWSLEY HARRIERS AC	1085
179	Emma	Prior	FV35	0:45:26	0:44:56	6		315
180	Tony	Park	MV50	0:45:32	0:45:16	17	STOCKPORT HARRIERS	655
181	Andrew	Sankey	MV40	0:45:34	0:45:19	23		878
182	Steven	Nokes	MS	0:45:37	0:45:26	78	WARRINGTON ROAD RUNNERS	509
183	David	Stonehouse	MV45	0:45:38	0:45:33	20	Skelmersdale Boundary Harriers	1034
184	Alan	Miles	MV65	0:45:38	0:45:28	1		245
185	Helen	Sahgal	FS	0:45:41	0:45:37	10	LIVERPOOL HARRIERS	238
186	Gregory	Norris	MS	0:45:41	0:45:23	79		758
187	Jane	Mitchell	FV35	0:45:43	0:45:31	7	Todmorden Harriers	589
188	Andrew	Given	MS	0:45:44	0:45:37	80		302
189	Ross	Murdoch	MS	0:45:44	0:45:35	81	CHORLTON RUNNERS	837
190	Ben	North	MS	0:45:45	0:45:26	82	WARRINGTON RUNNING CLUB	403
191	Mel	Walker	MV70	0:45:46	0:45:41	2	Burnden Road Runners	766
192	Chris	Kinsella	MS	0:45:49	0:45:30	83	WIGAN HARRIERS & AC	678
193	Bev	Ganose	FV50	0:45:50	0:45:44	2	ALTRINCHAM & DISTRICT AC	383
194	Jonathan	Fisher	MS	0:45:52	0:45:43	84	LIVERPOOL RUNNING CLUB	1045
195	Kelvin	Birch	MV40	0:46:02	0:45:41	24		312
196	Huw	Griffiths	MS	0:46:03	0:45:49	85		162
197	Andy	Melvin	MV45	0:46:03	0:45:53	21	STOCKPORT HARRIERS	231

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
198	Kelly	Ormesher	FS	0:46:03	0:45:50	11		911
199	Richard	Frankland	MV40	0:46:04	0:45:49	25		600
200	Ian	Pike	MV45	0:46:14	0:46:00	22	LYMM RUNNERS	297
201	Andy	McGlynn	MS	0:46:15	0:45:52	86		1007
202	Brian	Hall	MV50	0:46:15	0:46:10	18	WARRINGTON RUNNING CLUB	957
203	Shane	Finney	MV40	0:46:17	0:45:49	26	SOUTH CHESHIRE HARRIERS	526
204	Emma	Weall	FS	0:46:17	0:46:14	12	Wigan Phoenix	774
205	Carole	Harrison	FV50	0:46:18	0:46:12	3	ALTRINCHAM & DISTRICT AC	641
206	Peter	Wilkinson	MS	0:46:20	0:45:59	87		901
207	Jim	Haddock	MV40	0:46:22	0:46:11	27	WARRINGTON ROAD RUNNERS	578
208	Greig	Frankland	MS	0:46:24	0:46:14	88	Manchester Frontrunners	413
209	Andrew	Howarth	MS	0:46:25	0:46:20	89		300
210	Colin	Whittingham	MS	0:46:25	0:46:11	90	WARRINGTON RUNNING CLUB	473
211	Colin	Gill	MV40	0:46:25	0:46:16	28	THETRIMARKET	198
212	Mark	Howarth	MS	0:46:26	0:46:14	91	LYMM RUNNERS	939
213	Lisa	Crosby	FV40	0:46:27	0:46:19	5	MOSSLEY HILL AC	557
214	Oliver	Lister	MS	0:46:27	0:46:16	92		411
215	Colin	Rowlands	MS	0:46:28	0:46:13	93		1032
216	John	Marlowe	MV45	0:46:29	0:46:16	23	ARMY	101
217	Andrew	Wannop	MS	0:46:31	0:46:05	94		191
218	Kelly	Crossley	FV35	0:46:31	0:46:13	8	Warrington Athletic Club	802
219	John	McDonald	MV50	0:46:32	0:46:30	19	Trawden Ac	677
220	James	McDermott	MS	0:46:33	0:46:23	95		959
221	Kathryn	Sharkey	FV35	0:46:33	0:46:24	9	PENNY LANE STRIDERS	747
222	Joanna	Robbins	FV40	0:46:35	0:46:23	6	SALE HARRIERS MANCHESTER	305
223	Stephen	Pemberton	MV60	0:46:35	0:46:29	8	PENNY LANE STRIDERS	408
224	Jeremy	Woodham	MV40	0:46:36	0:46:20	29	STOCKPORT HARRIERS	378
225	Steven	Yates	MV45	0:46:38	0:46:10	24	Burden Road Runners	960
226	John	Walsh	MV40	0:46:41	0:46:30	30	WARRINGTON ROAD RUNNERS	765
227	Amy	Cook	FS	0:46:44	0:46:22	13	WARRINGTON RUNNING CLUB	867
228	Dariusz	Gulbicki	MS	0:46:46	0:46:43	96		114
229	Hannah	Brierley	FS	0:46:46	0:46:24	14	MANCHESTER YMCA HARRIERS	605
230	Paul	Yeadon	MS	0:46:47	0:46:09	97		1028
231	Dan	Peers	MS	0:46:51	0:46:12	98		854
232	Andrzej	Krajewski	MS	0:46:52	0:46:37	99		1081
233	Colin	Laidlaw	MV60	0:46:54	0:46:48	9	Lytham St Annes Road Runners	698
234	Graham	Fairbrother	MV55	0:46:57	0:46:34	13		1068
235	Tony	Brown	MV65	0:46:58	0:46:44	2	NORTHERN VETS A C	528
236	Alison	Thomson	FS	0:46:59	0:46:19	15	RIVWRSWAY ROADRUNNERS	314
237	Paul	Holden	MS	0:47:01	0:46:53	100		1069
238	Sam	Norbury	MS	0:47:02	0:46:50	101		334
239	Geoff	Gilbert	MV60	0:47:03	0:46:56	10	WILMSLOW RUNNING CLUB	623
240	Alex	McAdam	MJ	0:47:07	0:46:58	4		289
241	John	Reinbold	MS	0:47:08	0:47:08	102		261
242	John	Bassett	MV50	0:47:10	0:46:59	20		173
243	Thomas	Mollekin	MS	0:47:13	0:46:58	103		121
244	Ian	Taylor	MV50	0:47:14	0:47:09	21	Salford Metropolitan Athletics	832
245	Neil	Sahgal	MS	0:47:15	0:47:11	104	UK NET RUNNER	239
246	James	Malone	MS	0:47:16	0:47:02	105		1079
247	Alan	Spencer	MV55	0:47:20	0:47:12	14	KNOWSLEY HARRIERS AC	1074
248	Charlotte	Rawcliffe	FV35	0:47:22	0:47:04	10	PENNY LANE STRIDERS	544
249	Kerry	Jones	FV35	0:47:23	0:47:15	11		130

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
250	Paul	Lockett	MS	0:47:24	0:47:02	106	WINSTON RUNNERS	608
251	Rob	Marsden	MS	0:47:25	0:47:13	107		994
252	Stephen	Chase	MS	0:47:28	0:47:09	108		1061
253	Nikki	Chamberlain	FV45	0:47:31	0:47:13	2	KNUTSFORD TRI CLUB	506
254	Paul	Booth	MS	0:47:36	0:47:06	109		53
255	Gavin	Ward	MS	0:47:39	0:47:34	110		407
256	Kevin	Smyth	MS	0:47:40	0:47:30	111		1031
257	Jeff	Wilson	MV40	0:47:42	0:47:38	31	Bwfac	787
258	Janice	McDonnell	FV45	0:47:43	0:47:35	3		167
259	Elliot	Costello	MS	0:47:44	0:47:33	112	WESHAM ROAD RUNNERS	367
260	Mark	Jones	MV45	0:47:44	0:47:03	25		546
261	Louise	Nicholson	FV35	0:47:46	0:47:22	12	LIVERPOOL RUNNING CLUB	683
262	Colin	Sefton	MV55	0:47:47	0:47:38	15	MOSSLEY HILL AC	797
263	Anthony	Bell	MV50	0:47:48	0:47:32	22	North Shields Polytechnic AC	726
264	Gemma	Owen	FV35	0:47:53	0:47:48	13	WESHAM ROAD RUNNERS	639
265	Phil	Heaward	MS	0:47:53	0:47:43	113	Bramhall Runners	744
266	Anthony	Harrison	MS	0:47:55	0:47:22	114		1095
267	Ben	Cawley	MS	0:47:59	0:47:42	115		947
268	Ian	Makin	MV40	0:48:00	0:47:38	32		1086
269	Derek	Crane	MV45	0:48:01	0:47:57	26	BLACKPOOL WYRE & FYLDE AC	143
270	Ian	Ryder	MS	0:48:05	0:47:26	116	Astley & Tyldesley Road Runner	839
271	Kevin	Gillibrand	MV50	0:48:06	0:47:54	23	WARRINGTON ROAD RUNNERS	106
272	Mike	Gregory	MS	0:48:09	0:47:53	117		1066
273	Stephen	Hollis	MV60	0:48:11	0:48:03	11		649
274	Roger	Seddon	MV45	0:48:18	0:47:48	27		523
275	Mike	O'Brien	MV55	0:48:24	0:48:18	16	MANCHESTER YMCA HARRIERS	538
276	Matthew	Swann	MS	0:48:25	0:48:00	118	ST HELENS STRIDERS	676
277	Sonya	Monaghan	FV45	0:48:26	0:48:20	4	ST HELENS SUTTON AC	501
278	Colin	Oxley	MV60	0:48:28	0:48:17	12	LIVERPOOL RUNNING CLUB	1062
279	Stephen	O'Gorman	MS	0:48:32	0:48:10	119		428
280	Colin	Davies	MV65	0:48:33	0:48:25	3	ALTRINCHAM & DISTRICT AC	512
281	William	Halliday	MS	0:48:33	0:48:30	120	WARRINGTON RUNNING CLUB	955
282	Catherine	Mellor	FV35	0:48:39	0:48:31	14		617
283	Amie	Bagnall	FS	0:48:41	0:48:24	16	SALFORD HARRIERS	689
284	Martin	Catterall	MV40	0:48:41	0:48:29	33	WARRINGTON ROAD RUNNERS	1072
285	James	Gu	MS	0:48:44	0:48:23	121	MANCHESTER YMCA HARRIERS	213
286	Georgina	Walker	FV40	0:48:46	0:48:32	7	LYMM RUNNERS	1197
287	Phil	White	MV60	0:48:47	0:48:17	13	Blackburn Road Runners	760
288	Dale	Butler	MS	0:48:49	0:48:32	122		857
289	John	Mashford	MV60	0:48:51	0:48:43	14		113
290	Neil	Shaw	MV40	0:48:51	0:48:21	34		933
291	Helen	Fraser	FV50	0:48:53	0:48:31	4	STOCKPORT HARRIERS	771
292	Ian	Robinson	MS	0:48:56	0:48:22	123		249
293	Martin	Berry	MV40	0:48:58	0:48:57	35	WARRINGTON ROAD RUNNERS	246
294	Jonathan	MacKie	MV40	0:48:58	0:48:44	36		87
295	Ian	Hamling	MS	0:48:59	0:48:49	124	HELSEBY RC	851
296	Morris	Doublet-Stewart	MV60	0:49:02	0:48:52	15		1104
297	Ben	Bailey	MS	0:49:03	0:48:38	125	WARRINGTON RUNNING CLUB	1067
298	Mark	Green	MV45	0:49:04	0:48:49	28	WARRINGTON RUNNING CLUB	432
299	Barry	Chadwick	MV45	0:49:04	0:48:50	29	STOCKPORT HARRIERS	163
300	Michael	Gallimore	MS	0:49:06	0:48:31	126		248
301	Joseph	Connor	MS	0:49:08	0:48:54	127	Bramhall Runners	477

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
302	George	Senior	MJ	0:49:09	0:49:05	5		549
303	Melanie	Williamson	FV35	0:49:09	0:48:55	15	CHORLTON RUNNERS	1114
304	Caroline	Horton	FV50	0:49:10	0:48:56	5	STOCKTON STRIDERS	48
305	John	Begley	MV40	0:49:13	0:48:50	37		949
306	Andrew	Maddocks	MS	0:49:22	0:48:59	128		607
307	Phil	O'Rourke	MV50	0:49:25	0:49:15	24	LIVERPOOL RUNNING CLUB	1191
308	Tom	Mayall	MS	0:49:26	0:49:20	129	SANDBACH STRIDERS	984
309	Julie	Senior	FV40	0:49:26	0:49:23	8		548
310	Peter	Lawton	MV55	0:49:27	0:49:17	17		211
311	Jeanette	Fisher	FV40	0:49:27	0:49:03	9	ST HELENS STRIDERS	368
312	Darren	Slydell	MV40	0:49:27	0:49:16	38		1008
313	Jamie	Bradbury	MS	0:49:28	0:49:13	130	LYMM RUNNERS	661
314	Jason	Rowbottom	MV45	0:49:28	0:49:10	30	LYMM RUNNERS	452
315	Paul	Dixon	MV40	0:49:28	0:49:06	39		1125
316	Ben	Knight	MV40	0:49:29	0:49:01	40		961
317	Peter	Louis	MV40	0:49:30	0:48:58	41		956
318	Andy	Fishwick	MS	0:49:31	0:48:48	131		870
319	Mike	McMahon	MV50	0:49:31	0:49:08	25		336
320	Phil	Seddon	MS	0:49:32	0:49:17	132		204
321	Lynsey	Unsworth	FS	0:49:36	0:49:28	17	KNOWSLEY HARRIERS AC	285
322	Stuart	Repon-Ness	MS	0:49:37	0:49:16	133	WARRINGTON RUNNING CLUB	868
323	Stuart	Mairs	MS	0:49:39	0:49:29	134	Salford Metropolitan Athletics	781
324	Paul	Harrison	MV45	0:49:42	0:49:07	31		912
325	Robert	Foden	MV50	0:49:42	0:49:20	26		1000
326	Jill	Fraser	FV45	0:49:44	0:49:38	5		140
327	Darren	Seeney	MV45	0:49:50	0:49:36	32		365
328	Kieran	Hynes	MV40	0:49:51	0:49:12	42		737
329	Jenny	McClelland	FV45	0:49:53	0:49:35	6	LYMM RUNNERS	874
330	Andy	Cheyne	MV45	0:49:55	0:49:21	33		1023
331	Laura	Buckley	FS	0:49:57	0:49:32	18		1122
332	Chris	Short	MV40	0:49:57	0:49:19	43	WARRINGTON RUNNING CLUB	965
333	David	Hardman	MV50	0:49:59	0:49:50	27		223
334	Scott	Sealey	MV40	0:50:00	0:49:36	44	City of Chester Triathlon Club	941
335	Mark	Thomas	MS	0:50:03	0:49:26	135		951
336	Karen	Parry	FV45	0:50:03	0:49:55	7	KNOWSLEY HARRIERS AC	1083
337	Ben	Tandy	MS	0:50:04	0:49:26	136		938
338	Tony	Hails	MV50	0:50:06	0:49:48	28		948
339	Andrew	Wilbourn	MV50	0:50:11	0:50:06	29		810
340	Nicholas	Taylor	MS	0:50:11	0:49:38	137		293
341	Anthony	Mash	MV50	0:50:13	0:49:49	30		673
342	Mike	McGee	MS	0:50:13	0:49:24	138		1057
343	Alan	Spinks	MV40	0:50:14	0:50:01	45	MOSSLEY HILL AC	183
344	Steven	Higginson	MS	0:50:16	0:49:43	139		499
345	Anthony	Fairclough	MV40	0:50:16	0:49:55	46	WINSTON RUNNERS	681
346	Eimear	Donnelly	FS	0:50:16	0:49:55	19		339
347	Gary	Higginson	MS	0:50:16	0:49:44	140		500
348	James	Elvin	MS	0:50:16	0:49:52	141		3
349	Nigel	Harrison	MV50	0:50:18	0:49:59	31	STOCKPORT HARRIERS	602
350	Emma	Rettig	FV35	0:50:19	0:49:56	16	MANCHESTER YMCA HARRIERS	485
351	Michael	Smith	MV50	0:50:19	0:49:56	32		940
352	Stefano	Cossu	MS	0:50:20	0:49:48	142	WARRINGTON RUNNING CLUB	842
353	Alex	Brockley	MS	0:50:22	0:50:09	143		256

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
354	Mark	Nicolson	MS	0:50:23	0:50:18	144		565
355	Guy	Roberts	MV40	0:50:24	0:49:52	47		174
356	David	Horton	MV55	0:50:29	0:50:15	18	STOCKTON STRIDERS	49
357	Lee	Blood	MS	0:50:30	0:50:12	145		894
358	George	McCann	MV40	0:50:30	0:50:17	48	LIVERPOOL RUNNING CLUB	778
359	Andy	Walker	MV40	0:50:31	0:50:15	49	WARRINGTON RUNNING CLUB	982
360	Thomas	Nutbrown	MS	0:50:33	0:50:07	146		404
361	Carol	Beattie	FV60	0:50:34	0:50:27	1	Steel City Striders	739
362	Russ	Cheetham	MV45	0:50:34	0:50:17	34	PRESTATYN RUNNING CLUB	13
363	Andrzej	Gordon	MV50	0:50:36	0:50:23	33	IDLE AC & FCR BLACKPOOL	272
364	Michael	O'Rourke	MS	0:50:37	0:50:32	147	PENNY LANE STRIDERS	776
365	Gail	Hill	FV40	0:50:38	0:50:18	10	WILMSLOW RUNNING CLUB	525
366	Mark	Bleasdale	MV55	0:50:41	0:50:36	19	Liverpool Pembroke Sefton	425
367	Christopher	McElroy	MS	0:50:43	0:50:05	148	MOSSLEY HILL AC	417
368	Ryszard	Momot	MS	0:50:45	0:50:29	149		1113
369	Rosemary	Rogers	FV65	0:50:45	0:50:31	1	WEST CHESHIRE AC	458
370	Rachel	Wilcock	FS	0:50:46	0:50:05	20	ST HELENS SUTTON AC	942
371	John	Foulds	MV55	0:50:48	0:50:41	20	NORTHERN VETS A C	785
372	Andrew	Edge	MS	0:50:49	0:50:26	150		1198
373	Joanne	Edwards	FV50	0:50:49	0:50:25	6	VALE ROYAL AC	307
374	Jon	Paramor	MV60	0:50:50	0:50:34	16	MANCHESTER YMCA HARRIERS	107
375	Gerald	Cotterill	MV55	0:50:53	0:50:37	21	MANCHESTER YMCA HARRIERS	308
376	Graham	Cheers	MV40	0:50:56	0:50:20	50	WARRINGTON RUNNING CLUB	1182
377	Alexander	Bentley	MS	0:51:07	0:50:59	151	KNOWSLEY HARRIERS AC	858
378	Mark	Bell	MV45	0:51:07	0:50:56	35	WARRINGTON RUNNING CLUB	980
379	Louise	Harrison	FV40	0:51:11	0:50:50	11	STOCKPORT HARRIERS	603
380	Holly	Metcalfe	FS	0:51:13	0:51:05	21		208
381	Graham	Donelan	MV45	0:51:14	0:50:35	36		969
382	Rachel	Beesley	FS	0:51:17	0:50:35	22	ST HELENS SUTTON AC	883
383	Mike	Dodd	MS	0:51:20	0:51:02	152		126
384	Jamie	Barry	MV45	0:51:20	0:50:35	37	CHORLTON RUNNERS	667
385	Catharine	Crossley	FS	0:51:21	0:51:02	23	MACCLESFIELD HARRIERS	481
386	Neil	Rigby	MV40	0:51:23	0:50:59	51	ST HELENS STRIDERS	910
387	Sarah	Crandon	FS	0:51:24	0:51:02	24	MANCHESTER YMCA HARRIERS	496
388	Liam	Slydell	MJ	0:51:24	0:51:12	6		218
389	Lisa	Crompton	FV35	0:51:25	0:50:55	17	DRAGONS RUNNING CLUB (SALE)	253
390	Chris	Nove	MV45	0:51:25	0:50:54	38	LITTLEWOODS RUNNING CLUB	1
391	Martin	Brown	MS	0:51:25	0:51:12	153		247
392	Chris	Conchie	MV40	0:51:26	0:50:55	52		1120
393	Philip	Kane	MS	0:51:27	0:51:05	154		11
394	Paul	Barratt	MS	0:51:28	0:51:07	155		620
395	Craig	Cunningham	MS	0:51:28	0:51:14	156		521
396	John	Taylor	MV45	0:51:29	0:50:55	39		1026
397	Thomas	Clarke	MV60	0:51:29	0:51:18	17	MOSSLEY HILL AC	217
398	Stephen	Symons	MV45	0:51:30	0:51:08	40	MANCHESTER YMCA HARRIERS	79
399	Andrew	Collins	MS	0:51:31	0:51:07	157		37
400	Lesley	Greenlees	FV55	0:51:32	0:51:21	1		1116
401	Debbie	Moreton	FV45	0:51:32	0:51:17	8	VALE ROYAL AC	309
402	Andrea	Morris	FV45	0:51:32	0:50:49	9		116
403	Peter	Smith	MV40	0:51:35	0:50:57	53		1071
404	Thomas	Sharland	MS	0:51:37	0:50:59	158		1047
405	Sam	Wagner	MS	0:51:38	0:51:22	159		1018

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
406	Leon	Rothwell	MV40	0:51:38	0:51:20	54		897
407	Zack	Waiting	MS	0:51:39	0:51:19	160		1046
408	Drew	Burns	MS	0:51:43	0:51:21	161		158
409	Athenais	Hill	FS	0:51:45	0:51:25	25		750
410	David	Limbrick	MV50	0:51:46	0:51:32	34		793
411	Ian	Bushrod	MV50	0:51:53	0:51:24	35	Astley & Tyldesley Road Runner	430
412	Karen	Jones	FV40	0:51:54	0:51:32	12		1002
413	Holly	Kent	FS	0:51:55	0:51:43	26		789
414	Amy	Corfield	FS	0:51:58	0:51:16	27	ST HELENS SUTTON AC	905
415	Lynette	Houghton	FV45	0:51:59	0:51:11	10		925
416	Jeff	Day	MS	0:51:59	0:51:06	162		102
417	Jim	Kelleher	MV50	0:52:00	0:51:33	36	SOUTH CHESHIRE HARRIERS	152
418	Geoff	Beattie	MV60	0:52:01	0:51:54	18	SALE HARRIERS MANCHESTER	740
419	Nicola	Jha	FV35	0:52:02	0:51:30	18	WARRINGTON RUNNING CLUB	1035
420	Carla	Houghton	FS	0:52:05	0:51:48	28	KIRKBY MILERS	93
421	Alex	Leslie	MS	0:52:07	0:51:46	163		287
422	Dave	Fitzgerald	MV45	0:52:07	0:51:37	41	FYLDE COAST RUNNERS	918
423	Gill	Gibbons	FV55	0:52:08	0:52:02	2	SOUTH CHESHIRE HARRIERS	651
424	Grace	Hart	FV45	0:52:08	0:51:40	11	TATTENHALL RUNNERS	78
425	Mark	Godden	MV55	0:52:14	0:51:41	22		658
426	Trevor	Smith	MV45	0:52:16	0:51:24	42		1004
427	John	Fister	MS	0:52:17	0:52:10	164		341
428	Joanne	Chase	FS	0:52:18	0:51:52	29		844
429	David	Fisher	MS	0:52:22	0:51:20	165		1184
430	Philip	Jackson	MV50	0:52:26	0:52:20	37		1015
431	Adele	Curran	FV40	0:52:27	0:52:11	13	TATTENHALL RUNNERS	156
432	Mansel	Pope	MV60	0:52:30	0:52:13	19	ALTRINCHAM & DISTRICT AC	215
433	Ged	Whittaker	MV45	0:52:32	0:52:06	43		990
434	Kirsty	Holland	FS	0:52:33	0:52:22	30	BLACKPOOL WYRE & FYLDE AC	660
435	Martin	Keogh	MS	0:52:35	0:51:47	166		1109
436	Gill	Darby	FV50	0:52:39	0:52:09	7	PENNY LANE STRIDERS	437
437	Stuart	Mollekin	MV55	0:52:40	0:52:24	23		75
438	Sue	Strang	FV50	0:52:40	0:52:22	8	WILMSLOW RUNNING CLUB	26
439	Susann	Wolfram	FS	0:52:41	0:52:22	31		206
440	Craig	Tessyman	MS	0:52:45	0:52:13	167		1041
441	Steven	Buckley	MV50	0:52:49	0:52:25	38		1119
442	David	Hewlett	MV60	0:52:50	0:52:25	20		33
443	Tony	Lythe	MV70	0:52:53	0:52:28	3	SALE HARRIERS MANCHESTER	135
444	Sue	Carter	FS	0:52:53	0:52:36	32	KIRKBY MILERS	269
445	Clare	Pickavance	FV40	0:52:59	0:52:35	14	ST HELENS STRIDERS	170
446	James	Moss	MS	0:53:07	0:52:38	168		338
447	Andrew	Fraser	MV55	0:53:08	0:53:00	24		1037
448	Jackie	Cordingley	FV55	0:53:08	0:53:02	3	SALE HARRIERS MANCHESTER	570
449	Paul	Ireland	MS	0:53:10	0:52:34	169		313
450	Andrew	Cooper	MS	0:53:13	0:52:22	170		624
451	Alan	Taylor	MV45	0:53:14	0:53:10	44	WESHAM ROAD RUNNERS	392
452	Elisabeth	Whitehorn	FS	0:53:14	0:52:33	33		495
453	Ian	Pinnington	MV50	0:53:17	0:52:32	39	MOSSLEY HILL AC	1070
454	Nick	Ham	MV50	0:53:20	0:53:14	40	STOCKPORT HARRIERS	630
455	Gregory	Hope	MS	0:53:22	0:53:11	171	MOSSLEY HILL AC	209
456	Danny	Fishwick	MS	0:53:24	0:52:30	172		539
457	Lesley	Anderson	FV40	0:53:27	0:53:19	15		556

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
458	Paul	McDonald	MV45	0:53:27	0:53:11	45		593
459	Andy	Carless	MV50	0:53:28	0:52:39	41		1029
460	Ian	Hebblethwaite	MS	0:53:30	0:52:43	173		103
461	Roger	Fawcett	MV45	0:53:33	0:53:10	46		303
462	Jenny	Smith	FV40	0:53:34	0:53:14	16	WARRINGTON ROAD RUNNERS	555
463	Joanne	Jackson	FV40	0:53:35	0:53:10	17	ST HELENS STRIDERS	992
464	Carol	Foster	FV55	0:53:35	0:53:10	4	ST HELENS STRIDERS	95
465	Lisa	Foden	FS	0:53:36	0:53:14	34		1001
466	Bernard	Brown	MV50	0:53:38	0:52:59	42		1096
467	Michael	Reynolds	MJ	0:53:38	0:53:28	7		1053
468	Mark	Pendlebury	MV50	0:53:39	0:53:07	43	HOLMES CHAPEL HARRIERS	278
469	Ian	Pollard	MS	0:53:40	0:53:17	174		819
470	Mark	Povey	MV45	0:53:42	0:53:26	47	WEST CHESHIRE AC	534
471	Stephen	Groves	MS	0:53:45	0:53:41	175		16
472	April	Wilkinson	FS	0:53:45	0:53:26	35	WARRINGTON RUNNING CLUB	1102
473	Richard	Newsome	MV50	0:53:49	0:53:10	44		295
474	Amy	Reid	FS	0:53:49	0:53:08	36	PRESTATYN RUNNING CLUB	251
475	Michael	Hall	MV50	0:53:50	0:53:18	45	Holmfirth Harriers	752
476	Ben	Kirkman	MS	0:53:53	0:53:33	176		85
477	John	Barr	MV65	0:53:53	0:53:26	4		599
478	Lizzie	Bainton	FS	0:53:55	0:53:34	37		896
479	Damien	Tolan	MS	0:53:55	0:53:20	177		188
480	Susan	Barnard	FV40	0:54:01	0:53:18	18	ACTIVE LIVING TEAM	294
481	Jennifer	Emmess	FS	0:54:01	0:53:36	38		996
482	Wendy	Driver	FV40	0:54:03	0:53:37	19	SOUTH CHESHIRE HARRIERS	62
483	Denise	Grehan	FV35	0:54:04	0:53:44	19	WARRINGTON ROAD RUNNERS	921
484	Simon	Hackett	MV50	0:54:06	0:53:51	46		186
485	Roy	Bradshaw	MV50	0:54:07	0:53:48	47	IDLE ATHLETIC CLUB	92
486	Matthew	Goodwin	MS	0:54:10	0:53:45	178		714
487	Nicola	Smith	FV50	0:54:10	0:53:38	9	ELLESMERE PORT Running Club	279
488	Kelly	Marrin	FV40	0:54:11	0:53:57	20		742
489	Samantha	Howarth	FS	0:54:12	0:53:41	39		56
490	Frederic	Dorenlot	MV40	0:54:17	0:54:01	55		866
491	Vanessa	Thomson	FV35	0:54:17	0:53:49	20	Astley & Tyldesley Road Runner	759
492	Cristin	Edmunds	FS	0:54:22	0:53:32	40		178
493	Tom	Towey	MV65	0:54:23	0:53:55	5	ST HELENS STRIDERS	281
494	Aleksis	Williams	MS	0:54:24	0:54:06	179		650
495	Chris	Rider	MV40	0:54:24	0:53:28	56		841
496	Sharon	Willis	FV45	0:54:25	0:53:46	12		298
497	Dave	Ryan	MV45	0:54:27	0:54:08	48	CHESTER ROAD RUNNERS	700
498	Nathalie	Rees	FV45	0:54:27	0:54:08	13	CHESTER ROAD RUNNERS	273
499	Helen	Gowin	FV45	0:54:30	0:54:10	14	MACCLESFIELD HARRIERS	219
500	Stuart	Ryder	MS	0:54:31	0:53:54	180		1121
501	Katy	Barnes	FS	0:54:32	0:54:12	41	MACCLESFIELD HARRIERS	74
502	Ian	Cassidy	MS	0:54:32	0:53:50	181		580
503	John	Robson	MV45	0:54:32	0:53:30	49		1043
504	Debbie	McMahon	FV35	0:54:33	0:54:23	21		60
505	Mike	Gandy	MV45	0:54:33	0:53:54	50		311
506	Siobhan	Masterton	FS	0:54:34	0:54:16	42		807
507	Claire	Hebblethwaite	FV35	0:54:36	0:53:48	22	KNUTSFORD TRI CLUB	123
508	Carole	Barnes	FV40	0:54:36	0:54:22	21	STOCKPORT HARRIERS	164
509	Chris	Wills	MV50	0:54:38	0:54:11	48	KNOWSLEY HARRIERS AC	923

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
510	Simon	Fenton	MV70	0:54:40	0:54:33	4	WILMSLOW RUNNING CLUB	50
511	Tania	Wild	FS	0:54:40	0:54:10	43	DRAGONS RUNNING CLUB (SALE)	398
512	Charlotte	Wright	FV35	0:54:45	0:54:32	23	HYNDBURN ATHLETIC	80
513	Helen	Howard	FV45	0:54:49	0:54:32	15	FYLDE COAST RUNNERS	203
514	Alexis	Dinsmor	FV65	0:54:49	0:54:26	2	STOCKPORT HARRIERS	712
515	Philip	Broadbent	MV40	0:54:50	0:54:19	57		632
516	Rebecca	Scanlon	FV40	0:54:50	0:54:22	22		633
517	Alun	Davies	MS	0:54:51	0:54:09	182		847
518	Nicola	Shawcross	FV35	0:54:52	0:54:34	24		804
519	Paul	Benson	MV40	0:54:52	0:53:55	58		625
520	Stephen	Hamer	MV40	0:54:52	0:53:55	59		516
521	Yvonne	Neary	FV50	0:54:54	0:54:18	10		282
522	Kieran	Maguire	MV50	0:54:56	0:54:16	49	STYAL RUNNING CLUB	161
523	Gavin	Briscoe	MS	0:55:00	0:54:33	183		1003
524	Peter	Hamlett	MV45	0:55:05	0:54:37	51	KNOWSLEY HARRIERS AC	504
525	Steve	Smith	MV55	0:55:10	0:54:59	25	LIVERPOOL RUNNING CLUB	439
526	Paul	Leahair	MS	0:55:12	0:54:30	184		756
527	Jack	Chadwick	MS	0:55:17	0:54:52	185		2
528	Mark	Wright	MV60	0:55:18	0:54:44	21	RAZZERS RUNNERS	268
529	Susan	Rogers	FV55	0:55:18	0:55:07	5	MOSSLEY HILL AC	671
530	Sean	Vickers	MS	0:55:26	0:54:41	186		376
531	Nick	Pile	MS	0:55:28	0:54:55	187		1016
532	Nefyn	Williams	MV65	0:55:30	0:55:01	6		36
533	John	Fitzpatrick	MS	0:55:31	0:55:11	188	WARRINGTON RUNNING CLUB	973
534	Chris	Ball	MV50	0:55:33	0:54:30	50	Blackburn Road Runners	536
535	Fiona	Wilson	FV50	0:55:38	0:55:21	11	MACCLESFIELD HARRIERS	634
536	Michael	Sharkey	MV65	0:55:44	0:55:34	7	PENNY LANE STRIDERS	550
537	Nicola	Carter	FS	0:55:49	0:55:11	44		464
538	Martin	Hunt	MV45	0:55:50	0:55:23	52		755
539	Helen	Moore	FV45	0:55:50	0:55:09	16		23
540	Gareth	Dunning	MS	0:55:52	0:55:23	189		377
541	Peter	Marsh	MV65	0:55:53	0:55:20	8	SWINTON RUNNING CLUB	165
542	Jan	Green	FV60	0:55:53	0:55:30	2		656
543	Terry	Long	MV60	0:55:54	0:55:21	22	PENNY LANE STRIDERS	1103
544	Shaun	Brown	MS	0:55:57	0:55:14	190		292
545	Hadyn	Johnson	MV40	0:55:58	0:55:16	60	PRESTATYN RUNNING CLUB	845
546	Craig	Blundell	MS	0:56:02	0:55:31	191		333
547	Kate	Waterhouse	FV35	0:56:03	0:55:08	25	Stafford Harriers	505
548	Ron	Makin	MV45	0:56:06	0:55:29	53		999
549	Paul	Murton	MS	0:56:07	0:55:13	192		185
550	Rawdon	Jones	MV40	0:56:09	0:55:37	61		885
551	Andrew	Beaumont	MV40	0:56:10	0:55:27	62		388
552	Jennifer	O'Sullivan	FS	0:56:14	0:55:57	45	KIRKBY MILERS	258
553	Allison	Reid	FV40	0:56:15	0:55:34	23	PRESTATYN RUNNING CLUB	250
554	Jayne	Cheetham	FV45	0:56:18	0:56:00	17	WARRINGTON RUNNING CLUB	160
555	Oliver	Hunt	MS	0:56:19	0:55:52	193		418
556	Ann	Harris	FV65	0:56:20	0:56:16	3		51
557	Dave	Bottoms	MV55	0:56:22	0:56:06	26	City of Chester Triathlon Club	613
558	Sara	Roberts	FS	0:56:24	0:55:38	46		694
559	Andrew	Greenhalgh	MV40	0:56:25	0:55:45	63		503
560	David	Marsh	MV55	0:56:28	0:56:17	27	Southport Waterloo Ac	483
561	Hilary	Massey	FV55	0:56:28	0:55:31	6		646

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
562	Mark	Jones	MS	0:56:29	0:55:34	194		131
563	Elaine	Mountford	FV55	0:56:32	0:55:45	7	WARRINGTON ROAD RUNNERS	1060
564	Louise	Waywell	FV50	0:56:34	0:56:08	12	Pensby Runners	757
565	Ian	Dutton	MV45	0:56:38	0:56:29	54	KNOWSLEY HARRIERS AC	564
566	Keith	Thomason	MV55	0:56:45	0:56:03	28		917
567	Steven	Capner	MS	0:56:51	0:55:57	195		210
568	Jennie	Rooney	FS	0:56:53	0:56:41	47	LIVERPOOL RUNNING CLUB	290
569	Linda	Statham	FV40	0:56:54	0:56:35	24	WARRINGTON ROAD RUNNERS	987
570	Helen	Osborne	FS	0:56:55	0:56:10	48	PENNY LANE STRIDERS	545
571	Miranda	Newey	FS	0:56:57	0:56:28	49	WARRINGTON ROAD RUNNERS	28
572	Adrian	Baker	MV45	0:56:57	0:56:43	55		692
573	Barry	Standen	MV40	0:56:58	0:56:33	64		1055
574	Amanda	Bentley	FV40	0:56:58	0:56:26	25	City of Chester Triathlon Club	838
575	Sean	Dunleavy	MS	0:57:00	0:56:03	196		584
576	Gill	Collen	FV55	0:57:02	0:56:43	8	WARRINGTON ROAD RUNNERS	1011
577	Hannah	Gallager	FS	0:57:05	0:56:32	50	WARRINGTON RUNNING CLUB	81
578	Audra	Matthews	FV45	0:57:05	0:56:31	18		1022
579	Julie	Barton	FS	0:57:06	0:56:26	51	JULIE'S JOGGERS	257
580	Mark	Sangan	MV45	0:57:06	0:56:43	56		850
581	Nick	Parker	MS	0:57:06	0:56:43	197		958
582	Eileen	Newman	FV60	0:57:09	0:56:31	3	Blackburn Road Runners	796
583	Jill	Guthrie	FS	0:57:09	0:56:54	52	MANCHESTER YMCA HARRIERS	41
584	Pam	Appleton	FV60	0:57:10	0:56:36	4	ST HELENS SUTTON AC	283
585	Andrew	Hankin	MS	0:57:10	0:56:28	198		703
586	Callum	Millington	MJ	0:57:10	0:56:42	8		184
587	Debbie	Millington	FV35	0:57:11	0:56:39	26	WARRINGTON RUNNING CLUB	1192
588	Jennifer	Houghton	FS	0:57:11	0:56:54	53	KIRKBY MILERS	94
589	John	Millington	MV40	0:57:11	0:56:36	65	WARRINGTON RUNNING CLUB	1193
590	Phil	Burton	MS	0:57:12	0:56:11	199	Widnes Wasps	1044
591	Andrea	Scott	FV35	0:57:21	0:56:56	27		743
592	Stephen	Edge	MV55	0:57:25	0:57:00	29		997
593	Adam	Bogg	MJ	0:57:26	0:56:25	9		976
594	Michael	Bayliss	MV65	0:57:29	0:57:03	9		429
595	Andrew	Thompson	MS	0:57:32	0:56:49	200		991
596	John	Vernon	MV60	0:57:38	0:57:03	23		127
597	Laura	Owens	FS	0:57:38	0:57:26	54	LIVERPOOL RUNNING CLUB	520
598	Emma	Butler	FS	0:57:38	0:56:54	55	CHORLTON RUNNERS	721
599	David	Bishop	FV55	0:57:39	0:56:56	9		972
600	Paul	Lynskey	MV50	0:57:44	0:57:02	51		271
601	Carolyn	Hirons	FV45	0:57:46	0:57:25	19	WILMSLOW RUNNING CLUB	517
602	Ian	Berry	MV50	0:57:46	0:57:08	52		1185
603	Samantha	Tennant	FV40	0:57:47	0:57:11	26	LYMM RUNNERS	459
604	Michael	Durkin	MV40	0:57:48	0:57:26	66		1040
605	Andrew	Gibson	MV40	0:57:49	0:57:09	67	SANDBACH STRIDERS	490
606	Richard	Parry	MV40	0:57:49	0:57:30	68	CHESTER ROAD RUNNERS	719
607	Anthony	Maudsley	MV40	0:57:53	0:57:22	69		463
608	Joan	Cooke	FV40	0:57:55	0:57:26	27	Astley & Tyldesley Road Runner	551
609	Kevin	Peers	MS	0:57:57	0:57:13	201		931
610	Michael	Abrahams	MV40	0:57:58	0:57:11	70	Goyt Valley Striders	412
611	Louise	Edwards	FV35	0:58:01	0:57:43	28		805
612	Clare	Lowery	FV50	0:58:03	0:57:31	13	WARRINGTON RUNNING CLUB	853
613	Dympna	Stirrup	FV50	0:58:03	0:57:27	14		985

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
614	Christine	Carter	FV35	0:58:05	0:57:47	29	KIRKBY MILERS	402
615	Kelley	Eckersley	FS	0:58:07	0:57:34	56		10
616	Stan	Cottier	MV65	0:58:07	0:57:54	10	LIVERPOOL RUNNING CLUB	371
617	Martin	Evans	MV45	0:58:08	0:57:14	57		230
618	Emma	Williams	FS	0:58:10	0:57:52	57	KIRKBY MILERS	441
619	Shannon	Mash	FS	0:58:14	0:57:49	58		612
620	Sue	Walsh	FV55	0:58:14	0:57:59	10	City of Chester Triathlon Club	614
621	Edyta	Burgess	FV40	0:58:19	0:57:57	28	WINSTON RUNNERS	1186
622	Helen	Betteley	FV45	0:58:23	0:57:56	20	SOUTH CHESHIRE HARRIERS	568
623	Rachel	Cartwright	FV35	0:58:23	0:57:51	30	Warrington Athletic Club	1187
624	Simon	Mutch	MS	0:58:23	0:57:54	202		221
625	Jacqueline	Vail	FV55	0:58:24	0:57:32	11		1115
626	Mark	Taylor	MV50	0:58:24	0:57:57	53	SOUTH CHESHIRE HARRIERS	567
627	Natalie	Duckworth	FV35	0:58:26	0:57:59	31	ST HELENS STRIDERS	151
628	David	Holden	MV45	0:58:38	0:57:49	58		1021
629	Claire	Meadows	FV45	0:58:40	0:57:55	21	PENNY LANE STRIDERS	540
630	Jane	Birch	FV35	0:58:44	0:58:24	32		84
631	Linda	White	FV50	0:58:47	0:58:37	15	ST HELENS SUTTON AC	782
632	Rick	Bower	MV60	0:58:52	0:58:33	24		610
633	James	Stone	MS	0:58:58	0:58:39	203		461
634	Fiona	Eaton	FV45	0:58:59	0:58:24	22	LYMM RUNNERS	664
635	Ian	Hewitt	MV45	0:59:00	0:58:34	59		932
636	Abbie	Tolman	FS	0:59:02	0:58:47	59		643
637	Susan	Berry	FV50	0:59:04	0:58:52	16	LIVERPOOL RUNNING CLUB	1009
638	Barry	Watts	MV40	0:59:04	0:58:39	71		6
639	Paul	Savage	MV60	0:59:05	0:58:24	25		353
640	Karen	Dineen	FV40	0:59:07	0:58:47	29		494
641	Denise	Taylor	FV40	0:59:09	0:58:32	30		529
642	Helen	Aghanian	FS	0:59:15	0:58:29	60		1025
643	Rhiannon	Shaw	FS	0:59:16	0:58:32	61		344
644	Alicia	Earnshaw	FS	0:59:16	0:58:32	62		345
645	Madeline	Haworth	FV60	0:59:18	0:58:30	5	Blackburn Road Runners	795
646	Kris	Karaski	FV40	0:59:21	0:58:46	31	WARRINGTON RUNNING CLUB	1027
647	Gerard	Gilligan	MV40	0:59:22	0:59:05	72		266
648	Lesley	Finnih	FV35	0:59:22	0:58:36	33	PENNY LANE STRIDERS	806
649	Hannah	Dickinson	FS	0:59:25	0:59:09	63		1105
650	Jenny	Whyte	FS	0:59:26	0:58:49	64	WARRINGTON RUNNING CLUB	945
651	Rachel	Tickle	FS	0:59:26	0:58:59	65	ST HELENS STRIDERS	657
652	Ros	Thompson	FV60	0:59:27	0:58:58	6		19
653	Mike	Wilde	MV40	0:59:28	0:58:31	73		889
654	Paul	Ritchie	MS	0:59:28	0:58:51	204	WARRINGTON RUNNING CLUB	359
655	Jonathan	Phillips	MS	0:59:29	0:58:47	205		688
656	Melissa	Giusti	FS	0:59:30	0:58:53	66	WARRINGTON RUNNING CLUB	843
657	Collette	Pye	FV40	0:59:35	0:59:26	32		974
658	Alison	Brown	FV40	0:59:36	0:59:06	33	WARRINGTON ROAD RUNNERS	144
659	Linda	Wheat	FV40	0:59:36	0:59:06	34	WARRINGTON ROAD RUNNERS	596
660	Hazel	Shackleton	FS	0:59:40	0:59:03	67		1189
661	Denis	Culloty	MV55	0:59:42	0:59:02	30	SANDBACH STRIDERS	718
662	Andrew	Jardine	MV45	0:59:45	0:58:59	60		1111
663	Claire	Murnane	FS	0:59:45	0:59:02	68		286
664	Stephen	Grady	MV55	0:59:45	0:59:02	31		373
665	Emma	Vernon	FV40	0:59:46	0:58:53	35		769

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
666	Mandy	Beard	FV45	0:59:48	0:59:16	23	SWINTON RUNNING CLUB	696
667	Fiona	Challinor	FV45	0:59:49	0:59:23	24	Whitchurch Whippets	468
668	Rebecca	Clark	FS	0:59:53	0:59:25	69		674
669	David	Hughes	MV75	0:59:54	0:59:45	1	PRESTATYN RUNNING CLUB	255
670	Kerry	Henderson	FV35	0:59:54	0:59:21	34	CHORLTON RUNNERS	479
671	Christine	Daniels	FV45	0:59:56	0:59:20	25		40
672	Helen	Blissett	FV35	1:00:01	0:59:39	35	WINSTON RUNNERS	652
673	Roger	Lyon	MV60	1:00:04	0:59:51	26		704
674	Michelle	Gilbert	FS	1:00:04	0:59:21	70		836
675	Michael	Thompstone	MS	1:00:04	0:59:22	206	WINSTON RUNNERS	835
676	Roy	Haggett	MS	1:00:05	0:59:17	207		914
677	Matthew	Adams	MS	1:00:12	0:59:49	208		192
678	Fiona	Ashworth	FV40	1:00:14	0:59:51	36	Winston Runners	400
679	Sidney	Molyneux	MV65	1:00:14	0:59:45	11	Picton Running Club	508
680	Nina	Birch	FS	1:00:19	0:59:59	71	WILMSLOW RUNNING CLUB	635
681	Sean	Bond	MS	1:00:22	0:59:35	209		768
682	Hugh	McLay	MV50	1:00:22	0:59:35	54	FYLDE COAST RUNNERS	1058
683	Catherine	Doyle	FV35	1:00:23	1:00:01	36	KNOWSLEY HARRIERS AC	862
684	Joe	Doyle	MV45	1:00:23	1:00:02	61		863
685	Joe	Park	MV75	1:00:26	1:00:03	2	CHESHIRE TALLY-HO	201
686	Margaret	Williams	FV60	1:00:28	1:00:00	7		35
687	Dawn	Hunt	FV45	1:00:30	1:00:03	26		754
688	Tony	Shaw	MV40	1:00:32	0:59:35	74		241
689	Charlotte	Davis	FS	1:00:32	0:59:52	72	Riversway Road Runners	410
690	Lisa	Jackson	FV40	1:00:37	0:59:49	37		864
691	Michala	Donal	FV40	1:00:47	1:00:10	38	WARRINGTON RUNNING CLUB	316
692	Ailsa	Godden	FS	1:00:58	1:00:24	73		659
693	Alison	Barrett	FV45	1:01:06	1:00:29	27		1188
694	Terry	Harrison	MV40	1:01:07	1:00:40	75		15
695	Paula	Smith	FV40	1:01:09	1:00:38	39		872
696	Michelle	Fitzsimons	FS	1:01:09	1:00:09	74		1033
697	Robert	Sargant	MS	1:01:09	1:00:25	210	CHORLTON RUNNERS	722
698	Laila	Herve	FS	1:01:09	1:00:25	75	CHORLTON RUNNERS	1052
699	Andy	Hyde	MV60	1:01:09	1:00:31	27		276
700	Rhian	Keogh	FS	1:01:11	1:00:22	76		1110
701	Martin	Stirna	MV60	1:01:11	1:00:21	28	SOUTH CHESHIRE HARRIERS	631
702	Kathy	Angus	FV45	1:01:12	1:00:24	28		537
703	Shelley	Walsh	FV60	1:01:21	1:00:34	8	North Shields Polytechnic AC	727
704	Martin	Robertson	MS	1:01:23	1:00:36	211		1030
705	Vikki	French	FV35	1:01:23	1:00:50	37		513
706	Darren	Gibbons	MV40	1:01:24	1:00:51	76		514
707	Jenny	O'Neill	FV40	1:01:25	1:00:50	40		254
708	Martin	Williams	MS	1:01:33	1:00:55	212	WARRINGTON RUNNING CLUB	642
709	Elizabeth	Mayers	FV40	1:01:37	1:01:06	41		352
710	Dewi	Griffiths	MV50	1:01:37	1:00:39	55	FYLDE COAST RUNNERS	243
711	Debbie	Matthews	FV45	1:01:39	1:00:37	29		627
712	Martin	Hayes	MV45	1:01:43	1:00:49	62		770
713	Jennifer	Fairwood	FV40	1:01:45	1:01:02	42		554
714	Ian	Williamson	MV50	1:01:49	1:01:21	56		817
715	Simon	Ellis	MS	1:01:51	1:01:42	213	KNOWSLEY HARRIERS AC	96
716	Bryan	Forth	MV40	1:02:08	1:01:38	77	WARRINGTON ROAD RUNNERS	1196
717	Tony	Jones	MV50	1:02:11	1:01:15	57		132

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
718	Helena	McGoldrick	FV50	1:02:12	1:01:55	17	ST HELENS SUTTON AC	240
719	Laura	Hilley	FV35	1:02:17	1:01:44	38		166
720	Luke	Ashton	MS	1:02:19	1:01:53	214		1123
721	Catherine	Hankin	FS	1:02:22	1:01:41	77		702
722	Lynn	Morris	FV50	1:02:26	1:02:08	18	JULIES JOGGERS	214
723	John	Wilding	MV65	1:02:33	1:02:29	12		456
724	Helen	Jones	FS	1:02:38	1:02:19	78		386
725	Christopher	Hoyle	MV40	1:02:43	1:02:14	78		475
726	Gaynor	Seymour	FV40	1:02:45	1:02:29	43		930
727	Sarah	Whittaker	FV45	1:02:51	1:02:25	30		989
728	Hayley	Braddock	FS	1:02:52	1:01:53	79		962
729	Janet	Watkins	FV45	1:02:55	1:02:29	31	DRAGONS RUNNING CLUB (SALE)	697
730	Peter	Bedford	MV60	1:02:56	1:02:29	29	DRAGONS RUNNING CLUB (SALE)	139
731	Melvyn	Burton	MV60	1:02:56	1:02:13	30	CROSSGATES HARRIERS	45
732	Sheila	Sheedy	FV60	1:02:57	1:02:31	9		820
733	Paul	Holland	MV45	1:02:57	1:02:11	63		1075
734	Andy	Turner	MV45	1:02:57	1:02:11	64	Bramhall Runners	1076
735	Anna	Goodwin	FV40	1:03:02	1:02:15	44	SWINTON RUNNING CLUB	636
736	Lisa	Ingham	FS	1:03:06	1:02:06	80		1077
737	Sarah	Knott	FV40	1:03:19	1:02:23	45		357
738	Helen	Birch	FV35	1:03:26	1:02:48	39		1088
739	Katy	O'Connor	FV50	1:03:29	1:02:55	19	LYMM RUNNERS	1010
740	Valeria	Losasso	FS	1:03:32	1:02:50	81		65
741	Gianfranco	Claudio	MV45	1:03:32	1:02:51	65		64
742	David	Harrison	MS	1:03:34	1:02:34	215		109
743	Maria	Obrien	FV45	1:03:37	1:03:03	32		128
744	Louise	Plevin	FS	1:03:40	1:03:02	82	WARRINGTON RUNNING CLUB	800
745	Neil	Peacock	MV40	1:03:40	1:03:03	79	WARRINGTON RUNNING CLUB	1117
746	Heather	Arnold	FS	1:03:44	1:03:03	83		350
747	Iona	Nuttall	FS	1:03:48	1:02:49	84		1039
748	Rachel	Jones	FV35	1:03:49	1:02:56	40	SOUTH CHESHIRE HARRIERS	476
749	Liam	O'Grady	MS	1:03:49	1:03:20	216		389
750	Tony	Hart	MV40	1:03:55	1:03:13	80		964
751	Nick	Walsh	MS	1:03:58	1:03:01	217		342
752	Scott	Saunders	MV45	1:03:58	1:02:53	66		340
753	Peter	Goodwin	MV50	1:04:02	1:03:00	58		387
754	Elizabeth	Donevan	FS	1:04:05	1:03:45	85		1124
755	Matt	Richardson	MS	1:04:06	1:03:10	218		710
756	Helen	Woods	FV35	1:04:09	1:03:40	41		487
757	Tim	Clarke	MV40	1:04:10	1:03:18	81		18
758	Maddy	Cocker	FV40	1:04:11	1:03:41	46		859
759	Helen	Kettle	FV40	1:04:13	1:03:21	47	SOUTH CHESHIRE HARRIERS	586
760	Julie	Ranson	FV45	1:04:15	1:03:17	33		70
761	Jim	Garvey	MV70	1:04:18	1:03:46	5	Attached	492
762	Lindsay	Slamon	FV35	1:04:19	1:03:45	42		988
763	Mike	English	MV45	1:04:20	1:04:04	67		436
764	Colin	Stephenson	MS	1:04:26	1:03:40	219		234
765	Katie	Barker	FS	1:04:26	1:03:41	86	CHORLTON RUNNERS	1098
766	Robyn	Himsworth	FS	1:04:31	1:03:33	87		647
767	Gareth	Doe	MS	1:04:42	1:03:48	220		618
768	Katy	Hughes	FS	1:04:43	1:04:22	88		54
769	Tom	Hampton	MV55	1:04:47	1:04:05	32		1056

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
770	Jo	Wadsworth	FV40	1:04:55	1:04:18	48	LYMM RUNNERS	142
771	Cheryl	Percival	FS	1:04:58	1:04:07	89	SOUTH CHESHIRE HARRIERS	547
772	Donna	Sharman	FV40	1:04:58	1:04:06	49		792
773	Graham	Roberts	MV60	1:05:06	1:04:37	31		460
774	Martin	Richardson	MV60	1:05:06	1:04:38	32		814
775	Stacey	Murphy	FS	1:05:06	1:04:51	90		122
776	Nicky	Collier	FS	1:05:07	1:04:24	91		419
777	Jillian	Woodcock	FV40	1:05:16	1:04:39	50	LYMM RUNNERS	169
778	Rob	Griffiths	MS	1:05:19	1:04:35	221		1200
779	Jen	Roberts	FV40	1:05:20	1:04:48	51		175
780	Gary	Wenn	MV45	1:05:21	1:04:38	68	Royal Naval Athletics	480
781	Patricia	Wright	FV65	1:05:24	1:04:43	4		515
782	Elizabeth	Chilton	FV45	1:05:26	1:04:25	34	LYMM RUNNERS	76
783	Graham	Chilton	MV45	1:05:27	1:04:57	69	LYMM RUNNERS	936
784	Stephen	Church	MV60	1:05:32	1:05:19	33		47
785	Lee	Rawlinson	MV40	1:05:33	1:04:42	82		57
786	Ken	Horne	MV65	1:05:38	1:04:43	13		20
787	Hannah	Donaldson	FS	1:05:38	1:04:35	92		133
788	Emma	Donaldson	FV35	1:05:39	1:04:36	43		73
789	Terrie	Blammon	FV40	1:05:46	1:05:22	52	WINSTON RUNNERS	576
790	David	Harrison	MV60	1:05:47	1:04:48	34		108
791	Hugh	Barry	MS	1:05:58	1:05:24	222		986
792	Rosalind	Vail	FS	1:06:03	1:05:10	93		1073
793	Gemma	Glynn	FS	1:06:09	1:05:47	94		263
794	Anna	Ross	FV35	1:06:12	1:05:12	44		952
795	Hazel	MacHin	FV40	1:06:18	1:05:24	53		391
796	Sally	McQueen	FV40	1:06:21	1:05:29	54		147
797	Emma	Davis	FS	1:06:25	1:05:51	95	LYMM RUNNERS	922
798	Arlene	Bulfin	FS	1:06:28	1:06:07	96		654
799	Simon	Knott	MV45	1:06:30	1:05:34	70		356
800	Katy	Forster	FS	1:06:31	1:06:10	97		52
801	Emma	Souness	FS	1:06:34	1:06:06	98	WIGAN HARRIERS & AC	72
802	Andrea	Hill-Jones	FV35	1:06:35	1:05:48	45	ST HELENS STRIDERS	993
803	Neil	Eltringham	MS	1:06:42	1:05:55	223		730
804	Suzy	Turner	FV45	1:06:44	1:06:24	35	CHESTER ROAD RUNNERS	699
805	Helen	Speed	FV35	1:07:06	1:06:17	46		826
806	Tracy	Waterfall-Chadwick	FV40	1:07:16	1:06:47	55	Astley & Tyldesley Road Runner	362
807	Stephen	Chadwick	MV45	1:07:17	1:06:47	71		361
808	Jo	Lam	FS	1:07:21	1:06:30	99		416
809	Sarah	Allen	FV35	1:07:24	1:06:35	47		903
810	Luke	Gallagher	MJ	1:07:24	1:06:50	10	WARRINGTON RUNNING CLUB	1042
811	Diane	White	FV45	1:07:25	1:06:45	36	WARRINGTON RUNNING CLUB	319
812	Andy	Fisher	MV40	1:07:28	1:07:02	83	ST HELENS STRIDERS	369
813	Steven	Mycock	MS	1:07:28	1:06:44	224		1089
814	Clare	Crookall	FS	1:07:29	1:06:44	100		1090
815	Philip	Murray	MV75	1:07:35	1:07:03	3	PENNY LANE STRIDERS	27
816	Carol	Fell	FV65	1:07:35	1:07:09	5	Warrington Wonderwomen	865
817	Marg	Delaney	FV60	1:07:40	1:07:05	10	BIRKENHEAD AC	99
818	Helen	Hill	FV50	1:07:46	1:06:56	20		852
819	Emma	Renshaw	FV40	1:07:49	1:06:48	56	Horwich RMI	120
820	Leanne	Roberts	FV35	1:07:49	1:06:48	48	Horwich RMI	119
821	Karen	Wendon	FV40	1:08:00	1:07:09	57	WARRINGTON RUNNING CLUB	118

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
822	Keith	Brown	MV50	1:08:05	1:07:56	59	WARRINGTON ROAD RUNNERS	675
823	Karen	Hackett	FV50	1:08:09	1:07:53	21		187
824	Janine	Holding	FV60	1:08:14	1:07:39	11	West Pennine Runners	574
825	Claire	Ellison	FS	1:08:16	1:07:25	101		470
826	Helen	Martin	FV45	1:08:17	1:07:34	37		588
827	Chloe	Davies	FS	1:08:21	1:07:42	102	WARRINGTON RUNNING CLUB	1019
828	Andrew	Amos	MS	1:08:23	1:08:02	225	KIRKBY MILERS	225
829	George	Hamling	MV60	1:08:27	1:07:39	35		561
830	Paul	Gillen	MV50	1:08:27	1:08:13	60		732
831	Louise	Simpson	FS	1:08:28	1:07:39	103	SOUTHEND AC	310
832	Chloe	Shankland	FS	1:08:29	1:07:39	104	WARRINGTON RUNNING CLUB	337
833	Siobhan	Pope	FS	1:08:46	1:07:49	105		343
834	Sarah	Matthews	FV35	1:08:48	1:08:09	49	WARRINGTON ROAD RUNNERS	406
835	Alison	Lysons	FV50	1:08:48	1:08:09	22	WARRINGTON ROAD RUNNERS	1017
836	Jane	Hughes	FV50	1:08:54	1:08:26	23		474
837	Jean	Clemence	FV65	1:08:59	1:08:10	6	RAZZERS RUNNERS	267
838	Steven	Woods	MS	1:09:02	1:08:37	226		14
839	Adam	Krajewski	MJ	1:09:06	1:08:09	11		1118
840	Alan	Clarey	MV60	1:09:16	1:08:31	36	MOSSLEY HILL AC	199
841	John	Bray	MV65	1:09:16	1:08:14	14		846
842	Colin	Holcroft	MV55	1:09:30	1:09:13	33		43
843	Sally	Gilkes	FV50	1:09:36	1:08:42	24		653
844	Lesley	Joyner	FV45	1:09:39	1:09:07	38	Stourbridge	533
845	James	Hunt	MS	1:09:44	1:08:49	227		935
846	Nicola	Mullen	FV40	1:09:45	1:08:57	58	RAZZERS RUNNERS	274
847	Nykie	Dawe	FV40	1:09:52	1:09:09	59	St. Theresa's Ac	451
848	Laura	Fisher	FS	1:09:53	1:09:08	106		780
849	Rebecca	Gillen	FS	1:09:55	1:09:42	107		734
850	Rebecca	Styles	FV40	1:10:09	1:09:12	60	Bramhall Runners	1094
851	Cath	Jones	FV50	1:10:09	1:09:12	25	Bramhall Runners	950
852	Stewart	Bryan	MV50	1:10:11	1:09:22	61		1190
853	Jane	Nelson	FV45	1:10:18	1:09:47	39		136
854	Chris	Haggett	MV70	1:10:41	1:09:40	6		913
855	Joanne	Griffiths	FV35	1:10:48	1:10:08	50	WARRINGTON RUNNING CLUB	829
856	Robert	Oldfield	MV45	1:11:06	1:10:14	72		786
857	Rachael	Birtles	FS	1:11:14	1:10:20	108		527
858	Susan	Lynne	FV60	1:11:18	1:10:53	12	WINSTON RUNNERS	682
859	Caroline	Owen	FV35	1:11:19	1:10:21	51	WINSTON RUNNERS	179
860	Dominique	Vernon	FS	1:11:21	1:10:40	109	WARRINGTON RUNNING CLUB	856
861	Jennifer	Kilheeney	FV35	1:11:23	1:11:15	52		304
862	Janine	Keeble	FV35	1:11:27	1:10:36	53		1112
863	Phil	Wright	MS	1:11:28	1:10:34	228		351
864	John	Noakes	MV75	1:11:31	1:10:57	4	HOLMES CHAPEL HARRIERS	581
865	Barry	Tipper	MS	1:11:34	1:10:55	229		30
866	Selina	Christoforou	FS	1:11:55	1:11:19	110		530
867	Jacqui	Fishwick	FV35	1:12:11	1:11:28	54		869
868	Ian	McLellan	MV40	1:12:21	1:12:20	84		929
869	Jayne	Buck	FV35	1:12:25	1:12:02	55		264
870	Dorothy	Shorrock	FV60	1:12:26	1:11:50	13	West Pennine Runners	638
871	Linda	Coates	FV35	1:12:28	1:11:34	56		615
872	Paul	Dix	MV65	1:12:28	1:11:34	15		616
873	Pauline	Draper	FV50	1:12:42	1:11:42	26		111

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
874	Howard	Rogers	MV55	1:12:43	1:12:06	34	MOSSLEY HILL AC	672
875	Claire	Johnson	FS	1:12:47	1:12:38	111		619
876	Caroline	Woods	FV35	1:12:52	1:12:02	57		1005
877	Tina	Kavanagh	FS	1:12:52	1:12:02	112		840
878	Michael	Thompson	MS	1:13:10	1:12:31	230		32
879	Craig	Rimmer	MS	1:13:16	1:12:39	231		877
880	Clive	Dunbabin	MS	1:13:41	1:13:07	232	WARRINGTON RUNNING CLUB	830
881	Lorraine	Kelly-Swan	FV40	1:13:42	1:12:56	61	ST HELENS STRIDERS	831
882	David	Bogg	MV50	1:13:52	1:12:47	62		975
883	Diana	Powell	FV60	1:13:59	1:13:03	14	Bramhall Runners	531
884	Ann	Rodgerson	FV50	1:13:59	1:13:01	27		149
885	Helen	Stevens	FV35	1:14:02	1:13:16	58	CHORLTON RUNNERS	590
886	Maureen	Brettell	FV45	1:14:02	1:13:16	40	CHORLTON RUNNERS	25
887	Victoria	Wignall	FS	1:14:03	1:13:44	113		9
888	Kevin	Humphreys	MS	1:14:03	1:13:44	233		8
889	Lianne	Buchanan	FV35	1:14:08	1:13:28	59		347
890	Kalli	Raynos	FV35	1:14:08	1:13:17	60		91
891	Zoe	Hilton	FV50	1:14:16	1:13:37	28		823
892	Yvonne	Eltringham	FV40	1:14:26	1:13:39	62		731
893	Kelly	Troake	FV35	1:14:27	1:14:14	61		736
894	Debi	McMillan	FV40	1:14:32	1:13:46	63	PENNY LANE STRIDERS	803
895	Nicola	Barker	FV40	1:14:35	1:13:55	64	WARRINGTON RUNNING CLUB	1100
896	Ashley	Butler	FS	1:14:37	1:14:09	114		1183
897	Jodie	Foster	FS	1:15:11	1:14:17	115		791
898	Haze	Pearson	FV40	1:15:31	1:14:58	65		150
899	Stephen	Caunce	MV50	1:15:40	1:15:03	63		46
900	Ben	Allen	MS	1:15:47	1:14:58	234		904
901	Lisa	Kemp	FV40	1:15:50	1:14:49	66		575
902	Bethany	Gillen	FS	1:15:54	1:15:41	116		735
903	Ann Marie	Hatton	FV40	1:16:06	1:15:38	67		816
904	Michael	Costello	MV45	1:16:08	1:15:13	73		358
905	Rhoma	Bogg	FV45	1:16:23	1:15:22	41		977
906	Audrey	Headspith	FV45	1:16:23	1:15:22	42		21
907	Mimi	Da Silva Lomax	FS	1:16:26	1:15:50	117		579
908	Janet	Thomas	FV55	1:16:29	1:15:47	12		946
909	David	Casey	MS	1:16:29	1:15:47	235	St Helens Tri	953
910	Allan	Jacobs	MV60	1:16:37	1:15:35	37		626
911	Christine	Mills	FV50	1:16:39	1:15:39	29	MANCHESTER HARRIERS	262
912	Sue	Hall	FV40	1:17:14	1:17:04	68		145
913	Kerry	Mutch	FV50	1:17:16	1:16:35	30		220
914	Chris	Champney	FV60	1:17:22	1:16:46	15	BIRKENHEAD AC	153
915	Chris	Daffin	MS	1:17:55	1:17:04	236		467
916	Claire	Storer	FS	1:17:56	1:17:04	118		466
917	Janet	Holmes	FV60	1:18:35	1:17:37	16	ST HELENS SUTTON AC	808
918	Amneet	Johal	FS	1:18:36	1:18:10	119		729
919	Racheal	Husband	FS	1:18:40	1:18:15	120		728
920	Laura	Dunleavy	FS	1:18:49	1:17:52	121		583
921	Anita	Gillen	FV45	1:18:55	1:18:42	43		733
922	Martin	Wheeldon	MV60	1:19:16	1:18:13	38	WILMSLOW RUNNING CLUB	592
923	Shelley	Lee	FS	1:19:21	1:18:54	122		58
924	Angela	Adams	FV35	1:19:26	1:18:28	62		71
925	Sarah	Seddon	FV50	1:19:32	1:19:01	31	Widnes Wasps	524

Birchwood 10k Road Race Sunday 23-Aug-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)

Pos	First name	Surname	Age Cat	Gun time	Chip time	Cat pos	Club	Race no
926	Simon	Johnson	MS	1:20:44	1:19:39	237		227
927	Nicola	Lingley-Heath	FS	1:22:08	1:21:16	123	WARRINGTON RUNNING CLUB	472
928	Michael	Hough	MV60	1:22:15	1:21:22	39		478
929	Karen	Jones	FV40	1:22:17	1:21:24	69	WARRINGTON RUNNING CLUB	1087
930	Jennifer	Grace	FS	1:22:18	1:21:25	124		507
931	Tracey	Walker	FV45	1:22:33	1:21:40	44	WARRINGTON RUNNING CLUB	822
932	Gwenda	Marshall	FV55	1:22:55	1:21:56	13	FYLDE COAST RUNNERS	242
933	Tony	McGee	MV60	1:23:34	1:22:31	40		685
934	Tess	Wood	FV60	1:24:55	1:23:55	17		825
935	Paul	Muldoon	MS	1:25:06	1:24:07	238	WINSTON RUNNERS	680
936	Margaret	Carleton	FV60	1:25:06	1:24:07	18	WINSTON RUNNERS	741
937	Danielle	Howarth	FS	1:26:29	1:26:08	125		55
938	Norman	Grundy	MV70	1:27:39	1:27:01	7	BIRKENHEAD AC	224
939	Lara	Higham	FJ	1:28:17	1:27:15	1		572
940	Nicola	Higham	FV40	1:28:17	1:27:16	70		571
941	Jacqueline	Seeney	FV50	1:28:20	1:27:19	32		364
942	Peter	Povey	MV75	1:34:27	1:34:27	5	WEST CHESHIRE AC	535

Ladies team results

1 VALE ROYAL AC 34

Sarah Murphy (2), Helen Smith (12) & Sula Stanley (20)

2 CHORLTON RUNNERS 66

Kerrie Harris (6), Ingrid Storm (14) & Melanie Williamson (46)

3 STOCKPORT HARRIERS 125

Samantha Thomas (18), Helen Fraser (45) & Louise Harrison (62)

4 PENNY LANE STRIDERS 148

Kathryn Sharkey (30), Charlotte Rawcliffe (35) & Gill Darby (83)

5 MANCHESTER YMCA HARRIERS 155

Hannah Brierley (33), Emma Rettig (56) & Sarah Crandon (66)

6 MOSSLEY HILL AC 161

Helen Jane Davies (11), Lisa Crosby (28) & Susan Rogers (122)

7 ST HELENS SUTTON AC 165

Sonya Monaghan (41), Rachel Wilcock (60) & Rachel Beesley (64)

8 WARRINGTON RUNNING CLUB 203

Amy Cook (32), Nicola Jha (76) & April Wilkinson (95)

9 ST HELENS STRIDERS 228

Jeanette Fisher (49), Clare Pickavance (87) & Joanne Jackson (92)

10 LYMM RUNNERS 251

Georgina Walker (44), Jenny McClelland (52) & Samantha Tennant (155)

11 MACCLESFIELD HARRIERS 284

Catharine Crossley (65), Helen Gowin (109) & Katy Barnes (110)

12 KIRKBY MILERS 291

Carla Houghton (77), Sue Carter (86) & Jennifer O'Sullivan (128)

13 WILMSLOW RUNNING CLUB 296

Gail Hill (58), Sue Strang (84) & Carolyn Hirons (154)

14 KNOWSLEY HARRIERS AC 308

Lynsey Unsworth (50), Karen Parry (54) & Catherine Doyle (204)

15 WARRINGTON ROAD RUNNERS 326

Jenny Smith (91), Denise Grehan (101) & Elaine Mountford (134)

16 LIVERPOOL RUNNING CLUB 326

Louise Nicholson (39), Jennie Rooney (136) & Laura Owens (151)

17 SOUTH CHESHIRE HARRIERS 344

Gill Gibbons (78), Wendy Driver (100) & Helen Betteley (166)

18 ST HELENS SUTTON AC 393

Amy Corfield (74), Pam Appleton (147) & Linda White (172)

19 DRAGONS RUNNING CLUB (SALE) 413

Lisa Crompton (67), Tania Wild (115) & Janet Watkins (231)

20 WARRINGTON ROAD RUNNERS 417

Linda Statham (137), Miranda Newey (139) & Gill Collen (141)

21 WARRINGTON RUNNING CLUB 420

Jayne Cheetham (130), Hannah Gallagher (142) & Debbie Millington (148)

22 ST HELENS STRIDERS 448

Carol Foster (93), Natalie Duckworth (169) & Rachel Tickle (186)

23 KIRKBY MILERS 471

Jennifer Houghton (149), Christine Carter (160) & Emma Williams (162)

24 PENNY LANE STRIDERS 491

Helen Osborne (138), Claire Meadows (170) & Lesley Finnih (183)

25 WARRINGTON RUNNING CLUB 525

Clare Lowery (158), Kris Karaski (182) & Jenny Whyte (185)

26 Astley & Tyldesley Road Runner 538

Vanessa Thomson (105), Joan Cooke (156) & Tracy Waterfall-Chadwick (277)

27 CHORLTON RUNNERS 564

Emma Butler (152), Kerry Henderson (198) & Laila Herve (214)

28 WINSTON RUNNERS 567

Edyta Burgess (165), Helen Blissett (200) & Fiona Ashworth (202)

29 WARRINGTON RUNNING CLUB 637

Melissa Giusti (188), Michala Donal (209) & Louise Plevin (240)

30 LYMM RUNNERS 663

Fiona Eaton (173), Katy O'Connor (237) & Jo Wadsworth (253)

31 WARRINGTON ROAD RUNNERS 677

Alison Brown (190), Linda Wheat (191) & Sarah Matthews (296)

32 SOUTH CHESHIRE HARRIERS 744

Rachel Jones (243), Helen Kettle (247) & Cheryl Percival (254)

33 LYMM RUNNERS 789

Jillian Woodcock (258), Elizabeth Chilton (261) & Emma Davis (270)

34 WARRINGTON RUNNING CLUB 859

Diane White (280), Karen Wendon (287) & Chloe Davies (292)

35 WINSTON RUNNERS 887

Terrie Blammon (264), Susan Lynne (311) & Caroline Owen (312)

36 CHORLTON RUNNERS 907

Katie Barker (250), Helen Stevens (328) & Maureen Brettell (329)

37 WARRINGTON RUNNING CLUB 916

Chloe Shankland (294), Joanne Griffiths (309) & Dominique Vernon (313)

38 Bramhall Runners 939

Rebecca Styles (306), Cath Jones (307) & Diana Powell (326)

39 WARRINGTON RUNNING CLUB 1060

Nicola Barker (337), Nicola Lingley-Heath (361) & Karen Jones (362)

Mens team results

1 WESHAM ROAD RUNNERS 162

Robert Anthony Danson (2), Lee Barlow (22), David Taylor (34) & Steven Gore (104)

2 PENNY LANE STRIDERS 175

Alex Cowin (26), Lyndon Easthope (48), Luke Jones (49) & Colin Dobbs (52)

3 STOCKPORT HARRIERS 240

James Scott-Buccleuch (6), Paul Corner (74), Anthony Naulty (79) & Matthew Rabone (81)

4 WARRINGTON RUNNING CLUB 241

Mike Metcalf (29), Paul Corless (57), Jon Strange (77) & Dan Grundy (78)

5 SALE HARRIERS MANCHESTER 242

Nigel Martin (1), Andy Mooney (24), Kevin Foster (71) & Frank Cordingley (146)

6 LYMM RUNNERS 266

Jonathan Smith (31), Lee Hughes (44), Paul Bagan (73) & James Dawson (118)

7 MOSSLEY HILL AC 279

Roy Hughes (45), Dominic Cooper (75), Anthony Cassidy (76) & Allan Lawson (83)

8 PRESTATYN RUNNING CLUB 303

Gordon Jones (30), Alex Ryder (59), George Nicholls (60) & Matthew Smith (154)

9 BLACKPOOL WYRE & FYLDE AC 329

Liam Craine (12), David Williamson (37), Ian Dawson (51) & Derek Crane (229)

10 WIGAN HARRIERS & AC 347

Howard Avery (11), Mike Harris (62), Colin McEvoy (105) & Chris Kinsella (169)

11 KNOWSLEY HARRIERS AC 351

James Thompson (9), Robert Kelly (41), Nathan Parry (143) & Gavin Parry (158)

12 WARRINGTON ROAD RUNNERS 407

Tom Greaves (58), Andrew Dalton (82), Russ Platt (130) & Luke Potts (137)

13 LIVERPOOL RUNNING CLUB 419

Gary English (39), David Lawton (102), Christopher Burrows (108) & Jonathan Fisher (170)

14 STOCKPORT HARRIERS 430

Andy Fowler (89), Jason George (99), Ian Mulligan (106) & Matthew Given (136)

15 WARRINGTON RUNNING CLUB 556

George Gaskell (115), Nathan Ashurst (134), Dan Dunbabin (140) & Ben North (167)

16 MANCHESTER YMCA HARRIERS 592

Richard Brierley (35), Rob Kedian (80), Mike O'Brien (235) & James Gu (242)

17 WARRINGTON ROAD RUNNERS 607

Neil Cliffe (142), Alan Grehan (147), Will Charles (157) & Steven Nokes (161)

18 STOCKPORT HARRIERS 680

David Chrystie-Lowe (155), Tony Park (159), Andy Melvin (173) & Jeremy Woodham (193)

19 KIRKBY MILERS 705

Ian Moran (13), David Edwards (43), Joseph Chedgzoy (113) & Andrew Amos (536)

20 MOSSLEY HILL AC 725

Anthony Metcalfe (85), Ian Williams (128), Colin Sefton (223) & Alan Spinks (289)

21 LYMM RUNNERS 745

Phil Rowen (121), Ian Pike (175), Mark Howarth (185) & Jamie Bradbury (264)

22 ALTRINCHAM & DISTRICT AC 785

Dave Ainsworth (64), Graham Harrison (131), Colin Davies (239) & Mansel Pope (351)

23 WILMSLOW RUNNING CLUB 834

Paul Norris (109), Christian Hook (124), Geoff Gilbert (205) & Simon Fenton (396)

24 WARRINGTON ROAD RUNNERS 847

Jim Haddock (180), John Walsh (195), Kevin Gillibrand (231) & Martin Catterall (241)

25 WARRINGTON RUNNING CLUB 852

Brian Hall (177), Colin Whittingham (183), William Halliday (240) & Ben Bailey (252)

26 CHORLTON RUNNERS 988

Oliver Wallace (18), Ross Murdoch (166), Jamie Barry (320) & Robert Sargant (484)

27 SOUTH CHESHIRE HARRIERS 1018

Paul Hancock (40), Shane Finney (178), Jim Kelleher (342) & Mark Taylor (458)

28 PENNY LANE STRIDERS 1063

Michelle King (151), Stephen Pemberton (192), Michael O'Rourke (307) & Michael Sharkey (413)

29 ST HELENS STRIDERS 1077

Danny Fegan (133), Matthew Swann (236), Neil Rigby (321) & Tom Towey (387)

30 Bramhall Runners 1090

Simon Gebbett (107), Phil Heaword (225), Joseph Connor (256) & Andy Turner (502)

31 WINSTON RUNNERS 1093

Krzysztof Zacharski (114), Paul Lockett (214), Anthony Fairclough (291) & Michael Thompstone (474)

32 WARRINGTON RUNNING CLUB 1100

Mark Green (253), Stuart Repon-Ness (272), Chris Short (279) & Stefano Cossu (296)

33 LIVERPOOL RUNNING CLUB 1203

Colin Oxley (237), Phil O'Rourke (260), George McCann (302) & Steve Smith (404)

34 SANDBACH STRIDERS 1280

Andy Thomas (100), Tom Mayall (261), Andrew Gibson (450) & Denis Culloty (469)

35 KNOWSLEY HARRIERS AC 1327

Alan Spencer (213), Alexander Bentley (316), Chris Wills (395) & Peter Hamlett (403)

36 FYLDE COAST RUNNERS 1335

Simon Croft (21), Dave Fitzgerald (345), Hugh McLay (479) & Dewi Griffiths (490)

37 WARRINGTON RUNNING CLUB 1346

Andy Walker (303), Graham Cheers (315), Mark Bell (317) & John Fitzpatrick (411)

38 MOSSLEY HILL AC 1369

Christopher McElroy (309), Thomas Clarke (330), Ian Pinnington (364) & Gregory Hope (366)

39 WARRINGTON RUNNING CLUB 1901

John Millington (440), Paul Ritchie (467), Martin Williams (489) & Neil Peacock (505)

Corporate Team Challenge

NNL 2211

David Williamson (39), Emma Vernon (665), Martin Hayes (712) & Hazel MacHin (795)

Fun run

This fun run takes place as part of the same event as the Birchwood 10k Road Race.

The fun run is about 1 mile (2k) and is not accurately measured.

Pos	Time	Name	Club	Category	RaceNo
1	7:29	FLATTERS, Matthew	Horwich RMI Harriers	Boy 11-15	1414
2	8:56	CANN, Marcus	Handforth AC	Boy U11	1427
3	9:28	MALONE, Riley		Boy U11	1408
4	9:30	MADEW, Anthony		Boy U11	1401
5	9:54	ROBERTS, Freddie		Boy U11	1432
6	10:04	KENNARD, Abigail	Black Country Tri	Girl U11	1411
7	10:07	SHAKESPEARE, Harley		Boy U11	1413
8	10:07	HUDSON, Robin		Adult male	1416
9	10:23	LEIGH, Oscar		Boy 11-15	1424
10	10:31	MORAN, Connie	Kirkby Milers AC	Girl U11	1425
11	10:52	WELSBY, Thomas		Boy U11	1429
12	10:54	NORVISS, Dominiks		Boy U11	1410
13	11:39	CLARK, Tommy-Jay		Boy 11-15	1415
14	11:39	SHAKESPEARE, Ellen Louise		Adult female	1412
15	11:55	QUINE, Matthew		Boy U11	1409
16	12:27	SHARMAN, Gabriela		Girl U11	1435
17	13:41	ROWBOTTOM, Daniel		Boy U11	1421
18	14:45	GULBICKA, Daria		Girl U11	1402
19	14:48	MCCUBBIN, Kayleigh		Girl U11	1433
20	14:52	LEIGH, Minnie		Girl U11	1423
21	14:55	WILKINSON, Nicole		Girl U11	1406
22	15:02	HULSE, Rebecca		Girl 11-15	1431
23	15:23	JONES, Sarah	Dragon's RC (Sale)	Adult female	1418
24	15:26	KEEFE, Sofia		Girl U11	1419
25	15:31	HULSE, Katie		Girl U11	1430
26	15:37	BETTS, Ben		Boy U11	1420
27	15:40	BLIZZARD, Alfie		Boy U11	1417
28	15:40	ROWBOTTOM, Nicola		Adult female	1422
29	15:45	MCELROY, Alexander		Boy U11	1426
30	16:17	MCMAHON, Henry		Boy U11	1428
31	16:45	PICKAVANCE, Rebecca		Girl U11	1405
32	16:45	PICKAVANCE, Kirsty		Girl U11	1404
33	16:45	PICKAVANCE, Stephen	St Helens Striders	Adult male	1403
34	18:00	HAMER, Evie		Girl U11	1437
35	18:36	BENSON, Melissa		Girl U11	1436
36	20:08	WILKINSON, Annabel		Girl U11	1407