

Lymm 5k Road Race Saturday 20-Jun-2009

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

Pos	Time	Name	Club	Category	mins/km	Race no
1	0:15:35	NICHOLLS, Damian	Wilmslow RC	Senior Men(18-39)	03:07.0	364
2	0:15:52	ELLIOTT, Adam	Sale Harriers Mcr	Senior Men(18-39)	03:10.4	302
3	0:16:08	TILLOTSON, Marc	Notts AC	Senior Men(18-39)	03:13.6	55
4	0:16:12	PROUDLOVE, Mike	City Of Stoke AC	Senior Men(18-39)	03:14.4	269
5	0:16:19	DOWNS, Rob	Wilmslow RC	Male Vet 45	03:15.8	95
6	0:16:36	DOYLE, Stuart	Vale Royal AC	Senior Men(18-39)	03:19.2	51
7	0:16:39	PENDRILL, Jim	Wilmslow RC	Senior Men(18-39)	03:19.8	206
8	0:16:51	JOHNSON, Malcolm	Stockport Harriers	Senior Men(18-39)	03:22.2	1171
9	0:16:53	TAYLOR, Tim	Macclesfield Harriers	Male Vet 45	03:22.6	1173
10	0:16:58	MACNEIL, Graham	Wilmslow RC	Male Vet 45	03:23.6	130
11	0:16:59	RATCLIFFE, Graham	Wirral AC	Male Vet 50	03:23.8	99
12	0:17:06	MORRIS, Trevor	Wilmslow RC	Male Vet 45	03:25.2	234
13	0:17:15	HATTON, Mike	South Cheshire Harriers	Male Vet 45	03:27.0	205
14	0:17:22	DODD, Mark	Ellesmere Port RC	Senior Men(18-39)	03:28.4	371
15	0:17:27	BAKER, Richard	South Cheshire Harriers	Senior Men(18-39)	03:29.4	315
16	0:17:27	WILKINSON, Liam	South Cheshire Harriers	Senior Men(18-39)	03:29.4	351
17	0:17:28	MARQUIS-JONES, Peter	South Cheshire Harriers	Senior Men(18-39)	03:29.6	1170
18	0:17:30	MARTIN, Colin	Spectrum Striders	Male Vet 50	03:30.0	3
19	0:17:31	WATMOUGH, Stephen	Spectrum Striders	Male Vet 45	03:30.2	392
20	0:17:32	MARTIN, Stephen	Spectrum Striders	Male Vet 45	03:30.4	10
21	0:17:33	BENTLEY, Chris	Macclesfield Harriers	Senior Men(18-39)	03:30.6	1175
22	0:17:37	HUDSON, Pat	South Cheshire Harriers	Senior Men(18-39)	03:31.4	1174
23	0:17:37	WATSON, Paul	Dragon's RC (Sale)	Senior Men(18-39)	03:31.4	101
24	0:17:42	TYLER, William		Senior Men(18-39)	03:32.4	59
25	0:17:44	HARRINGTON, Michael	Vale Royal AC	Senior Men(18-39)	03:32.8	227
26	0:17:48	GEE, David	Manchester Harriers	Male Vet 55	03:33.6	91
27	0:17:49	WOOD, Lee	Sale Harriers Mcr	Senior Men(18-39)	03:33.8	74
28	0:17:53	EVANS, Richard		Male Vet 40	03:34.6	1152
29	0:17:55	WOODWARD, Jack	Sale Harriers Mcr	Junior Man(13-17)	03:35.0	303
30	0:18:00	GRANT, Nigel	Penny Lane Striders	Male Vet 45	03:36.0	228
31	0:18:06	BAMBER, Zack	Vale Royal AC	Junior Man(13-17)	03:37.2	1140
32	0:18:07	WILLCOCK, Gary	Sale Harriers Mcr	Male Vet 45	03:37.4	215
33	0:18:09	BRATT, Chris	Sale Harriers Mcr	Male Vet 40	03:37.8	98
34	0:18:11	FULLER, Adrian	Altrincham & District AC	Senior Men(18-39)	03:38.2	340
35	0:18:13	MCCARTHY, Chris	Lemington Spa Striders	Senior Men(18-39)	03:38.6	330
36	0:18:15	SHACKLEY, Dave	Manchester Triathlon	Senior Men(18-39)	03:39.0	211
37	0:18:16	CLAGUE, Andrew	West Cheshire AC	Male Vet 40	03:39.2	36
38	0:18:17	BIRD, Nicola E	Ellesmere Port RC	Senior Lady(18-34)	03:39.4	220
39	0:18:18	JONES, Neil	South Cheshire Harriers	Male Vet 40	03:39.6	347
40	0:18:19	WHITFIELD, Liz	Spectrum Striders	Senior Lady(18-34)	03:39.8	4
41	0:18:21	GRAY, Andrew	Macclesfield Harriers	Male Vet 45	03:40.2	354
42	0:18:25	SCOTT, Dominic	Altrincham & District AC	Junior Man(13-17)	03:41.0	24
43	0:18:30	MAHER, Peter	Vale Royal AC	Male Vet 50	03:42.0	66
44	0:18:33	GARNETT, Neil	Spectrum Striders	Male Vet 45	03:42.6	313
45	0:18:37	NORTON, Mark	Altrincham & District AC	Senior Men(18-39)	03:43.4	68
46	0:18:38	CHRISTEY, Scott	Astley and Tyldesley RR	Male Vet 40	03:43.6	209
47	0:18:38	HARRISON, Graham	Altrincham & District AC	Male Vet 45	03:43.6	34
48	0:18:42	HEALEY, Lewis	Vale Royal AC	Junior Man(13-17)	03:44.4	255
49	0:18:44	SPENCER, Julian	Spectrum Striders	Male Vet 45	03:44.8	1
50	0:18:47	SIMPSON, James	South Cheshire Harriers	Senior Men(18-39)	03:45.4	1196
51	0:18:49	MOONEY, John	Macclesfield Harriers	Male Vet 50	03:45.8	203
52	0:18:49	HUESKEN, Markus		Senior Men(18-39)	03:45.8	125

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Pos	Time	Name	Club	Category	mins/km	Race no
53	0:18:50	FAIRS, Mick	Wilmslow RC	Male Vet 60+	03:46.0	213
54	0:18:51	ROUILLON, Georges	Spectrum Striders	Junior Man(13-17)	03:46.2	9
55	0:18:54	WEEDALL, Gary	Vale Royal AC	Male Vet 45	03:46.8	1172
56	0:18:55	WOLSTENCROFT, Shane	Salford Met	Senior Men(18-39)	03:47.0	399
57	0:18:57	MCCORMICK, Tessa	Vale Royal AC	Junior Lady (13-17)	03:47.4	332
58	0:18:58	TODD, John	Vale Royal AC	Male Vet 45	03:47.6	1182
59	0:19:03	TOWNSEND, Stephen J		Senior Men(18-39)	03:48.6	224
60	0:19:06	DAVIES, Mark	St Helens-Sutton AC	Senior Men(18-39)	03:49.2	73
61	0:19:07	CLANCY, Richard		Senior Men(18-39)	03:49.4	361
62	0:19:09	GARSDIE, Philip	Swinton Harriers	Male Vet 55	03:49.8	355
63	0:19:10	ABRAM, Barry	Wigan Phoenix	Male Vet 45	03:50.0	312
64	0:19:11	SMALLWOOD, Ian	Wilmslow RC	Male Vet 45	03:50.2	345
65	0:19:12	HUDD, David	Spectrum Striders	Senior Men(18-39)	03:50.4	1191
66	0:19:12	TAYLOR, Jayne	Wigan Phoenix	Lady Vet 45	03:50.4	1156
67	0:19:17	CHADWICK, Daniel	Spectrum Striders	Senior Men(18-39)	03:51.4	114
68	0:19:17	BOOTH, Clive		Male Vet 40	03:51.4	1149
69	0:19:22	HULME, Tony	Wilmslow RC	Male Vet 60+	03:52.4	124
70	0:19:27	WELSH, Donna		Senior Lady(18-34)	03:53.4	318
71	0:19:29	BROWN, Keith	Warrington Road Runners	Male Vet 45	03:53.8	123
72	0:19:29	MURPHY, Tim	Spectrum Striders	Male Vet 45	03:53.8	77
73	0:19:31	MCDONALD, Colin	Spectrum Striders	Senior Men(18-39)	03:54.2	12
74	0:19:33	BANNISTER, Peter	Wilmslow RC	Senior Men(18-39)	03:54.6	396
75	0:19:33	BARTON, Andrew	Altrincham & District AC	Senior Men(18-39)	03:54.6	71
76	0:19:35	CALDERWOOD, Steve	Swinton R.C	Senior Men(18-39)	03:55.0	418
77	0:19:36	JONES, Caroline	Spectrum Striders	Lady Vet 35	03:55.2	331
78	0:19:44	TRIMBLE, Gareth	Wilmslow RC	Senior Men(18-39)	03:56.8	1186
79	0:19:46	HARBON, Chris	Macclesfield Harriers	Senior Men(18-39)	03:57.2	375
80	0:19:51	GILBERT, Geoff	Wilmslow RC	Male Vet 55	03:58.2	64
81	0:19:51	BARNETT, Gemma	Vale Royal AC	Senior Lady(18-34)	03:58.2	1183
82	0:19:53	SMITH, Steve	Wilmslow RC	Male Vet 45	03:58.6	341
83	0:19:54	DRASDO, Duncan	Trafford AC	Male Vet 40	03:58.8	395
84	0:19:55	STUART, Michael	Altrincham & District AC	Male Vet 40	03:59.0	115
85	0:19:57	READMAN, Kristy	Macclesfield Harriers	Senior Lady(18-34)	03:59.4	222
86	0:19:57	SKIDMORE, Paul		Senior Men(18-39)	03:59.4	405
87	0:19:58	BURGESS, Ken	Altrincham & District AC	Male Vet 60+	03:59.6	45
88	0:19:59	BULLOUGH, Don	Wilmslow RC	Male Vet 50	03:59.8	232
89	0:19:59	EHLEN, Brad	Spectrum Striders	Senior Men(18-39)	03:59.8	94
90	0:19:59	GREEN, Katy	Wilmslow RC	Lady Vet 35	03:59.8	381
91	0:20:04	WHARTON, Michael	Sale Harriers Mcr	Senior Men(18-39)	04:00.8	53
92	0:20:04	KAY, Colin		Male Vet 50	04:00.8	1197
93	0:20:07	HOOL, Sue	Wilmslow RC	Lady Vet 35	04:01.4	111
94	0:20:09	PENNINGTON, Andrew	Spectrum Striders	Male Vet 40	04:01.8	274
95	0:20:11	SAULE, Paul		Senior Men(18-39)	04:02.2	377
96	0:20:13	LOMAS, Steve	Macclesfield Harriers	Male Vet 40	04:02.6	1168
97	0:20:15	SPILSBURY, Kate	Vale Royal AC	Senior Lady(18-34)	04:03.0	212
98	0:20:21	STOCKMAN, Hanny	Macclesfield Harriers	Lady Vet 40	04:04.2	323
99	0:20:21	DYDE, Alasdair	South Cheshire Harriers	Male Vet 45	04:04.2	33
100	0:20:22	SUTTON, Kate	Wilmslow RC	Lady Vet 45	04:04.4	1163
101	0:20:23	TOMKINS, Dave	Northern Vets AC	Male Vet 60+	04:04.6	40
102	0:20:27	MORLEY, Lisa	Wrexham AC	Lady Vet 35	04:05.4	316
103	0:20:28	CRESSWELL, Stephen		Male Vet 40	04:05.6	285
104	0:20:29	ASHTON, Robert		Male Vet 50	04:05.8	278

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Pos	Time	Name	Club	Category	mins/km	Race no
105	0:20:33	GARNETT, Andy	Spectrum Striders	Male Vet 55	04:06.6	109
106	0:20:33	HIRONS, Richard	Wilmslow RC	Male Vet 40	04:06.6	374
107	0:20:36	HEMMING, Caroline	Spectrum Striders	Lady Vet 40	04:07.2	1099
108	0:20:43	MCCARTHY, Michael		Senior Men(18-39)	04:08.6	393
109	0:20:45	TOWERS, Louise	Vale Royal AC	Junior Lady (13-17)	04:09.0	307
110	0:20:46	COLE, Melvyn	South Cheshire Harriers	Male Vet 55	04:09.2	210
111	0:20:48	ANDERSON, Keith		Senior Men(18-39)	04:09.6	1169
112	0:20:50	SHAW, Geoff	Helsby RC	Male Vet 55	04:10.0	207
113	0:20:55	BRISCOE, Clive	Stamford Striders	Male Vet 45	04:11.0	322
114	0:20:56	DRIVER, Graham	Spectrum Striders	Male Vet 40	04:11.2	1200
115	0:20:57	WILKINSON, John		Male Vet 40	04:11.4	357
116	0:20:57	MAIRS, Stuart	Salford Met	Senior Men(18-39)	04:11.4	96
117	0:20:59	BELL, Tony	Warrington Road Runners	Male Vet 45	04:11.8	328
118	0:21:04	BISHOP, Hannah	Vale Royal AC	Junior Lady (13-17)	04:12.8	1141
119	0:21:05	HARRISON, Carole	Altrincham & District AC	Lady Vet 40	04:13.0	35
120	0:21:06	COLLIER, Anthony	Styal RC	Male Vet 50	04:13.2	63
121	0:21:11	MARCH, Chris		Senior Men(18-39)	04:14.2	122
122	0:21:15	DOOLEY, Andrew	Styal RC	Male Vet 50	04:15.0	41
123	0:21:17	PETTITT, Amelia	Vale Royal AC	Junior Lady (13-17)	04:15.4	1155
124	0:21:18	BRISCOE, Ally		Lady Vet 40	04:15.6	49
125	0:21:19	PERCIVAL, Toby		Senior Men(18-39)	04:15.8	83
126	0:21:19	DOWNS, James		Male Vet 40	04:15.8	1180
127	0:21:20	WAITE, Sarah	Wilmslow RC	Senior Lady(18-34)	04:16.0	106
128	0:21:23	WILLIAMSON, Colin	Shropshire Shufflers	Male Vet 60+	04:16.6	320
129	0:21:28	PICKFORD, Stephen	Spectrum Striders	Senior Men(18-39)	04:17.6	6
130	0:21:30	HIBBERT, Jenny		Senior Lady(18-34)	04:18.0	1143
131	0:21:36	PARK, Richard		Senior Men(18-39)	04:19.2	353
132	0:21:39	WATTS, Chris	Wilmslow RC	Senior Men(18-39)	04:19.8	334
133	0:21:40	WATTS, Andy	Wilmslow RC	Male Vet 55	04:20.0	335
134	0:21:42	ASHCROFT, Ian	Wilmslow RC	Male Vet 60+	04:20.4	1136
135	0:21:42	NICHOLLS, Jan	Sale Harriers Mcr	Lady Vet 35	04:20.4	126
136	0:21:43	SHERING, Philip	Macclesfield Harriers	Male Vet 40	04:20.6	425
137	0:21:46	ROGERS, Gerry	Styal RC	Male Vet 50	04:21.2	48
138	0:21:49	MOWAT, Nicky	Wilmslow RC	Lady Vet 50	04:21.8	233
139	0:21:49	BAMBER, Scott		Male Vet 40	04:21.8	1139
140	0:21:51	PEREZ, Olivia	Liverpool Harriers	Junior Lady (13-17)	04:22.2	254
141	0:21:53	GRIFFITHS, Neville	Spectrum Striders	Male Vet 60+	04:22.6	132
142	0:21:54	HOUGHTON, John	Warrington Road Runners	Male Vet 45	04:22.8	1195
143	0:21:55	WATERS, Nick		Male Vet 45	04:23.0	305
144	0:21:57	POWELL, Nigel	Altrincham & District AC	Male Vet 45	04:23.4	70
145	0:21:57	CLARKE, Jonathan	Styal RC	Male Vet 40	04:23.4	61
146	0:21:57	DEMPSTER, Louise	Spectrum Striders	Lady Vet 45	04:23.4	120
147	0:21:59	FFOULKES-DAVIES, Gron		Male Vet 40	04:23.8	388
148	0:22:00	GERAGHTY, Christine		Lady Vet 45	04:24.0	365
149	0:22:03	NORMAN, Tim	Cheshire Tally Ho	Male Vet 50	04:24.6	21
150	0:22:04	COLIN, James		Senior Men(18-39)	04:24.8	273
151	0:22:07	WOOD, Charmaine	Congleton Harriers	Senior Lady(18-34)	04:25.4	325
152	0:22:10	CLARKE, David S	Tattenhall Runners	Male Vet 50	04:26.0	324
153	0:22:12	LANGLEY, Ben	Spectrum Striders	Senior Men(18-39)	04:26.4	327
154	0:22:13	MARSHALL, Catriona	Wilmslow RC	Lady Vet 40	04:26.6	272
155	0:22:15	ASHCROFT, Owen	Wilmslow RC	Senior Men(18-39)	04:27.0	1176
156	0:22:16	HINKE, Penny	Wilmslow RC	Lady Vet 50	04:27.2	1177

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Pos	Time	Name	Club	Category	mins/km	Race no
157	0:22:17	WALKER, Ian		Male Vet 45	04:27.4	218
158	0:22:20	WALTON, Derek	Altrincham & District AC	Male Vet 60+	04:28.0	1138
159	0:22:23	LOWTHIAN, Charles	Styal RC	Male Vet 50	04:28.6	44
160	0:22:24	SILHUMACHER, Stefan	Sale Harriers Mcr	Male Vet 50	04:28.8	1199
161	0:22:24	WATSON, Nicky	Bungay Blackdogs	Lady Vet 35	04:28.8	1165
162	0:22:25	WATSON, Gary		Male Vet 40	04:29.0	1164
163	0:22:25	HOWARTH, Sally	Trafford AC	Lady Vet 40	04:29.0	37
164	0:22:27	SKIDMORE, Michael		Senior Men(18-39)	04:29.4	404
165	0:22:28	WHITTINGHAM, Anthony		Male Vet 45	04:29.6	301
166	0:22:29	OWEN, Carla	Wilmslow RC	Senior Lady(18-34)	04:29.8	219
167	0:22:31	ASHALL, Steve		Male Vet 55	04:30.2	406
168	0:22:33	MCCORMICK, Fechin	Sale Harriers Mcr	Male Vet 55	04:30.6	333
169	0:22:33	WRIGGLESWORTH, Julia	Warrington Road Runners	Lady Vet 35	04:30.6	1187
170	0:22:34	NILES, Vincent		Male Vet 40	04:30.8	262
171	0:22:36	BISHOP, Nick	Wilmslow RC	Male Vet 50	04:31.2	317
172	0:22:40	HILLIS, Tom	Wilmslow RC	Male Vet 40	04:32.0	378
173	0:22:42	ASHTON, Richard		Male Vet 50	04:32.4	279
174	0:22:44	PORTEOUS, John	Wilmslow RC	Male Vet 55	04:32.8	214
175	0:22:47	WOODYATT, Chris		Male Vet 45	04:33.4	384
176	0:22:47	KIRKHAM, Nigel		Male Vet 50	04:33.4	280
177	0:22:48	MCCULLOGH, Aimee	Spectrum Striders	Senior Lady(18-34)	04:33.6	11
178	0:22:50	ALLEN, Neil		Male Vet 40	04:34.0	1190
179	0:22:52	MAZIERE, Angela	Wilmslow RC	Lady Vet 45	04:34.4	65
180	0:22:57	HIBBERT, Steve	Warrington Tri	Male Vet 45	04:35.4	260
181	0:23:08	POWNALL, Roy	Wilmslow RC	Male Vet 60+	04:37.6	304
182	0:23:11	O'CONNOR, Paul		Male Vet 45	04:38.2	231
183	0:23:11	ROGERS, Rosemary	Deestriders RC	Lady Vet 55	04:38.2	27
184	0:23:15	CANNON, Christopher		Male Vet 50	04:39.0	370
185	0:23:16	WEBB, Ian		Male Vet 55	04:39.2	387
186	0:23:22	JENKINSON, Alan	Styal RC	Male Vet 60+	04:40.4	72
187	0:23:34	BOOTH, Janet		Lady Vet 45	04:42.8	1150
188	0:23:46	PETTITT, Richard	Vale Royal AC	Male Vet 45	04:45.2	1153
189	0:23:49	ROUILLON, Philippe	Spectrum Striders	Male Vet 50	04:45.8	8
190	0:23:50	EVANS, Catherine		Senior Lady(18-34)	04:46.0	1151
191	0:23:52	RILEY, John	Northern Vets AC	Male Vet 60+	04:46.4	43
192	0:23:57	MOORES, Roger		Male Vet 40	04:47.4	256
193	0:24:00	HODGSON, Neil		Male Vet 40	04:48.0	238
194	0:24:02	FENTON, Simon	Wilmslow RC	Male Vet 60+	04:48.4	352
195	0:24:03	SCOTT, Nicola	Altrincham & District AC	Junior Lady (13-17)	04:48.6	23
196	0:24:05	MASON, Soraya	Wilmslow RC	Lady Vet 40	04:49.0	1166
197	0:24:07	STANIARD, William	Wilmslow RC	Male Vet 45	04:49.4	270
198	0:24:09	LOMAX, Jayne	Vale Royal AC	Lady Vet 40	04:49.8	60
199	0:24:10	BOONE, Philippa		Lady Vet 45	04:50.0	1162
200	0:24:14	RIDINGS, Bill	Northern Vets AC	Male Vet 55	04:50.8	300
201	0:24:22	PARK, Joe	Cheshire Tally Ho	Male Vet 60+	04:52.4	319
202	0:24:26	MOULDS, Kate		Junior Lady (13-17)	04:53.2	1148
203	0:24:27	COOMBS, Rod	Wilmslow RC	Male Vet 55	04:53.4	221
204	0:24:30	BELL, Mark		Male Vet 40	04:54.0	235
205	0:24:33	O'DONNELL, Garry		Male Vet 50	04:54.6	356
206	0:24:34	CHARLTON, Rachael	Styal RC	Lady Vet 40	04:54.8	258
207	0:24:36	CARLIN, Jill	Warrington Tri	Lady Vet 45	04:55.2	261
208	0:24:39	BIRCH, Nina	Wilmslow RC	Senior Lady(18-34)	04:55.8	343

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209	0:24:55	GREEN, Tracey	Warrington AC	Lady Vet 40	04:59.0	358
210	0:24:56	KIRSCHEN, Daniel		Male Vet 50	04:59.2	1178
211	0:24:58	HUNTER, Colin		Senior Men(18-39)	04:59.6	1193
212	0:25:00	WELLER, Theresa Louise	Styal RC	Lady Vet 45	05:00.0	121
213	0:25:04	HOBSON, Rosalind	Warrington Tri	Senior Lady(18-34)	05:00.8	397
214	0:25:04	SMITH, Brian		Male Vet 45	05:00.8	282
215	0:25:08	ISHERWOOD, Ian	Hercules Wimbledon	Male Vet 55	05:01.6	321
216	0:25:17	DUNBAR, Ian	Spectrum Striders	Male Vet 55	05:03.4	75
217	0:25:49	HIGGINS, Brian	Styal RC	Male Vet 55	05:09.8	15
218	0:25:56	POWNALL, Beth		Senior Lady(18-34)	05:11.2	1161
219	0:25:56	GODFREY, Charlotte	Wilmslow RC	Lady Vet 50	05:11.2	1198
220	0:26:03	GEORGE, David	Sale Harriers Mcr	Male Vet 60+	05:12.6	217
221	0:26:06	THACKRAY, Charles	West Cheshire AC	Male Vet 60+	05:13.2	30
222	0:26:07	ROBERTS, Matt		Senior Men(18-39)	05:13.4	372
223	0:26:08	WALSH, Shelley	Warrington Road Runners	Lady Vet 55	05:13.6	329
224	0:26:08	GRANT, Naomi	Sale Harriers Mcr	Lady Vet 35	05:13.6	1167
225	0:26:09	FERNS, Mark	Sale Harriers Mcr	Male Vet 45	05:13.8	414
226	0:26:12	CAPPER, Ian		Senior Men(18-39)	05:14.4	226
227	0:26:13	O'HAGAN, Chris		Senior Men(18-39)	05:14.6	369
228	0:26:24	CRESSWELL, David		Senior Men(18-39)	05:16.8	18
229	0:26:25	TIPTON, Lisa	Trafford AC	Senior Lady(18-34)	05:17.0	336
230	0:26:48	BRADLEY, William	Spectrum Striders	Male Vet 45	05:21.6	7
231	0:26:56	BUNDOCK, Sarah	Dragon's RC (Sale)	Lady Vet 35	05:23.2	110
232	0:26:57	AINSCOW, Barry	Dragon's RC (Sale)	Male Vet 45	05:23.4	376
233	0:27:12	HUTSON, Val	Spectrum Striders	Lady Vet 45	05:26.4	117
234	0:27:29	BIRKENHEAD, Gary		Male Vet 40	05:29.8	1137
235	0:27:41	HARKIN, Liam		Junior Man(13-17)	05:32.2	292
236	0:28:04	HARKIN, Neil		Junior Man(13-17)	05:36.8	291
237	0:28:05	HARKIN, Fergal		Male Vet 45	05:37.0	293
238	0:28:07	STEED, Claire		Lady Vet 35	05:37.4	400
239	0:28:35	BLACK, Kenneth	Spectrum Striders	Male Vet 60+	05:43.0	350
240	0:28:40	MASTIN, Jason		Male Vet 40	05:44.0	230
241	0:28:43	DEWSBURY, Claire		Lady Vet 35	05:44.6	216
242	0:28:47	SHAW, Janet	Helsby RC	Lady Vet 55	05:45.4	208
243	0:28:52	KEARSLEY, Wendy	Sale Harriers Mcr	Lady Vet 45	05:46.4	366
244	0:28:56	WILDGOOSE, Rachael		Senior Lady(18-39)	05:47.2	373
245	0:29:00	WRIGHT, Steve	Spectrum Striders	Male Vet 40	05:48.0	363
246	0:29:00	MURPHY, Rachel		Lady Vet 35	05:48.0	386
247	0:29:39	CARVILL, Peter		Male Vet 50	05:55.8	202
248	0:29:47	HOUGHTON, Philip		Junior Man(13-17)	05:57.4	339
249	0:30:03	STYNES, Mel	Spectrum Striders	Lady Vet 40	06:00.6	1192
250	0:30:05	WRIGHT, Julie		Lady Vet 45	06:01.0	401
251	0:30:07	FELL, Carol	Warrington Road Runners	Lady Vet 55	06:01.4	39
252	0:30:16	ROBERTS, Paul		Male Vet 50	06:03.2	281
253	0:30:22	DOUSE, Mike		Male Vet 40	06:04.4	342
254	0:30:47	CRESSWELL, Lisa		Lady Vet 35	06:09.4	17
255	0:31:14	WEBB, Amber		Lady Vet 40	06:14.8	385
256	0:31:24	SCOBIE, Lisa		Lady Vet 35	06:16.8	22
257	0:31:36	HUDSON, Beth	South Cheshire Harriers	Senior Lady(18-34)	06:19.2	253
258	0:31:50	WHITTAMORE, Paul		Male Vet 50	06:22.0	223
259	0:32:34	CLEARY, Sarah		Lady Vet 35	06:30.8	1179
260	0:33:16	BLACKWELL, Caroline		Lady Vet 40	06:39.2	367

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Pos	Time	Name	Club	Category	mins/km	Race no
261	0:33:19	RICHARDSON, Dawn		Lady Vet 35	06:39.8	368
262	0:33:31	WHEELDON, Martin	Wilmslow RC	Male Vet 55	06:42.2	1158
263	0:36:06	BRAMHALL, Toni		Lady Vet 45	07:13.2	360
264	0:36:07	DELOOZE, Sharon		Lady Vet 35	07:13.4	359
265	0:36:32	WABY, Jacqui		Lady Vet 35	07:18.4	1159
266	0:36:51	CARVILL, Anne		Lady Vet 50	07:22.2	204
267	0:37:00	CARVILL, Katherine		Senior Lady(18-34)	07:24.0	201
268	0:37:01	ATTWELL, Dave	Altrincham & District AC	Male Vet 60+	07:24.2	47

Ladies Team Results

Pos	Club	Pos	Time	Name	Category	Race no
1	Vale Royal AC	3	0:18:57	MCCORMICK, Tessa	Junior Lady (13-17)	332
		7	0:19:51	BARNETT, Gemma	Senior Lady(18-34)	1183
		11	0:20:15	SPILSBURY, Kate	Senior Lady(18-34)	212
2	Spectrum Striders	2	0:18:19	WHITFIELD, Liz	Senior Lady(18-34)	4
		6	0:19:36	JONES, Caroline	Lady Vet 35	331
		15	0:20:36	HEMMING, Caroline	Lady Vet 40	1099
3	Wilmslow RC	9	0:19:59	GREEN, Katy	Lady Vet 35	381
		10	0:20:07	HOOL, Sue	Lady Vet 35	111
		13	0:20:22	SUTTON, Kate	Lady Vet 45	1163
4	Vale Royal AC	16	0:20:45	TOWERS, Louise	Junior Lady (13-17)	307
		17	0:21:04	BISHOP, Hannah	Junior Lady (13-17)	1141
		19	0:21:17	PETTITT, Amelia	Junior Lady (13-17)	1155
5	Wilmslow RC	21	0:21:20	WAITE, Sarah	Senior Lady(18-34)	106
		24	0:21:49	MOWAT, Nicky	Lady Vet 50	233
		29	0:22:13	MARSHALL, Catriona	Lady Vet 40	272
6	Wilmslow RC	30	0:22:16	HINKE, Penny	Lady Vet 50	1177
		33	0:22:29	OWEN, Carla	Senior Lady(18-34)	219
		36	0:22:52	MAZIERE, Angela	Lady Vet 45	65
7	Spectrum Striders	26	0:21:57	DEMPSTER, Louise	Lady Vet 45	120
		35	0:22:48	MCCULLOGH, Aimee	Senior Lady(18-34)	11
		57	0:27:12	HUTSON, Val	Lady Vet 45	117
8	Sale Harriers Mcr	23	0:21:42	NICHOLLS, Jan	Lady Vet 35	126
		54	0:26:08	GRANT, Naomi	Lady Vet 35	1167
		61	0:28:52	KEARSLEY, Wendy	Lady Vet 45	366
9	Wilmslow RC	41	0:24:05	MASON, Soraya	Lady Vet 40	1166
		47	0:24:39	BIRCH, Nina	Senior Lady(18-34)	343
		52	0:25:56	GODFREY, Charlotte	Lady Vet 50	1198
10	Warrington Road Runners	34	0:22:33	WRIGGLESWORTH, Julia	Lady Vet 35	1187
		53	0:26:08	WALSH, Shelley	Lady Vet 55	329
		65	0:30:07	FELL, Carol	Lady Vet 55	39

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Mens Team Results

Pos	Club	Pos	Time	Name	Category	Race no
1 : Wilmslow RC						
		1	0:15:35	NICHOLLS, Damian	Senior Men(18-39)	364
		5	0:16:19	DOWNS, Rob	Male Vet 45	95
		7	0:16:39	PENDRILL, Jim	Senior Men(18-39)	206
		10	0:16:58	MACNEIL, Graham	Male Vet 45	130
2 : South Cheshire Harriers						
		13	0:17:15	HATTON, Mike	Male Vet 45	205
		15	0:17:27	BAKER, Richard	Senior Men(18-39)	315
		16	0:17:27	WILKINSON, Liam	Senior Men(18-39)	351
		17	0:17:28	MARQUIS-JONES, Peter	Senior Men(18-39)	1170
3 : Sale Harriers Mcr						
		2	0:15:52	ELLIOTT, Adam	Senior Men(18-39)	302
		27	0:17:49	WOOD, Lee	Senior Men(18-39)	74
		29	0:17:55	WOODWARD, Jack	Junior Man(13-17)	303
		32	0:18:07	WILLCOCK, Gary	Male Vet 45	215
4 : Spectrum Striders						
		18	0:17:30	MARTIN, Colin	Male Vet 50	3
		19	0:17:31	WATMOUGH, Stephen	Male Vet 45	392
		20	0:17:32	MARTIN, Stephen	Male Vet 45	10
		42	0:18:33	GARNETT, Neil	Male Vet 45	313
5 : Vale Royal AC						
		6	0:16:36	DOYLE, Stuart	Senior Men(18-39)	51
		25	0:17:44	HARRINGTON, Michael	Senior Men(18-39)	227
		31	0:18:06	BAMBER, Zack	Junior Man(13-17)	1140
		41	0:18:30	MAHER, Peter	Male Vet 50	66
6 : Macclesfield Harriers						
		9	0:16:53	TAYLOR, Tim	Male Vet 45	1173
		21	0:17:33	BENTLEY, Chris	Senior Men(18-39)	1175
		39	0:18:21	GRAY, Andrew	Male Vet 45	354
		49	0:18:49	MOONEY, John	Male Vet 50	203
7 : Altrincham & District AC						
		34	0:18:11	FULLER, Adrian	Senior Men(18-39)	340
		40	0:18:25	SCOTT, Dominic	Junior Man(13-17)	24
		43	0:18:37	NORTON, Mark	Senior Men(18-39)	68
		45	0:18:38	HARRISON, Graham	Male Vet 45	34
8 : Wilmslow RC						
		12	0:17:06	MORRIS, Trevor	Male Vet 45	234
		51	0:18:50	FAIRS, Mick	Male Vet 60+	213
		61	0:19:11	SMALLWOOD, Ian	Male Vet 45	345
		65	0:19:22	HULME, Tony	Male Vet 60+	124
9 : South Cheshire Harriers						
		22	0:17:37	HUDSON, Pat	Senior Men(18-39)	1174
		38	0:18:18	JONES, Neil	Male Vet 40	347
		48	0:18:47	SIMPSON, James	Senior Men(18-39)	1196
		87	0:20:21	DYDE, Alasdair	Male Vet 45	33
10 : Spectrum Striders						
		47	0:18:44	SPENCER, Julian	Male Vet 45	1
		52	0:18:51	ROUILLON, Georges	Junior Man(13-17)	9
		62	0:19:12	HUDD, David	Senior Men(18-39)	1191
		63	0:19:17	CHADWICK, Daniel	Senior Men(18-39)	114

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Pos	Club	Pos	Time	Name	Category	Race no
11 : Wilmslow RC						
		69	0:19:33	BANNISTER, Peter	Senior Men(18-39)	396
		72	0:19:44	TRIMBLE, Gareth	Senior Men(18-39)	1186
		74	0:19:51	GILBERT, Geoff	Male Vet 55	64
		75	0:19:53	SMITH, Steve	Male Vet 45	341
12 : Spectrum Striders						
		67	0:19:29	MURPHY, Tim	Male Vet 45	77
		68	0:19:31	MCDONALD, Colin	Senior Men(18-39)	12
		81	0:19:59	EHLEN, Brad	Senior Men(18-39)	94
		84	0:20:09	PENNINGTON, Andrew	Male Vet 40	274
13 : Vale Royal AC						
		46	0:18:42	HEALEY, Lewis	Junior Man(13-17)	255
		53	0:18:54	WEEDALL, Gary	Male Vet 45	1172
		55	0:18:58	TODD, John	Male Vet 45	1182
		150	0:23:46	PETTITT, Richard	Male Vet 45	1153
14 : Sale Harriers Mcr						
		33	0:18:09	BRATT, Chris	Male Vet 40	98
		82	0:20:04	WHARTON, Michael	Senior Men(18-39)	53
		130	0:22:24	SILHUMACHER, Stefan	Male Vet 50	1199
		135	0:22:33	MCCORMICK, Fechin	Male Vet 55	333
15 : Wilmslow RC						
		80	0:19:59	BULLOUGH, Don	Male Vet 50	232
		92	0:20:33	HIRONS, Richard	Male Vet 40	374
		110	0:21:39	WATTS, Chris	Senior Men(18-39)	334
		111	0:21:40	WATTS, Andy	Male Vet 55	335
16 : Altrincham & District AC						
		77	0:19:55	STUART, Michael	Male Vet 40	115
		79	0:19:58	BURGESS, Ken	Male Vet 60+	45
		119	0:21:57	POWELL, Nigel	Male Vet 45	70
		128	0:22:20	WALTON, Derek	Male Vet 60+	1138
17 : Spectrum Striders						
		91	0:20:33	GARNETT, Andy	Male Vet 55	109
		98	0:20:56	DRIVER, Graham	Male Vet 40	1200
		108	0:21:28	PICKFORD, Stephen	Senior Men(18-39)	6
		116	0:21:53	GRIFFITHS, Neville	Male Vet 60+	132
18 : Styal RC						
		102	0:21:06	COLLIER, Anthony	Male Vet 50	63
		104	0:21:15	DOOLEY, Andrew	Male Vet 50	41
		114	0:21:46	ROGERS, Gerry	Male Vet 50	48
		120	0:21:57	CLARKE, Jonathan	Male Vet 40	61
19 : Wilmslow RC						
		112	0:21:42	ASHCROFT, Ian	Male Vet 60+	1136
		126	0:22:15	ASHCROFT, Owen	Senior Men(18-39)	1176
		137	0:22:36	BISHOP, Nick	Male Vet 50	317
		138	0:22:40	HILLIS, Tom	Male Vet 40	378
20 : Wilmslow RC						
		140	0:22:44	PORTEOUS, John	Male Vet 55	214
		145	0:23:08	POWNALL, Roy	Male Vet 60+	304
		155	0:24:02	FENTON, Simon	Male Vet 60+	352
		156	0:24:07	STANIARD, William	Male Vet 45	270
21 : Spectrum Striders						
		125	0:22:12	LANGLEY, Ben	Senior Men(18-39)	327

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Pos	Club	Pos	Time	Name	Category	Race no
		151	0:23:49	ROUILLON, Philippe	Male Vet 50	8
		166	0:25:17	DUNBAR, Ian	Male Vet 55	75
		175	0:26:48	BRADLEY, William	Male Vet 45	7

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Fun Run Results

Pos	Time	Name	Club	Category	Race no
1	0:09:12	DRASDO, Callum	Trafford AC	Primary Boy (5-11)	403
2	0:09:50	WRIGHT, Alex		Primary Boy (5-11)	362
3	0:09:51	STANWAY, Dylan		Primary Boy (5-11)	394
4	0:10:06	WILLCOCK, Cameron	Sale Harriers Mcr	Junior Boy(12-17)	259
5	0:10:13	KNOWLES-JONES, Harriet		Primary Girl (5-11)	441
6	0:10:19	GRANT, Andrew		Primary Boy (5-11)	229
7	0:10:20	GRANT, Nigel	Penny Lane Striders	Male Vet 45	228
8	0:10:42	DEMPSTER, Sally		Junior Girl(12-17)	344
9	0:10:45	DRASDO, Tiernan	Trafford AC	Primary Boy (5-11)	402
10	0:10:55	PETTITT, Clara	Vale Royal AC	Junior Girl(12-17)	1154
11	0:11:20	MORAN, Amy		Primary Girl (5-11)	428
12	0:11:30	EHLEN, Penny		Primary Girl (5-11)	412
13	0:11:31	COTTRELL, Alex		Primary Boy (5-11)	247
14	0:11:41	YOUNG, Francis		Primary Boy (5-11)	432
15	0:11:47	PIKE, Joe		Primary Boy (5-11)	284
16	0:11:50	SIMKINSON, Matthew		Junior Boy(12-17)	1145
17	0:12:08	FORSTER, Rebecca	Spectrum Striders	Primary Girl (5-11)	408
18	0:12:09	PITCHER, James		Primary Boy (5-11)	245
19	0:12:11	SMITH, David		Primary Boy (5-11)	275
20	0:12:18	CALDENWICK, Faye		Primary Girl (5-11)	424
21	0:12:22	SMITH, Rachel		Primary Girl (5-11)	277
22	0:12:23	SMITH, Derek		Male Vet 40	276
23	0:12:25	CHARVILL, Harry		Primary Boy (5-11)	306
24	0:12:29	BURY, Lily		Primary Girl (5-11)	268
25	0:12:49	LONGSHAW, Alex		Primary Boy (5-11)	298
26	0:12:54	JONES, Jordan		Primary Boy (5-11)	326
27	0:13:01	COTTRELL, Elena		Primary Girl (5-11)	246
28	0:13:01	COTTRELL, Paul		Male Vet 40	248
29	0:13:07	DAVID, Charles		Primary Boy (5-11)	271
30	0:13:08	DICKINSON, Abbie		Primary Girl (5-11)	427
31	0:13:10	KELLY, Alex		Primary Boy (5-11)	436
32	0:13:11	MOORES, Sarah		Primary Girl (5-11)	257
33	0:13:16	CRAIG, Smith		Primary Boy (5-11)	294
34	0:13:17	SMITH, Brian		Male Vet 45	282
35	0:13:19	HORNE, William		Junior Boy(12-17)	380
36	0:13:19	EHLEN, Holly		Primary Girl (5-11)	411
37	0:13:21	TURNER, Andrew		Primary Boy (5-11)	287
38	0:13:33	MASON, George		Junior Boy(12-17)	439
39	0:13:34	MCHARRY, Meriel		Primary Girl (5-11)	297
40	0:13:35	BRADLEY, Morgan		Primary Boy (5-11)	348
41	0:13:36	BRADLEY, Austen		Senior Men(18-39)	346
42	0:13:40	MASON, Gerard		Male Vet 45	437
43	0:13:50	HILLIS, Ethan		Junior Boy(12-17)	379
44	0:14:00	CALLOLL, Tom		Primary Boy (5-11)	433
45	0:14:00	STANWAY, Theo		Primary Boy (5-11)	413
46	0:14:04	WOODYATT, Chris		Primary Boy (5-11)	389
47	0:14:08	BRADLEY, Grace		Primary Girl (5-11)	349
48	0:14:20	TURNER, Steven		Primary Boy (5-11)	286
49	0:14:21	DICKINSON, Jack		Primary Boy (5-11)	426

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Pos	Time	Name	Club	Category	Race no
50	0:14:30	MUNDY, Christopher		Primary Boy (5-11)	266
51	0:14:32	MASON, Mathew		Primary Boy (5-11)	438
52	0:14:34	MCFERRAN, Ollie		Primary Boy (5-11)	310
53	0:14:35	MCFERRAN, Nick		Senior Men(18-39)	311
54	0:14:49	REID, Robert		Primary Boy (5-11)	434
55	0:14:49	KELLY, Arthur		Male Vet 45	435
56	0:14:56	YOUNG, Colette		Primary Girl (5-11)	431
57	0:15:13	SIMKINSON, Emily		Primary Girl (5-11)	1146
58	0:15:21	BELL, James		Primary Boy (5-11)	237
59	0:15:23	MCHARRY, Katie		Primary Girl (5-11)	296
60	0:15:24	BELL, Mark		Male Vet 40	235
61	0:15:27	NORMAN, Emily		Primary Girl (5-11)	290
62	0:15:28	GREEN, Ana			382
63	0:15:29	BIRCHAM, Leo		Primary Boy (5-11)	242
64	0:15:29	BIRCHAM, Sally		Lady Vet 35	239
65	0:15:36	TRIMBLE, Jessica		Primary Girl (5-11)	314
66	0:15:40	CALDENWICK, Jennifer		Primary Girl (5-11)	423
67	0:15:56	WRIGGLESWORTH, Anna		Primary Girl (5-11)	1188
68	0:16:04	BIRCHAM, Hal			241
69	0:16:05	BIRCHAM, Paul		Senior Men(18-39)	240
70	0:16:11	SCOBIE, Jacob		Primary Boy (5-11)	398
71	0:16:12	LONGSHAW, Elena		Junior Lady (13-17)	299
72	0:16:13	MORRIS, Elizabeth		Junior Lady (13-17)	295
73	0:16:14	CLIFFE, Lauren		Primary Girl (5-11)	288
74	0:16:19	FORSTER, Suzannah	Spectrum Striders	Primary Girl (5-11)	407
75	0:16:29	CARROLL, Jacky		Lady Vet 50	440
76	0:16:29	YOUNG, David		Male Vet 50	429
77	0:16:39	PITCHER, George		Primary Boy (5-11)	244
78	0:16:39	PITCHER, Nick		Male Vet 40	243
79	0:16:49	BESWICK, Ursula		Lady Vet 35	422
80	0:17:09	WALSH, Thomas			308
81	0:17:10	WALSH, Neil	Spectrum Striders	Male Vet 40	309
82	0:17:36	BELL, Beth		Male Vet 40	236
83	0:17:41	NORMAN, George		Primary Boy (5-11)	289
84	0:17:55	WOODYATT, William		Primary Boy (5-11)	390
85	0:17:55	WOODYATT, Nicola		Lady Vet 40	391
86	0:18:44	TIPTON, Emily	Trafford AC		337
87	0:18:45	TIPTON, Carl	Trafford AC	Senior Men(18-39)	338
88	0:18:51	GREEN, Daniel			383
89	0:18:51	GREEN, Katy	Wilmslow RC	Lady Vet 35	381
90	0:19:47	MUNDY, Nick		Primary Boy (5-11)	267
91	0:19:49	MUNDY, Shaun		Male Vet 40	265
92	0:20:06	BRENNAN, Angus		Primary Boy (5-11)	421
93	0:20:17	BRENNAN, Adam			419
94	0:20:18	DUNCAN, Jennifer		Lady Vet 40	420
95	0:20:21	HOBSON, Freddie	Warrington Tri		410
96	0:20:22	HOBSON, Jeanne		Lady Vet 55	409
97	0:20:48	DRIVER, Elia		Primary Girl (5-11)	415
98	0:21:24	MURISON, Zoe		Primary Girl (5-11)	417
99	0:21:24	MURISON, Penny		Lady Vet 35	416
100	0:21:26	WRIGGLESWORTH, Ciaran		Primary Boy (5-11)	1189