

North Cheshire 5k Grand Prix 2003

F	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	NABILAH SALIHI	SPECTRUM STRIDERS	00:00:00	00:19:59	00:20:03	00:20:09	00:20:03	01:20:14	4	00:20:04
	Christine Carrier	UNATTACHED	00:20:43	00:19:55	00:00:00	00:20:33	00:21:15	01:22:26	4	00:20:37
	SAMANTHA CHARMAN	HELSBY R.C.	00:22:41	00:22:04	00:22:01	00:21:52	00:21:46	01:27:43	5	00:21:56
F35	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	ALISON HARTOPP	MACCLESFIELD H.	00:19:19	00:18:49	00:18:31	00:18:37	00:00:00	01:15:16	4	00:18:49
F40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	KAREN BUTLER	SALE HARRIERS	00:20:35	00:20:09	00:19:55	00:20:15	00:20:06	01:20:25	5	00:20:06
	LINDA OWEN	SPECTRUM STRIDERS	00:23:23	00:22:21	00:22:07	00:22:54	00:00:00	01:30:45	4	00:22:41
	FIONA LAMB	MIDDLETON HARRIERS	00:25:27	00:24:55	00:24:38	00:00:00	00:24:55	01:39:55	4	00:24:59
	STEPHANIE CHARMAN	HELSBY R.C.	00:25:22	00:25:24	00:25:20	00:25:16	00:25:20	01:41:18	5	00:25:20
M	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	RICHARD WARD	BELGRAVE HARRIERS	00:15:26	00:15:06	00:15:03	00:15:14	00:00:00	01:00:49	4	00:15:12
	KEN CHAPMAN	SALFORD HARRIERS	00:16:03	00:15:30	00:15:06	00:00:00	00:15:39	01:02:18	4	00:15:34
	ANDREW CRESSWELL	SPECTRUM STRIDERS	00:17:35	00:16:52	00:17:01	00:00:00	00:17:27	01:08:55	4	00:17:14
	ANDREW LAMONT	MACCLESFIELD H.	00:17:39	00:00:00	00:17:08	00:17:08	00:17:03	01:08:58	4	00:17:15
	MIKE HOUGHTON	SPECTRUM STRIDERS	00:19:29	00:18:49	00:18:30	00:00:00	00:18:49	01:15:37	4	00:18:54
	MIKE ASHBY	UNATTACHED	00:19:36	00:00:00	00:18:47	00:18:23	00:20:21	01:17:07	4	00:19:17
	DAVID JUMP	UNATTACHED	00:20:58	00:00:00	00:21:00	00:20:33	00:20:32	01:23:03	4	00:20:46
	ANDY AULT	UNATTACHED	00:24:59	00:23:16	00:23:27	00:21:53	00:22:03	01:30:39	5	00:22:40
M40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	JULIAN SPENCER	SPECTRUM STRIDERS	00:18:13	00:17:26	00:17:33	00:00:00	00:17:52	01:11:04	4	00:17:46
	JIM CAUL	UNATTACHED	00:00:00	00:25:45	00:24:39	00:23:08	00:21:32	01:35:04	4	00:23:46

M45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	CHRIS WILSON	SALE HARRIERS	00:18:33	00:17:30	00:17:33	00:18:03	00:00:00	01:11:39	4	00:17:55
	JOHN PARROTT	STOCKPORT HARRIERS	00:19:14	00:18:28	00:18:22	00:18:52	00:18:45	01:14:27	5	00:18:37
	MIKE CUTLER	SOUTH CHESHIRE HARR.	00:19:02	00:18:21	00:18:34	00:19:31	00:18:50	01:14:47	5	00:18:42
	CHRIS BRIERLEY	NORTHERN VETS	00:19:51	00:19:15	00:19:02	00:00:00	00:19:25	01:17:33	4	00:19:23
	JOHN PERCIVAL	ROAD RUNNERS CLUB	00:20:19	00:19:57	00:19:45	00:20:27	00:20:26	01:20:27	5	00:20:07
M50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	DAVID GEE	MANCHESTER HARRIERS	00:16:32	00:16:13	00:16:22	00:16:41	00:16:33	01:05:40	5	00:16:25
	KEN BURGESS	Altrincham & DAC	00:19:26	00:19:17	00:19:09	00:19:21	00:19:22	01:17:09	5	00:19:17
	COLIN DAVIES	Altrincham & DAC	00:19:49	00:19:21	00:19:21	00:19:42	00:19:29	01:17:53	5	00:19:28
	MAURICE HOPKINSON	NORTHERN VETS	00:21:40	00:21:14	00:21:05	00:21:32	00:21:02	01:24:53	5	00:21:13
	JOHN DOOLEY	SPECTRUM STRIDERS	00:00:00	00:21:41	00:21:07	00:21:42	00:21:41	01:26:11	4	00:21:33
	BILL MANSLEY	SPECTRUM STRIDERS	00:24:24	00:23:31	00:24:31	00:23:42	00:23:40	01:35:17	5	00:23:49
	Neville Jones	WARRINGTON A.C.	00:23:30	00:24:11	00:00:00	00:23:50	00:27:49	01:39:20	4	00:24:50