

Lymm 5k Road Race Saturday 26-Jun-2004 at 4:30pm

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

Pos	Time	Name	Club	Category	Race no
1	00:15:10	DICKINSON, Tim	Blackheath Harriers	Senior Men	906
2	00:15:22	BOARDMAN, Jimmy	Liverpool Pembroke & Sefton	Senior Men	878
3	00:15:32	HAYMAN, Rick	Sale Harriers	Senior Men	902
4	00:16:12	KOVACS, James	Salford Harriers	Senior Men	936
5	00:16:20	SHEARER, Richard	Liverpool Harriers	Senior Men	910
6	00:16:24	JONES, Bernie	Wrexham AC	MV45	2080
7	00:16:26	SHAW, Mike	Stockport Harriers	MV40	944
8	00:16:31	CHAPMAN, Ken	Salford Harriers	Senior Men	903
9	00:16:34	MACNEIL, Graham	West Cheshire AC	MV40	2059
10	00:16:41	BOOTHROYD, Jason	Sale Harriers	Senior Men	919
11	00:16:52	CROMPTON, Neil	Warrington AC	Senior Men	956
12	00:16:53	WEST, Clive	Buckley Runners	Senior Men	870
13	00:16:57	BEST, Len	Stockport Harriers	MV50	892
14	00:17:04	BELL, Duncan	West Cheshire AC	Senior Men	890
15	00:17:06	MAHAN, Dominic	Warrington Road Runners	JM(15-20)	804
16	00:17:10	TELFORD, John	Vale Royal AC	MV45	881
17	00:17:12	HANCOCK, Paul	Harborough Ac	Senior Men	926
18	00:17:20	TIMMINS, Adrian	Warrington AC	Senior Men	2072
19	00:17:23	GEE, David	Manchester Harriers	MV50	2101
20	00:17:24	BAILEY, Kieran		Senior Men	844
21	00:17:36	ELSTONE, Robert	Barnsley AC	MV40	896
22	00:17:42	KELLY, John	Penny Lane Striders	MV40	2047
23	00:17:44	BURTHEM, Stephen	Warrington AC	MV40	917
24	00:17:51	TURNER, Paul	Bolton United Harriers	MV45	2082
25	00:17:56	CORDINGLY, Frank	Sale Harriers	MV40	2076
26	00:17:58	THORNLEY, Mark	Vale Royal AC	MV40	907
27	00:18:01	TIMMINS, Michael	Warrington AC	JM(15-20)	2070
28	00:18:02	SPENCER, Julian	Spectrum Striders	MV40	2033
29	00:18:03	FULLER, Adrian	Altrincham & District AC	Senior Men	883
30	00:18:05	GILBERT, Robert	Macclesfield Harriers	Senior Men	2069
31	00:18:06	KEWLEY, John	DPFR	MV40	945
32	00:18:06	RENSHAW, Olivia	Vale Royal AC	Senior Ladies	894
33	00:18:07	MARTIN, Colin		MV45	914
34	00:18:08	BARBAT, Anthony	Wallasey AC	MV40	957
35	00:18:15	CASSIDY, Gary	Altrincham & District AC	Senior Men	948
36	00:18:20	FORSTER, Kenny	Spectrum Striders	MV40	879
37	00:18:23	HAGGETT, Richard		Senior Men	808
38	00:18:29	TELFORD, David	Altrincham & District AC	MV55	931
39	00:18:31	WHITTAKER, Louise	Sale Harriers	Senior Ladies	908
40	00:18:34	LUNT, Keith	Littlewoods	Senior Men	830
41	00:18:44	RUTHERFORD, Ian	Vale Royal AC	Senior Men	875
42	00:18:49	CARSON, Ian	Wrexham AC	MV50	913
43	00:18:51	GWILT, Rick	Trafford AC	MV50	2073
44	00:18:52	FOX, Bill	Sale Harriers	MV50	891
45	00:18:54	CREHAN, Jim	Warrington AC	MV50	946
46	00:18:55	BROWN, Keith	Warrington Road Runners	MV40	925
47	00:18:56	HOUGHTON, Mike	Spectrum Striders	Senior Men	2050
48	00:18:57	BATTERSBY, John	Sale Harriers	MV45	966
49	00:19:00	JOHNSON, Michael	Sale AC	MV50	888
50	00:19:00	GARNETT, Andy	Spectrum Striders	MV50	2041
51	00:19:00	MCNICHOLAS, Ste	Penny Lane Striders	Senior Men	923
52	00:19:00	LUCAS, Brian	Ashey and Tyldesley RR	MV55	871

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53	00:19:00	MURPHY, Tim	Northern Vets AC	MV40	2045
54	00:19:00	CRAIN, Paul	Sale Harriers	MV50	873
55	00:19:03	JOHNSTONE, Roderick		Senior Men	922
56	00:19:05	BALMER, Mal	Penny Lane Striders	MV40	924
57	00:19:07	PARROTT, John	Stockport Harriers	MV45	927
58	00:19:10	GAMMELSAETER, Morten	Wirral AC	Senior Men	904
59	00:19:12	BRIERLEY, Chris	Northern Vets AC	MV45	823
60	00:19:12	MYERS, Aron	Sale Harriers	Senior Men	2077
61	00:19:16	JUMP, Danny		Senior Men	2038
62	00:19:19	SMITH, Jonathan		JM(15-20)	912
63	00:19:20	JAMES, Andrew	Spectrum Striders	MV50	887
64	00:19:25	CLIFFE, Neil	Warrington Road Runners	MV40	973
65	00:19:27	WHITBY, Helen	Vale Royal AC	Senior Ladies	2075
66	00:19:27	BURGESS, Ken	Altrincham & District AC	MV60	2066
67	00:19:28	SMITH, Andy	Helsby RC	MV40	920
68	00:19:29	MILNES, Gary	East Cheshire Harriers	MV45	932
69	00:19:30	HOOD, Mike	Road Runners Club	MV40	824
70	00:19:32	WOODLAND, Roy		MV45	939
71	00:19:35	RUTHERFORD, Paul A	Swinton R.C	MV40	970
72	00:19:38	GYVES, Mark	Sale Harriers	MV40	971
73	00:19:41	ARCHER, Nicky	Vale Royal AC	JF(15-20)	2079
74	00:19:56	SMITH, Michael		Senior Men	943
75	00:19:58	HARBON, Chris	Macclesfield Harriers	Senior Men	949
76	00:19:59	SALIHI, Nabilah	Spectrum Striders	Senior Ladies	2056
77	00:20:04	DAWSON, Jim	Warrington Road Runners	MV40	825
78	00:20:07	ARCHER, Tony	Vale Royal AC	MV45	2078
79	00:20:08	TIMMINS, Heather	Warrington AC	JF(11-14)	2071
80	00:20:12	CAUL, Scott		JM(15-20)	859
81	00:20:17	DAVIES, Colin	Altrincham & District AC	MV50	2055
82	00:20:18	BARKER, Adam		Senior Men	959
83	00:20:19	CUTLER, Mike	South Cheshire Harriers	MV45	2074
84	00:20:20	CHAMBERS, Barry	Vale Royal AC	MV50	893
85	00:20:21	GOODALL, Jonathan		MV40	964
86	00:20:23	HOWE, Joan M	Trafford AC	LV45	933
87	00:20:27	ALLMAN, Barry J	Horwich RMI Harriers	MV45	843
88	00:20:33	DAWES, Jo	Sale Harriers	JF(15-20)	909
89	00:20:35	CRAGG, Stephen	Manchester Harriers	MV50	886
90	00:20:39	ROBERTS, Simon		MV40	849
91	00:20:40	CORDINGLEY, Jackie	Sale Harriers	LV45	968
92	00:20:42	WALTON, Derek	Altrincham & District AC	MV60	2058
93	00:20:43	JACKSON, David		MV40	967
94	00:20:45	BURRELL, Dave		MV40	972
95	00:20:45	EARLE, Mark		MV50	953
96	00:20:46	KAY, Paul		MV50	911
97	00:20:49	DOOLEY, John P	Spectrum Striders	MV55	863
98	00:20:55	RATHBONE, Christopher		JM(15-20)	855
99	00:20:57	SHAW, No First Name	Helsby RC	MV50	963
100	00:21:05	RATHBONE, Keith		MV45	854
101	00:21:07	DEAR, Ron	Spectrum Striders	MV55	858
102	00:21:13	TIMMINS, Jonathon		Senior Men	950
103	00:21:15	WOLSTENCROFT, Shane		Senior Men	974
104	00:21:16	MCCARTHY, Gerard		MV45	955

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105	00:21:21	BROWN, Chris	Manchester Triathlon	MV45	952
106	00:21:22	MARTLAND, Tim		MV40	856
107	00:21:26	FALSHAW, Richard	Altrincham & District AC	MV40	951
108	00:21:27	BURTHEM, Stuart		Senior Men	937
109	00:21:28	DOWSON, Gareth		Senior Men	817
110	00:21:31	THURTM, Pamela	Penny Lane Striders	Senior Ladies	915
111	00:21:34	COLES, Terry	Spectrum Striders	MV60	938
112	00:21:37	MCCARTHY, Simon		Senior Men	960
113	00:21:39	MCCALL, Steve	Manchester Harriers	MV45	884
114	00:21:41	GRIFFITHS, Vanessa	Helsby RC	LV35	916
115	00:21:42	LUCAS, Loraine	Ashey and Tyldesley RR	LV45	872
116	00:21:55	ROBERTS, Daniel		JM(15-20)	847
117	00:21:56	RYDOUT, Alan	Altrincham & District AC	MV60	942
118	00:22:01	LEE, Nicky	Penny Lane Striders	Senior Ladies	921
119	00:22:04	GILL, Colin		Senior Men	866
120	00:22:07	BECK, Christopher		MV45	941
121	00:22:16	SALMON, Janet	Spectrum Striders	LV35	820
122	00:22:26	CAUL, Jim		MV40	860
123	00:22:32	WHITEHEAD, Andy	Spectrum Striders	MV40	2063
124	00:22:32	SHAW, Carol	Helsby RC	LV40	954
125	00:22:37	LANHAM, Jim	Manchester Harriers	MV55	929
126	00:22:39	BRADY, Tony	Manchester Harriers	MV55	885
127	00:22:47	PRICE, Rosemary	Deestridders RC	LV50	876
128	00:22:52	POOLE, Alan		MV45	940
129	00:23:11	MASON, Michael		Senior Men	918
130	00:23:16	KELLY, Michelle	Penny Lane Striders	LV45	2048
131	00:23:25	REDPATH, Janet	Spectrum Striders	LV50	899
132	00:23:26	REDPATH, David	Spectrum Striders	MV50	898
133	00:23:36	ATTWELL, Dave	Altrincham & District AC	MV60	862
134	00:23:40	PARRY, Ian		Senior Men	2044
135	00:23:43	REDMOND, Ian		Senior Men	2064
136	00:23:49	MARTIN, Paul		Senior Men	865
137	00:23:56	PARK, Joe	Cheshire Tally Ho	MV65	901
138	00:24:09	MANN, Ros	Stockport Harriers	MV50	928
139	00:24:10	MARRIOTT, Philip	Riverside Runners	MV50	811
140	00:24:30	RISHWORTH, Michael		Senior Men	814
141	00:24:37	HARRISON, Judy	WFIT	LV40	975
142	00:24:39	VAN TENDER, Michael		Senior Men	2061
143	00:24:40	TOMLINSON, Mark		MV40	852
144	00:24:52	PLANT, Dave		MV55	897
145	00:24:53	DOBSON, Liz	Helsby RC	LV40	962
146	00:24:54	CHATERTON, Andrew		Senior Men	958
147	00:25:09	CHARMAN, Stephanie	Helsby RC	LV50	935
148	00:25:24	DAVIES, Paul		MV40	821
149	00:25:25	NEWMAN, Mike	Holmfirth Harriers	MV60	877
150	00:25:27	BARKER, Andrew		MV40	834
151	00:25:29	HUMPHRIES, Sacha		Senior Ladies	841
152	00:25:33	DAVIES, Martin		Senior Men	845
153	00:26:03	HIGNETT, Rob		MV40	835
154	00:26:19	PICKUP, Mark	Altrincham & District AC	MV40	861
155	00:26:22	VIGRASS, Brian	Staffordshire Moorlands AC	MV65	828
156	00:26:23	SLINGER, Sadie		Senior Ladies	840

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157	00:26:25	SMITH, Brian		MV40	819
158	00:26:30	BITTON, Jane		Senior Ladies	969
159	00:26:31	PEARSON, Simon		Senior Men	874
160	00:26:38	SCREEN, Andrew		MV40	807
161	00:26:40	JONES, Neville	Warrington AC	MV65	930
162	00:26:51	HEIJBROEK, William		MV55	831
163	00:27:01	KELLY, Arthur		NDB	961
164	00:27:05	WATERS, Sarah		LV40	833
165	00:27:17	DOUGLAS, Carol		LV40	827
166	00:27:27	CARTER, Christine		Senior Ladies	2036
167	00:27:33	DAVID, Jacquie		LV35	818
168	00:27:44	MUIR, Jonathan		Senior Men	822
169	00:27:58	WEBB, Peter		MV50	832
170	00:28:20	BLAGG, Alex		Senior Men	838
171	00:28:21	HILTON, Joanne		Senior Ladies	815
172	00:28:54	COLLIER, Audrey		LV35	2037
173	00:29:00	BISHOP, Simon		Senior Men	864
174	00:29:18	HOLDING, Steve		Senior Men	837
175	00:29:25	ADAMS, Jackie		LV40	965
176	00:30:11	FARLEY, Chris		MV45	850
177	00:30:42	JUMP, Ann-marie		LV35	934
178	00:31:33	HIGNETT, Martin		MV45	836
179	00:31:52	STILLINGS, Karen		LV45	869
180	00:32:09	SMITH, Clare		LV35	806
181	00:32:14	ROURKE, Sara	Road Runners Club	LV45	805
182	00:32:29	SPEED, Claire		Senior Ladies	857
183	00:32:35	DOYLE, Alison	Northern Vets AC	LV50	2052
184	00:33:04	BUCKLEY, Stefanie		LV40	853
185	00:33:05	TOMLINSON, Sandra		LV40	851
186	00:33:40	BROOKS, Judith		NDB	846
187	00:33:40	ROBERTS, Cath		LV35	848
188	00:34:15	CARTWRIGHT, Helen		LV40	816
189	00:34:15	MONK, Christine		LV35	842
190	00:34:30	EADON, Rachel		JF(15-20)	867
191	00:35:41	EADON, Sue		LV40	868
192	00:42:00	DOYLE, Trish	Northern Vets AC	LV50	2053