



North Cheshire 5k Grand Prix 2015



Many thanks to our series sponsors:



Category	Name	Club	Average of best 4	Total of best 4	Dunham1	Brook	Bowdon	Dunham2	Hollins
FSen	TOLAND, Emma	Manchester Harriers & AC	20:28	1:21:52	20:34	20:55	20:17	20:35	20:26
	JONES, Tracey	Dragon's RC (Sale)	22:03	1:28:13	22:00	22:20	22:05	22:44	21:48
	COOPER, Amy	Lymm Runners	23:53	1:35:32	23:59	24:39	23:44	24:12	23:37
FV35	MCVEY, Diane	Wilmslow RC	18:25	1:13:39		18:31	18:07	18:35	18:26
	WHITFIELD, Liz	Spectrum Striders	21:27	1:25:50	21:50	21:26		21:37	20:57
FV40	JOHNSTONE, Sharon	Wilmslow RC	19:13	1:16:53	19:23	19:32	18:56	19:37	19:02
	HARRISON, Louisa	Wilmslow RC	20:37	1:22:30	20:44	20:44	20:14	20:48	
	TICKLE, Beverley	Astley & Tyldesley RR	25:56	1:43:43	25:45		26:12	25:48	25:58
	SHILLABEER, Emma	St Helens Tri	27:35	1:50:19	28:34	27:32	27:11	27:59	27:37
	CRESSWELL, Lisa	Dragon's RC (Sale)	32:13	2:08:53	32:42	32:40	31:38	32:53	31:53
FV45	DRASDO, Alison	Trafford AC	20:21	1:21:23	20:37	20:50	20:08	20:30	20:08
	LOTT, Joanne	Trafford AC	21:00	1:24:00	21:06	21:20	20:53	21:16	20:45
	CHAMBERLAIN, Nikki	Knutsford Tri	22:57	1:31:48	22:57	23:13	22:45	23:12	22:54
	ROBERTS, Eleanor	Spectrum Striders	24:08	1:36:33	24:33	24:06	23:38	24:16	
	MCCLELLAND, Jenny	Lymm Runners	24:10	1:36:39	24:00	24:10	25:00	24:30	23:59
	HIRONS, Carolyn	Wilmslow RC	24:22	1:37:30	24:19		23:56	24:48	24:27
	BURTON, Mary Ann	Lymm Runners	25:27	1:41:49	25:34	25:38	25:50	25:28	25:09
FV50	GANOSE, Bev	Altrincham & District AC	21:19	1:25:17		21:22	21:00	21:39	21:16
	STANHOPE, Janet	Lymm Runners	29:08	1:56:31	29:05	28:38	29:13	29:35	30:47
	O'CONNOR, Katy	Lymm Runners	29:29	1:57:55	29:43	29:03	33:14	30:17	28:52
	HACKETT, Karen	Unattached	30:07	2:00:29	30:35	29:49	29:23	30:42	
FV55	CORDINGLEY, Jackie	Sale Harriers Mchr	21:20	1:25:20	21:45	21:20	21:08	21:53	21:07
FV60	SHAW, Janet	Helsby RC	28:59	1:55:55	30:06	29:13	28:38	29:10	28:54
FV65+	ROGERS, Rosemary	West Cheshire AC	24:23	1:37:32	24:02	24:38		24:51	24:01
FJun	WHITTINGHAM, Louisa	Macclesfield Harriers	19:43	1:18:54	20:13	20:23	19:35	19:46	19:20
MSen	BAGAN, Paul	Lymm Runners	18:10	1:12:39	18:13	18:13	17:57	18:16	
	MCCORMICK, Allan	Wilmslow RC	18:46	1:15:06		18:55	18:39	18:50	18:42
	BERRY, Stuart	Lymm Runners	19:05	1:16:20	19:05	19:05	19:02	19:21	19:08
	O'GORMAN, Stephen	Unattached	20:20	1:21:20	20:31	20:15	20:13	20:53	20:21
	COLES, Matthew	Spectrum Striders	20:24	1:21:36	20:47	21:17	20:13	20:50	19:46
	POTTS, Luke	Warrington Road Runners	20:45	1:22:59	21:04		20:27	20:50	20:38
	MAGEE, Will	Warrington Road Runners	21:01	1:24:03	21:11	21:11	20:52	22:55	20:49
	MAIRS, Stuart	Salford Met	21:46	1:27:05		21:40	22:04	21:37	21:44
	BRADBURY, Jamie	Lymm Runners	21:56	1:27:46	21:31	22:30	21:52	21:53	
	HOLLAND, Andrew	Warrington Road Runners	21:57	1:27:48	21:36	22:07		22:28	21:37
	COLVIN, James	Unattached	23:47	1:35:09	23:40	23:56		24:01	23:32
	MIRABELLA, Alessandro	Spectrum Striders	26:14	1:44:55	27:43	26:35	25:30		25:07
MV40	FULLER, Adrian	Altrincham & District AC	17:49	1:11:17	18:01	17:47	17:39	18:10	17:50
	LONGLEY, Richard	Trentham RC	18:12	1:12:48	18:02		18:02	18:35	18:09
	MILLINGTON, Christopher	Spectrum Striders	18:24	1:13:35	18:24	18:43	18:05	18:23	
	HUGHES, Lee	Lymm Runners	18:56	1:15:43	18:57	19:13	18:46	19:27	18:47
	HOLMES, David	Lymm Runners	19:01	1:16:05	19:17	18:53		19:10	18:45
	ROWEN, Phil	Lymm Runners	20:51	1:23:22	20:53		20:37	21:03	20:49
	EHLEN, Brad	Spectrum Striders	21:04	1:24:18	21:13	21:18	20:58	21:50	20:49
	KELLY, Paul	Spectrum Striders	21:06	1:24:23	20:56	21:30	20:46		21:11
MV45	WHITTINGHAM, Andrew	Wilmslow RC	17:40	1:10:39	17:44		17:33	17:46	17:36
	HOUGHTON, Mike	Spectrum Striders	18:56	1:15:45	19:06		18:37	19:17	18:45
	BROGAN, Jason	Manchester Harriers & AC	19:26	1:17:46	19:47	19:24	19:18	19:55	19:17
	CHRISTEY, Scott	Leigh Harriers & AC	19:47	1:19:08	19:42	19:47	19:36	20:03	
	BUNKER, Steve	Wilmslow RC	19:51	1:19:25	20:00		19:31	20:12	19:42
	O'KEEFE, Ray	Macclesfield Harriers	20:18	1:21:13	20:19		20:04	20:30	20:20
	PLATT, Russ	Warrington Road Runners	20:23	1:21:34	20:29	20:11		20:57	19:57
	GASKELL, Andy	Spectrum Striders	20:29	1:21:57	20:59	20:32	20:21	21:35	20:05
	DRIVER, Graham	Spectrum Striders	21:06	1:24:23	21:24	21:06		20:57	20:56
	RICHARDSON, Gary	Stockport Harriers	21:47	1:27:09	22:10	21:48	21:47	22:25	21:24
	WALMSLEY, Tony	Lymm Runners	22:23	1:29:31	22:40	22:31		22:19	22:01
	BASNETT, Paul	Astley & Tyldesley RR	22:23	1:29:31	22:18		22:17	22:39	22:17
	YARWOOD, Dennis	Spectrum Striders	26:08	1:44:31	25:53		25:27	25:35	27:36
	CRESSWELL, David	Dragon's RC (Sale)	27:57	1:51:46	28:45	28:07	27:06	27:48	29:59
MV50	CAMPBELL, Lockie	Altrincham & District AC	21:01	1:24:05	21:37	21:29	20:45	21:07	20:44
	CORDINGLEY, Frank	Sale Harriers Mchr	21:12	1:24:46	21:17	21:31	21:16	21:19	20:54
	HACKETT, Simon	Unattached	24:56	1:39:45	25:55	24:55	25:07	25:00	24:43
MV55	HUNTER, Mark J	Altrincham & District AC	19:16	1:17:05	19:31	19:30	18:52	19:28	19:15
	SPENCER, Julian	Spectrum Striders	20:41	1:22:45	20:58	21:24	20:49	20:41	20:17
	SALA, Tony	Lymm Runners	22:25	1:29:41	22:39	22:24	22:07	22:34	22:36
	SKETT, Andrew	Lymm Runners	24:20	1:37:19	24:23		23:55	24:21	24:40
MV60	GARNETT, Andy	Spectrum Striders	22:03	1:28:14	22:01	21:52	21:58	22:48	22:23
	SHAW, Geoff	Helsby RC	23:14	1:32:55	23:19	23:16	23:14	23:07	23:18
	RAFFLE, Alistair	Spectrum Striders	24:40	1:38:39	25:32	24:29	24:26	25:00	24:44
	DUNBAR, Ian	Spectrum Striders	28:46	1:55:05	29:00	28:05	29:07	29:05	28:55
MV65	JENKINSON, Alan	Styal RC	23:21	1:33:22	23:42		23:17	23:30	22:53
	GRIFFITHS, Neville	Spectrum Striders	25:20	1:41:21	26:10	25:06	25:42	25:39	24:54
	DOOLEY, John P	Spectrum Striders	25:50	1:43:20		26:11	25:38	25:51	25:40
MV70+	FENTON, Simon	Wilmslow RC	24:57	1:39:50	25:34	24:56	24:39	25:10	25:05
	PARK, Joe	Cheshire Tally Ho	27:20	1:49:20	27:15	27:30	27:17	27:55	27:18
	JARAS, Michael	Spectrum Striders	27:42	1:50:47	28:12		26:49	27:28	28:18
	COLES, Terry	Spectrum Striders	28:55	1:55:38	29:42	28:50	28:53	29:07	28:48
	ATTWELL, Dave	Altrincham & District AC	36:08	2:24:32	45:36		33:15	37:28	28:13