

Many thanks to the 5k series sponsors:



Individual Results

Category winners are *shown in italics*.

Pos	Time	Name	Club	Category	mins/k	RaceNo
1	16:40	MCCARTHY, Chris	McCarkiss Elite Project	Male Senior	3:20.0	1224
2	17:47	FULLER, Adrian	Altrincham & District AC	Male Vet 40	3:33.4	147
3	18:05	LONGLEY, Kirsty	Liverpool Pembroke & Sefton	Female Vet 35	3:37.0	1229
4	18:13	BAGAN, Paul	Lymm Runners	Male Senior	3:38.6	44
5	18:31	MCVEY, Diane	Wilmslow RC	Female Vet 35	3:42.2	142
6	18:33	CHADWICK, Daniel	Spectrum Striders	Male Senior	3:42.6	1223
7	18:37	SHORT, Robert	Burnden Road Runners	Male Senior	3:43.4	1217
8	18:43	MILLINGTON, Christopher	Spectrum Striders	Male Vet 40	3:44.6	3
9	18:53	HOLMES, David	Lymm Runners	Male Vet 40	3:46.6	135
10	18:55	MCCORMICK, Allan	Wilmslow RC	Male Senior	3:47.0	143
11	19:05	BERRY, Stuart	Lymm Runners	Male Senior	3:49.0	93
12	19:12	MCCARTHY, Tony	Warrington AC	Male Vet 55	3:50.4	1293
13	19:13	HUGHES, Lee	Lymm Runners	Male Vet 40	3:50.6	47
14	19:24	BROGAN, Jason	Manchester Harriers & AC	Male Vet 45	3:52.8	41
15	19:30	HUNTER, Mark J	Altrincham & District AC	Male Vet 55	3:54.0	56
16	19:32	JOHNSTONE, Sharon	Wilmslow RC	Female Vet 40	3:54.4	134
17	19:38	CUMMINGS, Carl	Leigh Harriers & AC	Male Senior	3:55.6	1237
18	19:38	RICHARDSON, Hannah	Stockport Harriers	Female Junior U20	3:55.6	62
19	19:39	MASON, Paul	Wigan Harriers	Male Senior	3:55.8	942
20	19:47	CHRISTEY, Scott	Leigh Harriers & AC	Male Vet 45	3:57.4	131
21	20:03	BLIZZARD, Louise	Belgrave Harriers	Female Vet 35	4:00.6	1213
22	20:11	PLATT, Russ	Warrington Road Runners	Male Vet 45	4:02.2	39
23	20:15	O'GORMAN, Stephen		Male Senior	4:03.0	94
24	20:23	WHITTINGHAM, Louisa	Macclesfield Harriers	Female Junior U20	4:04.6	37
25	20:25	PUDGE, Ian	Burnden Road Runners	Male Vet 40	4:05.0	1218
26	20:32	GASKELL, Andy	Spectrum Striders	Male Vet 45	4:06.4	28
27	20:36	DAWSON, Jim	Lymm Runners	Male Vet 50	4:07.2	48
28	20:44	HARRISON, Louisa	Wilmslow RC	Female Vet 40	4:08.8	54
29	20:44	PYATT, Emma-Louise	Vale Royal AC	Female Junior U20	4:08.8	1289
30	20:50	DRASDO, Alison	Trafford AC	Female Vet 45	4:10.0	60
31	20:55	TOLAND, Emma	Manchester Harriers & AC	Female Senior	4:11.0	40
32	21:06	DRIVER, Graham	Spectrum Striders	Male Vet 45	4:13.2	26
33	21:09	SMITH, Michael	Lymm Runners	Male Vet 50	4:13.8	1206
34	21:11	MAGEE, Will	Warrington Road Runners	Male Senior	4:14.2	55
35	21:17	COLES, Matthew	Spectrum Striders	Male Senior	4:15.4	11
36	21:18	EHLLEN, Brad	Spectrum Striders	Male Vet 40	4:15.6	8
37	21:20	CORDINGLEY, Jackie	Sale Harriers Mchr	Female Vet 55	4:16.0	80
38	21:20	LOTT, Joanne	Trafford AC	Female Vet 45	4:16.0	137
39	21:22	LEE, Stuart		Male Senior	4:16.4	1233
40	21:22	GANOSE, Bev	Altrincham & District AC	Female Vet 50	4:16.4	1225
41	21:24	SPENCER, Julian	Spectrum Striders	Male Vet 55	4:16.8	1
42	21:26	WHITFIELD, Liz	Spectrum Striders	Female Vet 35	4:17.2	19
43	21:28	BROWN, Tony	Northern Vets AC	Male Vet 65	4:17.6	1208
44	21:29	CAMPBELL, Lockie	Altrincham & District AC	Male Vet 50	4:17.8	45
45	21:30	KELLY, Paul	Spectrum Striders	Male Vet 40	4:18.0	27
46	21:30	HARRISON, Carole	Altrincham & District AC	Female Vet 50	4:18.0	1222

Pos	Time	Name	Club	Category	mins/k	RaceNo
47	21:31	CORDINGLEY, Frank	Sale Harriers Mchr	Male Vet 50	4:18.2	81
48	21:31	CATTERALL, Martin	Warrington Road Runners	Male Senior	4:18.2	1219
49	21:34	HARRISON, Graham	Altrincham & District AC	Male Vet 50	4:18.8	1221
50	21:40	FALLS, Chris	Spectrum Striders	Male Senior	4:20.0	6
51	21:40	MAIRS, Stuart	Salford Met	Male Senior	4:20.0	138
52	21:41	O'GORMAN, Graham		Male Vet 50	4:20.2	1236
53	21:44	BOND, Simon	Swinton RC	Male Vet 40	4:20.8	1291
54	21:48	RICHARDSON, Gary	Stockport Harriers	Male Vet 45	4:21.6	63
55	21:52	GARNETT, Andy	Spectrum Striders	Male Vet 60	4:22.4	22
56	21:53	COATS, John	Northern Vets AC	Male Vet 50	4:22.6	1216
57	22:04	STANHOPE, Nigel	Lymm Runners	Male Vet 50	4:24.8	1235
58	22:06	GERRARD, Andrew	Warrington AC	Male Junior U20	4:25.2	1203
59	22:07	HOLLAND, Andrew	Warrington Road Runners	Male Senior	4:25.4	100
60	22:20	JONES, Tracey	Dragon's RC (Sale)	Female Senior	4:28.0	79
61	22:24	SALA, Tony	Lymm Runners	Male Vet 55	4:28.8	58
62	22:27	CHARLES, Will	Warrington Road Runners	Male Senior	4:29.4	1288
63	22:30	BRADBURY, Jamie	Lymm Runners	Male Senior	4:30.0	89
64	22:31	WALMSLEY, Tony	Lymm Runners	Male Vet 45	4:30.2	140
65	22:39	VESEY, Alison	Altrincham & District AC	Female Vet 50	4:31.8	1202
66	22:41	GERRARD, David	Warrington AC	Male Junior U20	4:32.2	1204
67	22:45	CHARMAN, Michael	Spectrum Striders	Male Vet 65	4:33.0	5
68	22:52	MCDONNELL, Rachel	Trafford AC	Female Vet 40	4:34.4	1231
69	23:13	CHAMBERLAIN, Nikki	Knutsford Tri	Female Vet 45	4:38.6	97
70	23:16	SHAW, Geoff	Helsby RC	Male Vet 60	4:39.2	34
71	23:56	COLVIN, James		Male Senior	4:47.2	30
72	23:58	PEREZ, Jose	Lymm Runners	Male Vet 40	4:47.6	1287
73	24:00	CANHAM, Neil	Trafford AC	Male Vet 65	4:48.0	1220
74	24:06	ROBERTS, Eleanor	Spectrum Striders	Female Vet 45	4:49.2	25
75	24:10	MCCLELLAND, Jenny	Lymm Runners	Female Vet 45	4:50.0	52
76	24:15	BURTON, Peter John	Lymm Runners	Male Vet 50	4:51.0	68
77	24:21	BEATTIE, Geoffrey	Sale Harriers Mchr	Male Vet 60	4:52.2	1205
78	24:21	GREEN, Ben	Warrington AC	Male Junior U20	4:52.2	1211
79	24:23	OULTRAM, Welsey		Male Junior U20	4:52.6	1298
80	24:25	THOMPSON, Dave	Spectrum Striders	Male Vet 55	4:53.0	1210
81	24:29	RAFFLE, Alistair	Spectrum Striders	Male Vet 60	4:53.8	9
82	24:34	TAGGART, Katharine	St Helens Striders	Female Vet 45	4:54.8	1285
83	24:38	AIRD, Paul	Last Inn Runners	Male Vet 55	4:55.6	1226
84	24:38	ROGERS, Rosemary	West Cheshire AC	Female Vet 65+	4:55.6	43
85	24:39	COOPER, Amy	Lymm Runners	Female Senior	4:55.8	31
86	24:44	BRADLEY, Michael	Spectrum Striders	Male Vet 55	4:56.8	1230
87	24:55	HACKETT, Simon		Male Vet 50	4:59.0	86
88	24:56	FENTON, Simon	Wilmslow RC	Male Vet 70+	4:59.2	78
89	25:00	JOHNSON, Martin		Male Senior	5:00.0	144
90	25:06	GRIFFITHS, Neville	Spectrum Striders	Male Vet 65	5:01.2	29
91	25:19	NUNNERLEY, Emma	Lymm Runners	Female Vet 35	5:03.8	1201
92	25:27	GREEN, Daniel	Warrington Road Runners	Male Vet 40	5:05.4	51
93	25:38	BURTON, Mary Ann	Lymm Runners	Female Vet 45	5:07.6	67
94	25:38	DAVIS, Emma	Lymm Runners	Female Senior	5:07.6	1228
95	26:11	DOOLEY, John P	Spectrum Striders	Male Vet 65	5:14.2	2
96	26:23	TOMKINS, Dave	Warrington AC	Male Vet 65	5:16.6	88
97	26:28	CAHM, Jonathan	Spectrum Striders	Male Vet 50	5:17.6	1232
98	26:35	MIRABELLA, Alessandro	Spectrum Striders	Male Senior	5:19.0	18
99	26:43	MCCORMICK, Fechin	Sale Harriers Mchr	Male Vet 65	5:20.6	98



Birchwood Brook 5k Friday 29-May-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)



Pos	Time	Name	Club	Category	mins/k	RaceNo
100	26:44	FERNS, Mark	Sale Harriers Mchr	Male Vet 50	5:20.8	87
101	26:50	ATKIN, Alison		Female Senior	5:22.0	1290
102	26:58	LYSONS, Alison	Warrington Road Runners	Female Vet 50	5:23.6	1207
103	27:30	PARK, Joe	Cheshire Tally Ho	Male Vet 70+	5:30.0	61
104	27:32	SHILLABEER, Emma	St Helens Tri	Female Vet 40	5:30.4	92
105	27:35	FORTH, Bryan	Warrington Road Runners	Male Vet 40	5:31.0	1295
106	27:38	BIRD, Allan	Spectrum Striders	Male Vet 55	5:31.6	16
107	27:52	WHITFIELD, Kit	Spectrum Striders	Male Vet 50	5:34.4	20
108	28:05	DUNBAR, Ian	Spectrum Striders	Male Vet 60	5:37.0	23
109	28:06	FAIRHURST, Joanne	Atherton RC	Female Vet 35	5:37.2	1286
110	28:07	CRESSWELL, David	Dragon's RC (Sale)	Male Vet 45	5:37.4	36
111	28:30	MATTHEWS, Sarah	Warrington Road Runners	Female Vet 35	5:42.0	1227
112	28:38	STANHOPE, Janet	Lymm Runners	Female Vet 50	5:43.6	84
113	28:42	DIX-BAKER, Joanne		Female Vet 40	5:44.4	1234
114	28:50	COLES, Terry	Spectrum Striders	Male Vet 70+	5:46.0	12
115	29:03	O'CONNOR, Katy	Lymm Runners	Female Vet 50	5:48.6	83
116	29:13	SHAW, Janet	Helsby RC	Female Vet 60	5:50.6	33
117	29:49	HACKETT, Karen		Female Vet 50	5:57.8	85
118	30:06	OULTRAM, Kim		Female Vet 50	6:01.2	1297
119	30:06	HODGSON, Penny		Female Vet 45	6:01.2	1299
120	30:20	REDPATH, Janet	Spectrum Striders	Female Vet 60	6:04.0	1214
121	30:21	REDPATH, David	Spectrum Striders	Male Vet 65	6:04.2	1215
122	30:39	MCCARTHY, Laura	McCarkiss Elite Project	Female Senior	6:07.8	1292
123	32:40	CRESSWELL, Lisa	Dragon's RC (Sale)	Female Vet 40	6:32.0	35
124	33:13	RAMSDALE, Christine	Spectrum Striders	Female Vet 65+	6:38.6	941

Mens Team Results

Team pos	Club	Gender pos	Time	Name	Category	RaceNo	Race pos
1	Lymm Runners	3	18:13	BAGAN, Paul	Male Senior	44	4
		7	18:53	HOLMES, David	Male Vet 40	135	9
		9	19:05	BERRY, Stuart	Male Senior	93	11
		11	19:13	HUGHES, Lee	Male Vet 40	47	13
2	Spectrum Striders	4	18:33	CHADWICK, Daniel	Male Senior	1223	6
		6	18:43	MILLINGTON, Christopher	Male Vet 40	3	8
		20	20:32	GASKELL, Andy	Male Vet 45	28	26
		22	21:06	DRIVER, Graham	Male Vet 45	26	32
3	Altrincham & District AC	2	17:47	FULLER, Adrian	Male Vet 40	147	2
		13	19:30	HUNTER, Mark J	Male Vet 55	56	15
		30	21:29	CAMPBELL, Lockie	Male Vet 50	45	44
		34	21:34	HARRISON, Graham	Male Vet 50	1221	49
4	Spectrum Striders	25	21:17	COLES, Matthew	Male Senior	11	35
		26	21:18	EHLEN, Brad	Male Vet 40	8	36
		28	21:24	SPENCER, Julian	Male Vet 55	1	41
		31	21:30	KELLY, Paul	Male Vet 40	27	45
5	Warrington Road Runners	17	20:11	PLATT, Russ	Male Vet 45	39	22
		24	21:11	MAGEE, Will	Male Senior	55	34
		33	21:31	CATTERALL, Martin	Male Senior	1219	48
		44	22:07	HOLLAND, Andrew	Male Senior	100	59
6	Lymm Runners	21	20:36	DAWSON, Jim	Male Vet 50	48	27
		23	21:09	SMITH, Michael	Male Vet 50	1206	33
		42	22:04	STANHOPE, Nigel	Male Vet 50	1235	57
		45	22:24	SALA, Tony	Male Vet 55	58	61
7	Warrington AC	10	19:12	MCCARTHY, Tony	Male Vet 55	1293	12
		43	22:06	GERRARD, Andrew	Male Junior U20	1203	58
		49	22:41	GERRARD, David	Male Junior U20	1204	66
		57	24:21	GREEN, Ben	Male Junior U20	1211	78
8	Spectrum Striders	35	21:40	FALLS, Chris	Male Senior	6	50
		40	21:52	GARNETT, Andy	Male Vet 60	22	55
		50	22:45	CHARMAN, Michael	Male Vet 65	5	67
		59	24:25	THOMPSON, Dave	Male Vet 55	1210	80
9	Lymm Runners	47	22:30	BRADBURY, Jamie	Male Senior	89	63
		48	22:31	WALMSLEY, Tony	Male Vet 45	140	64
		53	23:58	PEREZ, Jose	Male Vet 40	1287	72
		55	24:15	BURTON, Peter John	Male Vet 50	68	76



Birchwood Brook 5k Friday 29-May-2015

Organised by Spectrum Striders Running Club (www.spectrumstriders.org.uk)



Birchwood Brook 5k
Part of the North Cheshire 5k Grand Prix
A Spectrum Striders RC event

Team pos	Club	Gender pos	Time	Name	Category	RaceNo	Race pos
10	Sale Harriers Mchr	32	21:31	CORDINGLEY, Frank	Male Vet 50	81	47
		56	24:21	BEATTIE, Geoffrey	Male Vet 60	1205	77
		72	26:43	MCCORMICK, Fechin	Male Vet 65	98	99
		73	26:44	FERNS, Mark	Male Vet 50	87	100
11	Spectrum Striders	60	24:29	RAFFLE, Alistair	Male Vet 60	9	81
		62	24:44	BRADLEY, Michael	Male Vet 55	1230	86
		66	25:06	GRIFFITHS, Neville	Male Vet 65	29	90
		68	26:11	DOOLEY, John P	Male Vet 65	2	95
12	Spectrum Striders	70	26:28	CAHM, Jonathan	Male Vet 50	1232	97
		71	26:35	MIRABELLA, Alessandro	Male Senior	18	98
		76	27:38	BIRD, Allan	Male Vet 55	16	106
		77	27:52	WHITFIELD, Kit	Male Vet 50	20	107

Ladies Team Results

Team pos	Club	Gender Pos	Time	Name	Category	RaceNo	Race pos
1	Wilmslow RC	2	18:31	MCVEY, Diane	Female Vet 35	142	5
		3	19:32	JOHNSTONE, Sharon	Female Vet 40	134	16
		7	20:44	HARRISON, Louisa	Female Vet 40	54	28
2	Trafford AC	9	20:50	DRASDO, Alison	Female Vet 45	60	30
		12	21:20	LOTT, Joanne	Female Vet 45	137	38
		18	22:52	MCDONNELL, Rachel	Female Vet 40	1231	68
3	Altrincham & District AC	13	21:22	GANOSE, Bev	Female Vet 50	1225	40
		15	21:30	HARRISON, Carole	Female Vet 50	1222	46
		17	22:39	VESEY, Alison	Female Vet 50	1202	65
4	Lymm Runners	21	24:10	MCCLELLAND, Jenny	Female Vet 45	52	75
		24	24:39	COOPER, Amy	Female Senior	31	85
		25	25:19	NUNNERLEY, Emma	Female Vet 35	1201	91
5	Spectrum Striders	14	21:26	WHITFIELD, Liz	Female Vet 35	19	42
		20	24:06	ROBERTS, Eleanor	Female Vet 45	25	74
		40	30:20	REDPATH, Janet	Female Vet 60	1214	120
6	Lymm Runners	26	25:38	BURTON, Mary Ann	Female Vet 45	67	93
		27	25:38	DAVIS, Emma	Female Senior	1228	94
		33	28:38	STANHOPE, Janet	Female Vet 50	84	112