

North Cheshire 5k Grand Prix 2008

F	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Anne Farmer	Macclesfield Harriers	00:18:18	00:17:54	00:18:16	00:17:39	00:00:00	01:12:07	4	00:18:02
	Leanne Sheehy	Salford Met	00:19:14	00:18:55	00:19:13	00:19:24	00:19:12	01:16:34	5	00:19:09
	Vicky McKinnon	Wilmslow R.C.	00:19:37	00:18:58	00:00:00	00:19:16	00:19:19	01:17:10	4	00:19:18
	Joanne Healy	Dragons Running Club	00:20:40	00:20:19	00:20:54	00:21:07	00:00:00	01:23:00	4	00:20:45
	Fiona Baird	Sale Harriers Manchester	00:00:00	00:20:27	00:21:02	00:21:02	00:21:06	01:23:37	4	00:20:54
	Jenny Clink	Sale Harriers Manchester	00:22:54	00:23:23	00:00:00	00:23:26	00:23:35	01:33:18	4	00:23:20
	Isabel Bilous	Unattached	00:26:52	00:26:16	00:00:00	00:24:48	00:25:54	01:43:50	4	00:25:58
F35	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Tricia Ironside	Vale Royal	00:26:29	00:24:57	00:00:00	00:25:28	00:25:34	01:42:28	4	00:25:37
	Claire Dewsbury	Unattached	00:27:44	00:26:52	00:00:00	00:27:15	00:28:33	01:50:24	4	00:27:36
	Lisa Cresswell	Unattached	00:32:23	00:33:07	00:34:48	00:31:55	00:33:14	02:10:39	5	00:32:40
F40	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Alison Hartopp	Macclesfield Harriers	00:18:42	00:18:45	00:19:13	00:18:44	00:00:00	01:15:24	4	00:18:51
	Caroline Hemming	Spectrum Striders	00:20:44	00:00:00	00:20:41	00:20:36	00:20:51	01:22:52	4	00:20:43
	Sally Howarth	Trafford	00:20:59	00:00:00	00:21:46	00:21:10	00:21:55	01:25:50	4	00:21:28
	Jayne Lomax	Vale Royal	00:00:00	00:22:40	00:23:43	00:22:51	00:23:17	01:32:31	4	00:23:08
	Louise Weller	Styal	00:21:44	00:25:30	00:26:09	00:25:39	00:26:24	01:39:02	5	00:24:45
	Louise Weller	Styal	00:25:27	00:25:30	00:26:09	00:25:39	00:26:24	01:42:45	5	00:25:41
	Sarah Dyde	South Cheshire Harriers	00:30:21	00:30:44	00:00:00	00:28:50	00:29:46	01:59:41	4	00:29:55
F45	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Marian Martin	Spectrum Striders	00:19:39	00:00:00	00:19:43	00:19:44	00:19:58	01:19:04	4	00:19:46
F50	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Rosemary Rogers	BS Deestridders	00:22:56	00:22:36	00:23:03	00:22:37	00:22:59	01:31:08	5	00:22:47
	Lynne Yates	Sale Harriers Manchester	00:23:57	00:23:19	00:00:00	00:23:23	00:23:32	01:34:11	4	00:23:33

F55	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Stephanie Charman	Helsby R.C.	00:23:49	00:23:57	00:24:23	00:24:22	00:24:35	01:36:31	5	00:24:08
M	Janet Redpath	Spectrum Striders	00:24:53	00:24:04	00:24:54	00:24:40	00:00:00	01:38:31	4	00:24:38
	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Stuart Doyle	Vale Royal	00:16:46	00:16:30	00:16:34	00:16:40	00:16:38	01:06:22	5	00:16:36
	Mark Joynson	East Cheshire Harriers	00:17:20	00:16:54	00:17:08	00:16:57	00:17:19	01:08:18	5	00:17:05
	Mike Houghton	Spectrum Striders	00:17:15	00:16:47	00:17:13	00:17:14	00:00:00	01:08:29	4	00:17:07
	Stephen Nicholls	Wigan Phoenix	00:17:22	00:17:00	00:18:00	00:17:04	00:17:31	01:08:57	5	00:17:14
	William Tyler	Unattached	00:17:50	00:17:29	00:18:13	00:17:27	00:17:40	01:10:26	5	00:17:37
	Adrian Fuller	Altrincham	00:17:59	00:17:30	00:18:12	00:00:00	00:18:04	01:11:45	4	00:17:56
	Chris Dawson	Spectrum Striders	00:18:05	00:18:01	00:18:59	00:17:50	00:18:06	01:12:02	5	00:18:01
	Georges Rouillon	Spectrum Striders	00:18:54	00:18:37	00:19:21	00:18:56	00:19:43	01:15:48	5	00:18:57
	Matthew Pitt	Spectrum Striders	00:19:23	00:18:41	00:00:00	00:18:35	00:19:09	01:15:48	4	00:18:57
	Josh Boyce	Vale Royal	00:00:00	00:19:25	00:19:17	00:18:56	00:18:49	01:16:27	4	00:19:07
	Damian Jones	Unattached	00:19:21	00:18:51	00:19:50	00:19:08	00:19:32	01:16:52	5	00:19:13
M40	Mark Anderson	Dragons Running Club	00:22:26	00:21:36	00:22:12	00:22:15	00:21:32	01:27:35	5	00:21:54
	David Cresswell	Unattached	00:28:42	00:27:42	00:27:49	00:27:20	00:26:49	01:49:40	5	00:27:25
	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Denis Duret	Ellesmere Port R.C.	00:17:13	00:16:48	00:17:15	00:17:07	00:17:42	01:08:23	5	00:17:06
	Neil Jones	South Cheshire Harriers	00:18:06	00:17:28	00:17:47	00:17:44	00:19:01	01:11:05	5	00:17:46
	Tim Murphy	Spectrum Striders	00:19:39	00:18:52	00:19:26	00:18:54	00:19:35	01:16:47	5	00:19:12
	Danny Fegan	St Helens Striders	00:00:00	00:19:49	00:20:13	00:19:41	00:19:44	01:19:27	4	00:19:52
	Mark Freeman	Unattached	00:20:02	00:22:22	00:21:08	00:20:29	00:20:28	01:22:07	5	00:20:32
	Alasdair Dyde	South Cheshire Harriers	00:21:24	00:21:35	00:21:31	00:21:15	00:21:18	01:25:28	5	00:21:22
	Jonathan Clarke	Styal	00:21:44	00:21:52	00:22:07	00:22:09	00:00:00	01:27:52	4	00:21:58
	Chris Woodyart	Unattached	00:22:36	00:22:18	00:23:23	00:24:06	00:22:45	01:31:02	5	00:22:46

M45	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Graham Macneil	Unattached	00:16:55	00:16:38	00:16:57	00:16:49	00:17:06	01:07:19	5	00:16:50
	Stephen Burthem	Warrington A.C.	00:17:36	00:17:07	00:17:26	00:17:22	00:00:00	01:09:31	4	00:17:23
	Stephen Watmough	Spectrum Striders	00:17:45	00:17:53	00:00:00	00:17:37	00:17:52	01:11:07	4	00:17:47
	Julian Spencer	Spectrum Striders	00:18:22	00:18:30	00:18:46	00:18:21	00:18:53	01:13:59	5	00:18:30
	Keith Brown	Warrington Road Runners	00:19:53	00:19:13	00:19:32	00:00:00	00:19:35	01:18:13	4	00:19:33
	Jim Dawson	Warrington Road Runners	00:20:22	00:20:29	00:20:33	00:00:00	00:20:48	01:22:12	4	00:20:33
M50	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Colin Martin	Spectrum Striders	00:17:57	00:17:36	00:18:27	00:17:49	00:18:04	01:11:26	5	00:17:52
	Raphael Murray	Macclesfield Harriers	00:17:58	00:18:41	00:17:55	00:18:35	00:18:17	01:12:45	5	00:18:11
	Andrew Dooley	Styal	00:20:22	00:20:12	00:20:26	00:19:56	00:20:30	01:20:56	5	00:20:14
	Anthony Collier	Styal	00:20:44	00:20:20	00:21:40	00:00:00	00:21:00	01:23:44	4	00:20:56
	Charles Lowthian	Styal	00:22:40	00:22:26	00:22:17	00:00:00	00:22:36	01:29:59	4	00:22:30
M55	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	David Gee	Manchester Harriers	00:17:41	00:17:15	00:17:23	00:17:06	00:17:29	01:09:13	5	00:17:18
	Mark Earle	Unattached	00:19:59	00:19:55	00:20:24	00:19:50	00:20:15	01:19:59	5	00:20:00
	Michael Charman	Helsby R.C.	00:21:06	00:20:22	00:21:15	00:20:39	00:21:16	01:23:22	5	00:20:51
	David Redpath	Spectrum Striders	00:23:38	00:23:03	00:23:32	00:23:31	00:00:00	01:33:44	4	00:23:26
	Ian Dunbar	Spectrum Striders	00:24:47	00:24:39	00:25:05	00:00:00	00:25:01	01:39:32	4	00:24:53

M60	Name	Club	Dunham1	Bowdon	H/Green	Dunham2	Lymm	Time	Races	Score
	Eric Gelshon	Mossley Hill	00:19:15	00:00:00	00:18:51	00:18:43	00:19:31	01:16:20	4	00:19:05
	Tony Hulme	Wilmslow R.C.	00:19:18	00:18:48	00:19:07	00:00:00	00:19:46	01:16:59	4	00:19:15
	Ken Burgess	Altrincham	00:20:29	00:19:47	00:00:00	00:19:59	00:20:01	01:20:16	4	00:20:04
	Dave Tomkins	Northern Vets	00:00:00	00:21:16	00:21:40	00:20:57	00:21:00	01:24:53	4	00:21:13
	Derek Walton	Altrincham	00:21:28	00:22:41	00:20:27	00:23:11	00:20:41	01:25:17	5	00:21:19
	Terry Coles	Spectrum Striders	00:21:39	00:21:25	00:22:51	00:21:47	00:22:02	01:26:53	5	00:21:43
	Alan Peers	Spectrum Striders	00:21:35	00:21:06	00:29:55	00:21:02	00:00:00	01:33:38	4	00:23:25
	Dave Attwell	Altrincham	00:26:35	00:23:35	00:24:32	00:23:41	00:00:00	01:38:23	4	00:24:36
	Charles Thackray	West Cheshire A.C.	00:26:20	00:25:25	00:27:00	00:25:15	00:25:48	01:42:48	5	00:25:42
	Don George	Sale Harriers Manchester	00:27:33	00:27:05	00:27:49	00:27:06	00:27:28	01:49:12	5	00:27:18