

North Cheshire 5k Grand Prix 2012

F	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Liz Whitfield	Spectrum Striders	00:20:22	00:19:16	00:19:38	00:19:15	00:00:00	01:18:31	4	00:19:38
	Alison Draper	Spectrum Striders	00:21:49	00:00:00	00:20:28	00:20:22	00:20:30	01:23:09	4	00:20:47
	Deborah Chesworth	South Cheshire Harriers	00:21:22	00:21:15	00:21:39	00:20:45	00:21:08	01:24:30	5	00:21:08
F35	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Louise Blizzard	Belgrave Harriers	00:00:00	00:18:06	00:18:15	00:18:00	00:18:29	01:12:50	4	00:18:13
	Sarah Kenny	Manchester Tri Club	00:22:11	00:21:48	00:21:59	00:22:00	00:22:50	01:27:58	5	00:21:59
	Liz Hedgecock	Lymm Runners	00:25:39	00:24:21	00:00:00	00:24:38	00:24:40	01:39:18	4	00:24:50
	Gail Hill	Wilmslow RC	00:27:38	00:26:59	00:26:26	00:26:12	00:00:00	01:47:15	4	00:26:49
	Beverley Tickle	Astley & Tyldesley RR	00:27:45	00:27:23	00:27:42	00:26:57	00:27:10	01:49:12	5	00:27:18
F45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Caroline Hemming	Spectrum Striders	00:00:00	00:21:11	00:21:29	00:20:30	00:21:45	01:24:55	4	00:21:14
	Janet Salmon	Helsby RC	00:23:06	00:00:00	00:22:38	00:21:55	00:23:01	01:30:40	4	00:22:40
	Jayne Lomax	Vale Royal AC	00:24:08	00:00:00	00:23:04	00:22:55	00:23:50	01:33:57	4	00:23:29
	Sarah Dyde	South Cheshire Harriers	00:26:53	00:26:02	00:26:22	00:00:00	00:26:50	01:46:07	4	00:26:32
	Janet Stanhope	Lymm Runners	00:27:44	00:26:16	00:00:00	00:26:38	00:27:12	01:47:50	4	00:26:58
F50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Carol Bird	Macclesfield Harriers	00:22:42	00:22:08	00:00:00	00:22:15	00:23:00	01:30:05	4	00:22:31
	Debbie Read	Spectrum Striders	00:00:00	00:22:38	00:23:02	00:22:16	00:22:35	01:30:31	4	00:22:38
F55	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Anne Fortune	Spectrum Striders	00:24:46	00:23:44	00:23:56	00:00:00	00:24:18	01:36:44	4	00:24:11
	Janet Shaw	Helsby RC	00:26:55	00:25:59	00:26:25	00:25:22	00:26:12	01:43:58	5	00:25:59
F60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Rosemary Rogers	Deestriders RC	00:22:30	00:22:17	00:22:17	00:21:31	00:22:23	01:28:28	5	00:22:07
	Christine Ramsdale	Spectrum Striders	00:30:44	00:29:39	00:00:00	00:29:47	00:29:51	02:00:01	4	00:30:00

FJ	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Amelia Pettitt	Vale Royal AC	00:19:32	00:18:54	00:19:00	00:18:49	00:19:18	01:16:01	5	00:19:00
	Clara Pettitt	Vale Royal AC	00:21:41	00:21:25	00:21:25	00:20:39	00:00:00	01:25:10	4	00:21:18
	Hannah Bishop	Vale Royal AC	00:22:12	00:21:29	00:21:57	00:21:59	00:00:00	01:27:37	4	00:21:54
M	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	James McNally	Penny Lane Striders	00:16:29	00:16:03	00:16:13	00:16:02	00:00:00	01:04:47	4	00:16:12
	Martin Swensson	Penny Lane Striders	00:16:34	00:16:23	00:00:00	00:16:17	00:16:27	01:05:41	4	00:16:25
	Richard Park	Warrington AC	00:17:23	00:00:00	00:17:35	00:17:06	00:17:34	01:09:38	4	00:17:24
	Matthew Kelly	Altrincham & DAC	00:17:43	00:17:21	00:17:32	00:17:05	00:00:00	01:09:41	4	00:17:25
	Phil Burns	Stockport Harriers	00:17:47	00:17:30	00:17:59	00:17:12	00:00:00	01:10:28	4	00:17:37
	Toby Percival	Altrincham & DAC	00:19:14	00:18:13	00:18:40	00:00:00	00:18:48	01:14:55	4	00:18:44
	Mark Davies.	West Cheshire AC	00:19:01	00:18:58	00:00:00	00:18:40	00:19:16	01:15:55	4	00:18:59
	Stuart Mairs	Salford Met	00:21:31	00:21:16	00:21:49	00:21:15	00:21:12	01:25:14	5	00:21:19
	Andrew Holland	Unattached	00:00:00	00:22:36	00:22:41	00:21:09	00:21:54	01:28:20	4	00:22:05
	Nick Pearson	Unattached	00:00:00	00:22:37	00:22:21	00:21:40	00:21:47	01:28:25	4	00:22:06
	Martin Catterall	Warrington Road Runners	00:23:29	00:22:50	00:24:15	00:23:04	00:00:00	01:33:38	4	00:23:25
	Steven Francom	Unattached	00:24:43	00:00:00	00:25:04	00:26:25	00:25:49	01:42:01	4	00:25:30

M40	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Stuart Doyle	Vale Royal AC	00:16:18	00:16:08	00:16:20	00:15:55	00:16:23	01:04:41	5	00:16:10
	Mat Stephenson	Unattached	00:17:31	00:00:00	00:17:34	00:16:50	00:17:00	01:08:55	4	00:17:14
	James Simpson	South Cheshire Harriers	00:17:51	00:17:21	00:17:54	00:17:24	00:00:00	01:10:30	4	00:17:38
	Andrew Whittingham	Wilmslow RC	00:18:04	00:17:36	00:17:42	00:17:29	00:17:48	01:10:35	5	00:17:39
	Christopher Millington	Spectrum Striders	00:18:10	00:17:45	00:17:58	00:17:39	00:00:00	01:11:32	4	00:17:53
	Mike Welsby	Spectrum Striders	00:18:42	00:18:29	00:18:41	00:18:01	00:18:34	01:13:45	5	00:18:26
	Shaun Jackson	Altrincham & DAC	00:19:28	00:19:03	00:19:02	00:18:29	00:00:00	01:16:02	4	00:19:01
	Brad Ehlen	Spectrum Striders	00:19:30	00:19:19	00:19:49	00:19:21	00:00:00	01:17:59	4	00:19:30
	Andy Gaskell	Spectrum Striders	00:20:17	00:00:00	00:19:59	00:19:35	00:19:48	01:19:39	4	00:19:55
	Mark Byrne	Warrington Road Runners	00:20:03	00:19:36	00:19:42	00:00:00	00:20:33	01:19:54	4	00:19:59
	Michael Barry	Stockport Harriers	00:21:07	00:20:21	00:00:00	00:20:32	00:20:24	01:22:24	4	00:20:36
	Craig Partridge	Altrincham & DAC	00:21:38	00:20:59	00:21:27	00:20:46	00:00:00	01:24:50	4	00:21:13
	Paul Basnett	Astley & Tyldesley RR	00:22:24	00:22:04	00:22:36	00:22:06	00:22:21	01:28:55	5	00:22:14
	Jonathan Clarke	Styal RC	00:00:00	00:23:06	00:24:18	00:22:45	00:23:30	01:33:39	4	00:23:25

M45	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Graham Macneil	Wilmslow RC	00:17:00	00:16:56	00:17:24	00:16:54	00:17:38	01:08:14	5	00:17:04
	Scott Christey	Astley & Tyldesley RR	00:18:45	00:18:53	00:18:49	00:18:30	00:19:31	01:14:57	5	00:18:44
	Jim Dawson	Warrington Road Runners	00:19:33	00:19:10	00:19:29	00:19:12	00:19:18	01:17:09	5	00:19:17
	Russ Platt	Warrington Road Runners	00:20:16	00:19:40	00:19:57	00:19:29	00:00:00	01:19:22	4	00:19:51
	Nigel Stanhope	Lymm Runners	00:20:21	00:20:21	00:00:00	00:19:48	00:19:38	01:20:08	4	00:20:02
	Mark Davies	Warrington Road Runners	00:20:27	00:20:17	00:20:29	00:19:49	00:20:35	01:21:02	5	00:20:15
	Philip Bishop	Unattached	00:20:31	00:20:29	00:20:21	00:19:57	00:20:18	01:21:05	5	00:20:16
	Rob Mcharry	Spectrum Striders	00:21:18	00:20:35	00:21:22	00:20:41	00:00:00	01:23:56	4	00:20:59
	Alan Turner	Wilmslow RC	00:21:27	00:21:03	00:21:35	00:21:42	00:21:46	01:25:47	5	00:21:27
	Alasdair Dyde	South Cheshire Harriers	00:22:00	00:21:07	00:21:30	00:00:00	00:21:51	01:26:28	4	00:21:37
	Steve Bunker	Unattached	00:22:19	00:21:44	00:21:41	00:21:23	00:21:55	01:26:43	5	00:21:41
	Paul Hulse	Spectrum Striders	00:30:09	00:28:08	00:28:19	00:27:48	00:00:00	01:54:24	4	00:28:36

M50	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Mike Hatton	South Cheshire Harriers	00:17:28	00:16:59	00:17:31	00:17:08	00:17:43	01:09:06	5	00:17:17
	Colin Martin	Spectrum Striders	00:18:03	00:17:40	00:17:52	00:17:35	00:18:08	01:11:10	5	00:17:47
	Frank Cordingley	Sale Harriers Mcr	00:19:58	00:19:28	00:19:56	00:18:37	00:00:00	01:17:59	4	00:19:30
	Julian Spencer	Spectrum Striders	00:19:40	00:19:40	00:00:00	00:21:04	00:19:45	01:20:09	4	00:20:02
	Tom Lavin	Altrincham & DAC	00:21:40	00:22:02	00:22:24	00:21:58	00:00:00	01:28:04	4	00:22:01
	Richard Pettitt	Vale Royal AC	00:22:04	00:22:51	00:22:46	00:21:49	00:22:41	01:29:20	5	00:22:20
	Brian Griffiths	Spectrum Striders	00:24:50	00:22:32	00:23:21	00:00:00	00:22:52	01:33:35	4	00:23:24
	Allan Bird	Spectrum Striders	00:28:34	00:27:23	00:27:15	00:00:00	00:27:44	01:50:56	4	00:27:44
M55	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Colin Kay	Astley & Tyldesley RR	00:19:25	00:18:57	00:19:13	00:18:47	00:19:10	01:16:07	5	00:19:02
	John Clarke	Vale Royal AC	00:20:11	00:00:00	00:20:09	00:19:46	00:19:51	01:19:57	4	00:19:59
	Andy Garnett	Spectrum Striders	00:20:26	00:20:41	00:21:14	00:00:00	00:21:05	01:23:26	4	00:20:52
	Geoff Shaw	Helsby RC	00:21:25	00:21:20	00:21:46	00:21:12	00:21:42	01:25:39	5	00:21:25
	Christopher Cannon	Wilmslow RC	00:22:15	00:22:01	00:22:38	00:22:15	00:22:35	01:29:06	5	00:22:17
	Mike Cutler	South Cheshire Harriers	00:23:54	00:23:36	00:24:51	00:23:29	00:00:00	01:35:50	4	00:23:58
	Ian Dunbar	Spectrum Striders	00:26:08	00:25:03	00:24:50	00:24:54	00:25:56	01:40:43	5	00:25:11
M60	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Tony Brown	Northern Vets AC	00:21:09	00:20:35	00:20:37	00:20:11	00:00:00	01:22:32	4	00:20:38
	Melvyn Cole	South Cheshire Harriers	00:21:26	00:20:45	00:20:25	00:00:00	00:20:59	01:23:35	4	00:20:54
	Alan Jenkinson	Styal RC	00:23:56	00:23:26	00:23:40	00:23:12	00:23:28	01:33:46	5	00:23:27
M65	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Ken Burgess	Altrincham & DAC	00:20:44	00:20:25	00:20:28	00:20:04	00:00:00	01:21:41	4	00:20:25
	Dave Tomkins	Northern Vets AC	00:22:18	00:21:27	00:22:02	00:21:43	00:21:49	01:27:01	5	00:21:45
	Simon Fenton	Wilmslow RC	00:23:33	00:23:11	00:24:03	00:22:40	00:00:00	01:33:27	4	00:23:22
	Iain Fortune	Spectrum Striders	00:27:55	00:26:54	00:27:47	00:00:00	00:27:20	01:49:56	4	00:27:29

M70	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Alan Peers	Spectrum Striders	00:24:02	00:22:44	00:24:33	00:23:21	00:23:58	01:34:05	5	00:23:31
	Derek Howarth	Leigh Harriers & AC	00:32:37	00:32:28	00:32:44	00:32:27	00:00:00	02:10:16	4	00:32:34
	Arthur Walsham	Salford Harriers	00:37:09	00:34:07	00:37:09	00:33:14	00:00:00	02:21:39	4	00:35:25
	Dave Attwell	Altrincham & DAC	00:37:10	00:34:10	00:37:09	00:34:23	00:00:00	02:22:52	4	00:35:43
MJ	Name	Club	Dunham1	H/Green	Bowdon	Dunham2	Lymm	Time	Races	Score
	Liam Renton	Warrington AC	00:16:00	00:15:42	00:15:56	00:00:00	00:15:38	01:03:16	4	00:15:49
	Henry Valentine	South Cheshire Harriers	00:16:40	00:16:05	00:16:35	00:15:52	00:16:44	01:05:12	5	00:16:18
	Matthew Coles	Spectrum Striders	00:20:49	00:20:15	00:20:07	00:19:43	00:19:56	01:20:01	5	00:20:00