

Lymm 5k Road Race Saturday 24-Jun-2006

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

Pos	Time	Name	Team	Category	mins/mile	Race no
1	0:15:19	MILLS, Simon	Sale Harriers Mcr	MJ	04:55.7	1078
2	0:16:02	HALMAN, Michael	Wilmslow RC	Senior Men	05:09.5	1082
3	0:16:06	ELLY, Tarus	Salford Harriers	Senior Men	05:10.8	1146
4	0:16:13	BENYON, Peter	Vegetarian Cycling & A.C.	Senior Men	05:13.1	1110
5	0:16:18	CHAPMAN, Ken	Salford Harriers	Senior Men	05:14.7	1083
6	0:16:25	FITZPATRICK, Ciaran	Manchester Harriers	MJ	05:16.9	2042
7	0:16:27	HUNT, Michael	Pendle AC	Senior Men	05:17.6	1081
8	0:16:34	DA SILVA, Manuel	Thames Valley Harriers	Senior Men	05:19.8	1121
9	0:16:36	HORMAN, James	Liverpool Harriers	Senior Men	05:20.5	1142
10	0:16:39	CLIFFE, Daniel	Warrington AC	MJ	05:21.4	1140
11	0:16:40	MACNEIL, Graham	West Cheshire AC	MV 40	05:21.8	2018
12	0:16:48	KIRK, George		Senior Men	05:24.3	1113
13	0:16:50	CROMPTON, Neil	Warrington AC	Senior Men	05:25.0	1153
14	0:17:07	GEE, David	Manchester Harriers	MV 50	05:30.4	2027
15	0:17:07	TIMMINS, Adrian	Warrington AC	Senior Men	05:30.4	1117
16	0:17:08	THOMPSON, Liam	Warrington AC	Senior Men	05:30.8	1074
17	0:17:26	STANDIDGE, Chris	Wirral AC	Senior Men	05:36.6	1116
18	0:17:27	FITZPATRICK, Andy	Manchester Harriers	MV 50	05:36.9	2041
19	0:17:31	JONES, Bernie	Wrexham AC	MV 45	05:38.2	1071
20	0:17:33	CARRINGTON, Dave	Altrincham & District AC	MV 50	05:38.8	1115
21	0:17:48	ASHCROFT, Neil	Warrington AC	Senior Men	05:43.6	1080
22	0:17:50	CHAPLIN, John	Chorley Harriers	MV 50	05:44.3	1076
23	0:17:53	MUNSLOW, Gary	West Cheshire AC	MV 45	05:45.2	2044
24	0:17:55	BISHOP, Nick	Wilmslow RC	MV 45	05:45.9	2019
25	0:17:59	CORDINGLEY, Frank	Sale Harriers Mcr	MV 45	05:47.2	1114
26	0:18:04	THORNLEY, Mark	Vale Royal AC	MV 40	05:48.8	1134
27	0:18:06	MARTIN, Colin	Spectrum Striders	MV 45	05:49.4	1072
28	0:18:07	DE FARIS, Alberto	Altrincham & District AC	Senior Men	05:49.8	1126
29	0:18:07	HAGGETT, Richard		Senior Men	05:49.8	1124
30	0:18:13	LUNT, Keith	Littlewoods	Senior Men	05:51.7	2011
31	0:18:15	BURTHEM, Stephen	Warrington AC	MV 45	05:52.3	1158
32	0:18:18	MORRIS, Trevor	Wilmslow RC	MV 40	05:53.3	1020
33	0:18:20	CONNOLLY, James	Spectrum Striders	MV 45	05:53.9	1131
34	0:18:28	LIVINGSTONE, David	Altrincham & District AC	Senior Men	05:56.5	1149
35	0:18:37	SPENCER, Julian	Spectrum Striders	MV 45	05:59.4	2001
36	0:18:41	KNASS, Jenny	Stockport Harriers	Senior Lady	06:00.7	1101
37	0:18:41	MITCHELL, Richard	Helsby RC	MV 50	06:00.7	1108
38	0:18:42	MANWARING, Neil		Senior Men	06:01.0	1053
39	0:18:45	MCCARTHY, Tony	Warrington AC	MV 45	06:02.0	1075
40	0:18:54	GYVES, Mark		MV 40	06:04.9	2031
41	0:18:58	DAVIES, Claire	Spectrum Striders	Senior Lady	06:06.2	1034
42	0:19:03	BROUGHTON, Adair Peter	Helsby RC	Senior Men	06:07.8	1106
43	0:19:09	CUNNINGAM, Mike	Manchester Harriers	MV 60	06:09.7	2003
44	0:19:11	ANDREW, Stuart	Spectrum Striders	Senior Men	06:10.3	2016
45	0:19:21	TIMMINS, Heather	Warrington AC	FJ	06:13.6	1122
46	0:19:23	GARNETT, Andy	Spectrum Striders	MV 50	06:14.2	1133
47	0:19:28	BURGESS, Ken	Altrincham & District AC	MV 60	06:15.8	2023
48	0:19:29	GOODALL, Jonathan		MV 40	06:16.1	1169
49	0:19:32	CLIFFE, Neil	Warrington Road Runners	MV 45	06:17.1	1141
50	0:19:34	BOWER, Martin		Senior Men	06:17.7	1162
51	0:19:42	MCGALL, Rob	Altrincham & District AC	MV 55	06:20.3	2036
52	0:19:57	LIDDELL, Scott	Spectrum Striders	MV 50	06:25.1	1125
53	0:19:58	COULTER, Anthony	Sale Harriers Mcr	Senior Men	06:25.5	1167

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Pos	Time	Name	Team	Category	mins/mile	Race no
54	0:19:59	BROWN, Keith	Warrington Road Runners	MV 40	06:25.8	2033
55	0:19:59	HATTON, Keith	Liverpool Harriers	MV 45	06:25.8	1135
56	0:20:05	WALTON, Derek	Altrincham & District AC	MV 60	06:27.7	1060
57	0:20:09	ROBERTS, Kathryn	Helsby RC	FV 35	06:29.0	1006
58	0:20:11	WALKER, Mark		Senior Men	06:29.7	2030
59	0:20:16	HOWE, Joan M	Trafford AC	FV 50	06:31.3	1145
60	0:20:19	PYE, Alison		Senior Lady	06:32.2	2025
61	0:20:22	TAYLOR, Jayne	Wigan Phoenix	FV 45	06:33.2	1067
62	0:20:25	ASHBROOK, Jane	Helsby RC	Senior Lady	06:34.2	1120
63	0:20:42	SHAW, Geoff	Helsby RC	MV 50	06:39.6	1004
64	0:20:54	KINVIG, Kieran	Vale Royal AC	MJ	06:43.5	1073
65	0:20:54	EARLE, Mark		MV 55	06:43.5	1132
66	0:20:54	BEATTIE, Ben	Esporta	Senior Men	06:43.5	1161
67	0:20:55	DAWSON, Jim	Warrington Road Runners	MV 40	06:43.8	1036
68	0:21:02	PEERS, Alan	Spectrum Striders	MV 60	06:46.1	2043
69	0:21:05	BARRETT, Vicky	Stockport Harriers	FV 40	06:47.0	1084
70	0:21:06	LEVER, David		Senior Men	06:47.4	1130
71	0:21:06	FARHALL, Liz		NDB	06:47.4	1152
72	0:21:17	MUIR, Jonathan	Helsby RC	Senior Men	06:50.9	1001
73	0:21:21	POPE, Mansel	Altrincham & District AC	MV 55	06:52.2	1112
74	0:21:23	BEATTIE, Geoffrey	Esporta	MV 50	06:52.8	1156
75	0:21:29	CHARMAN, Michael	Helsby RC	MV 55	06:54.8	2037
76	0:21:31	WOLSTENCROFT, Shane		Senior Men	06:55.4	1157
77	0:21:31	SHEPHERD, Nigel	Wesham Road Runners	MV 45	06:55.4	1070
78	0:21:33	ANDERSON, Keith		Senior Men	06:56.0	1040
79	0:21:33	DOOLEY, John P	Spectrum Striders	MV 55	06:56.0	1077
80	0:21:36	MIDDLETON, Laura	Burnley	Senior Lady	06:57.0	1123
81	0:21:41	MCCORMICK, Fechin	Sale Harriers Mcr	MV 55	06:58.6	2034
82	0:21:49	CAIRNS, Andrew		Senior Men	07:01.2	1168
83	0:21:51	SHAW, Carol	Helsby RC	FV 40	07:01.8	1015
84	0:21:56	ANDREWS, Susanne	Warrington AC	NDB	07:03.4	1139
85	0:21:58	CLARE, David	Tattenhall Runners	MV 50	07:04.1	1019
86	0:21:59	ROWLINSON, Linda		FV 40	07:04.4	2020
87	0:22:00	TAYLOR, Holly	Helsby RC	Senior Lady	07:04.7	1007
88	0:22:15	BILTON, Jane	Salford Harriers	Senior Lady	07:09.6	1138
89	0:22:34	WELSBY, Pauline	Spectrum Striders	Senior Lady	07:15.7	2014
90	0:22:45	KEELING, William	Harlow Running Club	Senior Men	07:19.2	2028
91	0:22:50	BANN, Steven		MJ	07:20.8	1164
92	0:22:54	BEAMISH, Rob		NDB	07:22.1	1155
93	0:22:55	HOWARTH, Sally	Trafford AC	FV 40	07:22.4	1065
94	0:22:58	SMITH, Brian		MV 40	07:23.4	1064
95	0:23:00	WEAVER, Caroline	Warrington AC	FV 35	07:24.0	1013
96	0:23:02	KRAWCZYK, Bernie	Wesham Road Runners	MV 50	07:24.7	1127
97	0:23:03	WILSON, Geoff	Spectrum Striders	MV 55	07:25.0	2002
98	0:23:04	WATERS, Nick		MV 45	07:25.3	1062
99	0:23:07	AINSWORTH, Lee	Sale Harriers Mcr	MV 55	07:26.3	1029
100	0:23:17	WATERS, Wendy	Spectrum Striders	FV 50	07:29.5	2004
101	0:23:19	KELLY, Michelle	Penny Lane Striders	FV 45	07:30.2	2009
102	0:23:21	KELLY, John	Penny Lane Striders	MV 40	07:30.8	2010
103	0:23:23	DAVIS, Gareth		Senior Men	07:31.4	1024
104	0:23:24	WHITESIDE, Melvyn		MV 45	07:31.8	1026
105	0:23:26	MCGRATH, Fiona	Warrington AC	Senior Lady	07:32.4	1052
106	0:23:28	WHITTAKER, Adam	Warrington AC	MJ	07:33.0	1021

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107	0:23:46	PIKE, Ian		Senior Men	07:38.8	1030
108	0:23:52	TODD, Andy	Helsby RC	MV 60	07:40.8	1107
109	0:23:54	MARSHALL, Graham		MV 40	07:41.4	1148
110	0:23:57	LAWSON, George	Manchester Harriers	MV 60	07:42.4	1051
111	0:24:00	CHARMAN, Stephanie	Helsby RC	FV 55	07:43.3	2035
112	0:24:03	HARRIS, Stuart		MV 40	07:44.3	1118
113	0:24:04	RUDDOCK, Les	Cheshire Tally Ho	MV 55	07:44.6	1171
114	0:24:06	LANE, Rob		Senior Men	07:45.3	1031
115	0:24:12	WALSH, Shelley	Spectrum Striders	FV 50	07:47.2	1069
116	0:24:13	BARKER, Andrew		MV 40	07:47.5	1049
117	0:24:26	HUTCHINSON, Gary		MV 45	07:51.7	1048
118	0:24:50	COLES, Terry	Spectrum Striders	MV 60	07:59.4	1046
119	0:25:09	JONES, Russell		Senior Men	08:05.6	1027
120	0:25:11	THOMSON, Helen	Spectrum Striders	FV 40	08:06.2	1159
121	0:25:13	SHAW, Jonathan	Macclesfield Harriers	MV 45	08:06.8	1137
122	0:25:16	BLAKE, Sue	Macclesfield Harriers	FV 40	08:07.8	1129
123	0:25:19	RIDINGS, Richard	Spectrum Striders	MV 55	08:08.8	1170
124	0:25:27	DUNBAR, Ian	Spectrum Striders	MV 50	08:11.3	2024
125	0:25:28	GARE, Adrian		Senior Men	08:11.7	1055
126	0:25:30	MCCANN, Philip	Stockport Harriers	MV 50	08:12.3	1103
127	0:25:31	BIRCHAM, Sally		FV 35	08:12.6	1063
128	0:26:07	SMETHURST, Christopher	Spectrum Striders	MV 45	08:24.2	1054
129	0:26:12	WATERS, Sarah		FV 40	08:25.8	1061
130	0:26:18	HUNTBACH, Robert	Helsby RC	MV 55	08:27.8	1109
131	0:26:20	BESWICK, Joe	Helsby RC	MV 60	08:28.4	1128
132	0:26:27	PEARSON, Simon		Senior Men	08:30.7	1079
133	0:26:36	DAVID, Jacquie		FV 40	08:33.5	1056
134	0:26:41	WARD, Michael		Senior Men	08:35.2	1043
135	0:26:45	REID, Lisa		FV 35	08:36.4	1037
136	0:26:49	SHAW, Janet	Helsby RC	FV 50	08:37.7	1003
137	0:27:01	BELL, Mark		Senior Men	08:41.6	1119
138	0:27:28	CRESSWELL, David		Senior Men	08:50.3	2008
139	0:27:36	GUILLEMIN, Alson		FV 40	08:52.9	1105
140	0:27:36	SPOTSWOOD, Robert	Abergele Harriers	MV 45	08:52.9	1104
141	0:27:37	JOHNSON, Dave		MV 45	08:53.2	1172
142	0:27:46	MCCLOSKEY, Anthony		Senior Men	08:56.1	1166
143	0:27:46	MASTIN, Jason		Senior Men	08:56.1	1022
144	0:27:49	PICKFORD, Chris		MV 45	08:57.0	1039
145	0:27:55	KELLY, Arthur		MV 40	08:59.0	1057
146	0:28:39	BROWN, Ian	Stockport Harriers	MV 60	09:13.1	1033
147	0:28:50	JONES, Neville	Warrington AC	MV 60	09:16.7	1154
148	0:28:53	HUGHES, Helen		Senior Lady	09:17.6	1044
149	0:29:12	BANN, Chris		Senior Men	09:23.7	1163
150	0:29:15	TOTTEN, Stephanie		Senior Lady	09:24.7	1035
151	0:29:21	GERRARD, Nicola		FV 35	09:26.6	1010
152	0:29:21	GERRARD, Nick		MV 45	09:26.6	1009
153	0:29:23	STEVENSON, Laura		FV 35	09:27.3	1147
154	0:29:57	ROUILLON, Philippe		MV 45	09:38.2	1059
155	0:30:04	ROBERTS, Paul		MV 50	09:40.5	1102
156	0:30:10	GRAY, Alexandra		Senior Lady	09:42.4	1143
157	0:30:12	HOBSON, Rosalind		Senior Lady	09:43.1	1144
158	0:30:15	PRESCOTT, Trevor	St Helens-Sutton AC	MV 60	09:44.0	1136
159	0:30:27	BRADLEY-ROBERTS, Susan	Sandbach Striders	FV 55	09:47.9	1050

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Pos	Time	Name	Team	Category	mins/mile	Race no
160	0:31:11	LANG, Les		MV 45	10:02.0	1047
161	0:31:16	HORNE, Anthony		Senior Men	10:03.7	1045
162	0:31:46	SCOBBI, Lisa		FV 35	10:13.3	2015
163	0:32:26	HEWITT, Les	Spectrum Striders	MV 50	10:26.2	2040
164	0:33:02	O'BRIEN, Claire		FV 40	10:37.8	1111
165	0:33:04	CRESSWELL, Lisa		FV 35	10:38.4	2007
166	0:34:00	JACKSON, Karen		FV 40	10:56.4	1151
167	0:34:00	JACKSON, Andrew		MV 40	10:56.4	1150
168	0:35:05	FATIMILEMIN, Jonathan	Total Fitness	Senior Men	11:17.3	1058
169	0:36:02	BANKHEAD, Mark	Spectrum Striders	Senior Men	11:35.7	1068
170	0:38:05	SMAILES, Amanda		Senior Lady	12:15.3	1066
171	0:39:44	BEEDEN, Helen		Senior Lady	12:47.1	1165
172	0:40:49	METCALFE, Emma		FV 35	13:08.0	2012

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Fun Run Results

Pos	Time	Name	Club	Category	Race No
1	0:09:11	DAWSON, Chris		MJ	876
2	0:09:19	MILES, Andrew	Vale Royal AC	MJ	870
3	0:09:58	ROUILLON, Georges		MJ	825
4	0:10:16	BOOTH,		MJ	884
5	0:10:23	WILLIS, Toby		MJ	851
6	0:10:27	THORNLEY, George		MJ	867
7	0:10:46	HORN, Jessica		FJ	861
8	0:10:57	BARRETT, Andrew		MJ	835
9	0:11:02	CAUL, Laura		FJ	890
10	0:11:19	SIMPSON, Scott		MJ	888
11	0:11:27	COLES, Mathew	Spectrum Striders	MJ	811
12	0:11:39	MILES, David	Vale Royal AC	MJ	869
13	0:11:50	SHERON, Connor		MJ	871
14	0:11:50	HARKIN, Neil		MJ	853
15	0:11:51	WATERS, Joseph		MJ	829
16	0:11:53	FITZGIBBON, Kieran		MJ	897
17	0:11:54	WHITAKER, Kimberley	Warrington AC	FJ	803
18	0:11:56	DUGDALE, Giles		MJ	886
19	0:12:18	HOWE, Isobel	Trafford AC	FJ	868
20	0:12:51	SIMPSON, Olivia		FJ	815
21	0:13:00	DAVID, Charles		MJ	822
22	0:13:06	HARWOOD, Kirsty		FJ	891
23	0:13:26	COPLAND, Kim		FJ	881
24	0:13:27	RUSSELL, Jennifer		Senior Lady	893
25	0:13:37	HALLIDAY, Kate		Senior Lady	892
26	0:13:38	JOHNSON, Edward		MJ	885
27	0:13:44	OLIVER, Thomas		MJ	820
28	0:13:44	LANE, Cara		FJ	806
29	0:13:45	SMITH, Rachel		FJ	849
30	0:13:47	SMITH, Derek		Senior Men	848
31	0:13:54	DEWSNIP, Harry		MJ	887
32	0:13:55	FITZGIBBON, Laura		FJ	843
33	0:13:55	HORN, Jordan		FJ	859
34	0:14:00	BOYDELL, Joe		MJ	898
35	0:14:00	BOYDELL, Henry		MJ	899
36	0:14:04	EPPS, Ryan		MJ	889
37	0:14:14	PIKE, Joe		MJ	805
38	0:14:16	OLIVER, William		MJ	821
39	0:14:25	BARKER, Elise		FJ	812
40	0:14:29	HORN, Robyn		FJ	860
41	0:14:30	SIMPSON, Luke		MJ	816
42	0:14:30	HORN, Jemima		FJ	858
43	0:14:32	BARKER, Hannah		FJ	879
44	0:14:35	LONGSHAW, Elena		FJ	845
45	0:14:38	PITCHER, James		MJ	832
46	0:14:38	BOYLE, Mahew		MJ	830
47	0:14:40	BUCKLEY, Freya		FJ	862
48	0:14:41	PITCHER, Nick		Senior Men	833
49	0:15:00	HANRAHAN, Lucy		FJ	866
50	0:15:18	LONGSHAW, Alex		MJ	844
51	0:15:19	BARKER, Karen		FV 40	813
52	0:15:29	WESTLEY, Nilcole		FJ	834
53	0:15:29	KIRBY, Susanne		Senior Lady	894
54	0:15:33	KIRBY, Penelope		Senior Lady	895

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55	0:15:33	SHERON, Samuel		MJ	872
56	0:15:33	SHERON, Michael		Senior Men	874
57	0:15:33	BOSTON, Toby		MJ	842
58	0:15:35	BOSTON, Neil		MV 40	839
59	0:15:36	SHEPHERD, Heather		FJ	864
60	0:15:46	SHEPHERD, Joanne		MV 40	865
61	0:15:50	MORRIS, Adam		MJ	802
62	0:15:54	MORRIS, Trevor	Wilmslow RC	MV 40	801
63	0:16:33	PIKE, Chris		MJ	804
64	0:16:34	COPLAND, Emily		FJ	880
65	0:16:34	HEATON, Samantha		FJ	847
66	0:16:34	MORRIS, Elizabeth		FJ	856
67	0:17:28	WILLIS, Julie		NDB	852
68	0:17:28	WILLIS, Antonia		FJ	850
69	0:17:44	MORRIS, Eleanor		FJ	857
70	0:17:44	MCHARRY, Katie		FJ	854
71	0:17:55	LONGSHAW, Alison		NDB	846
72	0:18:07	DEAN, Harry		MJ	817
73	0:18:07	DEAN, Thomas		MJ	818
74	0:18:07	DEAN, Ann		FV 35	819
75	0:18:41	FOWLER, Andrew		MJ	883
76	0:18:43	FOWLER, Lesley		FV 45	882
77	0:18:45	DEMPSEY, Anna		FJ	837
78	0:18:48	DEMPSEY, Patrick		MJ	838
79	0:18:49	DEMPSEY, Tony		Senior Men	836
80	0:18:55	LANE, Megan		FJ	807
81	0:19:03	LEES, Jessica		FJ	877
82	0:19:08	HINDE, Jenny		Senior Lady	878
83	0:19:23	KELLY, Rhian		FJ	824
84	0:19:30	REID, Robert		MJ	808
85	0:19:30	KELLY, Arthur		MV 40	823
86	0:21:51	NORMAN, Emily		FJ	827
87	0:21:51	NORMAN, Adrian		MV 40	826
88	0:22:43	BOSTON, Dylan		MJ	841
89	0:22:44	BOSTON, Sara		FV 40	840
90	0:23:00	CHARVILL, Harry		NDB	896
91	0:23:11	REID, James		NDB	809
92	0:23:11	REID, Donald		NDB	810
93	0:23:54	NORMAN, George		MJ	828