



North Cheshire 5k Grand Prix 2014



Category	Name	Club	Average of best 4 times	Total of best 4 times	Bowdon	Dunham1	Dunham2	Hollins	Lymm
L	DOUGLAS, Sarah	Sale Harriers Mcr	20:00	1:19:59	20:11	19:59	19:50	19:59	----
	JONES, Tracey	Dragon's RC (Sale)	21:12	1:24:50	----	21:28	21:20	20:40	21:22
	ANDERSON, Sophie	Lymm Runners	24:59	1:39:57	24:52	24:45	24:50	----	25:30
	HALLIGAN, Claire	Lymm Runners	26:17	1:45:09	26:39	26:03	25:34	----	26:53
LV35	MCVEY, Diane	Wilmslow RC	18:22	1:13:29	----	18:38	17:58	18:18	18:35
	HILLDRUP, Andrea	Lymm Runners	18:52	1:15:29	19:00	19:08	18:42	18:39	19:18
	TRIVETT, Amanda	Stockport Harriers	22:37	1:30:29	23:04	23:23	21:53	22:47	22:45
	HEPBURN, Denise	Spectrum Striders	23:55	1:35:39	23:53	24:13	23:33	24:00	----
	SPENCER, Heather	Spectrum Striders	25:00	1:40:01	25:21	25:58	24:15	25:13	25:12
	HATTON, Jill	Dragon's RC (Sale)	25:15	1:41:00	25:46	25:12	25:03	24:59	26:45
LV40	CHAMBERLAIN, Nikki	Knutsford Tri	22:01	1:28:04	22:25	22:00	21:52	22:01	22:11
	HOLMES, Germaine	Lymm Runners	23:16	1:33:03	23:31	23:17	23:02	23:32	23:13
LV45	LOTT, Joanne	Trafford AC	21:22	1:25:28	21:05	21:30	21:07	----	21:46
	ROBERTS, Eleanor	Spectrum Striders	24:23	1:37:31	24:43	25:03	23:43	24:02	25:24
LV50	CAMPBELL, Annette	Altrincham & District AC	22:14	1:28:57	22:28	22:12	21:56	22:21	----
	TAVENER, Mary	Vale Royal AC	22:24	1:29:35	22:37	22:43	22:08	22:07	----
	STANHOPE, Janet	Lymm Runners	27:31	1:50:04	27:03	29:15	27:18	26:28	----
LV55	KELLY, Michelle	Penny Lane Striders	24:23	1:37:33	24:51	24:20	24:25	24:05	24:43
LV60	ROGERS, Rosemary	West Cheshire AC	23:10	1:32:41	23:44	23:08	22:47	23:03	23:43
LJun	DOWNS, Juliet	Stockport Harriers	18:34	1:14:17	18:44	18:32	18:01	----	19:00
	RICHARDSON, Hannah	Stockport Harriers	19:30	1:18:00	19:41	19:37	19:17	19:25	20:04
	BOURKE, Georgia	Stockport Harriers	20:05	1:20:21	20:29	19:50	19:40	----	20:22
M	SWENSSON, Martin	Penny Lane Striders	16:04	1:04:17	16:19	16:00	15:59	15:59	16:31
	MORRIS, David	South Cheshire Harriers	17:31	1:10:04	17:31	----	17:09	17:29	17:55
	MCCORMICK, Allan	Wilmslow RC	18:21	1:13:25	----	18:41	17:53	18:18	18:33
	STUART, Barry	Lymm Runners	19:08	1:16:31	18:49	19:16	19:16	19:10	20:08
	MAIRS, Stuart	Salford Met	21:04	1:24:18	21:07	21:22	20:36	21:13	21:32
	POTTS, Luke	Warrington Road Runners	21:28	1:25:51	21:42	21:36	20:57	----	21:36
	HOLLAND, Andrew	Warrington Road Runners	21:51	1:27:22	22:24	21:56	21:06	----	21:56
MV40	FULLER, Adrian	Altrincham & District AC	18:05	1:12:21	17:48	18:13	17:48	----	18:32
	RENNY, Steven	Altrincham & District AC	18:12	1:12:48	18:20	17:59	18:04	18:25	18:45
	DICKINSON, Julian	Lymm Runners	18:38	1:14:32	18:49	18:40	18:29	18:39	18:44
	ABRAHAM, Paul	Altrincham & District AC	18:58	1:15:52	18:47	18:45	19:07	----	19:13
	GREENSLADE, Robbie	Sale Harriers Mcr	19:09	1:16:34	19:09	19:15	19:15	18:55	----
	EHLEN, Brad	Spectrum Striders	21:02	1:24:08	21:36	21:18	20:21	20:53	21:46
	DUGDALE, Lee	Spectrum Striders	21:47	1:27:07	23:54	21:40	20:46	20:47	----
	THOMPSON, John	Helsby RC	23:08	1:32:31	24:02	24:03	22:36	22:48	23:05
MV45	GREEN, Graham	Warrington AC	16:08	1:04:32	----	16:16	15:53	16:03	16:20
	PAYNE, Paul	Stockport Harriers	17:06	1:08:25	17:05	17:00	17:10	17:10	----
	CHRISTEY, Scott	Leigh Harriers & AC	19:22	1:17:28	19:20	19:12	19:29	19:27	19:32
	O'KEEFE, Ray	Macclesfield Harriers	19:28	1:17:54	19:38	19:41	19:21	19:14	19:59
	DOLAN, Michael	Unattached	20:13	1:20:51	20:15	20:05	19:50	----	20:41
	STANHOPE, Nigel	Lymm Runners	20:45	1:23:00	21:58	20:41	20:08	20:13	----
	RICHARDSON, Gary	Stockport Harriers	21:40	1:26:39	----	21:24	21:22	21:45	22:08
	BASNETT, Paul	Astley & Tyldesley RR	23:09	1:32:35	23:35	22:50	----	22:46	23:24
	YARWOOD, Dennis	Spectrum Striders	26:04	1:44:17	26:24	26:29	25:36	----	25:48
MV50	DOWNS, Rob	Wilmslow RC	16:46	1:07:03	16:51	16:38	16:36	16:58	17:08
	WARD, Stephen	Spectrum Striders	19:21	1:17:23	----	19:30	19:01	19:22	19:30
	SPENCER, Julian	Spectrum Striders	19:32	1:18:10	19:35	19:53	19:09	19:37	19:49
	BROWN, Keith	Warrington Road Runners	19:52	1:19:26	20:07	24:05	19:44	19:41	19:54
	DAWSON, Jim	Lymm Runners	20:11	1:20:43	20:16	20:30	19:57	20:00	20:32
	MCHARRY, Rob	Spectrum Striders	20:51	1:23:24	21:01	20:53	20:45	20:45	----
	JOHNSON, Lee	Warrington Tri Club	22:00	1:28:02	22:04	21:41	22:11	22:06	22:40
	WILLIAMS, Alan	Altrincham & District AC	22:05	1:28:19	21:46	25:08	21:39	22:13	22:41
	CAMPBELL, Lockie	Altrincham & District AC	22:18	1:29:13	22:42	22:44	21:56	21:51	----
	FERNS, Mark	Unattached	22:30	1:29:58	23:33	23:08	22:00	21:59	22:51
	KELLY, John	Penny Lane Striders	23:32	1:34:09	21:19	24:20	24:25	24:05	----

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MV50	JONES, Huw	Lymm Runners	23:42	1:34:49	23:42	23:43	23:49	23:35	24:27
	BURTON, Peter John	Lymm Runners	24:06	1:36:22	23:54	24:18	23:41	24:29	24:39
	BIRD, Allan	Spectrum Striders	24:47	1:39:07	----	24:32	24:27	25:00	25:08
	KITCHEN, Graham	Dragon's RC (Sale)	24:58	1:39:53	25:12	25:07	24:39	24:55	25:56
MV55	KAY, Colin	Astley & Tyldesley RR	19:06	1:16:24	19:19	19:20	18:48	19:01	19:16
	HUNTER, Mark J	Altrincham & District AC	20:00	1:19:59	----	20:09	19:45	19:47	20:18
	DOOLEY, Andrew	Styal RC	22:40	1:30:41	22:46	22:45	22:28	22:42	23:10
	BULL, Martin	Dragons RC (Sale)	23:32	1:34:10	23:39	23:20	23:22	----	23:49
	CROALL, John	Lymm Runners	23:44	1:34:57	23:54	23:54	23:27	23:42	24:05
	BRADLEY, Michael	Spectrum Striders	23:56	1:35:44	23:51	23:48	23:40	----	24:25
	EAKIN, Michael	Unattached	24:01	1:36:04	24:18	23:55	23:50	24:01	24:40
MV60	BROWN, Tony	Northern Vets AC	20:33	1:22:11	20:34	20:40	20:27	20:30	21:17
	GARNETT, Andy	Spectrum Striders	21:11	1:24:46	21:16	----	21:00	21:09	21:21
	CHARMAN, Michael	Spectrum Striders	21:27	1:25:46	21:29	21:44	21:00	21:33	24:26
	MCCORMICK, Fechin	Sale Harriers Mcr	24:50	1:39:18	25:00	24:57	24:38	24:43	----
	DUNBAR, Ian	Spectrum Striders	28:09	1:52:35	27:56	27:36	28:10	----	28:53
MV65	JENKINSON, Alan	Styal RC	23:37	1:34:30	24:05	23:35	23:34	23:29	23:52
	DOOLEY, John P	Spectrum Striders	28:09	1:52:35	27:48	28:24	27:46	28:37	29:17
MV70+	BURGESS, Ken	Altrincham & District AC	21:28	1:25:52	21:53	21:10	21:02	21:47	22:15
	PEERS, Alan	Spectrum Striders	25:19	1:41:16	24:38	25:06	25:43	----	25:49
	PARK, Joe	Cheshire Tally Ho	26:45	1:47:02	26:58	26:42	26:44	26:38	27:12
	COLES, Terry	Spectrum Striders	28:49	1:55:17	28:04	29:24	28:39	29:10	30:24
	ATTWELL, Dave	Altrincham & District AC	33:14	2:12:55	39:26	39:00	40:46	27:00	27:29
	WALSHAM, Arthur	Salford Harriers	39:12	2:36:49	39:24	39:00	40:46	38:27	39:58
MJun	VALENTINE, Henry	South Cheshire Harriers	16:31	1:06:05	16:48	----	16:11	16:18	16:48
	SHARMAN, Leighton	Warrington AC	17:04	1:08:17	17:12	17:09	17:00	16:56	----
	GREAVES, Tom	Unattached	18:03	1:12:11	18:23	17:58	17:50	18:00	18:25
	COLES, Matthew	Spectrum Striders	20:41	1:22:42	20:08	20:29	----	20:08	21:57