

Lymm 5k Road Race Saturday 25-Jun-2011

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

Individual Results

Pos	Time	Name	Club	Category	mins/mile	RaceNo
1	0:15:23	NICHOLLS, Damian	Wilmslow RC	Male Senior	04:57.0	447
2	0:15:43	JONES, Nick	Tipton Harriers	Male Senior	05:03.4	1056
3	0:16:06	MARWOOD, Simon	Altrincham & District AC	Male Senior	05:10.8	1132
4	0:16:08	GRIME, Ian	Newham & Essex Beagles	Male V40	05:11.5	398
5	0:16:10	MAHON, Dominic	Warrington AC	Male Senior	05:12.1	82
6	0:16:16	HATCH, Mike	Sale Harriers Mcr	Male Senior	05:14.0	55
7	0:16:33	PARK, Oliver	Warrington AC	Male Senior	05:19.5	83
8	0:16:42	NOAKES, James	Macclesfield Harriers	Male V40	05:22.4	1058
9	0:16:45	DOYLE, Stuart	Vale Royal AC	Male V40	05:23.4	68
10	0:16:47	DOWNS, Rob	Wilmslow RC	Male V45	05:24.0	40
11	0:16:55	GREEN, Andrew	Warrington AC	Male V45	05:26.6	485
12	0:17:03	LAMONT, Andrew	Macclesfield Harriers	Male Senior	05:29.2	129
13	0:17:12	BAKER, Richard	South Cheshire Harriers	Male Senior	05:32.1	161
14	0:17:13	ROWLINSON, Gary	Sale Harriers Mcr	Male V45	05:32.4	52
15	0:17:14	WALKER, Mark	Macclesfield Harriers	Male Senior	05:32.7	1008
16	0:17:14	MACNEIL, Graham	Wilmslow RC	Male V45	05:32.7	123
17	0:17:16	PENDRILL, Jim	Wilmslow RC	Male V40	05:33.3	472
18	0:17:24	SIMONS, Paul	Salford Harriers	Male V45	05:35.9	1096
19	0:17:25	DOCHERTY, James	West Cheshire AC	Male Senior	05:36.2	1053
20	0:17:28	MALLISON, Peter	South Cheshire Harriers	Male V40	05:37.2	178
21	0:17:32	WATMOUGH, Stephen	Warrington AC	Male V45	05:38.5	141
22	0:17:33	CULLEN, Matt	Sutton Harriers	Male Senior	05:38.8	432
23	0:17:34	MORRIS, Trevor	Wilmslow RC	Male V45	05:39.1	41
24	0:17:55	SIMPSON, James	South Cheshire Harriers	Male Senior	05:45.9	462
25	0:17:56	SMITH, Jonathan	Lymm Runners	Male Senior	05:46.2	1139
26	0:17:58	BENTLEY, Chris	Macclesfield Harriers	Male Senior	05:46.9	1075
27	0:18:02	GIBBONS, Russell	South Cheshire Harriers	Male Junior	05:48.1	413
28	0:18:02	VALENTINE, Henry	South Cheshire Harriers	Male Junior	05:48.1	60
29	0:18:03	MARTIN, Colin	Spectrum Striders	Male V50	05:48.5	6
30	0:18:04	CHRISTEY, Scott	Astley & Tyldesley RR	Male V45	05:48.8	88
31	0:18:07	WHITTINGHAM, Andrew	Wilmslow RC	Male V40	05:49.8	144
32	0:18:09	ARCHBOLD, Barry	Wilmslow RC	Male Senior	05:50.4	1055
33	0:18:10	ABRAHAM, Peter	Altrincham & District AC	Male Senior	05:50.7	157
34	0:18:11	CARRINGTON, Dave	Altrincham & District AC	Male V55	05:51.0	122
35	0:18:12	CALDWELL, Steven	Vale Royal AC	Male Senior	05:51.4	169
36	0:18:13	SHAW, Hamish	Wilmslow RC	Male Senior	05:51.7	1088
37	0:18:14	PARK, Richard	Warrington AC	Male Senior	05:52.0	84
38	0:18:14	RUTTER, Angus	Wilmslow RC	Male Senior	05:52.0	1081
39	0:18:16	ARMSTRONG, Tom	Vale Royal AC	Male Senior	05:52.6	436
40	0:18:18	KELLY, Neil	Penny Lane Striders	Male Senior	05:53.3	492
41	0:18:19	MILLINGTON, Christopher	Spectrum Striders	Male V40	05:53.6	5
42	0:18:21	BURTHEM, Stephen	Warrington AC	Male V50	05:54.3	81
43	0:18:28	HILL, Mike	Wilmslow RC	Male V45	05:56.5	1074
44	0:18:29	SCREAWN, Graham	Wilmslow RC	Male V40	05:56.8	465
45	0:18:30	GILBERT, Rob	Wilmslow RC	Male V40	05:57.2	429
46	0:18:31	WELSBY, Mike	Spectrum Striders	Male V40	05:57.5	28
47	0:18:31	WHITFIELD, Liz	Spectrum Striders	Lady Senior	05:57.5	2
48	0:18:35	WILLCOCK, Gary	Sale Harriers Mcr	Male V45	05:58.8	473

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Pos	Time	Name	Club	Category	mins/mile	RaceNo
49	0:18:42	COLLINS, David		Male V45	06:01.0	71
50	0:18:43	PILDITCH, Stephen	Spectrum Striders	Male Senior	06:01.3	328
51	0:18:44	LEE, Richard D		Male V45	06:01.7	1072
52	0:18:46	GRANT, Nigel	Penny Lane Striders	Male V45	06:02.3	456
53	0:18:46	DAVIES, Mark	St Helens-Sutton AC	Male Senior	06:02.3	101
54	0:18:48	PERCIVAL, Toby	Altrincham & District AC	Male Senior	06:02.9	1027
55	0:18:49	DYER, Sean	South Cheshire Harriers	Male Senior	06:03.3	63
56	0:18:50	TITLOW, Kate	Warrington AC	Lady Senior	06:03.6	179
57	0:18:51	MAHER, Peter	Vale Royal AC	Male V55	06:03.9	69
58	0:18:57	FRODSHAM, Paul	West Cheshire AC	Male V50	06:05.8	154
59	0:18:58	SCOTT, Ben	Bolton United Harriers	Male Senior	06:06.2	416
60	0:18:59	SHEPHERD, David	Vale Royal AC	Male V45	06:06.5	1084
61	0:19:00	MASON, Alex	Vale Royal AC	Male Senior	06:06.8	425
62	0:19:02	SPENCER, Julian	Spectrum Striders	Male V50	06:07.5	1
63	0:19:04	REILLY, Frank	Stockport Harriers	Male V65	06:08.1	156
64	0:19:06	FARMER, Alex	Spectrum Striders	Male Senior	06:08.7	19
65	0:19:09	BAMBER, Scott	Vale Royal AC	Male V40	06:09.7	118
66	0:19:11	TAYLOR, Jayne		Lady V50	06:10.3	70
67	0:19:12	KAY, Colin	Astley & Tyldesley RR	Male V50	06:10.7	126
68	0:19:13	DAWSON, Jim	Warrington Road Runners	Male V45	06:11.0	75
69	0:19:25	FAIRS, Mick	Wilmslow RC	Male V60	06:14.9	1054
70	0:19:29	WALSHE, Kieran	Lymm Runners	Male V45	06:16.1	420
71	0:19:33	CARTER, Ben	Vale Royal AC	Male Senior	06:17.4	1003
72	0:19:38	CLAYTON, Peter	Vale Royal AC	Male V45	06:19.0	428
73	0:19:39	GARNETT, Paul	Wilmslow RC	Male V45	06:19.4	1028
74	0:19:40	BISHOP, Philip		Male V40	06:19.7	160
75	0:19:42	PETTITT, Amelia	Vale Royal AC	Female Junior	06:20.3	584
76	0:19:43	OWENS, Chris	Spectrum Striders	Male Junior	06:20.6	1051
77	0:19:44	VALENTINE, Rob	South Cheshire Harriers	Male V40	06:21.0	412
78	0:19:47	LEES, Chris	Lymm Runners	Male V45	06:21.9	468
79	0:19:47	PLATT, Russ	Warrington Road Runners	Male V45	06:21.9	125
80	0:19:48	KELLY, Barry		Male V45	06:22.3	476
81	0:19:51	JORGENSEN, Tim		Male V45	06:23.2	1045
82	0:19:56	STANHOPE, Nigel	Spectrum Striders	Male V45	06:24.8	495
83	0:19:57	KNOWLES-JONES, Harriet	Warrington AC	Female Junior	06:25.1	1106
84	0:19:59	HABRON, Chris	Macclesfield Harriers	Male V40	06:25.8	426
85	0:20:06	AINSWORTH, John Paul		Male Senior	06:28.0	431
86	0:20:07	JONES, Caroline	Spectrum Striders	Lady V35	06:28.4	1057
87	0:20:11	HAMPSON, Iain	Warrington Tri	Male V40	06:29.7	1064
88	0:20:15	CRUISE, Kyle		Male Senior	06:30.9	1048
89	0:20:16	HUGHES, Lee	Lymm Runners	Male Senior	06:31.3	469
90	0:20:18	ATKINSON, Matthew	Wilmslow RC	Male Senior	06:31.9	42
91	0:20:22	NORRIS, Paul	Wilmslow RC	Male V50	06:33.2	1036
92	0:20:31	GILBERT, Geoff	Wilmslow RC	Male V55	06:36.1	47
93	0:20:32	SKIDMORE, Paul		Male Senior	06:36.4	1133
94	0:20:34	HEMMING, Caroline	Spectrum Striders	Lady V45	06:37.1	8
95	0:20:35	FIELDS, Paul		Male V50	06:37.4	449
96	0:20:36	BROWN, Adrian		Male Senior	06:37.7	1089
97	0:20:37	LOMAS, Steve	Macclesfield Harriers	Male V40	06:38.0	115
98	0:20:42	SMITH, Elizabeth	Warrington AC	Female Junior	06:39.6	441
99	0:20:47	BRETT, Tim	Sale Harriers Mcr	Male V40	06:41.2	51

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Pos	Time	Name	Club	Category	mins/mile	RaceNo
100	0:20:47	GERRARD, Andrew		Male V45	06:41.2	86
101	0:21:00	SLAVIN, Francis	Northern Vets AC	Male V60	06:45.4	182
102	0:21:02	HUMER, Jarrod	Wilmslow RC	Male V40	06:46.1	1150
103	0:21:03	MAIRS, Stuart	Salford Met	Male Senior	06:46.4	116
104	0:21:04	PICKARD, Dale	Dragon's RC (Sale)	Male V55	06:46.7	181
105	0:21:08	GARNETT, Andy	Spectrum Striders	Male V55	06:48.0	9
106	0:21:09	BATTERS, Madoc		Male V40	06:48.3	446
107	0:21:11	BURGESS, Ken	Altrincham & District AC	Male V65	06:49.0	35
108	0:21:13	GANOSE, Bev	Altrincham & District AC	Lady V45	06:49.6	1130
109	0:21:17	JOHNSTON, Sally	Wilmslow RC	Lady V45	06:50.9	50
110	0:21:23	BREAM, Peter	Wilmslow RC	Male V40	06:52.8	395
111	0:21:25	FORSTER, Karon	Spectrum Striders	Lady V45	06:53.5	1047
112	0:21:26	CHARMAN, Michael	Spectrum Striders	Male V60	06:53.8	14
113	0:21:28	FOULDS, John	Horwich RMI Harriers	Male V50	06:54.4	421
114	0:21:30	PIKE, Ian	Lymm Runners	Male V40	06:55.1	1116
115	0:21:31	GERAGHTY, Christine	Wilmslow RC	Lady V45	06:55.4	174
116	0:21:35	SHAW, Geoff	Helsby RC	Male V55	06:56.7	1033
117	0:21:37	HARGREAVES, Billy	Penny Lane Striders	Male V60	06:57.3	145
118	0:21:40	HOUGH, Dave	West Cheshire AC	Male V60	06:58.3	1061
119	0:21:41	TOMKINS, Dave	Northern Vets AC	Male V60	06:58.6	108
120	0:21:42	SHERING, Philip	Macclesfield Harriers	Male V45	06:58.9	1015
121	0:21:44	COLES, Matthew	Spectrum Striders	Male Junior	06:59.6	22
122	0:21:48	HARRISON, Carole	Altrincham & District AC	Lady V45	07:00.9	149
123	0:21:51	WALSHAM, Tim		Male Senior	07:01.8	143
124	0:21:53	BURKE, Anthony		Male V40	07:02.5	491
125	0:21:54	MOWAT, Nicky	Wilmslow RC	Lady V50	07:02.8	443
126	0:21:57	HAMILL, Mark		Male V45	07:03.8	396
127	0:22:00	NEWSHAM, Ian	Vale Royal AC	Male V45	07:04.7	1087
128	0:22:02	ELLIS, Janine	Wilmslow RC	Lady V40	07:05.4	1037
129	0:22:07	LYNCH, Paul	Spectrum Striders	Male Senior	07:07.0	1063
130	0:22:08	WATERSON, Paul	Warrington AC	Male V45	07:07.3	423
131	0:22:11	PORTEOUS, John	Wilmslow RC	Male V55	07:08.3	1078
132	0:22:13	DOOLEY, Andrew	Styal RC	Male V50	07:08.9	80
133	0:22:14	BASNETT, Paul	Astley & Tyldesley RR	Male V40	07:09.2	172
134	0:22:16	NORTHCOTE, Claire	Styal RC	Lady V50	07:09.9	78
135	0:22:16	DURNIAN, Jon		Male Senior	07:09.9	1083
136	0:22:20	WHEELTON, Mark	Macclesfield Harriers	Male V50	07:11.2	1062
137	0:22:21	SHAW, Carol	Helsby RC	Lady V45	07:11.5	119
138	0:22:21	JONES, Tracey	Dragon's RC (Sale)	Lady Senior	07:11.5	1052
139	0:22:23	HAWKES, Clare	Wilmslow RC	Lady V50	07:12.1	1097
140	0:22:24	WADSWORTH, Nik		Male V40	07:12.5	1092
141	0:22:25	CARTER, David		Male Senior	07:12.8	1049
142	0:22:26	ABBOTT, Richard		Male Senior	07:13.1	487
143	0:22:27	CHAMBERS, Barry	Vale Royal AC	Male V55	07:13.4	427
144	0:22:29	HOWELL, Graham	Liverpool Harriers	Male V60	07:14.1	98
145	0:22:29	STRANG, Sue	Wilmslow RC	Lady V45	07:14.1	1016
146	0:22:34	JOHNSTON, Ian		Male V50	07:15.7	49
147	0:22:35	BAYLEY, Eddie		Male Senior	07:16.0	1050
148	0:22:40	GOWIN, James	Wilmslow RC	Male Senior	07:17.6	1079
149	0:22:41	DAINTY, Cliff		Male V45	07:17.9	489
150	0:22:46	GRIMES, Peter		Male Senior	07:19.5	471

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Pos	Time	Name	Club	Category	mins/mile	RaceNo
151	0:22:47	JAKEMAN, Matthew	Vale Royal AC	Male Junior	07:19.9	1070
152	0:22:48	GERRARD, David	Warrington AC	Male Junior	07:20.2	87
153	0:22:48	SHEEHAN, Jamie		Male Senior	07:20.2	303
154	0:22:50	TURNER, Alan	Wilmslow RC	Male V45	07:20.8	44
155	0:22:55	PETTITT, Clara	Vale Royal AC	Female Junior	07:22.4	585
156	0:22:56	LOMAX, Jayne	Vale Royal AC	Lady V40	07:22.8	62
157	0:22:57	LAVIN, Tom	Altrincham & District AC	Male V50	07:23.1	463
158	0:22:58	MAZIERE, Angela	Wilmslow RC	Lady V50	07:23.4	48
159	0:23:01	CRUISE, Cathal		Male V55	07:24.4	461
160	0:23:03	GRIFFITHS, Brian	Spectrum Striders	Male V50	07:25.0	111
161	0:23:03	ROGERS, Rosemary	Deestridders RC	Lady V60	07:25.0	37
162	0:23:05	MARSLAND, Adam	Keele University	Male Senior	07:25.6	419
163	0:23:06	FENTON, Simon	Wilmslow RC	Male V65	07:26.0	46
164	0:23:07	MURRAY, Barbara	Macclesfield Harriers	Lady V50	07:26.3	1067
165	0:23:16	CLARKE, Jonathan	Styal RC	Male V40	07:29.2	127
166	0:23:18	HUGHES, Malcolm	Spectrum Striders	Male V50	07:29.8	1073
167	0:23:19	JENKINSON, Alan	Styal RC	Male V60	07:30.2	76
168	0:23:22	CANNON, Christopher	Wilmslow RC	Male V55	07:31.1	1007
169	0:23:25	WATSON, Peter	Wilmslow RC	Male V70	07:32.1	1066
170	0:23:30	WALTON, Derek	Altrincham & District AC	Male V65	07:33.7	33
171	0:23:32	BYGRAVE, Diane	Wilmslow RC	Lady V35	07:34.3	1151
172	0:23:34	WOODYATT, Chris		Male V45	07:35.0	457
173	0:23:38	ROGERS, Gerry	Styal RC	Male V55	07:36.3	166
174	0:23:43	KEEBLE, Gill	Altrincham & District AC	Lady V50	07:37.9	435
175	0:23:46	BOYD, James		Male Senior	07:38.8	448
176	0:23:51	ATTWELL, Dave	Altrincham & District AC	Male V70	07:40.5	34
177	0:23:53	POWNALL, Roy	Wilmslow RC	Male V60	07:41.1	43
178	0:23:56	SKETT, Andrew		Male V55	07:42.1	1098
179	0:23:58	COLLIER, Mark	Lymm Runners	Male V45	07:42.7	180
180	0:23:59	GLEDHILL, Mark		Male V50	07:43.0	1010
181	0:24:03	POPE, Mansel	Altrincham & District AC	Male V60	07:44.3	434
182	0:24:05	ALLMAN, Barry J	Spectrum Striders	Male V55	07:45.0	150
183	0:24:07	JONES, Sharon	Wilmslow RC	Lady V40	07:45.6	467
184	0:24:10	PETTITT, Richard	Vale Royal AC	Male V50	07:46.6	586
185	0:24:19	BINKER, Steve		Male V45	07:49.5	1138
186	0:24:20	RAHMAN, Huma	Wilmslow RC	Lady V40	07:49.8	464
187	0:24:27	EDWARDS, Jim	Birkenhead AC	Male V60	07:52.0	1077
188	0:24:40	DUNBAR, Ian	Spectrum Striders	Male V55	07:56.2	16
189	0:24:47	HIRONS, Carolyn	Wilmslow RC	Lady V45	07:58.5	1012
190	0:24:53	CUTLER, Mike	South Cheshire Harriers	Male V50	08:00.4	173
191	0:24:54	WALSH, Marie	Spectrum Striders	Lady Senior	08:00.7	414
192	0:24:56	JOHNSON, Kate	Spectrum Striders	Lady V40	08:01.4	25
193	0:24:58	KENNILS, Paul		Male V45	08:02.0	1152
194	0:25:02	COOMBS, Rod	Wilmslow RC	Male V60	08:03.3	430
195	0:25:05	JAKEMAN, Stuart	Vale Royal AC	Male V50	08:04.3	1071
196	0:25:06	BYRNE, Leanne	Wilmslow RC	Lady Senior	08:04.6	1082
197	0:25:09	ALCOCK, Dillon	Spectrum Striders	Male Junior	08:05.6	1060
198	0:25:13	ARROWSMITH, Paul J	Uknetrunner	Male Senior	08:06.8	93
199	0:25:17	PARKINSON, Joy		Lady V40	08:08.1	488
200	0:25:18	WATTERSON, Louise	Warrington AC	Female Junior	08:08.4	422
201	0:25:18	JOHNSON, Lee		Male V50	08:08.4	1125

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202	0:25:22	MILLS, Peter		Male V40	08:09.7	442
203	0:25:28	HUDSON, Paul	Vale Royal AC	Male V55	08:11.7	417
204	0:25:31	CRESSWELL, David	Dragon's RC (Sale)	Male V40	08:12.6	91
205	0:25:33	SMITH, Chloe	Altrincham & District AC	Female Junior	08:13.3	152
206	0:25:33	LEECH, Margaret	Altrincham & District AC	Female Junior	08:13.3	1131
207	0:25:34	RYAN, Kathryn	Lymm Runners	Lady Senior	08:13.6	1085
208	0:25:38	O'DONNELL, Garry		Male V50	08:14.9	1155
209	0:25:39	HUMPHRIES, Sacha	Vale Royal AC	Lady V35	08:15.2	183
210	0:25:42	SMITH, David		Male V40	08:16.2	445
211	0:25:45	RILEY, John	Northern Vets AC	Male V70	08:17.1	38
212	0:25:46	CONNOLLY, Ashley2		Male Senior	08:17.5	1091
213	0:25:47	SCREAWN, Janet		Lady V40	08:17.8	466
214	0:25:52	THOMSON, Julie	Lymm Runners	Lady V40	08:19.4	494
215	0:25:53	HOBSON, Rosalind	Warrington Tri	Lady V35	08:19.7	155
216	0:25:54	STEED, Claire		Lady V35	08:20.0	1134
217	0:25:57	TAYLOR, Ryan	Spectrum Striders	Male Junior	08:21.0	393
218	0:26:02	ARBER, Carolyn	Spectrum Striders	Lady V50	08:22.6	158
219	0:26:04	PARK, Joe	Cheshire Tally Ho	Male V75	08:23.3	415
220	0:26:05	FORTUNE, Anne	Spectrum Striders	Lady V55	08:23.6	410
221	0:26:08	SHAW, Janet	Helsby RC	Lady V55	08:24.5	1032
222	0:26:09	HALL, Mike		Male V50	08:24.9	470
223	0:26:11	FORTUNE, Iain	Spectrum Striders	Male V60	08:25.5	411
224	0:26:14	SMITH, Brian		Male V45	08:26.5	1128
225	0:26:17	THOMPSON, Olivia	Spectrum Striders	Lady Senior	08:27.4	151
226	0:26:19	MILES, Sarah	Wilmslow RC	Lady Senior	08:28.1	1029
227	0:26:22	ALCOCK, Vincent	Spectrum Striders	Male V40	08:29.0	1059
228	0:26:31	FORSHAW, Martin		Male V40	08:31.9	424
229	0:26:34	NEWSHAM, Diane	Vale Royal AC	Lady V40	08:32.9	418
230	0:26:49	WHITTINGHAM, Simon		Male Senior	08:37.7	1137
231	0:26:52	MCGUIRE, Paul		Male V50	08:38.7	114
232	0:26:53	TAYLOR, Craig	Spectrum Striders	Male V40	08:39.0	394
233	0:26:56	FRANCOM, Steven		Male Senior	08:40.0	301
234	0:27:03	WILSON, Geoff	Spectrum Striders	Male V60	08:42.2	1129
235	0:27:08	STANHOPE, Janet	Lymm Runners	Lady V45	08:43.8	496
236	0:27:11	HILL, Gail	Wilmslow RC	Lady V35	08:44.8	1035
237	0:27:13	DEVINE, Lucy		Lady V35	08:45.5	433
238	0:27:19	TICKLE, Beverley	Astley & Tyldesley RR	Lady V35	08:47.4	36
239	0:27:19	VICKERS, Lynn	Liverpool Running Club	Lady V45	08:47.4	460
240	0:27:20	VENTURA, Maria		Lady V40	08:47.7	474
241	0:27:22	HAMLING, George	Spectrum Striders	Male V55	08:48.4	113
242	0:27:43	MINETT, Greg		Male V45	08:55.1	475
243	0:28:14	ABBOTT, Mark		Male V60	09:05.1	490
244	0:28:31	FORSTER, Brian	Wrexham AC	Male V75	09:10.6	112
245	0:28:43	BULLOUGH, Don	Wilmslow RC	Male V50	09:14.4	444
246	0:29:02	HARRISON, Dave		Male Senior	09:20.5	1080
247	0:29:08	KITCHEN, Graham	Dragon's RC (Sale)	Male V50	09:22.5	92
248	0:29:08	KITCHEN, Jamie		Male Senior	09:22.5	1031
249	0:29:11	CRESSWELL, Lisa	Dragon's RC (Sale)	Lady V40	09:23.4	90
250	0:29:12	CHARMAN, Stephanie	Spectrum Striders	Lady V60	09:23.7	15
251	0:29:20	JONES, Neville	Warrington AC	Male V70	09:26.3	458
252	0:29:32	EDWARDS, Maureen	Birkenhead AC	Lady V55	09:30.2	1076

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Pos	Time	Name	Club	Category	mins/mile	RaceNo
253	0:29:39	MURPHY, Rachel		Lady V35	09:32.4	1136
254	0:30:01	JOHNSON, May		Lady Senior	09:39.5	397
255	0:30:02	RAMSDALE, Christine	Spectrum Striders	Lady V60	09:39.8	17
256	0:30:48	COLES, Terry	Spectrum Striders	Male V65	09:54.6	24
257	0:30:55	WADSWORTH, Joanne		Lady V40	09:56.9	1093
258	0:31:03	FELL, Carol	Warrington Road Runners	Lady V60	09:59.5	95
259	0:31:04	MC GEE, Helen		Lady V45	09:59.8	477
260	0:31:27	SCOBIE, Lisa		Lady V40	10:07.2	1039
261	0:31:58	WEBB, Amber		Lady V45	10:17.2	1135
262	0:32:23	AMSON, Derek	Muller RC	Male V40	10:25.2	486
263	0:32:30	SIMMONS, Victoria		Lady V40	10:27.5	1100
264	0:33:32	BODE-HEY, Carol		Lady V40	10:47.4	1020
265	0:33:43	STEVENSON, Erin	Altrincham & District AC	Female Junior	10:51.0	170
266	0:34:21	WHEELDON, Martin	Wilmslow RC	Male V55	11:03.2	1034
267	0:35:08	CORFIELD, Cheryl		Lady V45	11:18.3	1006
268	0:35:08	TONGUE, Debra		Lady V40	11:18.3	1005
269	0:35:23	ASTON, Sarah		Lady V45	11:23.1	1154
270	0:35:23	JOHNSON, Donna		Lady V40	11:23.1	1153
271	0:36:36	BROSTER, Stella		Lady V45	11:46.6	484
272	0:37:40	DELANEY, Jennifer		Lady Senior	12:07.2	130
273	0:37:40	MARCH, Chris	Stockport Harriers	Male Senior	12:07.2	131
274	0:40:12	DEAN, Emma		Lady V35	12:56.1	478

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Ladies Team Results

Pos	Club	Pos	Time	Name	Category	RaceNo	Pos
1 : Spectrum Striders							
		1	0:18:31	WHITFIELD, Liz	Lady Senior	2	47
		6	0:20:07	JONES, Caroline	Lady V35	1057	86
		7	0:20:34	HEMMING, Caroline	Lady V45	8	94
2 : Warrington AC							
		2	0:18:50	TITLOW, Kate	Lady Senior	179	56
		5	0:19:57	KNOWLES-JONES, Harriet	Female Junior	1106	83
		8	0:20:42	SMITH, Elizabeth	Female Junior	441	98
3 : Wilmslow RC							
		10	0:21:17	JOHNSTON, Sally	Lady V45	50	109
		12	0:21:31	GERAGHTY, Christine	Lady V45	174	115
		14	0:21:54	MOWAT, Nicky	Lady V50	443	125
4 : Vale Royal AC							
		4	0:19:42	PETTITT, Amelia	Female Junior	584	75
		21	0:22:55	PETTITT, Clara	Female Junior	585	155
		22	0:22:56	LOMAX, Jayne	Lady V40	62	156
5 : Altrincham & District AC							
		9	0:21:13	GANOSE, Bev	Lady V45	1130	108
		13	0:21:48	HARRISON, Carole	Lady V45	149	122
		27	0:23:43	KEEBLE, Gill	Lady V50	435	174
6 : Wilmslow RC							
		15	0:22:02	ELLIS, Janine	Lady V40	1037	128
		19	0:22:23	HAWKES, Clare	Lady V50	1097	139
		20	0:22:29	STRANG, Sue	Lady V45	1016	145
7 : Spectrum Striders							
		11	0:21:25	FORSTER, Karon	Lady V45	1047	111
		31	0:24:54	WALSH, Marie	Lady Senior	414	191
		32	0:24:56	JOHNSON, Kate	Lady V40	25	192
8 : Wilmslow RC							
		23	0:22:58	MAZIERE, Angela	Lady V50	48	158
		26	0:23:32	BYGRAVE, Diane	Lady V35	1151	171
		28	0:24:07	JONES, Sharon	Lady V40	467	183
9 : Wilmslow RC							
		30	0:24:47	HIRONS, Carolyn	Lady V45	1012	189
		33	0:25:06	BYRNE, Leanne	Lady Senior	1082	196
		48	0:26:19	MILES, Sarah	Lady Senior	1029	226
10 : Lymm Runners							
		38	0:25:34	RYAN, Kathryn	Lady Senior	1085	207
		41	0:25:52	THOMSON, Julie	Lady V40	494	214
		50	0:27:08	STANHOPE, Janet	Lady V45	496	235
11 : Spectrum Striders							
		44	0:26:02	ARBER, Carolyn	Lady V50	158	218
		45	0:26:05	FORTUNE, Anne	Lady V55	410	220
		47	0:26:17	THOMPSON, Olivia	Lady Senior	151	225
12 : Altrincham & District AC							
		36	0:25:33	SMITH, Chloe	Female Junior	152	205
		37	0:25:33	LEECH, Margaret	Female Junior	1131	206
		69	0:33:43	STEVENSON, Erin	Female Junior	170	265

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Mens Team Results

Pos	Club	Pos	Time	Name	Category	RaceNo	Pos
1 : Wilmslow RC							
		1	0:15:23	NICHOLLS, Damian	Male Senior	447	1
		10	0:16:47	DOWNS, Rob	Male V45	40	10
		16	0:17:14	MACNEIL, Graham	Male V45	123	16
		17	0:17:16	PENDRILL, Jim	Male V40	472	17
2 : Warrington AC							
		5	0:16:10	MAHON, Dominic	Male Senior	82	5
		7	0:16:33	PARK, Oliver	Male Senior	83	7
		11	0:16:55	GREEN, Andrew	Male V45	485	11
		21	0:17:32	WATMOUGH, Stephen	Male V45	141	21
3 : Macclesfield Harriers							
		8	0:16:42	NOAKES, James	Male V40	1058	8
		12	0:17:03	LAMONT, Andrew	Male Senior	129	12
		15	0:17:14	WALKER, Mark	Male Senior	1008	15
		26	0:17:58	BENTLEY, Chris	Male Senior	1075	26
4 : South Cheshire Harriers							
		13	0:17:12	BAKER, Richard	Male Senior	161	13
		20	0:17:28	MALLISON, Peter	Male V40	178	20
		24	0:17:55	SIMPSON, James	Male Senior	462	24
		27	0:18:02	GIBBONS, Russell	Male Junior	413	27
5 : Wilmslow RC							
		23	0:17:34	MORRIS, Trevor	Male V45	41	23
		31	0:18:07	WHITTINGHAM, Andrew	Male V40	144	31
		32	0:18:09	ARCHBOLD, Barry	Male Senior	1055	32
		36	0:18:13	SHAW, Hamish	Male Senior	1088	36
6 : Altrincham & District AC							
		3	0:16:06	MARWOOD, Simon	Male Senior	1132	3
		33	0:18:10	ABRAHAM, Peter	Male Senior	157	33
		34	0:18:11	CARRINGTON, Dave	Male V55	122	34
		53	0:18:48	PERCIVAL, Toby	Male Senior	1027	54
7 : Vale Royal AC							
		9	0:16:45	DOYLE, Stuart	Male V40	68	9
		35	0:18:12	CALDWELL, Steven	Male Senior	169	35
		39	0:18:16	ARMSTRONG, Tom	Male Senior	436	39
		55	0:18:51	MAHER, Peter	Male V55	69	57
8 : Sale Harriers Mcr							
		6	0:16:16	HATCH, Mike	Male Senior	55	6
		14	0:17:13	ROWLINSON, Gary	Male V45	52	14
		47	0:18:35	WILLCOCK, Gary	Male V45	473	48
		91	0:20:47	BRETT, Tim	Male V40	51	99
9 : Spectrum Striders							
		29	0:18:03	MARTIN, Colin	Male V50	6	29
		41	0:18:19	MILLINGTON, Christopher	Male V40	5	41
		46	0:18:31	WELSBY, Mike	Male V40	28	46
		49	0:18:43	PILDITCH, Stephen	Male Senior	328	50
10 : Wilmslow RC							
		38	0:18:14	RUTTER, Angus	Male Senior	1081	38
		43	0:18:28	HILL, Mike	Male V45	1074	43
		44	0:18:29	SCREAWN, Graham	Male V40	465	44

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Pos	Club	Pos	Time	Name	Category	RaceNo	Pos
		45	0:18:30	GILBERT, Rob	Male V40	429	45
11	Vale Royal AC						
		58	0:18:59	SHEPHERD, David	Male V45	1084	60
		59	0:19:00	MASON, Alex	Male Senior	425	61
		63	0:19:09	BAMBER, Scott	Male V40	118	65
		68	0:19:33	CARTER, Ben	Male Senior	1003	71
12	Lymm Runners						
		25	0:17:56	SMITH, Jonathan	Male Senior	1139	25
		67	0:19:29	WALSHE, Kieran	Male V45	420	70
		74	0:19:47	LEES, Chris	Male V45	468	78
		83	0:20:16	HUGHES, Lee	Male Senior	469	89
13	Spectrum Striders						
		60	0:19:02	SPENCER, Julian	Male V50	1	62
		62	0:19:06	FARMER, Alex	Male Senior	19	64
		72	0:19:43	OWENS, Chris	Male Junior	1051	76
		78	0:19:56	STANHOPE, Nigel	Male V45	495	82
14	Wilmslow RC						
		66	0:19:25	FAIRS, Mick	Male V60	1054	69
		70	0:19:39	GARNETT, Paul	Male V45	1028	73
		84	0:20:18	ATKINSON, Matthew	Male Senior	42	90
		85	0:20:22	NORRIS, Paul	Male V50	1036	91
15	South Cheshire Harriers						
		28	0:18:02	VALENTINE, Henry	Male Junior	60	28
		54	0:18:49	DYER, Sean	Male Senior	63	55
		73	0:19:44	VALENTINE, Rob	Male V40	412	77
		160	0:24:53	CUTLER, Mike	Male V50	173	190
16	Warrington AC						
		37	0:18:14	PARK, Richard	Male Senior	84	37
		42	0:18:21	BURTHEM, Stephen	Male V50	81	42
		115	0:22:08	WATERSON, Paul	Male V45	423	130
		132	0:22:48	GERRARD, David	Male Junior	87	152
17	Wilmslow RC						
		86	0:20:31	GILBERT, Geoff	Male V55	47	92
		94	0:21:02	HUMER, Jarrod	Male V40	1150	102
		100	0:21:23	BREAM, Peter	Male V40	395	110
		116	0:22:11	PORTEOUS, John	Male V55	1078	131
18	Macclesfield Harriers						
		79	0:19:59	HABRON, Chris	Male V40	426	84
		90	0:20:37	LOMAS, Steve	Male V40	115	97
		108	0:21:42	SHERING, Philip	Male V45	1015	120
		120	0:22:20	WHEELTON, Mark	Male V50	1062	136
19	Spectrum Striders						
		97	0:21:08	GARNETT, Andy	Male V55	9	105
		101	0:21:26	CHARMAN, Michael	Male V60	14	112
		109	0:21:44	COLES, Matthew	Male Junior	22	121
		114	0:22:07	LYNCH, Paul	Male Senior	1063	129
20	Vale Royal AC						
		69	0:19:38	CLAYTON, Peter	Male V45	428	72
		113	0:22:00	NEWSHAM, Ian	Male V45	1087	127
		124	0:22:27	CHAMBERS, Barry	Male V55	427	143
		131	0:22:47	JAKEMAN, Matthew	Male Junior	1070	151

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Pos	Club	Pos	Time	Name	Category	RaceNo	Pos
21 : Altrincham & District AC							
		99	0:21:11	BURGESS, Ken	Male V65	35	107
		135	0:22:57	GAVIN, Tom	Male V50	463	157
		145	0:23:30	WALTON, Derek	Male V65	33	170
		149	0:23:51	ATTWELL, Dave	Male V70	34	176
22 : Wilmslow RC							
		128	0:22:40	GOWIN, James	Male Senior	1079	148
		134	0:22:50	TURNER, Alan	Male V45	44	154
		139	0:23:06	FENTON, Simon	Male V65	46	163
		143	0:23:22	CANNON, Christopher	Male V55	1007	168
23 : Styal RC							
		117	0:22:13	DOOLEY, Andrew	Male V50	80	132
		140	0:23:16	CLARKE, Jonathan	Male V40	127	165
		142	0:23:19	JENKINSON, Alan	Male V60	76	167
		147	0:23:38	ROGERS, Gerry	Male V55	166	173
24 : Spectrum Striders							
		137	0:23:03	GRIFFITHS, Brian	Male V50	111	160
		141	0:23:18	HUGHES, Malcolm	Male V50	1073	166
		155	0:24:05	ALLMAN, Barry J	Male V55	150	182
		159	0:24:40	DUNBAR, Ian	Male V55	16	188
25 : Wilmslow RC							
		144	0:23:25	WATSON, Peter	Male V70	1066	169
		150	0:23:53	POWNALL, Roy	Male V60	43	177
		162	0:25:02	COOMBS, Rod	Male V60	430	194
		190	0:28:43	BULLOUGH, Don	Male V50	444	245
26 : Spectrum Striders							
		164	0:25:09	ALCOCK, Dillon	Male Junior	1060	197
		174	0:25:57	TAYLOR, Ryan	Male Junior	393	217
		177	0:26:11	FORTUNE, Iain	Male V60	411	223
		179	0:26:22	ALCOCK, Vincent	Male V40	1059	227
27 : Spectrum Striders							
		183	0:26:53	TAYLOR, Craig	Male V40	394	232
		185	0:27:03	WILSON, Geoff	Male V60	1129	234
		186	0:27:22	HAMLING, George	Male V55	113	241
		195	0:30:48	COLES, Terry	Male V65	24	256

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Fun Run Results

Pos	Time	Name	Club	Category	RaceNo
1	0:09:27	SMYTH, Zachary		Primary boy (U11)	1119
2	0:09:30	JONES, Jordan	Warrington AC	Primary boy (U11)	480
3	0:09:33	MCGRAIL, Sarah	Warrington AC	Girl 11-15	1141
4	0:09:47	BENNETT, Jack		Boy 11-15	1146
5	0:09:53	GRANT, Andrew	Liverpool Harriers	Primary boy (U11)	450
6	0:09:59	WADSWORTH, Jack		Primary boy (U11)	1095
7	0:10:08	DOYLE, Alexander		Primary boy (U11)	455
8	0:10:32	MUNDY, Christopher		Primary boy (U11)	1104
9	0:10:34	WILLIAMS, Finlay		Primary boy (U11)	1122
10	0:10:35	SMYTH, Vince		Adult male	1120
11	0:10:41	MURPHY, Ewan	Sale Harriers Manchester	Primary boy (U11)	1149
12	0:10:44	WADSWORTH, Samuel		Primary boy (U11)	1094
13	0:11:01	CHABOND, Katy		Girl 11-15	399
14	0:11:13	CHARVILL, Harry		Primary boy (U11)	408
15	0:11:37	LIVINGSTON, Alexander		Boy 11-15	400
16	0:11:46	HORNE, Sam		Primary boy (U11)	1140
17	0:11:49	LONGSHAW, Alex		Primary boy (U11)	1144
18	0:11:53	BUCKLEY, Grace		Girl 16-18	1090
19	0:11:59	MURPHY, Josef	Sale Harriers Manchester	Boy 11-15	1148
20	0:12:00	ROWLINSON, Lewis		Primary boy (U11)	451
21	0:12:02	FORSHAW, James		Primary boy (U11)	403
22	0:12:05	DEMPSEY, Patrick		Primary boy (U11)	439
23	0:12:06	PIKE, Harry		Primary boy (U11)	1114
24	0:12:15	CALDWELL, Jonathan		Primary boy (U11)	453
25	0:12:17	PIKE, Joe		Boy 11-15	1115
26	0:12:19	STEED, Harvey		Primary boy (U11)	1157
27	0:12:29	FORSTER, Rebecca	Spectrum Striders	Girl 11-15	405
28	0:12:39	SKETT, Oliver		Primary boy (U11)	1099
29	0:12:40	WHITE, Ben		Primary boy (U11)	1118
30	0:12:40	WHITE, Michael		Adult male	1117
31	0:12:44	HOVER, Flynn		Primary boy (U11)	409
32	0:12:44	BATTERS, Madoc		Adult male	446
33	0:12:47	DUTTON, Madeline		Primary boy (U11)	493
34	0:12:49	KNOWLES, Mary		Primary girl (U11)	479
35	0:12:54	DUTTON, Zach		Primary boy (U11)	483
36	0:13:03	VESEY, Freya		Girl 11-15	1143
37	0:13:07	MUNDY, Shaun		Adult male	1105
38	0:13:22	BERNARD, Sam		Primary boy (U11)	437
39	0:13:26	SCOBIE, Jacob		Primary boy (U11)	1042
40	0:13:26	FORSTER, Suzannah	Spectrum Striders	Primary girl (U11)	407
41	0:13:39	VESEY, Jason		Primary boy (U11)	1142
42	0:13:40	MURPHY, Finlay	Sale Harriers Manchester	Primary boy (U11)	1156
43	0:13:41	CRAIGIE, Cameron		Primary boy (U11)	482
44	0:13:52	TURNER, Andrew		Primary boy (U11)	1113
45	0:13:56	SMITH, Craig		Primary boy (U11)	1127
46	0:14:00	LEES, Robyn		Girl 11-15	452
47	0:14:01	DEMPSEY, Anna		Primary girl (U11)	440
48	0:14:26	WATMOUGH, Natasha		Primary girl (U11)	481

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Pos	Time	Name	Club	Category	RaceNo
49	0:14:37	CROUCH, Emily		Primary girl (U11)	1124
50	0:14:51	SMYTH, Julie		Adult female	1121
51	0:14:52	SCOBBIIE, Martyn		Adult male	1040
52	0:15:19	SMITH, Brian		Adult male	1128
53	0:15:19	CAWLEY, Jessica		Primary boy (U11)	497
54	0:15:32	CAWLEY, Matt		Adult male	498
55	0:15:34	SHEEHY, Elena		Primary boy (U11)	1147
56	0:15:42	ARMSTRONG, Faith		Primary girl (U11)	406
57	0:15:42	ARMSTRONG, Tom	Vale Royal AC	Adult male	436
58	0:15:49	CROUCH, Debbie		Adult female	1123
59	0:16:32	STEED, Archie		Primary boy (U11)	1158
60	0:16:32	PARKINSON, Sam		NDB	8888
61	0:17:27	PARKINSON, Emma		NDB	8889
62	0:17:28	WORMALD, Carl		Adult male	1145
63	0:18:04	MILLACHIP, Henry		Primary boy (U11)	1159
64	0:19:28	BERNARD, Zack		Primary boy (U11)	438
65	0:20:20	WADDELL, Mollie		Primary girl (U11)	1112
66	0:20:20	WADDELL, Richard		Adult male	1111
67	0:20:21	MOORE, Emily		Primary girl (U11)	1107
68	0:20:21	MOORE, Catherine		Adult female	1110
69	0:20:30	FORSHAW, Emily		Primary girl (U11)	404
70	0:20:30	FORSHAW, Claire		Adult male	402
71	0:21:30	EDWARDS, Sam		Primary boy (U11)	392
72	0:23:50	SCOBBIIE, Harry		Primary boy (U11)	1041
73	0:25:48	BROWN, Beatriz		Primary girl (U11)	454
74	0:25:48	VENTURA, Maria		Adult female	474
75	0:28:00	PERCIVAL, Olivia	Altrincham & District AC	Primary girl (U11)	1025
76	0:28:00	HOBSON, John	Warrington Tri Club	Adult male	500
77	0:36:46	PERCIVAL, Georgia	Altrincham & District AC	Primary girl (U11)	1026
78	0:36:46	HOBSON, Jeanne		Adult female	499