

Birchwood Brook 5k Results 2017

5k Individual Results

Pos	Time	Name	Club	Category	Mins/km	Race Number
1	0:16:57	STANFORD, Chris	Warrington Tri	Male Senior	03:23.4	75
2	0:17:12	TAYLOR, Matthew	South Cheshire Harriers	Male Senior	03:26.4	640
3	0:17:19	AINSWORTH, James	Vale Royal AC	Male Vet 40	03:27.8	622
4	0:17:24	HARRINGTON, Michael	Vale Royal AC	Male Vet 45	03:28.8	90
5	0:17:25	WATMOUGH, Stephen	Warrington AC	Male Vet 50	03:29.0	606
6	0:17:25	MATUSZCAK, Kristan	Altrincham & District AC	Male Senior	03:29.0	79
7	0:17:28	HUGHES, Lee	Lymm Runners	Male Vet 40	03:29.6	19
8	0:17:36	MILLS, Thomas	Warrington AC	Male Senior	03:31.2	131
9	0:17:46	LAWLOR, Tony	Knowsley Harriers	Male Vet 50	03:33.2	632
10	0:17:52	DAVIES, Brian		Male Vet 55	03:34.4	105
11	0:18:01	CHRISTIAN, Martin	Kirkby Milers	Male Vet 45	03:36.2	636
12	0:18:14	ROWLAND, Callan		Male Junior	03:38.8	639
13	0:18:25	WHITTINGHAM, Andrew	Wilmslow RC	Male Vet 45	03:41.0	107
14	0:18:36	MORRIS, Trevor	Wilmslow RC	Male Vet 55	03:43.2	116
15	0:18:50	HURFURT, Gareth	Hyde Village Striders	Male Vet 45	03:46.0	641
16	0:18:52	MCGING, Kieran		Male Senior	03:46.4	645
17	0:18:53	BURKE, Anthony	Lymm Runners	Male Vet 45	03:46.6	110
18	0:19:02	HOUGHTON, Mike	Spectrum Striders	Male Vet 45	03:48.4	7
19	0:19:07	ORFORD, Ian	St Helens Tri	Male Senior	03:49.4	612
20	0:19:08	DUNBAR, Kevin	St Helens Tri	Male Senior	03:49.6	610
21	0:19:29	LINDSEY, Ashley	Sale Harriers Mchr	Male Vet 45	03:53.8	118
22	0:19:38	COLES, Matthew	Spectrum Striders	Male Senior	03:55.6	11
23	0:19:40	OGDEN, Stanley	Spectrum Striders	Male Vet 55	03:56.0	4
24	0:19:55	HAINES, David	Vale Royal AC	Male Vet 45	03:59.0	113
25	0:19:58	WILLIAMS, James	Lymm Runners	Male Vet 40	03:59.6	52
26	0:19:58	ATKINSON, Gareth		Male Vet 45	03:59.6	609
27	0:19:59	HATTON, Chris	Lymm Runners	Male Senior	03:59.8	94
28	0:20:00	KNOCKTON, Alistair	Macclesfield Harriers	Male Vet 50	04:00.0	627
29	0:20:12	MASON, Paul	Wigan Harriers	Male Vet 40	04:02.4	648
30	0:20:18	HOUGHTON, Jennifer	Kirkby Milers	Female Senior	04:03.6	635
31	0:20:20	DAY, Kenneth	Kirkby Milers	Male Senior	04:04.0	34
32	0:20:21	GASKELL, Andy	Spectrum Striders	Male Vet 45	04:04.2	642
33	0:20:25	ROBINSON, Lauren	Macclesfield Harriers	Female Junior	04:05.0	117
34	0:20:28	WOMACK, Mike	Lymm Runners	Male Senior	04:05.6	41
35	0:20:30	FEGAN, Danny	St Helens Striders	Male Vet 50	04:06.0	48
36	0:20:51	SANDERSON, Matt	Warrington Running Club	Male Vet 40	04:10.2	97
37	0:20:56	FLETCHER, Jane	Manchester Frontrunners	Female Vet 35	04:11.2	76
38	0:21:06	JONES, Tracey	Dragon's RC (Sale)	Female Vet 35	04:13.2	25
39	0:21:12	BRADBURY, Jamie	Lymm Runners	Male Vet 40	04:14.4	133
40	0:21:13	VAUGHAN, David	Altrincham & District AC	Male Senior	04:14.6	59
41	0:21:14	BEARD, Chris	Vale Royal AC	Male Vet 45	04:14.8	132
42	0:21:14	DRASDO, Alison	Trafford AC	Female Vet 45	04:14.8	644
43	0:21:20	GAUNT, Duane	Sale Harriers Mchr	Male Senior	04:16.0	69
44	0:21:21	SCAMMELL, John	Lymm Runners	Male Vet 40	04:16.2	623
45	0:21:22	BRADY, Mike	Spectrum Striders	Male Vet 50	04:16.4	608
46	0:21:23	MILLS, Rebecca	Swinton RC	Female Vet 35	04:16.6	77
47	0:21:25	KNOCKTON, James	Macclesfield Harriers	Male Junior	04:17.0	628
48	0:21:27	NAVIS, David	St Helens Striders	Male Senior	04:17.4	602
49	0:21:28	CORDINGLEY, Beatrice	Sale Harriers Mchr	Female Senior	04:17.6	63
50	0:21:29	CORDINGLEY, Frank	Sale Harriers Mchr	Male Vet 55	04:17.8	61
51	0:21:31	BURNS, Nick		Male Vet 55	04:18.2	611

52	0:21:36	BROAD, Ellen	Spectrum Striders	Female Senior	04:19.2	35
53	0:21:45	DAWSON, Jim	Lymm Runners	Male Vet 50	04:21.0	64
54	0:21:46	CORDINGLEY, Jackie	Sale Harriers Mchr	Female Vet 55	04:21.2	62
55	0:21:47	KYRIACOU, Sam	Macclesfield Harriers	Female Junior	04:21.4	67
56	0:21:48	BASNETT, Paul	Astley & Tyldesley RR	Male Vet 45	04:21.6	46
57	0:21:49	LEES, Jane	Spectrum Striders	Female Vet 45	04:21.8	634
58	0:21:52	BEARD, Danielle	Altrincham & District AC	Female Vet 35	04:22.4	58
59	0:21:53	SPENCER, Alan	Knowsley Harriers	Male Vet 55	04:22.6	618
60	0:21:53	MCHARRY, Rob	Spectrum Striders	Male Vet 50	04:22.6	66
61	0:22:03	SPENCER, Julian	Spectrum Striders	Male Vet 55	04:24.6	1
62	0:22:09	LOTT, Joanne	Trafford AC	Female Vet 50	04:25.8	126
63	0:22:11	WALKER, Georgina	Lymm Runners	Female Vet 40	04:26.2	98
64	0:22:14	ASHURST, Nathan	Warrington Running Club	Male Senior	04:26.8	651
65	0:22:15	WYMER, Michael	Sale Harriers Mchr	Male Vet 40	04:27.0	71
66	0:22:17	ROBERTS, Alex	Spectrum Striders	Male Junior	04:27.4	646
67	0:22:23	GARRISON, Andrew		Male Senior	04:28.6	637
68	0:22:28	GARNETT, Andy	Spectrum Striders	Male Vet 60	04:29.6	2
69	0:22:32	EHLEN, Brad	Northwich Running Club	Male Vet 45	04:30.4	83
70	0:22:36	REAGAN, Helen	Sale Harriers Mchr	Female Vet 45	04:31.2	42
71	0:22:45	PINNINGTON, David	Penny Lane Striders	Male Vet 55	04:33.0	37
72	0:22:56	FAULKNER, David	Lymm Runners	Male Vet 55	04:35.2	125
73	0:22:57	BATTERSBY, John	Sale Harriers Mchr	Male Vet 55	04:35.4	72
74	0:22:59	KINSMAN, Huw	Spectrum Striders	Male Senior	04:35.8	23
75	0:23:02	HARRISON, Anthony	Winston Runners	Male Vet 50	04:36.4	56
76	0:23:05	HOWE, Joan M	Trafford AC	Female Vet 60	04:37.0	134
77	0:23:16	ROBERTS, Eleanor	Spectrum Striders	Female Vet 50	04:39.2	29
78	0:23:19	CONNOR, Joseph	Bramhall Runners	Male Senior	04:39.8	10
79	0:23:22	EDWARDS, Joanne	Vale Royal AC	Female Vet 50	04:40.4	130
80	0:23:27	SHAW, Geoff	Helsby RC	Male Vet 60	04:41.4	91
81	0:23:28	HALL, Mike	Spectrum Striders	Male Vet 55	04:41.6	603
82	0:23:30	HAMPTON, Katie		Female Senior	04:42.0	650
83	0:23:40	MOSS, Nina	Macclesfield Harriers	Female Senior	04:44.0	121
84	0:23:47	RUSSELL, Alison	Spectrum Striders	Female Senior	04:45.4	621
85	0:23:49	SANDERSON, Sue	Warrington Running Club	Female Vet 45	04:45.8	624
86	0:24:00	LOMAX, Jayne	Vale Royal AC	Female Vet 50	04:48.0	49
87	0:24:01	HOUGHTON, John		Male Vet 55	04:48.2	505
88	0:24:06	CHAMBERS, Barry	Vale Royal AC	Male Vet 65	04:49.2	14
89	0:24:14	WALKER, Angela	Lymm Runners	Female Vet 35	04:50.8	39
90	0:24:20	DODD, Mark	Ellesmere Port RC	Male Vet 40	04:52.0	106
91	0:24:24	NEARY, Yvonne		Female Vet 50	04:52.8	339
92	0:24:35	BEATTIE, Geoffrey	Sale Harriers Mchr	Male Vet 60	04:55.0	73
93	0:24:37	MADDOCKS, Joanna	Lymm Runners	Female Vet 35	04:55.4	643
94	0:24:42	MCCLELLAND, Jenny	Lymm Runners	Female Vet 45	04:56.4	38
95	0:24:45	RAFFEL, Alistair	Spectrum Striders	Male Vet 60	04:57.0	51
96	0:24:47	ROGERS, Rosemary	West Cheshire AC	Female Vet 65	04:57.4	44
97	0:24:51	MILLS, Bridget		Female Senior	04:58.2	619
98	0:24:59	THOMPSON, Dave	Spectrum Striders	Male Vet 60	04:59.8	3
99	0:25:04	TOMKINS, Dave	Northern Vets AC	Male Vet 70	05:00.8	93
100	0:25:04	STAUNTON, Hayley	Warrington Running Club	Female Senior	05:00.8	649
101	0:25:09	GIBBONS, Andy	Bingley Harriers	Male Senior	05:01.8	626
102	0:25:13	HANKINSON, Joanna		Female Vet 35	05:02.6	625
103	0:25:32	BABA, Caroline	Manchester Harriers & AC	Female Vet 35	05:06.4	54
104	0:25:35	HOWELL, Graham	Liverpool Harriers	Male Vet 65	05:07.0	68
105	0:25:37	HARKNESS, Gemma	St Helens Striders	Female Vet 35	05:07.4	616
106	0:25:42	MCCORMICK, Fechin	Sale Harriers Mchr	Male Vet 65	05:08.4	127
107	0:25:46	FENTON, Simon	Wilmslow RC	Male Vet 70	05:09.2	31
108	0:26:01	PICKFORD, Chris	Lymm Runners	Male Vet 55	05:12.2	87
109	0:26:04	LINDSEY, Ruth	Sale Harriers Mchr	Female Vet 35	05:12.8	129
110	0:26:04	BRADLEY, Michael	Spectrum Striders	Male Vet 60	05:12.8	620

111	0:26:07	O'BRIEN, Mick	Knowsley Harriers	Male Vet 45	05:13.4	617
112	0:26:36	HACKETT, Simon	Lymm Runners	Male Vet 55	05:19.2	103
113	0:26:38	SPRINGALL, Stephen	Spectrum Striders	Male Vet 50	05:19.6	95
114	0:26:44	LEIGH, Janice	Spectrum Striders	Female Vet 50	05:20.8	47
115	0:26:44	DRAPER, Stephen		Male Vet 60	05:20.8	604
116	0:26:48	PERCHARD, Mike		Male Vet 60	05:21.6	120
117	0:27:19	CHINEA, Jane	Lymm Runners	Female Vet 50	05:27.8	8
118	0:27:25	HAINES, Jill	Vale Royal AC	Female Vet 45	05:29.0	115
119	0:27:29	DOOLEY, John P	Spectrum Striders	Male Vet 65	05:29.8	13
120	0:27:38	ARBER, Carolyn	Spectrum Striders	Female Vet 55	05:31.6	638
121	0:27:41	LAXTON, David		Male Vet 55	05:32.2	633
122	0:28:31	SELLERS, Thomas	Lymm Runners	Male Vet 40	05:42.2	9
123	0:28:43	OWEN, Linda	Spectrum Striders	Female Vet 55	05:44.6	615
124	0:28:56	MEARS, Dave		Male Vet 45	05:47.2	109
125	0:29:41	COLES, Terry	Spectrum Striders	Male Vet 70	05:56.2	12
126	0:29:48	COOPER, Amy	Lymm Runners	Female Senior	05:57.6	85
127	0:29:50	TEDFORD, Andrew	Lymm Runners	Male Senior	05:58.0	137
128	0:30:00	HACKETT, Karen		Female Vet 50	06:00.0	104
129	0:30:11	SHAW, Janet	Helsby RC	Female Vet 60	06:02.2	92
130	0:30:31	RUDGE, Hayley	Lymm Runners	Female Senior	06:06.2	112
131	0:31:15	FAIRHURST, Joanne	Wigan A C	Female Vet 40	06:15.0	647
132	0:31:28	DUNBAR, Ian	Spectrum Striders	Male Vet 60	06:17.6	15
133	0:34:00	SPRINGALL, Diane	Spectrum Striders	Female Vet 50	06:48.0	96
134	0:36:17	SINCLAIR, Teresa	Winston Runners	Female Vet 55	07:15.4	57
135	0:36:18	CARLETON, Margaret	Winston Runners	Female Vet 60	07:15.6	60
136	0:38:30	HESKETH, Philomena		Female Vet 60	07:42.0	16

Ladies Team Results

#	Club	Cat Pos	Cat Time	Name	Category	Race No	Race Pos
1	Sale Harriers Mchr	7	0:21:28	CORDINGLEY, Beatrice	Female Senior	63	49
		9	0:21:46	CORDINGLEY, Jackie	Female Vet 55	62	54
		15	0:22:36	REAGAN, Helen	Female Vet 45	42	70
	Team Score	31					
2	Macclesfield Harriers	2	0:20:25	ROBINSON, Lauren	Female Junior	117	33
		10	0:21:47	KYRIACOU, Sam	Female Junior	67	55
		20	0:23:40	MOSS, Nina	Female Senior	121	83
	Team Score	32					
3	Trafford AC	5	0:21:14	DRASDO, Alison	Female Vet 45	644	42
		13	0:22:09	LOTT, Joanne	Female Vet 50	126	62
		16	0:23:05	HOWE, Joan M	Female Vet 60	134	76
	Team Score	34					
4	Spectrum Striders	8	0:21:36	BROAD, Ellen	Female Senior	35	52
		11	0:21:49	LEES, Jane	Female Vet 45	634	57
		17	0:23:16	ROBERTS, Eleanor	Female Vet 50	29	77
	Team Score	36					

5	Lymm Runners	14	0:22:11	WALKER, Georgina	Female Vet 40	98	63
		24	0:24:14	WALKER, Angela	Female Vet 35	39	89
		26	0:24:37	MADDOCKS, Joanna	Female Vet 35	643	93
		Team Score	64				
6	Vale Royal AC	18	0:23:22	EDWARDS, Joanne	Female Vet 50	130	79
		23	0:24:00	LOMAX, Jayne	Female Vet 50	49	86
		37	0:27:25	HAINES, Jill	Female Vet 45	115	118
		Team Score	78				
7	Spectrum Striders	21	0:23:47	RUSSELL, Alison	Female Senior	621	84
		35	0:26:44	LEIGH, Janice	Female Vet 50	47	114
		38	0:27:38	ARBER, Carolyn	Female Vet 55	638	120
		Team Score	94				
8	Lymm Runners	27	0:24:42	MCCLELLAND, Jenny	Female Vet 45	38	94
		36	0:27:19	CHINEA, Jane	Female Vet 50	8	117
		40	0:29:48	COOPER, Amy	Female Senior	85	126
		Team Score	103				

Mens Team Results

#	Club	Cat Pos	Cat Time	Name	Category	Race No	Race Pos
1	Vale Royal AC	3	0:17:19	AINSWORTH, James	Male Vet 40	622	3
		4	0:17:24	HARRINGTON, Michael	Male Vet 45	90	4
		24	0:19:55	HAINES, David	Male Vet 45	113	24
		37	0:21:14	BEARD, Chris	Male Vet 45	132	41
		Team Score	65				
2	Lymm Runners	7	0:17:28	HUGHES, Lee	Male Vet 40	19	7
		17	0:18:53	BURKE, Anthony	Male Vet 45	110	17
		25	0:19:58	WILLIAMS, James	Male Vet 40	52	25
		27	0:19:59	HATTON, Chris	Male Senior	94	27
		Team Score	69				
3	Spectrum Striders	18	0:19:02	HOUGHTON, Mike	Male Vet 45	7	18
		22	0:19:38	COLES, Matthew	Male Senior	11	22
		23	0:19:40	OGDEN, Stanley	Male Vet 55	4	23
		31	0:20:21	GASKELL, Andy	Male Vet 45	642	32
		Team Score	76				
4	Lymm Runners						

	32	0:20:28	WOMACK, Mike	Male Senior	41	34
	35	0:21:12	BRADBURY, Jamie	Male Vet 40	133	39
	39	0:21:21	SCAMMELL, John	Male Vet 40	623	44
	45	0:21:45	DAWSON, Jim	Male Vet 50	64	53
Team Score	119					
5 Sale Harriers Mchr						
	21	0:19:29	LINDSEY, Ashley	Male Vet 45	118	21
	38	0:21:20	GAUNT, Duane	Male Senior	69	43
	43	0:21:29	CORDINGLEY, Frank	Male Vet 55	61	50
	51	0:22:15	WYMER, Michael	Male Vet 40	71	65
Team Score	132					
6 Spectrum Striders						
	40	0:21:22	BRADY, Mike	Male Vet 50	608	45
	48	0:21:53	MCHARRY, Rob	Male Vet 50	66	60
	49	0:22:03	SPENCER, Julian	Male Vet 55	1	61
	52	0:22:17	ROBERTS, Alex	Male Junior	646	66
Team Score	149					
7 Spectrum Striders						
	54	0:22:28	GARNETT, Andy	Male Vet 60	2	68
	59	0:22:59	KINSMAN, Huw	Male Senior	23	74
	63	0:23:28	HALL, Mike	Male Vet 55	603	81
	68	0:24:45	RAFFEL, Alistair	Male Vet 60	51	95
Team Score	190					
8 Lymm Runners						
	57	0:22:56	FAULKNER, David	Male Vet 55	125	72
	75	0:26:01	PICKFORD, Chris	Male Vet 55	87	108
	78	0:26:36	HACKETT, Simon	Male Vet 55	103	112
	84	0:28:31	SELLARS, Thomas	Male Vet 40	9	122
Team Score	237					
9 Spectrum Striders						
	69	0:24:59	THOMPSON, Dave	Male Vet 60	3	98
	76	0:26:04	BRADLEY, Michael	Male Vet 60	620	110
	79	0:26:38	SPRINGALL, Stephen	Male Vet 50	95	113
	82	0:27:29	DOOLEY, John P	Male Vet 65	13	119
Team Score	237					