

2006 North Cheshire 5k Grand Prix

Category	Name	Club	Dunham Massey 5k race 1	Hollins Green 5k	Bowdon 5k	Dunham Massey 5k race 2	Lymm 5k	No. races run	Mean 5k run time
Senior men	Tarus Elly	Salford Harriers	x	15:12	15:17	15:47	16:06	4	15:35
	Ciaran Fitzpatrick	Manchester Harriers	15:57	15:54	16:02		16:25	4	16:04
	Mark Walker	Unattached	19:54	x	19:26	19:41	20:11	4	19:48
	Rick Hayman	Sale Harriers Mchr	15:17	x	15:00	15:06	X	3	15:07
	Simon Mills	Sale Harriers Mchr	15:21	x	x	15:09	15:19	3	15:16
MV40	Graham McNeil	West Cheshire A.C.	16:39	16:22	16:10	16:40	16:40	5	16:30
	Gary Munslow	West Cheshire A.C.	17:50	17:38	17:30	x	17:53	3	23:37
MV45	Bernie Jones	Wrexham	16:45	16:52	16:41	x	17:31	4	16:57
	Colin Martin	Spectrum Striders	18:02	17:55	x	17:43	18:06	4	17:56
	Julian Spencer	Spectrum Striders	18:40	18:24	18:27	18:23	18:37	5	18:30
Mv50	David Gee	Manchester Harriers	17:05	16:55	17:00	17:02	17:07	5	17:01
	Andy Fitzpatrick	Manchester Harriers	17:33	17:12	16:55	x	17:27	4	17:16
	John Chaplin	Chorley Harriers	18:07	17:35	17:30	x	17:50	4	17:45
	Peter Maher	Vale Royal	17:58	17:39	17:44	17:45	x	4	17:46
Mv55	Rob McGall	Altrincham	19:29	19:31	19:09	18:53	19:42	5	19:20
	John Dooley	Spectrum Striders	x	20:50	20:29	20:41	21:33	4	20:53
	Dave Telford	Altrincham	18:23	18:26	18:22	x	x	3	18:23
Mv60	Mike Cunningham	Manchester Harriers	18:52	x	18:59	18:59	19:09	4	18:59
	Ken Burgess	Altrincham	19:38	19:34	19:11	19:28	19:28	5	19:27
	Alan Peers	Spectrum Striders	21:24	20:35	20:12	20:33	21:02	5	20:45
	Derek Walton	Altrincham	19:41	x	x	19:51	20:05	3	19:52
MJunior	Kieran Kinvig	Vale Royal	20:45	20:26	20:06	19:42	20:54	5	20:22
	Ciaran Fitzpatrick	Manchester Harriers	15:57	15:54	16:02	x	16:25	3	21:26
Fjunior	Corinne Kinvig	Vale Royal	22:13	23:59	22:26	22:04	x	4	22:40
	Heather Timmins	Warrington AC	x	18:13	18:33	x	19:21	3	18:42
S Women	Jenny Knass	Stockport Harriers	00:18:48	x	00:18:38	00:18:33	00:18:41	4	18:40
	Vicky McKinnon	Manchester H	00:20:39	00:20:28	00:20:23	00:20:14		4	20:26
	Pauline Welsby	Spectrum Striders	00:22:26	00:22:37	00:22:29	00:21:44	00:22:34	4	27:58:00
	Alison Pye	Sale Harriers Mchr	00:20:00	x	00:19:51	00:19:48		3	19:53
LV35	Mandy Buckley	Spectrum Striders	00:27:39	00:27:15	00:27:47	00:26:49	x	4	27:23:00
LV40	Carol Shaw	Helsby RC	22:20	00:21:55	x	00:21:44	00:21:51	4	21:57
	Val Kinvig	Vale Royal	00:24:12	00:23:23	00:23:38	00:23:35	x	4	23:42
LV45	Clare Hawkes	Wirral AC	21:58	21:29	21:46	21:35	x	4	21:42
	Jack Thorn	Vale Royal	19:22	19:00	18:51	x	x	3	19:04
	Marian Martin	Spectrum Striders	20:06	19:43	x	19:39	x	3	19:49
	Michelle Kelly	Penny Lane Striders	23:09	x	22:39	x	23:19	3	23:02
LV50	Anne Pugh	Altrincham	19:32	19:16	19:03	00:19:19	x	4	19:18
LV55	Steph Charman	Helsby RC	24:30:00	24:02:00	23:51	00:23:59	00:24:00	5	24:04:00