

Lymm 5k Road Race Saturday 25-Jun-2005

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

Pos	Time	Name	Club	Category	min/mile
1	00:15:50	SMITH, Paul	Altrincham & District AC	Senior Men	05:05.7
2	00:16:40	SELBY, Ian	Horwich RMI Harriers	Senior Men	05:21.8
3	00:16:45	TIMMINS, Adrian	Warrington AC	Senior Men	05:23.4
4	00:16:47	HOWE, John	Trafford AC	Senior Men	05:24.0
5	00:16:53	TIMMINS, Michael	Warrington AC	Senior Men	05:25.9
6	00:16:59	GEE, David	Manchester Harriers	Male Vet 50	05:27.9
7	00:17:00	DODSWORTH, Paul	Warrington AC	Senior Men	05:28.2
8	00:17:02	TARGETT, Paul	Clayton-le-moors	Male Vet 40	05:28.8
9	00:17:18	BISHOP, Nick	Wilmslow RC	Male Vet 45	05:34.0
10	00:17:20	GRANT, Nigel	Penny Lane Striders	Male Vet 40	05:34.6
11	00:17:21	PICKWELL, Peter	Altrincham & District AC	Male Vet 50	05:34.9
12	00:17:26	KINCH, Mark	City Of Stoke AC	Male Vet 40	05:36.6
13	00:17:35	KNOWLES, Jayne	Altrincham & District AC	Senior Ladies	05:39.5
14	00:17:35	THORNLEY, Mark	Vale Royal AC	Male Vet 40	05:39.5
15	00:17:35	THOMPSON, Liam	Spectrum Striders	Senior Men	05:39.5
16	00:17:39	JOHNSTONE, Roderick	Warrington Road Runners	Senior Men	05:40.7
17	00:17:51	BURTHEM, Stephen	Warrington AC	Male Vet 40	05:44.6
18	00:17:52	MCLAUGHLIN, Steve	Sale Harriers	Male Vet 45	05:44.9
19	00:17:54	GOUGH, David	Vale Royal AC	Male Vet 40	05:45.6
20	00:17:57	PARRIS, Roger	Swinton R.C	Male Vet 45	05:46.5
21	00:17:57	COSTELLO, Ian	Warrington AC	Senior Men	05:46.5
22	00:17:59	BIRTLES, Simon	Liverpool Harriers	Senior Men	05:47.2
23	00:18:03	TURNER, Chris	Spectrum Striders	Senior Men	05:48.5
24	00:18:07	SPENCER, Julian	Spectrum Striders	Male Vet 45	05:49.8
25	00:18:11	BEEL, Andy		Senior Men	05:51.0
26	00:18:16	MCCAFFREY, Sean	Holmfirth Harriers	Senior Men	05:52.6
27	00:18:19	MARTIN, Colin	Spectrum Striders	Male Vet 45	05:53.6
28	00:18:19	STEPHENS, Neale	Warrington AC	Male Vet 40	05:53.6
29	00:18:22	BUTLER, Sean	Altrincham & District AC	Male Vet 45	05:54.6
30	00:18:22	CLAGUE, Andrew	West Cheshire AC	Senior Men	05:54.6
31	00:18:25	DOBSON, Stephen		Male Vet 40	05:55.5
32	00:18:26	EDWARDS, James	Vale Royal AC	Male Vet 45	05:55.9
33	00:18:31	LOVATT, Dave	Penny Lane Striders	Male Vet 45	05:57.5
34	00:18:34	ANDREW, Stuart	Spectrum Striders	Senior Men	05:58.4
35	00:18:36	HIBBERT, Chris	Manchester Harriers	Senior Men	05:59.1
36	00:18:40	GARSDIE, Philip	Middleton Harriers	Male Vet 50	06:00.4
37	00:18:41	HATTON, Keith	Liverpool Harriers	Male Vet 45	06:00.7
38	00:18:41	WILLCOCK, Gary	Manchester YMCA Harriers	Male Vet 40	06:00.7
39	00:18:50	CONNOR, Paul		Senior Men	06:03.6
40	00:18:52	HOUGHTON, Mike	Spectrum Striders	Senior Men	06:04.2
41	00:18:53	HAMMOND, Colin		Male Vet 40	06:04.6
42	00:18:59	ARCHER, Nicky	Vale Royal AC	Senior Ladies	06:06.5
43	00:19:03	GLOVER, Paul	Warrington Road Runners	Senior Men	06:07.8
44	00:19:04	PARROTT, John	Stockport Harriers	Male Vet 45	06:08.1
45	00:19:07	BROWN, Keith	Warrington Road Runners	Male Vet 40	06:09.1
46	00:19:08	KELLY, John	Penny Lane Striders	Male Vet 40	06:09.4
47	00:19:10	HAMMOND, Sarah	Tattenhall Runners	Lady Vet 40	06:10.0
48	00:19:12	HOPSON, Dominic	Idle AC	Senior Men	06:10.7
49	00:19:13	TIMMINS, Heather	Warrington AC	Senior Ladies	06:11.0
50	00:19:13	SMITH, Andy	Helsby RC	Male Vet 40	06:11.0
51	00:20:13	WILSON, Glenn	Vale Royal AC	Senior Men	06:30.3
52	00:19:18	SMITH, Michael		Male Vet 40	06:12.6

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Pos	Time	Name	Club	Category	min/mile
53	00:19:20	BLAIR, Andrew	Tattenhall Runners	Male Vet 40	06:13.2
54	00:19:24	BATTERSBY, John	Sale Harriers	Male Vet 45	06:14.5
55	00:19:26	ERLAM, Stan	St Helens-Sutton AC	Male Vet 60	06:15.2
56	00:19:28	GARNETT, Andy	Spectrum Striders	Male Vet 50	06:15.8
57	00:19:30	WHITBY, Helen	Vale Royal AC	Senior Ladies	06:16.5
58	00:19:33	WALTON, Derek	Altrincham & District AC	Male Vet 60	06:17.4
59	00:19:37	ARCHER, Tony	Vale Royal AC	Male Vet 50	06:18.7
60	00:19:41	FREEMAN, Mark		Senior Men	06:20.0
61	00:19:49	PEMBERTON, Steve		Male Vet 50	06:22.6
62	00:19:54	TAYLOR, Max	Helsby RC	Senior Men	06:24.2
63	00:19:55	BURRELL, Dave		Male Vet 40	06:24.5
64	00:20:00	GELSHON, Eric	Mossley Hill AC	Male Vet 55	06:26.1
65	00:20:06	DANIELS, John	Helsby RC	Male Vet 50	06:28.0
66	00:20:08	OLDFIELD, Dave	Tattenhall Runners	Male Vet 45	06:28.7
67	00:20:08	THURLOW, Andrew	Macclesfield Harriers	Senior Men	06:28.7
68	00:20:12	GOODALL, Jonathan		Male Vet 40	06:30.0
69	00:20:14	BRADY, Emma	Highgate Harriers	Senior Ladies	06:30.6
70	00:20:14	LAMB, Christopher	Tattenhall Runners	Male Vet 55	06:30.6
71	00:20:25	FAULKNER, James		Senior Men	06:34.2
72	00:20:35	PERCIVAL, John	Road Runners Club	Male Vet 45	06:37.4
73	00:20:46	TELFORD, Paula	Vale Royal AC	Senior Ladies	06:40.9
74	00:20:49	ECCLESTON, Julia	St Helens-Sutton AC	Senior Ladies	06:41.9
75	00:20:51	SHAW, Geoff	Helsby RC	Male Vet 50	06:42.5
76	00:20:52	MCCARTHY, Michael		Senior Men	06:42.8
77	00:20:54	LEARY, Simon	Vale Royal AC	Senior Men	06:43.5
78	00:20:56	DOOLEY, John P	Spectrum Striders	Male Vet 55	06:44.1
79	00:20:58	CUTLER, Mike	South Cheshire Harriers	Male Vet 45	06:44.8
80	00:21:00	RATCLIFFE, John D	Tattenhall Runners	Male Vet 55	06:45.4
81	00:21:04	COLES, Terrence	Spectrum Striders	Male Vet 60	06:46.7
82	00:21:04	DAWSON, Jim	Warrington Road Runners	Male Vet 40	06:46.7
83	00:21:05	THOMPSON, Michael		Male Vet 40	06:47.0
84	00:21:11	BERRY, Alan		Male Vet 40	06:49.0
85	00:21:22	DARCY, Nigel		Senior Men	06:52.5
86	00:21:22	MCCARTHY, Simon	Winston Runners	Senior Men	06:52.5
87	00:21:23	TAYLOR, Brandon	Helsby RC	Senior Men	06:52.8
88	00:21:25	LEES, Chris	City Of Chester Triathlon Club	Male Vet 40	06:53.5
89	00:21:26	KELINE, Manfred	Helsby RC	Male Vet 45	06:53.8
90	00:21:27	MCHALE, Frank	Tattenhall Runners	Male Vet 55	06:54.1
91	00:21:27	BLINKINSOP, Mandy	Helsby RC	Senior Ladies	06:54.1
92	00:21:27	SHAW, Carol	Helsby RC	Lady Vet 40	06:54.1
93	00:21:30	BURTHEM, Stuart		Senior Men	06:55.1
94	00:21:39	CLARKE, David S	Tattenhall Runners	Male Vet 50	06:58.0
95	00:21:41	SMITH, Alison Jane	Tattenhall Runners	Senior Ladies	06:58.6
96	00:21:44	ROBERTSON, Janet	Spectrum Striders	Lady Vet 35	06:59.6
97	00:21:48	MCCARTHY, John		Senior Men	07:00.9
98	00:21:48	KEELING, Richard	Vale Royal AC	Senior Men	07:00.9
99	00:21:51	BERTI, Greg	Tattenhall Runners	Male Vet 40	07:01.8
100	00:21:55	MCGRATH, Fiona	Warrington AC	Senior Ladies	07:03.1
101	00:21:58	PEERS, Alan	Spectrum Striders	Male Vet 60	07:04.1
102	00:22:05	ARCHER, Nathan	Vale Royal AC	Senior Men	07:06.3
103	00:22:07	BARWISE, Ian	Warrington Road Runners	Male Vet 55	07:07.0
104	00:22:10	OWEN, Sandra R	Tattenhall Runners	Lady Vet 55	07:07.9

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Pos	Time	Name	Club	Category	min/mile
105	00:22:22	COLLEN, Gillian	Warrington Road Runners	Lady Vet 45	07:11.8
106	00:22:25	HOWARD, Caroline	Tattenhall Runners	Lady Vet 40	07:12.8
107	00:22:26	YOUNG, Darren		Senior Men	07:13.1
108	00:22:34	CORNFIELD, Geoff	Tattenhall Runners	Male Vet 60	07:15.7
109	00:22:35	THOMAS, Andrew	Tattenhall Runners	Senior Men	07:16.0
110	00:22:40	BECK, Christopher		Male Vet 45	07:17.6
111	00:22:46	MCCARTHY, Gerard	Winston Runners	Male Vet 45	07:19.5
112	00:22:49	MCGAHAN, Louis		Male Vet 55	07:20.5
113	00:22:51	KELLY, Michelle	Penny Lane Striders	Lady Vet 45	07:21.1
114	00:22:53	KINVIG, Corinne	Vale Royal AC	Senior Ladies	07:21.8
115	00:22:53	WEBSTER, Robbie	Helsby RC	Male Vet 60	07:21.8
116	00:22:57	HAWKES, Clare	Wirral AC	Lady Vet 40	07:23.1
117	00:23:01	WATERS, Nick		Male Vet 40	07:24.4
118	00:23:04	WHITTAKER, Adam	Warrington AC	Senior Men	07:25.3
119	00:23:21	TAYLOR, Jayne		Lady Vet 40	07:30.8
120	00:23:21	FORTUNE, Iain	Northern Vets AC	Male Vet 55	07:30.8
121	00:23:27	KINVIG, Val	Vale Royal AC	Lady Vet 40	07:32.7
122	00:23:48	WALSH, Shelly	Spectrum Striders	Lady Vet 50	07:39.5
123	00:23:55	WALSH, Neil	Spectrum Striders	Senior Men	07:41.7
124	00:24:03	EADON, Dave		Male Vet 45	07:44.3
125	00:24:10	WOOD, Dan	Spectrum Striders	NDB	07:46.6
126	00:24:31	CHARMAN, Stephanie	Helsby RC	Lady Vet 50	07:53.3
127	00:24:35	HOWARTH, Sally		Lady Vet 40	07:54.6
128	00:24:42	GRIMES, Peter		Senior Men	07:56.9
129	00:24:44	MOLLOY, Mark	Warrington Road Runners	Senior Men	07:57.5
130	00:24:47	GLOVER, Heather	Warrington Road Runners	Lady Vet 35	07:58.5
131	00:24:50	FORD, Marten		Senior Men	07:59.4
132	00:25:03	HUMPHRIES, Sacha		Senior Ladies	08:03.6
133	00:25:03	MUIR, Jonathan	Helsby RC	Senior Men	08:03.6
134	00:25:10	HARRIS, Stuart		NDB	08:05.9
135	00:25:11	BARKER, Andrew		Male Vet 40	08:06.2
136	00:25:12	PIZZIE, Helen		Lady Vet 35	08:06.5
137	00:25:27	PIKE, Ian		Senior Men	08:11.3
138	00:25:33	FLAVEL, Chris	Horsferth Fellondale	Senior Men	08:13.3
139	00:25:41	WATERS, Sarah		Lady Vet 40	08:15.8
140	00:25:45	SLINGER, Sadie		Senior Ladies	08:17.1
141	00:25:47	CLAGUE, Derek	Tattenhall Runners	Male Vet 65	08:17.8
142	00:25:59	VIGRASS, Brian	Staffordshire Moorlands AC	Male Vet 70	08:21.6
143	00:26:02	PEARSON, Simon		Senior Men	08:22.6
144	00:26:13	GIBBS, Darren		Senior Men	08:26.1
145	00:26:24	DAVID, Jacquie		Lady Vet 40	08:29.7
146	00:26:30	SHAW, Janet		Lady Vet 50	08:31.6
147	00:26:32	COPSEY, David	Vale Royal AC	Male Vet 50	08:32.3
148	00:26:32	ROGERS, Karen		Senior Ladies	08:32.3
149	00:26:45	FORD, Peter		Male Vet 45	08:36.4
150	00:26:55	BESWICK, Joe	Helsby RC	Male Vet 70	08:39.7
151	00:27:00	HIGGINS, Steve		Male Vet 50	08:41.3
152	00:27:04	JONES, Neville	Warrington AC	Male Vet 65	08:42.6
153	00:27:16	CRESSWELL, David		Senior Men	08:46.4
154	00:27:36	SWAINE, Tessa	Tattenhall Runners	Lady Vet 50	08:52.9
155	00:27:45	ROBERTS, Paul		Male Vet 50	08:55.8
156	00:27:51	ROUILLON, Philippe		Male Vet 45	08:57.7

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Pos	Time	Name	Club	Category	min/mile
157	00:28:00	HUNTBACH, Robert	Helsby RC	Male Vet 50	09:00.6
158	00:28:35	AMIN, Ruth		Senior Ladies	09:11.8
159	00:28:41	SLADE, Alison		Senior Ladies	09:13.8
160	00:28:56	WOODYATT, Nicola		Lady Vet 35	09:18.6
161	00:29:32	CLAGUE, Lesley	Tattenhall Runners	Lady Vet 60	09:30.2
162	00:30:12	WADDINGTON, Stephen		Senior Men	09:43.1
163	00:32:59	CRESSWELL, Lisa		Senior Ladies	10:36.8
164	00:33:07	DALTON, Patricia		Lady Vet 35	10:39.4
165	00:33:08	DALTON, Stuart		Senior Men	10:39.7
166	00:33:37	BUCKLEY, Alison		Senior Ladies	10:49.0
167	00:33:37	MCCARTHY, Martine		Lady Vet 45	10:49.0
168	00:35:32	BRIGGS, Carolyn		Senior Ladies	11:26.0
169	00:35:47	STROOP, Ingrid		Lady Vet 45	11:30.9
170	00:35:52	FFITCH, Anne		Lady Vet 40	11:32.5

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Fun Run Results

Pos	Time	Name	Club	Category	Race no
1	00:09:31	WOODWARD, Jack		JM(11-14)	833
2	00:09:56	KINVIG, Kieran	Vale Royal AC	Senior Men	839
3	00:10:00	JACKSON, Luke	Warrington AC	JM(8-10)	846
4	00:10:23	BISHOP, James		Senior Men	850
5	00:10:24	BISHOP, Oliver		JM(8-10)	851
6	00:10:30	BURRELL, Sean		Senior Men	844
7	00:10:33	WILLIS, Toby		JM(8-10)	817
8	00:10:38	WOODWARD, Mark		Senior Men	834
9	00:10:45	BARRETT, Andrew		JM(8-10)	806
10	00:10:46	ROUILLON, Georges		JM(11-14)	803
11	00:11:09	WAGER, Harry		JM(8-10)	866
12	00:11:10	CHARVILL, George		JM(<=7)	867
13	00:11:16	BURRELL, Ryan		JM(11-14)	849
14	00:11:18	CARROLL, Paul		Senior Men	858
15	00:11:22	HIBBERT, Luke		JM(8-10)	841
16	00:11:22	HARKIN, Liam		Senior Men	821
17	00:11:22	BUCKLEY, Rowena		JF(11-14)	837
18	00:11:31	HORN, Jessica		Senior Ladies	823
19	00:11:33	HORN, Robyn		JF(11-14)	822
20	00:12:08	WILLCOCK, Cameron	Sale Harriers	JM(8-10)	845
21	00:12:16	HARKIN, Neil		JM(8-10)	820
22	00:12:17	BOARDMAN, William		JM(8-10)	809
23	00:12:36	WHITTAKER, Kim		JF(8-10)	813
24	00:12:39	BOARDMAN, Grace		JF(8-10)	808
25	00:12:49	BOARDMAN, Alan		Male Vet 40	807
26	00:12:53	SHERON, Connor		JM(8-10)	856
27	00:12:55	COPSEY, Bethan	Vale Royal AC	JF(11-14)	838
28	00:13:00	YOUNG, Michael		JM(<=7)	840
29	00:13:02	WATERS, Joseph		JM(8-10)	830
30	00:13:06	MUSSON, Harry		JM(11-14)	828
31	00:13:06	DEMPSTER, Sally		JF(8-10)	861
32	00:13:07	JACKSON, Andrew		Male Vet 40	847
33	00:13:21	WOOLER, Deanna		JF(8-10)	802
34	00:13:39	WOOLER, Tanis		Lady Vet 40	801
35	00:13:51	WOODWARD, Rona		NDB	832
36	00:14:19	DEMPSTER, Robert		JM(<=7)	862
37	00:14:19	DEMPSTER, Louise		NDB	863
38	00:14:34	DAVID, Charles		JM(<=7)	831
39	00:14:36	MOORES, Sarah		JF(<=7)	819
40	00:14:36	MOORES, Roger		Senior Men	818
41	00:14:51	CONNOR, Michael		Senior Men	814
42	00:14:55	LITTLER, Simon		JM(11-14)	842
43	00:15:29	COUGHLAN, Ellie		JF(8-10)	848
44	00:15:41	PIKE, Chris		JM(11-14)	824
45	00:16:09	GARNETT, Megan	Spectrum Striders	JF(8-10)	843
46	00:16:32	CARROLL, Joshua		JM(11-14)	859
47	00:16:33	CARROLL, Christopher		Male Vet 40	860
48	00:16:38	KELLY, Arthur		Male Vet 40	804
49	00:16:38	KELLY, Rhian		JF(<=7)	805

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Pos	Time	Name	Club	Category	Race no
50	00:16:46	BAILLIE, Stephanie		Senior Ladies	811
51	00:16:46	MORRIS, Eleanor		Senior Ladies	835
52	00:16:46	MCHARRY, Meriel		JF(<=7)	836
53	00:17:05	BAILLIE, Eleanor		JF(<=7)	810
54	00:17:05	BAILLIE, Peter		Male Vet 45	812
55	00:17:19	MUSSON, Annabel		JF(<=7)	829
56	00:17:20	MUSSON, Sue		Lady Vet 40	827
57	00:19:43	LEES, Robyn		JF(<=7)	854
58	00:19:43	GRIMES, Pete		Senior Men	855
59	00:21:01	LEES, Jessica		JF(8-10)	852
60	00:21:01	BARKER, Elise		JF(8-10)	815
61	00:21:02	LEES, Christopher	City Of Chester Tri Club	Male Vet 40	853
62	00:23:37	ROPER, Jack		JM(<=7)	864
63	00:23:38	ROPER, Alison		Male Vet 40	865
64	00:23:59	BARKER, Shirley		Lady Vet 55	816
65	00:26:22	PIKE, Joe		JM(<=7)	825
66	00:26:22	MUSSON, Michael		Male Vet 40	826