

Lymm 5k Road Race Saturday 28-Jun-2003 at 4:30pm

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

Pos	Time	Name	Club	Category	Race no
1	00:15:39	CHAPMAN, Ken	Salford Harriers	Senior Men	2032
2	00:15:54	MAINSBRIDGE, David	Telford AC	Senior Men	887
3	00:16:04	LLOYD, Simeon	Staffordshire Moorlands AC	Senior Men	976
4	00:16:26	THORPE, Wayne	Warrington AC	MV40	974
5	00:16:29	MACNEIL, Graham	Helsby RC	MV40	919
6	00:16:33	GEE, David	Manchester Harriers	MV50	2010
7	00:16:37	CROSBY, Martin	Altrincham & District AC	Senior Men	941
8	00:16:39	HEATON, Stuart	East Cheshire Harriers	Senior Men	915
9	00:16:40	HAWITT, Karrie	Warrington AC	JF (15 to 19)	914
10	00:16:48	FRODSHAM, Paul	West Cheshire AC	MV45	916
11	00:16:49	TIMMINS, Adrian	Warrington AC	Senior Men	944
12	00:16:50	MAHON, Dominic	Warrington AC	JM (15 to 19)	942
13	00:16:54	ZEMP, Blake		MV40	890
14	00:16:55	SHAW, Mike	Stockport Harriers	Senior Men	939
15	00:17:00	CROMPTON, Neil	Warrington AC	Senior Men	955
16	00:17:02	BURTHEM, Stephen	Warrington AC	MV40	822
17	00:17:03	LAMONT, Andrew	Macclesfield Harriers	Senior Men	803
18	00:17:06	BUTLER, Sean	Altrincham & District AC	MV45	966
19	00:17:12	WOODYATT, Tim D	Stockport Harriers	Senior Men	908
20	00:17:14	AINSWORTH, Dave	Altrincham & District AC	MV40	895
21	00:17:20	FITZPATRICK, Andy	Manchester Harriers	MV45	954
22	00:17:25	POVER, Alan	Stockport Harriers	MV50	899
23	00:17:27	CRESSWELL, Andrew	Spectrum Striders	Senior Men	2023
24	00:17:40	SHERRINGTON, Tom	Warrington Road Runners	JM (15 to 19)	943
25	00:17:42	WILLIAMSON, Nick		Senior Men	859
26	00:17:48	KELLY, John		MV40	928
27	00:17:52	SPENCER, Julian	Spectrum Striders	MV40	2001
28	00:17:54	WILSON, Christopher	Sale Harriers	MV45	901
29	00:18:00	JONES, Michael	Altrincham & District AC	MV45	897
30	00:18:06	WORRALL, Keith	Trafford AC	Senior Men	913
31	00:18:09	THORNLEY, Mark	Vale Royal AC	Senior Men	911
32	00:18:10	FORSTER, Kenny	Spectrum Striders	MV40	965
33	00:18:16	TELFORD, David	Altrincham & District AC	MV50	982
34	00:18:19	THOMPSON, Liam	Spectrum Striders	Senior Men	827
35	00:18:32	HAGGETT, Richard		Senior Men	848
36	00:18:40	STORES, Michael	Manchester Harriers	MV40	863
37	00:18:45	PARROTT, John	Stockport Harriers	MV45	2012
38	00:18:46	POPE, Mansel	Altrincham & District AC	MV50	857
39	00:18:48	UTTON, Damian	Altrincham & District AC	Senior Men	924
40	00:18:49	HOUGHTON, Mike	Spectrum Striders	Senior Men	2007
41	00:18:50	LAMONT, Neil	Spectrum Striders	Senior Men	2027
42	00:18:50	CUTLER, Mike	South Cheshire Harriers	MV45	2026
43	00:18:56	SHAW, Richard		Senior Men	820
44	00:19:04	TREHEARN, Jonathon	Trafford AC	Senior Men	918
45	00:19:05	DAVIDSON, Paul		Senior Men	835
46	00:19:06	GARNETT, Andy	Spectrum Striders	MV45	881
47	00:19:06	SMITH, Michael		Senior Men	855
48	00:19:09	FRANCE, Jacqueline	Holmfirth Harriers	LV40	876
49	00:19:14	GILLIVER, Sally	Wilmslow RC	LV40	873
50	00:19:15	ISHERWOOD, Michael		Senior Men	864
51	00:19:17	DRUMMOND, Neil		MV40	833
52	00:19:18	WEBSTER, Alan	Macclesfield Harriers	MV40	988

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53	00:19:21	HANSON-JONES, Chris	Warrington Road Runners	Senior Men	948
54	00:19:22	BURGESS, Ken	Altrincham & District AC	MV60	2015
55	00:19:23	WOOD, Peter		MV45	959
56	00:19:25	BRIERLEY, Chris	Northern Vets AC	MV45	2018
57	00:19:28	RUTHERFORD, Paul		Senior Men	961
58	00:19:29	DAVIES, Colin	Altrincham & District AC	MV50	2002
59	00:19:32	HOBSON, Mark	Fell Runners Association	MV40	929
60	00:19:33	KAY, Colin		MV45	862
61	00:19:38	SPENCER, Tony		MV40	957
62	00:19:39	JAGAN, Chris		MV50	949
63	00:19:40	RILEY, -		MV60	977
64	00:19:41	PEERS, Alan	Spectrum Striders	MV60	926
65	00:19:47	GOODALL, Jonathan		MV40	983
66	00:19:48	DAWSON, Jim		MV40	830
67	00:19:53	GYVED, Mark		NDB	962
68	00:20:02	ALLMAN, Barry J	Horwich RMI Harriers	MV45	889
69	00:20:03	SALIHI, Nabilah	Spectrum Striders	Senior Ladies	2014
70	00:20:04	SMITH, Andy	Helsby RC	MV40	938
71	00:20:05	GRANT, Jim	Worsley Harriers	MV45	932
72	00:20:06	BUTLER, Karen	Sale Harriers	LV40	2016
73	00:20:16	MURPHY, Tim		Senior Men	849
74	00:20:18	TORRANCE, Craig	Stockport Harriers	Senior Men	872
75	00:20:19	BOARDMAN, Derek	Worsley Harriers	MV50	945
76	00:20:21	ASHBY, Mike		Senior Men	2013
77	00:20:23	PURDY, John	Rochdale Harriers	Senior Men	815
78	00:20:24	MURRAY, Pamela	City Of Glasgow AC	LV35	902
79	00:20:26	PERCIVAL, John	Road Runners Club	MV45	877
80	00:20:32	JUMP, David		Senior Men	2009
81	00:20:34	HOWE, Joan	Trafford AC	LV45	874
82	00:20:37	THOMPSON, Paul	Sale Harriers	MV50	832
83	00:20:40	CAUL, Scott		JM (15 to 19)	952
84	00:20:42	SAXTON, Mark	Northern Vets AC	MV40	831
85	00:20:50	WALTON, Derek	Altrincham & District AC	MV55	861
86	00:20:50	MATHEWS, Richard		MV45	981
87	00:20:57	FOSTER, Audrey	Horwich RMI Harriers	LV50	896
88	00:20:58	RICHARDS, Alan		MV50	845
89	00:20:58	PEAKE, Graham		Senior Men	920
90	00:20:59	KETTLE, Darren		Senior Men	921
91	00:21:00	RUDDOCK, Les	Spectrum Striders	MV50	891
92	00:21:02	HOPKINSON, Maurice	Northern Vets AC	MV60	2020
93	00:21:03	DEAR, Ron	Spectrum Striders	MV55	834
94	00:21:08	JONES, Caroline	Spectrum Striders	Senior Ladies	936
95	00:21:11	TOPPING, Dave	Vale Royal AC	MV45	934
96	00:21:15	CARRIER, Christine		Senior Ladies	2017
97	00:21:24	BOWLES, Alan	Worsley Harriers	MV40	946
98	00:21:27	COATS, John	Road Runners Club	MV40	860
99	00:21:32	CAUL, Jim		MV40	951
100	00:21:37	RYDOUT, Alan	Altrincham & District AC	MV55	958
101	00:21:41	DOOLEY, John P	Spectrum Striders	MV55	888
102	00:21:42	KEEBLE, Gill	Altrincham & District AC	LV45	978
103	00:21:43	COLES, Terry	Spectrum Striders	MV60	819
104	00:21:46	CHARMAN, Samantha	Helsby RC	Senior Ladies	906

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105	00:21:47	FORGAN, Hugh		MV55	829
106	00:21:54	TUOHEY, Brian	Spectrum Striders	MV40	931
107	00:21:55	FALSHAW, Richard	Altrincham & District AC	MV40	930
108	00:21:56	KELLY, Michelle	Penny Lane Striders	LV40	927
109	00:21:58	TROWBRIDGE, Sean2		NDB	984
110	00:21:58	LUCAS, Loraine		LV40	847
111	00:22:02	HANNA, Mark		Senior Men	923
112	00:22:03	AULT, Andy	Vale Royal AC	Senior Men	898
113	00:22:03	KEASLEY, Jackie	Helsby RC	LV40	892
114	00:22:11	GEORGE, Jane	Helsby RC	Senior Ladies	839
115	00:22:11	FOSCHI, Mario	Wirral AC	MV50	963
116	00:22:13	GOMERSALL, Stuart		MV40	828
117	00:22:14	SETTLE, Geoffrey	Settle Harriers	MV45	937
118	00:22:18	DURCAN, Michael	Stockport Harriers	MV55	935
119	00:22:27	ROLLASTON, Lee		NDB	985
120	00:22:32	ALDAG, Philip	Pensby Road Runners	MV50	903
121	00:22:36	REDPATH, Janet	Spectrum Striders	LV50	886
122	00:22:42	FOWLER, Gillian		Senior Ladies	821
123	00:22:43	BEDFORD, Peter		MV50	904
124	00:22:47	WALSH, Shelley	Spectrum Striders	MV45	940
125	00:22:50	MILIA, Tony	Middleton Harriers	Senior Men	972
126	00:22:59	NEWELL, David	Sale Harriers	MV45	912
127	00:23:02	CUTLER, Thomas		MV60	980
128	00:23:03	SHAW, Carol	Helsby RC	LV40	875
129	00:23:05	PRICE, Rosemary	Deestridders RC	LV50	802
130	00:23:06	FAULKNER, David		MV45	814
131	00:23:09	CHARMAN, Michael	South Liverpool	MV50	907
132	00:23:11	FELL, Troy		Senior Men	879
133	00:23:19	BOWCOCK, Adrian	Middleton Harriers	MV40	973
134	00:23:22	LUCAS, John	leigh Harriers	Senior Men	987
135	00:23:27	CAIN, Sarah	leigh Harriers	Senior Ladies	986
136	00:23:34	LAWSON, John	Worsley Harriers	MV55	933
137	00:23:35	MACFARLANE, Ian		MV55	950
138	00:23:40	MANSLEY, Bill	Spectrum Striders	MV65	2021
139	00:23:41	SHONE, Anna	Vale Royal AC	Senior Ladies	969
140	00:23:51	CUNNINGHAM, William James	Spectrum Striders	MV50	964
141	00:23:59	FAIRCLOUGH, Steve		Senior Men	843
142	00:24:01	WALKER, Glen		Senior Men	894
143	00:24:01	HERRON, James	Stockport Harriers	MV50	922
144	00:24:02	FAIRCLOUGH, Julie		LV35	842
145	00:24:32	VIGRASS, Brian	Staffordshire Moorlands AC	MV65	851
146	00:24:33	ECCLESTON, Julia	St Helens-Sutton AC	Senior Ladies	850
147	00:24:54	CRABTREE, Simon		MV40	812
148	00:24:55	LAMB, Fiona	Middleton Harriers	LV40	2028
149	00:25:03	BESWICK, Joe	Helsby RC	MV70	870
150	00:25:06	POTTS, Anthony		Senior Men	867
151	00:25:13	COOK, Peter		MV55	871
152	00:25:20	CHARMAN, Stephanie	Helsby RC	LV50	2019
153	00:25:23	GREEN, Carole Ann	Spectrum Striders	Senior Ladies	905
154	00:25:27	REDFERN, Simon		MV45	953
155	00:25:29	REDMOND, Ian		Senior Men	968
156	00:25:40	HARKIN, Jo		LV40	838

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157	00:25:48	COOPER, Janice		LV55	854
158	00:26:06	MARTIN, Helen		Senior Ladies	866
159	00:26:09	RICHARDS, Yvonne		LV45	846
160	00:26:30	BECK, Chris		MV45	909
161	00:26:40	CRAM, James		Senior Men	971
162	00:26:56	DAVIDSON, Jill		Senior Ladies	836
163	00:27:10	RIDDICK, David		MV40	956
164	00:27:12	RUDMAN, Bernadette		NDB	893
165	00:27:49	JONES, Neville	Warrington AC	MV65	900
166	00:27:50	BOARDMAN, Beverley		LV40	967
167	00:28:06	BLAKE, Sue		LV40	840
168	00:28:06	LANCASTER, Jan		LV50	841
169	00:28:07	MERCER, Caroline	Spectrum Striders	LV35	960
170	00:28:28	HOPKINSON, Caroline		LV45	917
171	00:28:28	MOORES, Roger		Senior Men	880
172	00:28:42	MCINTYRE, Ivan	Sale Harriers	MV45	837
173	00:28:43	WATSON, Ruth		Senior Ladies	910
174	00:28:45	ROBERTS, Paul		MV45	804
175	00:28:45	WRIGHT, Adelle		Senior Ladies	856
176	00:28:50	WOODALL, Steven		MV40	947
177	00:28:51	THORPE, Tracy		Senior Ladies	975
178	00:29:25	REYNOLDS, Jacqueline		Senior Ladies	810
179	00:29:27	ENTWISTLE, Ian		Senior Men	825
180	00:29:41	WOODYATT, Nicola		Senior Ladies	858
181	00:30:02	WATERS, Sarah		LV35	869
182	00:30:12	DAVID, Jaquie		LV35	868
183	00:30:46	CRAM, Charlotte		Senior Ladies	970
184	00:31:08	JENNINGS, Bernadette		LV45	806
185	00:31:27	BUCKLEY, Stef		LV40	885
186	00:31:27	TOMLINSON, Sandra		LV40	882
187	00:31:42	WHITBY, Howard		Senior Men	808
188	00:31:44	MARSHALL, Debby		LV35	817
189	00:31:45	MARSHALL, Graham		Senior Men	818
190	00:32:56	MANTON, Selina		Senior Ladies	824
191	00:34:18	SHIELDS, Pat		LV40	883
192	00:34:18	TOMKINS, Karen		LV40	884
193	00:34:44	GLADMAN, June		Senior Ladies	809
194	00:36:04	CARMICHAEL, Susan		LV55	925