

North Cheshire 5k Grand Prix 2005

F	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Nicky Archer	Vale Royal	00:00:00	00:18:31	00:18:24	00:18:47	00:18:59	01:14:41	4	00:18:40
	Heather Timmins	Warrington A.C.	00:21:30	00:00:00	00:18:52	00:18:51	00:19:13	01:18:26	4	00:19:37
	Julia Eccleston	St Helens Sutton	00:21:15	00:20:45	00:20:14	00:21:42	00:20:49	01:23:03	5	00:20:46
	Julia Eccleston	St Helens Sutton	00:21:27	00:20:45	00:20:14	00:21:42	00:20:49	01:23:15	5	00:20:49
	Sandra Lewis	Unattached	00:23:26	00:23:08	00:22:15	00:22:41	00:00:00	01:31:30	4	00:22:53
F35	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Janet Robertson	Spectrum Striders	00:21:36	00:21:24	00:00:00	00:21:25	00:21:44	01:26:09	4	00:21:32
F45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Michelle Kelly	Penny Lane Striders	00:23:00	00:22:38	00:22:26	00:00:00	00:22:51	01:30:55	4	00:22:44
F50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Janet Redpath	Spectrum Striders	00:23:50	00:23:28	00:23:24	00:23:59	00:00:00	01:34:41	4	00:23:40
	Stephanie Charman	Helsby R.C.	00:24:39	00:23:47	00:23:31	00:24:16	00:24:31	01:36:05	5	00:24:01
	Alison Doyle	Northern Vets	00:34:03	00:32:41	00:33:10	00:33:58	00:00:00	02:13:52	4	00:33:28
	Wendy Waters	Spectrum Striders	00:22:38	02:22:22	00:22:16	00:22:10	00:00:00	03:29:26	4	00:52:22

M	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Rick Hayman	Sale Harriers Manchester	00:15:29	00:15:29	00:15:11	00:15:21	00:00:00	01:01:30	4	00:15:23
	Paul Smith	Altrincham	00:15:46	00:00:00	00:15:33	00:15:29	00:15:50	01:02:38	4	00:15:40
	Michael Timmins	Warrington A.C.	00:16:25	00:16:22	00:00:00	00:16:25	00:16:53	01:06:05	4	00:16:31
	Adrian Timmins	Warrington A.C.	00:16:54	00:16:17	00:16:15	00:00:00	00:16:45	01:06:11	4	00:16:33
	Liam Thompson	Spectrum Striders	00:00:00	00:17:45	00:17:12	00:17:19	00:17:35	01:09:51	4	00:17:28
	Roderick Johnstone	Warrington Road Runners	00:17:49	00:17:25	00:17:37	00:00:00	00:17:39	01:10:30	4	00:17:38
	Ian Costello	Warrington A.C.	00:00:00	00:17:50	00:17:27	00:17:22	00:17:57	01:10:36	4	00:17:39
	Steve McLaughlin	Sale Harriers Manchester	00:00:00	00:17:40	00:17:22	00:17:50	00:17:52	01:10:44	4	00:17:41
	Mike Houghton	Spectrum Striders	00:18:53	00:18:37	00:18:16	00:18:25	00:18:52	01:14:10	5	00:18:33
	Stuart Andrew	Spectrum Striders	00:19:24	00:18:51	00:18:42	00:18:45	00:18:34	01:14:52	5	00:18:43
	Mark Freeman	Unattached	00:19:07	00:18:54	00:18:42	00:00:00	00:19:41	01:16:24	4	00:19:06
	Michael McCarthy	Unattached	00:00:00	00:21:32	00:20:40	00:21:02	00:20:52	01:24:06	4	00:21:02
	Nigel D'Arcy	Unattached	00:21:13	00:21:17	00:20:59	00:21:12	00:00:00	01:24:41	4	00:21:10
	Richard Keeling	Vale Royal	00:22:03	00:00:00	00:21:30	00:21:20	00:21:48	01:26:41	4	00:21:40
	Dan Wood	Spectrum Striders	00:00:00	00:23:47	00:22:51	00:23:21	00:24:10	01:34:09	4	00:23:32

M40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Nigel Grant	Penny Lane Striders	00:17:16	00:00:00	00:17:00	00:17:16	00:17:20	01:08:52	4	00:17:13
	Mark Thornley	Vale Royal	00:17:28	00:17:23	00:17:06	00:17:16	00:17:35	01:09:13	5	00:17:18
	Keith Brown	Warrington A.C.	00:19:44	00:19:00	00:19:03	00:19:21	00:19:07	01:16:31	5	00:19:08
	Dave Burrell	Unattached	00:19:59	00:00:00	00:19:23	00:19:43	00:19:55	01:19:00	4	00:19:45

M45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Nick Bishop	Wilmslow R.C.	00:17:20	00:17:06	00:16:53	00:00:00	00:17:18	01:08:37	4	00:17:09
	Julian Spencer	Spectrum Striders	00:18:16	00:17:50	00:17:39	00:00:00	00:18:07	01:11:52	4	00:17:58
	Dave Lovatt	Penny Lane Striders	00:00:00	00:18:49	00:18:17	00:18:22	00:18:31	01:13:59	4	00:18:30
	John Parrott	Stockport	00:19:23	00:18:46	00:19:05	00:18:50	00:19:04	01:15:45	5	00:18:56
	John Battersby	Sale Harriers Manchester	00:19:13	00:00:00	00:18:36	00:18:57	00:19:24	01:16:10	4	00:19:03
	Richard Falshaw	Altrincham	00:21:04	00:21:03	00:20:05	00:19:54	00:00:00	01:22:06	4	00:20:32
	Mike Cutler	South Cheshire Harriers	00:22:06	00:21:14	00:00:00	00:21:01	00:20:58	01:25:19	4	00:21:20

M50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	David Gee	Manchester Harriers	00:16:59	00:16:53	00:16:46	00:16:42	00:16:59	01:07:20	5	00:16:50
	Peter Weatherhead	Wirral A.C.	00:18:56	00:18:44	00:18:14	00:18:26	00:00:00	01:14:20	4	00:18:35
	Steve Higgins	Unattached	00:26:42	00:26:32	00:26:42	00:26:46	00:27:00	01:46:42	5	00:26:41
M55	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Eric Gelshon	Mossley Hill	00:00:00	00:20:43	00:20:10	00:20:23	00:20:00	01:21:16	4	00:20:19
	David Redpath	Spectrum Striders	00:22:55	00:22:25	00:22:04	00:22:52	00:00:00	01:30:16	4	00:22:34
	Keith Fletcher	Altrincham	00:25:51	00:24:38	00:24:38	00:25:25	00:00:00	01:40:32	4	00:25:08
M60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Alan Peers	Spectrum Striders	00:21:26	00:20:23	00:20:29	00:21:31	00:21:58	01:23:49	5	00:20:57