

Peter Lowe Memorial Hollins Green 5k Saturday 13-Jun-2015

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

Many thanks to the 5k series sponsors:



Individual Results

Category winners are *shown in italics*.

Pos	Time	Name	Club	Category	mins/k	RaceNo
1	15:53	TOMLINSON, Gavin	Trafford AC	Male Senior	3:11	968
2	16:06	SHAW, Matthew	Salford Harriers	Male Senior	3:13	982
3	16:24	DOYLE, Stuart	Vale Royal AC	Male Vet 40	3:17	74
4	16:25	GREEN, Andrew	Warrington AC	Male Vet 50	3:17	937
5	16:32	SANKEY, Paul	Liverpool Harriers	Male Vet 45	3:18	959
6	16:38	NOWELL, Mathew		Male Senior	3:20	992
7	16:40	BOGLE, Joshua	Blackburn Harriers	Male Junior	3:20	971
8	16:56	HIGHAM, Dale	Penny Lane Striders	Male Senior	3:23	958
9	17:13	PLATT, Carl	Trentham RC	Male Senior	3:27	929
10	17:21	ALSOP, Roger	Salford Harriers	Male Vet 50	3:28	939
11	17:27	HARGREAVES, Stephen	Lytham St Annes R R	Male Senior	3:29	963
12	17:30	ROSE, Julian	Holmfirth Harriers	Male Vet 50	3:30	927
13	17:33	ALEXANDER, David	West Cheshire AC	Male Vet 45	3:31	966
14	17:36	WHITTINGHAM, Andrew	Wilmslow RC	Male Vet 45	3:31	38
15	17:50	FULLER, Adrian	Altrincham & District AC	Male Vet 40	3:34	147
16	17:59	HAYES, Richard	Hallamshire Harriers	Male Senior	3:36	944
17	18:09	LONGLEY, Richard	Trentham RC	Male Vet 40	3:38	146
18	18:26	MCVEY, Diane	Wilmslow RC	Female Vet 35	3:41	142
19	18:36	HEAVEY, Mark		Male Vet 40	3:43	909
20	18:42	MCCORMICK, Allan	Wilmslow RC	Male Senior	3:44	143
21	18:44	OLIVER, Robert	Vale Royal AC	Male Senior	3:45	938
22	18:45	MCCARTHY, Tony	Warrington AC	Male Vet 55	3:45	1293
23	18:45	HOUGHTON, Mike	Spectrum Striders	Male Vet 45	3:45	13
24	18:45	HOLMES, David	Lymm Runners	Male Vet 40	3:45	135
25	18:47	HUGHES, Lee	Lymm Runners	Male Vet 40	3:45	47
26	18:49	HOUGH, Rob	Spectrum Striders	Male Vet 40	3:46	943
27	18:53	ADAIR, Neil	Spectrum Striders	Male Senior	3:47	7
28	18:57	GREAVES, Tom	Warrington Road Runners	Male Senior	3:47	928
29	19:00	RAFTERY, Aidan	Sale Harriers Mchr	Male Vet 55	3:48	953
30	19:02	JOHNSTONE, Sharon	Wilmslow RC	Female Vet 40	3:48	134
31	19:08	BERRY, Stuart	Lymm Runners	Male Senior	3:50	93
32	19:10	BARNETT, Gemma	Vale Royal AC	Female Senior	3:50	994
33	19:15	HUNTER, Mark J	Altrincham & District AC	Male Vet 55	3:51	56
34	19:17	BROGAN, Jason	Manchester Harriers & AC	Male Vet 45	3:51	41
35	19:18	ANTROBUS, Jack	Spectrum Striders	Male Senior	3:52	998
36	19:20	WHITTINGHAM, Louisa	Macclesfield Harriers	Female Junior	3:52	37
37	19:25	MASON, Paul	Wigan Harriers	Male Senior	3:53	942
38	19:27	KELLY, Nick	Horwich RMI Harriers	Male Vet 45	3:53	978
39	19:29	PARRY, Stephen	Sale Harriers Mchr	Male Vet 50	3:54	905
40	19:30	WARD, Mervyn	Warrington AC	Male Vet 60	3:54	960
41	19:36	HUGHES, David	Altrincham & District AC	Male Vet 50	3:55	940
42	19:40	HOCK, Jonathan	Lymm Runners	Male Senior	3:56	996
43	19:42	BUNKER, Steve	Wilmslow RC	Male Vet 45	3:56	73
44	19:43	CUMMINGS, Carl	Leigh Harriers & AC	Male Senior	3:57	967

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Pos	Time	Name	Club	Category	mins/k	RaceNo
45	19:44	KHOUEIRY, Jacqui	Holmfirth Harriers	Female Vet 40	3:57	989
46	19:45	HARGREAVES, Emily	Lytham St Annes R R	Female Vet 35	3:57	962
47	19:46	COLES, Matthew	Spectrum Striders	Male Senior	3:57	11
48	19:47	ROSE, Philip	Spectrum Striders	Male Vet 50	3:57	993
49	19:54	LAND, Andy	Swinton RC	Male Vet 50	3:59	914
50	19:57	PLATT, Russ	Warrington Road Runners	Male Vet 45	3:59	39
51	19:59	BURKE, Georgia	Stockport Harriers	Female Junior	4:00	139
52	20:02	PICKWELL, Peter	Altrincham & District AC	Male Vet 60	4:00	964
53	20:05	GASKELL, Andy	Spectrum Striders	Male Vet 45	4:01	28
54	20:08	DRASDO, Alison	Trafford AC	Female Vet 45	4:02	60
55	20:10	TODD, John	Vale Royal AC	Male Vet 50	4:02	995
56	20:17	SPENCER, Julian	Spectrum Striders	Male Vet 55	4:03	1
57	20:19	ENGLAND, Allan		Male Vet 40	4:04	931
58	20:20	O'KEEFE, Ray	Macclesfield Harriers	Male Vet 45	4:04	49
59	20:21	THOMAS, Jane	Cheltenham	Female Senior	4:04	981
60	20:21	O'GORMAN, Stephen		Male Senior	4:04	94
61	20:26	TOLAND, Emma	Manchester Harriers & AC	Female Senior	4:05	40
62	20:31	BOND, Simon	Swinton RC	Male Vet 40	4:06	976
63	20:37	LOWE, Jane	Spectrum Striders	Female Vet 45	4:07	973
64	20:38	JOHNSON, Brad	Altrincham & District AC	Male Vet 40	4:08	922
65	20:38	POTTS, Luke	Warrington Road Runners	Male Senior	4:08	72
66	20:44	CAMPBELL, Lockie	Altrincham & District AC	Male Vet 50	4:09	45
67	20:45	LOTT, Joanne	Trafford AC	Female Vet 45	4:09	137
68	20:49	MAGEE, Will	Warrington Road Runners	Male Senior	4:10	55
69	20:49	EHLEN, Brad	Spectrum Striders	Male Vet 40	4:10	8
70	20:49	ROWEN, Phil	Lymm Runners	Male Vet 40	4:10	912
71	20:50	DOWSETT, Matthew		Male Vet 40	4:10	932
72	20:54	CORDINGLEY, Frank	Sale Harriers Mchr	Male Vet 50	4:11	81
73	20:55	HARRISON, Graham	Altrincham & District AC	Male Vet 50	4:11	991
74	20:56	DRIVER, Graham	Spectrum Striders	Male Vet 45	4:11	26
75	20:57	WHITFIELD, Liz	Spectrum Striders	Female Vet 35	4:11	19
76	21:00	NOKES, Steven	Warrington Road Runners	Male Senior	4:12	900
77	21:07	CORDINGLEY, Jackie	Sale Harriers Mchr	Female Vet 55	4:13	80
78	21:09	SMETHURST, Carl		Male Vet 50	4:14	997
79	21:11	KELLY, Paul	Spectrum Striders	Male Vet 40	4:14	27
80	21:16	PARTRIDGE, Craig	Altrincham & District AC	Male Vet 45	4:15	926
81	21:16	GANOSE, Bev	Altrincham & District AC	Female Vet 50	4:15	984
82	21:17	BURKE, Nigel	Salford Met	Male Vet 50	4:15	916
83	21:19	FRIEND, Rachel	Leeds City	Female Senior	4:16	972
84	21:22	RICHARDSON, Hannah	Stockport Harriers	Female Junior	4:16	62
85	21:24	RICHARDSON, Gary	Stockport Harriers	Male Vet 45	4:17	63
86	21:27	DEMPSTER, Louise	Spectrum Striders	Female Vet 50	4:17	904
87	21:37	HOLLAND, Andrew	Warrington Road Runners	Male Senior	4:19	100
88	21:39	ROBINSON, Eleanor	West Cheshire AC	Female Vet 40	4:20	965
89	21:44	MAIRS, Stuart	Salford Met	Male Senior	4:21	138
90	21:47	BATTERSBY, John	Sale Harriers Mchr	Male Vet 55	4:21	955
91	21:48	JONES, Tracey	Dragon's RC (Sale)	Female Senior	4:22	79
92	21:52	HARRISON, Carole	Altrincham & District AC	Female Vet 50	4:22	990
93	21:59	PICKFORD, Stephen	Spectrum Striders	Male Vet 40	4:24	24
94	22:01	WALMSLEY, Tony	Lymm Runners	Male Vet 45	4:24	140
95	22:06	WILLIAMS, Alan	Altis Holland	Male Vet 50	4:25	986

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96	22:08	VAUGHAN, David	Altrincham & District AC	Male Senior	4:26	921
97	22:14	TINSLEY, Kimberley	Spectrum Striders	Female Senior	4:27	925
98	22:17	BASNETT, Paul	Astley & Tyldesley RR	Male Vet 45	4:27	95
99	22:23	GARNETT, Andy	Spectrum Striders	Male Vet 60	4:29	22
100	22:24	KELLY, Sandra	Horwich RMI Harriers	Female Vet 45	4:29	979
101	22:25	MCDONNELL, Rachel	Trafford AC	Female Vet 40	4:29	985
102	22:33	TOMKINS, Dave	Warrington AC	Male Vet 65	4:31	88
103	22:36	SALA, Tony	Lymm Runners	Male Vet 55	4:31	58
104	22:37	VAVEHAN, Diane	Quaker RC	Female Vet 50	4:31	961
105	22:53	JENKINSON, Alan	Styal RC	Male Vet 65	4:35	75
106	22:54	CHAMBERLAIN, Nikki	Knutsford Tri	Female Vet 45	4:35	97
107	22:55	TUGWELL, Philip	Buckley Runners	Male Vet 50	4:35	924
108	23:18	SHAW, Geoff	Helsby RC	Male Vet 60	4:40	34
109	23:20	CAMPBELL, Annette	Altrincham & District AC	Female Vet 50	4:40	46
110	23:23	BROWN, Martin		Male Senior	4:41	951
111	23:32	COLVIN, James		Male Senior	4:42	30
112	23:37	COOPER, Amy	Lymm Runners	Female Senior	4:43	31
113	23:44	WILSON, Jack		Male Junior	4:45	903
114	23:53	HAMILTON, Ian	Astley & Tyldesley RR	Male Vet 60	4:47	974
115	23:54	BARRATT, Sarah		Female Vet 35	4:47	945
116	23:56	GAUNT, Duane		Male Senior	4:47	983
117	23:59	MCCLELLAND, Jenny	Lymm Runners	Female Vet 45	4:48	52
118	24:01	ROGERS, Rosemary	West Cheshire AC	Female Vet 65+	4:48	43
119	24:21	JOHNSON, Martin		Male Senior	4:52	144
120	24:23	THOMPSON, Dave	Spectrum Striders	Male Vet 55	4:53	1210
121	24:27	HIRONS, Carolyn	Wilmslow RC	Female Vet 45	4:53	64
122	24:28	CORDINGLEY, Victoria	Sale Harriers Mchr	Female Senior	4:54	82
123	24:32	CANNON, Christopher	Wilmslow RC	Male Vet 55	4:54	71
124	24:38	SIRCOM, Duncan		Male Vet 40	4:56	970
125	24:40	SKETT, Andrew	Lymm Runners	Male Vet 55	4:56	65
126	24:43	HACKETT, Simon		Male Vet 50	4:57	86
127	24:44	RAFFLE, Alistair	Spectrum Striders	Male Vet 60	4:57	9
128	24:46	MACKAY, Lisa	Spectrum Striders	Female Vet 45	4:57	935
129	24:54	GRIFFITHS, Neville	Spectrum Striders	Male Vet 65	4:59	29
130	25:05	FENTON, Simon	Wilmslow RC	Male Vet 70+	5:01	78
131	25:07	MIRABELLA, Alessandro	Spectrum Striders	Male Senior	5:01	18
132	25:09	BURTON, Mary Ann	Lymm Runners	Female Vet 45	5:02	67
133	25:14	MOUNTFORD, Elaine	Warrington Road Runners	Female Vet 55	5:03	42
134	25:17	STOREY, Paulette	Swinton RC	Female Vet 60	5:03	913
135	25:28	BUCK, Sue	Spectrum Striders	Female Vet 45	5:06	919
136	25:36	KEARNS, Jon-Paul	Stockport Harriers	Male Vet 40	5:07	1296
137	25:37	ENGLAND, Lynne		Female Vet 35	5:07	930
138	25:40	DOOLEY, John P	Spectrum Striders	Male Vet 65	5:08	2
139	25:58	TICKLE, Beverley	Astley & Tyldesley RR	Female Vet 40	5:12	141
140	26:30	HEAVEY, Elizabeth		Female Vet 35	5:18	908
141	26:39	HUNTER, Diane E	Altrincham & District AC	Female Vet 45	5:20	57
142	26:59	HUNTER, Hannah	Altrincham & District AC	Female Senior	5:24	980
143	27:10	HAMPTON, Katie	Spectrum Striders	Female Senior	5:26	947
144	27:18	PARK, Joe	Cheshire Tally Ho	Male Vet 70+	5:28	61
145	27:36	YARWOOD, Dennis	Spectrum Striders	Male Vet 45	5:31	14
146	27:36	WATTS, Paul	Wye Valley Harriers	Male Vet 50	5:31	977

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Pos	Time	Name	Club	Category	mins/k	RaceNo
147	27:37	SHILLABEER, Emma	St Helens Tri	Female Vet 40	5:31	92
148	27:51	FORTH, Bryan	Warrington Road Runners	Male Vet 40	5:34	1295
149	28:13	ATTWELL, Dave	Altrincham & District AC	Male Vet 70+	5:39	136
150	28:18	JARAS, Michael	Spectrum Striders	Male Vet 70+	5:40	918
151	28:27	MAIRS, Karen		Female Senior	5:41	954
152	28:48	COLES, Terry	Spectrum Striders	Male Vet 70+	5:46	12
153	28:52	O'CONNOR, Katy	Lymm Runners	Female Vet 50	5:46	83
154	28:54	GREY, Emma	Spectrum Striders	Female Senior	5:47	952
155	28:54	SHAW, Janet	Helsby RC	Female Vet 60	5:47	33
156	28:55	DUNBAR, Ian	Spectrum Striders	Male Vet 60	5:47	23
157	28:58	OWEN, Linda	Spectrum Striders	Female Vet 55	5:48	946
158	29:17	MACKAY, Rhona		Female Senior	5:51	988
159	29:18	TOWLEY, Vincent		Male Vet 60	5:52	987
160	29:59	CRESSWELL, David	Dragon's RC (Sale)	Male Vet 45	6:00	36
161	30:47	STANHOPE, Janet	Lymm Runners	Female Vet 50	6:09	84
162	31:24	HEALING, Sarah		Female Senior	6:17	917
163	31:27	BROWN, Laura	South Cheshire Harriers	Female Senior	6:17	950
164	31:53	CRESSWELL, Lisa	Dragon's RC (Sale)	Female Vet 40	6:23	35
165	32:10	CHARMAN, Stephanie	Spectrum Striders	Female Vet 60	6:26	4
166	33:03	MCGREAVY, Sandra	Warrington Running Club	Female Vet 50	6:37	901
167	33:06	GREEN-WILSON, Karen		Female Vet 50	6:37	902
168	33:18	RAMSDALE, Christine	Spectrum Striders	Female Vet 65+	6:40	941
169	35:50	POWNALL, Jane	Spectrum Striders	Female Senior	7:10	949
170	39:21	RUDDOCK, Rebecca		Female Vet 35	7:52	907

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Mens Team Results

Team pos	Club	Gender pos	Time	Name	Category	Race pos
1	Spectrum Striders					
		22	18:45	HOUGHTON, Mike	Male Vet 45	23
		25	18:49	HOUGH, Rob	Male Vet 40	26
		26	18:53	ADAIR, Neil	Male Senior	27
		32	19:18	ANTROBUS, Jack	Male Senior	35
2	Lymm Runners					
		23	18:45	HOLMES, David	Male Vet 40	24
		24	18:47	HUGHES, Lee	Male Vet 40	25
		29	19:08	BERRY, Stuart	Male Senior	31
		38	19:40	HOCK, Jonathan	Male Senior	42
3	Altrincham & District AC					
		15	17:50	FULLER, Adrian	Male Vet 40	15
		30	19:15	HUNTER, Mark J	Male Vet 55	33
		37	19:36	HUGHES, David	Male Vet 50	41
		45	20:02	PICKWELL, Peter	Male Vet 60	52
4	Warrington AC					
		4	16:25	GREEN, Andrew	Male Vet 50	4
		21	18:45	MCCARTHY, Tony	Male Vet 55	22
		36	19:30	WARD, Mervyn	Male Vet 60	40
		78	22:33	TOMKINS, Dave	Male Vet 65	102
5	Wilmslow RC					
		14	17:36	WHITTINGHAM, Andrew	Male Vet 45	14
		19	18:42	MCCORMICK, Allan	Male Senior	20
		39	19:42	BUNKER, Steve	Male Vet 45	43
		90	24:32	CANNON, Christopher	Male Vet 55	123
6	Spectrum Striders					
		41	19:46	COLES, Matthew	Male Senior	47
		42	19:47	ROSE, Philip	Male Vet 50	48
		46	20:05	GASKELL, Andy	Male Vet 45	53
		48	20:17	SPENCER, Julian	Male Vet 55	56
7	Warrington Road Runners					
		27	18:57	GREAVES, Tom	Male Senior	28
		44	19:57	PLATT, Russ	Male Vet 45	50
		54	20:38	POTTS, Luke	Male Senior	65
		56	20:49	MAGEE, Will	Male Senior	68
8	Sale Harriers Mchr					
		28	19:00	RAFTERY, Aidan	Male Vet 55	29
		35	19:29	PARRY, Stephen	Male Vet 50	39
		60	20:54	CORDINGLEY, Frank	Male Vet 50	72
		71	21:47	BATTERSBY, John	Male Vet 55	90
9	Altrincham & District AC					
		53	20:38	JOHNSON, Brad	Male Vet 40	64
		55	20:44	CAMPBELL, Lockie	Male Vet 50	66
		61	20:55	HARRISON, Graham	Male Vet 50	73
		66	21:16	PARTRIDGE, Craig	Male Vet 45	80

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Team pos	Club	Gender pos	Time	Name	Category	Race pos
10	Spectrum Striders	57	20:49	EHLLEN, Brad	Male Vet 40	69
		62	20:56	DRIVER, Graham	Male Vet 45	74
		65	21:11	KELLY, Paul	Male Vet 40	79
		72	21:59	PICKFORD, Stephen	Male Vet 40	93
11	Lymm Runners	58	20:49	ROWEN, Phil	Male Vet 40	70
		73	22:01	WALMSLEY, Tony	Male Vet 45	94
		79	22:36	SALA, Tony	Male Vet 55	103
		92	24:40	SKETT, Andrew	Male Vet 55	125
12	Spectrum Striders	77	22:23	GARNETT, Andy	Male Vet 60	99
		89	24:23	THOMPSON, Dave	Male Vet 55	120
		94	24:44	RAFFLE, Alistair	Male Vet 60	127
		95	24:54	GRIFFITHS, Neville	Male Vet 65	129
13	Spectrum Striders	97	25:07	MIRABELLA, Alessandro	Male Senior	131
		99	25:40	DOOLEY, John P	Male Vet 65	138
		101	27:36	YARWOOD, Dennis	Male Vet 45	145
		105	28:18	JARAS, Michael	Male Vet 70+	150

Ladies Team Results

Team pos	Club	Gender pos	Time	Name	Category	Race pos
1	Wilmslow RC	1	18:26	MCVEY, Diane	Female Vet 35	18
		2	19:02	JOHNSTONE, Sharon	Female Vet 40	30
		32	24:27	HIRONS, Carolyn	Female Vet 45	121
2	Spectrum Striders	11	20:37	LOWE, Jane	Female Vet 45	63
		13	20:57	WHITFIELD, Liz	Female Vet 35	75
		18	21:27	DEMPSTER, Louise	Female Vet 50	86
3	Trafford AC	8	20:08	DRASDO, Alison	Female Vet 45	54
		12	20:45	LOTT, Joanne	Female Vet 45	67
		24	22:25	MCDONNELL, Rachel	Female Vet 40	101
4	Altrincham & District AC	15	21:16	GANOSE, Bev	Female Vet 50	81
		21	21:52	HARRISON, Carole	Female Vet 50	92
		27	23:20	CAMPBELL, Annette	Female Vet 50	109
5	Lymm Runners	28	23:37	COOPER, Amy	Female Senior	112
		30	23:59	MCCLELLAND, Jenny	Female Vet 45	117
		35	25:09	BURTON, Mary Ann	Female Vet 45	132
6	Spectrum Striders	22	22:14	TINSLEY, Kimberley	Female Senior	97
		34	24:46	MACKAY, Lisa	Female Vet 45	128
		38	25:28	BUCK, Sue	Female Vet 45	135

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7 : Spectrum Striders

50	28:58	OWEN, Linda	Female Vet 55	157
56	32:10	CHARMAN, Stephanie	Female Vet 60	165
59	33:18	RAMSDALE, Christine	Female Vet 65+	168

Fun Run Results

Pos	Time	Name	Club	Category	RaceNo
1	04:10	DOYLE, Arron	Vale Royal AC	Boy Aged 11-15	1238
2	04:59	HOLMES, Ben		Primary Boy	1239
3	05:04	HEAVEY, Esme Grace		Primary Girl	911
4	05:35	HAYES, Molly		Primary Girl	969
5	05:55	RUDDOCK, Darcy		Primary Girl	906
6	06:08	HEAVEY, Edward		Primary Boy	910
7	06:11	BARRETT, Jasmine		Primary Girl	1240
8	06:50	BARRETT, Jessie		Primary Girl	1241
9	07:10	DONNA, Jordan		Senior Lady	1242
10	07:28	RUDDOCK, Fraser		Primary Boy	923
11	08:18	YARWOOD, Matilda		Primary Girl	975
12	08:23	WATTS, Paul	Wye Valley Harriers	Senior Man	977
13	08:23	YARWOOD, Dennis	Spectrum Striders	Senior Man	14
14	11:00	EVANS, Adele		Girl Aged 16-18	1275
15	11:31	EVANS, Tracey		Senior Lady	1274
16	13:05	HEALING, Ralph		Primary Boy	956
17	13:26	DOWSETT, Isabella		Primary Girl	933