

North Cheshire 5k Grand Prix 2004

F	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Helen Whitby	Vale Royal	00:19:34	00:19:42	00:19:17	00:19:35	00:19:27	01:17:53	5	00:19:28
	Nicky Archer	Vale Royal	00:20:06	00:19:55	00:19:49	00:20:11	00:19:41	01:19:31	5	00:19:53
	Nabilah Salihi	Spectrum Striders	00:00:00	00:19:40	00:20:06	00:19:49	00:19:59	01:19:34	4	00:19:54
	Heather Timmins	Warrington A.C.	00:20:13	00:20:05	00:00:00	00:19:45	00:20:08	01:20:11	4	00:20:03
	Christine Carter	Unattached	00:37:43	00:27:27	00:28:03	00:27:01	00:27:27	01:49:58	5	00:27:29
F45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Anne Pugh	Altrincham	00:19:15	00:18:56	00:18:47	00:19:07	00:00:00	01:16:05	4	00:19:01
	Jackie Cordingley	Sale Harriers Manchester	00:21:07	00:00:00	00:20:37	00:20:37	00:20:40	01:23:01	4	00:20:45
	Michelle Kelly	Penny Lane Striders	00:22:52	00:00:00	00:22:54	00:23:04	00:23:16	01:32:06	4	00:23:02
	Alison Doyle	Northern Vets	00:32:24	00:31:52	00:32:49	00:31:41	00:32:35	02:08:32	5	00:32:08
M	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Tim Dickinson	Blackheath Harriers	00:15:36	00:00:00	00:15:11	00:15:18	00:15:10	01:01:15	4	00:15:19
	Rick Hayman	Sale Harriers Manchester	00:15:45	00:15:28	00:15:13	00:15:28	00:15:32	01:01:41	5	00:15:25
	Ian Wetherall	Sale Harriers Manchester	00:16:06	00:15:48	00:15:56	00:15:55	00:00:00	01:03:45	4	00:15:56
	Ian Bamber	Spectrum Striders	00:16:26	00:16:09	00:16:05	00:16:17	00:00:00	01:04:57	4	00:16:14
	Adrian Timmins	Warrington A.C.	00:20:13	00:16:22	00:16:34	00:16:47	00:17:20	01:07:03	5	00:16:46
	Michael Timmins	Warrington A.C.	00:17:39	00:16:59	00:17:21	00:17:33	00:18:01	01:09:32	5	00:17:23
	Andy Ault	Vale Royal	00:18:24	00:18:25	00:17:53	00:18:22	00:00:00	01:13:04	4	00:18:16
	Mike Houghton	Spectrum Striders	00:19:00	00:18:27	00:18:28	00:18:45	00:18:56	01:14:36	5	00:18:39
	Danny Jump	Unattached	00:19:38	00:00:00	00:18:58	00:19:03	00:19:16	01:16:55	4	00:19:14
	Aron Myers	Sale Harriers Manchester	00:20:47	00:19:29	00:00:00	00:19:05	00:19:12	01:18:33	4	00:19:38
	Michael van Tender	Unattached	00:23:55	00:23:53	00:23:06	00:23:49	00:24:39	01:34:43	5	00:23:41
	Ian Redmond	Unattached	00:23:53	00:24:25	00:23:25	00:00:00	00:23:43	01:35:26	4	00:23:52
	Ian Parry	Unattached	00:23:44	00:00:00	00:23:44	00:24:36	00:23:40	01:35:44	4	00:23:56

M40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Bernie Jones	Wrexham	00:16:31	00:16:16	00:16:16	00:00:00	00:16:24	01:05:27	4	00:16:22
	Graham MacNeil	West Cheshire A.C.	00:16:35	00:16:34	00:16:13	00:00:00	00:16:34	01:05:56	4	00:16:29
	Paul Turner	Bolton United Harriers	00:17:28	00:17:30	00:17:07	00:17:24	00:17:51	01:09:29	5	00:17:22
	Michael Stores	Manchester Harriers	00:17:33	00:17:04	00:17:10	00:17:42	00:00:00	01:09:29	4	00:17:22
	John Kelly	Penny Lane Striders	00:17:26	00:00:00	00:16:56	00:18:49	00:17:42	01:10:53	4	00:17:43
	Julian Spencer	Spectrum Striders	00:18:00	00:17:31	00:17:28	00:00:00	00:18:02	01:11:01	4	00:17:45
	Neale Stephens	Warrington A.C.	00:18:14	00:18:01	00:18:06	00:18:16	00:00:00	01:12:37	4	00:18:09
	Dave Lovatt	Penny Lane Striders	00:18:50	00:18:09	00:17:55	00:18:00	00:00:00	01:12:54	4	00:18:14
	Tim Murphy	Northern Vets	00:18:21	00:18:20	00:18:23	00:18:38	00:19:00	01:13:42	5	00:18:26
	Chris Brierley	Northern Vets	00:19:22	00:19:07	00:19:02	00:19:14	00:19:12	01:16:35	5	00:19:09
	Tony Archer	Vale Royal	00:19:37	00:19:27	00:19:26	00:22:36	00:20:07	01:18:37	5	00:19:39
	Dave Burrell	Unattached	00:20:55	00:20:25	00:00:00	00:20:38	00:20:45	01:22:43	4	00:20:41
M50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	David Gee	Manchester Harriers	00:17:20	00:16:50	00:17:05	00:17:13	00:17:23	01:08:28	5	00:17:07
	Paul Crain	Sale Harriers Manchester	00:19:15	00:00:00	00:18:46	00:19:00	00:19:00	01:16:01	4	00:19:00
	Colin Davies	Altrincham	00:00:00	00:20:03	00:20:12	00:20:23	00:20:17	01:20:55	4	00:20:14
M60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Ken Burgess	Altrincham	00:19:42	00:19:07	00:19:40	00:19:40	00:19:27	01:17:54	5	00:19:28
	Derek Walton	Altrincham	00:20:44	00:00:00	00:20:25	00:20:32	00:20:42	01:22:23	4	00:20:36
	Mike Brooks	Altrincham	00:20:37	00:20:12	00:20:22	00:21:12	00:00:00	01:22:23	4	00:20:36
	Alan Rydout	Altrincham	00:21:43	00:21:08	00:20:53	00:21:25	00:21:56	01:25:09	5	00:21:17