

North Cheshire 5k Grand Prix 2010

F	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Louisa Wood	Warrington AC	00:17:35	00:00:00	00:17:25	00:17:41	00:17:49	01:10:30	4	00:17:37
	Liz Whitfield	Spectrum Striders	00:18:00	00:18:32	00:17:37	00:17:52	00:18:47	01:12:01	5	00:18:00
	Jessica Riley	Stainland Lions	00:19:47	00:00:00	00:19:36	00:20:12	00:20:21	01:19:56	4	00:19:59
	Aimee McCullogh	Spectrum Striders	00:21:43	00:22:01	00:20:58	00:21:46	00:00:00	01:26:28	4	00:21:37
F35	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Rosalind Hobson	Warrington Tri	00:00:00	00:26:38	00:25:08	00:26:41	00:27:35	01:46:02	4	00:26:31
	Sarah Bundock	Dragon's RC (Sale)	00:00:00	00:27:41	00:26:34	00:27:53	00:29:13	01:51:21	4	00:27:50
	Lisa Cresswell	Unattached	00:29:31	00:31:21	00:20:48	00:30:52	00:00:00	01:52:32	4	00:28:08
F40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Caroline Hemming	Spectrum Striders	00:20:18	00:20:49	00:20:24	00:20:44	00:21:24	01:22:15	5	00:20:34
	Jayne Lomax	Vale Royal AC	00:23:26	00:24:22	00:23:51	00:00:00	00:24:32	01:36:11	4	00:24:03
	Sarah Dyde	South Cheshire Harriers	00:25:36	00:26:12	00:25:28	00:26:14	00:26:42	01:43:30	5	00:25:52
	Claire Dewsbury	Unattached	00:28:31	00:29:34	00:27:21	00:28:51	00:30:23	01:54:17	5	00:28:34
	Michelle Bradley	Spectrum Striders	00:28:55	00:29:40	00:28:15	00:00:00	00:32:39	01:59:29	4	00:29:52
	Lee McFall	Unattached	00:30:54	00:31:13	00:29:32	00:30:03	00:00:00	02:01:42	4	00:30:26
F45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Carole Harrison	Altrincham & DAC	00:21:45	00:22:28	00:21:45	00:21:58	00:22:51	01:27:56	5	00:21:59
	Sally Howarth	Trafford AC	00:22:15	00:23:06	00:22:20	00:21:56	00:00:00	01:29:37	4	00:22:24
	Val Hutson	Spectrum Striders	00:00:00	00:26:56	00:26:19	00:27:53	00:27:37	01:48:45	4	00:27:11
	Elaine Holden	Unattached	00:28:28	00:29:52	00:28:03	00:28:47	00:00:00	01:55:10	4	00:28:48
F50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Marian Martin	Spectrum Striders	00:20:23	00:20:32	00:19:46	00:20:48	00:20:50	01:21:29	5	00:20:22
	Penny Hinke	Wilmslow RC	00:22:27	00:23:09	00:22:02	00:22:41	00:00:00	01:30:19	4	00:22:35
	Pauline Carlon	Spectrum Striders	00:24:50	00:25:15	00:24:41	00:00:00	00:26:10	01:40:56	4	00:25:14
	Lesley Oldfield	South Cheshire Harriers	00:28:03	00:28:59	00:27:27	00:27:53	00:00:00	01:52:22	4	00:28:06

F55	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Jane Mulryan	Wilmslow RC	00:00:00	00:22:06	00:21:17	00:21:29	00:22:45	01:27:37	4	00:21:54
	Janet Shaw	Helsby RC	00:25:46	00:26:43	00:00:00	00:26:14	00:28:07	01:46:50	4	00:26:43
F60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Carol Fell	Warrington Road Runners	00:31:23	00:31:40	00:30:56	00:31:06	00:00:00	02:05:05	4	00:31:16
	Christine Ramsdale	Spectrum Striders	00:31:36	00:32:05	00:31:27	00:30:36	00:31:56	02:05:35	5	00:31:24
FJ	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Lucy Smith	Altrincham & DAC	00:19:58	00:00:00	00:19:56	00:20:40	00:22:33	01:23:07	4	00:20:47
	Isabel Perez	Liverpool Harriers	00:21:52	00:23:03	00:21:10	00:21:46	00:23:24	01:27:51	5	00:21:58

Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
Damian Nicholls	Wilmslow RC	00:15:22	00:15:18	00:15:04	00:15:23	00:15:42	01:01:07	5	00:15:17
Rob Hughes	Salford Harriers	00:15:57	00:15:56	00:15:48	00:16:04	00:00:00	01:03:45	4	00:15:56
Stuart Doyle	Vale Royal AC	00:16:15	00:16:06	00:16:08	00:16:25	00:16:29	01:04:54	5	00:16:13
Andrew Lamont	Macclesfield Harriers	00:16:16	00:16:26	00:16:11	00:16:22	00:16:46	01:05:15	5	00:16:19
Paul Watson	Altrincham & DAC	00:17:20	00:17:27	00:17:07	00:17:56	00:17:47	01:09:41	5	00:17:25
Phil Burns	Stockport Harriers	00:17:28	00:17:35	00:17:09	00:17:40	00:00:00	01:09:52	4	00:17:28
Mark Norton	Altrincham & DAC	00:18:02	00:18:19	00:17:31	00:17:52	00:00:00	01:11:44	4	00:17:56
William Tyler	Unattached	00:17:44	00:18:24	00:17:39	00:18:02	00:18:33	01:11:49	5	00:17:57
Chris Millington	Spectrum Striders	00:18:16	00:00:00	00:17:48	00:18:04	00:18:44	01:12:52	4	00:18:13
Ian Pudge	Fell Ponies	00:18:47	00:18:37	00:18:05	00:18:26	00:18:37	01:13:45	5	00:18:26
Carl Barber	Sale Harriers Mcr	00:18:34	00:19:01	00:18:13	00:18:52	00:00:00	01:14:40	4	00:18:40
Colin McDonald	Spectrum Striders	00:18:44	00:18:47	00:18:20	00:18:48	00:00:00	01:14:39	4	00:18:40
Stuart Andrew	Spectrum Striders	00:18:55	00:19:11	00:18:43	00:19:00	00:19:41	01:15:49	5	00:18:57
Brad Ehlen	Spectrum Striders	00:00:00	00:19:44	00:18:59	00:19:25	00:19:49	01:17:57	4	00:19:29
Chris March	Stockport Harriers	00:19:34	00:20:05	00:19:09	00:19:31	00:20:15	01:18:19	5	00:19:35
Andrew Barton	Altrincham & DAC	00:19:47	00:20:11	00:19:13	00:19:46	00:00:00	01:18:57	4	00:19:44
Michael Wharton	Sale Harriers Mcr	00:19:32	00:20:17	00:19:35	00:19:40	00:00:00	01:19:04	4	00:19:46
Keith Anderson	Unattached	00:19:54	00:00:00	00:19:59	00:19:59	00:20:52	01:20:44	4	00:20:11
Stuart Barnard	Spectrum Striders	00:20:14	00:21:12	00:20:03	00:20:36	00:21:22	01:22:05	5	00:20:31
Stuart Mairs	Salford Met	00:20:03	00:21:09	00:19:57	00:21:11	00:21:28	01:22:20	5	00:20:35
Martin Pollard	Unattached	00:21:31	00:21:17	00:19:47	00:20:04	00:00:00	01:22:39	4	00:20:40
Stephen Pickford	Spectrum Striders	00:20:46	00:00:00	00:20:09	00:22:03	00:22:27	01:25:25	4	00:21:21
Michael Escolme	Sandbach Striders	00:23:16	00:00:00	00:21:26	00:22:10	00:22:34	01:29:26	4	00:22:22
Christopher Williams	Unattached	00:22:27	00:23:04	00:21:58	00:22:25	00:23:52	01:29:54	5	00:22:29
Martin Eaves	Spectrum Striders	00:24:05	00:24:00	00:23:04	00:23:17	00:23:53	01:34:14	5	00:23:33
Matthew Evans	Unattached	00:00:00	00:24:40	00:22:37	00:24:23	00:25:41	01:37:21	4	00:24:20
Paul Arrowsmith	Uknetrunner	00:24:54	00:26:28	00:24:03	00:25:32	00:00:00	01:40:57	4	00:25:14
Martin Bell	Unattached	00:25:55	00:28:02	00:26:03	00:00:00	00:27:22	01:47:22	4	00:26:50

M40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Adrian Timmins	Warrington AC	00:16:40	00:17:04	00:16:16	00:16:33	00:00:00	01:06:33	4	00:16:38
	Neil Jones	South Cheshire Harriers	00:17:24	00:17:24	00:16:50	00:17:14	00:00:00	01:08:52	4	00:17:13
	Mike Houghton	Spectrum Striders	00:17:44	00:17:53	00:17:27	00:17:50	00:18:31	01:10:54	5	00:17:44
	Scott Christey	Astley and Tyldesley Road Ru	00:17:42	00:18:06	00:17:32	00:18:01	00:18:12	01:11:21	5	00:17:50
	Tim Brett	Saddleworth Runners	00:19:06	00:19:10	00:19:04	00:00:00	00:20:05	01:17:25	4	00:19:21
	Scott Bamber	Vale Royal AC	00:19:55	00:20:06	00:19:47	00:19:48	00:20:06	01:19:36	5	00:19:54
	Mark Freeman	Unattached	00:20:20	00:22:22	00:20:54	00:20:44	00:22:14	01:24:12	5	00:21:03
	Jonathan Clarke	Styal RC	00:21:52	00:23:00	00:21:51	00:22:45	00:00:00	01:29:28	4	00:22:22
	Andrew Stein	Unattached	00:26:41	00:27:27	00:26:17	00:00:00	00:29:23	01:49:48	4	00:27:27

M45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Mike Hatton	South Cheshire Harriers	00:16:41	00:17:03	00:16:34	00:16:41	00:17:34	01:06:59	5	00:16:45
	Gary Rowlinson	Sale Harriers Mcr	00:17:22	00:17:06	00:16:46	00:17:04	00:17:23	01:08:18	5	00:17:05
	Graham Macneil	Wilmslow RC	00:16:57	00:00:00	00:17:13	00:17:48	00:18:19	01:10:17	4	00:17:34
	Gary Willcock	Sale Harriers Mcr	00:18:23	00:18:26	00:18:00	00:00:00	00:19:09	01:13:58	4	00:18:30
	Steven Doxey	Swinton R.C	00:17:39	00:18:10	00:00:00	00:20:19	00:18:42	01:14:50	4	00:18:43
	Nicholas Withers	Styal RC	00:19:30	00:19:31	00:19:09	00:19:24	00:00:00	01:17:34	4	00:19:24
	David Taylor	Chorley AC	00:19:14	00:19:55	00:19:01	00:19:39	00:20:20	01:17:49	5	00:19:27
	Keith Brown	Warrington Road Runners	00:19:29	00:20:06	00:19:24	00:20:57	00:20:37	01:19:36	5	00:19:54
	Rob McHarry	Spectrum Striders	00:20:00	00:20:32	00:19:49	00:20:07	00:00:00	01:20:28	4	00:20:07
	Alasdair Dyde	South Cheshire Harriers	00:20:43	00:21:14	00:20:00	00:21:02	00:21:26	01:22:59	5	00:20:45
	Andrew Gerrard	Unattached	00:21:12	00:21:22	00:20:56	00:21:10	00:21:57	01:24:40	5	00:21:10
	Ian Walker	Chorley AC	00:21:02	00:21:52	00:20:28	00:00:00	00:21:48	01:25:10	4	00:21:18
	Nigel Powell	Altrincham & DAC	00:21:53	00:21:53	00:00:00	00:21:49	00:22:16	01:27:51	4	00:21:58
	Chris Metcalfe	Razzers Runners	00:21:52	00:22:59	00:21:59	00:22:31	00:23:29	01:29:21	5	00:22:20
	Ian Whitham	Sale Harriers Mcr	00:25:10	00:25:41	00:24:32	00:00:00	00:25:45	01:41:08	4	00:25:17
	William Bradley	Spectrum Striders	00:28:55	00:29:40	00:28:15	00:00:00	00:32:40	01:59:30	4	00:29:53

M50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Colin Martin	Spectrum Striders	00:17:35	00:17:48	00:17:16	00:17:36	00:18:08	01:10:15	5	00:17:34
	Julian Spencer	Spectrum Striders	00:18:40	00:18:40	00:18:10	00:18:56	00:19:26	01:14:26	5	00:18:36
	David Norman	Wirral AC	00:17:31	00:17:29	00:17:08	00:00:00	00:23:08	01:15:16	4	00:18:49
	Colin Kay	Atherton RC	00:19:08	00:19:06	00:18:54	00:18:58	00:19:20	01:16:06	5	00:19:02
	Andrew Dooley	Styal RC	00:21:16	00:22:10	00:21:43	00:21:33	00:00:00	01:26:42	4	00:21:41
	Barry Allman	Spectrum Striders	00:23:02	00:22:26	00:21:26	00:21:44	00:23:18	01:28:38	5	00:22:10
	Charles Lowthian	Styal RC	00:22:30	00:23:12	00:22:17	00:22:50	00:00:00	01:30:49	4	00:22:42
	Martin Mulryan	Unattached	00:26:15	00:27:09	00:25:54	00:26:28	00:27:16	01:45:46	5	00:26:27
M55	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Graham Ratcliffe	Wirral AC	00:17:09	00:00:00	00:16:47	00:17:09	00:17:40	01:08:45	4	00:17:11
	Peter Maher	Vale Royal AC	00:18:02	00:17:42	00:17:19	00:00:00	00:18:10	01:11:13	4	00:17:48
	John Clarke	Vale Royal AC	00:19:46	00:00:00	00:19:37	00:20:00	00:20:12	01:19:35	4	00:19:54
	Andy Garnett	Spectrum Striders	00:19:57	00:20:14	00:20:15	00:20:03	00:20:43	01:20:29	5	00:20:07
	Melvyn Cole	South Cheshire Harriers	00:21:09	00:22:18	00:19:45	00:20:33	00:22:21	01:23:45	5	00:20:56
	Alan Jenkins	Spectrum Striders	00:25:10	00:24:16	00:23:54	00:23:46	00:24:17	01:36:13	5	00:24:03
	Brian Higgins	Styal RC	00:24:11	00:24:44	00:24:05	00:25:03	00:00:00	01:38:03	4	00:24:31
	Jim Colaianni	Razzers Runners	00:24:04	00:25:19	00:24:45	00:24:40	00:25:52	01:38:48	5	00:24:42
	Ian Dunbar	Spectrum Striders	00:25:08	00:25:44	00:24:47	00:25:21	00:26:23	01:41:00	5	00:25:15
	Martin Stirna	South Cheshire Harriers	00:28:03	00:28:58	00:24:59	00:24:41	00:00:00	01:46:41	4	00:26:40
M60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Tony Brown	Northern Vets AC	00:20:52	00:20:46	00:19:57	00:20:14	00:21:20	01:21:49	5	00:20:27
	Derek Walton	Altrincham & DAC	00:21:58	00:21:34	00:22:20	00:22:03	00:22:20	01:27:55	5	00:21:59
	John Dooley	Spectrum Striders	00:22:51	00:22:54	00:22:10	00:22:34	00:24:16	01:30:29	5	00:22:37
	Alan Peers	Spectrum Striders	00:24:37	00:23:30	00:24:13	00:24:35	00:25:15	01:36:55	5	00:24:14
M70	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	John Riley	Northern Vets AC	00:24:55	00:24:09	00:24:00	00:25:24	00:25:29	01:38:28	5	00:24:37

Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
Matthew Coles	Spectrum Striders	00:22:20	00:22:41	00:21:28	00:21:16	00:23:58	01:27:45	5	00:21:56
David Gerrard	Warrington AC	00:22:25	00:23:53	00:24:15	00:23:40	00:00:00	01:34:13	4	00:23:33