

North Cheshire 5k Grand Prix 2011

F	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Louisa Thompson	Leigh Harriers &AC	00:17:40	00:18:00	00:17:52	00:17:43	00:00:00	01:11:15	4	00:17:49
	Lauren Davies	Sale Harriers Mcr	00:22:09	00:23:08	00:22:30	00:22:36	00:00:00	01:30:23	4	00:22:36
	Olivia Thompson	Spectrum Striders	00:26:25	00:26:44	00:26:35	00:00:00	00:26:17	01:46:01	4	00:26:30
	Jennifer Delaney	Unattached	00:35:42	00:37:20	00:35:10	00:35:34	00:37:40	02:23:46	5	00:35:56
F35	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Tracy Entwistle	Warrington Road Runners	00:19:22	00:20:01	00:19:55	00:19:31	00:00:00	01:18:49	4	00:19:42
	Joanne Healy	Dragon's RC (Sale)	00:22:19	00:22:39	00:22:38	00:21:57	00:00:00	01:29:33	4	00:22:23
	Sacha Humphries	Vale Royal AC	00:00:00	00:25:54	00:25:46	00:25:19	00:25:39	01:42:38	4	00:25:40
	Beverley Tickle	Astley & Tyldesley RR	00:28:44	00:29:12	00:27:08	00:27:53	00:27:19	01:51:04	5	00:27:46
F40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Janet Robertson	Helsby RC	00:21:46	00:22:47	00:22:20	00:21:56	00:00:00	01:28:49	4	00:22:12
	Jayne Lomax	Vale Royal AC	00:00:00	00:24:03	00:22:57	00:22:42	00:22:56	01:32:38	4	00:23:10
	Kate Johnson	Spectrum Striders	00:25:10	00:25:19	00:24:31	00:24:39	00:24:56	01:39:16	5	00:24:49
	Lisa Cresswell	Dragon's RC (Sale)	00:29:22	00:29:44	00:28:53	00:28:53	00:29:11	01:56:19	5	00:29:05
F45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Caroline Hemming	Spectrum Striders	00:20:37	00:20:42	00:20:33	00:20:36	00:20:34	01:22:20	5	00:20:35
	Christine Geraghty	Wilmslow RC	00:21:04	00:22:23	00:20:52	00:20:37	00:21:31	01:24:04	5	00:21:01
	Sally Johnston	Wilmslow RC	00:21:04	00:21:50	00:21:03	00:00:00	00:21:17	01:25:14	4	00:21:19
	Carole Harrison	Altrincham & DAC	00:21:10	00:21:27	00:00:00	00:21:38	00:21:48	01:26:03	4	00:21:31
	Carol Shaw	Helsby RC	00:22:17	00:22:43	00:00:00	00:22:18	00:22:21	01:29:39	4	00:22:25

F50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Jayne Taylor	Unattached	00:18:48	00:19:13	00:18:50	00:00:00	00:19:11	01:16:02	4	00:19:01
	Claire Northcote	Styal RC	00:00:00	00:23:02	00:22:21	00:22:25	00:22:16	01:30:04	4	00:22:31
	Angela Maziere	Wilmslow RC	00:22:56	00:23:49	00:23:07	00:23:07	00:22:58	01:32:08	5	00:23:02
	Audrey Gresty	Sale Harriers Mcr	00:24:52	00:25:54	00:25:13	00:24:45	00:00:00	01:40:44	4	00:25:11
	Carolyn Arber	Spectrum Striders	00:25:08	00:25:57	00:25:28	00:00:00	00:26:02	01:42:35	4	00:25:39
F60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Rosemary Rogers	Deestridders RC	00:23:09	00:23:20	00:00:00	00:22:48	00:23:03	01:32:20	4	00:23:05
	Anne Hewitt	Spectrum Striders	00:28:35	00:29:27	00:28:39	00:28:30	00:00:00	01:55:11	4	00:28:48
	Stephanie Charman	Spectrum Striders	00:00:00	00:28:28	00:29:12	00:28:40	00:29:12	01:55:32	4	00:28:53
	Christine Ramsdale	Spectrum Striders	00:29:40	00:30:03	00:30:28	00:30:31	00:30:02	02:00:13	5	00:30:03
FJ	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Hannah Bishop	Vale Royal AC	00:20:53	00:21:47	00:20:33	00:20:43	00:00:00	01:23:56	4	00:20:59
	Chloe Smith	Altrincham & DAC	00:25:33	00:24:36	00:33:43	00:24:24	00:25:33	01:40:06	5	00:25:02

M

Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
Mike Hatch	Sale Harriers Mcr	00:15:56	00:16:11	00:16:03	00:16:07	00:16:16	01:04:17	5	00:16:04
Dominic Mahon	Warrington AC	00:16:16	00:16:10	00:16:07	00:16:03	00:16:10	01:04:30	5	00:16:08
Andrew Lamont	Macclesfield Harriers	00:16:07	00:16:37	00:16:26	00:16:33	00:17:03	01:05:43	5	00:16:26
Oliver Park	Warrington AC	00:16:45	00:16:35	00:16:17	00:00:00	00:16:33	01:06:10	4	00:16:33
Liam Thompson	Leigh Harriers &AC	00:16:34	00:16:44	00:16:34	00:16:35	00:00:00	01:06:27	4	00:16:37
Richard Baker	South Cheshire Harriers	00:17:15	00:17:19	00:17:08	00:17:14	00:17:12	01:08:49	5	00:17:12
Steven Caldwell	Vale Royal AC	00:17:57	00:18:27	00:17:58	00:18:05	00:18:12	01:12:12	5	00:18:03
Peter Abraham	Altrincham & DAC	00:18:10	00:18:25	00:18:22	00:18:02	00:18:10	01:12:44	5	00:18:11
Richard Park	Warrington AC	00:18:10	00:18:20	00:18:27	00:18:11	00:18:14	01:12:55	5	00:18:14
Mark Davies	St Helens-Sutton AC	00:18:14	00:18:31	00:18:13	00:18:04	00:18:46	01:13:02	5	00:18:16
Sean Dyer	South Cheshire Harriers	00:00:00	00:19:04	00:18:13	00:18:20	00:18:49	01:14:26	4	00:18:37
Matt Billingham	Altrincham & DAC	00:18:44	00:19:03	00:18:48	00:18:47	00:00:00	01:15:22	4	00:18:51
Alex Farmer	Spectrum Striders	00:00:00	00:19:11	00:19:07	00:19:11	00:19:06	01:16:35	4	00:19:09
Matthew Atkinson	Wilmslow RC	00:19:09	00:00:00	00:19:32	00:19:49	00:20:18	01:18:48	4	00:19:42
Chris March	Stockport Harriers	00:19:58	00:20:13	00:19:26	00:19:53	00:37:40	01:19:30	5	00:19:53
Stuart Mairs	Salford Met	00:20:28	00:20:54	00:21:14	00:20:30	00:21:03	01:22:55	5	00:20:44
Gareth Howell	Liverpool Harriers	00:20:47	00:20:18	00:20:28	00:23:36	00:00:00	01:25:09	4	00:21:17
Tim Walsham	Unattached	00:21:18	00:00:00	00:21:49	00:21:21	00:21:51	01:26:19	4	00:21:35
Paul j Arrowsmith	Uknetrunner	00:24:38	00:00:00	00:24:47	00:24:11	00:25:13	01:38:49	4	00:24:42
Steven Francom	Unattached	00:00:00	00:26:58	00:26:09	00:25:50	00:26:56	01:45:53	4	00:26:28

M40

Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
Adrian Timmins	Warrington AC	00:16:25	00:16:20	00:16:32	00:16:30	00:00:00	01:05:47	4	00:16:27
Peter Mallison	South Cheshire Harriers	00:17:35	00:17:13	00:17:16	00:17:23	00:17:28	01:09:20	5	00:17:20
Andrew Whittingham	Wilmslow RC	00:17:55	00:00:00	00:17:54	00:17:55	00:18:07	01:11:51	4	00:17:58
Christopher Millington	Spectrum Striders	00:18:04	00:18:21	00:18:26	00:18:07	00:18:19	01:12:51	5	00:18:13
Mike Welsby	Spectrum Striders	00:00:00	00:18:53	00:18:36	00:18:14	00:18:31	01:14:14	4	00:18:34
Scott Bamber	Vale Royal AC	00:19:17	00:19:19	00:19:06	00:18:46	00:19:09	01:16:18	5	00:19:05
Philip Bishop	Unattached	00:19:54	00:19:57	00:19:34	00:19:33	00:19:40	01:18:41	5	00:19:40
Paul Basnett	Astley & Tyldesley RR	00:22:16	00:23:13	00:22:22	00:22:14	00:22:14	01:29:06	5	00:22:16
Jonathan Clarke	Styal RC	00:23:43	00:24:17	00:23:21	00:00:00	00:23:16	01:34:37	4	00:23:39
David Cresswell	Dragon's RC (Sale)	00:24:56	00:25:35	00:27:25	00:25:45	00:25:31	01:41:47	5	00:25:27

M45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Gary Rowlinson	Sale Harriers Mcr	00:16:50	00:16:56	00:17:05	00:16:59	00:17:13	01:07:50	5	00:16:58
	Graham Macneil	Wilmslow RC	00:18:17	00:17:09	00:17:06	00:17:01	00:17:14	01:08:30	5	00:17:08
	Trevor Morris	Wilmslow RC	00:17:11	00:17:15	00:17:30	00:17:33	00:17:34	01:09:29	5	00:17:22
	Scott Christey	Astley & Tyldesley RR	00:17:46	00:18:00	00:18:04	00:17:43	00:18:04	01:11:33	5	00:17:53
	Jim Dawson	Warrington Road Runners	00:18:55	00:19:28	00:19:21	00:18:55	00:19:13	01:16:24	5	00:19:06
	Russ Platt	Warrington Road Runners	00:19:17	00:19:50	00:19:14	00:19:13	00:19:47	01:17:31	5	00:19:23
	Andrew Gerrard	Unattached	00:20:05	00:20:53	00:00:00	00:20:33	00:20:47	01:22:18	4	00:20:35
	Rob Mcharry	Spectrum Striders	00:20:50	00:21:06	00:20:36	00:20:06	00:00:00	01:22:38	4	00:20:40
	Alan Turner	Wilmslow RC	00:21:20	00:00:00	00:21:55	00:21:53	00:22:50	01:27:58	4	00:22:00
	Mark Collier	Lymm Runners	00:23:29	00:24:05	00:24:00	00:23:13	00:23:58	01:34:40	5	00:23:40

M50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Colin Martin	Spectrum Striders	00:17:57	00:18:25	00:17:51	00:00:00	00:18:03	01:12:16	4	00:18:04
	Paul Frodsham	West Cheshire AC	00:00:00	00:19:08	00:18:18	00:18:20	00:18:57	01:14:43	4	00:18:41
	Julian Spencer	Spectrum Striders	00:18:58	00:18:56	00:18:31	00:18:49	00:19:02	01:15:14	5	00:18:49
	Colin Kay	Astley & Tyldesley RR	00:18:49	00:19:05	00:18:59	00:19:02	00:19:12	01:15:55	5	00:18:59
	Andrew Dooley	Styal RC	00:21:08	00:22:11	00:21:21	00:00:00	00:22:13	01:26:53	4	00:21:43
	Ian Johnston	Unattached	00:22:23	00:22:19	00:22:14	00:00:00	00:22:34	01:29:30	4	00:22:23
	Brian Griffiths	Spectrum Striders	00:22:46	00:22:50	00:00:00	00:22:32	00:23:03	01:31:11	4	00:22:48
	Mike Cutler	South Cheshire Harriers	00:24:21	00:24:30	00:25:25	00:25:04	00:24:53	01:38:48	5	00:24:42
	Graham Kitchen	Dragon's RC (Sale)	00:24:09	00:25:20	00:25:53	00:23:37	00:29:08	01:38:59	5	00:24:45
	Paul Mcguire	Unattached	00:00:00	00:27:48	00:26:45	00:25:43	00:26:52	01:47:08	4	00:26:47

M55	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Dave Carrington	Altrincham & DAC	00:17:39	00:00:00	00:18:07	00:17:58	00:18:11	01:11:55	4	00:17:59
	Peter Maher	Vale Royal AC	00:18:47	00:19:01	00:18:46	00:00:00	00:18:51	01:15:25	4	00:18:51
	Geoff Gilbert	Wilmslow RC	00:20:17	00:21:03	00:20:24	00:20:26	00:20:31	01:21:38	5	00:20:25
	Andy Garnett	Spectrum Striders	00:20:25	00:20:34	00:20:30	00:20:55	00:21:08	01:22:24	5	00:20:36
	Dale Pickard	Dragon's RC (Sale)	00:21:06	00:21:38	00:20:37	00:20:59	00:21:04	01:23:46	5	00:20:57
	Garrick Weatherley	Sale Harriers Mcr	00:23:00	00:23:24	00:23:01	00:22:54	00:00:00	01:32:19	4	00:23:05
	Christopher Cannon	Wilmslow RC	00:21:58	00:00:00	00:23:58	00:23:21	00:23:22	01:32:39	4	00:23:10
	Gerry Rogers	Styal RC	00:00:00	00:23:17	00:23:34	00:23:10	00:23:38	01:33:39	4	00:23:25
	Ian Dunbar	Spectrum Striders	00:24:04	00:24:53	00:24:11	00:25:49	00:24:40	01:37:48	5	00:24:27
	Barry j Allman	Spectrum Striders	00:24:10	00:25:03	00:25:10	00:26:15	00:24:05	01:38:28	5	00:24:37
	George Hamling	Spectrum Striders	00:27:21	00:27:00	00:27:36	00:27:51	00:27:22	01:49:19	5	00:27:20
	Les Hewitt	Spectrum Striders	00:30:27	00:32:30	00:30:35	00:31:17	00:00:00	02:04:49	4	00:31:12
M60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Francis Slavin	Northern Vets AC	00:00:00	00:21:16	00:20:58	00:20:50	00:21:00	01:24:04	4	00:21:01
	Dave Tomkins	Northern Vets AC	00:21:14	00:21:24	00:21:39	00:21:29	00:21:41	01:25:46	5	00:21:26
	Michael Charman	Spectrum Striders	00:22:29	00:22:59	00:21:23	00:21:07	00:21:26	01:26:25	5	00:21:36
	Billy Hargreaves	Penny Lane striders	00:21:43	00:22:04	00:21:43	00:00:00	00:21:37	01:27:07	4	00:21:47
	Graham Howell	Liverpool Harriers	00:22:08	00:22:24	00:22:07	00:22:05	00:22:29	01:28:44	5	00:22:11
	John p Dooley	Spectrum Striders	00:23:11	00:23:27	00:22:58	00:23:12	00:00:00	01:32:48	4	00:23:12
	Alan Jenkinson	Styal RC	00:23:38	00:23:56	00:23:25	00:00:00	00:23:19	01:34:18	4	00:23:34
	Roy Pownall	Wilmslow RC	00:23:53	00:24:18	00:26:44	00:00:00	00:23:53	01:38:48	4	00:24:42
M65	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Frank Reilly	Stockport Harriers	00:18:53	00:19:24	00:18:53	00:18:52	00:19:04	01:15:42	5	00:18:56
	Ken Burgess	Altrincham & DAC	00:20:41	00:21:14	00:21:37	00:00:00	00:21:11	01:24:43	4	00:21:11
	Simon Fenton	Wilmslow RC	00:00:00	00:23:20	00:23:38	00:23:24	00:23:06	01:33:28	4	00:23:22
	Derek Walton	Altrincham & DAC	00:24:26	00:23:45	00:00:00	00:27:26	00:23:30	01:39:07	4	00:24:47
	Terry Coles	Spectrum Striders	00:30:21	00:30:30	00:29:35	00:29:25	00:30:48	01:59:51	5	00:29:58

M70	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Alan Peers	Spectrum Striders	00:22:51	00:22:48	00:22:44	00:22:17	00:00:00	01:30:40	4	00:22:40
	John Riley	Northern Vets AC	00:23:44	00:24:09	00:23:25	00:23:46	00:25:45	01:35:04	5	00:23:46
	Dave Attwell	Altrincham & DAC	00:00:00	00:25:01	00:24:09	00:23:49	00:23:51	01:36:50	4	00:24:13

M75	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Brian Forster	Wrexham AC	00:28:57	00:28:56	00:29:26	00:29:16	00:28:31	01:55:40	5	00:28:55
	Arthur Walsham	Salford Harriers	00:36:46	00:35:57	00:34:49	00:35:26	00:00:00	02:22:58	4	00:35:45

MJ	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Henry Valentine	South Cheshire Harriers	00:16:06	00:16:25	00:16:05	00:16:19	00:18:02	01:04:55	5	00:16:14
	Matthew Coles	Spectrum Striders	00:00:00	00:22:16	00:20:55	00:20:28	00:21:44	01:25:23	4	00:21:21
	David Gerrard	Warrington AC	00:21:38	00:23:08	00:00:00	00:21:52	00:22:48	01:29:26	4	00:22:22